DOCUMENT RESUME

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TITLE	The Esalen Catalog, 1962-1992.
INSTITUTION	Esalen Inst., Big Sur, Calif.
PUB DATE	92
NOTE	4,588p.; Issued triannually.
AVAILABLE FROM	Esalen Institute, Big Sur, CA 93920 ($15 Domestic Subscription; $17 Canada/Mexico; $22 Europe/South America; $25 all other countries).
PUB TYPE	Reference Materials - Bibliographies (131)
EDRS PRICE	MF44/PC184 Plus Postage.
DESCRIPTORS	*Consciousness Raising; Group Dynamics; Group Therapy; *Individual Development; Self Evaluation(Individuals); *Sensitivity Training
IDENTIFIERS	Counter Culture; Encounter Groups; *Esalen Institute CA; Gestalt Therapy; *Human Potential Movement

ABSTRACT

The Esalen Institute is located on a scenic portion of the California Coast, about 40 miles south of the Monterey Peninsula. The location contains natural cliffside hot springs from which mineral water flows into the sea. The springs were used in early times by the now extinct Esselen Indian tribe (from which Esalen derives its name) and this usage has continued to this day. Esalen Institute was founded in the early 1960's by Michael Murphy (whose family owns the land on which it stands) and Richard Price. Its purpose from the beginning has been to provide a forum, far from the distractions of urban life (e.g. no radio, television, newspapers, etc.), where the various exponents of the human potential movement could present their ideas in weekend-long and week-long seminars and workshops. Esalen espouses no particular ideology of its own, but rather provides an eclectic forum for all schools of thought that identify with the phrase "Human Potential." In its own words, Esalen is a "center for experimental education," designed "to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects." Early major figures at Esalen were the psychologist Abraham Maslow and the Gestalt therapist Fritz Perls, but many other famous individuals have taught there. "The Esalen Catalog" describes the workshops and other kinds of sessions in which Esalen attendees may participate. It has been issued since 1962. Because Esalen has been the bellwether and longest running organization of its type, "The Esalen Catalog" in its entirety may be regarded as a running historical record covering 30 years of the major concerns and directions of the human potential movement. This document consists of a compilation of all extant editions (some 102 issues) of "The Esalen Catalog", 1962-1992. Examples of some of the specialties cited in this catalog provide a brief indication of Esalen's typical offerings: Acupressure/Acupuncture, Aikido, Alexander Technique, Arica, Biofeedback, Bodywork, Channeling, Cortical Reeducation, Encounter, Est, Feldenkrais, Gestalt Therapy, Holistic Health, Humanistic Psychology, Hypnotism, Integrative Body Psychotherapy, Leonard Energy Training, Life Energy Process, Lomi School of Bodywork, Massage, Meditation, Movement Therapy, Polarity, Psychodrama, Psychosynthesis, Radix, Reichian Bodywork, Ridhwan, Rolfing, Rubenfeld Synergy Method, Sensory Awareness, Tai Chi, T-Groups, Vipassana Meditation, Yoga, Zen Buddhism, and Zero Balancing. (WTB)

The Esalen Catalog

(1962—1992)

A collection of all 102 Issues of *The Esalen Catalog* published from its inception in 1962 through 1992.

Compiled by Ted Brandhorst and Deborah Miller

as a "Friends of Esalen"
30th Anniversary Year Project,
with the Assistance of the Esalen Staff

I. Introduction

II. Collation Report—A Chronological List of All Issues of *The Esalen Catalog* (showing volume/number, date, pagination, format, and miscellaneous bibliographic notes of historical interest).

III. *The Esalen Catalog* (102 Issues, Arranged Chronologically)

I. Introduction

The Esalen Catalog lists the seminars, workshops, and other sessions that are held at the Esalen Institute, Big Sur, California. It is arranged in the form of a catalog from which prospective participants can select (from the current catalog) the group most appropriate for their needs. Each session usually has a paragraph description, written by the group leader, that describes its content and aims. At the back of the catalog, biographic information about each group leader is provided, further helping to define session content and approach.

Early catalogs were brief, but later catalogs have included a wide variety of articles on major figures and schools of thought. Given the rich content of the catalogs (course descriptions, group leader vitae, and substantive articles) and given Esalen's on-going central position in the "Human Potential Movement," it is not hard to see that *The Esalen Catalog* is, in effect, a kind of moving edge history of the major human potential concerns during the last thirty years. It was, of course, never designed to perform such a function, but via the "incremental" approach and the passage of time it now amounts to an unexpected treasure trove of historical source material.

The idea of compiling all past issues of *The Esalen Catalog* came to me in 1990 shortly after attending an annual "Friends of Esalen" meeting and pondering over how I might relate my background (information systems) to the agenda of the Friends. The idea turned out to be timely in that no complete set of the catalog existed and Esalen's thirtieth anniversary loomed in 1992.

Deborah Miller of the Friends development program liked the idea and agreed to help gather the scattered issues from the attics and basements of Esalen staff and aficionados where they were gathering dust. This turned out to be no simple task. In fact, it has taken two years to assemble a complete set of *The Esalen Catalog* and for certain issues we were able to unearth only a single copy. The general feeling was that if we had waited another five to ten years to attempt this, it might not have been completely successful. Certainly it would have been much more difficult. Esalen "lives in the now," as the saying goes, and the preservation of old issues of *The Esalen Catalog* was never high on anybody's list of priorities. Be that as it may, we have finally managed to compile all 102 issues of *The Esalen Catalog* published from its inception in the Fall of 1962 through Volume 31, Number 3, covering September 1992—February 1993.

The catalog started as a simple leaflet, graduated to a booklet in Summer—Fall 1964 (initially right-reading, but occasionally landscape format), ventured briefly into newspaper format in 1972, and finally settled down to the present 8½" x 11" size in 1973. The name "Esalen" did not appear on the Catalog until May 1964. In the Fall of 1967, the catalog began listing programs for both the Big Sur site and the San Francisco site. The listing of San Francisco programs ceased in 1977. The first explicit volume/issue numbering began appearing on the catalog with Volume 9 in 1970, though clearly someone had been keeping track of what the numbering should be. In 1972, when the newspaper format began, the catalog inadvertently repeated the volume 10 designation used in 1971, thus creating two consecutive "volume 10"s. The January—June 1978 catalog inadvertently carried the incorrect year date "1977". In 1980, when the next volume number should have been 18, the catalog inadvertently skipped Volume 18 and moved ahead to Volume 19, though one single issue bore the designation "Volume 18, Number 4" and the next issue (January—June 1980) carried no numbering whatsoever. The January—June 1981 issue, which contained several items pertaining to Gregory Bateson, can be found both in regular catalog form and also without its

catalog cover and front matter so that a photograph of Bateson (with birth and death dates) becomes, in effect, the cover; the slightly altered item apparently served as a memorial [illegible] for Bateson. Since 1981, the catalog has exhibited no anomalies of size, orientation, or numbering.

The archival job has been done. For those of us whose lives have been touched by Esalen, it was a labor of love. We want "what works" about Esalen to keep on working. Preserving *The Esalen Catalog* is symbolic of this desire. At any rate here it is. We leave to others its practical use, the "mining" of its contents, its possible contributions to the history of a cultural groundswell.

Microfilming Note

Most issues have been filmed exactly as originally issued. This was not possible with the four newspaper size issues (1972) and with one issue (Fall 1971) that was printed as one page across the entire opened surface of the booklet. In order to film these oversize layouts, it was necessary to cut up a Xerox of the original and to restructure the text into filmable segments. In this process, care was taken not to lose any text.

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The Esalen Catalog, 1962-1992

Collation Report

Item Number	Title	Volume	Issue Number	Date	Issue Size			Notes
					Pages	Format/Orientation	MF Frames	
1	*Big Sur Hot Springs* —A Seminar Series	1		Fall 1962	8	Leaflet (3-fold)	8	"The Human Potentiality"
2	—A Seminar Series	2	[1]	Winter-Spring 1963	8	Leaflet (3-fold)	8	"The Human Potentiality"
3	—Lectures and Seminars		[2]	Summer 1963	6	Leaflet (2-fold)	6	
4	—Seminars		[3]	Fall 1963	8	Leaflet (3-fold)	8	
5	—Seminars	3	[1]	Winter-Spring 1964	8	Leaflet (3-fold)	8	
	Esalen Institute							
6	—Seminars		[2]	May 1964	4	Leaflet (1-fold)	4	First Use of "Esalen"
7	—Program		[3]	Summer-Fall 1964	8	Booklet	8	
8	—Seminars		[4]	1964-1965	8	Booklet	8	
9	—Seminars	4	[1]	Winter-Spring 1965	8	Booklet	8	
10	—Seminars		[2]	Summer 1965	6	Leaflet (2-fold)	6	
11	—Seminars		[3]	Fall 1965	16	Booklet (Landscape)	32	"Frontiers of Human Development"
[illegible]	—Seminars	5	[1]	Winter-Spring 1966	16	Booklet (Landscape)	32	
13	—Seminars		[2]	Summer 1966	16	Booklet (Landscape)	32	
14	—Seminars		[3]	Fall 1966	20	Booklet (Landscape)	40	
15	—Seminars	6	[1]	Winter-Spring 1967	16	Booklet (Landscape)	32	
16	—Seminars		[2]	Summer 1967	16	Booklet (Landscape)	32	
17	—Seminars		[3]	[Fall] 1967	24	Booklet (Landscape)	48	"San Francisco—Big Sur" Two Sites Listing Begins
18	—Programs	7	[1]	Winter-Spring 1968	24	Booklet (Landscape)	48	
19	—Programs		[2]	Summer 1968	28	Booklet (Landscape)	56	
20	—Programs		[3]	Fall 1968	32	Booklet (Landscape)	62	
21	—Programs	8	[1]	Winter-Spring 1969	40	Booklet	40	
22	—Programs		[2]	Summer 1969	40	Booklet	40	
23	—Programs		[3]	Fall 1969	40	Booklet	40	
24	—Programs	9	1	Winter-Spring 1970	48	Booklet	48	First explicit volume/issue numbering.
25	—Programs		2	Summer 1970	40	Booklet	40	
26	—Programs		3	Fall 1970	40	Booklet	40	

Item Number	Title	Volume	Issue Number	Date	Issue Size			Notes
					Pages	Format/Orientation	MF Frames	
27	—Programs	10	1	Winter 1971	40	Booklet	40	
28	—Programs		2	Spring 1971	44	Booklet	44	
29	—Programs		3	Summer 1971	44	Booklet	44	
30	—Programs		4	Fall 1971	48	Booklet (Landscape)	96	
31	—The New Esalen Catalog	10	1	January-March 1972	20	Oversize (Newspaper)	49	Volume numbering duplicates prior volume, i.e., creating two volume 10s.
32	—The Esalen Catalog		2	April-June 1972	20	Oversize (Newspaper)	48	
33	—The Esalen Catalog		3	Summer 1972	20	Oversize (Newspaper)	49	
34	—The Esalen Catalog		4	Fall 1972	20	Oversize (Newspaper)	50	
35	—The Esalen Catalog	11	1	January-February 1973	36	Regular (8½" x 11")	36	Regular 8½" x 11" size for first time.
36	—The Esalen Catalog		2	[March-April] 1973	40	Regular (8½" x 11")	40	
37	—The Esalen Catalog		3	May-August 1973	52	Regular (8½" x 11")	52	
38	—The Esalen Catalog		4	September-October 1973	48	Regular (8½" x 11")	48	
39	—The Esalen Catalog		5	November-December 1973	48	Regular (8½" x 11")	48	
40	—The Esalen Catalog	12	1	January-March 1974	64	Regular (8½" x 11")	64	
41	—Esalen		2	April-June 1974	64	Regular (8½" x 11")	64	"Esalen" alone on cover.
42	—The Esalen Catalog		3	July-September 1974	64	Regular (8½" x 11")	64	
43	—The Esalen Catalog		4	October-December 1974	56	Regular (8½" x 11")	56	
44	—The Esalen Catalog	13	1	January-April 1975	40	Regular (8½" x 11")	40	
45	—The Esalen Catalog		2	April-June 1975	48	Regular (8½" x 11")	48	
46	—The Esalen Catalog		3	July-October 1975	48	Regular (8½" x 11")	48	
47	—The Esalen Catalog		4	October-December 1975	48	Regular (8½" x 11")	48	
48	—The Esalen Catalog	14	1	January-March 1976	48	Regular (8½" x 11")	48	
49	—The Esalen Catalog		2	April-June 1976	48	Regular (8½" x 11")	48	
50	—The Esalen Catalog		3	July-September 1976	48	Regular (8½" x 11")	48	
51	—The Esalen Catalog		4	October-December 1976	48	Regular (8½" x 11")	48	
52	—The Esalen Catalog	15	1	January-March 1977	48	Regular (8½" x 11")	48	Listing of SF programs stops.
53	—The Esalen Catalog		2	April-June 1977	40	Regular (8½" x 11")	40	
54	—The Esalen Catalog		3	July-September 1977	40	Regular (8½" x 11")	40	
55	—The Esalen Catalog		4	October-December 1977	40	Regular (8½" x 11")	40	
56	—The Esalen Catalog	16	1	January-March 1978	40	Regular (8½" x 11")	40	Cover says "1977", in error.
57	—The Esalen Catalog		2	April-June 1978	40	Regular (8½" x 11")	40	
58	—The Esalen Catalog		3	July-October 1978	40	Regular (8½" x 11")	40	
59	—The Esalen Catalog		4	October-December 1978	40	Regular (8½" x 11")	40	
60	—The Esalen Catalog	17	1	January-April 1979	40	Regular (8½" x 11")	40	
61	—The Esalen Catalog		2	April-July 1979	40	Regular (8½" x 11")	40	
62	—The Esalen Catalog		3	July-October 1979	40	Regular (8½" x 11")	40	
63	—The Esalen Catalog	"18"	4	October 1979-January 1980	40	Regular (8½" x 11")	40	Mis-numbered "Vol. 18"
64	—The Esalen Catalog	[18]	[1]	January-June 1980	48	Regular (8½" x 11")	48	Carries no numbering. Volume 18 mis-numbered as Volume 19. In effect, Volume 18 is skipped.
65	—The Esalen Catalog	19	2	May-October 1980	48	Regular (8½" x 11")	48	
66	—The Esalen Catalog		3	September 1980-February 1981	48	Regular (8½" x 11")	48	

Item Number	Title	Volume	Issue Number	Date	Issue Size			Notes
					Pages	Format/Orientation	MF Frames	
67	—The Esalen Catalog	20	1	January-June 1981	52	Regular (8½" x 11")	52	#1 also published without cover, as Bateson memorial piece.
68	—The Esalen Catalog		2	May-October 1981	52	Regular (8½" x 11")	52	
69	—The Esalen Catalog		3	September 1981-February 1982	48	Regular (8½" x 11")	48	
70	—The Esalen Catalog	21	1	January-June 1982	48	Regular (8½" x 11")	48	
71	—The Esalen Catalog		2	May-October 1982	44	Regular (8½" x 11")	44	
72	—The Esalen Catalog		3	September 1982-February 1983	44	Regular (8½" x 11")	44	
73	—The Esalen Catalog	22	1	January-June 1983	48	Regular (8½" x 11")	48	
74	—The Esalen Catalog		2	May-October 1982	48	Regular (8½" x 11")	48	
75	—The Esalen Catalog		3	September 1984-February 1985	48	Regular (8½" x 11")	48	
76	—The Esalen Catalog	23	1	January-June 1984	48	Regular (8½" x 11")	48	
77	—The Esalen Catalog		2	May-October 1984	52	Regular (8½" x 11")	52	
78	—The Esalen Catalog		3	September 1985-February 1984	52	Regular (8½" x 11")	52	
79	—The Esalen Catalog	24	1	January-June 1985	52	Regular (8½" x 11")	52	
80	—The Esalen Catalog		2	May-October 1985	56	Regular (8½" x 11")	56	
81	—The Esalen Catalog		3	September 1985-February 1986	48	Regular (8½" x 11")	48	
82	—The Esalen Catalog	25	1	January-June 1986	48	Regular (8½" x 11")	48	
83	—The Esalen Catalog		2	May-October 1986	48	Regular (8½" x 11")	48	
84	—The Esalen Catalog		3	September 1987-February 1986	48	Regular (8½" x 11")	48	
85	—The Esalen Catalog	26	1	January-June 1987	48	Regular (8½" x 11")	48	
86	—The Esalen Catalog		2	May-October 1987	52	Regular (8½" x 11")	52	
87	—The Esalen Catalog		3	September 1987-February 1988	68	Regular (8½" x 11")	68	
88	—The Esalen Catalog	27	1	January-June 1988	48	Regular (8½" x 11")	48	
89	—The Esalen Catalog		2	May-October 1988	68	Regular (8½" x 11")	68	
90	—The Esalen Catalog		3	September 1988-February 1989	52	Regular (8½" x 11")	52	
91	—The Esalen Catalog	28	1	January-June 1989	52	Regular (8½" x 11")	52	
92	—The Esalen Catalog		2	May-October 1989	52	Regular (8½" x 11")	52	
93	—The Esalen Catalog		3	September 1989-February 1990	56	Regular (8½" x 11")	56	
94	—The Esalen Catalog	29	1	January-June 1990	56	Regular (8½" x 11")	56	
95	—The Esalen Catalog		2	May-October 1990	64	Regular (8½" x 11")	64	
96	—The Esalen Catalog		3	September 1990-February 1991	64	Regular (8½" x 11")	64	
97	—The Esalen Catalog	30	1	January-June 1991	64	Regular (8½" x 11")	64	
98	—The Esalen Catalog		2	May-October 1991	60	Regular (8½" x 11")	60	
99	—The Esalen Catalog		3	September 1991-February 1992	56	Regular (8½" x 11")	56	
100	—The Esalen Catalog	31	1	January-June 1992	64	Regular (8½" x 11")	64	
101	—The Esalen Catalog		2	May-October 1992	68	Regular (8½" x 11")	68	
102	—The Esalen Catalog		3	September 1992-February 1993	68	Regular (8½" x 11")	68	

the human potentiality

esalen institute
big sur hot springs, ca

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A new conception of human nature is emerging in the field of psychology, a conception that is gradually superseding the views of classical psychoanalysis and strict behaviourism, a conception oriented toward health, growth and the exploration of our psychic potentialities. Creativity research, work with the "mind-opening" drugs and the discoveries of parapsychology (psychical research) complement this development, pointing as they do toward a profounder human possibility.

Some scientists and philosophers believe that this quiet reformulation of psychological thought will bring the greatest change in the vision of western man since Copernicus and the Renaissance. It will certainly affect our most basic attitudes toward human possibility and human destiny.

Each seminar will explore a different aspect of this development. The panel discussion on December 1 will summarize the previous three seminars and relate the topics they will have covered. It is hoped that some of the participants will attend more than one session, thus lending a continuity to the entire discussion.

The charge for each seminar: $16.00 per person per day for a single occupancy, $13.00 for a double (two persons in a room), $12.00 for a triple. This charge covers room, all meals, use of the mineral baths and the seminar itself. Each seminar will begin on Saturday morning at 9:00 A.M. and conclude Sunday afternoon. Participants are advised to spend Friday night at the Hot

Springs so that they will be able to attend the first session on Saturday morning. For reservations write or phone Big Sur Hot Springs, Big Sur, California; the phone number is Big Sur 2634.

Big Sur Hot Springs is located on State Highway One (the Cabrillo Highway), fifteen miles south of Pfeiffer State Park, eleven miles south of Nepenthe, or if you are coming from the south, ten miles north of Lucia and fifty miles north of San Simeon.

SEPTEMBER 22-23

THE EXPANDING VISION

Led by Willis W. Harman, Professor, School of Engineering, Stanford University.
(Professor Harman conducts a special graduate seminar dealing with human potentialities).
and James Fadiman, graduate student in the Department of Psychology, Stanford University; research assistant, Institute for the Study of Human Problems, Stanford University.

A review of the current conceptual revolution in psychology. The discoveries of parapsychology. An examination of the resistance to these developments on the part of scientists and academicians. The resistance within ourselves. The implications for our personal beliefs and values.

Recommended reading: John Langdon-Davies, ON THE NATURE OF MAN (Mentor PB 50 cents)
Kenneth Walker, DIAGNOSIS OF MAN (Pelican PB)
Franz Winkler, MAN, THE BRIDGE BETWEEN TWO WORLDS (Harper)
Abraham Maslow, TOWARD A PSYCHOLOGY OF BEING (Insight PB)

OCTOBER 6-7

INDIVIDUAL AND CULTURAL DEFINITIONS OF RATIONALITY.

Led by Joe Adams, Psychologist, Palo Alto, Calif., and Gregory Bateson, Ethnologist, Veteran's Administration Hospital, Palo Alto, Calif.

In every society the individual is taught to perceive the world (including himself) in ways which are asserted to be objectively correct. Individuals who indicate that they do not perceive the world in these ways are likely to be labeled "irrational." Western civilization is now in a process of rapid change in which different ways of perceiving the world are in strong competition, with great dangers to individual freedoms. A somewhat comparable period in history is the period 1200-1700. The field of mental health is one of the important arenas in which ideological conflict occurs.

Concentration and Relaxation Exercises, led by Del Carlson, will be offered to those interested.

Recommended reading:

Goffman, Erving, ASYLUMS.
Doubleday Anchor Books.

Goffman, Erving, PRESENTATION OF SELF IN EVERYDAY LIFE.
Doubleday Anchor Books.

Lea, H. G., THE INQUISITION OF THE MIDDLE AGES.
Macmillan, 1961.

Szasz, T. S., THE MYTH OF MENTAL ILLNESS.
Hoeber-Harper.

NOVEMBER 3-4

DRUG-INDUCED MYSTICISM

Led by Paul S. Kurtz, Psychologist, Los Altos, Calif. and Myron J. Stolaroff, President, International Foundation for Advanced Study (a nonprofit corporation devoted to the study and development of the "psychedelic" agents).

There seems to be no question in anyone's mind who has experienced it, that the so-called "psy-

chedelic" drugs, such as LSD and mescalin, produce a kind of mystical experience. The question that worries many people is, "Is drug-induced mysticism religious?" It is altogether possible that drug-induced mystical experiences will force us to study and revise all of our previous definitions of religion. Those who are interested in expanding the boundaries of their own religious faith should be interested in a discussion of these questions.

Recommended reading:

Huxley, Aldous, THE DOORS OF PERCEPTION. Harper
Watts, Alan, THIS IS IT.
Watts, Alan, THE JOYOUS COSMOLOGY. Pantheon, 1962.
Zaehner, R. C., MYSTICISM, SACRED AND PROFANE

DECEMBER 1-2

PANEL DISCUSSION

Led by Joe Adams, Willis W. Harmon, Paul S. Kurtz and Myron J. Stolaroff.

The discussion will be open to all those attending. The material covered during the previous seminars will be reviewed and an attempt will be made to relate some of the topics that will have been discussed.

DESIGN : WILLIAM W. REID . PRINTING : EAST WIND PRINTERS

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A SEMINAR SERIES EXPLORING RECENT DEVELOPMENTS IN PSYCHOLOGY, PSYCHICAL RESEARCH AND WORK WITH THE "MIND-OPENING" DRUGS

OCTOBER 26 (Friday) at 8:3:0 P. M.

SPECIAL LECTURE by Gerald Heard

ART AND RELIGION. Charge for the lecture: $3.00. Introducing his talk, Mr. Heard writes: "10,000 years ago when man was still a co-conscious being his art was also his religion, his RELIGIO—the force that bound him to nature and to his fellow beings and kept him whole. As man has developed into a total individual his art and his religion have separated into a pursuit of composure through composition and the pursuit of safety through salvation. Today this gap can and must again be bridged."

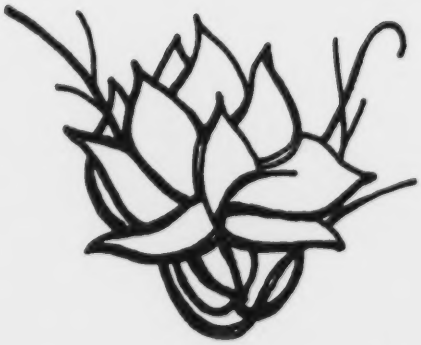
BIG SUR HOT SPRINGS
BIG SUR, CALIFORNIA
Phone Big Sur 2634

INFINITESIMAL CALCULUS

– Bertrand Russell

$$\sum_{1}^{n} f(\zeta_s)\,\delta_s$$

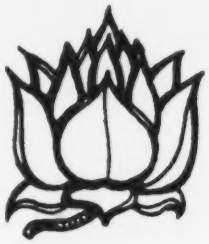
big sur hot springs



a
seminar
series

winter-spring
1963

For seminar procedures and costs see the final panel.



February 9-10

SEMINAR ONE:

LEADERSHIP TRAINING IN GROUP DYNAMICS

LEADER:
Paul S. Kurtz, Psychologist, Los Altos, California.

The importance of the face to face group approach to self discovery is becoming widely recognized. This seminar is intended primarily for those interested in leading such groups. It will offer an opportunity for sharing experience and gaining workshop practice in group dynamics.

Sessions begin Saturday at 9:00 A.M., end Sunday at noon.

February 22-24

SEMINAR TWO:

THE VISION OF SRI AUROBINDO

LEADERS:
Dr. Haridas Chaudhuri, Philosopher, Author, Aurobindo scholar.
Dr. Richard Marsh, San Francisco State College.
Jim Fadiman, Psychology Department, Stanford University.

A consideration of the philosophy of modern India's great philosopher and mystic, with special attention given to these problems: the nature and status of the self; drug-induced mysticism and the doctrine of grace. Lectures and question periods Friday at 3:00 P.M., Saturday at 10:00 A.M.; discussion periods Friday at 9:00 P.M., Saturday at 2:00 P.M., Sunday at 10:00 A.M.

March 1-2-3

SEMINAR THREE:

A WEEK-END RETREAT

LEADERS:
Margaret Ellis
Del Carlson

A week-end retreat for prayer and meditation, limited to sixteen participants.

Recommended reading: Magee, John. **Reality and Prayer**, Harper, 1957.
Underhill, Evelyn. **Practical Mysticism**, Dutton Everyman PB.

Beginning Friday night at 9:00, ending Sunday afternoon. Participants should bring slacks and sweaters for relaxation exercises.

March 9-10

SEMINAR FOUR:

RELIGION AND DRUG-INDUCED MYSTICISM

LEADERS:
Francis Geddes, Fellowship Church, San Francisco.
Paul Kurtz, Psychologist, Los Altos, California.
John Levy, Chairman Peace Committee, American Friends Service Committee, San Francisco.

This seminar will deal with the following questions: What is the difference, if any, between religious experience and the experience that obtains from the use of psychedelic drugs? What is the appropriate relationship between these drugs and one's self-understanding as a religious being? Are these drugs a help or a hindrance in the process of religious maturation: what are the religious benefits and/or the religious hazards in using these drugs?

Sessions begin at 9:00 A.M. on Saturday, end Sunday at noon.

March 16-17

SEMINAR FIVE:

THE EXPANSION OF CONSCIOUSNESS THROUGH ART

LEADERS:
Pierre Delattre, Playwright and Director of the Actor's Repertory Theatre.
George Elliott, Author.
Herbert Gold, Novelist and Essayist.
Leo Litvak, Author and Assistant Professor, English Department, San Francisco State College.
Neill Smith, Architect, San Francisco.

Most of us cannot grow—or even maintain our health—without periods of catharsis and inspiration. Do modern art and literature give us these? What directions must art take to encourage the further development of man: what kind of theatre, novels, paintings and buildings would there be in a society increasingly concerned with the growth of awareness.

Sessions begin Saturday at 9:00 A.M., end Sunday at noon.

March 23-24

SEMINAR SIX:

A PSYCHOLOGY OF ULTIMATES

LEADERS:
Willis W. Harman, Professor, School of Engineering, Stanford University.
Wilson Van Dusen, Chief Clinical Psychologist, Mendocino State Hospital.

One may unite the understanding of religious enlightenment with everyman's ordinary situation to produce what is both theology and psychology at the same time. In this theological psychology one can profitably search out the use of psychopathology or commonplace trouble and difficulty and begin to read the intention of inner and outer events, just as one can read one's own dreams. In such a view circumstances carry an ultimate con-

cern. To be illustrated with clinical examples.

Sessions begin Saturday at 9:00 A.M., end Sunday at noon.

March 28-31

SEMINAR SEVEN:

THE EVOLUTION OF HUMAN EXPERIENCE

LEADERS:
Kenneth Rexroth, Poet and Critic.
Dr. Richard Marsh, Associate Professor of Radio-Television, San Francisco State College.

A discussion of the stages in man's growth since pre scientific times and an examination of the possibilities for future development. The emphasis will be on ways of reconciling the need for self-assertion with the need for self-transcendence.

Sessions begin Thursday afternoon at 3:00 P.M., end Sunday at noon.

April 12-13-14

SEMINAR EIGHT:

TRAINING FOR A LIFE OF GROWTH

LEADER:
Gerald Heard, Author and Philosopher.

The capacity of making sense of our situation is "religio", the gift and the process of embracing all experience in a comprehensive meaning. Men have been able to hold together only when there has been a training in comprehensive understanding and a training in living in accord with such an understanding. In this seminar Mr. Heard will consider: (A) What could be the theory (the view of the 'nature of things') which a contemporary 'religio' would hold,—and why? (B) What would be the Ethic, the Morals, the conduct deducible from such a cosmology? (C) What would the practices and mental training be to actualize such an essential role of conduct in our individual and social behavior?

This will be a series of lectures followed by question periods. First session: Friday night at 8:30 P.M.; continuing Saturday at 11:00 A.M. and 8:30 P.M., Sunday at 11:00 A.M.

April 19-20-21

SEMINAR NINE:

THE MAKING OF POETRY

LEADERS:
Eric Barker, Poet.
Melissa Levitsky, Poet.
Lyon Phelps, Playwright and Poet.
The James Chamber Players.
Kaffe Fassett, Painter.
Alba Heywood, Painter.
Dryden Phelps, Chinese Scholar and Poet.

Big Sur poets, painters and musicians in a weekend series of readings, improvisations and round-table discussions to demonstrate dramatically a synthesis of the three arts.

Beginning Friday night at 8:30 P.M., ending Sunday afternoon.

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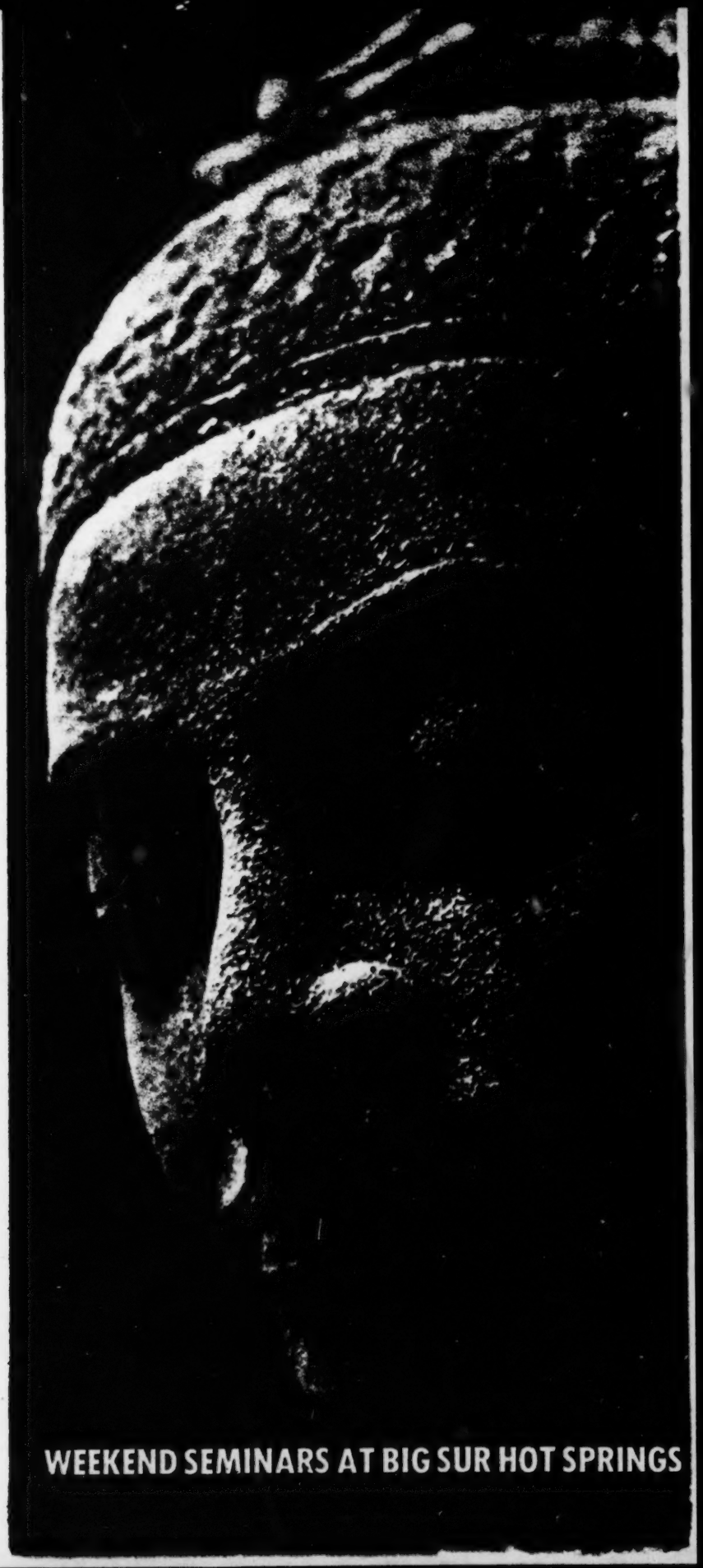
WEEKEND SEMINARS AT BIG SUR HOT SPRINGS

April 27-28

SEMINAR TEN:

THE PSYCHEDELICS: THEIR ETHICAL AND RELIGIOUS IMPLICATIONS

LEADERS:
George Brunn, Secretary of the Religious Research Foundation, San Francisco.
Jeffery Smith, Professor of Philosophy and Humanities, Stanford University.

An exploration of the ethical and religious implications of research with the consciousness-expanding drugs. How do we prepare for the psychedelic experience: what attitudes and settings facilitate it best? Can we, and if we can, how do we build this experience into our everyday life?

Sessions begin Saturday at 9:00 A.M., end Sunday at noon.

May 3-4-5

SEMINAR ELEVEN:

EXERCISES FOR GROWTH

LEADER:
Kay Ortmans, Composer and Teacher.

A weekend experience of new ways toward release and integration. Will include Relax and Rebound movement, deep relaxation, and exercises involving sculpture, painting, writing and music with movement.
Joe Adams, Psychologist, will share his ideas and lead a discussion.

Beginning Friday at 8:30 P.M., ending Sunday at noon. Come prepared with slacks, playclothes and soft shoes. Limited to 12 people.

May 17-18-19

SEMINAR TWELVE:

PHYSICAL MOVEMENT AS A REVELATION OF THE SELF

LEADER:
Mary Whitehouse, Movement Therapist and Teacher of Dance.

This weekend offers an experience of physical awareness, spontaneous expression and non-verbal communication through body movement. There will be an introductory lecture-demonstration Friday night at 8:30 P.M., followed by workshop sessions for individuals and groups on Saturday and Sunday.

Bring slacks and soft shoes.

Limited to thirty.

May 24-25-26

SEMINAR THIRTEEN:

IDEOLOGICAL CONTROL OF THE INDIVIDUAL

LEADER:
Joe Adams, Psychologist, Palo Alto.

A series of lectures on the means whereby individuals and populations have been brought under control by ideologies in the past, with parallels in the cultural revolution now under way. Recent attacks on the mental health movement, on psychiatrists, on psychological testing, etc., will be discussed. Each lecture will be followed by a question and discussion period.

Reading: Szasz, T.S. **The Myth of Mental Illness,** Harper-Hoeber, 1961.

Sessions begin Friday at 8:30 P.M., continue on Saturday at 11:00 A.M. and 8:30 P.M., on Sunday at 10:00 A.M.

Where the seminar is not specifically designated as a series of lectures or as a workshop there will be an open discussion, with the leaders presenting questions to the group. The aim of this procedure is not to seek group agreement but to encourage individual insight and understanding.

COSTS:

Payment of a basic room and board charge plus registration fee is required for each seminar. The room and board charge covers lodging Friday and Saturday nights, six meals and use of the mineral baths. For every seminar except number seven the room and board charge is **$28.00 per person for a single occupancy, $22.00 for a double, and $20.00 for a triple.** The charge for seminar seven, which covers three nights lodgings and nine meals, is **$42.00 per person for a single occupancy, $33.00 for a double, $30.00 for a triple.**

The Registration fees are as follows:

Seminars 1, 3, 4, 5, 6, 10, 13	$ 4.00 each
Seminars 2, 11, 12	$ 8.00 each
Seminars 7, 8, 9	$12.00 each

A non-refundable deposit of $10.00 is required to hold a reservation. For reservations write or phone Big Sur Hot Springs, Big Sur, California. The phone number is Big Sur 2634.

Big Sur Hot Springs is located on State Highway One (The Cabrillo Highway), fifteen miles south of Pfeiffer State Park, eleven miles south of Nepenthe, or if you are coming from the south, ten miles north of Lucia and fifty miles north of San Simeon.

BIG SUR HOT SPRINGS
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Lectures & Seminars at BIG SUR HOT SPRINGS

SUMMER 1965

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ARNOLD TOYNBEE will lecture on "The Study of Contemporary History" **Saturday, April 6,** at 2:30 P.M. Admission charge: $2.50.

CHAMBER RECITALS by the James Chamber Players. Robert James, viola; Owen James, flute; Lenore James, cello.

April 7, May 11-12, May 25-26. Saturday nights at 8:30, Sunday afternoons at 1:00.

JUNE 8-14:

THE QUEST FOR THE INMOST LIGHT
a seminar and workshop conducted by ALAN WATTS and JEAN VARDA.

An enquiry into the nature of glory, of that particular quality of light which, in visionary experience, transfigures the everyday world into paradise; its relation to the sense of sight, to color, and to consciousness as a whole. Man's awareness of glory in the history of religion and art.

GENERAL INFORMATION: The seminar will be conducted the weekend of June 8-9 with sessions at 10 a.m. and 2 p.m. on Saturday and Sunday at the Coast Gallery (Watts) and at 9 p.m. on Saturday at the Hot Springs (Varda). Jean Varda will conduct the workshop at the Coast Gallery, hours by arrangement, and Alan Watts will be available for private and group consultations. Participants in the workshop should bring a set of pastels, colored papers and a tablet of inexpensive drawing paper (newsprint).

FEES: Seminar only, $25.00. Seminar and workshop, $60.00. Workshop only, $50.00. Lodging and meals: Dinner Friday, June 8, through lunch, June 14, $90.00 (single occupancy), $75.00 (double occupancy); dinner Friday through lunch Sunday, $28.00 (single), $22.00, (double); dinner Sunday through lunch Friday, $65.00 (single), $55.00 (double). Fees payable to The Society for Comparative Philosophy (or S. C. P.), c/o Big Sur Hot Springs, Big Sur, Calif. A $15.00 non-refundable deposit is required to hold a reservation.

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JUNE 9: **JOEL ANDREWS,** harpist, in a concert of works for solo harp. 8:30 p.m.

JUNE 15-16:

TRANSFORMING THE MIND-BODY ENERGY

—a weekend seminar.

Leaders: **Laura Huxley,** psychotherapist, Los Angeles

Benjamin Libet, Professor of Physiology, University of California Medical Center, San Francisco.

William McCord, Associate Professor of Sociology, Stanford University.

A discussion of practical ways by which the energies generated by negative emotions can be creatively transformed and redirected. The interrelationship of emotions, muscular activity and imagination will be emphasized.

GENERAL INFORMATION: The seminar will begin on Saturday at 9:00 a.m. and end Sunday at noon. Registration fee: $5.00. Payment of a basic room and board charge is required (see below).

JUNE 18 - JULY 3:

SEMINARS AND WORKSHOPS LED BY PAUL S. KURTZ, PSYCHOLOGIST.

JUNE 18-21: **HUMAN GROWTH SEMINAR.** A general seminar for persons interested in the possibilities of psychological growth.

JUNE 22-25: **LEADERSHIP TRAINING WORKSHOP I.** Training for inexperienced small group leaders.

JUNE 26-29: **LEADERSHIP TRAINING WORKSHOP II.** Training for experienced small group leaders.

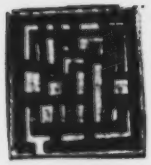
JUNE 30-JULY 3: **POST-PSYCHEDELIC SEMINAR.** To explore further—without drugs—the areas of consciousness opened up by the psychedelic experience. Limited to those persons who have taken at least one of the psychedelic agents.

GENERAL INFORMATION: Each of these seminars and workshops will begin at 2:30 p.m. on the first day listed and will end at noon on the last day listed. Registration fees: for the Human Growth and Post-Psychedelic seminars, $15.00; for the Leadership Training Workshops, $5.00. These fees must be paid in advance to the Human Growth Institute, 771 Sutter Avenue, Palo Alto, California. See below for basic room and board charge.

FRITZ FAISS, artist and teacher, will be in residence at Big Sur Hot Springs from July [illegible] August [illegible] during this time he will be available for individual and group instruction in painting and sculpture. With this instruction Mr. Faiss will relate the techniques of artistic expression to the processes of general psychological growth and to the religious methods of meditation.

Mr. Faiss studied at the Bahaus and with Rudolph Steiner in Germany before coming to this country; his works are owned and exhibited by private collectors and museums throughout Europe and America.

Fees and class-hours will be arranged at the Hot Springs in July. During this same period meditation and body-awareness classes will be given by members of the Hot Springs staff.



COST

The basic room and board charge for weekend seminars covers lodging Friday and Saturday nights, meals from dinner Friday through lunch Sunday, and use of the mineral baths. The charge is **$28.00 per person for a single occupancy, $22.00 for a double, and $20.00 for a triple.**

A non-refundable deposit of $10.00 is required to hold a reservation. For reservations write or phone **Big Sur Hot Springs, Big Sur, California.** The phone number is **Big Sur 2634.**

LOCATION

Big Sur Hot Springs is located on State Highway One (The Cabrillo Highway), fifteen miles south of Pfeiffer State Park, eleven miles south of Nepenthe, or if you are coming from the south, ten miles north of Lucia and fifty miles north of San Simeon.

SEPTEMBER 14-16:

ON DEFINING THE SELF—a weekend seminar conducted by [illegible].

Sessions begin Saturday morning at 9:00, end Sunday at noon. Registration fee: $15.00 per person, $25.00 per married couple. See below for basic room and board charge.

SEPTEMBER 20-22:

THE EYE OF EDWARD WESTON—a weekend seminar.

Leaders: Ansel Adams
Imogen Cunningham
Brett Weston
Jack Welpott

Since his death, the stature of Edward Weston has continued to increase. His particular vision has influenced art and artists outside America and outside the realm of photography. But as his reputation grows, his photographs become harder to see in the simplicity and clarity with which he made them. In this seminar his old friends, who are themselves artists of stature, will recall the man and the original impact of his photographs and will explore the nature of his influence.

A movie about Edward Weston, entitled "The Photographer," will be shown Friday night. The seminar will begin Saturday morning at 9:00 and will end Sunday at noon. Registration fee: $5.00. See below for basic room and board charge.

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Seminars at BIG SUR HOT SPRINGS

FALL 1963

SEMINARS ON THE HUMAN POTENTIALITY

A REMINDER FROM OUR SUMMER BROCHURE:

SEPTEMBER 13-15—a seminar led by S. I. Hayakawa, entitled "On Defining the Self"

SEPTEMBER 20-22—"The Eye of Edward Weston," a weekend seminar led by Ansel Adams, Imogen Cunningham, Cole Weston and Jack Welpott.

SEPTEMBER 27-29

THE CRISIS IN PSYCHOLOGY

LEADERS: JOE K. ADAMS, Psychologist, Palo Alto

ANTHONY J. SUTICH, Psychotherapist, Palo Alto; Editor, JOURNAL OF HUMANISTIC PSYCHOLOGY.

A review of current trends in the field of psychology, with special attention given to the growing conflict between concepts which standardize and limit human possibilities (most behaviorism and psychoanalysis) and concepts which offer promise of freedom and growth (Horney, Fromm, Rogers, Maslow, Allport, existential and phenomenological analysis, Gestalt psychology). The history of the field will be reviewed in the light of this growing conflict.

Registration fee: $6.00

OCTOBER 4-6

INTRODUCTION TO NON-VERBAL EXPERIENCE

LED BY: CHARLOTTE SELVER, Teacher of Awareness

Overemphasis on verbal activity, including speech and thought, conceals the rich and unfamiliar world of non-verbal experience. This seminar will explore non-verbal experience through the cultivation of inner quiet and the unforced use of inner and outer senses.

Registration fee: $20.00

OCTOBER 11-13

LESSONS FROM THE BIG SUR MASTER PLAN

LEADERS: FRED S. FARR, Attorney, State Senator, Chairman Senate Committee on Conservation & Planning

GEORGE S. GATTER, City Planning Consultant, San Francisco

NICHOLAS ROOSEVELT, Author, Conservationist, Member State Recreation Commission

WESLEY WARD, Professor of Architecture, California State Polytechnic College.

A discussion of the aims embodied in the Monterey County Coast Master Plan and the problems involved in its passage by the Monterey County

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Board of Supervisors. The lessons learned will be considered in relation to other areas in California that need creative land use planning, with special attention given to the Lake Tahoe region and the Scenic Highway Bill. Throughout the seminar there will be a consideration of the general aims and philosophy behind planning, and one session will be devoted solely to utopian thinking about what California could be.

Registration fee: $6.00

OCTOBER 18-20

THE CREATIVE PERSON AND HIS RELATION TO THE UNCANNY

LEADERS: **FRANK BARRON,** Research Psychologist, Institute of Personality Assessment and Research, University of California

ROBERT LYNCH, Psychiatrist, La Jolla

A review of some of the discoveries made about the creative person and his relation to those phenomena, such as ESP, psychokinesis and mediumship, which defy physical explanations. References will be made to the creativity studies conducted by the Institute of Personality Assessment and Research at the University of California and to the studies of the relation between creativity and ESP conducted under the auspices of the Menninger Foundation.

Registration fee: $6.00

OCTOBER 25-27

RESEARCH ON PEACE

LEADERS: **KATHLEEN ARCHIBALD,** Sociologist, Institute of International Studies, University of California

PAUL EKMAN, Psychologist, San Francisco State College, and Studies in International Conflict and Integration, Stanford University.

CHARLES McCLELLAND, Professor of International Relations, Institute for Research on International Behavior, San Francisco State College.

ROBERT NORTH, Professor of Political Science, and Director of Studies in International Conflict and Integration, Stanford University.

An overview of research on issues of war and peace; e.g. communication between leaders, decision-making in crises, attitudes toward foreign policy, games and international conflict, images of political leaders, etc. Includes discussion of current peace research at local universities and by the Committee for the Application of the Behavioral Sciences to the Strategies of Peace (ABSSOP).

Registration fee: $10.00

The registration fee will be donated to help the peace research activities of ABSSOP.

NOVEMBER 1-3

CREATIVE FORM IN POETRY AND PSYCHOTHERAPY

LEADERS: ROBERT DUNCAN, Poet
STEPHEN SCHOEN, Psychiatrist

A discussion of form in the realizing of feeling and identity. We are concerned with the commitment to the object in significant expression, and with the role of laws and freedoms in shaping new ways in life and art.

Registration fee: $6.00

NOVEMBER 8-10 (and November 11)

THE THEORIES OF ABRAHAM MASLOW

LED BY: PAUL KURTZ, Psychologist, Palo Alto

Abraham Maslow has studied healthy people in an attempt to find norms for psychological growth. These creative or "self-actualizing" people have given him insights into the possibility of fuller growth for all people. This seminar will discuss his descriptions of self-actualizing people, his theory of motivation and the dynamics of growth, and his attempt to create a "Being-psychology" concerned with peak experiences, ends and values. The seminar will continue through Monday, Veterans Day, for those interested.

Registration fee: $6.00

THREE SEMINARS LED BY GERALD HEARD

NOVEMBER 15-17

THE NEW CONCEPT OF EVOLUTION

MR. HEARD describes his subject as follows:

There have been three ideas about Evolution: the first one was that the Life process has been literally an unfolding, unpacking of a minute model until it was expanded to full size.

The second view was that Life was a kind of invisible, flowing plastic which oozed along, twisting, stubbing, congealing itself into all its many forms.

The third and new concept is that (a) some kind of play goes on between this stream and its source and bed; (b) that new kinds of energies and so new forms appear and (c) that, as ineffective forms are always being swept away, the new upper, more effective, more advanced forms that emerge are always more generalized, more lively, more questing, until with man we arrive at the most unfinished form, the creature that itself can plan its future and fulfill its evolutionary promise.

NOVEMBER 22-24

THE PROBLEM OF PSYCHICAL RESEARCH

The psyche is that aspect of the psycho-physique which makes man to be man, and that in man which evolves. As we now know, man is a creature without instincts. In place of his instincts he has developed a social heredity, a two-fold, two-sided current of ideas. One side deals with the outer world and how to get along with it—physics, economics, politics. The other side deals with the inner world and how to get along with our deep selves, our values, our psyche. These two sides must be kept in balance.

However, because in dealing with the outer world we have thought that it was the only world, we have upset the balance between inner and outer, and our sense of values, our sense of the worth of life is deranged. Hence we suffer uprushes from the psychic depths which we try to explain away.

We can be sane and progress only if we right this balance. And we can right this balance only if we (a) make a frame of reference in which our two-fold growth can be understood and (b) if we find a way of living in which we use the disturbing data of psychical research to help us live the new evolving, fulfilling life which we now see we were intended to live.

NOVEMBER 29-DECEMBER 1

WAYS OF GROWTH IN OUR AGE

Since we must fulfill our evolution, and since that evolution must be through the psyche, if we are to grow we must do two things: first, we must **understand** (a) in **what direction** the psyche wishes us to grow and (b) how the psyche, through its psycho-somatic functioning, **intends** us to grow. Second, we must **undertake** the kind of mind-body training whereby our potential self may develop and fulfill itself. This means living a life which, at the right time, with the right study together with the right company, makes the four stages of intentional life (childhood, adolescence, first maturity and second maturity) a sustained development.

Registration fees: $12.00 per seminar. Mr Heard will be in residence from November 15 to December 1. He will conduct an open discussion of the issues raised during his weekend seminars every afternoon during the week. There will be a $2.00 fee for each of these afternoon discussions.

DECEMBER 6-8

A WEEKEND OF POETRY AND MUSIC

LEADERS: LYON PHELPS, poet, with **PETER MELCHIOR,** drums, plus other Big Sur poets and music makers

Poetry and music in various combinations plus ad lib discussions with the audience. A fuller description will be sent to those who are interested.

Registration fee: $6.00

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DECEMBER 13-15

A CREATIVE APPROACH TO PSYCHOTHERAPY

A lecture-demonstration of an integrated approach to psychotherapy.

LEADERS: PAUL BAUM, Clinical Psychologist
NAN JOHNSON, Psychiatric Social Worker
GENE SAGAN, Clinical Psychologist

This approach combines within the framework of individual and group psychotherapy features of Gestalt Therapy, Movement Therapy, Psychodrama, and Art Therapy. It is an attempt to work within a framework that utilizes the similarity between the creative process and the process of individual growth.

Registration fee: $6.00

DECEMBER 16-23 and
DECEMBER 28 — JANUARY 4

THE VARIETIES OF RELIGIOUS EXPERIENCE

LEADERS: MICHAEL MURPHY, Big Sur Hot Springs
WILLIAM D. QUINN, Big Sur Hot Springs

A comparative study of some of the mystical traditions within the great world religions, combining discussion with practice of meditation exercises derived from these traditions. The seminar will explore the possibility of applying these ancient ideas and exercises to our present religious life, in ways appropriate to our individual temperaments, capacities and circumstances. Special attention will be given to the Upanishads, the Tantra, the Christian contemplative life as exemplified by Ruysbroeck and St. John of the Cross, Hasidism, and the lives and teachings of Ramana Maharishi and Sri Aurobindo.

The seminar will be divided into two sections, the first running from Monday, December 16 until Monday, December 23, the second from Saturday, December 28 until Saturday, January 4.

A fuller description of the seminar program will be available later for interested persons.

Registration fee: $6.00 for both sections inclusive

POETRY EVENINGS at 8:30 p.m. on the first Wednesday of each month (October 2, November 6, December 4, January 8)—readings by poets in Big Sur and invited guests from elsewhere, with readings of favorite poems by members of the audience. Information upon request.

$3.00 for the series; $1.00 an evening

SEMINAR SCHEDULES

Every weekend seminar will begin with an informal introductory session Friday evening at 9:00; there will be sessions Saturday morning, Saturday afternoon and Sunday morning. The seminar will conclude with lunch on Sunday.

RESERVATIONS

Must be made at least one week before the first day of the seminar. A non-refundable deposit of $10.00 is required to hold a reservation. Write or phone **Big Sur Hot Springs, Big Sur, California;** the phone number is **Big Sur 2634.**

COSTS

Payment of a basic room and board charge plus registration fee is required for each **weekend** seminar. **The basic room and board charge** covers lodging Friday and Saturday nights, meals from dinner Friday through lunch Sunday, and use of the mineral baths; the charge is **$28.00 per person for a single occupancy, $22.00 for a double, and $20.00 for a triple.** Regular room and board rates will apply for the two week seminar in December and for the Gerald Heard midweek discussions in November; we will send these upon request.

LOCATION

Big Sur Hot Springs is located on State Highway One (the Cabrillo Highway) fifteen miles south of Pfeiffer State Park, eleven miles south of Nepenthe, or if you are coming from the south, ten miles north of Lucia and fifty miles north of San Simeon.

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SEMINARS ON THE HUMAN POTENTIALITY

sponsored by Esalen Institute, a non-profit organization

JANUARY 17 - 19

TIME AND ANXIETY led by **ALAN WATTS**

The running out, the getting later and later of time is the measure of Western man's anxiety—giving all life a quantitative value ("time is money") which impoverishes the whole of our experience. Overcoming this requires the conversion of time into rhythm, and acquiring the sense that the timing of events is dancing rather than clock-watching. **Charlotte Selver** will assist at this seminar. The group will meet informally Friday evening; formal meetings begin Saturday morning.

Registration fee: $25

PAINTING	**SCULPTURE**
Roland Hall	**Ron Boise**

Jan. 17 - Feb. 9

Introduction by Alan Watts

Mandala and Tantra

Reception Sunday, Jan. 19th 4 - 6 P.M.

JANUARY 20 - 24

BEING ALL THERE: a practice-study group led by **CHARLOTTE SELVER,** Instructor in Sensory Awareness, New School for Social Research, N. Y., assisted by **CHARLES VAN WYCK BROOKS.**

We often discover that we are not fully open for experiencing or relating because, while acting in the present, we are still in the past or already in the future. The process of becoming more attuned for and in our action, which this practical workshop will explore, gathers and focuses our energies. Sensitive awareness and a balancing of mental and physical powers lead to more contact with oneself and one's environment, and give immediacy and depth to experiencing the here and now.

There will be daily morning and afternoon sessions and two informal evening discussions with slides.

Registration fee: $50

JANUARY 24 - 26

AN EXPERIMENT IN GROWTH

LED BY: PAUL KURTZ, Psychologist, Palo Alto.

This seminar will introduce an experiment in growth of awareness. The experiment will last for six months; it will include periodic seminar meetings of the entire group, the practice of exercises to induce awareness, and other activities, carried on in such a way that the participants will reinforce one another. For more information, write Big Sur Hot Springs.

Registration fee: $10

JANUARY 24 - 26

IDEAS FOR A UNIVERSAL UNIVERSITY

LED BY: MARK GOLDES, founder of Emerson College; teacher, Pasternak College, the Free University.

A shrinking earth forces us to consider, as practical and necessary, certain possibilities that have always in the past been thought Utopian. Included are an end to war, worldwide material abundance and the creative use of leisure. Such matters are no longer academic, therefore a non-academic university has been proposed to encourage the rapid changes that have become imperative. We will be concerned with concrete and practical proposals designed to bring such a world university and its many local colleges into existence.

Seminars on human potentiality sponsored by Esalen Institute, a non-profit organization

Registration fee: $6

JANUARY 31 - FEBRUARY 2

THE WORK OF CARL ROGERS

LED BY: PAUL KURTZ, Psychotherapist, Palo Alto; **WALCOTT BEATTY,** Professor of Psychology, San Francisco State College.

A review of Carl Rogers' work and discoveries: of his findings that the attitudes of the therapist which most facilitate growth in the client are congruence, positive regard, unconditional acceptance and empathetic understanding, that these qualities foster growth in every human relationship, and that an essential condition for health and growth is openess to experience.

Registration fee: $6

FEBRUARY 7 - 9

EXISTENTIALISM AND MYSTICISM

LED BY: JAMES FADIMAN and **ALLAN SIDLE,** Psychology Department, Stanford University.

SIDNEY WOHL, Clinical Psychologist, Veteran's Administration Hospital, Palo Alto.

Mysticism affirms the individual self's capacity for joining the ground of Being in an experience of profound union. Some forms of existentialism also affirm the possibility of a transcendence of the enculturated self—but in the context of human encounter, as a person to person, I-Thou relationship. This seminar will discuss the relationship between these two approaches to human fulfillment.

Registration fee: $6

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FEBRUARY 14 - 16

INTRODUCTION TO GESTALT THERAPY

LED BY: FREDERICK S. PERLS, Psychiatrist, Los Angeles.

To expand the scope of awareness, to bring greater contact with the environment and to end the subject-object split are the goals of Gestalt Therapy. Concentrating on **what** is rather than **why** it is, in the present rather than in the past, this approach has received considerable attention as a new method of psychotherapy. Dr. Perls, its originator, will discuss his theories as well as show the relationship of Gestalt Therapy to existentialism and Zen. He will also demonstrate the practical application of his approach through workshop experiments.

Registration fee: $15

FEBRUARY 21 - 23

THE INTEGRAL YOGA OF SRI AUROBINDO

LED BY: HARIDAS CHAUDHURI, Philosopher and Author.

Sri Aurobindo, modern Indian philosopher and mystic, incorporated the traditional yogas of India into a **purna** or integral yoga. This yoga adapts discipline to the individual's unique psychic and physical makeup, and stresses the need to evoke and follow the deep—but usually suppressed—leadings of the organism. The seminar will discuss this yoga and the possibilities of incorporating its principles into a life of growth in American culture.

Registration fee: $10

(**February 22** at 8:30 p. m. **SHIVARAM,** Hindu dancer, will perform classical dances of India. Admittance charge: $2.)

MARCH 6 - 8

CLINICAL APPLICATION OF EXISTENTIAL CONCEPTS TO PSYCHOLOGICAL AND PSYCHIATRIC PROBLEMS

LED BY: ARTHUR BURTON, Psychotherapist, San Jose.

(Text: Medard Boss, **Psychoanalysis and Daseinanalysis.** Basic Books, 1963.)

A systematic examination of the more important existtential conceptions and how they bear upon diagnosis and treatment of psychological problems. Comparisons of the Freudian, Jungian, Sullivanian systems, with the Existential Analytic. If feasible, an actual clinical case will be presented.

Registration fee: $10

MARCH 13 - 15

PERSONALITY ASPECTS OF MOVEMENT

LED BY: PAUL BAUM, Clinical Psychologist and Movement Therapist, Berkeley.

MARY WHITEHOUSE, Movement Therapist and Teacher of Dance, Los Angeles.

A conference for movement therapists, psychotherapists and dance teachers interested in the personality aspects of movement. Those interested should write Paul Baum, 10 Millwood, Mill Valley, California; or Mary Whitehouse, 10329 Santa Monica Blvd., Los Angeles.

Registration fee: $6

MARCH 20 - 22

WILL POPULATION PRESSURES DETHRONE WOMANHOOD?

LED BY: S. P. R. CHARTER, Ecologist; Editor, **"The Journal of Human Ecology."**

For further information, write Big Sur Hot Springs.

Registration fee: $6

APRIL 3- 5

IMAGINATION

LED BY: ROBERT GERARD, Clinical Psychologist, Los Angeles.

LAURA HUXLEY, Psychotherapist, Los Angeles; author of **"You Are Not The Target."**

GENE SAGAN, Clinical Psychologist, Berkeley.

This workshop will demonstrate techniques for the creative use of imagination. These methods have been developed from and are related to Psychosynthesis, Gestalt Therapy, the Stanislavsky acting approach and hypnosis. The primary emphasis will be on the participants experiencing rather than listening.

Registration fee: $12

APRIL 10 - 12

SHAMANISM, SUPERNATURALISM AND HALLUCINOGENIC DRUGS

LED BY: MICHAEL J. HARNER, Assistant Research Anthropologist, University of California.

JOSEPH HENDERSON, Jungian Analyst, San Francisco.

CHARLES SAVAGE, Psychoanalyst, Menlo Park.

A discussion of the role of vision-producing drugs in the formation and maintenance of concepts of the supernatural. Recently collected data from two Upper Amazon cultures will serve as the basis for an exchange of ideas from the points of view of anthropology, Jungian Psychology, Psychoanalysis and psychedelic research.

Registration fee: $10

APRIL 17 - 19

THE FULLY FUNCTIONING PERSONALITY
LED BY: S. I. HAYAKAWA.

Registration fee: $15 per person
$25 per couple

APRIL 24 - 26

THE ECONOMY'S MISSING LOGIC
LED BY: LOUIS O. KELSO, Attorney, Author and Economist, San Francisco.
MARK GOLDES, Teacher, Pasternak College, Carmel.

In **The Capitalist Manifesto,** Louis O. Kelso and Mortimer J. Adler analyze the possible economic structures of a modern industrial society, concluding that a private property, free market economy based upon the theory of capitalism is the most just and potentially the most productive organization of an industrial economy, as well as the truest economic counterpart of a democracy. They criticize the concentration of capital ownership in the present American economy and the resulting necessity for governmental redistribution of purchasing power, and propose specific and practical measures for rapidly increasing the number and proportion of capital-dependent households. In **The New Capitalists** they outline a plan for creating new capital-owning households through financing techniques based on **future** savings rather than upon past savings, a plan which, they argue, could create something heretofore non-existent, namely, a true Capitalist economy.

Registration fee: $6

BERNARD GUNTHER will be in residence, conducting experiments in contact and sensory awareness, and will lead classes in yoga.

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Open April 1st to November 1st
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• PRIVATE SHOWING BY APPOINTMENT

SEMINAR SCHEDULES

Every weekend seminar will begin with an informal introductory session Friday evening at 9:00; there will be sessions Saturday morning, Saturday afternoon and Sunday morning. The seminar will conclude with lunch on Sunday.

RESERVATIONS

Must be made at least one week before the first day of the seminar. A non-refundable deposit of $10.00 is required to hold a reservation. Write or phone **Big Sur Hot Springs, Big Sur, California;** the phone number is **Big Sur 2634.**

COSTS

Payment of a basic room and board charge plus registration fee is required for each **weekend** seminar. **The basic room and board charge** covers lodging Friday and Saturday nights, meals from dinner Friday through lunch Sunday, and use of the mineral baths; the charge is **$28.00 per person for a single occupancy, $22.00 for a double, and $20.00 for a triple.** Regular room and board rates will apply for the two week seminar in December and for the Gerald Heard midweek discussions in November; we will send these upon request.

LOCATION

Big Sur Hot Springs is located on State Highway One (the Cabrillo Highway) fifteen miles south of Pfeiffer State Park, eleven miles south of Nepenthe, or if you are coming from the south, ten miles north of Lucia and fifty miles north of San Simeon.

RECOMMENDED DRESS:

Slacks, sweaters, jeans, flat shoes for women.

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BIG SUR HOT SPRINGS
BIG SUR, CALIFORNIA
Phone Big Sur 2634
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may 1964

at

big sur hot springs

and

the marshall hotel

MAY 1-3
CREATIVE ACTING AND GESTALT THERAPY

Leaders: Viola Spolin, founder Second City, Chicago
Gene Sagan, Clinical Psychologist, Berkeley
Lee Breuer, Acting Director, San Francisco

A workshop, exploring some of the techniques of Gestalt Therapy as applied to acting problems. The Stanislavsky acting approach and the techniques of Gestalt Therapy have similar assumptions about the nature of man. Emphasis on demonstrations and participation. Acting experience is not necessary.

$41 per person, double $49 single

MAY 8-9
TAKE THIS HAMMER and **LOUISIANA DIARY,** two films produced for National Educational Television by the KQED Film Unit. "Louisiana Parish" is a record of CORE'S efforts to register Negro voters in a rural Louisiana district. "Take This Hammer" is a film essay of a James Baldwin visit to San Francisco, in which Mr. Baldwin talks to other Negroes about their problems in direct and disturbing terms. "Louisiana Diary" will be shown at 9:00 Friday evening, "Take This Hammer" at 9:00 Saturday evening. RICHARD MOORE, the producer-director of these two films, will be present for question and answer sessions after each film showing; the making and substance of these films will be discussed then.

$31 per person, double $39 single

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MAY 15-17

POETRY AND THE RHYTHM OF THE BODY

Leaders: Dr. Sheila Moon, Psychotherapist, San Francisco
Magda Proskauer, teacher of body awareness, San Francisco

An experimental seminar involving responses to poetry, participation in body awareness exercises and discussion of the interrelationships between the two experiences.

$38 per person, double $46 single

MAY 22-24

ALBERT CAMUS — MAN IN AN ABSURD WORLD

Leader : Robert O'Brien, Minister, Unitarian Church, Monterey

An examination of Camus' contributions to the understanding of the human condition. His novels, plays and philosophical writings will be reviewed for their contribution to psychology, religion and the arts.

$38 per person, double $46 single

MAY 25-29 — a five-day workshop

MOVEMENT, FEELING AND GROWTH

Leaders: A. A. Leath, Director, Dancers Workshop of San Francsico
Joe K. Adams, Psychologist, Palo Alto

A workshop in which each participant will be helped to discover the potentialities for movement and rhythm which are uniquely his. Discussions of the historical, aesthetic, therapeutic and psychological aspects of dancing. One morning and one afternoon session each day, together with two evening sessions. Limited to thirty.

$125 per person, double $145 single

MAY 29-31

NEW VISUAL SEMANTICS — an exploration of space and time concepts in photography.

Leaders: Wynn Bullock, Photographer
Jack Welpott, Photographer, Instructor of photography, San Francisco State College

A review of new directions in photography, a presentation of Wynn Bullock's work and ideas and a workshop to explore those ideas.

$38 per person, double $46 single

AT THE MARSHALL HOTEL, MARSHALL, CALIF.:

(See Location Below)

MAY 15-17

PSYCHIC PHENOMENA AND PARAPSYCHOLOGY

Led By Charles T. Tart, Research Psychologist, USPHS Fellow, Stanford University. Dr. Tart has conducted research in parapsychology and during the past year has been studying hypnosis and dreams at the Laboratory of Human Development at Stanford University.

A review of the field of parapsychology and of spontaneous phenomena such as telepathy, prediction of the future, healing and apparitions of the dying. A discussion of how parapsychology studies these and related phenomena and of how such phenomena fit into our culture.

$33 per person, double $38 single

MAY 22-24

HYPOCRISY AND "MENTAL ILLNESS"

Leaders: Joe K. Adams, Psychologist, Palo Alto
Alan Kringel, M.D., Director of Psychiatry,
El Camino Hospital, Mountain View

Those who are designated "mentally ill" are often the scapegoats of a hypocritical society; they are the victims of others' "pathology," as well as of their own. Recommended reading: Goffman, Erving. **Asylums.** Garden City, N. Y.; Doubleday-Anchor, 1961. Szasz, T. S. **Law, Liberty, and Psychiatry.** New York: Macmillan, 1963. Zilboorg, G. and Henry, G. W. **A History of Medical Psychology.** New York: Norton, 1941.

$36 per person, double $41 single

SEMINAR SCHEDULES

Every weekend seminar will begin with an informal introductory session Friday evening at 9:00; there will be sessions Saturday morning, Saturday afternoon and Sunday morning. The seminar will conclude with lunch on Sunday.

RESERVATIONS

Must be made at least one week before the first day of the seminar. A non-refundable deposit of $10.00 is required to hold a reservation.

For seminars at Big Sur write or phone **Big Sur Hot Springs, Big Sur, California;** the phone number is **Big Sur 2634.**

For seminars at Marshall write or phone the **Marshall Hotel, Marshall, California;** the phone number is **(415) 663-1102.**

COSTS

The costs listed after each weekend seminar description include lodging Friday and Saturday nights, meals from Friday dinner through Sunday lunch (a total of six meals), and the tuition fee. The amount listed for double is a **per person** cost; the amount listed for a single is also a **per person** cost; double means a double occupancy (two to a cabin).

LOCATION

Big Sur Hot Springs (designated on most maps as Slate's Hot Springs) is located on State Highway One fifteen Nepenthe; or if you are coming from the south, ten miles north of Lucia and fifty miles north of San Simeon.

The Marshall Hotel is also situated on State Highway One, north of San Francisco on the east shore of Tomales Bay, between Point Reyes and Tomales, in the town of Marshall (pop. 50).

RECOMMENDED DRESS

Slacks, sweaters, jeans, flat shoes for women, bathing suits.

SUMMER-FALL SEMINARS AND WORKSHOPS AT BIG SUR HOT SPRINGS

Ira Progoff, Paul Reps (author of Zen Telegrams, editor of Zen Flesh, Zen Bones), Frederick Perls (author of Gestalt Therapy), Charlotte Selver, S. I. Hayakawa, Alan Watts, Feiss, Gene Sagan, Paul Kurtz, J. F. T. Bugenthal, James Clark, Joan Baez—and others will lead programs during the summer and fall of 1964. A brochure announcing these programs will be put in the mail in May. To have your name placed on our mailing write Box B, Big Sur Hot Springs, Big Sur, California.

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SUMMER - FALL 1964

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WILLIAM GOLDEN
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PAUL REPS
GENE SAGAN
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FREDERIC SPIEGELBERG
VIOLA SPOLIN
ANTHONY SUTICH
JEAN VARDA
ALAN WATTS

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JUNE 5-7 and JUNE 8-12

Seminar by **ALAN WATTS** and Workshop by **JEAN VARDA**

REALITY, ART AND ILLUSION

A discussion of the Indian philosophy of the world as **maya**—under its several meanings as illusion, art, magic, creative power, measure, etc. Various techniques in the arts used to illustrate the diaphanous and vibrational quality of the material world, and to suggest a new approach to the old philosophy that the universe is "mind" only.

GENERAL INFORMATION: The Seminar will be conducted on June 6-7, with sessions at 10 a.m. and 2 p.m. on Saturday and Sunday by Alan Watts, and Saturday at 8:30 p.m. by Jean Varda.

Jean Varda will conduct the workshop during the week, hours by arrangement. Participants in the workshop should bring a set of pastels, colored papers and a tablet of inexpensive drawing paper (newsprint), or whatever other materials they wish to use..

FEES:	Seminar only	$ 56 per person, double — $ 64 single
	Workshop only	$120 per person, double — $140 single
	Seminar and Workshop .	$161 per person, double — $189 single

JUNE 7

JOEL ANDREWS, Harpist, in a concert for solo harp, 8:30 p.m.

JUNE 12-14

THE CONCEPT OF THE SUBTLE BODY

Leaders: FREDERIC SPIEGELBERG, author, lecturer, formerly professor of Asiatic-Slavic Studies, Stanford University.
JAMES FADIMAN, Psychology Department, Stanford University.

An examination of the Indian concept of "sukshma sharira-sthula sharira," often translated from the Sanskrit as "inner and outer" or "subtle and gross bodies," and of how this concept relates to modes of perception and feeling, to experience of the body and the body image, to yogic and psychedelic experience, and to Indian art, surrealism, abstract expressionism and the later work of Picasso. The possible distortion of this idea by modern crank philosophies will be considered as well as its possible application to emerging concepts and studies in psychology and psychosomatic medicine.

$41 per person, double $49 single

JUNE 19-21

THE NEW FOLK MUSIC

Leaders: ROGER ABRAHAMS, folksinger and folklorist, University of Texas.
JOAN BAEZ, folksinger.
NANCY CARLEN, guitar teacher and folksinger.
JANET SMITH, folksong writer and singer.
MARK SPOLSTRA, folksong writer and 12-string guitarist.
With surprise guests to be announced later.

An exploration of the significance of folk music in our culture, especially of the new music such as that of Dylan and Spolstra. There will be song trading as well as discussion, so participants should bring their instruments. For serious folk musicians.

$41 per person, double $49 single

JUNE 21 at 2:30 p.m.

FOLKSONG CONCERT with the seminar leaders performing.

$3

JUNE 21-26

SELF-AWARENESS SEMINAR

Led by: PAUL S. KURTZ, Psychologist and Director of the Human Growth Institute, Palo Alto.

It is the purpose of this seminar to demonstrate that we, as individuals, are the perceivers of life. As our perceptive faculties become gradually dimmed or distorted, life itself seems to be less satisfying. Various means of restoring perceptive functions will be practiced.

Through the use of certain psychological tests, group discussion, personal experiments in awareness, bodily exercise and the natural surroundings, each participant will find growth through intensification and clarification of perception.

The seminar begins with dinner Sunday evening and ends Friday noon.

$100 per person, double $120 single

JUNE 28-JULY 3

A PROGRAM OF BASIC ENCOUNTER AND MOVEMENT

Leaders: GILBERT DAVID, Consulting Industrial Psychologist, Faculty Member of the New School for Social Research, and Director of Leadership Development, Inc., New York.
GENE SAGAN, Clinical Psychologist, Berkeley.
CONSUELO SANDOVAL, Instructor of Dance, Dancers Workshop of San Francisco.
JOSEPH SCHLICHTER, Teacher of Dance, San Francisco.

Basic encounter groups, led by Gene Sagan and Gilbert David, will be combined with explorations in the personality aspects of movement. Movement classes will be held at least once each day; these will be coordinated with the experience of the encounter groups.

Our gestures and posture, the way we sit and stand and move in relation to others, the way we walk — all of these are fundamental to our relationships with self and other people. This program will explore such connections between our physical and psychological being.

The seminar begins with dinner Sunday evening and ends Friday noon. For further information, write Big Sur Hot Springs.

$150 per person, double $170 single

JULY 5-10

EXPLORATIONS IN PERSONAL AUTHENTICITY

Leaders: J. F. T. BUGENTAL, Ph.D., Partner, Psychological Service Associates, Los Angeles.
JAMES V. CLARK, D.B.A., Associate Professor of Business Administration and Associate Research Behavioral Scientist, Institute of Industrial Relations, UCLA.
BERNARD GUNTHER, Instructor of Body Awareness, Big Sur Hot Springs.

The basic process of being is awareness. Through awarenesses we discover ourselves, each other and the world. Yet anxiety, our culture and superstition cause us to reduce the scope and richness of our awareness. Reduced awareness inevitably means reduced living, reduced realization of our human potential.

This program will be exploratory. Participants will be invited to join in a common seeking for greater awareness. To this purpose the staff will bring insights from existential psychology and psychotherapy, from group dynamics and sensitivity training, and from sensory awareness training.

The program will begin with dinner on Sunday and end Friday noon. For further information, write Big Sur Hot Springs.

$150 per person, double $170 single

FRITZ FAISS, painter and sculptor, will be in residence **JULY 13-AUGUST 9.** During this time he will give individual and group instruction in drawing, painting and sculpture. Working at times with Dr. Frederick Perls during Dr. Perls' weekend seminars (see below), and with him more informally during the week, Mr. Faiss will explore some of the relationships between artistic expression, psychological growth, and methods of meditation.

Mr. Faiss studied at the **Bauhaus** under Klee and Kandinsky and with Rudolph Steiner; he was also active for many years at the **Evangelische Akadamie** in Germany. He is presently teaching at San Fernando State College. His works are owned by private collectors and museums throughout Europe and America.

FEE for group instruction: $2 per hour. For individual instruction: $10 per hour. Class hours will be arranged at the Hot Springs in July, according to the needs of the participants. Participants must provide their own equipment.

Room and Board — $13 a day per person, double $17 single
(a slight reduction for those staying a week or longer)

JULY 10-12 • JULY 17-19 • JULY 24-26

Three weekend Seminars:

INTRODUCTION TO GESTALT THERAPY

Led by: DR. FREDERICK PERLS, Psychiatrist and author of **Gestalt Therapy.**

Dr. Perls will explain the concepts underlying Gestalt Therapy, and will demonstrate some of the methods he has developed for extending awareness and healing destructive divisions of the self. These methods include the use of dialogue (between therapist and patient and between aspects of the self), and non-interpretive work with dreams. At times Dr. Perls will relate the techniques and philosophy of Gestalt Therapy to ways of artistic expression, working with Fritz Faiss, painter and sculptor, who will be in residence at Big Sur Hot Springs (see above).

There will be three weekend programs: attendance at each will be limited to fifty with first choice given to those who sign up for more than one weekend.

FEE (per weekend) $46 per person, double $54 single

JULY 31 - AUGUST 2

THE BASES OF CREATIVITY led by FRANK BARRON, Research Psychologist, Institute for Personality Assessment and Research, University of California, Berkeley.

Dr. Barron will discuss the origins and conditions of personal vitality, creativity and freedom. This discussion will be based upon his extensive research into the nature of creativity and health at the Institute for Personality Assessment and Research and at various other research centers. Some of the factors of creative personality which will be considered are: the ability to allow disorganization in the interests of richer integration, the combination of impulsivity and critical sense, and the capacity to use alterations of consciousness constructively.

$43 per person, double $51 single

SEPTEMBER 11-13

Seminar with ALAN WATTS

AN EXPLORATION OF THE SELF

Reflections at the end of a 2-year fellowship at Harvard University on the problem of man's sensation of his own identity. How is the sensation of being alive influenced by language, myth and theology? How is it that we have a feeling of the self, or ego, in such a marked contrast to the scientific description of the individual (e.g., in biology) and to the mystical intuition of the individual self as an aspect of the universal Self?

The group will meet informally Friday evening. Sessions: Saturday and Sunday at 10 a.m. and 2 p.m., and Saturday at 8:30 p.m.

$56 per person, double $64 single

SEPTEMBER 8-16

A TRIP WITH KEN KESEY

Someone in the group begins telling a story, others join him in the telling, and then the entire group begins to travel together — along the first line of the story then suddenly into new regions of experience. Ken Kesey has been making such journeys with his friends during the past few years, and will share his experience now with a small group of newcomers. During the eight days he will try to lead the way into ever richer regions of experience, maybe into places where no one else has been before.

Ken Kesey is author of **One Flew Over the Cuckoo's Nest** and **Sometimes a Great Notion.**

$18 per person, double $22 single per day
(includes tuition, room and board)

SEPTEMBER 16-25

CENTERING

A Seminar and Workshop led by PAUL REPS.

Paul Reps compiled the classic **Zen Flesh, Zen Bones** and authored **Zen Telegrams, Goldfish Signatures, Big Bath** and **Picture-Poem Primer,** four books of his original philosophy. Another book is on its way, entitled **The Big Waking.** He writes, "I have no home outside this world where I am traveling, three times in the Himalayas, eleven over Japan, believing that whatever we see or hear poems us." In the Himalayas he unearthed the ancient centering exercises which are presented in **Zen Flesh, Zen Bones.** These exercises, much praised by Aldous Huxley, utilize our ordinary activities to induce heightened awareness. During the ten days at Hot Springs he will work with these exercises and others he has discovered during his travels, encouraging the participants "to stop running away from the motion pictures you yourself are making as you move." "There will be," he says, "music, sleep, moon, play, work and games."

The daily schedule will be formed as the program goes along. To get an idea of what these centering exercises are like see the section in **Zen Flesh, Zen Bones** entitled Centering. (**Zen Flesh, Zen Bones.** Reps. Tuttle & Co. 1957. Or, Doubleday paperback.)

$18 per person per day, double $22 single

SEPTEMBER 18-20

Weekend seminar with PAUL REPS.

This will be a condensed form of the workshop, running from dinner Friday through Sunday lunch.

$41 per person, double $49 single

SEPTEMBER 18-20

SPECULATIONS ABOUT MAN AND HIS FUTURE

Leaders: GENE SAGAN, Clinical Psychologist, Berkeley.
SEYMOUR LOCKS, Sculptor, Professor of Art, San Francisco State College.

A discussion of the nature of man and his growth and development. The emphasis will be on concepts and speculations. There will be no utilization of direct awareness techniques; this weekend is for those who want to **talk about** experience.

$46 per person, double $54 single

SEPTEMBER 25-27

COMMUNICATION AND SELF CONCEPT — A Weekend Seminar

S. I. HAYAKAWA, General Semanticist, Professor of English, San Francisco State College.

VIRGINIA SATIR, Director of Training, Family Project, Mental Research Institute, Palo Alto.

$51 per person, double $59 single

SEPTEMBER 27-OCTOBER 3

CONJOINT FAMILY THERAPY — an institute with VIRGINIA SATIR.

A short intensive course on family therapy which will include didactic and discussion sessions plus demonstrations of family therapy. The didactic material will cover the concepts of family therapy along with a discussion of recent research findings and newer tools that have been developed in family diagnosis and treatment. To demonstrate these theories in practice, an actual family will be seen every day.

Participants in this series of work sessions must have had some experience in family therapy. For further information write Virginia Satir, 777 Bryant Street, Palo Alto, California.

$153 per person, double $177 single
(Covers tuition, room and board)

OCTOBER 3-16

IMPROVISATION THROUGH THEATRE GAMES

Seminars and Workshops with VIOLA SPOLIN.

Viola Spolin is one of the guiding spirits of Chicago's famed improvisational theatre, Second City. She also founded and directed the Young Actors Company of Hollywood. Through her experience as a drama coach and her attempt to solve the problem of attaining natural and spontaneous stage behavior she invented Theatre Games. These games are a simple, uncomplicated way of freeing an individual for personal experience and self-discovery through play. She has explained them in **Improvisation for the Theatre** (Northwestern University Press. 1963).

These games are being used by many neighborhood and community theatres. They are also being used as activity therapy in mental health programs, and for the training of teachers and group leaders in various community agencies.

During the two weekend seminars Miss Spolin will introduce newcomers to her ideas and to the games themselves. The ensuing workshops will constitute an intensive course with full participation by the workshop members. For further information write Big Sur Hot Springs.

OCTOBER 3-4 — From 2 p.m. Saturday through 3 p.m. Sunday (Costs include tuition, meals and lodging from dinner Saturday through lunch Sunday).
$28 per person, double $32 single

OCTOBER 4-9 — Sunday dinner through Friday lunch.
$100 per person, double $120 single

OCTOBER 9-11 — Friday dinner through Sunday lunch.
$51 per person, double $59 single

OCTOBER 11-16 — Sunday dinner through Friday lunch.
$100 per person, double $120 single

OCTOBER 16-22, 25-29

Seminar and Workshops with IRA PROGOFF, Psychologist and Author, New York.

THE FUNDAMENTALS OF DEPTH PSYCHOLOGY AND ITS PROCEDURES FOR PERSONAL DEVELOPMENT

The weekend seminar will be devoted to describing the basic concepts of Holistic Depth Psychology and to demonstrating their use in enlarging the capacities of modern personality. The guiding conception is that psychotherapy can fulfill its medical task of healing only when it provides a way for individual experiences of

spiritual realization. This means that modern man requires disciplines for self-development, and these disciplines must meet the tough-minded criteria of an age of science.

In the seminar the framework of these concepts will be described, together with the evidence for them, and the applications in which they validate themselves.

The midweek workshops will carry these explorations further in advance study groups and personal consultations to clarify specific points of individual interest and concern. Emphasis will be placed on providing opportunities for active involvement in the processes and rhythms of the psyche through demonstration sessions of imaging procedures, ways of working with dreams and extending them, the uses of psychological workbooks, the conduct of group workshops, and techniques of depth dialogue as described in Dr. Progoff's book, **The Symbolic and the Real.**

Texts for the seminar and workshops (authored by Ira Progoff):

1) **The Death and Rebirth of Psychology,** 1956, deals with the historical background, development and emergence of Holistic Depth Psychology.

2) **Depth Psychology and Modern Man,** 1959, presents the conceptual substructure for the dynamic techniques of personality growth.

3) **The Symbolic and the Real,** 1963, presents an enlarged philosophical perspective with a detailed program of techniques for "evoking" the potentials of the deep psyche.

OCTOBER 16-18: weekend seminar. **$56 per person, double $64 single**

OCTOBER 18-22: Workshop I. Sunday dinner through Thursday lunch (first session Monday morning). **$92 per person, double $108 single**

OCTOBER 25-29: Workshop II. Sunday dinner through Thursday lunch (first session Monday morning). **$92 per person, double $108 single**

OCTOBER 23-25

THE TEMPEST led by DRYDEN PHELPS, Shakespeare scholar and poet.

A consideration of Shakespeare's **Tempest** and its relation to the tempest within us (with the Ariels, Calibans and Prosperos that dwell there). All participants will be required to read the play before the seminar.

$36 per person, double $44 single

OCTOBER 30-NOVEMBER 1

HUMANISTIC PSYCHOLOGY

Led by: ANTHONY SUTICH, Psychotherapist, Palo Alto; Editor, **Journal of Humanistic Psychology.**

A review of current trends and issues within "third force" or humanistic psychology. Mr. Sutich will discuss these developments from his vantage point as Editor of the **Journal of Humanistic Psychology** and one of the organizers of the American Association for Humanistic Psychology. He will give his impressions of the work being done in various parts of the United States to further the understanding of health, self-actualization, creativity and human potentiality in general.

$38 per person, double $46 single

OPEN APRIL 1st TO DEC. 31st

HOURS NOON TO MIDNIGHT
(CLOSED MONDAY)
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LUNCHEON 12 NOON TO 4 P. M. • DINNER 4 P. M. TO 10:30 P. M.
RESERVATIONS ADVISABLE JUNE 15 TO SEPT. 15 & SATURDAY NIGHTS

THE PHOENIX OPEN ALL YEAR

(Gifts - Gourmet - Liquor - Chamber Music - Drama Readings - Art Exhibits)

NOVEMBER 6-13

A Seminar and Workshop with Charlotte Selver.

SENSORY REAWAKENING

These programs will explore the capacity of our senses for perceiving both the environment and our inner functioning and being. Through the rediscovery and reawakening of the sensory potential with which all of us were born, but which has generally become unbalanced and diminished through our upbringing, we can experience a full contact with ourselves and with the world we live in. Such exploration can lead to a renewing of the way we look at things, the way we approach people and tasks, and the way we receive impressions and express ourselves.

Charlotte Selver studied intensively with Elsa Gindler in Germany, taught at the University of Leipzig and was connected with the Bauhaus and the Leipzig Music Conservatory and Art School. Since 1951 she has given regular courses at the New School for Social Research in New York. In 1957 she was invited by Erich Fromm to give a paper at the Seminar on Psychoanalysis and Zen Buddhism conducted by D. T. Suzuki and Erich Fromm in Cuernavaca, Mexico. She has taught General Semantics seminars and presented a paper on **Body Image** at the International Conference on General Semantics at the University of Hawaii, Honolulu. For several years Miss Selver has conducted joint seminars with Alan Watts in New York and San Francisco, and since 1961 has given seminars on her own on the West Coast.

NOVEMBER 6-8: weekend seminar. **$51 per person, double $140 single**

NOVEMBER 8-13: Sunday dinner through Friday lunch (first session Monday morning). **$120 per person, double $140 single**

NOVEMBER 16-20

CONFERENCE ON THE PERSONALITY ASPECTS OF MOVEMENT

This conference is still in the planning stage. It will be for movement therapists, psychotherapists, teachers of dance and others interested professionally in the personality aspects of movement. Those interested should write: Movement Conference, Big Sur Hot Springs.

NOVEMBER 20-22

T-GROUP THEORY AND PRACTICE: TRENDS AND ISSUES

Leaders: WILLIAM P. GOLDEN, JR., Director, San Francisco State College Downtown Center.
SHEPARD INSEL, Professor of Psychology, San Francisco State College.
JOSEPH LUFT, Professor of Psychology, San Francisco State College.

An advanced training opportunity for those who have had experience in leading T-groups, sensitivity training groups, basic encounter or therapy groups who desire to exchange ideas about methodology and research issues and to explore these ideas within the framework of a small group. There will be both theory sessions and small group experience.

$46 per person, double $54 single

BERNARD GUNTHER will be in residence, conducting sensing experiments, classes in yoga and relaxation. Massage by appointment.

C G

BIG SUR ARTISTS

COAST GALLERY

esalen institute
BIG SUR HOT SPRINGS
BIG SUR, CALIFORNIA
Phone Big Sur 2634
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RETURN REQUESTED

SEMINAR SCHEDULES

Weekend seminars, unless otherwise stated, begin with an informal introductory session Friday evening at 9:00, and continue with sessions Saturday morning and afternoon and on Sunday morning.

RESERVATIONS

Must be made by one week before the first day of the seminar. A non-refundable deposit of $10 is required. Write Esalen Institute, Big Sur Hot Springs, Big Sur, California 93920; phone Big Sur 2634.

COSTS

The costs listed after each weekend seminar, unless otherwise stated, include lodging Friday and Saturday nights and dinner Friday through lunch Sunday (six meals), and the tuition fee. The amount listed for 'double' is a **per person** cost; the amount listed for a single is also a **per person** cost. 'Double' means double occupancy (two to a cabin).

A limited number of triple occupancies are available. The cost is one dollar per person per day less than costs for 'double occupancy' listed above.
If you desire a double or triple occupancy, please state clearly whether you are bringing someone with you or are willing to share a room with someone of our choice.

LOCATION

Big Sur Hot Springs is located on Coast Highway One, 45 miles south of Monterey, 11 miles south of Nepenthe. It is 50 miles north of San Simeon, 10 miles north of Lucia.

RECOMMENDED DRESS

Slacks, sweaters, jeans, flat shoes for women, bathing suits.

1964 - 1965
SEMINARS
at BIG SUR hot springs

BEST COPY AVAILABLE

sponsored by Esalen Institute

A special series of seminars for college students will be held at **Redwood Lodge**, Big Sur. These seminars, also sponsored by Esalen Institute, will be offered at reduced rates. For further information, write College Program, Redwood Lodge, Big Sur, California.

SEMINARS AT BIG SUR HOT SPRINGS

THREE SEMINARS ON THE AUTOMATED SOCIETY

A Rand Corporation scientist predicts that within ten to twenty-five years two percent of our population will produce all the goods and services they and the other ninety-eight percent can possibly consume. What are the prospects for history's first mass leisure class? What are the alternatives to "the job" as a source of income, status, motivation, and accomplishment? How will the machine-produced wealth be distributed? What is the future of labor unions? Most important, do the changes born of technology make philosophical and human sense?

LOUIS O. KELSO, lawyer, economist and author, has been pondering these questions for thirty years. He has outlined his thought in two books, **The Capitalist Manifesto** and **The New Capitalists** (Random House, 1958 and 1961), co-authored with philosopher Mortimer Adler. He demonstrates the feasibility of his theories, too, by applying them in his day-to-day law practice as senior managing partner of a large financial and corporate law firm and as founder of Pacific Basic Development Corporation, a unique company for industrializing the underdeveloped nations quickly and in private property patterns.

Interest in Mr. Kelso's economic thought is on the rise. A Greek edition of **The Capitalist Manifesto** recently joined the French, Spanish and Japanese editions, and a new book which blueprints the financial techniques for turning employees into company stockholders is nearing completion.

OCTOBER 23-25 **THE ECONOMICS OF THE AUTOMATED SOCIETY**

LOUIS O. KELSO and
DR. THOMAS LANTOS, Professor of Economics,
San Francisco State College

NOVEMBER 20-22 **WORK AND NON-WORK IN THE AUTOMATED SOCIETY**

LOUIS O. KELSO and
RICHARD RAYMOND, Land Use Economist and
Consultant on Leisure

JANUARY 8-10 **UNIONS AND THE AUTOMATED SOCIETY**

LOUIS O. KELSO and
HARRY BRIDGES, President, International
Longshoremen's & Warehousemen's Union

Price per Seminar:
$41 per person, double **$49 single**

OCTOBER 2-4 **A WEEKEND WITH KEN KESEY,**

author of **Sometimes a Great Notion** and **One Flew Over the Cuckoo's Nest.**

Discussions of Life, Art and whatever else develops.

$38 per person, double **$46 single**

OCTOBER 9-11 **IMPROVISATION THROUGH THEATRE GAMES**

Led by **VIOLA SPOLIN**
(Described in our previous brochure.)

OCTOBER 16-18, 18-22, and 25-29

Weekend seminar and workshops with
IRA PROGOFF on **THE FUNDAMENTALS OF DEPTH PSYCHOLOGY** (described in our previous brochure).

OCTOBER 23-25 **THE TEMPEST**

led by **DRYDEN PHELPS,** Shakespeare Scholar.
(Described in our previous brochure.)

OCTOBER 23-25 **THE SMOKING HABIT**

BETTY BERZON, Research Associate, Western Behavioral Sciences Institute, La Jolla
LAURA HUXLEY, Psychotherapist, Los Angeles
GENE SAGAN, Clinical Psychologist, Berkeley.

The three leaders will each introduce a somewhat different approach toward understanding and overcoming the smoking habit. Laura Huxley has worked on the problem in group workshops and in her practice of psychotherapy; she believes we have a deep need for regenerating experience and that the wish to stop smoking is another expression of this need. Overcoming the habit is achieved by redirecting the energy which powers the drive into more creative channels. Betty Berzon has designed a research program to test the intensive small group experience as a context within which the smoking habit can be modified. Dr. Sagan has explored the experience of smoking in his practice of psychotherapy, believing that fuller contact with the self determines in the most healthful way whether a person should give up smoking or not; he feels that a direct contact with any habitual activity may lead toward unanticipated healthful growth. Everyone attending is asked to give up smoking for the duration of the program. This will be a weekend primarily for those who are trying to give up the habit.

$46 per person, double $54 single

OCTOBER 30-NOVEMBER 1 and NOVEMBER 1-6

A weekend seminar and a workshop following.

THE ECSTATIC EXPERIENCE
RICHARD ALPERT and **TIMOTHY LEARY,** authors of **The Psychedelic Experience.**

A weekend discussion of the ecstatic experience, with and without psychedelic drugs, the role of the intentional community and various meditation techniques in fostering it, and its relation to the conceptualizing function. The workshop will extend these discussions and invite direct experience through non-chemical means. No drugs will be used.

Weekend: $46 per person, double $54 single
Workshop: $95 per person, double $115 single

NOVEMBER 6-8 and 8-13 WEEKEND SEMINAR AND WORKSHOP

with **CHARLOTTE SELVER** described in previous brochure.

NOVEMBER 6-8 **A DISCUSSION OF THE NEW FOLK MUSIC AND ITS RELEVANCE TO THE WORLD TODAY**

RALPH GLEASON, Columnist,
San Francisco Chronicle,
MALVINA REYNOLDS, Folk Song Writer.
For further information, write Esalen Institute.

$38 per person, double $46 single

NOVEMBER 13-15 WAYS OF MEDITATION

BERNARD GUNTHER, Big Sur Hot Springs,
RON JUE, San Jose State College,
GARY SNYDER, Poet.

An exploration of various meditation techniques, combining discussion and practice. Gary Snyder has studied Zen Buddhist disciplines in Kyoto for several years. Ron Jue has studied in Burma and Thailand and will discuss Southern Buddhist meditation methods. Bernard Gunther will present sensory experiments based upon ways of awareness developed in recent years in Europe and America.

$41 per person, double $49 single

NOVEMBER 20-22 T-GROUP THEORY and PRACTICE

WILLIAM P. GOLDEN, JR., Director, San Francisco State College Downtown Center;
SHEPARD INSEL, Professor of Psychology, San Francisco State College;
JOSEPH LUFT, Professor of Psychology, San Francisco State College.
Described in our previous brochure.

VIEWPOINTS INSTITUTE . . . a center for the study, practice, and development of General Semantics.

will sponsor

A THANKSGIVING WEEKEND . . . AT BIG SUR HOT SPRINGS

NOVEMBER 26, 27, 28, 29.

" The Practice of Awareness in an Age of Transition."

Leaders: **J. SAMUEL BOIS, PH.D.,** Director of Education and Research, Viewpoints Institute.

WILLIS W. HARMAN, PH.D., Professor, School of Engineering, Stanford University;
Researcher on the therapeutic and educational aspects of the psychedelic experience, International Foundation for Advanced Study.

ETHEL LONGSTREET, Executive Director, Viewpoints Institute.

STEPHEN LONGSTREET, Author, Painter, Critic.

THEODORE NORMAN, Composer, Guitarist, Writer.

. . . a research into man's functioning as participant-observer in a world he modifies as he lives in it. Using the discipline of general semantics, we will experiment with findings and applications from contemporary sciences and arts toward the management of man's thoughts, feelings, and actions.

$55.00 per person, double . . . all-inclusive, from Thanksgiving Dinner on Thursday evening through Lunch on Sunday; workshops, etc., included.

For reservations, make check payable and mail to **VIEWPOINTS INSTITUTE, P.O. Box 1124, Beverly Hills, Calif.** For information call CR 4-3252 in Beverly Hills, or **Big Sur Hot Springs.**

JANUARY 22-24 SOVIET SOCIETY TODAY

WILLIAM MANDEL, Author and Lecturer.

Mr. Mandel will review the materials covered in his recent book, **Russia Re-examined.** Unpublished late translations from learned journals in all the behavioral sciences will be available for those who wish to read further in original sources during the time available. Mr. Mandel is in the seventh year of a program on the U.S.S.R. broadcast over KPFA and other stations, has been a post-doctoral fellow at the Hoover Institute, Stanford, was expert on Russia for the United Press during World War II, lived in the Soviet Union 1931-32 and revisited it in 1959 and 1962.

$38 per person, double $46 single

JANUARY 22-24 THE FACE OF ENLIGHTENMENT

Two lectures by **FREDERIC SPEIGELBERG**

on the physical aspects of the enlightened state, with an examination of photographs and paintings of saints and religious masters from India, Japan and Europe, and a special study of Ma Anandamai, the celebrated woman saint of modern India. Physical expressions and attitudes related to the various kinds of spiritual realization will be compared and discussed. Lectures Friday night and Saturday night.

$3 for one lecture $5 for both

JANUARY 29-31 AMERICA AND CHINA

LINUS PAULING, twice awarded the Nobel Prize and now associated with the Center for the Study of Democratic Institutions, Santa Barbara;
RALPH B. ATKINSON, Consulting Engineer;
DENNIS DOOLIN, Hoover Institute, Stanford University;
ROBERT E. GOMPERTS, Calagrex, Inc., San Francisco;
JOHN RASER, Research Associate, Western Behavioral Sciences Institute, La Jolla;
GEORGE ZININOVICH, Professor of Political Science, University of California, Berkeley.

A critique of American policy toward Red China. Political, economic and psychological aspects of past and current policy will be reviewed and discussed. For further information, write Esalen Institute.

$46 per person, double $54 single

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OPEN APRIL 1st TO DEC. 31st

A Restaurant

HOURS NOON TO MIDNIGHT
(CLOSED MONDAY)
TELEPHONE: BIG SUR 5001

LUNCHEON 12 NOON TO 4 P. M. • DINNER 4 P. M. TO 10:30 P. M.
RESERVATIONS ADVISABLE

THE PHOENIX SHOP —**OPEN ALL YEAR**

(Gifts · Gourmet · Liquor · Chamber Music · Drama Readings · Art Exhibits · Big Sur Crafts)

DECEMBER 4-6 PARAPSYCHOLOGY AND THE NATURE OF MAN

DR. J. B. RHINE, Executive Director, Foundation for Research on the Nature of Man.

An objective appraisal of the status of parapsychology as a branch of science. Its difficulties, external and internal, will be discussed along with the prospects of advance. The program of the new Institute for Parapsychology, sponsored by the Foundation for Research on the Nature of Man, will be presented.

$46 per person, double $54 single

DECEMBER 11-13 TOWARD A NEW SANCTITY

J. F. T. BUGENTAL, Partner, Psychological Service Associates, Los Angeles;
BISHOP JAMES A. PIKE, Episcopal Diocese of California.

A discussion of emerging trends in psychology and religious thinking which promise a new definition of sanctity and the good life.

$46 per person, double $54 single

DECEMBER 18-23 THE FORMATION OF OUR BELIEFS

G. RAY JORDAN, Director, Happy Valley School, Ojai, California.

What role do beliefs or concepts play in science, in religion, in philosophy or in any other basic area of human thought? How are concepts actually established? Various answers to these questions will be summarized at the beginning of the seminar to serve as springboards for discussion. Most of the time and effort of approximately four of the days, however, will be spent in exploring with rigorous intellectual honesty how the basic beliefs of the participants have been formed. We will send a reading list to those who wish to prepare intensively for the workshop.

$90 per person, double $110 single

DECEMBER 18-23 FIGURE AND LANDSCAPE

JACK W. WELPOTT, Asst. Prof. of Art
San Francisco State College

A photography workshop dealing with the human figure in the landscape. Participants will be encouraged, through camera work, to explore attitudes about nature and how the natural scene relates to figurative concepts in art.

Lecture and informal discussion will augment camera work. Those attending are encouraged to bring cameras. A limited number of Polaroid cameras will be available.

$95 per person, double $115 single

NEW YEAR'S EVE CELEBRATION: CHIEF CELEBRANT: ALAN WATTS
For reservations, write Big Sur Hot Springs.

JANUARY 1-3 THUS-NESS

ALAN WATTS, Philosopher and Author.

This odd word, translating the Sanskrit **Tathata,** is used in Mahayana Buddhism to suggest how things look to a Buddha, to one who has experienced enlightenment or liberation, and is therefore called a Tathagata—one who comes (or goes) **thus.** Just like that! The sense of this non-sense in Buddhist philosophy, and its practical demonstration in Zen.

First session begins Friday afternoon at 3:00; sessions Saturday and Sunday mornings and afternoons.

$56 per person, double $64 single

JANUARY 15-17 THE CREATIVE AUDIENCE

GENE SAGAN, Clinical Psychologist, Berkeley, and members of the **VERSE-MUSIC QUARTET, LYON PHELPS, PETER IND, PETER MELCHIOR** and **OWEN JAMES.**

Dr. Sagan believes that participation in an audience may be a creative act. In this workshop he will suggest a wide range of techniques which enable participants to experience themselves as artists-in-the-audience. The Verse-Music Quartet will perform twice during the weekend; during their concerts workshop participants can integrate their audience-artist roles with utter abandon.

$38 per person, double $46 single

BEST COPY AVAILABLE

BERNARD GUNTHER will be in residence, conducting sensing experiments, classes in yoga and relaxation. Massage by appointment.

GIA-FU FENG will be in residence conducting classes in Tai Chi Chuan, calligraphy and a nerve pressing treatment based on the Chinese art of Acupuncture.

AN EXHIBIT OF LINE DRAWINGS by Big Sur artist **ROBERT NASH** will commence with a reception at Big Sur Hot Springs at 5:00 o'clock Saturday, September 19.

ESALEN INSTITUTE SOUTH

Seminars at Rancho Santa Fe in northern San Diego County.

OCTOBER 2-4	**LOVE, NOT-LOVE: THE CREATIVE POTENTIAL** **LAURA HUXLEY**, Psychotherapist, author of **You Are Not the Target.**
NOVEMBER 6-8	**THE HUMAN FRONTIER** **J. F. T. BUGENTAL**, Partner, Psychological Service Associates, Los Angeles.
DECEMBER 4-6	**THE CREATIVE ENCOUNTER** **FREDERICK PERLS**, Psychiatrist and author of **Gestalt Therapy.**

Price for each seminar: $50 per person

For further information or reservations write:

ESALEN INSTITUTE SOUTH
364 Hillcrest Dr.
Encinitas, California — Phone 753-2155

SEMINAR SCHEDULES
Weekend seminars, unless otherwise stated, begin with an informal introductory session Friday evening at 9:00, and continue with sessions Saturday morning and afternoon and on Sunday morning.

RESERVATIONS
Must be made by one week before the first day of the seminar. A non-refundable deposit of $10 is required. Write Esalen Institute, Big Sur Hot Springs, Big Sur, California 93920; phone Big Sur 2634.

COSTS
The costs listed after each weekend seminar, unless otherwise stated, include lodging Friday and Saturday nights and dinner Friday through lunch Sunday (six meals), and the tuition fee. The amount listed for 'double' is a **per person** cost; the amount listed for a single is also a **per person** cost. 'Double' means double occupancy (two to a cabin).

A limited number of triple occupancies are available. The cost is one dollar per person per day less than costs for 'double occupancy' listed above.
If you desire a double or triple occupancy, please state clearly whether you are bringing someone with you or are willing to share a room with someone of our choice.

LOCATION
Big Sur Hot Springs is located on Coast Highway One, 45 miles south of Monterey, 11 miles south of Nepenthe. It is 50 miles north of San Simeon, 10 miles north of Lucia.

RECOMMENDED DRESS
Slacks, sweaters, jeans, flat shoes for women, bathing suits.

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RET ANNUAL ESTED

seminars

BIG SUR

hot springs

Redwood lodge

sponsored by esalen institute

BEST COPY AVAILABLE

A few of these seminars, as noted, will be held at Redwood Lodge. See end of brochure for details of location, etc.

JANUARY 15-17 A WEEKEND WITH IRA PROGOFF

Dr. Progoff will describe the basic concepts of Holistic Depth Psychology and demonstrate their use in enlarging the capacities of modern personality. His guiding conception is that psychotherapy can fulfill its medical task of healing only when it provides a way for individual experiences of spiritual realization. This means that modern man requires disciplines for self-development and these disciplines must meet the tough-minded criteria of an age of science.
Among other well-known books, Dr. Progoff has written:
The Death and Rebirth of Psychology (1956) and **The Symbolic and the Real** (1963).

Big Sur Hot Springs
$56 per person, double $64 single

JANUARY 15-17 A WEEKEND WITH S. P. R. CHARTER

Dr. Charter, ecologist and editor of the **Journal of Human Ecology,** will present his views on the prospects of the survival of democracy under the impact of an ever-extending technology. He will discuss the problem of whether a science which uses strict measurement as the criterion of knowledge can truly comprehend human nature.

Redwood Lodge
$41 per person, double $49 single

JANUARY 29-31 AMERICA AND CHINA

LINUS PAULING, twice awarded the Nobel Prize and now associated with the Center for the Study of Democratic Institutions, Santa Barbara;
RALPH B. ATKINSON, Consulting Engineer;
DENNIS DOOLIN, Hoover Institute, Stanford University;
ROBERT E. GOMPERTS, Calagrex, Inc., San Francisco;
JOHN RASER, Research Associate, Western Behavioral Sciences Institute, La Jolla;
GEORGE ZININOVICH, Professor of Political Science, University of California, Berkeley.

A critique of American policy toward Red China. Political, economic and psychological aspects of past and current policy will be reviewed and discussed.

Big Sur Hot Springs
$46 per person, double $54 single

FEBRUARY 5-7 HYPNOSIS: RESEARCH AND APPLICATIONS

PETER MUTKE, M.D., Physician and Hypnotherapist, Carmel;
CHARLES T. TART, Ph.D., Research Psychologist, Stanford University.

A review of research and developing practical applications in the field of hypnosis. Limited to psychologists, psychiatrists, physicians, dentists and other qualified professional people. For further information, please write Esalen Institute.

Big Sur Hot Springs
$46 per person, double $54 single

FEBRUARY 5-7 INDIVIDUAL APPLICATION OF GESTALT THERAPY

JAMES S. SIMKIN, Clinical Psychologist, Los Angeles.

This seminar will stress the individual application of Gestalt Therapy techniques. Limited to ten people, each person will have an opportunity to experience a 45-minute Gestalt Therapy individual session with the other nine people as observers. A 15-minute discussion after each individual session will focus on the underlying principles of Gestalt Therapy. Five two-hour seminar meetings are planned beginning Friday evening at 8 p.m. and concluding Sunday at noon.

Big Sur Hot Springs
$46 per person, double $54 single

FEBRUARY 5-7 TEACHING CREATIVITY

GEORGE I. BROWN, Associate Professor of Education, University of California, Santa Barbara.

Dr. Brown has done pioneer work in the development of techniques for teaching creativity. He will lead a brief theoretical discussion of the nature of the creative process. There will then be demonstrations and practice of some of the techniques already in use in industry, education and in research in the bahavioral sciences. There will be special focus on pioneering by members of the seminar in the development of new techniques and approaches.

Big Sur Hot Springs
$41 per person, double $49 single

FEBRUARY 12-14 PSYCHOLOGICAL BARRIERS TO THE SOLUTION OF INDIVIDUAL AND WORLD PROBLEMS

HALLOCK HOFFMAN, Director of the Study of the Political Process, Center for the Study of Democratic Institutions, Santa Barbara;
BENJAMIN WEININGER, Psychiatrist, Psychoanalyst; Research Faculty, the Washington School of Psychiatry.

Big Sur Hot Springs
$46 per person, double $54 single

FEBRUARY 12-14 GENERATING AND DIRECTING THE KUNDALINI POWER

PAUL S. KURTZ, Psychologist, Palo Alto.

Both Eastern philosophical and modern psychological evidence will be considered as to the meaning of 'The Kundalini,' the Sleeping Serpent whose proper awakening is thought to be the goal of existence in various Indian Yoga systems. Emphasis however will be chiefly on experimentation and experience rather than discussion.

Redwood Lodge
$46 per person, double $54 single

FEBRUARY 19-21 PSYCHEDELICS AND OTHER WAYS TO AWARENESS

WILLIS W. HARMAN, International Foundation for Advanced Study, and Stanford University;
RICHARD MARSH, San Francisco State College;
MYRON STOLAROFF, International Foundation For Advanced Study, Menlo Park;
LEO ZEFF, Psychologist, Berkeley.

A discussion of ways in which the psychedelic drugs may be used in conjunction with meditation, sensory awareness, Gestalt Therapy, encounter groups and other methods for psychological growth.

Big Sur Hot Springs
$46 per person, double $54 single

FEBRUARY 25-26 DISCUSSION WITH CLARK MOUSTAKAS

Dr. Moustakas, author of **Loneliness**, will discuss self-doubt, self-inquiry, uniqueness and individuality during this two-day seminar. Discussions will begin early Thursday afternoon and conclude Friday afternoon.

Big Sur Hot Springs
$25 per person, double $29 single
(Covers room Thursday night, three meals and tuition.)

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FEBRUARY 26-28 A WEEKEND WITH PAUL TILLICH

The seminar will consist of two sections, each introduced by a lecture followed by extensive discussion: 1) **Self-Actualization and Self-Transcendence.** This section will deal with problems of authenticity and search for identity, with the conflicts between the essential and the existential self, with the significance of self-transcendence for self-actualization in the West and East, especially in secularized and mechanized cultures. 2) **Symbols of Eternal Life in the East and West.** This section will deal with points of identity and points of difference in the concept of eternal life, particularly with the contrast between the symbols of the Kingdom of God and Nirvana. There will also be a discussion of the different forms in which the symbol of reincarnation has appeared in the East and West, and the possibility of a creative dialogue about these symbols in a secular world.

Big Sur Hot Springs
$56 per person, double $64 single

MARCH 5-7 WAYS OF MEDITATION

BERNARD GUNTHER, Big Sur Hot Springs;
RON JUE, San Jose State College;
GARY SNYDER, Poet.

An exploration of various meditation techniques, combining discussion and practice. Gary Snyder has studied Zen Buddhist disciplines in Kyoto for several years. Ron Jue has studied in Burma and Thailand and will discuss Southern Buddhist meditation methods. Bernard Gunther will present sensory experiments based upon ways of awareness developed in recent years in Europe and America.

Big Sur Hot Springs
$41 per person, double $49 single

MARCH 12-14 THE SECRET AND THE DISCLOSURE

GERALD GOODMAN, Ph.D., Director, Interpersonal Relations Project; Research Fellow, Institute of Human Development, University of California, Berkeley;
WILLIAM SMELSER, Ph.D., Research Psychologist, Institute of Human Development, University of California, Berkeley; Psychotherapist, Permanente Medical Group.

The leaders want to join with people who would like to explore the facilitating and negative uses of both secrets and disclosures. An attempt will be made to bring about active understanding of these everyday acts through ideas and group experiences. Some experimental methods will be introduced. The group will be asked to collaborate in techniques for enhancing interpersonal risk-taking and making sense of loneliness. Limit: twenty persons.

Big Sur Hot Springs
$46 per person, double $54 single

MARCH 12-14 ETHNIC MUSIC AND OTHER SOUNDS

HENRY JACOBS, Co-Creator of Vortex, President of Electronic Creative Production and Professor of Things-In-General.

Recordings and discussion of ethnic and electronic music, with ample opportunity to listen to samples of Mr. Jacobs' enormous collection. The relationship of unusual sounds to ordinary perception and extended states of awareness will be discussed..

Big Sur Hot Springs
$41 per person, double $49 single

MARCH 19-21 A WEEKEND WITH PAUL REPS

The author of **Zen Flesh, Zen Bones** and **Zen Telegrams,** and other works will present the various centering exercises he has discovered and developed.

Big Sur Hot Springs
$41 per person, double $49 single

MARCH 19-21 THE NEW IMAGE OF MAN

FLOYD W. MATSON, Ph.D., Department of Speech, University of California, Berkeley.

Dr. Matson will present a development and directed discussion of themes stated in his book **The Broken Image** (Braziller, 1964)—centering around the reconstructive movement in contemporary science, social theory and philosophy pointing toward a new and integral conception of human character and the human prospect. Problems of interpersonal communication, in theory and therapy, will also be emphasized.

Redwood Lodge
$41 per person, double $49 single

MARCH 26-28 THE THEORY AND PRACTICE OF RATIONAL-EMOTIVE PSYCHOTHERAPY

ALBERT ELLIS, Psychologist, author, Executive Director of the Institute for Rational Living.

The principles of this active-directive method of psychotherapy will be explained and opened up for critical discussion. The workshop will largely emphasize live material, including recordings of real therapeutic sessions, demonstration interviews and actual group therapy sessions. Participants will be given an opportunity to have a creative, self-helping experience as well as to learn the essentials of this new therapeutic technique.

Big Sur Hot Springs
$46 per person, double $54 single

APRIL 2-4 LIFE AGAINST DEATH

NORMAN O. BROWN, Professor of Classics and Comparative Literature, University of Rochester.

Dr. Brown will discuss the themes developed in his book **Life Against Death.**

Big Sur Hot Springs
$46 per person, double $54 single

APRIL 2-4 SEMINAR WITH FREDERICK PERLS

Dr. Perls will be in residence at Big Sur Hot Springs and will conduct seminars every weekend commencing with this one. Each seminar will be limited to fifteen people, with preference given to those who sign up for two or more seminars. He will also conduct five-day workshops once a month; the first ones will be April 25-30 and May 23-28.

Dr. Perls is author of **Gestalt Therapy** (Julian, 1951) and will emphasize the creative encounter and the non-analytic, integrative and holistic approach he has developed.

Big Sur Hot Springs
Weekends:
$51 per person, double $59 single
Five-day workshops:
$125 per person, double $145 single

APRIL 9-11 THE HUMAN FRONTIER

J. F. T. BUGENTAL, Psychologist, Partner, Psychological Service Associates, Los Angeles.

A workshop which will hopefully provide a climate in which participants can look steadfastly at their own existence and at their unexplored possibilities for being. Dr. Bugental's **The Search For Authenticity** (Holt, Rinehart and Winston, 1965) will be helpful to orient participants to his viewpoint (particularly Parts Three and Four). Dr. Bugental's thought and practice reflect an original synthesis of experience with individual and group psychotherapy, existential thought and analysis and an interest in religious insight.

Big Sur Hot Springs
$46 per person, double $54 single

APRIL 9-11 **WORLD AND PSYCHE**

CRITTENDEN E. BROOKES, Psychiatrist, San Francisco;
STERLING BUNNELL, Psychiatrist and Naturalist, San Francisco.

The encounter of our psychological selves with the natural world about and within us, explored against the background of the Big Sur country.

Big Sur Hot Springs
$46 per person, double $54 single

APRIL 30-MAY 2 PSYCHOSYNTHESIS—TECHNIQUES FURTHERING PSYCHOLOGICAL GROWTH AND WHOLENESS

ROBERT GERARD, Clinical Psychologist, Los Angeles.

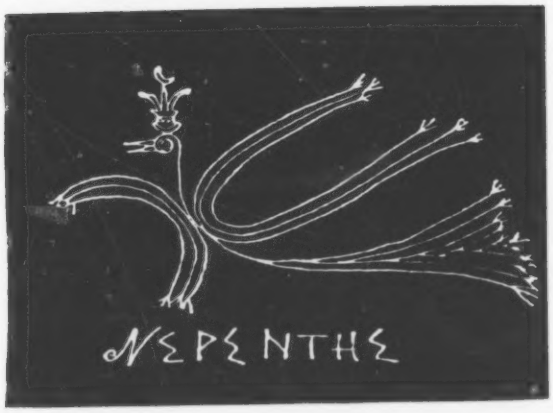
The goal of psychosynthesis is the harmonious integration, unification and balanced expression of the totality of our human nature—physical, emotional, mental and spiritual—for the fulfillment of our potentialities. This seminar will present a series of techniques furthering the process of synthesis, including techniques for the creative use of imagination, the development of concentration, the evocation of intuition, the understanding of dreams, and the expansion of awareness to peak experiences and contact with the deeper self. Actual transcripts from therapy sessions will be used as illustrations, and the participants will have the opportunity to experiment with the techniques.

Big Sur Hot Springs
$51 per person, double $59 single

In many instances attendance at these seminars is tax deductible. Professional people particularly and many business people as well should consult their tax accountant.

BERNARD GUNTHER will be in residence, conducting sensing experiments, classes in yoga and relaxation. Massage by appointment.

GIA-FU FENG will be in residence conducting classes in Tai Chi Chuan, calligraphy and a nerve pressing treatment based on the Chinese art of Acupuncture.



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APRIL 11-16

EXPLORATIONS IN PERSONAL AUTHENTICITY

J. F. T. BUGENTAL, Psychologist and Partner, Psychological Service Associates, Los Angeles; **ROBERT TANNENBAUM,** Professor, Graduate School of Business Administration, University of California, Los Angeles.

Participants will be invited to join in a common seeking for greater awareness. To this purpose the staff will bring insights from existential psychology and psychotherapy, from group dynamics and sensitivity training, and from sensory awareness, bodily movement and related training.

Dr. Tannenbaum, like Dr. Bugental, brings a wide background to this work. He has been a director of the Sensitivity Training Program at U.C.L.A., and has pioneered in the use of group dynamics with a variety of non-verbal methods of awareness.

Big Sur Hot Springs
$140 per person, double $160, single

APRIL 16-18

THE SHAMANISTIC EXPERIENCE

MICHAEL J. HARNER, Assistant Research Anthropologist, University of California, Berkeley.

A discussion of the nature of the American Indian shamanistic experience including the shaman's view of reality with and without the assistance of native hallucinogens. Case studies will be presented from a South American and several North American Indian cultures. Participants will include a Pomo Indian woman shaman and two graduate students in anthropology, Carlos Casteneda of UCLA and David Peri of San Francisco State College.

Big Sur Hot Springs
$46 per person, double $54 single

APRIL 23-25

ON BECOMING HUMAN

REV. WM. McNAMARA, O.C.D., Holy Cross Chapel, Sedona, Arizona.

We are born with the stuff it takes to become human. But to become, in fact, existentially human is a rare and distinguished achievement of man. The psychological and theological aspects of this humanizing process are explored in this seminar. Father McNamara is a Carmelite Monk and Priest, Administrator of Holy Cross Chapel and Director of the Spiritual Life Institute of America. He is the author of **Manual for Retreat Masters** and **The Art of Being Human.**

Big Sur Hot Springs
$41 per person, double $49 single

APRIL 23-25

BEING ALL THERE

CHARLOTTE SELVER, Teacher of Sensory Awareness.

We often discover that we are not fully open for experiencing or relating because we are still in the past or already in the future while acting in the present. Clinging to the past or being ahead of oneself do not permit the full play of the organism's potentials. A state of balance from which more contact is possible with oneself and with the immediate environment can be reached. Then one can function with greater freedom and integrity, being neither held back nor drawn ahead.

Big Sur Hot Springs
$56 per person, double $64 single

esalen institute
BIG SUR HOT SPRINGS
BIG SUR CALIFORNIA
Phone Big Sur 2634

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SEMINAR SCHEDULES
Weekend seminars, unless otherwise stated, begin with an informal introductory session Friday evening at 9:00, and continue with sessions Saturday morning and afternoon and on Sunday morning.
Five-day seminars normally begin informally Sunday evening at 9:00 and continue through Friday noon.

RESERVATIONS
Must be made by one week before the first day of the seminar. A non-refundable deposit of $10 is required. Write Esalen Institute, Big Sur Hot Springs, Big Sur, California 93920; phone Big Sur 2634.

COSTS
The costs listed after each weekend seminar, unless otherwise stated, include lodging Friday and Saturday nights and dinner Friday through lunch Sunday (six meals), and the tuition fee. The amount listed for 'double' is a **per person** cost; the amount listed for a single is also a **per person** cost. 'Double' means double occupancy (two to a cabin).
A limited number of multiple occupancies are available. The cost is one dollar per person per day less than costs for 'double occupancy' listed above.
If you desire a double or multiple occupancy, please state clearly whether you are bringing someone with you or are willing to share a room with someone of our choice.

LOCATION
Big Sur Hot Springs is located on Coast Highway One, 45 miles south of Monterey, 11 miles south of Nepenthe. It is 50 miles north of San Simeon, 10 miles north of Lucia.
Redwood Lodge is about 30 miles south of Monterey and 65 miles north of San Simeon, also on Coast Highway One.

RECOMMENDED DRESS
Slacks, sweaters, jeans, flat shoes for women, bathing suits.

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1965 SUMMER SEMINARS

at BIG SUR hot springs

sponsored by ESALEN INSTITUTE

Esalen Institute is a center to explore those converging trends in psychology, religion and philosophy which emphasize the potentialities of human existence. The Big Sur Hot Springs grounds include redwood canyon trails, beaches and cliffside hot mineral springs. To balance the intellectual perspectives offered by the seminars there are scheduled morning periods of Tai Chi (meditation-in-action) and an afternoon Sensory Awakening class. The cost of these sessions and the baths is included in the seminar fees.

SEMINARS WITH DR. FREDERICK S. PERLS

Dr. Perls will be in residence at Big Sur Hot Springs and will conduct seminars every weekend. Each seminar will be limited to fifteen people, with preference given to those who sign up for two or more seminars. He will also conduct five-day workshops once a month; the first ones will be April 25-30 and May 23-28.

Dr. Perls is author of **Gestalt Therapy** (Julian, 1951). He will emphasize the creative encounter and the non-analytic, integrative and holistic approach he has developed.

Weekends: $54 per person, double $62 single
Five-day workshops:
$125 per person, double $145 single

MAY 7-9 WAYS OF GROWTH

JOHN LEVY, San Francisco Venture, and
Members of the Big Sur Hot Springs Staff.

Aldous Huxley named the great neglected area of modern education the "non-verbal humanities." These, he said, included all those disciplines which explored and fostered the sensory, emotional and spiritual dimensions of human existence, all those areas of life neglected by a society obscessed with the development of concepts and the control of physical nature. A primary purpose of the Esalen Institute is to help develop such researches and disciplines.

This seminar is the first of several in which the staff at Big Sur Hot Springs will explore with others various ways of growth in sensing, feeling and relating. There will be an introductory survey of what is being done to foster these neglected areas of human development, then the seminar participants will explore ways in which they might incorporate such disciplines as presently exist into their daily lives. Discussion and practice will be combined throughout the seminar.

$35 per person, double $43 single

MAY 14-16 THE MEANING OF SPORTS

ARNOLD BEISSER, M.D., Psychiatrist and author of a forthcoming book on the psychology of sports;

PAYTON JORDAN, Director of Track, Stanford University, and Coach of the 1964 United States Olympic Track Team.

The seminar will consider the psychological and sociological meanings of sports to the athlete, to the fan and to our society. What lies behind the intense national interest in sports? What do they do for the athlete and for our society? What motivates a great athlete and a great team? What defeats others who show great promise? These questions and others will be considered.

$49 per person, double $57 single

MAY 17-21 VIRGINIA SATIR INSTITUTE ON CONJOINT FAMILY THERAPY

Virginia Satir will lead a short intensive course on family therapy which will include didactic, discussion and illustrative sessions. The didactic material will cover the concepts of family therapy along with a discussion of recent research findings and newer tools that have been developed in family diagnosis and treatment.

Participants in these sessions must have had some experience in family therapy. For further information, write Virginia Satir, 777 Bryant St., Palo Alto, California.

The Institute begins with lunch on Monday, May 17, and ends with lunch on Friday, May 21.

$154 per person, double $170 single

MAY 21-25 THE ART OF INTIMACY — A Seminar and Workshop

GEORGE BACH, Psychologist and Director, Institute of Group Psychotherapy, Beverly Hills.

MAY 21-23 SEMINAR:

A participative seminar for couples, whether married, friends, or co-workers — any two who care to improve their relationship through achieving deeper levels of intimacy. Dr. Bach writes in his book **Intimate Enemies** (Doubleday, 1965—in preparation), co-authored by Life columnist Shana Alexander, "The essence of intimacy is the practice of truthfulness about where one stands with the other. The achievement of such intimate leveling is difficult in a marketing society which rewards skill in image making and role playing and which regards 'unconditional positive regard' or 'selfless devotion' as unrealistic." Seminar participants will explore the paradoxical fighting behavior of intimates, the conflict between independence and involvement, and the intimate versus the autonomous orientation. The seminar ends with lunch Sunday, and is followed by:

MAY 23-25 WORKSHOP:

Beginning Sunday afternoon eight couples will hold a marathon group therapy retreat, finishing with lunch on Tuesday, May 25. This group will practice intimate communications, including constructive fighting, on an around-the-clock day and night schedule in complete seclusion.
No single persons will be accepted for either the seminar or workshop. Every participant must have a partner. Workshop participants must have attended the seminar; seminar participants need not attend the workshop.

Seminar only: $59 per person, double $67 single
Seminar and Workshop: $137 per person, double $153 single

MAY 28-30 TRANSACTIONAL ANALYSIS AND CONJOINT FAMILY THERAPY

ROBERT GOULDING, M.D., Psychiatrist, Carmel; and
VIRGINIA SATIR, Director of Training, Family Project, Mental Research Institute, Palo Alto.

A comparison of Transactional Analysis with Conjoint Family Therapy, with a study of their similarities and differences, and a discussion of how they might be used jointly.

$49 per person, double $57 single

JUNE 11-13 THE TAOISM OF LAO-TZU AND CHUANG-TZU

ALAN WATTS, Author and Philosopher.

An introduction to early Taoist philosophy as found in the **Lao-Tzu** and **Chuang-Tzu** books: the Course of nature, the yang-yin polarity, the power of non-doing, the idea of organism, and Chuang-Tzu's doctrine of relativity as the source of his humor.

$59 per person, double $67 single

JUNE 18-20 SEARCH AND RESEARCH WITH LSD

ROBERT E. MOGAR, Psychologist, San Francisco State College and the International Foundation for Advanced Study, Menlo Park;

JOHN J. HUNTER, Psychologist, San Francisco State College.

Doctors Mogar and Hunter will describe their own research with LSD and critically review previous studies of the psychological effects of psychedelic drugs. Group discussion will focus on the current fascination with altered states of consciousness in the context of psycho-social trends in American culture.

$39 per person, double $47 single

JUNE 20-25 SELF-AWARENESS SEMINAR

PAUL S. KURTZ, Psychologist and Director of the Human Growth Institute, Palo Alto.

It is the purpose of this seminar to demonstrate that we, as individuals, are the perceivers of life. As our perceptive faculties become gradually dimmed or distorted, life itself seems to be less satisfying. Various means of restoring perceptive functions will be practiced.

Through the use of certain psychological tests, group discussion, personal experiments in awareness, bodily exercise and the natural surroundings, each participant will find growth through intensification and clarification of perception. The seminar begins with dinner Sunday evening and ends Friday noon.

$100 per person, double $120 single

JUNE 20-25 THE CREATIVE ENCOUNTER

GENE SAGAN, Clinical Psychologist, Berkeley;
JUANITA BRADSHAW, Teacher of Creative Behavior, Berkeley;
CONSUELO SANDOVAL, Teacher, Dancers' Workshop, San Francisco;
A. A. LEATH, Dancers' Workshop Company, San Francisco;
JOHN GRAHAM, Dancers' Workshop Company and Instructor in Dance, San Francisco State College.

Basic encounter groups, led by Dr. Sagan, will be combined with explorations in the personality aspects of the artistic experience. Movement classes will be held at least once each day; these will be coordinated with the experience of the encounter groups.

Limited to twelve participants.

$150 per person, double $170 single

JUNE 25-27 HUMANISTIC PSYCHOLOGY

ANTHONY SUTICH, Psychologist, Palo Alto, Editor **Journal of Humanistic Psychology;**
MILES VICH, Associate Editor, **Journal of Humanistic Psychology.**

A review of the history and current situation within "Third Force" or Humanistic Psychology. Mr. Sutich and Mr. Vich will discuss these from their vantage points as Editor and Associate Editor of the **Journal.** They will give their impressions of work being done in the United States and abroad to further the understanding of creativity, love, growth and individual fulfillment in general. They will discuss the conceptual basis of their orientation and the research, literature and institutions associated with this rapidly growing trend in the feld of psychology. This will be a working seminar; full participation is invited.

$39 per person, double $47 single

JUNE 25-JULY 2 THEATRE GAMES — A Seminar and Workshop

Led by their inventor, **VIOLA SPOLIN,** author of **Improvisation for the Theatre,** founder of the Young Actors' Company of Hollywood, and one of the guiding spirits of Chicago's famed improvisational Theatre, **Second City.**

These games are described by Miss Spolin as follows: " . . . when played successfully they excite a climate which helps the players transcend their rigid and limited frames of reference. This happens whether the players are professional actors or not." Theatre Games are being used by many neighborhood and community theatres. They are also being used as activity therapy in mental health programs, and for the training of teachers and group leaders in various community agencies.

The **Seminar** begins with dinner on Friday and ends with lunch on Sunday. During that time Miss Spolin will introduce newcomers to her ideas and to the games themselves.

From Sunday evening, June 27, through Friday lunch, July 2, there will be an intensive **Workshop** with full participation by workshop members.

Seminar only: $49 per person, double $57 single
Workshop only: $120 per person, double $140 single

JULY 30-AUGUST 1 THE SELF-DIRECTED THERAPEUTIC GROUP

BETTY BERZON, Western Behavioral Sciences Institute, La Jolla;
LAWRENCE SOLOMON, Ph.D., Research Associate, Western Behavioral Sciences Institute.

Western Behavioral Sciences Institute has been conducting research for the past four years into the functioning of self-directed therapeutic groups. Betty Berzon, director of the project, will present films, tapes and research findings. During the weekend self-directed small groups will meet and use some of the experimental procedures developed in this project for structuring such groups.

$59 per person, double $67 single

AUGUST 8-28 WORKSHOPS IN GESTALT THERAPY

For professional psychotherapists.

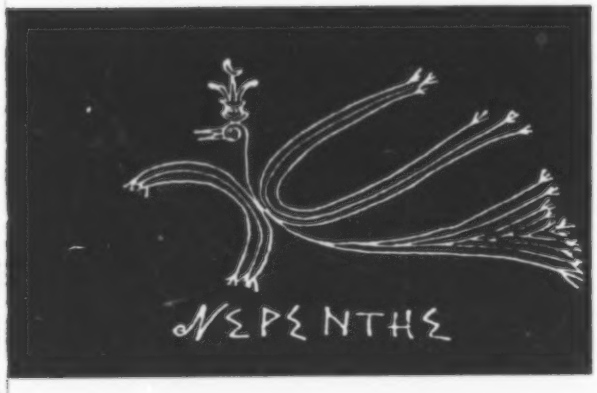
Led by: **FREDERICK S. PERLS,** Psychiatrist, Los Angeles and Big Sur; and
JAMES S. SIMKIN, Psychologist, Los Angeles.

AUGUST 9-SEPTEMBER 3 WORKSHOPS WITH FRITZ FAISS

Fritz Faiss, painter and sculptor, will be in residence from August 9 through September 3. During this time he will give individual and group instruction in drawing, painting, and sculpture. Mr. Faiss will explore some of the relationships between artistic expression, methods of meditation and psychological growth. Mr. Faiss studied at the **Bauhaus** under Klee and Kandinski and with Rudolph Steiner; he was also active for many years at the **Evangelische Akadamie** in Germany. He is presently teaching at San Fernando State College. His works are owned by private collectors and museums throughout Europe and America.

Fees: Group instruction, $2 per hour. Individual instruction, $10 per hour. Class hours will be arranged at the Hot Springs according to the needs of the participants. Participants must provide their own equipment.

Room and Board: $14 per day per person, double $18 single
(Slight reduction for those staying a week or longer)



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SEMINAR SCHEDULES

Weekend seminars, unless otherwise stated, begin with an informal introductory session Friday evening at 9:00 and continue with sessions Saturday morning and afternoon and on Sunday morning.

RESERVATIONS

Must be made by one week before the first day of the seminar. A non-refundable deposit of $10 is required. Write Esalen Institute, Big Sur Hot Springs, Big Sur, California, 93920; phone Big Sur 2634.

COSTS

The costs listed after each seminar cover tuition, food and lodging, use of the hot mineral baths and the scheduled morning period of Tai Chi (meditation-in-action) and the afternoon Sensory Awakening class. **Tips for restaurant and cabin personnel are also covered by the single charge.**
Unless otherwise stated, weekend seminars begin with dinner on Friday evening and end with lunch on Sunday. The amount listed 'double' is a **per person** cost; the amount listed for a single is also a per person cost. "Double" means double occupancy (two to a cabin).

LOCATION

Big Sur Hot Springs is located on Coast Highway One, 45 miles south of Monterey, 11 miles south of Nepenthe. It is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on road maps as "Slates Hot Springs."

RECOMMENDED DRESS

Slacks, sweaters, jeans, flat shoes for women, bathing suits.

BEST COPY AVAILABLE

frontiers of human development

Dark and cold we may be, but this
is no winter now. The frozen misery
of centuries breaks, cracks, begins to move,
the thunder is the thunder of the floes,
the thaw, the flood, the upstart spring.
Thank God our time is now when wrong
comes up to face us everywhere,
never to leave us till we take
the longest stride of soul men ever took.
Affairs are now soul size.
The enterprise
is exploration into God
where no nation's foot has ever trodden yet.

from Christopher Fry's
A Sleep of Prisoners

COVER PHOTOGRAPH PAUL HERBERT / DESIGN EAST WIND PRINTERS

FALL 1965 SEMINARS at Big Sur Hot Springs

sponsored by Esalen Institute

Within a single lifetime, our physical environment has been changed almost beyond recognition. But there has been little corresponding change in how we, as individuals, relate to the world and experience reality. Such a change is inevitable, however — indeed, it is imminent. New tools and techniques of the human potentiality — generally unknown to the public and to much of the intellectual community — are already at hand; many more are presently under development. We stand on an exhilarating and dangerous frontier,— and must answer anew the old questions: "What are the limits of human ability, the boundaries of the human experience? What does it mean to be a human being?"

This fall, the Esalen Institute presents a series of seminars led by some of the pioneers along the frontiers of human development. These men represent widely varying approaches — from the scientific shaping of human behavior to the temporal uses of religion and mysticism, from innovation in education to the exploration of extrasensory perception. All of them share a common concern with human change and mankind's ultimate destination.

August 27-29 Rollo May

September 10-12 Bishop James A. Pike and Alan Watts

September 17-19 Gardner Murphy

October 1-3 Carl Rogers

*** October 3-6 Richard E. Farson**

October 8-10 B. F. Skinner and Jerome I. Berlin

*** October 10-15 Jerome I. Berlin**

October 15-17 Sidney Cohen

October 22-24 Maurice Friedman

October 29-31 Frank Barron

*** October 31-November 5 George I. Brown**

November 5-7 Donald D. Jackson and Virginia Satir

*** November 7-12 Virginia Satir**

November 12-14 Sidney Jourard and Gerald Goodman

*** November 14-17 Gerald Goodman**

November 19-21 J. B. Rhine

November 26-28 Clark Moustakas and Hobart Thomas

December 3-5 S. I. Hayakawa

December 10-12 Robert Gerard

December 10-12 J. F. T. Bugental

** workshops*

August 27-29 **A SEMINAR WITH ROLLO MAY**

ROLLO MAY, *psychoanalyst, New York City, is probably more responsible than any other one person for bringing existential thought to American psychology and psychiatry. He is the author of* The Meaning of Anxiety, Man's Search for Himself, *and is an editor of* Existence. *Through his writings he continues to inform psychological thought and practice with larger philosophical perspectives.*

Frontier problems in psychotherapy and human development, such as: the function of will and intentionality in human growth, the meaning of choice and freedom, the exploration of creativity in relation to the unconscious, and the dynamics of relationship in encounter, transference and empathy. The seminar will explore the philosophical bases and perspectives of psychotherapy, with particular regard to the existential contribution to these frontier issues.

September 4 · 5 **TWO CONCERTS WITH USTAD ALI AKBAR KAHN**

Ali Akbar Kahn is regarded by many as India's greatest musician. His instrument is the sarode. *He comes to the United States under the auspices of The American Society for Eastern Arts to teach in its first summer school.*

Saturday evening, September 4, at 8:30.
Sunday afternoon, September 5, at 2:00.

September 10-12 **CHRISTIANITY IN REVOLUTION —— JAMES A. PIKE and ALAN WATTS**

BISHOP JAMES A. PIKE, *of the Episcopal Diocese of California, has been a leading advocate of reform in many areas of Christian practice. He has encouraged new liturgical forms, courageous social action, and a creative rethinking of Christian theology. His writings include* A Time for Christian Candor *and many other books.*

ALAN WATTS, *author of* The Way of Zen; Nature, Man and Woman; The Wisdom of Insecurity; Psychotherapy East and West; The Joyous Cosmology *and many other writings, has been — along with D. T. Suzuki — the leading popularizer of Zen Buddhism in the United States. In recent years, he has worked to unify science, philosophy and religion into a totally modern world view.*

A discussion of the up-dating and renovation which are necessary to make the Christian tradition relevant to the intellectual, moral, psychological and social problems of today.

September 11 **JOEL ANDREWS, Harpist, in Concert—**
Saturday Evening, September 11, at 9:00.

September 17-19 **A SEMINAR WITH GARDNER MURPHY**

GARDNER MURPHY, *Director of Research, Menninger Foundation, Topeka, Kansas, is a past president of the American Psychological Association. He is the author of* Personality, Challenge of Psychical Research, *and* Human Potentialities. *In his writings he has combined a knowledge of biology, experimental psychology, child development, psychoanalysis and other fields to open fresh perspectives on some of man's most basic concerns. For many years he has courageously advocated a wider and more daring scope for psychology, a scope which would include the neglected area of parapsychology and the further development of human potentialities.*

An attempt will be made to show the implications of evolution on the one hand, and industrialism on the other hand, for man's new discovery of his identity as a social and culture-creating species. A broad historical perspective will show the countless occasions on which man has outgrown his image of himself long before he has been able to find a new image.

We have not yet assimilated Nineteenth Century discoveries; and the anthropology, psychoanalysis, psychology (including research into creativity and extended states of awareness) and parapsychology of the Twentieth Century have hardly affected our basic conception of ourselves. Experimental, clinical and anthropological findings will be combined in an attempt to show human nature in terms both biological and social which are wholly modern.

September 24-26 **A WEEK END OF INDIAN DANCE**

SHRIMATI T. BALASARASWATI, *descended from a long line of temple dancers and foremost in the performance of India's classical dance form* Bharata Natyam, *will conduct a series of lecture-demonstrations and also appear in concert with full ensemble. Bala and her musicians were brought to this country by the American Society for Eastern Arts of Berkeley to head the teaching staff of the first ASEA Summer School. Following the close of school and their appearance here, the troupe goes on tour of selected institutions throughout the United States.*

Bala and her musicians open the weekend Friday evening with a lecture-demonstration. She will give another lecture-demonstration Saturday morning. A similar afternoon program will feature the music of South India, and Saturday night Bala and the troupe will appear in full concert. The entire ensemble will present a Sunday morning lecture-demonstration, and the musicians will again demonstrate South Indian music during the final Sunday afternoon program.

October 1-6 A SEMINAR AND WORKSHOP:

THE FACILITATION OF INDIVIDUAL DEVELOPMENT IN INDIVIDUAL AND GROUP SETTINGS

CARL ROGERS, *presently a Resident Fellow at Western Behavioral Sciences Institute at La Jolla, has been president of the American Psychological Association. He is most famous as the principal founder of Client-Centered Therapy which is, perhaps, the most important American contribution to psychotherapy. Dr. Rogers' insistence on the primacy of human values and human understanding in psychotherapy, education, and all phases of life has had a wide influence on his colleagues and upon countless others. His interests now have turned primarily to the study of basic encounter groups and the philosophy of science. His most recent book is* On Becoming a Person.

RICHARD E. FARSON *is Director and a principal founder of Western Behavioral Sciences Institute in La Jolla. This Institute is one of the most creative pioneering organizations in the behavioral sciences, perhaps because it is free of other institutional ties. It has incorporated into its structure the best insights of psychology and organization research. Its chief activities include the study of basic encounter groups (including self-directed groups), the development of Inter-Nation Simulation games for the understanding of international tensions, and studies in the philosophy of science. Dr. Farson is deeply interested in the problem of mental health in the community at large. He recently conducted a series of television shows featuring a self-directed group which served as the model for encounter groups running concurrently in the San Diego area. The study of leaderless groups is another approach to community health which he has encouraged.*

October 1-3 A Seminar led by Carl Rogers
October 3-6 Workshop led by Richard E. Farson

What can we learn from individual psychotherapy, from experience in basic encounter groups, and from pioneering work being done in education which might facilitate our potential for fuller living? These questions will be opened up for thoughtful seminar consideration through discussions with Dr. Rogers, through various presentations and through new films of psychotherapy.

Self-directed encounter groups will be organized by Dr. Farson, beginning on the final day of Dr. Rogers' seminar. Such leaderless groups, which are presently being studied at Western Behavioral Sciences Institute, have enormous potential for extending the process of basic encounter to the community at large. Kinescopes of a TV program showing the actual development of a therapeutic group will be presented and discussed by Dr. Farson to enrich the group experience. The use of television and self-directed groups will be explored along with other current efforts to solve the fundamental community mental health problems of loneliness, alienation and superficiality, and to find ways of helping people discover and enjoy their humanness.

The workshop will begin with encounter groups Sunday afternoon and will end with lunch Wednesday, October 6. The seminar and workshop will be integrated to form one total experience. However, it will be possible to attend either one separately.

BEST COPY AVAILABLE

October 8-10 A SEMINAR WITH B. F. SKINNER AND JEROME I. BERLIN

B. F. SKINNER, *Professor of Psychology at Harvard University, is world famous for his development of operant conditioning and the various learning machines which he has invented. He has also become widely known—and notorious in some circles—for his advocacy of a radical application of scientific control to human behavior. He has not been insensitive to his critics, replying to them in many brilliant, highly literate writings. His books include* The Behavior of Organisms, Science and Human Behavior, *and* Walden Two, *a program for Utopia in novel form.*

JEROME I. BERLIN *is Director and co-founder of the Human Development Institute, Atlanta, Georgia. He is a psychotherapist, and, with Dr. L. Benjamin Wyckoff, the inventor and developer of a method for programmed learning of better interpersonal relationships. In the Relationship Improvement Programs they are developing, Drs. Berlin and Wyckoff have combined the humanistic values of client-centered therapy with Skinnerian operationism. This combination, largely because it is so highly portable, may prove to be a major breakthrough in the facilitation of human growth. Dr. Berlin, a traveling man, has introduced his innovative ideas about psychotherapy, organizational structure and community mental health to various groups in many parts of the United States.*

Professor Skinner will discuss changes in traditional conceptions of man which seem to be demanded by a rapidly expanding analysis of human behavior. He will consider criticisms of a scientific approach to problems involving freedom and dignity, particularly those criticisms coming from the humanities. The possibility of deriving values from a scientific account of human behavior will be discussed.

Dr. Berlin will then present methods he and Dr. L. Benjamin Wyckoff have developed for facilitating personal growth. These methods combine behavioristic approaches with the humanistic values of Self-Actualization and Client-Centered Therapy.

October 10-15 WORKSHOP with JEROME I. BERLIN

Dr. Berlin will present theory and methodology concerning the construction of programs dealing with personality change. During the workshop, participants will be helped to construct and test some of their own sample programs. Special emphasis will be placed on the use of this method in school, church and industrial settings.

The workshop will begin with dinner on Sunday, October 10, and end with lunch on Friday, October 15.

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October 15-17 LSD and HUMAN POTENTIAL led by SIDNEY COHEN

SIDNEY COHEN, MD., *Chief of the Psychiatry Service, Wadsworth Veterans' Administration Hospital, Los Angeles, has written an authoritative survey of LSD research,* The Beyond Within. *He is himself one of the leading researchers with hallucinogenic drugs, having investigated their effects in a variety of experimental settings. Dr. Cohen is actively interested as well in parapsychology, unusual states of awareness and creativity.*

The chemicals called psychedelic or hallucinogenic have given many people glimpses of great perceptual potential, capacity for personality integration and ultimate states of awareness. The significance of the LSD state and its relevance to creativity, religious experience and other psychic states will be examined. Dr. Cohen will report on his own researches with LSD.

October 22-24 CONTEMPORARY IMAGES OF MAN led by MAURICE FRIEDMAN

MAURICE FRIEDMAN *is the principal interpreter of Martin Buber in the United States. For many years, he has encouraged a dialogue between existentialism and psychotherapy. He has contributed to this dialogue through his writings,* Problematic Rebel: An Image of Modern Man, The Worlds of Existentialism: A Critical Reader *and* Contemporary Images of Man, *and his position on the Council of the Association of Existential Psychology and Psychiatry.*

We need an image of man to aid us in finding a meaningful way of life, in choosing between conflicting sets of values, in realizing our own unique potentialities. Self-realization only becomes meaningful if we find a direction of authentic existence, a way which is ours because it is true for us and because we have committed ourselves to it. Rich as our age is in everything else, it is remarkably poor in providing sources for discovering personal direction and authentic human existence.

Beginning with the problem of the image of man and its absence in the contemporary world, this seminar will focus on a number of types of contemporary images of man that are significant as "live options": the Modern Socialist, the Modern Vitalist, the Modern Mystic, the Modern Saint, the Modern Gnostic, Psychological Man, the Modern Pragmatist, the Existentialist, and the Absurd Man. A number of particular thinkers and books will be used as illustrations of these types: Malraux, Silone, Bergson, Kazantzakis, T. S. Eliot, Aldous Huxley, Jung, Herman Hesse, Freud, Fromm, Sartre, Tillich, Buber, Samuel Beckett and Camus.

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October 29-31 THE PSYCHOLOGY OF CREATIVITY led by FRANK BARRON

FRANK BARRON *is Research Psychologist, Institute of Personality Assessment and Research, University of California, Berkeley. He has been one of the principals in the landmark investigations of creativity conducted at the Institute. He has developed various instruments, such as the Barron-Welsh Art Scale, for the improved measurement of creativity. In the tradition of William James, his interests range widely across the phenomena of human consciousness. He has conducted or been involved in research on psychotherapy, on extrasensory perception, on the effects of hallucinogenic drugs, on the relationship of heredity to creativity, and in several other areas. During the past two years, he has worked with Dr. George I. Brown at the University of California at Santa Barbara to encourage and develop creativity in primary school teachers, principals and students in the Santa Barbara-Goleta area. Dr. Barron has become increasingly interested in education for creativity and for fuller human awareness. He is author of* Creativity and Psychological Health *and "The Psychology of Creativity" in* New Directions in Psychology II.

A discussion of the results of systematic psychological research into creativity: 1) Historical antecedents in Galton, Freud, Piaget, James, Terman; 2) Personality and factor-analytic studies since 1950; 3) Recent cross-cultural studies; 4) Heredity and environmental influences on creativity; 5) New ways in education as a result of recent research.

October 31-November 5 CREATIVITY TRAINING WORKSHOP led by GEORGE I. BROWN

GEORGE I. BROWN *is Associate Professor of Education at the University of California, Santa Barbara. During the past two years he has conducted a pioneering project to develop creativity in primary school teachers, principals and students. This program is presently being expanded to include other districts in the Santa Barbara-Goleta area. He has invented a new method for teaching creativity, involving the development of a "creative sub-self"; this method is currently being used in his project with school teachers and is described in a forthcoming book,* Ways of Growth *(edited by Michael Murphy and Herbert A. Otto).*

A workshop focusing primarily on techniques for developing creativity. Emotional and philosophical dimensions of creativity will be discussed. Then, approaches such as "the creative sub-self" will be introduced and practiced; these techniques have been designed to stimulate divergent thinking and more open behavioral systems in both individuals and groups. Throughout the workshop, all participants will be encouraged to develop their own new strategies for the enhancement of creativity.

The workshop begins with dinner on Sunday, October 31st, and ends with lunch on Friday, November 5th.

November 5-7 **THE FAMILY led by DONALD D. JACKSON and VIRGINIA SATIR**

DONALD D. JACKSON, M.D., *Director, Mental Research Institute, Palo Alto, California, is editor of* Etiology of Schizophrenia *and the author of many articles dealing primarily with family dynamics and schizophrenia. His Mental Research Institute has done some of the most important research to date on the family system and its relation to health and sickness. The Institute is also a highly innovative training center for conjoint family therapy.*

VIRGINIA SATIR *is Director of Training for the Family Project, Mental Research Institute, Palo Alto. She is also a consultant to family research projects and training programs throughout the United States. She has introduced approaches derived from her own experience as a family therapist and from research at the Mental Research Institute to workshops and clinics in Europe, Egypt and Israel. She has become increasingly interested in the positive aspects of family health and plans to form "well family" clinics for the development of the family's creative potentialities.*

This seminar will discuss: 1) Concepts of the family system, and 2) the relationship of the family system to behavior, with its relevance to health and dysfunction.

November 7-12 **INSTITUTE ON CONJOINT FAMILY THERAPY led by VIRGINIA SATIR**

A short intensive course on family therapy which will include didactic discussion and illustrative sessions. The didactic material will cover concepts of family therapy, along with a discussion of recent research findings and newer tools for family diagnosis and treatment. Participants in these sessions must have had some experience in family therapy. For further information, write Virginia Satir, 777 Bryant Street, Palo Alto, California.

The Institute begins with dinner on Sunday, November 7, and ends with lunch on Friday, November 12.

November 12-17 A SEMINAR AND WORKSHOP A PSYCHOLOGY OF INTIMACY — SELF-DISCLOSURE AND THE SECRET

SIDNEY JOURARD, *Professor of Psychology, University of Florida, is well known for his extensive research on self-disclosure. He has been concerned with the depersonalizing effect of psychological research upon its subjects. With this concern and his interest in human spirit and growth, he has encouraged the development of a more humanistic psychology in the United States. He was one of the founders and a president of the American Association for Humanistic Psychology. He is author of* Personal Adjustment *and* The Transparent Self.

GERALD GOODMAN *is Director of the Interpersonal Relations Project, University of California, Berkeley. Dr. Goodman has done original research on self-disclosure. His Interpersonal Relations Project is exploring new ways of assessing college students' potentialities as therapists. He is interested in the "grass roots" small group movement, in the possibility of developing children as therapists, and in other such adventurous enterprises.*

November 12-14 Seminar led by SIDNEY JOURARD and GERALD GOODMAN

November 14-17 Workshop led by GERALD GOODMAN

Self-disclosure is the effort to open oneself for contact with others. It is a risk-taking activity in a time when alienation and estrangement are norms. Alienated man, being concealed with the use of mask-like roles, ultimately finds his life meaningless and he sickens. The search for contact through the practice of openess is a promise against the isolation and fragmentation that dispirit people.

The seminar leaders will discuss theory and research on self-disclosure and related concepts. Some experimental group procedures will be demonstrated.

During the following workshop more experimental group work, based on the concepts developed during the seminar, will be introduced. The seminar and workshop, however, may be attended separately. The workshop begins with dinner on Sunday, November 14, and ends with lunch on Wednesday, November 17.

November 19-21 PARAPSYCHOLOGY AND THE NATURE OF MAN led by J. B. RHINE

J. B. RHINE *is Executive Director of the newly formed Foundation for Research on the Nature of Man, located at Durham, North Carolina. Dr. Rhine is the man most responsible for the statistical measurement of clairvoyance, precognition and related psychic phenomena, and has done more than anyone living to establish parapsychology as a branch of science. The methods and terminology developed at his world famous Parapsychology Laboratory at Duke University have been adopted by researchers in this field all over the world. In his new position, Dr. Rhine will supervise such researches being conducted abroad. His books include* The Reach of the Mind, Extrasensory Perception, *and* New World of the Mind.

An appraisal of the status of parapsychology as a branch of science. Its difficulties, external and internal, will be discussed, along with the prospects of its further advancement. The program of the new Institute for Parapsychology will be presented. This program includes the coordination and supervision of research in several countries other than the United States, so seminar participants will learn of new work being done abroad.

November 26-28 **HUMANISTIC VALUES IN EDUCATION led by CLARK MOUSTAKAS and HOBART THOMAS**

CLARK MOUSTAKAS *has put the principles he has eloquently preached into actual practice at Merrill-Palmer Institute in Detroit, where he trains teachers and graduate students in creative, person-centered approaches to education. He is the author of* Loneliness, *editor of* The Self *and one of the sponsors of the* Journal of Humanistic Psychology.

HOBART THOMAS *is Professor of Psychology at Sonoma State College. The workshops he organized at Sonoma during the summers of 1962, 1963 and 1964 were seminal events in the recent surge of activity in humanistic psychology. He is currently planning a graduate program in psychology for Sonoma State College which would incorporate many of the proposals made by Maslow, Rogers and others for a more dynamic, humanly centered education.*

What is education for? Must academic goals violate creativity and unique experience? Must scientific values destroy human values? These and related questions are being asked by many thoughtful educators who believe that blindness and deception too often exist in schools where sophistication has become a substitute for honesty, simplicity and sincerity, where intellectual values are being pursued without reference to moral implications, where the dead facts from dead books have become more important than personal experiences, beliefs and interests, and where the system dictates curriculum, policy and reward or punishment without reference to individual learners and human experiences.

A discussion of these questions will be led by Drs. Thomas and Moustakas. Seminar participants will then be encouraged to explore their own school situations in order to become more aware of the conditions in them which enable or inhibit the emergence and growth of humanistic values and the evolution of freedom, choice, responsibility, and a wide range of human experience.

December 3-5 **A DISCUSSION OF PRIMITIVE ART led by S. I. HAYAKAWA**

S. I. HAYAKAWA, *Professor of English at San Francisco State College and Editor of* ETC., *is known primarily for his elucidations of General Semantics. But he is also a Professor-Of-Things-In-General. Almost any of his articles or books reveal his urbane, widely informed outlook. He is author of* Language in Thought and Action; Symbol, Status and Personality, *and many articles and reviews.*

There will be a display of Dr. Hayakawa's own collection of African art at Big Sur Hot Springs during the seminar. The discussions will focus largely on the art objects being displayed.

December 10-12 **PSYCHOSYNTHESIS — IMAGINATION and MEDITATION AS INTEGRATIVE PROCESSES**
led by ROBERT GERARD

ROBERT GERARD, *Clinical Psychologist, was formerly in charge of the Psychophysiological Research Laboratory at the Veterans' Administration Neuropsychiatric Hospital in Los Angeles. He is a life member of the New York Academy of Sciences. Dr. Gerard is presently engaged in the practice of psychotherapy in Los Angeles, and is founder and president of the International Foundation for Psychosynthesis. He is especially interested in the development of new therapeutic techniques and the integration of Eastern and Western approaches to psychological growth. Dr. Gerard combines in his work a wide knowledge of Eastern philosophy with modern scientific psychology. Through the International Foundation for Psychosynthesis he hopes to encourage such an integration of various psychological techniques.*

The goal of psychosynthesis is the integration of the totality of our human nature—physical, emotional, mental and spiritual. This seminar will present a series of imagery and visualization techniques furthering psychological growth and wholeness. Dr. Gerard will also describe various ways of meditation. Participants will experiment with the techniques presented. Transcripts from therapy sessions will be used as illustrations.

December 10-12 **THE FURTHER DEVELOPMENT OF MAN** **led by J. F. T. BUGENTAL**

J. F. T. BUGENTAL, *a Partner of Psychological Services Associates, Los Angeles, was one of the organizers and the president* pro tem *of the American Association for Humanistic Psychology. For many years he has worked to combine existential approaches with psychoanalytic thought and practice. With his associates at PSA and members of the faculty of UCLA's Graduate School of Business Administration he has organized workshops to encourage personality growth (these have sometimes been called advanced sensitivity training). From such exploratory work he has developed a concept of the "ontogogic" phase of psychotherapy, or the phase which develops from symptom-oriented therapy into a fuller exploration of being and growth. He is now especially interested in the outcomes such a growth or being orientation will have for individuals and social institutions. He is author of* The Search for Authenticity.

The final seminar of the series will look in broad perspective at the human condition, speculating on the main lines of development which are now evident and on some of the areas which are largely dormant but in which revolutionary potentials reside. Participants will be encouraged to open their own awareness to such potentialities of the human experience and will be helped to become conscious of their blocks to such free conceptualization.

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COSTS

Every week-end seminar:
$59 per person, DOUBLE; *$67* SINGLE.

Workshops:
October 3-6
Three days, $87 per person, DOUBLE; *$99* SINGLE.
October 10-15
Five days, $170 per person, DOUBLE; *$190* SINGLE.
October 31-November 5
Five days, $145 per person, DOUBLE; *$165* SINGLE.
November 7-12
Five days, $170 per person, DOUBLE; *$190* SINGLE.
November 14-17
Three days, $87 per person, DOUBLE; *$99* SINGLE.

These costs cover tuition, food and lodging, use of the hot mineral baths and the scheduled morning period of Tai Chi (meditation-in-action) and a Saturday afternoon Sensory Awakening class. Tips for restaurant and cabin personnel are also covered.

Week-end seminars begin with dinner on Friday evening and end with lunch on Sunday. The amount listed "double" is a per person cost; the amount listed for a single is also a per person cost. "Double" means double occupancy (two to a cabin).

Seminars and Workshops begin with an informal session the first evening at 9:00.

STUDENT RATES for Student Body Card Holders: 25 per cent off the total cost.

RESERVATIONS

Must be made one week before the first day of the seminar or workshop. A non-refundable deposit of $10 is required. Write Esalen Institute, Big Sur Hot Springs, Big Sur, California 93920; phone Big Sur 2634.

LOCATION

Big Sur Hot Springs is located on Coast Highway One, 45 miles south of Monterey, 11 miles south of Nepenthe. It is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on road maps as "Slates Hot Springs."

RECOMMENDED DRESS

Slacks, sweaters, jeans, flat shoes for women, bathing suits.

The Ninth International Conference on General Semantics

AUGUST 9-13, 1965
SAN FRANCISCO STATE COLLEGE
SAN FRANCISCO, CALIFORNIA

A far-ranging exploration of communication problems . . . papers by outstanding scholars, opportunities for participation by everybody . . . distinguished visitors and scholars from abroad . . . social and cultural events in the San Francisco atmosphere.

In addition to the hotel reservations which have been booked for conferees, budget accommodations at the college campus will be available.

For further information write:
International Conference on General Semantics
540 Powell Street *Phone 415 EX 2-9174*
San Francisco, Calif.

Esalen Institute

Esalen Institute is a center to explore those trends in religion, philosophy and the behavioral sciences which emphasize the potentialities of human existence. To date, its activities have consisted chiefly of week-end seminars and mid-week workshops such as the ones described in this brochure. Plans are now being developed for an experimental college at Big Sur Hot Springs. This college would encourage an intensive study of those means for extending awareness, such as basic encounter groups, sensory awareness and meditation, which are ordinarily neglected in modern education. A research program will be run concurrently to study the effectiveness of such programs for human development.

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Gene Sagan, Ph.D. Psychologist, Berkeley

Arthur Shedlin, Ph.D., Graduate School of Business Administration, UCLA

Anthony Sutich, Psychotherapist, Palo Alto, Editor, Journal of Humanistic Psychology

Alan Watts, Author and Philosopher, Sausalito

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BIG SUR HOT SPRINGS WINTER-SPRING 1966

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Die and become—
Until thou hast learnt this,
Thou art but a dull guest
On this dark planet.
—Goethe

FREDERICK S. PERLS, the founder of Gestalt Therapy, is now in residence at Big Sur Hot Springs. He will conduct weekend and mid-week workshops throughout the winter and spring, and will give an intensive four-week workshop, July 3-31, for both professional and non-professional participants. For information on all workshops, write or phone Esalen Institute, Big Sur Hot Springs, Big Sur, California.

December 26-31 **ADVANCED CREATIVE ENCOUNTER**

GENE SAGAN, clinical psychologist, Berkeley
JUANITA BRADSHAW, teacher of creative behavior, Berkeley.
JOHN GRAHAM, Dancers' Workshop Company and instructor in dance, San Francisco State College.
A. A. LEATH, Dancers' Workshop Company, San Francisco.
CONSUELO SANDOVAL, teacher, Dancers' Workshop, San Francisco.

A workshop combining encounter groups, methods for enhanced physical sensitivity and expression, and techniques for training creativity. All participants must have had experience with basic encounter groups and must be interviewed by Dr. Sagan.

$140 per person, double $160 single

January 14-16 **THE THERAPIST AND THE STRANGER** **led by THOMAS C. GREENING and GERARD V. HAIGH**

THOMAS C. GREENING is a partner of Psychological Service Associates, Los Angeles. His practice includes clinical and industrial psychology; he is associated with the UCLA School of Business Administration, the UCLA Peace Corps Training Program and UCLA Extension. He has published in the fields of clinical psychology, literary criticism and human relations training.

GERARD V. HAIGH is also a partner of Psychological Service Associates. He is an innovator with small group methods, a sometime short story writer and a knowledgeable student of various techniques for personal growth.

The fascination these days with being "in" reflects an increasing fear of being an "outsider." But being an outsider, a stranger, has its own bittersweet appeal. Colin Wilson and Albert Camus are among modern authors depicting characters who draw us to them even as they announce their separateness from us. This seminar will use lectures, discussion and experimental exercises to focus on the experience of the "outsider" and his impact on the "insiders." Participants will contribute some of their own experiences of apart-ness and discuss benefits and hazards encountered. The leaders, both psychotherapists, will include thoughts and feelings about their own occupations and ways a therapist functions both as privileged insider and alienated outsider in our culture.

$59 per person, double $67 single

January 21-23 **SOME FIRST STEPS TOWARD UTOPIA** **led by JACK DOWNING and GEORGE LEONARD**

JACK DOWNING, social psychiatrist associated with the devlopment of community mental health concepts, has pioneered in the application of social psychological theory to public health administration in San Mateo County, California. Drawing on a background of psychotherapy and mental illness epidemiology, his current research integrates elements derived from human potentiality investigation, small group theory and the sociology of deviant groups. Among his publications on utopian groups, is "Zihuatanejo: A Transpersonative Society" in The Utopiates *(edited by Richard Blum, Ph.D.).*

GEORGE LEONARD is the west coast editor for Look *magazine. Through long experience as a* Look *Senior Editor, he has acquired intimate knowledge of what is being done throughout the United States to develop the full range of human potentialities. He is incorporating this knowledge into a book entitled* Education. *Mr. Leonard has won more national awards for education reporting than any other writer in the history of magazine journalism, and was one of the originators of* Look's *Teacher of the Year Award. His vision, energy and understanding have stimulated and encouraged many programs for human betterment.*

The aim of this seminar will be to create proposals which may actually be implemented. Dr. Downing will describe five small utopian communities which now exist, their aims, their members, the quality of their life. George Leonard will then discuss imaginative programs being undertaken within larger organizations such as the National Association of Manufacturers and the Office of Education. Seminar participants will then join in a working session to propose measures for the creation of utopian conditions in various phases of contemporary life. It is our hope that ways will be found to make some of these measures effective.

$49 per person, double $57 single

January 7-9 **A WEEKEND WITH ABRAHAM MASLOW**

ABRAHAM MASLOW is Professor of Psychology at Brandeis University. Educated in many fields of psychology, he has carried out notable animal research and studies of human motivation. Dr. Maslow is the author of Motivation and Personality; Toward a Psychology of Being; Religions, Values and Peak Experiences. *His insights and theories have been among the most seminal for a study of further human development. He was one of the first psychologists to study health and personal growth in a sustained way. This pioneering work has encouraged the ever-increasing effort to develop human potentialities.*

Discussions with Dr. Maslow of the major themes of his work, such as being vs. deficiency motivation, peak experience, self-actualization, eupsychia and a psychology of health and growth.

$59 per person, double $67 single

January 14-16 THE REALM OF THE UNSPOKEN – THE PHILOSOPHY OF MICHAEL POLANYI

led by RICHARD L. GELWICK

RICHARD L. GELWICK is Visiting Lecturer at the Pacific School of Religion, Berkeley, and managing editor of Humanity. *A young theologian, he is a leading authority on the work of Michael Polanyi, having compiled* The Collected Articles and Papers of Michael Polanyi *and written the first major study of Polanyi's philosophy.*

A discussion of the main themes in the philosophy of Michael Polanyi. According to Dr. Gelwick, Polanyi's work has made a whole new understanding out of the ancient insight into the integral relation of body, mind and world. The contribution of the personal, suppressed for centuries by critical philosophy and skepticism, is given new significance. The new directions in understanding human personality started by existentialism and phenomenology are given a comprehensive and practical application in Polanyi's work.

$49 per person, double $57 single

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THE BODY

In recent years there has been increasing interest in the body's place in personal growth. In keeping with this interest, we will present a special series of seminars on the body. This series will offer the participants a chance to compare the various approaches of leading workers in this developing field. (See seminars below led by: Alexander Lowen, Mary Whitehouse, Payton Jordan, Charlotte Selver and Charles Brooks, Bernard Gunther and Lorle Kranzler.)

January 21-23 THE ROLE OF THE BODY IN PERSONALITY led by ALEXANDER LOWEN

ALEXANDER LOWEN, M.D., is Executive Director of The Institute for Bio-Energetic Analysis and author of the books, Physical Dynamics of Character Structure *and* Love and Orgasm. *Dr. Lowen personally studied with Wilhelm Reich, and for the past 15 years has been the foremost exponent of the use of the body in analytic therapy.*

The overemphasis on the mind and the ego has blinded people to the fact that personality is determined by unconscious bodily attitudes. This seminar will explore the reasons for the lack of awareness of the body and its tensions. It will examine the ways in which chronic muscle tensions inhibit respiration, restrict motility and structure the personality. It will explain the energy dynamics, origin and meaning of chronic muscular tension, and describe how such tension impedes orgastic potency. The seminar will include demonstrations of bio-energetic techniques used to resolve personality difficulties through the mobilization of body feeling.

An opportunity will be provided for seminar members to experience some of these techniques (participants should bring bathing trunks or leotards). The seminar will conclude with a discussion of the psychoanalytic principles underlying this physical approach to personality.

On Sunday afternoon Dr. Lowen will conduct a special workshop for professional psychotherapists.

The charge for this will be an extra $10.

$59 per person, double $67 single

January 28-30 **RAMAKRISHNA, RAMANA, AND KRISHNAMURTI** led by **ALAN WATTS**

ALAN WATTS, author of The Way of Zen; Nature, Man and Woman; The Wisdom of Insecurity; Psychotherapy East and West; The Joyous Cosmology *and many other writings, has been—along with D. T. Suzuki—the leading popularizer of Zen Buddhism in the United States. In recent years, he has worked to unify science, philosophy and religion into a totally modern world view.*

The astonishing unity-in-variety of Indian spirituality as illustrated in the lives and teachings of three of the greatest Indian sages of modern times. The opposing trends in their doctrines: world-denial vs. world-affirmation, discipline vs. naturalness, method vs. non-method. (No student discount.)

$59 per person, double $67 single

February 4-6 **THE SELF AND PHYSICAL MOVEMENT** led by **MARY WHITEHOUSE**

MARY WHITEHOUSE has been a teacher and performer in ballet and modern dance and has studied Analytical Psychology at the Jung Institute in Zurich, Switzerland. From her knowledge of dance and psychology she has developed an integral approach to personal growth. She continues to develop her methods in private practice in Los Angeles and in workshops throughout the United States.

Discovering the physical dynamics of personality structure; releasing the movement impulse and increasing the natural freedom and range of body functioning; movement as a non-verbal experience of feeling and a medium of communication between people; contact and response in a group.
Enrollment for this seminar is limited. No previous dance experience is necessary. Admission is by application to Mary Whitehouse, 921 16th Street, Santa Monica, California (CRestview 1-9790).

$59 per person, double $67 single

February 4-6 **WORKSHOP WITH SELF-DIRECTED GROUPS** led by **BETTY BERZON** and **LAWRENCE N. SOLOMON**

BETTY BERZON, Research Associate of the Western Behavioral Sciences Institute, is Project Director of the Institute's current study on Self-Directed Therapeutic Groups, under a grant from the U.S. Vocational Rehabilitation Administration. Miss Berzon's interest in basic encounter groups arose from her experience as a caseworker for the American Red Cross and later as a Probation Officer. For the past five years, she has been carrying out research at the Institute to compare self-directed with professionally-directed groups. The findings that self-directed groups provide rewarding opportunities for constructive change suggest that such groups may be one way of compensating for the increasing shortage of professionally-trained personnel.

Research over the past five years at the Western Behavioral Sciences Institute (WBSI) into the functioning of self-directed therapeutic groups has led to the conclusion that the therapeutic experiences of such groups are indistinguishable, in most important ways, from experiences in professionally-directed groups. For the past year, Miss Berzon and Dr. Solomon have been researching the use of "programming" material for the self-directed group, designed to enhance the quality of the group's experiences through carefully planned and pre-tested inputs to the group's activities. Miss Berzon and Dr. Solomon will present films, recorded

LAWRENCE N. SOLOMON, a research psychologist, has recently returned to the staff of Western Behavioral Sciences Institute after a two-year leave of absence in Washington where he served as Executive Director of the American Psychological Association's Committee on Psychology in National and International Affairs. Dr. Solomon combines a background in clinical psychology with research interests ranging from the use of simulations in psychological research on conflict resolution and international tensions, to the feasibility and therapeutic effectiveness of small self-directed groups. Dr. Solomon has been associated with Miss Berzon in the Institute's research on basic encounter groups, and is Co-Director of the current three-year study on the use of self-directed therapeutic groups for the vocationally-handicapped.

excerpts of self-directed groups and research findings. In addition, participants will meet in self-directed small groups using a set of experimental group-structuring procedures developed at WBSI expressly for the Esalen Institute.

$59 per person, double $67 single

February 11-13

INDIVIDUAL APPLICATION OF GESTALT THERAPY led by JAMES S. SIMKIN

JAMES S. SIMKIN is a clinical psychologist in private practice in Los Angeles. He is developing the methods of Gestalt Therapy and trains professional psychotherapists in the use of these methods.

This seminar will stress the individual application of Gestalt Therapy techniques. It will be limited to ten people, each of whom will have an opportunity to experience a 45-minute Gestalt Therapy individual session, with the other nine people as observers. A 15-minute discussion after each individual session will focus on the underlying principles of Gestalt Therapy. Five two-hour seminar meetings are planned beginning Friday evening at 8 p.m. and concluding Sunday at noon.

$59 per person, double $67 single

February 11-13

SOME NEW APPROACHES TO POSITIVE EXPERIENCE led by STEWART B. SHAPIRO

STEWART B. SHAPIRO is a Co-Director of Western Psychological Center, Encino, California. Author of many articles in the fields of psychotherapy and group processes, he is on the faculty of the UCLA Graduate School of Business Administration, Behavioral Sciences Department. Among his many interests is the development of his own brand of contemporay eclecticism which synthesizes some of the work of Frederick Perls, Eric Berne, Abraham Maslow, Carl Rogers and others. Along with James V. Clark and others at UCLA, Dr. Shapiro has been conducting advanced sensitivity training for married couples and plans to expand to total family sensitivity training.

Dr. Shapiro will focus on three inter-related areas reflected in his writings: explorations in positive experience; patient wisdom (an anthology of creative insights in psychotherapy); and the development of ego-integration, with the help of a special role-playing technique called the inner dialogue (learning to talk to one's selves). Lecturettes, demonstrations and individual contact with Dr. Shapiro will be available, but secondary to the basic encounter group format.

$49 per person, double $57 single

February 11-13

BODILY RELEASE THROUGH SPORTS led by PAYTON JORDAN and THOMAS TUTKO

PAYTON JORDAN is Director of Track, Stanford University, and coach of the U.S. Olympic Track Team. His approach to coaching is one of the most sophisticated and effective in the world, incorporating an appreciation of each athlete's psychodynamics and physique. His theories and methods have resulted in many world records and outstanding performances.

THOMAS TUTKO is a psychologist at San Jose State College. He has worked with Payton Jordan with the Stanford Track Team during the past few years, using psychological testing, interviews and group encounters to deepen the athlete's understanding of himself.

Payton Jordan will describe his methods for educating the athlete to release his body's enormous potential. These methods include the cultivation of a highly positive and open philosophy of life, an increasing insight into one's own psychodynamics, and the development of sensitivity to one's own physical rhythms. Assisted by Dr. Tutko, Mr. Jordan will illustrate his techniques with descriptions of various athletes and specific sporting events. It is hoped that all participants will gain insights into their own functioning from these discussions.

$59 per person, double $67 single

February 18-20

A WEEKEND WITH IRA PROGOFF

IRA PROGOFF is a clinical psychologist in private practice in New York. He is the author of The Death and Rebirth of Psychology, Depth Psychology and Modern Man, The Symbolic and the Real. *In his practice and writing he has developed several important themes, notably, the unique character of each person's development, the Jungian concept of synchronicity and the natural emergence of full awareness.*

Dr. Progoff will describe the basic concepts of Holistic Depth Psychology and demonstrate their use in enlarging the capacities of modern personality. The guiding conception is that psychotherapy can fulfill its medical task of healing only when it provides a way for individual experiences of spiritual realization. This seminar-workshop will attempt just such an evocation of the participants' personal depths through various methods which Dr. Progoff has developed. In the course of these sessions, Dr. Progoff will present and expand the theme of his conference of The Dialectic of the Creative Psyche given at the Eranos Tagung in Ascona, Switzerland, this past summer.

$59 per person, double $67 single

February 25-27

SYNANON WAYS OF GROWTH led by CHARLES DEDERICH

CHARLES DEDERICH is the founder and president of Synanon Foundation, Inc., the highly effective organization devoted to the cure of drug addiction. Synanon is now giving ever-greater emphasis to the development of human potentialities in all sorts of persons, whether former drug addicts or "squares." They are building an entire community at Tomales Bay. The outcomes of their efforts should do much to illuminate the possibilities for more healthy and dynamic community living.

A workshop with methods for personal development derived from the Synanon program. These methods include the Synanon games, cerebrations and dissipations.

$59 per person, double $67 single

April 1-8 **A SEMINAR AND WORKSHOP: NON-VERBAL EXPERIENCE AND COMMUNICATION** led by CHARLOTTE SELVER and CHARLES V. W. BROOKS

CHARLOTTE SELVER and CHARLES V. W. BROOKS are on the staff of the New School for Social Research, New York, in the field of Sensory Awareness, Perception & Relating. They also hold regular classes in New York, Northern and Southern California. The approach they use was originated by Elsa Gindler in Germany; this approach has been further developed by Miss Selver through 30 years of teaching and exploration.

April 1-3 Weekend seminar
April 3-8 Five-day workshop

Most human activities are forms of non-verbal communication, from simple touch, motion and gesture, to complex relationships in work, artistic creation, friendship and love. The overemphasis on verbalization, both outward speech and inward thought, conceals the rich and unfamiliar world of non-verbal experience. Experiencing and relating are deepest when the organism can receive as well as give to its full capacity. This capacity can be encouraged to unfold through the practice of inner quiet, the unforced use of our inner and outer senses, and the awakening and freeing of all our tissues for sensitive and spontaneous movement—in a work somewhat resembling the Chinese Taoist attitude of intellectual silence, non-clinging, ever-renewed contact, and living more fully in the reality of the moment. The seminar and workshop will be integrated to form one total experience. However, it will be possible to attend either one separately. The workshop will begin with dinner on Sunday, April 3, and end with lunch on Friday, April 8.

Seminar: $59 per person, double $67 single
Workshop: $140 per person, double $160 single

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April 3-5 **CREATIVITY TRAINING WORKSHOP FOR TEACHERS led by GEORGE I. BROWN**

GEORGE I. BROWN is Associate Professor of Education at the University of California, Santa Barbara. During the past two years he has conducted a pioneering project to develop creativity in primary school teachers, principals and students. This program is presently being expanded to include other districts in the Santa Barbara-Goleta area. He has invented a new method for teaching creativity, involving the development of a "creative sub-self;" this method is currently being used in his project with school teachers and is described in a forthcoming book, Ways of Growth *(edited by Michael Murphy and Herbert A. Otto).*

By arrangement with University of California Extension, Santa Barbara, a special course will be offered for credit, "Development of Creativity in Teaching and Thinking"—x313.52. This workshop will focus primarily on techniques for developing creativity. Emotional and philosophical dimensions of creativity will be discussed. Then, approaches such as "the creative sub-self" will be introduced and practiced; these techniques have been designed to stimulate divergent thinking and more open behavioral systems in both individuals and groups. Throughout the workshop, all participants will be encouraged to develop their own new strategies for the enhancement of creativity in the classroom.
One unit of professional credit will be offered.
Limited to an enrollment of 30.
The workshop begins with dinner on Sunday, April 3, and ends with lunch on Tuesday, April 5.
$59 per person, double $67 single

April 8-10 **THE EMERGENT GROUP led by JACK and LORRAINE GIBB**

JACK AND LORRAINE GIBB have developed their theory together – working as an emergent married group – and will soon publish the results of their research in a book tentatively entitled, The Emergent Group: A Study of Trust and Freedom. *Jack Gibb is now a Resident Fellow and Lorraine Gibb a Research Associate at Western Behavioral Sciences Institute, La Jolla, California. They have pioneered in the development of leaderless groups and have worked in a wide variety of organizational settings, including the National Training Laboratories, the Office of Naval Research, the YMCA and various industrial corporations.*

Dr. and Mrs. Gibb will present a theory of emergent group development that grew from ten years of research which they conducted in educational, industrial, government, and family groups and institutions. They will demonstrate some training methods that derive from this theory. There will be lectures and group experiences to suggest how the theory might be applied to the family and home, the business situation, the classroom, the organization. Emergent groups, as described by the Gibbs, are different in some ways from most "basic encounter" or "T" groups; these differences will be discussed during the seminar.
$59 per person, double $67 single

April 15-17 **BODY AWARENESS MARATHON led by BERNARD GUNTHER and LORLE KRANZLER**

BERNARD GUNTHER, teacher of body awareness, Big Sur Hot Springs.
LORLE KRANZLER, dance teacher, San Francisco.

A weekend devoted completely to non-verbal activity, including: silent meals, expressive movement, awareness games, sensory hike and meditation. The Saturday session will begin at 7:30 in the morning and continue throughout the day, ending late sometime Saturday night.

$49 per person, double $57 single

April 15-17 **STATUS AS AN EVIL MOTIVE led by JOE K. ADAMS**

JOE K. ADAMS was Chairman of the Department of Psychology at Bryn Mawr College, the author of a textbook on psychological statistics, and both a research and clinical psychologist. He now spends most of his time integrating his published and unpublished articles, some of which he refers to as "rock and roll psychology," into a book length manuscript. He believes that a "breakthrough" in growth and mental health could come through an educational program, carried out largely via the mass media.

For thousands of years desire for status has been a dominant motive in Western civilization, though it has often assumed disguised forms. A theory of status, supported by historical and contemporary data, will be advanced to show that this motive has done more harm than even money or power motives. Constructive steps to destroy status motivation will be suggested (a calypso dance will be performed by the leader).

$49 per person, double $57 single

April 17-22 **INSTITUTE ON CONJOINT FAMILY THERAPY led by VIRGINIA SATIR**

VIRGINIA SATIR is Director of Training for the Family Project, Mental Research Institute, Palo Alto. She is also a consultant to family research projects and training programs throughout the United States. She has introduced approaches derived from her own experience as a family therapist and from research at the Mental Research Institute to workshops and clinics in Europe and Israel. She has become increasingly interested in the positive aspects of family health and plans to form "well family" clinics for the development of the family's creative potentialities. She will direct the Esalen Residential Program which begins in the fall of 1966.

A short intensive course on family therapy which will include didactic discussion and illustrative sessions. The didactic material will cover concepts of family therapy, along with a discussion of recent research findings and newer tools for family diagnosis and treatment. Participants in these sessions must have had some experience as family therapists. For further information, write Virginia Satir, 777 Bryant Street, Palo Alto, California. The Institute begins with dinner on Sunday, April 17, and ends with lunch on Friday, April 22.

$170 per person, double $190 single

April 22-24 **AN ENCOUNTER GROUP FOR FAMILIES led by JAMES V. CLARK and VIRGINIA SATIR**

JAMES V. CLARK, Professor at the Graduate School of Business Administration, UCLA, is a sensitivity trainer and an innovator with small group methods for personal growth. He has a special interest in the religious dimensions of the small group experience.

A basic encounter group for several families, including husband, wife and children, combining the perspectives of sensitivity training and conjoint family therapy. Special rates will be offered. Contact Esalen Institute, Big Sur Hot Springs.

May 6-8 **THE POTENTIALITY FOR WHOLENESS led by WILLIAM C. SCHUTZ**

WILLIAM C. SCHUTZ is a leading group dynamics theorist, researcher and trainer, known for the theory described in his book, FIRO: A Three-Dimensional Theory of Interpersonal Behavior. *He has introduced new T-group methods and has researched their effectiveness in various organizational settings. He is now exploring other dimensions of personal and group development, including inner imagery process and the physical dynamics of personality structure. He is a pioneer in the multi-dimensional and integral approach to personal becoming which, we at Esalen believe, will soon be fundamental to therapy and education.*

An advanced experiential workshop combining T-group, inner imagery methods, and work with the body.

$59 per person, double $67 single

May 13-15 **EXPLORATION INTO GOD led by BISHOP JAMES A. PIKE, San Francisco, and BISHOP JOHN ROBINSON, Woolwich, London**

BISHOP JAMES A. PIKE, of the Episcopal Diocese of California, has been a leading advocate of reform in many areas of Christian practice. He has encouraged new liturgical forms, courageous social action, and a creative rethinking of Christian theology. His writings include A Time for Christian Candor *and many other books.*

BISHOP JOHN ROBINSON is the Suffragan Bishop of Woolwich. He became world-famous for his book, Honest to God, *in which he vigorously questioned many of the basic assumptions of contemporary Christian faith.*

An examination of the new theology which Bishops Pike and Robinson are helping to create. Through the winter and spring of 1965-66, they are working in England with other theologians to reexamine and renew the basic structure of Christian thought. This seminar will present some of the outcomes of their work together.

$59 per person, double $67 single

May 20-22 **INTENSIVE MARATHON GROUP EXPERIENCE, THEORY AND PRACTICE led by GEORGE R. BACH**

GEORGE R. BACH has worked with intensive therapeutic groups for more than 20 years. He is one of the originators of the non-stop or "mara-

Friday, 8 p.m., theory seminar; followed immediately, starting about 11 p.m., by all-night and day—24 hours around-the-clock—marathon practice sessions (in three to

thon" group experience, for which he has gained national recognition. He is now in private practice in Los Angeles and is a consultant for various organizations.

four small groups of 14 people each). Each group will have its own marathon leader and Dr. Bach will be a roving consultant visiting each group throughout the 24 hours.
Sunday, 10-11 a.m.: the "unwinding" practicum of non-verbal communication.
Sunday, 11 a.m. - 1 p.m., theory seminar: evaluation of the marathon group dynamics and peak experiences.

Tuition: $90 per single person $160 per couple
plus
Room and Board: $28.00 double $36 single

Occasional invitational conferences are sponsored or co-sponsored by Esalen Institute. On January 7-9 such a conference, on converging trends within so-called humanistic theology and humanistic psychology, will be co-sponsored with the Spiritual Life Institute of Sedona, Arizona, an interdenominational religious organization which is encouraging the development of various approaches to psychological growth.

On January 9-11, an invitational workshop will be led by Dr. Abraham Maslow, on the creation of a Being-language.

BERNARD GUNTHER will conduct intensive weekend workshops, by appointment. These will combine: yoga, body awareness, visual imagery and meditation, in an attempt to create an integral approach. For appointments, write Bernard Gunther, Big Sur Hot Springs. Tuition fee: $20.

GIA-FU FENG will be in residence conducting classes in Tai Chi Chuan (meditation-in-action), calligraphy and a nerve pressing treatment based on the Chinese art of Acupuncture.

SPECIAL INFORMATION

University Extension credits from the University of California at Santa Barbara will be given for some of these programs. For more specific information, write Esalen Institute, Big Sur Hot Springs.

Contributions to the Esalen Institute are tax deductible.

Various medical, educational and other institutions are providing expenses for participants for some of these seminars.

Radio station KXKX-FM in San Francisco (88.5 meg.) broadcasts portions of the Esalen Institute seminars every Wednesday evening from 8:30 to 9:30. KXKX provides a program guide for those who are interested

COSTS Costs cover tuition, food and lodging, use of the hot mineral baths and the scheduled periods of Tai Chi Chuan and sensory awakening. Tips for restaurant and cabin personnel are also covered. Massage, available by appointment, is extra.

Weekend seminars begin with dinner on Friday evening and end with lunch on Sunday. The amount listed "double" is a per person cost; the amount listed for single is also a per person cost. "Double" means double occupancy (two to a cabin).

All seminars and workshops begin with dinner, followed by an informal session the first evening at 9:00 (unless otherwise stated), and end with lunch on the last day.

STUDENT RATES for Student Body Card Holders: $15 discount on weekend seminars, unless otherwise noted.

ACCOMMODATIONS Accommodations are possible at Big Sur Hot Springs, South Coast Motel (Triple-A, $2 per day per person extra, 2 miles north), Redwood Lodge (15 miles north), Glen Oaks Motel (15 miles north), or at any of several campgrounds or other motels.

REGISTRATION Must be made one week before the first day of the seminar or workshop. A non-refundable deposit of $10 is required. Write Esalen Institute, Big Sur Hot Springs, Big Sur, California 93920; phone Big Sur 2634.

LOCATION Big Sur Hot Springs is located on Coast Highway One, 45 miles south of Monterey, 11 miles south of Nepenthe. It is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on road maps as "Slates Hot Springs."

WHAT TO WEAR/WHAT TO BRING Slacks, sweaters, jeans, flat shoes for women, bathing suits.

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ESALEN INSTITUTE

Esalen Institute is a center to explore those trends in religion, philosophy and the behavioral sciences which emphasize the potentialities of human existence. To date, its activities have consisted chiefly of weekend seminars and mid-week workshops such as the ones described in this brochure. Plans are now being developed for a Residential Program to begin in the fall of 1966 at Big Sur Hot Springs. This program will encourage an intensive study of those means for extending awareness, such as basic encounter groups, sensory awareness and meditation, which are ordinarily neglected in modern education. A research program will be run concurrently to study the effectiveness of such programs for human development.

OFFICERS AND ADVISERS

Michael H. Murphy, President
Richard A. Price, Vice-President
George Leonard, Vice-President, Senior Editor, **Look** Magazine, San Francisco
Virginia Satir, Secretary-Treasurer; Mental Research Institute, Palo Alto, California
Frank Barron, Ph.D., Institute of Personality Assessment and Research, University of California, Berkeley
J. F. T. Bugental, Ph.D., Psychological Service Associates, Los Angeles
John Levy, San Francisco Venture, Secretary, American Association for Humanistic Psychology

ASSOCIATES IN RESIDENCE

Robert Goulding, M.D., Psychiatrist, Carmel and Big Sur
Frederick Perls, M.D., Ph.D. Psychiatrist, Big Sur
Virginia Satir, A.C.S.W., Family Therapist, Palo Alto and Big Sur

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Hugh Chisholm, Jr., Hillsborough and Big Sur
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Sidney Cohen, M.D., Chief of Psychiatry Service, Wadsworth Veteran's Administration Hospital, Los Angeles
Joseph J. Downing, M.D., Psychiatrist, Director of Mental Health Programs, San Mateo County, California
Richard E. Farson, Ph.D., Director, Western Behavioral Sciences Institute, La Jolla, California
Robert Gerard, Ph.D., Psychologist, Los Angeles; President, International Foundation for Psychosynthesis
William P. Golden, Jr., Ph.D., Director, San Francisco State College Downtown Center
Gerald Goodman, Ph.D., Director, Interpersonal Relations Project University of California, Berkeley
Thomas Greening, Ph.D., Psychological Service Associates, Los Angeles
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William McNamara, O.C.D., Director, Spiritual Life Institute, Sedona, Arizona
Richard P. Marsh, Ph.D., Professor of Creative Arts, San Francisco State College
Abraham H. Maslow, Ph.D., Professor of Psychology, Brandeis University, Waltham, Massachusetts
Gardner Murphy, Ph.D., Director of Research, Menninger Foundation, Topeka, Kansas
Herbert A. Otto, Ph.D., Associate Professor of Social Work, University of Utah
James A. Pike, Bishop of the Episcopal Diocese of California, San Francisco
Ira Progoff, Ph.D., Author and Psychologist, New York
Gene Sagan, Ph.D., Psychologist, Berkeley
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Arthur Shedlin, Graduate School of Business Administration, UCLA
Anthony Sutich, Psychotherapist, Palo Alto; Editor, *Journal of Humanistic Psychology*
John O. Steiny, President, Steiny and Mitchel, Los Angeles
Robert Tannenbaum, Ph.D., Graduate School of Business Administration, UCLA
Charles T. Tart, Ph.D., Research Psychologist, University of Virginia
Alan Watts, Author and Philosopher, Sausalito
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Esalen Institute

Big Sur Hot Springs
Big Sur, California 93920
Phone Big Sur 2634

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Esalen Institute Seminars

Summer 1966 — Big Sur Hot Springs

April 29-May 1 **SIDNEY JOURARD IN RESIDENCE conducting informal classes and consultations**

May 1-6 **Weekend Seminar**

May 6-June 15 **Workshop**

SIDNEY JOURARD, Professor of Psychology, University of Florida, is well known for his extensive research on self-disclosure. He has been concerned with the depersonalizing effect of psychological research upon its subjects. With this concern and his interest in human spirit and growth, he has encouraged the development of a more humanistic psychology in the United States. He is the author of Personal Adjustment *and* The Transparent Self.

The central themes of the seminar will be personal encounter and authentic dialogue, described by Dr. Jourard as "the original psychedelic experiences." The seminar will be devoted to discussions of dialogue, one's personal capacity for it, its conditions and consequences (which include self-transcendence and altered perception of the world).

$59 per person, double; $67 single

The workshop will offer the participants an opportunity for the experience of dialogue, the experience of a "third" or intruder, and the sharing in a group of the findings. People will pair off, to discover through living it what their personal limits are to unfolding dialogue, what in the other they can confirm, and what they can disclose to the other. $140 per person, double; $160 single

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May 27-29 **MAN IN CONFRONTATION WITH NATURE led by GERARD V. HAIGH and WILLIAM ZIELONKA**

GERARD V. HAIGH, a practising psychotherapist, is experimenting with new kinds of basic encounter groups. He studied with Gardner Murphy at City College of New York and Carl Rogers at the University of Chicago, has been on the Menninger Clinic staff and taught at the University of Chicago, Arizona State University and University of California, Los Angeles. He brings a life-long interest in nature to his work with basic encounter groups. This program's spark ignited while he was doing human relations training for the Peace Corps and for VISTA on Apache and Pima reservations in Arizona.

WILLIAM ZIELONKA is a psychotherapist interested in the emotional interchange between people. He is exploring this area in industry, the creative arts, with parents and their children. He is a psychoanalyst and has studied with Robert Lindner and Theodore Reik. He is a partner at Psychological Service Associates, Los Angeles.

Our civilization interposes massive technology between the individual and the natural world. Our educational system reinforces this split by emphasizing conceptualization and verbal skill rather than the sensory and feeling aspects of personal functioning.

In this workshop we will attempt to penetrate our own layers of arrogance, indifference and insensitivity. In making contact with the soil, the sea, the forest and sky, we will try to regain contact with our own primitive reactions to these elements. Most of the program will be held out of doors among the redwoods and by the seashore. It will include an all-night vigil in the woods and various sensory experiments. The focus throughout will be on expanding awareness of self in relation to nature. (Participants should bring sleeping bags and flashlights.)

$59 per person, double; $67 single

May 27-29

THE SELF AND PHYSICAL MOVEMENT led by MARY WHITEHOUSE

MARY WHITEHOUSE has been a teacher and performer in ballet and modern dance and has studied Analytical Psychology at the Jung Institute in Zurich, Switzerland. From her knowledge of dance and psychology she has developed an integral approach to personal growth. She continues to develop her methods in private practice in Los Angeles and in workshops throughout the United States.

Discovering the physical dynamics of personality structure; releasing the movement impulse and increasing the natural freedom and range of body functioning; movement as a non-verbal experience of feeling and a medium of communication between people; contact and response in a group.

Enrollment for this seminar is limited. No previous dance experience is necessary. All applicants will please include a statement describing their professional or personal interest in this area and any experience they have had with it.

$59 per person, double; $67 single

June 10-12

BEING IN THE WAY led by ALAN WATTS

ALAN WATTS, author of The Way of Zen; Nature, Man and Woman; The Wisdom of Insecurity; Psychotherapy East and West; The Joyous Cosmology, *and many other writings, has been—along with D. T. Suzuki—the leading popularizer of Zen Buddhism in the United States. In recent years, he has worked to unify science, philosophy and religion into a totally modern world view.*

To be "in the way" means both to be an obstacle and to be in the flow of life, in the Tao or the Course of Nature. The transformation of the first into the second according to Zen and Taoist ways of "letting it happen" will be the theme of the seminar.

$59 per person, double; $67 single

June 12-17

TRANSACTIONAL ANALYSIS led by ROBERT GOULDING

ROBERT GOULDING is a psychiatrist in private practice in Carmel and co-founder of the Carmel Transactional Analysis Institute. He is a long-time co-worker with Eric Berne, the founder of Transactional Analysis. He has taught the principles of this therapeutic approach at state and veterans administration hospitals, at welfare and correctional facilities in California and in various private seminars.

This workshop will combine didactic and experiential sessions. Special emphasis will be given to applying the principles of Transactional Analysis to educators and laymen. Much of the material covered by Eric Berne in **Games People Play** will be explored.

$150 per person, double; $170 single

June 17-19 **IS THE NEW THEOLOGY UNITARIAN? led by BISHOP JAMES A. PIKE and WALTER DONALD KRING**

BISHOP JAMES A. PIKE, of the Episcopal Diocese of California, has been a leading advocate of reform in many areas of Christian practice. He has encouraged new liturgical forms, courageous social action and a creative rethinking of Christian theology. His writings include Beyond Anxiety, A Time for Christian Candor *and* What is This Treasure?

WALTER DONALD KRING is Minister of The Unitarian Church of All Souls in New York City. He is one of the best known articulators of Unitarian thought and author of Religion is the Search for Meaning *and* Across the Abyss to God. *He is especially interested in psychology and psychiatry and is a Director of the William Alanson White Institute in New York City. He is also a prize-winning ceramist.*

In this seminar Bishop Pike will continue his explorations into the new theology which he has been studying with Bishop John Robinson and others during the past year in Cambridge, England. He will join with Dr. Kring, a leading exponent of Unitarian thought, to explore the common ground between Unitarian views and the new theology.

$59 per person, double; $67 single

June 17-19 **A WEEKEND WITH ALBERT ELLIS**

June 19-22 **WORKSHOP led by ALBERT ELLIS**

The seminar will consist of three sections, each introduced by a presentation by Dr. Ellis, followed by discussion: 1) Recent Developments in Rational-Emotive Psychotherapy; 2) A New Form of Psychotherapy, combining the advantages of individual and group therapy; 3) New Aspects of the American Sex Revolution. In addition to lectures by Dr. Ellis and discussion of the points to be presented, there will be opportunity for the participants to bring up personal viewpoints and problems.

$59 per person, double; $67 single

ALBERT ELLIS is the originator of rational-emotive psychotherapy and Executive Director of the Institute for Rational Living, a training and educational center. He is well known for his writings on sex, love and marriage relations and is a busy practitioner of individual and group psychotherapy and marriage and family counseling. He is the author of many articles and books, including A Guide to Rational Living, Reason and Emotion in Psychotherapy, The Art and Science of Love *and* Homosexuality: Its Causes and Cure.

The principles of this active-directive method of psychotherapy will be explained and opened up for critical discussion. The workshop will emphasize live material, including recordings of therapeutic sessions, demonstration interviews and live group therapy sessions. Participants will be offered a self-helping experience as well as an opportunity to learn the essentials of this therapeutic technique.

$87 per person, double; $99 single

June 24-26

EDUCATION IN THE YEAR 2000 led by RICHARD E. FARSON, GEORGE B. LEONARD and J. RICHARD SUCHMAN

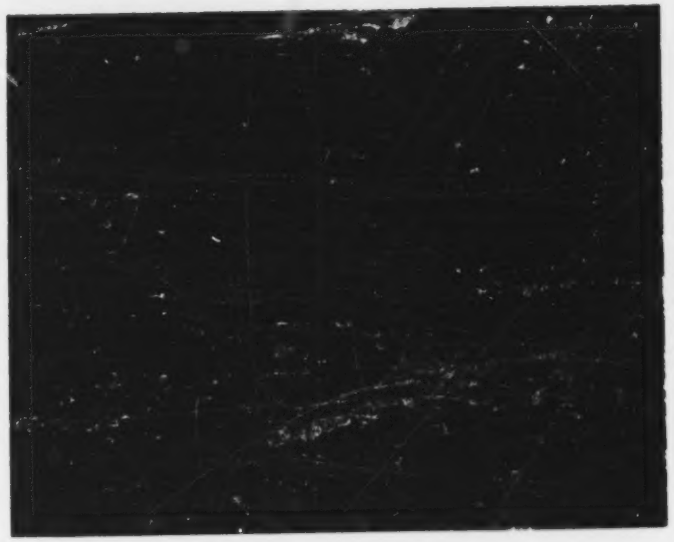
RICHARD E. FARSON is Director and a principal founder of Western Behavioral Sciences Institute in La Jolla. This Institute is one of the most creative pioneering organizations in the behavioral sciences, perhaps because it is free of other institutional ties. It has incorporated into its structure the best insights of psychology and organization research. Its chief activities include the study of basic encounter groups (including self-directed groups), the development of Inter-Nation Simulation games for the understanding of international tensions and the use of these simulations as educational tools. Dr. Farson is deeply interested in the problem of mental health in the community at large and in the application of small-group methods to education. He is editor of the recently published book, Science and Human Affairs.

GEORGE B. LEONARD, west coast editor for Look magazine, has acquired intimate knowledge of what is being done throughout the nation to develop the full range of human potentialities. He is incorporating this knowledge in a book, Education. *He has won more national awards for education reporting than any other writer, and was an originator of Look's Teacher of the Year Award. His vision, energy and understanding stimulate many programs for human betterment. This seminar's title is from his widely-quoted speech to planners and educators of Litchfield Park, Arizona, in which he made many proposals for the innovative educational system being developed there.*

J. RICHARD SUCHMAN is Acting Director for the Divisions of Elementary-Secondary Research and Higher Education Research in the U. S. Office of Education. He is also Professor of Elementary Education, currently on leave from the University of Illinois. Dr. Suchman's major interest has been children's thinking, with a special emphasis on the process of inquiry. He is widely known for the methods he has developed for stimulating and training the inquiry process in children. He is the author of Observation and Analysis in Child Development.

Both dissatisfaction with and hope for education in the United States seem to be growing. This seminar will look at the shortcomings of American education and then explore measures which would help make it more vital and creative. These will include proposals both for the immediate and distant future. There will be sessions to demonstrate some innovative methods which are presently being developed. Dr. Farson will discuss and demonstrate the application of small group methods to education, Dr. Suchman will explain the Inquiry Training which he originated and George Leonard will introduce a wide range of new educational methods in which he has become interested.

$59 per person, double; $67 single



June 26-29

A SELF-EXPLORATION GROUP led by GERALD GOODMAN

GERALD GOODMAN is Director of the Interpersonal Relations Project, University of California, Berkeley. Dr. Goodman has done original research on self-disclosure. His Interpersonal Relations Project is exploring new ways of assessing college students' potentialities as therapists. He is interested in the "grass roots" small group movement, in the possibility of developing children as therapists, and in other such adventurous enterprises.

The leader wishes to meet with people who are willing to experiment with group processes for personal or professional reasons. A small but balanced group of men and women in and out of the helping professions will be selected. The sessions will begin with a structured technique for facilitating rapid group acquaintance. Then the group will determine its own course, with a focus on brainstorming and experiencing the therapeutics of self-disclosure, secrets, risk-taking and intimacy. Explorations by workers in this new area will be reviewed. Some questions may be sharpened but few will be answered. Limit: 15 persons. Applicants should state their occupation.

$87 per person, double; $99 single

June 26-29

AN INTRODUCTION TO INNOVATION IN EDUCATION led by DAVID W. ERSKINE

DAVID W. ERSKINE has been a teacher for nine years, an administrator for seven and is now principal of the Carmel River School which is currently moving into a nongraded, team-teaching pattern of organization.

What is innovation? What do we know about it? How does a teacher, principal or supervisor go about it? This workshop will explore these questions and the roles educators play as "change agents" and "targets" in our educational establishment. It is especially recommended for members of faculty teams. Enrollment is limited to fifteen. By arrangement with University of California Extension, Santa Barbara, this seminar will be offered for one unit of professional credit.

$87 per person, double; $99 single

July 1-3

EXPLORING THE INNER WORLD — FROM ANALYSIS TO SYNTHESIS led by ROBERT GERARD

ROBERT GERARD, Clinical Psychologist, has been engaged in such diverse occupations as motion picture writer and producer in Europe and Hollywood and behavioral scientist in charge of the Psychophysiological Research Laboratory at the Veterans' Administration Neuropsychiatric Hospital in Los Angeles. Dr. Gerard is presently engaged in the practice of psychotherapy in Los Angeles, and is the president of the International Foundation for Psychosynthesis. He is especially interested in the integration of American, European and Eastern approaches to psychological growth. Dr. Gerard combines in his work a wide knowledge of Eastern philosophy with modern scientific psychology. He is a life member of the New York Academy of Sciences and a pioneer in the development of new therapeutic techniques involving the use of inner imagery, symbolic visualization and creative meditation.

The goal of psychosynthesis is the integration, unification and balanced expression of the totality of our human nature—physical, emotional, mental and spiritual. In this experiential workshop, participants will combine analysis aimed at developing psychological insight with a series of techniques specifically furthering the process of synthesis. These include the creative use of imagination, meditation and intuition, leading to the evocation of the inner wisdom, purpose and direction of the deeper self. The primary emphasis will be on the participants' experience with these various techniques.

$59 per person, double; $67 single

July 3-6

TOWARD A WIDER MEANING IN MARRIAGE led by GERALD and SALLY SMITH and BERNARD GUNTHER

GERALD SMITH is a marriage counselor and family therapist in Burlingame, California, and a consultant in Marriage Counseling and Family Life Education, San Mateo County Mental Health Services. He is also a member of the intensive training group in family therapy at the Mental Research Institute in Palo Alto.

SALLY SMITH is a mother, homemaker and graduate student in social welfare at the University of California, Berkeley.

BERNARD GUNTHER is a specialist in sensory awakening and is in residence at Big Sur Hot Springs.

One measure of a marriage relationship is the variety and intensity of feelings a couple can risk expressing to each other. This group will offer an opportunity to explore a greater variety and intensity of feelings within a relationship. The emphasis throughout will be on experience rather than talk about the relationship. Sensory awakening experiments, role playing and art expression will be used frequently. Limited to 12 couples.

$174 per couple

July 8-10

WORKSHOP WITH SELF-DIRECTED GROUPS led by BETTY BERZON and LAWRENCE N. SOLOMON

BETTY BERZON, Research Associate of the Western Behavioral Sciences Institute, La Jolla, is Project Director of the Institute's current study on Self-Directed Therapeutic Groups. For the past five years, she has been carrying out research at the Institute to compare self-directed with professionally-directed groups. The findings that self-directed groups provide rewarding opportunities for constructive change suggest that such groups may be one way of compensating for the shortage of professionally-trained personnel.

LAWRENCE N. SOLOMON is a Research Associate of WBSI. He combines a background in clinical psychology with research interests ranging from the use of simulations in psychological research on conflict resolution and international tensions to the feasibility and therapeutic effectiveness of small self-directed groups. Dr. Solomon has been associated with Miss Berzon in the Institute's research on basic encounter groups.

Research over the past five years at the Western Behavioral Sciences Institute (WBSI) into the functioning of self-directed therapeutic groups has led to the conclusion that the therapeutic experiences of such groups are indistinguishable, in important ways, from experiences in professionally-directed groups. For the past year, Miss Berzon and Dr. Solomon have been researching the use of "programming" material for the self-directed group, designed to enhance the quality of the group's experiences through carefully planned and pre-tested inputs to the group's activities. Miss Berzon and Dr. Solomon will present films, recorded excerpts of self-directed groups and research findings. In addition, participants will meet in self-directed small groups using a set of experimental group-structuring procedures developed at WBSI expressly for the Esalen Institute.

$59 per person, double; $67 single

July 10-13

THE ADOLESCENT AND THE ADULT led by EUGENE SAGAN and JUANITA BRADSHAW

EUGENE SAGAN, psychotherapist, is experimenting widely with various innovative approaches to personal growth. In his work he combines a variety of methods derived from psychotherapy, educational practice and the arts. Together, he and Mrs. Bradshaw have founded the Institute for Creative and Artistic Development in Berkeley.

JUANITA BRADSHAW has taught in public schools. She is now in private practice as a teacher of creative behavior. At the Institute for Creative and Artistic Development, a marriage of the fields of education and psychotherapy has developed an integrated growth program stressing movement, art and theater experiences.

The adolescent tries to gain a sense of who he is and what the world is like. Often he does not succeed. The parent feels guilty and inadequate or blames his child. Recent work at the Institute for Creative and Artistic Development suggests that the isolated family is not an adequate social structure to provide the rich environment the adolescent and parent need to make this period a rewarding growth experience. Through the use of encounter and creative behavior groups the adolescent can learn to understand and communicate with adults and his parents, developing skills and awareness necessary for maturity. While this workshop is primarily designed to develop

the potential of the adolescent-parent relationship, adolescents without adults will be admitted, and vice versa. Professional people who work with adolescents will also be admitted.

$87 per person, double; $99 single

July 15-17

WOMAN OF THE DUNES, RASHOMON AND NOT TO HAVE LIVED: A WEEKEND SEMINAR led by ROBERT ANDERSON and FREDERICK S. PERLS

ROBERT ANDERSON has produced more than 60 documentary films for KRON-TV in San Francisco. Among them have been studies of sociological and environmental subjects, such as urban blight and minority groups, and psychological studies such as Not to Have Lived, *a study of automatized living, and* Homosexual. *He has brought* cinema verité *and other "New Wave" techniques to television, winning critical acclaim and several national awards for his work. Among his current projects is a film entitled* The Human Frontier, *shot on location at the Esalen Institute, Big Sur Hot Springs, which utilizes impressionistic film methods to document the expanding potential of the human mind.*

FREDERICK S. PERLS, the founder of Gestalt Therapy and author of the book by that name, is now in permanent residence at Big Sur Hot Springs.

These three films will be shown during the seminar. Dr. Perls and Mr. Anderson, film writer, will discuss them from the point of view of depth psychology and from that of the film writer. They will then explore the relevancy of the films to the lives of the seminar participants. These discussions will lead to experiments in individual imagery and role playing around the major themes evoked by the movies.

July 17-22

INSTITUTE ON CONJOINT FAMILY THERAPY led by VIRGINIA SATIR

VIRGINIA SATIR is Director of Training for the Family Project, Mental Research Institute, Palo Alto. She is also a consultant to family research projects and training programs throughout the United States. She has introduced approaches derived from her own experience as a family therapist and from research at the Mental Research Institute to workshops and clinics in Europe and Israel. She has become increasingly interested in the positive aspects of family health and plans to form "well family" clinics for the development of the family's creative potentialities. She will direct the Esalen Residential Program which begins in the fall of 1966.

A short intensive course on family therapy which will include didactic discussion and illustrative sessions. The didactic material will cover concepts of family therapy, along with a discussion of recent research findings and newer tools for family diagnosis and treatment. Participants in these sessions must have had some experience as family therapists. For further information, write Virginia Satir, 777 Bryant Street, Palo Alto, California.

$170 per person, double; $190 single

July 22-24 **A CELEBRATION led by STEWART BRAND**

Stewart Brand has travelled for two years through Indian reservations to create **America Needs Indians,** an electronic film and slide projection art form. He conceived and organized the Trips Festival in San Francisco last January and is now creating something called Epic Theater. He is calling this weekend celebration "Closer" because he hopes it is moving in that direction. This is not quite a happening nor theater nor seminar — celebration seems to be the best word for it.

$44 per person, double; $52 single

July 29-31

THE NEW MORALITY: SITUATIONAL ETHICS AND "THE NEW THEOLOGY"
led by DAVID J. BAAR and ROBERT WARREN CROMEY

DAVID J. BAAR is 29 years old and has been an Episcopal Priest for four years. He is married and has two children. A native Californian, he is a graduate in mathematics from the University of California, Berkeley, and a graduate of the Church Divinity School of the Pacific, Berkeley. He is presently Chaplain to the Rt. Rev. James A. Pike, Bishop of California. The Rev. Baar is author of a course in sex education for high school students and has developed pilot programs in sex education for the Episcopal Church. He has worked actively for several years in CORE and Friends of SNCC groups.

ROBERT WARREN CROMEY is 35 years old and has been an Episcopal Priest for 10 years. He is married and has three children. He has been active in the civil rights movement; marched in Selma; was elected to the Board of the NAACP, San Francisco Branch; was arrested in a sit-in on Auto Row in San Francisco in 1964. The Rev. Cromey is one of the founders of the Council on Religion and the Homosexual. His book on new morality and sex ethics will be published by E. P. Dutton and Company of New York City in the fall of 1966. He is Vicar of St. Aidan's Church in San Francisco. In 1963-65 he was Executive Assistant to The Rt. Rev. James A. Pike.

The seminar will deal particularly with the ethics of sex as conditioned by the decline of religious legal codes, the insights of behavioral science, the theological awakening of our century and the changes in Twentieth Century cultural standards. Discussions will also deal with the ethics and subsequent attitudes toward child development and creativity, pre-marital and extra-marital sexual encounter, homosexuality, and single standard ethics for men and women.

$59 per person, double; $67 single

August 5-12
August 5-7
August 7-12

A SEMINAR AND WORKSHOP: EDUCATION AND THE DIMENSIONS OF CONSCIOUSNESS led by ROLLO MAY

Weekend seminar
Five-day workshop

ROLLO MAY is Training and Supervisory Analyst at the William Alanson White Institute of Psychiatry, Psychoanalysis and Psychology. Among his books are The Meaning of Anxiety, Man's Search for Himself, Existence: A New Dimension of Psychology and Psychiatry, *and* Symbols in Religion and Literature. *Two other seminal books by Dr. May will be published in the fall of 1966.*

This seminar and workshop will study phenomenology as it throws light on education and inner resources. (Education here refers not only to groups but to the re-education of the individual in psychoanalysis and other forms of therapy.) Phenomenology is the science which begins not with impersonal objects but with acts of consciousness, and endeavors to discover objective reality by the deepening and enlarging of subjective reality.

The meaning of myths and symbols as the language emerging from these deeper levels of consciousness will also be explored.

Such an emphasis in education is especially urgent today because individuals and groups tend to be pushed by impersonal forces while the world becomes more dangerous due to technological advance. In such a world inner resources such as imagination, intentionality and the capacity for decision must be developed.

The workshop will expand and develop the themes introduced during the weekend seminar. However, the seminar and workshop may be attended separately.

Seminar: $ 59 per person, double; $ 67 single
Workshop: $150 per person, double; $170 single

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August 12-19

A SEMINAR AND WORKSHOP: SOME FIRST STEPS TOWARD A THEORY FOR ESALEN ACTIVITIES
led by ABRAHAM KAPLAN and WILLIAM C. SCHUTZ

Aug 12-14 Weekend Seminar

Aug 14-19 Five-day Workshop

Throughout its short history the Esalen Institute has invited a selected group of professionals to conduct workshops. The areas covered are highly varied yet represent a relatively consistent view of life. The psychology has generally taken the humanistic, organic approach represented by people such as Maslow, Rogers, May, Murphy and Perls. The philosophy finds new meaning for our time in existentialism, Zen and other types of Eastern philosophy. The workshops have emphasized creative aspects of human life, such as fantasy, body awareness and self-expression. The pivotal activity of the Institute has been a variety of experiential approaches in which participants engage these philosophical approaches to man.

Drs. Kaplan and Schutz will explore the possibility of applying some historical perspectives and theoretical structures to these activities in the hopes of developing a comprehensive and consistent framework. Participants are invited to offer ideas of their own.

Following the weekend of philosophical and theoretical exploration, an experiential five-day workshop will be conducted by Drs. Kaplan and Schutz. This workshop will attempt to put into practice the concepts discussed on the weekend including techniques for developing fantasy, body awareness, interpersonal encounter and other training methods that may grow out of the seminar discussion.

The seminar and workshop will be integrated to form one total experience. However, it will be possible to attend either one separately.

Seminar: $ 59 per person, double; $ 67 single Workshop: $150 per person, double; $170 single

ABRAHAM KAPLAN is Professor of Philosophy at the University of Michigan and was formerly Chairman, Department of Philosophy, University of California at Los Angeles. He has also taught at Harvard, Columbia and New York University; has been the recipient of Guggenheim and Rockefeller fellowships, a Fellow at the Center for Advanced Study in the Behavioral Sciences (Palo Alto) and at the Center for Advanced Studies at Wesleyan University (Connecticut). He is the author of Power and Society, The New World of Philosophy, American Ethics and Public Policy, The Conduct of Inquiry *and numerous articles in professional and other journals. Professor Kaplan is especially interested in logic and scientific methodology, and in Oriental philosophy. In the past few years he has become interested in the encounter or T-group both from the standpoint of practice and theory.*

WILLIAM C. SCHUTZ is a leading group dynamics theorist, researcher and trainer, known for the theory described in his book, FIRO: A Three-Dimensional Theory of Interpersonal Behavior. *He has introduced new T-group methods and has researched their effectiveness in various organizational settings. He is now exploring other dimensions of personal and group development, including inner imagery process and the physical dynamics of personality structure. He is a pioneer in the multi-dimensional and integral approach to personal becoming which, we at Esalen believe, will soon be fundamental to therapy and education.*

August 19-21

MEDITATION led by ARTHUR J. DEIKMAN, EDWARD MAUPIN and ROBERT E. MOGAR

ARTHUR J. DEIKMAN, M.D., is Research Associate at the Austen Riggs Center, Stockbridge, Massachusetts. His time is divided between research and the private practice of psychiatry. For the past four years he has been conducting a laboratory investigation of meditation and mystic experience. He published an article on experimental meditation in the Journal of Nervous and Mental Disease.

EDWARD MAUPIN is Assistant Professor of Medical Psychology, Department of Psychiatry, University of California at Los Angeles. He has conducted research into personality factors involved in meditation, which he views as an important facilitator for personal growth. He has published articles on meditation and Zen Buddhism in the Journal of Consulting Psychology *and the* Psychedelic Review.

This seminar will survey the history and methods of meditation, together with recent psychological research on the subject. Discussion will be supplemented by guided practice of various techniques to enable participants to explore meditative experience for themselves.

$59 per person, double; $67 single

ROBERT E. MOGAR is Associate Professor and Director of the Institute of Psychedelic Research at San Francisco State College. A frequent contributor to psychological journals, his current research involves the effects of psychedelic drugs on learning, perception and personality, and their potential for enhancing creative performance. His major interest is in discovering and cultivating those qualities common to psychedelic, hypnotic, mystical and meditative states.

August 21-26

DIMENSIONS OF OPERATIONAL CREATIVITY led by GEORGE I. BROWN

GEORGE I. BROWN is Associate Professor of Education at the University of California, Santa Barbara. During the past two years he has conducted a pioneering project to develop creativity in primary school teachers, principals and students. This program is presently being expanded to include other districts in the Santa Barbara-Goleta area. He has invented a new method for teaching creativity, involving the development of a "creative sub-self"; this method is currently being used in his project with school teachers and is described in a forthcoming book, Ways of Growth *(edited by Michael Murphy and Herbert A. Otto).*

This workshop will focus primarily on techniques for developing creativity: on the prelogical intuitive processes and affective domain, and their implications for personal, professional and occupational creative problem-solving. Participants will be encouraged to examine the creative process at both intellectual and emotional levels. General approaches as well as specific techniques for the encouragement of divergent thinking and open behavioral systems will be utilized in a context which Dr. Brown terms "operational creativity." Throughout the workshop, participants will be encouraged to develop their own strategies for the enhancement of creativity. By arrangement with University of California Extension, Santa Barbara, one unit of professional credit will be offered: course no. x313.52.
Limited to an enrollment of 30.

$140 per person, double; $160 single

IDA ROLF will be in residence during June and July working primarily with the participants in Dr. Perls' workshops. Dr. Rolf's work, called structural integration, is a system of deep muscular-fascial restructuring of the body. This method facilitates physical and psychological balance and well-being.

BERNARD GUNTHER will be in residence conducting classes in physical resensitization. He is also available, by appointment, to teach individuals and groups his new approach to massage.

GIA-FU FENG will be in residence conducting classes in Tai Chi Chuan (meditation-in-action) and calligraphy.

FREDERICK S. PERLS, the founder of Gestalt Therapy, will conduct workshops on the following dates:

FIVE-DAY WORKSHOPS
May 29-June 3
(with Dr. Ida Rolf

June 5-10

A MONTH-LONG WORKSHOP primarily for professional psychotherapists (a few lay people will be admitted)
July 3-31
(with Dr. Ida Rolf and Bernard Gunther)

WEEKEND SEMINARS
June 3-5
August 26-28

THREE 5-DAY WORKSHOPS limited to professional participants

August 7-12
August 14-19 } (co-led by Dr.
August 21-26 } James S. Simkin)

COSTS Costs cover tuition, food and lodging, use of the hot mineral baths and the scheduled periods of Tai Chi Chuan and sensory awakening. Tips for restaurant and cabin personnel are also covered. A new approach to massage, available by appointment, is extra.

Weekend seminars begin with dinner on Friday evening and end with lunch on Sunday. The amount listed "double" is a per person cost; the amount listed for single is also a per person cost. "Double" means double occupancy (two to a cabin).

All seminars and workshops begin with dinner, followed by an informal session the first evening at 9:00 (unless otherwise stated), and end with lunch on the last day.

STUDENT RATES for Student Body Card Holders: $15 discount on weekend seminars, unless otherwise noted.

ACCOMMODATIONS Accommodations are possible at Big Sur Hot Springs, South Coast Motel (AAA, $2.50 per day per person extra, 2 miles north), Redwood Lodge (15 miles north), Glen Oaks Motel (15 miles north), or at any of several campgrounds or other motels.

RESERVATIONS Must be made one week before the first day of the seminar or workshop. A non-refundable deposit of $10 is required. Write Esalen Institute, Big Sur Hot Springs, Big Sur, California 93920; phone Big Sur 2634.

LOCATION Big Sur Hot Springs is located on Coast Highway One, 45 miles south of Monterey, 11 miles south of Nepenthe. It is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on road maps as "Slates Hot Springs."

DRESS Slacks, sweaters, jeans, flat shoes for women, bathing suits.

SPECIAL INFORMATION University Extension credits from the University of California at Santa Barbara will be given for some of these programs. For more specific information, write Esalen Institute, Big Sur Hot Springs.

Contributions to the Esalen Institute are tax deductible.

Various medical, educational and other institutions are providing expenses for participants for some of these seminars.

Radio station KXKX-FM in San Francisco (88.5 meg.) broadcasts portions of the Esalen Institute seminars every Wednesday evening from 8:30 to 9:30. KXKX provides a program guide for those who are interested.

ESALEN INSTITUTE

Esalen Institute is a center to explore those trends in religion, philosophy and the behavioral sciences which emphasize the potentialities of human existence. To date, its activities have consisted chiefly of weekend seminars and mid-week workshops such as the ones described in this brochure. Plans are now being developed for a Residential Program to begin in the fall of 1966 at Big Sur Hot Springs. This program will encourage an intensive study of those means for extending awareness, such as basic encounter groups, sensory awareness and meditation, which are ordinarily neglected in modern education. A research program will be run concurrently to study the effectiveness of such programs for human development.

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Richard A. Price, Vice-President
George Leonard, Vice-President; Senior Editor, **Look** Magazine, San Francis
Virginia Satir, Secretary-Treasurer; Mental Research Institute, Palo Alto, California
Frank Barron, Ph.D., Institute of Personality Assessment and Research, University of California, Berkeley
J. F. T. Bugental, Ph.D., Psychological Service Associates, Los Angeles
John Levy, San Francisco Venture, Secretary, American Association for Humanistic Psychology

ASSOCIATES IN RESIDENCE

Robert Goulding, M.D., Psychiatrist, Carmel and Big Sur
Frederick Perls, M.D., Ph.D. Psychiatrist, Big Sur
Virginia Satir, A.C.S.W., Family Therapist, Palo Alto and Big Sur

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Esalen Institute Seminars

Fall 1966

People can change. Their institutions can change.
Whole societies can change.
All can change for the better,
not just superficially, but deep down.
To these truths—
often obscured behind the complexities
and disappointments of the times—
Esalen Institute dedicates this program
of seminars and workshops.

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September 2-4
FROM DREAM TO REALITY: A CALL TO ACTION
LED BY
GEORGE B. LEONARD, JAMES FADIMAN AND MICHAEL MURPHY

The era of the human potential is already upon us. All of us—aware of it or not—have roles to play in a human drama involving basic shifts in the aims and expectations of life on this planet. The seminar leaders will celebrate the new era, make explicit the hopeful and ever-evolving goals of Esalen Institute and engage in dialogue with seminar participants about the part that each can play in changing the world.

$59 per person, double; $67 single.

GEORGE B. LEONARD, west coast editor for Look *magazine, has acquired intimate knowledge of what is being done throughout the nation to develop the full range of human capabilities, and is incorporating this knowledge in a book,* Education. *He has won more national awards for education reporting than any other writer. His vision, energy and understanding have stimulated and helped to direct many programs for human betterment.*

JAMES FADIMAN is an Associate with Snowden, Sullivan and Goodwin, psychological consultants to management. He was formerly Assistant Professor of Psychology at San Francisco State College. His special interest is in the psychology of awareness and personal growth.

MICHAEL MURPHY is President and co-founder of the Esalen Institute.

September 3-4
TWO CONCERTS WITH USTAD ALI AKBAR KAHN

Saturday evening, September 3, 8:30
Sunday afternoon, September 4, 2:00

Ali Akbar Kahn is regarded by many as India's greatest musician. His instrument is the sarode. He comes to the United States under the auspices of The American Society for Eastern Arts.

CRAFT WORKSHOP

September 5-9
DOWN HOME
WITH STAFF MEMBERS
OF BIG SUR
HOT SPRINGS

In response to many requests from seminar participants at Esalen Institute, staff members of Big Sur Hot Springs (most of whom, in addition to their various operational functions, are craftsmen and artists in their own right) will lead a craft workshop. Facilities and instruction will be available in pottery, weaving, jewelry, metal sculpture and enameling. An informal approach, including some discussion, will provide an opportunity for participants to explore the possibilities discovered in direct experience with the creative process.

$96 per person, double; $112 single.

KARL LEE is a potter, printmaker and sometime breakfast cook. He has taught privately in Los Angeles, and is now in residence at Big Sur Hot Springs. He will emphasize the use of texture, design and form, applied to the basic handbuilding methods, and demonstrate his "Exploded Form" technique, also known as the "Lost Pot" method.

MARYA BYRON is a weaver. She has been working for the past year with natural dyes obtained from native plants. Her work will consist chiefly of tapestry on small, handmade looms.

JAMES SELLERS will work around a concept he calls "Three-Dimensional Drawing", in a variety of metals. In addition to jewelry and sculpture, he is well known on the west coast as a sandalmaker.

J. EDWARD TAYLOR is a musician and baker. He will work with those interested in the art of baking.

PETER MELCHIOR will explore the translation of certain ideas gained while working with watercolors to the medium of enamels on metal.

GIA-FU FENG specializes in Tai Chi Chuan (meditation-in-action) and calligraphy.

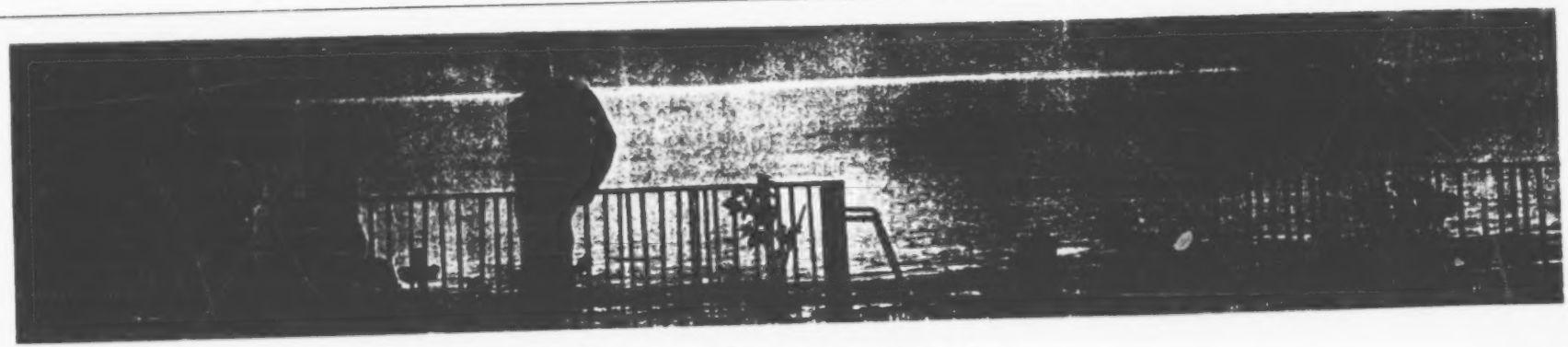
In 1962, Jim Sellers and Peter Melchior, together with other local craftsmen, formed the "Guild of Hands", opening the first craft shop at Big Sur Hot Springs. The lessons of the years intervening are now being used to develop an Esalen Institute Craft Program.

September 9-11
CONSCIOUSNESS BEYOND SYMBOLS
LED BY ALAN WATTS

Ways in which the cultures of Asia have explored levels of consciousness beyond the named and noticed world of things and events which we call everyday reality. The specific methods of exploration and the types of experience discovered, illustrated with color slides, and compared with recent knowledge about the physiology and psychology of perception.

$59 per person, double; $67 single.

ALAN WATTS, author of The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology; *and many other writings, has been—with D. T. Suzuki—the leading popularizer of Zen Buddhism in the United States. In recent years, he has worked to unify science, philosophy and religion into a totally modern world view.*



September 16-18
A WEEKEND WITH ABRAHAM MASLOW

Among those who have strongly influenced the outlook and spirit of Esalen Institute is Abraham Maslow. Years ago, Professor Maslow hit upon the simple and brilliant idea of studying, not sickness, but health in human personality. While others gave new names to pathologies that diminish man, he discovered and celebrated forces that liberate the human spirit. While others stressed the destructive and the "normal," he showed how to explore the peaks of experience. His work informs and inspires all who would raise the ceiling of human possibilities.

At Hot Springs this fall, Professor Maslow will share with seminar participants the key elements of his most recent efforts, including the application of his theories to education.

$59 per person, double; $67 single.

ABRAHAM MASLOW is Professor of Psychology at Brandeis University. Educated in many fields of psychology, he has carried out notable animal research and studies of human motivation. Dr. Maslow is the author of Motivation and Personality; Toward a Psychology of Being; Religions, Values and Peak Experiences; Eupsychian Management. *He was one of the first psychologists to study health and personal growth in a sustained way.*

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INSTITUTES WITH VIRGINIA SATIR

September 11-16
INSTITUTE ON COMMUNICATION FOR COUPLES

This institute will highlight ways in which each marriage partner can enhance the growth of the self while enhancing the growth of the other. For couples only. Limit: 15 couples.

$240 per couple.

October 16-21
INSTITUTE ON CONJOINT FAMILY THERAPY

A short intensive course on family therapy which will include didactic discussion and illustrative sessions. The didactic material will cover concepts of family therapy, along with a discussion of recent research findings and newer tools for family diagnosis and treatment.

Participants in these sessions must have had some experience as family therapists. Limit: 30.

$170 per person, double; $190 single.

November 6-11
INSTITUTE ON CONJOINT FAMILY THERAPY

(Same as above)

December 4-9
INSTITUTE ON COMMUNICATION AND SELF CONCEPT

This experiential workshop is open to anyone over the age of 18 who would like to expand his range and knowledge of interaction with others and explore the growth which ensues from such interaction. Limit: 30.

$170 per person, double; $190 single.

VIRGINIA SATIR is Director of Training for the Family Project, Mental Research Institute, Palo Alto. She is also a consultant to family research projects and training programs throughout the United States. She has introduced approaches derived from her own experience as a family therapist and from research at the Mental Research Institute to workshops and clinics in Europe and Israel. She has become increasingly interested in the positive aspects of family health and plans to form "well family" clinics for the development of the family's creative potentialities. She is presently directing the Esalen Residential Program.

September 23-25
DISCOVERING
THE HERE-AND-NOW SELF
LED BY
ARTHUR SHEDLIN

These days there is too little silence in our lives. Most of the noise that surrounds us is not cordial to our personal growth. In this workshop we will employ alternate periods of meditation and group encounter for our personal enrichment.

$59 per person, double; $67 single.

ARTHUR SHEDLIN has been professionally interested in the being and becoming of people, including himself, for the past thirty years. His major modes of expression have been teaching, counseling and consultation in universities (Chicago and UCLA), in foreign lands and in industrial and governmental settings (U.S. and abroad). Since his return from Europe he has been a faculty member of the Behavioral Science area of the Graduate School of Business Administration at UCLA, and is one of the best T-group leaders in captivity.

September 23-25
EXPLORATIONS IN
POSITIVE EXPERIENCE
LED BY
STEWART B. SHAPIRO

In the context of basic encounter groups, Dr. Shapiro will demonstrate the ego therapy, experiments in positive experience and "identity training" which he has developed. These approaches include the "inner dialogue" with one's subselves which he has described in his various writings. They also include deliberate techniques for temporarily suspending anxiety, guilt and hostility so that unusual states of positive experience may emerge. Dr. Shapiro encourages participants in these groups to anchor their positive experience with their own symbols such as nature, man, God.

$59 per person, double; $67 single.

STEWART B. SHAPIRO is a Co-Director of Western Psychological Center, Encino, California. Author of many articles in the fields of psychotherapy and group processes, he is on the faculty of the UCLA Graduate School of Business Administration, Behavioral Sciences Department. Among his many interests is the development of his own brand of contemporary eclecticism which synthesizes some of the work of Frederick Perls, Eric Berne, Abraham Maslow, Carl Rogers and others. With James V. Clark and others at UCLA, Dr. Shapiro has been conducting advanced sensitivity training for married couples and plans to expand to total family sensitivity training.

September 27-30
A WORKSHOP
WITH VIDEO TAPE:
EXPLORATIONS
IN SELF-CONFRONTATION
LED BY
FREDERICK H. STOLLER,
MARGARET ROBINSON AND
H. L. MYERHOFF

Video tape enables the individual to confront himself in action, to clarify attitudes toward himself. A conceptual framework will be developed through discussions of the importance of self-image and role-taking. Examples of reactions to self in intensive groups will be shown. Workshops will then be held in which participants will have opportunities to see themselves in interaction with others via video tape, and to view their own non-verbal interaction, expressive movements and physical contact with others.

$97 per person, double; $109 single.

FREDERICK H. STOLLER, clinical psychologist, is a frequent leader of marathon groups and consultant on group approaches in addition to being a Senior Psychologist at Camarillo State Hospital. Dr. Stoller is one of the major innovators of marathon therapy and has pioneered in open group therapy on closed-circuit television. His interest in the utilization of video tape in a group context led to the development of "focused feedback" to extend feedback functions of encounter groups. He has been a consultant to the Institute of Group Therapy in Los Angeles, the State Department of Vocational Rehabilitation and the Youth Study Center at the University of Southern California. In addition, he is collaborating on a book on the marathon approach with George Bach and Jack Gibb, tentatively titled The 300 Year Weekend.

MARGARET ROBINSON is currently a psychology associate at Camarillo State Hospital where she is conducting research on video tape feedback while working on her doctoral dissertation at the University of Southern California. Formerly an actress, she is active as a consultant to industry, utilizing her interest in feedback.

H. L. MYERHOFF has conducted research in the development of marathon groups at Camarillo State Hospital where he is a psychology associate. This summer he will be conducting field research in the psychology of the Chontal Indians in the Oaxaca region of Mexico together with his wife who specializes in anthropology. He has also conducted field observations of middle class gangs.

October 2-7
THE TORI PROCESS IN EDUCATION AND MANAGEMENT
LED BY JACK R. GIBB

There are often conflicts and divergent aims between educational methods and management practices within the same organization. The TORI process is designed to reduce such dissonance in the system. This process (which takes its name from psychological factors essential to effective management and education, namely: trust, openness, realization, interdependence) has been developed by Jack and Lorraine Gibb from their research and consulting experience in a wide variety of organizational settings. The process has been demonstrated to be an effective method of changing behavior and management practices in industrial, educational and voluntary organizations.

Enrollment is limited to 27 people who will experience the TORI process of personal education. There will be demonstrations, lectures and group experiences. These will be followed by a specific examination of the application of the method to the participants' own organization.

$150 per person, double; $170 single.

JACK R. GIBB has taught at a number of universities, including Michigan State, University of Colorado and Brigham Young. He is currently a Resident Fellow at Western Behavioral Sciences Institute, La Jolla, California. He is co-editor of T-Group Theory and Laboratory Method. *He and his wife, Lorraine, will soon publish a book,* The Emergent Group: A Study of Trust and Freedom, *which will describe in detail the TORI method. The method is a culmination of several years of research sponsored by the Office of Naval Research and of consulting with a variety of organizations. Dr. Gibb has pioneered in the development of leaderless groups and has worked in a wide variety of organizational settings, including the National Training Laboratories, the YMCA and various industrial corporations.*

October 7-9
PERSUASION AND MANIPULATION
LED BY ARTHUR HASTINGS

Almost every action we make can be seen as the result of persuasion: getting up in the morning, choosing an occupation, coming to this seminar. Psychotherapy is persuasion, T-groups persuade, and our culture controls us through persuasion. The seminar will first look at open persuasion: speeches, advertising and propaganda. Dr. Hastings will describe findings from his research on communication, belief and behavior. The processes will then be examined in less overt uses: interpersonal relations, therapy, T-groups and social control. The seminar will explore unexpressed value judgments in these uses of persuasion along with ways of freeing ourselves from manipulation.

$59 per person, double; $67 single.

ARTHUR HASTINGS is an assistant professor of public address at Stanford University. He conducts courses on humor, utopias and other topics in modified T-group style. In his current research he is analyzing relationships between communication and behavior, and investigating the processes of language. An authority on reasoning processes, he is the co-author of Argumentation and Advocacy, *and editor of the Macmillan Series in Speech and Communication.*

September 30-
October 2
ON PROGRAMMING NON-VERBAL BEHAVIOR: A WEEKEND WITH B. F. SKINNER

In recent years, operant or Skinnerian conditioning — the skillful use of positive reinforcement — has proved out as a fast, effective way of changing human behavior. The method is especially powerful in dealing with those non-verbal aspects of life that have become a particular concern of the Esalen Institute. Already Skinnerian techniques have been used to teach spatial relationships, discrimination of color and musical pitch, visual vigilance and the like. Dr. Joe Kamiya of the University of California Medical Center has trained naive subjects, with operant conditioning, to change their systolic blood pressures and their basic brainwave rhythms. In the latter experiment, Kamiya's subjects seem to be achieving, in a few short sessions, at least a part of the inner control towards which Zen masters strive.

At Hot Springs, Professor Skinner will tell of some of the successful applications of operant conditioning to non-verbal behavior. He will describe its use in gaining self-knowledge and self-control. He will show how understanding societal and family contingencies of reinforcement can help explain the behavior of such geniuses as Ramakrishna and Mozart— and how the present-day Western environment tends to extinguish many rich and divergent classes of behavior. Professor Skinner will then speculate on possible ways, within this society, to devise programs for training people in a wide range of non-verbal activities.

$59 per person, double; $67 single.

B. F. SKINNER, Professor of Psychology at Harvard University, is world famous for his development of operant conditioning and the various learning machines which he has invented. He has also become widely known—and notorious in some circles—for his advocacy of a radical application of scientific control to human behavior. He has not been insensitive to his critics, replying to them in many brilliant, highly literate writings. His books include The Behavior of Organisms, Science and Human Behavior *and* Walden Two, *a program for Utopia in novel form.*

October 21-23
PSYCHODRAMA AND THE BODY
LED BY
DAVID AND JUNE SCHWARTZ

Psychodrama techniques will be used to explore the meaning for each individual of the physical body, and to discover why bodies sometimes seem to have minds of their own. The goal will be to experience bodies freed from the fantasy of dirt, with the emphasis on play. During the weekend, each participant will be urged to avail himself of a massage from a Hot Springs staff member, and to complete one task for himself—something he "lets" himself do.

$59 per person, double; $67 single.

DAVID SCHWARTZ is an administrator in a Pasadena residential treatment center for children and is a student of psychodrama. JUNE SCHWARTZ edits controversial magazines, has worked as a freelance travel writer.

October 28-
November 4
A SEMINAR AND WORKSHOP:
BIO-ENERGETIC ANALYSIS
LED BY
ALEXANDER LOWEN AND
JOHN C. PIERRAKOS

October 28-30
WEEKEND SEMINAR

A workshop seminar to explore the techniques of Bio-Energetic analysis including the mobilization of breathing to charge the body with feeling, the release of involuntary movement to further the awareness of the body, and the use of expressive movements to discharge emotional tension. Participants will have an opportunity to experience (a) personality difficulties in terms of bodily rigidity; (b) the effect of these techniques in reducing muscular tensions and bodily rigidity. The seminar will include a discussion of the relation between body structure and personality with special emphasis on the inhibition of breathing, the restriction of motility and the dissociation from the body. Seminar members should bring swimming trunks and leotards.

$59 per person, double; $67 single.

ALEXANDER LOWEN, M.D., is Executive Director of The Institute for Bio-Energetic Analysis and author of Physical Dynamics of Character Structure, Love and Orgasm *and the forthcoming book* The Betrayal of The Body. *Dr. Lowen is a practicing psychiatrist and is, perhaps, the foremost exponent of the use of the body in analytic therapy.*

JOHN C. PIERRAKOS, M.D., is Director of The Institute for Bio-Energetic Analysis and a co-worker with Dr. Lowen. He is a practicing psychiatrist in New York City.

October 7-9
ONTOGOGY:
EDUCATION FOR
THE HUMAN FRONTIER
LED BY
JAMES F. T. BUGENTAL

The seminar will speculate about the further potentials of being human. Use will be made of the concept of ontogogy ("leading out into being") as developed in Part Three of Dr. Bugental's The Search for Authenticity **(Holt, Rinehart and Winston, 1965). Concepts such as "emancipation from the self", actualizing one's potential, and transcendence will be viewed with an orientation to seek the implications and possibilities for training and personal growth. Seminar participants will be invited to conduct experiments which will translate such concepts into experience.**

$59 per person, double; $67 single.

JAMES F. T. BUGENTAL, a partner of Psychological Services Associates, Los Angeles, was one of the organizers and the president pro tem *of the American Association for Humanistic Psychology. For many years he has worked to combine existential approaches with psychoanalytic thought and practice. With his associates at PSA and members of the faculty of UCLA's Graduate School of Business Administration he has organized workshops to encourage personality growth. From such exploratory work he has developed a concept of the "ontogogic" phase of psychotherapy, the phase which develops from symptom-oriented therapy into a fuller exploration of being and growth. He is author of* The Search for Authenticity.

October 14-16
MASK,
MYTH,
AND DREAM
LED BY
JOSEPH CAMPBELL

A series of discussions of the history, psychology and continuing force today, of the basic traditional symbols of the Oriental and Occidental spheres of civilization. The aim will be to appreciate both their common ground and their differences, with a view to the application of their understanding to the ends of contemporary life and art.

$59 per person, double; $67 single.

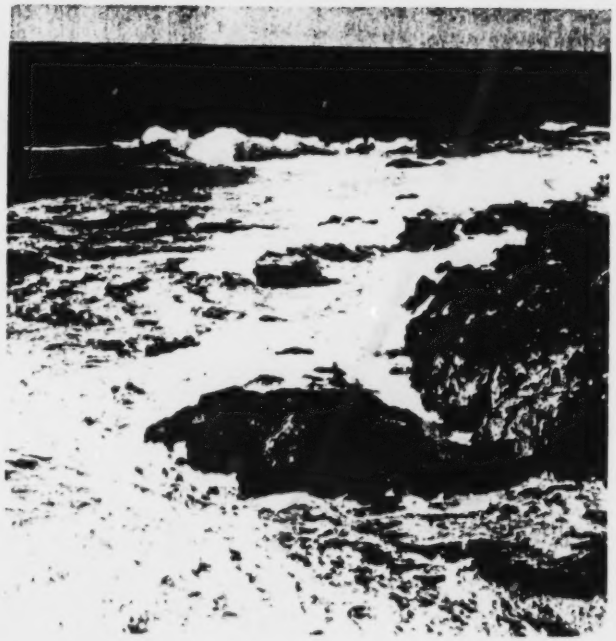
JOSEPH CAMPBELL is author of The Hero with a Thousand Faces *and* The Masks of God, *co-author of* A Skeleton Key to Finnegan's Wake *and editor of the posthumous works of Heinrich Zimmer* (Myths and Symbols in Indian Art and Civilization, The King and the Corpse, Philosophies of India, The Art of Indian Asia), *as well as of the five Bollingen volumes of* Papers *from the Eranos Yearbooks* (Spirit and Nature, The Mysteries, Man and Time, Spiritual Disciplines, Man and Transformation). *He has been a member of the Literature Department of Sarah Lawrence College since 1934 and a lecturer at the Foreign Service Institute, Department of State, Washington, D.C. since 1956. His lifelong interest has been in Comparative Mythology and the history and psychology of symbolic forms.*

October 30-November 4
FIVE-DAY WORKSHOP FOR PROFESSIONALS

LED BY ALEXANDER LOWEN AND JOHN C. PIERRAKOS

An intensive workshop in the principles and techniques of Bio-Energetic analysis for professionally qualified persons: psychiatrists, psychologists, social workers, body therapists, each of whom will have an opportunity to observe and take part in the therapy. Nightly discussions will be held about the therapy of emotional disorders, using Bio-Energetic techniques. Applicants are advised to write to the Institute for Bio-Energetic Analysis, 71 Park Avenue, New York, N.Y. 10016, before registering to insure their acceptance in this workshop. Participants will be furnished with a bibliography and selected material in advance of the workshop. Limited to 15 persons.

$150 per person, double; $170 single.



November 4-6
THE EVOLUTION OF LOVE AND AWARENESS
LED BY ASHLEY MONTAGU

An exploration of the manner in which man came to be, with an examination of evolutionary pressures — ecological, psychological, social — which set the challenges to which the progenitors of man were forced to respond and, by responding, become human. The understanding of the nature of man which such knowledge provides enables us to comprehend, more fully than has hitherto been possible, the special satisfactions which developing human beings require if they are to achieve fulfillment. This implies the appreciation of many non-verbal acts of communication, which begin to be operative before birth. These and non-verbal aspects of postnatal life will be considered in detail.

$59 per person, double; $67 single.

ASHLEY MONTAGU is an anthropologist and social biologist. Formerly Professor of Anatomy, Graduate School, New York University; Professor of Anatomy, Hahnemann Medical College and Hospital, Philadelphia; Chairman and Professor, Department of Anthropology, Rutgers University; Director of Research, New Jersey Committee for Healthy Growth and Development; Consultant to UNESCO. He is the author of Man's Most Dangerous Myth: The Fallacy of Race; The Idea of Race; The Natural Superiority of Women; Man: His First Million Years; Prenatal Influences; The Direction of Human Development; *and many other books.*

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November 11-13
THE PHASES OF INDIVIDUAL AND GROUP DEVELOPMENT
LED BY
WARREN G. BENNIS AND WILLIAM C. SCHUTZ

Are there necessary and inevitable steps through which groups must pass to reach their full development? Are these steps identifiable? Can they be described? Do they apply to any group regardless of its form or purpose, or only to certain types?

Does the individual also develop through predictable phases? Are these similar to those through which groups pass? Professors Bennis and Schutz have taken the position that there are definite phases of development which are quite similar for both. They will discuss their theories and research, including a description of the developmental phases, the reasons for their inevitability, and the use to which knowledge of them may be put in the conduct and understanding of groups and the development of individuals. These discussions will be interspersed with experiences in small groups in which these phases will be studied.

$59 per person, double; $67 single.

WARREN BENNIS is Professor of Management and Chairman of the Organization Studies Group at Massachusetts Institute of Technology. In 1965-66 he was Visiting Professor and M.I.T. project director at the Indian Institute of Management, Calcutta, India. He is the author of over 75 articles and several books on group and organizational behavior. His latest book, Changing Organizations *(McGraw-Hill, 1965), reflects his primary research and teaching interest: evolutionary and planned organizational change. He has served as a consultant to the Department of State, the American Management Association, Space Technology Laboratory.*

WILLIAM C. SCHUTZ is a leading group dynamics theorist, researcher and trainer, known for the theory described in his book, FIRO: A Three-Dimensional Theory of Interpersonal Behavior. *He has introduced new T-group methods and has researched their effectiveness in various organizational settings. He is now exploring other dimensions of personal and group development, including inner imagery process and the physical dynamics of personality structure. He is a pioneer in the multi-dimensional and integral approach to personal becoming which, we at Esalen believe, will soon be fundamental to therapy and education.*

November 18-20
NON-VERBAL SYMBOLISM
LED BY
S. I. HAYAKAWA, JOHN S. KEEL AND RALPH PUTZKER

A semantic approach to various non-verbal, non-linear modes of symbolization in human experience; discussions and demonstrations relating to the contemporary arts, ritualistic activity, mass media, gesture and metacommunication, spatial relationships, etc.; the use of the "abstraction ladder" as a means of learning how to "speak about the un-speakable"; consideration of relevant ideas of Korzybski, Langer, Read, McLuhan, Hall.

$59 per person, double; $67 single.

S. I. HAYAKAWA, Professor of English at San Francisco State College and Editor of ETC., *is known primarily for his elucidations of General Semantics. But he is also a Professor-Of-Things-In-General. Almost any of his articles or books reveals his urbane, widely informed outlook. He is author of* Language in Thought and Action; Symbol, Status and Personality; *and many articles and reviews.*

JOHN S. KEEL is Associate Professor of Art Education at San Francisco State College; he is also an authority on the work of Sir Herbert Read.

RALPH PUTZKER is Assistant Professor of Art at San Francisco State College, and is currently engaged in research on creativity in adult education.

November 25-27
THE DEPTH STUDY OF MAN AND ITS APPLICATIONS
LED BY
IRA PROGOFF

We require a conception of the nature of man large enough to provide room for potentialities that are still undefined, and dynamic enough to touch the sources of power in human personality. The conception of man in terms of his depth and his magnitude is basic, and it has two general areas of application. The first is in the understanding and the development of the capacities of the individual person. The second is in interpreting and extending the social works of man, both on the intellectual level of the humanities and in such applied areas as education, peace corps and group action.

The seminar will deal with the depth study of man in the format of four sessions:

IRA PROGOFF is a clinical psychologist in private practice in New York City. He is the author of The Death and Rebirth of Psychology, Depth Psychology and Modern Man, The Symbolic and the Real. *In his practice and writing he has developed several important themes, notably, the unique character of each person's development, the creative aspects of unconscious motivation and the emergence of new dimensions of consciousness.*

November 25-27
THE DEPTH STUDY OF MAN AND ITS APPLICATIONS
LED BY IRA PROGOFF

Session I: Statement of the underlying conceptions and principles of a depth view of man.

Session II: The application of these principles in the development of persons through the individual working either with himself alone or with another human being in a dialogue relationship.

Session III: The application of these principles in social contexts such as educational work, poverty and peace corps programs, political, religious and cultural activities.

Session IV: How a depth conception of man can contribute to the development of an Evolutional Democracy in the modern world.

$59 per person, double; $67 single.

December 2-4
TRAINING THE SENSES AND THE EMOTIONS
LED BY SIDNEY COHEN

Much has been learned about mental states in recent years which has not yet been incorporated into practical teaching methods. Experience from the alterations produced by sensory deprivation, LSD, experimental meditation, sensitivity training and other studies have implications for enhancing sensory and emotional capabilities. Dr. Cohen will consider and assess the significance of the current data on various states of consciousness, including deep sleep, dreaming, the varieties of awareness and integral thought.

$59 per person, double; $67 single.

SIDNEY COHEN, M.D., Chief of the Psychiatry Service, Wadsworth Veterans' Administration Hospital, Los Angeles, has written an authoritative survey of LSD research, The Beyond Within. *He is actively interested as well in parapsychology, unusual states of awareness, creativity, the physiological concomitants of changes in consciousness.*

December 2-4
HYPNOSIS
LED BY
DAVID B. CHEEK AND
PETER MUTKE

This seminar will explore philosophical aspects and definitions of hypnosis, including the principles of suggestion and various misconceptions about the hypnotic process. There will be both discussion and demonstration of induction methods. The application of hypnosis to psychiatry, medicine and the paramedical sciences will also be discussed.

Open to physicians, dentists, psychiatrists, psychologists. An early sign-up will be appreciated.

$59 per person, double; $67 single.

DAVID B. CHEEK, M.D., San Francisco, uses hypnosis in general practice. He is currently the President of the American Society of Clinical Hypnosis, a member of the Academy of Psychosomatic Medicine, and a Diplomate of the American Board of Obstetrics and Gynecology.

PETER MUTKE, M.D., Carmel, uses hypnosis in general practice and surgery. A graduate of Heidelberg University, he is a Fellow of the American Society of Clinical Hypnosis and a member of the Academy of Psychosomatic Medicine.

December 9-11
PSYCHOTHERAPY
AND THE ARTS
LED BY
PAUL BAUM

Paul Baum will demonstrate an approach to psychotherapy which combines a wide variety of work in the arts, including movement, painting, photography, writing, movies.

$59 per person, double; $67 single.

PAUL BAUM is a psychotherapist in private practice in Berkeley. He studied clinical psychology and child development at the University of California. He is working and studying with Ann Halprin of the Dancer's Workshop and is on the staff of the Family Guidance Clinic, Children's Hospital, Oakland.

December 26-30
DESIGNS FOR
EDUCATIONAL INNOVATION
LED BY
GEORGE I. BROWN

A seminar in strategies for bringing about educational change. Focus will be on the development and functioning of change agents within the formal and informal organizations of the public schools. There will be discussions of resistance to change, techniques for bringing about innovation, differing models of change agents, the change agent team, and ethical problems in bringing about change. The seminar is appropriate for both administrators and teachers. Participants are encouraged to bring specific problems for consideration.

By arrangement with University of California Extension, Santa Barbara, three quarter units of professional credit will be offered: course No. x320.2. Inquire by writing the Extension office. Limit: 30.

$118 per person, double; $134 single.

GEORGE I. BROWN is Associate Professor of Education at the University of California, Santa Barbara. During the past two years he has conducted a pioneering project to develop creativity in primary school teachers, principals and students. This program is presently being expanded to include other districts in the Santa Barbara-Goleta area. He has invented a new method for teaching creativity, involving the development of a "creative sub-self"; this method is currently being used in his project with school teachers. He is presently involved in the direction of the Esalen Residential Program.

DR. FREDERICK PERLS, founder of Gestalt Therapy, is currently in residence at Big Sur Hot Springs. He will be conducting five-day workshops and weekend seminars for both laymen and professionals on the following dates:

For further information, write Esalen Institute, Big Sur Hot Springs.

Seminars—	Workshops—	Nov. 27-Dec. 2,
October 21-23,	Oct. 9-14,	Dec. 11-16,
Nov. 25-27,	Oct. 23-28,	Dec. 18-23,
Dec. 16-18;	Nov. 20-25,	Dec. 25-30.

BERNARD GUNTHER will be in residence conducting classes in physical resensitization. He is also available, by appointment, to teach individuals and groups his new approach to massage and sensory awakening.

GIA-FU FENG will be in residence conducting classes in Tai Chi Chuan (meditative movements) and calligraphy.

COSTS Costs cover tuition, food and lodging, use of the hot mineral baths and the scheduled periods of Tai Chi Chuan and sensory awakening. Tips for restaurant and cabin personnel are also covered. A new approach to massage, available by appointment, is extra.

Weekend seminars begin with dinner on Friday evening and end with lunch on Sunday. The amount listed "double" is a per person cost; the amount listed for single is also a per person cost. "Double" means double occupancy (two to a cabin).

All seminars and workshops begin with dinner, followed by an informal session the first evening at 9:00 (unless otherwise stated), and end with lunch on the last day.

STUDENT RATES for Student Body Card Holders: $15 discount on weekend seminars, unless otherwise noted.

ACCOMMODATIONS Accommodations are possible at Big Sur Hot Springs, South Coast Motel (AAA, $2.50 per day per person extra, 2 miles north), Redwood Lodge (15 miles north), Glen Oaks Motel (15 miles north), or at any of several campgrounds or other motels.

RESERVATIONS Must be made one week before the first day of the seminar or workshop. A non-refundable deposit of $10 is required. Write Esalen Institute, Big Sur Hot Springs, Big Sur, California 93920; phone Big Sur 2634.

LOCATION Big Sur Hot Springs is located on Coast Highway One, 45 miles south of Monterey, 11 miles south of Nepenthe. It is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on road maps as "Slates Hot Springs."

DRESS Slacks, sweaters, jeans, flat shoes for women, bathing suits.

SPECIAL INFORMATION Contributions to the Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some of these seminars.

Radio station KXKX-FM in San Francisco (88.5 meg.) broadcasts portions of the Esalen Institute seminars and provides a program guide for those who are interested.

ESALEN INSTITUTE

Esalen Institute is a center to explore those trends in religion, philosophy and the behavioral sciences which emphasize the potentialities of human existence. To date, its activities have consisted chiefly of weekend seminars and mid-week workshops such as the ones described in this brochure. A Residential Program is now under way at Big Sur Hot Springs. This program will encourage an intensive study of those means for extending awareness, such as basic encounter groups, sensory awareness and meditation, which are ordinarily neglected in modern education. A research program is being run concurrently to study the effectiveness of such programs for human development.

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ESALEN SEMINARS WINTER-SPRING 1967

December 30-January 1
THE GENERALIST POINT OF VIEW: A WEEKEND
with
GERALD FEIGEN

Gerald Feigen, M.D., is a surgeon, radio commentator, travel editor for RAMPARTS magazine, columnist, a member of the board for several corporations, an amateur painter, sculptor and anthropologist, a friend and translator of Marshall McLuhan, and President of the consulting firm, Generalists, Inc., San Francisco. He has been active in politics and civil rights. He is an expert ventriloquist who manufactures his own dummies and uses them to reach the mentally disturbed.

During the weekend Dr. Feigen will discuss the new world that is emerging around us, the effects of its communications media and electric technology upon our psyches and senses, and some modern ways of self-renewal. From time to time his dummies will meet the seminar participants. On New Year's Eve Auld Lang Syne will not be sung, but the participants will take a brave and original look at the passing of another year.

The aim of the weekend is to achieve an enlarged point of view and, perhaps, to move beyond points of view for a moment or two.

Recommended reading: Marshall McLuhan's Understanding Media.

January 1-6
MORE JOY:
A FIVE-DAY WORKSHOP
led by
WILLIAM C. SCHUTZ

WILLIAM SCHUTZ is a leading group dynamics theorist, researcher and trainer, known for the theory described in his book, FIRO: A Three-Dimensional Theory of Interpersonal Behavior—*recently reprinted as* The Interpersonal Underworld. *He is currently Associate Professor, Department of Psychiatry, Division of Social and Community Psychiatry at the Albert Einstein College of Medicine, and has taught at Harvard, Chicago and the Universisty of California at Berkeley. He has introduced new T-group methods and has researched their effectiveness in various organizational settings. He is now exploring other dimensions of personal and group development, including inner imagery process and the physical dynamics of personality structure. He is a pioneer in the multidimensional and integral approach to personal becoming which, we at Esalen believe, will soon be fundamental to therapy and education.*

There is an ancient belief that the natural state of the human organism is joy, a state too rarely attained. This workshop is designed to help identify, release, and develop the ability to feel more joy—joy in bodily feelings, in human relations, in self-understanding, and in creative activity.

New methods for effecting such growth are being developed at various centers throughout the world. Recent experience indicates that integrating these techniques with the verbal encounter group leads to a potent and meaningful experience. In this workshop the chief vehicle of experience will be the encounter group incorporating methods of body movement, body awareness, fantasy, psychodrama, and the micro-lab. When appropriate, there will be some exploration of media such as poetry, dramatic improvisation, and creative thinking. Developing the ability to experience more joy in life is the workshop's guiding theme.

April 30-May 5
A FIVE-DAY WORKSHOP
with
WILLIAM SCHUTZ

A workshop combining basic encounter groups with body awareness and movement, the use of fantasy and inner imagery, psychodrama and artistic expression. The program will be run in much the same way as Dr. Schutz's January workshop (described above). It will be designed to complement the first workshop so that a person may participate in either or both.

January 6-8
CULTIVATION IN CULTS
led by
ALAN WATTS

ALAN WATTS, author of The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology; *and many other writings, has been—with D. T. Suzuki—the leading popularizer of Zen Buddhism in the United States. In recent years, he has worked to unify science, philosophy and religion into a totally modern world view.*

Among the enormous number of unconventional religions, philosophies, meditation methods and psychotherapies that have invaded or arisen in the West during the past century, how does one distinguish between the genuine and the phoney, the imaginative and the fantastic, the sane and the crazy? After thirty-five years in the study of this problem, Alan Watts offers some suggestions.

On Saturday evening, Alan Watts and Maurice Friedman will hold a dialogue on 'beat' Zen and 'beat' Hasidism.

January 6-8
MARTIN BUBER: ENCOUNTER ON THE NARROW RIDGE
led by
MAURICE FRIEDMAN

MAURICE FRIEDMAN is the author of Problematic Rebel: An Image of Modern Man; The Worlds of Existentialism: A Critical Reader; To Deny Our Nothingness: Contemporary Images of Man *and* Martin Buber: The Life of Dialogue. *In his work he has encouraged a dialogue between existentialism and psychotherapy.*

Maurice Friedman, generally considered the world's foremost interpreter of Martin Buber's thought, has spent the past year in Israel doing research for his forthcoming book, Martin Buber: the Life of Dialogue, **by a focus on the events and meetings in Buber's life—the responses to the men and situations of his time out of which his philosophy of dialogue grew. The seminar will explore Buber's encounter with mysticism, his philosophy of dialogue, his encounter with Gnosticism, his teaching of the way of man according to Biblical faith and according to Hasidism, his encounter with psychoanalysis and education, and his philosophical anthropology. Each of these areas will be made concrete by the use of Buber's autobiographical fragments and his** Tales of the Hasidim **as well as by questions and illustrations drawn from the experience of seminar members.**

By arrangement with University of California Extension, Santa Barbara, one and one-half quarter units of professional credit will be offered: course No. X410. Inquire by writing the University Extension Office. Limited to 20 participants.

January 13-15
THE TORI PROCESS OF SELF EDUCATION
led by
JACK and LORRAINE GIBB

JACK GIBB is currently a Resident Fellow and LORRAINE GIBB a Research Associate at Western Behavioral Sciences Institute, La Jolla, California. They have developed their methods from several years of research sponsored by the Office of Naval Research and have used them in their own home, college classes and various industrial and volunteer organizations. Jack Gibb has been prominent in the National Training Laboratories, has worked with the YMCA and with General Motors, Union Carbide and other leading industrial corporations.

The TORI method—named after four factors essential for personal growth: trust, openness, realization, interdependence—has been developed by the Gibbs as a way of educating the person and the group. It derives from their research and consulting experience in a wide variety of organizational settings and will be described by them in a forthcoming book entitled, The Emergent Group: A Study of Trust and Freedom. **This method emphasizes people's ability to create groups which facilitate their own personal growth—in families, school rooms, management teams and other organizations. It focuses upon personal attitudes and qualities which create such favorable environments.**

During the seminar there will be group experiences, demonstrations and discussions. There will be some examination of this method's application to the participants' own lives.

January 20-22
A WEEKEND WITH
R. BUCKMINSTER FULLER

R. BUCKMINSTER FULLER is the inventor of the Geodesic Dome, the Dymaxion House and other wonders. Over one hundred major corporations are manufacturing and erecting his structure inventions. He is the author of No More Second Hand God, Ideas and Integrities, The Unfinished Epic of Industrialization, *and other books.*

The poet laureate of modern technology will talk about the emerging world and man's opportunities.

January 27-29
GOD IN THE SECULAR CITY
led by
HARVEY G. COX
and
BISHOP JAMES A. PIKE

HARVEY G. COX is Associate Professor of Church and Society in the School of Divinity, Harvard University. He is author of The Secular City *and numerous articles which have opened up new perspectives on secularization and the religion of modern men. He has been active in civil rights work, was a "fraternal worker" in Berlin maintaining contact with churches and universities in East Germany, attended the New Delhi Conference of the World Conference of Churches in 1962.*

BISHOP JAMES A. PIKE was a worker-bishop for the Episcopal Diocese of California and is in residence at the Center for the Study of Democratic Institutions, Santa Barbara. He is a leader of Christian reform in liturgy, social action and theology. His writings include Beyond Anxiety, A Time for Christian Candor *and* What Is This Treasure?

A discussion of the sources and implications of secularization in modern life. The seminar will explore these questions: Is there a place for God in the existence of contemporary man? Can theology proceed in a secular fashion? Can the issues confronting us today be illuminated by theological perspectives?
By arrangement with the University of California Extension, Santa Barbara, one and one-half quarter units of professional credit will be offered: course No. X411. Inquire by writing the Extension Office.

February 3-5
DESIGNING ENVIRONMENTS TO ENHANCE PSYCHIC STATES: A WORKSHOP
led by
NELSON VAN JUDAH

NELSON VAN JUDAH is a designer and Assistant Professor of Industrial Design at San Jose State College. He teaches innovative design courses at San Jose and Stanford University, emphasizing creativity, values, rational-intuitive approaches to design problems and a general awareness of the broad influences of environment upon psychological states. He is a student and translator of the ideas of R. Buckminster Fuller.

This workshop will try to create a new, immediate awareness of environmental influences upon moods and mental functioning. With the help of color projectors and various mobile structures, different kinds of interiors will be experimented with. Participants will have an opportunity to create some of these experimental environments themselves.
Preliminary materials and suggested preparations for the workshop will be supplied to participants who register at least three weeks in advance.

February 3-5
THE MORAL EDUCATION OF CHILDREN
led by
MICHAEL SCRIVEN

MICHAEL SCRIVEN is Professor of Philosophy at the University of California at Berkeley. He is Director of the Values Project of the Social Science Education Consortium which has been concerned with the teaching of values in the schools. He is the author of Primary Philosophy, *in which his account of a rationally-based humanistic ethics was first published.*

What do children learn about morality and when? What should they learn, and why? How can they be taught, and by whom? Moral education of children is impossible without moral understanding on the part of the parent. This seminar will therefore begin with a critical discussion of the major systems of morality explicit or implicit in our culture today, with strong emphasis on their practical applications. The favored approach here is to treat moral problems as extremely strategic problems in the 'game' of social living, as problems deserving intellectual respect as well as great emotional resources, insoluble without a synthesis of these.
Results of work with children will be presented, along with procedures for tackling the affective and cognitive aspects of the problem.

February 10-12
SYNECTICS
led by
GUNTHER M. WEIL

GUNTHER M. WEIL is an industrial and educational consultant and is currently Director of Educational Research for Synectics, Inc., a Cambridge, Massachusetts firm specializing in the psychology and sociology of innovation. He was formerly Assistant Professor of Psychology at Brandeis University, a former editor of the Psychedelic Review *and has conducted and published research on the psychedelic drugs. His major interest is in processes underlying personal and social change.*

Synectics is a psychological discipline allowing a systematic exploration of prelogical consciousness within a specific context of discovery: technological, educational, artistic or interpersonal. The attempt to make explicit and operational the dynamics and mechanisms of naturally-occurring creative experience and performance has led to the development of these methods over a twenty year period. Current Synectics research is applying these methods to problems of dramatic interpretation and the formulation of religious experience.
Participants will have an opportunity to learn the theory and practice of Synectics and apply this discipline to problems of their own choice. The relationship of Synectics to other methods of enhanced awareness and creative problem solving will be examined and discussed.

February 10-17
A SEMINAR AND WORKSHOP: INDIVIDUAL AND GROUP APPLICATION OF GESTALT THERAPY
led by
JAMES S. SIMKIN

JAMES S. SIMKIN is a clinical psychologist in private practice in Los Angeles. He is developing methods of Gestalt Therapy and training professional psychotherapists in the use of these methods. Dr. Simkin is also a visiting Associate Professor in Psychology at California State College at Los Angeles and a lecturer for the UCLA Extension Division.

February 10-12: Weekend Seminar
This seminar will stress the individual application of Gestalt Therapy techniques. It will be limited to ten people, each of whom will have an opportunity to experience a 45-minute Gestalt Therapy individual session, with the other nine people as observers. A short discussion after each individual session will focus on the underlying principles of Gestalt Therapy. Five two-hour seminar meetings are planned beginning Friday evening and concluding Sunday at noon.
February 12-17: Five-day workshop
The workshop will include both individual and group application of the principles and techniques of Gestalt Therapy, with emphasis on the 'right-left' split, 'truth-buttons' and other phenomena which demonstrate the bodily aspects of personality.
Limited to 15 participants.

February 3-5
THE NONPROFESSIONAL AS PSYCHOTHERAPIST: A SEMINAR FOR PEOPLE IN AND OUT OF THE MENTAL HEALTH PROFESSIONS
led by
GERALD GOODMAN

GERALD GOODMAN is Director of the Interpersonal Relations Project and a Research Psychologist at the Institute of Human Development, University of California, Berkeley. Dr. Goodman has done original research on self-disclosure. His Interpersonal Relations Project is exploring new ways of assessing companionship as therapy and college students' potentialities as therapists. He is interested in the "grass roots" small group movement, in the possibility of developing children as therapists and in other such adventurous enterprises. During seminars and workshops at the Esalen Institute he has developed some structured group methods which are finding use in the training of nonprofessionals.

The use of nonprofessionals in mental health projects is increasing rapidly. Students, housewives, addicts, children, etc., are now involved in systematic helping-relationships with others in trouble. Even though there is much controversy and little research concerned with these programs, they expand through the support and leadership of both professional and nonprofessional groups. This seminar will demonstrate various experimental group and one-to-one techniques applicable to the selection, training, and therapeutic efforts of nonprofessionals. The motivation, limitations, vision and struggle for legitimacy of the layman-therapist will be discussed. Both professionals and nonprofessionals working or interested in the area are invited to share their ideas, demonstrate their methods and participate in experimental groups. Dr. Goodman will describe his ongoing research on companionship as therapy, which studies college students and children in helping-relationships. Formal lectures will be de-emphasized in favor of participation in experimental groups and brainstorming sessions. Please state your reason for applying—if possible.

INSTITUTES WITH VIRGINIA SATIR

VIRGINIA SATIR is Director of the Residential Program, Esalen Institute. She was formerly Director of Training for the Family Project, Mental Research Institute, Palo Alto. She is also a consultant to family research projects and training programs throughout the United States. Mrs. Satir has introduced approaches derived from her own experience as a family therapist and from research at the Mental Research Institute to workshops and clinics in the United States, Canada and Europe. She has become increasingly interested in the positive aspects of family health and plans to form "well family" clinics for the development of the family's creative potentialities. She is also interested in integrating the concepts of communication.

FEBRUARY 19-24
INSTITUTE ON BRIDGING THE ADULT-CHILD WORLD

For parents, teachers, clergymen, nurses or anyone else interested in children. Children over the age of four of any participating adults are also encouraged to come. Limit: 30.

MARCH 12-17
INSTITUTE ON COMMUNICATION AND SELF CONCEPT

This experiential workshop is open to anyone over the age of 18 who would like to expand his range and knowledge of interaction with others and explore the growth which can ensue from such interaction. Limit: 30.

April 23-28
INSTITUTE ON CONJOINT FAMILY THERAPY

A short intensive course on family therapy which will include didactic discussion and illustrative sessions. The didactic material will cover concepts of family therapy, along with a discussion of recent research findings and newer tools for family diagnosis and treatment.
Participants in these sessions must have had some experience as family therapists. Limit: 30.

MARCH 10-12
TOWARD A WIDER MEANING IN MARRIAGE
led by
GERALD and SALLY SMITH
and
BERNARD GUNTHER

GERALD SMITH is a family therapist and marriage counselor in Burlingame, California and a consultant with the San Mateo County Mental Health Services. Dr. Smith's clinical training was at the Mental Research Institute, Palo Alto, and the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. He has a particular interest in the applications of positive approaches of mental health to couples and families within the context of a "well family service."

SALLY SMITH is a homemaker and frequent partner with her husband in group experiences for couples and families.

BERNARD GUNTHER is a specialist in sensory awakening, in residence at Big Sur Hot Springs. His work with sensory experience will be an integral part of this weekend.

One measure of the marriage relationship is the variety and intensity of feelings a couple can express to each other. It can be hypothesized that the greater the variety and intensity, the greater the possibility for a vital, rather than a bland, relationship. The focus of the seminar will be on non-verbal approaches which offer a special possibility in a short period of time for adding to the intensity and variety of feelings husband and wife can share. Art expression and communication analysis exercises will be used, plus numerous sensory awakening experiments. Limited to eight couples.

March 17-19
BEYOND THE OUTSIDER: A WEEKEND WITH COLIN WILSON

COLIN WILSON published his first book, The Outsider, *in 1956 at the age of 24. Since then he has published a dozen books elaborating the themes of man's dilemma as an evolutionary being struggling to emerge from a dead universe. He left school at the age of 16, educated himself, and is now living quietly in the Cornwall countryside working on his philosophy.*

This is the first in a series of Esalen Institute seminars featuring European writers, philosophers, artists and scientists. Mr. Colin Wilson and Dr. R. D. Laing are both coming to Esalen from England.

The author of The Outsider **will discuss basic themes of his recent thinking. In describing the subject matter of this seminar he writes, "In certain moments of mysticism or poetic insight, man suddenly becomes aware of his basic freedom, and at the same time, of his evolutionary purpose. And yet this knowledge is not normally accessible to us. Why? The Christian mystics have traditionally believed that it is a form of divine grace, and cannot be pursued by reason or science. ('By love may he be gotten and holden; by thought never.') The nineteenth century romantic poets believed that these moments, when everything seems 'apparelled in celestial light,' come by chance, and cannot be controlled. In that case, the whole direction of our civilisation is mistaken, for man has based his civilisation and his hopes upon his increasing knowledge in the field of science.**

"I do not believe that these higher states of consciousness are 'ineffable' and totally beyond the reach of analysis. The analysis of the mystics and the romantics was too crude, their language inadequate. I believe that man is on the point of an 'evolutionary leap,' when he will actually have control of these states of higher consciousness. To some extent, he already has control over them, but layer upon layer of habit prevents his making use of them.

"I have attempted to create a new psychology, based upon the phenomenology of Husserl. Fundamentally, I am an existentialist thinker, but with one important difference. I totally reject the fundamental pessimism of Sartre, Jaspers, Heidegger and the rest, and much of

February 17-19
ALTERNATIVE TO DIVORCE
led by
RICHARD E. FARSON
and
THOMAS GILLETTE

RICHARD E. FARSON is Director and a principal founder of Western Behavioral Sciences Institute (WBSI) in La Jolla, California. Under his leadership WBSI has conducted pioneering research in the use of self-directed groups for therapy and education. He is deeply interested in the problem of mental health in the community at large and in the application of small-group methods to education. He is editor of the recently published book, Science and Human Affairs.

THOMAS GILLETTE is a research associate at the Western Behavioral Sciences Institute, La Jolla, and Associate Professor of Sociology at San Diego State College where he is training personnel counselors at the Graduate School of Education and teaching courses in marriage and the family. He is primarily interested in interpersonal relations within the family and family development. On the staff of the Family Study Center at the University of Chicago, he carried out a project to increase individual competency in carrying out family roles and was Director of a similar project at the University of North Carolina using T-Group methods.

In our large California cities there are six divorces for every ten marriages. On some occasions 'applications' for divorce exceed applications for marriage. For many people marriage and family life is so disappointing, angry, burdensome, frustrating, joyless, lonely, unhappy, difficult, that they choose the stigma and misery of divorce as an alternative.

This seminar will examine the changing American family, motives for marriage, the causes of divorce, the meaning of the man-woman relationship, why marriage-counseling, psychotherapy and other efforts often fail to work, some radical and exciting proposals being made for revising the institute of marriage, and a plan for the development of urban centers to improve family life and increase one's competency in carrying out family roles. Open to anyone, single, married, divorced—in couples, families or alone.

February 24-26
A WEEKEND WITH
CHARLOTTE SELVER
and
CHARLES V. W. BROOKS

CHARLOTTE SELVER and CHARLES V. W. BROOKS are on the staff of the New School for Social Research, New York, in the field of Sensory Awareness, Perception and Relating. They also hold regular classes in New York and in Northern and Southern California. The approach they use was originated by Elsa Gindler in Germany; this approach has been further developed by Miss Selver through 30 years of teaching and exploration.

A workshop to explore the self-regulating and regenerative tendencies of our organism, as well as our perceptive, intuitive and communicative powers. Miss Selver and Mr. Brooks will present their approach to the awakening of our capacities for contacting self and others. They feel that these innate capacities, once allowed into consciousness and duly exercised, can lead us to fuller and more wholesome functioning and to a state of greater trust in our own nature. The emphasis throughout is upon inner quiet and direct experience.

my philosophical work consists of detailed criticisms of these thinkers, showing how their existentialism has been too crude, too unphenomenological in method, and how this has led to their pessimism."

March 19-24
MEDITATIVE TECHNIQUES AND DEPTH IMAGERY: A FIVE-DAY WORKSHOP
led by
ROBERT GERARD

ROBERT GERARD, clinical psychologist, has been engaged in such diverse occupations as motion picture writer and producer in Europe and Hollywood and behavioral scientist in charge of the Psychophysiological Research Laboratory at the Veterans' Administration Neuropsychiatric Hospital in Los Angeles. Dr. Gerard is presently engaged in the practice of psychotherapy in Los Angeles, and is the president of the International Foundation for Psychosynthesis (psychosynthesis is an integral approach to personal becoming which combines imagination, inner imagery, meditation and other ways of extending awareness). He is especially interested in the integration of American, European and Eastern approaches to psychological growth. Dr. Gerard combines in his work a knowledge of Eastern meditative disciplines with modern scientific psychology.

In this workshop, Dr. Gerard will emphasize the guided practice of various methods of meditation and imagery to enable the participants to explore inner experience for themselves. He will first provide a groundwork in basic techniques, then proceed to advanced forms of both individual and group practice aimed at the expansion of awareness.

March 24-26
A WEEKEND WITH R. D. LAING

R. D. LAING is a psychoanalyst and psychiatrist at the Tavistock Institute of Human Relations in London. He has created a "blow-out" center in London in which psychosis is seen and treated as potentially healthy self renewal. He is the author of The Divided Self; Sanity, Madness and the Family; *and other books and articles. He conducts research with schizophrenia, families, psychedelic drugs and unusual states of consciousness.*

Dr. Laing will discuss the relationships between transcendental experience, psychosis and societal coercion. In describing the seminar he writes, "There is little conjunction of truth and social 'reality.' Around us are pseudo-events, to which we adjust with a false consciousness adapted to see these events as true and real, even beautiful. But the truth resides now less in what things are than in what they are not. We who are still half alive, living in the fibrillating heartland of monopoly capitalism—can we do more than reflect the decay around and within us? The requirement of the present, the failure of the past, is the same: to provide a thoroughly self-conscious and self-critical human account of man.

"Humanity is estranged from its authentic possibilities. This limited vision prevents any unequivocal view of the sanity of commonsense, or of the madness of the so-called madman. Our alienation goes to the roots. The realisation of this is the essential springboard for any serious reflection on any aspect of present human life. Viewed from different perspectives, this realisation unites men as diverse as Marx, Kierkegaard, Nietzsche, Freud, Heidegger, Tillich and Sartre. We are born into a world where alienation awaits us. Alienation as our present destiny is achieved only by outrageous violence perpetuated by human beings on human beings."

March 26-31
THE SELF AND PHYSICAL MOVEMENT
led by
MARY WHITEHOUSE

MARY WHITEHOUSE, movement therapist and teacher, has a private studio in Los Angeles. She is a graduate of Wellesley College and received her Professional Diploma in Dance from the Wigman Central Institute, Dresden, Germany. Mrs. Whitehouse is a member of the Analytical Psychology Club of Los Angeles and the newly-formed national organization, The American Dance Therapy Association. Her training and experience in dance, combined with her studies in Jungian psychology, have resulted in a movement approach to individual growth. Her personal work, which she calls Movement in Depth, includes private practice, intensive weekend workshops for men and women and teacher training.

A five-day workshop in the psycho-physical exploration of movement: to release the movement impulse and increase the natural range and freedom of body functioning, strengthen the sense of personal identity, and work toward spontaneous, non-verbal expression. Three areas will be explored: the body moving (kinesthetic awareness); the inner impulse (relatedness to self); the outer connection (relatedness to world).
Since enrollment is limited, there will be a selection of applicants. Those wishing to register are requested to write Esalen Institute for an application to be filled out by March 1. Notification of selection will be sent out before March 10.

March 31-April 2
A WORKSHOP FOR PERSONAL GROWTH
led by
JAMES V. CLARK
and
STEWART B. SHAPIRO

JAMES V. CLARK is Professor at the Graduate School of Business Administration, UCLA and has been active with the National Training Laboratories, Bethel, Maine. He is an outstanding sensitivity trainer and an innovator with small group methods for personal growth. He has a special interest in the religious dimensions of the small group experience.

STEWART B. SHAPIRO is co-director of the Western Psychological Center in Encino, California. He has been involved in attempts to provide new and enriching experiences for people in psychotherapy and sensitivity training. His main focus has been on explorations in positive experience and the integration of personality through what he calls "Ego Therapy" —a method of inner dialogue with one's various selves.

Interpersonal encounter, meditation, rhythm, poetry, sensory awareness, role playing and movement will be combined in this experimental workshop. In describing the aims of the program, Drs. Clark and Shapiro write, "We believe that two of the most powerful human drives are the urge toward total experience and the need to make personally meaningful sense of the world. Words and theories can fixate our views of ourselves. We have learned to use them all too well— to separate us from others, from ourselves, and from nature. In this program, we will try to widen the spectrum of the participants' experience and self expression."
The workshop is limited to 24 persons, each of whom has had at least one previous experience with sensitivity training or basic encounter groups.

April 7-9
ALTERNATIVE VIEWS OF REALITY
led by
MICHAEL HARNER

MICHAEL HARNER, currently visiting Associate Professor of Anthropology at Columbia University, is Associate Research Anthropologist and Assistant Director of the Lowie Museum of Anthropology at the University of California, Berkeley. He is an authority on the Indians of the Amazon, has made three expeditions to that region, and has conducted extensive research on the cross-cultural use of psychoactive substances in shamanism and religion.

Many cultures have evolved highly distinctive ways of viewing reality, often radically different from our own. To enter into such alien systems of thought and awareness, and to enjoy them philosophically and aesthetically, is one of the greatest pleasures of anthropology. During the weekend, the seminar participants will explore various views of reality developed by non-Western peoples, emphasizing concepts of the interaction of the 'supernatural' and 'natural.' Study will be made of reality systems which involve the use of psychedelic agents as well as those which do not.

April 14-16
MAN TURNED ON TO NATURE
led by
GERARD V. HAIGH
and
BERNARD GUNTHER

GERARD V. HAIGH, a practicing psychotherapist, is experimenting with new kinds of basic encounter groups. He studied with Gardner Murphy at City College of New York and Carl Rogers at the University of Chicago, has been on the Menninger Clinic staff and taught at the University of Chicago, Arizona State University and the University of California, Los Angeles. He brings a life-long interest in nature to his work with basic encounter groups. This program's spark ignited while he was doing human relations training for the Peace Corps and for VISTA on Apache and Pima reservations in Arizona.

BERNARD GUNTHER is a teacher of body awareness in residence at Big Sur Hot Springs. He is developing a new approach to direct sensory experience known as sensory awakening.

Modern man surrounds himself with his own artifacts and often distances himself from nature. He conceptualizes about the natural world in order to exploit it. By tensing his muscles he desensitizes his body, turning off himself and his environment.
This workshop is for those who wish to re-discover their relatedness to nature. The group will reach out towards a more harmonious contact with forest, earth, sky and sea. Body awareness techniques and an all-night vigil will be used to awaken certain senses and feelings, so that the participants may more fully experience themselves, each other, the redwoods and mountains.

April 16-21
THE INTERPERSONAL RELATIONSHIP AND THE FACILITATION OF LEARNING: A FIVE-DAY WORKSHOP
led by
CARL R. ROGERS,
ARTHUR SHEDLIN and
ROBERT TANNENBAUM

CARL R. ROGERS, presently a Resident Fellow at Western Behavioral Sciences Institute in La Jolla, California, was the principal founder of client-centered therapy. During recent years he has become increasingly interested in the basic encounter groups as a means of personal growth; his work with these groups promises to be as seminal as his work with one-to-one psychotherapy. Dr. Rogers is now exploring the use of basic encounter groups for education.

ARTHUR SHEDLIN is a faculty member in the Graduate School of Business Administration at the University of California, Los Angeles, and a leader of UCLA's Sensitivity Training Program. An expert in group dynamics, he has worked as a counselor and consultant in foreign countries and for government and industry in the United States.

ROBERT TANNENBAUM is Professor of Behavioral Science at the Graduate School of Business Administration, University of California, Los Angeles. He has been closely associated with UCLA's Sensitivity Training Program and with the Western Training Laboratories since their beginnings. In recent years he has experimented with a wide range of non-verbal approaches, in addition to traditional T-group methods, to facilitate the process of individual understanding and emotional growth.

In this time of teaching machines, automated education and computerized libraries, what is the place of person-to-person communication in the initiation and enhancement of learning?
In general sessions with Carl Rogers this question will be explored and discussed. During basic encounter groups, which will be the central focus of the workshop, there will be opportunities to explore the blocks in communication which occur; to understand ourselves more deeply; to discover for ourselves the extent to which interpersonal relationships facilitate our own self-learning. There will be three such encounter groups, each led by one of the leaders (Rogers, Shedlin, Tannenbaum).

April 21-23
ACTUALIZING POTENTIALITIES: AN EXPERIENTIAL WORKSHOP
led by
HERBERT A. OTTO

HERBERT A. OTTO is Professor and Director of the Human Potentialities Research Project at the University of Utah. Author of many articles in the field of human potentialities, he is editor of Explorations in Human Potentialities *and author of* Your Potentialities: The Unexplored Self. *Dr. Otto has pioneered a number of direct experience methods designed to foster personal development.*

Dr. Otto will introduce approaches to personal awakening which he has developed at the University of Utah. Some of these are the "Strength Bombardment", the "Minerva Experience Method" (a way of recalling peak experiences which have shaped one's personality) and various action programs designed to reinforce personal growth in one's everyday life. These methods are designed to help individuals discover their unique strengths and capacities. Much emphasis is given to the creation of a more positive and open-ended self-concept.

April 28-30
RIDING THE TIGER: AN ESALEN SAMPLER FOR PRE-SCHOOL AND ELEMENTARY TEACHERS
led by
GEORGE I. BROWN and JOHN POPPY

GEORGE I. BROWN is Professor of Education at the University of California, Santa Barbara. He is currently interested in building models of the affective domain that can become part of the school curriculum. His major emphasis has been on the relationship of creativity, existence and awareness, and on the application of principles of existential psychology —especially Gestalt Therapy—to educational practice.

JOHN POPPY is a senior editor of LOOK magazine, based in San Francisco. His articles on education shared in the 1965 and 1966 School Bell Awards won by the magazine, and have brought him into close contact with many of the leading teachers and theorists in elementary education.

Most pre-school and elementary school children have 'talents' that later become dulled by the pressures of the educational system. Many of these talents—such as visual perception, open listening, richness of fantasy, self-disclosure, all sorts of non-verbal creativity —are areas that vitally concern the Esalen Institute. At a time when our idea of human possibilities can be greatly extended, teachers who can help children develop these native talents may expect what was once regarded as genius-level activity. But what of the teacher: While showing the child that cognitive 'fact' learning is most powerful as the servant of the affective, can the teacher keep pace with his pupil? Does a teacher who sees children blossoming with capabilities far beyond his own tend to hold these children back, through fear of losing authority or through simple jealousy?
This seminar will discuss ways of surmounting the 'jealousy barrier' and will explore ways in which teachers can keep up with children, thereby helping them more. It will take the form of an Esalen sampler, drawing on the resources of the Esalen staff and residential fellows to involve participants in experiences of sensory awareness, self-disclosure and inquiry.
By arrangement with University of California Extension, Santa Barbara, one and one-half quarter units of professional credit will be offered. Inquire at the University Extension Office.

April 30-May 5
A FIVE-DAY WORKSHOP WITH WILLIAM C. SCHUTZ

A FIVE-DAY WORKSHOP WITH WILLIAM C. SCHUTZ
Described above. See January 1-6.

May 5-12
TWO MARATHON WORKSHOPS
led by
GEORGE R. BACH, JACK R. GIBB and FREDERICK H. STOLLER

GEORGE R. BACH has worked with intensive therapeutic groups for more than 20 years. He is one of the originators of the "marathon" group experience, for which he has gained national recognition. He is now in private practice in Los Angeles and is a consultant for various organizations. He is the author of Intimate Enemy, *a study of intimate relationship.*

JACK R. GIBB, psychologist and group dynamics expert, is a Resident Fellow at Western Behavioral Sciences Institute, La Jolla, California. He has pioneered in the development of leaderless groups and has worked in a wide variety of organizational settings, including the National Training Laboratories, the YMCA and various industrial corporations. He is co-editor of T-Group Theory and Laboratory Method.

FREDERICK H. STOLLER, psychologist at the Youth Studies Center, USC, is a frequent leader of marathon groups and a consultant on group approaches. He has pioneered in open group therapy on closed-circuit television. His interest in the utilization of video tape in a group context led to the development of "focused feedback" to extend feedback functions of encounter groups.

May 5-7 MARATHON I (starting Friday, May 5, following dinner)
A weekend of intimate interaction practice, for people (singles and pairs) interested in learning how to become more authentically intimate with others, especially with emotionally significant others.
Through the experience of an all night and day, 24 hour, nonstop marathon, participants will try to find new ways of creatively combining love and aggression, feelings and ideas, roles and being. Masking and distancing strategies will display themselves during the sessions—to be discarded, hopefully, in favor of accessibility and intimacy.

May 9-12 MARATHON II: INTIMATE ORGANIZATIONS (starting Tuesday, dinner, May 9, 7 p.m.)
Business organizations interested in improving the information flow among executives are invited to participate—in teams—in this four day workshop concerned with exploring ways of making organizations more intimate, less role-bound and more spontaneously creative.
Every organization will bring its own team of executives. We will supply each team with a marathon-experienced trainer. Team members will participate in intensive inter-action sessions focused on candid communication and the practice of "constructive executive-fighting" for more creative decision-making. Ways of preventing creativity-stifling effects of overbearing aggression styles will be studied.
The schedule includes theory-practice sessions as well as future application planning. During the 30 hour marathon, the technique of "focused feedback" using instant replay of live-video tapes will also be applied.
For further information and costs write to Mary Ellen Klee, care Esalen Institute.

FREDERICK S. PERLS, M.D., founder of Gestalt Therapy, is an Associate in Residence at the Esalen Institute, Big Sur. He will conduct weekend seminars and five-day workshops for both laymen and professionals on the following dates:

Workshops:
February 5-10
March 5-10
April 2-7
April 9-14

Seminars:
January 13-15
March 10-12
April 7-9

Seminars: $65 per person, double; $75 single
Workshops: $155 per person, double; $180 single

BERNARD GUNTHER is in residence conducting classes in body sensitivity and non-verbal communication. He is also available, by appointment, to teach individuals, couples and groups his new approach to massage and sensory awakening.

GIA-FU FENG is in residence conducting classes in Tai Chi Chuan (meditative movements) and calligraphy.

Dr. Perls will also conduct two supervisory workshops for Gestalt Therapists and other psychotherapists using the Gestalt Therapy approach. These will deal with the difficulties encountered in therapy. They will include a course in pictorial language discovered through spontaneous painting. Each workshop is limited to 15 participants. Apply directly to Dr. Perls at Esalen Institute, Big Sur. A non-refundable registration fee of $15 is required, in addition to the $10 deposit required for all other programs.

Supervisory workshops: **$170 per person, double; $195 single**
January 8-13
January 15-20

Anyone interested in the seminar program beyond May 12 may write Esalen Institute for a tentative schedule of future seminars.

COSTS

Weekend seminars: $60
except for the following:
Buckminster Fuller—January 20-22 ..... $70
Gerald & Sally Smith & Bernard Gunther—
March 10-12, per couple $130
Bach, Gibb & Stoller—May 5-7, per couple $170

Five-day workshops: $150
except for the following:
William Schutz—January 1-6 and
April 30-May 5 ..... $170 each
Virginia Satir—February 19-24,
March 12-17,
April 23-28 ..... $170 each

Rogers, Shedlin & Tannenbaum—April 16-21 ..... $170

Costs cover tuition, food and lodging, use of the pool and hot mineral baths and the scheduled periods of Tai Chi Chuan and sensory awakening. Tips for restaurant and cabin personnel are also covered. A new approach to massage, available by appointment, is extra.

Weekend seminars begin with dinner on Friday evening and end with lunch on Sunday. The listed cost is per person double or triple occupancy. **Single occupancy is $5 per day extra.** All seminars and workshops begin with dinner, followed by an informal session the first evening at 9:00 (unless otherwise stated), and end with lunch on the last day.

MEMBER RATES: $5 discount on weekend seminars and midweek workshops

STUDENT RATES: For Student Body Card Holders: $15 discount on weekend seminars, unless otherwise noted

ACCOMMODATIONS Accommodations are possible at Big Sur Hot Springs, South Coast Motel (AAA $3.00 per day per person extra, 2 miles north), Redwood Lodge (15 miles north), Glen Oaks Motel (15 miles north), or at any of several campgrounds or other motels.

RESERVATIONS Must be made **one week** before the first day of the seminar or workshop. A **non-refundable** deposit of $10 is required. Write Esalen Institute, Big Sur Hot Springs, Big Sur, California, 93920; phone 2634 **between 10 a.m. and 7 p.m. only.**
Reservations Staff: Sharlotte Broudy, Judy Isaacs

LIMOUSINE SERVICE $10 per person from Monterey, with advance notice. No public transportation is available to the Hot Springs.

LOCATION Big Sur Hot Springs is located on Coast Highway One, 45 miles south of Monterey, 11 miles south of Nepenthe. It is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on road maps as "Slates Hot Springs."

DRESS Slacks, sweaters, jeans, flat shoes for women, bathing suits.

SPECIAL INFORMATION Contributions to the Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some of these seminars.
Radio station KXKX-FM in San Francisco (88.5 meg.) broadcasts portions of the Esalen Institute seminars and provides a program guide for those who are interested.

ESALEN INSTITUTE

Esalen Institute is a center to explore those trends in religion, philosophy and the behavioral sciences which emphasize the potentialities of human existence. To date, its activities have consisted chiefly of weekend seminars and mid-week workshops such as the ones described in this brochure. A Residential Program is now under way at Big Sur Hot Springs. This program is exploring various means for extending awareness, such as basic encounter groups, sensory awakening and meditation, which are ordinarily neglected in modern education.
A research program is being run concurrently to study the effectiveness of such programs for human development.

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George Leonard, Vice-President; Senior Editor, **Look** Magazine, San Francisco
Virginia Satir, Secretary-Treasurer; Mental Research Institute, Palo Alto, California
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John Levy, San Francisco Venture
Secretary, American Association for Humanistic Psychology
Edward Maupin, Ph.D., Resident Fellow, Esalen Institute, Big Sur

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Robert Goulding, M.D., Psychiatrist, Carmel and Big Sur
Frederick Perls, M.D., Ph.D. Psychiatrist, Big Sur
Virginia Satir, A.C.S.W., Family Therapist, Palo Alto and Big Sur

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Esalen Craft Program (Guild of Hands)

Marya Byron
Karl Lee
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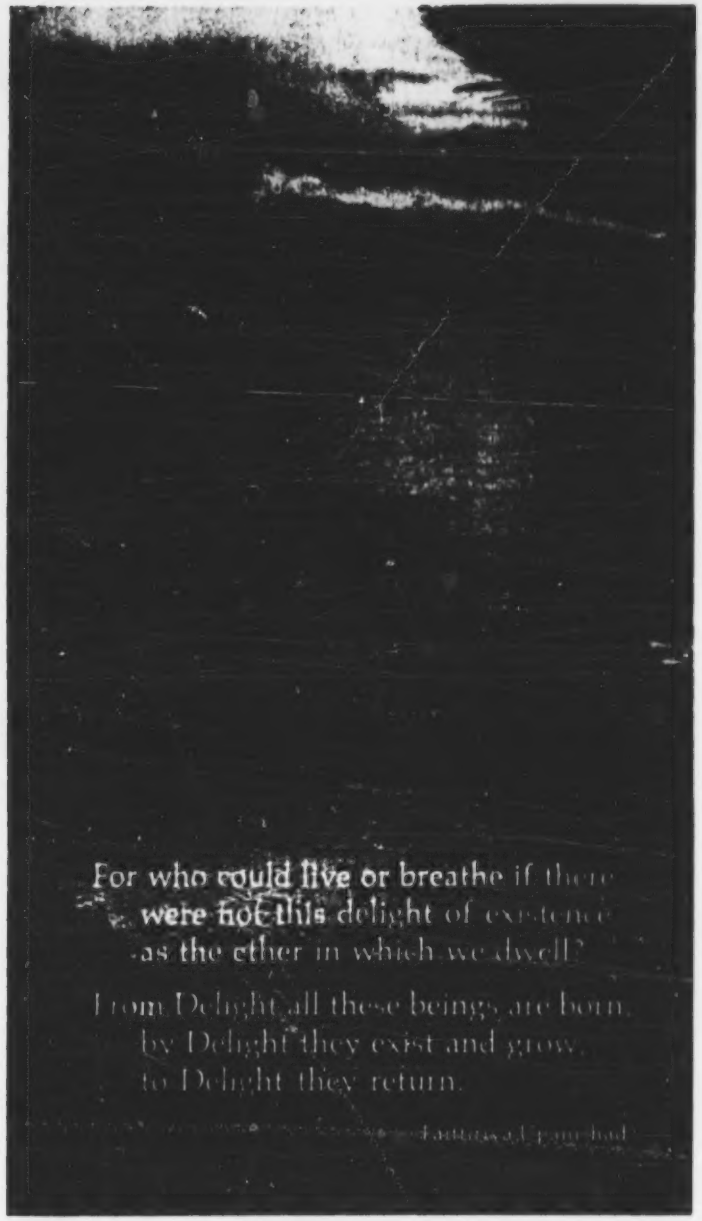

ESALEN INSTITUTE

Big Sur Hot Springs
Big Sur California 93920
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"Heaven is but an extension of the senses."

— William Blake

May 12-14
A WEEKEND WITH THE ESALEN RESIDENTIAL FELLOWS

Esalen Institute is now conducting its first Residential Program. Since September of last year, fifteen resident Fellows have been working with sensory awareness, basic encounter groups, meditation, Gestalt Therapy, and other approaches combined into a single, intensive learning experiment. In this seminar they will report on their adventure, conduct experiential sessions with methods developed during the year, and speculate about the possibilities for future programs of this kind.

May 14-19
TOWARDS EXPANDED CONSCIOUSNESS
led by
CHARLOTTE SELVER and CHARLES V. W. BROOKS

CHARLOTTE SELVER and CHARLES V. W. BROOKS are on the staff of the New School for Social Research, New York, in the field of Sensory Awareness, Perception and Relating. They also hold regular classes in New York and in Northern and Southern California. The approach they use was originated by Elsa Gindler in Germany; this approach has been further developed by Miss Selver through 30 years of teaching and exploration.

Expansion of consciousness is possible without the traditional religious practices of fasting and deprivation on the one hand, or the use of chemicals on the other. Consciousness can be refined and deepened through sensitive exploration of the living organism—both in its inner functioning and in its interaction with the world.
This study group will emphasize practice for the awakening and unfolding of the senses. Through sensing we learn to shed inhibition and over-doing (often manifested psychosomatically). We learn to follow innate tendencies toward order, balance and openness to the environment. Gradual development of inner quiet opens the way to richer perception (a component of creativity) and the feel and significance of each single happening and action in everyday life.

May 19-21
ON BEING MARRIED TO A PEOPLE HELPER
led by
JAMES V. CLARK and FRANCES CLARK

JAMES V. CLARK is Chairman of the Behavioral Science Area at the UCLA Graduate School of Business Administration and is a Fellow of the National Training Laboratories. He is well known as an author and practitioner in the field of sensitivity training. FRANCES CLARK, after a career in music, elementary teaching and educational administration, is now a sensitivity training consultant.

Dr. and Mrs. Clark have conducted several couples' groups together. They are appropriately qualified for this seminar since both are in the helping professions and both have been married before.

This is a weekend to share the problems and challenges of marriage when one or both partners is in a helping profession. Couples only may attend, and one or the other, or both, must be a minister, psychologist, psychiatrist, social-worker, or the like. This seminar will be mainly an encounter group focusing on husband-wife communication.

May 21-26 **COMMUNICATION AND SELF-CONCEPT led by VIRGINIA SATIR** (see page 12)

EUROPEAN SERIES

The following is another in the continuing Esalen program for European writers, philosophers, artists and scientists. Colin Wilson and R. D. Laing came to Esalen from England this spring; Alain Robbe-Grillet and Robert Jungk will come from France and Vienna.

May 26-28
FROM REALISM TO REALITY: A WEEKEND with ALAIN ROBBE-GRILLET

ALAIN ROBBE-GRILLET is famed as the principal creator of the "nouveau roman", "the new novel". His literary innovations have been imitated by many novelists and film writers all over the world. He wrote the screenplays for Last Year at Marienbad *and* The Immortal. *Some of his novels are* Jealousy, The Voyeur, *and* The House of Assignation.

Personal growth requires us to give-up certain "realities" for new and better ones. Such limiting "realities" may be images of oneself, of others or of life in general. But when we begin to change, critics—or critical voices within us—often tell us that we are not being "realistic", that realism demands that we remain as we are. Robbe-Grillet has fought this battle in his literary work. This seminar takes its title from his essay in the Evergreen Review **(February, 1966), in which he describes the novelist's mission to open new dimensions of reality in spite of established criticism. In his movies and novels, for example,** Last Year at Marienbad, **he has created new modes of apprehending the world.**
In this seminar Robbe-Grillet will discuss the nature of reality and its relation to images and some of the issues involved in the expansion of consciousness. One warning: **he does not speak English, so the entire discussion will be conducted with an interpreter.**

May 26-28
A WEEKEND with J. L. MORENO

PSYCHODRAMA, REALITY THERAPIES AND MASS MEDIA OF COMMUNICATION:

J. L. MORENO, M.D., is world famous as the principal developer of psychodrama. He is founder and President Emeritus of the American Society of Group Psychotherapy and Psychodrama. He is currently President of the Moreno Academy, Beacon, N. Y. His many works have been translated into more than twenty languages.

June 2-4
THE SYMBO EXPERIMENT led by EDWARD MAUPIN

EDWARD MAUPIN will direct the Esalen Institute Residential Program in its second year. During the past year he has been a Resident Fellow himself. Before coming to Esalen, Dr. Maupin was on the staff of the Neuropsychiatric Institute at UCLA. His Ph.D. dissertation in Psychology from the University of Michigan was probably the only one in American history on the subject of Meditation.

The English language emphasizes individuality and separateness. The Symbo experiment, developed in the Esalen Residential Program, maximizes other kinds of experience by suspending the separateness assumption. Participants will meet in groups of six or eight to explore their group in the light of the new assumption. The seminar fee will be reduced to $40 for those who are willing to sleep in sleeping bags.

June 4-9 — **A FIVE-DAY WORKSHOP IN GESTALT THERAPY led by FREDERICK PERLS** (see page 13).

June 9-11 — **A WEEKEND SEMINAR IN GESTALT THERAPY led by FREDERICK PERLS** (see page 13).

June 11-16 — **A FIVE-DAY WORKSHOP IN GESTALT THERAPY led by FREDERICK PERLS** (see page 13)

June 16-18
THE INNER CHOICE: MANIPULATION OR ACTUALIZATION
led by EVERETT SHOSTROM

EVERETT SHOSTROM is Director of the Institute of Therapeutic Psychology in Santa Ana. He is on the staff of the Institute of Industrial Relations, UCLA and is a co-author of Therapeutic Psychology.

Dr. Shostrom will discuss his new book, Man the Manipulator, The Inner Journey from Manipulation to Actualization, **published in April, 1967. Films produced by Dr. Shostrom also will be shown during the seminar:** Actualization Therapy, **from Dr. Shostrom's 1966-67 television series,** Three Approaches to Psychotherapy, **featuring Carl Rogers, Albert Ellis and Fritz Perls, and Dr. Shostrom's latest film:** Maslow and Self-Actualization.

June 18-23 — **COMMUNICATION IN MARRIAGE: A FIVE-DAY WORKSHOP led by VIRGINIA SATIR** (see page 12)

June 18-23
A WORKSHOP WITH THE GUILD OF HANDS

MARYA BYRON
JOHN HORLER
KARL LEE
SANDRA McKIM
PETER MELCHIOR
JAMES SELLERS

This is the second in a series of workshops conducted by the Guild of Hands. An attempt will be made to give each person a chance to discover some fresh and imaginative approaches to the understanding of media. The atmosphere will be informal. A variety of tools and materials as well as the combined skills of several experienced craftsmen and artists will be available. Activities may range from weaving to construction (on the spot) of a kiln or foundry, and will be determined mainly by the interests of the participants themselves.

METAL: Sculpture, Welding, Casting, Jewelry, Enameling

TEXTILES: Batik, Weaving, Dying, Spinning

GRAPHICS: Woodcuts, Serigraphy, Drawing

CERAMICS: Stoneware, Porcelain, Hand-building, Wheel work, Firing

LEATHER WORK

Limited to 20 participants

June 23-25
THE POWER OF SPACE
led by
ALAN WATTS

ALAN WATTS, author of The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology; The Book: on the Taboo Against Knowing Who You Are; *and many other writings, has been—with D. T. Suzuki—the leading popularizer of Zen Buddhism in the United States. In recent years, he has worked to unify science, philosophy and religion into a totally modern view.*

Space, which is ordinarily regarded as empty nothingness, may, in fact, be our own consciousness—sensed in the form of an external dimension; and human awe at the vastness of space may be man's astonishment at himself. A reconsideration of our position as "insignificant germs on a minute ball of rock, attached to a minor star on the outer fringe of one of the smaller galaxies."
Speculations on the heavens will include a Harp Concert given by JOEL ANDREWS, Saturday at 9 P.M.

$65 per person, double; $75 per person, single.

June 25-28
THE FUTURE OF CONSCIOUSNESS
led by
ALAN WATTS, DAVID BAAR, and PAUL LEE

ALAN WATTS (see above, June 23-25)
DAVID J. BAAR is an Episcopal priest. He is a graduate in Math from the University of California, Berkeley, and a graduate of the Church Divinity School of the Pacific, Berkeley. He was Chaplain to the Rt. Rev. James A. Pike and is now Chaplain to the Rt. Rev. C. Kilmer Myers, of California. The Rev. Baar is completing a book on the theology of sex and has written articles and conducted seminars on the use of psychedelic drugs.
PAUL LEE, Ph.D., is Assistant Professor of Philosophy, University of California, Santa Cruz. He was formerly Editor of the "Psychedelic Review". Assistant Professor of Humanities at the Massachusetts Institute of Technology and Protestant Chaplain to Brandeis University.

An exploration into directions now forming in our cultural consciousness of finite and transcendent values with a look at the future of man's values and beliefs in a subjectively expanding universe. What will be the future of religion when cultures vastly different from ours are encountered in other solar systems, galaxies or dimensions of being? Can man's social ethics and awareness of himself meet the demands of burgeoning scientific knowledge? Will any religion, organized or otherwise, satisfy humanity's search for a world view in an era when infinite worlds become available?

$100 per person, double; $115 per person, single.

June 25-30
A PHOTOGRAPHY WORKSHOP
led by
PAUL FUSCO,
LOOK Magazine Staff Photographer

Sponsored by the Guild of Hands

PAUL FUSCO'S approach might be called "the photography of involvement." In describing his workshop he says: "Photography is an experience, an involvement with, and a commitment to the subject of the photograph. You don't stand aside and steal moments off the top, but you enter into that life as fully as you can. It's what flows between you and the subject that gives you insight and the stuff to photograph."
There will be daily photographic work in Big Sur by all workshop participants and daily evaluation sessions. In the evenings there will be lectures and discussions including various aspects of Fusco's approach to photography. Some of these evening sessions will focus on the life of a city, a moment of love, the movement of a dance. An experimental slide projection system will be used to encourage direct participation with the photographs. Fusco's memorable photo essays for LOOK magazine include: "A View of the City", "Japan", "The Fence" (depicting life along the Iron Curtain), "American Women".

$175 per person, double; $200 per person, single.

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June 30-July 2

UNIVERSITIES FOR THE FUTURE

led by
DAVID GOLDBERG and JIM NIXON

DAVID GOLDBERG is Advanced Planning Officer of the Bureau of Research, U. S. Office of Education. He was formerly a Research Associate in Psychiatry and a Lecturer in Psychology at Yale University where he gave a graduate seminar in Autonomic Psycho-physiology. He is currently planning a program of studies of the future and acting as advisor in the planning of several new colleges and "schools of the future."

JIM NIXON, Student Body President of San Francisco State College, helped found and was first co-ordinator of the Experimental College. A graduate student in philosophy, he has given talks on educational innovation to various groups around the country.

Growing out of some experimental seminars in the Fall of 1965, the Experimental College of San Francisco State College was founded as an attempt by students to build examples of new ways of teaching and learning which might state a direction for the college as a whole. Its principal idea has been the belief that students can take responsibility for their own education.

Seminar participants will be actively engaged in the creation of utopian models for the university of twenty years or more from today. The seminar will be reality oriented in that it will take account both of the social forces which will bear upon the university of the future, and of the potentialities for human development which are just beginning to be discovered.

As background for the workshop, David Goldberg will discuss the demands the society of the future will place on the university, and Jim Nixon will discuss the human needs that confront the university of the future. They will also discuss some of their theoretical ideas about learning and how to best structure institutions to foster learning.

NEW APPROACHES FOR EDUCATION: THREE WORKSHOPS led by GEORGE I. BROWN

The following workshops are designed primarily for teachers, administrators and the parents of students, to introduce educational approaches for the affective domain (relationships, feelings and the senses). However, they will be open to people in other professions as well.

July 2-7

CREATIVITY AND AWARENESS:

led by
GEORGE I. BROWN

GEORGE I. BROWN is Professor of Education at the University of California, Santa Barbara. He is currently interested in building models for the affective domain that can become part of the school curriculum. His major emphasis has been on the relationship of creativity, existence and awareness, and on the application of principles of existential psychology—especially Gestalt Therapy—to educational practice.

Making use of research, both theoretical and functional, the workshop will capitalize on recent innovations in the development of creativity. The workshop will be divided into three phases: 1) a theoretical discussion involving psychological and philosophical dimensions of the creative process, 2) experiences in "transiential" techniques such as the creative sub-self, synectics, self-object modification, hedonic impulse training, and the "other universes through art" approach, and 3) the application of principles of Gestalt Therapy to personal and professional functioning.

July 9-14
A TRAINING WORKSHOP FOR SENSORY AWAKENING
led by
GEORGE I. BROWN and BERNARD GUNTHER,
Teacher of Body Awareness, Esalen Institute.

As Aldous Huxley pointed out, "organized education is predominantly verbal education." This kind of learning often facilitates thinking at the expense of direct experience and often produces automatic behavior while limiting creativity and uniqueness. Dewey and others have pointed to the need to balance the conceptual with the nonverbal.

Sensory awakening is a process designed to heighten sensitivity and awareness. Through simple experiments, students learn to allow relaxation, body feeling and heightened contact with their environment as well as others. This workshop will combine theoretical background and personal experience with a training program for those who wish to learn, teach and apply these methods in educational or therapeutic situations.

July 16-21
RECENT INNOVATIONS IN WAYS OF GROWTH
led by
GEORGE I. BROWN and ESALEN RESIDENTIAL FELLOWS

This workshop will give participants an opportunity to become familiar with many of the approaches toward the extension of human consciousness used in the Esalen Residential Program. These include sensitivity training and encounter groups of different types, meditation, sensory awareness, Symbo (an approach to group mind), and marathon.

The program will be conducted by Residential Fellows under the direction of Dr. Brown. There will be an examination of the contributions these approaches can make to one's personal educational experience and to the formal educational process at all levels.

July 7-9
SENSITIVITY TRAINING IN THE THEATER: PERSONAL and PROFESSIONAL GROWTH FOR THE WORKING ACTOR
led by
BETTY BERZON and JEFF COREY

BETTY BERZON, Research Associate of the Western Behavioral Sciences Institute, La Jolla, California, is Director of a three year research project on self-directed therapeutic groups, under a grant from the U. S. Vocational Rehabilitation Administration. She has also conducted numerous Sensitivity Training Workshops and is particularly interested in innovative uses of this approach.

JEFF COREY has acted on Broadway, in films and on television. He co-starred in Frankenheimer's "Seconds", Arthur Penn's "Mickey One", Genet's film "The Balcony", "The Cincinnati Kid", "Home of the Brave", and many others.

On Broadway he played Rosencranz in Leslie Howard's Hamlet, *performed in* Life and Death of An American, Transit, *and other plays. He is now director of his own studio, is Professor of Theater Arts at San Fernando State College and is on the faculty of the Pasadena Playhouse College. Many successful actors and actresses have studied with him.*

For many years now the sensitivity training group, with its climate of emotional honesty and openness to change, has been used to enable people to become more closely related to their feelings, more flexible, more open and responsive in their encounters with others. It has been used in social service settings, in education, in industry—but ironically, it has not been used in the theater where human encounter is the substance of which drama is made and the dynamic force which brings it to life.

During the weekend, participants will be encouraged to find those depths of understanding and responsiveness in themselves that for an actor can make the difference between craft and art in his work. The approach used will be an integration of the training techniques Jeff Corey has developed in his work with actors, and small group sessions led by Betty Berzon.

July 7-9
WOMAN
led by
ROBERT CROMEY and
LILLIAN CROMEY and
BERNARD GUNTHER

The REV. ROBERT WARREN CROMEY is the Vicar of St. Aidan's Episcopal Church in San Francisco. He is author of a soon to be published book on sex ethics and the new morality. He is a founder of the Council on Religion and the Homosexual, and a member of the Board of the San Francisco branch of the NAACP. He has been active in the civil rights movement in San Francisco. He is the moderator of the radio series on the young adult called "The Now Generation" produced by KXKX-FM.
LILLIAN CROMEY is a homemaker, mother of three daughters and a graduate student in English literature at San Francisco State College.
BERNARD GUNTHER is a specialist in sensory awakening and is in residence at Big Sur Hot Springs. His work with sensory experience relates directly to an understanding of "Woman."

This seminar will explore a timeless question, the opportunities and problems of woman. In today's society she has been rendered uneasy by new morality, urban anonymity, superior education, desire for a vocation other than motherhood, and serious doubts about traditional family expectations of her. What is the status of woman in some of the new modes of family life, e.g.: the Haight-Ashbury commune (the new Bohemia), the suburb, the mother with career?
The weekend will include discussions, small group interactions and sensory awakening sessions.

July 9-August 4

A MONTH LONG WORKSHOP IN GESTALT THERAPY led by FREDERICK PERLS **(see page 13)**

July 14-16
A DANCE WORKSHOP
with
ANN HALPRIN

ANN HALPRIN is founder and director of the Dancers' Workshop Company, San Francisco. Her innovative dance group has toured America and in Europe under the auspices of the State Department. Some of her notable experiments with dance include involvement of the audience in the performance, vocalization by the dancers, and the use of sculptors, musicians and others in the staging of her presentations.

This workshop will emphasize those aspects of dance which focus on the feed-back between movement and emotional responses. Direct, natural and spontaneous body skills will be used so that anyone, irrespective of previous training, can participate fully.

July 14-16
A WEEKEND
with
SIDNEY JOURARD

SIDNEY JOURARD, Professor of Psychology, University of Florida, is well known for his extensive research on self-disclosure. He has been concerned with the depersonalizing effect of psychological research upon its subjects. With this concern and his interest in human spirit and growth, he has encouraged the development of a more humanistic psychology in the United States. He is the author of Personal Adjustment *and* The Transparent Self.

In this seminar, Dr. Jourard will examine how psychology and psychiatry have asked man to reveal himself and then unwittingly use this knowledge of man to increase the degree of his being controlled and limited by the social system. Some new directions and objectives for psychological research, counseling and therapy will be discussed, where the aim is to help man discover how his growth is limited, how latent possibilities may be uncovered, and how his freedom may be enlarged. As the technological base of our society changes, e.g., through growing automation, so the tasks of clergymen, teachers, psychologists and psychiatrists will change. This seminar will explore the evocative and inventive possibilities in these professions, rather than the manipulative and controlling functions they have already explored.

July 16-21

BECOMING AN EXISTENTIAL COUNSELOR
led by
SIDNEY JOURARD

This will be a workshop in which participants will seek to transcend the technical aspects of their training as counselors and psychotherapists, with the aims of becoming more effective in their professional praxis, and more akin to Gurus and guides than psychotechnicians. Through group meetings and dialogue, participants will explore and share ways in which they are mystified and "lost" in the social system, and ways in which they might find more liberated and livable personal existences.

July 21-23

RACIAL CONFRONTATION AS TRANSCENDENTAL EXPERIENCE
led by
GEORGE B. LEONARD and PRICE COBBS

GEORGE B. LEONARD, Senior Editor and West Coast Managing Editor for LOOK magazine, is widely known for his articles on segregation and education. His forthcoming book, Education, *will explore many aspects of human potentiality. From his upbringing in Georgia and his travels for LOOK magazine, he has acquired an intimate knowledge of the agonies and opportunities of racial confrontation.*

PRICE COBBS is a psychiatrist in private practice in San Francisco. He is also on the staff of the Mount Zion Hospital and Medical Center and is a consultant to the Glide Foundation in San Francisco. He is an instructor in psychiatry at the University of California School of Medicine, San Francisco. He has been active with the Urban League and participated in the march at Selma.

Racial segregation exists among people with divided selves. A person who is alien to some part of himself is invariably separated from anyone who represents that alien part. The historic effort to integrate black man and white has involved us all in a vast working out of our divided human nature.

Racial confrontation can be an example for all kinds of human encounter. When it goes deep enough—past superficial niceties and role-playing—it can be a vehicle for transcendental experience. Price Cobbs, a negro psychiatrist from San Francisco, and George Leonard, a white journalist and author born and raised in Georgia, will conduct a marathon group encounter between races. The group will try to get past the roles and attitudes that divide its participants, so that they may encounter at a level beyond race.

Tuesday night, July 25
Friday Noon, August 4

INSTITUTE ON CONJOINT FAMILY THERAPY led by VIRGINIA SATIR **(see page 12)**

July 28-30

INVENTING THE FUTURE: EXERCISES IN SOCIAL IMAGINATION
led by
ROBERT JUNGK and CHARLOTTE BUHLER

ROBERT JUNGK is author of Tomorrow is Already Here, Brighter Than a Thousand Suns, Children of the Ashes, *and* The Big Machine *(to be published in the United States in 1967). He is Director of the "Institut fuer Zukunftsfragen" in Vienna, which is devoted to research into the future, and is co-editor of a series of books,* Models for a Better World. *He is interested in a normative approach to the future, which will put values in command of material possibilities.*

CHARLOTTE BUHLER is a clinical psychologist in private practice in Beverly Hills. She was one of the early proponents of a more humanistic psychology and was President of the American Association of Humanistic Psychology in 1965-66. She is well known for her interest in the life cycle and the place of goals in people's lives.

While technological inventions abound and tend to submerge traditional human institutions, there is little effort in the United States or Europe to encourage social invention. This seminar will be a free idea session to stimulate proposals for creative social developments at the world, national, institutional and family levels. Some of the themes will be "new environments for future living", "new styles of productive work", "new democratic institutions", "ways of preserving the individual in a six billion man world". We hope that this will be the first in a series of similar workshops.

August 4-11 SEMINAR AND WORKSHOP with ROLLO MAY

August 4-6 SEMINAR

August 6-11 WORKSHOP

ROLLO MAY is Training and Supervisory Analyst at the William Alanson White Institute of Psychiatry, Psychoanalysis and Psychology. Among his books are The Meaning of Anxiety, Man's Search for Himself, Existence: A New Dimension of Psychology and Psychiatry, *and* Symbols in Religion and Literature.

Identity and personal significance will be explored in several ways. One will be through myths as the source of identity, for example, the myths about love and sex, about work (the myth of Sisyphus), about creativity (the myth of Prometheus). Other areas to be explored are: identity in relation to meditation, to erotic experience, and to the problem of death.

The workshop following the seminar will explore the themes described above and will be concerned particularly with the relation of psychoanalysis to meditation and to myths. We shall try to discover the myths (mostly unconscious) by which we and others in modern America live. Some time will be spent exploring the participant's own experience in meditation and its relationship to the themes of the workshop. Limit: 12

August 6-9
CLOSE YET FREE WITHIN MARRIAGE: A Workshop for Couples Who are Married or Intending Marriage

led by
GERALD and SALLY SMITH and BERNARD GUNTHER

GERALD SMITH is a family therapist and marriage counselor in San Mateo, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. His family therapy training was at the Mental Research Institute, Palo Alto. Recently he developed a "Family Communications Check-Up" program through the Family Service of San Mateo County. He is also a consultant with San Mateo County Mental Health Services.
SALLY SMITH is a wife, mother and homemaker and a frequent partner with her husband in group experiences for couples and families.
BERNARD GUNTHER is a specialist in sensory awakening in residence at Big Sur Hot Springs. His work with sensory experience will be an integral part of this weekend.

In many, or perhaps most, marital relationships there is a tension between being close and being free to fulfill oneself as a separate person. As long as the relationship continues to be vital, this paradox is rarely resolved; instead it is coped with creatively or destructively. The purpose of this workshop will be to experience ways of being intimate yet autonomous, ways to allow greater distance from the other and hence enter more deliberately and fully in times of closeness.
One focus during the workshop will be specific verbal communication skills. Another focus will be non-verbal experience, including sensory awareness and couples art expression. There will also be opportunity to sort out some specific expectations of yourself and expectations of your partner. Videotape will be used to permit immediate feed-back during some of the sessions.

Limited to eight couples. $195/couple

August 11-13
SHAMANISM, PSYCHEDELICS AND THE SCHIZOPHRENIAS

led by
JULIAN SILVERMAN

JULIAN SILVERMAN, Ph.D., is a Research Clinical Psychologist at the National Institute of Mental Health, Bethesda, Maryland, where he heads a unit on perceptual and cognitive studies in the Adult Psychiatry Branch of that institution. His main focus of research has been on abnormal sensory, perceptual and cognitive processes.
He has published experimental and theoretical articles in such leading journals as The Psychological Review, Psychosomatic Medicine, The Journal of Nervous and Mental Disease, *and* The American Anthropologist.

Recent developments in psychological, physiological, and anthropological research on altered states of consciousness indicate the need for a thoroughgoing revision of contemparary psychiatric and philosophical conceptions in this area. The seminar sessions are concerned with an appraisal and re-evaluation of these researches and conceptions. An empirically based conceptual model is developed which: 1) gives emphasis to the positive, integrative, problem-solving significances of the various altered-state behaviors, and; 2) systematically recasts certain major aspects of modern-day "mental illness."

August 18-20

ALLOWING

led by

BERNARD GUNTHER, EDWARD MAUPIN and ESALEN STAFF

BERNARD GUNTHER teaches body awareness at the Esalen Institute. He is developing several new approaches to direct sensory experience.

EDWARD MAUPIN will direct the Esalen Institute Residential Program in its second year. During the past year he has been a Resident Fellow himself. Before coming to Esalen, Dr. Maupin was on the staff of the Neuropsychiatric Institute at UCLA. His Ph.D. dissertation in Psychology from the University of Michigan, was probably the only one in American history on the subject of Meditation.

This workshop is limited to participants in past Esalen seminars. It will consist of several approaches toward the art of letting go, such as sensory approaches; meditation, a game to develop a "group-mind", massage and other ways being developed at Esalen.

August 20-25

MORE JOY: A FIVE-DAY WORKSHOP

led by

WILLIAM C. SCHUTZ

WILLIAM C. SCHUTZ, Ph.D., is a leading group dynamics theorist, researcher and trainer, known for the theory described in his book, FIRO: A Three Dimensional Theory of Interpersonal Behavior—*recently reprinted as* The Interpersonal Underworld. *He is currently Associate Professor, Department of Psychiatry, Division of Social and Community Psychiatry at the Albert Einstein College of Medicine, and has taught at Harvard, Chicago and the University of California, Berkeley. He has introduced new T-group methods and has researched their effectiveness in various organizational settings. He is now exploring other dimensions of personal and group development, including inner imagery process and the physical dynamics of personality structure. He is a pioneer in the multidimensional and integral approach to personal becoming which, we at Esalen believe, will soon be fundamental to therapy and education.*

A workshop combining the encounter group with body movement, sensory awareness, fantasy experiments, psychodrama and the micro-lab. There will also be some poetry reading and writing and dramatic improvisation. Developing the ability to experience joy is the workshop's guiding theme.

$175 per person, double; $200 single.

August 25-27

DIMENSIONS OF THE MIND: Four Explorations through Lecture-Discussions

led by

HUSTON SMITH

HUSTON SMITH is Professor of Philosophy at the Massachusetts Institute of Technology. His birth and childhood in China aroused a life-long interest in Asian thought, while his present post calls for special attention to the relation between science and the humanities. He is the author of The Religions of Man, Condemned to Meaning, *and two articles on the religious implications of LSD.*

1) The Mind in Space. Chief differences geographical separation has occasioned in man's view of life and the world. The outlooks of India, China, and the West compared.

2) The Mind in Time. How our Western estimate of man and the world has changed in passing through the classical, medieval, and modern periods into our present post-modern era.

3) The Mind in Matter. What science is discovering about mind. Does the computer provide an adequate model?

4) The Mind Transcendent. Do insights reached through mystical experiences, natural or drug-induced, contribute to our understanding of life and its opportunities?

The weekend will include a showing of Professor Smith's interview with D. T. Suzuki which originally appeared on NBC's "Wisdom" series.

August 27-September 1
A PHOTOGRAPHY WORKSHOP
with
BRETT WESTON

The Weston influence upon modern photography has been widespread and profound. Edward Weston opened many new ways for photographers and helped establish photography as a fine art. His son Brett has developed and refined his father's approach and has added original dimensions of his own. In this workshop Brett Weston will stress the view camera format for which he and his father are famous. He will lead daily field trips through the Big Sur country, looking for a variety of views on ridges, cliffs, beaches and canyons. There will be technical discussions and informal print critiques (each member of the workshop will be asked to bring two prints for criticism). Weston prints and films will be shown during evening sessions. Enrollment is limited to twenty, allowing for more personal contact and instruction.

$175 per person, double; $200 per person, single.

INSTITUTES with VIRGINIA SATIR

VIRGINIA SATIR is a Director of the Esalen Institute. She was formerly Director of Training for the Family Project, Mental Research Institute, Palo Alto. She is also a consultant to family research projects and training programs throughout the United States. Mrs. Satir has introduced approaches derived from her own experience as a family therapist and from research at the Mental Research Institute to workshops and clinics in the United States, Canada and Europe. She has become increasingly interested in the positive aspects of family health and plans to form "well family" clinics for the development of the family's creative potentialities. She is also interested in integrating the concepts of communication.

May 21-26
COMMUNICATION AND SELF-CONCEPT

An experiential workshop to facilitate personal authenticity, spontaneity and creativity. The participants will explore their communications and interactions with others and the development of their own self-concepts.

$175 per person, double; $200 per person, single.

June 18-23
COMMUNICATION IN MARRIAGE

An experiential workshop for married couples and those contemplating marriage. Participants will explore the development of meaningful, creative communication for rewarding relationship. The sensory, emotional and intellectual dimensions will all be included.

$175 per person, double; $200 per person, single.

Tuesday Night, July 25-
Friday Noon, August 4
INSTITUTE ON CONJOINT FAMILY THERAPY

An intensive experiential seminar to explore family organization, development and operation as they relate to education, prevention of family problems and treatment. Didactic material will cover concepts of family therapy, recent research findings and newer tools for family diagnosis and treatment. Participants in these sessions must have had some experience as family therapists. Limit: 30.

$330 per person, double; $380 per person, single.

INSTITUTES with FREDERICK S. PERLS

FREDERICK S. PERLS, M.D., the founder of Gestalt Therapy, is in permanent residence at the Esalen Institute, Big Sur. He will conduct seminars and workshops on the following dates:

FIVE-DAY WORKSHOPS
June 4-9
June 11-16

Workshops: $155 per person, double; $180, single

VIDEO-TAPE FEEDBACK will be used during these workshops from time to time. **RENTAL OF VIDEO-TAPES** exploring various aspects of Dr. Perls' approach is now possible. For information write: Esalen Institute, Big Sur, California, 93920.

WEEKEND SEMINARS
June 9-11

Seminars: $65 per person, double; $75, single

A MONTH-LONG WORKSHOP
July 9-August 4

for professional psychotherapists and laymen.

The fourth annual Gestalt Therapy Workshop for PROFESSIONAL PSYCHOTHERAPISTS will be held at Big Sur Hot Springs during August, 1967. It will be conducted by DRS. FREDERICK S. PERLS and JAMES B. SIMKIN. For further information write to:

Southern California Center for Research
and Training in Gestalt Therapy, Inc.
2235 S. Hillsboro Avenue
Los Angeles, California 90034

May 15-September 1
DR. IDA ROLF

DR. IDA ROLF will be in residence from May 15 to September 1. She will work in conjunction with Dr. Frederick Perls and with private individuals on an appointment basis. Her work, called Structural Integration, is a system of deep musculo-fascial organization which attempts to release excessive tension and realign body structure to establish more efficient functioning.
Dr. Rolf will also conduct a month-long workshop for qualified professionals as preliminary training for those who want to become Rolf practitioners. For information on this training session write: Bernard Gunther, Big Sur Hot Springs, Big Sur, California 93920.

Esalen Institute will co-sponsor, with the Northern California Chapter, American Medical Writers' Association, a Workshop in Medical Writing, May 12-14. Aimed toward improving communication, this workshop will explore methods by which to achieve this goal. Open to editors, physicians, dentists, etc., writing in the health science field, whether members or non-members of A. M. W. A. Cost: $60. Limit 15.

Led by: Paula Harris, Editorial Consultant, Mill Valley, and Harley M. Messinger, M.D., Ph.D., Berkeley.

For reservations and further information write:
Harley M. Messinger, M.D., Ph.D.,
3029 Benvenue Avenue, Berkeley, California 94705.

APPLICATIONS ARE NOW BEING ACCEPTED FOR THE 1967-68 RESIDENTIAL PROGRAM

This program, currently in its first year at Big Sur Hot Springs, combines sensory training techniques, basic encounter groups, meditation, work with physical movement and other methods focusing on the process, non-verbal levels of personality. Edward Maupin and William C. Schutz will direct the program in its second year. Psychiatrists, educators, artists, and other specialists will work with the Resident Fellows at intervals through the year.
It should be clear to all applicants that this is not a highly structured program. Self-design by the Fellows, using the various approaches introduced by the specialists involved, is a basic feature. The process of finding one's own direction and drawing upon the available resources to enhance it, is central to the program's concept.

For application forms write: Esalen Institute Residential Program, Big Sur Hot Springs, Big Sur, California, 93920.

GIA-FU FENG is in residence conducting classes in physical movement based upon Tai Chi Chuan and occasional classes for calligraphy.

Anyone interested in the seminar program beyond September 1, may write Esalen Institute for a tentative schedule of future seminars.

COSTS

WEEKEND SEMINARS
$60 per person, double; $70 per person, single, unless otherwise noted.

FIVE-DAY WORKSHOPS
$155 per person, double; $180 per person, single, unless otherwise noted.

Double means shared occupancy. We arrange the sharing unless you specify with whom you wish to share. Cost covers tuition, food and lodging, use of the pool and hot mineral baths and the scheduled periods of Tai Chi Chuan and sensory awakening. Tips for restaurant and cabin personnel are also covered. A new approach to massage, available by appointment, is extra.
Weekend seminars begin with dinner on Friday evening and end with lunch on Sunday. All seminars and workshops begin with dinner, followed by an informal session the first evening at 9:00 (unless otherwise stated) and end with lunch on the last day.

MEMBER RATES: $5 discount on weekend seminars and midweek workshops.

STUDENT RATES: For Student Body Card Holders: $15 discount on weekend seminars only, unless otherwise noted.

RESERVATIONS

Must be made **one week** before the first day of the seminar or workshop. A **non-refundable** deposit of $10 is required. Write Esalen Institute, Big Sur Hot Springs, Big Sur, California, 93920; phone 2634 **between 10 a.m. and 7 p.m. only.**
Reservations Staff: Sharlotte Broudy, Judy Isaacs.

ACCOMMODATIONS

Accommodations are possible at Big Sur Hot Springs, South Coast Motel (AAA $3.00 per day per person extra, 2 miles north), Redwood Lodge (15 miles north), Glen Oaks Motel ($2.00 per day per person extra, 15 miles north), or at any of several campgrounds or other motels.

LIMOUSINE SERVICE

$10 per person from Monterey, with advance notice. No public transportation is available to the Hot Springs.

LOCATION

Big Sur Hot Springs is located on Coast Highway One, 45 miles south of Monterey, 11 miles south of Nepenthe. It is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on road maps as "Slates Hot Springs."

DRESS

Slacks, sweaters, jeans, flat shoes for women, bathing suits. Please bring your own flashlight.

SPECIAL INFORMATION

Contributions to the Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some of these seminars.

Radio station KXKX-FM in San Francisco (88.5 meg.) broadcasts portions of the Esalen Institute seminars and provides a program guide for those who are interested.

We are now establishing a service to provide copies of broadcast-quality tape recordings of our lectures here at Esalen. Anyone interested in recorded tapes of past, present or future seminars or lectures, please write:
ESALEN RECORDINGS, Big Sur Hot Springs, Big Sur, California 93920.

ESALEN INSTITUTE

Esalen Institute is a center to explore those trends in religion, philosophy and the behavioral sciences which emphasize the potentialities of human existence. To date, its activities have consisted chiefly of weekend seminars and mid-week workshops such as the ones described in this brochure. A Residential Program is now underway at Big Sur Hot Springs, exploring various means for extending awareness, such as basic encounter groups, sensory awakening and meditation, which are ordinarily neglected in modern education.

A San Francisco branch of Esalen Institute will be opened in the fall of 1967.

OFFICERS AND ADVISERS

Michael H. Murphy, President
Richard A. Price, Vice-President
George Leonard, Vice-President; Senior Editor, **Look** Magazine, San Francisco
Virginia Satir, Secretary-Treasurer; Mental Research Institute, Palo Alto, California
Frank Barron, Ph.D., Institute of Personality Assessment and Research, University of California, Berkeley
George I. Brown, Ph.D., Department of Education, University of California, Santa Barbara
J. F. T. Bugental, Ph.D., Psychological Service Associates, Los Angeles
John Levy, San Francisco Venture
Secretary, American Association for Humanistic Psychology
Edward Maupin, Ph.D., Resident Fellow, Esalen Institute, Big Sur

David J. Baar, Co-ordinating Director for the Esalen Institute in San Francisco.

ASSOCIATES IN RESIDENCE

Frederick Perls, M.D., Ph.D., Psychiatrist
Virginia Satir, A.C.S.W., Family Therapist
William C. Schutz, Ph.D., psychologist

ESALEN STAFF

Molly Day
Patricia Felix
Paul Herbert
Mary Ellen Klee
R. Gerald Thatcher

Esalen Craft Program (Guild of Hands)

Marya Byron
John Horler
Karl Lee
Sandra McKim
Peter Melchior
James Sellers

ADVISERS

Joe K. Adams, Ph.D., Psychologist, Big Sur
George R. Bach, Ph.D., Director, Institute of Group Therapy, Los Angeles
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Charlotte Buhler, Ph.D., Clinical Psychologist, Los Angeles; President, American Association of Humanistic Psychology
Hugh Chisholm, Jr., Hillsborough and Big Sur
James V. Clark, D.B.A., Graduate School of Business Administration, UCLA
Sidney Cohen, M.D., Chief of Psychiatry Service, Wadsworth Veteran's Administration Hospital, Los Angeles
Joseph J. Downing, M.D., Psychiatrist, Director of Mental Health Programs, San Mateo County, California
Richard E. Farson, Ph.D., Director, Western Behavioral Sciences Institute, La Jolla, California
Robert Gerard, Ph.D., Psychologist, Los Angeles; President, International Foundation for Psychosynthesis
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Gerald Goodman, Ph.D., Director, Interpersonal Relations Project University of California, Berkeley
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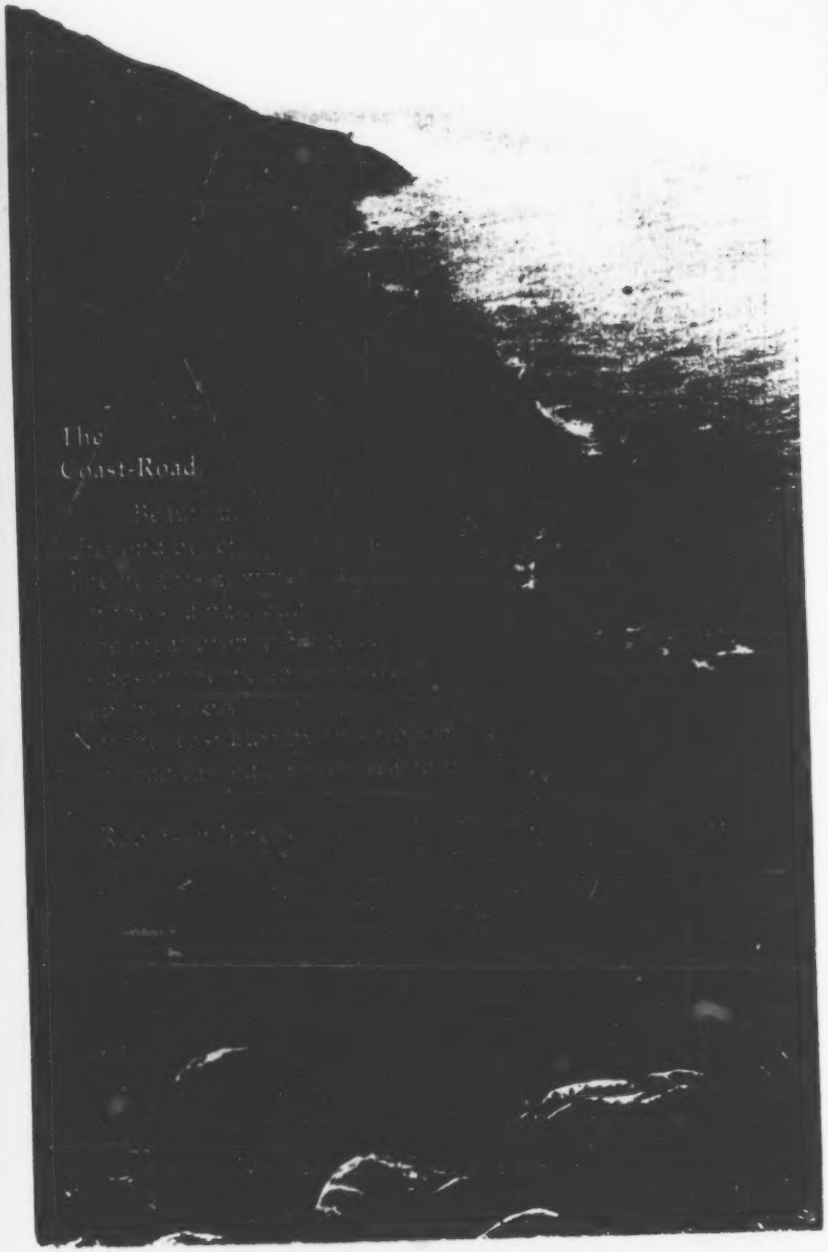
Anthony Sutich, Psychotherapist, Palo Alto; Editor, *Journal of Humanistic Psychology*
Robert Tannenbaum, Ph.D., Graduate School of Business Administration, UCLA
Charles T. Tart, Ph.D., Research Psychologist, University of Virginia
Alan Watts, Author and Philosopher, Sausalito
William Zielonka, Ph.D., Psychological Service Associates, Los Angeles



ESALEN INSTITUTE

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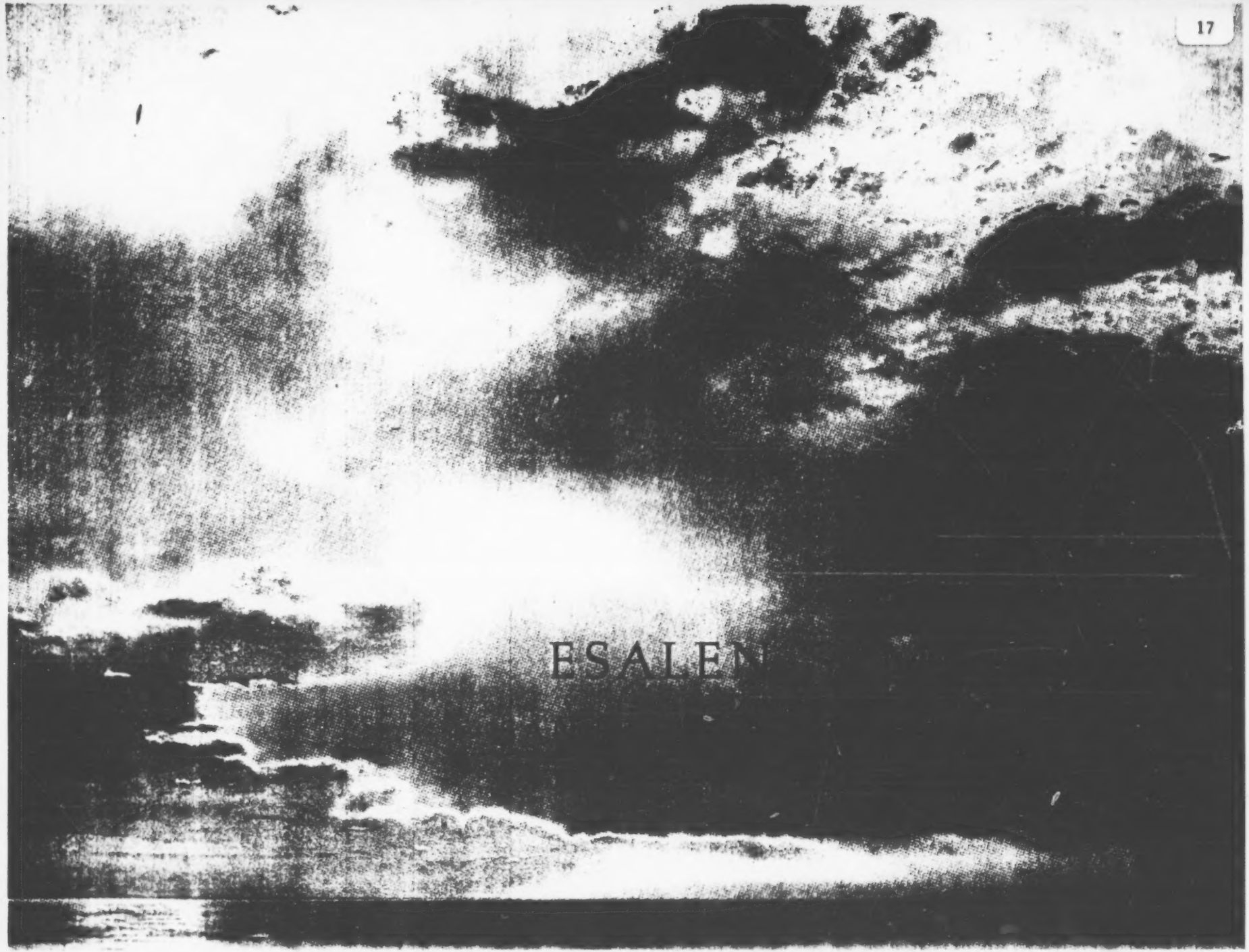
ESALEN

CALENDAR

Sept. 1- 3	Big Sur	Ravi Shankar
Sept. 4- 8	Big Sur	William C. Schutz and Robert Tannenbaum
Sept. 8-10	Big Sur	Alan Watts
Sept. 10-15	Big Sur	Craft Workshop, Guild of Hands
Sept. 14	**San Francisco**	**Sister Mary Corita**
Sept. 14	**San Francisco**	**Abraham Maslow**
Sept. 15	**San Francisco**	**Alan Watts**
Sept. 15-17	Big Sur	Abraham Maslow
Sept. 18-20	**San Francisco**	**B. F. Skinner, Willis W. Harman, Joe Kamiya, George B. Leonard, Price M. Cobbs, Richard E. Farson, Robert Mogar. Lectures and panel discussions.**
Sept. 21	**Berkeley**	**Stanislaus Grof**
Sept. 22-24	Big Sur	Stanislaus Grof
Sept. 26-27	**San Francisco**	**Ronald Gross**
Sept. 28	**Berkeley**	**Ali Akbar Kahn, concert, and Bernard Gunther**
Sept. 29-Oct. 1	Big Sur	Alan Myerson
Sept. 29-Oct. 1	Big Sur	Gerard V. Haigh and Bernard Gunther
Oct. 1- 6	Big Sur	Jo Anne Taylor
Oct. 2- 6	**San Francisco**	**Virginia Satir**
Oct. 2- 4	**San Francisco**	**Carl Rogers**
Oct. 6- 8	Big Sur	Ray Bradbury
Oct. 6-15	Big Sur	Frederick Perls
Oct. 9-10	**San Francisco**	**Joe K. Adams**
Oct. 12	**San Francisco**	**Joseph Campbell, lecture, and Keiji Yagi with Kodo Araki, concert**
Oct. 13	**San Francisco**	**Joseph Campbell, John Bleibtreu and Edward Maupin**
Oct. 13-15	Big Sur	Joseph Campbell
Oct. 15-20	Big Sur	Virginia Satir
Oct. 17-18	**San Francisco**	**Lancelot Law Whyte**
Oct. 20-22	Big Sur	Lancelot Law Whyte
Oct. 20-25	Big Sur	Alexander Lowen
Oct. 22	**San Francisco**	**Panel on "The New Vocations"**
Oct. 23-24	**San Francisco**	**George I. Brown**
Oct. 25-27	**San Francisco**	**Alexander Lowen**
Oct. 27-29	Big Sur	J. Richard Suchman, Matthew Miles, Rosslyn Suchman and Betty Miles
Oct. 27-29	Big Sur	George I. Brown and Peter Melchior
Oct. 29-Nov. 3	Big Sur	William C. Schutz
Oct. 30-Nov. 2	**San Francisco**	**Bernard Gunther**
Nov. 3- 5	Big Sur	Frederick H. Stoller, Betty Berzon, Margaret Robinson and H. L. Myerhoff
Nov. 5-10	Big Sur	Virginia Satir
Nov. 6-10	**San Francisco**	**Stewart Shapiro**
Nov. 10-12	Big Sur	Gunther Weil
Nov. 10-12	Big Sur	Magda Proskauer
Nov. 12-17 Nov. 17-19 Nov. 19-24	Big Sur	Frederick Perls
Nov. 12-17	**San Francisco**	**J. F. T. Bugental, Gerard Haigh, Thomas Greening, Alvin Lasko, William Zielonka**
Nov. 17-19	Big Sur	Lee Sannella, Eknath Easwaran
Nov. 19-21	Big Sur	Leslie Lecron and Lee Sannella
Nov. 21	**San Francisco**	**Jack Downing, Robert McKim, Neill Smith, Zach Stewart. Panel on "Designing Environments for Expanding Awareness."**
Nov. 22	**San Francisco**	**R. Buckminster Fuller**
Nov. 24	**San Francisco**	**R. Buckminster Fuller and panel**
Nov. 24-26	Big Sur	R. Buckminster Fuller
Nov. 26-Dec. 1	Big Sur	William C. Schutz and Hannah Weiner
Nov. 28-30	**San Francisco**	**Arthur Shedlin**
Nov. 30-Dec. 3	Big Sur	Arthur Shedlin
Dec. 3- 8	Big Sur	Virginia Satir
Dec. 8-10	Big Sur	Bernard Gunther
Dec. 8-17	Big Sur	Frederick Perls
Dec. 15-17	Big Sur	Juanita Bradshaw, John Graham, A. A. Leath, Eugene Sagan
Dec. 26-31	Big Sur	Frederick Perls and James Simkin
Dec. 26-31	Big Sur	George I. Brown and Judith Brown
Dec. 31-Jan. 5	Big Sur	William C. Schutz

1967

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September 1-3
Big Sur
A WEEKEND WITH RAVI SHANKAR:

The weekend will include concerts and discussions with Pandit Ravi Shankar on Indian classical music, its history and its influence on contemporary Western music (e.g. the Beatles, Jefferson Airplane, John Coltrane, Yehudi Menuhin).

PANDIT RAVI SHANKAR is world famous for his mastery of the Sitar. He created the music for the Apu Trilogy and was music director of India's National Radio. He has recently written the score for Jonathan Miller's "Alice in Wonderland".

September 4-8
Big Sur
WORKSHOP WITH WILLIAM C. SCHUTZ & ROBERT TANNENBAUM

A program combining basic encounter groups with body awareness and movement, fantasy, inner imagery, psychodrama and artistic expression.

WILLIAM C. SCHUTZ *(See page 16)*

ROBERT TANNENBAUM is Professor of Behavioral Science at the Graduate School of Business Administration, University of California, Los Angeles. He has been closely associated with UCLA's Sensitivity Training Program and with the Western Training Laboratories since their beginnings. In recent years he has experimented with a wide range of non-verbal approaches, in addition to traditional T-group methods, to facilitate the process of individual understanding and emotional growth.

September 10-15
Big Sur
A CRAFT WORKSHOP with THE GUILD OF HANDS:

This workshop will consist of individual and group work in a variety of materials and techniques, with emphasis on ways of bringing natural, inherent form to the fullest possible expression. Informal evening discussions will explore the role of simple, creative work as an aid in developing self-reliance (advocated by Ghandi in the Hind Swaraj, or home-rule) as a counteraction to the pressures in modern society toward dependency and conformity. Limit: 20.

BAKING
CERAMICS: Stoneware, Porcelain, Hand-Building
GRAPHICS: Wood cuts, Serigraphy, Drawing
LEATHERWORK
METAL: Sculpture, Casting, Enameling
PHOTOGRAPHY
TEXTILES: Batik, Weaving, Spinning

Guild of Hands Staff:
MARYA BYRON
JOHN HORLER
KARL LEE
SANDRA McKIM
PETER MELCHIOR
JAMES SELLERS
EDWARD TAYLOR
HUGH WILKERSON

September 8-10
Big Sur
THE ORGANIC NETWORK: IN COSMOS, MAN AND SOCIETY
led by ALAN WATTS

A look into the immediate future of man's relation to himself and to his world in the light of the fascinating crystallization of ideas from Marshall McLuhan, Buckminster Fuller, Robert Theobald, L. L. Whyte, Teilhard de Chardin, and the tribal revolution of the young.

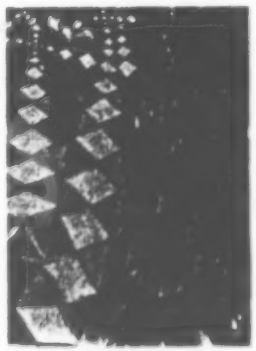
ALAN WATTS, author of The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology; The Book: on the Taboo Against Knowing Who You Are; *and many other writings, has been—with D. T. Suzuki—the leading popularizer of Zen Buddhism in the United States. In recent years, he has worked to unify science, philosophy and religion into a totally modern view.*

Opening of Continuous Exhibit

PAINTINGS BY ROLAND HALL

and

IRENE LOVE



Introduction by Alan Watts,

3 P.M., Sunday, September 10

September 14
San Francisco
SISTER MARY CORITA CELEBRATION:

Sister Mary Corita, of Immaculate Heart College, Los Angeles, will preside over a celebration and parade, joining the generations. For further information write: Esalen Institute, P. O. Box 31389, San Francisco 94131.

September 14
San Francisco
LECTURE by ABRAHAM MASLOW

"The Farther Reaches of Human Nature"—a discussion of the expanding vision of the human sciences.

Location: First Unitarian Church, San Francisco
Time: 8 P.M.
Tickets by advance sale: $2.50

DR. ABRAHAM MASLOW, Professor of Psychology at Brandeis University, is currently President of the American Psychological Association. Educated in many fields of psychology, he has carried out notable animal research and studies of human motivation. He is the author of Motivation and Personality; Toward a Psychology of Being; Religions, Values and Peak Experiences; The Psychology of Science. *Dr. Maslow's pioneering studies of psychological health have encouraged the increasing theory and research concerned with human potentialities.*

September 15-17
Big Sur
A WEEKEND WITH ABRAHAM MASLOW:

Dr. Maslow will discuss his most recent thinking about the process of human growth, education (including his new ideas for curriculum), religion and ways for society to meet the higher human needs.

September 15
San Francisco
AN ECUMENICAL LITURGY CREATED & LED BY ALAN WATTS:

This liturgy will combine fundamental elements of the great world religions. There will be Buddhist and pre-Gregorian chanting and a sermon by Alan Watts entitled "Joy to the World".

Location: First Unitarian Church, San Francisco
Time: 8 P.M.

September 18, 19, 20
San Francisco
THE SCOPE OF THE HUMAN POTENTIAL

Certain investigations of personality and behavior are beginning to demonstrate the possibility that human consciousness and creativity may be vastly expanded. But because of their strangeness and power, these findings are confronted by fears and social resistance. In this series of discussions, some of the scientists involved in such seemingly dangerous research will discuss the historic possibilities of their work and the many obstacles they face. On Wednesday evening they will make a series of proposals for further research and development which could be implemented if the resources would be made available.

Monday evening **POSSIBLE BREAKTHROUGHS IN EDUCATION AND THE HUMAN SCIENCES**
Principal Speakers: B. F. Skinner, Willis W. Harman
Panel: Price M. Cobbs (moderator), Willis W. Harman, George B. Leonard, Joe Kamiya, B. F. Skinner

Tuesday evening **SOCIAL RESISTANCE TO A SCIENCE OF HUMAN POTENTIAL**
Principal Speakers: Richard E. Farson, B. F. Skinner
Panel: Price M. Cobbs (moderator), Richard E. Farson, Willis W. Harman, George B. Leonard, Robert Mogar, B. F. Skinner

Wednesday evening **PROPOSALS FOR AN EXPANDED EDUCATION AND SCIENCE OF MAN**
Speakers: Price M. Cobbs (moderator), Richard E. Farson, Willis W. Harman, George B. Leonard, Joe Kamiya

Each discussant will speak for about fifteen minutes. The panel will then discuss the proposals which have been made.

Location: Gresham Hall, Grace Cathedral. Time 8 - 10:30 P.M.
Tickets by advance sale: $3.00 per evening; $7.00 per series

PRICE COBBS is a psychiatrist in private practice in San Francisco. He is also an instructor in psychiatry at the University of California School of Medicine, San Francisco, and is on the staff at Mt. Zion Hospital.

RICHARD E. FARSON is Director and Co-Founder of Western Behavioral Sciences Institute, La Jolla. His institute is conducting pioneering research in the dynamics of social change and new educational methods such as non-directed encounter groups and simulation games.

WILLIS W. HARMAN is Senior Systems Analyst at Stanford Research Institute as well as Professor of Electrical Engineering at Stanford. He is currently involved in educational research and a study of the philosophy of science.

JOE KAMIYA is a research psychologist at Langley Porter Institute, San Francisco. In an attempt to combine introspection with objective measurement, he created the original experiments enabling human beings to gain control of their brain wave patterns.

GEORGE B. LEONARD is the West Coast Editorial Manager of LOOK magazine. He has won more national awards for educational reporting than anyone else in the history of magazine journalism. He is concerned now with the creation of models of education which include the full range of human potentials. These ideas will be presented in his forthcoming book Education and Ecstasy.

ROBERT MOGAR is Professor of Psychology at San Francisco State College. He has conducted research on the effects of psychedelic drugs upon personality and creativity.

B. F. SKINNER, Professor of Psychology, Harvard University, is world famous for his theories of behavior and the development of operant conditioning. He is author of Science and Human Behavior, Walden Two, *and most recently,* The Technology of Teaching.

September 21
Berkeley
LSD: A REPORT ON CZECHOSLOVAKIAN RESEARCH INTO THE PSYCHEDELIC DRUGS by DR. STANISLAUS GROF

Location: Berkeley Community Theater, Berkeley

Time: 8 P.M.

Tickets by advance sale: $2.50

DR. STANISLAUS GROF is a noted Czechoslovakian psychiatrist, now on a fellowship to Johns Hopkins Medical School in Baltimore, Maryland. He has conducted intensive research with LSD in Prague during the past decade. His work may shed light on the development of personality and has implications for non-LSD treatment of mental disorders. His work also has implications for the development of healthy personality and exceptional personal functioning.

September 22-24
Big Sur
LSD: NEW DIRECTIONS IN CZECHOSLOVAKIAN RESEARCH
led by DR. STANISLAUS GROF

Dr. Grof will discuss his LSD research in detail and explore the implications of his work for the development of personality, the treatment of mental disorders, and the facilitation of exceptional personal functioning.

$65 per person, shared room.

September 26-27
San Francisco
LANGUAGE AS PSYCHEDELIC EXPERIENCE
led by Ronald Gross

Many techniques for expanding consciousness have tried to reject language in favor of strictly non-verbal experience. Mystics ancient and modern have struggled against language as they have against their own bodies.

Words often do blind us to the full non-verbal realities of living. But words can also open our eyes to new experiences. Language can turn us on as well as off. So perhaps we need to redeem our everyday language just as we try—through therapy and contemplation—to redeem our enjoyment of personal relationships, our fantasies and dreams, our sensory experience.

Painters from Duchamp to Warhol have "anointed" commonplace objects by presenting them as works of art, objets trouvés. Ronald Gross has attempted to do the same thing for language in Pop Poems, recently published by Simon and Schuster. He approaches language as "the most pervasive psychedelic technology in human society." The purpose of his seminar is to make participants freshly and creatively aware of language, and to launch them on their own exploration of the semantic environment. Participants will create "found poems," create "perspectives by incongruity," brainstorm metaphors and analogies. The seminar will pay particular attention to the ways in which language, public and private, affects thought, feeling, and action.

Location: Gresham Hall, Grace Cathedral

Time: 4 - 10 P.M. (with dinner break). $25.00 per person.

RONALD GROSS is the inventor of Pop Poetry and other experimental techniques of literary composition. He is a leading figure in the "impersonal poetry" movement that is exploring radically different ways of writing, such as the use of computers, found materials, chance methods, instructional "programs," and other artforms such as painting or printing (Concrete Poetry), music, and theater.

Mr. Gross is also known for his books of social and cultural criticism; he has written for Harper's, Saturday Review, The New York Times Magazine, Commentary, etc., as well as for organizations such as the Ford Foundation, The National Science Foundation, and the U. S. National Commission for UNESCO. He is consulting editor for the Dell Publishing Company, and chairman of the advisory committee of the General Semantics Foundation.

September 28
Berkeley
A CONCERT by ALI AKBAR KHAN

ALI AKBAR KHAN, generally regarded as India's leading performer on the sarode, has twice received the President of India award. He appears at this concert under the auspices of the American Society for Eastern Arts.

with

A SENSORY AWAKENING EXPERIMENT
led by BERNARD GUNTHER

Location: Berkeley Community Theater, Berkeley

Time: 8 p.m.

Tickets by advance sale: $3.50

BERNARD GUNTHER *(see page 6, September 29 - October 1)*

September 29-October 1
Big Sur
LEARNING THROUGH THEATER GAMES
led by ALAN MYERSON

In this workshop, Mr. Myerson will introduce a series of exercises based upon techniques for improvisation in the theater. Cleverness is not the object for the weekend; the participants will, hopefully, gain in simplicity. The object of the exercises is to open up new ways of seeing, thinking, feeling and behaving in a spirit of play.

ALAN MYERSON is the founder and producer of The Committee, *San Francisco. He has directed films and television programs, has acted in many movies and plays, and has taught acting in New York, Chicago and at the University of California, Berkeley. He is best known for the improvisational theater which* The Committee *has helped to make famous. The kind of exercises which he will be using in this workshop are now being experimented with in various elementary and high schools around the United States.*

September 29-October 1
Big Sur
MAN TURNED ON TO NATURE
led by BERNARD GUNTHER and GERARD V. HAIGH

Modern man surrounds himself with his own artifacts and often distances himself from nature. He conceptualizes about the natural world in order to exploit it. By tensing his muscles he desensitizes his body, turning off himself and his environment.

This workshop is for those who wish to re-discover their relatedness to nature. Body awareness techniques, encounter groups and meditation will be used to awaken senses and feelings, so that the participants may more fully experience themselves, each other, the redwoods and mountains.

BERNARD GUNTHER is a teacher of body awareness in residence at Big Sur Hot Springs. He is developing a new approach to direct sensory experience.

GERARD V. HAIGH, a practicing psychotherapist, is experimenting with new kinds of basic encounter groups. He studied with Gardner Murphy at City College of New York and Carl Rogers at the University of Chicago, has been on the Menninger Clinic staff and taught at the University of Chicago, Arizona State University and the University of California, Los Angeles. He brings a life-long interest in nature to his work with basic encounter groups. This program's spark ignited while he was doing human relations training for the Peace Corps and for VISTA on Apache and Pima reservations in Arizona.

October 1-6
Big Sur
A WORKSHOP FOR THE EXPLORATION OF MOVEMENT
led by JO ANNE TAYLOR

In this workshop an effort will be made to release the movement impulse and increase the natural range and freedom of body functioning. Mrs. Taylor feels that such experience of physical enhancement strengthens one's sense of personal identity.

Since enrollment is limited, there will be a selection of applicants. Those wishing to register are requested to write Esalen Institute for an application to be returned by September 1st. Notification of selection will be sent out by September 10th.

$155 per person, shared room

JO ANNE TAYLOR, teacher of movement and dance, was trained by Mary Whitehouse and is a member of her staff in Los Angeles. Mrs. Taylor has studied intensively with Magda Proskauer and at the Martha Graham School in New York.

October 2-6
San Francisco
COMMUNICATION IN MARRIAGE: A seminar for married couples or couples intending marriage—
led by VIRGINIA SATIR *(See page 17)*

October 2, 3, 4
San Francisco
THREE LECTURES by DR. CARL ROGERS

DR. ROGERS will focus his three lectures on the basic encounter group as an instrument for constructive personal growth, for organizational change, and for the resolution of individual and intergroup tensions. He will endeavor to include comments on his own way of facilitating a basic encounter group; the typical process of such a group; the personal and organizational outcomes; the way in which it could be used to change the climate, the functioning, and the structure of an educational system; how it might change such a system from a focus on teaching to an emphasis on the facilitation of learning.

Dr. Rogers will also discuss the implications of his work for the philosophy of science. Fundamental questions about the structure of the human sciences arise from the problem of understanding group encounter and personal growth.

Location: Longshoremen's Memorial Hall, San Francisco

Time: 8 P.M.

Tickets by advance sale: $2.00 per lecture; $5.00 per series.

CARL ROGERS is presently a Resident Fellow at Western Behavioral Sciences Institute at La Jolla. Past President of the American Psychological Association, he is most famous as a principal founder of Client-Centered Therapy, perhaps the most important American contribution to psychotherapy. Dr. Rogers' insistence on the primacy of human values and human understanding in psychotherapy, education, and all phases of life has had a wide influence on his colleagues and countless others. His interests now have turned principally to the study of basic encounter groups and the philosophy of science.

October 6-8
Big Sur
A WEEKEND WITH RAY BRADBURY

MR. BRADBURY will discuss the themes he elaborated in an article entitled "Remembrance of Things Future" recently published in PLAYBOY. These themes include the future of consciouness, of religion and the quality of life.

RAY BRADBURY is author of The Martian Chronicles, the Illustrated Man, Fahrenheit 451 *and many other novels and stories. Through his many writings, Ray Bradbury has expanded the imagination of an entire generation.*

October 6-15
Big Sur
TEN DAY GESTALT THERAPY WORKSHOP with DR. FREDERICK PERLS
(See page 17)

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October 9, 10
San Francisco
THE PRESERVATION AND EXTENSION OF INDIVIDUAL FREEDOMS: TWO LECTURES by JOE K. ADAMS

Today, just as during the Soviet and Nazi revolutions, the Reformation, and the early centuries of Christianity, some of those who wish to lead the way into a "better life" are indifferent or hostile toward individual freedoms, considering the latter superfluous, impracticable, or destructive. An analysis of some of the means whereby masses of people are ideologically seduced into the loss of freedom will be presented. The cults of unintelligibility and irrationalism, which are especially strong among the younger generation, will be discussed. The present communication media make it possible, at least theoretically, to avoid the horrors of past revolutions and not only to preserve, but to extend individual freedoms. Constructive suggestions toward this goal will be presented, pertaining to the fields of education, recreation, and "mental health".

Two sessions of two hours each will be held. Each session will consist of a one hour lecture followed by a dialogue between the speaker and those of the audience who wish to ask questions or to challenge the assertions made.

Location: Gresham Hall, Grace Cathedral

Time: 8 P.M.

Tickets by advance sale: $2.00 per lecture.

JOE K. ADAMS describes himself as a "semi-hermit", living in Big Sur. After teaching psychology for seven years, he went into clinical training, then into research with LSD-25, then, after "more or less 'recovering' " from a psychosis, into the practice of psychotherapy. At present he devotes his time to "writing, brooding, and playing" and is one of a growing number of experts who have serious reservations about taking the role of "helper" in relation with "one who is being helped".

October 12
San Francisco
FREUD, JUNG & KUNDALINI YOGA—a lecture by JOSEPH CAMPBELL

A discussion of three approaches to the psychological interpretation of initiatory symbols, with particular attention to the relevance of Kundalini Yoga for modern psychological theory and the modern quest for meaning.

with

A CONCERT FOR KOTO & SHAKUHACHI by KEIJI YAGI & KODO ARAKI

MR. YAGI is one of Japan's leading kotoists and has performed extensively in Japan and the United States. MR. ARAKI teaches and performs in Japan and the United States. They both appear under the auspices of the American Society for Eastern Arts.

Location: First Unitarian Church, San Francisco

Time: 8 P.M.

Tickets by advance sale: $5.00

October 13
San Francisco
seminar discussion

led by JOSEPH CAMPBELL, JOHN BLEIBTREU and EDWARD MAUPIN
THE LESSONS OF KUNDALINI YOGA FOR WESTERN PSYCHOLOGY:

A seminar discussion of the themes developed by Joseph Campbell during his Thursday night talk.

Location: Gresham Hall, Grace Cathedral

Time: 10 AM - 12 NOON

Tickets by advance sale: $3.00

JOHN BLEIBTREU is the author of The Parable of the Beast *and an article in the Atlantic Monthly entitled "LSD and the Third Eye". In his writings he has assembled evidence that ancient intuitions about the "third eye" and the "serpent power" of Kundalini Yoga are substantiated by recent physiological discoveries.*

EDWARD MAUPIN is a director of the Esalen Institute Residential Program in its second year. Before coming to Esalen, Dr. Maupin was on the staff of the Neuropsychiatric Institute at UCLA. His Ph.D. dissertation in Psychology from the University of Michigan was probably the only one in American history on the subject of Meditation.

October 13-15
Big Sur
THE MYSTICAL EXPERIENCE & THE HERO'S JOURNEY
led by JOSEPH CAMPBELL

A review and comparison of myths and legends representing fundamental historic stages in the transformation of man's concept and realization of the "quest beyond meaning". Primitive, Oriental and Occidental archtypes of the hero journey will be compared, with particular attention to the shift of accent in the European Grail Quest and Tristan romances from faith in traditional authority to individual experience in self-responsible adventure. Gnostic, Neoplatonic, Tantric, and modern psychological interpretations of the imagery will be analyzed and contrasted. The chief concern of the seminar will be for the relevance of the initiatory symbols to the adventure of modern life.

JOSEPH CAMPBELL is author of The Hero with A Thousand Faces *and* The Masks of God, *co-author of* A Skeleton Key to Finnegan's Wake *and editor of the posthumous works of Heinrich Zimmer, as well as the five Bollingen volumes of* Papers *from the Eranos Yearbooks. He has been a member of the Literature Department of Sarah Lawrence College since 1934 and a lecturer at the Foreign Service Institute, Department of State, Washington, D. C. since 1956.*

October 15-20
Big Sur
INSTITUTE ON CONJOINT FAMILY THERAPY
led by VIRGINIA SATIR *(See page 17)*

October 17, 18
San Francisco
THE NEXT DEVELOPMENT IN MAN: Two lectures
by LANCELOT LAW WHYTE

In these lectures Dr. Whyte will carry forward the ideas he elaborated in his book The Next Development in Man (published in 1944) to make them more specific for today.

Location: Gresham Hall, Grace Cathedral

Time: 8 P.M.

Tickets by advance sale: $2.50 per lecture.

October 20-22
Big Sur
SCIENCE, MAN & THE YEAR 2000 A.D.:
led by LANCELOT LAW WHYTE

Much of Dr. Whyte's discussion will center around the philosophy of science in 1967. He will present an ethical and aesthetic outline of a possible escape from some present intellectual confusions. He will also elaborate the ideas from his book The Next Development in Man.

LANCELOT LAW WHYTE has been an important influence upon psychologists and philosophers who are interested in a unitary view of man and nature. Psychological theorists of the humanistic point of view, such as Maslow, Rogers and Perls, have long regarded him as one of the most important philosophers of science. His books include The Next Development in Man, The Unconscious Before Freud, *and* Internal Factors in Evolution.

October 20-25
Big Sur
To begin Friday evening & end Wednesday noon.
A WORKSHOP IN BIO-ENERGETIC ANALYSIS
led by ALEXANDER LOWEN

This workshop is professionally oriented for psychologists, therapists and people in related fields. Dr. Lowen will present the approach which he has developed at his Institute for Bio-Energetic Analysis. His approach emphasizes the individual's potential for more pleasure, heightened feeling and greater self-awareness through the use of the rhythmic and involuntary movements of the body. Workshop participants will have an opportunity to experience the effects of techniques for reducing muscular tension and bodily rigidities and to explore the relation between body function and personality. The importance of bodily pleasure to personality will be a central emphasis.

Limited to twenty persons. For a bibliography of suggested reading write the Institute for Bio-Energetic Analysis, 71 Park Avenue, New York.

$155 per person, shared room.

ALEXANDER LOWEN, M.D., is Executive Director of The Institute for Bio-Energetic Analysis and author of Physical Dynamics of Character Structure, Love and Orgasm *and* The Betrayal of the Body. *Dr. Lowen is a practicing psychiatrist and is, perhaps, the foremost exponent of the use of the body in analytic therapy.*

October 22
San Francisco
THE NEW VOCATIONS

A panel discussion to explore changes in current vocations and the emergence of entirely new vocations in the years to come. Cybernation will probably lead to the elimination of many kinds of jobs, freeing people to work in new directions. Some day meditation and sensory awareness teachers, experts in psycho-environmental design and even more exotic vocations will be accorded high prestige. The panel will discuss the needs of the future and the kinds of vocations that could rise to meet them.

PANELISTS:

DR GEORGE I. BROWN, Professor of Education, University of California, Santa Barbara.

GEORGE LEONARD, West Coast Editorial Manager for LOOK magazine.

MICHAEL MURPHY, Director, Esalen Institute.

NEILL SMITH, Architect, San Francisco, and other panelists to be announced.

Location: Gresham Hall, Grace Cathedral

Time: 7:30 - 10:30 P.M.

Tickets by advance sale: $3.00.

October 23, 24
San Francisco
CREATIVITY AND INNOVATION
led by GEORGE & JUDITH BROWN

Dr. Brown will present approaches which he has developed for increasing creativity and awareness. His approach draws from the principles of existential psychology, especially Gestalt Therapy, from synectics and from the personality research of Frank Barron and others. He has developed a number of specific methods himself, e.g., the use of a "creative sub-self", "hedonic impulse training" and a method for entering "other universes" through art. The workshop will emphasize the application of creativity and awareness to individual life style and vocation.

Location: Gresham Hall, Grace Cathedral

Time: 4 - 10 P.M. with dinner break.

$40 per person.

GEORGE I. BROWN is Professor of Education at the University of California, Santa Barbara.

JUDITH BROWN has been a co-trainer with her husband with student groups and adults. Her own training has been primarily with Dr. Frederick Perls in Gestalt Therapy. Most important, she is the mother of four children.

October 25-27
San Francisco
A WORKSHOP IN BIO-ENERGETIC ANALYSIS
led by ALEXANDER LOWEN

This workshop will be similar to the Big Sur workshop described above. For further information, write: Esalen Institute, P. O. Box 31389, San Francisco 94131.

Time: Wednesday, 8 P.M.
Thursday: 4 - 10 P.M. with dinner break.
Friday: 10 A.M. - 12 Noon.

$45 per person.

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October 27-29
Big Sur
LISTENING TO CHILDREN
led by J. RICHARD SUCHMAN, MATTHEW MILES, ROSSLYN SUCHMAN & BETTY MILES

Children readily communicate their inner worlds of feelings, beliefs, ideas and come through clearly to those who can listen. In this weekend workshop, participants will be paired with children to explore their own abilities to listen to the inner child. In encounter groups, the participants will use these listening experiences as reference points in the exploration of self in relation to children.

The workshop will be designed for anyone who cares about more genuine contacts with children. Each participant will be required to bring his own tape recorder (battery operated if feasible) and supply of tape. When applying, please specify in which age level in children you are most interested. Limit: 24.
$70 per person, shared room.

J. RICHARD SUCHMAN, Ph.D. is a research psychologist and author-consultant at Science Research Associates in Palo Alto. He is well known for the inquiry training for children which he developed at the University of Illinois. For two years he was a director of research at the United States Office of Education.

MATTHEW B. MILES, Ph.D., is Professor of Psychology and Education, Teachers College, Columbia University, N. Y., and a research associate at the Horace Mann-Lincoln Institute of School Experimentation. He is the editor of Innovations in Education *(Teachers College Press, 1964). He is pioneering in the application of group dynamics to educational innovation.*

ROSSLYN SUCHMAN, Ph.D., is a research psychologist at the Institute for Human Development, University of California, Berkeley. She has a special interest in perceptual development and perceptual training of children.

BETTY MILES has authored books for young children and has taught at kindergarten and pre-school levels. She is particularly interested now in films for children.

October 27-29
Big Sur
SYNCHRONICITY & THE FRONTIERS OF TIME:
led by GEORGE I. BROWN & PETER MELCHIOR

Human beings tend in our age to become more and more absorbed in clockwork time—linear time which we invented and superimposed upon the natural world.

If you are a person who has experienced unusual coincidences, strange yet productive combinations of circumstances, and have wondered . . . and if you would like to share a weekend devoted to exploration of this phenomenon, you are invited to join others with a similar interest.

The seminar will include an informal exploration of the theory of synchronicity (meaningful coincidence) from Heraclitus to Jung and the notion that we may be able to expand certain self and culturally imposed limits in order to use synchronicity in a practical way. Limit: 30.

GEORGE I. BROWN is Professor of Education at the University of California, Santa Barbara. He is especially interested in creativity and the usefulness of altered perception.

PETER MELCHIOR is on the staff of Esalen Institute. A book of his poems entitled Umbrellas for a Hard Rain *has recently been published by Esalen Publications. He is a craftsman and poet with an eye for the unusual.*

October 29-November 3
Big Sur
OPEN WORKSHOP
led by WILLIAM C. SCHUTZ *(See page 16)*

October 30-November 2
San Francisco
APPROACHES TO SENSORY AWAKENING
led by BERNARD GUNTHER

This workshop will introduce a variety of approaches to sensory awakening. Developed at the Esalen Institute by Bernard Gunther, this non-verbal process focuses on body language, posture and awareness. It employs various exercises and games to cultivate sensitivity and to allow more direct experience in the here and now.

Each evening will have a slightly different focus: On Monday evening, relaxation techniques will be presented. These techniques involve the focusing of awareness upon chronic tension patterns throughout the body and practice in control and release of these tensions.

On Tuesday evening the focus will be upon breathing, various unconscious interruptions of it and methods for allowing its more natural flow. Magda Proskauer, physiotherapist and teacher of body awareness in San Francisco, will co-lead this program with Mr. Gunther.

On Wednesday evening the focus will be upon movement, using approaches derived from dance and from methods developed by John Graham. Mr. Graham, a dancer and dance teacher at San Francisco State College, will co-lead this program with Mr. Gunther.

On Thursday evening the focus will be on body language and healing. Tension, depression and disease may be non-verbal messages trying to tell us something. This program will explore the possibilities of healing through paying attention to the body's messages. The exercises presented will use direct kinesthetic "feel" from within and sensory contact through touch.

Location: Gresham Hall, Grace Cathedral
Time: 8 - 10:30 P.M.
Tickets by advance sale: $3.00 per evening; $10.00 for series

BERNARD GUNTHER *(see page 6 , September 29 - October 1)*

November 3-5
Big Sur
A WORK SHOP WITH VIDEO TAPE: EXPLORATIONS IN SELF-CONFRONTATION
led by FREDERICK H. STOLLER, BETTY BERZON, MARGARET ROBINSON & H. L. MYERHOFF

Video tape provides a mirror by which we may see ourselves as others see us. In this seminar a conceptual framework will be developed through discussions of the importance of self-image and role taking. Workshops will then be held in which participants will have opportunities to see themselves in interaction with others via video tape playback, in order to view their own non-verbal interaction, expressive movements and physical contact with others.
$70 per person, shared room.

FREDERICK H. STOLLER, clinical psychologist, is a Senior Psychologist at Camarillo State Hospital. He is one of the major innovators of marathon therapy and has pioneered in open group therapy on closed-circuit television. His interest in the utilization of video tape in a group context led to the development of "focused feedback" to extend feedback functions of encounter groups. A novel by Jerry Sohl entitled The Lemon Eaters *(Simon & Schuster, 1967) is based upon one of Dr. Stoller's groups.*

BETTY BERZON, Research Associate of the Western Behavioral Sciences Institute, La Jolla, California, is Director of a three year research project on self-directed therapeutic groups, under a grant from the U. S. Vocational Rehabilitation Administration. She has conducted numerous sensitivity workshops and is particularly interested in the innovative uses of this approach.

MARGARET ROBINSON is currently a psychology associate at Camarillo State Hospital where she is conducting research on video tape feedback. Formerly an actress, she is active as a consultant to industry, utilizing her interest in video tape.

H. L. MYERHOFF has conducted research in the development of marathon groups at Camarillo State Hospital where he is a psychology associate. Last summer he conducted field research in the psychology of the Chontal Indians in the Oaxaca region of Mexico. He has also conducted field observations of middle class gangs.

November 5-10
Big Sur
THE MANY DIMENSIONS OF COMMUNICATION
led by VIRGINIA SATIR *(See page 17)*

November 6-10
San Francisco
EXPLORATIONS IN POSITIVE EXPERIENCE
led by STEWART B. SHAPIRO

Critics of psychotherapy and group dynamics have often complained that these fields lack the light touch, that they involve too much "blood letting". Dr. Shapiro's approach to psychotherapy, however, is a rollicking takeoff from the premise that learning is joy. His approach draws theoretically from Maslow, Rogers, Perls and Berne, and in methodology from basic encounter groups, Gestalt Therapy, Transactional Analysis and other sources. Dr. Shapiro has added techniques of his own such as a method for "inner dialogue" among various sub-selves, the use of "self-drawing" and "mirror-talking".

Location: Gresham Hall, Grace Cathedral
Time: Evenings 4 - 10 P.M. with dinner break
Friday: 10 A.M. - 12 Noon
$75 per person

STEWART B. SHAPIRO is a psychotherapist and is co-director of the Western Psychological Center in Encino, California. He is the author of a forthcoming book entitled Explorations in Positive Experience.

November 10-12
Big Sur
BREATHING AND AWARENESS
led by MAGDA PROSKAUER

A workshop involving various breathing techniques and exercises in awareness. Mrs. Proskauer's approach educates awareness of somatic processes which are normally unconscious or semi-conscious.

MAGDA PROSKAUER is a graduate of the University of Munich, Germany, and received a degree in physiotherapy from the University of Munich Medical School. While working in Europe she was influenced by various new schools of psycho-physical therapy. She has a private practice in body awareness and breathing therapy in San Francisco.

November 10-12
Big Sur
THE ANATOMY OF INSPIRATION
led by GUNTHER WEIL

Our current understanding of the creative process recognizes the importance of: 1) the interplay of cognitive and emotional polarities, and 2) the synthesis of familiar, disparate and sometimes contradictory elements into new, extraordinary gestalts. These features also seem characteristic of other altered states of awareness.

Participants in this seminar will explore the application of a training model developed by Dr. Weil that deliberately stimulates these important attributes of creative awareness. The model has been adapted for a variety of uses: group encounter training; "discovery" or inquiry learning; dream-logic analysis; dramatic interpretation; management training and new product development.

Seminar participants will have the opportunity to: 1) explore the historical and theoretical development of the training model; 2) experiment with current techniques; and 3) apply the model to a variety of problems that they may bring to the seminar or which may spontaneously emerge during the seminar weekend. Limited to 30 participants.

GUNTHER WEIL is a social psychologist currently conducting research and training for the Education Development Center in Boston, Mass. He has done extensive educational and industrial consulting with particular emphasis on the psychology and sociology of creativity and innovation. He was formerly Assistant Professor of Psychology at Brandeis University and also a past editor of the Psychedelic Review.

November 12-17
Big Sur
A FIVE-DAY WORKSHOP IN GESTALT THERAPY
led by DR. FREDERICK PERLS *(See page 17)*

November 12-17
San Francisco
THE PERSPECTIVES OF A HUMANISTIC PSYCHOLOGY—A Week with the Members of Psychological Service Associates

Psychological Service Associates of Los Angeles is a group pioneering in the application of new approaches to psychotherapy and group dynamics. They bring perspectives from existential therapy, modern literature and Eastern thought to their theory and practical work. The team approach they have worked out is one of the most imaginative in the country.

A lecture-discussion series set in the perspective of the anthology, Challenges of Humanistic Psychology (edited by James F. T. Bugental, Ph.D., and published by McGraw-Hill, N. Y. 1967).

Each lecture will be followed by a panel discussion involving all members of the Psychological Service Associates staff and encounter-discussion groups.

ALL EVENTS:

Location: Gresham Hall, Grace Cathedral

Tickets by advance sale: $3.00 per session; $15.00 series.

November 12—Sunday evening
Time: 8 - 10:30 p.m.
CHALLENGES OF HUMANISTIC PSYCHOLOGY
led by JAMES F. T. BUGENTAL

A richer perspective for psychology is beginning to emerge, one that insists that those qualities which most distinguish man—love, imagination, faith, mystical experience, creativity, etc.—may no longer be ignored. This humanistic psychology is part of a Twentieth Century Renaissance which may result in a total revision of our ideas of what it means to be human.

JAMES F. T. BUGENTAL, Ph.D., is the author of The Search for Authenticity, *editor of* Challenges of Humanistic Psychology *and past President of the American Association for Humanistic Psychology, and the California and Southern California Psychological Associations.*

November 13—Monday evening
Time: 8 - 10:30 p.m.
THE HUMAN PARADOX: SUBJECT-OBJECT: EASTERN & WESTERN APPROACHES
led by ALVIN A. LASKO Ph.D.

A discussion of the human paradox, i.e., man's ability to see himself as an object moved by external forces, while experiencing himself as a subject, free to make choices. The further paradox between Western ideas of commitment, responsibility, choice and action, and the Eastern ideas of letting-go, contemplation and transcendance will also be explored.

ALVIN A. LASKO, Ph.D., is past president of the Los Angeles Society of Clinical Psychologists and of the Southern California Psychological Association.

November 14—Tuesday evening
Time: 8 - 10:30 p.m.
CONTACT AND ALIENATION IN LITERATURE
led by THOMAS C. GREENING, Ph.D.

THOMAS C. GREENING, Ph.D., is the author of "Albert Camus: Authenticity vs. Alienation" in Challenges of Humanistic Psychology; *"Candide: An Existential Dream,"* Journal of Existentialism, 1965; *"Existential fiction and the paradox of ethics,"* The Antioch Review, *1963.*

November 15—Wednesday evening
Time: 8 - 10:30 p.m.
SELF-DISCOVERY THROUGH THEATER
led by GERARD V. HAIGH, Ph.D.

Avant garde drama offers a medium by which we may penetrate phoniness and contact our own emotions. Conventional structures for interpreting reality are challenged by the play. No new structure is provided. The theater-goer who permits himself to get involved must reach inside himself to find meaning. If the drama is not dismissed as meaningless, the only way to cope with the shock of its impact is to explore one's own inner experience.

In this program we will present excerpts from such playwrights as Beckett, Pirandello, Albee. We will then meet in small groups to share the feelings and meanings which emerge out of participation (as audience) in the drama. The small group will provide the medium through which vague emotions may become clarified and integrated into one's image of one's self. Thus may be completed the self-discovery process initiated by the drama.

GERARD V. HAIGH, Ph.D., was President of the Arizona State Psychological Association and of the Western Region American Academy of Psychotherapists.

November 16—Thursday evening
Time: 8 - 10:30 p.m.
THE GENERATION GAP: ADOLESCENTS AND THEIR PARENTS
led by WILLIAM ZIELONKA, Ph.D.

The present gulf bewteen adolescents and their parents seems, to many, to be greater than ever. The pace of social change and the presence of many cultural and individual tensions contribute to a sense of alienation within families. Issues of individuality, authority, identity, freedom, and responsibility, essential to the emergence of the adolescent into adulthood and equally important to the parent, may be the source of conflict or the scene of genuine love. It is hoped that many adolescents will attend this lecture and take part in the discussion which follows it.

WILLIAM ZIELONKA, Ph.D., is a Fellow of the American Orthopsychiatric Association, an Associate of the Council of Psychoanalytic Psychotherapists, a Training Consultant at Mt. Sinai Hospital in Los Angeles and a Psychological Consultant to industry.

November 17—Friday evening
Time: 8 - 10:30 p.m.
IS A NEW MAN COMING INTO BEING?
led by JAMES F. T. BUGENTAL

What may we speculate about experience in the year 2000? How will the individual's own inner living probably evolve by then? What may be extrapolated from such developments as the hippies, the increase in attention to existentialism, the rise of a psychedelic ethic, the decline of nationalism, the interpenetration of Eastern and Western metaphysics, and so on?

November 13 - 17: Monday - Friday
Location: Gresham Hall, Grace Cathedral
Time: 9:30 - 10:30 A.M.
AN EXISTENTIAL-ANALYTIC APPROACH TO PSYCHOTHERAPY
led by JAMES F. T. BUGENTAL

A workshop for professional psychotherapists and students registered in recognized training programs for professional degrees in psychology, psychiatry, social work, or the ministry. The workshop will elaborate and extend the themes of Dr. Bugental's The Search for Authenticity: An Existential-Analytical Approach to Psychotherapy (New York: Holt, Rinehart & Winston, 1965). Limit: 25.
$75 per person.

November 13, 14, 15—Monday, Tuesday, Wednesday
EXECUTIVE WORK FAMILY WORKSHOP
led by WILLIAM ZIELONKA
Location: Gresham Hall, Grace Cathedral
Time: 2 - 5:30 P.M.

This workshop will provide a person-to-person encounter environment in which ways to openness will be pursued and encouraged. Work groups, consisting of an executive and one or more persons working in a direct staff relationship with him, are invited to participate. The workshop will provide opportunity for reactions from others in the group as well as within the team experiences. Teams who want to include their wives in part of the program are encouraged to do so.
$45 per person.

November 16—Thursday
WRITERS AS LONERS AND LOVERS
led by THOMAS C. GREENING
Location: Gresham Hall, Grace Cathedral
Time: 2 - 6 P.M.

A workshop for practicing writers willing to explore relationships between their lives and their writing.

A loosely structured discussion, facilitated by Dr. Greening, of the personal life styles of writers and the fictional themes they choose, as illustrations of various approaches to the problems all men have with closeness and distance, involvement and autonomy. Applications are required.

Limit: 20. $10.00 per person.

November 17—Friday
PSYCHOMAT
Location: Gresham Hall, Grace Cathedral
Time: 1 - 5 P.M.
Tickets by advance sale: $1.50

The psychomat is a gathering where you may come when you choose and leave when you choose. While you are in the Psychomat you are expected to try to be as open as you can in your encounter with others. The Psychological Service Associates staff will be on hand to help people encounter each other, although no predetermined program will be offered. Whatever happens will happen.

The following ground rules are suggested for participants:

1. Talk with whomever you choose about whatever you choose.
2. Call them as you see them.
3. Try to help others do the same, but no psychologizing.

Organized by GERARD V. HAIGH.

November 17-19
Big Sur
A SEMINAR ON DEATH
led by LEE SANNELLA and EKNATH EASWARAN

An exploration of dying and its implications for living. A consideration of how we think and feel about death, how we deal with its inevitability.

Because of the interest shown in this seminar, attendance will be limited to those applicants selected by the seminar leaders. Applications must be in by October 10th; those accepted will be notified by October 20th.

LEE S. SANNELLA, M.D., is a psychiatrist and lecturer in psychology at Sonoma State College. His interest in death stems from a serious illness sustained earlier in his adult life. He is interested in the psychological-medical aspects of mourning, grief and suffering and the attitudes in life which are consonant with a dignified, even joyous, death. He is interested now in forming a community for dying.

EKNATH EASWARAN is an Indian meditation teacher, Sanskrit scholar and Founder of the Blue Mountain ashram in Oakland, California.

November 17-19
Big Sur
A SEMINAR IN GESTALT THERAPY
led by DR. FREDERICK PERLS *(See page 17)*

November 19-24
Big Sur
A FIVE-DAY WORKSHOP IN GESTALT THERAPY
led by DR. FREDERICK PERLS *(See page 17)*

November 19-21
Big Sur
ALTERED STATES OF CONSCIOUSNESS
led by LEE SANNELLA & LESLIE LeCRON

This workshop will include discussion, demonstrations with hypnosis and other techniques, and experiential sessions. The workshop will explore a wide variety of reactions to these states including catatonia and panic, psychological insight and religious ecstasy.

Enrollment in this workshop is limited to professionals holding a state certificate or otherwise qualified in the fields of psychology, medicine, religion or education. A few volunteers for demonstration will also be considered upon submission of a short autobiographical personality sketch, plus medical and psychiatric history.

DR. LEE S. SANNELLA (see above) has developed his own technique for rapid and controlled evocation of altered states of consciousness, using methylphenidate and CO_2 gas.

LESLIE M. LeCRON is a psychologist and hypno-therapist from Carmel. He is an internationally known author of many books and articles on hypnosis. He is now conducting research in hypnosis and the alteration of consciousness.

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November 21
San Francisco
DESIGNING ENVIRONMENTS FOR EXPANDING AWARENESS

A LECTURE AND PANEL DISCUSSION

Our growing technological capabilities and the new interest in increasing awareness are both demanding a new approach to our man-made environment. If man's self-created environment is an externalization of his psychic needs, what will it be like when he no longer needs rigid boundaries, outward coercions or a mass of inert protective material. This question will be discussed in a lecture with slides by Neill Smith, San Francisco architect, and then by a panel. The same panel will meet on Friday morning, November 24th, with R. Buckminster Fuller to discuss his perspectives on these questions.

MEMBERS OF THE PANEL:

JACK DOWNING, M.D., psychiatrist and researcher in community mental health
ROBERT McKIM, Professor of Design, Stanford University
NEILL SMITH, San Francisco architect
ZACH STEWART, San Francisco landscape architect

Location: Gresham Hall, Grace Cathedral
Time: 8:00 - 10:30 P.M. Tickets by advance sale: $3.00

November 22
San Francisco
LECTURE BY R. BUCKMINSTER FULLER

Mr. Fuller will discuss the ever-growing opportunities for free environmental design. Mr. Fuller will be introduced by Neill Smith, San Francisco architect.

Location: Longshoremen's Memorial Hall, San Francisco
Time: 8 P.M. Tickets by advance sale: $2.50

R. BUCKMINSTER FULLER is the inventor of the Geodesic Dome, the Dymaxion House and other wonders, and is chief architect for the United States at EXPO 67. Over one hundred major corporations are manufacturing and erecting his structure inventions. He is the author of No More Second Hand God, Ideas and Integrities, The Unfinished Epic of Industrialization, *and other books.*

November 24
San Francisco
DISCUSSIONS WITH BUCKMINSTER FULLER

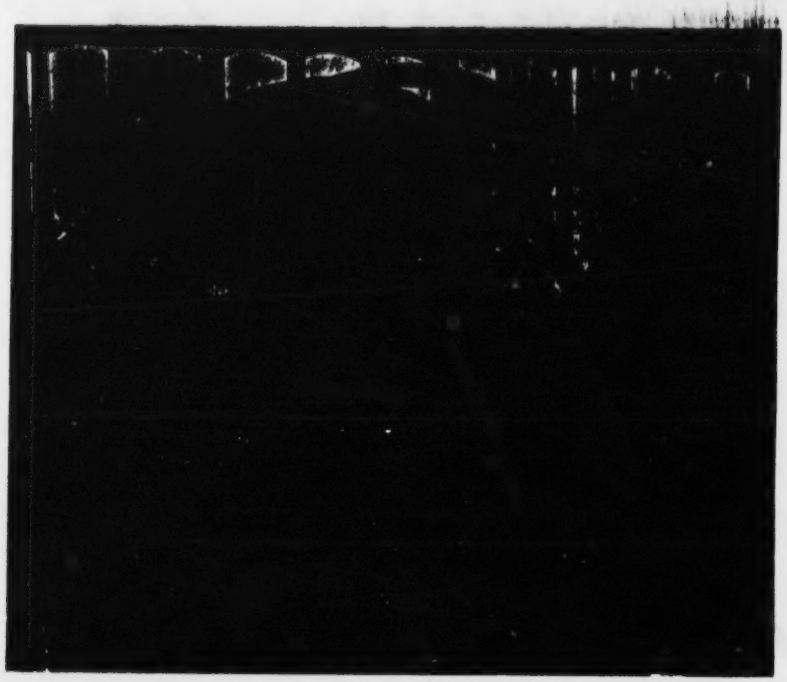
A panel consisting of Neill Smith, Zach Stewart, Jack Downing and Robert McKim will discuss with Mr. Fuller the themes he presented on Wednesday night and those discussed on Tuesday evening. (See above)

Location: Gresham Hall, Grace Cathedral
Time: 10 A.M. - 12 noon Tickets by advance sale: $3.00

November 24 - 26
Big Sur
A WEEKEND WITH R. BUCKMINSTER FULLER

Mr. Fuller will discuss the ideas behind his work. He will explore the wonders of modern technology and the growing opportunities for environmental design.

$70 per person, shared room



November 26-December 1
Big Sur
ADVANCED WORKSHOP
led by WILLIAM C. SCHUTZ & HANNAH WEINER *(See page 16)*

November 28, 29, 30
San Francisco
EXPLORING WOMAN POWER—A Workshop for Women
led by ARTHUR SHEDLIN

This workshop will investigate the creative potential of women in today's world. In small groups, participants will explore weakness and strength, sadness and joy, deprivation and fulfillment.

Location: Gresham Hall, Grace Cathedral
Time: Tuesday and Wednesday, 10 A.M. - 4:30 P.M. (with lunch break)
Thursday 10 A.M. - 12 Noon
Cost: $30

ARTHUR SHEDLIN has been personally and professionally interested in the being and becoming of people for the past thirty years. He has taught, counseled and consulted in universities (University of Chicago and University of California, Los Angeles), in industry and in government. He is now a faculty member of the Behavioral Science area of the Graduate School of Business Administration at UCLA and is one of the best encounter-group leaders in captivity.

November 30-December 3
Big Sur
Thursday dinner—Sunday lunch
THE JOY OF SELF-DISCOVERY
led by ARTHUR SHEDLIN

In this workshop there will be alternate periods of contemplation and group encounter. In describing the program's theme, Mr. Shedlin writes: "There is a vast store of strength and joy within us which fairly aches for release. It is too often jailed by the psychological ghosts of the past and by the iron bands of a too demanding society. We need more alone-time, and more time in true closeness with others."
$85 per person, shared room

ARTHUR SHEDLIN (see biographical material above)

December 3-8
Big Sur
CONJOINT FAMILY THERAPY, COMMUNICATION & SELF-CONCEPT
led by VIRGINIA SATIR *(See page 17)*

December 8-10
Big Sur
SENSORY AWAKENING FOR COUPLES
led by BERNARD GUNTHER

We often allow our most intimate relationships to become static and routine. Habit replaces contact and we rarely experience the other person or the vast possibilities which might be shared. Fixed concepts and excessive tension are major reasons for such closedoffness. In this sensory awakening weekend for couples (not necessarily married) we will explore relaxation, awareness, massage and sensory encounter as means for opening to one another.

BERNARD GUNTHER (see page 6, September 29 - October 1)

December 8-17
Big Sur
A TEN DAY WORKSHOP IN GESTALT THERAPY
led by DR. FREDERICK PERLS *(See page 17)*

December 15-17
Big Sur
A WEEKEND WITH MEMBERS OF THE INSTITUTE FOR CREATIVE & ARTISTIC DEVELOPMENT

The Institute for Creative and Artistic Development provides a sophisticated total growth program. In its theoretical statement, love and joy are key concepts for understanding and promoting personal growth. Its staff will demonstrate some of the approaches they have worked out over the past three years, including techniques for relating experiences of love and joy to theatrical productions. (Graham Leath Productions, the theatre division of the Institute, is a leading avant garde dance group.) The Institute is applying principles of creative behavior, as well as the experience of joy, in the public educational system from kindergarten to college. Also, the Institute has developed a therapeutic program for married couples and their adolescent children.

This weekend will provide a variety of experiences, including a workshop and a theater presentation. This will give participants a chance to understand, experience, and question the Institute's program. The staff of the Institute which is located in Berkeley includes:

EUGENE SAGAN—psychologist
JUANITA BRADSHAW—Creative Behavior teacher
JOHN GRAHAM—dancer and dance teacher
A. A. LEATH—dancer and dance teacher

December 22-24
Big Sur
A WEEKEND OF REST

Hikes, hot baths, massage, conversation, solitude—all without a seminar.
$32 per person, shared room

December 26-31
A GESTALT THERAPY WORKSHOP FOR PROFESSIONAL PSYCHOTHERAPISTS
led by DRS. FREDERICK PERLS & JAMES S. SIMKIN *(See page 17)*
$175 per person, shared room

December 26-31
Big Sur
CREATIVITY & AWARENESS
led by GEORGE I. BROWN & JUDITH BROWN

Making use of research, both theoretical and functional, the workshop will capitalize on recent innovations in the development of creativity. The workshop will divide into three phases: 1) a theoretical discussion involving psychological and philosophical dimensions of the creative process, 2) experiences in "transiential" techniques such as the creative sub-self, synectics, self-object modification, hedonic impulse training, and the "other universes through art" approach, and 3) the application of principles of Gestalt Therapy to personal and professional functioning.

By arrangement with University of California Extension, Santa Barbara, two units of professional credit will be offered.
$155 per person, shared room

GEORGE I. BROWN is Professor of Education at the University of California, Santa Barbara. He is currently interested in building models for the affective domain that can become part of the school curriculum. His major emphasis has been on the relationship of creativity, existence and awareness, and on the application of principles of existential psychology—especially Gestalt Therapy—to educational practice.

JUDITH BROWN has worked as co-trainer with her husband with student groups and adults. Her own training has been with Dr. Frederick Perls, founder of Gestalt Therapy. She is the mother of four children.

December 31-January 5
Big Sur
OPEN WORKSHOP
led by WILLIAM C. SCHUTZ *(See page 16)*

PROGRAMS WITH WILLIAM C. SCHUTZ

DR. WILLIAM C. SCHUTZ has recently joined the Esalen staff as Director of the Residential Program. Dr. Schutz is a teacher, researcher, theorist and practitioner in the fields of interpersonal behavior and research design. He has taught at Harvard, the University of Chicago, the University of California, Berkeley and the Albert Einstein College of Medicine. He was the research director of a state-wide study of school administration in California and the national research co-ordinator for one of the largest inter-university projects in education, the Cooperative Program for Educational Development (COPED) of the U. S. Office of Education.

*As a theorist, his work on the FIRO theory of interpersonal behavior (*The Interpersonal Underworld, *Science and Behavior Books, 1966) has been called, "The most promising attempt yet offered for an integrated theory of group dynamics and psychoanalysis." (Durkin,* The Group in Depth*). Tests derived from his FIRO theory have been translated into Spanish, French, Japanese, Hebrew and Finnish.*

His most important immediate contribution to the Esalen program will be through his innovation in group methods. Dr. Schutz is recognized as one of the leading encounter group (T-group) trainers in the country, has served on the staff of the National Training Laboratories Intern Training Program at Bethel, Maine. For the past two years he has taught group process and group psychotherapy to psychiatric residents. In his recent work he has begun to integrate group methods, body movement, fantasy, psychodrama and other techniques. His latest theoretical efforts (described in a book to be published by Grove Press in late 1967) attempt to establish a framework for such an integration.

During the coming year, Dr. Schutz will lead a five-day program every month. On alternate months he will conduct advanced workshops with specialists in fields such as psychodrama, sensory awareness, fantasy, behavior therapy, Gestalt therapy and meditation. As a prerequisite for attendance at the advanced workshops, one must have participated in one of Dr. Schutz's open workshops or a similar program.

October 29 - November 3

OPEN WORKSHOP

A workshop combining the encounter group with body movement, sensory awareness, fantasy experiments, psychodrama and the micro-lab. There will also be some poetry reading and writing and dramatic improvisation. Developing the ability to experience joy is the workshop's guiding theme.

November 26 - December 1

ADVANCED WORKSHOP

co-led with HANNAH WEINER

HANNAH WEINER is a well known expert in psychodrama and a former student of J. L. Moreno.

December 31 - January 5

OPEN WORKSHOP

Same as the October 29 - November 3 workshop described above.

All workshops:
$175 per person, shared room

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INSTITUTES WITH VIRGINIA SATIR

October 2 - 6

San Francisco

COMMUNICATION IN MARRIAGE: A seminar for married couples or couples intending marriage.

This program will explore the possibilities for making marriage richer. The sensory, emotional and intellectual aspects of communication, the role of self-image, the problem of being close yet free, the possibilities of creative change in one's approach to relationship will all be considered in the light of the participant's own experience. Throughout the program discussion will be combined with experiential sessions (encounter groups, sensory awakening, role playing, etc.), adding new approaches to personal growth to the lessons of family therapy.
Limit: 20 couples

Location: Gresham Hall, Grace Cathedral

Time: Monday - Thursday 4 - 10 P.M. with dinner breaks
Friday 10 A.M. - 12 Noon

Cost: $100 per couple

October 15 - 20

Big Sur

INSTITUTE ON CONJOINT FAMILY THERAPY

An intensive experiential seminar to explore family organization and development as they relate to education, prevention of family problems and treatment. Didactic material will cover concepts of family therapy, recent research findings and newer tools for family diagnosis and treatment. Participants in these sessions must have had some experience as family therapists. Limit: 25.
$175 per person, shared room

November 5 - 10

Big Sur

THE MANY DIMENSIONS OF COMMUNICATION

An experiential workshop for individuals, couples or groups interested in the many aspects of communication. The sensory, emotional and intellectual dimensions will all be included. There will be theoretical as well as experiential sessions.
$175 per person, shared room

December 3 - 8

Big Sur

CONJOINT FAMILY THERAPY, COMMUNICATION & SELF-CONCEPT

An experiential training workshop for professional therapists and laymen. The participants will explore their communications and interactions with others and the development of their own self-concepts. The relationship of communication and self-concept to family organization and development is the central theme of the workshop. Didactic material will cover concepts of family therapy and procedures for family diagnosis and treatment. Limit: 25.
$175 per person, shared room

VIRGINIA SATIR is a Director of the Esalen Institute. She was formerly Director of Training for the Family Project, Mental Research Institute. Palo Alto. She is also a consultant to family research projects and training programs throughout the United States. Mrs. Satir has introduced approaches derived from her own experience as a family therapist and from reseach at the Mental Reseach Institute to workshops and clinics in the United States, Canada and Europe. She has become increasingly interested in the positive aspects of family health and has helped to establish "well family" clinics in various parts of the United States. She is also developing a center at Esalen Institute, Big Sur, to explore and integrate the various modes of communication and family development.

INSTITUTES WITH FREDERICK S. PERLS

FREDERICK S. PERLS, M.D., the founder of Gestalt Therapy, is in permanent residance at the Esalen Institute, Big Sur. He will conduct seminars and workshops on the following dates:

FIVE-DAY WORKSHOPS

November 12 - 17

November 19 - 24

$155 per person, shared room

December 26 - 31 with Dr. James S. Simkin
For professional psychotherapists.

$175 per person, shared room

WEEKEND SEMINARS

November 17 - 19

$65 per person, shared room

TEN-DAY WORKSHOPS

October 6 - 15

December 8 - 17

$295 per person, shared room

In these workshops Dr. Perls will be assisted by ROBERT K. HALL, M.D. Dr. Hall is a psychiatrist, currently an Associate in Residence at Esalen Institute, Big Sur. He believes that many "abnormal" states of consciousness are but extensions of awareness into the unfamiliar aspects of common reality. He is interested in the use of Gestalt technique, "group-mind" experiences and writing as vehicles for serious exploration of unusual modes of experience and reality.

VIDEO-TAPE FEEDBACK will be used during these workshops from time to time.

RENTAL OF VIDEO-TAPES exploring various aspects of Dr. Perls' approach is now possible. For information write: Esalen Institute, Big Sur, California 93920.

SAN FRANCISCO PROGRAMS

Seminars and Workshops in San Francisco require advance registration by means of a $10.00 non-refundable deposit, mailed no later than one week before the event.

Lectures and Panels: Tickets are available in advance.

For either registration or tickets, consult program descriptions above and send appropriate amount to:

ESALEN INSTITUTE, P. O. Box 31389, San Francisco 94131

P.O. Box 31389, San Francisco 94131

Please do not write Grace Cathedral or other hosting organizations as they do not have reservation facilities.

After August 1, a telephone listing for Esalen-San Francisco programs may be obtained from Information.

BIG SUR PROGRAMS

COSTS

WEEKEND SEMINARS
$60 per person, shared room

FIVE-DAY WORKSHOPS
$155 per person, shared room

All accommodations are shared occupancy. We arrange sharing unless you specify with whom you wish to share. Private rooms are available, on a space-available basis, at $5 per night additional. Cost covers tuition, food and lodging, use of the pool and hot mineral baths and the scheduled periods of Tai Chi Chuan and sensory awakening. Tips for restaurant and cabin personnel are also covered. Massage, available by appointment, is extra.

Weekend seminars begin with dinner on Friday evening and end with lunch on Sunday. All seminars and workshops begin with dinner, followed by an informal session the first evening at 9:00 (unless otherwise stated) and end with lunch on the last day.

MEMBER RATES: $5 discount on weekend seminars and midweek workshops.

STUDENT RATES: For Student Body Card Holders: $15 discount on weekend seminars only, unless otherwise noted.

RESERVATIONS

Must be made **one week** before the first day of the seminar or workshop. A **non-refundable** deposit of $10 is required. Write Esalen Institute, Big Sur Hot Springs, Big Sur, California, 93920; phone 5671 **between 10 a.m. and 7 p.m. only.** Reservations Staff: Sharlotte Broudy, Judy Isaacs.

ACCOMMODATIONS

Accommodations are possible at Big Sur Hot Springs, South Coast Motel (AAA $3.00 per day per person extra, 2 miles north), Redwood Lodge (15 miles north), Glen Oaks Motel ($2.00 per day per person extra, 15 miles north), or at any of several campgrounds or other motels.

LIMOUSINE SERVICE

$10 per person from Monterey, with advance notice. No public transportation is available to the Hot Springs.

LOCATION

Big Sur Hot Springs is located on Coast Highway One, 45 miles south of Monterey, 11 miles south of Nepenthe. It is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on road maps as "Slates Hot Springs."

RECOMMENDED DRESS

Slacks, sweaters, jeans, flat shoes for women, bathing suits. Please bring your own flashlight.

SPECIAL INFORMATION

Contributions to the Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some of these seminars.

Radio station KXKX-FM in San Francisco (88.5 meg.) broadcasts portions of the Esalen Institute seminars and provides a program guide for those who are interested.

We are now establishing a service to provide copies of broadcast-quality tape recordings of our lectures here at Esalen. Anyone interested in recorded tapes of past, present or future seminars or lectures, please write:

ESALEN RECORDINGS, Big Sur Hot Springs, Big Sur, California 93920.

Anyone interested in the seminar program beyond January 1, may write Esalen Institute for a tentative schedule of future seminars.

GIA-FU FENG is in residence conducting classes in physical movement based upon Tai Chi Chuan and occasional classes for calligraphy.

BEST COPY AVAILABLE

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MEMBERSHIP

Information on Esalen Membership:

BROCHURES: See next page.

FRIEND OF ESALEN contribution, one year

(Receives brochures and bulletins) $10

CONTRIBUTING MEMBER receives the above, plus membership card entitling him to $5.00 reduction on each seminar or workshop attended in a 12-month period.

Contributing Member, one year . . $25

Contributing Member, five years . . $100

Lifetime Member $1000

The income from memberships is used to support Esalen programs.

Esalen Institute is a non-profit educational corporation. Contributions are tax-deductible.

MEMBERSHIP APPLICATION

Name _____ (Please print)

Organization _____

_____ City State Zip

Residence address _____

_____ City State Zip

Enclosed is my check for $ _____ to cover

☐ Contributing Member

☐ Friend of Esalen for _____ years.

Date _____ Signature _____

Please mail to: ESALEN INSTITUTE
Big Sur, California 93920

We will acknowledge your contribution.

RESERVATIONS

Please make reservations early; some seminars fill to capacity months in advance. For your convenience, use one of the forms below. You may reserve several seminars at once.

Please reserve for:

Name _____ (Please Print) Phone _____

Address _____

_____ City State Zip

Date of seminar or workshop _____

Leader _____

Accommodations desired: ☐ Single ☐ Shared

Number of persons in party _____

(If we no longer have space available at Esalen we will make reservations for you at nearby motels.)

Deposit enclosed $ _____.

(A non-refundable deposit of $10 per person is required on all reservations.)

Mail to: ESALEN INSTITUTE, Big Sur, California 93920

Please reserve for:

Name _____ (Please print) Phone _____

Address _____

_____ City State Zip

Date of seminar or workshop _____

Leader _____

Accommodations desired: ☐ Single ☐ Shared

Number of persons in party _____

(If we no longer have space available at Esalen we will make reservations for you at nearby motels.)

Deposit enclosed $ _____.

(A non-refundable deposit of $10 per person is required on all reservations.)

Mail to: ESALEN INSTITUTE, Big Sur, California 93920

SUBSCRIPTION TO BROCHURE

Initial requests for a copy of the current brochure are always welcomed. Requests for from one to ten copies are sent by return mail at our expense. However, we can no longer add names to our regular mailing list upon request, due to greatly increased publishing costs and the increasing size of our brochure.

Contributing Members and those who attend workshops or seminars will continue to be added to the mailing list automatically and without charge. Note: We appreciate receiving your change of address.

If you are not a Contributing Member or a Friend of Esalen, subscriptions to the brochure are $1 per year. Fill out the form directly below.

Date _____

Gentlemen:

I wish to be on the mailing list to receive Esalen brochures.

I am enclosing $1 to help cover the annual cost of receiving my brochures.

Name _____

Organization _____
Optional

Residence address _____

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City *State* *Zip*

☐ $1.00 enclosed.

Please mail to: ESALEN BROCHURES
Big Sur, California 93920

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GESTALT FILMS AND VIDEOTAPES

Films, sound tapes and videotapes are available from the videotapes used in Gestalt Therapy Workshops. These cover various aspects of Dr. Perls' approach with a variety of therapy material.

For further information on purchase or rental, write:
Frederick S. Perls, M.D.
Esalen Institute
Big Sur, California 93920

☐ **Videotapes** (require an Ampex 1" recorder). Uncut and undoctored views of the Gestalt Therapy sessions.

☐ **Films** in 16mm black and white with soundtrack. Exact transcriptions of the above tapes.

☐ **Teaching movies.** The above films titled and edited with commentary and discussion by Dr. Perls.

☐ **Sound tapes** (for replay on any tape recorder) taken from the videotape sound track.

☐ Put me on your list as especially interested in this material.

Name _____
(Please Print)

Organization _____

Address _____

_____
City *State* *Zip*

FREDERICK S. PERLS, M.D., The founder of Gestalt Therapy, is in residence at Esalen Institute. He conducts seminars, workshops, and a residential Gestalt Therapy training group. He is currently developing audio-visual training techniques in psychotherapy. Dr. Perls is the author of **Gestalt Therapy; Ego, Hunger and Aggression** and a number of short papers.

ESALEN READER'S SERVICE

We can provide the following titles in humanistic and sensory studies by mail; no charge for postage. (California residents add 4% sales tax.)

☐ Frederick Perls, **Gestalt Therapy,** $2.65. A theoretical and experiential approach to the gestalt method.

☐ Frederick Perls, **Ego, Hunger and Aggression,** $2.95. The beginning of Gestalt Therapy.

☐ Claudio Naranjo, **I and Thou: Here and Now,** $1.00. A workshop exposition of Gestalt Therapy, with notes for individual application of the method.

☐ Bernard Gunther, **Sensory Awakening and Relaxation,** $1.00. A paper on sensory techniques for eliminating tension and resensitizing and re-energizing the organism.

☐ Alain Robbe-Grillet, **The Voyeur,** $1.25; and Two Novels ("Jealousy" and "The Labyrinth"), $1.65. These three novels, by the leader of the "new novel," use language forms as sense mechanisms.

☐ Denis de Rougement, **Love Declared,** $1.65. A collection of essays examining the relationship between love and the life of the spirit.

☐ George Leonard, **Education in the Year 2000,** $1.00. A down-to-earth look at the future evolution and transformation of educational forms.

☐ Richard Marsh, **Beyond Games: Achieving the Third Human Nature,** $1.00. A paper on innovative forces in education, with examples from the Free Universities and Esalen Institute.

Please send me the titles checked.
I have enclosed the cost of the book requested.

_____
Name *(Please Print)*

_____
Address

_____
City State Zip

Mail to: ESALEN PUBLICATIONS, Big Sur, California 93920

ESALEN RECORDINGS

We are providing copies of tapes of past seminars and lectures as originally recorded, which are professional in quality. Tapes usually contain standard 2-hour sessions on 1200′ reels, recorded at 3¾ speed to play on any conventional tape recorder.

Recommended recordings of special interest	Number of tapes.
☐ **Joseph Campbell:** Mask, Myth & Dream (4 lectures)	4
☐ **Abraham Maslow:** Humanness, Humanistic Education, Self-Actualizing People	4
☐ **Rollo May:** Dimensions of Consciousness	4
☐ **B. F. Skinner:** Programming Non-Verbal Behavior	4
☐ **Albert Ellis:** Rational Emotive Psychotherapy	4
☐ **R. D. Laing:** Sanity, Madness, Blowout Center	4
☐ **Colin Wilson:** Beyond The Outsider	4
☐ **F. S. Perls:** Gestalt Therapy Lectures (2); Dream Sessions (2); Complete Weekend Seminar (4)	8
☐ **Bernard Gunther:** Sensory Awakening Experiences (3); Training in Massage (1)	4
☐ **Wm. C. Schutz:** Theory for Esalen and A Microlab Demonstration (introductory tape)	1
☐ **Murphy, Fadiman, Leonard:** Esalen—Dream to Reality and Prediction for Future Education (intro)	1

Other recordings are available.

RESTRICTION: Purchase of recording does not include right to duplicate for resale or to use for profit; all publication rights reserved.

PRICES: $15 for each 2-hour tape; any four or more $12 each; postpaid when check accompanies order. (Calif. residents add 4% sales tax.) Allow 2 to 3 weeks for delivery.

Name _____
(Please print)

Organization _____

Address _____

_____
city state zip

Amount enclosed $ _____ .

To order, indicate choice of tapes. Make check for total amount ($12 each if four or more) and mail to:
ESALEN RECORDINGS, Big Sur, California 93920

ESALEN CONSULTING SERVICE

With the opening of the San Francisco program, Esalen Institute is starting a new service. We will act as consultant to families, organizations and individuals who would like to experiment with the kinds of approaches we present in our seminars. We will encourage those who approach us to design their own program, while we provide ideas, contacts and the resources of our staff. We will try anything—from one-day marathons to year-long educational experiments—about which we feel competent, drawing upon psychologists, artists, architects, awareness teachers or whoever is needed for the program's success. The aim of this service will be to fit imaginative ideas (informed by the best research and experience available) to the needs and interests of the participants.

If you are interested write:

Esalen Institute, P.O. Box 31389, San Francisco 94131

Esalen welcomes suggestions as to future programs and leaders.

Direct your suggestions to:

Michael H. Murphy, President
Esalen Institute
Big Sur, California 93920

ESALEN INSTITUTE

Esalen Institute is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a residential program exploring new directions in education and the behavioral sciences. Directors of the 1967-68 residential program are William C. Schutz and Edward Maupin.

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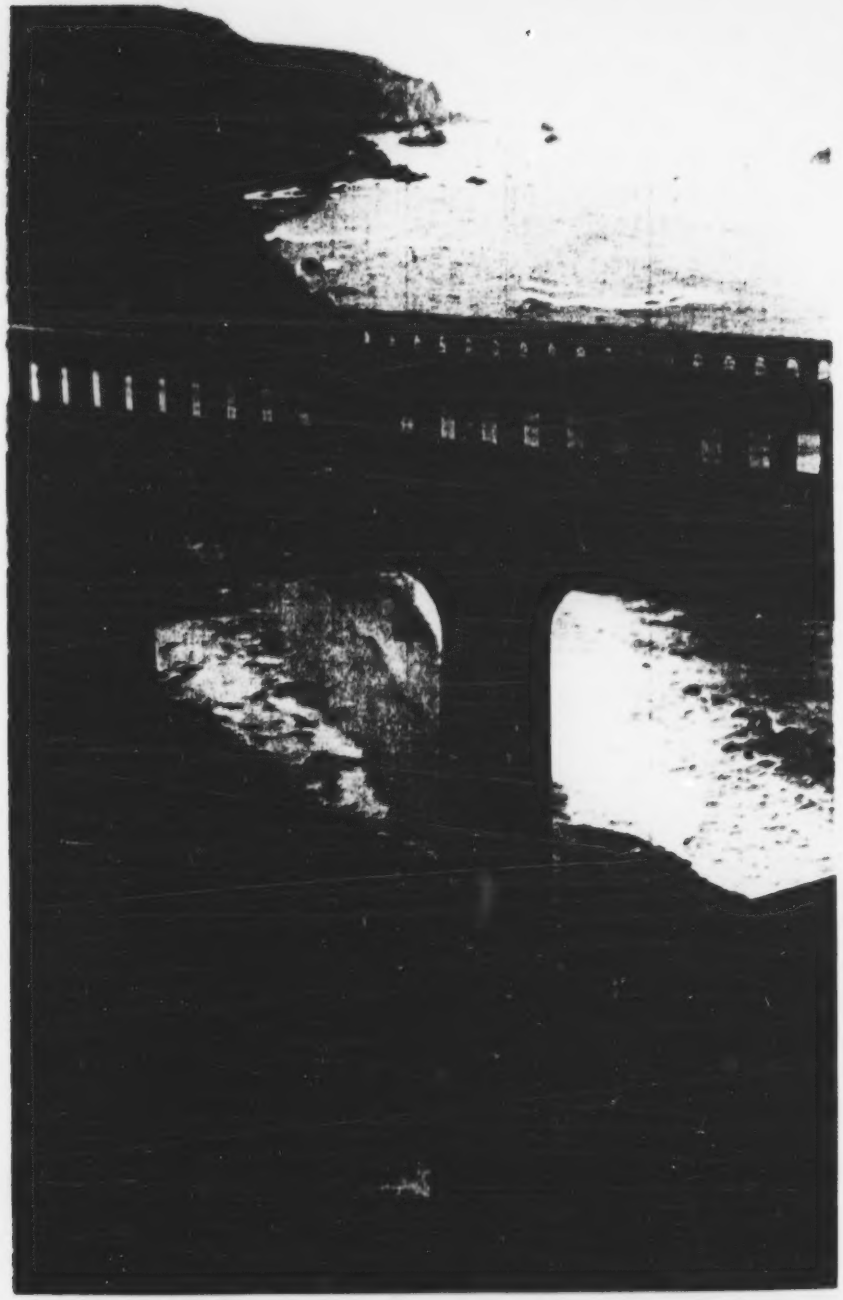

Esalen Institute
Big Sur, California 93920

Phone: Big Sur 5671

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W-S '68

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ESALEN PROGRAMS WINTER-SPRING 1968

Dec. 31-Jan. 5	Big Sur	5-Day	William C. Schutz	Open Workshop
Jan. 5-7	Big Sur	Weekend	Alan Watts—Joel Andrews	Seminar—Concert
Jan. 8-12	S.F.	5-Day	Ann and Lawrence Halprin	
Jan. 9-Feb. 20	S.F.	7 Tues. Eves.	Claudio Naranjo	Dante Series
Jan. 10	S.F.	Panel	Carl Rogers—Herman Kahn —Alan Watts	The Future: Three Alternative Views
Jan. 10-12	S.F.	Seminars	Willis Harman—Richard Farson -Donald Michael—David Goldberg	The Future: Three Educational Systems
Jan. 12-14	Big Sur	Weekend	Robert K. Hall—Claudio Naranjo	Gestalt: Non-Professional
Jan. 12-14	Big Sur	Weekend	Richard Katz	Education
Jan. 14-19	Big Sur	5-Day	James S. Simkin	Gestalt: Non-Professional
Jan. 14-19	Big Sur	5-Day	Report from Resident Fellows	1967-68 Esalen Program
Jan. 18	S.F.	Lecture	Susan Sontag	
Jan. 19-21	Big Sur	Weekend	Susan Sontag	
Jan. 19-21	Big Sur	Weekend	Robert K. Hall—Bernard Gunther	Sensory Awakening and Gestalt
Jan. 21-26	Big Sur	5-Day	Bernard Gunther	Meditation Workshop
Jan. 21-26	Big Sur	5-Day	F. S. Perls—Robert K. Hall	Gestalt: Professional
Jan. 22-25	S.F.	4-Day	Jack and Lorraine Gibb	Large Group Encounter
Jan. 26-28	Big Sur	Weekend	Frederick S. Perls	Gestalt: Non-Professional
Jan. 26-28	S.F.	Weekend	Robert K. Hall—Bernard Gunther	Sensory Awakening and Gestalt
Jan. 26-28	S.F.	Weekend	George B. Leonard—Price Cobbs	Racial Transcendence
Jan. 26-28	Big Sur	Weekend	Gerald and Sally Smith	Married Couples Relationships
Jan. 28-Feb. 2	Big Sur	5-Day	Joseph J. Downing	Gestalt: Non-Professional
Jan. 28-Feb. 2	Big Sur	5-Day	Wm. C. Schutz—Michael Kahn	Advanced Workshop
Jan. 31-Feb. 1	S.F.	2 Lectures	Colin Wilson	Evolution and Psychology
Feb. 2-4	Big Sur	Weekend	Colin Wilson	The Literary Scene
Feb. 2-4	Big Sur	Weekend	Betty Berzon—Fred H. Stoller	Intimate Encounter
Feb. 4-9	Big Sur	5-Day	Jo Anne Taylor	Movement Workshop
Feb. 5-6-7	S.F.	3 Evenings	Bernard Gunther	Sensory Awakening
Feb. 8	S.F.	Lecture	Sidney Jourard	A New Society
Feb. 9-11	Big Sur	Weekend	Sidney Jourard	Disclosure Seminar
Feb. 9-11	Big Sur	Weekend	George I. and Judith Brown	Gestalt: Couples Seminar
Feb. 9-11	Big Sur	Weekend	Charlotte Selver—Charles Brooks	
Feb. 11-14	Big Sur	3-Day	Edward Maupin	The Symbo Experiment
Feb. 11-16	Big Sur	5-Day	Dick L. Miller—Joan Zweben	Couples Workshop
Feb. 12-15	S.F.	4-Day	William C. Schutz	Open Workshop
Feb. 16-18	Big Sur	Weekend	Dick L. Miller—Joan Zweben	Couples Seminar
Feb. 16-25	Big Sur	10-Day	F. S. Perls—James A. Simkin	Gestalt: Professional
Feb. 19-21	S.F.	3-Day	George R. Bach	Aggression Workshop
Feb. 20-21	S.F.	2 Lectures	Ashley Montagu	
Feb. 23-25	Big Sur	Weekend	Ashley Montagu—John Bleibtreu	
Feb. 23-25	Big Sur	Weekend	James V. and Frances Clark	Professional Couples
Feb. 25-Mar. 1	Big Sur	5-Day	William C. Schutz	Open Workshop
Feb. 27-29	S.F.	3-Day	James V. and Frances Clark	Marirage Encounter
Mar. 1-3	Big Sur	Weekend	Hishasi Ohta	Sumie and Calligraphy
Mar. 1-3	Big Sur	Weekend	Ann Halprin	
Mar. 3-8	Big Sur	5-Day	F. S. Perls—Robert K. Hall	Gestalt: Professional
Mar. 3-8	Big Sur	5 Day	Guild of Hands	A Craft Workshop
Mar. 5-Apr. 30	S.F.	9 Tues. Eves.	Ralph Metzner	Ecological Series
Mar. 8-10	Big Sur	Weekend	Frederick S. Perls	Gestalt: Non-Professional
Mar. 8-10	Big Sur	Weekend	Bernard Aaronson	Consciousness Seminar
Mar. 10-15	Big Sur	5-Day	F. S. Perls—Robert K. Hall	Gestalt: Professional
Mar. 10-15	Big Sur	5-Day	Abraham Levitsky	Gestalt: Non-Professional
Mar. 12-14	S.F.	Symposium	Bernard Aaronson—Humphry Osmond —Joe Kamiya—Edward Maupin— Ralph Metzner—Charles T. Tart	Conscious Symposium: Perception and Altered States of Consciousness
Mar. 15-17	Big Sur	Weekend	Jos. J. Downing—Robert K. Hall	Gestalt: Non-Professional
Mar. 15-17	Big Sur	Weekend	Humphry Osmond	Consciousness Seminar
Mar. 16-17	Berkeley	Weekend	Gerald and Sally Smith	Married Couples Relationships
Mar. 17-22	Big Sur	5-Day	Report from Resident Fellows	1967-68 Esalen Program
Mar. 17-22	Big Sur	5-Day	Joseph J. Downing	Gestalt: Non-Professional
Mar. 20-21	S.F.	2 Lectures	George Steiner	False Myths
Mar. 22-24	Big Sur	Weekend	George Steiner	New Mythologies
Mar. 22-24	Big Sur	Weekend	Bernard Gunther	Sensory Weekend
Mar. 24-29	Big Sur	5-Day	Wm. C. Schutz—Michael Murphy	Advanced Workshop
Mar. 29-31	S.F.	Weekend	Robert K. Hall—Bernard Gunther	Sensory Awakening and Gestalt
Mar. 29-31	Big Sur	Weekend	James V. and Frances Clark	Marriage Encounter
Mar. 29-31	Big Sur	Weekend	Colin Wilson	Personal Philosophy
Apr. 1-3	S.F.	3-Day	James C. and Frances Clark	Professional Couples
Apr. 5-7	Berkeley	Weekend	Robert Gerard	Imagination Seminar
Apr. 5-7	Big Sur	Weekend	Haridas Chaudhuri—Gia-fu Feng	Tibetan Book of the Dead
Apr. 5-7	Big Sur	Weekend	Rollo May	
Apr. 7-8	S.F.	2 Lectures	Rollo May	
Apr. 7-12	Big Sur	5-Day	Charlotte Selver—Charles Brooks	Sensory Workshop
Apr. 7-12	Big Sur	5-Day	Wm. Nunn—L. Nechay—Gia-fu Feng	Interpersonal Workshop
Apr. 8-12	S.F.	5-Day	Jane Manning	Movement Workshop
Apr. 12-14	Big Sur	Weekend	James F. T. Bugental	
Apr. 14-19	Big Sur	5-Day	Joseph J. Downing	Gestalt: Non-Professional
Apr. 19-21	Big Sur	Weekend	Jos. J. Downing—Robert K. Hall	Gestalt: Non-Professional
Apr. 19-21	Big Sur	Weekend	Elliott Leighton—Soni Polakof	Sensitivity in the Professions
Apr. 19-21	S.F.	Weekend	George B. Leonard—Price Cobbs	Racial Transcendence
Apr. 21-26	Big Sur	5-Day	Robert K. Hall	Gestalt: Non-Professional
Apr. 21-26	Big Sur	5-Day	Bernard Gunther	Training Workshop
Apr. 26-28	Big Sur	Weekend	Lou Stoumen	The Visual Revolution
Apr. 26-28	Big Sur	Weekend	Eugene T. Gendlin	Experiential Focusing Seminar
Apr. 28	S.F.	Lecture	Eugene T. Gendlin	Experiential Focusing
Apr. 28-May 3	Big Sur	5-Day	William C. Schutz	Open Workshop
Apr. 29-May 2	S.F.	4-Day	Gestalt Therapy Staff	Gestalt: Non-Professional
May 3-5	Big Sur	Weekend	Dick L. Miller and Staff	Therapies Seminar
May 3-5	Big Sur	Weekend	Gerald and Sally Smith	Married Couples Relationships
May 5-10	Big Sur	5-Day	Guild of Hands	A Craft Workshop
May 8-9	S.F.	2-Day	Edmund Jacobson	Anxiety and Tension Workshop
May 10-12	Big Sur	Weekend	Edmund Jacobson	Progressive Relaxation
May 10-12	Big Sur	Weekend	Louise Anderson—Louis Paul	A Weekend of Greek Dance

ESALEN INSTITUTE
P.O. Box 31389
San Francisco 94131
Phone: (415) 431-8771

1968

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ESALEN INSTITUTE
Big Sur Hot Springs
Big Sur, Calif. 93920
Phone: Big Sur 5671

For reservation information see page 23

December 31-January 5 **Big Sur**

OPEN WORKSHOP
With WILLIAM C. SCHUTZ

See page 21

January 5-7 **Big Sur**

DO YOU DO IT? OR DOES IT DO YOU?
Seminar led by ALAN WATTS

An exploration of the volitional relationship between the knower and the known, and thus of the Hindu-Buddhist doctrine of karma, that "everything which comes to you is a return to you of what went out of you." In other words: Is what happens to you just what you wanted?

The program will include a Harp Concert given by JOEL ANDREWS, Saturday at 9 p.m.

$65 per person, shared room

ALAN WATTS, author of The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology; The Book: on the Taboo Against Knowing Who You Are; *and many other writings, has been—with D. T. Suzuki—the leading popularizer of Zen Buddhism in the United States. In recent years Dr. Watts has worked to unify science, philosophy and religion into a totally modern view.*

JOEL ANDREWS is a leading harp virtuoso, has performed with the San Francisco Symphony and other leading orchestras. He has invented many new effects for the harp, which have been used in movies, compositions of his own, and for producing special psychic effects.

Tuesday Evenings at 8 p.m.
January 9, 16, 23, 30, February 6, 13, 20 **San Francisco**

DANTE'S WAY TO THE STARS
7 lectures by CLAUDIO NARANJO

"Midway in our life's journey I went astray from the straight road and woke to find myself alone in a dark wood." These are the first lines of the work wherein Dante shows—not the "direct way," for this he regards incompatible with the "present state of humanity"—but another way, long and contemplative, which may lead man to his full spiritual goal after knowledge of hell and the effortful climbing to Purgatory.

The seminar will attempt to show the relevance of Dante's ideas to contemporary man and the relevance of his developmental conception to that of present trends in psychiatry.

The emphasis in the meetings will be on self observation, psychological exercises and a group discussion of Dante's symbols rather than upon traditional literary comment.

Location: Gresham Hall, Grace Cathedral

Time: 8:00 p.m.

Series ticket $15; single lecture $2.50 (Students: $10; $2)

CLAUDIO NARANJO is a practicing psychiatrist and a former professor of Psychology of Art. He is principally known for his research in psychopharmacology at the University of Chile. He has been a Fulbright scholar at Harvard University and a Guggenheim Fellow at U.C. Berkeley.

January 8-12 **San Francisco**

KINETIC THEATRE
5-Day Workshop with ANN HALPRIN and LAWRENCE HALPRIN

Ann Halprin will present her approach to Kinetic Theatre. This approach stresses the way movement and environment affect each other. Exercises will be structured to (1) build the individual's natural movement abilities, (2) release spontaneous processes leading to art events and (3) translate the art experiences into personal statements. These exercises will interrelate with the immediate environment.

The course is limited to professional psychotherapists and advanced students in theatre, architecture and related arts.

Location: To be announced (write Esalen, PO Box 31389, San Francisco 94131)

Time: Monday thru Friday, 4 p.m.-10 p.m. with dinner break

Workshop reservation: $75

See March 1-3 for additional event with Ann Halprin.

ANN HALPRIN founded the Dancers' Workshop of San Francisco in 1950, and since then has been its artistic director. She has appeared and directed underground art movies and a TV program produced in Sweden for world-wide distribution; has taught and produced happenings in universities and colleges throughout the country; and is currently participating in the Dancers' Workshop Training Program in San Francisco. She has travelled with her company to major international festivals in Italy, Yugoslavia, Sweden, Finland and Poland. A featured article in the June 26, 1967 National Observer *says: "Ann Halprin has extended the frontier of dance beyond even the most recognized avant-garde artist, both by performance and by teaching." The approach that will be used in these workshops was reported extensively in* Progressive Architecture *of July 1967 and* Dance Magazine *of November 1966.*

LAWRENCE HALPRIN, environmental designer and author of Cities and Freeways, *will make a presentation pertinent to this approach during the San Francisco workshop.*

January 10 **San Francisco**

U.S.A. 2000: THREE ALTERNATIVE VIEWS

Lectures by CARL ROGERS, HERMAN KAHN, and ALAN WATTS

The United States in the year 2000 will surely be a far cry from what it is today. One way of speculating about our future is by constructing pictures or scenarios of future possibilities based upon highly selected national and international trends.

Each of the speakers will present his own scenario extrapolated from (1) the developing concern for more fulfilling human relationships, (2) the increasing availability of sophisticated technology, and (3) the growing desire for transcendental, psychedelic, or consciousness-expanding experience.

Location: Longshoremen's Memorial Hall, Mason and Beach

Time: Wednesday, 8:00 p.m.-10:30 p.m.

Lecture tickets by advance sale: $3.00 (Students $2.00)

January 10-12 **San Francisco**

U.S.A. 2000: THREE EDUCATIONAL SYSTEMS

Seminars led by WILLIS HARMAN, RICHARD FARSON, and DONALD MICHAEL

Education by its very nature is future oriented. Today's pre-schooler will be a middle-aged wage earner at the turn of the century; how might we educate him now for life in the year 2000?

Each discussion group will design a model educational system for one of three possible worlds: TRANSCENDENTAL, INTERPERSONAL, or TECHNOLOGICAL. They will then seek a synthesis of the three models. Each seminar will be limited to 25 participants, with preferences given to students and educators.

Location: Gresham Hall, Grace Cathedral, California at Taylor

Time: Wednesday, 8:00 to 10:30 p.m. public lectures and dialogue with ROGERS, KAHN, WATTS at LONGSHOREMEN'S MEMORIAL HALL, TAYLOR AND BEACH are included.

Thursday, 9:00 a.m. to 5:00 p.m.: Gresham Hall—Group discussions

Friday, 9 a.m. to 12:00 noon: Gresham Hall—Group reports and model synthesis

Seminar reservation: $45 per person

CARL ROGERS is presently a Resident Fellow at Western Behavioral Sciences Institute at La Jolla. Past President of the American Psychological Association, he is most famous as a principal founder of Client-Centered Therapy, author of On Becoming a Person, *and critic of Skinnerian Psychology.*

HERMAN KAHN is Director and principal founder of Hudson Institute, an organization for the study of public policy and future possibilities. Formerly engaged as a physicist at the RAND Corporation, Mr. Kahn is author of On Thermonuclear War *and* Thinking About the Unthinkable.

ALAN WATTS is a noted writer, lecturer, and philosopher. He is author of The Way of Zen; The Joyous Cosmology; Adventures in the Chemistry of Consciousness; The Book: on the Taboo Against Knowing Who You Are; *and many other books and articles on Oriental religion and philosophy.*

WILLIS HARMAN (transcendental *world) is a Professor of Engineering at Stanford University and Director of the Pilot Educational Policy Research Center at Stanford Research Institute. He has taught, for 11 years, a seminar on* The Human Potentiality *at Stanford, is on the Board of Editors of the* Journal of Humanistic Psychology, *has done research on educational implications of psychedelic experience, and has published on the human potentiality and on potential educational and creative uses of psychedelic drugs.*

RICHARD FARSON (interpersonal *world) is Director of both the Western Behavioral Sciences Institute and of the Pilot Educational Policy Research Center located there. He is a social psychologist and has lectured at Harvard University, University of Chicago, and San Diego State College. He has done research and written extensively on sensitivity training, small group processes, education, and the future; he also edited* Science and Human Affairs.

DONALD MICHAEL (technological *world) is Professor of Psychology and Program Director, Center for Research on the Utilization of Scientific Knowledge, Institute for Social Research, University of Michigan and a Fellow and co-founder of the Institute for Policy Studies, Washington, D.C. He is author of* The Next Generation: The Prospects Ahead for the Youth of Today and Tomorrow *and* Cybernation: The Silent Conquest.

DAVID GOLDBERG (program coordinator) is Advanced Planning Officer, Bureau of Research, U. S. Office of Education where he administers the Policy Research Center Program. He was formerly a Lecturer in Psychology, Yale University and Research Fellow, Yale University Medical School.

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For reservation information see page 23

January 12-14 — **Big Sur**

GESTALT THERAPY: Non-Professional Weekend Seminar
Led by ROBERT K. HALL and CLAUDIO NARANJO

See page 20

January 12-14 — **Big Sur**

CREATIVE AWARENESS AND EDUCATION: An Experimental Workshop
Seminar led by RICHARD KATZ

Part of the flatness in education comes from a failure to encourage the sensing of one's self and environment in any new way. Workshop members will participate in a series of experiential awareness exercises which have particular relevance to education. The exercises will utilize non-verbal media, such as body language. They will emphasize non-verbal experience and communication, and sensory enhancement.

As an outgrowth of these exercises, workshop members will consider whether and how education can stimulate awareness and draw out its catalytic powers for increasing creativity and personal growth.

$60 per person, shared room

RICHARD KATZ, formerly Lecturer in Education at Harvard, is now teaching at Brandeis University. Originally trained as a clinical psychologist, his research now focuses on personal and social growth, and deals with such areas as: enhanced knowing and perception, including the psychedelic experience, alternative models of education; non-verbal media, including body language, film and photography; and techniques for increasing awareness. He serves as a consultant with the Outward Bound Schools and the Peace Corps.

January 14-19 — **Big Sur**

THE NEW DOMAINS OF EDUCATION
5-Day Workshop with THE ESALEN RESIDENTIAL FELLOWS

Esalen Institute is now conducting its second 9-month Residential Program. Since September 1967 twenty Resident Fellows have been working with sensory awakening, basic encounter groups, meditation, Gestalt Therapy, and other approaches combined into a single, intensive learning experiment. During this experiment they hope to improve current methods for educating the senses, the feelings, personal relationships and altered states of consciousness, and to find ways to integrate these methods into education generally.

In this workshop the Resident Fellows and the program directors, Bill Schutz and Edward Maupin, will report on the program results to date and conduct experiential sessions to give workshop participants a direct look at their work.

$155 per person, shared room

EDWARD MAUPIN, a member of the first year Residential Program, is co-director with Dr. Schutz of the Program in its second year. Before coming to Esalen, Dr. Maupin was on the staff of the Neuropsychiatric Institute at UCLA. His Ph.D. dissertation in Psychology from the University of Michigan was probably the only one in American history on the subject of Meditation.

WILLIAM C. SCHUTZ is director of the Residential Program. See page 21 for further biographical data.

See March 17-22 for additional event with Esalen Fellows.

January 14-19 — **Big Sur**

GESTALT THERAPY: Non-Professional 5-Day Workshop
Led by JAMES A. SIMKIN

See page 20

January 18 — **San Francisco**

PSYCHOTECHNICS
A lecture by SUSAN SONTAG

A comparative look at the various mental sciences which attempt a relocation or emptying out of consciousness. Miss Sontag will examine a Zen text; the familiar Christian mystic text entitled "The Cloud of Unknowing"; and the writings of Stanislavsky, Freud, and Norman O. Brown.

Location: Gresham Hall, Grace Cathedral

Time: Thursday, 8:00 p.m.

Lecture tickets: $2.50 (Students $2.00)

January 19-21 — **Big Sur**

PSYCHOTECHNICS
A seminar with SUSAN SONTAG

During this seminar Miss Sontag will elaborate the themes first stated in her San Francisco lecture (see above). During this more expanded discussion she will explore similarities and differences between various contemplative disciplines and modern approaches toward the expansion of consciousness, such as those of Freud, Stanislavsky and Norman O. Brown.

$60 per person, shared room

SUSAN SONTAG has taught philosophy at Harvard, City College of New York, Sarah Lawrence College, and Columbia University. She has received fellowships from the Rockefeller Foundation, the Guggenheim Foundation, has published a number of short stories and two novels, The Benefactor *and* Death Kit. *She is a prolific essayist and many of her writings in this form have been collected in* Against Interpretation. *She is currently at work on her third novel.*

January 19-21 — **Big Sur**

GESTALT THERAPY and SENSORY AWAKENING (A Weekend Seminar)
Co-Led with ROBERT K. HALL and BERNIE GUNTHER

See page 22

January 21-26 — **Big Sur**

GESTALT THERAPY: 5-Day Workshop for Professional Psychotherapists
Led by FREDERICK S. PERLS and ROBERT K. HALL

See page 20

January 21-26 — **Big Sur**

SENSORY MEDITATION WORKSHOP (A 5-Day Workshop)
With BERNIE GUNTHER

See page 22

January 22-25 **San Francisco**

BEING INTIMATE IN A LARGE GROUP: A Radical Experiment in Encounter
4-day Workshop led by JACK and LORRAINE GIBB

Jack and Lorraine Gibb have pioneered in demonstrating that some of the same aims usually achieved in T-groups and the intensive small group experience (personal growth, authenticity, intimacy, openness, warmth) can be achieved in large groups, in relatively short periods of time, without the presence of professional leaders. These findings have great significance for people working in education, youth groups, women's groups, industry, extension classes, religious education.

In this workshop each participant will join a small encounter group for the four-day period. Each evening all participants (hopefully 100 to 200 in number) will interact as a single group, in a variety of ways, using some of the approaches pioneered by the Gibbs. These approaches include: microlabs, confrontation teams, sensory awareness, meditation, listening teams, the triangular group, multiple role playing, and other methods modified or devised by the Gibbs to create intimacy in the large group situation.

Location: Gresham Hall, Grace Cathedral

Time: 5:00 p.m. to 10:30 p.m. each day, Monday thru Thursday, with one hour out for dinner

Workshop registration: $25 (Students $20)

JACK GIBB is a consulting psychologist in private practice in La Jolla. As an organizational development specialist he has worked with General Motors, Dow Chemical Company, the National YMCA, the Methodist Church, American Telephone and Telegraph, and the U. S. Department of State. He is President of the American Association for Humanistic Psychology. He is co-editor of the basic text: T-Group Theory and Laboratory Method. *With his wife LORRAINE, Dr. Gibb has achieved in large groups those phenomena of openness, warmth, intimacy, authenticity and personal growth that characterize similar experiences in small groups.*

Two Weekend Seminars
sponsored by THE BISHOP OF THE EPISCOPAL DIOCESE OF CALIFORNIA
and by ESALEN INSTITUTE

January 26-28 **San Francisco**

RACIAL CONFRONTATION AS TRANSCENDENTAL EXPERIENCE
Weekend seminar led by GEORGE B. LEONARD and PRICE COBBS

Racial segregation exists among people with divided selves. A person who is alien to some part of himself is invariably separated from anyone who represents that alien part. The historic effort to integrate black man and white has involved us all in a vast working out of our divided human nature.

Racial confrontation can be an example for all kinds of human encounter. When it goes deep enough—beyond superficial niceties and role-playing—it can be a vehicle for transcendental experience. Price Cobbs, a Negro psychiatrist from San Francisco, and George Leonard, a white journalist and author born and raised in Georgia, will conduct a marathon group encounter between races. The group will try to get past the roles and attitudes that divide its participants, so that they may encounter at a level beyond race.

Location: Gresham Hall, Grace Cathedral

Time: 8:00 p.m., Friday evening
10:00 a.m., Saturday continuous through the night to Sunday morning

Seminar reservation: $50 per person

GEORGE B. LEONARD, Senior Editor and West Coast Editorial Manager of LOOK Magazine, is widely known for his articles on segregation and education. His forthcoming book Education and Ecstacy *will explore many aspects of human potentiality. From his upbringing in Georgia and his travels for LOOK Magazine, he has acquired an intimate knowledge of the agonies and opportunities of racial confrontation.*

PRICE COBBS is a psychiatrist in private practice in San Francisco. He is also an assistant clinical professor in psychiatry at the University of California School of Medicine, San Francisco, and is very active in the social applications of psychiatry. He is a consultant to the Glide Foundation in San Francisco.

This event will be repeated on the weekend of April 19-21.

January 26-28 **San Francisco**

GESTALT THERAPY and SENSORY AWAKENING (A Weekend Seminar)
Co-Led with ROBERT K. HALL and BERNIE GUNTHER *See page 22*

January 26-28 **Big Sur**

GESTALT THERAPY: Non-Professional Weekend Seminar
Led by FREDERICK S. PERLS *See page 20*

January 28-February 2 **Big Sur**

ADVANCED ENCOUNTER GROUPS AND BEHAVIOR THERAPY
Co-Led by WILLIAM C. SCHUTZ and MICHAEL KAHN *See page 21*

For reservation information see page 23

January 26-28 **Big Sur**

TOWARD A WIDER MEANING IN MARRIAGE

Seminar workshop with JERRY and SALLY SMITH

In many, or perhaps most, marital relationships there is a tension between being close and being free to fulfill oneself as a separate person. As long as the relationship continues to be vital, this paradox is rarely resolved; instead it is coped with creatively or destructively. When coped with creatively a couple can risk expressing a wide variety and intensity of feelings to each other. The greater the variety and intensity, the greater the possibility for life rather than blandness in the relationship.

Focus throughout this workshop will be on a greater awareness of the relationship in the moment rather than the "baggage" of the past. Innovative approaches will be used, including sensory experiences, couples' art expression, Gestalt applications, and role playing.

Limited to 12 couples.

$140 per couple; $40 per couple non-refundable deposit required

GERALD SMITH is a family therapist and marriage counselor in San Mateo, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. His family therapy training was at the Mental Research Institute, Palo Alto. Recently he developed a "Family Communications Check-Up" program through the Family Service of San Mateo County. He is also a consultant with San Mateo County Mental Health Services.

SALLY SMITH is a wife, mother and homemaker and a frequent partner with her husband in group experiences for couples and families.

See March 16-17, May 3-5 for additional events with the Smiths.

February 2-4 **Big Sur**

THE QUEST FOR LOVE

Seminar led by BETTY BERZON and FREDERICK H. STOLLER

A weekend workshop for single men and women who want to explore the personal meaning of their own quest for love. Participants will meet in small groups to examine the process by which we become acquainted with and move closer to other human beings. In the group sessions video-tape will be used to reflect back to individuals how they tend to invite and receive the interest of others.

$70 per person, shared room

BETTY BERZON has been a Research Associate at the Western Behavioral Sciences Institute since 1959. During that time she has conducted the Institute's research program on self-directed groups. Her particular interest is in innovative uses of small groups for personal growth learning. She is author of a number of papers and is co-editor of a book The Use of Small Groups in Rehabilitation: New Directions from Research.

FREDERICK H. STOLLER is a Senior Research Associate at the Youth Studies Center, University of Southern California, where he is engaged in training and research of group methods. He is responsible for introducing the use of video-tape into the group setting and his technique of focussed feedback is designed to enhance the functions of encounter groups. He is co-author of a book on the marathon approach to learning in small groups, tentatively titled The 300 Year Weekend.

January 31 and February 1 **San Francisco**

HUMAN EVOLUTION AND THE NEW PSYCHOLOGY

2 lectures by COLIN WILSON

New insights from the natural sciences and their effect on the latest developments in psychology will form the central elements of this lecture series which will also touch on LSD and other mind-changing drugs.

Location: Gresham Hall, Grace Cathedral

Time: 8:00 p.m. both evenings (Wed. and Thurs.)

Lecture tickets: $2.50 (Students $2.00)

February 2-4 **Big Sur**

THE LITERARY SCENE

Seminar with COLIN WILSON

During this weekend Mr. Wilson will moderate a free-wheeling discussion of the contemporary literary scene in England, America, and Continental Europe, with particular reference to modern developments in Europe and personal reminiscenses of authors. He will speak of his own work and aims, and may read aloud from work in progress—a book on Shaw and a "Black Room" novel.

$60 per person, shared room

March 29-31 **Big Sur**

MY OWN PHILOSOPHY AND PSYCHOLOGY

Seminar with COLIN WILSON

Another free-wheeling weekend of talk with Mr. Wilson, this time about the intertwining roots of modern psychology and philosophy. Mr. Wilson proposes to elaborate his fundamental disagreement with Freud and enunciate his own psychological and philosophical orientation, with special reference to Maslow, Frankl, Straus, Boss and others.

$60 per person, shared room

COLIN WILSON published his first book The Outsider *in 1956 at the age of 24. Since then he has published a dozen books elaborating the themes of man's dilemma as an evolutionary being struggling to emerge from a dead universe. He left school at the age of 16 to educate himself, and is now living quietly and working both in the U. S. and the Cornwall countryside.*

February 4-9 **Big Sur**

A WORKSHOP FOR THE EXPLORATION OF MOVEMENT
led by JO ANNE TAYLOR

In this workshop an effort will be made to release the movement impulse and increase the natural range and freedom of body functioning. Mrs. Taylor feels that such experience of physical enhancement strengthens one's sense of personal identity.

Since enrollment is limited, there will be a selection of applicants. Those wishing to register are requested to write Ensalen Institute for an application to be returned by JANUARY 15. Notification of selection will be sent out by January 20.

$155 per person, shared room ($20 non-refundable deposit required; deposit is returned if application not accepted for this workshop)

JO ANNE TAYLOR, teacher of movement and dance, was trained by Mary Whitehouse and is a member of her staff in Los Angeles. Mrs. Taylor has studied intensively with Magda Proskauer and at the Martha Graham School in New York.

February 5-6-7 **San Francisco**

APPLICATIONS OF SENSORY AWAKENING (Three Evenings)
With BERNIE GUNTHER

See page 22

February 8 **San Francisco**

SELF-DISCLOSURE IN THE NEW SOCIETY
A lecture by SIDNEY JOURARD

Dr. Jourard will discuss the possibilities of creating a radically open society in which self-disclosure leads people toward solidarity, adventure, and unexpected joy.

Location: Gresham Hall, Grace Cathedral

Time: 8:00 p.m., Thursday evening

Lecture tickets: $2.50 (Students $2.00)

February 9-11 **Big Sur**

DISCLOSING MAN TO HIMSELF
A weekend with SIDNEY JOURARD

In this seminar Dr. Jourard will discuss his most recent thinking about self-disclosure, transcendence and ecstasy. He will also conduct experiential sessions to explore the role of self-disclosure in promoting self-knowledge and knowledge of others.

$60 per person, shared room

SIDNEY JOURARD, Professor of Psychology, University of Florida, is well known for his extensive research on self-disclosure. He has been concerned with the depersonalizing effect of psychological research upon its subjects. With this concern and his interest in human spirit and growth, he has encouraged the development of a more humanistic psychology in the United States. He is the author of Personal Adjustment, The Transparent Self *and* Disclosing Man to Himself.

February 9-11 **Big Sur**

GESTALT THERAPY: Non-Professional Weekend Seminar (For Couples Only)
Led by GEORGE I. and JUDITH BROWN

February 9-11 **Big Sur**

TOWARD EXPANDED CONSCIOUSNESS
Seminar with CHARLOTTE SELVER and CHARLES V. W. BROOKS

Expansion of consciousness is possible without the traditional religious practices of fasting and deprivation on the one hand, or the use of chemicals on the other. Consciousness can be refined and deepened through sensitive exploration of the living organism—both in its inner functioning and in its interaction with the world.

Miss Selver's approach to sensory awareness encourages this kind of sensitive exploration, emphasizing the organism's natural capacity for harmony and delight.

$65 per person, shared room

CHARLOTTE SELVER and CHARLES V. W. BROOKS are on the staff of the New School for Social Research, New York, in the field of Sensory Awareness, Perception and Relating. They also hold regular classes in New York and in Northern and Southern California. The approach they use was originated by Elsa Gindler in Germany; this approach has been further developed by Miss Selver through 30 years of teaching and exploration.

See April 7-12 for additional event with Selver and Brooks.

For reservation information see page 23

February 11-14 **Big Sur**

THE SYMBO EXPERIMENT

3-day Workshop led by EDWARD MAUPIN

The English language emphasizes individuality and separateness. The Symbo Experiment, developed in the Esalen Residential Program, maximizes other kinds of experience by suspending the separateness assumption.

Participants will join in groups of six or eight to explore their group in the light of the new assumptions of relatedness, reciprocity, symbiosis, and organic growth. There are three rules: (1) See the group as an organism. (2) Be aware of what is going on. (3) Do not try to change anything. The Symbo Experiment accomplishes much the same results as a Marathon, without force or coercion, simply by allowing.

$90 per person, shared room

EDWARD MAUPIN is a director of the Esalen Institute Residential Program in its second year. Before coming to Esalen, Dr. Maupin was on the staff of the Neuropsychiatric Institute at UCLA. His Ph.D. dissertation in Psychology from the University of Michigan was probably the only one in American history on the subject of Meditation.

February 11-16 **Big Sur**

COUPLES WORKSHOP: "EXPERIENCING ONE ANOTHER"

Led by DICK MILLER and JOAN ZWEBEN

Rather than relating directly, we usually respond to our images, myths, or expectations of the other person. This is especially true of what could be our most significant relationships—love and intimacy.

In this 5-day workshop the participants will work towards dissolving depersonalization through direct contact with one another. Communication through gesture, touch and voice, will be a central focus. There will be encounter groups, using verbal and non-verbal techniques in an effort to achieve heightened appreciation of the sensory, emotional and intellectual dimensions of both self and the other.

The workshop will begin with a 20-hour marathon.

$320 per couple ($40 per couple non-refundable deposit required)

February 16-18 **Big Sur**

COUPLES WEEKEND: "EXPERIENCING ONE ANOTHER"

Led by DICK MILLER and JOAN ZWEBEN

This weekend seminar follows the same pattern as the longer 5-day workshop listed above. It too will begin with a 24-hour marathon.

In both cases "Couples" can refer to any significant two-person relationship: work, play, love; business, friendship, marriage.

$140 per couple ($40 per couple non-refundable deposit required)

DICK L. MILLER is on the faculty of the University of Michigan, Ann Arbor, where he is a Clinical Psychologist in the Counseling Division of the Bureau of Psychological Services and a Lecturer in the Department of Psychology. He is also coordinator of a large-scale program utilizing experimental innovations to facilitate college teaching.

JOAN ZWEBEN is currently completing work on her doctorate in clinical psychology. She has received intensive training in psychoanalytic psychotherapy, and has done marital therapy and co-led marathons. Her major interest is in family therapy, and she is currently doing research on parenthood as a growth experience.

February 12-15 **San Francisco**

MORE JOY: A 4-Day Workshop

With WILLIAM C. SCHUTZ

See page 21

February 16-25 **Big Sur**

GESTALT THERAPY: 9-Day Workshop for Professional Psychotherapists

Led by FREDERICK S. PERLS and ROBERT K. HALL

See page 20

February 19-21 **San Francisco**

AGGRESSION AND PEACE REVISITED

A 3-day Seminar led by GEORGE BACH

This seminar will explore more effective means of dealing with man's hostility to man on all levels:

1. Intrapsychic (self-destruction)
2. Interpersonal (marital fighting)
3. Intergroup (intergenerational—the generation gap; interracial—black against white)
4. International (Vietnam and Israeli wars)

For the past 23 years, beginning in 1944 with research on young children's terrible fantasies, Dr. Bach has been engaged in an intensive study of aggressive behavior and conflict. In this seminar he will share the results of his research and observations.

Dr. Bach writes, "The student of human aggression can learn to recognize the transformation of aggression from the intrapsychic and interpersonal levels to the intergroup level, or from personally responsible aggressive styles to anonymous, personally non-responsible aggressive styles. The aggressive practices of traditional institutions, including the military establishment and other political, nationalistic and economic structures, will be examined in this seminar. These institutions often reinforce destructive ways of psychologically and socially managing aggression."

It is Dr. Bach's position that aggression is here to stay and that to ignore its existence is dangerous. The exclusive emphasis on "Love" is unrealistic and self-deceptive. We must develop new channels, and move toward new solutions.

Seminar participants will meet in small groups to practice "hurtless aggression." These groups will be given fight issues to work out, using constructive fight techniques which Dr. Bach will explain in his lectures. The seminar will also explore the possibility of containing aggression through developing a greater acceptance of realistic eyeball-to-eyeball, rather than person-to-symbol, aggressive confrontation and by developing a new anti-ethic to the then-and-there forms of aggression.

Location: Gresham Hall, Grace Cathedral

Time: Monday, 4:30 p.m. to 10:00 p.m.
Tuesday, 4:30 p.m. to 10:00 p.m.
Wednesday, 4:30 p.m. to 10:00 p.m.

Seminar reservation: $30 per person

GEORGE R. BACH has worked with intensive therapeutic groups for more than 20 years. He is one of the originators of the "marathon" group experience, for which he has gained national recognition. He is now in private practice in Los Angeles and is a consultant for various organizations. He is the author of Intimate Enemy, *a study of intimate relationship.*

February 20, 21 — **San Francisco**

WOMB WITH A VIEW

Two lectures by ASHLEY MONTAGU

In the first lecture Dr. Montagu will talk about prenatal life and psychological cultural factors which influence the embryo and foetus in the womb.

In the second lecture Dr. Montagu will discuss subsequent development of the individual, the effect of both prenatal and early life factors, and the cultural influences on his further development.

Location: Gresham Hall, Grace Cathedral

Time: 8:00 p.m., Tuesday and Wednesday

Lecture tickets: $2.50 per lecture (Students $2.00)

ASHLEY MONTAGU is an anthropologist and social biologist. Formerly Professor of Anatomy, Graduate School, New York University; Professor of Anatomy, Hahnemann Medical College, Philadelphia; Chairman and Professor, Department of Anthropology, Rutgers University; and Consultant to UNESCO. He is the author of Man's Most Dangerous Myth: The Fallacy of Race; The Idea of Race; The Natural Superiority of Women; Man: His First Million Years; Prenatal Influences; The Direction of Human Development *and many other books.*

February 23-25 — **Big Sur**

SATISFACTION OF NEED

Seminar led by ASHLEY MONTAGU and JOHN BLEIBTREU

For any organism, sustaining life in total solitude is impossible. During this weekend, discussion will center around the patterns of communal living which have evolved to satisfy physiological and psychological needs.

$60 per person, shared room

JOHN N. BLEIBTREU is a free-lance writer on biological subjects. He has participated with Dr. Montagu in a search for relics of prehistoric man in Sussex, England, has worked with Dr. and Mrs. Leakey in Oldovai Gorge in Kenya, and his book comparing animal and human behavior The Parable of the Beast *will be published shortly by Macmillan.*

February 23-25 — **Big Sur**

ON BEING MARRIED TO A PEOPLE HELPER

Weekend seminar with JAMES V. and FRANCES CLARK

This seminar will share the problems and challenges of marriage when one or both partners are in a helping profession. Couples only may attend, and one or both must be a minister, psychologist, psychiatrist, social worker or the like. This seminar will be mainly an encounter group focusing on husband-wife communication.

$150 per couple ($40 per couple non-refundable deposit)

February 27-29 — **San Francisco**

ON DEEPENING THE MARRIAGE ENCOUNTER

Mid-week seminar with JAMES V. and FRANCES CLARK

This seminar will consist largely of an encounter group, and will direct itself toward enriching communication between husband and wife. Couples only may attend, but there are no occupational restrictions—they need not be in a helping profession.

Location: Gresham Hall, Grace Cathedral

Time: Tuesday, 5 p.m. to 10 p.m.
Wednesday, 10 a.m. to 10 p.m.
Thursday, 10 a.m. to 10 p.m.

Seminar fee: $150 per couple ($40 per couple non-refundable deposit)

JAMES V. CLARK is Chairman of the Behavioral Sciences area at the UCLA Graduate School of Business Administration and is a Fellow of the National Training Laboratories. He is an author and practitioner in the field of sensitivity training.

FRANCES CLARK, after a career in music, elementary teaching and educational adminstration, is now a sensitivity training consultant.

See March 29-31, April 1-3 for additional events with the Clarks.

February 25-March 1 — **Big Sur**

OPEN WORKSHOP

With WILLIAM C. SCHUTZ

See page 21

March 1-3 — **Big Sur**

SUMIE AND CALLIGRAPHY

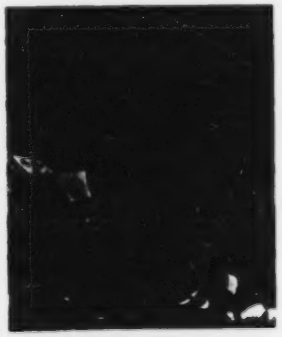
A weekend with HISASHI OHTA

This seminar and workshop with Dr. Ohta includes instruction and practice in both Sumie—Oriental brush painting—and Calligraphy—Japanese Kanji, Gyosho, Sosho.

Dr. Ohta writes: "Sumie and Calligraphy seek the creative essence of tranquility. They are not only art forms, but also a contemplative approach to life. Zen teaches that Buddhahood is present, but dormant, within every individual and that it can be reached not only by contemplation and self-examination but also by such disciplines as Sumie and Calligraphy."

An individual set of Sumie art supplies, personally selected by Dr. Ohta, is included in the seminar fee.

$72 per person, shared room



HISASHI OHTA, a native of Tokyo, began his study of Sumi art at the age of eight. After graduating from Tokyo University, he traveled extensively through the Orient, making a special study of ancient Chinese art. In the United States since 1958, he has lectured at many major museums throughout the country, and taught at the Chouinard Art Institute and at the Pasadena Museum of Art. He is currently teaching at the University Extension of UCLA and at the Master Sumie Art Center in Beverly Hills, of which he is also the founder.

For reservation information see page 23

March 1-3 **Big Sur**

KINETIC THEATRE
A weekend with ANN HALPRIN

Ann Halprin will present her approach to Kinetic Theatre. This approach stresses the way movement and environment affect each other. Exercises will be structured to (1) build the individual's natural movement abilities, (2) release spontaneous processes leading to art events and (3) translate the art experiences into personal statements. These exercises will interrelate with the immediate environment.

The course is limited to professional psychotherapists and advanced students in theatre, architecture and related arts.

Location: To be announced (write Esalen, PO Box 31389, San Francisco 94131)

Time: Monday thru Friday, 4 p.m.-10 p.m. with dinner break

Workshop reservation: $75

ANN HALPRIN founded the Dancers' Workshop of San Francisco in 1950, and since then has been its artistic director. She has appeared and directed underground art movies and a TV program produced in Sweden for world-wide distribution; has taught and produced happenings in universities and colleges throughout the country; and is currently participating in the Dancers' Workshop Training Program in San Francisco. She has travelled with her company to major international festivals in Italy, Yugoslavia, Sweden, Finland and Poland. A featured article in the June 26, 1967 National Observer *says: "Ann Halprin has extended the frontier of dance beyond even the most recognized avant garde artist, both by performance and by teaching." The approach that will be used in these workshops was reported extensively in* Progressive Architecture *of July 1967 and* Dance Magazine *of November 1966.*

$60 per person, shared room

March 3-8 **Big Sur**

GESTALT THERAPY: 5-Day Workshop for Professional Psychotherapists
Led by FREDERICK S. PERLS and ROBERT K. HALL

See page 20

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March 3-8 **Big Sur**

A CRAFT WORKSHOP
with THE GUILD OF HANDS

This 5-day workshop will consist of individual and group work in a variety of materials and techniques, with emphasis on ways of bringing natural, inherent form to the fullest possible expression. Informal evening discussions will explore the role of simple, creative work as an aid in developing self-reliance (advocated by Ghandi in the Hind Swaraj, or home-rule) as a counteraction to the pressures in modern society toward dependency and conformity. Limit: 20.

BAKING
CERAMICS: Stoneware, Porcelain, Hand-Building
GRAPHICS: Wood cuts, Serigraphy, Drawing
LEATHERWORK: Sandals, Handbags, Garments
METAL: Sculpture, Casting, Enameling
PHOTOGRAPHY
TEXTILES: Batik, Weaving, Spinning

Guild of Hands Staff: Marva Byron, John Horler, Karl Lee, Sandra McKim, Peter Melchior, James Sellers, Edward Taylor, Hugh Wilkerson.

$155 per person, shared room

See May 5-10 for another Craft Workshop

In addition to scheduled workshops, Guild Members will be available for individual and group instruction by appointment. Please correspond with the individual craftsmen at least two weeks in advance.
Address: GUILD OF HANDS, Esalen Institute, Big Sur, Calif. 93920

Tuesday Evenings at 8 p.m.:
March 5, 12, 19, 26; April 2, 9, 16, 23, 30 **San Francisco**

ECOLOGICAL AWARENESS
9 Lectures by RALPH METZNER

Drawing on the teachings and theories of Tibetan Buddhism, G. I. Gurdjieff, Teilhard de Chardin, Buckminster Fuller, the American Indians and modern ecologists, as well as the results of psychedelic researches, this course will explore concepts of reciprocal balance and conscious interrelatedness in four areas: (1) man's relationship to the universe; (2) his interaction with other life-forms on this planet; (3) his relationships with fellow-men; and (4) the field of his own consciousness.

Location: Gresham Hall, Grace Cathedral

Time: 8:00 p.m.

Series ticket $20; single lecture $2.50 (Students: $15; $2)

RALPH METZNER, Ph.D., is Editor of The Psychedelic Review. *He is co-author of* The Psychedelic Experience *with Timothy Leary and Richard Alpert, and is the editor of a forthcoming collection of descriptions of psychedelic experiences entitled* The Ecstatic Adventure, *to be published in the Spring of 1968 by Macmillan.*

March 8-10 **Big Sur**

GESTALT THERAPY: Non-Professional Weekend Seminar
Led by FREDERICK S. PERLS

See page 20

DIMENSIONS OF CONSCIOUSNESS

March 8-10 **Big Sur**

HYPNOSIS, PERCEPTION AND THE DIMENSIONS OF CONSCIOUSNESS

A Seminar with BERNARD AARONSON

Alteration of consciousness involves both perceptual and cognitive changes. In the older literature on mystical experience, attention was focused on what one must do to produce these experiences rather than on what must happen before other changes can take place. In the recent literature on psychedelic experience resulting from drug ingestion, attention has been focused on biochemical and neurophysical correlates of such experience. To understand adequately what occurs when consciousness changes, one must be able to trace causation at the level of consciousness itself. This is not only of value in its own right but affords ways of making biochemical accounts more specific and behavorial training more precise.

This course involves the presentation of the data from a series of experiments on the effects of posthypnotic suggestion of perceptual change on behavior.

$60 per person, shared room

BERNARD AARONSON, Ph.D., is currently Chief of the Experimental Psychology Section of the New Jersey Bureau of Research in Neurology and Psychiatry at Princeton, and is Director of the Psychology Department of the Trenton State Hospital. During the past few years Dr. Aaronson has become fascinated with space-time perception as a function of mental disease. He has designed both experimental procedures and equipment which demonstrate that the sense of time's passage and the dimensions of space vary from individual to individual and that, by altering these perceptions through hypnotic suggestion, one can radially alter large sections of the behavioral repertoire. He has published almost half a hundred scholarly papers for the journals on these and related subjects.

March 12-14 **San Francisco**

PERCEPTION AND ALTERED STATES OF CONSCIOUSNESS

A Symposium with BERNARD AARONSON, HUMPHREY OSMOND, JOE KAMIYA, EDWARD MAUPIN, RALPH METZNER and CHARLES T. TART

This symposium will review various new researches which shed light on the alteration of consciousness. Recent work with hypnosis, brain wave conditioning, meditation, psychedelic drugs and other procedures will be discussed and compared. A few demonstrations of these procedures will be presented, chiefly with hypnosis, meditation, and new group methods.

The symposium leaders will all speculate about future possibilities for the expansion of consciousness and will make some proposals of their own about what can be done now.

Location: Gresham Hall, Grace Cathedral

Time: 8 p.m. to 11 p.m., Tuesday, Wednesday, Thursday evenings

Symposium tickets: Series $9; single admission $3 (Students: $7.50; $2.50)

JOE KAMIYA, Ph.D., is a research psychologist at Langley Porter Institute, San Francisco. In an attempt to combine introspection with objective measurement, he created the original experiments enabling human beings to gain control of their brain wave patterns.

EDWARD MAUPIN, Ph.D., is a director of the Esalen Institute Residential Program in its second year. Before coming to Esalen, he was on the staff of the Neuropsychiatric Institute at UCLA. His Ph.D. dissertation in Psychology from the University of Michigan was probably the only one in American history on the subject of Meditation.

RALPH METZNER, Ph.D., is Editor of The Psychedelic Review. *He is co-author of* The Psychedelic Experience *with Timothy Leary and Richard Alpert, and is the editor of a forthcoming collection of descriptions of psychedelic experiences entitled* The Ecstatic Adventure, *to be published in the Spring of 1968 by Macmillan.*

CHARLES T. TART, Ph.D., is Assistant Professor of Psychology, University of California, Davis. He has conducted research and has published widely in the fields of sleep and dreaming, hypnosis, and ESP. He is currently conducting a research project funded by the National Institute of Mental Health to study the possibility of controlling and utilizing the dream state.

March 15-17 **Big Sur**

CONSCIOUSNESS AND SOCIETY: Past, Present and Future

A seminar with HUMPHRY OSMOND

A discussion with Dr. Osmond of the personal and social consequences of a growing knowledge of experiential worlds. Dr. Osmund will explore the effects of psychedelics on societies past and present and will speculate about the future in the light of the growing interest in altered states of consciousness.

$60 per person, shared room

HUMPHRY OSMOND is Director of the Bureau of Research in Neurology and Psychiatry of New Jersey. He is one of the pioneers of LSD research and invented the term "psychedelic" to describe the mind-manifesting (rather than the merely therapeutic or psychosis-mimicking) effects of drugs like LSD, psilocybin and mescaline. He was born and educated in England, conducted his early drug research in Canada, then moved to the United States in 1963. He is also noted for his research with schizophrenia and is the principal founder of the American Schizophrenia Foundation. One of his current projects is the redesign of mental hospitals and other environments to promote psychic health and well-being. In the manner of William James, he is interested and knowledgeable in most of the areas of human functioning.

For reservation information see page 23

March 10-15 — **Big Sur**

GESTALT THERAPY: Non-Professional 5-Day Workshop
Led by ABRAHAM LEVITSKY

See page 20

March 10-15 — **Big Sur**

GESTALT THERAPY: 5-Day Workshop for Professional Psychotherapists
Led by FREDERICK S. PERLS and ROBERT K. HALL

See page 20

March 15-17 — **Big Sur**

GESTALT THERAPY: Non-Professional Weekend Seminar
Led by JOSEPH J. DOWNING and ROBERT K. HALL

See page 20

March 16-17 — **Berkeley**

TOWARD A WIDER MEANING IN MARRIAGE
Seminar workshop with JERRY and SALLY SMITH

In many, or perhaps most, marital relationships there is a tension between being close and being free to fulfill oneself as a separate person. As long as the relationship continues to be vital, this paradox is rarely resolved; instead it is coped with creatively or destructively. When coped with creatively a couple can risk expressing a wide variety and intensity of feelings to each other. The greater the variety and intensity, the greater the possibility for life rather than blandness in the relationship.

Focus throughout this workshop will be on a greater awareness of the relationship in the moment rather than the "baggage" of the past. Innovative approaches will be used, including sensory experiences, couples' art expression, Gestalt applications, and role playing.

Limited to 12 couples.

Location: Berkeley Center for Human Interaction, 1820 Scenic Avenue, Berkeley

Time: Saturday, 10 a.m. to 10 p.m.
Sunday, 10 a.m. to 3 p.m.

Workshop reservation: $90 per couple—includes Saturday lunch, Sunday breakfast and lunch; $40 per couple non-refundable deposit required

(Those desiring sleeping accommodations Saturday night may write directly to the Berkeley Center for arrangements. The Center has a limited number of rooms available and will help those whom it cannot accommodate to find lodging elsewhere.)

GERALD SMITH is a family therapist and marriage counselor in San Mateo, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. His family therapy training was at the Mental Research Institute, Palo Alto. Recently he developed a "Family Communications Check-Up" program through the Family Service of San Mateo County. He is also a consultant with San Mateo County Mental Health Services.

SALLY SMITH is a wife, mother and homemaker and a frequent partner with her husband in group experiences for couples and families.

March 17-22 — **Big Sur**

GESTALT THERAPY: Non-Professional 5-Day Workshop
Led by JOSEPH J. DOWNING

See page 20

March 17-22 — **Big Sur**

THE NEW DOMAINS OF EDUCATION
5-Day Workshop with THE ESALEN RESIDENTIAL FELLOWS

Esalen Institute is now conducting its second 9-month Residential Program. Since September 1967 twenty Resident Fellows have been working with sensory awakening, basic encounter groups, meditation, Gestalt Therapy, and other approaches combined into a single, intensive learning experiment. During this experiment they hope to improve current methods for educating the senses, the feelings, personal relationships and altered states of consciousness, and to find ways to integrate these methods into education generally.

In this workshop the Resident Fellows and the program directors, Bill Schutz and Edward Maupin, will report on the program results to date and conduct experiential sessions to give workshop participants a direct look at their work.

$155 per person, shared room

Two lectures by GEORGE STEINER in San Francisco:

March 20 — **San Francisco**

THE MYTHS OF HOPE AND THE GOLDEN AGE

March 21 — **San Francisco**

THE MYTH OF HUMAN COMMUNICATION

Professor Steiner will discuss "the mythology of hope" and the "myth of the Golden Age before alienation" in the writings of Karl Marx; and the mythology of "perfect human communication" in Freud.

Location: Gresham Hall, Grace Cathedral

Time: Wednesday and Thursday evening at 8:00

Lecture tickets: $2.50 per lecture (Students $2)

And a weekend seminar in Big Sur:

March 22-24 — **Big Sur**

SEARCH FOR A COMPREHENSIVE MYTHOLOGY
Seminar led by GEORGE STEINER

During the weekend seminar Professor Steiner will take a long look at the present search for "a comprehensive mythology" and consider some of the proposed answers, including those of Levi-Strauss, McLuhan, and others.

$60 per person, shared room

GEORGE STEINER was born in Paris in 1929, educated in France, the United States, and in England. After a time as Rhodes scholar in Oxford and serving on the editorial staff of The London Economist, *he became a member of the Institute for Advanced Study in Princeton, where he wrote* Tolstoy or Dostoyevsky *and began work on* The Death of Tragedy. *These works were followed by* Anno Dominu, *a volume of three long stories, and* Language and Silence, *a collection of essays which includes his famous views that the modern consciousness is in "retreat from the world". Mr. Steiner has taught at Princeton, Stanford, Harvard and has been Schweitzer Visiting Professor at N.Y.U.*

March 22-24 — **Big Sur**

A NO-NON-SENSE WEEKEND
With BERNIE GUNTHER

See page 22

March 24-29 — **Big Sur**

ADVANCED ENCOUNTER GROUPS AND MEDITATION
Co-Led by WILLIAM C. SCHUTZ and MICHAEL MURPHY

See page 21

March 29-31 — **San Francisco**

GESTALT THERAPY and SENSORY AWAKENING (A Weekend Seminar)
Co-Led with ROBERT K. HALL and BERNIE GUNTHER

See page 22

March 29-31 — **Big Sur**

MY OWN PHILOSOPHY AND PSYCHOLOGY
Seminar with COLIN WILSON

Another free-wheeling weekend of talk with Mr. Wilson, this time about the intertwining roots of modern psychology and philosophy. Mr. Wilson proposes to elaborate his fundamental disagreement with Freud and enunciate his own psychological and philosophical orientation, with special reference to Maslow, Frankl, Straus, Boss and others.

$60 per person, shared room

COLIN WILSON published his first book The Outsider *in 1956 at the age of 24. Since then he has published a dozen books elaborating the themes of man's dilemma as an evolutionary being struggling to emerge from a dead universe. He left school at the age of 16 to educate himself, and is now living quietly and working both in the U. S. and the Cornwall countryside.*

March 29-31 — **Big Sur**

ON DEEPENING THE MARRIAGE ENCOUNTER
Weekend seminar with JAMES V. and FRANCES CLARK

This seminar will consist largely of an encounter group, and will direct itself toward enriching communication between husband and wife. Couples only may attend, but there are no occupational restrictions—they need not be in a helping profession.

$150 per couple ($40 per couple non-refundable deposit)

JAMES V. CLARK is Chairman of the Behavioral Sciences area at the UCLA Graduate School of Business Administration and is a Fellow of the National Training Laboratories. He is an author and practitioner in the field of sensitivity training.

FRANCES CLARK, after a career in music, elementary teaching and educational adminstration, is now a sensitivity training consultant.

April 1-3 — **San Francisco**

ON BEING MARRIED TO A PEOPLE HELPER
Mid-week seminar with JAMES V. and FRANCES CLARK

This seminar will share the problems and challenges of marriage when one or both partners are in a helping profession. Couples only may attend, and one or both must be a minister, psychologist, psychiatrist, social worker or the like. This seminar will be mainly an encounter group focusing on husband-wife communication.

$150 per couple ($40 per couple non-refundable deposit)

Location: Gresham Hall, Grace Cathedral

Time: Monday, 5 p.m. to 10 p.m.
Tuesday, 10 a.m. to 10 p.m.
Wednesday, 10 a.m. to 10 p.m.

Seminar fee: $150 per couple ($40 per couple non-refundable deposit)

April 5-7 — **Big Sur**

TIBETAN BOOK OF THE DEAD
Seminar with HARIDAS CHAUDHURI and GIA-FU FENG

The Tibetan Book of the Dead is a guidebook for spiritual seekers—whether they are planning to explore the higher regions of consciousness by meditation and yoga, the mystic realms with drugs like mescalin and LSD, or the subtler planes of awareness achieved after physical death. It shows the path to immortality through the labyrinths of doubt, death, and the distortions of one's own mind. It sets forth the art of dying for life everlasting, and living for the conquest of death.

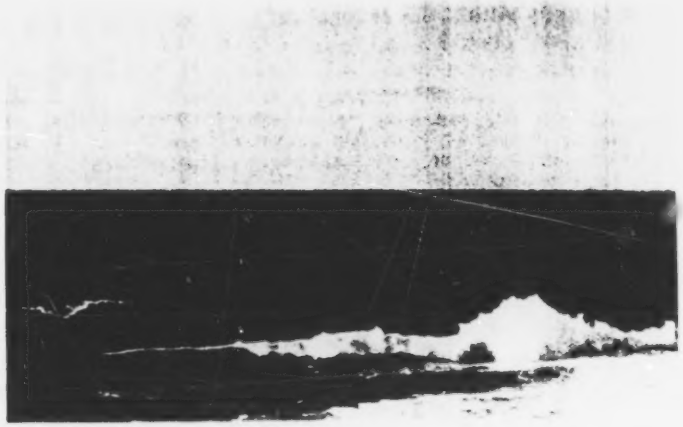
The seminar will include discussion, evaluation, and actual meditation along the lines indicated in Tibetan mysticism.

$60 per person, shared room

HARIDAS CHAUDHURI is professor of Indian philosophy and Chairman of the Department of South Asia at The American Academy of Asian Studies, San Francisco. He is also president of Cultural Integration Fellowship. He is author of Integral Yoga: the Concept of Harmonious and Creative Living; Modern Man's Religion; Philosophy of Meditation; *and* Sri Aurobindo: Prophet of Life Divine.

GIA-FU FENG, born in Shanghai and educated in Peking, travelled throughout Southwest China bordering Burma and India, where he received Taoist meditation training. Gia-fu is in residence at Stillpoint Foundation, Los Gatos, and at Esalen Institute in Big Sur where he conducts classes based upon Tai Chi Chuan and teaches calligraphy.

For reservation information see page 23



April 5-7 **Berkeley**

IMAGINATION

Weekend Seminar with ROBERT GERARD

Imagination is an essential component of creativity, empathy, aesthetic sensitivity and zestful living. Unfortunately, imagination is too often suppressed or misused. This workshop will demonstrate techniques for the creative use of imagination.

The participants will also explore integrative techniques developed by Dr. Gerard to enlist imaginative processes for resolving psychological conflicts and furthering psychological growth.

Finally, the participants will experiment with certain inner imagery techniques which are particularly effective in helping people expand their experiences beyond the usual, to heightened states of awareness similar to the consciousness-expanding aspects of LSD, but as a natural process without the use of any drugs.

Location: Berkeley Center for Human Interaction, 1820 Scenic Avenue, Berkeley

Time: Friday 9 p.m. to Sunday noon

Seminar reservation: $42 per person—includes Saturday lunch and Sunday breakfast

Those desiring sleeping accommodations Friday and Saturday nights may write directly to the Berkeley Center for arrangements. The Center has a limited number of rooms available and will help those whom it cannot accommodate to find lodging nearby.

ROBERT GERARD is presently engaged in the practice of psychotherapy in Los Angeles and is President of the International Foundation for Psychosynthesis (psychosynthesis *focuses on methods for unifying all aspects of our human nature: physical, emotional, mental and spiritual).*

Dr. Gerard is a life member of the New York Academy of Sciences and a pioneer in the development of new therapeutic techniques, including the use of inner imagery, symbolic visualization and creative meditation. He is especially interested in the integration of American, European and Eastern approaches to psychological growth. Dr. Gerard combines in his work a knowledge of Eastern meditative disciplines with modern scientific psychology.

A Weekend Seminar in Big Sur with ROLLO MAY:

April 5-7 **Big Sur**

CREATIVITY AND THE DAIMONIC

A seminar with ROLLO MAY

The daimonic means any element in the self—such as sex, anger, and the drive for power—which has the power to take over the entire personality. If the person can integrate his daimonic impulses, the result is creativity. If he cannot, the result is possession by "demons," the historical term for psychosis and neurosis.

This seminar will undertake the examination of the daimon as individual guide as in Socrates' "daimon," and as the source of creative impulses as in Plato, Keats and Klee. The daimonic is also important in the present-day problems of political power and violence.

We shall explore ways of confronting and integrating the daimonic in ourselves.

$65 per person, shared room

Two lectures by ROLLO MAY IN San Francisco:

April 7 **San Francisco**

ART AND PSYCHOTHERAPY

Lecture by ROLLO MAY

The artist and the neurotic have this in common: both are especially sensitive to the unconscious temper and conflicts of their society. The artist is able to express these conflicts constructively however, and the neurotic is blocked by them.

This lecture will explore how the artist (like Giotto at the beginning of the Renaissance, and Cezanne at the beginning of our own period) predicts the emergence of the new age.

April 8 **San Francisco**

CREATIVITY AND THE UNCONSCIOUS

Lecture by ROLLO MAY

It is known that the creative impulses have one source in the unconscious dimensions of the individual's experience. We shall inquire how these unconscious dimensions work, and what determines which impulses will emerge.

Location: Longshoremen's Memorial Hall, Mason and Beach

Time: Sunday and Monday evenings at 8:00

Lecture tickets by advance sale or at the door: $2.50 per lecture (Students $2)

ROLLO MAY is Training and Supervisory Analyst at the William Alanson White Institute of Psychiatry, Psychoanalysis and Psychology. He has served as visiting professor at Harvard and at Princeton. Among his books are The Meaning of Anxiety; Man's Search for Himself; Psychology and the Human Dilemma; *and* Love and Will—*the last to be published June 1968.*

April 7-12 **Big Sur**

A 5-DAY WORKSHOP

With CHARLOTTE SELVER and CHARLES V. W. BROOKS

This study group will emphasize practice for the awakening and unfolding of the senses.

Through sensing we learn to shed inhibition and over-doing (often manifested psychosomatically). We learn to follow innate tendencies toward order, balance and openness to the environment. Gradual development of inner quiet opens the way to richer perception (a component of creativity) and the feel and significance of each single happening and action in everyday life.

$155 per person, shared room ($20 non-refundable deposit required)

CHARLOTTE SELVER and CHARLES V. W. BROOKS are on the staff of the New School for Social Research, New York, in the field of Sensory Awareness, Perception and Relating. They also hold regular classes in New York and in Northern and Southern California. The approach they use was originated by Elsa Gindler in Germany; this approach has been further developed by Miss Selver through 30 years of teaching and exploration.

April 7-12 **Big Sur**

MAN AND WOMAN

Workshop with BILL NUNN, LARYSSA NECHAY and GIA-FU FENG

This 5-day workshop will explore ways of enriching the man-woman relationship. The approach will be based on the Conjoint Family Therapy work of Virginia Satir and others, but will draw too from work with sensory awareness and awakening. There will be both didactic and experiential sessions.

$155 per person, shared room ($20 per person non-refundable deposit)

WILLIAM NUNN, M.D., is director of the Family Therapy Institute, Los Gatos. He pursues a double career, as a pediatrician and a family therapist, was trained at Johns Hopkins School of Medicine and the Mental Research Institute of Palo Alto.

LARYSSA NECHAY, A.C.S.W., is a family therapist in private practice and director of training at the Family Therapy Institute at Los Gatos. She is also a Research Associate at the Mental Research Institute, Palo Alto, where she has been a co-worker with Virginia Satir for several years.

GIA-FU FENG, one-time management consultant for Wharton, is interested in cultural impact on family conflict. He has taught, among other things, comparative cultures East and West. He is now in residence at Stillpoint Foundation, Los Gatos, and at Esalen Institute in Big Sur where he conducts classes based upon Tai Chi Chuan and teaches calligraphy.

April 8-12 **San Francisco**

A CHILD'S WORLD OF MOVEMENT

A Teachers' Workshop led by JANE MANNING

This 5-day workshop for teachers will explore ways of understanding and developing the natural movement expression of children.

Experiencing basic movement will help the teacher become aware of her own capacity for creative expression in the language of the body. Work will include simple body technique, individual and group improvisation, all of which will provide a basis for discussion.

Location: Gresham Hall, Grace Cathedral

Time: 4:30 p.m. to 10:30 p.m. each day, Monday thru Friday, with supper break

Workshop reservation: $75 per person

JANE MANNING has worked in early childhood education for the past 12 years. She is on the teaching staff at the Center For Early Education and is associated with Mary Whitehouse at their studio in Los Angeles. She has conducted workshop demonstrations for California Association for Childhood Education, Southern California Association for Nursery Education, Child Study Center at Mount Sinai Hospital, and Headstart programs.

April 12-14 **Big Sur**

ON BEING HUMAN

Seminar led by JAMES BUGENTAL

This seminar will speculate about the further potentials of being human. Use will be made of the concept of ontology **("leading out into being") as developed in Part Three of Dr. Bugental's** The Search for Authenticity. **Concepts such as "emancipation from the self," actualizing one's potential, and transcendance will be explored to seek the implications and possibilities for training and personal growth. Seminar participants will be encouraged to conduct experiments which will translate such concepts into experience.**

$60 per person, shared room

JAMES BUGENTAL, partner and founder of Psychological Services Associates, Los Angeles, was one of the organizers and the president pro-tem of the American Association for Humanistic Psychology. With his associates at PSA and members of the faculty of UCLA's Graduate School of Business Administration he has organized workshops to encourage personality growth. He is the author of The Search for Authenticity *(1965) and editor of* Challenges of Humanistic Psychology *(1967).*

April 14-19 **Big Sur**

GESTALT THERAPY: Non-Professional 5-Day Workshop

Led by JOSEPH J. DOWNING *See page 20*

April 19-21 **Big Sur**

GESTALT THERAPY: Non-Professional Weekend Seminar

Led by JOSEPH J. DOWNING and ROBERT K. HALL *See page 20*

For reservation information see page 23

April 19-21 **Big Sur**

INTO ALIVENESS: A Weekend for Professional People
Seminar led by ELLIOTT LEIGHTON and SONI POLAKOF

This will be an experiential weekend designed especially for professionals—lawyers, doctors, teachers and others.

Many professionals live in a word-oriented society in which verbal skills are often self-defeating in that they displace more meaningful communications with others. This weekend group will experiment with ways of meeting the "self" and in "reaching out" non-verbally.

Couples are especially invited to participate.

$60 per person, shared room

ELLIOTT "BUD" LEIGHTON is Associate Director of Esalen at Big Sur. Formerly a practicing lawyer, he was one of last year's Residential Fellows and is now doing graduate studies in Humanistic Psychology at Sonoma State College. He has led many Esalen group programs and has been the coordinator of the Esalen Extension Program.

SONI POLAKOF is a member of the Esalen business staff. She has been an active member of Esalen Extension Program, and has led numerous sensitivity groups. She is also the mother of three children.

April 19-21 **San Francisco**

RACIAL CONFRONTATION AS TRANSCENDENTAL EXPERIENCE
Weekend seminar led by GEORGE B. LEONARD and PRICE COBBS

Racial segregation exists among people with divided selves. A person who is alien to some part of himself is invariably separated from anyone who represents that alien part. The historic effort to integrate black man and white has involved us all in a vast working out of our divided human nature.

Racial confrontation can be an example for all kinds of human encounter. When it goes deep enough—beyond superficial niceties and role-playing—it can be a vehicle for transcendental experience. Price Cobbs, a Negro psychiatrist from San Francisco, and George Leonard, a white journalist and author born and raised in Georgia, will conduct a marathon group encounter between races. The group will try to get past the roles and attitudes that divide its participants, so that they may encounter at a level beyond race.

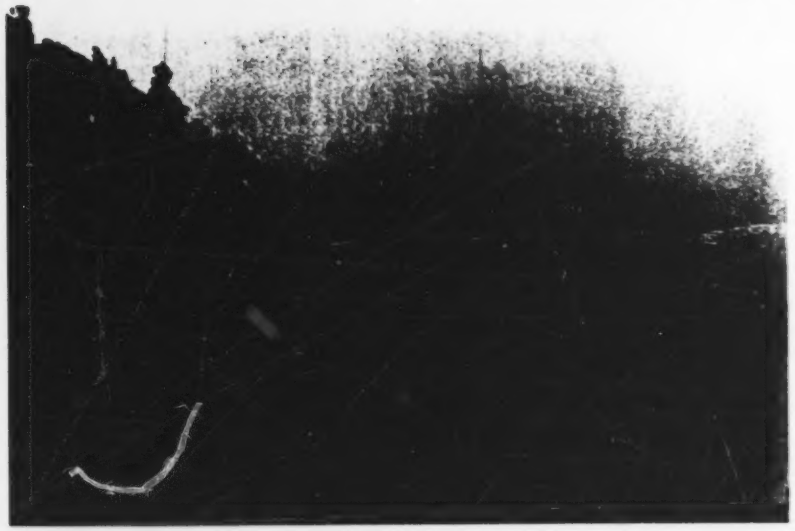
Location: Gresham Hall, Grace Cathedral

Time: 8:00 p.m., Friday evening
10:00 a.m., Saturday continuous through the night to Sunday morning

Seminar reservation: $50 per person

GEORGE B. LEONARD, Senior Editor and West Coast Editorial Manager of LOOK Magazine, is widely known for his articles on segregation and education. His forthcoming book Education and Ecstacy *will explore many aspects of human potentiality. From his upbringing in Georgia and his travels for LOOK Magazine, he has acquired an intimate knowledge of the agonies and opportunities of racial confrontation.*

PRICE COBBS is a psychiatrist in private practice in San Francisco. He is also an assistant clinical professor in psychiatry at the University of California School of Medicine, San Francisco, and is very active in the social applications of psychiatry. He is a consultant to the Glide Foundation in San Francisco.



April 21-26 **Big Sur**

GESTALT THERAPY: Non-Professional 5-Day Workshop
Led by ROBERT K. HALL

See page 20

April 21-26 **Big Sur**

TRAINING IN SENSORY AWAKENING (A 5-Day Workshop)
With BERNIE GUNTHER

See page 22

April 26-28 **Big Sur**

THE VISUAL REVOLUTION
Seminar led by LOU STOUMEN

This weekend will be an exploration of filmcraft as the new literacy, and the power of film as the power of dream. Discussion will also include: the art of seeing; film and reality; film as experience; Marshall McLuhan as prophet of the image; the image of sex; Rock music and the psychedelic film. There will be screening and discussion of several films including a silent classic, recent experimental shorts, and three of Professor Stoumen's own films.

$65 per person, shared room

A few scholarships at reduced rate are available (on written application to Esalen BEFORE MARCH 15) to film and art students and to young filmmakers.

LOU STOUMEN is a writer, director, producer and cinematographer who twice (1957 and 1963) won the Academy Award. His more than 100 films, long and short, include The Naked Eye; The True Story of the Civil War; Black Fox *(with Marlene Dietrich);* Winston Churchill—The Valiant Years *(TV series, with Richard Burton);* Meaning in Modern Art; *and* Image of Love. *His still photos have been exhibited at the Museum of Modern Art (including "The Family of Man"). He is currently associate professor of UCLA's Theater Arts Department, teaching film production and film history.*

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April 26-28 **Big Sur**

EXPERIENTIAL FOCUSING: Psychotherapy, Meditation, Interaction
Seminar with EUGENE T. GENDLIN

This seminar involves both theory and practice. Instructions using many highly specific steps have been devised to teach "experiential focusing," the direct attention to felt meanings. The steps include, among other things, working with the global feel of all of a personal problem; the "peaking up" of salient felt meanings; attending to a felt meaning in a way in which it shifts of its own accord; letting words arise freshly from such an "experiential shift"; giving an honest disposition to each troubling "item"; and, when all that arises at a given time is so dealt with in one of these ways, discovering beneath it all a level of intensely alive deep peace.

Practice steps include the use of experiential focusing in personal interaction. This involves not merely honest expression, but steps of focusing to discover and formulate sayably the uncomfortable edge we usually ignore, and expressing first what might make us seem vulnerable, rather than as is usually done, beginning our reaching out with what leaves us defended but makes the other person vulnerable.

$65 per person, shared room

EUGENE T. GENDLIN, born in Vienna, received his Ph.D. from the University of Chicago, where he is now Associate Professor in the Department of Psychology. He also teaches and directs a program in Philosophical Psychology in the undergraduate College of the University. Among his publications are Experiencing and the Creation of Meaning; A Theory of Personality Change; Values and the Process of Experiencing; *and* Expressive Meanings.

April 28 **San Francisco**

FOCUSING AND PERSONALITY CHANGE
Lecture by EUGENE T. GENDLIN

This lecture will summarize the material presented by Dr. Gendlin in his Big Sur seminar (see above).

Location: Gresham Hall, Grace Cathedral
Time: Sunday evening at 8:00
Lecture tickets: $2.50 (Students $2)

April 28-May 3 **Big Sur**

OPEN WORKSHOP
With WILLIAM C. SCHUTZ

See page 21

April 29-May 2 **San Francisco**

GESTALT THERAPY: Non-Professional 4-Day Workshop
Led by GESTALT THERAPY STAFF

See page 20

Big Sur

A CRAFT WORKSHOP
with THE GUILD OF HANDS

See page 11

May 3-5 **Big Sur**

THEORIES, THERAPIES AND THERAPISTS: Recent Innovations in Psychotherapy
Seminar led by DICK L. MILLER and Staff

The Rogerian and Existential movements represent a shift in emphasis from sickness to healthy growth processes and as such free us from the limits of traditional psychoanalysis.

Instead of assuming growth will automatically take place once the obstacles are removed, the newer methods shift to the process of developing healthier adaptation, attempting to guide the person through the trial and error of evolving new ways of being and behaving. The specific tasks, "games" and sensory awareness techniques utilized thus have applicability far beyond the therapy situation.

In this seminar we will discuss some of the current theories didactically, examine some of the therapies experientially, and attempt to evaluate the position of the psychotherapist as a change agent. We will focus on Gestalt Therapy (Fritz Perls), Conjoint Family Therapy (Virginia Satir), and Marathon Group Therapy (George Bach and Fred Stoller).

$60 per person, shared room

DICK L. MILLER is on the faculty of the University of Michigan, Ann Arbor, where he is a Clinical Psychologist in the Counseling Division of the Bureau of Psychological Services and a Lecturer in the Department of Psychology. He is also coordinator of a large-scale program utilizing experimental innovations to facilitate college teaching.

For reservation information see page 23

May 3-5 **Big Sur**

TOWARD A WIDER MEANING IN MARRIAGE
Seminar workshop with JERRY and SALLY SMITH

In many, or perhaps most, marital relationships there is a tension between being close and being free to fulfill oneself as a separate person. As long as the relationship continues to be vital, this paradox is rarely resolved; instead it is coped with creatively or destructively. When coped with creatively a couple can risk expressing a wide variety and intensity of feelings to each other. The greater the variety and intensity, the greater the possibility for life rather than blandness in the relationship.

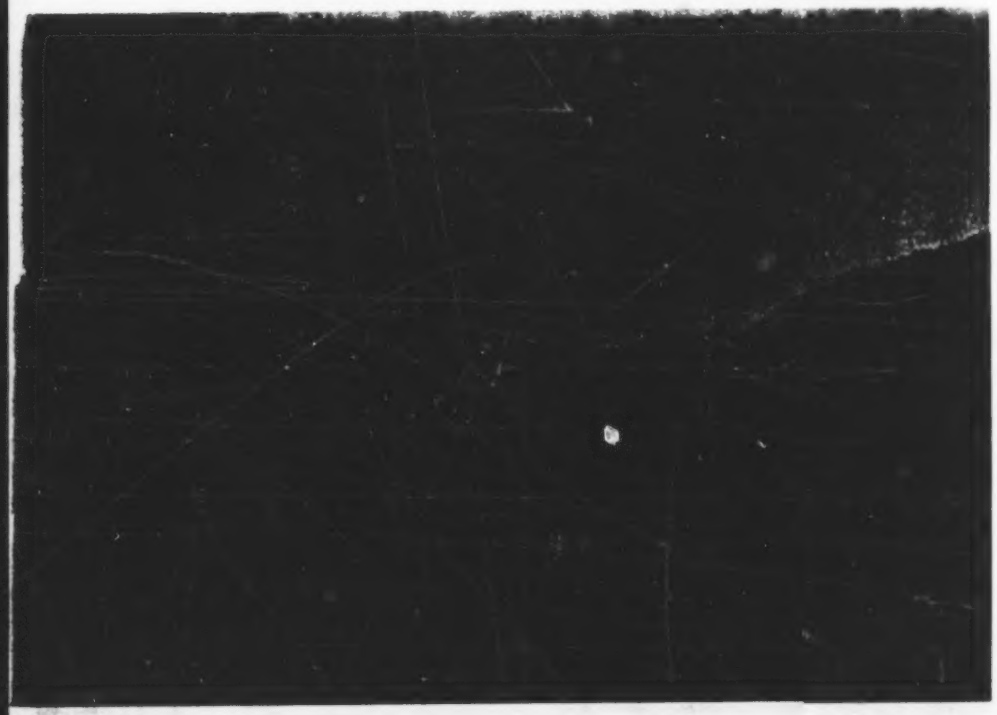
Focus throughout this workshop will be on a greater awareness of the relationship in the moment rather than the "baggage" of the past. Innovative approaches will be used, including sensory experiences, couples' art expression, Gestalt applications, and role playing.

Limited to 12 couples.

$140 per couple; $40 per couple non-refundable deposit required

GERALD SMITH is a family therapist and marriage counselor in San Mateo, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. His family therapy training was at the Mental Research Institute, Palo Alto. Recently he developed a "Family Communications Check-Up" program through the Family Service of San Mateo County. He is also a consultant with San Mateo County Mental Health Services.

SALLY SMITH is a wife, mother and homemaker and a frequent partner with her husband in group experiences for couples and families.



May 8-9 **San Francisco**

ANXIETY AND TENSION CONTROL
A Workshop with EDMUND JACOBSON

Dr. Jacobson, author of Progressive Relaxation and many other books on the control of bodily tension, will discuss his research into bodily function and self-control and the relevance of his ideas to medical training and medicine generally. He believes that much sickness can be alleviated or prevented by education in the control of bodily tension and has developed a wide variety of methods for relaxation of the muscles and autonomic system.

The workshop is open to the medical profession as well as lay persons.

Location: Gresham Hall, Grace Cathedral

Time: Wednesday and Thursday 5 p.m. to 10 p.m. with supper break

Workshop reservation: $25 per person

EDMUND JACOBSON, founder and director of the Laboratory for Clinical Psychology, Chicago, has among his books and publications Anxiety and Tension Control; Progressive Relaxation; Biology of Emotions; You Must Relax; Tension Control for Businessmen; *and* How to Relax and Have Your Baby.

May 10-12 **Big Sur**

PROGRESSIVE RELAXATION
A Seminar with EDMUND JACOBSON

Dr. Jacobson will explain and demonstrate his approach to progressive relaxation. The participants will have a chance to practice his methods. He will also report on his forty years of research in muscle relaxation and control.

$60 per person, shared room

May 10-12 **Big Sur**

A WEEKEND OF GREEK DANCE
Led by LOUISE ANDERSON and LOUIS PAUL

Sharing the rhythms and emotions of dance and popular folksong is as much a part of Greek culture now as it was 3000 years ago.

This will be a weekend of Greek dance from the ancient syrtos to the contemporary "Zorba" dance. The steps are easy, requiring no special training. Style and feeling are of prime importance, and within them lie the pride, dignity, joy, tragedy and the triumph of freedom.

The feelings involved in these dances will be explored by Dr. Paul and Louise Anderson and shared by the workshop participants.

$60 per person, shared room

LOUISE ANDERSON, a psychotherapist in West Los Angeles, became interested in Greek music and culture several years ago. She has studied Greek village and tavern dancing and their relationship to regional cultures. At the request of Dr. Sotirios Chianis, the Greek ethno-musicologist at UCLA, she began to instruct in Greek music and dance.

LOUIS PAUL, M.D., is a psychiatrist and psychoanalyst in Beverly Hills, and a teaching consultant in crisis intervention, family therapy, and experiential-analytic psychotherapy. He is the editor of Psychoanalytic Clinical Interpretation.

GESTALT THERAPY PROGRAMS

FREDERICK S. PERLS, the founder of Gestalt Therapy, Associate in Residence at Esalen Institute, Big Sur
JAMES A. SIMKIN, clinical psychologist, Beverly Hills, co-leader of professional training groups with Dr. Perls for five years
GEORGE I. BROWN, Professor of Education, University of California, Santa Barbara
JUDITH BROWN, co-leader of adult and student groups with her husband
JOSEPH J. DOWNING, psychiatrist, Director of Mental Health Programs, San Mateo County
ROBERT K. HALL, psychiatrist, Associate in Residence at Esalen Institute, Big Sur
ABRAHAM LEVITSKY, clinical psychologist, St. Louis
CLAUDIO NARANJO, psychiatrist, Santiago, Chile, and Berkeley, California

All staff have studied intensively with Dr. Perls and Dr. Simkin.

BIG SUR

NON-PROFESSIONAL 5-DAY WORKSHOPS

January 14-19 James A. Simkin
Jan. 28-Feb. 2 Joseph J. Downing
March 10-15 Abraham Levitsky
March 17-22 Joseph J. Downing
April 14-19 Joseph J. Downing
April 21-26 Robert K. Hall
$155 per person, shared room

NON-PROFESSIONAL WEEKEND SEMINARS

January 12-14 Robert Hall-Claudio Naranjo
January 26-28 Frederick S. Perls
March 8-10 Frederick S. Perls
March 15-17 Joseph Downing-Robert Hall
April 19-21 Joseph Downing-Robert Hall
$65 per person, shared room

NON-PROFESSIONAL WEEKEND GROUP—For Couples Only

February 9-11 George and Judith Brown
$130 per couple

FOR PROFESSIONAL PSYCHOTHERAPISTS 10-Day Workshop

February 16-25 F. S. Perls-James Simkin
$345 per person, shared room

FOR PROFESSIONAL PSYCHOTHERAPISTS 5-Day Workshops

January 21-26 F. S. Perls-Robert Hall
March 3-8 F. S. Perls-Robert Hall
March 10-15 F. S. Perls-Robert Hall
$185 per person, shared room

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SAN FRANCISCO

NON-PROFESSIONAL 4-DAY WORKSHOP

April 29-May 2 Gestalt Therapy Staff
Location: Gresham Hall, Grace Cathedral
Time: Monday thru Thursday, 8:00 to 10:30 p.m.
Reservation: $30 per person

VIDEO-TAPE FEEDBACK is used from time to time in all workshops and seminars.

RENTAL OF VIDEO-TAPES exploring various aspects of Dr. Perls' approach, now available. For information write:
Gestalt Video-Tapes, Esalen Institute
Big Sur, California 93920

NOTE:

When making reservations for non-professional seminars and workshops, please specify your second choice of dates, in case your first choice should be filled to capacity.

Persons applying for professional workshops will be required to submit qualifications, and are also advised to apply well ahead of time.

Weekend seminars conducted by Dr. Perls will be lecture-demonstration; however, weekends conducted by the staff will be experiential groups.

All workshops will be limited to 20 persons.

Announcing

SAN FRANCISCO GESTALT THERAPY INSTITUTE

Professional and non-professional training is now available in the San Francisco Bay Area under the following auspices. For information, please write or phone:

S.F. Gestalt Therapy Institute
1304 Masonic Avenue
San Francisco, Calif. 94117
Phone: 431-8585

A program schedule is available upon request from the above address covering the period November 1967 through the Spring of 1968.

For reservation information see page 23

PROGRAMS WITH WILLIAM C. SCHUTZ

December 31-January 5 — **Big Sur**

OPEN WORKSHOP

This workshop combines encounter group methods with body movement, sensory awareness, fantasy experiments, psychodrama and the micro-lab. There may also be some poetry reading and writing and dramatic improvisation. Developing the ability to experience joy is the workshop's guiding theme.

Participation in an Open Workshop is a prerequisite for attending any of the Advanced Workshops conducted by Dr. Schutz, co-led with specialists in such fields as behavior therapy, sensory awakening, fantasy, Gestalt therapy, meditation.

$175 per person, shared room

January 28-February 2 — **Big Sur**

ADVANCED ENCOUNTER GROUPS AND BEHAVIOR THERAPY

Co-led with MICHAEL KAHN

This advanced workshop explores the techniques of behavior therapy pioneered by Wolpe and Lazarus and their integration into encounter groups. For each group one daily meeting will be devoted to an intensive exploration of the behavior therapy methods led by Dr. Kahn. Another daily group meeting will be an encounter group in which these methods will be integrated with others used in these groups, such as fantasy, movement, and dramatic techniques.

$175 per person, shared room

February 12-15 — **San Francisco**

MORE JOY: A 4-Day Workshop

This open workshop follows the ancient belief that the natural state of the human organism is joy, a state too rarely attained. The experiences are designed to help identify, release, and develop the ability to feel more joy—joy in bodily feelings, in human relations, in self-understanding, and in creative activity. New methods for effecting such growth are being developed at various centers throughout the world. Recent experiments indicate that integrating these techniques with the verbal encounter group leads to a potent and meaningful experience.

Location: Gresham Hall, Grace Cathedral

Time: 4:30 to 10:30 each evening, Monday thru Thursday

Reservation: $80 per person

February 25-March 1 — **Big Sur**

OPEN WORKSHOP

(See December 31-January 5 description)

$175 per person, shared room

This workshop combines encounter group methods with body movement, sensory awareness, fantasy experiments, psychodrama and the micro-lab. There may also be some poetry reading and writing and dramatic improvisation. Developing the ability to experience joy is the workshop's guiding theme.

Participation in an Open Workshop is a prerequisite for attending any of the Advanced Workshops conducted by Dr. Schutz, co-led with specialists in such fields as behavior therapy, sensory awakening, fantasy, Gestalt therapy, meditation.

$175 per person, shared room

March 24-29 — **Big Sur**

ADVANCED ENCOUNTER GROUPS AND MEDITATION

Co-led with MICHAEL MURPHY

This advanced workshop includes an intensive experience with the techniques of meditation and the integration of these methods with the regular encounter group experience. Michael Murphy will conduct the experiences in meditation.

$175 per person, shared room

April 28-May 3 — **Big Sur**

OPEN WORKSHOP

(See December 31-January 5 description)

$175 per person, shared room

WILLIAM C. SCHUTZ has recently joined the Esalen staff as Director of the Residential Program. Dr. Schutz is a teacher, researcher, theorist and practitioner in the fields of interpersonal behavior and research design. He has taught at Harvard, the University of Chicago, the University of California, Berkeley and the Albert Einstein College of Medicine. He was the research director of a state-wide study of school administration in California and the national research co-ordinator for one of the largest inter-university projects in education, the Cooperative Program for Educational Development (COPED) of the U.S. Office of Education.

*As a theorist, his work on the FIRO theory of interpersonal behavior (*The Interpersonal Underworld, *Science and Behavior Books, 1966) has been called, "The most promising attempt yet offered for an integrated theory of group dynamics and psychoanalysis" (Durkin,* The Group in Depth). *Tests derived from his FIRO theory have been translated into Spanish, French, Japanese, Hebrew and Finnish.*

His most important immediate contribution to the Esalen program is through his innovation in group methods. Dr. Schutz is recognized as one of the leading encounter group (T-group) trainers in the country, has served on the staff of the National Training Laboratories Intern Training Program at Bethel, Maine. For the past two years he has taught group process and group psychotherapy to psychiatric residents. In his recent work he has begun to integrate group methods, body movement, fantasy, psychodrama and other techniques. His latest theoretical efforts (described in his latest book, JOY, *published by Grove Press, 1967) attempt to establish a framework for such an integration.*

MICHAEL KAHN received his Ph.D. from Harvard University, has taught at Yale and is currently on the faculty of the Department of Psychology at the University of Texas. He has experimented extensively with behavior therapy methods, and is an experienced encounter group leader, having been on the staff of the Personal Growth Laboratory at Bethel, Maine.

MICHAEL MURPHY is president and director of Esalen Institute. His undergraduate study was at Stanford University. Thereafter he spent 18 months in India at the Aurobindo Ashram at Pondicherry, where he learned and practiced the disciplines of meditation.

PROGRAMS IN SENSORY AWAKENING WITH BERNARD GUNTHER

As Aldous Huxley pointed out, "Organized education is predominantly verbal education." This kind of learning often facilitates thinking at the expense of direct experience, and produces automatic behavior while limiting creativity and uniqueness. Dewey and others have indicated the need to balance the conceptual with the non-verbal.

Sensory Awakening **is a process designed to heighten sensitivity and awareness. Through simple experiments, students learn to allow relaxation, body feeling, and heightened contact with their environment as well as with other persons.**

DATES	PLACE	TYPE	LEADERS	TITLE AND DESCRIPTION	COST
Jan. 19-21	Big Sur	Weekend	Hall-Gunther	Gestalt Therapy and Sensory Awakening	$60
				A weekend workshop combining the experiences of gestalt therapy and sensory encounter.	
Jan. 21-26	Big Sur	5-Day	Gunther	Sensory Meditation Workshop	$155
				Five days of active *meditation combining the excitement of movement and direct experience with the sensitivity of non-verbal awareness. The workshop will include relaxation and meditation in everyday activity; walking, bathing, eating, breathing, touching.*	
Jan. 26-28	S.F.	Weekend	Hall-Gunther	Gestalt Therapy and Sensory Awakening	$40
				(See Jan. 19-21 description) Location to be announced: *Friday 8:00 p.m. to Sunday noon.*	
Feb. 5-6-7	S.F.	Evenings	Gunther	Applications of Sensory Awakening	$9
				This evening workshop will introduce a variety of approaches to Sensory Awakening. Each evening will have a different focus: Monday evening—*reawakening and rediscovering your body self.* Tuesday evening—*couples re-sensitizing one another in awareness games.* Wednesday evening—*getting to be part of a group non-verbally.* Gresham Hall: *8:00 p.m.*	
Mar. 22-24	Big Sur	Weekend	Gunther	A No-Non-Sense Weekend	$60
				Much of our existence, excitement, joy, is devoured by excessive tension, verbalization, inhibition—non-sense. This seminar is devoted to sense, *play, and physical contact.*	
Mar. 29-31	S.F.	Weekend	Hall-Gunther	Gestalt Therapy and Sensory Awakening	$40
				(See Jan. 19-21 description) Location to be announced: *Friday 8:00 p.m. to Sunday noon.*	
Apr. 21-26	Big Sur	5-Day	Gunther	Training in Sensory Awakening	$155
				This workshop will combine theoretical background and personal experience, with a training program for those who wish to learn, teach, and apply Sensory Awakening *methods in educational and therapeutic situations.*	

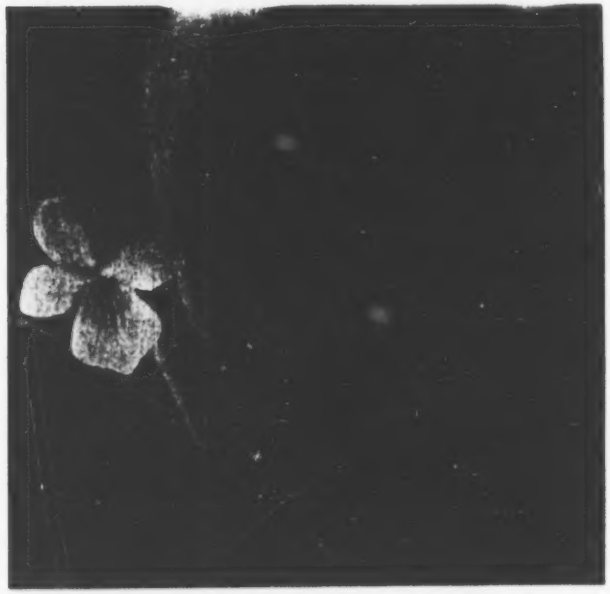
BERNIE GUNTHER is a teacher of body awareness in residence at Esalen Institute. Here he has developed his own approach to direct experience and non-verbal encounter known as Sensory Awakening. *A book on his work will be published in the Fall of 1968.*

ROBERT K. HALL, M.D., is a physician and psychiatrist in residence at Esalen in Big Sur. A gestalt therapist and poet, he is interested in exploring the hypothesis that many "abnormal" states of consciousness are but extensions of awareness into unfamiliar aspects of common reality.

WEEKLY ENCOUNTER GROUPS — **San Francisco**

Encounter Groups, Sensory and Body Awareness Classes, Classes in Physical Movement and Dance, Classes in the Alexander Method and other approaches are now being formed in the San Francisco Bay Area according to demand.

For information, write: ENCOUNTER GROUPS,
Esalen Institute, P.O. Box 31389, S.F. 94131.



MARATHON WEEKENDS — **Big Sur**

Weekend Marathon Groups will be held on the following dates if there is sufficient demand:

January 12-14 — March 22-24
February 16-18 — April 26-28

Leaders will be provided from the Esalen Staff.

A marathon weekend in Big Sur starts with dinner Friday evening and ends with lunch Sunday noon. The 24-hour continuous marathon session begins at 9:00 Friday evening and lasts through to the following evening, with the remainder of the weekend devoted to swimming, hiking, hot mineral baths, meditation, spontaneous group encounter, and discussion of the marathon experience.

Reservation: $80 per person, shared room; $20 per person non-refundable deposit. Please reserve well in advance and give second choice of weekend dates. Address: MARATHON WEEKENDS, Esalen Institute, Big Sur, California 93920.

SAN FRANCISCO PROGRAMS

Do not write Big Sur regarding San Francisco programs.

For registration, reservations or tickets, consult program description and send appropriate amount to:

ESALEN INSTITUTE, P.O. Box 31389, San Francisco 94131

For specific information, call (415) 431-8771. Please do not write or phone Grace Cathedral or other hosting organizations, as they do not have reservation facilities.

San Francisco LECTURES, PANELS and SYMPOSIA: Tickets may be purchased by mail from: Esalen Institute. P.O. Box 31389, S.F. 94131. Please enclose self-addressed stamped envelope for quicker return of tickets. Tickets are also on sale in advance for most events, at: **San Francisco**—Grace Cathedral Gift Shop, California and Taylor; City Lights Books, 261 Columbus. **Berkeley**—Record City, 2340 Telegraph Avenue. Any event may be cancelled if advance sale shows insufficient interest. When not sold out in advance, tickets may be purchased at the door.

San Francisco SEMINARS and WORKSHOPS: Longer events require advance registration by means of a $10 per person (unless another amount is specified) non-refundable deposit. Please make reservations **at least** one week before each event. Mail reservation form or letter to: ESALEN INSTITUTE, P.O. Box 31389, S.F. 94131. **Do not send San Francisco reservations to Big Sur.** Many seminars and workshops are filled well in advance. If you plan to attend, avoid disappointment by making an early reservation.

BIG SUR PROGRAMS

Do not write San Francisco regarding Big Sur programs.

For registration and reservations, consult program description and send appropriate amount to:

ESALEN INSTITUTE, Big Sur, California 93920

For specific information, call Big Sur 5671 between 10 a.m. and 7 p.m. only.

Big Sur SCHEDULES: Weekend seminars begin with dinner at 7:30 on Friday evening and end with lunch on Sunday. All seminars and workshops begin with dinner, usually followed by an informal session the first evening at 9 p.m., and end with lunch on the last day.

Big Sur COSTS: Weekend Seminars $60 per person, shared room (unless otherwise noted); 5-Day Workshops $155 per person, shared room (unless otherwise noted). Costs quoted are for shared occupancy; we arrange sharing unless you specify with whom you wish to share. Some private rooms are available on a limited basis for an additional $5 per night. Costs cover tuition, food and lodging, use of the freshwater pool and hot mineral baths, and the scheduled periods of Tai Chi Chuan and Sensory Awakening; tips for restaurant and cabin personnel are also covered. Massage, available by appointment, is extra.

MEMBER RATES: Contributing Members, $5 discount on all seminars and workshops.

STUDENT RATES: Student Body card holders, $15 discount weekend seminars only.

Big Sur RESERVATIONS must be made **at least** one week before the first day of the seminar or workshop. Accompanying the reservation a $10 **non-refundable** deposit (unless another amount is specified) is required. Please mail reservation form or letter to: RESERVATION DESK, Esalen Institute, Big Sur, California 93920. **Do not send Big Sur reservations to San Francisco.**

Big Sur ACCOMMODATIONS are possible at Esalen Institute; and at South Coast Motel (AAA $5.00 per day per person extra, 2 miles north); Redwood Lodge (15 miles north); Glen Oaks Motel ($2.00 per day per person extra, 15 miles north); or at other motels or campgrounds, at which one must make his own arrangements.

Big Sur LOCATION: Esalen Institute, at Big Sur Springs, is located on Coast Highway One, 45 miles south of Monterey, 11 miles south of Nepenthe. From the south it is 50 miles north of San Simeon, 10 miles north of Lucia. It is still identified on some road maps as "Slates Hot Springs."

LIMOUSINE SERVICE: There is no public transportation available to Big Sur Hot Springs. If required, our own limousine service is $10 per person from Monterey airport or Greyhound terminal, with advance notice.

RECOMMENDED DRESS: Slacks, sweaters, jeans, flat shoes for women, bathing suits for outdoor pool. Please bring your own flashlight. **Please bring no pets.**

SPECIAL INFORMATION:

Contributions to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops.

Listener-sponsored radio station KPFA in Berkeley broadcasts portions of Esalen seminars and lectures on a weekly basis and provides a program guide. Television station KQED in San Francisco, Channel 9, has a weekly program "Experiments With Esalen." San Francisco radio station KFRC has a late Sunday night show, 10 p.m. to midnight, "Perspectives," often including Esalen material.

We have now established a service to provide copies of tape recordings made during many Esalen seminars and lectures in San Francisco and Big Sur. Persons or organizations interested in specific recorded tapes of past, present or future programs, please write: ESALEN RECORDINGS, Big Sur, California 93920.

Video tapes of Dr. Perls' approach to Gestalt Therapy are now available on a rental basis. For information write: GESTALT VIDEO-TAPES, Esalen Institute, Big Sur, California 93920.

For those who cannot attend Esalen seminars, we now have an ESALEN READER'S SERVICE including the Esalen Monograph Series thus far, plus other publications from Gestalt Therapy, Humanistic Psychology, Meditation, Sensory Awareness, and Innovative Education. Write for titles: ESALEN PUBLICATIONS, Big Sur, California 93920.

SPECIAL NOTE: If you have not attended a seminar or workshop during the past year nor are a Contributing Member of Esalen, but wish to remain on the Esalen mailing list for future brochures, or have a friend whom you wish to have placed on that list, the yearly subscription to the Esalen brochure **if received prior to January 1, 1968** is $1 per year.

However, after January 1, 1968 we must advance the subscription price to $2 per year to come closer to covering the cost. First requests for Esalen brochures are still sent without charge, but we would like to know that those who continue to be on the mailing list are there because they themselves wish to be and are willing to share in the expense of the brochures.

We continue to welcome your suggestions regarding scope and approach and content of the Esalen program.

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ESALEN INSTITUTE

Esalen Institute is a center to explore those trends in the behavorial sciences, religion and philosophy which emphasize the potentialities of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a residential program exploring new directions in education and the behavorial sciences. Directors of the 1967-68 residential program are William C. Schutz and Edward Maupin.

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George B. Leonard, Vice-President
Elliott Leighton, L.L.B., J.D., Secretary and Associate Director
Virginia Satir, A.C.S.W., Treasurer
David J. Baar, Associate Director, San Francisco

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Robert K. Hall, M.D., Psychiatrist
Edward Maupin, Ph.D., Psychologist
Selig Morgenrath, Artist-Builder
Frederick S. Perls, M.D., Ph.D., Psychiatrist
Virginia Satir, A.C.S.W., Family Therapist
William C. Schutz, Ph.D., Psychologist

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Charles T. Tart, Ph.D., Research Psychologist, University of California, Davis
Alan Watts, Author and Philosopher, Sausalito
William Zielonka, Ph.D., Psychological Service Associates, Los Angeles

Photography
Severin Peterson
Paul Herbert
Design
Peter Bailey
East Wind Printers

ESALEN PROGRAMS Summer 1968

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ESALEN PROGRAMS Summer 1968

SAN FRANCISCO ---- Program Listings begin on page 3

May 6, 7	Two Evenings	Bernard Gunther	Sensory Awakening
May 8, 15, 22, 29	Four Discussions	Gerald Feigen	Memories of the Future
May 13-16	Four Evenings	William C. Schutz	Open Workshop
May 20, 21	Benefit	Zen Mountain Center	Zen Meditation and Zen Teachings
May 23	Lecture	David Bakan	Freud & the Jewish Mystical Tradition
May 24-25	Weekend Seminar	Shyamadas & Nava Kumar	Seminar in Indian Music
May 24-26	Weekend Workshop	Ann Halprin with Casey Sonnabend	A Dance Celebration
May 27, 28	Two Lectures	Joel Fort	Individualism & Creative Social Change
June 3-6	4-Evening Workshop	Betty Berzon & Fred Stoller	Workshop for Single Men and Women
June 6	Festival (San Jose)	Alan Watts & Bernard Gunther	Lecture & Sensory Celebration
June 10-13	4-Evening Workshop	Scott Beach ("The Committee")	Workshop with Scott Beach
June 17-20	4-Day Workshop	Rosslyn & Richard Suchman	Tuning In to Kids (Bridging Generations)
June 24-27	4-Evening Workshop	John Heider & Steven A. Stroud	Encounter Group Techniques
July 8-11	4-Evening Workshop	Stewart Shapiro	Resolution of Personal Conflict
July 15-18	4-Evening Workshop	Bernard Gunther	Sense Relaxation
July 19	Friday Evening	Gerard Haigh	Psychomat
July 20	Saturday	Gerard Haigh	One-Day Marathon
July 22-25	4-Day Workshop	Viola Spolin & Alan Myerson	Theater Games & Improvisation
July 24, 25	Two Lectures	Harvey G. Cox	Religion and Secularity
July 30	Symposium	Silverman/Laing/Watts	Science of Madness
July 31	Symposium	Silverman/Laing/Perry/Ginsberg	Poetry of Madness
August 1	Lecture	Floyd W. Matson	The Dialogical Revolution
August 7, 8	Two Lectures	Maurice Friedman	On Confirmation
August 19-22	4-Evening Workshop	Stewart Shapiro	Explorations in Positive Experience
August 21, 22	Two Lectures	Huston Smith	Journeys Into Civilizations

BIG SUR ---- Program Listings begin on page 12

May 3-5	Weekend Seminar	Stuart Miller & David Schwartz	Negativity and the Human Potential
May 5-8	3-Day Workshop	Bill McGaw & Dom Cirincione	Creating New Forms of Worship
May 5-10	5-Day Workshop	Joseph J. Downing	Gestalt Therapy: Open Workshop
May 12-17	5-Day Workshop	Charlotte Selver & Charles Brooks	Sensory Awareness
May 12-17	5-Day Workshop	Claudio Naranjo	Spiritual Exercises Old and New
May 17-19	Weekend Seminar	Paul Lee & Rolf von Eckartsberg	Reincarnation and Karma (Myth of Er)
May 17-19	Weekend Seminar	Stoller/Robinson/Myerhoff	Self-Confrontation with Video Feedback
May 19-24	5-Day Workshop	James S. Simkin	Gestalt Therapy: Open Workshop
May 19-24	5-Day Workshop	Edward Maupin	Body Awareness & Encounter
May 24-26	Weekend Seminar	David Bakan	Agency & Communion
May 24-26	Weekend Seminar	Rudy Cole/Glenn Wilson/Herb Baus	Dynamics of Political Campaigns
May 24-26	Weekend Workshop	Leon Fine	Basic Group Dynamics
May 26-31	5-Day Workshop	Leon Fine & Reiko Fine	Psychodrama
May 26-31	5-Day Workshop	Wm. C. Schutz & Judi Klein	Encounter Groups & Movement: Advanced
May 31-June 2	Weekend Seminar	Arnold A. Rogow	The Psychiatrist and His World
May 31-June 2	Weekend Seminar	Bernard Gunther & Gerard Haigh	Man Turned On to Nature
June 2-7	5-Day Workshop	Robert K. Hall	Gestalt Therapy: Open Workshop
June 2-7	5-Day Workshop	Esalen Resident Fellows	New Domains of Education
June 7-9	Weekend Seminar	Alan Watts	Divine Madness (Psychosis Program)
June 9-14	5-Day Workshop	Bernard Gunther	Sensory Awakening for Couples
June 9-14	5-Day Workshop	Lily Wiener	Hydropsychotherapy (Outdoor Pool)
June 14-16	Weekend Workshop	William C. Schutz	Open Workshop
June 14-16	Weekend Workshop	Jeff Berner	Avant-Garde: Dada to McLuhan & Beyond
June 15-Sept 15	In Residence	Ida P. Rolf	Structural Integration
June 16-21	5-Day Workshop	Frederick S. Perls	Gestalt Therapy: Professional Workshop
June 16-21	5-Day Workshop	Dick Miller & Lawrence Bloomberg	Experiencing One Another (Encounter)
June 16-21	5-Day Seminar	Bob Rimmer	New Patterns of Love and Friendship
June 16-28	2-Week Workshop	Edward Maupin	Awareness and Encounter
June 21-23	Weekend Seminar	Richard M. Jones	Fantasy and Feeling in Education
June 21-23	Weekend Seminar	George I. Brown & Research Staff	Educational Research (Affective Domain)
June 21-23	Weekend Seminar	Frederick S. Perls	Gestalt Therapy: Open Seminar
June 23-28	5-Day Workshop	James S. Simkin	Gestalt Therapy: Open Workshop
June 23-28	5-Day Workshop	William C. Schutz	Open Workshop for Couples
June 28-30	Weekend Seminar	Michael Scriven	Behaviorist and Humanist
June 28-30	Weekend Seminar	Robert Cromey	Creating Parish Life
June 28-30	Weekend Seminar	Suzuki Roshi/A. Lubin/Dick Baker	Psychoanalysis & Zen
June 30-July 5	5-Day Workshop	George I. and Judith Brown	Awareness & Creativity
June 30-July 5	5-Day Workshop	Art Grant	Exploring the Big Sur Country
June 30-July 26	4-Week Workshop	Frederick S. Perls	Gestalt Therapy: 4-Week Open Workshop
July 5-7	Weekend Seminar	Silverman/Laing/Van Dusen	Sense and Nonsense of Psychosis
July 7-12	5-Day Workshop	Silverman/Laing/Van Dusen	Journey of the Mind
July 12-14	Weekend Seminar	Willam F. Wanrooy	Participation in Avant-Garde Theatre
July 12-14	Weekend Seminar	Bill Thompson & Ira Einhorn	Apocalypse & Totalitarianism
July 12-14	Weekend	Esalen Staff & Resident Fellows	A Marathon Weekend
July 14-19	5-Day Workshop	Silverman/Laing/Dabrowski	Positive Disintegration
July 14-19	5-Day Workshop	George I. and Judith Brown	Marriage Workshop
July 19-21	Weekend Seminar	Evelyn and Larry Solomon	The Loving Encounter: Married Couples
July 19-21	Weekend Seminar	An International Forum	Perspectives on Psychosis
July 21-26	5-Day Workshop	Bernard Gunther	Sensory Awakening in Education
July 21-16	5-Day Workshop	Silverman/Laing/Grof/Perry/Adams	Psychoses and Psychedelics
July 26-28	Weekend Seminar	Harvey G. Cox	God in the Secular City
July 26-28	Weekend	Esalen Staff & Resident Fellows	An Encounter Group Weekend
July 28-Aug 2	5-Day Workshop	Edward Maupin	Body Awareness—Encounter Group
July 28-Aug 2	5-Day Workshop	Hobart Thomas & Michael Murphy	Developing Inner Resources
July 28-Aug 2	5-Day Workshop	Robert K. Hall	Gestalt Therapy: Open Workshop
July 28-Aug 2	5-Day Workshop	Guild of Hands	Workshops in Crafts
Aug 2-4	Weekend Seminar	Claudio Naranjo & Michael Harner	Shamanism, Ritual & The Psychotic
Aug 2-4	Weekend Seminar	Silverman/Laing/Perry	Psychosis as Personal Transformation
Aug 4-9	5-Day Workshop	James S. Simkin	Gestalt Therapy: Open Workshop
Aug 4-9 and Aug 11-16	Two 5-Day Workshops	George I. Brown & Research Staff	Affective Learning: Training in Teaching
Aug 4-30	4-Week Workshop	Wm. C. Schutz/Stroud & Fuller	Intensive Workshop Training
Aug 9-11	Weekend Seminar	Maurice Friedman & Ann Dreyfuss	Confirmation: Discussion & Encounter
Aug 9-11	Weekend Workshop	Ann Halprin with Casey Sonnabend	A Dance Celebration
Aug 11-16	5-Day Workshop	James Simkin & Irma Lee Shepherd	Gestalt Therapy: Professional
Aug 16-18	Weekend Seminar	Harman Kahn & Anthony J. Wiener	Scenarios for the Year 2000
Aug 16-18	Weekend Workshop	John Heider & Steven A. Stroud	Encounter Group Technique
Aug 18-23	5-Day Workshop	Edward Maupin & John Heider	Encounter Workshop
Aug 18-23	5-Day Workshop	James S. Simkin & Jos. J. Downing	Gestalt Therapy: Professional
Aug 21-23	2-Day Workshop	Sonia & Ed Nevis	For Married Couples: Encounter
Aug 23-25	Weekend Seminar	Bernard Gunther	Advanced Sensory Workshop
Aug 23-25	Weekend Seminar	Albert Ellis	Comprehensive Personality Change
Aug 25-30	5-Day Workshop	Robert K. Hall & Ida Rolf	Gestalt Therapy & Struc. Integ. (Open)
Aug 25-30	5-Day Workshop	Huston Smith	A Search for Relevant Philosophy

For Big Sur programs only: ESALEN INSTITUTE
Big Sur CA 93920
Phone: Big Sur 5671
(10 a.m. to 7 p.m. only)

For San Francisco programs only: ESALEN INSTITUTE
P.O. Box 31369
San Francisco CA 94131
Phone: (415) 431-8771

ESALEN ENCOUNTER GROUPS

in the San Francisco Bay Area

Regular encounter group meetings are now under way in the San Francisco Bay Area, and new groups are being formed as demand increases. Under the general supervision of William C. Schutz, Ph.D., group leaders are utilizing the eclectic approach which has arisen out of the seminar and resident programs at Esalen-Big Sur. Sensory awareness and physical movement techniques are used with other approaches when occasion demands, providing unique opportunities for meeting individual group needs.

Locations: San Francisco, East Bay and other areas.

Cost: $50 per person for ten weeks, subject to change

For information write: Molly Stabbert
Esalen Encounter Groups
P. O. Box 31389
San Francisco, California 94131

SAN FRANCISCO PROGRAMS

May 6, 7 – San Francisco
TWO EVENINGS with BERNARD GUNTHER

Monday Evening: Optimal Tonus, a new approach to relaxation; relaxation is not sagginess or collapse, but being like a cat.

Tuesday Evening: A Sensory Celebration, a joyous meditation through the senses.

Location: Gresham Hall, Grace Cathedral
Time: 8:00 p.m., Monday and Tuesday, May 6, 7
Registration: $3 each evening; $5 for both

See page 26 for biographical data and additional events with Bernard Gunther.

May 13-16 San Francisco
OPEN WORKSHOP
Led by WILLIAM C. SCHUTZ

This workshop combines encounter group methods with body movement, sensory awareness, fantasy experiments, psychodrama and the micro-lab. There may also be some poetry reading and writing and dramatic improvisation. Developing the ability to experience joy is the workshop's guiding theme.

Participation in an OPEN WORKSHOP is a prerequisite for attending any of the ADVANCED WORKSHOPS conducted by Dr. Schutz, co-led with specialists in such fields as behavior therapy, sensory awakening, fantasy, Gestalt Therapy, meditation.

Location: Gresham Hall, Grace Cathedral
Time: 4:30 to 10:30 each evening, Monday thru Thursday, May 13-16
Registration: $80 per person

See page 25 for biographical data and additional events with Wm. C. Schutz.

Wednesday Evenings – San Francisco
May 8, 15, 22, 29
MEMORIES OF THE FUTURE
Four Dialogues with GERALD FEIGEN

These lectures are a generalist's approach to a comprehensible future. The four weekly sessions will deal with the possibility for the individual to survive. They will cover understandable approaches through sociality, politicality, and religiosity:

Session I: The animal and cultural makeup of the individual; his survival potential.

Session II: Sociality–its present drift, and modifications which must be made for individual survival.

Session III: Politicality–economic and political alternatives to the present rush to authoritarianism.

Session IV: Religiosity–managing death and meaning; the living spirit in the dying animal.

Fifteen free scholarships will be donated by Dr. Feigen (write: Feigen Scholarships, c/o Esalen, P. O. Box 31389, San Francisco 94131).

Location: Library, Grace Cathedral House
Time: 8:00 p.m., Wednesday evenings, May 8, 15, 22, 29
Series ticket $10; single lecture $3 (Students $7; $2)

GERALD MASON FEIGEN is a surgeon, radio commentator, host for a weekly TV program, an editor and consultant for Ramparts Magazine, *a board officer for several corporations, an amateur painter, sculptor and anthropologist, a friend and translator of Marshall McLuhan, Leopold Kohn and Louis Kelso, and President of Generalists Inc. of San Francisco. He is active in politics and civil rights. He is an expert ventriloquist who manufactures his own dummies and uses them to reach disturbed children.*

May 23 – San Francisco
SIGMUND FREUD AND THE JEWISH MYSTICAL TRADITION
Lecture by DAVID BAKAN

An examination of the life of Sigmund Freud and of the obscurities in the sources of psychoanalytic thought. The relationship between psychoanalytic thought and the millenia-long traditions of Jewish mysticism will be explored.

Location: Gresham Hall, Grace Cathedral
Time: 8:00 p.m., Thursday, May 23
Lecture tickets: $2.50 (Students $1.50)

See page 14, May 24-26, Big Sur, for biographical data and additional event with David Bakan.

May 20, 21 – San Francisco

A BENEFIT FOR THE SAN FRANCISCO ZEN CENTER AND THE ZEN MOUNTAIN CENTER

The word Zen is so free from physical and mental concepts that the only way to really hear and see it is through a Zen Master. A Zen Master (O-Roshi) is one who has internalized the practice and teachings of Zen so that his life effortlessly communicates its truth. There are very few Roshis in the world—less than twenty in the Soto School, and almost none of them speak English. We are lucky to have an English speaking Zen Master living here in San Francisco, Shunryu Suzuki Roshi. He is head of the Zen Center and Sokoji Temple here and Abbot of Zen Mountain Center in the mountains at Tassajara near Big Sur.

Of the two large Zen schools in Japan, the Soto School is the larger but the Rinzai School is better known in America. The Soto School emphasizes the integration of teaching (drawn from all of Buddhism) and deep practice beyond thinking and feeling.

We have been impressed by the richness of this ancient tradition and by the quality of the Zen Center's discipline, and so we are presenting this benefit to assist in the purchase of Tassajara Hot Springs for Zen Mountain Center and to introduce this Zen Master to a wider audience. Suzuki Roshi will be assisted in answering questions and demonstrating the practice by a young American Zen priest, Richard Baker, President of Zen Center, Director of Zen Mountain Center.

There will be two public lectures. The first will be on how to practice meditation and its meaning, and the second will be on the intellectual teaching. These lectures will be given Monday and Tuesday evenings at Gresham Hall at 8:30 p.m.

And for those who wish to follow the practice further, there will be two and one half hours of meditation practice following a brief explanation each afternoon at 4:30 p.m., also at Gresham Hall.

Proceeds from this program will be donated to Zen Center for the purchase of Tassajara Hot Springs.

Location: Gresham Hall, Grace Cathedral, San Francisco
Time: 4:30-6:00 p.m., meditation and instruction,
8:30-10:00 p.m., Zen teachings; Monday and Tuesday, May 20, 21
Price: $3 for each lecture or meditation; $10 for the entire program

May 24-26 – San Francisco
THE RITE OF MOVEMENT: A Dance Celebration
Weekend Workshop with ANN HALPRIN and drums by CASEY SONNABEND

Ann Halprin will present her approach to the body and to dance. Her approach stresses the way movement and environment affect each other. She writes: "We will explore each individual's rhythm, and extend this expressive energy to an interplay with one another in the landscape, leading to a spontaneous group ritual." The first meeting will be at the Dancers' Workshop Studio; the group will then decide whether they wish to move their environment to Mt. Tamalpais or another Marin County location for the remaining sessions.

No formal dance training is required.

Location: Dancers' Workshop Studio, 321 Divisadero Street, San Francisco
Time: Starts Friday 8:00 p.m. and ends Sunday noon, May 24-26
Workshop reservation: $45 per person

ANN HALPRIN founded the Dancers' Workshop of San Francisco in 1950, and since then has been its artistic director. She has appeared and directed underground art movies and a TV program produced in Sweden for world-wide distribution; has taught and produced happenings in universities and colleges throughout the country; and is currently participating in the Dancers' Workshop Training Program in San Francisco. She has travelled with her company to major international festivals in Italy, Yugoslavia, Sweden, Finland and Poland. A featured article in the June 26, 1967 National Observer *says: "Ann Halprin has extended the frontier of dance beyond even the most recognized avant-garde artist, both by performance and by teaching." The approach that will be used in these workshops was reported extensively in* Progressive Architecture *of July 1967 and* Dance Magazine *of November 1966.*

CASEY SONNABEND is currently a member of the Dancers' Workshop Company and teaches in the training program. His interest is in using rhythm as an energy in generating movement responses and in developing interdependency within a group. Together with Ann Halprin, he has evolved an approach which permits spontaneity to be uninterrupted by verbal instructions.

May 24-25 – San Francisco
A SEMINAR IN INDIAN MUSIC
With SHYAMADAS and RAVA KUMAR

Musicians of India work best where they can meet the people for whom they play. This seminar will include musical performances, discussions with the participants, and explanations of the Indian music and instruments. The sessions will run as follows:

1. Historical development—Basic Raga Families. Presentation of an evening raga.
2. Presentation and demonstration of other types and styles of Indian Music: Dhun, Thumri, Tagore devotional songs.
3. Beginning the development of one raga through all its phases—Bhairavi, a morning raga. Followed by several short pieces, after the afternoon discussion.
4. Second in the series on the morning raga; final presentation in its entirety.

Location: Gresham Hall, Grace Cathedral
Time: First session 8:00 p.m., Friday
Followed by three sessions Saturday, May 24-25
Seminar registration: $30 per person

May 27-28 — San Francisco
INDIVIDUALISM AND CREATIVE SOCIAL CHANGE
Lecture-Discussion-Workshop led by JOEL FORT

This lecture-workshop will be action oriented and will include discussion of subjects as diverse ad the drug scene, the ruptured work ethic, the changing sex morality, organizational life, racial conflict, and crime. The focus will be on what each of us can do to change or "turn on" our environment and ourselves in order to make life more meaningful and improve the quality of our society. It is hoped that those participating in the workshop will include active and potentially active social reformers who will help each other to become more effective and humane change agents, in and out of the establishment. Techniques such as encounter groups will be used to help the participants to become more able to act upon the knowledge communicated.

Location: Gresham Hall, Grace Cathedral
Time: 7:00 to 10:30 p.m., Monday and Tuesday, May 27-28
Workshop registration: $12 (Students $10)

JOEL FORT is a San Francisco physician who has specialized in public health and social psychiatry; a sociologist-criminologist; author; lecturer; social critic; and University of California faculty member where he has taught courses on social problems, deviant behavior, bureaucracy, sex and drugs. In 1964 through Supreme Court action he helped free California's public employees to voluntarily participate in politics on their own time. More recently he created and directed San Francisco's Center for Special Problems. The Center became a force for social change prior to Dr. Fort's ouster for being "too independent," a matter now before the courts.

June 3-6 — San Francisco
THE QUEST FOR LOVE
4-Evening Worksh op led by BETTY BERZON and FREDERICK H. STOLLER

A workshop for single men and women who want to explore the personal meaning of their own quest for love. Participants will meet in small groups to examine the process by which we become acquainted with and move closer to other human beings. In the group sessions video-tape will be used to reflect back to individuals how they tend to invite and receive the interest of others.

Location: Gresham Hall, Grace Cathedral
Time: 4:30 p.m. to 10:30 p.m., Monday thru Thursday, June 3-6
Registration: $75 per person

BETTY BERZON has been a Research Associate at the Western Behavioral Sciences Institute since 1959. During that time she has conducted the Institute's research program on self-directed groups. Her particular interest in in innovative uses of small groups for personal growth learning. She is author of a number of papers and is co-editor of a book The Use of Small Groups in Rehabilitation; New Directions from Research.

FREDERICK H. STOLLER is a Senior Research Associate at the Youth Studies Center, University of Southern California, where he is engaged in training and research of group methods. He is responsible for introducing the use of video tape into the group setting and his technique of focussed feedback is designed to enhance the functions of encounter groups. He is co-author of a book on the marathon approach to learning in small groups, tentatively titled The 300 Year Weekend.

SHYAMADAS CHAKRABORRTY resides near Calcutta, plays the sitar for All India Radio, for movies, and at musical evenings. His growing success enabled him to be invited to the University of California, Davis, to perform in the United States.

NAVA KUMAR PANDA is an accomplished tabla player from Orissa, India. He has taught the tabla at music colleges in India, and plays accompaniment to many famous sitarists in India and Nepal. Before entering the United States on his present cultural exchange tour under the auspices of the University of California, Davis, he resided in Calcutta, where he taught tabla and performed in concerts.

June 6 — San Jose
SENSE, NONSENSE, AND INCENSE
A Festival with ALAN WATTS and BERNARD GUNTHER

Alan Watts will speak on the sanity, fantasy, and delight of returning from the political map, to the physical map, and back to the real world.

Bernard Gunther will then conduct participants on a tour into the real world of sensory awakening.

Location: Civic Auditorium, Market and San Carlos Streets, San Jose
Time: 8:00 p.m., Thursday, June 6
Registration: $4 (Students $2.50)

ALAN WATTS, author of The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology; The Book: on the Taboo Against Knowing Who You Are; *and many other writings, has been with D. T. Suzuki the leading popularizer of Zen Buddhism in the United States. In recent years Dr. Watts has worked to unify science, philosophy and religion into a totally modern view.*

BERNARD GUNTHER is an Associate in Residence at Esalen-Big Sur, where he has developed his own approach to direct experience and non-verbal communication known as Sensory Awakening. In addition to his book Sense Relaxation Below Your Mind *(MacMillan 1968), he has authored three books of poems and several articles describing his work.*

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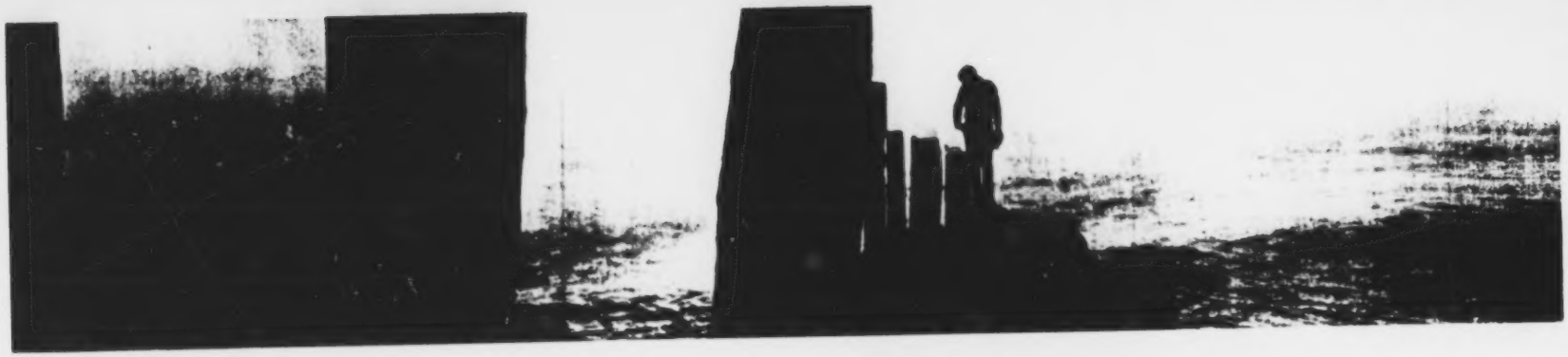


June 10-13 – San Francisco
A WORKSHOP WITH SCOTT BEACH

This workshop will use various Theatrical Methods to help make participants aware of their communicative potential—emphasizing the application of imagination to daily life. Both basic and advanced exercises used in improvisational theatre will be included. Women should wear slacks and comfortable clothes.

Location: Gresham Hall, Grace Cathedral
Time: 4:30 p.m. to 10:30 p.m., Monday thru Thursday, June 10-13
Registration: $65 per person

SCOTT BEACH is a founding member of The Committee, Theatre of Satiric Improvisation in San Francisco. He appears regularly on TV, radio, and in films, and is an associate professor of broadcasting at San Francisco State College. Mr. Beach is a frequent participant in the "Humanist Institute" program of the American Humanist Association.

June 17-20 – San Francisco
TUNING IN TO KIDS
4-Day Workshop with ROSSLYN and RICHARD SUCHMAN

Children have much to say to those who can get the message. This seminar brings child and adult together in pairs and small groups to "be" in open communication, and to explore sensory, play, work, and inquiry experiences together. The barriers that separate the generations will be lowered so that the greatest range of communication can be experienced.

Enrollment is limited to 24 adult participants.

Location: Gresham Hall, Grace Cathedral
Time: 4:30 p.m. to 10:30 p.m., Monday thru Thursday, June 17-20
Registration: $75 per person

J. RICHARD SUCHMAN is a research psychologist and an author for Science Research Associates and a free-lance educational consultant. He is well known for the inquiry training for children which he developed at the University of Illinois. For two years he was a director of research at the United States Office of Education.

ROSSLYN SUCHMAN is a research psychologist at the Institute for Human Development, University of California, Berkeley. She has a special interest in perceptual development and perceptual training of children.

June 24-27 – San Francisco
THE FRONTIERS OF ENCOUNTER TECHNIQUE
4-Evening Workshop with JOHN HEIDER and STEVE STROUD

The encounter group represents one of the richest training grounds for the intensive development of human potential. Here members may explore and expand themselves within the laboratory of the group.

It is now possible to speak of the systematic development of various functions:

1. Development of sensory receptivity: learning to become aware of internal and external reality by reawakening the sense organs.
2. Development of emotional expression: learning to recognize the emotional state of oneself and of others and to release the barriers to honest expression.
3. Development of intuition: learning to recognize and trust the small cues the environment offers.
4. Development of the ability to move one's body: learning to live harmoniously within the world of muscles and viscera.

The techniques used, some new and some old, include sensory awakening exercises, moving meditation, sitting meditation, interpersonal encounter, non-verbal encounter, psychodramatics, and experiments with group energies through various forms of self-expression and release.

Location: Gresham Hall, Grace Cathedral
Time: 4:30 p.m. to 10:30 p.m., Monday thru Thursday, June 24-27
Registration: $65 per person

JOHN HEIDER is an Esalen Institute Resident Fellow, has worked as a psychologist on the problems of building bridges between the religious-mystical and scientific communities. He has been engaged for several years in research on meditation and has led encounter groups in California and on the East Coast.

STEVEN A. STROUD is an Esalen Institute Resident Fellow. He has been responsible for developing techniques to alter the awareness and energy state of groups. Before coming to Esalen, he worked with the University of Kentucky and the University of California, Davis, leading groups for Peace Corps Training Programs.

See page 22, August 16-18, Big Sur, for additional event with John Heider and Steven A. Stroud.

July 8-11 — San Francisco
RESOLUTION OF PERSONAL CONFLICT IN LOVE, WORK AND FRIENDSHIP
4-Evening Workshop with STEWART SHAPIRO

In describing this workshop, Dr. Shapiro writes: "We are experiencing the beginning of a human revolution in which the resolution of conflict has become one of the most critical areas for our survival—as individuals and for mankind itself.

"This workshop will concentrate on understanding inner personal conflicts as well as conflicts with important people in our lives—spouse, family, children, superiors or subordinates, colleagues, friends, etc. Through role playing and other exercises, various approaches to handling conflict will be demonstrated.

"Emphasis will be placed on forming explicit and sound 'personal contracts' with other people to minimize destructive conflicts. This enables other people to really know what we expect of them and what they expect of us. How to form and re-negotiate realistic contracts will be demonstrated by 'contract exercises'.

"Subject areas to be covered will include: (1) How to recognize the difference between destructive and constructive conflicts. (2) How to understand the conflict games we play with ourselves and others. (3) Role conflicts and value conflicts. (4) Competitive win-lose conflicts where there are limited rewards."

Location: Gresham Hall, Grace Cathedral
Time: Monday thru Thursday, 4:30 p.m. to 10:30 p.m., July 8-11
Workshop fee: $70 per person

STEWART SHAPIRO, in addition to his exploration of positive experience at Esalen, is becoming known on the West Coast as an expert in Conflict Management. Drawing on his extensive background as a Clinical Psychologist and Human Relations Trainer, Dr. Shapiro has developed innovative approaches in understanding and resolving human conflicts. He has recently conducted laboratories and workshops on conflict at the Institute of Industrial relations of UCLA, The Western Training Laboratory of NTL, and for the California Association of Executives of Child Welfare Institutions.

Dr. Shapiro is an Associate Professor of Education and Director of Counseling and Guidance, Department of Education, University of California at Santa Barbara.

July 15-18 — San Francisco
SENSE RELAXATION—BELOW YOUR MIND
4-Evening Workshop with BERNARD GUNTHER

This four-evening workshop will explore the sensory experiments outlined in Mr. Gunther's book, Sense Relaxation—Below Your Mind.

Monday Evening: Self Awareness—relaxation and body feeling, movement and the release of tension.

Tuesday Evening: Two Discover one another through sensory encountering, awareness and physical contact.

Wednesday Evening: Intimate Couples renewing a relationship with sensitivity, non-verbal communication and touch.

Thursday Evening: Group Games—experiences in a group, feeling individuality and unity.

Location: Gresham Hall, Grace Cathedral
Time: 8:00 p.m., Monday thru Thursday, July 15-18
Registration: $12 the series (no single session tickets)

July 19 — San Francisco
PSYCHOMAT (Friday Evening)
With GERARD HAIGH

The Psychomat is a gathering where you can come when you choose and leave when you choose. While you are in the Psychomat you are expected to try to be as open as you can in your encounter with others. Dr. Haigh of the Psychological Service Associates and members of the Esalen Resident Program will be present to help people encounter each other, although no predetermined program will be offered. Whatever happens will happen.

The following ground rules are suggested for participants: (1) Talk with whomever you choose about whatever you choose. (2) Call them as you see them. (3) Try to help others do the same, but no psychologizing.

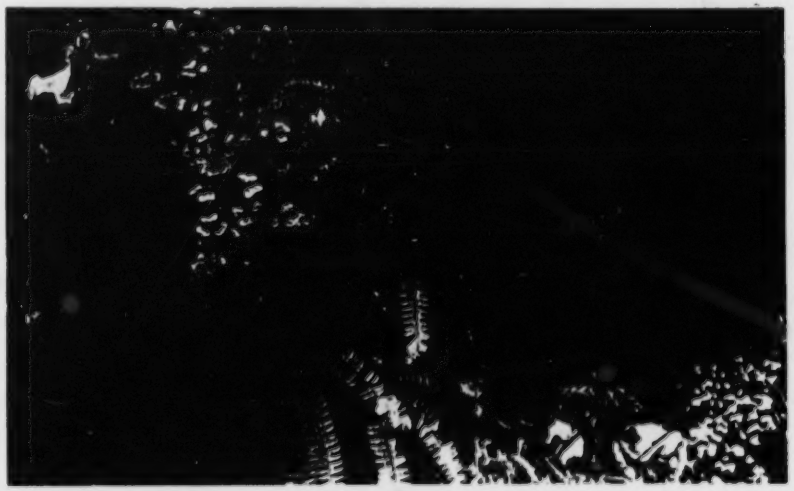
Location: Gresham Hall, Grace Cathedral
Time: 5:00 p.m. to 10:00 p.m., Friday evening, July 19
Admission: $2

July 20 — San Francisco
ONE-DAY MARATHON (Saturday)
Led by GERARD HAIGH

The 13-hour marathon will stress basic encounter, awareness of feeling, directness and openness. The assumption during this marathon is that growth occurs through increasing the extent and intensity of contact with the driving forces, fantasies and feelings in a person's inner experience. Limit 25 participants.

Location: Gresham Hall, Grace Cathedral
Time: 9:00 a.m. to 10:00 p.m., Saturday, July 20
Admission: $25 per person, including meals

GERARD V. HAIGH, a practicing psychotherapist, is experimenting with new kinds of basic encounter groups. He studied with Gardner Murphy at City College of New York and Carl Rogers at the University of Chicago, has been on the Menninger Clinic staff and taught at the University of Chicago, Arizona State University and the University of California, Los Angeles, and is president-elect of the American Association for Humanistic Psychology.



July 22-25 — San Francisco
THEATER GAMES and EXERCISES FROM THE IMPROVISATIONAL THEATER
Workshop with VIOLA SPOLIN and ALAN MYERSON

In this workshop Viola Spolin will present some of the Theater Games which she has invented. These exercises are described in her book Improvisation for the Theater (Northwestern Press); they are being widely used in schools, colleges, psychotherapy, as well as in actor training.

Mr. Myerson will present some of the exercises he has developed at The Committee and elsewhere for enhancing spontaneity, range of personal expression, and improvisational ability. This workshop is open to teachers, psychotherapists, actors, and laymen.

Location: Gresham Hall, Grace Cathedral
Time: 10:00 a.m. to 4:00 p.m., Monday thru Thursday, July 22-25
Registration: $70 per person

VIOLA SPOLIN has been perhaps the strongest influence in the creation of improvisational theater. Her son Paul Sills created Chicago's famed Second City. Miss Spolin's book Improvisation for the Theater *is the most thorough description available of Theater Games.*

ALAN MYERSON is the founder and producer of The Committee, San Francisco. He has directed films and television programs, has acted in many movies and plays, and has taught acting in New York, Chicago, and at the University of California, Berkeley. He is best known for the improvisational theater which The Committee has helped to make famous.

July 24 — San Francisco
BEYOND SECULARITY
Lecture by HARVEY COX

Man has now reached a level of consciousness and self-consciousness about himself which seems to preclude spontaneity and immediacy in religion and life. Can this experiential element be restored?

July 25 — San Francisco
RELIGION IN THE 21st CENTURY
Lecture by HARVEY COX

Various 'scenarios' have been suggested for what religion will be like in the year 2000 and beyond. What are they? Which are the most probable?

Location: Gresham Hall, Grace Cathedral
Time: 8:00 p.m., Wednesday and Thursday, July 24, 25
Lecture tickets: $3 each evening (Students $2)

See page 20, July 26-28, Big Sur, for biographical description and additional event with Harvey Cox.

THE VALUE OF PSYCHOTIC EXPERIENCE
Two Symposia

July 30 — San Francisco
THE SCIENCE OF MADNESS
Symposium with JULIAN SILVERMAN, R. D. LAING, and ALAN WATTS

July 31 — San Francisco
THE POETRY OF MADNESS
Symposium with JULIAN SILVERMAN, R. D. LAING, JOHN W. PERRY, and ALLEN GINSBERG

Location: Longshoreman's Memorial Hall, Mason and Beach, San Francisco
Time: 8:00 p.m., Tuesday and Wednesday, July 30, 31
Symposia: $3 each evening (Students $2)

See pages 10-11 for description.

August 1 — San Francisco
DIMENSIONS OF DIALOGUE: THE VERBAL REVOLUTION
Lecture by FLOYD W. MATSON

The concept of dialogue, as a countervailing force against the manipulative rhetorics of mass culture and power politics, has been gaining adherence and finding expression in more and more fields ranging from psychotherapy to political participation, from social science to social welfare. In these lectures Dr. Matson will examine the most promising dimensions of, and major spokesmen for, the dialogical revolution in human communication.

Location: Gresham Hall, Grace Cathedral
Time: 8:00 p.m., Thursday, August 1
Lecture tickets: $2.50 (Students $2)

FLOYD W. MATSON is Professor of American Studies and Director of an interdisciplinary Social Science Program at the University of Hawaii. He has authored and edited several books presenting humanistic perspective in social science, psychology and philosophy, of which the best known are The Broken Image *(1964),* The Human Dialogue *(1966), and* Being, Becoming and Behavior *(1967).*

August 7, 8 — San Francisco
TWO LECTURES ON CONFIRMATION
by MAURICE FRIEDMAN

Wednesday Evening: THE CALL: TENSION BETWEEN PERSONAL AND SOCIAL CONFIRMATION
Thursday Evening: THE COURAGE TO RESPOND: CONFIRMATION AND EXISTENTIAL TRUST

In these two lectures Maurice Friedman will discuss the problem of confirmation, arrived at through dialogue with Kafka and Buber, and considered here in its two phases: the call and the response. Discussants will be TOLBERT McCARROLL and ANN DREYFUSS.

Location: First Unitarian Church, Franklin and Geary
Time: 8:00 p.m., Wednesday and Thursday, August 7, 8
Lecture tickets: $3 each evening (Students $2)

BEST COPY AVAILABLE

MAURICE FRIEDMAN is Professor of Religion at Temple University, Philadelphia, and a member of the permanent faculty of Pendle Hill, the Quaker Center for Study and Dialogue at Wallingford, Pa. Dr. Friedman taught for many years at Sarah Lawrence College, The New School for Social Research, and the Washington School of Psychiatry and for shorter periods at Manhattanville, Hebrew Union, and Vassar Colleges and at the William Alanson White Institute of Psychology, Psychoanalysis and Psychiatry. Twenty years of work has established him as the world's foremost interpreter of the life and thought of Martin Buber. He is the author of Martin Buber: The Life of Dialogue; Problematic Rebel: An Image of Modern Man; The Worlds of Existentialism: A Critical Reader; To Deny Our Nothingness: Contemporary Images of Man; *and the forthcoming critical biography* Martin Buber: Encounter on the Narrow Ridge.

ANN DREYFUSS is an associate at the Family Therapy Institute in Los Gatos, California and Associate Director, Group Center, also in Los Gatos. She is a part-time research associate with Western Behavioral Sciences Institute, La Jolla. Miss Dreyfuss has worked with a variety of groups, ranging from small children to extended families. She has pioneered the use of live animals in play therapy with children.

TOLBERT McCARROLL is the Executive Director of the American Humanist Association.

See page 21, August 9-11, Big Sur for additional event.

August 19-22 – San Francisco
EXPLORATIONS IN POSITIVE EXPERIENCE
4-Evening Workshop with STEWART SHAPIRO

Critics of psychotherapy and group dynamics have often complained that these fields lack the light touch, that they involve too much "blood letting." Dr. Shapiro's approach to psychotherapy, however, is a rollicking takeoff from the premise that learning is joy. His approach draws theoretically from Maslow, Rogers, Perls and Berne, and in methodology from basic encounter groups, Gestalt Therapy, Transactional Analysis and other sources. Dr. Shapiro has added techniques of his own such as a method for "inner dialogue" among various sub-selves, the use of "self-drawing" and "mirror-talking."

Location: Gresham Hall, Grace Cathedral
Time: 4:30 to 10:30 p.m., Monday thru Thursday, August 19-22
Workshop fee: $70 per person

STEWART SHAPIRO is an Associate Professor of Education and Director of Counseling and Guidance, Department of Education, University of California at Santa Barbara, and a psychotherapist with the Western Psychological Center in Encino, California.

August 21, 22 – San Francisco
TWO LECTURES by HUSTON SMITH

Wednesday, August 21
NO WASTED JOURNEY

Personal, anecdotal account (with slides and tapes) of lay anthropological sojourns among Australian aborigines, Tibetan lamas, Zen monks, and seekers in India and Burma, as personal background for the following night's lecture.

Thursday, August 22
THE COMING WORLD CIVILIZATION

An inquiry into what the great enduring civilizations—Indian, Chinese and Western—have of greatest worth to contribute to the world civilization now in the making.

Location: Gresham Hall, Grace Cathedral
Time: 8:00 p.m., Wednesday and Thursday, August 21, 22
Lecture tickets: $2.50 each evening (Students $2)

See page 23, August 25-30, Big Sur, for biographical data and additional event with Huston Smith.

"When men see Han-shan
they all say he's crazy
and not much to look at—
dressed in rags and hides.

They don't get what I say
and I don't talk their language!

All I can say to those I meet:
'Try and make it to Cold Mountain'."

—Han-shan*

"If I could turn you on,
if I could drive you
out of your wretched mind,
if I could tell you,
I would let you know."

—Dr. R.D. Laing
Politics of Experience

Recent developments in psychological, physiological and anthropological research on altered states of consciousness indicate the need for a revision of psychiatric and philosophic conceptions in this area. This month-long series of seminars and workshops is concerned with an appraisal and re-evaluation of these conceptions.

In the course of these sessions a model will be developed which (1) considers the positive, integrative, problem-solving features of altered states of consciousness, and (2) systematically recasts certain major aspects of modern-day "mental illness."

June 7-9 — Weekend Seminar in Big Sur
DIVINE MADNESS
With ALAN WATTS

A discussion of the suggestive parallels between the behavior of sages and fools, liberated yogins and blithering idiots, centering around their respective sensations of being one with God. This will involve the question as to whether the various forms of "insanity" are in fact diseases of the mind, or, in some cases, simply variations of consciousness from which we may have much to learn.

July 5-7 — Weekend Seminar in Big Sur
THE SENSE AND NONSENSE OF PSYCHOSIS
With JULIAN SILVERMAN, R. D. LAING, WILSON VAN DUSEN

What sense, if any, is contained in psychotic phenomena? This seminar will examine the limitations of present medical explanations of psychosis. The positive and negative effects of contemporary psychiatric treatment will be considered.

THE VALUE OF PSYCHOTIC EXPERIENCE

July 7-12 — 5-Day Workshop in Big Sur
THE JOURNEY OF THE MIND
With JULIAN SILVERMAN, R. D. LAING, WILSON VAN DUSEN

This five-day workshop will examine in depth types of psychotic experience. Opportunity may be had to make contact with one's own personal style of madness.

July 14-19 — 5-Day Workshop in Big Sur
POSITIVE DISINTEGRATION
With JULIAN SILVERMAN, R. D. LAING, K. DABROWSKI

The meaning of both minor and extreme "disintegrative" behaviors will be studied in the larger framework of a total growth process. Traditional psychiatric treatments will be considered along with possible alternative perspectives and techniques. The fear of loss of control (both in patient and therapist) will be examined for its role in the course of psychosis.

July 19-21 — Weekend in Big Sur
PERSPECTIVES ON PSYCHOSIS: An International Forum

JULIAN SILVERMAN, Chairman
R. D. LAING, Great Britain
K. DABROWSKI, Poland
STANISLAV GROF, Czechoslovakia
JOHN PERRY, United States
CLAUDIO NARANJO, Chile

July 21-26 — 5-Day Workshop in Big Sur
PSYCHOSES AND PSYCHEDELICS
With JULIAN SILVERMAN, R. D. LAING, STANISLAV GROF, JOHN PERRY and JOE K. ADAMS

Similarities and differences between the behavioral and experiential effects of psychoses and psychedelic drugs will be broadly viewed. What are the constructive and destructive ways of "losing one's mind"?

In San Francisco — TWO SYMPOSIA

July 30
THE SCIENCE OF MADNESS
With JULIAN SILVERMAN, R. D. LAING, STANISLAV GROF and ALAN WATTS

July 31
THE POETRY OF MADNESS
With JULIAN SILVERMAN, R. D. LAING, JOHN PERRY and ALLEN GINSBERG

Location: Longshoremen's Memorial Hall, Mason and Beach, San Francisco

Time: 8:00 p.m., Tuesday and Wednesday, July 30, 31
Symposia Tickets: $3 each evening (Students $2)

August 2-4 — Weekend Seminar in Big Sur
PSYCHOSIS AS PERSONAL TRANSFORMATION
With JULIAN SILVERMAN, R. D. LAING and JOHN PERRY

Schizophrenic psychosis is a grouping of several syndromes, some static, some deteriorating, and some highly dynamic. The dynamic syndromes reveal processes

*Han-shan: *"Han-shan 'Cold Mountain' takes his name from where he lived. He is a mountain madman in an old line of ragged hermits.*

in depth, expressed in primordial images, that have as their aim the reorganization of the emotional foundations of the self. These processes have affinities with certain archaic myth and ritual forms which will be examined during the course of the seminar.

August 2-4 — Weekend Seminar in Big Sur
SHAMANISTIC, RITUAL AND PSYCHOTIC WAYS TO THE UNCONSCIOUS
With CLAUDIO NARANJO and MICHAEL HARNER

Shamanism has for millenia provided man with a cultural outlet for his unconscious and has also given him a traditional method of learning from otherworld experiences. In this seminar, experimentation will be undertaken with methods developed in primitive cultures to learn directly from nature. The group will attempt to develop a shamanistic system consistent with our culture. The relationship of shamanistic experience to certain forms of psychosis in the West will be examined.

Dr. Naranjo will discuss the relationship among shamanism, psychosis, psychedelic experience and mythical thinking. He will also describe "the world of Ayahuasca"—the particular area of the psyche tapped by yage, and a comparison of how this is evidenced in the cultures of the Upper Amazon and in our own.

Dr. Harner will present a panorama of shamanistic ways and their echoes in the "civilized" world.

Drs. Naranjo and Harner will join Drs. Silverman, Laing and Perry in Saturday night's panel on THE ANTHROPOLOGY OF PSYCHOSIS.

JULIAN SILVERMAN, Bethesda, Maryland, (program chairman) is a research clinical psychologist at the National Institute of Mental Health, where he heads the section on perceptual and cognitive studies in the Adult Psychiatry Branch. His main foci of research have been on the psychology and physiology of abnormal cognitive processes and on individual differences in the thinking styles of psychotherapists. He has published experimental and theoretical articles in such journals as The Psychological Review; Psychosomatic Medicine; *and* The American Anthropologist.

RONALD D. LAING, London, England, is a psychoanalyst and psychiatrist who has created "blow-out" centers in London in which psychosis is seen and treated as potentially healthy self-renewal. He has been associated with Tavistock Institute of Human Relations. He is the author of The Divided Self, The Politics of Experience *and other books and articles. He conducts research with schizophrenics, families, and psychedelic drugs.*

ALAN WATTS, author of The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology; The Book: on the Taboo Against Knowing Who You Are; *and many other writings, has been – with D. T. Suzuki – the leading popularizer of Zen Buddhism in the United States. In recent years Dr. Watts has worked to unify science, philosophy and religion into a totally modern view.*

WILSON VAN DUSEN, chief psychologist at Mendocino State Hospital, California, has extensively studied various aspects of altered states of consciousness from the dream and inner "voice" experience of non-psychotic subjects (including himself) to the more bizarre worlds of schizophrenics. He has formulated meaningful parallels between these types of experience which point toward spontaneous growth-directed forces in even the most "abnormal" aspects of human life.

KAZIMIERZ DABROWSKI, Warsaw, Poland, is presently Visiting Professor of Psychology and Psychiatry at the University of Alberta, Canada. He has been a professor in the Polish Academy of Science and Director of the Institute of Child Psychiatry and Mental Hygiene in Warsaw. His theoretical and clinical work over more than 30 years has developed into his theory of "positive disintegration," emphasizing the development of personality through disintegration, sometimes of a cataclysmic sort. His first published works in English have recently appeared under the titles Positive Disintegration *and* Personality-Shaping Through Positive Disintegration.

STANISLAV GROF, Prague, Czechoslovakia, is a research psychiatrist, currently on a fellowship at the Johns Hopkins Medical School in Baltimore. During the past decade he has conducted numerous studies with LSD subjects in Prague. His work has important implications for the development of healthy personality and exceptional personal functioning.

JOHN PERRY is a Jungian analyst in San Francisco and is Director of Studies at the C. J. Jung Institute. During World War II he lived in China; he is well versed in Oriental culture and philosophy. His work during the past several years has centered around the potentially reconstitutive and mythic aspects of the schizophrenic process. His publications include The Self in Psychotic Process *and* Lord of the Four Quarters.

JOE K. ADAMS, Big Sur, has known psychosis both as a psychologist and as a patient. His main interest lies in ideological conflict and the part that "mental illness" plays in the current cultural revolution.

ALLEN GINSBERG is poet, world-traveler, social philosopher.

CLAUDIO NARANJO, Santiago, Chile, is a research psychiatrist, University of Chile; associate, Institute for Personality Assessment and Research, University of California, Berkeley; and consultant to Stanford Research Institute. He has studied the use of hallucinogens by shamans in different parts of South America and has introduced several psychotropic drugs into clinical practice. He is deeply concerned with the relationship between the quest for sanity and enlightenment.

MICHAEL HARNER, formerly Associate Research Anthropologist and Assistant Director of the Lowie Museum of Anthropology at the University of California, Berkeley, is now Associate Professor of Anthropology at Columbia University. He is an authority on the Indians of the Amazon, has made three expeditions to that region, and has conducted extensive research on the cross-cultural use of psychoactive substances in shamanism and religion.

GENERAL INFORMATION AND COSTS:

All programs are open, but preference will be given to professionals.

The three five-day programs will all include a dream seminar led by FREDERICK S. PERLS and also the opportunity for encounter group participation.

All weekend programs: $70 per person, shared room

All five-day programs: $185 per person, shared room

When he talks about Cold Mountain he means himself, his home, his state of mind. He lived in the Tang Dynasty, probably about 700-780 A.D." (Gary Snyder, translator)

BIG SUR PROGRAMS

ESALEN RESIDENT PROGRAM 1968-69: Applications are now being taken for the RESIDENT PROGRAM which begins in September 1968. For further information see page 26.

May 3-5 — Big Sur
THE HUMAN POTENTIAL AND NEGATIVITY
Weekend Seminar with STUART MILLER and DAVID SCHWARTZ

No one would argue that our society lacks negativity: war, riots, and the thousand meannesses of our private lives. In an effort to correct some of this waste, many contemporary authorities in psychology, philosophy, and therapy have chosen to accentuate the possibilities for health, joy, and the actualization of human potential. Much of the impulse for this movement stems from the unreasonable repressions which our society imposes on human aggression, sexuality, and individuality. But it may be that unrealistic hopes have been raised and, also, that negativity which is a legitimate part of the human experience has been too easily brushed aside. "Growth," for example, may not necessarily be growth toward "health." Skepticism, criticism, and suffering may be legitimate aspects of the fully free human potential.

In this weekend seminar, participants will be able to explore their own negative thoughts and feelings. Ironic and tragic modes of thought will be examined; the archetypal figures of the rogue and the scoffer will be invited. The seminar includes a session of "scoffing" and another in which the group will criticize Esalen Institute.

$65 per person, shared room

STUART MILLER has a Ph.D. in comparative literature and is the author of The Picaresque Novel, *a monograph on education and grading, and an article entitled "Confessions of a New Academic Man." DAVID SCHWARTZ thinks that listing his credentials is phoney, warns that he has no answers, and boasts considerable experience with both the positive and the negative. Both Schwartz and Miller scoffed and suffered their way through last year's Resident Fellow program at Esalen Institute.*

May 5-8 — Big Sur
CREATING NEW FORMS OF WORSHIP
3-Day Workshop led by BILL McGAW and DOM CIRINCIONE

Today religion is facing a crisis of far-reaching proportions. In many situations a sense of community is almost non-existent, and in many churches there is less and less participation from youth. A possible source of renewal may be the inclusion of encounter and awareness techniques in the Sunday morning worship and other rituals.

Workshop members will be introduced to a dynamic theory of ritual and symbol which is open to creative change. Experiential worship services will be presented and discussed. These presentations and discussions will be based upon exploratory work done by Bill McGaw and Dom Cirincione at Western Behavioral Sciences Institute with a grant from the Lilly Endowment.

Members will be involved in discussions on the future of religion and will participate in group dynamics sessions applicable to religious services and liturgy building. On the final night of the workshop the participants will conduct a worship service which they have created.

$100 per person, shared room.

BILL McGAW, Director of Communications at Western Behavioral Sciences Institute, La Jolla, possesses a background in mass media and human encounter theory and practice. With a grant from the Lilly Endowment, Mr. McGaw is experimenting with new froms of liturgy. Working in co-operation with ministers and congregations of every denomination in the San Diego area, Mr. McGaw has first-hand experience with exciting and deeply moving worship services.

DOM CIRINCIONE, Resident Consultant at Western Behavioral Sciences Institute, brings a varied background in philosophy, psychology and religion to this workshop. As a member of the Jesuit order, he has spent ten years in studies for the priesthood and has been involved in working with the renewal of liturgy and today's religious experience.

May 5-10 — Big Sur
OPEN WORKSHOP: Gestalt Therapy
Led by JOSEPH J. DOWNING

See page 24 for description.

May 12-17 — Big Sur
AWAKE, TUNE IN: UNFOLD
5-Day Workshop with CHARLOTTE SELVER and CHARLES BROOKS

Some forty years ago these words, so often loosely used today, assumed deep significance in the explorations into the natural potentials of the human being which were carried out by Charlotte Selver's teacher Elsa Gindler. The work which evolved from these explorations was an approach, through practice, involving the person as a total organism, which very often unearthed, liberated and cultivated abilities and sensitivities which Gindler's students had not even been conscious of possessing.

"Awaking" (wach werden) meant the process of one's energies (neuromuscular and perceptive) becoming alerted, leading to greater movability and a fuller use of the senses and intuitive powers. It became evident that more quiet and peace were needed for sensations to become clearer and relating fuller, as resistances, rigidities, pressure, and preconceptions gradually had to dissolve.

Becoming "tuned in" (eingestellt werden) by the other, by a task or a given situation, brought one face to face with the creative nature of the organism, with the miracle of potency: powers arise and come into play which correspond exactly to the demands of the occasion at hand. This calls for permissiveness, subtle reactiveness, and openness and fuller presence for the actual circumstances.

The cultivation of these functions was found to permit an "unfolding" (entfalten) into a living far richer and more responsive than what we usually know—a reestablishing of delight from ever-new experiencing which was our birthright in childhood but which all too often had to be abandoned in the course of an overly mechanical education.

Charlotte Selver, who was one of Elsa Gindler's students during much of the 20 or 30 years when this work was evolving, has, on the basis of Elsa Gindler's teaching, developed many new variations to the same ends. An introduction to this practical work in self-orientation will be the function of this five-day workshop.

> This indigenous Western discipline, in its quiet immediacy and depth of contact, has such kinship with the practice of Zen and Taoism that I consider it an experiential substance corresponding to my own philosophical orientation. — Alan Watts

$165 per person, shared room

CHARLOTTE SELVER and CHARLES V. W. BROOKS are faculty members at the New School for Social Research, New York, in the field of Sensory Awareness, Perception and Non-verbal Communication. They hold regular classes in New York and in Northern and Southern California. Originated by Elsa Gindler in Germany, this approach has been developed by Miss Selver through 30 years of her own teaching and exploration. Miss Selver's pioneering work in the United States has been the basis for most of the work with sensory awareness, sensory awakening and related approaches which are now gaining wide acceptance. Since 1956 she has held joint seminars with Alan Watts, and for the past two years has held joint seminars with Shunryu Suzuki Roshi, Zen Master, Abbot of Zen Mountain Center, Tassajara, and Zen Center, San Francisco. Charles Brooks held a workshop in the Spring of 1968 in Santiago at the invitation of the University of Chile.

May 12-17 — Big Sur
SPIRITUAL EXERCISES—OLD AND NEW
5-Day Workshop with CLAUDIO NARANJO

During this workshop Dr. Naranjo will present a survey of practical means that have been advocated for the attainment of higher states of consciousness and being. Dr. Naranjo claims that beyond the apparent dissimilarity of ways, such as dervish dancing and Tibetan sexual rituals, and beyond the seeming incompatibility of the ascetic way of detachment and that of merging with life, a basic identity can be discovered among all the exercises aiming at the hidden treasure in man.

Participants will be guided through a series of meditation approaches, communication rituals, and exercises in self-expression selected out of the mystical traditions, psychotherapy and the arts. Participants should be open to a degree of intimacy comparable to that required in group psychotherapy.

$165 per person, shared room

CLAUDIO NARANJO is a research psychiatrist at the University of Chile; research associate, Institute for Personality Assessment and Research, University of California, Berkeley; consultant to Stanford Research Institute; and staff member of the San Francisco Gestalt Therapy Institute. He has taught Psychology of Art and Social Pathology, investigated the use of hallucinogens by shamans in different parts of South America, and introduced several psychotropic drugs into clinical practice. Dr. Naranjo has had personal experience with the ways of several mystical traditions and is concerned with the relationship between the quests for sanity and enlightenment.

May 17-19 — Big Sur
VIDEO TAPE FEEDBACK: Explorations in Self-Confrontation
Weekend Seminar with FRED STOLLER, MARGOT ROBINSON and H. L. MYERHOFF

Confronting one's self requires a different set of attitudes from being confronted by others. When the two are combined, a range of self-knowledge is possible which is unlikely when either is eliminated. The possibilities of self-confrontation, within the context of a group encounter, will be explored in this workshop with a variety of video tape feedback techniques.

Training in role-taking and self-objectivity will be major elements in this workshop.

$75 per person, shared room

FREDERICK H. STOLLER is currently Senior Research Associate at the Youth Studies Center, University of Southern California. As one of the original pioneers in the marathon group, focused feedback with video tape, and the family workshop, he has conducted a wide range of groups in many settings. Trained as a clinical psychologist, he is currently involved in research, training and writing about the group approach, the potential for growth, and the consequences of social groupings.

MARGOT ROBINSON completed her doctoral dissertation on the topic of video tape feedback while on the staff at Camarillo State Hospital. She is now in private practice as a clinical psychologist with Associated Psychological Consultants in Los Angeles.

H. L. MYERHOFF has conducted research in the development of marathon groups at Camarillo State Hospital where he is a psychology associate. Last summer he conducted field research in the psychology of the Chontal Indians in the Oaxaca region of Mexico. He has also conducted field observations of middle class gangs.

May 17-19 — Big Sur
REINCARNATION AND KARMA
Weekend Seminar with PAUL LEE and ROLF von ECKARTSBERG

Reincarnation and Karma are classic symbols for the misery of the burden of self-consciousness. In a discussion of these symbols from the psychological and philosophical point of view, concepts such as finitude and evil will be elaborated according to their mythical description. The question of human transcendence in the course of the life cycle and the renewal of personal identity will constitute the main theme of the lectures.

The seminar will argue and will attempt to demonstrate to its members that modern secular consciousness is uniquely ready and waiting for a reappropriation of ancient wisdom through participation in mythical symbols, illuminating the cultural and social configurations that have us under their spell.

The Myth of Er, a myth of transmigration and reincarnation, recounted by Socrates at the close of Plato's Republic, will be enacted by all members of the audience, affording them a moment for deliberating over their choice of identity and destiny.

$65 per person, shared room

PAUL LEE, Ph.D., is Assistant Professor of Philosophy, Crown College, University of California, Santa Cruz. He was formerly Editor of the Psychedelic Review, *Assistant Professor of Humanities at the Massachusetts Institute of Technology and Protestant Chaplain to Brandeis University.*

ROLF von ECKARTSBERG is Professor of Psychology at Duquesne University. He is the author of a number of articles describing his central concern, the exploration and description of consciousness.

May 19-24 — Big Sur
OPEN WORKSHOP: Gestalt Therapy
Led by JAMES S. SIMKIN
See page 24 for description.

May 19-24 — Big Sur
BODY AWARENESS, SENSE OF BEING, AND ENCOUNTER
5-Day Workshop with EDWARD MAUPIN
See page 23 for description.

May 24-26 — Big Sur
AGENCY AND COMMUNION IN HUMAN EXISTENCE
Weekend Seminar with DAVID BAKAN

Agency (roughly equivalent to autonomy and independence) and Communion are the two modalities of human existence, according to the thesis elaborated by Dr. Bakan in his book The Duality of Human Existence. These two modalities, he argues, are fundamental to human existence, but in modern times agency has gained ascendency, aided in part by science, Protestantism, and modern Western man's preoccupation with independence and freedom. Unmitigated agency might even contribute to various forms of disease, notably cancer. Dr. Bakan recognizes that Tillich's "ultimate concern" cannot be restricted purely to the theological area but must be seen too in science, ideology, myth, sexuality, practice of medicine and study of man's psyche.

DAVID BAKAN is a professor of psychology at the University of Chicago. He has taught at Harvard University, the University of Missouri, the Ohio State University, and the University of Rochester. He is the author of numerous articles in professional journals as well as magazines such as Commentary *and* The New Republic. *He is the author of the following books:* Sigmund Freud and the Jewish Mystical Tradition; The Duality of Human Existence; On Method; *and* Disease, Pain, and Sacrifice.

See page 4, May 23, San Francisco, for additional event with David Bakan.

May 24-26 — Big Sur
DYNAMICS OF POLITICAL CAMPAIGNS
Weekend Seminar with RUDY COLE, GLENN WILSON and HERB BAUS

What happens to people who become involved in politics? How do they relate to each other; to the candidates; to the community they wish to influence? What motivates them? What drew them into politics? After they work in a campaign, what kinds of changes take place in their relationships to the candidates and to the community? What changes in their own feelings about politics and those they wish to influence?

Why are the extreme elements of society more active in politics than people who are not? What is the motivation for people who have very clear views on social and political issues?

What happens to the concerned citizen politicians who are personally motivated by one issue or one candidate? How do they relate to the candidates and to the community, and what happens to them?

$65 per person, shared room

RUDY COLE was associate editor of the Los Angeles Legal Journal and was formerly editor of the Beverly Hills Times. *He has been public relations director for thirteen political campaigns in California including a number of bond issues.*

GLENN WILSON is senior vice president of Lytton Financial Corporation, was managing director of the Democratic National Convention in 1960, was statewide manager for Stanley Mosk in 1958, and managed a number of other campaigns, including Senator Richards'. He is a long-time resident of Pasadena, a delegate to the Democratic National Convention.

HERB BAUS is a member of the firm of Baus and Ross, which managed the Barry Goldwater campaign in 1964 in the primaries in California, which was successful; also the referendum on the "No" campaign for pay television in 1964, which was also successful. The firm successfully managed a considerable number of Republican campaigns. He is senior partner of one of the oldest political Republican public relations firms in the nation, and is the author of a forthcoming book on the practical aspects of politics.

May 24-26 — Big Sur
BASIC GROUP DYNAMICS through Guided Action Encounter Groups
Weekend led by LEON FINE

Practice in paraphrasing, perception check, report of internal states, dealing with here and now, and direct expression of feeling are individual communication skills to be practiced in this workshop. Examination of discussion flow, the effects of the leader as a model for member behavior, a technique for direct behavior modification in small groups, and ego-building techniques will also be practiced. Action and behavior as forms of communication will be stressed and experienced.

The design is meant to be of use to the professional who wants to extend his group process skills as well as to the individual who seeks to increase his interpersonal effectiveness.

$65 per person, shared room

May 26-31 — Big Sur
PSYCHODRAMA
5-Day Workshop with LEON FINE and REIKO FINE

This workshop, limited to professionals, is designed to increase effectiveness with psychodramatic method. Action projective techniques, role presentation, doubling, role reversal, soliloquoy, aside, etc., will be experienced and discussed. Staging, Director, Auxiliary-ego, and Audience positions will be explored. Individual and group-centered methods, the Action Sociogram and Spectogram, and other models for action diagnosis or feedback will be experienced.

The design stresses experience as the primary method of learning, and participants will be given a chance to try to criticize role positions of the process. Discussion will be geared to the professional level and the workshop is therefore limited to those directing or assisting in group process activities.

$185 per person, shared room (limited enrollment, with preference to those attending the weekend on Group Dynamics immediately preceding)

LEON J. FINE is Assistant Clinical Professor of Psychiatry at the University of Oregon Medical School, and Director of Seminars in Group Processes. He was formerly Director of the St. Louis State Hospital Training Institute for Psychodrama and Group Psychotherapy. Dr. Fine has designed and directed sensitivity-psychodrama training programs for psychiatrists, psychologists, pastoral counselors, social workers, nurses and educators in this country and in Japan. His psychodrama training was obtained from Dr. J. L. Moreno.

REIKO FINE conducts groups for wives of spouses in the helping professions for the Division of Continued Education of the University of Oregon. She serves as a co-leader in the psychodrama and group dynamics programs run by Seminars in Group Processes. She served as translator and co-leader in workshops in Japan. Mrs. Fine has studied psychodrama at Beacon with J. L. Moreno, at St. Elizabeth's Hospital with J. Enneis, and at the St. Louis Institute with her husband.

May 26-31 — Big Sur
ADVANCED BODY MOVEMENT AND ENCOUNTER GROUPS
5-Day Workshop co-led by WILLIAM C. SCHUTZ and JUDI KLEIN

May 31-June 2 — Big Sur
THE PSYCHIATRIST AND HIS WORLD
Weekend Seminar with ARNOLD A. ROGOW

An exploration of the role of psychiatrists and psychoanalysts in American Society. Prevalent values in psychiatry will be discussed, and controversies and issues within the profession will be explored. A major question is the extent to which psychiatry can move from the "adjustment" orientation to a critical, reformist, or even revolutionary position. The seminar will draw on questionnaire data and interviews with 184 psychiatrists and psychoanalysts.

$65 per person, shared room

ARNOLD A. ROGOW, a Graduate Professor of Political Science, City College of New York, is a prolific author of books, articles and reviews and has taught at Princeton, Haverford, UCLA and Stanford University. With Harold Lasswell he has conducted research into the relationship between sex and political attitudes, the results of which will be published this year in a book entitled Sex and Politics. *The subject matter of his seminar at Esalen is drawn from a research project into the attitudes and beliefs of psychiatrists and psychoanalysts.*

May 31-June 2 — Big Sur
MAN TURNED ON TO NATURE
Weekend Workshop Led by BERNARD GUNTHER and GERARD HAIGH

Modern man tends to create a controlled environment in which he exists alienated from nature. Our culture teaches an exploitative attitude toward the natural world which often estranges us from part of our own nature. We are conditioned to tense our muscles, desensitize our bodies and then get turned off from ourselves and from our environment.

This workshop is for those who wish to intensify their relatedness to nature. Body awareness techniques, basic encounter techniques, and meditation will be used to awaken senses and feelings.

$70 per person, shared room

BERNARD GUNTHER is a teacher of body awareness in residence at Esalen, Big Sur. He is developing a new approach to direct sensory experience.

GERARD V. HAIGH, a practicing psychotherapist, is experimenting with new kinds of basic encounter groups. He studied with Gardner Murphy at City College of New York and Carl Rogers at the University of Chicago, has been on the Menninger Clinic staff and taught at the University of Chicago, Arizona State University and the University of California, Los Angeles, and is President-Elect of the American Association for Humanistic Psychology. He brings a life-long interest in nature to his work with basic encounter groups. This program's spark ignited while he was doing human relations training fro the Peace Corps and for VISTA on Apache and Pima reservations in Arizona.

June 2-7 — Big Sur
OPEN WORKSHOP: Gestalt Therapy
Led by ROBERT K. HALL

See page 24 for description.

June 2-7 — Big Sur
THE NEW DOMAINS OF EDUCATION
5-Day Workshop with THE ESALEN RESIDENT FELLOWS

Esalen Institute has now completed its second 9-month Resident Program. Starting in September 1967, twenty Resident Fellows have worked continously with sensory awakening, basic encounter groups, meditation, Gestalt Therapy and other approaches combined into a single, intensive learning process. During this experiment their purpose was to improve current methods for educating the senses, the feelings, personal relationships and altered states of consciousness, and to find ways to integrate these methods into education generally.

In this workshop the Resident Fellows and the program directors, Bill Schutz and Edward Maupin, will report on the program results to date and will conduct experiential sessions to give workshop participants a direct look at their work.

$165 per person, shared room

WILLIAM SCHUTZ and EDWARD MAUPIN are co-directors of the Esalen Resident Program. See pages 23 and 25 for further biographical data.

June 7-9 — Big Sur
DIVINE MADNESS
Weekend Seminar with ALAN WATTS

See page 11 for description.

June 9-14 — Big Sur
SENSORY AWAKENING FOR COUPLES
5-Day Workshop with BERNARD GUNTHER

See page 26 for description.

June 9-14 — Big Sur
HYDROPSYCHOTHERAPY
5-Day Workshop with LILY WIENER

Psychiatry today has largely ignored significant aspects of the interrelationship between emotional and bodily states. In water, formerly unconscious movements of the body are placed under conscious control, facilitating not only bodily but emotional changes as well.

This workshop, utilizing a heated pool, is limited to ten qualified professionals. Please apply early and state qualifications.

$195 per person, shared room

LILY WIENER has pioneered the development of hydropsychotherapy. For more than ten years she has been working with psychiatric patients, with whom, according to numerous reports, she has had noteworthy success. Her work has been reported in the Medical Section of LIFE Magazine *(June 10, 1966).*

June 14-16 — Big Sur
OPEN WORKSHOP
Weekend Workshop led by WILLIAM C. SCHUTZ

See page 25 for description.

June 14-16 — Big Sur
THE AVANT-GARDE FROM DADA TO McLUHAN AND BEYOND
A Weekend with JEFF BERNER

The weekend will discuss, illustrate and demonstrate the origins and development of international avant-garde activity since 1885. The influence of Pataphysics, Dada, Surrealism, Existentialism, Happenings, Zen and the psychedelic experience will be discussed. Workshop members will explore avant-garde world views from Jarry and Tzara to McLuhan and beyond.

Presentations of movements at the growing edge of worldwide avant-gardening will be made: Fluxus, de-coll/age, Letterism, Concretism, The Mediocres, Spatialism, etc., with many anecdotes and personalities. Films, mini-Happenings and other phenomena will also occur.

$65 per person, shared room

JEFF BERNER is Extension Instructor in French Culture, University of California, Berkeley; Instructor, San Francisco State Downtown Center; Editor Stolen Paper Editions; *collector of Aktual Art International Exhibition (San Francisco Museum, May '67; Stanford Gallery, December '67); columnist, "Astronauts of Inner Space,"* San Francisco Sunday Chronicle; *poet; importer of European experimental cinema.*

June 15-September 15 — Big Sur
STRUCTURAL INTEGRATION
IDA P. ROLF in Residence

See page 24 for description.

June 16-21 — Big Sur
EXPERIENCING ONE ANOTHER
5-Day Workshop with DICK MILLER and LAWRENCE BLOOMBERG

Especially recommended for couples (any significant two-person relationship: work, play, love, business, friendship, marriage).

"All living is meeting," Martin Buber wrote; yet in most relationships we do not meet each other but remain enmeshed in our own myths, fantasies and expectations. This workshop will provide a space in which the participant may vitalize his friendly, sexual, and loving relations. Communication, both verbal and through gesture, touch and voice, will be the central focus. The aim will be to fully experience the sensory, emotional and intellectual dimensions of each other.

The workshop will begin with a 24-hour marathon.

$185 per person, shared room

DICK L. MILLER is on the faculty of the University of Michigan, Ann Arbor, where he is a Clinical Psychologist in the Institute for Human Adjustment and a lecturer in the Department of Psychology. He is also coordinator of a large-scale program utilizing experiential innovations to facilitate college teaching. During the summer of 1967 he was in residence at Esalen Institute, where he assisted in workshops with Virginia Satir and George Bach.

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LAWRENCE BLOOMBERG is a practicing psychotherapist in Albuquerque, New Mexico. He has worked with Laura and Frederick S. Perls for over a decade and has adapted the methods of Gestalt Therapy to a variety of settings. His present involvement is in founding viable communities using intensive groups as founding experiences. A physical community to be built by one of his groups along the upper Rio Grande River is in the design stage.

June 16-21 – Big Sur
NEW PATTERNS OF LOVE AND FRIENDSHIP
5-Day Workshop with BOB RIMMER

Bob Rimmer is the author of The Rebellion of Yale Marratt, The Harrad Experiment and other novels. Basic themes in his work are the creation of new patterns of sexual and family relationship in our culture and the building of a new psychological sophistication which will free people for more intense enjoyment of life. Mr. Rimmer is also president of Relief Printing Corporation of Boston, New York and Los Angeles.

In this workshop Mr. Rimmer will discuss his unconventional ideas and brainstorm with the seminar participants about Utopian possibilities. It is suggested that all participants read The Harrad Experiment in preparation for these discussions.

$165 per person, shared room

June 16-21 – Big Sur
PROFESSIONAL WORKSHOP: Gestalt Therapy
Led by FREDERICK S. PERLS *See page 24 for description.*

June 16-28 – Big Sur
ADVANCED WORKSHOP IN BODY AWARENESS AND GROUP ENCOUNTER
2-Week Workshop with EDWARD MAUPIN *See page 23 for description.*

June 21-23 – Big Sur
OPEN WEEKEND SEMINAR: Gestalt Therapy
Led by FREDERICK S. PERLS *See page 24 for description.*

June 21-23 – Big Sur
EDUCATIONAL RESEARCH IN THE AFFECTIVE DOMAIN
Seminar and Report from GEORGE I. BROWN and RESEARCH STAFF

An opportunity to meet with the staff of the project funded by Fund for the Advancement of Education of the Ford Foundation in which various approaches to learning in the affective domain (feeling, sensing, intuition, etc.) as developed at Esalen and by others are integrated into the school curriculum.

The staff will not only report on their experiences in the project but will also lead participants in experiencing some of the affective approaches. A special rate will be provided for this weekend.

$50 per person, shared room

GEORGE I. BROWN is Professor of Education at the University of California, Santa Barbara. He is currently interested in building models for the affective domain that can become part of the school curriculum. His major emphasis has been on the relationship of creativity, existence and awareness, and on the application of principles of existential psychology – especially Gestalt Therapy – to educational practice.

June 21-23 – Big Sur
FANTASY AND FEELING IN EDUCATION
Weekend Seminar with RICHARD M. JONES

This seminar will examine the impact of Andras Angyal's holistic psychology and Erik Erikson's developmental psychology on contemporary educational theory and practice. Particular emphasis will be placed on the cultivation of emotion and imagination in formal elementary learning. Elementary teachers currently struggling with the "new curricula" in social studies are especially welcome.

$65 per person, shared room

RICHARD M. JONES is currently Visiting Professor of Psychology and Consultant in Counseling at the University of California at Santa Cruz. He was formerly Professor of Psychology and Director of the Psychological Counseling Center at Brandeis University, and Teaching Consultant with Educational Services Incorporated. Relevant publications include An Application of Psychoanalysis to Education *(Charles C. Thomas, Springfield, Illinois, 1960);* Ego Synthesis in Dreams *(Shenckman Publishing Company, Cambridge, Mass., 1962); and* Contemporary Educational Psychology *(New York, Harper and Row, 1967).*

June 23-28 – Big Sur
OPEN WORKSHOP FOR COUPLES
5-Day Workshop led by WILLIAM C. SCHUTZ *See page 25 for description.*

June 23-28 – Big Sur
OPEN WORKSHOP: Gestalt Therapy
Led by JAMES S. SIMKIN *See page 24 for description.*

June 28-30 – Big Sur
BEHAVIORIST AND HUMANIST
Weekend Seminar with MICHAEL SCRIVEN

What does it mean to say you understand a person or a particular action? The traditional scientific answer is that understanding is only present when laws are known governing the person's behavior. A supposed consequence of this view is that behavior you can't predict is only 'understood' in a spurious sense. The traditional humanist answer has referred to 'sympathy', 'empathy', 'insight', or 'seeing from the inside'; the scientist has criticized these concepts as excessively subjective or impressionistic. This dispute has erupted in clinical and experimental psychology, historiography and the social sciences in general. It will be examined and illustrated with the participants' own examples, and a novel reconciliation of the viewpoints will be suggested.

$65 per person, shared room

MICHAEL SCRIVEN is a professor of philosophy at the University of California at Berkeley. He is also on the editorial board of The International Journal of Psychology, Contemporary Psychology, *Behavioral Research Labs, and The Social Sciences Educational Consortium, Inc. He founded the first Australian society for parapsychological research, has degrees in mathematics as well as philosophy, writes about automobiles, computers, and educational reform; and especially enjoys science-fiction, trees and purveying a little iconoclasm to about twenty institutions a year. He is the author of* Primary Philosophy, Applied Logic, *and over a hundred shorter pieces.*

June 28-30 — Big Sur
CREATING PARISH LIFE
Weekend Seminar with ROBERT CROMEY

During the past eight years, the Rev. Robert Cromey has introduced experimental educational programs and worship services into the life of his parishes in New York and San Francisco. For example, during this year's Lenten season he conducted services using sensory awareness exercises, encounter groups, meditation and light shows.

In this seminar he and members of his parish will describe their experiments and explore the possibilities for creating similar programs in parishes, groups and other community organizations.

$65 per person, shared room

The REV. ROBERT WARREN CROMEY is the Vicar of St. Aidan's Episcopal Church in San Francisco. He is a founder of the Council on Religion and the Homosexual, and was a member of the San Francisco branch of the NAACP. He has been active in the civil rights movement in San Francisco. He is the moderator of a radio series on the young adult called "The Now Generation" originally produced by KXKX-FM.

June 28-30 — Big Sur
PSYCHOANALYSIS AND ZEN
Weekend Seminar led by SUZUKI ROSHI, ALBERT LUBIN and DICK BAKER

For psychoanalysts, the id, the ego and the superego refer to psychic forces which are overwhelmingly real. But Zen asks, "What is the elusive psyche which is analyzed?" For Zen nothing exists, neither psyche, analysis, or one who analyzes. Buddhism does not assert what is Truth. Rather, Buddhism teaches that we should know what mind and awareness actually are, not only what the mind knows of. In fact, there is no-thing to be known.

What is the common ground of these two approaches to man's wholeness?

$65 per person, shared room

SHUNRYU SUZUKI ROSHI is Master of Zen Center, San Francisco, and Abbot of the Zen Mountain Center, Tassajara.

ALBERT LUBIN is Clinical Professor of Psychiatry, Stanford University, a member of the Committee on Religion of the Group for the Advancement of Psychiatry, and formerly on the faculty of the San Francisco Psychoanalytic Institute. He is also on the board of "The Psychoanalytic Forum." He has long been interested in the psychology of religion and the psychology of art, and is completing a book on Vincent van Gogh.

RICHARD BAKER is Zen Priest and President of Zen Center, San Francisco, and Director of the Zen Mountain Center, Tassajara.

June 30-July 26 — Big Sur
FOUR WEEK WORKSHOP: Gestalt Therapy
Led by FREDERICK S. PERLS
See page 24 for description.

June 30-July 5 — Big Sur
AWARENESS AND CREATIVITY
5-Day Workshop with GEORGE I. BROWN and JUDITH R. BROWN

This workshop is based on the theory that to create is to discover and that discovering depends greatly upon how aware a person is of himself and the universe, including others.

The workshop consists of two phases: First, experiences are provided in developing "readiness" for creativity and awareness; these experiences include synectics, self-object modification, the creative sub-self, "other universes" and hedonic impulse training. The second phase includes sensitivity training and encounter groups with a special emphasis on awareness training. Awareness training as practiced by the Browns is directed toward experiencing the reality of the now and becoming more in touch with feelings of authenticity in contrast with the insufficiency of fantasy, illusion, and intellectualization.

$165 per person, shared room

GEORGE I. BROWN teaches courses in group interaction, creativity, awareness and sensitivity training as a professor at the University of California, Santa Barbara. With his wife he has given workshops and seminars for many diverse groups in the United States and Canada. Dr. Brown is a nationally known researcher in the affective domain and creativity.

JUDITH R. BROWN, co-trainer with her husband, brings much experience in group awareness training. Her approach is based on principles of Gestalt Therapy as founded by Dr. Frederick Perls, with whom she has worked as a co-therapist.

June 30-July 5 — Big Sur
EXPLORING THE BIG SUR COUNTRY
5-Day Workshop with ART GRANT

Art Grant, artist and connoisseur of found objects, will conduct a tour along Big Sur Redwood canyons and streambeds, ocean beaches and mountain slopes, giving participants a good excuse for experiencing the Big Sur country while creating sculptured pieces from objects discovered during these explorations.

Individual 50-power pocket microscopes available from the workshop leader.

Participants are encouraged to bring sketch materials—newsprint, color crayons or felt pens—if they wish, for sketching.

$165 per person, shared room

ART GRANT is an expert on creating sculpture from commonplace objects and junk. In the past ten years he has had 47 one-man art shows at museums such as the San Francisco Museum of Art Annual, the Sausalito Art Festival, and the San Francisco Art Festival. He is represented in the permanent collections of the Oakland Art Museum and the San Francisco Museum of Art. He is the co-author of Sculpture from Junk *(Reinhold Publishing Corp., N.Y.).*

July 5-7 — Big Sur
THE SENSE AND NONSENSE OF PSYCHOSIS
Weekend Seminar with JULIAN SILVERMAN,
R. D. LAING, and WILSON VAN DUSEN *See pages 10-11 for description.*

July 7-12 — Big Sur
THE JOURNEY OF THE MIND
5-Day Workshop with JULIAN SILVERMAN,
R. D. LAING, and WILSON VAN DUSEN *See pages 10-11 for description.*

July 12-14 — Big Sur
PARTICIPATION IN AVANT-GARDE THEATRE
Weekend Seminar with The Balcony Theatre Corporation under the direction of WILLEM F. WANROOY

In this experimental workshop an effort will be made to eliminate the separateness between audience and play. Several avant-garde plays and sketches will be presented and at several intervals the actors will stop performing, then freeze. The group will verbalize the first thing they feel about the philosophies and 'emotional states' expressed at that moment. Then the play will continue, and so on. Members of the group will also be encouraged to come on stage during the performance and to observe the actors. Thus, a new intimacy will be created between spectators and actors/playwrights. The hitherto silent involvement of the audience will be transformed into an openly expressed one; there need no longer be 'separated onlookers.'

$65 per person, shared room

THE BALCONY THEATRE CORPORATION, a non-profit entity, was founded several years ago by WILLEM F. WANROOY, who has done theatre work in Asia, Europe and the United States. Wanrooy, now an American citizen, has constantly been searching for new domains in the relationships between spectator and the performing arts. The two other members of the group are LYLE STEPHEN, a professional actor who received his Master's Degree in Theatre Arts, and JOY CRAWFORD, a professional actress with extensive experience on the New York and Los Angeles stage.

July 12-14 — Big Sur
APOCALYPSE AND TOTALITARIANISM:
Aspects of the Daemonic in Revolution, Religion, and Art
A Weekend Seminar with BILL THOMPSON and IRA EINHORN

In describing this seminar, Dr. Thompson writes: "An exploration of the impact of religious imagination upon political and artistic movements and events, when, in those heightened moments of anticipation and dread, the past and the future come together in the imagination to shatter the prevailing order of civilization. At such times actual events appear to burst into apocalyptic liberation or totalitarian collectivization, and the ordinary shapelessness of historical reality is lost in new artistic forms in which the event itself takes on the joy of sacrament and the terror of sacrifice.

"Our own sense of 'America 1968' will be seen during this seminar against a backdrop of history ranging from Moses to Elijah Muhammad, from St. John the Divine to Yeats, D. H. Lawrence and Norman O. Brown, and from the cargo cults of Melanesia to the flying saucer contactees of California."

$65 per person, shared room

WILLIAM I. THOMPSON is Associate Professor of Humanities at Massachusetts Institute of Technology. He is author of The Imagination of an Insurrection: Dublin, Easter 1916. *He has also written an apocalyptic play about California, an adaptation of Euripides' Bacchae in which Governor Reagan figures as Pentheus.*

IRA EINHORN, widely educated in the apocalyptic, totalitarian and other modes, now teaches in the Free University of Pennsylvania. He is a collector of material for many articles and books on the American apocalypse.

SUGGESTED READING: The apocalyptic mode—Norman O. Brown's Love's Body *or Nathaniel West's* The Day of the Locust; *the totalitarian mode—Herbert Marcuse's* One Dimensional Man *or Thomas Pynchon's* The Crying of Lot 49.

July 12-14 — Big Sur
MARATHON WEEKEND
A Weekend with Members of Esalen RESIDENT FELLOWS and STAFF

The 24-hour continuous-encounter marathon session begins at 9:00 Friday evening and lasts through to the following evening, with the remainder of the weekend devoted to swimming, hiking, hot mineral baths, meditation, spontaneous group encounter and discussion of the marathon experience.

$75 per person, shared room

July 14-19 — Big Sur
POSITIVE DISINTEGRATION
5-Day Workshop with JULIAN SILVERMAN, R. D. LAING, and K. DABROWSKI

See pages 10-11 for description.

July 14-19 — Big Sur
FOR THE GOOD MARRIAGE: MORE AUTHENTICITY
5-Day Workshop with GEORGE I. BROWN and JUDITH R. BROWN

A workshop for couples who feel they have a healthy marriage and would like to experience ways to make their relationships even more real, exciting and substantial. The focus of the program will move through misleading and confusing preconceptions of one's self and one's marriage partner to increasing perception and response to a real person in a real world.

The Browns will use approaches to awareness and sensitivity training along with marriage games that, once learned in the workshop, can continue to be used by the couple in their home setting.

$330 per couple

See page 18, June 30-July 5, Big Sur, for biographical data.

July 19-21 — Big Sur
THE LOVING ENCOUNTER FOR MARRIED COUPLES
Weekend Seminar with EVELYN and LARRY SOLOMON

This weekend will have both experiential and theoretical sessions. On Friday night the seminar will explore the conceptual differences between various forms of love: agape, eros and philia. The remaining small group sessions on Saturday and Sunday will provide experiential encounter with each of these love forms and will explore the function of these in the marriage of each couple in the group.

Use will be made of programmed materials developed at Western Behavioral Sciences Institute.

$65 per person, shared room

LAWRENCE N. SOLOMON was Research Associate, Western Behavioral Sciences Institute, 1959-1967; Executive Secretary, American Psychological Association Committee on Psychology in National and International Affairs, 1962-1964; and is presently Associate Fellow, Western Behavioral Sciences Institute; and Dean, Intensive Study Division, United States International University. EVELYN K. SOLOMON is a group facilitator at various workshops and training laboratories.

July 19-21 – Big Sur
PERSPECTIVES ON PSYCHOSIS: An International Forum
Weekend Seminar with the following: JULIAN SILVERMAN, Chairman; R. D. LAING, Great Britain; K. DABROWSKI, Poland; STANISLAV GROF, Czechoslovakia; JOHN W. PERRY, U.S.A.; CLAUDIO NARANJO, Chile

See pages 10-11 for description.

July 21-26 – Big Sur
SENSORY AWAKENING IN EDUCATION
5-Day Workshop with BERNARD GUNTHER *See page 26 for description.*

July 21-26 – Big Sur
PSYCHOSES AND PSYCHEDELICS
5-Day Workshop with JULIAN SILVERMAN, R. D. LAING, STANISLAV GROF, JOHN W. PERRY, and JOE K. ADAMS *See pages 10-11 for description.*

July 26-28 – Big Sur
GOD IN THE SECULAR CITY
Weekend Seminar with HARVEY COX

Although ours is a society of vast and ponderous structures, it is also one in which the quest for an authentic personal identity has become central. Religion today, instead of sanctifying existing practices and blessing the status quo, has become for many people an avenue to personal style and a catalyst for social change. This topic will be discussed in connection with new movements in religion such as radical theology, the underground church, the growing interest in eastern spirituality and the theology of hope.

$65 per person, shared room

HARVEY G. COX is Associate Professor of Church and Society in the School of Divinity, Harvard University. He is author of The Secular City *and numerous articles which have opened up new perspectives on secularization and the religion of modern men. He has been active in civil rights work, was a "fraternal worker" in Berlin maintaining contact with churches and universities in East Germany, attended the New Delhi Conference of the World Conference of Churches in 1962.*

See page 8, July 24 and 25, San Francisco, for additional events with Harvey Cox.

July 26-28 – Big Sur
ENCOUNTER WEEKEND
A Weekend with Members of ESALEN STAFF and RESIDENT FELLOWS

This weekend will consist of a variety of experiential group methods used at Esalen, such as basic encounter, sensory awakening, body movement and dream sharing, as well as the self-confrontation of the Lowen exercises, hatha yoga and meditation.

$65 per person, shared room

July 28-August 2 – Big Sur
BODY AWARENESS, SENSE OF BEING, AND ENCOUNTER
5-Day Workshop with EDWARD MAUPIN

July 28-August 2 – Big Sur
DEVELOPING INNER RESOURCES
5-Day Workshop with HOBART THOMAS and MICHAEL MURPHY

Much of the time in ordinary life the individual is distracted from contact with his deepest inner resources. As a result he feels out of tune, and life is far less rewarding than it otherwise might be. In this workshop we will explore various ways for the individual to develop his own sense of inner direction as he experiences himself alone and in his relationship to others. Attention will be given to a wide variety of human experiences including meditation, sensory awareness, body movement, fantasy and group encounter. The emphasis is on freedom to explore and find one's own way within a wide range of possibilities. Limit: 20 people.

$165 per person, shared room

HOBART THOMAS is Professor of Psychology at Sonoma State College, an Associate of National Training Laboratories in Group Development, and a practicing psychotherapist. He has led encounter groups in a variety of settings for the past 12 years both in the U.S. and abroad. At Sonoma State College, as chairman of the Psychology Department, he was one of the people instrumental in originating the conferences in Existential Psychology and the Graduate Program in Humanistic Psychology.

MICHAEL MURPHY, president of Esalen Institute, is a long-time, if sometimes wavering, student of meditation.

July 28-August 2 – Big Sur
A CRAFT WORKSHOP WITH THE GUILD OF HANDS

This 5-day workshop will consist of individual and group work in a variety of materials and techniques, with emphasis on ways of bringing natural, inherent form to the fullest possible expression. Informal evening discussions will explore the role of simple, creative work as an aid in developing self-reliance (advocated by Gandhi in the Hind Swaraj, or home-rule) as a counteraction to the pressures in modern society toward dependency and conformity. Limit: 20.

BAKING: Bread, Pastry
CERAMICS: Stoneware, Porcelain, Hand-Building
GRAPHICS: Woodcuts, Serigraphy, Drawing
LEATHERWORK: Sandals, Handbags, Garments
METAL: Sculpture, Casting, Enameling
PHOTOGRAPHY: Field Work, Darkroom Work
TEXTILES: Batik, Weaving, Spinning

GUILD OF HANDS STAFF:

KARL LEE: Ceramics & Graphics
MARYA BYRON: Weaving
JOHN HORLER: Batik & Graphics
DOUGLAS ALBITZ: Jewelry
EDWARD TAYLOR: Baking
PETER MELCHIOR: Enamels
HUGH WILKERSON: Photography

$165 per person, shared room

In addition to scheduled workshops, Guild Members will be available for individual and group instruction by appointment. Please correspond with the individual craftsmen at least two weeks in advance.
Address: GUILD OF HANDS, Esalen Institute, Big Sur, California 93920

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July 28-August 2 — Big Sur
OPEN WORKSHOP: Gestalt Therapy
Led by ROBERT K. HALL
See page 24 for description.

August 2-4 — Big Sur
SHAMANISTIC RITUAL AND PSYCHOTIC WAYS TO THE UNCONSCIOUS
Weekend Seminar with CLAUDIO NARANJO and MICHAEL HARNER
See pages 10-11 for description.

August 2-4 — Big Sur
PSYCHOSIS AS PERSONAL TRANSFORMATION
Weekend Seminar with JULIAN SILVERMAN, R. D. LAING, and JOHN W. PERRY
See pages 10-11 for description.

August 4-9 and August 11-16 — Big Sur
TRAINING IN TEACHING AND LEADING AFFECTIVE LEARNING
Two 5-Day Workshops with GEORGE I. BROWN and RESEARCH STAFF

Members of the staff of the Esalen program in the affective domain (funded by the Ford Foundation) under the direction of Dr. George I. Brown, will conduct two sequential five-day training sessions in improving teaching in the affective domain and in ways to better integrate affective and cognitive learning. (There will be a break for the weekend between sessions.)

This workshop is provided as a result of many requests by teachers and others who are interested in improving their leadership skills in areas such as interpersonal relationships, intra-personal learning, sensitivity and awareness training as applied to the classroom, creativity, etc. The training will be based on the experiences of the staff in using these approaches in elementary and secondary schools and college classrooms.

$165 per person, shared room, for each 5-day workshop

See page 17, June 21-23, Big Sur, for biographical data.

August 4-9 — Big Sur
OPEN WORKSHOP: Gestalt Therapy
Led by JAMES S. SIMKIN
See page 24 for description.

August 4-30 — Big Sur
FOUR-WEEK INTENSIVE WORKSHOP
with WILLIAM C. SCHUTZ, assisted by Resident Fellows STEVE STROUD and BETTY FULLER
See page 25 for description.

August 9-11 — Big Sur
THE RITE OF MOVEMENT: A Dance Celebration
Weekend Workshop with ANN HALPRIN and drums by CASEY SONNABEND

Ann Halprin will present her approach to the body and to dance. Her approach stresses the way movement and environment affect each other. She writes: "We will explore each individual's rhythm, and extend this expressive energy to an interplay with one another in the landscape, leading to a spontaneous group ritual."

No formal dance training is required.

$65 per person, shared room

See page 4, May 24-26, San Francisco for biographical data.

August 9-11 — Big Sur
PERSONAL, SOCIAL, AND EXISTENTIAL CONFIRMATION
A Weekend Discussion and Basic Encounter Seminar
led by MAURICE FRIEDMAN and ANN DREYFUSS

"Sent forth from the natural domain of species into the hazard of the solitary category, surrounded by the air of a chaos which came into being with him, secretly and bashfully man watches for a Yes which allows him to be and which can come to him only from one human person to another."

Martin Buber, *The Knowledge of Man*

Discussions during the weekend will center around four areas:

1. How do I find the calling through which I can become myself in response to the world's call? How can I live authentically in the tension between personal, social, and existential confirmation?
2. What part does our confirming one another in dialogue play in our realizing our personal uniqueness? Can I accept you as you are, yet refuse to confirm you when you are unfaithful to the person you are called to become? Can I expect my child or my student to confirm me as well as I him? Ought the student to experience the teacher's side of the relationship, the patient the therapist's side?
3. Are the social roles I play and the groups to which I belong the means or the alternative to my being confirmed as a unique person? When is interhuman conflict an obstacle and when a gateway to mutual confirmation in depth?
4. Is there an existential confirmation that we experience through and beyond the personal and the social? Can existential trust accept and overcome the social and existential mistrust that robs us of the courage to respond?

$65 per person, shared room

See page 9, August 7 and 8, San Francisco for biographical data.

August 11-16 — Big Sur
PROFESSIONAL WORKSHOP: Gestalt Therapy
5-Day Workshop with JAMES S. SIMKIN and IRMA LEE SHEPHERD

See page 24 for description.

August 16-18 — Big Sur
SCENARIOS FOR THE YEAR 2000:
Weekend of Conversations with HERMAN KAHN and ANTHONY J. WIENER

Informal discussions exploring what the world will look like in the year 2000; methods and problems of technological, socio-economic, and cultural forecasting; and the dynamics and methods of "Think Tanks." It is recommended that seminar participants read The Year 2000: A Framework for Speculation on the Next Thirty-Three Years or the Summer 1967 Special Issue of Daedalus, Toward the Year 2000: Work in Progress.

This seminar is the first in an Esalen series on The Future; this series will be coordinated by David Goldberg, presently a "future watcher" for the U.S. Office of Education.

$65 per person, shared room

HERMAN KAHN is probably the world's most famous "futurist." He is a physicist and specialist in public policy analyses, is Director and Trustee of Hudson Institute and was its principal founder. Among his major interests at Hudson Institute have been studies on Latin American and other development problems, inquiries into alternative world futures and long-run (10 to 35 years) political, economic, technological and cultural changes, and research into strategic warfare and basic national security policies.

He is the author of On Thermonuclear War: Thinking About the Unthinkable *and, in collaboration with Anthony J. Wiener,* The Year 2000: A Framework for Speculation on the Next Thirty-Three Years *prepared for the Commission on the Year 2000 of the American Academy of Arts and Sciences.*

ANTHONY J. WIENER, Chairman of the Research Council of Hudson Institute, is a lawyer and social scientist whose major interests include political, sociological, and psychological aspects of public policy problems. He has conducted studies and written reports on topics such as international crises, arms control, various defense issues, problems of European political and military policies, the future of U.S. poverty and race relations, and long-range planning problems.

August 16-18 — Big Sur
FRONTIERS OF ENCOUNTER TECHNIQUE
Weekend Workshop with JOHN HEIDER and STEVEN A. STROUD

See page 6, June 24-27, San Francisco, for description and biographical data.

$65 per person, shared room

August 18-23 — Big Sur
WORKSHOP IN ENCOUNTER
5-Day Workshop with EDWARD MAUPIN and JOHN HEIDER

See page 23 for description.

August 18-23 — Big Sur
PROFESSIONAL WORKSHOP: Gestalt Therapy
5-Day Workshop with JAMES S. SIMKIN and JOSEPH J. DOWNING

See page 24 for description.

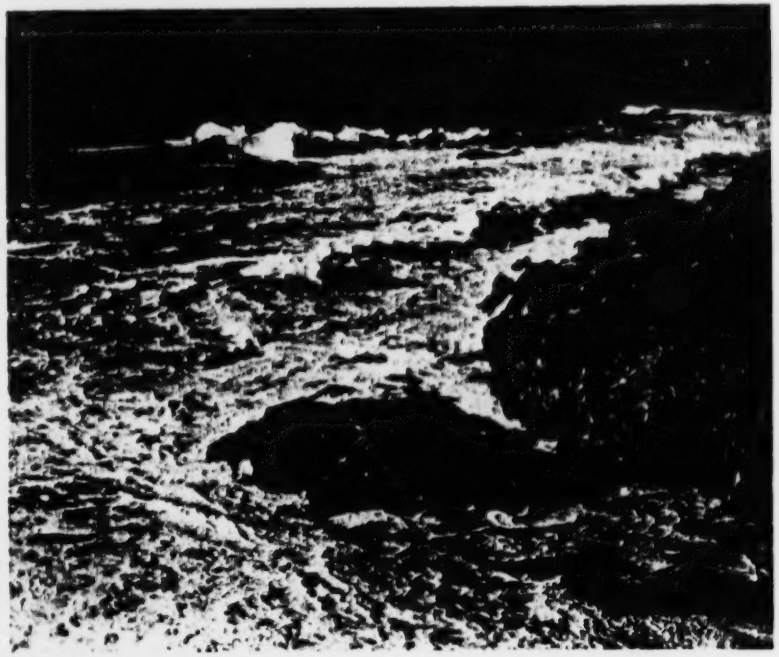
August 21-23 — Big Sur
A TWO-DAY WORKSHOP FOR MARRIED COUPLES
With SONIA and ED NEVIS

This workshop will concentrate on the encounter between couples in order to highlight habitual modes of communication and to experiment with new ones. The primary focus will be upon the here-and-now encounter within the workshop setting, rather than on analysis of problems in the marital relationship. By providing fresh perspectives we hope to give impetus to continuing growth in marriage.

$130 per couple

EDWIN C. NEVIS has been management consultant since 1950 and has broad experience in sensitivity training, encounter groups and related personal and management development activities. He is an Associate of National Training Laboratories-Institute for Applied Behavioral Science, and President of the Cleveland Institute for Gestalt Therapy.

SONIA NEVIS has been developing, together with her husband, new approaches to the improvement of communication between husbands and wives. Recently she helped conduct a one-month workshop with Dr. Frederick Perls in which she worked intensively with married couples.



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August 23-25 — Big Sur
ADVANCED SENSORY WORKSHOP
Weekend Seminar with BERNARD GUNTHER *See page 26 for description.*

August 23-25 — Big Sur
COMPREHENSIVE PERSONALITY CHANGE
A Weekend with ALBERT ELLIS

This workshop will present a comprehensive approach to basic personality change, encompassing (a) cognitive and rational methods, (b) emotive-expressive techniques, and (c) behavioral-motorial assignments.

Instead of formal lectures, live material will be emphasized, including recordings of therapeutic interviews, demonstration interviews, live group therapy sessions, and continuous audience participation and feedback. Participants can choose a self-helping experience as well as an opportunity to learn the essentials of this therapeutic technique.

$65 per person, shared room

ALBERT ELLIS is the originator of rational-emotive psychotherapy and is Executive Director of the Institute for Rational Living, a training and educational center. He is well known for his writings on sex, love and marriage relations and is a busy practitioner of individual and group psychotherapy and marriage and family counseling. He is the author of more than 250 articles and of 25 books, including A Guide to Rational Living; Reason and Emotion in Psychotherapy; The Art and Science of Love; *and* How to Prevent Your Child from Becoming a Neurotic Adult.

August 25-30 — Big Sur
OPEN WORKSHOP: Gestalt Therapy and Structural Integration
5-Day Workshop with ROBERT K. HALL and IDA P. ROLF
See page 24 for description.

August 25-30 — Big Sur
THOUGHT IN THE MIDST OF LIFE
5-Day Workshop with HUSTON SMITH

Shared reflective probing of, and collective meditation on, five brief texts—Asian and Western; psychological, philosophical, and religious—in an effort to hear the words they speak to the distinctive life-situation of each individual participant. A search for relevant philosophy. Enrollment limited to twelve.

$165 per person, shared room

HUSTON SMITH is Professor of Philosophy at the Massachusetts Institute of Technology. His birth and childhood in China produced a life-long interest in philosophical anthropology, comparative philosophy, and comparative religion, while his present post calls for special attention to the relation between science and the humanities. He is author of The Religions of Man; Condemned to Meaning; *and* The Purposes of Higher Education.

See page 9, August 21 and 22, San Francisco, for additional events with Huston Smith.

Workshops with EDWARD MAUPIN

May 19-24 — Big Sur
BODY AWARENESS, SENSE OF BEING, AND ENCOUNTER
5-Day Workshop

In order to encounter people on a feeling level we must be in touch with our own bodies and what they are feeling. This workshop will focus equally upon group encounter and upon body awareness and the sense of personal being.

$165 per person, shared room

June 16-28 — Big Sur
ADVANCED WORKSHOP IN BODY AWARENESS AND GROUP ENCOUNTER
2-Week Workshop

This workshop will include an on-going encounter group plus intensive daily sessions designed to increase consciousness in the body. Dr. Maupin draws upon a wide variety of approaches to body awareness including methods derived from Wilhelm Reich, Alexander Lowen, Charlotte Selver, Bernard Gunther and Ida Rolf.

Intended primarily for people who expect to apply encounter group techniques professionally (as facilitators, teachers, counselors), the workshop is limited to 12 participants.

$380 per person, shared room

July 28-August 2 — Big Sur
BODY AWARENESS, SENSE OF BEING, AND ENCOUNTER
5-Day Workshop

The workshop will combine group encounter sessions with intensive sessions focusing on body awareness and the expansion of consciousness in the body.

$165 per person, shared room

August 18-23 — Big Sur
WORKSHOP IN ENCOUNTER
5-Day Workshop with EDWARD MAUPIN and JOHN HEIDER

John Heider and Edward Maupin will co-direct one semester of the 1968-69 Esalen Resident Program. Their joint leadership of this encounter workshop will draw upon their researches in meditation and upon techniques developed in past resident programs.

$165 per person, shared room

EDWARD MAUPIN is co-director of the Esalen Resident Program. Before coming to Esalen, Dr. Maupin was on the staff of the Neuropsychiatric Institute at UCLA. His Ph.D. dissertation in Psychology from the University of Michigan was on the subject of meditation. During the past year, Dr. Maupin has been intensively exploring the phenomenology of body experience and a wide variety of approaches for the enhancement of body awareness.

JOHN HEIDER, a Fellow in the 1967-68 Resident Program, will co-direct the program next year with William Schutz and Edward Maupin. His Ph.D. and dissertation from Duke University was on the subject of meditation. He is a student of altered states of consciousness and various techniques for personal growth.

GESTALT THERAPY PROGRAMS

Gestalt Therapy, by emphasizing the awareness continuum of oneself and the world, is a way (Tao) of living and enhancing one's experience. It is non-analytic. It attempts to integrate the fragmented, split personality through non-interpretive focusing in the here-and-now.

FREDERICK S. PERLS, the founder of Gestalt Therapy, Associate in Residence at Esalen Institute, Big Sur
JAMES S. SIMKIN, clinical psychologist, Beverly Hills, co-leader of professional training groups with Dr. Perls for five years
JOSEPH J. DOWNING, psychiatrist, Director of Mental Health Programs, San Mateo County
ROBERT K. HALL, psychiatrist, Associate in Residence at Esalen Institute, Big Sur
CLAUDIO NARANJO, psychiatrist, Santiago, Chile, and Berkeley, California
IRMA LEE SHEPHERD, psychologist, Director of Psychological Center, Georgia State College, Atlanta, Georgia

All the staff have studied intensively with Dr. Perls and Dr. Simkin.

BIG SUR: OPEN WORKSHOPS IN GESTALT THERAPY

5-DAY OPEN WORKSHOPS:

May 5-10 . . . . . Joseph J. Downing
May 19-24 . . . . . James S. Simkin
June 2-7 . . . . . Robert K. Hall
June 23-28 . . . . . James S. Simkin
July 28-August 2 . . . . . Robert K. Hall
August 4-9 . . . . . James S. Simkin
$165 per person, shared room

OPEN WEEKEND:

June 21-23 . . . . . Frederick S. Perls
$75 per person, shared room

FOUR-WEEK WORKSHOP:

June 30-July 26 . . . . Frederick S. Perls
Preference will be given to professionals and couples.
$785 per person, shared room
($400 is payable in advance by June 1)

FREDERICK S. PERLS

August 25-30 — Big Sur
GESTALT THERAPY AND STRUCTURAL INTEGRATION
5-Day Workshop with ROBERT K. HALL and IDA P. ROLF

This workshop is open, but preference will be given to professionals. The fee includes two hour-long individual treatments.

$245 per person, shared room

June 15-September 15 — Big Sur
STRUCTURAL INTEGRATION
IDA P. ROLF in Residence

Ida P. Rolf will be in residence approximately from June 15 to September 15. She will work in conjunction with the Gestalt Therapy program and with private individuals on an appointment basis. Her work, called Structural Integration, is a system of deep musculo-fascial organization which releases excessive tension and realigns body structure to establish more efficient functioning.

If demand warrants, a class for training professionals will be given during the six-week period, July 15-August 24, at Big Sur. This class will be limited to five applicants to be chosen on a basis of adequate background knowledge (anatomy, physiology), and psychological testing to determine aptitude for this profession. The fee will be $1000, of which $500 is payable in advance, by June 15. This fee covers the class with complete manipulative supervision, teaching, and personal processing by Dr. Rolf. Without further fee it provides for attendance at another class which is mandatory to secure later certification. The fee does not include lodging. Interested candidates should contact Dr. Ida Rolf (11 Riverside Drive, New York City 10023) as soon as possible.

BIG SUR: PROFESSIONAL WORKSHOPS IN GESTALT THERAPY

5-DAY WORKSHOPS FOR PROFESSIONAL PSYCHOTHERAPISTS:

June 16-21 and August 11-16 Introductory Professional
with FREDERICK S. PERLS, JAMES S. SIMKIN and IRMA LEE SHEPHERD

August 18-23 Advanced Professional
with JAMES S. SIMKIN and JOSEPH J. DOWNING

Dr. Perls will be in residence and will participate in the August workshops.

These professional workshops will provide theoretical as well as practical training in the application of the existential and phenomenological method for individual, group and self-treatment. The participants will have an opportunity for artistic self-expression and of facing and coping with their own personal problems. Attention will be primarily focused on phenomenology through the use of non-interpretive techniques. For all workshops these techniques will be extended to a working through of dreams.

The August 11-16 workshop will serve as an introduction and background in Gestalt and Existential Therapy. Those attending will qualify for the advanced workshop.

The workshops are limited to not more than 20 qualified professionals. Applicants should apply at least three weeks in advance and should state qualifications. Envelopes should be marked: "Attention of GESTALT PROFESSIONAL WORKSHOP."

$185 per person, shared room

VIDEO-TAPE FEEDBACK is used from time to time in workshops and seminars. VIDEO-TAPES and 16 mm SOUNDTRACK FILMS are now available by rental for training purposes, exploring various aspects of Dr. Perls' approach. For information write direct to: Frederick S. Perls, M.D., Esalen Institute, Big Sur, California 93920.

SAN FRANCISCO GESTALT THERAPY INSTITUTE, INC.

Professional and non-professional training is now available in the San Francisco Bay Area. For information, please write (or phone: 415-431-8585):
S. F. Gestalt Therapy Institute, Inc.
1304 Masonic Avenue, San Francisco, CA 94117

Programs in Sensory Awakening with BERNARD GUNTHER

[illegible] excessive thought, to [illegible] sensory reality in the here and now."

[illegible] 7 — San Francisco
TWO EVENINGS WITH BERNARD GUNTHER

Monday Evening: Optional Dance, a new approach to relaxation; relaxation is [illegible] like a cat.
Tuesday Evening: A [illegible] Celebration, a joyous meditation through the [illegible]

[illegible] Location: Graham Hall, Grace Cathedral
[illegible] Tuesday

[illegible] Big Sur
[illegible] TURNED ON TO NATURE
[illegible] GERARD HAIGH See page 16.

[illegible] Big Sur
[illegible] AWAKENING FO[illegible]

We often allow our most intimate relationships to become trite and routine. Habit rep[illegible] and we rarely experience the other person or the vast poe[illegible] be [illegible] concepts and excessive tension are major [illegible] ed-on-[illegible] In this sensory awakening workshop for couples [illegible] will explore relaxation, [illegible], massage, and [illegible] opening to one another. $330 per couple

July 15-19 — [illegible] Francisco
SENSE RELAXATION—BELOW YOUR MIND
[illegible] shop See page 7 for description.

[illegible] 21-26 — Big Sur
SENSORY AWAKENING IN EDUCATION 5-Day Workshop

Social and formal education stress the cognitive and motor functions of the organism without regard for sensory development. We often teach children "nonsense". This workshop will combine theoretical background and personal [illegible] those who wish to learn, teach and apply [illegible] in education and therapy. This program is designed especially for teachers, school administrators, counselors and therapists.
$65 per person, shared room

August 23-28 — Big Sur
ADVANCED SENSORY WORKSHOP 5-Day Workshop

Deepening sensory feeling to one's self, the world and others, will be the focus in this experimental workshop. The group will be asked to experience and expand new methods developed by Mr. Gunther. Open only to those who have been in previous Sensory Awakening workshops. $65 per person, shared room

BERNARD GUNTHER is an Associate in Residence at Esalen-Big Sur, where he has developed his own approach to direct experience and non-verbal communication known as Sensory Awakening. In addition to his book, Sense Relaxation—Below Your Mind *(MacMillan 1968), he has authored three books of poems and several articles describing his work.*

For information on Mr. Gunther's books and records, write: Sensory Awakening, Esalen Institute, Big Sur, CA 93920.

ESALEN RESIDENT PROGRAM 1968-69

Co-Directors: Wm. C. Schutz, Edward Maupin, John Heider

For the past six years Esalen Institute has been presenting programs related to developing human potential. A wide variety of techniques have been presented here by practitioners from all over the world. The Resident Program was originally conceived to give a group of people opportunity to explore these techniques and experiences more intensively over a longer period of time than the weekend or week-long seminars permit.

The program is completing its second year. Fifteen Resident Fellows participated in 1966-67 under the direction of Virginia Satir. Twenty are in residence in the 1967-68 program under the direction of William Schutz and Edward Maupin. In each of the two groups, about half of the Fellows have been already established in a vocation—including psychology, law, art, education, religion—to which the Esalen experience might be expected to contribute something new. The other half have been people just out of school or the Peace Corps who have not yet settled into vocations. Both men and women participate, and the age range has been from 20 to 55.

As the program has evolved, the central focus has been on the encounter group as the basic forum into which other activities feed. The on-going seminar programs described in the Esalen brochure, plus special seminars for the resident group, introduce a wide variety of additional experiences for the Fellows to draw upon. This year special programs in almost the whole spectrum of body movement and body awareness techniques used at Esalen have been presented for the Fellows, as well as seminars in meditation, Gestalt Therapy, imagery, psychodrama, and the new group formats. As the program proceeds, the Fellows arrange projects of their own to explore things which have seemed promising for personal growth or for new practical applications. They have, for example, worked intensively with the body techniques of Alexander Lowen, adapted a dream technique of a Malaysian tribe, explored empathy experience, and evolved new approaches to group encounter.

This year there has been a practicum program in which Fellows work in outside settings—a home for adolescents, a private high school, a Negro ghetto elementary school, a state hospital, an experimental program at a state college—where the relevance of the Esalen experience can be explored. Fellows have also had supervised experience in leading encounter groups and other workshops.

In 1968-69 there will be two Resident Programs, each four and one half months long. The first begins September 15, 1968 and ends January 31, 1969; this program will be led by Edward Maupin, Ph.D. and John Heider, Ph.D. The second begins February 2, 1969 and ends June 13, 1969; this program will be led by William C. Schutz, Ph.D. The fee for each program, including room, board and tuition, is $2200. A few part-scholarships will be available.

If you wish to apply for either program, you should plan to attend the selection weekend at Big Sur on June 7-9, 1968. Write for application form: RESIDENT PROGRAM, Esalen Institute, Big Sur, California 93920.

SAN FRANCISCO PROGRAMS

San Francisco LECTURES, PANELS and SYMPOSIA: Tickets may be purchased by mail from Esalen Institute, P.O. Box 31389, San Francisco 94131. Please enclose self-addressed stamped envelope for quicker return of tickets. Tickets are also on sale in advance for most events, at: **San Francisco**—Grace Cathedral Gift Shop, California and Taylor; City Lights Books, 261 Columbus. **Berkeley**—Record City, 2340 Telegraph Avenue. **San Jose**—Kit's Books, 1329 Winchester Boulevard. Any event may be cancelled if advance sale shows insufficient interest. When not sold out in advance, tickets may be purchased at the door.

San Francisco SEMINARS and WORKSHOPS: Longer events require advance registration by means of a $10 per person (unless another amount is specified) non-refundable deposit. Please make reservations at least one week before each event. Mail reservation form or letter to: ESALEN INSTITUTE, P.O. Box 31389, San Francisco 94131. **Do not send San Francisco reservations to Big Sur.** Many seminars and workshops are filled well in advance. If you plan to attend, avoid disappointment by making an early reservation.

BIG SUR PROGRAMS

Grounds are closed except by reservation.

Big Sur SCHEDULES: Weekend seminars begin with dinner at 7:30 on Friday evening and end with lunch on Sunday. All seminars and workshops begin with dinner, usually followed by an informal session the first evening at 9:00 p.m., and end with lunch on the last day.

Big Sur COSTS: Seminar and workshop costs, listed under each program, are for shared occupancy; we arrange sharing unless you specify with whom you wish to share. Some private rooms are available on a limited basis for an additional $7 per night. The amount indicated covers tuition, food and lodging, use of the fresh-water pool and hot mineral baths, and the scheduled periods of Tai Chi Chuan and Sensory Awakening; tips for restaurant and cabin personnel are also covered. Massage, available by appointment, is extra.

Big Sur ACCOMMODATIONS are possible at Esalen Institute; and at South Coast Motel (AAA $5 per day per person extra, 2 miles north); at Big Sur State Park Lodge (14 miles north); or at other motels or campgrounds, at which one must make his own arrangements.

MEMBER RATES: Contributing Members, $5 discount on all seminars and workshops.

STUDENT RATES: Student Body card holders, $15 discount weekend seminars only.

Big Sur RESERVATIONS must be made **at least one week** before the first day of the seminar or workshop. Accompanying the reservation a $20 **non-refundable** deposit for weekend seminars, $50 for 5-day workshops, is required (unless another amount is specified). Please mail reservation form or letter, with check, to: RESERVATION DESK, Esalen Institute, Big Sur, California. **Do not send Big Sur reservations to San Francisco.**

Big Sur LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the institute takes its name. From the north, the institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs, A lighted sign on the ocean side of the highway reads: Esalen—Reservation Only.

LIMOUSINE SERVICE from Monterey: there is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $15 per person from Monterey airport or Greyhound terminal, with advance notice.

RIDES from the San Francisco Bay Area: If you NEED a ride or can OFFER a ride to Big Sur, please call this San Francisco phone number—431-8771—and leave your name and phone number. This should be done from 3 to 5 days before the date you will be leaving for Big Sur.

RECOMMENDED DRESS in Big Sur: Slacks, sweaters, jeans, flat shoes for women, bathing suits for outdoor pool. Please bring your own flashlight. **Please bring no pets.**

SPECIAL INFORMATION:

Contributions to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops.

Listener-sponsored radio station KPFA-FM in Berkeley broadcasts portions of Esalen seminars and lectures and provides a program guide. San Francisco television station KQED, Channel 9, has "Experiments With Esalen" on Thursdays at 8:30 p.m. Other radio stations broadcasting all or portions of Esalen events are: KFRC ("Perspectives" on Sunday evenings 10:00 to midnight), KPEN-FM ("University Seminars" Sunday evenings at 11:00 p.m.), and KUOP-FM (University of the Pacific, Stockton). Last year, a selected series of programs from Esalen was broadcast over 40 educational radio stations under the title of "Seminar: Big Sur" distributed by National Educational Radio.

We have established a service to provide copies of tape recordings made during some Esalen seminars and lectures in San Francisco and Big Sur. Professional persons or organizations interested in specific recorded tapes of past, present or future programs, please write: ESALEN RECORDINGS, P.O. Box 6633, Carmel, California 93921.

16 mm films and video-tapes of Dr. Perls' approach to Gestalt Therapy are now available for professional use on a rental basis. For information write: Frederick S. Perls, M.D., Esalen Institute, Big Sur, California 93920.

For libraries and institutions with microfilm equipment, records of Esalen history, brochures and publications may be secured through the services of: MICROBIZ, 590 Howard, San Francisco 94105.

SPECIAL NOTE: If you have not attended a seminar or workshop during the past year and are not a Contributing Member of Esalen, but wish to remain on the Esalen mailing list for future brochures, or have a friend whom you wish to have placed on that list, a subscription to the Esalen mailings is $2 per year.

First requests for Esalen brochures are sent without charge, but we would like to know that those who continue to be on the mailing list are there because they wish to be and are willing to share in the expense of the brochures.

We continue to welcome your suggestions regarding the approach and content of the Esalen program.

ESALEN INSTITUTE

Esalen Institute is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a resident program exploring new directions in education and the behavioral sciences.

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WILLIAM C. SCHUTZ Workshops

May 13-16 — San Francisco
4-Evening OPEN WORKSHOP

This workshop combines encounter group methods with body movement, sensory awareness, fantasy experiments, psychodrama and the micro-lab. There may also be some poetry reading and writing and dramatic improvisation. Developing the ability to experience joy is the workshop's guiding theme.

Participation in an OPEN WORKSHOP is a prerequisite for attending any of the ADVANCED WORKSHOPS conducted by Dr. Schutz, co-led with specialists in such fields as behavior therapy, sensory awakening, fantasy, Gestalt Therapy, meditation.

Location: Gresham Hall, Grace Cathedral
Time: 4:30 to 10:30 each evening, Monday thru Thursday
Registration: $80 per person

May 26-31 — Big Sur
ADVANCED BODY MOVEMENT AND ENCOUNTER GROUPS
5-Day Workshop co-led with JUDI KLEIN

This workshop will feature an intensive experience with body movement. It will focus on the structure of the body and its relation to personality, on the expressive clarifying and growth-producing aspects of movement, and on communication through movement. Encounter groups will incorporate these special methods along with others used in this type of workshop.

$185 per person, shared room

June 14-16 — Big Sur
WEEKEND OPEN WORKSHOP

This workshop combines encounter group methods with body movement, sensory awareness, fantasy experiments, psychodrama and the micro-lab. There may also be some poetry reading and writing and dramatic improvisation. Developing the ability to experience joy is the workshop's guiding theme.

Participation in an OPEN WORKSHOP is a prerequisite for attending any of the ADVANCED WORKSHOPS conducted by Dr. Schutz, co-led with specialists in such fields as behavior therapy, sensory awakening, fantasy, Gestalt Therapy, meditation.

$70 per person, shared room

June 23-28 — Big Sur
5-DAY OPEN WORKSHOP FOR COUPLES

Intensive encounter groups with special attention to the application of multiple methods to couples.

$370 per couple

Publication and broadcast rights to all lectures delivered at Esalen Institute meetings and workshops belong to Esalen and no use of such material is to be made without the express written permission of one of the Directors.

August 4-30 — Big Sur
FOUR-WEEK INTENSIVE WORKSHOP
Assisted by Resident Fellows STEVE STROUD and BETTY FULLER

This workshop will integrate theory with techniques such as fantasy, dreams, hypnosis, psychodrama and improvisation, Gestalt Therapy, yoga, meditation, and massage. A special training program will be offered for those who wish to become encounter group leaders. A special group will be formed for couples interested in using these techniques for clarifying and strengthening their relationship.

Dr. Schutz will be assisted by selected Resident Fellows who will have completed the intensive nine-month program at Esalen.

Applicants should submit a statement of their aims along with their application. The workshop is limited to 40.

$785 per person, shared room ($400 non-refundable deposit required July 10)

WILLIAM C. SCHUTZ has recently joined the Esalen staff as Director of the Residential Program. Dr. Schutz is a teacher, researcher, theorist and practitioner in the fields of interpersonal behavior and research design. He has taught at Harvard, the University of Chicago, the University of California, Berkeley and the Albert Einstein College of Medicine. He was the research director of a state-wide study of school administration in California and the national research coordinator for one of the largest inter-university projects in education, the Cooperative Program for Educational Development (COPED) of the U.S. Office of Education.

As a theorist, his work on the FIRO theory of interpersonal behavior (The Interpersonal Underworld, *Science and Behavior Books, 1966) has been called, "The most promising attempt yet offered for an integrated theory of group dynamics and psychoanalysis" (Durkin,* The Group in Depth). *Tests derived from his FIRO theory have been translated into Spanish, French, Japanese, Hebrew and Finnish.*

His most important immediate contribution to the Esalen program is through his innovation in group methods. Dr. Schutz is recognized as one of the leading encounter group (T-group) trainers in the country, has served on the staff of the National Training Laboratories Intern Training Program at Bethel, Maine. For the past two years he has taught group process and group psychotherapy to psychiatric residents. In his recent work he has begun to integrate group methods, body movement, fantasy, psychodrama and other techniques. His latest theoretical efforts (described in his latest book JOY, *published by Grove Press, 1967) attempt to establish a framework for such an integration.*

VIRGINIA SATIR

VIRGINIA SATIR, who is now touring Europe and Africa, will return to Esalen in the Fall of 1968 to resume her program of monthly seminars.

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ESALEN PROGRAMS Fall 1968

SAN FRANCISCO — PROGRAM LISTINGS BEGIN ON PAGE 4

Aug 28-29	2-Day Workshop	George Bach/Frederick Stoller	Demonstrations: Marathon Approach
Sept 3-5	3-Day Workshop	Gunther Weil/Sherman Kingsbury	Exploring Non-Linear Encounter
Sept 9-12	4-Day Workshop	Steven Stroud	Experiential Workshop
Sept 11-Nov 13	10 Lecture/Workshops	James Fadiman	Psychology of Optimum Development
Sept 13-15	Weekend Seminar	Severin Paterson/John Mann	Human Potential: Scope of Available Approaches
Sept 16-19	4-Day Workshop	Betty Fuller	Experiential Workshop
Sept 21	Saturday Morning	Gerard V. Haigh	Psychomat
Sept 23-26	4-Day Workshop	Bernard Gunther	Sensory Awakening
Sept 25-29	5-Day Workshop 4 Eve Performances	SF Mime Troupe, Bread & Puppet Theatre, El Teatro Campesino	Festival of Radical Theater
Sept 27-29	Weekend Workshop	Father Hilarion	Games Beyond Games
Sept 30-Oct 3	4-Day Workshop	William C. Schutz	Integrated Encounter
Oct 4-6	Weekend Seminar	Willis E. Elliott	Hangups & Hopes of Emergent Global Man
Oct 4-6	Weekend Workshop	Nik Martin	Look Around Corners & See: How to Groove
Oct 7-10	4-Day Workshop	Sara "Sukie" Unobskey	Behavior Modification
Oct 7-10	4-Day Workshop	Richard Miller/Lawrence Bloomberg	Recent Innovations in Psychotherapy
Oct 11-13	Weekend Workshop	James V. & Frances Clark	On Being Married to a People Helper
Oct 14-17	4-Day Workshop	Robert K. Hall	Gestalt Therapy
Oct 15,22,29	3 Lectures	Frederic Speigelberg	Comparative Religion
Oct 16,17	2 Seminars	Francis Story	Scientific Study of Reincarnation
Oct 18-19	Weekend Marathon	George & Peggy Bach	Couples' Marathon
Oct 21-24	4-Day Workshop	Bennett Shapiro	Development of Personal Potential
Oct 25-27	Weekend Workshop	Gerald Smith/Judi & Todd Bryant	Couples' Experiential Workshop
Oct 28-31	4-Day Workshop	Frederick Stoller	Explorations in Self & World
Nov 1-3	Weekend Workshop	William C. Schutz	Integrated Encounter
Nov 4-7	4-Day Seminar	Richard Farson/Hall Sprague	The New Participation
Nov 8-10	Weekend Workshop	Alexander Lowen/John Pierrakos	Bio-Energetic Analysis
Nov 11-14	4-Day Workshop	Edward Maupin	Body Awareness & Sense of Being
Nov 14	Thursday	Joseph Campbell/John Perry	Psychosis and the Hero's Journey
Nov 15-17	Weekend Workshop	George I. & Judith Brown	Couples' Experiential Workshop
Nov 18-21	4-Day Workshop	Claudio Naranjo	Gestalt Therapy
Nov 20-21	2-Day Workshop	Lama Govinda	Tantric Yoga & Tibetan Mysticism
Nov 22-24	Weekend Seminar	Fr. William McNamara	Toward A Humanistic Mysticism
Nov 22-24	Weekend Workshop	Parnassus Institute Staff	Actualizing Social Potential
Nov 22-24	Weekend Workshop	Steven Stroud	Experiential Workshop
Nov 25-27	3-Day Workshop	Robert Gerard	Imagination
Nov 29-Dec 1	Weekend Workshop	James Bugental/Elizabeth Keber	Conflict and Concurrence
Nov 30-Dec 1	Weekend Marathon	George & Peggy Bach	Couples' Marathon
Dec 1	Sunday	Stanley Krippner	Dreams, ESP & Altered States of Consciousness
Dec 2-5	4-Day Workshop	Jack & Lorraine Gibb	Being Intimate in a Large Group
Dec 6-8	Weekend Workshop	William C. Schutz	Integrated Encounter
Dec 9-10	2-Day Workshop	Ira Progoff	Intensive Journal Workshop
Dec 9-12	4-Day Workshop	Virginia Satir	Many Dimensions of Communication
Dec 13-15	Weekend Workshop	David Steere/Sam Keen	Storytelling and Discovery of Identity
Dec 13-15	Weekend Workshop	Bennett Shapiro	Action Encounter
Dec 16-19	4-Day Workshop	Betty Fuller	Encounter Workshop
Jan 3 ('69)	Friday Evening	Gerard V. Haigh	Psychomat

BIG SUR — PROGRAM LISTINGS BEGIN ON PAGE 14.

Aug 30-Sept 1	Weekend Workshop	Betty Fuller	Encounter Marathon
Aug 30-Sept 2	3-Day Workshop	Gerald Smith/Judi & Todd Bryant	Couples' Videotape Workshop
Sept 1-6	5-Day Workshop	Claudio Naranjo	Gestalt Therapy: Open Workshop
Sept 2-6	4-Day Workshop	Esalen Residents & Staff	Experiential Workshop
Sept 9-13	4-Day Workshop	Claudio Naranjo/Karen Bolander	Dreams and Horoscopes
Sept 9-13	4-Day Workshop	Magda Proskauer	Breathing and Awareness
Sept 13-15	Weekend Seminar	Alan Watts	Religion Seminar
Sept 13-15	Weekend Workshop	Gertrude Enslow	Body Dynamics
Sept 13-15	Weekend Workshop	Esalen Residents & Staff	Experiential Workshop
Sept 15-20	5-Day Workshop	Husain Chung	Psychological Karate
Sept 15-20	5-Day Workshop	Scott Beach	Experiential Workshop
Sept 20-22	Lecture/Demonstration	Frederick S. Perls	Gestalt Therapy
Sept 20-22	Weekend Workshop	Bennett Shapiro	Experiential Workshop
Sept 22-27	5-Day Workshop	William C. Schutz	Integrated Encounter
Sept 27-29	Weekend Seminar	George Leonard	Education and Ecstasy
Sept 27-29	Weekend Workshop	Downing/Hall/Naranjo	Gestalt Therapy: Experiential Weekend
Sept 29-Oct 4	5-Day Workshop	Molly Day Schackman	Massage and Meditation
Sept 29-Oct 4	5-Day Workshop	Robert K. Hall	Gestalt Therapy: Open Workshop
Oct 4-6	Weekend Workshop	George Bach	Man's Hostility to Man
Oct 4-6	Weekend Workshop	Bernard Gunther	Awakening to Ritual
Oct 6-11	5-Day Workshop	Bill Nunn/Laryssa Nechay/ Gia-Fu Feng	Man and Woman
Oct 6-11	5-Day Workshop	Claudio Naranjo	Opening-up and Letting-go
Oct 6-11	5-Day Workshop	Frederick S. Perls	Gestalt Therapy: Professional Workshop
Oct 11-13	Weekend Workshop	Sherman Kingsbury/Ted Kroeber	Graphic Encounter: Experiences with Materials
Oct 11-13	Lecture/Demonstration	Frederick S. Perls	Gestalt Therapy
Oct 13-18	5-Day Workshop	Joseph J. Downing	Gestalt Therapy: Open Workshop
Oct 13-18	5-Day Workshop	Gerard V. Haigh	Experiential Workshop
Oct 18-20	Weekend Workshop	Francis Story	Scientific Study of Reincarnation
Oct 18-20	Weekend Workshop	George I. & Judith Brown	Reality & Illusion: Learning to Discriminate
Oct 18-20	Weekend Workshop	Herbert Otto	The Cultivation of Fantasy
Oct 20-25	5-Day Workshop	William C. Schutz	Integrated Encounter
Oct 25-27	Weekend Workshop	Ernest Becker	New Humanistic Understanding of Mental Illness
Oct 25-27	Weekend Seminar	Charles T. Tart	Exploring and Developing ESP
Oct 25-27	Weekend Marathon	Esalen Residents & Staff	Experiential Marathon
Oct 27-Nov 1	5-Day Workshop	Alan Myerson	Learning Through Theater Games
Oct 27-Nov 1	5-Day Workshop	Robert K. Hall	Gestalt Therapy: Open Workshop
Nov 1-3	Weekend Workshop	Edward Maupin	Body Awareness & Sense of Being
Nov 1-5	4-Day Workshop	Alexander Lowen/John Pierrakos	Bio-Energetic Analysis: Professional
Nov 3-8	5-Day Workshop	Joseph J. Downing	Gestalt Therapy: Open Workshop
Nov 3-8	5-Day Workshop	Esalen Residents & Staff	Experiential Workshop
Nov 8-10	Weekend Seminar	Abraham Kaplan	Alienation and Loneliness
Nov 8-10	Weekend Workshop	Esalen Residents & Staff	Experiential Weekend
Nov 10-15	5-Day Workshop	Frederick Stoller	Self-Confrontation
Nov 10-15	5-Day Workshop	Bernard Gunther	Words, Feelings and the Body
Nov 15-17	Weekend Seminar	Joseph Campbell	Imagery of Vision in Novels of James Joyce

BIG SUR PROGRAMS — CONTINUED

Nov 15-17	Weekend Workshop	Arthur Shedlin	A Weekend of Creative Questions
Nov 15-17	Weekend Workshop	Claudio Naranjo/Ann Armstrong	Psychic Reading in Psychotherapy
Nov 17-22	5-Day Workshop	James Bugental/Elizabeth Keber	Action Techniques for Group Leaders
Nov 17-22	5-Day Workshop	James S. Simkin	Gestalt Therapy: Open Workshop
Nov 17-22	5-Day Workshop	Edward Maupin	Body Awareness, Sense of Being and Encounter
Nov 22-24	Weekend Workshop	Lama Govinda	Tantric Yoga and Tibetan Mysticism
Nov 22-24	Weekend Workshop	Ann Halprin	Awareness Through Dance
Nov 22-24	Weekend Workshop	Esalen Residents & Staff	Couples' Experiential Workshop
Nov 24-29	5-Day Workshop	William C. Schutz	Integrated Encounter
Nov 29-Dec 1	Weekend Seminar	Stanley Krippner	Dreams, ESP and Altered States of Consciousness
Nov 29-Dec 1	Weekend Seminar	Karl & John Heider	Trance & Dance: Experiential Anthropology
Dec 1-6	5-Day Workshop	Robert K. Hall	Gestalt Therapy: Open Workshop
Dec 6-8	Weekend Seminar	Ira Progoff	Personal Depth and Inner Time
Dec 6-8	Weekend Workshop	Downing/Hall/Naranjo	Gestalt Therapy: Experiential Weekend
Dec 8-13	5-Day Workshop	Molly Day Schackman	Massage and Meditation
Dec 8-13	5-Day Workshop	Claudio Naranjo	Gestalt Therapy: Open Workshop
Dec 8-13	5-Day Workshop	Edward Maupin	Body Awareness, Sense of Being and Encounter
Dec 13-15	Weekend Workshop	Ivan Gendzel/Martha Nastich	Movement Awareness Encounter
Dec 13-15	Weekend Workshop	Bernard Gunther	Sensory Awakening for Couples
Dec 15-20	5-Day Workshop	Virginia Satir	Conjoint Family Therapy
Dec 15-20	5-Day Workshop	Father Hilarion/Edward Maupin	Games Beyond Games
Dec 20-22	Weekend Seminar	James Fadiman	Psychology of Optimum Development
Dec 20-22	Lecture/Demonstration	Frederick S. Perls	Gestalt Therapy
Dec 22-26	4-Day Workshop	Bennett Shapiro	Development of Personal Potential
Dec 22-27	5-Day Workshop	Frederick Perls/James Simkin	Gestalt Therapy: Professional Workshop
Dec 26-31	5-Day Workshop	George I. & Judith Brown	Creativity and Awareness
Dec 27-Jan 1	5-Day Workshop	William C. Schutz	Integrated Encounter
Jan 3-5 ('69)	Weekend Discussion	Abraham Maslow	Discussions: Psychology, Education, Religion

For San Francisco programs only: **ESALEN INSTITUTE**
P.O. Box 31389
San Francisco CA 94131
Phone: (415) 431-8771
(9 a.m. to 5 p.m., Mon-Fri)

For Big Sur Programs only: **ESALEN INSTITUTE**
Big Sur CA 93920
Phone: Big Sur 5671
(10 a.m. to 5 p.m. only)

AUGUST

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RACIAL CONFRONTATION

Esalen San Francisco is holding regular Racial Confrontation marathons. For information, write:

Racial Confrontation
Esalen Institute
P. O. Box 31389
San Francisco, California 94131

ESALEN ENCOUNTER GROUPS in the San Francisco Bay Area

Regular encounter group meetings are now under way in the San Francisco Bay Area, and new groups are being formed as demand increases. Under the general supervision of William C. Schutz, Ph.D., group leaders are utilizing the eclectic approach which has arisen out of the seminar and resident programs at Esalen-Big Sur. Sensory awareness and physical movement techniques are used with other approaches when occasion demands, providing unique opportunities for meeting individual group needs.

For information write: Molly Stabbert
Esalen Encounter Groups
P. O. Box 31389
San Francisco, California 94131

AN INTERDISCIPLINARY SERIES ON RELIGION

In this series of seminars, lectures and workshops, Esalen will explore recent studies in comparative religion, theology, parapsychology and the behavioral sciences which have a direct bearing upon basic religious questions. It is our belief that no satisfying religious insight or religious life can be found without comprehending the many explorations and discoveries which are emerging in all these fields.

The series will continue through 1969 and will be the basis of ongoing explorations by the Prayer Commission of the Episcopal Diocese of California and a study group jointly sponsored by the Humanist Institute, San Francisco, Venture and Esalen. The programs accompanied by the symbol above belong to this series, though many other programs described in this brochure obviously touch upon directly related concerns.

SAN FRANCISCO PROGRAMS

August 28-29 – San Francisco
DEMONSTRATIONS OF THE CLASSICAL MARATHON APPROACH
2-Day Workshop with GEORGE BACH and FREDERICK STOLLER

This professional training program is scheduled immediately preceding the official opening of the American Psychological Association's 1968 Annual Convention, which meets in San Francisco. In response to interest psychologists have shown in the marathon approach, this program is primarily designed for active participation by APA members. However, in order to provide typically heterogeneous groups, registration will be open to spouses, friends and others not involved in professional psychology.

Each of the small groups (14-16 participants) will have a marathon-experienced group facilitator. Drs. Bach and Stoller will be roaming trainers visiting and working with every group. At the beginning and conclusion of the participative sessions, periods for theoretical or scientific discussion are scheduled.

Location: Grace Cathedral
Time: begins 7:00 p.m., Wednesday, August 28 (Specific agenda available on inquiry)
Registration: $80 per person, including meals during marathon

GEORGE R. BACH has worked with intensive therapeutic groups for more than 20 years. He is one of the originators of the "marathon" group experience, for which he has gained national recognition. He is now in private practice in Los Angeles and is a consultant for various organizations. He is the author of Intimate Enemy, *a study of intimate relationship.*

FREDERICK H. STOLLER is Senior Research Associate at the Youth Studies Center, University of Southern California, where he is involved in research and training in group methods and social psychology. Dr. Stoller has been a major pioneer in the development of the marathon group and in the introduction of videotape feedback in the group setting. Papers on these subjects appear in Innovations to Group Psychotherapy, *G.M. Gazda (ed.) (Thomas). He has conducted a broad variety of intensive groups and is currently interested in enriching the types of growth that are possible in such settings.*

September 3-5 – San Francisco
EXPLORATIONS IN NON-LINEAR ENCOUNTERS
3-Day Workshop with GUNTHER WEIL and SHERMAN KINGSBURY

To explore inside/outside; me/you; black/white; now/then; mind/body; work/play; turned on/turned off; theory/practice; evolution/revolution. Participants will have an opportunity to gain a greater understanding of their own capacity for growth in mind/body/feelings. The structure of the workshop will be that of the evolving encounter group with the use of methods drawn from sensitivity training, sensory awareness, psychodrama, synectics, and others.

Location: *See page 28.*
Time: 5:00 to 10:00 p.m., Tuesday thru Thursday, September 3-5
Registration: $40 per person

GUNTHER WEIL, Ph.D., is a psychologist and currently Director of the Cambridge Environmental Transaction Center in Cambridge, Massachusetts and an Assistant Professor of Psychology at Boston College. His background includes extensive training and consulting activities in sensitivity training, organizational analysis and change, community organization, and the psychology and sociology of personal, social and technological innovation.

SHERMAN KINGSBURY is an ex-mathematician, sometimes teacher, management consultant and frequent leader of encounter groups. He is a Fellow of the NTL Institute for the Applied Behavioral Sciences.

September 9-12 – San Francisco
4-Day Workshop with STEVEN A. STROUD

Each evening will begin with a 1 to 1½ hour meeting consisting of directed exercises leading to meaningful contact with other people spiritually, verbally, physically and through emotional expression. The evenings will be devoted to spontaneous encounter with groups of 8-12 people. Techniques used include Gestalt Therapy, fantasy, psychodrama, hypnosis, breathing and movement exercises.

Location: *See page 28.*
Time: 5:00 to 10:00 p.m., Monday thru Thursday, September 9-12
Registration: $60 per person

STEVEN A. STROUD was one of last year's Resident Fellows at Esalen in Big Sur. He will co-direct this year's fall Resident Program with Drs. Maupin and Heider. He leads groups at Stanford and Santa Cruz Universities, at Esalen, Big Sur, and in the Bay Area.

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For reservation information, see page 28.

September 11-November 13, Wednesday Evenings – San Francisco
THE PSYCHOLOGY OF OPTIMUM DEVELOPMENT
A Seminar/Workshop Series with JAMES FADIMAN

There has been a growing recognition in our culture that individual development while extensively mapped in the range of human illness, is not yet adequately explored along the dimensions of health and growth. In this series, through a variety of exercises, discussions and experimental techniques, there will be the opportunity to put into practice the insights and methods for continuing development. This is not a substitute for therapy but is intended for persons who wish to go beyond the formal and informal confines of the therapeutic model. Attention will be paid to the problems of integrating peak experiences into a normal life, the concepts of unity and related topics. Suggested readings will range from Maslow to mysticism.

Location: *See page 28.*
Time: 7:00 to 10:00 p.m. each Wednesday, September 11-November 13
Registration: $40 per person per 10-week series; $5 per person per evening

JAMES FADIMAN, Ph.D., has taught psychology at Brandeis University and San Francisco State College. He has led seminars at Esalen over the past six years in a variety of areas relating to personal growth. He is presently a consultant to management with the firm of Snowden, Sullivan and Goodwin. He has had considerable experience in psychedelic research. He is on the editorial board of the Journal of Humanistic Psychology *and the* Journal of Transpersonal Psychology.

September 13-15 – San Francisco
THE HUMAN POTENTIAL: The Scope of Available Approaches
Weekend Seminar with SEVERIN PETERSON and JOHN MANN

There are, as a conservative estimate, hundreds of approaches for fostering personal growth. These approaches have arisen from medicine, industry, psychotherapy, religion, education, the behavioral sciences, and a variety of other contexts. Basic information will be given through the use of experiential sessions and the identification of underlying strategies. Approaches such as autogenic training, Alexander technique, Aikido, achievement-motivation, autoconditioning and active imagination are indications of what we will be exploring.

Location: *See page 28.*
Time: begins 8:00 p.m., Friday, September 13
Registration: $40 per person

SEVERIN PETERSON received his training in landscape architecture. He was a fellow in the Esalen Resident Program in 1966-67. As a research associate with Esalen Institute he conducted a survey of education approaches in the affective domain. Recently, along with John Mann, he was involved with a team at Stanford Research Institute whose report on modes and methods for actualizing human potential is the first attempt of its kind. Mr. Peterson is presently working on a book which surveys many approaches to personal growth.

JOHN MANN is a professor of social psychology and Chairman of the Department of Sociology of the State University of New York at Geneseo. He has acted as principal investigator for a number of government projects in the areas of intergroup relations, group dynamics, psychotherapy, and behavior change. His recent books Changing Human Behavior *and* Ways of Growth *discuss how to create and evaluate behavior change in normal persons.*

September 16-19 – San Francisco
ESALEN ENCOUNTER
4-Day Workshop with BETTY FULLER

This workshop is based on the belief that the natural state of the human organism is joy. Through encounter group methods, body movement, sensory awareness, fantasy, psychodrama, theater games and other methods described by Dr. William C. Schutz in his book, JOY (Grove Press), participants may identify, release, and develop their capacity to feel more joy. Verbal and non-verbal integrative techniques developed at Esalen and elsewhere will be used to help develop a sense of personal center as well as meaning and joy in interpersonal relationships.

Location: *See page 28.*
Time: 5:00 to 10:30 p.m., Monday thru Thursday, September 16-19
Registration: $60 per person

BETTY FULLER has recently joined the Esalen staff as Director of the San Francisco Encounter Group Program and as coordinator of the Esalen Consulting Service. As a Resident Fellow in the 1967-68 program at Big Sur, Miss Fuller co-led groups with Dr. William C. Schutz with whom she trained in encounter work. This year she will continue to assist Dr. Schutz with his Big Sur workshops, as well as leading her own groups in the Bay Area. Miss Fuller has an M.A. from the University of Michigan; she has been a radio-TV writer-director-actress, a secondary school teacher in Michigan and California, and, most recently, a founder and Associate Stage Director of Marin County's Festival Theatre, producer of the Straw Hat Revues.

September 21 – San Francisco
PSYCHOMAT (Saturday Morning)
led by GERARD HAIGH

The Psychomat is a gathering where you can come when you choose and leave when you choose. While you are in the Psychomat you are expected to try to be as open as you can in your encounter with others. Dr. Haigh of the Psychological Service Associates will be present to help people encounter each other, although no predetermined program will be offered. Whatever happens will happen.

The following ground rules are suggested for participants: 1) Talk with whomever you choose about whatever you choose. 2) Call them as you see them. 3) Try to help others do the same, but no psychologizing.

Location: Saint Aidan's Episcopal Church. *See page 28 for directions.*
Time: 9:00 a.m. to 1:00 p.m., Saturday, September 21
Registration: $2 per person

GERARD V. HAIGH, a practicing psychotherapist, is experimenting with new kinds of basic encounter groups. He studied with Gardner Murphy at City College of New York and Carl Rogers at the University of Chicago, has been on the Menninger Clinic staff and has taught at the University of Chicago, Arizona State University and the University of California, Los Angeles. He is President of the American Association for Humanistic Psychology.

September 23-26 – San Francisco
AWAKENING YOUR BODY SELF
4-Day Workshop with BERNARD GUNTHER

See page 26 for description.

September 25-29 — San Francisco
FESTIVAL OF RADICAL THEATER
Organized by Parnassus Institute

The new radical theater takes place in the streets and parks. It is often linked with popular movements but in the best instances transcends particular political viewpoints.

Three of the major street theaters in the country, The San Francisco Mime Troupe, El Teatro Campesino and the Bread & Puppet Theatre will cooperate in the presentation of five days of performances, workshops and discussions. Performances will include the major works of each company, the world premiere of a full-length film on the San Francisco Mime Troupe, and possibly a cooperative production featuring members of all three companies. There will be workshops in the commedia dell'arte style of acting, puppet theater, group production of scenarios, pace and movement. Workshop participants will work with the directors and leading players of each company. There will also be discussions of life-styles in radical theater, the theater and politics, organizing techniques and possible future directions for street theater.

The Festival will attempt to make some techniques of street theater generally available as an aid to the independent creation and development of radical theaters throughout the United States. (Anybody can do it.)

Location: San Francisco State College
Times: To be announced
Registration: $65 per person for the full 5-day program
$8 per person for 4-evening performance series
$2.50 per person for one evening performance

THE SAN FRANCISCO MIME TROUPE, under the direction of R.G. Davis, has been performing commedia dell'arte *plays free in San Francisco parks since 1962, developing a style that combines farce and satire. They start with classic comedies and invent around them. After two successful national tours and a widely acclaimed New York run of their black and white minstrel show,* Civil Rights in a Cracker Barrel, *the Mime Troupe has returned to San Francisco to begin another season in the parks. They have recently received an Obie (off-Broadway award for artistic distinction).*

EL TEATRO CAMPESINO is a bi-lingual street theater which grew out of the Delano grape strike. El Teatro has developed a unique style and presentational mode. In the past year it has added a kind of agit-prop vaudeville in which "actos" involving a set of stock characters drawn from California agriculture alternate with original songs and music. Some of their Actos deal with race and the history of the southwest. Their repertory includes a full-length play by director Luis Valdez entitled The Shrunken Head of Pancho Villa. *El Teatro has also received an Obie this year.*

THE BREAD & PUPPET THEATRE has invented a variety of theater forms for the streets and church halls of New York City, ranging from hand puppet shows and hand-cranked paper "movies" to ritual forms using actors and huge puppets. Director Peter Schumann is gaining a reputation as one of the most exciting theatrical imaginations in the country. Richard Schechner, editor of The Drama Review *has called Bread & Puppet ". . . one of the most significant theaters in the USA." One of Bread & Puppet's productions,* The Great Warrior, *was seen last year over the Public Broadcasting Laboratory.*

September 27-29 — San Francisco
GAMES BEYOND GAMES
Weekend Workshop with FATHER HILARION

This workshop will examine ways of disorienting and restructuring perception to encourage that contemplative awareness in which the distinctions, contradictions, and dualities of ordinary consciousness are harmonized. Principles and practices of Advaita yoga will be introduced in a continuum of dialogue, meditation, encounter, body harmonics and a series of games invented by Father Hilarion. See page 23 for further description of these games and for biographical data (December 15-20, Big Sur).

Location: *See page 28.*
Time: begins 8:00 p.m., Friday, September 27
Registration: $40 per person

September 30-October 3 — San Francisco
INTEGRATED ENCOUNTER
4-Day Workshop with WILLIAM C. SCHUTZ *See page 27 for description.*

October 4-6 — Berkeley
THE HANGUPS AND HOPES OF EMERGENT GLOBAL MAN
Weekend Seminar with WILLIS E. ELLIOTT

This seminar will explore the interior dialogue between primitive man of the antique past and global man of the impending future—a dialogue to which life has assigned present man. What is Man's prospect for transcending his historic internecine exclusivity (tribalism, nationalism, ideologism)? How can richness, diversity, pluralism be preserved and enhanced in confrontation with the bio- and techno-drives toward unity? How can man's traditional commitment to the Holy combine with metaphysical modesty and ideological humility to produce a new, global life-style? Pioneer communities that point the way to a higher affirmation of the individuality of persons and traditions will be discussed, as well as leisure and the experience of the Holy.

Location: Berkeley Center for Human Interaction. *See page 28 for directions.*
Time: begins 8:00 p.m., Friday, October 4
Registration: $40 per person

WILLIS E. ELLIOTT is a theologian on the staff of the United Church Board for Homeland Ministries. For two decades—after teaching religion and philosophy in the colleges, and the biblical languages in three seminaries—he has been intimately concerned with the creative interaction of the West's spiritual heritage and the behavioral sciences (his second earned doctorate, at the University of Chicago, being in this interdisciplinary area). His writings include articles on meditation and unity, pamphlets on emergent religion and politics, a book exploring a new approach to group interaction of the West's spiritual heritage and modern man's problems (The Pastoral Letters), *and two books in process* (Toward a Theology of Leisure *and* Violence and Availability).

October 4-6 – San Francisco
LOOK AROUND CORNERS AND SEE–HOW TO GROOVE
Weekend Workshop with NIK MARTIN

This workshop is based on the premise that though man has always lived in a world abounding with points of view, he all too often is content to consider only that one which he can easily embrace. Conceiving, listening to and understanding other points of view can bring greater understanding of others and enrich the knowledge we already possess. It can also be quite a trip! The workshop will involve encounter group techniques, micro-labs, imagery and role-playing. Each participant will have an opportunity to express his view of the outside as well as his view of himself, with constructive feedback from the rest of the group.

Location: *See page 28.*
Time: begins 8:00 p.m., Friday, October 4
Registration: $40 per person

NIK MARTIN can be found grooving as a KGO radio and TV personality in San Francisco. In the past he has been in radio and TV in Europe. He has dug a ditch, driven a truck, served as a soldier, attended Indiana University, and looked at a lot of things from many viewpoints.

October 7-10 – San Francisco
BEHAVIOR MODIFICATION
4-Day Workshop with SARA "SUKIE" UNOBSKEY

Behavior Modification is an approach derived from Skinnerian reinforcement theory, increasingly used for classroom management, family therapy, work with both retarded and gifted children. This approach will be demonstrated and discussed and will be adapted to the particular interests of the workshop participants. The encounter group format will also be discussed to explore ways in which reinforcement and extinction operate. Humanistic psychology and work in general with encounter groups could probably be clarified and strengthened by the application of the discoveries of reinforcement theory.

Location: *See page 28.*
Time: 5:00 to 10:30 p.m., Monday thru Thursday, October 7-10
Registration: $65 per person

SARA "SUKIE" UNOBSKEY has taught retarded, disturbed, brain injured, delinquent and normal children in experimental programs in the New York area. She has served as consultant to numerous groups and programs wishing to increase the learning potential of children. She is co-author of The Storefront Schools Proposal for Special Children and is former director of the Special Education Demonstration Center at Yeshwa University, where she trained graduate students in behavior modification and encounter groups.

October 7-10 – San Francisco
THEORIES, THERAPIES AND THERAPISTS:
Recent Innovations in Psychotherapy
4-Day Seminar Workshop with DICK MILLER & LAWRENCE BLOOMBERG

The Rogerian and Existential movements represent a shift in emphasis from sickness to healthy growth processes and as such free us from the limits of traditional, deterministic psychoanalysis. Instead of assuming growth will automatically take place once obstacles are removed, the newer methods shift to the process of developing healthier adaptation, attempting to guide the person through the trial and error of evolving new ways of being and behaving.

Experiential demonstrations of current psychotherapies will be our major activity in this seminar. Participants will be encouraged to take part in demonstrations of Gestalt Therapy, Conjoint Family Therapy, Experiential Therapy, Bio-energetic Analysis, and Multiple Psychotherapy.

The seminar has been specifically designed for professionals who wish to observe or experience a wide variety of therapeutic innovations. The non-professional will find this format easily understandable and involving.

Location: *See page 28.*
Time: 5:00 to 10:00 p.m., Monday thru Thursday, October 7-10
Registration: $70 per person

RICHARD LOUIS MILLER, Ph.D., is a Clinical Psychologist and Existential psychotherapist presently on leave from the psychology faculty of the University of Michigan. He is currently involved in developing innovations in marital, family and group psychotherapy. LAWRENCE BLOOMBERG, Ph.D., is a Clinical Psychologist and Gestalt psychotherapist who has worked with Laura and Frederick Perls for 15 years. He has adapted Gestalt methods to a wide variety of therapeutic settings. Drs. Miller and Bloomberg are Co-directors of The Institute for Multiple Psychotherapy in Albuquerque, New Mexico, and will soon open a similar institute in Northern California. Multiple Psychotherapy refers to the concurrent use of two therapists in all therapeutic encounters. A book on their psychotherapeutic innovations entitled Multiple Psychotherapy and Community Development *is in progress.*

October 11-13 – Berkeley
ON BEING MARRIED TO A PEOPLE HELPER
Weekend Workshop with JAMES V. and FRANCES CLARK

This workshop will share the problems and challenges of marriage when one or both partners are in a helping profession. Married couples only may attend, and one or both must be a minister, psychologist, psychiatrist, social worker or the like. This workshop will be mainly an encounter group focusing on husband-wife communication.

Location: Berkeley Center for Human Interaction. *See page 28 for directions.*
Time: begins 8:00 p.m., Friday, October 11
Registration: $100 per couple

JAMES V. CLARK teaches in the Behavioral Sciences area at the UCLA Graduate School of Business Administration and is a Fellow of the National Training Laboratories. He is an author and practitioner in the field of sensitivity training. FRANCES CLARK, after a career in music, elementary teaching and educational adminsitration, is now a sensitivity training consultant.

October 14-17 – San Francisco
GESTALT THERAPY: 4-Day Open Workshop
Led by ROBERT K. HALL

See page 24 for description.

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October 18-19 — San Francisco
COUPLES' AND LOVERS' MARATHON
Weekend Marathon with GEORGE and PEGGY BACH

George and Peggy Bach, originators and developers of the husband/wife team approach in marathon groups, invite other spouses and lovers to join them in a 24-hour day and night continuous group session. Participants will practice the fine art of intimate communication. Verbal and nonverbal, fighting and loving, autonomous and dyadic ways of deepening and stimulating the male-female bond will be explored. Clarification of "multiple loving", its creative and destructive function in modern marriage will be attempted. Participants will also be introduced to Dr. Bach's original "Fight Training for Lovers" in which intimate partners can strengthen their love relationships by learning how to "fight" fairly and effectively. This marathon will in effect be a participative preview of Dr. Bach's book Intimate Enemies, to be published by Morrow in November. Pre-registration is necessary so that participants can study Dr. Bach's basic marathon rules ahead of time.

Location: *See page 28.*
Time: 8:00 p.m., Friday to 8:00 p.m., Saturday, October 18-19
Registration: $145 per couple

October 16 & 17 — San Francisco
THE SCIENTIFIC STUDY OF REINCARNATION
Two Lectures by FRANCIS STORY

The subject of reincarnation has recently come under scientific scrutiny. Dr. Ian Stevenson of the University of Virginia School of Medicine's Department of Psychiatry has undertaken a worldwide study of cases in which children claim to remember their past lives. Dr. Stevenson has studied over 200 such cases in India, the Middle East, Turkey, Alaska, Europe and America in an attempt to discover whether there is evidence that such children describe lives that were actually lived. He is amassing an impressive body of evidence that many of these children do recall people and events that did exist as they described them. This is a subject fraught with superstition and wishful thinking, but is obviously worthy of research.

FRANCIS STORY is a colleague of Dr. Stevenson and has studied claims of reincarnation in Southeast Asia for many years. He is a Buddhist scholar and long-time resident of Burma and Ceylon and an editor and author of many studies of Buddhism and comparative religion. In these discussions he will summarize many of the cases which he and Dr. Stevenson have studied. For background information read Dr. Stevenson's Twenty Cases Suggestive of Reincarnation, *published by the American Society for Psychical Research, 1966.*

October 16, Wednesday
CASES SUGGESTIVE OF REINCARNATION IN SOUTHEAST ASIA

This lecture will summarize observations made in the study of approximately fifty cases of reincarnation memories in India, Burma, Thailand, and Ceylon. Slides illustrating the subjects of some of the cases will be included in the presentation. Mr. Story will also review the question of the carry-over of personality traits, e.g., fears, likes, dislikes, aptitudes, interests, from one life to another. The material presented will include theoretical aspects of the subject with regard to factors influencing such carry-over.

October 17, Thursday
POST-MORTEM AND PRENATAL EXPERIENCES IN CASES OF CLAIMED REINCARNATION

An account of claimed memories of disembodied consciousness in cases of the reincarnation type and a comparison of these with similar experiences of living persons. The lecture will include discussion of concepts of the after death state, e.g., the Bardo state, described in The Tibetan Book of the Dead.

Location: Grace Cathedral
Time: 8:00 p.m., Wednesday and Thursday, October 16 and 17
Registration: $2.50 regular per evening; $2 student per evening

For reservation information, see page 28.

October 21-24 – San Francisco
DEVELOPMENT OF PERSONAL POTENTIAL
4-Day Workshop with BENNETT SHAPIRO

This workshop will integrate into a single program of personal development the major methods for human growth presented at Esalen. Participants will explore: the sense of personal center, the richness of natural body feelings, body feelings as indices of emotions, methods for quieting the mind and achieving optimum balance between relaxation and tension, awareness of physical environment, and enriched two-person relationships.

Location: *See page 28.*
Time: 5:00 to 10:00 p.m., Monday thru Thursday, October 21-24
Registration: $65 per person

BENNETT SHAPIRO, recently Esalen Resident Fellow, now is a staff consultant leading groups for Esalen both in the Bay Area and throughout the country. In an intensive two years at Esalen, Big Sur, he has studied with a wide range of teachers in over seventy-five workshops. He has studied intensively with Dr. William Schutz, is a former architect and visiting lecturer at Schools of Architecture and is interested in integrating methods for social and physical architecture into the educational system.

October 25-27 – Berkeley
CLOSE YET FREE
Weekend Workshop for Couples with GERALD SMITH, JUDI KLEIN BRYANT and TODD BRYANT

To have closeness or intimacy and yet have room to personally grow . . . this is a basic dilemma of being married. The dilemma can be coped with either creatively or destructively. Our purpose will be to experience a number of ways of creatively coping with the dilemma of being "close yet free" within marriage. We will use aspects of family and Gestalt Therapy and numerous non-verbal and movement approaches. The movement approaches, led by Judi Bryant, will explore body language, encounter between couples and a celebration of physical expression. Innovative uses of videotape playback will be an integral part of the workshop. Videotape is often an extraordinary catalyst for integration and change.

Location: Berkeley Center for Human Interaction. *See page 28 for directions.*
Time: begins 8:00 p.m., Friday, October 25
Registration: $110 per couple, including videotape feedback.

GERALD SMITH, Ph.D., is a family therapist and marriage counselor in San Mateo, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. His family therapy training was at the Mental Research Institute, Palo Alto. Recently he developed a "Family Communications Check-Up" program through the Family Service of San Mateo County. He is also a consultant with San Mateo County Mental Health Services.

JUDI KLEIN BRYANT is a Movement Therapist at Mount Zion Hospital in San Francisco and Movement Consultant at San Francisco Family Therapy Center. She and her husband also give frequent workshops in the Bay Area and at Esalen.

TODD BRYANT specializes in the Moving Image and the Electric Vanity: Videotape Feedback through Celebrated Changes.

October 28-31 – San Francisco
EXPLORATIONS IN THE SELF AND THE WORLD
4-Day Workshop with FREDERICK STOLLER

Realization of one's own potentialities, in the broadest sense of the term, is an imperfect and halting process for most people. How one makes use of one's resources while moving through the world presents an even more difficult assessment for the individual. This workshop will explore what is available to the participant in himself and in the world and how these riches are used. It will be built around the encounter group with special bridges to the world outside the group. In addition to group interaction, special input material such as videotape and assessments of various types will be used.

Location: *See page 28.*
Time: 4:30 to 10:30 p.m., Monday thru Thursday, October 28-31
Registration: $65 per person

See page 4, August 28-29, San Francisco, for biographical data.

November 1-3 – San Francisco
INTEGRATED ENCOUNTER
Weekend Workshop with WILLIAM C. SCHUTZ *See page 27 for description.*

November 4-7 – San Francisco
THE NEW PARTICIPATION
4-Day Seminar with RICHARD FARSON and HALL SPRAGUE

This seminar will explore the new participative mood in American society and the ways in which social technology being developed at Western Behavioral Sciences Institute can build on the healthy, productive aspects of that mood. Encounter tapes, games, small group processes, simulation techniques, films and other technology currently a part of WBSI's program will be demonstrated. Both of the leaders will make presentations on the range of the new participation and the ways in which new methods can be utilized to enable people to live closer to potential and to help solve the urgent problems of race relations, family life, mental health, education, city planning, etc.

Location: *See page 28.*
Time: 5:00 to 10:30 p.m., Monday thru Thursday, November 4-7
Registration $80 per person

RICHARD E. FARSON, Ph.D., is President and a principal founder of WBSI. He is the author of a number of papers, and is editor of the recent book, Science and Human Affairs. *His research has been in the area of small-group processes, leadership and social power, and organizational behavior; he is particularly interested in developing new ways of dealing with the human problems of the future, and in the application and communication of behavioral sciences knowledge. He initiated the use of commercial television for the communication of small group experiences to mass audiences with the series* Human Encounter.

HALL SPRAGUE joined the Western Behavioral Sciences Institute in 1963, after working with RAND Corporation; Western Interstate Commission for Higher Education; Booz, Allen, and Hamilton; and the President of the University of Colorado. At WBSI he has explored uses of gaming and simulation for education and training, and developed some ideas about the New Participation. He attended the University of Colorado, from which he received a Bachelor's Degree in Fine Arts, English Literature, and Sociology, and a Master's Degree in Sociology.

November 8-10 – San Francisco
BIO-ENERGETIC ANALYSIS
Weekend Workshop with ALEXANDER LOWEN and JOHN PIERRAKOS

This workshop is professionally oriented for psychiatrists, psychologists, therapists and people in related fields. Drs. Lowen and Pierrakos will present the approach which they have developed at the Institute for Bio-Energetic Analysis. This approach is based on the energy dynamics of personality. It aims at the mobilization of energy through breathing and movement to increase feeling and promote self-awareness. Workshop participants will have an opportunity to experience the effects of techniques for reducing muscular tension and bodily rigidities and to explore the relation between body function and personality. The importance of bodily pleasure to personality will be a central emphasis. Participants should be familiar with the literature. A bibliography will be sent at time of inquiry.

$165 per person

ALEXANDER LOWEN, M.D., is Executive Director of The Institute for Bio-Energetic Analysis and author of Physical Dynamics of Character Structure, Love and Orgasm, *and* The Betrayal of the Body. *Dr. Lowen is a practicing psychiatrist and is, perhaps, the foremost exponent of the use of the body in analytic therapy.*

JOHN PIERRAKOS, M.D., is Director of The Institute for Bio-Energetic Analysis and a co-worker with Dr. Lowen. He is a practicing psychiatrist.

Location: *See page 28.*
Time: begins 8:00 p.m., Friday, November 8
Registration: $55 per person

November 11-14 – San Francisco
BODY AWARENESS AND THE SENSE OF BEING
4-Day Workshop with EDWARD MAUPIN *See page 25 for description.*

November 14 – San Francisco
PSYCHOSIS AND THE HERO'S JOURNEY
Seminar with JOSEPH CAMPBELL and JOHN PERRY

A discussion of the possible relationships between the hallucinations and inner meanings produced by certain kinds of psychosis and the symbols of religion and art. Mr. Campbell is one of the world's leading interpreters of symbol; Dr. Perry has done clinical research and theoretical work on a particular kind of psychotic experience which is self-renewing and full of religious meaning. This discussion is part of Esalen's continuing exploration of the need for revision in psychiatric conceptions concerning altered states of consciousness.

Location: First Unitarian Church, Geary and Franklin Streets, San Francisco
Time: 5:00 to 10:00 p.m., Thursday, November 14
Registration: $10 general; $6 student

See page 20, November 15-17, Big Sur, for biographical data for Joseph Campbell.

JOHN PERRY is a Jungian analyst in San Francisco and is Director of Studies at the C.J. Jung Institute. During World War II he lived in China; he is well versed in Oriental culture and philosophy. His work during the past several years has centered around the potentially reconstitutive and mythic aspects of the schizophrenic process. His publications include The Self in Psychotic Process *and* Lord of the Four Quarters.

November 15-17 – San Francisco
FOR THE GOOD MARRIAGE: MORE AUTHENTICITY
Weekend Workshop with GEORGE I. BROWN and JUDITH R. BROWN

A workshop for couples who feel they have a healthy marriage and would like to experience ways to make their relationships even more real, exciting and substantial. The focus of the program will move through misleading and confusing preconceptions of one's self and one's marriage partner to increasing perception and response to a real person in a real world.

The Browns will use approaches to awareness and sensitivity training along with marriage games that, once learned in the workshop, can continue to be used by the couple in their home setting.

Location: *See page 28.*
Time: begins 8:00 p.m., Friday, November 15
Registration: $45 per person

GEORGE I. BROWN teaches courses in group interaction, creativity, awareness and sensitivity training as a professor at the University of California, Santa Barbara. With his wife he has given workshops and seminars for many diverse groups in the United States and Canada. Dr. Brown is a nationally known researcher in the affective domain and creativity.

JUDITH R. BROWN, co-trainer with her husband, brings much experience in group awareness training. Her approach is based on principles of Gestalt Therapy as founded by Dr. Frederick Perls, with whom she has worked as a co-therapist.

November 18-21 – San Francisco
GESTALT THERAPY: 4-Day Open Workshop
Led by CLAUDIO NARANJO *See page 24 for description.*

November 20 & 21 – San Francisco
TANTRIC YOGA AND TIBETAN MYSTICISM
2-Day Workshop with LAMA ANAGARIKA GOVINDA

This workshop will explore the fundamentals of Tantric Yoga and Tibetan mystical practice. Participants will discuss and practice different methods and levels of meditation. These methods range from exercises of bodily and mental relaxation to yogic concentration on various functions, emotions, sense-perceptions, and conceptual thought to the creative visualization and experience of archetypal forms and their re-integration into the spiritual center of man. The relationship of man and universe is based on the parallelism of sound-symbols (mantra), of mental attitude, expressed through bodily gestures (mudrâ), of visible form and color (yantra and mandala), and of the unifying power of meditational practice (yoga). Technique and symbology of this practice will be demonstrated and explained, supported by pictorial material.

LAMA GOVINDA is one of the world's leading scholars and interpreters of Tibetan Mysticism. For many years students from America and Europe have traveled to India to study and practice meditation with him.

See page 21 for further biographical data for Lama Govinda.

Location: Grace Cathedral
Time: 5:00 to 10:00 p.m., Wednesday and Thursday, November 20, 21
Registration: $10 general per evening; $7.50 student per evening
$20 general per two evenings; $15 student per two evenings

BEST COPY AVAILABLE

For reservation information, see page 28.

November 22-24 — San Francisco
TOWARD A HUMANISTIC MYSTICISM
Weekend Seminar with FR. WILLIAM McNAMARA

An exploration into the kind of prayer, contemplation and religious life which can embrace the secular spirit of modern times. Father McNamara proposes an "earthy mysticism" which finds transcendence in the events of common life and encourages contemplation here and now. He will discuss the ecumenical movement, the meeting of East and West and the new theology which is needed to comprehend them. The seminar participants will have an opportunity to propose theological formulations of their own, appropriate to their experience, and share the religious meanings they have discovered in their lives.

Location: Grace Cathedral
Time: begins 8:00 p.m., Friday, November 22
Registration: $40 per person

FATHER WILLIAM McNAMARA, O.C.D., is a Carmelite contemplative. With a mandate from Pope John, he founded and directs The Spiritual Life Institute of America in Sedona, Arizona, an ecumenical institute to encourage contemplation among laymen and religious persons. He is also involved in the up-dating of Christian theology and prayer-life and has incurred the displeasure of certain conservative Christian leaders. He has been an advisor to Esalen and represents, we feel, the movement within Catholicism which promises a rediscovery of religious life in our times.

November 22-24 — San Francisco
ACTUALIZING SOCIAL POTENTIAL
Weekend Workshop with the Staff of Parnassus Institute

Personal growth through encounter, awareness, and sensitivity often does not transfer to back-home social systems. The social systems in which one lives and works need to change in order for them to express humanistic values and encourage personal exploration and growth.

This workshop will explore one model for humanistic social change. The model involves analysing some social system in order to discover its potentialities. Once the system's potential has been evaluated, it can be actualized by organizing a group of people to build examples of what is possible and desirable.

This workshop will use a variety of experiential techniques including theater and simulation games, scenarios and some encounter techniques to help participants develop skills at working to improve their social systems. The workshop will discuss styles of change, alternate social models, and values within the context of a world view.

Location: *See page 28.*
Time: begins 8:00 p.m., Friday, November 22
Registration: $45 per person

PARNASSUS INSTITUTE conducts teaching, training, and curriculum development projects, consults on institutional change, and organizes events and demonstration projects. The Parnassus Institute Staff:

JIM NIXON was one of the founders and the first coordinator of the Experimental College at San Francisco State College. He was also president of the Associated Students there. He is on the editorial board of Change *magazine.*

CHARLOTTE GAINES has taught music, art and basic ceramics in schools. She was the first Executive Secretary of the Experimental College at State College and a staff coordinator. She helped create the Center for Educational Innovation there.

KEN MARGOLIS has been Associate Director at the San Francisco Actor's Workshop and has served as Advisor to the San Quentin Drama Workshop at San Quentin Prison. In the past year, he has been interested in group production of scenarios and theater games as an aid to personal growth and inter-personal relations. Besides his work with Parnassus Institute Mr. Margolis is currently Instructor of Drama at University of California Extension.

CYNTHIA NIXON was one of the founders of the Experimental College at San Francisco State College and was its second coordinator. She has worked extensively with problems of designing learning environments and planning curricula. She is currently engaged in teaching a workshop in myth and poetry, and a workshop in power and information structures.

November 22-24 — San Francisco
WEEKEND WORKSHOP WITH STEVEN A. STROUD

The first two sessions of this workshop will be devoted to directed exercises leading to meaningful contact with other people spiritually, verbally, physically and through emotional expression. The last three sessions will consist of spontaneous encounter within groups of 8-12 people. Techniques to be used include Gestalt, fantasy, psychodrama, hypnosis, breathing and movement exercises.

Location: *See page 28.*
Time: begins 8:00 p.m., Friday, November 22
Registration: $40 per person

See page 4, September 9-11, San Francisco, for biographical information.

November 25-27 — San Francisco
IMAGINATION
3-Day Workshop with ROBERT GERARD

This workshop will demonstrate techniques for the creative use of imagination. The participants will explore methods developed by Dr. Gerard to enlist imaginative processes for resolving psychological conflicts and furthering psychological growth. The participants will also experiment with certain inner imagery techniques which are effective in helping people expand their experiences beyond the usual to heightened states of awareness similar to the consciousness expanding aspects of LSD.

Location: *See page 28.*
Time: 5:00 to 10:00 p.m., Monday thru Wednesday, November 25-27
Registration: $56 per person

ROBERT GERARD received his Ph.D. in clinical psychology from UCLA. He has been engaged in such diverse occupations as motion picture writer and producer in Europe and Hollywood, and behavioral scientist in charge of the Psychophysiological Research Laboratory at the Veteran's Administration Neuropsychiatric Hospital in Los Angeles. Dr. Gerard is presently engaged in the practice of psychotherapy in Los Angeles and is the President of the International Foundation for Psychosynthesis (psychosynthesis focuses on methods for unifying all aspects of our human nature—physical, emotional, mental and spiritual).

Dr. Gerard is a life member of the New York Academy of Sciences and a pioneer in the development of new therapeutic techniques, including the use of inner imagery, symbolic visualization and creative meditation. He is especially interested in the integration of American, European and Eastern approaches to psychological growth. Dr. Gerard combines in his work a knowledge of Eastern meditative disciplines with modern scientific psychology.

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November 29-December 1 — Berkeley
CONFLICT AND CONCURRENCE
Weekend Workshop with JAMES F.T. BUGENTAL and ELIZABETH KEBER

Experience of conflict and concurrence are basic to almost all human relationships. Both are rich in their potentials for enhancing or disrupting the relationships themselves, the lives of the people involved, and the projects or tasks in which they are engaged. This workshop will explore the dynamics and significance of conflict and concurrence through dramatic improvisation and the basic encounter method. The participants will be helped to create and present plays which explore the forms and implications of various kinds of functional relationships. The interactions among the participants will also be used to aid them in exploring their feelings and reactions to conflict and concurrence and in seeking ways of making these more constructive and satisfying.

Location: Berkeley Center for Human Interaction. *See page 28 for directions.*
Time: begins 8:00 p.m., Friday, November 29
Registration: $40 per person

JAMES F. T. BUGENTAL, Ph.D., of Psychological Service Associates, Los Angeles, is a psychotherapist and writer on existential-humanistic psychology. He will be for 1968-69 a Research Associate at the Stanford Research Institute in Menlo Park, California. He is a past president of the American Association for Humanistic Psychology and of the California State Psychological Association, and has been on the faculty at UCLA and at Georgia Tech. He is the author of Psychological Interviewing *(1952, 1966) and* The Search for Authenticity: An Existential-Analytic Approach to Psychotherapy *(Holt, Rinehart & Winston, 1965). In 1967 he edited* Challenges of Humanistic Psychology *(McGraw-Hill).*

ELIZABETH C. KEBER, Ph.D., formerly a sister of the Immaculate Heart, is a counselor and an innovator in multi-media processes for encounter groups, seminars, and theater. Formerly Head of the Department of Theater Arts at Immaculate Heart College in Los Angeles, she has written plays, musicals, and inter-media productions for children and adults, has pioneered in developing audience involvement techniques, and has served on national consultative bodies on the arts in education. She has been increasingly concerned to bring the participation and affect-arousal insights of the theater to supplement the more usual procedures of personal counseling, basic encounter groups, and psychotherapy. She wrote Words of Ugo Betti *(Los Angeles: Immaculate Heart College, 1965) which was illustrated by Sister Mary Corita.*

November 30-December 1 — San Francisco
COUPLES' AND LOVERS' MARATHON
Weekend Marathon with GEORGE and PEGGY BACH

George and Peggy Bach, originators and developers of the husband/wife team approach in marathon groups, invite other spouses and lovers to join them in a 24-hour day and night continuous group session. See page 8, October 18-19, San Francisco, for further information.

Location: *See page 28.*
Time: 2:00 p.m. Saturday continuous to 2:00 p.m. Sunday, November 30-December 1
Registration: $145 per couple

December 1 — San Francisco
DREAMS, ESP AND ALTERED STATES OF CONSCIOUSNESS
Lecture by STANLEY KRIPPNER

Dr. Krippner will describe the much publicized and politely history-making studies of telepathy and dreams which he and Montague Ullman are conducting at Maimonides Medical Center in New York. In these studies attempts are made to convey impressions telepathically to people who are dreaming.

Location: Grace Cathedral
Time: 8:00 to 10:00 p.m., Sunday, December 1
Registration: $3 general; $2 student

See page 21, November 29-December 1, Big Sur, for further description and biographical data.

December 2-5 — San Francisco
BEING INTIMATE IN A LARGE GROUP: A Radical Experiment in High Trust and Freedom
4-Day Workshop with JACK and LORRAINE GIBB

Jack and Lorraine Gibb have pioneered in demonstrating that some of the same aims usually achieved in T-groups and the intensive small group experience (personal growth, authenticity, intimacy, openness, warmth) can be achieved in large groups, in relatively short periods of time, without the presence of professional leaders. These findings have great significance for people working in education, youth groups, women's groups, industry, extension classes, religious education.

In this workshop an experimental community will be created along lines developed by the Gibbs. This community will have a number of experiences in a developmental sequence which has been found to produce personal growth as well as high trust and intimacy in the total group. The experiences illustrate a theory of intimacy and include verbal and non-verbal relationships. The individual participant will have intensive growth experiences in pairs, small groups, and the total community.

Location: Grace Cathedral
Time: 5:00 to 10:00 p.m., Monday thru Thursday, December 2-5
Registration: $60 general; $30 student

JACK and LORRAINE GIBB are organizational consultants in private practice in La Jolla. Dr. Gibb has worked as an organizational development specialist with such organizations as General Motors, American Telephone and Telegraph, the Methodist Church, the Presbyterian Church, the National YMCA, and the U.S. Psychology. He is co-editor of the basic text on group experiences: T-Group Theory and Laboratory Method. *The Gibbs are developing a theory of the "intimate community", relevant to a wide variety of situations in our often impersonal culture.*

December 6-8 — San Francisco
INTEGRATED ENCOUNTER
Weekend Workshop with WILLIAM C. SCHUTZ *See page 27 for description.*

For reservation information, see page 28.

December 9-10 – Berkeley
INTENSIVE JOURNAL WORKSHOP
Two-Day Workshop with IRA PROGOFF

This workshop is intended primarily for ministers, psychotherapists, and others in the helping professions. Dr. Progoff will use the methods of personal growth which he is developing at Dialogue House, New York City. Each participant will receive a copy of the Intensive Journal developed by Dr. Progoff; the Journal will provide the connecting thread for the workshop, providing a framework for exploration into the guiding themes and directions of one's life. Participants will explore their dreams and fantasies and will participate in group dialogue.

Location: Berkeley Center for Human Interaction. *See page 28 for directions.*
Time: 5:00 to 10:00 p.m., Monday, December 9
10:00 a.m. to 4:00 p.m., Tuesday, December 10
Registration: $45 per person

See page 22, December 6-8, Big Sur, for biographical data.

December 9-12 – San Francisco
THE MANY DIMENSIONS OF COMMUNICATION
4-Day Workshop with VIRGINIA SATIR *See page 25 for description.*

December 13-15 – San Francisco
STORYTELLING AND THE DISCOVERY OF IDENTITY
Weekend Workshop with DAVID STEERE and SAM KEEN

Storytelling may be man's most ancient art of establishing meaning for life. Even before he could tell stories to others, he danced and acted them out in ritual. Virtually every culture has been bound together by common myths and legends which furnished an unconscious commentary on purpose and values. Contemporary life conspires to deprive us of the capacity to experience our own personal story and the informing stories of those about us.

This weekend is designed to explore how we tell our own story and listen to the stories of others. A wide variety of techniques will be employed: fantasy exercises, time and space exploration, experiences in intensive telling and hearing, focused wishing, willing, and innovating, and group intervention. The aim is to discover identity, our persistent sense of self-sameness and continuity, through remembering who we are. Attention will be given to some typical human stories as they are reflected in pivotal myths of other cultures. Against the backdrop of group experience and mythical memory we will explore the manner in which each individual constructs his own history and invents his own future.

Location: *See page 28.*
Time: begins 8:00 p.m., Friday, December 13
Registration: $45 per person

DAVID STEERE, Th.D., is Professor of Psychology and Religion at Louisville Presbyterian Theological Seminary. He holds a B.D. degree from that institution and the Th.D. degree from Union Theological Seminary in New York where he worked in the Psychiatry and Religion Program. He is the author of several articles in the field of religion, mental health, and human relations and of the book New Ways of Caring *to be published next year.*

SAM KEEN, Ph.D., holds the S.T.B. and Th.M. from Harvard and the Ph.D. from Princeton. He is the author of Gabriel Marcel *and a forthcoming book* An Apology for Wonder. *He has previously taught at Boston University, Douglass College and Princeton Seminary and is currently professor of Philosophy and Christian Faith at the Louisville Presbyterian Theological Seminary.*

December 13-15 – San Francisco
ACTION ENCOUNTER
Weekend Workshop with BENNETT SHAPIRO

A fast-moving, aggressive, body-oriented, intensive, tough-tender encounter group for couples and singles seeking relief from politeness, indifference, and verbosity. The many methods for personal confrontation and human development being explored at Esalen will be integrated into an encounter group setting: sensory awakening, body movement, Gestalt Therapy, Lowen's exercises, psychodrama, attack therapy, theatrical games, meditation.

Location: *See page 28.*
Time: begins 8:00 p.m., Friday, December 13
Registration: $45 per person, limited to 14

See page 9, October 21-24, San Francisco, for biographical data.

December 16-19 – San Francisco
ESALEN ENCOUNTER
4-Day Workshop with BETTY FULLER

See page 5, September 16-19, San Francisco, for description and biographical data.

January 3, 1969 – San Francisco
PSYCHOMAT (Friday Evening)
Led by GERARD HAIGH

Location: *See page 28.*
Time: 6:00 to 10:00 p.m., Friday, January 3, 1969
Registration $2 per person

See page 5, September 21, San Francisco, for description and biographical data.

BIG SUR PROGRAMS

August 30-September 1 — Big Sur
ESALEN ENCOUNTER MARATHON
Weekend Workshop with BETTY FULLER

The marathon will include a two-hour microlab to explore a variety of Esalen verbal and non-verbal encounter techniques. The weekend will include time to discover one's sense of center as well as intensive verbal and non-verbal interpersonal encounter in dyads, triads, and small groups. Fantasy, psychodrama, theater games, sensory awakening, Gestalt dialogue, body movement may all be part of the labors of the marathon.

$65 per person

BETTY FULLER has recently joined the Esalen staff as Director of the San Francisco Encounter Group Program and as coordinator of the Esalen Consulting Service. As a Resident Fellow in the 1967-68 program at Big Sur, Miss Fuller co-led groups with Dr. William C. Schutz with whom she trained in encounter work. This year she will continue to assist Dr. Schutz with his Big Sur workshops. Miss Fuller has an M.A. from the University of Michigan, ahs been a radio-TV writer-director-actress, a secondary school teacher in Michigan and California, and, most recently, a founder and Associate Stage Director of Marin County's Festival Theatre, producer of the Straw Hat Revues.

August 30-September 2 — Big Sur
CLOSE YET FREE
3-Day Videotape Couples Workshop with GERALD SMITH, JUDI KLEIN BRYANT, and TODD BRYANT

To have closeness or intimacy and yet have room to personally grow . . . this is a basic dilemma in marriage. The dilemma can be coped with either creatively or destructively. Our purpose will be to experience a number of ways of creatively coping with the dilemma of being "close yet free" within marriage. We will use aspects of family and Gestalt Therapy and numerous non-verbal and movement approaches. The movement approaches, led by Judi Bryant, will explore body language, encounter between couples and a celebration of physical expression. Innovative uses of videotape playback will be an integral part of the workshop. Videotape is often an extraordinary catalyst for integration and change.

$230 per couple, including videotape feedback. Limit: 15 couples

GERALD SMITH, Ph.D., is a family therapist and marriage counselor in San Mateo, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. His family therapy training was at the Mental Research Institute, Palo Alto. Recently he developed a "Family Communications Check-Up" program through the Family Service of San Mateo County. He is also a consultant with San Mateo County Mental Health Services.

JUDI KLEIN BRYANT is a Movement Therapist at Mount Zion Hospital in San Francisco and Movement Consultant at San Francisco Family Therapy Center. She and her husband also give frequent workshops in the Bay Area and at Esalen.

TODD BRYANT specializes in the Moving Image and the Electric Vanity: Videotape Feedback through Celebrated Changes.

September 1-6 — Big Sur
GESTALT THERAPY: Open Workshop
Led by CLAUDIO NARANJO

See page 24 for description.

September 2-6 — Big Sur
4-DAY WORKSHOP WITH ESALEN RESIDENTS & STAFF

This workshop, led by Esalen Resident Fellows and members of the Esalen staff, will combine encounter groups, sensory awakening, psychodrama, meditation, and other approaches being explored at Esalen. $150 per person

September 9-13 — Big Sur
DREAMS AND HOROSCOPES
4-Day Workshop with CLAUDIO NARANJO and KAREN BOLANDER

See page 25 for description.

September 9-13 — Big Sur
BREATHING AND AWARENESS
4-Day Workshop with MAGDA PROSKAUER

A workshop involving various breathing techniques and exercises in awareness. Mrs. Proskauer's approach educates awareness of somatic processes which are normally unconscious or semi-conscious. In an extended workshop of this kind, participants can achieve more relaxation and awareness than they are able to in brief sessions. $150 per person

MAGDA PROSKAUER is a graduate of the University of Munich, Germany, and received a degree in physiotherapy from the University of Munich Medical School. While working in Europe she was influenced by various new schools of psycho-physical therapy. She has a private practice in body awareness and breathing therapy in San Francisco.

For reservation information, see page 28

September 13-15 – Big Sur
WHOSE IS THE KINGDOM, THE POWER, AND THE GLORY?
Weekend Seminar with ALAN WATTS

Does anyone have it for ever and ever? Does it belong to Jehovah, God the Father and King of kings, or is he just a dead image? Does it belong to mankind as top species of the biological order? Does it belong to you (whoever that may be)? And does it exist anyhow? A discussion of temporal power and spiritual authority, and of the future of the idea that there is someone who really knows what should be done.

$65 per person

ALAN WATTS, author of The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology; The Book: on the Taboo Against Knowing Who You Are; *and many other writings, has been – with D. T. Suzuki – the leading popularizer of Zen Buddhism in the United States. In recent years Dr. Watts has worked to unify science, philosophy and religion into a totally modern view.*

September 13-15 – Big Sur
BODY DYNAMICS
Weekend Workshop with GERTRUDE ENELOW

Body Dynamics includes a series of rhythmic movements and other exercises to increase awareness and physical freedom. Gertrude Enelow has developed her own approach, which she calls Body Dynamics, during the past 25 years. She runs her own school in Chicago and is a faculty member of Columbia College. She also heads a foundation which sponsors Body Dynamics classes in community centers, service organizations, and hospitals.

$65 per person

September 13-15 – Big Sur
WEEKEND WORKSHOP WITH ESALEN RESIDENTS AND STAFF

This workshop, led by Esalen Resident Fellows and members of the Esalen staff, will combine encounter groups, sensory awakening, psychodrama, meditation, and other approaches being explored at Esalen.

$65 per person

September 15-20 – Big Sur
5-DAY WORKSHOP WITH SCOTT BEACH

The theme of these workshops is contained in the following statements: "I want to be more aware of myself and of my environment. I want to have richer communication with others. I want to love and be loved. I can't satisfy these wants without help from people who want the same things for themselves."

Mr. Beach will employ various encounter techniques he has invented, along with others gathered from experience with the Humanist Institute, Synanon, Esalen, The Committee and Neva Beach, his wife.

$165 per person

SCOTT BEACH is a founding member of The Committee, a theater of satiric improvisation in San Francisco. He appears regularly on TV, radio and in films. He is an associate editor of The Humanist *and is a fellow of the Humanist Institute.*

September 15-20 – Big Sur
PSYCHOLOGICAL KARATE
5-Day Workshop with HUSAIN CHUNG

Husain Chung calls his approach "psychological karate." Based on the psychodrama he learned from J. L. Moreno and the practice of Subud, it breaks down intellectualizing defenses and intensifies emotional issues in order to increase one's tolerance for conflict, anxiety and frustration. It is a quick, direct, surprise approach which unfolds hang-ups, in the belief that as one's tolerance for ambiguity grows life fills with awe and mystery.

In this workshop there will be intensive sessions of psychodrama and related exercises. As in karate, the emphasis is on excitement and power rather than the removal of problems or obstacles.

$165 per person

HUSAIN CHUNG was born in Shanghai and educated in the United States. He has practiced Subud intensively here and in Indonesia and has studied psychodrama with J. L. Moreno. He has taught and counseled in California public schools, clinics and mental hospitals, is now on the staff of the Graduate School of Psychology at Pepperdine College, Los Angeles. He conducts psychodrama workshops and training programs throughout the state and has developed the psychodrama marathon. These marathons, which Chung conducted for the Esalen program at Stanford University last year, were among the most dramatic and moving we have ever sponsored.

September 20-22 – Big Sur
ACTION ENCOUNTER
Weekend Workshop with BENNETT SHAPIRO

$65 per person

See page 13, December 13-15, San Francisco, for description.

September 20-22 – Big Sur
GESTALT THERAPY: Lecture-Demonstration
Led by FREDERICK S. PERLS

See page 24 for description.

September 22-27 – Big Sur
INTEGRATED ENCOUNTER
5-Day Workshop with WILLIAM C. SCHUTZ

See page 27 for description.

September 27-29 – Big Sur
EDUCATION AND ECSTASY
Weekend Seminar with GEORGE LEONARD

George Leonard will discuss his book *Education and Ecstasy* (Delacorte 1968) and explore his radical proposals for change in education.

This book is the first major integration of education's new possibilities. It proposes ways in which the new school technology (electronic feedback systems, etc.), the discoveries of operant conditioning, the principle of the free learner and the emerging disciplines of the "affective" or "new domain" can be fruitfully combined. Leonard bases his proposals upon a fundamental reassessment of the nature and purposes of modern civilization; he believes that man is entering a post-civilized stage in which he no longer needs to be a component of society but can become instead a free-roving explorer of his many external and internal worlds.

Teaching the basic cognitive skills can now be accomplished in one-third the time it takes in most schools; the resulting free time could be turned to the development of more sensitive seeing, hearing, and relating, to the cultivation of fantasy and dreams, to art and contemplation. Students—at all ages—could begin to release those powers and talents our civilization has neglected or suppressed.

Leonard brings his vision to life by inventing a model school for the year 2001, in which reading is taught in a multi-media "basics dome" teeming with life and color. In this school students discover the laws of electricity on their own as if they were Faraday and others act out their dreams like natives in a Malayan tribe. This model school might seem to border on science fiction—yet every element in it is being explored somewhere in the world today. Leonard devotes a chapter to describing ways in which educators and concerned laymen could turn such a vision into reality. In his seminar he will discuss such steps in detail.

Leonard's book marks a new stage in the development of education. Seminar participants will have a chance to challenge and explore its implications.

$65 per person

GEORGE R. LEONARD is the West Coast Editorial Manager of Look magazine. He has won more national awards for educational reporting than anyone else in the history of magazine journalism. He is concerned now with the creation of models of education which include the full range of human potentials. With Price Cobbs he began the Esalen program of interracial encounter groups. He is now undertaking a long range study of the problems and possibilities of family life in America, possibly similar in scope to his studies of education.

September 27-29 – Big Sur
GESTALT THERAPY: Experiential Weekend
Led by DOWNING, HALL and NARANJO

See page 24 for description.

September 29-October 4 – Big Sur
MASSAGE AND MEDITATION
5-Day Workshop with MOLLY DAY SCHACKMAN

An intensive but relaxing week of learning massage and meditation. There will be early morning (7:30-8:30) and late afternoon (5:30-6:00) periods of meditation, and morning sessions (9:30-12:30) of instruction in the Esalen style of massage. Afternoons (2-5) will be spent in practice sessions. Discussion and encounter (6:00-8:00) will develop the feelings that may arise from meditation and massage. Molly Schackman's approach to massage consists of a combination of sensory awakening—involving all the senses—and deeper muscular massage. She emphasizes the attitudes of affirmation and caring and the release of emotions.

Couples are encouraged to attend so they can continue to massage each other at home. All participants should bring alarm clocks in order to awake for early meditation; they should also plan to arrive in time to eat dinner before an 8:00 evening session on Sunday and try to stay through 5:00 p.m. on Friday.

$165 per person. Limit: 24

MOLLY SCHACKMAN has been giving massages and teaching massage for three years at Esalen and has trained the present staff of ten masseuses and masseurs. She is a devoted student of meditation and feels that its practice goes hand in hand with sensory awakening and massage.

September 29-October 4 – Big Sur
GESTALT THERAPY: Open Workshop
Led by ROBERT K. HALL

See page 24 for description.

October 4-6 – Big Sur
MAN'S HOSTILITY TO MAN
Weekend Workshop with GEORGE BACH

This workshop will explore more effective means of dealing with man's hostility to man on all levels:

1. **Intrapsychic (self-destruction)**
2. **Interpersonal (marital fighting)**
3. **Intergroup (intergenerational—the generation gap; interracial—black against white)**
4. **International (Vietnam and Israeli wars)**

For the past 23 years, beginning in 1944 with research on young children's terrible fantasies, Dr. Bach has been engaged in an intensive study of aggressive behavior and conflict. In this workshop he will share the results of his research and observations.

Dr. Bach writes, "The student of human aggression can learn to recognize the transformation of aggression from the intrapsychic and interpersonal levels to the . . . intergroup level, or from personally responsible aggressive styles to anonymous, personally non-responsible aggressive styles. The aggressive practices of traditional institutions, including the military establishment and other political, nationalistic and economic structures, will be examined in this seminar. These institutions often reinforce destructive ways of psychologically and socially managing aggression."

It is Dr. Bach's position that aggression is here to stay and that to ignore its existence is dangerous. The exclusive emphasis on "Love" is unrealistic and self-deceptive. We must develop new channels, and move toward new solutions.

Seminar participants will meet in small groups to practice "hurtless aggression". These groups will be given fight issues to work out, using constructive fight techniques which Dr. Bach will explain in his lectures. The seminar will also explore the possibility of containing aggression through developing a greater acceptance of realistic eyeball-to-eyeball, rather than person-to-symbol, aggressive confrontation.

$75 per person

GEORGE R. BACH has worked with intensive therapeutic groups for more than 20 years. He is one of the originators of the "marathon" group experience, for which he has gained national recognition. He is now in private practice in Los Angeles and is a consultant for various organizations. He is the author of Intimate Enemy, *a study of intimate relationship.*

BEST COPY AVAILABLE

For reservation information, see page 28

October 4-6 — Big Sur
AWAKENING TO RITUAL
Weekend Workshop with BERNARD GUNTHER *See page 26 for description.*

October 6-11 — Big Sur
MAN AND WOMAN
5-Day Workshop with BILL NUNN, LARYSSA NECHAY and GIA-FU FENG

This 5-day workshop will explore ways of enriching the man-woman relationship. The approach will be based on the Conjoint Family Therapy work of Virginia Satir and others, but will draw too from work with sensory awareness and awakening. There will be both didactic and experiential sessions.

$165 per person

WILLIAM NUNN, M.D., is director of the Family Therapy Institute, Los Gatos. He pursues a double career, as a pediatrician and a family therapist, was trained at Johns Hopkins School of Medicine and the Mental Research Institute of Palo Alto.

LARYSSA NECHAY, A.C.S.W., is a family therapist in private practice and director of training at the Family Therapy Institute at Los Gatos. She is also a Research Associate at the Mental Research Institute, Palo Alto, where she has been a co-worker with Virginia Satir for several years.

GIA-FU FENG: See page 25 under Virginia Satir for biographical data.

October 6-11 — Big Sur
GESTALT THERAPY: 5-Day Professional Workshop
Led by FREDERICK S. PERLS *See page 24 for description.*

October 6-11 — Big Sur
OPENING-UP AND LETTING-GO
5-Day Workshop with CLAUDIO NARANJO *See page 26 for description.*

October 11-13 — Big Sur
GRAPHIC ENCOUNTER: Meeting the Self & Others in Experiences with Materials
Weekend Workshop with SHERMAN KINGSBURY and TED KROEBER

Graphic materials such as fingerpaint and clay provide media for sensory experience and interpersonal encounter as well as for artistic expression. This workshop will explore what the individual and the group experiences in sensation and associations when working with these materials. The focus will not be on artistic products; rather it will be on what working with materials evokes: aloneness, intimacy, creation, movement, sensation, imagery . . . non-verbal encounter.

Wear washable clothes. Previous experience in encounter groups is desirable but not essential.

$65 per person

SHERMAN KINGSBURY is an ex-mathematician, sometime teacher, management consultant and frequent leader of encounter groups. He is a Fellow of the NTL Institute for the Applied Behavioral Sciences.

TED KROEBER teaches Psychology at San Francisco State College and has wide experience in sensitivity training. He and Mr. Kingsbury have explored jointly the use of graphic materials in basic encounter groups. Neither is an artist.

October 11-13 — Big Sur
GESTALT THERAPY: Lecture-Demonstration
Led by FREDERICK S. PERLS *See page 24 for description.*

October 13-18 — Big Sur
GESTALT THERAPY: Open Workshop
Led by JOSEPH J. Downing *See page 24 for description.*

October 13-18 — Big Sur
BECOME AS YOU WERE
5-Day Workshop with GERARD HAIGH

The adjusted American achieves a dubious state of "maturity" by burying many child parts under layers of shame and ridicule. A humanistic concept of maturity allows expression of much more of the child in the adult. Paradoxically, making contact with childish helplessness releases surges of power and contacting childish tears opens the channels for expression of joy.

In this workshop we will explore in areas of awe and wonder, in the realm of the silly and the stupid. Contact with nature, sensory awakening and non-verbal communication will be among the media used. Workshop participants will be invited to invent techniques for furthering this journey into the child part of the man.

$165 per person. Limit: 20

GERARD V. HAIGH, Ph.D., a practicing psychotherapist with Psychological Service Associates, Los Angeles, is experimenting with new kinds of basic encounter groups. He studied with Gardner Murphy at City College of New York and Carl Rogers at the University of Chicago, has been on the Menninger Clinic staff and taught at the University of Chicago, Arizona State University and the University of California, Los Angeles. He is President of the American Association for Humanistic Psychology and is a board member of the Topanga Center for Human Development.

October 18-20 – Big Sur
THE SCIENTIFIC STUDY OF REINCARNATION
Weekend Seminar with FRANCIS STORY

The subject of reincarnation has recently come under scientific scrutiny. Dr. Ian Stevenson of the University of Virginia School of Medicine's Department of Psychiatry has undertaken a worldwide study of cases in which children claim to remember their past lives. Dr. Stevenson has studied over 200 such cases in India, the Middle East, Turkey, Alaska, Europe and America in an attempt to discover whether there is evidence that such children describe lives that were actually lived. He is amassing an impressive body of evidence that many of these children do recall people and events that did exist as they described them. This is a subject fraught with superstition and wishful thinking, but is obviously worthy of research.

FRANCIS STORY, a colleague of Dr. Stevenson, has studied claims of reincarnation in Southeast Asia for many years. He is a Buddhist scholar and long-time resident of Burma and Ceylon and an editor and author of many studies of Buddhism and comparative religion. In these discussions he will summarize many of the cases which he and Dr. Stevenson have studied. For background information on these programs read Dr. Stevenson's Twenty Cases Suggestive of Reincarnation, *published by the American Society for Psychical Research, 1966.*

This seminar will summarize observations made in the study of approximately fifty cases of reincarnation memories in India, Burma, Thailand, and Ceylon. Slides illustrating the subjects of some of the cases will be included in the presentation. Mr. Story will also review the question of the carry-over of personality traits, e.g., fears, likes, dislikes, aptitudes, interests, from one life to another. The material presented will include theoretical aspects of the subject with regard to factors influencing such carry-over and evidence from case studies of possible cases of reincarnation. He will give an account of claimed memories of disembodied consciousness in cases of the reincarnation type and a comparison of these with similar experiences of living persons. The seminar will include discussion of concepts of the after death state, e.g., the Bardo state, described in The Tibetan Book of the Dead.

$65 per person

October 18-20 – Big Sur
REALITY AND ILLUSION: Learning to Discriminate
Weekend Workshop with GEORGE I. BROWN and JUDITH R. BROWN

This workshop will be primarily experiential with an emphasis on principles of Gestalt Therapy applied to the individual and, in the case of couples, to the marriage relationship.

Growth toward maturity is inhibited by fear of change and the unknown. Fantasied catastrophies are created by our "fine minds" at the prospect of moving into the adventure of new experience. Instead of moving into each moment as a fresh experience, we cling to the status quo, and thus we die long before we cease breathing.

Ways of beginning to move and grow will be presented in a laboratory workshop context.

$65 per person

See page 18, November 15-17, San Francisco, for biographical information.

October 18-20 – Big Sur
THE CULTIVATION OF FANTASY
Weekend Workshop with HERBERT A. OTTO

Small encounter groups and a variety of other methods will be utilized to expand the horizons of imagination and to foster the productive use of our capacity to dream. Among the methods used will be the Open-Ended Group Fantasy, the Paradise Fantasy, Daydream Productivity, Brainstorming, Oceanic and Myth Fantasy, Love Fantasy Integration and others. The focus will be on the use of imagination as related to vocational and personal functioning.

$65 per person

HERBERT A. OTTO, former Director of the Human Potentialities Research Project at the University of Utah, is now Director of Research, Stone Foundation, Chicago, Illinois. He is editor of Explorations in Human Potentialities *and* Human Potentialities: The Challenge and the Promise *and is author of* Guide to Developing Your Potential. *He is the inventor of innumerable practical approaches for the development of neglected human capacities.*

October 20-25 – Big Sur
INTEGRATED ENCOUNTER
5-Day Workshop with WILLIAM C. SCHUTZ *See page 27 for description.*

October 25-27 – Big Sur
THE NEW HUMANISTIC UNDERSTANDING OF MENTAL ILLNESS
Weekend Workshop with ERNEST BECKER

In describing his workshop, Dr. Becker writes, "One of the most exciting developments of contemporary thought is the breakthrough on the theory of mental illness. We now understand human breakdown with a clarity and relative simplicity that makes this knowledge available to even the non-specialist. But the most significant part of this understanding is the promise for human freedom: it shifts the burden of human breakdown from the individuals themselves, and instead accuses the social world in which the individual is immersed. The workshop will focus on a natural and simple understanding of such common behaviors as 'menopausal depression', 'jealousy-delusions', 'paranoia', and the real meaning of the 'Oedipus complex'."

$65 per person

ERNEST BECKER is professor of Social Psychology at San Francisco State College. His work is synthetic and cuts across the boundaries between disciplines. Last year, when the departments at Berkeley couldn't keep him on by fitting him into the appropriate academic niche he became the focus of nationwide publicity when the Berkeley students voted him the unprecedented honor of a chair to be financed by student funds. His most important books are The Revolution in Psychiatry: The New Understanding of Man; The Structure of Evil: An Essay on the Unification of the Science of Man; *and* Beyond Alienation: A Philosophy of Education for the Crisis of Democracy.

For reservation information, see page 28.

October 25-27 — Big Sur
EXPLORING AND DEVELOPING EXTRASENSORY PERCEPTION
Weekend Seminar with CHARLES T. TART

Man has never been satisfied with the limitations of his physical senses and muscles; he has always strived for more knowledge, more power. The results have been good, bad, and mixed, and have been called science, philosophy, fortune-telling, magic. The latter areas are the most difficult for the Western mind to deal with. What scientific basis is there for accepting and developing such phenomena as telepathy, clairvoyance, precognition, psychokinesis, dowsing, survival of bodily death, etc.? Have you had such experiences and either suppressed them from awareness or exaggerated them?

This seminar, conducted by one of the country's leading parapsychologists, will approach these questions from a number of directions, both intellectual and experiential. Experiments will be carried out for testing the participant's own ESP. Techniques will be demonstrated which may enhance the participants' ESP capacities; and there will be discussion of the nature and meaning of the participants' personal ESP experiences.

$65 per person

CHARLES T. TART, Ph.D., is Assistant Professor of Psychology, University of California at Davis. He has also taught and done research at Stanford, University of North Carolina, and Duke. He has conducted extensive research into sleep and dreams, hypnosis, and ESP. He is currently conducting an intensive study, funded by the National Institute of Mental Health, into the possibilities of deliberately altering and controlling dreams. He is the editor of Altered States of Consciousness: A Book of Readings, *N.Y., John Wiley and Sons, in press.*

October 25-27 — Big Sur
WEEKEND MARATHON WITH ESALEN RESIDENTS AND STAFF

This marathon, led by Esalen Resident Fellows and members of the Esalen staff, will combine encounter groups, sensory awakening, psychodrama, meditation, and other approaches being explored at Esalen.

$65 per person

October 27-November 1 — Big Sur
LEARNING THROUGH THEATER GAMES
5-Day Workshop with ALAN MYERSON

In this workshop, Mr. Myerson will introduce a series of exercises based upon techniques for improvisation in the theater. Cleverness is not the object for the workshop; the participants will, hopefully, gain in simplicity. The object of the exercises is to open up new ways of seeing, thinking, feeling and behaving in a spirit of play.

$165 per person

ALAN MYERSON is the founder and producer of The Committee, San Francisco. He has directed films and television programs, has acted in many movies and plays, and has taught acting in New York, Chicago and at the University of California, Berkeley. He is best known for the improvisational theater which The Committee has helped to make famous. The kind of exercises which he will be using in this workshop are now being experimented with in various elementary and high schools around the United States.

October 27-November 1 — Big Sur
GESTALT THERAPY: Open Workshop
Led by ROBERT K. HALL
See page 24 for description.

November 1-3 — Big Sur
BODY AWARENESS AND THE SENSE OF BEING
Weekend Workshop with EDWARD MAUPIN
See page 25 for description.

November 1-5 — Big Sur
PROFESSIONAL WORKSHOP IN BIO-ENERGETIC ANALYSIS
4 Days with ALEXANDER LOWEN and JOHN PIERRAKOS

This workshop is professionally oriented for psychiatrists, psychologists, therapists and people in related fields. Drs. Lowen and Pierrakos will present the approach which they have developed at the Institute for Bio-Energetic Analysis. This approach is based on the energy dynamics of personality. It aims at the mobilization of energy through breathing and movement to increase feeling and promote self-awareness. Workshop participants will have an opportunity to experience the effects of techniques for reducing muscular tension and bodily rigidities and to explore the relation between body function and personality. The importance of bodily pleasure to personality will be a central emphasis. Participants should be familiar with the literature. A bibliography will be sent at time of inquiry.

$165 per person

ALEXANDER LOWEN, M.D., is Executive Director of The Institute for Bio-Energetic Analysis and author of Physical Dynamics of Character Structure, Love and Orgasm, *and* The Betrayal of the Body. *Dr. Lowen is a practicing psychiatrist and is, perhaps, the foremost exponent of the use of the body in analytic therapy.*

JOHN PIERRAKOS, M.D., is Director of The Institute for Bio-Energetic Analysis and a co-worker with Dr. Lowen. He is a practicing psychiatrist in New York City.

November 3-8 — Big Sur
GESTALT THERAPY: Open Workshop
Led by JOSEPH J. DOWNING
See page 24 for description.

November 3-8 — Big Sur
5-DAY WORKSHOP WITH ESALEN RESIDENTS AND STAFF

This program, led by Esalen Resident Fellows and members of the Esalen staff, will combine encounter groups, sensory awakening, psychodrama, meditation, and other approaches being explored at Esalen.

$165 per person

November 8-10 — Big Sur
WEEKEND WORKSHOP WITH ESALEN RESIDENTS AND STAFF

This workshop, led by Esalen Resident Fellows and members of the Esalen staff, will combine encounter groups, sensory awakening, psychodrama, meditation, and other approaches being explored at Esalen.

$65 per person

November 8-10 — Big Sur
ALIENATION AND LONELINESS
Weekend Seminar with ABRAHAM KAPLAN

This seminar will combine philosophical reflections and emotional sharing around the themes of loneliness and isolation in the contemporary world, the acceptance of self and others, the search for love and meaning. The weekend will include a marathon session during which these basic issues will be explored in depth, joining emotion with insight and values.

$65 per person

ABRAHAM KAPLAN is Professor of Philosophy at the University of Michigan. He says of himself: "I am by training a positivist, by inclination, a pragmatist, in temperament, a mystic, in practice, a democrat; my faith Jewish, educated by Catholics, an habitual Protestant; born in Europe, raised in the Midwest, hardened in the East and softened in California." Dr. Kaplan was educated at the College of St. Thomas More in Minnesota, the University of Chicago, and the University of California at Los Angeles. He has taught at various times at NYU, Harvard, Columbia and UCLA. Currently he is organizing and directing the Fifth East-West Philosophers' Conference to be held at the University of Hawaii during the summer of 1969. Dr. Kaplan has published papers in numerous philosophical journals, and is author of the book, The New World of Philosophy.

November 10-15 — Big Sur
SELF-CONFRONTATION
5-Day Workshop with FRED STOLLER

Through confrontation by others in the group, the individual has a unique opportunity to confront himself. When one is honest with others, he is ultimately honest with himself. In the format of group interaction participants will explore their self-concepts and images. Well established extensions of the group method such as videotape feedback as well as experimental techniques for investigating self which use photography and a variety of media will be introduced. One goal of the workshop will be to create new approaches to the explorations of self.

$165 per person

FREDERICK H. STOLLER is Senior Research Associate at the Youth Studies Center, University of Southern California, where he is involved in research and training in group methods and social psychology. Dr. Stoller has been a major pioneer in the development of the marathon group and in the introduction of videotape feedback in the group setting. Papers on these subjects appear in Innovations to Group Psychotherapy, *G.M. Gazda (ed.) (Thomas). He has conducted a broad variety of intensive groups and is currently interested in enriching the types of growth that are possible in such settings.*

November 10-15 — Big Sur
WORDS, FEELINGS AND THE BODY
5-Day Workshop with BERNARD GUNTHER
See page 26 for description.

November 15-17 — Big Sur
PSYCHIC READING IN PSYCHOTHERAPY
5-Day Workshop with CLAUDIO NARANJO and ANN ARMSTRONG
See page 26 for description.

November 15-17 — Big Sur
THE IMAGERY OF VISION IN THE NOVELS OF JAMES JOYCE
Weekend Seminar with JOSEPH CAMPBELL

The expansion of consciousness through the medium of art will be the leading theme of this seminar. A Portrait of the Artist as a Young Man, Ulysses, **and** Finnegan's Wake **will be interpreted as stages in a modern Dantean adventure equivalent, respectively, to** La Vita Nuova, Inferno **and** Purgatorio. **Joyce's theory of art as a vehicle of illumination, his syncretization of dream, theology, and myth, the relationship of his insights to those of Freud and Jung (his contemporaries) and to Oriental thought, will be discussed in detail and in depth.**

$65 per person

JOSEPH CAMPBELL is author of The Hero with A Thousand Faces *and* The Masks of God, *co-author of* A Skeleton Key to Finnegan's Wake *and editor of the posthumous works of Heinrich Zimmer, as well as the five Bollingen volumes of* Papers *from the Eranos Yearbooks. He has been a member of the Literature Department of Sarah Lawrence College since 1934 and a lecturer at the Foreign Service Institute, Department of State, Washington, D.C., since 1956.*

November 15-17 — Big Sur
A WEEKEND OF CREATIVE QUESTIONS
Weekend Workshop with ARTHUR SHEDLIN

This small encounter group will center around a series of deeply personal questions—questions of behavior, of meaning, of values, and of relationships.

They are what might be termed "post-insight" inquiries, which have been selected from recordings of encounter groups of widely diverse populations. These questions have come from people who have examined themselves and their circumstances, in depth, with the help of the group, have perceived themselves in a somewhat new light, and then asked, "Now what can I do about it? Or me? Or her? Or him? Or them?" With these questions as grist for the mill, participants might arrive at some new ways of seeing and behaving.

$65 per person. Limit: 15 people who have participated in one or more encounter groups in the past.

ARTHUR SHEDLIN has been personally and professionally interested in the being and becoming of people for the past thirty years. He has taught, counseled and consulted in universities (University of Chicago and University of California, Los Angeles), in industry and in government. He is now a faculty member of the Behavioral Science area of Graduate Business Administration at UCLA.

November 15-17 — Big Sur
PSYCHIC READING IN PSYCHOTHERAPY
Weekend Workshop with CLAUDIO NARANJO and ANN ARMSTRONG

November 17-22 — Big Sur
GESTALT THERAPY: Open Workshop
Led by JAMES S. SIMKIN
See page 24 for description.

November 17-22 — Big Sur
BODY AWARENESS, THE SENSE OF BEING, AND ENCOUNTER
5-Day Workshop with EDWARD MAUPIN
See page 25 for description.

For reservation information, see page 28.

November 17-22 – Big Sur
ACTION TECHNIQUES FOR GROUP LEADERS
5-Day Workshop with JAMES F. T. BUGENTAL and ELIZABETH C. KEBER

Group Leaders are often in search of new techniques for setting their groups in motion, deepening involvement, high-lighting particular events and feelings, and breaking through impasses and stalemates. This workshop will move rapidly from experience to experience in a kind of "bombardment" of action techniques to provide the participants with a library of tools for immediate use. Participants will be encouraged to select or reject from this library in terms of their own styles and needs. Each experiential session will be followed by brainstorming in small groups to allow each participant the opportunity to develop his own method of creating techniques and to benefit from the skills and tools of the rest of the group. The entire workshop will be geared to "getting the juices flowing", so that each participant realizes his own ability to discover techniques which are personally comfortable and peculiarly suited to his own needs. Recommended for psychologists, psychiatrists, social workers, counselors, clergymen, religious education workers, teachers. **$165 per person. Limit: 30**

See page 12, November 29-December 1, San Francisco, for biographical data.

November 22-24 – Big Sur
TANTRIC YOGA AND TIBETAN MYSTICISM
Weekend Workshop with LAMA ANAGARIKA GOVINDA

This workshop will explore the fundamentals of Tantric Yoga and Tibetan mystical practice. Participants will discuss and practice different methods and levels of meditation. These methods range from exercises of bodily and mental relaxation to yogic concentration on various functions, emotions, sense-perceptions, and conceptual thought to the creative visualization and experience of archetypal forms and their re-integration into the spiritual center of man. The relationship of man and universe is based on the parallelism of sound-symbols (mantra), of mental attitude, expressed through bodily gestures (mudrâ), of visible form and color (yantra and mandala), and of the unifying power of meditational practice (yoga). Technique and symbology of this practice will be demonstrated and explained, supported by pictorial material. **$70 per person**

LAMA GOVINDA is one of the world's leading scholars and interpreters of Tibetan Mysticism. For many years students from America and Europe have traveled to India to study and practice meditation with him. Now Esalen, Kairos, Oasis (in Chicago) and similar centers have joined to bring him to the United States for this and other programs. He is the spiritual head (Achârya) *of the* Ârya Maitreya Mandala, *a Buddhist Order of the Tibetan* Vajrayana, *the teachings of which have been rendered in his main work* Foundations of Tibetan Mysticism, *which has appeared in English, German, French and Spanish editions. Among his other publications are* The Psychological Attitude of Early Buddhist Philosophy, Art and Meditation, Stûpa Symbolism, Mandala.

November 22-24 – Big Sur
WEEKEND COUPLES WORKSHOP WITH ESALEN RESIDENTS AND STAFF

This workshop, primarily for couples, will be led by Esalen Resident Fellows and members of the Esalen staff. It will combine encounter groups, sensory awakening, psychodrama, meditation, and other approaches being explored at Esalen.

$65 per person

November 22-24 – Big Sur
AWARENESS THROUGH DANCE
Weekend Workshop with ANN HALPRIN

Ann Halprin will present her approach to the body and to dance. Her approach stresses the way movement and environment affect each other. She will incorporate new ideas emerging from work with her husband, Lawrence Halprin, and Paul Baum, with whom she is working this summer. These sessions focus on creative experiences which are generated from an understanding of community processes. Participants will explore their individual rhythm and use their expressive energy in a spontaneous interplay with each other in the landscape.

$65 per person

ANN HALPRIN, founder and artistic director of the Dancers' Workshop of San Francisco, has appeared in and directed underground movies and an international TV program; has taught and produced happenings in many universities and colleges. Her company has appeared at major international festivals in Europe. Critics say "Ann Halprin has extended the frontier of dance beyond even the most recognized avant-garde artist, both by performance and by teaching." Her approach was reported extensively in Progressive Architecture *(July 1967) and* Dance Magazine *(November 1966).*

November 24-29 – Big Sur
INTEGRATED ENCOUNTER
5-Day Workshop with WILLIAM C. SCHUTZ

See page 27 for description.

November 29-December 1 – Big Sur
DREAMS, ESP AND ALTERED STATES OF CONSCIOUSNESS
Weekend Seminar with STANLEY KRIPPNER

Dr. Krippner will describe the much publicized and possibly history-making studies of telepathy and dreams which he and Montague Ullman are conducting at Maimonides Medical Center in New York. In these studies attempts are made to convey impressions telepathically to people who are dreaming.

Dr. Krippner will also present a history of man's attempts to understand telepathic, clairvoyant and precognitive dreams. He will contrast the dream state to other states of consciousness, emphasizing the way in which individuals are forced to use different aspects of their experience to move toward varied conscious and unconscious goals. He will discuss hypnosis, daydreaming, psychedelic awareness and other phenomena which demonstrate both similarities and differences to dreaming. He will also describe a theoretical approach to dreams which includes the latest clinical and experimental research. **$65 per person**

STANLEY KRIPPNER is the Director of the William C. Menninger Dream Laboratory, Maimonides Medical Center, Brooklyn, N.Y. He is also Lecturer at Wagner College, N.Y.C., and Special Education Consultant at the Staten Island Mental Health Clinic. The author of over 60 articles in psychology and education, Dr. Krippner is a contributor to Psychedelic Art *by Masters & Houston, as well as a consulting editor for* The Psychedelic Review. *Dr. Krippner is a Fellow in the American Society for Clinical Hypnosis and a member of over 20 professional organizations including the American Psychological Association. He is Vice President of the National Association for Gifted Children and in 1959 received the Service to Youth Award, the YMCA's highest honor to a layman.*

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November 29-December 1 — Big Sur
TRANCE AND DANCE: Experiential Anthropology
Weekend Seminar with KARL HEIDER and JOHN HEIDER

Experiencing other cultures traditionally relies heavily upon reading anthropologists' interpretations of the societies they have studied. Recently many fine films have added intimacy to cross-cultural encounter.

During this weekend, we shall integrate discussion, films, and actual mimicry of the films in order to recreate as fully as possible the experiences in question. The films will depict the use of dance by various cultures, their attempts to contact the divine, to step outside the personal ego. Discussion will provide intellectual background. The experiential sessions will involve group chants and dancing, often with flutes and drums. $65 per person

KARL G. HEIDER teaches anthropology at Brown University. Trained at Harvard, Dr. Heider has done field work in Europe, North America, Middle America, Melanesia, and Southeast Asia. He has made anthropological films in Guatemala and New Guinea.

JOHN HEIDER was trained as a clinical psychologist at Duke University where he specialized in the study of meditation. Before becoming a Director of Esalen's Resident Fellow Program, he was a Resident himself. He has worked for several years on the problem of integrating affective and experiential education into traditional scholarly and scientific frameworks.

December 1-6 — Big Sur
GESTALT THERAPY: Open Workshop
Led by ROBERT K. HALL

See page 24 for description.

December 6-8 — Big Sur
PERSONAL DEPTH AND INNER TIME
Weekend Seminar with Ira Progoff

This workshop draws primarily upon two dimensions of experience—depth and inner time—to establish the personal identity and evoke the destiny of each individual. Participants will imaginatively re-enter their dreams, work with Dr. Progoff's approach to inner imagery, and explore their experience in group dialogue. Dr. Progoff's approach to "inner time" involves going back over the steppingstones of one's life to re-experience the intersections of personal existence, and to re-open the possibilities of roads taken and roads not taken.

The connecting thread of the workshop is each individual's Intensive Journal. The Journals are used actively throughout the workshop so that, as the weekend proceeds, each journal becomes an increasingly valid picture of the individual's inner life. All participants will receive an edition of the Intensive Journal used in the personal growth workshops conducted by Dr. Progoff.

$65 per person

DR. IRA PROGOFF is a psychotherapist, author, lecturer, and group leader. Since 1952, as a Bollingen Fellow, and later as Director of the Institute for Research in Depth Psychology at the Graduate School of Drew University, he has conducted pioneer research in the theory and practice of human development. His best known books are: The Symbolic and the Real, The Death and Rebirth of Psychology, Depth Psychology and Modern Man, Jung's Psychology and its Social Meaning. The Symbolic and the Real *(Julian Press) is the suggested text for this workshop.*

December 6-8 — Big Sur
GESTALT THERAPY: Experiential Weekend
Led by DOWNING, HALL and NARANJO

See page 24 for description.

December 8-13 — Big Sur
MASSAGE AND MEDITATION
5-Day Workshop with MOLLY DAY SCHACKMAN

See page 16, September 29-October 4, Big Sur, for description.

December 8-13 — Big Sur
GESTALT THERAPY: Open Workshop
Led by CLAUDIO NARANJO

See page 24 for description.

December 8-13 — Big Sur
BODY AWARENESS, THE SENSE OF BEING, AND ENCOUNTER
5-Day Workshop with EDWARD MAUPIN

See page 25 for description.

December 13-15 — Big Sur
MOVEMENT AWARENESS ENCOUNTER
Weekend Workshop with IVAN GENDZEL and MARTHA NASTICH

In our bodies (including movement, gesture, attitude, touch) lie primary expressions of selfhood, preceding all other forms of communication. Contemporary culture, by displacing much of our essential communication into the realm of concepts and words, shrinks our capacity to experience the essence of ourselves and our ability to relate to all that is other.

In this workshop, by experiencing basic movement themes and exploring their psychic meaning, we will attempt to rediscover personal identity at its many levels, and to emerge from the limitation of sedentary existence into more vivid awareness of living, both as conflict and as harmony. All movement experiences will lead directly into verbal encounter to help conceptualize and then share the experience.

$65 per person. Limit: 20

IVAN B. GENDZEL, M.D., is a psychiatrist in Palo Alto and on the clinical faculty at Stanford Medical School. His interests include marathon groups and dance and movement as a form of self-expression.

MARTHA B. NASTICH is a teacher of Creative Dance in the Bay Area. Her teaching experience includes work with children, adults, teachers, and with blind and emotionally disturbed children. She has worked extensively with Mary Whitehouse and has done graduate work in movement therapy with Alma Hawkins.

For reservation information, see page 28.

December 13-15 – Big Sur
SENSORY AWAKENING FOR COUPLES
Weekend Workshop with BERNARD GUNTHER *See page 26 for description.*

December 15-20 – Big Sur
CONJOINT FAMILY THERAPY, COMMUNICATION AND SELF-CONCEPT
5-Day Workshop with VIRGINIA SATIR *See page 25 for description.*

December 15-20 – Big Sur
GAMES BEYOND GAMES
5-Day Workshop with FATHER HILARION assisted by EDWARD MAUPIN

This workshop will combine dialogue, encounter and meditation with a series of games developed by Father Hilarion. These games include: "unsane" in which the group simulates behavior unrelated to habitual sanity; "slow-up and hurry-down" to alter accustomed time-space relationships; "fetish" to encourage creative preoccupation; "Brahman" in which a group can simultaneously experience transcendence and immanence; "amnesia" for concentration; "freeze"; "impasse"; "catalyst"; and others. Participants will also be encouraged to invent games of their own, in the belief that most of us can grow in the arts of social invention.

$165 per person

FATHER HILARION is a director of the Christian Yoga Order and Himalayan Academy, groups devoted to combining various religious traditions. He and his co-workers conduct contemplative retreats in Nevada and California and are experimenting with new ways of meditation, group encounter and physical discipline. Father Hilarion has practiced meditation intensively for ten years.

December 20-22 – Big Sur
THE PSYCHOLOGY OF OPTIMUM DEVELOPMENT
Weekend Seminar with JAMES FADIMAN

There has been a growing recognition in our culture that individual development, while extensively mapped in the range of human illness, is not yet adequately explored along the dimensions of health and growth. In this seminar, through a variety of exercises, discussions and experimental techniques, there will be the opportunity to put into practice the insights and methods for continuing development. This is not a substitute for therapy but is intended for persons who wish to go beyond the formal and informal confines of the therapeutic model. We will work toward gaining a better understanding of the forces which impede or accelerate personal growth. Attention will be paid to the problems of integrating peak experiences into a normal life, the concepts of unity and related topics. Those who make their reservations early enough in advance will be sent selected readings used in the weekend exercises.

$65 per person

See page 5, September 11-November 13, San Francisco, for biographical data.

December 20-22 – Big Sur
GESTALT THERAPY: Lecture-Demonstration
Led by FREDERICK S. PERLS *See page 24 for description.*

December 22-26 – Big Sur
DEVELOPMENT OF PERSONAL POTENTIAL
4-Day Workshop with BENNETT SHAPIRO

$150 per person

See page 9, October 21-24, San Francisco, for description and biographical data.

December 22-27 – Big Sur
GESTALT THERAPY: 5-Day Professional Workshop
Led by FREDERICK S. PERLS and JAMES S. SIMKIN
See page 24 for description.

December 26-31 – Big Sur
CREATIVITY AND AWARENESS
5-Day Workshop with GEORGE I. BROWN and JUDITH R. BROWN

Making use of research, both theoretical and functional, the workshop will capitalize on recent innovations in the development of creativity. The workshop will divide into three phases: 1) a theoretical discussion involving psychological and philosophical dimensions of the creative process, 2) experiences in "transiential" techniques such as the creative sub-self, synectics, self-object modification, hedonic impulse training, and the "other universes through art" approach, and 3) the application of principles of Gestalt Therapy to personal and professional functioning.

$165 per person

See page 10, November 15-17, San Francisco, for biographical data.

December 27-January 1 – Big Sur
INTEGRATED ENCOUNTER
5-Day Workshop with WILLIAM C. SCHUTZ *See page 27 for description.*

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January 3-5, 1969 — Big Sur
A WEEKEND WITH ABRAHAM MASLOW

Dr. Maslow will discuss his most recent thinking about psychology, religion, eupsychia, education (especially in regard to self-actualization) and whatever else seems of interest.

$70 per person

DR. ABRAHAM MASLOW, Professor of Psychology at Brandeis University, was President of the American Psychological Association in 1968. Educated in many fields of psychology, he has carried out notable animal research and studies of human motivation. He is the author of Motivation and Personality; Toward a Psychology of Being; Religions, Values and Peak Experiences; The Psychology of Science. *Dr. Maslow's pioneering studies of psychological health have encouraged the increasing theory and research concerned with human potentialities. His theoretical work and personal influence were instrumental in founding the American Association for Humanistic Psychology and much of the program at Esalen.*

GESTALT THERAPY PROGRAMS

Gestalt Therapy, by emphasizing the awareness continuum of oneself and the world, is a way (Tao) of living and enhancing one's experience. It is non-analytic. It attempts to integrate the fragmented, split personality through non-interpretive focusing in the here-and-now.

FREDERICK S. PERLS, the founder of Gestalt Therapy, Associate in Residence at Esalen Institute, Big Sur

JAMES S. SIMKIN, clinical psychologist, Beverly Hills, co-leader of professional training groups with Dr. Perls for five years

JOSEPH J. DOWNING, psychiatrist, Director of Mental Health Programs, San Mateo County

ROBERT K. HALL, psychiatrist, Associate in Residence at Esalen Institute, Big Sur

CLAUDIO NARANJO, psychiatrist, Santiago, Chile, and Berkeley, California

BIG SUR: OPEN WORKSHOPS IN GESTALT THERAPY

5-DAY OPEN WORKSHOPS

September 1-6 . . . . . Naranjo
September 29-Oct. 4 . . . . . Hall
October 13-18 . . . . . Downing
October 27-Nov. 1 . . . . . Hall
November 3-8 . . . . . Downing
November 17-22 . . . . . Simkin
December 1-6 . . . . . Hall
December 8-13 . . . . . Naranjo

$165 per person

OPEN WEEKENDS

Lecture-Demonstrations with FREDERICK S. PERLS

September 20-22
October 11-13
December 20-22

$75 per person

Experiential Groups with DOWNING, HALL, and NARANJO

September 27-29
December 6-8

$65 per person

BIG SUR: PROFESSIONAL 5-DAY WORKSHOPS

These workshops are limited to qualified professionals. Applicants should apply at least three weeks in advance and should state qualifications. Envelopes should be marked: "Attention of GESTALT PROFESSIONAL WORKSHOP".

October 6-11 with FREDERICK S. PERLS
December 22-27 with FREDERICK S. PERLS and JAMES S. SIMKIN

$195 per person

SAN FRANCISCO 4-DAY OPEN WORKSHOPS

October 14-17 . . . . . Hall
November 18-21 . . . . . Naranjo

Location: *See page 28, both events.*
Time: 4:30 to 10:30 p.m., Mondays thru Thursdays: Oct. 14-17, Nov. 18-21
Registration: $65 per person

For reservation information, see page 28.

Workshops with VIRGINIA SATIR

December 9-12 — San Francisco
THE MANY DIMENSIONS OF COMMUNICATION
4-Day Workshop Co-led with GIA-FU FENG

An experiential workshop for individuals, couples and groups interested in the many aspects of communication. The sensory, emotional and intellectual dimensions will all be included. There will be theoretical as well as experiential sessions.

Location: *See page 28.*
Time: 4:30 to 10:30 p.m., Monday thru Thursday, December 9-12
Registration: $80 per person

December 15-20 — Big Sur
CONJOINT FAMILY THERAPY, COMMUNICATION & SELF-CONCEPT
5-Day Workshop Co-led with GIA-FU FENG

An experiential training workshop for professional therapists and laymen. The participants will explore their communications and interactions with others and the development of their own self-concepts. The relationship of communication and self-concept to family organization and development is the central theme of the workshop. Didactic material will cover concepts of family therapy and procedures for family diagnosis and treatment.

$185 per person

VIRGINIA SATIR is a Director of the Esalen Institute. She was formerly Director of Training for the Family Project, Mental Research Institute, Palo Alto. She is also a consultant to family research projects and training programs throughout the United States. Mrs. Satir has introduced approaches derived from her own experience as a family therapist and from research at the Mental Research Institute to workshops and clinics in the United States, Canada, and Europe. She has become increasingly interested in the positive aspects of family health and has helped to establish "well family" clinics in various parts of the United States. She is the author of Conjoint Family Therapy.

GIA-FU FENG, born in Shanghai and educated in Peking, traveled throughout Southwest China bordering Burma and India, where he received Taoist meditation training. Gia-fu is in residence at Stillpoint Foundation, Los Gatos, and at Esalen Institute in Big Sur where he conducts classes based upon Tai Chi Chuan and teaches calligraphy.

VIRGINIA SATIR will be leading a six-week intensive professional training workshop in Big Sur in the summer of 1969.

Workshops with EDWARD MAUPIN

November 1-3 — Big Sur
BODY AWARENESS AND THE SENSE OF BEING
Weekend Workshop

This workshop will focus on increasing the depth with which the body is experienced, and demonstrate ways in which this awareness may be carried over into experiencing and contacting other people.

$65 per person

November 11-14 — San Francisco
BODY AWARENESS AND THE SENSE OF BEING
4-Day Workshop

This workshop will focus on the physical sense of being, especially the different types of experiencing which are constantly taking place in the different experiential realms of the body. This exploration will be drawn, in part, from kundalini yoga. The increased body awareness will be carried over into experiencing and interacting with other people.

Location: Saint Aidan's Espiscopal Church. *See page 28 for directions.*
Time: 4:30 to 10:30 p.m., Monday thru Thursday, November 11-14
Registration: $65 per person

November 17-22 — Big Sur
December 8-13 — Big Sur
BODY AWARENESS, THE SENSE OF BEING, AND ENCOUNTER
5-Day Workshop

This workshop will include an on-going encounter group plus intensive daily sessions designed to increase awareness of the physical being. The focus on what is actually being felt in the body bases interpersonal encounter more firmly in reality than is often the case.

$165 per person

EDWARD MAUPIN, Ph.D., is an Associate-in-Residence at Esalen Institute, Big Sur, and is a Director of the Esalen Resident Program. He was formerly at the Neuropsychiatric Institute, UCLA. In his work he draws upon a wide variety of approaches to body awareness including methods derived from Wilhelm Reich, Alexander Lowen, Ida Rolf, Mary Whitehouse and the psycho-physical disciplines of various religious and esoteric traditions, such as Tantric Yoga and Christian Mysticism.

SPECIAL INFORMATION: Contributions to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops.

Listener-sponsored radio station KPFA-FM in Berkeley broadcasts portions of Esalen seminars and lectures and provides a program guide. San Francisco television station KQED, Channel 9, has "Experiments With Esalen". Other radio stations broadcasting all or portions of Esalen events are: KFRC ("Perspectives" on Sunday evenings 10:00 to midnight), KPEN-FM ("University Seminars" Sunday evenings at 11:00 p.m.), and KUOP-FM (University of the Pacific, Stockton). Last year, a series of Esalen programs was broadcast over 40 educational radio stations under the title "Seminar: Big Sur" distributed by National Educational Radio.

We have established a service to provide copies of tape recordings made during some Esalen seminars and lectures in San Francisco and Big Sur. Professional persons or organizations interested in specific recorded tapes of past, present or future programs, please write: ESALEN RECORDINGS, P.O. Box 6633, Carmel, California 93921.

16mm films and videotapes of Dr. Perl's approach to Gestalt Therapy are now available for professional use on a rental basis. For information write: Frederick S. Perls, M.D., Esalen Institute, Big Sur, California 93920.

Libraries and institutions with microfilm equipment may secure records of Esalen history, brochures and publications through: MICROBIZ, 590 Howard, San Francisco 94105.

SPECIAL NOTE: If you have not attended a seminar or workshop during the past year and are not a Contributing Member of Esalen, but wish to remain on the Esalen mailing list for future brochures, or have a friend whom you wish to have placed on that list, a subscription to the Esalen mailings is $2 per year. First requests for Esalen brochures are sent without charge, but we would like to know that those who continue to be on the mailing list are there because they wish to be and are willing to share in the expense of the brochures.

We continue to welcome your suggestions regarding the approach and content of the Esalen program.

Publication and broadcast rights to all lectures delivered at Esalen Institute meetings and workshops belong to Esalen and no use of such material is to be made without the express written permission of one of the Directors.

Programs with CLAUDIO NARANJO

Dr. Naranjo will lead some programs in Gestalt therapy. See page 24 under Gestalt Therapy Programs.

September 9-13 — Big Sur
DREAMS AND HOROSCOPES
4-Day Workshop Co-led with KAREN BOLANDER

(Limited to 12 persons who can supply exact birth data: place, hour, date and year. Please mail these with application and with indication of: 1) marital status, and 2) number of children.)

Participants will be led through the exploration of a personal dream of their choice, mostly through enactment and other procedures of Gestalt Therapy. The archetypal content of the dream will be discussed and compared with the blind interpretation of their birth-chart recorded by Mrs. Bolander before the meeting. The weekend will be in the nature of a group inquiry as to the meaningfulness of astrological information.

$150 per person

KAREN BOLANDER graduated in Comparative Literature at the University of Minnesota and did graduate work at Columbia University. She studied at the Jung Institute in Zurich and undertook the study of astrology out of a personal inclination towards the study of symbols in general.

October 6-11 — Big Sur
OPENING-UP AND LETTING-GO
5-Day Workshop

Participants will be led through a series of exercises stemming from different places, times and fields—religion, esotericism, psychotherapy, art—that share the underlying challenge of letting go: in fantasy, thought, speech, movement, feeling, action, interpersonal contact. These may hopefully lead to a better knowledge and eventual overcoming of stifling over-control and hidden fears that impoverish life and personality.

$165 per person. Limit: 30

November 15-17 — Big Sur
PSYCHIC READING IN PSYCHOTHERAPY
Weekend Workshop Co-led with ANN ARMSTRONG

Dr. Naranjo will have the assistance of a clairvoyant and will take her leads into account in the therapeutic situation. This may mean focusing on issues which are not obvious at the moment to patient or therapist and which might have been bypassed in a brief encounter. The group will be invited to assess the value or effectiveness of the approach.

$65 per person. Limit: 12

ANN ARMSTRONG, who lives in Sacramento, developed her gift of clairvoyance eight years ago while undergoing hypnotherapy for recurring headaches. In the process, she discovered her need for personal development and a wider range of experience and contacted the "inner teacher" that led her to the region of herself from which advice was forthcoming to both herself and others. Her "readings" do not refer so much to external events as to the inner life which she believes she can help others to contact in themselves through her mediation.

CLAUDIO NARANJO, Santiago, Chile, is a research psychiatrist, University of Chile; associate, Institute for Personality Assessment and Research, University of California, Berkeley; and Associate in Residence at Esalen Institute. He has studied the use of hallucinogens by shamans in different parts of South America and has introduced several psychotropic drugs into clinical practice. He is deeply concerned with the relationship between the quests for sanity and enlightenment.

Programs in Sensory Awakening with BERNARD GUNTHER

September 23-26 — San Francisco
AWAKENING YOUR BODY SELF
4-Day Workshop

"Your body self is a feeling of being; whatever you are doing: moving, breathing, loving."*

Excessive socialization, early trauma, tension and automatic behavior tend to suppress this fundamental center of our being, producing in most of us a vague sense of half-aliveness. In this weekend workshop we will use various sensory procedures to re-awaken the total body self. The focus of concentration will be on the re-creation of awareness in various body parts—feet, neck, face, chest, as well as in the organism as a whole.

Location: Saint Aidan's Episcopal Church. *See page 28 for directions.*
Time: 5:00 to 10:00 p.m., Monday thru Thursday, September 23-26
Registration: $75 per person

October 4-6 — Big Sur
AWAKENING TO RITUAL
Weekend Workshop

Though Western ritual has lost much of its meaning, its underlying essence is one of life and awareness. This tradition of experiential essence has been kept alive in the East by the Zen arts of tea ceremony, flower arrangement, brush painting and archery. On this weekend we will explore and invent basic sensory experiences that can become active meditations in modern everyday life as well as in various formal contexts—teaching, art, worship.

$65 per person

November 10-15 — Big Sur
WORDS, FEELINGS AND THE BODY
5-Day Workshop

"Most people think they feel rather than feel . . . The problem of language: nouns and verbs—the actor separate from the action."*

A week-long experimental workshop that will include new approaches to awareness, non-verbal communication, sensory and verbal encounter, body role-playing, meditation, massage and the hot mineral baths as methods for increasing energy, decreasing the illusory split between mind and body, words and feelings.

$165 per person

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For reservation information, see page 28.

December 13-15 – Big Sur
SENSORY AWAKENING FOR COUPLES
Weekend Workshop

We often allow our most intimate relationships to become static and routine. Habit replaces contact and we rarely experience the other person or the vast possibilities which might be shared. Fixed concepts and excessive tension are major reasons for such closed-off-ness. In this sensory awakening workshop for couples (not necessarily married) we will explore relaxation, awareness, massage, and sensory encounter as means for opening to one another.

$65 per person

BERNARD GUNTHER is a student of Yoga, Zen and various Western mind-body ways toward integration. He has amalgamated many of these methods into his own approach to direct experience and non-verbal communication known as Sensory Awakening. For the last five years he has been an Associate in Residence at Esalen, Big Sur where he has developed new approaches to massage and sensory encounter.

***Bernard Gunther:** Sense Relaxation–Below Your Mind. **MacMillan, 1968.**

WILLIAM C. SCHUTZ Workshops

New syntheses of the various techniques being developed or integrated at Esalen will be used in the Integrated Encounters of Dr. Schutz. Many of these methods along with the theoretical bases are described in Dr. Schutz's book JOY. These include fantasy, psychodrama, hypnosis, yoga, Tai Chi, behavior modification, meditation, body work, massage, inner rhythm, and others as they arise. The special skills and backgrounds of the co-leader for Dr. Schutz's workshops will be utilized to enhance and enrich the approach.

For the following workshops, Dr. Schutz will work with a regular staff of co-leaders and special assistants. Most of these co-leaders and assistants were in the 1967-68 Resident Fellow program where they worked extensively with Dr. Schutz as well as with many other prominent figures in the area of encounter groups and related techniques. These co-leaders are also conducting their own groups and will eventually conduct these encounter group workshops at Big Sur.

The present workshops will admit about 50 participants, who will typically be divided into four groups with a co-leader meeting with each group. Dr. Schutz will conduct the opening and closing sessions and be co-leader for each group for approximately every other session.

5-DAY WORKSHOPS IN BIG SUR

September 22-27 **November 24-29**
October 20-25 **December 27-January 1** **$185 per person**

4-DAY WORKSHOP
IN SAN FRANCISCO

September 30-October 3

Location: *See page 28.*
Time: 4:30 to 10:30 p.m., Monday thru Thursday, Sept. 30-Oct. 3
Registration: $80 per person

WEEKEND WORKSHOPS
IN SAN FRANCISCO

November 1-3
December 6-8

Location: *See page 28, both events.*
Time: workshops begin 8:00 p.m., Fridays: Nov. 1, Dec. 6
Registration: $45 per person per workshop

WILLIAM C. SCHUTZ is Co-director of the Esalen Resident Program and author of FIRO: A Three Dimensional Theory of Interpersonal Behavior, *reprinted in paperback as* The Interpersonal Underworld *(Science & Behavior Books, 1966), and* JOY *(Grove Press, 1967)*

CO-LEADERS

BETTY FULLER, a former Resident Fellow, has her Masters Degree in Dramatic Arts, and is experienced in stage direction and acting. She is Director of Esalen San Francisco Encounter Group Program. (She was immortalized in the New York Times as "Brigitte, the fat lady in leotards".)

JOHN HEIDER, Ph.D., Co-director of the current Esalen Resident Fellow Program, holds a Doctorate in Psychology. He is conducting research into meditation and other Eastern methods. He, also, was a Resident Fellow in 1967-68.

STUART MILLER, Ph.D., who holds his Doctorate in English Literature, is experienced as a teacher and administrator in experimental colleges. A Woodrow Wilson scholar, he is interested in the relation between literature and encounter. Dr. Miller is Esalen's Director of Development and a former Resident Fellow.

STEVEN STROUD, a former Resident Fellow, is now Co-director of the present Resident Fellow program. He was a Peace Corps member, serving in India. He has had special training in hypnosis and altered states of consciousness, especially as applied to encounter.

SUKI UNOBSKEY, formerly a teacher-trainer at Yeshiva University in New York, holds her Masters in Education. She is the originator of storefront schools for the underprivileged and has extensive experience with behavior modification.

SPECIAL ASSISTANTS

ANN HEIDER is a specialist in Moving Meditation, the Esalen version of Tai Chi Chuan. A former Resident Fellow and Woodrow Wilson scholar, she holds a Masters in Musicology.

PAMELA PORTUGAL, specialist in Yoga, is also a former Resident Fellow. She served with the Peace Corps in Nepal. She is co-author with Dr. Schutz of a forthcoming book on encounter experiences for couples.

ESALEN RESIDENT PROGRAM

There are still openings for the second program led by Dr. William Schutz. If you wish to apply for this program, you should plan to attend the selection weekend in Big Sur November 29-31, 1968.

ESALEN CONSULTING SERVICE

Esalen is developing resources to assist those individuals, groups, and organizations wishing to apply the various approaches to human development presented in our seminars and workshops.

We have designed programs and provided experienced leaders for many community, governmental, religious, industrial and educational groups. Our work with educational institutions has been especially active; Esalen-type weekends now involve hundreds of students in on-going programs at Stanford University and the University of California at Santa Cruz.

If you are interested, write Betty Fuller, Esalen Consulting Service, Box 31389, San Francisco, CA 94131.

SAN FRANCISCO PROGRAMS

San Francisco SEMINARS and WORKSHOPS: Longer events require advance registration by means of a $10 per person (unless another amount is specified) non-refundable deposit. Reservation deadline is one week prior to date of event. Mail reservation form or letter to: ESALEN INSTITUTE, P.O. Box 31389, San Francisco 94131. **Do not send San Francisco reservations to Big Sur.** Many seminars and workshops are filled well in advance. If you plan to attend, avoid disappointment by making an early reservation.

San Francisco LECTURES, PANELS and SYMPOSIA: Tickets may be purchased by mail from Esalen Institute, P.O. Box 31389, San Francisco 94131. Please enclose self-addressed stamped envelope for quicker return of tickets. Tickets are also on sale in advance for most events, at: **San Francisco**—Grace Cathedral Gift Shop, California and Taylor; City Lights Books, 261 Columbus. **Berkeley**—Record City, 2340 Telegraph Avenue. **San Jose**—Kit's Books, 1329 Winchester Boulevard. Any event may be cancelled if advance sale shows insufficient interest. When not sold out in advance, tickets may be purchased at the door.

Saint Aidan's Episcopal Church is located at 101 Goldmine Drive at Diamond Heights Boulevard. Approach Diamond Heights Redevelopment by upper Market or Portola Drive. The No. 37 Corbett Municipal bus also reaches the church.

The Berkeley Center for Human Interaction is located at 1820 Scenic Avenue, Berkeley, just north of the University of California campus. Parking is available at the corner of Scenic and Arch Street.

Specific meeting times for weekend workshops are announced at the first meeting. (They generally are composed of one Friday evening session, two or three Saturday sessions, and one Sunday morning session.)

Esalen San Francisco is moving into its own permanent quarters at the time of this brochure's publication. Programs not designated at other locations will be held at the Esalen building. Those registered for such programs will be notified of our new location well in advance of starting dates. Please phone the Esalen San Francisco office for further information (431-8771).

Those attending Esalen programs at Grace Cathedral (Episcopal) should use the ground level entrance at California and Taylor Streets.

BIG SUR PROGRAMS

Grounds are closed except by reservation.

SCHEDULES: Weekend seminars begin with dinner at 7:30 on Friday evening and end with lunch on Sunday. 5-day workshops begin on Sunday with dinner at 7:30, ending on Friday after lunch. The first session of each workshop begins at 9:00 on the first evening.

COSTS: The rooms on Esalen property are designed for shared occupancy, and seminar and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. On the rare occasion when light attendance at a program makes single accommodation possible, there is a surcharge of $7.00 per night. The amount covers tuition, food and lodging, use of the fresh-water pool and hot mineral baths, and the scheduled periods of Tai Chi Chuan. Massage, available by appointment, is extra.

ACCOMMODATIONS: are usually possible at Esalen Institute; if the property is full, we will reserve rooms at nearby motels. There is a surcharge for off-property accommodations; rates vary according to season and type of accommodation desired. Rates will be supplied by the Esalen office at time of inquiry.

CHECK IN / CHECK OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening. However, this does not prevent guests from arriving earlier in the afternoon. Check-out time is before noon on the last day of the program; since most last morning programs run up to noon or later, guests should arrange to have their rooms vacated before the last morning session.

CHILDREN AND PETS: There are no child care facilities available at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Pets, alas, are not welcome at all.

MEMBER RATES: Contributing Members, $10 discount on all seminars and workshops.

RESERVATIONS: must be made at least one week before the first day of the seminar or workshop. Accompanying the reservation a $20 deposit for weekend seminars, $50 for 5-day workshops, **both non-refundable,** is required (unless another amount is specified). Please mail reservation form with check to: Reservation Desk, Esalen Institute, Big Sur, California 93920. **Do not send Big Sur Reservations to San Francisco.**

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name. From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute—Reservation Only.

LIMOUSINE SERVICE from Monterey: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $15 per person from Monterey airport or Greyhound terminal, **with 3 to 5 days advance notice.** On arrival, guests should inquire at terminal service counter for the Esalen representative.

RIDES from San Francisco Bay Area: If you NEED a ride or can OFFER a ride to Big Sur, please call this San Francisco phone number—431-8771—and leave your name and phone number. This should be done from 3 to 5 days before the date you will be leaving for Big Sur. Unfortunately, this service cannot be offered for any other area.

RECOMMENDED DRESS: Slacks, sweaters, jeans, flat shoes for women, bathing suits for outdoor pool. Since there are many activities at night and the grounds are not brightly lighted, please bring a flashlight for your own convenience and safety.

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ESALEN INSTITUTE MEMBERSHIPS AND GIFT SUBSCRIPTIONS

The continuing work of Esalen Institute is funded virtually in toto through tuitions paid by those attending workshops and seminars—but future development and expansion depends upon funds assured through Memberships and special project grants.

As a Contributing Member, you enjoy a tuition reduction of $10 at every seminar and workshop you attend, a similar reduction in Encounter Group membership fees, and mailings of The Esalen Newsletter **and regular brochures.**

You may wish to consider tax-deductible Membership either for yourself or as a gift in the name of another. For those unfamiliar with the program of Esalen Institute, you may wish to provide a gift subscription for one year of brochure mailings.

All gifts and membership fees are tax-deductible. Esalen Institute is a non-profit California corporation with federal tax-exempt status.

Please complete Membership and Gift Order Form on other side.

Detach here

ESALEN INSTITUTE RESERVATION AND TICKET ORDER FORM

This form is for your convenience in preparing attendance at Esalen seminars, workshops and lectures. You may use it for either Big Sur or San Francisco area programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please do make reservations early; some seminars are booked to capacity months in advance.

Name _____ Telephone _____

Address _____

City, State _____ Zip Code _____

☐ Please check box if you do NOT now receive Esalen mailings and wish to be added to our mailing list.

For Big Sur reservations, check whether you wish ☐ shared room or ☐ single room on a space-available basis. A $5 per night additional charge is required for single accommodations. If you are arranging your own lodging elsewhere, check here ☐. Reservations may be assigned lodging at either Big Sur Hot Springs or nearby motels at the discretion of Esalen.

Please complete Reservation Order on other side of this form.

ESALEN INSTITUTE · RESERVATION AND TICKET ORDER FORM (continued from other side)

Please provide all information requested below:

No. of Persons	Date(s)	Leader's Name	Title of Event	Cost or Deposit*	Totals

*San Francisco **seminars** and **workshops** require a $10 non-refundable deposit. Big Sur **seminars** and **workshops** require a non-refundable deposit of $10 **per night.** The balance is payable at the time of program itself. Tickets for **lectures** and **symposia** are sold in advance at full price; refunds may be made up until 24 hours before the event.

Mail this form with your check, payable to Esalen Institute, to the appropriate address below:

BIG SUR PROGRAMS — Esalen Institute
Big Sur, California 93920

SAN FRANCISCO PROGRAMS — Esalen Institute
P. O. Box 31389
San Francisco, California 94131

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ESALEN INSTITUTE · MEMBERSHIPS AND GIFT SUBSCRIPTIONS (continued from other side)

☐ I wish to become a FRIEND OF ESALEN, receiving brochures and **The Esalen Newsletter** for a period of one year. $10.00

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ESALEN INSTITUTE

Esalen Institute is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a resident program exploring new directions in education and the behavioral sciences.

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Front cover: Kung Hsien: *Trees in a Landscape*. Section of a handscroll. 17th Cent.
Page 4. Hsia Kuei: *A Pure and Remote View of Rivers and Mountains*. Section of a handscroll. 12th Cent.
P. 13. Kuo Hsi: *Early Spring*. Hanging scroll. Dated 1072.
P. 14. Chou Ch'en (attrib.): *Dreaming of Immortality on a Thatched Cottage*. Section of a handscroll. 16th Cent.
P. 17. Li T'ang (attrib.): *A Myriad Trees on Strange Peaks*. Album leaf. 12th Cent.
P. 24. Hungtao: *Rivers and Mountains without End*. Section of a handscroll. Dated 1661.
Back cover: Tai Chin (attrib.): *Returning Late from a Spring Outing*. Hanging scroll. 15th Cent.

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ESALEN PROGRAMS

ESALEN PROGRAMS
WINTER-SPRING
1969

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January 6	William Schutz	Participation and Discussion
January 6-10	William Nicholls & Sam Keen	Theological Reflection on the Human Potential
January 7-9	Joel Fort	Sex and Drug Issues
January 10-12	James Pike & Diane Kennedy	A New Look at Christian Origins
January 13-16	Dick Miller & Lawrence Bloomberg	Theories, Therapies and Therapists
January 13-16	Esalen Staff	More Joy Workshop
January 16	Sutich & Other Editors	Transpersonal Psychology
January 17-19	Steven Stroud	Encounter Workshop
January 17-19	George Bach	Couples Workshop
January 20-23	Stuart Miller & Seymour Carter	Experiential Workshop
January 24-26	Shyam Bhatnagar	Kundalini Yoga: The Tantric Way
January 24-26	Janet Lederman	Educational Workshop in the Affective Domain
January 27-31	Harvey Cox & Michael Novak	Theological Reflection on the Human Potential
January 27-30	Fritz Steele & Sherman Kingsbury	Money and Other Symbols
January 31-February 2	Scott & Neva Beach	Couples Workshop
February 3	William Schutz	Participation & Discussion
February 3-6	Michael Kahn	Behavior Modification Workshop
February 3-6	Claudio Naranjo	Teaching Tales of the Sufi Tradition
February 4, 11, 18, 25	Herbert Gold	Writing Workshop
February 7-9	Husain Chung	Psychodrama Marathon
February 10-12	Bill McGaw & Wilson Van Dusen	New Forms of Worship
February 10-13	Jeff Berner	Astronauts of Innerspace
February 14-16	James Pike and Sam Keen	Theological Reflection on the Human Potential
February 17-20	Edward Maupin	Body Awareness and the Sense of Being
February 17-20	Peter Marin	Education as an Open Field
February 21-22	Peter Marin & Students	Education Workshop with Adolescents
February 21-23	Gerald Smith, Judi & Todd Bryant	Couples Workshop
February 24-27	Charlotte Selver	Sensory Awareness Workshop
February 24-27	Gestalt Training Staff	Gestalt Awareness Training
February 28	Vincent Giuliano	Multi-Media Experience
February 28-March 2	Vincent Giuliano	Personal Communication Styles
February 28-March 2	Frederick Stoller	Intensive Group Experience
March 3	William Schutz	Participation & Discussion
March 3-5	John Lilly	The Open-Minded Human Biocomputer
March 3-6	Steven Stroud	Encounter Workshop
March 7-9	James Bugental & Elizabeth Keber	Getting Deeper Faster: Experiential Workshop
March 10-13	Robert Frager & Robert Nadeau	Aikido: The Way of the Mind
March 10-13	Betty Fuller	Experiential Workshop
March 14-16	Charlotte Selver	Sensory Awareness Workshop
March 14-16	Bernard Aaronson & Steven Stroud	Non-Drug Approaches to Psychadelic Experience
March 17-20	Michael Murphy	The Practice of Meditation
March 17-20	Bernard Gunther	Sensory Celebrations and Meditations
March 21-23	David Goldberg	Experiential Workshop
March 21-23	Scott Beach	Experiential Workshop
March 24-27	Gerard Haigh	Become As You Were: Experiential Workshop
March 24-27	Sidney Jourard	Transcending Technique in Existential Counseling
March 28-30	Frederick Stoller & Ann Dreyfuss	Workshop for Family Encounters
March 28-30	Larry Bloomberg, Abe Levitsky & Dick Miller	Ghosts of Your Former Marriage
March 31-April 4	Gordon Kaufman & John Cobb	Theological Reflection on the Human Potential
March 31-April 3	John Heider & Steven Stroud	Frontiers of Encounter Technique
April 4-6	Esalen Staff	Growth Encounter
April 7	William Schutz	Participation & Discussion
April 7-10	Esalen Staff	More Joy Workshop
April 7-10	James Fadiman	Optimum Development
April 11-13	Parnassus Institute Staff	Mythology Workshop
April 14-17	Betty Fuller	Experiential Workshop
April 16-17	Milly Johnstone & Charlotte Selver	Sensory Awakening & Tea Ceremony
April 18-20	George & Judith Brown	Gestalt Awareness Training
April 18-20	Esalen Staff	Growth Encounter
April 21-24	Steven Stroud	Encounter Workshop
April 25-27	Betty Berzon, Richard Chase & Anthony Rose	Personal Growth Through Creative Cinema
April 25-27	Robert McKim	Exercises for the Mind's Eye
April 28-May 1	Charles Brooks	Contact vs. Technique & Manipulation
April 28-May 1	Gestalt Training Staff	Gestalt Awareness Training
May 2-4	Esalen Staff	Growth Encounter
May 2-4	Gerald Smith, Judi & Todd Bryant	Couples Workshop
May 5-8	Esalen Staff	More Joy Workshop
May 5-9	William Hamilton & Richard Rubenstein	Theological Reflection on the Human Potential
May 9	Michael Murphy, Stuart Miller, Esalen Staff	Esalen Reviewed: Feedback & New Proposals
May 9-11	Larry Bloomberg, Abe Levitsky, Richard Miller & Janie Rhyne	Marriage: Trial, Tribal, Communal or Conservative

January 3-5	Stanislav Grof	LSD Experience and Religion
January 5-10	Steven Stroud	Experiential Workshop
January 5-10	Claudio Naranjo	Explorations in Self Awareness
January 5-10	Robert Hall	Gestalt Awareness Training
January 10-12	William Schutz	Experiential Workshop
January 10-12	Downing, Hall, Naranjo	Gestalt Awareness Training
January 12-17	Robert Hall & Jack Rosenberg	Gestalt Training for Dentists
January 12-17	Joseph Downing	Gestalt Awareness Training
January 12-17	Joachim Foikis & Edward Maupin	Experimental Mythology
January 17-19	George and Judith Brown	Gestalt Awareness Training
January 17-19	Karl & Lois Humiston	Weekend Marathon
January 17-19	Bernard Gunther	Advanced Sensory Workshop
January 19-24	Karl Humiston	Family Therapy
January 19-24	James Simkin & Earl Kramer	Gestalt Awareness Training
January 19-24	Betty Fuller	Experiential Workshop
January 24-26	Joel Fort	Life and Society
January 24-26	Downing, Hall, Naranjo	Gestalt Awareness Training
January 24-26	Edward Maupin	Body Awareness and the Sense of Being
January 26-31	Gia-Fu Feng	Eastern Ways to Health
January 26-31	Esalen Staff	More Joy Workshop
January 31-February 2	Alan Watts	Music, Sound and Mysticism
January 31-February 2	Michael Kahn & Sara Unobskey	Classical & Operant Conditioning in Encounter
January 31-February 2	Esalen Staff	Growth Encounter
February 14-16	Frederick Perls	Gestalt Training: Lecture-Demonstration
February 14-16	Esalen Staff	Growth Encounter
February 14-16	George & Judith Brown	Gestalt Awareness Training
February 16-21	Bernard Gunther	Words, Feelings and the Body
February 16-21	John Heider	Eclectic Encounter
February 16-21	James Simkin	Gestalt Training for Professionals
February 21-23	Sara Unobskey	Encounter Group for Children with Reading Problems
February 21-231	Gia-Fu Feng	Eastern Ways to Health
February 21-23	William Schutz	Experiential Workshop
February 23-28	Edward Maupin	Body Awareness and Encounter
February 23-28	Esalen Staff	More Joy Workshop
February 28-March 2	Richard Katz	Education Workshop
February 28-March 2	Charles Brooks	Sensory Awareness
February 28-March 2	John Lilly	The Brain, Consciousness and the Psychedelics
March 2-7	Claudio Naranjo	Expanded Awareness through Reading and Writing
March 2-7	Charlotte Selver	Sensory Awareness
March 2-7	Molly Day Schackman	Massage and Meditation
March 7-9	Downing, Hall, Naranjo	Gestalt Awareness Training
March 7-9	Ann Halprin	Awareness Through Dance
March 7-9	Esalen Staff	Growth Encounter
March 9-14	Robert Hall & Stanley Johnson	Gestalt Training and Structural Integration
March 9-14	John Heider	Overview of Encounter Technique
March 9-14	Edward Maupin	Body Awareness and Encounter
March 14-16	Wilson Van Dusen & Martha Nastich	The Nature of Humanness
March 14-16	Esalen Staff	Growth Encounter
March 14-16	Frederick Perls	Gestalt Training: Lecture-Demonstration
March 16-21	James Simkin	Gestalt Training for Professionals
March 16-21	Frederick Perls	Gestalt Training for Professionals
March 16-21	Bernard Aaronson & Steven Stroud	Altered Perception of Time and Space
March 21-23	Sara Unobskey	Encounter Group for Teaching Reading
March 21-23	Sidney Jourard	Self-Disclosure and Self-Transcendance
March 21-23	Arthur Deikman	Alterations of Consciousness
March 23-28	Claudio Naranjo	Being Oneself
March 23-28	George and Judith Brown	Reality and Illusion: Experiential Workshop
March 23-28	Frederick Stoller, H.L. Myerhoff, Margot Robinson	Explorations in Self-Examination
March 28-30	Robert Gerard	Experiments in Psychosynthesis
March 28-30	William Schutz	Experiential Workshop
March 30-April 4	Ford-Esalen Staff	Training in Humanistic Education
March 30-April 4	Esalen Staff	More Joy Workshop
April 4-6	James Bugental & Elizabeth Keber	An Easter Celebration
April 4-6	Esalen Staff	Growth Encounter
April 6-11	Leon Fine	Psychodrama and Personal Growth
April 6-11	Joseph Downing	Gestalt Awareness Training
April 6-11	John & Anne Heider	Intimacy: Encounter for Couples
April 11-13	J.L. Moreno	Psychodrama
April 11-13	Bernard Gunther	The Five Senses
April 13-18	Robert Hall	Gestalt Awareness Training
April 13-18	Edward Maupin & Steven Stroud	Energy and Encounter
April 13-18	Molly Day Schackman	Massage and Meditation
April 18-20	Milly Johnstone & Charlotte Selver	Sensory Awareness and Tea Ceremony
April 18-20	Frederick Perls	Gestalt Training: Lecture-Demonstration
April 18-20	Esalen Staff	Growth Encounter
April 20-25	Charles Brooks	Sensory Awareness
April 20-25	Self-directed	ENCOUNTERTAPE Workshop
April 20-25	Dick Miller & Lawrence Bloomberg	Theories, Therapies and Therapists
April 25-27	William Schutz	Experiential Workshop
April 25-27	James Fadiman	Optimum Development
April 27-May 2	Esalen Staff	More Joy Workshop
May 2-4	Robert Tannenbaum	Developing Healthy Organizations
May 2-4	Herb Otto	Fantasy Weekend
May 2-4	Charlotte Selver	Sensory Awareness
May 4-9	Molly Day Schackman	Massage and Meditation
May 4-9	Guild of Hands Staff	Craft Workshop
May 4-9	John & Anne Heider	Intimacy: Encounter for Couples
May 9-11	Al Drucker & Sara Unobskey	On Being Jewish Again
May 9-11	Stewart Shapiro	Discovering the Selves Inside You

For San Francisco programs only: ESALEN INSTITUTE
P.O. Box 31389
San Francisco CA 94131
Phone: (415) 431-8771
(9 a.m. to 5 p.m., Mon-Fri)

For Big Sur Programs only: ESALEN INSTITUTE
Big Sur CA 93920
Phone: Big Sur 5671
(10 a.m. to 5 p.m. only)

Interdisciplinary Series on Religion

Theological Reflection on The Human Potential

In this series of workshops several theologians and philosophers will participate in experiential sessions involving encounter groups, sensory awakening, gestalt awareness training and related disciplines and will then reflect upon their experience from a theological perspective. In the light of the workshop experience they will reflect upon such issues as the nature of God and man, liberation, redemption, God's will, creation and the good life.

The participating theologians and philosophers all share in the contemporary effort to ground theology and philosophy in human experience. Since they have sought to discover the roots of religious experience and explore its fullest implications, their quest has been more in the secular world than in religious institutions. For this reason the revelatory and growth-promoting experiences which such workshops facilitate are significant for their theological-philosophical inquiry. Conversely, the increasing experimentation with human potential may benefit greatly from theological reflection upon crucial experiences of change and growth.

Each workshop in this series will be limited to fifteen participants in addition to the group leaders and theologians. Two theologians will participate in each workshop. Clergymen, professional psychologists and laymen are welcome to attend.

Experiential sessions will run Monday through Thursday evenings from 5 until 10. Sessions for theological reflection will be held on Wednesday, Thursday, and Friday mornings from 10 until 12. Robert Cromey, Vicar of St. Aidan's Episcopal Church, San Francisco, will moderate the workshop discussions.

All programs below take place in San Francisco.

January 6-10: WILLIAM NICHOLLS and SAM KEEN
Location: St. Aidan's Church, 101 Goldmine Drive (and Diamond Heights Blvd.)
Registration: $75 per person

January 27-31: HARVEY COX and MICHAEL NOVAK
Location: Esalen House
Registration: $75 per person

February 14-16 (Weekend): BISHOP JAMES A. PIKE and SAM KEEN
Location: Esalen House
Registration: $45 per person
Time: begins 8:00 p.m., Friday, February 14

March 31-April 4: GORDON KAUFMAN and JOHN COBB
Location: Esalen House
Registration: $75 per person

May 5-9: WILLIAM HAMILTON and RICHARD RUBENSTEIN
Location: Esalen House
Registration: $75 per person

For reservation information, see page 36.

ROBERT CROMEY, Vicar of St. Aidan's Episcopal Church, San Francisco, will moderate the workshop discussions. He is working to combine the kinds of human potential approaches being developed by Esalen into programs at St. Aidan's and elsewhere in the religious community and into the institutions of society. He holds the degree of Bachelor of Sacred Theology from the General Theological Seminary in New York City.

JOHN COBB, Ph.D., is Professor of Theology, School of Theology at Claremont. He has been centrally concerned with process, growth and evolution, sharing much of the philosophical outlook associated with Alfred North Whitehead. His recent books include A Christian Natural Theology, Theology as History, *and* The Structure of Christian Existence.

HARVEY COX is Associate Professor of Church and Society in the School of Divinity, Harvard University. He is author of The Secular City, On Not Leaving it to the Snake *and numerous articles which have opened up new perspectives on secularization and the religion of modern man. He has been active in civil rights work, was a "fraternal worker" in Berlin maintaining contact with churches and universities in East Germany and attended the New Delhi Conference of the World Conference of Churches in 1962. Most recently his interest has turned to a theology of hope and encouragement of dialogue between Christian and Marxist.*

WILLIAM HAMILTON, Ph.D., D.H.L., is Professor of Religion at New College, Sarasota, Florida. With Thomas Altizer and Paul Van Buren he has been the best known of the "God is Dead" group of radical theologians. With Altizer he edited Radical Theology and the Death of God; *he is author of* The New Essence of Christianity *and many other articles and books. A gifted interpreter of the religious dimensions of popular culture, he often writes for periodicals such as* Playboy *and for television. He has defined the present theological options as being Christianity without God or post-Christianity with a new god. His fascination with the figure of Jesus has so far led him to explore the first option.*

GORDON KAUFMAN, Ph.D., is Professor of Theology at the Harvard Divinity School. He is the author of The Context of Decision *and* Systematic Theology: A Historicist Perspective. *A systematic thinker equally at home in discussions of philosophy, ethics and scientific method, he is especially concerned to understand the continuity between the new theology and traditional religious communities.*

SAM KEEN, Ph.D., is Professor of Philosophy and Christian Faith at the Louisville Presbyterian Theological Seminary. He is the author of a study of Gabriel Marcel and An Apology for Wonder. *His central theological concern is to explore everyday experiences and attitudes such as gratitude, wonder, trust, nostalgia and hope which give rise to the conviction that human beings inhabit a holy place; this concern will be elaborated in a collection of essays he is writing entitled* Libations to a Dancing God.

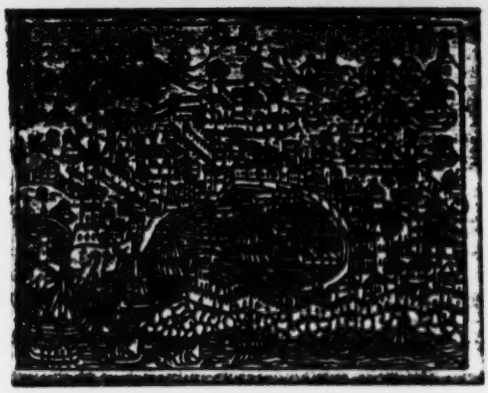
WILLIAM NICHOLLS teaches in the Department of Religious Studies at the University of British Columbia. His chief theological concern is in the field of soteriology (the study of salvation or liberation). He is a student of Buddhism and other Eastern philosophical disciplines and of Western mysticism, especially as these relate to the experience of religious liberation.

MICHAEL NOVAK, formerly at Stanford University, is now Chairman of the Common Humanities Seminar at the State University of New York at Old Westbury. His books include A New Generation, The Open Church, Belief and Unbelief, *and* A Time to Build; *of special relevance to this series is his article "Relativism in the New Theology" in* The Religious Situation, *1968, (Beacon Press). A leading Roman Catholic lay theologian, he is an articulate commentator on literary and political events. With Robert McAfee Brown and Rabbi Heschel, he authored the influential pamphlet* Vietnam: Crisis in Conscience.

BISHOP PIKE is a staff member of the Center for the Study of Democratic Institutions at Santa Barbara, California. He was fifth Bishop of the Episcopal Diocese of California from May, 1958, to September, 1966. He has taught at three theological seminaries and three law schools, most recently at the University of California Law School in Berkeley. For three years he served as head of the Department of Religion of Columbia University. Bishop Pike is the author of many books and articles on law, religion and ethics. His most recent books, published by Harper & Row, are: You and the New Morality, *and a trilogy on theology,* A Time for Christian Candor, What is This Treasure *and* If This Be Heresy. *His latest work, published by Doubleday, is entitled* The Other Side. *Next year he will publish a revolutionary study of Christian origins.*

RICHARD RUBENSTEIN, Ph.D., is the best known Jewish radical theologian. He is author of After Auschwitz *and* The Religious Imagination. *He is Director of the B'nai B'rith Hillel Foundation and Chaplain to Jewish students at the University of Pittsburgh, Carnegie-Mellon University, Duquesne University and Chatham College. He has interpreted traditional and modern Judaism in the light of psychoanalytic thought and has sought to restore the depth and wisdom of the tragic vision of life. In his work he has attempted to define the theological problem of how we might be religious in a time of the death of God.*

SAN FRANCISCO PROGRAMS



RACIAL CONFRONTATION

Esalen San Francisco is holding regular Racial Confrontation marathons. For information, write: Racial Confrontation, Esalen Institute, P.O. Box 31389, San Francisco, Calif. 94131.

ESALEN ENCOUNTER GROUPS IN THE SAN FRANCISCO BAY AREA

Regular encounter group meetings are now under way in the San Francisco Bay Area, and new groups are being formed as demand increases. Under the general supervision of William C. Schutz, Ph.D., group leaders are utilizing the eclectic approach which has arisen out of the seminar and resident programs at Esalen Big Sur. Sensory awareness and physical movement techniques are used with other approaches when occasion demands, providing opportunities for meeting individual group needs. For information write: Esalen Encounter Groups, P.O. Box 31389, San Francisco, California 94131.

GESTALT TRAINING — A Lecture-Demonstration by
FREDERICK S. PERLS
December 1, Sunday Evening at 8:00 at
Longshoremen's Hall

$3 per person
$2 student rate

January 6
San Francisco
Evening
Participation-Discussion
with WILLIAM C. SCHUTZ

This program will include an encounter microlab which will allow the participants to experience many of the techniques used in Dr. Schutz's workshops; there will also be a discussion of the theories behind the techniques. These techniques include body and sensory awareness, fantasy, psychodrama and various group exercises.

See pages 34-35 for further information.

January 6-10 — San Francisco: THEOLOGICAL REFLECTION ON THE HUMAN POTENTIAL — 5-Day Workshop
with WILLIAM NICHOLLS and SAM KEEN

See pages 4-5 for description.

For reservation information, see page 36.

January 7-9
San Francisco
SEX AND DRUGS ARE NOT FOUR LETTER WORDS
3-Day Seminar
with JOEL FORT

Two of the most important yet widely misunderstood and sensationalized issues of contemporary life will be explored in their philosophical and sociological complexity. This discussion will focus on such topics as hypocrisy, semantics, research findings, concepts of normality and deviance, and the relationship of morality to law and social policy. Participants are urged to read the writings of Masters and Johnson, Kinsey, R.E.L. Masters and Dr. Fort prior to the workshop.

Time: 6:30 to 10:30 p.m., Tuesday thru Thursday, January 7-9
Registration: $50 per person

JOEL FORT, M.D., is a San Francisco physician specializing in public health and social psychiatry; he currently teaches at Berkeley and San Francisco State. Active in trying to change sex and drug laws, he was ousted as Director of The Center for Special Problems in San Francisco and is now challenging that ouster before the courts. Author and lecturer, he has also been consultant to the United Nations, Peace Corps, National Student Association and Office of Economic Opportunity.

January 10-12
San Francisco
A NEW LOOK AT CHRISTIAN ORIGINS
Weekend Seminar with
BISHOP JAMES A. PIKE
and DIANE KENNEDY

Since the first discoveries of the Dead Sea Scrolls, continued archeological discoveries and scholarly research have been leading to a reinterpretation of the events surrounding the birth of Christianity. Bishop Pike and Diane Kennedy have conducted an intensive study of these new findings and will present the results of their study in this seminar. Some of the topics they will discuss are the reassessment of the historical Jesus in the light of newly discovered Dead Sea Scrolls, the influence of the Essene cult on Jesus, the role of the Essenes in the founding of Christianity, Jesus' role in the resistance movement of his day, the role of Jesus' brother and immediate family, Paul's influence in the transformation of Christian Judaism.

Time: begins 8:00 p.m., Friday, January 10
Registration: $45 per person

See pages 4-5 for biographical data on Bishop Pike.

DIANE KENNEDY is the Director of the New Focus Foundation, an independent non-profit corporation which works closely with Bishop James A. Pike and is concerned with the communication of religious ideas and theological concerns outside of the present institutional church structures. She has worked with Bishop Pike on his exploratory studies on Christian origins.

January 13-16
San Francisco
THEORIES, THERAPIES AND THERAPISTS:
Recent Innovations in Psychotherapy
4-Day Seminar-Workshop
with DICK MILLER and LAWRENCE BLOOMBERG

The Rogerian and Existential movements represent a shift in emphasis from sickness to healthy growth processes and as such free us from the limits of traditional, deterministic psychoanalysis. Instead of assuming growth will automatically take place once obstacles are removed, the newer methods shift to the process of developing healthier adaptation, attempting to guide the person through the trial and error of evolving new ways of being and behaving.

Experiential demonstrations of current psychotherapies will be the major activity in this seminar. Participants will be encouraged to take part in demonstrations of Gestalt Therapy, Conjoint Family Therapy, Experiential Therapy, Bio-energetic Analysis, and Multiple Psychotherapy.

The seminar has been specifically designed for professionals who wish to observe or experience a wide variety of therapeutic innovations. However, the non-professional will find this format easily understandable and involving.

Time: 6:00 to 10:30 p.m., Monday thru Thursday, January 13-16
Registration: $75 per person

RICHARD LOUIS MILLER, Ph.D., is a Clinical Psychologist and Existential psychotherapist currently involved in developing innovations in marital, family and group psychotherapy. LAWRENCE BLOOMBERG, Ph.D., is a Clinical Psychologist and Gestalt psychotherapist who has adapted Gestalt methods to a wide variety of therapeutic settings. Drs. Miller and Bloomberg were Co-directors of The Institute for Multiple Psychotherapy in Albuquerque New Mexico, and are opening a similar institute in Northern California. Multiple Psychotherapy refers to the concurrent use of two therapists in all therapeutic encounters. A book on their psychotherapeutic innovations entitled Multiple Psychotherapy and Community Development *is in progress.*

January 13-16 — San Francisco: **MORE JOY WORKSHOP — 4-Day Workshop with Esalen Staff**

See pages 34-35 for description.

January 16
San Francisco
TRANSPERSONAL PSYCHOLOGY
A seminar with the editors of the Journal of Transpersonal Psychology

This new journal, which will appear in the spring of 1969, will publish theoretical and applied research into mystical experience, ultimate values, unitive consciousness, self-transcendence, self-actualization and related experiences and activities. Its inquiry will be empirically based, making it the first journal to focus exclusively on the psychology of high level human functioning.

The Journal was founded by Anthony Sutich, the founder of the *Journal of Humanistic Psychology*. It emerges from the growing research interest in higher human possibilities with which the American Association for Humanistic Psychology, Esalen Institute and other organizations have concerned themselves.

This discussion will explore the Journal's central themes, future plans and possibilities. See page 34 for further information regarding the Journal.

Time: 5:30 to 10:30 p.m. with dinner break
Registration: $3 general; $2 student

BEST COPY AVAILABLE

January 17-19
San Francisco
Weekend ENCOUNTER WORKSHOP
with STEVEN A. STROUD

This workshop will consist of directed exercises leading to meaningful contact with other people, spiritually, verbally, physically and through emotional expression; followed by spontaneous encounter with small groups.

Time: begins 8:00 p.m., Friday, January 17
Registration: $45 per person

STEVEN A. STROUD, a past resident fellow at Esalen in Big Sur, has co-directed the Fall 1968 Resident Program with Drs. Maupin and Heider. He leads groups at Stanford and Santa Cruz Universities, Esalen, Big Sur, and in the Bay Area. He has had special training with Dr. Bernard Aaronson in hypnosis and related fields.

January 17-19
San Francisco
FIGHT TRAINING FOR LOVERS AND COUPLES
Weekend Workshop with
GEORGE R. BACH and Staff

This workshop, beginning with a theory and demonstration session, will include a mini-marathon on Saturday in which participants will practice the fine art of intimate communication. Verbal and nonverbal, fighting and loving, autonomous and dyadic ways of deepening and stimulating the male-female bond will be explored. Participants will be introduced to Dr. Bach's original "Fight Training for Lovers" in which intimate partners can strengthen their love relationships by learning how to "fight" fairly and effectively. The weekend will end with a critique, integration and "Lovefeast" on Sunday from 11 a.m. to 5 p.m.

Participants should bring fight-willing partners and be prepared to study assigned sections in Dr. Bach's latest book, *The Intimate Enemy,* a copy of which will be supplied at the beginning of this weekend. Early preregistration is recommended.

Time: begins 8:00 p.m., Friday, January 17
Registration: $155 per couple, including lunch & dinner Sat., lunch & cocktails Sun.

GEORGE BACH, Ph.D., founder and director of The Institute of Group Psychotherapy, is an innovator of the marathon experience and couples therapy. He is the author of Intimate Enemy.

January 20-23
San Francisco
FREEING
4-Day Workshop
with STUART MILLER
and SEYMOUR CARTER

A workshop emphasizing the participants' freedom to express themselves from a basis in their emotions. In addition to using techniques described in the MORE JOY WORKSHOPS (see pages 34-35), the leaders will emphasize freeing of body energy through awareness of body language and re-enactment of such archetypes as death and rebirth.

Time: 6:00 to 10:30 p.m., Monday thru Thursday, January 20-23
Registration: $75 per person

See pages 34-35 under MORE JOY WORKSHOPS for biographical data.

January 24-26
San Francisco
KUNDALINI YOGA: THE TANTRIC WAY
Weekend Workshop
with SHYAM BHATNAGAR

The Hindu belief is that in sound is the creation of the universe and its preservation. Each of us is continuously created and creating in sound and rhythm. This workshop will explore the effects of sound and rhythm on how we function through individual and group chanting of the powerful Bija (seed) mantras, physical and mental exercises.

Time: begins 8:00 p.m., Friday, January 24
Registration: $45 per person

SHYAM BHATNAGAR began his training under the great Kundalini Yogi "Baba Jee" at age 12. In 1966, he established the Self-Development Institute in Bareilly, India for the practical study of Tantric Yoga. An accomplished tambura player who has worked with Ravi Shankar, he has co-led seminars with Joseph Campbell and Bernard S. Aaronson.

January 24-26
San Francisco
EDUCATIONAL WORKSHOP IN THE "AFFECTIVE DOMAIN"
Weekend Workshop
with JANET LEDERMAN

A workshop for teachers, administrators and parents, demonstrating and using Gestalt Therapy Techniques, encounter group methods, body movement, and sensory awareness. Participants may explore, experience and possibly uncover ways of integrating the "I" and the "educator".

Time: begins 8:00 p.m., Friday, January 24
Registration: $45 per person

JANET LEDERMAN is an artist and a writer, and has taught in the Los Angeles City School District for fourteen years. She has also served as art consultant and has been involved with teacher training for UCLA. In her teaching, Miss Lederman has successfully utilized Gestalt Therapy Techniques with the disadvantaged ghetto child and with children who manifest extreme behavior disabilities. She has applied these methods in a regular educational context as well, ranging from first graders to college students. She is author of the forthcoming book Anger in the Rocking Chair.

January 27-31 — San Francisco: THEOLOGICAL REFLECTION ON THE HUMAN POTENTIAL — 5-Day Workshop with HARVEY COX and MICHAEL NOVAK
See pages 4-5 for description.

For reservation information, see page 36.

January 27-30
San Francisco
MONEY AND OTHER SYMBOLS
4-Day Workshop
with FRITZ STEELE
and SHERMAN KINGSBURY

This workshop will utilize experiential methods to explore the personal meaning of money, physical space, objects, and other symbols that are identity-defining, anxiety-producing, and fraught with ambivalence in our lives.

Time: 6:00 to 10:30 p.m., Monday thru Thursday, January 27-30
Registration: $75 per person

FRITZ STEELE is exploring new ways of expanding environmental awareness and improving the process of thing-design. He is Assistant Professor in Administrative Sciences at Yale University and a partner in Environmental Control Group, Warren, Vermont. SHERMAN KINGSBURY is a sometime mathematician, often management consultant, and current visiting lecturer in the Psychology Department at San Francisco State College. Both are entangled in a welter of resources, objects and places that hold meaning and threats for them.

January 31-February 2
San Francisco
FOR LOVING COUPLES, MARRIED OR NOT
Weekend Workshop with
SCOTT and NEVA BEACH

The theme of this workshop is contained in the following statements: "I want to be more aware of myself and of my environment. I want to have richer communication with others. I want to love and be loved. I can't satisfy these wants without help from people who want the same things for themselves." Specific attention will be given in this workshop to finding new ways for couples to know each other and grow with each other.

The Beaches will employ various encounter techniques they have invented, along with others gathered from experience with the Humanist Institute, Synanon, Esalen, The Committee and each other.

Time: begins 8:00 p.m., Friday, January 31
Registration: $90 per couple

SCOTT BEACH is a founding member of The Committee, a theater of satiric improvisation in San Francisco. He appears regularly on TV, radio and in films. He is an associate editor of The Humanist *and is a fellow of the Humanist Institute. NEVA BEACH is an executive assistant with the American Humanist Association and is a leader of the Humanist Institute program in San Francisco. She has appeared as panelist and speaker on the subject of "Marriage in the 21st Century".*

February 3 — San Francisco: **Evening Participation Discussion with WILLIAM C. SCHUTZ**
See pages 34-35 for description.

February 3-6
San Francisco
4-Day Workshop
with MICHAEL KAHN

This workshop will utilize encounter group techniques as well as psychodrama, body awareness and behavior modification towards the goal of developing new behaviors within one's personal life and the life of the group.

Time: 6:00 to 10:30 p.m., Monday thru Thursday, February 3-6
Registration: $75 per person

MICHAEL KAHN received his Ph.D. from Harvard University, has taught at Yale and is currently on the faculty of the Department of Psychology at the University of Texas. He has experimented extensively with behavior therapy methods, and is an experienced encounter group leader, having been on the staff of the Personal Growth Laboratory at Bethel, Maine.

February 3-6 — San Francisco: **TEACHING TALES OF THE SUFI TRADITION — 4-Day Seminar**
with CLAUDIO NARANJO
See page 33 for description.

February 4, 11, 18, 25
San Francisco
ON LIFTING THE ARMOR WITH THE ARMOR OF ART
Workshop
with HERBERT GOLD

In describing his seminar Herb Gold writes: "We will explore the possibilities of finding truth through the genial lying of literature. Brainstorming upon a shared stimulus, we will live through the poetry-story-essay which results. We will bring portable typewriters or soft pencils to the meetings; a situation from the general memory will be evoked—love, death, ambition, pride, self-discovery, fear, hatred, jealousy—and we will write for an hour. Then we will read and rewrite each other's work. What should emerge: a sense of the place of style and control as part of revelation. Both giving shape to the inchoate and the imagination of limits form an important part of freedom. We will practice this freedom."

Time: 7:30 to 10:30 p.m., Tuesdays, February 4, 11, 18, 25
Registration: $40 per person for the series

HERB GOLD is the author of Fathers, The Man Who Was Not With It, Salt, *and other novels;* Love and Like *and other collections of stories; "The Age of Happy Problems" and other essays. He has taught at Harvard, Cornell, Stanford, The University of California at Berkeley, and contributes to* Playboy *and the* Hudson Review.

February 7-9
San Francisco
PSYCHODRAMA MARATHON
Weekend Marathon
with HUSAIN CHUNG

This psychodrama marathon, 40 hours long, will provide an intense confrontation with the meaning of being human. The process of the marathon will be to provide an intensive encounter, breaking through defenses, and from this experience to re-awaken one's capacity for faith and trust and to strengthen one's tolerance for anxiety, frustration, and ambiguity.

Time: 8:00 p.m., Friday, thru noon, Sunday, February 7-9
Registration: $85 per person; including meals

HUSAIN CHUNG was born in Shanghai and educated in the United States. He has practiced Subud intensively here and in Indonesia and has studied psychodrama with J. L. Moreno. He has taught and counseled in California schools, clinics and mental hospitals, and is now associated with the Human Institute, Menlo Park, which conducts psychodrama workshops and marathons.

February 10-12
San Francisco
CREATING NEW FORMS OF WORSHIP
3-Day Workshop
with BILL MCGAW
and WILSON VAN DUSEN

Today religion is facing a crisis of far-reaching proportions. In many situations a sense of community is almost non-existent, and in many churches there is less and less participation from youth. A possible source of renewal may be the inclusion of encounter and awareness techniques in Sunday morning worship and other rituals.

Workshop members will be introduced to a dynamic theory of ritual and symbol which is open to creative change. Experiential worship services will be presented and discussed. These presentations and discussions will be based upon exploratory work conducted by Bill McGaw at Western Behavioral Sciences Institute under a grant from the Lilly Endowment.

Time 6:00 to 10:30 p.m., Monday thru Wednesday, February 10-12
Registration: $60 per person

BILL MCGAW, Director of Communications at Western Behavioral Sciences Institute, La Jolla, possesses a background in mass media and human encounter theory and practice. Working in co-operation with ministers and congregations of every denomination in the San Diego area, Mr. McGaw has first-hand experience with exciting and deeply moving worship services, based on a theology of the Here and Now as opposed to a theology of the Hereafter.

WILSON VAN DUSEN, Chief Psychologist at Mendocino State Hospital and Professor at Sonoma State College, has published on pastoral psychology, psychedelic religious visions, and spirits. He is a scholar on the works of Emanuel Swedenborg. The honor has been accorded him of having his description of satori *translated and published in Japanese by Zen Buddhists.*

February 10-13
San Francisco
ASTRONAUTS OF INNERSPACE
4-Day Workshop
with JEFF BERNER

An overview of avant-garde thinking from 1885 to the present including Pataphysics, Dada, Happenings and McLuhan. Four two-hour meetings include films, anecdotes and experiments ranging from the profound to the amusing. Participants are encouraged to listen to *The Medium is the Massage*, Columbia recording by Marshall McLuhan.

Time: 8:00 to 10:00 p.m., Monday thru Thursday, February 10-13
Registration: $12 per person

JEFF BERNER directs the Innerspace Project, a problem-solving coalition designed to bring an expanded awareness to business and government. He has been a columnist, university lecturer, importer of European experimental cinema, and publisher.

February 14-16 — San Francisco: THEOLOGICAL REFLECTION ON THE HUMAN POTENTIAL — Weekend Workshop
with BISHOP JAMES A. PIKE and SAM KEEN
See pages 4-5 for description.

For reservation information, see page 36.

February 17-20 — San Francisco: with EDWARD MAUPIN — **BODY AWARENESS AND THE SENSE OF BEING — 4-Day Workshop**
See page 32 for description.

February 17-20
San Francisco
EDUCATION AS AN OPEN FIELD: RETHINKING EVERYTHING
4-Day Seminar
with PETER MARIN

In this seminar, Peter Marin hopes to rethink from scratch the ideas of childhood and adolescence and the basic ideas behind schooling itself. Education will be treated from aesthetic, anthropological, and political points of view; schools will be discussed as "model cosmologies", microcosmic versions of reality communicating *implicit* ideas. Mr. Marin believes education must be redefined in the way that Cage redefined music or the action painters approached art: in an openended, expansive process. Basic ideas will be drawn from Blake, Reich, Laing, Marcuse and other radical theorists. The seminar will conclude with a cooperative effort to redesign various kinds of schools on the basis of ideas developed during the seminar, and participants, it is hoped, will be encouraged to begin their own schools.

Time: 6:00 to 10:30 p.m., Monday thru Thursday, February 17-20
Registration: $75 per person

PETER MARIN, M.A., B.A., is a poet, therapist, and former director of Pacific High School, a "free" school run almost entirely by students and one of the most radical private schools in the country today. He has taught at Hofstra University and Los Angeles State College, and was a counselor at the Southern California Counseling Center. Mr. Marin also helped organize Blake College in 1966, a small experimental school now in Eugene, Oregon.

February 21-22
San Francisco
TURNABOUT
Weekend Workshop with
PETER MARIN & STUDENTS

In most adolescent-adult encounters the power resides with the adults and the adolescents are rarely seen clearly or in a natural light. This experiment is designed to provide a new atmosphere for such encounters. Participants will put themselves entirely in the hands of eight adventurous adolescents. The students, all from Pacific High School, are familiar with marathon, encounter and psychodramatic techniques. They will be free to work with adults in whichever ways they wish; their general purpose will be to produce in them the kinds of adults they like to have around them. Participants are expected to go along with the students and to discover what it is the students are, want and need.

Time: begins 8:00 p.m., Friday, February 21
Registration: $45 per person

See listing above for biographical data.

February 21-23
San Francisco
CLOSE YET FREE
Weekend Videotape Couples' Workshop with
GERALD SMITH,
JUDI KLEIN BRYANT
and TODD BRYANT

To have closeness or intimacy and yet have room to personally grow . . . this is a basic dilemma in marriage. The dilemma can be coped with either creatively or destructively. Our purpose will be to experience a number of ways of creatively coping with the dilemma of being "close yet free" within marriage. We will use aspects of family and Gestalt Therapy and numerous non-verbal and movement approaches. The movement approaches, led by Judi Bryant, will explore body language, encounter between couples and a celebration of physical expression. Innovative uses of videotape playback will be an integral part of the workshop. Videotape is often an extraordinary catalyst for integration and change.

Time: begins 8:00 p.m., Friday, February 21
Registration: $110 per couple, including videotape feedback

GERALD SMITH, Ph.D., is a family therapist and marriage counselor in San Mateo, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. His family therapy training was at the Mental Research Institute, Palo Alto. Recently he developed a "Family Communications Check-Up" program through the Family Service of San Mateo County. He is also a consultant with San Mateo County Mental Health Services.

JUDI KLEIN BRYANT is a Movement Therapist at Mount Zion Hospital in San Francisco and Movement Consultant at San Francisco Family Therapy Center. She and her husband also give frequent workshops in the Bay Area and at Esalen.

TODD BRYANT specializes in the Moving Image and the Electric Vanity: Videotape Feedback through Celebrated Changes.

February 24-27 — San Francisco: BEING ALL THERE — 4-Day Workshop with CHARLOTTE SELVER
(An experiential group conducted by the pioneer of sensory awareness work in the United States)
See page 29 for full description.

February 24-27 — San Francisco: with GESTALT TRAINING STAFF — **GESTALT AWARENESS TRAINING — 4-Day Open Workshop**
See pages 30-31 for description.

February 28-March 2
San Francisco
PERSONAL COMMUNICATION STYLES
Weekend Workshop
and Multimedia Experience
with VINCENT GIULIANO

We communicate via non-verbal body action, the voice, writing, pictures, and the use of things and situations. Each of us has a unique composition of communication styles. This workshop is concerned with helping an individual develop a better understanding of his own unique styles and to enriching the vocabulary of available styles. Communication of various messages, ranging from the highly emotional to the humdrum factual, will be explored via body movement, discourse in an encounter group format, the use of written messages and the use of images via polaroid photography and videotape recording.

A multimedia presentation, open to the public, will be included in the workshop. Entitled "Knowledge Transfer in the 1970's", the experience is an intermixing of two modalities of communication: a four-screen multi-media presentation involving image, cinematographic and stereophonic sound collages, and spontaneous interaction among participants.

Time: workshop begins 6:00 p.m., Friday, February 28. "Knowledge Transfer in the 1970's", a multimedia experience, 8:00 to 10:00 p.m., Friday, February 28—open to the public

Registration: $45 per person for the workshop
$3 general, $2 student for multimedia experience:
"Knowledge Transfer in the 1970's"

VINCENT GIULIANO is Dean of the School of Information and Library Studies, State University of New York at Buffalo. He has been a management consultant in organizational dynamics and has worked on mixed media presentations in the affective domain. He is interested in the integration of affective, body and cognitive education.

February 28-March 2
San Francisco
ACTUALITIES AND POTENTIALITIES: AN INTENSIVE GROUP EXPERIENCE
Weekend Workshop with
FREDERICK H. STOLLER

This workshop will consist of small group encounters designed to challenge the conventional stance of the participant and to enhance the exploration of potential through mutual search for alternatives. Videotape feedback and photography will be among the approaches utilized.

Time: begins 8:00 p.m., Friday, February 28
Registration: $45 per person

See page 24, March 23-28, Big Sur for biographical data.

March 3-5
San Francisco
THE OPEN-MINDED HUMAN BIOCOMPUTER
3-Day Seminar
with JOHN C. LILLY

In describing this seminar, Dr. Lilly writes, "Sophisticated computer and brain theory treat the mind as the "software" (programs, metaprograms) of the brain. This kind of thinking further states that the mind's potential is as yet not fully known, that it can be investigated by new experimental methods as an *open* system, and that the results can be applied to large non-human brains.

"Such considerations will be illustrated by (1) experiments with dolphin-human interspecies communication, (2) interpersonal metaprogramming by belief-confrontation, by isolation, solitude and confinement experiments."

Time: 8:00 to 10:30 p.m., Monday thru Wednesday, March 3-5
Registration: $35 per person

JOHN C. LILLY is Director of Neurological Research at the Maryland Psychiatric Research Center, Spring Grove State Hospital, Baltimore, and is Director of the Communication Research Institute, Miami, Florida, where he has conducted exploratory research into communication with dolphins. His primary research interest has been the relation of the mind to the brain. He has training in psychoanalysis, computer theory, biophysics, neurophysiology, psychology, physics, electronic engineering, and interspecies communication. He has carried out research on animals (cats, monkeys, dolphins) and on human subjects (including himself). He is the author of Man and Dolphin, The Mind of the Dolphin (A Non-human Intelligence) *and* Programming and Metaprogramming in the Human Biocomputer.

March 3-6 — San Francisco: 4-Day ENCOUNTER WORKSHOP with STEVEN A. STROUD
Time: 6:00 to 10:30 p.m., Monday thru Thursday, March 3-6
Registration: $75 per person

See page 8, January 17-19, San Francisco, for description.

March 7-9
San Francisco
GETTING DEEPER FASTER
Weekend Workshop
with JAMES F.T. BUGENTAL
and ELIZABETH KEBER

This weekend will be an extension of the work the leaders did at the American Association of Humanistic Psychology meetings in San Francisco. The sessions will be devoted to demonstrations and the acting out of various techniques for accelerating the getting acquainted process between two people.

Time: begins 8:00 p.m., Friday, March 7
Registration: $45 per person

JAMES F. T. BUGENTAL, Ph.D., of Psychological Service Associates, Los Angeles, is a psychotherapist and writer on existential-humanistic psychology. He is for 1968-69 a Research Associate at the Stanford Research Institute in Menlo Park, California. He is a past president of the American Association for Humanistic Psychology and of the California State Psychological Association, and has been on the faculty at UCLA and at Georgia Tech. He is the author of Psychological Interviewing *and* The Search for Authenticity: An Existential-Analytic Approach to Psychotherapy. *In 1967 he edited* Challenges of Humanistic Psychology.

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For reservation information, see page 36.

ELIZABETH C. KEBER, Ph.D., is a counselor and an innovator in multi-media processes for encounter groups, seminars, and theater. Formerly Head of the Department of Theater Arts at Immaculate Heart College in Los Angeles, she has written plays, musicals, and inter-media productions for children and adults, has pioneered in developing audience involvement techniques, and has served on national consultative bodies on the arts in education. She has been increasingly concerned to bring the participation and affect-arousal insights of the theater to supplement the more usual procedures of personal counseling, basic encounter groups, and psychotherapy. She wrote Words of Ugo Betti *which was illustrated by Sister Mary Corita.*

March 10-13
San Francisco
AIKIDO:
THE WAY OF THE MIND
4-Day Workshop
with ROBERT FRAGER
and ROBERT NADEAU

Aikido is many things at once. It is a way of harmony—with others, with nature, and with oneself. Aikido is also a superb Japanese method of self-defense. Aikido training is based on the use of *ki*, or life energy. Strong *ki* is developed through calmness and concentration. *Ki* exercises will include training in calmness, efficiency, memory, concentration, ESP, will power, love and *ki* healing.

Certain of these disciplines were available only to the Japanese military, political, and economic elite until recently. Some techniques have never before been taught outside of Japan.

Time: 6:00 to 10:30 p.m., Monday thru Thursday, March 10-13
Registration: $75 per person

ROBERT FRAGER, Ph.D., teaches psychology at Berkeley. He studied Aikido at the International Headquarters, Tokyo and holds the rank of second degree black belt. ROBERT NADEAU, who also holds a second degree black belt, teaches Aikido and meditation throughout the San Francisco Bay Area. He is the only full-time Aikido instructor in California. Both instructors are personal students of Master Morihei Ueshiba, the founder of Aikido.

March 10-13
San Francisco
BEING WITH
4-Day Workshop
with BETTY FULLER

Being with me—being with you—being with the loved, the hated, the feared, the envied, the admired . . . connected, part of yet separate from—simply with. Through such integrated encounter methods as body movement, fantasy, Gestalt technique, psychodrama, meditation, among others, participants will explore and celebrate Withness.

Time: 8:00 to 10:30 p.m., Monday thru Thursday, March 10-13
Registration: $75 per person

See pages 34-35 under MORE JOY WORKSHOPS for biographical data.

March 14-16 — San Francisco: **THE DELIGHT OF IMMEDIACY — Weekend Workshop with CHARLOTTE SELVER**
See page 29 for description.

March 14-16
San Francisco
NON-DRUG APPROACHES TO PSYCHEDELIC EXPERIENCE
Weekend Workshop with
BERNARD S. AARONSON
and STEVEN A. STROUD

Psychedelic experience can be produced without drugs by methods involving the creation of hypnoidal states. Through the use of visualization and other procedures, including music, readings, and techniques for enhancing perception, participants will experience and try to understand the nature of psychedelic experience.

Time: begins 8:00 p.m., Friday, March 14
Registration: $45 per person

BERNARD S. AARONSON, Ph.D., heads the experimental psychology section of the New Jersey Bureau of Research in Neurology and Psychiatry. He is interested in many techniques to promote human growth including hypnosis, elements of occult traditions, meditation, and operant conditioning. He has sixty publications to his credit, has been professor at several universities and is also engaged in the private practice of psychotherapy. With Humphrey Osmond he is editor of Psychedelics: Their Uses and Implications *to be published by Doubleday.*

See page 8, January 17-19, San Francisco, for biographical data on Steven A. Stroud.

March 17-20
San Francisco
THE PRACTICE OF MEDITATION
4-Day Workshop
with MICHAEL MURPHY

An experiential workshop to practice various meditation disciplines. Ways to incorporate these disciplines into one's everyday life will be discussed, and weekly follow-up sessions will be held to reinforce the practice of meditation after the workshop is over. There will also be some discussion of the philosophical and psychological principles underlying the various kinds of meditation.

Time: begins 8:00 p.m., Friday, March 17
Registration: $75 per person

MICHAEL MURPHY is President and co-founder of Esalen Institute and a long-time meditation student who has had trouble maintaining the discipline.

March 17-20 — San Francisco: **SENSORY CELEBRATIONS AND MEDITATIONS — 4-Day Workshop**
with BERNARD GUNTHER
See page 33 for description.

March 21-23
San Francisco
GROUP/NON/GROUP
Weekend Workshop
with DAVID GOLDBERG

Encounter groups sometimes have the habit of developing coercive norms which tend to impede personal growth. In his (or her) quest for honesty and awareness, each participant in the group/non/group will be encouraged to do his own thing; he will be allowed to participate at his own rate and in his own way. Introspective meditation, non-verbal communication, love and self-respect will be encouraged. The group is especially recommended for students, educators, intellectuals and mystics.

Time: begins 7:00 p.m., Friday, March 21
Registraiton: $45 per person

DAVID GOLDBERG received his Ph.D. degree in autonomic psychophysiology from UCLA in 1964; he later taught at Yale University and San Francisco State College and was, until recently, the "futurist-in-residence" at the U.S. Office of Education. He has led groups in San Francisco, Washington, D.C. and the spaces in between.

March 21-23
San Francisco
WEEKEND WORKSHOP
with SCOTT BEACH

The theme of this workshop is contained in the following statements: "I want to be more aware of myself and of my environment. I want to have richer communication with others. I want to love and be loved. I can't satisfy these wants without help from people who want the same things for themselves."

Mr. Beach will employ various encounter techniques he has invented, along with others gathered from experience with the Humanist Institute, Synanon, Esalen, The Committee and Neva Beach, his wife.

Time: begins 8:00 p.m., Friday, March 21
Registration: $45 per person

See page 9, January 31-February 2, San Francisco, for biographical data.

March 24-27
San Francisco
BECOME AS YOU WERE
4-Day Workshop
with GERARD HAIGH

The adjusted American achieves a dubious state of "maturity" by burying many child parts under layers of shame and ridicule. Relearning how to be a child may enrich the man's experience of being masculine and the woman's experience of being feminine. Re-experiencing being child with mother may shed light on one's approaches to loving, loving-making and love-seeking. Paradoxically, making contact with childish helplessness releases surges of power and contacting childish tears opens the channels for expression of joy.

In this workshop we will explore in areas of awe and wonder, in the realm of the silly and the stupid. Techniques used will be both experiential and conceptual. Workshop participants will be invited to collaborate in finding ways for furthering this journey into the child part of the man.

Time: 6:00 to 10:30 p.m., Monday thru Thursday, March 24-27
Registration: $75 per person

GERARD V. HAIGH, Ph.D., a practicing psychotherapist with Psychological Service Associates, Los Angeles, is experimenting with new kinds of basic encounter groups. He studied with Gardner Murphy at City College of New York and Carl Rogers at the University of Chicago, has been on the Menninger Clinic staff and taught at the University of Chicago, Arizona State University and the University of California, Los Angeles. He is President of the American Association for Humanistic Psychology and is a board member of the Topanga Center for Human Development.

March 24-27
San Francisco
TRANSCENDING
TECHNIQUE IN
EXISTENTIAL COUNSELING
AND PSYCHOTHERAPY
4-Day Workshop
with SIDNEY JOURARD

In this workshop Dr. Jourard will relate the concepts of self-transcendence to counseling and psychotherapy. He views the entire counseling-therapeutic enterprise as having much in common with those ancient disciplines which lead a person toward *satori*, liberation, union with God. In other words, true health involves much more than adjustment to the norms of the society; rather, it is an adjustment to the deepest human possibilities for creativity and expanded consciousness. It is recommended that participants read Dr. Jourard's books, *The Transparent Self* and *Disclosing Man to Himself*.

Time: 6:00 to 10:30 p.m., Monday thru Thursday, March 24-27
Registration: $75 per person

See page 23 for biographical data.

March 28-30
San Francisco
YOU'RE NOT REALLY
DIVORCED: GHOSTS OF
YOUR FORMER MARRIAGE
Weekend Workshop with
LARRY BLOOMBERG, ABE
LEVITSKY and DICK MILLER

Divorce leaves a couple with serious unfinished business and a number of unresolved conflicts that have profound and negative effects on all future relationships. Major areas of difficulty arise when the ex-married responds to new relationships on the basis of the fantasies and expectations generated during the previous marriage. Another area of difficulty revolves around the children from previous marriages who serve as a continuous bridge between parents, make a real divorce impossible and create a fertile ground for continuing difficulties.

We welcome attendance by both partners of the former marriage; however, those who want to participate without their former spouse or with their present partner will be accepted.

Time: begins 8:00 p.m., Friday, March 28
Registration: $45 per person

ABE LEVITSKY, Ph.D., is interested in the exploration of new social structures which allow the fullest development of human potential. He is on the Board of Directors of the San Francisco Gestalt Therapy Institute. Dr. Levitsky has taught at Brooklyn College, the University of Michigan and the Washington University Medical School. He has done extensive research in clinical and experimental hypnosis and is Associate Editor of The American Journal of Clinical Hypnosis.

See page 7, January 13-16, San Francisco, for biographical data on Drs. Bloomberg and Miller.

For reservation information, see page 36.

March 28-30
San Francisco
THE OPEN FAMILY: A WORKSHOP FOR FAMILY ENCOUNTERS
Weekend Workshop with FREDERICK H. STOLLER and ANN DREYFUSS

Rapidly changing social conditions create constant new demands upon family structures. Increasing strains are being felt within those families whose network of role relationships remain rigid and limited. This family workshop will consist of groups of three or four families who will explore their communication patterns and relationships, within an encounter group structure, featuring videotape feedback. In addition, new techniques will be employed which are designed to enable the participating families to explore new patterns for themselves and to expand the potential of their ongoing patterns of relating to one another. All members of the family, no matter what their age, are invited to attend.

Time: begins 8:00 p.m., Friday, March 28
Registration: $90 per couple with two children, including Saturday lunch;
$20 for each additional child

ANN DREYFUSS is on the staff at the Center for Human Communications, Los Gatos, California, where she has specialized in family therapy and new techniques for working with children. She has been on the staff of Western Behavioral Sciences Institute and has worked out unique techniques for animal play therapy with children.

See page 24, March 23-28, Big Sur, for biographical data on Frederick H. Stoller.

March 31-April 4 — San Francisco: THEOLOGICAL REFLECTION ON THE HUMAN POTENTIAL — 5-Day Workshop with GORDON KAUFMAN and JOHN COBB *See pages 4-5 for description.*

March 31-April 4 — San Francisco: FRONTIERS OF ENCOUNTER TECHNIQUE — 4-Day Workshop with JOHN HEIDER and STEVEN A. STROUD *See page 32 for description.*

April 4-6
San Francisco
GROWTH ENCOUNTER

This weekend workshop with Esalen Staff members will combine encounter groups, sensory awakening, psychodrama, meditation and other approaches being explored at Esalen.

Time: begins 8:00 p.m., Friday, April 4
Registration: $45 per person

April 7 — San Francisco: Evening Participation Discussion with WILLIAM C. SCHUTZ *See pages 34-35 for description.*

April 7-10 — San Francisco: MORE JOY WORKSHOP — 4-Day Couples' Workshop with Esalen Staff *See pages 34-35*

April 7-10
San Francisco
OPTIMUM DEVELOPMENT
4-Day Workshop with JAMES FADIMAN

Behind the growing demand for "encounter" experiences there is the realization that we all can be more complete than we are. This workshop is for those who have explored their dark sides sufficiently through conventional or unconventional therapeutic techniques and are willing to discard a limited self image. The emphasis will be on understanding and practicing those habits which foster a continuing pattern of health and growth. The group will be encouraged to help its members without hostility or therapeutic probing.

Time: 6:00 to 10:30 p.m., Monday thru Thursday, April 7-10
Registration: $75 per person

JAMES FADIMAN, Ph.D., has taught psychology at Brandeis and San Francisco State College. He is developing a series of teacher education films on drug use and abuse for KQED. He is an editor of the Journal of Humanistic Psychology *and the* Journal of Transpersonal Psychology.

April 11-13
San Francisco
MYTHOLOGY WORKSHOP
Weekend Workshop with PARNASSUS INSTITUTE STAFF

Man/woman, hero, space, crime, wilderness, the machine, the seasons, birth and death . . .

This workshop will discuss and act out myths of both ancient and contemporary origin. Parnassus Institute will bring a white monster and a machine. Participants are invited to bring—in mind or artifact—other examples and symbols of myth for the workshop to focus upon. Participants will draw on television, film, comic books, news, literature, conventions, tale telling and contemporary social and political issues for the matter of their own myth making.

Upon request, a selected reading list is available. If a participant is interested in a particular national or racial heritage, it should be noted upon signing up for the workshop.

Time: begins 8:00 p.m., Friday, April 11
Registration: $45 per person

PARNASSUS INSTITUTE conducts teaching, training, and curriculum development projects, consults on institutional change, and organizes events and demonstration projects. The Parnassus-Institute Staff:

JIM NIXON was one of the founders and the first coordinator of the Experimental College at San Francisco State College. He was also president of the Associated Students there. He is on the editorial board of Change *magazine.*

KEN MARGOLIS has been Associate Director at the San Francisco Actor's Workshop and has served as Advisor to the San Quentin Drama Workshop at San Quentin Prison. In the past year, he has been interested in group production of scenarios and theater games as an aid to personal growth and inter-personal relations. Besides his work with Parnassus Institute Mr. Margolis is currently Instructor of Drama at University of California Extension.

CYNTHIA NIXON was one of the founders of the Experimental College at San Francisco State College and was its second coordinator. She has worked extensively with problems of designing learning environments and planning curricula. She is currently engaged in teaching a workshop in myth and poetry, and a workshop in power and information structures.

April 14-17 — San Francisco: BEING WITH — 4-Day Workshop with BETTY FULLER
See page 13, March 10-13, San Francisco, for description.

April 16-17 — San Francisco: STILLNESS, SENSING AND CEREMONY: The Way of Tea — 2-Day Workshop with MILLY JOHNSTONE and CHARLOTTE SELVER
See page 29 for description.

April 18-20 — San Francisco: GESTALT AWARENESS TRAINING — Weekend Workshop with GEORGE I. and JUDITH BROWN
See page 31 for description.

April 21-24 — San Francisco: 4-Day ENCOUNTER WORKSHOP with STEVEN A. STROUD
See page 8, January 17-19, San Francisco, for description.

April 25-27
San Francisco
ENCOUNTER WITH FILM: PERSONAL GROWTH THROUGH CREATIVE CINEMA
Weekend Workshop with BETTY BERZON, RICHARD CHASE and ANTHONY ROSE

In this workshop, encounter methods will be used to facilitate the constructive use of tensions arising out of opposition between the need for personal creative expression and the demand for group cooperation in film-making task groups.

Following an orientation session, participants will divide into five-person task forces which will make 16 mm black and white sound motion pictures. At crucial times throughout the weekend the leaders will intervene with techniques aimed at facilitating the interplay of creative, social and personal processes. The workshop will close with an exhibition of the finished films.

All necessary film-making equipment and professional guidance will be available so that participants need have no prior experience with cinema techniques.

Time: begins 8:00 p.m., Friday, April 25
Registration: $50 per person

BETTY BERZON has been Director, Group Program Development at the Human Development Institute, a Bell & Howell subsidiary, since April, 1968. For nine years before that she was on the staff of Western Behavioral Sciences Institute, La Jolla, California where she conducted the research on self-directed groups out of which Bell & Howell's ENCOUNTERTAPES for Personal Growth Groups were developed.

RICHARD G. CHASE, Jr. is on the staff of Dr. Frederick S. Perls at Esalen, Big Sur, and makes motion pictures on Gestalt psychotherapy and the work of Dr. Perls. He is also producer of Kairos' newly formed Communications Division and is developing a series of short films which will act as a catalyst for the facilitation of encounter groups.

ANTHONY L. ROSE, Ph.D., is an NIMH postdoctoral fellow at the Western Behavioral Sciences Institute where he has been involved in facilitating basic encounter group workshops and in developing techniques for enhancing creative expression. Dr. Rose has recently assumed directorship of the Student Facilitator Training Program at Kairos Institute.

April 25-27
San Francisco
EXERCISES FOR THE MIND'S EYE
Weekend Workshop with ROBERT MCKIM

Capacity for visual imagery, important to many forms of creative behavior, is allowed to atrophy (or is even actively repressed) by contemporary education. This workshop is based on an integrated series of exercises which Professor McKim has collected and developed to restore vitality to the visual imagination. Participants will begin with "mind's eye-openers"; relaxation, sensory awakening, and massage. They will then build self-confidence in their imaging ability with after-images and group fantasy. Meditation techniques and tachistoscopic (flashing) images will develop concentration: experiences with synesthesia (combining sense modes) will intensify imagery. Finally, the mind's eye will be exercised by creative action. Wear old clothes (we'll use art materials).

Time: begins 8:00 p.m., Friday, April 25
Registration: $45 per person

ROBERT MCKIM, associate professor of design at Stanford, founded and directs a unique, engineering-and-art design program at Esalen-at-Stanford, Esalen's most active university outpost. Long interested in the psychology of creativity, his research into the effects of psychedelic agents upon the creative process alerted him to the importance of visual imagery to creativity. His forthcoming book, Rapid Visualization: Exercises in Visual Thinking, *is illustrated by the "idea-sketches" of physicists, architects, geneticists, engineers, sculptors, and designers, and includes over 100 exercises directed toward the development and expression of visual thinking.*

April 28-May 1 — San Francisco: CONTACT vs. TECHNIQUE AND MANIPULATION: A Study Group for Educators, Therapists, Social Workers and Parents — 4-Day Workshop with CHARLES BROOKS
See page 29 for description.

April 28-May 1 — San Francisco: GESTALT AWARENESS TRAINING — 4-Day Open Workshop with GESTALT TRAINING STAFF
See pages 30-31 for description.

May 2-4
San Francisco
GROWTH ENCOUNTER
Weekend Workshop with Esalen Staff

This workshop will combine encounter groups, sensory awakening, psychodrama, meditation and other approaches being explored at Esalen.

Time: begins 8:00 p.m., Friday, May 2
Registration: $45 per person

For reservation information, see page 36.

May 2-4 — San Francisco: CLOSE YET FREE — Weekend Videotape Couples' Workshop with GERALD SMITH, JUDI KLEIN BRYANT and TODD BRYANT
See page 11, February 21-23, San Francisco, for description.

May 5-8 — San Francisco: MORE JOY WORKSHOP — 4-Day Workshop with Esalen Staff
See pages 34-35 for description.

May 5-9 — San Francisco: THEOLOGICAL REFLECTION ON THE HUMAN POTENTIAL — 5-Day Workshop with WILLIAM HAMILTON and RICHARD RUBENSTEIN
See pages 4-5 for description.

May 10
San Francisco
ESALEN REVIEWED: FEEDBACK AND NEW PROPOSALS
Saturday Seminar with
MICHAEL MURPHY, STUART MILLER & ESALEN STAFF

As it develops, Esalen generates more interest, more projects and more criticism. This seminar will give a chance for Esalen, its friends and critics to discuss the functions, problems and future of the Institute.

Time: 10:00 a.m. to 5:00 p.m., Saturday, May 10, with lunch break
Registration: Free; preregistration is necessary

MICHAEL MURPHY is President and co-founder of the Esalen Institute.
STUART MILLER is the Director of Development of the Esalen Institute

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May 9-11
San Francisco
MARRIAGE: TRIAL, TRIBAL, COMMUNAL OR CONSERVATIVE
Weekend Workshop with
LARRY BLOOMBERG, ABE LEVITSKY, RICHARD MILLER and JANIE RHYNE

Marriage as an institution is under attack for not being a creative mode of family development and growth. Alternate forms are frequently being proposed and tried. This workshop is for the married or unmarried who are motivated to seriously and maturely explore their feelings about new forms of family structure. Those with strong negative or positive feelings towards new modes of marriage are particularly invited. We propose to fantasize, brainstorm and entertain, intellectually and experientially, new designs for families.

Time: begins 8:00 p.m., Friday, May 9
Registration: $45 per person

JANIE RHYNE, M.A., is an art therapist who has had training in art, psychology and anthropology. She uses art experience therapeutically in private practice, in Gestalt Art workshops at the U.C. Medical Center, the College of San Mateo, Georgia State College and elsewhere.

See page 7, January 13-16, San Francisco, for biographical data on Drs. Bloomberg and Miller.
See page 14, March 28-30, San Francisco, for biographical data on Dr. Levitsky.

January 3-5
Big Sur
LSD EXPERIENCES AND THE GREAT RELIGIONS OF THE WORLD
Weekend Seminar
with STANISLAV GROF

A comparison of the experiences of subjects in LSD research to those described within such religious traditions as Christianity, Judaism, Islam, HInduism, Buddhism, Taoism and various primitive and heretical traditions. Consideration will be given to the authenticity of chemically induced religious experience.

$65 per person

STANISLAV GROF is a research psychiatrist currently on a fellowship at the Johns Hopkins Medical School in Baltimore. During the past decade he has conducted numerous studies with LSD subjects in Prague, Czechoslovakia.

January 5-10
Big Sur
5-Day Workshop
with STEVEN A. STROUD

An intensive exploration of inner rhythms and ways to merge them into the rhythm of a group will be the focus of this workshop. A variety of meditative, movement, and body awareness exercises will be explored within the context of an encounter group. These methods are designed to dissolve the barriers with which we hold others out and ourselves in.

$165 per person

See page 8, January 17-19, San Francisco, for biographical data.

January 5-10 — Big Sur: **EXPLORATIONS IN SELF AWARENESS — 5-Day Workshop with CLAUDIO NARANJO**
See page 33 for description.

January 5-10 — Big Sur: **GESTALT AWARENESS TRAINING — 5-Day Open Workshop with ROBERT K. HALL**
See pages 30-31 for description.

January 10-12 — Big Sur **Weekend Workshop with WILLIAM C. SCHUTZ** *See pages 34-35 for description.*

January 10-12 — Big Sur: **GESTALT AWARENESS TRAINING — Experiential Weekend**
with DOWNING, HALL, NARANJO *See pages 30-31 for description.*

January 12-17
Big Sur
GESTALT AWARENESS TRAINING FOR DENTISTS
5-Day Workshop with
ROBERT K. HALL, M.D., and
JACK L. ROSENBERG, D.D.S.

The practicing dentist must function under a tense climate of anxiety and occasional hostility equal to or exceeding that of the other helping professions, but he rarely has the specific training in dealing with it. The resulting stress is evidenced in a high percentage of emotional and somaticized stress indices such as coronary occlusion, divorce and job dissatisfaction. This workshop will explore the emotional aspects of the dental profession through Gestalt awareness training, encounter groups, body awareness exercises, role-playing and immediate videotape feedback.

$195 per person

JACK L. ROSENBERG, D.D.S., M.A., a practicing dentist in San Rafael, California, has a Masters degree in psychology and has been working in the field of psychology related to dentistry for the past ten years. He is Director of Counseling at University of Pacific School of Dentistry and teaches courses in Psychology Applied to Dentistry, Dental Auxiliary Utilization, Work Simplification and Practice Management. He has had wide experience in both group encounter and body awareness and utilizes these approaches frequently in his courses.

ROBERT K. HALL is an Esalen Associate in Residence on the Gestalt Awareness Training Staff. (See pages 30-31 for further information.)

January 12-17 — Big Sur: **GESTALT AWARENESS TRAINING — 5-Day Open Workshop with JOSEPH J. DOWNING**
See pages 30-31 for description.

January 12-17
Big Sur
EXPERIMENTAL MYTHOLOGY
5-Day Workshop
with JOACHIM FOIKIS
and EDWARD MAUPIN

A new approach to group experience through the integral vision of myth and fairy tale. Focusing on such archetypes as heroes, dragons, giants and simpletons, the workshop leaders will attempt to recreate the mythic vision of preliterate man in order to direct group process toward a neglected dimension of interpersonal encounter.

$165 per person

JOACHIM FOIKIS is the self-appointed Town Fool of Vancouver, British Columbia, who received a grant from the Canada Arts Council for his attempt to revive the ancient and time-honored tradition of town fool. He is an expert in the areas of mythology and fairy tale.

EDWARD MAUPIN, Ph.D., is an Associate-in-Residence at Esalen Institute, Big Sur, and is a Director of the Esalen Resident Program. (See page 32 for further biographical information.)

January 17-19 — Big Sur: **GESTALT AWARENESS TRAINING — Weekend Workshop**
with GEORGE I. and JUDITH BROWN *See pages 30-31 for description.*

For reservation information, see page 36.

January 17-19
Big Sur
Weekend Marathon
with KARL and
LOIS HUMISTON

This marathon encounter will emphasize the relationship of intimacy and separateness and the difference between growth and self-righteousness.

$75 per person

KARL E. HUMISTON earned his M.D. at Harvard and was psychiatrically trained in the United States and Scotland. He currently directs the psychiatric residency at Western State Hospital and is president of the Northwest Family Therapy Institute, Tacoma, Washington. Emphasizing use of family therapy and marathon groups in state hospital work and private practice, Dr. Humiston believes that these are not rigid techniques but are vehicles for one's personal style of developing the universal potential for humanness.

LOIS HUMISTON, B.S., home economist, wife, mother of four sons, co-leads marathons with her husband Karl.

January 19-24
Big Sur
FAMILY THERAPY
5-Day Workshop
with KARL HUMISTON

Conjoint family therapy, as developed by Virginia Satir and others, provides concepts and techniques for anyone doing counseling or psychotherapy. Based on the belief that psychological problems are "malnutrition symptoms" resulting from insufficient or distorted experiencing of self and others, this didactic-experiential workshop will emphasize participation in communication exercises and family role-playing, with opportunity for each to experience himself as person, patient and therapist. Limited to twenty participants, this workshop is open to couples and singles, professional and non-professional.

$165 per person

See first listing on this page for biographical data.

January 19-24 — Big Sur: GESTALT AWARENESS TRAINING — 5-Day Professional Workshop
with JAMES S. SIMKIN and EARL H. KRAMER
See pages 30-31 for description.

January 19-24
Big Sur
BEING WITH
5-Day Workshop
with BETTY FULLER

Being with me—being with you—being with the loved, the hated, the feared, the envied, the admired . . . connected, part of yet separate from—simply with. Through such integrated encounter methods as body movement, fantasy, Gestalt technique, psychodrama, meditation, among others, participants will explore and celebrate Withness.

$165 per person

See pages 34-35 under MORE JOY WORKSHOPS for biographical data.

January 24-26
Big Sur
LIFE AND SOCIETY:
WHERE IT'S AT—HOW
TO MAKE IT BETTER
Weekend Seminar
with JOEL FORT

An examination of such major social problems as sex, drugs, bureaucracy, work, leisure and violence. The focus will be on finding solutions, achieving individual balance and perspective during a crisis period and working toward a utopian society where each of us can find meaning and identity.

$65 per person

See page 7, January 7-9, for biographical data.

January 24-26 — Big Sur: GESTALT AWARENESS TRAINING — Experiential Weekend
with DOWNING, HALL, NARANJO
See pages 30-31 for description.

January 24-26 — Big Sur: BODY AWARENESS AND THE SENSE OF BEING — Weekend Workshop
with EDWARD MAUPIN
See page 32 for description.

January 26-31
Big Sur
EASTERN WAYS
TO HEALTH
5-Day Workshop
with GIA FU FENG

Gia Fu Feng will conduct intensive sessions in several Eastern disciplines. Tai Chi Chuan is a sequence of slow and effortless body movements aiming at an integration of body and mind. Shiatsu therapy is a nerve pressing treatment developed from ancient Japanese massage and the Chinese tradition of Acupuncture. Bring silk robe, cotton pajamas, blanket and cushion, brushes, ink and rice paper for calligraphy.

$165 per person

GIA FU FENG was born in Shanghai and educated in Peking. He is in residence at Stillpoint Foundation, Los Gatos, and Esalen Institute, Big Sur. He is interested in cultivating religious feeling, compassion and intuition in group encounter, bridging Eastern meditation and Western psychotherapy.

January 26-31 — Big Sur: MORE JOY WORKSHOP — 5-Day Workshop with Esalen Staff
See pages 34-35 for description.

BEST COPY AVAILABLE

January 31-February 2
Big Sur
ARE YOU SOUND?
Weekend Workshop
with ALAN WATTS

The double meaning of this question will be explored through both discussion and experiment. We shall investigate the "musical mysticism" of mantra-yoga in Hinduism, Buddhism, Christianity and Islam, considering the universe as an energy-pattern which is essentially musical in its nature.

$65 per person

ALAN WATTS, author of The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology; The Book: on the Taboo Against Knowing Who You Are; *and many other writings, has been—with D. T. Suzuki—the leading popularizer of Zen Buddhism in the United States. In recent years Dr. Watts has worked to unify science, philosophy and religion into a totally modern view.*

January 31-February 2
Big Sur
CLASSICAL
AND OPERANT
CONDITIONING IN
THE ENCOUNTER
Weekend Workshop
with MICHAEL KAHN
and SARA UNOBSKEY

This weekend workshop will integrate encounter group work, including psychodrama and body movement with classical and operant conditioning. The workshop will be run on a token reward system reinforcing both group and individual behaviors. Participants will select and define the individual and group behaviors they wish to modify and will serve as reinforcing agents to one another.

$65 per person

MICHAEL KAHN received his Ph.D. from Harvard University, has taught at Yale and is currently on the faculty of the Department of Psychology at the University of Texas. He has experimented extensively with behavior therapy methods, and is an experienced encounter group leader, having been on the staff of the Personal Growth Laboratory at Bethel, Maine.

SARA UNOBSKEY is in residence at Esalen where she is developing an integration of conditioning and encounter group techniques. Her work is directed towards encounter groups with both adults and children with specific focus on encounter groups for children with reading and learning problems. Miss Unobskey has had extensive experience in Behavior Modification, her most recent work done at Yeshiva University where she trained graduate students in Special Education.

January 31-February 2
Big Sur
GROWTH ENCOUNTER

This weekend workshop with Esalen Staff members will combine encounter groups, sensory awakening, psychodrama, meditation and other approaches being explored at Esalen.

$65 per person

February 14-16 — Big Sur:
with FREDERICK S. PERLS

GESTALT AWARENESS TRAINING — Weekend Lecture-Demonstration
See pages 30-31 for description.

February 14-16
Big Sur
GROWTH ENCOUNTER

This weekend workshop with Esalen Staff members will combine encounter groups, sensory awakening, psychodrama, meditation and other approaches being explored at Esalen.

$65 per person

February 14-16 — Big Sur:
with GEORGE I. and JUDITH BROWN

GESTALT AWARENESS TRAINING — Weekend Workshop
See pages 30-31 for description.

February 16-21 — Big Sur:

WORDS, FEELINGS AND THE BODY — 5-Day Workshop with BERNARD GUNTHER
See page 33 for description.

February 16-21 — Big Sur:

ECLECTIC ENCOUNTER — 5-Day Workshop with JOHN HEIDER
See page 32 for description.

February 16-21 — Big Sur: GESTALT AWARENESS TRAINING — 5-Day Professional Workshop with JAMES S. SIMKIN
See pages 30-31 for description.

February 21-23
Big Sur
ENCOUNTER GROUP FOR
CHILDREN WITH
READING PROBLEMS
Weekend Workshop
with SARA UNOBSKEY

This weekend workshop is open to eight children of elementary school age who, in a normal school setting, are having difficulty with reading. The workshop will begin with a reading diagnosis and will proceed through experiential techniques focusing upon the common reading problems presented by the children.

This workshop is presented in conjunction with other weekend workshops (William Schutz's or Gia Fu Feng's) in which the parents participate.

$50 per child, accommodated with parents

See page 20, January 31-February 2, Big Sur, for biographical data.

For reservation information, see page 36.

February 21-23 — Big Sur: EASTERN WAYS TO HEALTH — Weekend Workshop with GIA FU FENG
See page 19, January 26-31, Big Sur, for description.

February 21-23 — Big Sur: WEEKEND WORKSHOP with WILLIAM C. SCHUTZ
See pages 34-35 for description.

February 23-28 — Big Sur: with EDWARD MAUPIN
BODY AWARENESS, THE SENSE OF BEING AND ENCOUNTER — 5-Day Workshop
See page 32 for description.

February 23-28 — Big Sur: MORE JOY WORKSHOP — 5-Day Workshop with Esalen Staff
See pages 34-35 for description.

February 28-March 2
Big Sur
CREATING AN EDUCATION: AN EXPERIENTIAL WORKSHOP
Weekend Workshop with RICHARD KATZ

How can we realize education as an exciting journey or myth of transformation rather than an inopportune opportunity to pay too large a share of the dues of socialization? This workshop approaches this challenge by considering education as personal growth. There will be a series of experiential exercises focusing on themes such as creative awareness, encountering, trans-personal creating, non-verbal experiencing and communicating, and transforming evaluation into self-assessment. The exercises will stress the individual's capacity to educate himself, keeping the role of the "expert" to a bare minimum. A central issue for the workshop will be going beyond transitory expressiveness toward creative awareness in everyday life.

$65 per person

RICHARD KATZ, Ph.D., formerly a Lecturer in Education and Social Relations at Harvard, is now in the Psychology Department at Brandeis. His writing and research focuses on personal growth, new models of education, altered states of consciousness (e.g. in the psychedelic and religious contexts) and non-verbal media. Dr. Katz is a consultant for Outward Bound Schools and the Peace Corps. He has recently returned from field work in the Kalahari Desert studying the Bushman trance performance.

February 28-March 2 — Big Sur: BEING ALL THERE — Weekend Workshop with CHARLES BROOKS
See page 29 for description.

February 28-March 2
Big Sur
THE PERSONAL SUPER-BIOCOMPUTER AND THE PSYCHEDELICS
Weekend Seminar with JOHN C. LILLY

JOHN C. LILLY is Director of Neurological Research at the Maryland Psychiatric Research Center, Spring Grove State Hospital, Baltimore, and is Director of the Communication Research Institute, Miami, Florida, where he has conducted exploratory research into communication with dolphins. His primary research interest has been the relation of the mind to the brain. He has training in psychoanalysis, computer theory, biophysics, neurophysiology, psychology, physics, electronic engineering, and interspecies communication. He has carried out research on animals (cats, monkeys, dolphins) and on human subjects (including himself). He is the author of *Man and Dolphin, The Mind of the Dolphin (A Non-human Intelligence)* and *Programming and Metaprogramming in the Human Biocomputer.*

The latter monograph, which will be discussed in this seminar, gives his theory and practice of research with human subjects with and without psychedelic agents. The methods used are isolation, meditation, and deep trance for control of conscious states, confrontation of the subject's basic philosophical beliefs and disciplined use of the psychedelic substances, in work with cross-species communication and expanded consciousness.

$65 per person

March 2-7
Big Sur
MASSAGE AND MEDITATION
5-Day Workshop with MOLLY DAY SCHACKMAN

An intensive but relaxing week of learning massage and meditation. There will be early morning (7:30-8:30) and late afternoon (5:30-6:00) periods of meditation, and morning sessions (9:30-12:30) of instruction in the Esalen style of massage. Afternoons (2-5) will be spent in practice sessions. Discussion and encounter (6:00-8:00) will develop the feelings that may arise from meditation and massage. Molly Schackman's approach to massage consists of a combination of sensory awakening—involving all the senses—and deeper muscular massage. She emphasizes the attitudes of affirmation and caring and the release of emotions.

Couples are encouraged to attend so they can continue to massage each other at home. All participants should bring alarm clocks in order to awake for early meditation; they should also plan to arrive in time to eat dinner before an 8:00 evening session on Sunday, and try to stay through 5:00 p.m., Friday.

$165 per person

MOLLY SCHACKMAN has been giving massages and teaching massage for three years at Esalen and has trained the present staff of ten masseuses and masseurs. She is a devoted student of meditation and feels that its practice goes hand in hand with sensory awakening and massage.

March 2-7 — Big Sur: EXPERIMENTS IN READING AND WRITING — 5-Day Workshop
with CLAUDIO NARANJO
See page 33 for description.

March 2-7 — Big Sur: THE FOUR DIGNITIES OF MAN: Walking, Standing, Sitting, Lying — 5-Day Workshop
with CHARLOTTE SELVER
See page 29 for description.

March 7-9 — Big Sur: GESTALT AWARENESS TRAINING — Experiential Weekend
with DOWNING, HALL, NARANJO
See pages 30-31 for description.

March 7-9
Big Sur
AWARENESS
THROUGH DANCE
Weekend Workshop
with ANN HALPRIN

Ann Halprin will present her approach to the body and to dance. Her approach stresses the way movement and environment affect each other. She will incorporate new ideas emerging from work with her husband, Lawrence Halprin, and Paul Baum. These sessions focus on creative experiences which are generated from an understanding of community processes. Participants will explore their individual rhythm and use their expressive energy in a spontaneous interplay with each other in the landscape.

$65 per person

ANN HALPRIN, founder and artistic director of the Dancers' Workshop of San Francisco, has appeared in and directed underground movies and an international TV program; has taught and produced happenings in many universities and colleges. Her company has appeared at major international festivals in Europe. Critics say "Ann Halprin has extended the frontier of dance beyond even the most recognized avant-garde artist, both by performance and by teaching."

March 7-9
Big Sur
GROWTH ENCOUNTER

This weekend workshop with Esalen Staff members will combine encounter groups, sensory awakening, psychodrama, meditation and other approaches being explored at Esalen.

$65 per person

March 9-14 — Big Sur: GESTALT TRAINING AND STRUCTURAL INTEGRATION — 5-Day Workshop with
ROBERT K. HALL and J. STANLEY JOHNSON
See pages 30-31 for description.

March 9-14 — Big Sur: OVERVIEW OF ENCOUNTER TECHNIQUE — 5-Day Workshop with JOHN HEIDER
See page 32 for description.

March 9-14 — Big Sur: BODY AWARENESS, THE SENSE OF BEING AND ENCOUNTER — 5-Day Workshop
with EDWARD MAUPIN
See page 32 for description.

March 14-16
Big Sur
GROWTH ENCOUNTER

This weekend workshop with Esalen Staff members will combine encounter groups, sensory awakening, psychodrama, meditation and other approaches being explored at Esalen.

$65 per person

March 14-16
Big Sur
THE NATURE
OF HUMANNESS
Weekend Workshop
with WILSON VAN DUSEN
and MARTHA B. NASTICH

Discussion, encounter, expressive movement, mixed bathing, spontaneous symbols and other approaches. The group will especailly be looking at aspects of human experience which are little understood and rarely described in order to enlarge the territory of the human. Limited to 20.

$65 per person

WILSON VAN DUSEN, Ph.D., chief psychologist, Mendocino State Hospital, is essentially a phenomenologist who has been identified with existential analysis, Gestalt therapy, and basic encounter groups at various times. His major efforts in phenomenology have described satori, *chronic psychosis, and hallucinations—all from the viewpoint of the experiencing person.*

MARTHA B. NASTICH teaches creative dance in the Bay Area. She has trained extensively with Mary Whitehouse and conducts classes and workshops in movement as a means to personal insight. Her teaching experience includes work with blind, handicapped, and emotionally disturbed children, and with adult psychotherapy and encounter groups.

For reservation information, see page 36.

March 14-16 — Big Sur: with FREDERICK S. PERLS

GESTALT AWARENESS TRAINING — Weekend Lecture-Demonstration
See pages 30-31 for description.

March 16-21 — Big Sur: with JAMES S. SIMKIN

GESTALT AWARENESS TRAINING — 5-Day Professional Workshop
See pages 30-31 for description.

March 16-21 — Big Sur: with FREDERICK S. PERLS

GESTALT AWARENESS TRAINING — 5-Day Professional Workshop
See pages 30-31 for description.

March 16-21
Big Sur
ALTERED PERCEPTION OF TIME AND SPACE
5-Day Workshop with BERNARD S. AARONSON and STEVEN STROUD

Although we usually conceive of the arrangement of time and space as part of our environment, it is to a large extent an order we impose on the environment and is different for each one of us. In order to try to understand how our perceptions affect the way we think, feel and act, participants will be taught methods for going into hypnoidal states in which various altered states of perception can be experienced.

$165 per person

See page 13, March 14-16, San Francisco, for biographical data.

March 21-23
Big Sur
ENCOUNTER GROUP METHODS FOR TEACHING READING IN THE ELEMENTARY SCHOOLS
Weekend Workshop with SARA UNOBSKEY

This workshop is open to teachers and other adults involved in teaching reading to elementary school age children. It will focus on the adaptation of techniques described in William Schutz' *JOY*, psychodrama and behavior modification, to specific reading problems commonly presented by young children. Participants will experience the techniques and will role-play specific reading problems.

$65 per person

See page 20, January 31 - February 1, Big Sur, for biographical data.

March 21-23
Big Sur
A WEEKEND WITH SIDNEY JOURARD
Weekend Seminar with SIDNEY JOURARD

Discussions and experiential sessions to explore self-transcendence, self-disclosure, humane psychological research, recent research on the body's role in our life and other Jourard themes.

$65 per person

SIDNEY JOURARD, Professor of Psychology, University of Florida, is well known for his extensive research on self-disclosure. He has been concerned with the depersonalizing effect of psychological research upon its subjects. With this concern and his interest in human spirit and growth, he has encouraged the development of a more humanistic psychology in the United States. He is the author of Personal Adjustment, The Transparent Self, *and* Disclosing Man to Himself.

March 21-23
Big Sur
ALTERATIONS OF CONSCIOUSNESS
Weekend Seminar with ARTHUR DEIKMAN

Through the use of meditation and sensory awareness techniques, group members will experience different forms of consciousness. They will discuss these experiences in relation to different theories of the mind and will be encouraged to brainstorm a new model of the psyche.

$65 per person

ARTHUR DEIKMAN, formerly of Austen Riggs Clinic, is Associate Professor of Psychiatry at the University of Colorado School of Medicine. Since 1961 he has been engaged in research on the mystic experience and the alterations of consciousness produced by meditation. He has published articles based on this research in Psychiatry *and* The Journal of Nervous and Mental Disease.

March 23-28 — Big Sur: BEING ONESELF — 5-Day Workshop with CLAUDIO NARANJO
See page 33 for description.

March 23-28 — Big Sur: REALITY AND ILLUSION: LEARNING TO DISCRIMINATE — 5-Day Workshop with GEORGE I. and JUDITH BROWN
See page 31 for description.

March 23-28
Big Sur
EXPLORATIONS IN SELF-EXAMINATION
5-Day Workshop with
FREDERICK H. STOLLER, H. L. MYERHOFF and MARGOT ROBINSON

This workshop will consist of small group encounters with a special emphasis upon highlighting and freeing the energy invested in "impression management", "maintaining face" and "locking into one's line". An array of approaches such as group intensification, videotape feedback, photography, special exercises and inputs will be explored with the goal of enabling the participant to discover in his own conflicts and troubles with others the impetus for growth and movement.

$165 per person

H. L. MYERHOFF is a clinical psychologist at the Kaiser Foundation psychiatric clinic in addition to lecturing in psychology at San Fernando Valley State College. Dr. Myerhoff has been involved from the beginning in the innovations of videotape and marathon groups and is currently involved in exploring new approaches with families where the usual motivations for psychotherapy are not present.

MARGOT ROBINSON is a clinical psychologist with Associated Psychological Consultants in Los Angeles. She completed her doctoral dissertation in the area of videotape feedback in the group.

FREDERICK H. STOLLER is Senior Research Associate at the Youth Studies Center, University of Southern California. As one of the major innovators of the marathon group and the developer of videotape techniques for the group setting, he has conducted a wide variety of groups with a very broad variety of populations. A clinical psychologist by training, Dr. Stoller is now concerned with developing a model for growth in contrast to the psychotherapeutic models which currently prevail. A novel, The Lemon Eaters, *has been based upon his marathon groups; and he is author of an increasing series of papers.*

March 28-30
Big Sur
EXPERIMENTS IN PSYCHOSYNTHESIS
Weekend Workshop
with ROBERT GERARD

Psychosynthesis focuses on methods for unifying all aspects of our human nature—physical, emotional, mental and spiritual. Psychosynthesis involves not only an integration around a personal ego but also an expansion of awareness to the "superconscious" dimension, a deeper unifying center which relates man to the universe.

The participants will experiment with a series of special techniques of inner imagery such as symbolic visualization, symbolic identification and symbolic fusion which were developed by Dr. Gerard to enhance integrative processes. Through a series of symbolic themes the participants will be helped to evoke experiences of unity with all life, from the personal and interpersonal to the planetary and universal.

$75 per person

ROBERT GERARD received his Ph.D. in clinical psychology from UCLA. He has been engaged in such diverse occupations as motion picture writer and producer in Europe and Hollywood, and behavioral scientist in charge of the Psychophysiological Research Laboratory at the Veterans Administration Neuropsychiatric Hospital in Los Angeles. Dr. Gerard is presently engaged in the practice of psychotherapy in Los Angeles and is the President of the International Foundation for Psychosynthesis.

March 28-30 — Big Sur: Weekend Workshop with WILLIAM C. SCHUTZ
See pages 34-35 for description.

March 30-April 4
Big Sur
TRAINING IN HUMANISTIC EDUCATION
5-Day Workshop
with Ford-Esalen Staff

This workshop will concentrate on approaches to education which combine the cognitive and affective domains. The staff will report on their experiences and will introduce participants to some of the affective approaches. Emphasis will be on improving leadership skills in interpersonal relationships, intrapersonal learning, sensitivity and awareness training, creativity exercises and the application of principles of Gestalt Therapy to personal and professional functioning.

All staff have trained with Dr. George Isaac Brown and others and are experienced group leaders.

$165 per person

JANET LEDERMAN has worked with problem children in ghetto areas and has trained with Dr. Frederick Perls. She is author of the forthcoming book Anger in the Rocking Chair.

AARON HILLMAN is a teacher of "slow" learners in English and Social Studies.

ROBIN MONTZ is a teacher of English and Social Studies in a team teaching setting.

GLORIA SIEMONS is a primary teacher and author.

March 30-April 4 — Big Sur: MORE JOY WORKSHOP — 5-Day Workshop with Esalen Staff
See pages 34-35 for description.

For reservation information, see page 36.

April 4-6
Big Sur
AN EASTER CELEBRATION
Weekend Workshop
with JAMES F. T. BUGENTAL
and ELIZABETH KEBER

An Easter celebration of birth, maturing, death and the mystery beyond—with sensory awareness, fantasy, body potential and interpersonal exploration.

$65 per person

See pages 12-13, March 7-9, San Francisco for biographical data.

April 4-6
Big Sur
GROWTH ENCOUNTER
Weekend Workshop
with Esalen Staff

This workshop will combine encounter groups, sensory awakening, psychodrama, meditation and other approaches being explored at Esalen.

$65 per person

April 6-11
Big Sur
PSYCHODRAMA AND PERSONAL GROWTH
5-Day Workshop
with LEON J FINE

Psychodrama is a method of examining or rehearsing real life which involves the whole person and not just his words alone. Dr. Fine will use individual and group psychodrama, together with small encounter groups.

$165 per person

LEON J. FINE is Assistant Clinical Professor of Psychiatry at the University of Oregon Medical School and director of Seminars in Group Processes in Portland. He has conducted psychodrama workshops with professionals, families and couples in many states and in Japan.

April 6-11 — Big Sur: GESTALT AWARENESS TRAINING — 5-Day Open Workshop with JOSEPH J. DOWNING
See pages 30-31 for description.

April 6-11 — Big Sur: INTIMACY: ENCOUNTER FOR COUPLES — 5-Day Workshop
with JOHN and ANNE HEIDER *See page 32 for description.*

April 11-13
Big Sur
A WEEKEND WITH J. L. MORENO

J. L. Moreno is the inventor and developer of psychodrama and pioneered much of the earliest work with group therapy and therapies involving fantasy and the use of the body. He is the Founder-President of the World Center for Psychodrama, Sociometry and Group Psychotherapy.

$75 per person

April 11-13 — Big Sur: THE FIVE SENSES — Weekend Workshop with BERNARD GUNTHER
See page 33 for description.

April 13-18 — Big Sur: GESTALT AWARENESS TRAINING — 5-Day Open Workshop with ROBERT K. HALL
See pages 30-31 for description.

April 13-18
Big Sur
ENERGY AND ENCOUNTER
5-Day Workshop
with EDWARD MAUPIN
and STEVEN A. STROUD

Thinking . . . Moving . . . Fighting . . . Loving . . . an inexhaustible river of energy for these and other life processes flows through us if we don't inhibit it. Using intensive encounter and body awareness groups to release energy blocks with hypnotic and meditative techniques to discover and tap the energy source within us, participants will explore ways to creatively release this energy into the world.

$165 per person

See page 8, January 17-19, San Francisco, for biographical data on Steven A. Stroud.
See page 32 for biographical data on Edward Maupin.

April 13-18 — Big Sur: MASSAGE AND MEDITATION — 5-Day Workshop with MOLLY DAY SCHACKMAN
$165 per person *See page 21, March 2-7, Big Sur, for description.*

April 18-20 — Big Sur: STILLNESS, SENSING AND CEREMONY: The Way of Tea — Weekend Workshop with
MILLY JOHNSTONE and CHARLOTTE SELVER *See page 29 for description.*

April 18-20 — Big Sur: GESTALT AWARENESS TRAINING — Weekend Lecture-Demonstration
with FREDERICK S. PERLS *See pages 30-32 for description.*

April 18-20
Big Sur
GROWTH ENCOUNTER

This weekend workshop with Esalen Staff members will combine encounter groups, sensory awakening, psychodrama, meditation and other approaches being explored at Esalen.

$65 per person

April 18-20 – Big Sur: GESTALT AWARENESS TRAINING – Weekend Workshop with GEORGE I. and JUDITH BROWN

See pages 30-31 for description.

April 20-25 – Big Sur: THE DELIGHT OF IMMEDIACY – 5-Day Workshop with CHARLES BROOKS

See page 29 for description.

April 20-25
Big Sur
5-Day
ENCOUNTERTAPE
WORKSHOP

The Bell & Howell *Personal Growth ENCOUNTERTAPE Program* is a set of audio-tape recordings that a self-directed encounter group can use to conduct its own sessions. The focusing activities of the ten sessions are designed to bring the group members into confrontation and to help them learn as much as possible from that confrontation. The workshop is suggested as a way for persons interested in use of the ENCOUNTERTAPES in their own settings to acquaint themselves with its operation.

The ENCOUNTERTAPES were developed as the result of an eight year research project conducted at the Western Behavioral Sciences Institute by Betty Berzon. They were developed to make available a personal growth learning experience to large numbers of people in situations where a professional group leader is not accessible.

During the workshop, films of Gestalt Therapy sessions will be shown; and, if time permits, tapes of other seminars will be played. A staff member will be available for consultation.

$150 per person

April 20-25 – Big Sur: THEORIES, THERAPIES AND THERAPISTS: Recent Innovations in Psychotherapy – 5-Day Workshop with DICK MILLER and LAWRENCE BLOOMBERG *See page 7, January 13-16, San Francisco, for description.*

$185 per person

April 25-27 – Big Sur: Weekend Workshop with WILLIAM C. SCHUTZ *See pages 34-35 for description.*

April 25-27 – Big Sur: OPTIMUM DEVELOPMENT – Weekend Workshop with JAMES FADIMAN

$65 per person

See page 15, April 7-10, San Francisco, for description.

April 27-May 2 – Big Sur: MORE JOY WORKSHOP – 5-Day Workshop with Esalen Staff

See pages 34-35 for description.

May 2-4
Big Sur
DEVELOPING HEALTHY
ORGANIZATIONS
Weekend Workshop with
ROBERT TANNENBAUM

This seminar is designed for individuals from a wide variety of organizations—industrial, educational, governmental, community, religious—who are concerned about the health of their organizations and who are in a position to do something about it. Through presentations, discussions, exercises and other participant-involving modes, current ideas and methods relating to what is being called "organizational development" will be explored. Throughout, the emphasis will be on growthful people in healthy (and effective) organizations.

$65 per person

ROBERT TANNENBAUM is Professor of Behavioral Science at UCLA's Graduate School of Business Administration and a Fellow of the NTL Institute for Applied Behavioral Science. For years he has been a leader in the field of Sensitivity Training; and he is currently a co-director of UCLA's 10-week residential program, "Learning Community in Organizational Development." He has written extensively in the fields of organization theory and practice, leadership and sensitivity training.

May 2-4
Big Sur
FANTASY WEEKEND
Weekend Workshop
with HERB OTTO

Small groups and a variety of methods will be utilized to expand the horizons of imagination and to foster the productive use of our capacity to dream. Among the methods used will be the Open-Ended Group Fantasy Method, the Paradise Fantasy, the Vocational Fantasy Method, Daydream Productivity, the Brainstorming Fantasy, the Fantasy Production Method, the Oceanic and Myth Fantasy Method, the Love Fantasy Integration Method and others. Focus will be on fantasy production and use of imagination as related to personal and vocational functioning.

$65 per person

HERBERT OTTO, Ph.D., formerly associate professor at the Graduate School of Social Work, University of Utah, is now Director of Research with the W. Clement and Jessie V. Stone Foundation. He is editor of Explorations in Human Potentialities *(Thomas, 1966) and* Human Potentialities: The Challenge and the Promise *(Green, 1968) and author of* Guide to Developing Your Potential *(Scribners, 1967) and* Group Methods Designed to Actualize Human Potential: A Handbook *(Achievement Motivation Systems, Chicago, 1968).*

For reservation information, see page 36.

May 2-4 — Big Sur:
with CHARLOTTE SELVER

TOWARDS EXPANDED CONSCIOUSNESS — Weekend Workshop
See page 29 for description.

May 4-9 — Big Sur:
$165 per person

MASSAGE AND MEDITATION — 5-Day Workshop with MOLLY DAY SCHACKMAN
See page 21, March 2-7, Big Sur, for description.

May 4-9
Big Sur
A CRAFT WORKSHOP
5-Day Workshop with
THE GUILD OF HANDS

This workshop will consist of individual and group work in a variety of materials and techniques, with emphasis on ways of bringing natural, inherent form to the fullest possible expression. Informal evening discussions will explore the role of simple, creative work as an aid in developing self-reliance (advocated by Gandhi in the Hind Swaraj, or home role) as a counteraction to the pressures in modern society toward dependency and conformity.

BAKING: Bread, Pastry
CERAMICS: Stoneware, Porcelain, Hand-Building
GRAPHICS: Woodcuts, Serigraphy, Drawing
LEATHERWORK: Sandals, Handbags, Garments
METAL: Sculpture, Casting, Enameling
PHOTOGRAPHY: Field Work, Darkroom Work
TEXTILES: Batik, Weaving, Spinning

$165 per person

Guild craftsmen are available for individual instruction with two weeks advance notice. Write Guild of Hands, Esalen Institute, Big Sur, California 93920.

May 4-9 — Big Sur:
with JOHN and ANNE HEIDER

INTIMACY: ENCOUNTER FOR COUPLES — 5-Day Workshop
See page 32 for description.

May 9-11
Big Sur
ON BEING JEWISH-AGAIN
Weekend Workshop
with AL DRUCKER
and SARA UNOBSKEY

This weekend workshop will explore the fun you once thought that it might be to be Jewish. Together, through "tradition", we will meet our pogroms and Messiahs. Chicken soup will be provided.

$65 per person

AL DRUCKER and SARA UNOBSKEY are both encounter group leaders familiar with psychodrama, behavior modification and Gestalt techniques. They are both Jews who have survived.

May 9-11
Big Sur
DISCOVERING THE
SELVES INSIDE YOU
Weekend Workshop
with STEWART SHAPIRO

By means of encounter groups, meditation, art, music, psychodrama, body movement and fantasy, each participant will be encouraged to discover and actually map out his various subselves and to see how they do or do not work together. Building on the universal human need for personal integration, the emphasis will be on bringing out the life-loving positive organizing force within each person. Various ways of learning how to become a good parent to one's inner child and to develop an inner "chairman of the board" will be explored.

$65 per person

STEWART SHAPIRO is an Associate Professor of Education and Director of Counseling and Guidance, Department of Education, University of California at Santa Barbara, and an experienced psychotherapist. He has also done extensive work in human relations and sensitivity training with the National Training Laboratories, Washington, D.C.

The following workshops are of particular interest to teachers, principals and school administrators:

BIG SUR WORKSHOPS

January 31-February 2 with Sara Unobskey and Michael Kahn
CLASSICAL AND OPERANT CONDITIONING IN THE ENCOUNTER
See page 20 for description.

February 28-March 2 with Richard Katz
CREATING AN EDUCATION: AN EXPERIENTIAL WORKSHOP
See page 21 for description.

March 21-23 with Sara Unobskey
ENCOUNTER GROUP METHODS FOR TEACHING READING IN THE ELEMENTARY SCHOOLS
See page 23 for description.

March 30-April 4 with George I. Brown and Ford-Esalen Staff
TRAINING IN HUMANISTIC EDUCATION
See page 24 for description.

SAN FRANCISCO WORKSHOPS

January 6, February 3, March 3, April 7 with William C. Schutz
PARTICIPATION DISCUSSIONS
See pages 34-35 for description.

January 24-26 with Janet Lederman
EDUCATIONAL WORKSHOP IN THE "AFFECTIVE DOMAIN"
See page 8 for description.

February 17-20 with Peter Marin
EDUCATION AS AN OPEN FIELD: RETHINKING EVERYTHING
See page 11 for description.

February 21-22 with Peter Marin and Students
TURNABOUT (Highschool students leading workshop for adults)
See page 11 for description.

April 28-May 1 with Charles Brooks
CONTACT vs. TECHNIQUE AND MANIPULATION
See page 29 for description.

PROGRAMS AT STANFORD

Programs similar to those described in this brochure are being held in the Stanford University-Palo Alto area under the sponsorship of a group of Stanford students and faculty. Non-students and non-faculty members may attend these programs. They usually cost $15 or $17.50 per weekend. For further information contact: Martine Boot, 57 Homer Lane, Menlo Park, 94025, telephone (415) 854-5681.

Virginia Satir will lead a four-week intensive training workshop in Big Sur in the summer of 1969 from June 29 to July 25.

VIRGINIA SATIR is a Director of the Esalen Institute. She was formerly Director of Training for the Family Project, Mental Research Institute, Palo Alto. She is also a consultant to family research projects and training programs throughout the United States. Mrs. Satir has introduced approaches derived from her own experience as a family therapist and from research at the Mental Research Institute to workshops and clinics in the United States, Canada, and Europe. She has become increasingly interested in the positive aspects of family health and has helped to establish "well family" clinics in various parts of the United States. She is the author of Conjoint Family Therapy.

For reservation information, see page 36

In describing her work, Miss Selver writes, "Much as we may wish to live in the present, we are often preoccupied with images and ideas of *how it ought to be.* Instead of responding to the situation at hand with the innumerable nerves, muscles and interweavings of consciousness which we are, much of us is immobilized by early conditioning, emotional problems or habit. But children and sages have a different way of functioning. For them the world flows into consciousness as the air into their lungs, and their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our lack of immediacy which is usually felt as tedium and which necessitates ever stronger stimuli in the search for joy or self-disciplines in the search for peace By giving up these preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what *should be* but to what *is,* and the world catches fire for us.

"These workshops will explore direct experience, which as it becomes clearer and stronger will slowly burn away the screen of concepts and restrictions which our conditioning has interposed between ourselves and living."

BIG SUR

February 28-March 2
BEING ALL THERE
Weekend Workshop with CHARLES BROOKS $65 per person

March 2-7
THE FOUR DIGNITIES OF MAN: Walking, Standing, Sitting, Lying
5-Day Workshop with CHARLES BROOKS $165 per person

April 18-20
STILLNESS, SENSING AND CEREMONY: The Way of Tea
Weekend Workshop with MILLY JOHNSTONE and CHARLOTTE SELVER

The traditional Japanese Tea Ceremony, like the Tai Chi Chuan of China, has been practiced for centuries in the Orient to bring its followers to the cultivation of mental quiet in full sensory presence. This workshop will blend the ancient Eastern rite with the modern Western approach of Sensory Awareness. Mrs. Johnstone, who officially introduced the Tea Ceremony for the Urasenke Tea School at the New York World's Fair, and who has been instrumental in bringing the School itself to the United States, will perform and explain the ceremony, for which participants will be prepared by Charlotte Selver. $75 per person

May 2-4
TOWARDS EXPANDED CONSCIOUSNESS
Weekend Workshop with CHARLOTTE SELVER $65 per person

SAN FRANCISCO

February 24-27
BEING ALL THERE
4-Day Workshop with CHARLOTTE SELVER
Time: 6:00 to 10:30 p.m., Monday thru Thursday, February 24-27
Registration: $75 per person

March 14-16
THE DELIGHT OF IMMEDIACY
Weekend Workshop with CHARLOTTE SELVER
Time: begins 8:00 p.m., Friday, March 14
Registration: $45 per person

April 16-17
STILLNESS, SENSING AND CEREMONY: The Way of Tea
2-Day Workshop with MILLY JOHNSTONE and CHARLOTTE SELVER
See April 18-20 Workshop (above) for description.
Time: 6:00 to 10:30 p.m., Wednesday and Thursday, April 16-17
Registration: $40 per person

April 28-May 1
CONTACT vs. TECHNIQUE AND MANIPULATION
4-Day Workshop with CHARLES BROOKS
A Study Group for educators, therapists, social workers and parents.
Time: 6:00 to 10:30 p.m., Monday Thru Thursday, April 28-May 1
Registration: $75 per person

CHARLOTTE SELVER and CHARLES V.W. BROOKS are in residence at Esalen Big Sur this spring on leave from the Faculty of the New School for Social Research, New York. Their field is Sensory Awareness, Perception and Non-verbal Communication. They hold regular classes in New York and conduct seminars and study groups throughout the United States and in Mexico.

Originated by Elsa Gindler in Germany, Sensory Awareness has been developed by Miss Selver through 30 years of teaching and exploration. Miss Selver's pioneering work in the United States has been the basis for much of the work with sensory awareness, sensory awakening and related approaches which are now gaining wide acceptance. Since 1956 she has held joint seminars with Alan Watts, and for the past three years she and Charles Brooks have held joint seminars with Shunryu Suzuki Roshi, Zen Master, Abbot of Zen Mountain Center, Tassajara. Charles Brooks has assisted Miss Selver since 1963 and has conducted his own workshops in Santiago, Chile, Berkeley, Tassajara and Monhegan, Maine.

Gestalt Training, by emphasizing the awareness continuum of oneself and the world, is a way (Tao) of living and enhancing one's experience. It is non-analytic. It attempts to integrate the fragmented, split personality through non-interpretive focusing in the here-and-now.

FREDERICK S. PERLS, the founder of Gestalt Therapy, Associate in Residence at Esalen Institute, Big Sur
JAMES S. SIMKIN, clinical psychologist, Beverly Hills, co-leader of professional training groups with Dr. Perls for five years
JOSEPH J. DOWNING, psychiatrist, Director of San Francisco Gestalt Therapy Institute
ROBERT K. HALL, psychiatrist, Associate in Residence at Esalen Institute, Big Sur
CLAUDIO NARANJO, psychiatrist, Santiago, Chile, and Berkeley, California
EARL H. KRAMER, psychiatrist, Concord, California
ABRAHAM LEVITSKY, psychologist, San Francisco, California

BIG SUR:
OPEN WORKSHOPS

5-DAY OPEN WORKSHOPS

January 5-10 . . . . . Hall
January 12-17 . . . Downing
April 6-11 . . . . . Downing
April 13-18. . . . . Hall
$165 per person

OPEN WEEKENDS

Lecture-Demonstrations with
FREDERICK S. PERLS
February 14-16
March 14-16
April 18-20
$75 per person

Experiential Weekends with
DOWNING, HALL, NARANJO
January 10-12
January 24-26
March 7-9
$65 per person

March 9-14 — Big Sur
OPEN WORKSHOP IN GESTALT TRAINING AND STRUCTURAL INTEGRATION
5-Day Open Workshop with ROBERT K. HALL and J. STANLEY JOHNSON

Structural Integration, as practiced and taught by Dr. Ida P. Rolf, is a system of deep musculo-fascial organization which seeks to release excessive tension and to realign body structure to establish more efficient total functioning. It is now being used in conjunction with Gestalt Awareness Training as part of a more comprehensive program of human growth.

Each participant will have two one-hour long structural integration treatments.

$225 per person

BIG SUR:
PROFESSIONAL
5-DAY WORKSHOPS

OPEN PROFESSIONAL WORKSHOPS with JAMES S. SIMKIN

5-Day workshops for professionals working with people (educators, ministers, mental health workers, probation officers, etc.)

January 19-24 (with Earl H. Kramer)
February 16-21
March 16-21
$185 per person

PROFESSIONAL WORKSHOP with FREDERICK S. PERLS

March 16-21
$225 per person

PROFESSIONAL WORKSHOP FOR DENTISTS
Led by ROBERT K. HALL and JACK L. ROSENBERG

January 12-17
See page 18 for description.
$195 per person

For all professional workshops please apply well in advance and state your qualifications.

SAN FRANCISCO
OPEN WORKSHOPS

4-DAY OPEN WORKSHOPS with GESTALT TRAINING STAFF

February 24-27
April 28-May 1
Time: 6:30 to 10:30 p.m., Monday thru Thursday
Registration: $65 per person

For reservation information, see page 36.

The San Francisco Gestalt Institute offers additional workshops and professional training in Gestalt Therapy. Their schedule is available by writing or calling Jerry Rothstein, Executive Secretary, 1304 Masonic Avenue, San Francisco, California, 431-8585.

WORKSHOPS IN GESTALT AWARENESS TRAINING WITH GEORGE I. AND JUDITH BROWN

Based on principles of Gestalt Therapy, awareness training as practiced by the Browns involves two phases:

(1) Readiness techniques such as non-verbal communication games, sensory awakening, encounter and the conscious use of fantasy;

(2) Gestalt awareness training with the intent of helping workshop members get in touch with themselves, to become more aware of each other, to move through fantasy, illusion and preconception to "who" and "what" is really there.

Appropriate for individuals and couples. All workshops limited to 20 persons.

WEEKEND WORKSHOPS IN BIG SUR

January 17-19 Gestalt Awareness Training (open)
February 14-16 Gestalt Awareness Training (for couples only)
$65 per person

5-DAY WORKSHOP (open) IN BIG SUR

March 23-28 Reality and Illusion: Learning to Discriminate
$165 per person

WEEKEND WORKSHOP IN SAN FRANCISCO

April 18-20 Gestalt Awareness Training (open)
Time: begins 8:00 p.m., Friday, April 18
Registration: $45 per person

GEORGE ISAAC BROWN teaches courses in group interaction, creativity and awareness training as a professor at the University of California, Santa Barbara. He is director of the Ford-Esalen project and is a nationally-known researcher in the affective domain and creativity. With his wife he has given workshops and seminars for many diverse groups in the United States and Canada. He is the author of Now: The Human Dimension.

JUDITH R. BROWN, co-trainer with her husband, brings much experience in group awareness. Her approach is based on principles of Gestalt Therapy as founded by Dr. Frederick Perls, with whom she has worked as a co-therapist.

SPECIAL INFORMATION

SPECIAL INFORMATION: Contributions to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops.

Listener-sponsored radio station KPFA-FM in Berkeley broadcasts portions of Esalen seminars and lectures and provides a program guide. San Francisco television station KQED, Channel 9, has "Experiments With Esalen". Other radio stations broadcasting all or portions of Esalen events are: KFRC ("Perspectives" on Sunday evenings 10:00 to midnight), KPEN-FM ("University Seminars" Sunday evenings at 11:00 p.m.), and KUOP-FM (University of the Pacific, Stockton). Last year, a series of Esalen programs was broadcast over 40 educational radio stations under the title "Seminar: Big Sur" distributed by National Educational Radio.

We have established a service to provide copies of tape recordings made during some Esalen seminars and lectures in San Francisco and Big Sur. Professional persons or organizations interested in specific recorded tapes of past, present or future programs, please write: BIG SUR RECORDINGS, P.O. Box 6633, Carmel, California 93921.

16mm films and videotapes of Dr. Perl's approach to Gestalt Therapy are now available for professional use on a rental basis. For information write: Frederick S. Perls, M.D., Esalen Institute, Big Sur, California 93920.

Libraries and institutions with microfilm equipment may secure records of Esalen history, brochures and publications through: MICROBIZ, 590 Howard, San Francisco 94105.

SPECIAL NOTE: If you have not attended a seminar or workshop during the past year and are not a Contributing Member of Esalen, but wish to remain on the Esalen mailing list for future brochures, or have a friend whom you wish to have placed on that list, a subscription to the Esalen mailings is $2 per year. First requests for Esalen brochures are sent without charge, but we would like to know that those who continue to be on the mailing list are there because they wish to be and are willing to share in the expense of the brochures.

We continue to welcome your suggestions regarding the approach and content of the Esalen program.

BEST COPY AVAILABLE

January 24-28 — Big Sur
BODY AWARENESS AND THE SENSE OF BEING
Weekend Workshop

This workshop will focus on increasing the depth with which the body is experienced and will demonstrate ways in which this awareness may be carried over into experiencing and contacting other people.

$65 per person

February 17-20
San Francisco
BODY AWARENESS AND THE SENSE OF BEING
4-Day Workshop

This workshop will focus on the physical sense of being, especially the different types of experiencing which are constantly taking place in the different experiential realms of the body. This exploration will be drawn, in part, from kundalini yoga. The increased body awareness will be carried over into experiencing and interacting with other people.

Time: 6:00 to 10:30 p.m., Monday thru Thursday, February 17-20

Registration: $75 per person

February 23-28 — Big Sur
March 9-14 — Big Sur
BODY AWARENESS, THE SENSE OF BEING AND ENCOUNTER
5-Day Workshops

These workshops will include an on-going encounter group plus intensive daily sessions designed to increase awareness of the physical being. The focus on what is actually being felt in the body bases interpersonal encounter more firmly in reality than is often the case.

$175 per person

April 13-18 — Big Sur: ENERGY AND ENCOUNTER Co-led with STEVEN A. STROUD

See page 25 for description.

EDWARD MAUPIN, Ph.D., is an Associate-in-Residence at Esalen Institute, Big Sur, and is a Director of the Esalen Resident Program. He was formerly at the Neuropsychiatric Institute, UCLA. In his work he draws upon a wide variety of approaches to body awareness, including methods derived from Wilhelm Reich, Alexander Lowen, Ida Rolf, Mary Whitehouse and the psycho-physical disciplines of various religious and esoteric traditions, such as Tantric Yoga and Christian Mysticism.

February 16-21 — Big Sur
ECLECTIC ENCOUNTER
5-Day Workshop

Eclectic Encounter combines a variety of growth experiences. Participants in this workshop will be exposed to massage, meditation, sensory awakening and other forms of verbal and non-verbal encounter. Emphasis will be placed on the flow of group experience and on how individuals contact themselves, others and the world around themselves.

To foster the intensity of this workshop, registration will be limited to twelve participants.

$185 per person

March 9-14
Big Sur
OVERVIEW OF ENCOUNTER TECHNIQUE
5-Day Workshop

This workshop is designed primarily for those who lead groups or do similar work: therapists, teachers, ministers, etc. Participants will be exposed to the same variety of experiences described for the above workshop. Here, however, emphasis will be placed on teaching one how to use, adapt or invent tools for application in other contexts. Experiential and didactic sessions will be combined.

$165 per person

March 31-April 3
San Francisco
THE FRONTIERS OF ENCOUNTER TECHNIQUE
4-Day Workshop Co-led with STEVEN A. STROUD

The encounter group represents one of the richest training grounds for the intensive development of human potential. Here members may explore and expand themselves within the laboratory of the group.

It is now possible to speak of the systematic development of various functions:

(1) Development of sensory receptivity: learning to become aware of internal and external reality by reawakening the sense organs.

(2) Development of emotional expression: learning to recognize the emotional state of oneself and of others and to release the barriers to honest expression.

(3) Development of intuition: learning to recognize and trust the small cues the environment offers.

(4) Development of the ability to move one's body: learning to live harmoniously within the world of muscles and viscera.

The techniques used, some new and some old, include sensory awakening exercises, moving meditation, sitting meditation, interpersonal encounter, non-verbal encounter, psychodramatics and experiments with group energies through various forms of self-expression and release.

Time: 6:00 to 10:30 p.m., Monday thru Thursday, March 31-April 3

Registration: $165 per person

For reservation information, see page 36.

April 6-11
Big Sur
May 4-9
Big Sur
INTIMACY:
ENCOUNTER FOR COUPLES
5-Day Workshops
Co-led with ANNE HEIDER

These workshops are designed for couples who wish to learn basic skills of verbal and non-verbal encounter. Emphasis will be placed on sensory/sensual sensitivity, upon the accurate reception and transmission of thought, emotion, intuition, and touch. Size of these groups will be limited to six couples, thus insuring intensive work for all participants.

$370 per couple

JOHN HEIDER, Ph.D., is a Director of the Esalen Institute Resident Program. He has done research on the effects of meditation on perception. He is particularly interested in the role which Esalen plays as a crossroads for many diverse elements of the Human Potential Movement; and he views himself as a natural philosopher working toward integrations of such practices as dance, meditation, sensory awakening and the adventure of encounter.

ANNE HEIDER holds a Masters degree in musicology from New York University. She has been a Resident Fellow, a special assistant to Dr. William C. Schutz and co-leader of many encounter groups with her husband John.

January 17-19 — Big Sur
ADVANCED
SENSORY WORKSHOP
Weekend Workshop

Deepening sensory feeling in oneself, the world and others will be the focus in this experimental workshop. The group will be asked to experience and expand new methods developed by Mr. Gunther. Open only to those who have been in *previous Sensory Awakening workshops.* $65 per person

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February 16-21 — Big Sur
WORDS, FEELINGS
AND THE BODY
5-Day Workshop

A week-long experimental workshop that will include some new approaches to awareness including non-verbal communication, sensory and verbal encounter, body role-playing, meditation, massage and the hot mineral baths as methods for increasing energy, decreasing the illusory split between mind and body, words and feelings. $165 per person

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March 17-20 — San Francisco
SENSORY CELEBRATIONS
AND MEDITATIONS
4-Day Workshop

A workshop in Sensory Awakening which will include a series of sensory celebrations and meditations.

Time: 8:00 to 10:00 p.m., Monday thru Thursday, March 17-20
Registration: $5 per person per evening; $18 per person per series

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April 11-13 — Big Sur
THE FIVE SENSES
Weekend Workshop

A weekend in which individual sessions will be devoted to becoming more sensitive in seeing, smelling, hearing, touching, tasting—being more aware in every sense.

$65 per person

BERNARD GUNTHER is a student of Yoga, Zen and various Western mind/body ways toward integration. He has amalgamated many of these methods into his own approach to direct experience and non-verbal communication known as Sensory Awakening. This method centers around experiments and games to increase aliveness and awareness. Mr. Gunther is the author of the book SENSE RELAXATION—Below Your Mind *(MacMillan-Collier 1968), two long playing records and a number of articles and poems.*

January 5-10
Big Sur
EXPLORATIONS
IN SELF-AWARENESS
5-Day Workshop

Much of psychiatry, spiritual disciplines and artistic activity is an answer to an implicit or explicit need for self-knowledge, which can in turn lend greater harmony to our lives. This workshop will consist of a practical demonstration of many techniques, new and old, that bear relation to this quest and may be applied by the individual in his ordinary life.

$165 per person

February 3-6
San Francisco
TEACHING TALES
OF THE SUFI TRADITION
4-Day Seminar

A seminar devoted to extracting as much meaning as possible from tales and jokes that were specifically designed to be used as objects of meditation.

Time: 6:00 to 10:30 p.m., Monday thru Thursday, February 3-6
Registration: $75 per person

March 2-7
Big Sur
EXPERIMENTS IN
READING AND WRITING
5-Day Workshop

A number of texts will be read (proverbs, parables, poems) in different ways in order to reach—hopefully—their hidden meaning. Participants will also be led to experience different approaches to the writing situation, ranging from free association of thinking to automatic writing. The emphasis will be on self-discovery rather than literary achievement. Communication of ongoing experiences will be important; therefore openness is required.

$165 per person

March 23-28 — Big Sur
BEING ONESELF
5-Day Workshop

The workshop will consist of a series of experiences, physical, social and artistic, that constitute a challenge in terms of authenticity and spontaneity, and can help to develop these qualities. $165 per person

CLAUDIO NARANJO, Santiago, Chile, is a research psychiatrist, University of Chile; associate, Institute for Personality Assessment and Research, University of California, Berkeley; and Associate in Residence at Esalen Institute. He has studied the use of hallucinogens by shamans in different parts of South America and has introduced several psychotropic drugs into clinical practice. He is deeply concerned with the relationship between the quests for sanity and enlightenment.

WILLIAM C. SCHUTZ WORKSHOPS — TRANSITION

Dr. Schutz's interests are changing. The first part of his professional career was spent in psychological research and theory culminating in a book on the FIRO theory of interpersonal behavior. The next phase was concerned with encounter groups. His book *JOY* embodies the main ideas he has developed from ten years experience in this area. During the last few years his MORE JOY workshops have been offered at Esalen. Now once more Dr. Schutz is moving on, and his workshops must evolve.

He and the MORE JOY workshops are separating. Over the past years he along with others has been training a selected group of leaders to the point where they can continue the basic orientation of the workshops while also making the experiences grow and develop in individual ways according to interests of the new leaders.

In short, the future of the workshops is in excellent hands. The last week of each month will continue to be alloted to the MORE JOY workshops, which will now be run by the team of six described below.

Dr. Schutz will offer workshops in line with his changing direction. Prior to each MORE JOY workshop he will present a weekend devoted to whatever he is interested in at the moment. Since six months elapses between brochure writing time and the weekends, it is difficult to predict what these topics will be. He is now becoming interested in: various approaches to the body and how the body can be influenced by thought and feeling; further exploration of fantasy and inner imagery; the union of mystical experiences with some phenomena of our Western culture; and social action, particularly openness and honesty as it could apply to such institutions as politics and government. Each weekend will try to achieve the openness of an encounter group and will be a combination of experience and talk, since the integration of thinking and feeling is another topic of great interest to him.

Once a month, Dr. Schutz will present an evening combination of talk and participation in San Francisco. This series is an attempt to present his ideas to a larger audience in a shorter time. The first one (January 6) will be a large Brief Encounter Microlab allowing the audience to experience many of the techniques used in the MORE JOY workshops and to discuss the theory behind them. The February 3 demonstration will be aimed particularly at couples, offering them an opportunity to explore their relationship with some of the methods Dr. Schutz is putting into his new book. The March 3 and April 7 meetings will probably be devoted to the applications of these methods to political discourse and social problems.

PROGRAMS WITH WILLIAM C. SCHUTZ

WEEKEND WORKSHOPS — BIG SUR

January 10-12
February 21-23
March 28-30
April 25-27

$75 per person

EVENING PARTICIPATION DISCUSSIONS IN SAN FRANCISCO

January 6
February 3
March 3
April 7

Time: 8:00 p.m., Monday evenings
Location: Gresham Hall, Grace Cathedral
Registration: $5 per person per evening

ANNOUNCING
The publication of the
JOURNAL OF
TRANSPERSONAL
PSYCHOLOGY

A journal for theoretical and applied research in peak experience, self-transcendence, ultimate values, ecstasy, awe, wonder, B-values, transcendental phenomena and related concepts, experiences and activities. The first issue, which will appear in the spring of 1969, will have articles by Anthony Sutich, Abraham Maslow ("The Farther Reaches of Human Nature"), Roberto Assagioli ("Symbols of Transpersonal Experience"), Michael Murphy ("Education for Transcendence"), Tom Armor ("On the Peak Experience and Transpersonal Psychology") and others. In this or subsequent issues there will be articles by Stanislav Grof on his LSD research in Prague, Czechoslovakia, by Walter Pahnke and by others exploring higher human possibilities.

Charter subscriptions are $5.00, if subscription is made before April 1, 1969. After that the regular subscription price is $7.50 for two issues a year.

For subscriptions write to: Journal of Transpersonal Psychology, Box 4437, Stanford, California 94305.

For reservation information, see page 36.

MORE JOY WORKSHOPS

"JOY" is used to mean the feeling that comes from realizing one's potential. The MORE JOY workshops are aimed in part at expanding the limits of one's self concept, at helping him experience things which he doesn't think he could experience. Every time this expansion is accomplished he feels more joy than he had previously. This glimpse of the possible is usually an invaluable event. Group leaders employ a wide variety of methods to try to help participants be more aware of the reality of what they are, how they feel and what others are really like. These methods include non-verbal, fantasy, dramatic methods, gestalt, meditation, yoga, massage, behavior modification (conditioning) and creativity techniques. Each workshop will include a group especially for couples.

WORKSHOP LEADERS

SEYMOUR CARTER is a former member of Synanon and a specialist in massage.

BETTY FULLER, former Resident Fellow, has her Masters degree in Dramatic Arts and is experienced in stage direction and acting. She is coordinator of the Esalen Consulting Service.

JOHN HEIDER, Ph.D., co-director of the Esalen Resident Program, holds a Doctorate in Psychology. He is conducting research into meditation and other Eastern methods. He also was a Resident Fellow in 1967-68.

STUART MILLER, Ph.D., who holds his Doctorate in Comparative Literature, is experienced as a teacher and administrator in experimental colleges. Dr. Miller is Esalen's Director of Development and a former Resident Fellow.

STEVEN STROUD, a former Resident Fellow, was co-director of the fall Resident Program. He was a Peace Corps member, serving in India. He has special training in hypnosis and altered states of consciousness, especially as applied to encounter.

SARA UNOBSKEY holds her Masters degree in Special Education and is experienced as a teacher and administrator of special programs designed to enrich the learning potential of children and young adults. She is experienced in conditioning techniques and is interested in the relationship between these techniques and the encounter.

SPECIAL ASSISTANTS

ANNE HEIDER is a specialist in Moving Meditation, the Esalen version of Tai Chi Chuan. A former Resident Fellow and Woodrow Wilson scholar, she holds a Masters in Musicology.

PAMELA PORTUGAL, specialist in Yoga, is also a former Resident Fellow. She served with the Peace Corps in Nepal. She is co-author with Dr. Schutz of a forthcoming book on encounter experiences for couples.

BIG SUR

January 26-31
February 23-28
March 30-April 4
April 27-May 2
$165 per person

SAN FRANCISCO

January 13-16
April 7-10
May 5-8
Time: 6:00 to 11:00 p.m., Mondays thru Thursdays
Registration: $65 per person

The 1969-70 Resident Program will begin in September 1969. At the time of this brochure's publication, final plans for the program's exact length, tuition and leadership had not been completed. However, applications for the 1969-70 program may be made now; we will inform all applicants of final decisions regarding the program as soon as they are made. For applications, write: Esalen Resident Program, Box 31389, San Francisco, CA 94131.

ESALEN CONSULTING SERVICE

Esalen is developing resources to assist those individuals, groups, and organizations wishing to apply the various approaches to human development presented in our seminars and workshops.

We have designed programs and provided experienced leaders for many community, governmental, religious, industrial and educational groups. Our work with educational institutions has been especially active; Esalen-type weekends now involve hundreds of students in on-going programs at Stanford University and elsewhere.

If you are interested, write Betty Fuller, Esalen Consulting Service, Box 31389, San Francisco, California 94131.

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San Francisco SEMINARS and WORKSHOPS: Longer events require advance registration by means of a $10 per person (unless another amount is specified) non-refundable deposit. Reservation deadline is one week prior to date of event. Mail reservation form or letter to: ESALEN INSTITUTE, P.O. Box 31389, San Francisco 94131. **Do not send San Francisco reservations to Big Sur.** Many seminars and workshops are filled well in advance. If you plan to attend, avoid disappointment by making an early reservation.

Specific meeting times for weekend workshops are announced at the first meeting. (They generally are composed of one Friday evening session, two or three Saturday sessions, and one Sunday morning session.)

San Francisco LECTURES, PANELS and SYMPOSIA: Tickets may be purchased by mail from Esalen Institute, P.O. Box 31389, San Francisco 94131. Please enclose self-addressed stamped envelope for quicker return of tickets. Tickets are also on sale in advance for most events, at: **San Francisco**—Grace Cathedral Gift Shop, California and Taylor; City Lights Books, 261 Columbus. **Berkeley**—Record City, 2340 Telegraph Avenue. Any event may be cancelled if advance sale shows insufficient interest. When not sold out in advance, tickets may be purchased at the door.

Saint Aidan's Episcopal Church is located at 101 Goldmine Drive at Diamond Heights Boulevard. Approach Diamond Heights Redevelopment by upper Market or Portola Drive. The No. 37 Corbett Municipal bus also reaches the church.

The Berkeley Center for Human Interaction is located at 1820 Scenic Avenue, Berkeley, just north of the University of California campus. Parking is available at the corner of Scenic and Arch Street.

Grounds are closed except by reservation. Participants are discouraged from bringing guests or having people drop in.

SCHEDULES: Weekend seminars begin with dinner at 7:30 on Friday evening and end with lunch on Sunday. 5-day workshops begin on Sunday with dinner at 7:30, ending on Friday after lunch. The first session of each workshop begins at 9:00 on the first evening.

COSTS: The rooms on Esalen property are designed for shared occupancy, and seminar and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. On the rare occasion when light attendance at a program makes single accommodation possible, there is a surcharge of $7.00 per night. The amount covers tuition, food and lodging, use of the fresh-water pool and hot mineral baths, and the scheduled periods of Tai Chi Chuan. Massage, available by appointment, is extra.

ACCOMMODATIONS: are usually possible at Esalen Institute; if the property is full, we will reserve rooms at nearby motels. There is a surcharge for off-property accommodations; rates vary according to season and type of accommodation desired. Rates will be supplied by the Esalen office at time of inquiry.

CHECK IN / CHECK OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening. However, this does not prevent guests from arriving earlier in the afternoon. Check-out time is before noon on the last day of the program; since most last morning programs run up to noon or later, guests should arrange to have their rooms vacated before the last morning session.

CHILDREN AND PETS: There are no child care facilities available at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Pets, alas, are not welcome at all.

MEMBER RATES: Contributing Members, $10 discount on all seminars and workshops.

RESERVATIONS: must be made at least one week before the first day of the seminar or workshop. Accompanying the reservation a $20 deposit for weekend seminars, $50 for 5-day workshops, **both non-refundable,** is required (unless another amount is specified). Please mail reservation form with check to: Reservation Desk, Esalen Institute, Big Sur, California 93920. **Do not send Big Sur reservations to San Francisco.**

FOREIGN CURRENCY: Esalen can only accept checks drawn on U.S. funds. For our Canadian participants: most Canadian banks are able to furnish checks drawn in U.S. funds which will be acceptable.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The porperty, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name. From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute—Reservation Only.

LIMOUSINE SERVICE from Monterey: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $15 per person from Monterey airport or Greyhound terminal, **with 3 to 5 days advance notice.** On arrival, guests should inquire at terminal service counter for the Esalen representative.

RIDES from San Francisco Bay Area: If you NEED a ride or can OFFER a ride to Big Sur, please call this San Francisco phone number—431-8771—and leave your name and phone number. This should be done from 3 to 5 days before the date you will be leaving for Big Sur. Unfortunately, this service cannot be offered for any other area.

RECOMMENDED DRESS: Slacks, sweaters, jeans, flat shoes for women, bathing suits for outdoor pool. Since there are many activities at night and the grounds are not brightly lighted, please bring a flashlight for your own convenience and safety.

ESALEN INSTITUTE RESERVATION AND TICKET ORDER FORM

This form is for your convenience in preparing attendance at Esalen seminars, workshops and lectures. You may use it for either Big Sur or San Francisco area programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please do make reservations early; some seminars are booked to capacity months in advance.

Name _____ Telephone _____

Address _____

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☐ Please check box if you do NOT now receive Esalen mailings and wish to be added to our mailing list.

For Big Sur reservations, check whether you wish ☐ shared room or ☐ single room on a space-available basis. A $5 per night additional charge is required for single accommodations. If you are arranging your own lodging elsewhere, check here ☐. Reservations may be assigned at either Big Sur Hot Springs or nearby motels at the discretion of Esalen.

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The continuing work of Esalen Institute is funded virtually in toto through tuitions paid by those attending workshops and seminars—but future development and expansion depends upon funds assured through Memberships and special project grants.

As a Contributing Member, you enjoy a tuition reduction of $10 at every seminar and workshop you attend, a similar reduction in Encounter Group membership fees, and mailings of The Esalen Newsletter and regular brochures.

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All gifts and membership fees are tax-deductible. Esalen Institute is a non-profit California corporation with federal tax-exempt status.

ESALEN INSTITUTE RESERVATION AND TICKET ORDER FORM (continued from other side)

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*San Francisco **seminars** and **workshops** require a $10 non-refundable deposit. Big Sur **seminars** and **workshops** require a non-refundable deposit of $10 **per night.** The balance is payable at the time of the program itself. Tickets for **lectures** and **symposia** are sold in advance at full price; refunds may be made up until 24 hours before the event.

Mail this form with your check, payable to Esalen Institute, to the appropriate address below:

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ESALEN INSTITUTE

Esalen Institute is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a resident program exploring new directions in education and the behavioral sciences.

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The illustrations in this brochure have been selected from various early printed books of the 15th and 16th centuries, and other sources. The front cover is from a woodcut, The Men's Bath, by Albrecht Durer, executed in 1497.

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ESALEN PROGRAMS
SUMMER 1969

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April 16	Bennett Shapiro	Introduction to Encounter
May 5-9	William Hamilton & Richard Rubenstein	Theological Reflection on the Human Potential
May 12	Bennett Shapiro	Introduction to Encounter
May 12-14	Betty Fuller	Couples Workshops
May 15	Baba Ram Dass	Single Evening Appearance
May 16-17	Denny Zeitlin, Judi & Todd Bryant	Weekend Marathon
May 16-18	Fr. Timothy Fallon, Gary Schouborg & Dominic Cirincione	The Theology of Bernard Lonergan
May 19-22	James Fadiman	Optimum Development: Experiential Workshop
May 19-22	Edward Farrell	Experiential Religion Workshop
May 23-25	David Evans, Stewart Brand & Whole Earth Catalog Staff	The Use of Tools
May 23-25	Joel Fort	Confrontation: Police and Revolutionaries
May 27-28	Eleanor Criswell	Perceptual Awareness Seminar
May 28-29	Alec Rubin	Theatre of Encounter
May 29	Roland Fischer	Creative, Psychotic & Ecstatic States
May 29-June 1	Bennett Shapiro	Encounter Workshop
May 30-June 1	José and Miriam Argüelles	Visual Perception Workshop
June 2	William C. Schutz	Participation-Discussion
June 2-5	Janet Lederman	Education Workshop
June 5	Stewart Brand	Compressed Time: Experiential Workshop
June 6-8	Larry Bloomberg & Dick Miller	Experiential Workshop
June 6-8	Miriam Klein & Alysoun Ford	Experiential Workshop
June 6-8	Shyam Bhatnagar	Tantric Way to Self-Realization
June 9-12	Betty Fuller	Experiential Workshop
June 10	Bennett Shapiro	Introduction to Encounter
June 12	Baba Ram Dass	One Evening Appearance
June 13-15	Maurice Friedman & Michael Murphy	Touchstones of Reality: Experiential Workshop
June 13-15	Billy Sharp	Self-Motivation: Experiential Workshop
June 15	Gerald W. Smith	Professional Family Therapy Workshop
June 16, 18, 20	Jane Herman Hill	Workshop for Mothers and Babies
June 16-20	Brother Antoninus & Maurice Friedman	Theological Reflection on the Human Potential
June 16-19	Stanley Krippner	Education of Senses, Emotions & Imagination
June 20-22	Milan Ryzl	Seminar on Parapsychology
June 20-22	Janet Lederman	Education Workshop
June 23-26	Buryl & Iana Payne	Techniques of Emotional Retraining
June 24-27	Bishop John Robinson & Ruth Robinson	Theological Reflection on the Human Potential
June 27-29	Gerald W. Smith	Workshop for Unmarrieds
June 27-29	Bishop John Robinson	Religion Workshop
June 30, July 7, 14, 21	Ralph Metzner	4 Evening Workshops on Maps of the Spiritual Path
June 30-July 3	Stewart Shapiro	Resolution of Personal Conflict: Experiential Workshop
July 3-6	Bennett Shapiro	Couples Workshop
July 7-10	Joseph Fabry	Workshop on Logotherapy
July 7-10	Esalen Staff	Growth Encounter
July 11-13	Katherine Whiteside Taylor	Experiential Workshop
July 14-17	Harold Bessell	Emotional Education for Children
July 16	Bennett Shapiro	Introduction to Encounter
July 18-20	William Smith	Experiential Workshop
July 18-20	Esalen Staff	Growth Encounter
July 21-24	Betty Fuller	Couples Workshop
July 25	Claudio Naranjo	Lecture on the Devil
July 25-27	Abe Levitsky	Encounter Techniques & Political Ideology
July 25-27	Shari Street	Experiential Workshop
July 28-31	Robert Cromey & Donald Lucas	Homosexual-Heterosexual Encounter
July 28-31	Abe Levitsky	Encounter Techniques & Politic. ' Ideology
August 1-3	Willis Elliott	Energy & Ecstasy: Experiential Workshop
August 1-3	James and Elizabeth Keber Bugental	Life is Change: Experiential Workshop
August 4-7	Betty Fuller	Experiential Workshop

The front cover reproduces *The Great Hercules* by Hendrick Goltzius, Dutch, engraving, 1589. (Courtesy of R.E. Lewis, Inc., San Francisco). The other illustrations in this brochure are from various early printed books of the 15th and 16th centuries, two drawings by Leonardo da Vinci, and other sources.

Design: Red Dog Pieface (Peter Bailey): East Wind Printers

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August 8-9	Claudio Naranjo & Dane Rudhyar	Symbols of Spiritual Unfoldment
August 9-10	Dane Rudhyar & Claudio Naranjo	The Illumined Road
August 8-10	James V. & Frances Clark	Couples Workshop
August 11-14	James Fadiman	Experiential Workshop
August 15-17	Joel Fort	Confrontation: Police & Revolutionaries
August 15-17	Michael Kahn	Encounter among Teenagers & Parents
August 16	Joseph Campbell & Huston Smith	Dialogue-Discussion on Tibet
August 18-21	Michael Kahn	Couples Workshop
August 21	Bennett Shapiro	Introduction to Encounter
August 22-24	Shepard & Lois Ginandes	Creative Inspiration: Experiential Workshop
August 22-24	Steven Stroud	Encounter Workshop
August 25-28	Bernard Gunther	Sensory Awakening in the Church
August 29-September 1	Joe Fortier & Sheila Modecke	Encounter Workshop
August 29-September 1	Esalen Staff	Growth Encounter
September 1-4	Janet Lederman	Education Workshop
September 1-4	Steven Stroud	Encounter Workshop
September 5-7	Dick Miller & Staff	Experiential Workshop
September 8-11	Stewart Shapiro	Experiential Workshop

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May 11-14	Bill McGaw & Wilson Van Dusen	Creating New Forms of Worship
May 11-16	Gerard Haigh	Nature and Encounter Workshop
May 11-16	Edward Maupin	Body Awareness, Sense of Being & Encounter
May 16-18	Samuel Culbert	Contributing to the Growth of Others
May 16-18	Russell Lee, Frieda Porat & Stan Mayerson	Couples Workshop
May 18-23	James Simkin	Professional Gestalt Workshop
May 18-23	Arthur Shedlin	Encounter Workshop
May 18-23	Baba Ram Dass	Yoga Workshop
May 23-25	Sam & Heather Keen	Sacred in the Common: Experiential Workshop
May 23-25	William Schutz	Experiential Workshop
May 25-30	Claudio Naranjo	Being Oneself Among Others
May 25-30	Esalen Staff	More Joy Workshop
May 30-June 1	Roland Fischer & Julian Silverman	Creative, Psychotic & Ecstatic States
May 30-June 1	Richard Farson	Encounter Games
May 30-June 1	Alec Rubin	Theatre of Encounter
June 1-27	John Heider & Steven Stroud	Four-Week Experiential Workshop
June 1-6	Carl Hollander & Sue Dodson	Psychodrama Workshop
June 1-6	Seymour Carter & Ron Acciola	Ritual & Meditation Workshop
June 8-13	Gia-Fu Feng & Marshall Ho	I Ching & Tai Chi: Experiential Workshop
June 8-13	Seymour Carter	Massage and Meditation
June 13-15	William Schutz	Experiential Workshop
June 15-20	Edward Maupin	Body Awareness, Sense of Being & Encounter
June 15-20	Joseph Downing	Open Gestalt Workshop
June 20-22	Bernard Gunther	Sensory Awakening Workshop
June 27-29	Edward Maupin	Body Awareness & the Sense of Being
June 29-July 25	Virginia Satir	Four-Week Family Therapy Workshop
June 29-July 6	George I. & Judith Brown	Reality & Illusion: Learning to Discriminate
July 6-13	Dick Miller & Larry Bloomberg	Experiential Workshop
July 13-20	Edward Maupin & J. Stanley Johnson	Body Structure and Awareness
July 20-27	Bernard Gunther	Sensory Awakening for Couples
July 27-August 3	Gia-Fu Feng	I Ching & Tai Chi: Experiential Workshop
July 27-August 3	Claudio Naranjo	Our Masks & Ourselves: Experiential Workshop
July 27-August 3	Huston & Eleanor Smith	Insight & Outlook: Experiential Workshop
July 27-August 3	Esalen Staff	More Joy Workshop
August 3-10	George I. Brown & Ford-Esalen Staff	Training Workshop in Affective Education
August 3-10	James Simkin & Joseph Downing	Professional Gestalt Workshop
August 10-17	Joseph Campbell	World Mythology & the Individual Adventure
August 10-17	Jean Erdman	Movement and Nature
August 10-17	James Simkin & Robert Resnick	Professional Gestalt Workshop
August 17-23	Walt Anderson & Dan Holland	Encountering in the High Sierras
August 17-24	Betty Fuller	Couples Workshop
August 17-24	Claudio Naranjo	Self-Awareness through Meditation and Daily Life
August 17-24	James Simkin & Irma Lee Shepard	Professional Gestalt Workshop
August 24-31	George I. Brown & Ford-Esalen Staff	Training Workshop in Affective Education
August 24-31	James Fadiman	Experiential Workshop
August 31-September 7	Esalen Staff	More Joy Workshop
August 31-September 7	Fritz Faiss	Self-Awareness through Art
August 31-September 7	Guild of Hands	Craft Workshop
September 7-12	Edward Maupin	Body Awareness, Sense of Being & Encounter
September 7-12	Frederick Stoller	Experiential Workshop
September 7-12	Magda Proskauer	Breathing and Awareness

For San Francisco programs only:
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Theological Reflection on The Human Potential

Co-sponsored with
The Division of Christian Life and Mission
NATIONAL COUNCIL OF CHURCHES

In this series of workshops several theologians and philosophers will participate in experiential sessions involving encounter groups, sensory awakening, gestalt awareness training and related disciplines and will then reflect upon their experience from a theological perspective. In the light of the workshop experience they will reflect upon such issues as the nature of God and man, liberation, redemption, God's will, creation and the good life.

The participating theologians and philosophers all share in the contemporary effort to ground theology and philosophy in human experience. For this reason the revelatory and growth-promoting experiences which such workshops facilitate are significant for their theological-philosophical inquiry. Conversely, the increasing experimentation with human potential may benefit greatly from theological reflection upon crucial experiences of change and growth.

Four workshops in this series were run during the January-through-April period. The theologians participating in them were Sam Keen, Harvey Cox, Michael Novak, Bishop James Pike, Gordon Kaufman and John Cobb. More workshops will be held during the fall of 1969 and will be described in the next Esalen brochure. As the series goes on, we will begin to include as leaders people who are not theologians in a formal sense but who are committed to the kind of religious inquiry which this series represents.

For the William Hamilton / Richard Rubenstein and Brother Antoninus/Maurice Friedman workshops, experiential sessions will run Monday through Thursday evenings from 5 until 10. Sessions for theological reflection will be held on Wednesday, Thursday and Friday mornings from 10 until 12. The Robinson workshop will begin with a session on Tuesday, June 24, from 10 a.m. to 12:30 p.m.; the meeting will resume at 5 p.m. on Tuesday and continue with the same schedule as the other workshops. Participants will be notified as to location when they sign up for a workshop. Robert Cromey, Vicar of St. Aidan's Episcopal Church, San Francisco, will moderate the workshop discussions.

May 5-9: WILLIAM HAMILTON and RICHARD RUBENSTEIN
Registration: $75 per person

June 16-20: BROTHER ANTONINUS and MAURICE FRIEDMAN
Registration: $75 per person

June 24-27: BISHOP JOHN A. T. ROBINSON and RUTH ROBINSON
Registration: $75 per person
(This workshop will emphasize the theological-psychological aspects of marriage and the man-woman relationship in general.)

For reservation information, see page 36.

ROBERT CROMEY, Vicar of St. Aidan's Episcopal Church, San Francisco, will moderate the workshop discussions. He is working to combine the kinds of human potential approaches being developed by Esalen into programs at St. Aidan's and elsewhere in the religious community and into the institutions of society. He holds the degree of Bachelor of Sacred Theology from the General Theological Seminary in New York City.

BROTHER ANTONINUS was born in Sacramento in 1912 and grew up in the San Joaquin Valley. He left Fresno State College to go back to the land, to marry, to write his poems and to plant a vineyard. After World War II, which he spent as a conscientious objector, he returned to the Bay Area. He entered the Roman Catholic Church in 1949 and the Dominican Order in 1951. His books include The Residual Years, The Crooked Vines of God, The Hazards of Holiness, *and* The Rose of Solitude.

MAURICE FRIEDMAN is Professor of Religion at Temple University, Philadelphia, and a member of the permanent faculty of Pendle Hill, the Quaker Center for Study and Dialogue at Wallingford, Pa. Dr. Friedman taught for many years at Sarah Lawrence College, The New School for Social Research, and the Washington School of Psychiatry and for shorter periods at Manhattanville, Hebrew Union, and Vassar Colleges and at the William Alanson White Institute of Psychology, Psychoanalysis and Psychiatry. Twenty years of work has established him as the world's foremost interpreter of the life and thought of Martin Buber. He is the author of Martin Buber: The Life of Dialogue; Problematic Rebel: An Image of Modern Man; The Worlds of Existentialism: A Critical Reader; To Deny Our Nothingness: Contemporary Images of Man; *and the forthcoming critical biography* Martin Buber: Encounter on the Narrow Ridge.

WILLIAM HAMILTON, Ph.D., D.H.L., is Professor of Religion at New College, Sarasota, Florida. With Thomas Altizer and Paul Van Buren he has been the best known of the "God is Dead" group of radical theologians. With Altizer he edited Radical Theology and the Death of God; *he is author of* The New Essence of Christianity *and many other articles and books. A gifted interpreter of the religious dimensions of popular culture, he often writes for periodicals such as* Playboy *and for television. He has defined the present theological options as being Christianity without God or post-Christianity with a new god. His fascination with the figure of Jesus has so far led him to explore the first option.*

BISHOP JOHN ROBINSON is the Bishop of Woolwich. He became world-famous for his book Honest to God, *in which he vigorously questioned many of the basic assumptions of contemporary Christian faith. His most recent book,* Exploration into God, *is a step toward a theology which comprehends the kind of experience and concern with which our series, Theological Reflection on the Human Potential, is dealing.*

RUTH ROBINSON is a creative religious thinker in her own right. She collaborates with her husband in many ways, seen and unseen.

RICHARD RUBENSTEIN, Ph.D., is the best known Jewish radical theologian. He is author of After Auschwitz *and* The Religious Imagination. *He is Director of the B'nai B'rith Hillel Foundation and Chaplain to Jewish students at the University of Pittsburgh, Carnegie-Mellon University, Duquesne University and Chatham College. He has interpreted traditional and modern Judaism in the light of psychoanalytic thought and has sought to restore the depth and wisdom of the tragic vision of life. In his work he has attempted to define the theological problem of how we might be religious in a time of the death of God.*

RELATED SEMINARS

The following workshops are directly related in subject to this series:

THE THEOLOGY OF BERNARD LONERGAN with FATHER TIMOTHY FALLON, GARY SCHOUBORG and DOMINIC CIRINCIONE – Weekend Seminar, May 16-18.
See page 7, San Francisco, for further information.

INSCAPE OF THE SPIRIT with EDWARD FARRELL – 4-Day Seminar, May 19-22.
See page 8, San Francisco, for further information.

THE HUMAN POTENTIAL: Does Christ Get in the Way? with BISHOP JOHN ROBINSON
Weekend Seminar, June 27-29. *See page 15, San Francisco, for further information.*

ENERGY, ECSTASY AND EMERGENT GLOBAL MAN with WILLIS E. ELLIOTT
Weekend Seminar, August 1-3. *See page 18, San Francisco, for further information.*

EXPLORING THE SACRED IN THE COMMON with SAM and HEATHER KEEN
Weekend Workshop, May 23-25. *See page 23, Big Sur, for further information.*

THEOLOGICAL CONSULTING

For information write:
THEOLOGICAL CONSULTING,
c/o Esalen Institute
P.O. Box 31389,
San Francisco, CA 94131

A group of theologically astute consultants possessing various talents and skills and knowledge of new forms of administration, educational environment, art and theater and group processes is available to interested organizations. Among their interests are studies of the future, experimental film making, story telling and probing urban problems. Businesses, social agencies, community media, intentional communities and schools of theology might draw on their services.

SAM KEEN, Professor of Philosophy and Christian Faith, Louisville Theological Presbyterian Seminary

ROBERT KIMBALL, President and Professor of Theology, Starr King Center for Religious Leadership; member of faculty at the Graduate Theological Union

DOUGLAS SAXBY, Professor of Humanities at College of Marin; member of the faculty of the Graduate Theological Union

EDWARD SETCHKO, Associate Professor of Religion and Society, Starr King Center for Religious Leadership; member of the faculty at Graduate Theological Union

RACIAL CONFRONTATION

Co-sponsored with PACIFIC PSYCHOTHERAPY ASSOCIATES, San Francisco

Racial Confrontation Workshops have been held with increasing frequency since inception in 1967. Each workshop is conducted in recognition of a greater public confrontation which has brought bloodshed and death, terror and polarization.

This series of Racial Confrontations is to allow for bloodless riots where the most dreaded thoughts and emotions may be expressed, where self-delusions that limit can be stripped away. Rather than fear such confrontation, we can welcome it and thereby expand racial identity into creative humanness.

Each weekend confrontation works toward movement from thinking to feeling to active commitment for change among participants. The format for most groups is based on programs conducted by Price Cobbs, M.D., and George Leonard, the first black-white leadership team at Esalen.

Other experienced leadership teams will conduct this series of workshops and are available for similar workshops and consultation to public and private groups. It is hoped that many will seek their services. Inquiries should be directed to the San Francisco office: RACIAL CONFRONTATION, Esalen, P. O. Box 31389, San Francisco 94131.

PARTIAL SCHEDULE OF MARATHONS

SAN FRANCISCO
April 18-20 – $50
June 13-15 – $50
August 15-17 – $50

BIG SUR
May 16-18 – $50

SAN FRANCISCO: 4-Day Workshop for Leadership Training, July 22-25. This workshop will be conducted by several leadership teams—inquiries should be directed at earliest possible date to above address. The anticipated cost of $120 per person may be lowered if there is sufficient advance registration.

ESALEN ENCOUNTER GROUPS IN THE SAN FRANCISCO BAY AREA

Regular encounter group meetings are now underway in the San Francisco Bay Area and new groups are being formed as demand increases. Under the general supervision of William C. Schutz, Ph.D., group leaders are utilizing the eclectic approach which has arisen out of the seminar, workshop and resident programs at Esalen, Big Sur. Each 5-week series includes 4-hour weekly meetings and one 12- to 15-hour marathon. Groups are held in San Francisco, Marin County, the East Bay and on the Peninsula. Two series are scheduled for summer 1969. June 23-July 24 and August 4 to September 4. Cost per series is $75; a $15 deposit is required with registration. When sending registration, be sure to state which series and location preference. For further information write: Esalen Encounter Groups, P. O. Box 31389, San Francisco, California 94131.

SAN FRANCISCO PROGRAMS

April 16
INTRODUCTION TO ENCOUNTER
Wednesday Evening
with BENNETT SHAPIRO

A highly intensive, fast-moving introduction to encountering for those seeking relief from politeness, indifference and verbosity. Participants will be divided into small encounter groups, which will integrate the many methods for personal confrontation and human development being explored at Esalen: sensory awakening, body movement, Gestalt and Lowen techniques, psychodrama, fantasy, theatre games, meditation. Comfortable clothes are recommended (sports clothes for men; slacks for women).

$5 per person
6 to 11 p.m., Wednesday, April 16
First Unitarian Church, Franklin and Geary Streets

May 5-9: THEOLOGICAL REFLECTION ON THE HUMAN POTENTIAL – 5-Day Workshop with WILLIAM HAMILTON and RICHARD RUBENSTEIN. *See page 4 for description.*

May 12: INTRODUCTION TO ENCOUNTER – Monday Evening with BENNETT SHAPIRO
$5 per person
6 to 11 p.m., Monday, May 12 *See April 16 listing above for description.*

May 12-14
THE OPEN COUPLE
3-Day Workshop
with BETTY FULLER

This workshop for couples will employ a variety of encounter techniques developed and refined at Esalen to explore the special relationship between man and woman. Activities will be drawn in part from a new book for couples by William C. Schutz (author of *JOY*) and Pamela Portugal.

$95 per couple
6 to 11 p.m., Monday thru Wednesday, May 12-14

For reservation information, see page 36.

THE OPEN COUPLE
(continued)

BETTY FULLER, a former Resident Fellow, is Director of Esalen's program of on-going groups in San Francisco and Coordinator of the Consulting Service. In addition to her own groups and workshops, she has led couples' groups with Dr. Schutz and has contributed material to his new book.

May 15 · Berkeley
AN EVENING WITH
BABA RAM DASS
(Formerly Richard
Alpert, Ph.D.)

This discussion will consider Yoga, higher consciousness, psychedelics, psychology and the Western scene.

$3 general; $2 student
7 to 11 p.m., Thursday, May 15
West Campus Auditorium Theatre, 1222 University Ave., Berkeley

Richard Alpert had been on the faculties of Stanford, Harvard and the University of California. His search has led from the academic to the psychedelic to the traditional, but obscured, mystical practices of the East.

In 1967 Dr. Alpert started by Land Rover in Iran in search of men who might still retain the keys to the knowledge of enlightenment. Finally his search found fruit in relationship to a Master of Raja Yoga. He returns to the United States as BABA RAM DASS.

May 16-17
GROUP IMPROVISATION
24-Hour Marathon
with DENNY ZEITLIN,
JUDI KLEIN BRYANT
and TODD BRYANT

This workshop will explore and attempt to facilitate individual creativity. By means of an intensive group experience, utilizing a variety of musical and electronic instruments, body movement and dance, and videotape feedback, the participants will be encouraged to liberate their creative potential. Enrollment is limited. No prior formal artistic training is necessary.

$65 per person, including meals
8 p.m. Friday thru 8 p.m. Saturday

DENNIS J. ZEITLIN, M.D., psychiatrist and internationally renowned jazz pianist, received his medical degree from the Johns Hopkins University. He completed his psychiatric residency at the Langley Porter Neuropsychiatric Institute, where he is now on the clinical faculty and is consultant to the Youth Drug Project. He is staff psychiatrist with the Community Mental Health Services and is in private practice in San Francisco. Dr. Zeitlin is deeply involved in the use of gestalt, psychodrama, and other existential approaches to individual growth in the group setting. Known to the music world as Denny Zeitlin, he and his trio have extended the frontiers of modern jazz through recordings, concerts, and TV appearances. Dr. Zeitlin has pioneered the use of improvised music in group psychotherapy.

JUDI KLEIN BRYANT is Movement Therapist at Mount Zion Hospital in San Francisco and Movement Consultant at San Francisco Family Therapy Center. She and her husband also give frequent workshops in the Bay Area and at Esalen.

TODD BRYANT is video consultant to the Family Therapy Center in San Francisco, where he provides selective feedback with videotape for groups, movement classes, and families in therapy. He is also consultant to the Alameda County Probation Department, where he teaches his own methods of employing television in therapeutic settings. In this workshop he will be interested in using video feedback as a group catalyst, and in providing an objective view of personality interactions and energy composition. Members of the group may at times be encouraged to operate the television equipment.

May 15-18
THE THEOLOGY OF
BERNARD LONERGAN
Weekend Workshop with
FR. TIMOTHY FALLON,
GARY SCHOUBORG and
DOMINIC CIRINCIONE

Bernard J. Lonergan, S.J., is a Canadian-born Jesuit, former Professor and Rector of the Gregorian University in Rome, author of *Insight, A Study of Human Understanding.* His thought ranges from economic ethics to philosophy of education, from cognitional analysis to theological methodology. Herder and Herder has published a volume of Father Lonergan's work in their "Collection" series, 1967.

Lonergan's central notion of "self appropriation" begins with being with oneself *as one is* without prejudice. The process by which one attains this integration comes under what Lonergan calls "the law of genuineness." To fail in this genuineness is not to escape but only to displace the tensions between limitation and transcendence. Such a displacement is the root of the phenomenon of *scotosis* in individuals, and bias at the level of common sense as well as the root of philosophical differences.

Scotosis, therefore, is the central element to be discovered and analyzed in the process of self-appropriation. It is an abberation of understanding which arises not in conscious acts, but in the censorship that governs the emergence of psychic contents; and since it violates the exigence constituted by demand functions of neural patterns and processes, it invites the anguish of abnormality in one's acting toward others. *(continued)*

THE THEOLOGY
OF BERNARD LONERGAN
(continued)

Hence, right at the threshold of self-appropriation, one is faced with the tension which can only be illuminated and helped by adequate psychological theory and practice. This seminar will focus on the crippling scotisis which keeps man from realizing himself as redeemed, liberated and creative. A discussion of therapies, religious practices and humanistic explorations will expand the theological-philosophical inquiry.

$45 per person
Begins 8 p.m., Friday, May 16

TIMOTHY P. FALLON, a San Francisco-born Jesuit, received his M.A. degree in Philosophy from Gonzaga University, his Licente in Sacred Theology from Alma College and the Ph.D. from the University of Toronto. He is currently professor of philosophy at Santa Clara University. Father Fallon has studied extensively with Father Lonergan and has taught the thought of Father Lonergan since 1961.

GARY SCHOUBORG, S.J., is at present completing his theological studies for the priesthood. He received a Master's degree in Mathematics as well as one in Philosophy. He is author of an article entitled "Secular Humanism and the Christian Faith," published in Catholic World. *He is presently finishing a book called* The Inquiring Believer. *Mr. Schouborg is also a pupil of Father Lonergan.*

DOMINIC CIRINCIONE, S.J., Consultant at Western Behavioral Sciences Institute, brings a varied background in philosophy, psychology and religion to this workshop. As a member of the Jesuit order, he has spent ten years in studies for the priesthood and has been involved in working with the renewal of liturgy and today's religious experience. He is currently on the staff of Center for Studies of the Person, La Jolla.

May 19-22
OPTIMUM DEVELOPMENT
4-Day Workshop
with JAMES FADIMAN

Behind the growing demand for "encounter" experiences there is the realization that we all can be more complete than we are. This workshop is for those who have explored their dark sides sufficiently through conventional or unconventional therapeutic techniques and are willing to discard a limited self image. The emphasis will be on understanding and practicing those habits which foster a continuing pattern of health and growth. The group will be encouraged to help its members without hostility or therapeutic probing.

$65 per person
6 to 11 p.m., Monday thru Thursday, May 19-22

JAMES FADIMAN, Ph.D., has taught pyschology at San Francisco State College and at Brandeis University. He has written a film series for instructional television, is an editor of several journals, writes a column for a medical journal and is a consultant to industrial and educational institutions.

May 19-22
INSCAPE OF
THE SPIRIT
4-Day Seminar
with EDWARD FARRELL

Discussions and celebrations of the possibilities for renewal in the Christian experience, of Christ as an evolving power and wisdom, of the ceaseless eruption of religious fervor in man, of *eros, agape* and *caritas* as dimensions of transhuman energy. During the seminar there will be periods for prayer and meditation, experimental liturgy and discussion of the participant's own religious experience.

$65 per person
6 to 11 p.m., Monday thru Thursday, May 19-22

EDWARD FARRELL is a Roman Catholic priest. He is a faculty member and Spiritual Director of the Sacred Heart Seminary in Detroit, Michigan, has been trained in the classics and in the life of prayer, has done pastoral work in ecumenism, civil rights, family work and retreat work. His Irish nature is the vehicle for many spirits, angels and illuminations for which he is creating forms in his teaching and retreats.

May 23-25
THE USE OF TOOLS
Weekend Workshop
with DAVID EVANS,
STEWART BRAND and
WHOLE EARTH CATALOG
STAFF

If a major dynamic of human evolution is the interaction of man and his tools (Washburn and others say it is), then it's worth investigating some of the new modes of tool use—from the satisfying do-it-ourself labor of intentional communities to the intense experience of living and working on-line with a powerful computer facility.

$45 per person
Begins 8 p.m., Friday, May 23

DAVID EVANS is currently a Research Engineer in the Augmented Human Intellect Research Center of Stanford Research Institute. His interests are in planning and design methodology (particularly the role of highly interactive computer systems as aids in planning and design processes), in technological forecasting, and in studying the process of change in a technological society.

STEWART BRAND has worked on two exhibits (Astronomia, *IBM's permanent exhibit on the history of astronomy at the Hayden Planetarium in New York;* We Are All 1, *USCO's environmental art human be-in at the Riverside Museum, New York in 1966), has made two sound-slide-film shows ("America Needs Indians", "WAR GOD") and has organized two high-energy public events ("Trips Festival" at the Longshoremen's Hall in San Francisco; "Whatever It Is" at San Francisco State College). At present he heads the Whole Earth Truck Store and Catalog Division of Portola Institute in Menlo Park, California.*

Access to tools *is the function of the WHOLE EARTH CATALOG, published by Portola Institute. It is a periodical which gives evaluation and purchasing information on a broad range of tools and techniques associated with independent education: grain grinders, calculators, design texts, tipis, film manuals, dome plans, lab equipment, buckskin, electronic gear, cybernetics theory, methods of learning, etc.*

For reservation information, see page 36.

May 23-25
POLICE AND
REVOLUTIONARIES
Weekend Workshop
with JOEL FORT

Confrontation and Dialogue

between

police		**radicals**
prosecutors	**and**	**militants**
judges		**extremists**
jailers		**reactionaries**

Two special kinds of minority groups, each with strong views of themselves and each other ("pigs" and "commies", for example), will be given the opportunity to make contact with themselves and each other and find alternative ways of reacting and behaving. The individual's capacity for growth, change, tolerance, and for channeling anger and aggression will be emphasized in an atmosphere of openness, honesty, spontaneity and hope for social progress. The style of the workshop will be eclectic, individualistic and innovative. It is hoped that the workshop will benefit the San Francisco Bay Area community and serve as a model elsewhere.

$50 per person (a few partial scholarships are available; please consult the San Francisco office)
8 to 11 p.m., Friday, May 23; 10 a.m., Saturday, continuing until after midnight

JOEL FORT, M.D.—specialist in public health and social psychiatry, physician, sociologist, criminologist, educator, author, lecturer, social critic and activist—is internationally recognized for his work in institutional change, drug abuse and sexual deviance. He is a lecturer in the School of Social Welfare, University of California, Berkeley, and in the Department of Biology and the Experimental College of San Francisco State College; a consultant to the National Student Association and the Peace Corps; co-director of the National Sex and Drug Forum in San Francisco; author of The Pleasure Seekers: The Drug Crisis, Youth and Society *and contributor to scientific and general magazines. He has been a Court Examiner, consultant to the California Department of Corrections and to local probation departments, and has taught at the University of California School of Criminology. He has worked with groups for 14 years in therapy, counseling, teaching and encounter. In 1964 he won a unanimous State Supreme Court decision establishing the right of public employees to participate in political activities on their own time. In 1965 he founded San Francisco's Center for Special Problems, providing treatment, education and research on drug abuse, sexual problems, suicide and crime. The Center, which he directed until 1967, offers services for hippies, the poor, minority groups and others. He is also a consultant to Law Enforcement Study Center, Washington University, St. Louis.*

May 27-28
PERCEPTUAL AWARENESS
AND THE EXPANSION
OF CONSCIOUSNESS
2 Day Seminar
with ELEANOR CRISWELL

Persons exist at various levels of consciousness based on internal and external sensory stimulation. Perceptual awareness fluctuates with and contributes to the individual's level of consciousness. Perceptual experiences can be used to expand awareness and facilitate the actualization of human potential.

This seminar will present a theoretical framework and various experiential approaches for the enhancement of perceptual awareness, including optokinetic perceptual training, meditation (all sensory modes), breathing, auto-suggestion, interpersonal encounter, self-remembering, perceptual openness (phenomenological perception), various Yogic activities. In addition, new ways to enhance perceptual awareness will be invented by the seminar participants.

$30 general; $20 student
6 to 11 p.m., Tuesday and Wednesday, May 27-28

ELEANOR CRISWELL, Ed.D., recently completed her doctoral work in educational psychology at the University of Florida, and is now on the staff of California State College at Hayward. She has taught psychology and human development courses for Jacksonville University of Florida. She has led encounter groups, taught yoga, and trained in electro-encephalography.

May 28-29
THEATRE OF ENCOUNTER
2 Evening Workshop
with ALEC RUBIN

An encounter group using new theatre techniques, this workshop will include verbal and non-verbal moment to moment confrontation, games and exercises evoking the expression of what's locked inside, body sounds and rhythms, flaying, beating, holding, being still, falling, hiding, "sounding" the body, tearing apart, coming together, being with. Its aims will be to open perception, unify opposite feelings and allow a free-flow of feeling and action.

$35 per person
6 to 11 p.m., Wednesday & Thursday, May 28-29

ALEC RUBIN is a movement therapist, encounter group leader, acting teacher and director. He was trained at the New York Institute of Gestalt Therapy and influenced by the methods of gestalt, F.M. Alexander, Stanislavsky, Strasberg, Grotowski, Graham, Gindler, and Reich. He taught theatre and movement at Bennington, Cornell, N.Y.U., the Living Theatre, and the Actors Studio, and leads experiential church services and on-going groups on Long Island, where he is also involved in an Upward Bound program with the black community of Wyandanch. He just returned from Australia, where he introduced workshops in awareness and encounter to therapists and students in universities, clinics, and churches. He is director of Theatre of Encounter, a workshop for actors, playwrights and audiences in New York.

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May 29
CREATIVE, PSYCHOTIC AND ECSTATIC STATES
Thursday Evening Seminar
with ROLAND FISCHER

Dr. Fischer describes his seminar as follows: "Normal, creative, schizophrenic, and mystical-ecstatic states are conceived on a continuum of increasingly higher central nervous system arousal. These levels are experienced in terms of increasing data content and increasing rate of data processing, which may result in a *creative*, hallucinatory, artistic or religious state. Eventually, however, the rate of processing cannot keep step with the ever-increasing data content—'the torrential flood of inner sensation'—and results in the *schizophrenic* 'jammed computer' state. At the peak of *ecstatic* states, interpretive activity ceases, or in biocybernetic terminology, there is no data content from without, and, therefore, no rate of data processing from within, the only content of the experience at the height of rapture being the reflection of the mystic in his own 'program'.

"Creative experiences are basically hallucinatory in nature and can be regarded as symbolic interpretations of one's own central nervous system activity. These experiences can be characterized in terms of: (1) increasing sensory to motor ratios which imply a gradual blocking of the intention and ability of the individual to verify his intense sensory experiences through voluntary motor performance; (2) by a transition from Aristotelian to multi-valued (symbolic) logic; and (3) by an increasingly geometric-ornamental or manneristic style which corresponds with the nonconventional representation found in much schizophrenic art."

$7 general; $5 student
6 to 11 p.m., Thursday, May 29

ROLAND FISCHER, Ph.D., initiated research into the staining behavior of cell membranes and biological research on schizophrenia, studying what he termed drug-induced "model psychoses". He is Professor in the Department of Psychiatry, Division of Behavioral and Neurobiological Sciences, and Associate Professor in the Department of Pharmacology, Ohio State University. He has published over 160 research papers in the following areas: cell membrane-and-receptor-models; gustatory chemoreception and pharmacogenetics; biological aspects of normal and pathological behavior, "model psychoses"; psychopharmacological aspects of time and space; and mechanisms and perceptual-behavioral correlates of central nervous system excitation and depression. He represents the U.S. on a Board of the International Society for Psychopathology and Artistic Expression.

May 29-June 1
ACTION ENCOUNTER
Extended Weekend Workshop
with BENNETT SHAPIRO

A fast-moving, aggressive, body-oriented, intensive, tough-tender encounter group for couples and singles seeking relief from politeness, indifference and verbosity. The many methods for personal confrontation and human development being explored at Esalen will be integrated into an encounter group setting: sensory awakening, body movement, Gestalt and Lowen techniques, psychodrama, fantasy, theatre games, meditation.

$65 per person (limited to 14)
Begins 8 p.m., Thursday, May 29, and ends 8 p.m., Sunday, June 1 (includes Memorial Day)

BENNETT SHAPIRO, 1967-68 Esalen Resident Fellow, is now a staff consultant leading groups for Esalen in the Bay Area and throughout the country. He has studied intensively with a wide variety of teachers and therapists for over three years at Esalen, including training with Dr. William Schutz. Formerly an architect and visiting lecturer at schools of architecture, he now is a full-time encounter group leader.

May 30-June 1
MANDALA: EXPLORATIONS OF THE CENTER
Weekend Workshop
with JOSÉ and MIRIAM ARGUELLES

This workshop will include a number of psycho-visual exercises for increasing powers of visualization, inner as well as outer. There will be a three part program, roughly speaking:

A. Retinal Massage—exercises in vision: how the eye sees; images and their origin; color, contrast, after-images; eidetic imagery and hallucination; correlation with psychedelic states. Use will be made of slides and light effects to loosen up the visual faculty.

B. Exercises in black and white; creating your own color; synesthetic experiences; music and vision; synchronicity; coordination of breath and vision; reaching the center; creating your own cosmos; various exercises to facilitate the creation of internal imagery and inner vision.

C. Coordination of vision or visionary states with physical motion: actualization of visual states—mandalas, cosmo-mythic imagery, archetypes. Use will be made of paints, colors, gestures, dance, music, etc.

Participants will be notified of inexpensive materials to bring to the workshop.

$45 per person
Begins 8 p.m., Friday, May 30

JOSÉ ARGÜELLES studied at the University of Chicago and in Paris, taught at Princeton University, and now teaches art at the University of California at Davis. He has studied and written on visual perception. During the past two years he has been painting with his wife, often on the same project. They have co-sponsored happenings and workshops in New York, Princeton and California. MIRIAM T. ARGÜELLES taught at the University of Michigan and has exhibited with her husband.

June 2: PARTICIPATION-DISCUSSION with WILLIAM C. SCHUTZ. *See page 34 for description.*

$5 per person
8 to 10:30 p.m., Monday, June 2
First Unitarian Church, Franklin and Geary Streets

For reservation information, see page 36.

June 2-5
EDUCATION IN THE "AFFECTIVE DOMAIN"
4-Day Workshop
with JANET LEDERMAN

A workshop for teachers, administrators and parents, demonstrating and using Gestalt Therapy Techniques, encounter group methods, body movement and sensory awareness. Participants may explore, experience and possibly uncover ways of integrating the "I" and the "educator". This group will be tailored to meet the participants' personal and professional interests and needs.

$65 per person
6 to 11 p.m., Monday thru Thursday, June 2-5

JANET LEDERMAN is an artist and a writer, and has taught in the Los Angeles City School District for fourteen years. She has also served as art consultant and has been involved with teacher training for UCLA. In her teaching, Miss Lederman has successfully utilized Gestalt Therapy Techniques with the disadvantaged ghetto child and with children who manifest extreme behavior disabilities. She has applied these methods in a regular educational context as well, ranging from first graders to college students. She is author of the forthcoming book Anger and the Rocking Chair.

June 5
COMPRESSED TIME
One-Evening Workshop
with STEWART BRAND

Multiply time by 1/12. An hour passes every five minutes. It's meal time every half-hour or so. Night is brief and oddly restful. Altogether it's an unboring, unhurried experience in which more (and different) accomplishment is possible than in normal time. This evening will be paced by clocks, sounds, lights, meals, and social cues to contain the events of a weekend.

$10 per person
5 to 11 p.m., with dinner break, Thursday, June 5

STEWART BRAND has worked on two exhibits (Astronomia, *IBM's permanent exhibit on the history of astronomy at the Hayden Planetarium in New York;* We Are All 1, *USCO's environmental art human be-in at the Riverside Museum, New York in 1966*), *has made two sound-slide-film shows ("America Needs Indians", "WAR GOD") and has organized two high-energy public events ("Trips Festival" at the Longshoremen's Hall in San Francisco; "Whatever It Is" at San Francisco State College). At present he heads the Whole Earth Truck Store and Catalog Division of Portola Institute in Menlo Park, California.*

June 6-8
Weekend Workshop
with LARRY BLOOMBERG
and DICK MILLER

In describing this workshop, Drs. Bloomberg and Miller write: "We are excited by our work. Our groups, like our participants, are enjoyable, threatening, hectic, peaceful, humorous, earnest—rarely empty and often satisfying. We believe in growth as a way of life. We use our skill to clear a space where all may experience and experiment. We are tired of writing up blurbs for brochures that may entice you to participate. You are invited to make this workshop an experience with us."

$45 per person
Begins 8 p.m., Friday, June 6

RICHARD LOUIS MILLER, Ph.D., is a clinical psychologist and Existential psychotherapist committed to openness, authenticity and intimacy in interpersonal relationships.

LAWRENCE I. BLOOMBERG, Ph.D., is a clinical psychologist and Gestalt psychotherapist involved in fostering the widest community support for deeply exciting relationships among people.

DICK MILLER and LARRY BLOOMBERG are directors of the Institute for Multiple Psychotherapy, San Francisco, where they are involved in developing innovations in marital, family and group psychotherapy. Multiple therapy refers to the concurrent use of two or more therapists in all therapeutic encounters. They are both Training Therapists and on the Board of Directors of the San Francisco Gestalt Therapy Institute.

June 6-8
SLOWING DOWN AND GIVING ATTENTION
Weekend Workshop
with MIRIAM KLEIN and
ALYSOUN HUNTLY FORD

Seminar participants will explore images, emotions and memories in their bodies by slowing down and attending. They will try to express emotions through voice and movement and will explore personal space, allowing it to flow into the interpersonal and, hopefully, the transpersonal. Techniques developed in body awareness, encounter and Gestalt work will be used.

$45 per person
Begins 8 p.m., Friday, June 6

MIRIAM KLEIN, Ph.D., born and raised in Palestine, has taught psychology in Israel and elsewhere and was a Resident Fellow at Esalen in 1968-69, where she was mainly influenced by the work of Dr. Edward Maupin.

ALYSOUN HUNTLY FORD, an Esalen Resident Fellow in 1967-68, has studied many aspects of physical and emotional growth. She has taught music and drama for many years.

June 6-8
THE TANTRIC WAY TO SELF-REALIZATION
Weekend Workshop
with SHYAM BHATNAGAR

This workshop will explore fundamentals of the psyche and methods of communication with higher levels of consciousness. There will also be discussions of Tantric foods, Tantric sleeping habits and Tantric sex rituals in relation to the individual's energy level. In addition to the seminar, private sessions by appointment are available for determining the individual's energy level and to assign *bij* mantras.

$45 per person
Begins 8 p.m., Friday, June 6

SHYAM BHATNAGAR began his training under the great Kundalini Yogi "Baba Jee" at age 12. In 1966, he established the Self-Development Institute in Bareilly, India for the practical study of Tantric Yoga. An accomplished tambura player who has worked with Ravi Shankar, he has co-led seminars with Joseph Campbell and Bernard S. Aaronson.

June 9-12
WHAT-DO-YOU-WANT
DO-WHAT-YOU-WANT
An Exploration of
the Space Between
4-Day Workshop
with BETTY FULLER

This workshop for singles and couples will employ a variety of encounter techniques developed and refined at Esalen to explore self-concept, image and actuality, and the acceptance and celebration of our humanness.

$65 per person
6 to 11 p.m., Monday thru Thursday, June 9-12

BETTY FULLER, a former Resident Fellow, is Director of Esalen's program of on-going groups in San Francisco and Coordinator of the Consulting Service. In addition to her own groups and workshops, she has led More Joy workshops and couples' groups with William C. Schutz. She has a Master's degree in Dramatic Arts and is experienced in stage direction and acting.

June 10
INTRODUCTION
TO ENCOUNTER
Tuesday Evening
with BENNETT SHAPIRO

A highly intensive, fast-moving introduction to encountering for those seeking relief from politeness, indifference and verbosity. Participants will be divided into small encounter groups, which will integrate the many methods for personal confrontation and human development being explored at Esalen: sensory awakening, body movement, Gestalt and Lowen techniques, psychodrama, fantasy, theatre games, meditation. Comfortable clothes are recommended (sports clothes for men; slacks for women).

$5 per person
6 to 11 p.m., Tuesday, June 10

June 12
AN EVENING with
BABA RAM DASS
(Formerly Richard
Alpert, Ph.D.)

This discussion will consider Yoga, higher consciousness, psychedelics, psychology and the Western scene.

$3 general; $2 student
6:30 to 10:30 p.m., Thursday, June 12

Richard Alpert has been on the faculties of Stanford, Harvard and the University of California. His search has led from the academic to the psychedelic to the traditional (but obscured) mystical practices of the East.

In 1967 Dr. Alpert started by Land Rover in Iran in search of men who might still retain the keys to the knowledge of enlightenment. Finally his search found fruit in relationship to a Master of Raja Yoga. He returns to the United States as BABA RAM DASS.

June 13-15
TOUCHSTONES
OF REALITY
Weekend Workshop
with MAURICE FRIEDMAN
and MICHAEL MURPHY

No sure ground under his feet, contemporary man seeks above all for touchstones of reality on which to focus his experience, structure his values, guide his life. If he is open to his full potentiality, he finds not one but many touchstones. At times, the iron filings of his life are pulled in different directions by magnets, each of which claims to be *the* touchstone of reality. One of the most important double pulls experienced by the open man is that between the exploration of inner space through mystic meditation and psychedelics and the call to make real the space *between* man and man in the life of dialogue. Is "all real living" higher consciousness or "meeting" or both?

$45 per person
Begins 8 p.m., Friday, June 13

MAURICE FRIEDMAN is Professor of Religion at Temple University, Philadelphia, and a member of the permanent faculty of Pendle Hill, the Quaker Center for Study and Dialogue at Wallingford, Pa. Dr. Friedman taught for many years at Sarah Lawrence College, The New School for Social Research, and the Washington School of Psychiatry and for shorter periods at Manhattanville, Hebrew Union, and Vassar Colleges and at the William Alanson White Institute of Psychology, Psychoanalysis and Psychiatry. Twenty years of work has established him as the world's foremost interpreter of the life and thought of Martin Buber. He is the author of Martin Buber: The Life of Dialogue; Problematic Rebel: An Image of Modern Man; The Worlds of Existentialism: A Critical Reader; To Deny Our Nothingness: Contemporary Images of Man; *and the forthcoming critical biography* Martin Buber: Encounter on the Narrow Ridge.

MICHAEL MURPHY is President and co-founder of Esalen Institute. He studied for one and one-half years at the Sri Aurobindo Ashram in Pondicherry in India and has been a student of meditation and mysticism for the past fifteen years.

June 13-15
ACHIEVEMENT AND
SELF-MOTIVATION
Weekend Workshop
with BILLY SHARP

Dr. Sharp describes his approach as follows: "We focus on the individual's strengths, his personal resources. We strive for individual discovery. Then, with effective group reinforcement, we build on the personal strengths, resources and success experiences of each seminar participant. In essence, Achievement Motivation Seminars are designed to change human behavior by identifying strengths and defining life goals . . . and then conditioning constructive behavior.

"The Achievement Motivation Seminars are divided into five phases. They are: (1) to establish a positive and constructive feeling about self and situation; (2) to identify and to creatively analyze past and present personal successes; (3) to establish life goals within value structures; (4) to resolve conflicts in a creative manner; (5) to reinforce constructive behavior patterns.

$45 per person
Begins 8 p.m., Friday, June 13

For reservation information, see page 36.

ACHIEVEMENT AND SELF-MOTIVATION *(continued)*

BILLY B. SHARP, Ed.D., Executive Director of the W. Clement and Jessie V. Stone Foundation, is a practicing psychologist and administrator experimenting with new techniques in the field of human growth. He has been a principal developer of the Achievement Motivation Seminars developed under the auspices of the Stone Foundation.

June 15
INNOVATIONS IN FAMILY THERAPY
Sunday Workshop
with GERALD W. SMITH

An all-day workshop for professionals. Demonstrations will include: modification of structured interview for marriage counseling, application of Gestalt Therapy to families, art expressions with couples and family, role-playing applications, a structure for first three family therapy sessions, family communication check-up—a preventative experience for families.

$50 per person, including lunch and dinner
9 a.m. to 10 p.m., Sunday, June 15

GERALD SMITH, Ph.D., is a family therapist and marriage counselor in San Mateo, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. His family therapy training was at the Mental Research Institute, Palo Alto. Recently he developed a "Family Communications Check-Up" program through the Family Service of San Mateo County. He is also a consultant with San Mateo County Mental Health Services.

June 16, 18, 20
WORKSHOP FOR MOTHERS AND BABIES
3-Morning Workshop
with JANE HERMAN HILL

Mothers (and/or fathers) will seek to enrich their relationship with their pre-verbal babies through body awareness, sensory awakening, spontaneous movement and non-verbal communication. Exercises in breathing, relaxation and mind-clearing will be used to help lead the parent to greater awareness of her (his) and the baby's body. The adults will try to tune in on babies' seemingly meaningless sounds and respond vocally to them, so enhancing self-expression and communication. The joys of mutual nurturing (feeding/being fed;

self-expression and communication. The joys of mutual nurturing (feeding/being fed;
caressing/being caressed) will be explored, as will the awareness of the environment.

The workshop will be limited to about ten mothers (and/or fathers) and their infants.

$45 per person
9 a.m. to 1 p.m.; Monday, Wednesday and Friday; June 16, 18, 20

JANE HERMAN HILL has been a teacher-social worker for Mission Neighborhood Centers, Inc., Family School in San Francisco, working with low-income mothers and children, most of them Spanish-speaking. She has studied music composition, dance, movement, yoga and various affective learning techniques.

June 16-20: THEOLOGICAL REFLECTION ON THE HUMAN POTENTIAL — 5-Day Workshop
with BROTHER ANTONINUS and MAURICE FRIEDMAN. *See page 4 for description.*

June 16-19
EDUCATION OF THE SENSES, EMOTIONS and IMAGINATION
4-Day Workshop
with STANLEY KRIPPNER

The following themes will be explored in this workshop:

Monday: **EDUCATION AND THE CENTRAL NERVOUS SYSTEM—ways in which the brain can be reached through educational techniques; experimental evidence that neurological functioning (and IQ) can be improved through a program of physiological activities.**

Tuesday: **EDUCATION AND THE SENSORY-MOTOR SYSTEM—methods and materials for the enhancement of man's senses and his expressive functioning; experimental evidence that stimulation of vision and listening can improve readiness for reading and other high-level skills.**

Wednesday: **EDUCATION AND THE EMOTIONS—approaches for the release of positive emotionality (joy, love, empathy, concern) will be considered and demonstrated; appropriate materials and techniques for classroom implementation of these goals will be discussed.**

Thursday: **EDUCATION AND IMAGINATION—techniques for creative development of children will be displayed; the importance of the inner life, fantasy, dreams, daydreams, and visual imagery will be stressed as precursors to productive thinking and creativity.**

$75 per person
6 to 11 p.m., Monday thru Thursday, June 16-19 *(continued)*

EDUCATION OF THE SENSES, EMOTIONS and IMAGINATION
(continued)

STANLEY KRIPPNER, Ph.D., is Director of the William C. Menninger Dream Laboratory, Maimonides Medical Center, Brooklyn, N.Y. He is also Lecturer at Wagner College, N.Y.C., and Special Education Consultant at the Staten Island Mental Health Clinic. The author of over 60 articles in psychology and education, Dr. Krippner is a contributor to Psychedelic Art *by Masters & Houston, as well as a consulting editor for* The Psychedelic Review. *Dr. Krippner is a Fellow in the American Society for Clinical Hypnosis and a member of over 20 professional organizations including the American Psychological Association. He is Vice President of the National Association for Gifted Children and in 1959 received the Service to Youth Award, the YMCA's highest honor to a layman.*

June 20-22
RECENT DEVELOPMENTS IN EAST-EUROPEAN PARAPSYCHOLOGY
Weekend Workshop
with MILAN RYZL

Participants will be acquainted with the progress of parapsychology in Communist countries. Scientific and experimental approaches will be emphasized, but philosophical and religious implications of parapsychology will also be examined. Parapsychology in the East and the West will be compared, its perspectives in the light of materialist philosophy discussed, and its integration into the scientific picture of the world attempted. Special attention will be given to recent efforts to bring extrasensory perception under control and to apply it in practice. Some experimental methods will be demonstrated.

$45 per person
Begins 8 p.m., Friday, June 20

MILAN RYZL received his RNDr in natural sciences (physics and chemistry) from Prague University in Czechoslovakia. He specialized in parapsychology and contributed to the research on hypnosis and extrasensory perception. Formerly affiliated with the Czechoslovak Academy of Sciences, he traveled extensively in Eastern Europe and the USSR and lectured at universities in Moscow and Leningrad. In 1967 he left Czechoslovakia and came to the U.S. Before he moved to California he was a staff member of the Institute of Parapsychology in Durham, N.C.

June 20-22
EDUCATION IN THE "AFFECTIVE DOMAIN"
Weekend Workshop
with JANET LEDERMAN

A workshop for teachers, administrators and parents, demonstrating and using Gestalt Therapy Techniques, encounter group methods, body movement and sensory awareness. Participants may explore, experience and possibly uncover ways of integrating the "I" and the "educator". This group will be tailored to meet the participants' personal and professional interests and needs.

$45 per person
Begins 8 p.m., Friday, June 20

See page 11, June 2-5, San Francisco, for biographical data.

June 23-26
TECHNIQUES OF EMOTIONAL RETRAINING
Couples' 4-Day Workshop
with
BURYL and IANA PAYNE

We seldom receive emotional training in our education; most of us remain emotional infants although we may have college educations in intellectual subjects. When we fall in love and marry, our lack of emotional education can become painfully apparent. Initial love is often eroded away or entirely blocked by petty irritations, annoyances and automatic behavior patterns that arise when people live together.

Participants will be trained in specific constructive techniques of emotional release. They will be given a theoretical basis for the techniques based upon the formulations of Korzybski, Gurdjieff and others. The techniques can be readily taught to children and are an aid in reducing parent-child tensions.

$130 per couple
6 to 11 p.m., Monday thru Thursday, June 23-26

BURYL PAYNE is a psychologist, Associate Professor in the School of Public Communications at Boston University. He has given many seminars and workshops around the country on various aspects of interpersonal communication and awareness training. IANA PAYNE is completing her M.S. in speech at Emerson College. She has been trained in psychomotor awareness, dance and creative dramatics.

June 24-27: **THEOLOGICAL REFLECTION ON THE HUMAN POTENTIAL** — 4-Day Workshop
with **BISHOP JOHN A.T. ROBINSON and RUTH ROBINSON.** *See page 4 for description.*

June 27-29
CREATIVE MEETING: A WORKSHOP FOR UNMARRIEDS
Weekend Workshop
with GERALD W. SMITH

This is an experience for those who are concerned with ending traditional "dating games" and moving more creatively into relationships. Dr. Smith will use movement and sensory awakening techniques, communication exercises, encounter groups and various Gestalt approaches to help participants increase their self-awareness and honest communication with others.

Workshop participants will be chosen so as to assure a balance of age and sex. Please state age on application. This workshop is intended for unattached singles.

$45 per person
Begins 8 p.m., Friday, June 27

GERALD SMITH, Ph.D., is a family therapist and marriage counselor in San Mateo, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. His family therapy training was at the Mental Research Institute, Palo Alto. Recently he developed a "Family Communications Check-Up" program through the Family Service of San Mateo County. He is also a consultant with San Mateo County Mental Health Services.

For reservation information, see page 36.

June 27-29
THE HUMAN POTENTIAL:
Does Christ Get in the Way?
Weekend Workshop with
BISHOP JOHN ROBINSON

That there was once a perfect man who was everything a human being could be seems to many today to put a ceiling on the human potential. The sinless Christ of traditional theology presupposes a static view of man. Must Jesus have had everything? Or is it enough that his life was such as to make credible—and livable—a new "passion for the possible"? (William Sloane Coffin) What significance, if any, has the Christ figure for us today?

$45 per person
Begins 8 p.m., Friday, June 27

BISHOP JOHN ROBINSON is the Bishop of Woolwich. He became world-famous for his book Honest to God, *in which he vigorously questioned many of the basic assumptions of contemporary Christian faith. His most recent book,* Exploration into God, *is a step toward a theology which comprehends the kind of experience and concern with which our series, Theological Reflection on the Human Potential, is dealing.*

June 30, July 7, 14, 21
MAPS OF THE
SPIRITUAL PATH
4 Evening Workshops
with RALPH METZNER

Throughout the histories of various civilizations groups of enlightened human beings have devised symbolic languages for the guidance of those pursuing the spiritual path, the way of liberation or self-discovery. Four such symbol systems will be explored and discussed: Astrology, the Tarot, the I Ching and the Tantras. The discussion will be basic, requiring no prior knowledge of the map; and we will attempt to provide the groundwork for the practical/experiential use.

$ 5 per person per evening
$18 per person for the series
8-10:30 p.m., Mondays, June 30, July 7, 14, 21

RALPH METZNER, Ph.D., is Editor of The Psychedelic Review. *He is co-author of* The Psychedelic Experience *with Timothy Leary and Richard Alpert, and is the editor of a collection of descriptions of psychedelic experiences entitled* The Ecstatic Adventure, *1968, Macmillan.*

June 30-July 3
RESOLUTION OF
PERSONAL CONFLICT
IN LOVE, WORK
AND FRIENDSHIP
4-Day Workshop
with STEWART SHAPIRO

In describing this workshop, Dr. Shapiro writes: "We are experiencing the beginning of a human revolution in which the resolution of conflict has become one of the most critical areas for our survival—as individuals and for mankind itself.

"This workshop will concentrate on understanding inner personal conflicts as well as conflicts with important people in our lives—spouse, family, children, superiors or subordinates, colleagues, friends, etc. Through role playing and other exercises, various approaches to handling conflict will be demonstrated.

"Emphasis will be placed on forming explicit and sound 'personal contracts' with other people to minimize destructive conflicts. This enables other people to really know what we expect of them and what they expect of us. How to form and re-negotiate realistic contracts will be demonstrated by 'contract exercises'.

"Subject areas to be covered will include: (1) how to recognize the difference between destructive and constructive conflicts; (2) how to understand the conflict games we play with ourselves and others; (3) role conflicts and value conflicts; (4) competitive win-lose conflicts where there are limited rewards."

$75 per person
6 to 11 p.m., Monday thru Thursday, June 30-July 3

STEWART SHAPIRO, in addition to his exploration of positive experience at Esalen, is known on the West Coast as an expert in Conflict Management. Drawing on his extensive background as a Clinical Psychologist and Human Relations Trainer, Dr. Shapiro has developed innovative approaches in understanding and resolving human conflicts. He has recently conducted laboratories and workshops on conflict at the Institute of Industrial relations of UCLA, The Western Training Laboratory of NTL, and for the California Association of Executives of Child Welfare Institutions.

Dr. Shapiro is an Associate Professor of Education and Director of Counseling and Guidance, Department of Education, University of California at Santa Barbara.

July 3-6
ACTION ENCOUNTER
FOR COUPLES
Extended Weekend Workshop
with BENNETT SHAPIRO

A fast-moving, aggressive, body-oriented, intensive, tough-tender encounter group for couples, lovers and partners seeking relief from politeness, indifference and verbosity. The many methods for personal confrontation and human development being explored at Esalen will be integrated into an encounter group setting: sensory awakening, body movement, Gestalt and Lowen techniques, psychodrama, fantasy, theatre games, meditation. In particular, methods for enriching two-person relationships will be emphasized and practiced for couples' use after the workshop.

$130 per couple
Begins 8 p.m., Thursday, July 3 and ends 8 p.m., Sunday, July 6
(includes Independence Day)

BENNETT SHAPIRO, 1967-68 Esalen Resident Fellow, is now a staff consultant leading groups for Esalen in the Bay Area and throughout the country. He has studied intensively with a wide variety of teachers and therapists for over three years at Esalen, including training with Dr. William Schutz. Formerly an architect and visiting lecturer at schools of architecture, he now is a full-time encounter group leader.

July 7-10
THE PURSUIT OF MEANING: LOGOTHERAPY APPLIED TO LIFE
4-Day Seminar
with JOSEPH FABRY

Logotherapy (therapy through meaning), developed by Dr. Viktor Frankl, Professor of Psychology at the University of Vienna, has been called the "Third Viennese School of Psychiatry"—after Freud's psychoanalysis and Adler's individual psychology. Logotherapy has been found especially useful to the increasing number of people who suffer from a feeling of meaninglessness, emptiness and frustration; it stresses personal choices and is pragmatic and present- and future-oriented. This seminar will present Frankl's basic concepts of the causes of our "existential vacuum" and his suggested remedies. It will offer each participant the opportunity, through group discussion, to apply Frankl's ideas to his own life.

$65 per person
6 to 11 p.m., Monday thru Thursday, July 7-10

JOSEPH FABRY is a free-lance writer, translator and editor at the University of California, Berkeley. For the past five years he has worked with Dr. Viktor Frankl in preparation of Frankl's book The Pursuit of Meaning—Logotherapy Applied to Life. *Mr. Fabry has read all of Frankl's still untranslated works, including fourteen books and numerous journal articles, has translated some of his writings, and has lectured and held seminars on logotherapy. He teaches a course on logotherapy for the University of California Extension.*

July 7-10
GROWTH ENCOUNTER

This 4-Day workshop with Esalen Staff members will combine encounter groups, sensory awakening, psychodrama, meditation and other approaches being explored at Esalen.

$65 per person
6 to 11 p.m., Monday thru Thursday, July 7-10

July 11-13
EXPLORING OUR PRIVATE INNER AND OUTER WORLDS
Weekend Workshop
with KATHERINE WHITESIDE TAYLOR

"To be old is a glorious thing when one has not unlearned what it means to begin."
—Martin Buber

Participants will try to learn how to use anxieties, boredoms and crises toward personal growth. They will share insights from psychology, philosophy, religion and their own experience in an effort to become more open, loving and creative. It is recommended that participants prepare themselves for the workshop by reading Martin Buber's *Between Man and Man*, C.G. Jung's *Memories, Dreams and Reflections*, and Abraham Maslow's *Toward a Psychology of Being*. Primarily for people over 40.

$45 per person
Begins 8 p.m., Friday, July 11

KATHERINE WHITESIDE TAYLOR, Ed.E., is a practicing psychotherapist who lectures on self-actualization and Jungian Psychology for the University of California's San Francisco Day-Time Program. She is the author of two books on parent-child interaction and has contributed to textbooks, lay and professional journals. She began a parent-cooperative nursery-school movement in Berkeley while a young mother. She is now a grandmother of six.

July 14-17
EMOTIONAL EDUCATION FOR CHILDREN
4-Day Workshop
with HAROLD BESSELL

Emotional maturation does not occur by chance. The teacher who understands the tasks that comprise the rungs of the ladder of personal growth is in a unique position to present those tasks in the best possible ways to his children. This workshop will include demonstrations with children, presentations of theory and free-wheeling discussions. Hopefully, the participants will gain emotional insight as well as a theoretical grounding in the processes of emotional maturation. Participants will qualify as being certified to use the Human Development Program (see biographical description below), and may obtain and use the written materials, including the daily lesson guides.

$65 per person
6 to 11 p.m., Monday thru Thursday, July 14-17

HAROLD BESSELL, Ph.D., has practiced psychotherapy for the past fifteen years in a child guidance center, university clinics, and in private practice. He is co-author of the Human Development Program for the emotional education of children. Over 1200 teachers have been trained in this approach, which is used to promote awareness, self-confidence and understanding of interactions in young children. This program has won acclaim as a substantial and comprehensive way to foster affective education.

July 16
INTRODUCTION TO ENCOUNTER
Wednesday Evening
with BENNETT SHAPIRO

A highly intensive, fast-moving introduction to encountering for those seeking relief from politeness, indifference and verbosity. Participants will be divided into small encounter groups, which will integrate the many methods for personal confrontation and human development being explored at Esalen: sensory awakening, body movement, Gestalt and Lowen techniques, psychodrama, fantasy, theatre games, meditation. Comfortable clothes are recommended (sports clothes for men; slacks for women).

$5 per person
6 to 11 p.m., Wednesday, July 16

For reservation information, see page 36.

July 18-20
TRADE YOUR BOUQUET OF THORNS FOR A GOLDEN ROSE
Weekend Workshop
with WILLIAM SMITH

William Smith describes his workshop on extreme risk-taking as follows: "Many people spend their lives carrying the 'Burden of Yes' due to the inability to take existential risks in their interpersonal relations. Drawing upon a 'Bill of Rights' for individuals, this weekend will be spent in examining the alternatives by which one may free himself from the 'Burden of Yes.' Participants will explore their feelings and desires about such ideas as 'What you do for yourself in the long run can't hurt anyone else'; 'I have the right to live without regard to rules so long as society isn't injured'; 'Love your neighbor as yourself, but know what the word *as* means.' Encountering, role playing, and other methods will be used to facilitate the ability to live one's own life and to accept the responsibility for the choices one makes.

$45 per person
Begins 8 p.m., Friday, July 18

WILLIAM SMITH is a former Insurance Executive, U.S. Congressional aide, Labor Consultant, Protestant Evangelist, common laborer, bartender, professional house guest, con man, poet, writer, and is currently Assistant Director, Esalen, San Francisco. He holds degrees in psychology, political science and theology.

July 18-20
GROWTH ENCOUNTER

This weekend workshop with Esalen Staff members will combine encounter groups, sensory awakening, psychodrama, meditation and other approaches being explored at Esalen.

$45 per person
Begins 8 p.m., Friday, July 18

July 21-24
THE OPEN COUPLE
4-Day Workshop
with BETTY FULLER

This workshop for couples will employ a variety of encounter techniques developed and refined at Esalen to explore the special relationship between man and woman. Activities will be drawn in part from a new book for couples by William C. Schutz (author of *JOY*) and Pamela Portugal.

$130 per couple
6 to 11 p.m., Monday thru Thursday, July 21-24
See page 12, June 9-12, San Francisco, for biographical data.

July 25
ON THE DEVIL
Friday Evening Lecture by CLAUDIO NARANJO

A survey of the mythology of evil and the doctrine of the Fall in East and West, and a commentary upon the relevance of these ideas to psychosis, drug experiences and psychotherapy.

$3 general; $2 student
8 p.m., Friday, July 25

CLAUDIO NARANJO, formerly research psychiatrist, University of Chile, Santiago, is now an Associate with the Institute for Personality Assessment and Research, University of California, Berkeley, and Associate in Residence at Esalen Institute. He has studied the use of hallucinogens by shamans in different parts of South America and has introduced several psychotropic drugs into clinical practice. He is deeply concerned with the relationship between the quests for sanity and enlightenment.

July 25-27
EXPLORATIONS IN HYPNOSIS AND HYPNOTHERAPY
Weekend Workshop
with ABE LEVITSKY

This workshop will emphasize orientations in hypnosis which differ from the ones generally employed in the field. A major consideration will be the principles of Gestalt Therapy and the contributions it can make to greater effectiveness in hypnotic work. Particularly, we will explore the principle of "staying with" experiences and sensations and see how it differs from the more traditional methods of pain-avoidance through suggestions. The phenomena of experimental dissociation and hypno-projection will be explored for their usefulness in personality integration. Experiments will be conducted in the hypnotic facilitation of the creative process.

$45 per person
Begins 8 p.m., Friday, July 25

ABE LEVITSKY, Ph.D., is interested in the exploration of new social structures which allow the fullest development of human potential. He is on the Board of Directors of the San Francisco Gestalt Therapy Institute. Dr. Levitsky has taught at Brooklyn College, the University of Michigan and the Washington University Medical School. He has done extensive research in clinical and experimental hypnosis and is Associate Editor of The American Journal of Clinical Hypnosis.

July 25-27
AWARENESS COMMUNICATIONS CREATIVITY
Weekend Workshop
with SHARI STREET

A workshop to open up communication between people using awareness techniques, nature experiences and the creative urge in each of us. Media will be clay, paint, sound, body movement, drama, sculpture. No previous art experience is necessary for participation in this workshop.

$50 per person, including art supplies
Begins 8 p.m., Friday, July 25

From an extensive background in the arts and her studies at schools in Canada, the United States and Europe over the past 12 years, SHARI STREET has evolved her own interpretation of art as another form of communications, emphasizing the group aspects of the artistic experience. She has lived in an extended family situation for the past two years and is enthusiastic about new family ideas. She has conducted workshops at Esalen at Stanford; Stiles Hall, Berkeley; Midpeninsula Free University and elsewhere. She is currently teaching at San Francisco Art Institute and is doing graduate work at San Jose State College.

July 28-31
HOMOSEXUAL-HETEROSEXUAL ENCOUNTER
4-Day Workshop
with ROBERT CROMEY and DONALD LUCAS

The human potential of everyone is diminished when some of us are in bondage. The homosexual is discriminated against in our society. Many people are slaves to prejudice and misinformation about homosexuals.

Encounters between the homophile and straight worlds have begun on the legal-reform level. This seminar will engage heterosexuals and homosexuals in dialogue on the personal and social level. There will be opportunity for encounter as well as for gaining knowledge about the problems of homosexuality.

$65 per person
6 to 11 p.m., Monday thru Thursday, July 28-31

ROBERT WARREN CROMEY is an Episcopal Priest, Vicar of St. Aidan's Church in San Francisco. He is one of the founders of the Council on Religion and the Homosexual and is moderator of the North American Conference of Homophile Organizations. He will complete the Esalen Residential Program at Big Sur by July 1, 1969.

DONALD LUCAS has been Executive Secretary of the Mattachine Society in San Francisco and was a founding member and past Chairman of the Council on Religion and the Homosexual. He is now Executive Director of the Central City Multi-Service Center (A War on Poverty Agency). He has lectured on the subject of homosexuality throughout the United States and in Canada and England.

July 28-31
ENCOUNTER TECHNIQUES AND POLITICAL IDEOLOGY
4-Day Workshop
with ABE LEVITSKY

In a general sense, we are well aware that there is an intimate connection between personality characteristics (e.g., emotional conflicts) and belief systems such as political loyalties. This workshop will investigate this problem in detail and in depth. Participants of all shades of the political spectrum are encouraged to come together. We will alternate sessions of political debate with sessions of personal encounter. Do we hear the other person? Do we talk to him or at him? What happens to our concepts of political strategy as we overcome timidity *or* acquire deeper awareness of aggressive needs? If we achieve greater self-acceptance, does this modify our political outlooks? It is along such lines that we will direct our observations.

$65 per person
6 to 11 p.m., Monday thru Thursday, July 28-31

See page 17, July 25-27, for biographical data.

August 1-3
ENERGY, ECSTASY AND EMERGENT GLOBAL MAN
Weekend Workshop
with WILLIS E. ELLIOTT

This seminar will explore man's expanding awareness of his expanding powers, looking toward more responsible-creative action in personal and political living. The five sessions will probe: (1) the *interior dialogue* between primitive man of the antique past and global man of the impending future (a dialogue to which Life is assigning present man); (2) *violence* (violent crime, rioting, strategic terrorism, revolution, war) as both threat and promise in the light of the Western religious heritage and of the behavioral sciences; (3) the *freeing* of human energies for creative and destructive activity toward the welfare of all and the dignity of each; (4) *leisure* (the increase of disposable hours and expendable dollars); and (5) the experience of *the Holy* as potentially integrative of man's energies and of his heritages. The sessions will be open style, allowing for group-shaping of the experience and for maximum personal input.

$45 per person
Begins 8 p.m., Friday, August 1

WILLIS E. ELLIOTT is a theologian on the staff of the United Church Board for Homeland Ministries. For two decades—after teaching religion and philosophy in the colleges, and the biblical languages in three seminaries—he has been intimately concerned with the creative interaction of the West's spiritual heritage and the behavioral sciences (his second earned doctorate, at the University of Chicago, being in this interdisciplinary area). His writings include articles on meditation and unity, pamphlets on emergent religion and politics, a book exploring a new approach to group interaction of the West's spiritual heritage and modern man's problems (The Pastoral Letters), *and two books in process* (Toward a Theology of Leisure *and* Violence and Availability).

August 1-3
LIFE IS CHANGE
Weekend Workshop
with JAMES BUGENTAL and ELIZABETH KEBER BUGENTAL

The Bugentals describe their workshop as follows: "Life is change, and to be aware of changing and to have some hand in steering it is to be really alive. This seminar-workshop will focus on the subjective experience of being in change. A variety of action techniques, some encountering, and some plain old-fashioned, head-level bull sessions will be used so we can each take a look into our own being-in-process-ness. Probably best for those 35-60, but others may come at their own risks (of being changed)."

$45 per person
Begins 8 p.m., Friday, August 1

JAMES F. T. BUGENTAL, Ph.D., of Psychological Service Associates, Los Angeles, is a psychotherapist and writer on existential-humanistic psychology. He is for 1968-69 a Research Associate at the Stanford Research Institute in Menlo Park, California. He is a past president of the American Association for Humanistic Psychology and of the California State Psychological Association, and has been on the faculty at UCLA and at Georgia Tech. He is the author of Psychological Interviewing *and* The Search for Authenticity: An Existential-Analytic Approach to Psychotherapy. *In 1967 he edited* Challenges of Humanistic Psychology.

ELIZABETH KEBER BUGENTAL, Ph.D., is a counselor and an innovator in multi-media processes for encounter groups, seminars and theater. Formerly Head of the Department of Theater Arts at Immaculate Heart College in Los Angeles, she has written plays, musicals, and inter-media productions for children and adults, has pioneered in developing audience involvement techniques, and has served on national consultative bodies on the arts in education. She wrote Words of Ugo Betti *which was illustrated by Sister Mary Corita.*

For reservation information, see page 36.

August 4-7
BEING WITH
4-Day Workshop
with BETTY FULLER

Being with me—being with you—being with the loved, the hated, the feared, the envied, the admired . . . connected, part of yet separate from—simply with. Through such integrated encounter methods as body movement, fantasy, Gestalt technique, psychodrama, meditation, among others, participants will explore and celebrate Withness.

$65 per person
6 to 11 p.m., Monday thru Thursday, August 4-7
See page 12, June 9-12, San Francisco, for biographical data.

August 8-10 — A TWO-SEMINAR WEEKEND with CLAUDIO NARANJO and DANE RUDHYAR

SYMBOLS OF SPIRITUAL UNFOLDMENT
Claudio Naranjo and Dane Rudhyar

Friday evening and Saturday morning: **A discussion of a variety of literary, pictorial and ritualistic symbols that refer to the notion of a path of individual evolution open to man, to the stages in this development and to its obstacles.**

Begins 8 p.m., Friday, August 8

THE ILLUMINED ROAD
Dane Rudhyar and Claudio Naranjo

Saturday afternoon and evening, Sunday morning: **An outline of the way beyond the Earth-conditioned ego-consciousness and toward identification with the Divine, reformulated in terms of a Space Age cosmic approach.**

Begins 3 p.m., Saturday, August 9
$30 per person for one seminar
$50 per person for both seminars

DANE RUDHYAR has done pioneering work in several fields of creative endeavor—as composer, critic, and champion of Oriental music, as philosopher and psychologist. His book Astrology of Personality *established a new and deeper approach to astrology thirty years ago and was followed by* The Pulse of Life, The Lunation Cycle, The Practice of Astrology *and* Triptych. Of Vibrancy and Peace *recently gathered the best from several books of poems.* Fire Out of the Stone *reformulated in terms of the new psychology the basic Images of the Christian-European tradition.* The Rhythm of Human Fulfillment *is a prelude to forthcoming volumes on a holistic philosophy and cosmology.*

See page 17, July 25, San Francisco, for biographical data for Claudio Naranjo.

August 8-10
SENSITIVITY TRAINING FOR MARRIED COUPLES
Weekend Workshop
with JAMES V. and FRANCES CLARK

The Clarks have worked for several years in sensitivity training groups for executive and professional married couples; consequently, they have been in the presence of a great many men and women searching for themselves and for a more "growthful" and satisfying community between them. They believe that a marriage is different from the man and woman in it, something that can be bettered by the partners if they are willing and have the courage to spend time and effort to do so. Therefore, this group encounter will focus on reaching new levels of closeness and deepened resolve to make conscious efforts of continued intimacy after the weekend is completed.

$180 per couple
Begins 8 p.m., Friday, August 8

JAMES V. CLARK, D.B.A., is Vice-chairman of the UCLA Graduate School of Business Administration, Professor of Organizational Development, and a Fellow of the National Training Laboratories. He is an author and practitioner in the field of sensitivity training.

FRANCES CLARK is a private sensitivity training consultant who, in recent years with her husband, has pioneered in developing sensitivity training for executive and professional married couples. Her career includes music, elementary teaching, educational administration and civic leadership.

August 11-14
TRUST, COMPASSION AND SELF-EXPLORATION
4-Day Workshop
with JAMES FADIMAN

In our rush to expose and express our inner nature we often neglect to fully explore the good, the beautiful and divine in ourselves. This workshop, through a series of increasingly more involving exercises, will begin to train our awareness in some of these areas. We will treat ourselves and each other gently since gentleness promotes both healing and growth.

$65 per person
6 to 11 p.m., Monday thru Thursday, August 11-14

JAMES FADIMAN, Ph.D., has taught psychology at San Francisco State College and at Brandeis University. He has written a film series for instructional television, is an editor of several journals, writes a column for a medical journal, and is a consultant to industrial and educational institutions.

August 15-17
POLICE AND REVOLUTIONARIES
Weekend Workshop
with JOEL FORT

Confrontation and Dialogue
between

police		**radicals**
prosecutors	**and**	**militants**
judges		**extremists**
jailers		**reactionaries**

$50 per person (a few partial scholarships are available; please consult the San Francisco office)
8 to 11 p.m., Friday, August 15;
10 a.m. Saturday, continuing until after midnight
See page 9, May 23-25, San Francisco, for further description and biographical data.

August 15-17
ACROSS THE GENERATION GAP
Weekend Workshop
with MICHAEL KAHN

This workshop is for upper-teenagers (15-19) and their parents. It will be limited to 15 participants, made up of 5 teenagers, each accompanied by both parents. Encounter group techniques will be used to help each group (teenagers and adults) understand each other's scene more thoroughly and more lovingly and to get them communicating with each other across the generation gap.

$100 per family Begins 8 p.m., Friday, August 15

MICHAEL KAHN received his Ph.D. from Harvard University, has taught at Yale and is currently on the faculty of the Department of Psychology at the University of Texas. He has experimented extensively with behavior therapy methods and is an experienced encounter group leader, having been on the staff of the Personal Growth Laboratory at Bethel, Maine.

August 16
JOSEPH CAMPBELL and HUSTON SMITH ON TIBET

A dialogue-discussion of philosophical and mythic components of the Tibetan tradition—its meaning for its people, its place in the spiritual history of mankind. The evening will close with the showing of "Requiem for a Faith," the 1968 NY International Film Festival Bronze Medal documentary on the subject.

$3 general; $2 student 8 p.m., Saturday, August 16

JOSEPH CAMPBELL is author of The Hero with A Thousand Faces *and* The Masks of God, *co-author of* A Skeleton Key to Finnegan's Wake *and editor of the posthumous works of Heinrich Zimmer, as well as the five Bollingen volumes of* Papers from the Eranos Yearbooks. *He has been a member of the Literature Department of Sarah Lawrence College since 1934 and a lecturer at the Foreign Service Institute, Department of State, Washington, D.C., since 1956.*

HUSTON SMITH is Professor of Philosophy at the Massachusetts Institute of Technology. His birth and childhood in China produced a life-long interest in philosophical anthropology, comparative philosophy, and comparative religion, while his present post calls for special attention to the relation between science and the humanities. He is author of The Religions of Man: Condemned to Meaning; *and* The Purposes of Higher Education.

August 21
INTRODUCTION TO ENCOUNTER
Thursday Evening
with BENNETT SHAPIRO

A highly intensive, fast-moving introduction to encountering for those seeking relief from politeness, indifference and verbosity. Participants will be divided into small encounter groups, which will integrate the many methods for personal confrontation and human development being explored at Esalen: sensory awakening, body movement, Gestalt and Lowen techniques, psychodrama, fantasy, theatre games, meditation. Comfortable clothes are recommended (sports clothes for men; slacks for women).

$5 per person 6 to 11 p.m., Thursday, August 21

August 18-21
MARRIAGE MYTHS
Couples' 4-Day Workshop
with MICHAEL KAHN

This workshop will have a double focus; first, an opportunity to deepen the understanding of the covert "marriage myths" which confuse and impede relationships and to deepen the relationship through group techniques; and, second, to develop rituals to be taken home which will keep the group experience vital and growing. Limited to seven couples (married or not) who share an ongoing relationship.

$130 per couple
6 to 11 p.m., Monday thru Thursday, August 18-21

See August 15-17 (above) for biographical data.

August 22-24
CREATIVE INSPIRATION FROM THE TRANCE STATE
Weekend Workshop
with SHEPARD and LOIS GINANDES

The creative impluse springs best from prepared ground—a trained body, mind and spirit. Training the body with yoga, the mind with meditation, and the spirit with relaxation and hypnotic trance states, one can enhance creative improvisation and inspiration. This weekend is open to dancers, actors, writers, visual artists, musicians and serious students. There will be training in self-hypnosis to carry on creative progress after the weekend is over.

$45 per person Begins 8 p.m., Friday, August 22

SHEP GINANDES is a psychiatrist, sculptor and musician. He works particularly with young people and directs a training center where young people learn to develop their identities as artists. LOIS GINANDES is a professional modern dancer and teacher of yoga and movement. Dr. and Mrs. Ginandes have worked together with artists, using this particular blend of yoga, meditation, and group hypnosis training to deepen creative awareness.

August 22-24
ENERGY AND ENCOUNTER
Weekend Workshop
with STEVEN A. STROUD

Thinking . . . Moving . . . Fighting . . . Loving . . . an inexhaustible river of energy for these and other life processes flows through us if we don't inhibit it. Using intensive encounter and body awareness groups to release energy blocks with hypnotic and meditative techniques to discover and tap the energy source within us, participants will explore ways to creatively release this energy into the world.

$45 per person Begins 8 p.m., Friday, August 22

STEVEN A. STROUD, a past Resident Fellow at Esalen in Big Sur, is a director of the Esalen Resident Program. He leads groups at Stanford and Santa Cruz Universities, at Esalen, Big Sur, and in the Bay Area. He has special training in hypnosis and altered states of consciousness.

For reservation information, see page 36.

August 25-28
SENSORY AWAKENING IN THE CHURCH
4-Day Workshop
with BERNARD GUNTHER

$55 per person
7 to 10 p.m., Monday thru Thursday, August 25-28
See page 31 for description and biographical data.

August 29-September 1
THE FREE ENCOUNTER GROUP
Weekend Workshop
with JOE FORTIER and SHEILA MODECKE

Dr. Fortier describes this program as follows: "I am asked what I mean by *free* in an encounter group. I mean that we aim to be free from psychological interpretations of speech and behavior. Free from our little protective alliances which become 'The Group', from all of those exercises in role playing or analysis of game playing. Free to talk from our own language and particular body style. Free to be ridiculous and to start from where you are at and I am at and he is at. To become free enough to know the absurd—to admit 'I am in love' or 'There is a revolution and I am in it' or 'I am at peace and uninvolved'—and to mix with the absurdities and to find that *that* is really how it is."

$45 per person
Begins 8 p.m., Friday, August 29

JOE FORTIER, Ph.D., is on the psychology faculty and is Chairman of the Graduate Studies Council of Sonoma State College. He has studied at the Jung Institute in Zurich, Switzerland, directed encounter groups at Mountain Home Ranch near Sonoma, and founded the Liberal Arts Master of Arts (L.A.M.A.) program at San Francisco State College.

SHEILA MODECKE received her early training with the Canadian Mental Health Association and Canadian National Training Laboratories, where she was a staff member in adult workshops. She is now engaged in public health research and is completing her graduate work in psychology.

August 29-September 1
GROWTH ENCOUNTER

This weekend workshop with Esalen Staff members will combine encounter groups, sensory awakening, psychodrama, meditation and other approaches being explored at Esalen.

$45 per person
Begins 8 p.m., Friday, August 29

September 1-4
EDUCATION IN THE "AFFECTIVE DOMAIN"
4-Day Workshop
with JANET LEDERMAN

A workshop for teachers, administrators and parents, demonstrating and using Gestalt Therapy Techniques, encounter group methods, body movement, and sensory awareness. Participants may explore, experience and possibly uncover ways of integrating the "I" and the "educator". This group will be tailored to meet the participants' personal and professional interests and needs.

$65 per person
6 to 11 p.m., Monday thru Thursday, September 1-4
See page 11, June 2-5, San Francisco, for biographical data.

September 1-4
4-Day
ENCOUNTER WORKSHOP
with STEVEN A. STROUD

This workshop will consist of directed exercises leading to meaningful contact with other people, spiritually, verbally, physically and through emotional expression; followed by spontaneous encounter with small groups.

$65 per person
6 to 11 p.m., Monday thru Thursday, September 1-4
See page 20, August 22-24, San Francisco, for biographical data.

September 5-7
Weekend Workshop
with DICK MILLER and STAFF

In describing this workshop, Dr. Miller writes: "We are excited by our work. Our groups, like our participants, are enjoyable, threatening, hectic, peaceful, humorous, earnest—rarely empty and often satisfying. We believe in growth as a way of life. We use our skill to clear a space where all may experience and experiment. We are tired of writing up blurbs for brochures that may entice you to participate. You are invited to make this workshop an experience with us."

$45 per person
Begins 8 p.m., Friday, September 5

RICHARD LOUIS MILLER, Ph.D., is a clinical psychologist and Existential psychotherapist committed to openness, authenticity and intimacy in interpersonal relationships. He is a Director of the Institute for Multiple Psychotherapy, San Francisco, and is on the Board of Directors of the San Francisco Gestalt Therapy Institute.

September 8-11
EXPLORATIONS IN POSITIVE EXPERIENCE
4-Day Workshop
with STEWART SHAPIRO

Critics of psychotherapy and group dynamics have often complained that these fields lack the light touch, that they involve too much "blood letting". Dr. Shapiro's approach to psychotherapy, however, is a rollicking takeoff from the premise that learning is joy. His approach draws theoretically from Maslow, Rogers, Perls and Berne, and in methodology from basic encounter groups, Gestalt Therapy, Transactional Analysis and other sources. Dr. Shapiro has added techniques of his own such as a method for "inner dialogue" among various sub-selves, the use of "self-drawing" and "mirror-talking".

$75 per person
6 to 11 p.m., Monday thru Thursday, September 8-11
See page 15, June 30-July 3, San Francisco, for biographical data.

IN PRAISE OF SMALLNESS

Our Big Sur facility is limited and at times we have been beyond our reasonable capacity. Beginning this June we will hold to a strict upper limit of no more than 65 participants on the property at any one time. We hope this will result in greater comfort for both seminarians and staff.

7-DAY PROGRAMS

During July and August we will experiment with a 7-Day format for the Big Sur workshops. In general there will be the same number of leader hours as in the 5-Day programs, but more time to enjoy Big Sur and to relax when the program is over. Most programs will end by Saturday noon, but participants are free to stay until Sunday noon. (The extra day is covered in the workshop fee.) Without the usual Friday turnover and with the smaller number of participants, we anticipate a more leisurely pace throughout the week.

May 11 - 14
CREATING NEW FORMS OF WORSHIP
3-Day Workshop
with BILL McGAW
and WILSON VAN DUSEN

Today religion is facing a crisis of far-reaching proportions. In many situations a sense of community is almost non-existent, and in many churches there is less and less participation from youth. A possible source of renewal may be the inclusion of encounter and awareness techniques in the Sunday morning worship and other rituals.

Workshop members will be introduced to a dynamic theory of ritual and symbol which is open to creative change. Members will be involved in discussions on the future of religion and will participate in group dynamics sessions applicable to religious services and liturgy building. On the final night of the workshop the participants will conduct a worship service which they have created.

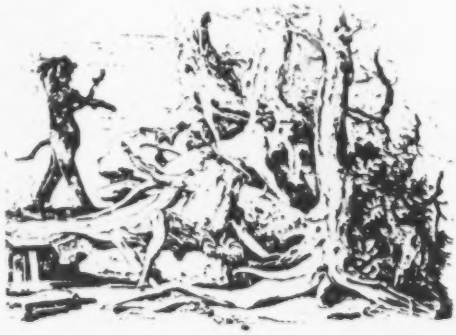
$110 per person

BILL McGAW, Director of Communications at Western Behavioral Sciences Institute, La Jolla, possesses a background in mass media and human encounter theory and practice. Working in co-operation with ministers and congregations of every denomination in the San Diego area, Mr. McGaw has first-hand experience with exciting and deeply moving worship services, based on a theology of the Here and Now as opposed to a theology of the Hereafter.

WILSON VAN DUSEN, Chief Psychologist at Mendocino State Hospital and Professor at Sonoma State College, has published on pastoral psychology, psychedelic religious visions, and spirits. He is a scholar of the works of Emanuel Swedenborg. The honor has been accorded him of having his description of satori translated and published in Japanese by Zen Buddhists.

May 11-16
REACHING FOR THE WILD
5-Day Workshop
with GERARD HAIGH

An exploration into the wildness of nature and self, into the primitive emotions of terror and ecstasy, rage, abandon and wonder. Much of this program will take place in the outdoors of the Big Sur country—in the redwood canyons and on the rocky beaches, in sunlight and during the night. The group will create rituals and symbols together for mutual support; it will explore the range of emotions which direct confrontation with nature turns loose.



$180 per person
All participants must bring sleeping bags and flashlights.

GERARD V. HAIGH, Ph.D., a practicing psychotherapist with Psychological Service Associates, Los Angeles, is experimenting with new kinds of basic encounter groups. He studied with Gardner Murphy at City College of New York and Carl Rogers at the University of Chicago, has been on the Menninger Clinic staff and taught at the University of Chicago, Arizona State University and the University of California, Los Angeles. He is President of the American Association for Humanistic Psychology and is a board member of the Topanga Center for Human Development.

BEST COPY AVAILABLE

For reservation information, see page 36.

May 11-16: BODY AWARENESS, THE SENSE OF BEING AND ENCOUNTER — 5-Day Workshop with EDWARD MAUPIN. *See page 32 for description.*

May 16-18
CONTRIBUTING TO THE GROWTH OF OTHERS
Weekend Workshop
with SAMUEL CULBERT

Many of us are looking for new ways to use ourselves more effectively in contributing to the growth and learning of others. This workshop will aim for the participant's greater connection with his personal power as he helps others in their own self-exploration. Focus will be on the variety of interpersonal connections that lead to growth and fuller realization of man's potential. The workshop would be of special interest to those in the helping professions but is open to anyone.

$70 per person

SAMUEL A. CULBERT, Ph.D., is employed in Washington, D.C. by the NTL Institute for Applied Behavioral Science. He divides his time between professional development, direction of the Institute's Intern Programs, and the Organizational Studies Center, where he is consultant to a number of industrial, religious and government organizations.

May 16-18
THE MARRIAGE ART
Weekend Workshop
with RUSSELL LEE, FRIEDA PORAT and STAN MAYERSON

Marriage can be seen as the most complex art form that human beings have created. As in any art form, the creation can degenerate into routine cliches, petty repetitions, stifling boredom, and sterile stalemate—or it can soar into the "turned on" heights of struggle and surrender, explosion and resolution, and ecstasy and calm. Also in marriage, as in any art form, we must deal with the most crucial paradoxes: e.g. (1) conflict and cooperation, (2) rational understanding and emotional reaction, (3) complementarity and individuality, (4) commitment and freedom.

In this workshop for couples and lovers, we use a variety of verbal and non-verbal encounter methods to break the stalemate and replace it with excitement. As in Greek drama, the group will become the vehicle for describing the dilemma, analyzing the communication blocks, getting feedback and struggling toward fuller life.

$70 per person

A. RUSSELL LEE, M.D., a psychiatrist, is a pioneer in Family and Group Therapy. He is co-author of Interpersonal Perception *and Director of the Institute for Group and Family Studies, Palo Alto, California.*

FRIEDA PORAT is a licensed marriage counselor in private practice, Palo Alto. She conducts marathons regularly, utilizing non-verbal techniques, art and body movement in her encounter groups. She is a member of the Institute for Group and Family Studies, Palo Alto.

STAN MAYERSON has been on the staff of the Counselling Center at Stanford University and is a member of the Institute for Group and Family Studies, Palo Alto.

May 18-23: GESTALT 5-Day Open Professional Workshop with JAMES S. SIMKIN. *See pages 30-31 for description.*

May 18-23
PRESENT AND FUTURE
5-Day Workshop
with ARTHUR SHEDLIN

An exploratory encounter group structured to examine our personal values, goals and life meaning as we see them at present—with the major objective of planning for the future.

$180 per person

ARTHUR SHEDLIN has been personally and professionally interested in the being and becoming of people for the past thirty years. He has taught, counseled and consulted in universities (University of Chicago and University of California, Los Angeles), in industry and in government. He is now a faculty member of the Behavioral Science area of the Graduate School of Business Administration at UCLA.

May 18-23
A WEEK
with BABA RAM DASS
(formerly Dr. Richard Alpert)

Five days of theory and practice in *Ashtanga* yoga (eight-limbed yoga) also known as *Raja* yoga. This eclectic approach to higher consciousness includes methods for purification of the body and mind. These make available from within one's body the energy and discipline necessary to achieve *moksha* (liberation). There will be extensive consideration of adaptation of methods for Westerners of 1969 . . . both those who have and those who have not had previous transcendental experience. Because *Raja* yoga includes *Jnana, Bhakti, Karma* and *Hatha* yogas, each participant will be assisted in finding that methodological emphasis suitable to him.

$180 per person

Richard Alpert has been on the faculties of Stanford, Harvard and the University of California. His search has led from the academic to the psychedelic to the traditional (but obscured) mystical practices of the East.

In 1967 Dr. Alpert started by Land Rover in Iran in search of men who might still retain the keys to the knowledge of enlightenment. Finally his search found fruit in relationship to a Master of Raja Yoga. He returns to the United States as BABA RAM DASS.

May 23-25
EXPLORING THE SACRED IN THE COMMON
Weekend Workshop with SAM and HEATHER KEEN

Making use of reflection, movement, fantasy and relationship, this workshop will seek to uncover the roots of the sacred in everyday experience. We will work with various moods, feelings and attitudes which have been traditionally connected with religious experience (mystery, wonder, awe, respect, reverence, judgment, succor, validation) to open to the ways in which religious affections can still be native to our experience of our bodies, the world of nature and our interpersonal relationships. Limited to 14 participants.

$70 per person *(continued)*

EXPLORING THE SACRED IN THE COMMON
(continued)

SAM KEEN holds graduate degrees in theology and philosophy from Harvard and Princeton Universities. He is the author of Gabriel Marcel *and a forthcoming book* Apology for Wonder *and is presently exploring the outlines of a Dionysian theology in a new book,* Libations to a Dancing God. *Currently Professor of Philosophy and Christian Faith at Louisville Presbyterian Seminary, he has become increasingly concerned with digging beneath the words of religious and non-religious ideologies to discover the experiences which function to support human dignity and the awareness of the sacredness of life.*

HEATHER KEEN has worked in the field of dance for sixteen years as teacher, choreographer and therapist, using dance to encourage people to discover the wonder of themselves, each other, and the world around them. She received her training with Barbara Mettler and has been director of liturgical dance groups associated with Marsh Chapel, Boston University, and with Princeton and Louisville Presbyterian Seminaries. More recently she has become interested in the therapeutic aspects of dance and has worked as a dance therapist at Norton Infirmary and Central State Hospital in Louisville.

May 23-25: **A WEEKEND WITH WILLIAM C. SCHUTZ.** *See page 34 for description.*

May 25-30: **BEING ONESELF AMONG OTHERS – 5-Day Workshop with CLAUDIO NARANJO**
See pages 32-33 for description.

May 25-30: **MORE JOY WORKSHOP – 5-Day Workshop with Esalen Staff.** *See page 34 for description.*

May 30-June 1
CREATIVE, PSYCHOTIC AND ECSTATIC STATES
Weekend Workshop
with ROLAND FISCHER
and JULIAN SILVERMAN

Dr. Fischer describes his seminar as follows: "Normal, creative, schizophrenic, and mystical-ecstatic states are conceived on a continuum of increasingly higher central nervous system arousal. These levels are experienced in terms of increasing data content and increasing rate of data processing, which may result in a *creative,* hallucinatory, artistic or religious state. Eventually, however, the rate of processing cannot keep step with the ever-increasing data content—'the torrential flood of inner sensation'—and results in the *schizophrenic* 'jammed computer' state. At the peak of *ecstatic* states, interpretive activity ceases, or in biocybernetic terminology, there is no data content from without, and, therefore, no rate of data processing from within, the only content of the experience at the height of rapture being the reflection of the mystic in his own 'program'.

"Creative experiences are basically hallucinatory in nature and can be regarded as symbolic interpretations of one's own central nervous system activity. These experiences can be characterized in terms of: (1) increasing sensory to motor ratios which imply a gradual blocking of the intention and ability of the individual to verify his intense sensory experiences through voluntary motor performance; (2) by a transition from Aristotelian to multi-valued (symbolic) logic; and (3) by an increasingly geometric-ornamental or manneristic style which corresponds with the nonconventional representation found in much schizophrenic art."

$70 per person

JULIAN SILVERMAN, Esalen's Research Director, will be available to comment on Dr. Fischer's research in relation to his own in the same areas.

ROLAND FISCHER, Ph.D., initiated research into the staining behavior of cell membranes and biological research on schizophrenia, studying what he termed drug-induced "model psychoses." He is Professor in the Department of Psychiatry, Division of Behavioral and Neurobiological Sciences, and Associate Professor in the Department of Pharmacology, Ohio State University. He has published over 160 research papers in the following areas: cell membrane-and-receptor-models; gustatory chemoreception and pharmacogenetics; biological aspects of normal and pathological behavior; "model psychoses"; psychopharmacological aspects of time and space; and mechanisms and perceptual-behavioral correlates of central nervous system excitation and depression. He represents the U.S. on a Board of the International Society for Psychopathology and Artistic Expression.

May 30-June 1
ENCOUNTER GAMES
Weekend Workshop
with RICHARD FARSON

This workshop will explore ways in which approaches in the field of simulation and gaming, psychodrama, sociometry, hypnosis, sensory awareness, etc., can be made a part of the basic encounter group to provide a more intensive, enjoyable, productive experience for the participant. Hopefully, the benefits of the group can be more lasting because the participants will have had an opportunity to re-invent their futures, to set new goals, to plan new ways in which they can alter their environments to elicit what they want to see in themselves.

$70 per person

RICHARD FARSON is Co-Founder and Chairman of the Board of the Western Behavioral Sciences Institute, La Jolla, California, which is conducting pioneer research in the dynamics of social change and new educational methods such as non-directed encounter groups and simulation games. He is a social psychologist who has lectured at Harvard University and the University of Chicago. He edited Science and Human Affairs *and has written extensively on sensitivity training, small group processes, education and the future.*

May 30-June 1
THEATRE OF ENCOUNTER
Weekend Workshop
with ALEC RUBIN

An encounter group using new theatre techniques, this workshop will include verbal and non-verbal moment to moment confrontation, games and exercises evoking the expression of what's locked inside, body sounds and rhythms, flaying, beating, holding, being still, falling, hiding, "sounding" the body, tearing apart, coming together, being with. Its aims will be to open perception, unify opposite feelings and allow a free-flow of feeling and action.

$70 per person

For reservation information, see page 36.

THEATRE OF ENCOUNTER
(continued)

ALEC RUBIN is a movement therapist, encounter group leader, acting teacher and director. He was trained at the New York Institute of Gestalt Therapy and influenced by the methods of gestalt, F. M. Alexander, Stanislavsky, Strasberg, Grotowski, Graham, Gindler, and Reich. He taught theatre and movement at Bennington, Cornell, N.Y.U., the Living Theatre, and the Actors Studio, and leads experiential church services and on-going groups on Long Island, where he is also involved in an Upward Bound program with the black community of Wyandanch. He just returned from Australia, where he introduced workshops in awareness and encounter to therapists and students in universities, clinics, and churches. He is director of Theatre of Encounter, a workshop for actors, playwrights and audiences in New York.

June 1-27
A FOUR-WEEK WORKSHOP
with JOHN HEIDER
and STEVEN STROUD

Participants will receive intensive exposure to many of the most promising growth techniques that have been distilled from the Esalen Institute Resident Programs and from the work of the group led by William C. Schutz which has developed the open-ended encounter group approach used in the "More Joy" workshops.

This approach originally rested on small-group encounter. More recently it has been expanded to include meditation, a wide variety of body and sensory awareness disciplines, and specific training in visual and auditory receptivity and imagery. The goal, as yet unrealized, is to develop an American *Tao*, or Way, of life-long growth.

This program, unlike most shorter workshops, will emphasize integration of verbal and non-verbal experience through readings and discussion. During the four weeks, members will meet with the leaders for two sessions each week day. Evenings and weekends will be free for reading, bathing, hiking, as you wish. Participants will be encouraged to develop and experiment with their own approaches within the group; training in leading exercises will be provided for those interested.

$800 per person
Non-refundable deposit of $400 due before May 15

JOHN HEIDER, Ph.D., is a Director of the Esalen Institute Resident Program. He has done research on the effects of meditation on perception. He is particularly interested in the role which Esalen plays as a crossroads for many diverse elements of the Human Potential Movement; and he views himself as a natural philosopher working toward integrations of such practices as dance, meditation, sensory awakening and the adventure of encounter.

STEVEN A. STROUD, a past resident fellow at Esalen in Big Sur, is a Director of the Esalen Institute Resident Program. He leads groups at Stanford and Santa Cruz Universities, Esalen, Big Sur, and in the Bay Area. He has had special training with Dr. Bernard Aaronson in hypnosis and related fields.

June 1-6
PSYCHODRAMA FOR EXPANDING AWARENESS
5-Day Workshop
with CARL HOLLANDER
and SUE DODSON

Our potentials are limited by our own blindness to the resources within us. This workshop is based on the belief that expansion of one's awareness of self and world opens life's choices, deepens relationships with self and others, and frees one's potential. The workshop is designed for both couples and individuals. Action techniques—psychodrama, sociometry and body awareness—will be the tools used in this experiential workshop.

$180 per person

CARL HOLLANDER is a director of psychodrama, sociometry and group psychotherapy certified and trained at the Moreno Academy in New York. He is the director of the Evergreen Institute for Human Development and Family Growth, Evergreen, Colorado. He consults and trains in psychodrama throughout the country.

SUE DODSON is a family therapist in practice in Denver, Colorado. She is a residential staff member of the Evergreen Institute, where she leads seminars for couples and families and seminars in psychodrama. She has trained with Virginia Satir and is a psychiatric social worker.

June 1-6
RITUALS OF TRANSFORMATION
with SEYMOUR CARTER
and RON ACCIOLA

Rituals are energy organizing and directing ways for life-stage changes. Rituals of possession by demon or god, purification ceremonies and rites of passage are some of the methods used by primitive cultures to evoke, express and amplify their being. The underlying strata of the psyche contain these archetypal and ritualistic forms.

This workshop will utilize ritual forms as they emerge from the group process and will amplify them for personal transformation. Limited to those who have had some meditation experience.

$180 per person

SEYMOUR CARTER is a staff member of Esalen Institute and claims to be or to have been a drug user, village idiot, thief, madman, carny, masseur and shaman.

RON ACCIOLA is a poet, musician, singer, drummer, mountain mystic and shaman.

June 8-13
I CHING,
a Guide to Oracle Imagery,
and TAI CHI,
a Way of Centering
5-Day Workshop
with GIA-FU FENG
and MARSHALL HO

This workshop will include intensive sessions on several forms of Tai Chi, with discussion of the *I Ching* (which Gia-fu has retranslated) and its relationship to imagery and the martial arts. Gia-fu describes Tai Chi as "a form of meditation in movement, a way of centering aiming at sensory-motoric awareness and body alignment. It is a bridge between Eastern meditation and Western psychotherapy."

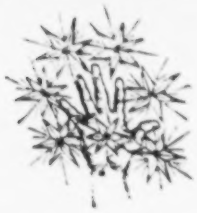
$180 per person

MARSHALL HO is an instructor of Chinese Physical Culture. He studied Tai Chi under the master Choy Hok Pang, who introduced Tai Chi to this country. He was awarded the black belt in Judo from Master T. Hagio, Seventh Dan, Kodokan. He teaches these arts in Los Angeles. *(continued)*

I CHING and TAI CHI
(continued)

GIA-FU FENG teaches Tai Chi, Calligraphy and Shiatsutherapy at Esalen and Stillpoint in Los Gatos. With Professor Jerome Kirk of the University of California at Irvine he has retranslated the I Ching *(Book of Changes) from the Chinese. He is publishing a book with MacMillan entitled* I Ching, A Guide to Oracle Imagery, and Tai Chi, a Way of Centering.

June 8-13
MASSAGE
AND MEDITATION
5-Day Workshop
with SEYMOUR CARTER



An intensive but relaxing week of learning massage and meditation. There will be early morning (7:30-8:30) and late afternoon (5:30-6:00) periods of meditation, and morning sessions (9:30-12:30) of instruction in the Esalen style of massage. Afternoons (2-5) will be spent in practice sessions. Discussion and encounter (6:00-8:00) will develop the feelings that may arise from meditation and massage. This approach to massage consists of a combination of sensory awakening—involving all the senses—and deeper muscular massage. The attitudes of affirmation and caring and the release of emotions will be emphasized.

Couples are encouraged to attend so they can continue to massage each other at home. All participants should bring alarm clocks in order to awake for early meditation; they should also plan to arrive in time to eat dinner before an 8:00 evening session on Sunday and try to stay through 5:00 p.m. on Friday.

$180 per person

SEYMOUR CARTER is a massage specialist at Esalen, trained by Molly Day Schackman. He is a leader of Esalen's "More Joy" workshops and has extensive experience leading encounter groups in Big Sur, the Bay Area, and New York. He is a former member of Synanon.

June 13-15: A WEEKEND WITH WILLIAM C. SCHUTZ. *See page 34 for description.*

June 15-20: BODY AWARENESS, THE SENSE OF BEING AND ENCOUNTER – 5-Day Workshop with EDWARD MAUPIN. *See page 32 for description.*

June 15-20: GESTALT 5-Day Open Workshop with JOSEPH J. DOWNING. *See pages 30-31 for description.*

June 20-22: BEING OPEN – Weekend Workshop with BERNARD GUNTHER
See page 31- under "Programs in Sensory Awakening" for description.

June 27-29: BODY AWARENESS AND THE SENSE OF BEING – Weekend Workshop with EDWARD MAUPIN
See page 32 for description.

June 29-July 25
WORKSHOP
with VIRGINIA SATIR

VIRGINIA SATIR is a Director of the Esalen Institute. She was formerly Director of Training for the Family Project, Mental Research Institute, Palo Alto. She is also a consultant to family research projects and training programs throughout the United States. This month-long intensive training workshop under her leadership is, due to publication in the Esalen Winter / Spring Brochure, already full.

Those interested in a training workshop are referred to page 25 for description of the month-long workshop led by John Heider and Steven Stroud.

June 29-July 6
REALITY AND ILLUSION:
LEARNING
TO DISCRIMINATE
7-Day Workshop
with GEORGE I.
and JUDITH BROWN

This workshop will be mostly experiential with an emphasis on principles of Gestalt Therapy applied both to the individual and, in the case of couples, to the marriage relationship.

Growth toward maturity is inhibited by fear of change and the unknown. Fantasied catastrophies are created by our "fine minds" at the prospect of moving into the adventure of new experience. And instead of moving into each moment—as Perls says—as a fresh experience, we cling to the status quo, to a cardboard existence; and thus we die long before we cease breathing. Ways to move and grow will be presented in a laboratory workshop context beginning with readiness techniques such as encounter, creativity games and body awareness followed by Gestalt Awareness Training.

$225 per person

GEORGE I. BROWN teaches courses in group interaction, creativity, awareness and sensitivity training as a professor at the University of California, Santa Barbara. With his wife he has given workshops and seminars for many diverse groups in the United States and Canada. Dr. Brown is a nationally known researcher in the affective domain and creativity.

JUDITH R. BROWN, co-trainer with her husband, brings much experience in group awareness training. Her approach is based on principles of Gestalt Therapy as founded by Dr. Frederick Perls, with whom she has worked as a co-therapist.

July 6-13
7-Day Workshop
with DICK MILLER
and LARRY BLOOMBERG

In describing this workshop, Drs. Bloomberg and Miller write: "We are excited by our work. Our groups, like our participants, are enjoyable, threatening, hectic, peaceful, humorous, earnest—rarely empty and often satisfying. We believe in growth as a way of life. We use our skill to clear a space where all may experience and experiment. We are tired of writing up blurbs for brochures that may entice you to participate. You are invited to make this workshop an experience with us."

$235 per person

RICHARD LOUIS MILLER, Ph.D., is a clinical psychologist and Existential psychothera-

For reservation information, see page 36.

7-Day Workshop with DICK MILLER and LARRY BLOOMBERG *(continued)*

pist committed to openness, authenticity and intimacy in interpersonal relationships.

LAWRENCE I. BLOOMBERG, Ph.D., is a clinical psychologist and Gestalt psychotherapist involved in fostering the widest community support for deeply exciting relationships among people.

DICK MILLER and LARRY BLOOMBERG are directors of the Institute for Multiple Psychotherapy, San Francisco, where they are involved in developing innovations in marital, family and group psychotherapy. Multiple therapy refers to the concurrent use of two or more therapists in all therapeutic encounters. They are both Training Therapists and on the Board of Directors of the San Francisco Gestalt Therapy Institute.

July 13-20: BODY STRUCTURE AND AWARENESS — 7-Day Workshop with EDWARD MAUPIN and J. STANLEY JOHNSON. *See page 32 for description.*

July 20-27: SENSORY AWAKENING FOR COUPLES — 7-Day Workshop with BERNARD GUNTHER
See page 31- for description.

July 27-August 3
I CHING,
a Guide to Oracle Imagery,
and TAI CHI,
a Way of Centering
7-Day Workshop
with GIA-FU FENG

This workshop will include intensive sessions on several forms of Tai Chi, with discussions of the *I Ching* (which Gia-fu has retranslated) and its relationship to imagery and the martial arts. Gia-fu describes Tai Chi as "a form of meditation in movement, a way of centering aiming at sensory-motoric awareness and body alignment. It is a bridge between Eastern meditation and Western psychotherapy."

$225 per person

GIA-FU FENG teaches Tai Chi, Calligraphy and Shiatsutherapy at Esalen and Stillpoint in Los Gatos. With Professor Jerome Kirk of the University of California at Irvine he has retranslated the I Ching *(Book of Changes) from the Chinese. He is publishing a book with MacMillan entitled* I Ching, a Guide to Oracle Imagery, and Tai Chi, a Way of Centering.

July 27-August 3: OUR MASKS AND OURSELVES — 7-Day Workshop with CLAUDIO NARANJO
See pages 32-33 for description.

July 27-August 3
INSIGHT AND OUTLOOK
7-Day Workshop
with HUSTON and ELEANOR SMITH

Shared reflection on five brief texts—Asian and Western: philosophical, psychological, and religious: Tillich, Kierkegaard, Buber, Rogers, Zen—in an effort to get at the words they speak to each participant at his present life-juncture. Encounter group exercises and "kindergarten Zen" will be used to induce thought to connect, more than it usually does, with feelings and experience.

$225 per person, including books

HUSTON SMITH is Professor of Philosophy at the Massachusetts Institute of Technology. His birth and childhood in China produced a life-long interest in philosophical anthropology, comparative philosophy, and comparative religion, while his present post calls for special attention to the relation between science and the humanities. He is author of The Religions of Man; Condemned to Meaning; *and* The Purposes of Higher Education. *ELEANOR SMITH, his wife, is a psychiatric social worker at the Newton Mental Health Center.*

July 27-August 3: MORE JOY WORKSHOP — 7-Day Workshop with Esalen Staff. *See page 34 for description.*

August 3-10
TRAINING WORKSHOP FOR AFFECTIVE LEARNING AND HUMANISTIC EDUCATION
7-Day Workshop
with GEORGE I. BROWN & FORD-ESALEN STAFF

Note: A similar 7-day workshop with the same staff is offered August 24-31.

This workshop will cover the following:

1. Descriptions, theory and practice in the affective domain: (a) nonverbal communication, (b) dyadic interpersonal relationship, (c) group process, (d) group leadership, (e) sensory awakening, (f) existential and humanistic psychology based on the Gestalt Therapy of Fritz Perls.

2. Descriptions, theory and individual planning for the workshop participant in the teaching or leadership role with the material contained in no. 1.

3. The integration of affective learning with cognitive or intellectual dimensions of learning: (a) through personal application to the workshop participant's own teaching level or area, (b) through examination of the text *Now: The Human Dimension,* (c) through common interest or area group planning in the workshop.

The workshop is appropriate for teachers and instructors at elementary, secondary and university levels, church-affiliated leaders, social workers and others professionally concerned with human relationships.

$225 per person

GEORGE ISAAC BROWN, a nationally known researcher in the affective domain and creativity, teaches courses in group interaction, creativity, awareness and sensitivity training as a professor at the University of California, Santa Barbara. As Director of Education Research of Esalen and under a grant from the Ford Foundation, Dr. Brown has directed the experimentation and research of the teachers of the Ford-Esalen Staff listed below:

JANET LEDERMAN has worked with problem children in ghetto areas and has trained with Dr. Frederick Perls. She is author of the forthcoming book Anger and the Rocking Chair.

AARON HILLMAN is a teacher of "slow" learners in English and Social Studies.

ROBIN MONTZ is a teacher of English and Social Studies in a team teaching setting.

GLORIA SIEMONS is a primary teacher and author.

August 3-10: GESTALT 7-Day Open Professional Workshop with JAMES S. SIMKIN and JOSEPH J. DOWNING
See pages 30-31 under "6th Annual Professional Training Program in Gestalt Therapy" for description.

August 10-17
WORLD MYTHOLOGY AND THE INDIVIDUAL ADVENTURE
7-Day Workshop
with JOSEPH CAMPBELL

A week of formal lectures and informal discussions around the pivotal theme of mythology as a guide to the fashioning of an individual life. The archetypes of traditional mythologies—primitive and developed, Oriental and Occidental—will be systematically presented for unsystematic consideration in relation to the interests of the individuals participating in the workshop. Individual dreams may be explored in relation to creative myth formation. There will probably be two two-hour sessions a day.

$225 per person

JOSEPH CAMPBELL is author of The Hero with A Thousand Faces *and* The Masks of God, *co-author of* A Skeleton Key to Finnegan's Wake *and editor of the posthumous works of Heinrich Zimmer, as well as the five Bollingen volumes of* Papers from the Eranos Yearbooks. *He has been a member of the Literature Department of Sarah Lawrence College since 1934 and a lecturer at the Foreign Service Institute, Department of State, Washington, D.C., since 1956.*

August 10-17
MOVEMENT AND NATURE
7-Day Workshop
with JEAN ERDMAN

Holding the mirror up to nature, we find that the simple act of walking contains in seed state the whole art of the dance. Symmetry arises out of the steady right-left alternation of the feet, and the constant pulse beat of the heart gives rise to the first level of rhythm. From breathing comes a sense of phrase and asymmetrical balance, of emotional rhythm and the importance of the torso. From the natural (animal) stance comes the basic orientation to space, and through the dynamic imagery of rhythmed movement one touches the experience of dance as communication.

The movement sessions of this week will be devoted to discovering and utilizing the seven key control centers of all movement and stillness and to extending the ranges of natural movement toward the expressivity of dance.

The group will probably meet for one long session each day, with sufficient free time for bathing, swimming and the Big Sur sea and mountains. Some of Joseph Campbell's evening lectures will be open to the group. JEAN ERDMAN is Mrs. Joseph Campbell.

$225 per person

August 10-17: GESTALT 7-Day Introductory Professional Workshop with JAMES S. SIMKIN and ROBERT RESNICK
See pages 30-31 under "6th Annual Professional Training Program in Gestalt Therapy" for description.

August 17-23
ENCOUNTERING IN THE HIGH SIERRAS
7-Day Outdoor Workshop
with WALT ANDERSON
and DAN HOLLAND

This workshop, which will be held in the High Sierras, is designed to explore the experience of sensory awakening, meditation, psychodrama and group encounter in a spectacular mountain setting. The group will meet at a designated roadhead point early Sunday, hike to the campsite, and return the following Saturday. Mountaineering experience is not required, but applicants should be capable of some moderate hiking. Details will be supplied on application.

$75 per person

WALT ANDERSON is a member of the staff of the California Institute of Psychodrama in Los Angeles and a director of the Topanga Human Development Center. He also teaches part-time at San Fernando Valley State College.

DAN HOLLAND is a Sierra Club outings leader, a San Francisco architect, and a student of sensory awakening techniques.

August 17-24
THE OPEN COUPLE
7-Day Workshop
with BETTY FULLER

This workshop for couples will employ a variety of encounter techniques developed and refined at Esalen to explore the special relationship between man and woman. Activities will be drawn in part from a new book for couples by William C. Schutz (author of *JOY*, Grove Press, 1967) and Pamela Portugal.

$450 per couple

BETTY FULLER, a former Resident Fellow, is Director of Esalen's program of on-going encounter groups in San Francisco and Coordinator of the Consulting Service. In addition to her own groups and workshops, she has led couples' groups with Dr. Schutz and has contributed material to his new book.

For reservation information, see page 36.

August 17-24: SELF-AWARENESS THROUGH MEDITATION, PSYCHOTHERAPY AND DAILY LIFE
7-Day Workshop with CLAUDIO NARANJO. *See pages 32-33 for description.*

August 17-24: GESTALT 7-Day Advanced Professional Workshop with JAMES S. SIMKIN and IRMA LEE SHEPARD
See pages 30-31 under "6th Annual Professional Training Program in Gestalt Therapy" for description.

August 24-31: TRAINING WORKSHOP FOR AFFECTIVE LEARNING AND HUMANISTIC EDUCATION
7-Day Workshop with GEORGE I. BROWN and FORD-ESALEN STAFF
See page 27, August 3-10, Big Sur, for description.

August 24-31
TRUST, COMPASSION AND SELF-EXPLORATION
7-Day Workshop
with JAMES FADIMAN

In our rush to expose and express our inner nature we often neglect to fully explore the good, the beautiful and divine in ourselves. This workshop, through a series of increasingly more involving exercises, will begin to train our awareness in some of these areas. We will treat ourselves and each other gently since gentleness promotes both healing and growth.

The workshop will include several days of lectures and exercises designed to establish a higher and more accurate self-concept. Each person will individually explore and redefine his goals and limitations.

$225 per person

JAMES FADIMAN, Ph.D., has taught psychology at San Francisco State College and at Brandeis University. He has written a film series for instructional television, is an editor of several journals, writes a column for a medical journal and is a consultant to industrial and educational institutions.

August 31-September 7: MORE JOY WORKSHOP — 7-Day Workshop with Esalen Staff. *See page 34 for description.*

August 31-September 7
SELF-AWARENESS THROUGH ART
7-Day Workshop
with FRITZ FAISS

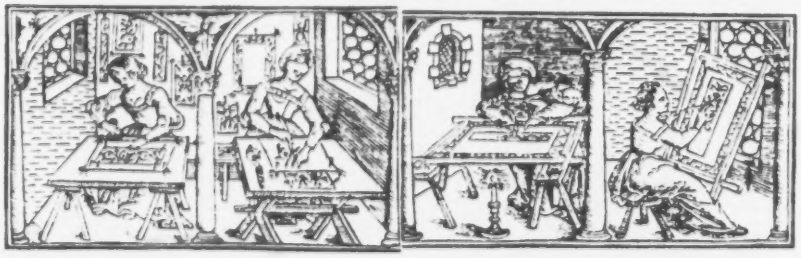
Using various creative media to transform a person's inner world into a visual form, Fritz Faiss leads each participant to those images and forms that live within him and influence his daily life. As these are projected to an outer awareness, it is possible to move toward a new harmony and balance within. Using art materials, Mr. Faiss makes use of colors, structures and drawings to develop self-awareness, awaken creativity and promote movement toward a wholeness and the fusion of opposites. He places special emphasis on breathing, meditation and mantras as his founding processes. His approach makes use of Goethe's color theory and the investigations into images of the subconscious as explored by Carl Jung. No previous art experience is necessary to participate; group is limited to 15 to provide individual attention.

$225 per person

FRITZ FAISS studied at the Bauhaus under Klee and Kandinski and with Rudolph Steiner; he was also active for many years at the Evangelische Akadamie in Germany. His works have been shown in most major cities of Europe and may now be found in private collections and museums throughout Europe and America. He has taught at UCLA, the Westland School and the Ottis Art Institute; he is presently teaching at San Fernando State College.

August 31-September 7
A CRAFT WORKSHOP
7-Day Workshop
with the GUILD OF HANDS

This workshop will consist of individual and group work in a variety of materials and techniques, with emphasis on ways of bringing natural, inherent form to the fullest possible expression. Informal evening discussions will explore the role of simple, creative work as an aid in developing self-reliance (advocated by Gandhi in the Hind Swaraj, or home rule) as a counteraction to the pressures in modern society toward dependency and conformity.



BAKING: Bread, Pastry
GRAPHICS: Woodcuts, Serigraphy, Drawing
LEATHERWORK: Sandals, Handbags, Garments
METAL: Sculpture, Casting, Enameling
PHOTOGRAPHY: Field Work
TEXTILES: Batik, Weaving, Spinning

$225 per person

Guild craftsmen are available for individual instruction with two weeks advance notice. Write Guild of Hands, Esalen Institute, Big Sur, California 93920.

September 7-12: BODY AWARENESS, THE SENSE OF BEING AND ENCOUNTER — 5-Day Workshop with EDWARD MAUPIN. *See page 32 for description.*

September 7-12
BREAKTHROUGH AND INTEGRATION
5-Day Workshop
with FREDERICK STOLLER

New behavioral trends and new vistas for the self have become demonstrably feasible given the individual's capacity for risk-taking and the appropriate opportunity, such as the intensive group experience. Integrating such breakthroughs into new life directions is much less predictable, depending upon the person's life circumstances and the resources available to him. This workshop is an experimental attempt to broaden and deepen new perspective developed by participants. It will consist of three phases: (1) a marathon involving the use of videotape and photographic techniques; (2) a totally different activity to be devised by the participants; and (3) a shorter intensive group encounter oriented toward integrating the experience.

$225 per person, including marathon

FREDERICK H. STOLLER, currently senior research associate at the Youth Studies Center, University of Southern California, has been one of the principal pioneers in the development of the marathon group and one of the prime innovators in the use of videotape feedback in the group setting. Leader of a broad range of marathon groups and workshops, Dr. Stoller's written contributions are growing, two of his important papers appearing in Gazda's Innovations to Group Psychotherapy *(Thomas). A novel about a marathon group,* The Lemon Eaters *by Jerry Sohl (Dell), has been based upon his work.*

September 7-12
BREATHING AND AWARENESS
5-Day Workshop
with MAGDA PROSKAUER

A workshop involving various breathing techniques and exercises in awareness. Mrs. Proskauer's approach educates awareness of somatic processes which are normally unconscious or semi-conscious. In an extended workshop of this kind, participants can achieve more relaxation and awareness than they are able to in brief sessions.

$180 per person

MAGDA PROSKAUER is a graduate of the University of Munich, Germany, and received a degree in physiotherapy from the University of Munich Medical School. While working in Europe she was influenced by various new schools of psycho-physical therapy. She has a private practice in body awareness and breathing therapy in San Francisco.

GESTALT THERAPY AND AWARENESS TRAINING PROGRAMS

Gestalt Training, by emphasizing the awareness continuum of oneself and the world, is a way (Tao) of living and enhancing one's experience. It is non-analytic. It attempts to integrate the fragmented, split personality through non-interpretive focusing in the here-and-now.

FREDERICK S. PERLS, the founder of Gestalt Therapy, Associate in Residence at Esalen Institute, Big Sur
JAMES S. SIMKIN, clinical psychologist, Beverly Hills, co-leader of professional training groups with Dr. Perls for five years
ROBERT K. HALL, psychiatrist, Mill Valley, California
ROBERT RESNICK, psychiatrist, Los Angeles
IRMA LEE SHEPARD, psychologist, Director of Psychological Center, Georgia State College, Atlanta, Georgia

BIG SUR WORKSHOPS

May 18-23

5-DAY OPEN PROFESSIONAL WORKSHOP WITH DR. SIMKIN

Open to educators, ministers, mental health workers, probation officers, etc. Emphasis will be on the development of personal sensitivity and awareness rather than on the training of "techniques".

$190 per person

June 15-20

5-DAY OPEN WORKSHOP WITH DR. DOWNING

Open to both professionals and laymen seeking personal growth.

$180 per person

6TH ANNUAL PROFESSIONAL TRAINING PROGRAM IN GESTALT THERAPY

August 3-10

7-DAY OPEN PROFESSIONAL WORKSHOP with DRS. SIMKIN and DOWNING

Open to educators, mental health workers, probation officers, etc.
$265 per person

August 10-17

7-DAY INTRODUCTORY PROFESSIONAL WORKSHOP with DRS. SIMKIN and RESNICK

Open to professional psychotherapists in individual or group practice.
$265 per person

August 17-24

7-DAY ADVANCED PROFESSIONAL WORKSHOP with DRS. SIMKIN and SHEPARD

$265 per person

These professional workshops will provide theoretical as well as practical training in the application of the existential and phenomenological method for individual, group and self-treatment. The participants will have an opportunity for artistic self-expression and for

For reservation information, see page 36.

GESTALT PROFESSIONAL TRAINING PROGRAM *(continued)*

facing and coping with their own personal problems. Attention will be primarily focused on phenomenology through the use of non-interpretive techniques. In all workshops these techniques will be extended to a working through of dreams.

The August 10-17 workshop will serve as an introduction and background in Gestalt and Existential Therapy. Those attending will qualify for the advanced workshop.

The workshops are limited to not more than 20 qualified professionals. Applicants should apply well in advance and should state qualifications. Envelopes should be marked: "Attention of Gestalt Professional Workshop:".

August 22-24: For a limited number of professionals wanting formal recognition, there will be an opportunity to demonstrate their competence by actually working with selected individuals in groups in the presence of Senior Gestalt Therapists.

As of this writing FREDERICK S. PERLS expects to be in part-time residence. Dr. Perls is presently working on a special edition of his biographical ruminition *In and Out of the Garbage Pail.*

All the above programs take place in Big Sur; those interested in Gestalt programs in the San Francisco Bay Area should contact:

THE SAN FRANCISCO GESTALT THERAPY INSTITUTE with workshops and professional training in Gestalt Therapy. Their schedule is available by writing or calling Jerry Rothstein, Executive Secretary, 3701 Sacramento, San Francisco, California (415) 387-2444 .

Persons interested in other Gestalt-oriented approaches should refer to the programs of CLAUDIO NARANJO (pages 32-33) and GEORGE I. BROWN (page 26, June 29-July 6; page 27, August 3-10; and page 29, August 24-31).

PROGRAMS IN SENSORY AWAKENING WITH BERNARD GUNTHER

June 20-22 – Big Sur
BEING OPEN
Weekend Workshop

There is a feeling energy flow, which gives a glow to the dull verbal mechanical habit that most people call reality. This alive open awareness, which we have been taught to shut off, can be returned-on when we let go of excessive conditioned tension, stop playing certain personality games and become sensitive to the full depth of our being.

In this Sensory Awakening weekend we will use different forms of sensory meditation as well as both verbal and non-verbal communication to discover and unlearn this blockage, so that we can reopen ourselves to fuller *being.*

$70 per person

July 20-27 – Big Sur
SENSORY AWAKENING FOR COUPLES
7-Day Workshop

We often allow our most intimate relationships to become static and routine. Habit replaces contact and we rarely experience the other person or the vast possibilities which might be shared. Fixed concepts and excessive tension are major reasons for such closed-offness. In this sensory awakening workshop for couples (not necessarily married) we will explore relaxation, awareness, massage, and sensory encounter as means for opening to one another.

$450 per couple

August 25-28 – San Francisco
SENSORY AWAKENING IN THE CHURCH
4-Day Workshop

Sensory Awakening is a non-verbal approach to awareness that tends to lessen excessive tension, verbalization, mechanization and alienation, creating an open feeling of warm meditative flow in the here and now. This experimental 4-day workshop will explore the possibilities of using the insights and techniques of this sensory approach in the context of religious experience. In discussing each other's needs, the workshop participants will attempt to create new forms of ritual and worship. They will take part in Mr. Gunther's version of the ancient customs of meditation, the laying on of hands, the washing of feet, the breaking of bread and wholly communion.

This program is intended especially for clergymen, seminarians and laymen interested in religious renewal but is open to everyone.

$55 per person
7 to 10 p.m., Monday through Thursday, August 25-28

BERNARD GUNTHER is one of the pioneers in the use of touch, relaxation, body awareness and non-verbal communication in the total growth process. For the past five years he has been a resident staff member of the Esalen Institute, Big Sur, where he has developed his own approach to massage, meditation and mind/body/environment integration known as Sensory Awakening. Many of his innovations are now being used in educational, religious and therapeutic situations through the United States. He is the author of the best-selling book SENSE RELAXATION *(MacMillan-Collier, 1968).*

WORKSHOPS WITH EDWARD MAUPIN

May 11-16 – Big Sur
June 15-20 – Big Sur
September 7-12 – Big Sur
BODY AWARENESS, THE SENSE OF BEING AND ENCOUNTER
5-Day Workshops

These workshops, limited to a small group of participants, will focus on the physical sense of being. This exploration will be drawn, in part, from Kundalini Yoga, the movement work of Mary Whitehouse and the structural work of Ida Rolf. The increased body awareness will be carried over into experiencing and interacting with other people. The focus on what is actually being felt in the body bases interpersonal encounter more firmly in reality than is usually the case.

$190 per person

June 27-29
BODY AWARENESS AND THE SENSE OF BEING
Weekend Workshop

This workshop will focus on increasing the depth with which the body is experienced and will demonstrate ways in which this awareness may be carried over into experiencing and contacting other people.

$70 per person

July 13-20
BODY STRUCTURE AND AWARENESS
7-Day Workshop
with J. STANLEY JOHNSON

In this workshop, Ida Rolf's structural approach to the body will be presented with a changing exploration of body awareness, body organization and the sense of self. Drs. Johnson and Maupin, who have been trained in the Rolf technique, will carry out two sessions of Rolf processing on each participant.

$260 per person

J. STANLEY JOHNSON, physician, Big Sur and Los Angeles, has been trained in Structural Integration by Dr. Ida P. Rolf.

EDWARD MAUPIN, Ph.D., is an Associate in Residence at Esalen Institute, Big Sur, and is a Director of the Esalen Resident Program. He was formerly at the Neuropsychiatric Institute, UCLA. In his work he draws upon a wide variety of approaches to body awareness, including methods derived from Wilhelm Reich, Alexander Lowen, Ida Rolf, Mary Whitehouse and the psycho-physical disciplines of various religious and esoteric traditions, such as Tantric Yoga and Christian Mysticism.

PROGRAMS WITH CLAUDIO NARANJO

TRADITIONAL SADHANAS IN A CONTEMPORARY PERSPECTIVE

Sadhana is a Sanskrit term for a liberating discipline that is pursued for the sake of the individual's spiritual goal. This may be an art, a form of meditation, a style of life—practically anything: for it is the nature of the quest that defines it rather than the form of a given activity. The lack of an adequate equivalent for this term in our language indicates the loss in our culture of such liberating disciplines. The word is useful for designating what Esalen stands for in its attempt to bring together disciplines that show promise of forming a contemporary education for transcendence.

Dr. Naranjo believes that there is an essential unity among religions and a common psychological experience underlying apparently contradictory schools and techniques of psychotherapy. He believes that psychotherapy, the spiritual disciplines and education are basically concerned with a single process of human development—or else they are fossilized remnants of that process.

In recent publications ("The Way and Goals of Human Transformation" and "A Phenomenological Approach to Underlying Processes in Psychotherapy and Spiritual Disciplines") Claudio Naranjo has put forward the claim of a hidden identity among the numerous "ways of growth," old and new, physical and psychological, religious and secular. In his programs at Esalen he is attempting to complement such theoretical formulation with a panorama of experiences, hopefully leading to greater awareness of that essence from which all these approaches—as well as our daily actions—derive meaning.

One of the functions of these workshops is to offer each person the opportunity to explore a wide range of experience which may help him determine which approach holds greater promise for his individual nature, his specific difficulties, abilities and needs. All the Big Sur programs involve a combination of Gestalt Awareness Training—itself a highly synthetic product of contemporary psychotherapy—with practices derived from traditional spiritual disciplines.

For reservation information, see page 36.

BIG SUR WORKSHOPS

May 25-30
OUR MASKS AND OURSELVES
5-Day Workshop

This will be a workshop combining Gestalt techniques and a variety of psychological exercises, all for the purpose of exploring the nature of each participant's phoniness and genuineness, hopefully adding to the latter through this increased awareness.

$180 per person

July 27-August 3
BEING ONESELF AMONG OTHERS
7-Day Workshop

In this workshop sessions of Gestalt Awareness Training will alternate with structured meetings in small groups intended to maximize each person's opportunities for systematic self-observation and true communication with others.

$225 per person

August 17-24
SELF-AWARENESS THROUGH MEDITATION, PSYCHOTHERAPY AND DAILY LIFE
7-Day Workshop

Most forms of meditation constitute an exercise of awareness in stillness and isolation. Psychotherapy, and especially the Gestalt approach, calls for awareness directed at an interpersonal situation. Other practices involve an attempt at sustained awareness throughout the activities of the day, so that each movement and every event may become an occasion for self-discovery and development. All three approaches will be combined in this workshop.

$225 per person

SAN FRANCISCO PROGRAMS

July 25
ON THE DEVIL
Friday Evening Lecture
by CLAUDIO NARANJO

A survey of the mythology of evil and the doctrine of the Fall in East and West, and a commentary upon the relevance of these ideas to psychosis, drug experiences and psychotherapy.

$3 general; $2 student
8 p.m., Friday, July 25

August 8-10 – A TWO-SEMINAR WEEKEND with CLAUDIO NARANJO and DANE RUDHYAR

SYMBOLS OF SPIRITUAL UNFOLDMENT
Claudio Naranjo and Dane Rudhyar

Friday evening and Saturday morning: A discussion of a variety of literary, pictorial and ritualistic symbols that refer to the notion of a path of individual evolution open to man, to the stages in this development and to its obstacles.

Begins 8 p.m., Friday, August 8

THE ILLUMINED ROAD
Dane Rudhyar and Claudio Naranjo

Saturday afternoon and evening, Sunday morning: An outline of the way beyond the Earth-conditioned ego-consciousness and toward identification with the Divine, reformulated in terms of a Space Age cosmic approach.

Begins 3 p.m., Saturday, August 9

$30 per person for one seminar
$50 per person for both seminars

See page 19, August 8-10, San Francisco, for biographical data on Dane Rudhyar.

June 29-July 25
WORKSHOP WITH VIRGINIA SATIR

VIRGINIA SATIR is a Director of the Esalen Institute. She was formerly Director of Training for the Family Project, Mental Research Institute, Palo Alto. She is also a consultant to family research projects and training programs throughout the United States. This month-long intensive training workshop under her leadership is, due to publication in the Esalen Winter/Spring Brochure, already full.

ANNOUNCING THE PUBLICATION OF THE JOURNAL OF TRANSPERSONAL PSYCHOLOGY

A journal for theoretical and applied research in peak experience, self-transcendence, ultimate values, ecstasy, wonder, B-values, transcendental phenomena and related concepts, experiences and activities. The first issue, appearing in the spring of 1969, features articles by Anthony Sutich ("Basic Considerations Regarding Transpersonal Psychology"), Abraham Maslow ("The Farther Reaches of Human Nature"; "Various Meanings of Transcendence"), Michael Murphy ("Education for Transcendence"), Roberto Assagioli ("Symbols of Transpersonal Experience"), Tom Armor ("On the Peak Experience"), Alexander Maven ("The Mystic Experience") and others.

(For subscription blank, see reverse side.)

WORKSHOPS WITH WILLIAM C. SCHUTZ

These workshops will continue to explore and develop the ideas presented in Dr. Schutz's book *JOY*. Of emerging special interest are multiple approaches to the body and the integration of body and feelings at all levels. Another direction of interest is the application of the JOY methods to social problems and political behavior; for example, running a political campaign based on openness and honesty and using encounter techniques to elicit votes and/or feedback from the electorate and to explore the ongoing workings of the government. Each presentation will focus on one issue and will usually involve participation as well as discussion and demonstration.

WEEKEND WORKSHOPS in BIG SUR
May 23-25
June 13-15
$70 per person

EVENING PARTICIPATION DISCUSSION in SAN FRANCISCO
Monday, June 2
8 p.m.
$5 per person
First Unitarian Church, Franklin & Geary Streets

MORE JOY WORKSHOPS

These workshops, which originated with William C. Schutz, are designed, in part, to help each participant expand the limits of his self-concept, more fully realize his potential, and in so doing, to experience joy. Group leaders integrate a wide variety of approaches developed or refined at Esalen to help participants be more aware of what is real for them, how they feel, what they feel about others and how others experience them. These approaches include non-verbal, fantasy, dramatic and gestalt methods; meditation; yoga; massage and creativity techniques. Each workshop may include a group especially for couples.

Leadership of these workshops rotates among leaders especially selected, trained and supervised by William C. Schutz. In addition to carrying on the basic orientation of the More Joy workshops, this group leads workshops at Esalen and elsewhere in the country.

WORKSHOP LEADERS

SEYMOUR CARTER, a former member of Synanon, is director of Esalen's Massage and Meditation workshops.

BETTY FULLER, Resident Fellow 1967-68, has a Master's degree in dramatic arts and professional experience in stage and TV direction and acting. She is Coordinator of the Consulting Service and Esalen's program of on-going Encounter Groups in the San Francisco Bay Area.

JOHN HEIDER, Ph.D., co-director of the Esalen Resident Program, holds a Doctorate in Psychology. He is conducting research into meditation and other Eastern methods. He also was a Resident Fellow in 1967-68.

SARA UNOBSKEY MILLER, Associate in Residence, holds her Master's degree in Special Education and is experienced as a teacher and administrator of special programs designed to enrich the learning potential of children and adults.

STUART MILLER, Ph.D., who holds his Doctorate in Comparative Literature, is experienced as a teacher and administrator in experimental colleges. Dr. Miller is Esalen's Director of Development and a former Resident Fellow.

STEVEN STROUD, a former Resident Fellow, is an Associate in Residence and co-leader of Esalen's Resident Programs. He was a Peace Corps member, serving in India. Steven has special training in hypnosis and altered states of consciousness, especially as applied to encounter.

SPECIAL ASSISTANTS

ANNE HEIDER is a specialist in Moving Meditation and Tai Chi Chuan. A former Resident Fellow and Woodrow Wilson scholar, she holds a Master's degree in Musicology.

PAMELA PORTUGAL, specialist in Yoga, is also a former Resident Fellow. She served with the Peace Corps in Nepal. She is co-author with Dr. Schutz of a forthcoming book on encounter experiences for couples.

June 25-30 — Big Sur
5-DAY WORKSHOP
$180 per person

July 27-August 3 — Big Sur
August 31-September 7 — Big Sur
7-DAY WORKSHOPS
$225 per person

Charter subscriptions can now be made until Fall, 1969, for $5.00. After that the regular subscription price is $7.50 for two issues a year.

For subscriptions write to:

JOURNAL OF TRANSPERSONAL PSYCHOLOGY
P. O. Box 4437
Stanford, California 94305

Name _____

Street _____

City _____ State _____ Zip _____

(For description, see reverse side.)

WORKSHOPS FOR EDUCATORS

The following workshops are of particular interest to teachers, principals and school administrators:

BIG SUR WORKSHOPS

August 3-10
August 24-31
TRAINING WORKSHOP FOR AFFECTIVE LEARNING AND HUMANISTIC EDUCATION
with George I. Brown and the Ford-Esalen Staff
See page 27 for description.

SAN FRANCISCO WORKSHOPS

June 2-5
June 20-22
September 1-4
EDUCATION IN THE "AFFECTIVE DOMAIN" with Janet Lederman
See page 11 for description.

June 16-19 with Stanley Krippner
EDUCATION OF THE SENSES, EMOTIONS and IMAGINATION
See pages 13-14 for description.

July 14-17 with Harold Bessell
EMOTIONAL EDUCATION FOR CHILDREN
See page 16 for description.

PROGRAMS AT STANFORD: Programs similar to those described in this brochure are being held in the Stanford University-Palo Alto area under the sponsorship of a group of Stanford students and faculty. Non-students and non-faculty members may attend these programs. They usually cost $15 or $17.50 per weekend. For further information contact: Martine Boot, 57 Homer Lane, Menlo Park 94025, telephone (415) 854-5681.

RESIDENT PROGRAM: Plans for the 1969-70 Esalen Resident Program were not finalized at the time of this brochure's publication. Applications and information on dates, costs, format, etc., may be obtained by writing: RESIDENT PROGRAM, Esalen Institute, Box 31389, San Francisco, California 94131.

ESALEN CONSULTING SERVICE: Esalen is developing resources to assist those individuals, groups, and organizations wishing to apply the various approaches to human development presented in our seminars and workshops.

We have designed programs and provided experienced leaders for various community, governmental, religious, industrial and educational groups. Our work with educational institutions has been especially active; Esalen-type weekends now involve hundreds of students in on-going programs at Stanford University and elsewhere.

If you are interested, write Betty Fuller, Esalen Consulting Service, Box 31389, San Francisco, California 94131.

PUBLICATION AND BROADCAST RIGHTS to all lectures delivered at Esalen Institute meetings and workshops belong to Esalen and no use of such material is to be made without the express written permission of one of the Directors.

ALDOUS HUXLEY RECORD SERIES: The original addresses by Aldous Huxley which described the human potential and inspired the founding of Esalen Institute are now obtainable. Produced from live recordings of his lecture hall talks, LP records of this first series of ALDOUS HUXLEY on "The Human Situation" include such titles as *Human Potentialities, Visionary Experience*, etc. For further details of titles and cost, inquire through: Big Sur Recordings, P.O. Box 6633, Carmel, California 93921.

TAPE RECORDINGS FROM ESALEN INSTITUTE: Recorded tapes of many past Esalen programs are now available. This is not a service in lieu of attendance, but is for individuals and organizations to whom recordings of significant past lectures and seminars, and training tapes of workshop techniques and methods, are of particular value. This applies to professional and non-professional organizations, departments in educational institutions, libraries, religious bodies, and individuals with private tape collections.

The recording, editing and distribution of tapes is performed by Big Sur Recordings, from which a complete list may be secured by writing to the address opposite.

RECENT ADDITIONS TO RECORDINGS FROM ESALEN INSTITUTE:

JOSEPH CAMPBELL: *Imagery of Vision in the Novels of James Joyce.* Dr. Campbell reads and discusses James Joyce in relation to Oriental mythology, Greek mythology, Freud, Jung, Irish mythology, Dante, the Old Testament, schizophrenia, etc.—ten or twelve interwoven levels (8 hours-Stereo or Mono).

FRANCIS STORY: *The Scientific Study of Reincarnation.* Children who remember minute details of previous lives are shaking the Western conviction that "reincarnation is only an Oriental myth" (4 hours-Mono only).

VIRGINIA SATIR: *Conjoint Family Therapy.* A fast-flowing series of psychodrama approaches to help people become aware of and outgrow destructive "games" played by families: *Didactic* lectures and discussion (5 hours - Stereo or Mono); *Experiential* demonstration of methods (9 hours - Stereo or Mono).

ABRAHAM MASLOW: *Development of the Eupsychian Community.* Discussions with Abe Maslow on how to carry the peak experiences and the "high" of the encounter group into everyday life (6 hours - Stereo or Mono).

RALPH METZNER: from the "Ecological Awareness" Lecture Series: *Ecology in Biological Evolution* (2 hours - Mono only); *Insights from Gurdjieff* (2 hours - Mono only); *Wilhelm Reich and Orgone Energies* (2 hours - Mono only).

BISHOP JAMES A. PIKE: *A New Look at Christian Origins.* Since the Dead Sea Scrolls, more discoveries and research lead to new interpretation of events surrounding the birth of Christianity—reassessing the historical Jesus, influence of the Essenes, Jesus' role in the resistance movement, role of his brother and immediate family, and Paul's influence (8 hours - Stereo or Mono).

ALAN WATTS: *Whose is the Kingdom, the Power, and the Glory?* Does it belong to God, to mankind as a species, to you—does it exist? Temporal power and spiritual authority; and the idea that there is someone who really knows what should be done! (4 hours - Mono only).

BABA RAM DASS (RICHARD ALPERT): *The Transformation of Man.* The self-told history of a young college professor at Harvard who traveled through the psychedelic revolution and continued on a literal "Journey to the East" in search of evidence of the lasting experience of illumination (3 hours - Mono only).

The cost of tape recordings is $7.50 per hour (California residents add 5% sales tax). Please state preference for stereo or mono. Check must accompany order. Write check to and mail your order to: BIG SUR RECORDINGS, P.O. Box 6633, Carmel, California 93921. A complete list of currently available recordings will be sent to you with your order.

SAN FRANCISCO PROGRAMS

SAN FRANCISCO LECTURES: Tickets may be purchased by mail from Esalen Institute, P.O. Box 31389, San Francisco 94131. Please enclose a self-addressed stamped envelope. Exact time and location of lectures will be printed on the tickets. When not sold out in advance, tickets may be purchased at the door. (Any event may be cancelled if advance sales indicate insufficient interest).

SAN FRANCISCO SEMINARS AND WORKSHOPS:

RESERVATIONS: Advance registration is required for seminars and workshops; reservation deadline is one week prior to date of event. To register, send a $10 per person deposit with reservation form or letter to: Esalen Institute, P.O. Box 31389, San Francisco 94131. **Do not send San Francisco reservations to Big Sur.** You will receive confirmation of registration by return mail. Balance of seminar fee is payable at the first meeting.

LOCATIONS: San Francisco seminars and workshops are held at local meeting places. These include the new facilities of the First Unitarian Church, Franklin and Geary Streets, San Francisco; St. Aidan's Church, 101 Goldmine Drive, San Francisco; and the Berkeley Center for Human Interaction, 1820 Scenic, Berkeley. If not specified in the brochure, participants will be informed of workshop location at the time of registration and confirmation.

SCHEDULES: Specific meeting times for weekend workshops are announced at the first meeting. They are generally composed of one Friday evening session, two or three Saturday sessions, and one Sunday morning or afternoon session.

ACCOMMODATIONS: Esalen Institute has no lodging facilities in San Francisco. Each participant must reserve his own accommodations at local hotels and motels. Unless otherwise stated, meals are not provided at seminars and workshops.

MEMBER RATES: Contributing Members, $10 discount on all seminars and workshops, on-going encounter groups and racial confrontation marathons.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes, for men.

BIG SUR PROGRAMS

Grounds are closed except by reservation. Participants are discouraged from bringing guests or having people drop in.

SCHEDULES: Weekend seminars begin with dinner at 7:30 on Friday evening and end with lunch on Sunday. 5-day workshops begin on Sunday with dinner at 7:30, ending on Friday after lunch. 7-day workshops begin on Sunday with dinner at 7:30 and end on the following Sunday after lunch. The first session of each workshop begins at 9:00 on the first evening.

COSTS: The rooms on Esalen property are designed for shared occupancy, and seminar and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. On the rare occasion when light attendance at a program makes single accommodation possible, there is a surcharge of $7.00 per night. The amount covers tuition, food and lodging, use of the fresh-water pool and hot mineral baths, and the scheduled periods of Tai Chi Chuan. Massage, available by appointment, is extra.

ACCOMMODATIONS: are usually possible at Esalen Institute; if the property is full, we will reserve rooms at nearby motels. There is a surcharge for off-property accommodations; rates vary according to season and type of accommodation desired. Rates will be supplied by the Esalen office at time of inquiry.

CHECK IN/CHECK OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening. However, this does not prevent guests from arriving earlier in the afternoon. Check-out time is before noon on the last day of the program; since most last morning programs run up to noon or later, guests should arrange to have their rooms vacated before the last morning session.

CHILDREN AND PETS: There are no child care facilities available at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Pets, alas, are not welcome at all.

MEMBER RATES: Contributing Members, $10 discount on all seminars and workshops.

RESERVATIONS: must be made at least one week before the first day of the seminar or workshop. Accompanying the reservation a $20 deposit for weekend seminars, $50 for 5-day workshops, $70 for 7-day workshops, **all non-refundable,** is required (unless another amount is specified). Please mail reservation form with check to: Reservation Desk, Esalen Institute, Big Sur, California 93920. **Do not send Big Sur reservations to San Francisco.**

FOREIGN CURRENCY: Esalen can only accept checks drawn on U.S. funds. For our Canadian participants: most Canadian banks are able to furnish checks drawn in U.S. funds which will be acceptable.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name. From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute—Reservation Only.

LIMOUSINE SERVICE from Monterey: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $15 per person from Monterey airport or Greyhound terminal, with **3 to 5 days advance notice.** On arrival, guests should inquire at terminal service counter for the Esalen representative.

RIDES from San Francisco Bay Area: If you NEED a ride or can OFFER a ride to Big Sur, please call this San Francisco phone number—431-8771—and leave your name and phone number. This should be done from 3 to 5 days before the date you will be leaving for Big Sur. Unfortunately, this service cannot be offered for any other area.

RECOMMENDED DRESS: Slacks, sweaters, jeans, flat shoes for women, bathing suits for outdoor pool. Since there are many activities at night and the grounds are not brightly lighted, please bring a flashlight for your own convenience and safety.

SPECIAL INFORMATION: Contributions to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops.

Listener-sponsored radio station KPFA-FM in Berkeley broadcasts portions of Esalen seminars and lectures and provides a program guide. San Francisco television station KQED, Channel 9, has "Experiments With Esalen". Other radio stations broadcasting all or portions of Esalen events are: KFRC ("Perspectives" on Sunday evenings 10:00 to midnight), KPEN-FM ("University Seminars" Sunday evenings at 11:00 p.m.), and KUOP-FM (University of the Pacific, Stockton). A series of Esalen programs was broadcast over 40 educational radio stations under the title "Seminar: Big Sur" distributed by National Educational Radio, and several other series are in preparation under the title "Esalen Institute Presents"

Tape recordings of many seminars and lectures are available (see announcement on previous page).

Videotapes and 16 mm films of Dr. Perl's approach to Gestalt Therapy are now available for professional use on a rental basis. For information write: MEDIASYNC, P. O. Box 486, Del Mar, California 92014.

Libraries and institutions with microfilm equipment may secure records of Esalen history, brochures and publications through: MICROBIZ, 590 Howard, San Francisco 94105.

SPECIAL NOTE: Esalen Brochures are published quarterly by Esalen Institute, a non-profit California corporation. Subscription cost for one year is $2.00. A single inspection copy is available free upon request from the San Francisco office.

ESALEN INSTITUTE RESERVATION AND TICKET ORDER FORM

This form is for your convenience in preparing attendance at Esalen seminars, workshops and lectures. You may use it for either Big Sur or San Francisco area programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please do make reservations early; some seminars are booked to capacity months in advance.

Name _____ Telephone _____

Address _____

City, State _____ Zip Code _____

Number of males in group _____ Number of females in group _____

☐ Check if you are a Member of Esalen.

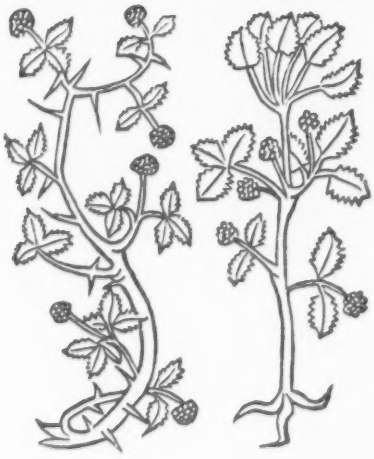
☐ Please check box if you do NOT now receive Esalen mailings and wish to be added to our mailing list.

For Big Sur reservations, check whether you wish ☐ shared room or ☐ single room on a space-available basis. A $5 per night additional charge is required for single accommodations. If you are arranging your own lodging elsewhere, check here ☐. Reservations may be assigned at either Big Sur Hot Springs or nearby motels at the discretion of Esalen.

PLEASE COMPLETE RESERVATION ORDER ON OTHER SIDE OF THIS FORM.

Detach here

ESALEN INSTITUTE MEMBERSHIPS AND GIFT SUBSCRIPTIONS



The continuing work of Esalen Institute is funded virtually in toto through tuitions paid by those attending workshops and seminars—but future development and expansion depends upon funds assured through Memberships and special project grants.

As a Contributing Member, you enjoy a tuition reduction of $10 at every seminar and workshop you attend, a similar reduction in Encounter Group membership fees, and mailings of The Esalen Newsletter **and regular brochures.**

You may wish to consider tax-deductible Membership either for yourself or as a gift in the name of another. For those unfamiliar with the program of Esalen Institute, you may wish to provide a gift subscription for one year of brochure mailings.

All gifts and membership fees are tax-deductible. Esalen Institute is a non-profit California corporation with federal tax-exempt status.

PLEASE COMPLETE MEMBERSHIP AND GIFT ORDER FORM ON OTHER SIDE.

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ESALEN INSTITUTE RESERVATION AND TICKET ORDER FORM (continued from other side)

Please provide all information requested below:

No. of Persons	Date(s)	Leader's Name	Title of Event	Cost or Deposit*	Totals

*San Francisco **seminars** and **workshops** require a $10 non-refundable deposit. Big Sur **seminars** and **workshops** require a non-refundable deposit of $10 **per night.** The balance is payable at the time of the program itself. Tickets for **lectures** and **symposia** are sold in advance at full price; refunds may be made up until 24 hours before the event.

Mail this form with your check, payable to Esalen Institute, to the appropriate address below:

BIG SUR PROGRAMS – Esalen Institute
Big Sur, California 93920

SAN FRANCISCO PROGRAMS – Esalen Institute
P. O. Box 31389
San Francisco, California 94131

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ESALEN INSTITUTE MEMBERSHIPS AND GIFT SUBSCRIPTIONS (continued from other side)

I wish to become a FRIEND OF ESALEN, receiving brochures and **The Esalen Newsletter** for a period of one year. $10.00

I wish to become a CONTRIBUTING MEMBER, receiving brochures and **The Esalen Newsletter** and tuition reduction privileges.

One year	$25.00
Five years	100.00
Lifetime	1,000.00

☐ I wish to have the person whose name appears below acknowledged as
☐ a FRIEND OF ESALEN or ☐ a CONTRIBUTING MEMBER, and enclose the appropriate amount.

☐ I wish to have a gift brochure subscription sent to the person whose name appears below, and enclose $2 to cover costs.

Name of Recipient _____

Street _____

City, State _____ Zip Code _____

Name _____ Date _____

Street _____

City, State _____ Zip Code _____

Enclosed is my check in the amount of $ _____

Please mail to: ESALEN INSTITUTE, P. O. BOX 31389, SAN FRANCISCO, CALIF. 94131

ESALEN INSTITUTE

Esalen Institute is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a resident program exploring new directions in education and the behavioral sciences.

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*Please address correspondence to Michael Murphy to San Francisco address.

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ESALEN PROGRAMS

ESALEN PROGRAMS Fall 1969

VOLUME VIII, No. 4.

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September 19-21	Esalen Staff	Experiential Workshop
September 24	Bernard Gunther	A Sensory Celebration
September 26-28	Ann Halprin	Movement Workshop for Blacks and Whites
September 26-28	William Smith	Post Mortem
September 29	Bennett Shapiro	Introduction to Encounter
September 30	Michael Murphy and Stuart Miller	Esalen Reviewed: Feedback and New Proposals
October 3-5	Art Hough	Communication Games
Oct 3, 10, 17, 24, 31	Frederick Wells	Self-Discovery Through Music
October 6	Robert Frager and Robert Nadeau	Aikido Lecture-Demonstration
October 10-12	Jerry Greenwald and Janette Rainwater	The Art of Emotional Nourishment
October 10-12	Dan Sullivan	The Problem of Woman
October 13	Viktor Frankl	Single Evening Appearance
October 17-19	Jack Rosenberg	Awareness Workshop for Dental Professionals
October 17-19	Robert Frager and Robert Nadeau	Aikido Workshop
October 17-19	Stewart Shapiro	Human Relations in Higher Education
October 20-23	Gabrielle Roth	Massage & Movement
October 22	J. Richard Suchman	Education Workshop
October 23	Bennett Shapiro	Introduction to Encounter
October 24-26	Frederick Stoller	Couples Workshop
October 24-26	James Eagen	Education Workshop (Section 1)
October 25-26	Paul Bindrim	Nude Psychotherapy
October 28-29	Richard Baker	Two Lectures on Buddhism, Japan and Zen
October 28-30	Janet Lederman	Gestalt Workshop for Mother and Child
Oct 31 - Nov 2	James Fadiman	Beyond Encounter Groups
Oct 31 - Nov 2	Betty Fuller	Encounter Workshop
Oct 31 - Nov 2	Gerard and Lilyan Haigh	Undoing the Absurd
November 5-6	Stanislav Grof	Two Lectures on LSD Experiences and Research
November 6-7	William C. Schutz	Workshop for Professionals
November 7-9	Bernard Aaronson, Bart Knapp, Steven Stroud	Non-Drug Approaches to Psychedelic Experience
November 7-9	Sara Unobskey Miller	Behavior Modification
November 14-16	Alexander Lowen and John Pierrakos	Bio-Energetic Analysis
November 14-16	James Eagen	Education Workshop (Section 2)
November 18-19	Dane Rudhyar	Two Lectures on Astrology
November 20	Bernard Gunther	Couples in Touch
November 21-23	Janet Lederman	Gestalt Workshop
November 21-23	Gerald and Linda Smith	Couples Workshop
November 21-23	Charles Tart	States of Consciousness
November 24	Bennett Shapiro	Introduction to Encounter
November 26-30	Bennett Shapiro	Action Encounter
November 28-29	Richard Marsh	Encounter for Communicators
November 28-30	Betty Berzon	Workshop for the Overgrouped
December 5-7	David Baar, Marlene Sutton, Sev and Peggy Peterson	Couples Workshop
December 12-14	Frederick Stoller	Intensive Group Experience
December 12-14	William I. Thompson	Trnasformation of Culture & Evolution of Self
December 15-18	Betty Fuller	Encounter Workshop
December 17	Bennett Shapiro	Introduction to Encounter
Dec 28 - Jan 3	Bennett Shapiro	Ski Encounter

For San Francisco Programs only:
ESALEN INSTITUTE
P. O. Box 31389
San Francisco, California 94131
Phone: (415) 431-8771
9 a.m. to 5 p.m., Mon-Fri

For Big Sur Programs only:
ESALEN INSTITUTE
Big Sur, California 93920
Phone: (408) 667-2335
10 a.m. to 12 noon, 1 to 5 p.m. daily;
open noon to 1 p.m. Fri & Sun only

September 19-21	Frederick S. Perls	Open Gestalt Workshop
September 19-21	Charlotte Selver and Charles Brooks	Towards Expanded Consciousness
September 19-21	Esalen Staff	Experiential Workshop
September 21-26	Steven Stroud, Jeffrey Stuart, Ron Acciola	Celebration of the Life Force
September 21-26	James S. Simkin	Open Gestalt Workshop
September 26-28	Janet Lederman	Gestalt Workshop
September 26-28	John Perry and Julian Silverman	Mores, Mysticism and Madness
September 26-28	Richard Farson, Craig Hodgetts, Peter Pearce	Social Architecture
Sept 28 - Oct 3	Robert Hall and Jack Rosenberg	Gestalt Awareness Training for Dentists
Sept 28 - Oct 3	John Heider	Eclectic Encounter
Sept 28 - Oct 3	John Maguire and Andrew Young	Theological Reflection on the Human Potential
Sept 28 - Oct 3	Seymour Carter	Massage and Meditation
October 3-5	Gerald and Linda Smith	Couples Workshop
October 3-5	Bernard Gunther	Sensory Awakening
October 3-5	Joseph Downing	Open Gestalt Workshop
October 5-10	Stuart and Sara Miller	On Being Rich
October 5-10	Joel Kramer	Yoga Workshop
October 5-10	Joseph Downing	Open Gestalt Workshop
October 10-12	James Prescott and William Rickles	Development of Violence and Pleasure in Man
October 10-12	Esalen Staff	Experiential Workshop
October 10-12	George and Judith Brown	Couples Workshop (Section 1)
October 12-17	John Heider	Professional Workshop
October 12-17	Gabrielle Roth	Massage, Movement and Yoga
October 12-17	Dan Sullivan	The Problem of Woman
October 17-19	Gia-Fu Feng	I Ching and Tai Chi
October 17-19	William C. Schutz	Experiential Weekend
October 19-24	Esalen Staff	An Experience of Esalen
October 19-24	Richard Baker	Sesshin
October 24-26	Richard Baker	The Japanese Mind, Buddhism and Zen
October 24-26	William C. Schutz	Couples Weekend
October 24-26	James Fadiman	Beyond Encounter Groups
October 24-26	Steven Stroud and John Bleibtreu	Rituals of Human and Animal Behavior
October 26-31	John Lilly	Personal Inner Spaces
October 26-31	Frederick Stoller	Intensity and Reflection
Oct 31 - Nov 2	Joseph Downing	Open Gestalt Workshop
Oct 31 - Nov 2	Sara Miller	On Being Jewish Again
Oct 31 - Nov 2	Robert McKim	Experiences for the Mind's Eye
November 2-7	Gerald Jud and Phillip Anderson	Theological Reflection on the Human Potential
November 2-7	Bernard Aaronson, Bart Knapp, Steven Stroud	Altered Perception of Time and Space
November 2-7	Joseph Downing	Open Gestalt Workshop
November 2-7	Richard Horan	Massage and Meditation
November 7-9	Betty Fuller	Encounter Workshop
November 7-9	Stanislav Grof	Positive and Negative Potential of Man as Revealed by LSD Research
November 7-9	Arthur Shedlin	Life Planning
November 9-14	Betty Fuller	Couples Workshop
November 9-14	Janet Lederman	Gestalt Workshop
November 9-14	Seymour Carter	Awakening the Serpent
November 14-16	Gia-Fu Feng	I Ching and Tai Chi
November 14-16	William C. Schutz	Experiential Weekend
November 16-21	James S. Simkin	Open Gestalt Workshop
November 16-21	Gabrielle Roth	Massage, Movement and Yoga
November 21-23	George and Judith Brown	Couples Workshop (Section 2)
November 21-23	Dane Rudhyar	The Philosophy Behind Astrology
November 21-23	Edward Maupin	Body Awareness and the Sense of Being
November 23-28	Steven Stroud and Ken Chase	Movement, Meditation and Encounter
November 23-28	John Heider	Eclectic Encounter
November 23-28	Joel Kramer	Yoga Workshop
November 28-30	Stanley Krippner	Dreams, ESP & Altered States of Consciousness
November 28-30	Aaron Hillman	Theory and Practice of Humanistic Education
November 28-30	Esalen Staff	Experiential Workshop
Nov 30 - Dec 5	Seymour Carter	Massage and Meditation
Nov 30 - Dec 5	John and Anne Heider	Couples Workshop
Nov 30 - Dec 5	Virginia Satir	Experimental Workshop
December 5-7	George and Judith Brown	Gestalt Awareness Training
December 5-7	Bernard Gunther	Sensory Awakening for Couples
December 5-7	Joseph Downing	Open Gestalt Workshop
December 7-12	Richard Horan	Massage and Meditation
December 7-12	Betty Fuller	Couples Workshop
December 7-12	Joseph Downing	Open Gestalt Workshop
December 12-14	William C. Schutz	Experiential Weekend
December 12-14	Gerald Goodman	The Home-Made Group
December 14-19	Clark Moustakas	The Individual vs. The Group
December 14-19	Esalen Staff	An Experience of Esalen
December 19-24	Janet Lederman	Gestalt Workshop
December 19-24	James S. Simkin and John B. Enright	Professional Gestalt Workshop
December 19-24	Seymour Carter	Awakening the Serpent
December 19-24	Edward Maupin	Body Awareness and the Sense of Being
December 26-28	William C. Schutz	Couples Weekend
December 26-31	George and Judith Brown	Reality & Illusion: Learning to Discriminate
December 26-31	Theodora Lyon	Open Gestalt Workshop
December 26-31	Aaron Hillman	Theory and Practice of Humanistic Education

Theological Reflection on The Human Potential

Co-sponsored with
The Division of Christian Life and Mission
NATIONAL COUNCIL OF CHURCHES

In this series of workshops theologians and philosophers will participate in experiential sessions involving encounter groups, sensory awakening, gestalt awareness training and related disciplines and will then reflect upon their experience from a theological perspective. In the light of the workshop experience they will reflect upon such issues as the nature of God and man, liberation, redemption, God's will, creation and the good life.

The participating theologians and philosophers all share in the contemporary effort to ground theology and philosophy in human experience. For this reason the revelatory and growth-promoting experiences which such workshops facilitate are significant for their theological-philosophical inquiry. Conversely, the increasing experimentation with human potential may benefit greatly from theological reflection upon crucial experiences of change and growth.

Seven workshops in this series were run during the January-through-June period. The theologians participating in them were Sam Keen, Harvey Cox, Michael Novak, Bishop James Pike, Gordon Kaufman, John Cobb, William Hamilton, Richard Rubenstein, Brother Antoninus, Maurice Friedman and Bishop John A.T. Robinson. More workshops will be held during 1970 and will be described in the next Esalen Program. As the series go on, we will begin to include as leaders people who are not theologians in a formal sense but who are committed to the kind of religious inquiry which this series represents.

Workshops begin at dinner on Sunday and end after lunch on Friday, and will be held on Esalen premises, Big Sur. Robert Cromey, Vicar of St. Aidan's Episcopal Church, San Francisco, will moderate the workshop discussions.

September 28-October 3: JOHN MAGUIRE and THE REVEREND ANDREW YOUNG
Registration: $180 per person

November 2-7: GERALD J. JUD and PHILIP A. ANDERSON
Registration: $180 per person

PHILIP A. ANDERSON, Ph.D., is Professor of Pastoral Theology at The Chicago Theological Seminary. He has been concerned for some years with helping the Church live up to its promise of transformation power for individuals and communities. His book, Church Meetings That Matter, *relates group dynamic learnings and theology to the life of the local church. The renewal of the Church through the authentic encounter of persons has been a persistent theme of his teaching and of his work with ministers, churches and denominations.*

GERALD J. JUD, Ph.D., is a General Secretary of the United Church of Christ, Board for Homeland Ministries and is concerned especially with updating the message and style of the local congregation. His books, Strengthening the Bonds, The Shape of Crisis and Tragedy, *and* Pilgrim's Process, *are concerned with this updating imperative. He believes that the human potential movement has vast implications for the local church and makes extensive use of its methods in training conferences for clergy and lay leaders.*

JOHN D. MAGUIRE is Associate Professor of Religion at Wesleyan University and Vice Chairman, Board of Directors, Martin Luther King Memorial Center in Atlanta. While teaching theology and history of religious thought, he also offers courses in the relationships of contemporary theology to modern literature and behavioral sciences. The relations between dogmatics and historical criticism have been of special interest to him. For 18 months, until June, 1968, Dr. Maguire was Associate Provost of Wesleyan and Director of the University's Study of Educational Policies and Programs, which resulted in a variety of educational innovations and a major reorganization of the University. An original "freedom rider", he was imprisoned briefly in May, 1961 in Montgomery for challenging segregated terminal facilities. A long-time friend of Dr. Martin Luther King, Jr., he was asked by Mrs. King, directly following the assassination to take the initiative in organizing a living memorial. He is a member of the Editorial Board and Board of Directors of the journal Christianity and Crisis *and author of* The Dance of the Pilgrim.

THE REVEREND ANDREW J. YOUNG, early in his career, was associated with the National Council of Churches' Youth Department. He was invited by the late Dr. Martin Luther King, Jr., to become the Executive Director of the Southern Christian Leadership Conference. Thus began a long and intimate association in which Mr. Young served as chief executive, principal architect and a prime participant in all of Dr. King's major campaigns. (With the exception of the Rev. Ralph Abernathy, Andrew Young was Dr. King's closest associate). He continues as SCLC's Executive Director and Vice President. Currently, he is at work on a volume critically evaluating the King years, especially assessing the method of direct nonviolent action.

ROBERT CROMEY, Vicar of St. Aidan's Episcopal Church, San Francisco, will moderate the workshop discussions. He is working to combine the kinds of human potential approaches being developed by Esalen into programs at St. Aidan's and elsewhere in the religious community and into the institutions of society. He holds the degree of Bachelor of Sacred Theology from the General Theological Seminary in New York City.

THEOLOGICAL RESIDENCE PROGRAM

The Theological Residence Program has grown out of the Esalen Interdisciplinary Series on Religion. This more extended program is designed to give religious professionals an opportunity to sample a wide variety of growth-facilitating experiences and to reflect upon their theological significance. The methodology of this experiment will involve a continual interplay between experiential exploration and reflection. Some areas of exploration will be: body awareness and the sense of being, meditation disciplines, fantasy, the mythical foundations of individual and corporate identity, storytelling and the creation of personal history, remaining in the here and now, sexuality and identity, new forms of celebration, the art of surrender, discovering the sacred in I, Thou, It and We.

The program will be directed by Sam Keen, Ph.D. Dr. Keen holds graduate degrees in theology and philosophy from Harvard and Princeton. He is the author of *Gabriel Marcel* and *Apology for Wonder* (Harper & Row) and is currently exploring the outlines of a Dionysian theology in a new book *Libations to a Dancing God*. He has previously been associated with Esalen's Interdisciplinary Series on Religion and has been professor of philosophy and Christian faith at Louisville Presbyterian Seminary. Dr. Keen is currently a post-doctoral fellow at Western Behavioral Sciences Institute in La Jolla.

The program will be staffed by Richard McKenna, Th.D., Edward Maupin, Ph.D., Heather Keen, Robert Gerard, Ph.D. and Michael Murphy, and possibly other Esalen associates.

The program will be held at the Big Sur facilities of Esalen Institute beginning Sunday, January 4 and ending Friday, January 30, 1970. Enrollment is limited to a total of ten theologians and other religious professionals; early registration is encouraged to assure a place. For application and further information write to: Theological Residence Program, Esalen Institute, P. O. Box 31389, San Francisco, California 94131.

I.
Searching for the Ox.

The illustrations for this program feature Zen's famous Ten Ox-Herding Pictures. A master of the Sung, Kaku-an, first painted the series of ten which, with accompanying texts and poems, demonstrate his teachings on the progress toward enlightenment. Many versions exist, often gathered into books. Those used here are by Shubun, XV Century Zen priest . . . . The heading on page 6 is a detail from a hand scroll by K'un-t'an, dated 1664. That on page 15, also a hand scroll detail, is attributed to Mu-chi, mid-XIII Century. Both front and back covers are famous portrayals of Bodhidharma, who introduced Zen Buddhism to China in the late V Century. So unswerving was his devotion to his practice, legend has it he cut off his eyelids so as not to sleep during meditation. Hence, his gaze is not a baleful one, but full of his spiritual power.

Brochure design: Red Dog Pieface / East Wind Printers.

STUDENT SCHOLARSHIP POLICY

In order to make more readily available the many programs offered by Esalen/San Francisco, a policy has been adopted whereby students may attend seminars and workshops in the San Francisco area on a stand-by basis at a reduced fee. Please call the San Francisco office between 9 a.m. and 5 p.m., Monday through Friday, (415) 431-8771. This policy does not apply to Big Sur Programs.

ESALEN ENCOUNTER GROUPS

Encounter Group series meetings are held in the San Francisco Bay Area as a part of the regular program schedule throughout the year. Under general supervision of William C. Schutz, Ph.D., group leaders use the eclectic approach which has arisen out of seminar and resident programs of Esalen Institute.

Each 5-week series includes a weekly 4-hour meeting plus a 12 to 15-hour marathon. Groups are held in San Francisco, Marin County, the East Bay and Peninsula areas. Two series are scheduled for Fall: September 22-October 24, and November 10-December 12. Cost per series is $75; $15 is required with registration, the balance being payable at or before the second group meeting. When sending registration, please be sure to indicate *which series* and *location* are desired; consult registration form at back of Program.

For further information phone or write Esalen Encounter Groups at the San Francisco office.

September 19-21
CREATIVE MEETING: A WORKSHOP FOR UNMARRIEDS
Weekend Workshop
with GERALD W. SMITH

This is an experience for those who are concerned with ending traditional "dating games" and moving more creatively into relationships. Dr. Smith will use movement and sensory awakening techniques, communication exercises, encounter groups and various gestalt approaches to help participants increase their self-awareness and honest communication with others.

Workshop participants will be chosen so as to assure a balance of age and sex. Please state age on application. This workshop is intended for unattached singles. *Limited to 40 persons.*
$45 per person. Begins 8 p.m., Friday, September 19.

September 19-21
EXPERIENTIAL WORKSHOP
Weekend Workshop
with ESALEN STAFF

This weekend workshop will offer a synthesis of various approaches to the development of the human potential being explored at Esalen. Among the experiences which may be included are encounter, psychodrama, body movement, sense awareness, meditation, fantasy, gestalt awareness and creativity techniques. Activities depend, in part, on group size and individual need. Group leaders are drawn from Esalen's consulting staff as well as the residential fellow training programs.

$45 per person. Begins 8 p.m., Friday, September 19.

September 24
A SENSORY CELEBRATION
An Evening
with BERNARD GUNTHER

A two-hour participation demonstration which will consist largely of experiments in awareness, relaxation and nonverbal communication for individuals, couples and groups. A series of joyous sensory explorations designed to let you climb out of your verbal mind and into the open energy flow of your feeling body.
$3 per person. 8 to 10 p.m., Wednesday, September 24.
McCabe Hall, San Jose Municipal Auditorium, San Jose.

For Leaders' Biographical Information, see pages 28-31.

September 26-28
A MOVEMENT WORKSHOP TO EXPLORE BLACK-WHITE RELATIONS
Weekend Workshop
with ANN HALPRIN

This workshop will dramatize feeling through the creation of primarily nonverbal rituals. The ultimate object—the creation of a work of dance and dramatic art—entails the development of new interpersonal awareness among participants. (For further information on Miss Halprin's approach, please refer to the June 1969 issue of *Drama Review*.)
Ann Halprin, artistic director of the Dancers' Workshop of San Francisco, has appeared in and directed underground movies and TV programs; has taught and produced happenings in universities and colleges. Her company has appeared at international festivals in Europe. Since September Mrs. Halprin with the Dancers' Workshops has been collaborating with a black group with Studio Watts Workshop. They gave a performance at the Mark Taper Forum called "Ceremony of Us", and a TV program called "Right On", and is continuing to perform with students on campuses in the West Coast area.
Background information on this workshop will be sent upon registration. Some scholarships are available; please call the San Francisco office for information.
$45 per person. Begins 8 p.m., Friday, September 26.

September 26-27
POST MORTEM
Weekend Seminar
with WILLIAM SMITH

This seminar is open *only* to those who have participated in one or more Esalen programs. (On registration, please indicate previous programs attended). During the seminar participants will explore the present value of past group experiences and their attempt to integrate those experiences into everyday life. This integration will be dealt with in depth.
$45 per person. Registration will be limited. Begins 8 p.m., Friday, September 26.

September 29
INTRODUCTION TO ENCOUNTER
Monday Evening
with BENNETT SHAPIRO

A highly intensive, fast-moving introduction to encountering for those seeking relief from politeness, indifference and verbosity. Participants will be divided into small encounter groups, which will integrate the many methods for personal confrontation and human development being explored at Esalen: sensory awakening, body movement, gestalt and Lowen techniques, psychodrama, fantasy, theatre games, meditation. Comfortable clothes recommended; bring pillow to sit on.
$5 general, $3 student. 7 to 11 p.m., Monday, September 29.
First Unitarian Church, Franklin & Geary Streets, San Francisco.

September 30
ESALEN REVIEWED: FEEDBACK AND NEW PROPOSALS
Tuesday Evening Seminar
with MICHAEL MURPHY, STUART MILLER & ESALEN STAFF

As it develops, Esalen generates more interest, more projects and more criticism. This seminar will give a chance for Esalen, its friends and critics to discuss the functions, problems and future of the Institute.
No charge; preregistration necessary. 7 to 11 p.m., Tuesday, September 30.

October 3-5
COMMUNICATION GAMES
Weekend Workshop
with ART HOUGH

In describing his workshop, Art Hough writes: "In fifteen hours we will play over twenty-five communication games, lasting from one minute to three hours each. The games will take you out into the city and back into your own darkness—some interpersonal and some multi-media—to improve listening, empathy, feedback, spontaneity and categorical abstractions, and to loosen the deeper communication blocks of hidden dogmatism, rigidity, certainty and risk-refusal.
"This is not a frontal approach; it is for those who are drawn to communication improvement, but who are not 'instant plungers, shedders and revealers'. There are communication games to teach your friends, children and students, ranging from nonthreatening interaction to moments of peaceful isolation. Each game has a purpose; each purpose is discussed."
$46 per person. Begins 8 p.m., Friday, October 3.

October 3, 10, 17, 24, 31
SELF DISCOVERY THROUGH MUSIC
5 Friday Evenings
with FREDERICK WELLS

Mr. Wells describes this program as follows: "Participants will receive training in new methods of becoming totally absorbed in the experience of sound. We will listen to great music and through it experience trips into the inner self. You may go through hell, and be resurrected. You may suffer pain, sadness, fright. You may cry uncried tears. You may feel joy, peace, love, laughter—and you may dance. You may discover the rhythms of your body, create tensions and releases, journey through time and space."
After each listening session a group encounter will take place to reflect and communicate the experience. Wear loose clothing and be prepared to spend a great deal of time on the floor. If the group chooses, several field trips to live concerts may take place.
$50 per person. 8 p.m., Friday evenings, October 3, 10, 17, 24, 31.

For Reservation Information, see page 36.

October 6
AIKIDO:
THE WAY OF MIND
Monday Evening Workshop
with ROBERT FRAGER
and ROBERT NADEAU

A film, lecture, demonstration and introductory lesson in Aikido. Aikido has been called "spiritual self-defense". Through physical discipline derived from old samurai arts, one develops spiritually, mentally and physically. (See page 9 for further description.)
$3 per person. 7:30 to 10:30 p.m., Monday, October 6.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

October 10-12
THE ART OF EMOTIONAL NOURISHMENT
Weekend Workshop with
with JERRY GREENWALD
and JANETTE RAINWATER

Using the here-and-now focus of gestalt encounter groups, the workshop will attempt to increase each person's awareness of how he is nourishing or toxic to others as well as how he is nourished or poisoned by others. Individual attention will also be given to each participant to help him see how he allows self-induced toxic patterns to hamper his potential growth.
$45 per person. Begins 8 p.m., Friday, October 10.

October 10-12
THE PROBLEM OF WOMAN: ITS BEARING ON THE GOAL OF 'SELFHOOD'
Weekend Workshop
with DAN SULLIVAN

Dr. Sullivan describes his program as follows: "Full self-awareness is grounded as much in a positive thrust toward a 'beyond' as in the immediate joy of self-being. But if dynamic self-love depends on this quest for something more, this quest itself depends on each of us enjoying an horizon of challengingly uncertain goals and values. Yet, women are widely thought to be exempt from this integrative self-dissatisfaction. Her destiny is alleged to be mere 'being': 'Man does, Woman is.' This imprinted passivity insures self-ignorance and self-hate and a human asymmetry in sexual love. Man's subsequent experience of orgasm as more physical than mental accounts for much of his ironic spirit, his detachment from self and from the hope of lasting intimacy with *the* Other, and for therapies whose aim is really the heart's autonomy."
This workshop will combine on-going discussions of the themes described above with gestalt therapy sessions which are *open to*, but *not channelled* toward, woman's "collusion with her exploiters" and Man's repression of the desire for lasting intimacy and love. This workshop is open to men and women attending either as individuals or as couples. Recommended reading: R.D. Laing, *Politics of Experience;* Dan Sullivan, Introduction to *Anthropology of Sex*, by A. Jeanniere.
$45 per person. Begins 8 p.m., Friday, October 10.

October 13
A Monday Evening
with VIKTOR FRANKL

EXISTENTIAL VACUUM:
A CHALLENGE TO PSYCHIATRY

Viktor E. Frankl, M.D., Ph.D., is professor of psychiatry and neurology at the University of Vienna, head of the Department of Neurology at the Poliklinik Hospital in Vienna and president of the Austrian Medical Society of Psychotherapy. He is the originator of a school of psychotherapy known as logotherapy or existential analysis. In 1924 he published his first article in the International Journal of Psychoanalysis at the invitation of Freud; since that time he has written 16 books, translated in ten different languages. His books include *Man's Search for Meaning, Psychotherapy and Existentialism, The Doctor and the Soul,* and *The Will to Meaning.*
$3 per person. 7:30 to 10:30 p.m., Monday, October 13.
First Unitarian Church, Franklin & Geary Streets, San Francisco.

II.
Seeing the Traces of the Ox.

For Leaders' Biographical Information, see pages 28-31.

October 17-19
AWARENESS WORKSHOP FOR DENTAL PROFESSIONALS
Weekend Workshop with
JACK ROSENBERG, D.D.S.

Many of the problems related to the helping profession of dentistry come from a sense of unfulfilled needs and desires for accomplishment. This workshop is designed to provide the opportunity for those in the dental professional family (dentists, assistants, hygienists and technicians) to pool their resources to stimulate a more rewarding approach to their work and their lives. Specific problems that typically arise in the dental office will be dealt with. Encounter, gestalt and body awareness techniques will be used to help improve communication skills which are so vital in dealing with patients and co-workers.
Participants must be in fields related to dentistry: dentist, dental assistant, dental hygienist, dental technician.
$45 per person. Begins 8 p.m., Friday, October 17.

October 17-19
AIKIDO: THE WAY OF MIND
Weekend Workshop
with ROBERT FRAGER
and ROBERT NADEAU

Aikido is many things at once. It is a way of harmony—with others, with nature, and with oneself. Aikido is also a superb Japanese method of self-defense. Aikido training is based on the use of *ki*, or life energy. Strong *ki* is developed through calmness and concentration. *Ki* exercises will include training in calmness, efficiency, memory, concentration, ESP, will power, love and *ki* healing.
Certain of these disciplines were available only to the Japanese military, political and economic elite until recently. Some techniques have never before been taught outside of Japan.
The workshop will be held at Mr. Nadeau's Aikido school in Mountain View. Participants may sleep over if they wish. (Bring sleeping bags).
$45 per person. Begins 8 p.m., Friday, October 17.

October 17-19
HUMAN RELATIONS IN HIGHER EDUCATION
Weekend Workshop
with STEWART SHAPIRO

This workshop will apply the methods of encounter, problem-solving, conflict resolution and personal growth to the current college scene. It will be an intensive laboratory in problems and potentials in higher education. Campus teams of faculty, students and administrators are encouraged to participate in order to better apply the learnings on their campuses.
Teams (more than one person per campus) will be given first preference for admission to this workshop. Single individuals (parents, students, educators) will be admitted if openings remain.
$45 per person. Begins 8 p.m., Friday, October 17.

October 20-23
HOW DOES YOUR BODY SPEAK
4-Day Workshop
with GABRIELLE ROTH

Miss Roth describes her workshop as follows: "This workshop will explore body language as expressed in motion and touch. The combination of movement and massage involves each of us with our unique sense of physical expression. If we can see and feel our own movement, we can see and feel the rhythm of our lives."
$60 per person. 7 to 11 p.m., Monday thru Thursday, October 20-23.

October 22
THE ORTEGA EXPERIENCE
Wednesday Evening
Workshop with
J. RICHARD SUCHMAN

Current remedies for a sagging educational system are generally restricted to new curriculum and teaching methods. But the needed "education explosion" can occur only within the individual educator as he becomes freer, more in touch with himself and his students, and able to inquire into ways of creating optimal learning conditions for others. The Ortega Park Teachers Laboratory is a new institute for people who want to engage in such an inquiry. Workshops, seminars and laboratories bring teachers together with children to enhance communication and to find ways to free children to learn and to encourage educators to assume theoretical and philosophical orientations to teaching.
This workshop will provide a sampling of the Ortega experience, including "tuning in" and "mapping and inquiry". Participants will experiment with creating learning conditions and there will be discussions on the theory and process of a teacher's laboratory. The entire program will be relevant to parents-teachers.
$5 per person. 6 to 11 p.m., Wednesday, October 22.

October 23: INTRODUCTION TO ENCOUNTER – Thursday Evening with BENNETT SHAPIRO
$5 general, $3 student. 7 to 11 p.m., Thursday, October 23. First Unitarian Church, Franklin & Geary Streets, San Francisco.
See page 7 for description.

October 24-26
INTENSIVE GROUP EXPERIENCE FOR COUPLES
Weekend Workshop with
FREDERICK STOLLER

Exploring the present realities and possibilities as an intimate couple requires a different set and stance than it does for the individual. This workshop, through intensive encounter as well as appropriate exercises, will attempt to move couples into a new appreciation of their realities and potentials. (Open to married or unmarried couples).
$90 per couple. Begins 8 p.m., Friday, October 24.

For Reservation Information, see page 36.

October 24-26 and
November 14-16
DISCOVERY OF
THE POSSIBLE
Education Workshop
in Two Parts
with JAMES EAGEN

This workshop is designed for teachers and educators and is divided into two sections on separate weekends. The first section (October 24-26) will include experiments with a variety of Esalen-style education methods; encounter, sensory awareness, breathing-relaxation exercises and fantasy. The period following this section will allow participants to apply to their classroom those experiences which were valuable to them during the experiential weekend. In the second section (November 14-16) group members will share classroom discoveries, discuss improvements and review experiential techniques.
There will be no fee for this program; however, participants will be asked to submit a statement of their reaction to the workshop and their observations of affective changes in their students.
No charge (limited to 14 persons). Begins 8 p.m., Friday, October 24.

October 25 and October 26
NUDE PSYCHOTHERAPY
Two Seminars
with PAUL BINDRIM

A lecture-discussion concerning Mr. Bindrim's first fifty nude marathons, illustrated with tapes, slides and a documentary filmed by the Canadian Broadcasting Company. This seminar will provide an opportunity for laymen as well as professionals to broaden their orientation by exploring a new viewpoint. The role of nudity in group therapy will be considered to be an integral part of the trend towards intimacy and authenticity that marked the first departures from the medical model and the classical Freudian approach. Nude marathons will be discussed in terms of theory, research and practice. The ethical, legal and professional problems that they engendered will be explored. Implications for current areas of social concern such as sexual freedom, alienation and race relations will be considered.
$25 per person, each seminar. 10 a.m. to 6:30 p.m. each day (with lunch break);
Saturday, October 25 and Sunday, October 26.

October 28-30
GESTALT WORKSHOP:
LISTENING TO,
CONNECTING WITH
CHILDREN
3-Day Workshop
with JANET LEDERMAN

A workshop for harassed mothers of 3-6 year olds (and their child).
Janet Lederman, B.A., M.A., is teacher, artist, writer, actress. She has successfully utilized gestalt awareness techniques with children who manifest extreme stress. She is author of the forthcoming book *Anger and the Rocking Chair.*
$45 for mother plus one child. 7-10 p.m., Tuesday, October 28 (mothers only);
10 a.m. to 3 p.m., Wednesday, October 29 (mother and child);
10 a.m. to 8 p.m., Thursday, October 30 (mother and child).

October 28-29
Two Lectures
by RICHARD BAKER

October 28: THE ORIENTAL MIND AND LOOKING FOR BUDDHISM IN JAPAN
October 29: BUDDHISM AND JAPAN AND ZEN
$3 general, $2 student. 8 to 10:30 p.m. each evening
First Unitarian Church, Franklin and Geary Streets, San Francisco
See page 19 for further description and background.

October 31-November 2
BEYOND ENCOUNTER
GROUPS
Weekend Workshop
with JAMES FADIMAN

Sometimes we forget that we are basically healthy, loving beings. Mere acting out is no substitute for understanding and restoring self.
In this workshop techniques for increasing trust and compassion will be developed. Methods for continuing self-exploration without leaders and beyond groups will be stressed. Special attention will be paid to integrating intense beneficial or peak experiences into daily life. Suggested for those with no encounter experience and those who have had enough encounter experience, especially as it has involved hitting, kicking and yelling.
$45 per person. Begins 8 p.m., Friday, October 31.

October 31-November 2
ENCOUNTER WORKSHOP
with BETTY FULLER

In this open workshop participants will explore their self-concepts and define the imagined limits they set to being most fully and vibrantly themselves. In the supportive context of openness and honesty, group members will give each other feedback, encourage acceptance of what is and the taking of appropriate risks to be who and what they want. The basic format will be encounter. As need arises such methods as psychodrama, meditation, sense awareness exercises and body movement, fantasy, and gestalt techniques will be used.
$45 per person. Begins 8 p.m., Friday, October 31.

October 31-November 2
UNDOING THE ABSURD
Weekend Workshop
with GERARD and
LILYAN HAIGH

The aim of this workshop will be to release the child locked up in each of us. Seminar participants will try to rediscover playfulness, joy and wonder in a basic encounter group and using techniques of fantasy, body movement, art media, games, etc., specifically designed for the task. Being the child with mother may shed light on one's approaches to loving, love-making and love-seeking. Paradoxically, making contact with childish helplessness releases surges of power and contacting childish tears opens the channels for expression of joy.
$45 per person. Begins 8 p.m., Friday, October 31.

For Leaders' Biographical Information, see pages 28-31.

TWO LECTURES BY STANISLAV GROF

November 5
THE NATURE OF MAN AS REVEALED IN LSD PSYCHOTHERAPY

The clinical use of LSD and other hallucinogenic drugs, as well as illicit nonmedical self-experimenting, has revealed many phenomena which do not fit any of the existing contemporary psychological models of Man. Dr. Grof will describe his research of the use of LSD for treatment of psychiatric disorders and for personality growth. He will try to demonstrate the limitations of the present psychotherapeutic systems in understanding and conceptualizing the observations during this research. The Freudian model of Man will be questioned in the light of new clinical data.

November 6
DEVIL AND GOD IN MAN: LSD EXPERIENCES AND THE GREAT RELIGIONS OF THE WORLD

The mystical and religious experiences represent the most interesting category of experiences encountered in the LSD sessions. Using the material from "psycholytic" psychotherapy with LSD (repeated administrations of LSD in psychiatric patients within a psychotherapeutic framework), Dr. Grof will describe the experiences of this "instant" or "chemical" mysticism and compare them with instances of "spontaneous mysticism" and experiences described in holy scriptures of various great religions of the world (HInduism, Buddhism, Taoism, Christianity, mystery religions of Greece and Egypt, etc.) He will discuss the dangers connected with inducing these experiences, their relationship to mystical-religious experiences of schizophrenic patients and the authenticity of "chemical mysticism".

$3 per person per evening. 8 to 10:30 p.m., November 5, 6.
First Unitarian Church, Franklin & Geary Streets, San Francisco.

(It will take both lectures for Dr. Grof to elaborate certain themes. It is recommended that participants attend both evenings.)

November 6-7
WORKSHOP FOR PROFESSIONALS
with WILLIAM C. SCHUTZ

An exposition, together with some demonstrations, of the latest methods being explored and developed by Dr. Schutz, including new fantasy methods, energy and inner rhythm, nonverbal methods, Sufi, Kundalini and other Eastern notions, techniques for getting through blocks, body methods and others as they develop. There will also be an exchange of ideas about methods and beginnings of theory.
For persons experienced in running encounter or therapy groups. Please include a resume of experience with registration. (Limited to 20 professionals).
$80 per person. 9 a.m. to 10 p.m. (with lunch and dinner breaks), November 6;
9 a.m. to 5 p.m. (with lunch break), November 7.

November 7-9
NON-DRUG APPROACHES TO PSYCHEDELIC EXPERIENCE
Weekend Workshop with
BERNARD AARONSON, BART KNAPP and STEVEN STROUD

Psychedelic experience can be produced without drugs by methods involving the creation of hypnoidal states. Through the use of visualization and other procedures, including music, readings, and techniques for enhancing perception, participants will experience and try to understand the nature of psychedelic experience.
$45 per person. Begins 8 p.m., Friday, November 7.

November 7-9
BEHAVIOR MODIFICATION
Weekend Workshop with
SARA UNOBSKEY MILLER

The weekend will include a micro-lab of encounter technique, the application of these techniques to reading and the use of behavior modification in the classroom. The approach will be experiential and will include didactic discussion and explanation.
$45 per person. Begins 8 p.m., Friday, November 7.

November 14-16
BIO-ENERGETIC ANALYSIS
Weekend Workshop
with ALEXANDER LOWEN and JOHN PIERRAKOS

This workshop is designed for persons who are interested in understanding the language of the body and in learning how to work with the body to resolve emotional problems. Dr. Lowen's approach is grounded in basic psychoanalytic thinking and presents an in-depth technique for handling deep personality disturbances.
The workshop is professionally oriented and restricted to psychiatrists, psychologists, social workers, therapists and those in related fields. (Limited to 35 participants). Participants should come prepared with trunks or leotards in order to experience the work directly. Recommended reading list will be sent at time of registration.
$75 per person. Begins 8 p.m., Friday, November 14.

For Reservation Information, see page 36.

November 18-19
Two Lectures on Astrology
by DANE RUDHYAR

November 18: HUMANISTIC ASTROLOGY: A modern person-centered approach to an ancient art. A way to individual fulfillment. The esthetical vs. the ethical approach to life.

November 19: IN RESONANCE TO THE UNIVERSE: A dynamic concept of attunement to the great rhythms of the cosmic order. The transition to a new level of consciousness.

Dane Rudhyar started his career in Paris, France, as a progressive composer and a writer on music and the arts. His basic concern has always been the development of a philosophy of individual existence based on a holistic approach to all aspects of the personal and social life—a philosophy oriented toward the New Age which his study of historical and astrological cycles made him see as impending.

$3 general, $2 student. 8 to 10:30 p.m. each evening.
First Unitarian Church, Franklin & Geary Streets, San Francisco.

November 20
COUPLES IN TOUCH
An Evening
with BERNARD GUNTHER

A relaxed intense evening of sensory exploration and nonverbal communication for couples (not necessarily married) who wish to be closer in touch.
$3 per person. 8 to 10:30 p.m., Thursday, November 20.
First Unitarian Church, Franklin & Geary Streets, San Francisco.

November 21-23
GESTALT WORKSHOP:
"50 POSITIONS FROM WHICH TO EXPERIENCE LIVING"
Weekend Workshop
with JANET LEDERMAN

50 positions from which to experience life. A wax museum: Images of what was/or what should be, or
The world of: *I am now:* creating observing teaching remembering loving hating. From the sparks of reality, waxen images begin to flow.
Janet Lederman, B.A., M.A. Fantasy/Reality. Known:

Educator	Rabbi	Devil	Sorceress
Writer	Mother	Jailer	Child
Artist	Goddess	Heterosexual	Clown
Actress	Delinquent	Homosexual	Woman

$45 per person. Begins 8 p.m., Friday, November 21

November 21-23
CLOSE YET FREE
Couples Weekend
with GERALD
and LINDA SMITH

To have closeness or intimacy and yet have room to personally grow . . . this is a basic dilemma in marriage. The dilemma can be coped with either creatively or destructively. Our purpose will be to experience a number of ways of creatively coping with the dilemma of being "close yet free" within marriage. We will use aspects of family and gestalt therapy and numerous nonverbal and movement approaches.
$100 per couple. Begins 8 p.m., Friday, November 21.

November 21-23
STATES OF CONSCIOUSNESS: AN OVERVIEW
Weekend Workshop
with CHARLES TART

The mind of man is capable of functioning in a variety of discrete ways, each of which has particular qualities which may be useful in appropriate circumstances. These various patterns of organization are states of consciousness. This seminar will have brief experiential introductions to and discussions of such states as awakeness (in the Gurdjieffian sense), the hypnagogic state (between waking and sleeping), hypnosis and meditation. Further idscussions will deal with brain wave feedback states, active control of dreaming, some Jungian concepts of consciousness and psychedelic drug states. Dr. Tart will also outline a theory he is developing which attempts to make sense out of the kaleidoscopic variety of states of consciousness. Background reading before the seminar in Dr. Tart's recent book, *Altered States of Consciousness,* would be helpful.
$45 per person. Begins 8 p.m., Friday, November 21.

November 24: INTRODUCTION TO ENCOUNTER — Monday Evening with BENNETT SHAPIRO
$5 general, $3 student. 7 to 11 p.m., Monday, November 24. First Unitarian Church, Franklin & Geary Streets, San Francisco.
See page 7 for description.

November 26-30
ACTION ENCOUNTER FOR COUPLES AND SINGLES
5-Day Workshop
with BENNETT SHAPIRO

A fast moving, body-oriented, intensive, tough-tender encounter group for couples and singles seeking relief from politeness, indifference and verbosity. Many of the methods for personal confrontation and human development being explored at Esalen will be integrated into an encounter group setting: sensory awakening, body movements, gestalt and Lowen techniques, psychodrama, fantasy, theatre games, meditation. In particular, methods for enriching two person relationships will be emphasized and practiced for use after the work-

For Leaders' Biographical Information, see pages 28-31.

III.
Seeing the Ox.

November 26-30
ACTION ENCOUNTER, COUPLES & SINGLES
5-Day Workshop
with BENNETT SHAPIRO
(continued)

shop. This program will be held at a private lodge in the Santa Cruz foothills where meals and lodging will be provided; however, participants should bring their own sleeping bags and towels. Details will be supplied upon application.
$100 per person. Begins 8 p.m., November 26 and ends 6 p.m., November 30 (includes Thanksgiving Day).

November 28-30
AUTHENTICITY REVISITED: A WORKSHOP FOR THE OVERGROUPED
Weekend Workshop
with BETTY BERZON

In describing her workshop, Miss Berzon writes: "One of the issues that increasingly concerns many professionals who work with personal growth groups is the overacculturation of people who attend such groups repeatedly. The encounter group culture offers opportunities for interpersonal promiscuity much as the cocktail bar does. When one attends either too often there is the danger of deceiving oneself into believing that this imitation of life is the real thing. The lingo, the rituals and the role behaviors of the encounter group culture are easily learned and too often become an acceptable substitute for freer and more authentic involvement.
"This workshop is for overexposed group goers who are willing to look at the behavioral cliches they have developed and move beyond them to being as fully present as possible in the group, and in their own lives."
$45 per person. Begins 8 p.m., Friday, November 28.

November 28-29
BEYOND GAMES: ENCOUNTER FOR COMMUNICATORS
24-Hour Marathon
with RICHARD MARSH

Whether you are a professional communicator or not, you must communicate to live. Communication is a basic human and cosmic process, and encounter—with the self, with others, with the more-than-other—is its goal. This marathon encounter group will alternate between periods of unstructured spontaneity and periods of structured sensory, self and social games. Purpose of the games: to lead beyond themselves to the ecstasy of unself-conscious communication. Bring your defensive armor, but be prepared to shed it.
$55 per person, including meals. 8 p.m. Friday through 8 p.m. Saturday at the Burlingame home of Dr. Marsh.

December 5-7
COUPLES WORKSHOP
Weekend with
DAVID BAAR, MARLENE SUTTON, SEV and PEGGY PETERSON

This workshop will explore those conditions which allow couples to create and maintain an open, growing bond amidst the complex demands of our society. There is a certain attitude, way of living which includes openness, selective absorption and perseverance which enables and nurtures growth—this is what the seminar will focus on, drawing upon the experience of a few couples who would like to share their insights and questions with others involved in the same process. Limited to six couples; intended for couples together for a year or more, married or not.
No charge. Begins 8 p.m., Friday, December 5.

December 12-14
INTENSIVE GROUP EXPERIENCE
Weekend Workshop
with FREDERICK STOLLER

This workshop will consist of small group encounter designed to challenge the conventional stance of the participants and to enhance the exploration of potential through mutual search for alternatives. Videotape feedback and photography will be among the approaches utilized. $45 per person. Begins 8 p.m., Friday, December 12.

December 12-14
THE TRANSFORMATIONS OF HUMAN CULTURE AND THE EVOLUTION OF THE SELF
Weekend Workshop
with WILLIAM IRWIN THOMPSON

Everyone knows that something is happening and that the vehicle for that something is not the Nineteenth Century solitary self but the human group. In our art and politics we are groping towards the next step in human cultural evolution—the discovery and articulation of meta-personal forms of consciousness in the culture of a planetary civilization. At the edge of history in California, the future is blowing wildly in our faces: sometimes brightening the air and sometimes blinding us. To get a sense of just where we are and where we are going, the seminar will focus on the four critical transformations of history, the neolithic, urban, industrial and technological revolutions and how these affected man's sexuality, art and religion.
$45 per person. Begins 8 p.m., Friday, December 12.

December 15-18
ENCOUNTER WORKSHOP
with BETTY FULLER

In this open workshop participants will explore their self-concepts and define the imagined limits they set to being most fully and vibrantly themselves. In the supportive context of openness and honesty, group members will give each other feedback, encourage acceptance of what is and the taking of appropriate risks to be who and what they want. The basic format will be encounter. As need arises such methods as psychodrama, meditation, sense awareness exercises and body movement, fantasy, and gestalt techniques will be used.
$60 per person. 7 to 11 p.m., Monday thru Thursday, December 15-18.

December 17: INTRODUCTION TO ENCOUNTER – Wednesday Evening with BENNETT SHAPIRO
$5 general, $3 student. 7 to 11 p.m., Wednesday, December 17. First Unitarian Church, Franklin & Geary Streets, San Francisco. *See page 7 for description.*

December 28-January 3
SKI ENCOUNTER
7-Day Workshop
with BENNETT SHAPIRO

This workshop for couples and singles will combine seven days of skiing and encountering in a private lodge in the Squaw-Alpine ski area. Skiing will occur in mornings and early afternoons and group encountering in late afternoons and evenings. The encountering will be fast moving and body oriented, incorporating the many methods for personal confrontation and human development being explored at Esalen: sensory awakening, body movement, gestalt and Lowen techniques, psychodrama, fantasy, theatre games, meditation. Exact location and other details will be supplied upon application.
$160 per person (includes lodging and meals but not ski equipment or tow tickets).
Begins 11 a.m., Sunday, December 28 and ends 4 p.m., Saturday, January 3.

IV.
Catching the Ox.

For Leaders' Biographical Information, see pages 28-31.

September 19-21: OPEN GESTALT WEEKEND — A lecture-demonstration, with FREDERICK S. PERLS, the founder of gestalt therapy. *See page 33 for description.*

September 19-21
TOWARDS EXPANDED CONSCIOUSNESS
Weekend Workshop
with CHARLOTTE SELVER and CHARLES BROOKS

In describing her work, Miss Selver writes, "Much as we may wish to live in the present, we are often preoccupied with images and ideas of *how it ought to be.* Instead of responding to the situation at hand with the innumerable nerves, muscles and interweavings of consciousness which we are, much of us is immobilized by early conditioning, emotional problems or habit. But children and sages have a different way of functioning. For them the world flows into consciousness as the air into their lungs, and their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our lack of immediacy which is usually felt as tedium and which necessitates ever stronger stimuli in the search for joy or self-disciplines in the search for peace. By giving up these preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what *should be* but to what *is,* and the world catches fire for us."
$70 per person

September 19-21
EXPERIENTIAL WORKSHOP
Weekend Workshop
with ESALEN STAFF

This weekend workshop will offer a synthesis of various approaches to the development of the human potential being explored at Esalen. Among the experiences which may be included are encounter, psychodrama, body movement, sense awareness, meditation, fantasy, gestalt awareness and creativity techniques. Activities depend, in part, on group size and individual need. Group leaders are drawn from Esalen's consulting staff as well as the residential fellow training programs.
$70 per person

September 21-26
CELEBRATION OF THE LIFE FORCE
5-Day Workshop
with STEVEN STROUD, JEFFREY STUART and RON ACCIOLA

This workhsop will explore those capacities within us for experiencing life's cycles and rhythms, especially those capacities for storing energy and recharging the body, bringing about the overflow of effortless life. Breathing, movement, dance, conga drums, massage, fasting, meditation, ritual, sparkling springs, mountains and the ocean's roar: all of these, with a few surprises, will be included in the workshop. Bring outdoor clothing and come prepared to celebrate the fact of your existence.
$180 per person

September 21-26: GESTALT 5-Day OPEN WORKSHOP with JAMES S. SIMKIN *See page 33 for description.*

September 26-28: GESTALT WORKSHOP: "50 POSITIONS FROM WHICH TO EXPERIENCE LIVING"
Weekend Workshop with JANET LEDERMAN $70 per person *See page 12 for description.*

For Reservation Information, see page 36.

V.
Herding the Ox.

September 26-28
MORES, MYSTICISM AND MADNESS
Weekend Seminar
with JOHN PERRY and JULIAN SILVERMAN

The values and the meanings by which a culture lives are periodically in need of renewal. Persons of a sensitive nature seeking deeply into the spiritual life may find there the inner foundations of these cultural forms.

Throughout history certain individuals in the course of their mystical journeys have discovered fountainheads of these cultural forms and have reinvigorated or transformed the mores of society. These individuals have had the gift to order their experiences in such a way as to communicate them to their communities. On the other hand, many similarly inclined individuals lacking in the analytic and communication skills required to organize their experience in depth have found themselves overwhelmed and shattered and have been drawn into delusional perspectives of great depth. This seminar is concerned with the historical and psychological study of similarities and differences between mystical and psychotic states and their substantive relationship to problems of everyday life.

$70 per person

September 26-28
SOCIAL ARCHITECTURE
Weekend Workshop
with RICHARD FARSON, CRAIG HODGETTS and PETER PEARCE

As the possibility for designing environment increases with developing technology, designers and behavioral scientists are exploring various ways to fit environments more sensibly to the needs of people. A new alliance is forming between designers, planners and architects on the one hand, and behavioral scientists and social philosophers on the other. As an example, the leaders of this seminar—a psychologist, an architect and an industrial designer—have recently been appointed to head the School of Design at the new California Institute for the Arts.

In this seminar they will discuss the problems and possibilities involved in the marriage of these disciplines and will explore ways in which this joining of design and human understanding can be incorporated into the lives and professional concerns of the participants. Special consideration will be given to the designing of environments which remain open to novelty and renewal.

Richard Farson is Vice President of Ecological Affairs and Dean of the School of Design, California Institute for the Arts. He is co-founder and Chairman of the Board of Western Behavioral Sciences Institute, La Jolla. Craig Hodgetts has a B.A. in sculpture and is a graduate of the Yale School of Architecture; he won *Progressive Architecture's* First Design Award in 1968. Peter Pearce is a graduate of Institute of Design, Illinois Institute of Technology and has worked with Charles Eames and Buckminster Fuller and was a Graham Foundation Fellow in 1965. He has recently completed a book entitled *Structure in Nature as a Strategy for Design.*

$70 per person

September 28-October 3
GESTALT AWARENESS TRAINING FOR DENTISTS
5-Day Workshop with
ROBERT HALL, M.D. and JACK ROSENBERG, D.D.S.

The manner in which the dentist approaches his patients and practice is, in general, a reflection of the way he approaches life. This seminar is designed to allow the participant to explore both aspects of a professional man's life—his practice and his inner life—in hopes of developing a deeper significance and awareness of both. He will also have the opportunity to become familiar with gestalt awareness techniques as they can be applied to dealing with patients. The application of gestalt awareness techniques to patient management will be covered by Dr. Rosenberg, while Dr. Hall will center on the "journey inward".

$200 per person

For Leaders' Biographical Information, see pages 28-31.

September 28-October 3
ECLECTIC ENCOUNTER
5-Day Workshop
with JOHN HEIDER

A wide variety of growth techniques and disciplines are taught at Esalen. Eclectic encounter is a loose amalgam of the most fruitful of these integrated into the encounter group format. Participants will be exposed to massage, meditation, sensory awakening and other forms of verbal and nonverbal encounter.
To foster the intensity of this workshop, registration will be limited to 12 participants.
$180 per person

September 28-October 3: THEOLOGICAL REFLECTION ON THE HUMAN POTENTIAL – 5-Day Workshop
with JOHN MAGUIRE and ANDREW YOUNG *See page 4 for description.*

September 28-October 3
MASSAGE AND
MEDITATION
5-Day Workshop
with SEYMOUR CARTER

The Esalen approach to massage is an attempt to quiet the mind so that the participant can sensitively make contact, without technique. Contacting "the other" is also contacting oneself, hence the value of meditation. Therefore, learn to center . . . and learn to concentrate on the moment of your touching as it unfolds. Couples are encouraged to attend so they may continue to massage each other in their home.
Joel Kramer, a Hatha yogi and teacher of yoga at Esalen, will assist Seymour Carter.
$180 per person

October 3-5
CLOSE YET FREE
Couples' Weekend
with GERALD
and LINDA SMITH

To have closeness or intimacy and yet have room to personally grow . . . this is a basic dilemma in marriage. The dilemma can be coped with either creatively or destructively. Our purpose will be to experience a number of ways of creatively coping with the dilemma of being "close yet free" within marriage. We will use aspects of family and gestalt therapy and numerous nonverbal and movement approaches.
$165 per couple

October 3-5
A SILENT SENSORY
WEEKEND
Weekend Workshop
with BERNARD GUNTHER

No talking; just sensory experience, touching awareness meditation massing your inner/outer wind water flow flowering quiet being feeling.
$70 per person

October 3-5: GESTALT OPEN WORKSHOP with JOSEPH J. DOWNING *See page 33 for description.*

October 5-10
ON BEING RICH
5-Day Workshop
with STUART and
SARA MILLER
and Two Anonymous
Millionaires

The rich are often thought to be a separate species. The longer the family has been wealthy, the more unique its behavior becomes. More and more American families are evolving into this strange state and as they do, they develop a set of problems distinctly their own—special forms of paranoia, odd pleasures, horrendous secrets, untrusting loves.
This workshop will attempt to deal with these problems. It is open to millionaires, recently made or of long standing.
$180 per person

October 5-10
YOGA: STUDIES
AND APPLICATIONS
5-Day Workshop
with JOEL KRAMER

An intensive program exploring the realms of yoga through conceptual inquiry and actual practice. The seminar is suitable for the interested novice as well as the serious student of yoga. Emphasis will be placed on the daily practice of yogic techniques such as Hatha yoga and pranayama (breathing), and meditation in the light of yogic structures both classical and modern. There will be inquiry into the ever-recurring problems of man such as time, mind, death, freedom, choice, sorrow, desire, competition, sexuality.
A special menu of yogic (pure) foods will be offered. The program will aim at giving the participants a feel for an ancient path to freedom in modern terms.
$180 per person

October 5-10: GESTALT 5-Day OPEN WORKSHOP with JOSEPH J. DOWNING *See page 33 for description.*

For Reservation Information, see page 36.

October 10-12
DEVELOPMENT OF VIOLENCE AND PLEASURE IN MAN
Weekend Seminar with JAMES W. PRESCOTT and WILLIAM H. RICKLES, JR.

Extensive studies on the effects of maternal-social deprivation and early isolation-rearing experiences in mammals has produced a body of evidence that links these early experiences to autistic-depressive, hyperreactive and violent-aggressive behaviors in the maturing and adult organism. Recent theoretical developments have interpreted the above relationships as a consequence of sensory deprivation of the somatosensory system during the early formative periods of development and that these experiences result in the abnormal development of specific brain structures.
The objectives of this workshop are to review the existing scientific evidence that relates measures of brain function to the quality of early sensory experiences, specifically, maternal-social deprivation and isolation rearing experiences.
Participants of the workshop will be drawn from the multidisciplinary sciences of neuropsychology, neuropsychiatry, psychophysiology, developmental behavioral biology, social anthropology and psychoanalysis. All applicants must send resumé of their interest and recent work experience.
$70 per person

October 10-12: EXPERIENTIAL WORKSHOP – Weekend Workshop with ESALEN STAFF *See page 15 for description.*

October 10-12 and November 21-23
FOR THE GOOD MARRIAGE: MORE AUTHENTICITY
Two Couples' Weekends with GEORGE I. and JUDITH BROWN

A workshop for couples who feel they have a relatively healthy marriage and would like to experience ways to make their relationships even more real, exciting and substantial. The focus of the program will move through misleading and confusing preconceptions of oneself and one's marriage partner to increasing perception and authentic response to a real person in a real world. The Browns will use approaches to gestalt awareness training that once learned in the workshops can continue to be used by the couple in their home setting.
The initial workshop, October 10-12, will be combined with a follow-up workshop on November 21-23. All participants must commit themselves to *both workshops.*
$280 per couple for both weekends
Nonrefundable deposit of $140 per couple is required.

October 12-17
OVERVIEW OF ENCOUNTER TECHNIQUE
5-Day Workshop with JOHN HEIDER

This workshop is designed primarily for those who lead groups or do similar work: therapists, teachers, ministers, etc. Participants will be exposed to massage, meditation, sensory awakening and other forms of verbal and nonverbal encounter. Emphasis will be placed on teaching how to use, adapt or invent tools for application in other contexts. Experiential and didactic sessions will be combined.
$180 per person

October 12-17
MASSAGE, MOVEMENT AND YOGA
5-Day Workshop with GABRIELLE ROTH

In describing her program, Miss Roth writes: *"Yoga* will center us in our breathing and motion. *Movement* will explore our body language, in rhythmic phrases. If we can see and feel our own body movement, we can see and feel the movement and rhythm of our lives. *Massage* will begin the flow outward from our own bodies into the bodies of others."
$180 per person

October 12-17
THE PROBLEM OF WOMAN: ITS BEARING ON THE GOAL OF 'SELFHOOD'
5-Day Workshop with DAN SULLIVAN

Dr. Sullivan describes his program as follows: "Full self-awareness is grounded as much in a positive thrust toward a 'beyond' as in the immediate joy of self-being. But if dynamic self-love depends on this quest for something more, this quest itself depends on each of us enjoying an horizon of challengingly uncertain goals and values. Yet, women are widely thought to be exempt from this integrative self-dissatisfaction. Her destiny is alleged to be mere 'being': 'Man does, Woman is'. This imprinted passivity insures self-ignorance and self-hate and a human asymmetry in sexual love. Man's subsequent experience of orgasm as more physical than mental accounts for much of his ironic spirit, his detachment from self and from the hope of lasting intimacy with *the* Other, and for therapies whose aim is really the heart's autonomy."
This workshop will combine on-going discussions of the themes described above with gestalt therapy sessions which are *open to,* but *not channelled* toward, woman's "collusion with her exploiters" and Man's repression of the desire for lasting intimacy and love.
Recommended reading: R.D. Laing, *Politics of Experience;* Dan Sullivan, Introduction to *Anthropology of Sex,* by A. Jeanniere.
$180 per person

For Leaders' Biographical Information, see pages 28-31.

October 17-19
I CHING,
a Guide to Oracle Imagery,
and TAI CHI,
a Way of Centering
Weekend Workshop
with GIA-FU FENG

This workshop will include intensive sessions on several forms of Tai Chi, with discussions of the *I Ching* (which Gia-fu has retranslated) and its relationship to imagery and the martial arts. Gia-fu describes Tai Chi as "a form of meditation in movement, a way of centering aiming at sensory-motoric awareness and body alignment. It is a bridge between Eastern meditation and Western psychotherapy."
$70 per person

October 17-19
A WEEKEND WITH
WILLIAM C. SCHUTZ

This will be an experimental weekend exploring new approaches focused on particular areas of concern. Past weekends have focused on such areas as the Hero in all of us (using Joseph Campbell's *Hero of a Thousand Faces* as the theme to bring out our heroic qualities), on the Sufis, an Islamic mystic sect which emphasizes the importance of the balance between knowing the self and relating to others. Other special themes will be chosen for each weekend and participants will have ample opportunity to deal with these issues in small groups as well as working in a large group. (Limit: 55 persons)
$80 per person

October 19-24
AN EXPERIENCE
OF ESALEN
5-Day Living Experience
with the ESALEN STAFF

"Let us turn you on to our place", writes Ben Weaver, Big Sur Director, in describing this workshop. "Join us for a week to explore as many fronts as emerge from our unique mix of people. Our resources are available to you—baths, massage, scenery and the far-ranging talents of our staff (group leaders, artists, craftsmen, musicians, poets and students of arcane lore).
"Or, if you like, you may simply retreat from the world for a week. Whatever Esalen means to you, this is an opportunity to explore that meaning further at your own pace and with whatever support and assistance we can give you. This week is an opportunity to ruminate and to interact with people of widely different points of view. We will be here doing our thing. Come and join us."
$180 per person

October 19-24
5-Day Sesshin
with RICHARD BAKER

Sesshin is an intensive period of zazen meditation. During the sesshin there will be instruction and lectures from the sesshin leader and assistance from members of the Zen Center. (See weekend seminar description below for more background).
$180 per person

October 24-26
THE JAPANESE MIND,
BUDDHISM AND ZEN
Weekend Seminar
with RICHARD BAKER

Richard Baker describes his program as follows: "Japan and China and the West have developed subtly different ways of realizing the human, social and individual potential. Both have their own limits, maybe upper limits, and emphases. All their ways, customs, habits, ways of cooperating, ways of being separate, ways of finding the divine and mundane, ways of acknowledging the space and time of society and individual existence, all add up to the aid which each individual receives from his society to realize his own potential and continuity, as well as to the way the society preserves itself. Language and society are gifts, the accumulation and boiled down essence of the thought and experience of your 'tribe'. Without these gifts the realms of thought and experience and the frontier or membrane to the realms of nonthought and the beyond-experience would be different indeed. A kind of example: the higher reaches of Western mathematics would be impossible without the Arabic number system—Roman numerals and the Chinese and Japanese system don't make it. And perhaps in a somewhat similar way, the higher reaches of nondual reality are primarily accessible through the practice and metaphysics of Hinduism, Buddhism and Taoism. Buddhism particularly, and Chinese and Japanese societies partly under its tutelage, have produced a particular Mind which everyone in these societies lives in, more rather than less. Buddhism suggests faith that we all share the same Big Mind and Buddha Nature, but still to understand fully the social and individual access to this experience it is necessary to know the culture and mind in which it has developed and flourished. Japan is a particular racial, social and geographic location that has preserved and developed ways of locating the locationless void, the sea of the really so where the deepest inner and outer reality merge.
"These lectures, sesshin and seminar will be about what is, and how to look for, the cultural and spiritual vocabulary of this world, in what ways its vocabulary can be and is ours, and how the practice of zazen meditation is wedded to and transcends any cultural vocabulary. What will be interesting to find out in your own experience and in the protoplasm which will come after you is: What is the human potential when West and East have a common location, when the spells of all known societal and racial vocabularies have been understood, incorporated, broken and transcended."
$70 per person

For Reservation Information, see page 36.

October 24-26
COUPLES' WEEKEND
WITH
WILLIAM C. SCHUTZ
Co-led with
PAMELA PORTUGAL

In this workshop, participating couples (married or not) should be prepared to reveal all the secrets they have withheld from each other, no matter how dangerous it may appear to reveal them. They will then explore hurts, fantasies, desires for others, hate, competition, fear, jealousy, love, longing, need, dependence and other feelings as they actually exist. The aim of the weekend is to help members of the couple become clear and unconflicted as to how they want to proceed with each other. This may mean breaking up, or working more, usually on a much sounder, more open, more exhilarating basis, to make the relation more satisfying. (Limit: 6 couples)
$210 per couple

October 24-26
BEYOND ENCOUNTER GROUPS
Weekend Workshop
with JAMES FADIMAN

Sometimes we forget that we are basically healthy, loving beings. Mere acting out is no substitute for understanding and restoring self.
In this workshop techniques for increasing trust and compassion will be developed. Methods for continuing self-exploration without leaders and beyond groups will be stressed. Special attention will be paid to integrating intense beneficial or peak experiences into daily life. Suggested for those with no encounter experience and those who have had enough encounter experience, especially as it has involved hitting, kicking and yelling.
$70 per person

October 24-26
RITUALS OF HUMAN AND ANIMAL BEHAVIOR
Weekend Workshop
with STEVEN STROUD
and JOHN BLEIBTREU

Mating rituals, aggression rituals, social rituals of all kinds will be explored. Included will be some acting out of ritual, both human/animal and animal.
$70 per person

October 26-31
INTRODUCTORY PILOTING AND NAVIGATION IN PERSONAL INNER SPACE
5-Day Workshop
with JOHN LILLY

Dr. Lilly describes his workshop as follows: "Utilizing the knowledge gained from dolphin-human encounters, from human communication techniques (verbal and nonverbal), from solitude and isolation studies (sensory deprivation), and from combinations of these with LSD research, it is possible for an individual to move forward in his own self-development. From where one is now, one can move into new inner spaces, learn to turn on (and off) his positive and negative systems and experience new ways of navigation and piloting in his inner universes. The techniques used resemble hypnosis, meditation (mantras), interpersonal encounter, group sharing and bio-computer programs. These techniques are flexible and adaptable to the individual's current needs."
John Lilly is widely known for his research with dolphins and sensory deprivation. He is author of *Man and Dolphin, The Mind of a Dolphin* and *Programming and Metaprogramming in the Human Biocomputer.*
$180 per person

VI.
Coming Home on the Ox's Back.

For Leaders' Biographical Information, see pages 28-31.

October 26-31
INTENSITY AND REFLECTION
5-Day Workshop with
FREDERICK STOLLER

Integrating an intense group experience before re-entering the demands of the world remains an important problem. This will be an experimental workshop consisting of three phases: (1) an intensive marathon designed for impetus and movement; (2) a totally different experience to follow for integration and expansion; (3) a final group encounter to provide perspective.
$180 per person

October 31-November 2: GESTALT OPEN WORKSHOP with JOSEPH J. DOWNING *See page 33 for description.*

October 31-November 2
ON BEING JEWISH AGAIN
Weekend Workshop with
SARA UNOBSKEY MILLER

This weekend workshop will explore the fun you once thought that it might be to be Jewish. Together, through "tradition", we will meet our pogroms and Messiahs. Chicken soup will be provided.
Sara Miller, educator, creator of the store front schools in New York City, expert in operant conditioning techniques and behavior modification, spirited facilitator of encounter groups and wife extraordinary, is also a Jew who has survived.
$70 per person

October 31-November 2
EXPERIENCES FOR THE MIND'S EYE
Weekend Workshop
with ROBERT MCKIM

Capacity for visual imagery, important to many forms of creative behavior, is allowed to atrophy (or is even actively repressed) by contemporary education. This workshop is based on an integrated series of exercises which Professor McKim has collected and developed to restore vitality to the visual imagination. Participants will begin with "mind's eye-openers"; relaxation, sensory awakening, and massage. They will then build self-confidence in their imaging ability with after-images and group fantasy. Meditation techniques and tachistoscopic (flashing) images will develop concentration: experiences with synasthesia (combining sense modes) will intensify imagery. Finally, the mind's eye will be exercised by creative action. Wear old clothes (we'll use art materials).
$70 per person

November 2-7: THEOLOGICAL REFLECTION ON THE HUMAN POTENTIAL – 5-Day Workshop with GERALD JUD AND PHILIP ANDERSON *See page 4 for description and further information.*

November 2-7
ALTERED PERCEPTION OF TIME AND SPACE
5-Day Workshop with
BERNARD AARONSON,
BART KNAPP
and STEVEN STROUD

Although we usually conceive of the arrangement of time and space as part of our environment, it is to a large extent an order we impose on the environment and is different for each one of us. In order to try to understand how our perceptions affect the way we think, feel and act, participants will be taught methods for going into hypnoidal states in which various altered states of perception can be experienced.
$180 per person

November 2-7: GESTALT 5-Day OPEN WORKSHOP with JOSEPH J. DOWNING *See page 33 for description.*

November 2-7
MASSAGE AND MEDITATION
5-Day Workshop
with RICHARD HORAN

A week of relaxation through learning massage. There will be a study of yoga each morning from 7:30-8:30. Late mornings and afternoons will be devoted to developing a repertoire of massage techniques, to seeing signs of inner body awareness and responding to them. In the evenings there will be sessions of movement, breathing and meditation.
$180 per person

November 7-9
ENCOUNTER WORKSHOP
with BETTY FULLER

In this open workshop participants will explore their self-concepts and define the imagined limits they set to being most fully and vibrantly themselves. In the supportive context of openness and honesty, group members will give each other feedback, encourage acceptance of what is and the taking of appropriate risks to be who and what they want. The basic format will be encounter. As need arises such methods as psychodrama, meditation, sense awareness exercises and body movement, fantasy, and gestalt techniques will be used.
$70 per person

For Reservation Information, see page 36.

November 7-9
THE POSITIVE AND NEGATIVE POTENTIAL OF MAN AS REVEALED BY LSD RESEARCH
Weekend Seminar
with STANISLAV GROF

The phenomena observed during systematic research of the therapeutic use of LSD in psychiatric patients as well as those connected with illicit self-experimentation transcend the existing psychological models of Man and suggest the necessity of a new understanding of the human nature. Dr. Grof will describe his European research with LSD and sketch an alternative model of Man which proved to be useful in understanding most of the phenomena encountered during this work. On the basis of his observations of the reliving of traumatic experiences in the LSD sessions, he will discuss in detail which elements of the human and nonhuman environment in various periods of life (infancy, childhood, adolescence, adulthood) seem to foster mental health, feelings of happiness and personality growth and which of them are conducive to development of psychopathology, suffering and stagnation.
$70 per person

November 7-9
LIFE PLANNING
Weekend Workshop
with ARTHUR SHEDLIN

This weekend laboratory provides a unique opportunity for a limited number of persons who are concerned with determining and implementing meaningful career and other life goals for themselves. The process of establishing and attaining creative and self-fulfilling life goals involves both self-awareness and the use of a definite planning strategy. This *structured* group experience utilizes a variety of training methods to assist participants in highlighting strengths, weaknesses, peak-experiences and life values pertinent to: (1) an inventory of previous life experiences; (2) an inventory of present life values; (3) establishment of a goal or goals to be attained five to seven years from now; (4) developing projects and action steps related to attaining these goals.
$70 per person

November 9-14
THE OPEN COUPLE
5-Day Workshop
with BETTY FULLER

This workshop for couples will employ a number of encounter methods developed and refined at Esalen to explore the special relationship of man and woman. Activities will be based in part on a forthcoming book for couples by William C. Schutz and Pamela Portugal. The intent of the workshop is to clear lines of communication and to establish openness and honesty as a base for strengthening and enriching relationships. Couples will be trained to use the book and their workshop experience to continue in leaderless groups of their own composition if they choose. Follow-up may also be arranged with Esalen facilitators.
$360 per couple

November 9-14: GESTALT WORKSHOP: 50 POSITIONS FROM WHICH TO EXPERIENCE LIVING
5-Day Workshop with JANET LEDERMAN $180 per person *See page 10 for description*

November 9-14
AWAKENING THE SERPENT
5-Day Workshop
with SEYMOUR CARTER

The title of this workshop comes from Kundalini yoga, which is one means of unleashing the "serpent" of energy potential all of us have. Drawing from this and many other sources, William Schutz's Esalen staff developed an integral form of encounter. This workshop is designed to focus on the peak experiences that evolve an appreciation for each participant's aliveness, rather than on solving complicated personality problems.
$180 per person

November 14-16
I CHING,
a Guide to Oracle Imagery,
and TAI CHI,
a Way of Centering
Weekend Workshop
with GIA-FU FENG

This workshop will include intensive sessions on several forms of Tai Chi, with discussions of the *I Ching* (which Gia-fu has retranslated) and its relationship to imagery and the martial arts. Gia-fu describes Tai Chi as "a form of meditation in movement, a way of centering aiming at sensory-motoric awareness and body alignment. It is a bridge between Eastern meditation and Western psychotherapy."
$70 per person

November 14-16
A WEEKEND WITH WILLIAM C. SCHUTZ

This will be an experimental weekend exploring new approaches focused on particular areas of concern. Past weekends have focused on such areas as the Hero in all of us (using Joseph Campbell's *Hero of a Thousand Faces* as the theme to bring out our heroic qualities), on the Sufis, an Islamic mystic sect which emphasizes the importance of the balance between knowing the self and relating to others. Other special themes will be chosen for each weekend and participants will have ample opportunity to deal with these issues in small groups as well as working in a large group. (Limit: 55 persons)
$80 per person

For Leaders' Biographical Information, see pages 28-31.

November 16-21: GESTALT 5-Day OPEN WORKSHOP with JAMES S. SIMKIN *See page 33 for description.*

November 16-21
MASSAGE, MOVEMENT AND YOGA
5-Day Workshop
with GABRIELLE ROTH

In describing her program, Miss Roth writes: *"Yoga* will center us in our breathing and motion. *Movement* will explore our body language, in rhythmic phrases. If we can see and feel our own body movement, we can see and feel the movement and rhythm of our lives. *Massage* will begin the flow outward from our own bodies into the bodies of others."
$180 per person

November 21-23
THE PHILOSOPHY BEHIND ASTROLOGY: Man in the Fullness of Existence
Weekend Seminar
with DANE RUDHYAR

This seminar will explore the following themes: a practical philosophy of operative wholeness (how to be wholly man in a universe of interrelated wholes); a holistic astrological approach to the problems of individual existence; "the transpersonal way"; at the threshhold of a global humanity—the "geomorphic" approach to social organization.
Dane Rudhyar started his career in Paris, France, as a progressive composer and a writer on music and the arts. His basic concern has always been the development of a philosophy of individual existence based on a holistic approach to all aspects of the personal and social life—a philosophy oriented toward the New Age which his study of historical and astrological cycles made him see as impending.
$70 per person

November 21-23
BODY AWARENESS AND THE SENSE OF BEING
Weekend Workshop
with EDWARD MAUPIN

The sense of reality, pleasure and coherence in what we do depends on our not being alienated from ourselves as bodies. Even relating to other people requires that we be someone in this sense. In this workshop, a variety of approaches—sensory awareness, movement, material drawn from the Rolf method and from several yoga traditions—are used to awaken a sense of self more primary than ideas, definitions, fantasies. The increased body awareness is then used to explore possibilities for more profound contact with other people, greater aesthetic response and a more creative use of the imagination.
$70 per person

November 23-28
MOVEMENT, MEDITATION AND ENCOUNTER
5-Day Workshop
with STEVEN STROUD and KEN CHASE

An exploration of body energy through Tai Chi Chuan, a Chinese moving meditation. Emphasis will be on balance, slow motion, breathing and creative movement. The motion and energy of Tai Chi will be extended into an encounter group in which other methods of exploring ourselves and others will be focused upon.
$180 per person

November 23-28
ECLECTIC ENCOUNTER
5-Day Workshop
with JOHN HEIDER

A wide variety of growth techniques and disciplines are taught at Esalen. Eclectic encounter is a loose amalgam of the most fruitful of these integrated into the encounter group format. Participants will be exposed to massage, meditation, sensory awakening and other forms of verbal and nonverbal encounter.
To foster workshop intensity, registration will be limited to twelve participants.
$180 per person

November 23-28
YOGA: STUDIES AND APPLICATIONS
5-Day Workshop
with JOEL KRAMER

An intensive program exploring the realms of yoga through conceptual inquiry and actual practice. The seminar is suitable for the interested novice as well as the serious student of yoga. Emphasis will be placed on the daily practice of yogic techniques such as Hatha yoga and pranayama (breathing), and meditation in the light of yogic structures both classical and modern. There will be inquiry into the ever-recurring problems of man such as time, mind, death, freedom, choice, sorrow, desire, competition, sexuality.
A special menu of yogic (pure) foods will be offered. The program will aim at giving the participants a feel for an ancient path to freedom in modern terms.
$180 per person

For Reservation Information, see page 36.

VII.
The Ox Forgotten, Leaving the Man Alone.

November 28-30
DREAMS, ESP AND ALTERED STATES OF CONSCIOUSNESS
Weekend Workshop with STANLEY KRIPPNER, Ph.D.

Dr. Krippner will summarize the much publicized and possibly history-making studies of telepathy and dreams which he is conducting at Maimonides Medical Center in New York. In these studies attempts are made to convey impressions telepathically to people who are dreaming.
Members of this workshop will attempt to identify, through extrasensory perception (ESP), the contents of sealed envelopes. They will make these attempts upon emerging from a number of altered conscious states which will be induced by hypnosis, meditation, breathing, massage, sensory bombardment and body movement. Members of the workshop will be given a chance to assess their own ESP ability as well as receive instruction in a number of ways to "turn on" without drugs. The relationships between ESP, creativity, and altered conscious states will be discussed and demonstrated, as will the importance of these phenomena for personal growth and development.
$70 per person

November 28-30
THEORY AND PRACTICE OF HUMANISTIC EDUCATION
Weekend Workshop with AARON HILLMAN

Humanistic education is a merging of cognitive and affective experiences. It is based on the idea that when the subject matter (cognitive) is divorced from the self (affective) the outcomes are irrelevant. Only a merging of the two results in effective learning. While this approach will be demonstrated and discussed, the primary emphasis will be on experiencing and relating what is experienced to the educational scene. The workshop is designed primarily for teachers (at all levels) but is open to anyone working in the educational field.
$70 per person

November 28-30: EXPERIENTIAL WORKSHOP – Weekend Workshop with ESALEN STAFF *See page 15 for description*

November 30-December 5
MASSAGE AND MEDITATION
5-Day Workshop with SEYMOUR CARTER

The Esalen approach to massage is an attempt to quiet the mind so that the participant can sensitively make contact, without technique. Contacting "the other" is also contacting oneself, hence the value of meditation. Therefore, learn to center . . . and learn to concentrate on the moment of your touching as it unfolds. Couples are encouraged to attend so they may continue to massage each other in their home.
Joel Kramer, a Hatha yogi and teacher of yoga at Esalen, will assist Seymour Carter.
$180 per person

November 30-December 5
INTIMACY: ENCOUNTER FOR COUPLES
5-Day Workshop with JOHN and ANNE HEIDER

This workshop is designed for couples who wish to learn basic skills of verbal and nonverbal encounter. Emphasis will be placed on sensory/sensual sensitivity, upon the accurate reception and transmission of thought, emotion, intuition and touch. Group will be limited to six couples, thus insuring intensive work for all participants.
$180 per person

For Leaders' Biographical Information, see pages 28-31.

November 30-December 5
DEVELOPING A HUMANISTIC ETHIC FOR PERSONAL GROWTH PROGRAMS
5-Day Workshop
with VIRGINIA SATIR

There is increasing concern among both professionals and laymen about certain ethical issues involved in encounter groups, new forms of therapy and other approaches to personal growth; for example, coercion vs. autonomy in groups, the physical expression of anger, limits on sexual behavior, problems of intimacy, the issue of follow-up and commitment by group members after the program is over.
This experimental workshop will include communication exercises and other approaches Virginia Satir has developed from her practice of family therapy; discussions of the ethical issues named above will be related to these problems as they emerge in the natural course of the workshop.
$200 per person

December 5-7
GESTALT AWARENESS TRAINING
Weekend Workshop
with GEORGE I. and JUDITH BROWN

Based on principles of gestalt therapy, awareness training as practiced by the Browns involves two phases: (1) readiness techniques such as nonverbal communication games, sensory awakening, encounter and the conscious use of fantasy; (2) gestalt awareness training with the intent of helping workshop members get in touch with themselves, to become more aware of each other, to move through fantasy, illusion and preconception to "who" and "what" is really there. Appropriate for individuals and couples.
$70 per person

December 5-7
SENSORY AWAKENING FOR COUPLES
Weekend Workshop
with BERNARD GUNTHER

We often allow our most intimate relationships to become static and routine. Habit replaces contact and we rarely experience the other person or the vast possibilities which might be shared. Fixed concepts and excessive tension are major reasons for such closed-offness. In this sensory awakening workshop for couples (not necessarily married) we will explore relaxation, awareness, massage, and sensory encounter as means for opening to one another.
$140 per couple

December 5-7: GESTALT OPEN WORKSHOP with JOSEPH J. DOWNING *See page 33 for description.*

December 7-12
MASSAGE AND MEDITATION
5-Day Workshop
with RICHARD HORAN

A week of relaxation through learning massage. There will be a study of yoga each morning from 7:30-8:30. Late mornings and afternoons will be devoted to developing a repertoire of massage techniques, to seeing signs of inner body awareness and responding to them. In the evenings there will be sessions of movement, breathing and meditation.
$180 per person

December 7-12
THE OPEN COUPLE
5-Day Workshop
with BETTY FULLER

This workshop for couples will employ a number of encounter methods developed and refined at Esalen to explore the special relationship of man and woman. Activities will be based in part on a forthcoming book for couples by William C. Schutz and Pamela Portugal. The intent of the workshop is to clear lines of communication and to establish openness and honesty as a base for strengthening and enriching relationships. Couples will be trained to use the book and their workshop experience to continue in leaderless groups of their own composition if they choose. Follow-up may also be arranged with Esalen facilitators.
$360 per couple

December 12-14
A WEEKEND WITH WILLIAM C. SCHUTZ

This will be an experimental weekend exploring new approaches focused on particular areas of concern. Past weekends have focused on such areas as the Hero in all of us (using Joseph Campbell's *Hero of a Thousand Faces* as the theme to bring out our heroic qualities), on the Sufis, an Islamic mystic sect which emphasizes the importance of the balance between knowing the self and relating to others. Other special themes will be chosen for each weekend and participants will have ample opportunity to deal with these issues in small groups as well as working in a large group. (Limit: 55 persons)
$80 per person

December 7-12: GESTALT 5-Day OPEN WORKSHOP with JOSEPH J. DOWNING *See page 33 for description.*

December 12-14
THE HOME-MADE GROUP
Weekend Workshop
with GERALD GOODMAN

In describing his program, *The Home-Made Group: A Workshop on the Process and Problems of Intimacy in Small Groups Without Professional Leaders*, Dr. Goodman writes: "People in 'home-made' therapy or encounter groups (the grass-roots groupers) often view traditional therapy approaches as outmoded, and turn toward technique-ridden methods as solutions to their problems with establishing intimacy within their projects. On the other hand, many professionals are worried about the 'reckless' nonprofessionals, who are naive about the damage they might do in their fervent search for awareness, expansion, intimacy or relief

(continued on next page)

December 12-14
THE HOME-MADE GROUP
Weekend Workshop
with GERALD GOODMAN
(continued)

from emotional problems. Since I'm one of those professionals enmeshed in the nonprofessional scene, the debate rings in my ears. But despite the debate, the movement of nonprofessionals into traditionally professional psychological activities is occurring rapidly and massively.
"With only a smattering of research on home-made groups it is difficult to enhance their operation with confidence. Nevertheless, there are a few standard clinical principles and some research findings that can help. During the past six years I've talked with many people from deteriorating or becalmed home-made groups who were unaware of some elementary conditions required for effective small group interaction. So, I'd like to meet with those who are attempting to create their own groups—or those who have tried and failed.
"The format will include an exchange of ideas, a demonstration of methods, the presentation of a rationale for nonpro group operation and a 'clinic' for working on group problems that people bring to the seminar."
$70 per person

December 14-19
THE INDIVIDUAL
VS. THE GROUP
5-Day Workshop
with CLARK MOUSTAKAS

The aim of this seminar is to create a climate in which ultimately both the individual and the group may flourish and grow. The opposition of individual and group rights must be examined, struggled with and eventually resolved. In such a struggle each person must be encouraged to experience his own individuality, freely and openly, and stay with personal perceptions, concerns and ways, regardless of group feedback, sanctions and directions. But, eventually, if a full life with other human beings is to occur, each person must also develop a sense of trust and caring, must at points transcend private, self-centered interests and reach out to others, must feel a basic regard for each individual in the group and contribute to the development of a real community through empathy, compassion and a willingness to steep oneself in the world of others.
Dr. Moustakas describes this workshop further: "Increasingly, I have felt myself opposed to meeting with people who are strangers to one another who come together with the explicit intention of being sensitive or angry or intimate, but who have no roots in one another's lives, no real share in one another's destinies, no stake in the health or welfare of one another. More and more I have felt the importance of depth, continuity and real concern, involvement and commitment that does not end when the weekend or week is over. I have also been very much concerned over the difference between technology and drama and real life. I have felt intensely the importance of staying with what is real, faith in the mystery of human experience when it unfolds uniquely, unpredictably in original ways, when a pattern or process is created which fits authentically. I have felt, too, the struggle and pull of individual values and ways versus group values and ways, the opposition of self-centered concerns and the altruism of a real community of persons. Further, I am strongly against hostility which aims at defeating and destroying individual integrity, indifference that kills human decency and any kind of physical violence."
$180 per person

December 14-19
AN EXPERIENCE
OF ESALEN
5-Day Living Experience
with the ESALEN STAFF

"Let us turn you on to our place", writes Ben Weaver, Big Sur Director, in describing this workshop. "Join us for a week to explore as many fronts as emerge from our unique mix of people. Our resources are available to you—baths, massage, scenery and the far-ranging talents of our staff (group leaders, artists, craftsmen, musicians, poets and students of arcane lore).
"Or, if you like, you may simply retreat from the world for a week. Whatever Esalen means to you, this is an opportunity to explore that meaning further at your own pace and with whatever support and assistance we can give you. This week is an opportunity to ruminate and to interact with people of widely different points of view. We will be here doing our thing. Come and join us."
$180 per person

December 19-24: GESTALT WORKSHOP: "50 POSITIONS FROM WHICH TO EXPERIENCE LIVING"
5-Day Workshop with JANET LEDERMAN $180 per person *See page 10 for description.*

December 19-24: GESTALT 5-Day PROFESSIONAL WORKSHOP with JAMES S. SIMKIN and JOHN B. ENRIGHT, Ph.D.
See page 33 for description.

December 19-24
AWAKENING
THE SERPENT
5-Day Workshop
with SEYMOUR CARTER

The title of this workshop comes from Kundalini yoga, which is one means of unleashing the "serpent" of energy potential all of us have. Drawing from this and many other sources, William Schutz's Esalen staff developed an integral form of encounter. This workshop is designed to focus on the peak experiences that evolve an appreciation for each participant's aliveness, rather than on solving complicated personality problems.
$180 per person

For Leaders' Biographical Information, see pages 28-31.

VIII.
The Ox and the Man Both Gone out of Sight.

December 19-24
BODY AWARENESS AND THE SENSE OF BEING
5-Day Workshop
with EDWARD MAUPIN

The sense of reality, pleasure and coherence in what we do depends on our not being alienated from ourselves as bodies. Even relating to other people requires that we be someone in this sense. In this workshop, a variety of approaches—sensory awareness, movement, material drawn from the Rolf method and from several yoga traditions—are used to awaken a sense of self more primary than ideas, definitions, fantasies. The increased body awareness is then used to explore possibilities for more profound contact with other people, greater aesthetic response and a more creative use of the imagination.
$180 per person

December 26-28
COUPLES' WEEKEND WITH
WILLIAM C. SCHUTZ
Co-led with
PAMELA PORTUGAL

In this workshop, participating couples (married or not) should be prepared to reveal all the secrets they have withheld from each other, no matter how dangerous it may appear to reveal them. They will then explore hurts, fantasies, desires for others, hate, competition, fear, jealousy, love, longing, need, dependence and other feelings as they actually exist. The aim of the weekend is to help members of the couple become clear and unconflicted as to how they want to proceed with each other. This may mean breaking up, or working more, usually on a much sounder, more open, more exhilarating basis, to make the relation more satisfying. (Limit: 6 couples)
$210 per couple

December 26-31
REALITY AND ILLUSION: LEARNING TO DISCRIMINATE
5-Day Workshop
with GEORGE I.
and JUDITH BROWN

This workshop will be mostly experiential with an emphasis on principles of gestalt therapy applied both to the individual and, in the case of couples, to the marriage relationship. Growth toward maturity is inhibited by fear of change and the unknown. Fantasied catastrophies are created by our "fine minds" at the prospect of moving into the adventure of new experience. And instead of moving into each moment—as Perls says—as a fresh experience, we cling to the status quo, to a cardboard existence; and thus we die long before we cease breathing. Ways to move and grow will be presented in a laboratory workshop context beginning with readiness techniques such as encounter, creativity games and body awareness followed by gestalt awareness training.
$180 per person

December 26-31: GESTALT 5-Day OPEN WORKSHOP with THEODORA LYON *See page 33 for description.*

December 26-31
THEORY AND PRACTICE OF HUMANISTIC EDUCATION
5-Day Workshop
with AARON HILLMAN

Humanistic education is a merging of cognitive and affective experiences. It is based on the idea that when the subject matter (cognitive) is divorced from the self (affective) the outcomes are irrelevant. Only a merging of the two results in effective learning. While this approach will be demonstrated and discussed, the primary emphasis will be on experiencing and relating what is experienced to the educational scene. The workshop is designed primarily for teachers (at all levels) but is open to anyone working in the educational field.
$180 per person

For Reservation Information, see page 36.

LEADERS' BIOGRAPHICAL INFORMATION

BERNARD S. AARONSON, Ph.D., heads the experimental psychology section of the New Jersey Bureau of Research in Neurology and Psychistry. He is interested in many techniques to promote human growth including hypnosis, elements of occult traditions, meditation, and operant conditioning. He has sixty publications to his credit, has been professor at several universities and is also engaged in the private practice of psychotherapy. With Humphrey Osmond he is editor of *Psychedelics: Their Uses and Implications* to be published by Doubleday.

RON ACCIOLA is a poet, singer, musician and shaman.

RICHARD BAKER is a Zen Buddhist priest, past president of San Francisco Zen Center and one of the persons instrumental in the establishment of the Zen Mountain Center at Tassajara. He has been studying and meditating in Japan during the past year. Although he is not a highly experienced or finished Zen teacher, he has had enough experience, we feel, to lead the kind of introductory programs we are presenting.

BETTY BERZON is Director, Group Program Development at the Human Development Institute, a Bell & Howell subsidiary. For nine years she was on the staff of Western Behavioral Sciences Institute, La Jolla, where she conducted the research on self-directed groups out of which Bell & Howell's *ENCOUNTERTAPES for Personal Growth Groups* were developed. Her particular interest is in innovative uses of small groups for personal growth learning. She is author of a number of articles and is co-editor of a forthcoming book, *The Encounter Group: Issues and Innovations.* She lives and works in Los Angeles.

PAUL BINDRIM of Los Angeles, California, is a pioneer and leader in nude sensitivity training. He has conducted fifty nude encounter sessions since the first one in June of 1967. His forthcoming book on nude marathons is being published by Macmillan and a sound-slide seminar on the subject will soon be released by McGraw-Hill. The Canadian Broadcasting Company has produced a documentary on his work. It has also been reported in *Psychotherapy* (September 1968), *Time* (February 23, 1968), *Life* (July 12, 1968), *American Psychologist* (April 1969), *Psychology Today* (June 1969). His earlier work includes research in ESP *(Journal of Parapsychology)* and the development of procedures for cultivating peak experiences *(Ways of Growth,* Grossman 1968).

JOHN BLEIBTREU was born and raised in New York City, served in the United States Navy in World War II, worked on the floor of the New York Stock Exchange, lived with a troop of baboons outside Nairobi, Kenya, published two books, and now lives in Big Sur, California.

GEORGE I. BROWN teaches courses in group interaction, creativity, awareness and sensitivity training as a professor at the University of California, Santa Barbara. With his wife he has given workshops and seminars for many diverse groups in the United States and Canada. Dr. Brown is a nationally known researcher in the affective domain and creativity.

JUDITH R. BROWN, co-trainer with her husband, brings much experience in group awareness training. Her approach is based on principles of gestalt therapy as founded by Dr. Frederick Perls, with whom she has worked as a co-therapist.

SEYMOUR CARTER is a former resident of Synanon, a leader of the Esalen "More Joy" workshops and a massage specialist. In his work he draws upon a wide variety of approaches to body awareness and to liberating human potential which are being explored at Esalen, including Reichian therapy, gestalt therapy, Zen Buddhism, structural integration and sensory awareness.

KEN CHASE is resident instructor of Tai Chi Chuan at Esalen Institute. He has studied with Master Choy in San Francisco and divides his teaching time between Esalen and Santa Cruz.

JOSEPH J. DOWNING is a psychiatrist in private practice, President of San Francisco Gestalt Therapy Institute, and formerly superintendent of Mental Health Services, San Mateo County, Department of Public Health and Welfare. He is also a member of Esalen's Advisory Committee.

JAMES EAGEN is a former primary school teacher. He has taught ghetto school children in Harlem, the Lower East Side and Hunter's Point. His interest is the application of increased mind-body awareness to primary classroom teaching. In addition to teaching and educational research, he has training in theatre, encounter, gestalt and sensory awareness and meditation. He holds degrees from Antioch College and City University of New York and is presently a doctoral candidate at the University of California, Berkeley and a staff member at Esalen, San Francisco.

JAMES FADIMAN, Ph.D., has taught psychology at San Francisco State and Brandeis University. He is an editor of the *Journal of Humanistic Psychology* and the *Journal of Transpersonal Psychology.* Presently he is a consultant with Snowden, Sullivan & Goodwin, working with educational and industrial institutions.

ROBERT FRAGER, Ph.D., teaches psychology at Berkeley. He studied Aikido at the International Headquarters, Tokyo and holds the rank of second degree black belt.

BETTY FULLER, 1967-68 Resident Fellow, is Esalen's Director of Consulting Services and coordinator of the encounter group leadership training program. She is one of a group of encounter leaders selected and trained by William C. Schutz. In addition to her work with groups around the country, Betty's background includes teaching in the public schools of Michigan and California and several years in radio, TV and the theatre as producer-writer-actress-director.

GIA-FU FENG teaches Tai Chi, Calligraphy and Shiatsu-therapy at Esalen and Stillpoint in Los Gatos. With Professor Jerome Kirk of the University of California at Irvine he has retranslated the *I Ching* (Book of Changes) from the Chinese. His book entitled *I Ching, a Guide to Oracle Imagery, and Tai Chi, a Way of Centering,* will be published by Macmillan in October 1969.

GERALD GOODMAN, Ph.D., is a clinical-community psychologist with a special interest in non-professionals as therapeutic agents. He is currently working on a book *(An Experiment with Companionship Therapy)* which is the account of a five-year study of structured companionships between troubled boys and college students in Berkeley. He has studied the process of self-disclosure in two-person therapy and the post-therapy period at the University of Chicago. Dr. Goodman has been associated with Esalen for six years as occasional seminar leader, internal critic and Advisory Committee member. Presently, he is professor of psychology at UCLA.

JERRY A. GREENWALD, Ph.D., is a gestalt psychotherapist in private practice in Beverly Hills. He developed the concepts of nourishing ("N") people and toxic ("T") people and is developing further applications of these ideas to the interaction in human relationships.

BERNARD GUNTHER is one of the pioneers in the use of touch, relaxation, body awareness and non-verbal communication in the total growth process. For the past five years he has been a resident staff member of the Esalen Institute, Big Sur, where he has developed his own approach to massage, meditation and mind/body/environment integration known as sensory awakening. Many of his innovations are now being used in educational, religious and therapeutic situations throughout the United States. He is the author of the best-selling book *Sense Relaxation* (Macmillan-Collier, 1968); his book of poems *Love View* will be published by Macmillan this fall.

GERARD V. HAIGH, Ph.D., a practicing psychotherapist with Psychological Service Associates, Los Angeles, is experimenting with new kinds of basic encounter groups. He studied with Gardner Murphy at City College of New York and Carl Rogers at the University of Chicago, has been on the Menninger Clinic staff and taught at the University of Chicago, Arizona State University and the University of California, Los Angeles. He is President of the American Association for Humanistic Psychology and is a board member of the Topanga Center for Human Development.

LILYAN HAIGH is a graduate student in Early Childhood Education and a pre-school teacher. She is also a group leader for the Topanga Human Development Center.

ROBERT HALL is a psychiatrist in private practice in Mill Valley, California. Dr. Hall has acted as assistant to Fritz Perls and was, until recently, an Associate in Residence at Esalen, Big Sur.

ANNE HEIDER holds a Master's degree in musicology from New York University. She has been a Resident Fellow, a special assistant to Dr. William C. Schutz and co-leader of many encounter groups with her husband John.

JOHN HEIDER, Ph.D., is an Associate in Residence at Esalen Institute. He has done research on the effects of meditation on perception. He is particularly interested in the role which Esalen plays as a crossroads for many diverse elements of the Human Potential Movement; and he views himself as a natural philosopher working toward integrations of such practices as dance, meditation, sensory awakening and the adventure of encounter.

RICHARD HORAN is an artist and currently co-director of the massage program at Esalen Institute, Big Sur.

ARTHUR S. HOUGH, Ph.D., studied general semantics under Irving J. Lee at Northwestern, and communication theory on every educational level from high schools to universities and has conducted workshops for industrial, military, government and cultural organizations for 19 years. He is on the Broadcast Communication Arts faculty of San Francisco State College, teaching communication theory and mass media. As an independent television and film producer, Dr. Hough has produced several historical documentary series, two television series on communication and created the panel game *Oh My Word* for ABC-TV. He is an author and is presently Mass Communication Editor for Houghton Mifflin Publishing Company.

BARTON W. KNAPP, Ph.D., is a research psychologist at the New Jersey Bureau of Research in Neurology and Psychiatry, Princeton, New Jersey, where he is actively engaged in the alteration of perception by hypnosis and in the application and effects of Esalen-type massage on interpersonal realtionships, body perception and relaxation. He leads groups in Philadelphia and New York, and he is a member of the board of directors of the Center for the Whole Person in Philadelphia.

JOEL KRAMER was Yogi in Residence at Esalen Institute during the 1968-69 period and is currently an Associate in Residence. He completed undergraduate work in philosophy at the University of Florida and did graduate work in philosophy and psychology at Columbia, New York University and University of Florida.

STANLEY KRIPPNER is the Director of the William C. Menninger Dream Laboratory, Maimonides Medical Center, Brooklyn, N.Y. He is also Director of Research for the New York Institute for the Achievement of Human Potential, Special Education Consultant at the Staten Island Mental Health Clinic, and Lecturer in the graduate school of Wagner College, New York City. The author of over 90 articles in psychology and education, Dr. Krippner is a contributor to *Psychedelic Art* by Masters & Houston and to *Altered States of Consciousness* by Tart. Dr. Krippner is a Fellow in the American Society of Clinical Hypnosis and a member of over 30 professional organizations, including the American Psychological Association and the Society for the Scientific Study of Religion. He is vice president of the National Association for Gifted Children and in 1969 received the Service to Youth Award, the YMCA's highest honor to a layman.

JANET LEDERMAN is an artist and a writer, and has taught in the Los Angeles City School District for fourteen years. She has also served as art consultant and has been involved with teacher training for UCLA. In her teaching, Miss Lederman has successfully utilized gestalt therapy techniques with the disadvantaged ghetto child and with children who manifest extreme behavior disabilities. She has applied these methods in a regular educational context as well, ranging from first graders to college students. She is author of the forthcoming book *Anger and the Rocking Chair.*

JOHN LILLY is currently an Associate in Residence at Esalen, Big Sur. Formerly, Dr. Lilly was Director of Neurological Research at the Maryland Psychiatric Research Center, Spring Grove State Hospital, Baltimore and Director of the Communication Research Institute, Miami. His primary research interest has been the relation of the mind to the brain. He has training in psychoanalysis, computer theory, biophysics, neurophysiology, psychology, physics, electronic engineering and interspecies communication. He has carried out research on animals (cats, monkeys, dolphins) and on human subjects (including himself). He is author of *Man and Dolphin, The Mind of the Dolphin (A Non-human Intelligence)* and *Programming and Metaprogramming in the Human Biocomputer.*

ALEXANDER LOWEN, M.D., is Executive Director of The Institute for Bio-Energetic Analysis and author of *Physical Dynamics of Character Structure, Love and Orgasm* and *The Betrayal of the Body.* Dr. Lowen is a practicing psychiatrist and is, perhaps, the foremost exponent of the use of the body in analytic therapy.

THEODORA LYON was for two years Fritz Perls' secretary and apprentice at Esalen and works now as a co-leader of groups at his Institute in Canada.

EDWARD MAUPIN, Ph.D., is an Associate in Residence at Esalen Institute, Big Sur, and is a Director of the Esalen Resident Program. He was formerly at the Neuropsychiatric Institute, UCLA. In his work he draws upon a wide variety of approaches to body awareness, including methods derived from Wilhelm Reich, Alexander Lowen, Ida Rolf, Mary Whitehouse and the psycho-physical disciplines of various religious and esoteric traditions, such as Tantric Yoga and Christian Mysticism.

ROBERT MCKIM, associate professor of design at Stanford, founded and directs a unique engineering-and-art design program and Esalen-at-Stanford, Esalen's most active university outpost. Long interested in the psychology of creativity, his research into the effects of psychedelic agents upon the creative process alerted him to the importance of visual imagery to creativity. His forthcoming book, *Experiences in Visual Training,* is illustrated by the "idea-sketches" of physicists, architects, geneticists, engineers, sculptors, and designers, and includes over 100 exercises directed toward the development and expression of visual thinking.

RICHARD P. MARSH, Ph.D., plays several games: he is Professor of Creative Arts and Broadcast Communication Arts at San Francisco State College as well as Professor of Semantics and Communication at the California Institute of Asian Studies. He has pioneered in leading encounter groups in an academic setting, co-produced (with Dr. Arthur Hough) the television series *Communication Is,* and published internationally on the psychedelics. He is an Esalen Advisor and author of the Esalen publication *Beyond Games: Achieving the Third Human Nature.*

For Reservation Information, see page 36.

LEADERS' BIOGRAPHICAL INFORMATION

SARA UNOBSKEY MILLER holds her Master's degree in Special Education and is experienced as a teacher and administrator of special programs designed to enrich the learning potential of children and young adults. She is experienced in conditioning techniques and is interested in the relationship between these techniques and the encounter.

STUART MILLER, Ph.D., who holds his Doctorate in Comparative Literature, is experienced as a teacher and administrator in experimental colleges. Dr. Miller is a former Resident Fellow and a member of the "Flying Circus", the staff of six encounter group leaders trained by William Schutz. He is Esalen's Director of Development.

CLARK MOUSTAKAS has put the principles he has eloquently preached into practice at Merrill-Palmer Institute in Detroit, where he trains teachers and graduate students in creative, person-centered approaches to education. He is the author of *Loneliness; Individuality and Encounter*, editor of *The Self* and one of the sponsors of the *Journal of Humanistic Psychology*.

ROBERT NADEAU, who holds a second degree black belt, teaches Aikido and meditation throughout the San Francisco Bay Area. He is a personal student of Master Morihei Ueshiba, the founder of Aikido, and is the only full-time Aikido instructor in California.

JOHN PERRY is a Jungian analyst in San Francisco and is Director of Studies of the C.G. Jung Institute. During World War II he lived in China; he is well versed in Oriental culture and philosophy. His work during the past several years has centered around the potentially reconstitutive and mythic aspects of the schizophrenic process. His publications include *The Self in Psychotic Process* and *Lord of the Four Quarters*.

PEGGY PETERSON is a sixth grade teacher. She and her husband, Severin, were Resident Fellows in the 1966-67 Esalen Resident Program. They live in a small 57-year old house in Fairfax, California.

SEVERIN PETERSON is a research associate at Esalen. He has worked as a landscape architect and is currently writing a book on ways of growing.

JOHN PIERRAKOS, M.D., is Director of The Institute for Bio-Energetic Analysis and a co-worker with Dr. Alexander Lowen. He is a practicing psychiatrist.

JAMES W. PRESCOTT, Ph.D., is Health Scientist Administrator, Growth and Development Branch, Developmental Behavioral Biology Program, National Institute of Child Health and Human Development. Previously he was assistant head, Physiological Psychology Branch, Office of Naval Research. Dr. Prescott's special interest is the biological mechanisms of behavior during development.

JANETTE RAINWATER, Ph.D., is a clinical psychologist in private practice in Beverly Hills in association with James S. Simkin, Ph.D. She specializes in leading continuing groups and encounter workshops, using gestalt techniques and sensory awareness methods. She was formerly in private practice in Berkeley and on the staff at the Counseling Center, San Francisco State College.

WILLIAM RICKLES, M.D., is an assistant professor in residence at the Neuropsychiatric Institute and Department of Psychiatry in the UCLA School of Medicine. His interests and experience range from research in basic neurophysiology to the problems of people living with people and with themselves. His research has been concerned with sleep physiology, autonomic components of the orienting response in psychiatric and drug induced states, and EEG abnormalities in the chronic schizophrenic syndrome. He is a practicing, eclectic psychotherapist and a cnadidate in the Los Angeles Psychoanalytic Institute.

JACK L. ROSENBERG, D.D.S., M.A., a practicing dentist in San Rafael, California, has a Master's degree in psychology and has been working in the field of psychology related to dentistry for the past ten years. Formerly Director of Counseling at University of Pacific School of Dentistry, he is now with the post-graduate department of that school and has taught courses in Psychology Applied to Dentistry, Dental Auxiliary Utilization, Work Simplification and Practice Management. He is a trainee at the Gestalt Therapy Institute and has had wide experience in both group encounter and body awareness and utilizes these approaches frequently in his courses.

GABRIELLE ROTH is currently co-directing the massage program at Esalen, Big Sur, where she also leads movement seminars. She has been studying and teaching creative dance forms for the past ten years and has successfully integrated this experience in her work as a massage specialist. Her approach is to provide experiences and techniques through which we can discover and express ourselves nonverbally.

DANE RUDHYAR started his career in Paris, France, as a progressive composer and a writer on music and the arts. His basic concern has always been the development of a philosophy of individual existence based on a holistic approach to all aspects of the personal and social life—a philosophy oriented toward the New Age which his study of historical and astrological cycles made him see as impending. His study of Oriental philosophy and esotericism led him to astrology and since 1932 he has published a number of books and hundreds of articles in an attempt to reformulate and renew the basic concepts and symbols of this much-abused art. He recently originated an International Committee for Humanistic Astrology. Dane Rudhyar has written various books on astrology *(The Astrology of Personality, The Pulse of Life, The Practice of Astrology, Birth Patterns for a New Humanity)* and on general culture and world-renewal *(Art as Release of Power, Modern Man's Conflicts, The Rhythm of Human Fulfillment*, etc.).

VIRGINIA SATIR is a Director of the Esalen Institute. She was formerly Director of Training for the Family Project, Mental Research Institute, Palo Alto. She is also a consultant to family research projects and training programs throughout the United States. Mrs. Satir has introduced approaches derived from her own experience as a family therapist and from research at the Mental Research Institute to workshops and clinics in the United States, Canada, and Europe. She has become increasingly interested in the positive aspects of family health and has helped to establish "well family" clinics in various parts of the United States. She is the author of *Conjoint Family Therapy*.

WILLIAM C. SCHUTZ is a teacher, researcher, theorist and practitioner in the fields of interpersonal behavior and research design. He has taught at Harvard, the University of Chicago, the University of California, Berkeley and the Albert Einstein College of Medicine. He was the research director of a state-wide study of school administration in California and the national research coordinator of the Cooperative Program for Educational Development (COPED) of the U.S. Office of Education. His book on the FIRO theory of interpersonal behavior *(The Interpersonal Underworld)* was published in 1966. He is also author of *JOY* (Grove Press, 1967), a work concerned with encounter group techniques and theory. Currently, Dr. Schutz is an Associate in Residence and Director of Esalen's Resident Program.

CHARLOTTE SELVER and CHARLES BROOKS hold regular classes in New York and conduct seminars and study groups throughout the United States and in Mexico

in their field, which is Sensory Awareness, Perception and Nonverbal Communication. Originated by Elsa Gindler in Germany, Sensory Awareness has been developed by Miss Selver through 30 years of teaching and exploration. Miss Selver's pioneering work in the United States has been the basis for much of the work with sensory awareness, sensory awakening and related approaches which are now gaining wide acceptance. Since 1956 she has held joint seminars with Alan Watts, and for the past three years she and Charles Brooks have held joint seminars with Shunryu Suzuki Roshi. Charles Brooks has assisted Miss Selver since 1963 and has conducted his own workshops in Santiago, Chile, Berkeley, Tassajara and Monhegan, Maine. They were in residence last spring at Esalen, Big Sur.

BENNETT SHAPIRO, 1967-68 Esalen Resident Fellow, leads groups privately and for Esalen in the Bay Area and throughout the country. He has studied intensively with a wide variety of therapists and teachers for over three years at Esalen, including training with William Schutz. Formerly an architect and visiting lecturer at schools of architecture, he now is a full-time encounter group leader.

STEWART SHAPIRO, in addition to his workshops in conflict resolution and positive experience, is currently engaged in human relations workshops in higher education. Recognizing the powerful potential of T-Groups, positive experience and conflict resolution for the critical situation on many campuses today, Dr. Shapiro believes that communication skills of the highest order need to be applied to interracial problems and the faculty-administration-students dialogue. He is on the staffs of NTL and the UCLA Institute of Industrial Relations in both management and labor programs. Dr. Shapiro is the Director of Counseling and Guidance and Coordinator of the Office of Human Relations, Department of Education, University of California at Santa Barbara.

JULIAN SILVERMAN, Research Director of Esalen Institute, holds the position of Research Specialist with the California Department of Mental Hygiene. Before accepting this appointment, he was for several years with the National Institute of Mental Health where in 1967 he became chief of the section on Perceptual and Cognitive Studies of the Adult Psychiatry branch of NIMH. A considerable portion of his research has been devoted to studies of the psychology and physiology of various altered states of consciousness. The major concerns of his current research program are with the study of psychophysiological functioning in relation to subjective experience and behavior change. He is on the editorial boards of the *Journal of Schizophrenia* and the *Journal of Nervous and Mental Disease.*

JAMES S. SIMKIN, who trained at the New York Institute of Gestalt Therapy in 1952-55, has been a co-leader of professional training groups with Dr. Perls for five years. He has been developing innovations in gestalt therapy and contributing to its literature since the early sixties. He has recently completed and produced the first training film on the individual application of gestalt therapy, *"In The Now".* In addition to leading workshops at Esalen and other growth centers, he is training over 20 psychotherapists in the Los Angeles area. Dr. Simkin is a clinical psychologist in Beverly Hills and a Fellow of the American Psychological Association.

GERALD SMITH, Ed.D., is a family therapist and marriage counselor in San Mateo, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. His family therapy training was at the Mental Research Institute, Palo Alto. Recently he developed a "Family Communications Check-Up" program through the Family Service of San Mateo County. He is also a consultant with San Mateo County Mental Health Services.

WILLIAM SMITH is, or has been, an insurance executive, U.S. Congressional aide, labor consultant, Protestant evangelist, common laborer, bartender, professional house guest, poet, writer, and is currently Research Associate, Esalen, San Francisco. He holds degrees in psychology, political science and theology.

FREDERICK H. STOLLER, currently senior research associate at the Youth Studies Center, University of Southern California, has been one of the principal pioneers in the development of the marathon group and one of the prime innovators in the use of videotape feedback in the group setting. Leader of a broad range of marathon groups and workshops, Dr. Stoller's written contributions are growing, two of his important papers appearing in Gazda's *Innovations to Group Psychotherapy* (Thomas). A novel about a marathon group, *The Lemon Eaters* by Jerry Sohl (Dell), has been based upon his work.

STEVEN STROUD, a former Esalen Resident Fellow, is now one of the Directors of the Resident program. He has been trained by William C. Schutz in encounter group leadership, by Bernard Aaronson in hypnosis. He is especially interested in altered states of consciousness and their relevance to encounter groups.

JEFFREY STUART is a poet, musician, visionary and a long-time resident of Big Sur.

J. RICHARD SUCHMAN, founder and director of Ortega Park, is an "at-large-teacher" and teaches at home, or on the road. He conducts laboratory-seminars with groups of educators, helping them inquire into the process of education and the ways people can help other people learn. Formerly, he was Professor of Education at the University of Illinois and research director for the U.S. Office of Education and author-consultant for Science Research Associates. He is probably best known for his work on the inquiry process and development of inquiry in children. He is author of *Inquiry Development Program,* published in 1966 and 1968 by Science Research Associates.

DAN SULLIVAN trained two years with Ronald Laing in London in therapy, and is now Director of the Princeton Sensitivity and Gestalt Workshop Center in Princeton, New Jersey. He is also completing a dissertation for the "Doctorat d'Etat" at the Sorbonne in philosophy on *Eros and Freedom: A Critique of the Ironic Vision.* He has published and lectured widely on the complex relations between woman, romance, self-mockery and ideology.

CHARLES T. TART, Ph.D., is Assistant Professor of Psychology at the University of California at Davis. He has also taught at Stanford and the University of Virginia Medical School and has conducted extensive research into sleeping and dreaming, hypnosis, and ESP. He is currently conducting studies funded by the National Institute of Mental Health on the possibilities of deliberately altering and controlling dream consciousness, the effects of brain wave feedback, and the nature of marijuana intoxication. He is the editor of *Altered States of Consciousness: A Book of Readings* (John Wiley & Sons, 1969) and the author of more than fifty scientific articles and papers.

WILLIAM IRWIN THOMPSON, author of *The Imagination of an Insurrection: Dublin, Easter 1916,* is Associate Professor of Humanities at Toronto's York University. He is presently at work on *At the Edge of History: Essays on Post-Industrial Culture,* parts of which have begun to appear in *The Antioch Review.*

FREDERICK WELLS is a musician, educator, journalist, theologian and self-styled mystic. He has degrees in music and performs professionally in both classics and rock. His studies in psychology and religion with Hans Hofmann and Paul Tillich included an internship at Metropolitan State Hospital, Norwalk, California. Recently he has been leading encounter groups, producing multi-media happenings and teaching his own experiential method of music listening. He is the founder of the Fellowship of New Being, a modern religious community.

RESIDENCE AND TRAINING PROGRAMS

THEOLOGICAL RESIDENCE PROGRAM

See pages 4-5 for description and details.

SPRING RESIDENT PROGRAM

Esalen's fifth Resident Program will be offered in the Winter/Spring of 1970, beginning in February. The program will be directed by William C. Schutz and will be limited to ten or twelve persons. Applications and information on exact dates, costs, format, etc. may be obtained by writing: Resident Program, Esalen Institute, P.O. Box 31389, San Francisco, California 94131.

ENCOUNTER GROUP LEADERSHIP TRAINING PROGRAM

Esalen Institute will offer a 12-week training program in encounter group leadership for twelve trainees October 1-December 21, 1969, in the San Francisco Bay Area. Director of the program is William C. Schutz who will teach, conduct workshops, co-lead and consult with trainees. Betty Fuller will be overall coordinator of the program and facilitate group meetings during the period. Among other Esalen staff members who will work with trainees are John Heider, Steven Stroud and Seymour Carter.

The training program is designed to facilitate the trainee's personal and professional growth through intensive group experiences both as participants in workshops and as co-leaders with fellow trainees and with program directors. In addition, trainees will have didactic sessions on group process and consulting hours with directors of the program. Training sessions will employ videotape feedback among other instructional tools.

The Esalen training program is neither a degree nor certificate program. It is intended to enrich and extend the range of persons presently engaged in encounter group work. Preference will be given professionals in the field (psychologists, teachers, ministers, social workers, counselors, etc.); however, lay people whose training, talents and life experiences particularly suit them to work with groups will be considered.

Preliminary screening of candidates for the training program will be handled through study of application data. The remaining promising cnadidates will attend a weekend encounter workshop with the program directors for the final selection process.

Selection weekend is August 15-17. Candidates will be notified of the exact schedule and location. Cost of the weekend is $75 including board, room and fees. Dress is informal.

Please address requests for further information and application forms to: Esalen Training Program, P.O. Box 31389, San Francisco, California 94131.

PROFESSIONAL GESTALT WORKSHOP IN EDUCATION

A professional gestalt workshop for educators and administrators will be held at The Gestalt Training Institute of Canada, Lake Cowichan, Vancouver Island, British Columbia, starting January 5 and ending February 13, 1970. Janet Lederman, an associate of Frederick S. Perls, M.D., Ph.D., will be the program leader.

The workshop will focus on: (1) the learner as he presents himself; (2) the integration of the affective and cognitive domain; (3) a linguistic approach to behavior and learning; (4) the use of the environment as a background for discovery; (5) the gathering of information through multiple sources; (6) audio and visual perception; (7) the development of the aesthetic sense through fantasy and reality; (8) the selection of meaningful experiences; (9) getting through the impass and transcending the status quo.

Janet Lederman is an educator, writer and artist. She taught within a public school situation for fourteen years. She served as an art consultant and was involved with teacher training at UCLA. In her teaching, she has successfully utilized the gestalt educating process with the ghetto child and with children who manifest extreme stress. She has applied these methods in a regular educational context as well, ranging from pre-school children to college students and faculties. She is author of the forthcoming book, *Anger and the Rocking Chair*, to be published as an Esalen Book by McGraw-Hill this fall.

Tuition for the six-week program is $600 per registered participant; there is no fee for nonparticipating family members. Singles, couples and families may apply; children will participate in an experimental school. Camper-trailer space, shared cabins and family accommodations are available (prices sent upon request). Participants will provide and prepare their own food and be involved in many communal activities. For further information write to Professional Gestalt Workshop in Education, Esalen Institute, P.O. Box 31389, San Francisco, California 94131.

For Leaders' Biographical Information, see pages 28-31.

GESTALT THERAPY AND AWARENESS TRAINING PROGRAMS

Gestalt training, by emphasizing the awareness continuum of oneself and the world, is a way (Tao) of living and enhancing one's experience. It is nonanalytic. It attempts to integrate the fragmented, split personality through noninterpretive focusing in the here-and-now.

FREDERICK S. PERLS, founder of gestalt therapy, Associate in Residence at Esalen/Big Sur.
JAMES S. SIMKIN, clinical psychologist, Beverly Hills, co-leader of professional training groups with Dr. Perls for five years.
JOSEPH J. DOWNING, psychiatrist, Menlo Park, California.
JANET LEDERMAN, an associate of Dr. Perls, author and teacher.
ROBERT HALL, psychiatrist, Mill Valley, California.
JOHN B. ENRIGHT, psychiatrist, Corte Madera, California.
THEODORA LYON, co-leader of groups at The Gestalt Training Institute of Canada.

BIG SUR OPEN WORKSHOPS

Open Gestalt Weekends

Miss Lederman . . . . . September 26-28
Dr. Downing . . . . . October 3-5
Dr. Downing . . . . . October 31-November 2
Dr. Downing . . . . . December 5-7
$70 per person

Lecture-Demonstration (Open)
With Frederick S. Perls

September 19-21. $80 per person

5-Day Open Gestalt Workshops

Dr. Simkin. . . . . September 21-26
Dr. Downing . . . . . October 5-10
Dr. Downing . . . . . November 2-7
Miss Lederman . . . . . November 9-14
Dr. Simkin. . . . . November 16-21
Dr. Downing . . . . . December 7-12
Miss Lederman . . . . December 19-24
Miss Lyon . . . . . December 26-31
$180 per person

BIG SUR PROFESSIONAL WORKSHOPS

Open Professional Workshop

December 19-24 with James S. Simkin and John B. Enright
(Open to educators, ministers, mental health workers, probation officers, etc.)
$200 per person

Professional Workshop for Dentists

September 28-October 3
with Robert Hall and Jack Rosenberg
$200 per person
(See page 16.)

SAN FRANCISCO OPEN WORKSHOPS

3-Day Workshop for Mother and Child

October 28-30 with Janet Lederman
(See page 10.)

Open Gestalt Weekend

November 21-23 with Janet Lederman
(See page 12.)

WORKSHOPS IN GESTALT AWARENESS TRAINING WITH GEORGE I. AND JUDITH BROWN

October 10-12 and November 21-23:
For the Good Marriage: More Authenticity
(See page 18.)

December 5-7: Gestalt Awareness Training (Open)
(See page 25.)

December 26-31: Reality and Illusion: Learning to Discriminate (Open)
(See page 27.)

The San Francisco Gestalt Therapy Institute offers workshops and professional training in gestalt therapy. Their schedule is available by writing or calling Jerry Rothstein, Executive Secretary, 2678 Sacramento, San Francisco. Phone (415) 922-5620.

THE JOURNAL OF TRANSPERSONAL PSYCHOLOGY

A journal for theoretical and applied research in peak experience, self-transcendence, ultimate values, ecstasy, wonder, B-values, transcendental phenomena and related concepts, experiences and activities. The first issue appeared in the spring of 1969, featuring articles by Anthony Sutich ("Basic Considerations Regarding Transpersonal Psychology"), Abraham Maslow ("The Farther Reaches of Human Nature" and "Various Meanings of Transcendence"), Michael Murphy ("Education for Transcendence"), Roberto Assagioli ("Symbols of Transpersonal Experience"), Tom Armor ("On the Peak Experience"), Alexander Maven ("The Mystic Experience") and others.

(For subscription blank, see reverse side.)

WORKSHOPS WITH WILLIAM C. SCHUTZ

Couples' Weekend Workshops — Big Sur (Co-led with Pamela Portugal)

October 24-26
December 26-28
(See pages 20 and 27.)

Open Weekend Workshops — Big Sur

October 17-19
November 14-16
December 12-14 *(See pages 19, 22, 25.)*

Workshop for Professionals — San Francisco

November 6-7 *(See page 11.)*

PROGRAMS IN SENSORY AWAKENING WITH BERNARD GUNTHER

A Silent Sensory Weekend — Big Sur

October 3-5 *(See page 17.)*

Sensory Awakening for Couples — Big Sur

December 5-7 *(See page 25.)*

A Sensory Celebration — San Jose

September 24 *(See page 6.)*

Couples in Touch — San Francisco

November 20 *(See page 12.)*

PROGRAMS WITH JOHN HEIDER

Eclectic Encounters — Big Sur

September 28-October 3
November 23-28 *(See pages 17, 23.)*

Intimacy: Encounter for Couples — Big Sur (Co-led with Anne Heider)

November 30-December 5 *(See page 24.)*

Overview of Encounter Technique: A Workshop for Professionals — Big Sur

October 12-17 *(See page 18.)*

WORKSHOPS WITH BETTY FULLER

Couples' Workshops — Big Sur

November 9-14
December 7-12 *(See pages 22, 25.)*

Open Experiential Workshop — Big Sur

November 7-9 *(See page 21.)*

Open Experiential Workshops — San Francisco

October 31-November 2
December 15-18
(See pages 10, 14.)

PROGRAMS WITH STEVEN STROUD

Celebration of the Life Force — Big Sur (With Jeffrey Stuart and Ron Acciola)

September 21-26 *(See page 15.)*

Rituals of Human and Animal Behavior — Big Sur (With John Bleibtreu)

October 24-26 *(See page 20.)*

Movement, Meditation and Encounter — Big Sur (With Ken Chase)

November 23-28 *(See page 23.)*

WORKSHOPS WITH EDWARD MAUPIN

Body Awareness and the Sense of Being — Big Sur

November 21-23
December 19-24 *(See pages 23, 27.)*

For subscriptions write to:
JOURNAL OF TRANSPERSONAL PSYCHOLOGY
P. O. Box 4437
Stanford, California 94305

Charter subscriptions can now be made until October 1969 for $5.00. After that the regular subscription price is $7.50 for two issues a year.

Name _____

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City/State _____ Zip _____

(For description, see reverse side.)

SPECIAL INFORMATION

MEMBER SEMINAR-DISCUSSIONS in the San Francisco Area this Fall will include the following persons as guests. Please consult your Membership newsletters for further details.

ABRAHAM MASLOW – Saturday afternoon, September 13
WILLIAM C. SCHUTZ – Monday evening, October 6
GEORGE I. BROWN – Thursday afternoon, November 13
JULIAN SILVERMAN – Friday, December 5

TAPE RECORDINGS OF ESALEN PROGRAMS: Recorded tapes of many past Esalen programs are now available. This is not a service in lieu of attendance, but is for individuals and organizations to whom recordings of significant lectures and seminars, and training tapes of techniques and methods, are of particular value. This applies to professional and nonprofessional organizations, departments in educational institutions, libraries, religious bodies and individuals with tape collections.
Recording, editing and distribution of tapes is performed by Big Sur Recordings, from which a complete list may be obtained. The cost of recordings is $7.50 per tape-hour, stereo or mono. Write BIG SUR RECORDINGS, P.O. Box 6633, Carmel, California 93921.

ESALEN BOOKS AND PUBLICATIONS: Written materials of particular significance associated with the programs of Esalen Institute are available at the Big Sur center. Selections include work produced at Esalen as well as writings of a number of past seminar leaders. Direct inquiries to R. Gerald Thatcher, Esalen Books, Big Sur, California 93920.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please also see membership form (opposite page 36).

PUBLICATION AND BROADCAST RIGHTS to all lectures delivered at Esalen Institute meetings and workshops belong to Esalen and no use of such material is to be made without the express written permission of one of the Directors in each occurrence of such use.

RADIO STATIONS KPFA-FM and KIOI-FM broadcast portions of Esalen seminars and lectures, as does KUOP-FM (University of the Pacific) on an occasional basis. Consult local program guides. A series of Esalen programs was broadcast over 40 educational stations under the title "Seminar: Big Sur" distributed by National Educational Radio, and other series are in preparation from time to time.

VIDEOTAPES AND 16MM FILMS of Dr. Frederick S. Perls' approach to gestalt therapy are now available for professional use on a rental basis from MEDIASYNC, P.O. Box 486, Del Mar, California 92014.

MICROFILM records of Esalen history, brochures and publications are available through MICROBIZ, 590 Howard Street, San Francisco, California 94105.

ESALEN PROGRAMS is published quarterly by Esalen Institute, a nonprofit California corporation. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco offices of Esalen Institute. Do not direct subscription inquiries to Big Sur.

WORKSHOPS FOR EDUCATORS

The following workshops are of particular interest to teachers, principals, school administrators and graduate students.

SAN FRANCISCO WORKSHOPS

Oct. 17-19: HUMAN RELATIONS IN HIGHER EDUCATION with Stewart Shapiro. *See page 9.*

Oct 22: ORTEGA PARK TEACHERS LABORATORY with J. Richard Suchman. *See page 9.*

Oct 24-26 & Nov 14-16: DISCOVERY OF THE POSSIBLE with James Eagen. *See page 9.*

Nov 7-9: BEHAVIOR MODIFICATION with Sara Unobskey Miller. *See page 11.*

BIG SUR WORKSHOPS

Oct 12-17: OVERVIEW OF ENCOUNTER TECHNIQUES with John Heider. *See page 18.*

Nov 28-30: THEORY AND PRACTICE OF HUMANISTIC EDUCATION with Aaron Hillman and Robin Montz. *See page 24.*

Nov 30-Dec 5: DEVELOPING A HUMANISTIC ETHIC IN PERSONAL GROWTH PROGRAMS with Virginia Satir. *See page 25.*

Dec 14-19: THE INDIVIDUAL VS. THE GROUP with Clark Moustakas. *See page 26.*

Dec 26-31: THEORY AND PRACTICE OF HUMANISTIC EDUCATION with Aaron Hillman and Robin Montz. *See page 27.*

Interested persons are also referred to Dr. James Simkin's Professional Gestalt Workshop, December 19-24, Big Sur, and all workshops offered by Janet Lederman.

JOURNAL OF HUMANISTIC PSYCHOLOGY
2637 Marshall Drive
Palo Alto, California 94303

A journal of theory, research and application of the humanistic orientation in psychology (values, autonomy, being, self, love, creativity, identity, growth, psychological health, organism, self-actualization, basic need-gratification and related concepts). The Spring 1969 issue featured "Psychological Theory of Education" (Alfred Alschuler); "Toward a Psychological Theory of Education" (Robert E. Mogar); "Humanistic Methodology in Psychological Research" (George A. Kelly); "Self-Actualization Values of Felons" (Gary Fisher and A.B. Silverstein); "PEER: An Audiotape Program for Self-Directed Small Groups" (Betty Berzon, Jerome Reisel, David P. Davis and others). *(For subscription blank, see reverse side.)*

For Reservation Information, see page 36.

SAN FRANCISCO INFORMATION

LECTURES AND SYMPOSIA: Tickets may be purchased by mail from Esalen Institute, P.O. Box 31389, San Francisco 94131. Please enclose a self-addressed stamped envelope. Exact time and location of lectures will be printed on the tickets. When not sold out in advance, tickets may be purchased at the door. (Any event may be cancelled if advance sales indicate insufficient interest.)

SAN FRANCISCO SEMINARS AND WORKSHOPS:

RESERVATIONS: Advance registration is required for seminars and workshops; reservation deadline is one week prior to date of event. To register, send a $10 per person deposit with reservation form or letter to: Esalen Institute, P.O. Box 31389, San Francisco 94131. **Do not send San Francisco reservations to Big Sur.** You will receive confirmation of registration by return mail. Balance of seminar fee is payable at the first meeting.

LOCATIONS: San Francisco seminars and workshops are held at local meeting places. These include the new facilities of the First Unitarian Church, Franklin and Geary Streets, San Francisco, and the Berkeley Center for Human Interaction, 1820 Scenic, Berkeley. If not specified in the brochure, participants will be informed of workshop location at the time of registration and confirmation.

SCHEDULES: Specific meeting times for weekend workshops are announced at the first meeting. They are generally composed of one Friday evening session, two or three Saturday sessions, and one Sunday morning or afternoon session.

ACCOMMODATIONS: Esalen Institute has no lodging facilities in San Francisco. Each participant must reserve his own accommodations at local hotels and motels. Unless otherwise stated, meals are not provided at seminars and workshops.

MEMBER RATES: $10 discount on all seminars and workshops.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes, for men.

BIG SUR INFORMATION

Grounds are closed except by reservation. Participants are discouraged from bringing guests or having people drop in.

SCHEDULES: Weekend seminars begin with dinner at 7:30 on Friday evening and end with lunch on Sunday. 5-day workshops begin on Sunday with dinner at 7:30, ending on Friday after lunch. 7-day workshops begin on Sunday with dinner at 7:30 and end on the following Sunday after lunch. The first session of each workshop begins at 9:00 on the first evening.

COSTS: The rooms on Esalen property are designed for shared occupancy, and seminar and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. On the rare occasion when light attendance at a program makes single accommodation possible, there is a surcharge of $7.00 per night. The amount covers tuition, food and lodging, use of the fresh-water pool and hot mineral baths, and the scheduled periods of Tai Chi Chuan. Massage, available by appointment, is extra.

ACCOMMODATIONS: are usually possible at Esalen Institute; if the property is full, we will reserve rooms at nearby motels. There is a surcharge for off-property accommodations; rates vary according to season and type of accommodation desired. Rates will be supplied by the Esalen office at time of inquiry.

CHECK IN/CHECK OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening. However, this does not prevent guests from arriving earlier in the afternoon. Check-out time is before noon on the last day of the program; since most last morning programs run up to noon or later, guests should arrange to have their rooms vacated before the last morning session.

CHILDREN AND PETS: There are no child care facilities available at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Pets, alas, are not welcome at all.

MEMBER RATES: $10 discount on all seminars and workshops.

RESERVATIONS: must be made at least one week before the first day of the seminar or workshop. Accompanying the reservation a $20 deposit for weekend seminars, $50 for 5-day workshops, $70 for 7-day workshops, **all nonrefundable,** is required (unless another amount is specified). Please mail reservation form with check to: Reservation Desk, Esalen Institute, Big Sur, California 93920. **Do not send Big Sur reservations to San Francisco.**

FOREIGN CURRENCY: Esalen can only accept checks drawn on U.S. funds. For our Canadian participants: most Canadian banks are able to furnish checks drawn in U.S. funds which will be acceptable.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name. From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute–Reservation Only.

LIMOUSINE SERVICE from Monterey: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $15 per person from Monterey airport or Greyhound terminal, with **3 to 5 days advance notice.** On arrival, guests should inquire at terminal service counter for the Esalen representative.

RIDES from San Francisco Bay Area: If you NEED a ride or can OFFER a ride to Big Sur, please call this San Francisco phone number–431-8771–and leave your name and phone number. This should be done from 3 to 5 days before the date you will be leaving for Big Sur. Unfortunately, this service cannot be offered for any other area.

RECOMMENDED DRESS: Slacks, sweaters, jeans, flat shoes for women, bathing suits for outdoor pool. Since there are many activities at night and the grounds are not brightly lighted, please bring a flashlight for your own convenience and safety.

For subscriptions write to:
JOURNAL OF HUMANISTIC PSYCHOLOGY
2637 Marshall Drive
Palo Alto, California 94303

THE JOURNAL OF HUMANISTIC PSYCHOLOGY
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ESALEN INSTITUTE · RESERVATION AND TICKET ORDER

This form is for your convenience in preparing attendance at Esalen seminars, workshops and lectures. You may use it for either Big Sur or San Francisco area programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please do make reservations early; some seminars are booked to capacity months in advance.

Name _____ Telephone _____

Address _____

City, State _____ Zip Code _____

Number of males in group _____ Number of females in group _____

☐ Check if you are a Member of Esalen.

☐ Please check box if you do NOT now receive Esalen mailings and wish to be added to our mailing list.

For Big Sur reservations, check whether you wish ☐ shared room or ☐ single room on a space-available basis. A **$7 per night additional charge** is required for single accommodations. If you are arranging your own lodging elsewhere, check here ☐. Reservations may be assigned at either Big Sur Hot Springs or nearby motels at the discretion of Esalen.

PLEASE COMPLETE RESERVATION ORDER ON OTHER SIDE OF THIS FORM.

ESALEN INSTITUTE · MEMBERSHIPS

IX.
Returning to the Origin, Back to the Source.

The continuing work of Esalen Institute is funded virtually in toto through tuitions paid by those attending workshops and seminars—but research, future development and expansion depend greatly upon funds assured through Memberships and special grants.

As a Member, you enjoy a tuition reduction of $10 at every seminar and workshop you attend, including encounter groups, plus opportunity to participate in occasional gatherings with Esalen officers, leaders and project coordinators. You are also kept informed of new developments and programs via a special newsletter.

You may wish to consider tax-deductible Membership either for yourself or as a fitting gift in the name of another.

Those friends of Esalen interested in sustaining the Institute in a more substantial way may wish to discuss details of this matter with the Director of Development, Dr. Stuart Miller. The legal counsel of the Institute is also available to discuss various details of gifts and bequests, including tax arrangements. Individual attention can be given in these ways to the particular wishes of donors and the current needs of the Institute.

PLEASE COMPLETE MEMBERSHIP AND GIFT ORDER FORM ON OTHER SIDE.

ESALEN INSTITUTE · RESERVATION AND TICKET ORDER FORM

(Continued from other side.)

Please provide all information requested below:

No. of Persons	Date(s)	Leader's Name	Title of Event	DEPOSITS
For Encounter Group Series, use line below:				
No. Persons	**Dates**	**Location**		
			TOTAL	

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please enter your Member card number here _____.

*San Francisco **seminars** and **workshops** require a $10 non-refundable deposit. Big Sur **seminars** and **workshops** require a non-refundable deposit of $10 **per night.** The balance is payable at the time of the program itself. Tickets for **lectures** and **symposia** are sold in advance at full price; refunds may be made up until 24 hours before the event.

After completing both sides of this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

BIG SUR PROGRAMS — Esalen Institute
Big Sur, California 93920

SAN FRANCISCO PROGRAMS — Esalen Institute
P. O. Box 31389
San Francisco, California 94131

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ESALEN INSTITUTE · MEMBERSHIP AND GIFT SUBSCRIPTION FORM

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I enclose my check for the amount appropriate to the Membership category I have selected.

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☐ I wish to have a gift subscription to ESALEN PROGRAMS sent to the person whose name appears below, and enclose $2.00. (Members receive subscriptions without additional charge.)

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City, State _____ Zip Code _____

Enclosed is my check in the amount of $ _____

*Subject to annual renewal.

Please mail to: ESALEN INSTITUTE, P. O. BOX 31389, SAN FRANCISCO, CALIF. 94131

X.
Entering the City with Bliss-Bestowing Hands.

ESALEN INSTITUTE is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a resident program exploring new directions in education and the behavioral sciences.

DIRECTORY

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Please address inquiries about Esalen programs and business activities to the appropriate officers below. See also directory to the right for information about special programs.

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*Asterisk denotes that correspondence should be addressed care of:
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P. O. Box 31389
San Francisco, California 94131

If no asterisk appears, address mail care of:
Esalen Institute
Big Sur, California 93920

SERVICES

ESALEN CONSULTING SERVICE is developing resources to assist those individuals, groups and organizations wishing to apply the various approaches to human development presented in our seminars and workshops. Programs and leaders have thus far been provided to various community, governmental, religious, industrial and education groups.
Direct inquiries to Betty Fuller, Director, Esalen Consulting Service, San Francisco office.

ENCOUNTER GROUP LEADERSHIP TRAINING PROGRAM for a limited number of professionally oriented trainees is offered for the first time. Program schedule will cover twelve weeks in the San Francisco Bay Area under the directorship of William C. Schutz. See page 32 for further information.

ESALEN RESIDENTIAL PROGRAM – The fifth series will be offered at Big Sur in Spring 1970, under general direction of William Schutz, limited to 10 or 12 persons. See page 32 for further information.

A THEOLOGICAL RESIDENCE PROGRAM is offered at Big Sur for the first time during January, 1970, under the direction of Sam Keen, Ph.D. An outgrowth of the Interdisciplinary Series on Religion, this extended program is intended to give religious professionals opportunity to experience and reflect upon a number of growth-facilitating disciplines. See page 5 for further information.

A PROFESSIONAL RESIDENTIAL GESTALT WORKSHOP FOR EDUCATORS and administrators will be held in British Columbia during the first six weeks of 1970 under the direction of Janet Lederman, focusing on integration of affective and cognitive domains in education. For further information see page 35.

Richard Baker is alive and well in Kyoto. Richard Price is alive and well in Big Sur.

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ESALEN PROGRAMS - WINTER · SPRING 1970

VOLUME IX, NO. 1

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SAN FRANCISCO SINGLE EVENING EVENTS — Appearing chronologically in Brochure.

January 9	Carl Rogers	The Person of Tomorrow
January 12	Esalen Staff	Introduction to Encounter
Jan 15-Feb 26 (every Thursday)	Zen Center of San Francisco	The Practice of Meditation
January 19-22	Alan Lakein	Time Awareness
January 28	Richard Katz	Trance-Curing with the Kalahari Bushmen
February 6	Rollo May	The Structure of Spiritual Experience
February 8	Ralph Metzner	Maps of Consciousness: Astrology
February 11	Esalen Staff	Introduction to Encounter
February 13	Charles Tart	The Experience of Leaving the Physical Body
February 22	Ralph Metzner	Maps of Consciousness: The Tarot
March 4-April 15 (every Wednesday)	Zen Center of San Francisco	The Practice of Meditation
March 8	Ralph Metzner	Maps of Consciousness: I Ching
March 18	Ira Einhorn	Ecological Consciousness
March 19	Esalen Staff	Introduction to Encounter
March 21	Joseph Campbell	Mythologies of Alienation and Rapture
March 22	Ralph Metzner	Maps of Consciousness: Tantras
March 31	Roland Fischer	Creative, Psychotic, Ecstatic and Mystical States
April 5	Ralph Metzner	Maps of Consciousness: Alchemy
April 13	Esalen Staff	Introduction to Encounter
May 12	Walter Pahnke	Psychedelic Drugs and Mystical Experience

SAN FRANCISCO WORKSHOPS & SEMINARS — Listings begin on page 5.

January 9-11	Joseph Downing	Open Gestalt Workshop
January 10-11	Carl R. Rogers	Do Our Educational Institutions Have a Future?
January 10-11	Alec Rubin	Theatre of Encounter
January 16-18	Buryl Payne	Techniques & Instruments for Controlling & Allowing
January 19-22	Alan Lakein	Time Awareness
January 23-25	Shepard and Lois Ginandes	Creative Inspiration from the Trance State
January 23-25	Sara Miller	On Being Jewish
January 26-30	Molly Day Schackman	Massage and Meditation
Jan 30-Feb 1	James S. Simkin	Gestalt Professional Workshop
Jan 30-Feb 1	Aaron Hillman	Humanistic Education
Jan 30-Feb 1	Richard Katz	Creating an Education: Experiential Workshop
February 6-8	Bill and Audrey McGaw	Couples' Workshop
February 6-8	Harold Bessell	Emotional Education for Children
February 7-8	Rollo May	The Structure of Spiritual Experience
February 13-15	Gabrielle Roth	Movement Workshop
February 13-15	John Heider	Overview of Encounter Technique
February 13-15	James Eagen	Education Workshop (Section 1)
February 16	Gerald Smith	Innovations in Family Therapy
February 20-22	Marian Saltman and Esalen Staff	Becoming More Alive Through Play
February 20-22	Denis O'Donovan	The Second Marriage
February 20-22	Richard Miller and Staff	Experiential Workshop
February 20-24	Bennett Shapiro	Ski Encounter
February 23-26	Betty Fuller	Couples' Workshop
Feb 25, Mar 4, 11, 18	Pat Murphy	Movement Class for Women
February 27-March 1	Aaron Hillman	Humanistic Education
February 27-March 1	Stewart Shapiro	Workshop for Change Agents
March 6-8	Father William McNamara	Love and Passion, Sex and Celibacy
March 6-8	James and Elizabeth Bugental	Experiential Workshop: Change-Ability
March 6-8	Ida P. Rolf	Structural Integration
March 9-12	Charlotte Selver and Charles Brooks	Entering Experience in Depth
March 9-13	Molly Day Schackman	Massage and Meditation
March 13-15	Betty Fuller	Couples' Workshop
March 13-15	Frederick Stoller and William Smith	Toward Intimacy: Workshop for Singles
March 13-15	Charlotte Selver and Charles Brooks	Unfolding
March 13-15	James Eagen	Education Workshop (Section 2)
March 20-22	Gerald and Linda Smith	Couples' Workshop
March 20-22	Ira Einhorn	Marriage of Faust and Shiva

March 20-22	Janet Lederman	Gestalt Workshop
March 27-29	Virginia Satir	The Man-Woman Relationship
March 27-29	Claudio Naranjo	Dante's Way to the Stars
March 30-April 2	Gabrielle Roth	Movement and Massage
April 3-5	Joseph Downing	Open Professional Gestalt Workshop
April 3-5	Betty Berzon	Singles' Workshop
April 4-5	Shyam Bhatnagar	Enlightenment
April 10-12	Betty Fuller	Workshop for Unattached Singles
April 10-12	Janet Lederman	Education in the "Affective Domain"
April 17-19	Bennett Shapiro	Action Encounter
April 17-19	Claudio Naranjo	Sufi Tales
April 17-19	Charlotte Selver and Charles Brooks	Toward More Sensitive Relating
April 24-26	Gerald Smith	Workshop for Unmarrieds
April 24-26	Frederick Stoller	Experiential Workshop
May 1-3	Bill and Audrey McGaw	Couples' Workshop
May 1-3	José and Miriam Argüelles	Mandala: The Art of Nuclear Yoga
May 8-10	Corrie Holloway	Strengthening the Family of Man
May 8-10	Walter Pahnke	LSD and the Human Encounter with Death
May 8-10	Stan Keleman and Richard Rubenstein	The Body of God

BIG SUR PROGRAMS — Listings begin on page 17

January 4-9	Alec Rubin	Theatre of Encounter
January 4-9	Esalen Staff	Experience of Esalen
January 9-11	Alan Watts	Intelligent Mindlessness
January 9-11	Tarthang Tulku	Experiencing the Tibetan Tradition
January 9-11	Peter H. C. Mutke	Hypnosis in Self-Evaluation and Programming
January 9-11	Esalen Staff	Experience of Esalen
January 11-16	Betty Fuller	Couples' Workshop
January 11-16	Joseph Downing	Gestalt Open Workshop
January 11-16	Buryl Payne	Techniques of Group Work
January 11-16	Esalen Staff	Experience of Esalen
January 16-18	George and Judith Brown	Gestalt Awareness Training
January 16-18	Betty Fuller	Encounter Workshop
January 16-18	Esalen Staff	Experience of Esalen
January 18-23	James Simkin	Open Gestalt Workshop
January 18-23	Joel Kramer	Yoga Workshop
January 18-23	John and Anne Heider	Couples' Workshop
January 18-23	Esalen Staff	Experience of Esalen
January 23-25	Harvey Cox	Festivity, Fantasy and Religion
January 23-25	William Zielonka and Audrey Albin	Couples' Workshop
January 23-25	Big Sur Musicians and Esalen Staff	Make Music With Us
January 23-25	Esalen Staff	Experience of Esalen
January 25-30	Esalen Encounter Staff	Open Encounter
January 25-30	Esalen Staff	Experience of Esalen
Jan 30-Feb 1	Sam Keen	Review of Esalen's Theological Programs
Jan 30-Feb 1	Esalen Encounter Staff	Open Encounter Weekend
February 1-6	Thomas Munson and Judy Aston	Gestalt Open Workshop and Movement
February 1-6	John Heider	Eclectic Encounter
February 1-6	Claudio Naranjo	Being One's Self
February 1-6	Esalen Staff	Experience of Esalen
February 13-15	Betty Fuller	Encounter Workshop
February 13-15	Robert Resnick	Gestalt Open Workshop
February 13-15	James Fadiman	Positive Self-Exploration
February 13-15	Gerald Thatcher and Jack Hurley	The Tarot
February 15-20	James S. Simkin	Gestalt Open Workshop
February 15-20	Edward Maupin and Stanley Johnson	The Rolf Method of Structural Integration
February 15-20	Betty Fuller	Couples' Workshop
February 15-20	Esalen Staff	Experience of Esalen
February 20-22	Bernard Gunther	Staying Turned On
February 20-22	Joel Kramer	Yoga Workshop
February 20-22	Lawrence LeShan	Paranormal Phenomena
February 20-22	Esalen Staff	Experience of Esalen
February 22-27	Esalen Encounter Staff	Open Encounter
February 22-27	Joseph Downing and Gabrielle Roth	Gestalt Open Workshop and Movement
February 27-March 1	Charlotte Selver and Charles Brooks	Being is Becoming
February 27-March 1	Joseph Downing	Gestalt Open Workshop
February 27-March 1	Father William McNamara	Love and Passion, Sex and Celibacy
February 27-March 1	William Smith	Live on the Edge of the Sword
March 1-6	John Lilly	On Becoming a Dolphin
March 1-6	Claudio Naranjo	Self-Awareness
March 1-6	Judy Aston	Body Expression: In Stillness and In Motion
March 1-6	Esalen Staff	Experience of Esalen
March 6-8	Esalen Encounter Staff.	Open Encounter Weekend
March 6-8	Lewis Yablonsky and Walt Anderson	Psychodrama
March 8-13	Esalen Encounter Staff	Open Encounter
March 8-13	Edward Maupin and Steve Genardini	Body Awareness, Sense of Being, Music and Dance
March 8-13	Esalen Staff	Experience of Esalen
March 13-15	Gabrielle Roth	Movement Workshop
March 13-15	Robert Resnick	Open Gestalt Workshop
March 13-15	Claudio Naranjo and Al Schwartz	Staying With It
March 13-15	Esalen Staff	Experience of Esalen
March 15-20	James S. Simkin	Open Gestalt Workshop
March 15-20	Joel Kramer	Yoga Workshop

BIG SUR PROGRAMS CONTINUED ON NEXT PAGE.

BIG SUR PROGRAMS – Continued.

March 15-20	Bill and Audrey McGaw	Couples' Workshop
March 15-20	Jack Rosenberg and George Brolaski	Awareness Training for Dental Professionals
March 20-22	Esalen Encounter Staff	Open Encounter Weekend
March 20-22	Heather Keen and Louis Paul	Moving Encounter
March 20-22	Gia-fu Feng	Oracle Imagery and Centering
March 22-27	Aaron Hillman	Humanistic Education
March 22-27	George and Judith Brown	Gestalt Awareness Training
March 22-27	Esalen Staff	Experience of Esalen
March 27-29	The Kimmels and the New Country Church	Esalen Easter Celebration
March 27-29	Bernard Gunther	Sensory Awakening: Rebirth
March 27-29	Roland Fischer	On Two Varieties of Hallucinatory Experience
March 29-April 3	Charlotte Selver and Charles Brooks	Entering Experience in Depth
March 29-April 3	Shyam Bhatnagar	Enlightenment Through Tantra
March 29-April 3	Robert and Erma Rimmer	Sex, Love and Marriage in the Year 2000
March 29-April 3	Esalen Staff	Experience of Esalen
April 3-5	Charlotte Selver and Charles Brooks	The Delight of Immediacy
April 3-5	Samuel Culbert	Contributing to the Growth of Others
April 5-9	Alexander Lowen and John Pierrakos	Bio-Energetics Analysis
April 5-10	Joseph Downing and Gabrielle Roth	Gestalt Open Workshop and Movement
April 5-10	Edward Maupin	Body Awareness and the Sense of Being
April 5-10	Esalen Staff	Experience of Esalen
April 10-12	Esalen Encounter Staff	Open Encounter Weekend
April 10-12	Gabrielle Roth	Movement Workshop
April 12-17	Betty Fuller	Couples' Workshop
April 12-17	John Lilly and Steven Stroud	A Workshop for Finding You Yourself
April 12-17	Ken Chase and Steve Genardini	Motions Through Inner Space
April 12-17	Esalen Staff	Experience of Esalen
April 17-19	Frederick S. Perls	Open Gestalt Weekend
April 17-19	Joel Kramer	Yoga Workshop
April 19-24	Frederick S. Perls	Professional Gestalt Workshop
April 19-24	Charlotte Selver and Charles Brooks	Towards Expanded Consciousness
April 19-24	Molly Day Schackman	Massage and Meditation
April 24-26	James Woods	Theatre as a Source of Awareness
April 24-26	Ann Halprin	Exploring Feelings Through Movement
April 24-26	Richard Horan	Informal Massage Weekend
April 24-26	George and Judith Brown	For the Good Marriage: More Authenticity
April 26-May 1	Esalen Encounter Staff	Open Encounter
April 26-May 1	Claudio Naranjo	Opening Up and Letting Go
May 1-3	Aaron Hillman	Humanistic Education
May 1-3	Claudio Naranjo and Al Schwartz	Letting Go
May 1-3	Montague Ullman	Dream Appreciation
May 1-3	Charlotte Selver and Charles Brooks	Towards Expanded Consciousness
May 3-8	Steven Stroud and Jackie Krenkle	Mountain Encounter
May 3-8	Guild of Hands	Crafts Workshop
May 3-8	Gabrielle Roth	Movement and Massage
May 3-8	Marilyn Rosanes-Berrett	Visual Improvement
May 8-10	Esalen Encounter Staff	Open Encounter Weekend
May 8-10	Esalen Staff	Esalen's Eighth Birthday Party

For San Francisco Programs only:
ESALEN INSTITUTE, P.O. Box 31389,
San Francisco, CA 94131
Phone: (415) 431-8771, 9 to 5, Mon-Fri.

For Big Sur Programs only:
ESALEN INSTITUTE, Big Sur, CA 93920
Phone: (408) 667-2335, 10 to noon, 1 to 5 daily;
open noon to 1 p.m. Fri & Sun only

RESEARCH AT ESALEN

In recent years, new research techniques in the fields of neurophysiology, biochemistry and computer technology have led to some major advances in the study of human behavior. Electronic procedures for recording and analyzing brain waves, cardiovascular activity and other physiological responses have been used to investigate personality and perceptual functioning. Experimental studies have suggested systematic relationships between biological factors and measurable aspects of personal experience. A number of the new research techniques are being employed in studies originated at Esalen Institute. In one study, just completed, members of the Esalen Residence Program were examined before and after completion of the four-month program. Preliminary data analyses have yielded extremely interesting results. An elaborate study also is being carried out on the effects of Structural Integration, a technique developed by Dr. Ida Rolf. Pilot studies of this technique have suggested specific biochemical changes associated with the favorable subjective effects of Dr. Rolf's technique. Other studies will begin in the near future. Reports on these projects will be printed in future *Esalen Newsletters*.

These researches are being carried out in collaboration with scientists from a number of institutions, including the California Department of Mental Hygiene, Stanford Research Institute, the University of California at Los Angeles and the National Institute of Mental Health. Dr. Julian Silverman is co-ordinating and supervising Esalen's research program.

Esalen Institute recognizes the importance of scientific studies of the kinds of experiential programs with which it has been associated. It also fully recognizes the value of the unique settings that certain of these experiential programs provide for studying marked behavioral change. Finally, it continues to recognize its responsibility to support, in whatever ways appropriate, basic and applied research in human behavior and human potential.

For Leaders' Biographical Information, see pages 32-36.

SAN FRANCISCO PROGRAMS

THE PRACTICE OF MEDITATION

First Series: January 15-February 26 (every Thursday), 8 to 10 p.m.
Second Series: March 4-April 15 (every Wednesday), 8 to 10 p.m.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

These fourteen meetings will provide participants with an extended opportunity to practice meditation. It is offered by a cooperative arrangement with the Zen Center of San Francisco, which will provide instruction.

No charge is placed on this series, but participants are requested to consider a $1,00 per evening door contribution to cover costs. This is an open series, and it is possible to attend one or all of the individual meetings. (Bring a pillow for sitting.)

STUDENT SCHOLARSHIP POLICY

In order to make more readily available the many programs offered by Esalen/San Francisco, a policy has been adopted whereby students may attend seminars and workshops in the San Francisco area on a stand-by basis at a reduced fee. Please call the San Francisco office between 9 a.m. and 5 p.m., Monday through Friday, (415) 431-8771. This policy does not apply to Big Sur Programs.

TWO EVENTS WITH CARL R. ROGERS

LECTURE
January 9

THE PERSON OF TOMORROW
8 to 10:30 p.m., Friday, January 9
$3 general; $2 student
Nourse Auditorium, Franklin and Hayes, San Francisco

SEMINAR
January 10-11

DO OUR EDUCATIONAL INSTITUTIONS HAVE A FUTURE?
Saturday, January 10; 9:30 a.m. to 3:30 p.m.
Sunday, January 11; 9:30 a.m. to 3:30 p.m.
$55 per person; limited to 60 participants.
(Seminar participants will receive a complimentary lecture ticket.)

Carl Rogers started work as a clinical psychologist in 1927. He is noted as the founder of client-centered therapy and his impact on therapeutic practice and work with groups has been considerable. He is the author of *Client-centered Therapy* (1951); *On Becoming a Person* (1961); and *Freedom to Learn: A View of What Education Might Become* (1969) and many other articles and books.

Dr. Rogers is the only American psychologist who has ever been awarded both of the major awards of the American Psychological Association, The Award for Scientific Contribution and The Award for Professional Achievement. He has taught at Ohio State University, The University of Chicago, The University of Wisconsin, as well as shorter teaching stints at Harvard, Occidental and other colleges. He is presently a Resident Fellow at the Center for Studies of the Person, La Jolla.

In spite of the fact that he has been and still is active professionally, this does not mark the limit of Dr. Rogers' interests. As a dedicated photographer, he has taken pictures in many parts of the world, especially in the Caribbean. He and his wife love to go to secluded islands where the snorkeling is good. Currently his major hobby is gardening and at the time of this writing he says, "My tuberous begonias are gorgeous, many of them with blooms eight inches across." He and his wife live in a contemporary home overlooking the ocean, the new University of California at San Diego and the mountain ranges to the east. They get particular pleasure out of entertaining their younger colleagues at the Center.

January 9-11: GESTALT OPEN WORKSHOP with JOSEPH J. DOWNING *See page 38 for description.*

For Reservation Information, see page 43.

January 10-11
THEATRE OF ENCOUNTER
Weekend Workshop
with ALEC RUBIN

An encounter group using new theatre techniques, body movement, sensory awareness, fantasy, relaxation and breathing; verbal and nonverbal moment-to-moment confrontations with one's self and others; games and exercises to evoke the fullest expression of what is locked inside; body sounds and rhythms, being quiet, falling, holding, beating, "sounding" the body, pulling apart, coming together, being with; opening new perceptions, unifying opposite feelings, allowing a free flow of spontaneous feeling and action.
$45 per person. 11 a.m. to 5 p.m. Saturday and Sunday, January 10-11.

January 12
INTRODUCTION TO ENCOUNTER
Monday Evening
with ESALEN STAFF

Participants will be divided into two groups for the evening session — those with previous encounter experience and those who have had little or none.
Group I: A fast moving introduction to encountering under general direction of Bennett Shapiro. Participants will be divided into small encounter groups which will integrate the many methods for personal confrontation and human development being explored at Esalen: sensory awakening, body movement, gestalt and Lowen techniques, psychodrama, fantasy, communication games. *Group II:* An intensive follow-up encounter experience, using techniques learned previously.
Comfortable clothes recommended (slacks for women); bring pillow to sit on.
$5 general; $3 student. 7 to 11 p.m., Monday, January 12.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

January 16-18
TECHNIQUES AND INSTRUMENTS FOR CONTROLLING AND ALLOWING
Weekend Workshop
with BURYL PAYNE

Life may be viewed as a balance between willful self-control and spontaneous allowing. This seminar will explore both of these dimensions. On the controlling side, participants will be given several sessions on an EEG machine to help them learn to control brain alpha waves. Individual and group sessions with an Audible Psychogalvanometer will help them control their sympathetic nervous systems, and another instrument will give them feedback on muscle tensions. On the allowing side, participants will be involved in free movement, techniques of emotional release and a session of creativity enhancement.
$45 per person. Begins 8 p.m., Friday, January 16.

January 19-22
TIME AWARENESS
4-Evening Workshop
with ALAN LAKEIN

What does time mean to you? This seminar will explore some of the dimensions of time, including: decision time, action time, thinking time, emotional time, using time, escape time, creative time, estimating time, relaxing time, wasted time, more time, hurry time, quiet time, social time, and being on time. Particular attention will be paid to Lakein's Law: "There is always enough time for the important things" and Lakein's corollary: "You always do what at the time you consider the most important thing." Participants may attend one or more of the sessions as their time permits; sessions will be experiential, so comfortable clothing is recommended.
Monday, January 19: *Past Time* — Reliving your past the way you would like it to be, to develop a happier future.
Tuesday, January 20: *Present Time* — Seeing the "here and now" as an illusion in which present time does not exist.
Wednesday, January 21: *Future Time* — Creating happy endings by moving the potential of the future into your present.
Thursday, January 22: *Life Time* — Exploring lifetime goals as they relate to your current thoughts, feelings and action.
$3 general; $2 student per person per evening. 8 to 10:30 p.m. each evening.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

January 23-25
CREATIVE INSPIRATION FROM THE TRANCE STATE
Weekend Workshop
with SHEPARD
and LOIS GINANDES

The creative impulse springs best from prepared ground — a trained body, mind and spirit. Training the body with yoga, the mind with meditation, and the spirit with relaxation and hypnotic trance states, one can enhance creative improvisation and inspiration. This weekend is open to dancers, actors, writers, visual artists, musicians and serious students. There will be training in self-hypnosis to carry on creative progress after the weekend is over.
$45 per person. Begins 8 p.m., Friday, January 23.

January 23-25
ON BEING JEWISH
Weekend Workshop with
SARA UNOBSKEY MILLER

This weekend workshop will explore the fun you once thought that it might be to be Jewish. Together, through "tradition", we will meet our pogroms and Messiahs. Chicken soup will be provided.
Sara Miller, educator, creator of store front schools in New York City, expert in operant conditioning techniques and behavior modification, spirited facilitator of encounter groups and wife extraordinary, is also a Jew who has survived.
$45 per person. Begins 8 p.m., Friday, January 23.

For Leaders' Biographical Information, see pages 32-36.

January 26-30
MASSAGE
AND MEDITATION
5-Evening Workshop
with
MOLLY DAY SCHACKMAN

In describing her workshop, Molly Schackman writes: "A week in which we will focus on becoming centered and quiet, learning to move from our center, and allowing the inner power we have achieved to flow naturally and caringly through our hands to the bodies of others, awakening their senses. The release of any emotions which may arise from touching or being touched, or from our meditations, will be encouraged. There will be time at the end of the evening for exploring these and for being together verbally or nonverbally. Periods of instruction in massage will be preceded and followed by meditation."
Couples are encouraged to attend so they can continue to massage each other at home.
$75 per person. 7 to 11 p.m., Monday through Friday, January 26-30.

January 28
TRANCE-CURING WITH
THE KALAHARI BUSHMEN
An Evening
with RICHARD KATZ

The Kalahari Bushmen are a preliterate hunting and gathering tribe, living for the most part in the Stone Age. Often the Bushmen community gathers to dance throughout the night to send some of its members into a trance-curing state. The community thrives because its members enter this altered state of consciousness and the trancers are able to integrate this state into their daily lives.
The lecture will be accompanied by slides, film and tapes of trance dances.
$3 general, $2 student. 8 to 10:30 p.m., Wednesday, January 28.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

January 30-February 1: GESTALT PROFESSIONAL WORKSHOP with JAMES S. SIMKIN *See page 38 for description.*

January 30-February 1
HUMANISTIC EDUCATION,
OR,
"EDUCATION DOESN'T
HAVE TO TASTE BAD"
Weekend Workshop
with AARON HILLMAN

"Confluent education" is the term currently being used by the Ford-Esalen project group to signify a merging of the cognitive and affective domains in education. This workshop will explore the process of "confluent education", utilizing the approaches which were developed during the Ford-Esalen research project. While designed primarily for teachers at all levels, the workshop is open to anyone in the education field. Gestalt awareness training for teachers and students will be an integral part of the program.
$45 per person. Begins 8 p.m., Friday, January 30.

January 30-February 1
CREATING AN
EDUCATION: AN
EXPERIENTIAL WORKSHOP
Weekend Workshop
with RICHARD KATZ

This workshop deals with humanistic education and considers education as personal growth, a journey of transformation. There will be a series of experiential exercises focusing on themes such as encountering, transpersonal creating, nonverbal experiencing and moving from evaluation to accurate self-assessment. The exercises will stress each person's capacity to educate himself, keeping the role of the "expert" to a minimum. Throughout, a central issue will be to go beyond transitory expressiveness toward cumulating awareness in everyday life.
$45 per person. Begins 8 p.m., Friday, January 30.

For Reservation Information, see page 43.

TWO EVENTS WITH ROLLO MAY

LECTURE
February 6

THE STRUCTURE OF SPIRITUAL EXPERIENCE
8 to 10:30 p.m., Friday, February 6
$3 general; $2 student. Nourse Auditorium, Franklin & Hayes, San Francisco

SEMINAR
February 7, 8

THE STRUCTURE OF SPIRITUAL EXPERIENCE
There will be four two-hour sessions during the seminar, Saturday morning and afternoon and Sunday morning and afternoon. All seminar participants will receive a complimentary ticket to the Friday night lecture. $55 per person; limited to 60 participants.

Session I: "One Man's Odyssey". Dr. May will talk about himself and his own spiritual transformations and will encourage participants to discuss the events of their spiritual lives.

Session II: "Myths of America and Spiritual Experience". A discussion of the American notions of sinlessness and utopianism, and the American restlessness which leads to despair and faith in technology.

Session III: "Meditation and the Courage to Come to One's Self".

Session IV: "Communion of Consciousness". A discussion of caring and love as part of spiritual structure.

ROLLO MAY is Training and Supervisory Analyst at the William Alanson White Institute of Psychiatry, Psychoanalysis and Psychology. He has served as visiting professor at Harvard and at Princeton. Among his books are *The Meaning of Anxiety; Man's Search for Himself; Psychology and the Human Dilemma;* and *Love and Will.*

February 6-8
WEEKEND WORKSHOP FOR COUPLES
with BILL and AUDREY McGAW

This workshop will provide an opportunity for married or engaged couples to explore marriage, not as an institution, but as an extremely vital and personal way of life. The McGaws will concentrate on the positive aspects of partnership, increased understanding of self and mate, and deeper, more meaningful communication. Participating couples should expect to spend 20 to 25 hours in encounter group sessions over the workshop period. Limited to eight couples.
$110 per couple. Begins 8 p.m., Friday, February 6.

February 6-8
EMOTIONAL EDUCATION FOR CHILDREN
Extended Weekend Workshop
with HAROLD BESSELL

Emotional maturation does not occur by chance. The teacher who understands the tasks that comprise the rungs of the ladder of personal growth is in a unique position to present those tasks in the best possible ways to his children. This workshop will include demonstrations with children, presentations of theory and free-wheeling discussions. Hopefully, the participants will gain emotional insight as well as a theoretical grounding in the processes of emotional maturation.
Participants will qualify as being certified to use the Human Development Program (see Dr. Bessell's biographical sketch). Participants will also receive by mail a complete set of written matierals of the program approximately three weeks in advance of the workshop. The cost of these materials is covered in the seminar fee.
$86 per person. 7-11 p.m. Friday, February 6; 9:30 a.m.-5:30 p.m., Saturday and Sunday, February 7 and 8 (with breaks for lunch).

February 8, 22,
March 8, 22,
April 5
MAPS OF CONSCIOUSNESS
5 Evenings with
RALPH METZNER

Throughout the histories of various civilizations groups of enlightened human beings have devised symbolic languages for the guidance of those pursuing the spiritual path, the way of liberation or self-realization. Five such symbol-systems will be explored and discussed: Astrology, I Ching, the Tantras, the Tarot and Alchemy. The discussion will be basic, requiring no prior knowledge of the map. Each evening workshop will consist of two parts: a theoretical, historical introduction to the system; and an experiential session to provide a sense of the practical use of the map.
$4 general, $2 student per evening; $18 for the series. 8-11 p.m., Sundays, February 8, 22, March 8, 22, April 5.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

For Leaders' Biographical Information, see pages 32-36

February 11: INTRODUCTION TO ENCOUNTER – An Evening with the ESALEN STAFF
$5 general, $3 student. 7 to 11 p.m., Wednesday, February 11. First Unitarian Church, Franklin and Geary Streets, San Francisco. *See page 6 for description.*

February 13
THE EXPERIENCE OF LEAVING THE PHYSICAL BODY
An Evening with
CHARLES T. TART

Dr. Tart is now engaged in a scientific study of "out-of-the-body" experiences in addition to his studies on nocturnal dreaming, hypnosis, operant control of the human alpha rhythm, and the state of consciousness produced by marihuana. He is also preparing a major theoretical monograph, tentatively entitled "The Variety of Human Consciousness", concerning the function and the potential usefulness of various states of consciousness. Specific projects include such things as the establishment of two-way communication with dreaming subjects, the use of hypnosis to influence various aspects of noctural dreaming, in stage-one dreaming, explorations of exceptionally deep hypnotic states, the effects of hypnosis on the learning of operant control of human brain wave rhythms and the relationship of marihuana intoxication to other states of consciousness.
$3 general; $2 student. 8 to 10:30 p.m., Friday, February 13.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

February 13-15
A WEEKEND OF MOVEMENT
with GABRIELLE ROTH

In describing her workshop, Gabrielle Roth writes: "As we are, so we move: spontaneous or tense, flowing or restricted. This workshop is designed so that each individual may discover the language of movement, become familiar with his own physical vocabulary and learn to use it as a means for personal growth and communication with others." Music, dreams, imagery and sensory perception are some of the stimuli Miss Roth uses to initiate the movement process.
$30 per person. Begins 8 p.m., Friday, February 13.

February 13-15
OVERVIEW OF ENCOUNTER TECHNIQUE
Weekend Workshop
with JOHN HEIDER

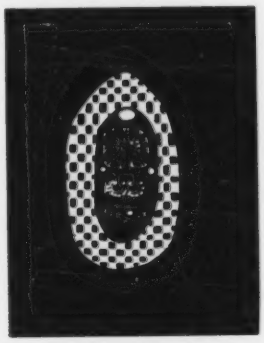
This workshop is designed primarily for those who lead groups or do similar work: therapists, teachers, ministers, etc. Participants will be exposed to massage, meditation, sensory awakening and other forms of verbal and nonverbal encounter. Emphasis will be placed on teaching how to use, adapt or invent tools for application in other contexts. Experiential and didactic sessions will be combined.
$45 per person. Begins 8 p.m., Friday, February 13.

February 13-15 and March 13-15
DISCOVERY OF THE POSSIBLE
Education Workshop in Two Parts
with JAMES EAGEN

This workshop is designed for teachers and educators and is divided into two sections on separate weekends. The first section (February 13-15) will involve each participant with a variety of Esalen-style educational methods: encounter, sensory awareness and movement, breathing-fantasy exercises, and the "here and now" of gestalt awareness training. During the time period between the first and second sections, participants will apply some part of their workshop experience to their work with students or others. Participants will be asked to maintain a record of their experiences and discoveries. During the second session (March 13-15), group members will share these experiences and discoveries, plan improvements and review experiential techniques. Limited to 14 persons.
$60 per person (total fee for both weekends). Begins 8 p.m., Friday, February 13.

February 16
INNOVATIONS IN FAMILY THERAPY
Monday Workshop
with GERALD SMITH

An all-day workshop for professionals. Demonstrations will include: modification of structured interview for marriage counseling, application of Gestalt Therapy to families, art expressions with couples and family, role-playing applications, a structure for first three family therapy sessions, family communication check-up – a preventative experience for families.
$50 per person. 9 a.m. to 9 p.m., Monday, February 16.



For Reservation Information, see page 43.

February 20-22
BECOMING MORE
ALIVE THROUGH PLAY
Weekend Workshop with
MARIAN SALTMAN
and the ESALEN STAFF

To play is to be creative; to live more freely and to be more expressive. The setting of this workshop will feature play materials and an environment in which to act out and recollect the joys of play. Here is an opportunity to change the level of consciousness by actual play, which can bring one closer to the spontaneous free-creative expression of the long-forgotten child within. There will be group discussion or encounter depending on the mood of the group.
$45 per person. Begins 8 p.m., Friday, February 20.

February 20-22
THE SECOND MARRIAGE
Weekend Workshop
with DENIS O'DONOVAN

An encounter for those who have married again, for those considering remarriage and even for those to whom the thought is incredible. Professionals working with such clients are welcome, and a special warm place is reserved for neophytes contemplating marriage to veterans. Experiences will grow from the individuals involved. Hopefully, some problems can be unburied and even more buried. The leader will attempt to share insights gained from Fritz Perls, Virginia Satir, George and Peggy Bach, but especially from his first and second wives.
$45 per person. Begins 8 p.m., Friday, February 20.

February 20-22
EXCITEMENT,
EXPERIENCING
AND EXPERIMENTING
Weekend Workshop with
RICHARD MILLER and Staff

Dr. Miller describes his program as follows: "I am excited by my work. My groups are like their participants, enjoyable, hectic, threatening, peaceful, humorous, earnest — rarely empty and often satisfying. I believe in maximum growth as a way of life, rather than getting along or mere functioning. I use my skill to clear a space where all may experience and experiment. You are invited to experience and experiment with me."
$45 per person. Begins 8 p.m., Friday, February 20.

February 20-24
SKI ENCOUNTER
4-Day Workshop
with BENNET SHAPIRO

This workshop for couples and singles will combine four days of skiing and encountering in a private lodge in the Squaw-Alpine ski area. Participants are free to ski in the mornings and early afternoons; group sessions will be held in the late afternoons and evenings. The encountering will be fast moving, body oriented and intensive, incorporating the many methods for personal confrontation and human development being explored at Esalen, particularly gestalt awareness and bio-energetic techniques. Exact location and other details will be supplied upon application.
$125 per person (including lodging and meals but not ski equipment or tow tickets).
Begins 9 p.m. Friday, February 20 and ends 6 p.m. Tuesday, February 24. A nonrefundable deposit of $50 is required upon registration.

February 22: MAPS OF CONSCIOUSNESS: The I Ching, with RALPH METZNER *See page 8 for description.*

February 23-26
THE OPEN COUPLE
4-Day Workshop
with BETTY FULLER

This workshop for couples will use a number of encounter methods developed and refined at Esalen and elsewhere to explore the special relationship between man and woman. The intent of the workshop is to get in touch with the real person behind each partner's projection, to clear lines of communication, and to establish openness and honesty as a base for relating. Emphasis is on encounter and sense awareness experiences which may strengthen and enrich the relationship.
$130 per couple; 7 to 11 p.m. Monday through Thursday, February 23-26.

February 25,
March 4, 11, 18
A MOVEMENT CLASS
FOR WOMEN
4-Morning Workshop
with PAT MURPHY

This class will be keyed to the needs of women from 35-65 and will include exercise, breathing, relaxation and free movement to music. The class will be small in order to explore more fully each member's potentials and limitations. If there is sufficient interest among the participants, the class will continue for several additional sessions.
$12 for the series. 10 a.m. to 12 Noon, Wednesdays, February 25, March 4, 11, 18.

February 27-March 1: HUMANISTIC EDUCATION, OR, "EDUCATION DOESN'T HAVE TO TASTE BAD".
Weekend Workshop with AARON HILLMAN. *See description on page 7.*

For Leaders' Biographical Information, see pages 32-36.

February 27-March 1
A WORKSHOP FOR CHANGE AGENTS
Weekend Workshop
with STEWART SHAPIRO

In today's increasingly complex and interdependent world more and more of our time is spent in organizational life. It is through the humanistic viability of our organizations and institutions that our society will succeed or fail in the crucial tests that lie ahead. This workshop will be oriented toward tasks, goals and personal growth of those who wish to be active in organizational change (leaders and potential leaders, consultants, change agents and students of change). There will be discussions and demonstrations of strategies and models for change in various systems including individuals, small groups, organizations and communities. Techniques such as problem census, T-Groups, "the personal road map", conflict resolution, strength training by positive experience and the inner dialogue will be experientially demonstrated by participants. Change agents for this workshop can be individuals or teams in business management, colleges, public schools, government, social agencies, volunteer organizations, churches or other community organizations.
$45 per person. Begins 8 p.m., Friday, February 27.

March 6-8
LOVE AND PASSION, SEX AND CELIBACY
Weekend Seminar
with FATHER
WILLIAM McNAMARA

In describing his seminar, Father Will writes: "We will discuss the pitch and pinnacle of love which no one knows anything about except the saints, including such varied versions as St. Exupéry, Ghandi, and Zorba the Greek, as well as Joan of Arc, John of the Cross and Francis of Assisi.
"Contemplation is the only way to this peak human experience. But modern man finds contemplation very difficult. One reason is his tendency toward psychiolatry: a solipsistic introspection into the psyche with no further exploration into reality.
"Human passion empowers man to break through toward the peak. Sometimes passion is stifled in marriage and liberated in celibacy. The human adventure is ultimately one love affair – with God."
$45 per person. Begins 8 p.m., Friday, March 6.

March 6-8
CHANGE-ABILITY: A PROBLEM OF LIFE AND DEATH
Weekend Workshop
with JAMES and
ELIZABETH BUGENTAL

Life is change, and to be aware of changing and to have some hand in steering it is to be really alive. This seminar-workshop will focus on the subjective experience of being in change. The mystery and reality of physical death and the possibility of psychic death in the midst of physical life will provide the backdrop against which we seek to know and experience our change-ability. A variety of action techniques, some encountering, and some plain old-fashion bull sessions will be used so we can each take a look into our own being in-processness.
$45 per person. Begins 8 p.m., Friday, March 6.

For Reservation Information, see page 43.

March 6-8
STRUCTURAL INTEGRATION
Weekend Seminar
with IDA P. ROLF

During this seminar, Dr. Rolf will present her method of Structural Integration. The program will include lectures, a discussion and demonstration of early hours of Structural Integration on a previously unprocessed model, and group and individual exercises to permit individuals to evaluate their own alignment. There will also be a general discussion and question-and-answer period. Limited to thirty participants.
$45 per person. Begins 8 p.m., Friday, March 6.

March 8: MAPS OF CONSCIOUSNESS: The Tantras, with RALPH METZNER *See page 8 for description.*

March 9-12: ENTERING EXPERIENCE IN DEPTH – 4-Day Workshop with CHARLOTTE SELVER and CHARLES BROOKS *See page 41 for description.*

March 9-13: MASSAGE AND MEDITATION – 5-Evening Workshop with MOLLY DAY SCHACKMAN
7 to 11 p.m., Monday through Friday. *See page 7 for workshop description.*

March 13-15
THE OPEN COUPLE
Weekend Workshop
with BETTY FULLER

This workshop for couples will use a number of encounter methods developed and refined at Esalen and elsewhere to explore the special relationship between man and woman. The intent of the workshop is to get in touch with the real person behind each partner's projection, to clear lines of communication, and to establish openness and honesty as a base for relating. Emphasis is on encounter and sense awareness experiences which may strengthen and enrich the relationship.
$90 per couple. Begins 8 p.m., Friday, March 13.

March 13-15
TOWARD INTIMACY: A WORKSHOP FOR SINGLES
Weekend Workshop with
FREDERICK STOLLER
and WILLIAM SMITH

Intimacy is a particular scarcity in the world of the unattached, not only because of the absence of many long-term relationships but because the dating game is especially fraught with maneuvering, distancing, distrustfulness, fear of risk, with trying to "make" someone or "score" or "play it cool". This workshop is to help singles discover what is possible in approaching others and being approached, what is available within themselves and within the situation which can increase genuine satisfaction and meaningful personal development. It will utilize a variety of techniques such as simulation games, group exercises, nonverbal exploration, videotape and Polaroid feedback.
$45 per person. Begins 8 p.m., Friday, March 13.

March 13-15: UNFOLDING – Weekend Workshop with CHARLOTTE SELVER and CHARLES BROOKS
See page 41 for description.

March 18
ECOLOGICAL CONSCIOUSNESS
An Evening
with IRA EINHORN

Ira Einhorn describes his lecture as follows: "Cybernetics and evolution are merging to bring about an ecological revolution that will transform the entire human species. The lecture will attempt to outline this transformation from two points of view: technology and the development of consciousness, using information theory as a means of integrating the interaction of these two convergent forces."
$2 general; $1.50 students. 8 to 10:30 p.m., Wednesday, March 18.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

March 19: INTRODUCTION TO ENCOUNTER – An Evening with the ESALEN STAFF
$5 general, $3 student. 7 to 11 p.m., Thursday. *See page 6 for description.*

For Leaders' Biographical Information, see pages 32-36.

March 20-22
CLOSE YET FREE
Couples' Weekend with
GERALD and
LINDA SMITH

To have closeness or intimacy and yet have room to personally grow . . . this is a basic dilemma in marriage. The dilemma can be coped with either creatively or destructively. Our purpose will be to experience a number of ways of creatively coping with the dilemma of being "close yet free" within marriage. We will use aspects of family and gestalt therapy and numerous nonverbal and movement approaches.
$100 per couple. Begins 8 p.m., Friday, March 20.

March 20-22
THE MARRIAGE OF FAUST AND SHIVA
Weekend Seminar
with IRA EINHORN

In describing his seminar, Mr. Einhorn writes: "Stress is information that the body can't handle. Pollution is information that the environment can't handle. Both are hallmarks of our present age. The seminar will deal with all types of food/information that enter both systems with the idea of quickly becoming conscious of the energy available to the eco-system as a whole.
"It will explore those disease states (cancer, schizophrenia, catatonia) that indicate an inability to handle energy/information, but will focus on those states of mind that indicate that the species is undergoing a transformation in consciousness that will totally change the nature of man." Participants in this seminar are urged also to attend Mr. Einhorn's lecture (Wednesday, March 18), which will serve as a broad introduction to those concepts which will be explored in more detail in the seminar.
$30 per person. Begins 8 p.m., Friday, March 20.

March 20-22
GESTALT WORKSHOP: "50 POSITIONS FROM WHICH TO EXPERIENCE LIVING"
Weekend Workshop
with JANET LEDERMAN

50 positions from which to experience life. A wax museum: Images of what was/or what should be, or
The world of: *I am now:* creating observing teaching remembering loving hating. From the sparks of reality, waxen images begin to flow.
Janet Lederman, B.A., M.A. Fantasy/Reality. Known:

Educator	Rabbi	Devil	Sorceress
Writer	Mother	Jailer	Child
Artist	Goddess	Heterosexual	Clown
Actress	Delinquent	Homosexual	Woman

$45 per person. Begins 8 p.m., Friday, March 20.

March 21
MYTHOLOGIES OF ALIENATION & RAPTURE
A Lecture
by JOSEPH CAMPBELL

A lecture and discussion proposing to approach the contemporary Waste Land problem from the point of view of comparative mythology. What has happened to the symbols that formerly motivated Occidental Man, and what are the prospects for renewal?
$3 general; $2 students. 8 to 10:30 p.m., Saturday, March 21.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

March 22: MAPS OF CONSCIOUSNESS: The Tarot, with RALPH METZNER. *See page 8 for description.*

March 27-29
THE MAN-WOMAN RELATIONSHIP
Weekend Seminar
with VIRGINIA SATIR

An intensive experiential seminar exploring the dynamics of communication and interaction between men and women on sensory, emotional and intellectual levels. Experiential sessions will be complemented by reflection and discussion of personal and group experiences. Co-led by William Smith.
$50 per person. Begins 8 p.m., Friday, March 27.

For Reservation Information, see page 43.

March 27-29
DANTE'S WAY
TO THE STARS
Weekend Seminar
with CLAUDIO NARANJO

"Midway in our life's journey I went astray from the straight road and woke to find myself alone in a dark wood." These are the first lines of the work wherein Dante shows – not the "direct way", for this he regards incompatible with the "present state of humanity" – but another way, long and contemplative, which may lead man to his full spiritual goal after knowledge of Hell and the effortful climbing to Purgatory.
The seminar will attempt to show the relevance of Dante's ideas to contemporary man and the relevance of his developmental conception to that of present trends in psychiatry.
$30 per person. Begins 8 p.m., Friday, March 27.

March 30-April 2
MOVEMENT
AND MASSAGE
4-Day Sorkshop
with GABRIELLE ROTH

In describing her workshop Miss Roth writes: "As we are, so we move and touch: spontaneous or restricted, flowing or tense, open or inhibited. The combination of massage and movement techniques offers a unique experience for becoming aware of our own movement and how it flows outward into the bodies of others. As we make these physical discoveries we can begin to allow our naturalness in terms of gesture, feeling, movement and touch to be expressed."
$60 per person. 7 to 11 p.m., Monday through Thursday, March 30-April 2.

March 31
CREATIVE PSYCHOTIC,
ECSTATIC AND
MEDITATIVE STATES
Tuesday Evening Lecture
by ROLAND FISCHER

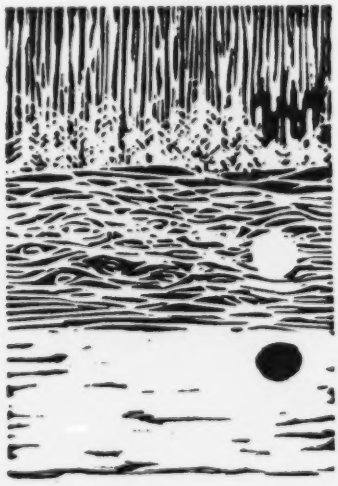
Dr. Fischer describes his lecture as follows: "Normal, creative, schizophrenic, and mystical-ecstatic states are conceived on a continuum of increasingly higher central nervous system arousal. These levels are experienced in terms of increasing data content and increasing rate of data processing, which may result in a *creative*, hallucinatory, artistic or religious state. Eventually, however, the rate of processing cannot keep step with the ever-increasing data content – 'the torrential flood of inner sensation' – and results in the *schizophrenic* 'jammed computer' state. At the peak of *ecstatic* states, interpretive activity ceases, or in biocybernetic terminology, there is no data content from without, and, therefore, no rate of data processing from within, the only content of the experience at the height of rapture being the reflection of the mystic in his own 'program'.

"On the other hand, the meditative states *satori* and *samadhi* are on the other end of the continuum of decreasing levels of arousal. The yogin's peak experience represents pure self-reference without a 'program'. So we can visualize in the 'normal' center of the continuum a Kommissar, flanked at a distance by the ecstatic St. Teresa of Avila on the one side, and by a (noncommercialized) meditating yogin on the other."
$3 general; $2 student. 8-10:30 p.m., Tuesday, March 31.

April 3-5: GESTALT OPEN PROFESSIONAL WORKSHOP with JOSEPH J. DOWNING *See page 38 for description.*

April 3-5
THE QUEST FOR LOVE:
A Workshop for
Single Men and Women
with BETTY BERZON

Individually, in pairs, and in small groups participants will have the opportunity to explore the personal meaning of their own quest for love. Focus will be on such issues as letting go of relationships that are over, loneliness of the single life, the acquaintance process and pursuit of a new partner, coping with rejection and disappointment, the meaning of commitment in a relationship, and the self-enhancing effects of playing and sensuality in the expression of intimacy.
$45 per person. Begins 8 p.m., Friday, April 3.



For Leaders' Biographical Information, see pages 32-36.

April 4-5
ENLIGHTENMENT
Weekend Workshop
with SHYAM BHATNAGAR

This workshop will explore various methods for reaching enlightened states of consciousness. Mr. Bhatnagar has devised some of these methods from the ancient philosophies of Vedanta, Raja Yoga, Bhakti Yoga, Karma Yoga and Tantra. "Each individual according to his energy level is to follow one method that is most suited to him", comments Mr. Bhatnagar.
Food and herbs appropriate to meditative practice, mantra chanting and problems of disciplined meditation sitting will be discussed. Private sessions for determining each person's energy level and how to work with chakras to raise the kundalini can be arranged after the seminar.
$30 per person. Begins 10 a.m., Saturday, April 4.

April 5: MAPS OF CONSCIOUSNESS: Alchemy, with RALPH METZNER *See page 8 for description.*

April 10-12
A WORKSHOP FOR
UNATTACHED SINGLES
with BETTY FULLER

The intent of this workshop for unattached singles is to bypass the superficial level of acquaintance by moving through a series of encounter experiences to the beginnings of authentic relating of persons. The goal is openness and honesty in encounter. Such methods as fantasy, psychodrama, theatre games, body movement and sense awareness exercises may be used. Participants will be selected to assure a balance of sex and age. Please state sex and age on registration. Dress informally. Limited to 32 persons.
$45 per person. Begins 8 p.m., Friday, April 10.

April 10-12
EDUCATION IN THE
"AFFECTIVE DOMAIN"
Weekend Workshop
with JANET LEDERMAN

A workshop for teachers, administrators and parents, demonstrating and using Gestalt Therapy techniques, encounter group methods, body movement and sensory awareness. Participants may explore, experience and possibly uncover ways of integrating the "I" and the "educator". This group will be tailored to meet the participants' personal and professional interests and needs.
$45 per person. Begins 8 p.m., Friday, April 10.

April 13: INTRODUCTION TO ENCOUNTER – An Evening with the ESALEN STAFF
$5 general, $3 student. 7 to 11 p.m., Monday, April 13. First Unitarian Church, Franklin and Geary Streets, San Francisco. *See page 6 for description.*

April 17-19
ACTION ENCOUNTER
Weekend Workshop
with BENNETT SHAPIRO

A fast moving, body oriented and intensive encounter group for couples and singles. Many methods for personal confirmation and human development being explored at Esalen will be integrated into an encounter group setting, particularly gestalt awareness and bio-energetic techniques. In addition, methods for enriching two-person relationships will be emphasized and practiced for use after the weekend. Bring swimsuits or leotards.
$45 per person. Begins 8 p.m., Friday, April 17.

April 17-19
SUFI TALES
Weekend Seminar
with CLAUDIO NARANJO

A weekend devoted mostly to listening and reflecting upon stories of the dervish tradition. (Recommended reading: *The Sufis*, by I. Shah).
$30 per person. Begins 8 p.m., Friday, April 17.

April 17-19: TOWARDS MORE SENSITIVE RELATING – Weekend Workshop with CHARLOTTE SELVER and CHARLES BROOKS *See page 41 for description.*

April 24-26
CREATIVE MEETING:
A WORKSHOP
FOR UNMARRIEDS
Weekend Workshop
with GERALD W. SMITH

This is an experience for those who are concerned with ending traditional "dating games" and moving more creatively into relationships. Dr. Smith will use movement and sensory awakening techniques, communication exercises, encounter groups and various gestalt approaches to help participants increase their self-awareness and honest communication with others.
Workshop participants will be chosen so as to assure a balance of sex and age. Please state age on application. This workshop is intended for unattached singles. *Limited to 40 persons.*
$45 per person. Begins 8 p.m., Friday, April 24.

For Reservation Information, see page 43.

April 24-26
WEEKEND WORKSHOP
with
FREDERICK STOLLER

This workshop will consist of a small group encounter designed to challenge the conventional stance of the participants and to enhance the exploration of potential through mutual search for alternatives. Videotape feedback and photography will be among the approaches utilized.
$45 per person. Begins 8 p.m., Friday, April 24.

May 1-3
WEEKEND WORKSHOP
FOR COUPLES
with BILL
and AUDREY McGAW

This workshop will provide an opportunity for married or engaged couples to explore marriage, not as an institution, but as an extremely vital and personal way of life. The McGaws will concentrate on the positive aspects of partnership, increased understanding of self and mate, and deeper, more meaningful communication. Participating couples should expect to spend 20 to 25 hours in encounter group sessions over the workshop period. Limited to eight couples.
$110 per couple. Begins 8 p.m., Friday, May 1.

May 1-3
MANDALA: THE ART
OF NUCLEAR YOGA
Weekend Workshop
with JOSE
and MIRIAM ARGUELLES

Mandala is a consciousness-integrating principle utilizing visualization. Beginning with an exploration of the process of vision, the weekend will include various psychovisual exercises for increasing powers of inner and outer visualization with the aim of coordinating bodily centers and faculties: vision, breath, sound, movements, etc. These exercises will emphasize the realization of universal coordinates within the organism and the creation of cosmo-mythic imagery through immediate group meditation and interaction.
Participants may be notified of inexpensive drawing materials to bring to the workshop.
$30 per person. Begins 8 p.m., Friday, May 1.

May 8-10
THE BODY OF GOD:
The Biological Roots
of Spiritual Experience
Weekend Workshop with
STANLEY KELEMAN and
RICHARD RUBENSTEIN

Stanley Keleman writes, "We are our bodies: our understanding of the universe innately involves our biological existence." Richard Rubenstein writes, "We do not *have* bodies; we are our bodies."
In this workshop, we will explore the relationship between our own bodily experience and our religious insight. Utilizing the bio-energetic approach, Dr. Keleman will work with eight participants selected from the group. Their physical-emotional experiences will be the starting point for our new evaluation of our own spiritual depth and the teachings of Judaism and Christianity. Limited to twenty participants.
$85 per person. Begins 8 p.m., Friday, May 8.

May 8-10
STRENGTHENING
THE FAMILY OF MAN
Weekend Workshop
with CORRIE HOLLOWAY

This interracial encounter weekend will focus on the exchange of feelings and life experiences of individuals from varying ethnic backgrounds. Participants will be encouraged to expose their games, to reveal and deal with their blocks and barriers to personal realization and interpersonal interaction. A variety of verbal and nonverbal methods, including role reversal, will be integrated within the basic encounter format.
$45 per person. Begins 8 p.m., Friday, May 8.

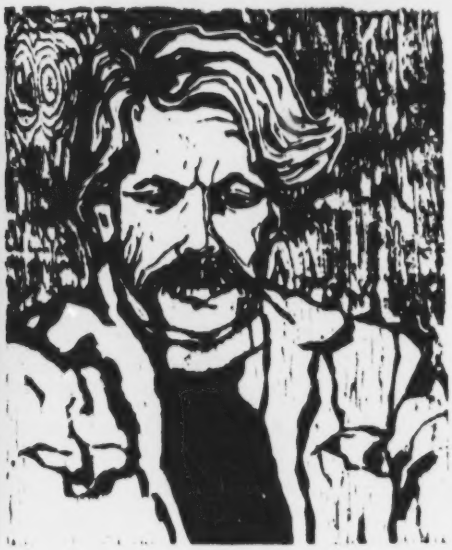
May 8-10
LSD AND THE HUMAN
ENCOUNTER WITH DEATH
Weekend Seminar with
WALTER PAHNKE, M.D.

Open discussion of a more human approach to death is probably one of the most fearful and tabu subjects in our society today. There is much dishonesty and deception even concerning the medical treatment of persons with terminal illnesses — especially cancer. This seminar will attempt to discuss these issues in the light of Dr. Pahnke's research experience with psychedelic psychotherapy (utilizing LSD) for terminal cancer patients. Participants should come prepared to share their own experiences and attitudes concerning death in our culture, both on an individual and societal level.
$45 per person. Begins 8 p.m., Friday, May 8.

May 12
PSYCHEDELIC DRUGS
AND
MYSTICAL EXPERIENCE
Lecture by
WALTER PAHNKE, M.D.

This lecture will present evidence from research experiments concerning the relationship between psychedelic drugs and mystical experience. The similarities and differences between psychedelic drug-facilitated and spontaneous mystical experiences will be examined. The implications of this whole area for psychiatry, technology and religion will be discussed, including possible future directions. The controversial evidence regarding the dangers of psychedelic drugs, including possible genetic damage, will also be reviewed.
$3 general; $2 student. 8 to 10:30 p.m., Tuesday, May 12.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

For Leaders' Biographical Information, see pages 32-36.



EXPERIENCE OF ESALEN

Beginning in January, there will be a new kind of program at Esalen, Big Sur. Ben Weaver, Esalen's Big Sur Director, describes it as follows:

"The realized teachers all tell us that there is a big difference between knowledge and being. *Knowledge* we have—projections of the increase in total world information over the next decade are staggering; *being* we are just beginning to learn, or to relearn. If Esalen has a uniqueness as an educational institution, it is as a new kind of secular (or at least multi-denominational) school where the subject matter is being, consciousness and creativity (broadly defined), rather than information and theories. That there is a felt need for such institutions in today's world has been demonstrated by the continuing success of Esalen's programs and the appearance of some ninety similar centers.

"This first 1970 brochure marks the innovation of a new, experimental format in Big Sur programming. Running parallel to our traditional workshop offerings during many weeks of this brochure, we are introducing a new series called simply 'An Experience of Esalen'. In these workshops a group of Esalen staff members will join workshop participants in an experience of each other surrounded only by as much structure as the group wishes to create. Each member may choose to join a group or not as he wishes, and the range of individual choices might swing from intense encounter to a week of silence and meditation. Subject to some variation due to staff members' personal schedules, the following resources will be available to persons participating in these programs: encounter, meditation, massage, *yoga,* instructions in arts and crafts, *Rolf treatments,* movement, organic gardening and cooking, natural childbirth, being with children, *astrology,* tarot (symbols and divination), mysticism, *tai chi chuan,* music, life as meditation. [Italics indicates specialties available in private sessions by appointment, usually at extra cost. Inquire about costs and availability at time of making reservations.]

"These programs will be totally heuristic, totally experimental. There is an assumption that people attending the programs are willing to be open and talk straight, would just as soon transcend the games level insofar as that is possible, and are willing to spend a week tuned in to their own being and consciousness. If it is possible to enhance one's being without a master, simply by pooling and sharing the wisdom of which we all have a part, these experiences might be the place where it can happen."

EXPERIENCE OF ESALEN

January 4-9	February 1-6	March 29-April 3
January 9-11	February 15-20	April 5-10
January 11-16	February 20-22	April 12-17
January 16-18	March 1-6	May 3-8
January 18-23	March 8-13	
January 23-25	March 13-15	
January 25-30	March 22-27	

5-Day: $170 per person
Weekend: $65 per person

For Reservation Information, see page 43.

January 4-9
THEATRE OF ENCOUNTER
5-Day Workshop
with ALEC RUBIN

An encounter group using new theatre techniques, body movement, sensory awareness, fantasy, relaxation and breathing; verbal and nonverbal moment-to-moment confrontations with one's self and others; games and exercises to evoke the fullest expression of what is locked inside; body sounds and rhythms, being quiet, falling, holding, beating, "sounding" the body, pulling apart, coming together, being with; opening new perceptions, unifying opposite feelings, allowing a free flow of spontaneous feeling and action.
$180 per person

January 9-11
INTELLIGENT MINDLESSNESS
Weekend Seminar
with ALAN WATTS

This seminar will provide instruction and practice in basic meditation, the Friday evening session being devoted to explanation and discussion of its theoretical background. Please bring cushions and wear loose and comfortable clothes, since the practice will involve variations upon zazen and yoga, adapted for Western use.
$70 per person.

January 9-11
EXPERIENCING THE TIBETAN BUDDHIST TRADITION
Weekend Seminar with
LAMA TARTHANG TULKU

The Nyingmapa is the oldest and original sect of Tibetan Buddhism founded nearly two thousand years ago by the Guru Padmasambhava. In this seminar, the Lama hopes to bring the serious student of Buddhism, as well as the interested layman, into direct contact with the Nyingma tradition. Practice and theory will be stressed equally.
$70 per person.

January 9-11
THE AID OF HYPNOSIS IN SELF-EVALUATION AND PROGRAMMING
Weekend Workshop with
PETER H. C. MUTKE, M.D.

Workshop participants will be given the opportunity to experience the actual application of hypnosis for self-evaluation and increased awareness, observing and experiencing for themselves how increased receptiveness toward suggestion in hypnosis makes it a most valuable tool in personal planning and programming and in changing negative personality patterns. The use of self-hypnosis and image rehearsal will be demonstrated by Dr. Mutke, who has intensively studied the use of hypnosis in medicine.
$70 per person.

January 11-16
THE OPEN COUPLE
5-Day Workshop
with BETTY FULLER

This workshop for couples will use a number of encounter methods developed and refined at Esalen and elsewhere to explore the special relationship between man and woman. The intent of the workshop is to get in touch with the real person behind each partner's projection, to learn lines of communication, and to establish openness and honesty as a base for relating. Emphasis is on encounter and sense awareness experiences which may strengthen and enrich the relationship.
$360 per couple.

January 11-16: GESTALT 5-Day OPEN WORKSHOP with JOSEPH J. DOWNING *See page 38 for description.*

January 11-16
PERSONAL GROWTH, AWARENESS AND EMOTIONAL EDUCATION
5-Day Workshop
with BURYL PAYNE, Ph.D.

This workshop is geared to persons (such as teachers, graduate students in education, camp counselors, psychologists and others in the helping professions) who want to learn techniques of group work. It will include methods of emotional release with special emphasis on husband-wife and parent-child interactions; ways of bringing out and dealing with habitual patterns of self-criticism; body awareness and movement; and the use of feedback training devices. Participants will be given several sessions on an EEG machine to help them learn to control brain alpha waves. Individual and group sessions with an Audible Psychogalvanometer will help them control their sympathetic nervous systems, and another instrument will give them feedback on muscle tensions.
$180 per person.

January 16-18
GESTALT AWARENESS TRAINING
Weekend Workshop
with GEORGE I.
and JUDITH BROWN

Based on principles of gestalt therapy, awareness training as practiced by the Browns involves two phases: (1) readiness techniques such as nonverbal communication games, sensory awakening, encounter and the conscious use of fantasy; (2) gestalt awareness training with the intent of helping workshop members get in touch with themselves, to become more aware of each other, to move through fantasy, illusion and preconception to "who" and "what" is really there. Appropriate for individuals and couples.
$70 per person.

For Leaders' Biographical Information, see pages 32-36.

January 16-18
ENCOUNTER WORKSHOP
with BETTY FULLER

In this open workshop participants will explore their self-concepts and define the imagined limits they set to being most fully and vibrantly themselves. In the supportive context of openness and honesty, group members will give each other feedback, encourage acceptance of what is and the taking of appropriate risks to be who and what they want. The basic format will be encounter. As need arises such methods as psychodrama, meditation, sense awareness exercises and body movement, fantasy, and gestalt techniques will be used.
$70 per person.

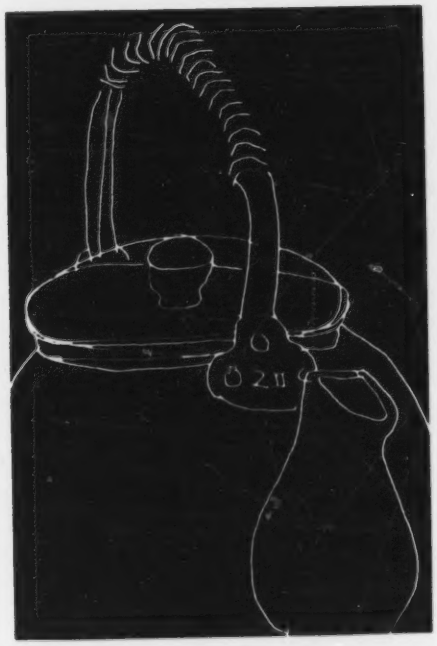
January 18-23: GESTALT 5-Day OPEN WORKSHOP with JAMES S. SIMKIN *See page 38 for description.*

January 18-23
YOGA: STUDIES
AND APPLICATIONS
5-Day Workshop
with JOEL KRAMER

An intensive program exploring the realms of yoga through conceptual inquiry and actual practice. The seminar is suitable for the interested novice as well as the serious student of yoga. Emphasis will be placed on the daily practice of yogic techniques such as Hatha yoga and pranayama (breathing), and meditation in the light of yogic structures both classical and modern. There will be inquiry into the ever-recurring problems of man such as time, mind, death, freedom, choice, sorrow, desire, competition, sexuality.
A special menu of yogic (pure) foods will be offered. The program will aim at giving the participants a feel for an ancient path ot freedom in modern terms.
$180 per person.

January 18-23
INTIMACY: ENCOUNTER
FOR COUPLES
5-Day Workshop with
JOHN and ANNE HEIDER

This workshop is designed for couples who wish to learn basic skills of verbal and nonverbal encounter. Emphasis will be placed on sensory/sensual sensitivity, upon the accurate reception and transmission of thought, emotion, intuition and touch. Group will be limited to six couples, thus insuring intensive work for all participants.
$360 per couple.



For Reservation Information, see page 43.

January 23-25
FESTIVITY, FANTASY AND RELIGION
Weekend Workshop
with **HARVEY COX**

In describing his workshop, Dr. Cox writes: "Our era is crippled by an incapacity for real festivity, revelry and ritual celebration. It also suffers from a constricted and timid fantasy life. But both festivity and fantasy are staging comebacks today, and religion is playing a role in the renaissance. This weekend will include experiments in new forms of festivity and ritual, explorations of fantasy in its relation to religious symbols, and discussions of the themes explored in Dr. Cox's new book, *The Feast of Fools.*
$70 per person.

January 23-25
MAN AND WOMAN: PERSONAL FREEDOM IN AN INTIMATE RELATIONSHIP
Weekend Workshop with
WILLIAM ZIELONKA
and **AUDREY ALBIN**

Dr. Zielonka describes his workshop as follows: "In your self-development and growth, your own changes can bring enhancement as well as challenges to your intimate relationship with your mate. Areas of the relationship often affected are the values of possessiveness both psychological and body; personal ownership of the other; authority position of one in relation to the other vs. feelings of autonomy.
"Those who are working on being free within an intimate relationship are invited to be in the group. We would like to share and enhance the development of the couple, as the individuals work on their honest growth. Encountering, both verbal and nonverbal, and the living present will be our medium for work."
$140 per couple.

January 23-25
MAKE MUSIC WITH US
A Weekend with
the Big Sur Musicians
and the Esalen Staff

Join the musicians and instrument makers of Big Sur for a weekend devoted to celebrating the richness of life through music. There will be impromptu jamming throughout the weekend, opportunities to share outlooks and insights on the new music, and to partake of the wonder of what may be man's highest communication. In addition, there will be a big dance on Saturday night and, between times all weekend, the music of the surf and the gurgle of the hot sulphur baths.
$70 per person.

January 25-30: **OPEN ENCOUNTER** with **ESALEN ENCOUNTER STAFF**. *See page 39 for description.*

January 30-February 1
A REVIEW OF ESALEN'S THEOLOGICAL PROGRAMS
Weekend Seminar
with **SAM KEEN**

This program will review the insights, experiences and results of the preceding 4-week Theological Residence Program conducted at Esalen, Big Sur, for those who were unable to attend it. Sam Keen will review the theological reflections which took place during the residence program and the possible application of the psycho-physical disciplines being explored at Esalen to contemporary religious institutions, contemporary theology and personal religious exploration. In addition, an attempt will be made to review the whole Esalen series entitled Theological Reflection on the Human Potential.
$70 per person.

For Leaders' Biographical Information, see pages 32-36.

January 30-February 1: OPEN ENCOUNTER WEEKEND with ESALEN ENCOUNTER STAFF. *See page 39 for description.*

February 1-6: GESTALT AND MOVEMENT. 5-Day OPEN WORKSHOP with THOMAS MUNSON and JUDY ASTON. *See page 38 for description.*

February 1-6
ECLECTIC ENCOUNTER
5-Day Workshop
with JOHN HEIDER

A wide variety of growth techniques and disciplines are taught at Esalen. Eclectic encounter is a loose amalgam of the most fruitful of these integrated into the encounter group format. Participants will be exposed to massage, meditation, sensory awakening and other forms of verbal and nonverbal encounter.
To foster the intensity of this workshop, registration will be limited to 12 participants.
$190 per person.

February 1-6
BEING ONE'S SELF
5-Day Workshop
with CLAUDIO NARANJO

This workshop will consist of a series of experiences — physical, social and artistic — that constitute a challenge in terms of authenticity and spontaneity, and can help to develop these qualities.
$180 per person.

February 13-15
ENCOUNTER WORKSHOP
with BETTY FULLER

In this open workshop participants will explore their self-concepts and define the imagined limits they set to being most fully and vibrantly themselves. In the supportive context of openness and honesty, group members will give each other feedback, encourage acceptance of what is and the taking of appropriate risks to be who and what they want. The basic format will be encounter. As need arises such methods as psychodrama, meditation, sense awareness exercises and body movement, fantasy, and gestalt techniques will be used.
$70 per person.

February 13-15: GESTALT OPEN WORKSHOP with ROBERT RESNICK. *See page 38 for description.*

February 13-15
POSITIVE
SELF-EXPLORATION
Weekend Workshop
with JAMES FADIMAN

In describing his workshop, Jim Fadiman writes: "Our natural state is one of loving awareness. We sometimes forget this and become less than we are. Exercises which will reawaken and strengthen our tendencies toward the good, the beautiful and the divine within ourselves will form the basic structure of the workshop." Suggested for those who wish to go beyond the limitation of traditional encounter groups.
$70 per person.

February 13-15
THE TAROT
Weekend Workshop
with GERALD THATCHER
and JACK HURLEY

The Tarot is the 78-card deck from which modern playing cards derive. It dates from the late 1300's. Best known as gypsy fortune telling cards, the Tarot in fact pictures occult symbols making up an underground library of Western knowledge in religion, mysticism, philosophy, alchemy, astrology and occult sciences.
This seminar will open a brief view into the past, the present and the future as interpreted through the Tarot symbols — from reading cards to concepts of symbolic perception in the contemporary environment. An attempt will be made, through meditation and psychic projection using the Tarot, to enable the participant to formulate a symbolic image of his own personality, towards the end of establishing a creative life style.
Mr. Hurley will present his own Tarot, which he is redesigning through a reinterpretation and modernization of the ancient symbols.
$70 per person.

For Reservation Information, see page 43.

February 15-20: GESTALT 5-Day OPEN PROFESSIONAL WORKSHOP with JAMES S. SIMKIN.
See page 38 for description.

February 15-20
THE ROLF METHOD OF STRUCTURAL INTEGRATION
5-Day Workshop
with EDWARD MAUPIN and STANLEY JOHNSON

In this workshop the structural approach of Dr. Ida Rolf will be presented. Drs. Johnson and Maupin, who have been trained in the Rolf technique, will carry out two sessions of Rolf processing on each participant. This approach to the body involves direct physical manipulation in individual sessions. Some group sessions will also be scheduled to explore the relevance of this work to body awareness and the sense of self.
$190 per person.

February 15-20: THE OPEN COUPLE. 5-Day Workshop with BETTY FULLER. *See page 18 for workshop description.*

February 20-22
STAYING TURNED ON
Weekend Workshop
with BERNARD GUNTHER

Poet Bernard Gunther writes: "There are many ways to turn on, the problem is now to stay that way; how to be life, a dance play, every all day. This is the direction we will explore. In this nonverbal weekend we will do many new sensory experiments that in your daily life situations can flow you through your excessive tensions-verbalizations into staying with your original nature which is bliss being: turned on."
$70 per person.

February 20-22
YOGA: STUDIES AND APPLICATIONS
5-Day Workshop
with JOEL KRAMER

An intensive program exploring the realms of yoga through conceptual inquiry and actual practice. The seminar is suitable for the interested novice as well as the serious student of yoga. Emphasis will be placed on the daily practice of yogic techniques such as Hatha yoga and pranayama (breathing), and meditation in the light of yogic structures both classical and modern. There will be inquiry into the ever-recurring problems of man such as time, mind, death, freedom, choice, sorrow, desire, competition, sexuality.
A special menu of yogic (pure) foods will be offered. The program will aim at giving the participants a feel for an ancient path to freedom in modern terms.
$70 per person.

February 20-22
PARANORMAL PHENOMENA
Weekend Workshop
with LAWRENCE LeSHAN

In the past, it has not been possible to deal with paranormal phenomena, or even to discuss them in any except a purely descriptive way, due to the lack of any theory that could meaningfully include them. There are many known 'facts' about *psi* phenomena, but "without a theory, facts are a mob, not an army." For this reason, both the students of the subject and those who have had paranormal experiences have had severe difficulties in knowing what to do with their knowledge of the existence of the paranormal.
In this workshop, Dr. LeShan will discuss a comprehensive theory of *psi* phenomena. Based on an intensive analysis of how the clairvoyant and the mystic relate to reality, it demonstrates the crucial similarities between them, and that their perception of how-the-world-works is the same as that of the Einsteinian physicist. The implications of this understanding of the paranormal for training and control of *psi* ability, for man's relation to man and to the universe, and for the relationship between Eastern and Western metaphysics will be discussed at length.
$70 per person.

February 22-27: OPEN ENCOUNTER with ESALEN ENCOUNTER STAFF. *See page 39 for description.*

For Leaders' Biographical Information, see pages 32-36.

February 22-27: GESTALT AND MOVEMENT. 5-Day OPEN WORKSHOP with JOSEPH J. DOWNING and GABRIELLE ROTH. *See pages 38-39 for description.*

February 27-March 1: BEING IS BECOMING. Weekend Workshop with CHARLOTTE SELVER and CHARLES BROOKS. *See page 41 for description.*

February 27-March 1: GESTALT OPEN WORKSHOP with JOSEPH J. DOWNING. *See pages 38-39 for description.*

February 27-March 1
LOVE AND PASSION, SEX AND CELIBACY
Weekend Seminar
with FATHER WILLIAM McNAMARA

In describing his seminar, Father Will writes: "We will discuss the pitch and pinnacle of love which no one knows anything about except the saints, including such varied versions as St. Exupéry, Ghandi, and Zorba the Greek, as well as Joan of Arc, John of the Cross and Francis of Assisi.
"Contemplation is the only way to this peak human experience. But modern man finds contemplation very difficult. One reason is his tendency toward psychiolatry: a solipsistic introspection into the psyche with no further exploration into reality.
"Human passion empowers man to break through toward the peak. Sometimes passion is stifled in marriage and liberated in celibacy. The human adventure is ultimately one love affair – with God."
$70 per person.

February 27-March 1
LIVE ON THE EDGE OF THE SWORD
Weekend Workshop
with WILLIAM SMITH

William Smith describes his workshop on the existential enjoyment of life as follows: "Many of us spend most of our lives living under the 'Burden of No' due to our self-imposed inability to reach out and take hold of the opportunities that life offers each of us. Based upon an existential theory for freeing one's self from the 'Burden of No', this weekend will be spent examining alternatives to the No's we place in our path while seeking a fuller and more meaningful life."
$70 per person.

For Reservation Information, see page 43.

March 1-6
ON BECOMING A DOLPHIN
5-Day Workshop
with JOHN LILLY

Dr. Lilly describes his workshop as follows: "If you are interested in dolphins this workshop is designed to put you close to the dolphins inside you. Dolphins love one another, totally depend on one another, wear no clothes, have no hostility. They have no sexual hangups. They have free communication of feeling-being-love. They rub-touch-play with boundless joy. When we go on their trip, they love us, play with us, save us in the sea.
"Utilizing the knowledge gained from dolphin-human encounters, from human communication techniques (verbal and nonverbal), from solitude and isolation studies (sensory deprivation), and from combinations of these with LSD research, it is possible for an individual to move forward in his own self-development. From where one is now, one can move into new inner spaces, learn to turn on (and off) his positive and negative systems and experience new ways of navigation and piloting in his inner universes. The techniques used resemble hypnosis, meditation (mantras), interpersonal encounter, group sharing and bio-computer programs. These techniques are flexible and adaptable to the individual's current needs."
$180 per person.

March 1-6
SELF-AWARENESS
IN MEDITATION
AND IN PERSONAL
RELATIONSHIPS
5-Day Workshop
with CLAUDIO NARANJO

In describing his workshop, Dr. Naranjo writes: "Meditation, the traditional discipline in self-awareness, is *intrapersonal*, while psychotherapeutic procedures are *interpersonal*. The purpose of this workshop will be to work on both ends of the gamut that ranges from contact to withdrawal, demonstrating a variety of psychological exercises that can be of use in either situation."
$180 per person.

March 1-6
BODY EXPRESSION:
IN STILLNESS
AND IN MOTION
5-Day Workshop
with JUDY ASTON

A workshop for beginners to the dance-movement field (if you are 38, then you have had 38+ years' experience in moving and/or not moving). The week will include exercises to increase body awareness and to explore the range of movement possibilities, and the time to attend to your body's ways of expression. The workshop will conclude with the artistic creation of movement events taken from the previous sessions: for example, moments of encountering, contacting, sharing, dancing.
$180 per person.

March 6-8
A WEEKEND OF
PSYCHODRAMA
with LEWIS YABLONSKY
and WALT ANDERSON

Psychodrama, one of the most effective and exciting of group interaction techniques, brings the group together in spontaneous enactments of personal and social situations. In this intensive weekend of psychodrama, each participant will be given the opportunity to become involved as actively and creatively as his own needs and preferences demand.
$70 per person.

March 6-8: OPEN ENCOUNTER WEEKEND with ESALEN ENCOUNTER STAFF. *See page 39 for description.*

March 8-13: OPEN ENCOUNTER with ESALEN ENCOUNTER STAFF. *See page 39 for description.*

March 8-13
BODY AWARENESS,
THE SENSE OF BEING,
MUSIC AND DANCE
5-Day Workshop
with ED MAUPIN, Co-led by
STEVE GENARDINI

In this workshop the body awareness approach will be tied together with special sessions of drumming and dance, traditional ways of bringing energy and life out through the body. Steven Genardini has been a professional musician-dancer for twenty years and is a former percussionist with the Stan Kenton Orchestra.
$190 per person.

For Leaders' Biographical Information, see pages 32-36.

March 13-15
A WEEKEND
OF MOVEMENT
with GABRIELLE ROTH

In describing her workshop, Gabrielle Roth writes: "As we are, so we move: spontaneous or tense, flowing or restricted. This workshop is designed so that each individual may discover the language of movement, become familiar with his own physical vocabulary and learn to use it as a means for personal growth and communication with others." Music, dreams, imagery and sensory perception are some of the stimuli Miss Roth uses to initiate the movement process.
$70 per person.

March 13-15: GESTALT OPEN WORKSHOP with ROBERT RESNICK. *See pages 38-39 for description.*

March 13-15
STAYING WITH IT
Weekend Workshop
with CLAUDIO NARANJO
and AL SCHWARTZ

Our ordinary condition is one in which our mind constantly flits from one object or thought to another, so that we do not even realize to what extent we do not give ourselves completely to anything; our feelings remain half-felt and our thoughts half-thoughts. This weekend will be an attempt to explore the depth of experience that may be possible by merely dwelling upon things wholeheartedly. This will be done in a variety of exercises and meditation teachings involving continuity of attention, insistence and repetition.
$70 per person.

March 15-20: GESTALT 5-Day OPEN WORKSHOP with JAMES S. SIMKIN. *See pages 38-39 for description.*

March 15-20: YOGA: STUDIES AND APPLICATIONS. 5-Day Workshop with Joel Kramer. *See page 19 for description.*

March 15-20
5-Day WORKSHOP
FOR COUPLES
with BILL
and AUDREY McGAW

This workshop will provide an opportunity for married or engaged couples to explore marriage, not as an institution, but as an extremely vital and personal way of life. The McGaws concentrate on the positive aspects of partnership, increased understanding of self and mate and deeper, more meaningful communication.
$380 per couple.

March 15-20
AWARENESS TRAINING
FOR DENTAL
PROFESSIONALS
5-Day Workshop with
JACK ROSENBERG, D.D.S.
and
GEORGE BROLASKI, M.D.

The manner in which the dentist approaches his patients and practice is, in general, a reflection of the way he approaches life. This workshop is designed to allow the participant to explore both aspects of a professional man's life — his practice and his inner life — in hopes of developing a deeper significance and awareness of both. Encounter, gestalt and body awareness techniques as well as videotape feedback, will be used during the workshop. The application of some techniques in dealing with patients will be covered by Dr. Rosenberg. Dr. Brolaski will center on the "Journey Inward". Participants must be in fields related to dentistry: dentist, dental assistant, dental hygienist, dental technician.
$200 per person.

For Reservation Information, see page 43.

March 20-22: OPEN ENCOUNTER WEEKEND with ESALEN ENCOUNTER STAFF. *See page 39 for description.*

March 20-22
MOVING ENCOUNTER
Weekend Workshop
with HEATHER KEEN
and LOUIS PAUL

This workshop will make use of both movement and language as media for relating to others, with experiences in movement and nonverbal communication forming the basis for verbal encounter. Individual exercises will focus on opening pathways to a deeper understanding of the self; group experiments will center on touch and sensitivity to the movement of others. Wear leotards or loose clothing in which you can move freely. Limited to 25.
$70 per person.

March 20-22
ORACLE IMAGERY AND CENTERING
Weekend Workshop
with GIA-FU FENG

There will be intensive sessions in oracle reading and dream interpretation, as well as *t'ai chi chuan*. Gia-fu is especially gifted in reading oracles, partly because one Chinese character can mean ten different things under ten different circumstances. He is the author of *I Ching, A Guide to Oracle Imagery, and Tai Chi, a Way of Centering* (Macmillan, 1969).
$70 per person.

March 22-27
HUMANISTIC EDUCATION, OR, "EDUCATION DOESN'T HAVE TO TASTE BAD"
5-Day Workshop
with AARON HILLMAN

"Confluent education" is the term currently being used by the Ford-Esalen project group to signify a merging of the cognitive and affective domains in education. This workshop will explore the process of "confluent education", utilizing the approaches which were developed during the Ford-Esalen research project. While designed primarily for teachers at all levels, the workshop is open to anyone in the education field. Gestalt awareness training for teachers and students will be an integral part of the program.
$180 per person.

March 22-27
GESTALT AWARENESS TRAINING
5-Day Workshop
with GEORGE I.
and JUDITH BROWN

Based on principles of gestalt therapy, awareness training as practiced by the Browns involves two phases: (1) readiness techniques such as nonverbal communication games, sensory awakening, encounter and the conscious use of fantasy; (2) gestalt awareness training with the intent of helping workshop members get in touch with themselves, to become more aware of each other, to move through fantasy, illusion and preconception to "who" and "what" is really there. Appropriate for individuals and couples.
$180 per person.

March 27-29
SENSORY AWAKENING: REBIRTH
Weekend Workshop
with BERNARD GUNTHER

Bernard Gunther, poet, describes his workshop as follows: "A series of ritual experiments designed to take you out of your ego mind and in joy find a more flowing kind of awareness being: continuously reborn. In this weekend workshop we will use massage meditation, sensory relaxation and nonverbal communication to trans/end frustration and through sensory initiation: child like become again."
$70 per person.

For Leaders' Biographical Information, see pages 32-36.

March 27-29
ESALEN EASTER CELEBRATION
Weekend Program
with BOBBY and TENNEY KIMMEL and THE NEW COUNTRY CHURCH

The New Country Church is representative of the new grass roots movement in religion emphasizing direct personal participation in the religious experience. This weekend will be a joyous celebration of rebirth, taking in the entire Esalen and Big Sur communities. Workshop members will have the opportunity to construct and participate in their own celebration of Easter with the Esalen Staff and the resident New Country Church Gospel Choir. The Choir is composed of Esalen staff members and Big Sur residents They sing new songs of spiritual awakening.
Possible activities include group meditation, sensory awakening sessions, a celebration meal, gospel choir singing and other things planned by the workshop members.
$70 per person.

March 27-29
ON TWO VARIETIES OF HALLUCINATORY EXPERIENCE: THE ARTISTIC AND THE RELIGIOUS
Weekend Seminar
with ROLAND FISCHER

This seminar will explore recent research into the relationship between artistic creativity, mystical experience and neurophysiological functioning which has been studied by Dr. Fischer. Julian Silverman, Esalen's Research Director, will be available to comment on Dr. Fischer's research in relation to his own in the same area.
For further description of this seminar, write to Esalen/San Francisco.
$70 per person.

March 29-April 3: ENTERING EXPERIENCE IN DEPTH – 5-Day Workshop with CHARLOTTE SELVER and CHARLES BROOKS *See page 41 for description.*

March 29-April 3
ENLIGHTENMENT THROUGH TANTRA
5-Day Workshop
with SHYAM BHATNAGAR

This workshop will explore Tantric foods, sex, sleep, dreams and a general idea of how we create and are created through sound and rhythm. There will be chanting of mantras, practice of physical and mental exercises and special meditation techniques tailored for each participant with the seed *(bija)* mantra to release vital dormant psychic strength from each *chakra*. There will be special emphasis on Tantric practices for couples.
$180 per person.

March 29-April 3
SEX, LOVE AND MARRIAGE IN THE YEAR 2000
5-Day Program with
ROBERT & ERMA RIMMER and the Esalen Staff

Bob Rimmer is the author of *The Harrad Experiment, Proposition 31* and other novels. Basic themes in his work are the creations of new patterns of sexual and family relationships in our culture and the building of a new psychological sophistication which will free people for more intense enjoyment of life. In this workshop, the Rimmers will discuss some of these unconventional themes, and participants can share their own ideas and experiences. We may also experiment with Esalen activities, like micro-labs, group fantasy and encounter techniques for everyday living, with the goal of adding substance to the utopian possibilities of our ideas.
$180 per person.

April 3-5: THE DELIGHT OF IMMEDIACY. Weekend Workshop with CHARLOTTE SELVER and CHARLES BROOKS
See page 41 for description.

April 3-5
CONTRIBUTING TO THE GROWTH OF OTHERS
Weekend Workshop
with SAMUEL CULBERT

Many of us are looking for new ways to use ourselves more effectively in contributing to the growth and learning of others. This workshop will aim for the participant's greater connection with his personal power as he helps others in their own self-exploration. Focus will be on the variety of interpersonal connections that lead to growth and fuller realization of man's potential. The workshop would be of special interest to those in the helping professions but is open to anyone.
$70 per person.

For Reservation Information, see page 43.

April 5-9
PROFESSIONAL WORKSHOP IN BIO-ENERGETICS ANALYSIS
4-Day Workshop with
ALEXANDER LOWEN, M.D.
& JOHN PIERRAKOS, M.D.

This workshop is designed for persons who are interested in understanding the language of the body and in learning how to work with the body to resolve emotional problems. Dr. Lowen's approach is grounded in basic psychoanalytic thinking and presents an in-depth technique for handling deep personality disturbances.
The workshop is professionally oriented and restricted to psychiatrists, psychologists, social workers, therapists and those in related fields. Participants should come prepared with trunks or leotards in order to experience the work directly. Recommended reading list will be sent at time of registration. (Limited to 35).
$200 per person.

April 5-10: GESTALT AND MOVEMENT. 5-Day OPEN WORKSHOP with JOSEPH J. DOWNING and GABRIELLE ROTH. *See pages 38-39 for description.*

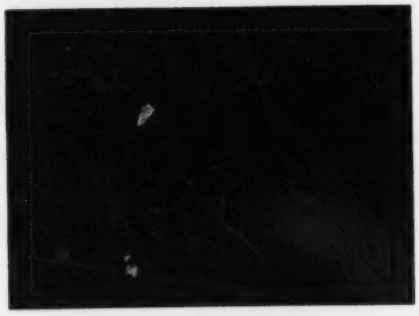
April 5-10
BODY AWARENESS AND THE SENSE OF BEING
5-Day Workshop
with ED MAUPIN

The sense of reality, pleasure and coherence in what we do depends on our not being alienated from ourselves as bodies. Even relating to other people requires that we be someone in this sense. In this workshop, a variety of approaches — sensory awareness, movement, material drawn from the Rolf method and from several yoga traditions — are used to awaken a sense of self more primary than ideas, definitions, fantasies. The increased body awareness is then used to explore possibilities for more profound contact with other people, greater aesthetic response and a more creative use of the imagination.
$190 per person.

April 10-12: OPEN ENCOUNTER WEEKEND with ESALEN ENCOUNTER STAFF. *See page 39 for description.*

April 10-12
A WEEKEND OF MOVEMENT
with GABRIELLE ROTH

In describing her workshop, Gabrielle Roth writes: "As we are, so we move: spontaneous or tense, flowing or restricted. This workshop is designed so that each individual may discover the language of movement, become familiar with his own physical vocabulary and learn to use it as a means for personal growth and communication with others." Music, dreams, imagery and sensory perception are some of the stimuli Miss Roth uses to initiate the movement process.
$70 per person.



April 12-17: THE OPEN COUPLE. 5-Day Workshop with BETTY FULLER. *See page 18 for workshop description.*

April 12-17
A WORKSHOP FOR FINDING YOU YOURSELF
5-Day Workshop
with JOHN LILLY
and STEVEN STROUD

Our trip in this workshop is *your* trip. Who are you? Where did you start? Where are you now: in your body, in relation to me? Games you play, with yourself/with us, are they necessary? Who are you in crisis? Do you get what you want or do you compromise? Where next? We will focus on these and other questions using various awareness techniques.
$180 per person.

April 12-17
MOTIONS THROUGH INNER SPACE
5-Day Workshop
with KEN CHASE
and STEVE GENARDINI

This workshop will be an intensive exploration of inner space and body movement. An introduction to *Tai Chi Chuan*, the ancient Chinese moving meditation, will be combined with sensory awareness and music. The emphasis will be on slow motion, breathing techniques and perfected balance. The music will be presented by the Big Sur Primitive Jazz Society each evening to accompany the *Tai Chi Chuan*. A dance concert in new time signatures will be followed by Cuban and Brazilian spiritual rhythms.
$180 per person.

April 17-19: OPEN GESTALT WEEKEND – A lecture-demonstration with FREDERICK S. PERLS, the founder of Gestalt Therapy. *See pages 38-39 for description.*

April 17-19: YOGA: STUDIES AND APPLICATIONS. Weekend Workshop with JOEL KRAMER. *See page 22 for description.*

April 19-24: PROFESSIONAL GESTALT WORKSHOP with FREDERICK S. PERLS. *See pages 38-39 for description.*

April 19-24: TOWARDS EXPANDED CONSCIOUSNESS. 5-Day Workshop with CHARLOTTE SELVER and CHARLES BROOKS. *See page 41 for description.*

April 19-24
MASSAGE AND MEDITATION
5-Day Workshop with
MOLLY DAY SCHACKMAN

Molly Schackman describes her workshop as "a week in which we will focus on becoming centered and quiet, learning to move from our center and allowing the inner power we have achieved to flow naturally and caringly through our hands to the bodies of others, awakening their senses. The release of any emotions which may arise from touching or being touched, or from our meditations, will be encouraged. There will be time at the end of the day for exploring these and for being together verbally and nonverbally. Periods of instruction and practice in massage will be preceded by early morning meditation and followed by sunset meditation. There will be no late evening meetings (except Sunday night) so we can be refreshed for our early morning meditation."
Couples are encouraged to attend so they can continue to massage each other at home. Participants should plan to arrive in time to eat dinner before an 8:00 p.m. evening session on Sunday and try to stay through 5:00 p.m. Friday.
$180 per person.

April 24-26
THEATRE AS A SOURCE OF AWARENESS
Weekend Workshop
with JAMES WOODS

Although most theatres remain an elite area separated from the popular audiences of television and film, the dramatic experience has nevertheless become democratized, even though most often in a nonartistic form. Theatre, or more accurately, dramatic experience, is happening everywhere, not only in the formal setting of the university and the commercial stage. Examples are middle-class encounter groups, agitprop and guerilla theatre used by youth and political movements. The theatre program of Studio Watts Workshop is a part of this democratization of art in society. By generating plays of high artistic value from ghetto experience, the Studio may be creating the only kind of communication which is possible between increasingly closed groups.
This weekend will be an experiential exploration of this technique through which participants (including six members of Studio Watts Workshop) will develop a play around a theme chosen by the participants. The participants will use the group theatre experience as a tool for widened awareness and change. The production, by objectifying isolated and personal experience, becomes a kind of vehicle for participants' own movement and change in an increased number of directions.
$70 per person.

For Reservation Information, see page 43.

April 24-26
A MULTI-RACIAL WORKSHOP TO EXPLORE FEELINGS THROUGH MOVEMENT
Weekend Workshop
with ANN HALPRIN

This workshop will dramatize feeling through the use of movement. The ultimate object – the creation of a work of dance and dramatic art – entails the development of new interpersonal awareness among participants. (For further information on this approach, please refer to the June 1969 issue of *Drama Review.*)
Ann Halprin, artistic director of the Dancers' Workshop of San Francisco, has appeared in and directed underground movies and TV programs; has taught and produced happenings in universities and colleges. Her company has appeared at international festivals in Europe. Since September Ann Halprin, with the Dancers' Workshop, has been collaborating with a black group with Studio Watts Workshop. They gave a performance at the Mark Taper Forum called "Ceremony of Us", and a TV program called "Right On", and is continuing to perform with students on campuses in the West Coast area.
$70 per person.

April 24-26
INFORMAL MASSAGE WEEKEND
with RICHARD HORAN

A workshop designed to help tune participants into their bodies through methods of relaxation and to learn informal massage suited for the home. The technique does not require special equipment and is adapted to any comfortable position. Emphasis will be placed on developing expressions of love, caring, trust, rhythm and breathing.
$70 per person.

April 24-26
FOR THE GOOD MARRIAGE: MORE AUTHENTICITY
Weekend Workshop
with GEORGE I. and JUDITH BROWN

A workshop for couples who feel they have a relatively healthy marriage and would like to experience ways to make their relationships even more real, exciting and substantial. The focus of the program will move through misleading and confusing preconceptions of oneself and one's marriage partner to increasing perception and authentic response to a real person in a real world. The Browns will use approaches to gestalt awareness training that once learned in the workshops can continue to be used by the couple in their home setting.
$140 per couple.

April 26-May 1: OPEN ENCOUNTER with ESALEN ENCOUNTER STAFF. *See page 39 for description.*

April 26-May 1
OPENING UP AND LETTING GO
5-Day Workshop
with CLAUDIO NARANJO

In this experience, exercises will be used stemming from many places, times and religions – esotericism, psychotherapy, religion and art – directed to the underlying challenge of letting-go; in fantasy, thought, speech, movement, feeling, action and interpersonal contact. This work will lead to self-knowledge and aid in overcoming stifling control and hidden fears which impoverish life and personality.
$180 per person.

May 1-3: HUMANISTIC EDUCATION, OR, "EDUCATION DOESN'T HAVE TO TASTE BAD" – Weekend Workshop
with AARON HILLMAN $70 per person *See page 26 for description.*

May 1-3
LETTING GO
Weekend Workshop
with CLAUDIO NARANJO and AL SCHWARTZ

In this experience, exercises will be used stemming from many places, times and religions – esotericism, psychotherapy, religion and art – directed to the underlying challenge of letting-go; in fantasy, thought, speech, movement, feeling, action and interpersonal contact. This work will lead to self-knowledge and aid in overcoming stifling control and hidden fears which impoverish life and personality.
$70 per person.

For Leaders' Biographical Information, see pages 32-36.

May 1-3
DREAM APPRECIATION
Weekend Workshop
with
MONTAGUE ULLMAN, M.D.

Too little attention has been paid to the task of establishing a sense of rapport and understanding with our own dream consciousness. This is all the more surprising in the light of the current interest in developing techniques for enhancing self-awareness. This workshop will include: a presentation of a point of view about dreaming as metaphor in motion; exercises using manifest content to explore the potential range of thought and feeling embedded in the metaphor; the metaphor of the dream examined in specific life context.
$70 per person.

May 1-3: TOWARDS EXPANDED CONSCIOUSNESS: Weekend Workshop with CHARLOTTE SELVER and CHARLES BROOKS. *See page 41 for description.*

May 3-8
MOUNTAIN ENCOUNTER
5-Day Workshop
with STEVEN STROUD
and JACKIE KRENKEL

Encounter, as developed by William Schutz, will be the format of the workshop. Participants will hike with a pack train to a camp site in the mountains of Big Sur on Monday and will camp there until Friday. The week will be spent in an encounter group and in exploring the mountains, streams and woods.
$190 per person.

May 3-8
A CRAFT WORKSHOP
5-Day Workshop with
the GUILD OF HANDS

Beginning with the basic assumption that within each individual lies all he needs to begin an approach toward creative fulfillment, this workshop will explore ways in which people can "do". Leaders of the workshop are people who "do". Some of the tools used in this exploration will be:

Pottery	Jewelry
Graphics	Baking
Batik	Leatherwork
Weaving	Photography

Emphasis will be on process, rather than completed work. The general tone of the workshop can best be described in the phrase "structured spontaneity".
$180 per person.

May 3-8
MOVEMENT
AND MASSAGE
5-day Workshop
with GABRIELLE ROTH

Miss Roth describes this program as follows: "As we are, so we move and touch: spontaneous or restricted, flowing or tense, open or inhibited. The combination of massage and movement techniques offers a unique experience for becoming aware of our own movement and how it flows outward into the bodies of others. As we make these physical discoveries we can begin to allow our naturalness in terms of gesture, feeling, movement and touch to be expressed."
$180 per person.

May 3-8
VISUAL IMPROVEMENT:
AN APPLICATION
OF GESTALT
PSYCHOTHERAPY AND
THE BATES' METHODS
5-Day Workshop
with MARILYN
ROSANES-BERRETT, Ph.D.

This workshop will include lectures and discussions on Gestalt Therapy as advanced by Frederick S. Perls and as applied to common visual refractory and fusion difficulties. Techniques from variations of Bates' work which can be utilized to improve vision will be demonstrated and applied. This method was made famous by Aldous Huxley's book, *The Art of Seeing*. Such methods lead to awareness of visual functioning which is a major facet of the functioning of the whole person. This program is not suitable for myopics wearing over maximum six-diopters lenses.
$200 per person.

May 8-10: OPEN ENCOUNTER WEEKEND with ESALEN ENCOUNTER STAFF. *See page 39 for description.*

May 8-10
ESALEN'S
EIGHTH BIRTHDAY
A Weekend Celebration
in Big Sur

Esalen is eight years old this month, and like any healthy eight-year-old, it dearly loves a party. Participants are invited to join Mike Murphy, Ben Weaver, the Esalen staff and as many Esalen old-timers as we can round up, in celebrating our survival through good times and bad, and sharing in our wonder and awe at the strange evolution of this place from a seedy and run-down resort (which, in some ways, it still is) to an institute with projects ranging from neuro-physiological research to theological reflection. On the lighter side, there will be an abundance of music with the Big Sur musicians, and all kinds of celebratory dance, including Greek dancing led by Jim and Virginia Hrisikos and Israeli and other ethnic dancing led by Al Drucker and Jill Harris.
$70 per person.

For Reservation Information, see page 43.

LEADERS' BIOGRAPHICAL INFORMATION

WALT ANDERSON has studied psychodrama for several years under Dr. Lewis Yablonsky, and is Executive Director of the California Institute of Psychodrama. He has also worked with meditation and encounter techniques, and is a member of the board of the Topanga Center for Human Development in Los Angeles. He teaches political science part-time at San Fernando Valley State College and his most recent book, *Politics and Environment*, will be published this Spring by Goodyear (Prentice-Hall).

JOSÉ ARGÜELLES, Ph.D., has researched and written on visual psychophysics, evolution of consciousness and the *I Ching*. He has taught at Princeton University and is currently Assistant Professor of Art History at the University of California, Davis. As a painter he has exhibited with his wife, Miriam, on both the East and West coasts. As co-leaders they have led workshops on the Mandala and *I Ching*, and together they have done extensive work on the theory and practice of the Mandala.

JUDITH ASTON has an M.A. in dance from UCLA, and has been directing the Dance Theatre at Long Beach City College for six years. This group of dancers, actors, musicians, painters, housewives, etc., works to create new forms of artistic expression. In 1966 Miss Aston directed "Rituals", a theatre piece for sixty-five movers, and in 1968 directed the dance in Festival of Performing Arts with Studio Watts. She has co-led many workshops at Kairos and is on the staff of the San Diego Gestalt Therapy Institute. Miss Aston has been trained in Structural Integration by Ida Rolf and specializes in this work with children.

BETTY BERZON has been Director, Group Program Development at the Human Development Institute, a Bell & Howell subsidiary, since April, 1968. For nine years before that she was on the staff of the Western Behavioral Sciences Institute, La Jolla, California, where she conducted the research on self-directed groups out of which Bell & Howell's *ENCOUNTERTAPES* Series was developed. She is a psychologist, a training consultant, author of a number of papers and co-editor of a forthcoming book, *The Encounter Group: Issues and Applications*.

HAROLD BESSELL, Ph.D., has practiced psychotherapy for the past fifteen years in a child guidance center, university clinics, and in private practice. He is co-author of the Human Development Program for the emotional education of children. Over 1200 teachers have been trained in this approach, which is used to promote awareness, self-confidence and understanding of interactions in young children. This program has won acclaim as a substantial and comprehensive way to foster affective education.

SHYAM BHATNAGAR, teacher and psychic therapist, began his training under the great Kundalini Yogi "Baba Jee" at age 12. In 1966, he established the Self-Development Institute in Bareilly, India for the practical study of Tantric Yoga. An accomplished tambura player who has worked with Ravi Shankar, he has co-led seminars with Joseph Campbell and Bernard S. Aaronson.

GEORGE BROLASKI, M.D., is a practicing psychiatrist and director of The La Jolla Institute. His education has been in Mexico, Hawaii and California and he has wide experience in individual, family and group therapy.

GEORGE I. BROWN teaches courses in group interaction, creativity, awareness and sensitivity training as a professor at the University of California, Santa Barbara. With his wife he has given workshops and seminars for many diverse groups in the United States and Canada. Dr. Brown is a nationally known researcher in the affective domain and creativity.

JUDITH R. BROWN, co-trainer with her husband, brings much experience in group awareness training. Her approach is based on principles of gestalt therapy as founded by Dr. Frederick Perls, with whom she has worked as a co-therapist.

ELIZABETH K. BUGENTAL, Ph.D., is a counselor and group consultant and works with her husband in conducting individual and group psychotherapy. She has served as Head of the Department of Theatre Arts at Immaculate Heart College in Los Angeles and as a counselor at the University of California, Santa Barbara. Her unique contribution is bringing the insights of the theatre to bear on the human experiences of encounter groups, counseling and psychotherapy. She has a long experience with multimedia methods, and she has written plays, musicals and pageants for children and adults. In 1965 she published *Words of Ugo Betti*, and she is currently working on a new book.

JAMES F.T. BUGENTAL, Ph.D., is a psychologist and writer on topics in existential-humanistic psychology. Currently serving principally as a consultant to the Educational Policy Research Center at Stanford Research Institute, he is on leave from his partnership in Psychological Service Associates in Los Angeles. In the past he has been on the psychology faculties at UCLA and Georgia Tech. He is a past president of the American Association for Humanistic Psychology and of the California State Psychological Association. He is author of *Psychological Interviewing* and *The Search for Authenticity*.

JOSEPH CAMPBELL is author of *The Hero with A Thousand Faces* and *The Masks of God*, co-author of *A Skeleton Key to Finnegan's Wake* and editor of the posthumous works of Heinrich Zimmer, as well as the five Bollingen volumes of *Papers from the Eranos Yearbooks*. He has been a member of the Literature Department of Sarah Lawrence College since 1934 and a lecturer at the Foreign Service Institute, Department of State, Washington, D.C., since 1956.

KEN CHASE was resident instructor of Tai Chi Chuan at Esalen Institute. He has studied with Master Choy in San Francisco and divides his teaching time between Esalen and Santa Cruz.

HARVEY COX is Associate Professor of Church and Society in the School of Divinity, Harvard University. He is author of *The Secular City*, *On Not Leaving it to the Snake* and numerous articles which have opened up new perspectives on secularization and the religion of modern man. He has been active in civil rights work, was a "fraternal worker" in Berlin maintaining contact with churches and universities in East Germany and attended the New Delhi Conference of the World Conference of Churches in 1962. Most recently his interest has turned to a theology of hope and encouragement of dialogue between Christian and Marxist.

ROBERT W. CROMEY is an Episcopal priest who has completed the Esalen Residential Program of 1969. His interest is in encounter groups, the experiential and sensory dimensions of ritual, ceremony and Western religious practice. He is Vicar of St. Aidan's Episcopal Church in San Francisco.

SAMUEL A. CULBERT, Ph.D., is Assistant Professor of Behavioral Science in the Graduate School of Business Administration, UCLA. Formerly, he was employed in Washington, D.C., by the NTL Institute for Applied Behavioral Science.

JOSEPH J. DOWNING is a psychiatrist in private practice, President of San Francisco Gestalt Therapy Institute, and formerly superintendent of Mental Health Services, San Mateo County, Department of Public Health and Welfare.

JACQUELINE LARCOMBE DOYLE, former Esalen Resident Fellow, holds her Master's Degree in Psychology. She leads encounter groups privately and for Esalen in the Bay Area and throughout the country. She was formerly sensitivity trainer in psychiatry, University of New Mexico Medical School. She has traveled widely, lived in Europe and done University lecturing there.

JAMES EAGEN is a former primary school teacher. He has taught ghetto school children in Harlem, the Lower East Side and Hunter's Point. His interest is the application of increased mind-body awareness to classroom teaching. In addition to teaching and educational research, he has training in theatre, encounter, gestalt and sensory awareness and meditation. He holds degrees from Antioch College and City University of New York and is presently a doctoral

candidate at the University of California, Berkeley and a staff member at Esalen, San Francisco.

IRA EINHORN, a resident of Philadelphia, has taught at Temple University and at the Free University of the University of Pennsylvania (including courses in the novel, drugs, McLuhan and ecology); directed a school for black slum children; run two be-ins involving 10,000 people; and participated in many radio and TV programs and lectured widely. He is presently writing a book entitled *The Marriage of Faust and Shiva,* an attempt to integrate Western technological control of the outer environment and Eastern psycho-physical control of the inner environment. He is also setting up an ecological action/information center to coordinate those involved in the conspiracy to make planet Earth livable.

JAMES FADIMAN, Ph.D., has taught psychology at San Francisco State and Brandeis University. He is an editor of the *Journal of Humanistic Psychology* and the *Journal of Transpersonal Psychology.* Presently he is a consultant with Snowden, Sullivan & Goodwin, working with educational and industrial institutions.

ROLAND FISCHER, Ph.D., initiated research into the staining behavior of cell membranes and biological research on schizophrenia, studying what he termed drug-induced "model psychoses". He is Professor in the Department of Psychiatry, Division of Behavioral and Neurobiological Sciences, and Associate Professor in the Department of Pharmacology, Ohio State University. He has published over 180 research papers in the following areas: cell membrane-and-receptor-models; biological aspects of normal and pathological behavior; "model psychoses"; psychopharmacological aspects of time and space; and mechanisms and perceptual-behavioral correlates of central nervous system excitation and depression. He represents the U.S. on a Board of the International Society for Psychopathology and Artistic Expression, and is a member of the editorial board of *Agents and Actions,* a Swiss Journal of Pharmacology.

ARTHUR M. FOX has worked and trained with William C. Schutz, including many groups and the 1969 Residents Program. His background is in psychology and education and he has taught in ghetto and private schools.

JANICA FOX, together with her husband, worked and trained with William C. Schutz during the 1969 Residents Program and in group leadership training. Previously she spent five years doing research on groups in the Social Relations Department at Harvard University.

BETTY FULLER, 1967-68 Resident Fellow, is Esalen's Director of Consulting Services and an Associate in Residence. She is one of a group of encounter leaders selected and trained by William C. Schutz. In addition to her work with groups around the country, Betty's background includes teaching in the public schools of Michigan and California and several years in radio, TV and the theatre as producer-writer-actress-director.

STEVE GENARDINI is musical director of the Big Sur Primitive Jazz Society. He has been a professional musician-dancer for over twenty years and was formerly a percussionist with the Stan Kenton Orchestra.

GIA-FU FENG teaches Tai Chi, Calligraphy and Shiatsu-therapy at Esalen and Stillpoint in Los Gatos. With Professor Jerome Kirk of the University of California at Irvine he has retranslated the *I Ching* (Book of Changes) from the Chinese. His book entitled *I Ching, a Guide to Oracle Imagery, and Tai Chi, a Way of Centering,* was published recently by Macmillan.

SHEP GINANDES is a psychiatrist, sculptor and musician. He works particularly with young people and directs a training center where young people learn to develop their identities as artists. LOIS GINANDES is a professional modern dancer and teacher of yoga and movement. Dr. and Mrs. Ginandes have worked together with artists, using this particular blend of yoga, meditation and group hypnosis training to deepen creative awareness.

For Reservation Information, see page 43.

BERNARD GUNTHER is one of the pioneers in the use of touch, relaxation, body awareness and non-verbal communication in the total growth process. For the past five years he has been a resident staff member of the Esalen Institute, Big Sur, where he has developed his own approach to massage, meditation and mind/body/environment integration known as sensory awakening. Many of his innovations are now being used in educational, religious and therapeutic situations throughout the United States. He is the author of the best-selling book *Sense Relaxation* (Macmillan-Collier, 1968); his book of poems *Love View* was recently published by Macmillan.

ANNE HEIDER holds a Master's degree in musicology from New York University. She has been a Resident Fellow, a special assistant to Dr. William C. Schutz and co-leader of many encounter groups with her husband John.

JOHN HEIDER, Ph.D., is an Associate in Residence at Esalen Institute. He has done research on the effects of meditation on perception. He is particularly interested in the role which Esalen plays as a crossroads for many diverse elements of the Human Potential Movement; and he views himself as a natural philosopher working toward integrations of such practices as dance, meditation, sensory awakening and the adventure of encounter.

AARON HILLMAN, teacher and poet, has trained and worked with Dr. George I. Brown, has given workshops and seminars for various groups, and was one of the original members of the Ford-Esalen Research Project. He is author of "A View Through the Chalk Dust" in *Now: The Human Dimension.*

CORRIE HOLLOWAY is a member of the Board of Directors, the Advisory Staff for the training program and coordinator of interracial encounters for Topanga Center for Human Development in Los Angeles. A graduate of Sinclair College in Ohio, he is a free lance environmental consultant in addition to his work with encounter groups.

RICHARD HORAN is an American artist, practicing yogi and masseur. He is currently director of the Esalen massage program.

JACK HURLEY has been a resident staff member and student at Esalen for the past four years, where he has developed his own approach to the Tarot involving a humanistic and gestalt orientation to Western mysticism, symbology and occult traditions.

J. STANLEY JOHNSON, physician, Big Sur and Los Angeles, has been trained in Structural Integration by Dr. Ida P. Rolf.

RICHARD KATZ, formerly a lecturer in Education and Social Relations at Harvard, is now in the Psychology Department at Brandeis. His research focuses on personal growth environments, new models of education, altered states of consciousness (e.g., in the psychedelic and religious contexts) and nonverbal media. He is preparing two books for publication, one dealing with humanistic education and the other with contemporary techniques for personal growth. He is a consultant for Outward Bound Schools and the Peace Corps and has recently returned from field work in the Kalahari Desert studying Bushman trance-curing.

HEATHER KEEN has been working in the field of dance for 16 years as teacher, choreographer, and therapist. She received her dance training with Barbara Mettler. In 1954 she became involved in the liturgical dance movement and has directed dance choirs associated with Boston University, Louisville and Princeton Presbyterian Seminaries. She has worked as a dance therapist at Norton Infirmary and Central State Hospital in Louisville and is presently on the staff at Kairos in Rancho Santa Fe.

SAM KEEN, Ph.D., holds graduate degrees in theology and philosophy from Harvard and Princeton. He is the author of *Gabriel Marcel* and *Apology for Wonder* (Harper & Row) and is currently exploring the outlines of a Dionysian theology in a new book *Libations to a Dancing God.* He has previously been associated with Esalen's Interdisciplinary

Series on Religion and has been professor of philosophy and Christian faith at Louisville Presbyterian Seminary. Dr. Keen is currently a post-doctoral fellow at Western Behavioral Sciences Institute in La Jolla.

STANLEY KELEMAN is an innovative practitioner of the bio-energetics approach developed initially by Alexander Lowen. He has studied with Dr. Ola Raknes and Graf Durchheim at the Center for Religious Studies (on whose Board he serves), as well as at the Alfred Adler Institute for Individual Psychotherapy and the Dasien Analytical School of Psychotherapy, Zurich.

BOBBY KIMMEL is a singer/song-writer and former popular recording artist who now incorporates the spiritual quest into the modern media. He is the director of the New Country Church and the founder/director of the New Country Church Gospel Choir.

TENNEY KIMMEL is an artist, musician, poetess, seamstress, organic cook and mother.

JOEL KRAMER was Yogi in Residence at Esalen Institute during the 1968-69 period and is currently an Associate in Residence. He completed undergraduate work in philosophy at the University of Florida and did graduate work in philosophy and psychology at Columbia, New York University and University of Florida.

JACKIE KRENKEL, and her family, are long-time residents of Big Sur. She knows and loves animals and Big Sur country.

ALAN LAKEIN is a time consultant and president of Alan Lakein & Co., San Francisco. As a consultant, Mr. Lakein is a time planner to presidents and executives of some of the largest corporations in the United States. He has an MBA from the Harvard University Graduate School of Business Administration and has emphasized the application of human relations and mechanized techniques to the improvement of effectiveness in management. The relationship of corporation management to individual management has led Mr. Lakein to develop Time Awareness Programs.

JANET LEDERMAN, artist, teacher, writer, author of *Anger in the Rocking Chair*, has developed and utilized the Gestalt learning process with disadvantaged ghetto children and with children who manifest extreme behavior difficulties. She has applied these methods in a regular educational context as well, ranging from pre-school children to college students and faculties. She is currently leading Gestalt groups throughout the United States and Canada.

LAWRENCE LeSHAN is a research and clinical psychologist who received his Ph.D. from Chicago in 1954. He has worked on the psychosomatic aspects of cancer and on the problem of psychotherapy with patients with a fatal illness. For the past seven years, he has been on a full-time research grant from Frederick Ayer II on the nature of paranormal phenomena. In this he has worked closely with Eileen Garrett and other sensitives and has recently published a monograph "Towards a General Theory of the Paranormal" (Parapsychology Foundation, Inc., N.Y. 1969)

JOHN LILLY is currently an Associate in Residence at Esalen, Big Sur. Formerly, Dr. Lilly was Director of Neurological Research at the Maryland Psychiatric Research Center, Spring Grove State Hospital, Baltimore and Director of the Communication Research Institute, Miami. His primary research interest has been the relation of the mind to the brain. He has training in psychoanalysis, computer theory, biophysics, neurophysiology, psychology, physics, electronic engineering and interspecies communication. He has carried out research on animals (cats, monkeys, dolphins) and on human subjects (including himself). He is author of *Man and Dolphin, The Mind of the Dolphin (A Non-human Intelligence)* and *Programming and Metaprogramming in the Human Biocomputer.*

ALEXANDER LOWEN, M.D., is Executive Director of The Institute for Bio-Energetic Analysis and author of *Physical Dynamics of Character Structure, Love and Orgasm* and *The Betrayal of the Body.* Dr. Lowen is a practicing psychiatrist and is, perhaps, the foremost exponent of the use of the body in analytic therapy.

WILLIAM McGAW is Director of Communications at Western Behavioral Sciences Institute as well as director of the Institute's Experiential Worship Service Project. Through the incorporation of learnings from the behavioral sciences, he hopes to design ways to make services more personal, joyful and meaningful. He was recently invited to present his work to the Fourth General Assembly of the World Council of Churches in Uppsala, Sweden. The McGaws are involved with WBSI's couples group program for the Conciliation Court of San Diego and are conducting numerous couple and family groups throughout the United States.

FATHER WILLIAM McNAMARA is a Carmelite contemplative. With a mandate from Pope John, he founded and directs the Spiritual Life Institute of America in Sedona, Arizona, an ecumenical institute to encourage contemplation among laymen and religious persons. He is also involved in the up-dating of Christian theology and prayer-life.

EDWARD MAUPIN, Ph.D., is an Associate in Residence at Esalen Institute, Big Sur, and is a Director of the Esalen Resident Program. He was formerly at the Neuropsychiatric Institute, UCLA. In his work he draws upon a wide variety of approaches to body awareness, including methods derived from Wilhelm Reich, Alexander Lowen, Ida Rolf, Mary Whitehouse and the psycho-physical disciplines of various religious and esoteric traditions, such as Tantric Yoga and Christian Mysticism.

RALPH METZNER, Ph.D., was editor of *Psychedelic Review* for six years, and has studied various Eastern and Western methods for expanding awareness, including yoga, meditation, visualization, mantras and psychedelics. He is editor of a collection of psychedelic experiences entitled *The Ecstatic Adventure*, 1968 (Macmillan) and is currently with the Counseling and Testing Center, Stanford University.

RICHARD LOUIS MILLER, Ph.D., is a clinical psychologist and existential-gestalt psychotherapist. Presently on leave from the psychology faculty of the University of Michigan, he is co-director of the Institute for Multiple Psychotherapy, San Francisco, and on the Board of Directors of the San Francisco Gestalt Therapy Institute. He is a training therapist at both institutions and is involved in innovations in marital and group therapy.

SARA UNOBSKEY MILLER holds her Master's degree in Special Education and is experienced as a teacher and administrator of special programs designed to enrich the learning potential of children and young adults. She is experienced in conditioning techniques and is interested in the relationship between these techniques and the encounter.

THOMAS MUNSON, M.D., is a psychoanalyst interested in existentialism and Buddhism (which he studied in Japan). He is now a psychiatrist in private practice in La Jolla and is President of the Gestalt Therapy Institute of San Diego. He is also a staff advisor to Kairos.

PAT MURPHY has taught dance and movement classes at University of California, Davis, university extension courses and church programs. She has been influenced by Magda Proskauer, Ann Halprin and Laura Huxley.

PETER MUTKE, M.D., is a graduate of the University of Heidelberg School of Medicine. He is presently in private practice in Carmel, California, specializing in hypnotherapy. He has lectured widely in hypnotherapy and is the author of several research papers.

DENIS O'DONOVAN, Ph.D., associate professor of psychology at Florida Atlantic University, is a diplomate in clinical psychology, ABEPP. He is the president-elect of the American Association for Humanistic Psychology and the editor of *The Philosophical Psychologist.* He is completing a book entitled *The Wish Not to be Human.*

WALTER PAHNKE, M.D., Ph.D., in addition to his work with dying patients, has done research with psychedelic drugs for the past seven years, involving experiments with

theologians and other groups of professionals, as well as work with alcoholic and neurotic patients in the LSD research at the Spring Grove State Hospital, Baltimore, Md. Dr. Pahnke is currently Director of Clinical Studies at the Maryland Psychiatric Research Center. In addition to his medical and psychiatric training, he also has a graduate degree in Theology and a Ph.D. in the Psychology of Religion. Part of his research training was in Europe where he studied the use of LSD in psychotherapy at various research centers. In June 1968, Dr. Pahnke was asked to give the annual Ingersoll Lecture on Human Immortality at Harvard University.

LOUIS PAUL, M.D., is a psychiatrist, psychoanalyst and sensitivity trainer in Beverly Hills and a teaching consultant in crisis intervention and experiential-analytic psychotherapy. He has led encounter groups at Esalen, Kairos, Topanga, Stanford, Antioch and ECCE (Eureka, California).

BURYL PAYNE obtained his Ph.D. in Psychology from the University of Washington in 1962. He also holds an M.S. in physics and worked seven years in industry before turning to the field of psychology. He was on the faculty of Goddard College in Vermont for four years, was Director of Research and Training for Synectics, Inc., in Cambridge for a year, and is now directing a program in science communication at Boston University in the School of Public Communications. Dr. Payne is also the owner of Psycho-Physics Labs, a small company which manufactures instruments for psychologists and educators in the areas of perception and physiological measurements.

FREDERICK S. PERLS, M.D., Ph.D., was born in 1893 in Berlin and left Germany when Hitler came to power. He founded the South African Institute for Psychoanalysis in Johannesburg. After the death of Jan Smuts and the advent of apartheid in South Africa, Dr. Perls emigrated to the United States. He is founder of the gestalt school of psychotherapy; he is co-author of *Gestalt Therapy* and author of *Ego, Hunger and Aggression, Gestalt Verbatim* and other books. Formerly an Associate in Residence at Esalen, Big Sur, he is now head of the Gestalt Therapy Institute of Canada.

JOHN PIERRAKOS, M.D., is Director of The Institute for Bio-Energetic Analysis and a co-worker with Dr. Alexander Lowen. He is a practicing psychiatrist.

ROBERT W. RESNICK, Ph.D., is a gestalt therapist in private practice in Beverly Hills. He has trained with Drs. James S. Simkin and Frederick Perls and has been in practice with Dr. Simkin for the past several years. Dr. Resnick is Chairman of the Gestalt Therapy Institute of Southern California and is the author of *Chicken Soup is Poison.*

IDA P. ROLF, Ph.D., is developer of the Rolf Method of Structural Integration. Structural Integration is a system of deep myo-fascial organization which releases excessive tension and realigns body structure, thereby establishing more efficient functioning. Dr. Rolf has taught Structural Integration in New York, London, Big Sur and Los Angeles for the past several years, and is currently teaching and working on projects connected with the Esalen Institute.

MARILYN ROSANES-BERRETT, Ph.D., was trained by the American Association for Eye Training in 1949 and subsequently practiced eye training in New York City as an Instructor at this Association. She initiated and conducted a research program on the improvement of vision at the Granada Psychiatric Clinic in Miami, Florida, under the supervision of Drs. T. E. Moore and F. S. Perls. This experience led to further studies in Psychology and Perception culminating in her doctoral dissertation at Yeshiva University entitled: "Psychological Coorelated to Myopia compared to Hyperopia and Emmetropia".

JACK L. ROSENBERG, D.D.S., M.A., a practicing dentist in San Rafael, California, has a Master's degree in psychology and has been working in the field of psychology related to dentistry for the past ten years. Formerly Director of Counseling at University of Pacific School of Dentistry, he is now with the post-graduate department of that school and has taught courses in Psychology Applied to Dentistry, Dental Auxiliary Utilization, Work Simplification and Practice Management. He is a trainee at the Gestalt Therapy Institute and has had wide experience in both group encounter and body awareness and utilizes these approaches frequently in his courses.

GABRIELLE ROTH is movement specialist-in-residence at Esalen, Big Sur, where she formerly co-directed the massage program. She has studied and taught creative dance forms for the past ten years and has integrated this experience in her work as a massage specialist. During the past year she has been leading movement in conjunction with gestalt therapy groups as well as with her own groups. Mary Whitehouse has been a major influence in the development of Miss Roth's work.

RICHARD RUBENSTEIN is the best known Jewish radical theologian. He is author of *After Auschwitz, The Religious Imagination and Morality and Eros,* to be published by McGraw-Hill during February 1970. He is University Chaplain to Jewish students and Adjunct Professor in the Humanities at University of Pittsburgh. He has interpreted traditional and modern Judaism in the light of psychoanalytic thought and has sought to restore the depth and wisdom of the tragic vision of life. In his work he has attempted to define the theological problem of how we might be religious in a time of the death of God.

ALEC RUBIN is a movement therapist, encounter group leader, acting teacher and director. He was trained at the New York Institute of Gestalt Therapy and influenced by the methods of gestalt, F. M. Alexander, Stanislavsky, Strasberg, Grotowski, Graham, Gindler and Reich. He has taught theatre and movement at Bennington, Cornell, NYU, the Living Theatre and the Actors Studio, and has led experiential church services and on-going groups on Long Island, where he has been involved in an Upward Bound program with the black community of Wyandanch. He introduced workshops in awareness and encounter to therapists and students in clinics, universities and churches in Australia. He is director of Theatre of Encounter, a workshop for actors, playwrights and audiences in New York.

VIRGINIA SATIR was formerly Director of Training for the Family Project, Mental Research Institute, Palo Alto. She is also a consultant to family research projects and training programs throughout the United States. Mrs. Satir has introduced approaches derived from her own experience as a family therapist and from research at the Mental Research Institute to workshops and clinics in the United States, Canada, and Europe. She has become increasingly interested in the positive aspects of family health and has helped to establish "well family" clinics in various parts of the United States. She is the author of *Conjoint Family Therapy.*

MOLLY DAY SCHACKMAN gave massages, taught massage and organized and directed the massage program at Esalen from November 1965 to January 1969. She trained the present directors of the program and the staff of masseuses and masseurs who were at Esalen during those years. She is a devoted student of meditation and feels that its practice, along with that of exercise or Yoga and body movement, are essential for giving massage.

WILLIAM C. SCHUTZ is a teacher, researcher, theorist and practitioner in the fields of interpersonal behavior and research design. He has taught at Harvard, the University of Chicago, the University of California, Berkeley and the Albert Einstein College of Medicine. He was the research director of a state-wide study of school administration in California and the national research coordinator of the Cooperative Program for Educational Development (COPED) of the U.S. Office of Education. His book on the FIRO theory of interpersonal behavior *(The Interpersonal Underworld)* was published in 1966. He is also author of *JOY* (Grove Press, 1967), a work concerned with encounter group techniques and theory. Currently, Dr. Schutz is an Associate in Residence and Director of Esalen's Resident Program.

AL SCHWARTZ is a writer and editor who has worked extensively with Claudio Naranjo.

LEADERS' BIOGRAPHICAL INFORMATION

BENNETT SHAPIRO, 1967-68 Esalen Resident Fellow, in addition to leading groups locally and throughout the country, also directs a nine-month training program in the Bay Area for encounter group leaders. He has studied with a wide variety of therapists and teachers for over three years and trained for a year at the San Francisco Gestalt Therapy Institute. He is at present integrating gestalt awareness and bio-energetic techniques into encounter group settings. Formerly an architect and visiting lecturer at schools of architecture, he is now a full-time encounter group leader.

STEWART SHAPIRO, Ph.D., in addition to his workshops in conflict resolution and positive experience, is currently engaged in human relations workshops in higher education. Recognizing the powerful potential of T-Groups, positive experience and conflict resolution for the critical situation on many campuses today, Dr. Shapiro believes that communication skills of the highest order need to be applied to interracial problems and the faculty-administration-students dialogue. He is on the staffs of NTL and the UCLA Institute of Industrial Relations in both management and labor programs. Dr. Shapiro is the Director of Counseling and Guidance and Coordinator of the Office of Human Relations, Department of Education, University of California at Santa Barbara.

JULIAN SILVERMAN, Research Director of Esalen Institute, holds the position of Research Specialist with the California Department of Mental Hygiene. Before accepting this appointment, he was for several years with the National Institute of Mental Health where in 1967 he became chief of the section on Perceptual and Cognitive Studies of the Adult Psychiatry branch of NIMH. A considerable portion of his research has been devoted to studies of the psychology and physiology of various altered states of consciousness. The major concerns of his current research program are with the study of psychophysiological functioning in relation to subjective experience and behavior change. He is on the editorial boards of the *Journal of Schizophrenia* and the *Journal of Nervous and Mental Disease.*

JAMES S. SIMKIN, Ph.D., has been co-leader with Dr. Frederick S. Perls of gestalt therapy training workshops for professional psychotherapists at the Esalen Institute over the past six years. His doctorate is in clinical psychology awarded by the University of Michigan in 1951. His post-doctoral training in gestalt therapy was at the New York Institute of Gestalt Therapy, 1952-55. He has taught at the University of Michigan, Rutgers University—University College, California State College at Los Angeles and UCLA Extension. He is a Diplomate in Clinical Psychology of the American Board of Examiners in Professional Psychology and is licensed as a psychologist in the State of California. He has been engaged in the private practice of psychotherapy for the past fourteen years and, in addition to several articles on gestalt therapy, has produced a gestalt therapy training film, "In the Now".

HARRY SLOAN, D.M.D., is a dentist who was an Esalen Resident Fellow under William C. Schutz. He plans ultimately to introduce methods of encounter into medical and dental curriculum.

GERALD SMITH, Ed.D., is a family therapist and marriage counselor in San Mateo, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. His family therapy training was at the Mental Research Institute, Palo Alto. Recently he developed a "Family Communications Check-Up" program through the Family Service of San Mateo County. He is also a consultant with San Mateo County Mental Health Services.

WILLIAM SMITH is a former insurance executive, labor consultant, U.S. Congressional aide, professional house guest, and is currently a Research Associate with Esalen Institute. He holds degrees in psychology, political science and theology.

FREDERICK H. STOLLER, currently senior research associate at the Youth Studies Center, University of Southern California, has been one of the principal pioneers in the development of the marathon group and one of the prime innovators in the use of videotape feedback in the group setting. Leader of a broad range of marathon groups and workshops, Dr. Stoller's written contributions are growing, two of his important papers appearing in Gazda's *Innovations to Group Psychotherapy* (Thomas). A novel about a marathon group, *The Lemon Eaters* by Jerry Sohl (Dell), has been based upon his work.

STEVEN STROUD, Associate in Residence, Big Sur: "By training I am an encounter group leader, by inclination an evangelist. You are God, I am God, and there is a common ground where we are one. I seek this common ground."

CHARLES T. TART, Ph.D., is Assistant Professor of Psychology at the University of California at Davis. He has also taught at Stanford and the University of Virginia Medical School and has conducted extensive research into sleeping and dreaming, hypnosis, and ESP. He is currently conducting studies funded by the National Institute of Mental Health on the possibilities of deliberately altering and controlling dream consciousness, the effects of brain wave feedback, and the nature of marijuana intoxication. He is the editor of *Altered States of Consciousness: A Book of Readings* (John Wiley & Sons, 1969) and the author of more than fifty scientific articles and papers.

GERALD THATCHER has been an Esalen staff member for the past five and a half years. An author, musician and lately an amateur astrologer, he holds a M.A. in Symbolic Linguistics. He has pursued independent studies in Jungian psychology and alchemy and has a wide and varied knowledge of literary and religious symbolism.

TARTHANG TULKU is an Incarnate Lama of the Nyingmapa school of Tibetan Buddhism and former head of Tarthang Monastery in Eastern Tibet. He is the spiritual head of The Tibetan Nyingmapa Meditation Center, recently established in the San Francisco Bay Area.

MONTAGUE ULLMAN, M.D., is currently Professor of Psychiatry at the State University of New York, Downstate Medical Center, and Director of the Community Mental Health Center of the Maimonides Medical Center. In addition to community psychiatry, his major interests have been in the physiology and psychology of dreaming and he is responsible for the first dream laboratory to investigate extrasensory effects in dreaming.

ALAN WATTS, author of *The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology; The Book: on the Taboo Against Knowing Who You Are;* and many other writings, has been—with D.T. Suzuki—the leading popularizer of Zen Buddhism in the United States. In recent years Dr. Watts has worked to unify science, philosophy and religion into a totally modern view.

JAMES M. WOODS is founder/president of Studio Watts Workshop, an experiment in alternative education for low-income youth that is five years old now, and doing well. He has been the director of the drama department there for two years and has presented several plays. Mr. Woods has participated in conferences this year in London, Detroit, San Francisco and Los Angeles as a result of the growth of Studio Watts Workshop and the fresh approaches that are growing out of this experiment.

LEWIS YABLONSKY, Ph.D., is President of the California Institute of Psychodrama, a center for practice and training in psychodrama located in Los Angeles. He is also a professor of sociology at San Fernando Valley State College and the author of several books, including *Synanon: The Tunnel Back* and *The Hippie Trip.* He is past president of the American Society of Group Psychotherapy and Psychodrama, and has been closely associated for over twenty years with Dr. J. L. Moreno, creator of psychodrama.

WILLIAM ZIELONKA, Ph.D., is a psychotherapist with Psychological Service Associates in Los Angeles. He has psychoanalytic training and is especially interested in the body's role in personal functioning. AUDREY ALBIN co-leads groups with Dr. Zielonka and is in the training program at the Topanga Center for Human Development.

For Leaders' Biographical Information, see pages 32-36.

RESIDENCE AND TRAINING PROGRAMS

SPRING RESIDENCE PROGRAM

Esalen's fifth Residence Program will be offered at Big Sur in the Winter/Spring of 1970, beginning February 15 and ending June 19. The program will be under the direction of Steven Stroud, with William C. Schutz acting as consultant, and will be limited to ten or twelve persons. Applicants should plan to attend the residential selection weekend, November 28-30, at Esalen, Big Sur. For further information on costs, format, etc., please write: Residence Program, Esalen Institute, P.O. Box 31389, San Francisco, California 94131.

THE ESALEN SEALAB

The Esalen Sealab Program will take place March 1-June 31, 1970, aboard the 90 ft. barkentine "Pride", sailing into the Caribbean and perhaps beyond. Meeting rooms and living quarters will be the vessel, the sea and the islands. John Heider and Seymour Carter, directors of the Esalen Sealab, will be responsible for selecting participants. There are no formal qualifications for acceptance.

In early weeks of the Sealab, the directors will provide "basic training in awareness". This training will include meditation, encounter work, body and energetics disciplines, sensitivity and sensory awakening and mental exercises: the eclectic program of a More Joy Workshop. As the trip progresses, the leaders wish to work with meditation and communication under the sea using scuba gear; to take advantage of the pressures of the community in relative isolation; to explore the Caribbean culture, witch doctors, Voodoo, music; and to take advantage of the ship's mobility. The exact course, spiritually or geographically, is not known and only the demands of nature and group consensus will determine the set of sail and rudder.

The program costs $4000 per person. Some scholarship funds are available. Interested persons should write to us about themselves, c/o Sara Miller, Esalen Sealab, P.O. Box 31389, San Francisco, California 94131.

A TRAINING WORKSHOP COMBINING ENCOUNTER WORK AND GESTALT THERAPY

An experiential training workshop for educators, psychologists, psychiatrists, ministers, social workers and others in helping professions to explore that vast reach between the mandible and the ground. The workshop will be engaged with

What *is*–
The prose of PAST,
The poetry of NOW,
The fantasy of FUTURE.

Betty Fuller, Associate of William C. Schutz.
Janet Lederman, Associate of Frederick S. Perls.

This month-long program will be held at Esalen Institute, Big Sur, between August 2 and August 28, 1970. Cost of the program is $825, including room, board and fees. Limited to 20 persons. Nonrefundable deposit of $400 due upon application.

WORKSHOPS FOR EDUCATORS

SAN FRANCISCO

Jan. 10-11: DO OUR EDUCATIONAL INSTITUTIONS HAVE A FUTURE? with Carl Rogers *(See page 5.)*
Jan. 30-Feb. 1: CREATING AN EDUCATION with Richard Katz *(See page 7.)*
Jan. 30-Feb. 1: HUMANISTIC EDUCATION with Aaron Hillman *(See page 7.)*
Feb. 6-8: EMOTIONAL EDUCATION FOR CHILDREN with Harold Bessell *(See page 8.)*
Feb. 13-15 & Mar. 13-15: DISCOVERY OF THE POSSIBLE with James Eagen *(See page 9.)*
Feb. 27-March 1: HUMANISTIC EDUCATION with Aaron Hillman *(See page 10.)*
April 10-12: EDUCATION IN THE "AFFECTIVE DOMAIN" with Janet Lederman *(See page 15.)*

BIG SUR

Jan. 11-16: PERSONAL GROWTH, AWARENESS AND EMOTIONAL EDUCATION with Buryl Payne *(See page 18.)*
March 22-27: HUMANISTIC EDUCATION with Aaron Hillman *(See page 26.)*
May 1-3: HUMANISTIC EDUCATION with Aaron Hillman *(See page 30.)*

See also Professional Gestalt Workshops offered by Drs. Simkin, Downing and Perls.

For Reservation Information, see page 43.

GESTALT THERAPY PROGRAMS

Gestalt training, by emphasizing the awareness continuum of oneself and the world, is a way (Tao) of living and enhancing one's experience. It is nonanalytic. It attempts to integrate the fragmented, split personality through noninterpretive focusing in the here-and-now.

FREDERICK S. PERLS, *founder of gestalt therapy.*
JAMES S. SIMKIN, *clinical psychologist, Beverly Hills, Calif.*
JOSEPH J. DOWNING, *psychiatrist, Menlo Park, Calif.*
ROBERT W. RESNICK, *clinical psychologist, Beverly Hills Calif.*
THOMAS MUNSON, *psychiatrist, La Jolla, Calif.*

BIG SUR OPEN WORKSHOPS

Open Gestalt Weekends

Dr. Resnick . . . . . February 13-15
Dr. Downing . . . . . Feb. 27-March 1
Dr. Resnick . . . . . March 13-15
Dr. Perls . . . . . April 17-19
$80 per person

5-Day Open Gestalt Workshops

Dr. Downing . . . . . January 11-16
Dr. Simkin . . . . . January 18-23
Dr. Munson (with Judy Aston) . . . . February 1-6
Dr. Downing (with Gabrielle Roth) . . . Feb. 22-27
Dr. Simkin . . . . . March 15-20
Dr. Downing (with Gabrielle Roth) . . . April 5-10
$180 per person

BIG SUR PROFESSIONAL WORKSHOPS

Open Professional Workshop

February 15-20 with James S. Simkin
(Open to educators, ministers, mental health workers, probation officers, etc.)
$225 per person

Professional Workshop

April 19-24 with Frederick S. Perls
$250 per person (Limited to 25)

Workshop for Dental Professionals

March 15-20
with Jack Rosenberg, D.D.S. and George Brolaski, M.D. *(See page 25.)*

SAN FRANCISCO WORKSHOPS

Open Gestalt Weekend

Dr. Downing . . . . January 9-11
$45 per person

Professional Workshop for Psychotherapists

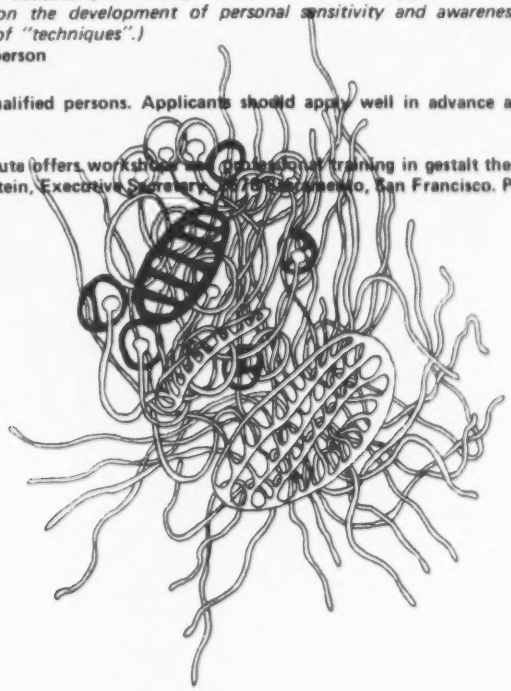
Dr. Simkin . . . . January 30-February 1
$65 per person

Open Professional Workshop

Dr. Downing . . . . April 3-5
(Open to educators, ministers, mental health workers, probation officers, etc. Emphasis will be on the development of personal sensitivity and awareness rather than on the training of "techniques".)
$45 per person

Professional workshops are limited to qualified persons. Applicants should apply well in advance and should state qualifications.

The San Francisco Gestalt Therapy Institute offers workshops and professional training in gestalt therapy. Their schedule is available by writing or calling Jerry Rothstein, Executive Secretary, [illegible] Sacramento, San Francisco. Phone (415) 922-5620.



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For Leaders' Biographical Information, see pages 32-36.

GESTALT AWARENESS TRAINING

BIG SUR WORKSHOPS WITH GEORGE I. AND JUDITH BROWN

January 16-18: GESTALT AWARENESS TRAINING (OPEN) *(See page 18.)*
March 22-27: GESTALT AWARENESS TRAINING (OPEN) *(See page 26.)*
April 24-26: FOR THE GOOD MARRIAGE: MORE AUTHENTICITY *(See page 30.)*

SAN FRANCISCO WORKSHOPS WITH JANET LEDERMAN

March 20-22: 50 POSITIONS FROM WHICH TO EXPERIENCE LIVING *(See page 13).*
April 10-12: EDUCATION IN THE "AFFECTIVE" DOMAIN *(See page 15.)*

WORKSHOPS WITH WILLIAM C. SCHUTZ

William C. Schutz will offer no programs during this brochure period. He will be in residence at Esalen, Big Sur, and will be concentrating primarily on writing and relaxing.

OPEN ENCOUNTER WORKSHOPS with the ESALEN ENCOUNTER STAFF

These workshops are an extension of the More Joy Workshops which originated with William C. Schutz. They are designed, in part, to help each participant expand the limits of his self concept and to more fully realize his potential. The work is grounded in openness and honesty, with encounter as the basic format. Group leaders integrate a wide variety of approaches developed or refined at Esalen to help participants be more aware of what is real for them, how they feel, what they feel about others and how others experience them. These approaches include nonverbal, fantasy, dramatic and gestalt methods, meditation, massage and creativity techniques. If a sufficient number of couples register, each workshop *may* include a group especially for couples.

Leaders will be drawn from a group trained by and associated with William C. Schutz and Esalen Resident Fellows who have completed a program directed by Dr. Schutz. These include: Tom Allen, Seymour Carter, Robert Cromey, Jacquelyn Doyle, Al Drucker, Arthur Fox, Janica Fox, Betty Fuller, Sara Unobskey Miller, Harry Sloan and Steven Stroud.

5-Day Workshops at Big Sur – $180 per person

January 25-30	March 8-13
February 22-27	April 26-May 1

Weekend Workshops at Big Sur – $70 per person

January 30-February 1	April 10-12
March 6-8	May 8-10
March 20-22	

For Reservation Information, see page 43.

PROGRAMS WITH STEVEN STROUD

A Workshop for Finding You Yourself – Big Sur (with John Lilly)
April 12-17 *See page 28.*

Mountain Encounter – Big Sur (with Jackie Krenkle)
May 3-8 *See page 31.*

WORKSHOPS WITH EDWARD MAUPIN

The Rolf Method of Structural Integration – Big Sur (with Stanley Johnson)
February 15-20 *See page 22.*

Body Awareness, The Sense of Being, Music and Dance – Big Sur (with Steve Genardini)
March 8-13 *See page 24.*

Body Awareness & the Sense of Being – Big Sur
April 5-10 *See page 28.*

WORKSHOPS WITH GABRIELLE ROTH

Movement Workshops – Big Sur
March 13-15
April 10-12 *See page 25.*

Movement and Massage – Big Sur
May 3-8 *See page 31.*

Movement Workshop – San Francisco
February 13-15 *See page 9.*

Massage and Movement – San Francisco
March 30-April 2 *See page 14.*

SENSORY AWAKENING PROGRAMS WITH BERNARD GUNTHER

Staying Turned-on – Big Sur
February 20-22 *See page 22.*

Sensory Awakening: Rebirth – Big Sur
March 27-29 *See page 26.*

PROGRAMS WITH JOHN HEIDER

Intimacy: Encounter for Couples – Big Sur (co-led with Anne Heider)
January 18-23 *See page 19.*

Eclectic Encounter – Big Sur
February 1-6 *See page 21.*

Overview of Encounter Technique: A Workshop for Professionals – San Francisco
February 13-15 *See page 9.*

WORKSHOPS WITH BETTY FULLER

Couples' Workshops – Big Sur
January 11-16
February 15-20
April 12-17 *See page 18.*

Experiential Workshops – Big Sur
January 16-18
February 13-15 *See page 19.*

Couples' Workshops – San Francisco
February 23-26
March 13-15 *See page 10.*

Workshop for Unattached Singles – San Francisco
April 10-12 *See page 15.*

For Leaders' Biographical Information, see pages 32-36.

PROGRAMS WITH CHARLOTTE SELVER AND CHARLES BROOKS

In describing her work, Miss Selver writes, "Much as we may wish to live in the present, we are often preoccupied with images and ideas of *how it ought to be*. Instead of responding to the situation at hand with the innumerable nerves, muscles and interweavings of consciousness which we are, much of us is immobilized by early conditioning, emotional problems or habit. But children and sages have a different way of functioning. For them the world flows into consciousness as the air into their lungs, and their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our lack of immediacy which is usually felt as tedium and which necessitates ever stronger stimuli in the search for joy or self-disciplines in the search for peace. By giving up these preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what *should be* but to what *is*, and the world catches fire for us.

"These workshops will explore direct experience, which as it becomes clearer and stronger will slowly burn away the screen of concepts and restrictions which our conditioning has interposed between ourselves and living."

The 4- and 5-day workshops will take this approach in more depth and intensity than the weekend programs. In describing these longer programs, Charlotte Selver and Charles Brooks write: "As our innate perceptive faculties are reawakened through successive experiences to which we learn to devote ever greater attention, consciousness expands to wider and deeper realms, the regenerative and integrative functions of the organism begin to flower again as they did in childhood, and a new approach to every facet of living becomes a real possibility."

BIG SUR

February 27-March 1
BEING IS BECOMING: Weekend Workshop — $75 per person

March 29-April 3
ENTERING EXPERIENCE IN DEPTH: 5-Day Workshop — $180 per person

April 3-5
THE DELIGHT OF IMMEDIACY: Weekend Workshop — $75 per person

April 19-24
TOWARDS EXPANDED CONSCIOUSNESS: 5-Day Workshop — $180 per person

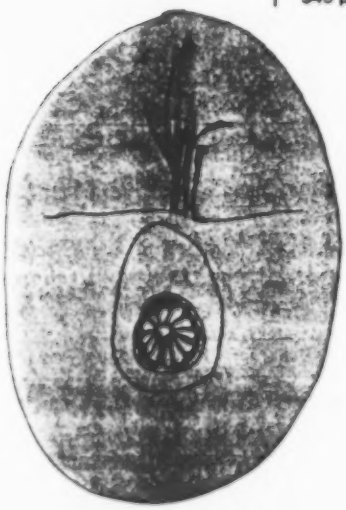
May 1-3
TOWARDS EXPANDED CONSCIOUSNESS: Weekend Workshop — $75 per person

SAN FRANCISCO

March 9-12
ENTERING EXPERIENCE IN DEPTH: 4-Day Workshop
$75 per person. 7 to 11 p.m., Monday through Thursday, March 9-12.

March 13-15
UNFOLDING: Weekend Workshop
$45 per person. Begins 8 p.m., Friday, March 13.

April 17-19
TOWARDS MORE SENSITIVE RELATING: Weekend Workshop
$45 per person. Begins 8 p.m., Friday, April 17.



CHARLOTTE SELVER and CHARLES V.W. BROOKS are Associates in Residence at Esalen Big Sur on leave from the Faculty of the New School for Social Research, New York. Their field is Sensory Awareness, Perception and Nonverbal Communication. They hold regular classes in New York and conduct seminars and study groups throughout the United States and in Mexico.

Originated by Elsa Gindler in Germany, Sensory Awareness has been developed by Miss Selver through 30 years of teaching and exploration. Miss Selver's pioneering work in the United States has been the basis for most of the work with Sensory Awareness and related approaches which are now gaining wide acceptance. Since 1956 she has held joint seminars with Alan Watts, and for the past three years she and Charles Brooks have held joint seminars with Shunryu Suzuki Roshi, Zen Master, Abbot of Zen Mountain Center, Tassajara. Charles Brooks has worked in conjunction with Miss Selver since 1963 and has conducted his own workshops in Santiago, Chile, Berkeley, Tassajara and Monhegan, Maine.

For Reservation Information, see page 43.

TRADITIONAL SADHANAS IN A CONTEMPORARY PERSPECTIVE

Sadhana is a Sanskrit term for a liberating discipline that is pursued for the sake of the individual's spiritual goal. This may be an art, a form of meditation, a style of life—practically anything: for it is the nature of the quest that defines it rather than the form of a given activity. The lack of an adequate equivalent for this term in our language indicates the loss in our culture of such liberating disciplines. The word is useful for designating what Esalen stands for in its attempt to bring together disciplines that show promise of forming a contemporary education for transcendence.

Dr. Naranjo believes that there is an essential unity among religions and a common psychological experience underlying apparently contradictory schools and techniques of psychotherapy. He believes that psychotherapy, the spiritual disciplines and education are basically concerned with a single process of human development—or else they are fossilized remnants of that process.

In a recent publication "The Unfolding of Man", Claudio Naranjo has put forward the claim of a hidden identity among the numerous "ways of growth", old and new, physical and psychological, religious and secular. In his programs at Esalen he is attempting to complement such theoretical formulation with a panorama of experiences, hopefully leading to greater awareness of that essence from which all these approaches—as well as our daily actions—derive meaning. The Big Sur programs involve a combination of gestalt awareness training—itself a highly synthetic product of contemporary psychotherapy—with practices derived from traditional spiritual disciplines.

BIG SUR

February 1-6: BEING ONE'S SELF *(See page 21.)*
March 1-6: SELF-AWARENESS IN MEDITATION AND IN PERSONAL RELATIONSHIPS *(See page 24.)*
March 13-15: STAYING WITH IT (with Al Schwartz) *(See page 25.)*
April 26-May 1: OPENING UP AND LETTING GO *(See page 30.)*
May 1-3: LETTING GO (with Al Schwartz) *(See page 30.)*

SAN FRANCISCO

March 27-29: DANTE'S WAY TO THE STARS *(See page 14.)*
April 17-19: SUFI TALES *(See page 15.)*

SAN FRANCISCO INFORMATION

LECTURES AND SYMPOSIA: Tickets may be purchased by mail from Esalen Institute, P.O. Box 31389, San Francisco 94131. Please enclose a self-addressed stamped envelope. Exact time and location of lectures will be printed on the tickets. When not sold out in advance, tickets may be purchased at the door. (Any event may be cancelled if advance sales indicate insufficient interest.)

SAN FRANCISCO SEMINARS AND WORKSHOPS:
RESERVATIONS: Advance registration is required for seminars and workshops; reservation deadline is one week prior to date of event. To register, send a $10 per person deposit with reservation form or letter to: Esalen Institute, P.O. Box 31389, San Francisco 94131. **Do not send San Francisco reservations to Big Sur.** You will receive confirmation of registration by return mail. Balance of seminar fee is payable at the first meeting.

LOCATIONS: San Francisco seminars and workshops are held at local meeting places. These include the new facilities of the First Unitarian Church, Franklin and Geary Streets, San Francisco, and the Berkeley Center for Human Interaction, 1820 Scenic, Berkeley. If not specified in the brochure, participants will be informed of workshop location at the time of registration and confirmation.

SCHEDULES: Specific meeting times for weekend workshops are announced at the first meeting. Usually, however, workshops meet from 8 to 11 p.m. on Fridays, from 10 a.m. through the afternoon and/or evening on Saturdays, and from 10 a.m. to early afternoon on Sundays. Schedules are not rigid and specific meeting times are established at the group's first session.

ACCOMMODATIONS: Esalen Institute has no lodging facilities in San Francisco. Each participant must reserve his own accommodations at local hotels and motels. Unless otherwise stated, meals are not provided at seminars and workshops.

MEMBER RATES: $10 discount on all seminars and workshops.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes, for men.

BIG SUR INFORMATION

Grounds are closed except by reservation. Participants are discouraged from bringing guests or having people drop in.

SCHEDULES: Weekend seminars begin with dinner at 7:30 on Friday evening and end with lunch on Sunday. 5-day workshops begin on Sunday with dinner at 7:30, ending on Friday after lunch. 7-day workshops begin on Sunday with dinner at 7:30 and end on the following Sunday after lunch. The first session of each workshop begins at 9:00 on the first evening.

COSTS: The rooms on Esalen property are designed for shared occupancy, and seminar and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. On the rare occasion when light attendance at a program makes single accommodation possible, there is a surcharge of $7.00 per night. The amount covers tuition, food and lodging, use of the fresh-water pool and hot mineral baths, and the scheduled periods of Tai Chi Chuan. Massage, available by appointment, is extra.

ACCOMMODATIONS: are usually possible at Esalen Institute; if the property is full, we will reserve rooms at nearby motels. There is a surcharge for off-property accommodations; rates vary according to season and type of accommodation desired. Rates will be supplied by the Esalen office at time of inquiry.

OWN ACCOMMODATIONS: Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodgings in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property—in tents, cars, campers or meeting rooms—is strictly prohibited.

CHECK IN/CHECK OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening. However, this does not prevent guests from arriving earlier in the afternoon. Check-out time is before noon on the last day of the program; since most last morning programs run up to noon or later, guests should arrange to have their rooms vacated before the last morning session.

CHILDREN AND PETS: There are no child care facilities available at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Pets, alas, are not welcome at all.

MEMBER RATES: $10 discount on all seminars and workshops.

RESERVATIONS: must be made at least one week before the first day of the seminar or workshop. Accompanying the reservation a $20 deposit for weekend seminars, $50 for 5-day workshops, $70 for 7-day workshops, **all nonrefundable**, is required (unless another amount is specified). Please mail reservation form with check to: Reservation Desk, Esalen Institute, Big Sur, California 93920. **Do not send Big Sur reservations to San Francisco.**

FOREIGN CURRENCY: Esalen can only accept checks drawn on U.S. funds. For our Canadian participants: most Canadian banks are able to furnish checks drawn in U.S. funds which will be acceptable.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name. From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute—Reservation Only.

LIMOUSINE SERVICE from Monterey: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $15 per person from Monterey airport or Greyhound terminal, with **3 to 5 days advance notice.** On arrival, guests should inquire at terminal service counter for the Esalen representative.

RIDES from San Francisco Bay Area: If you NEED a ride or can OFFER a ride to Big Sur, please call this San Francisco phone number—431-8771—and leave your name and phone number. This should be done from 3 to 5 days before the date you will be leaving for Big Sur. Unfortunately, this service cannot be offered for any other area.

RECOMMENDED DRESS: Slacks, sweaters, jeans, flat shoes for women, bathing suits for outdoor pool. Since there are many activities at night and the grounds are not brightly lighted, please bring a flashlight for your own convenience and safety.

SPECIAL INFORMATION

MEMBER SEMINAR-DISCUSSIONS in the San Francisco Area this Fall will include the following persons as guests. Please consult your Membership newsletters for further details.

STEWART SHAPIRO – Thursday, February 26, 7:30 to 10:30 p.m.

March – to be announced.

ESALEN EXECUTIVE STAFF – Tuesday, April 21, 8 to 10 p.m.

JOSEPH DOWNING, M.D. – Monday, May 18, 8 to 10 p.m.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recorded tapes of many past Esalen programs are now available. This is not a service in lieu of attendance, but is for individuals and organizations to whom recordings of significant lectures and seminars, and training tapes of techniques and methods, are of particular value. This applies to professional and nonprofessional organizations, departments in educational institutions, libraries, religious bodies and individuals with tape collections.

Recording, editing and distribution of tapes is performed by Big Sur Recordings, from which a complete list may be obtained. The cost of recordings is $7.50 per tape-hour, stereo or mono. Write BIG SUR RECORDINGS, P.O. Box 303, Mill Valley, California 94941.

ESALEN BOOKS AND PUBLICATIONS: Written materials of particular significance associated with the programs of Esalen Institute are available at the Big Sur center. Selections include work produced at Esalen as well as writings of a number of past seminar leaders. Direct inquiries to R. Gerald Thatcher, Esalen Books, Big Sur, California 93920.

ACCREDITATION AND THE USE OF ESALEN'S NAME Some individuals and groups have recently involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs; our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools. For the information of the public, we do maintain a consulting service, under the direction of Betty Fuller, that will furnish information about leaders.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please also see membership form (opposite page 36.)

PUBLICATION AND BROADCAST RIGHTS to all lectures delivered at Esalen Institute meetings and workshops belong to Esalen and no use of such material is to be made without the express written permission of one of the Directors in each occurrence of such use.

FM RADIO STATIONS KPFA, KIOI, KSAN and KQED broadcast portions of Esalen seminars and lectures, as do KUOP-FM (University of the Pacific) and KUNM-FM (Albuquerque, N.M.) on an occasional basis. Consult local program guides. A series of Esalen programs was broadcast over 40 educational stations under the title "Seminar: Big Sur" distributed by National Educational Radio, and other series are in preparation from time to time.

VIDEOTAPES AND 16MM FILMS of Dr. Frederick S. Perls' approach to gestalt therapy are now available for professional use on a rental basis from MEDIASYNC, P.O. Box 486, Del Mar, California 92014.

MICROFILM records of Esalen history, brochures and publications are available through MICROBIZ, 590 Howard Street, San Francisco, California 94105.

ESALEN PROGRAMS is published quarterly by Esalen Institute, a nonprofit California corporation. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco offices of Esalen Institute. Do not direct subscription inquiries to Big Sur.

The drawings in this brochure were created in Big Sur by artists associated with Esalen and the Guild of Hands, the alliance of artists and craftsmen which operates the sales outlet at the Hot Springs lodge and produces several Esalen craft workshops during the year. Drawings on front & back cover and pp. 5, 9, 23, 25, 30, 38, 39, 41, 45, 48 by Karl Lee; those on pp. 11, 17 by Bob Martin; on pp. 4, 13, 14, 19, 26, 28, 42 by John Horler; The Tarot cards on pp. 7, 20 a joint venture by John Horler and Jack Hurley. All drawings *© 1969, all rights reserved by the artists.*

THE JOURNAL OF TRANSPERSONAL PSYCHOLOGY

A journal for theoretical and applied research in peak experience, self-transcendence, ultimate values, ecstasy, wonder, B-values, transcendental phenomena and related concepts, experiences and activities. The second issue will feature articles by Lawrence LeShan ("Physicists and Mystics: Similarities in World View"); Willis Harman ("The New Copernican Revolution"); Abraham H. Maslow ("Theory Z"); Kenneth Wapnick ("Mysticism and Schizophrenia"); Anthony J. Sutich ("The American Transpersonal Association"); and others. For subscriptions write to: Journal of Transpersonal Psychology, P.O. Box 4437, Stanford, California 94305. Subscription price is $7.50 per year. Please include NAME, ADDRESS and ZIP CODE.

BULLETIN OF STRUCTURAL INTEGRATION

A journal dedicated to understanding man as a whole—now in its second year of publication. The bulletin provides a vehicle for theoretical and applied research in mind-body phenomena of interest to persons in the health sciences, physical sciences, arts and education. Past issues have included articles concerning Structural Integration (the Rolf technique of postural release); prepared childbirth; movement behavior and movement therapy; Swedenborg's Anatomy. Future issues will include: preview chapters from Ida Rolf's forthcoming book; movement approaches to integration (Tai Chi, yoga, dance, physical education); rehabilitative techniques; book reviews, etc. For a one-year subscription, send $10.00 with your NAME, ADDRESS and ZIP CODE to: Bulletin of Structural Integration, 1334-23rd Street, Santa Monica, California 90404.

ESALEN INSTITUTE · RESERVATION AND TICKET ORDER

This form is for your convenience in preparing attendance at Esalen seminars, workshops and lectures. You may use it for either Big Sur or San Francisco area programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please do make reservations early; some seminars are booked to capacity months in advance.

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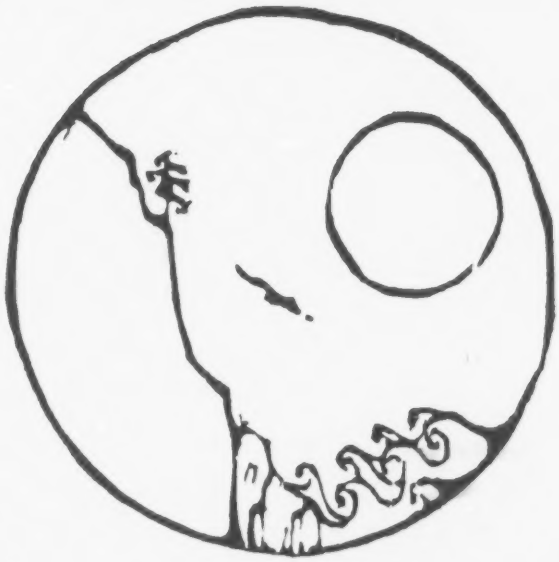

The continuing work of Esalen Institute is funded virtually in toto through tuitions paid by those attending workshops and seminars—but research, future development and expansion depend greatly upon funds assured through Memberships and special grants.

As a Member, you enjoy a tuition reduction of $10 at every seminar and workshop you attend, including encounter groups, plus opportunity to participate in occasional gatherings with Esalen officers, leaders and project coordinators. You are also kept informed of new developments and programs via a special newsletter.

You may wish to consider tax-deductible Membership either for yourself or as a fitting gift in the name of another.

Those friends of Esalen interested in sustaining the Institute in a more substantial way may wish to discuss details of this matter with the Director of Development, Dr. Stuart Miller. The legal counsel of the Institute is also available to discuss various details of gifts and bequests, including tax arrangements. Individual attention can be given in these ways to the particular wishes of donors and the current needs of the Institute.

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Big Sur, California 93920

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ESALEN INSTITUTE is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a residential program exploring new directions in education and the behavioral sciences.

In past brochures this space has carried a listing of Esalen Advisors. Over the years this list has tended to get out-of-date; we have not been in touch with some of its members for three years or more. We are now contacting all those listed to get their advice about programs, research and other matters, and to see whether they still wish to be formally listed as an Advisor. An up-to-date list will be published in future brochures.

George Leonard and Dr. Price Cobbs resigned from the Institute in April as Vice President and Advisor, respectively. We are sad to lose them. George Leonard has been one of the creative influences in the development of Esalen. His *Education and Ecstasy* provides the best perspective available on the relationship between our work and the larger field of education. With Price Cobbs he initiated our racial confrontation groups. He urged us to begin programs in San Francisco which are now growing into a major undertaking. And he has been watchdog, guardian angel, counselor and loving critic to anyone in the Institute who would come to him.

Through the racial confrontations which he led or supervised, Price Cobbs has introduced many of us to the possibilities and realities of the joining of the races. The resigning of these two leaders is a loss to the Institute.

SERVICES

Esalen Consulting Service is developing resources to assist those individuals, groups and organizations wishing to apply the various approaches to human development presented in our seminars and workshops. Programs and leaders have thus far been provided to various community, governmental, religious, industrial and education groups.

Esalen Residence Program: The fifth series will be offered at Big Sur in Spring 1970, under the direction of Steven Stroud, with William C. Schutz acting as consultant. Limited to 10 or 12 persons. See page 37 for further information.

Special Programs. See page 37.

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Summer '70

Esalen Programs

VOLUME IX, No. 2

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For San Francisco Programs only:
ESALEN INSTITUTE, 1776 Union,
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Phone: (415) 771-1710, 9 to 5, Mon-Fri

For Big Sur Programs only:
ESALEN INSTITUTE, Big Sur, CA 93920
Phone: (408) 667-2335, 10 to noon, 1 to 5 daily;
open noon to 1 p.m. Fri & Sun only

Big Sur Four-Week Programs

Listings begin on page 5.

May 17-June 13	Frederick Perls, Jack Downing, Richard Price and Staff	Gestalt Open Professional
June 7-July 4	Esalen Staff	Experience of Esalen
June 21-July 18	Bernard Gunther, Richard Price, Gabrielle Roth, Dick Horan	Body Awareness
July 5-Aug 1	Richard Price, Julian Silverman and Staff	Gestalt Open Professional
July 19-Aug 15	Esalen Staff	Experience of Esalen
August 2-29	Betty Fuller & Janet Lederman	Encounter and Gestalt Training
Aug 16-Sept 11	Seymour Carter and Theodora Lyon	Energy and Encounter
October 4-31	Richard Price, Julian Silverman and Staff	Gestalt Open Professional

Big Sur Workshops and Seminars

Listings begin on page 7.

May 17-22	Joel Kramer	Yoga Workshop
May 17-22	James S. Simkin	Gestalt Open Professional
May 22-24	Jack Hurley and Gerald Thatcher	New Age Religion
May 22-24	Esalen Encounter Staff	Open Encounter
May 24-31	Richard Horan	Massage, Meditation, Yoga
May 24-31	Esalen Staff	Experience of Esalen
May 31-June 5	Bernard Gunther	Words, Feeling and the Body
May 31-June 5	Esalen Encounter Staff	Open Encounter
June 5-7	Tom and Natalie Ednie	Gestalt Workshop for Couples
June 5-7	Joel Kramer	Yoga Workshop
June 7-14	John Lilly	Inner Personal Space
June 14-21	Richard Price and Staff	Gestalt Open Workshop
June 14-21	Seymour Carter	Massage and Meditation

June 21-26	Edward Maupin	Body Awareness & the Sense of Being
June 21-26	Joel Kramer	Yoga Workshop
June 26-28	Julian Silverman	Exploring Madness
June 26-28	R. Gerald Thatcher	Astrology and the Body
June 28-July 5	George and Judith Brown	Reality and Illusion
July 5-12	Guild of Hands	Crafts Workshop
July 5-12	Esalen Staff	Experience of Esalen
July 12-19	John Lilly	Inner Personal Space
July 12-19	Seymour Carter	Experiential Workshop
July 12-19	Gerald Thatcher, Jack Hurley and Steve Genardini	Mountain Encounter & Camping Trip
July 19-24	Magda Proskauer	Breathing and Awareness
July 19-24	Gabrielle Roth	Movement and Massage
July 24-26	George and Judith Brown	Couples' Workshop (Section 1)
July 26-31	William Schutz	Bodymind
July 26-Aug 2	Huston and Kendra Smith	Transcendence
August 2-7	James S. Simkin & Robert Martin	Gestalt Professional Workshop
August 9-14	James S. Simkin & Robert Martin	Gestalt Professional Workshop
August 14-16	Joel Kramer	Yoga Workshop
August 14-16	Esalen Staff	Gestalt Open Workshop
August 16-21	James S. Simkin and Elaine Kepner	Gestalt Professional Workshop
August 21-23	George and Judith Brown	Couples' Workshop (Section 2)
August 23-30	Bernard Gunther	Training in Sensory Awareness
August 23-30	Aaron Hillman	Humanistic Education
Aug 30-Sept 4	Edward Maupin	Body Awareness & the Sense of Being
Aug 30-Sept 4	Esalen Staff	Gestalt Open Workshop
September 4-6	Bernard Gunther	Staying Awake
September 6-11	Al Drucker and Staff	L'Chayim: To Life
September 6-11	Esalen Staff	Experience of Esalen

San Francisco Single Evening Events

Appearing Chronologically in Brochure.

May 15	Hobart Mowrer	Integrity Groups: Principles & Practices
May 19	Esalen Staff	Introduction to Encounter
May 22	Rollo May	The Structure of Spiritual Experience
June 8	Don Clark	Growth Centers & Humanistic Psychology
June 11	Chogyam Trungpa	Buddhism and Meditation
June 25	Esalen Staff	Introduction to Encounter
July 1	Hadiras Chaudhuri, Richard Marsh, Michael Murphy	Sri Aurobindo
July 8	Eleanor Criswell	To Build a Better Brain
July 22	Esalen Staff	Introduction to Encounter
August 3	Huston Smith	The Adventure of Consciousness
August 14	Stanislav Grof	The Enigma of LSD
August 17	Esalen Staff	Introduction to Encounter
August 20	Joe Kamiya and Robert Ornstein	Physiological Feedback Training
September 11	Rollo May	Violence and the Daimonic
September 14	Esalen Staff	Introduction to Encounter

San Francisco Workshops and Seminars

Listings begin on page 13.

May 15-17	Janet Lederman	Gestalt Awareness Training
May 15-17	Gordon Clough	Philosophy and Psychological Experience
May 16	Joel Fort	Police and Revolutionaries
May 16-17	Hobart Mowrer	Integrity Groups: Principles & Practices
May 22-24	Art and Janica Fox	Open Encounter
May 22-24	Steven Stroud & Esalen Residents	Experiential Workshop
May 23	Theodore Roszak	The Technocratic Trap
May 23-24	Rollo May	The Structure of Spiritual Experience
May 29-31	Gerald Smith and Betty Berzon	Workshop for Unmarrieds

San Francisco Workshops and Seminars (continued)

June 5-7	Don Clark	On Being a Man
June 5-7	Gerald and Linda Smith	Couples' Workshop
June 5-7	Steven Stroud & Esalen Residents	Experiential Workshop
June 12-14	William Golden and Judith Loubet	Being and Becoming at Midstream
June 12-14	Tom Allen	The Form of Internal Significance
June 19-21	Abraham Levitsky	Gestalt Therapy and Hypnosis
June 19-21	Harriet Mohr	Astrology: A Path to Self-Realization
June 26-28	Betty Fuller and Esalen Staff	Introduction to Esalen
June 26-28	Denis Walsh	Body Awareness
June 29-July 2	Art and Janica Fox	Open Encounter
July 1, 8, 15, 22, 29	Frederick Wells	Self-Discovery Through Music
July 3-5	Seymour Carter	Experiential Workshop
July 3-5	Larry and Paula Bloomberg	Couples' Workshop
July 3-5	Gabrielle Roth	Movement and Massage
July 6-9	James Fadiman	Beyond Encounter Groups
July 8-Sept 23	Peter Bailey & Others	Arts of Living
July 10-12	Abraham Levitsky	What-It's-Like-To-Be-Me-Game
July 10-12	Frederick Stoller	Intensive Group Experience
July 10-12	Jerry Greenwald & Janette Rainwater	The Art of Emotional Nourishment
July 13-16	Dan Sullivan	The Problem of Woman
July 17-19	Betty Fuller and Esalen Staff	Introduction to Esalen
July 17-19	Stanley Keleman, John Bellis, Alan Clarke	Bio-Energetics Analysis
July 17-19	Robert and Donna Gerard	Man as Energy
July 20-23	Bernard Aaronson	Altered States of Consciousness & the Self
July 20-24	Aaron Hillman	Confluent Education
July 24-26	Jacqueline Doyle	Encounter for Unmarried Couples
July 24-26	Gabrielle Roth	Movement Workshop
July 24-26	Gerald Thatcher and Jack Hurley	The Tarot
July 27-31	Molly Day Schackman	Massage and Meditation
July 27-31	Stanley Coopersmith	Self-Esteem
July 31-Aug 2	Alan Watts	Four Elements in Us & the Cosmos
July 31-Aug 2	Robert Resnick & Robert Martin	Gestalt Open Professional Workshop
July 31-Aug 2	Terry Borton & Norm Newberg	Education Workshop
August 3-7	George and Judith Brown	Gestalt Learning Theory
August 7-9	Frederick Stoller	Couples' Workshop
August 7-9	Walt Anderson and Ira Greenberg	Psychodrama
August 8-9	Robert Hall	Gestalt Workshop
August 10-13	Stewart Shapiro	Human Relations in Higher Education
August 14-16	Esalen Staff	Introduction to Esalen
August 14-16	Arthur Shedlin and Stan Standal	Life Planning
August 15-16	Stanislav Grof	Beyond Psychoanalysis
August 17-20	John Enright	Gestalt Open Professional Workshop
August 21-23	Stephen Lawrence	From Loneliness to Intimacy
August 21-23	John Enright, Elaine Kepner, Lois Brien	Gestalt Open Workshop
August 24-27	Joseph Fabry	Logotherapy Seminar
August 28-30	Shyam Bhatnagar	Eastern Paths to Awareness
August 28-30	Tom Allen	The Form of Internal Significance
August 28-30	Richard Marsh	Encounter for Communicators
Aug 31-Sept 3	Jacqueline Doyle	Open Encounter
September 4-6	Esalen Staff	Introduction to Esalen
September 4-6	Gabrielle Roth	Movement Workshop
September 4-7	Betty Fuller	The Open Couple
September 7-11	Molly Day Schackman	Massage and Meditation
September 11-13	Gerald Smith and Betty Berzon	Workshop for Unmarrieds
September 11-13	Art Hough	Upward Games for Freeing Communication
September 12	Rollo May	Violence in American Life

Long Term Programs

Beginning with this brochure period, Esalen is initiating more long-term programs. In Big Sur there will be at least two such programs running at all times (see Big Sur listings below), and in San Francisco there will be a three-month arts of living series and the first of a projected annual series on the integration of affective and cognitive domains in education (see San Francisco listings, page 21). These programs will be designed to provide training of various kinds, to consolidate and refine further the work done at Esalen so far, and to integrate the ways of growth which our usual programs explore into institutional settings and everyday life. To accomplish these ends longer term workshops are necessary.

During our first seven and a half years we have established a forum for the exploration of experimental approaches in education, religion, philosophy and the behavioral sciences. We will continue this open-ended exploration. At the same time, we will increasingly emphasize programs which build upon the insights and methods we find promising.

Big Sur Programs

ESALEN FOUR-WEEK WORKSHOPS

May 17-June 13	Gestalt Open Professional
June 7-July 4	Experience of Esalen
June 21-July 18	Body Awareness
July 5-August 1	Gestalt Open Professional
July 19-August 15	Experience of Esalen
August 2-29	Encounter and Gestalt Training
August 16-September 11	Energy and Encounter
October 4-31	Gestalt Open Professional

Projected Development of Esalen, Big Sur: The program emphasis will go from introductory and short-term workshops to long-term programs for training, healing and growth. All four-week programs will include a work relationship to the Institute of about sixteen hours a week. In this we hope to develop a community experience much on the model of the Gestalt Institute of Canada or Zen Mountain Center. The expected activity will relate to the real needs of the Institute in kitchen, garden and grounds. Those interested in programs without this involvement are advised to apply for five- and seven-day workshops.

Costs: All four-week workshops will cost $825. To reserve space a $400 nonrefundable deposit will be required three weeks before the starting date of a workshop.

Housing: All occupancy is shared (two to a room). We regret there is no room for children. Please do not bring pets.

May 17-June 13
July 5-August 1
October 4-31
GESTALT OPEN PROFESSIONAL WORKSHOPS
with FREDERICK PERLS, JACK DOWNING, RICHARD PRICE and Staff

Functions of the program: (1) Pre-training for those wanting admission to the Gestalt Institute of Canada; (2) a gestalt-focused community experience for professionals not intending to apply to the GIC; (3) gestalt leadership experience; (4) a work relationship for the day-to-day needs of Esalen based on the model of the GIC.

The May-June workshop will be co-led by Jack Downing and Richard Price. One of the two final weeks and the selection will be led by Fritz Perls. Members of the Esalen staff and members of the gestalt institutes of Canada and the United States will also be drawn upon as needed for leadership in this and ensuing workshops.

At this time Dr. Perls does not promise his participation in the July or October workshops. Selection for the GIC will be done by the staff. Hopefully, the value of the experience will not be dependent on acceptance for further training. Participants are reminded that Dr. Perls can take only a limited number of people for advanced training. Admission to Esalen programs does not guarantee admission to the GIC.

Opportunities for other activities such as movement, yoga and massage will be available. Ida Rolf's practice of structural integration has an important relationship to gestalt therapy and Rolf practitioners will be in residence at Esalen.

As Dr. Perls is training "gestalt therapists", "gestaltists" and "gestalt art therapists", the word "professional" is widely defined to include such persons as teachers, artists, ministers and mental health workers in addition to psychiatrists, clinical psychologists and psychiatric social workers, although preference may be given to people in the latter categories. It is our concern that what has come to be known as gestalt therapy not be restricted to use as a system of concepts and techniques for clinical work only.

The work of Dr. Perls has deep meaning for any field concerned with human relationship whether the focus is healing, growth or learning. His work has increasing relevance to many such fields, especially education and ecology. Therefore a wider range of professional backgrounds will be considered. Efficacy in gestalt work arises primarily out of one's reality as a person. Any given academic background may or may not have contributed to that reality.

June 7-July 4
July 19-August 15
EXPERIENCE OF ESALEN
with the ESALEN STAFF

In these workshops a group of Esalen staff members join workshop participants in an experience of each other and of the Institute, surrounded only by as much structure as the group wishes to create. Each member may choose to join a group or not, as he wishes; individual choices can go from intense encounter to silent meditation.

No two Experience of Esalen workshops are alike, since the mix of staff resource availabilities and interests of group members varies with each workshop. Among the more popular offerings have been encounter, gestalt dream work and massage instruction. Experience of Esalen workshops for this summer will offer these three plus meditation, *yoga*, instruction in arts and crafts, *Rolf treatments*, body awareness and movement, organic gardening and cooking, *astrology*, *tarot*, mysticism, music, life as meditation. (Italics indicate specialties available in private sessions by appointment, usually at extra cost. Inquire about costs and availability at time of making reservations).

In common with many other Esalen workshops in this brochure, there is a requirement that workshop participants share in the physical work of the place—meal preparation and serving, gardening or whatever needs to be done. There is also an assumption that people attending these programs are willing to be open and talk straight and are willing to spend the length of the program tuned in to their own being and consciousness.

Applicants for Fall Residence Programs may satisfy the staff interview requirement by participation in Experience of Esalen workshops. Such persons should identify themselves as prospective applicants in their first reservation correspondence.

There will be Experience of Esalen workshops also on May 24-31, July 5-12 and September 6-11. See program listings for price information.

June 21-July 18
BODY AWARENESS
with BERNARD GUNTHER, RICHARD PRICE, GABRIELLE ROTH, DICK HORAN and Staff

There are a growing number of related approaches aimed at healing the dis-ease producing conceptual split between body and mind. Body is mind; mind is body. Some of these ways will be experienced in this four-week workshop.
The first week will be in sensory awakening with Bernard Gunther; the second will center on body-oriented gestalt work with Richard Price; the third and fourth on massage, movement and meditation with Gabrielle Roth and Dick Horan. Other members of the Esalen staff will also be available to the program, including Peter Melchior, who will demonstrate the Rolf method of structural integration.

August 2-29
ENCOUNTER AND GESTALT AWARENESS TRAINING
with BETTY FULLER and JANET LEDERMAN

An experiential training workshop in encounter and gestalt awareness training for educators, psychologists, psychiatrists, ministers, social workers and others in helping professions to explore that vast reach between the mandible and the ground. The workshop will be engaged with

What is—
The prose of PAST,
The poetry of NOW,
The fantasy of FUTURE.

This workshop can also function as qualifying pre-training for possible admission into the Gestalt Institute of Canada.

August 16-September 11
ENERGY AND ENCOUNTER
with SEYMOUR CARTER and THEODORA LYON

Americans grow up in a culture that allows an enormous amount of interference with natural, self-regulatory processes. Children are continually forced to deny their authentic experience and to pretend to feel and be other than they are. The end result is that much energy is tied up in maintaining pretenses, defenses and rigid, repetitive life patterns.
This workshop is for persons who want to work on freeing this bound energy and to get more in touch with their authentic selves. The workshop leaders will use gestalt awareness and encounter methods, sensory awareness and work with energy movement throughout the body.

FALL 1970 RESIDENCE PROGRAMS

The program will run from September 20, 1970 to January 23, 1971. Costs will be $1500 for the first two months and $600 per month for the last two months (total cost $2700). Scholarship funds may be available to a limited number of persons.

Functionally, there will be two areas:

Group I: Oriented toward the body: structural integration, as practiced by Ida Rolf, movement, hatha yoga, tai chi chuan, massage, meditation, the study of anatomy and healing, bio-energetics.

Group II: Oriented toward the psyche: gestalt therapy, encounter, meditation, hypnosis and fantasy healing.
These disciplines represent our thinking at this time. Some may be deleted from the program, while others may be included. The purpose of the program is not to limit the participants to one specific type of work. It is an attempt to provide relevance to individuals and their needs. All resident fellows will receive ten treatments in the Rolf process of structural integration.

The program will be scheduled for four months. All participants, however, will not stay the entire length of time. There will be a two, three and four month program. Candidates will be initially accepted only for the first two months; participation in the third and fourth months is at the discretion of the program director.

Two-Month Program: All fellows will stay for at least two months. The two months will be scheduled and the direction of the program will be largely determined by the Institute staff.

Three-Month Program: Particularly for those wishing professional training, but also open to people who need more work in specific areas. During the month, all residents will be responsible for designing their own program to fit their own needs.

Four-Month Program: Limited to those people desiring professional training. These people will work with the Institute staff in designing a one-month workshop and will co-direct the month with the staff. There will be further training sessions during this month for the benefit of residents only.

Esalen is not licensed to issue and does not intend to issue certification of any kind. Some institutions may give credit for training received at Esalen, but this is at the discretion of the institution concerned. Training is primarily intended for people already engaged in this work or in related fields (teachers, doctors, ministers, psychologists, etc.). All persons accepted to the Residence Program will be responsible for working sixteen hours per week at tasks assigned by the Institute.
The month-long workshops are recommended for those people who wish to explore the type of work the Residence Program will be engaged in and to help determine whether a longer program would be relevant to their needs. People in these workshops who wish to apply for the Residence Program will be selected or rejected during the month they are in attendance.
For those persons applying for the Residence Program who do not attend a month-long workshop, there will be a Selection Weekend on August 7-9. The cost of this weekend is $40. Sleeping will be dormitory style, so bring a sleeping bag. No program other than the selection process will be offered.
For further information and for registration in the Selection Weekend, please write: Residence Program, Esalen Institute, Big Sur, California 93920.

May 17-22
YOGA: STUDIES AND APPLICATIONS
5-Day Workshop
with JOEL KRAMER

An intensive program exploring the realms of yoga through conceptual inquiry and practice. The seminar is suitable for the interested novice as well as the serious student of yoga. Emphasis will be placed on the daily practice of yogic techniques such as Hatha yoga and pranayama (breathing), and meditation in the light of yogic structures both classical and modern. There will be inquiry into the ever-recurring problems of man such as time, mind, death, freedom, choice, sorrow, desire, competition, sexuality.
A special menu of yogic (pure) foods will be offered. The program will aim at giving the participants a feel for an ancient path to freedom in modern terms.
$190 per person.

May 17-22: GESTALT OPEN PROFESSIONAL WORKSHOP with JAMES S. SIMKIN.
See pages 32-33 for description.

May 22-24
NEW AGE RELIGION
Weekend Workshop with
JACK HURLEY
and R. GERALD THATCHER

The Aquarian Age is anticipated by many as an era of universal brotherhood and planetary unity. This seminar will examine some of the trends at work today leading to 2000 A.D. and the views of the major spokesmen of the future, including St. John of Patmos (the Divine), Nostradamus, Edgar Cayce, Carl Jung and Sri Aurobindo. African and Eastern sources will also be examined, as well as Bahai and the work of Gurdjieff.
The role of humanistic psychology will also be included in our survey, with the more experiential techniques from meditation to rhythm and movement.
$75 per person.

May 22-24
OPEN ENCOUNTER
Weekend Workshop with
the ESALEN ENCOUNTER STAFF

This workshop will be grounded in openness and honesty, with encounter as the basic format. Group leaders will integrate a wide variety of approaches developed or refined at Esalen to help participants be more aware of what is real for them, how they feel, what they feel about others and how others experience them. These approaches include nonverbal, fantasy, dramatic and gestalt methods, meditation, massage and creativity techniques. Leaders will be drawn from a group trained by and associated with William C. Schutz. These include: Tom Allen, Seymour Carter, Robert Cromey, Jacqueline Doyle, Al Drucker, Arthur and Janica Fox, Betty Fuller, John Heider, Sara Miller and Steven Stroud.
$75 per person.

May 24-31
MASSAGE, MEDITATION, YOGA
7-Day Workshop
with RICHARD HORAN

To find your center by turning the mind into the body. This workshop will include a repertoire of massage techniques designed to develop expressions of love, caring, rhythm and breathing and an introduction to yoga and the practice of daily meditations. A vegetarian menu will be offered.
$240 per person.

May 24-31: EXPERIENCE OF ESALEN with the ESALEN STAFF.
See page 6 for description. $240 per person.

May 31-June 5: WORDS, FEELING AND THE BODY with BERNARD GUNTHER.
See page 31 for description.

May 31-June 5: OPEN ENCOUNTER with the ESALEN ENCOUNTER STAFF.
See above for description. $190 per person.

June 5-7: GESTALT OPEN WORKSHOP FOR COUPLES with TOM and NATALIE EDNIE.
See pages 32-33 for description.

June 5-7
YOGA: ADVANCED STUDIES AND APPLICATIONS
Weekend Workshop
with JOEL KRAMER

A continuation of Mr. Kramer's introductory workshops on yoga, this seminar is designed for the serious student who wishes to explore the realms of yoga more deeply. The format of the workshop will be open and will depend on the levels of sophistication and interests of the participants.
$75 per person.

June 7-14
INNER PERSONAL SPACE PROBLEMS
7-Day Workshop
with JOHN LILLY

Each person defines his own inner spaces; what one believes to be true either is true or becomes true within limits found experientially. These limits are beliefs to be transcended. This workshop is devoted to each person's finding his/her limits and finding ways to move beyond them.
$240 per person.

June 14-21: GESTALT OPEN WORKSHOP with RICHARD PRICE and Staff.
See pages 32-33 for description.

June 14-21
MASSAGE AND MEDITATION
7-Day Workshop
with SEYMOUR CARTER

The Esalen approach to massage is an attempt to quiet the mind so that the participant can sensitively make contact, without technique. Contacting the other is also contacting oneself, hence the value of meditation. Therefore, learn to center. . .and learn to concentrate on the moment of your touching as it unfolds. Couples are encouraged to attend so they may continue to massage each other in their home.
Joel Kramer, a hatha yogi and teacher of yoga at Esalen, will assist Seymour Carter.
$240 per person.

June 21-26
BODY AWARENESS AND THE SENSE OF BEING
5-Day Workshop
with ED MAUPIN

The sense of reality, pleasure and coherence in what we do depends on our not being alienated from ourselves as bodies. Even relating to other people requires that we be someone in this sense. In this workshop, a variety of approaches – sensory awareness, movement, material drawn from the Rolf method and from several yoga traditions – are used to awaken a sense of self more primary than ideas, definitions, fantasies. The increased body awareness is then used to explore possibilities for more profound contact with other people, greater aesthetic response and a more creative use of the imagination.
$210 per person.

June 21-26: YOGA: STUDIES AND APPLICATIONS with JOEL KRAMER. *See page 8 for description.*

June 26-28
EXPLORING MADNESS
Weekend Workshop
with JULIAN SILVERMAN, M.D.

What sense is contained in psychotic phenomena? What possibilities for growth exist in "losing one's mind"? The value of becoming aware of one's own personal style of madness is explored in this seminar. Gestalt awareness techniques and active imagination are utilized to probe personal and empirical meanings of emotional dis-ease.
$75 per person.

June 26-28
WHEELS OF FIRE: ASTROLOGY AND THE BODY
Weekend Workshop
with R. GERALD THATCHER

This seminar will be devoted to a study of cycles: The cycles of the planets, of human growth and of the function of the organism. Sunspot cycles and their effect upon us and the cycles of the moon and its relation to sexual cycles will be examined. The rest of the planets will be taken in their turn as an index for human functioning, as a means of determining our relationship with the cosmic environment.
$75 per person.

June 28-July 5
REALITY AND ILLUSION: LEARNING TO DISCRIMINATE
7-Day Workshop
with GEORGE I. and JUDITH BROWN and Staff

This workshop will be primarily experiential with an emphasis on principles of gestalt therapy applied both to the individual and, in the case of couples, to the marriage relationship. Growth toward maturity is often inhibited by fear of change and the unknown. Fantasied catastrophies are created by our "fine minds" at the prospect of moving into the adventure of new experience. And instead of moving into each moment – as Perls says – as fresh experience, we cling to the status quo, to a cardboard existence; and thus we die long before we cease breathing. Ways to move and grow will be presented in a laboratory workshop context beginning with readiness techniques such as encounter, creativity games and body awareness followed by gestalt awareness training. The Browns will lead the first five days of the program; the remaining two days will be staff-led.
$240 per person.

July 5-12
A CRAFT WORKSHOP
7-Day Workshop
with the GUILD OF HANDS

Beginning with the basic assumption that within each individual lies all he needs to begin an approach toward creative fulfillment, this workshop will explore ways in which people can "do". Leaders of the workshop are people who "do". Some of the tools used in this exploration will be from among:

Pottery	Batik	Jewelry	Leatherwork
Graphics	Weaving	Baking	Photography

Emphasis will be on process, rather than completed work. The general tone of the workshop can best be described in the phrase "structured spontaneity".
$190 per person.

July 5-12: EXPERIENCE OF ESALEN with the ESALEN STAFF.
See page 6 for description. $240 per person.

July 12-19
INNER PERSONAL SPACE PROBLEMS
7-Day Workshop
with JOHN LILLY

Each person defines his own inner spaces; what one believes to be true either is true or becomes true within limits found experientially. These limits are beliefs to be transcended. This workshop is devoted to each person's finding his/her limits and finding ways to move beyond them.
$240 per person.

July 12-19
7-Day WORKSHOP
with SEYMOUR CARTER

This workshop is based on the realization that our personal growth is often blocked because we do not see ourselves clearly. The objectives of this group are to guide the participants to become aware of why both they and others behave as they do. By creating a supportive atmosphere, participants can experience themselves at a deeper level than daily life provides and, from this point, initiate growth. Techniques used will be those being explored at Esalen, including encounter, gestalt awareness and sensory awakening.
$240 per person.

July 12-19
MAGIC IN THE WOODS
7-Day Workshop with
R. GERALD THATCHER,
JACK HURLEY
and STEVE GENARDINI

The program leaders describe their workshop as follows: "Visitors at Esalen often speak of the enchantment and magic they experience in Big Sur. Sometimes we are inclined to take our environment for granted; sometimes we are caught up and awed by the force and presence of this beauty. In this workshop, we wish to explore those forces in nature of which we are a part. We will camp in the mountains and seek to discover the forces around us. As we begin to do so, we can evoke from within ourselves the forces which will complement and enhance our environment, each other, water, wind, sun, moon.
Bring sleeping bag and clothing for a week's camping in the mountains. For additional information, write Jack Hurley, Esalen, Big Sur.
$240 per person.

July 19-24
BREATHING AND AWARENESS
5-Day Workshop
with MAGDA PROSKAUER

A workshop involving various breathing techniques and exercises in awareness. Mrs. Proskauer's approach educates awareness of somatic processes which are normally unconscious or semi-conscious. In an extended workshop of this kind, participants can achieve more relaxation and awareness than they are able to in brief sessions.
$190 per person.

July 19-24
MOVEMENT AND MASSAGE
5-Day Workshop
with GABRIELLE ROTH

Miss Roth describes this program as follows: "As we are, so we move and touch: spontaneous or restricted, flowing or tense, open or inhibited. The combination of massage and movement techniques offers a unique experience for becoming aware of our own movement and how it flows outward into the bodies of others. As we make these physical discoveries we can begin to allow our naturalness in terms of gesture, feeling, movement and touch to be expressed."
$190 per person.

July 24-26 and
August 21-23
FOR THE GOOD MARRIAGE: MORE AUTHENTICITY
Two Couples' Weekends
with GEORGE I.
and JUDITH BROWN

A workshop for couples who feel they have a relatively healthy marriage and would like to experience ways to make their relationships even more real, exciting and substantial. The focus of the program will move through misleading and confusing preconceptions of oneself and one's marriage partner to increasing perception and authentic response to a real person in a real world. The Browns will use approaches to gestalt awareness training that once learned in the workshops can continue to be used by the couple in their home setting.
The initial workshop, July 24-26, will be combined with a follow-up workshop on August 21-23. All participants must commit themselves to *both workshops.*
$300 per couple for both weekends.
Nonrefundable deposit of $150 per couple is required.

July 26-31
BODYMIND
5-Day Workshop
with WILLIAM C. SCHUTZ

Recent developments in techniques have made the philosophical issue of the mind-body problem amenable to experiential exploration. This workshop explores the unity of the mind and the body through combining three methods that Will Schutz has found extraordinarily effective. Participants will receive one session of the Rolf method of structural integration, followed by a fantasy designed to elaborate and work through the feelings elicited by the Rolfing. Each Rolf-fantasy session will be observed by the total group and encountering will follow. The group will explore the most advantageous ways of integrating body (Rolfing), intra-psychic (fantasy) and interpersonal (encounter) phenomena. Limited to 8 persons.
$280 per person.

July 26-August 2
TRANSCENDENCE
7-Day Workshop
with HUSTON and
KENDRA SMITH

Review of individual and group attempts to exceed man's present condition and evolutionary prospects for doing so as a species. Morning meditation sessions and evening encounter groups to participate in the endeavor.
$240 per person.

August 2-7: GESTALT INTRODUCTORY PROFESSIONAL WORKSHOP
with JAMES S. SIMKIN and ROBERT MARTIN. *See pages 32-33 for description.*

August 9-14: GESTALT ADVANCED PROFESSIONAL WORKSHOP
with JAMES S. SIMKIN and ROBERT RESNICK *See pages 32-33 for description.*

August 14-16: YOGA: ADVANCED STUDIES AND APPLICATIONS with JOEL KRAMER.
See page 9 for description.

August 14-16: GESTALT OPEN WORKSHOP with the ESALEN STAFF.
See pages 32-33 for description.

August 16-21: GESTALT ADVANCED PROFESSIONAL WORKSHOP
with JAMES S. SIMKIN and ELAINE KEPNER. *See pages 32-33 for description.*

August 23-30: TRAINING IN SENSORY AWARENESS RETRAINING with BERNARD GUNTHER.
See page 31 for description.

August 23-30
HUMANISTIC EDUCATION:
LEARNING IS NEVER WHAT
ONE EXPECTS
7-Day Workshop
with AARON HILLMAN

Learning is never quite what one expects but what one expects nearly always interferes with learning. With this in mind, the workshop will explore the process that the Ford/Esalen project group calls "confluent education", or the merging of cognitive and affective experiences. While designed primarily for teachers at all levels, the workshop is open to any interested person. Gestalt awareness training for workshop participants, as well as its application to the schoolroom, will be an integral part of the program. Bring pencil and paper.
$240 per person.

August 30-September 4
BODY AWARENESS AND THE
SENSE OF BEING
5-Day Workshop
with ED MAUPIN

The sense of reality, pleasure and coherence in what we do depends on our not being alienated from ourselves as bodies. Even relating to other people requires that we be someone in this sense. In this workshop, a variety of approaches – sensory awareness, movement, material drawn from the Rolf method and from several yoga traditions – are used to awaken a sense of self more primary than ideas, definitions, fantasies. The increased body awareness is then used to explore possibilities for more profound contact with other people, greater aesthetic response and a more creative use of the imagination.
$210 per person.

August 30-September 4: GESTALT OPEN WORKSHOP with the ESALEN STAFF. *See pages 32-33.*

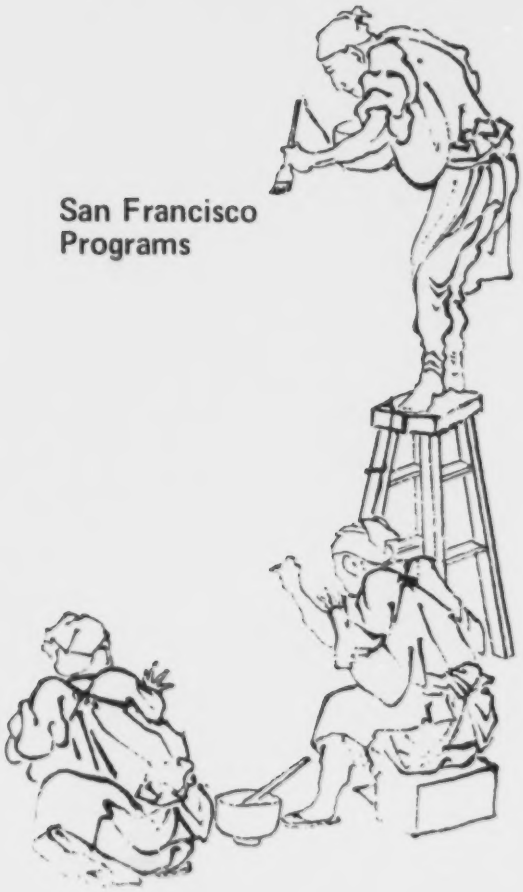
September 4-6: STAYING AWAKE with BERNARD GUNTHER. *See page 31 for description.*

September 6-11
L'CHAYIM – TO LIFE
5-Day Workshop
with AL DRUCKER
and the ESALEN STAFF

Mr. Drucker describes his workshop as follows: "This workshop will begin with encounter and gestalt sessions. Here we will meet and deal with the dybbuks and dark spirits that keep us from feeling like well, healthy animals. Then we'll toast to life however and wherever our spirit takes us – play, work in the garden, folk dancing, massage, painting, storytelling, drums, a walk in the woods, a picnic at the beach."
$190 per person.

September 6-11: EXPERIENCE OF ESALEN with the ESALEN STAFF.
See page 6 for description. $190 per person.

San Francisco Programs



Residential Programs in the San Francisco Bay Area

Summer 1970 marks the inception of residential seminars in the San Francisco Bay Area. Three conference centers are being utilized for these workshops, which will benefit from the opportunities of "living in." Exact locations will be included with registration confirmation. Workshops will begin at 8 p.m. Friday evening (without supper) and will conclude with Sunday lunch. Most Bay Area seminars will continue to be nonresidential, i.e., without meals or room provided.
The following is our summer schedule of residential workshops:

June 26-28	Introduction to Esalen, with the Esalen Staff
July 17-19	Introduction to Esalen, with the Esalen Staff Bio-Energetics, with Stanley Keleman, John Bellis, Alan Clarke
August 14-16	Introduction to Esalen, with the Esalen Staff Life Planning, with Arthur Shedlin
August 21-23	Open Gestalt Workshop, with John Enright, Lois Brien, Elaine Kepner
September 4-6	Introduction to Esalen, with the Esalen Staff
September 4-7	Couples' Workshop, with Betty Fuller

STUDENT SCHOLARSHIP POLICY

In order to make more readily available the many programs offered by Esalen/San Francisco, a policy has been adopted whereby students may attend seminars and workshops in the San Francisco area on a stand-by basis at a reduced fee. Please call the San Francisco office between 9 a.m. and 5 p.m., Monday through Friday, (415) 771-1710. This policy does not apply to Big Sur Programs.

July 8-September 23
THE ARTS OF LIVING

Much of the enriching experience and personal growth which occurs in Esalen workshops is lost when one returns to his ordinary routines. One reason for this loss is that the person's ordinary habits, life style and environment work against the kind of insight, emotion and adventuresomeness which workshops often help to bring about. In this program participants will explore new options in the design of their lives which might better facilitate personal growth.

Small groups (limited to 15) will meet during a three-month period for one night a week and one weekend a month, plus other special occasions, with leaders and invited specialists in various areas of living: inner and outer environments, food, dress, money, time, leisure, family structure, entertainment, etc. Group facilitators, using gestalt awareness, encounter, sensory awareness, meditation and other approaches, will help to consolidate any new insights and techniques into ongoing patterns in the participants' lives. By observing their own ways of adjusting to the rush of urban life, participants may gain some distance from it, a space in which the basic self may possibly emerge more fully. "Homework" will be essential. The options presented by the program leaders, e.g., with one's clothes, work habits, family structure, will be explored between meetings. The sharing of these self-directed, at-home experiences will help to guide the program. There will also be exposure to a variety of life styles and to the endless suggestiveness of the city.

Participants may expect to skip some aspects of the program and to delve deeply into others. In such an intensely personal situation, the right of occasional absence will be taken for granted. However, the calendar span is designed to cut across usual vacation schedules; we hope most participants will experiment with getting away from it all right in the midst of it all.

Some of the leaders are Neill Smith, architect and planner; Sim Van der Ryn, architect; Peter Bailey, dealing with clothing and food as social/individual expression; Alan Lakein, specialist in time management; Joan McIntyre, environment and ecology. Peter Bailey is coordinator of the overall program.

$375 per person.

May 15-17
50 POSITIONS FROM WHICH TO EXPERIENCE LIVING
Weekend Workshop
with JANET LEDERMAN

This will be a gestalt-oriented workshop and is open to professionals and nonprofessionals. Gestalt training, by emphasizing the awareness continuum of oneself and the world, is a way of living and enhancing one's experience. It is nonanalytic. It attempts to integrate the fragmented, split personality through noninterpretive focusing in the here-and-now.

$55 per person. Begins 8 p.m., Friday, May 15.

May 15-17
FUNCTION OF PHILOSOPHY IN PSYCHOLOGICAL EXPERIENCE
Weekend Seminar
with GORDON CLOUGH

A seminar focused on the proposition that every psychological experience is radically affected by the fundamentals of one's religio-philosophical beliefs. Such beliefs may become in this sense an integral part of that which we call experiential. This largely unexamined field of interaction will be explored in part by reference to the uniquely limitless horizons of Eastern religio-philosophy through use of the *Upanishads, Bhagavad-Gita, Dhammapada* and *Tao te King,* by discussion of unusual communities (Synanon, Communitarians, etc.) as living laboratories for study of philosophical influence, and by discussion of both in relation to the relevant writings of Joseph Campbell, Viktor Frankl, A. H. Maslow and Herbert Fingarette.

$45 per person. Begins 8 p.m., Friday, May 15.

TWO EVENTS WITH O. HOBART MOWRER

Lecture
May 15

INTEGRITY GROUPS: PRINCIPLES AND PRACTICES
8 to 10:30 p.m.; $3 general; $2 student
First Unitarian Church, Franklin & Geary Sts., San Francisco

Seminar
May 16, 17

Much personality disorder is the result of poor interpersonal relations, and it is assumed that good interpersonal relations presuppose honesty, responsibility and involvement. Together, these traits add up to personal integrity or integration. It has been found that persons who have left their family of origin can often learn the cardinal character traits in small "artificial" groups.
The seminar will elaborate the ideas presented in Friday night's lecture. Dr. Mowrer's wife, Willie Mae Mowrer, and Leon and Judy Jakobovits will act as co-leaders during the weekend; they will speak from their own experiences of pain, change and growth in integrity groups. There will be four two-hour sessions: Saturday morning and afternoon and Sunday morning and afternoon. Seminar participants will receive a complimentary ticket to the lecture. $50 per person; limited to 60 participants.

May 16
POLICE AND REVOLUTIONARIES
Saturday Workshop
with JOEL FORT, M.D.

Confrontation and Dialogue between police, prosecutors, judges, jailers and radicals, militants, extremists, reactionaries.
Two special kinds of minority groups, each with strong views of themselves and each other ("pigs" and "commies", for example) will be given the opportunity to make contact with themselves and each other and find alternative ways of reacting and behaving. The individual's capacity for growth, change, tolerance and for channeling anger and aggression will be emphasized in an atmosphere of openness, honesty, spontaneity and hope for social progress. The style of the workshop will be eclectic, individualistic and innovative.
$10 per person. Begins 10 a.m., May 16, continuing into the night.

May 19
INTRODUCTION TO ENCOUNTER
Tuesday Evening
with ESALEN STAFF

A single-evening introduction to encountering with staff trained by and associated with William C. Schutz and Esalen Resident Fellows. Participants will be divided into small groups which will integrate many methods for personal growth and development being explored at Esalen: sensory awakening, body movement, gestalt and Lowen techniques, psychodrama, fantasy, communication games. Comfortable clothes recommended (slacks for women); bring pillow to sit on.
$5 general; $3 student. 7 to 11 p.m., Tuesday, May 19.
International House, 2299 Piedmont Avenue, Berkeley.

May 22-24
ENCOUNTER WEEKEND
with ART and JANICA FOX

With encounter as the basic format, this workshop will integrate many of the methods being explored at Esalen, such as psychodrama, meditation, fantasy, gestalt and Lowen techniques. Trust, supportiveness, openness and honesty will be emphasized. There will also be an attempt to relate this experience to worlds which are not always receptive to it.
$45 per person. Begins 8 p.m., Friday, May 22.

TWO EVENTS WITH ROLLO MAY

LECTURE
May 22

THE STRUCTURE OF SPIRITUAL EXPERIENCE
8 to 10:30 p.m., Friday, May 22
$3 general; $2 student. Nourse Auditorium, Franklin & Hayes, S.F.

SEMINAR
May 23, 24

THE STRUCTURE OF SPIRITUAL EXPERIENCE
There will be four two-hour sessions during the seminar, Saturday morning and afternoon and Sunday morning and afternoon. Seminar participants will receive a complimentary ticket to Friday's lecture. $55 per person; limited to 60 participants.

Session I: "One Man's Odyssey". Dr. May will talk about himself and his spiritual transformations and will encourage participants to discuss events of their spiritual lives.

Session II: "Myths of America and Spiritual Experience". Discussing the American notions of sinlessness and utopianism, and the American restlessness which leads to despair and turns to faith in technology.

Session III: "Meditation and the Courage to Come to One's Self".

Session IV: "Communion of Consciousness". A discussion of caring and love as part of spiritual structure.

May 22-24
A WORKSHOP with the ESALEN RESIDENT FELLOWS

This workshop will focus on a variety of methods being explored in the Esalen Residence Program. The residents are working with gestalt, encounter, movement, massage, meditation and other approaches. Participants can expect to be exposed to a number of different disciplines, which will be determined by the experiential content of the current Residence Program. The workshop will be coordinated by Steven Stroud.
$35 per person. Begins 8 p.m., Friday, May 22.

May 23
THE TECHNOCRATIC TRAP
One-day Seminar
with **THEODORE ROSZAK**

In describing this seminar, Dr. Roszak writes: "If I understand Esalen correctly, the purpose of its therapeutic work is largely to demonstrate the curative value of not talking about what can't be talked about in the first place. And that's a sensible way to clear away the cerebral debris that often lies heavy on the private psychic wounds we have all suffered at the hands of the official reality principle: best stop the busy cogitating and let the dust settle. But the quest for liberation, though it may begin with the person, is more than a personal affair; it possesses a social and cultural dimension that yields to intellectual understanding. The aim of this session will be to work up a good conversation about all those things that *can* be talked about: how the technocratic society came into existence, how it holds together, how it defends its interests, how its traps are baited, where its vulnerabilities lie, etc. The talk will have much to do with science and technology, with Romantic poetry and shamanism, with industrialism and ecology, with the prerequisites of freedom."
$12 general; $8 student. 10 a.m. to 5 p.m., Saturday, May 23.

May 28-31
ACTION ENCOUNTER FOR COUPLES
Extended Weekend Workshop
with **BENNETT SHAPIRO**

A fast moving, body-oriented and intensive encounter group for couples seeking relief from indifference, dishonesty and withdrawal. Many of the methods for personal confrontation and human development being explored at Esalen will be integrated into an encounter setting, particularly gestalt awareness and bio-energetics techniques. In addition, methods for enriching two-person relationships will be emphasized and practiced for couples' use *after* the workshop.
The program will be held at a private lodge in the Bay Area countryside where meals and lodging will be provided; however, participants should bring their own sleeping bags. Details will be supplied upon registration.
$170 per couple. Begins 8 p.m., Thursday, May 28 and ends 6 p.m., Sunday, May 31. (includes Memorial Day).

May 29-31
CREATIVE MEETING: A WORKSHOP FOR UNMARRIEDS
Weekend Workshop
with **GERALD SMITH** and **BETTY BERZON**

This is an experience for those who are concerned with ending traditional "dating games" and moving more creatively into relationships. Movement and sensory awakening techniques, communication exercises, encounter groups and various gestalt approaches will be used to help participants increase their self-awareness and honest communication with others.
Workshop participants will be chosen so as to assure a balance of sex and age. Please state age on application. This workshop is intended for unattached singles. *Limited to 40 persons.*
$55 per person. Begins 8 p.m., Friday, May 29.

June 5-7
BEING A MAN
Weekend Workshop
with **DON CLARK**

Males are told how they *should* feel and behave as son, brother, husband, father, friend or lover. Most of us have grown up accepting these definitions of "man" and trying to fit into them the best we can. There is little opportunity to establish satisfying self-made definitions that permit you to be your own man. As a result, masculine affection is stereotyped in expression and most men are dissatisfied with their ability to establish fully satisfying relationships with others – particularly other men. This workshop will use nonverbal communication, fantasy, body contact and unforced sharing of emotions to encourage the search for self-definition and expression of tenderness as a man. Limited to 15 men.
$45 per person. Begins 8 p.m., Friday, June 5.

June 5-7
MORE LIFE IN MARRIAGE
Couples' Workshop
with **GERALD** and **LINDA SMITH**

If a couple can be both close to each other and also free to grow as separate individuals, there is a good chance for continuing life within marriage. To be close, a couple should be able to talk clearly and openly; to be free, they should be able to experience "creative conflict". Focus will be on prevention and growth – the here and now – rather than on problems of the past. Family therapy communications approaches, encounter, group techniques, gestalt applications, nonverbal and sensory experiences and videotape feedback will be used.
$110 per couple. Begins 8 p.m., Friday, June 5.

June 5-7: A WORKSHOP with the ESALEN RESIDENT FELLOWS and STEVEN STROUD
See description above. $35 per person.

June 8
AN OVERVIEW OF GROWTH CENTERS AND HUMANISTIC PSYCHOLOGY
An Evening with DON CLARK

Dr. Donald Clark has recently completed a study of humanistic psychology, growth centers and related activities under a grant from the Carnegie Corporation. His study is unique in its range and insight. In this lecture Dr. Clark will discuss what he learned about the varied projects throughout the United States to explore the human potential, their problems and failings, their possibilities and promise.
$2 per person. 8 to 10:30 p.m., Monday, June 8.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

June 11
BUDDHISM AND MEDITATION
An Evening with CHOGYAM TRUNGPA

Chogyam Trungpa is spiritual head of the Samye-Ling Tibetan Centre in Eskdalemuir, Scotland. Previously he was supreme abbot of the Surmang Group of monastaries in Tibet. After the Communist invasion of Tibet, he traveled for some years in India and then went to Great Britain to study at Oxford University and to found his own center for the study of Buddhism and meditation. Two of his books are available in the United States, *Born in Tibet* (Harcourt) and *Meditation in Action.*
$3 general; $2 student. 8 to 10:30 p.m., Thursday, June 11.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

June 12-14
BEING AND BECOMING AT MIDSTREAM
Weekend Workshop with WILLIAM GOLDEN, JR. and JUDITH LOUBET

This encounter group is for those over 35 – for those who have reached certain goals and who at midstream are asking: "Where am I?" "Is it too late to change?" "How do I get moving again?" "What's left in life for me?"
This workshop will use a wide variety of encounter methods to help participants focus on the subjective experience of being "middle-aged". It will be an opportunity for those over 35 to reflect on where they have been, to share peak experiences and blocks to growing, and to relight a spark for living. The weekend will endeavor to help all participants become more aware of their potential for new ventures and personal growth. Specific structured group experiences will be used to highlight "life-goal" planning and action steps related to attaining the goals.
$50 per person. Begins 8 p.m., Friday, June 12.

June 12-14
THE FORM OF INTERNAL SIGNIFICANCE
Weekend Workshop with TOM ALLEN

Growth techniques, such as encounter, body awareness, inner imagery, fantasy and psychodrama, will be used in conjunction with a variety of art processes as a way of letting go and coming into contact with a deeper, more expressive self.
$45 per person. Begins 8 p.m., Friday, June 12.

June 19-21
GESTALT THERAPY AND HYPNOSIS
Weekend Workshop with ABE LEVITSKY

Dr. Levitsky writes: "I have been discovering that the methods of gestalt therapy can serve as exciting adjuncts and facilitators in the art of hypnosis. In this workshop we will avoid the traditional methods of prestige suggestion and instead emphasize the gestalt principles of 'staying with it' and of acceptance of phenomena as they occur. Experiments will be made in the very new technique of mutual hypnosis and in the hypnotic facilitation of the creative process.
$45 per person. Begins 8 p.m., Friday, June 19.

June 19-21
ASTROLOGY: PATH TO SELF-REALIZATION
Weekend Workshop with HARRIET MOHR

In describing her workshop, Harriet Mohr writes: "Through astrology man learns to identify his consciousness and will with the celestial patterns and rhythms." During this program, dialogue, poetry, fantasy, brush painting, music and meditation will be used to initiate understanding of astrology.
$30 per person. Begins 8 p.m., Friday, June 19.

June 25: INTRODUCTION TO ENCOUNTER with the ESALEN STAFF
$5 general; $3 student. 7 to 11 p.m., Thursday, June 25.
First Unitarian Church, Franklin and Geary Streets, San Francisco. *See page 15 for description.*

June 26-28
INTRODUCTION TO ESALEN
Residential Weekend with BETTY FULLER and the ESALEN STAFF

This workshop is specially intended for, but not limited to, persons who have not previously participated in Esalen programs. It will offer an opportunity for each participant to expand self-concepts and more fully realize his potential in a format emphasizing honesty, openness and spontaneity. Group leaders will integrate a wide variety of approaches to help participants be more aware of feelings, both their own and those of others. These approaches include nonverbal, fantasy, dramatic and gestalt methods, meditation, massage and creativity techniques.
Leaders will be drawn from a group trained by and associated with William C. Schutz and Esalen Resident Fellows who have completed a program directed by Dr. Schutz. These include: Tom Allen, Seymour Carter, Robert Cromey, Jacqueline Doyle, Al Drucker, Arthur and Janica Fox, John Heider, Sara Miller and Steven Stroud.
$65 per person, including room and meals. ($20 deposit required).

June 26-28
EXPLORING THE BODY AS A MEDIUM OF COMMUNICATION
Weekend Workshop
with DENIS WALSH

In describing his workshop, Mr. Walsh writes: "Marshall McLuhan has made us aware that the medium is the message. This insight reaches a point of immense significance in the area of human communications, where the body is the medium. Since the unconscious is so much written into the perceptions, actions and lines of the body, my own body constitutes a most inclusive message. Others read that message vividly. But do I know my own messages? What perceptions do I allow myself? What image do I project to others? What level of sensory awareness do I enrich myself with and limit myself to? What body language do I use in communicating with others?
"These are the areas of exploration which will occupy the weekend. There will be several sessions directed toward experiences in sensory awareness, personal perceptions and a study of body language."
$45 per person. Begins 8 p.m., Friday, June 26.

June 29-July 2
ENCOUNTER WORKSHOP
with ART and JANICA FOX

With encounter as the basic format, this workshop will integrate many of the methods being explored at Esalen, such as psychodrama, meditation, fantasy, gestalt and Lowen techniques. Trust, supportiveness, openness and honesty will be emphasized. There will also be an attempt to relate this experience to worlds which are not always receptive to it.
$65 per person. 7 to 11 p.m., Monday through Thursday, June 29-July 2.

July 1
SRI AUROBINDO
An Evening with
HADIRAS CHAUDHURI, RICHARD MARSH and MICHAEL MURPHY

A discussion of the late great Indian philosopher, Sri Aurobindo, his life, philosophy and yoga. There will be a special emphasis in the discussion upon the relevance of his vision of evolving human consciousness to current developments in humanistic psychology, growth centers and the work of Esalen Institute.
$3 general; $2 student. 7:30 to 11:00 p.m., Wednesday, July 1.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

July 1, 8, 15, 22, 29
SELF DISCOVERY THROUGH MUSIC
5 Wednesday Evenings
with FREDERICK WELLS

Mr. Wells describes this program as follows: "Participants will receive training in new methods of becoming totally absorbed in the experience of sound. We will listen to great music and through it experience trips into the inner self. You may go through hell, and be resurrected. You may suffer pain, sadness, fright. You may cry uncried tears. You may feel joy, peace, love, laughter – and you may dance. You may discover the rhythms of your body, create tensions and releases, journey through time and space."
After each listening session a group encounter will take place to reflect and communicate the experience. Wear loose clothing and be prepared to spend a great deal of time on the floor. If the group chooses, several field trips to live concerts may take place.
$50 per person. 8 p.m., Wednesday evenings, July 1, 8, 15, 22, 29.

July 3-5
WEEKEND WORKSHOP
with SEYMOUR CARTER

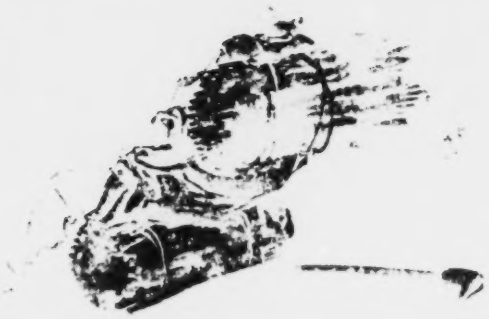
This workshop is based on the realization that our personal growth is often blocked because we do not see ourselves clearly. The objectives of this group are to guide the participants to become aware of why both they and others behave as they do. By creating a supportive atmosphere, participants can experience themselves at a deeper level than daily life provides and, from this point, initiate growth. Techniques used will be those being explored at Esalen, including encounter, gestalt awareness and sensory awakening.
$50 per person. Begins 8 p.m., Friday, July 3.

July 3-5
COUPLES' WEEKEND WORKSHOP
with LARRY and PAULA BLOOMBERG

This workshop for couples will employ gestalt and encounter techniques to increase communication between intimate partners and to enrich and define the special relationship between man and woman. Limited to ten couples.
$100 per couple. Begins 8 p.m., Friday, July 3.

July 3-5
MOVEMENT AND MASSAGE
Weekend Workshop
with GABRIELLE ROTH

In describing her workshop, Miss Roth writes: "As we are, so we move and touch: spontaneous or restricted, flowing or tense, open or inhibited. The combination of massage and movement techniques offers a unique experience for becoming aware of our own movement and how it flows outward into the bodies of others. As we make these physical discoveries we can begin to allow our naturalness in terms of gesture, feeling, movement and touch to be expressed."
$45 per person. Begins 8 p.m., Friday, July 3.



July 6-9
BEYOND ENCOUNTER GROUPS
4-Day Workshop
with JAMES FADIMAN

In describing his workshop, Dr. Fadiman writes: "Our natural state is one of loving awareness. We sometimes forget this and become less than we are. Exercises which will reawaken and strengthen our tendencies toward the good, the beautiful and the divine within ourselves will form the basic structure of the workshop." Suggested for those who wish to go beyond the limitation of traditional encounter groups.
$65 per person. 7 to 11 p.m., Monday through Thursday, July 6-9.

July 8
TO BUILD A BETTER BRAIN
An Evening with
ELEANOR CRISWELL

An introduction to the Optokinetic Perceptual Learning Device (OKPLD) for the stimulation of sensory awareness and learning. The OKPLD provides a visual stimulation/meditation experience which alters level of arousal and perceptual awareness. Optokinetic training enhances awareness in all sensory modes – vision, hearing, touch, as well as perceptual speed. The OKPLD is either quite new or quite ancient, an up-dated version of the Tibetan prayer wheel.
A theoretical framework, demonstration and experience of the OKPLD will be provided. Other ways of enhancing cognitive and perceptual functioning will also be discussed, e.g., yoga and EEG feedback training.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday, July 8.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

July 8-Sept 23: ARTS OF LIVING Three-month Workshop
with PETER BAILEY and other leaders. *See page 14.*

July 10-12
THE WHAT-IT'S-LIKE-TO-BE-ME GAME
Weekend Workshop
with ABE LEVITSKY

This is a recent innovation in psychotherapeutic approach by Dr. Levitsky. It is surprisingly painless and moves with unusual speed to the deeper layers of the personality. It touches on dimensions of experience which are rarely shared and provides an opportunity for experiencing others from the *inside*. The approach lends itself well to integration with the methods of gestalt therapy.
$45 per person. Begins 8 p.m., Friday, July 10.

July 10-12
INTENSIVE GROUP EXPERIENCE
Weekend Workshop with
FREDERICK STOLLER

This workshop will consist of small group encounter designed to challenge the conventional stance of the participants and to enhance the exploration of potential through mutual search for alternatives. Video-tape feedback and photography will be among the approaches utilized.
$50 per person. Begins 8 p.m., Friday, July 10.

July 10-12
THE ART OF EMOTIONAL NOURISHMENT
Weekend Workshop
with JERRY GREENWALD
and JANETTE RAINWATER

Using the here-and-now approach of gestalt therapy, the workshop will focus on developing awareness of the nourishing and toxic attitudes and behavior patterns of each participant as these are directed inwardly towards himself and outwardly in his relating to others. The workshop will also include dreamwork, sensory and body awakening experiences, psychodrama and bio-energetics techniques, depending on the interests of the group as these unfold during the weekend. The aim of the workshop is to provide a growth experience for each participant . . . melting psychic impasses, emotional blocks and "unfinished business" . . . letting go of obsolete relationships . . . diminishing phobic attitudes and other behavior patterns which hamper a person in realizing his potentials in his present life.
This will be an intensive weekend; special hours for the workshop are: 7-12 p.m. Friday; 10 a.m.-11 p.m. Saturday; and 10 a.m.-6 p.m. Sunday. (Breaks for meals included).
$60 per person. Begins 7 p.m., Friday, July 10.

July 13-16
THE PROBLEM OF WOMAN
4-Day Workshop
with DAN SULLIVAN

The contradiction for woman of finding her real *self*, in a world where her real self is defined as being-for-the-other, is unacknowledged by most therapists. Through gestalt techniques, this workshop will explore woman's situation of being exploited, of having her "world" cut out for her in advance, and the corresponding self-alienation of the male in his top-dog role. The early, *learned* process of adopting a sex role will be discussed and the group will employ various techniques to un-learn sex stereotyping and to appreciate the perspective of the opposite sex. Since human sex life is inevitably mutilated if one of the sexual partners is radically ungrounded in himself, the workshop will also focus on self-alienation in sex and the possibility of wholly *human* sexual intimacy, when the partners themselves have become equal.
$65 per person. 7 to 11 p.m., Monday through Thursday, July 13-16.

July 17-19: INTRODUCTION TO ESALEN Residential Weekend with BETTY FULLER and Esalen Staff
See page 17 for description.

July 17-19
BIO-ENERGETICS ANALYSIS
Residential Professional
Weekend with STANLEY
KELEMAN, JOHN BELLIS
and ALAN CLARKE

Presented through the Western Institute for Bio-Energetic Analysis, this workshop will demonstrate bio-energetic analytic technique through both theoretical and participative sessions. Intended for practicing professionals in psychiatry, psychology and related fields. Limited to 24 working participants and six observers.
$110 per person, including room and meals. ($30 deposit required).

July 17-19
MAN AS ENERGY
Weekend Workshop
with ROBERT and
DONNA GERARD

The Gerards describe their workshop as follows: "We will explore a variety of energy techniques to bridge cleavages within and between ourselves, moving toward a more alive, integrated, inclusive consciousness. In order to experience more fully and express more constructively the sensory, emotional, mental and spiritual energies which constitute our total organism, we will practice a graduated series of techniques based on the concentration, alignment, infusion, intensification, transmutation and radiation of these energies, thus transforming the quality of our lives."
$45 per person. Begins 8 p.m., Friday, July 17.

July 20-23
ALTERED STATES OF
CONSCIOUSNESS &
THE SELF
4-Day Workshop
with BERNARD AARONSON

This workshop will help people experience altered states of consciousness and teach them to produce them for themselves. States resulting from Zen and yogic meditation, tantric chanting, fantasy and autohypnosis will be experienced and compared. Techniques for developing mystical experience and for self-hypnosis will be presented.
$65 per person. 7 to 11 p.m., Monday through Thursday, July 20-23.

Workshops For Educators

This is the first in a projected series of annual workshops in "confluent" education. The term confluent education was coined by the Ford/Esalen research group in "affective" or "humanistic" education; it is meant to emphasize the integration of affective and cognitive elements in the learning process. This month may be attended in part or in its entirety. It is a first attempt to provide a farily comprehensive overview of current projects in confluent education, a "report from the front" by leading workers in the field.

All programs in the series will be held at the Berkeley Center for Human Interaction, 1820 Scenic, Berkeley. Accommodations are available at the Berkeley Center for participants who wish to reside there. Residential tuition includes lodging plus breakfast and lunch on days that a workshop is being held. Accommodations are limited so please register early and state whether single or shared room is preferred. The residential fee for the entire series, July 20 through August 7, is $490; the nonresidential fee for the series is $360, and includes lunch on workshop days.

July 20-24
APPROACHES FROM THE FORD/ESALEN PROJECT ON CONFLUENT EDUCATION
5-Day Workshop
with AARON HILLMAN

This workshop is based upon the work done in the Ford/Esalen project in confluent education. Various approaches, including gestalt awareness training and both experiential and theoretical sessions will be presented. Designed primarily for teachers at all levels, this work shop is also open to other interested persons.
$95 per person (nonresidential); $130 per person (residential).
10 a.m. to 6 p.m., Monday through Friday, July 20-24.

July 27-31
SELF-ESTEEM
5-Day Workshop
with
STANLEY COOPERSMITH

This program will consider and employ a variety of methods for developing and raising self-esteem. Among these methods are self exploration of favorable capacities and bases of esteem, role-taking, modeling, desensitization, challenge and defense. There will be occasions for examining and expanding personal limits by risk-taking, decision making and long-term commitments. The goal throughout will be on increasing feelings of personal worthiness which eventuate in more effective performance and attainment of personal goals and satisfactions. There will be consideration of both the theory and practices involved in establishing self-esteem and the implications of esteem in the school, home and personal evaluation.
$95 per person (nonresidential); $130 per person (residential).
10 a.m. to 6 p.m., Monday through Friday, July 27-31.

July 31-August 2
PRIVATE EXPERIENCE, PUBLIC KNOWLEDGE AND PUBLIC SCHOOLS
Weekend Workshop
with TERRY BORTON and NORM NEWBERG

This workshop will explore the approach to education which has evolved over the past five years at the Philadelphia School Board's Office of Affective Development. Sessions will explore the theoretical basis for using a process approach to join a student's private experience to the public world of subject matter; will train participants in techniques for making that connection – fantasy, role-play, physicalization, meditation, group processing, etc.; and will discuss the practical complications of conducting such program in a large urban school system.
$55 per person (nonresidential); $70 per person (residential).
8 to 11 p.m., Friday; 10 a.m. to 5 p.m., Saturday;
10 a.m. to 1 p.m., Sunday.

August 3-7
GESTALT LEARNING THEORY
5-Day Workshop
with GEORGE and JUDITH BROWN

An experiential workshop in gestalt awareness training based on principles of gestalt therapy. There will be discussions of the application of the work to classroom situations. Participants will be encouraged to develop their own approaches with the assistance of the leaders and other members of the group. Suggested readings before the workshop: *Gestalt Therapy Verbatim,* by F. Perls, and *Anger and the Rocking Chair,* by Janet Lederman. Limited to 24 persons.
$115 per person (nonresidential); $150 per person (residential).
10 a.m. to 6 p.m., Monday through Friday, August 3-7.

Interested persons are also referred to: Human Relations in Higher Education, with Stewart Shapiro *(see page 23);* Humanistic Education: Learning is Never What One Expects, with Aaron Hillman *(see page 12);* and Open Professional Gestalt Workshops *(see pages 5 and 32-33).*

July 22: INTRODUCTION TO ENCOUNTER with the ESALEN STAFF
$5 general; $3 student. 7 to 11 p.m., Wednesday, July 22.
First Unitarian Church, Franklin and Geary Streets, San Francisco. *See page 15 for description.*

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July 24-26
A WEEKEND OF MOVEMENT
with GABRIELLE ROTH

In describing her workshop, Gabrielle Roth writes: "As we are, so we move: spontaneous or tense, flowing or restricted. This workshop is designed so that each individual may discover the language of movement, become familiar with his own physical vocabulary and learn to use it as a means for personal growth and communication with others." Music, dreams, imagery and sensory perception are some of the stimuli Miss Roth uses to initiate the movement process.
$45 per person. Begins 8 p.m., Friday, July 24.

July 24-26
ENCOUNTER FOR UNMARRIED COUPLES
Weekend Workshop with
JACKIE DOYLE

This weekend for couples going together, living together or planning marriage is designed to lead from the fragility of romantic illusion to a broader, clearer and stronger loving based on knowing yourself and your partner in new ways. Encounter, incorporating techniques based on gestalt therapy, psychodrama and fantasy, will be used.
$90 per couple. Begins 8 p.m., Friday, July 24.

July 24-26
THE TAROT
Weekend Workshop
with GERALD THATCHER
and JACK HURLEY

The Tarot is the 78-card deck from which modern playing cards derive. It dates from the late 1300's. Best known as gypsy fortune telling cards, the Tarot in fact pictures occult symbols making up an underground library of Western knowledge in religion, mysticism, philosophy, alchemy, astrology and occult sciences.
This seminar will open a brief view into the past, the present and the future as interpreted through the Tarot, to enable the participant to formulate a symbolic image of his own personality, towards the end of establishing a creative life style.
Mr. Hurley will present his own Tarot, which he is redesigning through a reinterpretation and modernization of the ancient symbols.
$30 per person. Begins 8 p.m., Friday, July 24.

July 27-31
MASSAGE AND MEDITATION
5-Day Workshop with
MOLLY DAY SCHACKMAN

In describing her workshop, Molly Schackman writes: "A week in which we will focus on becoming centered and quiet, learning to move from our center, and allowing the inner power we have achieved to flow naturally and caringly through our hands to the bodies of others, awakening their senses. The release of any emotions which may arise from touching or being touched, or from our meditations, will be encouraged. There will be time at the end of the evening for exploring these and for being together verbally or nonverbally. Periods of instruction in massage will be preceded and followed by meditation."
$80 per person. 7 to 11 p.m., Monday through Friday, July 27-31.

July 27-31: SELF-ESTEEM 5-Day Workshop with STANLEY COOPERSMITH *See page 21 for description.*

July 31-August 2: GESTALT OPEN PROFESSIONAL WORKSHOP with ROBERT RESNICK and ROBERT MARTIN. *See pages 32-33 for description.* $65 per person.

July 31-August 2: PRIVATE EXPERIENCE, PUBLIC KNOWLEDGE AND PUBLIC SCHOOLS
Weekend Workshop with TERRY BORTON and NORM NEWBERG *See page 21 for description.*

July 31-August 2
THE FOUR ELEMENTS IN US & IN THE COSMOS
Weekend Workshop
with ALAN WATTS and
HILDE ELSBERG

Before people can relate fully to each other, as in encounter groups, they must surely regain a strong relationship with nature and their own "physical" organisms. Hilde Elsberg, student of Elsa Gindler, is one of the great pioneers in the techniques of sensory awareness.
$45 per person. Begins 8 p.m., Friday, July 31.

August 3
THE ADVENTURE OF CONSCIOUSNESS
An Evening with HUSTON SMITH

A lecture-discussion on Sri Aurobindo and Krishnamurti, including a filmed dialogue with the latter.
$3 general; $2 student. 8 to 10:30 p.m., Monday, August 3.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

August 3-7: GESTALT LEARNING THEORY 5-Day Workshop with GEORGE and JUDITH BROWN
See page 21 for description.

August 7-9
INTENSIVE GROUP EXPERIENCE FOR COUPLES
Weekend Workshop with FREDERICK STOLLER

Exploring the present realities and possibilities as an intimate couple requires a different set and stance than it does for the individual. This workshop, through intensive encounter as well as appropriate exercises, will attempt to move couples into a new appreciation of their realities and potentials. (Open to married or unmarried couples).
$100 per couple. Begins 8 p.m., Friday, August 7.

August 7-9
A WEEKEND OF PSYCHODRAMA
with WALT ANDERSON and IRA GREENBERG

Psychodrama, one of the most effective and exciting of group interaction techniques, brings the group together in spontaneous enactments of personal and social situations. In this intensive weekend of psychodrama, each participant will be given the opportunity to become involved as actively and creatively as his own needs and preferences demand.
$50 per person. Begins 8 p.m., Friday, August 7.

August 8-9
WEEKEND WORKSHOP
with ROBERT HALL, M.D.

This will be a gestalt-oriented workshop; it is open to anyone who hopes to explore his world in a group setting. The program will be held at Dr. Hall's home in Marin County. Exact location will be provided upon registration.
$60 per person. Begins 9:00 a.m., Saturday, August 8.

August 10-13
HUMAN RELATIONS IN HIGHER EDUCATION
4-Day Workshop
with STEWART SHAPIRO

This workshop will apply the methods of encounter, problem-solving, conflict resolution and personal growth to the current college scene. It will be an intensive laboratory in problems and potentials in higher education. Campus teams of faculty, students and administrators are encouraged to participate in order to better apply the learnings on their campuses.
Teams (more than one person per campus) will be given first preference for admission to this workshop. Single individuals (parents, students, educators) will be admitted if openings remain.
$70 per person. 7 to 11 p.m., Monday through Thursday, August 10-13.

August 14-16: INTRODUCTION TO ESALEN Residential Weekend with the ESALEN STAFF.
See page 17 for description.

August 14
THE ENIGMA OF LSD
A Lecture by STANISLAV GROF, M.D.

During the last 14 years, Dr. Grof has been involved in an intense research trying to understand this controversial drug. On the basis of his experiences he will describe the invariant pharmacological effects of LSD and the significance of the extrapharmacological factors for the LSD sessions (personality of the experiencer and of the sitter, their relationship, set and setting, etc.). He will try to evaluate the possible benefits and dangers of LSD and describe the conditions that minimize the risks. It will be demonstrated to what extent the observations from LSD research represent a serious challenge not only to psychiatry and psychology, but to the contemporary scientific thinking in biology and medicine.
$3 general; $2 student. 8 to 10:30 p.m., Friday, August 14.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

August 15-16
BEYOND PSYCHOANALYSIS
Weekend Seminar with STANISLAV GROF, M.D.

Dr. Grof will describe and discuss phenomena from advanced stages of LSD psychotherapy that transcend the psychoanalytic framework: religious and mystical experiences of an ecstatic as well as demonic nature (with special emphasis on death-rebirth); embryonic, ancestral and phylogenetic memories, elements of racial and collective unconscious, archetypal experiences, "past incarnation" memories, "spiritistic" experiences, extra-sensory perception, "traveling clairvoyance", etc. He will compare these phenomena with various aspects of the human culture and emphasize the necessity of a revision of our contemporary models of man. Seminar participants will receive a complimentary ticket to Dr. Grof's lecture on August 14.
$50 per person. 10 a.m. to 5 p.m. (with lunch breaks), Saturday and Sunday, August 15-16.

August 14-16
LIFE PLANNING
Residential Weekend
with ARTHUR SHEDLIN
and STANLEY STANDAL

This program provides a unique opportunity for a limited number of persons who are concerned with determining and implementing meaningful career and other life goals for themselves.
The process of establishing and attaining creative self-fulfilling life goals involves both self-awareness and the use of a definite planning strategy. This structured group experience utilizes a varity of training methods to assist participants in highlighting strengths, weaknesses, peak-experiences and life values pertinent to: a selective inventory of previous life experiences . . . an inventory of present life values . . . establishment of a goal or goals to be attained five to six years from now . . . listing of projects and current action steps related to attaining these goals.
$65 per person, including room and meals. ($20 deposit required).

August 17-20
GESTALT OPEN
PROFESSIONAL WORKSHOP
with JOHN ENRIGHT

An experiential, theoretical and practical presentation of the here and now point of view of gestalt therapy. Though this point of view can only be learned through the direct experience of participation, time will also be allowed for each participant to practice the application of gestalt therapy.
$80 per person. 7 to 11 p.m., Monday through Thursday, August 17-20.

August 17: INTRODUCTION TO ENCOUNTER An Evening with the ESALEN STAFF
$5 general; $3 student. 7 to 11 p.m., Monday, August 17.
First Unitarian Church, Franklin and Geary Streets, San Francisco. *See page 15 for description.*

August 20
PHYSIOLOGICAL FEEDBACK
TRAINING AND RESEARCH
An Evening with
JOE KAMIYA and
ROBERT ORNSTEIN

"A new conception of our capabilities is being formed within science," writes Dr. Ornstein. "The traditional disciplines of meditation which 'have not forgotten' this knowledge give us a glimpse of the limits of our self-regulation. Within science distinctions which we have made since Plato between the mind and body are being dissolved as we find that the "automation", the body, is capable of learning to alter its own functions. We would like to discuss some of our own work and that of our colleagues and the implications of physiological feedback training for science, for our conception of human nature and for our education."
$3 general; $2 student. 8 to 10:30 p.m., Thursday, August 20.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

August 21-23
FROM LONELINESS
TO INTIMACY
A Videotape Workshop
with
STEPHEN LAWRENCE

An ever-mounting number of individuals are experiencing the pain of loneliness, isolation, lack of involvement and helplessness that occurs as we pass through the impersonal institutions of our age. The appalling sense of estrangement and the superficiality we often experience with neighbors, co-workers, and even within the family, have become the hallmarks of our times. In a supportive atmosphere of patience and trust, workshop participants will develop methods of gaining meaningful intimacy with others. Advanced experimental encounter group techniques will be utilized and videotape recordings of participants interacting with each other will be available for viewing and in-depth discussions.
$50 per person. Begins 8 p.m., Friday, August 21.

August 21-23
OPEN GESTALT WORKSHOP
Residential Weekend with
JOHN ENRIGHT, ELAINE KEPNER and LOIS BRIEN

This workshop will utilize small groups, divided among the three gestalt leaders, to explore gestalt training, emphasizing the awareness continuum of oneself and the world. Gestalt awareness is a nonanalytic, integrative way of living fully in the here-and-now, attempting to enhance effective personal functioning.
$65 per person, including room and meals. ($20 deposit required).

August 24-27
THE PURSUIT OF MEANING: LOGOTHERAPY APPLIED TO LIFE
4-Day Seminar
with JOSEPH FABRY

Logotherapy (therapy through meaning), developed by Dr. Viktor Frankl, Professor of Psychology at the University of Vienna, has been called the "Third Viennese School of Psychiatry" – after Freud's psychoanalysis and Adler's individual psychology. Logotherapy has been found especially useful to the increasing number of people who suffer from a feeling of meaninglessness, emptiness and frustration; it stresses personal choices and is pragmatic and present- and future-oriented. This seminar will present Frankl's basic concepts of the causes of our "existential vacuum" and his suggested remedies. It will offer each participant the opportunity, through group discussion, to apply Frankl's ideas to his own life.
$65 per person. 7 to 11 p.m., Monday through Thursday, August 24-27.

August 28-30
EASTERN PATHS TO AWARENESS
Weekend Workshop
with SHYAM BHATNAGAR

This workshop will explore various methods for reaching "enlightened" states of consciousness. Mr. Bhatnagar has devised some of these methods from the ancient philosophies of Vedanta, Raja Yoga, Bhakti Yoga, Karma Yoga and Tantra. "Each individual according to his energy level is to follow one method that is most suited to him," comments Mr. Bhatnagar.
Food and herbs appropriate to meditative practice, mantra chanting and problems of disciplined meditation sitting will be discussed. Private sessions for determining each person's energy level and how to work with chakras to raise the kundalini can be arranged after the seminar.
$30 per person. Begins 8 p.m., Friday, August 28.

August 28-30
THE FORM OF INTERNAL SIGNIFICANCE
Weekend Workshop
with TOM ALLEN

Growth techniques, such as encounter, body awareness, inner imagery, fantasy and psychodrama will be used in conjunction with a variety of art processes as a way of letting go and coming into contact with a deeper, more expressive self.
$45 per person. Begins 8 p.m., Friday, August 28.

August 28-30
BEYOND GAMES: ENCOUNTER FOR COMMUNICATORS
Weekend Marathon
with RICHARD MARSH

Whether you are a professional communicator or not, you must communicate to live. Communication is a basic human and cosmic process, and encounter – with the self, with others, with the more-than-other – is its goal. This marathon encounter group will alternate between periods of unstructured spontaneity and periods of structured sensory, self and social games. Purpose of the games: to lead beyond themselves to the ecstasy of unselfconscious communication. Bring your defensive armor, but be prepared to shed it. Bring, also, a sleeping bag for rest periods during the course of the marathon.
$75 per person, including meals. Begins 8 p.m., Friday, August 28 and continues for 45 hours, or longer.

August 31-September 3
ENCOUNTER WORKSHOP
with JACKIE DOYLE

In this open workshop participants will explore their self-concepts and define the imagined limits they set to being most fully themselves. The basic format will be encounter; as need arises, such methods as psychodrama, meditation, sensory awareness, body movement, fantasy and gestalt techniques will be used.
$65 per person. 7 to 11 p.m., Monday through Thursday, August 31-September 3.

September 4-6: INTRODUCTION TO ESALEN Residential Weekend with the ESALEN STAFF.
See page 17 for description.

September 4-7
THE OPEN COUPLE
3-Day Residential Workshop
with BETTY FULLER

This workshop for couples will use a number of encounter methods developed and refined at Esalen and elsewhere to explore the special relationship between man and woman. The intent of the workshop is to get in touch with the real person behind each partner's projection, to clear lines of communication, and to establish openness and honesty as a base for relating. Emphasis is on encounter and sense awareness experiences which may strengthen and enrich the relationship.
$200 per couple, including room and meals. Begins 8 p.m., Friday, September 4 and ends at noon, Monday, September 7. ($50 deposit per couple required).

September 4-6
A WEEKEND OF MOVEMENT
with GABRIELLE ROTH

In describing her workshop, Gabrielle Roth writes: "As we are, so we move: spontaneous or tense, flowing or restricted. This workshop is designed so that each individual may discover the language of movement, become familiar with his own physical vocabulary and learn to use it as a means for personal growth and communication with others." Music, dreams, imagery and sensory perception are some of the stimuli Miss Roth uses to initiate the movement process.
$45 per person. Begins 8 p.m., Friday, September 4.

September 7-11: MASSAGE AND MEDITATION 5-Day Workshop with MOLLY DAY SCHACKMAN
7 to 11 p.m., Monday through Friday. *See page 22 for description.*

TWO EVENTS WITH ROLLO MAY

Lecture
September 11

VIOLENCE AND THE DAIMONIC
8 to 10:30 p.m., Friday, September 11
$3 general; $2 student.

Dr. May will inquire into the sources of violence and aggression and apply to these problems the theory of the daimonic. This means that the question must be raised of how far aggression and violence can be used for constructive, as well as destructive, purposes.

Seminar
September 12

VIOLENCE IN AMERICAN LIFE
Dr. May will cover the following topics during the course of the seminar: "Violence and the Problem of Power in America": Violence is increasing because the power of the individual is decreasing.

"Myths of Violence in America": Our country presents the paradox of being a pacifist nation which leads the Western world in violence.

"The Omnipresence of the Daimonic": We cannot rid ourselves of devils by mere willing.

"The Daimonic and Ethics": Does the theory of the daimonic rationalize evil?

$30 per person. 10 a.m. to 5 p.m., Saturday, September 12.
Limited to 60 persons.

September 11-13
CREATIVE MEETING: A WORKSHOP FOR UNMARRIEDS
Weekend Workshop
with GERALD SMITH
and BETTY BERZON

This is an experience for those who are concerned with ending traditional "dating games" and moving more creatively into relationships. Movement and sensory awakening techniques, communication exercises, encounter groups and various gestalt approaches will be used to help participants increase their self-awareness and honest communication with others.
Workshop participants will be chosen so as to assure a balance of sex and age. Please state age on application. This workshop is intended for unattached singles. *Limited to 40 persons.*
$55 per person. Begins 8 p.m., Friday, May 29.

September 11-13
UPWARD GAMES FOR FREEING COMMUNICATION
Weekend Workshop
with ART HOUGH

Dr. Hough describes his program as follows: "This weekend will be my first workshop following a half year sabbatical of concentration on recent innovations in freeing communication potentials: getting inside self and meaning; resolving conflict through confrontation with dogmatism and dissolving barriers to human union through direct encounter. "We will incorporate useful games in perception, listening, feedback, sensory focusing, risk taking, conflict resolution, interaction and basic encounter. This is no Dionysian plunge; it is part head trip and part gut. The problem in this workshop, as it seems to be everywhere else, is to get the two together."
$45 per person. Begins 8 p.m., Friday, September 11.

September 14 INTRODUCTION TO ENCOUNTER An Evening with the ESALEN STAFF
$5 general; $3 student. 7 to 11 p.m., Monday, September 14.
First Unitarian Church, Franklin and Geary Streets, San Francisco. *See page 15 for description.*

Leaders' Biographical Information

BERNARD S. AARONSON, Ph.D., heads the experimental psychology section of the New Jersey Bureau of Research in Neurology and Psychiatry. He is interested in many techniques to promote human growth including hypnosis, elements of occult traditions, meditation and operant conditioning.

DOUGLAS ALBITZ is Esalen's craft director.

TOM ALLEN, an artist, teaches at Cabrillo College. Since his year as an Esalen resident fellow, he has concentrated on developing workshop processes that nurture authentic being and rich interpersonal contact. He sees art not as an isolated specialty, but as one of the many ways to self-realization.

WALT ANDERSON has studied psychodrama for several years under Dr. Lewis Yablonsky, and is executive director of the California Institute of Psychodrama. He teaches political science part-time at San Fernando Valley State College and his most recent book, *Politics and Environment,* was published recently by Goodyear (Prentice-Hall).

PETER BAILEY designs for a printer, is calligrapher and poet. He has taught art and children, and feels the Bay Area returns his passion for it. As Red Dog Pieface, he has designed the brochures and most posters for Esalen's past seven years.

JOHN BELLIS, M.D., is a director of the Institute for Bio-Energetic Analysis, New York, and a psychiatrist in private practice.

BETTY BERZON is a psychologist, training consultant and author. Formerly a staff member of Western Behavioral Sciences Institute, she is now director, Group Program Development at the Human Development Institute.

SHYAM BHATNAGAR, teacher and psychic therapist, began his training under the great Kundalini Yogi "Baba Jee" at age 12 and continued his studies under the teacher Pran Nath.

PAULA BLOOMBERG, Ph.D., is presently in private practice in the Bay Area. She was mental health educator for the Marin Community Mental Health Center.

LAWRENCE BLOOMBERG, Ph.D., clinical psychologist and gestalt therapist, is a training therapist and a member of the Board of Directors of The San Francisco Gestalt Therapy Institute.

TERRY BORTON, Ed.D., received his doctorate from Harvard University, where he has been working to finish curriculum projects. He worked for a year as a consultant to the Philadelphia School Board's Curriculum Office and has spent the last four summers administering experimental education programs in Philadelphia. He is the author of *Reach, Touch and Teach: Student Concerns and Process Education,* and co-author, with Norman Newberg, of *Education for Student Concerns.*

LOIS BRIEN, Ph.D., is a communication consultant in the Bay Area and a member of the San Francisco Gestalt Therapy Institute. She is particularly interested in verbal communication in groups and in the integration of art and music into the group experience.

GEORGE I. BROWN, Professor of Education, teaches courses in creativity, awareness and sensitivity training at the University of California at Santa Barbara. He is a nationally known researcher in the affective domain and creativity.

JUDITH R. BROWN, co-trainer with her husband, has trained with Frederick S. Perls with whom she has worked as a co-therapist.

SEYMOUR CARTER, a former resident of Synanon, is a leader of Esalen workshops and a massage specialist. In his work he draws on a variety of approaches to awareness. He has been trained in structural integration by Ida Rolf.

HADIRAS CHAUDHURI is one of the world's foremost Aurobindo scholars. He is founder-president of the California Institute of Asian Studies.

DON CLARK, Ph.D., is an associate professor at City University of New York. For the past decade he has worked in education settings doing psychotherapy, task-oriented training and sensitivity training. During 1968 and 1969 he completed a nationwide study of the human growth potential movement and education and is now preparing a series of articles based on these experiences and impressions.

ALAN CLARKE, M.D., a psychiatrist in private practice in Los Gatos, California, has been engaged exclusively in bio-energetics therapy for the past two years.

GORDON CLOUGH was a writer for two religio-philosophical journals for several years, and served as review and education editor of *Manas Weekly* from 1948-67. He has also lectured abroad and has coordinated programs and taught a variety of courses for University of California, Santa Barbara, Extension Division.

STANLEY COOPERSMITH, Ph.D., is a member of the Psychology Department of the University of California at Davis. Previously he taught at Wesleyan University and at the University of Copenhagen. His major work has been in the field of self-esteem, particularly in how self-attitudes of acceptance and rejection are formed and changed.

ELEANOR CRISWELL, Ed.D., is an Assistant Professor of Psychology at Sonoma State College, California, where she teaches physiological psychology, educational psychology and yoga psychology and is involved in EEG research. She was recently granted a patent for the OKPLD and has just completed her first book.

ROBERT CROMEY, former Esalen resident fellow, is Vicar of St. Aidan's Episcopal Church in San Francisco. His interest is in encounter groups, the experiential and sensory dimensions of ritual, ceremony and Western religious practice.

JOSEPH J. DOWNING is a psychiatrist in private practice, a director of the San Francisco Gestalt Therapy Institute and formerly head of Mental Health Services, San Mateo County.

JACQUELINE DOYLE, former Esalen resident fellow, holds her Master's degree in Psychology. She has worked and trained with William C. Schutz and leads encounter groups privately as well as for Esalen.

AL DRUCKER was a resident fellow in the first Esalen Residence Program. He now lives in Big Sur where he does workshops and massage.

TOM EDNIE is a psychiatrist at Travis Air Force Base. He and his wife, Natalie, are certified by the Gestalt Institute of Canada.

JOHN ENRIGHT, Ph.D., is a psychologist in private practice in the Bay Area; he has been a gestalt therapist for seven years.

JOSEPH FABRY is a free-lance writer, translator and editor at the University of California, Berkeley. He teaches a course on logotherapy for University of California Extension and is author of the book *The Pursuit of Meaning—Logotherapy Applied to Life.*

JAMES FADIMAN, Ph.D., has taught psychology at San Francisco State and Brandeis University. He is an editor of the *Journal of Humanistic Psychology* and the *Journal of Transpersonal Psychology*. Presently he is a consultant with Snowden, Sullivan & Goodwin, working with educational and industrial institutions.

JOEL FORT, M.D., is recognized for his work in institutional change, drug abuse and sexual deviance. He is a lecturer in the School of Social Welfare, University of California, Berkeley and in the Department of Biology, San Francisco State College. In San Francisco, he leads the Fort Center for Solving Social Health Problems and is co-director of the National Sex and Drug Forum. He is author of *The Pleasure Seekers: The Drug Crisis, Youth and Society.*

ARTHUR FOX has worked and trained with William C. Schutz in many groups and during the 1969 Residence Program. He is on the Esalen encounter staff and is leading groups around the country. His background is in psychology, education and religion and he has taught in ghetto and private schools.

JANICA FOX, together with her husband, has trained with William C. Schutz, including the 1969 Residence Program, and is leading groups with him on the Esalen staff. Previously she did research on groups in the social relations department at Harvard University.

BETTY FULLER, 1967-68 resident fellow, is Esalen's director of Consulting Services. She is one of a group of encounter leaders trained by William C. Schutz. Her background includes teaching and several years in radio, TV and theater as producer-writer-actress-director.

STEVE GENARDINI, formerly with Stan Kenton, is musical director of the Big Sur Primitive Jazz Society.

DONNA GERARD has had a private practice as a drama teacher and therapist for ten years in Los Angeles. She and her husband are interested in providing systematic and specific methods for evoking transcendental awareness.

ROBERT GERARD, Ph.D., is engaged in the private practice of psychotherapy in Los Angeles and is president of the International Foundation for Psychosynthesis. He is a pioneer in the development of new therapeutic techniques, including the use of inner imagery, symbolic visualization and creative meditation. He is especially interested in the integration of American, European and Eastern approaches to psychological growth. Dr. Gerard is presently evolving advanced psychospiritual techniques based on a direct approach to the transformation of inner energy fields.

WILLIAM P. GOLDEN, JR., is Professor of Education and Psychology and director, Downtown Center, San Francisco State College. He has been working with encounter groups, T-groups and sensitivity groups since the early '50's, and is a consultant on organizational development for business, governmental, educational and community agencies.

IRA GREENBERG, Ph.D., is a supervising psychologist at Camarillo State Hospital, where he has conducted televised psychodrama for more than two years, and an associate director of the California Institute of Psychodrama.

JERRY GREENWALD, Ph.D., is a gestalt therapist in private practice in Beverly Hills. He developed the concepts of nourishing ("N") people and toxic ("T") people. He is investigating further applications of these ideas and integrating them into the framework of gestalt philosophy and therapy.

STANISLAV GROF, M.D., is Chief of Psychiatric Research at the Maryland Psychiatric Research Center and an assistant professor at Johns Hopkins University in Baltimore. He participates in the team at Spring Grove using psychedelic peak psychotherapy with LSD in alcoholics, drug addicts and dying cancer patients. He has been involved since 1957 in the study of hallucinogenic drugs. In Prague he investigated for many years the pos-

sibility of the use of psychedelic substances for psychotherapy of psychiatric patients.

BERNARD GUNTHER is one of the pioneers in the use of touch, relaxation, body awareness and nonverbal communication in the total growth process. He has developed his own approach to mind/body/environment integration known as sensory awakening.

ROBERT K. HALL, M.D., is a psychiatrist in private practice in Mill Valley, a practitioner of body structural integration ("Rolfing"), a long-time student of Fritz Perls and a serious student of meditation.

JOHN HEIDER, Ph.D., former Esalen resident fellow, views himself as a natural philosopher working toward integration of such practices as dance, meditation, sensory awakening and the adventure of encounter. He has done research on the effects of meditation on perception.

AARON HILLMAN, teacher and poet, has trained and worked with George Brown. He has given workshops and seminars for various groups and was one of the original members of the Ford-Esalen research project in affective education.

RICHARD HORAN is an artist, practicing yogi and masseur. He is director of the Esalen massage program.

ARTHUR HOUGH, Ph.D., is Associate Professor of Communication Theory at San Francisco State College. As an independent television and film producer, he has written and produced nearly 200 educational programs, mainly in communication skills. He is an author, editor and communication consultant.

JACK HURLEY has been a resident staff member at Esalen where he has developed his own approach to the Tarot involving a humanistic orientation to Western mysticism and occult traditions.

LEON JAKOBOVITS, Ph.D., is Associate Professor of Psychology and Communications at the University of Illinois.

JOE KAMIYA, Ph.D., teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. His research, in conjunction with Bob Ornstein, is concerned with physiological feedback training and the psychophysiology of meditation.

STANLEY KELEMAN is a practitioner of the bioenergetics approach developed initially by Alexander Lowen. He has studied with Dr. Ola Raknes and Graf Durchheim at the Center for Religious Studies, as well as at the Alfred Adler Institute for Individual Psychotherapy and the Dasien Analytical School of Psychotherapy, Zurich.

ELAINE KEPNER is a clinical psychologist, for the last ten years a teaching fellow at the Gestalt Institute of Cleveland. She is now associated with the San Francisco Gestalt Therapy Institute.

JOEL KRAMER is resident yoga teacher at Esalen.

STEPHEN LAWRENCE, Ph.D., is a chief psychologist at a California County Hospital and conducts a private practice in San Bernardino. He is one of the pioneers in live telecasting of group therapy and the therapeutic uses of videotape.

JANET LEDERMAN, artist, teacher and writer, has developed and utilized the gestalt learning process with ghetto children and with children who manifest extreme behavior problems. She is currently leading gestalt groups throughout the United States and Canada.

ABE LEVITSKY, Ph.D., is in private practice in San Francisco. His two main current interests are the training of gestalt therapists and integfation of gestalt therapy with the methods of hypnosis. He is associate editor of the *American Journal of Clinical Hypnosis.*

JOHN LILLY has primary research interest in the relation of the mind to the brain. Trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication, he is now in residence at Esalen, Big Sur.

JUDITH LOUBET, Ph.D., is a psychologist who teaches at California State College, Fullerton. Her interest is in human resources as they relate to organizational development.

THEODORA LYON is a group leader at the Gestalt Institute of Canada. She has been trained by Frederick S. Perls.

RICHARD MARSH, Ph.D., is Professor of Creative Arts and Broadcast Communication Arts at San Francisco State College as well as Professor of Semantics and Communication at the California Institute of Asian Studies. He has pioneered in leading encounter groups in an academic setting.

ROBERT MARTIN, D.S.W., a gestalt therapist in Hermosa Beach, has integrated his work with art, psychodrama and massage.

EDWARD MAUPIN draws upon a variety of approaches to body awareness, including those of Reich, Lowen and Ida Rolf. He also relates to the various psycho-physical disciplines of Eastern and Western mysticism.

ROLLO MAY is Training and Supervisory Analyst at the William Alanson White Institute of Psychiatry, Psychoanalysis and Psychology. He has served as visiting professor at Harvard and at Princeton. Among his books are *The Meaning of Anxiety; Man's Search for Himself; Psychology and the Human Dilemma;* and *Love and Will.*

PETER MELCHIOR is director of Esalen's structural integration program.

SARA MILLER holds her Master's degree in Special Education and is experienced as a teacher and administrator of special programs designed to enrich the learning potential of children and young adults. She is experienced in conditioning techniques and is interested in the relationship between these techniques and the encounter.

STUART MILLER, Ph.D., who holds his doctorate in Comparative Literature, is experienced as a teacher and administrator in experimental colleges. He is Esalen's director of development and a former resident fellow.

HARRIET MOHR is an astrologer, teacher, artist and writer. She is a member of the International Committee for a Humanistic Astrology and The American Federation of Astrologers.

O. HOBART MOWRER, Ph.D., formerly director of the Psychoeducational Clinic at Harvard, is a research psychologist at the University of Illinois. A past president of the American Psychological Association, he is the author of many books, among them *The Crisis in Psychiatry and Religion* and *The New Group Therapy.*

WILLIE MAE MOWRER, Ph.D., is Associate Professor of Family Relationships at the University of Illinois.

Leaders' Biographical Information

NORMAN NEWBERG has taught at high school and college levels. He has designed and implemented teacher training programs for school systems and colleges. For the last three years he has served as a curriculum specialist in affective learning for the Philadelphia Board of Education.

ROBERT ORNSTEIN, Ph.D., teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. He is author of the book *On the Experience of Time.*

FREDERICK S. PERLS was born in 1893 and left Germany when Hitler came to power. He founded the South African Institute for Psychoanalysis and is the founder of gestalt therapy. An associate in residence for five years in Big Sur, he now heads the Gestalt Institute of Canada.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

MAGDA PROSKAUER is a graduate of the University of Munich, Germany, and received a degree in physiotherapy from the University of Munich Medical School. While working in Europe she was influenced by various new schools of psycho-physical therapy. She has a private practice in body awareness and breathing therapy in San Francisco.

JANETTE RAINWATER, Ph.D., is a clinical psychologist in private practice in Beverly Hills in association with James S. Simkin and the Gestalt Therapy Associates. She specializes in leading continuing groups and encounter workshops, using gestalt techniques and sensory awareness methods.

ROBERT RESNICK is a gestalt therapist in private practice in Beverly Hills who has trained with Drs. Simkin and Perls. He is chairman of the Gestalt Therapy Institute of Southern California.

THEODORE ROSZAK, Ph.D., is a member of the History Department at California State College, Hayward and is the author of *The Making of a Counter Culture: Reflections on the Technocratic Society and its Youthful Opposition* (Doubleday 1969).

GABRIELLE ROTH is movement specialist in residence at Esalen, Big Sur. She has studied and taught creative dance forms for the past ten years.

MOLLY DAY SCHACKMAN organized and directed the massage program at Esalen from November 1965 to January 1969. She is a devoted student of meditation and feels that its practice, along with that of exercise or yoga and body movement, are essential for giving massage.

BILL SCHUTZ lives in Big Sur where he does carpentry.

BENNETT SHAPIRO, former architect and Esalen resident fellow, is now a full-time encounter group leader. He has studied with a wide variety of therapists and trained for a year at the San Francisco Gestalt Therapy Institute.

STEWART SHAPIRO, Ph.D., is the Director of Counseling and Guidance and Coordinator of the Office of Human Relation, Department of Education, University of California at Santa Barbara. He is also on the staffs of NTL and the UCLA Institute of Industrial Relations in both management and labor programs.

ARTHUR SHEDLIN is on the faculty of Behavioral Science Area, Graduate School of Business Administration, University of California at Los Angeles.

JULIAN SILVERMAN, research director at Esalen, holds the position of research specialist with the California Department of Mental Hygiene. His major research concerns are with the study of psychophysical functioning in relation to subjective experience and behavior change.

JAMES S. SIMKIN, Ph.D., has been co-leader with Fritz Perls at professional gestalt therapy workshops at Esalen for six years. He has been engaged in the private practice of psychotherapy for fifteen years and has produced a gestalt therapy training film, "In the Now".

GERALD SMITH, Ed.D., is a family therapist in San Mateo, California. He has taught his approaches at numerous agencies and recently completed a book entitled *Encounter for Two.*

HUSTON SMITH is Professor of Philosophy at the Massachusetts Institute of Technology. His birth and childhood in China produced a life-long interest in philosophical anthropology, comparative philosophy and comparative religion. He is author of *The Religions of Man; Condemned to Meaning;* and *The Purposes of Higher Education.* Kendra Smith, his wife, is a psychiatric social worker at the Newton Mental Health Center.

STANLEY STANDAL is a psychologist at the Utah Clinic for Counseling and Psychotherapy.

FREDERICK H. STOLLER, currently senior research associate at the Youth Studies Center, University of Southern California, has been one of the principal pioneers in the development of the marathon group and one of the prime innovators in the use of videotape feedback in the group setting.

STEVEN STROUD, an Esalen encounter leader, is now the coordinating director of Esalen Residence Programs.

DAN SULLIVAN trained two years with Ronald Laing in London in therapy, and is now director of the Princeton Sensitivity and Gestalt Workshop Center in Princeton, New Jersey. He is also completing a dissertation for the "Doctorat d'Etat" at the Sorbonne in philosophy on *Eros and Freedom: A Critique of the Ironic Vision.* He has published and lectured widely on the complex relations between woman, romance, self-mockery and ideology.

R. GERALD THATCHER, an Esalen staff member for six years, is an author, musician and amateur astrologer.

DENIS WALSH is studying for his doctorate in Languages and Communications at New York University. He recently completed a year's research fellowship with Marshall McLuhan with whom he worked, taught and explored nonverbal forms of communication.

ALAN WATTS is author of *The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology;* and many other writings. He has been, with D.T. Suzuki, the leading popularizer of Zen Buddhism in the United States.

FREDERICK WELLS is a musician, educator, journalist, theologian and self-styled mystic. He has degrees in music and performs professionally in both classics and rock. Recently he has been leading encounter groups, producing multi-media happenings and teaching his own experiential method of music listening. He is the founder of the Fellowship of New Being, a modern religious community.

For reservations, see p. 34.

Ida Rolf: Structural Integration

Ida Rolf will conduct two six-week training courses in Structural Integration in Big Sur, beginning May 18, 1970. For further information write to: Peter Melchior or Jan Sultan, Co-Directors, Structural Integration Programs, Esalen Institute, Big Sur, CA 93920.

The following practitioners of Structural Integration are available, by appointment only, in Big Sur: Peter Melchior, Seymour Carter, Stanley Johnson, Edward Maupin, William Schutz, Gael Smith and Jan Sultan.

BULLETIN OF STRUCTURAL INTEGRATION

A journal dedicated to understanding man as a whole – now in its second year of publication. The bulletin provides a vehicle for theoretical and applied research in mind-body phenomena of interest to persons in the health sciences, physical sciences, arts and education. Past issues have included articles concerning Structural Integration (the Rolf technique of postural release); prepared childbirth; movement behavior and movement therapy; Swedenborg's Anatomy. Future issues will include: preview chapters from Ida Rolf's forthcoming book; movement approaches to integration (Tai Chi, yoga, dance, physical education); rehabilitative techniques; book reviews, etc. For a one-year subscription, send $10.00 with your NAME, ADDRESS, and ZIP CODE to: Bulletin of Structural Integration, 1334 - 23rd Street, Santa Monica, California 90404.

Programs in Sensory Awakening with Bernard Gunther

For children life is intense experience play
most adults lose their way
caught in a hurry worry world
of excessive thoughts tension and goals
they lose contact with
themselves nature and others

(from Come to Your Senses:
A Prana-Mendelson Production
filmed at Esalen Institute)

May 31-June 5 - Big Sur
WORDS, FEELINGS AND THE BODY
5-Day Workshop

This experiential workshop will include new approaches to awareness, nonverbal communication, sensory and verbal encounter, body role-playing, meditation, massage and the hot mineral baths as methods for increasing energy, decreasing the illusory split between mind and body, words and feeling.
$190 per person.

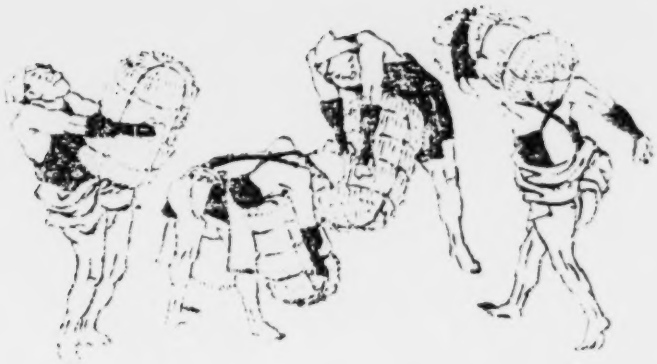
August 23-30-Big Sur
TRAINING IN SENSORY AWARENESS RETRAINING
7-Day Workshop

An intense relaxing seven-day training workshop for those who wish to apply and adopt sensory awakening innovations in educational, religious and therapeutic situations as well as their own lives. (A statement which includes biographical information and intent must accompany each deposit).
$260 per person.

September 4-6-Big Sur
STAYING AWAKE
Weekend Workshop

There are many ways to open up and stay awake, the problem now is how to stay that way. In this experimental weekend sensory explorations, ritual celebrations and active meditations will be used in seeking to discover, from everyday activity and one another, ways to stay turned on.
$75 per person.

Gestalt Workshops



GESTALT THERAPY WORKSHOPS WITH JAMES S. SIMKIN

Gestalt therapy, by emphasizing the awareness continuum of oneself and the world, is a way (Tao) of living and enhancing one's experience. It is non-analytic. It attempts to integrate the fragmented, split personality through non-interpretive focusing in the here-and-now.
Gestalt therapists believe that people *can* change their behavior only if they are aware (responsible) of what and how they do what they do. The Aristotelian why-because "game" is rejected as another avoidance technique (phobic behavior).

May 17-22

5-DAY OPEN PROFESSIONAL WORKSHOP with DR. SIMKIN
Limited to 16 participants. Each person will have an opportunity to experience two individual sessions with Dr. Simkin, as well as participate in gestalt therapy exercises within the group setting.
$210 per person.

7th ANNUAL PROFESSIONAL PSYCHOTHERAPIST TRAINING PROGRAM IN GESTALT THERAPY

August 2-7

5-DAY INTRODUCTORY PROFESSIONAL WORKSHOP with DRS. SIMKIN and MARTIN
Open to professional psychotherapists in individual or group practice with no previous gestalt experience.
$270 per person.

August 9-14

5-DAY ADVANCED PROFESSIONAL WORKSHOP with DRS. SIMKIN and RESNICK
Open to professional psychotherapists with previous experience in gestalt therapy.
$270 per person.

August 16-21

5-DAY ADVANCED PROFESSIONAL WORKSHOP with DRS. SIMKIN and KEPNER
Open to professional psychotherapists with previous experience in gestalt therapy.
$270 per person.

These professional workshops will provide theoretical as well as practical training in the application of the existential and phenomenological method for individual, group and self-treatment. The participants will have an opportunity for artistic self-expression and for facing and coping with their own personal problems. Attention will be primarily focused on phenomenology through the use of non-interpretive techniques. In all workshops these techniques will be extended to a working through of dreams.
The August 2-7 workshop will serve as an introduction and background in gestalt and existential therapy. Those attending will qualify for the advanced workshops.
The workshops are limited to not more than 24 qualified professional psychotherapists. Applicants should apply well in advance and should state qualifications. Envelopes should be marked: "Attention of Gestalt Professional Workshop".

For biographies, see pp. 27-30; for reservations, see p. 34.

Gestalt Workshops

BIG SUR OPEN GESTALT WORKSHOPS

Gestalt training is an integrative process concentrating on *How* and *Now* rather than *Why* and *Fantasy* of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own unused potential. The assumption will be made that participants are not "patients", but are persons responsible for their own life decisions.

June 5-7	Tom and Natalie Ednie	$75 per person.
June 14-21	Richard Price & Staff	$240 per person.
August 14-16	Esalen Staff	$75 per person.
Aug 30-Sept 4	Esalen Staff	$190 per person.

Interested persons are also referred to Gestalt Open Professional month-long workshops at Big Sur. See page 5 for program description.

SAN FRANCISCO GESTALT WORKSHOPS

OPEN GESTALT WEEKENDS	May 15-17	Janet Lederman (See page 14).
	July 10-12	Jerry Greenwald and Janette Rainwater (See page 19).
	August 8-9	Robert Hall (See page 23).
	August 21-23	John Enright, Elaine Kepner, Lois Brien (See page 25).
OPEN PROFESSIONAL WORKSHOPS	July 31-Aug 2	Robert Resnick and Robert Martin. $65 per person.
	August 17-20	John Enright (See page 24).
RELATED WORKSHOPS	June 19-21	Abraham Levitsky (See page 17).
	July 3-5	Larry and Paula Bloomberg (See page 18).
	July 10-12	Abraham Levitsky (See page 19).
	July 13-16	Dan Sullivan (See page 20).
	August 3-7	George and Judith Brown (See page 21).

The professional workshops listed above are open to teachers, artists, ministers, mental health workers, social workers, etc., in addition to psychiatrists, clinical psychologists and psychiatric social workers.

San Francisco Information

LECTURES AND SYMPOSIA: Tickets may be purchased by mail from Esalen Institute, 1776 Union, San Francisco 94123. Please enclose a self-addressed stamped envelope. Exact time and location of lectures will be printed on the tickets. When not sold out in advance, tickets may be purchased at the door. (Any event may be cancelled if advance sales indicate insufficient interest.)

SAN FRANCISCO SEMINARS AND WORKSHOPS:
RESERVATIONS: Advance registration is required ten days prior to start of program. A **non-refundable** deposit of $10 per person ($20 for residential workshops) must accompany reservation form or letter sent to: Esalen Institute, 1776 Union, San Francisco 94123. Balance of fee is payable at first session of program. **Do not send San Francisco reservations to Big Sur.**

LOCATIONS: San Francisco programs are held at several facilities in the Bay Area, including First Unitarian Church center in San Francisco and the Berkeley Center for Human Interaction. Participants will be informed of workshop location at time of registration and confirmation.

SCHEDULES: Specific meeting times for weekend workshops are announced at the first meeting. Usually, however, workshops meet from 8 to 11 p.m. on Fridays, from 10 a.m. through the afternoon and/or evening on Saturdays, and from 10 a.m. to early afternoon on Sundays. Schedules are not rigid and specific meeting times are established at the group's first session.

ACCOMMODATIONS: Residential seminars include meals and lodging. For other programs, each participant must reserve his own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at workshops.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes, for men.

Big Sur Information

Grounds are closed except by reservation. Participants are discouraged from bringing guests or having people drop in.

SCHEDULES: Weekend seminars begin with dinner at 7:30 on Friday evening and end with lunch on Sunday. 5-day workshops begin on Sunday with dinner at 7:30, ending on Friday after lunch. 7-day workshops begin on Sunday with dinner at 7:30 and end on the following Sunday after lunch. The first session of each workshop begins at 9:00 on the first evening.

COSTS: The rooms on Esalen property are designed for shared occupancy, and seminar and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. On the rare occasion when light attendance at a program makes single accommodation possible, there is a surcharge of $7.00 per night. The amount covers tuition, food and lodging, use of the fresh-water pool and hot mineral baths, and the scheduled periods of Tai Chi Chuan. Massage, available by appointment, is extra.

ACCOMMODATIONS: are usually possible at Esalen Institute; if the property is full, we will reserve rooms at nearby motels. There is a surcharge for off-property accommodations; rates vary according to season and type of accommodation desired. Rates will be supplied by the Esalen office at time of inquiry.

OWN ACCOMMODATIONS: Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodgings in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property—in tents, cars, campers or meeting rooms—is strictly prohibited.

CHECK IN/CHECK OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening. However, this does not prevent guests from arriving earlier in the afternoon. Check-out time is before noon on the last day of the program; since most last morning programs run up to noon or later, guests should arrange to have their rooms vacated before the last morning session.

CHILDREN AND PETS: There are no child care facilities available at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Alas, no pets.

RESERVATIONS: must be made at least one week before the first day of the seminar or workshop. Accompanying the reservation a $20 deposit for weekend seminars, $50 for 5-day workshops, $70 for 7-day workshops, **all non-refundable,** is required (unless another amount is specified). Please mail reservation form with check to: Reservation Desk, Esalen Institute, Big Sur, California 93920. **Do not send Big Sur reservations to San Francisco.**

FOREIGN CURRENCY: Esalen can only accept checks drawn on U.S. funds. For our Canadian participants: most Canadian banks are able to furnish checks drawn in U.S. funds which will be acceptable.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name. From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute—Reservation Only.

LIMOUSINE SERVICE from Monterey: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $15 per person from Monterey airport or Greyhound terminal, with **3 to 5 days advance notice.** On arrival, guests should inquire at terminal service counter for the Esalen representative.

RIDES from San Francisco Bay Area: If you NEED a ride or can OFFER a ride to Big Sur, please call this San Francisco phone number—771-1710—and leave your name and phone number. This should be done from 3 to 5 days before the date you will be leaving for Big Sur. Unfortunately, this service cannot be offered for any other area.

RECOMMENDED DRESS: Slacks, sweaters, jeans, flat shoes for women, bathing suits for outdoor pool. Since there are many activities at night and the grounds are not brightly lighted, please bring a flashlight for your own convenience and safety.

Special Information

MEMBER SEMINAR-DISCUSSIONS in the San Francisco Bay Area this spring and summer will include the following persons as guests. Please consult your Membership newsletters for further details.

ESALEN EXECUTIVE STAFF – Tuesday, April 21, 8 to 10 p.m.

JOSEPH DOWNING, M.D. – Monday, May 18, 8 to 10 p.m.

MEMBERS' RESIDENTIAL WEEKEND with the Esalen Staff – July 31-August 2, $31 per person.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recorded tapes of many past Esalen programs are available. This is not a service in lieu of attendance, but is for individuals and organizations to whom recordings of significant lectures and seminars, and training tapes of techniques and methods, are of particular value. This applies to professional and nonprofessional organizations, departments in educational institutions, libraries, religious bodies and individuals with tape collections.
Recording, editing and distribution of tapes is performed by Big Sur Recordings, from which a complete list may be obtained. The cost of recordings is $10.00 per tape-hour, stereo or mono. Write BIG SUR RECORDINGS, P.O. Box 303, Mill Valley, California 94941.

VIDEOTAPES AND 16MM FILMS of Dr. Frederick S. Perls' approach to gestalt therapy are now available for professional use on a rental basis from MEDIASYNC, P.O. Box 486, Del Mar, California 92014.

PUBLICATION AND BROADCAST RIGHTS to all lectures delivered at Esalen Institute meetings and workshops belong to Esalen and no use of such material is to be made without the express written permission of one of the Directors in each occurrence of such use.

MICROFILM records of Esalen history, brochures and publications are available through MICROBIZ, 590 Howard Street, San Francisco, California 94105.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please also see membership form (opposite page 36.)

ESALEN BOOKS AND PUBLICATIONS: Written materials of particular significance associated with the programs of Esalen Institute are available at the Big Sur center. Selections include work produced at Esalen as well as writings of a number of past seminar leaders. Direct inquiries to R. Gerald Thatcher, Esalen Books, Big Sur, California 93920.

FM RADIO STATIONS KPFA, KIOI, KSAN and KQED broadcast portions of Esalen seminars and lectures, as do KUOP-FM (University of the Pacific) and KUNM-FM (Albuquerque, N.M.) on an occasional basis. Consult local program guides. A new series of twelve 1-hour programs titled "Esalen Institute Presents: The Scope of Human Potential" is available through National Educational Radio for broadcast by affiliated educational radio stations across the United States.

ESALEN PROGRAMS is published quarterly by Esalen Institute, a nonprofit California corporation. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco offices of Esalen Institute. Do not direct subscription inquiries to Big Sur.

ACCREDITATION AND THE USE OF ESALEN'S NAME
Some individuals and groups have recently involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs; our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools. For the information of the public, we do maintain a consulting service, under the direction of Betty Fuller, that will furnish information about leaders.

PROGRAMS WITH PRAN NATH and SHYAM BHATNAGAR

Pran Nath and Shyam Bhatnagar will be residing in the San Francisco Bay Area for five weeks this summer, beginning August 17. During this time they will be offering under their own auspices an extended study program on ragas, mantras and spiritual contentment for a limited number of advanced and beginning students of meditation and Indian music. They will also be available for individual appointments and consultations. For further information, please contact the Esalen/San Francisco office.
Pran Nath, a member of the Faculty of Music and Fine Arts of the University of Delhi is a noted vocalist of traditional Hindu yogic chants and a teacher in classical nadha (cosmic sounds) music; Shyam Bhatnagar is an accomplished chanter and tamboura player and a teacher of kundalini and nadha yoga.

THE JOURNAL OF TRANSPERSONAL PSYCHOLOGY

A journal for theoretical and applied research in peak experience, self-transcendence, ultimate values, ecstasy, wonder, B-values, transcendental phenomena and related concepts, experiences and activities. The second issue will feature articles by Lawrence LeShan ("physicists and Mystics: Similarities in World View"); Willis Harman ("The New Copernican Revolution"); Abraham H. Maslow ("Theory Z"); Kenneth Wapnick ("Mysticism and Schizophrenia"); Anthony J. Sutich ("The American Transpersonal Association"); and others.

(For subscription blank, see other side.)

Esalen Book Series

ANNOUNCING THE ESALEN BOOK SERIES by McGraw-Hill

General Editor, Stuart Miller, Ph.D.

Esalen Institute announces the publication of a series of books covering a broad range of work in education, religion, philosophy and the behavioral sciences focusing on humanities and potentialities.
The books range from a manual of sensory awareness exercises to a scientific report of experiments on altered states of consciousness; from a novel about the adventures of one Esalen resident fellow to a treatise exploring the unity of education, religion and medicine. The books are unified by a concern with the developing human potentialities and a sense that the fully functioning person will have interests as wide as these.

NOW AVAILABLE

Anger and the Rocking Chair: Gestalt Awareness with Children, by Janet Lederman with photographs by Lillian R. Cutler. This is a dramatic, visual account of gestalt methods with so-called "difficult" or "disturbed" children in elementary school. Rather than suppressing pupils' rebellion and anger, Miss Lederman helps her pupils to transform these powerful impulses into constructive attitudes and behavior.

Now: Toward Humanness. Introducing Confluent Education, by Dr. George I. Brown. So often people write Esalen asking if personal growth techniques are being used in schools, how do they work? This book is the best answer so far to such questions. It is a comprehensive account of the Ford/Esalen Foundation project in education. The project showed that methods for personal growth used at Esalen Institute can be successfully incorporated into already existing curriculums of public schools.

Esalen Books Order Form

Order these two books by returning this coupon with your check (made payable to Esalen Institute) to:

BOOKS, Esalen Institute, 1776 Union Street, San Francisco, CA 94123.

I enclose payment of $ _____ for

Anger and the Rocking Chair, by Janet Lederman, $4.95

Now: Toward Humanness, by George I. Brown, $8.95

Name _____

Address & Zip _____

California residents, please add 5% sales tax.

JOURNAL OF TRANSPERSONAL PSYCHOLOGY – SUBSCRIPTION ORDER

For subscriptions write to:
JOURNAL OF TRANSPERSONAL PSYCHOLOGY
P. O. Box 4437
Stanford, California 94305

Subscription price is $7.50 for two issues a year.

Name _____

Street _____

City, State _____ Zip _____

(For description, see reverse side.)

Esalen Institute
Reservation and Ticket Order

This form is for your convenience in preparing attendance at Esalen seminars, workshops and lectures. You may use it for either Big Sur or San Francisco area programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please do make reservations early; some seminars are booked to capacity months in advance.

Name _____ Telephone _____

Address _____

City, State _____ Zip Code _____

Number of males in group _____ Number of females in group _____

☐ Check if you are a Member of Esalen.

☐ Please check box if you do NOT now receive Esalen mailings and wish to be added to our mailing list.

For Big Sur reservations, check whether you wish ☐ shared room or ☐ single room on a space-available basis. A **$7 per night** additional charge is required for single accommodations. If you are arranging your own lodging elsewhere, check here ☐ . Reservations may be assigned at either Big Sur Hot Springs or nearby motels at the discretion of Esalen.

Please complete reservation order on other side of this form.

Detach here

Esalen Institute
Memberships

The continuing work of Esalen Institute is funded virtually in toto through tuitions paid by those attending workshops and seminars—but research, future development and expansion depend greatly upon funds assured through Memberships and special grants.

As a Member, you enjoy a tuition reduction of $10 at every seminar and workshop you attend, including encounter groups, plus opportunity to participate in occasional gatherings with Esalen officers, leaders and project coordinators. You are also kept informed of new developments and programs via a special newsletter.

You may wish to consider tax-deductible Membership either for yourself or as a fitting gift in the name of another.

Those friends of Esalen interested in sustaining the Institute in a more substantial way may wish to discuss details of this matter with the Director of Development, Dr. Stuart Miller. The legal counsel of the Institute is also available to discuss various details of gifts and bequests, including tax arrangements. Individual attention can be given in these ways to the particular wishes of donors and the current needs of the Institute.

PLEASE COMPLETE MEMBERSHIP AND GIFT ORDER FORM ON OTHER SIDE.

Esalen Institute
Reservation and Ticket Order

(Continued from other side.)

No. of persons	Date(s)	Leader's Name	Title of Event	Deposits

If you wish to claim Membership discount, please enter your Member card number here _____ Total _____

*San Francisco **workshops** require a $10 non-refundable deposit ($20 for residential programs). Big Sur **seminars** and **workshops** require a non-refundable deposit of $10 per night. The balance is payable at the time of the program itself. Tickets for **lectures** and **symposia** are sold in advance at full price; refunds may be made up until 24 hours before the event.

After completing both sides of this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

San Francisco Programs – Esalen Institute, 1776 Union Street, San Francisco, California 94123
Big Sur Programs – Esalen Institute, Big Sur, California 93920

Detach here

Esalen Institute
Memberships & Gift Subscriptions

☐ I wish to become a MEMBER (see reverse side) of Esalen Institute.
☐ I enclose my check for the amount appropriate to the Membership category I have selected.

Contributing*	$25.00
Sustaining*	50.00
Sponsor	100.00
Life Member	1,000.00
Patron	10,000.00

Name _____ Date _____

Street _____

City, State _____ Zip _____

☐ I wish to have the person whose name appears below acknowledged as a Member and enclose appropriate amount.
☐ I wish to have a gift subscription to ESALEN PROGRAMS sent to the person whose name appears below, and enclose $2.00.
(Members receive subscriptions without additional charge.)

Name of Recipient _____

Street _____

City, State _____ Zip _____

Enclosed is my check in the amount of $ _____

*Subject to annual renewal.

Please mail to: Esalen Institute, 1776 Union Street, San Francisco, California 94123

Esalen Institute

ESALEN INSTITUTE is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a residential program exploring new directions in education and the behavioral sciences.

Esalen Advisors

In past brochures this space has carried a listing of Esalen Advisors. Over the years this list has tended to get out-of-date; we have not been in touch with some of its members for three years or more. We are now contacting all those listed to get their advice about programs, research and other matters, and to see whether they still wish to be formally listed as an Advisor. An up-to-date list will be published in future brochures.

Special Services and Programs

Esalen Consulting Service is developing resources to assist those individuals, groups and organizations wishing to apply the various approaches to human development presented in our seminars and workshops. Programs and leaders have thus far been provided to various community, governmental, religious, industrial and education groups.

Esalen Residence Program: The sixth series will be offered at Big Sur in Fall 1970.

Arts of Living Series. *See page 14.*

Workshops for Educators. *See page 21.*

Directory

Officers of the Institute

Michael H. Murphy, *President**

Richard A. Price, *Vice President*

John G. Clancy*

Stuart Miller,
*Director of Development**

Julian Silverman,
*Research Director**

*Asterisk denotes that correspondence should be addressed care of:
Esalen Institute
1776 Union Street
San Francisco, California 94123

If no asterisk appears, address mail care of:
Esalen Institute
Big Sur, California 93920

Administrative Directory

Please address inquiries about Esalen programs and business activities to the appropriate officers below:

Corporation business, general information & subscriptions:
San Francisco Office*

Consulting Service:
Betty Fuller, *Director**

Research:
Julian Silverman*

Big Sur administration:
Ken Price, *General Manager*

Billing & Financial Matters:
Comptroller

San Francisco administration & membership programs:
David Baar, *Director**

Esalen films, books & recordings, fund raising, press & public relations:
Stuart Miller*

Brochure design: Red Dog Pieface/East Wind Printers

ESALEN INSTITUTE
1776 Union Street
San Francisco, CA 94123

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continue to receive Esalen Programs
notify us immediately of any change
of address.

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Fall '70

Esalen Programs

Esalen Programs Fall 1970

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Big Sur Information

For Big Sur Programs only:
ESALEN INSTITUTE, Big Sur, CA 93920
Phone: (408) 667-2335,
10 am-5 pm, Mon-Sat; 10 am-9 pm, Sun

San Francisco Information

For San Francisco Programs only:
ESALEN INSTITUTE, 1776 Union
San Francisco, CA 94123
Phone: (415) 771-1710, 9-5, Mon-Fri

Big Sur Programs

Listings begin on page 10.

Four-Week Workshops

October 4-31	Richard Price, Julian Silverman and Staff	Gestalt Open Professional
November 1-28	Hector Prestera, Al Drucker, Sharon Wheeler and Staff	Freeing the Body

Two-Week Workshops

Sept 20-Oct 3	John Heider and Richard Price	Open Residence Programs
Nov 29-Dec 12	Directors	
Dec 13-Dec 26		
Dec 27-Jan 9		
Jan 10-Jan 23		

One-Week and Five-Day Workshops

September 20-25	James S. Simkin	Gestalt Open Professional
September 20-25	William Schutz	Bodymind
Sept 27-Oct 3	Esalen Staff	Open Encounter and Gestalt
Sept 27-Oct 3	Esalen Staff	Movement and Massage
October 4-10	Esalen Staff	Experience of Esalen
October 4-10	Bernard Gunther	Sense

One-Week and Five-Day Workshops

October 11-16	Stuart and Sukie Miller	On Being Rich
October 11-17	Esalen Staff	Open Encounter and Body Awareness
October 18-24	Hector Prestera, Al Drucker, Sharon Wheeler	Freeing the Body
October 18-24	Jack Rosenberg	Awareness Training for Dental Professionals
October 25-31	Esalen Staff	Open Encounter and Movement
October 25-31	Edward Maupin	Body Awareness & the Sense of Being
November 1-6	James S. Simkin	Gestalt Open Professional
November 1-7	Esalen Staff	Open Gestalt Workshop
November 8-14	Betty Fuller	Couples' Workshop
November 8-14	Bernard Gunther	Sensory Awakening
November 15-21	Esalen Staff	Open Encounter and Yoga
November 15-21	Esalen Staff	Movement and Massage
November 22-28	Esalen Staff	Open Gestalt and Encounter
November 22-28	John Lilly	Inner Personal Space
Nov 29-Dec 5	Esalen Staff	Experience of Esalen
Nov 29-Dec 5	Sam Keen	Myths, Stories & Personal Identity
December 6-12	Frank & Ilana Rubenfeld	Gestalt & the Alexander Technique
December 6-12	Jack & Rae Hurley	Sex, Magic and Marriage
December 13-18	Clark Moustakas	Loneliness and Community
December 13-19	Esalen Staff	Open Encounter
December 20-25	James S. Simkin	Gestalt Open Professional
December 20-26	Esalen Staff	Open Gestalt and Body Awareness
Dec 27-Jan 1	Aaron Hillman	Workshop for Educators
Dec 27-Jan 1	George and Judith Brown	Reality and Illusion

San Francisco Programs

Listings begin on page 16.

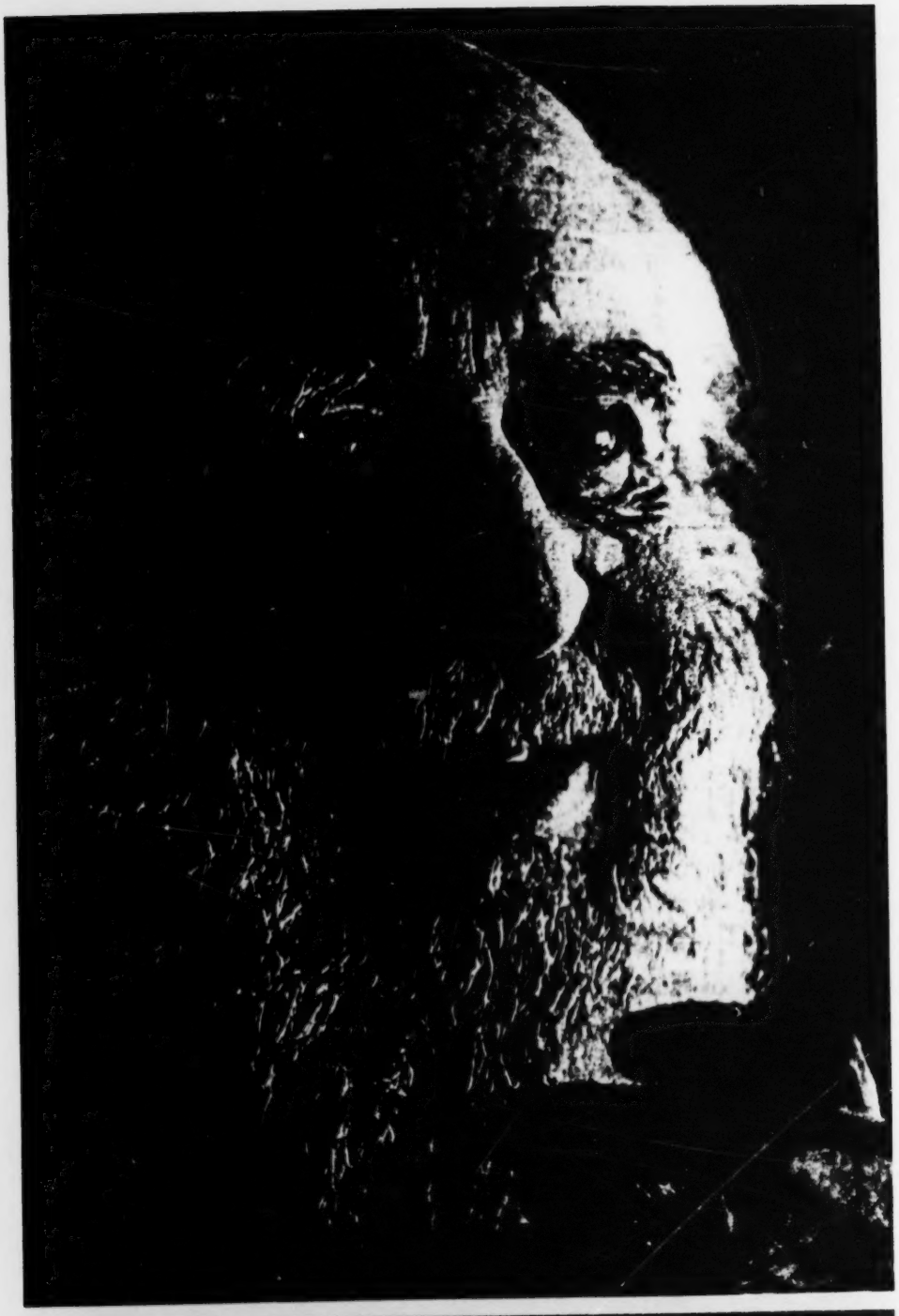
Single Evening Events

September 9	Esalen Staff	About Esalen Programs
September 11	Rollo May	Violence and the Daimonic
September 14	Esalen Staff	Introduction to Esalen
September 23	Robert Frager & Robert Nadeau	Aikido: Lecture & Demonstration
September 30	Lois Brien & Elaine Kepner	Introduction to Gestalt Therapy
October 1	Gerald Smith	Encounter for Couples
October 6	Esalen Staff	Introduction to Esalen
October 14	Joel Kramer	Yoga: Lecture & Demonstration
October 20	Malcolm Brown	Wilhelm Reich on Sexuality
October 22	Paul Bindrim	About Nude Psychotherapy
October 28	Esalen Staff	Introduction to Esalen
November 1	Billie Hobart	Symbolic Paths: The Tarot
November 8	José & Miriam Argüelles	Symbolic Paths: Mandala
November 15	Jacob Needleman	Religions of the Counter-Culture
November 18	Malcolm Brown	Psychological Genius of D.H. Lawrence
November 19	Esalen Staff	Introduction to Esalen
November 22	José & Miriam Argüelles	Symbolic Paths: I Ching
November 29	R. Gerald Thatcher	Symbolic Paths: Astrology
November 30	Lois Brien & Elaine Kepner	Introduction to Gestalt Therapy
December 3	Joel Kramer	Yoga: Lecture & Demonstration
December 6	José & Miriam Argüelles	Symbolic Paths: Alchemy
December 7	Esalen Staff	Introduction to Esalen
December 13	Ilana Rubenfeld	The Alexander Technique
December 15	Malcolm Brown	Mature Man-Woman Relationship Today

San Francisco Workshops and Seminars

September 12	Rollo May	Violence in American Life
September 14-17	Jackie Doyle	Open Encounter
Sept 15-Oct 6	Robert Cromey	Massage: 4 Tuesday Evenings
September 18-20	Lois Brien	Open Gestalt Weekend
September 18-20	Robert Cromey	Encountering Divorce
September 25-27	Tom Allen	Open Encounter: Residential
September 25-27	Alan Watts & Huang Ch'ung Liang	Meditation in Silence, Sound & Motion
September 25-27	William & Audrey McGaw	Couples' Workshop
September 26	Esalen Staff	Introduction to Esalen: One-Day
October 2-3	John Enright & Jack Rosenberg	Open Gestalt Weekend
October 2-4	Betty Fuller	Open Encounter for Singles: Residential
October 2-4	Lewis Yablonsky & Walt Anderson	Psychodrama
October 9-11	Robert Frager & Robert Nadeau	Aikido: Mind-Body Harmony
October 9-11	Esalen Staff	Introduction to Esalen Weekend: Residential
October 10-11	Don Parker	Workshop for Educators
October 16-18	Judyth Weaver	A Way of Centering
October 16-18	D. Sam Scheele	Toward a Transactional Self
October 17	Esalen Staff	Introduction to Esalen: One-Day
October 17-18	George Leonard	Into the New Consciousness
October 23-25	Ralph Metzner & Rebekah Lowden	Maps of Consciousness
October 23-25	Jackie Doyle & Michael Murphy	Encounter and Meditation
October 23-25	George and Judith Brown	Couples' Workshop (Section 1)
Oct 27-Nov 17	Joe K. Adams	Lecture Series: 4 Tuesday Evenings
Oct 30-Nov 1	Margaret Elke	Massage Workshop
Oct 30-Nov 1	Joel Kramer	Yoga Workshop
Oct 30-Nov 1	Helen Stephens	Intensive Group Experience
Oct 31-Nov 1	Eric Marcus	Advanced Gestalt Weekend
November 1-6	Stanley Keleman & Thomas Munson	Bio-Energetics & Gestalt Training
November 2	Gerald Smith	Professional Workshop in Family Therapy
Nov 3-Dec 1	Arthur & Janica Fox	Couples Workshop: 5 Tuesday Evenings
November 6-8	Werner Arnet	Eidetic Perception
November 6-8	Helen Stephens	Encounter at Mid-Life
November 6-8	Benjamin and Judyth Weaver	Sensing
November 7	Esalen Staff	Introduction to Esalen: One-Day
November 9-30	Robert Cromey	Massage: 4 Monday Evenings
November 13-15	Esalen Staff	Introduction to Esalen Weekend: Residential
November 13-15	William & Audrey McGaw	Couples' Workshop
November 14-15	Michael Harner	Ecodrama
November 20-22	Buryl Payne	Letting Go
November 20-22	Cynthia Werthman & Jane Rhyne	Gestalt Weekend: On Being a Woman
November 20-22	George and Judith Brown	Couples' Workshop (Section 2)
November 27-29	Hal Lyon	Workshops for Educators
November 27-29	Arthur Hough	A Time to Grow
November 28	Esalen Staff	Introduction to Esalen: One-Day
December 4-6	Gabrielle Roth	The Language of Movement
December 4-6	Esalen Staff	Introduction to Esalen Weekend: Residential
December 4-6	Betty Fuller	Couples' Workshop
December 11-12	Lawrence & Paula Bloomberg	Open Gestalt Weekend
December 11-13	Richard Marsh	Encounter Marathon
December 11-13	Arthur & Janica Fox	Open Encounter
December 11-13	Laura Huxley & Piero Ferrucci	Energy is Eternal Delight
December 18-20	Joel Kramer	Yoga Workshop
December 18-20	Tom Allen	Open Encounter
December 18-20	Gerald & Linda Smith	Couples' Workshop
Dec 27-Jan 1	Betty Fuller	Residential Five-Day Workshop

Photo: Hugh Wilkerson



News

FRITZ PERLS AND ESALEN

At the time of his death, Fritz Perls was becoming something of a contemporary folk hero. In these times of confusion and violence, he spoke with special relevance in a voice only beginning to be heard. The West once had greater confidence in its social structure and theoretical systems of supposed truth. With the decline of that confidence, great need has arisen to find personal inner resources. There no longer exists an external reality commanding conformity, whether it be that of a Luther, a Freud or a Marx.

On this point Fritz was at greatest variance with such thinkers. To him the organism is fundamentally self-balancing, knowing its own best interests in a way beyond the "good" and "evil" of external dictates. Freud's dictum, "What Id is shall Ego be", is envisaged as an effort to control what is basically mistrusted and feared. Freud is concerned with the struggle between ego and consciousness (the good), on the one hand, and the id and unconsciousness (a seething caldron) on the other. Solution is in the victory, however improbable, of the former. With Fritz there is a dynamic gestalt of emerging and receding processes. The solution, far from becoming increasingly controlling, is revealed in quite the opposite direction – that is, by lessening control, by getting out of one's own way and in trusting that organism that is oneself.

Here the relation to Taoism and some forms of Buddhism becomes apparent. Religion or therapy becomes not theoretical ideas and orders, or the correcting of pathology, but a *sadhana,* a way of realization or growth. We used to joke about gestalt therapy being Jewish Buddhism or Zen Judaism.

In this Fritz has his most significant and, hopefully, most enduring relationship to the initial idea of Esalen. Esalen began out of the founders' mutual involvement in Asian studies, coupled with Western social and psychological thought. If out of a chaos of events and programs Esalen strives for anything, it is in the development of a *sadhana* appropriate for the West. Beyond esotericism and "turning on", Fritz's work has its greatest importance in allowing growth rather than manipulating achievement, based as it is on organism-environment instead of the techniques, tricks and gimmicks which he so abhorred.

Gestalt therapy places the same emphasis on individual responsibility as does Buddhism. One is responsible for oneself rather than projecting that responsibility onto others, be they gods, parents, society or the unconscious. The ideas of no-self *(anatta)* and no-permanence *(anicca)* are also at home in the gestalt frame of reference. *Dukkha,* usually translated as suffering, might be better read as out of balance, an unfinished gestalt.

Buddhism, Taoism and the Ch'an (Zen), which was their marriage, all aim at a yoga of awareness rather than ceaseless doing. In the later Vajrayana, especially, there develops a balance of being/doing, arising out of such awareness and not out of ideas about the Nature of Things. Again, gestalt is at home in a way that few Western psychotherapies can be.

Such a development needs a context and Esalen provided something for Fritz which he had previously been unable to find. During the last six years of his life, he utilized that context to grow considerably, both as a person and as a therapist. He also served as an astute critic, pinpointing inadequacies in Esalen as a community. His attempt to start his own community was in itself a response to those insights.

His vision has influenced the direction of Esalen's program at Big Sur. Staff has been reduced from 85 to fewer than 35. Participants in long-term workshops are sharing in the work of the place and plans are proceeding to attract more persons working professionally with people. Program is being developed for substance in healing, growth and training.

In his last years, Fritz's productivity rose to a peak – an old Faust draining mental swamplands. In those years he produced new books, tapes and films, a considerable legacy for the rising tide of interest in the man and his work.

The wise old man is gone. Much remains.

NEW DIRECTIONS

Starting with this issue, *Esalen Programs* will include news articles, reports and announcements as well as the program schedules for Esalen Institute in Big Sur and San Francisco. Previously such information was published in annual Esalen newsletters, which had a limited circulation. Also, beginning January 1971, *Esalen Programs* will be issued quarterly instead of three times annually.

Many persons are not aware that Esalen is involved in special research, training and study projects in addition to its regular schedule of workshops, seminars and lectures. This new publication format provides us with an opportunity to describe in some detail these projects and the full range of our scope of interests, and to cover those events and research projects happening elsewhere that relate significantly to our work. We will, as well, use these pages to make announcements and to report on changing emphases in our programs, new insights, emerging disciplines and future plans.

THE AGNEWS PROJECT

A number of important and exciting things have been happening since the schizophrenia research project at Agnews State Hospital in San Jose, California, began a year ago. Co-sponsored by the California Department of Mental Hygiene, the National Institute of Mental Health and Esalen Institute, the project has three main objectives.

First is the development of neurophysiological laboratory techniques for identifying individuals who go through psychotic experience and emerge better integrated personalities than they were before their psychoses. Recent research has indicated that traditional psychiatric treatments, such as tranquilizing medication, may interfere with, rather than aid in, successful personality integration. It has been suggested that at least for certain kinds of individuals there is value to the psychotic experience. At Agnews an elaborate study of this possibility is being carried out. The plan of the study requires that half of the patients not be given anti-psychotic medication and the other half be medicated according to conventional psychiatric criteria.

In order for the ward to function under conditions in which a number of very disturbed patients do not receive any anti-psychotic medication, a unique therapeutic environment and staff have been developed. This is a second major focus of the program. Staff members have been selected on the basis of personality characteristics rather than strictly professional background. For example, on psychological tests our staff members score high on such traits as: insight, idealism, psychological-mindedness, intuition and feeling. Staff training goes on continually. Nurses, attendants and doctors are discovering how to appreciate the depth of the regressive states of acute schizophrenic reactions and to open up to their own fears and fantasies about madness. Weekly gestalt and encounter group sessions focus on the awareness of personal feelings and on appreciation of the feelings of others. Emphasis is placed upon the importance of being able to "let each patient be" and establish relationships only when a staff member and a patient mutually agree.

Staff members are learning to tolerate even the most bizarre and violent reactions and to stay with an individual psychologically as well as physically as he goes through a disintegrative crisis. Then comes the job of relating to him as he reintegrates. To support this effort weekly didactic seminars are held which are concerned with various aspects of psychotic process. In these seminars, staff members are reminded routinely of the limitations of our present understanding of psychotic process and of the importance of appreciating patients' behavior and psychological state. The net result of these training sessions is that staff members, while puzzled for several months as to what was expected of them, are now beginning to appreciate the awe-fullness of madness and are becoming confident of their ability to relate to it.

Some very good things have happened to a number of our patients. Morale is high and the feeling and atmosphere among the patient and staff community is remarkably warm and vital. The project has recently been moved into one of the very nice buildings in the hospital and has been granted the autonomy and self-direction that it needs.

This is a good place to express publicly our appreciation to G. Lee Sandritter, the medical director of the hospital, and his senior staff for their support. If the kind of work we are doing is ever to find a widespread acceptance in psychiatry, it must be done in a conventional hospital environment. We are currently planning an extension of this study with scientists at the University of California at Los Angeles, which will enable us to evaluate the overall effects of the special ward environment.

A remaining focus of the project is upon the development of a more accurate conception of acute schizophrenic reactions. This will consider their potentially positive, integrative, problem-solving features *as well as* their more ominous ones. A paper summarizing this conception is being published in the September 1970 issue of *Psychology Today*. Actually, the theoretical effort was given a major impetus two years ago at Esalen Institute with a summer series of workshops and seminars entitled *The Value of Psychotic Experience*. Much was gained from this series of meetings. Not only did an integration and extension of the theories of John Perry, Ronald Laing, Kazimierz Dabrowski and others take place, but a profound appreciation emerged about the limitations of conventional psychiatric treatment.

The work of Fritz Perls clarified this appreciation and provided one of the fundamental tenets of the Agnews ward philosophy which affects every aspect of our treatment program: The effective professional staff person is one who is in touch with himself and his feelings in relation to others. He knows he cannot validate another person's experience by any therapeutic activity. He can only validate himself and *be there*.

Julian Silverman, Ph.D.
Director of Research
Esalen Institute

ESALEN NEW YORK BENEFIT

Several thousand persons attended an *Introduction to Esalen* held April 17-19 at the Hotel Diplomat in New York. The purpose of the weekend was to raise money for scholarship, research and development funds, and to present East Coast residents with a total picture of Esalen's activities. Many people associate Esalen only with encounter groups and sensory awareness. In addition to these disciplines, the Benefit program included demonstrations in gestalt therapy and structural integration, reports on Esalen's research projects and involvements with educational systems, and Eastern philosophy and meditation.

During the weekend program leaders demonstrated that experiential techniques could be effectively used with groups as large as a thousand. Those attending the Benefit got a real taste — if only a taste — of several disciplines for personal growth.

Since so many enjoyed the weekend and seemed to find it worthwhile, it will be repeated in 1971, at the Hotel Diplomat, April 16 through 18. Further details will be outlined in the next brochure.

ESALEN SCHOLARSHIPS

This Fall, for the first time, scholarship and loan funds will be available in limited amounts both at Big Sur and San Francisco. The bulk of funds contributed to Esalen through the New York Benefit has been set aside under the Claire Nelson Scholarship Fund; applications for grants are being reviewed periodically by the Scholarship Committee.

In Big Sur, preference for grants generally will go to those who have attended a week-long (or longer) workshop and who have been interviewed by a member of the Committee. It is anticipated at this time that grants will be given to cover from one-fourth to one-half of the total costs of a given program. Direct inquiries to Scholarship Committee, Esalen Institute, Big Sur.

In San Francisco, the established policy of tuition reduction to students will continue. Students may attend most seminars for half the stated fee on a space available basis. Please call the San Francisco office three days prior to start of a workshop. Amounts granted or loaned from the Claire Nelson Scholarship Fund will extend aid to individuals, and possibly groups, who cannot meet tuitions or who have opportunity to apply their Esalen experience to urban teaching or organized community efforts. Direct inquiries to the Director, San Francisco.

APPROACHES TO PERSONAL GROWTH: SOME DESCRIPTIONS

Because so many of Esalen's programs are experiential, we have been asked by many people who are new to Esalen to differentiate among a number of approaches that seem, at first glance, so similar. The various disciplines being practiced at Esalen have influenced one another so that the task of producing an encounter group totally free from gestalt techniques, for example, is impossible. Furthermore, different practitioners of various disciplines stress different aspects. What follows is, therefore, not a scientific statement but rather a first attempt at making some rough distinctions among a number of approaches. (And we welcome suggestions for improved descriptions).

Encounter Groups: The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing in their statements and instead talk about their feelings and perceptions. Generally, in Esalen encounter groups, participants are encouraged and helped to express their feelings about themselves and other members of the group through nonverbal as well as verbal means. There is often an emphasis on eliciting emotions which lead to positive or negative confrontation between participants; the point is to allow participants to explore and work through such emotions rather than retreat from them. The focus of encounter groups is on exploring interpersonal relations, and the expression and exploration of self through interpersonal relations ("the between and the within"). Techniques and approaches such as gestalt therapy, sensory awareness and those exploring fantasy and inner imagery may be added to the basic encounter situation.

Gestalt Therapy: Participants meet in a group of between eight and twenty, or more, always with a leader. Generally, the leader works with one person at a time, while other members observe or participate minimally. (As compared with, for example, encounter groups). The aim of gestalt therapy is to increase a person's awareness of the instant moment and to further, thereby, his personality integration by having him acknowledge his responsibility for how he exists at any given moment. Emphasis is placed on helping a participant to explore his dreams, fantasies, expectations, gestures, voice and other aspects of personal functioning, by enacting them before the group. By so doing he becomes aware of the unity of his organism – mind, body, emotions and feelings.

Sensory Awakening and Sensory Awareness: The focus of these disciplines is on the body. The leader directs the group in a series of exercises designed to broaden and deepen the participant's awareness of his sensory existence, including awareness of his own body, nature and energy. Occasionally this is followed by encounter-style discussion of the participants' experience, but the emphasis, in any case, is nonverbal.

Meditation: Participants in meditation exercises generally meet in groups, but the focus of meditation is inward. The leader directs the group in exercises and then the group members may share their experiences. Meditation exercises are usually mental, though some formes of moving meditation, such as *t'ai chi chuan,* involve a concentrated awareness on the movements of the body. The aim of meditation is to break through ordinary consciousness to various levels of being, ranging from relaxed but alert awareness of self to the deepest levels of mystical experience in which the identity of self and cosmos become apparent.

STUDY IN CHILE

John Lilly, Steven Stroud, Claudio Naranjo, Jack Downing, plus other members of the Esalen community, will be away until Spring 1971. They will be studying Sufi teachings, methods and psychology in Chile.

Big Sur Programs

For biographies, see pp. 30-33.

Long-Term Programs in Big Sur

Esalen Institute/Big Sur will continue its emphasis on longer term programs, with hopes of distilling and developing the most promising approaches from the wide range of disciplines that have come to us during the past eight years. Special effort will be made to provide growth experience for those already professionally involved in the fields of education, social work and mental health. Such persons will be given preference in most programs. Approximately 12 hours of work per week in the kitchen, garden and grounds are required in all programs of two weeks duration or longer. Those interested in programs without this commitment should apply for the one-week programs.

Residence Programs

The Fall 1970 Residence Program begins September 20, 1970, and ends January 23, 1971. Directors are John Heider and Seymour Carter. Selections for the Residence Program anticipated for Fall 1971 will be made from participants in the shorter programs during that year. (No Residence Program is planned for Spring 1971).

In addition to the scheduled Residence Program, an intensive long-term program may be initiated by an individual according to his interests and needs, chosen from among the continuing one-, two- and four-week workshops. No selection process is required for such programs.

Esalen/San Francisco is offering an Extended Growth Program (under the direction of Betty Fuller) scheduled for October 1970 through March 1971. *See page 16.*

Four-Week Programs

October 4-31
GESTALT OPEN PROFESSIONAL WORKSHOP **Richard Price, Julian Silverman and Staff**

This workshop offers a context for growth to strengthen professional work with people and provide a base for further gestalt training. Greatest competence arises out of personal wholeness; for this, no adequate "techniques" or "methods" exist. There will be intensive gestalt sessions and work in other experiential areas. Structural integration (Rolfing) will be available at extra cost and preference for available hours will be given to persons in this program.

$825 per person. $400 nonrefundable deposit required with reservation.

November 1-28
FREEING THE BODY **Hector Prestera, Al Drucker, Sharon Wheeler and Staff**

This workshop will take the participant from where he *is* in his body, via available body disciplines, to as free a body as one month of intensive work can accomplish. Sessions will include massage training, so that each group member will be able to give and to receive freely. The Rolf method of structural integration will be a major avenue for freeing the body. Each participant will receive six individual hours. In addition, there will be sessions emphasizing the principles outlined by Wilhelm Reich, as well as movement, *t'ai chi chuan,* yoga and other body experiences. Finally, there will be weekly group meetings directed toward integrating the total experience using gestalt and encounter.

$875 per person. $400 nonrefundable deposit required with reservation.

Two-Week Open Residence Programs

(John Heider and Richard Price, Directors)

September 20 - October 3
November 29 - December 12
December 13 - December 26
December 27 - January 9
January 10 - January 23

Starting November 29 there will be four consecutive two-week workshops; persons can apply for one or more of the four.

Emphasis throughout will be on encounter and gestalt-oriented group work, with each two-week period including an additional focus in another experiential area. Insights developing from the four-month Fall Residence Program will also be incorporated into these workshops.

Participants will be expected to work approximately 12 hours per week in assigned tasks around kitchen, garden and grounds.

$450 per person for each two-week period. $200 nonrefundable deposit required with reservation.

For Big Sur reservations, see page 15.

One-Week Programs with the Esalen Staff

These week-long programs will be led by Esalen staff members and will combine two and sometimes more of the areas of work in which Esalen is involved. Emphasis is directed toward the first of the disciplines when two are indicated (e.g., Encounter and Movement). When only one is named (e.g., Open Gestalt), introduction will be given to at least one other area according to group interest and leader availability.

Programs begin with dinner on Sunday; the last session will usually be the following Saturday morning. Participants may stay over until Sunday noon if they wish at no additional cost.

September 27-October 3 . Encounter and Gestalt
September 27-October 3 . Movement and Massage
October 4-10 . . . . . Experience of Esalen
October 11-17 . Encounter and Body Awareness
October 25-31 . . . . Encounter and Movement
November 1-7 . . . . . Open Gestalt
November 15-21 . . . . . Encounter and Yoga
November 15-21 . . . . . Movement and Massage
November 22-28 . . . . . Gestalt and Encounter
November 29-December 5 . Experience of Esalen
December 13-19 . . . . . Encounter
December 20-26 . . Gestalt and Body Awareness

$240 per person for each one-week period.

Visiting teachers and scholars may occasionally relate to the on-going programs or may be in residence for varying periods of time. San Francisco staff will also be drawn upon as needed. Big Sur staff presently includes:

Encounter: John Heider, Seymour Carter, Al Drucker, Hector Prestera.

Gestalt: Richard Price, Theodora Lyon, Julian Silverman.

Movement: Gabrielle Roth, Mary Ellen Klee.

Massage: Sharon Wheeler, James Larson, Joe Caming.

Yoga, Meditation, Arcane Arts: Joel Kramer, Dick Horan, Gerald Thatcher, Jack Hurley.

Self-Programming: John Lilly.

Encounter is grounded in directness, openness and honesty. Group leaders integrate a variety of approaches developed or refined at Esalen to help participants to be more aware of what is real for them, how they feel, what they feel about others and how others experience them.

Gestalt training is an awareness-centered, integrative process concentrating on *How* and *Now*, rather than *Why* and *Fantasy* of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own unused potential. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

Movement and other body awareness work centers not on technique but on increased awareness of that which flows spontaneously from the organism of an individual and of a group.

For biographies, see pp. 30-33.

Programs

September 20-25 5-Day Workshop
GESTALT OPEN PROFESSIONAL WORKSHOP James S. Simkin

Gestalt therapy, by emphasizing the awareness continuum of oneself and the world, is a way (Tao) of living and enhancing one's experience. It is non-analytic. It attempts to integrate the fragmented, split personality through non-interpretive focusing in the here-and-now. Gestalt therapists believe that people *can* change their behavior only if they are aware (responsible) of what and how they do what they do. The Aristotelian why-because "game" is rejected as another avoidance technique.

Limited to 16 participants. Each person will have an opportunity to experience two individual sessions with Dr. Simkin, as well as participate in gestalt therapy exercises within the group setting. $265 per person.

September 20-25 5-Day Workshop
BODYMIND William C. Schutz

The intimate connections between feelings, thoughts, interpersonal behavior and body states is beginning to unfold. The effects of feelings on the body and of body aberrations on feelings, thoughts and relations will be explored, aiming at a better understanding of each person's own body messages. The principle of the "sins of the fathers" (if a problem is not resolved at one level of organization, it must be dealt with by the next lower level) will be investigated.
$265 per person.

September 27 - October 3: OPEN ENCOUNTER AND GESTALT *See page 11.*

September 27 - October 3: MOVEMENT AND MASSAGE *See page 11.*

October 4-10 One-Week Program
EXPERIENCE OF ESALEN Esalen Staff

In this workshop a group of Esalen Staff members join workshop participants in an experience of each other and of the Institute, surrounded only by as much structure as the group wishes to create. Each member may choose to join a group or not, as he wishes; individual choices can go from intense encounter to silent meditation.

No two Experience of Esalen workshops are alike, since the mix of staff resource availabilities and interests of group members varies with each workshop. Among the offerings are encounter, gestalt dream work, massage instruction, meditation, *yoga*, instruction in arts and crafts, *Rolf treatments*, body awareness, movement, organic gardening, *astrology* and *tarot*. (Italics indicate specialties available in private sessions by appointment, usually at extra cost. Inquire about costs and availability at time of making reservations).
See also page 11 for further description of week-long open programs. $240 per person.

October 4-10 One-Week Workshop
SENSE Bernard Gunther

A week of flowing energy relaxation, mind/body/being integration; massage, movement, meditation, sensory communion communication with your self/nature/others. $250 per person.

October 11-16 5-Day Workshop
ON BEING RICH Stuart and Suki Miller

A workshop incorporating Esalen experiential techniques and focusing on the problems or joys presented by being rich: giving money, taking money, spending money, money and family relationships, money and personal power, money and pleasure. What is money? What is it for? Only millionaires need apply. Co-led with Jules and Claire Nelson. $265 per person.

October 11-17: OPEN ENCOUNTER AND BODY AWARENESS *See page 11.*

October 18-24 One-Week Workshop
AWARENESS TRAINING FOR DENTAL PROFESSIONALS Jack Rosenberg, DDS.

The manner in which the professional approaches his patients and practice is, in general, a reflection of the way he approaches life. This workshop is designed to allow the participant to stop for a moment to explore and take stock of his direction in both aspects of a professional man's life – his practice and his inner life – in hopes of developing a deeper significance and awareness of both. The workshop is open to all those related to the profession: dentists, dental assistants, dental hygienists, dental technicians, with particular encouragement for spouses to attend. Gestalt and body awareness as well as videotape feedback will be used.

Participants will be shown ways to apply gestalt awareness techniques to their dental practice, as well as the technique of treatment for fixed muscular patterning of facial expression.
$270 per person.

October 18-24 One-Week Workshop
ON FREEING THE BODY Hector Prestera, Al Drucker and Sharon Wheeler

A workshop using a number of techniques directed towards freeing the body. Included will be an individual session of the Rolf method of structural integration for each participant, plus sessions of massage, movement, yoga and other group processes emphasizing body experiences. *(See also four week workshop, November 1-28, page 10.)* $250 per person.

October 25-31: OPEN ENCOUNTER AND MOVEMENT *See page 11.*

October 25-31 One-Week Workshop
BODY AWARENESS AND THE SENSE OF BEING Ed Maupin

The sense of reality, pleasure and coherence in what we do depends on our not being alienated from ourselves as bodies. Even relating to other people requires that we be someone in this sense. In this workshop, a variety of approaches – sensory awareness, movement, material drawn from the Rolf method and from several yoga traditions – are used to awaken a sense of self more primary than ideas, definitions, fantasies. The increased body awareness is then used to explore possibilities for more profound contact with other people, greater aesthetic response and a more creative use of the imagination. Bring sweat pants or leotards.
$270 per person.

November 1-6: GESTALT OPEN PROFESSIONAL WORKSHOP James S. Simkin *See page 12.*

November 1-7: OPEN GESTALT WORKSHOP *See page 11.*

November 8-14 One-Week Workshop for Couples
THE OPEN COUPLE Betty Fuller

This workshop for couples will use a number of encounter methods developed and refined at Esalen and elsewhere to explore the special relationship between man and woman. The intent of the workshop is to get in touch with the real person behind each partner's projection, to clear lines of communication and to establish openness and honesty as a base for relating. Emphasis is on encounter and sense awareness experiences which may strengthen and enrich the relationship.
$500 per couple.

November 8-14 One-Week Workshop
WHAT TO DO TILL THE MESSIAH COMES Bernard Gunther

An experimental workshop devoted to the exploration of Mr. Gunther's forthcoming book; a multitude of new and old, ways and methods for staying aware/alive/awake in every moment/situation/sense.
$250 per person.

November 15-21: OPEN ENCOUNTER AND YOGA *See page 11.*

November 15-21: MOVEMENT AND MASSAGE *See page 11.*

November 22-28: OPEN GESTALT AND ENCOUNTER *See page 11.*

November 22-28 One-Week Workshop
INNER PERSONAL SPACE PROBLEMS John Lilly

Each person defines his own inner spaces; what one believes to be true either is true or becomes true within limits found experientially. These limits are beliefs to be transcended. This workshop is devoted to each person's finding his/her limits and finding ways to move beyond them.
$250 per person.

For biographies, see pp. 30-33.

November 29 - December 5: EXPERIENCE OF ESALEN *See page 12.*

November 29 - December 5 One-Week Workshop
MYTHS, STORIES AND PERSONAL IDENTITY Sam Keen

This workshop begins with the assumption that vivid and profound human life is possible only when there is an integration of past, present and future, only when memory, awareness and hope combine to create a unified account of the life of the person. Without a story there is no happiness. Guided exercises, reflection and sharing will be used to help each person recover his past, appreciate his present and anticipate his future. We will explore ways in which the individual can recover the private mythology, the unsung heroes and the silent hopes that influence his identity.
$260 per person.

December 6-12 One-Week Workshop
INTEGRATING GESTALT THERAPY AND THE ALEXANDER TECHNIQUE
Frank and Ilana Rubenfeld

This workshop will offer a combination of the Alexander Technique, gestalt therapy and sensory awareness in a flowing, congruent manner. The Rubenfelds have discovered that direct body work at critical junctures during group sessions can lead to powerful experiences for participants. The Alexander Technique is a method for integrating body/sensory awareness, coordinated movement and kinesthetic experience to contact, express and work through deep feelings.
$260 per person.

December 6-12 One-Week Workshop
SEX, MAGIC AND MARRIAGE Jack and Rae Hurley

Methods of encounter, sensory awakening, massage, tarot and magic will be used to develop intimacy in relationships beyond marriage games.
$250 per person.

December 13-18 5-Day Workshop
LONELINESS AND COMMUNITY Clark Moustakas

The purpose of this seminar is to explore the nature and meaning of loneliness and its relationship to a true community of persons. Each individual will be encouraged to seek out the dimensions of loneliness within himself and to face them with a fullness of resources and being. Perhaps in the process, as each individual struggles to meet and to know himself, a real sense of community will grow among the participants. In such a community loneliness is not stifled or interfered with, but rather received, confronted and used creatively to express the meaning of a person's existence.
The most important factor contributing to the development of a community of persons is a sense of individual commitment. This commitment involves a willingness and desire to be as fully present as possible in every moment. Without using strategies, techniques and "gimmicks", the person must be willing to meet whatever happens in a group, to know the truth of that happening and to stay with it until some form of conclusion or resolution has been reached. Conflict must be met openly and directly in a human way without resorting to hostility or destructive tactics which aim to defeat individual integrity and without using physical violence.
Eric Craig will be co-leader with Dr. Moustakas.
$245 per person.

December 13-19: OPEN ENCOUNTER WORKSHOP *See page 11.*

December 20-25: GESTALT OPEN PROFESSIONAL WORKSHOP James S. Simkin *See page 12.*

December 20-26: OPEN GESTALT AND BODY AWARENESS *See page 11.*

December 27 - January 1 5-Day Workshop
HUMANISTIC EDUCATION: LEARNING IS NEVER WHAT ONE EXPECTS Aaron Hillman

Learning is never quite what one expects, but what one expects nearly always interferes with learning. With this in mind, the workshop will explore the process that the Ford/Esalen project group calls "confluent education", or the merging of cognitive and affective experiences. While designed primarily for teachers at all levels, the workshop is open to any interested person. Gestalt awareness training for workshop participants, as well as its application to the schoolroom, will be an integral part of the program. Bring pencil and paper.
$245 per person.

December 27 - January 1 5-Day Workshop
REALITY AND ILLUSION: LEARNING TO DISCRIMINATE George I. and Judith Brown

This workshop will be primarily experiential with an emphasis on principles of gestalt therapy applied both to the individual and, in the case of couples, to the marriage relationship. Ways to move and grow will be presented in a laboratory workshop context beginning with readiness techniques such as encounter, creativity games and body awareness, followed by gestalt awareness training.
$245 per person.

Big Sur Information

Grounds are closed expept by reservation. Participants are discouraged from bringing guests or having people drop in.

SCHEDULES: **5-day programs** begin with dinner on Sunday evening, with the last session on Friday morning; check-out time is 12 noon on Friday. **One-week programs** begin with dinner on Sunday. The last session will usually be the following Saturday morning. Participants may stay over until Sunday noon if they wish at no additional cost. The elimination of weekend workshops at Big Sur should result in a less hectic pace. **4-week and 2-week programs** begin with Sunday dinner. Check-out time is noon of the final Saturday.

COSTS: The rooms of Esalen property are designed for shared occupancy, and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. On the rare occasion when light attendance at a program makes single accommodation possible, there is a surcharge of $7.00 per night. Program cost covers tuition, food and lodging, use of the fresh-water pool and hot mineral baths. Massage, available by appointment, is extra.

ACCOMMODATIONS: are usually possible at Esalen Institute; if the property is full, we will reserve rooms at nearby motels. There is a surcharge for off-property accommodations; rates vary according to season and type of accommodation desired. Rates will be supplied by the Esalen office at time of inquiry.

OWN ACCOMMODATIONS: Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodgings in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property – in tents, cars, campers or meeting rooms – is strictly prohibited.

CHECK IN / CHECK OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening. However, this does not prevent guests from arriving earlier in the afternoon. Check-out time is before noon on the last day of the program; since most last morning programs run up to noon or later, guests should arrange to have their rooms vacated before the last morning session.

CHILDREN AND PETS: There are no child care facilities available at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Alas, no pets.

RESERVATIONS: must be made at least one week prior to the first day of the program. Accompanying the reservation deposits are required as follows: $70 for one-week and 5-day programs; $200 for 2-week programs; and $400 for 4-week programs. Deposits are **non-refundable** but may be transfered with ten days notice. Please mail reservation form with check to: Reservation Desk, Esalen Institute, Big Sur, California 93920. **Do not send Big Sur reservations to San Francisco.**

FOREIGN CURRENCY: Esalen can only accept checks drawn on U.S. funds. For our Canadian participants: most Canadian banks can furnish checks drawn in U.S. funds.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name. From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute – Reservation Only.

LIMOUSINE SERVICE from Monterey: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $15 per person from Monterey airport or Greyhound terminal, with **3 to 5 days advance notice.** On arrival, guests should inquire at terminal service for the Esalen representative.

RIDES from San Francisco Bay Area: If you NEED a ride or can OFFER a ride to Big Sur, please call this San Francisco phone number – 771-1710 – and leave your name and phone number. This should be done from 3 to 5 days before the date you will be leaving for Big Sur. Unfortunately, this service cannot be offered for any other area.

RECOMMENDED DRESS: Slacks, sweaters, jeans, flat shoes for women, bathing suits for outdoor pool. Since there are many activities at night and the grounds are not brightly lighted, please bring a flashlight for your own convenience and safety.

For biographies, see pp. 30-33.

San Francisco Programs

Extended Growth Program

(Betty Fuller, Director)

For the first time, Esalen is offering an intensive six-month personal growth program in the San Francisco Bay Area. Similar to other extended Esalen programs, it provides a directed and coordinated exposure to many disciplines. . .but, unlike residence programs, it allows participants to remain in an urban setting living and working in their own environment. The program combines a selected schedule of workshops with ongoing small group work under the direction of an experienced coordinator. The Extended Growth Program consists of the following, all in the San Francisco area: two *five-day residential* encounter groups with Miss Fuller (October 5-9 and March 23-27), two weekend workshops in bio-energetics with Stanley Keleman, and four weekend programs to be selected by participants according to individual interest and need from regularly scheduled workshops during the October-to-March period.

In addition, the group will work with Betty Fuller continually, over the entire program period, to integrate workshop experiences into daily life and to ground developing personal insights in a more sensitive, open and honest life style. These meetings will take place on weekday evenings, weekends and other mutually convenient times.

Selection for this Extended Growth Program will be made by interview with Esalen Staff, San Francisco, during the period August 1 through September 15. Program is limited to 12 persons. Cost is $850 per person (including room and meals during the two residential workshops). Nonrefundable deposit of $250 is payable upon selection; the balance is due at mid-October, except by special arrangement. Scholarship funds may be available. Write or call the San Francisco Office for further information.

For San Francisco reservations, see page 29.

Residential Programs

Esalen/San Francisco is offering a limited number of residential weekend workshops in the Bay Area. There are no longer weekend programs at Big Sur and many persons from out-of-town, as well as local residents, want the benefit of a short-term, live-in program. The scheduled workshops listed below will be held at a large conference center and retreat in Mill Valley (Marin County) or at a conference center in the East Bay Area; exact location will be included with registration confirmation or you may write or call the San Francisco office for advance information. Program cost, listed separately under each workshop description, includes tuition, food and lodging (shared occupancy only, no private accommodations available, except for couples' workshops).

Workshops begin at 8 p.m. Friday evening (no supper served) and conclude with Sunday lunch. 5-day workshops begin at 8 p.m. Sunday and end with Friday lunch.

The following is our fall schedule of residential workshops:

September 25-27	Meditation in Silence, Sound and Motion, with Alan Watts and Huang Ch'ung-liang *(see page 21)*
	Open Encounter, with Tom Allen *(see page 18)*
October 2-4	Encounter Workshop for Singles, with Betty Fuller *(see page 21)*
October 9-11	Introduction to Esalen, with the Esalen Staff *(see page 18)*
October 23-25	Couples' Weekend, with George and Judith Brown *(see page 23)*
November 1-6	Bio-Energetics and Gestalt, with Stanley Keleman and Thomas Munson *(see page 24)*
November 13-15	Introduction to Esalen, with the Esalen Staff *(see page 18)*
December 4-6	Introduction to Esalen, with the Esalen Staff *(see page 18)*
December 27-January 1	Getting Together at Year's End, with Betty Fuller *(see page 29)*

For biographies, see pp. 30-33.

Encounter Programs in the San Francisco Bay Area

A wide variety of encounter programs are scheduled this fall, led by an experienced group of leaders trained by and associated with William C. Schutz. All leaders have completed Residence Programs and are working to develop more highly integrative approaches in the general field of encounter, incorporating the techniques and insights of other disciplines: nonverbal, gestalt and fantasy methods, meditation, massage and creativity techniques. While no two programs will incorporate exactly the same methods, the goal of all such groups is a more dynamic and positive life experience which is grounded in openness and honesty and which allows the exploration of individual freedom in a supportive context.

Introduction to Esalen Programs

These programs — evening, one-day and weekend — are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups. Workshop leaders will be drawn from a group including Betty Fuller, Tom Allen, Seymour Carter, Robert Cromey, Jacqueline Doyle, Al Drucker, Arthur Fox, Janica Fox, John Heider, Ben Shapiro and Helen Stephens.

EVENING INTRODUCTIONS TO ESALEN

Working in small group sessions as well as large, participants will have introduction to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring pillow for easy sitting. San Francisco evenings will be held at the First Unitarian Church, Franklin and Geary Streets, San Francisco.
$5 general; $3 student. 7 to 11 p.m.

The schedule is as follows:

September 14	First Unitarian Church, San Francisco
October 6	International House, 2299 Piedmont Ave., Berkeley
October 28	First Unitarian Church, San Francisco
November 19	First Unitarian Church, San Francisco
December 7	First Unitarian Church, San Francisco

SINGLE-DAY ENCOUNTER

An intensive day of group work, along the lines of evening introductory programs, with the additional advantage of more hours, common meals and free time. Leaders will work with small groups.. Programs run from 10 a.m. to 10 p.m. Workshop location to be announced at time of registration. Bring your own lunch.
$22 per person, including dinner. ($10 deposit required).

September 26 — November 7
October 17 — November 28

WEEKEND INTRODUCTIONS TO ESALEN

Incorporating a wide variety of approaches, group leaders will work with participants in large groups and sub-groups. These are residential programs, beginning at 8 p.m. Friday (no supper) and ending after lunch on Sunday.

$65 per person, including room and meals.

October 9-11 — December 4-6
November 13-15

Open Encounter Programs

These open encounters, led by members of the Esalen staff, are for persons with or without prior group experience. Some programs have a special emphasis, as noted.

September 14-17
OPEN ENCOUNTER **Jackie Doyle** 7 to 11 p.m., Monday through Thursday. $65 per person.

September 18-20
ENCOUNTERING DIVORCE **Robert Cromey**
Basic encounter group for the divorced, those contemplating divorce and anyone whose life has been touched by divorce. The emphasis will be on experiencing the feeling and emotions of people in this crisis and communicating them to others.
$45 per person. Begins 8 p.m., Friday.

September 25-27
RESIDENTIAL OPEN ENCOUNTER **Tom Allen**
$65 per person, including room and meals. Begins 8 p.m., Friday.

October 23-25
ENCOUNTER AND MEDITATION **Jackie Doyle and Michael Murphy**
Combining encounter and meditation, this workshop will explore the depths of self, and relationship with others.
$45 per person. Begins 8 p.m., Friday.

October 30-November 1
INTENSIVE GROUP EXPERIENCE **Helen Stephens** $45 per person. Begins 8 p.m., Friday.

November 6-8
ENCOUNTER AT MID-LIFE **Helen Stephens**
Open encounter for men and women over forty to explore what each knows of the good life, to re-evaluate life as it's been lived and to do whatever is congenial to make the next 40 years more relaxed and richer.
$45 per person. Begins 8 p.m., Friday.

December 11-13
OPEN ENCOUNTER **Arthur and Janica Fox** $45 per person. Begins 8 p.m., Friday.

December 18-20
OPEN ENCOUNTER **Tom Allen** $45 per person. Begins 8 p.m., Friday.

Gestalt Workshops

Gestalt training is an awareness-centered, integrative process concentrating on *How* and *Now*, rather than *Why* and *Fantasy* of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own untapped potential. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

September 18-20
OPEN GESTALT WEEKEND **Lois Brien** $45 per person. Begins 8 p.m., Friday.

September 30
INTRODUCTION TO GESTALT THERAPY **Lois Brien and Elaine Kepner**
An evening lecture-demonstration of gestalt methods with particular emphasis on their use with large groups.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday. First Unitarian Church, Franklin and Geary Streets, San Francisco.

October 2-3
FACING THE MASK AND UNMASKING THE FACE **John Enright and Jack Rosenberg**
Gestalt exercise, videotape feedback and facial massage will be used to gain experiential contact with the face, a primary site for the expression and experiencing of emotion.
Friday, 8 to 11 p.m. and Saturday, 10 a.m. to 10 p.m. (with meal breaks).
$50 per person.

October 31-November 1
ADVANCED GESTALT WEEKEND **Eric Marcus**
For persons with some previous gestalt training. 9 a.m. to 5 p.m., Saturday and Sunday. $45 per person.

November 20-22
ON BEING A WOMAN **Cynthia Werthman and Janie Rhyne**
The gestalt approach and art expression will be used to explore the special nature of womanhood.
Limited to 20 women.
$45 per person. Begins 8 p.m., Friday.

November 30
INTRODUCTION TO GESTALT THERAPY **Lois Brien and Elaine Kepner**
An evening lecture-demonstration of gestalt methods with particular emphasis on their use with large groups.
$3 general; $2 student. 8 to 10:30 p.m., Monday. First Unitarian Church, Franklin and Geary Streets, San Francisco.

December 11-12
OPEN GESTALT WEEKEND **Larry and Paula Bloomberg**
Friday, 8 to 11 p.m. and Saturday, 10 a.m. to 10 p.m. (with meal breaks). $45 per person.

For biographies, see pp. 30-33.

Continuing Weekly Programs

TWO MASSAGE WORKSHOPS Robert Cromey

Massage emphasizes caring and affirmation of the body and the release of emotion. These continuing series are designed to teach participants informal massage which can be used in the home. Massage helps in finding new ways to relate to others and new expressions of love, trust, rhythm and breathing. Persons may register in one series, or both.

First Series: September 15, 22, 29 and October 6. (Four Tuesday Evenings).

Second Series: November 9, 16, 23 and 30. (Four Monday Evenings).

$35 per person, each series. 7:30 to 11 p.m. each evening.

COUPLES' SERIES Art and Janica Fox

A continuing group for couples wishing to grow more intimate through honest verbal and nonverbal communication. In an atmosphere of warmth and camaraderie, partners will explore their relationship through methods of group encounter and other experiential disciplines. Emphasis will be placed on sharing experiences and knowledge (everyone is an expert) and in finding ways for continued growth beyond the workshop experience. Limited to 8 couples.

November 3, 10, 17, 24 and December 1. (Five Tuesday evenings). 7 to 11 p.m. each evening. $110 per couple ($30 deposit required).

Programs

September 9 An Evening Discussion
ABOUT ESALEN PROGRAMS The Esalen Staff

An evening for those wishing to discuss programs listed in this brochure with members of the Esalen administrative staff. This is an opportunity for informal, small-group sessions concerning such questions as "Where do I start?", "Which Esalen program is best suited to *my* needs and interests?" "What can I expect from a Residence Program?", etc. Bring a cushion for comfortable sitting.

No charge. 7:30 - 10:00 p.m., Wednesday, September 9. First Unitarian Church, Franklin and Geary Streets, San Francisco.

TWO EVENTS WITH ROLLO MAY

September 11 Lecture
VIOLENCE AND THE DAIMONIC

8 to 10:30 p.m., Friday, September 11
$3 general; $2 student.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

Dr. May will inquire into the sources of violence and aggression and apply to them the theory of the daimonic. This concerns the question of how far aggression and violence can be used for constructive as well as destructive purposes.

September 12 Seminar
VIOLENCE IN AMERICAN LIFE

Dr. May will cover the following topics during the course of the seminar: **Violence and the Problem of Power in America** (violence is increasing because the power of the individual is decreasing)
Myths of Violence in America (our country presents the paradox of being a pacifist nation which leads the Western world in violence)
The Omnipresence of the Daimonic (we cannot rid ourselves of devils by mere willing)
The Daimonic and Ethics (does the theory of the daimonic rationalize evil?)

$30 per person. Limited to 60 persons.
10 a.m. to 5 p.m., Saturday, September 12.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

September 14: EVENING INTRODUCTION TO ESALEN. $5 general, $3 student.
7 to 11 p.m., Monday. *See Encounter, page 18.*

September 14-17: OPEN ENCOUNTER Jackie Doyle. *See Encounter, page 18.*

September 15, 22, 29, October 6: MASSAGE WORKSHOP Robert Cromey.
See Continuing Programs above.

September 18-20: OPEN GESTALT WEEKEND Lois Brien. *See Gestalt, page 19.*

September 18-20: ENCOUNTERING DIVORCE Robert Cromey. *See Encounter, page 18.*

September 23 A Lecture and Demonstration
AIKIDO: A WAY OF MIND-BODY HARMONY Robert Frager and Robert Nadeau

Aikido is a physical discipline derived from ancient samurai arts, a way of developing spiritually, mentally and physically. The evening will include film, demonstration and introductory lecture in Aikido.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday, September 23. First Unitarian Church, Franklin and Geary Streets, San Francisco.

September 25-27 Residential Weekend
MEDITATION IN SILENCE, SOUND AND MOTION Alan Watts and Huang Ch'ung-liang

In describing his workshop, Alan Watts writes: "In meditation we transcend an alienation between two concepts which do not exist in reality: ourselves and the outside world. With the assistance of the Chinese dance and *t'ai chi chuan* master, Huang Ch'ung-liang, we will explore the use of sitting in silence (za-zen), of dancing in which we discover that self and other, active and passive, voluntary and involuntary, go all together. This being a work-play session, come very comfortably clothed."
$65 per person, including room and board. Begins 8 p.m., Friday, September 25.

September 25-27: OPEN ENCOUNTER Tom Allen. *See Encounter, page 18.*

September 25-27 Weekend Workshop
COUPLES IN COMMUNICATION Bill and Audrey McGaw

This workshop will provide an opportunity for married or engaged couples to explore marriage, not as an institution, but as an extremely vital and personal way of life. The McGaws will concentrate on the positive aspects of partnership, increased understanding of self and mate, and deeper, more meaningful communication. Participating couples should expect to spend 20 to 25 hours in group sessions over the workshop period.
$115 per couple. Begins 8 p.m., Friday, Sept. 25.

September 26: INTRODUCTION TO ESALEN The Esalen Staff. *See Encounter, page 18.*

September 30 A Lecture and Demonstration
GESTALT THERAPY: AN INTRODUCTION Lois Brien and Elaine Kepner

An evening lecture-demonstration of gestalt methods, with particular emphasis on their use with large groups. Those wishing to participate will be involved in the demonstration.
$3 gen., $2 student. 8 to 10:30 p.m., Wednesday, September 30. First Unitarian Church, Franklin and Geary Streets, San Francisco.

October 1 An Experiential Session
ENCOUNTER FOR TWO Gerald Smith

A variety of verbal and nonverbal experiences for couples (not necessarily married) who want to learn new ways of adding life and increased understanding to their relationship.
$6 per couple. 8 to 10:30 p.m., Thursday, October 1. First Unitarian Church, Franklin and Geary Streets, San Francisco.

October 2-3: FACING THE MASK AND UNMASKING THE FACE
John Enright and Jack Rosenberg. *See Gestalt, page 19.*

October 2-4 Residential Weekend
OPEN ENCOUNTER WORKSHOP FOR SINGLES Betty Fuller

The intent of this workshop for unattached singles is to bypass the superficial level of acquaintance by progressing through a series of encounter experiences to the beginnings of authentic relating to others. The goal is openness and honesty in encounter. Other experiential methods will be used to deal with such problems as loneliness, isolation, alienation and lack of involvement.
Please state sex and age on registration. Participants will be informed of the exact location in the Bay Area of this residential weekend. *(See page 17).* Limited to 32 persons.
$65 per person, including room and meals. Begins 8 p.m., Friday, October 2.

October 2-4 Weekend Workshop
A WEEKEND OF PSYCHODRAMA Lewis Yablonsky and Walt Anderson

Psychodrama, involving the spontaneous acting-out of real personal and social situations, is one of the most effective and versatile of group interaction techniques. In this intensive weekend of psychodrama, the group as a whole will be introduced to the basic roles of psychodrama — "protagonist", "auxiliary", and others. Each participant will be given the opportunity to become involved as actively and creatively as his own needs and preferences demand.
$55 per person. Begins 8 p.m., Friday, October 2.

October 6: EVENING INTRODUCTION TO ESALEN. $5 general; $3 student.
7 to 11 p.m., Tuesday. *See Encounter, page 18.*

For biographies, see pp. 30-33.

October 9-11 Weekend Workshop
AIKIDO: A WAY OF MIND-BODY HARMONY Robert Frager and Robert Nadeau

Aikido began as a Japanese martial art, a system of self-defense and unarmed combat. The term Aikido means "a way of mental/spiritual harmony". Even more than most traditional arts in Japan, Aikido has stressed the necessity for self-discipline and personal growth in order to attain true mastery. Aikido is based on training and developing *ki* or life-energy. Effective use of *ki* is possible only through calmness, relaxation and concentration. Aikido has certain special advantages over other approaches to mind-body integration; it is a complete discipline in which progress is clear and techniques cannot be performed without growing mastery over fundamentals. The workshop will stress relaxation and concentration techniques as well as Aikido disciplines to increase effective use of bio-energy.

$45 per person. Begins 8 p.m., Friday, October 9.

October 9-11: INTRODUCTION TO ESALEN The Esalen Staff. *See Encounter, page 18.*

October 10-11 Weekend Workshop
SCHOOLING FOR WHAT? Don Parker

During 1968-69 Dr. Parker traveled across the United States with a tape recorder to interview 1000 persons on the question, Schooling for What? His findings will form the basis of a search for new directions in schooling. Participants will hear some of the responses to Dr. Parker's question and will explore a multilevel philosophy and a structure of balanced schooling as the basis on which to build their own philosophy and make their own plans in moving in these new directions with their students. The workshop will include films and experiential sessions. Open to teachers and other educators.

$45 per person. 9 a.m. to 5 p.m., Saturday and Sunday.

October 14 A Lecture and Demonstration
ON YOGA Joel Kramer

An evening designed to acquaint the interested non-practitioner as well as the practitioner with yoga. Mr. Kramer will demonstrate hatha yoga and then speak about the nature of yoga, covering the classical structure such as karma, bhakti, hatha, jnana, raja and tantric yoga. He will also speak of yoga as an evolutionary approach to living in the modern world.

$3 general; $2 student. 8 to 10:30 p.m., Wednesday, October 14. First Unitarian Church, Franklin and Geary Streets, San Francisco.

October 16-18 Weekend Workshop
A WAY OF CENTERING – AND USING IT Judyth Weaver

Judyth Weaver describes her workshop as follows: "We will work to find our centers and explore ways of relating and using them in everyday life. Through breathing and sensing and meditation, we will tune into our physical being, our centers, our selves. From center, we may move out into the discovery of our own dance – our own natural, spontaneous movements." Participants should wear loose, comfortable clothing.

$45 per person. Begins 8 p.m., Friday, October 16.

October 16-18 Weekend Workshop
TOWARD A TRANSACTIONAL SELF D. Sam Scheele

This workshop will experiment with techniques individuals can employ to alter bland conceptions of reality dominating many urban settings. Promising means for dispelling the anomie characterizing the relationships with the everyday others in our lives will be explored. Conceptually, the techniques are based on the application of ethnomethodology to infuse fantasy, the absurd, and other "new realities" to transform everyday occurrences into significant events.

Participants will learn to become transactional catalysts in many urban environments including elevators, laundromats, supermarkets, shopping centers, office buildings, lavatories and theaters. Together we will invent new rituals and learn to negotiate new existences with a transitive urban scene.

Have ready at least two of your favorite "costumes" that you wear frequently to change your feelings and at least one hat of some kind.

$45 per person. Begins 8 p.m., Friday, October 16.

October 17: INTRODUCTION TO ESALEN The Esalen Staff. *See Encounter, page 18.*

October 17-18 Weekend Workshop
INTO THE NEW CONSCIOUSNESS George Leonard

George Leonard, author of *Education and Ecstasy* and *The Man & Woman Thing and Other Provocations*, is deep into an imaginative new project – a guide to the inevitable transformation of mankind. This project goes beyond schooling and the ideas originally outlined in *Education and Ecstasy*. This seminar will be limited in size; participants will be encouraged to share their ideas during brainstorming sessions. Michael Murphy, president of Esalen, will be on hand as a discussant.

$50 per person. 10 a.m. to 5 p.m., Saturday and Sunday.

For San Francisco reservations, see page 29.

October 20 An Evening Lecture
WILHELM REICH ON SEXUALITY Malcolm Brown, Ph.D.

Malcolm Brown writes: "Reich was both a genius and a madman and one has to carefully sift the brilliantly sane and valid insights of the man from his deceptive half-truths". Topics to be covered in this lecture are a critique of the libido theory as formulated by both Freud and Reich, Reich's concepts of character and muscular armoring and his analysis of the sociological origins of sexual repression.

$3 general; $2 student. 8 to 10:30 p.m., Tuesday, October 20. First Unitarian Church, Franklin and Geary Streets, San Francisco.

October 22 A Lecture with Film
ABOUT NUDE PSYCHOTHERAPY Paul Bindrim

Nude marathons are a highly controversial and rapidly spreading mode of encounter-oriented psychotherapy. The principal innovator in the field, Paul Bindrim, will demonstrate, utilizing both lecture and films of actual marathons, the basic goals and techniques of nude psychotherapy. Discussion will embrace the potentials and inherent dangers of a method which stretches the mores of society and professional ethics.

$3 general; $2 student. 8 to 10:30 p.m., Thursday, October 22. First Unitarian Church, Franklin and Geary Streets, San Francisco.

October 23-25 Weekend Workshop
MAPS OF CONSCIOUSNESS Ralph Metzner and Rebekah Lowden

Systems of "occult" or "esoteric" psychology, such as astrology, tarot, etc., are, on one level, used by many for fortune-telling or divination. Their deeper and original purpose, however, was to serve as aids or guide books for man's psychological evolution; as maps of the path of self-actualization and the expansion of awareness into levels of consciousness above and below those to which we normally have access. In the process of self-discovery, of becoming an individual, these systems can be very valuable in showing fresh perspectives, as pointers to the next state in our inner growth toward wholeness. In this weekend, astrology, I Ching, tarot and numerology will be discussed from this point of view, i.e., as maps of "the Way". The sessions will be both theoretical and experiential, designed to give participants a working knowledge of the actual practical use of the systems. The workshop will also provide an introduction to Actualism (Agni Yoga), a modern, Western method of yoga or inner unification.

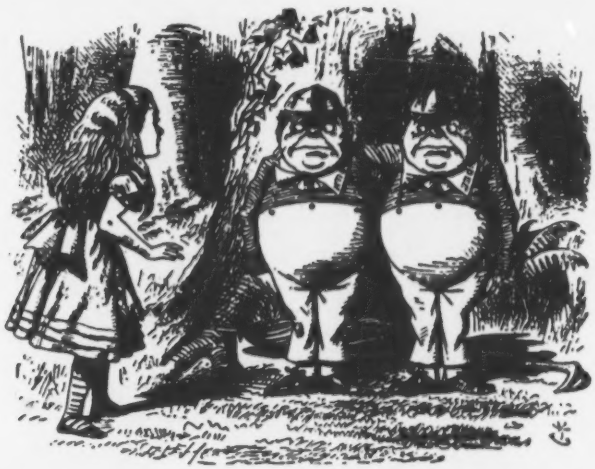
$45 per person. Begins 8 p.m., Friday, October 23.

October 23-25: ENCOUNTER AND MEDITATION Jackie Doyle and Michael Murphy.
See Encounter, page 18.

October 23-25 and November 20-22 Two Couples' Residential Weekends
FOR THE GOOD MARRIAGE: MORE AUTHENTICITY George I. and Judith Brown

A workshop for couples who feel they have a relatively healthy marriage and would like to experience ways to make their relationship even more exciting and substantial. The program will move from misleading preconceptions of oneself and one's marriage partner to increased perception and authentic response to a real person in a real world. The Browns will use approaches to gestalt awareness training that, once learned in the workshops, can continue to be used by the couple at home.

The initial workshop, October 23-25, will be combined with a follow-up workshop on November 20-22. All participants must commit themselves to **both workshops.** Both are residential, to be held in Berkeley. Participants will be informed of exact location. First session begins 8 p.m., October 23. $280 per couple for both weekends, including room and meals. Non-refundable deposit of $100 per couple is required.



For biographies, see pp. 30-33.

October 27, November 3, 10, 17 A Lecture Series
IN DEFENSE OF THE DEVIL Joe K. Adams

"New" religions are springing up often accompanied by the same old intolerance. Even the Devil should be given a fair hearing. This doctrine is probably no more popular today than it was hundreds of years ago. The psychological and historical problems of intolerance and cruelty will be considered in four cumulative lecture-discussions.

$12 for the series. 8 to 10:30 p.m., Tuesdays, October 27, November 3, 10, 17. First Unitarian Church, Franklin and Geary Streets, San Francisco.

October 28: EVENING INTRODUCTION TO ESALEN.
$5 general; $3 student. 7 to 11 p.m., Wednesday. *See Encounter, page 18.*

October 30 - November 1 Weekend Workshop
MASSAGE WORKSHOP Margaret Elke

This workshop will be oriented toward increasing sensual awareness, developing the sense of touch as a tool for nonverbal communication, and creating the fulfillment of being both total cause and total effect.

$45 per person. Begins 8 p.m., Friday, October 30.

October 30 - November 1 Weekend Workshop
YOGA: EXPLORATIONS IN AWARENESS AND SELF-KNOWLEDGE Joel Kramer

Workshop for the interested novice and serious student of yoga. Through the examination and practice of yogi techniques, pranayama (breathing) and meditation, the participant will become acquainted with yogic structures, both classical and modern, that lead to self-knowledge. There will be inquiry into the recurrent problems of man such as the nature of mind, time, pleasure, pain, desire, sorrow, death, freedom, sexuality and ecstasy.

$45 per person. Begins 8 p.m., Friday, October 30.

October 30-November 1 Weekend Workshop
INTENSIVE GROUP EXPERIENCE Helen Stephens

This workshop in small group encounter is designed to increase participants' awareness of their true selves and, hopefully, to convert some murky unknowns into warmly appreciated humanness.

$45 per person. Begins 8 p.m., Friday, Oct. 30.

October 31 - November 1: ADVANCED GESTALT WEEKEND Eric Marcus. *See Gestalt, page 19.*

November 1 An Evening Discussion
SYMBOLIC PATHS TO SPIRITUAL GROWTH (Part I): THE TAROT Billie Hobart

Throughout the histories of various civilizations, groups of enlightened human beings have devised symbolic languages for guidance to the spiritual path, the way of liberation or self-realization. This is the first in a series to explore five such symbolic paths. Others are The Mandala (November 8); The I Ching (November 22); Astrology (November 29); and Alchemy (December 6). In relation to this series, there will be a lecture entitled "Religions of the Counter-Culture" (November 15).

The Tarot, a book of wisdom disguised as a pack of 78 cards, contains the pattern of the universe. One needs only to look at the cards and believe what he sees in order to learn from them, for trust is the key to open the door to personal knowledge each of us possesses.

$3 general; $2 student. 8 to 10:30 p.m., Sunday, November 1. First Unitarian Church, Franklin and Geary Streets, San Francisco.

November 1-6 5-Day Residential Workshop
BIO-ENERGETICS ANALYSIS and GESTALT TRAINING Stanley Keleman and Thomas Munson

This will be an intensive workshop based on complementary applications of bio-energetics and gestalt methods. Group sessions will include experiential and theoretical aspects of both disciplines. This is a residential program limited to 15 participants; registrants will be notified of exact Bay Area location. Begins at 8 p.m. Sunday and ends with lunch on Friday.

$250 per person, including room and meals. Nonrefundable deposit of $75 required.

November 2 Professional Workshop
INNOVATIONS IN FAMILY THERAPY Gerald Smith

An all-day workshop for those in the helping professions. Demonstrations will include: modification of structured interview for marriage counseling, application of gestalt therapy to families, art expressions with couples and family, role-playing applications, a structure for first three family therapy sessions, family communication check-up — a preventative experience for families.

$50 per person. 9 a.m. to 9 p.m., Monday, November 2.

November 3, 10, 17, 24, December 1: COUPLES WORKSHOP Art and Janica Fox.
See Continuing Programs, page 20.

November 6-8 Weekend Workshop
A COMPREHENSIVE INTRODUCTION TO EIDETIC PERCEPTION Werner Arnet

Eidetic perception is a synthesis of methods in art and science to stimulate a holistic self-expression. Eidetic perception training uses, as a framework, a simplified base triad key that is rooted in gestalt theory and its broader application to all creativity. Unlike the current gestalt therapeutic trend, the eidetic key method aims to lead beyond therapy to a new awakening of a sense of balance and aesthetics. This new triad key method is useful in comprehending any human endeavors, especially where communication and transpersonal relations are involved.

$45 per person. Begins 8 p.m., Friday, Nov. 6.

November 6-8: ENCOUNTER AT MID-LIFE Helen Stephens. *See Encounter, page 18.*

November 6-8 Weekend Workshop
SENSING Benjamin and Judyth Weaver

"We believe", write the Weavers, "that unless consciousness is well grounded in our bodies and we are open for the myriad sensations – smell, hearing, touch, taste, sight, proprioception – which define our being, we loosen our grasp on consensual reality and diminish our pleasure in being. This workshop will offer an exploration in ways to reconnect parts of our disused sensing apparatus and, hopefully, to regain some of the wonder and freshness with which we greeted the world of experience when we were children." Participants should wear loose, comfortable clothing.

$45 per person. Begins 8 p.m., Friday, Nov. 6.

November 7: INTRODUCTION TO ESALEN The Esalen Staff. *See Encounter, page 18.*

November 8 An Evening Discussion
SYMBOLIC PATHS TO SPIRITUAL GROWTH (Part 2): THE MANDALA Jose and Miriam Arguelles

The Mandala is a basic map or blueprint for concentrating the mind. It is a universal form with its attendant ritual structures. The evening will include an historical introduction to the Mandala and an experiential session. No previous knowledge required.

$3 general; $2 student. 7:30 to 10:30 p.m., Sunday, November 8. First Unitarian Church, Franklin and Geary Streets, San Francisco.

November 9, 16, 23, 30 MASSAGE WORKSHOP Robert Cromey
See Continuing Programs, page 20.

November 13-15: INTRODUCTION TO ESALEN The Esalen Staff. *See Encounter, page 18.*

November 14-15 Weekend Workshop
ECODRAMA Michael Harner

An experiential intensification of the encounter of man, technology and natural resources. A temporal and spatial microcosm will be created to develop awareness of the impact of ecological factors on the nature and evolution of human social relationships. Possibilities for the development of human societies will be considered in the light of the shared experience.

$45 per person. Begins 10 a.m., Saturday, November 14.

November 13-15 Weekend Workshop
COUPLES IN COMMUNICATION Bill and Audrey McGaw

This workshop will provide an opportunity for married or engaged couples to explore marriage, not as an institution, but as an extremely vital and personal way of life. The McGaws will concentrate on the positive aspects of partnership, increased understanding of self and mate, and deeper, more meaningful communication. Participating couples should expect to spend 20 to 25 hours in group sessions over the workshop period.

$115 per couple. Begins 8 p.m., Friday, Nov. 13.

For biographies, see pp. 30-33.

November 15 An Evening Lecture
RELIGIONS OF THE COUNTER-CULTURE Jacob Needleman

American youth is in the midst of a massive search for the Eastern sense of religious discipline. What have they found in the numerous new spiritual groups taking root here in California and in the whole Western World? What is the worth of what they have found? How may it affect all our lives? And what could be its influence on Judaism and Christianity? Material will be based on Dr. Needleman's book, *The New Religions,* and will include Zen, Tibetan Buddhism, Krishnamurti, Meher Baba, Subud and Transcendental Meditation.
$3 general; $2 student. 8 to 10:30 p.m., Sunday, November 15. First Unitarian Church, Franklin and Geary Streets, San Francisco.

November 18 An Evening Lecture
THE PSYCHOLOGICAL GENIUS OF D.H. LAWRENCE Malcolm Brown, Ph.D.

Discussion of a mature man-woman relationship as depicted by Lawrence, who in Dr. Brown's view, is a more penetrating and insightful psychologist than either Freud or Reich when it comes to matters relating to fulfilling sex and the various forms of love. Lawrence's book *Phantasia of the Unconscious* will be discussed as a model of healthy emotional development from childhood through adolescense to adulthood.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday, November 18. First Unitarian Church, Franklin and Geary Streets, San Francisco.

November 19: EVENING INTRODUCTION TO ESALEN. $5 general; $3 student.
7 to 11 p.m., Thursday. *See Encounter, page 18.*

November 20-22 Weekend Workshop
LETTING GO Buryl Payne

During the process of growing up and adjusting to others, we often internalize rules and prohibitions about how to move or not to move our bodies, how to express or deny feelings and what to think or not to think. By the time we have become adults we have unconsciously learned to imprison ourselves. This workshop is designed to break through some of these imposed limitations, and to include sessions of free movement and techniques for freeing the creative process and emotions.
$45 per person. Begins 8 p.m., Friday, Nov. 20.

November 20-22: ON BEING A WOMAN Gestalt Weekend Cynthia Werthman and Janie Rhyne.
See Gestalt, page 19.

November 22 An Evening Discussion
SYMBOLIC PATHS TO SPIRITUAL GROWTH (Part 3): THE I CHING Jose and Miriam Arguelles

The I Ching is a philosophy, psychology and formulation of the laws of change and their application and interrelation to the realms of human consciousness with cosmic principles. The evening will include an historical introduction to the I Ching and an experiential session. No previous knowledge required.
$3 general; $2 student. 7:30 to 10:30 p.m., Sunday, November 22. First Unitarian Church, Franklin and Geary Streets, San Francisco.

November 27-29 Weekend Workshop
LEARNING TO FEEL, FEELING TO LEARN Hal Lyon

Teachers have traditionally emphasized the development of the cognitive or intellectual capacities of students. The nurturing of the affective capacity of the student such as feelings, emotions, love, empathy, awareness and fantasy either has been neglected or left to the individual, his family or chance. All too often, chance prevails, and results are a half-man, educated to function effectively only on the intellectual plane. This is a workshop for teachers, college students and others wishing to explore how pleasure, spontaneity and feelings can be integrated with the intellectual in the classroom.
$45 per person. Begins 8 p.m., Friday, Nov. 27.

November 27-29 Weekend Workshop
A TIME TO GROW Arthur Hough

In describing his workshop Art Hough writes: "We long for growth but hang back from it as well, living day to day within the easy limitations of our habits. It is hard to grow alone. Most of the growth we seek comes out of the rhythm of community, advancing and withdrawing, interacting and processing that interaction. This workshop offers a variety of techniques to intensify the growth process and to examine the blocks that retard it – group interaction, communication games, and exercises in self-awareness, listening, feedback and spontaneity. The program is not encounter. The aim is to loosen the deeper communication blocks of hidden dogmatism, risk refusal and build techniques and insights that can be absorbed for use within an individual's intimate community."
$45 per person. Begins 8 p.m., Friday, Nov. 27.

November 28: INTRODUCTION TO ESALEN The Esalen Staff. *See Encounter, page 18.*

November 29 An Evening Discussion SYMBOLIC PATHS TO SPIRITUAL GROWTH (Part 4): ASTROLOGY, A PERSONAL MANDALA Gerald Thatcher

The horoscope, as a symbolic representation of individuality, will be treated as a tool for expanding self-awareness and achieving wholeness of mind/body/soul. Experiential uses of astrology will be the primary focus.

$3 general; $2 student. 8 to 10:30 p.m., Sunday, November 29. First Unitarian Church, Franklin and Geary Streets, San Francisco.

November 30 A Lecture and Demonstration GESTALT THERAPY: AN INTRODUCTION Lois Brien and Elaine Kepner

An evening lecture-demonstration of gestalt methods, with particular emphasis on their use with large groups. Those wishing to participate will be involved in the demonstration.

$3 general; $2 student. 8 to 10:30 p.m., Monday, November 30. First Unitarian Church, Franklin and Geary Streets, San Francisco.

December 3 A Lecture and Demonstration ON YOGA Joel Kramer

An evening designed to acquaint the interested non-practitioner, as well as the practitioner, with yoga. Mr. Kramer will demonstrate hatha yoga and then speak about the nature of yoga, covering the classical structure such as karma, bhakti, hatha, jnana, raja and tantric yoga. He will also speak of yoga as an evolutionary approach to living in the modern world.

$3 general; $2 student. 8 to 10:30 p.m., Thursday, December 3. First Unitarian Church, Franklin and Geary Streets, San Francisco.

December 4-6 Weekend Workshop THE LANGUAGE OF MOVEMENT Gabrielle Roth

In describing her workshop, Gabrielle Roth writes: "As we are, so we move: spontaneous or tense, flowing or restricted. This workshop is designed so that each individual may discover the language of movement, become familiar with his own physical vocabulary and learn to use it as a means for personal growth and communication with others." Music, dreams, imagery and sensory perception are some of the stimuli Miss Roth uses to initiate the movement process.

$45 per person. Begins 8 p.m., Friday, Dec. 4.

December 4-6: INTRODUCTION TO ESALEN The Esalen Staff. *See Encounter, page 18.*

For biographies, see pp. 30-33.

December 4-6 Couples' Workshop
THE OPEN COUPLE Betty Fuller

This workshop for couples will use a number of encounter methods developed and refined at Esalen and elsewhere to explore the special relationship between man and woman. The intent of the workshop is to get in touch with the real person behind each partner's projection, to clear lines of communication, and to establish openness and honesty as a base for relating. Emphasis is on encounter and sense awareness experiences which may strengthen and enrich the relationship.
$100 per couple. Begins 8 p.m., Friday, Dec. 4.

December 6 An Evening Discussion
SYMBOLIC PATHS TO SPIRITUAL GROWTH (Part 5): ALCHEMY Jose and Miriam Arguelles

Alchemy is the science of transformation, utilizing the basic elements of nature as found within the function of the human organism in order that harmony may be recreated as the microcosm. The evening will include an experiential session in addition to a general discussion on alchemy.
$3 general; $2 student. 7:30 to 10:30 p.m., Sunday, December 6. First Unitarian Church, Franklin and Geary Streets, San Francisco.

December 7 EVENING INTRODUCTION TO ESALEN $5 general; $3 student.
7 to 11 p.m., Monday. *See Encounter, page 18.*

December 11-12: OPEN GESTALT WEEKEND Larry and Paula Bloomberg. *See Gestalt, page 19.*

December 11-13 Weekend Workshop
ENCOUNTER MARATHON: 45-HOURS-PLUS Richard Marsh

In describing his workshop Dr. Marsh writes: "If there is a single key to achieving the human potential, it is communication, both with oneself and with others. Tough-but-loving communication activities will be used in this intensive – and long – marathon. Bring along your defensive armour, but be prepared to shed it as the spirit of spontaneity and community gradually develops. Bring, also, a sleeping bag for two sleep breaks during the weekend."
$75 per person, including meals and snacks. Begins 8 p.m., Friday, December 11, and continues for 45 hours, or longer. Includes a follow-up meeting approximately one month later.

December 11-13: OPEN ENCOUNTER Arthur and Janica Fox. *See Encounter, page 18.*

December 11-13 Weekend Workshop
ENERGY IS ETERNAL DELIGHT Laura Huxley and Piero Ferrucci

Laura Huxley writes: "The theme of this workshop is the transformation of energy with 'recipes for living and loving' – transformation through the muscles and the imagination, logical thinking and non-sense feeling, words and silence. The goal is loving communication between the universes in which we live and evolve, the inner and outer universes separated by our physical and mental skin."
$45 per person. Begins 8 p.m., Friday, Dec. 11.

December 13 Lecture and Demonstration
INTRODUCTION TO THE ALEXANDER TECHNIQUE Ilana Rubenfeld

The Alexander Technique is a method of body and sensory awareness facilitating psycho-physical integration. Ilana Rubenfeld will use the Alexander Technique, gestalt exercises and sensory awareness as a gateway to contacting, expressing and working through deep feelings. Participants will explore changes in postural alignment through kinesthetic experiences. Ilana will demonstrate the Technique on models selected from among group members.
Participants should bring beach towels and a 1-inch-thick book for headrest; wear leotards or loose slacks. Limited to 60 participants.
$4 general; $3 student. 8 to 10:30 p.m., Sunday, December 13. First Unitarian Church, Franklin and Geary Streets, San Francisco.

December 15 An Evening Lecture
A MATURE MAN-WOMAN RELATIONSHIP TODAY Malcolm Brown, Ph.D.

Drawing upon a large number of thinkers other than Reich and Lawrence, Dr. Brown will attempt to describe the essential prerequisites and features of a mature man-woman relationship within the context of our modern American culture. He will touch upon such topics as: the cultural pressures which tend to ignore or diminish an appreciation of the absolute differences between the sexes; the case for and against a life-long monogamous marriage; the question of extramarital affairs within the framework of a mature marriage relationship; the unique contributions and responsibilities of both the male and the female to the creation of a mature relationship.
$3 general; $2 student. 8 to 10:30 p.m., Tuesday, December 15. First Unitarian Church, Franklin and Geary Streets, San Francisco.

December 18-20: OPEN ENCOUNTER Tom Allen. *See Encounter, page 18.*

December 18-20 Couples' Workshop
MORE LIFE IN MARRIAGE Gerald and Linda Smith

If a couple can be both close to each other and free to grow as separate individuals, there is a good chance for continuing life within marriage. To be close, a couple should be able to talk clearly and openly; to be free, they should be able to experience "creative conflict". Focus will be on prevention and growth – the here and now – rather than on problems of the past. Family therapy communications approaches, encounter, gestalt applications, nonverbal and sensory experiences and videotape feedback will be used.
$110 per couple. Begins 8 p.m., Friday, Dec. 18.

December 18-20 Weekend Workshop
YOGA: EXPLORATIONS IN AWARENESS AND SELF-KNOWLEDGE Joel Kramer

A workshop for the interested novice and serious student of yoga. Through the examination and practice of yogi techniques, pranayama (breathing) and meditation, the participant will become acquainted with yogic structure, both classical and modern, that lead to self-knowledge. There will be inquiry into the recurrent problems of man such as the nature of mind, time, pleasure, pain, desire, sorrow, death, freedom, sexuality and ecstasy.
$45 per person. Begins 8 p.m., Friday, Dec. 18.

December 27 - January 1 5-Day Residential Workshop
GETTING TOGETHER AT YEAR'S END Betty Fuller

While this workshop will be grounded in encounter, combining nonverbal and conceptual approaches from several disciplines, special emphasis will be placed on turning toward a new year with the fullest possible sense of presence in the now and openness to new experiences. Hopefully, the group will experience integration and resolution of old feelings. . .and gain a sense of celebration in moving through the year's end.
$160 per person, including room and meals. $50 nonrefundable deposit required. Begins 8 p.m., Sunday and ends after lunch on Friday.

San Francisco Information

San Francisco area programs include regular seminars, and workshops, lectures and symposia, continuing groups and occasional special events. Information, literature and tickets for lectures may be obtained Monday through Friday, 9:30 to 4:30, at 1776 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door. No programs are held at our offices, but several facilities in the Bay Area are used, including First Unitarian Church (San Francisco) and the Berkeley Center for Human Interaction (Berkeley). Participants will be informed of workshop location at time of registration and confirmation.

WORKSHOP REGISTRATION: Advance registration is required ten days prior to start of program. A **nonrefundable** deposit of $20 per person, unless otherwise stated, must accompany a reservation form or letter sent to: Reservations, Esalen Institute, 1776 Union, San Francisco 94123. Balance of tuition is payable at the first session of the program. **Do not send San Francisco reservations to Big Sur.**

SCHEDULES: Specific meeting times for weekend workshops are announced at the first meeting. Usually, however, workshops meet from 8 to 11 p.m. on Fridays, from 10 a.m. through the afternoon and/or evening on Saturdays, and from 10 a.m. to early afternoon on Sundays. Schedules are not rigid and specific meeting times are established at the group's first session.

ACCOMMODATIONS: Residential seminars include meals and lodging. For other programs, each participant must reserve his own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at workshops.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes, for men.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be returned if reservation cannot be confirmed or upon request by persons not wishing to be on a waiting list. Notification of reservation status will be sent no later than seven days before workshop begins.

Leaders' Biographies

JOE K. ADAMS has been a heretic for many years in the field of psychology. His main interest is in ideological change and conflict, with a strong emphasis on historical parallels.

TOM ALLEN, an artist, teaches at Cabrillo College. Since his year as an Esalen resident fellow, he has concentrated on developing workshop processes that nurture authentic being and rich interpersonal contact. He sees art not as an isolated speciality, but as one of the many ways to self-realization.

WALT ANDERSON is executive director of the California Institute of Psychodrama and a director of the Topanga Center for Human Development. He teaches political science and is author of *Politics and Environment.*

JOSE ARGUELLES, and his wife, MIRIAM, are co-creators of Mandalas, both as painting and ritual. Dr. Arguelles is Assistant Professor of Art History at University of California, Davis.

WERNER J. ARNET is a naturopathic physician and a student of psychosomatic ailments. He is currently teaching the eidetic perception method with Evering Consultants, Toronto.

PAUL BINDRIM is a clinical psychologist in practice in Los Angeles. He is a pioneer and leader in nude sensitivity training.

LAWRENCE BLOOMBERG, clinical psychologist and gestalt therapist, is a training therapist and a member of the Board of Directors of the Gestalt Institute of San Francisco.

PAULA BLOOMBERG is presently in private practice in the Bay Area. She was mental health educator for the Marin Community Mental Health Center.

LOIS BRIEN is a gestalt therapist and communication consultant. Dr. Brien is a member of the Gestalt Institute of San Francisco and was formerly an assistant professor of speech communication at Case Western Reserve University.

GEORGE I. BROWN, Professor of Education, teaches courses in creativity, awareness and sensitivity training at the University of California at Santa Barbara. He is a nationally known researcher in the affective domain and creativity.

JUDITH R. BROWN, co-trainer with her husband, trained with Frederick S. Perls with whom she worked as a co-therapist.

MALCOLM BROWN, a clinical psychologist, has a private practice in direct body contact psychotherapy in San Francisco. He spent the last 8 years in Europe where he trained in Reichian and neo-Reichian techniques and studied at the Tavistock Clinic.

SEYMOUR CARTER, a former resident of Synanon, is a leader of Esalen workshops and a massage specialist. In his work he draws on a variety of approaches to awareness. He has been trained in structural integration by Ida Rolf.

ROBERT CROMEY, former Esalen resident fellow, was Vicar at St. Aidan's Episcopal Church. His interest is in encounter groups, the experiential and sensory dimensions of ritual, ceremony and Western religious practice.

JACQUELINE DOYLE, former resident fellow, holds a master's degree in psychology. She is coordinator of Esalen's European project.

AL DRUCKER was a resident fellow in the first Esalen Residence Program. He now lives in Big Sur where he leads workshops and practices structural integration.

MARGARET ELKE is a massage therapist in private practice in Lafayette, California.

JOHN ENRIGHT has practised and taught gestalt therapy in a wide variety of settings for 8 years. He is particularly interested in the application of gestalt principles to philosophical and aesthetic problems.

PIERO FERRUCCI lives in Italy where he has just completed his doctorate at the University of Turin. He has studied psychosynthesis in Florence with Roberto Assagioli.

ARTHUR FOX has worked and trained with William C. Schutz in many groups and during the 1969 Residence Program. His background is in psychology, education and religion and he has taught in ghetto and private schools.

JANICA FOX, together with her husband, has trained with William C. Schutz, including the 1969 Residence Program. Previously she did research on groups in the social relations department at Harvard University.

ROBERT FRAGER is Assistant Professor of Psychology at University of California, Santa Cruz. He studied Aikido at the International Headquarters, Tokyo, and holds the rank of third degree black belt.

BETTY FULLER, 1967-1968 resident fellow, is Esalen's director of Consulting Services. She is one of a group of encounter leaders trained by William C. Schutz. Her background includes teaching and several years in radio, TV and theater as producer-writer-actress-director.

BERNARD GUNTHER is a "Come To Your Senses" artist, "Sense Relaxation" writer, "Sensory Awakening" teacher, "Love View: poet," joy/us person.

MICHAEL HARNER is Associate Professor of Anthropology at The New School for Social Research, New York City.

JOHN HEIDER, former Esalen resident fellow, views himself as a natural philosopher working toward integration of such practices as dance, meditation, sensory awakening and the adventure of encounter. He has done research on the effects of meditation on perception.

AARON HILLMAN, teacher and poet, has trained and worked with George Brown. He has given workshops and seminars for various groups and was one of the original members of the Ford-Esalen research project in affective education.

BILLIE HOBART teaches communications at Marin Junior College and is active in guiding meditation and growth groups.

RICHARD HORAN is an artist, practicing yogi and masseur.

ARTHUR HOUGH is Associate Professor of Communication Theory and Mass Media at San Francisco State College. He leads communication and growth workshops for industry, government, educational institutions and growth centers.

JACK HURLEY is a resident staff member at Esalen where he has developed his own approach to the Tarot and magic involving a humanistic orientation to Western mysticism and occult traditions.

RAE HURLEY is a magician's wife, craftswoman, former dancer and mother of two little witches.

LAURA HUXLEY is a musician and the author of *You Are Not the Target* and *The Timeless Moment*. In partnership with her husband, the late Aldous Huxley, she explored ways of opening the mind to new levels of awareness.

SAM KEEN is currently a consulting editor for *Psychology Today* and Professor of Philosophy of the Person at Prescott College, Prescott, Arizona. He is a fellow of Center for Studies of the Person. And he tells and listens to stories.

STANLEY KELEMAN is a practitioner of the bio-energetics approach developed initially by Alexander Lowen. He has studied with Dr. Ola Raknes and Graf Durchheim at the Center for Religious Studies, as well as at the Alfred Adler Institute for Individual Psychotherapy and the Dasien Analytical School of Psychotherapy, Zurich.

ELAINE KEPNER is a clinical psychologist, for the last ten years a teaching fellow at the Gestalt Institute of Cleveland. She is now associated with the Gestalt Institute of San Francisco.

MARY ELLEN KLEE, a student of Mary Whitehouse, is a movement teacher in residence in Big Sur.

JOEL KRAMER is a practicing hatha, raja, jnana and tantric yogi. He has been resident yogic instructor at Esalen Institute.

Leaders' Biographies

GEORGE LEONARD is senior editor of *Look* Magazine and was for four years vice president of Esalen Institute.

JOHN LILLY has primary research interest in the relation of the mind to the brain. Trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication, he is in residence at Esalen, Big Sur.

REBEKAH LOWDEN is an astrologer, artist and student of Agni yoga (Actualism).

HAROLD LYON, Jr., is Associate Commissioner of Education for Libraries and Educational Technology in Washington, D.C. He holds a doctorate in humanistic education and is author of *Learning to Feel-Feeling to Learn.*

THEODORA LYON, formerly a group leader at the Gestalt Institute of Canada, now resides in Big Sur. She was trained by Frederick Perls.

ERIC MARCUS is a gestalt therapist in private practice in Los Angeles. Dr. Marcus is associated with the Gestalt Therapy Institute of Los Angeles.

RICHARD MARSH is Professor of Creative Arts and Broadcast Communication Arts at San Francisco State College as well as Professor of Semantics and Communication at the California Institute of Asian Studies. He has pioneered in leading encounter groups in an academic setting.

EDWARD MAUPIN draws upon a variety of approaches to body awareness, including those of Reich, Lowen and Ida Rolf. He also relates to the various psycho-physical disciplines of Eastern and Western mysticism.

ROLLO MAY is Training and Supervisory Analyst at the William Alanson White Institute of Psychiatry, Psychoanalysis and Psychology. He has served as visiting professor at Harvard and at Princeton. Among his books are *The Meaning of Anxiety; Man's Search for Himself; Psychology and the Human Dilemma;* and *Love and Will.*

WILLIAM McGAW is Director of Communications at Western Behavioral Sciences Institute as well as director of the Institute's Experiential Worship Service Project. He and his wife, Audrey, are involved with WBSI's couples program for the Conciliation Court of San Diego.

RALPH METZNER, formerly editor of *Psychedelic Review,* has studied various Eastern and Western methods for expanding awareness, including yoga, meditation, visualization, mantras and psychedelics. He has just completed a book on *Maps of Consciousness* (Macmillan) and is presently a student of the "Yoga of Fire" as taught in the School of Actualism.

PETER MELCHIOR is director of Esalen's structural integration program.

SARA MILLER holds her master's degree in Special Education and has been a teacher and administrator of special programs designed to enrich the learning potential of children and young adults. She is experienced in conditioning techniques and is interested in the relationship between these techniques and the encounter.

STUART MILLER, who holds his doctorate in Comparative Literature, is experienced as a teacher and administrator in experimental colleges. He is Esalen's director of development and a former resident fellow.

CLARK MOUSTAKAS has put the principles he has eloquently preached into practice at Merrill-Palmer Institute in Detroit, where he trains teachers and graduate students in creative, person-centered approaches to education. He is the author of *Loneliness* and *Individuality and Encounter.*

THOMAS MUNSON is a psychiatrist in private practice in La Jolla and is president of the Gestalt Therapy Institute of San Diego. He has a strong interest in existentialism and Buddhism (which he studied in Japan).

MICHAEL MURPHY is president and co-founder of Esalen Institute.

ROBERT NADEAU, who holds a third degree black belt, teaches Aikido and meditation throughout the San Francisco Bay Area. He is a personal student of Master Morihei Ueshiba, the founder of Aikido, and is the only full-time Aikido instructor in California.

JACOB NEEDLEMAN teaches philosophy and religion at San Francisco State College. He is a clinical psychologist with a background in phenomenology, existentialism, philosophy of medicine and comparative religion. He is author of *Being-in-the-World* and *The New Religions.*

DON H. PARKER is an author, educational psychologist and multilevel curriculum consultant. His teaching-learning systems in language arts and science have been used by over 35 million pupils in the U.S. and abroad.

BURYL PAYNE is a psychologist and director of a program in science communication at Boston University in the School of Public Communication. His company, Psycho-Physics Labs, manufactures instruments in the areas of perception and physiological measurements.

HECTOR PRESTERA is an internist and cardiologist who is currently involved in the theory and practice of structural integration. He is resident physician at Esalen.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

JANIE RHYNE, trained in art, psychology and anthropology, uses art experience therapeutically to facilitate interpersonal contact and communication.

JACK ROSENBERG is a practicing dentist and gestalt therapist who has been working in the field of psychology related to dentistry for the past ten years.

GABRIELLE ROTH is movement specialist in residence at Esalen, Big Sur. She has studied and taught creative dance forms for the past ten years.

FRANK RUBENFELD is a clinical psychologist and a member of the New York Institute of Gestalt Therapy. In addition to his private practice of group and individual gestalt therapy, he trains psychotherapists in gestalt, seeing and dancing.

ILANA RUBENFELD is a certified teacher of the Alexander Technique with ten years of experience. She worked with Fritz Perls and has developed her own techniques of "body wisdom".

D. SAM SCHEELE is an active futurist. As a social engineer from Los Angeles, he is expected to mix ideologies, defend smog and forget the way to San Jose.

WILLIAM C. SCHUTZ has recently completed two new books. *Open Encounter* and *The Open Couple* (with Pamela Portugal) should appear early next year.

JULIAN SILVERMAN is Esalen's research director. His major research concerns are with the study of psychophysical functioning in relation to subjective experience and behavior change. With Richard Price he has initiated a special research ward in schizophrenia at Agnew State Hospital, San Jose.

JAMES S. SIMKIN was co-leader with Fritz Perls at professional gestalt therapy workshops at Esalen for six years. He has been engaged in the private practice of psychotherapy for fifteen years and has produced a gestalt therapy training film, "In the Now".

GERALD SMITH is a family therapist in San Mateo, California. He has taught his approaches at numerous agencies and recently completed a book entitled *Encounter for Two.*

HELEN STEPHENS, former Esalen resident fellow, is a zoologist, stepmother, mother, widow and celebrator of life.

R. GERALD THATCHER, an Esalen staff member for six years, is an author, musician and amateur astrologer.

ALAN WATTS is author of *The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology;* and many other writings. He has been, with D.T. Suzuki, the leading popularizer of Zen Buddhism in the United States.

BENJAMIN WEAVER was for the last two years director of Esalen/Big Sur. He is also a former Esalen resident fellow.

JUDYTH OFSOWITZ WEAVER is a student of Charlotte Selver and Magda Proskauer and has a background in modern dance, *t'ai chi chuan* and the dance of Kabuki and Noh.

CYNTHIA WERTHMAN is a psychiatric social worker who uses the gestalt method in private practice in Berkeley and at the Family Therapy Institute, San Rafael. She is a director of the Gestalt Institute of San Francisco.

SHARON WHEELER is a masseuse in residence at Esalen, Big Sur.

LEWIS YABLONSKY is president of the California Institute of Psychodrama in Los Angeles. He is also professor of sociology and the author of *Synanon: The Tunnel Back* and *The Hippie Trip.*

A NOTE ABOUT THE ILLUSTRATIONS

The graphic works for this brochure have been gathered about the theme of The Interacting Couple. The front cover features a marble double figurine from Anatolia, 6th millenium b.c.; p. 9, an 18th Century Garhwal miniature; p. 11, a Raphael pencil study; p. 13, a Kirchner woodcut; pp. 16-17, a Breughel engraving; p. 23 a Tenniel drawing; p. 25, a 15th Century book woodcut; p. 27, a Hokusai ink drawing; p. 30, a Munch etching; p. 32, a da Vinci drawing; p. 34, a Rousseau painting; p. 39, a Kirchner woodcut; back cover, an Amman woodcut.

IDA ROLF: STRUCTURAL INTEGRATION

For information on training and research in structural integration, contact The Guild for Structural Integration, 1874 Fell Street, San Francisco, California 94117.

The following practitioners of structural integration are available, by appointment only, in Big Sur: Peter Melchior, Seymour Carter, Al Drucker, Stanley Johnson, Edward Maupin, Hector Prestera, William Schutz and Gael Smith. Direct inquiries to Peter Melchior, Esalen Instutute, Big Sur 93920.

BULLETIN OF STRUCTURAL INTEGRATION

A journal dedicated to understanding man as a whole – now in its second year of publication. The bulletin provides a vehicle for theoretical and applied research in mind-body phenomena of interest to persons in the health sciences, physical sciences, arts and education. Past issues have included articles concerning Structural Integration (the Rolf technique of postural release); prepared childbirth, movement behavior and movement therapy; Swedenborg's anatomy. Future issues will include: preview chapters from Ida Rolf's forthcoming book; movement approaches to integration (Tai Chi, yoga, dance, physical education); rehabilitative techniques; book reviews, etc. For a one year subscription, send $10.00 with the NAME, ADDRESS, and ZIP CODE to: Bulletin of Structural Integration, 1334 - 23rd Street, Santa Monica, California 90404.

Special Information

TAPE RECORDINGS OF ESALEN PROGRAMS: Recorded tapes of many past Esalen programs are available. This service, originally developed to provide archive copies for Esalen, rapidly became of use to organizations requesting recordings of lectures and seminars, training tapes of techniques and mehtods, demonstration workshop sequences, and experiential programs. Requests now come from educational institutions, public and private libraries, religious bodies and professional groups with funds for a recording library concerned with the human potential. Commercial use is prohibited; all rights are reserved. Recording, editing and distribution of tapes is performed by Big Sur Recordings, from whom a complete catalog may be obtained. The cost of recordings is $10.00 per tape-hour, stereo or mono. Write BIG SUR RECORDINGS, PO Box 303, Mill Valley, California 94941.

PUBLICATION AND BROADCAST RIGHTS to all lectures delivered at Esalen Institute meetings and workshops belong to Esalen and no use of such material is to be made without the express written permission of one of the Directors in each occurrence of such use.

VIDEOTAPES AND 16mm FILMS of Dr. Frederick S. Perls' demonstrations of gestalt therapy and Alexander Lowen's demonstrations of bio-energetic analysis are available for professional use from MEDIASYNC, PO Box 486, Del Mar, California 92014. Films of Dr. Perls' work are also available from PSYCHOLOGICAL FILMS, 205 West Twentieth Street, Santa Ana, California 92706 along with films of the work of Carl Rogers, Albert Ellis, Rollo May, Abraham Maslow and Virginia Satir.

MICROFILM records of Esalen history, brochures and publications are available through MICROBIZ, 590 Howard Street, San Francisco, California 94105.

ESALEN PROGRAMS is published quarterly by Esalen Institute, a nonprofit California corporation. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco offices of Esalen Institute. Do not direct subscription inquiries to Big Sur.

FM RADIO STATIONS in the San Francisco Bay Area (KPFA, K101, KSAN and KQED) broadcast portions of Esalen seminars and lectures, as do KPFK (Los Angeles), KPFT (Houston, KBAI (New York) and KUNM-FM (Albuquerque) on an occasional bases. Consult local program guides. A series of 12 one-hour programs titled "Esalen Institute Presents: The Scope of Human Potential" is released for broadcast this year through National Educational Radio to its affiliated educational radio stations across the United States. A second series of 12 programs will explore religion, Eastern mysticism and metaphysics. Additional series will later include programs and encounter and education, and the creative value of madness.

CONTRIBUTIONS to Esalen institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please also see membership form (opposite page 36.)

ESALEN BOOKS AND PUBLICATIONS: Written materials of particular significance associated with the programs of Esalen Institute are available at the Big Sur center. Selections include work produced at Esalen as well as writings of a number of past seminar leaders. Direct inquiries to R. Gerald Thatcher, Esalen Books, Big Sur, California 93920.

ACCREDITATION AND THE USE OF ESALEN'S NAME Some individuals and groups have recently involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs; our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools. For the information of the public, we do maintain a consulting service, under the direction of Betty Fuller, that will furnish information about leaders.

THE JOURNAL OF TRANSPERSONAL PSYCHOLOGY

A journal for theoretical and applied research in peak experience, self-transcendence, ultimate values, ecstasy, wonder, B-values, transcendental phenomena and related concepts, experiences and activities. The second issue features articles by Lawrence LeShan ("physicists and Mystics: Similarities in World View"); Willis Harman ("The New Copernican Revolution"); Abraham H. Maslow ("Theory Z"); Kenneth Wapnick ("Mysticism and Schizophrenia"); Anthony J. Sutich ("The American Transpersonal Association..); and others.

(For subscription blank, see other side.)

ANNOUNCING THE ESALEN BOOK SERIES

General Editor: Stuart Miller

Esalen Institute announces the publication of a series of books covering a broad range of work in education, religion, philosophy and the behavioral sciences focusing on humanities and potentialities. The books range from a manual of sensory awareness exercises to a scientific report of experiments on altered states of consciousness; from a novel about the adventures of one Esalen resident fellow to a treatise exploring the unity of education, religion and medicine. The books are unified by a concern with the developing human potentialities and a sense that the fully functioning person will have interests as wide as these.

NOW AVAILABLE

Anger and the Rocking Chair: Gestalt Awareness with Children,, by Janet Lederman with photographs by Lillian R. Cutler. This is a dramatic, visual account of gestalt methods with so-called "difficult" or "disturbed" children in elementary school. Rather than suppressing pupils' rebellion and anger, Miss Lederman helps her pupils to transform these powerful impulses into constructive attitudes and behavior. (Published by McGraw-Hill).

AVAILABLE EARLY 1971

Now: Toward Humanness. Introducing Confluent Education, by Dr. George I. Brown. So often people write Esalen asking if personal growth techniques are being used in schools, how do they work? This book is the best answer so far to such questions. It is a conprehensive account of the Ford/Esalen Foundation project in education. The project showed that methods for personal growth used at Esalen Institute can be successfully incorporated into already existing curriculums of public schools.

You may order **Anger and the Rocking Chair** by returning this coupon with your check (made payable to Esalen Institute) to:
BOOKS, Esalen Institute, 1776 Union Street, San Francisco California 94123.

I enclose payment of $____ for ____ copies of
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This form is for your convenience in preparing attendance at Esalen seminars, workshops and lectures. You may use it for either Big Sur or San Francisco area programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please do make reservations early; some seminars are booked to capacity months in advance.

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☐ Please check box if you do NOT now receive Esalen mailings and wish to be added to our mailing list.

For Big Sur reservations, check whether you wish ☐ shared room or ☐ single room on a space-available basis. A **$7 per night** additional charge is required for single accommodations. If you are arranging your own lodging elsewhere, check here ☐ . Reservations may be assigned at either Big Sur Hot Springs or nearby motels at the discretion of Esalen.

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Esalen Institute
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The continuing work of Esalen Institute is funded virtually in toto through tuitions paid by those attending workshops and seminars—but research, future development and expansion depend greatly upon funds assured through Memberships and special grants.

As a Member, you enjoy a tuition reduction of $10 at every seminar and workshop you attend, including encounter groups, plus opportunity to participate in occasional gatherings with Esalen officers, leaders and project coordinators. You are also kept informed of new developments and programs via a special newsletter.

You may wish to consider tax-deductible Membership either for yourself or as a fitting gift in the name of another.

Those friends of Esalen interested in sustaining the Institute in a more substantial way may wish to discuss details of this matter with the Director of Development, Dr. Stuart Miller. The legal counsel of the Institute is also available to discuss various details of gifts and bequests, including tax arrangements. Individual attention can be given in these ways to the particular wishes of donors and the current needs of the Institute.

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(Continued from other side.)

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Esalen Institute

ESALEN INSTITUTE is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a residential program exploring new directions in education and the behavioral sciences.

SPECIAL SERVICES AND PROGRAMS

Esalen Consulting Service is developing resources to assist those individuals, groups and organizations wishing to apply the various approaches to human development presented in our seminars and workshops. Programs and leaders have thus far been provided to various community, governmental, religious, industrial and education groups.

Esalen Residence Program: The sixth series will be offered at Big Sur in Fall 1970. *For further information see page 10.*

Extended Growth Program: *For further information see page 16.*

DIRECTORY

Officers of the Institute

Michael H. Murphy, *President*
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John G. Clancy, *Secretary*
Stuart Miller, *Director of Development*
Julian Silverman, *Research Director*

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Big Sur, California 93920

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Please address inquiries about Esalen programs and business activities to the appropriate officers below:

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Research:
Julian Silverman

Big Sur administration:
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BIG SUR PROGRAMS

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THREE-WEEK PROGRAM

Jan. 17-Feb. 6	Betty Fuller and Janet Lederman	Advanced Encounter-Gestalt for Professionals

TWO-WEEK PROGRAMS

Dec. 27-Jan. 9	Esalen Staff	Open Residence Program
January 3-16	James S. Simkin	Open Gestalt Therapy Workshop
January 10-23	Esalen Staff	Open Residence Program
Jan. 24-Feb. 6	Esalen Staff	Open Residence Program
February 7-20	William Schutz and Emmett Hutchins	Bodymind
February 7-20	Esalen Staff	Open Residence Program
Feb. 21-Mar. 6	Richard Price and Hector Prestera	Gestalt and Structural Integration
Feb. 21-Mar. 6	Esalen Staff	Open Residence Program
March 7-20	Betty Fuller and the Esalen Staff	Couples' Workshop
March 7-20	Esalen Staff	Open Residence Program
Mar. 21-Apr. 3	Hector Prestera, Sharon Wheeler & Staff	Couples' Workshop
Mar. 21-Apr. 3	Esalen Staff	Open Residence Program
April 4-17	Esalen Staff	Open Residence Program
Apr. 18-May 1	Esalen Staff	Open Residence Program

BIG SUR PROGRAMS (Continued)

ONE-WEEK AND FIVE-DAY PROGRAMS

March 7-12	Charlotte Selver and Charles Brooks	Opening Doors
March 14-19	Charlotte Selver and Charles Brooks	Unfolding
March 21-27	George I. and Judith Brown	Reality and Illusion
Mar. 28-Apr. 3	Edward Maupin	Body Awareness & the Sense of Being

Big Sur Information

For Big Sur Programs only:
ESALEN INSTITUTE, Big Sur, CA 93920
Phone: (408) 667-2335,
10 am-5 pm, Mon-Sat; 10 am-9 pm, Sun

San Francisco Information

For San Francisco Programs only:
ESALEN INSTITUTE, 1776 Union
San Francisco, CA 94123
Phone: (415) 771-1710, 9-5, Mon-Fri

SAN FRANCISCO PROGRAMS

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SINGLE EVENING EVENTS

January 7	Esalen Staff	Introduction to Esalen
January 8	Michael Murphy and Others	A General Introduction to Psychosynthesis
January 15	Alan Watts and Lynn White	Ecological Crisis
January 19	Jeff Berner and Mark Hansen	Innerspace/Outerspace (1)
January 25	Esalen Staff	Introduction to Esalen
January 28	Jeff Berner and Mark Hansen	Innerspace/Outerspace (2)
February 4	Jeff Berner and Mark Hansen	Innerspace/Outerspace (3)
February 10	Lois Brien and Elaine Kepner	Introduction to Gestalt Therapy
February 11	James Fadiman	Altered States of Consciousness
February 17	Esalen Staff	Introduction to Esalen
February 18	Robert Ornstein	On the Psychology of Meditation
February 24	Charles Kelley	Wilhelm Reich & the Bioenergetics of Feeling
February 25	Charles Tart	The Paranormal
March 4	Robert Ornstein	The Sufis
March 8	Esalen Staff	Introduction to Esalen
March 10	David Brower	Breaking the Species Barrier
March 11	James Fadiman	Selective Uses of Psychedelic Drugs
March 18	Charles Tart	On Being Stoned
March 25	Robert Ornstein & Joe Kamiya	Physiological Feedback Training & Research
April 1	Esalen Staff	Introduction to Esalen
April 5	Lois Brien and Elaine Kepner	Introduction to Gestalt Therapy

For San Francisco Workshops and Seminars, see next page.

For San Francisco Evening Events, see previous page.

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January 8-10	Pamela Portugal	Body-Based Encounter for Couples
January 9	Esalen Staff	Introduction to Esalen: One Day
January 15-17	Robert Cromey and Bennett Shapiro	Open Encounter for Singles
January 15-17	Esalen Staff	Gestalt Weekend for Professionals
January 22-24	Arthur Shedlin and David Knapp	Exploring Blocks to Creativity
January 22-24	Esalen Staff	Introduction to Esalen: Residential
January 22-24	Don Clark	Being a Man: Residential
Jan. 26-March 16	Eleanor Criswell	Yoga of Consciousness: 8 Tuesdays
January 29-31	Jackie Doyle	Encounter for Unmarried Couples
January 29-31	Jerry Greenwald	Art of Emotional Nourishment: Residential
January 29-31	Gabrielle Roth	Language of Movement: Residential
January 30	James Fadiman	Psychosynthesis: One Day
Jan. 31-Feb. 28	Don Clark	A Workshop for Men Only: 5 Sundays
February 1-5	Gabrielle Roth	Massage and Movement
February 2-23	Robert Cromey	Massage & Encounter: 4 Tuesdays
February 5-7	Joan McIntyre, Stuart & Sukie Miller	Experiencing the Ocean's Edge: A Retreat
February 5-7	Tom Allen	Art Expression and Encounter
February 5-7	Bob Kriegel and Sidney Lanier	Confronting Your Career as Lifestyle
February 6	Esalen Staff	Introduction to Esalen: One Day
February 12-14	Arthur Fox	Open Encounter
February 12-14	Jose and Miriam Arguelles	Mandala: A Ritual for Self-Growth
February 13-14	Robert Hall	Open Gestalt Weekend
Feb. 17-March 17	Arthur and Janica Fox	Couples' Series: 5 Wednesdays
February 19-21	Robert and Donna Gerard	Innovations in Psychosynthesis
February 19-21	Esalen Staff	Introduction to Esalen: Residential
February 19-21	Lois Brien and Marian Saltman	Gestalt Therapy and Play Therapy: Residential
February 19-21	Gerald and Linda Smith	Couples' Workshop
February 26-28	Charles and Erica Kelley	Neo-Reichian Bioenergetic Workshop
February 26-28	Jackie Doyle	Encountering Divorce
February 26-28	Charlotte Selver & Charles Brooks	Opening Doors
February 27	Esalen Staff	Introduction to Esalen: One Day
March 4-7	Stanley and Rose Standal	Life Planning
March 5-7	Tom Allen	Open Encounter
March 5-7	Arthur Hough	Communication Games
March 6-27	Elaine Kepner	Gestalt for Professionals: 4 Saturdays
March 8-12	Helen Stephens	Crises of Separation
March 12-13	Jerry Kogan & Cynthia Werthman	Gestalt Workshop for Educators
March 12-14	James and Susan Vargiu	Psychosynthesis
March 12-14	Robert Cromey & Jackie Doyle	Open Encounter for Singles: Residential
March 19-20	Paula Bloomberg	Metamorphosis: For Women Only
March 19-21	Gabrielle Roth	Language of Movement
March 19-21	Jack Gibb	Tori: The Intimate Community
March 20	Esalen Staff	Introduction to Esalen: One Day
March 22-26	Elaine Kepner and Gabrielle Roth	Gestalt and Massage: Residential
March 26-27	Jack Rosenberg and Elaine Brien	Gestalt Weekend for Professionals
March 26-28	Esalen Staff	Introduction to Esalen: Residential
March 26-28	Charlotte Selver and Charles Brooks	Toward More Depth and Fullness
April 2-4	Arthur and Janica Fox	Encounter for Couples
April 2-4	Helen Stephens	Encounter at Mid-Life
April 2-4	Lee Pulos	Hypnosis and Encounter

NEWS

ABRAHAM MASLOW (1908-1970)

During the summer of 1962 Abe and Bertha Maslow were driving along Highway One in Big Sur, enjoying the great coast scenery as they loved to do. As darkness approached they began to look for a place to spend the night. A few lights appeared at the end of an unmarked side road leading down from the highway, and they turned in to see if there might be an extra bed. When they arrived at the old lodge below they found to their great surprise that nearly all the people there had read Abe's *Toward a Psychology of Being* and were planning some kind of center to explore "the relationship of psychology, philosophy and religion" — or something like that. So Abe's long friendship with Esalen Institute began, before Esalen was quite underway.

Since then Abe has influenced us in many ways, direct and indirect. His writings, his personal words of advice, his constant support from the very first, his warnings and scoldings, all had their effect.

Esalen's first brochure, in 1962, began with a statement paraphrasing part of his preface to *Toward a Psychology of Being*. In that preface he had said:

> *There is now emerging over the horizon a new conception of human sickness and of human health, a psychology that I find so thrilling and so full of wonderful possibilities that I yield to the temptation to present it publicly even before it is checked and confirmed and before it can be called reliable scientific knowledge.*

Our brochure went on to say:

> *Some scientists and philosophers believe that this quiet reformulation of psychological thought will bring the greatest change in the vision of Western man since Copernicus and the Renaissance. It will certainly affect our most basic attitudes toward human possibilities and human destiny.*

It is our intention to pursue this "quiet reformulation" . . . to follow where he showed the way.

PSYCHOSYNTHESIS: A COMPREHENSIVE APPROACH TO PERSONAL GROWTH

In June 1970 a number of Esalen's staff visited Europe with the intention of finding new approaches to personal growth to bring back to America. A week-long didactic session with Roberto Assagioli was, for some of us, the outstanding event of the visit.

Like Esalen itself, psychosynthesis is an eclectic and comprehensive approach to developing the self. Rather than allowing only one method, it embraces dozens. Exercises for developing and harmonizing the intellect, the will, the emotions, imagination, intuition and other faculties are central to psychosynthesis. Appeal is constantly made to harmonize and develop these faculties under the direction of the best part of the self, the divine part in religious terms, or the part of ourself that each of us experiences as best. In developing the personality, psychosynthesis ranges from exploring the depths of the unconscious to experiences that place us in touch with higher realities, or to use other terms, God, the transpersonal self, the higher unconscious. In this latter aspect psychosynthesis includes a dimension too often neglected by other approaches, though it should be said that a person can undertake his psychosynthesis without any reference to a transpersonal or spiritual dimension.

Among the aspects of psychosynthesis which seem particularly attractive to us are its emphasis on the positive and healthy parts of the self. Growth is encouraged from the healthy center. Psychosynthesis also allows a person to continue working on himself at home and after the workshop by including a large number of exercises that are relatively simple to do. We feel that psychosynthesis will be especially attractive to people who have experienced other growth techniques at Esalen and want to go beyond workshop experiences toward a coherent program of self-development.

Through its San Francisco center, Esalen is initiating a series of programs and workshops in psychosynthesis this winter season. We invite you to participate. The beginning introductory series includes the following:

January 8: Evening Panel
A General Introduction to Psychosynthesis, with Michael Murphy, James and Susan Vargiu, Stuart Miller and James Fadiman.

A discussion of the basic elements of psychosynthesis and its relation to such concerns as personal growth, education and other approaches to self-development. *See page 21.*

January 30: Saturday Workshop
Psychosynthesis: Returning to Your Center, with James Fadiman

This all-day workshop will teach basic psychosynthesis techniques which may be used in active self-discovery or in educational or therapeutic settings. *See page 23.*

February 19-21:
Weekend Workshop: Innovations in Psychosynthesis: From the Ego to the Self, with Robert and Donna Gerard

Dr. Robert Gerard, president of the International Foundation for Psychosynthesis, and his wife, will present this weekend introduction to psychosynthesis. *See page 25.*

March 12-14:
Weekend Workshop: Psychosynthesis, with James and Susan Vargiu

In this workshop the Vargius will emphasize the aspects of psychosynthesis which lead to greater unity and which can be used for integrating the encounter experience into something more. *See page 28.*

THE ECOLOGICAL PSYCHE

Our sense of alienation may come as much from our disconnection from the living fabric of nature as from our difficulties with each other. Men and women, the dynamic focus of a process that involves many life forms and eons of time, now think of themselves as independent of the process that created them. Most contemporary revolutionary movements are rooted in this kind of alienated thinking, hoping to restore a sense of well-being to man by merely manipulating the social structure of his human existence.

The ecological crisis provides more than an alarming opportunity for social survival responses, however necessary these may be. The crisis calls into quesiton our whole way of experiencing ourselves, one another, cities, trees, the heavens. It has within it the impetus for straightening out our relations with all these and harmonizing our personal existence. The fully developed ecological psyche would be connected to all life's processes — feeling, eating, growing, dying; the self would be experienced as incorporating the rest of life forms as well. We are ultimately not simply man or woman, but man and woman and fish, glacier, mountain and shorebird. Our life history is the life history of the planet.

This series is the beginning of a joint effort by Esalen Institute and Friends of the Earth to develop a psycho-ecological approach to man and his problems. Programs will range from weekend experiences, incorporating Esalen experiential techniques such as fantasy and sensory awareness, to lectures on philosophical roots of the ecological crisis and social and behavioral challenges which must be met in the next few years.

January 15:	**Lecture: Ecological Crisis: Religious Cause and Religious Solution, with Alan Watts and Lynn White.** Drs. Watts and White will discuss the underlying causes of the havoc being wrought by industrial technology. *See page 21.*
January 21, 28 and February 4	**An Adventure Series: Innerspace/Outerspace, with Jeff Berner and Mark Hansen.** A three-evening series to explore Innerspace (the mind as a prime natural resource) and Outerspace (an introduction to whole-worldviewing through World Games). *See page 22.*
February 5-7	**Weekend Retreat: Experiencing the Ocean's Edge, with Joan McIntyre and Stuart and Sukie Miller.** This program will take place at the Bodega Bay Marine Laboratory. Exploration of marine life and the ocean's edge will be combined with sensory awareness and fantasy techniques. *See page 23.*
March 10	**Lecture: Breaking the Species Barrier, with David Brower.** David Brower, president of Friends of the Earth and former director of the Sierra Club, will discuss man and his relation to the planet. *See page 27.*

EXPLORATORY MEETINGS ON ALTERED STATES OF CONSCIOUSNESS AND TRANSPERSONAL PSYCHOLOGY

During the past few years a group of researchers in psychology, neurophysiology and parapsychology have been meeting informally and formally (for example, at the Council Grove, Kansas meetings sponsored by the Menninger Foundation) to discuss their findings and possible research strategies for a coalescing field of inquiry that comprises altered states of consciousness and the "transpersonal" or "transcendent" aspects of human experience. Beginning January 1971 Esalen, in cooperation with the Transpersonal Association (which publishes the *Journal of Transpersonal Psychology*), the United Church Board for Homeland Ministries of the National Council of Churches and the Association for Humanistic Psychology will conduct a series of meetings in Big Sur and in San Francisco for some twenty researchers in these fields.

Robert Ornstein, one of the organizers of these meetings, describes some of their aims as follows: "To allow some interchange between the two types of workers in the study of consciousness — those primarily involved in research and those involved in growth. An important stress at Esalen is placed on the relationship of the body to the mind and this relationship, for the most part, has been unexplored by the research community. From the invited participants involved in physiological feedback training, we hope there will be a statement on that art, as well as exploring its relationship to other research and growth techniques. Others have been looking into the evidence for paranormal phenomena and their relationship to mysticism, dreams and particular states of consciousness. These three matters, and others, will be topics of the meetings."

These meetings are part of Esalen's concern with the relationship between the transpersonal or transcendent aspects of experience and our explorations in healing and growth.

ESALEN EAST COAST WEEKEND

This year, as last, Esalen will present a weekend in New York featuring many of its outstanding leaders, theoreticians and philosophers. Proceeds from the weekend will go to the research, development and Claire Nelson scholarship funds of the Institute and all the program leaders are donating their services. Preparations are still being made; however, among those leading programs will be: Alan Watts, William Schutz, Bernard Gunther, George Leonard, Joseph Campbell, John Lilly, Ilana Rubenfeld, Frank Rubenfeld, Seymour Carter, Robert Ornstein, George I. Brown, Richard Farson, John Pierrakos, Lawrence LeShan, Frank Haronian, Joe K. Adams, Michael Murphy, Harvey Cox, Richard Rubenstein, Sam Keen, Betty Fuller, Janet Lederman and Ida Rolf.

Sessions will vary from experiential sessions to lectures and discussions. The weekend will provide a comprehensive introduction to a variety of Esalen approaches including encounter, sensory awareness, gestalt therapy, structural integration and others. The program will feature some new disciplines, among them psychosynthesis; Joe Adams will give a critique of encounter groups; and there will be presentations of the latest work at Esalen in education, research and religion.

April 16, 17 and 18 are the dates. Announcement of location and method of obtaining tickets will be in the next brochure.

THE BARN CRAFT PROGRAM AT BIG SUR

The barn has traditionally been Esalen's artists' center, and for years many of the staff members have made it their studio for such arts as leatherwork, welding, jewelry, woodcarving and woodcut prints, batiking, macrame, tie-dying and photography. Local artists are offering an on-going craft program for the benefit of persons attending Esalen workshops. Private instruction in various crafts and use of the barn facility are available at a small cost.

Craft Staff: Ron Martin, *Manager;* Tony Wagner, John Horler, Sharon Myers, Susan Martin, Dick Horan, Jerome Mitchell and Brita Fluck.

A REMINDER ABOUT SCHOLARSHIPS

Following announcement of the availability of scholarship and loan funds in the last issue of *Esalen Programs*, applications have been received and reviewed regularly by the Scholarship Committee. Set amounts will become available from the Claire Nelson Scholarship Fund during each program period, to be distributed either as outright grants or as interest-free loans.

Direct scholarship inquiries to Big Sur or San Francisco, depending on program location. A short scholarship application form will be sent for completion and reforwarding to Esalen — so requests should be initiated as early as possible.

In Big Sur, preference for grants generally will go to those who have attended a week-long (or longer) workshop and who have been interviewed by a member of the Committee. It is anticipated at this time that grants will be given to cover from one-fourth to one-third of the total costs of a given program. Direct inquiries to Scholarship Committee, Esalen Institute, Big Sur.

In San Francisco, the established policy of tuition reduction to students will continue. Students may attend most seminars for less than the stated fee on a space available basis. Please call the San Francisco office three days prior to start of a workshop. Amounts granted or loaned from the Claire Nelson Scholarship Fund will extend aid to individuals, and possibly groups, who cannot meet tuitions or who have opportunity to apply their Esalen experience to urban teaching or organized community efforts. Direct inquiries to the Director, San Francisco.

APPROACHES TO PERSONAL GROWTH: SOME DESCRIPTIONS

Because so many of Esalen's programs are experiential, we have been asked by many people who are new to Esalen to differentiate among a number of approaches that seem, at first glance, so similar. The various disciplines being practiced at Esalen have influenced one another so that the task of producing an encounter group totally free from gestalt techniques, for example, is impossible. Furthermore, different practitioners of various disciplines stress different aspects. What follows is, therefore, not a scientific statement but rather a first attempt at making some rough distinctions among a number of approaches. (And we welcome suggestions for improved descriptions).

Encounter Groups: The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing in their statements and instead talk about their feelings and perceptions. Generally, in Esalen encounter groups, participants are encouraged and helped to express their feelings about themselves and other members of the group through nonverbal as well as verbal means. There is often an emphasis on eliciting emotions which lead to positive or negative confrontation between participants; the point is to allow participants to explore and work through such emotions rather than retreat from them. The focus of encounter groups is on exploring interpersonal relations, and the expression and exploration of self through interpersonal relations ("the between and the within"). Techniques and approaches such as gestalt therapy, sensory awareness and those exploring fantasy and inner imagery may be added to the basic encounter situation.

Gestalt Therapy: Participants meet in a group of between eight and twenty, or more, always with a leader. Generally, the leader works with one person at a time, while other members observe or participate minimally, as compared with, for example, encounter groups. The aim of gestalt therapy is to increase a person's awareness of the instant moment and to further, thereby, his personality integration by having him acknowledge his responsibility for how he exists at any given moment. Emphasis is placed on having a participant explore his dreams, fantasies, expectations, gestures, voice and other aspects of personal functioning, by enacting them before the group. By so doing he becomes aware of the unity of his organism — mind, body, emotions and feelings.

Sensory Awakening and Sensory Awareness: The focus of these disciplines is on the body. The leader directs the group in a series of exercises designed to broaden and deepen the participant's awareness of his sensory existence, including awareness of his own body, nature and energy. Occasionally this is followed by encounter-style discussion of the participants' experience, but the emphasis, in any case, is nonverbal.

Meditation: Participants in meditation exercises generally meet in groups, but the focus of meditation is inward. The leader directs the group in exercises and then the group members may share their experiences. Meditation exercises are usually mental, though some forms of moving meditation, such as *t'ai chi chuan*, involve a concentrated awareness on the movements of the body. The aim of meditation is to break through ordinary consciousness to various levels of being, ranging from relaxed but alert awareness of self to the deepest levels of mystical experience in which the identity of self and cosmos become apparent.

EUROPEAN PROJECT: MAY-JUNE 1970

Last Spring, Esalen sent a group to England to examine the possibility of developing a cultural exchange in the area of the human potential.

Members of the Esalen staff and close friends who made the trip were: Michael Murphy, Stuart and Sukie Miller, Jacqueline Doyle, Helen Stephens, Sidney Lanier, William Schutz, Pamela Portugal, Betty Fuller, George Leonard, Alan Watts, and George and Judith Brown. The trip was financed by generous gifts from a number of friends, among them Helen Stephens, Sidney and Jean Lanier, and Robert and Lennie Schwartz.

We were invited by Ananda (an education and research organization), Quaesitor (a London growth center) and the British chapter of the Association for Humanistic Psychology to present demonstration programs of our work, which met with a large and enthusiastic reception.

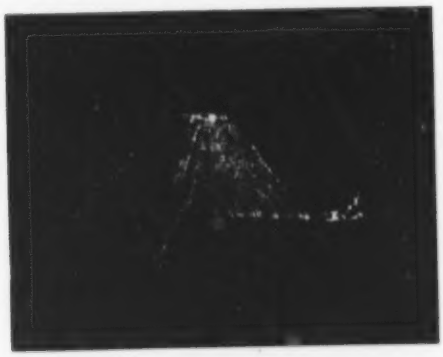
Various members of our group attended seminars at Tavistock Clinic, meetings with the British Association for Psychotherapists, the developing AHP chapter, and the staffs of the two London growth centers, as well as numerous meetings with psychotherapists, philosophers, and researchers. Among the stimulating people we met were John Wren Lewis, who has written extensively on the relations between Freudianism, the new psychology, religion, and science; Douglas Harding, the inventor of a new approach to enlightenment which, among other things, involves the perception that we have no head; Joan Grant and Dr. Denys Kelsey, clairvoyant and psychotherapist, respectively, who are working together to bring supposed memories of past lives into psychotherapeutic practice; Dr. Ann Farady, an authority on dreams, and writer on new directions in psychotherapy; and Dr. Joan Wescott, anthropological researcher on witchcraft and shaminism. It was good, also, to renew an old friendship with Bishop John Robinson, Dean of Trinity College, Cambridge University. Some members of the group met with Roberto Assagioli, the founder of Psychosynthesis, in Florence, and we intend to bring his approach increasingly into the work of Esalen. His basic formulations and emphasis have significance, some of us feel, as great as gestalt therapy and encounter work.

Esalen is considering an involvement in a program in England which will be held during July and August, 1971, under the sponsorship of Ananda Centre Ltd. The program will involve William Schutz, Betty Fuller, Janet Lederman, Bernard Gunther and others. Participation in this program will be open to both Britons and Americans.

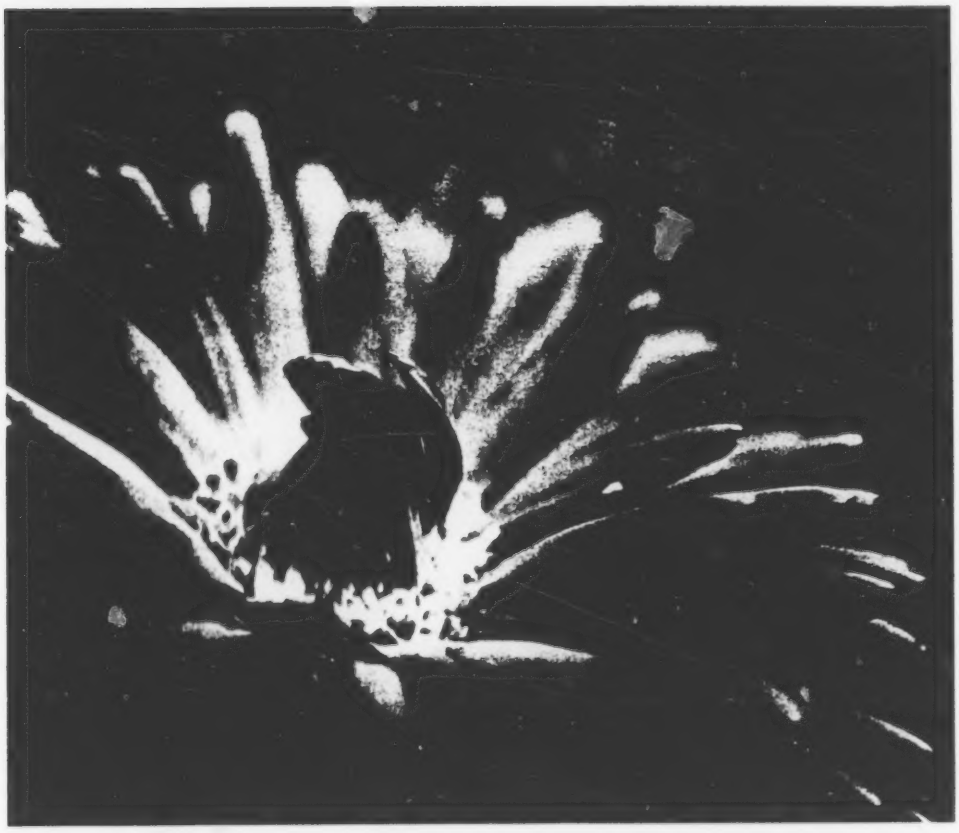
There will be workshops in encounter, gestalt therapy, sensory awakening, with an emphasis on cross-cultural encounter and training workshops for group leaders. Ananda's varied program schedule will permit participation in the entire two-month series, or any one week of it, depending on personal travel and sightseeing plans.

The program will be held in a big, comfortable country house near London; prices should be similar to those at Esalen Institute at Big Sur ($225-$250 per week), excluding transportation. A less expensive "college-house" program for teenage and college-age participants is being explored.

Space planning requirements make it urgent that you respond very soon indicating your interest, your proposed length of involvement in such a program, and the approximate dates. Please write to: Jackie Doyle, 31 Alcatraz, Belvedere, California 94920.



BIG SUR PROGRAMS



EXPANSION OF ESALEN/BIG SUR FACILITY

Beginning in 1971, South Coast Motel, located one and a half miles north of the Esalen/Big Sur facility, will be used for additional programs. Expansion into a new facility will enable us to meet the demand for more programs without overcrowding the Hot Springs property. Next Fall's Residential Program is being planned for this new center and a series of two-week and four-week programs will begin there in April.

Anticipated leadership will include Richard Price, William Schutz, John Heider, Betty Fuller, Janet Lederman, John Lilly, Seymour Carter, Jack Downing, Steven Stroud, Julian Silverman, Bernard Gunther, Gabrielle Roth and Hector Prestera. A more detailed announcement of this program will appear in the next *Esalen Program*. Meanwhile, further information may be obtained by writing South Coast Center, Esalen Institute, 1776 Union Street, San Francisco 94123.

For Biographies, see pp. 31-34.

LONG TERM PROGRAMS IN BIG SUR

Esalen Institute/Big Sur will continue its emphasis on longer term programs, with hopes of distilling and developing the most promising approaches that have come to us in the past years. Special effort will be made to provide growth experience for those already professionally involved in the fields of education, religion, social work and mental health. Such persons will be given preference in most programs. *Approximately 12 hours of work per week in the kitchen, garden and grounds are required in all programs of two weeks duration or longer.* Those interested in programs without this commitment should apply for Big Sur one-week programs or San Francisco programs.

Most programs during this winter quarter will be two weeks or longer; fewer persons will be on the grounds at any one time and we will operate more on the model of Fritz Perls' Lake Cowichan experiment. A regular schedule of one-week programs will resume in the spring quarter.

RESIDENCE PROGRAMS

Selections for the four-month Residence Program anticipated for Fall 1971 will be made from participants in the shorter programs during the year. (No four-month Residence Program is planned for Spring 1971).

In addition to the scheduled Residence Program, an intensive long-term program may be initiated by an individual according to his interests and needs, chosen from among the continuing one-, two- and four-week workshops. No selection process is required for such programs unless specified.

TWO-WEEK OPEN RESIDENCE PROGRAMS

Esalen Staff
(Seymour Carter, John Heider and Richard Price, Directors)

December 27-January 9	February 7-February 20	March 21-April 3
January 10-January 23	February 21-March 6	April 4-April 17
January 24-February 6	March 7-March 20	April 18-May 1

$450 per person for each two-week period.

These programs will center on encounter and gestalt-oriented work. Each two-week period will include additional opportunities in other experiential areas (such as bio-energetics, movement, massage and sensory awakening), depending on group interest and leader availability. All workshops will have a structural integration (rolfing) demonstration; individual sessions will be available at extra cost. Insights growing out of the four-month Fall Residence Program will also be incorporated into these workshops.

Big Sur Staff includes: Seymour Carter, Roberta DeLong, Al Drucker, John Heider, Jack Hurley, Rae Hurley, Alexis Johnson, Lynn Johnson, Mary Ellen Klee, Peggy Kriegel, John Lilly, Theodora Lyon, Hector Prestera, Richard Price, Carole Rosenblatt, Gabrielle Roth, William Schutz, Gerald Thatcher and Sharon Wheeler.

Visiting teachers and scholars may occasionally relate to on-going programs. San Francisco staff will also be drawn upon. Some of those expecting to be involved in the winter programs are: Betty Fuller, Bernard Gunther, Sidney and Jean Lanier, Janet Lederman, Michael Murphy, Robert Resnick, Julian Silverman and Helen Stephens.

PROGRAMS

January 3-16 Two-Week Workshop
OPEN GESTALT THERAPY WORKSHOP James S. Simkin

Gestalt therapy, by emphasizing the awareness continuum of oneself and the world, is a way (Tao) of living and enhancing one's experience. It is non-analytic. It attempts to integrate the fragmented, split personality through non-interpretive focusing in the here-and-now.

Gestalt therapists believe that people *can* change their behavior only if they are aware (responsible) of what and how they do what they do. The Aristotelian why-because "game" is rejected as another avoidance technique (phobic behavior).

Each person will have an opportunity to experience individual sessions with Dr. Simkin, as well as participate in gestalt therapy exercises within the group setting. Limited to 20 participants.

$550 per person.

January 17-February 6 Three-Week Workshop
ADVANCED PROFESSIONAL ENCOUNTER-GESTALT WORKSHOP
Betty Fuller and Janet Lederman

This workshop is designed for professionals who have had extensive workshop experience. The focus will be on individual responsibility and growth in a variety of contexts, such as large and small groups and the Esalen work program. Please submit resume with your application.

$790 per person.

February 7-20 Two-Week Workshop
BODYMIND William C. Schutz and Emmett Hutchins

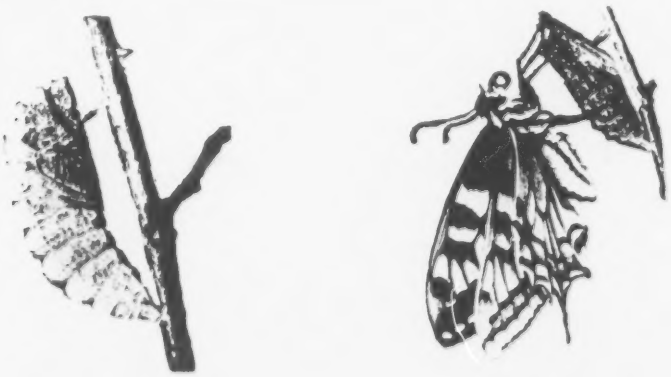
Further development of the effort to integrate the rolfing method of body alignment within the framework of open encounter, including fantasy and gestalt methods. Emmett Hutchins, now being trained by Ida Rolf to be a rolf teacher, brings a deep understanding of the technique to this effort. It's all still quite experimental and, hopefully, many new insights will emerge. Workshop participants, if they wish, will receive at least one rolf session.

$590 per person.

February 21-March 6 Two-Week Workshop
GESTALT AND STRUCTURAL INTEGRATION Richard Price and Hector Prestera

Psychological dis-ease and physical tension are two aspects of one phenomenon. Gestalt training is an awareness-centered, integrative process concentrating on *How* and *Now* rather than *Why* and *Fantasy* of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own unused potential. Structural integration (rolfing), while producing actual physical change, also facilitates direct perception of body process in relation to emotional pressure and release. Each participant will receive two rolf treatments as part of this workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness.

$500 per person.



For Biographies, see pp. 31-34.

March 7-20 Two-Week Workshop
THE OPEN COUPLE Betty Fuller and the Esalen Staff

In this workshop couples will endeavor to focus on the man-woman relationship, to encounter the person behind each partner's projection, to clear lines of communication and to establish openness and honesty as a base for relating. Esalen's work program will be incorporated with other encounter and sense awareness approaches that promote individual growth and strengthen and enrich the relationship of couples.
$530 per person.

March 7-12 5-Day Workshop
OPENING DOORS Charlotte Selver and Charles Brooks

Charlotte Selver and Charles V. W. Brooks are pioneers in work which is now commonly known as sensory awareness, nonverbal communication, sensory awakening and other titles. In describing this workshop, and the one that follows March 14-19, they write: "These workshops will explore direct experience, which as it becomes clearer and stronger, will slowly burn away the screen of concepts and restrictions which our conditioning has interposed between ourselves and living. As our innate perceptive faculties are reawakened through successive experiences to which we learn to devote ever greater attention, consciousness expands to wider and deeper realms, the regenerative and integrative functions of the organism begin to flower again as they did in childhood, and a new approach to every facet of living becomes a real possibility."
This workshop is primarily for those with no previous experience in this type of work and will serve as an introduction for those who also wish to attend the five-day workshop immediately following.
$255 per person.

March 14-19 5-Day Workshop
UNFOLDING Charlotte Selver and Charles Brooks

The general intent and direction of this workshop is indicated in the program description, above, for "Opening Doors". This workshop is intended primarily for those with some experience in work related to sensory awareness as practiced by Miss Selver, or for persons who also participated in the March 7-12 program.
$255 per person.

March 21-27 One-Week Workshop
REALITY AND ILLUSION: LEARNING TO DISCRIMINATE George I. and Judith Brown

This workshop will be primarily experiential with an emphasis on principles of gestalt therapy applied both to the individual and, in the case of couples, to the marriage relationship. Ways to move and grow will be presented in a laboratory workshop context beginning with readiness techniques such as encounter, creativity games and body awareness, followed by gestalt awareness training.
$260 per person.

March 21-April 3 Two-Week Workshop for Couples
TOWARD GREATER PHYSICAL INTIMACY
Hector Prestera, Sharon Wheeler and the Esalen Staff

This workshop is specifically designed for couples with problems in the area of physical closeness. Hopefully, as each member experiences greater freedom in his body-mind, the couple will enter into a more self-fulfilling intimacy. Body techniques (massage, rolfing, bioenergetics, movement, etc.), as well as encounter and gestalt, will be utilized. Some time will be given to lectures and discussion of human sexual anatomy and physiology.
Limited to 5 couples.
$530 per person.

March 28-April 3 One-Week Workshop
BODY AWARENESS AND THE SENSE OF BEING Ed Maupin

The sense of reality, pleasure and coherence in what we do depends on our not being alienated from ourselves as bodies. Even relating to other people requires that we be someone in this sense. In this workshop, a variety of approaches — sensory awareness, movement, material drawn from the Rolf method and from several yoga traditions — are used to awaken a sense of self more primary than ideas, definitions, fantasies. The increased body awareness is then used to explore possibilities for more profound contact with other people, greater aesthetic response and a more creative use of the imagination.
Bring sweat pants or leotards.
$280 per person.

BIG SUR INFORMATION

GROUNDS ARE CLOSED EXCEPT BY RESERVATION. Participants are discouraged from bringing guests or having people drop in.

SCHEDULES: **5-day programs** begin with dinner on Sunday evening, with the last session on Friday morning; check-out time is 12 noon on Friday. **One-week programs** begin with dinner on Sunday. The last session will usually be the following Saturday morning. **2-week and 3-week programs** begin with Sunday dinner. The final session is usually Saturday morning, with some programs ending Friday morning of the last week. Check-out time is noon of the final Saturday for all programs.

COSTS: The rooms of Esalen property are designed for shared occupancy (2 or 3 to a room), and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. Program cost covers tuition, food and lodging, use of the fresh-water pool and hot mineral baths. Massage, available by appointment, is extra.

OWN ACCOMMODATIONS: Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodgings in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property — in tents, cars, campers or meeting rooms — is strictly prohibited.

CHECK IN/CHECK OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening. However, this does not prevent guests from arriving earlier in the afternoon. Check-out time is before noon on the last day of the program; since most last morning programs run up to noon or later, guests should arrange to have their rooms vacated before the last morning session.

CHILDREN AND PETS: There are no child care facilities available at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Alas, no pets.

RESERVATIONS: must be made at least one week prior to the first day of the program. Accompanying the reservation deposits are required as follows: $70 for one-week and 5-day programs; $200 for 2-week programs; and $300 for 3-week programs. Deposits are non-refundable but may be transferred with ten days notice. Please mail reservation form with check to: Reservation Desk, Esalen Institute, Big Sur, California 93920. **Do not send Big Sur reservations to San Francisco.** Balance of payment is due on arrival.

FOREIGN CURRENCY: Esalen can only accept checks drawn on U.S. funds. For our Canadian participants: most Canadian banks can furnish checks drawn in U.S. funds.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name. From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute — Reservations Only.

LIMOUSINE SERVICE from Monterey: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $15 per person from Monterey airport or Greyhound terminal, with **3 to 5 days advance notice**. On arrival, guests should inquire at terminal service for the Esalen representative.

RIDES from San Francisco Bay Area: If you NEED a ride or can OFFER a ride to Big Sur, please call this San Francisco phone number — 771-1710 — and leave your name and phone number. This should be done from 3 to 5 days before the date you will be leaving for Big Sur. Unfortunately, this service cannot be offered for any other area.

RECOMMENDED DRESS: Slacks, sweaters, jeans, flat shoes for women, bathing suits for outdoor pool. Since there are many activities at night and the grounds are not brightly lighted, please bring a flashlight for your own convenience and safety.

For Biographies, see pp. 31-34.

SAN FRANCISCO PROGRAMS

LISTINGS BEGIN ON PAGE 16

RESIDENTIAL PROGRAMS

Esalen/San Francisco is offering a limited number of residential weekend and five-day workshops in the Bay Area. There are no longer any weekend programs at Big Sur and many persons from out-of-town, as well as local residents, want the benefit of a short-term, live-in program. The scheduled workshops listed below will be held at a large conference center and retreat in Mill Valley (Marin County) or at a conference center in the East Bay; exact location will be included with registration confirmation or you may write or call the San Francisco office for advance information. Program cost, listed separately under each workshop description, includes tuition, food and lodging (shared occupancy only, no private accommodations available).
Weekend workshops begin at 8 p.m. Friday (no supper served) and conclude with Sunday lunch.
5-day workshops begin at 10 a.m. Monday and end with Friday lunch.

The following is our winter schedule of residential workshops:

January 22-24:	Introduction to Esalen, with the Esalen Staff *(see page 17)*. On Being a Man, with Don Clark *(see page 22)*.
January 29-31:	The Language of Movement, with Gabrielle Roth *(see page 23)*. The Art of Emotional Nourishment, with Jerry Greenwald *(see pp. 18-19)*.
February 19-21:	Introduction to Esalen, with the Esalen Staff *(see page 17)*. Gestalt Therapy & Play Therapy, with Lois Brien & Marion Saltman *(see pp. 18-19)*.
March 4-7:	Life Planning, with Stanley and Rose Standal *(see page 26)*.
March 8-12:	Crises of separation, with Helen Stephens *(See page 27)*.
March 12-14:	Encounter for Singles, with Robert Cromey and Jackie Doyle *(see page 28)*.
March 22-26:	Gestalt Therapy & Massage, with Elaine Kepner & Gabrielle Roth *(see pp. 18-19)*.
March 26-28:	Introduction to Esalen, with the Esalen Staff *(see page 17)*.

ENCOUNTER PROGRAMS

A wide variety of encounter programs are scheduled this winter, led by an experienced group of leaders trained and associated with William C. Schutz. All leaders have completed Residence Programs and are working to develop more highly integrative approaches in the general field of encounter, incorporating the techniques and insights of other disciplines: nonverbal, gestalt and fantasy methods, meditation, massage and creativity techniques. While no two programs will incorporate exactly the same methods, the goal of all such groups is a more dynamic and positive life experience which is grounded in openness and honesty and which allows the exploration of individual freedom in a supportive context.

INTRODUCTION TO ESALEN PROGRAMS

These programs — evening, one-day and weekend — are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups. Workshop leaders will be drawn from a group including Betty Fuller, Tom Allen, Seymour Carter, Robert Cromey, Jacqueline Doyle, Al Drucker, Arthur Fox, Janica Fox, John Heider, Pamela Portugal, Ben Shapiro and Helen Stephens.

EVENING INTRODUCTIONS TO ESALEN

Working in small group sessions as well as large, participants will have introduction to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring pillow for easy sitting. These programs will be held at the *First Unitarian Church, Franklin and Geary Streets, San Francisco.* $5 general; $3 student. 7 to 11 p.m.

January 7, January 25, February 17, March 8, April 1.

SINGLE-DAY ENCOUNTER

An intensive day of group work, along the lines of evening introductory programs, with the additional advantage of more hours, shared mealtimes and some leisure moments. Leaders will work with small groups.
Programs run from 10 a.m. to 6 p.m. Workshop location to be announced at time of registration.
Bring your own lunch. $15 per person.
January 9, February 6, February 27, March 20.

WEEKEND INTRODUCTIONS TO ESALEN

Incorporating a wide variety of approaches, group leaders will work with participants in large groups and sub-groups. These are *residential* programs, beginning at 8 p.m. Friday (no supper) and ending after lunch on Sunday. $65 per person, including room and meals.

January 22-24, February 19-21, March 26-28.

OPEN ENCOUNTER PROGRAMS

These open encounters, led by members of the Esalen staff, are for persons with or without prior group experience. Some programs have a special emphasis, as noted.

February 5-7, ART EXPRESSION AND ENCOUNTER, Tom Allen. Art, movement, sensory awareness and fantasy are ways to deepen awareness. As part of the encounter experience, they offer increased interpersonal contact and a more profound realization of self. $45 per person. Begins 8 p.m. Friday.

February 12-14, OPEN ENCOUNTER, Arthur Fox. $45 per person. Begins 8 p.m., Friday.

February 26-28, ENCOUNTERING DIVORCE, Jackie Doyle. Divorce leaves a person with serious "unfinished business" and a number of unresolved conflicts that can have profound and negative effects on future relationships. This is a group for the divorced, those contemplating divorce and anyone whose life has been touched by divorce. $45 per person. Begins 8 p.m., Friday.

March 5-7, OPEN ENCOUNTER, Tom Allen. $45 per person. Begins 8 p.m., Friday.

April 2-4, ENCOUNTER AT MID-LIFE, Helen Stephens. Open encounter for men and women over forty to explore what each knows of the good life, to re-evaluate life as it's been lived and to do whatever is congenial to make the next 40 years more relaxed and richer. $45 per person. Begins 8 p.m., Friday.

For Biographies, see pp. 31-34.

GESTALT WORKSHOPS

Gestalt training is an awareness-centered integrative process concentrating on *how* and *now*, rather than *why* and *fantasy* of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own untapped potential. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

January 15-17 GESTALT WEEKEND FOR PROFESSIONALS Elaine Kepner

A workshop for mental health practitioners who work with people, either individually or in group settings. Participants will learn about gestalt theory through their own experience in the workshop. Begins 8 p.m., Friday. $55 per person.

January 29-31 THE ART OF EMOTIONAL NOURISHMENT: SELF-INDUCED LONELINESS
Jerry Greenwald

This residential weekend will focus on enhancing awareness of the nourishing and toxic attitudes and behavior patterns of each participant as these are directed inwardly toward himself and outwardly in his relating to others. Attention will be particularly focused on self-generated patterns of loneliness. Limited to 16 persons. Begins 8 p.m., Friday and ends 6 p.m., Sunday. $70 per person, including room and meals.

February 10 INTRODUCTION TO GESTALT THERAPY
Lois Brien and Elaine Kepner

An evening lecture-demonstration of gestalt methods with particular emphasis on their use with large groups. $3 general; $2 student. 8 to 10:30 p.m., Wednesday. First Unitarian Church, Franklin and Geary Streets, San Francisco.

February 13-14 OPEN GESTALT WEEKEND
Robert Hall

To be held at Dr. Hall's home in Marin County, 9 a.m. to 4 p.m., Saturday and Sunday. $60 per person.

February 19-21 GESTALT THERAPY AND PLAY THERAPY
Lois Brien & Marion Saltman

Using play therapy, an effort will be made to get adults in touch with the long forgotten joy and spontaneity of childhood. Methods of gestalt and encounter will be combined with "now" play experiences. Begins 8 p.m., Friday. $65 per person, including room and meals.

March 6, 13, 20, 27 GESTALT SERIES FOR PROFESSIONALS Elaine Kepner

For persons in the helping professions who work with people, either individually or in group settings. To be held in Dr. Kepner's Marin County home. Four Saturdays, 10 a.m. to 4 p.m. (Bring your lunch). $95 per person.

March 12-13 INTRODUCTORY GESTALT WORKSHOP FOR EDUCATORS
Jerry Kogan & Cynthia Werthman

Jerry Kogan writes: "This workshop is intended for educators from kindergarten to professional schools. Our focus will be alternatives to present modes of communicating with self and the other. Using gestalt methodology, psychodrama, art experience and fantasy projections, we aim to provide some tools for educators to use in developing and expanding their own creativity in the teaching-learning experience." 8 to 11 p.m., Friday; 10 a.m. to 10 p.m., Saturday. $45 per person.

March 19-20 METAMORPHOSIS Paula Bloomberg

A gestalt workshop for women only. 8 p.m. to midnight, Friday; 9 a.m. to 8 p.m., Saturday (including dinner). $50 per person.

March 22-26 GESTALT AND MASSAGE 5-DAY RESIDENTIAL WORKSHOP
Elaine Kepner & Gabrielle Roth

Many persons, in giving and receiving a massage, experience feelings of sadness, anger, hostility or joy, particular areas of muscular holding and blocked energy, and the emergence of past memories of pain and pleasure. Methods of gestalt will be used to deal with such emotional experiences, as they may occur, during the course of massage instruction. Begins 10 a.m., Monday and ends 5 p.m. on Friday. $180 per person including room and meals. Nonrefundable deposit of $50 required.

March 26-27 GESTALT FOR PROFESSIONALS IN FIELDS
OTHER THAN MENTAL HEALTH Jack Rosenberg & Lois Brien

For professionals such as physicians, dentists, attorneys, teachers, nurses, architects, etc. Focus will be on gaining skills and understanding which are valuable in dealing with employees, students, associates, patients or clients. 8 to 11 p.m., Friday; 10 a.m. to 11 p.m., Saturday. $50 per person.

April 5 INTRODUCTION TO GESTALT THERAPY Lois Brien & Elaine Kepner

An evening lecture-demonstration of gestalt methods with particular emphasis on their use with large groups. $3 general; $2 student. 8 to 10:30 p.m., Monday. First Unitarian Church, Franklin and Geary Streets, San Francisco.

For Biographies, see pp. 31-34.

CONTINUING WEEKLY PROGRAMS

January 26-March 16 Tuesday Evenings
YOGA OF CONSCIOUSNESS AND MEDITATION Eleanor Criswell

This eight week series will explore the theory and practice of Raja (Ashtanga) yoga, the yoga of consciousness, in the light of modern psychophysiology and bio-feedback. The sessions will follow the eight limbs of Patanjali's yoga (Yama, Niyama, postures, breathing, relaxation, concentration training and various meditative modes — modern and ancient) as they relate to the meditative way and altered states of consciousness. Application of yogic practices and meditation in educational settings, personal growth experiences and transpersonal experiences will be discussed. Michael Murphy will be on hand some of the evenings as co-leader and co-discussant.
Participants will be encouraged to keep a personal yoga journal, experience bio-feedback and share their responses to yogic literature. Wear loose and comfortable clothing.
$22 general; $18 student for the series.

January 31-February 28 Sunday Evenings
A WORKSHOP FOR MEN ONLY Don Clark

A continuing group for men to sort their satisfactions and dissatisfactions as father, son, husband, brother, lover or work associate. Mutual concern and honesty are applied in an atmosphere of brotherhood to help one another find increased satisfaction as a man.
$50 per person. 7:30 to 10:30 p.m., five Sunday evenings, January 31-February 28.

February 2-23 Tuesday Evenings
MASSAGE AND ENCOUNTER Robert Cromey

Deep memories, reveries, day dreams and emotions of great pain and pleasure often occur in giving and receiving a massage. This workshop will begin with instruction in massage; methods of encounter will be used to deal with whatever emotional issues may evolve from the massage work.
$35 per person. 7:30 to 11 p.m., four Tuesday evenings, February 2-23.

February 17-March 17 Wednesday Evenings
COUPLES' SERIES Arthur and Janica Fox

A continuing group for couples wishing to grow more intimate through honest verbal and nonverbal communication. In an atmosphere of warmth and camaraderie, partners will explore their relationship through methods of group encounter and other experiential disciplines. Emphasis will be placed on sharing experiences and knowledge (everyone is an expert) and in finding ways for continued growth beyond the workshop experience. Limited to 8 couples.
$110 per couple ($30 deposit required).
7 to 11 p.m., five Wednesday evenings, February 17-March 17.

March 6-27 Saturdays
GESTALT SERIES FOR PROFESSIONALS Elaine Kepner

This is a gestalt continuing series for mental health practitioners who work with people, either individually or in group settings. Participants will learn about gestalt theory and methods through their own experience in the workshop. To be held in Dr. Kepner's Marin County home. Bring your lunch.
$95 per person. 10 a.m. to 4 p.m., four Saturdays, March 6-27.

PROGRAMS

January 7: EVENING INTRODUCTION TO ESALEN
$5 general; $3 student. 7 to 11 p.m., Thursday.
See Encounter, page 17.

January 8 An Evening Panel
A GENERAL INTRODUCTION TO PSYCHOSYNTHESIS
Michael Murphy, James and Susan Vargiu, Stuart Miller and James Fadiman

A discussion of the basic elements of psychosynthesis and its relation to such concerns as personal growth, education and other approaches to self-development. The origins and theory of psychosynthesis will be discussed and some of its techniques demonstrated. *(See page 6 for more information on psychosynthesis and the Esalen Series).*
$2 general. 8 to 10:30 p.m., Friday, January 8.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

January 8-10 Weekend Workshop
BODY-BASED ENCOUNTER FOR COUPLES Pamela Portugal

With disresepct for problems and the past, this workshop will use encounter (supplemented with bio-energetics, gestalt, diet, yoga, massage and meditation) to work toward ways of being more honestly in touch with oneself and one's mate.
$90 per couple. Begins 8 p.m., Friday, January 8.

January 9: INTRODUCTION TO ESALEN: ONE DAY The Esalen Staff.
See Encounter, page 17.

January 15 A Lecture
ECOLOGICAL CRISIS: RELIGIOUS CAUSE AND RELIGIOUS SOLUTION
Alan Watts and Lynn White

Technology historian Lynn White and philosopher Alan Watts discuss the underlying causes of the havoc being wrought by industrial technology.
$3 general; $2 student. 8 to 10:30 p.m., Friday, January 15.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

January 15-17 Weekend Workshop
OPEN ENCOUNTER FOR SINGLES Robert Cromey and Bennett Shapiro

A workshop based on encounter methods for unattached singles who want to go beyond possible blocks of fear, boredom and indifference and to discover new ways of moving more creatively into relationships. Focus will be on such issues as letting go of relationships that are over, loneliness of the single life, the acquaintance process and pursuit of a new partner, coping with rejection and disappointment and the meaning of commitment in a relationship.
Workshop participants, as far as possible, will be chosen to assure a balance of sex and age. Please state age on application. Limited to 40 participants.
$45 per person. Begins 8 p.m., Friday, January 15.

January 15-17: GESTALT WEEKEND FOR PROFESSIONALS Elaine Kepner.
See Gestalt, pp. 18-19.

January 19 An Evening Lecture
POLARITY IN ASTROLOGY AND THE ETHICAL FALLACY Dane Rudhyar

A discussion of the bi-polar character of all factors used in astrology. The fallacy of the "good-bad" characterization of planets, aspects, signs, etc., will be exposed in terms of a non-ethical, holistic and humanistic approach to the birthchart and the progressions — and to life in general.
$3 general; $2 student. 8 to 10:30 p.m., Tuesday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

For Biographies, see pp. 31-34.

January 21, 28 and February 4 An Adventure Series
INNERSPACE/OUTERSPACE Jeff Berner and Mark Hansen

Innerspace/Outerspace will be both a primer in planetary citizenship and a summit conference of Earthians who seek to create alternative futures.
Jeff Berner will discuss, illustrate and demonstrate new worldviewing from the perspectives of deep Innerspace: turning-on, deprogramming the individual biocomputer and using the mind as a prime natural resource. Mark Victor Hansen will introduce whole-worldviewing from the perspectives of World Game.
World Game uses comprehensive anticipatory design science, as conceived by R. Buckminster Fuller, to set in visually comprehensible order the total focus of Spaceship Earth. It is a technological tool that allows a participant to think *world*, come to immediate understanding of Earth's total physical, natural and human resources; to view macro-ecological patterns; and to speculate about the future by constructing pictures or scenarios of future possibilities.
$3 general; $2 student, each evening. 8 to 10:30 p.m., Thursdays, Jan. 21, 28 and Feb. 4.
Tickets may be obtained for individual evenings or on a series basis.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

January 22-24 Weekend Workshop
EXPLORING BLOCKS TO CREATIVITY Arthur Shedlin and David Knapp

A brief version of a highly individualized program developed by Danzig-Nevis International. This workshop is designed to investigate fourteen major blocks to creativity. Through experiential work, individually and in small groups, each participant may identify his major inhibitions and begin to find ways to overcome them.
$50 per person. Begins 8 p.m., Friday, January 22.

January 22-24: INTRODUCTION TO ESALEN The Esalen Staff. *See Encounter, page 17.*

January 22-24 Residential Weekend Workshop
BEING A MAN Don Clark

Males are told how they *should* feel and behave as son, brother, husband, father, friend or lover. Most of us have grown up accepting these definitions of "man" and trying to fit into them the best we can. There is little opportunity to establish satisfying self-made definitions that permit you to be your own man. As a result, masculine affection is stereotyped in expression and most men are dissatisfied with their ability to establish fully satisfying relationships with others — particularly other men. This workshop will use nonverbal communication, fantasy, body contact and unforced sharing of emotions to encourage the search for self-definition and expression of tenderness as a man.
$65 per person, including room and meals. Begins 8 p.m., Friday, January 22.

January 25: EVENING INTRODUCTION TO ESALEN
$5 general; $3 student. 7 to 11 p.m., Monday. *See Encounter, page 17.*

January 26-March 16 (8 Tuesday Evenings): YOGA OF CONSCIOUSNESS AND MEDITATION
Eleanor Criswell. *See Continuing Programs, page 20.*

January 28: INNERSPACE/OUTERSPACE (Part 2) Jeff Berner and Mark Hansen. *See above.*

January 29-31 Weekend Workshop
ENCOUNTER FOR UNMARRIED COUPLES Jackie Doyle

This weekend for couples going together, living together or planning marriage is designed to lead from the fragility of romantic illusion to a broader, clearer and stronger loving based on knowing yourself and your partner in new ways. Encounter, incorporating techniques based on gestalt therapy, psychodrama and fantasy, will be used.
$90 per couple. Begins 8 p.m., Friday, January 29.

January 29-31: THE ART OF EMOTIONAL NOURISHMENT: SELF-INDUCED LONELINESS.
Jerry Greenwald. *See Gestalt, pp. 18-19.*

January 29-31 Residential Weekend Workshop
THE LANGUAGE OF MOVEMENT Gabrielle Roth

A workshop in getting to know your inner self by using movement and rituals to explore feelings, dreams and to rediscover the childspirit of your soul.
$65 per person, including room and meals. Begins 8 p.m., Friday, January 29.

January 30 Saturday Workshop
PSYCHOSYNTHESIS: RETURNING TO YOUR CENTER James Fadiman

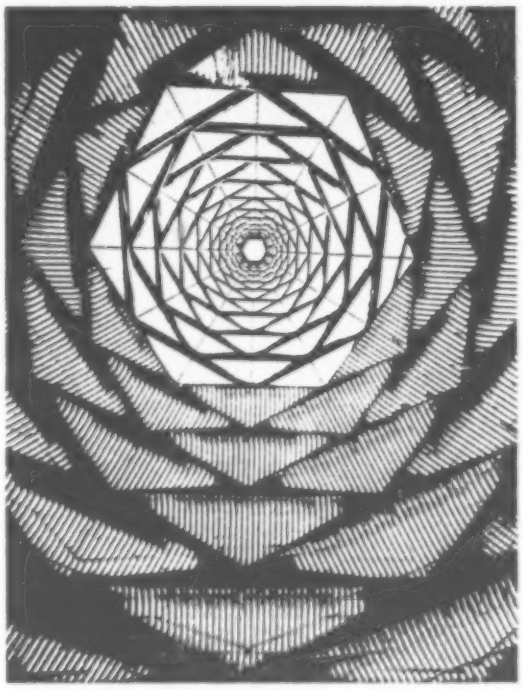
Too often we are concerned with our faults, our inadequacies, our doubts and fears. Psychosynthesis techniques are ways to recall and develop our deepest untroubled center. This workshop will teach basic techniques which may be used in active self-discovery or in educational or therapeutic settings.
$18 per person. 10 a.m. to 10 p.m. (with breaks for meals), Saturday, January 30.

January 31, February 7, 14, 21, 28:
A WORKSHOP FOR MEN ONLY
Don Clark.
See Continuing Programs, page 20.

February 1-5 5-Evening Workshop
MASSAGE AND MOVEMENT
Gabrielle Roth

Many massage techniques will be demonstrated and taught; however, emphasis will be on finding your own rhythm and creating your own massage.
$75 per person. 7 to 11 p.m., Monday through Friday, February 1-5.

February 2, 9, 16, 23:
MASSAGE AND ENCOUNTER
Robert Cromey.
See Continuing Programs, page 20.



February 4: INNERSPACE/OUTERSPACE (Part 3) Jeff Berner and Mark Hansen. *See page 22.*

February 5-7 Weekend Workshop and Retreat
EXPERIENCING THE OCEAN'S EDGE Joan McIntyre and Stuart and Sukie Miller

This weekend will be an experiment in trying to break what Loren Eisley has called "The Long Loneliness"; our separateness from all other life forms. Our materials will be wind, water, the sky, sea creatures and sand — reaching for modes to reconnect us with the ocean's edge, the place of our beginnings. We will explore the rocky tidelands, penetrate into the blindingly beautiful world of microscopic marine life, use sensory awareness and fantasy techniques. Perhaps we can contact the consciousness of a grey whale or the vision of an avocet.
At the Bodega Bay Marine Laboratory.
$55 per person, including meals and lodging at Bodega Bay. Begins 8:30 p.m., Friday.

February 5-7: ART EXPRESSION AND ENCOUNTER Tom Allen. *See Encounter, page 17.*

For Biographies, see pp. 31-34.

February 5-7 Weekend Workshop
CONFRONTING YOUR CAREER AS LIFESTYLE: FRUSTRATION OR FULFILLMENT?
Bob Kriegel and Sidney Lanier

How much are you paying to earn your living? This workshop is for people who feel unfulfilled, "stuck", or "locked in" to their jobs, professions or lifestyles. Its design is twofold: (1) to put you in touch with your boundaries, both real and illusory, which limit choices within the framework of your job or profession, and (2) to open up possibilities, through self-awareness, for new directions in career choice and/or lifestyle. Basic encounter techniques such as direct confrontation, gestalt, fantasy and role-playing, as well as specific task-oriented exercises, will be used.
$50 per person. Begins 8 p.m., Friday, February 5.

February 6: INTRODUCTION TO ESALEN: ONE DAY The Esalen Staff.
See page 17.

February 10 A Lecture and Demonstration
GESTALT THERAPY: AN INTRODUCTION Lois Brien and Elaine Kepner

An evening lecture-demonstration of gestalt methods, with particular emphasis on their use in large groups. Those wishing to participate will be involved in the demonstration.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday, February 10.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

February 11 An Evening Discussion
EXTENDING HUMAN CONSCIOUSNESS (Part 1):
ALTERED STATES OF CONSCIOUSNESS AND TRANSPERSONAL PSYCHOLOGY
James Fadiman

This is the first of seven lectures to be presented by Drs. Robert Ornstein, James Fadiman, Joe Kamiya and Charles Tart around the general theme of "extending human consciousness". The series will take place on seven consecutive Thursdays, beginning with this program by Dr. Fadiman; individual and series tickets are available. Individual lecture topics are described chronologically in this section under the dates: February 18, 25, March 4, 11, 18 and 25.
Jim Fadiman writes: "To be able to extend one's consciousness, to focus to see, to know — these are the goals. Sixteen ways to effectively alter awareness will be discussed, including meditation, hypnosis, paranormal training, drugs, autogenic feedback, Sufi stories, mandalas, mantrams and others."
$3 general; $2 student. 8 to 10:30 p.m., Thursday, February 11.
First Unitarian Church, Franklin and Geary Streets, San Francisco.
Series tickets for seven lectures: $15 general, $10 student. Write or call Esalen/San Francisco office for further information.

February 12-14: OPEN ENCOUNTER Arthur Fox. *See Encounter, page 17.*

February 12-14 Weekend Workshop
MANDALA: A RITUAL FOR SELF-GROWTH Jose and Miriam Arguelles

The Mandala is a technique for achieving greater self-awareness, and a vehicle for meditation. Utilizing techniques that identify the individual's energies with universal constants and images, the participants are led through a ritual performance of words, gestures, sounds and painting. This process of creative transformation will develop organically, from individual mandalas to small group mandalas. The experience of creating a mandala is one that is both personally self-revelatory and an occasion for a renewed sense of beauty and wonderment — this all the more so since participants need have no prior artistic training or background.
$30 per person. Begins 8 p.m., Friday, February 12.

February 13-14: OPEN GESTALT WEEKEND Robert Hall, M.D. *See Gestalt, pp. 18-19.*

February 17: EVENING INTRODUCTION TO ESALEN
$5 general; $3 student. 7 to 11 p.m., Wednesday. *See Encounter, page 17.*

February 17, 24, March 3, 10, 17: COUPLES' SERIES Arthur and Janica Fox.
See Continuing Programs, page 20.

February 18 An Evening Discussion
EXTENDING HUMAN CONSCIOUSNESS (Part 2):
ON THE PSYCHOLOGY OF MEDITATION Robert Ornstein

Men have explored the ways to knowledge about themselves and the nature of the world. As Western and Eastern science continue to build bridges, we find that these two major ways of knowing — about psychology, physiology, consciousness, physics — have come to the same place. An experiential session will be included.
$3 general; $2 student. 8 to 10:30 p.m., Thursday, February 18.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

February 19-21 Weekend Workshop
INNOVATIONS IN PSYCHOSYNTHESIS: FROM THE EGO TO THE SELF
Robert and Donna Gerard

The Gerards describe their workshop as follows: "We are developing new practical methods adapted to our modern age to help raise consciousness from the too-often insecure, defensive, alienated personal ego to the transpersonal/transcendental Self, the source of inner serenity, creative expression, compassionate love-wisdom and unity with all life. We will explore specific techniques for contacting the real Self and increasing the flow of its radiance through our personality to other people and the world around us."
$50 per person. Begins 8 p.m., Friday, February 19.

February 19-21:
INTRODUCTION TO ESALEN
The Esalen Staff.
See Encounter, page 17.

February 19-21: GESTALT THERAPY AND PLAY THERAPY
Lois Brien & Marion Saltman.
See Gestalt, pp. 18-19.

February 19-21 Couples' Workshop
Using Videotape Feedback
MORE LIFE IN MARRIAGE
Gerald and Linda Smith

If a couple can be both close to each other and also free to grow as separate individuals, there is a good chance for continuing life within marriage. To be close, a couple should be able to talk clearly and openly; to be free, they should be able to experience "creative conflict". Focus will be on prevention and growth — the here and now — rather than on problems of the past. Family therapy communications approaches, encounter, group techniques, gestalt applications, nonverbal and sensory experiences will be used.
$110 per couple.
Begins 8 p.m., Friday, February 19.

February 24 A Lecture-Demonstration
WILHELM REICH AND THE BIOENERGETICS OF FEELING Charles R. Kelley

A discussion of Reich the man and Reich the scientist and new developments in the bioenergetics of feeling that have grown out of Reich's work. Initially given at the Institute for Bioenergetic Analysis, New York City.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday, February 24.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

 For Biographies, see pp. 31-34.

February 25 An Evening Discussion
EXTENDING HUMAN CONSCIOUSNESS (Part 3): THE PARANORMAL Charles T. Tart

Recently, more and more evidence has been accumulated within the scientific community of the nature and the extent of "extra-sensory" capacities. Dr. Tart has worked extensively in the field and will present the results of his own and his colleagues' explorations.
$3 general; $2 student. 8 to 10:30 p.m., Thursday, February 25.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

February 26-28 Weekend Workshop
THE INTERSCIENCE INTENSIVE: A NEO-REICHIAN BIOENERGETIC WORKSHOP
Charles and Erica Kelley

A direct approach to deep emotional release, rooted in the work of Wilhelm Reich and his students. Focuses on nonverbal means of progressively freeing the participant from muscular armor, the chronic tensions which block and hold in deep feeling. Every person will participate in emotion-releasing drills and assist in the work of others.
$55 per person. Begins 8 p.m., Friday, February 26.

February 26-28: ENCOUNTERING DIVORCE Jackie Doyle. *See Encounter, page 17.*

February 26-28 Weekend Workshop
OPENING DOORS Charlotte Selver and Charles Brooks

In describing their work in sensory awareness, Mr. Brooks writes: "Even though the breaking down of conventional barriers in the last few years has led to much more freedom in communication and in human relations, it has not led to more depth and fullness. On the contrary, the very fact of breaking away from former restrictions, without going deeply and clearly towards something new, has only increased the impatience for quick results which makes any depth of experience impossible. But human nature and the world remain as always, if we will only give up the idea of learning techniques to master and *use* them. We can discover in gradual, sensitive work that the doors of our senses will open spontaneously and that we can release and cultivate the living process in ourselves which, by its very nature, responds directly to the offering and demands of life."
$45 per person. Begins 8 p.m., Friday, February 26.

February 27: INTRODUCTION TO ESALEN: ONE DAY The Esalen Staff.
See Encounter, page 17.

March 4 An Evening Discussion
EXTENDING HUMAN CONSCIOUSNESS (Part 4): THE SUFIS Robert Ornstein

The Sufis are a group who have been concerned with knowledge. Their teachings are held to lie behind those which are more familiar — Zen, yoga, Christianity, Rosicrucianism, alchemy, the Tarot, etc. Their knowledge is transmitted in many forms, from the conventional to the esoteric. This will be an introductory session, reading stories and fables and reflecting upon them. Recommended reading: *The Sufis*, by Idries Shah.
$3 general; $2 student. 7 to 11 p.m., Thursday, March 4.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

March 4-7 Extended Residential Weekend Workshop
LIFE PLANNING Stanley and Rose Standal

An opportunity for a limited number of persons to determine and implement meaningful relationship, career and other life goals for themselves. Establishing and attaining creative, self-fulfilling life goals requires both self-awareness and a definite planning strategy. This structured group experience utilizes a variety of training methods and, where desirable, confrontation, encounter and breakthrough techniques to assist participants in highlighting strengths, weaknesses, peak-experiences and life values pertinent to: a selective inventory of previous life experiences. . .an inventory of present life values. . .establishing goals to be attained five or six years from now. . .determining projects and action steps to attain those goals.
$85 per person, including room and meals. Begins 8 p.m., Thursday, March 4.

March 5-7: OPEN ENCOUNTER Tom Allen. *See Encounter, page 17.*

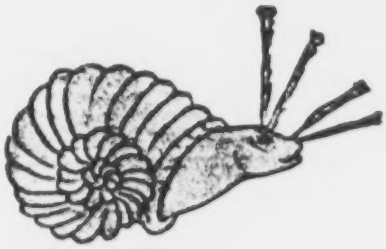
March 5-7 Weekend Workshop
COMMUNICATION GAMES Art Hough

This is a workshop in uncovering and working with communication problems through games. These fast moving personal communication games last from one minute to three hours each. Some are interpersonal and some use interesting materials and equipment — to heighten the communication experience, improve habits of listening, feedback, empathy, spontaneity and awareness and to loosen the deeper communication blocks that result from hidden dogmatisim, rigidity and risk-refusal.

This is not encounter; it is for people who are concerned with improving their communication. These communication experiences, ranging from nonthreatening interaction to moments of peaceful isolation, can be taught to your friends, children and students.

$50 per person. Begins 8 p.m., Friday, March 5.

March 6, 13, 20, 27:
GESTALT SERIES FOR PROFESSIONALS
4 Saturdays
Elaine Kepner
See Gestalt, pp. 18-19.



March 8-12 5-Day Residential Workshop
CRISES OF SEPARATION Helen Stephens

For men and women who have been "left", either through divorce or by death of a beloved person. "These specific crises", writes Helen Stephens, "call upon reserves and resources not always fully available to us without special training. Together we will enable ourselves to really say goodbye to the person we have lost and, hopefully, to really welcome this new day in our lives."

Begins at 10 a.m., Monday and ends 5 p.m., Friday.

$180 per person, including room and meals. Nonrefundable deposit of $50 required.

March 8: EVENING INTRODUCTION TO ESALEN
$5 general; $3 student. 7 to 11 p.m., Monday. *See Encounter, page 17.*

March 10 A Lecture-Discussion
BREAKING THE SPECIES BARRIER David Brower

The technological mentality has robbed evolution of its true potency and meaning. Only through the restoration of the elemental significance of this idea can we hop to find a vision adequate to guide us through what has been created by human arrogance. We need to begin to regard ourselves as animals produced by a magical and beautiful process, to relearn the joy of our own physical capacities and to salvage ourselves from the litter and confusion we have created around us. And most of all we have asked too long what other life forms are good for and what they can do for us. We need now to begin to ask what we can do for them.

$3 general; $2 student. 8 to 10:30 p.m., Wednesday, March 10.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

March 11 An Evening Discussion
EXTENDING HUMAN CONSCIOUSNESS (Part 5);
THE SELECTIVE USE OF PSYCHEDELIC DRUGS James Fadiman

While a large number of Americans use some form of consciousness altering drug, little attention is given to the directed use of these substances to achieve specific altered states of consciousness. Data and techniques will be discussed dealing with religious uses, technical problem-solving, brief psychotherapy and divination.

$3 general; $2 student. 8 to 10:30 p.m., Thursday, March 11.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

For Biographies, see pp. 31-

March 12-13: INTRODUCTORY GESTALT WEEKEND FOR EDUCATORS
Jerry Kogan and Cynthia Werthman. *See Gestalt, pp. 18-19.*

March 12-14 Weekend Workshop
PSYCHOSYNTHESIS Jim and Susan Vargiu

The Vargius write: "In this workshop we will emphasize the aspects of psychosynthesis which lead to greater unity, which can be used for integrating the encounter experience into something more. Psychosynthesis is not primarily expansion or experience — it is a way of pulling it all together. It is an approach which fosters the balanced development of body, feelings and mind and their harmonious integration around a unifying center of being and awareness, the Transpersonal Self. We will reach toward this higher Self by consulting the best-self within each of us, and will attempt to use its energy and guidance for a more joyful and effective actualization of the unfolding meaning, value and direction in the life of each. We will use techniques of movement, visual imagery, writing, symbolic art work, mental concentration and meditation. Our emphasis will not be on producing immediate breakthroughs, although this often occurs, but rather on initiating a gradual process of growth that, with continuing application, can gain increasing momentum and ultimately become a life-style."
$45 per person. Begins 8 p.m., Friday, March 12.

March 12-14 Residential Weekend Workshop
OPEN ENCOUNTER FOR SINGLES Robert Cromey and Jacqueline Doyle

A workshop based on encounter methods for unattached singles who want to go beyond possible blocks of fear, boredom and indifference and to discover new ways of moving more creatively into relationships. Focus will be on such issues as letting go of relationships that are over, loneliness of the single life, the acquaintance process and pursuit of a new partner, coping with rejection and disappointment and the meaning of commitment in a relationship.
Workshop participants, as far as possible, will be chosen to assure a balance of sex and age. Please state age on application. Limited to 40 participants.
$65 per person, including room and meals. Begins 8 p.m., Friday, March 12.

March 18 An Evening Discussion
EXTENDING HUMAN CONSCIOUSNESS (Part 6): ON BEING STONED Charles T. Tart

Dr. Tart has completed the first systematic survey of user's experience with marijuana. He will share these results with the lecture audience.
$3 general; $2 student. 8 to 10:30 p.m., Thursday, March 18.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

March 19-20: METAMORPHOSIS (FOR WOMEN ONLY) Paula Bloomberg.
See Gestalt, pp. 18-19.

March 19-21 Residential Weekend Workshop
THE LANGUAGE OF MOVEMENT Gabrielle Roth

A workshop in getting to know your inner self by using movement and rituals to explore feelings, dreams and to rediscover the childspirit of your soul.
$45 per person. Begins 8 p.m., Friday, March 19.

March 19-21 Weekend Workshop
TORI — THE INTIMATE COMMUNITY Jack Gibb

The TORI experience involves participants in ways of building trust and intimacy in natural communities, families, classrooms, management groups, school systems or congregations. In this workshop, a model community of approximately 100 participants will be devised in such a way as to produce creative experience for each participant, demonstrating that the TORI experiences (trust, openness, realization and interdependence) are central to and can be realized in large communities. In order to make Dr. Gibb's work available to the large number of participants necessary to the creation of a model community, tuition for this workshop is greatly reduced. Multiple reservations from organizations, institutions and associations are encouraged.
Workshop schedule: 9 to 11 p.m., Friday; 9 a.m. to 11 p.m., Saturday; 9 a.m. to 5 p.m., Sunday.
Individual Registration: $29 per person; Multiple Registration: $24 per person.

March 20: INTRODUCTION TO ESALEN: ONE DAY The Esalen Staff.
See Encounter, page 17.

March 22-26: GESTALT AND MASSAGE 5-DAY RESIDENTIAL WORKSHOP
Elaine Kepner and Gabrielle Roth. *See Gestalt, pp. 18-19.*

March 25 An Evening Discussion
EXTENDING HUMAN CONSCIOUSNESS (Part 7):
PHYSIOLOGICAL FEEDBACK TRAINING AND RESEARCH
Robert Ornstein and Joe Kamiya

"A new conception of our capabilities is being formed within science," writes Dr. Ornstein. "The traditional disciplines of meditation which 'have not forgotten' this knowledge give us a glimpse of the limits of our self-regulation. Within science, distinctions which we have made since Plato between the mind and body are being dissolved as we find that the "automation", the body, is capable of learning to alter its own functions. We would like to discuss some of our own work and that of our colleagues and the implications of physiological feedback training for science, for our conception of human nature and for our education."
$3 general; $2 student. 8 to 10:30 p.m., Thursday, March 25.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

March 26-27 GESTALT WEEKEND
(for Professionals in fields other than Mental Health)
Jack Rosenberg and Lois Brien.
See Gestalt, pp. 18-19.

March 26-28: INTRODUCTION TO ESALEN
The Esalen Staff. *See Encounter, page 17.*

March 26-28 Weekend Workshop
TOWARDS MORE DEPTH AND FULLNESS
Charlotte Selver and Charles Brooks

Originated by Elsa Gindler in Germany, sensory awareness has been developed by Miss Selver through 30 years of teaching and exploration. Miss Selver's pioneering work in the United States has been the basis for most of the work with sensory awareness and related approaches which are now gaining wide acceptance. Charles Brooks has worked in conjunction with Miss Selver since 1963 and, together and individually, they have conducted workshops throughout the United States and in many foreign countries. *For further description of their work, please read the program description entitled "Opening Doors", February 26-28, page 26.*
$45 per person. Begins 8 p.m., Friday, March 26.

April 1:
EVENING INTRODUCTION TO ESALEN
$5 general; $3 student. 7 to 11 p.m., Thursday.
See Encounter, page 17.

April 2-4 Weekend Workshop
ENCOUNTER FOR COUPLES Arthur and Janica Fox

A workshop for couples wishing to grow more intimate through honest verbal and nonverbal communication. In an atmosphere of warmth camaraderie, partners will explore their relationship through methods of group encounter and other experiential disciplines. Emphasis will be placed on sharing experiences and knowledge and in finding ways for continued growth beyond the workshop experience.
$90 per couple Begins 8 p.m., Friday, April 2.

 For Biographies, see pp. 31-34.

April 2-4: ENCOUNTER AT MID-LIFE Helen Stephens. *See Encounter, page 17.*

April 2-4 Weekend Workshop
HYPNOSIS AND ENCOUNTER Lee Pulos

In this workshop, two basic approaches will be used to overcome blocks to growing. Hypnosis and self-hypnosis will be taught so that participants can focus in on themselves through hypnotically induced dreams, inner imagery, automatic writing and drawings under hypnosis. These self discoveries will then be explored further within the group interaction using encounter and psychodrama approaches. The overall theme of the workshop is to integrate the intra- and inter-personal aspects of one's self.
$45 per person. Begins 8 p.m., Friday, April 2.

April 5 A Lecture and Demonstration
GESTALT THERAPY: AN INTRODUCTION Lois Brien and Elaine Kepner

An evening lecture-demonstration of gestalt methods with particular emphasis on their use with large groups.
$3 general; $2 student. 8 to 10:30 p.m., Monday, April 5.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

SAN FRANCISCO INFORMATION

San Francisco area programs include regular seminars and workshops, lectures and symposia, continuing groups and occasional special events. Information, literature and tickets for lectures may be obtained Monday through Friday, 9:30 to 4:30, at 1776 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door. No programs are held at our offices, but several facilities in the Bay Area are used, including First Unitarian Church (San Francisco) and the Berkeley Center for Human Interaction (Berkeley). Participants will be informed of workshop location at time of registration and confirmation.

WORKSHOP REGISTRATION: Advance registration is required ten days prior to start of program. A nonrefundable deposit of $20 per person, unless otherwise stated, must accompany a reservation form or letter sent to: Reservations, Esalen Institute, 1776 Union, San Francisco 94123. Balance of tuition is payable at the first session of the program. Do not send San Francisco reservations to Big Sur.

SCHEDULES: Specific meeting times for weekend workshops are announced at the first meeting. Usually, however, workshops meet from 8 to 11 p.m. on Fridays, from 10 a.m. through the afternoon and/or evening on Saturdays, and from 10 a.m. to early afternoon on Sundays. Schedules are not rigid and specific meeting times are established at the group's first session.

ACCOMMODATIONS: Residential seminars include meals and lodging. For other programs, each participant must reserve his own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at workshops.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be returned if reservation cannot be confirmed or upon request by persons not wishing to be on a waiting list. Notification of reservation status will be sent no later than seven days before workshop begins.

The illustrations in this brochure have been gathered about the theme Breaking Through, especially in its sense of Emergence. Some of the items used are: cover, a 5th Century Greek shrine to Persephone; page 5, Abe Maslow and his granddaughter; page 6, a 16th Century symbolic alchemical figure from the Codex Germanicus; page 8, a detail from a classical Japanese painting; page 10, a 19th Century engraving of a Mexican volcano; page 15, a woodcut illustration for Apuleius by Charles Ricketts, 1894; page 16, a lithograph by Marc Chagall, 1922; page 18, a 1st Century Chinese stone rubbing of the God of Literature, embodying the characters of that god's name; page 19, "L'Orage" by Rodin; page 20, "Woman in the Sun", a contemporary Eskimo stone cut by Kenojuak; page 23, a detail of the spire of a building at Expo 67; page 25, a Han dynasty stone rubbing; page 27, a drawing from Villard de Honnecourt's sketchbook, about 1255; page 29, a woodcut by Fritz Endell, Germany, 1927; page 33, a cross-section of a chambered nautilus.

LEADERS' BIOGRAPHIES

TOM ALLEN, an artist, teaches at Cabrillo College. Since his year as an Esalen resident fellow, he has concentrated on developing workshop processes that nurture authentic being and rich interpersonal contact. He sees art not as an isolated speciality, but as one of the many ways to self-realization.

JOSE ARGUELLES, and his wife, MIRIAM, are co-creators of Mandalas, both as painting and as ritual. Dr. Arguelles is Assistant Professor of Art History at University of California, Davis.

JEFF BERNER is the founder of The Innerspace Project, an interdisciplinary task-force, and author of a book by the same name (World Publishing Company).

PAULA BLOOMBERG is a gestalt marriage and family counselor in San Francisco. She lives there with her family.

LOIS BRIEN is a gestalt therapist and communication consultant. Dr. Brien is a member of the Gestalt Institute of San Francisco and was formerly an assistant professor of speech communication at Case Western Reserve University.

DAVID BROWER is president of Friends of the Earth, an international conservation organization devoted to the restoration and preservation of the ecosphere. He served as Executive Director of the Sierra Club for 17 years.

GEORGE I. BROWN, Professor of Education, teaches courses in creativity, awareness and sensitivity training at the University of California at Santa Barbara. He is a nationally known researcher in the affective domain and creativity.

JUDITH R. BROWN, co-trainer with her husband, trained with Frederick S. Perls with whom she worked as a co-therapist.

SEYMOUR CARTER, a former resident of Synanon, is a leader of Esalen workshops and a massage specialist. In his work he draws on a variety of approaches to awareness. He has been trained in structural integration by Ida Rolf.

DON CLARK has worked with discussion groups, psychotherapy groups and encounter groups for the past 12 years. Dr. Clark is on leave from the City University of New York and in private practice as a clinical psychologist in the Bay Area. His most recent book is *Those Children* (Wadsworth, 1970).

ELEANOR CRISWELL is an Assistant Professor of Psychology at Sonoma State College, California, where she teaches physiological psychology, educational psychology and yoga psychology and is involved in EEG research.

ROBERT CROMEY, former Esalen resident fellow, was Vicar at St. Aidan's Episcopal Church. His interest is in encounter groups, the experiential and sensory dimensions of ritual, ceremony and Western religious practice.

JACQUELINE DOYLE, a former Esalen resident fellow, holds a master's degree in psychology. She is a member of the Esalen encounter staff trained by William Schutz.

AL DRUCKER was a resident fellow in the first Esalen Residence Program. He now lives in Big Sur where he leads workshops and practices structural integration.

JAMES FADIMAN is an educational and management consultant. He is a lecturer in Design Engineering and a psychological counselor at Stanford University. Dr. Fadiman is also associate editor of the *Journal of Transpersonal Psychology* and the *Journal of Humanistic Psychology*.

ARTHUR FOX, a former Esalen resident fellow trained by William Schutz, is presently on the Esalen encounter staff. His background is in psychology, education and religion.

JANICA FOX, together with her husband, was an Esalen resident fellow and is a member of the Esalen encounter staff. Previously she conducted research on groups at Harvard.

BETTY FULLER, 1967-1968 resident fellow, is Esalen's director of Consulting Services. She is one of a group of encounter leaders trained by William C. Schutz. Her background includes teaching and several years in radio, TV and theater as producer-writer-actress-director.

DONNA GERARD, drama teacher and therapist, for the past twelve years has focused her private practice on the development and release of creative energies. Both she and her husband are interested in providing systematic methods for evoking transcendental awareness and are presently evolving advanced psychospiritual techniques based on a direct approach to the alignment and transformation of inner psychological energy fields.

ROBERT GERARD is a psychotherapist in private practice in Los Angeles. He has been a principal innovator in the field of psychosynthesis for over fifteen years. He collaborated with Dr. Assagioli in the writing of the book, *Psychosynthesis: a Manual of Principles and Techniques*, and has developed new therapeutic techniques, including the use of inner imagery, symbolic visualization and creative meditation. As president of the International Foundation for Psychosynthesis, Dr. Gerard is especially interested in the integration of American, European and Eastern approaches to psychological growth.

JACK GIBB is an organizational consultant in private practice in La Jolla and a pioneer in sensitivity training and in using leaderless groups in education and industry. Dr. Gibb was formerly with Western Behavioral Sciences Institute and president of the American Association for Humanistic Psychology.

JERRY GREENWALD is a gestalt therapist in private practice in Beverly Hills. He developed the concepts of nourishing ("N") people and toxic ("T") people. He is investigating further applications of these ideas and integrating them into the framework of gestalt philosophy and therapy.

BERNARD GUNTHER is author of *Sense Relaxation*, and of *LOVE VIEW*, a book of poems, and is a teacher of sensory awakening.

ROBERT K. HALL, M.D., is a psychiatrist in private practice in Mill Valley, a practitioner of body structural integration ("Rolfing"), a long-time student of Fritz Perls and a serious student of meditation.

MARK VICTOR HANSEN works for R. Buckminster Fuller in Carbondale, Illinois, and is a member of The Innerspace Project.

JOHN HEIDER, former Esalen resident fellow, views himself as a natural philosopher working toward integration of such practices as dance, meditation, sensory awakening and the adventure of encounter. He has done research on the effects of meditation on perception.

ARTHUR HOUGH is Associate Professor of Communication Theory at San Francisco State College, and a workshop leader for various groups and government agencies.

JACK HURLEY is a resident staff member at Esalen where he has developed his own approach to the Tarot and magic involving a humanistic orientation to Western mysticism and occult traditions.

RAE HURLEY is a craftswoman, former dancer and mother of two children.

JOE KAMIYA teaches at University of California Medical Center and does research at Langley Porter Neuro-psychiatric Institute. His research, in conjunction with Bob Ornstein, is concerned with physiological feedback training and the psychophysiology of meditation.

CHARLES R. KELLEY, an applied experimental psychologist and human factors specialist, was a student of Wilhelm Reich. He contributed to Reich's journals during his life and was for five years editor of *Creative Process*, a journal exploring Reich's theories. Dr. Kelley is director of Interscience Research Institute.

ERICA KELLEY is a qualified masseuse and has assisted her husband in developing the technique of the Interscience Intensive.

ELAINE KEPNER is a clinical psychologist, for the last ten years a teaching fellow at the Gestalt Institute of Cleveland. She is now associated with the Gestalt Institute of San Francisco.

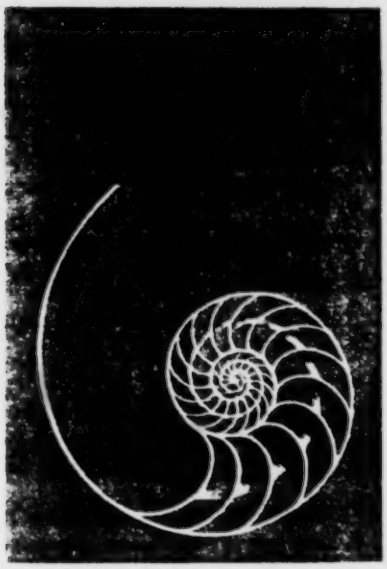
MARY ELLEN KLEE, a student of Mary Whitehouse, is a movement teacher in residence in Big Sur.

DAVID KNAPP is a clinical psychologist at the University of California, Santa Barbara.

JERRY KOGAN is a gestalt therapist, poet and teacher. He has particular interest in building community, human environment and various forms of creative expression. He is a member of the San Francisco Gestalt Institute.

BOB KRIEGEL is the founder and director of Anthos, a growth center in New York City, where he leads groups. Formerly a business executive and an actor, he has trained in encounter and gestalt at Esalen.

SIDNEY LANIER, a former Episcopal priest and founder of the American Place Theatre in New York, has trained at Esalen in encounter and gestalt.



JOHN LILLY has primary research interest in the relation of the mind to the brain. Trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication, he is in residence at Esalen, Big Sur.

THEODORA LYON, formerly a group leader at the Gestalt Institute of Canada, now resides in Big Sur. She was trained by Frederick Perls.

EDWARD MAUPIN draws upon a variety of approaches to body awareness, including those of Reich, Lowen and Ida Rolf. He also relates to the various psycho-physical disciplines of Eastern and Western mysticism.

SARA MILLER holds her master's degree in Special Education and has been a teacher and administrator of special programs designed to enrich the learning potential of children and young adults. She is experienced in conditioning techniques and is interested in the relationship between these techniques and the encounter.

STUART MILLER, who holds his doctorate in Comparative Literature, is experienced as a teacher and administrator in experimental colleges. He is Esalen's director of development and a former resident fellow.

MICHAEL MURPHY is president and co-founder of Esalen Institute.

ROBERT ORNSTEIN teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. He is author of the book *On the Experience of Time*.

PAMELA PORTUGAL, former resident fellow, is on the Esalen encounter staff.

HECTOR PRESTERA is an internist and cardiologist who is currently involved in the theory and practice of structural integration. He is resident physician at Esalen.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

LEE PULOS is a clinical psychologist in private practice and clinical assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in leading training workshops for professionals and in researching the effects of hypnosis upon athletic performance.

JACK ROSENBERG is a practicing dentist and gestalt therapist who has been working in the field of psychology related to dentistry for the past ten years.

DANE RUDHYAR is a philosopher and astrologer. His basic concern is with the development of a philosophy of individual existence based on a holistic approach to all aspects of personal and social life.

MARION SALTMAN is a play therapist who has worked with young children, adolescents and adults. She teaches at Sonoma State College.

WILLIAM C. SCHUTZ, author of *FIRO* and *Joy*, has just completed a new manuscript describing various aspects of his work, entitled *Here Comes Everybody*. Presently in residence at Esalen/Big Sur, he is exploring among other things the psychosomatic dimension in personal growth.

CHARLOTTE SELVER and CHARLES V. W. BROOKS are Associates in Residence at Esalen/Big Sur on leave from the faculty of the New School for Social Research, New York. Their field is sensory awareness, perception and nonverbal communication. They hold regular classes in New York and conduct seminars and study groups throughout the United States and Mexico.

BENNETT SHAPIRO, former architect and Esalen resident fellow, is now a full-time encounter group leader. He has studied with a wide variety of therapists and trained for a year at the San Francisco Gestalt Therapy Institute.

ARTHUR SHEDLIN is on the faculty of Behavioral Science Area, Graduate School of Business Administration, University of California at Los Angeles.

JULIAN SILVERMAN is Esalen's research director. His major research concerns are with the study of psychophysical functioning in relation to subjective experience and behavior change. With Richard Price he has initiated a special research ward in schizophrenia at Agnew State Hospital, San Jose.

GERALD SMITH is a family therapist in San Mateo, California. He has taught his approaches at numerous agencies and recently completed a book entitled *Encounter for Two*.

JAMES S. SIMKIN was co-leader with Fritz Perls at professional gestalt therapy workshops at Esalen for six years. He has been engaged in the private practice of psychotherapy for fifteen years and has produced a gestalt therapy training film, "In the Now".

ROSE STANDAL is a teacher who left the system to work independently for ten years among the usually kindly headhunting Bila'an tribes in the remote mountains of the southern Philippines.

STANLEY STANDAL is a practicing psychotherapist in Salt Lake City and is a co-director of the Rocky Mountain Institute. He is a principal developer of the family breakthrough method of working with alienated families and couples in large groups.

HELEN STEPHENS is a former Esalen resident fellow, the mother of a prospering family and a leader of Esalen encounter groups.

CHARLES T. TART is Assistant Professor of Psychology at University of California, Davis. He has conducted extensive research into sleeping and dreaming, hypnosis, ESP and drugs. Dr. Tart is editor of *Altered States of Consciousness: A Book of Readings*.

R. GERALD THATCHER, an Esalen staff member for six years, is an author, musician and amateur astrologer.

JIM VARGIU, and his wife SUSAN, are the directors of the Psychosynthesis Institute, Palo Alto, California. They were trained in Italy by Roberto Assagioli, the founder of psychosynthesis, and have lectured and given workshops in this country and in Europe. They are presently working with self-actualizing and gifted adolescents and are training people in the helping professions in the use of psychosynthesis.

ALAN WATTS is author of *The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology;* and many other writings. He has been, with D.T. Suzuki, the leading popularizer of Zen Buddhism in the United States.

CYNTHIA WERTHMAN is a psychiatric social worker who uses the gestalt method in private practice in Berkeley and at the Family Therapy Institute, San Rafael. She is a director of the Gestalt Institute of San Francisco.

SHARON WHEELER is a masseuse in residence at Esalen, Big Sur.

LYNN WHITE is Professor of History at the University of California, Los Angeles, and director of its Center for Medieval and Renaissance Studies.

SPECIAL INFORMATION

TAPE RECORDINGS OF ESALEN PROGRAMS: Recorded tapes of many past Esalen programs are available. This service, originally developed to provide archive copies for Esalen, rapidly became of use to organizations requesting recordings of lectures and seminars, training tapes of techniques and methods, demonstration workshop sequences, and experiential programs. Requests now come from educational institutions, public and private libraries, religious bodies and professional groups with funds for a recording library concerned with the human potential. Commercial use is prohibited; all rights are reserved. Recording, editing and distribution of tapes is performed by Big Sur Recordings, from whom a complete catalog may be obtained. The cost of recordings is $10.00 per tape-hour, stereo or mono, with choice of 5" reel or cassette. Write BIG SUR RECORDINGS, P.O. Box 303, Mill Valley, California 94941.

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VIDEOTAPES AND 16mm FILMS of Dr. Frederick S. Perls' demonstrations of gestalt therapy and Alexander Lowen's demonstrations of bio-energetic analysis are available for professional use from MEDIASYNC, P.O. Box 486, Del Mar, California 92014. Films of Dr. Perls' work are also available from PSYCHOLOGICAL FILMS, 205 West Twentieth Street, Santa Ana, California 92706 along with films of the work of Carl Rogers, Albert Ellis, Rollo May, Abraham Maslow and Virginia Satir.

MICROFILM records of Esalen history, brochures and publications are available through MICROBIZ, 590 Howard Street, San Francisco, California 94105.

ESALEN PROGRAMS is published quarterly by Esalen Institute, a nonprofit California corporation. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco offices of Esalen Institute. Do not direct subscription inquiries to Big Sur.

FM RADIO STATIONS in the San Francisco Bay Area (KPFA, K101, KSAN and KQED) broadcast portions of Esalen seminars and lectures, as do KPFK Los Angeles, KPFT Houston, WBAI New York and KUNM-FM Albuquerque on an occasional basis. Consult local program guides. A series of 12 one-hour programs titled "The Scope of Human Potential" was released for broadcast in 1969-70 through National Educational Radio to its affiliates. A second series will explore religion, Eastern mysticism and metaphysics. Future series will focus on encounter and education as well as the creative value of madness.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please also see membership form (opposite page 36).

ESALEN BOOKS AND PUBLICATIONS: Written materials of particular significance associated with the programs of Esalen Institute are available at the Big Sur center. Selections include work produced at Esalen as well as writings of a number of past seminar leaders. Direct inquiries to Esalen Books, Esalen Institute, San Francisco.

ACCREDITATION AND THE USE OF ESALEN'S NAME: Some individuals and groups have recently involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs; our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools. For the information of the public, we do maintain a consulting service, under the direction of Betty Fuller, that will furnish information about leaders.

THE JOURNAL OF TRANSPERSONAL PSYCHOLOGY

A journal for theoretical and applied research in peak experience, self-transcendence, ultimate values, ecstasy, wonder, B-values, transcendental phenomena and related concepts, experiences and activities. The third issue features articles by Elmer Green, Alyce Green and E. Dale Walters ("Voluntary Control of Internal States"); Charles T. Tart ("Transpersonal Potentialities of Deep Hypnosis"); Beverly Timmons and Joe Kamiya ("The Psychology and Physiology of Meditation and Related Phenomena: a Bibliography"); Margaret A. Blair ("Meditation in the San Francisco Bay Area: An Introductory Survey"); Eleanor Criswell ("Experimental Yoga Psychology Course for College Students: A Progress Report").

BOOKS FROM ESALEN:

THE ESALEN BOOK PUBLISHING PROGRAM

With *Viking Press*

General Editor: Stuart Miller

Now Available:

Human Teaching for Human Learning, An Introduction to Confluent Education, by George I. Brown.

This is the long awaited version of the report on the Esalen/Ford Foundation project in education. So often people write Esalen asking if personal growth approaches are being used in schools, how do they work? This book is the best answer so far to such questions. The Esalen/Ford project showed that methods for personal growth used at Esalen Institute can be successfully incorporated into already existing curriculums of public schools. (Previously announced under the title, *Now: Toward Humanness. Introducing Confluent Education*).

Previously published:

Anger and the Rocking Chair: Gestalt Awareness with Children, by Janet Lederman with photographs by Lillian R. Cutler.

This is a dramatic, visual account of gestalt methods with so-called "difficult" or "disturbed" children in elementary school. Rather than suppressing pupils' rebellion and anger, Miss Lederman helps her pupils to transform these powerful impulses into constructive attitudes and behavior. (Published by McGraw Hill).

These two are the first of a series of books covering a broad range of work in the behavioral sciences, religion, philosophy and education focusing on human potentialities. Scheduled for publication between March and July are:

Getting There Without Drugs by Buryl Payne. A sophisticated manual and guide to workable techniques for achieving a higher level of consciousness.

Secrets of the Trade: Essays in Madness, Creativity, and Ideology by Joe Kennedy Adams.

On the Psychology of Meditation by Robert Ornstein and Claudio Naranjo. A theoretical, practical and scientific account of meditation.

The True Adventures of the First New York Jewish Literary Intellectual in the Human Potential Movement by Stuart Miller. The first autobiographical novel about Esalen.

You may order *Human Teaching for Human Learning* and *Anger and the Rocking Chair* by returning this coupon with your check (payable to Esalen Institute) to:
BOOKS, Esalen Institute, 1776 Union Street, San Francisco, California 94123.

I enclose $ _____ for _____ copies of *Human Teaching for Human Learning* by George I. Brown, @ $7.50 each.

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This form is for your convenience in preparing attendance at Esalen seminars, workshops and lectures. You may use it for either Big Sur or San Francisco area programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please do make reservations early; some seminars are booked to capacity months in advance.

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For Big Sur reservations, check whether you wish ☐ shared room or ☐ single room on a space-available basis. A $7 per night additional charge is required for single accommodations. If you are arranging your own lodging elsewhere, check here ☐ . Reservations may be assigned at either Big Sur Hot Springs or nearby motels at the discretion of Esalen.

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Esalen Institute
Memberships

The continuing work of Esalen Institute is funded virtually in toto through tuitions paid by those attending workshops and seminars — but research, future development and expansion depend greatly upon funds assured through Memberships and special grants.

As a Member, you enjoy a tuition reduction of $10 at every seminar and workshop you attend, including encounter groups, plus opportunity to participate in occasional gatherings with Esalen officers, leaders and project coordinators. You are also kept informed of new developments and programs via a special newsletter.

You may wish to consider tax-deductible Membership either for yourself or as a fitting gift in the name of another.

Those friends of Esalen interested in sustaining the Institute in a more substantial way may wish to discuss details of this matter with the Director of Development, Dr. Stuart Miller. The legal counsel of the Institute is also available to discuss various details of gifts and bequests, including tax arrangements. Individual attention can be given in these ways to the particular wishes of donors and the current needs of the Institute.

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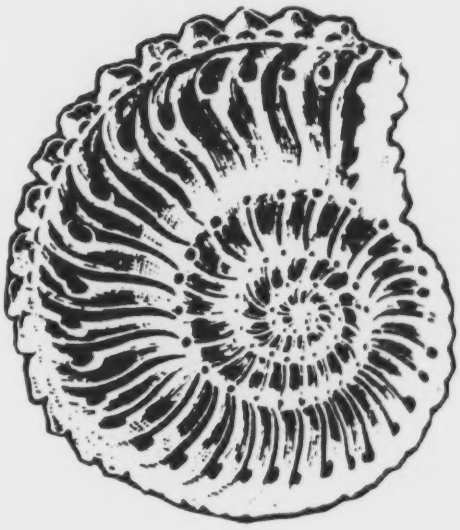

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San Francisco workshops require a $20 non-refundable deposit. Big Sur workshops require a non-refundable deposit of varying amounts depending on program length. See page 15 under "Reservations". The balance is payable at the time of the program itself. Tickets for lectures and symposia are sold in advance at full price; refunds may be made up until 24 hours before the event.

After completing both sides of this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

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ESALEN INSTITUTE is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a residential program exploring new directions in education and the behavioral sciences.

SPECIAL SERVICES AND PROGRAMS

Esalen Consulting Service is developing resources to assist those individuals, groups and organizations wishing to apply the various approaches to human development presented in our seminars and workshops. Programs and leaders have thus far been provided to various community, governmental, religious, industrial and education groups.

Esalen Residence Program: The seventh series will be offered at Big Sur in Fall 1971. *For further information see page 11.*

Extended Growth Program: A six-month personal growth program in the San Francisco Area will begin in April 1971. For program outline and advance information please contact the Esalen/San Francisco office.

IDA ROLF: STRUCTURAL INTEGRATION

For information on training and research in structural integration, contact The Guild for Structural Integration, 1874 Fell Street, San Francisco, California 94117.
The following practitioners of structural integration are available, by appointment only, in Big Sur: Seymour Carter, Al Drucker, Stanley Johnson, Edward Maupin, Peter Melchior, Hector Prestera, William Schutz, Gael Smith and Chet Wilson. Direct inquiries to ROLFING: Esalen Institute, Big Sur, CA 93920.

BULLETIN OF STRUCTURAL INTEGRATION

A journal dedicated to understanding man as a whole — now in its second year of publication. The bulletin provides a vehicle for theoretical and applied research in mind-body phenomena of interest to persons in the health sciences, physical sciences, arts and education. Past issues have included articles concerning Structural Integration (the Rolf technique of postural release); prepared childbirth, movement behavior and movement therapy; Swedenborg's anatomy. Future issues will include: preview chapters from Ida Rolf's forthcoming book; movement approaches to integration (Tai Chi, yoga, dance, physical education); rehabilitative techniques; book reviews, etc. For a one year subscription, send $10.00 with the NAME, ADDRESS, and ZIP CODE to: Bulletin of Structural Integration, 1334 - 23rd Street, Santa Monica, California 90404.

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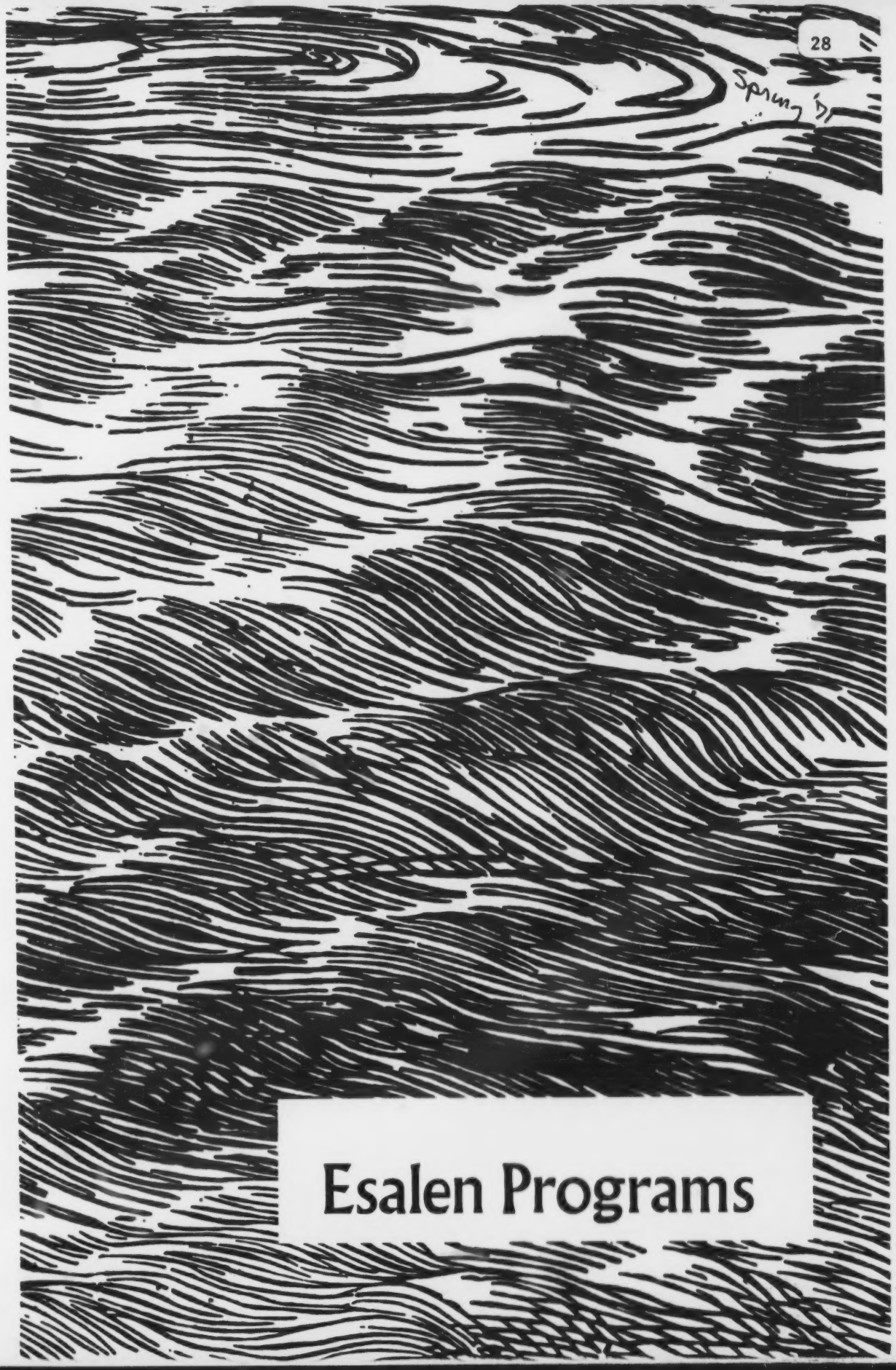

Esalen Programs

Esalen Programs

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Big Sur Programs

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ESALEN PROGRAMS AT SOUTH COAST CENTER

May 2-8	Esalen Staff	Encounter and Body Awareness
May 9-15	Esalen Staff	Open Gestalt
May 16-22	Esalen Staff	Experience of Esalen
May 23-29	Betty Fuller	Couples' Workshop
May 30-June 5	Esalen Staff	Gestalt and Body Awareness
June 6-12	Esalen Staff	Encounter
June 6-12	Esalen Staff	Open Gestalt
June 13-19	Esalen Staff	Open Gestalt
June 13-19	Robert Crown	The Sensory Dimension
June 20-26	Betty Fuller	Couples' Workshop
June 27-July 3	Esalen Staff	Experience of Esalen
July 4-10	Esalen Staff	Encounter for Couples

PROGRAMS AT ESALEN INSTITUTE

FOUR-WEEK WORKSHOPS

June 6-July 3	Esalen Staff	Healing the Body
July 4-31	Esalen Staff	Gestalt and Structural Integration

TWO-WEEK WORKSHOPS

April 4-17	Esalen Staff	Open Residence Program
April 18-May 1	Esalen Staff	Open Residence Program
May 2-15	James S. Simkin	Open Gestalt Therapy Workshop
May 16-29	Esalen Staff	Open Residence Program
May 30-June 12	Esalen Staff	Open Residence Program
June 13-26	Esalen Staff	Open Residence Program
June 27-July 10	Esalen Staff	Open Residence Program

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SAN FRANCISCO WORKSHOPS (Continued)

WEEKLY CONTINUING SERIES

April 8-29	John Ullman	Massage Workshop: 4 Thursday Evenings
April 13-June 29	Gunvar Jackson	Massage Training: 12 Week Series
April 14-June 9	Lewis and Donna Yablonsky	Psychodrama: 5 Alternate Wednesday Evenings
May 3-31	Robert Cromey	Encounter: 5 Monday Evenings
May 6-27	Joan McKenna	Cultural Gestalts: 4 Thursday Evenings
May 12-June 9	Robert Frager & Robert Nadeau	Life Energy: 5 Wednesday Evenings
June 1-July 6	Betty Fuller	Encounter: 5 Tuesday Evenings
June 2-July 7	Betty Fuller	Couples' Series: 5 Wednesday Evenings
June 8-29	John Ullman	Massage Workshop: 4 Tuesday Evenings
June 24-July 22	James & Susan Vargiu	Psychosynthesis for Professionals: 5 Thurs. Eves

SAN FRANCISCO WORKSHOPS

April 9-11	Tom Allen and [illegible] Weisman	Art and Self
April 9-11	Robert R[illegible]	Gestalt Professional Workshop
April 9-11	Helen St[illegible]	Intensive Group Experience
April 10	Esalen S[illegible]	Introduction to Esalen: One Day
April 16-17	William [illegible]dges	Learning/Teaching: Education Workshop (Part 1)
April 16-18	Jacob [illegible]tman	Workshop in Symboldrama
April 17-18	Eric M[illegible]us	Advanced Gestalt Weekend
April 17	Do[illegible]Hard[illegible]	Living Without a Face: One Day
April 19-23	G[illegible] R[illegible] Ann [illegible]rmstrong	Movement, Energy and Sound: Residential
April 23-24	[illegible] Barre[illegible] [illegible]erp[illegible]gan	Open Gestalt Weekend
April 23-25	[illegible]agda Pr[illegible]	Breathing and Awareness: Residential
April 23-25	Esalen St[illegible]	Introduction to Esalen: Residential
April 23-25	Larry & Ev[illegible] [illegible]olomon	Couples Workshop
April 24	James Fa[illegible]	Psychosynthesis: One Day
April 30-May 2	Stanley [illegible]an [illegible]an	The Body of God
April 30-May 2	[illegible]nja[illegible] [illegible]Ju[illegible]	A Way of Centering — And Using It
April 30-May 2	[illegible]rth[illegible]ough & Evelyn [illegible]	A Time To Grow
May 7-9	[illegible] Smith	Communication for Parents and Teenagers
May 7-9	[illegible]ohn Enrigh[illegible] [illegible]Kr[illegible]man	Gestalt Theatre of the Self
May 7-9	[illegible]elen St[illegible]	Esalen Staff Encounter
May 8-9	[illegible]ar[illegible] [illegible]ton	Psychosynthesis
May 14-16	[illegible] Roth	Massage and Movement
May 14-16	[illegible] Mar[illegible] [illegible]onald Jones	Beyond Games: Encounter for Communicators
May 14-16	[illegible]ordon Cl[illegible]	Toward Deeper Dimensions in Encounter
May 15-16	[illegible]ohn and [illegible]cca Rinn	Couples Workshop
May 15	[illegible]salen [illegible]	Introduction to Esalen: One Day
May 21-23	Dane [illegible]yar, [illegible]e & Miriam Arg[illegible]	Education for Rebirth: Residential
May 21-23	[illegible]aine [illegible]epner	Gestalt Approach to Dreams
May 21-23	Esalen Staff	Introduction to Esalen: Residential
May 22-23	Stanley Kel[illegible]	Bio-Energetic Analysis (Part 1)
May 28-31	Pamela Po[illegible]	Esalen Staff Encounter: Residential
May 29-30	David M[illegible]yesy	Athletics for What?
May 29-31	L. Franz, [illegible]. Downing, E. Jalkotsky	Massage Workshop: Residential
June 4-6	Robert McKim[illegible]	Experiences for the Mind's Eye: Residential
June 4-6	Bill & Audre[illegible]	Couples Workshop
June 4-6	Robert Cromey	Open Encounter for Singles: Residential
June 11-13	Stephen Lawrence	V[illegible]ape Workshop
June 11-13	Robert Resnick	[illegible]t Professional Workshop
June 11-13	Tom Allen	[illegible] Expression and Encounter
June 11-13	William Golden & Helen Ross	[illegible]ing and Becoming at Midstream
June 12	Esalen Staff	[illegible]troduction to Esalen: One Day
June 18-19	Cynthia Werthman & Estelle Resn[illegible]	[illegible]estalt Workshop for Women
June 18-20	Jim & Susan Vargiu	[illegible]sychosynthesis
June 18-20	Esalen Staff	Introduction to Esalen: Residential
June 25-27	George and Judith Brown	Reality and Illusion (Part 1): Residential
June 25-27	Michael Harner	Drama [illegible]th the World
June 25-27	Lois Brien	Open [illegible]estalt Weekend
June 26	Paul de Ste. Colombe	Gr[illegible]therapy Seminar: One Day
July 2-4	Esalen Staff	E[illegible] Staff Encounter
July 2-5	Gabrielle Roth	[illegible]uage of Movement: Residential

ONE-WEEK AND FIVE-DAY WORKSHOPS

March 28-April 3	Esalen Staff	Experience of Esalen
April 4-9	Charlotte Selver & Charles Brooks	Meditation in Action
April 4-10	Esalen Staff	Open Gestalt
April 11-16	Charlotte Selver & Charles Brooks	Being All There
April 11-17	Esalen Staff	Encounter and Massage
April 18-24	Esalen Staff	Encounter
April 18-24	Esalen Staff	Open Gestalt and Body Awareness
April 18-24	Jack Rosenberg	Awareness Training for Health Professions
April 25-30	William C. Schutz	Bodymind
April 25-May 1	Esalen Staff	Open Gestalt and Movement
April 25-May 1	Esalen Staff	Encounter
May 2-8	Esalen Staff	Movement and Massage
May 2-8	Esalen Staff	Open Gestalt
May 9-15	Esalen Staff	Experience of Esalen
May 9-15	Bernard Gunther	Words, Feelings and the Body
May 16-22	Esalen Staff	Encounter and Massage
May 16-22	Esalen Staff	Open Gestalt
May 16-22	Edward M[illegible]	Body Awareness and the Sense of Being
May 23-29	Esalen St[illegible]	Guild of Hands Workshop
May 23-29	Esalen S[illegible]	Encounter and Body Awareness
May 23-29	Esalen S[illegible]	Gestalt and Massage
May 30-June 4	Jerry G[illegible]wald	Art of Emotional Nourishment
May 30-June 5	Gabri[illegible]oth	Massage and Movement
May 30-June 5	Esal[illegible]f	Encounter
June 6-12	E[illegible]ff	Experience of Esalen
June 13-19	[illegible]	Encounter and Body Awareness
June 20-26	[illegible]n Sta[illegible]	Movement and Massage
June 20-26	[illegible]n Sta[illegible]	Open Gestalt
June 27-July 3	Jam[illegible]s Fa[illegible]arles Tart, Jo[illegible] Argu[illegible]b Or[illegible]	[illegible]Gailey & Jose & Bob [illegible]
July 4-10	Ro[illegible]ert [illegible]	Life Energy

BIG SUR IN[illegible]ATIO[illegible]
For Big Sur Pr[illegible]m O[illegible]
ESALEN INS[illegible]T[illegible], CA [illegible]
Phone: (408) [illegible]
10 am-5 pm, [illegible]0 am [illegible]

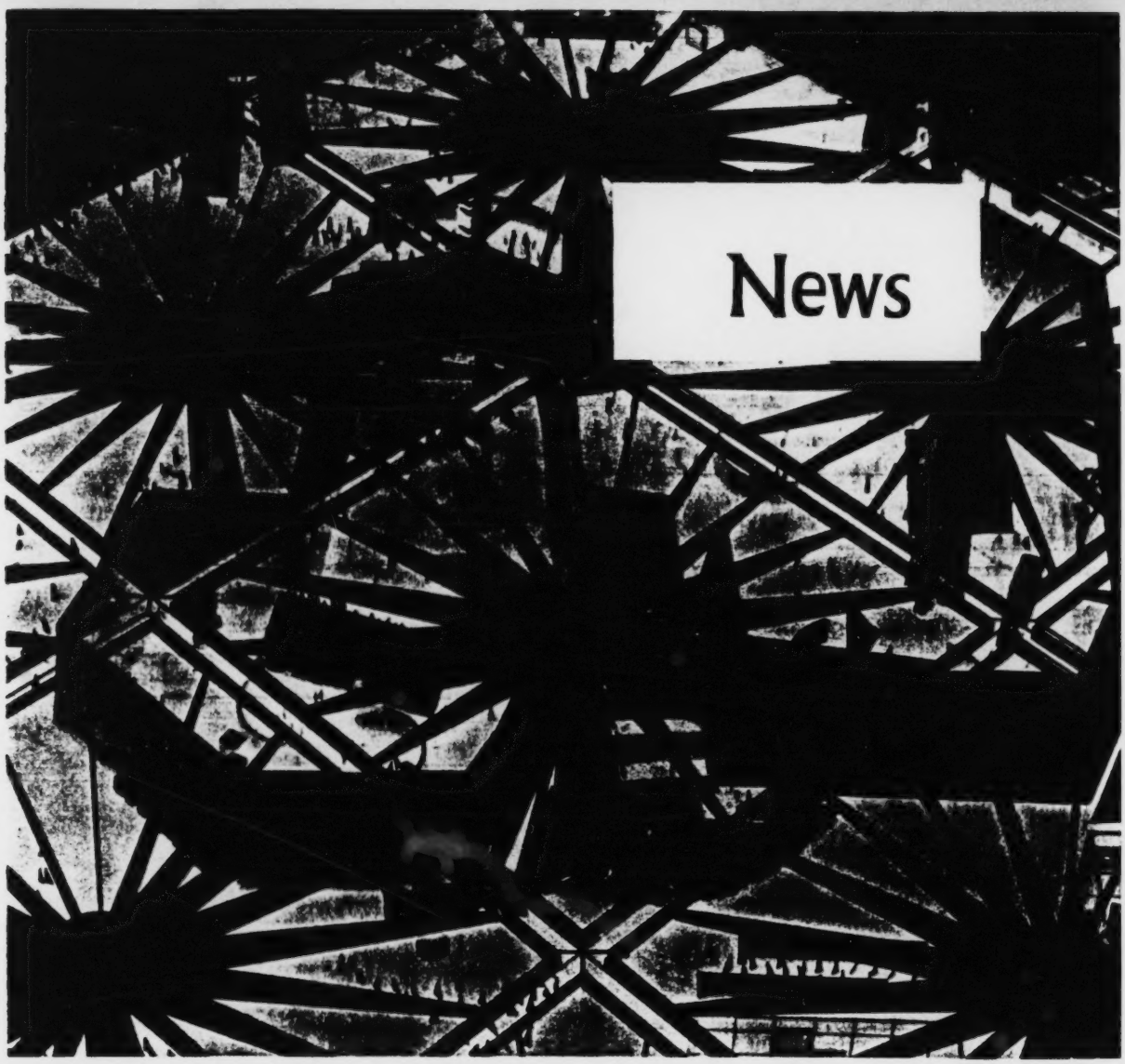
SAN FRANCISCO INFORMATION
For San Francisco Programs Only:
ESALEN INSTITUTE, 1776 Union
San Francisco, CA 94123
Phone: (415) 771-1710, 9-5 Mon-Fri

San Fran[illegible]o Programs

Listings begin on page 17.

SINGLE EVENING EVENTS

April 1	Esalen Staff	Intro[illegible]uction to Esalen
April 5	Lois Brien & Elaine Kepner	Int[illegible]uction to Gestalt
April 14	Douglas Harding	O[illegible]ing Your Head and Finding Yourself
April 21	Esalen Staff	I[illegible]uction to Esalen
April 26	Joan McKenna	[illegible]ural Gestalts
April 29	Paul Reps	[illegible] Evening with Paul Reps
May 5	John Enright	[illegible]areness: Gestalt Exercises for Daily Use
May 10	Marc Edmund Jones	[illegible]rsonal Astrology for the Aquarian Age
May 13	Esalen Staff	[illegible]troduction to Esalen
May 17	David Meggyesy	[illegible]thletics fo[illegible] What?
May 17	Robert Hall	[illegible]sychoph[illegible]ical Integration
May 27	Lois Brien & Elaine Kep[illegible]	Introdu[illegible]on to Gestalt
June 3	Bernard Gunther	What [illegible]o Till the Messiah Comes
June 7	Esalen Staff	Intr[illegible]ction to Esalen
June 17	Gerald Smith	E[illegible]nter for Two
June 21	Lois Brien & Elaine Ke[illegible]	I[illegible]duction to Gestalt
June 30	Esalen Staff	[illegible]oduction to Esalen



SUMMER CLASSES IN ALTERED STATES OF CONSCIOUSNESS AND TRANSPERSONAL PSYCHOLOGY

There is a new conception of man's capacities forming within the scientific community. During the 20th Century, academic science has radically underestimated man — his sensitivity to subtle sources of energy, his capacity for love, understanding and transcendence, his self-control. As we become aware of this underestimation, we are discovering that several older "esoteric" psychologies may contain some of the needed knowledge to explore the areas psychology neglects.

Esalen and Prana (a new graduate center for alternatives in higher education), in cooperation with researchers and teachers from various universities, are initiating a "summer school" for disciplined experiential and intellectual inquiry into human consciousness. The program is not completely formed as yet, but some of the topics to be included are: bio-feedback training; the psychology and physiology of meditation; psychologies of yoga, zen and the Sufis; techniques for extending consciousness, body energies and states of consciousness; paranormal phenomena; ritual art as consciousness expansion. Among the participants will be Dr. Robert Ornstein (U.C. Medical Center); Dr. Charles Tart (U.C. Davis); Dr. James Fadiman (Stanford); Dr. Jose Arguelles (U.C. Davis). This program is primarily for those undergraduate students, graduate students, professors and those who have left the academic community who do not have the opportunity for an organized consideration of these concerns in their current environments. There is a possibility of university accreditation for the summer series.

DEFINING THE TERM TRANSPERSONAL

Transpersonal is a term which is appearing more frequently in this brochure. We offer the following as a first effort at its definition:

TRANSPERSONAL, adj., having to do with such concerns as ultimate values, meta-needs, intuitive consciousness, peak experiences, ecstasy, mystical experience, B-values, essence, awe, wonder, self-actualization, ultimate meaning, transcendence of the self, spirit, oneness, cosmic awareness, cosmic play, transcendental phenomena, maximal sensory awareness, responsiveness and expression, and related concepts, experiences and activities. 2. Beyond the personal but not excluding it.

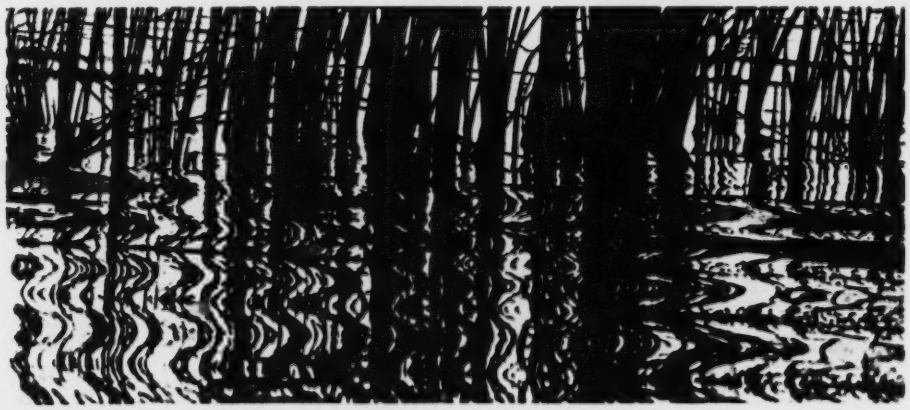
A REMINDER ABOUT SCHOLARSHIPS

Following announcement of the availability of scholarship and loan funds, applications have been received and reviewed regularly by the Scholarship Committee. Set amounts will become available from the Claire Nelson Scholarship Fund during each program period, to be distributed either as outright grants or as interest-free loans.

Direct scholarship inquiries to Big Sur or San Francisco, depending on program location. A short scholarship application form will be sent for completion and reforwarding to Esalen — so requests should be initiated as early as possible.

In Big Sur, preference for grants generally will go to those who have attended a week-long (or longer) workshop and who have been interviewed by a member of the Committee. It is anticipated at this time that grants will be given to cover from one-fourth to one-third of the total costs of a given program. Direct inquiries to Scholarship Committee, Esalen Institute, Big Sur.

In San Francisco, the established policy of tuition reduction to students will continue. Students may attend most seminars for less than the stated fee on a space available basis. Please call the San Francisco office three days prior to start of a workshop. Amounts granted or loaned from the Claire Nelson Scholarship Fund will extend aid to individuals, and possibly groups, who cannot meet tuitions or who have opportunity to apply their Esalen experience to urban teaching or organized community efforts. Direct inquiries to the Director, San Francisco.



A WORD ABOUT THE ILLUSTRATIONS IN THIS BROCHURE

The designer of Esalen brochures, Red Dog Pieface (or Peter Bailey) says about the current issue: "The theme for these graphics is PATTERNS: entities which exist fully only as the sum of their parts. Each element of a pattern has some interest in its own right, but that interest tends to vanish when placed so the overallness of the pattern shines forth.

Perception of a pattern almost always leads to perception of a next higher order of things, for usually we must be outside a pattern in order to see it (a traffic jam pattern eludes you as long as you're feeling stuck in it.) This is not always so, however, for we call it spiritual insight when we objectively perceive a pattern while subjectively experiencing it (you and the sunset becoming one)."

No detailing of this issue's graphics is necessary, except perhaps to point out that on page 7 a luxury of richness results when no time limits are set on glorifying deity, in this case by 8th Century Irish monks; that in Bach's impetuous notation on page 11 rhythms can be seen as well as heard; how on page 19 Durer's reduction of each segment of nature into its own pattern is precisely what creates an invisible but very real pattern of natural space; and how sensual responses to feeding ducks create a mandala for the modern Eskimo Shouyu.

APPROACHES TO PERSONAL GROWTH: SOME DESCRIPTIONS

Because so many of Esalen's programs are experiential, we have been asked by many people, who are new to Esalen to differentiate among a number of approaches that seem, at first glance, so similar. The various disciplines being practiced at Esalen have influenced one another so that the task of producing an encounter group totally free from gestalt techniques, for example, is impossible. Furthermore, different practitioners of various disciplines stress different aspects. What follows is, therefore, not a scientific statement but rather a first attempt at making some rough distinctions among a number of approaches. (And we welcome suggestions for improved descriptions).

Encounter Groups: The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing in their statements and instead talk about their feelings and perceptions. Generally, in Esalen encounter groups, participants are encouraged and helped to express their feelings about themselves and other members of the group through nonverbal as well as verbal means. There is often an emphasis on eliciting emotions which lead to positive or negative confrontation between participants; the point is to allow participants to explore and work through such emotions rather than retreat from them. The focus of encounter groups is on exploring interpersonal relations, and the expression and exploration of self through interpersonal relations ("the between and the within"). Techniques and approaches such as gestalt therapy, sensory awareness and those exploring fantasy and inner imagery may be added to the basic encounter situation.

Gestalt Training: Participants meet in a group of between eight and twenty, or more, always with a leader. Generally, the leader works with one person at a time, while other members observe or participate minimally, as compared with, for example, encounter groups. The aim of gestalt training is to increase a person's awareness of the instant moment and to further, thereby, his personality integration by having him acknowledge his responsibility for how he exists at any given moment. Emphasis is placed on having a participant explore his dreams, fantasies, expectations, gestures, voice and other aspects of personal functioning, by enacting them before the group. By so doing he becomes aware of the unity of his organism — mind, body, emotions and feelings.

Sensory Awakening and Sensory Awareness: The focus of these disciplines is on the body. The leader directs the group in a series of exercises designed to broaden and deepen the participant's awareness of his sensory existence, including awareness of his own body, nature and energy. Occasionally this is followed by encounter-style discussion of the participants' experience, but the emphasis, in any case, is nonverbal.

Meditation: Participants in meditation exercises generally meet in groups, but the focus of meditation is inward. The leader directs the group in exercises and then the group members may share their experiences. Meditation exercises are usually mental, though some forms of moving meditation, such as *t'ai chi chuan*, involve a concentrated awareness on the movements of the body. The aim of meditation is to break through ordinary consciousness to various levels of being, ranging from relaxed but alert awareness of self to the deepest levels of mystical experience in which the identity of self and cosmos become apparent.

ESALEN EAST COAST WEEKEND

Esalen is presenting a weekend in New York featuring many of its outstanding leaders, theoreticians, and philosophers. Proceeds from the weekend will go to research and development and to the Claire Nelson Scholarship Fund; all program leaders are donating their services.

The Benefit will be held April 16, 17 and 18 at the Hotel Diplomat, 108 West 43rd Street, New York. The program includes a look at encounter, sensory awakening, gestalt therapy, meditation, psychosynthesis, the Alexander method, communication in couples, body therapies, fantasy — and discussions of altered states of consciousness, affective education, brain wa[illegible]onditioning, research into the paranormal, the potential tyranny of encounter grou[illegible]ct[illegible]ration, mysticism and psychology, environmental and life design.

FRIDAY NIGHT

(All programs begin at 9 or 11 p.m.)

WILLIAM C. SCHUTZ, Ph.D.
Open Encounter and The Encounter Culture
Experiential Sessions; 9-10:30 p.m.

GEORGE I. BROWN, Ph.D.
Esalen and Education
Experiential Session; 9-10:30 p.m.

JOSEPH CAMPBELL
Myths of Alienation and Rapture
Lecture-Discussion; 9-10:30 p.m.

JULIAN SILVERMAN, Ph.D.
Research at Esalen Institute
Discussion; 9-10:30 p.m.

LAWRENCE LeSHAN, Ph.D.
Psychic Healing
Discussion; 9-10:30 p.m.

FRANK HARONIAN, Ph.D.
DANIEL I. MALAMUD, Ph.D.
Psychosynthesis:
New Directions in Personal, Inter-Personal and Transpersonal Explorations.
Discussion-Demonstration; 9-10:30 p.m.

GEORGE LEONARD
The Inevitable Transformation of Mankind
Lecture-Discussion-Experience; 11 p.m.-1 a.m.

JOHN LILLY, M.D.
Mental Health: Continuous Satori-Sa[illegible]
Lecture-Demonstration-Experience;
11 p.m.-1 a.m.

JANET[illegible]ERMAN
Discov[illegible]rough Gestalt Awareness
Experien[illegible]ssion; 11 p.m.-1 a.m.

JOE K. AD[illegible] Ph.D.
Groups & [illegible]nnibals:
Potential [illegible] of Encounter
Lectu[illegible]; 11 p.m.-1 a.m.

ILANA RUBEN[illegible]D
The Alexander [illegible]chnique
Lecture-Demonstration; 11 p.m.-1 a.m.

RICHARD FARSON, Ph.D.
Behavioral Science and Urban Design
Conversation; 11 p.m.-1 a.m.

SATURDAY (Morn[illegible])

BETTY FULLER
Encounter for Couples
Experiential Session; 10 a.m.-12:30 p.[illegible]

BERNARD GUNTHER
What To Do Till The Messiah Comes:
Sensory Awakening
Experiential Session; 10 a.m.-12:30 p.m.

JOHN LILLY, M.D.
Mental Health: Continuous Satori-Samadhi
Lecture-Demonstration; 10 a.m.-12:30 p.m.

ROBERT ORNSTEIN, Ph.D.
The Psychology of Meditation
Discussion-Demonstration-Experience;
10 a.m.-12:30 p.m.

JANET LEDERMAN GEORGE I. BROWN, Ph.D.
Gestalt Therapy and Education
Experiential Session; 10 a.m.-12:30 p.m.

JOHN HEIDER, Ph.D.
Esalen Residential Program
Conversation; 10 a.m.-12:30 p.m.

WILLIAM C. SCHUTZ, Ph.D.
Open En[illegible]d the Encounter
Ex[illegible]erientia[illegible] 2-4:30 p.m.

[illegible]
[illegible]ern Religi[illegible]ntemporary Psycholo[illegible]
[illegible]ussion-Ex[illegible] Session; 2-4:30 p.m.

F[illegible]K HARONI[illegible], Ph.D.
DA[illegible]L I. MALAMUD, Ph.D.
P[illegible]osynthesis: New Directions in Personal,
In[illegible]Personal and Transpersonal Explorations
Exp[illegible]ential Session; 2-4:30 p.m.

IDA ROLF, Ph.D.
Structural Integration
Lecture-Demonstration; 2-4:30 p.m.

JULIAN SILVERMAN, Ph.D.
Research at Esalen Institute
Discussion; 2-4:30 p.m.

JOE K. ADAMS, Ph.D.
Groups & Other Cannibals: Potential
Tyranny of Encounter
Conversation; 2-4:30 p.m.

BEST COPY AVAILABLE

SUNDAY (Morning and Afternoon)

ALAN WATTS
Aquarian Age Religious Service
Experiential Session; 10 a.m.-12:30 p.m.

HARVEY COX, Ph.D. SAM KEEN, Ph.D.
RICHARD RUBENSTEIN, Ph.D.
Sunday Morning Service
Experiential Session; 10 a.m.-12:30 p.m.

N HEIDER, Ph.D.
ntiers of Encounter Technique
eriential Session; 10 a.m.-12:30 p.m.

RNSTEIN, Ph.D.
ave Research
l of Consciousnes
Lec Discussion; 10 a.m. p.m.

IDA ROLF, Ph.D.
Structural Integration
Lecture-Demonstration; p.m.

FRANK RUBENFELD, Ph.D.
Gestalt Therapy
Demonstration-Discussion;
10 a.m.-12:30 p.m.

BERNARD GUNTHER
What To Do Till The Messiah Comes:
Sensory Awakening
Experiential Session; 2-4:30 p.m.

GEORGE LEONARD
The Inevitable Transformation of Mankind
Lecture-Discussion-Experience; 2-4:30 p.m.

BETTY FULLER
Encounter:
Responsibility and Freedom to Choose
Experiential Session; 2-4:30 p.m.

MICHAEL MURPHY
RICHARD FARSON, Ph.D.
Desig Revolution & Consciousness Revolution
Disc n; 2-4:30 p.m.

JOHN M.D.
Bioener Illne Health
Discussio ation; 2-4:

LAWRENC Ph.D.
Psychic ing
Discussion; 2-4

Please send me the following tickets:
____ @ $75. for complete weekend
____ @ $25.0 Friday night
____ @ $35.00 ll day Saturday
____ @ $35.00 day Sunday

ke checks payab
Esalen Benefit and mail to:
alen Benefit,
Box 739, New York City, N.Y. 10010.
cost of the tickets is tax deductible.

Name
Add
City State Zip

TICKET INFORMATION: Complete Weekend (six sessions — Friday night, all day Sat. & Sun.): $[illegible].00. Complete Friday night: $25.00; All day Saturday: $35.00; All day Sunday: $35.00. Tickets are not available for half days. Costs do not include room and board.
MAIL ORDER: Please return attached coupon or write to: Esalen Weekend, P.O. Box 739, New York 10010. Mail orders will be filled immediately until April 9th. They will be returned to sender, unopened, after April 9th.

DIRECT PURCHASE: Anthos, 24 East 22nd St., New York (Mon. thru Fri., noon till 6)

FURTHER TICKET INFORMATION: Call Esalen Weekend, (212) 260-0909. Tickets will also be sold at the door, at the Hotel Diplomat, Friday, April 16, if still available.
The price of tickets is tax deductible. Please make all checks payable to Esalen Benefit. This year we cannot accept deposits or deferred payments. Because of heavy demand, sales will be on a first-come, first-served basis.

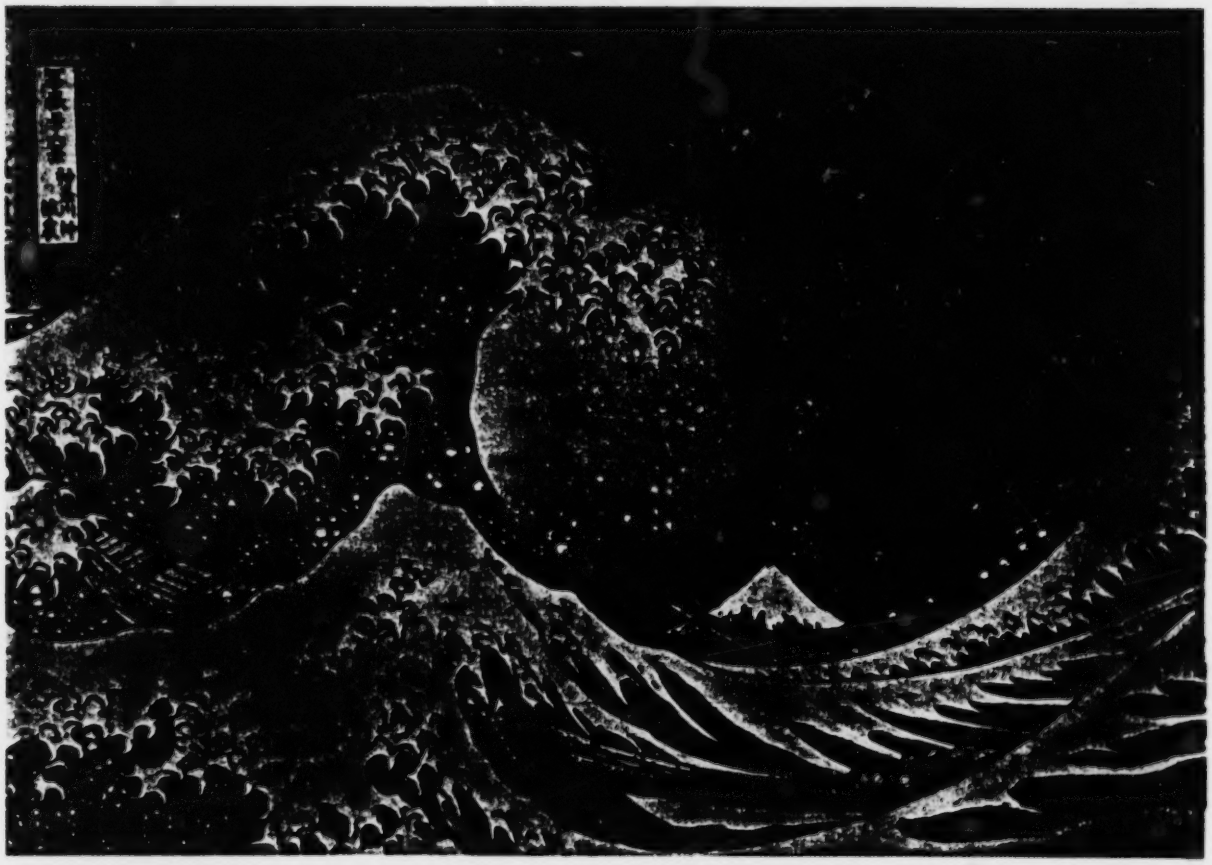
REFUNDS: Refunds will be made only if tickets are received by the Benefit Committee at P.O. Box 739, New York 10010, before April 13th.

STUDENT TICKETS: Students will be admitted at a 20% reduction upon presentation of proper student identification. Student tickets will be sold at the door only, Friday, April 16, providing space is available.

NOTE: Purchase of a ticket for the weekend or any part of it entitles the purchaser to attend events during that time period subject to available particular space. If you wish to hear a particular speaker at a particular time you will be admitted on a first-come, first-served basis. We are unable to provide pre-registration.

CLOTHING: Wear loose, comfortable clothes; slacks advised for women.

Big Sur Programs



LONG TERM PROGRAMS IN BIG SUR

Esalen Institute/Big Sur will continue its emphasis on longer term programs, with hopes of distilling and developing the most promising approaches that have come to us in the past years. Special effort will be made to provide growth experience for those already professionally involved in the fields of education, religion, social work and mental health. Such persons will be given preference in most programs. Approximately 12 hours of work per week in the kitchen, garden and grounds are required in all programs of two weeks duration or longer at Esalen Institute. Programs at the South Coast Center require six hours per week from all participants.

RESIDENCE PROGRAM

Selection for the four-month Residence Program, September 19-December 31, 1971, will be made from participants in the shorter programs during the year. Program leaders will be William Schutz and Betty Fuller. Write Fall Residence Program, Esalen Institute, Big Sur for further information.

In addition to the scheduled Residence Program, an intensive long-term program may be initiated by an individual according to his interests and needs, chosen from among the continuing one-, two- and four-week workshops. No selection process is required for such programs unless specified.

ESALEN PROGRAMS AT SOUTH COAST CENTER

Beginning May 2, Esalen is scheduling additional week-long programs at South Coast Lodge, one and a half miles north of Esalen Institute on Highway One. Meeting rooms, sleeping accommodations and meals are provided at South Coast. Participants are free to use the facilities at Esalen (hot baths and pool) in addition to use of the pool and sauna at South Coast itself. The programs at South Coast include community work of about six hours a week in the kitchen and grounds.

ONE-WEEK PROGRAMS WITH THE ESALEN STAFF

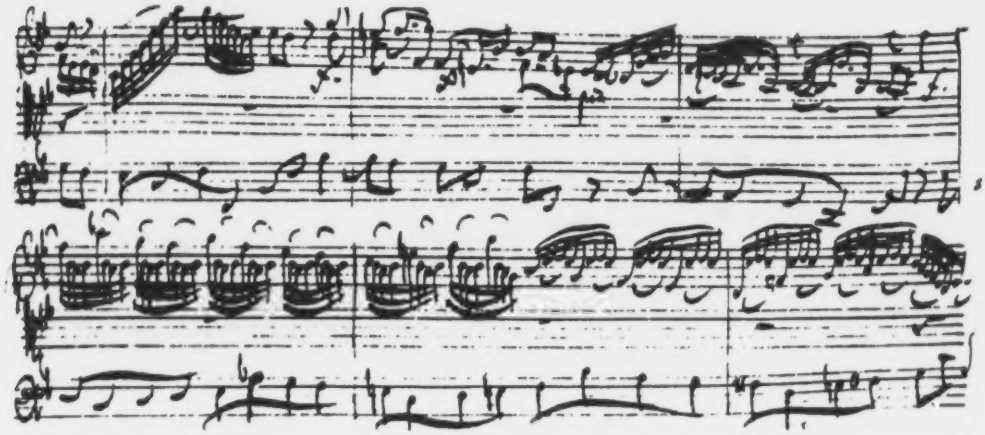
The programs listed below will be led by members of the Esalen staff at the South Coast Center. *See page 13 for staff listings and general description of one-week programs.*

May 2-8	Encounter and Body Awareness	June 6-12	Open Gestalt
May 9-15	Open Gestalt	June 13-19	Open Gestalt
May 16-22	Experience of Esalen	June 27-July 3	Experience of Esalen
May 30-June 5	Gestalt and Body Awareness	July 4-10	Encounter for Couples
June 6-12	Encounter		

$220 per person.

May 23-29 A WEEK WORKSHOP FOR COUPLES Betty Fuller

In this workshop couples will endeavor to focus on the man-woman relationship, to encounter the person behind each partner's projection, to clear lines of communication and to establish openness and honesty as a base for relating. Encounter, gestalt, massage, sense awareness and other approaches that promote individual growth and stimulate, strengthen and enrich the couple's relationship will be used.
$500 per couple.



June 13-19 THE SENSORY DIMENSION Robert Cromey

Bob Cromey writes: "In this workshop I want to relate some new categories with some old. My thesis is that encounter equals confession and forgiveness; bathing in the mineral baths equals baptism; massage equals laying on of hands and unction; yoga and meditation equals prayer; the sensory dimension of bread and wine equals mass and communion; movement and dance equals liturgical forms. I would like active church people and people turned off to religion to join together to see if the sensory dimension of these practices take on new meaning when related to the experiences of the human potential movement. The workshop will consist of encounter, massage, the baths, ceremonies, yoga, meditation and the dance. There will be some time for reflection on what takes place."
$220 per person.

June 20-26 A WEEK WORKSHOP FOR COUPLES Betty Fuller

See program description above for this workshop.

 For Biographies, see pp. 34-37

PROGRAMS WITH THE ESALEN STAFF

The four-week, two-week and one-week programs listed below will be led by members of the Esalen staff and by visiting teachers and group leaders. Esalen/San Francisco staff will also be drawn upon.

Big Sur Staff includes: Debbie Carson, Roberta DeLong, Al Drucker, Ann Heider, Jack Hurley, Rae Hurley, Alexis Johnson, Lynn Johnson, Mary Ellen Klee, Theodora Lyon, Hector Prestera, Richard Price, Carole Rosenblatt, Gabrielle Roth, William Schutz, Julian Silverman, Gerald Thatcher and Sharon Wheeler.

The following staff have been studying in a Sufi-oriented training program in Arica, Chile: John Bleibtreu, Seymour Carter, Jack Downing, John Lilly, Claudio Naranjo and Steven Stroud. Their return is anticipated in May or June. John Heider will be on study leave for most of 1971.

Robert Martin of the Gestalt Therapy Institute of Los Angeles will be in residence the month of May.

FOUR-WEEK WORKSHOPS

June 6-July 3
FREEING THE BODY

This workshop will take the participant from where he *is* in his body, via available body disciplines, to as free a body as one month of extensive work can accomplish. Sessions will include massage training, so that each group member will be able to give and to receive freely. The Rolf method of structural integration will be a major avenue for freeing the body. Each participant will receive three individual hours. In addition, there will be sessions emphasizing the principles outlined by Wilhelm Reich, as well as movement, *t'ai chi chuan*, yoga and other body experiences. Finally, there will be weekly group meetings directed toward integrating the total experience using gestalt and encounter.
$875 per person. $400 nonrefundable deposit required with reservation.

July 4-31
GESTALT AND STRUCTURAL INTEGRATION

Psychological dis-ease and physical tension are two aspects of one phenomenon. Gestalt training is an awareness-centered, integrative process concentrating on *How* and *Now* rather than *Why* and *Fantasy* of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own unused potential. Structural integration (rolfing) while producing actual physical change, also facilitates direct perception of body process in relation to emotional pressure and release. Each participant will receive three rolf treatments as part of this workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working professionally with groups (teachers, ministers, psychologists, etc.)
$875 per person. $400 nonrefundable deposit required with reservation.

TWO-WEEK OPEN RESIDENCE PROGRAMS

These programs will center on encounter and gestalt-oriented work. Each two-week period will include additional opportunities in other experiential areas (such as bio-energetics, movement, massage and sensory awakening), depending on group interest and leader availability. All workshops will have a structural integration (rolfing) demonstration; individual sessions will be available at extra cost. Insights growing out of the four-month Fall Residence Program will also be incorporated into these workshops, as will aspects of the Arica Training.

April 4-17	May 30-June 12
April 18-May 1	June 13-26
May 16-29	June 27-July 10

$450 per person for each two-week period.

ONE-WEEK PROGRAMS WITH THE ESALEN STAFF

These week-long programs will be led by Esalen staff members and will combine two and sometimes more of the areas of work in which Esalen is involved. Emphasis is directed toward the first of the disciplines when two are indicated (e.g. Encounter and Movement). When only one is named (e.g., Open Gestalt), introduction will be given to at least one other area according to group interest and leader availability.

March 28-April 3	Experience of Esalen
April 4-10	Open Gestalt
April 11-17	Encounter and Massage
April 18-24	Encounter
April 18-24	Open Gestalt and Body Awareness
April 25-May 1	Open Gestalt and Movement
April 25-May 1	Encounter
May 2-8	Movement and Massage
May 2-8	Open Gestalt
May 9-15	Experience of Esalen
May 16-22	Encounter and Massage
May 16-22	Open Gestalt
May 23-29	Encounter and Body Awareness
May 23-29	Gestalt and Massage
May 30-June 5	Encounter
June 6-12	Experience of Esalen
June 13-19	Encounter and Body Awareness
June 20-26	Movement and Massage
June 20-26	Open Gestalt

$240 per person for each one-week period.

Encounter is grounded in directness, openness and honesty. Group leaders integrate a variety of approaches developed or refined at Esalen to help participants to be more aware of what is real for them, how they feel, what they feel about others and how others experience them.

Gestalt Training is an awareness-centered, integrative process. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own unused potential. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

Movement, Massage and other body awareness work centers not on technique but on increased awareness of that which flows spontaneously from the organism of an individual and of a group.

Experience of Esalen programs join staff members and participants in an experience of each other and of the Institute, surrounded only by as much structure as the group wishes to create. Each member may choose to join a group or not, as he wishes; individual choices can go from intense encounter to silent meditation. No two Experience of Esalen workshops are alike, since the mix of staff resource availabilities and interests of group members varies with each workshop. Among the offerings are encounter, gestalt dream work, massage instruction, meditation, yoga, instruction in arts and crafts, Rolf treatments, body awareness, movement and astrology. Rolf treatments and massage are available only at extra cost; inquire when making reservations.

PROGRAMS AT ESALEN INSTITUTE

April 4-9 5-Day Workshop
MEDITATION IN ACTION Charlotte Selver and Charles Brooks

Charlotte Selver and Charles V. W. Brooks are pioneers in work which is now commonly known as sensory awareness, nonverbal communication, sensory awakening and other titles. In describing this workshop, and the one that follows April 11-16, they write: "These workshops will explore direct experience, which as it becomes clearer and stronger, will slowly burn away the screen of concepts and restrictions which our conditioning has interposed between ourselves and living. As our innate perceptive faculties are reawakened through successive experiences to which we learn to devote ever greater attention, consciousness expands to wider and deeper realms, the regenerative and integrative functions of the organism begin to flower again as they did in childhood, and a new approach to every facet of living becomes a real possibility."
This workshop is primarily for those with no previous experience in this type of work and will serve as an introduction for those who also wish to attend the five-day workshop immediately following.
$255 per person.

 For Biographies, see pp. 34-37

April 11-16 5-Day Workshop
BEING ALL THERE Charlotte Selver and Charles Brooks

The general intent and direction of this workshop is indicated in the program description on the previous page for "Meditation in Action". This workshop is intended primarily for those with some experience in work related to sensory awareness as practiced by Miss Selver, or for persons who also participated in the April 11-16 or March workshops of Selver and Brooks.
$255 per person.

April 18-24 One-Week Workshop
AWARENESS TRAINING FOR THE HEALTH PROFESSIONS Jack Rosenberg, DDS

This workshop is designed for people in the health professions — dental, medical and allied fields, including nurses, technicians, and assistants; spouses are particularly encouraged to attend.
A factor in health care, often forgotten, is the health of those who provide care for others, much as the cobbler is the last to get shoes. The purpose of this workshop is to allow the health professional to take time to explore and take stock of his direction in both aspects of a professional person's life — his practice and his inner life — in hopes of developing a deeper significance, awareness and pleasure in both. Gestalt and body awareness, with videotape feedback, will be used. Participants will be shown ways to apply gestalt awareness techniques to their practice, as well as the technique for treatment of fixed muscular patterning of facial expression. Sessions in hatha yoga and movement expression will be included.
$280 per person.

April 25-30 5-Day Workshop
BODYMIND William C. Schutz

The intimate connections between feelings, thoughts, interpersonal behavior and body states is beginning to unfold. The effects of feelings on the body and of body aberrations on feelings, thoughts and relations will be explored, aiming at a better understanding of each person's own body messages. The principle of the "sins of the fathers" (if a problem is not resolved at one level of organization, it must be dealt with by the next lower level) will be investigated.
$275 per person.

May 2-15 Two-Week Workshop
OPEN GESTALT THERAPY WORKSHOP
James S. Simkin

Gestalt therapy, by emphasizing the awareness continuum of oneself and the world, is a way (Tao) of living and enhancing one's experience. It is non-analytic. It attempts to integrate the fragmented, split personality through non-interpretive focusing in the here-and-now.
Gestalt therapists believe that people *can* change their behavior only if they are aware (responsible) of what and how they do what they do. The Aristotelian why-because "game" is rejected as another avoidance technique (phobic behavior).
Each person will have an opportunity to experience individual sessions with Dr. Simkin, and participate in group gestalt therapy exercises. Limited to 20 participants.
$550 per person.

May 9-15 One-Week Workshop
WORDS, FEELINGS AND THE BODY Bernard Gunther

This experimental workshop will include new approaches to awareness, verbal and nonverbal communication, sensory encounter, body role playing, meditation, massage and the mineral baths as methods for increasing energy, and decreasing the illusory split between mind and body, words and feelings.
$260 per person.

May 16-22 One-Week Workshop
BODY AWARENESS AND THE SENSE OF BEING Ed Maupin

The sense of reality, pleasure and coherence in what we do depends on our not being alienated from ourselves as bodies. Even relating to other people requires that we be someone in this sense. In this workshop, a variety of approaches — sensory awareness, movement, material drawn from the Rolf method and from several yoga traditions — are used to awaken a sense of self more primary than ideas, definitions, fantasies. The increased body awareness is then used to explore possibilities for more profound contact with other people, greater aesthetic response and a more creative use of the imagination. Bring sweat pants or leotards.
$280 per person.

May 23-29 One-Week Workshop
GUILD OF HANDS WORKSHOP Tony Wagner, Craft Director and the Craft Staff

The "Barn" has traditionally been the artists' center at Esalen and for many years staff members have made it their studio. Recently Esalen's craftsmen began an ongoing program offering such diverse arts as leatherwork, welding, woodcarving and woodcut prints, batiking, macrame, jewelry, *ojos de Dios*, tie-dying, photography, ceramics and forging. Participants in this workshop will learn various crafts and will have access to the barn's facilities all day, every day, after-dinner hours included.
$240 per person.

May 30-June 4 5-Day Workshop
ART OF EMOTIONAL NOURISHMENT: SELF-INDUCED LONELINESS Jerry Greenwald

This workshop will focus on enhancing awareness of the nourishing and toxic attitudes and behavior patterns of each participant as these are directed inwardly towards himself and outwardly in his relating to others. Each participant may work on any kind of difficulties he feels hinders his joy and growth in the here-and-now of his existence; e.g., letting go of obsolete relationships, diminishing phobic attitudes and other behavior patterns which hamper fuller realization of potentials. Attention will be particularly focused on self-generated patterns of loneliness.
$235 per person.

May 30-June 5 One-Week Workshop
MASSAGE AND MOVEMENT Gabrielle Roth

Miss Roth describes this program as follows: "As we are, so we move and touch: spontaneous or restricted, flowing or tense, open or inhibited. The combination of massage and movement techniques offers a unique experience for becoming aware of our own movement and how it flows outward into the bodies of others. As we make these physical discoveries we can begin to allow our naturalness in terms of gesture, feeling, movement and touch to be expressed."
$240 per person.

June 27-July 3 One-Week Workshop
BOB & JOSE & JIM & CHARLEY Robert Ornstein, Jose Arguelles, James Fadiman, Charles Tart

A new conception of man's capacities is forming in psychology, art, physiology, philosophy and in an understanding of older esoteric disciplines.
The program leaders reflect this new understanding in various facets. In the use of mandala, in the significance of the I Ching, in psychosynthesis, in understanding paranormal phenomena, in physiological feedback training, meditation and stories of the Sufi tradition. Participants will have the opportunity both to experience many of these techniques and, additionally, to relate them to their current life and professional situations.
$260 per person.

July 4-10 One-Week Workshop
LIFE ENERGY Robert Nadeau

This workshop will consist of a wide variety of energy-freeing and energy-producing exercises. The intent of these exercises is to make each participant familiar with life energy so that he may use it as a tool for higher awareness. Some of the basic ideas and disciplines to be covered are energy flow and energy awareness, energy and its use in spiritual growth and in healing, and centering and the development of center. Participants will explore the relation of a free flow of energy to relaxation, calmness, attitude and mental concentration, centering and moving from center, direct perception of energy and transferring energy to others.
$260 per person.

 For Biographies, see pp. 34-37

BIG SUR INFORMATION

GROUNDS ARE CLOSED EXCEPT BY RESERVATION. Participants are discouraged from bringing guests or having people drop in.

SCHEDULES: 5-day programs begin with dinner on Sunday evening, with the last session on Friday morning; check-out time is 12 noon on Friday. One-week programs begin with dinner on Sunday. The last session will usually be the following Saturday morning. 2-week and 3-week programs begin with Sunday dinner. The final session is usually Saturday morning, with some programs ending Friday morning of the last week. Check-out time is noon of the final Saturday for all programs, except 5-day programs, when check-out is noon Friday.

COSTS: The rooms of Esalen property are designed for shared occupancy (2 or 3 to a room), and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. Program cost covers tuition, food and lodging, use of the fresh-water pool and hot mineral baths. Massage, available by appointment, is extra.

OWN ACCOMMODATIONS: Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodgings in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property — in tents, cars, campers or meeting rooms — is strictly prohibited.

CHECK IN/CHECK OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening. However, this does not prevent guests from arriving earlier in the afternoon. Check-out time is before noon on the last day of the program; since most last morning programs run up to noon or later, guests should arrange to have their rooms vacated before the last morning session.

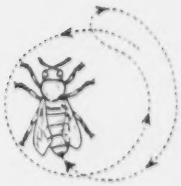
CHILDREN AND PETS: There are no child care facilities available at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Alas, no pets.

RESERVATIONS: must be made at least one week prior to the first day of the program. Accompanying the reservation deposits are required as follows: $70 for one-week and 5-day programs; $200 for 2-week programs; and $300 for 3-week programs. Deposits are non-refundable but may be transferred with ten days notice. Please mail reservation form with check to: Reservation Desk, Esalen Institute, Big Sur, California 93920. Do not send Big Sur reservations to San Francisco. Balance of payment is due on arrival.

FOREIGN CURRENCY: Esalen can only accept checks drawn on U.S. funds. For our Canadian participants: most Canadian banks can furnish checks drawn in U.S. funds.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name. From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute — Reservations Only. The South Coast Center is 1½ miles north of Esalen Institute.

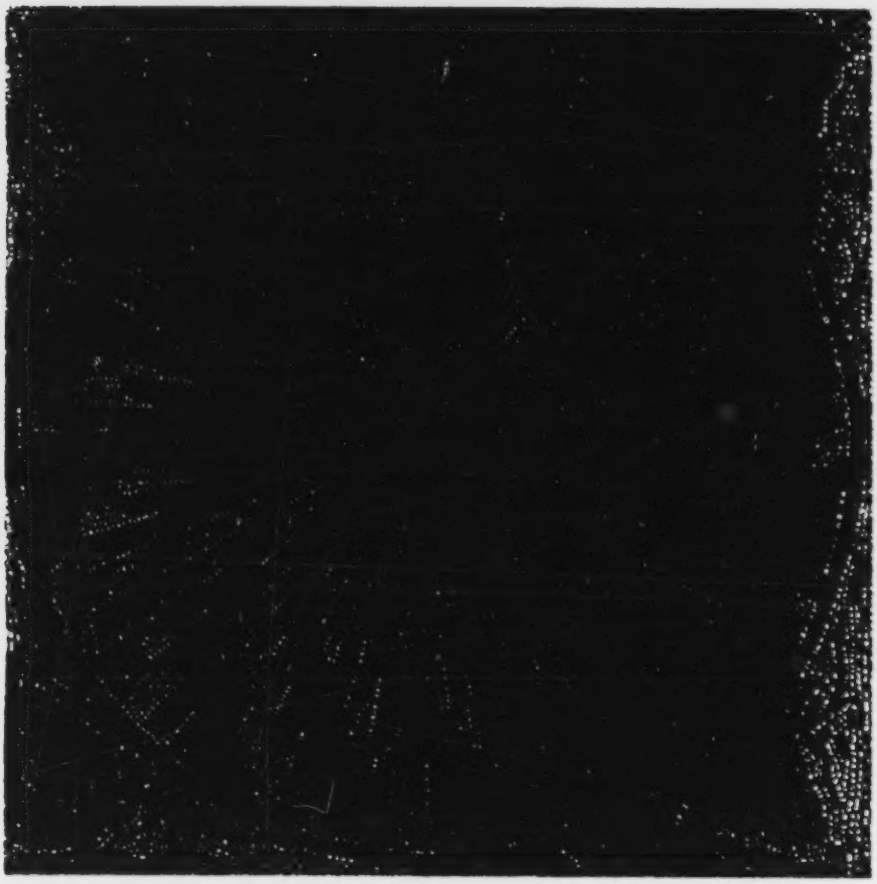
LIMOUSINE SERVICE from Monterey: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $15 per person from Monterey airport or Greyhound terminal, with 3 to 5 days advance notice. On arrival, guests should inquire at terminal service for the Esalen representative.



RIDES from San Francisco Bay Area: If you NEED a ride or can OFFER a ride to Big Sur, please call this San Francisco phone number — 771-1710 — and leave your name and phone number. This should be done from 3 to 5 days before the date you will be leaving for Big Sur. Unfortunately, this service cannot be offered for any other area.

RECOMMENDED DRESS: Slacks, sweaters, jeans, flat shoes for women, bathing suits for outdoor pool. Since there are many activities at night and the grounds are not brightly lighted, please bring a flashlight for your own convenience and safety.

San Francisco Programs



EXTENDED GROWTH PROGRAM

(Robert Cromey, Director)

The second intensive six-month personal growth program in the San Francisco Bay Area will be coordinated and led by Robert Cromey. Similar to other extended Esalen programs, it provides an exposure to many disciplines . . . but, unlike residence programs, it allows participants to remain in an urban setting, living and working in their own real environment. The program combines a selected schedule of workshops with ongoing small group work under the direction of an experienced facilitator, allowing participants to undertake a genuine integration of their workshop experience into their everyday lives.

The Extended Growth Program consists of the following, all in the San Francisco area: two *five-day residential* (live-in) encounter groups with Robert Cromey (April 5-9 and Sept. 27-Oct.1), and six weekend programs to be selected by participants according to individual interest and need from regularly scheduled workshops during the April-to-September period. In addition, the group will work with Mr. Cromey continually, over the entire program period, to integrate workshop experiences into daily life and to ground developing personal insights in a more sensitive, open and honest life style. These meetings will take place at mutually convenient times — weekday evenings, weekends or other times which the group selects.

Selection for the Extended Growth Program will be made by interview with Esalen staff at the San Francisco office during the period March 1 through April 2. The group is limited to 14 persons. Cost is $850 (including room and meals at the two residential workshops). Nonrefundable deposit of $250 is payable upon selection: balance is due at mid-May, except by special arrangement at the time of selection. Scholarship funds are available under the general Esalen scholarship policy. *(See page 6)*. Write or call the San Francisco office for further information.

For Biographies, see pp. 34-37

RESIDENTIAL PROGRAMS

Esalen/San Francisco is offering a limited number of residential weekend and five-day workshops in the Bay Area. There are no longer any weekend programs at Big Sur and many persons from out-of-town, as well as local residents, want the benefit of a short-term, live-in program. The scheduled workshops listed below will be held at a large conference center and retreat in Mill Valley (Marin County) or at a conference center in the East Bay; exact location will be included with registration confirmation or you may write or call the San Francisco office for advance information. Program cost, listed separately under each workshop description, includes tuition, food and lodging (shared occupancy only, no private accommodations available).
Weekend workshops begin at 8 p.m. Friday (no supper served) and conclude with Sunday lunch.
5-day workshops begin at 10 a.m. Monday and end with Friday lunch.

The following is our spring schedule of residential workshops:

April 19-23:	Movement, Energy and Sound, with Gabrielle Roth & Ann Armstrong *(See page 24)*.
April 23-25:	Introduction to Esalen, with the Esalen Staff *(See below and next page)*.
	Breathing and Awareness, with Magda Proskauer *(See page 25)*.
May 21-23:	Introduction to Esalen, with the Esalen Staff *(See below and next page)*.
	Education for Rebirth, with Dane Rudhyar, Jose & Miriam Arguelles *(See page 28)*.
May 28-31:	Esalen Staff Encounter, with Pamela Portugal *(See below and next page)*.
May 29-31:	Massage Workshop, with Larry Frantz, George Downing & Eva Jalkotsky *(See page 29)*.
June 4-6:	Encounter for Singles, with Robert Cromey *(See page 30)*.
June 4-6:	Experiences for the Mind's Eye, Robert McKim *(See page 30)*.
June 18-20:	Introduction to Esalen, with the Esalen Staff *(See below and next page)*.
June 25-27:	Reality and Illusion (Part 1), with George & Judith Brown *(See page 32)*.
July 2-5:	The Language of Movement, with Gabrielle Roth *(See page 32)*.

ENCOUNTER PROGRAMS

A wide variety of encounter programs is listed on the next page. They are led by an experienced group of leaders trained and associated with William C. Schutz. All leaders have completed Residence Programs and are working to develop more highly integrative approaches in the general field of encounter, incorporating the techniques and insights of other disciplines: nonverbal, gestalt and fantasy methods, meditation, massage and creativity techniques. While no two programs will incorporate exactly the same methods, the goal of all such groups is a more dynamic and positive life experience which is grounded in openness and honesty and which allows the exploration of individual freedom in a supportive context.

INTRODUCTION TO ESALEN PROGRAMS

These programs — evening, one-day and weekend — are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups. Workshop leaders will be drawn from a group including Betty Fuller, Tom Allen, Seymour Carter, Robert Cromey, Jacqueline Doyle, Al Drucker, John Heider, Pamela Portugal and Helen Stephens.

EVENING INTRODUCTIONS TO ESALEN

Working in small group sessions as well as large, participants will have introduction to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring pillow for easy sitting. $5 general; $3 student. 7 to 11 p.m.
April 21: *Millberry Union, UC Medical Center, 3rd Ave. & Parnassus, San Francisco.*
May 13, June 7, June 30: *First Unitarian Church, Franklin & Geary Streets, San Francisco.*

SINGLE-DAY ENCOUNTER

An intensive day of group work, along the lines of evening introductory programs, with the additional advantage of more hours, shared mealtimes and some leisure moments. Leaders will work with small groups.
Programs run from 10 a.m. to 6 p.m. Workshop location to be announced at time of registration. Bring your own lunch. $15 per person. April 10, May 15, June 12.

WEEKEND INTRODUCTIONS TO ESALEN

Incorporating a wide variety of approaches, group leaders will work with participants in large groups and sub-groups. These are *residential* programs, beginning at 8 p.m. Friday (no supper) and ending after lunch on Sunday. $65 per person, including room and meals. April 23-25, May 21-23, June 18-20.

ENCOUNTER PROGRAMS WITH THE ESALEN STAFF

These encounter programs, led by members of the Esalen Staff, are for persons with or without prior group experience. Some programs have a special emphasis, as noted.

April 9-11 INTENSIVE GROUP EXPERIENCE Helen Stephens
Limited to persons with some previous group experience. Begins 8 p.m., Friday. $45 per person.

May 3-31 AN ENCOUNTER SERIES Robert Cromey
Five Monday meetings, 8 to 11 p.m. $45 per person. *See also page 21.*

May 7-9 ESALEN STAFF ENCOUNTER Helen Stephens
Begins 8 p.m. Friday. $45 per person.

May 28-31 ESALEN STAFF ENCOUNTER Pamela Portugal
A residential, three-day extended encounter workshop. Begins 8 p.m., Friday and ends following lunch, Monday. $90 per person, including room and meals.

June 1-July 6 AN ENCOUNTER SERIES Betty Fuller
Five Tuesday meetings, 7:30 to 11 p.m. (No session June 22). $60 per person. *See also page 22.*

June 4-6 ENCOUNTER WORKSHOP FOR SINGLES Robert Cromey
A residential weekend program, based on encounter methods, for unattached singles. Begins 8 p.m., June 4. $65 per person. *See also page 30.*

June 11-13 ART EXPRESSION AND ENCOUNTER Tom Allen
Art, movement, sensory awareness and fantasy are ways to deepen awareness. As part of the encounter experience, they offer increased interpersonal contact and a more profound realization of self. Begins 8 p.m., Friday. $45 per person.

July 2-4 ESALEN STAFF ENCOUNTER
Begins 8 p.m., Friday. $45 per person.

 For Biographies, see pp. 34-37

GESTALT WORKSHOPS

Gestalt training is an awareness-centered integrative process concentrating on *how* and *now*, rather than *why* and *fantasy* of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own untapped potential. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

April 9-11 GESTALT WEEKEND FOR PROFESSIONALS Robert Resnick

A workshop for psychiatrists, psychologists, teachers, clergy, group leaders, social workers, etc. Begins 8 p.m., Friday. $55 per person.

April 17-18 ADVANCED GESTALT WEEKEND Eric Marcus

Although this workshop will emphasize gestalt training, body movement, sensory awareness, dance and art media will also be utilized. Focus will be on intensive depth experiences. Persons with some previous gestalt training and/or experience are preferred. 10 a.m. to 7 p.m., Saturday; 9 a.m. to 2 p.m., Sunday. $50 per person.

April 23-24 OPEN GESTALT WEEKEND Esly Barreras and Jerry Kogan

A workshop for persons with or without previous gestalt training or experience. 8 to 11 p.m., Friday; 10 a.m. to 8 p.m., Saturday. $45 per person.

May 5 THE PRACTICE OF AWARENESS: GESTALT EXERCISES FOR DAILY USE John Enright

An evening introduction to gestalt awareness training, emphasizing methods of tuning in to self and world that can be used in life situations. $3 general; $2 student, Wednesday. Milberry Union, U.C. Medical Center. 3rd Avenue and Parnassus, San Francisco.

May 7-9 THE GESTALT THEATRE OF THE SELF John Enright and Lynn Kaufman

We have in our repertoire right now all possible human roles, but we spend most of our time overusing a few of them and waste most of our energy holding back the remainder. During this weekend, theatre games will be used to evoke and energize some of these neglected parts of the self, play, or make a play, with them and use gestalt methods to integrate them, with the goal of having more roles fluidly available for life. Begins 8 p.m., Friday. $50 per person.

May 21-23 THE GESTALT APPROACH TO DREAMS Elaine Kepner

This workshop will focus on the dreams of participants, using methods of dreamwork developed by Fritz Perls. Begins 8 p.m., Friday. $50 per person.

May 27 INTRODUCTION TO GESTALT THERAPY Lois Brien and Elaine Kepner

An evening experience of gestalt methods with particular emphasis on their use with large groups. $3 general; $2 student. 8 to 10:30 p.m., Thursday. First Unitarian Church, Franklin and Geary Streets, San Francisco.

June 11-13 GESTALT WEEKEND FOR PROFESSIONALS Robert Resnick

A workshop for psychiatrists, psychologists, teachers, clergy, group leaders, social workers, etc. Begins 8 p.m., Friday. $55 per person.

June 18-19 ON BEING A WOMAN Cynthia Werthman and Estelle Resnick

A gestalt workshop for women only. 8 to 11 p.m., Friday; 10 a.m. to 10 p.m., Saturday. $50 per person.

June 21 INTRODUCTION TO GESTALT THERAPY Lois Brien and Elaine Kepner

An evening experience of gestalt methods with particular emphasis on their use with large groups. $3 general; $2 student. 8 to 10:30 p.m., Monday. First Unitarian Church, Franklin and Geary Streets, San Francisco.

June 25-27 OPEN GESTALT WEEKEND Lois Brien

A workshop for persons with or without previous gestalt training or experience. Begins 8 p.m., Friday. $45 per person.

CONTINUING WEEKLY PROGRAMS

April 8-29 Thursday Evenings
MASSAGE WORKSHOP John Ullman

Massage quiets the mind and soothes the spirit; it is a flow of energy, a means of intimate communication. Group members will learn how to give a massage and then practice at developing their own approach. Limited to 16 persons.
$40 per person. 7:30 to 10:30 p.m.
Four Thursday evenings, April 8-29.

April 13-June 29 An Extended Workshop Series
MASSAGE TRAINING Gunvar Jackson

Participants in this extended training workshop will receive instruction in massage techniques and will work to develop receptivity to touch, both giving and receiving. Relaxation, breathing and gestalt awareness exercises will be used to supplement thorough massage training. Gunvar Jackson writes: "The goal here is to teach that life is an act, not a thought. Action in life and our basic need for touch will be combined in the teaching of massage."
The course consists of twelve three-hour classes in massage, taught by Gunvar Jackson, and ten classes in human anatomy, taught by E. Jackson, M.D. Separate massage classes are scheduled for two groups, limited to eight participants each.

Group I: 1 to 4 p.m., twelve Tuesday afternoons, April 13-June 29.
Group II: 7 to 10 p.m., twelve Tuesday evenings, April 13-June 29.
Anatomy Class (for both groups): 7:30 to 9 p.m., ten Thursday evenings.

$260 per person. Nonrefundable deposit of $150 is required. Indicate whether Group I or Group II is preferred when registering.

April 14-June 9 Alternate Wednesday Evenings
PSYCHODRAMA SERIES Lewis and Donna Yablonsky

Psychodrama, involving the spontaneous acting-out of real personal and social situations, is one of the most effective and versatile of group interaction techniques. In these intensive pscyhodrama sessions, the group as a whole will be introduced to the basic roles of psychodrama — "protagonist", "auxiliary", and others. Each participant will be given the opportunity to become involved as actively and creatively as his own needs and preferences demand.
$50 per person. 8 to 10:30 p.m., five Wednesday eves, April 14, 28, May 12, 26, June 9.

May 3-31 Monday Evenings
ENCOUNTER WORKSHOP SERIES Robert Cromey

In this encounter series, people will be helped to see the restraints which they may have imposed on themselves which limit joy, growth and personal fulfillment.
$45 per person. 7:30 to 10:30 p.m., five Monday evenings, May 3-31.

May 6-27 Thursday Evenings
CULTURAL GESTALTS Joan McKenna

Man, in his religions, his cultures, his science, seeks the Universal. Ritual is a journey through perceptions of time and space through which we can experience ancient memories, dreams and understandings. This series will explore the texture and meaning of ritual in relationship to modern Western man.

Man Alone (May 6): Druidic, Teutonic, Judeo-Christian and Greek enactments, utilizing group energy, initiate the individual to his own freedom.

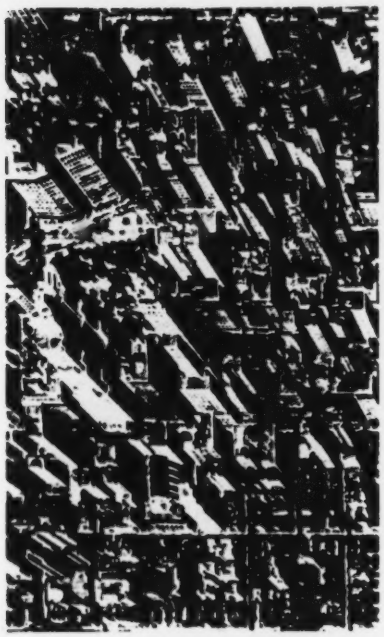
Two of You (May 13): Teutonic, Animistic and Celtic rituals provide the form to explore the Universal Man and Universal Woman in each of us.

Unto Each Other (May 20 and 27): Together, moving, feeling, even thinking, we are not separate. Cultural gestalts of Western origin provide confirmation of our commonality.
$35 per person. 8 to 10:30 p.m., four Thursday evenings, May 6-27.

For Biographies, see pp. 34-37

May 12-June 9 Wednesday Evenings
LIFE ENERGY: A WORKSHOP SERIES Robert Frager and Robert Nadeau

Each evening will consist of a wide variety of energy-freeing and energy-producing exercises. These evening workshops will form a coherent whole in which certain basic ideas and disciplines are covered in every session, but each evening will stress a different approach to energy. We will also expect a growing level of understanding and ability to use life energy at each successive evening. The real intent of these programs is to familiarize each person with energy, so that he may use it as a tool for higher awareness.
$25 per person. 7:30 to 10:30 p.m., five Wednesday evenings, May 12-June 9.
Tickets to individual sessions available at $6 per person per evening.



ENERGY FLOW (May 12): An introduction to energy. Participants will explore the relation of a free flow of energy to relaxation, calmness and mental concentration. Exercises will include relaxation, meditation and energy flow disciplines.

CENTERING AND LIFE ENERGY (May 19): A center in the body is important to be balanced in dealing with energies. The group will explore many movement exercises that teach moving and acting from center, and create a smooth, efficient, effective flow of energy.

ENERGY AWARENESS (May 26): Exercises in learning to become more directly aware of energy flow in oneself and in others. The session will stress the development of direct perception of energy, and the importance of concentration and attitude in the awareness of energy flow.

ENERGY AND ITS USE IN HEALING (June 2): This session will emphasize a deeper sensitivity and development of energy awareness. Transferring energy to another for healing purposes will be demonstrated.

ENERGY AND SPIRITUAL GROWTH (June 9): The group will explore and practice how to use energy properly in the spiritual dimension, how to approach and experience higher realms through energy and how to practice living in this dimension in terms of higher states of being.

June 1, 8, 15, 29, July 6 Tuesday Evenings
ENCOUNTER WORKSHOP SERIES Betty Fuller

During the five weekly meetings participants will explore their self-concepts and define the imagined limits they set to being more fully themselves. Within a supportive context, group members will give each other feedback, encourage acceptance of what is and the taking of appropriate risks to be who and what they want. The basic format will be encounter.
$60 per person. 7:30 to 11 p.m., five Tuesday evenings, June 1, 8, 15, 29, July 6.
(Note: No session June 22).

June 2, 9, 16, 30; July 7 Wednesday Evenings
COUPLES' SERIES Betty Fuller

During the five weekly sessions, couples will endeavor to focus on the man-woman relationship, to encounter the person behind each partner's projection, to clear lines of communication and to establish openness and honesty as a base for relating. Encounter, gestalt, massage, sense awareness and other approaches that promote individual growth and stimulate, strengthen and enrich the couples' relationship will be used.
$120 per couple ($40 deposit required). 7:30 to 11 p.m.
Five Wednesday evenings, June 2, 9, 16, 30, July 7.
(Note: No session June 23).

June 8-29 Tuesday Evenings
MASSAGE WORKSHOP John Ullman

Massage quiets the mind and soothes the spirit; it is a flow of energy, a means of intimate communication. Group members will learn how to give a massage and then practice at developing their own approach. Limited to 16 persons.
$40 per person. 7:30 to 10:30 p.m., four Tuesday evenings, June 8-29.

June 24-July 22 Thursday Evenings and a Weekend Session, July 23-25
PSYCHOSYNTHESIS SERIES FOR PROFESSIONALS Jim and Susan Vargiu

Five evenings, plus a weekend, designed for psychotherapists, educators, counselors and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field. We will work together so that each can see the process of psychosynthesis at work, both in himself and in the others. There will be assignments and exercises to complete between meetings. Opportunities for further individual work during the five week period can be arranged.
$110 per person. 7:30 to 10:30 p.m., five Thursday evenings, June 24-July 22.
Weekend program, July 23-25, included in tuition.

PROGRAMS

April 8, 15, 22, 29: MASSAGE WORKSHOP John Ullman. *See Continuing Programs, page 21.*

April 9-11 Weekend Workshop
ART AND SELF Tom Allen and Sy Weisman

Participants will explore through art ways in which certain group experiences can nurture and expand personal expression. The group will interact in various perceptive and graphic explorations of self, others and the environment, and examine the relationship between self process and image.
$45 per person. Begins 8 p.m., Friday, April 9.

April 9-11: GESTALT WEEKEND FOR PROFESSIONALS Robert Resnick.
See Gestalt, page 20.

April 9-11: INTENSIVE GROUP EXPERIENCE Helen Stephens. *See Encounter, pp. 18-19.*

April 10: INTRODUCTION TO ESALEN: ONE DAY The Esalen Staff.
See Encounter, pp. 18-19.

 For Biographies, see pp. 34-37

April 13-June 29: MASSAGE TRAINING Gunvar Jackson
See Continuing Programs, page 21.

April 14 An Evening Lecture
ON LOSING YOUR HEAD AND FINDING YOURSELF Douglas Harding

A lecture and experiential demonstration of Douglas Harding's method of enlightenment. The core of the technique is the realization that each of us is faceless to himself; alienation is an illusion; we contain the world.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday, April 14.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

April 14, 28, May 12, 26, June 9: PSYCHODRAMA SERIES Lewis and Donna Yablonsky.
See Continuing Programs, page 21.

April 16-17 and April 30-May 1 Two Weekend Workshops for Teachers
LEARNING/TEACHING: THE PERSONAL COMPONENT William Bridges

This workshop is designed for college and high school teachers who want to move beyond the limits of their training and into the area of person-centered education. Drawing on a wide variety of techniques, the experiential and didactic sessions will be grouped into two weekend units, so that teachers can use the interim for their own classroom experiments based on the first weekend, and can use the second weekend to explore the possibilities and problems encountered during the interim period.
Participants must commit themselves to *both workshops*. Workshop hours are 8 to 11 p.m., Fridays and 9 a.m. to 6 p.m., Saturdays.
$60 per person for both weekends. Nonrefundable deposit of $30 required.

April 16-18 Weekend Workshop
A WORKSHOP IN SYMBOLDRAMA Jay Stattman

Symboldrama relies upon evocation of spontaneous imagery through day dreams and fantasies. This approach to unresolved psychic dilemmas by-passes verbal and conceptual resistances that may block energy and inhibit growth. Deep relaxation and a synthesis of other techniques which facilitate imagery will be used to enhance psycho-motor functioning.
$45 per person. Begins 8 p.m., Friday, April 16.

April 17-18: ADVANCED GESTALT WEEKEND Eric Marcus. *See Gestalt, page 20.*

April 17 One-Day Workshop
LIVING WITHOUT A FACE Douglas Harding

This one-day seminar will be an introduction to the theory and the practice of Douglas Harding's technique for enlightenment. Harding discovered after many years of studying philosophy and of meditating that there existed a simple way for realizing experientially the truth that each of us is one with the world and contains the world. Harding writes that the results of this realization depend upon the student's continued practice, but "unlike many spiritual disciplines, this way places the crucial enlightenment experience at the beginning of the path, and readily accessible there to anyone interested."
$12 general; $8 student. 10 a.m. to 5 p.m. (with break for lunch), Saturday, April 17.

April 19-23 5-Day Residential Workshop
MOVEMENT, ENERGY AND SOUND Gabrielle Roth and Ann Armstrong

A week-long ritual with Ann Armstrong and Gabrielle Roth, working together to open and unite energy systems through chanting, sound and movement.
Begins at 10 a.m., Monday and ends 5 p.m., Friday.
$180 per person, including room and meals. Nonrefundable deposit of $50 required.

April 21: EVENING INTRODUCTION TO ESALEN
$5 general; $3 student. 7 to 11 p.m., Wednesday.
Sponsored by U.C.S.F. Committee on Arts and Lectures. *See Encounter, pp. 18-19.*

April 23-24: OPEN GESTALT WEEKEND Esly Barreras and Jerry Kogan.
See Gestalt, page 20.

April 23-25 Residential Weekend Workshop
BREATHING AND AWARENESS Magda Proskauer

A workshop involving various breathing techniques and exercises in awareness. Mrs. Proskauer's approach educates awareness of somatic processes which are normally unconscious or semi-conscious.
$65 per person, including room and meals. Begins 8 p.m., Friday, April 23.

April 23-25: INTRODUCTION TO ESALEN The Esalen Staff. *See Encounter, pp. 18-19.*

April 23-25 Couples' Weekend Workshop
SEPARATE AND TOGETHER Larry and Evelyn Solomon

Larry Solomon writes: "This workshop will provide an opportunity to disengage, temporarily, from our marriage relationship in order to deal with ourselves as unique, separate beings. From this base of separateness, we will move toward each other. We will try to look at ourselves as individuals as well as partners in a marital relationship. We will explore, share, play and hopefully grow together."
$100 per couple. Begins 8 p.m., Friday, April 23.

April 24 Saturday Workshop
PSYCHOSYNTHESIS: RETURNING TO YOUR CENTER James Fadiman

Too often we are concerned with our faults, our inadequacies, our doubts and fears. Psychosynthesis techniques are ways to recall and develop our deepest untroubled center. This workshop will teach basic techniques which may be used in active self-discovery or in educational or therapeutic settings.
$18 per person. 10 a.m. to 10 p.m. (with breaks for meals), Saturday, April 24.

April 26 An Experiential Session
AN EXPERIENCE OF RITUAL Joan McKenna

Joan McKenna has translated "cultural gestalts" into rituals with meaning for modern man. She writes: "Rituals are born through ancient memories, dreams and understandings that endure despite differences in language, culture or religion." During this program, persons will share in some of the rituals of mankind and celebrate the joy of being alive.
$3 general; $2 student. 8 to 10:30 p.m., Monday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

San Francisco Programs

April 29 An Evening Discussion
AN EVENING WITH PAUL REPS

Every night you enter deep sleep, free from *I*. Paul Reps invites you to enter deep wake, free from *I* in an eclectic evening of discovery and the merging of your subjective and objective worlds.
Reps, whose numerous books include *Zen Flesh, Zen Bones* and *10 Ways to Meditate (No Need to Kill)*, lives in Hawaii when he is not moving from country to country giving shows of his picture-poems. An ardent anti-guru, he claims we are already free.
$3 general; $2 student. 8 to 10:30 p.m.
Thurs., April 29. First Unitarian Church, Franklin and Geary Streets, San Francisco.

April 30-May 2 Weekend Workshop
THE BODY OF GOD: THE BIOLOGICAL ROOTS OF SPIRITUAL EXPERIENCE
Stanley Keleman and Richard Rubenstein

Stanley Keleman writes: "We are our bodies; our understanding of the universe innately involves our biological existence." Richard Rubenstein writes: "We do not *have* bodies; we are our bodies."
In this workshop, the group will explore the relationship between bodily experience and religious insight. Utilizing the bioenergetic approach, Stanley Keleman will facilitate group exercises to bring about direct experience of energetic states in participants. The resultant physical-emotional experiences will be the starting point for a new evaluation of spiritual depth and the teachings of Judaism and Christianity. Limited to 25 persons.
$80 per person. Begins 8 p.m., Friday, April 30.

April 30-May 2 Weekend Workshop
A WAY OF CENTERING — AND USING IT Benjamin and Judyth Weaver

The Weavers describe their workshop as follows: "We will work to find our centers and explore ways of relating and using them in everyday life. Through breathing and sensing and meditation, we will tune into our physical being, our centers, our selves. From center, we may move out into the discovery of our own dance — our own natural, spontaneous movements." Participants should wear loose, comfortable clothing.
$45 per person. Begins 8 p.m., Friday, April 30.

April 30-May 2 Weekend Workshop
A TIME TO GROW Arthur Hough and Evelyn Jernberg

In describing this workshop Art Hough writes: "We long for growth but hang back from it as well, living day to day within the easy limitations of our habits. It is hard to grow alone. Most of the growth we seek comes out of the rhythm of community, advancing and withdrawing, interacting and processing that interaction. This workshop offers a variety of techniques to intensify the growth process and to examine the blocks that retard it — group interaction, communication games, and exercises in self-awareness, listening, feedback and spontaneity. The program is not encounter. The aim is to loosen the deeper communication blocks of hidden dogmatism, risk refusal and build techniques and insights that can be absorbed for use within an individual's intimate community."
$50 per person. Begins 8 p.m., Friday, April 30.

May 3, 10, 17, 34, 31: ENCOUNTER SERIES Robert Cromey.
See Continuing Programs, page 21.

May 5 An Evening Discussion and Participation
THE PRACTICE OF AWARENESS: GESTALT EXERCISES FOR DAILY USE John Enright

An introduction to gestalt awareness training, emphasizing methods of tuning in to self and world that can be used in life situations, *ad. lib.*
Sponsored by U.C.S.F. Committee on Arts and Lectures.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday, May 5.
Millberry Union, U.C. Medical Center, 3rd Ave. & Parnassus, San Francisco.

May 6, 13, 20, 27: CULTURAL GESTALTS Joan McKenna.
See Continuing Programs, page 21.

May 7-9 Weekend Workshop
COMMUNICATION CHECK-UP FOR PARENTS AND TEENAGERS Gerald Smith

In every family there are tacit rules for communicating, such as which subjects are appropriate for discussion and which are not, and how "no" is said. This workshop will center on a systematic check-up of the communication rules of each family, concluding in an evaluation of strengths as well as areas for possible change and improvement. Essentially, this will be a preventative experience, since focus will be on the present, not on past difficulties.
This workshop is for parents (single or married partners) and their children, ages 12 to 20. Limited to 8 families.
$70 per family. Begins 8 p.m., Friday, May 7.

May 7-9: THE GESTALT THEATRE OF THE SELF John Enright and Lynn Kaufman.
See Gestalt, page 20.

May 7-9: ESALEN STAFF ENCOUNTER Helen Stephens. *See Encounter, pp. 18-19.*

May 8-9 Weekend Workshop
PSYCHOSYNTHESIS Martha Crampton

The workshop will introduce some of the fundamental concepts and methods of work in psychosynthesis, with emphasis on the transpersonal stages and the processes of inner purification and guidance. Creative symbolism (in the form of mental imagery, mudra or gesture, and spontaneous movement or drawing) will be used as a bridge to the inner worlds, as well as more direct ways which transcend the symbolic or image-making level. A group climate will be fostered in which energy fields may combine to enhance transpersonal contact. Participants are requested to bring a notebook for writing and colored crayons or markers.
$50 per person. Begins 10 a.m., Saturday, May 8.

May 10 An Evening Lecture
PERSONAL ASTROLOGY FOR THE AQUARIAN AGE Marc Edmund Jones

Marc Edmund Jones is a father of an astrology for the creation of a new consciousness, which is now coming into public view. He holds a doctorate in philosophy from Columbia and has spent the last fifty years studying and writing about various branches of science and psychology, occultism and religion. He founded the Sabian Assembly in 1923.
$3 general; $2 student. 8 to 10:30 p.m., Monday, May 10.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

May 12, 19, 26, June 2, 9: LIFE ENERGY: A WORKSHOP SERIES
Robert Frager and Robert Nadeau. *See Continuing Programs, page 22.*

May 13: EVENING INTRODUCTION TO ESALEN
$5 general: $3 student. 7 to 11 p.m., Thursday. *See Encounter, pp. 18-19.*

May 14-16 Weekend Workshop
MASSAGE AND MOVEMENT Gabrielle Roth

Many massage techniques will be demonstrated and taught; however, emphasis will be on finding your own rhythm and creating your own massage.
$45 per person. Begins 8 p.m., Friday, May 14.

May 14-16 Weekend Marathon
BEYOND GAMES: ENCOUNTER FOR COMMUNICATORS Richard Marsh and Ronald Jones

Whether you are a professional communicator or not, you must communicate to live. Communication is a basic human and cosmic process, and encounter — with the self, with others, with the more-than-other — is its goal. This marathon encounter group will alternate between periods of unstructured spontaneity and periods of structured sensory, self and social games. Purpose of the games: to lead beyond themselves to the ecstasy of unselfconscious communication. Bring a sleeping bag for rest periods during the marathon.
$80 per person, including meals and snacks. Begins 8 p.m., Friday, May 14 and continues for 45 hours or longer. Includes a follow-up meeting approximately one month later.

 For Biographies, see pp. 34-37

May 14-16 Weekend Workshop
TOWARD DEEPER DIMENSIONS IN ENCOUNTER Gordon Clough

An exploration of mind sensitivity. Religio-philosophical beliefs may be either static or dynamic, the latter projecting toward self-actualization. The group will alternate, experimentally, from the activity of philosophy to the experiential in personal confrontation. This largely unexamined field of interaction will be explored in part by reference to Eastern religio-philosophy, by discussion of unusual communities (e.g., Synanon) and by discussion of both in relation to the writings of certain humanist thinkers.
$45 per person. Begins 8 p.m., Friday, May 14.

May 15: INTRODUCTION TO ESALEN: ONE DAY The Esalen Staff.
See Encounter, pp. 18-19.

May 15-16 Couples' Weekend Workshop
THE EXPANDING RELATIONSHIP John and Rebecca Fuller Rinn

Most couples limit their style of interaction to a few roles (usually learned from their parents) and thus leave a lot of excitement (fear, anger, grief, joy, etc.) out of their lives. The Rinns' workshop has developed out of their experience in dance and psychotherapy and has been designed to bring couples into contact with a full spectrum of motions and emotions.
$90 per couple. Begins 10 a.m., Saturday, May 15.

May 17 An Evening Lecture
ATHLETICS FOR WHAT? David Meggyesy

A critique of American sport today, and its dehumanizing aspects, by David Meggyesy, former linebacker for the National Football League's St. Louis Cardinals and author of the recently published and controversial book *Out of Their League*. Meggyesy will also explore various ways in which sport can be made a better vehicle for self-expression, personal growth and enhancement of the body.
$3 general; $2 student. 8 to 10:30 p.m., Monday, May 17.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

May 17 Evening Lecture and Demonstration
PSYCHOPHYSICAL INTEGRATION Robert Hall

Robert Hall is a medical doctor, psychiatrist, gestalt therapist, practitioner of Rolf's structural integration and a student of meditation. He will approach human wholeness and unity from his varied perspectives and experience. Sponsored by U.C.S.F. Committee on Arts and Lectures.
$3 general; $2 student. 7:30 to 10:00 p.m., Monday, May 17.
Millberry Union, U.C. Medical Center, 3rd Avenue & Parnassus, San Francisco.

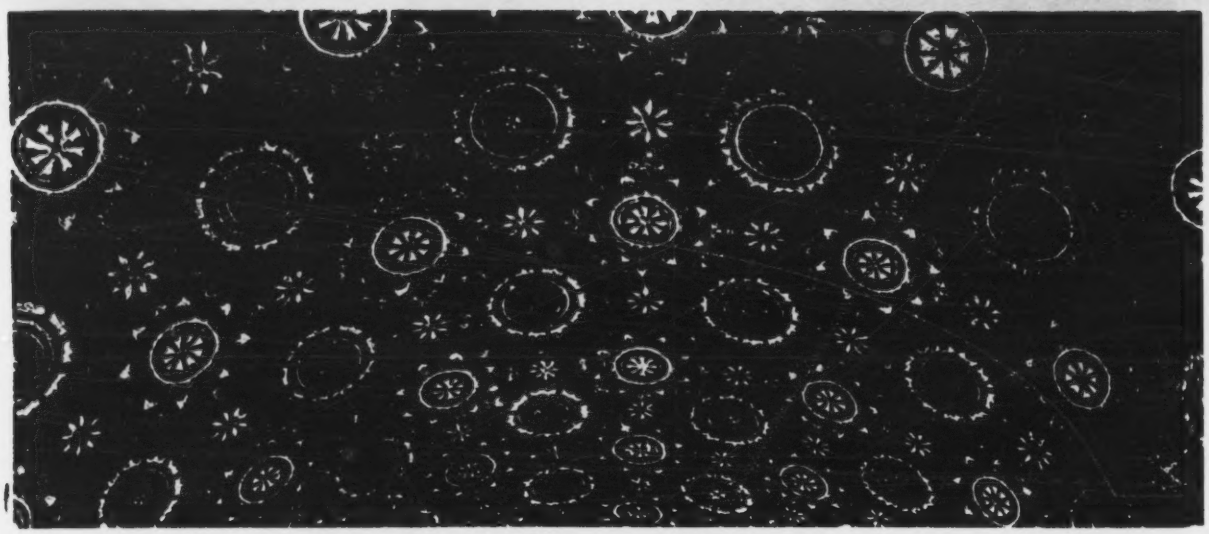
May 19: CENTERING AND LIFE ENERGY: An Evening Workshop.
7:30 to 10:30 p.m., $6 per person. *See Continuing Programs, page 22.*

May 21-23: GESTALT APPROACH TO DREAMS Elaine Kepner. *See Gestalt, page 20.*

May 21-23 Residential Weekend Workshop
EDUCATION FOR REBIRTH Dane Rudhyar, Jose Arguelles, Miriam Arguelles

This program will include general group participation and discussion. The weekend will organize itself around the following concerns: the threefold process of human unfoldment — education, instruction, initiation (Rudhyar); education in an instruction-oriented learning situation (Jose Arguelles); from birth to rebirth (Miriam Arguelles).
$65 per person, including room and meals. Begins 8 p.m., Friday, May 21.

May 21-23: INTRODUCTION TO ESALEN The Esalen Staff. *See Encounter, pp. 18-19.*



May 22-23, June 5-6 and June 19-20 A Three-Weekend Series
BIOENERGETIC ANALYSIS Stanley Keleman

These workshops are an exploration of the biological hindrances (i.e., muscular contractions) that prevent self-expression or limit our being in the world. There is an attempt to re-experience our biological protoplasmic streamings that are our feeling roots and self-knowing.

Enrollment is limited to twelve participants. All participants must commit themselves to the series of three weekends, May 22-23, June 5-6 and June 19-20; workshop sessions begin at 10 a.m. each of the Saturday mornings.

$175 per person for the series. Nonrefundable deposit of $100 required.

May 26: ENERGY AWARENESS: An Evening Workshop.
7:30 to 10:30 p.m., $6 per person. *See Continuing Programs, page 22.*

May 27 An Experiential Program
GESTALT THERAPY: AN INTRODUCTION Lois Brien and Elaine Kepner

An experience of gestalt methods, with particular emphasis on their use in large groups.

$3 general; $2 student. 8 to 10:30 p.m., Thursday.

First Unitarian Church, Franklin and Geary Streets, San Francisco.

May 28-31: RESIDENTIAL STAFF ENCOUNTER Pamela Portugal.
See Encounter, pp. 18-19.

May 29-30 Weekend Workshop
ATHLETICS FOR WHAT? David Meggyesy

The Grecian conception of sport was that of the amateur. Sport was conceived of as a way for individual self-expression and a means for self awareness — an integrative activity. Most sport played today in America is antithetical to the classical conception of athletic activity. There is in this country an emphasis on winning (the product) and the teaching of competition. Sport ceases to become an integrative activity but rather is conceived of as a training ground for learning the "values" of competition, authoritarianism, physical aggression and winning.

In this workshop we will examine the role of sport in society, particularly concerning ourselves with the spectator, how and why he personally identifies so closely with sport, sport heroes and particular teams. We will also examine the contemporary athletic experience, the nature of competition and winning and discover why or why not this is important in "character and development."

The workshop will include encounter, physical competition and body movement to develop ideas about forms of athletic activity that are more consistent with the classical conception of sport. Some scholarships are available to persons actively engaged in athletics. Inquire at the Esalen office.

$40 per person. 10 a.m. to 5 p.m., Saturday and Sunday, May 29-30.

May 29-31 Extended Residential Weekend Workshop
MASSAGE WORKSHOP Laurent Frantz, Eva Jalkotzy, George Downing

This three-day workshop in massage instruction will also include some beginning practice in meditation, hatha yoga and breathing exercises.

Laurent Frantz is a certified massage technician who teaches in the Bay Area; Eva Jalkotzy is a professional physical therapist as well as a masseuse; and George Downing, former philosophy professor, is an experienced instructor in both yoga and massage.

$90 per person, including room and meals.

Begins 10 a.m., Saturday and ends Monday following lunch.

For Biographies, see pp. 34-37

June 1, 8, 15, 29, July 6: ENCOUNTER SERIES
Betty Fuller. *See Continuing Programs, page 22.*

June 2: ENERGY AND ITS USE IN HEALING: An Evening Workshop.
7:30 to 10:30 p.m., $6 per person.
See Continuing Programs, page 22.

June 2, 9, 16, 30, July 7:
COUPLES' SERIES Betty Fuller.
See Continuing Programs, page 22.

June 3 An Evening Experience
WHAT TO DO TILL THE MESSIAH COMES
Bernard Gunther

Sense relaxation, awareness, movement, meditation, verbal and nonverbal communication; integration; flowing free toward a higher consciousness energy. A new way to be: with yourself and others. $3 general; $2 student. 8 to 10:30 p.m. Thurs., June 3. First Unitarian Church, Franklin and Geary Streets, San Francisco.

June 4-6 Residential Weekend Workshop
EXPERIENCES FOR THE MIND'S EYE Robert McKim

Capacity for visual imagery, important to many forms of creative behavior, is allowed to atrophy (or is even actively repressed) by contemporary education. This workshop is based on an integrated series of exercises which Professor McKim has collected and developed to restore vitality to the visual imagination. Participants will begin with "mind's eye-openers"; relaxation, sensory awakening and massage. They will then build self-confidence in their imaging ability with after-images and group fantasy. Meditation techniques and tachistoscopic (flashing) images will develop concentration: experiences with synasthesia (combining sense modes) will intensify imagery. Finally, the mind's eye will be exercised by creative action. Wear old clothes (we'll use art materials).
$65 per person, including room and meals. Begins 8 p.m., Friday, June 4.

June 4-6 Weekend Workshop
COUPLES IN COMMUNICATION Bill and Audrey McGaw

This workshop will provide an opportunity for married or engaged couples to explore marriage, not as an institution, but as an extremely vital and personal way of life. The McGaws will concentrate on the positive aspects of partnership, increased understanding of self and mate, and deeper, more meaningful communication. Participating couples should expect to spend 20 to 25 hours in group sessions over the workshop period.
$115 per couple. Begins 8 p.m., Friday, June 4.

June 4-6 Residential Weekend Workshop
OPEN ENCOUNTER FOR SINGLES Robert Cromey

A workshop based on encounter methods for unattached singles who want to go beyond possible blocks of fear, boredom and indifference and to discover new ways of moving more creatively into relationships. Focus will be on such issues as letting go of relationships that are over, loneliness of the single life, the acquaintance process and pursuit of a new partner, coping with rejection and disappointment and the meaning of commitment in a relationship.
Workshop participants, as far as possible, will be chosen to assure a balance of sex and age. Please state age on application. Limited to 40 participants.
Some members of the Extended Growth Program (San Francisco) will assist as group facilitators with Robert Cromey.
$65 per person, including room and meals. Begins 8 p.m., Friday, June 4.

June 7: EVENING INTRODUCTION TO ESALEN
$5 general; $3 student. 7 to 11 p.m., Monday. *See Encounter, pp. 18-19.*

June 8, 15, 22, 29: MASSAGE WORKSHOP John Ullman. *See Continuing Programs, page 22.*

June 9: ENERGY AND SPIRITUAL GROWTH: An Evening Workshop.
7:30 to 10:30 p.m., $6 per person. *See Continuing Programs, page 22.*

June 11-13 Weekend Workshop
VIDEOTAPE WORKSHOP: LONELINESS & ALIENATION Stephen B. Lawrence & Staff

An increasing number of individuals are experiencing the pain of loneliness, isolation, lack of involvement and helplessness that occurs as we pass through the impersonal institutions of our age. During this session, participants will develop novel and practical methods of gaining intimacy with others. Experimental encounter group techniques facilitating intimacy and growth will be utilized and videotape recordings of participants interacting with each other will be available for viewing and in-depth discussion.
$50 per person. Begins 7:30 p.m., Friday, June 11.

June 11-13: GESTALT WEEKEND FOR PROFESSIONALS Robert Resnick.
See Gestalt, page 20.

June 11-13 Weekend Workshop
BEING AND BECOMING AT MIDSTREAM William Golden, Jr. and Helen Ross

This encounter group is for those over 35 — for those who have reached certain goals and who at midstream are asking: "Where am I?" "Is it too late to change?" "How do I get moving again?" "What's left in life for me?"
This workshop will use a wide variety of encounter methods to help participants focus on the subjective experience of being "middle-aged". It will be an opportunity for those over 35 to reflect on where they have been, to share peak experiences and blocks to growing, and to relight a spark for living. The weekend will endeavor to help all participants become more aware of their potential for new ventures and personal growth. Specific structured group experiences will be used to highlight "life-goal" planning and action steps related to attaining the goals.
$50 per person. Begins 8 p.m., Friday, June 11.

June 11-13: ART EXPRESSION AND ENCOUNTER Tom Allen. *See Encounter, pp. 18-19.*

June 12: INTRODUCTION TO ESALEN: ONE DAY The Esalen Staff.
See Encounter, pp. 18-19.

June 17 An Experiential Session
ENCOUNTER FOR TWO Gerald Smith

A variety of verbal and nonverbal experiences for couples (not necessarily married) who want to learn new ways of adding life and increased understanding to their relationship.
$5 per couple. 8 to 10:30 p.m., Thursday, June 17.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

June 18-19: GESTALT WORKSHOP FOR WOMEN ONLY
Cynthia Werthman and Estelle Resnick. *See Gestalt, page 20.*

June 18-20 Weekend Workshop
PSYCHOSYNTHESIS Jim and Susan Vargiu

The Vargius write: "In this workshop we will emphasize the aspects of psychosynthesis which lead to greater unity, which can be used for integrating the encounter experience into something more. Psychosynthesis is not primarily expansion or experience — it is a way of pulling it all together. It is an approach which fosters the balanced development of body, feelings and mind and their harmonious integration around a unifying center of being and awareness, the Transpersonal Self. We will reach toward this higher Self by consulting the best-self within each of us, and will attempt to use its energy and guidance for a more joyful and effective actualization of the unfolding meaning, value and direction in the life of each. We will use techniques of movement, visual imagery, writing, symbolic art work, mental concentration and meditation. Our emphasis will not be on producing immediate breakthroughs, although this often occurs, but rather on initiating a gradual process of growth that, with continuing application, can gain increasing momentum and ultimately become a life-style."

$45 per person. Begins 8 p.m., Friday, June 18.

Leaders' Biographies

TOM ALLEN, an artist, teaches at Cabrillo College. Since his year as an Esalen resident fellow, he has concentrated on developing workshop processes that nurture authentic being and rich interpersonal contact. He sees art not as an isolated speciality, but as one of the many ways to self-realization.

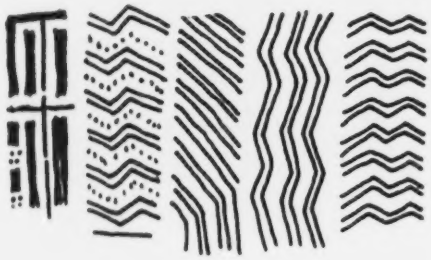
JOSE ARGUELLES, and his wife, **MIRIAM**, are co-creators of Mandalas, both as painting and as ritual. Dr. Arguelles is Assistant Professor of Art History at University of California, Davis.

ANNE ARMSTRONG, a clairvoyant from Sacramento, uses her abilities for deep level analysis of personal problems and for guidance in the growth of the inner life.

ESLY BARRERAS is a psychiatrist and gestalt therapist in private practice in Berkeley. He is a director and training therapist at the Gestalt Institute of San Francisco.

WILLIAM BRIDGES is Associate Professor of American Literature at Mills College, Oakland. He is also director of the AHP Summer Workshop for College Teachers, researcher, practitioner and consultant in humanistic education.

LOIS BRIEN is a gestalt therapist and communication consultant. Dr. Brien is a member of the Gestalt Institute of San Francisco and was formerly an assistant professor of speech communication at Case Western Reserve University.



GEORGE I. BROWN, Professor of Education, teaches courses in creativity, awareness and sensitivity training at the University of California at Santa Barbara. He is a nationally known researcher in the affective domain and creativity.

JUDITH R. BROWN, co-trainer with her husband, trained with Frederick S. Perls with whom she worked as a co-therapist.

SEYMOUR CARTER, a former resident of Synanon, is a leader of Esalen workshops and a massage specialist. In his work he draws on a variety of approaches to awareness. He has been trained in structural integration by Ida Rolf.

GORDON CLOUGH was a writer for two religio-philosophical journals for several years, and served as review and education editor of *Manas Weekly* from 1948-1967. He has also lectured abroad and has coordinated programs and taught a variety of courses for University of California, Santa Barbara, Extension Division.

MARTHA CRAMPTON is a psychotherapist and group leader on the faculty of the Graduate School of Education at Sir George Williams University in Montreal. She has studied with Dr. R. Assagioli, the founder of psychosynthesis, and directs the Canadian Centre for Psychosynthesis.

ROBERT CROMEY is an experienced group leader, teacher of massage and sensory experiences. He completed the Esalen Residential Program at Big Sur in 1969. He has worked as a priest, politician, administrator and counsellor.

AL DRUCKER was a resident fellow in the first Esalen Residence Program. He now lives in Big Sur where he leads workshops and practices structural integration.

JOHN ENRIGHT is vice president of the Gestalt Institute of San Francisco. His current directions are the application of gestalt methods to as many areas of life as possible, and integration with psychodrama.

JAMES FADIMAN is an educational and management consultant. He is a lecturer in Design Engineering and a psychological counselor at Stanford University. Dr. Fadiman is also associate editor of the *Journal of Transpersonal Psychology* and the *Journal of Humanistic Psychology*.

ROBERT FRAGER is Assistant Professor of Psychology at University of California at Santa Cruz. He studied Aikido at the International Headquarters, Tokyo, under the founder Master Morihei Ueshiba, and holds the rank of third degree black belt. He also teaches karma and raja yoga.

BETTY FULLER is Esalen's director of Consulting Services and a former resident fellow. Her background, in addition to encounter group work here and abroad, includes teaching and several years in radio, television and theatre.

WILLIAM P. GOLDEN, JR., is Professor of Public Health at the University of Hawaii. He has been working with encounter groups, T-groups and sensitivity groups since the early 50s, and is a consultant on organizational development for business, government and other agencies.

 For Biographies, see pp. 34-37

June 18-20: INTRODUCTION TO ESALEN The Esalen Staff. *See Encounter, pp. 18-19.*

June 21 An Experiential Program
GESTALT THERAPY: AN INTRODUCTION Lois Brien and Elaine Kepner

An evening experience of gestalt methods, with particular emphasis on their use in large groups.
$3 general; $2 student. 8 to 10:30 p.m., Monday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

June 24, July 1, 8, 15, 22: PSYCHOSYNTHESIS SERIES FOR PROFESSIONALS
Jim and Susan Vargiu. *See Continuing Programs, page 23.*

June 25-27 Weekend Workshop
DRAMA WITH THE WORLD Michael Harner

This is not an encounter group. Anthropologist Michael Harner, will use the small group setting to explore participants' relationships to mankind, technology and the resources of nature. This is an "ecodrama" in which man's encounter with himself and the world will be intensified. At the end, we will consider the possibilities for the development of human societies. Materials will include six plastic bottles of Vitalis hair lotion, a ball of cotton strings, thirty-five brown paper bags, hammers, saws, lumber and peanut butter. A more complete list will be sent to participants upon registration.
$45 per person. Begins 8 p.m., Friday, June 25.

June 25-27 and July 23-25 Two Residential Weekends
REALITY AND ILLUSION: LEARNING TO DISCRIMINATE George I. and Judith Brown

These workshops will be primarily experiential with an emphasis on principles of gestalt therapy applied both to the individual and, in the case of couples (involved in or contemplating marriage), to the relationship. Ways to move and grow will be presented in a laboratory workshop context beginning with readiness techniques such as encounter, creativity games and body awareness, followed by gestalt awareness training.
The initial workshop, June 25-27, will be combined with a follow-up workshop on July 23-25. All participants must commit themselves to *both workshops*. Both are residential; participants will be informed of exact location upon registration. First session begins 8 p.m., Friday, June 25.
$140 per person for both weekends, including room and meals. Non-refundable deposit of $70 required.

June 25-27: OPEN GESTALT WEEKEND Lois Brien. *See Gestalt, page 20.*

June 26 Saturday Workshop
GRAPHOTHERAPY: PEN AND PENCIL THERAPY Paul de Sainte Colombe

This one-day seminar will be an introduction to graphotherapy, an outgrowth of graphology, or handwriting analysis. Graphotherapy, a system which claims treatment of character deficiencies and emotional ills by changing handwriting patterns, has been explored clinically in France but is relatively unknown in this country. Mr. de Sainte Colombe will explain the graphotherapeutic approach and will present some of his case histories.
$18 per person. 10 a.m. to 6 p.m. (with break for lunch), Saturday, June 26.

June 30: EVENING INTRODUCTION TO ESALEN
$5 general; $3 student. 7 to 11 p.m., Wednesday. *See Encounter, pp. 18-19.*

July 2-4: ESALEN STAFF ENCOUNTER. *See Encounter, pp. 18-19.*

July 2-5 Extended Residential Weekend Workshop
THE LANGUAGE OF MOVEMENT Gabrielle Roth

A workshop in getting to know your inner self by using movement and rituals to explore feelings, dreams and to rediscover the childspirit of your soul.
$90 per person, including room and meals. Begins 8 p.m., Friday and ends following lunch on Monday.

SAN FRANCISCO INFORMATION

San Francisco area programs include regular seminars and workshops, lectures and symposia, continuing groups and occasional special events. Information, literature and tickets for lectures may be obtained Monday through Friday, 9:30 to 4:30, at 1776 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door. No programs are held at our offices, but several facilities in the Bay Area are used, including First Unitarian Church (San Francisco) and the Berkeley Center for Human Interaction (Berkeley). Participants will be informed of workshop location at time of registration and confirmation.

WORKSHOP REGISTRATION: Advance registration is required ten days prior to start of program. A nonrefundable deposit of $20 per person, unless otherwise stated, must accompany a reservation form or letter sent to: Reservations, Esalen Institute, 1776 Union, San Francisco 94123. Balance of tuition is payable at the first session of the program. Do not send San Francisco reservations to Big Sur.

SCHEDULES: Specific meeting times for weekend workshops are announced at the first meeting. Usually, however, workshops meet from 8 to 11 p.m. on Fridays, from 10 a.m. through the afternoon and/or evening on Saturdays, and from 10 a.m. to early afternoon on Sundays. Schedules are not rigid and specific meeting times are established at the group's first session.

ACCOMMODATIONS: Residential seminars include meals and lodging. For other programs, each participant must reserve his own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at workshops.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be returned if reservation cannot be confirmed or upon request by persons not wishing to be on a waiting list. Notification of reservation status will be sent no later than seven days before workshop begins.

IDA ROLF: STRUCTURAL INTEGRATION

For information on training and research in structural integration, contact The Guild for Structural Integration, 1874 Fell Street, San Francisco, California 94117.
The following practitioners of structural integration are available, by appointment only, in Big Sur: Seymour Carter, Al Drucker, Stanley Johnson, Peter Melchior, Hector Prestera, William Schutz, Gael Smith and Chet Wilson. Direct inquiries to ROLFING: Esalen Institute, Big Sur, CA 93920.

BULLETIN OF STRUCTURAL INTEGRATION

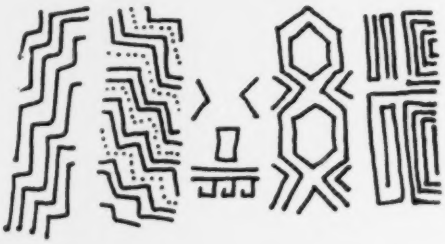
A journal dedicated to understanding man as a whole — now in its second year of publication. The bulletin provides a vehicle for theoretical and applied research in mind-body phenomena of interest to persons in the health sciences, physical sciences, arts and education. Past issues have included articles concerning Structural Integration (the Rolf technique of postural release); prepared childbirth, movement behavior and movement therapy; Swedenborg's anatomy. Future issues will include: preview chapters from Ida Rolf's forthcoming book; movement approaches to integration (Tai Chi, yoga, dance, physical education); rehabilitative techniques; book reviews, etc. For a one year subscription, send $10.00 with the NAME, ADDRESS, and ZIP CODE to: Bulletin of Structural Integration, 1334 - 23rd Street, Santa Monica, California 90404.

JERRY GREENWALD is a gestalt therapist in private practice in Beverly Hills. He developed the concepts of nourishing ("N") people and toxic ("T") people. He is investigating further applications of these ideas and integrating them into the framework of gestalt philosophy and therapy.

BERNARD GUNTHER is one of the pioneers in the use of touch, relaxation, body awareness and nonverbal communication in the total growth process. A resident staff member at Esalen for the past seven years, he is the author of *Sense Relaxation* and *Love View*, a book of poems. He is also the creator of the forthcoming motion picture features *Come to Your Senses* and *Senses*.

DOUGLAS HARDING is a 61-year-old British generalist who has written on architecture, philosophy, religion and psychology. He and his "faceless" technique are the subject of these verses from "Douglas Traherne Harding" by the Incredible String Band: "When I was born I had no head, My eye was single and my body was filled with light, One light though the lamps be many. . . "

MICHAEL HARNER is Associate Professor of Anthropology at The New School for Social Research, New York City.



ARTHUR HOUGH is Associate Professor of Communication Theory and Mass Media at San Francisco State College. He is a student of general semantics, humanistic psychology and gestalt therapy, and a workshop leader for various groups and government agencies.

GUNVAR JACKSON is a licensed masseuse, certified in Swedish massage. In addition she has been trained by Molly Schackman at Esalen and has studied breathing, gestalt awareness and relaxation techniques. She and her husband are founders of the Gamma School of Massage where they are presently pre-training students for Ida Rolf's structural integration program.

EVELYN JERNBERG is a psychologist and guidance consultant for public schools. Her background includes training in behavioral and gestalt theory, which she uses in her work with children, teachers and parents.

RONALD JONES is a clinical psychologist at the Santa Clara County Mental Health Service where he coordinates the Suicide and Crisis Service. He is currently experimenting with new approaches to crisis group psychotherapy.

LYNN KAUFMAN teaches theatre games through University of California Extension. She has worked with Alan Mayerson and Viola Spolin.

STANLEY KELEMAN is a practitioner of the bio-energetics approach developed initially by Alexander Lowen. He has studied with Dr. Ola Raknes and Graf Durchheim at the Center for Religious Studies, as well as the Alfred Adler Institute for Individual Psychotherapy and the Dasien Analytical School of Psychotherapy, Zurich.

ELAINE KEPNER is a clinical psychologist, for the last ten years a teaching fellow at the Gestalt Institute of Cleveland. She is now associated with the Gestalt Institute of San Francisco.

MARY ELLEN KLEE, a student of Mary Whitehouse, is a movement teacher in residence in Big Sur.

JERRY KOGAN is a gestalt therapist, poet and teacher. He has particular interest in building community, human environment and various forms of creative expression. He is a member of the San Francisco Gestalt Institute.

STEPHEN LAWRENCE, Ph.D., is a chief psychologist at a California County Hospital and conducts a private practice in San Bernardino. He is one of the pioneers in live telecasting of group therapy and the therapeutic uses of videotape.

JOHN LILLY has primary research interest in the relation of the mind to the brain. Trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication, he is in residence at Esalen, Big Sur.

THEODORA LYON, formerly a group leader at the Gestalt Institute of Canada, now resides in Big Sur. She was trained by Frederick Perls.

ROBERT McKIM teaches design at Stanford University. His book *Experiences in Visual Thinking* will be published this year.

ERIC MARCUS, M.D., is a gestalt therapist in private practice in Los Angeles. Dr. Marcus is associated with the Gestalt Therapy Institute of Los Angeles.

Leaders' Biographies

RICHARD MARSH is Professor of Creative Arts and Broadcast Communication Arts at San Francisco State College as well as Professor of Semantics and Communication at the California Institute of Asian Studies. He has pioneered in leading encounter groups in an academic setting.

ROBERT L. MARTIN is president of the Gestalt Therapy Institute of Los Angeles. He is interested in integrating aspects of the body therapies — structural integration, bioenergetics analysis and massage — into gestalt therapy.

EDWARD MAUPIN draws upon a variety of approaches to body awareness, including those of Reich, Lowen and Ida Rolf. He also relates to the various psycho-physical disciplines of Eastern and Western mysticism.

DAVID MEGGYESY for seven years was a linebacker for the St. Louis Cardinals. He is author of the recently published and controversial book *Out of Their League*.

ROBERT NADEAU, a full-time Aikido and meditation instructor in the Bay Area, was a personal student of Master Ueshiba, the founder of Aikido. His main interest is teaching energy awareness, with the emphasis on maintaining balance while practicing and experiencing higher dimensions.

ROBERT ORNSTEIN teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. He is author of the book *On the Experience of Time*.

PAMELA PORTUGAL writes, raises chickens, leads groups and works in the Esalen/San Francisco office.

HECTOR PRESTERA is an internist and cardiologist who is currently involved in the theory and practice of structural integration. He is resident physician at Esalen.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

MAGDA PROSKAUER is a graduate of the University of Munich, Germany, and received a degree in physiotherapy from the University of Munich Medical School. While working in Europe she was influenced by various new schools of psycho-physical therapy. She has a private practice in body awareness and breathing therapy in San Francisco.

ESTELLE RESNICK is a clinical psychologist and a gestalt therapist in private practice in San Francisco. Dr. Resnick is associated with the Gestalt Institute of San Francisco, the Family Therapy Institute of Marin and the California School of Professional Psychology.

ROBERT RESNICK, clinical psychologist, is a gestalt therapist in private practice in Beverly Hills. He has trained with Drs. James Simkin and Fritz Perls and has been in practice with Dr. Simkin for the past several years. He is president of the Gestalt Therapy Institute of Los Angeles, editor of the *Directory of Gestalt Therapists* and author of the paper, "Chicken Soup is Poison".

JOHN RINN is a psychologist and marriage counselor in private practice in Berkeley. He works with individuals, couples and groups.

REBECCA FULLER RINN is an Assistant Professor of Dance at Mills College who also conducts private classes in movement awareness for children and adults. She collaborates with her husband in workshops and ongoing groups.

JACK ROSENBERG is a practicing dentist and gestalt therapist who has been working in the field of psychology related to dentistry for the past ten years.

HELEN ROSS teaches at University of California, Berkeley and at San Jose State College. She is a member of NTL and has been leading groups for more than ten years.

GABRIELLE ROTH is movement specialist in residence at Esalen, Big Sur. She has studied and taught creative dance forms for the past ten years.

RICHARD RUBENSTEIN is Professor of Religion at Florida State University, Tallahassee. Author of *After Auschwitz*, *The Religious Imagination* and *Morality and Eros*, he has interpreted traditional amd modern Judaism in the light of psychoanalytic thought and has sought to restore the depth and wisdom of the tragic vision of life.

DANE RUDHYAR is a philosopher and astrologer. His basic concern is with the development of a philosophy of individual existence based on a holistic approach to all aspects of personal and social life.

PAUL de SAINTE COLOMBE is a graphologist who also holds degrees in law and in letters. He is author of *Graphotherapeutics*, *Pen and Pencil Therapy* and has given seminars on graphotherapy at Patton State Hospital, U.C. Medical Center and other institutions.

WILLIAM C. SCHUTZ, author of *FIRO* and *Joy*, has just completed a new manuscript describing various aspects of his work, entitled *Here Comes Everybody*. Presently in residence at Esalen/Big Sur, he is exploring among other things the psychosomatic dimension in personal growth.

CHARLOTTE SELVER and **CHARLES V. W. BROOKS** are Teaching Associates at Esalen/Big Sur on leave from the faculty of the New School for Social Research, New York. Their field is sensory awareness, perception and nonverbal communication. They hold regular classes in New York and conduct seminars and study groups throughout the United States and Mexico.

JAMES S. SIMKIN was co-leader with Fritz Perls at professional gestalt therapy workshops at Esalen for six years. He has been engaged in the private practice of psychotherapy for fifteen years and has produced a gestalt therapy training film, "In the Now".

GERALD SMITH is a family therapist in San Mateo, California. He has taught his approaches at numerous agencies and recently completed a book entitled *Encounter for Two*.

EVELYN SOLOMON is a graduate student in leadership and human behavior, has led many groups at universities and growth centers, in addition to co-leading couples groups with her husband, Larry.

LAWRENCE N. SOLOMON, clinical psychologist, is presently teaching university graduate courses and developing a humanistically oriented training program for psychotherapists, co-editing a book on encounter groups and consulting with a number of community and municipal organizations.

JACOB STATTMAN is an instructor in humanistic psychology at the San Francisco Art Institute and is also director of the San Francisco Encounter Center and the Rivendell Center for Integrative Education. Trained in several growth disciplines, he leads groups here and in London.

HELEN STEPHENS is a former Esalen resident fellow, the mother of a prospering family and a leader of Esalen encounter groups.

CHARLES T. TART is Associate Professor of Psychology at University of California, Davis. He has conducted extensive research into sleeping and dreaming, hypnosis, ESP and drugs. Dr. Tart is editor of *Altered States of Consciousness: A Book of Readings*.

R. GERALD THATCHER, an Esalen staff member for six years, is an author, musician and amateur astrologer.

JOHN ULLMAN has led numerous encounter groups and massage workshops in the Bay Area.

JIM VARGIU, and his wife **SUSAN**, are the directors of the Psychosynthesis Institute, Palo Alto, California. They were trained in Italy by Roberto Assagioli, the founder of psychosynthesis, and have lectured and given workshops in this country and in Europe. They are presently working with self-actualizing and gifted adolescents and are training people in the helping professions in the use of psychosynthesis.

BENJAMIN WEAVER was for two years director of Esalen/Big Sur. He is also a former Esalen resident fellow.

JUDITH WEAVER is a student of Charlotte Selver and Magda Proskauer and has a background in modern dance, *t'ai chi chuan* and the dance of Kubuki and Noh.

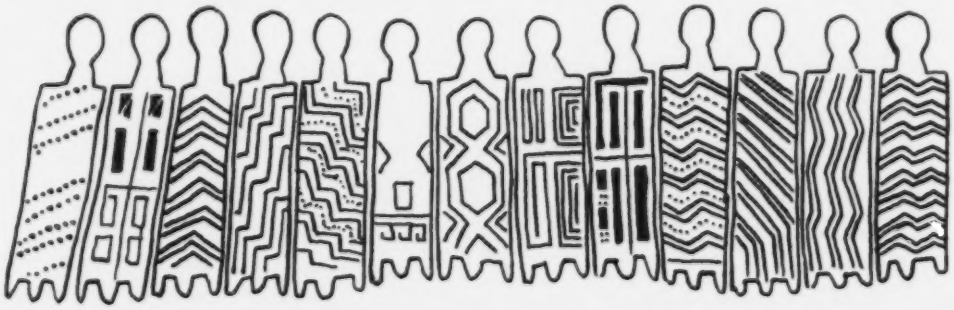
SY WEISMAN is an artist who has exhibited widely on the West Coast and elsewhere. He is currently a Lecturer in Art at San Jose State College.

CYNTHIA WERTHMAN is a psychiatric social worker who uses the gestalt method in private practice in Berkeley and at the Family Therapy Institute, San Rafael. She is a director of the Gestalt Institute of San Francisco.

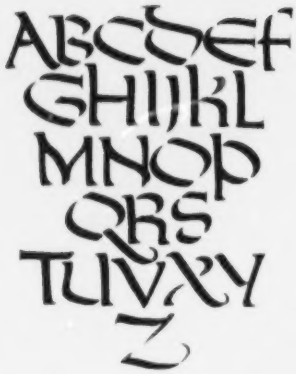
SHARON WHEELER is a masseuse in residence at Esalen/Big Sur.

DONNA YABLONSKY has worked in psychodrama for ten years. She has been accredited as a psychodrama director by the Moreno Academy of New York.

LEWIS YABLONSKY is president of the California Institute of Psychodrama in Los Angeles and is an accredited psychodramatist who has worked with J.L. Moreno for over 20 years. He is also professor of sociology and the author of *Synanon: The Tunnel Back* and *The Hippie Trip*.



BOOKS FROM ESALEN



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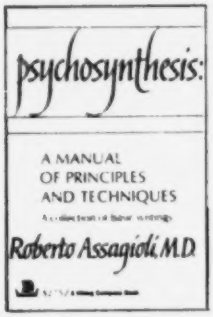

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to personal growth.
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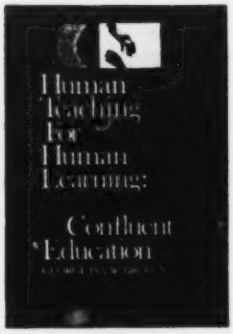

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by George Brown.
The results of the first attempt
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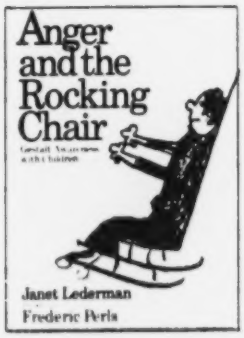
$8.50.



ANGER AND THE ROCKING CHAIR
by Janet Lederman.
A poetic account
of using Gestalt Awareness Training
with "difficult" children
in elementary school.
(Published by McGraw-Hill). $4.95.

Coming this summer:

HOT SPRINGS, or The True Adventures of the first New York Jewish Intellectual in the Human Potential Movement, by Stuart Miller.

SECRETS OF THE TRADE:
Essays in Madness, Creativity and Ideology, by Joe Kennedy Adams.

ON THE PSYCHOLOGY OF MEDITATION, by Robert Ornstein and Claudio Naranjo.

ESALEN READER SERVICE

The Esalen Reader Service offers prompt delivery of ESALEN BOOKS as well as other books of concern to the human potential movement.

Available titles include the following:

EDUCATION AND ECSTASY by George Leonard. $2.25, paper.

SENSE RELAXATION by Bernard Gunther. $3.95, paper.

GESTALT THERAPY VERBATIM by Frederic Perls. $3.50, paper.

TOWARD A PSYCHOLOGY OF BEING by Abraham Maslow. $2.50, paper.

JOY by William C. Schutz. $1.25, paper.

BIONERGETIC CONCEPTS OF GROUNDING by Stanley Keleman. $1.25, (14 pp. paper).

To order ESALEN BOOKS, or books by other publishers, return coupon with your check (payable to Esalen Institute) to:

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THE JOURNAL OF TRANSPERSONAL PSYCHOLOGY

A journal for theoretical and applied research in peak experience, self-transcendence, ultimate values, ecstasy, wonder, B-values, transcendental phenomena and related concepts, experiences and activities. Volume II, Number 2 contains articles by: MASLOW, A. H. *New introduction: Religions, Values, and Peak-Experiences* (new edition), HART, J. T. *The Zen of Hubert Benoit, Baba Ram Dass lecture at The Menninger Foundation,* FADIMAN, J. *The second Council Grove Conference on Altered States of Consciousness,* and others.

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SPECIAL INFORMATION

TAPE RECORDINGS OF ESALEN PROGRAMS: Recorded tapes of many past Esalen programs are available. This service, originally developed to provide archive copies for Esalen, rapidly became of use to organizations requesting recordings of lectures and seminars, training tapes of techniques and methods, demonstration workshop sequences, and experiential programs. Requests now come from educational institutions, public and private libraries, religious bodies and professional groups with funds for a recording library concerned with the human potential. Commercial use is prohibited; all rights are reserved. Recording, editing and distribution of tapes is performed by Big Sur Recordings, from whom a complete catalog may be obtained. The cost of recordings is $10.00 per tape-hour, stereo or mono, with choice of 5" reel or cassette. Write BIG SUR RECORDINGS, Inc., 117 Mitchell Boulevard, San Rafael, Calif. 94903.

PUBLICATION AND BROADCAST RIGHTS to all lectures delivered at Esalen Institute meetings and workshops belong to Esalen and no use of such material is to be made without the express written permission of one of the Directors in each occurrence of such use.

VIDEOTAPES AND 16mm FILMS of Dr. Frederick S. Perls' demonstrations of gestalt therapy and Alexander Lowen's demonstrations of bio-energetic analysis are available for professional use from MEDIASYNC, P.O. Box 486, Del Mar, California 92014. Films of Dr. Perls' work are also available from PSYCHOLOGICAL FILMS, 205 West Twentieth Street, Santa Ana, California 92706 along with films of the work of Carl Rogers, Albert Ellis, Rollo May, Abraham Maslow and Virginia Satir. For list of films of Alan Watts and Huston Smith and many others, write: Association for Humanistic Psychology, 584 Page Street, San Francisco 94117.

MICROFILM records of Esalen history, brochures and publications are available through MICROBIZ, 590 Howard Street, San Francisco, California 94105.

ESALEN PROGRAMS is published quarterly by Esalen Institute, a nonprofit California corporation. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco offices of Esalen Institute. Do not direct subscription inquiries to Big Sur.

FM RADIO STATIONS in the San Francisco Bay Area (K101, KPFA and KQED) broadcast portions of Esalen seminars and lectures. (K101 has a dependable weekly program each Sunday evening at 11:00 p.m.) Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KUSC and KPFK Los Angeles, as well as KPFT Houston and WBAI New York City, broadcast Esalen programs on an occasional basis. Consult local program guides. A series of 12 one-hour programs titled "The Scope of Human Potential" was released for broadcast in 1969-70 through National Educational Radio Network to its affiliates. A second series will explore "Religion, Eastern Mysticism and Metaphysics" during 1971. Future series will focus on encounter and education as well as the creative value of madness. Inquire of your local educational radio stations.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please also see membership form (opposite page 36).

ESALEN BOOKS AND PUBLICATIONS: Written materials of particular significance associated with the programs of Esalen Institute are available at the Big Sur center. Selections include work produced at Esalen as well as writings of a number of past seminar leaders. Direct inquiries to Esalen Books, Esalen Institute, San Francisco.

ACCREDITATION AND THE USE OF ESALEN'S NAME: Some individuals and groups have recently involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs; our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools. For the information of the public, we do maintain a consulting service, under the direction of Betty Fuller, that will furnish information about leaders.

SPECIAL MEMBERS' PROGRAMS in the San Francisco Bay Area this spring will include the following guest lecturers. Membership newsletters will contain further details.

Bernard Gunther — Thursday, April 29, 8 p.m.
James Fadiman — Thursday, May 20, 8 p.m.
Stanley Keleman — Thursday, June 17, 8 p.m.

ESALEN INSTITUTE RESERVATION AND TICKET ORDER

This form is for your convenience in preparing attendance at Esalen seminars, workshops and lectures. You may use it for Big Sur (South Coast Center and Esalen) or San Francisco area programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please do make reservations early; some seminars are booked to capacity months in advance.

Name _____ Telephone _____

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City, State _____ Zip Code _____

Number of males in group _____ Number of females in group _____

Check Program location: ☐ South Coast Center. ☐ Esalen/Big Sur. ☐ Esalen/San Francisco.
Check if you are a Member of Esalen. ☐
Please check box if you do NOT now receive Esalen mailings and wish to. ☐

For Big Sur reservations, check whether you wish ☐ shared room or ☐ single room on a space-available basis. A $7 per night additional charge is required for single accommodations. If you are arranging your own lodging elsewhere, check here ☐. Reservations may be assigned at either Big Sur Hot Springs or nearby motels at the discretion of Esalen.

Please complete reservation on other side of this form.

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ESALEN INSTITUTE MEMBERSHIPS

The continuing work of Esalen Institute is funded virtually in toto through tuitions paid by those attending workshops and seminars — but research, future development and expansion depend greatly upon funds assured through Memberships and special grants.

As a Member, you enjoy a tuition reduction of $10 at every seminar and workshop you attend, including encounter groups, plus opportunity to participate in occasional gatherings with Esalen officers, leaders and project coordinators. You are also kept informed of new developments and programs via a special newsletter.

You may wish to consider tax-deductible Membership either for yourself or as a fitting gift in the name of another.

Those friends of Esalen interested in sustaining the Institute in a more substantial way may wish to discuss details of this matter with the Director of Development, Dr. Stuart Miller. The legal counsel of the Institute is also available to discuss various details of gifts and bequests, including tax arrangements. Individual attention can be given in these ways to the particular wishes of donors and the current needs of the Institute.

Please complete Membership and Gift Order Form on other side.

RESERVATION AND TICKET ORDER

(Continued from other side.)

No. of persons	Date(s)	Leader's Name	Title of Event	Deposits
If you wish to claim Membership discount, please enter your Member card number here _____			TOTAL	_____

San Francisco workshops require a $20 non-refundable deposit. Big Sur workshops require a non-refundable deposit of varying amounts depending on program length. See page 15 under "Reservations". The balance is payable at the time of the program itself. Tickets for lectures and symposia are sold in advance at full price; refunds may be made up until 24 hours before the event.

After completing both sides of this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

San Francisco Programs — Esalen Institute, 1776 Union Street, San Francisco, California 94123

Big Sur Programs — Esalen Institute, Big Sur, California 93920

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☐ I enclose my check for the amount appropriate to the Membership category I have selected.

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ESALEN INSTITUTE
is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a residential program exploring new directions in education and the behavioral sciences.

SPECIAL SERVICES AND PROGRAMS

Esalen Consulting Service is developing resources to assist those individuals, groups and organizations wishing to apply the various approaches to human development presented in our seminars and workshops. Programs and leaders have thus far been provided to various community, governmental, religious, industrial and education groups.

Esalen Residence Program: The seventh series will be offered at Big Sur in Fall 1971. For further information see page 10.

Extended Growth Program: A six-month personal growth program in the San Francisco Area will begin in April 1971. For further information, see page 17.

DIRECTORY

Officers of the Institute
Michael Murphy, *President*
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John G. Clancy, *Secretary*
Stuart Miller, *Director of Development*
Julian Silverman, *Research Director*

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*Asterisk denotes that correspondence should be addressed care of:
Esalen Institute
Big Sur, California 93920

Corporation business, general information & subscriptions:
San Francisco office

Consulting Service:
Betty Fuller

Research:
Julian Silverman

Big Sur Administration:
Ken Price, *General Manager**
Peter Medina, *Assistant Manager**

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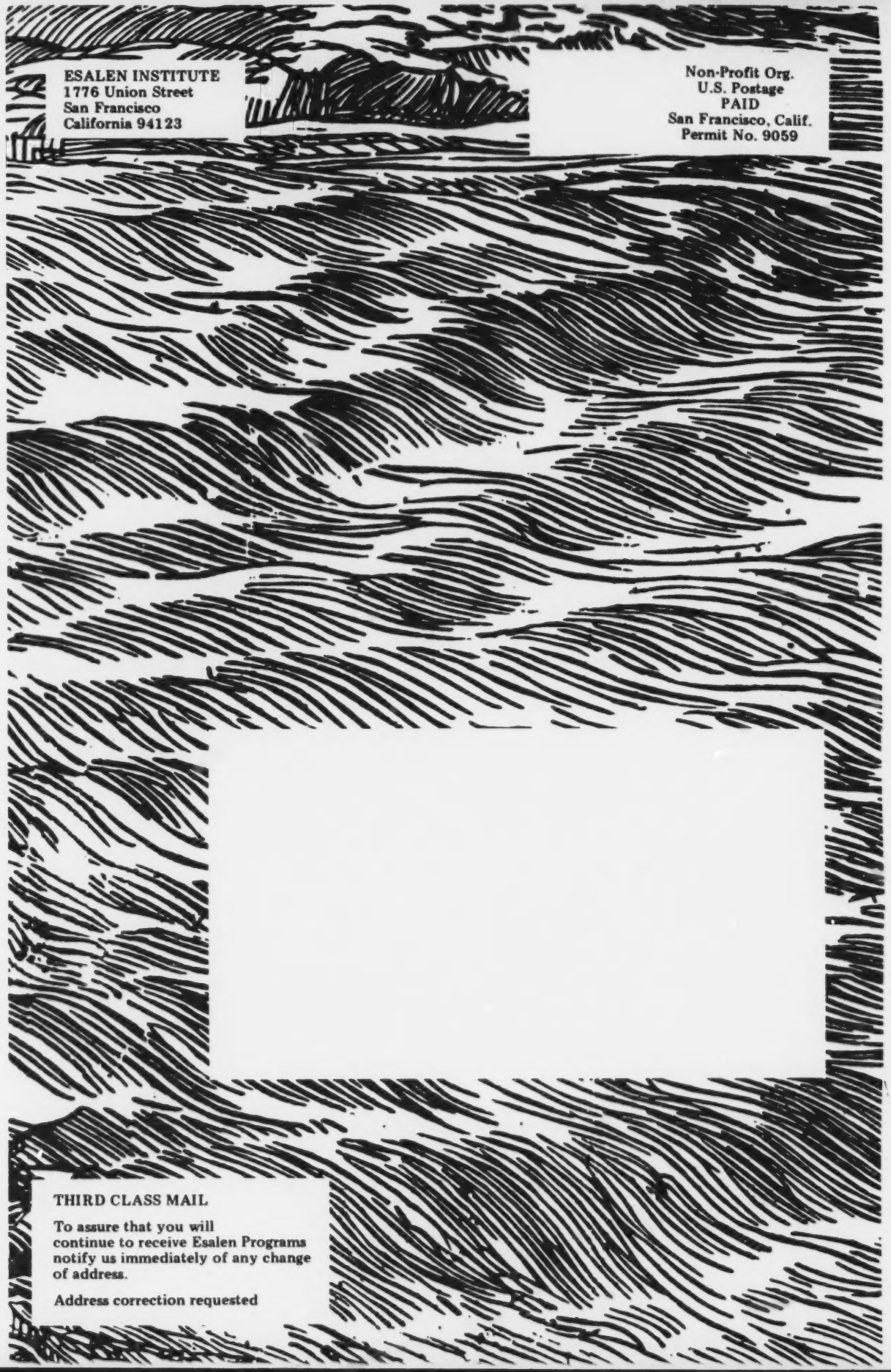

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Address correction requested

Summer '71

ESALEN PROGRAMS

ESALEN PROGRAMS

Summer 1971: Volume X, No. 3

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BIG SUR PROGRAMS

TWO-, THREE- AND FOUR-WEEK WORKSHOPS

June 27-July 10	Esalen Staff	Open Residence Program
July 4-31	Esalen Staff	Gestalt and Structural Integration
July 11-31	Janet Lederman and Betty Fuller	Experiential Learning: Workshop for Educators
July 25-August 7	John Lilly	The Human Biocomputer
August 1-14	James Simkin and Robert Resnick	Professional Training Program in Gestalt Therap:
August 8-21	Esalen Staff	Open Residence Program
August 15-28	Carole Rosenblatt & Deborah Carson	Centering and Encounter
Aug. 22-Sept. 4	Esalen Staff	Open Residence Program
Aug. 29-Sept. 11	John Lilly	The Human Biocomputer
September 5-18	Esalen Staff	Open Residence Program
September 12-25	Gabrielle Roth and Richard Price	Moving into Gestalt
Sept. 19-Oct. 2	Esalen Staff	Open Residence Program
October 3-16	Esalen Staff	Open Residence Program
October 3-30	Esalen Staff	Freeing the Body
October 17-30	Esalen Staff	Open Residence Program
October 17-30	James Simkin and Elaine Kepner	Professional Training Program in Gestalt Therap:
Oct. 31-Nov. 27	Esalen Staff	Gestalt and Structural Integration

ONE-WEEK AND FIVE-DAY PROGRAMS

June 27-July 3	Tart, Ornstein, Fadiman, Arguelles	Charley & Bob & Jim & Jose
June 27-July 3	Esalen Staff	Experience of Esalen
July 4-9	George and Judith Brown	Reality and Illusion
July 4-10	Esalen Staff	Couples' Workshop
July 4-10	Robert Nadeau	Life Energy
July 4-10	Esalen Staff	Open Gestalt Workshop
July 11-17	Jack and Leonne Downing	Gestalt Awareness Training
July 11-17	Esalen Staff	Experience of Esalen
July 11-17	Al Huang	Tai Chi Workshop
July 18-22	Alan Watts	Celebration and Meditation
July 18-24	Claudio Naranjo	Gestalt Training and Meditation
July 18-24	Esalen Staff	Open Encounter
July 25-31	Esalen Staff	Encounter and Gestalt
August 1-6	George and Judith Brown	Reality and Illusion
August 1-7	Esalen Staff	Open Gestalt Workshop
August 1-7	Esalen Staff	Experience of Esalen
August 8-14	Aaron and Rosemary Hillman	Human Education for Human Learning
August 8-14	Jack and Leonne Downing	Gestalt Awareness Training
August 8-14	Esalen Staff	Guild of Hands Workshop
August 8-14	Huston and Kendra Smith	Asian and Western Philosophy
August 15-21	Esalen Staff	Open Encounter
August 15-21	Esalen Staff	Open Gestalt Workshop
August 15-21	Joseph Campbell and Sam Keen	Myth and Identity
August 15-21	Elaine Kepner and Gabrielle Roth	Gestalt, Movement and Massage
August 22-28	Esalen Staff	Freeing the Body
August 22-28	Anne Heider and Gabrielle Roth	Sound and Movement
August 22-28	Robert Nadeau	Meditation

BIG SUR WORKSHOPS (Continued)

Aug. 29-Sept. 4	Lenore Schwartz and Noel Tichy	The Experience of Environment
Aug. 29-Sept. 4	Claudio Naranjo	Gestalt Training and Meditation
Aug. 29-Sept. 4	Esalen Staff	Gestalt and Body Awareness
September 5-11	Deborah Carson	Massage, Meditation and Yoga
September 5-11	Esalen Staff	Open Encounter
September 5-11	Esalen Staff	Open Gestalt Workshop
September 5-11	Carole Rosenblatt & Stanley Freitas	Joy and Woe
September 12-18	Jack and Leonne Downing	Gestalt Awareness Training
September 12-18	Esalen Staff	Open Gestalt Workshop
September 12-18	Esalen Staff	Freeing the Body
September 12-18	Esalen Staff	Encounter and Massage
September 19-24	Esalen Staff	Experience of Esalen
September 19-25	Esalen Staff	Open Gestalt Workshop
Sept. 26-Oct. 2	Claudio Naranjo	Gestalt Training and Meditation
Sept. 26-Oct. 2	Esalen Staff	Encounter and Body Awareness
Sept. 26-Oct. 2	Esalen Staff	Movement and Massage
Sept. 26-Oct. 2	Esalen Staff	Open Gestalt Workshop
October 3-9	Esalen Staff	Open Gestalt Workshop
October 3-9	Esalen Staff	Open Encounter
October 10-16	Jack Rosenberg	Awareness Training for Health Professions
October 10-16	Esalen Staff	Experience of Esalen
October 17-23	Esalen Staff	Gestalt and Encounter
Oct. 31-Nov. 6	Edward Maupin	Body Awareness and the Sense of Being

SAN FRANCISCO INFORMATION

For San Francisco Programs Only:
ESALEN INSTITUTE, 1776 Union
San Francisco, CA 94123
Phone: (415) 771-1710, 9-5 Mon-Fri

BIG SUR INFORMATION

For Big Sur Programs Only:
ESALEN INSTITUTE, Big Sur, CA 93920
Phone: (408) 667-2335,
10 am-5 pm, Mon-Sat; 10 am-9pm, Sun

SAN FRANCISCO PROGRAMS

SINGLE EVENING EVENTS

June 30	Esalen Staff	Introduction to Esalen
July 14	Gay Luce	Surviving as a Person
July 21	Elmer Green	Voluntary Control of Internal States
July 22	Esalen Staff	Introduction to Esalen
July 26	Lawrence LeShan	Psychotherapy: Humanistic or Psychoanalytic
July 28	Lawrence LeShan	The Mystic, the Clairvoyant, the Physicist
August 4	David Galin, Katherine Kocel, Robert Ornstein	Man's "Silent" Half-Brain
August 11	Joseph Pearce	The Crack in the Cosmic Egg
August 12	Esalen Staff	Introduction to Esalen
August 13	Arthur Deikman	The Psychology of Enlightenment
August 18	George Leonard	The Inevitable Transformation of Mankind
August 20	Huston Smith	Conversation with Krishnamurti
August 26	Robert Schwartz	America 1971
August 30	Esalen Staff	Introduction to Esalen
September 2	Joel Kramer	On Yoga
September 8	Arthur Deikman	Bimodal Consciousness
September 15	Claudio Naranjo	The One Quest
September 22	Esalen Staff	Introduction to Esalen

SAN FRANCISCO WORKSHOPS

June 27-July 2	Frank and Ilana Rubenfeld	Gestalt Therapy and the Alexander Technique
July 2-4	Esalen Staff	Esalen Staff Encounter
July 2-5	Gabrielle Roth	Language of Movement
July 9-11	George Downing	Massage and Breath Energy (Members Only)
July 9-11	Tom Allen	Self-Awareness Through Art
July 9-11	William and Audrey McGaw	Couples' Workshop
July 9-11	Milton Lees	Open Gestalt Weekend
July 9-August 29	Robert Ornstein (Coordinator)	Psychology of Consciousness: 7-Week Program
July 10	Esalen Staff	Introduction to Esalen: One Day
July 12-16	Lois Brien	Open Gestalt Workshop
July 16-18	Esalen Staff	Introduction to Esalen Weekend
July 16-18	George Downing	Massage Workshop

SAN FRANCISCO WORKSHOPS (Continued)

July 17-18	Robert Hall	Open Gestalt Weekend
July 19-23	Bernard Aaronson	Altered Perception of Time and Space
July 19-23	Aaron and Rosemary Hillman	Introduction to Confluent Education
July 20-August 26	Frank Ottiwell	The Alexander Technique: 6-Week Series
July 21-August 25	Roger Snyder	Deepening Life Values: 6 Wednesday Evenings
July 22-25	Don Clark	Sexuality, Self and Society: For Professionals
July 23-25	Robert Cromey	Open Encounter for Singles
July 23-25	William and Audrey McGaw	Workshop for Families
July 24	José Argüelles	Man, Media, Metaphysics
July 24-25	Ford/Esalen Staff	On Teaching Reading
July 26-30	George Downing and Esalen Staff	Week for Detoxification
July 26-30	Robin Montz and Gloria Castillo	Human Dimension of Teaching
July 30-August 1	Lee Pulos	Hypnosis and Encounter
July 30-August 1	Robert Constas	Psychosynthesis
July 30-August 1	Cynthia Werthman and Joseph Camhi	Open Gestalt Weekend
July 30-August 1	Peter Marin	Education and Apocalypse
July 30-August 1	Tom Yeomans, Spencer Ward, Lynn Cantlay	Microlab in Confluent Education
July 31	Esalen Staff	Introduction to Esalen: One Day
July 31	Pamela Portugal	Transpersonal Photography
August 2-6	George and Barbara Dillinger	Gestalt Training and Body Awareness
August 2-6	Helen Stephens	Opening to Creativity
August 2-6	Paul and Anne Nash	Humanizing Learning
August 2-13	Paul Aiken (Coordinator)	Program for High School and College Counselors
August 6-8	Esalen Staff	Introduction to Esalen Weekend
August 6-8	Gerald Smith	Couples' Workshop
August 7-8	Robert Ornstein	Sufi Word-Pictures and Stories
August 9-13	Gabrielle Roth	Movement and Massage
August 9-13	Stewart Shapiro	Change Agents in Higher Education
August 13-15	Joseph Fabry	Saying Yes to Life
August 13-15	David Schiffman and Bob Kriegel	Growth and Boundaries
August 13-15	Helen Stephens	Massage Workshop
August 14-15	Ford/Esalen Staff	On Teaching Reading
August 14-21	Walt Anderson and Dan Holland	Encountering in the High Sierras
August 16-20	Bob Kriegel and Esalen Staff	Week for Detoxification
August 16-20	George and Judith Brown	Gestalt Learning Theory
August 20-22	Hildegard Elsberg	The Body as a Focus of Meditation
August 20-22	Robert Cromey	Divorce: A Creative Experience
August 20-22	Jackie Doyle	Encounter for Unmarried Couples
August 21	Esalen Staff	Introduction to Esalen: One Day
Aug. 22-Sept. 3	Lois Brien & Elaine Kepner	Gestalt Training Program (Section 1)
August 23-27	Betty Fuller	Encounter for the Experienced
August 23-27	Arthur Hough and Evelyn Jernberg	Learning to Learn
August 27-29	Esalen Staff	Introduction to Esalen Weekend
August 27-29	John Stevens	Open Gestalt Weekend
August 27-29	Jim and Susan Vargiu	Psychosynthesis
Aug. 30-Sept. 3	Jackie Doyle	Open Encounter Workshop
Aug. 30-Sept. 3	Thomas Munson	Gestalt Workshop
September 3-6	Robert Nadeau	Life Energy
September 4-5	Gabrielle Roth	Language of Movement
September 4-5	Thomas Munson	Open Gestalt Weekend
September 6-10	Cynthia Werthman and Joseph Camhi	Open Gestalt Workshop
September 10-12	Richard Marsh	Encounter and Beyond (Section 1)
September 10-12	Tom Allen	Self-Awareness Through Art
September 10-12	Jack Rosenberg and Lynwood Walker	Body and Soul
September 11	Esalen Staff	Introduction to Esalen: One Day
September 11-12	Dane Rudhyar	H. P. Blavatsky's Secret Doctrine
September 13	Gerald Smith	Professional Workshop in Family Therapy
September 17-19	Robert Cromey	Massage and Encounter
September 17-19	Joel Kramer	Yoga Workshop
September 18	Paul de Ste. Colombe	Grphotherapy Seminar
September 18-19	George and Barbara Dillinger	Gestalt Training and Body Awareness
September 24-26	Esalen Staff	Introduction to Esalen Weekend
September 24-26	Don Clark and Marian Saltman	Play, Touch and Talk
September 24-26	Richard Marsh	Encounter and Beyond (Section 2)
September 24-26	Len Pearson	The Psychology of Over-Eating
October 1-3	Arthur Hough and Evelyn Jernberg	Communication Games
October 1-3	Gerald Smith	Couples' Workshop
October 1-3	Gabrielle Roth	Massage and Movement
October 2	Esalen Staff	Introduction to Esalen: One Day

NEWS

ESALEN: A STATEMENT TOWARDS CLARIFICATION

Esalen has come to be thought of in a number of ways — in so many, in fact, that we sometimes speak of ourselves as "Inkblot Institute." Among these projected "identities" and our relation to them are:

A "sensitivity training" center. This is a term we rarely, if ever, have used. That increased sensitivity is a hoped for outcome in many programs is, of course, true.

A "growth center." We recognize that the "growth center movement" has largely developed in relation to Esalen. We still best consider ourselves to be an evolving kind of school for experimental education and not a place that can, in any sense, promise a particular result.

A psychiatric hospital. On one occasion the Miami police called asking if a person then in their custody had "escaped" from our "institution". We are *not* a hospital and do not give the type of "care" or "treatment" identified with one. Our programs are oriented toward growth rather than pathology and we believe explicitly so. The statement made in relation to Gestalt Workshops is applicable to all programs: *"The assumption is made that participants are not "patients" but are persons responsible for their own life decisions."* Anyone not willing to make such an assumption about himself should find resources other than those we presently offer.

Particular identifications with one or another of the areas of work in which we have been involved such as encounter or gestalt or sensory awakening or structural integration. Here our function has been to facilitate the development of work in those and other areas but we are not solely involved in only one or two of them.

A religious center or retreat. This is true to the extent that an individual chooses to make it so. Historically Esalen began largely out of the founders' interest in Eastern philosophy and spiritual practice and part of the program remains focused in those areas.

A training center for mental health and teaching professionals. We have no formal training programs although the residence programs have, in fact, developed a number of group leaders. These roles are better understood as those of educators and not of psychiatric or social work practitioners. We do have particular programs that *are* especially directed to psychiatrists, social workers, teachers and so forth. Hopefully many of our programs offer enriching possibilities to these and many other professions.

We have left out a number of derogatory projections in relation to Esalen (and also some equally unrealistic eulogizing ones). Perhaps the best brief definition remains that which has appeared in our brochure for a number of years: "Esalen Institute is a center to explore those trends in the behavioral sciences, religion, and philosophy which emphasize the potentialities and values of human existence." In this area we have been a forum, and it is primarily this we hope to remain.

ESALEN AND EDUCATION

In 1967/68, George Brown met with a devoted group of teachers to investigate the use of Esalen techniques in education. This first investigation of what has become known as confluent education was funded by the Ford Foundation and is now presently written up in Dr. Brown's *Human Teaching for Human Learning* *(see page 38)*. Dr. Brown has more recently been granted over a quarter of a million dollars to further investigate, define and apply confluent education. Esalen has received a sub-grant in this project to relate confluent education to the teaching of elementary school reading. Under the direction of Sukie Miller, working with 14 teachers and principals, the three-year program will be spent in training, with regular Esalen workshop experience and meetings spent in discussion and classroom planning. The teachers are responsible for keeping a complete journal of their experience from which may be compiled a year-end report and a projection for the next two years. Further, funds are being sought which will allow project members to involve themselves in specific disciplines more intensively than present weekends have provided.

This year teachers participated in special workshops in gestalt, encounter, body awareness,

psychosynthesis, and affective education. The coming year is expecting to include training in body disciplines such as aikido, tai chi, Alexander Method, rolfing and exposure to physiological feedback processes and computer education.

Director Sukie Miller explains the project as "a pilot study with the goal of relating the Esalen techniques to the teaching of reading for children — and as part of this year we have been developing specific techniques and lesson plans. We are not sure where it will all lead — perhaps to an Esalen school in several years, or simply a group of happier, wiser teachers."

As a culmination to this year's work, the Ford-Esalen project will be leading two weekend workshops reporting on the year's work and sharing with participants, experientially and didactically. At this moment no further written information on the project is available, but much more information will be shared during the weekend workshops entitled: Giraffe, or How to Teach Reading Confluently. These workshops, and other "Workshops for Educators" in Esalen's second annual program series, are described on pages 18-19.

APPROACHES TO PERSONAL GROWTH: SOME DESCRIPTIONS

Because so many of Esalen's programs are experiential, we have been asked by many people who are new to Esalen to differentiate among a number of approaches that seem, at first glance, so similar. The various disciplines being practiced at Esalen have influenced one another so that the task of producing an encounter group totally free from gestalt techniques, for example, is impossible. Furthermore, different practitioners of various disciplines stress different aspects. What follows is, therefore, not a scientific statement but rather a first attempt at making some rough distinctions among a number of approaches. (And we welcome suggestions for improved descriptions).

Encounter Groups: The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing in their statements and instead talk about their feelings and perceptions. Generally, in Esalen encounter groups, participants are encouraged and helped to express their feelings about themselves and other members of the group through nonverbal as well as verbal means. There is often an emphasis on eliciting emotions which lead to positive or negative confrontation between participants; the point is to allow participants to explore and work through such emotions rather than retreat from them. The focus of encounter groups is on exploring interpersonal relations, and the expression and exploration of self through interpersonal relations ("the between and the within"). Techniques and approaches such as gestalt therapy, sensory awareness and those exploring fantasy and inner imagery may be added to the basic encounter situation.

Gestalt Training: Participants meet in a group of between eight and twenty, or more, always with a leader. Generally, the leader works with one person at a time, while other members observe or participate minimally, as compared with, for example, encounter groups. The aim of gestalt training is to increase a person's awareness of the instant moment and to further, thereby, his personality integration by having him acknowledge his responsibility for how he exists at any given moment. Emphasis is placed on having a participant explore his dreams, fantasies, expectations, gestures, voice and other aspects of personal functioning, by enacting them before the group. By so doing he becomes aware of the unity of his organism — mind, body, emotions and feelings.

Sensory Awakening and Sensory Awareness: The focus of these disciplines is on the body. The leader directs the group in a series of exercises designed to broaden and deepen the participant's awareness of his sensory existence, including awareness of his own body, nature and energy. Occasionally this is followed by encounter-style discussion of the participants' experience, but the emphasis, in any case, is nonverbal.

Meditation: Participants in meditation exercises generally meet in groups, but the focus of meditation is inward. The leader directs the group in exercises and then the group members may share their experiences. Meditation exercises are usually mental, though some forms of moving meditation, such as *t'ai chi chuan,* involve a concentrated awareness on the movements of the body. The aim of meditation is to break through ordinary consciousness to various levels of being, ranging from relaxed but alert awareness of self to the deepest levels of mystical experience in which the identity of self and cosmos become apparent.

Experience of Esalen programs join staff members and participants in an experience of each other and of the Institute, surrounded only by as much structure as the group wishes to create. Each member may choose to join a group or not, as he wishes; individual choices can go from intense encounter to silent meditation. No two Experience of Esalen workshops are alike, since the mix of staff resource availabilities and interests of group members varies with each workshop. Among the offerings are encounter, gestalt dream work, massage instruction, meditation, yoga, instruction in arts and crafts, Rolf treatments, body awareness, movement and astrology. Rolf treatments and massage are available only at extra cost; inquire when making reservations.

BIG SUR

PROGRAMS

A WORD ABOUT THE PROGRAMS AND FACILITIES AT BIG SUR

Esalen Institute now has the use of two facilities along the Big Sur Coast: its original home (also known as the Hot Springs) and the South Coast Center, one and a half miles north. Like Esalen itself, the South Coast Center is complete with meeting rooms, sleeping accommodations, dining room, pool and sauna. Persons attending programs at the South Coast are free to use the hot baths, pool and other facilities at Esalen if they wish. Program descriptions indicate whether a program is to be held at South Coast; programs *without* this designation will be held at the Hot Springs. All the information on page 14 applies to both of Esalen's Big Sur locations.

As a reminder, approximately 12 hours of work per week in the kitchen, garden and grounds are required of participants in all programs of two weeks duration or longer at Esalen Institute. The programs at South Coast include community work of about six hours per week.

RESIDENCE PROGRAM

Beginning September 5, the two-week Open Residence Programs will be under the coordination of Betty Fuller, aided by members of the Esalen Staff. Persons interested in a Residence Program will be selected from these two-week workshops; program length and emphasis will vary according to individual need and direction. Preference will be given to persons who can potentially contribute to one or another of Esalen's work. This new on-going Residence Program is based on the model of Fritz Perls' Lake Cowichan experiment and differs markedly from past, more formalized Esalen Residence Programs. For more information write to Esalen/Big Sur.

EIGHTH ANNUAL PROFESSIONAL PSYCHOTHERAPIST TRAINING PROGRAM IN GESTALT THERAPY

Gestalt therapy, by emphasizing the awareness continuum of oneself and the world, is a way (Tao) of living and enhancing one's experience. It is non-analytic. It attempts to integrate the fragmented, split personality through non-interpretive focusing in the here-and-now.
Gestalt therapists believe that people *can* change their behavior only if they are aware (responsible) of what and how they do what they do. The Aristotelian why-because "game" is rejected as another avoidance technique (phobic behavior).

August 1-14 TWO-WEEK PROFESSIONAL WORKSHOP
with DRS. JAMES SIMKIN and ROBERT RESNICK

October 17-30 TWO-WEEK PROFESSIONAL WORKSHOP
with DRS. JAMES SIMKIN and ELAINE KEPNER

These workshops will provide theoretical as well as practical training in the application of the existential and phenomenological method for individual, group and self-treatment. The participants will have an opportunity to learn through facing and coping with their own personal problems. Attention will be primarily focused on phenomenology through the use of non-interpretive techniques. Audio-tape feedback and possibly video-tape feedback will be used as training tools.
Each two-week workshop is limited to 24 qualified professional psychotherapists, in individual or group practice, who are licensed or license-eligible in the state or country where they practice. Apply well in advance and state qualifications including academic, professional and experiential backgrounds. Mark envelopes "Attention of Gestalt Professional Workshop".
$650 per person for two-week period. Nonrefundable deposit of $250 required.

 For Biographies, see pp. 33-37

PROGRAMS WITH THE ESALEN STAFF

The four-week, two-week and one-week programs listed below will be led by members of the Esalen staff and by visiting teachers and group leaders. Esalen/San Francisco staff will also be drawn upon.

Big Sur Staff includes: Jean Butler, Michael Butler, Deborah Carson, Seymour Carter, Roberta DeLong, Jack Downing, Al Drucker, Betty Fuller, Ann Heider, Lynn Johnson, Janet Lederman, Milton Lees, William Leigh, John Lilly, Theodora Lyon, Hector Prestera, Richard Price, Carole Rosenblatt, Gabrielle Roth, William Schutz, Julian Silverman, Steven Stroud, Simone Surpin, Gerald Thatcher and Sharon Wheeler.

Frank and Ilana Rubenfeld of the New York Institute of Gestalt Therapy will be in residence during July and August. John Heider is on study leave for most of 1971.

FOUR-WEEK WORKSHOPS

July 4-31 and October 31-November 27
GESTALT AND STRUCTURAL INTEGRATION

Psychological dis-ease and physical tension are two aspects of one phenomenon. Gestalt training is an awareness-centered, integrative process concentrating on *How* and *Now* rather than *Why* and *Fantasy* of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own unused potential. Structural integration (rolfing) while producing actual physical change, also facilitates direct perception of body process in relation to emotional pressure and release. Each participant will receive three rolf treatments as part of this workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working professionally with groups (teachers, ministers, psychologists, etc.)
$875 per person. $400 nonrefundable deposit required with reservation.

October 3-30
FREEING THE BODY

This intensive program introduces various body-oriented disciplines such as massage training, the Rolf method of structural integration, movement, *tai chi chuan*, yoga and techniques based on the work of Wilhelm Reich. The aim is to give group members greater awareness of their physical structures and to demonstrate methods for achieving freer movement, more expressiveness and life feeling. There will be weekly sessions in gestalt and encounter to integrate the total experience.
$875 per person. $400 nonrefundable deposit required with reservation.

TWO-WEEK OPEN RESIDENCE PROGRAMS

These programs center on encounter and gestalt-oriented work. Each two-week period includes additional opportunities in other experiential areas (such as bio-energetics, movement, massage and sensory awakening, depending on group interest and leader availability. All workshops have a structural integration (rolfing) demonstration; individual sessions are available at extra cost.

June 27-July 10	September 19-October 2
August 8-21	October 3-16
August 22-September 4	October 17-30
September 5-18	

ONE-WEEK PROGRAMS

These week-long programs are led by Esalen staff members and combine two and sometimes more of the areas of work in which Esalen is involved. Emphasis is directed toward the first of the disciplines when two are indicated (e.g. Encounter and Movement). When only one is named (e.g. Open Gestalt), introduction is given to at least one other area according to group interest and leader availability.

June 27-July 3	Experience of Esalen
July 4-10	Encounter for Couples
July 4-10	Open Gestalt
July 11-17	Experience of Esalen
July 18-24	Encounter
July 25-31	Encounter and Gestalt
August 1-7	Open Gestalt
August 1-7	Experience of Esalen
August 15-21	Encounter
August 15-21	Open Gestalt
August 22-28	Freeing the Body
August 29-September 4	Gestalt and Body Awareness
September 5-11	Encounter
*September 5-11	Open Gestalt
September 12-18	Open Gestalt
September 12-18	Freeing the Body
*September 12-18	Encounter and Massage
September 19-25	Open Gestalt
September 26-October 2	Encounter and Body Awareness
*September 26-October 2	Movement and Massage
*September 26-October 2	Open Gestalt
October 3-9	Open Gestalt
*October 3-9	Encounter
October 10-16	Experience of Esalen
October 17-23	Open Gestalt and Encounter

(*) indicates programs held on the main grounds of Esalen Institute; programs are $240 per person for each one-week period. All other programs listed above are held at the South Coast Center and are $220 per person for each one-week period.

Experience of Esalen programs join staff members and participants in an experience of each other and of the Institute, surrounded only by as much structure as the group wishes to create. Each member may choose to join a group or not, as he wishes; individual choices can go from intense encounter to silent meditation. No two Experience of Esalen workshops are alike, since the mix of staff resource availabilities and interests of group members varies with each workshop. Among the offerings are encounter, gestalt dream work, massage instruction, meditation, yoga, instruction in arts and crafts, Rolf treatments, body awareness and movement. Rolf treatments and massage are available only at extra cost; inquire when making reservations.

Freeing the Body workshops introduce participants to various body-oriented disciplines such as massage training, the Rolf method of structural integration, movement, *tai chi chuan*, yoga and techniques based on the work of Wilhelm Reich. The aim is to give group members greater awareness of their physical structures and to demonstrate methods for achieving freer movement, more expressiveness and life feeling.

Other approaches to personal growth mentioned above are described on page 6 .

 For Biographies, see pp. 33-37

PROGRAMS

June 27-July 3 One-Week Workshop
BOB & JOSE & JIM & CHARLEY Robert Ornstein, Jose Arguelles, James Fadiman, Charles Tart

A new conception of man's capacities is forming in psychology, art, physiology, philosophy and in an understanding of older esoteric disciplines.
The program leaders reflect this new understanding in various facets. In the use of mandala, in the significance of the I Ching, in psychosynthesis, in understanding paranormal phenomena, in physiological feedback training, meditation and stories of the Sufi tradition. Participants will have the opportunity both to experience many of these techniques and, additionally, to relate them to their current life and professional situations. $260 per person.

July 4-9 5-Day Workshop
REALITY AND ILLUSION: LEARNING TO DISCRIMINATE George I. and Judith Brown

This workshop will be primarily experiential with an emphasis on principles of gestalt therapy applied both to the individual and, in the case of couples (involved in or contemplating marriage), to the relationship. Ways to move and grow will be presented in a laboratory workshop context beginning with readiness techniques such as encounter, creativity games and body awareness, followed by gestalt awareness training.
$255 per person.

July 4-10 One-Week Workshop
LIFE ENERGY Robert Nadeau

This workshop will consist of a wide variety of energy-freeing and energy-producing exercises. The intent of these exercises is to make each participant familiar with life energy so that he may use it as a tool for higher awareness. Some of the basic ideas and disciplines to be covered are energy flow and energy awareness, energy and its use in spiritual growth and in healing, and centering and the development of center. Participants will explore the relation of a free flow of energy to relaxation, calmness, attitude and mental concentration, centering and moving from center, direct perception of energy and transferring energy to others. $260 per person.

July 11-17 One-Week Workshop
ANOTHER ASPECT OF GESTALT AWARENESS TRAINING Jack and Leonne Downing

Utilizing familiar gestalt methods, combined with additional techniques from the Arica School of Oscar Ichazo, the Downings will work to increase participants' objective awareness of the concrete, actual world. $250 per person. *(At South Coast Center).*

July 11-17 One-Week Workshop
TAI CHI WORKSHOP Al Huang

Of the East: born in China, trained in tai chi chuan, kung-fu, kendo, cursive calligraphy and educated in Chinese classics and Buddhism. *Of the West:* B.A. in architecture, M.A. in choreography. Actor, mime, teacher-performer of creative dance.
The synthesis of the East-West of Al Huang's own experience is what the group will share. Tai chi is the tao, the way, the wisdom of our own nature, expressiveness with total spontaneity. $260 per person.

July 11-31 Three-Week Workshop
EXPERIENTIAL LEARNING: A WORKSHOP FOR EDUCATORS
Janet Lederman and Betty Fuller

The resolution of chaos to heal a torn society; to create a beginning through exploration into human differences, polarities and control madness.
You and me, us and them, ins and outs. Our experimental environment, the Esalen community, our focused awareness, our intent that each participant assume responsibility for being his own teacher, therapist, judge and appreciator. (Preference will be given to administrators and department heads). $750 per person.

July 18-22 Four-Day Workshop
SHANGRI-LA ON THE EDGE OF THE SEA Alan Watts

A contemplative retreat on one of California's most beautiful shorelines to generate beneficent vibrations and compassion for all beings through meditation, singing, dancing and joyous rituals, and for bottomless za-zen in harmony with the universe.
(Note: check-out time for this workshop is Thursday noon, July 22). $210 per person.

July 18-24 One-Week Workshop
GESTALT AWARENESS TRAINING AND MEDITATION Claudio Naranjo

Claudio Naranjo writes: "I combine the modern techniques of gestalt training with ancient techniques of self-awareness, thus endeavoring to maintain a balance between working in the interpersonal domain and working in isolation from others; between contacting the environment and contacting one's deeper self. Hopefully, a better balance may be established between both." $250 per person. *(At South Coast Center).*

July 25-August 7 Two-Week Workshop
THE HUMAN BIOCOMPUTER John Lilly

As a result of his recent work with Oscar Ichazo in Arica, Chile, John Lilly has expanded his mind-brain-body biocomputer model of human nature to include the "essence". His new configuration is essence-self-computer-ego programs. Using methods derived from Eastern and Western mystical traditions as well as modern science, this program will work to move participants toward essence. (Recommended reading: *The Human Biocomputer* by John Lilly. Available for $1.50 by writing Esalen/San Francisco). $490 per person.

August 1-6 5-Day Workshop
REALITY AND ILLUSION:
LEARNING TO DISCRIMINATE
George I. and Judith Brown

This workshop will be primarily experiential with an emphasis on principles of gestalt therapy applied both to the individual and, in the case of couples (involved in or contemplating marriage), to the relationship. Ways to move and grow will be presented in a laboratory workshop context beginning with readiness techniques such as encounter, creativity games and body awareness, followed by gestalt awareness training. $255 per person.

August 8-14 One-Week Workshop
HUMAN EDUCATION FOR HUMAN LEARNING Aaron and Rosemary Hillman

The merging and the process of education are called confluent education. Though directed toward the classroom teacher, the workshop is also appropriate for any educator, persons interested in education or as an individual growth experience. Gestalt awareness training will be an integral part of the program. Recommended reading: *Human Teaching for Human Learning* by George I. Brown. $250 per person. *(At South Coast Center).*

August 8-14 One-Week Workshop
GUILD OF HANDS WORKSHOP Tony Wagner, Craft Director and the Craft Staff

The "Barn" has traditionally been the artists' center at Esalen and for many years staff members have made it their studio. Recently Esalen's craftsmen began an ongoing program offering such diverse arts as leatherwork, welding, woodcarving and woodcut prints, batiking, macrame, jewelry, *ojos de Dios,* tie-dying, photography, ceramics and forging. Participants in this workshop will learn various crafts and will have access to the barn's facilities all day, every day, after-dinner hours included. $250 per person.

August 8-14 One-Week Workshop
"IT'S NOT FAR BUT I CAN'T FIND THE WAY" Huston and Kendra Smith

Exploration of Asian and Western ways to find it. Yoga, Zen, Tantra, I-Thou, Norman Brown. Theory (including brief daily readings) bracketed by morning meditation ('kindergarten zen') and evening encounter to bring the whole self into the quest.

$280 per person.

 For Biographies, see pp. 33-37

August 8-14: ANOTHER ASPECT OF GESTALT AWARENESS TRAINING
Jack and Leonne Downing. *See page 10 for description and cost. (At South Coast Center).*

August 15-21 One-Week Workshop
MYTH AND IDENTITY Joseph Campbell and Sam Keen

Dialogue between practical and theoretical ways of discovering relationship between myth and identity. The workshop will explore the life stories of the individuals participating and search for their mythical dimensions. $280 per person.

August 15-21 One-Week Workshop
GESTALT, MOVEMENT AND MASSAGE Elaine Kepner and Gabrielle Roth

Many persons, in giving and receiving a massage, experience feelings of sadness, anger, hostility or joy, particular areas of muscular holding and blocked energy, and the emergence of past memories of pain and pleasure. Methods of gestalt will be used to deal with such emotional experiences, as they may occur, during the course of massage instruction. $240 per person.

August 15-28 Two-Week Workshop
CENTERING AND ENCOUNTER Carole Rosenblatt and Deborah Carson

The first week will focus on the methods of massage, yoga, movement and meditation to increase energy awareness and to explore the use of energies in becoming centered and quiet; the second week will emphasize methods of encounter and gestalt training. Participants will be encouraged to keep a journal of their workshop experience.
$450 per person.

August 22-28 One-Week Workshop
SOUND AND MOVEMENT Anne Heider and Gabrielle Roth

The group will experiment with spontaneous movement and sound, working toward a freer range of expression with body, voice and musical instruments. (Musicians, bring your instruments). No formal training in music or dance is necessary. $240 per person.

August 22-28 One-Week Workshop
MEDITATION Robert Nadeau

An intensive program for sincere spiritual seekers. Meditation for increased personal awareness of universal perfection. Instruction and practice in individual, partner and group meditation. Personal sessions to help the individual realize his higher self.
$250 per person. *(At South Coast Center).*

August 29-September 4 One-Week Workshop
THE EXPERIENCE OF ENVIRONMENT Lenore Schwartz and Noel Tichy

This workshop aims to help participants realize and practice the richest daily extension of their own emotional and esthetic world. The group will experiment with the arrangement of personal experience in form, space, color, sound, taste, smell, rituals and social forms, using group interaction methods to move from individual perception to community building. Of special interest to architects, designers and their spouses.
$250 per person. *(At South Coast Center).*

August 29-September 4: GESTALT AWARENESS TRAINING AND MEDITATION
Claudio Naranjo. *See page 11 for description.* $260 per person. *(At Esalen Institute).*

August 29-September 11: THE HUMAN BIOCOMPUTER John Lilly.
See page 11 for program description and cost. (At Esalen Institute).

September 5-11 One-Week Workshop
MASSAGE, MEDITATION AND YOGA Deborah Carson

Through the meditation of hatha yoga and various other exercises, group members will become acquainted with their centers and the flow of body energies. Massage instruction, based on this energy awareness, will emphasize development of individual technique and rhythm. $240 per person.

September 5-11 One-Week Workshop
JOY & WOE
Carole Rosenblatt and Stanley Freitas

It is right it should be so;
Man was made for Joy & Woe;
And when this we rightly know
Thro' the World we safely go.
Joy & Woe are woven fine,
A clothing for the Soul divine.

(William Blake)

$220 per person.

September 12-18: ANOTHER ASPECT OF
GESTALT AWARENESS TRAINING Jack and Leonne Downing.
See page 10 for description. $260 per person. *(At Esalen Institute).*

September 12-25 Two-Week Workshop
MOVING INTO GESTALT Gabrielle Roth and Richard Price

A body and celebratory movement workshop, emphasizing body consciousness, combined with intensive gestalt work. The program will include other areas of body awareness, such as massage and bio-energetics. $450 per person.

September 19-24 5-Day Workshop EXPERIENCE OF ESALEN Esalen Staff
See page 9 for program description. $215 per person. *(At Esalen Institute).*

September 26-October 2: GESTALT AWARENESS TRAINING AND MEDITATION
Claudio Naranjo. *See page 11 for description.* $250 per person. *(At South Coast Center).*

October 10-16 One-Week Workshop
AWARENESS TRAINING FOR THE HEALTH PROFESSIONS Jack Rosenberg

This workshop is designed for people in the health professions — dental, medical and allied fields, including nurses, technicians, and assistants; spouses are particularly encouraged to attend.

A factor in health care, often forgotten, is the health of those who provide care for others, much as the cobbler is the last to get shoes. The purpose of this workshop is to allow the health professional to take time to explore and take stock of his direction in both aspects of a professional person's life — his practice and his inner life — in hopes of developing a deeper significance, awareness and pleasure in both. Gestalt and body awareness, and videotape feedback, will be used. Participants will be shown ways to apply gestalt awareness techniques to their practice, as well as the technique for treatment of fixed muscular patterning of facial expression. Sessions in hatha yoga and movement expression will be included. $280 per person.

October 31-November 6 One-Week Workshop
BODY AWARENESS AND THE SENSE OF BEING Ed Maupin

The sense of reality, pleasure and coherence in what we do depends on our not being alienated from ourselves as bodies. Even relating to other people requires that we be someone in this sense. In this workshop, a variety of approaches — sensory awareness, movement, material drawn from the Rolf method and from several yoga traditions — are used to awaken a sense of self more primary than ideas, definitions, fantasies. The increased body awareness is then used to explore possibilities for more profound contact with other people, greater aesthetic response and a more creative use of the imagination. Bring sweat pants or leotards. $280 per person.

October 31-November 27: GESTALT AND STRUCTURAL INTEGRATION. *See page 8.*

For Biographies, see pp. 33-37

BIG SUR INFORMATION

GROUNDS ARE CLOSED EXCEPT BY RESERVATION. Participants are discouraged from bringing guests or having people drop in.

RESERVATIONS: must be made at least one week prior to the first day of the program. Accompanying the reservation deposits are required as follows: $70 for one-week and 5-day programs; $200 for 2-week programs; and $300 for 3-week programs. Deposits are non-refundable but may be transferred with ten days notice. Please mail reservation form with check to: Reservation Desk, Esalen Institute, Big Sur, California 93920. Do not send Big Sur reservations to San Francisco. Balance of payment is due on arrival.

CHECK IN/CHECK OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening; however guests are welcome to arrive earlier in the afternoon. All programs begin with dinner on Sunday. The last session of 5-day programs is Friday morning; check-out time is 12 noon on Friday. One-week programs usually end Saturday morning. 2-week, 3-week and 4-week programs usually have final sessions on the last Saturday morning, with some programs ending Friday morning of the last week. Check-out time is noon of the final Saturday for all programs, except 5-day programs.

PROGRAM COSTS: cover tuition, food and lodging, use of the fresh-water pool and hot mineral baths. Massage, available by appointment, is extra. Reservations must be made in advance; balance of payment is due on arrival. Foreign currency: Esalen can only accept checks drawn on U.S. funds. Esalen accepts major credit cards, including BankAmericard, Master Charge and American Express.

SCHOLARSHIPS: Scholarships and interest-free loans are available through the Claire Nelson Scholarship Fund. Preference is given to persons who have attended a one-week (or longer) program at Esalen and who have been interviewed by a member of the administrative staff. Grants may cover from one-fourth to one-third of the program fee. To receive a scholarship application write to Scholarships, Esalen Institute/Big Sur.

ACCOMMODATIONS: The rooms of Esalen property are designed for shared occupancy (2 or 3 to a room), and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodgings in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property — in tents, cars, campers or meeting rooms — is strictly prohibited.

CHILDREN AND PETS: There are no child care facilities available at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Alas, no pets.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name. From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute — Reservations Only. The South Coast Center is 1½ miles north of Esalen Institute.

LIMOUSINE SERVICE from Monterey: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $15 per person from Monterey airport or Greyhound terminal, with 3 to 5 days advance notice. On arrival, guests should inquire at terminal service for the Esalen representative.

LONG-TERM PROGRAMS: Approximately 12 hours of work per week in the kitchen, garden and grounds are required of participants in all programs of two weeks duration or longer at Esalen Institute. The work requirement is 6 hours per week at South Coast Center.

ORGANIC FOOD: The organic garden on the Esalen grounds is flourishing and provides the kitchen with most of its vegetables and herbs. We try to serve only organically-produced meats, poultry and dairy products; most breads and pastries are made by Esalen bakers.

SAN FRANCISCO PROGRAMS

A SUMMER WORKSHOP FOR COUNSELORS

Esalen is offering a two-week workshop, August 2-13, for college and high school counselors, social workers, ministers and peer counselors. Working as a training group, participants will gain experience in a variety of affective techniques which are being developed into useful and innovative counseling methods. There will also be theoretical sessions and overview meetings throughout the program to help integrate and apply experiences to individual situations. Specifically included will be one-to-three day sessions on: encounter and eclectic group methods; gestalt training techniques; psychodrama and fantasy; facilitating in a climate of social change; applications to crisis intervention; drug-crisis intervention; alternative models for counseling programs; and counseling to contemporary values. Faculty includes Paul Aiken, Ph.D. (Program Coordinator); Esly Barreras, M.D.; James Fadiman, Ph.D.; Ian Grand, B.A.; Stuart Loomis, M.A.; Stewart Shapiro, Ph.D. See pages 33-37 for biographical descriptions.

This is a full-time, live-in program, beginning Monday, August 2, and continuing through Friday, August 13, 1971. It will be held at a conference center near San Francisco. Tuition is $420 per person, and includes dormitory lodging and meals.

To apply, send a letter with information about your counseling background to: Esalen Institute, 1776 Union Street, San Francisco, CA 94123. A non-refundable deposit of $150 is required with registration.

Three quarter-units of post graduate professional credit available through University of California Santa Barbara Extension. Interested persons may apply for credit and pay credit fee of $10 per unit at program's first session, August 2.

AN EXTENDED TRAINING PROGRAM IN GESTALT THERAPY

A program for professionals who will be using gestalt methods in their occupational contact. Emphasis will be placed on the application of these methods to individual growth, families, couples, therapy groups and work groups. Special attention will be given to gestalt strategies of consultation, staff observation and organization building.

The program will be held at a conference center near San Francisco and consists of six weeks of residential workshops over a calendar year. The schedule is specially designed to provide continuity of training, and to allow for integration and application of learning to individual situations through direct consultation with the training staff during the year. The schedule is:

Sunday, August 22 to Friday, September 3, 1971 (two weeks)
Sunday, November 14 to Friday, November 19, 1971 (one week)
Sunday, March 12 to Friday, March 17; 1972 (one week)
Sunday, July 18 to Friday, July 30, 1972 (two weeks)

Lois Brien, Ph.D. and Elaine Kepner, Ph.D., are coordinators; other faculty members are John Enright, Ph.D., Sherman Kingsbury, M.A., Abe Levitsky, Ph.D., Leon Lurie, M.A., Curtis Steele, M.D., and Cynthia Werthman, M.S.W. See pages 33-37 for biographical sketches.

Program cost is $1080 per person. For detailed information, write to Esalen Institute, 1776 Union Street, San Francisco 94123.

For Biographies, see pp. 33-37

SUMMER PROGRAM IN THE PSYCHOLOGY OF HUMAN CONSCIOUSNESS

There is an old Central Asian tale:

A man, having looted a city, was running around attempting to sell a stolen rug. "Who will give me 100 pieces of silver for this priceless rug?" he cried. After the sale, a friend came by and asked, "Why did you not ask more for that priceless gem?" "Is there any number higher than 100?" said the man.

Scientific psychology has just recently gone beyond this type of thinking. A more complete conception of man is beginning to emerge within the academic disciplines, a conception which includes man's capacity for self-regulation, his sensitivity to subtle sources of energy, his facility for "paranormal communication". A new view of the nervous system is evolving and, along with it, a new conception of health. Current thinkers have discovered many older, esoteric disciplines for training these human capacities and are developing many new technologies. The present scientific revolution represents for Western man a synthesis of the religious (in the broadest sense) conception of the human potential with the methods and technological sophistication of 20th century science.

Esalen Institute, in cooperation with the Transpersonal Association, is offering a seven-week curriculum this summer in the Psychology of Human Consciousness, with a faculty of leading researchers, teachers and practitioners. Participants will have the opportunity to explore intellectually and to experience many techniques and disciplines concerned with extending human consciousness. For each student, the seven-week program will center around an individual curriculum selected from the nine main courses listed below, each of which meets weekly or twice weekly. The faculty will work with students in selecting courses and in developing reading and study programs.

THE NATURE OF STATES OF CONSCIOUSNESS (Instructor: Charles Tart). A general overview, with emphasis on theoretical structure, of various altered states of consciousness, including hypnosis and self-hypnosis, drug-induced states, extra-sensory perception, dreams and borderline states.

THE TRAINING OF CONSCIOUSNESS (Instructor: James Fadiman). The exploration and training of awareness, control and expansion of consciousness through practice exercises and readings. Evaluation, comparison and practice of disciplines from Western traditions will be stressed. The aim is to give each class member a "beginner's mind" in the teaching and understanding of altered states of consciousness.

THE PSYCHOLOGY OF MEDITATION and the ESOTERIC PSYCHOLOGIES OF CONSCIOUSNESS (Instructor: Robert Ornstein). In other cultures those interested in the mind or in the problems of psychology became involved in Buddhism, Yoga or Sufism. These ancient disciplines present avenues of investigation currently closed to modern psychology. Class members will experience different practices of meditation, sitting, mantra, mandala, koans, self-remembering and meditation on stories of the Sufi tradition. There will be some emphasis upon the psychologies underlying these practices and their relevance to psychology today.

PHYSIOLOGICAL FEEDBACK (Instructor: Robert Ornstein). The importance of feedback for our conception of ourselves, our self-control over the nervous system, for research in psychology, psychiatry, physiology and medicine and its relevance to education and to meditation. Feedback machines, such as EEG and EMG, will be available for use by students.

CUTLTURE AND CONSCIOUSNESS (Instructor: José Argüelles). Through historical example and personal experimentation, an exploration of the uses and effects of cultural imprinting and a study of symbolic systems. Emphasis will be on utilizing various techniques and art forms for synthesizing and harmonizing the individual and his environment.

THE PSYCHOLOGY OF RELIGIOUS EXPERIENCES (Instructor: Claudio Naranjo). A comprehensive overview of types of religious experience and expression, East and West, with an emphasis on their similarities and basic unity. Discussion, study and reading in the psychological implications of such experiences.

YOGA PSYCHOLOGY (Instructor: Eleanor Criswell). The theory and practice of Raja (Ashtanga) yoga, the yoga of consciousness, in the light of modern psychophysiology and bio-feedback. Students will practice yoga and keep a personal yoga journal. Discussion of application of yogic practices and meditation in educational settings, personal growth experiences and transpersonal experiences.

GESTALT AWARENESS TRAINING (Instructor: Claudio Naranjo). Gestalt training, as developed by Frederick S. Perls, is an awareness-centered, integrative process which concentrates on the here-and-now. Group sessions in gestalt training will offer a direct experience of this important existential process.

AN INTEGRATIVE SEMINAR (Instructors: James Fadiman and Robert Ornstein). An attempt to coordinate and to compare the different approaches to consciousness in the summer program to relate them to the situation of the student and to offer suggestions of where to go from here.

In addition to the above on-going seminars during the seven-week period, the following special courses are part of the summer program. These courses vary in length, from two to four days:

STRUCTURAL INTEGRATION: Ida Rolf will discuss and demonstrate her method of body integration and physical alignment, and the psychological implications of the process.

UNDERSTANDING HUMAN CONSCIOUSNESS: Arthur Deikman will review past models (Eastern and Western) of human consciousness, their phenomenal data, their insights and limitations. Recent research on meditation and feedback, plus the phenomena of psychedelic drugs, will be covered.

BIOLOGICAL ROOTS OF EXPERIENCE: Stanley Keleman will examine the biological roots of life experience and the relationship between energy and structure, between physical form and expressive movement and feeling.

BIOLOGICAL RHYTHMS: Gay Luce will discuss ways in which man can become reacquainted with the biological rhythms which link us to earth and nature.

Esalen's public lecture series this summer is recommended to participants in this program and is available to them free of charge. Guest lecturers will include Elmer Green, George Leonard, Lawrence LeShan, Arthur Deikman, Huston Smith, Gay Luce, Joseph Pearce, Katherine Kocel, David Galin and others.

This summer program will be held July 9 through August 29, 1971, near Stanford University, Palo Alto, California, approximately 30 miles south of San Francisco. The program is geared to students, researchers and teachers in psychology, psychiatry, philosophy and the social sciences, although all applicants will be considered. The course must be taken in its entirety; no partial or part-time participation will be possible.

Course tuition is $750. Nonrefundable deposit of $100 is required with registration. Room and board is not included in this fee. Esalen will assist out-of-town participants in finding convenient and reasonably priced housing in the Palo Alto area. PARTIAL SCHOLARSHIPS ARE AVAILABLE; students are encouraged to apply. An application for funds will be sent upon request.

University of California Santa Barbara Extension is granting from five to nine quarter credits for this summer program. The fee is $10 per unit, payable to the Regents of the University of California. Interested persons can register and pay fee on the first day of the course, July 9. Students should also check about obtaining credit from their own departments for this program.

To apply, send a letter to Esalen Institute, "Summer School", 1776 Union Street, San Francisco 94123, telling us who you are, what you are doing, teaching, practicing or studying and the reasons why you would like to join this summer program. Apply early; the program is limited in enrollment.

ROBERT ORNSTEIN, Ph.D., teacher and researcher at University of California Medical Center.
JAMES FADIMAN, Ph.D., Counselor, Stanford University, Education and Management Consultant.
ELEANOR CRISWELL, Ph.D., Assistant Professor of Psychology, Sonoma State College.
CHARLES T. TART, Ph.D., Associate Professor of Psychology, University of California at Davis.
JOSE ARGUELLES, Ph.D., Assistant Professor of Art History, University of California at Davis.
CLAUDIO NARANJO, M.D., research psychiatrist and gestalt therapist.
IDA ROLF, Ph.D., developer of the Rolf method of structural integration.
STANLEY KELEMAN, theoretician and practitioner of bio-energetics analysis.
GAY LUCE, M.A., scientific writer.
ARTHUR DEIKMAN, former Associate Professor of Psychiatry, U. of Colorado Medical Center.

 For Biographies, see pp. 33-37

WORKSHOPS FOR EDUCATORS: Second Annual Series

HUMAN TEACHING FOR HUMAN LEARNING: Workshops in Confluent Education

"Confluent" education is a process of teaching and learning that integrates affective, emotional aspects of learning with cognitive or intellectual functions: The term was coined by a research group, funded by the Ford Foundation, who met during 1967-68 under the direction of George Brown to explore application of Esalen approaches to classroom education. Included among these approaches are group encounter, sensory awareness, fantasy, gestalt training. Dr. Brown's project staff, Development and Research in Confluent Education (DRICE) at the University of California, Santa Barbara, was recently awarded a three-year grant by the Ford Foundation to further investigate, define and apply confluent education.

The workshops listed below, led by members of the DRICE staff, provide a comprehensive overview of current projects in confluent education. There is great variety in the interests and approaches of program leaders, and participants may attend any or all programs in the series without fear of repetition. Programs are designed for teachers at all levels, administrators, university students and "helping" professionals.

The findings of Dr. Brown's group are reported in his new book, *Human Teaching for Human Learning*, which will be sent to all program registrants as part of their seminar fee. It is recommended reading before participation in these programs.

July 19-23 (5 days): INTRODUCTION TO CONFLUENT EDUCATION
Aaron and Rosemary Hillman

Individual and group exploration of the processes of confluent education, discussion of teaching experiences, and introduction to completed and on-going research in the field. Gestalt awareness training will be an integral part of the workshop.
$125 per person (nonresidential); $165 per person (residential).

July 24-25 (Weekend): ON TEACHING READING CONFLUENTLY
Ford/Esalen Reading Project Staff

An experiential and didactic introduction to reading readiness activities and a report on the first year of the Ford/Esalen reading project. Recommended reading: *Teaching Remedial Reading to the Disadvantaged*, by Lilly Pope. Copies available through Esalen/San Francisco.
$60 per person (nonresidential); $75 per person (residential).

July 26-30 (5 days): THE HUMAN DIMENSION OF TEACHING
Robin Montz and Gloria Castillo

An experiential workshop designed specifically for elementary and secondary classroom teachers. Participants will have opportunity to devleop new approaches to their teaching, applying methods of gestalt awareness training, sensory awareness, fantasy and play therapy to the classroom situation. $125 per person (nonresidential); $165 per person (residential).

July 31-August 1 (Weekend): MICROLAB IN CONFLUENT EDUCATION Lynne Cantlay, Spencer Ward, Tom Yeomans

An overview of the approaches being developed by DRICE, including experiential sessions and discussion of practical applications of these approaches to particular classroom situations.
$60 per person (nonresidential); $75 per person (residential).

August 2-6 (5 days): HUMANIZING LEARNING:
Innovative Approaches to Educating the Whole Person Paul and Anne Nash

A variety of techniques will be used to encourage participants to respond creatively to the phenomena of educational and social change. Emphasis will be placed on integrating feeling, thought, action, accepting oneself and others, and on relating immediate experience to backhome situations and future plans. $125 per person (nonresidential); $165 per person (residential).

August 9-13 (5 days): CHANGE AGENTS IN HIGHER EDUCATION Stewart Shapiro

A workshop intended to support and deepen the efforts of professors, students, administrators and concerned others in facilitating positive change toward humanizing our colleges and universities. Various obstacles and resistances to relevant learning and change in higher education and strategies for change will be examined and demonstrated. "Agents of change" in higher education will have an opportunity to improve their skills in verbal and nonverbal communication and significant personal contact. The workshop is especially designed for teachers, teaching assistants and others who wish to introduce and develop confluent education in higher education.
$125 per person (nonresidential); $165 per person (residential).

August 15-16 (Weekend): ON TEACHING READING CONFLUENTLY
Ford/Esalen Reading Project Staff

An experiential and didactic weekend focused on elementary school reading, and a report on the first year of the Ford/Esalen reading project. Recommended reading: *Teaching Remedial Reading to the Disadvantaged*, by Lilly Pope. Copies available through Esalen/San Francisco.
$60 per person (nonresidential); $75 per person (residential).

August 16-20 (5 days): GESTALT LEARNING THEORY George and Judith Brown

An experiential workshop in gestalt awareness training based on the principles of gestalt therapy. There will also be discussions on the application of the work to classroom situations. Participants will be encouraged to develop their own approaches with the assistance of the leaders and other members of the group. This work is also appropriate for marriage and other primal relationships. Recommended readings: *Gestalt Therapy Verbatim*, by F. Perls and *Anger and the Rocking Chair*, by Janet Lederman.
$135 per person (nonresidential); $175 per person (residential).

The entire series will be held at a conference center in Berkeley, California. All 5-Day Programs meet from 10 a.m. to 6 p.m., Mondays through Fridays; Weekend Programs meet from 10 a.m. to 5 p.m., Saturdays and Sundays. Residential tuition includes lodging (Sunday through Thursday nights for five-day programs, Friday and Saturday nights for weekend programs) and breakfast and lunch on program days. Both single and shared accommodations are available, on a first-come basis. Please specify. Nonresidential tuition includes lunch on program days.

Persons may register for the entire series, or for one or more programs in the series. To apply, please send the following: (1) Title of each workshop you wish to attend; (2) a deposit covering each program — 5-day residential, $75; 5-day nonresidential, $40; weekend residential, $35; weekend nonresidential, $20. Send to Esalen Institute, 1776 Union Street, San Francisco 94123.

Two quarter units of post-graduate professional credit from University of California Santa Barbara Extension are available for each five-day workshop. The fee is $10 per unit ($20 per program). Interested persons may enroll for credit and pay the credit fee at the first meeting of the workshop in which they are registered. Credit is not available for weekend programs.

The following workshops, led by persons other than members of the DRICE staff, are also part of the "Workshops for Educators" series and are of interest to teachers, students and school administrators at all levels. The above information relating to location, time schedules and reservation procedure applies to these workshops as well, except no University credit is available.

July 31-August 1 (weekend): EDUCATION AND APOCALYPSE Peter Marin

Peter Marin writes: "We know by now the old ways in education won't work; we have to jettison almost every habit of seeing and even the idea of "schooling" itself. We need to rethink for ourselves what being young is like and what is going on in America. That means more than "improving" education; it means to stand in and against and for history. That is the heroic task we will be trying here." $55 per person (nonresidential); $70 per person (residential).

PETER MARIN is former director of Pacific High School and has been visiting fellow at The Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of *The Free People* and (with Allan Cohen) *Understanding Drug Use*.

August 23-27 (5 days): LEARNING TO LEARN Arthur Hough and Evelyn Jernberg

"The greatest temptation in teaching," writes Art Hough, "is for the teacher to do the learning and then transplant it into the student. We believe that the learning process appropriately belongs to the student, so we concentrate on three learning relationships: the student's preparation of himself to learn, the communication bond between learner and teacher, and the joining of their separate objectives through clear, humanizing contracts."
$120 per person (nonresidential); $160 per person (residential).

ARTHUR HOUGH is Associate Professor of Communication Theory and Mass Media at San Francisco State College. He is an educational television and film producer, author of *Stand Up and Speak*, and interpersonal communication consultant for educational and government agencies.

EVELYN JERNBERG is a psychologist and guidance consultant for public schools. Her background includes training in behavioral and gestalt therapy.

 For Biographies, see pp. 33-37

INTRODUCTION TO ESALEN PROGRAMS

These programs — evening, one-day and weekend — are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups. Workshop leaders will be drawn from a group including Betty Fuller, Tom Allen, Robert Cromey, Jacqueline Doyle, Arthur Fox, Janica Fox, Pamela Portugal and Helen Stephens; Esalen/Big Sur staff, as well as members of San Francisco's Extended Growth Program, may also act as group facilitators.

EVENING INTRODUCTIONS TO ESALEN: Working in small and large group sessions, participants will be introduced to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring pillow for easy sitting. $5 general; $3 student.
7 to 11 p.m. *First Unitarian Church, Franklin and Geary Streets, San Francisco.*
June 30, July 22, August 12, August 30, September 22.

SINGLE-DAY ENCOUNTER: An intensive day of group work, along the lines of evening introductory programs, with the additional advantage of more hours and shared mealtimes. Leaders will work with small groups. Programs run from 10 a.m. to 6 p.m. Workshop location to be announced at time of registration. (Bring your own lunch). $15 per person.
July 10, July 31, August 21, September 11, October 2.

WEEKEND INTRODUCTIONS TO ESALEN: Incorporating a wide variety of approaches, group leaders will work with participants in large groups and sub-groups. These are *residential* programs, beginning at 8 p.m. Friday (no supper) and ending after lunch on Sunday. $70 per person, including room and meals.
July 16-18, August 6-8, August 27-29, September 24-26.

GESTALT WORKSHOPS

The following workshops in gestalt training and awareness will be held this summer in the San Francisco Bay Area. Check page references for information on cost and starting time.

July 9-11: Open Gestalt Weekend, with Milton Lees. *(See page 21).*

July 12-16: Gestalt 5-Day Workshop, with Lois Brien. *(See page 21).*

July 17-18: Open Gestalt Weekend, with Robert Hall. *(See page 22).*

July 30-Aug. 1: Open Gestalt Weekend, with Cynthia Werthman & Joseph Camhi. *(See page 24).*

August 2-6: Gestalt and Body Awareness, with George and Barbara Dillinger. *(See page 25).*

August 27-29: Open Gestalt Weekend, with John O. Stevens. *(See page 28).*

Aug. 30-Sept. 3: Open Gestalt Workshop, with Thomas Munson. *(See page 29).*

September 4-5: Open Gestalt Weekend, with Thomas Munson. *(See page 29).*

Sept. 6-10: Gestalt 5-Day Workshop, with Cynthia Werthman & Joseph Camhi. *(See page 29).*

Sept. 18-19: Gestalt & Body Awareness, with George & Barbara Dillinger. *(See page 31).*

PROGRAMS

June 27-July 2 5-Day Residential Workshop
INTEGRATING GESTALT THERAPY AND THE ALEXANDER TECHNIQUE
Frank and Ilana Rubenfeld

This workshop will offer a combination of Alexander Technique, gestalt therapy and sensory awareness. The Rubenfelds have discovered that direct body work at critical junctures during group sessions can lead to powerful experiences for participants. The Alexander Technique is a method for integrating body awareness, coordinated movement and kinesthetic experience to contact and work through deep feelings. Limited to 18 persons.
$200 per person, including room and meals. 8 p.m., Sunday through lunch on Friday.

June 30: EVENING INTRODUCTION TO ESALEN
$5 general; $3 student. 7 to 11 p.m., Wednesday. *See page 20.*

July 2-4 Weekend Workshop
ESALEN STAFF ENCOUNTER

A workshop based on methods of encounter for persons with or without prior group experience. Begins 8 p.m., Friday. $45 per person.

July 2-5 Extended Residential Weekend Workshop
THE LANGUAGE OF MOVEMENT Gabrielle Roth

A workshop of getting to know your inner self by using movement and rituals to explore feelings, dreams and to rediscover the childspirit of your soul. $90 per person, including room and meals. Begins 8 p.m., Friday and ends following lunch on Monday.

July 9-11 Weekend Workshop
COUPLES' WORKSHOP William and Audrey McGaw

A workshop to develop more satisfying communication patterns and to explore interpersonal concerns such as feelings of being taken for granted and misunderstood and the need for more closeness and separateness. Open to married or engaged couples.
$115 per couple. Begins 8 p.m., Friday.

July 9-11 Weekend Workshop
SELF-AWARENESS THROUGH ART Tom Allen

In this workshop group members will explore dynamic uses of the visual imagination through a variety of perceptual and graphic or spatial events. The images that emerge from deeper levels of consciousness, as experienced in sensory awareness, guided imagery and gestalt methods, will be investigated through art. Come ready to get paint or clay on your clothes. $50 per person. Begins 8 p.m., Friday.

July 9-11 Residential Weekend Workshop
OPEN GESTALT WORKSHOP Milton Lees

What you do is what you are; gestalt training is a way to increase awareness of doing and being. For persons with or without previous gestalt experience. $70 per person, including room and meals. 8 p.m., Friday through Sunday lunch.

July 9-August 29: THE PSYCHOLOGY OF HUMAN CONSCIOUSNESS: a seven-week program.
See pp. 16-17 for description.

July 10: INTRODUCTION TO ESALEN: ONE DAY The Esalen Staff. *See page 20.*

July 12-16 5-Day Residential Workshop
OPEN GESTALT WORKSHOP Lois Brien

Persons with some previous gestalt experience are preferred. $180 per person, including room and meals. 10 a.m., Monday through Friday lunch.

For Biographies, see pp. 33-37

July 14 An Evening Lecture
SURVIVING AS A PERSON Gay Luce

Survival has always meant personal survival, the ecological viewpoint that the environment will change as states of consciousness change. Ways to change our psychological consciousness (self-analysis, biofeedback, hypnosis and other altered states) and our biological consciousness (sensing biological rhythms, meditation to know the Self and man's oneness with nature). There will be group exercises.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday, July 14.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

July 16-18: INTRODUCTION TO ESALEN WEEKEND The Esalen Staff. *See page 20.*

July 16-18 Residential Weekend Workshop
MASSAGE WORKSHOP George Downing

This workshop in massage instruction will also include some beginning practice in meditation, hatha yoga and breathing exercises. $70 per person, including room and meals. [illegible] p.m. Friday through Sunday lunch.

July 17-18 Weekend Workshop
OPEN GESTALT WEEKEND Robert Hall

To be held in Dr. Hall's home in Marin County. 9 a.m. to [illegible] and Sunday. $[illegible] per person.

July 19-23 [illegible]-Day Residential Workshop
ALTERED PERCEPTION OF TIME AND SPACE [illegible]

This workshop will introduce persons to [illegible] from Zen and yogic meditation, [illegible] chanting, fantasy and autohypnosis. [illegible] members will experience and [illegible] are the various altered states of consciousness [illegible] changes in perception of time and space which they may produce.
$180 per person, including room and meals. [illegible] p.m., Monday through Friday lunch.

July 19-23: INTRODUCTION TO STUDENT EDUCATION [illegible] and Rosemary [illegible].
See Education Workshop [illegible]

July 20-August 26 A Workshop Series
THE ALEXANDER TECHNIQUE Frank Ottiwell

The Alexander Technique is a method of [illegible] physical [illegible] by applying sensory awareness, inhibition [illegible] every [illegible] activities as sitting, standing, walking and lying, und[illegible] [illegible]uous [illegible] Frank Ottiwell writes: "We are already the possessors [illegible] pattern which, if [illegible] alone, would free us into the conscious pleasure of li[illegible] [illegible]lness. The [illegible] will focus on: experiencing the specific ways in [illegible] individual interferes with the natural flow of his total [illegible] learning [illegible] interference; and [illegible] encouraging a response that [illegible] tendency towards a whole [illegible] the self."
This is essentially a one-[illegible] [illegible]ered in a group setting. Three separate workshop series are sched[illegible] limited to six persons, and each includes [illegible] sessions. Indicate which group is preferred when registering. $70 per person.

Group 1: 7 to 8:30 p.m., six Tuesday evenings, July 20-August 24.
Group 2: 7 to 8:30 p.m., six Wednesday evenings, July 21-August 25.
Group 3: 7 to 8:30 p.m., six Thursday evenings, July 22-August 26.

July 21 An Evening Lecture and Demonstration
VOLUNTARY CONTROL OF INTERNAL STATES: PSYCHOLOGICAL AND PHYSIOLOGICAL
Elmer Green

With slides and film, Dr. Green will describe [illegible] Menninger Foundation for training students in brain-wave and [illegible] controls, and will demonstrate a portable temperature feedback trainer and an EEG trainer for simultaneous feedback in both alpha and theta EEG bands. As time permits, he will relate some of his extraordinary research experiments with Swami Rama.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday, July 21.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

BEST COPY AVAILABLE

July 21-August 25 Wednesday Evenings
DEEPENING LIFE VALUES Roger Snyder

In a series of six sessions, Roger Snyder will use an *experiential* approach to the existential concepts of Heidegger and Marcel useful for constructing or deepening an alternative life style. Multi-media response and inter-session integration will add depth and continuity to the series.
$60 per person. 8 to 10:30 p.m., six Wednesday evenings, July 21-August 25.

July 22: EVENING INTRODUCTION TO ESALEN
$5 general; $3 student. 7 to 11 p.m., Thursday. *See page 20.*

July 22-25 Extended Residential Weekend Workshop
SEXUALITY, SELF AND SOCIETY [illegible]

An experiential [illegible] the relationship of sexuality to energy, [illegible] are: [illegible] sexual behavior and [illegible] that is influenced by society; that if sexuality [illegible] facilitate self-understanding; and that if sexuality is [illegible] to faulty development of self. Various implications will be discussed [illegible] of persons in "helping professions" [illegible] sexuality, fantasy, [illegible] methods will be used to help participants [illegible] their own [illegible], bodies, [illegible] feelings.
When applying [illegible] statement on professional [illegible] and reasons for wishing to attend the [illegible] $95 per person, including [illegible] 8 p.m., Thursday and [illegible] p.m., Sunday.

July 23-25 Residential Weekend Workshop
A WORKSHOP FOR FAMILIES William and Audrey McGaw

Through the [illegible] encounter, role-playing and fantasy this workshop is designed to develop more [illegible] communication patterns within the family in an atmosphere of understanding, [illegible] tolerance and trust. Limited to four families.
$65 per each family member. 8 p.m., Friday through Sunday lunch.

July 23-25 Weekend Workshop [illegible]
OPEN ENCOUNTER FOR [illegible] Robert Cromey

A workshop for [illegible] persons who may face problems of loneliness, boredom and despair. Emph[illegible] on ways to develop new life feeling and expressiveness, emotional str[illegible] independence and more rewarding relationships.
Please state [illegible] application. Limited to 40 persons. Some members of the Extended G[illegible] (San Francisco) will assist as group facilitators.
$50 per per[illegible] p.m., Friday.

July 24 Saturday [illegible]
MAN, MEDIA, M[illegible] José Argüelles

A [illegible] demonstration on the history, nature and implications of media in terms [illegible] human potential and relations. Some basic questions are: Of what are [illegible] capable? How do media extend and affect sensory capability? How do [illegible] relations and the human environment?
[illegible] a.m. to 5 p.m., Saturday, July 24.

July 24 [illegible] TEACHING READING CONFLUENTLY Ford/Esalen Staff.
See [illegible] on Workshops, pp. 18-19.

July 26 Evening Lecture
PSYCHOTHERAPY: HUMANISTIC OR PSYCHOANALYTIC Lawrence LeShan

A discussion of the two separate views of the nature of man that underlie humanistic and psychoanalytic therapies.
[illegible] 2 student. 8 to 10:30 p.m., Monday, July 26.
First U[illegible] Church, Franklin and [illegible] Streets, San Francisco.

For Biographies, see pp. 33-37

July 26-30:
THE HUMAN DIMENSION OF TEACHING
Robin Montz and Gloria Castillo.
See Education Workshops, pp. 18-19.

July 26-30 5-Day Residential Workshop
A WEEK FOR DETOXIFICATION
George Downing with the Esalen Staff

During this week we will attempt to construct an environment free of the pressures we react to with armoring, tension and defensive alienation. Massage, yoga and meditation sessions, breathing and sensory awareness experiences will be available during a flexible schedule — hopefully to facilitate a gentle centering experience for participants. Periods of rest, music and outdoor exploration will alternate with group sessions.
$180 per person, including room and meals.
10 a.m., Monday through lunch on Friday.

July 28 An Evening Lecture
THE MYSTIC, THE CLAIRVOYANT AND THE PHYSICIST Lawrence LeShan

The mystic, the clairvoyant and the physicist offer three roads to one reality. A discussion of the scientific, mystical and paranormal points of view.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday, July 28.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

July 30-August 1 Weekend Workshop
HYPNOSIS AND ENCOUNTER Lee Pulos

In this workshop, hypnosis and self-hypnosis will be taught so that participants can focus on themselves through hypnotically-induced dreams, inner imagery, automatic writing and drawings. The resultant self-discoveries will then be explored within the group using encounter and psychodrama. The overall theme of the workshop is to integrate the intra- and inter-personal aspects of one's self.
$50 per person. Begins 8 p.m., Friday.

July 30-August 1 Residential Weekend Workshop
OPEN GESTALT WEEKEND Cynthia Werthman and Joseph Camhi

Previous gestalt training or experience not required. $70 per person, including room and meals. 8 p.m. Friday through Sunday lunch.

July 30-August 1: MICROLAB IN CONFLUENT EDUCATION DRICE Staff.
See Education Workshops, pp. 18-19.

July 30-August 1: EDUCATION AND APOCALYPSE Peter Marin.
See Education Workshops, pp. 18-19.

July 30-August 1 Residential Weekend Workshop
PSYCHOSYNTHESIS: THEORY AND TECHNIQUE Robert Constas

Psychosynthesis is an approach which promotes balanced physical, emotional and mental development and integration around a unifying center of being and awareness. The weekend will be an exploration into this synthesis of East and West, personal and transpersonal. $70 per person, including room and meals. 8 p.m. Friday through Sunday lunch.

July 31: INTRODUCTION TO ESALEN: ONE DAY The Esalen Staff. *See page 20.*

July 31 Saturday Workshop
TRANSPERSONAL PHOTOGRAPHY Pamela Portugal

Pam Portugal writes: "I like to take pictures of people and find that with a camera I often make contact on a more essence-to-essence level than I do with words. I'd like to take a group of amateur and professional photographers, and some rank beginners, and use assorted Esalen methods to work toward a deeper being together. Each participant will be both photographer and model. Bring a camera that you know how to work and (if you want) film; we'll use the cameras more for focusing than for recording."
$10 per person. 10 a.m. to 5 p.m., Saturday.

August 2-6 5-Day Residential Workshop
GESTALT TRAINING AND BODY AWARENESS George and Barbara Dillinger

This workshop combines principles of gestalt therapy with bio-energetics analysis. Some sessions will be devoted to basic encounter, sensory awareness, art expression and focused energy in group body movement.
$190 per person, including room and meals. 10 a.m., Monday through lunch on Friday.

August 2-6 5-Day Residential Workshop
OPENING TO CREATIVITY Helen Stephens

Using adaptations of creativity exercises developed for businessmen by Danzig-Nevis International with encounter techniques, group members will be encouraged to define their own major blocks to creativity and to learn ways to overcome them. This will be an experimental and low-key program, open to all persons ("creative" or not).
$180 per person, including room and board. 10 a.m., Monday through lunch on Friday.

August 2-6: HUMANIZING LEARNING Paul and Anne Nash.
See Education Workshops, pp. 18-19.

August 2-13: SUMMER WORKSHOP FOR HIGH SCHOOL AND COLLEGE COUNSELORS.
See page 15.

August 4 An Evening Lecture
MAN'S "SILENT" HALF-BRAIN David Galin, Katherine Kocel, Robert Ornstein

The left hemisphere of the cortex is specialized for linear, verbal, intellectual functions; the right side, it seems, contains elements of the musician and the dreamer, the unconscious and the mystical. The lecturers will discuss recent research and the implications of our biological duality for psychology, education and mysticism.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday, August 4.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

August 6-8: INTRODUCTION TO ESALEN WEEKEND The Esalen Staff. *See page 20.*

August 6-8 Couples' Workshop Using Videotape Feedback
MORE LIFE IN MARRIAGE Gerald Smith

If a couple can be both close and the partners also free to grow as individuals, there is a good chance for continuing life within marriage. Using experiential and family therapy approaches, workshop focus will be on prevention and growth rather than past problems.
$115 per couple. $40 deposit required. Begins 8 p.m., Friday.

August 7-8 Weekend Workshop
MEDITATION ON SUFI WORD-PICTURES AND STORIES Robert Ornstein

In man's history, some stories, tales and poems have been written which contain symbols and situations carefully designed to make an end-run around our intellectual filter. This weekend will consist of meditation and reflection on stories of the dervish tradition, their word-pictures and the mind experience which they can create. (Suggested reading: *The Sufis* and *Tales of the Dervishes* by Idries Shah.)
$30 per person. 10 a.m. to 5 p.m., Saturday and Sunday, August 7-8.

For Biographies, see pp. 33-37

August 9-13 5-Day Residential Workshop
MOVEMENT AND MASSAGE Gabrielle Roth

Many massage techniques will be demonstrated and taught; however, emphasis will be on finding your own rhythm and creating your own massage. Workshop includes use of movement and rituals to explore feelings, dreams and inner self.
$180 per person, including room and meals. 10 a.m., Monday through Friday lunch.

August 9-13: CHANGE AGENTS IN HIGHER EDUCATION Stewart Shapiro.
See Education Workshops, pp. 18-19.

August 11 An evening Lecture
THE CRACK IN THE COSMIC EGG Joseph Chilton Pearce

Man's mind is a mirror of a universe that mirrors man's mind. Pearce talks about our conception of the universe and the "cracks" which provide new glimpses into the open-ended function of reality.
$3 general; $2 students. 8 to 10:30 p.m., Wednesday, August 11.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

August 12: EVENING INTRODUCTION TO ESALEN
$5 general; $3 student. 7 to 11 p.m., Thursday. *See page 20.*

August 13 An Evening Lecture
THE PSYCHOLOGY OF ENLIGHTENMENT Arthur Deikman

A discussion of the specific personal problems and the general psychological problems responsible for the difficulty in attaining enlightenment. Enlightenment consciousness will be compared to ordinary consciousness and the role of meditation as the means to enlightenment will be analyzed.
$3 general; $2 student. 8 to 10:30 p.m., Friday, August 13.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

August 13-15 Residential Weekend Workshop
GROWTH AND BOUNDARIES David Schiffman and Bob Kriegel

Using encounter and sense relaxation, risk-taking and games, the group will explore personal boundaries — both as limitations and as tools of self-survival.
$70 per person, including room and meals. 8 p.m., Friday through Sunday lunch.

August 13-15 Residential Weekend Workshop
MASSAGE WORKSHOP Helen Stephens

Massage instruction for persons who wish to learn a "loving" masage which gives relaxation, comfort and release from tensions. If possible, bring a friend, parent or child.
$70 per person, including room and meals.
8 p.m., Friday through Sunday lunch.

August 13-15 Weekend Workshop
SAYING YES TO LIFE Joseph Fabry

Using group techniques and creative activities developed from Viktor Frankl's logotherapy, this workshop aims to establish an atmosphere of trust in which each participant can: clarify his life goals and take positive steps toward achieving them; break the stranglehold of failure; take command of his life; honestly explore his feelings and talk about what is most important to him; establish solid relationships with others.
$50 per person. Begins 8 p.m., Friday.

August 14-15: ON TEACHING READING CONFLUENTLY
Ford/Esalen Staff. *See Education Workshops, pp. 18-19.*

August 14-21 7-Day Outdoor Workshop
ENCOUNTERING IN THE HIGH SIERRAS Walt Anderson and Dan Holland

Outdoors in the High Sierras, the group will explore experiences of sensory awakening, meditation, psychodrama and encounter. The group will meet at a designated roadhead point Saturday, hike to the campsite on Sunday and return the following Saturday. Mountaineering experience is not required, but applicants should be in good condition and capable of hiking. Details will be supplied on application.
$95 per person. ($50 nonrefundable deposit required).

August 16-20 5-Day Residential Workshop
A WEEK FOR DETOXIFICATION Bob Kriegel with the Esalen Staff

During this week we will attempt to construct an environment free of the pressures we react to with armoring, tension and defensive alienation. Massage, yoga and meditation sessions, breathing and sensory awareness experiences will be available during a flexible schedule — hopefully to facilitate a gentle centering experience for participants. Periods of rest, music and outdoor exploration will alternate with group sessions.
$180 per person, including room and meals. 10 a.m., Monday through lunch on Friday.

August 16-20: GESTALT LEARNING THEORY George and Judith Brown.
See Education Workshops, pp. 18-19.

August 18 An Evening Lecture
THE INEVITABLE TRANSFORMATION OF MANKIND George Leonard

Our civilization has entered a period of transformation from which it will emerge with radically altered values and behaviors, feeling and being. The transformation is the subject of George Leonard's new book for publication the fall of 1972. Leonard will discuss the startling findings and speculations of his work-in-progress.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

August 20 An Evening Film and Discussion
A CONVERSATION WITH KRISHNAMURTI Huston Smith

An hour's filmed conversation between this self-disclaiming guru to our century and a philosophy professor at MIT. This is expected to be the first Bay Area showing of this major attempt to preserve for posterity something of Krishnamurti's person. Smith will relate the circumstances of the filming and lead a discussion of Krishnamurti's thought following the film.
$3 general; $2 student. 8 to 10:30 p.m., Friday, August 20.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

August 20-22 Residential Weekend Workshop
THE BODY AS A FOCUS OF MEDITATION Hildegard Elsberg

Miss Elsberg's work is designed to unify body and mind, especially through breathing, sense of touch and through introverted sensation (the proprioceptive function). She is a pioneer on the West Coast of what has popularly become known as sensory awareness or body sensitivity. $70 per person, including room and meals. 8 p.m., Friday through lunch on Sunday.

August 20-22 Residential Weekend Workshop
DIVORCE: A CREATIVE EXPERIENCE Robert Cromey

A group for the divorced, those contemplating divorce or those whose lives have been touched by divorce. Emphasis will be on expressing emotions accompanying separation and conflict, and moving from feelings of loneliness, helplessness and despair toward a positive view of one's new life situation.
$70 per person, including room and meals. 8 p.m., Friday through Sunday lunch.

August 20-22 Weekend Workshop
ENCOUNTER FOR UNMARRIED COUPLES Jackie Doyle

This weekend for couples going together, living together or planning marriage is designed to lead from the fragility of romantic illusion to a broader and stronger loving based on knowing yourself and your partner in new ways.
$100 per couple. Begins 8 p.m, Friday.

 For Biographies, see pp. 33-37

August 21: INTRODUCTION TO ESALEN: ONE DAY The Esalen Staff. *See page 20.*

August 23-27 5-Day Residential Workshop
ENCOUNTER FOR THE EXPERIENCED Betty Fuller

An encounter workshop limited to persons with previous group experience. $180 per person, including room and meals. 10 a.m., Monday through Friday lunch.

August 23-27: LEARNING TO LEARN Arthur Hough. *See Education Workshops, pp. 18-19.*

August 26 An Evening Lecture-Discussion
AMERICA 1971: DOES ANYONE KNOW WHERE IT IS GOING? Robert Schwartz

Possibly — Bob Schwartz, at least, has been keeping notes. A writer, entrepreneur and intellectual, he became intrigued several years ago with the thought that "the emergent American is going to be the most interesting native the world has ever seen." Schwartz will share his observations, from the amusing to the more serious, and will invite comments and discussion from the audience.
$3 general; $2 student. 8 to 10:30 p.m., Thursday, August 26.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

August 27-29 Weekend Workshop
OPEN GESTALT WORKSHOP John Stevens

A workshop for persons with or without previous gestalt training or experience.
$50 per person. Begins 8 p.m., Friday.

August 27-29: INTRODUCTION TO ESALEN WEEKEND The Esalen Staff. *See page 20.*

August 27-29 Weekend Workshop
PSYCHOSYNTHESIS Jim and Susan Vargiu

The Vargius write: "In this workshop we will emphasize the aspects of psychosynthesis which lead to greater unity, which can be used for integrating the encounter experience into something more. Psychosynthesis is not primarily expansion or experience — it is a way of pulling it all together. It is an approach which fosters the balanced development of body, feelings and mind and their harmonious integration around a unifying center. We will reach toward this center by consulting the best-self within each of us, and will attempt to use its energy and guidance. We will use techniques of movement, visual imagery, writing, symbolic art work, mental concentration and meditation. Our emphasis will not be on producing immediate breakthroughs, although this often occurs, but rather on initiating a gradual process that, with continuing application, can gain increasing momentum and ultimately become a life-style." $50 per person. Begins 8 p.m., Friday.

August 30: EVENING INTRODUCTION TO ESALEN
$5 general; $3 student. 7 to 11 p.m., Monday. *See page 20.*

August 30-September 3 5-Day Residential Workshop
OPEN ENCOUNTER WORKSHOP Jackie Doyle

Although this program is open to anyone, it is especially intended for unattached persons who want to explore problems of loneliness, boredom, superficial and transient relationships and emotional insecurity. $180 per person, including room and meals.
10 a.m., Monday through lunch on Friday.

September 2 A Lecture and Demonstration
ON YOGA Joel Kramer

An evening designed to acquaint the interested non-practitioner, as well as the practitioner, with yoga. Mr. Kramer will demonstrate hatha yoga and discuss yoga both in classical structure and as an evolutionary approach to living in the modern world.
$3 general; $2 student. 8 to 10:30 p.m., Thursday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

August 30-September 3 5-Day Residential Workshop
OPEN GESTALT WORKSHOP Thomas Munson

A gestalt program for professionals and nonprofessionals. $180 per person, including room and meals. 10 a.m., Monday through Friday lunch.

September 3-6
Extended Residential Weekend Workshop
LIFE ENERGY Robert Nadeau

A wide variety of energy-freeing and energy-producing exercises will be used to make each participant familiar with life energy and its usefulness as a tool for higher awareness. The group will explore the relation of a free flow of energy to relaxation, calmness, attitude, mental concentration, centering and moving from center. There will be special emphasis on group and individual meditation. $95 per person, including room and meals.
8 p.m., Friday through Monday lunch.

September 4-5 Weekend Workshop
THE LANGUAGE OF MOVEMENT Gabrielle Roth

A workshop in getting to know your inner self by using movement and rituals to explore feelings, dreams and to rediscover the childspirit of your soul.
$50 per person. 10 a.m. to 10 p.m., Saturday; 10 a.m. to 1 p.m., Sunday.

September 4-5 Residential Weekend Workshop
OPEN GESTALT WEEKEND Thomas Munson

A gestalt weekend for professionals and nonprofessionals, for persons with or without previous gestalt experience. $65 per person, including room and meals. 10 a.m., Saturday to 5 p.m., Sunday.

September 6-10 5-Day Residential Workshop
OPEN GESTALT WORKSHOP Cynthia Werthman and Joseph Camhi

A workshop for persons with or without previous gestalt training or experience.
$180 per person, including room and meals. 10 a.m., Monday through Friday lunch.

September 8 An Evening Lecture
BIMODAL CONSCIOUSNESS Arthur Deikman

Mystical perception, hallucinogenic drugs, psychosis, alpha states and a variety of other phenomena of attention and perception can be understood as representing one of two basic modes of being organized biologically to serve two basic functions. A discussion of this concept and its implication for the individual and society.
$3 general; $2 student. 8 to 10:30 p.m., Wednesday, September 8.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

September 10-12 Weekend Workshop
BODY AND SOUL Jack Rosenberg and Lynwood Walker

Professionals who work in black and/or white communities often voice their frustrations about the racial impasses. This group will focus on gestalt methods of dealing with these impasses and will explore areas of spiritual involvement in black/white concerns, especially in the helping and health professions. $50 per person. Begins 8 p.m., Friday.

September 10-12 Weekend Workshop
SELF-AWARENESS THROUGH ART Tom Allen

In this workshop group members will explore dynamic uses of the visual imagination through a variety of perceptual and graphic or spatial events. The images that emerge from deeper levels of consciousness, as experienced in sensory awareness, guided imagery and gestalt methods, will be investigated through art. Come ready to get paint or clay on your clothes. $50 per person. Begins 8 p.m., Friday.

 For Biographies, see pp. 33-37

September 10-12 and September 24-26 Two Weekend Workshops
ENCOUNTER AND BEYOND: A MARATHON AND A WORKSHOP Richard Marsh

Workshops in "Higher Self" psychology often suffer from a serious flaw: they ignore the "lower self" and consequently have an air of unreality. In the attempt to contact the superconscious, the participants are partially frustrated by having to walk on eggs in their relationships with each other. This double weekend is an attempt to remedy this flaw. A weekend encounter marathon will be followed two weeks later by a workshop in techniques derived from psychosynthesis and involving directed imagination, sensory focusing, meditation and selective use of the arts. The participants, having become humanly acquainted in the marathon, will be relatively free of unexpressed angers, suspicions and jealousies; thus, it is hoped, contact with the "Higher Self" will be solidly based on healthy and loving human communication.

Participants must commit themselves to both weekends. Group is limited to 14 persons. The marathon, lasting 45 hours or more, begins at 8 p.m., Friday, September 10. Bring a sleeping bag; meals and snacks will be served during the program. The second weekend, September 24-26, begins 8 p.m., Friday, September 24. This is not a marathon and meals and accommodations will not be provided.

$125 per person for both weekends. Nonrefundable deposit of $50 required.

September 11: INTRODUCTION TO ESALEN: ONE DAY The Esalen Staff. *See page 20.*

September 11-12 Weekend Seminar
A NEW LOOK AT BLAVATSKY'S SECRET DOCTRINE Dane Rudhyar

Nearly 100 years later, H.P. Blavatsky's works, from which so many of the esoteric concepts of the last decades were derived, retain their all-human significance and take on an even deeper meaning for new generations breaking away from their ancestral traditions and eager to restructure their minds. Many fresh insights will be presented.

$30 per person. 10 a.m. to 4 p.m., Saturday and Sunday.

September 13 Professional Workshop
INNOVATIONS IN FAMILY THERAPY Gerald Smith

An all-day workshop for those in the helping professions. Demonstrations will include: modification of structured interview for marriage counseling, application of gestalt therapy to families, art expression with couples and family, role-playing applications, and family communication check-up, a preventative experience for families.

$50 per person. 9 a.m. to 9 p.m., Monday.

September 15 An Evening Lecture
THE ONE QUEST Claudio Naranjo

We are looking for something.
For What? Do we truly lack something?
Do we know where to find it?
Does anybody else know?
A talk about the Ways and their Masters.

$3 general; $2 student.
8 to 10:30 p.m., Wednesday, September 15.
First Unitarian Church,
Franklin and Geary Streets, San Francisco

September 17-19 Residential Weekend Workshop
MASSAGE AND ENCOUNTER Robert Cromey

This workshop will begin with instruction in massage; methods of encounter will be used to deal with whatever emotional issues may evolve from the massage work.

$70 per person, including room and meals. 8 p.m., Friday through Sunday lunch.

September 17-19 Weekend Workshop
YOGA: EXPLORATIONS IN AWARENESS AND SELF-KNOWLEDGE Joel Kramer

A workshop for the interested novice and serious student of yoga. Through the examination and practice of yoga techniques, pranayama (breathing) and meditation, the group will become acquainted with yogic structure, both classical and modern.

$50 per person. Begins 8 p.m., Friday.

September 18 Saturday Workshop
GRAPHOTHERAPY: PEN AND PENCIL THERAPY Paul de Sainte Colombe

This one-day seminar will be an introduction to graphotherapy, an outgrowth of graphology, or handwriting analysis. Graphotherapy, a system which claims treatment of character deficiencies and emotional ills by changing handwriting patterns, has been explored clinically in France but is relatively unknown in this country. Mr. de Sainte Colombe will explain the approach and will present case histories.
$18 per person. 10 a.m. to 6 p.m. (with break for lunch), Saturday, September 18.

September 18-19 Residential Weekend Workshop
GESTALT TRAINING AND BODY AWARENESS George and Barbara Dillinger

This workshop combines principles of gestalt therapy with bio-energetics analysis. One session will be devoted to basic encounter, sensory awareness, art expression and focused energy in group body movement. $75 per person, including room and meals.
10 a.m., Saturday to 6 p.m., Sunday.

September 22: EVENING INTRODUCTION TO ESALEN
$5 general; $3 student. 7 to 11 p.m., Wednesday. *See page 20.*

September 24-26: INTRODUCTION TO ESALEN WEEKEND The Esalen Staff. *See page 20.*

September 24-26 Residential Weekend Workshop
PLAY, TOUCH AND TALK Marian Saltman and Don Clark

Assuming that personal growth need not be a tense and painful experience, this weekend will use creative adult play, massage and group interaction, allowing time for reflection and rest as well as group sharing of feelings and experiences.
$70 per person, including room and meals. 8 p.m., Friday through lunch on Sunday.

September 24-26 Weekend Workshop
THE PSYCHOLOGY OF OVER-EATING: AN EXPERIENTIAL WORKSHOP Leonard Pearson

This workshop will provide an opportunity for participants to explore in depth their particular way of utilizing food as a response to emotional needs. Instead of emphasizing calories, food categories or will power, Dr. Pearson will concentrate on developing an awareness of the "wisdom of the body" and an understanding of the reasons behind excessive eating. Workshop experiences will deal with eating fantasies, food and feeding, how hunger is felt and what occasions provoke it. Alternate ways of dealing with hunger will be developed for each participant. $50 per person. Begins 8 p.m., Friday.

October 1-3 Weekend Workshop
COMMUNICATION GAMES Art Hough and Evelyn Jernberg

A workshop to uncover and work with communication problems through games. These communication games — lasting from one minute to three hours — are used to heighten the communication experience, improve habits of listening, feedback, empathy, spontaneity and awareness, and to loosen the deeper communication blocks that result from hidden dogmatism, rigidity and risk-refusal. This is not encounter; it is for people concerned with improving their communication. Experiences can be taught to friends, children and students. $55 per person. Begins 8 p.m., Friday.

October 1-3 Couples' Workshop Using Videotape Feedback
MORE LIFE IN MARRIAGE Gerald Smith

If a couple can be both close and also free to grow as individuals, there is a good chance for continuing life within marriage. Using experiential and family therapy approaches, workshop focus will be on prevention and growth rather than on past problems.
$115 per couple ($40 deposit required). Begins 8 p.m., Friday.

October 1-3 Weekend Workshop
MASSAGE AND MOVEMENT Gabrielle Roth

Many differing massage techniques will be demonstrated and taught; however, emphasis will be placed on finding your own rhythm as well as creating your own massage.
$50 per person. Begins 8 p.m., Friday.

October 2: INTRODUCTION TO ESALEN: ONE DAY The Esalen Staff. *See page 20.*

 For Biographies, see pp. 33-37

SAN FRANCISCO INFORMATION

INFORMATION, LITERATURE AND TICKETS: for lectures may be obtained Monday through Friday, 9:30 to 4:30, at 1776 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

WORKSHOP REGISTRATION: Reservations must be made at least one week prior to start of program. A *nonrefundable* deposit must accompany registrations as follows: $20 per person for weekend programs; $50 per person for 5-day programs. Mail reservation form with check to: Esalen Institute, 1776 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur.

RESIDENTIAL PROGRAMS: are indicated in individual workshop descriptions. Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend programs, unless otherwise indicated, begin at 8 p.m., Friday (no supper served) and conclude following Sunday lunch; 5-day workshops begin at 10 a.m., Monday and conclude following Friday lunch. Programs are held at a conference center in Marin County or at a center in the East Bay; exact location will be included with reservation confirmation.

ACCOMMODATIONS: Participants in nonresidential programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

SCHEDULES: are not rigid; specific meeting times for weekend workshops are announced at the first session. Usually, however, workshops meet from 8 to 11 p.m. on Fridays, from 10 a.m. through the afternoon and/or evening on Saturdays, and from 10 a.m. to early afternoon on Sundays.

LOCATION: Participants will be informed of workshop location at time of registration and confirmation. No programs are held at our offices; Esalen uses several facilities in the Bay Area for its programs. Call the San Francisco office for advance information on program location.

SCHOLARSHIPS: and interest-free loans are available to many programs. A scholarship application form will be sent upon request to the San Francisco office; apply early. Students may attend most seminars for less than the stated fee on a space-available basis; inquire by phone, 771-1710 San Francisco, at least one week prior to start of program. Special preference will be given persons who have opportunity and plan to apply their Esalen experience to urban teaching or organized community efforts.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be returned if reservation cannot be confirmed or upon request by persons not wishing to be on a waiting list. Notification of reservation status will be sent no later than seven days before workshop begins.

IDA ROLF: STRUCTURAL INTEGRATION

For information on training and research in structural integration, contact The Guild for Structural Integration, 1776 Union Street, San Francisco, California 94123.
The following practitioners of structural integration are available, by appointment only, in Big Sur: Seymour Carter, Al Drucker, Stanley Johnson, Peter Melchior, Hector Prestera, William Schutz, Gael Smith and Chet Wilson. Direct inquiries to ROLFING: Esalen Institute, Big Sur, CA 93920.

BULLETIN OF STRUCTURAL INTEGRATION

A journal dedicated to understanding man as a whole — now in its second year of publication. The bulletin provides a vehicle for theoretical and applied research in mind-body phenomena of interest to persons in the health sciences, physical sciences, arts and education. Past issues have included articles concerning Structural Integration (the Rolf technique of postural release); prepared childbirth, movement behavior and movement therapy; Swedenborg's anatomy. Future issues will include: preview chapters from Ida Rolf's forthcoming book; movement approaches to integration (Tai Chi, yoga, dance, physical education); rehabilitative techniques; book reviews, etc. For a one year subscription, send $10.00 with the NAME, ADDRESS, and ZIP CODE to: Bulletin of Structural Integration, 1334 - 23rd Street, Santa Monica, California 90404.

LEADERS' BIOGRAPHIES

BERNARD AARONSON heads the experimental psychology section of the New Jersey Bureau of Research in Neurology and Psychiatry. Dr. Aaronson is interested in many growth techniques including hypnosis, elements of occult traditions, meditation and operant conditioning.

PAUL AIKEN is a clinical psychologist at the Counseling Center, U.C. Davis, and in private practice. He has had extensive experience in the training of counselors in drug, crisis and counseling centers in affective techniques.

TOM ALLEN, an artist, teaches at Cabrillo College. Since his year as an Esalen resident fellow, he has concentrated on developing workshop processes that nurture authentic being and rich interpersonal contact. He sees art not as an isolated specialty, but as one of the many ways to self-realization.

WALT ANDERSON is program director of the California Institute of Psychodrama and chairman of the board of the Topanga Center for Human Development in Los Angeles.

JOSÉ ARGÜELLES is Assistant Professor of Art History at University of California, Davis. He and his wife, Miriam, are co-creators of Mandalas, both as painting and as ritual.

ESLY BARRERAS is a psychiatrist and a director and training therapist at Gestalt Institute of San Francisco. He is co-director of the Gestalt Institute of Berkeley and a consultant-lecturer on existential therapeutic systems and practice at University of California, Berkeley.

LOIS BRIEN is a gestalt therapist and communication consultant. Dr. Brien is a member of the Gestalt Institute of San Francisco and was formerly an assistant professor of speech communication at Case Western Reserve University.

GEORGE I. BROWN, Professor of Education, teaches courses in creativity, awareness and sensitivity training at the University of California at Santa Barbara. He is a nationally known researcher in the affective domain and creativity.

JUDITH R. BROWN, co-trainer with her husband, trained with Frederick S. Perls with whom she worked as a co-therapist.

JOSEPH CAMHI is a clinical psychologist with the Mission Mental Health Center. He is also in private practice in San Francisco and is connected with the Gestalt Institute of San Francisco.

JOSEPH CAMPBELL is author of *The Hero with a Thousand Faces* and *The Masks of God*, among other works. He has been a member of the Literature Department of Sarah Lawrence College since 1934.

DEBORAH CARSON, a member of the Fall 1970 Residence Program, is resident yoga teacher at Esalen.

SEYMOUR CARTER, a former resident of Synanon, is a leader of Esalen workshops and a massage specialist. In his work he draws on a variety of approaches to awareness. He has been trained in structural integration by Ida Rolf.

DON CLARK has worked with discussion groups, psychotherapy groups and encounter groups for the past 12 years. Dr. Clark is on leave from the City University of New York and in private practice as a clinical psychologist in the Bay Area. His most recent book is *Those Children* (Wadsworth, 1970).

ROBERT CONSTAS is an adult and child psychiatrist in private practice and at the Los Angeles County Mental Health Clinic. He is a research consultant in experimental physiology at Sepulveda Veterans Administration Hospital, vice president of the International Foundation for Psychosynthesis (Los Angeles) and a member of the Southern California Society for Psychical Research.

ELEANOR CRISWELL is an Assistant Professor of Psychology at Sonoma State College, California, where she teaches physiological psychology, educational psychology and yoga psychology and is involved in EEG research.

ROBERT CROMEY, a former Esalen resident fellow, is an experienced group leader and teacher of massage and sensory experiences. He has worked as a priest, politician, administrator. He has a private practice in San Francisco.

ARTHUR DEIKMAN, a psychiatrist, has done pioneering research in the field of meditation, as well as theoretical and clinical investigations of hallucinogenic drugs, Zen Buddhism and psychosis. He is presently on leave of absence from the University of Colorado Medical Center and in private practice in the San Francisco Bay Area.

BARBARA DILLINGER is an instructor for the University of California Extension program and a member of the San Diego Gestalt Therapy Institute.

GEORGE DILLINGER, a psychiatrist, combines gestalt therapy and bio-energetics in groups and in his private practice in La Jolla. He is Medical Director at Douglas Clinic and vice president of the San Diego Gestalt Institute.

Leaders' Biographies

GEORGE DOWNING, an experienced teacher of yoga and massage, is author of *Massage Book*, to be released by Random House and Book Works this fall.

JOSEPH J. DOWNING is a psychiatrist in private practice and former superintendent of Mental Health Services, San Mateo County, Department of Public Health and Welfare. He has spent the last year at a Sufi-oriented school in Arica, Chile.

JACQUELINE DOYLE, a former Esalen resident fellow, holds a master's degree in psychology. She is a member of the Esalen encounter staff trained by William Schutz.

HILDEGARD ELSBERG studied with Elsa Gindler and Kurt Jooss in Germany, where she also took a degree in physiotherapy. She came to this country following ten years in India as a teacher and a student of yoga and meditation. She works with individuals and small groups in her private studio in San Francisco.

JOHN ENRIGHT has been a gestalt therapist for nine years, and currently specializes in teaching professionals how to integrate the gestalt approach with existing styles of practice, and applying basic principles in new forms.

JOSEPH FABRY is a student of Viktor Frankl and author of *The Pursuit of Meaning*. He is an editor and Extension instructor on logotherapy at the University of California, Berkeley and a writer and lecturer.

JAMES FADIMAN is an educational and management consultant. He is a lecturer in Design Engineering and a psychological counselor at Stanford University. Dr. Fadiman is also associate editor of the *Journal of Transpersonal Psychology* and author of *The Proper Study of Man: Perspectives on the Social Sciences*.

STANLEY FREITAS was in the Fall 1970 Residence Program and is presently business manager of Esalen/Big Sur.

BETTY FULLER is Esalen's director of Consulting Services and a former resident fellow. Her background, in addition to encounter group work here and abroad, includes teaching and several years in radio, television and theatre.

DAVID GALIN, neuropsychologist at Langley Porter Institute, is interested in the brain and consciousness expansion. His specialties include study of left-right differences in the brain and biofeedback.

IAN GRAND is director of the Center for Environmental Education and former director of Experimental College, San Francisco State College.

ELMER GREEN, who holds degrees in physics and biopsychology, has been a researcher at The Menninger Foundation since 1964. He has long been interested in meditative procedures and states of consciousness research.

ROBERT K. HALL is a psychiatrist in private practice in Mill Valley, a practitioner of body structural integration ("Rolfing"), a long-time student of Fritz Perls and a serious student of meditation.

AARON HILLMAN is a teacher, poet and author who specializes in enjoying learning with students, whoever and wherever they are. He has had intensive training and practice in the domain of affective teaching.

ROSEMARY HILLMAN is a counselor in Santa Barbara, teacher and author, and co-leads education workshops with her husband, Aaron.

DAN HOLLAND is a Sierra Club outings leader, a San Francisco architect and a student of sensory awakening techniques.

ARTHUR HOUGH is Associate Professor of Communication Theory and Mass Media at San Francisco State College. He is an educational television and film producer, author of *Stand Up and Speak* and interpersonal communication consultant to various agencies.

AL HUANG is artist-in-residence at Krannert Center for the Performing Arts, University of Illinois. He is a teacher-lecturer in *tai chi chuan*.

EVELYN JERNBERG is a psychologist and guidance consultant for public schools. Her background includes training in behavorial and gestalt theory.

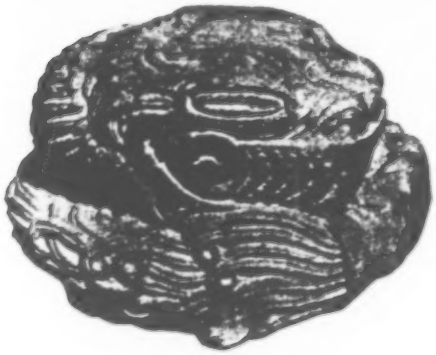
SAM KEEN is currently a consulting editor for *Psychology Today* and Professor of Philosophy of the Person at Prescott College in Arizona. He is a fellow of Center for Studies of the Person. And he tells and listens to stories.

STANLEY KELEMAN is a practitioner of the bioenergetics approach developed initially by Alexander Lowen. He has studied with Dr. Ola Raknes and Graf Durcheim at the Center for Religious Studies, as well as the Alfred Adler Institute for Individual Psychotherapy and the Dasien Analytical School of Psychotherapy, Zurich.

ELAINE KEPNER has been on the psychology faculties at Case Western Reserve University and San Francisco State College. She has directed a post-graduate training program for mental health professionals in community mental health methods. She is a member of the Gestalt Institute of San Francisco.

SHERMAN KINGSBURY is former head to the Organizational Behavior and Growth section of the Arthur D. Little consulting organization. He is interested in releasing creative potentials in the individual and in the work group.

KATHERINE KOCEL is a researcher in altered states of consciousness at Langley Porter Neuropsychiatric Institute, specializing in studies of man's "silent" half-brain.



JOEL KRAMER is practicing hatha, raja, jnana and tantric yogi. He has been resident yogic instructor at Esalen Institute.

BOB KRIEGEL is the founder and director of Anthos, a growth center in New York City. He has trained at Esalen in encounter and gestalt and has led workshops there and at other centers across the country. He follows Horace Greeley's advice this summer.

JANET LEDERMAN, artist, teacher and author, has developed and utilized the gestalt learning process with ghetto children and with children who manifest extreme behavior problems. She is currently leading gestalt groups throughout the United States and Canada.

MILTON LEES is a former professor of mathematics who is now on the staff at Esalen/Big Sur.

GEORGE LEONARD, senior editor of *Look* Magazine for 17 years and vice president of Esalen for 4 years, is author of numerous works on education, race relations, science, politics, the arts, the counter-culture and foreign affairs, including *Education and Ecstasy*. He is now devoting full-time to his new book, *The Transformation: A Guide to the Inevitable Changes in Mankind.*

LAWRENCE LeSHAN is a research and clinical psychologist who has worked on the psychosomatic aspects of cancer and on psychotherapy with patients with a fatal illness. For the past 8 years he has been doing full-time research on the nature of paranormal phenomena.

ABE LEVITSKY, a gestalt therapist in private practice, has been on the graduate faculty of the University of Michigan and a lecturer in hypno-therapy at Washington University School of Medicine. He is a member of the Gestalt Institute of San Francisco.

JOHN LILLY has primary research interest in the relation of the mind to the brain. Trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication, he is in residence at Esalen/Big Sur.

GAY LUCE is a scientific writer and is a student of psychic medicine, biological rhythms, hypnosis and sensory deprivation. She is author of *Sleep* and *Insomnia* (both with Julius Segal) and of the forthcoming *Time in the Body.*

LEON LURIE is director of admissions for the Group Psychotherapy Training Program of the Washington School of Psychiatry and serves on the faculty of the National Psychological Association for Psychoanalysis.

WILLIAM McGAW is Director of Communications at Western Behavioral Sciences Institute as well as director of the Institute's Experiential Worship Service Project. He and his wife, Audrey, are involved with WBSI's couples program for the Conciliation Court of San Diego.

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at The Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of *The Free People* and (with Alan Cohen) *Understanding Drug Use.*

RICHARD MARSH is Professor of Creative Arts and Broadcast Communication Arts at San Francisco State College as well as Professor of Semantics and Communication at the California Institute of Asian Studies. He has pioneered in leading encounter groups in an academic setting.

EDWARD MAUPIN draws upon a variety of approaches to body awareness, including those of Reich, Lowen and Ida Rolf. He also relates to the various psycho-physical disciplines of Eastern and Western mysticism.

THOMAS MUNSON began as a psychoanalyst then turned to existentialism, experienced Buddhism in Japan and is now a psychiatrist in private practice in La Jolla. He is president of the Gestalt Therapy Institute of San Diego.

Leaders' Biographies

ROBERT NADEAU, a full-time Aikido and meditation instructor in the Bay Area, was a personal student of Master Ueshiba, the founder of Aikido. His main interest is teaching energy awareness, with the emphasis on maintaining balance while practicing and experiencing higher dimensions.

CLAUDIO NARANJO is a research psychiatrist, a former associate of the Institute for Personality Assessment and Research (U.C. Berkeley) and a student of religions. He is recently returned from a year in a Sufi-oriented school in Chile.

ANNE NASH, a fellow of the Boston University Human Relations Center, has worked as consultant/trainer with schools and community groups, is experienced as an elementary school teacher, counselor and play therapist.

PAUL NASH, Professor of Education, is experienced as a teacher from elementary to graduate levels, as an educational consultant and as a group facilitator. He is a member of NTL Institute for Applied Behavioral Science.

ROBERT ORNSTEIN teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. He is author of the books *On the Experience of Time* and, with Claudio Naranjo, *On the Psychology of Meditation.*

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique (New York) and is President of the California Center. He has been teacher of the Alexander Technique for the American Conservatory Theatre since its inception and is in private practice in San Francisco.

JOSEPH PEARCE, author of *The Crack in the Cosmic Egg*, teaches in Bennington, Vermont, and is associated with the Center for Expanding Awareness.

LEONARD PEARSON teaches at Sonoma State College in the Department of Humanistic Psychology. He has conducted group and individual psychotherapy with obese persons for over 15 years in Chicago and Cleveland.

PAMELA PORTUGAL, former Esalen resident fellow, is currently training in psychosynthesis and aikido and writing and photographing a book on couples and consciousness. She was trained in encounter by, and has co-led couples' groups with, William Schutz.

HECTOR PRESTERA is an internist and cardiologist who is currently involved in the theory and practice of structural integration. He is resident physician at Esalen.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

LEE PULOS is a clinical psychologist in private practice and clinical assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in leading training workshops for professionals and in researching the effects of hypnosis upon athletic performance.

ROBERT RESNICK, clinical psychologist, is a gestalt therapist in private practice in Beverly Hills. He has trained with Drs. James Simkin and Fritz Perls and has been in practice with Dr. Simkin for the past several years. He is president of the Gestalt Therapy Institute of Los Angeles, editor of the *Directory of Gestalt Therapists* and author of the paper, "Chicken Soup is Poison".

IDA ROLF is developer of the Rolf method of structural integration. She has taught her method in New York, London, Los Angeles and Big Sur.

JACK ROSENBERG is a practicing dentist and gestalt therapist who has been working in the field of psychology related to dentistry for the past ten years.

CAROLE ROSENBLATT was in both the Spring and Fall Residence Programs (1970). She is part of both the administrative and teaching staffs at Big Sur.

GABRIELLE ROTH is movement specialist in residence at Esalen/Big Sur. She has studied and taught creative dance forms for the past ten years.

FRANK RUBENFELD is a clinical psychologist, and is on the faculty of the New York Institute of Gestalt Therapy. In addition to his private practice of individual and group therapy, he is presently leading a gestalt training workshop at Anthos in New York.

ILANA RUBENFELD is a certified teacher of the Alexander Technique with ten years' experience and a member of the Board of Directors of the American Center for the Alexander Technique. She worked with Fritz Perls integrating gestalt with her own work.

DANE RUDHYAR, philosopher, poet and formulator of a humanistic astrology, is also a long-time student of H. P. Blavatsky's work. His recent book, *The Planetarization of Consciousness*, reformulates in more future-oriented terms some of the "seed ideas" introduced by H.P.B.

PAUL de SAINTE COLOMBE is a graphologist with degrees in law and in letters. He is author of *Graphotherapeutics, Pen and Pencil Therapy* and has given seminars on graphotherapy at Patton State Hospital, U.C. Medical Center and other institutions.

MARION SALTMAN is a play therapist who has worked with young children, adolescents and adults. She teaches at Sonoma State College.

DAVID SCHIFFMAN leads groups in the East for colleges, social agencies and Anthos, a New York City growth center. He is also associate director of Anthos.

WILLIAM C. SCHUTZ, author of *FIRO* and *Joy*, has just completed a new manuscript describing various aspects of his work, entitled *Here Comes Everybody*. Presently in residence at Esalen/Big Sur, he is exploring among other things the psychosomatic dimension in personal growth.

LENORE SCHWARTZ is an artist and designer who has been working to apply personal growth techniques to the aesthetic world.

ROBERT SCHWARTZ has held public and editorial posts at Time-Life; he has created two innovative businesses — the Japanese-designed Motel-on-the-Mountain on the New York Thruway and the Tarrytown Conference Center, Tarrytown, New York. He is one of the principle owners of the *New York Magazine*.

STEWART SHAPIRO is Professor of Education at the University of California at Santa Barbara. In addition to his workshops in higher education, conflict resolution, positive experience and change agentry, he is a consultant to the Ford Foundation's program in confluent education at U.C.S.B. With George Brown and others he is engaged in developing the methods and philosophy of confluent education in higher education.

JULIAN SILVERMAN is a research director of Esalen and a gestalt trainer.

JAMES S. SIMKIN devotes his professional time to conducting gestalt therapy workshops throughout the country at growth centers and universities, as well as at his home in Big Sur. He is currently involved in training gestalt therapists and investigating methods of working through the 'impasse'.

GERALD SMITH is a family therapist in San Mateo, California. He has taught his approaches at numerous agencies and recently completed a book entitled *Encounter for Two*.

HUSTON SMITH is Professor of Philosophy at the Massachusetts Institute of Technology with special interests in philosophical anthropology and comparative philosophies and religions. KENDRA, his wife, is a psychiatric social worker at the Newton Medical Health Center with special interest in groups.

ROGER SNYDER is a family and marriage counselor, a doctoral candidate in Philosophy and Theology and a group leader for the past five years.

CURTIS STEELE is on the faculty of the Medical School at Tulane University and is an experiential psychotherapist with experience in medical training, clinical practice and hospital administration. He is currently consultant and evaluator to several drug programs.

HELEN STEPHENS is a former Esalen resident fellow, trained by William Schutz. At fifty, she is an experienced group leader with special interest in the development of personal self-support systems.

JOHN O. STEVENS edited *Gestalt Therapy Verbatim* and wrote *Awareness: Exploring, Experimenting, Experiencing*. His publishing business, Real People Press, has enabled him to retire from college teaching and he is working toward establishing a gestalt community.

CHARLES T. TART is Associate Professor of Psychology at University of California, Davis. He has conducted extensive research into sleeping and dreaming, hypnosis, ESP and drugs. Dr. Tart is editor of *Altered States of Consciousness: A Book of Readings*.

NOEL TICHY has been involved for some years in research and application of group dynamic techniques at Columbia University, with particular focus on community building.

JIM VARGIU, and his wife SUSAN, are the directors of the Psychosynthesis Institute, Palo Alto, California. They were trained in Italy by Roberto Assagioli, the founder of psychosynthesis, and have lectured and given workshops in this country and in Europe. They are presently working with self-actualizing and gifted adolescents and are training people in the helping professions in the use of psychosynthesis.

ALAN WATTS is author of *The Way of Zen; Nature, Man and Woman; Psychotherapy East and West; Beyond Theology*; and many other writings. He has been, with D. T. Suzuki, the leading popularizer of Zen Buddhism in the United States.

CYNTHIA WERTHMAN is a psychiatric social worker and a gestalt therapist in private practice in San Francisco. She works with the Family Therapy Institute of Marin (San Rafael), where she is a trainer and a family therapist, and is a director and trainer at the Gestalt Institute of San Francisco.

BOOKS FROM ESALEN

THE ESALEN PUBLISHING PROGRAM WITH VIKING PRESS

Esalen's own books, far-ranging investigations, divinations and reports from the movement to develop human potentialities, highlighting the latest work at Esalen Institute.

PSYCHOSYNTHESIS by Roberto Assagioli.
The seminal work in what may be
the most inclusive approach yet developed
to personal growth.
$2.75, paper.

HUMAN TEACHING FOR HUMAN LEARNING
by George Brown.
The results of the first attempt
to apply Esalen's work to education
in the public schools.
$8.50, hardbound.

ANGER AND THE ROCKING CHAIR
by Janet Lederman.
A poetic account
of using Gestalt Awareness Training
with "difficult" children
in elementary school.
(Published by McGraw-Hill).
$4.95, hardbound.

Coming this Fall:
SECRETS OF THE TRADE:
Essays in Madness, Creativity and Ideology,
by Joe Kennedy Adams.
Hardbound.

HOT SPRINGS, OR THE TRUE ADVENTURES OF THE FIRST NEW YORK JEWISH LITERARY INTELLECTUAL IN THE HUMAN POTENTIAL MOVEMENT by Stuart Miller.
A rollicking chronicle of what it means in contemporary America to undergo a spiritual death and a spiritual rebirth. The book is played out against backdrops that range from Orchard Street in New York's Lower East Side, to the Yale Graduate School, and finally to Esalen Institute at Big Sur. Michael Murphy has said that *Hot Springs* is the first book "to capture the human complexity of the Esalen-'Human Potential'-Counter-Culture world."
Available July 1, 1971. $7.95, hardbound.

ON THE PSYCHOLOGY OF MEDITATION by Claudio Naranjo and Robert Ornstein.
Two psychologists examine the spiritual ground of meditation and the implications of meditation for modern psychology. New insights into the nature of consciousness have resulted from current experimental work with computers and electroencephalograms and from a synthesis of meditative techniques derived from Zen, Yoga, the Sufis and Shamanism.
Available July 31, 1971. $8.95, hardbound.

ESALEN BOOKSTORE

Esalen has recently opened a bookstore at its San Francisco office, 1776 Union Street. A varied selection of titles, including the Esalen Viking Series, is available at the store or by mail. Check below to receive a complete listing. Among the books in our current stock are:

HERE COMES EVERYBODY by William C. Schutz. $6.95, hardbound.
WHAT TO DO TILL THE MESSIAH COMES by Bernard Gunther. $3.95, paper.
BETRAYAL OF THE BODY by Alexander Lowen. $1.50, paper.
EDUCATION AND ECSTASY by George Leonard. $2.25, paper.
GESTALT THERAPY VERBATIM by Frederic Perls. $3.50, paper.
RELIGIONS, VALUES AND PEAK EXPERIENCES by Abraham Maslow. $1.75, paper.
BIOENERGETIC CONCEPTS OF GROUNDING by Stanley Keleman. $1.25, (14 pp., paper).

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THE JOURNAL OF TRANSPERSONAL PSYCHOLOGY

A journal for theoretical and applied research in peak experience, self-transcendence, ultimate values, ectasy, wonder, B-values, transcendental phenomena and related concepts, experiences and activities. Volume III, No. 1 contains articles by: GOLEMAN, DANIEL, *Meditation as meta-therapy: Hypotheses toward a proposed fifth state of consciousness;* GREEN, ELMER E. AND ALYCE M., *On the meaning of transpersonal: Some metaphysical perspectives;* BABA RAM DASS, *Lecture at the Menninger Foundation* Part II; SUTICH, ANTHONY, *Transpersonal notes.*

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SPECIAL INFORMATION

TAPE RECORDINGS OF ESALEN PROGRAMS: Recorded tapes of many past Esalen programs are available. This service, originally developed to provide archive copies for Esalen, rapidly became of use to organizations requesting recordings of lectures and seminars, training tapes of techniques and methods, demonstration workshop sequences, and experiential programs. Requests now come from educational institutions, public and private libraries, religious bodies and professional groups, government agencies, corporations and private individuals with funds for a recording library concerned with the human potential. Commercial use prohibited; all rights are reserved. Recording, editing and distribution of tapes is performed by Big Sur Recordings, from whom a complete catalog may be obtained. The cost of recordings is $10 per tape-hour, stereo or mono, with choice of 5" reel or cassette. Write BIG SUR RECORDINGS, 117 Mitchell Boulevard, San Rafael, California 94903.

VIDEOTAPES and 16mm FILMS of Dr. Frederick S. Perls' demonstraions of gestalt theapy and Alexander Lowen's demonstrations of bio-energetic analysis are available for professional use from MEDIASYNC, Inc., P.O. Box 486, Del Mar, California 92014. Films of Dr. Perls' work are also available from PSYCHOLOGICAL FILMS, 205 West Twentieth Street, Santa Ana, California 92706 along with films of the work of Carl Rogers, Albert Ellis, Rollo May, Abraham Maslow, Virginia Satir and others. For a list of films including the work of Alan Watts, Huston Smith and many others, write to ASSOCIATION FOR HUMANISTIC PSYCHOLOGY, 584 Page Street, San Francisco, California 94117.

ESALEN BOOKS AND PUBLICATIONS: Written materials of particular significance associated with the programs of Esalen Institute are available by writing: Esalen Books, Esalen Institute, San Francisco.

FM RADIO STATIONS in the San Francisco Bay Area (K101, KPFA and KQED) broadcast portions of Esalen seminars and lectures. (K101 has a dependable weekly program each Sunday evening at 11:00 p.m.) Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KUSC and KPFK Los Angeles, as well as KPFT Houston and WBAI New York City, broadcast Esalen programs on an occasional basis. Consult local program guides.

MICROFILM records of Esalen history, brochures and publications are available through MICROBIZ, 590 Howard Street, San Francisco, California 94105.

ESALEN PROGRAMS is published quarterly by Esalen Institute, a nonprofit California corporation. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco offices of Esalen Institute. Do not direct subscription inquiries to Big Sur.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please also see membership form (on opposite page).

ACCREDITATION AND THE USE OF ESALEN'S NAME: Some individuals and groups have recently involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs; our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools. For the information of the public, we do maintain a consulting service, under the direction of Betty Fuller, that will furnish information about leaders.

ABOUT THE ILLUSTRATIONS IN THIS ISSUE

"The illustrations in this issue of Esalen Programs comprise a Mythical Bestiary," states the designer, Red Dog Pie Face/Peter Bailey, "those beings invented by man to express, not just the dark implacable aspects of life, but his own attitude toward them and the transitions necessary to incorporate them into his evolving cosmic view of life. Besides familiarly exotic creatures such as unicorns, satyrs, chimaeras and sphinxes, there are the Egyptian hippo goddess, Thoueris, who aided pregnant women; a magic Japanese cat slyly impersonating his mistress for nefarious purposes; the Hindu elephant deity, Ganesha; an Eskimo fish spirit; the Thunderbird lending his power to a supplicant Tlingit Indian; a Kabuki actor impersonating a fabulous spider; an Ivory Coast buffalo icon; Mishipizhiv, the fantastic night panther of the Ojibwa; Quetzalocoatl, the plumed serpent of the Aztecs; an oriental boy-Hercules on his magic bear; and an inexplicable hatted creature from the farthest reaches of Pieter Breughel's Sixteenth-Century mind."

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This form is for your convenience in preparing attendance at Esalen seminars, workshops and lectures. You may use it for Big Sur or San Francisco area programs, although it is suggested that you make reservations independently at each location rathern than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please make reservations early; some seminars are booked to capacity months in advance.

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For Big Sur reservations, check whether you wish ☐ shared room or ☐ single room on a space-available basis. A $7 per night additional charge is required for single accommodations. If you are arranging your own lodging elsewhere, check here ☐. Reservations may be assigned at either Big Sur Hot Springs or nearby motels at the discretion of Esalen.

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The continuing work of Esalen Institute is funded virtually in toto through tuitions paid by those attending workshops and seminars — but research, future development and expansion depend greatly upon funds assured through Memberships and special grants.

As a Member, you enjoy a tuition reduction of $10 at every seminar and workshop you attend, including encounter groups, plus opportunity to participate in occasional gatherings with Esalen officers, leaders and project coordinators. You are also kept informed of new developments and programs via a special newsletter.

You may wish to consider tax-deductible Membership either for yourself or as a fitting gift in the name of another.

Those friends of Esalen interested in sustaining the Institute in a more substantial way may wish to discuss details of this matter with the Director of Development, Stuart Miller. The legal counsel of the Institute is also available to discuss various details of gifts and bequests, including tax arrangements. Individual attention can be given in these ways to the particular wishes of donors and the current needs of the Institute.

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San Francisco Workshops require a nonrefundable deposit of $20 for weekend programs and $50 for five-day programs. Big Sur Workshops require a nonrefundable deposit of varying amounts depending on program length. See page 14 under "Reservations". The balance is payable at the time of the program itself. Tickets for lectures and symposia are sold in advance at full price; refunds may be made up until 24 hours before a lecture.

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ESALEN INSTITUTE is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a residential program exploring new directions in education and the behavioral sciences.

SPECIAL SERVICES AND PROGRAMS

Esalen Consulting Service is developing resources to assist those individuals, groups and organizations wishing to apply the various approaches to human development presented in our seminars and workshops. Programs and leaders have thus far been provided to various community, governmental, religious, industrial and education groups.

Workshops for Educators: The Second Annual Series of programs for classroom teachers, school administrators and college students will be held in the San Francisco Bay Area during the period July 19-August 27. *See pages 18-19.*

Workshop for Counselors: A two-week workshop for college and high school counselors, social workers, ministers and peer counselors to provide experience and training in affective techniques. August 2-13 in the San Francisco area. *See page 15.*

Training Program in Gestalt Therapy: Six weeks of residential workshops over a calendar year for professional persons interested in gestalt training. Write to Esalen/San Francisco for detailed information.

The Psychology of Human Consciousness: A seven-week full-time "summer school" in the practice and study of human consciousness. To be held in Palo Alto, California, July 9 through August 29. *See pages 16-17.*

Eighth Annual Professional Psychotherapist Training Program in Gestalt Therapy. Two two-week workshops at Big Sur. *See page 7.*

DIRECTORY

Officers of the Institute
Michael Murphy, *President*
Richard A. Price, *Vice President**
John G. Clancy, *Secretary*
Stuart Miller, *Director of Development*
Julian Silverman, *Research Director*

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Please address inquiries about programs and business activities to the appropriate officers listed at right:

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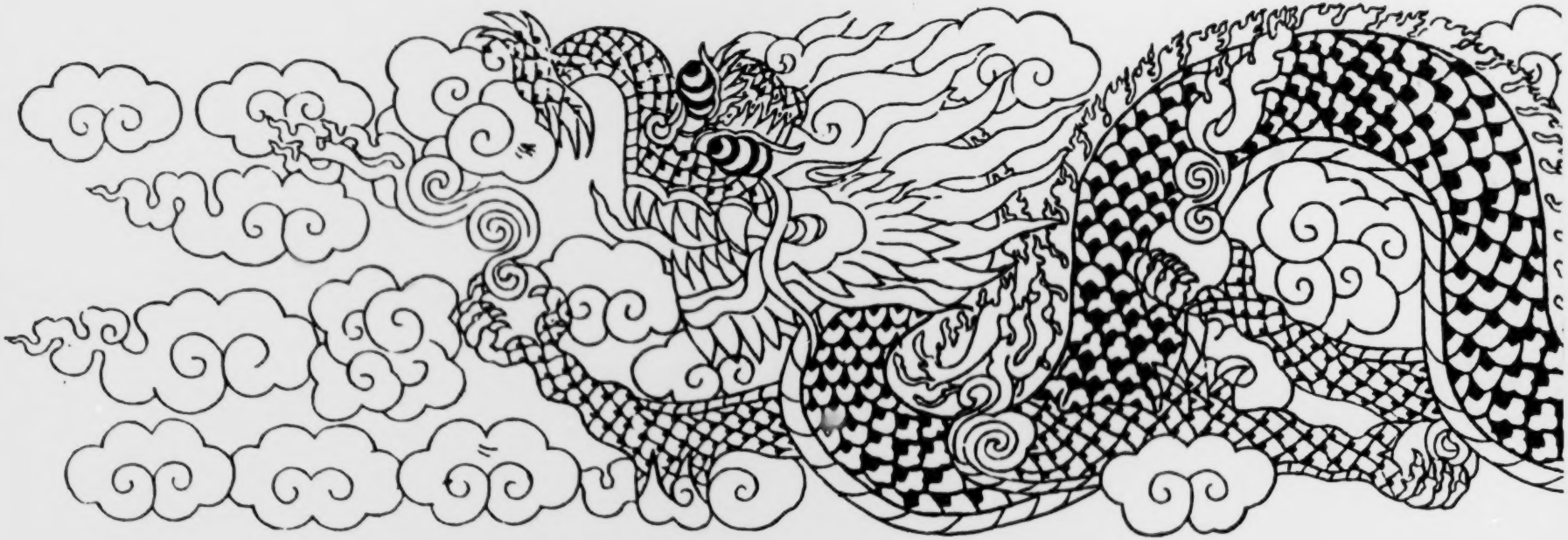

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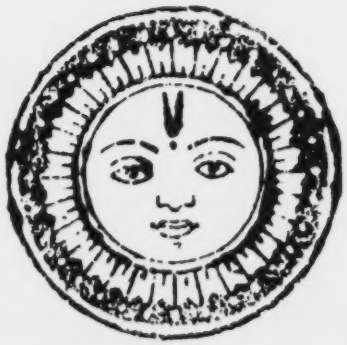


BIG SUR CALENDAR

WEEKEND PROGRAMS

October 1-3	**The Laws of Form:** *Stewart Brand and Heinz Von Foerster*
October 8-10	**Bio-Feedback Training:** *Barbara Brown*
October 22-24	**Sun Rise:** *Deborah Carson*
November 5-7	**Breathing and Awareness:** *Magda Proskauer*
December 3-5	**An Experiment in Surrender:** *Claudio Naranjo*
December 3-5	**Approaches to Hypnotherapy:** *Peter Muthe and Emmett Miller*
December 17-19	**Exploring Madness:** *Julian Silverman*
January 14-16	**Human Potentials within American Civilization:** *Max Lerner*

ONE-WEEK AND FIVE-DAY PROGRAMS

October 3-8	**How to Beat the Game:** *Julian Silverman, Carole Rosenblatt, John Brent*
October 3-9	**The Heart of the Matter:** *Stephen Schoen and Lois Brien*
October 3-9	**Encounter and Massage:** *Esalen Staff*
October 10-15	**For Homosexuals:** *Stanley Freitas and Owen Garner*
October 10-15	**Experience of Esalen:** *Esalen Staff*
October 10-15	**Open Gestalt:** *Richard Price*
October 10-16	**Awareness Training for Health Professions:** *Jack Rosenberg*
October 17-22	**Massage Workshop:** *Roberta De Long and Peggy Kriegel*
October 17-22	**For Women Only:** *Marilyn Harris and Carole Rosenblatt*
October 17-23	**Open Gestalt:** *Esalen Staff*
October 24-30	**Energy: An Approach to Spiritual Awareness:** *Robert Nadeau*
October 24-30	**Celebration:** *Betty Fuller, Dub Leigh and Esalen Staff*
October 24-30	**Open Gestalt:** *Julian Silverman*
Oct. 31-Nov. 6	**Acting and the Creative State:** *John Argue*
Oct. 31-Nov. 6	**Encounter and Awareness:** *Esalen Staff*
Oct. 31-Nov. 6	**Body Awareness and the Sense of Being:** *Edward Maupin*
Oct. 31-Nov. 6	**Open Gestalt:** *Esalen Staff*
November 7-12	**Experience of Esalen:** *Esalen Staff*
November 7-12	**Rediscovering the Experience of Being:** *Helen Stephens and Jonathan Daemion*

BIG SUR ONE-WEEK AND FIVE-DAY PROGRAMS (Continued)

November 7-13	**Gestalt and Massage**: *Robert Martin*
November 14-20	**Couples' Workshop**: *Robert Kriegel and Marilyn Harris*
November 14-20	**Open Gestalt**: *Esalen Staff*
November 14-20	**Another Aspect of Gestalt Awareness Training**: *Jack and Leonne Downing*
November 21-26	**Open Gestalt**: *Esalen Staff*
November 21-27	**Experience of Esalen**: *Esalen Staff*
November 21-27	**Energy and Relaxation**: *Robert Nadeau*
Nov. 28-Dec. 3	**Guild of Hands**: *Tony Wagner and the Craft Staff*
Nov. 28-Dec. 3	**Fire in Our Soul**: *Pamela Portgual*
Nov. 28-Dec. 4	**Celebration**: *Betty Fuller, Dub Leigh and Esalen Residents*
December 5-10	**Gestalt Awareness and Meditation**: *Claudio Naranjo*
December 5-11	**Encounter and Massage**: *Esalen Staff*
December 5-11	**Freeing the Body**: *Esalen Staff*
December 12-17	**Encounter and Effecting Change**: *Jacqueline Doyle and Philip Slater*
December 12-17	**Experience of Esalen**: *Esalen Staff*
December 12-17	**Smoking — A Modern Way to Self-Poison**: *R. Price, D. Bechetti, H. Prestera and C. Rosenblatt*
December 12-18	**Couples' Workshop**: *Michael Butler and Simone Surpin*
December 19-24	**Energy and Massage**: *Roberta De Long*
December 19-25	**Nonverbal Communication through Movement**: *Bo Conley and Sir Washington*
December 19-25	**Integrating Gestalt Therapy and Alexander Technique**: *Frank and Ilana Rubenfeld*
December 19-25	**Encounter and Body Awareness**: *Esalen Staff*
December 26-30	**Reality and Illusion**: *George and Judith Brown*
December 26-31	**Experience of Esalen**: *Esalen Staff*
December 26-31	**Person-Centered Education**: *Aaron and Rosemary Hillman*
December 26-31	**Celebration**: *Betty Fuller, Dub Leigh and Esalen Residents*
January 2-7	**Gestalt Awareness and Meditation**: *Claudio Naranjo*
January 9-14	**Energy and Light**: *Deborah Carson and Esalen Staff*
January 9-15	**Open Gestalt**: *Julian Silverman*
January 9-15	**Experience of Esalen**: *Esalen Staff*
January 16-21	**Experience of Esalen**: *Esalen Staff*
January 16-22	**Refocusing Energy**: *Robert Kriegel, Marilyn Harris and Carole Rosenblatt*
January 16-22	**Freeing the Body**: *Esalen Staff*
January 23-29	**Celebration**: *Betty Fuller, Dub Leigh and Esalen Residents*
January 23-29	**Another Aspect of Gestalt Awareness Training**: *Jack and Leonne Downing*
Jan. 30-Feb. 5	**Workshop for the Medical Profession** *Hector Prestera and Esalen Staff*

TWO-WEEK AND FOUR-WEEK PROGRAMS

October 3-16	**Open Residence Program**: *Theodora Lyon and Esalen Staff*
October 3-30	**Freeing the Body**: *Esalen Staff*
October 17-30	**Open Residence Program**: *Michael Butler and Esalen Staff*
October 17-30	**Professional Training Program in Gestalt Therapy**: *James Simkin and Elaine Kepner*
Oct. 31-Nov. 13	**Open Residence Program**: *Pamela Portugal, Carole Rosenblatt, Esalen Staff*
Oct. 31-Nov. 27	**Gestalt and Structural Integration**: *Richard Price, Julian Silverman, Esalen Staff*
November 14-27	**Open Residence Program**: *Helen Stephens and Esalen Staff*
Nov. 28-Dec. 11	**Open Residence Program**: *Robert Cromey and Esalen Staff*
Nov. 28-Dec. 11	**For Psychotherapists Only**: *Julian Silverman, Janet Lederman, Esalen Staff*
December 12-25	**Open Residence Program**: *Esalen Staff*
January 2-29	**Mini-Residcnce Program**: *Michael Butler*
Jan. 9-Feb. 5	**Freeing the Body**: *Esalen Staff*
January 9-22	**Open Residence Program**: *Simone Surpin and Esalen Staff*

BIG SUR INFORMATION

For Big Sur Programs Only:
ESALEN INSTITUTE, Big Sur, CA 93920
Phone: (408) 667-2335,
10 am-5 pm, Mon-Sat; 10 am-9pm, Sun

SAN FRANCISCO CALENDAR

SINGLE EVENING EVENTS

October 6	A Gestalt Demonstration: *Jerry Kogan and Esly Barreras*
October 7	Pantheistic Awareness & Bio-Electric Field Effects: *James Beal*
October 13	The Current Revolution: *Robert Ornstein*
October 14	Experience of Esalen: *Esalen Staff*
October 20	Gestalt Awareness and Consciousness: *John Enright*
October 21	The Brain as a Reducing Valve: *James Koski*
October 25	Psychophysical Integration: *Robert Hall*
October 27	"What is Wrong?": *Claudio Naranjo*
October 28	Scale — The Golden Mean: *Ron Cooper and Faith Hornbacher*
November 1	Somatic Wholeness: *Thomas Hanna*
November 3	Technologies of Self-Control: *Robert Ornstein*
November 7	Energy Awareness: *Robert Nadeau*
November 10	The Rolf Method of Structural Integration: *Peter Melchior*
November 14	On Yoga — Lecture & Demonstration: *Joel Kramer*
November 14	Energy Awareness: *Robert Nadeau*
November 17	Psychosynthesis — An Introduction: *James Fadiman*
November 18	Encounter for Two: *Gerald Smith*
November 19	The Alchemy of Schizophrenia: *Roland Fischer*
November 21	Relativity — The Ignored Principle in Psychology: *Hal Markowitz*
November 22	Experience of Esalen: *Esalen Staff*
November 30	On Developing a Concept of Health: *H. F. Parsons and G. L. Schiller*
December 1	The Sufis: *Robert Ornstein*
December 5	Energy and Spiritual Growth: *Robert Nadeau*
December 6	Women, Men, Children and Change: *Philip Slater*
December 8	The Biological Roots of Consciousness: *Stanley Keleman*
December 9	Gestalt Exercises for Daily Use: *John Enright*
December 12	Energy and Spiritual Growth: *Robert Nadeau*
December 15	New Ways of Meeting New People: *Robert Cromey*

CONTINUING PROGRAMS

October	The Alexander Technique: *Frank Ottiwell*
Oct. 1-Dec. 3	Psychodrama — 10 Friday Evenings: *Donna Yablonsky*
Oct. 4-Nov. 1	Structural Awareness — 5 Monday Mornings: *Marya Melchior*
Oct. 4-Dec. 21	Massage Training — 12 Week Series: *Gunver Jackson*
Oct. 5-Nov. 16	For Women Only — 6 Tuesday Mornings: *Betty Fuller*
Oct. 5-Nov. 16	Growth Experience — 6 Tuesday Evenings: *Betty Fuller and Dub Leigh*
Oct. 5-Dec. 7	Psychophysical Integration — 10 Tuesdays: *Robert Hall, Richard Heckler, Vincent Regalbuto*
Oct. 6-Nov. 17	For Women Only — 6 Wednesday Mornings: *Betty Fuller*
Oct. 6-Nov. 17	Growth Experience — 6 Wednesday Evenings: *Betty Fuller and Dub Leigh*
October 6	Breath Energy — Continuous Wednesday Evenings: *George Downing*
Oct. 7-Dec. 16	Human Anatomy — 10 Thursday Afternoons: *Ed Jackson*
October 9	Body Awareness — Continuous Saturday Mornings: *George Downing*
Oct. 11-Dec. 13	What Are You Doing With Your Life — 10 Monday Afternoons: *Arthur Deikman*
Oct. 11-Dec. 13	Psychology of Human Consciousness — 10 Monday Evenings: *Robert Ornstein*
October 12	Energy Awareness and Aikido — Continuous Program: *Robert Nadeau*
Oct. 12-Dec. 16	Ecstatic Athletics — Tuesday and Thursday Afternoons: *Ethan Gluck*
Oct. 14-Dec. 16	The Human Body — 10 Thursday Evenings: *James Koski*
Oct. 19-Nov. 16	Couples' Series — 5 Tuesday Evenings: *Bob Kriegel and Marilyn Harris*
Oct. 20-Nov. 17	Encounter — 5 Wednesday Evenings: *Bob Kriegel*
Oct. 20-Nov. 17	Educators' Series — 5 Wednesday Evenings: *Marilyn Harris*
Oct. 21-Dec. 9	Yoga Workshop — 8 Thursday Evenings: *Eleanor Criswell*
October 23-24	Nature of Religious Experience — 3 Weekend Series: *Claudio Naranjo*
October 25	Tai Chi Chuan — Continuous Monday Evenings: *Li Li-Ta*
October 27	Tai Chi Chuan — Continuous Wednesday Evenings: *Li Li-Ta*
October 30-31	Experiential Physics — 3 Weekend Series: *Dean Brown*

November 1-29	Learning to Draw — 5 Monday Evenings: *Sy Weisman*
Nov. 2-Dec. 7	Psychosynthesis for Professionals — 6 Tuesday Evenings: *Jim and Susan Vargiu*
Nov. 2-Dec. 14	Gestalt for Professionals — 6 Tuesday Evenings: *Elaine Kepner*
Nov. 7-Dec. 12	Life Energy — 4 Sunday Evenings: *Robert Nadeau*
Nov. 7-Dec. 5	Psychosynthesis — 5 Sunday Evenings: *Steven Kull and Betsie Carter*
Dec. 7-Jan. 18	For Women Only — 6 Tuesday Mornings: *Betty Fuller*
Dec. 7-Jan. 18	Growth Experience — 6 Tuesday Evenings: *Betty Fuller and Dub Leigh*
Dec. 8-Jan. 19	For Women Only — 6 Wednesday Mornings: *Betty Fuller*
Dec. 8-Jan. 19	Couples' Series — 6 Wednesday Evenings: *Betty Fuller and Dub Leigh*

WEEKEND AND ONE-DAY PROGRAMS

October 8-10	On Being a Woman: *Elaine Kepner and Lois Brien*
October 8-10	A Weekend of Psychodrama: *Walt Anderson and Fred Moore*
October 15-17	Massage and Breath Energy: *George Downing*
October 15-17	The Living Place: *Betty Fuller and Dub Leigh*
October 15-17	Reality and Illusion: *George and Judith Brown*
October 15-17	Transactional Analysis and Gestalt Awareness: *Ronald Ullmann*
October 17	Raku — Synthesis of Earth, Air, Fire, Water: *Ronald Cooper*
October 22-23	The Gestalt Relationship: *Stella Resnick*
October 22-24	Extending Awareness Through Hypnosis: *Lee Pulos*
October 22-24	Couples' Workshop: *Bill and Audrey McGaw*
October 22-24	Psychosynthesis for Those Under 25: *Steven Kull and Betsie Carter*
October 29-31	Refocusing Energy: *Bob Kriegel and Marilyn Harris*
October 30	Experience of Esalen — One Day: *Esalen Staff*
October 31	The Alexander Technique — One Day: *Frank Ottiwell and Judith Stransky*
November 5-7	Life, Death and Dying: *Len and Lil Pearson*
November 5-7	Open Encounter for Singles: *Robert Cromey and Helen Stephens*
November 5-7	Advanced Massage: *George Downing*
November 6	An Informal Seminar in Somatology: *Thomas Hanna*
November 6-7	An Introduction to Confluent Education: *Marilyn Harris*
November 11	Introduction to Breadmaking — One Day: *Manuel*
November 12-14	Energy and Relaxation: *Robert Nadeau*
November 12-14	The Living Place: *Betty Fuller and Dub Leigh*
November 12-14	Art and Self: *Tom Allen and Sy Weisman*
November 13	Modern Approaches to Hypnotherapy — One Day: *Peter Mutke and Emmett Miller*
November 19-21	Reality and Illusion: *George and Judith Brown*
November 19-21	Professional Training in Psychosynthesis: *Robert and Donna Gerard*
November 19-21	Gestalt Therapy and Hypnosis: *Abe Levitsky*
November 20-21	Bio-Energetics: *Michael Conant*
November 26-28	Expanding Life Possibilities: *Art Hough and Evelyn Jernberg*
November 26-28	Video Interaction Group: *Sy Weisman and Ethan Gluck*
December 3-5	A Weekend of Psychodrama: *Walt Anderson and Ira Greenberg*
December 3-5	Psychosynthesis: *Jim and Susan Vargiu*
December 3-5	Couples' Workshop: *Gerald Smith*
December 3-5	Yoga: Explorations in Awareness: *Joel Kramer*
December 4	Introduction to Breadmaking — One Day: *Manuel*
December 4	New Person Politics: *John Vasconcellos*
December 10-12	Self-Awareness Through Art: *Tom Allen*
December 10-12	Gestalt for Religious Professionals: *Abe Levitsky and Lois Brien*
December 11	Experience of Esalen — One Day: *Esalen Staff*
December 11-12	Refocusing Energy: *Bob Kriegel & Marilyn Harris*
December 17-19	Experience of Esalen Weekend: *Arthur and Janica Fox*
December 17-19	Psychosynthesis: *Steven Kull and Betsie Carter*
December 17-19	Open Encounter for Singes: *Robert Cromey*
January 7-9	The Living Place: *Betty Fuller and Dub Leigh*

SAN FRANCISCO INFORMATION

For San Francisco Programs Only:
ESALEN INSTITUTE, 1776 Union
San Francisco, CA 94123
Phone: (415) 771-1710, 9-5 Mon-Fri

NEWS

NEW DIRECTIONS AT ESALEN

This fall a major new program will begin at Esalen in San Francisco. It will provide three things that our staff and seminar participants have long wanted: a course structure that will enable persons to immerse themselves in Esalen work over a long period of time, rather than making do with occasional seminars; a range of courses that relates the experiential and process work characteristic of our core programs (such as gestalt therapy, psychosynthesis, encounter) to other fields of interest, e.g., nutrition, sports, anthropology, physics; and finally, counselors or tutors who can give students individual attention and guidance in their studies. These three elements are described in the San Francisco program section on page 11.

Professors and departments at various colleges are willing to give college credits for some of these courses. We hope that as time goes on more and more college students will be able to supplement their regular studies with Esalen programs and receive credit for their work. But the program is not limited to college students working for such credit.

This program will have to find its structure within Esalen as it evolves. In a way it is a new program, but it grows out of our past work and has as one of its chief aims the further relating and integrating of elements within our usual format.

GESTALT INSTITUTE OF CANADA

During the past year, the Gestalt Institute of Canada has continued its evolution toward community. Its core staff has grown to 15, each a resource available to those who join them.

They write: "Our commitment is to the processes of gestalt *as gestalt processes* – and not as fragments alienated from a complete living situation. In training, in a program for college-age people, in a three-month resident work program to begin in September, we all join to discover what is possible given what we have, and to enlarge our contact with the world so that new forms can emerge". Write to the Gestalt Institute of Canada, Folded Hills Farm, Kuper Island, British Columbia for details.

GUILD FOR STRUCTURAL INTEGRATION

There will be a class in structural integration taught in the Bay Area from September 13 through October 28. Twelve models will be needed, plus an additional waiting list of ten. Models are expected to be available by appointment on Tuesday and Thursday afternoons; appointments are about two hours long. Contact the Esalen/San Francisco office for information.

The Guild for Structural Integration would like to encourage research in rolfing and invites interested researchers to make application to the class. Write: The Guild for Structural Integration, 1776 Union Street, San Francisco 94123.

PSYCHIC DISCOVERIES BEHIND THE IRON CURTAIN

An Esalen group travelled to Czechoslovakia and Russia to get first-hand acquaintance with the scientists whose work was reported in *Psychic Discoveries Behind the Iron Curtain*. This recent book by Lynn Schroeder and Sheila Ostrander indicated that government-sponsored scientists in these countries were on the verge of, or had already made, astonishing breakthroughs into the investigation of such psychic powers as ESP, telepathy, psychokinesis and the human aura. The authors raised the spectre of a "psychic space race" between the American and Soviet governments — a headlong rush to discover and control extraordinary human powers.

We found in our three-week visit that, while there was much going on of great interest, the scientific work in Russia and Czechoslovakia on paranormal phenomena was less extensive than the book seems to imply. In many ways the field of parapsychology is in the same state in Russia and Czechoslovakia as it is in the United States and Western Europe. A small group of dedicated scientific workers carry on interesting research without any widespread approval by the scientific establishment and without the benefit of governmental support.

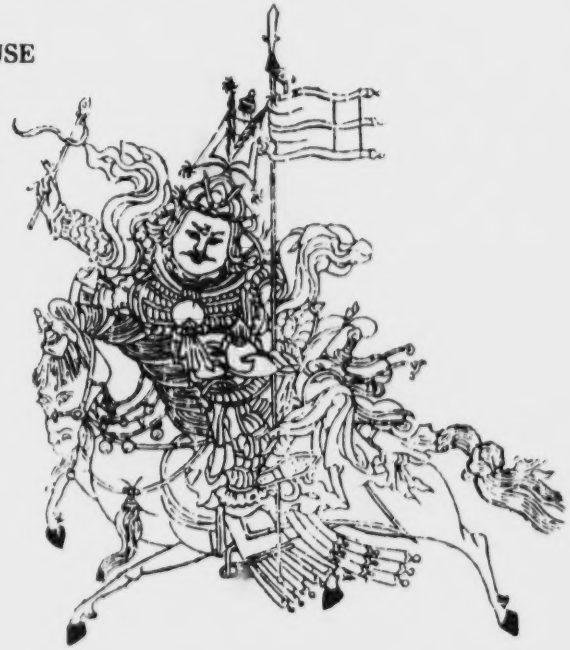
Nevertheless, some formidable beginnings are being made. The Eastern European approach to parapsychology is almost entirely physical. The paradigms and methods used assume that paranormal phenomena are physical in nature (as opposed to "spiritual") and that they will yield their secrets to investigation employing the electronic and mechanical apparatus of modern physics. Using this approach the few scientists working in the field have discovered and measured unusually high energy fields around a physical medium, Mrs. Kulagina, who is able to move small objects without touching them. They have invented a small device which when brushed against a person's skin lights up as the device passes over one of the seven hundred acupuncture points which ancient and modern Chinese doctors have used in treating illnesses. They have photographed vibrations of light around animals, plants and objects which strongly resemble the halo, aura and "subtle bodies" described by psychics throughout the ages. A theory held by some Eastern European scientists states that many of these effects can be explained by investigation into "bioplasma". According to modern physics, matter exists in four states — solid, liquid, gas and plasma. Some Eastern European scientists believe that the free floating electrons associated with plasma exist in the human body and underlie many paranormal phenomena.

The scientific results of these investigations are still far from conclusive. Although we believe that the physical approach to psychic phenomena is of major importance, there are dangers in pursuing obscure human powers without paying more attention to psychology and to the warnings contained in the wisdom of the East. There, the aspirant yogi is cautioned to be wary of psychic powers, called "sidhi" in Sanscrit. He is told that these powers will probably arise during his yogic studies and not to be seduced by them. Such powers can corrupt and lead the student away from the true yogic goal, "moksha" or "enlightenment".

Not only are there personal dangers in acquiring psychic powers, but there are also social dangers. Should these investigations result in a breakthrough, a government — either our own or some other — could create a social monstrosity. Dr. Vasiliev showed that people can be significantly affected by feelings projected by others from a distance. If it becomes possible to train such capacities, science may have opened yet another Pandora's Box. Fortunately, as one good-humored Soviet scientist put it, "We may hope that these scientific problems are so complex that neither I nor my colleagues will ever be able to solve them and present to the world the dangers which could happen".

THE ESALEN SCHOOLHOUSE

The school at Esalen in Big Sur is now a reality. Rooted in the gestalt approach to education and creativity, its ultimate aim is to coordinate with seminars in the areas of teacher training, family therapy, gestalt awareness and structural integration.



PSYCHOSYNTHESIS: VISIT TO ROBERTO ASSAGIOLI

In May, three members of the Esalen staff revisited Roberto Assagioli, the founder of Psychosynthesis, in Florence, Italy. One gets a most complex impression of him. Assagioli is an eighty-three year old gentleman whom you are likely to find seated behind his old Victorian desk dressed in a smoking jacket. His gay smile, however, seems to contradict his age, particularly when you realize that it has a peculiar radiance — as if you and he shared some deep and happy secret. And yet, as time goes on, you gather from his conversation and from the knowing twinkle in his eye that he is a seasoned physician and scholar, well-acquainted with life's difficulties and frustrations. Educated in Florence, he speaks eight languages. He knew Freud and Jung, and has been actively working and publishing in psychology for nearly sixty years. One is struck by how lightly he carries his learning and experience, and with what cheerfulness and serenity he accepts and deals with his nearly total deafness, caused by a bomb blast during World War II. Imprisoned then for being a Jew and "Internationalist" by the Fascists, he is said by his students to have remarked on the joys that solitary confinement allowed him because he could, at last, meditate in peace.

Many of us at Esalen used to think of Psychosynthesis as nothing more than a few of its techniques, such as the guided day dream. Now we have come to realize that Psychosynthesis, as developed by Dr. Assagioli, is a far wider and deeper approach to personal growth and human evolution. While other approaches are holistic in character, attempting to include many facets of the human personality and situation, no approach that we have yet encountered seems to be as comprehensive and integral as Psychosynthesis. It organizes approaches for training and harmonizing not only the unconscious, the emotions, and the body; but also the will, the imagination, and the spirit. Not simply a method of therapy or education or religious training, it seems to provide a base for unifying all three concerns. Furthermore, while it can be taken simply as a comprehensive method of personal growth, it has implications beyond the personal to man's social and even cosmic concerns.

We do not wish to imply that in rediscovering Psychosynthesis we are convinced of having found the final answer to life's problems — that answer will probably continue to elude all. But Psychosynthesis is so impressive that we think it deserves careful exploration as a promising synthesis of much that Esalen Institute has been doing. Starting with this issue of our brochure, we will be offering a permanent series of workshops in Psychosynthesis in conjunction with the Psychosynthesis Institute directed by James and Susan Vargiu. They have spent many years studying with Dr. Assagioli, and now live in the San Francisco Bay Area. We have just published the paperback edition of *Psychosynthesis*, Assagioli's treatment of the basic theories and techniques, in the Esalen Institute Publishing Program with Viking Press. His latest work, *The Act of Will*, will be brought out by Esalen/Viking within the next year, and we are completing arrangements to make available much of his unpublished material. We hope that participants in the Psychosynthesis program and readers of the books will let us know how useful they are.

ESALEN: A STATEMENT TOWARDS CLARIFICATION

Esalen has come to be thought of in a number of ways — in so many, in fact, that we sometimes speak of ourselves as "Inkblot Institute." Among these projected "identities" and our relation to them are:

A *"sensitivity training"* center. This is a term we rarely, if ever, have used. That increased sensitivity is a hoped for outcome in many programs is of course true.

A *"growth center."* We recognize that the "growth center movement" has largely developed in relation to Esalen. We still best consider ourselves to be an evolving kind of school for experimental education and not a place that can, in any sense, promise a particular result.

A *psychiatric hospital.* On one occasion the Miami police called asking if a person then in their custody had "escaped" from our "institution". We are *not* a hospital and do not give the type of "care" or "treatment" identified with one. Our programs are oriented toward growth rather than pathology and we believe explicitly so. The statement made in relation to Gestalt Workshops is applicable to all programs: *"The assumption is made that participants are not "patients" but are persons responsible for their own life decisions."* Anyone not willing to make such an assumption about himself should find resources other than those we presently offer.

Particular identifications with one or another of the areas of work in which we have been involved such as encounter or gestalt or sensory awakening or structural integration. Here our function has been to facilitate the development of work in those and other areas but we are not solely involved in only one or two of them.

A *religious center or retreat.* This is true to the extent that an individual chooses to make it so. Historically, Esalen began largely out of the founders' interest in Eastern philosophy and spiritual practice and part of the program remains focused in those areas.

A *training center for mental health and teaching professionals.* We have no formal training programs although the residence programs have, in fact, developed a number of group leaders. These roles are better understood as those of educators and not of psychiatric or social work practitioners. We do have particular programs that *are* especially directed to psychiatrists, social workers, teachers and so forth. Hopefully, many of our programs offer enriching possibilities to these and many other professions.

We have left out a number of derogatory projections in relation to Esalen (and also some equally unrealistic eulogizing ones). Perhaps the best brief definition remains that which has appeared in our brochure for a number of years: "Esalen Institute is a center to explore those trends in the behavioral sciences, religion, and philosophy which emphasize the potentialities and values of human existence." In this area we have been a forum, and it is primarily this we hope to remain.

For Big Sur Reservations, See Page 10

BIG SUR PROGRAMS

ABOUT BIG SUR PROGRAMS AND FACILITIES

Esalen Institute now has the use of two facilities along the Big Sur Coast; its original home (also known as the Hot Springs) and the South Coast Center, one and a half miles north. Like Esalen itself, the South Coast Center is complete with meeting rooms, sleeping accommodations, dining room, pool and sauna. Persons attending programs at the South Coast are free to use the hot baths, pool and other facilities at Esalen if they wish. Program descriptions indicate whether a program is to be held at South Coast; programs *without* this designation will be held at the Hot Springs. All the information on page 10 applies to both of Esalen's Big Sur locations.

May we remind you that approximately 12 hours of work per week in the kitchen, garden and grounds are required of participants in all programs of two weeks duration or longer at Esalen Institute. The programs at South Coast Center include community work of about six hours per week.

Persons who are familiar with Esalen programs are invited to stay at South Coast independent of workshops being conducted there, provided space is available. Rooms can be rented on a daily or weekly basis at $35 single or $25.00 shared per day, all meals included.

RESIDENCE PROGRAM

Beginning in November, an on-going Residence Program will be initiated and directed by the Esalen staff. This program will be based on an apprentice model: persons will be accepted into leadership training on the basis of their possible contribution to a given area of work and will apprentice themselves to a staff leader. Duration will be according to individual need. All selections will be made from one-, two-, and four-week workshops. This new on-going Residence Program differs markedly from past, more formalized Esalen Residence Programs. Cost will be $800.00 per month.

In addition to the apprentice training program, an intensive long-term program may be initiated by an individual according to his interests and needs, chosen from among the continuing workshops available. No selection process is required for this type of program. Cost will also be $800.00 per month.

PROGRAMS WITH THE ESALEN STAFF

Some of the four-week, two-week, one-week and five-day programs listed below will be led by members of the Esalen Staff. Esalen/San Francisco staff will also be drawn upon.

Big Sur Staff includes: Diana Bechetti, Michael Butler, Deborah Carson, Roberta DeLong, Al Drucker, Betty Fuller, Ann Heider, Peggy Kriegel, Janet Lederman, Milton Lees, Dub Leigh, Theodora Lyon, Hector Prestera, Richard Price, Carole Rosenblatt, Gabrielle Roth, William Schutz, Julian Silverman, Simone Surpin, Gerald Thatcher and Sharon Wheeler.

Jean Butler, Seymour Carter, Jack Downing, John Heider, John Lilly and Steven Stroud will be on study leave until January, 1972.

John Argue will be in residence during Fall, 1971.

PROGRAMS

October 1-3 Weekend Seminar
THE LAWS OF FORM Stewart Brand and Heinz Von Foerster

"Draw a distinction. Call it the first distinction." Thus opens the first canon of a revolutionary book which charts routes to resolving understandings of the Tao, mathematics, consciousness and time. The book is *Laws of Form* by G. Spencer Brown. The purpose of the weekend is to penetrate the book and to mine it for practical use. $85.00 per person.

For Leaders' Biographies, See Pages 20 & 21

Big Sur Programs

October 3-8 Five-Day Workshop
HOW TO BEAT THE GAME
Julian Silverman, Carole Rosenblatt and John Brent

Successful game-playing is the art of getting what you want. Through the use of gestalt, encounter and theater games, we will become more aware of the games we play and which ones work and which ones don't. $215 per person. *(At South Coast Center).*

October 3-9 One-Week Workshop
THE HEART OF THE MATTER Stephen Schoen and Lois Brien

Body, feeling and mind are interpenetrating aspects of our inner experience; the "passionate mind" and the "informed heart" actualize their union. To become aware of this unity of self, to enjoy ourselves, to stay with ourselves, to sense our self-desertion as we yield to it and our self-support as we invite it, to focus on what is, in ourselves, as autonomous and whole, is the purpose of this workshop. Techniques from gestalt therapy will be used to facilitate the experience. $260 per person.

October 3-9 One-Week Workshop
ENCOUNTER AND MASSAGE Esalen Staff

In this workshop the emphasis will be placed on communication through verbal and nonverbal techniques. Group leaders will integrate a variety of methods to help participants become more aware of what is real to them, how they feel, what they feel about others and how others experience them. As the need arises sense awareness exercises and body movement, fantasy, meditation and gestalt will be used. $240 per person.

October 3-16 Two-Week Program
OPEN RESIDENCE PROGRAM Theodora Lyon and the Esalen Staff

This program will center on encounter and gestalt-oriented work. Additional opportunities will be available in other experiential areas (such as bio-energetics, movement, massage and sensory awakening) depending on group interest and leader availability. There will also be a structural integration demonstration; individual sessions are available at extra cost. $450 per person. $200 nonrefundable deposit required with reservation.

October 3-30 Four-Week Program
FREEING THE BODY Esalen Staff

This intensive program introduces various body-oriented disciplines such as massage training, the Rolf method of structural integration, movement, *tai chi chuan*, yoga and techniques based on the work of Wilhelm Reich. The aim is to give group members greater awareness of their physical structures and to demonstrate methods for achieving freer movement, more expressiveness and life feeling. There will be weekly sessions in gestalt and encounter to integrate the total experience. *(At South Coast Center).* $775 per person. $400 nonrefundable deposit required with reservation.

October 8-10 Weekend Seminar
BIO-FEEDBACK TRAINING Barbara Brown

This seminar will discuss and introduce techniques for measuring the brain's electrical activity (brain waves). The group will explore the effect of bio-feedback training and will control brain waves through this training. Emphasis will be placed upon differences among individuals and the significance of this to bio-feedback training and its consequences. $65 per person. *(At South Coast Center).*

October 10-15 Five-Day Workshop
EXPERIENCE OF ESALEN Esalen Staff

This program will join staff members and participants in an experience of each other and of the Institute surrounded only by as much structure as the group wishes to create. Each member may choose to join a group or not; individual choices can go from intense encounter to silent meditation, depending on the availability of the staff. Among possible offerings are encounter, gestalt, meditation, body awareness and movement, and instruction in yoga, massage and arts and crafts. Rolf treatments will be available at an extra cost. $215 per person.

October 10-15 Five-Day Workshop
FOR HOMOSEXUALS Stanley Freitas and Owen Garner

We are experiencing the beginning of a homosexual revolution in which the resolution of conflict has become one of the most critical areas for our survival as individuals. This workshop will be geared toward a resolution of that conflict and whatever happens will happen. $175 per person. *(At South Coast Center).*

For Big Sur Reservations, see page 10

October 10-15 Five-Day Workshop
OPEN GESTALT Richard Price

Gestalt training is an awareness-centered integrative process concentrating on *how* and *now*, rather than *why* and *fantasy* of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own untapped potential. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions. $215 per person. *(At South Coast Center).*

October 10-16 One-Week Program
AWARENESS TRAINING FOR THE HEALTH PROFESSIONS
Jack Rosenberg, DDS

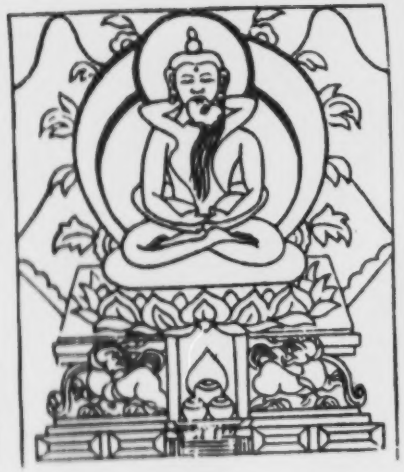
This workshop is designed for people in the health professions — dental, medical and allied fields, including nurses, technicians, and assistants; spouses are particularly encouraged to attend.
A factor in health care, often forgotten, is the health of those who provide care for others, much as the cobbler is the last to get shoes. The purpose of this workshop is to allow the health professional to take time to explore and take stock of his direction in both aspects of a professional person's life — his practice and his inner life — in hopes of developing a deeper significance, awareness and pleasure in both. Gestalt and body awareness, with videotape feedback, will be used. Participants will be shown ways to apply gestalt awareness techniques to their practice, as well as the technique for treatment of fixed muscular patterning of facial expression. Sessions in hatha yoga and movement expression will be included. $280 per person.

October 17-22 Five-Day Workshop
FOR WOMEN ONLY Marilyn Harris and Carole Rosenblatt

"Promise her anything but give her Arpege"?
$215 per person. *(At South Coast Center).*

October 17-22 Five-Day Workshop
MASSAGE WORKSHOP Roberta De Long and Peggy Kriegel

This workshop will present several different approaches to massage. The participant will be able to learn a variety of personal styles and orientations. The emphasis will be on experiencing energy and contact. Limited to 12 persons with previous massage experience. $215 per person.



October 17-23: OPEN GESTALT WEEK WORKSHOP Esalen Staff.
$240 per person. *See above for description (At South Coast Center).*

October 17-30: OPEN RESIDENCE PROGRAM: Two-Week Program
Michael Butler and Esalen Staff. $450 per person. *See above for description.*

October 17-30 Two-Week Workshop
TRAINING PROGRAMS IN GESTALT THERAPY
James Simkin and Elaine Kepner

This workshop will provide theoretical as well as practical training in the application of the existential and phenomenological method for individual, group and self-treatment. The participants will have an opportunity to learn through facing and coping with their own personal problems. Attention will be primarily focused on phenomenology through the use of non-interpretive techniques. Audio-tape feedback and possibly video-tape feedback will be used as training tools.
The two-week workshop is limited to 24 qualified professional psychotherapists, in individual or group practice, who are licensed or license-eligible in the state or country where they practice. State qualifications including academic, professional and experiential backgrounds with application. Mark envelopes "Attention of Gestalt Professional Workshop." $650 per person. Nonrefundable deposit of $250 is required.

For Leaders' Biographies, see pp. 20-21

Big Sur Programs

October 22-24 Weekend Workshop
SUN RISE Deborah Carson

Yoga at dawn, barefoot wandering. Mantra and meditation by the sun. $65 per person. *(At South Coast Center).*

October 24-30 One-Week Program
ENERGY: AN APPROACH TO SPIRITUAL AWARENESS Robert Nadeau

The finer energies of the Universe are natural stepping stones to spiritual perfection. The proper approach, awareness and utilization of "energy dimensions" will be taught so that the student can clearly understand and follow his own path to perfection.
Here-and-now practice patterns and meditation will be emphasized with special attention given to the individual's personal approach.
$220 per person. *(At South Coast Center).*

October 24-30 One-Week Workshop
CELEBRATION Betty Fuller, Dub Leigh and the Esalen Residents

This workshop is based on open encounter as a way of life. Modeled on the "More Joy" workshops led by Will Schutz and the Flying Circus, methods and experiences will be available which may enhance individual growth and enrich the life of the community as a whole. Emphasis will be on nonverbal ways of developing body and sense awareness for the expression and communication of feelings here and now. Integral to the workshop is membership in the Esalen community, which will be facilitated by the participation of the Esalen Residents. $260 per person. *(At South Coast Center).*

October 24-30: OPEN GESTALT WEEK WORKSHOP Julian Silverman.
$240 per person. *See page 6 for program description.*

October 31-November 6 One-Week Workshop
ENCOUNTER AND AWARENESS Esalen Staff

In this workshop the emphasis will be placed on communication through verbal and nonverbal techniques. Group leaders will integrate a variety of methods to help participants become more aware of what is real to them, how they feel, what they feel about others and how others experience them. Work will include massage, movement and a structural integration demonstration. $240 per person.

October 31-November 6 One-Week Workshop
BODY AWARENESS AND THE SENSE OF BEING Edward Maupin

The sense of reality, pleasure and coherence in what we do depends on our not being alienated from ourselves as bodies. Even relating to other people requires that we be someone in this sense. In this workshop, a variety of approaches — sensory awareness, movement, material drawn from the Rolf method and from several yoga traditions — are used to awaken a sense of self more primary than ideas, definitions, fantasies. The increased body awareness is then used to explore possibilities for more profound contact with other people, greater aesthetic response and a more creative use of the imagination. Bring sweat pants or leotards. $280 per person.

For Big Sur Reservations, see page 10

October 31-November 6: OPEN GESTALT WEEK WORKSHOP Esalen Staff.
$240 per person. *See page 6 for program description.*

October 31-November 6 One-Week Program
ACTING AND THE CREATIVE STATE John Argue

An actor prepares his mind/body through a set of exercises that open him to emotional interaction, sharpen his awareness of himself and others, and center him in the creative state. These exercises are a synthesis of many key insights derived from bioenergetics, gestalt, sensitivity and meditation, and are valuable to everyone seeking centeredness. They include breathing and relaxation, attention, give-and-take, speech and movement.
$200 per person. *(At South Coast Center)*

October 31-November 13: OPEN RESIDENCE PROGRAM: Two-Week Program
Pamela Portugal, Carole Rosenblatt and Esalen Staff.
See page 6 for program description. **$150 per person.**

October 31-November 27 Four-Week Workshop
GESTALT AND STRUCTURAL INTEGRATION
Richard Price, Julian Silverman and the Esalen Staff

Psychological dis-ease and physical tension are two aspects of one phenomenon. Gestalt training is an awareness-centered, integrative process concentrating on *How* and *Now* rather than *Why* and *Fantasy* of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own unused potential. Structural integration (rolfing) while producing actual physical change, also facilitates direct perception of body process in relation to emotional pressure and release. Each participant will receive three rolf treatments as part of this workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working professionally with groups (teachers, ministers, psychologists, etc.).
$775 per person. $400 nonrefundable deposit required with reservation.
(At South Coast Center)

November 5-7 Weekend Workshop
BREATHING AND AWARENESS Magda Proskauer

A workshop involving various breathing techniques and exercises in awareness. Mrs. Proskauer's approach educates awareness of somatic processes which are normally unconscious or semi-conscious. $85 per person.

November 7-12 Five-Day Workshop
REDISCOVERING THE EXPERIENCE OF BEING
Helen Stephens and Jonathan Daemion

Every experience that issues from within is a meditation. Through music, movement, rhythm and the poetry of space and time, we may begin to repoin body, mind and spirit and share our growing selves with others. Bring a musical instrument if you wish. $275 per person.

November 7-12: EXPERIENCE OF ESALEN: 5-Day Workshop Esalen Staff.
$175 per person. *See page 6 for program description.* *(At South Coast Center)*

November 7-13 One-Week Workshop
GESTALT AND MASSAGE Robert Martin

Gestalt is a non-interpretive form of existential psychotherapy focused on the restoration of awareness and integration of the organism. The therapist works toward integrating the fragmented, split personality through guiding the individual towards "experiencing" his being in the here and now, rather than "talking about" the past. Gestalt seeks to reveal *how* we prevent ourselves from feeling, experiencing and living fully and honestly. Our intent is what *is* rather than what "should be."
Participants in this workshop will have the opportunity to take part in gestalt sessions and to learn massage. $260 per person.

November 14-20 One-Week Workshop
ANOTHER ASPECT OF GESTALT AWARENESS TRAINING
Jack and Leonne Downing

Utilizing familiar gestalt methods, combined with additional techniques from the Arica School of Oscar Ichazo, the Downings will work to increase participants' objective awareness of the concrete, actual world. $280 per person.

For Leaders' Biographies, see pp. 20-21

Big Sur Programs

November 14-20: OPEN GESTALT WEEK WORKSHOP Esalen Staff.
$240 per person. *See page 6 for program description.*

November 14-20 One-Week Workshop
COUPLES' WORKSHOP Bob Kriegel and Marilyn Harris

In many relationships the primary focus is on the negative aspects, while the positive side is taken for granted. In this workshop — using experiential methods, massage and nonverbal exercises — couples may work toward a relationship with more warmth and joy in which appreciations as well as resentments are expressed. $440 per couple. *(At South Coast Center).*

November 14-27: OPEN RESIDENCE PROGRAM: Two-Week Program
Helen Stephens and Esalen Staff $450 per person.
See page 6 for program description.

November 21-26: OPEN GESTALT: 5-Day Workshop Esalen Staff.
$175 per person. *See page 6 for program description.*

November 21-27: EXPERIENCE OF ESALEN: One-Week Workshop
Esalen Staff. $240 per person. *See page 6 for program description.*

November 21-27 One-Week Workshop
ENERGY AND RELAXATION Robert Nadeau

Through an awareness of energy and "energy dimensions" participants will be able to reach deeper states of calmness and relaxation. The natural outcome of this approach will be an understanding of energy, balance, harmony, proper movement and physical efficiency. $260 per person.

November 28-December 3 Five-Day Workshop
GUILD OF HANDS Tony Wagner, Craft Director, and the Craft Staff

The "Barn" has traditionally been the artists' center at Esalen and for many years staff members have made it their studio. Recently Esalen's craftsmen began an ongoing program offering such diverse arts as leatherwork, welding, woodcarving and woodcut prints, batiking, macrame, jewelry, *ojos de Dios*, tie dying, photography, ceramics and forging. Participants in this workshop will learn various crafts and will have access to the barn's facilities all day, every day, after-dinner hours included. $215 per person.

November 28-December 3 Five-Day Workshop
FIRE IN OUR SOUL Pamela Portugal

"There may be a great fire in our soul, and no one ever comes to warm himself at it, the passers-by see only a little bit of smoke coming through the chimney and pass on their way . . . I should be very glad if you could see in me something besides an idle fellow." — Vincent Van Gogh. A workshop using techniques from aikido, hatha yoga, meditation and encounter. $215 per person. *(At South Coast Center).*

November 28-December 4 CELEBRATION
Betty Fuller, Dub Leigh and the Esalen Residents. $220 per person.
See page 7 for program description. (At South Coast Center).

November 28-December 11: OPEN RESIDENCE PROGRAM:
Two-Week Program. Robert Cromey and Esalen Staff.
$450 per person. *See page 6 for program description.*

November 28-December 11 Two-Week Workshop
FOR PSYCHOTHERAPISTS ONLY
Julian Silverman, Janet Lederman and the Esalen Staff

Recent developments, both inside and outside the behavioral sciences, indicate the need for re-examining important philosophical and experiential concerns in the field of psychotherapy. This workshop combines a variety of theoretical and experiential approaches in exploring such issues as: the role of the professional helper, styles of contacting others, loss of control, suffering and death, the nature of madness and other states of consciousness, and the meanings of professional responsibility and concern. There will be opportunity for contact with patients on the Agnew State Hospital experimental ward where some of these new approaches are being employed. Please state background information with application. $500 per person.

December 3-5 Weekend Workshop
MODERN APPROACHES TO HYPNOTHERAPY
Peter Mutke and Emmett Miller

This workshop is designed to familiarize participants with the latest approaches to hypnotherapy, utilizing the increased state of receptivities towards programming and the control of autonomic nervous system functions through the state of hypnosis. All participants will experience the phenomena of hypnosis and some individuals may learn self-hypnosis by the end of the weekend. $85 per person.

For Big Sur Reservations, See Page 10

December 3-5 Weekend Workshop
AN EXPERIMENT IN SURRENDER Claudio Naranjo

Claudio Naranjo writes: "This is the contract: 1. Neither you nor I know what we shall be doing. 2. To the best of my ability I shall endeavor to help you go where we all are going. 3. You agree to do exactly as I tell you for 10 hours.

"The experience is likely to take you into avenues other than those your initiative has made you acquainted with and will specifically be an opportunity to explore issues of trust vs. need to manipulate self and environment." $65 per person. *(At South Coast Center)*

December 5-10 Five-Day Workshop
GESTALT AWARENESS TRAINING AND MEDITATION Claudio Naranjo

Claudio Naranjo writes: "I combine the modern techniques of gestalt training with ancient techniques of self awareness, thus endeavoring to maintain a balance between working in the interpersonal domain and working in isolation from others; between contacting the environment and contacting one's deeper self. Hopefully, a better balance may be established between both." $215 per person. *(At South Coast Center)*.

December 5-11 One-Week Workshop
ENCOUNTER AND MASSAGE Esalen Staff

In this workshop the emphasis will be placed on communication through verbal and nonverbal techniques. Group leaders will integrate a variety of methods to help participants become more aware of what is real to them, how they feel, what they feel about others and how others experience them. As the need arises sense awareness exercises and body movement, fantasy, meditation and gestalt will be used. $200 per person. *(At South Coast Center)*.

December 5-11 One-Week Workshop
FREEING THE BODY Esalen Staff

Participants will be introduced to various body oriented disciplines such as massage training, the Rolf method of structural integration, movement, *tai chi chuan*, yoga and techniques based on the work of Wilhelm Reich. The aim is to give group members greater awareness of their physical structures and to demonstrate methods for achieving freer movement, more expressiveness and life feeling. $210 per person.

December 12-17 Five-Day Workshop
ENCOUNTER AND EFFECTING CHANGE Jacqueline Doyle and Philip Slater

This workshop will attempt to integrate personal change through encounter with efforts to effect changes in the immediate social environment. Our explorations will make use of techniques ranging from nonverbal encounter to theoretical talk. $275 per person.

December 12-17: EXPERIENCE OF ESALEN: 5-Day Workshop
Esalen Staff. $215 per person. *See page 6 for program description.*

For Leaders' Biographies, See Pages 20 & 21

Big Sur Programs

December 12-17: Five-Day Workshop
SMOKING: A MODERN WAY TO SELF-POISON
Richard Price, Diana Bechetti, Hector Prestera and Carole Rosenblatt

What, where and how? Breath and life are interrelated. How do you stop life? Using gestalt techniques, this workshop will explore for what purpose you *need* to smoke. $175 per person. *(At South Coast Center).*

December 12-18 One-Week Workshop
COUPLES' WORKSHOP Michael Butler and Simone Surpin

Many couples have a lingering suspicion that there is more to be had from a relationship than what they are getting. How do our games limit us, collectively and individually? How can we better grow together? This workshop will explore the thesis that a couple is not an institution; it is two unique individuals who are free to be close to each other. $400 per couple. *(At South Coast Center).*

December 12-25: OPEN RESIDENCE PROGRAM: Two-Week Program
Esalen Staff. *See page 6 for program description.* **$450 per person.**

December 17-19 Weekend Workshop
EXPLORING MADNESS Julian Silverman

What sense is contained in psychotic phenomena? What possibilities for growth exist in "losing one's mind"? The value of becoming aware of one's own personal style of madness is explored in this seminar. Gestalt awareness techniques and active imagination are utilized to probe personal and empirical meanings of emotional dis-ease. $65 per person. *(At South Coast Center).*

December 19-24 Five-Day Workshop
ENERGY AND MASSAGE Roberta De Long

This workshop will explain the theory and application of energy in massage. Participants will learn to experience energy, to move with it, to work with body blocks according to their energy content and to balance the flow of energy within a body. Limited to 12 persons. $215 per person.

December 19-25 One-Week Workshop
NONVERBAL COMMUNICATION THROUGH MOVEMENT
Bo Conley and Sir Washington

Participants will build collectively a set of rituals using movement and other primarily nonverbal methods. The focus will be on animal imagery, a way of developing in dramatic form instinctual responses on primary emotional levels. $220 per person. *(At South Coast Center).*

December 19-25 One-Week Workshop
ENCOUNTER AND BODY AWARENESS Esalen Staff

In this workshop the emphasis will be placed on communication through verbal and nonverbal techniques. Group leaders will integrate a variety of methods to help participants become more aware of what is real to them, how they feel, what they feel about others and how others experience them. Work will include massage, movement and a structural integration demonstration. $200 per person. *(At South Coast Center).*

For Big Sur Reservations, See Page 10

December 19-25 One-Week Workshop
INTEGRATING GESTALT THERAPY AND THE ALEXANDER TECHNIQUE
Frank and Ilana Rubenfeld

This workshop will offer a combination of the Alexander Technique, gestalt therapy and sensory awareness in a flowing, congruent manner. The Rubenfelds have discovered that direct body work at critical junctures during group sessions can lead to powerful experiences for participants. The Alexander Technique is a method for integrating body/sensory awareness, coordinated movement and kinesthetic experience to contact, express and work through deep feelings. $260 per person.

December 26-30 Five-Day Workshop
REALITY AND ILLUSION George and Judith Brown

This workshop will be primarily experiential with an emphasis on principles of gestalt therapy applied both to the individual and, in the case of couples (involved in or contemplating marriage), to the relationship. Ways to move and grow will be presented in a laboratory workshop context beginning with readiness techniques such as encounter, creativity games and body awareness, followed by gestalt awareness training. $255 per person.

December 26-31 One-Week Workshop
A WEEK AT YEAR'S END Betty Fuller, Dub Leigh and the Esalen Residents

A week to celebrate, to rest, to work, to play, to explore, to discover, to learn, to feel, to sing, to dance, to massage, to care for yourself and others. The resources of both Esalen's Big Sur centers and of the leaders and participating staff and residents are available to help ring in 1972. $260 per person.

December 26-31: EXPERIENCE OF ESALEN: One-Week Workshop
Esalen Staff. $200 per person
See page 6 for program description. (At South Coast Center)

December 26-31 One-Week Workshop
PERSON-CENTERED EDUCATION Aaron and Rosemary Hillman

Responsibility, ability to respond intellectually and emotionally to the moment, for both educators and students, is part of the process termed "Confluent Education." This workshop will focus on helping individual growth as well as illustrating ways of teaching that, in turn, will assist a student's individual growth. Gestalt awareness training will be an integral part of the workshop. Each participant will be sent a copy of Dr. George Brown's book, *Human Teaching for Human Learning*. $260 per person.

January 2-7 Five-Day Workshop
GESTALT AWARENESS TRAINING AND MEDITATION Claudio Naranjo

Claudio Naranjo writes: "I combine the modern techniques of gestalt training with ancient techniques of self-awareness, thus endeavoring to maintain a balance between working in the interpersonal domain and working in isolation from others; between contacting the environment and contacting one's deeper self. Hopefully, a better balance may be established between both." $215 per person. *(At South Coast Center).*

January 2-29 Four-Week Program
MINI-RESIDENTIAL PROGRAM Michael Butler

This program is an experiment designed to convey in a month the intense group experience of a longer Esalen resident program. Participants will live and work together at the South Coast Center and be exposed to all of the disciplines available at Esalen. Please state background information with application. $775 per person. *(At South Coast Center).*

January 9-14 Five-Day Workshop
ENERGY AND LIGHT Deborah Carson and Esalen Staff

An exploration into various forms of meditation: chanting, massage, yoga, movement, music, *tai chi chuan*. $215 per person.

January 9-15: OPEN GESTALT WEEK WORKSHOP Julian Silverman.
$200 per person. *See page 6 for program description.* *(At South Coast Center).*

January 9-15: EXPERIENCE OF ESALEN: One-Week Workshop Esalen Staff.
$240 per person. *See page 6 for program description.*

For Leaders' Biographies, See Pages 20 & 21

Big Sur Programs

January 9-22: OPEN RESIDENCE PROGRAM: Two-Week Program
Simone Surpin and Esalen Staff.
See page 6 for program description. **$450 per person.**

January 9-February 5 Four-Week Program
FREEING THE BODY Esalen Staff

This intensive program introduces various body-oriented disciplines such as massage training, the Rolf method of structural integration, movement, *tai chi chuan*, yoga and techniques based on the work of Wilhelm Reich. The aim is to give group members greater awareness of their physical structures and to demonstrate methods for achieving freer movement, more expressiveness and life feeling. There will be weekly sessions in gestalt and encounter to integrate the total experience.
$875 per person. $400 nonrefundable deposit required with reservation.

January 14-16 Weekend Seminar
HUMAN POTENTIALS WITHIN THE FRAME OF AMERICAN CIVILIZATION Max Lerner

Max Lerner writes: "My idea is to pull together the various strands of experience we have had and are having in our American civilization — sex and love and the whole human potential movement. One of the things I've noted about Esalen, as others have, is how hospitable it has been to fragments of experience and new movements from every direction. But, like others, I've felt no real thurst towards synthesis. If I have anything to contribute it's likely to be in that direction." $85 per person.

January 16-21: EXPERIENCE OF ESALEN: 5-Day Workshop Esalen Staff.
$175 per person. *See page 6 for program description.* *(At South Coast Center).*

January 16-22 One-Week Workshop
FREEING THE BODY Esalen Staff

Participants will be introduced to various body oriented disciplines such as massage training, the Rolf method of structural integration, movement, *Tai chi chuan*, yoga and techniques based on the work of Wilhelm Reich. The aim is to give group members greater awareness of their physical structures and to demonstrate methods for achieving freer movement, more expressiveness and life feeling. $240 per person.

January 16-22 One-Week Workshop
REFOCUSING ENERGY Bob Kriegel, Marilyn Harris and Carole Rosenblatt

Since many persons spend time dwelling on negative aspects of their personalities and lives, this week will be an opportunity to refocus attention on forgotten positive strengths and individually available tools for continued personal growth and expansion of life possibilities. Approaches from encounter, gestalt and psychosynthesis will be used. $280 per person.

January 23-29: CELEBRATION Betty Fuller, Dub Leigh and Esalen Residents.
$260 per person. *See page 7 for program description.*

January 23-29: ANOTHER ASPECT OF GESTALT TRAINING
Jack and Leonne Downing.
$240 per person. *See page 7 for description.* *(At South Coast Center).*

January 30-February 5 One-Week Workshop
WORKSHOP FOR THE MEDICAL PROFESSIONS
Hector Prestera, M.D. and the Esalen Staff

Body energetics and somatic disease: this workshop will explore the concept of the body as an energy system with static as a cause of disease. Reichian energetics, rolfing and gestalt techniques will be used. $240 per person.

BIG SUR INFORMATION

GROUNDS ARE CLOSED EXCEPT BY RESERVATION. Participants are discouraged from bringing guests or having people drop in.

RESERVATIONS: must be made at least one week prior to the first day of the program. Accompanying the reservation deposits are required as follows: $70 for one-week and 5-day programs; $200 for 2-week programs; and $300 for 3-week programs. Deposits are non-refundable but may be transferred with ten days notice. Please mail reservation form with check to: Reservation Desk, Esalen Institute, Big Sur, California 93920. Do not send Big Sur reservations to San Francisco. Balance of payment is due on arrival.

CHECK-IN/CHECK-OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening; however, guests are welcome to arrive earlier in the afternoon. All programs begin with dinner on Sunday; weekend programs begin with dinner on Friday. The last session of a five-day program is Friday morning; check-out time is 12 noon on Friday. One-week programs usually end Saturday morning. 2-week, 3-week, and 4-week programs usually have final sessions on the last Saturday morning, with some programs ending Friday morning of the last week. Weekend programs end Sunday after the morning session. Check-out time is noon of the final day for all programs.

PROGRAM COSTS: cover tuition, food and lodging, use of the fresh-water pool and hot mineral baths. Massage, available by appointment, is extra. Reservations must be made in advance; balance of payment is due on arrival. Foreign currency: Esalen can only accept checks drawn on U.S. funds. Esalen accepts major credit cards, including BankAmericard, Master Charge and American Express.

SCHOLARSHIPS: Scholarships for staff-led programs are available through the Claire Nelson Scholarship Fund. Preference is given to persons who have attended a one-week (or longer) program at Esalen and who have been interviewed by a member of the administrative staff. Grants may cover from one-fourth to one-third of the program fee. To receive a scholarship application write to Scholarships, Esalen Institute/Big Sur.

ACCOMMODATIONS: The rooms of Esalen property are designed for shared occupancy (2 or 3 to a room), and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodgings in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property — in tents, cars, campers or meeting rooms — is strictly prohibited.

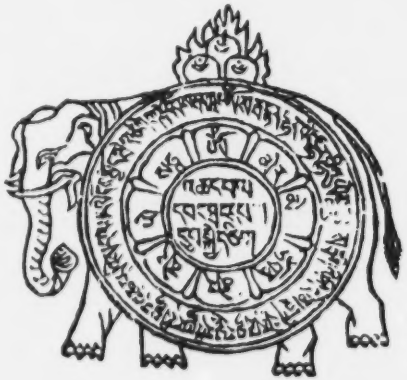
CHILDREN AND PETS: There are no child care facilities available at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Alas, no pets.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name. From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon, 10 miles north of Lucia. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute — Reservations Only. The South Coast Center is 1½ miles north of Esalen Institute.

LIMOUSINE SERVICE from Monterey: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $15 per person from Monterey airport or Greyhound terminal, with 3 to 5 days advance notice. On arrival, guests should inquire at terminal service for the Esalen representative.

LONG-TERM PROGRAMS: Approximately 12 hours of work per week in the kitchen, garden and grounds are required of participants in all programs of two weeks duration or longer at Esalen Institute. The work requirement is 6 hours per week at South Coast Center.

ORGANIC FOOD: The organic food garden on the Esalen grounds is flourishing and provides the kitchen with most of its vegetables and herbs. We try to serve only organically-produced meats, poultry and dairy products; most breads and pastries are made by Esalen bakers.



For Leaders' Biographies, see pp. 20-21

A NEW DIMENSION AT ESALEN

It has long been our hope at Esalen that a comprehensive approach to learning for the whole person might evolve from our potpourri of disciplines. As a step in that direction, Esalen is moving toward the creation of an urban center for continuous, integrative learning — an evolution from our former programs that is new in structure. Through additional programs, and a greater variety of formats and prices, we hope to make Esalen a resource that is responsive to a wider range of interests; a center for those seeking alternative vocations, learning processes and life designs. The San Francisco schedule is being expanded to include:

EXTENDED STUDIES/TUTORIAL PROGRAM: Extended Studies at Esalen is an educational supplement and alternative for those who want to integrate interests in areas where Esalen is a resource. Each student will meet with a tutor each week while engaged in a full time or part-time three month program individually designed from the expanded Esalen schedule. A full-time program during any quarter might include three ten week courses, a weekly body-oriented group, two weekend workshops, and several evening lectures. Several colleges may grant formal course credit to participants. Tuition depends on individual program design, and ranges from $450 part-time to $750 full-time per quarter, including tutorial fees. For information and applications, call or write Esalen's San Francisco office.

CURRICULUM AND COURSES: Universities have restricted themselves almost exclusively to the development of verbal and intellectual skills and, as a consequence, many persons have rejected this educational approach and have turned toward "growth centers" or the more esoteric or occult schools which concentrate on nonverbal and experience based learning. Esalen is organizing a curriculum in which intellectual growth can take its place in a coordinated program of development of the entire person — body, intellect, emotions and spirit.

Core curriculums are forming around special subject areas; lectures, demonstrations and extended coursework in these areas will be offered each quarter:

Health and the Human Body: A study of health as a vibrant, energetic state of well-being, not as the absence of disease. Positive health is a balanced integration of the body and mind, to explore this approach, course material will draw on various disciplines and fields of inquiry: biochemistry, physiology, psychic healing, Oriental medicine, nutrition, yogic therapy, movement, breathing, relaxation, biological rhythms and others.

Physical Education: Athletics, exercise and physical movement as ways of discovering natural harmony and grace and self-expression. Athletics as competition or physical achievement is de-emphasized.

Extending Human Consciousness: Intellectual and experiential inquiry into our own consciousness, including meditation, the nature of religious experience, physical and mental exercises and techniques, to contact the latent capacities of man.

Art and Creative Expression: One of the primary urges of man is the need to create — to externalize his being and his reality through some form of creative symbol-making. Painting, ceramics, cooking and other art forms will be offered with the purpose of promoting understanding and self-integration through art.

Courses in the above subject areas begin this fall; others will be added and changes made regularly to create an expanding, more complete curriculum. Each course consists of 30- to 40-hours of participation over ten weeks. Each may be taken individually or as part of an extended study program. Included are:

The Psychology of Human Consciousness
The Human Body
Ecstatic Athletics
The Nature of Religious Experience
Experiential Physics
What Are You Doing With Your Life?

(See program descriptions, pp. 13-14.)

A CENTER FOR BODY-ORIENTED DISCIPLINES: In addition, we are incorporating a comprehensive range of body-oriented disciplines. An increasing need has been felt by most Esalen staff and leaders for study and training as a supplement to our regular weekly programs and demonstrations.

Among the disciplines to be offered, beginning this fall and continuing indefinitely are:

Tai Chi Chuan	Body Awareness
Energy Awareness & Aikido	Alexander Method
Massage	Rolf Method of Structural Integration
Breath Energy	Structural Awareness

(See program descriptions, pp. 12-15.)

For Leaders' Biographies, see pp. 20-21

SAN FRANCISCO PROGRAMS

EXTENDED GROWTH PROGRAM

(Directed by Betty Fuller and Dub Leigh)

The Extended Growth Program is an intensive five-month personal growth program in the San Francisco Bay Area, the second such under Miss Fuller's direction. Combining a schedule of workshops with ongoing small group work under the direction of experienced coordinators, it provides exposure to a number of disciplines, and allows participants to attempt integration of their experience into their customary living and working environments.

Beginning in November, this program will incorporate at least the following elements: two *five-day residential* workshops with the program directors (Monday, November 1 through Friday, November 5, and Monday, March 20 through Friday, March 24), three weekend sessions selected from regularly scheduled workshops during the November-to-March period, and the full series of ten individual hours of structural integration (rolfing).

In addition, the group will work with the program directors continually, over the entire program period, to provide integration of workshop and rolfing experience and to ground developing personal insights in a more sensitive, open and honest life style. Regular meetings will take place on weekday evenings, weekends and other mutually convenient times.

Selection for this Extended Growth Program will be made by interview with Esalen staff in San Francisco during the period September 15 through October 15. Limited to 18 persons, it will cost $875, including room and meals during the two residential workshops. A nonrefundable deposit of $250 will be payable upon selection; the balance November 1 except by special arrangement. The rolfing series may be replaced by other ongoing work for those who have already completed the rolfing program. Scholarship funds may be available. Write or call the San Francisco office for interview or further information.

WORKSHOPS WITH STANLEY KELEMAN

(Co-sponsored by Esalen Institute and the Institute for Bioenergetic Studies)

Stanley Keleman is an innovative theoretician and practitioner of the approaches to bodily and emotional health characterized by the work of Wilhelm Reich and Alexander Lowen. This Fall and Winter, he will conduct a limited number of workshops in the San Francisco Bay Area for persons selected by application.

Groups to be offered include: open workshops, weekend groups devoted to individual and group bioenergetic work; multiple workshops, a series of three weekends over a three-month period; ongoing series for persons working in the helping professions; five-day intensive workshop.

A complete prospectus and application form may be obtained by calling or writing the Esalen San Francisco office.

For San Francisco Reservations, see page 19

October 4-December 21 An Extended Workshop Series
MASSAGE TRAINING Gunver Jackson

Participants in this extended workshop will receive instruction in massage techniques and will work to develop receptivity to touch, both giving and receiving. Relaxation, breathing and gestalt awareness exercises will be used to supplement thorough massage training. Gunver Jackson writes: "The goal here is to teach that life is an act, not a thought. Action in life and our basic need for touch will be combined in the teaching of massage."

The course consists of twelve three-hour classes in massage, taught by Gunver Jackson, and ten classes in human anatomy, taught by Ed Jackson, M.D. Separate massage classes are scheduled for two groups, limited to ten participants each.

Group I: 11:00 a.m. to 2:00 p.m., twelve Monday mornings, October 4-December 20.

Group II: 7:00 to 10:00 p.m., twelve Tuesday evenings, October 5-December 21.

Anatomy Class (for both groups): 7:30 to 9:30 p.m., ten Thursday evenings.

$260 per person. Nonrefundable deposit of $150 is required. Indicate whether Group I or Group II is preferred when registering.

October 5-November 16 Tuesday Mornings
October 6-November 17 Wednesday Mornings
FOR WOMEN ONLY Betty Fuller

Betty Fuller writes: "I enjoy being a woman and wish to share my experiences with other women who enjoy their own rich and unique possibilities, privileges and response-abilities. We are not victims; let's discover how to make the most of each moment. Encounter-based, the group will explore polarities, differences, control games, sexual enrichment and any other phenomena of interest to women." Dress informally. (Suggested reading: *The Key to Feminine Response*, Ballantine Books). Indicate preferred group when registering. $65 per person.

Group 1: 10 a.m. to 1 p.m., six Tuesdays, Oct. 5, 12, 19, Nov. 2, 9, 16.

Group 2: 10 a.m. to 1 p.m., six Wednesdays, Oct. 6, 13, 20, Nov. 3, 10, 17.

(Note: No sessions October 26 and 27)

October 5-November 16 Tuesday Evenings
October 6-November 17 Wednesday Evenings
GROWTH EXPERIENCE WORKSHOP SERIES Betty Fuller and Dub Leigh

These on-going groups are a laboratory to experiment with open encounter as a life style which may then be lived experientially during the week at home and on the job. Although encounter-based, the emphasis in these sessions will be on the development of individual response-ability through heightened body and sense awareness. Dress informally. Indicate preferred group when registering. $75 per person.

Group 1: 7:30 to 11 p.m., six Tuesday evenings, October 5, 12, 19, November 2, 9, 16.

Group 2: 7:30 to 11 p.m., six Wednesday evenings, October 6, 13, 20, November 3, 10, 17.

(Note: No sessions October 26 and 27)

October 5-December 7 Tuesdays
PSYCHOPHYSICAL INTEGRATION
Robert Hall, Richard Heckler, Vincent Regalbuto

Robert Hall and his associates will offer a synthesis of gestalt therapy, polarity therapy, body awareness, tension release, diet, yoga, meditation and health. The group will meet all day each Tuesday for ten weeks. All applicants will be interviewed by Dr. Hall. Limited to 15.

$450 per person. 10 a.m. to 4 p.m., ten Tuesdays, Oct. 5 to Dec. 7.

October 6 Wednesday Evenings
BREATH ENERGY George Downing

George Downing writes: "We will explore a unique approach to breathing and body awareness developed by Magda Proskauer. Our breath regulates much of our emotional life as well as our physical body. By opening ourselves more deeply to the breath within us we will seek to develop more centeredness, greater bodily relaxation, and an enriched experience of our own being."

$22 per person per month. 8:00 to 9:30 p.m., every Wednesday evening, starting October 6.

October 7-December 16 Thursday Afternoons
HUMAN ANATOMY Ed Jackson, M.D.

An anatomy course oriented to therapies and disciplines that require a concern for human structure and function: movement, gestalt, dance, massage. Emphasis will be on the skeletal and muscular systems. The material will be presented both through lecture and direct examination and experience of the living body. Limited to 20 people.

$90 per person ($50 nonrefundable deposit required). 3:00 to 5:00 p.m., ten Thursday afternoons, October 7 to December 16 (no meeting Thanksgiving week).

For Leaders' Biographies, see pp. 20-21

GESTALT WORKSHOPS

The following workshops in gestalt training and awareness will be held this fall in the San Francisco Bay Area. Check page references for information on cost and starting time.

October 6: A Gestalt Demonstration, with Jerry Kogan and Esly Barreras. *(See page 15).*

October 8-10: A Gestalt Weekend for Women Only, with Lois Brien and Elaine Kepner. *(See page 15).*

October 15-17: Reality and Illusion, with George I. and Judith Brown. *(See page 15).*

October 20: A Lecture-Demonstration on Gestalt Awareness, with John Enright. *(See page 15).*

October 22-23: The Gestalt Relationship, with Stella Resnick. *(See page 16).*

November 2-December 14: A Gestalt Series for Professionals, with Elaine Kepner. *(See page 14).*

November 19-21: Gestalt Therapy & Hypnosis, with Abe Levitsky. *(See page 18).*

November 19-21: Reality and Illusion, with George I. and Judith Brown. *(See page 17).*

December 9: Gestalt Exercises for Daily Use, with John Enright. *(See page 18).*

December 10-12: Gestalt for Religious Professionals, with Abe Levitsky & Lois Brien. *(See page 19).*

PSYCHOSYNTHESIS PROGRAMS

Esalen Institute's psychosynthesis programs are offered in cooperation with the Psychosynthesis Institute and are coordinated by Jim and Susan Vargiu, Directors of the Psychosynthesis Institute. Our fall schedule of such programs is listed below; check page references for information on cost and starting times.

October 22-24: A Weekend for Persons Under 25, with Steven Kull and Betsie Carter. *(See page 16).*

November 2-December 7: A Series for Professionals, with Jim and Susan Vargiu. *(See page 14).*

November 7-December 5: A Series for Persons Under 25, with Steven Kull and Betsie Carter. *(See page 14).*

November 17: Evening Introduction to Psychosynthesis, with James Fadiman. *(See page 15).*

December 3-5: Psychosynthesis Weekend, with Jim and Susan Vargiu. *(See page 18).*

December 17-19: Psychosynthesis Weekend, with Steven Kull and Betsie Carter. *(See page 19).*

CONTINUING PROGRAMS

THE ALEXANDER TECHNIQUE Frank Ottiwell

Beginning in October, Mr. Ottiwell will offer continuous classes in the Alexander Technique, with enrollment limited to six persons. New persons may join the class as spaces become available. Classes will meet on a weekday evening; beginning date, day of week and hours will be announced by late September. Interested persons should contact the Esalen office to have their name placed on a waiting list.

The Alexander Technique is a method of facilitating psycho-physical integration by applying sensory awareness, inhibition and re-direction to such everyday activities as sitting, standing, walking and lying, under conditions of continuous feedback. Frank Ottiwell writes: "We are already the possessors of a center or pattern which, if left alone, would free us into the conscious pleasure of living our wholeness. These sessions will focus on: experiencing the specific ways in which each individual interferes with the natural flow of his total pattern; learning to inhibit the interference; and allowing and encouraging a response that will strengthen our innate tendency toward a whole use of the self." $35 per person per month.

October 1-December 3 Friday Evenings
PSYCHODRAMA SERIES Donna Yablonsky

Psychodrama, involving the spontaneous acting-out of real personal and social situations, is one of the most effective and versatile of group interaction techniques. In these intensive sessions, the group as a whole will be introduced to the basic roles of psychodrama — "protagonist", "auxiliary", and others. Each participant will be given the opportunity to become involved as actively and creatively as his own needs and preferences demand.

This program may be attended on a series basis or on any Friday evening. Dr. Lewis Yablonsky will be on hand several evenings during the series.

$37.50 per person for the series: $4 per person for individual evenings.

9 to 11 p.m., ten Friday evenings, October 1-December 3.

October 4-November 1 Monday Mornings
STRUCTURAL AWARENESS Marya Melchior

This workshop will concentrate on developing awareness of body alignment. A set of exercises will be taught which are based on Ida Rolf's method of body balance, structural integration. Participation is limited to those who have completed the series of Rolf sessions. Limited to ten persons.

$65 per person. 10 a.m. to 12 noon, five Monday mornings, October 4 to November 1.

For San Francisco Reservations, See Page 19

October 19-November 16 Tuesday Evenings
ON BEING THERE: A SERIES FOR COUPLES Bob Kriegel & Marilyn Harris

In many relationships the primary focus is on the negative aspects while the positive side is taken for granted. In this series — using experiential methods, massage and nonverbal exercises — couples may work toward a relationship with more warmth and joy in which appreciations as well as resentments are expressed.
$100 per couple. 8 to 10:30 p.m., five Tuesday evenings, October 19-November 16.

October 20-November 17 Wednesday Evenings
ENCOUNTER WORKSHOP SERIES Bob Kriegel

In this encounter series, people will be helped to see the restraints which they may have imposed on themselves which limit joy, growth and personal fulfillment. $50 per person.
8 to 10:30 p.m., five Wednesday evenings, October 20-November 17.

October 20-November 17 Wednesday Evenings
BEYOND THE TEXTBOOK:
AN INTRODUCTION TO CONFLUENT EDUCATION Marilyn Harris

This workshop series, designed for classroom teachers at all levels and school administrators, will deal with the application of experiential approaches to classroom education and the integration of these approaches with traditional cognitive curriculums. Using methods of gestalt awareness, fantasy, role playing and encounter, each participant may explore his personal and professional awareness and the possibilities of a humanistic and creative education. $50 per person.
8 to 10:30 p.m., five Wednesday evenings, October 20-November 17.

October 21-December 9 Thursday Evenings
YOGA OF CONSCIOUSNESS AND MEDITATION Eleanor Criswell

This eight week series will explore the theory and practice of Raja (Ashtanga) yoga, the yoga of consciousness, in the light of modern psychophysiology and bio feedback. The sessions will follow the eight limbs of Patanjali's yoga (Yama, Niyama, postures, breathing, relaxation, concentration training and various meditative modes — modern and ancient) as they relate to the meditative way and altered states of consciousness. Application of yogic practices and meditation in educational settings, personal growth experiences and transpersonal experiences will be discussed.
Participants will be encouraged to keep a personal yoga journal, experience bio-feedback and share their responses to yogic literature. Wear loose and comfortable clothing.
$45 general; $35 student for the series.
8 to 10:30 p.m., eight Thursday evenings, October 21-December 9.

For Leaders' Biographies, See Pages 20 & 21

San Francisco Programs

October 9 Continuous Saturday Mornings
BODY AWARENESS George Downing and Staff

A morning program and place for stretching out, centering, and experiencing the flow of energy within our bodies. Yoga, massage, movement, Proskauer breathing, Stone exercises, and a variety of other approaches to the body will be used. Can be attended on any Saturday, or as a series.
$6 per person, each Saturday, or $22 per person, per month. 10:00 a.m. to 1:00 p.m., every Saturday, starting October 9.

October 11-December 13 Monday Afternoons
WHAT ARE YOU DOING WITH YOUR LIFE? Arthur Deikman

Arthur Deikman is a psychiatrist who has been doing research on meditation for the past ten years. From the perspective of psychotherapy and the psychology of contemplative practice, he will help the participants in this course to explore basic questions about the direction and quality of their lives. Hopefully, this program will help people integrate the kinds of insights and experience which seem most important to them to the rest of their activities.
$130 per person. 4 to 6:30 p.m., ten Monday afternoons, October 11-December 13.

October 11-December 13 Monday Evenings
THE PSYCHOLOGY OF HUMAN CONSCIOUSNESS Robert Ornstein

A complete conception of man is beginning to emerge within the academic disciplines, a conception which includes man's capacity for self-regulation, his sensitivity to subtle sources of energy, his facility for "paranormal communication". A new view of the nervous system is evolving and, along with it, a new conception of health. Current thinkers have discovered many older esoteric disciplines for training these human capacities and are developing many new technologies. The present scientific revolution represents for Western man a synthesis of the religious (in the broadest sense) conception of the human potential with the methods and technological sophistication of 20th century science.
This course will be an intellectual and experiential inquiry into human consciousness. Readings and exercises from both ancient and modern disciplines will be included. Emphasis will be on the psychology of meditation and the unity of esoteric and modern psychologies. $130 per person. 7:30 to 10 p.m., ten Monday evenings, October 11-December 13.

October 12 Tuesday and Thursday Evenings, Saturday Mornings
ENERGY AWARENESS AND AIKIDO Robert Nadeau

A continuous program of instruction in energy awareness as used for centering, movement, healing, concentration and relaxation, and in Aikido as a physical expression of that awareness in a self-defense form, with emphasis on harmony and energy in motion. This course will meet each week; participation can be in one, two or three sessions per week, with tuition based on the schedule of participation. Tuesdays and Thursdays, 8:00 to 9:30 p.m., Saturdays, 10:00 a.m. to 12 noon.

One meeting per week: $15 per month (general and student)

Two meetings per week: $25 per month, general; $20 per month, student

Three meetings per week: $35 per month, general; $30 per month, student

October 12-December 16 Tuesday and Thursday Afternoons
ECSTATIC ATHLETICS Ethan Gluck

An experiential study of the movements and philosophy of western sport. In this course, sport will be approached from the point of view of physical harmony, not competition; participants will concentrate on integrating innate strength, grace and physical and mental coordination into smooth athletic movement. The concern is to provide a conducive instructional and play environment in which each group member can develop his own physical rhythms and expressions.
Sports to be included are basketball, tennis, track, table tennis, football and others, depending on the availability of facilities. Two sessions will be offered, one for beginning players and one for more advanced athletes.
$130 per person per series.
Series I: 1 to 4 p.m., Tuesday afternoons, October 12-December 14.
Series II: 1 to 4 p.m., Thursday afternoons, October 14-December 16.

October 14-December 16 Thursday Evenings
THE HUMAN BODY James Koski

Basic introduction to the structure and function of the human body, aimed at developing a concept of health. Topics to be covered are: fertilization and embryonic development, tissue differentiation and growth, birth, death and aging, organ systems and homeostasis, mind-body interaction and health and disease. The central metaphor will be that the body (microcosm) is a reflection of the world around it (macrocosm). The approach will be eclectic, drawing on information from anatomy, physiology, medicine, psychology, psychocybernetics, alchemy and other systems of thought which reflect on the human organism. The course is designed for the layman who wishes to learn about his body and its relationship to the world. The format will include lecture, group discussion, films, guest instructors.
$130 per person. 7:30 to 10:30 p.m., ten Thursday evenings, October 14-December 16.

For San Francisco Reservations, See Page 19

November 2-December 7
Tuesday Evenings and a Weekend Session, December 11-12
PSYCHOSYNTHESIS FOR PROFESSIONALS Jim and Susan Vargiu

Six evenings, plus a weekend, designed for psychotherapists, educators, counselors and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field. We will work together so that each can see the process of psychosynthesis at work, both in himself and in the others. There will be assignments and exercises to complete between meetings. Opportunities for further individual work during the six week period can be arranged.

Special application forms will be sent to persons interested in this professional series. $130 per person.

7:30 to 10:30 p.m., six Tuesday evenings, November 2-December 7.
Weekend program, December 11-12, included in tuition.

November 2-December 14 Tuesday Evenings
GESTALT SERIES FOR PROFESSIONALS Elaine Kepner

A continuing series in gestalt training for mental health practitioners, psychologists and psychotherapists who work with people individually or in group settings. Participants will learn about gestalt theory and methods through their own experience in the workshop. $95 per person.

7:30 to 10:30 p.m., six Tuesday evenings, November 2-December 14.
(Note: No session November 16).

November 7 and 14; December 5 and 12 Sunday Evenings
LIFE ENERGY: A PROGRAM SERIES Robert Nadeau

These programs, which consist of a wide variety of energy-freeing and energy-producing exercises, are intended to familiarize each person with energy so that he may use it as a tool for higher awareness. (Available as a series or as individual sessions).

Energy Awareness (November 7 and 11): Exercises in learning to become more directly aware of energy flow in oneself and in others. The sessions will stress the development of direct perception of energy and the importance of concentration and attitude in the awareness of energy flow.

Energy and Spiritual Growth (December 5 and 12): The group will explore and practice how to use energy in the spiritual dimensions and how to approach and experience higher realms through energy. There will be individual and group meditation exercises.

$20 per person for the series. $6 per person per individual evening.
Four Sunday Evenings, 7:30 to 10:30 p.m.

Nov. 7 & 14: U.C. Medical Center, 3rd & Parnassus, San Francisco, (sponsored by U.C.S.F. Committee on Arts and Lectures.)

Dec. 5 & 12: First Unitarian Church, Franklin & Geary, San Francisco

November 7-December 5 Sunday Evenings
PSYCHOSYNTHESIS: A WORKSHOP FOR THOSE UNDER 25
Steven Kull and Betsie Carter

This workshop will focus on the experience of identity and those levels of consciousness that bring us in touch with our higher identity, the transpersonal self. The aim is to develop an ongoing process of psychosynthesis through active self discovery, the resolution of inner conflicts and the subsequent release and transmutation of energies, and to harmonize and integrate the various dimensions of being around a higher unifying center. State your age when registering. $30 per person.

8 to 10:30 p.m., five Sunday evenings, November 7 December 5.

December 7-January 18 Tuesday Evenings
GROWTH EXPERIENCE WORKSHOP SERIES Betty Fuller and Dub Leigh

Please refer to program description on page 12. $75 per person.

7:30 to 11 p.m., Six Tuesday eves., December 7, 14, 21, January 4, 11, 18.
(Note: No session December 28).

December 7-January 18 Tuesday Mornings
December 8-January 19 Wednesday Mornings
FOR WOMEN ONLY Betty Fuller

Please refer to program description on page 12. $65 per person.

Group 1: 10 a.m. to 1 p.m., six Tuesdays, Dec. 7, 14, 21, Jan. 4, 11, 18.
Group 2: 10 a.m. to 1 p.m., six Wednesdays, Dec. 8, 15, 22, Jan. 5, 12, 19.
(Note: No sessions December 28 and 29).

December 8-January 19 Wednesday Evenings
COUPLES' SERIES Betty Fuller and Dub Leigh

During the six weekly sessions, couples will endeavor to focus on the man-woman relationship, to encounter the person behind each partner's projection, to clear lines of communication and to establish openness and honesty as a base for relating. Encounter, gestalt, massage, sense awareness and other approaches that promote individual growth and stimulate, strengthen and enrich the couple's relationship will be used. $155 per couple ($10 deposit required).

7:30 to 11 p.m., six Wednesday evenings, Dec. 8, 15, 22, Jan. 5, 12, 19.
(Note: No session December 29).

For Leaders' Biographies, see pp. 20-21

San Francisco Programs

October 23-24, November 6-7, November 20-21 Three-Weekend Series
THE NATURE OF RELIGIOUS EXPERIENCE Claudio Naranjo

In this series Dr. Naranjo will touch on several different "ways" to religious understanding and growth. Persons must register for the entire series.

Trinity in Multiplicity: A Holy Science (October 23-24): A short journey into the heart of the Kabbalah and related systems of knowledge. Sessions will be partly lecture-discussions and partly guided meditations.

Know Thyself, but How? (November 6-7): Psychotherapy answers, with the help of someone else's awareness. Yet there are traditional ways of working on oneself which have been forgotten. This weekend may serve as beginning instruction and practice in an unfamiliar path.

Teachings of the Teachers of my Teachers (November 20-21): A glimpse into the unity that became dismembered in Hindu, Chinese, Christian and Moslem approaches. A series of lecture-discussions designed to bring about an exchange of experiences and not thoughts.

$130 per person. 10 a.m. to 5 p.m. each day, Oct. 23-24, Nov. 6-7, Nov. 20-21.

October 25 Every Monday Evening and
October 27 Every Wednesday Evening
TAI CHI CHUAN Li Li-Ta

Tai Chi Chuan is a centuries-old movement meditation derived from ancient Chinese forms of self-defense. It promotes gracefulness, relaxation, centering and experience of energy flow. The first meeting will be a participation-demonstration. Instructions will begin at the second meeting.

$22.50 per person per month.
7:30 to 8:30 p.m., every Monday or every Wednesday evening, beginning Monday, October 25 and Wednesday, October 27.

October 30-31, November 13-14, December 4-5: Three-Weekend Series
EXPERIENTIAL PHYSICS Dean Brown

For a thousand years Western man has devoted his attention to matters of external reality or "outer space". This emphasis has culminated in much of the style of life and thought which forms his existence today. Now he is embarking upon a similar adventure into inner space. We should equip ourselves for this venture with the best tools and guidelines that our hard-earned experience from the past can offer. The spirit of scientific creation at its best, and the morality that must necessarily be associated with its reputation, should be distilled and re-directed in the new science. Physics is defined (for purposes of this course) as the study of perceptual phenomena — events as measured in terms of mass, energy, space and time. Starting with early problems of medicine, agriculture, astrology, navigation, and transmutation, we have evolved rigorous constructs supported by pyramiding empirical verifications and applications. These constructs are in the areas of mensuration, models and data, and "scientific methods". These intensive weekends will be devoted to the study of these matters:

Our View of the Universe (October 30-31): Nature of physical law, principles of least action, cosmogeny, vibrations, map of the physical disciplines.

Great Men (November 13-14): Kepler, Newton, Einstein, Poincare; principles of discovery; the evolution of theory; esthetics, inspiration, intuition, ansatz.

New Directions (December 4-5): Inner space isomorphisms; creativity; the task of science; biofeedback; mass-energy-space-time as mental construct.

Our physical view of the universe, macro and micro, is an elegant mosaic of "everything connected to everything" — a solid platform for launching the inner space millenium. No prerequisites and no previous scientific knowledge or background required.

$130 per person.
10 a.m. to 5 p.m., each day: October 30-31, Nov. 13-14, Dec. 4-5.

November 1-29 Monday Evenings
LEARNING TO DRAW Sy Weisman

"Art is an impossible demand given expression and form." (Albert Camus). Drawing is a natural expression of human perception; this series is for persons who desire to increase their awareness of what is seen and their ability, through art, to express what is experienced. Individual and group exercises in various media will focus on the uses of one's energy and senses in seeking the substance and form of the visual.

$50 per person. 7:30 to 10:30 p.m., five Monday evenings, Nov. 1-29.

For San Francisco Reservations, see page 19

PROGRAMS: WEEKENDS & EVENING

October 6 An Evening Experience
A GESTALT DEMONSTRATION Esly Barreras, Jerry Kogan and Staff

The evening experience will begin with small group, gestalt awareness exercises. For the latter half of the evening, participants will have three choices: to watch a continuous showing of movies on gestalt therapy; to attend a lecture and process demonstration in gestalt which will include art and fantasy; or to continue with the small groups.
$5 per person. 6:30 to 10:30 p.m., Wednesday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

October 7 An Evening Lecture
PANTHEISTIC AWARENESS & BIO-ELECTRIC FIELD EFFECTS
James Beal

The broadest possible overview of man's effects on his environment, environmental feedback and the mental/physical results is needed for realization of his potential as a total human being. Thus, as a product of the Cosmos we are *all* "tuned in" and our biorhythms react accordingly to electromagnetic and electrostatic fields, low frequency radiation and ions. Bio-electric field intensity measurements around the body and potential tie-ins to paranormal events and monitoring and training of subjective states of experience will be discussed. Equipment and illustrative slides will be shown.
$3 general, $2 students. 8 to 10:30 p.m., Thursday.
Milberry Union, U.C. Medical Center, 3rd and Parnassus, San Francisco.
Sponsored by U.C.S.F. Committee on Arts and Lectures.

October 8-10 Weekend Workshop
ON BEING A WOMAN Elaine Kepner and Lois Brien

A workshop for women only. Emphasis will be on experiencing one's self as a whole female person in contrast to exploring only the feminine roles imposed by the culture. Gestalt methods will be used to explore women's relationships with other women, with themselves and with men. $50 per person. Begins 8 p.m., Friday.

October 8-10 Weekend Workshop
A WEEKEND OF PSYCHODRAMA Walt Anderson and Fred Moore

Psychodrama brings a group together in spontaneous dramatizations of personal and social problems. In this workshop group members will work with the various roles and techniques of psychodrama and with whatever specific subjects emerge; individual participants will be free to become as involved — or uninvolved — as their personal needs and preferences dictate. $50 per person. Begins 8 p.m., Friday.

October 14 An Evening Participation
EXPERIENCE OF ESALEN Esalen Staff

Participants will have introduction to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring pillow for easy sitting. $3 general, $2 student. 7 to 11 p.m., Thursday.
International House, 2299 Piedmont Avenue, Berkeley.

October 15-17 Weekend Workshop
MASSAGE AND BREATH ENERGY George Downing

This workshop will use techniques of yoga breathing and Proskauer breath awareness in order to attain a heightened consciousness of the energy within the body. Through massage, group members will seek to focus this energy in caring for and healing others. $50 per person. Begins 8 p.m., Friday.

October 15-17 Residential Weekend Workshop
THE LIVING PLACE Betty Fuller and Dub Leigh

The creation of a supportive community in which to discover and experience our human divinity; to explore encounter life styles experientially; to develop heightened body and sense awareness; to re-create ourselves through open encounter, enhanced by art, dance and music. If you have musical instruments, bring them. A section for couples may be formed if enrollment warrants. $75 per person, including room and meals. 8 p.m. Friday through Sunday lunch.

October 15-17 Weekend Workshop
REALITY AND ILLUSION: LEARNING TO DISCRIMINATE
George I. and Judith Brown

This workshop will be primarily experiential with an emphasis on principles of gestalt therapy applied both to the individual and, in the case of couples (involved in or contemplating marriage), to the relationship. Ways to move and grow will be presented in a laboratory workshop context beginning with readiness techniques such as encounter, creativity games and body awareness, followed by gestalt awareness training.
$65 per person, including lunch and dinner. Begins 8 p.m., Friday, and ends after lunch on Sunday.

For San Francisco Reservations, see page 19

October 15-17 Weekend Workshop
TRANSACTIONAL ANALYSIS & GESTALT AWARENESS Ronald Ullman

Transactional analysis is a discipline, originated by Eric Berne, which aims to reveal unconscious behavior patterns, thereby facilitating the creation of new options. Using the encounter format as the basis for exploration of the self, this workshop combines principles of transactional analysis and gestalt theory. $50 per person. Begins 8 p.m., Friday.

EXTENDING HUMAN CONSCIOUSNESS:

A Lecture Series

The lectures described below, centered around the theme of the nature and extension of consciousness, will take place on eight Wednesday evenings, beginning October 13. All lectures will be held 8 to 10:30 p.m., First Unitarian Church, Franklin and Geary Streets, San Francisco.

Individual and series tickets are available: series tickets should be purchased in advance through the San Francisco office; individual tickets may be purchased in advance or at the door.

Series tickets (8 lectures): $20 general; $12 student.
Individual tickets: $3 general; $2 student.

October 13: THE CURRENT REVOLUTION Robert Ornstein
A new cultural and scientific era is forming. We as a culture are becoming more aware of our own potential and capacities and, concomitantly, science, "growth centers" and education are developing new techniques to extend human consciousness. This lecture will introduce some of the elements of this new cultural program and serve as an overview for the lecture series.

October 20: THE GESTALT APPROACH John Enright
The gestalt approach develops organismically rooted awareness, as opposed to cognitive speculation as a foundation for any extension of consciousness. A lecture plus gestalt group exercises.

October 27: "WHAT IS WRONG?" Claudio Naranjo
From one point of view, the original sins of delusion, greed and hate; from another, lack of awareness that everything is all right; and these two are not different. How can these ideas help us, however? An evening to find how they apply here and now among and in us.

November 3: THE TECHNOLOGIES OF SELF-CONTROL Robert Ornstein
Western science has recently rediscovered that man possess the capacity to control his heart, brain and "autonomic nervous system." Techniques such as autogenic training and bio-feedback will be discussed and demonstrated in light of their application to science, education and self-understanding.

November 10: STRUCTURAL INTEGRATION Peter Melchoir
A discussion of Ida Rolf's method of body integration and physical alignment in relationship to physical movement and expression, the emotional and feeling life, and self-understanding.

November 17: PSYCHOSYNTHESIS James Fadiman
A discussion of the principles of psychosynthesis and the approach it offers to the harmonious integration of mind, body, spirit and psyche.

December 1: THE SUFIS Robert Ornstein
The Sufis are a group who have been concerned with knowledge. Their teachings are held to lie behind those which are more familiar — Zen, yoga, Christianity, Rosicrucianism, alchemy, the Tarot, etc. This will be an introductory session, reading stories and fables and reflecting upon them.

December 8: THE BIOLOGICAL ROOTS OF CONSCIOUSNESS Stanley Keleman
Consciousness is a transitory state between two levels of being. It is an evolutionary process which is constantly forming and emerging and is rooted in our biological experience. An evening discussion with possible group exercises.

For Leaders' Biographies, see pp. 20-21

October 22-24 Weekend Workshop
COUPLES IN COMMUNICATION Bill and Audrey McGaw

This workshop will provide an opportunity for married or engaged couples to explore marriage, not as an institution, but as an extremely vital and personal way of life. The McGaws will concentrate on the positive aspects of partnership, increased understanding of self and mate, and deeper, more meaningful communication. Participating couples should expect to spend 20 to 25 hours in group sessions over the workshop period.
$115 per couple. Begins 8 p.m., Friday.

October 22-24 Weekend Workshop
PSYCHOSYNTHESIS: A WORKSHOP FOR THOSE UNDER 25
Steven Kull and Betsie Carter

This workshop will focus on the experience of identity and those levels of consciousness that bring us in touch with our higher identity, the transpersonal self. The aim is to develop an ongoing process of psychosynthesis through active self-discovery, the resolution of inner conflicts and the subsequent release and transmutation of energies, and to harmonize and integrate the various dimensions of being around our higher unifying center. State your age when registering. $25 per person. Begins 8 p.m., Friday.

October 25 Evening Lecture and Demonstration
PSYCHOPHYSICAL INTEGRATION Robert Hall

Robert Hall is a medical doctor, psychiatrist, gestalt therapist, practitioner of Rolf's structural integration and a student of meditation. He will approach human wholeness and unity from his varied perspectives and experience. $3 general; $2 student. 7:30 to 10:00 p.m., Monday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

October 28 An Evening Discussion-Experience
SCALE: THE GOLDEN MEAN Ron Cooper and Faith Hornbacher

"It is a dragon, destroyer of all, cried the ants. Then the cat leaped and caught — a lizard." *(Idries Shah)*. An exploration of how the concept of scale is used to identify man and his place in the environment and how man structures his world in terms of his own size. There will be exercises to become more aware of scale in relation to individual existence.
$3 general; $2 student. 8 to 10:30 p.m., Thursday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

October 29-31 Weekend Workshop
REFOCUSING ENERGY Bob Kriegel and Marilyn Harris

Since many persons spend time dwelling on negative aspects of their personalities and lives, this weekend will be an opportunity to refocus attention on forgotten positive strengths and individually available tools for continued personal growth and expansion of life possibilities. Approaches from encounter, gestalt and psychosynthesis will be used.
$50 per person. Begins 8 p.m., Friday.

October 30 Saturday Workshop
EXPERIENCE OF ESALEN Esalen Staff

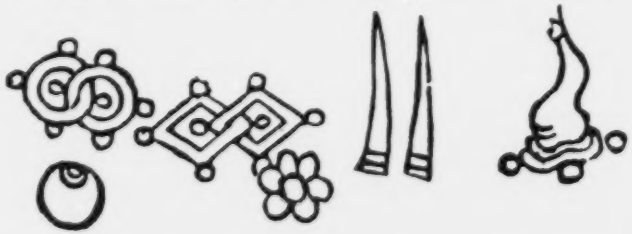
An intensive day of group work, based in the field of encounter, but incorporating the techniques and insights of other disciplines. The aim is a more dynamic and positive life experience which is grounded in openness and honesty and which allows the exploration of individual freedom in a supportive context.
$15 per person. 10 a.m. to 6 p.m., Saturday. (Bring your own lunch).

October 31 Sunday Workshop
THE ALEXANDER TECHNIQUE Frank Ottiwell and Judith Stransky

The Alexander Technique is a subtle re-education of the body which is brought about by producing muscular responses with changing thought patterns while under the guiding hands of a teacher. This introductory workshop will give participants an experience of how to change faulty patterns and to move in more natural balance and freedom. Each participant will be worked with individually. Limited to 16 persons.
$25 per person. 10 a.m. to 6 p.m., Sunday.

November 1 An Evening Lecture
SOMATIC WHOLENESS: MUTANT HUMAN BEHAVIOR IN A POST-TECHNOLOGICAL SOCIETY Thomas Hanna

The evolutionary structure of human somas and the fixed patterns of soma-environmental interchange evoked within technological environments.
$3 general; $2 student. 8 to 10:30 p.m., Monday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.



San Francisco Programs

October 17 and 24: Two Sunday Workshops
RAKU: A SYNTHESIS OF EARTH, AIR, FIRE, WATER Ronald Cooper

"All the genuine, deep delight of life is in showing people the mud-pies you have made; and life is at its best when we confidingly recommend our mud-pies to each other's sympathetic consideration." – *J. M. Thorburn.*
Raku is a centuries-old philosophy and a technique for the use, forming and firing of ceramics. Because of its emphasis on the simplicity and beauty of nature, raku has been closely associated with the tea ceremony of Zen Buddhism. It provides a dramatic introduction, within minutes, to the fundamentals of ceramics – from soft, raw earth to permanence by fire. The first session will introduce the practice and will conclude with the forming of objects to be fired the following week. During the second Sunday, group members will build a kiln, glaze and fire their ware. Limited to 20 persons. No previous art experience of any kind is necessary.
$30 per person for both sessions. 10 a.m. to 5 p.m., October 17 and 24.

October 21 An Evening Lecture
THE BRAIN AS A REDUCING VALVE James Koski

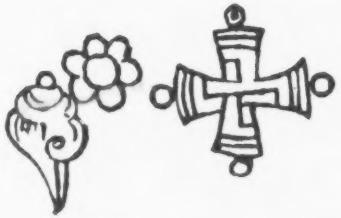
Aldous Huxley suggested that the main function of the brain and nervous system is eliminative. "According to such a theory," Huxley writes, "each one of us is potentially Mind at Large. But in so far as we are animals our business is at all costs to survive. To make biological survival possible, Mind at Large has to be funneled through the reducing valve of the brain and nervous system. What comes out at the other end is a measly trickle of the kind of consciousness which will help us stay alive." This thesis will be discussed in light of neurophysiology, psychedelics and esoteric psychologies. Sponsored by U.C.S.F. Committee on Arts and Lectures.
$3 general; $2 student. 8 to 10:30 p.m., Thursday.
Milberry Union, U.C. Medical Center, 3rd and Parnassus, San Francisco

October 22-23 Weekend Workshop
THE GESTALT RELATIONSHIP: A WORKSHOP FOR MAKING FRIENDS
Stella Resnick

People often come to workshops with two major goals – to become more aware of themselves and to meet and befriend others. In accord with a basic gestalt principle, making the implicit explicit, this workshop will focus on participants' awareness of themselves as social beings, especially with regard to contacting/withdrawing from others, directness of communications and building relationships. $50 per person.
8 p.m. to 12 midnight, Friday; 9 a.m. to 8 p.m., Saturday.

October 22-24 Weekend Workshop
EXTENDING AWARENESS THROUGH HYPNOSIS Lee Pulos

This workshop will combine the approaches of hypnosis and psychosynthesis for furthering personal exploration. Hypnosis and self-hypnosis will be taught so that participants can focus in on themselves through hypnotically induced dreams, automatic writing and drawings under hypnosis. These self discoveries will be extended through guided fantasies, symbolic imagery and learning how to tune in to the "inner theater" of one's unconscious. $50 per person. Begins 8 p.m., Friday.



November 13 Saturday Workshop
MODERN APPROACHES TO HYPNOTHERAPY
Peter Mutke and Emmett Miller

This workshop is designed to familiarize participants with the latest approaches to hypnotherapy, utilizing the increased state of receptivities towards programming and the control of automatic nervous system functions through the state of hypnosis. All participants will experience the phenomena of hypnosis and some individuals may learn self-hypnosis by the end of the session.
$20 per person. 10 a.m. to 5 p.m., Saturday, November 13.

November 14 A Lecture and Demonstration
ON YOGA Joel Kramer

An evening designed to acquaint the interested non-practitioner, as well as the practitioner, with yoga. Mr. Kramer will demonstrate hatha yoga and discuss yoga both in classical structure and as an evolutionary approach to living in the modern world.
$3 general; $2 student. 8 to 10:30 p.m., Sunday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

November 18 An Experiential Session
ENCOUNTER FOR TWO Gerald Smith

A variety of verbal and nonverbal experiences for couples (not necessarily married) who want to learn new ways of adding life and increased understanding to their relationship.
$5 per couple. 8 to 10:30 p.m., Thursday, November 18.
Milberry Union, U.C. Medical Center, 3rd and Parnassus, San Francisco
Sponsored by U.C.S.F. Committee on Arts and Lectures.

November 19 An Evening Lecture
THE ALCHEMY OF SCHIZOPHRENIA,
OR HOW TO LIVE WITH SCHIZOPHRENIA RESEARCH Roland Fischer

This will be an informal evening of twisted thoughts and twisted molecules. The "inside story" of biologically oriented schizophrenia research — with all its breakthroughs and all its breakdowns — will unfold as a neurohumorous tale. (Hal Markowitz is lecture discussant).
$3 general; $2 student. 8 to 10:30 p.m., Friday, November 19.
Milberry Union, U.C. Medical Center, 3rd and Parnassus, San Francisco
Sponsored by U.C.S.F. Committee on Arts and Lectures.

November 19-21 Residential Weekend Workshop
REALITY AND ILLUSION: LEARNING TO DISCRIMINATE
George I. and Judith Brown

This workshop will be primarily experiential with an emphasis on principles of gestalt therapy applied both to the individual and, in the case of couples (involved in or contemplating marriage), to the relationship. Ways to move and grow will be presented in a laboratory workshop context beginning with readiness techniques such as encounter, creativity games and body awareness, followed by gestalt awareness training. $75 per person, including room and meals.
8 p.m. Friday through Sunday lunch.

November 19-21 Weekend Workshop
PROFESSIONAL TRAINING IN PSYCHOSYNTHESIS:
FROM THE EGO TO THE SELF Robert and Donna Gerard

This workshop is designed for individuals in the helping professions who want to extend their skills beyond the usual methods of encounter, gestalt and sensory awareness. An extensive series of specialized techniques of psychosynthesis will be demonstrated with opportunity for direct experience. The aim is to explore and integrate all levels of being from the depths of the unconscious to the heights of superconscious awareness, from the personal ego to the transcendental self. Please state professional qualifications when registering. $60 per person. Begins 8 p.m., Friday.

For Leaders' Biographies, see pp. 20-21

San Francisco Programs

November 5-7 Weekend Workshop
LIFE, DEATH AND DYING Len and Lil Pearson

A weekend experience to explore one's own feelings about death and life, to examine the attitude toward death prevalent in our society and to deal openly with the fact of our mortality in order to take part more fully in the richness of life. This workshop is designed for those whose work brings them in contact with dying persons, those who have "unfinished business" with persons who have died or who are close to death, and for those who wish to confront their own feelings about the ultimate reality, for whatever reason. $50 per person. Begins 8 p.m., Friday.

November 5-7 Weekend Workshop
OPEN ENCOUNTER FOR SINGLES Robert Cromey and Helen Stephens

A supportive, expansive group experience for men and women over thirty years of age who want to break out of the loneliness and isolation imposed by a Victorian upbringing and poor communication patterns.
Please state age and sex on application. Some Esalen resident fellows may assist as group facilitators. $50 per person. Begins 8 p.m., Friday.

November 5-7 Weekend Workshop
ADVANCED MASSAGE George Downing

For persons who have had previous massage instruction or experience with massage. This workshop will include a review of basic methods and an exploration of a variety of different techniques, such as shiatsu, Reichian massage and Proskauer massage. In addition, the weekend will focus on the meaning of massage for ourselves and others and its relation to other approaches to body awareness. $50 per person. Begins 8 p.m., Friday.

November 6 Saturday Workshop
AN INFORMAL SEMINAR IN SOMATOLOGY Thomas Hanna

Theoretical and experiential confrontation with the world of somas — human somas as well as primate and vertebrate somas. Learning to become aware of the somatic depths of our being and learning to recognize and describe somatic patterns. A discussion of the viewpoint and task of the somatologist. $15 per person. 10 a.m. to 5 p.m., Saturday.

November 6-7 Weekend Workshop
BEYOND THE TEXTBOOK: AN INTRODUCTION TO CONFLUENT EDUCATION Marilyn Harris

This weekend, designed for classroom teachers at all levels and school administrators, will deal with the application of experiential approaches to classroom education and the integration of these approaches with traditional cognitive curriculums. Using methods of gestalt awareness, fantasy, role playing and encounter, each participant may explore his personal and professional awareness and the possibilities of a humanistic and creative education.
$50 per person. 10 a.m. to 6 p.m., Saturday and Sunday.

November 11 Thursday Workshop
BREADMAKING: THE ANCIENT ART AND CRAFT Manuel, Master Baker

The dynamic principles of physics, chemistry, mathematics, sculpture and philosophy are in action when fingertips perform with dough. Manuel will teach methods in primitive and natural foods baking as applied through modern technology. Class to be held at Whole Earth Breads, Palo Alto.
$12 per person. 10 a.m. to 3 p.m., Thursday.

November 12-14 Weekend Workshop
ENERGY AND RELAXATION Robert Nadeau

Through an awareness of energy and "energy dimensions", participants will be able to reach deeper states of calmness and relaxation. The natural outcome of this approach will be an understanding of energy, balance, harmony, proper movement and physical efficiency.
$50 per person. Begins 8 p.m., Friday.

November 12-14: **THE LIVING PLACE:** Residential Weekend Workshop
Betty Fuller and Dub Leigh. $75 per person. *See page 15 for description.*

November 12-14 Weekend Workshop
ART AND SELF Tom Allen and Sy Weisman

Participants will explore through art ways in which certain group experiences can nurture and expand personal expression. The group will interact in various perceptive and graphic explorations of self, others and the environment, and examine the relationship between self process and image. $50 per person. Begins 8 p.m., Friday.

For San Francisco Reservations, see page 19

November 30 An Evening Lecture
ON DEVELOPING A CONCEPT OF HEALTH H. F. Parsons and G. L. Schiller

Health is not merely the absence of disease but is a vibrant, energetic state of being of the whole organism. This lecture will emphasize the importance of living in harmony with nature and in ecological balance. Some practical guidelines for better health through nutrition will be presented.
$3 general; $2 student. 8 to 10:30 p.m., Tuesday.
Milberry Union, U.C. Medical Center, 3rd and Parnassus, San Francisco
Sponsored by U.C.S.F. Committee on Arts and Lectures

December 3-5 Weekend Workshop
A WEEKEND OF PSYCHODRAMA Walt Anderson and Ira Greenberg

Psychodrama brings a group together in spontaneous dramatizations of personal and social problems. In this workshop group members will work with the various roles and techniques of psychodrama and with whatever specific subjects emerge; individual participants will be free to become as involved — or uninvolved — as their personal needs and preferences dictate.
$50 per person. Begins 8 p.m., Friday.

December 3-5 Weekend Workshop
PSYCHOSYNTHESIS Jim and Susan Vargiu

The Vargius write: "In this workshop we will emphasize the aspects of psychosynthesis which lead to greater unity, which can be used for integrating the encounter experience into something more. Psychosynthesis is not primarily expansion or experience — it is a way of pulling it all together. It is an approach which fosters the balanced development of body, feelings and mind and their harmonious integration around a unifying center. We will reach toward this center by consulting the best-self within each of us, and will attempt to use its energy and guidance. We will use techniques of movement, visual imagery, writing, symbolic art work, mental concentration and meditation. Our emphasis will not be on producing immediate breakthroughs, although this often occurs, but rather on initiating a gradual process that, with continuing application, can gain increasing momentum and ultimately become a life-style." $50 per person. Begins 8 p.m., Friday.

December 3-5 Couples' Workshop Using Videotape Feedback
MORE LIFE IN MARRIAGE Gerald Smith

If a couple can be both close and the partners also free to grow as individuals, there is a good chance for continuing life within marriage. Using experiential and family therapy approaches, workshop focus will be on prevention and growth rather than past problems.
$115 per couple. ($40 deposit required). Begins 8 p.m., Friday.

December 3-5 Weekend Workshop
YOGA: EXPLORATIONS IN AWARENESS AND SELF-KNOWLEDGE
Joel Kramer

A workshop for the interested novice and serious student of yoga. Through the examination and practice of yoga techniques, pranayama (breathing) and meditation, the group will become acquainted with yogic structure, both classical and modern.
$50 per person. Begins 8 p.m., Friday.

December 4: BREADMAKING: THE ANCIENT ART AND CRAFT Manuel
Saturday, 10 a.m. to 3 p.m. $12 per person. *(See description, page 17).*

December 4 Saturday Workshop
NEW PERSON POLITICS John Vasconcellos

Exploration of a theory of institutions and a practice of politics based upon a reassessing of human nature and human potential, new consciousness, authentic relationships and a caring, human community. (Michael Murphy and George Leonard will join the program as discussants.)
$15 per person. 10 a.m. to 5 p.m., Saturday, December 4.

December 6 An Evening Lecture
WOMEN, MEN, CHILDREN AND CHANGE Philip E. Slater

Philip Slater, who has written about the social pathology underlying the decay of Athenian culture *(The Glory of Hera)* and our own *(The Pursuit of Loneliness)*, will take a long range view of the changing contemporary scene. $3 general; $2 student. 8 to 10:30 p.m., Monday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

December 9 An Evening Discussion and Participation
THE PRACTICE OF AWARENESS:
GESTALT EXERCISES FOR DAILY USE John Enright

An introduction to gestalt awareness training, emphasizing methods of tuning in to self and world that can be used in life situations, *ad. lib.*
$3 general; $2 student. 8 to 10:30 p.m., Thursday.
International House, 2299 Piedmont Avenue, Berkeley

For Leaders' Biographies, see pp. 20-21

San Francisco Programs

November 19-21 Weekend Workshop
GESTALT THERAPY AND HYPNOSIS Abe Levitsky

Dr. Levitsky writes: "I have been discovering that the methods of gestalt therapy can serve as exciting adjuncts and facilitators in the art of hypnosis. In this workshop we will experiment with techniques of mutual hypnosis and in the hypnotic facilitation of the creative process. Emphasis will be on the gestalt principles of 'staying with it' and of acceptance of phenomena as they occur." $50 per person. Begins 8 p.m., Friday.

November 20-21 Weekend Workshop
BIO-ENERGETICS Michael Conant

Individual bio-energetic sessions and some group work will provide persons an opportunity to get in touch with the physical blocks isolating them from their own life and to work toward increased centeredness and grace. $50 per person 10 a.m. to 6 p.m., Saturday and Sunday.

November 21 An Evening Lecture
RELATIVITY: THE IGNORED PRINCIPLE IN PSYCHIATRY AND PSYCHOLOGY Hal Markowitz

Consideration of the apparent discrepancy between purported attention to relativity and on-the-job behavior of psychiatrists and psychologists. Despite teaching their students about the importance of probability, the search for functional relations and the tentative nature of science, when it comes to their own research most workers are searching for the "Real Truth." (Roland Fischer is lecture discussant).
$3 general; $2 student. 8 to 10:30 p.m., Sunday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

November 22 An Evening Participation
EXPERIENCE OF ESALEN Esalen Staff

Participants will have introduction to many methods for personal growth being explore at Esalen. Comfortable clothing recommended; bring pillow for easy sitting. $3 general; $2 student. 7 to 11 p.m., Monday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

November 26-28 Weekend Workshop
EXPANDING LIFE POSSIBILITIES Arthur Hough and Evelyn Jernberg

This weekend will provide an opportunity for participants to make contact with their unused capacities and to explore an expanded concept of individual life choices and possibilities. Moving from the ideal to the practical, and from long-term goals to here-and-now behavior, each person may examine what actions he may take to live fully. Processes of self-awareness, self-appraisal, individual program building and group sharing will be utilized. $50 per person. Begins 8 p.m., Friday.

November 26-28 Weekend Workshop
VIDEO INTERACTION GROUP Sy Weisman and Ethan Gluck

With recent innovations in video technology, television can now be considered an available tool for meaningful interaction and personal expression. When persons use video as an expressive, interactive tool it can be a poignant medium for developing and nurturing spontaneity, process awareness and creativity. The group will explore the communication potential of video, and themselves in that process.
$50 per person. Begins 8 p.m., Friday.

For San Francisco Reservations, see page 19

SAN FRANCISCO INFORMATION

INFORMATION, LITERATURE AND TICKETS: for lectures may be obtained Monday through Friday, 9:30 to 4:30, at 1776 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

WORKSHOP REGISTRATION: Reservations must be made at least one week prior to start of program. A *nonrefundable* deposit must accompany registrations as follows: $20 per person for weekend programs; $50 per person for 5-day programs. Mail reservation form with check to: Esalen Institute, 1776 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur.

RESIDENTIAL PROGRAMS: are indicated in individual workshop descriptions. Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend programs, unless otherwise indicated, begin at 8 p.m., Friday (no supper served) and conclude following Sunday lunch; 5-day workshops begin at 10 a.m., Monday and conclude following Friday lunch. Programs are held at a conference center in Marin County or in Sonoma County; exact location will be included with reservation confirmation.

ACCOMMODATIONS: Participants in nonresidential programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

SCHEDULES: are not rigid; specific meeting times for weekend workshops are announced at the first session. Usually, however, workshops meet from 8 to 11 p.m. on Fridays, from 10 a.m. through the afternoon and/or evening on Saturdays, and from 10 a.m. to early afternoon on Sundays.

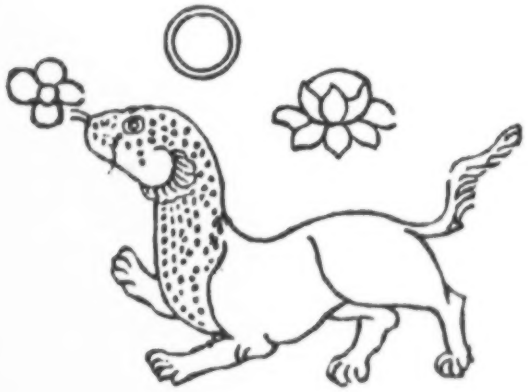
LOCATION: Participants will be informed of workshop location at time of registration and confirmation. No programs are held at our offices; Esalen uses several facilities in the Bay Area for its programs. Call the San Francisco office for advance information on program location.

SCHOLARSHIPS: and interest-free loans are available to many programs. A scholarship application form will be sent upon request to the San Francisco office; apply early. Students may attend most seminars for less than the stated fee on a space available basis; inquire by phone, 771-1710 San Francisco, at least one week prior to start of program. Special preference will be given persons who have opportunity and plan to apply their Esalen experience to urban teaching or organized community efforts.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be returned if reservation cannot be confirmed or upon request by persons not wishing to be on a waiting list. Notification of reservation status will be sent no later than seven days before workshop begins.

ROLFING APPOINTMENTS: with Structural Integration practitioners trained by Ida Rolf are available in the San Francisco area. For appointments, phone the Esalen/SF office at (415) 771-1710.



For Leaders' Biographies, see pp. 20-21

San Francisco Programs

December 10-12 Weekend Workshop
SELF-AWARENESS THROUGH ART Tom Allen

In this workshop group members will explore dynamic uses of the visual imagination through a variety of perceptual and graphic or spatial events. The images that emerge from deeper levels of consciousness, as experienced in sensory awareness, guided imagery and gestalt methods, will be investigated through art. Come ready to get paint or clay on your clothes. $50 per person. Begins 8 p.m., Friday.

December 10-12 Weekend Workshop
A GESTALT WORKSHOP FOR RELIGIOUS PROFESSIONALS
Abe Levitsky and Lois Brien

An opportunity for professionals in the religious community to share and experience the unique problems and satisfactions of the religious life. Gestalt and encounter methods will be used to unite thought with feeling, discussion with experiencing. $55 per person. Begins 8 p.m., Friday.

December 11 Saturday Workshop
EXPERIENCE OF ESALEN Esalen Staff

An intensive day of group work, based in the field of encounter, but incorporating the techniques and insights of other disciplines. The aim is a more dynamic and positive life experience which is grounded in openness and honesty and which allows the exploration of individual freedom in a supportive context.
$15 per person. 10 a.m. to 6 p.m., Saturday. (Bring your own lunch).

December 11-12 Weekend Workshop
REFOCUSING ENERGY Bob Kriegel and Marilyn Harris

Since many persons spend time dwelling on negative aspects of their personalities and lives, this weekend will be an opportunity to refocus attention on forgotten positive strengths and individually available tools for continued personal growth and expansion of life possibilities. Approaches from encounter, gestalt and psychosynthesis will be used.
$50 per person. 10 a.m. to 6 p.m., Saturday and Sunday.

December 15 An Evening Participation
NEW WAYS OF MEETING NEW PEOPLE Robert Cromey

Since many persons attend large group programs to meet other people, this evening's experience will focus explicitly on the acquaintance process. Using methods from encounter and gestalt awareness, group members will explore how they project themselves to others, how others perceive them and discover new ways of moving into friendships and social contact.
$3 general; $2 student. 8 to 11 p.m., Wednesday.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

December 17-19 Weekend Workshop
EXPERIENCE OF ESALEN Arthur and Janica Fox

Although this program is open to anyone, it is specially intended for those who have been involved in group work and who would like to relax and to integrate previous experiences and insights. Massage instruction, meditation sessions, breathing and sensory awareness will be included during a flexible schedule. $50 per person. Begins 8 p.m., Friday.

December 17-19 Weekend Workshop
PSYCHOSYNTHESIS Steven Kull and Betsie Carter

This workshop will work towards developing an ongoing process of growth and integration through active self-discovery, the resolution of inner conflicts and the subsequent release and transmutation of energies, and to harmonize and integrate the various dimensions of being around our higher unifying center. $50 per person. Begins 8 p.m., Friday.

December 17-19 Weekend Workshop
OPEN ENCOUNTER FOR SINGLES Robert Cromey

A workshop for unattached persons who may face problems of loneliness, boredom and despair. Emphasis will be on ways to develop new life feeling and expressiveness, emotional strength, independence and more rewarding relationships.
Please state sex and age on application. Limited to 40 persons. Some members of the Extended Growth Program (San Francisco) may assist as group facilitators.
$50 per person. Begins 8 p.m., Friday.

January 7-9: THE LIVING PLACE: Residential Weekend Workshop
Betty Fuller and Dub Leigh. $75 per person. *See page 15 for description.*

LEADERS' BIOGRAPHIES

TOM ALLEN, an artist, teaches at Cabrillo College. Since his year as an Esalen resident fellow, he has concentrated on developing workshop processes that nurture authentic being and rich interpersonal contact. He sees art not as an isolated specialty, but as one of the many ways to self realization.

WALT ANDERSON lived for several years in Los Angeles where he was associated with the California Institute of Psychodrama and Topanga Center for Human Development. He is now in Berkeley, writing a book about the political aspects of humanistic psychology.

JOHN ARGUE is the originator of an organic system of actor training which unifies the mental and physical disciplines of the actor's art called "Acting Openhand". He teaches at his own studio in Berkeley and has had many plays produced in the Bay Area. He has done work in bioenergetics, gestalt, *tai chi chuan* and zen meditation.

ANN ARMSTRONG, a clairvoyant from Sacramento, uses her abilities for deep level analysis of personal problems and for guidance in the growth of the inner life.

ESLY BARRERAS is a psychiatrist and gestalt therapist in private practice in Berkeley. He teaches at U.C. Berkeley and supervises psychology students from Cal State, Hayward. He is president of the Gestalt Institute of Berkeley and a member of the Gestalt Institute of San Francisco.

JAMES BEAL works at NASA's George C. Marshall Space Flight Center in Huntsville, Alabama in the area of nondestructive testing of aerospace structures. He is interested in parapsychology and various field effect interactions associated with living systems, bio feedback phenomena and science fiction.

STEWART BRAND perpetrated the *Whole Earth Catalog*.

JOHN BRENT, member of the Committee and Second City, has studied theater games with Viola Spolin.

LOIS BRIEN is a gestalt therapist and communications consultant. Dr. Brien is a member of the Gestalt Institute of San Francisco and was formerly an assistant professor of speech communication at Case Western Reserve University.

BARBARA BROWN was trained as a biochemist, attended medical school and earned a Ph.D. in pharmacology. She was an early developer of EEG bio-feedback techniques.

DEAN BROWN is a physicist who is involved in humanistic, computer-assisted education. He works for Stanford Research Institute and UNESCO.

GEORGE I. BROWN, Professor of Education, teaches courses in creativity, awareness and sensitivity training at the University of California at Santa Barbara. He is a nationally known researcher in the affective domain and creativity.

JUDITH R. BROWN, co-trainer with her husband, trained with Frederick S. Perls with whom she worked as a co-therapist.

MICHAEL BUTLER was in the Fall 1970 Residence Program and is on the teaching staff at Big Sur. He is currently involved in the theory and practice of structural integration.

DEBORAH CARSON practices hatha yoga and massage at Big Sur where she is on the teaching staff. She was a member of the Fall 1970 Residence Program.

BETSIE CARTER, a former Esalen resident fellow, has trained with Roberto Assagioli, founder of psychosynthesis, and with Jim and Susan Vargiu at the Psychosynthesis Institute, Calif. She works with gifted and creative young people in psychosynthesis and is associate director of the Ford/Esalen Project in Confluent Education.

MICHAEL CONANT is a psychologist in private practice in Berkeley where he does bio-energetic work and also draws on his past training in gestalt therapy, hypnosis and behavior therapy. He is director of Bridge Mountain Foundation.

BO CONLEY is a singer, drummer and poet as well as dancer/performer and movement workshop leader. He has studied with Ann Halprin for two years and co-led workshops with her.

RONALD COOPER is a prize-winning ceramicist who has taught at many high schools and colleges in the Bay Area. He also is an organic gardener and a student of Krishnamurti and Idries Shah.

ELEANOR CRISWELL is an Assistant Professor of Psychology at Sonoma State College, California, where she teaches physiological psychology, educational psychology and yoga psychology and is involved in EEG research.

ROBERT CROMEY, a former Esalen resident fellow, is an experienced group leader and teacher of massage and sensory experiences. He has worked as a priest, politician, administrator. He has a private practice in San Francisco.

JONATHAN DAEMION is a musician/composer, photographer and writer. He was a founder of Centre 48, a community and center for Reichian therapy, meditation and groups in London, England. Presently, Jon is writing a book on paths for the next generation and works with Helen Stephens on pro life dimensions of the growth experience.

ARTHUR DEIKMAN, a psychiatrist, has done pioneering research in the field of meditation, as well as theoretical and clinical investigations of hallucinogenic drugs, Zen Buddhism and psychosis. He is presently on leave of absence from the University of Colorado Medical Center and lives in the San Francisco Bay Area.

ROBERTA DE LONG is director of the massage program at Big Sur.

GEORGE DOWNING, experienced teacher of yoga and massage, is author of *The Massage Book* published by Random House and Book Works this fall.

JACQUELINE DOYLE, a former Esalen resident fellow, holds a master's degree in psychology. She is a member of the Esalen encounter staff trained by William Schutz.

JOHN ENRIGHT has been a gestalt therapist for nine years, and currently specializes in teaching professionals how to integrate the gestalt approach with existing styles of practice, and applying basic principles in new forms.

ROLAND FISCHER, Professor of Experimental Psychiatry and Pharmacology at the College of Medicine, Ohio State University, began research into hallucinogenic drug-induced states in 1945 in Switzerland. His "Schizophrenia Research in Biological Perspective" appears in a book edited by A. R. Kaplan, *Genetic Factors in 'Schizophrenia'*.

ARTHUR FOX, a former Esalen resident fellow trained by William Schutz, is presently on the Esalen encounter staff. His background is in psychology, education and religion.

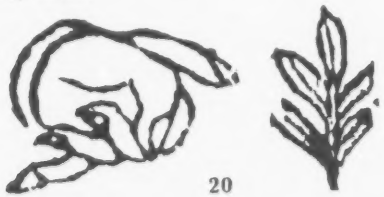
JANICA FOX, together with her husband, was an Esalen resident fellow and is a member of the Esalen encounter staff. Previously she conducted research on groups at Harvard.

STANLEY FREITAS was in the Fall 1970 Residence Program and is presently business manager of Esalen/Big Sur.

BETTY FULLER is Esalen's director of Consulting Services and a former resident fellow. Her background, in addition to encounter group work here and abroad, includes teaching and several years in radio, television and theatre.

OWEN GARNER is a member of the kitchen staff at Big Sur.

DONNA GERARD, drama teacher and therapist, for the past twelve years has focused her private practice on the development and release of creative energies. Both she and her husband are interested in providing systematic methods for evoking transcendental awareness and are presently evolving advanced psychospiritual techniques based on a direct approach to the alignment and transformation of inner psychological energy fields.



ROBERT GERARD is a psychotherapist in private practice in Los Angeles. He has been a principal innovator in the field of psychosynthesis for over fifteen years. He collaborated with Dr. Assagioli in the writing of the book, *Psychosynthesis: a Manual of Principles and Techniques*, and has developed new therapeutic techniques, including the use of depth imagery, symbolic visualization, intuitive awareness and creative meditation. As president of the International Foundation for Psychosynthesis, Dr. Gerard is especially interested in the integration of American, European and Eastern approaches to psychological growth.

ETHAN GLUCK is an associate of Interaction Associates of San Francisco, an organization involved in developing programs and materials in process-awareness and problem solving using video and other augmentation devices. Ethan is also an architect, designer and semi-retired tennis pro.

IRA GREENBERG is supervising psychologist at Camarillo State Hospital and is author of two books on psychodrama. He is a director of Topanga Center for Human Development and is founder of The Psychodrama Center for Los Angeles.

ROBERT K. HALL is a psychiatrist in private practice in Mill Valley, a practitioner of body structural integration ("rolfing"), a long-time student of Fritz Perls and a serious student of meditation.

THOMAS HANNA is Chairman of the Department of Philosophy, University of Florida, Gainesville. Among other works, he is author of *Bodies in Revolt*, *The Lyrical Existentialists*, *The Thought and Art of Albert Camus* and *The Bergsonian Heritage*.

MARILYN HARRIS, a teacher for 8 years in the California public school system, has trained as a member of the Ford/Esalen research project in confluent education. She has led teacher training groups, in addition to other workshops, at Anthos, a New York growth center.

AARON and ROSEMARY HILLMAN are teachers, authors, counselors and gestalt awareness trainers, specializing in working with teachers and students and/or interested individuals of other fields who wish to increase their capacity to work with others.

FAITH HORNBACHER is a ceramicist and a student of Ida Rolf's. She is interested in relating artistic endeavors to personal life space.

ARTHUR HOUGH is Associate Professor of Communication Theory and Mass Media at San Francisco State College. He is an educational television and film producer, author of *Stand Up and Speak* and interpersonal communication consultant to various agencies.

ED JACKSON is a medical doctor and a gestalt therapist. He lives in Berkeley and does body-oriented individual and group work.

GUNVER JACKSON is a licensed masseuse, certified in Swedish massage. In addition she has been trained by Molly Schackman at Esalen and has studied breathing, gestalt awareness and relaxation techniques. She and her husband are founders of the Gamma School of Massage where they are presently pre-training students for Ida Rolf's structural integration program.

EVELYN JERNBERG is a psychologist and guidance consultant for public schools. Her background includes training in behaviorial and gestalt theory.

STANLEY KELEMAN is a practitioner of the bioenergetics approach developed initially by Alexander Lowen. He has studied with Dr. Ola Raknes and Graf Durcheim at the Center for Religious Studies, as well as the Alfred Adler Institute for Individual Psychotherapy and the Dasien Analytical School of Psychotherapy, Zurich.

ELAINE KEPNER has been on the psychology faculties at Case Western Reserve University and San Francisco State College. She has directed a post-graduate training program for mental health professionals in community mental health methods. She is a member of the Gestalt Institute of San Francisco.

JERRY KOGAN is a gestalt therapist in private practice in Berkeley, a licensed marriage and family counselor, poet and teacher. He is co-founder and director of the Gestalt Institute of Berkeley and a member of the Gestalt Institute of San Francisco.

Leaders' Biographies

JAMES KOSKI, who holds a doctorate in anatomy, has taught courses on the human body at the University of Michigan Medical School where he did research in hibernation in bats. His interests include mind-body relationships, ESP, alchemy, Jungian psychology and psychedelics.

JOEL KRAMER is a practicing hatha, raja, jnana and tantric yogi. He has been resident yogic instructor at Esalen Institute.

BOB KRIEGEL is founder of Anthos, a growth center in New York City. Trained in encounter and gestalt, he is a widely experienced group facilitator and is currently a member of the Esalen staff.

STEVEN KULL has trained with Roberto Assagioli, founder of psychosynthesis, and with Jim and Susan Vargiu at the Psychosynthesis Institute, California, since 1968. He works with gifted and creative young people in psychosynthesis, both individually and in groups.

JANET LEDERMAN, artist, teacher and author, has developed and utilized the gestalt learning process with ghetto children and with children who manifest extreme behavior problems. She is currently leading gestalt groups throughout the United States and Canada.

MILTON LEES is a former professor of mathematics who is now on the staff at Esalen/Big Sur.

W. S. DUB LEIGH is a practitioner of the Rolf method of structural integration and masseur as well as encounter leader. His background, in addition to the Esalen Residence Program, includes 27 years in business, politics and work with A.A.

MAX LERNER is an author and columnist. He is also on the faculty of Brandeis University.

ABE LEVITSKY is a psychologist in private practice in Berkeley. His two main interests are the training of gestalt therapists and integration of gestalt therapy with the methods of hypnosis.

LI LI-TA is one of the few original disciples of the Wu school of tai chi chuan teaching outside of China. Before coming to this country in 1968, he was senior instructor for the Chien Chuan Tai Chi Chuan Institute in Hong Kong. His calligraphy has been exhibited in Asia, Europe and America.

THEODORA LYON has been a gestalt group leader on the staff at Big Sur for the past year. She was formerly assistant to Fritz Perls at the Gestalt Institute of Canada, and was trained by him.

MANUEL is an organic baker who owns and operates the Whole Earth Bakery in Palo Alto, California. He also teaches traditional breadmaking methods and is reinstituting the apprentice system of learning a craft.

HAL MARKOWITZ teaches psychology at Pacific University, Oregon. He has conducted research in areas of brain chemistry and behavior, bio-chemical and behavioral retardation and behavior-genetic approaches to "intelligence". He is interested in the philosophical foundations of psychology, philosophy of science and history.

ROBERT L. MARTIN is a gestalt therapist and artist in Los Angeles. He is President of the Gestalt Therapy Institute of Los Angeles.

EDWARD MAUPIN draws upon a variety of approaches to body awareness, including those of Reich, Lowen and Ida Rolf. He also relates to the various psycho-physical disciplines of Eastern and Western mysticism.

WILLIAM McGAW is Director of Communications at Western Behavioral Sciences Institute as well as director of the Institute's Experiential Worship Service Project. He and his wife, Audrey, are involved with WBSI's couples program for the Conciliation Court of San Diego.

EMMETT MILLER completed his medical studies at the Albert Einstein School of Medicine. A member of the American Society of Clinical Hypnosis, he is in private practice in Carmel, California.

FRED MOORE is an assistant professor in the Counselor Education Department at the University of Southern California. He is a research fellow with the California Institute of Psychodrama and maintains a private practice with Psychological Affiliates of Los Angeles.

MICHAEL MURPHY is president and co-founder of Esalen Institute.

PETER MUTKE is a medical doctor presently in private practice in Carmel, California, specializing in hypnotherapy. A graduate of the University of Heidelberg School of Medicine, he is a Fellow of the American Society of Clinical Hypnosis and of the Academy of Psychosomatic Medicine. He teaches at University of California, Berkeley, Extension.

ROBERT NADEAU, a full-time Aikido and meditation instructor in the Bay Area, was a personal student of Master Ueshiba, the founder of Aikido. His main interest is teaching energy awareness, with the emphasis on maintaining balance while practicing experiencing higher dimensions.

CLAUDIO NARANJO is a research pscyhiatrist, a former associate of the Institute for Personality Assessment and Research (U.C. Berkeley) and a student of religions. He is recently returned from a year in a Sufi-oriented school in Chile.

ROBERT ORNSTEIN teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. He is author of the Books *On the Experience of Time* and, with Claudio Naranjo, *On the Psychology of Meditation*.

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique (New York) and is President of the California Center. He has been teacher of the Alexander Technique for the American Conservatory Theatre since its inception and is in private practice in San Francisco.

H. F. PARSONS has been a physician for over forty years with training in osteopathy and homeopathy. His particular interests are now psychosomatic medicine and the building of positive health through nutrition.

LEONARD PEARSON, author of *Death and Dying: Current Issues in Treatment of the Dying Person*, is Associate Professor of Psychology at Sonoma State College where he teaches a course on the "Psychology of Death".

LIL PEARSON, psychiatric social worker, has trained with Fritz Perls and has led encounter groups in the Bay Area for several years.

PAMELA PORTUGAL, former Esalen resident fellow, is currently training in psychosynthesis and aikido and writing and photographing a book on couples and consciousness. She was trained in encounter by, and has co-led couples' groups with, William Schutz.

HECTOR PRESTERA is an internist and cardiologist who is currently involved in the theory and practice of structural integration. He is resident physician at Esalen.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

MAGDA PROSKAUER is a graduate of the University of Munich, Germany, and received a degree in physiotherapy from the University of Munich Medical School. While working in Europe, she was influenced by various new schools of psycho-physical therapy. She has a private practice in body awareness and breathing therapy in San Francisco.

LEE PULOS is a clinical psychologist in private practice and clinical assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in leading training workshops for professionals and in researching the effects of hypnosis upon athletic performance.

STELLA RESNICK is a clinical psychologist and a gestalt therapist in private practice in San Francisco. Dr. Resnick is a director of the Gestalt Institute of San Francisco and associated with the Family Therapy Institute of Marin and the California School of Professional Psychology.

CAROLE ROSENBLATT was in both the Spring and Fall Residence Programs (1970). She is part of both the administrative and teaching staffs at Big Sur.

FRANK RUBENFELD is a clinical psychologist, and is on the faculty of the New York Institute of Gestalt Therapy. In addition to his private practice of individual and group therapy, he is presently leading a gestalt training workshop at Anthos in New York.

ILANA RUBENFELD is a certified teacher of the Alexander Technique with ten years' experience and a member of the Board of Directors of the American Center for the Alexander Technique. She worked with Fritz Perls integrating gestalt with her own work.

G. LYNDALL SCHILLER has studied mathematics and psychology. She now works with Dr. H. F. Parsons as a nutritionist.

STEPHEN SCHOEN is a gestalt therapist in private practice in San Francisco. He is also a classical pianist and creative writer.

JULIAN SILVERMAN is Esalen's research director and a gestalt trainer and therapist.

JAMES S. SIMKIN devotes his professional time to conducting gestalt therapy workshops throughout the country at growth centers and universities, as well as at his home in Big Sur. He is currently involved in training gestalt therapists and investigating methods of working through the 'impasse'.

PHILIP E. SLATER has recently resigned as Chairman of the Sociology Department of Brandeis University to become a full-time academic dropout.

GERALD SMITH is a family therapist in San Mateo, California. His approach combines family therapy and gestalt theory. Dr. Smith is author of *Me And You And Us*, a book on communication experiences for couples.

DAVID SOBEL is the food and body editor of *Big Rock Candy Mountain* and the coordinator of Esalen's continuing curriculum on health and nutrition.

HELEN STEPHENS is a former Esalen resident fellow, trained by William Schutz. She is working with Jonathan Daemion to develop new group experiences that celebrate life.

JUDITH STRANSKY is the director of the American Center for the Alexander Technique in Southern California, where she maintains a private practice. She has been active in many of the mind-body ways and techniques and has also worked with several of the body-oriented psychotherapies.

SIMONE SURPIN was a member of the Fall 1970 Residence Program and is on the teaching staff at Big Sur.

RONALD ULLMANN has trained in transactional analysis with a leading authority. He has been leading groups in the Bay Area, and elsewhere, for several years.

JIM VARGIU, and his wife SUSAN, are the directors of the Psychosynthesis Institute, Palo Alto, California. They were trained in Italy by Roberto Assagioli, the founder of psychosynthesis, and have lectured and given workshops in this country and in Europe. They are presently working with self-actualizing and gifted adolescents and are training people in the helping professions in the use of psychosynthesis.

JOHN VASCONCELLOS, an Assemblyman from the 24th District, is a member of the California Legislature. He is a spokesman for a new kind of politics based on a new understanding of man.

HEINZ VON FOERSTER is Director of the Biological Computer Laboratory and Professor of Electrical Engineering and Biophysics at the University of Illinois. He is co-author of *Music by Computers* and *Sign, Image, Symbol*.

SIR WASHINGTON specializes in the use of animal imagery both through movement and graphics. He has been with the Dancers Workshop for two years as a performer and a leader of workshops.

SY WEISMAN is a multi-media artist and teacher. His recent work is concerned with collaborations in interactive events and environments.

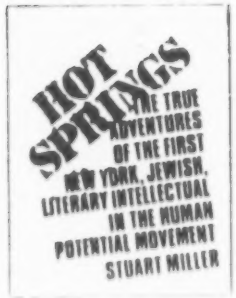
DONNA YABLONSKY has worked in psychodrama for ten years. She has been accredited as a psychodrama director by the Moreno Academy of New York and is a director of the California Institute of Psychodrama.

LEWIS YABLONSKY is president of the California Institute of Psychodrama in Los Angeles and is an accredited psychodramatist who has worked with J. L. Moreno for over 20 years. He is also professor of sociology and the author of *Synanon: The Tunnel Back* and *The Hippie Trip*.

BOOKS FROM ESALEN

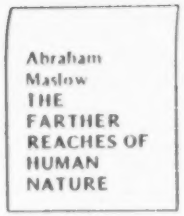
THE ESALEN PUBLISHING PROGRAM WITH VIKING PRESS

Esalen's own books: far-ranging investigations, divinations and reports from the movement to develop human potentialities, highlighting the latest work at Esalen Institute.



HOT SPRINGS, OR THE TRUE ADVENTURES OF THE FIRST NEW YORK, JEWISH LITERARY INTELLECTUAL IN THE HUMAN POTENTIAL MOVEMENT
by Stuart Miller
A rollicking chronicle of what it means in contemporary America to undergo a spiritual death and a spiritual rebirth. The book is played out against backdrops that range from Orchard Street in New York's Lower East Side, to the Yale Graduate School, and finally to Esalen Institute at Big Sur.
$7.95, hardbound.

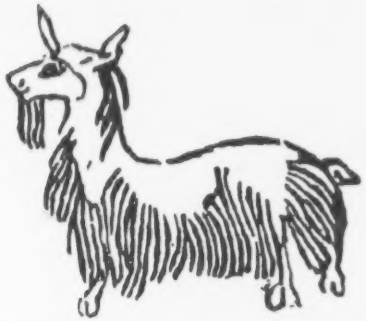
ON THE PSYCHOLOGY OF MEDITATION
by Claudio Naranjo and Robert Ornstein.
Two psychologists examine the spiritual ground of meditation and the implications of meditation for modern psychology. New insights into the nature of consciousness have resulted from current experimental work with computers and electroencephalograms and from a synthesis of meditative techniques derived from Zen, Yoga, the Sufis and Shamanism.
$7.95, hardbound.



THE FARTHER REACHES OF HUMAN NATURE
by Abraham Maslow
This first of his posthumous works presents his vision that psychology must address itself more to ethical concerns than to an accumulation of data.
$10.00, hardbound.

Coming this Fall:
SECRETS OF THE TRADE:
Essays in Madness, Creativity and Ideology,
by Joe Kennedy Adams.
$8.95, hardbound.

PSYCHOSYNTHESIS by Roberto Assagioli.
The seminal work in what may be the most inclusive approach yet developed to personal growth.
$2.75, paper.



OTHER BOOKS IN THE ESALEN SERIES:

HUMAN TEACHING FOR HUMAN LEARNING
by George I. Brown. $8.50, hardbound.

ANGER AND THE ROCKING CHAIR
by Janet Lederman. $4.95, hardbound.
(published by McGraw Hill)

Esalen has recently opened a bookshop at its San Francisco office, 1776 Union Street. A varied selection of titles, including the Esalen Viking Series, is available at the store or by mail. Check below to receive a complete listing. Among the books in our current stock are:

HERE COMES EVERYBODY
by William C. Schutz. $6.95, hardbound.

WHAT TO DO TILL THE MESSIAH COMES
by Bernard Gunther. $4.95, paper.

BIOENERGETIC CONCEPTS OF GROUNDING
by Stanley Keleman. $1.25 (14 pp., paper).

The following books are due to be published in the fall. You may place a prepaid advance order and the books will be shipped to you as soon as possible.

THE FARTHER REACHES OF HUMAN NATURE
by Abraham Maslow. $10.00, hardbound.

SECRETS OF THE TRADE
by Joe K. Adams. $8.95, hardbound.

SEX, SELF AND SURVIVAL
by Stanley Keleman. $2.50, paper.

THE MASSAGE BOOK
by George Downing. $3.95.

To order from the ESALEN BOOKSHOP, return coupon with your check (payable to Esalen Institute) to:

Esalen Bookshop, 1776 Union Street, San Francisco, CA 94123.

Esalen will pay sales tax, shipping and handling.

Quantity	Title	Price	Total

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☐ Please send complete list of publications available through Esalen Bookshop.

THE JOURNAL OF TRANSPERSONAL PSYCHOLOGY

A journal for theoretical and applied research in peak experience, self-transcendence, ultimate values, ectasy, wonder, B-values, transcendental phenomena and related concepts, experiences and activities. Volume III, No. 1 contains articles by: GOLEMAN, DANIEL, *Meditation as meta-therapy: Hypotheses toward a proposed fifth state of consciousness;* GREEN, ELMER E. AND ALYCE M., *On the meaning of transpersonal: Some metaphysical perspectives;* BABA RAM DASS, *Lecture at the Menninger Foundation* Part II; SUTICH, ANTHONY, *Transpersonal notes.*

Subscription price is $7.50 for two issues a year.

For subscriptions write to:
JOURNAL OF TRANSPERSONAL PSYCHOLOGY
P.O. Box 4437, Stanford, California 94305

SPECIAL INFORMATION

TAPE RECORDINGS OF ESALEN PROGRAMS: Recorded tapes of many past Esalen programs are available. This service, originally developed to provide archive copies for Esalen, rapidly became of use to organizations requesting recordings of lectures and seminars, training tapes of techniques and methods, demonstration workshop sequences, and experiential programs. Requests now come from educational institutions, public and private libraries, religious bodies and professional groups, government agencies, corporations and private individuals with funds for a recording library concerned with the human potential. Commercial use prohibited; all rights are reserved. Recording, editing and distribution of tapes is performed by Big Sur Recordings, from whom a complete catalog may be obtained. The cost of recordings is $10 per tape-hour, stereo or mono, with choice of 5" reel or cassette. Write BIG SUR RECORDINGS, 117 Mitchell Boulevard, San Rafael, California 94903.

VIDEOTAPES and 16mm FILMS of Dr. Frederick S. Perls' demonstrations of gestalt therapy and Alexander Lowen's demonstrations of bio-energetic analysis are available for professional use from MEDIASYNC, Inc., P.O. Box 486, Del Mar, California 92014. Films of Dr. Perls' work are also available from PSYCHOLOGICAL FILMS, 205 West Twentieth Street, Santa Ana, California 92706 along with films of the work of Carl Rogers, Albert Ellis, Rollo May, Abraham Maslow, Virginia Satir and others. For a list of films including the work of Alan Watts, Huston Smith and many others, write to ASSOCIATION FOR HUMANISTIC PSYCHOLOGY, 416 Hoffman Ave., San Francisco, California 94114.

ESALEN BOOKS AND PUBLICATIONS: Written materials of particular significance associated with the programs of Esalen Institute are available by writing: Esalen Books, Esalen Institute, San Francisco.

FM RADIO STATIONS in the San Francisco Bay Area (K101, KPFA and KQED) broadcast portions of Esalen seminars and lectures. (K101 has a dependable weekly program each Sunday evening at 11:00 p.m.) Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KUSC and KPFK Los Angeles, as well as KPFT Houston and WBAI New York City broadcast Esalen programs on an occasional basis. Consult local program guides.

MICROFILM records of Esalen history, brochures and publications are available through MICROBIZ, 590 Howard Street, San Francisco, California 94105.

ESALEN PROGRAMS is published quarterly by Esalen Institute, a nonprofit California corporation. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco offices of Esalen Institute. Do not direct subscription inquiries to Big Sur.

ESALEN INSTITUTE RESERVATION AND TICKET ORDER

This form is for your convenience in preparing attendance at Esalen seminars, workshops and lectures. You may use it for Big Sur or San Francisco area programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please make reservations early; some seminars are booked to capacity months in advance.

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Check Program location:

☐ South Coast Center. ☐ Esalen/Big Sur. ☐ Esalen/San Francisco

Check if you are a Member of Esalen. ☐

Please check box if you do NOT now receive Esalen mailings and wish to. ☐

For Big Sur reservations, check whether you wish

☐ shared room or

☐ single room on a space-available basis.

(A $7 per night additional charge is required for single accommodations.)

If you are arranging your own lodging elsewhere, check here ☐.

Reservations may be assigned at either Big Sur Hot Springs or nearby motels at the discretion of Esalen.

Please complete reservation on other side of this form.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please also see membership form (on opposite page).

ACCREDITATION AND THE USE OF ESALEN'S NAME: Some individuals and groups have recently involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs; our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools. For the information of the public, we do maintain a consulting service, under the direction of Betty Fuller, that will furnish information about leaders.

IDA ROLF: STRUCTURAL INTEGRATION

For information on training and research in Structural Integration, write The Guild for Structural Integration, 1776 Union Street, San Francisco, California 94123.
The following practitioners of Structural Integration are available, by appointment only, in Big Sur: Al Drucker, Stanley Johnson, Keith Gilchrist, Michael Butler, Hector Prestera, Sharon Wheeler, William Schutz. Direct inquiries to ROLFING, Esalen Institute, Big Sur, CA 93920.
For Peter Melchior, Ed Taylor, Gael Smith, Chet Wilson, Jim Hrisikos — direct inquiries to Associates in Structural Integration, Box 5111, Carmel, CA 93921.

BULLETIN OF STRUCTURAL INTEGRATION

A journal dedicated to understanding man as a whole — now in its third year of publication. The bulletin provides a vehicle for theoretical and applied research in mind body phenomena of interest to persons in the health sciences, physical sciences, arts and education. Past issues have included articles concerning Structural Integration (the Rolf technique of postural release); childbirth, movement behavior and movement therapy, articles by M. Feldenkrais, J. G. Bennett, Mathais Alexander. For a one year subscription, send $10 with NAME, ADDRESS AND ZIP CODE to: Bulletin of Structural Integration, 16756 Marquez Avenue, Pacific Palisades, CA 90272.

Detach here.

ESALEN INSTITUTE MEMBERSHIPS

The continuing work of Esalen Institute is funded virtually *in toto* through tuitions paid by those attending workshops and seminars — but research, future development and expansion depend greatly upon funds assured through Memberships and special grants.

As a Member, you enjoy a tuition reduction of $10 at both Big Sur and San Francisco workshops costing $35 or more, as well as a 10% discount on all books available through the Esalen/San Francisco Bookshop. You are also invited to participate in occasional gatherings with Esalen officers, leaders and project coordinators, and to attend weekend programs, for Members only, held at various times during the year at specially reduced rates. Members are kept informed of programs and new developments at Esalen via a special newsletter.

Those friends of Esalen interested in sustaining the Institute in a more substantial way may wish to discuss details of this matter with the Director of Development, Stuart Miller. The legal counsel of the Institute is also available to discuss various details of gifts and bequests, including tax arrangements.

Please complete Membership and Gift Order Form on other side.

RESERVATION AND TICKET ORDER

(Continued from other side.)

No. of persons	Date(s)	Leader's Name & Title of Event	Deposits
To claim Membership discount, enter Member card number here _____		TOTAL	

San Francisco Workshops require a **nonrefundable deposit** of $20 for weekend programs and $50 for five-day programs. **Big Sur Workshops** require a **nonrefundable deposit** of varying amounts depending on program length. See page 10 under "Reservations". The balance is payable at the time of the program itself. Tickets for **lectures** and **symposia** are sold in advance at full price; refunds may be made up until 24 hours before a lecture.

After completing both sides of this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

San Francisco Programs — Esalen Institute, 1776 Union Street, San Francisco, California 94123.

Big Sur Programs — Esalen Institute, Big Sur, California 93920.

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SPECIAL MEMBERS' PROGRAMS **in the San Francisco Bay Area this fall:**

Evenings: **October 6th — BOB ORNSTEIN**
A discussion of the Esalen tutorial program and new directions in programming.

November 18th — BETTY FULLER
An evening just to talk and be with Betty.

We are also tentatively planning an evening with a participant from this past year's Sufi school in Chile — details to be announced in the Members' Newsletter.

Workshop: **November 19-21 — A Residential Weekend with BOB CROMEY**
"Experiencing Your Body". ($38.00) Details in the Members' Newsletter.

ABOUT THE ILLUSTRATIONS

The art is drawn from a collection of woodcuts recently imported from Tibet, states the brochure designer, Red Dog Pieface/Peter Bailey. They are of this century and typical of the flourishing traditional culture centered around monasteries. Most were meant to be part of a larger *tanka*, or meditation paintings. Such outline figures were printed in certain symbolic arrangements on cloth or paper and then colored by hand. Among the subjects are: Milarepa, famous poet yogin in his mountain retreat, hand cupped to hear the sound of grass growing and the secrets of the Dharma, p. 4; Mahasiddhi, one of 84 yogis who gained magical control over their own bodies and the elements through yogic practices, p. 6; Amitabha and Shakti, the Buddha of boundless light and his energy partner, p. 6; Manjusri, god of saving knowledge with the sword that ends ignorance, p. 7; Padmapani, a Boddhisatva, p. 8; a karma *dakini*, p. 9; symbols for protection during a journey, p. 10; Buddha Amitabha, p. 11; three of the months depicted as demons, p. 12; the demoness who controls disease, whose appeasement wards off illness, p. 13; and various dragons, conch shell ritual horns, prayerwheels, musical instruments and offerings.

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☐ I wish to become a MEMBER (see reverse side) of Esalen Institute.

☐ I enclose my check for the amount appropriate to the Membership category I have selected.

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Sustaining*	50.00
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***ESALEN INSTITUTE** is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this brochure, research and consulting programs, and a residential program exploring new directions in education and the behavioral sciences.*

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Richard A. Price, *Vice President**
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Stuart Miller, *Director of Development*
Julian Silverman, *Research Director*

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San Francisco Administration & Membership Programs:
David Baar, *Director*
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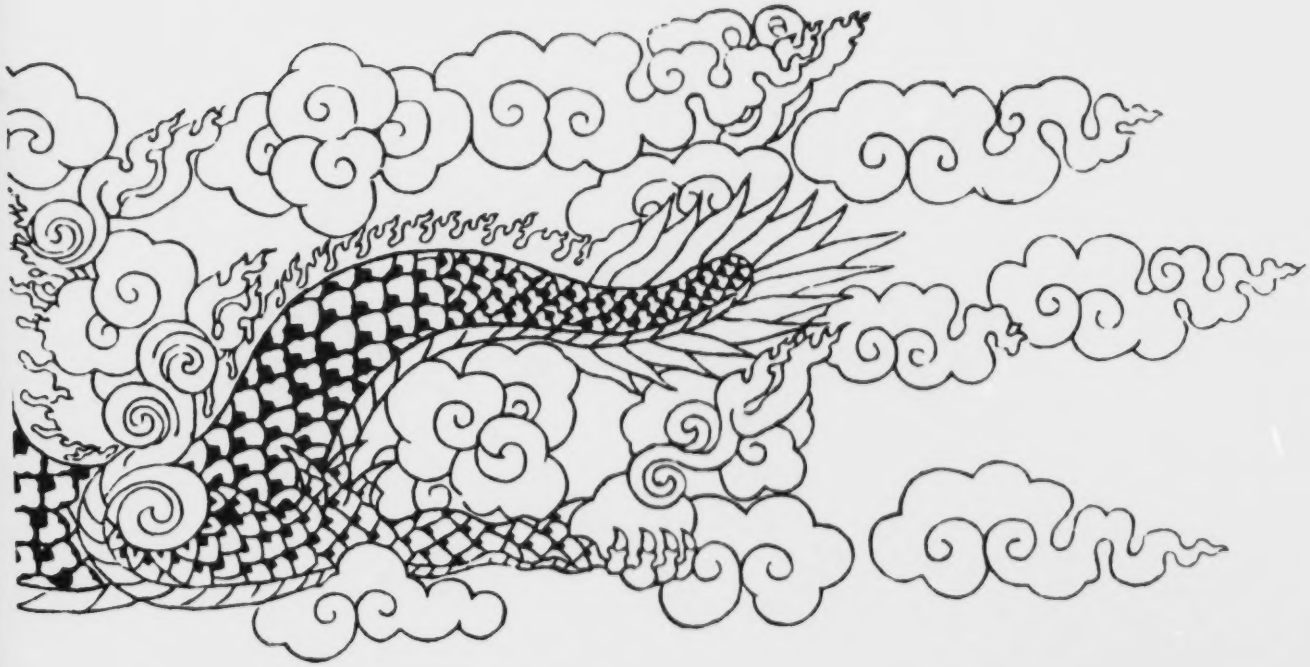

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The New Esalen Catalog

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Address correction requested

The New Esalen Catalog

Esalen Programs, January-March, 1972
Volume X, No. 1

Since the first seminars were held at Big Sur Hot Springs in 1962, we have been exploring ways in which to communicate the nature of Esalen Programs. Everything has changed in a decade —the scope and style of groups and the number and variety of disciplines. Sometimes we think we can see a clear pattern of development, a kind of consistency in the way that new techniques and groups unfold. At other times, it seems there is

SAN FRANCISCO & BIG SUR, CALIFORNIA

no pattern at all; the concept of "human potentialities" being let loose, the tree sprouts as it pleases. In attempting to organize our diversity and to make program selection convenient, we have previously tried different ways of arranging program listings; chronologically, by discipline, by location, sometimes by leader. In this Winter program we are undertaking the complete redesign of the Esalen Catalog into a form which we think is easier to read and use, and hopefully more sensible to our participants. To present a more organized access to our programs, we are listing them by discipline, or interest area, rather than chronologically.

We recognize that some of the divisions in the catalog are arbitrary, and, in order to avoid strict categorizations, we are supplying multiple listings for several workshops wherever it seems necessary. On page 12 you will find a listing of programs which by their nature defy categorization. And, if you are primarily interested in workshop listings by date and/or location, there is a calendar with complete chronological information for both Big Sur and San Francisco in the center fold.

We would like to have feedback on the new catalog. Please write us your suggestions and comments on the organization, content and graphic design. We need and welcome your reactions.

ESALEN INSTITUTE is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this catalog, research and consulting programs, and a residential program exploring new directions in education and the behavioral sciences.

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ABOUT ESALEN PROGRAMS

■ **S.F. January 5**

FREE An evening discussion FREE

8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

An evening for those wishing to discuss programs listed in this brochure with members of the Esalen administrative staff. This is an opportunity for informal, small-group sessions concerning such questions as "Where do I start?", "Which Esalen program is best suited to my needs and interests?" "What can I expect from a Residence Program?", etc. Bring a cushion for comfortable sitting.

For reservations, literature, tickets and information, write or call:

ESALEN INSTITUTE
1776 Union Street, San Francisco, CA 94123
Phone: (415) 771-1710
10 to 5, Monday through Saturday

For reservations and information, write or call:

ESALEN INSTITUTE
Big Sur, CA 93920
Phone: (408) 667-2335
10 to 5, Monday through Saturday
10 to 9, Sunday

NEWS

Project on Humanizing Medicine

THE DREAM

Our dream is someday to establish a research hospital and/or clinic which would combine with top-flight conventional medicine the following approaches and disciplines:

1. Humanistic Medicine: Our intent is to humanize the medical situation by l[illegible]ing medical personnel to be more sensitive to the full human needs of their patients and themselves. Esalen techniques such as encounter, gestalt therapy, sensory awareness, psychodrama, fantasy and others, would be used to teach personnel to be more fully aware of the personal and interpersonal dynamics of the m:dical situation.

2. Preventive Medicine: It is our hypothesis that much can be done to prevent illness if people become more aware of how they feel. Techniques for mental awareness, such as meditation, inner-imagery, gestalt therapy, and others can alert people to periods of stress and help them to control these periods. Techniques of physical awareness, like sensory awareness, movement, breathing, and yoga can possibly help people to detect early warnings of impending illness. These mental and physical approaches could be used not only within the clinic situation, but could also be taught in workshops for the general public.

3. Psychosomatic Medicine: The approach of Esalen Institute to the relation of mind to body seems a highly promising way to speed up the process of cure. The same techniques used for preventive medicine could be used in the medical act, itself.

4. Unconventional Medicine: Every subculture and culture limits itself, and the medical subculture does also. We believe scientific medicine in the West may have something to learn from approaches which are used with varying degrees of success in other countries. This project will hope to investigate alternative medical approaches with a view towards combining them with Western medicine.

5. A New Approach to the Problems of Sickness and Health: Many responsible doctors are beginning to see the onset of some diseases as an indicator of imbalance in the patient's lifestyle. Diseases may often be not simply something to be stamped out, but also a signal of a creative crisis going on in the life of a patient. Stomach ulcers, for example, can be seen in many cases as the body's protest against unnatural strain.

6. Nutrition: About four years ago, we were told by Professor Jean Mayer of the Harvard School of Public Health that only three schools of medicine in the U.S. had departments of nutrition. Because of Esalen's emphasis on sensitivity to the body, people at the Institute become acutely aware of the effect of nutrition on their physical and mental health.

These six areas are only a point of departure. It would be the purpose of the project, having once formed a working group of concerned individuals, to evoke other ideas, methods, theoretical formulas, etc., to humanize medicine.

A PLAN FOR STARTING

There is enormous interest among medical people in California in beginning this task, and it seems wisest to start small and to proceed one step at a time. Then, if we can show promising results, the funding and all else that is needed for an eventual research hospital and/or clinic will be readily forthcoming.

We have had remarkably good results in two similar projects at Esalen, funded by the Ford Foundation in the field of Humanizing Education. (See the book **Human Teaching for Human Learning,** by Dr. George I. Brown, an Esalen book, Viking Press, 1971.)

It is our hope to be able to raise the $25,000 needed to sustain the first year of the project. **$3,000 has already been generously contributed by Martin Farber.**

Book Review

Excerpts from the reviews of **Hot Springs** by Stuart Miller (Viking Press, An Esalen Book)

From the **New York Times Book Review,** Sunday, August 29, 1971, reviewed by Wallace Markfield:

"But **Hot Springs** should not, must not be read as either celebration or indictment of Esalen. More simply, more important than anything else, it takes hold of my imagination and compels my utmost respect because it is one of the fullest and more unsparing records I have ever seen of a man seeking to turn himself into a **mensch**—that lovely Yiddish word that can be translated, very loosely, as person, human being: a person who is truly a human being."

From the **Los Angeles Times,** Friday, August 20, 1971, reviewed by Robert Kirsh:

"Stuart's evocation of Esalen is realistic; his performing art has been transmuted into writing. An authentic voice speaks here. There is no small redemption— . . . **Hot Springs** is a worthy and entertaining book in the Esalen Series, funny, true, penetrating, an opening to the world."

From **Time,** July 26, 1971:

"Finely paced narrative of ego death and transfiguration."

From **Playboy,** September 1971:

"A funny, funky book."

From **The Chicago Sunday Sun-Times,** August 8, 1971, reviewed by Ashley Montagu:

"Portnoy, move over; Stuart Miller's in town! **Portnoy's Complaint** was a mere novel. **Hot Springs** is for real . . . It is moving, touching and written with complete integrity."

Bob Kriegel has joined the Esalen Staff. Bob co-founded Anthos, a New York growth center. He is putting new life and energy into our Membership Program and the Esalen Consulting Service.

The Media and Us: an Editorial

Every time the media does a story about Esalen or the Human Potential Movement, they write about sex and nudity. At least it seems that way: the nude pictures in **Life** three years ago; in **Time** one year ago; and the "Sensuous Therapist," article in **Newsweek** late last year. We are not opposed to sex; don't get us wrong. But it gets pretty boring to be so clearly associated, time after time, only with sex. One wonders why it happens. Maybe it's because if something exciting and adventurous is happening it must mean that something sexy is happening —at least in our sex-obsessed society.

Esalen, of course, sees itself more broadly than that. We are involved with a new vision of man that goes beyond the sex organs. This vision concerns his mind, his whole body, his social relations, his institutions and his highest hopes. The media never talks about the vision of humanistic psychology, of human potentials vastly expanded, or mankind in global transformation. Nor is mention ever made of our work with the public schools under grants from the Ford Foundation, work with the National Council of Churches, work with mental hospitals. Why is there no story about Esalen's exploring the relation of mind to body?

So what are we to do with the media?

One thing we can do is to reprint articles from the media, articles which the newspapers do not associate with our interests, since we have been bagged as being kookey and profligate. These articles show how people are experimenting with new ways of developing their humaness. What we are saying by reprinting them is that the human potential phenomenon is bigger than sex, and that Esalen is interested in it wherever it occurs. It's exciting for us to see that areas of interest which Esalen pioneered —such as alternate forms of medicine, the relationship between mind and body —are now beginning to get the notice they deserve.

In the News

The concept that Western medicine does not have all the answers, and that we must be concerned not only with pills and surgery but with the whole person, has been one of the underlying messages in many Esalen workshops.

We have wished that Western medicine would explore new worlds and become a forum for discovery and the perpetuation of the view of "the healthy man." Esalen workshops in aikido, rolfing, bioenergetics, movement, sensory awareness, massage, nutrition and, most recently, acupuncture, are some of the disciplines offered in keeping with our view of the total man.

Recently, we have been cheered by articles appearing about alternative forms of medicine. We feel that the following excerpts are indicative of the seeds of a broader view of medicine, one which we heartily encourage and support.

New York Daily News—August 26, 1971

Brain Surgery and Needlework—Tokyo, Aug. 25 (Reuter)

A group of 16 foreign newsmen and television cameramen visiting China have been permitted to watch brain surgery using acupuncture at a Shanghai hospital, a correspondent of the Japanese news agency Kyodo reported today.

New York Times — Sunday, Aug. 22, 1971

A View from Shanghai, by James Reston

. . . My wife and I spent four hours yesterday at the Hun Shan Hospital in the middle of Shanghai. This was formerly the Chinese Red Cross Hospital and is now the center of experimentation with acupuncture in Chinese brain surgery. We were properly sterilized and not only allowed into the operating theater, but urged to talk to two of the patients while they were undergoing surgery for the removal of tumors of the brain. They were anesthetized merely by the insertion of very thin three-inch stainless steel needles into the body—usually with one needle inserted into the web of flesh —or, as the Chinese surgeon called it, "the joined valley" between the thumb and forefinger—and they were not only perfectly conscious while their skulls were laid open before us but remarkably alert within half an hour after the operations.

. . . In some ways, the operation on Chen Chien seemed even more astonishing than the brain surgery. His only anesthetic was a single needle inserted in his right shoulder at an acupuncture point identified by the surgeon as Pi Ju. He lay on his stomach with a vast gaping hole in his back, through which you could see the gasping of the remaining lung, but was wholly conscious through the ordeal, talked quietly and coherently in answer to questions and, like the epileptic patient, ate fruit while receiving blood transfusions.

. . . The old traditional Chinese medical theory is that there is a "channel" in the body and that the critical acupuncture points are fixed by this channel. The modern Chinese doctors, who approached this whole subject with considerable skepticism, reject the traditional channel theory and are more inclined to believe in the theory that there are certain nerve centers that govern feeling and can be affected by needle penetration. The interesting thing, here, however, is that, while they cannot agree on the theory of how the needle anesthesia works, they are increasingly convinced that it does work, and they are operating on the pragmatic evidence and not waiting for theoretical justifications.

Signature Magazine, July, 1971

Medicine on the Move, by Ben Patrusky **—Meditations on Health—**

Harvard researchers think there may be some important medical uses for a technique called Transcendental Meditation. Adapted from an ancient Indian practice, the mental exercise is said to produce feelings of tranquility and relieve anxiety. But does it really? The Harvard men, Drs. Herbert Benson and Robert K. Wallace, have come up with chemical evidence to support these contentions. In studies on eight TM practitioners, they found markedly decreased levels in a blood substance called lactate during and after the practice. Excessive levels of blood lactate have been linked to stressful episodes suffered by patients with anxiety neurosis (excessive apprehension, psychic tension, uncertainty and fear.)

New books released by Viking in the Esalen Book Program . . . Abraham Maslow's last book, **The Farther Reaches of Human Nature;** Bob Ornstein's and Claudio Naranjo's **On The Psychology Of Meditation;** Stuart Miller's **Hot Springs** (see review below); and Joe Kennedy Adams' **Secrets of the Trade.**

WEEKENDS ARE BACK AT BIG SUR!

At last a permanent home for San Francisco Esalen programs—a lovely Victorian building on Union Street near Esalen's business office.

The Home News

The Ford/Esalen Project in Confluent Education has begun its second year with the addition of five new teachers to the project. (The report of last year's project is available [$3.50] from the Esalen Bookshop.) There are several workshops during the current brochure period which offer training to teachers and administrators in this work.

Needs continue: Esalen's tuition fees barely meet expenses. Thousands of dollars are needed for a dozen projects. Here are some of them:

$22,000—Project in Humanizing Medicine.

$15,000—Supplement for the Ford/Esalen Education Project.

$5,000—An international symposium on the political and social implications of parapsychology (following up on our trip to the Soviet Union and Czechoslovakia last year).

$50,000—Scholarships.

Please help. Become a Friend of Esalen under our new membership program; see page 19.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter groups is on exploring interpersonal relations, and the expression and exploration of self through interpersonal relations . . . Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen encounter groups today. In short Esalen encounter is an amalgam of techniques whose goal is to free the emotions and the body . . . and, ultimately, the whole person.

■ S.F. INTRODUCTION TO ESALEN PROGRAMS

These programs—evening, one-day and weekend—are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups. Workshop leaders will be drawn from Esalen/San Francisco Staff (see Information section, page 18). Esalen/Big Sur Staff, as well as members of San Francisco's Extended Growth Program, may also act as group facilitators.

Evening Introductions to Esalen: Working in small and large group sessions, participants will be introduced to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring pillow for easy sitting.

$3 general; $2 student; 7-11:00 p.m.;

January 24, February 24, April 6:
First Unitarian Church, Franklin and Geary Streets, San Francisco.

March 15: U.C. Medical Center, 3rd Avenue and Parnassus, San Francisco.

Single-day Encounter: An intensive day of group work, along the lines of evening introductory programs, with the additional advantages of more hours and shared mealtimes. Leaders will work with small groups. Programs run from 10 a.m. to 6 p.m. Workshop location to be announced at time of registration. (Bring your own lunch.)

$15 per person.

January 29, February 13, March 4.

Weekend Introductions to Esalen: Incorporating a wide variety of approaches, group leaders will work with participants in large groups and sub-groups over a full weekend period. $50.

February 4-6, March 24-26.

● B.S. EXPERIENCE OF ESALEN PROGRAMS

Experience of Esalen programs join staff members and participants in an experience of each other surrounded only by as much structure as the group wishes to create. Among possible offerings are encounter, gestalt, meditation, instruction in yoga, massage, arts and crafts and movement. Rolf treatments will be available at an extra cost.

January 9-15
Esalen Staff
One-week workshop $240

January 16-21
Esalen Staff
Five-day workshop $175
at South Coast Center

February 27 - March 3
Esalen Staff
Five-day workshop $175
at South Coast Center

March 24-26
Simone Surpin
Weekend workshop $85
at South Coast Center

● B.S. OPEN RESIDENCE PROGRAMS

The **Open Residence Program** centers on encounter and gestalt-oriented work. Additional opportunities will be available in other experiential areas (such as bioenergetics, movement, massage and sensory awareness) depending on group interest and leader availability. There will also be a structural integration demonstration; individual rolf sessions are available at extra cost.

January 9-22
Simone Surpin & Esalen Staff
Two-week workshop $450

February 6-12
Esalen Staff
One-week workshop $240

February 13-19
Harry Sloan & Esalen Staff
One-week workshop $240

March 5-18
Michael Butler & Esalen Staff
Two-week workshop $450

March 19 - April 1
Robert & Marilyn Kriegel
Two-week workshop $450

April 2-8
Esalen Staff
One-week workshop $240

● **B.S. January 2-29**
Mini-Residential Program
Michael Butler
Four-week program $775
at South Coast Center
This program is an experiment designed to convey in a month the intense group experience of a longer Esalen resident program. Participants will live and work together at the South Coast Center and be exposed to all of the disciplines available at Esalen. Please state background information with application.

■ **S.F. January 7-9**
The Living Place
Betty Fuller & Dub Leigh
Residential weekend workshop
$75 including room and meals.
The creation of a supportive community in which to discover and experience our human divinity; to explore encounter life styles experientially; to develop heightened body and sense awareness; to re-create ourselves through open encounter, enhanced by art, dance and music. If you have musical instruments, bring them.

■ **S.F. January 7-9**
Couples' Workshop
Marilyn & Robert Kriegel
Weekend workshop $100 per couple.

■ **S.F. January 12**
Self, Sex and Psychotherapy
Don Clark
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
Demonstration and discusion of Dr. Clark's workshop techniques used in helping psychotherapists and their clients become more alert to and accepting of their total sexuality, including feelings in such taboo areas as homosexuality and incest.

■ **S.F. Starting January 13**
Open Encounter
Harry Sloan
Ongoing workshop $50
This is series of five Thursday evening workshops from 7:30 to 10:00 p.m., January 13, 20, 27, February 3, 10.

■ **S.F. January 14-16**
Encounter for Singles
Robert Cromey
Weekend workshop $50
A workshop for unattached persons. Please state sex and age on application. Limited to 40 persons.

● **B.S. January 16-22**
Refocusing Energy
Robert & Marilyn Kriegel
& Carole Rosenblatt
One-week workshop $280
Since many persons spend time dwelling on negative aspects of their personalities and lives, this week will be an opportunity to refocus attention on forgotten positive strengths and individually available tools for continued personal growth and expansion of life possibilities. Approaches from encounter, gestalt and psychosynthesis will be used.

■ **S.F. January 21-23**
Communication and Growth
Margaret Conway
Weekend workshop $50
This is a communications workshop; learning to coordinate the feeling (body), the awareness (mind) and the expression (verbal or non-verbal) with economy and honesty.

● **B.S. January 23-29**
Celebration
Betty Fuller, Dub Leigh
& Esalen Residents
One-week workshop $260
This workshop is based on open encounter as a way of life. Integral to the workshop is membership in the Esalen community, which will be facilitated by the participation of the Esalen Residents.

■ **S.F. January 28-30**
Massage and Encounter
Robert Cromey
Weekend workshop $50

■ **S.F. February 3**
New Ways of Meeting New People
Robert Cromey
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
Since many persons attend large group programs to meet other people, this evening's experience will focus explicitly on the acquaintance process. Using methods from encounter and gestalt awareness, group members will explore how they project themselves to others, how others perceive them and discover new ways of moving into friendships and social contact.

■ **S.F. February 11-13**
Couples' Workshop
Gerald Smith
Weekend workshop $115 per couple

● **B.S. February 13-18**
Male and Female*
Michael Butler & Simone Surpin
Five-day workshop $215
The roles we adopt as male and female limit us. Men often mistake their gentle energy as something too womanly. Women often hold back their strength. The goal of this workshop is to go beyond male/female roles.

■ **S.F. February 18-20**
Encounter for Singles
Robert Cromey
Residential weekend workshop
$75 including room and meals
A workshop for unattached persons. Please state sex and age on application. Limited to 40 persons.

■ **S.F. Starting February 22**
Open Encounter
Robert Kriegel
Ongoing workshop $50
This is a series of five Tuesday evening workshops from 7:30 to 10:00 p.m., February 22, 29, March 7, 14, 21.

■ **S.F. February 25-27**
Group Interaction
Marilyn & Robert Kriegel
Weekend workshop $50

● **B.S. February 25-27**
Entropy*
Michael Butler & Al Drucker
Weekend workshop $85
at South Coast Center
Life and death processes are revealed in the way people think and feel. The focus of this workshop will be to discover the life or death that we are living.

■ **S.F. March 10-12**
Open Encounter
Art & Janica Fox
Weekend workshop $50

● **B.S. March 12-18**
Peeling the Ego/Body
Simone Surpin
One-week workshop $175
at South Coast Center
Our bodies are deprived of free energy in proportion to chronic muscular tension: similarly, our essences are bound by layers of fears and desires. This workshop will focus on unwrapping these extrinsics primarily using encounter, gestalt, bioenergetics and structural integration. Essence building, through exercises centering on grounding life energy will be integral to this process.

■ **S.F. March 17-19**
Divorce: A Creative Experience
Robert Cromey
Weekend workshop $50
A group for the divorced, those contemplating divorce or those whose lives have been touched by divorce.

■ **S.F. March 17-19**
Toward Intimacy
Art Hough & Dick Marsh
Weekend workshop $50
A series of graduated experiences for achieving smooth transition from structure and games to intimacy and spontaneity.

■ **S.F. March 24-26**
Expressing Self in Marriage
Barbara & Don Clark
Weekend workshop $105 per couple
For couples who want to develop the creative process that can facilitate expression of evolving individual self and strengthen growth potential in marriage. The group will explore with various creative media including paint, verbal communication, clay, movement, silence and massage. Each couple should bring some favorite music.

■ **S.F. March 31 - April 2**
Advanced Intensive Encounter
Helen Stephens
Weekend workshop $50

● **B.S. April 2-7**
Bodymind*
Michael Butler
Five-day workshop $175
at South Coast Center
Based on the model established by William Schutz, this workshop will attempt to integrate the rolf method of body alignment within the framework of open encounter, including fantasy and gestalt methods.

● **B.S. April 21-23**
Encounter for Couples
William Schutz & Christine King
Weekend workshop $95

Biographical Information

MICHAEL BUTLER is a former Esalen resident fellow. He was trained in gestalt and encounter techniques by John Heider and subsequently became a practitioner of structural integration under the supervision of Dr. Ida Rolf.

BARBARA CLARK is a painter who has worked with various art forms for twenty years. She is also a wife and mother interested in helping people tap their creative processes.

DON CLARK has worked with discussion groups, psychotherapy groups and encounter groups for the past 12 years. Dr. Clark is on leave from the City University of New York and in private practice as a clinical psychologist in the Bay Area. His most recent book is **Humanistic Education.**

MARGARET CONWAY, former psychiatric nurse, is a drop-out from the field of mental illness and a drop-in to the field of mental health. She leads communication and growth groups in Palo Alto, for the San Mateo County Department of Education drug education program, and at Cal. State, Hayward Extension.

ROBERT CROMEY, a former Esalen resident fellow, is an experienced group leader and teacher of massage and sensory experiences. He has worked as a priest, politician, administrator. He has a private practice in San Francisco.

AL DRUCKER was a resident fellow in the first Esalen Residence Program. He now lives in Big Sur where he leads workshops and practices structural integration.

ARTHUR FOX, a former Esalen resident fellow trained by William Schutz, is presently on the Esalen encounter staff. His background is in psychology, education and religion.

JANICA FOX, together with her husband, was an Esalen resident fellow and is a member of the Esalen encounter staff. Previously she conducted research on groups at Harvard.

BETTY FULLER is a co-director of Esalen's Consulting Services and a former resident fellow. Her background, in addition to encounter group work here and abroad, includes teaching and several years in radio, television and theatre.

ARTHUR HOUGH is Associate Professor of Communication Theory and Mass Media at San Francisco State College. He is an educational television and film producer, author of **Stand Up and Speak** and interpersonal communication consultant to various agencies.

CHRISTINE KING is completing a doctoral program at the University of Miami; her dissertation is on the relationship between the mind and the body. She has co-led groups with William Schutz.

MARILYN HARRIS KRIEGEL is the assistant director of the Ford-Esalen Project in confluent education. She taught public school in California for eight years and was educational consultant as well as a group leader for Anthos in New York City.

ROBERT KRIEGEL was the director of Anthos, a growth center in New York City, where he led groups, lectured at schools and universities and did consulting for business. He is currently a member of Esalen's administrative and encounter staff.

W. S. DUB LEIGH is a practitioner of the rolf method of structural integration and masseur as well as encounter leader. His background, in addition to the Esalen Residence Program, includes 27 years in business, politics and work with A.A.

RICHARD MARSH is Professor of Creative Arts and Broadcast Communication Arts at San Francisco State College as well as Professor of Semantics and Communication at the California Institute of Asian Studies. He has pioneered in leading encounter groups in an academic setting.

CAROLE ROSENBLATT was in both the Spring and Fall Residence Programs (1970). She is part of both the administrative and teaching staffs at Big Sur.

WILLIAM SCHUTZ, author of **Firo, Joy** and **Here Comes Everybody** is presently in residence at Esalen/Big Sur.

HARRY SLOAN, a renegade dentist, worked and trained under William Schutz during the 1969 Esalen Resident Fellow Program. He is a playwright and a member of the Esalen encounter staff. His first play "The Burden" was showcased in New York in 1971.

GERALD SMITH is a family therapist in San Mateo, California. His approach combines family therapy and gestalt theory. Dr. Smith is author of **Me And You And Us,** a book on communication experiences for couples.

HELEN STEPHENS is a former Esalen resident fellow, trained by William Schutz. At fifty, she is an experienced group leader with special interest in the development of personal self-support systems.

SIMONE SURPIN is a former resident fellow at Esalen. She was trained as a group leader by John Heider and is a practicing rolfer. She has a special interest in psychic healing and the esoteric arts.

Books

Readings available from the Esalen Bookshop (see page 17) include:

Schutz, **Joy** $1.25

Schutz, **Here Comes Everybody** $6.95

Arica Training

Last year several dozen Americans spent ten months in Arica, Chile, studying under an unusual teaching master named Oscar Ichazo. His teachings drew upon a wide range of disciplines, since Ichazo himself had studied under many masters.

Arica Training is a response to life in our highly evolved and structured society. It represents an approach which balances the physical, the emotional and the intellectual elements in Man. Working with all three factors harmoniously and simultaneously, Arica Training seeks to enable Man to face his Reality without contradiction and with an inexhaustible source of well-being, happiness and security. The leaders of the following programs have all studied with Oscar Ichazo in Chile and/or in New York City.

● **B.S. January 23-29**
Another Aspect of Gestalt Training
Jack & Leonne Downing
One-week workshop $240
at South Coast Center
Utilizing familiar gestalt methods, combined with additional techniques from the school of Ichazo, the Downings will work to increase participants' objective awareness of the concrete, actual world.

● **B.S. February 20-25**
Arica Awareness Training*
Hector Prestera & Esalen Staff
Five-day workshop $175
at South Coast Center

● **B.S. February 27-March 11**
The Human Biocomputer
John Lilly
Two-week workshop $490
As a result of his work with Ichazo, John Lilly has expanded his mind-brain-body biocomputer model of human nature to include the "essence." His new configuration is essence-self-computer-ego programs. Using methods derived from Eastern and Western mystical traditions as well as modern science, this program will work to move participants toward essence. (Recommended reading: **The Human Biocomputer**).

● **B.S. March 5-10**
Massage and Movement
Gabrielle Roth
Five-day workshop $255
As we are, so we move and touch: spontaneous or restricted, flowing or tense, open or inhibited. The combination of massage and movement techniques offers a unique experience for becoming aware of our own movement and how it flows outward into the bodies of others. As we make these physical discoveries, we can begin to allow our naturalness in terms of gesture, feeling, movement and touch to be expressed.

● **B.S. March 12-18**
Another Aspect of Gestalt Training
Jack & Leonne Downing
One-week workshop $280
Utilizing familiar gestalt methods, combined with additional techniques from the school of Ichazo, the Downings will work to increase participants' objective awareness of the concrete, actual world.

● **B.S. April 2-7**
Gestalt, Movement and Massage
Gabrielle Roth & Julian Silverman
Five-day workshop $255
Many persons, in giving and receiving a massage, experience feelings of sadness, anger, hostility or joy, particular areas of muscular holding and blocked energy, and the emergence of past memories of pain and pleasure. Methods of gestalt will be used to deal with emotional experiences, as they may occur, during the course of massage instruction.

● **B.S. April 9-14**
Arica Awareness Training*
Hector Prestera and Esalen Staff
Five-day workshop $215

Biographical Information

JACK DOWNING, M.D., is a psychiatrist in private practice in Palo Alto. He is experienced in public health, gestalt therapy, structural integration and Arica awareness training.

LEONNE DOWNING, R.N., P.H.N., is experienced in psychiatric nursing, public health nursing, gestalt therapy and Arica awareness training.

JOHN LILLY has primary research interest in the relation of the mind to the brain. He is trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication.

HECTOR PRESTERA is an internist and cardiologist who is currently involved in the theory and practice of structural integration. He is resident physician at Big Sur and has studied with the Arica training group in New York City.

GABRIELLE ROTH is movement specialist in residence in Big Sur. She has studied and taught creative dance forms for the past ten years. She has recently completed Arica awareness training in New York City.

JULIAN SILVERMAN is Esalen's research director and a gestalt trainer and therapist.

Books

Readings available from the Esalen Bookshop (see page 17) include:
Lilly, **The Human Biocomputer** $1.50
Shah, **Way of the Sufi** $1.95

GESTALT

Gestalt is an awareness-centered integrative process concentrating on how and now rather than why and fantasy of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own untapped potential. The assumption is made that participants are not "patients", but are persons responsible for their own life decisions.

● **B.S. January 2-7**
Gestalt Awareness Training and Meditation
Claudio Naranjo
Five-day workshop $215
at South Coast Center
Claudio Naranjo writes: "I combine the modern techniques of gestalt training with ancient techniques of self-awareness, thus endeavoring to maintain a balance between working in the interpersonal domain and working in isolation from others; between contacting the environment and contacting one's deeper self. Hopefully, a better balance may be established between both."

● **B.S. January 9-15**
Open Gestalt*
Julian Silverman
One-week workshop $200 per person.

■ **S.F. Starting January 10**
Open Gestalt
Esly Barreras
Ongoing workshop $50
This is a series of five Monday evening workshops from 8:00 to 10:30 p.m., January 10, 17, 24, 31, February 7.

■ **S.F. January 14-16**
Occupational Hazards of Psychotherapists
Abe Levitsky & Elaine Kepner
Weekend workshop $55

● **B.S. January 21-23**
Gestalt Learning Process: A Family Workshop
Janet Lederman
Weekend workshop
$75 per adult; $50 per child
at South Coast Center
Limited to 12 adults and 12 children.

● **B.S. January 23-29**
Another Aspect of Gestalt Training
Jack & Leonne Downing
One-week workshop $240
at South Coast Center
Utilizing familiar gestalt methods, combined with additional techniques from the Arica School of Oscar Ichazo, the Downings will work to increase participants' objective awareness of the concrete, actual world.

■ **S.F. January 29-30**
Open Gestalt
John Enright
Weekend workshop $50
This workshop will meet from 10:00 a.m. to 10:00 p.m. on Saturday and from 10:00 a.m. to 4:00 p.m. on Sunday. Participants should bring their own lunch to each session.

● **B.S. January 30-February 5**
Open Gestalt*
Richard Price
One-week workshop $215

■ **S.F. Starting February 2**
Open Gestalt
Lois Brien
Ongoing workshop $50
This is a series of five Wednesday evening workshops from 8:00 to 10:00 p.m., February 2, 9, 16, 23, March 1.

● **B.S. February 6-12**
Gestalt and Structural Integration*
Beverly & Julian Silverman
One-week workshop $240
By working alternatively with sensory and muscular imbalances, with gestalt and structural integration techniques, we gradually dissolve our blocks to full awareness. Each participant will receive one structural integration treatment in the course of the workshop. Additional treatments will be available at an extra charge.

■ **S.F. February 11-13**
Open Gestalt
Milton Lees
Weekend workshop $50

● **B.S. February 13-18**
Open Gestalt*
Esalen Staff
Five-day workshop $175
at South Coast Center

■ **S.F. February 18-20**
Open Gestalt for Professionals
Robert Resnick
Weekend workshop $55

● **B.S. February 20-26**
Gestalt Awareness
Barry Stevens & John O. Stevens
One-week workshop $280
The leaders both work in gestalt training in different and complementary directions. Barry focuses more directly on breaking with fantasy activity by getting in touch with the body, while John focuses more on working through projections and fantasies to arrive at awareness.

● **B.S. February 20 - March 4**
Gestalt Workshop for Professionals*
Julian Silverman, Richard Price & Esalen Staff
Two-week workshop $450
A training opportunity for ministers, psychologists, teachers and those already working professionally with groups.

● **B.S. February 25-27**
Energy and Awareness
George & Judith Brown
Weekend workshop $85
Principles of gestalt will be combined with techniques from psychosynthesis.

■ **S.F. February 28**
The Practice of Awareness: Gestalt Exercises for Daily Use
John Enright
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
An introduction to gestalt awareness training, emphasizing methods of tuning in to self and world that can be used in life situations, **ad. lib.**

■ **S.F. March 3-5**
Developing Minority Potential
John Barnwell
Weekend workshop $35
(For Blacks and Chicanos) A group for working on unfinished business and making contact with one's own capacities.

■ **S.F. March 3-5**
Open Gestalt
Thomas Munson
Weekend workshop $60

■ **S.F. Starting March 8**
Open Gestalt
Jerry Kogan
Ongoing workshop $50
This is a series of five Wednesday evening workshops from 7:30 to 10:00 p.m., March 8, 15, 22, April 5, 12. (Note: There will be no session March 29.)

● **B.S. March 10-12**
Open Gestalt*
Richard Price & Julian Silverman
Weekend workshop $85

● **B.S. March 12-18**
Another Aspect of Gestalt Training
Jack & Leonne Downing
One-week workshop $280
Utilizing familiar gestalt methods, combined with additional techniques from the Arica School of Oscar Ichazo, the Downings will work to increase participants' objective awareness of the concrete, actual world.

● **B.S. March 19-24**
Gestalt Plus
George & Judith Brown
Five-day workshop $255
The approaches of gestalt therapy will be combined with techniques from psychosynthesis. Emphasis will also be placed on what to do after leaving the workshop.

● **B.S. March 26-31**
Open Gestalt*
Richard Price
Five-day workshop $175
at South Coast Center

■ **S.F. March 31 - April 2**
Open Gestalt: For Women
Cynthia Werthman
Weekend workshop $50

● **B.S. April 2-7**
Gestalt, Movement and Massage
Gabrielle Roth & Julian Silverman
Five-day workshop $255
Many persons, in giving and receiving a massage, experience feelings of sadness, anger, hostility or joy, particular areas of muscular holding and blocked energy, and the emergence of past memories of pain and pleasure. Methods of gestalt will be used to deal with such emotional experiences, as they may occur, during the course of massage instruction.

● **B.S. April 16-21**
Art of Emotional Nourishment: Self-Induced Loneliness
Jerry Greenwald
Five-day workshop $235
This workshop will focus on enhancing awareness of the nourishing and toxic attitudes and behavior patterns of each participant as these are directed inwardly towards himself and outwardly in his relating to others. Each participant may work on any kind of difficulties he feels hinders his joy and growth in the here-and-now of his existence; e.g., letting go of obsolete relationships, diminishing phobic attitudes and other behavior patterns which hamper fuller realization of potentials. Attention will be particularly focused on self-generated patterns of loneliness.

● **B.S. April 16 - May 13**
Gestalt and Structural Integration
Richard Price & Esalen Staff
Four-week program $800
at South Coast Center
Structural integration, while producing actual physical change, also facilitates direct perception of body process in relation to emotional pressure and release. Each participant will receive three rolf treatments as part of the workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working professionally with groups (teachers, ministers, psychologists, etc.).

Biographical Information

JOHN BARNWELL conducts workshops with welfare rights organizations and teaches a course in "Developing Minority Potential" at U.C.S.B.

ESLY BARRERAS is a psychiatrist, gestalt therapist and student of the way of the Sufi. He was formerly a director and trainer at the Gestalt Institute in San Francisco, and he founded and co-directs the Gestalt Institute of Berkeley.

LOIS BRIEN is a gestalt therapist in private practice, a board member of the Gestalt Institute of San Francisco, and a member of the faculty of the California School of Professional Psychology.

GEORGE BROWN is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is director of DRICE, a Ford Foundation center at the University of California at Santa Barbara, where he teaches, and is the author of **Human Teaching for Human Learning**, an Esalen book.

JUDITH BROWN has an international reputation as a gestalt awareness trainer. In addition to her own groups she has co-led numerous groups with her husband.

JACK DOWNING, M.D., is a psychiatrist in private practice in Palo Alto. He is experienced in public health, gestalt therapy, structural integration and the Arica awareness training.

LEONNE DOWNING, R.N., P.H.N., is experienced in psychiatric nursing, public health nursing, gestalt therapy and the Arica awareness training.

JOHN ENRIGHT has been a gestalt therapist for nine years and currently specializes in teaching professionals how to integrate the gestalt approach with existing styles of practice, and applying basic principles in new forms.

JERRY GREENWALD is a gestalt therapist in private practice in Beverly Hills. He developed the concepts of nourishing ("N") people and toxic ("T") people. He is investigating further applications of these ideas and integrating them into the framework of gestalt philosophy and therapy.

ELAINE KEPNER has been on the psychology faculties at Case Western Reserve University and San Francisco State College. She has directed a post-graduate training program for mental health professionals in community mental health methods. She is a member of the Gestalt Institute of San Francisco.

JERRY KOGAN is a gestalt therapist in private practice in Berkeley, a licensed marriage and family counselor, poet and teacher. He is co-founder and director of the Gestalt Institute of Berkeley and a member of the Gestalt Institute of San Francisco.

JANET LEDERMAN, artist, teacher and author, has developed and utilized the gestalt learning process with ghetto children and with children who manifest extreme behavior problems. She is currently leading gestalt groups throughout the United States and Canada.

MILTON LEES is a former professor of mathematics and is now on the staff at Esalen. His main interest is in gestalt awareness training.

ABE LEVITSKY is psychologist in private practice in Berkeley. His two main interests are the training of gestalt therapists and integration of gestalt therapy with the methods of hypnosis.

THOMAS MUNSON began as a psychoanalyst then turned to existentialism, experienced Buddhism in Japan and is now a psychiatrist in private practice in La Jolla. He is president of the Gestalt Therapy Institute of San Diego.

CLAUDIO NARANJO is a research psychiatrist, a former associate of the Institute for Personality Assessment and Research (U.C. Berkeley) and a student of religions. He is recently returned from a year in a Sufi-oriented school in Chile.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

ROBERT RESNICK, clinical psychologist, is a gestalt therapist in private practice in Beverly Hills. He has trained with Drs. James Simkin and Fritz Perls and has been in practice with Dr. Simkin for the past several years. He is president of the Gestalt Therapy Institute of Los Angeles, editor of the **Directory of Gestalt Therapists**, and author of the paper, "Chicken Soup is Poison."

GABRIELLE ROTH is a specialist in movement and massage in residence at Big Sur. She has studied and taught creative dance forms for the past ten years. She has recently completed Arica awareness training in New York City.

BEVERLY SILVERMAN is a practitioner of structural integration and a co-leader, with her husband, of gestalt training groups.

JULIAN SILVERMAN is Esalen's research director and a gestalt trainer and therapist.

BARRY STEVENS is the author of **Don't Push the River**, written while she was in training with Fritz Perls at the Gestalt Institute of Canada. She is the co-author (with Carl R. Rogers) of **Person to Person: the Problem of Being Human**. She is also the mother of John Stevens.

JOHN STEVENS edited **Gestalt Therapy Verbatim** and wrote **Awareness: Exploring, Experimenting, Experiencing**. He is the publisher of Real People Press and is currently working toward establishing a gestalt community.

CYNTHIA WERTHMAN is a psychiatric social worker and a gestalt therapist in private practice in San Francisco. She works with the Family Therapy Institute of Marin (San Rafael), where she is a trainer and a family therapist, and is a director and trainer at the Gestalt Institute of San Francisco.

Books

Readings available from the Esalen Bookshop (see page 17) include:

Perls, **Gestalt Therapy Verbatim** $3.50

Levitsky, Perls,
Rules and Games of Gestalt Therapy
$1.00 (pamphlet)

Structural Integration

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage; working with a trained practitioner, the process is usually completed within ten individual sessions.

TRAINING in structural integration is offered only through The Guild for Structural Integration, and only upon completion of certain prerequisites. Research in rolfing is encouraged by the Guild. Information about training and research, as well as class announcements, may be obtained by writing the Guild care of Esalen Institute, 1776 Union St., San Francisco, CA 94123.

INDIVIDUAL SESSIONS with practitioners of structural integration are available **by appointment only** through the following offices:

Esalen Institute, Big Sur — no telephone appointments. Please request appointments in writing. Practitioners include Michael Butler, Al Drucker, Stanley Johnson, Hector Prestera, William Schutz, Beverly Silverman, Simone Surpin, Sharon Wheeler.

Associates in Structural Integration, Box 5111, Carmel, CA 93921. Peter Melchior, Jim Hrisikos, Gael Smith, Ed Taylor, Chet Wilson.

Esalen Institute, San Francisco — write or telephone for appointments. Chet Wilson, Michael Salveson, Dub Leigh, Larry Swann.

■ S.F. January 17
Structural Integration: A Lecture-Demonstration
Michael Salveson
Single evening event
FREE; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

● B.S. February 6-12
Gestalt and Structural Integration*
Beverly & Julian Silverman
One-week workshop $240
By working alternately with sensory and muscular imbalances, with gestalt and structural integration techniques, we gradually dissolve our blocks to full awareness. Each participant will receive one structural integration treatment in the course of the workshop. Additional treatments will be available at an extra charge.

● B.S. February 6 - April 15
Ten-week Structural Integration Residence Program
Participating Staff: Michael Butler, Al Drucker, Dub Leigh, Stan Johnson, Hector Prestera, William Schutz, Beverly Silverman, Simone Surpin, Ed Taylor, Sharon Wheeler, Richard Price, Julian Silverman & Betty Fuller.
$1800 at South Coast Center.

This will be an intensive experiential and didactic program to prepare for rolf training. It is anticipated that a number of individuals completing this residence program will be selected by the Guild for Structural Integration to go on for further training to become rolf practitioners. Although this program is primarily designed for prospective rolfers, anyone desiring a comprehensive body-oriented workshop is welcome and encouraged to apply. When making application please include some background information on yourself, how you view your body and the nature of your interest in this program. Address all correspondence to Al Drucker. Curriculum will include the following:

massage; gestalt training and encounter group experience; **cognitive** seminars and lectures including anatomy, physiology, bio-chemistry, kinesiology, nutrition, reflexology, acupuncture; **meditative** and body exercises including hatha yoga, sufi, **tai chi** movement/dance, structural patterning, fasting; **seven** sessions of rolfing per person done in individual and group settings; **work** projects in kitchen or organic garden (6 hours per week).

■ S.F. March 11
Rolf-Aston Structural Patterning in Stillness and Motion © 1971
Judith Aston
One-day workshop $25
Structural patterning, as developed by Judith Aston, is a system which promotes structural balance and efficiency of movement within the gravitational field. The patterns are arranged in sequences, focusing on breathing and the individual hinges (ankles, knees, pelvis, shoulders and neck) and progressing through positions of increasing gravitational stress. The patterns themselves are not exercises nor are they performed vigorously; the movements are slow, sometimes subtle, and done with awareness to produce change. This workshop will meet from 10:00 a.m. to 5:00 p.m. and is limited to 10 participants.

■ S.F. March 12
Rolf-Aston Structural Patterning in Stillness and Motion © 1971
Judith Aston
One-day workshop $25
(Same as workshop above.)

■ S.F. March 21
Structural Integration: An Introduction
Michael Butler
Single evening event
$3 general; $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.
Participants will learn the concepts of structural integration through exercises involving the structure and movement of their own bodies. There will also be a one-hour demonstration of rolfing and a discussion period. Limited to 50 people.

● B.S. April 16 - May 13
Gestalt and Structural Integration*
Richard Price & Esalen Staff
Four-week program $800
at South Coast Center
See Gestalt, page 7 for program description.

BULLETIN OF STRUCTURAL INTEGRATION
A journal dedicated to understanding man as a whole—now in its third year of publication. The bulletin provides a vehicle for theoretical and applied research in mind-body phenomena of interest to persons in the health sciences, physical sciences, arts and education. Past issues have included articles concerning structural integration, childbirth, movement behavior and movement therapy, articles by M. Feldenkrais, J. G. Bennett, Mathais Alexander. For a one year subscription, send $10 with NAME, ADDRESS AND ZIP CODE to: Bulletin of Structural Integration, 16756 Marquez Avenue, Pacific Palisades, CA 90272.

Biographical Information

JUDITH ASTON is a movement consultant for dance and theatre companies and a member of the San Diego Gestalt Institute. She has been trained in structural integration by Dr. Ida Rolf and in structural awareness by Dorothy Nolte.

MICHAEL BUTLER is a former Esalen resident fellow. He was trained in gestalt and encounter techniques by John Heider and subsequently became a practitioner of structural integration under the supervision of Dr. Ida Rolf.

AL DRUCKER was a resident fellow in the first Esalen Residence Program. He now lives in Big Sur where he leads workshops and practices structural integration.

BETTY FULLER is Esalen co-director of Consulting Services and a former resident fellow. Her background, in addition to encounter group work here and abroad, includes teaching and several years in radio, television and theatre.

STAN JOHNSON, M.D., is a practitioner of structural integration. He resides in Big Sur.

W. S. DUB LEIGH is a practitioner of the rolf method of structural integration and masseur as well as encounter leader. His background, in addition to the Esalen Residence Program, includes 27 years in business, politics and work with A.A.

HECTOR PRESTERA is an internist and cardiologist who is currently involved in the theory and practice of structural integration. He is resident physician at Esalen.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

MICHAEL SALVESON has been trained by Ida Rolf in structural integration and is presently a rolf practitioner in private practice in San Francisco.

WILLIAM SCHUTZ, author of **Firo, Joy** and **Here Comes Everybody,** is presently in residence at Esalen/Big Sur.

BEVERLY SILVERMAN is a practitioner of structural integration and a co-leader, with her husband, of gestalt training groups.

JULIAN SILVERMAN is Esalen's research director and a gestalt trainer and therapist.

SIMONE SURPIN is a former resident fellow at Esalen. She was trained as a group leader by John Heider and is a practicing rolfer. She has a special interest in psychic healing and esoteric arts.

ED TAYLOR is a practitioner of structural integration. He resides in Big Sur.

SHARON WHEELER is a masseuse and a practitioner of structural integration.

Books

Readings available from the Esalen Bookshop (see page 17) include:

Rolf, **Structural Integration**
$1.00 (pamphlet)

Bulletin of Structural Integration
$2.50 per issue

Asterisked programs in Big Sur and all programs in San Francisco are available at a discounted price to members. See page 19 for details.

TRANSPERSONAL

Transpersonal generally refers to transcendence, mystical experience, peak experience and parapsychological phenomena. The following workshops will explore insights and research into the physical and psychological aspects of such experience.

■ S.F. Extending Human Consciousness: The Esoteric Psychologies

A Lecture Series

Seven Wednesday evening lectures, beginning January 19. All lectures will be held 8-10:30 p.m. at First Unitarian Church, Franklin at Geary Streets, San Francisco.

Individual and series tickets are available: series tickets should be purchased in advance through the San Francisco office; individual tickets may be purchased in advance or at the door.

Series tickets (7 lectures): $17 general; $10 student

Individual tickets: $3 general; $2 student

January 19:
The Esoteric Psychologies
Robert Ornstein

In other cultures, those interested in the mind or in the nature of consciousness worked in the traditions of Buddhism, yoga or sufism. These psychologies offer us a radically expanded view of man and techniques for achieving extended consciousness. A lecture with some group exercises.

January 26:
On Zen
Arthur Deikman

Zen training and zen consciousness will be discussed from the point of view of developmental psychology and the psychodynamics of letting go.

February 2:
The Psychology of Psychotic Consciousness
Arthur Deikman

Psychotic states will be discussed as adaptive options and related to the mystical experience.

February 9:
Energy and Aikido
Robert Frager

A discussion of the Japanese concept of vital energy, and the training and development of energy in traditional samurai and zen disciplines. A lecture-demonstration plus experential work in aikido.

February 16:
The Transformation of Energy
Robert Frager

A discussion of various spiritual systems, based on the transformation of energy, including the techniques of taoism, the theory of chakras of tantric yoga, and a more general theory of man as energy.

February 23:
The Psychology of Meditation
Robert Ornstein

Meditation is perhaps the highest technology available to alter and extend consciousness. This session will combine both theory and practice, stressing the communalities of meditation as it is practiced from the bushman to the sufi master.

March 1:
On Sufism
Robert Ornstein

There has been one continuous stream of teaching which underlies yoga and Islam, Christianity, the tarot, Aesop's fables and many others which are familiar. It exists today in a new form, expressly designed for our culture with all its strengths and weaknesses. We will also reflect on some stories,

■ **S.F. Starting January 10**
What Are You Doing With Your Life?
Arthur Deikman
Ongoing series $90

Arthur Deikman is a psychiatrist who has been doing research on meditation for the past ten years. From the perspective of psychotherapy and the psychology of contemplative practice, he will help the participants in this course to explore basic questions about the direction and quality of their lives. Hopefully, this program will help people integrate the kinds of insights and experience which seem most important to them to the rest of their activities.

Ten Monday afternoons, 4:00-6:30 p.m., January 10 to March 13.

■ **S.F. Starting January 10**
The Psychology of Human Consciousness
Robert Ornstein
Ongoing series $90

A complete conception of man is beginning to emerge within the academic disciplines, a conception which includes man's capacity for self-regulation, his sensitivity to subtle sources of energy, his facility for "paranormal communication." Current thinkers have discovered many older esoteric disciplines for training these human capacities and are developing many new technologies. The present scientific revolution represents for Western man a synthesis of the religious (in the broadest sense) conception of the human potential with the methods and technological sophistication of 20th century science.

This course will be an intellectual and experiential inquiry into human consciousness. Readings and exercises from both ancient and modern disciplines will be included. Emphasis will be on the psychology of meditation and the unity of esoteric and modern psychologies.

Six Monday evenings, 7:30-10:00 p.m., January 10, 24, February 7, 21, March 6, 20. There will also be one weekend workshop, February 18-20.

■ **S.F. January 13**
Bio-Feedback: Brainwave Training for Creativity
Elmer & Alyce Green

Single evening event
$3 general; $2 student; 8-10:30 p.m.;
U.C. Medical Center, 3rd Avenue and Parnassus, San Francisco.

● **B.S. January 21-23**
A Weekend with Ann Armstrong and James Fadiman
$95

A combining of techniques drawn from psychic readings, psychosynthesis and meditation will be used to discover and strengthen natural capacities to know ourselves. There will be no individual psychic readings.

● **B.S. January 23-26**
Bio-Feedback: Brain-Waves, Psychosomatic Health and Inner Exploration
Elmer & Alyce Green
Three-day workshop $175

With the continued refinement of electronic sensing devices to a high state of perfection, it has been found that if the human system can be made aware of various processes hitherto regarded as involuntary, it can, by making use of this new information feedback, correct itself within the context of a total health and survival goal. This workshop will be devoted to the demonstration of these recent discoveries, with a special emphasis on muscle tension and alpha-theta wave training. There will be sufficient electronic equipment of the latest laboratory quality, so that each participant may, himself, work with the machines over long periods of time.

● **B.S. February 4-6**
Mystery of the Universe and of Human Existence in the Light of Psychedelic Research
Stanislav Grof & Michael Murphy
Weekend seminar $85
at South Coast Center

In LSD research, subjects report a variety of experiences of philosophical, religious and mystical nature. Are they random products of the chemically altered brain or profound insights into the mysteries of the universe and human existence? The metaphysical system that emerges from this research appears to be surprisingly consistent and comprehensive. The seminar will compare this system with other existing systems, especially Aurobindo's integral yoga. Its implications will be confronted with the findings of 20th century science.

● **B.S. February 6-11**
Between Heaven and Earth
Laura Huxley
Five-day workshop $215
at South Coast Center

We are all beings between heaven and earth: not fully earthy as animals nor, as yet, heavenly as gods. This workshop will attempt to bring about a happy union of the two through the use of will, imagination and muscles, of eating and fasting and of becoming aware of our Body of Light.

● **B.S. March 3-5**
Man's "Silent" Half-Brain
David Galin
Weekend seminar $85
at South Coast Center

The left hemisphere of the cortex is specialized for linear, verbal, intellectual functions; the right side, it seems, contains elements of the musician and the dreamer, the unconscious and the mystical. Discussion will center on recent research and the implications of our biological duality for psychology, education and mysticism.

● **B.S. March 5-11**
Counseling for the Dying
Lawrence LeShan
One-week workshop $220
at South Coast Center

A workshop for physicians, psychologists, social workers and ministers on working with and relating to the terminal patient. This special period of life has profound needs which are rarely met today. The professional can help the patient meet these needs and live fully until his death. Further, this can help the patient to mobilize his organismic resources to aid the medical intervention. The anxieties aroused by the dying patient will also be explored and worked through in detail.

■ **S.F. March 8**
Transpersonal Exercises
James Fadiman
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
U.C. Medical Center, 3rd Avenue and Parnassus, San Francisco.

An evening of doing. We will begin with sensory awareness, then interpersonal and meditational or centering exercises, and finally work with psychosynthesis and transpersonal experiences. Some exercises may require paper and pencil.

■ **S.F. March 13**
Psychic Healing
Lawrence LeShan
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.

A discussion of psychic healing; what it is, how it's done, when it works, and where it works.

Meditation

● **B.S. January 2-7**
Gestalt Awareness Training and Meditation
Claudio Naranjo
Five-day workshop $215
at South Coast Center

Claudio Naranjo writes: "I combine the modern techniques of gestalt training with ancient techniques of self-awareness, thus endeavoring to maintain a balance between working in the interpersonal domain and working in isolation from others; between contacting the environment and contacting one's deeper self. Hopefully, a better balance may be established between both."

■ **S.F. Starting January 4**
Aikido and Energy Awareness
Robert Nadeau
Ongoing series

One meeting per week: $15 per month (general and student).

Two meetings per week: $25 per month, general; $20 per month, student.

Three meetings per week: $35 per month, general; $30 per month, student.

A continuous program of instruction in energy awareness as used for centering, movement, healing, concentration and relaxation, and in aikido as a physical expression of that awareness in a self-defense form, with emphasis on harmony and energy in motion. This course will meet each week; participation can be in one, two or three sessions per week, with tuition based on the schedule of participation.

Aikido: Tuesday, 8-9:30 p.m.; Saturday, 10-12 noon.

Energy Awareness: Thursday, 8-9:30 p.m.

● **B.S. January 9-14**
Meditation*
Deborah Carson & Esalen Staff
Five-day workshop $215

An exploration into various forms of meditation: chanting, massage, yoga, movement, music, **tai chi chuan.**

● **B.S. January 23-28**
Moving Together: Body and Mind
Al Chung-liang Huang
Five-day workshop $235

In the East, the word body-mind is one. In the centering process of meditation, movement and quiescence become one. This workshop is devoted to the rediscovery of our bodymind entity, the emergence of energy flowing and energy sharing. **Tai chi chuan,** body movement, chanting, cursive calligraphy are some of the ways we will share during the week.

■ **S.F. Starting February 3**
Yoga of Consciousness and Meditation
Eleanor Criswell
Ongoing workshop
$35 general; $25 student

The theory and practice of raja (Ashtanga) yoga: yama, niyama, postures, breathing, relaxation, concentration training and meditative modes will be studied in the light of modern psychophysiology and bio-feedback. Participants will be encouraged to keep a personal yoga journal. Open to both beginning and continuing students. Eight Thursday evening workshops, 8-10:30 p.m., February 3, 10, 17, 24, March 2, 9, 16, 23.

● **B.S. February 13-18**
Massage and Meditation*
Peggy Morrison & Richard Horan
Five-day workshop $215

■ **S.F. February 26**
Massage as a Meditation
Ann Parks & Anita Feder
One-day workshop $15

● **B.S. March 17-19**
The Science of Worship
Claudio Naranjo
Weekend workshop $95

Biographical Information

ANN ARMSTRONG is a noted psychic who has worked with many leaders in the human potential movement. She has a private practice in Sacramento.

DEBORAH CARSON practices hatha yoga and massage at Big Sur where she is on the teaching staff. She was a member of the Fall 1970 Residence Program.

ELEANOR CRISWELL is an Assistant Professor of Psychology at Sonoma State College, California, where she teaches physiological psychology, educational psychology and yoga psychology and is involved in EEG research.

ARTHUR DEIKMAN, a psychiatrist, has done pioneering research in the field of meditation, as well as theoretical and clinical investigations of hallucinogenic drugs, Zen Buddhism and psychosis. He is presently on leave of absence from the University of Colorado Medical Center and lives in the San Francisco Bay Area.

JAMES FADIMAN is a senior counselor and consultant at Stanford University. He is an editor of the **Journal of Transpersonal Psychology** and the editor of several books, most recently, **The Practice of Psychosynthesis.** He is a pioneer in the transpersonal field, has lectured and done workshops in psychosynthesis for several years, and has worked with Roberto Assagioli in Italy.

ANITA FEDER trained in massage at Esalen with Molly Day Schackman and in gestalt therapy with Bob Hall. She is a teacher of hatha yoga and meditation.

ROBERT FRAGER teaches psychology at the University of California, Santa Cruz. He was a personal student of Master Morihei Ueshiba, the founder of aikido, and has also practiced various schools of yoga for a number of years.

DAVID GALIN, neuropsychologist at Langley Porter Institute, is interested in the brain and consciousness expansion. His specialties include study of left-right differences in the brain and bio-feedback.

ALYCE GREEN is working on her M.A. in the form of a book called "Creativity, East and West — A Comparative Study" which will deal with brain wave training in the field of creativity. She participated in the design and conduct of The Menninger Foundation's first National Institute of Mental Health grant in Alpha-Theta Brain Wave Feedback, and is the Research Trainer in various feedback techniques.

ELMER GREEN, received his doctorate from the University of Chicago in Bio-Psychology. He has long been interested in meditative procedures and states of consciousness research. He was chairman and organizer of the first Council Grove Conference on the Voluntary Control of Internal States in April, 1969 and was the program chairman for the Transpersonal Psychology section of the Association for Humanistic Psychology annual convention. He is currently head of the Psychophysiology Laboratory Research Department of The Menninger Foundation.

STANISLAV GROF is a research psychiatrist currently on a fellowship at the Johns Hopkins Medical School in Baltimore. During the past decade he has conducted numerous studies with LSD subjects in Prague. He has analyzed records from more than 2,600 sessions of psychiatric patients, scientists, philosophers, artists, theologians and persons facing death with special emphasis placed on experiences and insights related to basic ontological questions.

RICHARD HORAN is an artist, masseur and organic gardener.

AL CHUNG-LIANG HUANG is a teacher, dancer and master of **tai chi chuan.** He has co-led workshops with Alan Watts and taught at UCLA, University of Hawaii's East-West Center, and Foo-Hsing Opera School, College of Chinese Culture in Taiwan. He holds a bachelor's degree in architecture and an M.A. in dance. He is currently artist-in-residence at Krannert Center for the Performing Arts and Experimental College at University of Illinois.

LAURA HUXLEY is the author of **You Are Not the Target** and **The Timeless Moment.** In partnership with her husband, the late Aldous Huxley, she explored ways of opening the mind to new levels of awareness.

LAWRENCE LESHAN worked for fifteen years as the psychologist in a cancer hospital. He has published such papers as "Mobilizing the Life Force" and "Psychotherapy with the Dying Patient" and is the co-author of the book **Counseling the Dying.**

PEGGY MORRISON is a member of the massage staff at Big Sur.

MICHAEL MURPHY is president and co-founder of Esalen Institute.

ROBERT NADEAU utilizes energy awareness and the concept of "energy dimensions" to approach the transpersonal self. He teaches meditation, energy awareness and aikido in the Bay Area.

CLAUDIO NARANJO is a research psychiatrist, a former associate of the Institute for Personality Assessment and Research (U.C. Berkeley) and a student of religions. He is recently returned from a year in a sufi-oriented school in Chile.

ROBERT ORNSTEIN teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. He is author of the books **On the Experience of Time** and, with Claudio Naranjo, **On the Psychology of Meditation.**

ANN PARKS, owner of the Berkeley Massage Studio, was trained at Esalen/Big Sur where she was a member of the massage staff. She is a student of meditation and sensory awareness.

Books

Readings available from the Esalen Bookshop (see page 17) include:

Ornstein, Naranjo,
On the Psychology of Meditation $7.95

Tart (Ed.), **Altered States of Consciousness** $9.95

Long-Term Programs

The following programs represent ways in which participants can involve themselves with Esalen over an extended period of time. Although Esalen does not have a leadership training program, per se, involvement in these long-term programs will present greater opportunities for learning experiences and exposure to a wide variety of disciplines. (For additional program listings see Workshops for Professionals, page 16.)

■ S.F.
THE ESALEN STUDY GROUPS
A Tutorial Program

Esalen is forming experimen al groups patterned after the tutorial system of Oxford, Cambridge and the teaching model of antiquity. A very few students will meet regularly with their tutors who, as resource experts, will provide direct teaching, assistance, advice and access to the wealth of resources which the community can offer. Weekly sessions of these groups will include study, work and evaluation in an informal and intimate setting.

The Study Groups are expected to create an educational alternative where the exploration and development of consciousness or styles of being can take place, rather than simply the acquisition of skills, techniques or information as such. The overall work of Esalen will be greatly modified as students present us with their needs and discoveries. Wherever possible we will schedule programs which are requested by students. We feel that this is the beginning of a dialogue which will enable Esalen to become more directly responsive to the personal development of its participants.

Tutors for the Winter period will be: Eleanor Criswell, Arthur Deikman, Jan Grand, Michael Murphy, Bob Ornstein and David Sobel. A more complete description of the program, as well as a listing of scheduled tutorial sessions, is available from the Esalen/San Francisco office. Please write or call us for information.

BIG SUR RESIDENTIAL PROGRAMS

1. Apprentice Training Program

Persons are selected on the basis of their possible contribution in a given area of work, and admission is possible at any time throughout the year. The program and its duration is according to individual need; the average length of time is four months. The first step in admission is attendance in one of the two-week programs called **Open Residence Program.** (See **Encounter,** page 4.) These workshops are designed to give participants a maximum amount of exposure to the staff and the Esalen community. It is hoped that each person will find, during his two weeks, the Esalen staff leader to whom he wishes to apprentice, and that a mutual tutorial program will evolve from the association.

2. Long-Term Residential Program

This program may be initiated by an individual according to his specific interests and needs, chosen from among the continuing workshops available.

Costs for both types of individual programs is $800 per month. Accommodations will be on a shared basis on the main grounds of Esalen. No scholarships are available.

■ S.F. THE EXTENDED GROWTH PROGRAM

The Extended Growth Program is an intensive five-month personal growth program in the San Francisco Bay Area. Combining a schedule of workshops with ongoing small group work under the direction of experienced coordinators, it provides exposure to a number of disciplines, and allows participants to attempt integration of their experience into their customary living and working environments. These programs are scheduled at various times during the year. The program already in session will continue through March. Information on the next program, tentatively scheduled for the Fall, will appear in the Spring catalog.

● B.S. January 2-29
Mini-Residential Program
Michael Butler & Esalen Staff
Four-week program $775
at South Coast Center
(For workshop description, see **Encounter,** p. 4.)

● B.S. January 9-February 5
Freeing the Body
Esalen Staff
Four-week program $875
(For workshop description, see **The Human Body,** p. 14.)

● B.S. February 6-April 15
Ten-Week Structural Integration Residence Program
Participating Staff: Michael Butler, Al Drucker, Dub Leigh, Stan Johnson, Hector Prestera, William Schutz, Beverly Silverman, Simone Surpin, Ed Taylor, Sharon Wheeler, Richard Price, Julian Silverman & Betty Fuller.
$1800 at South Coast Center.

This will be an intensive experiential and didactic program to prepare for rolf training. *It is anticipated that a number* of individuals completing this residence program will be selected by the Guild for Structural Integration to go on for further training to become rolf practitioners. Although this program is primarily designed for prospective rolfers, anyone desiring a comprehensive body-oriented workshop is welcome and encouraged to apply. When making application please include some background information on yourself, how you view your body and the nature of your interest in this program. Address all correspondence to Al Drucker. Curriculum will include the following:

massage; gestalt training and encounter group experience; **cognitive** seminars and lectures including anatomy, physiology, bio-chemistry, kinesiology, nutrition, reflexology, acupuncture; **meditative** and body exercises including hatha yoga, sufi, **tai chi** movement/dance, structural patterning, fasting; **seven** sessions of rolfing per person done in individual and group settings; **work** projects in kitchen or organic garden (6 hours per week).

For leaders' biographies, see page 7.

● B.S. April 16-May 13
Gestalt and Structural Integration
Richard Price & Esalen Staff
Four-week program $800
at South Coast Center

Psychological dis-ease and physical tension are two aspects of one phenomenon. Gestalt training is an awareness-centered, integrative process concentrating on **How** and **Now** rather than **Why** and **Fantasy** of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own unused potential. Structural integration (rolfing) while producing actual physical change, also facilitates direct perception of body process in relation to emotional pressure and release. Each participant will receive three rolf treatments as part of this workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working professionally with groups (teachers, ministers, psychologists, etc.).

For leader's biography, see "Gestalt", pp. 6-7.

The Esalen Calendar

SAN FRANCISCO PROGRAMS

Dates *Program / Leader / Format / Page No.*

BIG SUR PROGRAMS

Dates *Program / Leader / Format / Page No.*

THE WEEK OF JANUARY 2ND

Starts Jan. 3* **The Alexander Technique:** Ottiwell (cont. Mon. eves): p. 14

Jan. 4 **Introduction to Psychosynthesis:** Fadiman (single eve): p. 13

Starts Jan. 4* **Aikido & Energy Awareness:** Nadeau (cont. Tues., Thurs. & Sats.): p. 14

Jan. 4-Feb. 1 **Self-Discovery Through Music:** Wells (5 Tues. eves): p. 12

Jan. 5 **About Esalen Programs:** Staff (single eve): [FREE]: p. 2

Starts Jan. 5* **Body Awareness:** Downing (cont. Wed. eves): p. 14

Jan. 6 **The Alexander Technique:** Macdonald (one-day): p. 14

Starts Jan. 6* **Breath Energy:** Downing (cont. Thur. eves): p. 14

Jan. 6, 13, 22 **Psychosynthesis—Advanced:** J. & S. Vargiu (2 eves & 1 day): p. 13

Jan. 7-9 **The Living Place:** Fuller, Leigh (weekend): p. 4

Jan. 7-9 **Couples' Workshop:** R. & M. Kriegel (weekend): p. 4

Jan. 7-9 **Psychosynthesis:** Carter, Kull (weekend): p. 13

Jan. 2-7 **Gestalt Awareness Training & Meditation:** Naranjo (5 days): p. 6

Jan. 2-29 **Mini-Residential Program:** Butler (4 weeks): p. 4

Jan. 7-9 **Improvisational Theater:** Hankin (weekend): p. 12

*Continuous programs which may be joined at any time

THE WEEK OF JANUARY 9TH

Jan. 10-Feb. 7 **Open Gestalt:** Barreras (5 Mon. eves): p. 6

Jan. 10-Mar. 13 **What Are You Doing with Your Life?:** Deikman (10 Mon. afternoons): p. 8

Jan. 10-Mar. 13 **Developing a Concept of Health:** Sobel (10 Mon. eves): p. 14

Jan. 10-Mar. 20 **Psychology of Human Consciousness:** Ornstein (6 Mon. eves): p. 8

Jan. 11-Mar. 14 **The Human Body:** Koski (10 Tues. eves): p. 14

Jan. 11-Mar. 16 **Ecstatic Athletics:** Gluck (10 Tues. or Thurs. afternoons): p. 14

Jan. 11-Mar. 30 **Massage Training:** Jackson (twice weekly; 12 weeks): p. 14

Jan. 12 **Self, Sex & Psychotherapy:** Clark (single eve): p. 4

Jan. 12-Mar. 15 **Alternative World Views:** Cowan (10 Wed. eves): p. 12

Jan. 13 **Bio-Feedback:** E. & A. Green (single eve): p. 8

Jan. 13-Feb. 10 **Open Encounter:** Sloan (5 Thurs. eves): p. 4

Jan. 13-Mar. 16 **Human Anatomy:** Jackson (10 Thurs. afternoons or eves): p. 15

Jan. 14-16 **Extending Awareness through Hypnosis:** Pulos (weekend): p. 12

Jan. 14-16 **Encounter for Singles:** Cromey (weekend): p. 4

Jan. 14-16 **Occupational Hazards of Psychotherapists:** Levitsky, Kepner (weekend): p. 6

Jan. 15-16 **Energy Awareness:** Nadeau (weekend): p. 15

Jan. 9-14 **Meditation:** Carson (5 days): p. 9

Jan. 9-15 **Experience of Esalen:** Staff (1 week): p. 4

Jan. 9-15 **Open Gestalt:** Silverman (1 week): p. 6

Jan. 9-22 **Open Residence Program:** Surpin (2 weeks): p. 4

Jan. 9-Feb. 5 **Freeing the Body:** Staff (4 weeks): p. 14

Jan. 14-16 **Human Potentials & American Civilization:** Lerner (weekend): p. 12

THE WEEK OF JANUARY 16TH

Jan. 17 **Structural Integration:** Salveson (single eve): [FREE]: **p. 7**

Jan. 18 **Breadmaking: Ancient Art & Craft:** Manuel (single eve): **p. 12**

Jan. 19 **Esoteric Psychologies:** Ornstein (single eve): **p. 8**

Jan. 21-23 **Weekend of Psychodrama:** Anderson (weekend): **p. 12**

Jan. 21-23 **Workshop in Confluent Education:** Ford-Esalen Project (weekend): **p. 17**

Jan. 21-23 **Communication & Growth:** Conway (weekend): **p. 4**

Jan. 22-23 **Bioenergetics:** Conant (weekend): **p. 15**

Jan. 16-21 **Experience of Esalen:** Staff (5 days): **p. 4**

Jan. 16-22 **Freeing the Body:** Staff (1 week): **p. 15**

Jan. 16-22 **Refocusing Energy:** R. & M. Kriegel, Rosenblatt (1 week): **p. 4**

Jan. 21-23 **A Weekend with Ann Armstrong & James Fadiman p. 8**

Jan. 21-23 **Gestalt Learning Process-Family Workshop:** Lederman (weekend): **p. 6**

THE WEEK OF JANUARY 23RD

Jan. 24 **Introduction to Esalen:** Staff (single eve): **p. 4**

Jan. 26 **On Zen:** Deikman (single eve): **p. 8**

Jan. 28-30 **Psychology of Over-Eating:** L. & L. Pearson (weekend): **p. 12**

Jan. 28-30 **Psychosynthesis—Mandala:** J. & S. Vargiu, J. & M. Arguëlles (weekend): **p. 13**

Jan. 28-30 **Massage & Encounter:** Cromey (weekend): **p. 15**

Jan. 29 **Introduction to Esalen:** Staff (1 day): **p. 4**

Jan. 29-30 **Open Gestalt:** Enright (weekend): **p. 6**

Jan. 23-26 **Bio-Feedback:** E. & A. Green (3 days): **p. 8**

Jan. 23-28 **Moving Together, Body & Mind:** Huang (5 days): **p. 15**

Jan. 23-29 **Celebration:** Fuller, Leigh, (1 week): **p. 4**

Jan. 23-29 **Another Aspect of Gestalt Training:** J. & L. Downing (1 week): **p. 6**

SAN FRANCISCO PROGRAMS

Dates *Program / Leader / Format / Page No.*

BIG SUR PROGRAMS

Dates *Program / Leader / Format / Page No.*

THE WEEK OF JANUARY 30TH

Feb. 2 **Psychology of Psychotic Consciousness:** Deikman (single eve): **p. 8**

Feb. 2-Mar. 1 **Open Gestalt:** Brien (5 Wed. eves): **p. 6**

Feb. 3 **New Ways of Meeting New People:** Cromey (single eve): **p. 4**

Feb. 3-Mar. 23 **Yoga of Consciousness & Meditation:** Criswell (8 Thurs. eves): **p. 15**

Feb. 4-6 **Introduction to Esalen:** Staff (weekend): **p. 4**

Feb. 4-6 **Sexuality & Education:** Grand, Marin (weekend): **p. 17**

Feb. 4-6 **Movement & Stillness:** Keen (weekend): **p. 15**

Feb. 5 **Massage:** Downing, Rush (1 day): **p. 15**

Feb. 5-6 **Philosophy & Health:** Koestenbaum (weekend): **p. 12**

Jan. 30-Feb. 4 **Psychosynthesis:** J. & S. Vargiu (5 days): **p. 13**

Jan. 30-Feb. 5 **Open Gestalt:** Price (1 week): **p. 6**

Jan. 30-Feb. 5 **Workshop for the Medical Professions:** Prestera (1 week): **p. 16**

Feb. 4-6 **Mystery of the Universe in the Light of Psychedelic Research:** Grof, Murphy (weekend): **p. 8**

THE WEEK OF FEBRUARY 6TH

Feb. 8-Mar. 28 **Psychodrama for Professionals:** Anderson (8 Tues. eves): **p. 16**

Feb. 9 **Energy & Aikido:** Frager (single eve): **p. 8**

Feb. 11 **An Evening with Anaïs Nin:** (single eve): **p. 12**

Feb. 11-13 **Couples' Workshop:** Smith (weekend): **p. 4**

Feb. 11-13 **Open Gestalt:** Lees (weekend): **p. 6**

Feb. 11-13 **Psychosynthesis & Art:** Allen (weekend): **p. 13**

Feb. 11-Mar. 19 **Innovations in Counseling:** Aiken (3 weekends): **p. 16**

Feb. 12 **"Furrawn":** Anais Nin (morning seminar): **p. 12**

Feb. 6-11 **Between Heaven & Earth:** Huxley (5 days): **p. 8**

Feb. 6-11 **Dervish Dances & Sufism:** Sarhan (5 days): **p. 15**

Feb. 6-12 **Open Residence Program:** Staff: (1 week): **p. 4**

Feb. 6-12 **Gestalt & Structural Integration:** J. & B. Silverman (1 week): **p. 6**

Feb. 6-Apr. 15 **Structural Integration Residence Program:** Staff (10 weeks): **p. 7**

Feb. 11-13 **For Doctors & Nurses:** J. & L. Downing (weekend): **p. 16**

THE WEEK OF FEBRUARY 13TH

Feb. 13 **Introduction to Esalen:** Staff (1 day): **p. 4**

Feb. 16 **Transformation of Energy:** Frager (single eve): **p. 8**

Feb. 17 **Touchstones of Reality:** Friedman (single eve): **p. 12**

Feb. 17-Mar. 30 **Visionary Drug Ceremonies:** Aldrich (7 Thurs. eves): **p. 12**

Feb. 18-20 **Yoga & Breath Energy:** Downing (weekend): **p. 15**

Feb. 18-20 **Encounter for Singles:** Cromey (weekend): **p. 5**

Feb. 18-20 **Open Gestalt for Professionals:** Resnick (weekend): **p. 6**

Feb. 18-20 **Psychosynthesis for Those Under 25:** Carter, Kull (weekend): **p. 13**

Feb. 13-18 **Open Gestalt:** Staff (5 days): **p. 6**

Feb. 13-18 **Massage & Meditation:** Morrison, Horan (5 days): **p. 15**

Feb. 13-18 **Male & Female:** Butler, Surpin (5 days): **p. 5**

Feb. 13-19 **Open Residence Program:** Sloan (1 week): **p. 4**

Feb. 18-20 **Psychosynthesis: Return to Center:** Fadiman (weekend): **p. 13**

Feb. 18-20 **Ideology & Emotion:** Adams (weekend): **p. 12**

THE WEEK OF FEBRUARY 20TH

Feb. 22-Mar. 14 **Beyond the Textbook:** Harris-Kriegel (4 Tues. eves): **p. 17**

Feb. 22-Mar. 21 **Open Encounter:** Kriegel (5 Tues. eves): **p. 5**

Feb. 23 **Psychology of Meditation:** Ornstein (single eve): **p. 8**

Feb. 24 **Introduction to Esalen:** Staff (single eve): **p. 4**

Feb. 24-27 **Sexuality & Self for Professionals:** Clark (extended weekend): **p. 16**

Feb. 25-27 **Arts Synergy:** Dutton (weekend): **p. 12**

Feb. 25-27 **Group Interaction:** R. & M. Kriegel (weekend): **p. 5**

Feb. 26 **Massage as a Meditation:** Parks, Feder (1 day): **p. 15**

Feb. 26-27 **Touchstones of Reality:** Friedman (weekend): **p. 12**

Feb. 20-25 **Arica Awareness Training:** Prestera (5 days): **p. 5**

Feb. 20-25 **Life Energy:** Nadeau (5 days): **p. 15**

Feb. 20-26 **Gestalt Awareness:** B. & J. Stevens (1 week): **p. 6**

Feb. 20-Mar. 4 **Gestalt for Professionals:** Price, Silverman (2 weeks): **p. 6**

Feb. 25-27 **Entropy:** Butler, Drucker (weekend): **p. 5**

Feb. 25-27 **Energy & Awareness:** G. & J. Brown (weekend): **p. 6**

THE WEEK OF FEBRUARY 27TH

Feb. 28 **The Practice of Awareness:** Enright (single eve): **p. 6**

Feb. 29 **On Developing a Concept of Health:** Parsons, Schiller (single eve): **p. 15**

Mar. 1 **On Sufism:** Ornstein (single eve): **p. 8**

Mar. 3-5 **Massage:** Stephens (weekend): **p. 15**

Mar. 3-5 **Psychosynthesis:** Allen (weekend): **p. 13**

Mar. 3-5 **Developing Minority Potential:** Barnwell (weekend): **p. 6**

Mar. 3-5 **Open Gestalt:** Munson (weekend): **p. 6**

Mar. 4 **Introduction to Esalen:** Staff (1 day): **p. 4**

Feb. 27-Mar. 3 **Experience of Esalen:** Staff (5 days): **p. 4**

Feb. 27-Mar. 3 **Guild of Hands:** Crafts Staff (5 days): **p. 12**

Feb. 27-Mar. 11 **The Human Biocomputer:** Lilly (2 weeks): **p. 5**

Mar. 3-5 **Opening Doors:** Selver, Brooks (weekend): **p. 14**

Mar. 3-5 **Man's "Silent" Half-Brain:** Galin (weekend): **p. 8**

SAN FRANCISCO PROGRAMS

Dates *Program/Leader / Format / Page No.*

BIG SUR PROGRAMS

Dates *Program / Leader / Format / Page No.*

THE WEEK OF MARCH 5TH

Mar. 6 **On Yoga:** Kramer (single eve): **p. 15**

Mar. 8 **Transpersonal Exercises:** Fadiman (single evening): **p. 9**

Mar. 8-Apr. 12 **Open Gestalt:** Kogan (5 Wed. eves): **p. 6**

Mar. 9 **Drugs, Sex & Treason:** Schoenfeld (Dr. Hippocrates (single eve): **p. 12**

Mar. 10-12 **Open Encounter:** A. & J. Fox (weekend): **p. 5**

Mar. 11-12 **Vitality of Death:** Keleman, Koestenbaum (weekend): **p. 12**

Mar. 11-12 **Aikido & Psychosynthesis:** Frager, Fadiman (weekend): **p. 15**

Mar. 11-12 **Family Communication:** Saltman (weekend): **p. 12**

Mar. 11 **Rolf-Aston Structural Patterning:** Aston (1 day): **p. 7**

Mar. 12 **Rolf-Aston Structural Patterning:** Aston (1 day): **p. 7**

Mar. 5-10 **Massage & Movement:** Roth (5 days): **p. 15**

Mar. 5-11 **Counseling for the Dying:** LeShan (1 week): **p. 16**

Mar. 5-18 **Open Residence Program:** Butler (2 weeks): **p. 4**

Mar. 10-12 **Open Gestalt:** Price, Silverman (weekend): **p. 6**

THE WEEK OF MARCH 12TH

Mar. 13 **Psychic Healing:** LeShan (single eve): **p. 9**

Mar. 15 **Introduction to Esalen:** Staff (single eve): **p. 4**

Mar. 17-19 **Divorce: A Creative Experience:** Cromey (weekend): **p. 5**

Mar. 17-19 **Toward Intimacy:** Hough, Marsh (weekend): **p. 5**

Mar. 17-19 **Towards More Depth & Fullness:** Selver, Brooks (weekend): **p. 14**

Mar. 18 **Drugs, Sex, Food & Other Mysteries:** Schoenfeld (Dr. Hippocrates) (1 day): **p. 12**

Mar. 18-19 **Yoga, Explorations in Awareness:** Kramer (weekend): **p. 15**

Mar. 12-18 **Another Aspect of Gestalt Training:** J. & L. Downing (1 week): **p. 6**

Mar. 12-18 **Peeling the Ego/Body:** Surpin (1 week): **p. 5**

Mar. 17-19 **The Science of Worship:** Naranjo (weekend): **p. 8**

THE WEEK OF MARCH 19TH

Mar. 21 **Structural Integration:** Butler (single eve): **p. 7**

Mar. 24 **Faith, Reality & Depression:** Lowen (single eve): **p. 15**

Mar. 24-26 **The Adventure of Incarnation:** Grand, Marin (weekend): **p. 15**

Mar. 24-26 **Introduction to Massage:** Downing (weekend): **p. 15**

Mar. 24-26 **Introduction to Esalen:** Staff (weekend): **p. 4**

Mar. 24-26 **Expressing Self in Marriage:** D. & B. Clark (weekend): **p. 5**

Mar. 25 **Alternative Views of Schizophrenia:** A. & J. Fox, Saltman (1 day): **p. 13**

Mar. 19-24 **Being All There:** Selver, Brooks (5 days): **p. 14**

Mar. 19-24 **Gestalt Plus:** G. & J. Brown (5 days): **p. 6**

Mar. 19-24 **Herbs for the Five Senses:** Rose (5 days): **p. 13**

Mar. 19-Apr. 1 **Open Residence Program:** R. & M. Kriegel (2 weeks): **p. 4**

Mar. 24-26 **Fun & Games:** Frager, Fadiman (weekend): **p. 15**

Mar. 24-26 **Experience of Esalen:** Surpin (weekend): **p. 4**

THE WEEK OF MARCH 26TH

Mar. 31-Apr. 2 **Advanced Intensive Encounter:** Stephens (weekend): p. 5

Mar. 31-Apr. 2 **Open Gestalt for Women:** Werthman (weekend): p. 6

Apr. 1 & Apr. 8 **Psychosynthesis:** Carter, Kull (2 one-days): p. 13

Mar. 26-31 **Open Gestalt:** Price (5 days): p. 6

Mar. 26-31 **Psychosynthesis & Art:** Allen (5 days): p. 13

Mar. 26-Apr. 1 **Educating the Whole Person:** P. & A. Nash (1 week): p. 17

Mar. 31-Apr. 2 **From Dream to Reality Revisited:** Fadiman, Leonard, Murphy (weekend): p. 13

THE WEEK OF APRIL 2ND

Apr. 6 **Introduction to Esalen:** Staff (single eve): p. 4

Apr. 7-9 **Professional Training in Psychosynthesis:** R. & D. Gerard (weekend): p. 13

Apr. 7-9 **Human Potentials & American Civilization:** Lerner, Murphy (weekend): p. 13

Apr. 7-9 **Experiences in Visual Thinking:** McKim (weekend): p. 13

Apr. 2-7 **Bodymind:** Butler (5 days): p. 15

Apr. 2-7 **Gestalt, Movement & Massage:** Roth, Silverman (5 days): p. 7

Apr. 2-8 **Open Residence Program:** Staff (1 week): p. 4

Apr. 3-8 **Therapeutic Aggression:** Bach (5 days): p. 16

THE WEEK OF APRIL 9TH

Apr. 14-16 **The Delight of Immediacy:** Selver, Brooks (weekend): p. 14

Apr. 9-14 **Arica Awareness Training:** Prestera (5 days): p. 5

THE WEEK OF APRIL 16TH

Apr. 16-21 **Art of Emotional Nourishment:** Greenwald (5 days): p. 7

Apr. 16-May 13 **Gestalt & Structural Integration:** Price (4 weeks): p. 7

Apr. 21-23 **Encounter for Couples:** Schutz, King (weekend): p. 5

THE WEEK OF APRIL 23RD

Apr. 23-29 **Workshop for Executives:** Silverman, Kriegel (1 week): p. 16

DIVERSE
& Unclassifiable

■ S.F. Starting January 4
Self Discovery Through Music
Frederick Wells
Ongoing workshop $50
Using great music, participants will receive training in methods of encountering sound, the self and others. Each listening session will be followed by group encounter. This is a series of five Tuesday evening workshops from 7:30 to 10:30 p.m., January 4, 11, 18, 25, February 1.

● B.S. January 7-9
Improvisational Theater
Larry Hankin
Weekend seminar $85
A class in improvisational exercises, games, techniques, forms, plus a seminar on the use of the unicycle as an ecological alternative.

■ S.F. Starting January 12
Alternative World Views
Richard Cowan
Ongoing series $90
Different tools, traditions and environments result in different modes of consciousness. Every great ecological adaptation—hunting and gathering, farming, urban life—implies an alternative world view. We will look at several non-Western life-ways to see how they work, and why the assumptions arising from each life style cause its members to conceive such seeming absolutes as time and space, life and death, verbal and body language in such widely varying ways. Lectures and discussion each session; experiments as the students see fit. Books to read include Gary Snyder's **Earth House Hold**, Carlos Castaneda's **Teachings of Don Juan**, Colin Turnbill's **The Forest People** and Jerome Rothenberg's **Technicians of the Sacred.** Ten Wednesday evenings, 8:00-10:30 p.m., January 12 - March 15.

● B.S. January 14-16
Human Potentials Within the Frame of American Civilization
Max Lerner
Weekend seminar $85
Max Lerner writes: "My idea is to pull together the various strands of experience we have had and are having in our American civilization—sex and love and the whole human potential movement. One of the things I've noted about Esalen, as others have, is how hospitable it has been to fragments of experience and new movements from every direction. But, like others, I've felt no real thrust towards synthesis. If I have anything to contribute it's likely to be in that direction."

■ S.F. January 14-16
Extending Awareness Through Hypnosis
Lee Pulos
Weekend workshop $50
This workshop will combine the approaches of hypnosis and psychosynthesis for furthering personal exploration. Hypnosis and self-hypnosis will be taught so that participants can focus in on themselves through hypnotically induced dreams, automatic writing and drawings under hypnosis. These self-discoveries will be extended through guided fantasies, symbolic imagery and learning how to tune in to the "inner theater" of one's unconscious.

■ S.F. January 18
Breadmaking: Ancient Art and Craft
Manuel, Master Baker
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
The dynamic principles of physics, chemistry, mathematics, sculpture and philosophy are in action when fingertips perform with dough. Manuel will discuss methods in primitive and natural foods baking as applied through modern technology. Breadmaking workshops with Manuel to be held at later dates, will be set up at the lecture.

■ S.F. January 21-23
A Weekend of Psychodrama
Walt & Maurica Anderson
Weekend workshop $50

■ S.F. January 28-30
The Psychology of Over-Eating: A Food Liberation Workshop
Leonard & Lil Pearson
Weekend workshop $50
Participants will explore their particular way of utilizing food as a response to emotional needs. Workshop experiences will deal with eating fantasies, food and feeding, how hunger is felt and what occasions provoke it. Alternate ways of dealing with hunger and the tyranny of food will be explored with each participant.

■ S.F. February 5-6
Philosophy and Health
Peter Koestenbaum
Weekend workshop $50
This workshop is both theoretical and experiential. Although the approach is neither therapy nor counseling, participants will explore the nature of existential philosophy and phenomenology, and concepts will be integrated experientially with individual problems and conflicts.

■ S.F. February 11
An Evening with Anaïs Nin
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.

■ S.F. February 12
Furrawn
Anaïs Nin
A morning seminar $10
"There is a Welsh word for what I want to achieve: **furrawn.** It means the kind of talk which creates intimacy." Begins at 10:00 a.m. Limited to 20 people.

■ S.F. Starting February 17
Visionary Drug Ceremonies
Michael Aldrich
Ongoing series $50
Participants will explore ancient and modern visionary drug ceremonies relevant to contemporary psychic growth. The course will be participatory insofar as possible; that is, we will chant mantras, practice breathing, and perform ceremonies where appropriate. No drugs will be allowed in class or on Esalen premises. The following topics will be discussed: Vedic & ancient Chinese magic, intoxicant cults from India to Alexandria, Ismaili alchemy and drug dancers, tantric & Moghul India, American Indian psychedelics, 19th Century hashishology, the visionary religion. Suggested readings include: Huard and Wong's **Chinese Medicine**, Joseph E. Brown's **The Sacred Pipe**, Arthur Avalon's **The Great Liberation (Mahanirvana Tantra)**, and Baudelaire's **Artificial Paradises.**
This is a series of seven Thursday evenings, 8-10:30 p.m., February 17, 24, March 2, 9, 16, 23, 30.

■ S.F. February 17
Touchstones of Reality
Maurice Friedman
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
Maurice Friedman will discuss his new book, **Touchstones of Reality: Explorations in Meaning and Action,** in the context of his own autobiographical journey. This lecture will be a prelude to his weekend workshop, February 26-27. (See below)

● **B.S. February 18-20**
Ideology and Emotion
Joe K. Adams
Weekend seminar $85
Cognitive-emotional lectures and discussions of present and past ideological conflicts and related topics, with controversial constructive suggestions for action. All participants are requested to read **Secrets of the Trade.**

■ **S.F. February 25-27**
Arts Synergy:
Finding New Doors in The Wall
Margaret Dutton
Weekend workshop $45
Group members will work in the arts to develop skills and confidence in their own inherent creativity, and to discover new forms for using fantasy and feeling in learning situations. Sessions will explore ways to correlate the arts, particularly in innovative ways for affective learning.

■ **S.F. February 26-27**
Touchstones of Reality
Maurice Friedman
Weekend workshop $50
"Touchstones of reality" are defined by Maurice Friedman as the products of the unique situations and events of our lives. The aims in this workshop will be sharing of touchstones and life-stances, demonstration of encounter which emphasizes personal wholeness, and exploration of the relationships between personal authenticity, the interpersonal and the transpersonal. The workshop will meet from 10:00 a.m. to 6:00 p.m., Saturday and Sunday.

● **B.S. February 27 - March 3**
Guild of Hands
Tony Wagner, Craft Director, & Craft Staff
Five-day workshop $215
The "Barn" has traditionally been the artists' center at Esalen and for many years staff members have made it their studio. Recently Esalen's craftsmen began an ongoing program offering such diverse arts as leatherwork, welding, woodcarving and woodcut prints, batiking, macrame, jewelry, **ojos de Dios,** tie-dying, photography, ceramics and forging. Participants in this workshop will learn various crafts and will have access to the barn's facilities all day, every day, after-dinner hours included.

■ **S.F. March 9**
Drugs, Sex and Treason
Eugene Schoenfeld, M.D.
Single evening event
$2 general; $1 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
An informal talk with Dr. Hippocrates.

■ **S.F. March 11-12**
Family Communication
Marion Saltman
Weekend workshop
$40 per adult; $25 per child
To promote understanding and communication between family members utilizing play and con-joint family therapy techniques. 10:00 a.m. to 6:00 p.m., Saturday and Sunday.

■ **S.F. March 11-12**
The Vitality of Death
Peter Koestenbaum & Stanley Keleman
Weekend workshop $60
The fear of dying is one of the central blocks to being fully alive. In working with participants individually and as a group, bioenergetic and phenomenological principles will be applied to living situations. The workshop will meet 10:00 a.m. to 6:00 p.m., Saturday and Sunday.
Recommended reading: **The Vitality of Death** by Peter Koestenbaum, and **Sexuality, Self and Survival** by Stanley Keleman.

■ **S.F. March 18**
Drugs, Sex, Food and Other Mysteries
Eugene Schoenfeld, M.D.
One-day seminar $15
Explorations and dialogues with Dr. Hippocrates. 10:00 a.m. to 6:00 p.m.

● **B.S. March 19-24**
Herbs for the Five Senses
Jeanne Rose
Five-day workshop $215
at South Coast Center
An exploration of the use of herbs from aphrodisiacs to cosmetics to medicines to witchcraft. We will experiment with many remedies for the release of physical and emotional problems including dream pillows, aroma therapy, pressure point massage and the external and internal use of herbal **tisanes** to enhance and enliven each of the five senses. Bring a mortar and pestle, and please don't smoke.

■ **S.F. March 25**
Alternative Views of Schizophrenia
Arthur & Janica Fox & Marion Saltman
One-day seminar $15
Nobody knows what causes schizophrenia. The prevailing negative "you are sick" views will be discussed. However, we will also explore the more recent views of R. D. Laing, the megavitamin people, nutritionalists, Eastern physiology, and Julian Silverman's research at Esalen. We welcome individuals and families who, like the leaders, have had personal experience with mental illness. Concerned professionals and others are also welcome to attend.
Suggested readings: R. D. Laing, **The Politics of Experience;** Gopi Krishna, **Kundalini.**

● **B.S. March 31 - April 2**
From Dream to Reality Revisited
George Leonard, Michael Murphy & James Fadiman
Weekend seminar $85
In 1966, Misters Leonard, Murphy and Fadiman conducted a hopeful and perhaps naive discussion of the human potential movement. They will continue that discussion comparing what has happened these past five years with the visions of 1966, exploring some of the wrong turns that have been taken and some of the right ones and speculating where the exploration of the human potential might go from here.

■ **S.F. April 7-9**
Human Potentials Within the Frame of American Civilization
Max Lerner & Michael Murphy
Weekend seminar $45
How are people changing in American society? What does American society do for and against human potentials? How can America change in the future so that it will foreclose less on the human spirit?

■ **S.F. April 7-9**
Experiences in Visual Thinking
Robert McKim
Weekend workshop $50
Experiences and exercises intended to vitalize seeing, imagining, and drawing as vehicles for productive thinking.

Biographical Information

JOE K. ADAMS has been a heretic for many years in the field of psychology. His main interest is in ideological change and conflict, with strong emphasis on historical parallels.

MICHAEL R. ALDRICH is a scholar of drug subcultures and has a Ph.D. in "Cannabis Myths & Folklore." He is the editor of **Marijuana Review**, a faculty member at California Institute of the Arts, and Co-Director of **Amorphia**, the Cannabis Cooperative.

WALT ANDERSON, formerly executive director of the California Institute of Psychodrama in Los Angeles, is now living in Berkeley and writing a college political science text based on humanistic psychology. MAURICA, his wife, now studying at the University of California, is a trained psychodramatist and former staff member of the Institute.

RICHARD COWAN has an M.A. in Anthropology from the University of California, Berkeley, and has taught at Merritt and Santa Rosa Junior Colleges, and at the California College of Arts and Crafts. He has made a prize-winning film on personal

author of **Martin Buber: The Life of Dialogue; Problematic Rebel: Melville, Dostoievsky, Kafka, Camus; To Deny Our Nothingness: Contemporary Images of Man;** and **The Worlds of Existentialism.** He has conducted seminars and workshops for Esalen since 1965.

LARRY HANKIN is a director at The Committee in San Francisco.

STANLEY KELEMAN is a practitioner of the bioenergetics approach developed initially by Alexander Lowen. He has studied with Dr. Ola Raknes and Graf Durcheim at the Center for Religious Studies, as well as the Alfred Adler Institute for Individual Psychotherapy and the Dasien Analytical School of Psychotherapy, Zurich.

PETER KOESTENBAUM is well known for his application of existential philosophy to the understanding and solving of questions in personal development and social issues. He is currently in his 18th year as Professor of Philosophy at San Jose State College. He is the author of **The Vitality of Death: Essays in Existential Psychology and Philosophy.**

GEORGE LEONARD, senior editor of **Look** Magazine for 17 years and vice president of Esalen for 4 years, is author of numerous works on education, race relations, science, politics, the arts, the counter-culture and foreign affairs, including **Education and Ecstasy.** He is now devoting full-time to his space, **Invisible Walls**, and has collaborated on a workbook in anthropology for CRM Publications, **Involvement in Anthropology.** He is now working on a guide book to Mexican Archaeology.

MARGARET DUTTON is a music specialist at Millbrae School District. She is experienced as a musician, actress and director of adult and children's theatre, and a teacher of elementary to college levels.

JAMES FADIMAN is a senior counselor and consultant at Stanford University. He is an editor of the **Journal of Transpersonal Psychology** and the editor of several books, most recently, **The Practice of Psychosynthesis.** He is a pioneer in the transpersonal field, has lectured and done workshops in psychosynthesis for several years, and has worked with Roberto Assagioli in Italy.

ARTHUR FOX, a former Esalen resident fellow trained by William Schutz, is presently on the Esalen encounter staff. His background is in psychology, education and religion.

JANICA FOX, together with her husband, was an Esalen resident fellow and is a member of the Esalen encounter staff. Previously she conducted research on groups at Harvard.

MAURICE FRIEDMAN is Professor of Religion at Temple University, Philadelphia. In addition to **Touchstones of Reality,** he is the new book, **The Transformation: A Guide to the Inevitable Changes in Mankind.**

MAX LERNER is an author and columnist. He is also on the faculty of Brandeis University.

MANUEL is an organic baker who owns and operates the Whole Earth Bakery in Palo Alto, California. He also teaches traditional breadmaking methods and is reinstituting the apprentice system of learning a craft.

ROBERT McKIM teaches at Stanford University and is the author of **Experiences in Visual Thinking,** published this year.

MICHAEL MURPHY is president and co-founder of Esalen Institute.

ANAIS NIN, well known for her **Diary,** now in four volumes, is also the author of **House of Incest,** several novels (**The Four-Chambered Heart, A Spy in the House of Love, Collages,** and others), novelettes, short stories and literary criticism.

LEONARD PEARSON teaches at Sonoma State College in the Department of Humanistic Psychology. He has conducted group and individual psychotherapy with obese persons for over 15 years in Chicago and Cleveland.

LIL PEARSON, psychiatric social worker, has trained with Fritz Perls and has led encounter groups in the Bay Area for several years, including obesity workshops.

LEE PULOS is a clinical psychologist in private practice and clinical assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in leading training workshops for professionals and in researching the effects of hypnosis upon athletic performance.

JEANNE ROSE manufactures herb-based organic cosmetics and is the author of **The Urban Herbalist.** She has lectured and taught herbal care of the mind and body in San Farncisco.

MARION SALTMAN is a play therapist who has worked with young children, adolescents and adults. She teaches The Psychology of Play at Sonoma State College, and she ran the Wilderness Family Camp at Tahoe Institute, summer 1971.

EUGENE SCHOENFELD, M.D., (DR. HIPPOCRATES) has a column in the Sunday **San Francisco Chronicle** and a weekly radio program on KSAN. He is the author of **Dear Dr. Hippocrates** and the soon to be published **Drugs, Sex and Treason.**

FREDERICK WELLS is assistant professor of music at Lone Mountain College and lecturer in psychology at the San Francisco Academy of Art. He has recently been musical director of the Electronic Simulsense Theatre's production of the rock-opera "Tommy."

Psychosynthesis

Psychosynthesis is an inclusive and positive conception of man that considers him dynamically, as a being in a process of personal growth within an evolving universe. It appears in embryonic form in the doctoral dissertation of its founder, Roberto Assagioli, M.D., as far back as 1910. Since those early days, Assagioli has spent his professional life elaborating it into a generous and comprehensive psychology of man that includes the soul as well as the libido, the imagination as well as the complexes, the will as well as the instinctual drives. More than a theory, it is a way of looking at the mystery of man, his inner life, his psyche; a practical, working method that includes many approaches to personal growth currently entering the mainstreams of psychology and education — meditation, encounter, inner imagery, gestalt and several dozen more. These methods are unified around the notion of a self at the core of each individual that can direct the harmonious development of all aspects of the personality. Beyond that personal harmony lies access to higher realms — creativity, transpersonal experience and spiritual development.

The following Esalen Institute Psychosynthesis Programs are offered in cooperation with the Psychosynthesis Institute (Palo Alto) and are coordinated by Jim and Susan Vargiu, directors of the Psychosynthesis Institute.

■ **S.F. January 4**
Introduction to Psychosynthesis
James Fadiman
Single evening event
$3 general; $2 student; 8-10:30 p.m.; U.C. Medical Center, 3rd Avenue and Parnassus, San Francisco.

■ **S.F. January 6, 13, 22**
Psychosynthesis — Advanced
Jim & Susan Vargiu
Workshop series $50
For those who have already attended one psychosynthesis seminar. 7:30 to 10:30 p.m. January 6 and 13; 10:00 a.m. to 6:00 p.m. January 22.

■ **S.F. January 7-9**
Psychosynthesis
Betsie Carter & Steven Kull
Weekend workshop $50

■ **S.F. January 28-30**
Psychosynthesis — Mandala
Jim & Susan Vargiu &
José & Miriam Arguëlles
Weekend workshop $55
Bringing together the approaches of psychosynthesis and the mandala.

● **B.S. January 30 - February 4**
Psychosynthesis
Jim & Susan Vargiu
Five-day workshop $215
at South Coast Center
Limited to 12 persons. Morning and evening periods will be left open for individual exercises, assignments and meditation. The group will work together in the afternoon. Completion of a questionnaire, which will be sent to all participants, is required. Participants are also asked to read **Psychosynthesis** by Roberto Assagioli.

■ **S.F. February 11-13**
Psychosynthesis and Art
Tom Allen
Weekend workshop $50

■ **S.F. February 18-20**
Psychosynthesis:
A Workshop for Those Under 25
Betsie Carter & Steven Kull
Weekend workshop $25
Please state your age when registering.

● **B.S. February 18-20**
Psychosynthesis: A Return to Center
James Fadiman
Weekend workshop $85
at South Coast Center

● **B.S. February 25-27**
Energy and Awareness
George & Judith Brown
Weekend workshop $85
Principles of gestalt will be combined with techniques from psychosynthesis.

■ **S.F. March 3-5**
Psychosynthesis
Tom Allen
Weekend workshop $50

■ **S.F. March 11-12**
Aikido and Psychosynthesis:
Ways of Centering
Robert Frager & James Fadiman
Weekend workshop $50
This workshop will meet Saturday and Sunday from 10:00 a.m. to 6:00 p.m.

● **B.S. March 19-24**
Gestalt Plus
George & Judith Brown
Five-day workshop $255
(For workshop description, see **Gestalt**, page 6.)

● **B.S. March 26-31**
Psychosynthesis and Art
Tom Allen
Five-day workshop $235

■ **S.F. April 1 & April 8**
Psychosynthesis
Betsie Carter & Steven Kull
Two one-day workshops $50
This workshop will meet on two consecutive Saturdays from 10:00 a.m. to 6:00 p.m. each day.

The following Esalen Institute Psychosynthesis Program is offered in cooperation with the International Foundation for Psychosynthesis (Los Angeles) and is coordinated by Dr. Robert Gerard, President of the International Foundation for Psychosynthesis. It is the first of a series of professional workshops exploring the *techniques of psychosynthesis in* depth.

■ **S.F. April 7-9**
Professional Training in Psychosynthesis:
The Guided Daydream
Robert & Donna Gerard
Weekend workshop $75
The guided daydream is a systematic way of working with inner imagery and imaginative themes to resolve psychological conflicts and expand consciousness.

Biographical Information

TOM ALLEN is an artis , a former Esalen resident fellow and te: ches art at Cabrillo College. He is in didactic training in Psychosynthesis with Jim and Susan Vargiu at the Psychosynthesis Institute in California. He has developed workshop processes that nurture authentic being and rich interpersonal contact and is presently integrating art into the psychosynthesis process as a means of self-realization.

JOSE AND MIRIAM ARGUELLES are co-authors of the forthcoming book **Mandala.** Through painting mandalas together, they have developed techniques of personal growth in which the mandala itself is used as a means of fostering a more complete and many-sided unfoldment of inner potentialities. José is currently coordinator of the Man and Arts Program at the new Evergreen State College in Olympia, Washington.

GEORGE BROWN is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is director of DRICE, a Ford Foundation center at the University of California at Santa Barbara where he teaches, and is the author of **Human Teaching for Human Learning,** an Esalen book.

JUDITH BROWN has an international reputation as a gestalt awareness trainer. In addition to her own groups she has co-led numerous groups with her husband.

BETSIE CARTER, a former Esalen Resident Fellow, has been in didactic training with Roberto Assagioli in Florence, Italy and with Jim and Susan Vargiu at the Psychosynthesis Institute in California. She has given workshops in this country and abroad and works with gifted and creative young people in psychosynthesis, both individually and in groups. She has been associate director of the Ford-Esalen Project in Confluent Education.

JAMES FADIMAN is a senior counselor and consultant at Stanford University. He is an editor of the **Journal of Transpersonal Psychology** and the editor of several books, most recently, **The Practice of Psychosynthesis.** He is a pioneer in the transpersonal field, has lectured and done workshops in psychosynthesis for several years, and has worked with Roberto Assagioli in Italy.

ROBERT FRAGER teaches psychology at the University of California, Santa Cruz. He was a personal student of Master Morihei Ueshiba, the founder of aikido, and has also practiced various schools of yoga for a number of years.

DONNA GERARD, drama teacher and therapist, for the past twelve years has focused her private practice on the development and release of creative energies. Both she and her husband are interested in providing systematic methods for evoking transcendental awareness.

ROBERT GERARD is a clinical psychologist in private practice and President of the International Foundation for Psychosynthesis in Los Angeles. He collaborated with Dr. Assagioli in the writing of the book, **Psychosynthesis.** After training with Robert Desoille, the French originator of the Guided Daydream, Dr. Gerard further developed this technique over the past fifteen years, and has been designated by the International Society of the Guided Daydream, organized by French psychiatrists, as their official representative and training therapist in the United States.

STEVEN KULL has been in didactic training with Roberto Assagioli in Florence, Italy and with Jim and Susan Vargiu at the Psychosynthesis Institute in California. He has given workshops in this country and abroad and works with gifted and creative young people in psychosynthesis, both individually and in groups.

JIM AND SUSAN VARGIU are the directors of the Psychosynthesis Institute, Redwood City, Calif. They underwent didactic training in Italy with Roberto Assagioli and have worked with him over the past seven years. They have lectured and given workshops in this country and in Europe. Presently they are training people in the helping professions in the use of psychosynthesis, writing and publishing articles on psychosynthesis, and working with creative and gifted adolescents.

Books

Readings available from the Esalen Bookshop (see page 17) include:

Assagioli, **Psychosynthesis** $2.75

Papers issued by the Psychosynthesis Institute (a complete listing is available on request.)

the human body

WORKSHOPS WITH STANLEY KELEMAN

(Co-sponsored by Esalen Institute and the Institute for Bioenergetic Studies)

Stanley Keleman is an innovative theoretician and practitioner of the approaches to bodily and emotional health characterized by the work of Wilhelm Reich and Alexander Lowen. This winter he will conduct a limited number of workshops in the San Francisco Bay Area for persons selected by application.

Groups to be offered include: open workshops, weekend groups devoted to individual and group bioenergetic work; multiple workshops, a series of three weekends over a three-month period; ongoing series for persons working in the helping professions; five-day intensive workshop.

A complete prospectus and application form may be obtained by calling or writing the Esalen San Francisco office.

For biography, see p. 12.

WORKSHOPS WITH CHARLOTTE SELVER AND CHARLES BROOKS:

Originated by Elsa Gindler in Germany, sensory awareness has been developed by Miss Selver through 30 years of teaching and exploration. Her pioneering work in the United States has been the basis for most of the work with sensory awareness and related approaches which are now gaining wide acceptance. Charles Brooks has worked in conjunction with Miss Selver since 1963.

In describing their work in sensory awareness, Mr. Brooks writes: "We can discover in gradual, sensitive work that the doors of our senses will open spontaneously and that we can release and cultivate the living process in ourselves which, by its very nature, responds directly to the offering and demands of life."

● **B.S. March 3-5**
Opening Doors
Weekend workshop $95

■ **S.F. March 17-19**
Towards More Depth and Fullness
Weekend workshop $50

● ***B.S. March 19-24***
Being All There
Five-day workshop $55

■ **S.F. April 14-16**
The Delight of Immediacy
Weekend workshop $50

■ **S.F. Starting January 3**
The Alexander Technique
Frank Ottiwell
Ongoing workshop $35 per month

The Alexander Technique is a method of facilitating psycho-physical integration by applying sensory awareness, inhibition and re-direction to such everyday activities as sitting, standing, walking and lying, under conditions of continuous feedback. Sessions focus on: experiencing the specific ways in which each individual interferes with the natural flow of his total pattern; learning to inhibit the interference; and allowing and encouraging a response that will strengthen our innate tendency toward a whole use of the self.

Continuous classes, Monday evenings from 7:30 to 9:00 p.m. Enrollment is limited to six persons; new persons may join the class as spaces become available.

■ **S.F. Starting January 4**
Aikido and Energy Awareness
Robert Nadeau
Ongoing series

One meeting per week: $15 per month (general and student)

Two meetings per week: $25 per month, general; $20 per month, student

Three meetings per week: $35 per month, general; $30 per month, student

A continuous program of instruction in energy awareness as used for centering, movement, healing, concentration and relaxation, and in Aikido as a physical expression of that awareness in a self-defense form, with emphasis on harmony and energy in motion. This course will meet each week; participation can be in one, two or three sessions per week, with tuition based on the schedule of participation.

Aikido: Tuesday, 8-9:30 p.m., Saturday, 10-12 noon

Energy Awareness: Thursday, 8-9:30 p.m.

■ **S.F. Starting January 5**
Body Awareness
George Downing
Ongoing series $6 per person, each Wednesday; or $22 per month.

An integrative approach employing a variety of techniques; yoga, massage, movement, sensory awareness and others. 8-10:30 p.m. every Wednesday evening.

■ **S.F. Starting January 6**
Breath Energy
George Downing
Ongoing series $22 per month

Close work with the breath and the body for muscular realignment, more centeredness, and a heightened sense of well being. 8-9:30 p.m. every Thursday evening.

■ **S.F. January 6**
The Alexander Technique
Patrick Macdonald with Frank Ottiwell & Judith Stransky
One-day workshop $25

(For a description of the Alexander Technique, see workshop starting January 3, above.)

Each participant will be worked with individually. Limited to 20 persons. 10:00 a.m. to 5:00 p.m., Thursday.

● **B.S. January 9 - February 5**
Freeing the Body
Esalen Staff
Four week program $875

This intensive program introduces various body-oriented disciplines such as massage training, the rolf method of structural integration, movement, **tai chi chuan,** yoga and techniques based on the work of Wilhelm Reich. The aim is to give group members greater awareness of their physical structures and to demonstrate methods for achieving freer movement, more expressiveness and life feeling. There will be weekly sessions in gestalt and encounter to integrate the total experience.

■ **S.F. Starting January 10**
Developing a Concept of Health
David Sobel, Coordinator
Ongoing series $90

This course will explore methods which build positive health, the energetic, harmonious state of well-being. The emphasis will be on health rather than disease, prevention rather than treatment. Guests will discuss naturopathy, homeopathy, iridology, zone therapy, breathing therapy, autogenic training, structural integration, relaxation. Dr. H. F. Parsons and Miss G. L. Schilb will present a special unit on nutrition. Ten Monday evenings, 8:00-10:30 p.m., January 10 - March 13.

■ **S.F. Starting January 11**
The Human Body
James Koski
Ongoing series $90

Basic introduction to the structure and function of the human body, aimed at developing a concept of health. Topics to be covered are: fertilization and embryonic development, tissue differentiation and growth, birth, death and aging, organ systems and homeostasis, mind-body interaction and health and disease. The central metaphor will be that the body (microcosm) is a reflection of the world around it (macrocosm). The approach will be eclectic, drawing on information from anatomy, physiology, medicine, psychology, psychocybernetics, alchemy and other systems of thought which reflect on the human organism. The course is designed for the layman who wishes to learn about his body and its relationship to the world. The format will include lecture, group discussion, films, guest instructors.

Ten Tuesday evenings, 7:30-10:30 p.m. January 11 - March 14.

■ **S.F. Starting January 11**
Massage Training
Gunver Jackson
Extended workshop series $260

Participants will receive instruction in massage techniques and will work to develop receptivity to touch, both giving and receiving. Relaxation, breathing and gestalt awareness exercises will be used to supplement thorough massage training. Gunver Jackson writes: "The goal here is to teach that life is an act, not a thought. Action in life and our basic need for touch will be combined in the teaching of massage."

The course consists of twelve three-hour classes in massage, taught by Gunver Jackson, and ten classes in human anatomy, taught by Ed Jackson, M.D. Separate massage classes are scheduled for two groups, limited to ten participants each.

Two separate anatomy classes are also scheduled. These will be limited to 20 participants each and will be open to the general public.

Massage Group I: 7:00-10:00 p.m., twelve Tuesday evenings, January 11 - March 28.

Massage Group II: 11:00 a.m. - 2:00 p.m., twelve Thursday mornings, January 13 - March 30.

Anatomy Class A: 3:00-5:00 p.m., ten Thursday afternoons, January 13 - March 16.

Anatomy Class B: 7:30-9:30 p.m., ten Thursday evenings, January 13 - March 16.

Nonrefundable deposit of $150 is required. Indicate whether Group I or Group II is preferred and whether Class A or Class B is preferred when registering.

■ **S.F. Starting January 11 and 13**
Ecstatic Athletics
Ethan Gluck
Ongoing series $90

An experiential study of the movements and philosophy of western sport. In this course, sport will be approached from the point of view of physical harmony, not competition; participants will concentrate on integrating innate strength, grace and physical and mental coordination into smooth athletic movement. The concern is to provide a conducive instructional and play environment in which each group member can develop his own physical rhythms and expressions.

Sports to be included are basketball, tennis, track, table tennis, football and others, depending on the availability of facilities. Two sessions will be offered, one for beginning players and one for more advanced athletes.

Series I (Beginners): Ten Tuesday afternoons, 1:00-4:00 p.m., January 11 - March 14.

Series II (Advanced): Ten Thursday afternoons, 1:00-4:00 p.m., January 13 - March 16.

■ **S.F. Starting January 13**
Human Anatomy
Ed Jackson, M.D.
Ongoing class $90

An anatomy course oriented to therapies and disciplines that require a concern for human structure and function: movement, gestalt, dance, massage. Emphasis will be on the skeletal and muscular systems. The material will be presented both through lecture and direct examination and experience of the living body.

There will be two Thursday sessions, limited to 20 people each session: Ten Thursday afternoons, 3:00 to 5:00 p.m., or ten Thursday evenings, 7:30 to 9:30 p.m., January 13 - March 16. Please indicate which session you prefer when registering. ($50 non-refundable deposit required.)

■ **S.F. January 15-16**
Energy Awareness
Robert Nadeau
Weekend workshop $40

Participants will explore the relation of a free flow of energy to relaxation, calmness, attitude, mental concentration, centering and moving from center. 10:00 a.m. to 5:00 p.m., Saturday and Sunday.

● **B.S. January 16-22**
Freeing the Body*
Esalen Staff
One-week workshop $240

Participants will be introduced to various body-oriented disciplines such as massage training, the rolf method of structural integration, movement, tai chi chuan, yoga and techniques based on the work of Wilhelm Reich.

■ **S.F. January 22-23**
Bioenergetics
Michael Conant
Weekend workshop $50

Predominantly group work rather than individual sessions. This workshop will meet from 10:00 a.m. to 6:00 p.m. on Saturday, and from 11:00 a.m. to 4:00 p.m. on Sunday.

● **B.S. January 23-28**
Moving Together: Body and Mind
Al Chung-liang Huang
Five-day workshop $235

In the East, the word body-mind is one. In the centering process of meditation, movement and quiescence become one. This workshop is devoted to the rediscovery of our bodymind entity, the emergence of energy flowing and energy sharing. Tai chi chuan, body movement, chanting, cursive calligraphy are some of the ways we will share during the week.

■ **S.F. January 28-30**
Massage and Encounter
Robert Cromey
Weekend workshop $50

■ **S.F. Starting February 3**
Yoga of Consciousness and Meditation
Eleanor Criswell
Ongoing workshop
$35 general; $25 student

The theory and practice of raja (ashtanga) yoga: yama, niyama, postures, breathing, relaxation, concentration training and meditative modes will be studied in the light of modern psycho-physiology and bio-feedback. Participants will be encouraged to keep a personal yoga journal. Open to both beginning and continuing students. Eight Thursday evening workshops, 8-10:30 p.m., February 3, 10, 17, 24, March 2, 9, 16, 23.

■ **S.F. February 4-6**
Sexuality and Education
Ian Grand & Peter Marin
Weekend workshop $50

Our relationship to our sexuality and our children's sexuality, freedom and growth in and out of schools. Bioenergetic, gestalt and conceptual experiences.

■ **S.F. February 4-6**
Movement and Stillness: A Weekend of Dance and Yoga
Heather Keen
Weekend workshop $50

To live gracefully is to be in creative relationship to the rhythm of opposites; we will explore the polarities of movement and stillness. Each session will include yoga, movement exercises both alone and with others, and times for sharing the meaning of these experiences. Bring loose comfortable clothing.

■ **S.F. February 5**
Massage
George Downing & Anne Kent Rush
One-day workshop $15

● **B.S. February 6-11**
Dervish Dances and Sufism: Methods of Heightening Consciousness
Adnan Sarhan
Five-day workshop $235

Participants will practice hatha yoga, chanting, dervish dancing and exercises to get in touch with awe, joy and oneness with others, and to reach toward cosmic consciousness.

■ **S.F. February 9**
Energy and Aikido
Robert Frager
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.

A discussion of the Japanese concept of vital energy, and the training and development of energy in traditional samurai and zen disciplines. A lecture-demonstration plus experimental work in aikido. This is part of an evening series called "Extending Human Consciousness." See page 8 for information on series tickets.

● **B.S. February 13-18**
Massage and Meditation*
Peggy Morrison & Richard Horan
Five-day workshop $215

■ **S.F. February 18-20**
Yoga and Breath Energy
George Downing
Weekend workshop $45
An introduction to several different kinds of yoga and breath centering; optional additional instruction in meditation.

● **B.S. February 20-25**
Life Energy
Robert Nadeau
Five-day workshop $255
This workshop will consist of a wide variety of energy-freeing and energy-producing exercises. The intent of these exercises is to make each participant familiar with life energy so that he may use it as a tool for higher awareness. Some of the basic ideas and disciplines to be covered are energy flow and energy awareness, energy and its use in spiritual growth and in healing, and centering and the development of center. Participants will explore the relation of a free flow of energy to relaxation, calmness, attitude and mental concentration, centering and moving from center, direct perception of energy and transferring energy to others.

■ **S.F. February 26**
Massage as a Meditation
Ann Parks & Anita Feder
One-day workshop $15

■ **S.F. February 29**
On Developing a Concept of Health
H. F. Parsons & G. L. Schiller
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
Health is not merely the absence of disease but is a vibrant, energetic state of being of the whole organism. This lecture will emphasize the importance of living in harmony with nature and in ecological balance. Some practical guidelines for better health through nutrition will be presented.

■ **S.F. March 3-5**
Massage
Helen Stephens
Weekend workshop $50

● **B.S. March 5-10**
Massage and Movement
Gabrielle Roth
Five-day workshop $255
As we are, so we move and touch: spontaneously or restricted, flowing or tense, open or inhibited. The combination of massage and movement techniques offers a unique experience for becoming aware of our own movement and how it flows outward into the bodies of others. As we make these physical discoveries, we can begin to allow our naturalness in terms of gesture, feeling, movement and touch to be expressed.

■ **S.F. March 6**
On Yoga: A Lecture and Demonstration
Joel Kramer
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
An evening designed to acquaint the interested non-practitioner, as well as the practitioner, with yoga. Mr. Kramer will demonstrate hatha yoga and discuss yoga both in classical structure and as an evolutionary approach to living in the modern world.

■ **S.F. March 11-12**
Aikido and Psychosynthesis: Ways of Centering
Robert Frager & James Fadiman
Weekend workshop $50
This workshop will meet Saturday and Sunday from 10:00 a.m. to 6:00 p.m.

● **B.S. March 12-18**
Peeling the Ego/Body
Simone Surpin
One-week workshop $175
at South Coast Center
(See workshop description under **Encounter**, page 7.)

■ **S.F. March 18-19**
Yoga: Explorations in Awareness
Joel Kramer
Weekend workshop $50
Participants will explore the physical, psychological and spiritual aspects of yoga. 10:00 a.m. to 6:00 p.m., Saturday and Sunday.

■ **S.F. March 24**
Faith, Reality and Depression
Alexander Lowen
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
West Campus Auditorium, 1222 University Avenue, Berkeley.
Dr. Lowen will discuss depression from a bioenergetic standpoint. The lecture will concern such questions as why one gets depressed, what to do about depression, the nature of faith, etc.

■ **S.F. March 24-26**
Introduction to Massage
George Downing
Weekend workshop $50

■ **S.F. March 24-26**
The Adventure of Incarnation: Bioenergetic and Poetic Approaches to the Bodily Mysteries
Ian Grand & Peter Marin
Weekend workshop $50
In this workshop we assume that incarnation, body, loving and sexuality are sacred expressions of life energy. Implications of this stance for spiritual striving, personal growth and education will be explored through conversation, gestalt and bioenergetics.

● **B.S. March 24-26**
Fun and Games
James Fadiman & Bob Frager
Weekend workshop $95
For people who have been taking their personal growth too seriously, a weekend of relaxation and enjoyment dedicated to the principle that growth can and **should** be fun. Participants should be prepared for some active physical games such as yoga tag or **geisha sumo**, as well as quieter activities.

● **B.S. April 2-7**
Gestalt, Movement and Massage
Gabrielle Roth & Julian Silverman
Five-day workshop $255
Many persons, in giving and receiving a massage, experience feelings of sadness, anger, hostility or joy, particular areas of muscular holding and blocked energy, and the emergence of past memories of pain and pleasure. Methods of gestalt will be used to deal with such emotional experiences, as they occur, during the course of massage instruction.

● **B.S. April 2-7**
Bodymind*
Michael Butler
Five-day workshop $175
at South Coast Center
Based on the model established by William Schutz, this workshop will attempt to integrate the rolf method of body alignment within the framework of open encounter, including fantasy and gestalt methods.

Biographical Information

MICHAEL BUTLER is a former Esalen resident fellow. He was trained in gestalt and encounter techniques by John Heider and subsequently became a practitioner of structural integration under the supervision of Dr. Ida Rolf.

MICHAEL CONANT is a psychologist in private practice in Berkeley where he does bioenergetic work and also draws on his past training in gestalt therapy, hypnosis and behavior therapy. He is director of Bridge Mountain Foundation.

ELEANOR CRISWELL is an Assistant Professor of Psychology at Sonoma State College, California, where she teaches physiological psychology, educational psychology and yoga psychology and is involved in EEG research.

ROBERT CROMEY, a former Esalen resident fellow, is an experienced group leader and teacher of massage and sensory experiences. He has worked as a priest, politician, administrator. He has a private practice in San Francisco.

GEORGE DOWNING, author of **The Massage Book,** uses an integral approach to body awareness combining massage, yoga and other disciplines.

JAMES FADIMAN is a senior counselor and consultant at Stanford University. He is an editor of the **Journal of Transpersonal Psychology** and the editor of several books, most recently, **The Practice of Psychosynthesis.** He is a pioneer in the transpersonal field, has lectured and done workshops in psychosynthesis for several years and has worked with Roberto Assagioli in Italy.

ANITA FEDER trained in massage at Esalen with Molly Day Schackman and in gestalt therapy with Bob Hall. She is a teacher of hatha yoga and meditation.

ROBERT FRAGER teaches psychology at the University of California, Santa Cruz. He was a personal student of Master Morihei Ueshiba, the founder of aikido, and has also practiced various schools of yoga for a number of years.

ETHAN GLUCK is an associate of Interaction Associates of San Francisco, an organization involved in developing programs and materials in process-awareness and problem solving using video and other augmentation devices. Ethan is also an architect, designer and semi-retired tennis pro.

IAN GRAND is the director of the Center for Educational Alternatives at San Francisco State College, leads groups and has a private practice in San Francisco.

RICHARD HORAN is an artist, masseur and organic gardener.

AL CHUNG-LIANG HUANG is a teacher, dancer and master of **tai chi chuan.** He has co-led workshops with Alan Watts and taught at UCLA, University of Hawaii's East-West Center, and Foo-Hsing Opera School, College of Chinese Culture in Taiwan. He holds a bachelor degree in architecture and an M.A. in dance. He is currently artist-in-residence at Krannert Center for the Performing Arts and Experimental College at University of Illinois.

ED JACKSON is a medical doctor and a gestalt therapist. He lives in Berkeley and does body-oriented individual and group work.

GUNVER JACKSON is a licensed masseuse, certified in Swedish massage. In addition she has been trained by Molly Schackman at Esalen and has studied breathing, gestalt awareness and relaxation techniques. She and her husband are founders of the Gamma School of Massage.

HEATHER KEEN has been working in the field of dance for eighteen years as teacher, choreographer and therapist, using dance to encourage people to discover the wonder in themselves, each other, and the world around them. She was, for two years, a staff member at Kairos Institute and has led workshops at Esalen, Kairos and other growth centers. She is presently Associate in Dance at Prescott College.

JAMES KOSKI, who holds a doctorate in anatomy, has taught courses on the human body at the University of Michigan Medical School where he did research in hibernation in bats. His interests include mind-body relationships, ESP, alchemy, Jungian psychology and psychedelics.

JOEL KRAMER is a practicing hatha, raja, jnana and tantric yogi. He has been resident yogic instructor at Esalen Institute and has lectured and given workshops throughout the United States, Canada and Mexico.

ALEXANDER LOWEN, M.D., is executive director of the Institute for Bioenergetic Analysis and author of **The Language of the Body, Love and Orgasm, The Betrayal of the Body, Pleasure,** and most recently, **Faith, Reality and Depression** (to be published shortly). Dr. Lowen is a practicing psychiatrist and is, perhaps, the foremost exponent of the use of the body in analytic therapy.

PATRICK MACDONALD is a visiting Alexander teacher from London, England, where he was for many years principal of the F. Matthias Alexander Foundation and leader of its training course for teachers. He is currently teaching and conducting training classes in London.

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at The Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of **The Free People** and (with Alan Cohen) **Understanding Drug Use.**

PEGGY MORRISON is a member of the massage staff at Big Sur.

ROBERT NADEAU utilizes energy awareness and the concept of "energy dimensions" to approach the transpersonal self. He also teaches meditation, energy awareness and aikido in the Bay Area.

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique (New York) and is President of the California Center. He has been teacher of the Alexander Technique for the American Conservatory Theatre since its inception and is in private practice in San Francisco.

ANN PARKS, owner of the Berkeley Massage Studio, was trained at Esalen/Big Sur where she was a member of the massage staff. She is a student of meditation and sensory awareness.

H. F. PARSONS has been a physician for over forty years with training in osteopathy and homeopathy. His particular interests are now psychosomatic medicine and the building of positive health through nutrition.

GABRIELLE ROTH is movement specialist in residence in Big Sur. She has studied and taught creative dance forms for the past ten years. She has recently completed Arica awareness training in New York City.

ANNE KENT RUSH, the illustrator of **The Massage Book**, is an experienced instructor of yoga and massage.

ADNAN SARHAN is a dervish from Baghdad. He teaches hatha yoga, harem dances, metaphysical exercises and the whirling trance dances of the dervishes at the Institute for the Development of Consciousness in La Habra. He is also a master of dervish drumming.

G. LYNDALL SCHILLER has studied mathematics and psychology. She now works with Dr. H. F. Parsons as a nutritionist.

CHARLOTTE SELVER and CHARLES V. W. BROOKS are Teaching Associates at Esalen on leave from the faculty of the New School for Social Research, New York. Their field is sensory awareness, perception and nonverbal communication. They hold regular classes in New York and conduct seminars and study groups throughout the United States and Mexico.

JULIAN SILVERMAN is Esalen's research director and a gestalt trainer and therapist.

DAVID SOBEL is the food and body editor of **Big Rock Candy Mountain** and the coordinator of Esalen's continuing curriculum on health and nutrition.

HELEN STEPHENS is a former Esalen resident fellow, trained by William Schutz. At fifty, she is an experienced group leader with special interest in the development of personal self-support systems.

JUDITH STRANSKY is the director of the American Center for the Alexander Technique in Southern California, where she maintains a private practice. She has been active in many of the mind-body ways and techniques and has also worked with several of the body-oriented psychotherapies.

SIMONE SURPIN is a former resident fellow at Esalen. She was trained as a group leader by John Heider and is a practicing rolfer. She has a special interest in psychic healing and the esoteric arts.

Books

Readings available from the Esalen Bookshop (see page 17) include:

Alexander, **The Alexander Technique** $2.45

Downing, Rush, **The Massage Book** $3.95

Gia-Fu Feng, **Tai Chi** $2.95

Keleman, **Bioenergetic Concepts of Grounding** $1.25 (pamphlet)

Lowen, **Betrayal of the Body** $1.50

Tohei, **Aikido** $4.50

WORKSHOPS FOR PROFESSIONALS

These workshops are offered as additional education for people who, through training or occupations, are in professional relationships: psychologists, teachers, counselors, ministers, etc.

Workshops for Professionals

■ **S.F. January 14-16**
Occupational Hazards of Psychotherapists
Abe Levitsky & Elaine Kepner
Weekend workshop $55

● **B.S. January 30-February 5**
Workshop for the Medical Professions*
Hector Prestera, M.D. & Esalen Staff
One-week workshop $240
Body energetics and somatic disease: this workshop will explore the concept of the body as an energy system with static as a cause of disease. Reichian energetics, rolfing and gestalt techniques will be used.

■ **S.F. Starting February 8**
Techniques of Psychodrama—For Professionals
Walt Anderson
Ongoing workshop $85
This is a series of eight Tuesday evening workshops from 8-10:30 p.m., February 8, 15, 22, 29, March 7, 14, 21, 28. Subjects to be covered will include: Structure and timing of sessions; skills and responsibilities of the director and psychodrama assistants; applications in therapy, group counseling and encounter, education, theater.

● **B.S. February 11-13**
For Doctors and Nurses Only
Jack & Leonne Downing
Weekend workshop $85
Nursing and Medicine have certain attitudes, problems and satisfactions that relate to the nurse and doctor as individuals and as members of the complex medical-care institutions. We will combine relaxation with informal group discussions.

■ **S.F. February 11-13; 25-27; March 17-19**
Innovations in Counseling
Paul Aiken, with Ian Grand & Stuart Loomis
Three weekend workshops $185
For college and high school counselors, social workers, ministers and peer counselors. Encounter and eclectic group methods; gestalt techniques; applications to crisis intervention; drug-crisis intervention; body methods and bioenergetics; application to individual situations.

■ **S.F. February 18-20**
Open Gestalt for Professionals
Robert Resnick
Weekend workshop $55

● **B.S. February 20-March 4**
Gestalt Workshop for Professionals*
Julian Silverman, Richard Price & Esalen Staff
Two-week workshop $450
A training opportunity for ministers, psychologists, teachers and those already working professionally with groups.

■ **S.F. February 24-27**
Sexuality and Self: For Professionals and Student Professionals
Don Clark
Extended residential weekend $110
This experiential study group investigates sexual conformity and integrity as they influence energy level and self-concept. Cultural prohibitions and professionals' responses to "deviant" sexuality are examined. Fantasy, massage and other techniques will be used to alert participants to their own attitudes, behavior and feelings. When applying, please state professional background and reasons for wishing to attend. Begins 8:00 p.m., Thursday and ends Sunday afternoon. Price includes room and board.

● **B.S. March 5-11**
Counseling for the Dying
Lawrence LeShan
One-week workshop $220
at South Coast Center
A workshop for physicians, psychologists, social workers and ministers on working with and relating to the terminal patient. This special period of life has profound needs which are rarely met today. The professional can help the patient in meeting these needs and to live fully until his death. Further, this can help the patient to mobilize his organismic resources to aid the medical intervention. Anxieties aroused by the dying patient will also be explored and worked through in detail.

● **B.S. April 3-8**
Therapeutic Aggression
George Bach
Five-day workshop $275
A workshop for psychotherapists, marriage counselors and family group therapists focusing on the role of hostility and aggression in our lives. All participants are requested to read **Aggression-Lab.** (Begins Monday 4:00 p.m.).

■ **S.F. April 7-9**
Professional Training in Psychosynthesis: The Guided Daydream
Robert & Donna Gerard
Weekend workshop $75
The guided daydream is a systematic way of working with inner imagery and imaginative themes to resolve psychological conflicts and expand consciousness.

● **B.S. April 16-May 13**
Gestalt and Structural Integration
Richard Price & Esalen Staff
Four-week program $800
at South Coast Center
Structural Integration, while producing physical change, also facilitates direct perception of body process in relation to emotional pressure and release. Each participant will receive three rolf treatments as part of the workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working professionally with groups (teachers, ministers, psychologists, etc.).

● **B.S. April 23-29**
Workshop for Executives
Julian Silverman & Bob Kriegel
One-week workshop $280
This workshop is designed to help participants become more aware of themselves and how others experience them both in a business context and at home. Specific emphasis will be placed on the executive's role with peers, subordinates, secretary and spouse. Husbands and wives are invited. Special sessions will be held for them, focusing on areas specifically suited to their situations.

■ **S.F. January 21-23**
A Workshop in Confluent Education
Ford-Esalen Project Staff
Weekend workshop $40
Particular attention will be given to a model curriculum in concentration and reading, but the workshop will include material relative to the teaching of any subject in the elementary schools. Didactic and experiential sessions.

■ **S.F. February 4-6**
Sexuality and Education
Ian Grand & Peter Marin
Weekend workshop $50
Our relationship to our sexuality and our children's sexuality, freedom and growth in and out of schools. Bioenergetic, gestalt and conceptual experiences.

■ **S.F. Starting February 22**
Beyond the Textbook: An Introduction to Confluent Education
Marilyn Harris Kriegel & Ford-Esalen Project teachers
Ongoing workshop $40
This is a series of four Tuesday evening workshops from 7:30 to 10:00 p.m., February 22, 29, March 7, 14. For primary and intermediate grade teachers.

■ ***B.S. March 26-April 1***
Educating the Whole Person
Paul & Anne Nash
One-week workshop $260
The emphasis in this workshop will be placed on integrating feeling, thought and action and on relating immediate experience to back home situations and future plans. Methods will be drawn from psychodrama, individual and group fantasy, family therapy, art, movement, synectics and psychosynthesis. Two quarter-units of postgraduate professional credit are available from the University of California at Santa Barbara.

Workshops for Educators

CONFLUENT EDUCATION is the approach to integrate the emotional and the spiritual with the intellectual processes of education.

THE FORD-ESALEN PROJECT consists of 16 licensed California elementary school teachers, some of whom are teachers of the emotionally handicapped, teacher trainers and school principals. They are developing new curricula and approaches to elementary school teaching and specifically the teaching of reading. The project is funded by the Ford Foundation through the University of California, and is under the general supervision of Sara Miller.

Biographical Information

PAUL AIKEN is a clinical psychologist at the Counseling Center, U.C. Davis, and in private practice. He has had extensive experience in the training of counselors in drug, crisis and counseling centers in affective techniques.

WALT ANDERSON, formerly executive director of the California Institute of Psychodrama in Los Angeles, is now living in Berkeley and writing a college political science text based on humanistic psychology. MAURICA, his wife, now studying at the University of California, is a trained psychodramatist and former staff member of the Institute.

GEORGE BACH is the Founder/Director of the Institute of Group Psychotherapy in Los Angeles and specializes in fight training for families, singles and couples. Co-originator of marathon groups, he is the author of **Pairing, The Intimate Enemy,** and **Intensive Psychotherapy.**

DON CLARK has worked with discussion groups, psychotherapy groups and encounter groups for the past 12 years. Dr. Clark is on leave from the City University of New York and in private practice as a clinical psychologist in the Bay Area. His most recent book is **Humanistic Education.**

JACK DOWNING, M.D., is a psychiatrist in private practice in Palo Alto. He is experienced in public health, gestalt therapy, structural integration and Arica awareness training.

LEONNE DOWNING, R.N., P.H.N., is experienced in psychiatric nursing, public health nursing, gestalt therapy and Arica awareness training.

DONNA GERARD, drama teacher and therapist, for the past twelve years has focused her private practice on the development and release of creative energies. Both she and her husband are interested in providing systematic methods for evoking transcendental awareness.

ROBERT GERARD is a clinical psychologist in private practice and President of the International Foundation for Psychosynthesis in Los Angeles. He collaborated with Dr. Assagioli in the writing of the book, **Psychosynthesis.** After training with Robert Desoille, the French originator of the Guided Daydream, Dr. Gerard further developed this technique over the past fifteen years, and has been designated by the International Society of the Guided Daydream, organized by French psychiatrists, as their official representative and training therapist in the United States.

IAN GRAND is the director of the Center for Educational Alternatives at San Francisco State College, leads groups and has a private practice in San Francisco.

ELAINE KEPNER has been on the psychology faculties at Case Western Reserve University and San Francisco State College. She has directed a post-graduate training program for mental health professionals in community mental health methods. She is a member of the Gestalt Institute of San Francisco.

MARILYN HARRIS KRIEGEL is the assistant director of the Ford-Esalen Project in confluent education. She taught public school in California for eight years and was educational consultant as well as a group leader for Anthos in New York City.

ROBERT KRIEGEL was the director of Anthos, a growth center in New York City, where he led groups, lectured at schools and universities and did consulting for business. He is currently a member of Esalen's administrative and encounter staff.

LAWRENCE LESHAN worked for fifteen years as the psychologist in a cancer hospital. He has published such papers as "Mobilizing the Life Force" and "Psychotherapy with the Dying Patient" and is the co-author of the book **Counseling the Dying.**

ABE LEVITSKY is a psychologist in private practice in Berkeley. His two main interests are the training of gestalt therapists and integration of gestalt therapy with the methods of hypnosis.

STUART LOOMIS is chief psychologist of the Haight-Ashbury Medical Clinic and professor of counseling at San Francisco State College.

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at The Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of **The Free People** and (with Alan Cohen) **Understanding Drug Use.**

ANNE NASH, a former fellow of Boston University Human Relations Center, has worked as a consultant/trainer with schools and community groups. She is an experienced elementary school teacher, counselor and play therapist.

PAUL NASH is a Professor of Education at the University of California in Santa Barbara and the author of **Authority and Freedom in Education.** He is a member of NTL Institute for Applied Behavioral Science and is widely experienced as a teacher from elementary to graduate school levels; as a consultant; as a leader of encounter groups, clarification groups and community groups.

HECTOR PRESTERA is an internist and cardiologist who is currently involved in the theory and practice of structural integration. He is resident physician at Big Sur and has studied with the Arica training group in New York City.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

ROBERT RESNICK, clinical psychologist, is a gestalt therapist in private practice in Beverly Hills. He has trained with Drs. James Simkin and Fritz Perls and has been in practice with Dr. Simkin for the past several years. He is president of the Gestalt Therapy Institute of Los Angeles, editor of the **Directory of Gestalt Therapists** and author of the paper, "Chicken Soup is Poison."

JULIAN SILVERMAN is Esalen's research director and a gestalt trainer and therapist.

Books

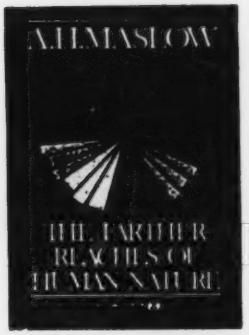
Readings available from the Esalen Bookshop (see page 17) include:

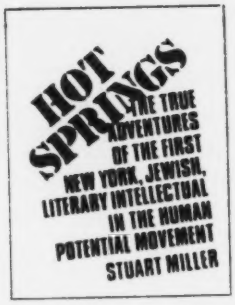
Brown,
Human Teaching for Human Learning $8.50

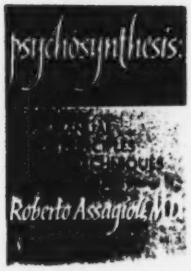
Lederman,
Anger and the Rocking Chair $4.95

Leonard,
Education and Ecstasy $2.25

BOOKS







THE ESALEN PUBLISHING PROGRAM WITH VIKING PRESS

Far-ranging investigations, divinations and reports from the movement to develop human potentialities, highlighting recent work at Esalen

The Farther Reaches of Human Nature
by Abraham Maslow

This adventurous volume is the last work Dr. Maslow completed before his death. In it he goes beyond his earlier writings to carry the concerns of psychology into the realm of joy, creativity and spiritual experience. In earlier books, he innovated by defining a 'humanistic' psychology; here he sketches a psychology for the highest of which man is capable. It is a look into the future of psychology and man.
$12.50, hardbound.

On the Psychology of Meditation
by Claudio Naranjo and Robert Ornstein

Two psychologists examine the spiritual ground of meditation and the implications of meditation for modern psychology. New insights into the nature of consciousness have resulted from current experimental work with computers and electroencephalograms and from a synthesis of meditative technique derived from Zen, Yoga, the Sufis and Shamanism.
$7.95, hardbound.

Secrets of the Trade
by Joe Kennedy Adams

A psychologist demonstrates that madness was (among other things) a source of creativity and conviction for him. Perspectives on the present and the past are presented with both humor and horror.
$12.50, hardbound.

Hot Springs
by Stuart Miller

A rollicking chronicle of what it means in contemporary America to undergo a spiritual death and a spiritual rebirth. The book is played out against backdrops that range from Orchard Street in New York's Lower East Side, to the Yale Graduate School, and finally to Esalen Institute at Big Sur.
$7.95, hardbound. (See review page 3.)

Psychosynthesis
by Roberto Assagioli

Principles, techniques and applications of a method for discovering the central core of the self, the "I-consciousness" that is distinct from changing biological and emotional states.
$2.75, paper.

Other Books in the Esalen Series:

Human Teaching for Human Learning
by George I. Brown.
$8.50, hardbound.

Anger and the Rocking Chair
by Janet Lederman
$4.95, hardbound.
(published by McGraw Hill)

Bookshop Order Form

To order any book listed on this page or elsewhere in this catalog, return this coupon with your check (made payable to Esalen Institute) to:
Esalen Bookshop
1776 Union Street, San Francisco, California 94123.
[Esalen pays sales tax, shipping and handling costs.]

☐ Please send me a complete list of publications available through Esalen Bookshop.

Quantity	Title	Price	Total

Members' discount (10%). Member's # _____ Amount Enclosed $_____

Name _____

Address _____

City, State _____ Zip _____

A varied selection of titles, including the Esalen Viking Series, is available through the Esalen bookshop. The store is open Monday through Saturday, 10 to 5, at 1776 Union Street, San Francisco. A complete mail order catalog is available upon request (see coupon above). Among books in stock are:

Here Comes Everybody
by William C. Schutz.
$6.95, hardbound.

What To Do Till the Messiah Comes
by Bernard Gunther
$4.95, paper.

Bioenergetic Concepts of Grounding
by Stanley Keleman
$1.25 (14 pp., paper).

Sexuality, Self and Survival
by Stanley Keleman.
$2.50, paper.

The Massage Book
by George Downing
$3.95.

The following books are scheduled for publication in the near future. A discounted prepublication price on these and other titles is available through membership in Friends of Esalen (see page 19). By using the coupon above, you may order these books now, and be billed by us just prior to publication when prices are established.

Golf and the Kingdom
by Michael Murphy

The One Quest
by Claudio Naranjo

Getting There Without Drugs
by Buryl Payne

All books listed elsewhere in the brochure may be ordered using the coupon above.

The Journal of Transpersonal Psychology

A journal for theoretical and applied research in peak experience, self-transcendence, ultimate values, ecstasy, wonder, B-values, transcendental phenomena and related concepts, experiences and activities. Volume III, No. 1, contains articles by: **Daniel Goleman,** "Meditation as metatherapy: Hypotheses toward a proposed fifth state of consciousness"; **Elmer and Alyce Green,** "On the meaning of transpersonal: Some metaphysical perspectives"; **Baba Ram Dass,** "Lecture at the Menninger Foundation, Part II"; **Anthony Sutich,** "Transpersonal notes."

Subscriptions: $7.50 for two issues per year. Write to: Journal of Transpersonal Psychology, P.O. Box 4437, Stanford, CA 94305.

•

For reservations and information, write or call:

ESALEN INSTITUTE
Big Sur, CA 93920
Phone: (408) 667-2335
10 to 5, Monday through Saturday
10 to 9, Sunday

•

BIG SUR INFORMATION

RESERVATIONS: must be made at least one week prior to the first day of the program. Deposits accompanying the reservations are required as follows: $20 for weekend programs; $70 for one-week and 5-day programs; $200 for 2-week programs; and $400 for 4-week programs. Deposits are **non-refundable** but ma[illegible]nsferred with ten days notice. Please mail reservation form with check to: Esalen Institute, Big Sur, California 93920. **Do not send Big Sur reservations to San Francisco.** Balance of payment is due on arrival.

PROGRAM COSTS: cover tuition, food and lodging, use of the fresh-water pool and hot mineral baths. Massage, available by appointment, is extra. **Foreign currency:** Esalen can only accept checks drawn on U.S. funds. Esalen accepts **major credit cards,** including Master Charge and American Express.

GROUNDS ARE CLOSED EXCEPT BY RESERVATION. Participants are discouraged from bringing guests or having people drop in.

CHECK-IN / CHECK-OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening; however, guests are welcome to arrive earlier in the afternoon. All programs begin with dinner on Sunday; weekend programs begin with dinner on Friday. The last session of a five-day program is Friday morning; check-out time is 12 noon on Friday. One-week programs usually end Saturday morning. 2-week and 4-week programs usually have final sessions on the last Saturday morning, with some programs ending Friday morning of the last week. Weekend programs end Sunday after the morning session. Check-out time is noon of the final day for all programs.

ACCOMMODATIONS. The rooms on Esalen property are designed for shared occupancy (2 or 3 to a room), and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodgings in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property—in tents, cars, campers or meeting rooms — is strictly prohibited.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name.

From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs.

A lighted sign on the ocean side of the highway reads: Esalen Institute—Reservations Only.

Esalen now has the use of two facilities along the Big Sur Coast — its original home (the Hot Springs) and the South Coast Center, one and a half miles north. Like Esalen itself, the South Coast Center is complete with meeting rooms, sleeping accommodations, dining room, pool and sauna. Persons attending programs at the South Coast are free to use the hot baths, pool and other facilities at Esalen if they wish. Program descriptions indicate whether a program is to be held at South Coast Center or at the Hot Springs.

Persons who are familiar with Esalen programs are invited to stay at South Coast independent of workshops being conducted there, provided space is available. Rooms can be rented on a daily or weekly basis at $35 single or $25 shared per day, all meals included.

CHILDREN AND PETS: There are no child care facilities available at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Alas, no pets.

LIMOUSINE SERVICE FROM MONTEREY: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $10 per person from Monterey airport or Greyhound terminal, with **3 to 5 days advance notice.** On arrival, guests should inquire at terminal service for the Esalen representative.

WORK COMMITMENT: Approximately 12 hours of work per week in the kitchen, garden and grounds are required of participants in all programs of two weeks duration or longer at Esalen Institute. The work requirement is 6 hours per week at South Coast Center.

ORGANIC FOOD: The organic food garden on the Esalen grounds is flourishing and provides the kitchen with most of its vegetables and herbs. We try to serve only organically-produced meats, poultry and dairy products; most breads and pastries are made by Esalen bakers.

STAFF-LED WORKSHOPS: Some of the four-week, two-week, one-week and five-day programs listed will be led by members of the Esalen Staff from Big Sur and San Francisco.

Big Sur Staff includes: John Argue, Diana Bechetti, Michael Butler, Roberta DeLong, Alberta Donlan, Al Drucker, Betty Fuller, Peggy Morrison, Janet Lederman, Milton Lees, Dub Leigh, Theodora Lyon, Hector Prestera, Richard Price, Carole Rosenblatt, Gabrielle Roth, William Schutz, Beverly Silverman, Julian Silverman, Simone Surpin, Gerald Thatcher and Sharon Wheeler.

On study leave until summer 1972: Jean Butler, Gary Sohns, John and Ann Heider, and Steven Stroud.

■

For reservations, literature, tickets and information, write or call:

ESALEN INSTITUTE
1776 Union Street, San Francisco, CA 94123
Phone: (415) 771-1710
10 to 5, Monday through Saturday

■

SAN FRANCISCO INFORMATION

RESERVATIONS: should be made at least one week prior to start of program. A **non-refundable** deposit must accompany registrations as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to: Esalen Institute, 1776 Union Street, San Francisco 94123. Balance is payable at the first session of the program. **Do not send San Francisco reservations to Big Sur.** Esalen accepts **major credit cards,** including Master Charge and American Express.

INFORMATION, LITERATURE AND TICKETS: for lectures may be obtained Monday through Saturday, 10:00 to 5:00, at 1776 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

ACCOMMODATIONS: Most San Francisco programs are **non-residential.** Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

days, unless otherwise indicated in workshop descriptions. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

LOCATION: Participants will be informed of workshop location at time of registration and confirmation. Esalen uses several facilities in the Bay Area for its programs including its own building at 1757 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

SCHOLARSHIPS: and interest-free loans are available for many programs in San Francisco. A scholarship application form will be sent upon request—apply early. Students may attend most workshops for less than the stated fee on a space-available basis; inquire by phone at least one week prior to start of program. Special preference will be given persons who plan to apply their Esalen experience to urban teaching or organized community efforts.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

RESIDENTIAL PROGRAMS: are indicated in individual workshop descriptions. Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend residential programs, unless otherwise indicated, begin at 8 p.m., Friday (no supper served) and conclude following Sunday lunch. Programs are held at a conference center in Marin County or in Sonoma County; exact location will be included with reservation confirmation.

WEEKEND SCHEDULES: Weekend workshops meet from 8 to 11 p.m. on Fridays, from 10 a.m. through the afternoon and/or evening on Saturdays, and from 10 a.m. to early afternoon on Sun-

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be returned if reservation cannot be confirmed or upon request by persons not wishing to be on a waiting list. Notification of reservation status will be sent no later than seven days before workshop begins.

STAFF-LED WORKSHOPS: Some programs listed will be led or assisted by Esalen Staff from San Francisco and Big Sur. San Francisco staff includes: Paul Aiken, Margaret Conway, Bob Cromey, Jacqueline Doyle, Arthur Fox, Betty Fuller, Janica Fox, Bob Kriegel, Pamela Portugal, Harry Sloan, Helen Stephens.

Directory

Officers of the Institute

Michael Murphy, President

Richard A. Price, Vice President*

John G. Clancy, Secretary

Stuart Miller, Director of Development

Julian Silverman, Research Director

If no asterisk appears, address mail care of:
Esalen Institute
1776 Union Street
San Francisco, California 94123

*Asterisk denotes that correspondence should be addressed care of:
Esalen Institute
Big Sur, California 93920

ADMINISTRATIVE DIRECTORY

Please address inquiries about programs and business activities to the appropriate officers listed below:

Corporation business, general information & subscriptions:
San Francisco office

Consulting Service:
Robert Kriegel
Betty Fuller

Research:
Julian Silverman

Big Sur Administration:
Stanley Freitas*

Business Manager:
Jack Mason

San Francisco Administration:
David Baar, Director
George Calmenson, Assistant Director

Membership Programs:
Robert Kriegel

Esalen films, books & recordings, fund raising, press & public relations:
Stuart Miller

SPECIAL INFORMATION

THE ESALEN CATALOG is published quarterly by Esalen Institute, a non-profit California corporation. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available **free** upon request from the San Francisco offices of Esalen Institute. **Do not direct subscription inquiries to Big Sur.**

CONSULTING SERVICE (Robert Kriegel & Betty Fuller, Co-directors): Esalen Institute's techniques and approaches to human growth and development are now available to organizations, schools, hospitals, social agencies and corporations. The Esalen organizational approach is based on the uniqueness of the individual and focuses on the importance of self-awareness in communicating with others.

Esalen Consulting Service has assisted in a number of projects for teachers, hospital workers, students, advertising agency personnel, and social workers.

For information, please contact Robert Kriegel at the Esalen/San Francisco office.

***ACCREDITATION* and the USE OF ESALEN'S NAME:** Some individuals and groups have involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs. Our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please also see membership form below.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recordings of many past programs are available through a service which maintains archive copies for Esalen. Requests for tapes now come from educational and service institutions, libraries, religious and professional groups, business groups and individuals concerned with the human potential movement. Commercial use of these tapes is prohibited; all rights are reserved. For a complete tape catalog write **Big Sur Recordings**, 117 Mitchell Blvd., San Rafael, CA 94903. The cost of recordings is $10 per tape-hour, stereo or mono, with choice of 5" reel or cassette.

FM RADIO STATIONS in the San Francisco Bay Area (K101, KPFA and KQED) broadcast portions of Esalen seminars and lectures. (K101 has a dependable weekly program each Sunday evening at 11:00 p.m.) Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KUSC and KPFK Los Angeles, as well at KPFT Houston and WBAI New York City broadcast Esalen programs on an occasional basis. Consult local program guides.

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in preparing attendance at Esalen workshops and lectures. You may use it for Big Sur and San Francisco area programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please make reservations early; some seminars are booked to capacity months in advance.

Name _____ Age _____

Occupation _____

Address _____

City, State _____ Zip Code _____

Telephone: Area Code _____ No. _____

☐ Single ☐ Married ☐ Divorced Number of males _____ females _____ in group.

Check program location:
Esalen/San Francisco ☐
Esalen/Big Sur: ☐ Hot Springs ☐ South Coast.
Check whether you wish:
☐ shared room.
☐ single room on a space-available basis ($7 per night additional charge).
☐ Check here if you are arranging your own lodging elsewhere.
Lodging may be assigned at either Big Sur Hot Springs or South Coast Center at the discretion of Esalen.

No. of persons	Date(s)	Leader's Name & Title of Event	Deposits

To claim Membership discount,
enter Member card number here _____ TOTAL _____

PAYMENT: All San Francisco workshops and Big Sur workshops require nonrefundable deposits of varying amounts depending on program length. Consult information section on page opposite for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

After completing this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

San Francisco Programs—Esalen Institute, 1776 Union Street, San Francisco, California 94123.

Big Sur Programs—Esalen Institute, Big Sur, California 93920.

South Coast Center Programs—Esalen Institute, Big Sur, California 93920.

PLEASE EXAMINE MAILING LABEL ON REVERSE SIDE OF THIS FORM AND MAKE CORRECTIONS IF NECESSARY. DO NOT REMOVE LABEL.

Friends of Esalen

NEW MEMBERSHIP PROGRAM

The continuing work of Esalen Institute is funded virtually **in toto** through tuitions paid by those attending workshops and seminars — but research, future development and expansion depend greatly upon funds assured through memberships and special grants.

As a Friend of Esalen, you enjoy membership privileges including:

A 20% tuition reduction on all staff-led workshops at Big Sur during January through March

A 20% reduction on all San Francisco workshops (excluding single evening events) during January through March

A 10% reduction on all San Francisco workshops during April through December

A 20% prepublication discount on all new Esalen Books as they are offered (Esalen Viking Series).

A 10% discount on all Esalen Bookshop purchases

Occasional gatherings with Esalen officers, leaders and project coordinators, as well as programs at subsidized rates for members only

A special newsletter which keeps you informed of new developments at Esalen and elsewhere

Those interested in sustaining the Institute in a more substantial way may wish to discuss details of this matter with the Director of Development, Stuart Miller. The legal counsel of the Institute is also available to discuss various details of gifts and bequests, including tax arrangements.

☐ I wish to become a Friend of Esalen, and I enclose my check for the category I have circled:

One Year Individual Membership	$25
One Year Family Membership	40
Two Year Individual Membership	50
Five Year Individual Membership	100
Life Membership	1,000

Name_____ Date_____

Street_____

City, State_____ Zip Code_____

Please mail to: Friends of Esalen, 1776 Union Street, San Francisco, CA 94123

San Franciso Single Evening EVENTS

(For complete descriptions of events, see page numbers listed below.)
The First Unitarian Church is located at Franklin & Geary Streets, San Francisco.
U.C. Medical Center is at 3rd & Parnassus Avenues, San Francisco; programs there are sponsored by U.C.S.F. Committee on Arts & Lectures.

Tuesday, January 4
Introduction to Psychosynthesis
James Fadiman
$3 gen.; $2 student; 8-10:30 p.m.; U.C. Medical Center; [p. 13]

Wednesday, January 5
About Esalen Programs
Esalen Staff
FREE: 8-10:30 p.m.; First Unitarian Church; [p. 2]

Wednesday, January 12
Self, Sex & Psychotherapy
Don Clark
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 4]

Thursday, January 13
Bio-Feedback: Brainwave Training for Creativity
Elmer and Alvce Green
$3 gen.; $2 student; 8-10:30 p.m.; U. C. Medical Center; [p. 8]

Monday, January 17
Structural Integration: A Lecture-Demonstration
Michael Salveson
FREE: 8-10:30 p.m.; First Unitarian Church; [p. 7]

Tuesday, January 18
Breadmaking: Ancient Art & Craft
Manuel, Master Baker
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 12]

Wednesday, January 19
The Esoteric Psychologies*
Robert Ornstein
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 8]

Thursday, February 17
Touchstones of Reality
Maurice Friedman
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 12]

Wednesday, February 23
Psychology of Meditation*
Robert Ornstein
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 8]

Thursday, February 24
Introduction to Esalen
Esalen Staff
$3 gen.; $2 student; 7-11:00 p.m.; First Unitarian Church; [p. 4]

Monday, February 28
Practice of Awareness: Gestalt Exercises for Daily Use
John Enright
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 6]

Tuesday, February 29
On Developing a Concept of Health
H. F. Parsons & G. L. Schiller
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 15]

Wednesday, March 1
On Sufism*
Robert Ornstein
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 8]

Monday, March 6
On Yoga: A Lecture & Demonstration
Joel Kramer
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 15]

Monday, January 24
Introduction to Esalen
Esalen Staff
$3 gen.; $2 student; 7-11:00 p.m.; First Unitarian Church; [p. 4]

Wednesday, January 26
On Zen*
Arthur Deikman
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 8]

Wednesday, February 2
Psychology of Psychotic Consciousness*
Arthur Deikman
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 8]

Thursday, February 3
New Ways of Meeting New People
Robert Cromey
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 4]

Wednesday, February 9
Energy & Aikido*
Robert Frager
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 8]

Friday, February 11
An Evening with Anais Nin
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 12]

Wednesday, February 16
Transformation of Energy*
Robert Frager
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 8]

Wednesday, March 8
Transpersonal Exercises
James Fadiman
$3 gen.; $2 student; 8-10:30 p.m.; U.C. Medical Center; [p. 8]

Thursday, March 9
Drugs, Sex and Treason
Eugene Schoenfeld (Dr. Hippocrates)
$2 gen.; $1 student; 8-10:30 p.m.; First Unitarian Church; [p. 12]

Monday, March 13
Psychic Healing
Lawrence LeShan
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 8]

Wednesday, March 15
Introduction to Esalen
Esalen Staff
$3 gen.; $2 student; 7-11:00 p.m.; U.C. Medical Center; [p. 4]

Tuesday, March 21
Structural Integration: An Introduction
Michael Butler
$3 gen.; $2 student; 8-10:30 p.m.; First Unitarian Church; [p. 7]

Friday, March 24
Faith, Reality and Depression
Alexander Lowen
$3 gen.; $2 student; 8-10:30 p.m.; West Campus Auditorium, 1222 University Avenue, Berkeley; [p. 15]

Thursday, April 6
Introduction to Esalen
Esalen Staff
$3 gen.; $2 student; 7-11:00 p.m.; First Unitarian Church; [p. 4]

Esalen Institute
1776 Union Street
San Francisco
California 94123

THE ESALEN CATALOG

Including programs co-sponsored with the GESTALT INSTITUTE OF SAN FRANCISCO

To assure that you will continue to receive the Esalen Catalog, Notify us immediately of any change of address.
THIRD CLASS MAIL. Address correction requested.

The Esalen Catalog

Esalen Programs, April-June 1972
Volume X, No. 2

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Michael Alexander

ESALEN INSTITUTE is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this catalog, research and consulting programs, and a residential program exploring new directions in education and the behavioral sciences.

For reservations, literature, tickets and information, write or call:

ESALEN INSTITUTE
1776 Union Street, San Francisco, CA 94123
Phone: (415) 771-1710
10 to 5, Monday through Saturday

For reservations and information, write or call:

ESALEN INSTITUTE
Big Sur, CA 93920
Phone: (408) 667-2335
10 to 5, Monday through Saturday
10 to 9, Sunday

SAN FRANCISCO & BIG SUR, CALIFORNIA

NEWS

STAYING AT HOT SPRINGS

Sometimes there are extra rooms at Big Sur when workshops aren't completely filled and we are now inviting people to stay with us at Esalen even if they don't feel like being in a workshop. All the facilities of the Hot Springs are open to use. Rates are $25 single or $35 shared, per day, all meals included. For reservations, telephone (408) 667-2335, 9 to 5, Monday through Saturday.

SOME VITAL STATISTICS

In 1971 . . . 2,469 people attended 151 seminars and workshops at Esalen/Big Sur. $23,450 were awarded in scholarships. 7,742 people attended single evening events or lectures. San Francisco scholarships to workshops only were granted to 240 people and amounted to $8,076. In addition, 77 people worked off part of their workshop fees by doing volunteer work at the San Francisco Center.

THANKS

We want to extend again our warmest thanks and appreciation to a number of people whose substantial gifts last year helped ease our financial burdens and carry forward our work: Martin J. Farber, Ida Roll, Janet Bickford, Don Flaxman, Drewry Hanes, Kit Tremaine, Bruce Woolpert, The Andrew Norman Foundation, Barbara Lassiter, Lawrence Kroll and Andrew Gagarin.

EXPERIENCE AND INTELLECT

From June 4-July 1 Janet Lederman will coordinate a new program at Big Sur. The program has two aims: first, to provide a setting where participants can intellectually integrate the experiences they may have and, secondly, to provide an opportunity in which participants can survey Esalen's resources and use what may be most appropriate to their personal needs.

During the first week, participants will be exposed to various experiential techniques and spend a good deal of their time talking about the experiences. Experience will be grounded, then, in intellectual discussion. In the next three weeks, participants may choose from the on-going workshops, exclusive of weekends, scheduled in this catalog. These workshops range from gestalt and encounter to Arica training and aikido. So that these experiences achieve coherence, participants in this special program will meet with their original group at least two times a week to continue their dialogue between experience and intellect.

In some respects, this program model parallels that of the "educational park" being discussed in models for future education. We hope to use this as a model for future programming.

ROLE CHANGES

David Baar, founding Director of Esalen/San Francisco in July, 1967, will take a six months leave of absence starting in April of this year. He plans "a Far East trip and lots of time for thinking and resting." When he returns in October, he will undertake expansion of the Esalen Book Service as well as projects designed to further involve Esalen in the Bay Area community.

George Calmenson has been named the new Director of Esalen/San Francisco. He has been Assistant Director for the past two and a half years.

ESALEN'S "PROFITS"

A recent **New York Times** report carried the following bit of wisdom: "Organizing and leading encounter groups has become fantastically profitable. It could even be regarded as the growth industry of the nineteen seventies." The article then went on to speak of the great heaps of money that Esalen Institute is presumably making because it has more encounter groups than anyone else does. And then there are also the other fabulous business schemes for which we are famed: gestalt, rolfing, psychosynthesis, and that newest of financial bonanzas—lectures!

The actual facts are a bit different. Just to keep the record straight, we are publishing on this page summaries of our essential financial statistics: a condensed income statement and a condensed balance sheet. This is for the record. For those who are not of a financial turn of mind, it may be helpful to point out that far from making a profit of any kind in 1971, the Institute lost money in the amount of $125,822.

The New York Times notwithstanding, this loss was not owing to our paying ourselves exorbitant salaries. In fact, Esalen co-founders Mike Murphy and Dick Price took no salary during the Institute's first five years. Not that it's actually anyone's business, but just to settle matters, it's worth stating that the salary of the President of Esalen is $13,500 per year, and it's downhill from there. One of our Directors has been known to remark that after much professional education, many years' service at Esalen, several children and the approach of middle age, he is now making as much as a rookie cop at age twenty. We have just cut his salary and the salaries of our other Directors by ten percent.

So people ask, "Where does the money go?" After all, they say, your rates are high. They may seem high, we think they are too high, but they are as low as we can get them. Most people aren't aware that our tuition fees are the same as or lower than those charged for parallel seminars and workshops by the Extension Division of the University of California. And, needless to say, they've got some assets we don't. We make a constant effort to keep these fees low.

Accordingly, the salaries of our staff are low, as are the fees of the professionals who lead programs for us. Nevertheless, because we want to employ only the best professional people, they must be paid, and fees to leaders accounted for a substantial share of the income made by San Francisco/Esalen last year. At Esalen/Big Sur there are many expenses that some people don't take into account. Our fees average about $40 per day. Esalen/Big Sur is not a hotel, although it once was, and even if it were $40 per day—including room, three meals, tips, swimming pool, luxurious grounds, staff and hot mineral baths—it is not what one would call out of line. But there is more going on than that. Included in the $40 are the workshops and seminars which, according to reports we get, have been important to the lives of many people. Conducting these seminars and workshops, and making sure that our program is continually fresh and real, costs money.

A hotel could operate on half of what we do. Documenting these costs to you is important. We should also tell you what we are trying to do about them. To make sure they do not rise, we use all our energies to keep every expense low. This includes periodic and painful review of the way we do business, and we are going through one of these periods now. Another bright idea we had was to offer scholarships to people who might not be able to afford the present fees. And, in fact, we gave away $23,450 in scholarships at Big Sur alone in 1971. That partly explains our deficit for 1971, but only partly.

We invite you to study these figures. The sad truth is that Esalen Institute, however different it may be in most ways from other nonprofit institutions, is profoundly similar to many of them—colleges, churches, museums, symphonies, libraries. We are a public service. We need outside support. Like even such financially strong institutions as Harvard, we must ask those for whom Esalen has made a difference for support. Like Harvard, the tuition charged does not pay the costs of your Esalen experience. We are asking for help.

Specifically, we need over $100,000 this year to underwrite the difference between tuition and costs. And, in addition, if Esalen is to flourish and progress, we need help with a number of projects aimed at making Esalen more relevant to a number of social institutions: $42,000 for our project in humanizing medicine, $250,000 to plan an Esalen demonstration school for the elementary grades, $10,000 to design our project to reform prisons, among others. We also need continuing help with maintaining and improving our physical facilities. Last year we spent $40,000 to build an addition to the Lodge at Big Sur which gives needed space for workshops, dining and for people to get together. The cost of this new addition doesn't even appear in the deficit we show in last year's income and expense figures. The same is true of the $3,000 we spent getting a building into shape so we could, at last, have a center in San Francisco. At our San Francisco Center, by the way, we are able to offer less expensive programs starting at $3 a lecture, $2 for students.

Obviously, we cannot give all the details of the financial operation of Esalen in this small space. This is just a summary and a beginning. But if you can help, we hope you will. One way to help is to become a member of Friends of Esalen, the new Esalen membership organization. This costs as little as $25 and carries a number of special benefits in the form of discounts. It also gives us a place to turn for things we need besides money: support, advice, feedback and so on. So, being a member gets us closer together and provides the supportive community Esalen needs. There's a membership blank on page 19. If you can give more than $25, the Institute needs it. And if you can suggest other funding sources, we need to know about them, too. Being nonprofit as we are, contributions to Esalen are tax deductible.

SUMMER PROGRAM IN ALTERED STATES OF CONSCIOUSNESS AND TRANSPERSONAL PHYCHOLOGY

We are witnessing within this century a change in man's attitude to his existence in the world. As a result, the scientific community is also forming a new conception of man's capacities. In the past academic science has underestimated man—his sensitivity to subtle sources of energy, his capacity for love, intuition and transcendence, his self-control. We are also discovering that many of the older "esoteric" psychologies contain much useful knowledge for exploring the areas that contemporary Western psychology has neglected.

Esalen, in cooperation with researchers and teachers from various universities, is planning a second "Summer Institute on the Psychology of Human Consciousness" with disciplined experiential and intellectual inquiry into human awareness. The institute will be five weeks long in late summer. Topics to be included are: biofeedback training; psychology and physiology of meditation; psychologies of Zen, Yoga and the Sufis; techniques for extending consciousness; body energies and states of consciousness; paranormal phenomena; psychosynthesis; psychological anthropology. This program is primarily intended for graduate students, professors, and those outside the academic community who would like to integrate this study into their lives and environments. There is a possibility for university accreditation for the summer series. The program will be held in the Palo Alto area. Address inquiries to Esalen/San Francisco.

INCOME AND EXPENSE

Income	
Programs, Room & Board	$767,290
Massage & Rolfing	35,804
Memberships	12,694
Contributions	12,362
Benefits	12,941
Royalties	11,300
Brochure	2,258
Books	26,535
Special Projects	30,227
Miscellaneous	38,210
Total Income	**$949,621**
Expenses	
Salaries	$171,165
Leaders' Fees	161,150
Food	128,327
Linen, Cleaning, Etc.	42,500
Maintenance, Repair, Security, Etc.	58,726
Rent	104,294
Massage and Rolfing	20,594
Personnel Benefits	13,837
Memberships	4,699
Brochure	52,864
Special Projects	30,227
Books	23,349
Insurance	23,519
Utilities	17,829
Office Supplies, Telephones	34,838
Promotion	44,944
Interest	8,595
Legal Fees	26,004
Accounting	34,898
Miscellaneous	73,084
Total Expenses	**$1,075,443**
Loss for the year	**125,822**

BALANCE SHEET

Assets	
Current Assets	
Cash	$ 20,135
Accounts Receivables	21,309
Inventories	10,539
Total Current Assets	51,983
Equipment	59,628
Lease Improvements	344,928
Land & Buildings	109,168
Total Assets	**$565,707**
Liabilities	
Current Liabilities	
Payables	$ 87,731
Advance Deposits	29,152
Special Proj. Funds	18,722
Miscellaneous	2,720
Total Current Liabilities	138,325
Notes Payable	200,681
Net Worth	226,701
Total Liabilities	**$565,707**

Long-Term Programs

The following programs represent ways in which participants can involve themselves with Esalen over an extended period of time. Although Esalen does not have a leadership training program, per se, involvement in these long term programs will present greater opportunities for learning experiences and exposure to a wide variety of disciplines. (For additional program listings see Workshops for Professionals, page 13.)

■ S.F. THE ESALEN STUDY GROUPS: A Tutorial Program

The Esalen Study Groups are patterned after the tutorial system of Oxford, Cambridge and the teaching model of antiquity. A very few students meet regularly with their tutors who, as resource experts, provide direct teaching, assistance, advice and access to the wealth of resources which the community can offer.

Weekly sessions of tutorial groups include study, work and evaluation in an informal setting. Hours of meetings are flexible depending on participants' needs, and, wherever possible, sessions meet in tutors' and/or students' homes.

Registration for tutorials is on a monthly basis through the Esalen/San Francisco office. Tuition is due *in full* prior to the first meeting of each month.

Starting April 2
Tutorial with David Sobel

Ongoing group $22 per month

I am just one journeyer trying to stay centered; the tutorial is the opportunity to explore the process of journeying . . . rolfing, yoga, tai chi, encounter groups, psychosynthesis, here and now, psychology of consciousness, neuropsychology, sexual politics, health, medical school, love, traditional medicine, the body, macrobiotics and mucusless nutrition, meditation, dreams, sufism . . . Sunday evenings at 8:00 p.m. Limited to 10 participants.

Starting April 3
Tutorial with Robert Ornstein

Ongoing group $35 per month

There is a kind of learning which takes place among friends. It is not easily categorized and can happen anywhere. For people who are generally interested in sufi work and scientific and personal research into consciousness. Monday afternoons at 5:00 p.m. Limited to 6 participants.

Starting April 4
Tutorial with Eleanor Criswell

Ongoing group $22 per month

A tutorial in physiological psychology from the humanistic/transpersonal orientation. This tutorial will provide basic understanding of the physiological correlates of behavior. We will explore applications to contemporary growth practices: yoga, meditation, and other *Sadhanas* and somatic techniques, sensory awareness, bio-feedback, altered states of consciousness and others. We will also consider the traditional areas of motivation, emotion and learning. Tuesday evenings at 8:00 p.m. Limited to 10 participants.

Starting April 4
Tutorial with Ian Grand

Ongoing group $22 per month

"Human Being, Human Becoming and Human Energies." The adventure of being explored in a series of studies of the Bodily mysteries—incarnation, transformation, pleasure/growth, and the experience of the sacred. A wide range of authors, systems and conceptions to include: Rilke, Heidegger, Reich, Jonas, Suarès, Keleman, mythic texts. Studies of language, movement, dance and song. Tuesday afternoons at 3:30 p.m. Limited to 10 participants.

Starting April 5
Tutorial with Michael Murphy

Ongoing group $35 per month

Though not strictly bound by the following subjects, the general area of our explorations will be: The unfoldment of human consciousness studied historically and in terms of our personal experience; what an American *Sadhana* is like; the relationships between the discoveries of modern psychology and traditional contemplative disciplines; Aurobindo, Maslow and Assagioli as links between Western and Eastern experience; where we are going from here, personally and as a culture. Wednesday afternoons at 3:30 p.m. Limited to 6 participants.

CONTINUOUS AND DROP-IN PROGRAMS

The following programs are held regularly at the Esalen Program Center, 1757 Union Street, San Francisco. It is possible to attend these programs on a continuing, weekly basis or to participate one-time-only or occasionally. No advance registration is necessary; simply go to the Program Center at the scheduled time.

Monday Evenings: Open House
FREE

A series of informal evenings to discuss programs, methods and directions with Esalen leaders and staff.

April 3: Michael Salveson
April 10: George Downing and Anne Kent Rush
April 17: Marilyn Harris Kriegel
April 24: Arica Staff
May 1: Betsie Carter and Steven Kull
May 8: Gunver Jackson
May 15: Ian Grand
May 22: Carole Rosenblatt
May 29: Robert Kriegel

Nine Monday evenings, 7:30-10 p.m., April 3 to May 29.

Tuesday Evenings: Body Awareness
George Downing & Anne Kent Rush

$6 per person, each meeting, or $22 per month

Emphasis will be on energy in the body and will use a number of approaches: yoga, movement, sense relaxation, energy exchange techniques, massage, pressure point systems. Eight Tuesday evenings, 8 to 10:30 p.m., April 18 - June 6.

Thursday Mornings: Drop-in Encounter
Robert Cromey and Staff

$6 per person

This encounter program is open to anyone. Persons are encouraged to use this series as a place to deal with immediate personal conflicts and as a follow-up for other workshop programs. 10 a.m. to 12 noon, every Thursday morning, beginning April 13.

Thursday Evenings: Relaxation: Yoga Nidra
Bonita Bradley

$3.50 per person

Gentle, tension-relieving movements and postures and deep relaxation techniques. 5:30 to 6:30 p.m., every Thursday evening, beginning April 13.

BIG SUR RESIDENTIAL PROGRAMS

At the present time, there is no formal residential program at Big Sur. Instead, we are offering an *ongoing* residential program which may be initiated by an individual according to his specific needs and interests, chosen from among the continuing workshops available. Those interested in the program should be aware, first, of a residence requirement of at least two months, and second, of a work obligation of 12-16 hours per week.

The cost of the program is $800 per month exclusive of weekend workshops. There will be a nominal additional charge for participation in workshops commanding a higher tuition fee (those workshops listed in the catalog which are more than $240). Individuals interested in applying for the residential program must first attend a week-long seminar at Big Sur, the cost of which will not be applicable to the residential fee, should they be accepted to the program.

● **B.S. April 16-May 13**
Gestalt and Structural Integration
Esalen Staff
Four-week program $800
at South Coast Center

Psychological dis-ease and physical tension are two aspects of one phenomenon. Gestalt training is an awareness centered, integrative process concentrating on *How* and *Now* rather than *Why* and *Fantasy* of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own unused potential. Structural integration (rolfing), while producing actual physical change, also facilitates direct perception of body process in relation to emotional pressure and release. Each participant will receive three rolfings as part of the workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working professionally with groups (teachers, ministers, psychologists, etc.).

● **B.S. June 4-July 1**
Experiencing Change
Janet Lederman
Four-week workshop $875
(See news item on page 2.)

Exploring . . . Expanding—values, goals . . . to experience—reflecting, selecting, changing...The theatre: Esalen/Big Sur. The players: you/we, alone/together.

● **B.S. July 2-29**
Gestalt and Structural Integration
Frank Rubenfeld and Esalen Staff
Four-week program $875
(See above.)

Biographical Information

ELEANOR CRISWELL is an Assistant Professor of Psychology at Sonoma State College, California, where she teaches physiological psychology, educational psychology and yoga psychology and is involved in EEG research.

IAN GRAND is the director of the Center for Educational Alternatives at San Francisco State College and teaches in the Department of Education at S.F. State Extension. He has led training groups for psychiatric residents at Agnews State Hospital and at San Mateo County Hospital. He leads bioenergetic groups and has a private practice in San Francisco.

JANET LEDERMAN, artist, teacher and author is currently leading gestalt groups throughout the United States and Canada.

MICHAEL MURPHY has a B.A. in psychology from Stanford University and has been a student of the contemplative traditions for twenty years. He studied at the Aurobindo Ashram in Pondicherry, India for one and a half years. He co-founded Esalen Institute in 1962 and has served as its president since that time.

ROBERT ORNSTEIN teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. He is author of the books *On the Experience of Time* and, with Claudio Naranjo, *On the Psychology of Meditation*.

FRANK RUBENFELD is a clinical psychologist and is on the faculty of the New York Institute of Gestalt Therapy, in addition to his private practice of individual and group therapy.

DAVID SOBEL is a medical student on leave from the University of Michigan. He is the food and body editor of *Big Rock Candy Mountain* and is currently working on a book on the ways of health to be published in the Esalen/Viking Series.

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen encounter groups today.

● B.S. EXPERIENCE OF ESALEN PROGRAMS

Experience of Esalen programs are designed to join staff members and participants in an experience of each other surrounded by as little or as much structure as a unique mix of people wish to create. The resources of Big Sur are available—baths, scenery and the far-ranging talents of our staff—group leaders, masseurs, artists, craftsmen, musicians and students of arcane lore. These nonprogrammed programs are an opportunity to explore and to interact, or simply to retreat from the world for a week. Come and be with us.

April 28-30 Weekend workshop $65

April 30-May 5 Five-day workshop $150

May 21-26 Five-day workshop $150

June 25-July 1 One-week workshop $175

■ S.F. INTRODUCTION TO ESALEN PROGRAMS—SAN FRANCISCO

These programs—evening, one-day and weekend—are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups. Workshop leaders will be drawn from Esalen/San Francisco Staff (see Information section, page 18). Esalen/Big Sur Staff, as well as members of San Francisco's Extended Growth Program, may also act as group facilitators.

Evening Introductions to Esalen: Working in small and large group sessions, participants will be introduced to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring pillow for easy sitting.

$3 general; $2 student; 7-11 p.m.

April 6; April 26; May 22; June 29: First Unitarian Church, Franklin and Geary Streets, San Francisco.

Single-day Encounter: An intensive day of group work, along the lines of evening introductory programs, with the additional advantages of more hours and shared mealtimes. Leaders will work with small groups. Programs run from 10 a.m. to 6 p.m. Workshop location to be announced at time of registration. (Bring your own lunch.)

$15 per person.

April 15; May 6; June 3; July 1.

Weekend Introductions to Esalen: Incorporating a wide variety of approaches, group leaders will work with participants in large groups and sub-groups over a full weekend period. $50 per person.

May 19-21; June 16-18.

Encounter & other Interpersonal Groups

● B.S. INTRODUCTION TO ESALEN PROGRAMS—BIG SUR

Introduction to Esalen programs are designed for, but not limited to, people who have not previously been to Esalen/Big Sur. The workshops center on encounter and gestalt, although additional opportunities will be available in other experiential areas such as movement, massage and sensory awareness. Rolf treatments will be available at an extra cost.

April 16-22 Robert Cromey One-week workshop $240

April 30-May 6 Esalen Staff One-week workshop $240

May 14-19 Bob & Marilyn Kriegel Five-day workshop $215

June 4-9 Harry Sloan Five-day workshop $215 at South Coast Center

July 2-7 Michael Butler Five-day workshop $215

● B.S. OPEN RESIDENCE PROGRAMS

The **Open Residence Program** is intended for those with some experience in encounter and gestalt. The focus of the group will depend on its own interest and leader availability. Among possible offerings are encounter, gestalt, meditation, instruction in yoga, massage, arts and crafts, movement and sensory awareness.

April 2-8 Simone Surpin One-week workshop $240

May 21-June 3 Esalen staff Two-week workshop $450 at South Coast Center

June 25-July 1 Michael Butler One-week workshop $240 at South Coast Center

● B.S. April 2-7
Bodymind
Michael Butler
Five-day workshop $175
at South Coast Center
Based on the model established by William Schutz, this workshop will attempt to integrate the rolf method of body alignment within the framework of open encounter, including fantasy and gestalt methods.

● B.S. April 9-14
Encounter and Psychodrama
Walt Anderson and Fred Moore
Five-day workshop $245
Participants will work with a variety of encounter and awareness approaches, emphasizing psychodrama for the intensive exploration and working through of past and present interpersonal conflicts. The workshop will be structured so as to allow for the emerging needs and interests of individual participants, including those who want instruction in the techniques of psychodrama.

● B.S. April 9-14
After Encountering Self and Others
Helen Stephens and Jon Daemion
Five-day workshop $245
Through encounter, meditation, spontaneous ritual and improvisational chanting, music and movement, we will explore pathways to our innerspace and outer consciousness.

■ S.F. Starting April 13
Drop-in Encounter
Robert Cromey and Staff
Ongoing program $6 per person, each Thursday
This encounter program is open to anyone, on a continuing or an occasional basis. Persons are encouraged to use this series as a place to deal with immediate personal conflicts and as a follow-up for other workshop programs. 10 a.m. to 12 noon, every Thursday morning.
1757 Union St., San Francisco.

● B.S. April 14-16
For Homosexuals
Stanley Freitas and Owen Garner
Weekend workshop $95
We are experiencing the beginning of a homosexual revolution in which the resolution of conflict has become one of the most critical areas for our survival as individuals. This weekend seminar will be geared toward a resolution of that conflict.

■ S.F. April 14-16
Encounter for Singles
Robert Cromey
Weekend workshop $50
A workshop for unattached persons. Please state sex and age on application. Limited to 40 persons.

● B.S. April 21-23
Refocusing Energy
Bob and Marilyn Kriegel
Weekend workshop $95
at South Coast Center
Since many persons spend time dwelling on negative aspects of their personalities and lives, this weekend will be an opportunity to refocus attention on forgotten positive strengths and individually available tools for continued personal growth and expansion of life possibilities.

● B.S. April 21-23
Encounter for Couples
William Schutz and Christine King
Weekend workshop $95 per person.

■ S.F. April 21-23
Communication Games
Art Hough
Weekend workshop $55
A workshop to uncover and work with communication problems through games. These communication games—lasting from one minute to three hours—are used to heighten the communication experience, improve habits of listening, feedback, empathy, spontaneity and awareness, and to loosen the deeper communication blocks that result from hidden dogmatism, rigidity and risk-refusal. This is not encounter; it is for people concerned with improving communication.

● **B.S. April 23-29**
Workshop for Executives
Frank Rubenfeld and Bob Kriegel
One-week workshop $280
(See program description under *Workshops for Professionals*, p. 9.)

■ **S.F. April 28-30**
You Don't Have to Suffer to Feel Good
Harry Sloan and Lenore Lefer
Weekend workshop $50
Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish and break-throughs. This extemporaneous weekend will tap into the absurdity of conflicts and problems, offering you an opportunity to laugh at yourself and the fate you have chosen.

■ **S.F. April 29**
Working It Through With Mom and/or Dad
Walt and Maurica Anderson
One-day psychodrama workshop $18
Emotional conflicts of the parent-child relationship and ways of dealing with them will be explored by the group, using the spontaneous-dramatization technique of psychodrama to "confront" parents living or dead. *10 a.m. to 6 p.m.*

■ **S.F. Starting May 2**
Open Encounter
Robert Kriegel
Ongoing workshop $50
A series of five Tuesday evening workshops from 7:30 to 10 p.m., May 2, 9, 23, 30 and June 6.

■ **S.F. May 5-7**
Couples' Workshop
Bill and Audrey McGaw
Weekend workshop $115 per couple

● **B.S. May 5-7**
Being a Man
Don Clark
Weekend workshop $95
A small-group experience for the man who wants to appreciate himself as a man and become more aware of his feelings about other men. We will explore individual satisfaction in male roles, sexuality, self acceptance and freedom to change. Emphasis is on relaxed and enjoyable self-search in an atmosphere of brotherhood rather than on competitive encounter. Each participant should bring a picture of himself as a child and a favorite music album.

■ **S.F. May 11**
Looking-Talking-Touching: For Couples
Gerald Smith
Single evening event
$5 per couple; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
A variety of verbal and nonverbal experiences for couples (not necessarily married).

● **B.S. May 12-14**
Advanced Training for Group Leaders
William Schutz
Weekend workshop $140
(See program description under *Workshops for Professionals*, p. 9.)

● **B.S. May 14-19**
Couples Workshop: Why Good Marriages Fail
Richard Farson
Five-day workshop $450 per couple
Paradoxically, good marriages probably fail more often than bad ones. They fail because they are good enough to have raised expectations for something better. This workshop examines the sources of discontent in marriage, the positive and negative impact of counselling and psychotherapy on relationships, the relation of liberation movements to success and failure in marriage and the politics of the human potential movement. Working in large and small groups, couples and individuals will have an opportunity to discuss the paradoxes in their own marriages and to invent new life styles for themselves to accommodate the paradoxes.

● **B.S. May 19-21**
Sexual Politics: On Being a Woman
Ani Mander and Cynthia Werthman
Weekend workshop $95
What it means to be a woman today; how this definition affects our sense of identity and our role in society. The philosophical, political and social implications of sex roles; tuning into our sexuality, exploring the power within us and letting it express itself in society; the creative impulse in women.

● **B.S. May 19-21**
Experiencing the Universe as Sexual
Helen Stephens and Jon Daemion
Weekend workshop $95
From Tantrism to Reich, the synthesis and synergy of East and West. A weekend of appreciation and love.

● **B.S. May 21-26**
Encounter and Massage
Harry Sloan and Esalen Staff
Five-day workshop $240

■ **S.F. May 26-28**
Couples' Workshop
Gerald Smith
Weekend workshop $115 per couple

■ **S.F. May 26-28**
Being a Man
Don Clark
Residential weekend workshop
$75 including room and meals
(See B.S. program description, May 5-7, above.)

■ **S.F. May 27**
Open Psychodrama Encounter
Walt and Maurica Anderson
One-day workshop $18
Group encounter and spontaneous-enactment techniques will be used to explore and work through interpersonal problems presented by participants. Degree of active involvement in the work is a matter of individual choice. 10 a.m. to 6 p.m.

■ **S.F. May 27-28**
Advanced Training for Group Leaders
William C. Schutz
Weekend workshop $140
10 a.m. to 11 p.m. Saturday; 10 a.m. to 5 p.m. Sunday.
(See program description under *Workshops for Professionals*, p. 9.)

■ **S.F. May 27-29**
Celebration
Betty Fuller and Dub Leigh
3-day residential workshop
$95 including room and meals
There is nothing we can't do when we know what it is and decide to do it. A celebratory journey into body, mind and heart to discover what it is we want. 10 a.m. Saturday through lunch on Monday.

● **B.S. May 28-June 2**
For Homosexuals
Stanley Freitas and Owen Garner
Five-day workshop $215
(See program description, April 14-16, opposite page.)

■ **S.F. May 31**
For Women Only
Betty Fuller
One-day workshop $35
A day-long retreat for women to celebrate their unique responsibilities and opportunities, to build on strengths, to learn to balance nurturents with guts, self respect and self-love. 10 a.m. to 10 p.m. Wednesday, including lunch and dinner. Limited to 20 women.

■ **S.F. May 31**
New Ways of Meeting New People
Robert Cromey
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
Since many persons attend large group programs to meet other people, this evening's experience will focus explicitly on the acquaintance process. Using methods from encounter and gestalt awareness, group members will explore how they project themselves to others, how others perceive them and discover new ways of moving into friendships and social contact.

■ **S.F. June 2-4**
The Creative But
Harry Sloan
Weekend workshop $50
This workshop is designed for the person who feels, "I am really creative **BUT** . . ." Group members will have the opportunity to channel their energy into their creativity rather than into their "buts" which both mask and hinder the creative process. If possible bring something that you are working on.

● **B.S. June 2-4**
A Weekend Celebration at Big Sur
Betty Fuller
Weekend workshop $95
A weekend to celebrate, to rest, to work, to play, to explore, to discover, to learn, to feel, to sing, to dance, to massage, to care for yourself and others. The resources of both Esalen's Big Sur centers and of the leader and participating staff are available.

■ **S.F. June 2-4**
Group Interaction
Robert Kriegel
Residential weekend workshop
$75 including room and meals

● **B.S. June 4-9**
Body/Mind/Spirit
Michael Butler
Five-day workshop $215
This workshop will use encounter, gestalt and body techniques.

■ **S.F. June 6**
An Evening For Couples
Betty Fuller and Dub Leigh
Single evening event
$5 per couple; 8-10:30 p.m.;
U. C. Medical Center, 3rd & Parnassus, San Francisco.
(Sponsored by U.C.S.F. Committtee on Arts & Lectures.)
Sensory awareness, encounter and communication experiences for couples.

● **B.S. June 9-11**
More Joy
William Schutz and Esalen staff
Weekend workshop $110
This weekend workshop, focused on encounter, will be divided into groups led by Esalen staff leaders. William Schutz will lead the opening and closing sessions and rotate as co-leader.

■ **S.F. June 9-11**
Gay Is Good?!
Robert Cromey
Weekend workshop $50
A group for male and female homosexuals to discover the joys and pains of homosexual life in an open and honest fashion.
Bob Cromey is a founder of San Francisco's Council on Religion and the Homosexual. He has led encounter groups for homosexuals under the sponsorship of the Society for Individual Rights.

● **B.S. June 11-17**
Advanced Encounter
Bob and Marilyn Kriegel
One-week workshop $240
at South Coast Center
This workshop is designed for those who have had previous experience in an Esalen encounter group.

■ **S.F. June 16-18**
Couples' Workshop
Bill and Audrey McGaw
Weekend workshop $115 per couple

● **B.S. June 18-24**
Growth Through Risk-Taking
David Schiffman
Five-day workshop $245
at South Coast Center
This workshop offers the participant an opportunity to explore the nature and purpose of personal boundaries, whether as illusion or as tools of self-survival, working toward greater personal expansion and openness with others.

■ **S.F. June 21**
An Evening With Betty Fuller and Dub Leigh
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
Individually and in large and small groups we'll explore new/old ways through body, mind and heart to rediscover what we know already. Bring a blanket.

■ **S.F. June 23-25**
Celebration
Betty Fuller and Dub Leigh
Residential weekend workshop
$75 including room and meals
There is nothing we can't do when we know what it is and decide to do it. A celebratory journey into body, mind and heart to discover what it is we want.

■ **S.F. June 23-25**
Beyond Games
Richard Marsh
Marathon workshop
$80 including meals
This marathon encounter group will alternate between periods of unstructured spontaneity and periods of structured sensory, self and social games. Purpose of the games: to lead beyond themselves to the ecstasy of unself-conscious communication. Begins 8 p.m. June 23 and continues for 45 hours or longer. Bring a sleeping bag for two sleep breaks during the weekend. Includes a follow-up meeting approximately one month later.

■ **S.F. June 28**
For Women Only
Betty Fuller
One-day workshop $35
See description for May 31 workshop above.

■ **S.F. June 30-July 2**
Loving Someone Gay
Don Clark
Weekend workshop $50
A workshop in which parent, spouse, sibling and friend can explore attitudes, express feelings and ask questions about homosexuality in a shared effort to move beyond tolerance and acceptance in search of appreciation of the gay person you love.

● **B.S. June 30-July 2**
Couples' Workshop
Bob and Marilyn Kriegel
Weekend workshop $190 per couple
at South Coast Center

Books

Readings available from the Esalen Bookshop (see page 17) include:
Rogers, *On Encounter Groups* $1.95
Schutz, *Here Comes Everybody* $6.95
Smith, *Me & You & Us* $4.95

Biographical Information

MAURICA ANDERSON is an encounter group leader, a student at the University of California and a former staff member of the California Institute of Psychodrama in Los Angeles.

WALT ANDERSON studied under Dr. Lewis Yablonsky at the California Institute of Psychodrama and is accredited by the Moreno Academy of New York. He has conducted Esalen psychodrama and outdoor encounter programs for several years and has served as a consultant in psychodrama to many organizations. He is currently working with Mills College on utilizing psychodrama in community college education.

MICHAEL BUTLER is a former Esalen resident fellow. He was trained in gestalt and encounter techniques by John Heider and subsequently became a practitioner of structural integration under the supervision of Dr. Ida Rolf.

DON CLARK has worked with discussion groups, psychotherapy groups and encounter groups for the past 12 years. Dr. Clark is on leave from the City University of New York and in private practice as a clinical psychologist in the Bay Area. His most recent book is *Humanistic Education*.

ROBERT CROMEY, a former Esalen resident fellow, is an experienced group leader and teacher of massage and sensory experiences. He has worked as a priest, politician, administrator. He has a private practice in San Francisco.

JONATHAN DAEMION is a musician/composer, photographer and writer. He was a founder of Centre 48, a community and center for Reichian therapy, meditation and groups in London, England. At present, Jon is writing a book on Path for the next generation and is working with Helen Stephens to develop pro-life dimensions of the growth experience and to explore life/work styles of the New Age.

RICHARD FARSON is a professor of design at California Institute of the Arts. He is founder and chairman of the board of Western Behavioral Sciences Institute, the author of many articles about personal and social change and has been one of the pioneers and innovators in the encounter group movement.

STANLEY FREITAS was in the Fall 1970 Residence Program and is presently on the administrative staff at Esalen/Big Sur.

BETTY FULLER is co-director of Esalen's Consulting Services and a former resident fellow. Her background, in addition to encounter group work here and abroad, includes teaching and several years in radio, television and theatre.

OWEN GARNER is a member of the staff at Big Sur.

ARTHUR HOUGH is Associate Professor of Communication Theory and Mass Media at San Francisco State College. He is an educational television and film producer, author of *Stand Up and Speak* and interpersonal communication consultant to various agencies.

CHRISTINE KING has worked with Will Schutz. She is now completing her dissertation and in June will receive her doctorate in counselling.

BOB KRIEGEL is the director of Friends of Esalen and the Esalen consulting service. He was the founder and director of Anthos and has led groups and lectured at schools and growth centers around the country. He has also served as a consultant to business and management.

MARILYN HARRIS KRIEGEL is the assistant director of the Ford-Esalen Project in confluent education. She taught public school in California for eight years and was educational consultant as well as a group leader for Anthos in New York City.

LENORE LEFER, a former Connecticut suburban housewife extraordinaire, worked and trained under Betty Fuller as an Esalen resident fellow in 1971.

W. S. DUB LEIGH is a practitioner of the rolf method of structural integration and masseur as well as encounter leader. His background, in addition to the Esalen Residence Program, includes 27 years in business, politics and work with A.A.

WILLIAM McGAW is Director of Communications at Western Behavioral Sciences Institute as well as director of the Institute's Experiential Worship Service Project. He and his wife, Audrey, are involved with WBSI's couples program for the Conciliation Court of San Diego.

ANI MANDER, former teacher of languages at Boston University, Hayward and San Francisco State College, is presently devoting her energies to women's studies.

RICHARD MARSH is Professor of Creative Arts and Broadcast Communication Arts at San Francisco State College as well as Professor of Semantics and Communication at the California Institute of Asian Studies. He has pioneered in leading encounter groups in an academic setting.

FRED MOORE is an assistant professor in the Counselor Education Department at the University of Southern California and a member of the board of directors of the Los Angeles Psychodrama Center. He maintains a private practice with InterPersonal Institute of Los Angeles.

FRANK RUBENFELD is a clinical psychologist and is on the faculty of the New York Institute of Gestalt Therapy, in addition to his private practice of individual and group therapy.

WILLIAM SCHUTZ, author of *Firo*, *Joy* and *Here Comes Everybody* is presently in residence at Esalen, Big Sur.

DAVID SCHIFFMAN is the former director of Anthos. In addition to leading groups in Anthos, Esalen and other growth centers, he has lectured at Princeton, NYU and the University of California. He is currently teaching and has a private practice in New York City.

HARRY SLOAN, a renegade dentist, worked and trained under William Schutz during the 1969 Esalen Resident Fellow Program. He is a playwright and a member of the Esalen encounter staff. His first play "The Burden" was showcased in New York in 1971.

GERALD SMITH is author of *Me & You & Us*, a series of communication experiences for couples. He is a family therapist in San Mateo, California.

HELEN STEPHENS is a former Esalen resident fellow, trained by William Schutz. At fifty, she is an experienced group leader with special interest in the development of personal self-support systems.

SIMONE SURPIN is a former resident fellow at Esalen. She was trained as a group leader by John Heider and is a practicing rolfer. She has a special interest in psychic healing and the esoteric arts.

CYNTHIA WERTHMAN is a psychiatric social worker and a gestalt therapist in private practice in San Francisco. She works with the Family Therapy Institute of Marin (San Rafael) where she is a trainer and a family therapist, and is a director and trainer at the Gestalt Institute of San Francisco.

Gestalt

Gestalt is an awareness-centered integrative process concentrating on how and now rather than why and fantasy of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own untapped potential. The assumption is made that participants are not "patients", but are persons responsible for their own life decisions.

For April, May and June the Gestalt Institute of San Francisco is holding its workshops in conjunction with Esalen. Consequently, no other brochure describing the Gestalt Institute's programs will be distributed. The ongoing Training Program is exclusively sponsored by the Gestalt Institute.

GESTALT PROGRAMS IN THE BAY AREA

■ S.F. April 1-2
Open Gestalt
Steven Schoen
Weekend workshop $50
William Blake: *"Man was made for joy and woe; and if this we rightly know, thro' the world we safely go."* This workshop will focus on "right knowing," especially the awareness of body, feeling and mind as a unity; space for joy and woe as they emerge; risk-taking, both in inner and interpersonal experience, as existential safekeeping. Saturday and Sunday, 9 a.m. to 6 p.m.

■ S.F. Starting April 4
Gestalt Theatre Workshop
Stella Resnick
Ongoing series $60 per month
For people professionally involved in or interested in the performing arts. These workshops are designed for people who are interested in using the performing arts as a means of self-discovery and growth. Through gestalt awareness, Grotowski methods, psychodrama, theater games and movement, participants will concentrate on self-awareness and on making choices that further personal growth and creativity. Eight Tuesday evenings, April 4-May 23, 7-9:30 p.m. $60 for first four sessions, $115 for all eight.

■ S.F. Starting April 6
Gestalt Theatre Workshop
Stella Resnick
Ongoing series $30 per workshop session
See workshop description above. Eight Thursdays, 10 a.m. to 4 p.m., April 6 through May 25. $30 per day, or $200 for all eight sessions.

■ S.F. April 6-11
Gestalt at Wilbur Hot Springs
Larry Bloomberg,
Richard Louis Miller, et al.
5-day workshop $150 for trainees; $100 for participants
This workshop is for trainees and participants. Trainees will be offered the opportunity to lead the section of the workshop for participants, and participants will be able to observe the training and the supervision of the trainees. A marathon will be held the last two days of the workshop. Thursday 8 p.m. through Tuesday noon.
Training and supervision will be conducted by Richard Louis Miller and Larry Bloomberg, with Keith McHugh, Walter Barney, Sidney Gershenson and Alicia Matzinger. Fee for trainees: $150; fee for participants: $100. Fee includes tuition, food, lodging and hot mineral baths. Bring sleeping bag, towel and casual clothes.

■ S.F. April 21-22
Open Gestalt
Stella Resnick, Cyndy Werthman
Weekend workshop $65
Friday, 7 p.m. to 12 Midnight (10-12, leaderless small groups); Saturday, 10 a.m. to 6 p.m.

■ S.F. April 21-23 and April 22-23
Gestalt at Wilbur Hot Springs
Larry Bloomberg,
Richard Louis Miller, et al.

April 21-23: Part One. $65 per person. **Three-day training workshop.** Initial training session will be held Friday. Trainees will then plan and lead a workshop Saturday and Sunday. Training and supervision will be conducted by Richard Louis Miller and Larry Bloomberg, with Keith McHugh, Walter Barney, Sidney Gershenson and Alicia Matzinger. Friday 10 a.m. through Sunday 5 p.m. Fee includes tuition, food, lodging and hot mineral baths. Bring sleeping bag, towel and casual clothes.

April 22-23: Part Two. $35 per person. **Two-day open gestalt workshop.** Begins Saturday Noon and concludes Sunday before dinner. The leaders will be the trainees enrolled in Part One above, supervised by Bloomberg and Miller. Fee includes tuition, food, lodging and hot mineral baths.

■ S.F. April 29-30
A Workshop with Bob Hall
Weekend workshop $60
Robert K. Hall, M.D., and his extended family (Alice, Vince, Richard, Zelita, Cathy, Allison, Genna and Aaron) offer a weekend of gestalt, energy-releasing postures, polarity therapy and body awareness. Saturday and Sunday, 9 a.m. to 5 p.m. At Dr. Hall's Mill Valley home.

■ S.F. May 3
The Practice of Awareness: Gestalt Exercises for Daily Use
John Enright
Single evening event
$3 general; $2 student; 8-10:30 p.m.
First Unitarian Church, Franklin and Geary Streets, San Francisco.
An introduction to gestalt awareness training, emphasizing methods of tuning in to self and world that can be used in life situations, ad. lib.

■ S.F. May 4-9
Gestalt at Wilbur Hot Springs
Larry Bloomberg,
Richard Louis Miller, et al.
5-day workshop $150 for trainees; $100 for participants
See April 6-11 above for program description.

■ S.F. May 13
Dreams, Fantasy and Gestalt
Jack Rosenberg and Elaine Kepner
One-day workshop $40
We will work with Tarot cards, dream journals (if you have them) and fantasy encouragement. Saturday, 9 a.m. to 5 p.m.

■ **S.F. May 13-14**
Gestalt and Visual Perception for Creative Thinking
Janie Rhyne and John Enright
Residential weekend workshop $70
At a country home, bring sleeping bags. 10 a.m. Saturday through 6 p.m. Sunday. Fee includes food, lodging and art materials.

■ **S.F. May 19-21**
Gestalt at Wilbur Hot Springs
Larry Bloomberg,
Richard Louis Miller, et al.
3-day workshop $65
See April 21-23 program (Part One) above for workshop description.

■ **S.F. May 20-21**
Gestalt at Wilbur Hot Springs
Larry Bloomberg,
Richard Louis Miller, et al.
Weekend workshop $35
See April 22-23 program (Part Two) above for workshop description.

■ **S.F. May 20**
A Gestalt Workshop on Loving
Stella Resnick and Jerry Kogan
One-day workshop $45
10 a.m. to 6 p.m., Saturday

■ **S.F. May 26-28**
Open Gestalt
Cyndy Werthman and Lois Brien
Weekend workshop $65
8-10 p.m., Friday; 9 a.m. to 5:30 p.m., Saturday; 10 a.m. to 1 p.m., Sunday.

■ **S.F. June 1-6**
Gestalt at Wilbur Hot Springs
Larry Bloomberg,
Richard Louis Miller, et al.
5-day workshop $150 for trainees; $100 for participants
See April 6-11 above for program description.

■ **S.F. June 2-4**
Gestalt and Breath Awareness
Jack Rosenberg and George Downing
Weekend workshop $50
The way we breathe is the way we relate to ourselves, to others and to the world. By combining the verbal techniques of gestalt with a variety of nonverbal techniques of breath awareness, we will explore new possibilities of deeper and increased self-expression. 8-11 p.m., Friday; 10 a.m. to 6 p.m., Saturday; 10 a.m. to 1 p.m., Sunday.

■ **S.F. June 3-4**
Gestalt Art Experience: A Workshop for Artists
Janie Rhyne and Lois Brien
Residential weekend workshop $70
At a country home, bring sleeping bags. 10 a.m. Saturday through 6 p.m. Sunday. Fee includes food, lodging and art materials.

■ **S.F. June 9-11**
Open Gestalt
John Enright and Cyndy Werthman
Weekend workshop $65
8-10 p.m., Friday; 9 a.m. to 5:30 p.m., Saturday; 10 a.m. to 1 p.m., Sunday.

■ **S.F. June 9-11**
Open Gestalt
Marty Fromm
Weekend workshop $50
(Sponsored by Esalen Institute only.)

■ **S.F. June 10**
A Workshop for Successful Women
Stella Resnick
One-day workshop $35
This workshop will be geared to women who have achieved satisfaction and expertise in their areas of endeavor and who are seeking exploration and satisfaction in other areas of their lives. 10 a.m. to 6 p.m., Saturday.

■ **S.F. June 16-18**
Gestalt Plus
George and Judith Brown
Residential Weekend Workshop
$75 including room and meals
The approaches of gestalt therapy will be combined with techniques from psychosynthesis. Emphasis will be placed on what to do after leaving the workshop. Program fee includes lodging and meals at Bay Area retreat center. (Sponsored by Esalen Institute only.)

■ **S.F. June 23-25**
Gestalt at Wilbur Hot Springs
Larry Bloomberg,
Richard Louis Miller, et al.
3-day workshop $65
See April 21-23 program (Part One) above for workshop description.

■ **S.F. June 24-25**
Gestalt at Wilbur Hot Springs
Larry Bloomberg,
Richard Louis Miller, et al.
Weekend workshop $35
See April 22-23 program (Part Two) above for workshop description.

■ **S.F. June 24-25**
On Being a Woman
Janie Rhyne and Cyndy Werthman
Residential weekend workshop $70
At a country home, bring sleeping bag. 10 a.m. Saturday through 6 p.m. Sunday. Fee includes food, lodging and art materials.

PROFESSIONAL TRAINING PROGRAM

The Gestalt Institute of San Francisco, founded by the late Fritz Perls in 1967, is primarily a training institution. Programs in gestalt methods and applications are offered by the training faculty to practitioners with appropriate professional training and experience.

Gestalt therapy is a method of psychotherapy and way of living that emphasizes personal responsibility for one's life style. By achieving awareness of present ongoing behavior, the person becomes increasingly capable of self-responsibility and learns to make choices that enhance rather than limit his personal growth.

Program: The trainee begins by participating in experientially-oriented gestalt groups. As he acquires familiarity with both theory and technique, his program is specially designed to meet his needs and desires. Thus, individuals in the specifically therapeutic professions eventually follow a different program from those in the allied professions (educators, ministers, et.al.) As a Senior Trainee, the student co-leads training groups and Institute workshops. Membership in the Institute is then possible.

Eligibility: (1) the psychotherapeutic professions: (a) Qualified psychologists, psychiatrists and social workers, holding degrees in their fields. (b) Individuals engaged in or who have had two years of graduate training in the above disciplines. (2) Allied professions: individuals with training or experience in the arts, education, the ministry or other relevant fields.

Schedule: Training groups of approximately 12 people meet Wednesday afternoons and several Wednesday and Thursday evenings for a total of 46 hours each quarter. The next quarter will begin May 24.

Trainers: The training staff is drawn from the Institute Membership, as indicated in the biographical data below.

Fees: $300 per quarter.

Application Procedure:

1. Submit a letter describing your background and how you intend to use gestalt training to the Gestalt Institute of San Francisco, 1719 Union Street, San Francisco 94123.

2. Attend a special workshop for applicants only, led by the training director at the Gestalt Institute, at 3 p.m., May 15. Fee is $25, due at least one week before workshop date.

3. All inquiries concerning this program should be directed to Art Damond at the Gestalt Institute, (415) 776-4500.

GESTALT INSTITUTE OF SAN FRANCISCO

Frederick S. Perls, M.D., Ph.D.
(1893-1970) . . . Founder

DIRECTORS
Lawrence I. Bloomberg, Ph.D.
Lois Brien, Ph.D.
John Enright, Ph.D.
Elaine Kepner, Ph.D.
Richard Louis Miller, Ph.D.
Stella Resnick, Ph.D.
Cynthia Werthman, M.S.W.

Art Damond, *Secretary*

Biographical Information

WALTER BARNEY is a gestalt agent who has trained with Bob Hall, Larry Bloomberg, Richard Miller and John Enright.

*LARRY BLOOMBERG has been a gestalt therapist for twenty years. He is currently a training therapist and director at the Gestalt Institute of San Francisco and the Gestalt Institute for Multiple Psychotherapy. Dr. Bloomberg is a recognized authority on the novels of Rex Stout and Anthony Powell and currently resides at Wilbur Hot Springs, Williams, California.

*LOIS BRIEN is a gestalt therapist, an organization consultant in the Bay Area and a member of the faculty of the California School of Professional Psychology.

ARTHUR DAMOND is an administrator, editor, and lover of fine wines.

GEORGE DOWNING, author of *The Massage Book*, uses an integral approach to body awareness, combining massage, yoga and other disciplines.

*JOHN ENRIGHT is a free-lance psychologist and a diplomate, A.B.B.P.

MARTY FROMM is Associate Professor of Psychology at Miami-Dade Junior College as well as a gestalt therapist. She trained with Fritz Perls for three years in both individual and group therapy; some aspects of their relationship are described in *In And Out the Garbage Pail*.

SIDNEY GERSHENSON is a Licensed Clinical Social Worker in private practice in Berkeley.

*ROBERT HALL is a psychiatrist in private practice in Mill Valley who is also trained in the Rolf method of body structural integration.

*ELAINE KEPNER is a clinical psychologist and gestalt therapist in private practice in San Francisco and Marin County.

JERRY KOGAN is a gestalt therapist, poet and teacher; he practices in Berkeley.

ALICE MATZINGER, originally from Cuba, is now a Bay Area gestalt group leader actively involved in writing her autobiography. Mrs. Matzinger has trained extensively with Richard L. Miller, Stella Resnick and Larry Bloomberg, and is presently extending her training at the Gestalt Institute of San Francisco.

KEITH McHUGH is a gestalt group leader on the staff of the Gestalt Institute for Multiple Psychotherapy and resides in Nevada City, California.

*RICHARD LOUIS MILLER has led training workshops in gestalt and multiple therapy throughout the country. Dr. Miller's writings and professional presentations have made him a national spokesman for gestalt and existential psychotherapy. He is also the producer of two feature films, one of which won the grand prize at the 1971 Amsterdam Erotic Film Festival.

*JACK ROSENBERG is a practicing dentist and gestalt therapist who has been relating psychology to dentistry for more than ten years.

*JANIE RHYNE, trained in art psychology, cultural anthropology and visual perception, uses art experience therapeutically and educationally.

*STEPHEN SCHOEN is a psychiatrist in private practice with individuals, families and groups in San Francisco; he is also a classical pianist and creative writer.

*CYNTHIA WERTHMAN is a Licensed Clinical Social Worker in private practice in San Francisco and at the Marin Family Therapy Institute.

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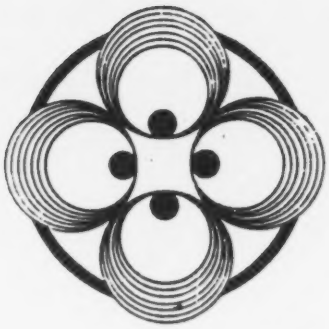
*A Member of the Gestalt Institute.



GESTALT PROGRAMS AT BIG SUR

● **B.S. April 2-7**
Gestalt, Movement and Massage
Gabrielle Roth & Julian Silverman
Five-day workshop **$255**

Many persons, in giving and receiving a massage, experience feelings of sadness, anger, hostility or joy, particular areas of muscular holding and blocked energy, and the emergence of past memories of pain and pleasure. Methods of gestalt will be used to deal with such emotional experiences, as they may occur, during the course of massage instruction.

● **B.S. April 2-8**
Gestalt and Sensory Awareness
Richard Price and Seymour Carter
One-week workshop **$275**

● **B.S. April 16-21**
The Art of Emotional Nourishment
Jerry Greenwald
Five-day workshop $235

To discover and free trapped and wasted energy through increased awareness and allowing the self to spontaneously evolve is the natural way of human growth. Participants may work on any kind of "problem"—past, present or future—which they experience as toxic to their aliveness. Emphasis will also be on finding more nourishing ways of being and relating.

● **B.S. April 16-May 13**
Gestalt and Structural Integration
Esalen Staff
Four-week program $800
at South Coast Center

Psychological dis-ease and physical tension are two aspects of one phenomenon. Gestalt training is an awareness centered, integrative process concentrating on *How* and *Now* rather than *Why* and *Fantasy* of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own unused potential. Structural integration (rolfing), while producing actual physical change, also facilitates direct perception of body process in relation to emotional pressure and release. Each participant will receive three rolfings as part of the workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working professionally with groups (teachers, ministers, psychologists, etc.).

● **B.S. April 23-28**
Open Gestalt
Esalen Staff
Five-day workshop $215

● **B.S. April 30-May 5**
Gestalt and Massage
Jack Rosenberg and Robert Martin
Five-day workshop $280

● **B.S. May 7-12**
Gestalt Awareness Training
Jack Downing
Five-day workshop $215
at South Coast Center

● **B.S. May 12-14, June 23-25**
Two weekends in Gestalt Awareness Training
Jack Downing
Two-weekend seminar
$175 for both weekends

● **B.S. May 14-20**
Open Gestalt
Esalen Staff
One-week workshop $240
at South Coast Center

● **B.S. May 21-26**
Open Gestalt
Esalen Staff
Five-day workshop $215
at South Coast Center.

● **B.S. May 28-June 2**
Open Gestalt
Esalen Staff
Five-day workshop $215

● **B.S. June 4-9**
Open Gestalt
Esalen Staff
Five-day workshop $215

● **B.S. June 11-17**
Advanced Gestalt
Robert Martin
One-week workshop **$270**

The emphasis in this workshop will be on straight gestalt work with individuals who have had prior gestalt experience. This workshop is *not* open to the novice. When making application, please include a statement of prior gestalt experience and the therapists with whom you have worked.

● **B.S. June 18-23**
Open Gestalt
Esalen Staff
Five-day workshop $215
at South Coast Center.

● **B.S. June 25-30**
Gestalt Awareness Training
Jack Downing and Carole Rosenblatt
Five-day workshop **$280**

● **B.S. June 25-30**
Gestalt Awareness Training and Meditation
Claudio Naranjo
Five-day workshop $245

Claudio Naranjo writes: "I combine the modern techniques of gestalt training with ancient techniques of self-awareness, thus endeavoring to maintain a balance between working in the interpersonal domain and working in isolation from others; between contacting the environment and contacting one's deeper self. Hopefully, a better balance may be established between both."

● **B.S. July 2-29**
Gestalt and Structural Integration
Frank Rubenfeld and Esalen Staff
Four-week program $875
(See April 16-May 13 program description on this page.)

● **B.S. July 2-7**
Gestalt Plus
George and Judith Brown
Five-day workshop $245

The approaches of gestalt therapy will be combined with techniques from psychosynthesis. Emphasis will also be placed on what to do after leaving the workshop.

Biographical Information

GEORGE BROWN is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is director of DRICE, a Ford Foundation center at the University of California at Santa Barbara, where he teaches, and is author of *Human Teaching for Human Learning*, an Esalen book.

JUDITH BROWN has an international reputation as a gestalt awareness trainer. In addition to her own groups, she has co-led numerous groups with her husband.

SEYMOUR CARTER directed the Winter 1970 Residence Program at Big Sur. He has studied with Fritz Perls, Ida Rolf and Charlotte Selver.

* JACK DOWNING is a psychiatrist in private practice in Palo Alto. He is experienced in public health, structural integration, gestalt therapy and the Arica awareness training.

JERRY GREENWALD is a Gestalt therapist in private practice in Santa Monica. He developed the concepts of nourishing ("N" people) and toxic ("T" people) attitudes and behavior patterns which Fritz Perls refers to in his last two books.

ROBERT MARTIN is an artist, pilot, and a gestalt therapist. He is Past President of the Gestalt Therapy Institute of Los Angeles.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

* JACK ROSENBERG is a practicing dentist and gestalt therapist. He is a member of the Gestalt Institute of San Francisco. His interest for the past ten years has been giving the experience of gestalt awareness and yoga psychology to the health professions. His doctoral thesis in psychology relates immediate video feedback and facial massage for facilitating psychotherapy.

GABRIELLE ROTH is a specialist in movement and massage is residence at Big Sur. She has studied and taught creative dance forms for the past ten years. She has recently completed Arica awareness training in New York City.

FRANK RUBENFELD is a clinical psychologist and is on the faculty of the New York Institute of Gestalt Therapy, in addition to his private practice of individual and group therapy.

JULIAN SILVERMAN is the director of Esalen/Big Sur and a gestalt trainer and therapist.

Books

Perls, *Gestalt Therapy Verbatim* $1.65

Fagen and Shepherd, *Gestalt Therapy Now* $2.95

Psychosynthesis is an inclusive and positive conception of man that considers him dynamically as a being in a process of personal growth within an evolving universe. It includes the superconscious as well as the libido, the imagination as well as the complexes, the will as well as the instinctual drives. More than a theory, it is a way of looking at man; a practical working method which leads to greater unity, which can be used for harmonizing the many often conflicting elements of our inner life. Psychosynthesis is not limited to awareness, expansion or experience—it is also a way of pulling it all together, an approach which fosters the balanced development of body, feelings and mind and their harmonious integration around a unifying center of being and awareness, the Transpersonal Self. Psychosynthesis assists each individual in reaching toward this higher Self, and helps him use its energy and guidance to bring about a more joyful and effective actualization of the unfolding meaning and value of his life. Psychosynthesis chooses among a large number of methods and techniques those that are most appropriate to each existential situation. Some of these can be: guided imagery, movement, self-identification, gestalt, meditation, symbolic art work, ideal models, writing and journal keeping and exploration of the superconscious. The emphasis is not on producing immediate breakthroughs, although this often occurs, but rather on fostering a gradual process of growth that, with continuing application, can gain increasing momentum and ultimately become a life-style.

Psychosynthesis

The following Esalen Institute Psychosynthesis Programs are offered in cooperation with the Psychosynthesis Institute (Redwood City) and are coordinated by Jim and Susan Vargiu, directors of the Psychosynthesis Institute.

■ S.F. Starting March 20
Psychosynthesis in Depth
Jim and Susan Vargiu, Tom Allen, Steve Kull and Betsie Carter
Ongoing series $130
This program is for those who want to explore the richness of psychosynthesis conceptually as well as experientially. Beginning with various exercises, individual experiences will be related to the principles of psychosynthesis, to develop and clarify the ongoing process of growth and integration. Throughout the program, each participant will keep a psychological workbook and there will be assignments, exercises and readings to be completed between meetings. Tuition includes an individual psychosynthesis session with one of the leaders at a time to be mutually arranged. Special attention throughout will be given to self-discovery; subpersonalities; the integration of mind, feelings, imagination and the body; the will; the superconscious; the transpersonal self. Techniques of mental imagery, movement, writing, symbolic artwork, guided daydream, disidentification and meditation will be employed. Preference will be given to those who have attended previously a psychosynthesis workshop.
Six Monday evenings, 7:30-10:30 p.m., March 20-April 24. All day Saturday, April 29, 10 a.m.-10 p.m.

■ S.F. April 1 and April 8
Psychosynthesis
Betsie Carter and Steven Kull
Two one-day workshops $50
This workshop will meet on two consecutive Saturdays from 10 a.m. to 6 p.m. each day.

■ S.F. April 14-16
Psychosynthesis
Tom Allen
Weekend workshop $50
We all live the reality we have created for ourselves, one that is often limited and unbalanced. This workshop will be devoted to each participant finding ways to discover his or her harmonious, integrated center, the self, and through the guidance of that center move towards greater unity and a more effective flow of energy.

■ S.F. April 19
Introduction to Psychosynthesis
James Fadiman
Single evening event
$3 general; $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.
A presentation, with exercises, of the principles of psychosynthesis and the approach it offers to the harmonious integration of mind, body, spirit and psyche.

■ S.F. May 3, 10, 13
Psychosynthesis
Tom Allen
Workshop series $50
See workshop description April 14-16 above. There will be assignments and exercises to complete between meetings. 7:30 to 10:30 p.m., May 3 and 10; 10 a.m. to 6 p.m. May 13.

■ S.F. May 5-7
Psychosynthesis
Steven Kull and Betsie Carter
Weekend workshop $50
A comprehensive introduction to the major principles of psychosynthesis. Utilizing a variety of techniques, we will work towards developing an ongoing process of growth and integration around a higher unifying center, the transpersonal self.

■ S.F. May 13
Psychosynthesis: Returning to Your Center
James Fadiman
One-day workshop $18
Too often we are concerned with our faults, our inadequacies, our doubts and fears. Psychosynthesis techniques will be used to recall and develop our deepest untroubled center. This workshop will teach basic techniques which may be used in active self-discovery, and in educational or therapeutic settings. 10 a.m. to 6 p.m., Saturday.

■ S.F. May 26-28
Psychosynthesis
Tom Allen
Weekend workshop $50
(See description April 14-16 this page.)

■ S.F. June 23-25
Psychosynthesis
Steven Kull & Betsie Carter
Weekend workshop $50
(See workshop description May 5-7 this page.)

The following Esalen Institute Psychosynthesis program is offered in cooperation with the International Foundation for Psychosynthesis (Los Angeles) and is coordinated by Dr. Robert Gerard, President of the International Foundation for Psychosynthesis. It is the first of a series of professional workshops exploring the techniques of psychosynthesis in depth.

■ **S.F. April 7-9**
Professional Training in Psychosynthesis: The Guided Daydream
Robert and Donna Gerard
Weekend workshop $75
The guided daydream is a systematic way of working with inner imagery and imaginative themes to resolve psychological conflicts and expand consciousness.

PROGRAMS USING PSYCHOSYNTHESIS TECHNIQUES

■ **S.F. May 19-21**
Psychosynthesis Treasure Hunt
Margaret Conway
Weekend workshop $50
Discover and set free that best-self you know is inside you. One of the basic concepts of psychosynthesis will be our starting point: we will examine body, feelings and mind to determine how they are out of harmony with one another. As their integration proceeds there is a gradual release of creative energy and a new dimension of self-awareness comes into being.

■ **S.F. June 16-18**
Gestalt Plus
George and Judith Brown
Residential Weekend Workshop
$75 including room and meals
The approaches of gestalt therapy will be combined with techniques from psychosynthesis. Emphasis will be placed on what to do after leaving the workshop. Program fee includes lodging and meals at a Bay Area retreat center.

■ **S.F. June 16-18**
Psychosynthesis and Education
Tom Yeomans
Weekend workshop $50
This workshop will focus on processes that can later be used by participants as independent steps toward a greater unity of being and an extension of one's consciousness toward the transpersonal self.

■ **S.F. June 30-July 2**
Psychophysical Synthesis
Bernard Gunther
Weekend workshop $50
An integration of psychosynthesis techniques, gestalt relaxation, body awareness, nonverbal communication and meditation.

● **B.S. July 2-7**
Gestalt Plus
George and Judith Brown
Five-day workshop $245
The approaches of gestalt therapy will be combined with techniques from psychosynthesis. Emphasis will also be placed on what to do after leaving the workshop.

Books

Readings available from the Esalen Bookshop (see page 17) include:
Assagioli, *Psychosynthesis* $2.75

Papers issued by the Psychosynthesis Institute (a complete listing is available on request.)

Biographical Information

TOM ALLEN, a senior associate of the Psychosynthesis Institute, is an artist, a former Esalen resident fellow and teaches at Cabrillo College. He underwent didactic training in psychosynthesis with Jim and Susan Vargiu. He has developed workshop processes that nurture authentic being and rich interpersonal contact and is presently integrating art into the psychosynthesis process as a means of self-realization.

GEORGE BROWN is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is director of DRICE, a Ford Foundation center at the University of California, Santa Barbara, where he teaches, and is the author of *Human Teaching for Human Learning*, an Esalen book.

JUDITH BROWN has an international reputation as a gestalt awareness trainer. In addition to her own groups she has co-led numerous groups with her husband.

BETSIE CARTER, a senior associate of the Psychosynthesis Institute, was associate director of the Ford-Esalen Project in Confluent Education and an Esalen resident fellow. She underwent didactic training with Roberto Assagioli and with Jim and Susan Vargiu. Presently she is working individually and in groups and is especially involved in the psychosynthesis of gifted and creative young people.

MARGARET CONWAY, a senior associate of the Psychosynthesis Institute and a member of the Esalen staff, is in didactic training with Jim and Susan Vargiu. Trained as a psychiatric nurse, she has led groups for several years for various organizations, including Esalen Institute, the San Mateo County School District and others.

JAMES FADIMAN is an educational and management consultant. He is a lecturer in design engineering and a psychological counselor at Stanford University and associate editor of the *Journal of Transpersonal Psychology* and of the *Journal of Humanistic Psychology*. He is a pioneer in the transpersonal field, has lectured and done workshops in psychosynthesis for several years and has worked with Roberto Assagioli.

DONNA GERARD, drama teacher and therapist, for the past twelve years has focused her private practice on the development and release of creative energies. Both she and her husband are interested in providing systematic methods for evoking transcendental awareness.

ROBERT GERARD is a clinical psychologist in private practice and President of the International Foundation for Psychosynthesis in Los Angeles. He collaborated with Dr. Assagioli in the writing of the book, *Psychosynthesis*. After training with Robert Desoille, the French originator of the guided daydream, Dr. Gerard further developed this technique over the past fifteen years and has been designated by the International Society of the Guided Daydream as their official representative in the United States.

BERNARD GUNTHER, an associate of the Psychosynthesis Institute, has worked with Roberto Assagioli in Italy and is in didactic training with Jim and Susan Vargiu. He is author of a number of books, including *Sense Relaxation* and *What To Do Till the Messiah Comes*, and the director of the feature film, "Come to Your Senses". His latest book *How the West is One* will be released this spring by Macmillan.

STEVEN KULL is a senior associate of the Psychosynthesis Institute. He underwent didactic training with Roberto Assagioli and with Jim and Susan Vargiu. Presently he is working both individually and in groups with people interested in using psychosynthesis for their own development. He is especially involved in the psychosynthesis of gifted and creative young people.

JIM and SUSAN VARGIU are the directors of the Psychosynthesis Institute, Redwood City, California. They underwent didactic training with Roberto Assagioli in Florence, Italy, and have worked with him over the past seven years. Presently they are training people in the helping professions in the use of psychosynthesis, working both individually and in groups, and writing and publishing articles on psychosynthesis.

TOM YEOMANS, an associate of the Psychosynthesis Institute, is a teacher and poet, and associate director of DRICE, Development and Research in Confluent Education, a Ford Foundation center at the Graduate School of Education, University of California at Santa Barbara. He is in didactic training with Jim and Susan Vargiu.

BEST COPY AVAILABLE

Workshops for Professionals

These workshops are offered as additional education for people who, through training or occupations, are in professional relationships: psychologists, teachers, counselors, ministers, etc.

● B.S. April 3-8
Therapeutic Aggression
George Bach
Five-day workshop $275
A workshop for psychotherapists, marriage counselors and family group therapists focusing on the role of hostility and aggression in our lives. All participants are requested to read *Aggression Lab*. (Begins Monday 4:00 p.m.)

■ S.F. April 7-9
Professional Training in Psychosynthesis: The Guided Daydream
Robert and Donna Gerard
Weekend workshop $75
The guided daydream is a systematic way of working with inner imagery and imaginative themes to resolve psychological conflicts and expand consciousness.

■ S.F. Starting April 12
A Group for People Helpers
Emmeke Wijffels
Ongoing series $50
A program for teachers, social workers, counselors, etc., to enhance awareness and develop potentials for deeper contact with self, others, objects, environment; to integrate this new awareness into daily living, both in personal and professional situations; to learn how to make a place where we can let go and permit deeper expression of feelings and action necessary for personal growth. Five Wednesday evenings, 8-10:30 p.m., April 12-May 10.

● B.S. April 23-29
Workshop for Executives
Frank Rubenfeld and Bob Kriegel
One-week workshop $280
This workshop is designed to help participants become more aware of themselves and how others experience them both in a business context and at home. Specific emphasis will be placed on the executive's role with peers, subordinates, secretary and spouse. Husbands and wives are invited. Special sessions will be held for them, focusing on areas specifically suited to their situations.

■ S.F. April 24
Innovations in Family Therapy
Gerald Smith
One-day workshop $50
A workshop for those in the helping professions. Demonstrations will include: modification of structured interview for marriage counseling, application of gestalt therapy to families, art expressions with couples and family, role-playing applications, a structure for first three family therapy sessions, family communication check-up—a preventative experience for families. 9 a.m. to 9 p.m., Monday.

■ S.F. April 29
Introduction to Confluent Education
Ford/Esalen Staff in Education
One-day workshop $15
This workshop is to acquaint teachers and interested persons with the general confluent approach to the classroom. Techniques to be explored are methods of teaching reading and concentration.

● B.S. May 5-7
Teachers' Workshop
Diana Bechetti and Joanna Jarvis
Weekend workshop $85
at South Coast Center
Suggested reading: *Human Teaching for Human Learning* by George Brown, *Anger and the Rocking Chair* by Janet Lederman.

■ S.F. May 5-7
Advanced Massage
George Downing
Weekend workshop $50
This workshop will include a review of basic methods and an exploration of a variety of different techniques, such as shiatsu, Reichian massage, Proskauer massage and polarity therapy.

● B.S. May 7-13
Acupuncture for Professionals
Dr. Jack Worsley
Seven-day workshop $375
This workshop is open to doctors and qualified practitioners in other therapies.

Please state credentials when making application. The course will include the following: the history and laws of acupuncture; traditional diagnosis; reading of pulses; location of acupuncture points and meridians; the acupuncture needle. The lectures will be supplemented by appropriate practical instruction and demonstration.

● B.S. May 12-14
Advanced Training for Group Leaders
William Schutz
Weekend workshop $140
A workshop for experienced encounter group leaders. The group will be led by each member of the workshop, successively, with Mr. Schutz observing. Each leader will then be criticized by the others with respect to his techniques and his being as it relates to his leadership ability. Basic principles and theory of group leading will be discussed in detail. Recommended reading: *Joy* and *Here Comes Everybody*. Please send description of group experience both as member and leader along with application. Limited to 12 persons.

● **B.S. May 18-21**
Advanced Acupuncture
Dr. Jack Worsley
Three-day Seminar $175
This course is intended for those who have completed the seven-day workshop in acupuncture. The seminar will discuss the physiological aspects of the meridians and the eight extra meridians.

● **B.S. May 26-28**
Bioenergetics for Professionals
John Pierrakos
Weekend workshop $140
This workshop will focus on the specific and individual expressions of the life energies as expressed in the character structure of the body and in the personality of the mind. Group processes will be discussed and experienced from the energetic point of view, which often constitutes a powerful human cyclotron precipitating strong emotional reaction. The energetic phenomena as experienced in the energy fields of man (aura) will also be discussed. This workshop is intended only for professionals who do active therapy in the fields of psychiatry, psychology and group processes.

■ **S.F. May 27-28**
Advanced Training for Group Leaders
William C. Schutz
Weekend workshop $140
See description for May 12-14 Big Sur weekend above. Limited to 12 persons. 10 a.m. to 11 p.m. Saturday; 10 a.m. to 5 p.m. Sunday.

■ **S.F. June 3**
Life Without Therapy
Peter Marin
One-day seminar $18
Though they have their uses, therapeutic approaches to reality or experience are universally narrow and limited. Techniques have a place in experience, but they are peripheral and not central to it. Beyond therapy there is always the low-humming reality of day-to-day existence, so much more real, so much more sustaining—if one can only learn to stick with it. Therapy is, ideally, one way of getting to it, but to make use of therapy one must know enough to get past the intrinsic limits of therapy and the endless and constrictive games and roles therapists enjoy playing.
Too many people lose themselves in trying to discover what they are, and this workshop, for therapists or their clients, is about avoiding that.

■ **S.F. June 30-July 2**
A Workshop for Change Agents
Stewart Shapiro
Weekend workshop $55
In today's increasingly complex and independent world more and more of our time is spent in organizational life. It is through the humanistic viability of our organizations and institutions that our society will succeed or fail in the crucial tests that lie ahead. This workshop will be oriented toward tasks, goals and personal growth of those who wish to be active in organizational change. There will be discussions and demonstrations of strategies and models for change in various systems including individuals, small groups, organizations and communities. Change agents for this workshop can be individuals or teams in business management, colleges, public schools, government, social agencies, volunteer organizations, churches or other community organizations.

Biographical Information

GEORGE BACH is the Founder/Director of the Institute of Group Psychotherapy in Los Angeles and specializes in fight training for families, singles and couples. Co-originator of marathon groups, he is the author of *Pairing, The Intimate Enemy*, and *Intensive Psychotherapy*.

DIANA BECHETTI is a member of the staff at Esalen, Big Sur.

GEORGE DOWNING, author of *The Massage Book*, uses an integral approach to body awareness, combining massage, yoga and other disciplines.

DONNA GERARD, drama teacher and therapist, for the past twelve years has focused her private practice on the development and release of creative energies. Both she and her husband are interested in providing systematic methods for evoking transcendental awareness.

ROBERT GERARD is a clinical psychologist in private practice and President of the International Foundation for Psychosynthesis in Los Angeles. He collaborated with Dr. Assagioli in the writing of the book, *Psychosynthesis*. After training with Robert Desoille, the French originator of the guided daydream, Dr. Gerard further developed this technique over the past fifteen years and has been designated by the International Society of the Guided Daydream as their official representative in the United States.

JOANNA JARVIS teaches school at Esalen/Big Sur.

BOB KRIEGEL is the director of Friends of Esalen and the Esalen consulting service. He was the founder and director of Anthos and has led groups and lectured at schools and growth centers around the country. He has also served as a consultant to business and management.

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at The Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of *The Free People* and (with Alan Cohen) *Understanding Drug Use*.

JOHN PIERRAKOS is director of the Institute for Bioenergetic Analysis and a co-worker with Dr. Alexander Lowen. He is a practicing psychiatrist.

FRANK RUBENFELD is a clinical psychologist and is on the faculty of the New York Institute of Gestalt Therapy, in addition to his private practice of individual and group therapy.

WILLIAM SCHUTZ, author of *Firo, Joy* and *Here Comes Everybody* is presently in residence at Esalen, Big Sur.

STEWART SHAPIRO is Professor of Education at the University of California at Santa Barbara. In addition to his workshops in higher education, conflict resolution, positive experience and change agentry, he is a consultant to the Ford Foundation's program in confluent education at UCSB.

EMMEKE WIJFFELS is a doctoral candidate at University of Gonningen, Holland. She conducts weekly groups at the Gonningen Teacher's College and at the Institute for Cultural Workers in The Hague. Her training includes work in dance, theater and "volkart", the expressive media. Her primary focus is on the integration of the expressive media, art, dance, etc., with communications formats such as encounter, sensory awareness, etc., for persons in the helping professions.

DR. JACK WORSLEY is a Master and Doctor of Chinese acupuncture. He is president of the College of Acupuncture of Great Britain.

THE ESALEN CALENDAR

SAN FRANCISCO PROGRAMS

Dates *Program / Leader / Format / Page No.*

THE WEEK OF MARCH 26TH

Mar. 31-Apr. 2 **Advanced Intensive Encounter:** Stephens (weekend): **p. 4**

Mar. 31-Apr. 2 **Open Gestalt for Women:** Werthman (weekend): **p. 6**

Apr. 1-2 **Open Gestalt:** Schoen (weekend): **p. 6**

Apr. 1 & 8 **Psychosynthesis:** Carter, Kull (2 one-days): **p. 8**

THE WEEK OF APRIL 2ND

Starts April 3* **The Alexander Technique:** Ottiwell (cont. Mon. eves): **p. 14**

Apr. 4-May 23 **Gestalt Theatre Workshop:** S. Resnick (8 Tues. eves): **p. 6**

Apr. 6 **Introduction to Esalen:** Staff (single eve): **p. 4**

Apr. 6-11 **Gestalt Workshop:** Bloomberg, Miller, et al. (5 days): **p. 6**

Apr. 6-May 25 **Gestalt Theatre Workshop:** S. Resnick (8 Thursdays): **p. 6**

Apr. 7-9 **Professional Training in Psychosynthesis:** R. & D. Gerard (weekend): **p. 8**

Apr. 7-9 **The Whole Person in American Civilization:** Lerner, Murphy (weekend): **p. 16**

Apr. 7-9 **Experiences in Visual Thinking:** McKim (weekend): **p. 16**

Apr. 8-9 **Arica Training:** (weekend): **p. 17**

Starts April 14* **Aikido & Energy Awareness:** Nadeau (cont. Tues. eves. & Sat. mornings): **p. 14**

BIG SUR PROGRAMS

Dates *Program / Leader / Format / Page No.*

March 31-April 2 **From Dream to Reality Revisited:** Fadiman, Leonard, Murphy (weekend): **p. 16**

March 31-April 2 **Myth and Dream:** Price, Campbell (weekend): **p. 16**

April 2-7 **Bodymind:** Butler (5 days): **p. 14**

April 2-7 **Gestalt, Movement & Massage:** Roth, Silverman (5 days): **p. 14**

April 2-8 **Gestalt and Sensory Awareness:** (Price, Carter (1 week): **p. 7**

April 2-8 **Open Residence Program:** Surpin (1 week : **p. 4**

April 3-8 **Therapeutic Aggression:** Bach (5 days): **p. 9**

April 7-9 **The Human Biocomputer:** Lilly (weekend): **p. 12**

April 7-9 **From Hippocrates to Hip Pocrates:** Schoenfeld (weekend): **p. 16**

THE WEEK OF APRIL 9TH

Apr. 10 **Parapsychology:** Do You Believe? If so, What? Tart (single eve): p. 12

Starts Apr. 11 **T'ai Chi Chuan:** Ch-u-fang Chu (cont. Tues. eves): p. 14

Apr. 12 **Arica Training:** Lecture & Demonstration (single eve): p. 17

Apr. 12-May 10 **A Group for People Helpers:** Wiiffels (5 Wed. eves): p. 9

Starts Apr. 13 **T'ai Chi Chuan:** Ch'u-fang Chu (cont. Thurs. eves): p. 14

Starts Apr. 13* **Relaxation: Yoga Nidra:** Bradley (cont. Thurs. eves): p. 14

Starts Apr. 13* **Drop-in Encounter:** Cromey (cont. Thurs. morns): p. 4

Apr. 14-16 **The Delight of Immediacy:** Selver, Brooks (weekend): p. 14

Apr. 14-16 **The Human Biocomputer:** Lilly (weekend): p. 12

Apr. 14-16 **Encounter for Singles:** Cromey (weekend): p. 4

Apr. 14-16 **Psychosynthesis:** Allen (weekend): p. 8

Apr. 15 **Introduction to Esalen:** Esalen Staff (1 day): p. 4

Apr. 15 **Career Changes in Mid-Life:** Grossman (1 day): p. 16

Apr. 9-14 **Freeing the Body:** Butler (5 days): p. 14

Apr. 9-14 **Arica Training:** Staff (5 days): p. 17

Apr. 9-14 **The Whole Person in American Civilization:** Lerner, Schutz (5 days): p. 16

Apr. 9-14 **After Encountering Self & Others:** Stephens, Daemion (5 days): p. 4

Apr. 9-14 **Encounter and Psychodrama:** Anderson, Moore (5 days): p. 4

Apr. 14-16 **For Homosexuals:** Freitas, Garner (weekend): p. 4

Apr. 14-16 **Arica Training:** Staff (weekend): p. 17

THE WEEK OF APRIL 16TH

Apr. 17 **Parapsychology & Physics:** Targ (single eve): p. 12

Apr. 18-June 6* **Body Awareness:** Downing & Rush (8 Tues. eves): p. 14

Apr. 19 **Introduction to Psychosynthesis:** Fadiman (single eve): p. 8

Apr. 20-June 8 **In-Depth Breath Workshop:** Downing (8 Thurs. eves): p. 14

Apr. 20 **How to Be Oneself:** Harding (single eve): p. 12

Apr. 21-22 **Open Gestalt:** S. Resnick, Werthman (weekend): p. 6

Apr. 21-23 **Communication Games:** Hough (weekend): p. 4

Apr. 21-23 **Gestalt Training:** (Bloomberg, Miller, et al. (3 days): p. 6

Apr. 22 **Massage Workshop:** G. Downing, Rush (1 day): p. 14

Apr. 22 **Living First-Person Life:** Harding (1 day): p. 12

Apr. 22-23 **Open Gestalt:** Bloomberg, Miller, et al. (weekend): p. 6

Apr. 22-23 **Arica Training:** (weekend): p. 17

Apr. 16-21 **Art of Emotional Nourishment:** Greenwald (5 days): p. 17

Apr. 16-21 **Who Are You Now?:** Carter (5 days): p. 14

Apr. 16-22 **Introduction to Esalen:** Cromey (1 week): p. 4

Apr. 16-22 **The Human Biocomputer:** Lilly (1 week): p. 12

Apr. 16-May 13 **Gestalt & Structural Integration:** Staff (4 weeks): p. 3

Apr. 21-23 **Refocusing Energy:** Kriegels (weekend): p. 4

Apr. 21-23 **Centering:** Nadeau (weekend): p. 14

Apr. 21-23 **Encounter for Couples:** Schutz, King (weekend): p. 4

THE WEEK OF APRIL 23RD

Apr. 24 **The Philosophical Implications of Parapsychology:** Scriven (single eve): p. 12

Apr. 24 **On Yoga:** Kramer (single eve): p. 14

Apr. 24 **Innovations in Family Therapy:** Smith (1 day): p. 9

Apr. 26 **Introduction to Esalen:** Staff (single eve): p. 4

Apr. 26-May 31 **Advanced Massage Training:** Jackson (6 Wed. eves): p. 14

Apr. 23-28 **Arica Training:** Staff (5 days): p. 17

Apr. 23-28 **Open Gestalt:** Staff (5 days): p. 7

Apr. 23-29 **Workshop for Executives:** Rubenfeld, R. Kriegel (1 week): p. 9

Apr. 23-29 **Body Being:** Surpin (1 week): p. 14

SAN FRANCISCO PROGRAMS

Dates *Program / Leader / Format / Page No.*

BIG SUR PROGRAMS

Dates *Program / Leader / Format / Page No.*

THE WEEK OF APRIL 23RD (continued)

Apr. 28-30 **You Don't Have to Suffer to Feel Good:** Sloan & Leffer (weekend): **p. 4**

Apr. 29 **Psychodrama:** W. & M. Anderson (1 day): **p. 4**

Apr. 29 **Introduction to Confluent Education:** Staff (1 day): **p. 9**

Apr. 29-30 **Open Gestalt:** Hall (weekend): **p. 6**

Apr. 28-30 **Experience of Esalen:** Staff (weekend): **p. 4**

Apr. 28-30 **Massage & Breath Energy:** Downing (weekend): **p. 15**

Apr. 28-30 **Meditation:** Pier Vilyat Kahn (weekend): **p. 12**

THE WEEK OF APRIL 30TH

May 1 **ESP & the Self:** Hastings (single eve): **p. 12**

May 2-June 6 **Open Encounter:** Kriegel (5 Tues. eves): **p. 4**

May 3 **Gestalt Exercises for Daily Use:** Enright (single eve): **p. 6**

May 3, 10, 13 **Psychosynthesis:** Allen (2 eves & 1 day): **p. 8**

May 4-May 25 **Massage Workshop:** Cromey (4 Thurs. eves): **p. 15**

May 4-9 **Gestalt Workshop:** Bloomberg, Miller, et al. (5 days): **p. 6**

May 5-7 **Advanced Massage:** Downing (weekend): **p. 15**

May 5-7 **Psychosynthesis:** Carter, Kull (weekend): **p. 8**

May 5-7 **Couples' Workshop:** W. & A. McGaw (weekend): **p. 5**

May 6 **Introduction to Esalen:** Staff (1 day): **p. 4**

May 6-7 **Arica Training** (weekend): **p. 17**

May 6-7 & May 13-14 **Sharing Food on which I Have Grown:** Naranjo (2 weekends): **p. 12**

Apr. 30-May 5 **Experience of Esalen:** Staff (5 days): **p. 4**

Apr. 30-May 5 **Structural Patterning:** Aston (5 days): **p. 13**

Apr. 30-May 5 **Gestalt and Massage:** Rosenberg, Martin (5 days): **p. 7**

Apr. 30-May 6 **Introduction to Esalen:** Staff (1 week): **p. 4**

May 5-7 **Resolving Inner Tension:** Weavers (weekend): **p. 15**

May 5-7 **Workshop for Teachers:** Jarvis, Bechetti (weekend): **p. 9**

May 5-7 **Being A Man:** Clark (weekend): **p. 4**

THE WEEK OF MAY 7TH

May 8 **ESP, Psychedelic Drugs & Madness:** Fadiman (single eve): **p. 12**

May 9-June 13 **Flowmotion:** Primost (6 Tues. eves): **p. 15**

May 10 **Acupuncture: An Introduction:** Worsley (single eve): **p. 15**

May 11 **Couples' Evening:** Smith (single eve): **p. 5**

May 12-14 **Interest vs. Boredom:** B. Weaver: (weekend): **p. 15**

May 13 **Dreams, Fantasy & Gestalt:** Rosenberg, Kepner (1 day): **p. 6**

May 13 **Psychosynthesis:** Fadiman (1 day): **p. 8**

May 13-14 **Bioenergetics:** Conant (weekend): **p. 15**

May 13-14 **Gestalt & Visual Perception for Creative Thinking:** Rhyne & Enright (weekend): **p. 6**

May 7-12 **Life Energy:** Nadeau (5 days): **p. 15**

May 7-12 **Gestalt Training:** Downing (5 days): **p. 7**

May 7-12 **Structural Patterning:** Aston (5 days): **p. 13**

May 7-13 **Acupuncture for Professionals:** Worsley (7 days): **p. 9**

May 12-14 **Modern Approaches to Hypnotherapy:** Miller (weekend): **p. 12**

May 12-14 **Advanced Training for Group Leaders:** Schutz (weekend): **p. 9**

May 12-14 **Gestalt Weekend Series:** Downing (2 weekends): **p. 7**

THE WEEK OF MAY 14TH

May 15 **Science & the Soul:** Tart (single eve): p. 12

May 17 **Arica Training: Lecture & Demonstration:** (single eve): p. 17

May 19-21 **Introduction to Esalen:** Staff (weekend): p. 4

May 19-21 **Psychosynthesis:** Conway (weekend): p. 8

May 19-21 **Gestalt Training:** Bloomberg, Miller, et al. (3 days): p. 6

May 20 **Gestalt Workshop on Loving:** Kogan, S. Resnick (1 day): p. 6

May 20 **Modern Approaches to Hypnotherapy:** Mutke, Miller (1 day): p. 12

May 20-21 **On Yoga:** Kramer (weekend): p. 15

May 20-21 **Arica Training:** (weekend): p. 17

May 20-21 **Open Gestalt:** Bloomberg, Miller, et al. (weekend): p. 6

May 20-21 & May 27-28 **Sharing Guidance Received:** Naranjo (2 weekends): p. 12

May 14-18 **Chinese Medicine:** Worsley (4 days): p. 15

May 14-19 **Introduction to Esalen:** Kriegels (5 days): p. 4

May 14-19 **T'ai Chi and Massage:** Unell (5 days): p. 15

May 14-19 **Couple's Workshop:** Farson (5 days): p. 5

May 14-20 **Open Gestalt:** Staff (1 week): p. 7

May 18-21 **Advanced Acupuncture:** Worsley (3 days): p. 15

May 19-21 **Wrapping It Up:** Deikman (weekend): p. 12

May 19-21 **Experiencing the Universe As Sexual:** Stephens, Daemion (weekend): p. 4

May 19-21 **Sexual Politics:** Mander, Werthman (weekend): p. 5

THE WEEK OF MAY 21ST

May 22 **Introduction to Esalen:** Staff (1 day): p. 4

May 23 **Massage: An Introduction:** Jackson (single eve): p. 15

May 25 **Man's Roots in Nature & the Cosmos:** Pierrakos (single eve): p. 15

May 26-28 **Open Gestalt:** Brien, Werthman (weekend): p. 6

May 26-28 **Being a Man:** Clark (weekend): p. 5

May 26-28 **Psychosynthesis:** Allen (weekend): p. 8

May 26-28 **Couples' Workshop:** Smith (weekend): p. 5

May 27 **Psychodrama Encounter:** W. & M. Anderson (1 day): p. 5

May 27-28 **Advanced Training for Group Leaders:** Schutz (weekend): p. 9

May 27-29 **Celebration:** Fuller & Leigh (3 days): p. 5

May 21-June 3 **Open Residence Program:** Staff (2 weeks): p. 4

May 21-26 **Open Gestalt:** Staff (5 days): p. 7

May 21-26 **Experience of Esalen:** Staff (5 days): p. 4

May 21-26 **Encounter & Massage:** Sloan (5 days): p. 5

May 21-26 **Arica Training:** Staff (5 days): p. 17

May 26-28 **Bioenergetics for Professionals:** Pierrakos (weekend): p. 9

May 26-28 **Arica Training:** Staff (weekend): p. 17

SAN FRANCISCO PROGRAMS

Dates *Program/Leader / Format / Page No.*

THE WEEK OF MAY 28TH

May 31	**For Women Only:** Fuller (1 day): **p. 5**
May 31	**New Ways of Meeting New People:** Cromey (single eve): **p. 5**
June 1-6	**Gestalt Workshop:** Bloomberg, Miller, et al. (5 days): **p. 6**
June 2-4	**Group Interaction:** Kriegel (weekend): **p. 6**
June 2-4	**Gestalt & Breath Awareness:** Rosenberg, G. Downing (weekend): **p. 6**
June 2-4	**Creativity Workshop:** Sloan (weekend): **p. 5**
June 2-4	**Getting High on a Mountain:** Anderson, Holland (3 days): **p. 16**
June 3	**Introduction to Esalen:** Staff (1 day): **p. 14**
June 3-4	**Gestalt Art Experience:** Rhyne, Brien (weekend): **p. 6**
June 3-4	**Arica Training:** (weekend): **p. 17**

THE WEEK OF JUNE 4TH

June 6	**An Experience for Couples:** Fuller & Leigh (single eve): **p. 5**
June 8	**Structural Integration: A Demonstration:** Salveson (single eve): **p. 13**
June 9-11	**Open Gestalt:** Enright, Werthman (weekend): **p. 6**
June 9-11	**Extending Awareness Through Hypnosis:** Pulos (weekend): **p. 12**
June 9-11	**Sensing:** B. & J. Weaver (weekend): **p. 15**
June 9-11	**Open Gestalt:** Fromm, Sino (weekend): **p. 6**
June 9-11	**For Homosexuals:** Cromey (weekend): **p. 5**
June 10	**Gestalt for Successful Women:** S. Resnick (1 day): **p. 6**
June 10	**The Humanistic Computer:** Englebart, Fadiman (1 day): **p. 16**

THE WEEK OF JUNE 11TH

June 14	**Arica Training: Lecture & Demonstration:** (single eve): **p. 17**
June 16-18	**Introduction to Esalen:** Staff (weekend): **p. 4**
June 16-18	**Gestalt Plus:** G. & J. Brown (weekend): **p. 9**
June 16-18	**Couples' Workshop:** W. & A. McGaw (weekend): **p. 5**
June 16-18	**Psychosynthesis & Education:** Yeomans (weekend): **p. 8**
June 17	**ESP or Fantasy:** Sloan (1 day): **p. 16**

BIG SUR PROGRAMS

Dates *Program / Leader / Format / Page No.*

THE WEEK OF MAY 28TH

May 28 June 10	**Freeing the Body:** Staff (2 weeks): **p. 15**
May 28-June 2	**Toward the Experience of Wholeness:** Weaver (5 days): **p. 15**
May 28-June 2	**Open Gestalt:** Staff (5 days): **p. 7**
May 28-June 2	**For Homosexuals:** Freitas, Garner (5 days): **p. 5**
June 2-4	**Celebration:** Fuller (weekend): **p. 5**

THE WEEK OF JUNE 4TH

June 4-9	**Introduction to Esalen:** Sloan (5 days): **p. 4**
June 4-9	**Open Gestalt:** Staff (5 days): **p. 7**
June 4-9	**Movement & Massage:** Staff (5 days): **p. 15**
June 4-9	**Body, Mind & Spirit:** Butler (5 days): **p. 15**
June 4-July 1	**Experiencing Change:** Lederman (4 weeks): **p. 3**
June 9-11	**More Joy:** Schutz & Staff (weekend): **p. 5**

THE WEEK OF JUNE 11TH

June 11-16	**Freeing the Body:** Staff (5 days): **p. 15**
June 11-16	**Guild of Hands:** Staff (5 days): **p. 16**
June 11-17	**Advanced Gestalt:** Martin (1 week): **p. 7**
June 11-17	**Advanced Encounter:** Kriegels (1 week): **p. 5**
June 11-24	**Arica Training:** Staff (2 weeks): **p. 17**
June 16-18	**Massage:** Morrison (weekend): **p. 15**
June 16-18	**Sufi Stories:** Ornstein (weekend): **p. 12**

THE WEEK OF JUNE 18TH

June 21 **An Evening with Betty Fuller:** (single eve): **p. 5**

June 23-25 **Celebration:** Fuller & Leigh (weekend): **p. 5**

June 23-25 **Psychosynthesis:** Carter & Kull (weekend): **p. 8**

June 23-25 **Encounter Marathon:** Marsh (weekend): **p. 5**

June 23-25 **Gestalt Training:** Bloomberg & Miller, et al. (3 days): **p. 6**

June 24 **Massage Workshop:** Rush (1 day): **p. 15**

June 24-25 **On Being a Woman:** Rhyne, Werthman (weekend): **p. 6**

June 24-25 **Open Gestalt:** Bloomberg, Miller, et al. (weekend): **p. 6**

June 24-25 **Arica Training:** (weekend): **p. 17**

June 18-23 **Open Gestalt:** Staff (5 days): **p. 7**

June 18-23 **Growth Through Risk-Taking:** Schiffman (5 days): **p. 5**

June 18-23 **On Being Rich:** Miller (5 days): **p. 5**

June 18-23 **Centering:** Nadeau (5 days): **p. 15**

June 23-25 **An Experiment In Surrender:** Naranjo (weekend): **p. 12**

THE WEEK OF JUNE 25TH

June 28 **For Women Only:** Fuller (1 day): **p. 5**

June 29 **Introduction to Esalen:** Staff (single eve): **p. 4**

June 30-July 2 **Psychophysical Synthesis:** Gunther (weekend): **p. 8**

June 30-July 2 **The Human Biocomputer:** Lilly (weekend): **p. 12**

June 30-July 2 **A Workshop for Change Agents:** Shapiro (weekend): **p. 9**

June 30-July 2 **On Loving Someone Gay:** Clark (weekend): **p. 5**

July 1 **Introduction to Esalen:** Staff (1 day): **p. 4**

June 25-30 **Yoga and Self-Knowledge:** Kramer (5 days): **p. 15**

June 25-30 **Gestalt Awareness Training and Meditation:** Naranjo (5 days): **p. 7**

June 25-30 **Gestalt Training:** Downing (5 days): **p. 7**

June 25-July 1 **Open Residence Program:** Butler (1 week): **p. 4**

June 25-July 1 **Experience of Esalen:** Staff (1 week): **p. 5**

June 30-July 2 **ESP Training Using Bio-Feedback & Brain Wave Conditioning:** Targ, Hurt (weekend): **p. 12**

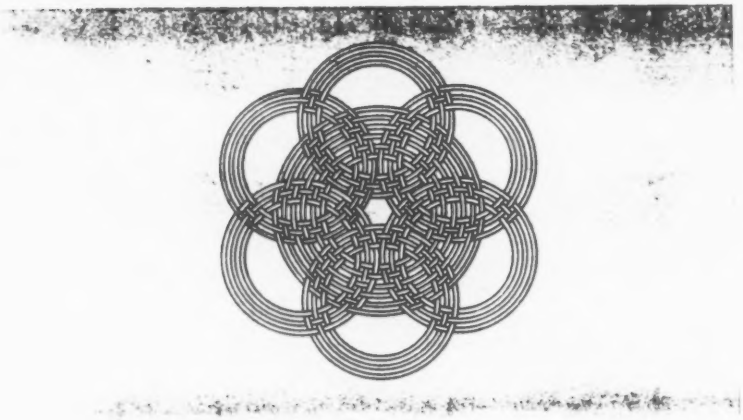
June 30-July 2 **Couples' Workshop:** Kriegels (weekend): **p. 5**

THE WEEK OF JULY 2ND

July 2-7 **Introduction to Esalen:** Butler (5 days): **p. 4**

July 2-7 **Gestalt Plus:** Browns (5 days): **p. 7**

July 2-29 **Gestalt & Structural Integration:** F. Rubenfeld (4 weeks): **p. 3**



Transpersonal

Transpersonal generally refers to transcendence, mystical experience, peak experience and parapsychological phenomena. The following workshops will explore insights and research into the physical and psychological aspects of such experience.

■ S.F. CHALLENGE OF PARAPSYCHOLOGY: Is There a Ghost in the Machine?
A Lecture Series

Six Monday evening lectures, beginning April 10. All lectures will be held 8-10 p.m. at First Unitarian Church, Franklin at Geary Streets, San Francisco.

Individual and series tickets are available; series tickets should be purchased in advance through the San Francisco office; individual tickets may be purchased in advance or at the door.

Series Tickets (6 lectures): $14.50 general; $8 student

Individual tickets: $3 general; $2 student

■ April 10:
Do You Believe? If So, In What?
Charles Tart

An overview of rational and irrational approaches to "psychic" or "supernatural" phenomena. We will look at the way our belief systems distort our approach to psychic phenomena and then review what has been scientifically established as basic fact in this area. What is our basic knowledge about telepathy, clairvoyance, precognition and psychokinesis?

■ April 17:
Parapsychology and Physics: An Experimental Overview
Russell Targ

Recent ESP experiments will be described and contrasted with earlier approaches. A Soviet film showing the apparent psychokinesis of Nelya Kulagina will also be discussed. Emphasis will be on physical aspects of ESP research and its new directions.

■ April 24:
The Philosophical Implications of Parapsychology
Michael Scriven

Parapsychology has been hailed—by J. B. Rhine and others—as disproof of materialism. But the Russian government is subsidizing parapsychological research. Psychic knowing is supposed to be an alternative to scientific knowing, and yet most of what we know about extrasensory phenomena comes from scientific study of them by the societies for psychical research. Parapsychology is fascinating, and its implications more fascinating, at first sight. In this lecture we will try for second sights.

■ May 1:
ESP and the Self
Arthur Hastings

The hopes, fears, problems and potentials of ESP as it affects people and their relationships with others. The topics include telepathy as communication, ESP and problems of privacy, conscious and unconscious use of psi, ESP and sexual energy, and the projected uses of psi which appear in science fiction and speculative literature.

■ May 8:
ESP, Psychedelic Drugs and Madness
James Fadiman

An examination of the interrelationships between paranormal phenomenon, effects of psychedelics, shamanistic training and the paranormal aspects of psychosis. Is it necessary to modify our world view?

■ May 15:
Science and the Soul
Charles Tart

The philosophical assumptions most strongly linked to modern science tell us that we are an accidental collection of chemicals in a skin bag that meaninglessly processes information and generates illusion. This meaningless structure will even fall apart with a half-life of about 40 years. Don't kid yourself about the power of this view; you may have an atomic bomb dropped on you if you disagree. But, little known facts about psychic phenomena scientifically undermine this view. We will consider these, with particular emphasis on out-of-the-body experiences or "astral projection", to see if we can give the idea of a soul possible validity within the scientific framework.

● B.S. April 7-9
The Human Biocomputer
John Lilly

Weekend seminar $95

As a result of his work with Oscar Ichazo, John Lilly has expanded his mind-brain-body biocomputer model of human to include the "essence". Using methods derived from Eastern and Western mystical traditions as well as modern science, this program will work to move participants toward essence. (Recommended reading: *The Human Biocomputer.*)

■ S.F. April 14-16
The Human Biocomputer
John Lilly

Weekend Workshop $50

See April 7-9 description above.

● B.S. April 16-22
The Human Biocomputer
John Lilly

One-week workshop $280

As a result of his work with Oscar Ichazo, John Lilly has expanded his mind-brain-body computer model of human nature to include the "essence." His new configuration is essence-self-computer-ego programs. Using methods derived from Eastern and Western mystical traditions as well as modern science, this program will work to move participants toward essence. (Recommended reading: *The Center of the Cyclone.*)

■ **April 20**
How To Be Oneself
Douglas Harding
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
"As 3rd-person I am a mere thing in the world; as 1st-person the world is a lot of things in me—I am at once no-thing and all things." In this lecture-demonstration Harding shows how this proposition can be immediately realized, how one can regain the child's ability to be himself (himself as he is to himself) and actually start living that way.

■ **S.F. April 22**
Living the First-Person Life
Douglas Harding
One-day seminar $18
Douglas Harding has recently developed a repertoire of largely nonverbal techniques for seeing Who or What we really are—simple but very effective devices for waking us up to life as we are actually living it now from our own unique center. The first aim of this workshop is to remove the delusion that one is only or primarily 3rd person; the second to begin the serious practice of 1st-personhood, i.e., life without putting on acts of any sort.

● **B.S. April 28-30**
Meditation
Pier Vilayat Khan
Weekend seminar $95
In this seminar, Pier Vilayat Khan will be teaching the methods of jnana yoga, Advaita Vedanta, Buddhism, Ars Regia of the Alchemists with reference to the Greek mysteries of Eleusis, the Christian Hesychast Hermits and the Sufi mystics. In addition, he will be training participants in breathing techniques, the use of sound, visualization of light and the contemplation of archetypes.

■ **S.F. May 6-7 and May 13-14**
Sharing Food on Which I Have Grown
Claudio Naranjo
Two weekend workshops
$100 per person for both workshops
Reading and commentary from a meditation journal.
This is a two-weekend series; 10 a.m. to 6 p.m. Saturday and Sunday, May 6-7 and May 13-14.

● **B.S. May 12-14**
Modern Approaches to Hypnotherapy
Emmett Miller, M.D.
Weekend seminar $95
This workshop will deal with altered states of consciousness and their production through self-hypnosis. There will be an overview of the use of hypnosis in medical, psychological, social and self-improvement programs, instruction in auto-hypnosis and its applications, including numerous group and individual instructions.

● **B.S. May 19-21**
Wrapping It Up
Arthur Deikman
Weekend seminar $95
at South Coast Center
A weekend for those who want to understand everything, led by someone similarly possessed. Please bring energy, some answers of your own and a thick cushion.

■ **S.F. May 20**
Modern Approaches to Hypnotherapy
Peter Mutke and Emmett Miller
One-day workshop $25
This workshop is designed to familiarize participants with the latest approaches to hypnotherapy, utilizing the increased state of receptivities towards programming and the control of automatic nervous system functions through the state of hypnosis. All participants will experience the phenomena of hypnosis and some individuals may learn self-hypnosis by the end of the session. 10 a.m. to 5 p.m., Saturday.

■ **S.F. May 20-21 and May 27-28**
Sharing Guidance Received
Claudio Naranjo
Two weekend workshops
$100 per person for both workshops
Reading and commentary from a meditation journal. This is a two-weekend series; 10 a.m. to 6 p.m., Saturday and Sunday, May 20-21 and May 27-28.

■ **S.F. June 9-11**
Extending Awareness Through Hypnosis
Lee Pulos
Weekend workshop $50
This workshop will combine the approaches of hypnosis and psychosynthesis for furthering personal exploration. Hypnosis and self-hypnosis will be taught so that participants can focus in on themselves through hypnotically induced dreams, automatic writing and drawings under hypnosis. These self-discoveries will be extended through guided fantasies, symbolic imagery and learning how to tune in to the "inner theater" of one's unconscious.

● **B.S. June 16-18**
Meditation on Sufi Word-Pictures and Stories
Robert Ornstein
Weekend seminar $95
In man's history, some stories, tales and poems have been written which contain symbols and situations carefully designed to make an end-run around our intellectual filter. This weekend will consist of meditation and reflection on stories of the dervish tradition, their word-pictures and the mind experience which they can create. Suggested reading: *The Sufis* and *Tales of the Dervishes* by Idries Shah.

● **B.S. June 23-25**
An Experiment in Surrender
Claudio Naranjo
Weekend seminar $95
Claudio Naranjo writes: "This is the contract: 1. Neither you nor I know what we shall be doing. 2. To the best of my ability I shall endeavor to help you go where we all are going. 3. You agree to do exactly as I tell you for 40 hours. The experience is likely to take you into avenues other than those your initiative has made you acquainted with and will specifically be an opportunity to explore issues of trust vs. need to manipulate self and environment."

● **B.S. June 25-30**
Gestalt Awareness Training and Meditation
Claudio Naranjo
Five-day workshop $245
Claudio Naranjo writes: "I combine the modern techniques of gestalt training with ancient techniques of self-awareness, thus endeavoring to maintain a balance between working in the interpersonal domain and working in isolation from others; between contacting the environment and contacting one's deeper self. Hopefully, a better balance may be established between both."

● **B.S. June 30-July 2**
ESP Training Using Bio-Feedback and Brain Wave Conditioning
Russell Targ and David Hurt
Weekend seminar $95
ESP teaching machines and brain wave analyzers will be used to attempt enhancement of clairvoyant and precognitive perception. Participants will become aware of their mental states at those times when they are most successfully using their ESP facilities, allowing learning to take place. Limited to 20 persons.

■ **S.F. June 30-July 2**
The Human Biocomputer
John Lilly
Weekend Workshop $50
(See April 7-9 workshop description above.)

Biographical Information

ARTHUR DEIKMAN, a psychiatrist, has done pioneering research in the field of meditation, as well as theoretical and clinical investigations of hallucinogenic drugs, Zen Buddhism and psychosis. He is presently on leave of absence from the University of Colorado Medical Center and lives in the San Francisco Bay Area.

JAMES FADIMAN is a senior counselor and consultant at Stanford University. He is an editor of the *Journal of Transpersonal Psychology* and the editor of several books, most recently, *The Practice of Psychosynthesis*. He is a pioneer in the transpersonal field, has lectured and done workshops in psychosynthesis for several years, and has worked with Roberto Assagioli in Italy.

DOUGLAS HARDING is a 62-year-old British generalist who has written on architecture, philosophy, religion and psychology. He and his "faceless" technique are the subject of these verses from "Douglas Traherne Harding" by the Incredible String Band: "When I was born I had no head. My eye was single and my body was filled with light, One light though the lamps be many . . ."

ARTHUR HASTINGS is a lecturer in speech-communication at San Jose State College. He is interested in interpersonal communication, argumentation, parapsychology and science fiction. He was formerly director of the Institute for Science Fiction and Fantasy at Stanford University.

DAVID HURT has been working in the field of ESP electronics for over fifteen years. Included in his work has been the use of negative ion generators, white nose earphones, alpha wave analyzers, photic stimulators and ESP teaching machines.

PIER VILAYAT KHAN is a new age teacher of meditation. He is director of the International School of Meditation in Paris and the School of Esoteric Studies in London. He is also the head of the Sufi order in Europe and the United States which originated in Ajmeer, India.

JOHN LILLY has primary research interest in the relation of the mind to the brain. He is trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication.

EMMETT MILLER, in addition to the practice of general medicine, is utilizing hypnosis for psychotherapy, personality restructuring and self-improvement.

PETER MUTKE is a medical doctor presently in private practice in Carmel, California, specializing in hypnotherapy. A graduate of the University of Heidelberg School of Medicine, he is a Fellow of the American Society of Clinical Hypnosis and of the Academy of Psychosomatic Medicine. He teaches at University of California, Berkeley, Extension.

CLAUDIO NARANJO is a research psychiatrist, a former associate of the Institute for Personality Assessment and Research (U.C. Berkeley) and a student of religions. He is recently returned from a year in a sufi-oriented school in Chile.

ROBERT ORNSTEIN teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. He is author of the books *On the Experience of Time* and, with Claudio Naranjo, *On the Psychology of Meditation*.

LEE PULOS is a clinical psychologist in private practice and clinical assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in leading training workshops for professionals and in researching the effects of hypnosis upon athletic performance.

MICHAEL SCRIVEN, a professor of philosophy at the University of California at Berkeley, founded the first society for psychical research in the southern hemisphere, thinks that most literature courses should be about science fiction, collects knives, persian rugs and the scalps of experts.

RUSSELL TARG is a physicist working with lasers and optics at GTE Sylvania. He is a member of the Parapsychology Association, the professional association of ESP researchers, and president of Parapsychology Research Group Inc. He, together with David Hurt, developed an ESP teaching machine using feedback and reinforcement techniques to teach and enhance ESP ability.

CHARLES T. TART is Associate Professor of Psychology at University of California, Davis. He has conducted extensive research into sleeping and dreaming, hypnosis, ESP and drugs. Dr. Tart is editor of *Altered States of Consciousness: A Book of Readings* and *On Being Stoned*.

Books

Readings available from the Esalen Bookshop (see page 17) include:

Maslow, *The Farther Reaches of Human Nature* $12.50

Murphy, *Golf in the Kingdom* $6.95

Ornstein, Naranjo, *On the Psychology of Meditation* $7.95

Suzuki, *Zen Mind Beginner's Mind* $4.50

The Journal of Transpersonal Psychology
A journal for theoretical and applied research in peak experience, self-transcendence, ultimate values, ecstasy, wonder, B-values, transcendental phenomena and related concepts, experiences and activities. Volume III, No. 2, edited by Anthony Sutich, contains articles by: Charles Tart, David Van Nuys, Thomas N. Weide, Huston Smith and Nancy Hendrick.

Subscriptions: $7.50 for two issues per year. Write to: Journal of Transpersonal Psychology, P. O. Box 4437, Stanford, Ca. 94305.

Structural Integration

STRUCTURAL INTEGRATION

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage; working with a trained practitioner, the process is usually completed within ten individual sessions.

TRAINING in structural integration is offered only through The Guild for Structural Integration, and only upon completion of certain prerequisites. Research in rolfing is encouraged by the Guild. Information about training and research, as well as class announcements, may be obtained by writing the Guild care of Esalen Institute, 1776 Union St., San Francisco, CA 94123.

BULLETIN OF STRUCTURAL INTEGRATION

A Journal dedicated to understanding man as a whole—now in its third year of publication. The bulletin provides a vehicle for theoretical and applied research in mind-body phenomena of interest to persons in the health sciences, physical sciences, arts and education. Past issues have included articles concerning structural integration, childbirth, movement behavior and movement therapy, articles by M. Feldenkrais, J. G. Bennett, Mathais Alexander. For a one year subscription, send $10 with NAME, ADDRESS AND ZIP CODE to: Bulletin of Structural Integration, 16756 Marquez Avenue, Pacific Palisades, CA 90272.

INDIVIDUAL SESSIONS with practitioners of structural integration are available **by appointment only** through the following offices:

Esalen Institute, Big Sur—no telephone appointments. Please request appointments in writing. Practitioners include Michael Butler, Al Drucker, Stanley Johnson, William Schutz, Beverly Silverman, Simone Surpin, Ed Taylor.

Esalen Institute, San Francisco—write or telephone for appointments. Dub Leigh, Michael Salveson, Larry Swann, Ed Taylor.

STRUCTURAL PATTERNING is a body system which promotes structural balance and efficiency and economy of movement within the gravitational field. Patterns which block energy in the body are exchanged for those which allow energy to flow. It is particularly effective during or after rolfing, for those who want to develop the use and awareness of their reorganized bodies, to produce further structural change along the same lines, and to rebalance themselves in situations of physical or emotional stress.

A course of private work in structural patterning usually consists of three to five supervised sessions, perhaps with a follow-up session after a few months.

Practitioners available for individual sessions are: Esalen/Big Sur—Marya Melchior; Esalen/San Francisco—Faith Hornbacher.

● B.S. April 16-May 13
Gestalt and Structural Integration
Esalen Staff
Four-week program $800
at South Coast Center

Psychological dis-ease and physical tension are two aspects of one phenomenon. Gestalt training is an awareness centered, integrative process concentrating on *How* and *Now* rather than *Why* and *Fantasy* of past and future. The aim is to produce wholeness by the promotion of maturity and responsibility and the discovery of one's own unused potential. Structural integration (rolfing), while producing actual physical change, also facilitates direct perception of body process in relation to emotional pressure and release. Each participant will receive three rolfings as part of the workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working professionally with groups (teachers, ministers, psychologists, etc.).

● B.S. April 30-May 5
Rolf-Aston Structural Patterning in Stillness and Motion ©1971
Judith Aston
Five-day workshop $275
at South Coast Center

Structural patterning, as developed by Judith Aston, is a system which promotes structural balance and efficiency of movement within the gravitational field. The patterns are arranged in sequences, focusing on breathing and the individual hinges (ankles, knees, pelvis, shoulders and neck) and progressing through positions of increasing gravitational stress. The patterns themselves are not exercises nor are they performed vigorously; the movements are slow, sometimes subtle, and done with awareness to produce change. Limited to 12 participants.

● B.S. May 7-12
Rolf-Aston Structural Patterning in Stillness and Motion ©1971
Judith Aston
Five-day Workshop $275
(Same as above.)

■ S.F. June 8
Structural Integration: A Lecture-Demonstration
Michael Salveson
Single evening event
FREE; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

● B.S. July 2-29
Gestalt and Structural Integration
Frank Rubenfeld and Esalen Staff
Four-week program $875
See April 16-May 13 workshop description above.

Biographical Information

JUDITH ASTON is a movement consultant for dance and theater companies and a member of the San Diego Gestalt Institute. She has been trained in structural integration by Dr. Ida Rolf and in structural awareness by Dorothy Nolte.

FRANK RUBENFELD is a clinical psychologist and is on the faculty of the New York Institute of Gestalt Therapy, in addition to his private practice of individual and group therapy.

MICHAEL SALVESON has been trained by Ida Rolf in structural integration. He is presently a rolf practitioner in private practice and at Esalen/San Francisco.

Books

Readings available from the Esalen Bookshop (see page 17) include:

Rolf, *Structural Integration*
$1.00 (pamphlet)

Bulletin of Structural Integration
$2.50 per issue

The Human Body

■ S.F. WORKSHOPS WITH STANLEY KELEMAN
(Co-sponsored by Esalen Institute and the Institute for Bioenergetic Studies)

Stanley Keleman is an innovative theoretician and practitioner of the approaches to bodily and emotional health characterized by the work of Wilhelm Reich and Alexander Lowen. This spring he will conduct a limited number of workshops in the San Francisco Bay Area for persons selected by application.

Groups to be offered include: open workshops, weekend groups devoted to individual and group bioenergetic work; multiple workshops, a series of three weekends over a three-month period; ongoing series for persons working in the helping professions; five-day intensive workshop.

A complete prospectus and application form may be obtained by calling or writing the Esalen/San Francisco office.

● B.S. FREEING THE BODY PROGRAMS

This intensive program introduces various body-oriented disciplines such as massage training, the rolf method of structural integration, movement, tai chi chuan, yoga, and techniques based on the work of Wilhelm Reich. The aim is to give group members greater awareness of their physical structures and to demonstrate methods for achieving freer movement, more expressiveness and life feeling.

April 9-14
Michael Butler
Five-day workshop $215
at South Coast Center

May 28-June 10
Esalen Staff
Two-week program $450
at South Coast Center

June 11-17
Five-day workshop $215
at South Coast Center

● B.S. April 2-7
Bodymind
Michael Butler
Five-day workshop $175
at South Coast Center

Based on the model established by William Schutz, this workshop will attempt to integrate the rolf method of body alignment within the framework of open encounter, including fantasy and gestalt methods.

● B.S. April 2-7
Gestalt, Movement and Massage
Gabrielle Roth and Julian Silverman
Five-day Workshop $255

Many persons, in giving and receiving a massage, experience feelings of sadness, anger, hostility or joy, particular areas of muscular holding and blocked energy, and the emergence of past memories of pain and pleasure. Methods of gestalt will be used to deal with such emotional experiences, as they may occur, during the course of massage instruction.

● B.S. April 2-8
Gestalt and Sensory Awareness
Richard Price and Seymour Carter
One-week workshop $275

■ S.F. Starting April 3
The Alexander Technique
Frank Ottiwell
Ongoing workshop $35 per month

The Alexander Technique is a method of facilitating psycho-physical integration by applying sensory awareness, inhibition and redirection to such everyday activities as sitting, standing, walking and lying, under conditions of continuous feedback. Sessions focus on: experiencing the specific ways in which each individual interferes with the natural flow of his total pattern; learning to inhibit the interference; and allowing and encouraging a response that will strengthen our innate tendency toward a whole use of the self.

Continuous classes, Monday evening from 7:30 to 9:00 p.m. Enrollment is limited to six persons; new persons may join the class as spaces become available.

■ S.F. Starting April 4
Aikido and Energy Awareness
Robert Nadeau
Ongoing series
One meeting per week:
$15 per month
(general and student)
Two meetings per week:
$25 per month, general;
$20 per month, student

A continuous program of instruction in energy awareness as used for centering, movement, healing, concentration and relaxation, and in Aikido as a physical expression of that awareness in a self-defense form, with emphasis on harmony and energy in motion. This course will meet each week; participation can be in one or two sessions per week, with tuition based on the schedule of participation.

Tuesday, 8-9:30 p.m., Saturday, 10-12 noon.

■ S.F. Starting April 11 and 13
Tai Chi Chuan
Ch'u-fang Chu
Ongoing series $22.50 per month

Tai Chi Chuan is a centuries-old movement meditation derived from ancient Chinese forms of self-defense. It promotes gracefulness, relaxation, centering and experience of energy flow.

Two separate classes are scheduled, 8 to 9 p.m., Tuesday evenings and Thursday evenings. Indicate which evening you prefer when registering.

■ S.F. Starting April 13
Relaxation: Yoga Nidra
Bonita Bradley
Ongoing series $3.50 per person, each Thursday.

Gentle, tension-relieving movements and postures and deep relaxation techniques. 5:30-6:30 p.m., every Thursday evening.

1757 Union St., San Francisco.

■ S.F. April 14-16
The Delight of Immediacy
Charlotte Selver and Charles Brooks
Weekend workshop $50

In describing their work in sensory awareness, Mr. Brooks writes: "We can discover in gradual, sensitive work that the doors of our senses will open spontaneously and that we can release and cultivate the living process in ourselves which, by its very nature, responds directly to the offering and demands of life."

● B.S. April 16-21
Who Are You Now?
Seymour Carter
Five-day workshop $215
at South Coast Center

Learning is awareness. Through increased awareness in the routine activities of daily life can come the discovery of how life energy is restricted and how, when released, it can be used to greater potential and advantage. Methods of gestalt, structural integration and meditation will be combined with the techniques of sensory awareness to further the possibility of personal growth.

■ S.F. Starting April 18
Body Awareness
George Downing and Anne Kent Rush
Ongoing series $6 per person, each Tuesday; $22 per month.

Emphasis will be upon the flow of energy within the body: learning how to feel it, to heighten and to balance it, and to use it as a source of grounding and support in relations with others. To this end, the program series will use an integrative method combining a number of different approaches, including yoga, movement, sense relaxation, energy exchange techniques, massage, pressure point systems and others. Eight Tuesday evenings, 8 to 10:30 p.m., April 18-June 6.

1757 Union St., San Francisco.

■ **S.F. Starting April 20**
In-Depth Breath Workshop
George Downing
Ongoing series $22 per month
The breath is a microcosm of the personality. Getting more in contact with the breath can lead to increased energy, a richer emotional life, realignment of physical posture and a greater grasp of one's personal rhythm of existence. The work includes methods first introduced in Europe and later developed by Magda Proskauer. Opportunities for continued work with the instructor will also be made available. Eight Thursday evenings, 8 to 9:30 p.m., April 20-June 8.

● **B.S. April 21-23**
Centering
Robert Nadeau
Weekend workshop $95
This workshop will start with centering practices in the physical dimension, move to centering as mental awareness, and culminate in meditation with centering as a focus for spiritual unfolding. The weekend will emphasize the relationship between all three levels.

■ **S.F. April 22**
Massage Workshop
George Downing and Anne Kent Rush
One-day workshop $18
An introduction to Esalen and Swedish massage as a means of communication and exchange of energy. 10 a.m. to 6 p.m.

● **B.S. April 23-29**
Body Being
Simone Surpin
One-week workshop $240
at South Coast Center
This workshop will revolve around the concept that our body is our only real home. Experiences will include centering and grounding exercises, chanting, sitting meditation in nature, music meditation, massage and healing.

■ **S.F. April 24**
On Yoga: A Lecture and Demonstration
Joel Kramer
Single evening event
$3 general; $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.
An evening designed to acquaint the interested non-practitioner, as well as the practitioner, with yoga. Mr. Kramer will demonstrate hatha yoga and discuss yoga both in classical structure and as an evolutionary approach to living in the modern world.

■ **S.F. Starting April 26**
Advanced Massage Training
Gunver Jackson
Ongoing series $90
Emphasis will be on the development of each individual's approach to massage, rather than on specific techniques. To learn to release tensions efficiently and with economy, participants will practice "reading" various body structures and muscular groups and patternings. Further attention will be given to concepts of healing and to the relationship between massage and breathing. Limited to 14 persons.
Nancy Richards will assist Mrs. Jackson. Include statement of previous massage training and background with registration fee. Six Wednesday evenings, 7 to 10 p.m., April 26-May 31.

● **B.S. April 28-30**
Massage and Breath Energy
George Downing
Weekend workshop $95
Using techniques of yoga breathing and Proskauer breath-centering, we will first attain a heightened awareness of the energy within ourselves. Through massage, we will then focus this energy on caring for and communicating with others. Members will learn how to give and receive a complete body massage.

● **B.S. April 30-May 5**
Rolf-Aston Structural Patterning in Stillness and Motion ©1971
Judith Aston
Five-day workshop $275
at South Coast Center
Structural patterning, as developed by Judith Aston, is a system which promotes structural balance and efficiency of movement within the gravitational field. The patterns are arranged in sequences, focusing on breathing and the individual hinges (ankles, knees, pelvis, shoulders and neck) and progressing through positions of increased gravitational stress. The patterns themselves are not exercises nor are they performed vigorously; the movements are slow, sometimes subtle, and done with awareness to produce change. Limited to 12 participants.

● **B.S. April 30-May 5**
Gestalt and Massage
Jack Rosenberg and Robert Martin
Five-day workshop $280

■ **S.F. Starting May 4**
Massage Workshop
Robert Cromey
Ongoing series $45
Series of four Thursday evenings, 7:30 to 10:30 p.m., May 4-25.

■ **S.F. May 5-7**
Advanced Massage
George Downing
Weekend workshop $50
This workshop will include a review of basic methods and an exploration of a variety of different techniques, such as shiatsu, Reichian massage, Proskauer massage and polarity therapy.

● **B.S. May 5-7**
Resolving Inner Tension
Ben and Judyth Weaver
Weekend workshop $95
Chronic tension is frequently the product of inner conflicts: part of us wants to stay; part of us wants to grow, part of us wants to remain a child. Over time, such existential conflicts become part of our structure, finding expression in deep muscular contractions and characteristic attitudes. This workshop will work to bring such deep conflicts to awareness, re-"owning" them, inviting the organism to come up to the present and be One.

● **B.S. May 7-12**
Rolf-Aston Structural Patterning in Stillness and Motion ©1971
Judith Aston
Five-day workshop $275
(See program description under *Structural Integration*, p. 13.)

● **B.S. May 7-12**
Life Energy
Robert Nadeau
Five-day workshop $245
This workshop will consist of a wide variety of energy-freeing and energy-producing exercises. The intent of these exercises is to make each participant familiar with life energy so that he may use it as a tool for higher awareness. Some of the basic ideas and disciplines to be covered are energy flow and energy awareness, energy and its use in spiritual growth and in healing, and centering and the development of center. Participants will explore the relation of a free flow of energy to relaxation, calmness, attitude and mental concentration, centering and moving from center, direct perception of energy and transferring energy to others.

● **B.S. May 7-13**
Acupuncture for Professionals
Dr. Jack Worsley
Seven-day workshop $375
(See program description under *Workshops for Professionals*, p. 9.)

■ **S.F. Starting May 9**
Flowmotion
Suellen Primost
Ongoing workshop $50
Suellen Primost writes: "All things come into balance when we learn how to breathe and be breathed. Through breath revitalization and fine tuning of the senses, we will discover how to use our abundant natural energies and to express ourselves through movement." 8 to 10:30 p.m., six Tuesday evenings, May 9 - June 13.

■ **S.F. May 10**
Acupuncture: An Introduction
Jack Worsley
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
A discussion of the ancient Chinese method of preventive medicine and healing and its relationship to Western concepts of health and understandings of human functioning.

■ **S.F. May 12-14**
Interest Versus Boredom
Ben Weaver
Weekend workshop $50
Nowadays boredom seems a lifelong problem. This weekend will follow the pioneering work of Elsa Gindler and Charlotte Selver in exploring the continuum of interest and boredom as a major dimension of consciousness. All sessions will be experiential.

■ **S.F. May 13-14**
Bioenergetics
Michael Conant
Weekend workshop $50
Working as a group rather than individually there will be opportunity for more contact, expression and identity. 10 a.m. to 6 p.m., Saturday and 10 a.m. to 3 p.m., Sunday.

● **B.S. May 14-18**
Chinese Medicine
Dr. Jack Worsley
Four-day workshop $260
at South Coast Center
This workshop is open to all who wish to learn about the history and practice of Chinese acupuncture.

● **B.S. May 14-19**
Tai Chi and Massage
Judy Unell
Five-day workshop $215
This workshop will teach a method of massage which is unique in its incorporation of tai chi body movement. Emphasis will be placed on the mastering of basic massage techniques and group participation in tai chi.

● **B.S. May 18-21**
Advanced Acupuncture
Dr. Jack Worsley
Three-day Seminar $175
This course is intended for those who have completed a seven-day workshop in acupuncture with Dr. Worsley. The seminar will discuss the physiological aspects of the meridians and the eight extra meridians.

■ **S.F. May 20-21**
Yoga: Explorations in Awareness
Joel Kramer
Weekend workshop $50
Participants will explore the physical, psychological and spiritual aspects of yoga. 10 a.m. to 6 p.m., Saturday and Sunday.

● **B.S. May 21-26**
Encounter and Massage
Harry Sloan and Esalen Staff
Five-day workshop $240

■ **S.F. May 23**
Massage: Introduction and Demonstration
Gunver Jackson
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
U. C. Medical Center, 3rd & Parnassus, San Francisco.
An introduction to the philosophy of massage, rather than to specific techniques. The evening will include energy and relaxation exercises for the masseur and instruction in hand massage.

■ **S.F. May 25**
Man's Roots in Nature and the Cosmos
John Pierrakos
Single evening event
$3 general; $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.
This lecture will be a discussion of the energetic manifestations of the natural processes in man and the universe; the phenomena of the energy field (aura) as applied to illness and health; further developments of group therapy based on bioenergetic concepts.

● **B.S. May 26-28**
Bioenergetics for Professionals
John Pierrakos
Weekend workshop $140
(See program description under *Workshops for Professionals*, p. 9.)

● **B.S. May 28-June 2**
Toward the Experience of Wholeness
Ben and Judyth Weaver
Five-day workshop $215
Much in our culture operates to deny us a fundamental birthright: the experience of feeling together, whole, a single organism invested with consciousness. By the time most of us have reached adulthood, our consciousness has become so thoroughly fragmented that the experience of wholeness remains but a sweet childhood memory, reinforced by occasional "highs" such as orgasm, transcendent religious (drug) experiences, adrenalin highs in sports or war. This workshop experiential sessions in disciplines which work to integrate consciousness: sensory awareness experiments, meditation, movement and tai chi chuan.

● **B.S. June 4-9**
Body/Mind/Spirit
Michael Butler
Five-day workshop $215
This workshop will use encounter, gestalt and body techniques.

● **B.S. June 4-9**
Movement and Massage
Esalen Staff
Five-day workshop $240

■ **S.F. June 9-11**
Sensing
Ben and Judyth Weaver
Weekend workshop $50
Unless our consciousness is well grounded throughout our organism and we are open for the myriad sensations—smell, hearing, touch, taste, sight, inner awareness — which define our being, we loosen our grasp on reality and diminish our pleasure in being. Much of the current appeal of the drug experience is that it offers the thrill of sensation to millions of partly dead people who have cut themselves off from the potentially rich gratifications of everyday, direct, moment-to-moment sense experience. This workshop will offer an exploration in ways to reconnect parts of our disused sensing apparatus.

● **B.S. June 16-18**
Massage Workshop
Peggy Morrison
Weekend workshop $95

● **B.S. June 18-23**
Centering
Robert Nadeau
Five-day workshop $245
(See April 21-23 description across page.)

■ **S.F. June 24**
Massage Workshop
Anne Kent Rush
One-day workshop $18
Massage as a means of freeing blocked energy and communicating with others. Members will learn to give a complete massage. 9:30 a.m. to 6 p.m.

● **B.S. June 25-30**
Yoga and Self Knowledge
Joel Kramer
Five-day workshop $245
at South Coast Center
This workshop will enable the novice as well as the advanced student to utilize yoga for physical, psychological and spiritual growth. Through the doing of yoga and the discussion of the nature of yoga, the student will experience a new way of meeting the challenges of living in the present.

■ **S.F. June 30-July 2**
Psychophysical Synthesis
Bernard Gunther
Weekend workshop $50
An integration of psychosynthesis techniques, gestalt relaxation, body awareness, nonverbal communication and meditation.

Biographical Information

JUDITH ASTON is a movement consultant for dance and theater companies and a member of the San Diego Gestalt Institute. She has been trained in structural integration by Dr. Ida Rolf and in structural awareness by Dorothy Nolte.

BONITA BRADLEY is a San Francisco yoga teacher who has studied in India for three years at Behar School of Yoga.

MICHAEL BUTLER is a former Esalen resident fellow. He was trained in gestalt and encounter techniques by John Heider and subsequently became a practitioner of structural integration under the supervision of Dr. Ida Rolf.

SEYMOUR CARTER directed the Winter 1970 Residence Program at Big Sur. He has studied with Fritz Perls, Ida Rolf and Charlotte Selver.

CH'U-FANG CHU was raised in Shanghai where he began study of tai chi chuan at 16 with Chen Wei-ming; later he studied with Yang Cheng-fu, perhaps the greatest master of tai chi chuan in this century, who gave him instruction in hand pushing and san shou. A resident of Taiwan for the last twenty years, he is a recent immigrant to the United States and is currently headmaster at the Inner Research Institute, San Francisco. Mr. Chu is 60 years old.

MICHAEL CONANT is a psychologist in private practice in Berkeley, where he does bioenergetic work and also draws on his past experience in gestalt therapy, hypnosis and behavior therapy. His particular interest is in helping individuals to become more assertive, more themselves.

ROBERT CROMEY, a former Esalen resident fellow, is an experienced group leader and teacher of massage and sensory experiences. He has worked as a priest, politician, administrator. He has a private practice in San Francisco.

GEORGE DOWNING, author of *The Massage Book*, uses an integral approach to body awareness, combining massage, yoga and other disciplines.

BERNARD GUNTHER, an associate of the Psychosynthesis Institute, has worked with Roberto Assagioli in Italy and is in didactic training with Jim and Susan Vargiu. He is author of a number of books, including *Sense Relaxation* and *What To Do Till the Messiah Comes*, and the director of the feature film, "Come to Your Senses". His latest book, *How the West is One*, will be released this spring by Macmillan.

JOEL KRAMER is a practicing hatha, raja, jnana and tantric yogi. He has been resident yogic instructor at Esalen Institute and has lectured and given workshops throughout the United States, Canada and Mexico.

GUNVER JACKSON is a licensed masseuse, certified in Swedish massage. In addition she has been trained by Molly Schackman at Esalen and has studied breathing, gestalt awareness and relaxation techniques. She and her husband are founders of the Gamma School of Massage.

STANLEY KELEMAN is a practitioner of the bioenergetics approach developed initially by Alexander Lowen. He has studied with Dr. Ola Raknes and Graf Durcheim at the Center for Religious Studies, as well as the Alfred Adler Institute for Individual Psychotherapy and the Dasien Analytical School of Psychotherapy, Zurich.

ROBERT MARTIN is an artist, pilot, and a gestalt therapist. He is past President of the Gestalt Therapy Institute of Los Angeles.

PEGGY MORRISON is a member of the massage staff at Big Sur.

ROBERT NADEAU utilizes energy awareness and the concept of "energy dimensions" to approach the transpersonal self. He also teaches meditation, energy awareness and aikido in the Bay Area.

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique (New York) and is President of the California Center. He has been teacher of the Alexander Technique for the American Conservatory Theatre since its inception and is in private practice in San Francisco.

JOHN PIERRAKOS is director of the Institute for Bioenergetic Analysis and a co-worker with Dr. Alexander Lowen. He is a practicing psychiatrist.

RICHARD PRICE, a student of Fritz Perls, is a founder and former director of Esalen Institute.

SUELLEN PRIMOST is a movement specialist with a wide background of creative movement and dance, yoga, music and tai chi chuan.

NANCY RICHARDS is a member of the Association for Research and Enlightenment and a student of massage and healing as related through the Edgar Cayce readings.

JACK ROSENBERG is a practicing dentist and gestalt therapist. He is a member of the Gestalt Institute of San Francisco. His interest for the past ten years has been giving the experience of gestalt awareness and yoga psychology to the health profession. His doctoral thesis in psychology relates immediate video feedback and facial massage for facilitating psychotherapy.

GABRIELLE ROTH is a specialist in movement and massage in residence at Big Sur. She has studied and taught creative dance forms for the past ten years. She has recently completed Arica awareness training in New York City.

ANNE KENT RUSH, illustrator of *The Massage Book*, is a polarity therapist and has led numerous workshops in massage, yoga and other forms of body awareness.

CHARLOTTE SELVER and CHARLES V. BROOKS are Teaching Associates at Esalen on leave from the faculty of the New School for Social Research, New York. Their field is sensory awareness, perception and nonverbal communication. They hold regular classes in New York and conduct seminars and study groups throughout the United States and Mexico.

JULIAN SILVERMAN is the director of Esalen/Big Sur and a gestalt trainer and therapist.

HARRY SLOAN, a renegade dentist, worked and trained under William Schutz during the 1969 Esalen Resident Fellow Program. He is a playwright and a member of the Esalen encounter staff. His first play "The Burden" was showcased in New York in 1971.

SIMONE SURPIN is a former resident fellow at Esalen. She was trained as a group leader by John Heider and is a practicing rolfer. She has a special interest in psychic healing and the esoteric arts.

JUDY UNELL is staff masseuse for Kairos, massage consultant for Anadysis, and teaches and practices privately in Los Angeles. She has had training in tai chi and Agni (fire-light) yoga, Reichian energetics, and practices transcendental meditation.

BEN WEAVER is a writer and teacher of sensory awareness. He is a student and colleague of Charlotte Selver and is the editor of her forthcoming book, *Invitations*. He was formerly an Esalen resident fellow and for two years was director of Esalen, Big Sur.

JUDYTH WEAVER is a former dancer and student of Zen. Her main studies in the West have been with Charlotte Selver, Magda Proskauer and the tai chi form of Professor Cheng Man-Chung.

DR. JACK WORSLEY is a Master and Doctor of Chinese acupuncture. He is president of the College of Acupuncture of Great Britain.

Books

Readings available from the Esalen Bookshop (see page 17) include:

Alexander, *The Resurrection of the Body* $2.45

Downing, Rush, *The Massage Book* $3.95

Lowen, *Betrayal of the Body* $1.50

Tohei, *Aikido* $4.50

Diverse
& Unclassifiable

● B.S. March 31-April 2
From Dream to Reality Revisited
George Leonard, Michael Murphy & James Fadiman
Weekend seminar $85
In 1966, Misters Leonard, Murphy and Fadiman conducted a hopeful and perhaps naive discussion of the human potential movement. They will continue that discussion, comparing what has happened these past five years with the visions of 1966, exploring some of the wrong turns that have been taken and some of the right ones and speculating where the exploration of the human potential might go from here.

● B.S. March 31-April 2
Myth and Dream
Joseph Campbell and Richard Price
Weekend seminar $85
Myths have, in the past, served to direct and focus energy in ways appropriate to given cultures. In America, myth is usually either denied or ignored. The nature of our society and its rate of change seem antithetical to myth utilization. One value of gestalt work may be in catalyzing the 'mythologizing function' of man—as expressed in dreaming—in such a way as to regain something of the guiding and fulfilling force formerly provided by myth.

■ S.F. April 7-9
The Whole Person Within the Frame of American Civilization
Max Lerner and Michael Murphy
Weekend seminar $45
How are people changing in American society? What does American society do for and against human potentials? How can America change in the future so that it will foreclose less on the human spirit?

■ S.F. April 7-9
Experiences in Visual Thinking
Robert McKim
Weekend workshop $50
Experiences and exercises intended to vitalize seeing, imagining and drawing as vehicles for productive thinking.

● B.S. April 7-9
From Hippocrates to Hip Pocrates
Eugene Schoenfeld, M.D.
Weekend seminar $95
Explorations and dialogues with Dr. Hip Pocrates.

● B.S. April 9-14
The Whole Person Within the Frame of American Civilization
Max Lerner and William Schutz
Five-day seminar $280
How are people changing in American society? What does American society do for and against human potentials. What is the relationship of the encounter culture to American civilization? How can America change in the future so that it will foreclose less on the human spirit?

■ S.F. April 15
Career Changes in Mid-Life
Richard Grossman
One-day seminar $20
Middle-aged people are often dissatisfied with the work they find themselves doing. Sometimes they want a melodramatic change; in other instances they simply want to add to their activities and sense of fulfillment. Yet few people over 35, or, for that matter, few people of any age who have become established in a clear-cut career or a rooted style of life make the change. In this seminar Mr. Grossman will explore the effects of a part-time second career and the impact of adult education and cultural pursuits on the person who is trying to make big changes, the underlying reasons why people fear to make vocational changes and ways to facilitate such changes. 10 a.m. to 6 p.m. Saturday.

■ S.F. April 29
This Train Don't Stop at Satori
Peter Marin
One-day seminar $18
Peter Marin writes: "It is usually more important to inhabit and receive our experience than to transcend it. The most difficult task for most of us is to live in the physical world with all its human complexities of passion, morality and imagination, and to make of all that a creaturely breathing sense of things. The dream of transcendence and salvation (whether of theraputic 'cure' or religious purity) is more often than not a symptom of one's problems rather than a solution to them."

■ S.F. June 2-4
Getting High on a Mountain
Walt Anderson and Dan Holland
Three-day outdoor workshop $50
During this short but intensive Sierra outing, we will: (a) do some meditation, yoga and sensory awakening exercises outdoors, (b) encounter around a campfire, (c) climb a mountain. Mountaineering experience not required, but participants should be in good physical condition. Details supplied on request; limited to 12 participants. Group meets Thursday evening at an appointed location in the Sierras.

■ S.F. June 3
Life Without Therapy
Peter Marin
One-day seminar $18
See program description under *Workshops for Professionals*, p. 9.

■ S.F. June 10
The Humanistic Computer
Douglas Englebart, James Fadiman and Bob Albrecht
One-day seminar $25
Is "The Humanistic Computer" an oxymoron? A symposium to discuss current research in the cybernetic field of computers and humans. Computers will be available during the day for games; no experience necessary.

● B.S. June 11-16
Guild of Hands
Esalen Craft staff
Five-day workshop $240
The "Barn" has traditionally been the artists' center at Esalen and for many years staff members have made it their studio. Recently, Esalen's craftsmen began an on-going program offering such diverse arts as leatherwork, welding, woodcarving and woodcut prints, batiking, pottery and jewelry. Participants in this workshop will learn various crafts and will have access to the barn's facilities all day every day, after-dinner hours included.

■ S.F. June 17
ESP or Fantasy
Harry Sloan
One-day workshop $18
This group is designed for those who are not looking for a group but realize that the group exists and is meeting right now. Each member of the group will meet by himself in a place of his own choosing on June 8 from 9-10 p.m. meditating on the unseen members of the group and subsequently writing a short description of each member and submitting it with the registration fee. On June 17th the group will meet, discovering whether our previous meditation was ESP or fantasy. This exercise will be used as a departure for an intensive day of encounter.
Limited to 12 persons. 10 a.m. to 6 p.m., Saturday.

● B.S. June 18-23
On Being Rich
Stuart and Sukie Miller
Five-day workshop $280
A workshop incorporating Esalen experiential techniques and focusing on the problems or joys presented by being rich: giving money, taking money, spending money, money and family relationships, money and personal power, money and pleasure. What is money? What is it for? Only millionaires need apply.

Biographical Information

WALT ANDERSON is an accredited psychodrama director, a long-time Sierra Clubber and Friend of the Earth, author and/or editor of several college social science textbooks and a student of various approaches to human awareness including gestalt, zen and kundalini yoga.

JOSEPH CAMPBELL is author of *The Hero with a Thousand Faces* and *The Masks of God*, among other works. He has been a member of the Literature Department of Sarah Lawrence College since 1934.

DOUG ENGLEBART has been with Stanford Research Institute for ten years. He does research in augmenting intellect through the use of computers.

JAMES FADIMAN is a senior counselor and consultant at Stanford University. He is an editor of the *Journal of Transpersonal Psychology* and the editor of several books, most recently, *The Practice of Psychosynthesis*. He is a pioneer in the transpersonal field, has lectured and done workshops in psychosynthesis for several years, and has worked with Roberto Assagioli in Italy.

RICHARD GROSSMAN counsels people in vocational change, is conducting an in-depth study of the subject and has taught a course at New York University on "Life Alternatives". He is the founder and editor-in-chief of Grossman Publishers, a book publishing house whose list of fiction, nonfiction and graphic arts includes the work of Robert Capa, Henri Cartier-Bresson, Louis Zukofsky, Barbara Deming, Albert Memmi, Ben Shahn, Ralph Nader, Edward Weston, Henry Miller, Jean Piaget and Jonathan Williams.

DAN HOLLAND is a San Francisco architect and a Sierra Club outings leader who has co-led outdoor encounter programs for the past three years.

GEORGE LEONARD, senior editor of *Look* Magazine for 17 years and vice president of Esalen for 4 years, is author of numerous works on education, race relations, science, politics, the arts, the counter-culture and foreign affairs, including *Education and Ecstasy*. He is now devoting full-time to his new book, *The Transformation: A Guide to the Inevitable Changes in Mankind*.

MAX LERNER is an author and columnist. He is also on the faculty of Brandeis University.

ROBERT McKIM teaches at Stanford University and is the author of *Experiences in Visual Thinking*, published this year.

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at The Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of *The Free People* and (with Alan Cohen) *Understanding Drug Use*.

STUART MILLER, author of *Hot Springs*, teacher and administrator, is Esalen's Director of Development and a former resident fellow.

SUKIE MILLER is the Director of the Ford/Esalen project in Education.

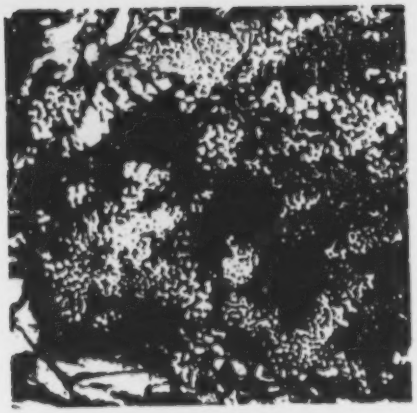
MICHAEL MURPHY is president and co-founder of Esalen Institute.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

EUGENE SCHOENFELD, M.D., (DR. HIPPOCRATES) has a column in the Sunday *San Francisco Chronicle* and a weekly radio program on KSAN. He is the author of *Dear Dr. Hippocrates* and the soon to be published *Drugs, Sex and Treason*.

WILLIAM SCHUTZ, author of *Firo, Joy* and *Here Comes Everybody* is presently in residence at Esalen, Big Sur.

HARRY SLOAN, a renegade dentist, worked and trained under William Schutz during the 1969 Esalen Resident Fellow Program. He is a playwright and a member of the Esalen encounter staff. His first play "The Burden" was showcased in New York in 1971.



Arica Training

Several dozen Americans, ranging in age from 20 to 60, spent ten months in Arica, Chile last year studying under an unusual teaching master named Oscar Ichazo. His teachings drew upon a wide range of disciplines that he had studied under many masters throughout the world. The Americans found their experience so important that they elected to remain together and have begun teaching communities in New York and San Francisco.

The Arica Training is a precise system of exercises and other techniques designed to reawaken man to his natural states of awareness. It has been synthesized from the most effective techniques of a multitude of cultures and disciplines. The techniques have been stripped of religious and cultural ornaments and combined in such a way as to enhance and reinforce the effect of each. The Training considers that man is born essential and that through the process of becoming "civilized" and acquiring the social knowledge necessary to survive and function in modern society this essential being is gradually covered by fixed patterns of behavior and perception called personality. The Arica Training is designed to break through the structure of this conditioning and develop a state of harmonious integration of the physical, emotional, and intellectual aspects of being while still retaining the tools necessary for living and working within society.

Esalen is offering the complete Arica training program in a series of graded workshops in which students may move at their own speed through nine progressively more advanced levels. At each level, exercises are learned in the areas of: Mantrum, Meditation, Reasoning, Gym and Dance, Audition, Rhythm and Movement, Development of the Chakras, Kinerhythm, and Energy Centers and Systems in man. Also included is the study of Protoanalysis, a detailed model of the internal mechanism of the human psyche.

At present, the teaching staff of the Arica Institute includes: John Bleibtreu, Linda Cross, Jack Downing, Leonne Downing, Irene Hall, Roland Hall, Hector Prestera, Gabrielle Roth, Jeanette Stobie, Steven Stroud, and others.

Workshops and Lecture-Demonstrations: There are nine levels of Arica Training, which are sequential starting with Level 1. Workshop listings indicate which levels will be covered. There is no limit to the number of times any level may be taken. If there are enough people wanting to progress at a faster pace than the present schedule permits, additional workshops covering more advanced levels will be scheduled.

Single evening Lecture-Demonstrations will be held at the First Unitarian Church, Franklin and Geary Streets, San Francisco, 8-10:30 p.m. $3 general; $2 student.

San Francisco weekend workshops meet 10 a.m. to 10 p.m. Saturdays, and 10 a.m. to 4 p.m. Sundays.

■ **S.F. April 8-9**
Levels 1 and 3
Weekend workshop $50

● **B.S. April 9-14**
Levels 1 and 2
Five-day workshop $215

■ **S.F. April 12**
Lecture-Demonstration

● **B.S. April 14-16**
Levels 1 and 2
Weekend workshop $95

■ **S.F. April 22-23**
Levels 1 and 2
Weekend workshop $50

● **B.S. April 23-28**
Levels 1 and 3
Five-day workshop $215

■ **S.F. May 6-7**
Levels 2 and 3
Weekend workshop $50

■ **S.F. May 17**
Lecture-Demonstration

■ **S.F. May 20-21**
Levels 2 and 3
Weekend workshop $50

● **B.S. May 21-26**
Levels 2, 3 and 4
Five-day workshop $215

● **B.S. May 26-28**
Levels 1 and 2
Weekend workshop $95

■ **S.F. June 3-4**
Levels 1 and 4
Weekend workshop $50

● **B.S. June 11-24**
Levels 1, 2, 3, 4 and 5
Two-week workshop $450

■ **S.F. June 14**
Lecture-Demonstration

■ **S.F. June 24-25**
Levels 2 and 3
Weekend workshop $50

THE ARICA INSTITUTE

The Arica Training is offered in 3 month intensive programs through the Arica Institute. The next programs will begin in New York City on May 1 and in San Francisco on May 15.

For information contact the Arica Institute: in New York, 160 Central Park South, N.Y., N.Y. 10019, (212) 489-7430, and in San Francisco, 580 Market Street, San Francisco, CA 94104, (415) 986-8800.

ALBION

Albion: A residential community for gestalt awareness, personal integration and existential life style, is being offered by Richard Louis Miller, Larry Bloomberg and Linda Burke of the Gestalt Institute for Multiple Psychotherapy in San Francisco. Albion is a full-time program, conducted in San Francisco and a nearby rural setting and planned for a minimum stay of six weeks.

Albion participants may also choose to reside in the Albion community and participate in evening and weekend programs while maintaining their employment during the day.

Albion is of special interest to those in a crisis or transitional situation, such as divorce, who wish to gather their energy and explore alternative life styles.

Albion provides professionals with an opportunity for additional training. The cost of the program is $185 per week or $125 per week if employed during the day. Tuition, room and board are included. A $250 deposit is required. For further information contact Dr. Linda Burke, 3627 Sacramento Street, San Francisco 94118. (415) 567-7969.

Bookshop Order Form

To order any book listed on this page or elsewhere in this catalog, return this coupon with your check (made payable to Esalen Institute) to:
Esalen Bookshop
1776 Union Street, San Francisco, California 94123.
[Esalen pays sales tax, shipping and handling costs.]

☐ Please send me a complete list of publications available through Esalen Bookshop.

Quantity	Title	Price	Total

Members' discount (10%). Member's # _____ Amount Enclosed $_____

Name _____

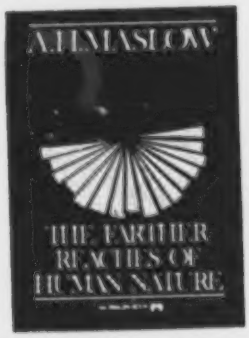
Address _____

City, State _____ Zip_____

BOOKS

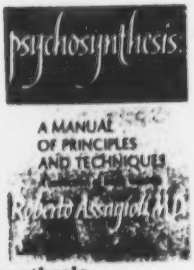
THE ESALEN PUBLISHING PROGRAM With VIKING PRESS

Far-ranging investigations, divinations and reports from the movement to develop human potentialities, highlighting recent work at Esalen.



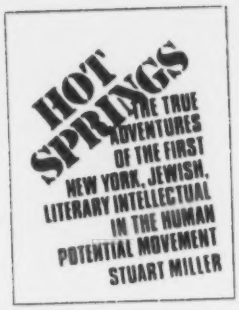
The Farther Reaches of Human Nature
by Abraham Maslow
$12.50, hardbound

This adventurous volume is the last work Dr. Maslow completed before his death. In it he goes beyond his earlier writings to carry the concerns of psychology into the realm of joy, creativity and spiritual experience. In earlier books, he innovated by defining a 'humanistic' psychology; here he sketches a psychology for the highest of which man is capable. It is a look into the future of psychology and man.



Psychosynthesis
by Roberto Assagioli
$2.75, paper

Principles and applications of a method of personal growth which includes the superconsciousness as well as the libido, the imagination as well as the complexes, the will as well as the instinctual drives; a practical, working method which can be used for harmonizing and integrating the often conflicting elements of our inner life around a higher unifying center of being and awareness, the Transpersonal Self. Includes over fifty techniques and exercises.



Hot Springs
by Stuart Miller

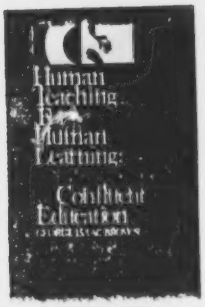
$7.95, hardbound

A rollicking chronicle of what it means in contemporary America to undergo a spiritual death and a spiritual rebirth. The book is played out against backdrops that range from Orchard Street in New York's Lower East Side, to the Yale Graduate School, and finally to Esalen Institute at Big Sur.

On the Psychology of Meditation
by Claudio Naranjo and Robert Ornstein

$7.95, hardbound

Two psychologists examine the spiritual ground of meditation and the implications of meditation for modern psychology. New insights into the nature of consciousness have resulted from current experimental work with computers and electroencephalograms and from a synthesis of meditative technique derived from zen, yoga, the sufis and shamanism.



Human Teaching for Human Learning
by George I. Brown

$8.50, hardbound; $2.45, paper

A report on the Ford-Esalen Project concerning research in confluent education; the first attempt to apply Esalen's techniques to education in public schools.

Golf in the Kingdom
by Michael Murphy

$6.95, hardbound

On the fog-shrouded golf course called Burningbush, Michael Murphy is swept into a magical world where untold potentials can be unleashed in a backswing governed by true gravity. A bagful of knowledge about the Higher Self is revealed through the metaphor of the game as the Scottish golf pro Shivas Irons leads Michael around an exotic green.

Other books in the Esalen-Viking Series

Secrets of the Trade
by Joe Kennedy Adams

$12.50, hardbound

Anger and the Rocking Chair
by Janet Lederman

$4.95, hardbound
(published by McGraw Hill)

A varied selection of titles, including the Esalen-Viking Series, is available through the Esalen Bookshop. The store is open Monday through Saturday, 10 to 5, at 1776 Union Street, San Francisco. A complete mail order catalogue is available upon request (see coupon above). Among books in stock are:

The Massage Book
by George Downing
illustrated by Anne Kent Rush

$3.95, paper

A thorough introduction to Esalen massage, including instructions with 200 drawings for a complete massage, shorter variations, exercises for developing your own massage style, the relation of massage to meditation and tai chi, and much more.

Sexuality, Self and Survival
by Stanley Keleman

$2.50, paper

Developed from bioenergetics workshops and seminars led by Stanley Keleman, this book is about experiencing each of our lives and all of culture as expressions of our inevitable, immediate biological reality.

The following books are scheduled for publication in the near future. A discounted prepublication price on these and other titles is available through Friends of Esalen membership. (See page 19.) By using the coupon above, you may order these books now and be billed by us just prior to publication when prices are established.

The One Quest
by Claudio Naranjo

Getting There Without Drugs
by Buryl Payne

Also available:
16" x 20" poster of Anaïs Nin, $1.50

All books listed elsewhere in the brochure may be ordered using the coupon above.

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For reservations and information, write or call:

ESALEN INSTITUTE
Big Sur, CA 93920
Phone: (408) 667-2335
10 to 5, Monday through Saturday
10 to 9, Sunday

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Big Sur Information

RESERVATIONS: must be made at least one week prior to the first day of the program. Deposits accompanying the reservations are required as follows: $20 for weekend programs; $70 for one-week and 5-day programs; $200 for 2-week programs; and $400 for 4-week programs. Deposits are **non-refundable** but may be transferred with ten days notice. Please mail reservation form with check to: Esalen Institute, Big Sur, California 93920. **Do not send Big Sur reservations to San Francisco.** Balance of payment is due on arrival.

PROGRAM COSTS: cover tuition, food and lodging, use of the fresh-water pool and hot mineral baths. Massage, available by appointment, is extra. **Foreign currency:** Esalen can only accept checks drawn on U.S. funds. Esalen accepts **major credit cards**, including Master Charge and American Express.

GROUNDS ARE CLOSED EXCEPT BY RESERVATION. Participants are discouraged from bringing guests or having people drop in.

CHECK-IN / CHECK-OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening; however, guests are welcome to arrive earlier in the afternoon. All programs begin with dinner on Sunday; weekend programs begin with dinner on Friday. The last session of a five-day program is Friday morning; check-out time is 12 noon on Friday. One-week programs usually end Saturday morning. 2-week and 4-week programs usually have final sessions on the last Saturday morning, with some programs ending Friday morning of the last week. Weekend programs end Sunday after the morning session. Check-out time is noon of the final day for all programs.

ACCOMMODATIONS. The rooms on Esalen property are designed for shared occupancy (2 or 3 to a room), and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodgings in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property—in tents, cars, campers or meeting rooms — is strictly prohibited.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name.

From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon. It is identified on some road maps as Slates Hot Springs or as Big Sur Hot Springs.

A lighted sign on the ocean side of the highway reads: Esalen Institute—Reservations Only.

Esalen now has the use of two facilities along the Big Sur Coast — its original home (the Hot Springs) and the South Coast Center, one and a half miles north. Like Esalen itself, the South Coast Center is complete with meeting rooms, sleeping accommodations, dining room, pool and sauna. Persons attending programs at the South Coast are free to use the hot baths, pool and other facilities at Esalen if they wish. Program descriptions indicate whether a program is to be held at South Coast Center or at the Hot Springs.

CHILDREN AND PETS: There are no child care facilities available at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Alas, no pets.

LIMOUSINE SERVICE FROM MONTEREY: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $10 per person from Monterey airport or Greyhound terminal, with **3 to 5 days advance notice.** On arrival, guests should inquire at terminal service for the Esalen representative.

WORK COMMITMENT: Approximately 12 hours of work per week in the kitchen, garden and grounds are required of participants in all programs of two weeks duration or longer at Esalen Institute. The work requirement is 6 hours per week at South Coast Center.

ORGANIC FOOD: The organic food garden on the Esalen grounds is flourishing and provides the kitchen with most of its vegetables and herbs. We try to serve only organically-produced meats, poultry and dairy products; most breads and pastries are made by Esalen bakers.

STAFF-LED WORKSHOPS: Some of the four-week, two-week, one-week and five-day programs listed will be led by members of the Esalen Staff from Big Sur and San Francisco.

Big Sur Staff includes: Diana Bechetti, Michael Butler, Alberta Donlan, Al Drucker, Betty Fuller, Peggy Morrison, Janet Lederman, Milton Lees, Dub Leigh, Theodora Lyon, Hector Prestera, Richard Price, Carole Rosenblatt, Gabrielle Roth, William Schutz, Beverly Silverman, Julian Silverman, Simone Surpin, Gerald Thatcher and Sharon Wheeler.

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For reservations, literature, tickets and information, write or call:

ESALEN INSTITUTE
1776 Union Street, San Francisco, CA 94123
Phone: (415) 771-1710
10 to 5, Monday through Saturday

■

San Francisco Information

RESERVATIONS: should be made at least one week prior to start of program. A **non-refundable** deposit must accompany registrations as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to: Esalen Institute, 1776 Union Street, San Francisco 94123. Balance is payable at the first session of the program. **Do not send San Francisco reservations to Big Sur.** Esalen accepts **major credit cards,** including Master Charge and American Express.

INFORMATION, LITERATURE AND TICKETS: for lectures may be obtained Monday through Saturday, 10:00 to 5:00, at 1776 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

ACCOMMODATIONS: Most San Francisco programs are **non-residential.** Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

RESIDENTIAL PROGRAMS: are indicated in individual workshop descriptions. Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend residential programs, unless otherwise indicated, begin at 8 p.m., Friday (no supper served) and conclude following Sunday lunch. Programs are held at a conference center in Marin County or in Sonoma County; exact location will be included with reservation confirmation.

WEEKEND SCHEDULES: Weekend workshops meet from 8 to 11 p.m. on Fridays, from 10 a.m. through the afternoon and/or evening on Saturdays, and from 10 a.m. to early afternoon on Sundays, unless otherwise indicated in workshop descriptions. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

LOCATION: Participants will be informed of workshop location at time of registration and confirmation. Esalen uses several facilities in the Bay Area for its programs including its own building at 1757 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

SCHOLARSHIPS: and interest-free loans are available for many programs in San Francisco. A scholarship application form will be sent upon request—apply early. Students may attend most workshops for less than the stated fee on a space-available basis; inquire by phone **at least one week prior to start of program.** Special preference will be given persons who plan to apply their Esalen experience to urban teaching or organized community efforts.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be returned if reservation cannot be confirmed or upon request by persons not wishing to be on a waiting list.

STAFF-LED WORKSHOPS: Some programs listed will be led or assisted by Esalen Staff from San Francisco and Big Sur. San Francisco staff includes: Paul Aiken, Margaret Conway, Bob Cromey, Arthur Fox, Betty Fuller, Janica Fox, Bob Kriegel, Pamela Portugal, Harry Sloan, Helen Stephens.

Directory

Directors of the Institute: Michael Murphy, *President;* Richard A. Price*, *Vice-President;* John G. Clancy, *Secretary;* Stuart Miller, *Director of Development;* Julian Silverman*; George Calmenson; Andrew Gagarin*.

If no asterisk appears, address mail care of:
Esalen Institute
1776 Union Street
San Francisco, California 94123

*Asterisk denotes that correspondence should be addressed care of:
Esalen Institute
Big Sur, California 93920

Administrative Directory: Please address inquiries about programs and business activities to the appropriate officers listed below:

Corporation business, general information and subscriptions: San Francisco office.

Big Sur Administration: Julian Silverman*, *Director;* Carole Rosenblatt*, *Assistant Director.*

San Francisco Administration: George Calmenson, *Director.*

Esalen books and recordings, fund raising, press and public relations: Stuart Miller.

Business manager: Jack Mason.

Consulting Service and Membership program: Robert Kriegel.

Research: Julian Silverman*.

Special Information

THE ESALEN CATALOG is published quarterly by Esalen Institute, a non-profit California corporation. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available **free** upon request from the San Francisco offices of Esalen Institute. **Do not direct subscription inquiries to Big Sur.**

CONSULTING SERVICE & SPEAKERS BUREAU:
Esalen Institute's resources and personnel are available to organizations, schools, hospitals, social agencies and corporations for speeches, lecture-demonstrations and special programs. The Esalen Consulting Service has designed and assisted with such varied projects as the training of teachers in confluent education (the Ford-Esalen Project), an early learning project involving mothers and children, an attitudinal communications program for a major corporation, training staffs at drug treatment centers and at a state hospital. For information contact Robert Kriegel at the Esalen/San Francisco office.

***ACCREDITATION* and the USE OF ESALEN'S NAME:** Some individuals and groups have involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs. Our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please also see membership form below.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recordings of many past programs are available through a service which maintains archive copies for Esalen. Requests for tapes now come from educational and service institutions, libraries, religious and professional groups, business groups and individuals concerned with the human potential movement. Commercial use of these tapes is prohibited; all rights are reserved. For a complete tape catalog write **Big Sur Recordings,** 117 Mitchell Blvd., San Rafael, CA 94903. The cost of recordings is $10 per tape-hour, stereo or mono, with choice of 5" reel or cassette.

FM RADIO STATIONS in the San Francisco Bay Area (K101, KPFA and KQED) broadcast portions of Esalen seminars and lectures. (K101 has a dependable weekly program each Sunday evening at 11:00 p.m.) Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KUSC and KPFK Los Angeles, as well at KPFT Houston and WBAI New York City broadcast Esalen programs on an occasional basis. Consult local program guides.

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in preparing attendance at Esalen workshops and lectures. You may use it for Big Sur and San Francisco area programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please make reservations early; some seminars are booked to capacity months in advance.

Name_____ Age_____

Occupation_____

Address_____

City, State_____ Zip Code_____

Daytime Telephone: Area Code _____ No._____

☐ Single ☐ Married ☐ Divorced Number of males_____ females_____ in group.

Check program location:
Esalen/San Francisco ☐
Esalen/Big Sur: ☐ Hot Springs ☐ South Coast.
Check whether you wish:
☐ shared room.
☐ single room on a space-available basis ($7 per night additional charge).
☐ Check here if you are arranging your own lodging elsewhere.
Lodging may be assigned at either Big Sur Hot Springs or South Coast Center at the discretion of Esalen.

No. of persons	Date(s)	Leader's Name & Title of Event	Deposits

To claim Membership discount, enter Member card number here_____ TOTAL_____

PAYMENT: All San Francisco workshops and Big Sur workshops require nonrefundable deposits of varying amounts depending on program length. Consult information section on page opposite for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

After completing this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

San Francisco Programs—Esalen Institute, 1776 Union Street, San Francisco, California 94123.

Big Sur Programs—Esalen Institute, Big Sur, California 93920.

South Coast Center Programs—Esalen Institute, Big Sur, California 93920.

PLEASE EXAMINE MAILING LABEL ON REVERSE SIDE OF THIS FORM AND MAKE CORRECTIONS IF NECESSARY. DO NOT REMOVE LABEL.

Friends of Esalen

NEW MEMBERSHIP PROGRAM

The continuing work of Esalen Institute is funded virtually **in toto** through tuitions paid by those attending workshops and seminars — but research, future development and expansion depend greatly upon funds assured through memberships and special grants.

As a Friend of Esalen, you enjoy membership privileges including:

A 20% tuition reduction on all workshops at Big Sur during January through March

A 20% reduction on all San Francisco workshops (excluding single evening events) during January through March

A 10% reduction on all San Francisco workshops during April through December

A 20% prepublication discount on all new Esalen Books as they are offered

A 10% discount on all Esalen Bookshop purchases

Occasional gatherings with Esalen officers, leaders and project coordinators, as well as programs at subsidized rates for members only

A special newsletter which keeps you informed of new developments at Esalen and elsewhere

Those interested in sustaining the Institute in a more substantial way may wish to discuss details of this matter with the Director of Development, Stuart Miller. The legal counsel of the Institute is also available to discuss various details of gifts and bequests, including tax arrangements.

☐ I wish to become a Friend of Esalen, and I enclose my check for the category I have circled: *(contributions are tax-deductible).*

One Year Individual Membership	$25
One Year Family Membership	40
Two Year Individual Membership	50
Five Year Individual Membership	100
Life Membership	1,000

Name_____ Date_____

Street_____

City, State_____ Zip Code_____

Please mail to: Friends of Esalen, 1776 Union Street, San Francisco, CA 94123

San Francisco Evening EVENTS

(For complete descriptions of events, see page numbers listed below.)
The First Unitarian Church is located at Franklin & Geary Streets, San Francisco.
U.C. Medical Center is at 3rd & Parnassus Avenues, San Francisco; programs there are sponsored by U.C.S.F. Committee on Arts & Lectures.

Thursday, April 6
Introduction to Esalen
Esalen Staff
$3 gen.; $2 student; 7-11 p.m.;
First Unitarian Church; [p. 4]

Monday, April 10
Parapsychology: Do You Believe? If So, In What?*
Charles Tart
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 12]

Wednesday, April 12
Arica Training: Lecture & Demonstration
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 17]

Monday, April 17
Parapsychology & Physics*
Russell Targ
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 12]

Wednesday, April 19
Introduction to Psychosynthesis
James Fadiman
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 8]

Thursday, April 20
How to Be Oneself
Douglas Harding
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 12]

Monday, April 24
Philosophical Implications of Parapsychology*
Michael Scriven
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 12]

Monday, April 24
On Yoga: Lecture & Demonstration
Joel Kramer
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 14]

Wednesday, April 26
Introduction to Esalen
$3 gen.; $2 student; 7-11 p.m.;
First Unitarian Church; [p. 4]

Monday, May 1
ESP & the Self*
Arthur Hastings
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 12]

Wednesday, May 3
Gestalt Exercises for Daily Use
John Enright
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 6]

Monday, May 8
ESP, Psychedelic Drugs & Madness*
James Fadiman
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 12]

Wednesday, May 10
Acupuncture: An Introduction
Jack Worsley
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 15]

Thursday, May 11
Couples' Evening
Gerald Smith
$5 per couple; 8-10:30 p.m.
First Unitarian Church; [p. 5]

Monday, May 15
Science & the Soul*
Charles Tart
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 12]

Wednesday, May 17
Arica Training: Lecture & Demonstration
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 17]

Monday, May 22
Introduction to Esalen
Esalen Staff
$3 gen.; $2 student; 7-11 p.m.;
First Unitarian Church; [p. 4]

Tuesday, May 23
Massage: An Introduction
Gunver Jackson
$3 gen.; $2 student; 8-10:30 p.m.;
U. C. Medical Center; [p. 15]

Thursday, May 25
Man's Roots in Nature & the Cosmos
John Pierrakos
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 15]

Wednesday, May 31
New Ways of Meeting New People
Robert Cromey
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 5]

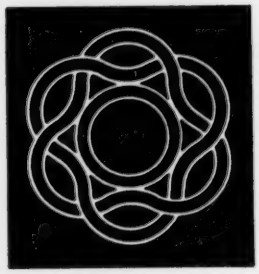
Tuesday, June 6
An Experience for Couples
Betty Fuller & Dub Leigh
$5 per couple; 8-10:30 p.m.
U. C. Medical Center; [p. 5]

Thursday, June 8
Structural Integration: A Demonstration
Michael Salveson
FREE; 8-10:30 p.m.;
First Unitarian Church; (p. 13)

Wednesday, June 14
Arica Training: Lecture & Demonstration
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 17]

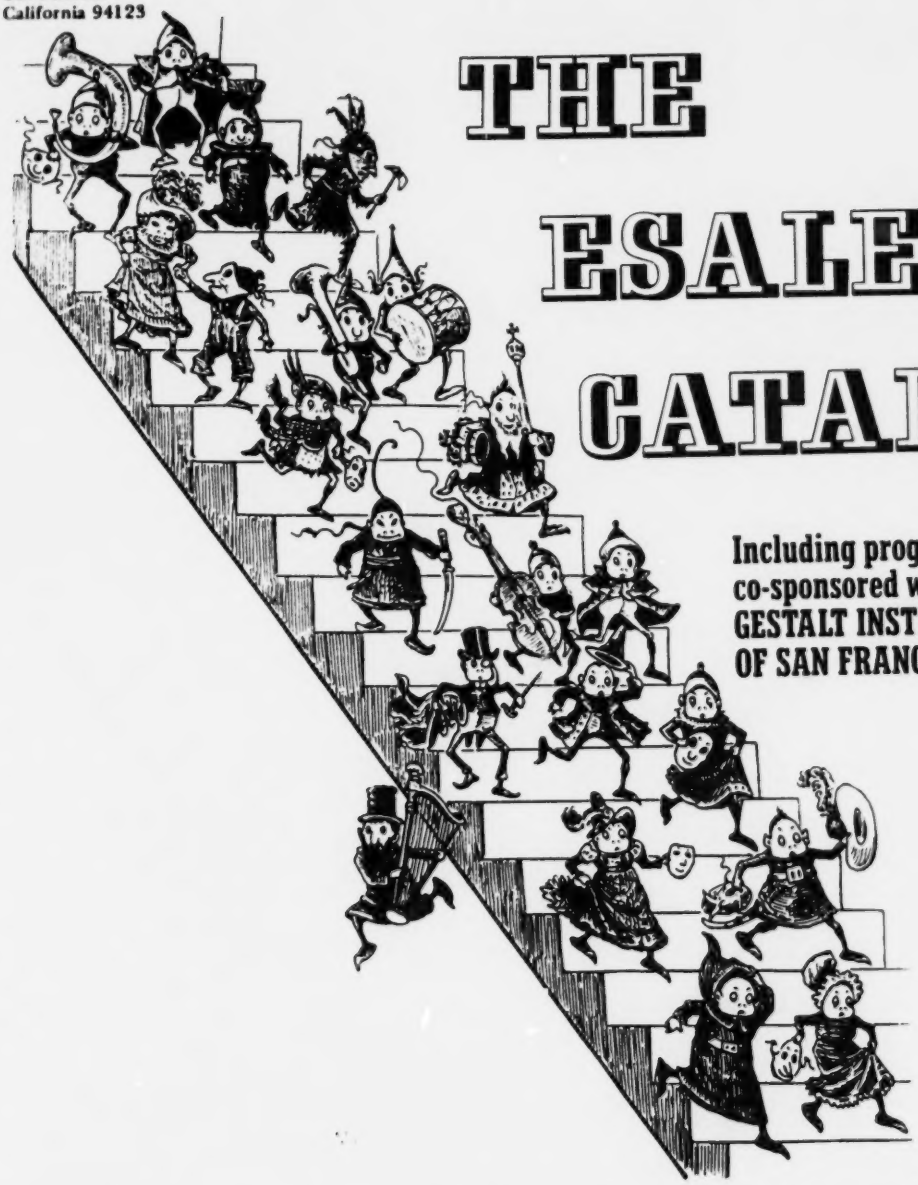
Wednesday, June 21
An Evening with Betty Fuller
$3 gen.; $2 student; 8-10:30 p.m.;
First Unitarian Church; [p. 5]

Thursday, June 29
Introduction to Esalen
Esalen Staff
$3 gen.; $2 student; 7-11 p.m.;
First Unitarian Church; [p. 4]



*Part of Lecture Series, "THE CHALLENGE OF PARAPSYCHOLOGY: Is There a Ghost in the Machine?"

Esalen Institute
1776 Union Street
San Francisco
California 94123



THE ESALEN CATALOG

Including programs co-sponsored with the GESTALT INSTITUTE OF SAN FRANCISCO

To assure that you will continue to receive the Esalen Catalog, notify us immediately of any change of address. THIRD CLASS MAIL. Address correction requested.

THE ESALEN CATALOG

ESALEN PROGRAMS, SUMMER 1972
Volume X, No. 3

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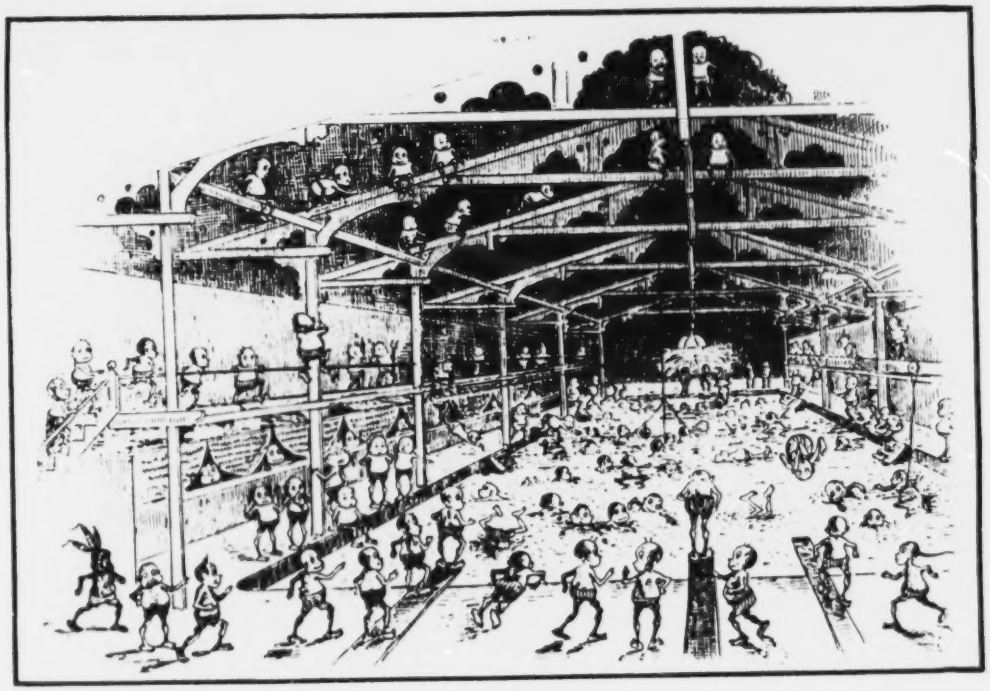


ESALEN INSTITUTE is a center to explore those trends in the behavioral sciences, religion and philosophy which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops such as the ones described in this catalog, research and consulting programs, and a residential program exploring new directions in education and the behavioral sciences.

For reservations, literature, tickets
and information, write or call:

ESALEN INSTITUTE
1776 Union Street, San Francisco, CA 94123
Phone: (415) 771-1710
10 to 5, Monday through Saturday

For reservations and information,
write or call,

ESALEN INSTITUTE
Big Sur, CA 93920
Phone: (408) 667-2335
10 to 5, Monday through Saturday
10 to 9, Sunday

SAN FRANCISCO AND BIG SUR, CALIFORNIA

SPECIAL SUMMER

INSTITUTES FOR EDUCATORS

Esalen Institute is primarily interested in the education of the whole person and, with the support of Ford Foundation grants, is continuing to research the application of approaches used at Esalen to learning experience and learning communities. The Summer Institutes offered here are our third annual series of education workshops and teacher training programs derived from this investigation into the processes by which learning, growth and change take place.

[S.F.] July 24-28
Change Agents in Higher Education
Stewart Shapiro

Five-day workshop $120

A workshop intended to support and deepen the efforts of professors, students, administrators and concerned others in facilitating positive change toward humanizing our colleges and universities. Various obstacles and resistances to relevant learning and change in higher education and strategies for change will be examined and demonstrated. "Agents of change" in higher education will have an opportunity to improve their skills in verbal and nonverbal communication and significant personal contact. The workshop is especially designed for teachers and teaching assistants. 10 a.m. to 6 p.m., Monday through Friday.

[S.F.] July 24-28
On Developing Self-Esteem
Stanley Coopersmith

Five-day workshop $120

This program will consider and employ a variety of methods for developing and raising self-esteem. Among these methods are self-exploration of favorable capacities and bases of esteem, role-taking, modeling, desensitization, challenge and defense. There will be occasions for examining and expanding personal limits by risk-taking, decision-making, and long-term commitments. The goal throughout will be on increasing feelings of personal worthiness which eventuate in more effective performance and attainment of personal goals and satisfactions. There will be consideration of both theory and practices involved in establishing self-esteem and the implications of esteem in the school, home and personal relationships.

Several specialists in particular aspects of developing self-esteem will give demonstrations and discuss their work in the school and group setting. 10 a.m. to 6 p.m., Monday through Friday.

[S.F.] Wednesday, July 26
An Introduction to Confluent Education
Sara Miller, Marilyn Kriegel & the Ford-Esalen Staff

Single evening event

[FREE]; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

An introduction to the education that links thinking to feeling, the affective to the cognitive, the student to the curriculum. For teachers, parents, students and anyone interested in education for the whole person.

[S.F.] July 29-30
Gestalt Learning Theory for the Classroom
Diana Kelly

Weekend workshop $50

In this introductory workshop for classroom teachers, participants will experience techniques and approaches based on principles of gestalt awareness training and will explore ways to use them in a classroom setting. 10 a.m. to 6 p.m., Saturday and Sunday.

[B.S.] July 30-August 4
The School Curriculum & the Affective Domain
Sara Miller & Marilyn Kriegel

5-day workshop $215

This workshop, designed for classroom teachers at all levels and school administrators, will deal with the application of experiential approaches to classroom education and the integration of these approaches with traditional cognitive curriculum. We will use methods of gestalt awareness, encounter, psychosynthesis and sensory awakening.

[S.F.] July 31
Working with the "Mentally Retarded"
Ann Padover & the Ford/Esalen Staff

One-day workshop $20

This workshop will focus on increasing awareness of those children we have traditionally regarded as being retarded. Using techniques from confluent education, participants will have the opportunity to develop skills and techniques to work more effectively and affectively with the special children they teach. 10 a.m. to 6 p.m., Monday.

[S.F.] August 1-3
Educating the Whole Person
Paul & Anne Nash

3-day workshop $70

A variety of techniques, such as psychosynthesis, value clarification, life planning, role playing, synectics, art and sensory awareness will be used to understand and release our own and others' creative energies; to explore new avenues as learners and teachers; and to increase our effectiveness in changing the institutions where we live and work. Emphasis will be on integrating feeling, thought and action; and on relating immediate experience to back-home situations and future plans. 10 a.m. to 6 p.m., Tues., Wed., Thurs.

[S.F.] August 4
Humanistic Education: Beyond Technique
William Bridges

One-day workshop $20

At the heart of the human endeavor is the longing to *know* – not the neurotic need to accumulate information, but the authentic need to be in a knowingful relation to our own worlds. Humanistic education begins with and seeks to provide for this need, but recently it has shown signs of degenerating into a grab-bag of techniques and a cure-all. This workshop will move beyond the fascinations of technique so as to provide each participant the chance to begin with his own longings to know, and from there to sketch out the shape of the learning and teaching that would be most meaningful to him. 10 a.m. to 6 p.m., Friday.

[S.F.] August 7-9
Drugs & the Young
Peter Marin

3-day workshop $70

For better or worse, drugs play a crucial or potentially crucial role in the lives of many children. Unless educators as well as parents understand why the young use drugs, they will be unable to deal with the true lives of children. This workshop will investigate the culture of the young in general as well as the reasons behind and effects of the use of different drugs. 10 a.m. to 6 p.m., Mon., Tues., Wed.

[S.F.] August 10
For Teachers of Religion
Marilyn Kriegel

One-day workshop $20

This one day introductory workshop in confluent education will enable the religious educator to explore his personal and professional awareness and the possibilities of a humanistic and creative religious education. 10 a.m. to 6 p.m., Thursday.

[S.F.] August 11
Reading
Sara Miller & the Ford/Esalen Staff

One day workshop $20

Reading tastes, reading smells, reading words, reading sounds, reading colors, reading feelings. Reading.

A workshop for people interested in the teaching of reading. Friday, 10 a.m. to 6 p.m.

[B.S.] August 13-18

Fellowship of the Ring
Aaron & Rosemary Hillman

5-day workshop $245

Students and teachers form a fellowship of persons merging the emotions and the intellect in a group process. This workshop is designed for teachers of any level, subject or style, as well as those interested in learning to work with others. We will learn and experience and work toward making ourselves and education a growth towards life. Explanations and applications of confluent education and gestalt awareness training will be an integral part of the program.

[S.F.] August 14-17

Gestalt, Psychosynthesis & Education
George Brown

4-day workshop $105

An experiential workshop combining the approaches of gestalt therapy with techniques from psychosynthesis. There will be discussion on the application of the work to classroom situations. Participants will be encouraged to develop their own approaches with the assistance of the leader and the other members of the group. Recommended readings: *Gestalt Therapy Verbatim*, by F. Perls; *Anger and the Rocking Chair*, by J. Lederman; *Psychosynthesis*, by R. Assagioli; *Human Teaching for Human Learning*, by G. Brown. 10 a.m. to 6 p.m., Mon. through Thurs.

[S.F.] August 15-16

Psychology of Play for Parents & Teachers: The Freedom to Play
Marian Saltman

2-day workshop $50

Following a brief discussion on the concept of play and how it relates to the living and learning process, the group will engage in an actual play experience using various media such as rhythm instruments, dress-up clothes, blocks and other toys. In subsequent sessions group members may talk about what they did, felt and observed during the experience. To be in touch with the child within gives a deeper understanding of oneself and the children with whom we relate. 10 a.m. to 6 p.m., Tues. and Wed.

[S.F.] August 18

The Behavior of Children
Sara Miller & the Ford/Esalen Staff

One-day workshop $20

This workshop is for interested parents, teachers and school administrators. It will introduce participants to a range of techniques – including fantasy, behavior modification and psychosynthesis – for helping children with "behavioral problems." Using examples from the experiences of group members, we will explore alternatives for helping the child, parent and school personnel. 10 a.m. to 6 p.m., Friday.

[S.F.] August 19-20

Psychosynthesis & Education
Tom Yeomans

Weekend workshop $50

For too long education has confined itself to the development of the intellectual function in man, often at the expense of other functions, such as the somatic, emotional, imaginative and intuitive. Some educators are beginning to reconceive education in much broader terms to include these neglected aspects. Psychosynthesis is central to this work, since it deals with the balanced development of body, feelings and mind, and their harmonious integration around a unifying center of being and awareness. It thus leads to a true education of the whole man. This workshop will combine personal experience in psychosynthesis with consideration of its use in the classroom and with specific subject matter. 10 a.m. to 6 p.m., Saturday and Sunday.

GENERAL INFORMATION

San Francisco programs are nonresidential and no meals are provided. On request, the San Francisco office will assist program participants in obtaining nearby inexpensive lodging.

Big Sur programs will be held at Esalen's Big Sur facility. Room and meals are included in program tuition. See Big Sur Information, page 18.

Persons may register for the entire series, or for one or more programs in the series. To apply, please send the following: (1) Title of each workshop you wish to attend; (2) a deposit covering each program – 5-day and 4-day programs, $35 (at Big Sur, $70); 3-day and 2-day programs, $20; 1-day programs, $10.

Quarter units of post-graduate professional credit may be available from University of California Santa Barbara Extension. Interested persons may enroll for credit and pay the credit fee at the first meeting of the workshop in which they are registered.

AARON HILLMAN is a teacher, poet and author who specializes in enjoying learning with students, whoever and wherever they are. He has had intensive training and practice in the domain of affective teaching.

DIANA KELLY is an elementary school counselor and a former teacher, staff member of DRICE and leader of gestalt groups.

MARILYN KRIEGEL is the assistant director of the Ford/Esalen Project in confluent education. She taught public school in California for eight years and was educational consultant and a group leader for Anthos in New York.

PETER MARIN is the former director of Pacific High School, a radically experimental high school. He has worked as a counselor and has taught at various colleges. He is author of *The Free People* and (with Alan Cohen) *Understanding Drug Use.*

SARA MILLER is Esalen's director of education. She has trained teachers of retarded, brain injured, "deprived", gifted and "regular" children. She holds a masters degree in special education, is an encounter group leader and a student of psychosynthesis.

ANNE NASH, former Fellow of Boston University Human Relations Center, has worked as consultant to schools and community groups. She is experienced as an elementary school teacher, counselor and play therapist.

PAUL NASH, Ph.D., Professor of Education at Boston University, is author of *Authority and Freedom in Education* and other works. He is widely experienced as a teacher, from elementary school through graduate school, as a consultant, and as a leader of encounter groups, and community groups.

INSTITUTES & LONG-TERM PROGRAMS

Big Sur
RESIDENTIAL PROGRAMS

At the present time, there is no formal residential program at Big Sur. Instead, resuming in October, we are offering an *ongoing* residential program which may be initiated by an individual according to his specific needs and interests, chosen from among the continuing workshops available. Those interested in the program should be aware, first, of a residence requirement of at least two months, and second, of a work obligation of 12-16 hours per week.

The cost of the program is $800 per month exclusive of weekend workshops. There will be a nominal additional charge for participation in workshops commanding a higher tuition fee (those workshops listed in the catalog which are more than $240). Individuals interested in applying for the residential program must first attend a week-long seminar at Big Sur, the cost of which will not be applicable to the residential fee, should they be accepted to the program.

BIG SUR MONTH-LONG PROGRAMS

There are 3 forthcoming month-long programs currently planned at Esalen/Big Sur. These are:

July [illegible]: Gestalt & Structural Integration, Frank Rubenfeld *(See p. 12)*

October [illegible]: Africa Awareness Training, Africa Staff *(See p. 9)*

November 5-December 1: Gestalt & Structural Integration, Staff *(See p. 13).*

EXTENDED GROWTH PROGRAM

(Ian Grand, Program Director)
October 23-March 30, 1973

The Extended Growth Program is an in-depth, continuing 5-month program for personal growth held in the San Francisco Bay Area. It is a nonresidential program which combines a selected schedule of workshops with ongoing small group work under the direction of Ian Grand. This Fall's program will focus on the "life of the body" and modes of body expression; in addition to continuing work with Ian Grand, it includes study with Stanley Keleman, Peter Marin and other selected workshops. Complete program description and information is available through the San Francisco office.

WORKSHOP FOR COUNSELORS

(Paul Aikin, Coordinator)
July 31 through August 11, 1972

A two-week workshop for college and high school counselors, psychologists, social workers, ministers and peer counselors. Working as a training group, participants will gain experience in a variety of affective techniques which are being developed into useful and innovative counseling methods. There will be theoretical and overview meetings throughout the program to help integrate and apply experiences to individual situations.

This is a full-time, live-in program beginning Monday, July 31 and continuing through Friday, August 11, 1972, at a conference center near San Francisco. Tuition is $420 per person and includes dormitory lodging and meals.

To apply, send a letter with information about your counseling background to the Esalen/San Francisco office. A nonrefundable deposit of $150 is required with registration.

Three quarter-units of post graduate professional credit may be available through University of California at Santa Barbara Extension. Interested persons may apply for credit and pay credit fee of $10 per unit at program's first session, July 31.

Faculty

Paul Aikin, Ph.D. (Program Coordinator), clinical psychologist, Counseling Center, U.C., Davis, consultant on the use of affective techniques in college and secondary school counseling programs.

James Fadiman, Ph.D., senior counselor and consultant at Stanford University, an editor of the *Journal of Transpersonal Psychology* and editor of the recent book, *The Practice of Psychosynthesis.*

Stanley Keleman, director of the Institute for Energetic Studies and in private practice in Berkeley, California.

Stuart Loomis, M.A., Professor of Counseling, San Francisco State College and chief psychologist, Haight-Ashbury Medical Clinic Heroin program.

Stewart Shapiro, Ph.D., director of Counseling and Guidance and coordinator of the Office of Human Relations, Department of Education, U.C., Santa Barbara; a member of the N.T.L. staff.

GESTALT TRAINING PROGRAM

A three-month gestalt training program for professionals and those in related fields will take place in Big Sur and San Francisco, January through March, 1973. For further information please write to Carole Rosenblatt, Program Director, Esalen Institute, Big Sur, California 93920. Please state credentials.

BIOGRAPHICAL INFORMATION

WILLIAM BRIDGES, Ph.D., teaches literature at Mills College. He is Education Coordinator for the Association for Humanistic Psychology and a lay counselor at Interlogue in Palo Alto.

GEORGE I. BROWN, Ph.D., Professor of Education, teaches awareness and sensitivity training at U.C., Santa Barbara. He is a nationally known researcher in the affective domain and creativity.

STANLEY COOPERSMITH, Ph.D., a member of the Psychology Department at U.C., Davis, previously taught at Wesleyan and at the University of Copenhagen. His major work has been in the field of self-esteem.

ROSEMARY HILLMAN is a counselor in Santa Barbara, teacher and author.

ANN PADOVER, Ph.D., is a member of the Ford/Esalen staff in Confluent Education. She is director of the Special Education programs at Dominican College, San Rafael.

MARIAN SALTMAN is a play therapist who has worked with children, adolescents and adults, and as a consultant. She teaches at Sonoma State College and at the California School for Professional Psychology.

STEWART SHAPIRO, Ph.D., is Professor of Education at U.C., Santa Barbara. In addition to his workshops in higher education, conflict resolution, positive experience and change agentry, he is a consultant to the Ford Foundation's program in confluent education at U.C.S.B.

TOM YEOMANS is an associate of the Psychosynthesis Institute. He is a teacher, musician and poet, and associate director of DRICE (Development and Research in Confluent Education) at U.C., Santa Barbara.

NEWS

THE ARMY IN BIG SUR

Helicopters landing on the lawn, bathing suits in the baths, reveille at 6:00 a.m., M.P.'s in the guard shack, S.O.S. for dinner. Rumors ran amuck, fantasies flying everywhere as Esalen's Big Sur community prepared for an "invasion" by the Sixth Army's Drug and Alcoholic Abuse Control Program for a seven day symposium in March. There were seventy-three conferees ranging from colonels to civilian staff members coming from Fort Lewis in Washington state to Fort Carson in Colorado.

As the week began there seemed to be some tension and a gap between "us" and "them." On the first day representatives of the different Army facilities attending presented the work being done in their programs. Throughout the day there was still a little uneasiness among the "troops" – both ours and theirs – but that night William Schutz led a microlab in which everyone participated, both the conferees and the Esalen community. The energy was as high or higher than it has ever been at Hot Springs. The "we" and "they" melted into a big "us," and the tone was set for the whole week.

The days began with breakfast at 7:00 a.m. (reveille at 6:00 wasn't such a far off rumor; there was no bugle, however, only a flute sounding melodiously in the distance.) The symposium schedule, designed jointly by Army and Esalen staff personnel, combined didactic and experiential lectures, demonstrations and group experiences. The speakers included: David Deitch, a founder of Daytop Village, a New York drug rehabilitation center; Steve Lewis from the Yale University Drug Abuse Program; Jeff Donfeld of the National Drug Abuse Program; Steve Pittell from the Haight-Ashbury Clinic; and Allen Cohen, a consulting psychiatrist from the University of California at Hayward.

The experiential part of the program consisted of lecture-demonstrations in gestalt with Julian Silverman, Richard Price, Janet Lederman and James Simkin; psychosynthesis with James Fadiman; sensory awareness with Robert Nadeau; meditation with Robert Ornstein; massage with Peggy Morrison and Brita Ostrom; tai chi with Judyth Weaver; yoga with Deborah Carson; and a rolfing demonstration with Michael Butler.

In between sessions were talks by Generals Gard, Leahy and Tolson discussing the Army's role in dealing with social problems.

At the end of each day there were encounter groups led by Janet Lederman, Bob Kriegel, Seymour Carter, Michael Butler, Harry Sloan, Linda Quackenbush, Betty Fuller, Bob Cromey, Carole Rosenblatt and Beverly Silverman. These groups were comprised of a melange of all the people and positions represented at the conference. For most of the conferees they were the high point of the day, following up a kind of mental basic training for the previous fourteen hours. It was moving to see and experience feelings of trust and compassion built up between as diverse a population as high-ranking Army officers, chaplains, Army and civilian psychiatrists and psychologists, enlisted men, M.P.'s, newly returned Vietnam veterans, and civilian staff members.

The night before the conference ended there was a gala dinner and party, complete with a band. The symposium ended with farewell speeches, hugs on all sides, and plans by the Esalen Consulting Service for similar in-service staff training programs at many of the different Army bases.

SCIENCE AND PSI:

A Project in Global Education

For years people in the West have known that unusual work was being done in the Soviet Union and other Eastern countries aimed at opening the secrets of psychic powers.

In Russia and other countries efforts are aimed at adapting the methods of physical science to the investigation of such phenomena as telepathy, extrasensory perception, clairvoyance and psychokinesis, among others. It is by no means clear that this activity has yet reached the point where it has borne massive scientific fruit, and perhaps this is a fortunate circumstance. But it is clear, to take one example, that scientists are currently working in Russia to teach control of mind over matter to ordinary people.

This kind of activity is not restricted only to Eastern European countries. A number of scientists in the West are engaged in trying to duplicate Russian research on the fields of force which seem to surround animate and inanimate objects, and which may be thought of as a measure of some vital energy that could be transformed, amplified and used.

On a recent visit to the Soviet Union and Czechoslovakia, where we met with a number of the prominent scientists involved in this work, we were struck by the apparent naivete which these scientists and some of their Western colleagues bring to their investigations. Oppenheimer's thought about the scientists who developed the atomic bomb, "We have known guilt," seems to have reached too few of the men involved in this new scientific effort. Though we have been warned of the dangers of psychic powers by Aurobindo, Tolkein, C. S. Lewis, Aldous Huxley and many other writers and philosophers, there is insufficient awareness of these dangers in the scientific community.

It is easy to imagine many good results should psychic powers, telepathy, clairvoyance and psychokinesis really be understood, measured and replicable. But, it is also as easy to imagine the potential disasters. Imagine casual groups of people playing with these powers for their amusement, and think of these powers used for criminal purposes, espionage, business competitions.

It would be immensely tonic to our sense of man to know that he is possessed of an infinity of potential talents, and that he carries as his birthright capacities beyond imagining. It would be enriching and inspiring to human beings were they able to communicate more directly and fully – on new wavelengths, so to speak. It would be of great importance to medicine were the clairvoyants' skill of "seeing" a disease able to be taught to doctors and nurses.

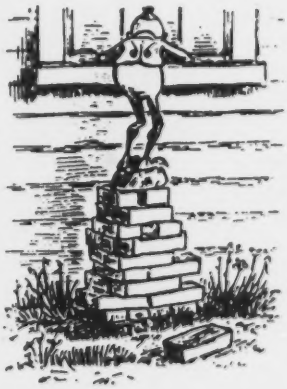
We are concerned that something positive be done to prevent the disasters and enhance the constructive possibilities of psychical research currently going on in the world. A first step would be to bring together the scientists in this area from both sides of the Iron Curtain, to focus on the moral, social and political implications of their work. This would be a bold step toward helping to curb the competition that could easily result in aggressive programs for the development of military applications of psychic powers. Clearly, what is essential is to open the lines of communication internationally, and to resolve to keep them open. We propose to help establish this communication.

The first step will be to form a steering committee of people well acquainted with parapsychological research in the East and the West, with the social and moral problems it poses, and having few or no axes to grind. This committee will discuss the agenda for the actual meeting of scientists, determine key issues and decide on who is to be invited.

We hope to bring to the United States approximately twenty of the Soviet and other European scientists involved in new kinds of parapsychological research and arrange intensive speaking tours for many of them throughout the U.S.

Finally, we would convene a conference of Eastern and Western scientists and the steering committee at Esalen Institute in Big Sur.

A detailed budget for this project is available. We hope that most of the money can be raised from the sale of TV, movie and book rights to the conference.



PSYCHOLOGY OF HUMAN CONSCIOUSNESS: Summer Program

July 21-August 27

In the past, academic science has underestimated man and his capabilities. A more complete conception of man is beginning to emerge within the academic disciplines, a conception which includes man's capacity for self-regulation of internal states, his sensitivity to subtle sources of energy, his facility for "paranormal" awareness, and his integration of intuitive and rational faculties. We are also discovering that many of the older "esoteric" psychologies (such as Yoga, Zen and Sufism) contain much useful knowledge for exploring the areas that contemporary Western psychology has neglected. A new synthesis of the esoteric traditions and the methods and technology of modern science is beginning to emerge.

Esalen Institute is committed to exploring and advancing this synthesis. Esalen, in cooperation with the Transpersonal Association, is planning its second Summer Institute in the Psychology of Human Consciousness, with a faculty of leading researchers, teachers and practitioners. Participants will have the opportunity to explore both intellectually and experientially many techniques and disciplines concerned with extending human consciousness. The program is designed to provide brief, intensive exposures to such areas as: biofeedback training, psychology of meditation, psychologies of Zen, Yoga and Sufism, hypnosis, psychedelic research, psychosynthesis, psychology of religious experience and various systems dealing with the effects of body states on consciousness.

CORE SEMINARS

The core seminars (3-4 days each) will be led by the following people:

ROBERT E. ORNSTEIN, Ph.D., will develop a general paradigm combining the various techniques and disciplines of the Eastern esoteric traditions with Western scientific research; he will explore specifically meditation, bio-feedback and Sufism.

Dr. Ornstein teaches at the University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute on bio-feedback and the specialized functions of the two sides of the brain. He is author of several books, including the forthcoming *The Psychology of Consciousness.*

JAMES FADIMAN, Ph.D., will include psychosynthesis, guided fantasy, self-concept modification and discussion of various techniques for extending human consciousness. In addition, he will lead a seminar which will serve as an attempt to integrate various aspects of the summer program.

Dr. Fadiman is a psychologist on the staff of the Counseling Service at Stanford University and is a lecturer in the Department of Design Engineering at Stanford. He is Associate Editor of the Journal of Transpersonal Psychology and is editor of the forthcoming *Exploring Madness: Experience, Understanding and Research.*

ARTHUR J. DEIKMAN, M.D., will talk about his research in meditation, theories and models of human consciousness and mystical perception.

Dr. Deikman was trained at Harvard in psychoanalytically-oriented psychiatry. For more than ten years he has been doing research on meditation, mystical experience, psychedelics and consciousness. He has become increasingly involved in group therapy and process, and at the University of Colorado Medical Center he developed a non-drug intensive treatment unit for psychosis, worked on a theory of consciousness and began the study of Zen Buddhism. He is now in private practice in San Francisco.

ROBERT K. HALL, M.D., will combine awareness training, gestalt therapy, concentration exercises, energy-releasing postures and manipulative work for physical restructuring as well as discussion of diet therapy.

Dr. Hall is a medical doctor, psychiatrist and gestalt therapist who is trained in structural integration. He takes a total approach towards health and the psychophysical integration of the individual.

GAY LUCE will explore hypnosis, trance states and biological rhythms.

She is a scientific writer who has done extensive research in psychic medicine, hypnosis, biological rhythms and sensory deprivation. She is the author of a book on biological rhythms, *Body Time.*

CHARLES T. TART, Ph.D., will offer a general overview, with emphasis on theoretical structure, of various altered states of consciousness, including hypnosis and self-hypnosis, drug-induced states, extra-sensory perception, dreams and borderline states.

He is Associate Professor of Psychology at the University of California at Davis. He has conducted extensive research into sleeping and dreaming, hypnosis, ESP and drugs. Dr. Tart is editor of *Altered States of Consciousness: A Book of Readings.*

CLAUDIO NARANJO, M.D., is a research psychiatrist known primarily in this country for his publications in the field of psychopharmacology. He is co-author with Robert Ornstein of *On the Psychology of Meditation* and author of the forthcoming book *The One Quest.* He is presently renouncing all activity other than working with groups in a way unknown even to himself. "To grow is to outgrow. True progress must defeat our conditionings and that is not pleasant. TRUE WORK IS HARD WORK. We will have three days of it."

IN ADDITION, there will be a series of seminars including: The Development of Consciousness (Dane Rudhyar); The Transformation of Man (George Leonard and Michael Murphy); The Biological Roots of Experience (Stanley Keleman).

GENERAL INFORMATION

The Summer Institute will be held from July 21 to August 27, 1972, at Stanford University in Palo Alto, approximately 30 miles south of San Francisco. This program is intended primarily for teachers, students and researchers in psychology, psychiatry, philosophy and the social sciences, as well as those outside the academic community who would like to integrate this study into their lives and environment.

The program must be taken in its entirety; no part-time participation will be possible. Program tuition is $550. The program is residential and there will be an additional $75 room charge for the 5 weeks. Dinners will be communal; the cost will probably be about $5.00 per week. A nonrefundable deposit of $100 is required at the time of acceptance. PARTIAL SCHOLARSHIPS ARE AVAILABLE; an application for scholarship funds will be sent upon request.

The program will involve approximately six days of intensive study per week for the full five-week period.

There is a possibility of obtaining university credit (5 to 9 units) from the University of California Extension and Stanford University; students should also inquire about obtaining credit from their own departments for the program.

To apply, send a letter to Summer Program, Esalen/San Francisco. Tell us who you are, what you are doing, teaching, practicing, or studying and the reasons why you would like to participate in the Esalen Summer Institute.

PSYCHOSYNTHESIS

Psychosynthesis is an inclusive and positive conception of man that considers him dynamically as a being in a process of personal growth within an evolving universe. It includes the superconscious as well as the libido, the imagination as well as the complexes, the will as well as the instinctual drives. More than a theory, it is a way of looking at man; a practical working method which leads to greater unity, which can be used for harmonizing the many often conflicting elements of our inner life. Psychosynthesis is not limited to awareness, expansion or experience — it is also a way of pulling it all together, an approach which fosters the balanced development of body, feelings and mind and their harmonious integration around a unifying center of being and awareness, the Transpersonal Self. Psychosynthesis assists each individual in reaching toward this higher Self, and helps him use its energy and guidance to bring about a more joyful and effective actualization of the unfolding meaning and value of his life. Psychosynthesis chooses among a large number of methods and techniques those that are most appropriate to each existential situation. Some of these can be: guided imagery, movement, self-identification, gestalt, meditation, symbolic art work, ideal models, writing and journal keeping and exploration of the superconscious. The emphasis is not on producing immediate breakthroughs, although this often occurs, but rather on fostering a gradual process of growth that, with continuing application, can gain increasing momentum and ultimately become a life-style.

[illegible] Institute. Psycho-[illegible] are offered in coopera-[illegible] the Psychosynthesis Institute, [illegible] City) and are coordinated by its [illegible] Jim and Susan Vargiu.

PSYCHOSYNTHESIS TRAINING

[S.F.] Starting October 10

Psychosynthesis Training Series for Professionals

Jim & Susan Vargiu

Six Tuesday evenings plus a weekend $180

A program designed for psychotherapists, educators, counselors, and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field. We will work together so that each can see the process of psychosynthesis at work, both in himself and in others. There will be assignments and exercises to complete between meetings. Further individual work during the six week period can be arranged.

Six Tuesday evenings, 7:30 to 10:30 p.m., October 10 through November 14. Weekend workshop, November 18-19. For application form, contact Esalen/San Francisco.

PSYCHOSYNTHESIS PROGRAMS

[S.F.] Wednesday, July 12

Introduction to Psychosynthesis

James Fadiman

Single evening event [FREE]
8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

[S.F.] July 21-23

Psychosynthesis

Steven Kull & Betsie Carter

Weekend workshop $50

This will be a comprehensive introduction to the major principles of psychosynthesis. Utilizing such techniques as guided imagery, movement, symbolic artwork, writing and meditation, we will work towards developing an ongoing process of growth and integration around our higher unifying center, the Transpersonal Self.

[S.F.] July 28-30

Psychosynthesis: A Workshop for those under 25

Steven Kull & Betsie Carter

Weekend workshop $30

(See workshop description, July 21-23, above.)

[B.S.] August 4-6

Psychosynthesis Workshop

Tom Yeomans

Weekend workshop $85

Psychosynthesis is a way of growing and a way of learning to direct one's growth. It seeks to develop a personal center from which to live, as well as deep connections with Self, Other, and the Universe. Through the use of directed fantasy, meditation, body movement, and dialogue, it encourages new and more productive and harmonious relations between the many aspects of the personality. Its theory and practice offer a means toward greater integration of one's energies, which leads to a richer experience on all levels of being.

[S.F.] August 11-13

Psychosynthesis

Steven Kull & Betsie Carter

Weekend workshop $50

(See workshop description, July 21-23, above.)

[S.F.] August 19-20

Psychosynthesis & Education

Tom Yeomans

Weekend workshop $50

For too long education has confined itself to the development of intellectual function in men, often at the expense of other functions, such as the somatic, emotional, imaginative and intuitive. It is clear now that we have paid a high price for this imbalance, and some educators, recognizing this, are beginning to reconceive education in much broader terms to include these neglected aspects. Psychosynthesis is central to this work and leads toward a true education of the whole man. This workshop will combine personal experience in psychosynthesis with consideration of its use in the classroom and with specific subject matter. 10 a.m. to 6 p.m., Saturday and Sunday.

[B.S.] September 1-3

Psychosynthesis Treasure Hunt

Margaret Conway

Weekend workshop $85

Discover and set free that best self you secretly know is inside you. We will examine body, feelings and mind and determine how they are out of harmony with one another. Then we will work toward achieving each member's individual harmonization and balance, using guided imagery, gestalt, movement and other techniques. Most of the 'tools' we use will be easily applied to home.

[S.F.] September 1-3

Psychosynthesis Advanced Workshop

Steven Kull & Betsie Carter

Weekend workshop $50

For those who have already attended one psychosynthesis workshop.

[S.F.] September 15-17

Psychosynthesis

Tom Allen & Margaret Conway

Weekend workshop $50

In this workshop the focus will be on processes that can later be used by participants as independent steps toward a greater unity of being and an extension of one's consciousness toward the Transpersonal Self.

[B.S.] September 29-October 1

Psychosynthesis & Art

Tom Allen

Weekend workshop $85

PROGRAMS USING PSYCHOSYNTHESIS TECHNIQUES

[S.F.] June 30-July 2
Psychophysical Synthesis
Bernard Gunther
Weekend workshop $50

An integration of psychosynthesis techniques, gestalt relaxation, body awareness, nonverbal communication and meditation.

[B.S.] July 2-7
Gestalt Plus
George & Judith Brown
Five-day workshop $245

A workshop for individuals and couples where the approaches of gestalt therapy are combined with techniques from psychosynthesis. The focus will be on reowning energy and discovering new and alternative ways to be as individuals and in primal relationships. Emphasis will also be placed on what to do after leaving the workshop.

[S.F.] July 14-16
Gestalt Plus
George & Judith Brown
Weekend workshop $50

(See Big Sur workshop description, July 2-7, above.)

[B.S.] July 21-23
Refocusing Energy
Bob & Marilyn Kriegel
Weekend workshop $85

This workshop will combine the interpersonal aspects of the encounter group with the individual awareness focus achieved through gestalt and pscyhosynthesis techniques. Methods will also be used for integrating insights gained in the workshop into the participants' everyday lives.

Gestalt Plus
George & Judith Brown

[B.S.] July 30-August 4
Five-day workshop $245

[B.S.] August 18-20
Weekend workshop $95

(See description, July 2-7, above.)

[S.F.] August 25-27
Psychophysical Synthesis
Bernard Gunther
Weekend workshop $50

(See workshop description, June 30-July 2, above.)

[S.F.] September 8-10
Refocusing Energy
Bob & Marilyn Kriegel
Weekend workshop $50

(See B.S. workshop description, July 21-23, above.)

The following Esalen Institute Psychosynthesis program is offered in cooperation with the International Foundation for Psychosynthesis (Los Angeles) and is coordinated by Dr. Robert Gerard, President of the International Foundation for Psychosynthesis. It is part of a series of professional workshops exploring the techniques of psychosynthesis in depth.

[S.F.] October 6-8
Professional Training in Psychosynthesis: Intuitive Awareness
Robert & Donna Gerard
Weekend workshop $75

Focus will be on techniques designed to actualize intuitive potentials. Intuition cuts through emotional distortions and intellectual rationalizations to reveal the essence behind appearances. Intuition is the power to perceive directly "What is" and "What can be," serving as an inner guide in human relationships and life situations. We will explore systematic ways of maximizing our intuitive skills and practical methods of helping others to develop their intuition.

BIOGRAPHICAL INFORMATION

TOM ALLEN is a senior associate of the Psychosynthesis Institute and a former Esalen resident fellow. He underwent didactic training at the Psychosynthesis Institute with Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. He has led workshops for several years at growth centers and institutions throughout the country. He is an artist and has worked to integrate art into the psychosynthesis process as a means of self-realization.

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is director of DRICE, the Ford Foundation Center in confluent education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning*.

JUDITH BROWN has an international reputation as a gestalt awareness trainer and has been interested in the use of symbols as an expression of the creative unconscious. In addition to her own groups, she has co-led numerous groups with her husband.

BETSIE CARTER, a senior associate of the Psychosynthesis Institute, was associate director of the Ford-Esalen Project in Confluent Education, and an Esalen resident fellow. She underwent didactic training in Italy with Roberto Assagioli, and at the Psychosynthesis Institute with Jim and Susan Vargiu. She has given workshops in this country and abroad. Presently she is working, both individually and in groups, with people interested in using psychosynthesis for their own development. She is especially involved in the psychosynthesis of gifted and creative young people.

MARGARET CONWAY, a senior associate of the Psychosynthesis Institute, and a member of the Esalen staff, is in didactic training at the Psychosynthesis Institute with Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. Trained as a psychiatric nurse, she has led groups for several years for various organizations, including Esalen Institute, the San Mateo County School District, California State Hayward Extension Division, Glide Memorial Church, and others.

JAMES FADIMAN is an educational and management consultant. He is a lecturer in design engineering and a psychological counselor at Stanford University, and associate editor of the *Journal of Transpersonal Psychology*. He is a pioneer in the transpersonal field, has lectured and led workshops in psychosynthesis, and has worked with Roberto Assagioli in Italy.

DONNA GERARD, drama teacher and therapist, for the past fourteen years has focused her private practice on the development and release of creative energies. Both she and her husband are interested in providing systematic methods for evoking transcendental awareness.

ROBERT GERARD is a clinical psychologist in private practice in Los Angeles. He has been a principal innovator in the field of psychosynthesis for over fifteen years. He collaborated with Dr. Assagioli on the writing of the book, *Psychosynthesis*, and has developed new therapeutic techniques, including the use of depth imagery, symbolic visualization, intuitive awareness and creative meditation. As president of the International Foundation for Psychosynthesis, Dr. Gerard is especially interested in the integration of American, European and Eastern approaches to psychological growth.

BERNARD GUNTHER, an associate of the Psychosynthesis Institute, has worked with Roberto Assagioli in Italy and is in didactic training at the Psychosynthesis Institute with Jim and Susan Vargiu. He is author of a number of books, including *Sense Relaxation* and *What To Do Till the Messiah Comes*, and the director of the feature film, "Come to Your Senses." His latest book, *How the West is One* will be released this spring by Macmillan.

MARILYN HARRIS KRIEGEL is the assistant director of the Ford-Esalen Project in Confluent Education. She taught school in California for eight years and was educational consultant and group leader for Anthos in New York City. She is presently in training at the Psychosynthesis Institute in Redwood City.

BOB KRIEGEL is the director of Friends of Esalen and of the Esalen consulting service. He was the founder and director of Anthos in New York City, has led groups at schools and growth centers around the country, and has served as consultant to business and management. He is presently in training at the Psychosynthesis Institute in Redwood City.

STEVEN KULL is a senior associate of the Psychosynthesis Institute. He underwent didactic training in Italy with Roberto Assagioli, and at the Psychosynthesis Institute with Jim and Susan Vargiu. He has given workshops in this country and abroad. Presently he is working both individually and in groups with people interested in using psychosynthesis for their own development. He is especially involved in the psychosynthesis of gifted and creative young people.

JIM and SUSAN VARGIU are the directors of the Psychosynthesis Institute. They underwent didactic training in Italy with Roberto Assagioli and have worked with him over the past eight years. They have lectured and given workshops in this country and in Europe. Presently they are training people in the helping professions in the use of psychosynthesis, working both individually and in groups with those interested in using psychosynthesis for their own development, and writing and publishing articles on psychosynthesis.

TOM YEOMANS is an associate of the Psychosynthesis Institute and is in didactic training with its directors, Jim and Susan Vargiu. He is a teacher, musician and poet, and presently associate director of DRICE (Development and Research in Confluent Education) at the Graduate School of Education, University of California, Santa Barbara. He has conducted workshops for educational institutes and growth centers throughout the country.

INTERPERSONAL
& ENCOUNTER GROUPS

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen encounter groups today.

SAN FRANCISCO INTRODUCTION TO ESALEN PROGRAMS

These programs – evening, one-day and weekend – are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups. Workshop leaders will be drawn from Esalen/San Francisco Staff (see Information section, page 18). Esalen/Big Sur Staff as well as members of San Francisco's Extended Growth Program, may also act as group facilitators.

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Evening Introductions to Esalen: Working in small and large group sessions participants will be introduced to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring pillow for easy sitting.

$3 general $2 student 7-11:00 p.m
First Unitarian Church, Franklin and Geary Streets, San Francisco.

Thursday, June 29
Bob & Marilyn Kriegel – FREE
Monday, July 24 – Robert Cromey
Thursday, August 10 – Bob Kriegel
Thursday, August 24 – Art & Janica Fox
Wednesday, September 6 – Harry Sloan
Thursday, Sept. 21 – Margaret Conway

▼

Single-day Encounter: An intensive day of group work, along the lines of evening introductory programs, with the additional advantages of more hours and shared mealtimes. Leaders will work with small groups. 10 a.m. to 6 p.m. (Bring your own lunch.)

$15 per person leaders selected from staff.

Saturday, July 1; Saturday, July 22; Wednesday, August 16; Sunday, August 27; Saturday, September 16.

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Weekend Introductions to Esalen: Incorporating a wide variety of approaches, group leaders will work with participants in large groups and sub-groups over a full weekend period.

$50 per person; leaders selected from staff.

July 7-9; August 4-6; September 29-October 1. (Also, July 4th weekend, June 30-July2, and Labor Day Weekend, September 2-4, Holiday Celebration workshops with Betty Fuller and Dub Leigh which can serve as Introduction weekends; see copy below.)

[S.F.] June 28
For Women Only — Betty Fuller
One-day workshop $35

A day-long retreat for women to celebrate their unique responsibilities and opportunities, to build on strengths, to learn to balance nurturents with guts, self respect and self-love. 10 a.m. to 10 p.m. Wednesday, including lunch and dinner. Limited to 20 women.

[S.F.] June 30-July 2
Loving Someone Gay — Don Clark
Weekend workshop $50

A workshop in which parent, spouse, sibling and friend can explore attitudes, express feelings and ask questions about homosexuality in a shared effort to move beyond tolerance and acceptance in search of appreciation of the gay person you love.

[S.F.] June 30-July 2
Celebration: A Holiday Weekend — Betty Fuller & Dub Leigh
Residential weekend workshop $75 including room and meals

"Celebrate the doing right and the being right of your heart." *(Rilke)* In this work-play shop we'll celebrate who and what we are through fantasy, gestalt, psychosynthesis, body movement, encounter, massage, meditation and dance. Bring a bathing suit.

[S.F.] Wednesday, July 5
New Ways of Meeting New People — Robert Cromey
Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Since many persons attend large group programs to meet other people, this evening's experience will focus explicitly on the acquaintance process. Using methods from encounter and gestalt awareness, group members will explore how they project themselves to others, how others perceive them and discover new ways of moving into friendships and social contact.

BIG SUR INTRODUCTION TO ESALEN PROGRAMS

Introduction to Esalen programs are designed for, but not limited to, people who have not previously been to Esalen/Big Sur. The workshops center on encounter and gestalt, although additional opportunities will be available in other experiential areas such as movement, massage and sensory awareness. Rolf treatments will be available at an extra cost.

July 2-7 Michael Butler *Five-day workshop $215*
July 28-30 Esalen Staff *Weekend workshop $85*
July 30-August 4 Esalen Staff *Five-day workshop $215*
August 11-13 Esalen Staff *Weekend workshop $85*
September 1-3 Simone Surpin *Weekend workshop $85*
September 15-17 Simone Surpin *Weekend workshop $85*

[B.S.] July 7-9
You Don't Have to Suffer to Feel Good — Harry Sloan & Lenore Lefer
Weekend workshop $85

Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. This weekend will tap into the absurdity of conflicts and problems, offering the participant an opportunity to laugh at himself and the seemingly tragic fate he has chosen. Lenore and Harry are fun to be with and have promised to dance with each and every one of the participants.

[S.F.] July 7-9
Couples' Workshop — Bob & Marilyn Kriegel
Weekend workshop $100 per couple

[S.F.] July 8
Play, Touch & Talk: Aboard the S.S. Vallejo — Marion Saltman
One day workshop $20

A day to get in touch with our spontaneity and playfulness, as well as time for talk and sharing of experiences. The workshop will take place on the S.S. Vallejo, a houseboat in Sausalito. Bring one item for a potluck picnic lunch; drinks will be provided. 10 a.m. to 6 p.m.

[S.F.] Starting July 13
Drop-in Encounter — Robert Cromey & Staff
Ongoing program
$6 per person, each Thursday

This encounter program is open to anyone, on a continuing or an occasional basis. Persons are encouraged to use this series as a place to deal with immediate personal conflicts and as a follow-up for other workshop programs. 10 a.m. to 12 noon, every Thursday morning. 1757 Union Street, San Francisco.

BIG SUR OPEN RESIDENCE PROGRAMS

The Open Residence Program is intended for those with some experience in encounter and gestalt. The focus of the group will depend on its own interest and leader availability. Among possible offerings are encounter, gestalt, meditation, instruction in yoga, Arica awareness training, massage, arts and crafts, movement and sensory awareness.

July 16-21 Esalen Staff *Five-day workshop* ***$215***
August 6-11 Simone Surpin *Five-day workshop* ***$215***
August 27-September 1 Esalen Staff *Five-day workshop* ***$215***
September 10-15 Harry Sloan *Five-day workshop* ***$215***

[S.F.] July 14-16
Saying Yes to Life
Joseph Fabry
Weekend workshop ***$50***

Using group techniques and creative activities developed from Viktor Frankl's logotherapy, this workshop aims to establish an atmosphere of trust in which each participant can: clarify his life goals and take positive steps toward achieving them; break the stranglehold of failure; take command of his life; honestly explore his feelings and talk about what is most important to him; establish solid relationships with others.

[S.F.] July 14-16
Encounter for Singles
Robert Cromey
Weekend workshop ***$50***

A workshop for unattached persons. Please state sex and age on application. Limited to 40 persons.

[S.F.] July 15
Psychodrama
Lew & Donna Yablonsky
One day workshop ***$18***

Psychodrama, involving the spontaneous acting-out of real personal and social situations, is one of the most effective and versatile of group interaction techniques. In this intensive session, the group as a whole will be introduced to the basic roles of psychodrama – "protagonist", "auxiliary", and others. Each participant will be given the opportunity to become involved as actively and creatively as his own needs and preferences demand. 10 a.m. to 6 p.m.

[B.S.] July 21-23
Refocusing Energy
Bob & Marilyn Kriegel
Weekend workshop ***$85***

This workshop will combine the interpersonal aspects of the encounter group with the individual awareness focus achieved through gestalt and psychosynthesis techniques. Methods will also be used for integrating insights gained in the workshop into the participants' outside lives.

[S.F.] July 21-23
Encounter Toward Vitality
Harry Sloan
Weekend workshop ***$50***

The direction of this encounter group workshop will be toward eliciting and expressing the latent vitality that is in all of us. A broad range of techniques will be utilized including massage, gestalt, psychosynthesis and meditation. Emphasis will be placed on using the group in a supportive way so that each member can better contact the life within and around himself.

[B.S.] July 21-23
For Homosexuals
Stanley Freitas & Owen Garner
Weekend workshop ***$85***

We are experiencing the beginning of a homosexual revolution in which the resolution of conflict has become one of the most critical areas for our survival as individuals. This weekend workshop will be geared toward a resolution of that conflict.

[B.S.] July 23-28
Renascence
Michael Butler
Five-day workshop ***$215***

Each of us carries within him, buried beneath layers of psychic and physical tension, the fertile seed of a new self. This workshop will use many of the Esalen body-oriented and psychological techniques to allow participants to experience that seed center of self and nourish it.

[S.F.] Thursday, July 27
Looking-Talking-Touching: For Couples
Gerald Smith
Single evening event
$5 per couple; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.

A variety of verbal and nonverbal experiences for couples (not necessarily married).

[B.S.] July 28-30
Divorce: A Creative Experience
Robert Cromey & Esalen Staff
Weekend workshop ***$95***

A group for the divorced, those contemplating divorce or those whose lives have been touched by divorce.

[S.F.] July 28-30
Couples' Workshop
Michael Butler & Simone Surpin
Weekend workshop ***$110 per couple***

Many couples have a lingering suspicion that there is more to be had from a relationship than what they are getting. How do our games limit us? How can we better grow together? We will explore the thesis that a couple is not an institution; it is two unique individuals who are free to be close to each other.

[S.F.] July 28-30
Open Encounter
Art & Janica Fox
Weekend workshop ***$50***

To encounter, talk and play. Bring a favorite thing, i.e. musical instrument, rug, food, etc.

[B.S.] July 30-August 4
Refocusing Energy
Bob & Marilyn Kriegel
Five-day workshop ***$215***

(See description, July 21-23, above.)

[S.F.] Monday, July 31
An Introduction to Psychodrama
Walt Anderson
Single evening event [FREE]
8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

[B.S.] August 4-6
Encounter for Singles
Robert Cromey & Esalen Staff
Weekend workshop ***$95***

This workshop is for single people who want to find new ways to form new friendships. The group will explore feelings and emotions arising from being single. Encounter, gestalt and fantasy techniques will be used to help members of the group to enjoy themselves and other people more fully.

[S.F.] August 4-6
The Boundaries of Liberation: For Men & Women
Jacqueline Doyle Larcombe
Weekend workshop ***$50***

Through encounter, gestalt and psychodrama techniques we will examine the issues which underlie our choice of mode (from traditional to liberated) for relating to our friends and mates. The boundaries of our concept of self and sex role will be explored.

BIG SUR EXPERIENCE OF ESALEN PROGRAMS

Experience of Esalen programs are designed to join staff members and participants in an experience of each other surrounded by as little or as much structure as a unique mix of people wish to create. The resources of Big Sur are available — baths, scenery and the far-ranging talents of our staff — group leaders, masseurs, artists, craftsmen, musicians and students of arcane lore. These nonprogrammed programs are an opportunity to explore and to interact or simply to retreat from the world for a week. Come and be with us.

July 2-7 Five-day workshop $150
July 14-16 Weekend workshop $65
August 6-11 Five-day workshop $150
August 18-20 Weekend workshop $65
September 10-15 Five-day workshop $150
September 29-October 1 Weekend workshop $65

[S.F.] August 5
Teenagers & Parents: Two World Views – Two Patterns of Living
Gunver Jackson assisted by Daniel Jackson

One day workshop
$20 for one parent and one teenager; $8 for each additional family member.

Can we complement each other to live a reality of co-existing consciousness? We are all confined to the same space, but perception is distinctly different for each of us. A day for teenagers and parents to enter a place where we see the gap as a change in thought patterns and consciousness. Rather than narrowing the gap, we will build bridges with deep relaxation and gestalt awareness. 10 a.m. to 6 p.m.

[S.F.] Monday, August 7
New Ways of Meeting New People
Robert Cromey

Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

(See program description, July 5, above.)

[S.F.] August 11-13
You Don't Have to Suffer to Feel Good
Harry Sloan & Lenore Lefer

Weekend workshop $50

(See B.S. workshop description, July 7-9, above.)

[S.F.] August 18-20
Bodymind
Michael Butler & Simone Surpin

Weekend workshop $55

This workshop will attempt to integrate the rolf method of body alignment within the framework of open encounter, including fantasy and gestalt methods, massage and movement. A demonstration of a first hour of structural integration will be given.

[B.S.] August 18-20
Gestounter
Beverly Silverman & Carole Rosenblatt

Weekend workshop $85

This weekend workshop will incorporate techniques of gestalt and encounter, obviously.

[S.F.] August 18-20
Couples' Workshop
Gerald Smith

Weekend workshop $120 per couple

A workshop for couples, using videotape feedback.

[S.F.] August 19-26
Encountering in the High Sierras
Walt & Maurica Anderson, Brad Foster

Seven-day outdoor workshop $105

Outdoors in the High Sierras, we will work with yoga, meditation, psychodrama and encounter. The group will meet at a designated roadhead point Saturday, hike to the campsite on Sunday and return the following Saturday. Mountaineering experience is not required, but applicants should be in good condition and capable of hiking. Details will be supplied on application.

[B.S.] August 20-25
Encounter Toward Vitality
Harry Sloan

Five-day workshop $215

(See S.F. workshop description, July 21-23, above.)

[S.F.] August 25-27
Exploring Self Acceptance
David Schiffman

Weekend workshop $50

Our focus will be the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role playing, fantasy and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis will be on searching out unique personality strengths, individual capacities and latent powers as a means of achieving productive, creative functioning.

[B.S.] August 27-September 1
More
Michael Butler

Five-day workshop $215

Each of us is capable of more... emotional creativity, aliveness, sensuality. The methods of this workshop will be body disciplines, encounter and gestalt tools, and the life positive forces in the Esalen environment. Its goal: to experience "more", not just for a week at Esalen, but wherever we happen to be.

[S.F.] Wednesday, August 30
Re-Evaluation Counseling: An Introduction
William Pennell Rock

Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Re-evaluation counseling is a new method of psychotherapy for what might be called the normal American neurotic. It is based upon the healing power of discharging painful emotion in a situation of total affirmation. Its method is called co-counseling and consists in structured, but nonauthoritative meetings between two individuals, each acting as counselor (or listener) and client in turn. The evening will consist of an elementary description of the theory and demonstrations of some techniques.

[B.S.] September 1-3
A Weekend Workshop in Self-Awareness
David Schiffman

Weekend workshop $85

This workshop is based on the awareness that personal growth is often blocked because we don't see ourselves clearly, as others see us, or act as we really feel. The object of this seminar is to create a supportive atmosphere whereby the participant can experience himself at a deeper, more meaningful level than daily life provides. Techniques of psychodrama, encounter and gestalt will be used.

[S.F.] September 2-4
Celebration: A Holiday Weekend
Betty Fuller & Dub Leigh

Extended Residential workshop $95 including room and meals

(See workshop description above, June 30-July 2.) Begins 10:00 a.m. Saturday and ends after lunch on Monday.

[B.S.] September 3-8
Peeling the Ego Body
Simone Surpin

Five-day workshop $215

Our bodies are deprived of free energy in proportion to chronic muscular tension; similarly our essences are bound by layers of fear and desire. This workshop will focus on unwrapping these extrinsics, primarily using encounter, gestalt and structural integration. Essence building, through exercises centering on grounding life energy, will be integral to this process.

[B.S.] September 3-8
Divorce: A Creative Experience
Robert Cromey

Five-day workshop $215

See workshop description, July 28-30.

[S.F.] Starting September 6
Sexual Politics
Lois Brien, Ani Mander & Cyndy Werthman

Ongoing workshop $50

What it means to be a woman today; how this definition affects our sense of identity and our role in society. The philosophical, political and social implications of sex roles; tuning into our sexuality, exploring the power within us and letting it express itself in society; the creative impulse in women. Gestalt awareness techniques will be used to facilitate group discussion and interaction. 5 Wednesday evenings, September 6 through October 4. For women only.

[S.F.] September 8-10
Refocusing Energy
Bob & Marilyn Kriegel

Weekend workshop $50

(See description, July 21-23, above.)

[S.F.] September 9
Encounter for Singles
Robert Cromey

One day workshop $18

A workshop for unattached persons. Please state sex and age on application. Limited to 40 persons. 10 a.m. to 6 p.m.

[S.F.] September 14-17
Getting High on Mountains
Walt & Maurica Anderson

Three day outdoor workshop $65

During this short but intensive outing we will (a) do some hiking and some resting, (b) work with yoga, meditation and sensory awakening exercises, and (c) encounter around a campfire. Mountaineering experience not required, but applicants should be in good physical condition. Group meets Thursday night at a designated roadhead point in the mountains. Details supplied on request.

[S.F.] September 15-17
Creative Process for Couples
Don & Barbara Clark

Weekend workshop $115 per couple

The creative process can be used to express the ever-changing self and strengthen growth potential in a loving relationship. We will use various creative media including paint, words, clay, movement, silence and massage. Each couple should bring some favorite music.

[B.S.] September 17-22
For Homosexuals
Stan Freitas & Owen Garner

Five-day workshop $215

See B.S. workshop description, July 21-23.

[B.S.] September 17-22
Breaking Out
Michael Butler

Five-day workshop $215

Our bodies are imprisoned by armoring and tension. Our life styles and life affirming emotions are strangled by inhibitions and "shoulds". This workshop will use the body concepts developed by Ida Rolf in conjunction with encounter and gestalt techniques to contact the vital core in each of us and to let it breathe.

[S.F.] Wednesday, September 20
Coming Out of Divorce
Gerald Smith

$3 general; $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

There are emotional stages to working through divorce. To snag at any of these stages can prevent moving on to a fuller life. This will be a lecture and an opportunity to ask questions. It will not be a small group discussion.

[B.S.] September 22-24
More Joy
William Schutz & Esalen Staff

Weekend workshop $100

This weekend workshop, focused on encounter, will be divided into groups led by Esalen staff leaders. William Schutz will lead the opening and closing sessions and rotate as co-leader.

[S.F.] September 22-24
Encounter for Singles over Thirty
Robert Cromey

Weekend workshop $50

A workshop for unattached persons over 30. Please state sex and age on application. Limited to 40 persons.

[S.F.] September 22-24
Communication Games
Art Hough

Weekend workshop $50

A workshop to uncover and work with communication problems through games. These communication games – lasting from one minute to three hours – are used to heighten the communication experience, improve habits of listening, feedback, empathy, spontaneity and awareness, and to loosen the deeper communication blocks that result from hidden dogmatism rigidity and risk-refusal. This is not encounter; it is for people concerned with improving their communication.

[B.S.] September 29-October 1
Couples' Workshop
Michael Butler & Simone Surpin

Weekend workshop $150

[S.F.] September 30
Psychodrama
Lew & Donna Yablonsky

One day workshop $18

(See workshop description, July 15, above.)

[S.F.] October 6-8
The Psychology of Over-Eating: A Food Liberation Workshop
Leonard & Lil Pearson

Weekend workshop $65

Participants will explore their particular way of utilizing food as a response to emotional needs. Workshop experiences will deal with eating fantasies, food and feeding, how hunger is felt and what occasions provoke it. Alternate ways of dealing with hunger and the tyranny of food will be explored with each participant.

BIOGRAPHICAL INFORMATION

MAURICA ANDERSON is an encounter group leader and a former staff member of the California Institute of Psychodrama.

WALT ANDERSON has been leading Esalen programs, indoors and out, for several years. He was formerly the Executive Director of the California Institute of Psychodrama in Los Angeles, and is also author and/or editor of a number of books including the forthcoming *The Humanistic Perspective in Politics.*

LOIS BRIEN is a gestalt therapist, an organization consultant in the Bay Area and a member of the faculty of the California School of Professional Psychology.

MICHAEL BUTLER is a group leader with a background in body techniques. A former Esalen resident fellow, he was trained in group process by John Heider and subsequently as a practitioner of structural integration by Ida Rolf. He has a special interest in ways to adapt the personal growth practices of the group meeting room to everyday life.

BARBARA CLARK is a painter who has worked with various art forms for twenty years. She is also a wife and mother interested in helping people tap their creative processes.

DON CLARK has worked with discussion groups, psychotherapy groups and encounter groups for the past 12 years. Dr. Clark is in private practice as a clinical psychologist in the Bay Area. His most recent book is *Humanistic Teaching.*

ROBERT CROMEY, a former Esalen resident fellow, is an experienced group leader and teacher of massage and sensory experiences. He has worked as a priest, politician, administrator. He has a private practice in San Francisco.

JOSEPH FABRY is a student of Viktor Frankl and author of *The Pursuit of Meaning.* He is an editor and Extension instructor on logotherapy at the University of California, Berkeley and a writer and lecturer.

BRAD FOSTER is a student of ecology and a trained wilderness guide.

ARTHUR FOX, a former Esalen resident fellow trained by William Schutz, is presently on the Esalen encounter staff. For the past year he and his wife have been leading groups in Europe as well as introducing humanistic education at the Leysin, Switzerland, school.

JANICA FOX, together with her husband, was an Esalen resident fellow and is a member of the Esalen encounter staff. Previously she conducted research on groups at Harvard. She is presently a counselor at the Leysin, Switzerland, school.

STANLEY FREITAS was in the Fall 1970 Residence Program and on the administrative staff at Esalen/Big Sur.

BETTY FULLER is a former Esalen resident fellow. Her background, in addition to encounter group work here and abroad, includes teaching and several years in radio, television and theater.

OWEN GARNER has worked at Esalen/Big Sur. He is currently leading groups with Stanley Freitas.

ARTHUR HOUGH is Associate Professor of Communication Theory and Mass Media at San Francisco State College. He is an educational television and film producer, author of *Stand Up and Speak* and interpersonal communication consultant to various agencies.

DANIEL JACKSON, 16 years old, would like to be qualified as a human being.

GUNVER JACKSON, 45 years old, has worked with teenagers at a number of schools in experimental programs using deep relaxation as a road to expanded consciousness. Her training has been in gestalt, massage, breathing awareness and deep relaxation.

BOB KRIEGEL is the director of Friends of Esalen and the Esalen consulting service. He was the founder and director of Anthos in New York City, has led groups at schools and growth centers around the country, and has served as consultant to business and management. He is presently in training at the Psychosynthesis Institute in Redwood City.

MARILYN HARRIS KRIEGEL is the assistant director of the Ford-Esalen Project in Confluent Education. She taught school in California for eight years and was educational consultant and group leader for Anthos in New York City. She is presently in training at the Psychosynthesis Institute in Redwood City.

JACQUELINE DOYLE LARCOMBE is a psychologist and former Esalen resident fellow, trained by William Schutz. Her background includes teaching and clinical work. An Esalen staff member, she has done encounter work here and abroad. For the past year she has served as director of group training and a member of the Board of Greenhouse, a new Boston growth center.

LENORE LEFER, a former Connecticut suburban housewife extraordinaire, worked and trained under Betty Fuller as an Esalen resident fellow in 1971.

W. S. DUB LEIGH is a practitioner of the rolf method of structural integration and masseur as well as encounter leader. His background, in addition to the Esalen Residence Program, includes 27 years in business, politics and work with A.A.

ANI MANDER, former teacher of languages at Boston University, Harvard and San Francisco State College, is presently devoting her energies to women's studies.

LEONARD PEARSON teaches at Sonoma State College in the Department of Humanistic Psychology. He has conducted group and individual psychotherapy with obese persons for over 15 years in Chicago and Cleveland. He and his wife are the co-directors of the Obesity Therapy Institute in Berkeley.

LIL PEARSON, psychiatric social worker, has trained with Fritz Perls and has led encounter groups in the Bay Area for several years, including obesity workshops.

WILLIAM PENNELL ROCK has taught at several universities including Banaras Hindu University in India and the University of California at Santa Barbara. He has done extensive research on Heidegger and on the *Upanishad*, and is presently affiliated with the Center for the Study of Democratic Institutions.

CAROLE ROSENBLATT was in the Spring Residence Program, 1970. She is part of both the administrative and teaching staffs at Big Sur.

MARION SALTMAN is a play therapist who has worked with young children, adolescents and adults. She teaches The Psychology of Play at Sonoma State College, and she ran the Wilderness Family Camp at Tahoe Institute, summer 1971.

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He has led groups at Anthos and Esalen, has lectured at the University of California, Princeton and many other schools, and has conducted special programs for industry and social agencies. He is currently coordinator of the humanistic psychology program at New York University's School of Continuing Education and has a private practice in New York City.

WILLIAM SCHUTZ, author of *Firo, Joy* and *Here Comes Everybody* is presently in residence at Esalen, Big Sur.

BEVERLY SILVERMAN is a practitioner of structural integration and a co-leader, with her husband, of gestalt training groups.

HARRY SLOAN, a renegade dentist, worked and trained under William Schutz during the 1969 Esalen Resident Fellow Program. He is a playwright and a member of the Esalen encounter staff. His first play "The Burden" was showcased in New York in 1971.

GERALD SMITH is author of *Me & You & Us*, a series of communication experiences for couples. He is a family therapist in San Mateo, California.

SIMONE SURPIN is a group leader and practitioner of structural integration. She is a former resident fellow at Esalen, Big Sur, and has a special interest in the esoteric arts. Her background is in architectural history, counseling and psychology.

CYNDY WERTHMAN is a psychiatric social worker and a gestalt therapist in private practice in San Francisco. She works with the Family Therapy Institute of Marin (San Rafael) where she is trainer and family therapist, and is a director and trainer at the Gestalt Institute of San Francisco.

DONNA YABLONSKY has worked in psychodrama for ten years. She has been accredited as a psychodrama director by the Moreno Academy of New York and is a director of the California Institute of Psychodrama.

LEWIS YABLONSKY is president of the California Institute of Psychodrama in Los Angeles and is an accredited psychodramatist who has worked with J. L. Moreno for over 20 years. He is also professor of sociology and the author of *Synanon: The Tunnel Back* and *The Hippie Trip.*

WORKSHOPS FOR PROFESSIONALS

Related Programs for Professionals

Summer Institutes for Educators: As part of its continuing interest in developing new approaches to learning and the education of the whole person, Esalen is offering its third annual series of programs for educators, parents and students. This series consists of 16 workshops, at Big Sur and San Francisco, between July 24 and August 20. See page 2 for complete information.

Summer Institute in the Psychology of Human Consciousness: This five-week program, to be held July 21-August 27, will focus on techniques and disciplines concerned with extending consciousness as taught by a faculty of leading researchers and teachers in the fields of psychology, religion and philosophy. See page 2 for complete information.

Workshop for Counselors: A special training program in a variety of affective techniques and innovative counseling methods for counselors, psychologists, social workers and ministers. The program will be held July 31-August 11 near San Francisco. See page 3.

[S.F.] June 30-July 2

A Workshop for Change Agents

Stewart Shapiro

Weekend workshop $55

In today's increasingly complex and independent world more and more of our time is spent in organizational life. It is through the humanistic viability of our organizations and institutions that our society will succeed or fail in the crucial tests that lie ahead. This workshop will be oriented toward tasks, goals and personal growth of those who wish to be active in organizational change. There will be discussions and demonstrations of strategies and models for change in various systems including individuals, small groups, organizations and communities. Change agents for this workshop can be individuals or teams in business management, colleges, public schools, government, social agencies, volunteer organizations, churches or other community organizations.

[B.S.] August 20-25

Skills Workshop for Group Leaders

Jacqueline Doyle Larcombe

Five-day workshop $215

The focus of this workshop will be on providing an intensive group experience, introducing group techniques and enhancing the transfer of these skills for persons already leading groups in various settings. Techniques used will be drawn from psychodrama, encounter, gestalt, bioenergetics, psychomotor and fantasy.

[S.F.] August 21-25

Theme-Centered Interactional Group Leading: A Training Workshop

Frank Rubenfeld, Paul Hirschfield

Five-day residential workshop $180 including room and board

This workshop will enable participants to experience and learn the theme-centered interactional method of group leading, a unique approach encompassing gestalt, encounter, sensitivity and task-oriented group techniques. The focus of this process is on the individual, the group as a whole, and a particular theme to which the group addresses itself. It is most relevant in settings where facilitation of both group feelings and problem solving are important. This will be a training workshop for professionals involved in group leading in the community and organizational development. Begins 10 a.m., Monday.

[S.F.] Wednesday, August 30

Re-Evaluation Counseling: An Introduction

William Pennell Rock

Single evening event $3 general, $2 student; 8-10:30 p.m.; First Unitatian Church, Franklin and Geary Streets, San Francisco.

Re-evaluation counseling is a new method of psychotherapy for what might be called the normal American neurotic. It is based upon the healing power of discharging painful emotion in a situation of total affirmation. Its method is called co-counseling and consists in structured, but nonauthoritative meetings between two individuals, each acting as counselor (or listener) and client in turn. The evening will consist of an elementary description of the theory and demonstrations of some techniques.

[S.F.] September 16

Dying & Death as a Psychedelic Experience

Dr. Stanislav Grof

One-day workshop $18

We will discuss an experimental program exploring the potential of LSD-assisted psychotherapy for relieving depression, physical pain and fear of death in patients with terminal cancer. Observations collected during 15 years of LSD research will be used to demonstrate the similarity, if not identity, between the experiences in psychedelic sessions and the altered states of consciousness accompanying and following clinical death. A hypothetical picture of the experiences accompanying death will be drawn; some of the existing "maps" – the ancient books of the dead and manuals for mystery religions – will be discussed in this connection. 10 a.m. to 6 p.m.

[S.F.] September 28-October 1

Sexuality & Self: For Professionals & Student Professionals

Don Clark

Extended residential weekend $120 including room and meals

This experiential study group investigates sexual conformity and integrity as they influence energy level and self-concept. Cultural prohibitions and professionals' responses to "deviant" sexuality are examined. Fantasy, massage and other techniques will be used to alert participants to their own attitudes, behavior and feelings. When applying, please state professional background and reasons for wishing to attend. Begins 8:00 p.m. Thursday and ends Sunday afternoon.

[S.F.] October 6-8

Professional Training in Psychosynthesis: Intuitive Awareness

Robert & Donna Gerard

Weekend workshop $75

Focus will be on techniques designed to actualize intuitive potentials. Intuition cuts through emotional distortions and intellectual rationalizations to reveal the essence behind appearances. Intuition is the power to perceive directly "What is" and "What can be," serving as an inner guide in human relationships and life situations. We will explore systematic ways of maximizing our intuitive skills and practical methods of helping others to develop their intuition. (For a complete definition of psychosynthesis, see page 4.)

[S.F.] Starting October 10

Psychosynthesis Training Series for Professionals

Jim & Susan Vargiu

Six Tuesday evenings plus a weekend $180

A program designed for psychotherapists, educators, counselors, and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field. We will work together so that each can see the process of psychosynthesis at work, both in himself and in the others. There will be assignments and exercises to complete between meetings. Further individual work during the six week period can be arranged. (For a complete definition of psychosynthesis, see page 4.)

Six Tuesday evenings, 7:30 to 10:30 p.m., October 10 through November 14. Weekend workshop, November 18-19. For application form, contact Esalen/San Francisco.

[B.S.] October 22-27

Gestalt Awareness Training for Health Professionals

Jack Rosenberg, D.D.S.

Five-day workshop $275

This workshop is designed for people in the health professions – dental, medical and allied fields, including nurses, technicians, and assistant; spouses are particularly encouraged to attend.

A factor in health care, often forgotten, is the health of those who provide care for others, much as the cobbler is the last to get shoes. The purpose of this workshop is to allow the health professional to take time to explore and take stock of his direction in both aspects of his life – his practice and inner life – in hope of developing a deeper significance, awareness and pleasure in both. Gestalt and body awareness will be used. Emphasis will be placed on ways to apply gestalt awareness techniques to the participants' practice. Sessions in hatha yoga and movement will be included.

BIOGRAPHICAL INFORMATION

DON CLARK has worked with discussion groups, psychotherapy groups and encounter groups for the past 12 years. Dr. Clark is in private practice as a clinical psychologist in the Bay Area. His most recent book is *Humanistic Teaching*.

DONNA GERARD, drama teacher and therapist, for the past fourteen years has focused her private practice on the development and release of creative energies. Both she and her husband are interested in providing systematic methods for evoking transcendental awareness.

ROBERT GERARD is a clinical psychologist in private practice in Los Angeles. He has been principal innovator in the field of psychosynthesis for over fifteen years. He collaborated with Dr. Assagioli on the writing of the book, *Psychosynthesis*, and has developed new therapeutic techniques, including the use of depth imagery, symbolic visualization, intuitive awareness and creative meditation. As president of the International Foundation for Psychosynthesis, Dr. Gerard is especially interested in the integration of American, European and Eastern approaches to psychological growth.

STANISLAV GROF is a research psychiatrist currently on a fellowship at the Johns Hopkins Medical School in Baltimore. During the past decade he has conducted numerous studies with LSD subjects in Prague. He has analyzed records from more than 2,600 sessions of psychiatric patients, scientists, philosophers, artists, theologians and persons facing death with special emphasis placed on experiences and insights related to basic ontological questions.

PAUL HIRSCHFIELD is in the private practice of clinical and consulting psychology. He has a combination practice of group, individual, couples and family therapy. He is also intensively involved in organization and agency consultation and development. Currently, he is the Director of the Workshop Institute for Living-Learning in Atlanta, Georgia.

JACQUELINE DOYLE LARCOMBE is a psychologist and former Esalen resident fellow, trained by William Schutz. Her background includes teaching and clinical work. An Esalen staff member, she has done encounter work here and abroad. For the past year she has served as director of group training and a member of the Board of Greenhouse, a new Boston growth center.

WILLIAM PENNELL ROCK has taught at several universities including Banaras Hindu University in India and the University of California at Santa Barbara. He has done extensive research on Heidegger and on the *Upanishad*, and is presently affiliated with the Center for the Study of Democratic Institutions.

JACK ROSENBERG is a practicing dentist and gestalt therapist. His interest for the past ten years has been giving the experience of gestalt awareness and yoga psychology to the health professions. His doctoral thesis in psychology relates immediate video feedback and facial massage for facilitating psychotherapy.

FRANK RUBENFELD is a clinical psychologist, and is on the faculty of the New York Institute of Gestalt Therapy. In addition to his private practice of individual and group therapy, he has led gestalt training workshops at Anthos in New York City.

STEWART SHAPIRO is Professor of Education at Santa Barbara. In addition to his workshops in higher education, conflict resolution, positive experience and change agentry, he is a consultant to the Ford Foundation's program in confluent education at UCSB.

JIM and SUSAN VARGIU are the directors of the Psychosynthesis Institute. They underwent didactic training at the Instituto di Psicosintesi, Florence, Italy with Roberto Assagioli, and have worked with him over the past eight years. They have lectured and given workshops in this country and in Europe. Presently they are training people in the helping professions in the use of psychosynthesis, working both individually and in groups with people interested in using psychosynthesis for their own development, and writing and publishing articles on psychosynthesis.

TRANSPERSONAL

Transpersonal generally refers to transcendence, mystical experience, peak experience and parapsychological phenomena. The following workshops will explore insights and research into the physical and psychological aspects of such experience.

[S.F.] June 30-July 2
The Human Biocomputer
John Lilly

Weekend workshop $50

As a result of his work with Oscar Ichazo, John Lilly has expanded his mind-brain-body biocomputer model of human to include the "essence". Using methods derived from Eastern and Western mystical traditions as well as modern science, this program will work to move participants toward essence. (Recommended reading: *The Human Biocomputer.*)

[B.S.] July 7-9
Bio-Feedback Training
Joe Kamiya

Weekend workshop $85

This workshop will discuss the relationship of brainwave bio-feedback to meditation. Emphasis will be placed on differences among individuals, and specific altered states of consciousness will be explored.

[S.F.] July 8
Centering
Robert Nadeau

One day workshop $15

We will start with centering practices in the physical dimension, move to centering as mental awareness, and culminate in meditation with centering as a focus for spiritual unfolding. 10 a.m. to 6 p.m.

[S.F.] Starting July 11
Aikido & Energy Awareness
Robert Nadeau

Ongoing series
One meeting per week:
$15 per month (general and student)
Two meetings per week:
$25 per month (general),
$20 per month (student)

A continuous program of instruction in energy awareness as used for centering, movement, healing, concentration and relaxation, and in aikido as a physical expression of that awareness in a self-defense form, with emphasis on harmony and energy in motion. This course will meet each week; participation can be in one or two sessions per week, with tuition based on the schedule of participation. Tuesday, 8-9:30 p.m.; Saturday, 10-12 noon.

[B.S.] July 14-16
Gnosis: Divine Wisdom
Huston Smith

Weekend workshop $85

"Blessed is the man who has found wisdom" *(Proverbs 3).* Head trips we have had enough of, but can there be a knowledge that saves because it enlists all that we are; knowledge that is a way, that works and transforms and wounds our nature as the plow wounds the soil? Films in the evening – Tibetan, Sufi, Krishnamurti.

[B.S.] July 16-21
Personal Exploration of Self or "Trust in God, but Tie Your Camel First"
James & Dorothy Fadiman, Robert Ornstein, Faith Hornbacher & David Sobel

Five-day workshop $245

The design of this workshop is to expose participants to several personal growth techniques and to share with them practical tools and exercises which they can take home and use in their daily lives. The workshop will include: sitting meditation, bio-feedback, guided meditation on Sufi stories, psychosynthesis and self-concept modification, channeling energy through form, light energy, self-concept expression in art (bring simple art materials), "structural patterning in stillness and motion," alternative medicine, nutrition, health and care of the body.

[S.F.] Monday, July 17
The Two Meanings of Sufism
Huston Smith

Single evening event
$3 general, $2 student; 8-10:30 p.m.;
First Unitarian Church, Franklin and Geary Streets, San Francisco.

Sufism as the esoteric core of all spirituality (a la Idries Shah) and Sufism as the mystical dimension of Islam. The evening will focus primarily on the latter with special attention to the contemporary school of Frithjof Schuon, Titus Burckhardt, Hossein Nasr. Huston Smith's new film, "The Sufi Way", sequel to his earlier documentary on Tibetan Buddhism, will be shown.

[S.F.] July 21-23
A Workshop in Fantasy Therapy
Bernard S. Aaronson

Weekend workshop $60

Fantasy is one of the more powerful techniques for meeting, confronting, and working through problems. This workshop will focus on working with fantasy images derived from classical fantasy situations as well as spontaneous images arising from each participant. The fantasies and their implications will be worked out.

[B.S.] July 23-27
The Way of Wisdom & The Way of Powers
Alan Watts

Four-day workshop $220

By various disciplines, spiritual, psychological and physical, we can expand consciousness and increase control of ourselves and of the world, and, in general, go higher on the scale of evolution. This is a development of powers which is different from and does not necessarily involve the flowering of wisdom or liberation from the vicious circle of birth-and-death. The two ways are so often confused that we shall study the views of Mahayana Buddhism and Vedanta on the point, and see how they apply to our current spiritual quests. The workshop will combine both discussion and meditation sessions.

[B.S.] July 28-30
A Western Approach to Centering
Seymour Carter

Weekend workshop $85

"My work is living and teaching a way of life which gradually develops the capacity to live in the here and now and to be all there for whatever life brings. Working with the traditional methods of meditation and aikido, and the contemporary methods of gestalt and sensory awareness, this workshop will introduce participants to a Western approach to centering."

[S.F.] July 29-30
The Art of Madness & The Madness of Art
Roland Fischer, John Perry & Loren Mosher

Residential weekend workshop $70
including room and meals

This workshop will center on the Art of Madness and be a celebration of the Madness of Art. It will reassert the spirit of fiesta, which allows us to be released from time. John Perry will focus on cultural re-synthesis, visionary experience, and the messianism of the schizophrenic process. Loren Mosher will explore the role of experience and schizophrenia in creativity. Roland Fischer will impose on the workshop a surrealistic experience structured with 200 color slides and synchronized with the silence of loudness (which is founded on rock).

Begins 10 a.m., Saturday and ends after lunch on Sunday. (A more detailed prospectus will be supplied on request.)

[B.S.] August 6-11
Five Days with Claudio Naranjo
$245

There will be times for pushing beyond the ordinary limits of courage and authenticity in communication. Times for various sorts of meditation and times for letting go in many ways. Gestalt episodes may occur in the course of group meetings, but participants are not invited to expect an individual therapeutic session. Please bring notebook and pencil for the keeping of a journal throughout the experience. Rosalyn Landman Shaffer will be working with Claudio during the week.

[B.S.] August 11-13
Tuning Your Energy Body
Robert Nadeau

Weekend workshop $85

All of us have moments when we are balanced: when we are centered in ourselves yet open and at one with the richness of life around us. Those moments do not have to be rare accidents. We exist in a vast reservoir of energy that we can learn to tune into and use to enrich our lives on every level. This workshop is an experience in the application of this life energy to relaxation, concentration, healing and life in general.

[S.F.] August 12
Modern Approaches to Hypnotherapy
Emmett Miller

One day workshop $20

This workshop is designed to familiarize participants with the latest approaches to hypnotherapy, utilizing the increased state of receptivities towards programming and the control of automatic nervous system functions through the state of hypnosis. All participants will experience the phenomena of hypnosis, and some individuals may learn self-hypnosis by the end of the session. 10 a.m. to 6 p.m.

[S.F.] August 17
Energy Awareness
Robert Nadeau

One day workshop $15

Participants will explore the relation of a free flow of energy to relaxation, calmness, attitude, mental concentration, centering and moving from center. Thursday, 10 a.m. to 6 p.m.

[B.S.] August 20-25
A Western Approach to Centering
Seymour Carter

Five-day workshop $215

(See workshop description, July 28-30, above.)

[B.S.] August 20-25
The New Psychology of Consciousness
Robert Ornstein

Five-day workshop $215

There is a new concept of man arising from a synthesis of the esoteric traditions and modern science. It includes possibilities of self-mastery beyond the usual limits, capacities for self-regulation of brain and body, for contacting subtle signals within ourselves, in others and on earth. Participants will be offered a combination of intellectual and experiential inquiry into meditation, autogenic training, bio-feedback, biological rhythms and into subtle forces such as "paranormal" communication and subtle energies such as Prana and the ionization of the air.

[S.F.] Wednesday, August 23
Transpersonal Exercises
James Fadiman

Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

An evening of doing. We will begin with sensory awareness, then interpersonal and meditational or centering exercises, and finally work with psychosynthesis and transpersonal experiences. Some exercises may require paper and pencil.

[S.F.] Monday, August 28
Biological Rhythms & Expanded Consciousness
Gay Luce

Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

Our physical and psychic states depend on our time structure as well as our physical structure. We are linked to the cycles of the earth and the planetary systems beyond by invisible and subtle biological rhythms. We exist in this continual flux, in a sea of the rhythms of gravity, electromagnetic fields, light waves, all which have a direct effect on our health and well being. Gay Luce will discuss these biological rhythms and our relationship to them and our environment.

[S.F.] September 2-3
Working with Sufi Materials
Claudio Naranjo

Weekend workshop $50

Sufi stories and other writings are tools designed for uses and effect far beyond either entertainment or intellectual understanding. The purpose of this weekend will be to introduce participants to the stories' less obvious possibilities. 10 a.m. to 6 p.m., Saturday and Sunday.

[S.F.] Starting September 7
Art & Meditation: *El Topo*
William Pennell Rock

Ongoing series $45

This course will be an attempt to bring about a greater involvement in contemporary art, emphasizing new modes of aesthetic participation. It will have as its focus the film *El Topo*, a contemporary way of the hero, the emerging identity of the new man. The course is intended for men and women to discover each his own "way" and contemporary reality through meditation and group work on the film's mythological imagery.

Recommended reading: *The Hero With a Thousand Faces* by Joseph Campbell. Four Wednesday evenings, 8-10:30 p.m., September 7-28. Limited to 10 participants.

[S.F.] September 8-10
Energy Awareness & Meditation
Robert Nadeau

Residential weekend workshop $75 including room and meals

Participants will explore the relation of a free flow of energy to relaxation, calmness, attitude, mental concentration, centering and moving from center. We will experience life energy and its use in spiritual growth and healing and as a tool for higher awareness.

[B.S.] September 8-10
The Human Biocomputer
John Lilly

Weekend seminar $95

As a result of his work with Oscar Ichazo, John Lilly has expanded his mind-brain-body biocomputer model of human to include the "essence". Using methods derived from Eastern and Western mystical traditions as well as modern science, this program will work to move participants toward essence. (Recommended reading: *The Human Biocomputer; The Center of the Cyclone.*)

[S.F.] Thursday, September 14
LSD & the Cosmic Game
Dr. Stanislav Grof

Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

During the last 15 years, Dr. Grof has conducted over 2,000 LSD sessions with psychiatric patients, terminal cancer patients and "normal" volunteers. He has reviewed and summarized those parts of the sessions where the subjects experienced insights into basic ontological problems, such as: "Who are we?", "What is the nature of the universe?" Dr. Grof will discuss a surprisingly consistent metaphysical system emerging from this psychedelic work and compare it with existing mystical and religious frameworks and revolutionary discoveries of 20th Century science.

[S.F.] September 16
Dying & Death as a Psychedelic Experience
Dr. Stanislav Grof

One day workshop $18

We will discuss an experimental program exploring the potential of LSD-assisted psychotherapy for relieving depression, physical pain and fear of death in patients with terminal cancer. Observations collected during 15 years of LSD research will be used to demonstrate the similarity, if not identity, between the experiences of psychedelic sessions and the altered states of consciousness accompanying and following clinical death. A hypothetical picture of the experiences accompanying death will be drawn; some of the existing "maps" – the ancient books of the dead and manuals for mystery religions – will be discussed in this connection. 10 a.m. to 6 p.m.

[B.S.] September 17-29
The Human Biocomputer
John Lilly

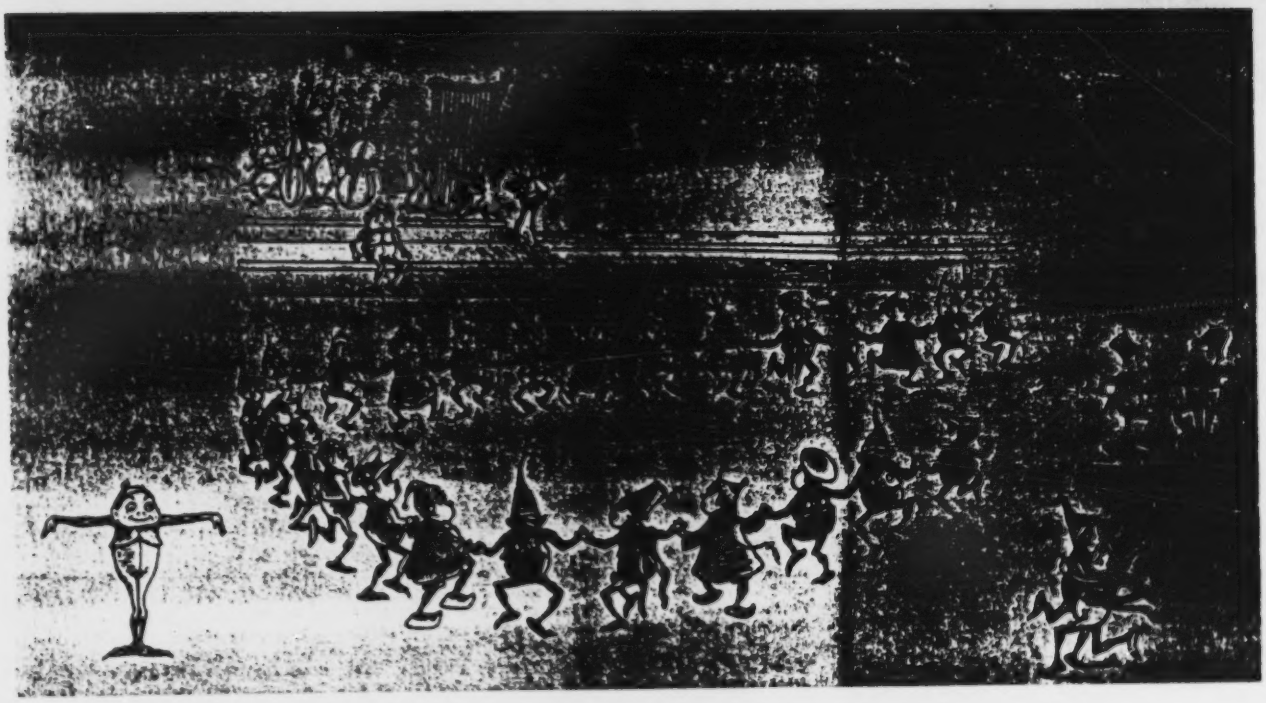
Two-week workshop $490

(See S.F. workshop description, June 30-July 2, above.)

[S.F.] September 23
Alexander Technique Movement & Meditation
Frank Ottiwell & Bonita Bradley

One day workshop $20

We will use the Alexander Technique, movement and meditation to facilitate psychophysical integration, to experiment with the way we use ourselves in everyday activities, as well as the specialized activities of simple meditation and gentle stretching postures. 10 a.m. to 6 p.m.



[B.S.] September 24-29

Five Days with Claudio Naranjo

$245 (See workshop description, August 6-11, above.)

[B.S.] October 6-8

Introduction to Transpersonal

Robert Frager

Weekend workshop $85

A weekend of meditation, contemplation and relaxation. We will do light exercises, meditation and chanting in the mornings and evenings, and transpersonal games such as yoga tag in the afternoons. Also included will be exposure to psychosynthesis techniques and aikido.

[S.F.] October 6-8

Extending Awareness through Hypnosis

Lee Pulos

Weekend workshop $50

This workshop will combine the approaches of hypnosis and psychosynthesis. Hypnosis and self-hypnosis will be taught so that participants can focus in on themselves through hypnotically induced dreams, automatic writing and drawings under hypnosis. These self-discoveries will be extended through guided fantasies, symbolic imagery and learning how to tune in to the "inner theater" of one's unconsious.

ARICA TRAINING

The Arica Training offers a system of human development carefully structured to produce a total integration of mind, emotion and body. It is possible to learn how to reach and maintain a place of peace, joy and harmony – the natural condition of man – his heritage.

Workshops are designed as an introduction to the total process and are experiences within themselves. The work is done in groups, insuring the support and high energy of a number of people working together. Arica exercises have been gathered from ancient and modern systems, refined and simplified. They include physical movement, chanting, music, meditation – all with a foundation of natural rhythm.

The Arica staff consists of a group of people who have completed the basic process, plus additional training, allowing them to pass it to others. Workshop leaders will be drawn from that staff.

Evening Introductions to Arica Training:
Thursday, August 3
Wednesday, September 13
$3 general; $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

San Francisco Workshops:
July 8 (1 day); 10 a.m. to 6 p.m.; $18
August 12 (1 day); 10 a.m. to 6 p.m.; $18
September 23-24 (weekend); Saturday, 10 a.m. to 10 p.m.; Sunday, 10 a.m. to 4 p.m.; $50

Big Sur Workshops:
July 9-14 (5 days); $215
July 14-16 (weekend); $95
July 16-21 (5 days); $215
August 13-25 (2 weeks); $480
September 10-15 (5 days); $215
October 1-27 (4 weeks); $985

BIOGRAPHICAL INFORMATION

BERNARD AARONSON heads the experimental psychology section of the New Jersey Bureau of Research in Neurology and Psychiatry. Dr. Aaronson is interested in many growth techniques including hypnosis, elements of occult traditions, meditation and operant conditioning.

BONITA BRADLEY is a San Francisco yoga teacher who has studied in India for three years at Behar School of Yoga.

SEYMOUR CARTER is a former director of the Esalen residence program. His background includes training with Synanon, Charlott Selver and Ida Rolf. He has been deeply influenced by Zen Buddhism and gestalt, and is a student of aikido.

DOROTHY FADIMAN is currently doing research on the interaction of energy and living matter. She is a practicing artist and has been a speech therapist.

JAMES FADIMAN is an educational and management consultant. He is a lecturer in design engineering and a psychological counselor at Stanford University, and associate editor of the *Journal of Transpersonal Psychology*. He is a pioneer in the transpersonal field, has lectured and done workshops in psychosynthesis, and has worked with Roberto Assagioli in Italy.

ROLAND FISCHER got both his first mescaline experience and his Ph.D. in Basel, Switzerland, in 1945. A pioneer of hallucinogenic drug research, he was for 13 years professor of experimental psychiatry and pharmacology at Ohio State University. He still holds the latter position after having recently moved to the VA Hospital's Drug Treatment and Research Center in Washington, D.C. He has written more than 200 research publications.

ROBERT FRAGER teaches psychology at the University of California, Santa Cruz. He was a personal student of Master Morihei Ueshiba, the founder of aikido, and has also studied various forms of yoga and related transpersonal disciplines for a number of years in Japan, India, and the United States.

STANISLAV GROF is a research psychiatrist currently on a fellowship at the Johns Hopkins Medical School in Baltimore. During the past decade he has conducted numerous studies with LSD subjects in Prague. He has analyzed records from more than 2,600 sessions of psychiatric patients, scientists, philosophers, artists, theologians and persons facing death with special emphasis placed on experiences and insights related to basic ontological questions.

FAITH HORNBACHER was trained in Rolf-Aston Structural Patterning in Stillness and Motion by Judith Aston. She is presently in private practice in the Bay Area.

JOE KAMIYA teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. His research is concerned withphysiological feedback training and psychophysiology of meditation.

JOHN LILLY has primary research interest in the relation of the mind to the brain. He is trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication.

GAY LUCE is a scientific writer and a student of psychic medicine, biological rhythms, hypnosis and sensory deprivation. She is the author of *Sleep* and *Insomnia* (both with Julius Segal) and *Body Time*.

DEBORAH ANNE MEDOW teaches hatha yoga and massage at Esalen and in San Francisco and Berkeley. She is engaged in the study of yogic healing and related energy sciences.

EMMETT MILLER completed his medical studies at the Albert Einstein School of Medicine. A member of the American Society of Clinical Hypnosis, he is in private practice in Carmel, Calif.

PEGGY MORRISON was in the 1970 Esalen residence program. She is currently the head of the Esalen/Big Sur massage crew and a teacher of massage.

LOREN MOSHER, a research psychiatrist, is chief of NIMH's Center for Studies of Schizophrenia. He has trained with H. Searles, L. Wynne, R. D. Laing and J. Sutherland, and is presently involved in the development and study of a community-based treatment center for acute psychosis where the episode is viewed as a crisis in development with growth-enhancing potential.

ROBERT NADEAU utilizes energy awareness and the concept of "energy dimensions" to approach the transpersonal self. He also teaches meditation, energy awareness and aikido in the Bay Area.

CLAUDIO NARANJO was trained as a medical doctor and psychoanalyst before turning to gestalt therapy and psychopharmacology and then to the role of a translator of many understandings and practices of spiritual traditions into the terms of contemporary psychology and psychotherapy.

ROBERT ORNSTEIN, Ph.D., teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute.

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique (New York) and is President of the California Center. He has been teacher of the Alexander Technique for the American Conservatory Theatre since its inception and is in private practice in San Francisco.

JOHN PERRY, a Jungian analyst in private practice for the past 20 years, is Director of Studies at the C. G. Jung Institute of San Francisco. He is assistant clinical professor of psychiatry at the University of California Medical Center, and is the author of *The Self in Psychotic Process* and numerous articles.

LEE PULOS is a clinical psychologist in private practice and assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in leading training workshops for professionals and in researching the effects of hypnosis upon athletic performance.

WILLIAM PENNELL ROCK has taught at several universities including Banaras Hindu University in India and the Univeristy of California at Santa Barbara. He has done extensive research on Heidegger and on the Upanishad, and is presently affiliated with the Center for the Study of Democratic Institutions.

ROSALYN LANDMAN SHAFFER studied with Oscar Ichazo in the Arica Training in Chile and has been working with and assisting Claudio Naranjo since her return to the United States.

HUSTON SMITH is Professor of Philosophy at the Massachusetts Institute of Technology. His birth and childhood in China produced a lifelong interest in comparative philosophies and religions. He is author of *The Religions of Man* and *Condemned to Meaning*.

DAVID SOBEL is a medical student on leave from the University of Michigan. He has written on health and the human body for *Big Rock Candy Mountain* and is presently writing a book on unorthodox medicine, *Ways of Health*, to be published in the Esalen-Viking Series.

ALAN WATTS is author of *The Way of Zen; Nature, Man and Woman; Psychotherapy East and West;* and many other writings. He has been, with D. T. Suzuki, the leading popularizer of Zen Buddhism in the United States.

Summer Institute in the Psychology of Human Consciousness: This five-week program, to be held July 21-August 27, will focus on techniques and disciplines concerned with extending consciousness as taught by a faculty of leading researchers and teachers in the fields of psychology, religion and philosophy. See page 3 for complete information.

The Journal of Transpersonal Psychology
A journal for theoretical and applied research in peak experience, self-transcendence, ultimate values, ecstacy, wonder, B-values, transcendental phenomena and related concepts, experiences and activities. Volumne III, No. 2, edited by Anthony Sutich, contains articles by: Charles Tart, David Van Nuys, Thomas N. Weide, Huston Smith and Nancy Hendrick.

Subscriptions: $7.50 for two issues per year. Write to: Journal of Transpersonal Psychology, P.O. Box 4437, Stanford, Ca. 94305.

THE ESALEN CALENDAR

SAN FRANCISCO PROGRAMS

THE WEEK OF JUNE 25

June 28	For Women Only: Fuller (1 day): p. 5
June 29 [FREE]	Introduction to Esalen: Kriegel (single eve): p. 5
June 30-July 2	Workshop for Change Agents: Shapiro (weekend): p. 7
June 30-July 2	Psychophysical Synthesis: Gunther (weekend): p. 4
June 30-July 2	Human Biocomputer: Lilly (weekend): p. 8
June 30-July 2	Celebration: Fuller, Leigh (residential weekend): p. 5
June 30-July 2	Loving Someone Gay: Clark (weekend): p. 5
July 1	Introduction to Esalen: Staff (1 day): p. 5

THE WEEK OF JULY 2

July 5	New Ways of Meeting New People: Cromey (single eve): p. 5
July 6 [FREE]	Body Awareness: An Introduction: G. Downing, Rush (single eve): p. 13
July 7-9	Introduction to Esalen: Staff (weekend): p. 5
July 7-9	Yoga & Somatology: Criswell, Hanna (weekend): p. 13
July 7-9	Couples' Workshop: Kriegels (weekend): p. 5
July 7-9 [FREE]	Freedom's Just Another Word for Nothing Left to Lose: Bloomberg, Miller (weekend): p. 12
July 8	Centering: Nadeau (1 day): p. 8
July 8	Play, Touch & Talk: Saltman (1 day): p. 5
July 8	Arica Training: Arica Staff (1 day): p. 9

THE WEEK OF JULY 9

July 9	The Being Bodies: Grand (1 day): p. 13
Starts July 10	Alexander Technique: Ottiwell (cont. Mon. eves): p. 13
July 11-Aug. 29	Body Awareness: G. Downing, Rush (8 Tues. eves): p. 13
Starts July 11	Aikido & Energy Awareness: Nadeau (cont. Tues. eves and Sat. morns.): p. 13
July 12 [FREE]	Introduction to Psychosynthesis: Fadiman (single eve): p. 4
July 13-Aug. 31	Breath Energy: G. Downing (8 Thurs. eves): p. 13
Starts July 13	Relaxation: Yoga Nidra: Bradley (cont. Thurs. eves): p. 13
Starts July 13	Drop-in Encounter: Cromey (cont. Thurs. morns.): p. 5
July 14-15	Open Gestalt: Brien, Gurish (weekend): p. 12
July 14-16	Saying Yes to Life: Fabry (weekend): p. 5
July 14-16	Encounter for Singles: Cromey (weekend): p. 5
July 14-16	Gestalt Plus: G. & J. Brown (weekend): p. 12
July 15	Massage: G. Downing (1 day): p. 13
July 15	Psychodrama: L. & D. Yablonsky (1 day): p. 5

BIG SUR PROGRAMS

THE WEEK OF JUNE 25

June 25-30	Yoga and Self-Knowledge: Kramer (5 days): p. 13
June 25-30	Gestalt Awareness Training and Meditation: Naranjo (5 days): p. 13
June 25-30	Gestalt Training: J. Downing (5 days): p. 13
June 25-July 1	Open Residence Program: Butler (1 week): p. 5
June 25-July 1	Experience of Esalen: Staff (1 week): p. 5
June 30-July 2	ESP Training Using Bio-Feedback & Brain Wave Conditioning: Tart, Hurt (weekend): p. 8
June 30-July 2	Couples' Workshop: Kriegels (weekend): p. 5

THE WEEK OF JULY 2

July 2-7	Gestalt Plus: Browns (5 days): p. 13
July 2-7	Introduction to Esalen: Butler (5 days): p. 5
July 2-8	Experience of Esalen: Staff (5 days): p. 5
July 2-8	Massage and Meditation: Horan & Morrison (5 days): p. 13
July 2-29	Gestalt & Structural Integration: Rubenfeld (4 weeks): p. 13
July 7-9	Bio-feedback Training: Kamiya (weekend): p. 8
July 7-9	You Don't Have to Suffer to Feel Good: Sloan & Lefer (weekend): p. 5
July 7-9	Open Gestalt: Staff (weekend): p. 13

THE WEEK OF JULY 9

July 9-14	Integrating Alexander Technique & Gestalt: I. Rubenfeld (5 days): p. 13
July 9-14	Open Gestalt: Staff (5 days): p. 13
July 9-14	Washing the Body: Surpin (5 days): p. 13
July 9-14	Arica Awareness Training: Arica Staff (5 days): p. 9
July 14-16	Arica Awareness Training: Arica Staff (weekend): p. 9
July 14-16	Gnosis: Divine Wisdom: Smith (weekend): p. 8
July 14-16	Experience of Esalen: Staff (weekend): p. 5
July 14-16	Structural Patterning: Aston (weekend): p. 16

THE WEEK OF JULY 16

July 17	Two Meanings of Sufism: Smith (single eve): p. 8
July 19 [FREE]	Structural Integration: An Introduction: Swann, Taylor (single eve): p. 16
July 20	Massage for the Shy: Jackson (1 day): p. 14
July 20	Planetary Horizons of Man: Thompson (single eve): p. 16
July 21-23	Psychosynthesis: Carter, Kull (weekend): p. 4
July 21-23	Workshop in Fantasy Therapy: Aaronson (weekend): p. 8
July 21-23	Encounter Toward Vitality: Sloan (weekend): p. 5
July 21-Aug. 27	Summer Program in the Psychology of Human Consciousness (5 weeks): p. 2
July 22	Polarity Therapy: Rush (1 day): p. 14
July 22	Introduction to Esalen: Staff (1 day): p. 5
July 22	Planetary Vistas: Thompson (1 day): p. 16

THE WEEK OF JULY 16

July 16-21	Open Residence Program: Staff (5 days): p. 5
July 16-21	Open Gestalt: Staff (5 days): p. 13
July 16-21	Liberating Body and Stone: I. Rubenfeld & Rapp (5 days): p. 13
July 16-21	Personal Exploration of Self: Ornstein, Fadiman, Sobel & Hornbacher (5 days): p. 8
July 16-21	Arica Awareness Training: Staff (5 days): p. 9
July 21-23	Refocusing Energy: Kriegels (weekend): p. 5
July 21-23	Body Awareness: Downing (weekend): p. 14
July 21-23	For Homosexuals: Freitas & Garner (weekend): p. 5

THE WEEK OF JULY 23

July 23	Introduction to the Alexander Technique: I Rubenfeld (single eve): p. 14
July 24	Introduction to Esalen: Cromey (single eve): p. 5
July 24-28	Change Agents in Higher Education: Shapiro (5 days): p. 2
July 24-28	On Developing Self-Esteem: Coopersmith (5 days): p. 2
July 26 [FREE]	Introduction to Confluent Education: S. Miller, M. Kriegel (single eve): p. 2
July 27	Looking-Talking-Touching: For Couples: Smith (single eve): p. 5
July 28-30	Open Encounter: A. & J. Fox (weekend): p. 5
July 28-30	Couples' Workshop: Butler, Surpin (weekend): p. 5
July 28-30	Psychosynthesis for Those Under 25: Carter, Kull (weekend): p. 4
July 29	Gestalt in the Woods: J. Downing, Werthman (1 day): p. 12
July 29	Massage & Meditation: Morrison, Horan (1 day): p. 14
July 29-30	Art of Madness & Madness of Art: Fischer, Perry, Mosher (Residential weekend): p. 8
July 29-30	Gestalt Learning Theory for the Classroom: Kelly (weekend): p. 2

THE WEEK OF JULY 23

July 23-27	The Way of Wisdom & The Way of Powers: Watts (4 days): p. 8
July 23-28	Renascence: Butler (5 days): p. 14
July 23-28	Open Gestalt: Staff (5 days): p. 13
July 28-30	A Western Approach to Centering: Carter (weekend): p. 14
July 28-30	Introduction to Esalen: Staff (weekend): p. 5
July 28-30	The Alexander Technique: Ottiwell (weekend): p. 14
July 28-30	Divorce: A Creative Experience: Cromey (weekend): p. 5

ESALEN/SAN FRANCISCO: 1776 Union Street, San Francisco, CA 94123 / Phone: (415) 771-1710; 10 to 5, Monday through Saturday

SAN FRANCISCO PROGRAMS

THE WEEK OF JULY 30

July 31 [FREE]	Introduction to Psychodrama: Anderson (single eve): p. 5
July 31	Working with the "Mentally Retarded": Padover (1 day): p. 2
July 31-Aug. 11	Workshop for Counselors: Aikin (2 weeks): p. 3
Aug. 1-3	Educating the Whole Person: P. & A. Nash (3 days): p. 2
Aug. 2	On Yoga: Lecture & Demonstration: Kramer (single eve): p. 14
Aug. 3	Arica Training: An Introduction: Arica Staff (single eve): p. 9
Aug. 4	Humanistic Education: Beyond Technique: Bridges (1 day): p. 2
Aug. 4-6	Introduction to Esalen: Staff (weekend): p. 5
Aug. 4-6	Boundaries of Liberation: Larcombe (weekend): p. 5
Aug. 4-6	Introduction Into the Internal Movement Center: Roth (weekend): p. 14
Aug. 5	Structural Patterning: Hornbacher (1 day): p. 16
Aug. 5	Teenagers & Parents: G. & D. Jackson (1 day): p. 6
Aug. 5-6	New Aspects of Awareness: Kepner, B. & R. Woodson (weekend): p. 12

THE WEEK OF AUGUST 6

Aug. 6	Bodies' Energies: Grand (1 day): p. 14
Aug. 7	New Ways of Meeting New People: Cromey (single eve): p. 16
Aug. 7-9	Drugs & the Young: Marin (3 days): p. 2
Aug. 10	For Teachers of Religion: M. Kriegel (1 day): p. 2
Aug. 10	Introduction to Esalen: R. Kriegel (single eve): p. 5
Aug. 11	Reading: S. Miller (1 day): p. 2
Aug. 11-13 [FREE]	Freedom's Just Another Word for Nothing Left to Lose: Bloomberg, Miller (weekend): p. 12
Aug. 11-13	Psychosynthesis: Kull, Carter (weekend): p. 4
Aug. 11-13	You Don't Have to Suffer to Feel Good: Sloan (weekend): p. 6
Aug. 12	Modern Approaches to Hypnotherapy: E. Miller (1 day): p. 8
Aug. 12	Arica Training: Arica Staff (1 day): p. 9
Aug. 12-13	Advanced Massage: G. Downing, Rush (weekend): p. 14

THE WEEK OF AUGUST 13

Aug. 14-17	Gestalt, Psychosynthesis & Education: G. Brown (4 days): p. 2
Aug. 15-16	Psychology of Play for Parents & Teachers: Saltman (2 days): p. 2
Aug. 16	Introduction to Esalen: Staff (1 day): p. 5
Aug. 17	Energy Awareness: Nadeau (1 day): p. 8
Aug. 17	Unorthodox Medicine: Sobel (single eve): p. 14
Aug. 18	Behavior of Children: S. Miller (1 day): p. 2
Aug. 18-19 & Sept. 22-23	Golf & Energy Awareness: Murphy, Nadeau, Johnson (2 weekends): p. 16
Aug. 18-20	Bodymind: Butler, Surpin (weekend): p. 14
Aug. 18-20	Couples' Workshop: Smith (weekend): p. 6
Aug. 19	Sensory Awareness: B. & J. Weaver (1 day): p. 14
Aug. 19	Alternative Views of Schizophrenia: A. & J. Fox, Saltman (1 day): p. 16
Aug. 19-20	Psychosynthesis & Education: Yeomans (weekend): p. 2
Aug. 19-20	Physical, Psychological & Spiritual Dimensions of Yoga: Kramer (weekend): p. 14
Aug. 19-26	Encountering in the High Sierras: W. & M. Anderson, Foster (7 days outdoors): p. 6

BIG SUR PROGRAMS

THE WEEK OF JULY 30

July 30-Aug. 4	Introduction to Esalen: Staff (5 days): p. 5
July 30-Aug. 4	Gestalt Plus: Browns (5 days): p. 13
July 30-Aug. 4	The School Curriculum & The Affective Domain: Kriegel & Miller (5 days): p. 2
July 30-Aug. 4	Massage & Breath Energy: Downing (5 days): p. 14
July 30-Aug. 4	Refocusing Energy: Kriegel (5 days): p. 5
Aug. 4-6	Psychosynthesis Workshop: Yeomans (weekend): p. 4
Aug. 4-6	Encounter for Singles: Cromey (weekend): p. 5
Aug. 4-6	Open Gestalt: Silverman (weekend): p. 13

THE WEEK OF AUGUST 6

Aug. 6-11	Five Days with Claudio Naranjo: p. 8
Aug. 6-11	Experience of Esalen: Staff (5 days): p. 5
Aug. 6-11	Open Gestalt: F. Rubenfeld (5 days): p. 13
Aug. 6-11	Open Residence Program: Surpin (5 days): p. 5
Aug. 6-11	A neo-Reichian Bioenergetic Week: Kelleys (5 days): p. 14
Aug. 6-18	Integrating the Alexander Technique and Gestalt: I. Rubenfeld (2 weeks): p. 14
Aug. 11-13	Introduction to Esalen: Butler (weekend): p. 5
Aug. 11-13	Tuning Your Energy Body: Nadeau (weekend): p. 14
Aug. 11-13	Freeing the Body: Staff (weekend): p. 14

THE WEEK OF AUGUST 13

Aug. 13-18	The Fellowship of the Ring: Hillmans (5 days): p. 2
Aug. 13-18	Body Music: Morrison & Ostrom (5 days): p. 14
Aug. 13-18	Growth Trhough Risk-taking: Schiffman (5 days): p. 6
Aug. 13-25	Arica Awareness Training: Arica Staff (2 weeks): p. 9
Aug. 18-20	Gestalt Plus: Browns (weekend): p. 13
Aug. 18-20	Gestounter: Rosenblatt & Silverman (weekend): p. 6
Aug. 18-20	Yoga and Meditation: Medow (weekend): p. 14

THE WEEK OF AUGUST 20

Aug. 21-25	Theme-Centered Interactional Group-Leading: Training Workshop: F. Rubenfeld, Hirschfield (5 days; residential): p. 7
Aug. 22	Massage: G. Downing (1 day): p. 14
Aug. 23	Transpersonal Exercises: Fadiman (single eve): p. 8
Aug. 24	Introduction to Esalen: A. & J. Fox (single eve): p. 5
Aug. 25-27	Psychophysical Synthesis: Gunther (weekend): p. 4
Aug. 25-27	Exploring Self-Acceptance: Schiffman (weekend): p. 6
Aug. 26	Body Awareness & Gestalt: Werthman, G. Downing (1 day): p. 12

THE WEEK OF AUGUST 20

Aug. 20-25	Skills Workshop for Group Leaders: Larcombe: p. 7
Aug. 20-25	Encounter Toward Vitality: Sloan (5 days): p. 6
Aug. 20-25	The New Psychology of Consciousness: Ornstein (5 days): p. 8
Aug. 20-25	A Western Approach to Centering: Carter (5 days): p. 14
Aug. 20-25	Open Gestalt: Staff (5 days): p.13

THE WEEK OF AUGUST 27

Aug. 27	Introduction to Esalen: Staff (1 day): p. 5
Aug. 28	Biological Rhythms & Expanded Consciousness: Luce (single eve): p. 8
Aug. 30	Re-Evaluation Counseling: An Introduction: Rock (single eve): p. 6
Sept. 1-3	Psychosynthesis Advanced Workshop: Carter, Kull (weekend): p. 4
Sept. 1-3 [FREE]	Freedom's Just Another Word for Nothing Left to Lose: Bloomberg, Miller (weekend): p. 12
Sept. 2	Massage: Rush (1 day): p. 15
Sept. 2	Movement: Roth (1 day): p. 15
Sept. 2-3	Working With Sufi Materials: Naranjo (weekend): p. 8
Sept. 2-4	Celebration: Fuller, Leigh (residential weekend): p. 6

THE WEEK OF AUGUST 27

Aug. 27-Sept. 1	Open Residence Program: Staff (5 days): p. 5
Aug. 27-Sept. 1	Tuning Your Energy Body: Nadeau (5 days): p. 15
Aug. 27-Sept. 1	Toward the Truly Natural: Weavers (5 days): p. 14
Aug. 27-Sept. 1	Open Gestalt: Staff (5 days): p. 13
Aug. 27-Sept. 1	More: Butler (5 days): p. 6
Sept. 1-3	Introduction to Esalen: Surpin (weekend): p. 5
Sept. 1-3	Totems: A Self-Portrait in Dance: Halprin (weekend): p. 15
Sept. 1-3	Psychosynthesis Workshop: Conway (weekend): p. 4
Sept. 1-3	Self-Awareness: Schiffman (weekend): p. 6

SAN FRANCISCO PROGRAMS

THE WEEK OF SEPTEMBER 3

Sept. 6	Introduction to Esalen: Sloan (single eve): p. 5
Sept. 6-Oct. 4	Sexual Politics: Brien, Mander, Werthman (5 Wed. eves): p. 6
Sept. 7-28	Art & Meditation: *El Topo:* Rock (4 Wed. eves): p. 16
Sept. 8-10	Energy Awareness & Meditation: Nadeau (residential weekend): p. 8
Sept. 8-10	Refocusing Energy: R. & M. Kriegel (weekend): p. 6
Sept. 9	Encounter for Singles: Cromey (1 day): p. 6
Sept. 9-10	Poetry, Music & Gestalt Self-Awareness: Schoen (weekend): p. 12

THE WEEK OF SEPTEMBER 10

Sept. 13	Arica Training: An Introduction: Arica Staff (single eve): p. 9
Sept. 14	LSD & the Cosmic Game: Grof (single eve): p. 9
Sept. 14-17	Getting High on Mountains: W. & M. Anderson (3 days outdoors): p. 6
Sept. 15-16	Gestalt-Bioenergetics: Werthman, Conant (weekend): p. 12
Sept. 15-16	Gestalt & Theatre Arts Workshop: Resnick, Rebillot (weekend): p. 12
Sept. 15-17	Creative Process for Couples: D. & B. Clark (weekend): p. 6
Sept. 15-17	Sensory Awareness: B. & J. Weaver (weekend): p. 15
Sept. 15-17	Psychosynthesis: Allen, Conway (weekend): p. 4
Sept. 16	Introduction to Esalen: Staff (1 day): p. 5
Sept. 16	Dying & Death as a Psychedelic Experience: Grof (1 day): p. 9
Sept. 16	The Psychic Dimensions of Sport: Johnson, Meggyesy, Murphy, Nadeau, Schutz (one day): p. 16

THE WEEK OF SEPTEMBER 17

Sept. 18	Practice of Awareness-Gestalt Exercises for Daily Use: Enright (single eve): p. 12
Sept. 20	Coming Out of Divorce: Smith (single eve): p. 6
Sept. 21	Introduction to Esalen: Conway (single eve): p. 5
Sept. 22-24	Communication Games: Hough (weekend): p. 6
Sept. 22-24	Encounter for Singles Over 30: Cromey (weekend): p. 6
Sept. 22-24	Massage & Meditation: Morrison, Horan (weekend): p. 15
Sept. 23	Alexander Technique, Movement & Meditation: Ottiwell, Bradley (1 day): p. 15
Sept. 23	Open Gestalt: Enright (1 day): p. 12
Sept. 23-24	Arica Training: Arica Staff (weekend): p. 9

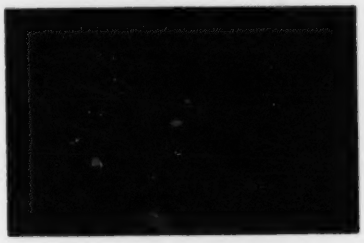
BIG SUR PROGRAMS

THE WEEK OF SEPTEMBER 3

Sept. 3-8	Peeling the Ego Body: Surpin (5 days): p. 15
Sept. 3-8	Centering Through Massage & Movement: Roth (5 days): p. 15
Sept. 3-8	Divorce: A Creative Experience: Cromey (5 days): p. 6
Sept. 3-8	Another Aspect of Gestalt Training: Downing (5 days): p. 13
Sept. 8-10	Open Gestalt: Staff (weekend): p. 13
Sept. 8-10	The Human Biocomputer: Lilly (weekend): p. 9
Sept. 8-10	Getting It Together: Weavers (weekend): p. 15

THE WEEK OF SEPTEMBER 10

Sept. 10-15	Experience of Esalen: Staff (5 days): p. 5
Sept. 10-15	Body Awareness and the Sense of Being: Maupin (5 days): p. 15
Sept. 10-15	Advanced Gestalt Workshop: Martin (5 days): p. 13
Sept. 10-15	Open Residence Program: Sloan (5 days): p. 5
Sept. 10-15	Arica Awareness Training: Arica Staff (5 days): p. 9
Sept. 15-17	Introduction to Esalen: Surpin (weekend): p. 5
Sept. 15-17	Massage and Sensory Awareness: Morrison (weekend): p. 15
Sept. 15-17	Another Aspect of Gestalt Training: Downing (weekend): p. 13



THE WEEK OF SEPTEMBER 17

Sept. 17-22	Freeing the Body: Staff (5 days): p. 15
Sept. 17-22	For Homosexuals: Freitas & Garner (5 days): p. 6
Sept. 17-22	Open Gestalt: Staff (5 days): p. 13
Sept. 17-22	Breaking Out: Butler (5 days): p. 6
Sept. 17-29	The Human Biocomputer: Lilly (2 weeks): p. 9
Sept. 22-24	More Joy: Schutz & Esalen Staff (weekend): p. 6

THE WEEK OF SEPTEMBER 24

Sept. 26-Oct. 31	Gestalt Awareness as a Form of Meditation: Enright, Browning (6 Tues. morns): p. 12
Sept. 28-Oct. 1	Sexuality & Self for Professionals: Clark (extended residential weekend): p. 7
Sept. 29-30	Women & Their Bodies: A Symposium (weekend): p. 15
Sept. 29-Oct. 1	Introduction to Esalen: Staff (weekend): p. 5
Sept. 30	Psychodrama: L. & D. Yablonsky (1 day): p. 6
Sept. 30-Oct. 1	Here & Now & Other Realities: Rosenberg, Werthman, Armstrong (weekend): p. 12
Sept. 30-Oct. 1	Open Gestalt: Hall (weekend): p. 12

THE WEEK OF SEPTEMBER 24

Sept. 24-29	Gestalt Theater Workshop: Resnick (5 days): p. 13
Sept. 24-29	The Body Never Lies: Surpin (5 days): p. 15
Sept. 24-29	Five Days with Claudio Naranjo: p. 9
Sept. 29-Oct. 1	Couples' Workshop: Butler & Surpin (weekend): p. 6
Sept. 29-Oct. 1	Experience of Esalen: Staff (weekend): p. 5
Sept. 29-Oct. 1	Psychosynthesis & Art: Allen (weekend): p. 4
Sept. 29-Oct. 1	Open Gestalt: Staff (weekend): p. 13

THE WEEK OF OCTOBER 1

Oct. 5	Gestalt Therapy Lecture-Demonstration: Resnick (single eve): p. 12
Oct. 6-8	Professional Training in Psychosynthesis: R. & D. Gerard (weekend): p. 4
Oct. 6-8	Extending Awareness Through Hypnosis: Pulos (weekend): p. 9
Oct. 6-8	Psychology of Over-Eating: L. & L. Pearson (weekend): p. 6
Oct. 6-8	The Dream: Lyon, Nin, Proskauer (residential weekend): p. 16
Oct. 7	Massage: Parks, Feder (1 day): p. 15
Oct. 7-Dec. 3	Structural Integration: The Body & Expanded Awareness: Gilchrist, Stratman (2 months): p. 16

THE WEEK OF OCTOBER 1

Oct. 1-6	Open Gestalt: Staff (5 days): p. 13
Oct. 1-16	Centering Through Massage & Movement: Roth (5 days): p. 15
Oct. 1-27	Arica Awareness Training: Arica Staff (4 weeks): p. 9
Oct. 6-8	Introduction to Transpersonal: Frager (weekend): p. 9

THE WEEK OF OCTOBER 8

Oct. 10-Nov. 19	Psychosynthesis Training Series for Professionals: J. & S. Vargiu (6 Tues. eves; 1 weekend): p. 4

THE WEEK OF OCTOBER 22

Oct. 23-March 30	Extended Growth Program: Grand (5 months): p. 3

THE WEEK OF OCTOBER 22

Oct. 22-27	Gestalt Awareness Training for Health Professionals: Rosenberg (5 days): p. 7

GESTALT

Gestalt is an awareness-centered integrative process concentrating on how and not, rather than why and fantasies of past and future. The aim is to produce awareness by the promotion of maturity and responsibility and the discovery of one's own untapped potential. The assumption is made that participants are not "patients", but are persons responsible for their own life decisions.

Gestalt Programs in the Bay Area

For July, August and September the Gestalt Institute of San Francisco is continuing to hold its workshops in conjunction with Esalen. Consequently, no other brochure describing the Gestalt Institute's programs will be distributed. The ongoing Training Program is exclusively sponsored by the Gestalt Institute.

[S.F.] July 7-9
Freedom's Just Another Word for Nothing Left to Lose
Larry Bloomberg, Richard Miller, et. al. *Weekend workshop FREE*

This meeting may become a playground-workshop polarity for those of you who want to risk for pleasure, for what pleases you at the moment. You are welcome who have a light heart, a simple soul, and nothing left to lose. Payment accepted in kindness. This workshop is planned for the country, so bring what you need like sleeping bags, food, flashlight. Workshop location will be sent with confirmation of reservation.

[S.F.] July 14-15
Open Gestalt
Lois Brien & Hal Gurish
Weekend workshop $60

Friday, 7 p.m. to 12 Midnight (10-12, leaderless small groups); Saturday, 10 a.m to 6 p.m.

[S.F.] July 14-16
Gestalt Plus
George & Judith Brown
Weekend workshop $50

A workshop for individuals and couples where the approaches of gestalt therapy are combined with techniques from psychosynthesis. The focus will be on re-owning energy and discovering new and alternative ways to be as individuals and in primal relationships. Emphasis will also be placed on what to do after leaving the workshop.

(Sponsored by Esalen Institute only.)

[S.F.] July 29
Gestalt in the Woods
Jack Downing & Cyndy Werthman
One-day workshop $35

Saturday, 10 a.m. through picnic dinner. (Bring food appropriate for barbecuing.)

[S.F.] August 5-6
New Aspects of Awareness: Tuning Up for Turning On
Elaine Kepner & Bill & Ricky Woodson
Weekend workshop $60

Elaine, Bill and Ricky have recently completed the Arica awareness training in San Francisco and will share some of these integrative exercises with you. We will use gestalt and other awareness techniques to get in tune with our bodies, our emotions and our spirit. Saturday, 9 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.

[S.F.] August 11-13
Freedom's Just Another Word for Nothing Left to Lose
Larry Bloomberg, Richard Miller, et. al. *Weekend workshop FREE*

(See workshop description, July 7-9, above.)

[S.F.] August 26
Body Awareness & Gestalt
Cyndy Werthman & George Downing
One day workshop $20

By combining the verbal techniques of gestalt with a number of nonverbal techniques of body awareness, we will explore new possibilities of deeper and increased self-expression. 10 a.m. to 10 p.m.

[S.F.] September 1-3
Freedom's Just Another Word for Nothing Left to Lose
Larry Bloomberg, Richard Miller, et. al. *weekend workshop FREE*

(See workshop description, July 7-9, above.)

[S.F.] September 9-10
Poetry, Music & Gestalt Self-Awareness
Steve Schoen
Weekend workshop $50

Poetry and music formalize feeling, and give it structure in words and sound. Gestalt work, analagously, formalizes self-awareness increasingly to define the person's own inner structure. This workshop is designed for those who desire further self-unfolding, especially those sensitive to the unfolding which occurs in poetry and music. We shall focus on tone, pace, rhythm, balance, contrasts, dissonance and resolution as these apply both in the arts and the inner life. Bring your own poetry or music, if you wish, either to spark work on problems, or as a model of personal fulfillment. Saturday and Sunday, 9 a.m. to 5 p.m.

[S.F.] September 15-16
Gestalt & Theatre Arts Workshop
Stella Resnick & Paul Rebillot
Weekend workshop $65

This workshop will be a gestalt and theatre art experience. We will develop our weekend experience through gestalt awareness, movement, music, rhythm and dance, within a theatre-game framework, in order to explore and enjoy our awareness, spontaneity, creativity and excitement. Friday, 7 p.m. to 10 p.m.; Saturday, 10 a.m. to 6 p.m.

[S.F.] September 15-16
Gestalt-Bioenergetics
Cyndy Werthman & Michael Conant
Weekend workshop $65

We'll use group bioenergetics and gestalt work to further deepen contact with ourselves and each other. Friday, 7:30 p.m. to 11 p.m.; Saturday, 9:30 a.m. to 6 p.m.

[S.F.] Monday, September 18
The Practice of Awareness: Gestalt Exercises for Daily Use
John Enright
Single-evening event
$3 general; $2 student; 8-10:30 p.m.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

An introduction to gestalt awareness, with emphasis on techniques of awareness expansion that can be used *ad. lib.* in life situations. (No admission charge for people participating in Dr. Enright's September 23rd workshop.)

[S.F.] September 23
Open Gestalt
John Enright & Hal Gurish
One-day workshop $30

Saturday, 10 a.m. to 6 p.m. Fee includes admission to Monday evening (Sept. 18), The Practice of Awareness. See above.

[S.F.] Starting September 26
Gestalt Awareness as a Form of Meditation
John Enright & Ron Browning
Ongoing series $55 for the series

Most forms of meditation were developed in and for cultures quite different from ours. Though not intended as such originally, gestalt techniques turn out to be essentially meditation styles particularly suited to Western man here and now. In these meetings we will develop this potential, working out individualized programs of gestalt meditations to be done on a regular basis. Six consecutive Tuesday mornings, 10 a.m. to 11:45 a.m.

[S.F.] September 30-October 1

Here & Now and Other Realities

Jack Rosenberg, Cyndy Werthman & Ann Armstrong

Weekend workshop $65

Gestalt and psychic experiences will be intertwined, and we'll discover what realities emerge. Saturday and Sunday, 9 a.m. to 6 p.m.

[S.F.] September 30-October 1

Open Gestalt

Bob Hall

Weekend workshop $65

Saturday and Sunday, 10 a.m. to 5 p.m.

[S.F.] Thursday, October 5

Gestalt Therapy Lecture-Demonstration

Stella Resnick

Single-evening event
$3 general; $2 student; 8-10:30 p.m.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

People often have their greatest difficulties as a result of negative process, *i.e.*, leaving the here and now experience and using up their energy with unpleasant memories of the past, catastrophic anticipation of the future, and negative interpretations of the present. Dr. Resnick will address her talk and demonstration to how she works with Gestalt therapy to facilitate awareness of these unpleasant processes and to learn to replace the pain process with pleasurable and creative process.

PROFESSIONAL TRAINING PROGRAM

The Gestalt Institute of San Francisco, founded by the late Fritz Perls in 1967, is primarily a training institution. Programs in gestalt methods and applications are offered by the training faculty to practitioners with appropriate professional training and experience.

Gestalt therapy is a method of psychotherapy and way of living that emphasizes personal responsibility for one's life style. By achieving awareness of present ongoing behavior, the person becomes increasingly capable of self-responsibility and learns to make choices that enhance rather than limit his personal growth.

Program: The trainee begins by participating in experientially-oriented gestalt groups. As he acquires familiarity with both theory and practice, his program is specially designed to meet his needs and desires. Thus, individuals in the specifically therapeutic professions eventually follow a different program from those in the allied professions (educators, ministers, *et. al.*) As a Senior Trainee, the student co-leads training groups and Institute workshops. Membership in the Institute is then possible.

Eligibility: (1) the psychotherapeutic professions: (a) Qualified psychologists, psychiatrists and social workers, holding degrees in their fields. (b) Individuals engaged in or who have had two years of graduate training in the above disciplines. (2) Allied professions: individuals with training or experience in the arts, education, the ministry or other relevant fields.

Schedule: Training groups of approximately 12 people meet Wednesday afternoons and several Wednesday and Thursday evenings for a total of 46 hours each quarter. The next quarter will begin September 13.

Trainers: The training staff is drawn from the Institute Membership, as indicated in the biographical data below.

Fees: $300 per quarter.

Application Procedure:

1. Submit a letter describing your background and how you intend to use gestalt training to the Gestalt Institute of San Francisco, 1719 Union Street, San Francisco 94123.

2. Attend a special workshop for applicants only, led by the training director at the Gestalt Institute, at 3 p.m. September 5. Fee is $25, due at least one week before workshop date.

3. All inquiries concerning this program should be directed to Art Damond at the Gestalt Institute, (415) 776-4500.

GESTALT INSTITUTE OF SAN FRANCISCO

Frederick S. Perls, M.D., Ph.D.
(1893-1970) . . . Founder

DIRECTORS
Lawrence I. Bloomberg, Ph.D.
Lois Brien, Ph.D.
John Enright, Ph.D.
Elaine Kepner, Ph.D.
Richard Louis Miller, Ph.D.
Stella Resnick, Ph.D.
Cynthia Werthman, M.S.W.

Arthur Damond, *Administrator*

BIOGRAPHICAL INFORMATION

ANN ARMSTRONG, a clairvoyant from Sacramento, uses her abilities for deep level analysis of personal problems and for guidance in the growth of the inner life.

*LARRY BLOOMBERG has been a gestalt therapist for twenty years. He is currently a training therapist and director at the Gestalt Institute of San Francisco and the Gestalt Institute for Multiple Psychotherapy. Dr. Bloomberg is a recognized authority on the novels of Rex Stout and Anthony Powell and currently resides at Wilbur Hot Springs, Williams, California.

*LOIS BRIEN is a gestalt therapist, an organization consultant in the Bay Area and a member of the faculty of the California School of Professional Psychology.

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is director of DRICE, the Ford Foundation Center in confluent education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning.*

JUDITH BROWN has an international reputation as a gestalt awareness trainer and has been interested in the use of symbols as an expression of the creative unconscious. In addition to her own groups, she has co-led numerous groups with her husband.

RON BROWNING is a long-time Zen meditator, and trainee at the Gestalt Institute.

MICHAEL CONANT is a psychologist in private practice in Berkeley, where he does bioenergetic work and also draws on his past experience in gestalt therapy, hypnosis and behavior therapy. His particular interest is in helping individuals to become more assertive, more themselves.

ARTHUR DAMOND is an administrator, editor, and lover of fine wines.

GEORGE DOWNING, author of *The Massage Book*, uses an integral approach to body awareness combining massage, yoga and other disciplines.

*JACK DOWNING is a psychiatrist in private practice in Palo Alto. He is experienced in public health, structural integration, gestalt therapy and the Arica awareness training.

*JOHN ENRIGHT, Diplomate in Clinical Psychology, has been a gestalt trainer for ten years, and is developing new fields of application for the basic principles of gestalt.

HAL GURISH is a Licensed Clinical Social Worker in private and clinic practice in San Rafael and San Francisco.

*ROBERT HALL is a psychiatrist in private practice in Mill Valley who is also trained in the Rolf method of structural integration.

*ELAINE KEPNER is a clinical psychologist and gestalt therapist in private practice in San Francisco and Marin County.

ROBERT MARTIN, is an artist, pilot and gestalt therapist. He is a training therapist for and Past President of the Gestalt Therapy Institute of Los Angeles.

*RICHARD LOUIS MILLER: "Workshops, like individual therapy, are obsolete. Being together for specified hours in a workshop is as obsessive as growing from 3:00 to 3:50 on Wednesdays. We learn from each other by living with each other in community. Have you seen your guru making love?"

PAUL REBILLOT, formerly an assistant professor at San Francisco State College and Stanford University, founder of the Gestalt Fool Theatre, is presently resident Fool at Esalen/Big Sur.

ELAINE RAPP is a stone carver and innovative art therapist who has developed her own approach to unblocking the creative process in people who have never before thought of themselves as creative. She is an Associate Member of the N.Y. Institute of Gestalt Therapy and a member of the faculty at G.R.O.W. Training Institute in New York.

*STELLA RESNICK, a clinical psychologist and gestalt therapist, currently maintains a private practice in San Francisco employing individual therapy and innovative group work. She serves on the Board of Directors for the Gestalt Institute of San Francisco and is a faculty member of both the Marin Family Therapy Institute and the California School of Professional Psychology. Currently, her energy is directed toward developing methods by which to utilize theater techniques with gestalt to further self-discovery and creativity.

*JACK ROSENBERG is a practicing dentist and gestalt therapist. His interest for the past ten years has been giving the experience of gestalt awareness and yoga psychology to the health professions. His doctoral thesis in psychology relates immediate video feedback and facial massage for facilitating psychotherapy.

CAROLE ROSENBLATT was in the Spring Esalen Residence Program, 1970. She is part of both the administrative and teaching staffs at Big Sur.

FRANK RUBENFELD is a clinical psychologist and is on the faculty of the New York Institute of Gestalt Therapy. He is now living in Berkeley where he has a private practice.

ILANA RUBENFELD is a pioneer psychotherapist who has integrated the Alexander Technique with gestalt therapy. She is an associate member of the N.Y. Institute of Gestalt Therapy. Besides her private practice, she has trained and led workshops at centers and colleges in New York and California.

*STEPHEN SCHOEN is a psychiatrist in private practice with individuals, families and groups in San Francisco and San Rafael; he is a member of the faculty of the California School of Professional Psychology, a classical pianist and creative writer.

BEVERLY SILVERMAN is a practitioner of structural integration and a co-leader, with her husband, of gestalt training groups.

*CYNTHIA WERTHMAN is a Licensed Clinical Social Worker in private practice in San Francisco and at the Marin Family Therapy Institute.

BILL WOODSON is a clinical psychologist and school consultant practicing in the Bay Area.

RICKY WOODSON is a social worker who has trained at the Gestalt Institute.

**A Member of the Gestalt Institute.*

Gestalt Programs in Big Sur

Staff-Led Gestalt Workshops

Leaders for these programs will be drawn from one or more of the following Esalen staff: Richard Price, Milton Lees, Julian Silverman, Beverly Silverman, Theodora Lyon, Bob Martin, Frank Rubenfeld, Seymour Carter.

July 7-9 (weekend) $85
July 9-14 (5 days) $215
July 16-21 (5 days) $215
July 23-28 (5 days) $215
August 20-25 (5 days) $215
August 27-Sept. 1 (5 days) $215
September 8-10 (weekend) $85
September 17-22 (5 days) $215
Sept. 29-October 1 (weekend) $85
October 1-6 (5 days) $215

[B.S.] July 2-7
Gestalt Plus
George & Judith Brown
Five-day workshop $245
(See S.F. description, July 14-16, above.)

[B.S.] July 2-29
Gestalt & Structural Integration
Frank Rubenfeld
Four-week workshop $875
Structural Integration, while producing actual physical change, also facilitates direct perception of body processes in relation to emotional pressure and release. Each participant will receive three rolf treatments as part of the workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working professionally with groups (teachers, ministers, psychologists, etc.)

[B.S.] July 9-14
Integrating Alexander Technique & Gestalt
Ilana Rubenfeld & Esalen Staff
Five-day workshop $265
Emotions and memories are expressed through bodily tension and postures. Alexander techniques, gestalt, sensory awareness and deep muscle work will be combined toward understanding and releasing these tensions.

[B.S.] July 16-21
Liberating Body & Stone: Stone Carving, the Alexander Technique & Gestalt Therapy
Ilana Rubenfeld & Elaine Rapp
Five-day workshop $275
Working in a totally unfamiliar medium, participants will have an opportunity to see how the creative part of themselves is locked into muscle tensions stored over a lifetime of emotional conditioning. At the same time, they will become aware of body attitudes which hold back the flow of creative energy. Over the course of the workshop, the Alexander technique, gestalt therapy and deep muscle work will be utilized as a way of contacting and expressing feelings about your work and yourself.

All materials and tools will be provided.

[B.S.] July 30-August 4
Gestalt Plus
George & Judith Brown
Five-day workshop $245
(See S.F. description, July 14-16, above.)

[B.S.] August 4-6
Open Gestalt
Beverly Silverman
Weekend workshop $85

[B.S.] August 6-11
Open Gestalt
Frank Rubenfeld
Five-day workshop $215

[B.S.] August 18-20
Gestounter
Beverly Silverman & Carole Rosenblatt
Weekend workshop $85
This weekend workshop will incorporate techniques of gestalt and encounter, obviously.

[B.S.] August 18-20
Gestalt Plus
George & Judith Brown
Weekend workshop $95
(See S.F. description, July 14-16, above.)

[B.S.] September 3-8
Another Aspect of Gestalt Training
Jack Downing
Five-day workshop $275
Utilizing familiar gestalt methods, combined with additional techniques from the Arica School of Oscar Ichazo, participants will work to increase their awareness of the concrete, actual world.

[B.S.] September 10-15
Advanced Gestalt Workshop
Robert Martin
Five-day workshop $215
The emphasis in this workshop will be on straight gestalt work with individuals who have prior gestalt experience. This workshop is *not* open to the novice. When making application, please include a statement of prior gestalt experience and the therapists with whom you have worked.

[B.S.] September 15-17
Another Aspect of Gestalt Training
Jack Downing
Weekend workshop $95
See description for workshop September 3-8

[B.S.] September 24-29
Gestalt Theater Workshop
Stella Resnick & Paul Rebillot
Five-day workshop $245
Through a combination of gestalt awareness methods, improvisational drama, Grotowski methods and theater games, participants will focus both on self-awareness and contacting their creative energies. We will work toward being and "doing" ourselves with awareness and deliberateness rather than by default, and toward using our uniqueness to enhance rather than to detract from our experience.

[B.S.] October 22-27
Gestalt Awareness Training for Health Professionals
Jack Rosenberg, D.D.S.
Five-day workshop $275
This workshop is designed for people in the health professions – dental, medical and allied fields, including nurses, technicians, and assistants; spouses are particularly encouraged to attend.

A factor in health care, often forgotten, is the health of those who provide care for others, much as the cobbler is the last to get shoes. The purpose of this workshop is to allow the health professional to take time to explore and take stock of his direction in both aspects of his life – his practice and inner life – in hope of developing a deeper significance, awareness and pleasure in both. Gestalt and body awareness will be used. Emphasis will be placed on ways to apply gestalt awareness techniques to the participants' practice. Sessions in hatha yoga and movement will be included.

[B.S.] November 5-December 1
Gestalt & Structural Integration
Esalen Staff
Four-week workshop $950
(See workshop description, July 2-29, above.)

THE HUMAN BODY

[B.S.] July 2-7
Massage and Meditation
Peggy Morrison & Dick Horan
Five-day workshop $215

[S.F.] Thursday, July 6
Body Awareness: An Introduction
George Downing & Anne Kent Rush
Single evening event [FREE]
8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

[S.F.] July 7-9
Yoga and Somatology
Eleanor Criswell & Thomas Hanna
Weekend workshop $50

We will explore the relationship between somatology, the new science of the soma (mind/body), and the ancient practices of raja yoga, the yoga of consciousness. Bio-feedback (EEG), optokinetic training, and other somatic training techniques will be used to enable you to re-experience your primordial unified state. A theoretical framework of body knowledge will be provided. Wear comfortable clothes.

[S.F.] July 8
Centering **Robert Nadeau**
One day workshop $15

We will start with centering practices in the physical dimension, move to centering as mental awareness, and culminate in meditation with centering as a focus for spiritual unfolding. 10 a.m. to 6 p.m.

[S.F.] July 9
The Being Bodies **Ian Grand**
One day workshop $18

A day to explore the mystery of our being bodies and how we use ourselves to discover (or hide) the meaning of our incarnation. 10 a.m. to 6 p.m.

[B.S.] July 9-14
Integrating Alexander Technique & Gestalt **Ilana Rubenfeld & Esalen Staff**
Five-day workshop $265

Emotions and memories are expressed through bodily tension and postures. Alexander Technique, gestalt, sensory awareness and deep muscle work will be combined toward understanding and releasing these tensions.

[B.S.] July 9-14
Washing the Body
Simone Surpin
Five-day workshop $215

This workshop will center on washing and waking the body-mind. Cleansing tools will include placing music into the body, aikido techniques, chanting, Arica gym, gestalt and guided fantasy. With the body as the experiential teacher, we will explore parallels within the dynamics of the psyche.

[S.F.] Starting July 10
The Alexander Technique
Frank Ottiwell
Ongoing workshop $35 per month

The Alexander Technique is a method of facilitating psycho-physical integration by applying sensory awareness, inhibition and redirection to such everyday activities as sitting, standing, walking and lying, under conditions of continuous feedback. Sessions focus on: experiencing the specific ways in which each individual interferes with the natural flow of his total pattern; learning to inhibit the interference; and allowing and encouraging a response that will strengthen our innate tendency toward a whole use of the self.

Continuous classes, Monday evening from 7:30 to 9:00 p.m. Enrollment is limited to six persons; new persons may join the class as spaces become available.

[S.F.] July 11-August 29
Body Awareness
George Downing & Anne Kent Rushh
Ongoing series $6 per person, each Tuesday; $22 per month.

Emphasis will be upon the flow of energy within the body; learning how to feel it, to heighten it and balance it, and to use it as a source of support in relations with others. To this end, the program series will use an integrative approach combining a number of different methods, including yoga, movement, body fantasy, energy exchange, massage, polarity pressure point techniques, and others.

Eight Tuesday evenings, 8-10:00 p.m., July 11 through August 29. 1757 Union Street, San Francisco.

[S.F.] Starting July 11
Aikido & Energy Awareness
Robert Nadeau
Ongoing series
One meeting per week: $15 per month (general and student)
Two meetings per week: $25 per month (general); $20 per month (student)

A continuous program of instruction in energy awareness as used for centering, movement, healing, concentration and relaxation, and in aikido as a physical expression of that awareness in a self-defense form, with emphasis on harmony and energy in motion. This course will meet each week; participation can be in one or two sessions per week, with tuition based on the schedule of participation. Tuesday, 8-9:30 p.m.; Saturday, 10-12 noon.

[S.F.] July 13-August 31
Breath Energy **George Downing**
Ongoing series $22 per month

The breath is a microcosm of the personality. Learning to find and to release the breath can lead to more richness and certainty of emotion, increased energy, realignment of physical posture, and a deeper grasp of one's personal rhythm of existence. In this series of eight sessions we will progressively explore these possibilities. Opportunities for continued work with the instructor will be made available.

Eight Thursday evenings, 8-10:00 p.m., July 13 through August 31.

[S.F.] Starting July 13
Relaxation: Yoga Nidra
Bonita Bradley
Ongoing series $3.50 per person, each Thurs.

Gentle, tension-relieving movements and postures and deep relaxation techniques. 6:00 to 7:00 p.m., every Thursday evening.

1757 Union Street, San Francisco.

[B.S.] July 14-16
Structural Patterning in Stillness & Motion **Judith Aston**
Weekend workshop $125

Structural Patterning is a system designed to achieve structural balance and movement efficiency of the human body, working by reinforcing the body in its relationship to the gravitational field. The sessions presented here will deal with an analysis of the body's structure in terms of the Rolf lines, the use of Structural Patterning as a daily meditation and the use of movement in other daily activity.

[S.F.] July 15
Massage **George Downing**
One day workshop $18

An introduction to Esalen massage as a means of communication and exchange of energy. Members will learn a simple, complete massage. 10 a.m. to 6 p.m.

[B.S.] July 16-21
Liberating Body & Stone: Stone Carving, the Alexander Technique & Gestalt Therapy
Ilana Rubenfeld & Elaine Rapp
Five-day workshop $275

Working in a totally unfamiliar medium, participants will have an opportunity to see how the creative part of themselves is locked into muscle tensions stored over a lifetime of emotional conditioning. At the same time, which hold back the flow of body attitudes which hold back the flow of creative energy. Over the course of the workshop, the Alexander technique, gestalt therapy and deep muscle work will be utilized as a way of contacting and expressing feelings about your work and yourself. All materials and tools will be provided.

THE HUMAN BODY

[B.S.] July 16-21
Personal Exploration of Self or "Trust in God, but Tie Your Camel First"
James & Dorothy Fadiman, Robert Ornstein, Faith Hornbacher & David Sobel

Five-day workshop $245

The design of this workshop is to expose participants to several personal growth techniques and to share with them practical tools and exercises which they can take home and use in their daily lives. The workshop will include: sitting meditation, bio-feedback, guided meditation on Sufi stories, psychosynthesis and self-concept modification, channeling energy through form, light energy, self-concept expression in art (bring simple art materials). "Structural Patterning in Stillness and Motion," alternative medicine, nutrition, health and care of the body.

[S.F.] Thursday, July 20
Massage for the Shy
Gunver Jackson

One day workshop $18

We are living in a culture where taking off our clothes is difficult and for many people an insurmountable obstacle. This workshop is for the person who would like to experience and learn massage without taking off his or her clothes. A hand, foot and head massage will be taught. We will do deep relaxation and body awareness to expand the experience to include the whole body. 10 a.m. to 6 p.m.

[B.S.] July 21-23
Body Awareness
George Downing

Weekend workshop $85

Learning to feel ourselves as a psycho-physical whole can lead to more richness and certainty in our emotions, increased openess towards others, and an unlocking of creative potential. During the weekend we will draw on a number of approaches from both East and West, including breath centering, movement, body fantasy, yoga, energy transfer, massage, polarity, pressure-point techniques, and others, in order to celebrate the body as a source and center of our being.

[S.F.] July 22
Polarity Therapy
Anne Kent Rush

One day workshop $18

Polarity therapy is an intensive pressure-point massage system similar in both theory and practice to Chinese acupuncture. Developed and synthesized by Dr. Randolph Stone from Oriental traditions many centuries old, its purpose is to realign posture and to release blocked energy throughout the body. Although advanced work in polarity therapy requires extensive training, a number of its more basic techniques are accessible to the interested layman. This workshop will include experiential learning of selected basic techniques, individual physical exercises designed by Dr. Stone to facilitate energy balance and circulation, and some discussion of the theoretical principles of polarity therapy. 10 a.m. to 6 p.m.

[S.F.] Sunday, July 23
Introduction to the Alexander Technique
Ilana Rubenfeld

Single evening event
$5 general, $3 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Ilana Rubenfeld will use the Alexander Technique, gestalt exercises and sensory awareness as a gateway to contacting, expressing and working through deep feelings. Participants will explore changes in postural alignment through kinesthetic experiences. There will be demonstrations on models selected from among group members. (For a definition of the Alexander Technique, see workshop description, starting July 10, above.)

Bring a beach towel and a one-inch-thick book for headrest; wear leotards or loose slacks. Limited to 100 participants.

WORKSHOPS WITH STANLEY KELEMAN

Stanley Keleman is an innovative theoretician and practitioner of the approaches to bodily and emotional health characterized by the work of Wilhelm Reich and Alexander Lowen. This summer he will conduct a limited number of workshops in the San Francisco Bay Area. For information and details contact the Esalen/San Francisco office.

[B.S.] July 23-28
Renascence
Michael Butler

Five-day workshop $215

Each of us carries within him, buried beneath layers of psychic and physical tension, the fertile seed of a new self. This workshop will use many of the Esalen body-oriented and psychological techniques to allow participants to experience that seed center of self and nourish it.

[B.S.] July 28-30
A Western Approach to Centering
Seymour Carter

Weekend workshop $85

"My work is living and teaching a way of life which gradually develops the capacity to live in the here and now and to be all there for whatever life brings. Working with the traditional methods of meditation and aikido, and the contemporary methods of gestalt and sensory awareness, this workshop will introduce participants to a Western approach to centering."

[B.S.] July 28-30
The Alexander Technique
Frank Ottiwell

Weekend workshop $95

(For a description of the Alexander Technique, see workshop above starting July 10.)

[S.F.] July 29
Massage & Meditation
Peggy Morrison & Richard Horan

One day workshop $20

A day to explore the joys of massage and meditation. 10 a.m. to 6 p.m.

[B.S.] July 30-August 4
Massage & Breath Energy
George Downing

Five-day workshop $215

Using the breath we will first learn how we can bring about a heightened awareness of the energy within ourselves. Then, through massage, we will explore how we can focus this energy in order to care for and communicate with others. Our guiding principle: that the experience of giving a massage can be as pleasing and as full as the experience of receiving one.

[S.F.] Wednesday, August 2
On Yoga: A Lecture & Demonstration
Joel Kramer

Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

An evening designed to acquaint the interested non-practitioner, as well as the practitioner, with yoga. Mr. Kramer will demonstrate hatha yoga and discuss yoga both in classical structure and as an evolutionary approach to living in the modern world.

[B.S.] August 27-September 1
Toward the Truly Natural
Ben & Judyth Weaver

Five-day workshop $215

There is an important distinction between "adopting a life style" and truly living; between the rash of fads for the "natural" and that in us which is truly natural because it is of Nature, growing out of that which makes up our unique human organism. This workshop will explore possibilities of reaching into the vicinity of our true nature, discovering and celebrating that in us which is truly natural, through sessions in sensory awareness, movement, meditation, and experience of tai chi chuan, improvisational music and dance.

[B.S.] August 27-September 1
More
Michael Butler

Five-day workshop $215

Each of us is capable of more... emotional creativity, aliveness, sensuality. The methods of this workshop will be body disciplines, encounter and gestalt tools, and the life-positive forces in the Esalen environment. Its goal: to experience "more", not just for a week at Esalen, but wherever we happen to be.

[S.F.] August 4-6
Introduction Into the Internal Movement Center
Gabrielle Roth

Weekend workshop $50

We will experience breathing, chanting, meditating, moving, dancing – alone, together, discovering our uniqueness and our oneness.

[S.F.] August 6
Bodies' Energies
Ian Grand

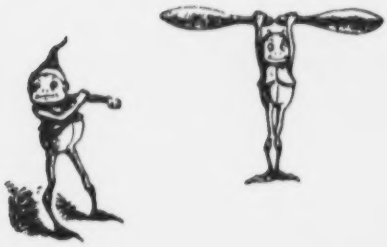
One day workshop $18

Bioenergetic and other-style approaches to how we allow, or inhibit, our bodily feeling, expression, flow and wonder. 10 a.m. to 6 p.m.

[B.S.] August 6-11
Education in Feeling & Purpose: A Neo-Reichian Bioenergetic Week
Charles & Erica Kelley

Five-day workshop $275

Powerful non-verbal techniques derived from Wilhelm Reich open deep involuntary expressions of pain, fear, rage and grief that have been blocked by the muscular armor. By working through these, participants can discover a new capacity for pleasure, for trust, love and joy. The freeing of feeling is then used to lead into a re-evaluation of the style and objectives of one's life.



[B.S.] August 11-13
Tuning Your Energy Body
Robert Nadeau

Weekend workshop $85

All of us have moments when we are balanced: when we are centered in ourselves, yet open and at one with the richness of life around us. Such moments do not have to be rare accidents. We exist in a vast reservoir of energy that we can learn to tune into and use to enrich our lives on every level. This workshop is an experience in the application of this life energy to relaxation, concentration, healing and life in general.

[B.S.] August 11-13
Freeing the Body
Esalen Staff

Weekend workshop $85

This intensive program introduces various body-oriented disciplines such as massage, movement, the rolf method of structural integration, yoga and techniques based on the work of Wilhelm Reich. The aim is to give group members greater awareness of their physical structures and to demonstrate methods for achieving freer movement, more expressiveness and life feeling.

[S.F.] August 12-13
Advanced Massage
George Downing & Anne Kent Rush

Weekend workshop $50

This workshop will include a review of basic methods and an exploration of a variety of different techniques and approaches, including shiatsu, Reichian massage, Proskauer massage, zone therapy, polarity therapy, how to "read" bodies, the role of breathing in massage, and the relation of massage to other means of personal growth. 10 a.m. to 6 p.m. Sunday.

[B.S.] August 13-18
Body Music
Peggy Morrison & Brita Ostrom

Five-day workshop $215

A week of exploring the music of the body through massage, meditation, self-relaxation and dance.

[S.F.] Thursday, August 17
Unorthodox Medicine
David Sobel

Single evening event
$3 general; $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

This lecture will deal with alternative medical approaches with emphasis on positive health, preventive medicine, and the medicine of the whole man. Areas to be drawn from include: ancient medicine, Chinese medicine and acupuncture, yogic therapy, American Indian medicine, naturopathy, homeopathy, zone therapy, chiropractics, structural integration, autogenic training and bio-feedback.

[S.F.] August 17
Energy Awareness
Robert Nadeau

One day workshop $15

Participants will explore the relation of a free flow of energy to relaxation, calmness, attitude, mental concentration, centering and moving from center. Thursday, 10 a.m. to 6 p.m.

[B.S.] August 18-20
Yoga & Meditation
Deborah Anne Medow

Weekend workshop $85

Hatha yoga, chanting, music, movement and massage... heightening consciousness and awareness of ourselves as individuals and together.

[S.F.] August 18-20
Bodymind
Michael Butler & Simone Surpin

Weekend workshop $55

This workshop will attempt to integrate the rolf method of body alignment within the framework of open encounter, including fantasy and gestalt methods, massage and movement. A demonstration of a first hour of structural integration will be given.

[S.F.] August 19
Sensory Awareness
Ben & Judyth Weaver

One day workshop $15

This workshop will consist of experiments in sensory awareness, a nonverbal, nonconceptual way of developing more integrated consciousness, heightened sensitivity and fuller, more natural function. 10 a.m. to 6 p.m.

[S.F.] August 19-20
The Physical, Psychological & Spiritual Dimensions of Yoga
Joel Kramer

Weekend workshop $50

A workshop designed to give the interested novice as well as the experienced practitioner insights into the meaningfulness of yoga and meditation for modern living. Yogic techniques, the nature of meditation and psychological frameworks pertaining to yoga will be explored. The focus is to be able to carry on with yoga on one's own. 10 a.m. to 6 p.m., Saturday and Sunday.

[B.S.] August 20-25
A Western Approach to Centering
Seymour Carter

Five-day workshop $215

See description for workshop July 28-30.

[S.F.] August 22
Massage
George Downing

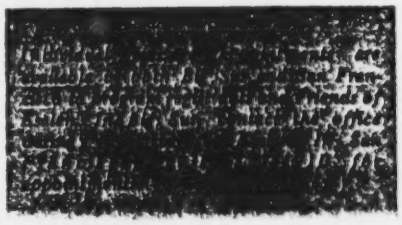
One day workshop $18

(See workshop description, July 15, above.)

[S.F.] August 26
Body Awareness & Gestalt
George Downing & Cynthia Werthm

One day workshop $20

By combining the verbal techniques of gestalt with a number of nonverbal techniques of body awareness, we will explore new possibilities of deeper and increased self-expression. 10 a.m. to 10 p.m.



[B.S.] August 27-September 1
Tuning Your Energy Body
Robert Nadeau

Five-day workshop $215

See description for workshop August 11-13.

[B.S.] September 1-3
Totems: A Self Portrait Dance
Ann Halprin & Dancers' Workshop Staff

Weekend workshop $85

We begin by evoking the kinesthethic sense. Then we move directly into releasing parts of the body and bringing the parts into a whole. Throughout the movement experience, each workshop member will be making a life size self-portrait, our totems which ritualize the feelings and the unattended, often deeply buried, consciousness of ourselves. We complete the workshop by dancing our portraits.

[S.F.] September 2
Massage
Anne Kent Rush

One day workshop $18

(See workshop description, July 15, above.)

[S.F.] September 2
Movement
Gabrielle Roth

One day workshop $15

A day of music, chanting, moving and dancing. Live music. 10 a.m. to 6 p.m.

[B.S.] September 3-8
Peeling the Ego Body
Simone Surpin

Five-day workshop $215

Our bodies are deprived of free energy in proportion to chronic muscular tension; similarly our essences are bound by layers of fear and desire. This workshop will focus on unwrapping these extrinsics, primarily using encounter, gestalt and structural integration. Essence building, through exercises centering on grounding life energy, will be integral to this process.

[B.S.] September 3-8
Centering Through Massage & Movement
Gabrielle Roth

Five-day workshop $245

If we can accept our bodies as they are, we can discover the natural life source in each one of us. An introduction into internal movement using the following tools – breathing, meditation, movement, massage and music.

[S.F.] September 8-10
Energy Awareness & Meditation
Robert Nadeau

Residential weekend workshop $75 including room and meals

Participants will explore the relation of a free flow of energy to relaxation, calmness, attitude, mental concentration, centering and moving from center. We will experience life energy and its use in spiritual growth and healing and as a tool for higher awareness.

[B.S.] September 8-10
Getting it Together: A Workshop in Sensory Awareness
Ben & Judyth Weaver

Weekend workshop $85

Sad fact: we like to feel whole but we tend to feel split. Sensory awareness is a nonverbal, nonintellectual way of working that can lead gradually to a more integrated consciousness, heightened sensitivity and fuller, more natural function.

[B.S.] September 10-15
Body Awareness & The Sense of Being
Ed Maupin

Five-day workshop $245

The sense of reality, pleasure and coherence in what we do depends on our not being alienated from ourselves as bodies. Even relating to other people requires that we be someone in this sense. In this workshop, a variety of approaches – sensory awareness, movement, material drawn from the Rolf method, several yoga traditions, and the Arica training are used to awaken a sense of self more primary than ideas, definitions, fantasies. The increased body awareness is then used to explore possibilities for more profound contact with other people, greater aesthetic response and a more creative use of imagination. Bring sweat pants or leotards.

[B.S.] September 15-17
Massage & Sensory Awareness
Peggy Morrison

Weekend workshop $85

A weekend of self-exploration combining techniques of sensory awareness and massage.

[S.F.] September 15-17
Getting it Together: A Workshop in Sensory Awareness
Ben & Judyth Weaver

Weekend workshop $50

(See B.S. workshop description, September 8-10, above.)

[B.S.] September 17-22
Breaking Out
Michael Butler

Five-day workshop $215

Our bodies are imprisoned by armoring and tension. Our life styles and life affirming emotions are strangled by inhibitions and "shoulds." This workshop will use the body concepts developed by Ida Rolf in conjunction with encounter and gestalt techniques to contact the vital core in each of us and to let it breathe.

[B.S.] September 17-22
Freeing the Body
Esalen Staff

Five-day workshop $215

(See workshop description, August 11-13, above.)

[S.F.] September 22-24
Massage & Meditation
Peggy Morrison & Richard Horan

Weekend workshop $50

A weekend of exploring the joys of massage and meditation.

[S.F.] September 23
Alexander Technique, Movement & Meditation
Frank Ottiwell & Bonita Bradley

One day workshop $20

We will use the Alexander Technique, movement and meditation to facilitate psychophysical integration, to experiment with the way we use ourselves in everyday activities, as well as the specialized activities of simple meditation and gentle stretching postures. 10 a.m. to 6 p.m.

[B.S.] September 24-29
The Body Never Lies
Simone Surpin

Five-day workshop $215

This workshop will focus on experimenting with the body as the reflector of truth. Drawing from an eclectic pool of gestalt, encounter, music and bioenergetic vibration exercises, we will approach union of thought, emotion and action from the base of energetic awareness.

[S.F.] September 29-30
Women & Their Bodies
Weekend workshop for women only

$15 general; $10 students and unemployed

Films, poetry, speakers, workshops, time to meet and share with other women. Three workshops will run simultaneously throughout the weekend (everyone will be able to attend each one):

1) Women's Health (Berkeley Womens' Health Collective): anatomy, gynecology, childbirth, abortion, contraception, et al. An informal exchange. Present medical practices will be discussed and alternatives explored.

2) Sexuality (Ani Mander): A personal, political and technical exploration. Focus: the personal experience; Perspective: myths, legends, "facts," propaganda; Fulcrum: the power within us.

3) Body Awareness (Anne Kent Rush): tuning into our bodies through nonverbal techniques – massage, yoga, breathing, energy.

Begins 7 p.m. Friday.

[B.S.] October 1-6
Centering Through Massage & Movement
Gabrielle Roth

Five-day workshop $245

(See workshop description, September 3-8, above.)

[S.F.] October 7
Massage
Ann Parks & Anita Feder

One day workshop $18

A one day workshop to explore massage as a meditation. 10 a.m. to 6 p.m.

BIOGRAPHICAL INFORMATION

JUDITH ASTON has been director and choreographer for the Dance Theater Group of Long Beach Community College and has worked extensively with dancers and actors. She is currently on the staff of the San Diego Gestalt Institute and has developed the use of movement as an integration tool in the gestalt process. In addition, she is a practitioner of structural integration and the originator of the Rolf-Aston "Structural Patterning in Stillness and Motion." © 1972.

BONITA BRADLEY is a San Francisco yoga teacher who has studied in India for three years at Behar School of Yoga.

MICHAEL BUTLER is a group leader with a background in body techniques. A former Esalen resident fellow, he was trained in group process by John Heider and subsequently as a practitioner of structural integration by Ida Rolf. He has a special interest in ways to adapt the personal growth practices of the group meeting room to everyday life.

SEYMOUR CARTER is a former director of the Esalen residence program. His background includes training with Synanon, Charlotte Selver and Ida Rolf. He has been deeply influenced by Zen Buddhism and gestalt, and is a student of aikido.

ELEANOR CRISWELL, Director of the Humanistic Psychology Institute, is an Assistant Professor of psychology at Sonoma State College, California, where she teaches.

GEORGE DOWNING, author of *The Massage Book*, uses an integral approach to body awareness, combining massage, yoga and other disciplines.

DOROTHY FADIMAN is currently doing research on the interaction of energy and living matter. She is a practicing artist and has been a speech therapist.

JAMES FADIMAN is an educational and management consultant. He is a lecturer in design engineering and a psychological counselor at Stanford University, and associate editor of the *Journal of Transpersonal Psychology*. He is a pioneer in the transpersonal field, has lectured and led workshops in psychosynthesis, and has worked with Roberto Assagioli in Italy.

ANITA FEDER trained in massage at Esalen with Molly Day Schackman and in gestalt therapy with Bob Hall. She is a teacher of hatha yoga and meditation.

IAN GRAND is the director of the Center for Educational Alternatives at San Francisco State College, leads groups and has a private practice in San Francisco.

ANN HALPRIN is director of the San Francisco Dancers' Workshop where she has developed her own unique approach to the movement art, for which she was awarded a Guggenheim Fellowship in 1971. She has worked intensively with Ida Rolf and Bob Hall in structural integration, and with Fritz Perls in gestalt.

THOMAS HANNA is Chairman of the Department of Philosophy, University of Florida, Gainesville. Among other works, he is author of *Bodies in Revolt, The Lyrical Existentialists, The Thought and Art of Albert Camus* and *The Bergsonian Heritage*.

RICHARD HORAN is an artist, masseur and organic gardener.

FAITH HORNBACHER was trained in Rolf-Aston Structural Patterning in Stillness and Motion by Judith Aston. She is presently in private practice in the Bay Area.

GUNVER JACKSON is a licensed masseuse, certified in Swedish massage. In addition she has been trained by Molly Schackman at Esalen and has studied breathing, gestalt awareness and relaxation techniques. She and her husband are founders of the Gamma School of Massage.

CHARLES KELLEY, Director of the Interscience Work Shop in Santa Monica, is an applied experimental psychologist and vision specialist. He was a student of Wilhelm Reich and for five years edited America's only journal devoted to exploring and developing Reich's concepts. He and his wife, Erica, a qualified massagist, are noted for their adaptation of Reichian techniques in the small-group process they term the "Interscience Intensive."

JOEL KRAMER is a practicing hatha raja, jnana and tantric yogi. He has been resident yogic instructor at Esalen Institute and has lectured and given workshops throughout the United States, Canada and Mexico.

ANI MANDER, former teacher of languages at Boston University, Harvard and San Francisco State College, is presently devoting her energies to women's studies.

ED MAUPIN draws upon a variety of approaches to body awareness, including those of Reich, Lowen and Ida Rolf. He also relates to the various psycho-physical disciplines of Eastern and Western mysticism.

DEBORAH ANNE MEDOW teaches hatha yoga and massage at Esalen and in San Francisco and Berkeley. She is engaged in the study of yogic healing and related energy sciences.

PEGGY MORRISON was in the 1970 Esalen residence program. She is currently the head of the Esalen/Big Sur massage crew and a teacher of massage.

ROBERT NADEAU utilizes energy awareness and the concept of "energy dimensions" to approach the transpersonal self. He also teaches meditation, energy awareness and aikido in the Bay Area.

ROBERT ORNSTEIN teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute.

BRITA OSTROM is a member of the massage staff at Big Sur.

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique (New York) and is President of the California Center. He has been teacher of the Alexander Technique for the American Conservatory Theatre since its inception and is in private practice in San Francisco.

ANN PARKS, owner of the Berkeley Massage Studio, was trained at Esalen/Big Sur where she was a member of the massage staff. She is a student of meditation and sensory awareness.

ELAINE RAPP is a stone carver and innovative art therapist who has developed her own approach to unblocking the creative process in people who have never before thought of themselves as creative. She is an Associate Member of the N.Y. Institute of Gestalt Therapy and a member of the faculty at G.R.O.W. Training Institute in New York.

GABRIELLE ROTH is a specialist in movement and massage in residence at Big Sur. She has studied and taught creative dance forms for the past ten years. She has recently completed Arica awareness training in New York City.

ILANA RUBENFELD is a pioneer psychotherapist who has integrated the Alexander Technique with gestalt therapy. She is an associate member of the N.Y. Institute of Gestalt Therapy. Besides her private practice, she has trained and led workshops at centers and colleges in New York and California.

ANNE KENT RUSH, illustrator of *The Massage Book*, is a polarity therapist and has led numerous workshops in massage, yoga and other forms of body awareness.

DAVID SOBEL is a medical student on leave from the University of Michigan. He has written on health and the human body for *Big Rock Candy Mountain* and is presently writing a book on unorthodox medicine, *Ways of Health*, to be published in the Esalen-Viking Series.

SIMONE SURPIN is a group leader and practitioner of structural integration. She is a former resident fellow at Esalen, Big Sur, and has a special interest in the esoteric arts. Her background is in architectural history, counseling and psychology.

BEN WEAVER is a writer, a former Esalen resident fellow and, for two years, Director of Esalen, Big Sur. Currently he is studying sensory awareness with Charlotte Selver.

JUDYTH WEAVER is a former modern dancer who went to the Orient to study traditional dance and ended up sitting zazen in a monastery for a year and a half. In the West, her main teachers have been Charlotte Selver, Magda Proskauer and the tai chi chuan form of Prof. Cheng Man-Ching.

CYNTHIA WERTHMAN is a psychiatric social worker and a gestalt therapist in private practice in San Francisco. She works with the Family Therapy Institute of Marin (San Rafael) where she is a trainer and a family therapist, and is a director and trainer at the Gestalt Institute of San Francisco.

STRUCTURAL INTEGRATION

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage; working with a trained practitioner, the process is usually completed within ten individual sessions.

TRAINING in structural integration is offered only through The Guild for Structural Integration, and only upon completion of certain prerequisites. Research in rolfing is encouraged by the Guild. Information about training and research, as well as class announcements, may be obtained by writing the Guild care of Esalen Institute, 1776 Union St., San Francisco, CA 94123.

INDIVIDUAL SESSIONS with practitioners of structural integration are available by appointment only through the following offices:

Esalen Institute, Big Sur – no telephone appointments. Please request appointments in writing. Practitioners include Michael Butler, Al Drucker, Stanley Johnson, William Schutz, Beverly Silverman, Simone Surpin, Ed Taylor.

Esalen Institute, San Francisco – write or telephone for appointments. Keith Gilchrist, Dub Leigh, Michael Salveson, Larry Swann, Ed Taylor, Jim Hrisikos.

STRUCTURAL PATTERNING *is a body system which promotes structural balance and efficiency and economy of movement within the gravitational field. Patterns which block energy in the body are exchanged for those which allow energy to flow. It is particularly effective during or after rolfing, for those who want to develop the use and awareness of their reorganized bodies, to produce further structural change along the same lines, and to rebalance themselves in situations of physical or emotional stress.*

A course of private work in structural patterning usually consists of three to five supervised sessions, perhaps with a follow-up session after a few months.

Practitioners available for individual sessions are: Esalen/Big Sur – Marya Melchior; Esalen/San Francisco – Faith Hornbacher.

[B.S.] July 2-29
Gestalt & Structural Integration
Frank Rubenfeld
Four-week workshop $875

Structural Integration, while producing actual physical change, also facilitates direct perception of body processes in relation to emotional pressure and release. Each participant will receive three rolf treatments as part of the workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working professionally with groups (teachers, ministers, psychologists, etc.)

[B.S.] July 14-16
Structural Patterning in Stillness & Motion
Judith Aston
Weekend workshop $125

Structural Patterning is a system designed to achieve structural balance and movement efficiency of the human body, working by reinforcing the body in its relationship to the gravitational field. These sessions will deal with an analysis of the body's structure in terms of the Rolf lines, use of Structural Patterning as a daily meditation and use of movement in other daily activity.

[S.F.] Wednesday, July 19
Structural Integration: An Introduction
Larry Swann & Ed Taylor
Single evening event
[FREE]; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

[S.F.] August 5
Structural Patterning
Faith Hornbacher
One day workshop $25

(See description above for a definition of structural patterning.) This workshop is limited to six participants who have been or are being rolfed. 10 a.m. to 6 p.m.

[S.F.] August 18-20
Bodymind
Michael Butler & Simone Surpin
Weekend workshop $55

This workshop will attempt to integrate the Rolf method of body alignment within the framework of open encounter, including fantasy and gestalt methods, massage and movement. A demonstration of a first hour of structural integration will be given.

[S.F.] October 7-December 3
Structural Integration: Body & Expanded Awareness
Keith Gilchrist & Mary Stratman
Two month program $675

A program designed to synthesize a number of disciplines and to integrate these varied experiences and processes with each other and into participants' daily lives. Each person in the program will work on:

- a released, integrated body... receiving ten hours of rolf processing.
- a way to maintain a balanced and flexible body... structural patterning training.
- increased awareness of emotional processes... intensive work in gestalt awareness.
- giving to and receiving from others... training in Esalen massage.
- ways of relaxation and relief from tension... breathing and meditation exercises.
- exploration of undeveloped areas of personality... expressive graphics, fantasy trips, consciousness expanding exercises.

Each person will be encouraged to develop tools appropriate to his personal rhythm of continuing growth. The program involves a commitment to five weekend and seven evening workshops over a two month period. Limited to 15 persons. Begins the weekend of October 7-8.

[B.S.] November 5-December 1
Gestalt & Structural Integration
Esalen Staff
Four week workshop $950

(See workshop description, July 2-29, above.)

BULLETIN OF STRUCTURAL INTEGRATION

A journal dedicated to understanding man as a whole – now in its third year of publication. The bulletin provides a vehicle for theoretical and applied research in mind-body phenomena of interest to persons in the health sciences, physical sciences, arts and education. Past issues have included articles concerning structural integration, childbirth, movement behavior and movement therapy, articles by M. Feldenkrais, J. G. Bennett, Mathais Alexander. For a one year subscription, send $10 with NAME, ADDRESS AND ZIP CODE to: Bulletin of Structural Integration, 16756 Marquez Avenue, Pacific Palisades, CA 90272.

BIOGRAPHICAL INFORMATION

JUDITH ASTON has been director and choreographer for the Dance Theater Group of Long Beach Community College and has worked extensively with dancers and actors. She is currently on the staff of the San Diego Gestalt Institute and has developed the use of movement as an integration tool in the gestalt process. In addition, she is a practitioner of structural integration and the originator of the Rolf-Aston "Structural Patterning in Stillness and Motion" © 1972.

MICHAEL BUTLER is a group leader with a background in body techniques. A former Esalen resisent fellow, he was trained in group process by John Heider and subsequently as a practitioner of structural integration by Ida Rolf. He has a special interest in ways to adapt the personal growth practices of the group meeting room to everyday life.

KEITH GILCHRIST, trained by Ida Rolf, practices structural integration and teaches structural patterning and massage in Santa Cruz.

FAITH HORNBACHER was trained in Rolf-Aston Structural Patterning in Stillness and Motion by Judith Aston. She is presently in private practice in the Bay Area.

FRANK RUBENFELD is a clinical psychologist and is on the faculty of the New York Institute of Gestalt Therapy. He is now living in Berkeley where he has a private practice.

MARY STRATMAN is an artist who is interested in programs of personal growth. She studied techniques of gestalt awareness, encounter and massage at Esalen and works extensively with the use of creative art and color in a context of gestalt awareness and encounter.

SIMONE SURPIN is a group leader and practitioner of structural integration. She is a former resident fellow at Esalen/Big Sur, and has a special interest in the esoteric arts. Her background is in architectural history, counseling and psychology.

LARRY SWANN is a practitioner of structural integration.

ED TAYLOR is a practitioner of structural integration.

DIVERSE & UNCLASSIFIABLE

ESALEN-AT-ASPEN
July, 1972

This summer there will be several one-week workshops during July in Aspen, Colorado. Workshop experiences will include gestalt, encounter, structural integration and psychosynthesis. Leaders for these sessions will be James Fadiman, Richard Price, Al Drucker and Lawrence Solomon.

For information and reservations, write to Esalen-at-Aspen, 1776 Union Street, San Francisco, Calif. 94123.

[S.F.] Thursday, July 20
The Planetary Horizons of Man
William I. Thompson

Single evening event
$3 general, $2 student; 8-10:30 p.m.; Frist Unitarian Church, Franklin and Geary Streets, San Francisco.

William Thompson will discuss his forthcoming book, *The Planetary Horizons of Man.* This lecture will serve as a preface to his seminar, Saturday, July 22 (see copy below).

[S.F.] July 22
Planetary Vistas
William I. Thompson

One day seminar $18

We will focus on our consciousness of the past and the future as it affects our existence in the deep present. Now that we are at the edge of traditional, historical cultures both mechanists and mystics alike are searching for a new cultural vehicle that will take us into new dimensions of human possibilities. The outlooks are both angelic and satanic, but in trying to find a way together we will focus on the best lights we have in contemporary thought and cultural expression. 10 a.m. to 6 p.m.

[S.F.] August 18-19; September 22-23
Golf and Energy Awareness
Michael Murphy, Robert Nadeau & Buddie Johnson

Two weekend workshops $110

Centering and energy awareness will be applied to the game of golf. These principles of mind-body harmony are derived from meditation and aikido, an oriental martial art. There will be sessions for the practice of energy awareness and sessions working with the golf swing on a local driving range. It is our hope that these lessons will carry over to other activities in the participants' lives.

For golfers with a 20-handicap, or better. Attendance at both weekends is required. Price includes tuition for both weekends and costs for driving range facilities. 8-10:30 p.m., Friday evenings; 10 a.m. to 6 p.m., Saturdays.

[S.F.] August 19
Alternative Views of Schizophrenia
Arthur & Janica Fox & Marion Saltman

One day seminar $18

Nobody knows what causes schizophrenia. The prevailing negative "you are sick" views will be discussed. We will also explore the more recent views of R. D. Laing, the megavitamin people, nutritionalists, Eastern physiology, and Julian Silverman's research at Esalen. We welcome individuals and families who, like the leaders, have had personal experience with mental illness. Concerned professionals and others are also welcome to attend. 10 a.m. to 6 p.m.

Suggested readings: R. D. Laing, *The Politics of Experience;* Gopi Krishna, *Kundalini.*

[S.F.] Starting September 7
Art & Meditation: *El Topo*
William Pennell Rock

Ongoing series $45

This course will be an attenpt to bring about a greater involvement in contemporary art, emphasizing new modes of aesthetic participation. It will have as its focus the film *El Topo,* a contemporary masterpiece which is based upon the archtypal way of the hero, the emerging identity of the new man. The course is intended for men and women each to discover his own "way" and contemporary reality through meditation and group work on the film's mythological imagery.

Recommended reading: *The Hero With a Thousand Faces* by Joseph Campbell. Four Wednesday evenings, 8-10:30 p.m., September 7-28. Limited to 10 participants.

[S.F.] September 16
The Psychic Dimensions of Sport
Buddie Johnson, David Meggyesy, Michael Murphy, Robert Nadeau & William Schutz

One day workshop $15 general; $10 student

Athletic ability has emotional, mental, even spiritual components, though these may be covered over and distorted by modern attitudes toward sport such as heavy emphasis on competition, mechanical training and standardization. This workshop will explore the neglected dimensions of sport. Movies of various games and sporting events will be discussed with an eye toward such aspects of athletic performance as centering, energy awareness, balance and inspiration. Saturday, 10 a.m. to 5 p.m.

[S.F.] October 6-8
The Dream
Theodora Lyon, Anais Nin, Magda Proskauer

Residential weekend workshop $85 including room and meals

A weekend devoted to the exploration of the dream from the various perspectives of the leaders. The dream will be looked at as a living part of the psychological, spiritual and emotional life and as a tool for discovering new directions and self-understanding. This will be an experiential weekend, and participants are encouraged to bring dream journals. (Anais Nin will take part in the Saturday sessions of the workshop only.) Limited to 35 persons.

BIOGRAPHICAL INFORMATION

ARTHUR FOX, a former Esalen resident fellow trained by William Schutz, is presently on the Esalen encounter staff. For the past year he and his wife have been leading groups in Europe as well as introducing humanistic education at the Leysin, Switzerland, school.

JANICA FOX, together with her husband, was an Esalen resident fellow and is a member of the Esalen encounter staff. Previously she conducted research on groups at Harvard. She is presently a counselor at the Leysin, Switzerland, school.

BUDDIE JOHNSON is the West Coast representative of the National Golf Foundation and a 3-handicap golfer.

THEODORA LYON is a gestalt group leader trained by Fritz Perls. She has been on the staff at Esalen/Big Sur and was formerly assistant to Fritz Perls at the Gestalt Institute of Canada. She has recently completed the Arica awareness training in San Francisco.

DAVID MEGGYESY for seven years was a linebacker for the St. Louis Cardinals. He is author of the recently published and controversial book *Out of Their League.*

MICHAEL MURPHY is the co-founder and president of Esalen Institute. He is the author of *Golf in the Kingdom*, a book in which he explores the sometimes mysterious dimensions of the game of golf, including the secrets of "true gravity."

ROBERT NADEAU utilizes energy awareness and the concept of "energy dimensions" to approach the transpersonal self. He also teaches meditation, energy awareness and aikido in the Bay Area.

ANAIS NIN, well-known for her *Diary*, now in four volumes, is also the author of *House of Incest*, several novels (*The Four-Chambered Heart, A Spy in the House of Love, Collages*, and others), novelettes, short stories and literary criticism.

MAGDA PROSKAUER is a graduate of the University of Munich, Germany, and received a degree in physiotherapy from the University of Munich Medical School. While working in Europe, she was influenced by various new schools of psycho-physical therapy. She has a private practice in body awareness and breathing therapy in San Francisco.

WILLIAM PENNEL ROCK has taught at several universities including Banaras Hindu University in India and the University of California at Santa Barbara. He has done extensive research on Heidegger and on the *Upanishad*, and is presently affiliated with the Center for the Study of Democratic Institutions.

MARION SALTMAN is a play therapist who has worked with young children, adolescents and adults. She teaches The Psychology of Play at Sonoma State College, and she ran the Wilderness Family Camp at Tahoe Institute, summer 1971.

WILLIAM SCHUTZ, author of *Firo, Joy* and *Here Comes Everybody* is presently in residence at Esalen, Big Sur.

WILLIAM I. THOMPSON is the author of *The Imagination of an Insurrection* and *At the Edge of History*. He is presently teaching at York University and is working on a new book, *The Planetary Horizons of Man*. His articles have been published in many magazines, most recently *Harper's* and the *New York Times Book Review*.

BOOKS

An extensive selection of titles including the Esalen-Viking Series is available through the Esalen Bookshop. The store is open Monday through Saturday, 10 to 5, at 1776 Union St., San Francisco. Mail orders are handled promptly. Both books and tape recordings are listed in a comprehensive catalog, available upon request.

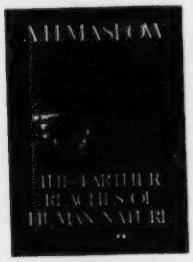
All books listed elsewhere in the brochure may be ordered by using the coupon.

THE ESALEN PUBLISHING PROGRAM WITH VIKING PRESS

Far-ranging investigations, divinations and reports from the movement to develop human potentialities, highlighting recent work at Esalen.

Golf in the Kingdom
by Michael Murphy
$7.95, hardbound

On the fog-shrouded golf course called Burningbush, Michael Murphy is swept into a magical world where untold potentials can be unleashed in a backswing governed by true gravity. A bagful of knowledge about the Higher Self is revealed through the metaphor of the game as Shivas Irons, the Scottish golf pro, leads Michael around a most exotic green.



The Farther Reaches of Human Nature
by Abraham Maslow
$12.50, hardbound

This adventurous volume is the last work Dr. Maslow completed before his death. In it he goes beyond earlier writings to carry the concerns of psychology into the realm of joy, creativity and spiritual experience, sketching a psychology for the highest of which man is capable.

Psychosynthesis
by Roberto Assagioli
$7.50, hardbound; $2.75, paper

A practical, working method which can be used for harmonizing and integrating the often conflicting elements of our inner life around a higher unifying center of being and awareness, the Transpersonal Self. Includes over fifty techniques and exercises.

Hot Springs
by Stuart Miller
$7.95, hardbound

A rollicking chronicle of what it means in contemporary America to undergo a spiritual death and rebirth, played out against backdrops ranging from Orchard Street in New York's Lower East Side, to Yale Graduate School, and finally to Esalen at Big Sur.

Human Teaching for Human Learning
by George I. Brown
$8.50, hardbound; $2.45, paper.

A report on the Ford-Esalen Project concerning research in confluent education; the first attempt to apply Esalen's techniques to education in public schools.

On the Psychology of Meditation
by Claudio Naranjo and Robert Ornstein
$7.95, hardbound

Two psychologists examine the spiritual ground of meditation and the implications of meditation for modern psychology, incorporating insights from new experimental work in the nature of consciousness.

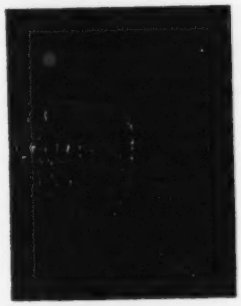
Anger and the Rocking Chair
by Janet Lederman
$4.95, hardbound (pub. by McGraw-Hill)

A poetic account of using gestalt with "difficult" elementary school children.

Secrets of the Trade
Notes on Madness, Creativity and Ideology
by Joe Kennedy Adams
$12.50, hardbound

An expose of the tyranny of psychological and religious "experts", written in a clear and fair voice.

New titles of special interest:



The Massage Book
by George Downing,
Illustrated by Anne Kent Rush
$3.95, paper

A thorough introduction to Esalen massage, including instructions with 200 drawings. Covered are: a complete massage, shorter variations, exercises for developing your own style, the relation of massage to meditation and tai chi, and much more.

Peoplemaking
by Virginia Satir
$7.95, hardbound

Mrs. Satir takes the concept of people-making and explains how a parent can create a nurturing, positive family environment. Included are communications games which examine family roles and interaction.

Sexuality, Self and Survival
by Stanley Keleman
$2.50, paper

Developed from bioenergetics workshops and seminars, this book is about experiencing our lives and all of culture as expressions of our inevitable, immediate biological reality.

Also available:

Fritz Perls poster, 24"x36", B&W $1.50

Anais Nin poster, 16"x20", B&W $1.50

Poster reproductions of Tibetan religious art are on display at the Bookshop in San Francisco.

BOOKSHOP ORDER FORM

To order any book listed on this page or elsewhere in this catalog, return this coupon with your check (made payable to Esalen Institute) to:

Esalen Bookshop
1776 Union St.
San Francisco, CA 94123

Esalen pays all shipping and handling costs.

THE ESALEN VIKING SERIES

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- ☐ Rolf, Structural Integration 1.00
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- ☐ Vargiu, Global Education 25

Additional Psychosynthesis pamphlets are available. Write for list.

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INFORMATION

SAN FRANCISCO

For reservations, literature, tickets and information, write or call:

ESALEN INSTITUTE
1776 Union Street,
San Francisco, CA 94123
Phone: (415) 771-1710
10 to 5, Monday through Sunday

RESERVATIONS: should be made at least one week prior to start of program. A non-refundable deposit must accompany registrations as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to: Esalen Institute, 1776 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts major credit cards, including Master Charge and American Express.

INFORMATION, LITERATURE AND TICKETS: for lectures may be obtained Monday through Saturday, 10:00 to 5:00, at 1776 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

ACCOMMODATIONS: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

RESIDENTIAL PROGRAMS: are indicated in individual workshop descriptions. Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend residential programs, unless otherwise indicated, begin at 8 p.m. Friday (no supper served) and conclude following Sunday lunch. Programs are held at a conference center in Marin County or in Sonoma County; exact location will be included with reservation confirmation.

WEEKEND SCHEDULES: Weekend workshops meet from 8 to 11 p.m. on Fridays, from 10 a.m. through the afternoon and/or evening on Saturdays, and from 10 a.m. to early afternoon on Sundays, unless otherwise indicated in workshop descriptions. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

LOCATION: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs including its own building at 1757 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

SCHOLARSHIPS and interest-free loans are available for many programs in San Francisco. A scholarship application form will be sent upon request – apply early. The application does not constitute a reservation; to hold a place in a workshop, an advance deposit must be made. Special preference will be given to students and to persons who plan to apply their Esalen experience to urban teaching or organized community efforts.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be refunded if reservation cannot be confirmed or upon request by persons not wanting to be on a waiting list.

STAFF-LED WORKSHOPS: Some programs listed will be led or assisted by Esalen staff from San Francisco and Big Sur. San Francisco staff includes: Paul Aikin, Margaret Conway, Bob Cromey, Arthur Fox, Janica Fox, Betty Fuller, Bob Kriegel, Pamela Portugal, Harry Sloan, Helen Stephens.

BIG SUR

For reservations and information,
write or call:

ESALEN INSTITUTE
Big Sur, CA 93920
Phone: (408) 667-2335
10 to 5, Monday through Saturday
10 to 9, Sunday

RESERVATIONS: must be made at least one week prior to the first day of the program. Deposits accompanying the reservations are required as follows: $20 for weekend programs; $70 for one-week and 5-day programs; $200 for 2-week programs; and $400 for 4-week programs. Deposits are non-refundable but may be transferred with ten days notice. Please mail reservation form with check to: Esalen Institute, Big Sur, California 93920. Do not send Big Sur reservations to San Francisco. Balance of payment is due on arrival.

PROGRAM COSTS: cover tuition, food and lodging, use of the fresh-water pool and hot mineral baths. Massage, available by appointment, is extra. Foreign currency: Esalen can only accept checks drawn on U.S. funds. Esalen accepts major credit cards, including Master Charge and American Express.

GROUNDS ARE CLOSED EXCEPT BY RESERVATION. Participants are discouraged from bringing guests or having people drop in.

CHECK-IN/CHECK-OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening; however, guests are welcome to arrive earlier in the afternoon. All programs begin with dinner on Sunday; weekend programs begin with dinner on Friday. The last session of a five-day program is Friday morning; check-out time is 12 noon on Friday. One-week programs usually end Saturday morning. 2-week and 4-week programs usually have final sessions on the last Saturday morning, with some programs ending Friday morning of the last week. Weekend programs end Sunday after the morning session. Check-out time is noon of the final day of all programs.

ACCOMMODATIONS: The rooms on Esalen property are designed for shared occupancy (2 or 3 to a room), and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodgings in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property—in tents, cars, campers or meeting rooms—is strictly prohibited.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at ong time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name.

From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon. It is identified on some road maps as Slates Hot Springs or Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute—Reservations Only.

CHILDREN AND PETS: There are no child care facilities at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Alas, no pets.

LIMOUSINE SERVICE FROM MONTEREY: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is $10 per person from Monterey airport or Greyhound terminal, with 3 to 5 days adavance notice. On arrival, guests should inquire at terminal service for the Esalen representative.

WORK COMMITMENT: Approximately 12 hours of work per week in the kitchen, garden and grounds are required of participants in all programs of two weeks duration or longer at Esalen Institute. The work requirement is 6 hours per week at South Coast Center.

ORGANIC FOOD: The organic food garden on the Esalen grounds is flourishing and provides the kitchen with most of its vegetables and herbs. We try to serve only organically-produced meats, poultry and dairy products; most breads and pastries are made by Esalen bakers.

STAFF-LED WORKSHOPS: Some of the four-week, two-week and five-day programs listed will be led by members of the Esalen Staff from Big Sur and San Francisco.

Big Sur Staff includes: Diana Bechetti, Michael Butler, Seymour Carter, Alberta Donlan, Al Drucker, Brita Fluck, Betty Fuller, Janet Lederman, Milton Lees, Dub Leigh, Theodora Lyon, Peggy Morrison, Richard Price, Paul Rebillot, Carole Rosenblatt, Gabrielle Roth, William Schutz, Beverly Silverman, Julian Silverman, Simone Surpin, Gerald Thatcher.

SPECIAL

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

CONSULTING SERVICE & SPEAKERS BUREAU: Esalen Institute's resources and personnel are available to organizations, schools, hospitals, social agencies and corporations for speeches, lecture-demonstrations and special programs. The Esalen Consulting Service has designed and assisted with such varied projects as the training of teachers in confluent education (the Ford-Esalen Project), an early learning project involving mothers and children, an attitudinal communications program for a major corporation, training staffs at drug treatment centers and at a state hospital. For information contact Robert Kriegel at the Esalen/San Francisco office.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs. Our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools.

CONTRIBUTIONS to Esalen Institute are tax deductable. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please see membership form below.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recordings of many past programs are available through a service which maintains archive copies for Esalen. Requests for tapes now come from educational and service institutions, libraries, religious and professional groups, business groups and individuals concerned with the human potential movement. Commercial use of these tapes is prohibited; all rights reserved. For a complete tape catalog, write Big Sur Recordings, 117 Mitchell Blvd., San Rafael, CA 94903. The cost of recordings is $10 per tape-hour, stereo or mono, with choice of 5" reel or cassette.

FILMS of the work of Frederick S. Perls in gestalt therapy and Alexander Lowen in bioenergetic analysis, as well as films of the work of Carl Rogers, Albert Ellis, Rollo May, Abraham Maslow, Virginia Satir and others, are available from Psychological Films, 205 West Twentieth Street, Santa Ana, California 92706. Sources of more films, including work of Alan Watts and Huston Smith, are available from Association For Humanistic Psychology, 416 Hoffman Street, San Francisco, California 94114.

FM RADIO STATIONS in the San Francisco Bay Area (K101, KPFA, KQED, KSAN, KSFX, and KMPX) broadcast portions of Esalen seminars and lectures. (K101 has a dependable weekly program each Sunday evening at 11:00 p.m.) Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KLOS, KUSC and KPFK Los Angeles, and KPFT Houston, WBAI New York and WOMB New Hampshire, broadcast Esalen programs on an occasional basis. Consult local program guides.

DIRECTORY

Directors of the Institute

Michael Murphy
Richard A. Price*
John G. Clancy
Stuart Miller
Julian Silverman*
George Calmenson
Andrew Gagarin*

If no asterisk appears, address mail care of:
Esalen Institute
1776 Union Street
San Francisco, California 94123

**Asterisk denotes that correspondence should be addressed care of:*
Esalen Institute
Big Sur, California 93920

Administrative Directory
Please address inquiries about programs and business activities to the appropriate officers listed below:

Corporation business, general information and subscriptions: San Francisco office.

Big Sur Administration: Julian Silverman*, *Director;* Carole Rosenblatt*, *Assistant Director.*

San Francisco Administration: George Calmenson, *Director.*

Esalen books and recordings, fund raising, press and public relations: Stuart Miller.

Business manager: Jack Mason.

Consulting Service and Membership program: Robert Kriegel.

Research: Julian Silverman.

Esalen Institute RESERVATION & TICKET ORDER

This form is for your convenience in preparing attendance at Esalen workshops and lectures. You may use it for Big Sur and San Francisco area programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. Please make reservations early; some seminars are booked to capacity months in advance.

Name _____ Age _____

Occupation _____

Address _____

City, State _____ Zip Code _____

Daytime Telephone: Area Code _____ No. _____

Number of males _____ females _____ in group.

Check program location:
Esalen/San Francisco ☐
Esalen/Big Sur: ☐ Hot Springs ☐ South Coast.
Check whether you wish:
☐ shared room.
☐ single room on a space-available basis ($7 per night additional charge).
☐ Check here if you are arranging your own lodging elsewhere.
Lodging may be assigned at either Big Sur Hot Springs or South Coast Center at the discretion of Esalen.

No. of persons	Date(s)	Leader's Name & Title of Event	Deposits

To claim Membership discount,
enter Member card number here _____ TOTAL _____

PAYMENT: All San Francisco workshops and Big Sur workshops require nonrefundable deposits of varying amounts depending on program length. Consult information section on page opposite for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

After completing this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

San Francisco Programs—Esalen Institute, 1776 Union Street, San Francisco, California 94123.

Big Sur Programs—Esalen Institute, Big Sur, California 93920.

South Coast Center Programs—Esalen Institute, Big Sur, California 93920.

PLEASE EXAMINE MAILING LABEL ON REVERSE SIDE OF THIS FORM AND MAKE CORRECTIONS IF NECESSARY. DO NOT REMOVE LABEL.

FRIENDS OF ESALEN

New Membership Program

The continuing work of Esalen Institute is funded virtually **in toto** through tuitions paid by those attending workshops and seminars — but research, future development and expansion depend greatly upon funds assured through memberships and special grants.

As a Friend of Esalen, you enjoy membership privileges including:

A 20% tuition reduction on all workshops at Big Sur during January through March

A 20% reduction on all San Francisco workshops (excluding single evening events) during January through March

A 10% reduction on all San Francisco workshops during April through December

A 20% prepublication discount on all new Esalen Books as they are offered

A 10% discount on all Esalen Bookshop purchases

Occasional gatherings with Esalen officers, leaders and project coordinators, as well as programs at subsidized rates for members only

A special newsletter which keeps you informed of new developments at Esalen and elsewhere

Those interested in sustaining the Institute in a more substantial way may wish to discuss details of this matter with the Director of Development, Stuart Miller. The legal counsel of the Institute is also available to discuss various details of gifts and bequests, including tax arrangements.

☐ I wish to become a Friend of Esalen, and I enclose my check for the category I have circled: *(contributions are tax-deductible).*

One Year Individual Membership	$25
One Year Family Membership	40
Two Year Individual Membership	50
Five Year Individual Membership	100
Life Membership	1,000

Name_____ Date_____

Street_____

City, State_____ Zip Code_____

Please mail to: Friends of Esalen, 1776 Union Street, San Francisco, CA 94123

SAN FRANCISCO EVENING EVENTS

(For complete descriptions of events, see page numbers listed below.)

All the events listed below will be held at First Unitarian Church, which is located at Franklin and Geary Streets, San Francisco.

Including

FREE Introductory Evenings

Thursday, June 29
Introduction to Esalen
Bob & Marilyn Kriegel
FREE; 7-11 p.m. (p. 5)

Wednesday, July 5
New Ways of Meeting New People
Robert Cromey
$3 general, $2 student; 8-10:30 p.m. (p. 5)

Thursday, July 6
Body Awareness: An Introduction
George Downing & Anne Kent Rush
FREE; 8-10:30 p.m. (p. 13)

Wednesday, July 12
An Introduction to Psychosynthesis
James Fadiman
FREE; 8-10:30 p.m. (p. 4)

Monday, July 17
The Two Mean[illegible] of Sufism
Huston Smith
$3 general, $2 student; 8-10:30 p.m. (p. 8)

Wednesday, July 19
Structural Integration: An Introduction
Larry Swann & Ed Taylor
FREE; 8-10:30 p.m. (p. 16)

Thursday, July 20
The Planetary Horizons of Man
William I. Thompson
$3 general, $2 student; 8-10:30 p.m. (p. 16)

Sunday, July 23
Introduction to the Alexander Technique
Ilana Rubenfeld
$5 general, $3 student; 8-10:30 p.m. (p. 14)

Monday, July 24
Introduction to Esalen
Robert Cromey
$3 general, $2 student; 7-11 p.m. (p. 5)

Wednesday, July 26
Introduction to Confluent Education
Sara Miller, Marilyn Kriegel, Ford-Esalen Staff
FREE; 8-10:30 p.m. (p. 2)

Thursday, July 27
Looking-Talking-Touching: For Couples
Gerald Smith
$5 per couple; 8-10:30 p.m. (p. 5)

Monday, July 31
Introduction to Psychodrama
Walt Anderson
FREE; 8-10:30 p.m. (p. 5)

Wednesday, August 2
On Yoga: Lecture-Demonstration
Joel Kramer
$3 general, $2 student; 8-10:30 p.m. (p. 14)

Thursday, August 3
Arica Training: An Introduction
Arica Staff
$3 general, $2 student; 8-10:30 p.m. (p. 9)

Monday, August 7
New Ways of Meeting New People
Robert Cromey
$3 general, $2 student; 8-10:30 p.m. (p. 6)

Thursday, August 10
Introduction to Esalen
Bob Kriegel
$3 general, $2 student; 7-11 p.m. (p. 5)

Thursday, August 17
Unorthodox Medicine
David Sobel
$3 general, $2 student: 8-10:30 p.m. (p. 14)

Wednesday, August 23
Transpersonal Exercises
James Fadiman
$3 general, $2 student; 8-10:30 p.m. (p. 8)

Thursday, August 24
Introduction to Esalen
Art & Janica Fox
$3 general, $2 student; 7-11 p.m. (p. 5)

Monday, August 28
Biological Rhythms & Expanded Consciousness
Gay Luce
$3 general, $2 student; 8-10:30 p.m. (p. 8)

Wednesday, August 30
Re-Evaluation Counseling: An Introduction
William Pennell Rock
$3 general, $2 student; 8-10:30 p.m. (p. 6)

Wednesday, September 6
Introduction to Esalen
Harry Sloan
$3 general, $2 student; 7-11 p.m. (p. 5)

Wednesday, September 13
Arica Training: An Introduction
Arica Staff
$3 general, $2 student; 8-10:30 p.m. (p. 9)

Thursday, September 14
LSD and the Cosmic Game
Dr. Stanislav Grof
$3 general, $2 student; 8-10:30 p.m. (p. 9)

Monday, September 18
The Practice of Awareness: Gestalt Exercises for Daily Use
John Enright
$3 general, $2 student; 8-10:30 p.m. (p. 12)

Wednesday, September 20
Coming Out of Divorce
Gerald Smith
$3 general, $2 student; 8-10:30 p.m. (p. 6)

Thursday, September 21
Introduction to Esalen
Margaret Conway
$3 general, $2 student; 7-11 p.m. (p. 5)

Thursday, October 5
Gestalt Therapy Lecture-Demonstration
Stella Resnick
$3 general, $2 student; 8-10:30 p.m. (p. 12)

Esalen Institute
1776 Union Street
San Francisco
California 94123

The Esalen Catalog

Including programs co-sponsored with the GESTALT INSTITUTE OF SAN FRANCISCO

To assure that you will continue to receive the Esalen Catalog, notify us immediately of any change of address. THIRD CLASS MAIL. Address correction requested.

ESALEN PROGRAMS, FALL 1972
Volume X, No. 4

The Esalen Catalog

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

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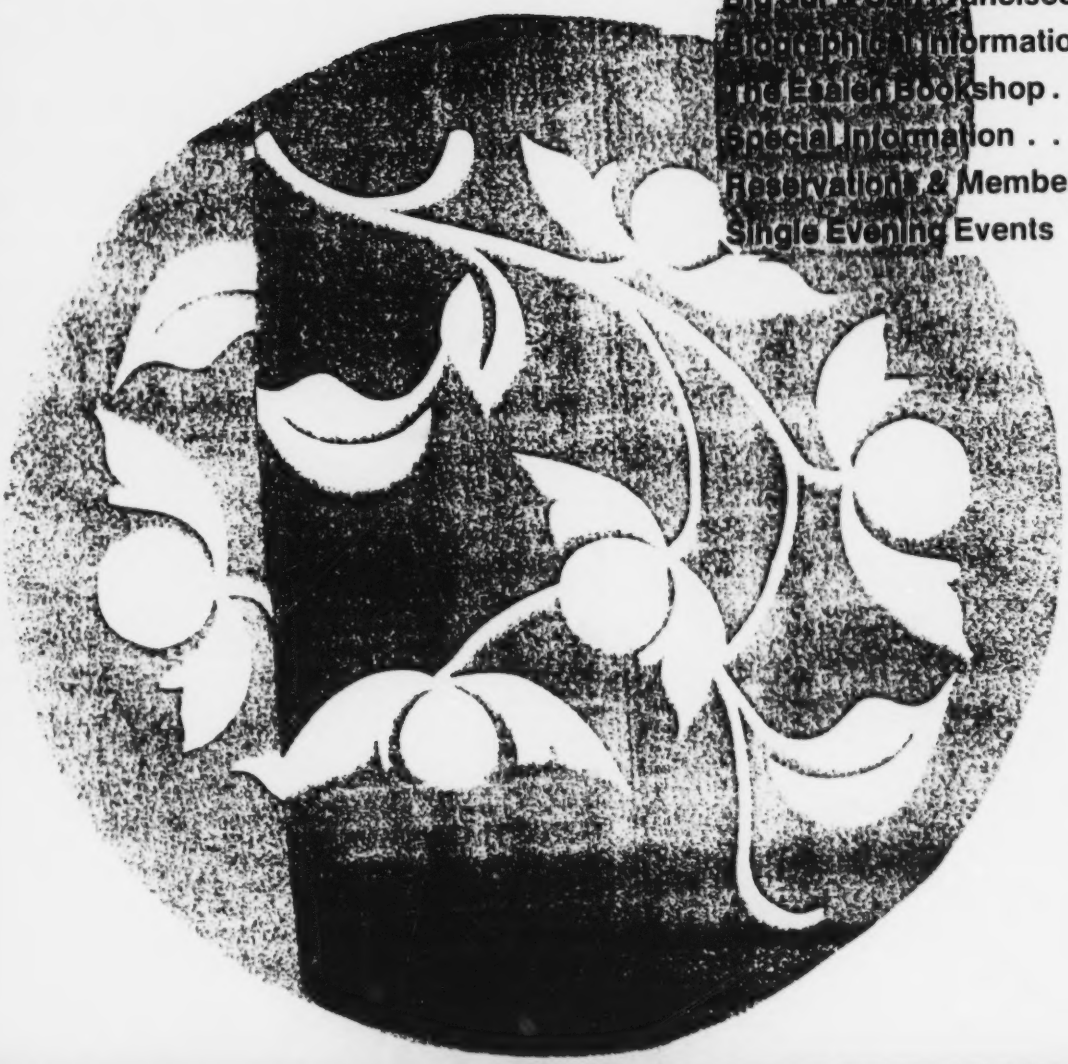

FORD/ESALEN READING PROJECT IN REVIEW
(excerpted from an article by Jayne May)

A tiny kindergartner says to a classmate nearly twice her size, "I resent it when you do that."

A shy first grade girl speaks in the group circle, "I appreciated it, Mike, when you shared the ball at recess."

A blond boy, wearing a HAPPY sign around his neck, yells in anger. "Hey, Paul," a classmate calls, "'better change your sign or your face. You don't match."

A batch of little bodies bend to form letter-shapes and ask classmates, "read me!" "You're a little 'd'." "No, I'm a little 'b'." "Then you better turn around, your bump's going the wrong way."

A circle of children concentrate on getting centered and settled. Their teacher tries, unsuccessfully, to lift each five-year old body. "You're really centered today," she says. "You're all heavy!"

A boy sits on a couch in an area marked DAY DREAMING and looks contentedly into space.

An intent child writes in a book she's compiling, "I get mad when my sister gets in my space. When I'm mad I tear my hair apart."

A tall dark-haired six-year old says, "Today I'm serene. I want a quiet place." Her teacher prints SERENE on a card and hangs it around her neck. The child creates her own quiet place.

A boy in a special corner angrily pounds a heavy pillow with all his might and mutters a satisfying word.

What do they have in common, these children in a half dozen schools in several different districts?

One thing: their teachers are part of the same project.

It started on a foggy November night in 1971 when a handful of teachers from Marin County and the Peninsula met in Stuart and Sara Miller's San Francisco home to officially activate the Ford-Esalen Confluent Education Reading Project.

Two dozen weekend workshops, a multitude of meetings, reams of pages written in many logs, external changes in personnel, internal changes in people and two unusual year-end reports have since taken place. And the time is now ripe to answer the questions: What is the Ford-Esalen Project: Who are the Ford-Esalen teachers? and Why?

The Ford-Esalen Reading Project, a sub-group of a Ford grant for confluent education given George Brown at U.C. Santa Barbara, is being administered in San Francisco through Esalen Institute with Sara Miller as director.

The purpose of the project, as set forth that evening, was to expose this group of elementary classroom teachers to a wide range of human potential experiences to see what effect the expected changes in each individual would have in the classrooms, to see what experiences could be transplanted and adapted to the classroom situation, to see what impact this would have on teaching techniques and content, and, in addition, to develop a complete curriculum in reading with these attributes built in. In brief, to train teachers to be confluent and to teach confluently.

In the first year, which ended in June 1971, the emphasis was on experiential weekend workshops in personal growth. It was the "Year of the Feelings" with experiences in encounter, gestalt, psychosynthesis and sensory awareness. Each group member kept an extensive log chronicling meetings, classroom experiences, personal awareness, and appreciations and resentments. Each member wound up the year writing an individual evaluation of the project plus a curriculum on concentration which had been developed and used in the classroom during the spring.

The second year, just ending, was the "Year of the Body" with programs in bioenergetics, biofeedback, energy awareness, aikido and psychosynthesis. Much was done with identifying and working on sub-selves. Polarities in personalities were investigated, particularly the fact that opposites both exist within a person, along with all gradations between the two poles. So the polarity to that angry, hating child in the classroom is a happy, loving child, and both already exist within him along with all the variations in between.

This spring, the group formed three task forces which had the additional responsibility of developing a confluent curriculum in beginning reading to be included in the second End-of-the-Year Report along with, once again, individual reports from each member on the impact of the year's work upon themselves and their classrooms.

Next year, the third and final year of the current project, is not only the "Year of the Mind" but anticipates working on the Will, using Roberto Assagioli's new book as a basis. It is also the year of the product. And the product is to be a complete and confluent reading curriculum.

There are nine teachers in the project, half of whom have been in the project since the beginning, the others since the start of the second year. Ask any of them what confluent means. They'll tell you: "Flowing together of thoughts and feelings." "Interwoven strands of affect and intellect." "Feeling what you're learning." And that's what the children mentioned in the beginning have in common. That's why they're familiar with expressing appreciations and resentments, using their bodies as letters, talking of how it must feel to be an 'a' or a 'z', and calling each other on incongruence between face and feelings. That's why they're comfortable wearing cards to proclaim how they feel, able to concentrate, to settle, to move from center, daydream when necessary, seek quiet places, write their feelings in books, take responsibility for their actions, get in touch with their polarities, find appropriate ways to express their emotions and read expressions, faces and voices.

They, too, are part of the Ford-Esalen Confluent Education Reading Project.

They are what it's all about.

They are the 'Why'.

ESALEN PROGRAM IN HUMANISTIC MEDICINE

Complaints about the dehumanization of medicine rise on every hand, not only from patients but from doctors and nurses as well. About a year and a half ago, Sara Miller (Esalen's Director of Education) and Stuart Miller (Director of Development) began to think through what Esalen could do to help with the problem. The result was a proposal for an on-going training seminar in humanistic medicine. This program was to be deliberately exploratory, trying to determine which of the hundreds of Esalen disciplines might be useful to medicine, how they might be combined, what research questions they led to, what philosophical implications they elicited, and so forth.

The feeling was widely shared that various Esalen techniques had fruitful applications in many medically related fields such as psychosomatic medicine, preventive medicine and nutrition. Indeed, a number of medical practitioners, inspired by Esalen or similar centers, had gone off on various such paths, applying rolfing in their practice, or hypnotism, or gestalt. A good next step might be to do a systematic and long range investigation of how all the major Esalen approaches might be interwoven into medicine. The Millers drew up a proposal and began showing it to doctors and to foundations.

To many it seemed an obviously good idea, and endorsements and constructive suggestions for the project came in from those who had had Esalen experience. With those who hadn't, it was slow going at first. But it was felt that if the project was to have an impact on the medical establishment, then the establishment must be reached. Surprisingly, a number of doctors rather high in the medical profession were quite sympathetic and gradually some important medical names went so far as to lend themselves to supporting the project. A much greater openness and need for this kind of experimentation was discovered than medical people themselves generally realized. It was not all easy, of course, and the business of beginning to raise the $50,000 for the first two years of the Project was often discouraging and wearing, but it is clear that the time for this kind of idea has come.

Donors have been generous and the project has attracted extensive foundation support, including grants from the Mary Reynolds Babcock Foundation. There were the crucial private donations from Marty Farber, Don Flaxman, Janet Bickford and an anonymous donor of $20,000.

Extended Programs

The following programs represent ways in which participants can involve themselves with Esalen over an extended period of time. These long term programs present greater opportunities for professional development, learning experiences, and exposure to a wide variety of disciplines.

ANTIOCH COLLEGE/WEST UNDERGRADUATE DEGREE PROGRAM AT ESALEN

Advanced undergraduate students (anyone who has completed some undergraduate work at any college or university) may now enroll at Antioch College/West in San Francisco and work for their B.A. degree at Esalen. Course work will be accredited through Antioch College in Yellow Springs, Ohio; the B.A. degree will be from Antioch College/West and the Union for Experimenting Colleges and Universities.

Students will develop their own educational programs incorporating regularly scheduled Esalen workshops and courses and individual work created in conjunction with the Esalen staff. Esalen leaders and staff will act as faculty and counselors for students in the program.

Tuition for the 1972-73 academic year is $2700. Students may begin their programs anytime after October 1, 1972. Financial aid is available. (This program also qualifies for Veterans and Social Security benefits.)

Inquiries for admission should be directed to: Ms. Cristy Willer, Antioch College/West, 149 Ninth Street, San Francisco, Calif. 94103. Information about program content and design should be addressed to: The Antioch West Program, Esalen Institute, 1776 Union Street, San Francisco, Calif. 94123.

ON-GOING RESIDENTIAL PROGRAM IN BIG SUR

Beginning in October, Esalen/Big Sur will offer an *ongoing* residential program which may be initiated by an individual according to his specific needs and interests, chosen from among the continuing workshops available. Those interested in the program should be aware of a residence requirement of at least two months.

The cost of the program is $980 per month exclusive of weekend workshops. Individuals interested in applying must first attend a week-long workshop at Big Sur, the cost of which will not be applicable to the residential fee, should they be accepted to the program.

RESIDENTIAL PROGRAM WITH EMPHASIS ON GESTALT TRAINING

A three-month residential program, coordinated by Janet Lederman, will take place in Big Sur and San Francisco January 28-April 20, 1973. This is an advanced training program for qualified therapists in psychotherapy, counseling and related fields. The program will be tailored to the individual interests of each participant. In addition to Ms. Lederman the training staff includes: George Brown, Jack Downing, Betty Fuller, Robert Martin, Julian Silverman, Stella Resnick, Frank Rubenfeld and Richard Price. The cost of the program is $3500.

Ms. Lederman describes the program:

The Focus - Gestalt Theory and Practice as
a moving and constantly changing process of learning.

The individual alone,
as a member of a group,
and within the community structure.

The background:
Esalen/Big Sur

the extended background:
San Francisco.

Write to Carole Rosenblatt, Program Coordinator, Esalen/Big Sur, for further information. Briefly describe your professional background.

• B.S. October 1-27

Arica Awareness Training
Arica Staff

Four-week program $985

For a description of Arica Training, see p. 9.

■ S.F. October 23-March 30

Extended Growth Program
Ian Grand

Five-month program $600

The Extended Growth Program is an in-depth, continuing five-month program in the San Francisco Bay Area; it combines a selected schedule of workshops with ongoing small group work under the direction of the program coordinator, Ian Grand. As a non-resident program in an urban area, it provides a way for persons to experience directed and focused work in several disciplines while living and working in their own environment.

Ian Grand describes as follows the Extended Growth Program beginning this fall: "The program will explore what it means to lead a life of the body in the world. It is for persons who seek approaches to the Bodily Mysteries that at once unfold and allow our meaning, our feeling, our sexuality and our sacredness. The intent is to work toward a sense of individual uniqueness and the mystery of community; a sense of adventure and rhythmicity, unfolding and becoming; a sense of the numinous in everyday life.

"To achieve this end, the group will experience many modes of body expression – theoretical and intellectual, dance, song, language, dreams, feelings. We will use bioenergetics, gestalt training, movement and other workshop-ritual modes and methodologies."

The program consists of the following, all in the San Francisco area: two five-day workshops with Ian Grand (October 23-27 and March 26-30), two special weekend workshops for program members only with Stanley Keleman and with Peter Marin, and three weekend programs to be selected by participants according to individual interest from regularly scheduled Esalen/San Francisco workshops during the November through March period. The group will work continuously with Ian Grand during the five month period, specifically three evening meetings and a day-long meeting per month.

Limited to 14 persons; selection will be made by interview with Ian Grand between September 1 and October 15. For further information, call or write the Esalen/San Francisco office.

The Esalen Project will be officially connected with a project partly modeled after it at the University of Utah Medical School and will serve as a resource to that Medical School. Major foundations are showing great interest and doctors at the highest level of the profession are beginning to ask to be enrolled as members of the Project.

The Medical Project will be modeled on Esalen's successful Ford Foundation Education Project. A group of approximately twenty medical professioals will meet over a period of three years or more to systematically explore Esalen techniques and their relevance to medicine. Selection of the medical professioals is going on now, but there is still room for applications. It is hoped that the group will consist of a variety of different medical specialists, nurses, administrators, medical professors, and their spouses. During the first year the group will explore the usefulness of encounter, sensory awareness, gestalt, massage and psychosynthesis to their personal growth, to their particular medical practices and to medicine in general. It is expected that a pilot curriculum for medical schools will be drafted. The second year will continue with this exploration in such fields as rolfing, hatha yoga, tai chi chuan, meditation and so forth, gradually bringing in alternate medical approaches such as Chinese medicine, yogic medicine, reflexology and herbal medicine. The emphasis is on a calm and cooperative consideration of the medical opportunities inherent in the new humanistic culture. The program is deliberately eclectic and non-evangelical, aiming at a sympathetic but critical look at these opportunities. Eight weekend workshops, eight evening seminars, some special weekend retreats and an extensive log make up the outline of the project's work, each year for three years.

It is possible that what is being started here is a process that will lead to a much altered sense of medicine, perhaps over a period of years, to the creation of a "Mayo Clinic for the New Age," as one enthusiastic doctor put it in a letter. Such fantasies are pleasant to all concerned, but for now the emphasis is on small-scale and hard work. Doctors, nurses and administrators must be found who together form a cross-section of the medical community and who are willing to give large amounts of time to this project without pay. Simultaneously, the Project must be explained to medical people who are likely to be sympathetic and are in a position to do something about implementing any positive results: deans of medical schools, hospital administrators, editors of journals, and the like. A full description of the Esalen Project in Humanistic Medicine is available by writing: "Medical Project", Esalen Institute, 1776 Union, San Francisco.

THE PEOPLE'S KITCHEN

The Esalen kitchen is an experiment in self-government. The kitchen staff makes all decisions, including hiring, firing, salaries, the ordering of food and menu planning. Consensus vote determines all aspects of policy, organization and objectives. The staff meets twice weekly, one meeting being devoted to the specific demands of managing kitchen business, the other in an encounter format where interpersonal problems among kitchen personnel are discussed.

The kitchen serves organically produced meats, poultry and dairy products. The organic food garden on the grounds provides most of our vegetables and herbs; most breads and pastries are made by Esalen bakers.

ABOUT ESALEN: FROM ALAN WATTS

The following is an excerpt from Alan Watt's recent autobiography In My Own Way *(Pantheon 1972):*

Esalen represents education for its own sake, beyond school, without diplomas, and concerning matters which are fundamental to life but not ordinarily studied in academies. There are matters of what is vulgarly called "nitty-gritty," the utterly basic questions of our relationships to others, to ourselves, and to cosmic existence. Talk it out; feel it out; get down to the roots of what is really happening. This naturally involves religion, philosophy, psychotherapy, and as yet unclassified disciplines which have to do with direct experience of mental and physical reality. But whereas most nonsectarian groups are, in fact, sectarian, Esalen manages to remain open to astonishingly diverse points of view, despite the fact that its faculty has included such strong and persuasive personalities as Fritz Perls, Abraham Maslow, Carl Rogers, Virginia Satir, and Ida Rolf, to mention but a few. It has been copied all over North America as well as in Europe. Its methods have been studied by government agencies and great business corporations, and its techniques are beginning to be found in churches and universities.

BEST COPY AVAILABLE

S.F. OPEN HOUSES – FREE

A series of informal evenings to discuss programs, methods and directions with Esalen leaders and staff.

First Monday of each month; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

October 2
About Esalen Programs

An evening for those wishing to discuss programs listed in this catalog with members of the Esalen administrative staff. This is an opportunity for informal, small-group sessions concerning such questions as "Where do I start?", "Which Esalen program is best suited to my interests and needs?", "What can I expect from a residence program?", etc.

November 6
An evening with Michael Murphy,

the president and co-founder of Esalen Institute. He is the author of the recently published book, *Golf in the Kingdom.*

December 4
An evening with Seymour Carter,

who has trained with Charlotte Selver, Ida Rolf, Synanon and Esalen. He has been influenced by zen buddhism and gestalt and is a student of aikido.

January 8
An evening with Cynthia Werthman,

a gestalt therapist and a director and trainer at the Gestalt Institute of San Francisco.

• B.S. December 29-January 1
New Year's Celebration
Esalen Staff

Three-day celebration $125

You are cordially invited to spend the New Year holiday at Esalen/Big Sur. Among the guests will be:

George & Judith Brown, Seymour Carter, Bob & Marilyn Kriegel, Janet Lederman, Peggy Morrison, Richard Price, Carole Rosenblatt, Gabrielle Roth, Hana Rubenfeld, William Schutz, Julian & Beverly Silverman, Harry Sloan, Ben & Judyth Weaver.

• S.F. November 1-January 31

Professional Development Program
Frank Rubenfeld, Coordinator and Leader

Fourteen Wednesday evenings (plus 3 one-day workshops) $325

This program is designed to increase the self-awareness and options available to therapists and others in the helping professions who regard themselves as more than followers. Participants will be encouraged to synthesize their ongoing approaches to therapy with the experientially-didactically presented program.

The program has three major components:

1. Development of skills derived from gestalt therapy. Meeting every Wednesday evening for fourteen weeks beginning November 1, participants will learn by being in the "hot-seat", working with Dr. Rubenfeld and by working with other participants with the opportunity for immediate feedback.
2. Theme-centered interactional groups. Some of the weekly meetings will deal with themes related to therapists' roles and image; the type of conditioning therapists undergo in this society; and other topics which can be subsumed under "therapist consciousness-raising". There will be use of art, dance and drama during these sessions.
3. Three Saturday workshops (Nov. 18, Dec. 16, Jan. 13) with innovators in the spiritual, body-related and artistic-expressive modes of developing human potential; Stanley Keleman, and two other persons to be announced, are responsible for these one-day programs. Integration of these approaches with gestalt and other models will be discussed.

The program is open to psychotherapists, psychologists, clinical social workers, ministers, counselors and others in the helping professions. To apply, send a brief description of your professional background and interests to Esalen/San Francisco. Limited to 16 professionals.

• B.S. November 5-December 1

Gestalt & Structural Integration
Richard Price, Hector Prestera & Esalen Staff

Four-week program $950

Structural Integration, while producing actual physical change, also facilitates direct perception of body processes in relation to emotional pressure and release. Each participant will receive three rolfings as part of the workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working with groups (teachers, ministers, psychologists, etc.)

• B.S. January 7-February 4

Being & Dis-Covery

Julian Silverman, *Coordinator*

Tom Allen, Betsie Carter, Margaret Conway, Steven Kull, Janet Lederman, Selig Morgenrath, Peggy Morrison, Robert Nadeau, Beverly Silverman.

Four-week workshop $975

The program will begin with a week of encounter/gestalt conducted by Janet Lederman. A weekend seminar concerned with centering and energy awareness techniques, led by Robert Nadeau, will follow. The second week emphasizes massage, meditation and gestalt awareness training. The week will be co-led by Peggy Morrison, head of Esalen's massage staff, and Julian and Beverly Silverman. In the third week, Robert Nadeau, concentrating on energy awareness, develops the theme "you are more than you think you are." In the last week the techniques of psychosynthesis are used to facilitate discovery of how each individual interferes with the expression of his capabilities and how much more he is than what he ordinarily expresses. This week will be led by Tom Allen, Betsie Carter, Margaret Conway and Steven Kull. The last weekend of the program involves all the leaders in integrative sessions. Participants will meet periodically with the program coordinator.

The group, limited to eighteen seminarians, meets in morning and evening sessions. During midday they will participate in the daily creative workings of Esalen/Big Sur under the direction of Selig Morgenrath, designer of the facility. The aim of this aspect of the program is to facilitate each individual "getting in touch with" and being touched by nature. The body toning techniques of the Arica Training school are a daily part of the workshop. Our overall emphasis is upon dis-covering how growth and real maturity involve change of orientation from environmental support to self-support. No one person, no one method provides *the* key; each individual unfetters himself with his own key which is a uniquely personal synthesis of *his* life experiences and insights.

• B.S. Starts February 18

Bridging the Gap:
An Ongoing Personal Development Program
Bob & Marilyn Harris Kriegel

Six-month program $825

This extended program will attempt to bridge the gap between the workshop and the outside world. The basic idea is to combine the intensity of the residential workshop with the continuity of the ongoing group in an effort to make the workshop more relevant in terms of the participant's ongoing life process. Specifically the program will consist of:

Three intensive week-long residential workshops spaced approximately three months apart. The purpose of these groups is to create a supportive environment in which the participants can gain new insights and experience themselves and others in new and different ways. Out of this experience will evolve goals which each individual sets and specific assignments for the period between workshops. The basic format of the group will be encounter, gestalt and psychosynthesis, though other disciplines will also be used depending on the group's needs and interests.

Assigned homework and readings will be given to each participant based on the goals he has set. Response and applicability of the readings to everyday life will be followed through in a log.

Program participants will keep a daily log or journal. This format has been found to be one of the most useful instruments in terms of providing new and greater clarity to thoughts, feelings and observations. The leaders will review the logs once a month by mail and make suggestions, comments and give new assignments. The leaders will also be available by telephone, mail and, in some cases, by appointment for individual counseling. Contact between the group members, whenever geographically possible, will be encouraged.

A limited amount of scholarship funds is available. The first workshop in the series will take place February 18-23, 1973.

Interpersonal

The ground rules of encounter are that participants be [illegible] in a group setting, that they avoid mere theorizing and instead talk about [illegible] and perceptions. There is often an emphasis on eliciting emotions which [illegible] of negative confrontations rather than away from them. The focus of [illegible] explore interpersonal relations. Over the past years encounter, as practiced [illegible] evolved into a broad approach incorporating several related disciplines to [illegible] Techniques and insights gained from gestalt, sensory awareness, bioenergetics, movement and structural integration are all part of Esalen's encounter [illegible]

SAN FRANCISCO INTRODUCTION TO ESALEN PROGRAMS

These evening and one day programs are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups.

EVENING INTRODUCTIONS TO ESALEN: Working in small and large group sessions, participants will be introduced to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring pillow for easy sitting.

$3 general, $2 student; 7-11:00 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Wednesday, October 4 – Bob Kriegel
Monday, October 23 – Harry Sloan – FREE
Wednesday, November 8 – Robert Cromey
Monday, November 27 – Robert Cromey
Thursday, December 14 – Harry Sloan
Wednesday, January 10 – Bob Kriegel

ONE DAY INTRODUCTIONS TO ESALEN: An intensive day of group work, along the lines of evening introductory programs, with the additional advantages of more hours and shared mealtimes.

$15 per person; 10 a.m. to 6 p.m.; locations to be announced with confirmation of reservations; bring your own lunch.

Sunday, October 15 – Paul Aikin
Saturday, November 11 – Harry Sloan
Saturday, December 23 – Harry Sloan

BIG SUR INTRODUCTION TO ESALEN PROGRAM

Introduction to Esalen programs are designed for, but not limited to, people who have not previously been to Esalen/Big Sur. The workshops center on encounter and gestalt, although additional opportunities will be available in other experiential areas such as movement, massage and sensory awareness. Rolf treatments will be available at an extra cost.

Oct. 13-15 Harry Sloan Weekend workshop $85
Oct. 15-20 Robert Kriegel & Marilyn Harris Kriegel Five-day workshop $215
Oct. 27-29 Esalen staff Weekend workshop $85
Nov. 12-17 Harry Sloan Five-day workshop $215
Dec. 3-8 Helen Stephens Five-day workshop $215

BIG SUR EXPERIENCE OF ESALEN PROGRAMS

Experience of Esalen programs are designed to join staff members and participants in an experience of each other surrounded by as little or as much structure as a unique mix of people wish to create. The resources of Big Sur are available – baths, scenery and the far-ranging talents of our staff (group leaders, masseurs, artists, craftsmen, musicians and students of arcane lore). These non-programmed programs are an opportunity to explore and to interact or simply to retreat from the world for a week. Come and be with us.

October 8-13 Five-day workshop $150
October 29-Nov. 3 Five-day workshop $150
December 8-10 Weekend workshop $65

BIG SUR OPEN RESIDENCE PROGRAMS

Five-day workshops $215

The Open Residence Program is intended for those with some experience in encounter and gestalt. The focus of the group will depend on its own interest as well as leader availability. Among possible offerings are encounter, gestalt, meditation, instruction in yoga, Arica awareness training, massage, movement and sensory awareness.

October 1-6 Esalen Staff
October 22-27 Esalen Staff
November 26-Dec. 1 Harry Sloan

• S.F. Thursday mornings

Drop-in Encounter
Robert Cromey & Staff

Continuing program $6 per person

This encounter program is open to anyone, on a continuing or an occasional basis. Persons are encouraged to use this series as a place to deal with immediate personal conflicts and as a follow-up for other workshop programs. 10 a.m. to 12 noon, every Thursday morning. 1776 Union Street, San Francisco.

• B.S. October 8-13

Endarkenment
William Schutz & Selected Inepts

Five-day workshop $275

Sometimes we learn best by experiencing opposites. This week we will learn to be closed, deceptive and dishonest; to be in our heads and not our bodies; how to worry during meditation; methods of structural disintegration; techniques for being off-center; ways to avoid touching and closeness.

There will be extensive practice in how to blame others for our troubles. The group will be aimed at starting high and joyful and ending anxious and suspicious. Bathing suits will be worn at the baths; groups will be slightly too large to be effective.

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■ S.F. October 13-15

Couples' Workshop
Robert Kriegel & Marilyn Harris Kriegel

Weekend workshop $110 per couple

There will be a follow-up evening to this workshop on Tuesday, October 24th.

● B.S. October 15-20

Encounter & Massage
Harry Sloan

Five-day workshop $230

■ S.F. October 21

Singles' Workshop
Robert Kriegel

One-day workshop $20

A workshop for unattached persons. Please state sex and age on application. 10 a.m. to 6 p.m., Saturday.

■ S.F. October 22-November 15

Open Encounter
Harry Sloan

One-day & four Wednesday evenings $50

An ongoing group, Sunday, Oct. 22, 10 a.m. to 6 p.m. and four Wednesday evenings, 7:30 to 10:30 p.m., Oct. 25, Nov. 1, 8, 15.

■ S.F. Thursday, October 26

New Ways of Meeting New People
Robert Cromey

Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

Since many persons attend large group programs to meet other people, this evening's experience will focus explicitly on the acquaintance process. Using methods from encounter and gestalt awareness, group members will explore how they project themselves to others, how others perceive them and discover new ways of moving into friendships and social contact.

■ S.F. October 27-29

You Don't Have to Suffer to Feel Good
Harry Sloan & Lenore Lefer

Weekend workshop $50

Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish and earthshaking breakthroughs. Growing becomes humorless and heavy and so does life. This weekend will tap into the absurdity of conflicts and problems, offering the participant an opportunity to laugh at himself and the seemingly tragic fate he has chosen. Lenore and Harry are fun to be with and have promised to dance with each and every one of the participants.

● B.S. October 29-November 3

You Don't Have to Suffer to Feel Good
Harry Sloan & Lenore Lefer

Five-day workshop $215

(See S.F. workshop description, Oct. 27-29, above.)

■ S.F. Thursday, November 2

Looking-Talking-Touching: For Couples
Gerald Smith

Single evening event

$5 per couple; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

A variety of verbal and nonverbal experiences for couples (not necessarily married).

■ S.F. November 2-December 14

Changing Sex Roles
Walt Anderson, Ani Mander, Jerry Mander, Lauree Moss

Six Thursday evenings $55

What it means to be a woman and what it means to be a man today. We will explore male-female conditioning as well as our assumptions and expectations concerning our roles in society. The women and men will meet separately to gain strength from one's own sex group and then together to pool our combined energies and break through conventions. Gestalt, encounter and psychodrama techniques will be used, and there will be time for talking and sharing of experiences. Participants will also meet with George Downing and Anne Kent Rush for a session in body awareness.

Six Thursday evenings, 7:30-10:30 p.m., Nov. 2, 9, 16, 30, Dec. 7, 14. This group is open to single women and men as well as to couples.

● B.S. November 3-5

Advanced Encounter
Robert Kriegel & Marilyn Harris Kriegel

Weekend workshop $85

■ S.F. November 3-5

Divorce: A Creative Experience
Robert Cromey

Weekend workshop $50

A group for the divorced, those contemplating divorce or those whose lives have been touched by divorce.

■ S.F. November 3-5

The Psychology of Over-Eating: A Food Liberation Workshop
Leonard & Lil Pearson

Weekend workshop $65

Participants will explore their particular ways of utilizing food as response to emotional needs. Workshop experiences will deal with eating fantasies, food and feeding, how hunger is felt and what occasions provoke it. Alternate ways of dealing with hunger and the tyranny of food will be explored with each participant.

■ S.F. November 4

Invitations to Openness
Walt Anderson

One-day workshop $20

Basic propositions: *(1)* An increased capacity for personal openness and honesty makes life easier and a lot more interesting. *(2)* The need for privacy is to be respected. *(3)* Openness is best achieved in response to an invitation, not a demand. We will all explore our own boundaries of privacy/openness, and work with some techniques for being open – and inviting openness – in everyday life. 10 a.m. to 6 p.m., Saturday.

● B.S. November 5-10

Beyond Encounter
Robert Kriegel & Marilyn Harris Kriegel

Five-day workshop $215

Encounter, gestalt and psychosynthesis techniques will be used.

● B.S. November 5-10

Experiencing Change
Janet Lederman

Five-day workshop $245

Exploring . . . expanding-values, goals. . .
To experience-reflecting, selecting, changing
The theater: Esalen/Big Sur. The players:
you/we, alone/together.

■ S.F. November 10-12

Changing Directions
Helen Stephens & Ben Weaver

Residential weekend workshop $85 including room and meals

A workshop for people grappling with major changes – familial, professional, spiritual, other.

■ S.F. November 10-12

Communication Games
Art Hough

Weekend workshop $50

A workshop to uncover and work with communication problems through games. These communication games – lasting from one minute to three hours – are used to heighten the communication experience, improve habits of listening, feedback, empathy, spontaneity and awareness and to loosen the deeper communication blocks that result from hidden dogmatism, rigidity and risk-refusal. This is not encounter; it is for people concerned with improving their communication.

• B.S. November 17-19

Fathers & Sons
Laurence Weisman

Weekend workshop $85

In the belief that the "generation gap" is really a "communication gap", this workshop will utilize techniques to improve the ways in which fathers and sons talk to one another. Fathers and sons are invited to come alone or together.

■ S.F. November 17-19

Singles' Workshop
Robert Cromey

Weekend workshop $50

A workshop for unattached persons. Please state sex and age on application.

■ S.F. November 17-19

Couples' Workshop
Geralt Smith

Weekend workshop $120 per couple

Videotape feedback will be used.

• B.S. November 19-24

Changing Directions
Helen Stephens & Ben Weaver

Five-day workshop $245

(See S.F. workshop description, Nov. 10-12, above.)

• B.S. November 19-24

Encounter for Singles
Robert Cromey

Five-day workshop $215

This workshop is for single people who want to find new ways to form new friendships. The group will explore feelings and emotions arising from being single. Encounter, gestalt and fantasy techniques will be used to help members of the group to enjoy themselves and other people more fully.

■ S.F. November 19

Parents & Teenagers: Harmony Without Giving In or Giving Up
Gunver Jackson *assisted by* Daniel Jackson

One-day workshop $20 for one parent & one teenager; $8 for each additional family member; $10 for single parents & single teenagers

The difference between generations need not be a discouraging gap. In fact, it is the quality of the difference which we wish to explore. A day for parents and teenagers to enter a place where we see the gap as a change in thought patterns and consciousness. Rather than narrowing the gap, we will build bridges with deep relaxation and gestalt awareness. 10 a.m. to 6 p.m., Sunday.

• B.S. November 24-26

Divorce: A Creative Experience
Robert Cromey

Weekend workshop $95

A group for the divorced, those contemplating divorce or those whose lives have been touched by divorce.

■ S.F. November 25

Play, Touch & Talk: Aboard the S.S. Vallejo
Marion Saltman

One-day workshop $20

A day to get in touch with our spontaneity and playfulness, as well as time for talk and sharing of experiences. The workshop will take place on the *S.S. Vallejo*, a houseboat in Sausalito. Bring one item for a potluck Thanksgiving picnic; drinks will be provided. 10 a.m. to 6 p.m., Saturday.

■ S.F. December 1-3

Living Women's Liberation: A Workshop for Couples
Walt & Maurica Anderson, Betty Reveley, Alan Wendt

Weekend workshop $100 per couple

The women's liberation movement is a challenge to women, a challenge to men, and, in ways we are just beginning to understand, a challenge to couples. We will explore this in encounter, share experiences and consider some humanistic guidelines for working through the changes.

• B.S. December 1-3

Come Out, Come Out, Whoever You Are
Don Clark & Al Haimson

Weekend workshop $85

An individual liberation group that invites you to open your closet and explore hidden feelings and wants – the better to know yourself and show yourself, whoever you are.

■ S.F. December 2

Meditation & Encounter
John & Anne Heider

One-day workshop $20

Encounter groups gain in both safety and intensity when meditations are used to teach centering and grounding. This workshop will illustrate the creative alternation of these traditionally opposite approaches to growth and awareness. For both professionals and beginners. 10 a.m. to 6 p.m.

• B.S. December 3-8

Eclectic Encounter
John Heider

Five-day workshop $245

The richness of contemporary encounter stems from the variety of healing and growth techniques included. This workshop will integrate encounter, gestalt, meditation and body work according to the best knowledge and wisdom of group leader and participants.

■ S.F. December 8-10

Beyond Encounter
Robert Kriegel & Marilyn Harris Kriegel

Weekend workshop $50

Encounter, gestalt & psychosynthesis techniques will be used.

• B.S. December 10-15

Growth Through Risk-Taking
David Schiffman

Five-day workshop $215

This workshop offers the participant an opportunity to explore the nature and purpose of personal boundaries, whether as illusion or as tools of self-survival working toward greater personal expansion and openness with others.

• B.S. December 10-15

Eclectic Encounter for Professionals
John Heider

Five-day workshop $245

John Heider writes: "My intent is to make clear the art of integrating various human potential techniques into a meaningful, harmonious whole. While primary emphasis will be on the group experience, intellectual discussion will focus on the leader's rationale and behavior. Especially suited for those in the people-helping professions."

• B.S. December 15-17

Psychodrama & Encounter
Walt & Maurica Anderson

Weekend workshop $85

We will use a wide variety of techniques for encountering everybody who's here this weekend, and psychodrama for encountering everybody who isn't.

• B.S. December 15-17

Couples' Workshop
William Schutz & Christie King

Weekend workshop $95 per person

■ S.F. December 16

Singles' Workshop
Harry Sloan

One-day workshop $20

A workshop for unattached persons. Please state sex and age on application. 10 a.m. to 6 p.m., Saturday.

• B.S. December 17-22

Experiencing Change
Janet Lederman

Five-day workshop $245

(See B.S. workshop description, November 5-10, above.)

• B.S. December 17-22

Advanced Encounter
David Schiffman

Five-day workshop $215

■ S.F. Monday, December 18

New Ways of Meeting New People
Robert Cromey

Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

(See S.F. program description, October 26, above.)

• B.S. December 24-29

Beyond Encounter
Robert Kriegel & Marilyn Harris Kriegel

Five-day workshop $215

Encounter, gestalt & psychosynthesis techniques will be used.

• B.S. December 24-29

You Don't Have to Suffer to Feel Good
Harry Sloan & Lenore Lefer

Five-day workshop $215

(See S.F. workshop description, Oct. 27-29, above.)

• B.S. December 29-January 1

New Year's Celebration
Esalen Staff

Three-day celebration $125

You are cordially invited to spend the New Year holiday at Esalen/Big Sur. Among the guests will be:

George & Judith Brown, Seymour Carter, Bob & Marilyn Kriegel, Janet Lederman, Peggy Morrison, Richard Price, Carole Rosenblatt, Gabrielle Roth, Ilana Rubenfeld, William Schutz, Julian & Beverly Silverman, Harry Sloan, Ben & Judyth Weaver.

■ S.F. January 5-7

Gay and Glad
Don Clark & Betty Berzon

Residential weekend workshop $85 including meals

A group for women and men who want to join together in search of greater understanding and appreciation of themselves as humans whose lives are richer because of the ability to accept and express gay feelings. Half of the time will be in a women's group and a men's group and half of the time together. We will use talk, touch, silence and fantasy to aid the sharing.

■ S.F. January 5-7

Singles' Workshop
Harry Sloan

Weekend workshop $50

A workshop for unattached persons. Please state sex and age on application.

■ S.F. January 12-14

You Don't Have to Eat – To Feel Full
Janet Zuckerman & Lenore Lefer

Weekend workshop $50

The functioning mind creates alternatives. We will use encounter, gestalt, and sensory awareness to put you in touch with alternatives to eating.

■ S.F. January 13

Working It Through With Mom and/or Dad
Walt & Maurica Anderson

One-day psychodrama workshop $20

Emotional conflicts of the parent-child relationship and ways of dealing with them will be explored by the group, using the spontaneous-dramatization technique of psychodrama to "confront" parents living or dead. 10 a.m. to 6 p.m., Saturday.

TRAINING in structural integration is offered only through the Ida P. Rolf Foundation for Structural Integration, and only upon completion of certain prerequisites. Research in rolfing is encouraged by the Guild. Information about training and research, as well as class announcements, may be obtained by writing the Foundation, P.O. Box 1868, Boulder, Colo. 80302.

INDIVIDUAL SESSIONS with practitioners of structural integration are available *by appointment only* through the following offices:

Esalen Institute, Big Sur — no telephone appointments. Please request appointments in writing. Practitioners include Michael Butler, Al Drucker, Stanley Johnson, William Schutz, Beverly Silverman, Simone Surpin, Ed Taylor.

Esalen Institute, San Francisco — Telephone for appointments. Keith Gilchrist, Megan Gilchrist, Dub Leigh, Michael Salveson, Larry Swann.

STRUCTURAL PATTERNING *is a body system which promotes structural balance and efficiency and economy of movement within the gravitational field. Patterns which block energy in the body are exhanged for those which allow energy to flow. It is particularly effective during or after rolfing, for those who want to develop the use and awareness of their reorganized bodies, to produce further structural change along the same lines, and to rebalance themselves in situations of physical or emotional stress.*

A course of private work in structural patterning usually consists of three to five supervised sessions, perhaps with a follow-up session after a few months.

Practitioners available for individual sessions are: Esalen/Big Sur — Marya Melchior; Esalen/San Francisco — Faith Hornbacher.

■ S.F. October 28

Structural Patterning in Stillness & Motion
Faith Hornbacher & Annie McComb

One-day workshop $25

This workshop is limited to 12 participants who have been or are being rolfed. 10 a.m. to 6 p.m., Saturday.

• B.S. November 5-December 1

Gestalt & Structural Integration
Richard Price, Hector Prestera & Esalen Staff

Four-week program $950

(See program description under Gestalt, p. 7).

• B.S. November 12-17

Structural Patterning in Stillness & Motion
Judith Aston

Five-day workshop $275

These sessions will deal with an analysis of the body's structure in terms of the Rolf lines, use of Structural Patterning as a daily meditation and use of movement in other daily activity.

• B.S. November 17-19

Structural Patterning in Stillness & Motion
Judith Aston

Weekend workshop $125

(See B.S. workshop description, Nov. 12-17, above.)

■ S.F. November 18

Experience of Structural Integration: A Rolfing Conference
Michael Salveson, Keith Gilchrist & Faith Hornbacher

One-day seminar $5

An opportunity for persons interested in rolfing to explore the possibilities and implications of this technique. The program will include: a film of Dr. Ida Rolf at work; an introductory talk on rolfing basics; the experience and analysis of each person's structural patterns; a demonstration of the first session of rolf processing; a demonstration of the structural patterning system; a panel of lay and medical people who have been rolfed; and small group discussions with rolf practitioners on the Esalen Staff. 10 a.m. to 4 p.m. First Unitarian Church, Franklin & Geary Streets, San Francisco.

■ S.F. Thursday, December 7

Structural Integration: An Introduction
Michael Salveson & Megan Gilchrist

Single evening event

[FREE]; 8-10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

Seminars

■ S.F. THE ESALEN STUDY GROUPS: A Tutorial Program

The Esalen Study Groups provide an educational alternative where the exploration and development of consciousness or styles of being can take place, rather than the acquisition of skills, techniques or information as such. Weekly sessions of these groups include study, dialogue, conversation and opportunity for intellectual inquiry into specific areas of thought in an informal setting. Tutors are also available to help individuals develop independent study programs outside of the weekly meetings (and to act as guides to the wealth of resources within the community).

Study Groups, in most cases, are limited to ten persons. Registration is possible for the first four weeks only or for the entire eight weeks. With tutor and group consent, the Study Groups may continue after 8 weeks.

■ October 4-January 10

Tutorial with Stanley Keleman

Eight Alternate Wednesday evenings

See page 12 for program description.

■ October 17-December 5

Tutorial with William Pennell Rock
Phenomenology, Heidegger and the Upanishads

Eight Tuesday evenings $30 per month

Martin Heidegger, through his development of the principle of phenomenology, has devised a mode of "foundational thought" which is remarkably akin to the sophisticated form of yoga found in the Upanishads. The group will explore this oldest and newest form of yoga by means of some selected reading, but the emphasis will be placed upon discovering together the technique of fundamental thought through practical exercises in phenomenological seeing and ever more refined forms of description. No academic background in these areas is necessary. 8-10:30 p.m.

■ October 18-December 6

Tutorial with Arthur Hastings
Language, Consciousness & Reality

Eight Wednesday evenings $30 per month

Learning how language, consciousness and reality are all causes and effects of each other. We will include how we can talk about internal states, how we select, process and communicate reality through language, and ways of getting outside language controlled reality or of creating new languages. Hastings will provide direct teaching, information and experiences for learning in verbal and nonverbal ways. 8-10:30 p.m.

■ October 19-December 14

Tutorial with Michael Aldrich
Drugs, Myths and Rituals

Eight Thursday evenings $30 per month

An exploration of ancient and modern visionary drug ceremonies relevant to contemporary psychic growth. The following topics will be discussed: Vedic and ancient Chinese magic, intoxicant cults from India to Alexandria, Ismaili alchemy and drug dancers, tantric and Moghul India, American Indian psychedelics and other topics. Suggested readings include: Huard and Wong's *Chinese Medicine;* Joseph E. Brown's *The Sacred Pipe;* Arthur Avalon's *The Great Liberation;* and Baudelaire's *Artificial Paradises.* 8-10:30 p.m.

■ October 23-December 11

Tutorial with David Sobel
On Health

Eight Monday evenings $30 per month

Health is much more than the absence of disease. It is a vibrant, energetic state of well-being of harmonious psychophysiological integration. This tutorial will explore various techniques for cultivating a positive concept of health and will include: meditation, relaxation training, self-concept modification, dream control, yogic therapy, diet and nutrition, structural integration, reflexology and foot massage, Bate's eye exercises and various other forms of unorthodox medicine. The emphasis will be on practical techniques to increase psychological and physical well-being. 8-10:30 p.m.

THE JUNGIAN PERSPECTIVE

The following seminars, with members of the C. G. Jung Institute of San Francisco, are opportunities to discuss informally various aspects of Jungian thought. These are not lectures – seminar titles suggest an initial focus for conversation and dialogue and indicate the particular area of interest of the various discussants. Each leader is scheduled for two successive evenings to allow for continuing discussion; since seminars are not repetitive, individual registration is possible for any evening.

Seminars are limited to 35 persons and will meet in San Francisco, 8-10:30 p.m. Advance registration necessary. $5 per session, or $35 for the series of eight sessions.

October 24 and 31 (Tuesday evenings): Donald Sandner, "Jung's Early Confrontations with God"

November 6 and 13 (Monday evenings): William Alex, "Dreams and the Unconscious"

November 20 and 27 (Monday evenings): John Perry, "Culture and Myth-Making"

December 4 and 11 (Monday evenings): Crittenden Brookes, "The Actualization of Jungian Thought"

● B.S. October 6-8

Feeling Therapy
Joe Hart, Dominic Cirincione & Richard Corriere

A weekend with some of its founders. Feeling Therapy grew from the experiences of eight therapists all formerly affiliated with the Primal Institute, who had backgrounds in various therapeutic approaches; gestalt, bioenergetics, client-centered, encounter and dream-work. They will discuss their philosophy of feeling, pain, cure and neurosis as well as the research on physiological changes related to intensive abreactive releases. Feeling Therapy is an integrative approach that aims to transform the patient from a non-feeling and symbolic existence to a life of feeling and meaningful expressions.

■ S.F. October 18-December 13

Dante and Capuccino
Stuart Miller & Michael Murphy

Five Wednesday evenings $25

A serious look at Dante's *Divine Comedy* and the literary and spiritual qualities that have made it a Western masterpiece. Focus will be on the historical background and the significance of the *Comedy* in the light of Eastern religions and Western psychology. There will be time for coffee (at a convenient cafe) and for experiential exercises will supplement conversation. Limited to 4 participants. Alternate Wednesday evenings, 8-10:30 p.m., Oct. 18, Nov. 1, 15, 29, Dec. 13.

• B.S. October 20-22

Soma, the Sacred Mushroom
Kurt von Meier

Weekend seminar $85

A workshop in identifying, gathering and curing the *amanita muscaria*, with an introduction to some traditional methods of its preparation and use. We will discuss its chemistry, pharmacology, history and lore and hunt for fresh specimens if the time, weather conditions and gods are willing. The *amanita muscaria* mushroom is well-known as a catalyst in reaching ecstatic states of consciousness since archaic times. Its recent discovery by poets, scholars and archaeologists brings forth startling evidence of its significance in the history of the world's great religions, literature, art and mythology.

■ S.F. October 30

Dreams, Creativity & Altered States of Consciousness
Stanley Krippner

Morning seminar $7 general; $5 student

(See seminar description under *Transpersonal*, p. 9.)

• B.S. November 3-5

Design Implications of Contemporary Liberation Movements
Richard Farson & Michael Murphy

Weekend seminar $85

Through consciousness-raising discussions and analytic sessions, participants will examine the causes and goals of a number of liberation movements – women, black, Chicano, Indian, gay, children, those incarcerated against their will in mental hospitals, military service, nursing homes, prisons, etc. – drawing out the implications for the redesign of social institutions, cities, housing, communications, transportation, education, consumer products, recreation. Special consideration will be given to the relationship between the politics of human rights movements and the politics of the human potential movement and the consciousness revolution.

• B.S. November 17-19

Life Without Therapy
Peter Marin

Weekend seminar $85

Though they have their uses, therapeutic approaches to reality or experience are universally narrow and limited. Techniques have a place in experience but they are peripheral and not central to it. Beyond therapy there is always the low-humming reality of day-to-day existence, so much more real, so much more sustaining – if one can only learn to stick with it. Therapy is, ideally, one way of getting to it, but to make use of therapy one must know enough to get past the intrinsic limits of therapy and the endless and constrictive games and roles therapists enjoy playing. Too many people lose themselves in trying to discover what they are, and this workshop (for therapists or their clients) is about avoiding that.

■ S.F. November 18

Experience of Structural Integration: A Rolfing Conference
Michael Salveson, Keith Gilchrist & Faith Hornbacher

One-day seminar $5

An opportunity for persons interested in rolfing to explore the possibilities and implications of this technique. The program will include: a film of Dr. Ida Rolf at work; an introductory talk on rolfing basics; the experience and analysis of each person's structural patterns; a demonstration of the first session of rolf processing; a demonstration of the structural patterning system; a panel of lay and medical people who have been rolfed; and small group discussions with rolf practitioners on the Esalen Staff. 10 a.m. to 4 p.m. First Unitarian Church, Franklin & Geary Streets, San Francisco.

■ S.F. Wednesday, December 6

Human Transformation as a National Goal
George Leonard

Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Our present national goals are difficult to attain, perhaps unattainable, precisely because we have set them too low. They would be easier to reach if they thrilled us and stretched us and pushed us all up against the edge of adventure. Perhaps the real adventure of this age lies in the creation of what amounts to a new human species. Mr. Leonard will discuss the promise and peril, the pain and joy, of this momentous undertaking. His talk will be a prelude to his Big Sur workshop, Dec. 8-10.

• B.S. December 8-10

The Inevitable Transformation of Humankind
George Leonard

Weekend seminar $85

(See S.F. program description Dec. 6, above.)

■ S.F. December 9

Herbs & Things: A Massage Oil Workshop
Jeanne Rose

One-day workshop $20

An exploration into the uses of herbs and plants for body and massage oil. We will make herbal oils and teas for the release of physical and emotional tensions. We will also discuss aromatherapy, sensory awareness through plants, herbal medicine, and the general uses and abuses of herbs. 10 a.m. to 6 p.m., Saturday.

• B.S. December 17-22

The Esoteric Psychologies: Magic, the Occult and "Supernatural Phenomena"
Robert Ornstein

Five-day workshop $245

What is the difference between a "paranormal" event and a "non-ordinary" event? What is the evidence for these unusual occurrences? What stops us from seeing them? How can we change ourselves and the larger community around us? Some personal discussion, facts and exercises.

• B.S. December 22-26

Christmas Celebration — Alan Watts

Four-day workshop $220

An informal seminar on the life and teaching of Jesus of Nazareth in the light of our knowledge of comparative religions and the psychology of mystical experience. At midnight on Christmas eve there will be a celebration of the midnight mass according to the rite of the "missa glossolalia" (contemplative literature).

■ S.F. January 13

Unorthodox Medicine
David Sobel

One-day seminar $20

A discussion of unorthodox medical approaches with an emphasis on positive health, preventive medicine and the medicine of the whole person. Areas to be drawn from include: primitive, ancient and Hippocratic medicine. Chinese medicine and acupuncture, yogic therapy, American Indian medicine, naturopathy, homeopathy, zone therapy, nutritional therapy, chiropractics, structural integration, relaxation therapy, and biofeedback training. 10 a.m. to 6 p.m., Saturday.

Gestalt

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participant to utilize *excitement* and *awareness* and to develop *responsibility*.

***Excitement*—to have life energy freely available and flowing, not blocked. *Awareness*—to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility*—to know and act on the principle that I am the one who acts, thinks and feels whatever it may be that I act, think or feel. No one else or no event influences me except with my consent.**

At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participant. The assumption is made that participants are not "patients", but are persons responsible for their own life decisions.

GESTALT PROGRAMS IN BIG SUR

• B.S. October 1-6
Open Gestalt
Esalen Staff
Five-day workshop $215

• B.S. October 8-13
Open Gestalt
Esalen Staff
Five-day workshop $215

• B.S. October 13-15
Gestalt Plus
George & Judith Brown
Weekend workshop $95

A workshop for individuals and couples where the approaches of gestalt therapy are combined with techniques from psychosynthesis. The focus will be on re-owning energy and discovering new and alternative ways to be as individuals and in primal relationships. Emphasis will also be placed on what to do after leaving the workshop.

• B.S. October 15-20
Open Gestalt
Frank Rubenfeld
Five-day workshop $245

• B.S. *October 22-27*
Gestalt Awareness Training for Health Professionals
Jack Rosenberg
Five-day workshop $275

This workshop is designed for people in the health professions – dental, medical and allied fields, including nurses, technicians and assistants; spouses are particularly encouraged to attend.

A factor in health care, often forgotten, is the health of those who provide care for others. The emphasis in this workshop will be on ways to apply gestalt and body awareness techniques to both the participants' practice and inner life. Sessions in hatha yoga and movement will be included.

• B.S. October 22-27
Open Gestalt
Richard Price
Five-day workshop $215

• B.S. November 26-December 1
Open Gestalt
Julian & Beverly Silverman
Five-day workshop $215

• B.S. October 29-November 3
Five Days with Judith Brown
Five-day workshop $245

Emphasis will be placed on awareness and self-expression based on gestalt approaches. This workshop is appropriate for couples as well as individuals.

• B.S. November 5-10
Gestalt & Body Awareness
George Downing & Lois Brien
Five-day workshop $245

We will work intensively with both the verbal methods of gestalt and a number of nonverbal techniques of body awareness, including fantasy, movement, breath awareness, Feldenkrais dynamics, energy exchange and others.

• B.S. November 5-10
Experiencing Change
Janet Lederman
Five-day workshop $245

Exploring . . . expanding-values, goals. . .
To experience-reflecting, selecting, changing
The theater: Esalen/Big Sur. The players:
you/we, alone/together.

• B.S. November 5-December 1
Gestalt & Structural Integration
Richard Price, Hector Prestera & Esalen Staff
Four-week program $950

Structural Integration, while producing actual physical change, also facilitates direct perception of body processes in relation to emotional pressure and release. Each participant will receive three rolfings as part of the workshop. Material that emerges in the physical processing will be worked with in gestalt sessions, in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working with groups (teachers, ministers, psychologists, etc.)

• B.S. November 10-12
Open Gestalt
Jack Downing
Weekend workshop $95

• B.S. November 12-17
Another Aspect of Gestalt Training
Jack Downing
Five-day workshop $275

Utilizing familiar gestalt methods, combined with additinal techniques from the Arica School of Oscar Ichazo, participants will work to increase their awareness of the concrete, actual world.

• B.S. November 17-19
Open Gestalt
Frank Rubenfeld
Weekend workshop $85

• B.S. November 19-24
Living Gestalt
John Stevens & Dannelle Smith
Five-day workshop $245

• B.S. November 24-26
Introduction to Gestalt
Janet Lederman
Weekend workshop $85

• B.S. December 3-8
The Art of Emotional Nourishment: Self-Induced Nourishment & Toxicity
Jerry Greenwald
Five-day workshop $215

Allowing the self to spontaneously evolve is the natural way of growth. Toxic patterns include anything a person does which hampers this natural process. Participants may work on any "problem" which disrupts their aliveness, excitement and joy. Emphasis will also be on discovering more nourishing ways of being and relating.

• B.S. December 3-8
Improvisational Gestalt Workshop
Stella Resnick
Five-day workshop $245

Together we will focus on developing the different parts the participants bring to the workshop and the polarities (opposites) which are always present. Using gestalt therapy and techniques of the actor, participants will perform their life's scripts for and with each other in order to better recognize and enjoy their cast of characters. Bring costumes and props, your usual or fantastic fantasy.

• B.S. December 10-15
Advanced Gestalt
Frank Rubenfeld
Five-day workshop $245

• B.S. December 15-17
Gestalt & Body Awareness
George Downing & Elaine Kepner
Weekend workshop $95
(See B.S. workshop description, Nov. 5-10, above.)

• B.S. December 17-22
Experiencing Change
Janet Lederman
Five-day workshop $245
(See B.S. workshop description, Nov. 5-10, above.)

• B.S. December 17-22
Open Gestalt
Richard Price
Five-day workshop $215

• B.S. December 26-31
Integrating Gestalt & Alexander Technique
Ilana Rubenfeld
Five-day workshop $245

This workshop will offer a unique blending of gestalt therapy, Alexander technique, body awareness and deep muscle work as a gateway to contacting, expressing and working through deep feelings. Emotions and memories are often stored in the body resulting in muscular tensions and imbalance. The focus will be on the psychic and physical exploration of the body as a total organism.

• B.S. December 26-31
Gestalt Plus
George & Judith Brown
Five-day workshop $245
(See B.S. workshop description, October 13-15, above.)

• B.S. January 28-April 20
Residential Program with an Emphasis on Gestalt Training
Janet Lederman *Gestalt Trainer and Program Coordinator*
Three-month program $3500

An advanced training program for qualified therapists in psychotherapy, counseling and related fields. This three-month program will take place in Big Sur and San Francisco and will focus on training in gestalt theory and practice. See page 3 for a complete description.

GESTALT PROGRAMS IN THE BAY AREA

For October, November and December the Gestalt Institute of San Francisco is continuing to hold its workshops in co-operation with Esalen. Consequently, no other brochure describing the Gestalt Institute's workshops will be distributed.

■ S.F. Thursday, October 5
Gestalt Therapy Lecture-Demonstration
Stella Resnick
Single evening event

$3 general, $2 student; 8-10:30 p.m., First Unitarian Church, Franklin and Geary Streets, San Francisco.

People often have their greatest difficulties as a result of negative process, *i.e.*, leaving the here and now experience and using up their energy with unpleasant memories of the past, catastrophic anticipation of the future, and negative interpretations of the present. Dr. Resnick will address her talk and demonstration to how she works with Gestalt therapy to facilitate awareness of these unpleasant processes and to learn to replace the pain process with pleasurable and creative process.

■ S.F. October 5-19; November 2-16
Lunch with John Enright
[FREE]; Bring your lunch; First three Thursdays in October & November; 12:15 to 1:30 p.m.; 1776 Union Street, San Francisco.

Lunchtime discussions; bring a topic you're interested in.

■ S.F. October 11 & 22
Taking Responsibility
John Enright
Single evening & one-day workshop $25

"Taking responsibility" sounds like brushing your teeth or "being mature" – a drag. In fact, to know gut-level that I am fully responsible for everything I do or that "happens to" me is one of the straightest paths to liberation. We will meet Wednesday evening to get acquainted and start some exercises. The exercises will be continued in writing for the next few days and brought to completion in Sunday's all-day workshop. Responsibility for past and future as well as "here and now" will be considered. Wednesday, 8:30-10:30 p.m.; Sunday, 10 a.m. to 5:30 p.m.

■ S.F. October 13-15 and October 14-15

Gestalt Workplayshop at Wilbur Hot Springs
Richard Louis Miller & Friends

October 13-15: Part One. $65 per person.

Three-day gestalt training workplayshop.

Initial training session will be held Friday. Trainees will then lead a gestalt workplayshop Satruday and Sunday. Training and supervision will be conducted by Richard Louis Miller and staff. Friday noon through Sunday before dinner.

October 14-15: Part Two. $35 per person.

Two-day gestalt workplayshop.

Saturday noon through Sunday before dinner. The leaders will be trainees who completed Part One above, supervised by Richard Louis Miller and staff.

Both groups will live in the community at Dr. Miller's country home in "Wilbur Hot Springs", about two hours northeast of San Francisco.

■ S.F. October 28-29

Must You Work Hard for Personal Growth or Can You Experience Instant Enlightenment?
Larry Bloomberg & Sid Gershenson

Residential weekend workshop $70 including room and meals

This workshop will explore the polarity of enlightenment-growth with the goal of revealing where your style is on this continuum. Saturday, 10 a.m. through Sunday, 6 p.m.

■ S.F. November 3-5

A Gestalt Workshop for Parents
Sid Gershenson & Joan Krueger

Weekend workshop $50

Begins 7 p.m., Friday.

■ S.F. November 10-11

Open Gestalt
Stella Resnick & Elaine Kepner

Weekend workshop $60

Begins 7 p.m., Friday.

■ S.F. Thursday, November 16

Releasing People-Helping from the Money Economy
John Enright

Single evening event

[FREE]; 8:30-10:30 p.m.; Washington Elementary School, 2300 Grove, Berkeley.

A discussion evening open to anyone interested. Representatives from free clinics, rap centers, awareness houses, self help groups, etc. particularly invited.

■ S.F. December 16-17

Gestalt Workshop for Divorced People
Stephen Schoen

Weekend workshop $50

A workshop for divorced people or those considering divorce. We will focus on the disunion and the capacity for wholeness within the individual. 9 a.m. to 5 p.m., Saturday and Sunday.

■ S.F. November 18

Advanced Gestalt for Health Professionals
Lois Brien & Jack Rosenberg

One-day workshop $35

Theory and practice of gestalt as it relates to your working life. Saturday, 9 a.m. to 5 p.m.

■ S.F. November 18-19

Open Gestalt
Larry Bloomberg & Steve Bindman

Weekend workshop $65

Saturday and Sunday, 10 a.m. to 6 p.m.

■ S.F. November 24-26 and November 25-26

Gestalt Workplayshop at Wilbur Hot Springs
Richard Louis Miller & Friends

Three-day training workplayshop $65

Weekend workplayshop $35

(See S.F. workshop descriptions, Oct. 13-15 & Oct. 14-15, above.)

■ S.F. December 1-3

Gestalt Community Workshop
Sid Gershenson & Joan Krueger

Weekend workshop $50

For those interested in a community where life is experienced in a free-flowing, supportive setting. Begins 7 p.m., Friday.

■ S.F. December 9

Open Gestalt
Elaine Kepner & Sid Gershenson

One-day workshop $35

We will focus on body work. 9 a.m. to 6 p.m., Saturday.

■ S.F. December 9-10

Gestalt and Hypnosis
Larry Bloomberg

Weekend workshop $50

Saturday and Sunday, 10 a.m. to 6 p.m.

■ S.F. December 15-17 and December 16-17

Gestalt Workplayshop at Wilbur Hot Springs
Richard Louis Miller & Friends

Three-day training workplayshop $65

Weekend workplayshop $35

(See S.F. workshop descriptions, Oct. 13-15 & Oct. 14-15, above.)

■ S.F. January 6-7

Gestalt and Gurdjieff
Joe Camhi

Weekend workshop $50

This workshop will combine gestalt methods of awareness with methods developed by Gurdjieff for releasing and regulating various types of human energies. Saturday and Sunday, 10 a.m. to 6 p.m.

■ S.F. January 12-14

Gestalt & Psychosynthesis
George & Judith Brown

Weekend workshop $50

A combined experiential and didactic workshop focusing on basic experiences in gestalt and psychosynthesis and, where possible, the experiential combining of the two. Plus discussions of theory and practice as related to education and other contexts.

■ S.F. January 20-21

Gestalt and the Creative Process
Larry Bloomberg

Weekend workshop $50

Especially recommended for scientists and those in the arts. Saturday and Sunday, 10 a.m. to 6 p.m.

PROFESSIONAL TRAINING PROGRAM

For information on the Gestalt Institute's Training Program, write or call Art Damond at the Gestalt Institute of San Francisco, 1719 Union Street, San Francisco, Ca. 94123, (415) 776-4500.

GESTALT INSTITUTE OF SAN FRANCISCO

Frederick S. Perls, M.D., Ph.D. (1893-1970) . . . Founder

DIRECTORS
Lois Brien, Ph.D.
John Enright, Ph.D.
Elaine Kepner, Ph.D.
Richard Louis Miller, Ph.D.
Stella Resnick, Ph.D.
Jack Rosenberg, D.D.S., Ph.D.
Cynthia Werthman, M.S.W.

MEMBERS
Lawrence I. Bloomberg, Ph.D.
Joseph Camhi, Ph.D.
Jack Downing, M.D.
Sidney Gershenson, M.S.W.
Robert K. Hall, M.D.
Jerry Kogan, Ph.C.
Abraham Levitsky, Ph.D.
Janie Rhyne, M.A.
Stephen Schoen, M.D.
Arthur Damond, *Administrator*

THE LOMI SCHOOL

The Lomi School, recently located in a new home and working center in the Santa Cruz Mountains, is under the direction of Robert Hall, Alyssa Hall, Richard Heckler, Catherine Heckler, Vincent Regalbuto, and Zelita Regalbuto. At its residential facility, the Lomi School is offering intensive programs of awareness development, integrating mental and body disciplines in a daily living situation. The five-week sessions include: individual and group gestalt therapy, a full series of structural integration and polarity therapy, hatha yoga and energy releasing movement, a special health and vitality producing diet, and emphasis on health, clear thinking, personal attention and an encouragement toward meditation. Weekend programs are briefer exposures to work in these same areas.

The Lomi School schedule for this fall is:

Evening Session:

An evening with the Lomi School to talk about their approach, philosophy and activities.

Monday, December 11. 8-10:30 p.m.

$3 general; $2 student. First Unitarian Church, Franklin & Geary Sts., S.F.

Weekend Sessions:

October 13-15, December 8-10
$70 tuition, including room and meals. $20 deposit required.

Five-week Sessions:

Sept. 4-Oct. 8, Oct. 23-Nov. 26
$1250 tuition, including room and meals. $250 deposit required.

Register through Esalen/San Francisco.

(More gestalt programs on following page)

Transpersonal

Transpersonal generally refers to transcendence, mystical experience, peak experience and parapsychological phenomena. The following programs will explore insights and research into the physical and psychological aspects of such experience.

■ S.F. Tuesday evenings & Saturday mornings

Aikido and Energy Awareness
Robert Nadeau

Continuing Program

One meeting per week: $15 per month (general & student); Two meetings per week: $25 per month (general), $20 per month (student).

A continuous program of instruction in energy awareness and in aikido as a physical expression of that awareness. This course meets each week; participants can be in one or two sessions per week, with tuition based on the schedule of participation. Tuesday, 8-9:30 p.m.; Saturday, 10-12 noon. First Unitarian Church, Franklin and Geary Streets, San Francisco.

● B.S. October 6-8

Introduction to Transpersonal
Robert Frager

Weekend workshop $85

A weekend of meditation, contemplation and relaxation. We will do light exercises, meditation and chanting in the mornings and evenings, and transpersonal games such as yoga tag in the afternoon. Also included will be exposure to psychosynthesis techniques and aikido.

■ S.F. October 6-8

Extending Awareness Through Hypnosis
Lee Pulos

Weekend workshop $50

This workshop will combine the approaches of hypnosis and psychosynthesis. Hypnosis and self-hypnosis will be taught so that participants can focus in on themselves through hypnotically induced dreams, automatic writing and drawings. These self-discoveries will be extended through guided fantasies, symbolic imagery and learning how to tune into the "inner theater" of one's unconscious.

■ S.F. October 7-8

Meditation and Other Psychological Exercises
Claudio Naranjo

Weekend workshop $60

Meditation, self-insight practices and communication procedures. An experiential weekend. 10 a.m. to 6 p.m., Saturday and Sunday.

■ S.F. Thursday, October 12

Intellectual Yoga — Alan Watts

Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

"In spiritual circles the intellectual faculty is often put down, but there is such a thing as jnana yoga, the way of intelligence, which needs to be more widely known."

● B.S. October 15-20

A Western Approach to Centering
Seymour Carter

Five-day workshop $215

"My work is living and teaching a way of life which gradually develops the capacity to live in the here and now and to be all there for whatever life brings. Working with the traditional methods of meditation and aikido, and the contemporary methods of gestalt and sensory awareness, this workshop will introduce participants to a Western approach to centering."

■ S.F. October 19-December 14

Altered States of Consciousness Applied: Bio-Feedback Yoga
Eleanor Criswell

Eight Thursday evenings $35 general; $25 student

(See description under *The Human Body*, p. 12).

● B.S. October 20-22

Magicland of Esalen
Michael Kerber & Jackie Clare

Weekend workshop $85

A weekend for the creation of music and tuning your body in perfect harmony with nature's rhythms. Massage, Arica Training exercises, hatha yoga, singing, chanting, meditation, dance and field trips into Big Sur. Bring musical instruments.

● B.S. October 20-22

Soma, the Sacred Mushroom
Kurt von Meier

Weekend seminar $85

(See description under *Seminars*, p. 6).

● B.S. October 20-22

Meditation: Six Forms — Robert Ornstein

Weekend workshop $85

There are many modes and uses of meditation. We will try six and attempt to taste all the different experiences which they can bring. Stories, music, breathing, guided thought, mantra, and self-observation, each with an integrative session.

■ S.F. October 21-22

Energy Awareness — Robert Nadeau

Weekend workshop $50

We are energy beings! Participants will explore the relation of a free flow of energy to relaxation, calmness, attitude and centering. 10 a.m. to 6 p.m., Saturday and Sunday.

■ S.F. October 28

Finding Your Own Sound
Bernard Aaronson

One-day workshop $20

We will focus on a variety of approaches to chanting derived from Eastern and Western mystical traditions. Back chanting and/or vocal massage will be demonstrated. 10 a.m. to 6 p.m.

Workshops with Stanley Krippner

Dreams, Creativity
& Altered States of Consciousness

Dr. Stanley Krippner, Director of the Maimonides Dream Laboratory, is involved in ongoing research on dreams and altered states of consciousness. He is particularly interested in dreams, hypnosis, reverie, psychedelic experiences, fantasy, ESP and meditation as means to enter deeper regions of the psyche and as approaches to creative development.

• B.S. Oct. 27-29 Weekend Workshop (with Dan Brown) $85

This workshop will utilize dream recall, guided imagery, group hypnosis, sensory bombardment, massage and body movement experiences to enter altered states of consciousness. In these states, participants will be trained to gain access to the personal and universal symbols, archetypes and thematic concepts which encourage creative development.

■ S.F. Sunday, October 29 Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

An evening with Dr. Krippner to discuss his work.

■ S.F. October 30 Morning seminar; $7 general, $5 student

An informal presentation of anecdotal, clinical and experimental data demonstrating the close link between altered states of consciousness and creativity. A number of colored slides will be used as examples. 9:30-12:30 a.m. Limited to 35 participants.

■ S.F. October 28-29

Weekend Workshop with Claudio Naranjo

Weekend workshop $60

10 a.m. to 6 p.m., Saturday and Sunday.

• B.S. October 29-November 3

Workshop for Religious Professionals
Robert Nadeau

Five-day workshop $245

We are spiritual beings already one with the source of all things. Through meditation and other awareness techniques, we will help clear the misunderstandings which cloud one's personal experience as a spiritual being. For religious professionals who wish to experience deeper spiritual realms.

■ S.F. November 3-5

A Western Approach to Centering
Seymour Carter

Weekend workshop $50

(See B.S. workshop description, Oct. 15-20, above.)

• B.S. November 3-5

Centering — Robert Nadeau

Weekend workshop $85

Participants will start with centering practices in the physical dimension, move to centering as mental awareness, and culminate in meditation with centering as a focus for spiritual unfolding.

■ S.F. Thursday, November 9

The New Consciousness — Richard Roberts

Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

An examination of discoveries in science and psychology related to ancient Gnostic and occult wisdom, including the Tarot Major Arcana and its relation to the Jungian archetypes. New theories explaining ESP, PK and precognition, plus a unique concept of time. Are we getting help in our evolution from other planes of consciousness? A dynamic exchange is invited from the audience.

• B.S. November 10-12

Altered States of Consciousness: Applied
Eleanor Criswell

Weekend workshop $85

(See S.F. description, Oct. 19-Dec. 14, under *The Human Body*, p. 12).

■ S.F. November 10-12

Psychoenergetics — Buryl Payne

Weekend workshop $60

Psychoenergetics refers to ways of transforming the energies of the organism into higher form. Methods and techniques for affecting this transformation will be presented, based upon the work of Reich, Korzybski, Gurdjieff, biofeedback and kundalini yoga.

• B.S. November 12-17

Psychoenergetics — Buryl Payne

Five-day workshop $215

(See S.F. workshop description, Nov. 10-12, above.)

■ S.F. Monday, November 13

The Symbolic life & the Astrological Approach to its Fulfillment — Dane Rudhyar

Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

At no time has symbolism and the meaning and use of symbols attracted so much attention. Rudhyar will discuss the relationship between facts and symbols, between existential and archetypal knowing and experiencing. The use of the birth-chart as a mandala symbol of operative wholeness and as a guidance system throughout life will be discussed and examples given.

■ S.F. Wednesday, November 15

A Modern I-Ching: A New Interpretation of the 360 Sabian Symbols — Dane Rudhyar

Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

The discussion will cover the way these symbols were obtained, their remarkable internal structure when they are interpreted as interrelated phases of any cyclic process, and their application to the interpretation of astrological charts. Simple techniques will be given which make it possible to use the symbols as an oracle to throw a light on baffling problems and situations.

• B.S. November 19-24

Tuning Your Energy Body — Robert Nadeau

Five-day workshop $245

All of us have moments when we are balanced: when we are centered in ourselves, yet open and at one with the richness of life around us. Such moments do not have to be rare accidents. We exist in a vast reservoir of energy that we can learn to tune into and use to enrich our lives on every level. This workshop is an experience in the application of this life energy to relaxation, concentration, healing and life in general.

• B.S. November 24-26

Working with Sufi Stories — Robert Ornstein

Weekend seminar $85

Stories can be used in several ways; they can be humorous and allow us to laugh at parts of ourselves usually obscured, they can entertain and create movies within our heads, or function as drama with others. And they can create a special working consciousness enabled by no other means. A weekend of listening, dreaming, reflecting, meditating and laughing about stories. Bring your favorites.

■ S.F. Wednesday, November 29

The Human Biocomputer — John Lilly

Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

John Lilly has expanded his mind-brain-body biocomputer model of human to include the "essence". This will be a discussion of his ideas which will serve as an introduction to his weekend workshop, December 8-10. (See description below.)

• B.S. December 1-3

Maps of Consciousness — Ralph Metzner

Weekend workshop $85

A weekend in which a variety of perspectives on "the path" will be presented, discussed and experienced. Participants will learn some basic techniques of the yoga of light-fire (agni yoga) as taught in the School of Actualism. These are Western yoga methods for expanding and enlightening awareness and perception. We will also explore aspects of astrology and the Tarot, viewed as symbolic teachings and guides to initiation.

■ S.F. December 8-10

The Human Biocomputer — John Lilly

Weekend workshop $50

Using methods derived from Eastern and Western mystical traditions as well as modern science, this program will work to move participants toward "essence". (Recommended readings: *The Human Biocomputer; Center of the Cyclone)*

• B.S. December 8-10

A Western Approach to Centering
Seymour Carter

Weekend workshop $85

(See B.S. workshop description, Oct. 15-20, above.)

■ S.F. December 16

A Western Approach to Centering
Seymour Carter

One-day workshop $20

(See B.S. workshop description, Oct. 15-20, above.)

• B.S. December 17-22

The Esoteric Psychologies: Magic, the Occult and Supernatural Phenomena"
Robert Ornstein

Five-day workshop $245

(See description under *Seminars*, p. 6.)

• B.S. December 22-26

Christmas Celebration
Alan Watts

Four-day seminar $220

(See description under *Seminars*, p. 6).

■ S.F. January 12-14

Extending Awareness Through Hypnosis
Lee Pulos

Weekend workshop $50

(See S.F. workshop description, Oct. 6-8, above.)

• B.S. January 28-February 2

Workshop for Potential Psychics
Robert Nadeau & Ron Jones

Five-day workshop $245

A workshop for those who think they might be sensitive or psychic and wish to explore, understand and be more comfortable with it. There will be discussion, awareness practices to clarify your ability, and techniques to be at ease with it.

ARICA TRAINING

The Arica Training offers a system of human development carefully structured to produce a total integration of mind, emotion and body. It is possible to learn how to reach and maintain a place of peace, joy and harmony — the natural condition of man — his heritage.

Workshops are designed as an introduction to the total process and are experiences within themselves. The work is done in groups, insuring the support and high energy of a number of people working together. Arica exercises have been gathered from ancient and modern systems, refined and simplified. They include physical movement, chanting, music, meditation — all with a foundation of natural rhythm.

The Arica staff consists of a group of people who have completed the basic process, plus additional training, allowing them to pass it to others. Workshop leaders will be drawn from that staff.

Wednesday, December 13

Evening Introduction to Arica Training

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

San Francisco Workshops:

October 14-15

Weekend workshop $50

10 a.m. to 10 p.m., Saturday; 10 a.m. to 4 p.m., Sunday

November 25

One-day workshop $20 10 a.m. to 6 p.m., Saturday

Big Sur Workshops:

October 1-27	Four-week program	$985
November 10-12	Weekend workshop	$95
December 3-8	Five-day workshop	$215
December 8-10	Weekend workshop	$95

SELECTIVE AWARENESS

Usually the energy of one's mind/body complex is distributed throughout the five senses. Using exercises and relaxing techniques, a degree of focus can be realized which allows one to put this energy to various uses. Participants will be shown how to organize their concentration and energy on selected goals to develop such things as speed reading, photographic memory, increased self-confidence or improved abilities in sports, music, etc. We will discuss how this method is also used in medical and psychiatric contexts and to induce non-drug altered states of consciousness, meditational states and hypnosis.

Workshops in Selective Awareness
Emmett Miller

• B.S. October 13-15	Weekend workshop	$95
• B.S. November 10-12	Weekend workshop	$95
■ S.F. December 1-3	Weekend workshop	$65

The Esalen Calendar

SAN FRANCISCO CONTINUING AND DROP-IN PROGRAMS

Advance registration is not required for the following programs, and attendance can be on a onetime or continuing basis.

Tuesdays & Saturdays: Aikido & Energy Awareness: Nadeau (First Unitarian Church, S.F.) See p. 8.

Thursday mornings: Drop-In Encounter: Cromey (1776 Union St., S.F.) See p. 4.

Thursday noons: Lunch With John Enright (1776 Union St., S.F.) See p. 6. (FREE)

SAN FRANCISCO PROGRAMS

THE WEEK OF OCTOBER 1

Oct. 2 [FREE]	About Esalen Programs: Staff (single eve): p. 2
Starts Oct. 2	Alexander Technique: Ottiwell (cont. Mon. eves): p. 12
Oct. 4	Introduction to Esalen: B. Kriegel (single eve): p. 4
Starts Oct. 4	Alexander Technique: Schirle (cont. Wed. eves): p. 12
Oct. 4-Dec. 6	Human Anatomy: E. Jackson (10 Wed. eves): p. 12
Oct. 4-Dec. 21	Massage Training: G. Jackson (12 weeks): p. 12
Oct. 4-Jan. 10	Tutorial with Stanley Keleman (8 alternate Wed. eves): p. 12
Oct. 5	Gestalt Therapy Lecture-Demonstration: Resnick (single eve): p. 8
Oct. 6-8	Extending Awareness Through Hypnosis: Pulos (weekend): p. 8
Oct. 6-8	Professional Training in Psychosynthesis: Intuitive Awareness: Gerards (weekend): p. 14
Oct. 6-8	The Dream: Nin, Lyon, Proskauer (fully subscribed)
Oct. 7	Massage: Parks, Feder (1 day): p. 12
Oct. 7-8	Meditation & Other Psychological Exercises: Naranjo (weekend): p. 8

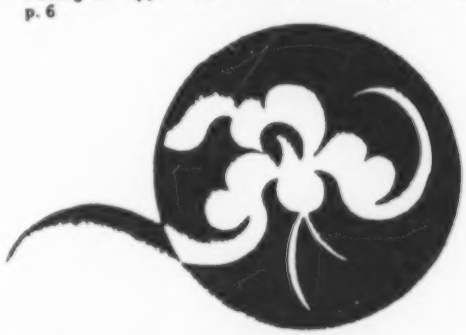
THE WEEK OF OCTOBER 8

Oct. 8-Jan. 21	Professional Tutorial with Stanley Keleman (4 single days): p. 12
Oct. 10	Dimensions of Body Awareness: Centering: G. Downing, Rush (single eve): p. 12
Oct. 10-Nov. 19	Psychosynthesis Training Series for Professionals: Vargius (6 Tues. eves; 1 weekend): p. 14
Oct. 11 & 22	Taking Responsibility: Enright (single eve & 1 day): p. 8
Oct. 12	Intellectual Yoga: Watts (single eve): p. 8
Oct. 13-15	Couples' Workshop: Kriegels (weekend): p. 4
Oct. 13-15	Gestalt Workplayshop at Wilbur Hot Springs: R. Miller (residential weekend): p. 8
Oct. 13-15	The Lomi School: R. Hall et al. (residential weekend): p. 7
Oct. 14	Polarity Therapy: Rush (1 day): p. 12
Oct. 14-15	Arica Training: Arica Staff (weekend): p. 9

BIG SUR PROGRAMS

THE WEEK OF OCTOBER 1

Oct. 1-6	Open Residence Program: Esalen Staff (5 days): p. 4.
Oct. 1-6	Open Gestalt: Esalen Staff (5 days): p. 7.
Oct. 1-6	Centering Through Massage & Movement: Roth (5 days): p. 12
Oct. 1-6	Psycho-Physical-Synthesis: Gunther (5 days): p. 12
Oct. 1-27	Arica Awareness Training: Arica Staff (4 weeks): p. 9
Oct. 6-8	Introduction to Transpersonal: Frager (weekend): p. 8.
Oct. 6-8	Feeling Therapy: Hart, Cirincione, Corriere (weekend): p. 6



THE WEEK OF OCTOBER 8

Oct. 8-13	Endarkenment: Schutz & Inepts (5 days): p. 4
Oct. 8-13	Open Gestalt: Esalen Staff (5 days): p. 7
Oct. 8-13	Alexander Technique: Ottiwell, Stransky (5 days): p. 12
Oct. 8-13	Experience of Esalen: Esalen Staff (5 days); p. 4
Oct. 13-15	Selective Awareness: Miller (weekend): p. 9
Oct. 13-15	Introduction to Esalen: Sloan (weekend): p. 4
Oct. 13-15	Gestalt Plus: Browns (weekend): p. 7

THE WEEK OF OCTOBER 15

Oct. 15	Introduction to Esalen: Aikin (1 day): p. 4
Oct. 17	Dimensions of Body Awareness: Breath as Key: G. Downing, Rush (single eve): p. 12
Oct. 17-Dec. 5	Tutorial with William Pennell Rock (8 Tues. eves): p. 6
Oct. 18-Dec. 6	Belly Dancing: Clemans (8 Wed. eves): p. 12
Oct. 18-Dec. 6	Tutorial with Arthur Hastings (8 Wed. eves): p. 6
Oct. 18-Dec. 13	Dante & Capuccino: S. Miller, Murphy (5 Wed. eves): p. 6
Oct. 19	An Evening with Stanley Keleman (single eve): p. 12
Oct. 19-Dec. 14	Tutorial with Michael Aldrich (8 Thurs. eves): p. 6
Oct. 19-Dec. 14	Altered States of Consciousness Applied: Bio-Feedback Yoga: Criswell (8 Thurs. eves): p. 12
Oct. 20-22	Psychosynthesis: Conway, Allen (weekend): p. 14
Oct. 20-22	Massage: Stephens (weekend): p. 12
Oct. 21	Unified Field Theory of Group Work: Enright (1 day): p. 14
Oct. 21	Singles' Workshop: Kriegel (1 day): p. 4
Oct. 21	Celebration of the Fool: Roth (1 day): p. 13
Oct. 21-22	Energy Awareness: Nadeau (weekend): p. 8
Oct. 21-22	Weekend Workshop with Stanley Keleman: p. 12

THE WEEK OF OCTOBER 15

Oct. 15-20	Encounter & Massage: Sloan (5 days): p. 4
Oct. 15-20	Open Gestalt: Rubenfeld (5 days): p. 7
Oct. 15-20	Introduction to Esalen: Kriegels (5 days): p. 4
Oct. 15-20	A Western Approach to Centering: Carter (5 days): p. 12
Oct. 20-22	Polarity Therapy: Rush (weekend): p. 13
Oct. 20-22	Magicland of Esalen: Clare, Kerber (weekend): p. 12
Oct. 20-22	Soma, The Sacred Mushroom: von Meier (weekend): p. 6
Oct. 20-22	Meditation: Six Forms: Ornstein (weekend): p. 8

THE WEEK OF OCTOBER 22

Oct. 22-Nov. 15	Open Encounter: Sloan (1 day & 4 Wed. eves): p. 4
Oct. 23 [FREE]	Introduction to Esalen: Sloan (single eve): p. 4
Oct. 23-Nov. 26	The Lomi School: R. Hall et al. (5 weeks): p. 7
Oct. 23-Dec. 11	Tutorial with David Sobel (8 Mon. eves): p. 6
Oct. 23-March 30	Extended Growth Program: Grand (5 months): p. 3
Oct. 24	Dimensions of Body Awareness: Self & Other: G. Downing, Rush (single eve): p. 12
Oct. 24	C. G. Jung: Early Confrontations with God: Sandner (evening seminar): p. 6
Oct. 26	New Ways of Meeting New People: Cromey (single eve): p. 4
Oct. 27-29	You Don't Have to Suffer to Feel Good: Sloan, Lefer (weekend): p. 4
Oct. 28	Structural Patterning: Hornbacher, McComb (1 day): p. 5
Oct. 28	Finding Your Own Sound: Aaronson (1 day): p. 8
Oct. 28-29	Must You Work Hard for Personal Growth or Can You Experience Instant Enlightenment: Bloomberg, Gershenson (residential weekend): p. 8
Oct. 28-29	Weekend Workshop with Claudio Naranjo: p. 9

THE WEEK OF OCTOBER 22

Oct. 22-27	Open Residence Program: Esalen Staff (5-days): p. 4
Oct. 22-27	Open Gestalt: Price (5-days): p. 7
Oct. 22-27	Tai Chi & Massage: Morrison, Weaver (5-days): p. 13
Oct. 22-27	Gestalt Awareness Training for Health Professionals: Rosenberg (5-days): p. 7
Oct. 27-29	Dreams, Creativity & Altered States of Consciousness: Krippner, Brown (weekend): p. 9
Oct. 27-29	Introduction to Esalen: Esalen Staff (weekend): p. 4
Oct. 27-29	Releasing Fixed Patterns: King (weekend): p. 13

THE WEEK OF OCTOBER 29

Oct. 29	Introduction to the New Reading: S. Miller, M. Kriegel, Ford/Esalen Staff (1 day): p. 14
Oct. 29	Sensory Awareness: Weaver (1 day): p. 12
Oct. 29	Dreams, Creativity & Altered States of Consciousness: Krippner (single eve): p. 9
Oct. 30	Dreams, Creativity & Altered States of Consciousness: Krippner (morning seminar): p. 9

THE WEEK OF OCTOBER 29

Oct. 29-Nov. 3	Freeing the Body: Staff (5-days): p. 13
Oct. 29-Nov. 3	You Don't Have to Suffer to Feel Good: Sloan, Lefer (5-days): p. 4
Oct. 29-Nov. 3	Five Days with Judith Brown: p. 7

SAN FRANCISCO PROGRAMS

THE WEEK OF OCTOBER 29 *(Continued)*

Oct. 30-Nov. 27	Ongoing Group in Confluent Education: S. Miller, M. Kriegel, Ford/Esalen Staff (5 Mon. eves): p. 14
Oct. 31	C. G. Jung: Early Confrontations with God: Sandner (evening seminar): p. 6
Oct. 31-Dec. 5	Intensive Breath Workshop: G. Downing (6 Tues. eves): p. 13
Nov. 1-Dec. 6	Psychosynthesis: Conway (6 Wed. eves): p. 14
Nov. 1-Jan. 31	Professional Development Program: F. Rubenfeld (14 Wed. eves; 3 one-days): p. 3
Nov. 2	Looking-Talking-Touching: For Couples: Smith (single eve): p. 4
Nov. 2-Dec. 14	Changing Sex Roles: Anderson, Manders, Moss (6 Thurs. eves): p. 4
Nov. 3-5	Western Approach to Centering: S. Carter (weekend): p. 13
Nov. 3-5	Divorce: A Creative Experience: Cromey (weekend): p. 4
Nov. 3-5	Psychosynthesis: S. Miller (weekend): p. 14
Nov. 3-5	Psychology of Over-Eating: Pearsons (weekend): p. 4
Nov. 3-5	Gestalt Workshop for Parents: Gershenson, Krueger (weekend): p. 8
Nov. 4	Invitations to Openness: Anderson (1 day): p. 4

THE WEEK OF NOVEMBER 5

Nov. 6 [FREE]	An Evening with Michael Murphy (single eve): p. 2
Nov. 6	C. G. Jung: Dreams & the Unconscious: Alex (evening seminar): p. 6
Nov. 6-Dec. 11	Massage: Sales, Ford (6 Mon. eves): p. 13
Nov. 8	Introduction to Esalen: Cromey (single eve): p. 4
Nov. 9	The New Consciousness: Roberts (single eve): p. 9
Nov. 10-11	Open Gestalt: Resnick, Kepner (weekend): p. 8
Nov. 10-12	Psychoenergetics: Payne (weekend): p. 9
Nov. 10-12	Communication Games: Hough (weekend): p. 4
Nov. 10-12	Changing Directions: Stephens, B. Weaver (residential weekend): p. 4
Nov. 11	Introduction to Esalen: Sloan (1 day): p. 4
Nov. 11	Polarity Therapy: Rush (1 day): p. 13

BIG SUR PROGRAMS

THE WEEK OF OCTOBER 29 *(Continued)*

Oct. 29-Nov. 3	Experience of Esalen: Esalen Staff (5-days): p. 4
Oct. 29-Nov. 3	Workshop for Religious Professionals: Nadeau (5-days): p. 15
Nov. 3-5	Advanced Encounter: Kriegels (weekend): p. 4
Nov. 3-5	Centering: Nadeau (weekend): p. 9
Nov. 3-5	Design Implications of Contemporary Liberation Movements: Farson, Murphy (weekend): p. 6
Nov. 3-5	Massage for Couples: Morrison, Horan (weekend): p. 13

THE WEEK OF NOVEMBER 5

Nov. 5-10	Beyond Encounter: Kriegels (5 days): p. 4
Nov. 5-10	Sensory Awareness, Movement & Tai Chi: Weavers (5 days): p. 12
Nov. 5-10	Gestalt & Body Awareness: G. Downing, Brien (5 days): p. 7
Nov. 5-10	Experiencing Change: Lederman (5 days): p. 7
Nov. 5-Dec. 1	Gestalt & Structural Integration: Price, Prestera & Esalen Staff (4 weeks): p. 7
Nov. 10-12	Arica Training: Arica Staff (weekend): p. 9
Nov. 10-12	Selective Awareness: E. Miller (weekend): p. 9
Nov. 10-12	Altered States of Consciousness: Applied: Criswell (weekend): p. 13
Nov. 10-12	Open Gestalt: J. Downing (weekend): p. 7

THE WEEK OF NOVEMBER 12

Nov. 12	Introduction to Tai Chi Chuan: J. Weaver (1 day): p. 13
Nov. 13	C. G. Jung: Dreams & the Unconscious: Alex (evening seminar): p. 6
Nov. 13	Symbolic Life & the Astrological Approach to its Fulfillment: Rudhyar (single eve): p. 9
Nov. 14-Dec. 12	Body & Mystery: Grand (5 Tues. eves): p. 13
Nov. 15	A Modern I-Ching: A New Interpretation of the 360 Sabian Symbols: Rudhyar (single eve): p. 9
Nov. 16 [FREE]	Releasing People-Helping from the Money Economy: Enright (single eve): p. 8
Nov. 17-19	Vitality of Death: Keleman, Koestenbaum (extended weekend): p. 12
Nov. 17-19	Singles' Workshop: Cromey (weekend): p. 4
Nov. 17-19	Couples' Workshop: Smith (weekend): p. 4
Nov. 17-19	Wake Up: Roth (weekend): p. 13
Nov. 18	Experience of Structural Integration: Salveson, K. Gilchrist, Hornbacher (1 day): p. 5
Nov. 18	Massage: G. Downing (1 day): p. 13
Nov. 18	Advanced Gestalt for Health Professionals: Brien, Rosenberg (1 day): p. 8
Nov. 18-19	Open Gestalt: Bloomberg, Bindman (weekend): p. 8

THE WEEK OF NOVEMBER 12

Nov. 12-17	Introduction to Esalen: Sloan (5 days): p. 4
Nov. 12-17	Another Aspect of Gestalt Training: J. Downing (5 days): p. 7
Nov. 12-17	Structural Patterning: Aston (5 days): p. 5
Nov. 12-17	Psychoenergetics: Payne (5 days): p. 9
Nov. 17-19	Fathers & Sons: Weisman (weekend): p. 4
Nov. 17-19	Open Gestalt: Rubenfeld (weekend): p. 7
Nov. 17-19	Structural Patterning: Aston (weekend): p. 5
Nov. 17-19	Life Without Therapy: Marin (weekend): p. 6

THE WEEK OF NOVEMBER 19

Nov. 19	Parents & Teenagers: G. & D. Jackson (1 day): p. 5
Nov. 20	On Yoga: Lecture-Demonstration: Kramer (single eve): p. 13
Nov. 20	C. G. Jung: Culture & Myth-Making: Perry (evening seminar): p. 6
Nov. 24-26	Gestalt Workplayshop at Wilbur Hot Springs: R. Miller (residential weekend): p. 8
Nov. 24-26	Psychosynthesis Advanced Workshop: Conway, Allen (weekend): p. 14
Nov. 25	Play, Touch & Talk: Aboard the S.S. Vallejo: Saltman (1 day): p. 5
Nov. 25	Arica Training: Arica Staff (1 day): p. 9

THE WEEK OF NOVEMBER 19

Nov. 19-24	Tuning Your Energy Body: Nadeau (5 days): p. 9
Nov. 19-24	Encounter for Singles: Cromey (5 days): p. 5
Nov. 19-24	Changing Directions: Stephens, Weaver (5 days): p. 4
Nov. 19-24	Living Gestalt: Stevens, Smith (5 days): p. 7
Nov. 24-26	Advanced Massage: G. Downing, Rush (weekend): p. 13
Nov. 24-26	Introduction to Gestalt: Lederman (weekend): p. 7
Nov. 24-26	Working with Sufi Stories: Ornstein (weekend): p. 9
Nov. 24-26	Divorce: A Creative Experience: Cromey (weekend): p. 5

THE WEEK OF NOVEMBER 26

Nov. 27	Introduction to Esalen: Cromey (single eve): p. 4
Nov. 27	C. G. Jung: Culture & Myth-Making: Perry (evening seminar): p. 6
Nov. 29	The Human Biocomputer: Lilly (single eve): p. 9
Dec. 1-3	Selective Awareness: E. Miller (weekend): p. 9

THE WEEK OF NOVEMBER 26

Nov. 26-Dec. 1	Open Residence Program: Sloan (5 days): p. 4
Nov. 26-Dec. 1	Open Gestalt: Silvermans (5 days): p. 7

SAN FRANCISCO PROGRAMS

THE WEEK OF NOVEMBER 26 *(Continued)*

Dec. 1-3	Gestalt Community Workshop: Gershenson, Krueger (weekend): p. 8
Dec. 1-3	Living Womens' Liberation: Couples Workshop: Andersons, Reveley, Wendt (weekend): p. 5
Dec. 2	Techniques for Confluent Education in the Classroom: S. Miller, M. Kriegel, Ford/Esalen Staff (1 day): p. 14
Dec. 2	Meditation and Encounter: Heiders (1 day): p. 5
Dec. 2	Body Awareness: G. Downing (1 day): p. 13
Dec. 2-3	Jnana Yoga: Yoga of Self-Knowledge: Kramer (weekend): p. 13

THE WEEK OF DECEMBER 3

Dec. 4 [FREE]	An Evening with Seymour Carter (single eve): p. 2
Dec. 4	C. G. Jung: Actualization of Jungian Thought: Brookes (evening seminar): p. 6
Dec. 6	Human Transformation as a National Goal: Leonard (single eve): p. 6
Dec. 7 [FREE]	Structural Integration: An Introduction: Salveson, M. Gilchrist (single eve): p. 5
Dec. 8-10	The Human Biocomputer: Lilly (weekend): p. 9
Dec. 8-10	Sensory Awareness, Movement & Meditation: Weavers (weekend): p. 12
Dec. 8-10	Beyond Encounter: Kriegels (weekend): p. 5
Dec. 8-10	The Lomi School: R. Hall et al. (residential weekend): p. 7
Dec. 9	Herbs & Things: Rose (1 day): p. 6
Dec. 9	Open Gestalt: Kepner, Gershenson (1 day): p. 8
Dec. 9-10	Gestalt & Hypnosis: Bloomberg (weekend): p. 8

THE WEEK OF DECEMBER 10

Dec. 10	Alexander Technique: Ottiwell, Stransky (1 day): p. 13
Dec. 11	An Evening with the Lomi School: R. Hall et al. (single eve): p. 7
Dec. 11	C. G. Jung: Actualization of Jungian Thought: Perry (evening seminar): p. 6
Dec. 13	Introduction to Arica Training: Arica Staff (single eve): p. 9
Dec. 14	Introduction to Esalen: Sloan (single eve): p. 4
Dec. 15-17	Psychosynthesis & Education: Yeomans (weekend): p. 14
Dec. 15-17	Gestalt Workplayshop at Wilbur Hot Springs: R. Miller (residential weekend): p. 8
Dec. 16	Singles' Workshop: Sloan (1 day): p. 5
Dec. 16	Western Approach to Centering: S. Carter (1 day): p. 13
Dec. 16	One Day Workshop with Stanley Keleman: p. 12
Dec. 16	Hatha Yoga: Advanced Workshop: Kramer (1 day): p. 13

BIG SUR PROGRAMS

THE WEEK OF NOVEMBER 26 *(Continued)*

Nov. 26-Dec. 1	Tai Chi Massage: Unell (5 days): p. 13
Nov. 26-Dec. 1	Bodies' Mysteries: A Bioenergetic Workshop: Grand (5 days): p. 13
Dec. 1-3	Maps of Consciousness: Metzner (weekend): p. 9
Dec. 1-3	Massage & Meditation: Morrison (weekend): p. 13
Dec. 1-3	Come Out, Come Out, Whoever You Are: Clark (weekend): p. 5

THE WEEK OF DECEMBER 3

Dec. 3-8	Eclectic Encounter: Heider (5 days): p. 5
Dec. 3-8	Introduction to Esalen: Stephens (5 days): p. 4
Dec. 3-8	Art of Emotional Nourishment: Greenwald (5 days): p. 7
Dec. 3-8	Arica Awareness Training: Arica Staff (5 days): p. 9
Dec. 3-8	Improvisational Gestalt Workshop: Resnick (5 days): p. 7
Dec. 8-10	Arica Awareness Training: Arica Staff (weekend): p. 9
Dec. 8-10	Experience of Esalen: Esalen Staff (weekend): p. 4
Dec. 8-10	Inevitable Transformation of Humankind: Leonard (weekend): p. 6
Dec. 8-10	A Western Approach to Centering: Carter (weekend): p. 13

THE WEEK OF DECEMBER 10

Dec. 10-15	Knots Are From Nots: Roth (5 days): p. 13
Dec. 10-15	Eclectic Encounter for Professionals: Heider (5 days): p. 15
Dec. 10-15	Growth Through Risk-Taking: Schiffman (5 days): p. 5
Dec. 10-15	Advanced Gestalt: F. Rubenfeld: (5 days): p. 7
Dec. 10-15	Psychosynthesis Workshop: Allen, Conway (5 days): p. 14
Dec. 15-17	Psychodrama & Encounter: Anderson (weekend): p. 5
Dec. 15-17	Gestalt & Body Awareness: G. Downing, Kepner (weekend): p. 7
Dec. 15-17	Couples' Workshop: Schutz, King (weekend): p. 5
Dec. 15-17	Sensory Awareness & Movement: Weavers (weekend): p. 12

THE WEEK OF DECEMBER 17

Dec. 17	Massage: Sales, Ford (1 day): p. 13
Dec. 18	New Ways of Meeting New People: Cromey (single eve): p. 5
Dec. 20	Up-Lift-Together: An Evening of Rejoicing: Roth, Sloan (single eve): p. 13
Dec. 23	Introduction to Esalen: Sloan (1 day): p. 4

THE WEEK OF DECEMBER 31

Jan. 5-7	Massage: Morrison, Horan (weekend): p. 13
Jan. 5-7	Singles' Workshop: Sloan (weekend): p. 5
Jan. 5-7	Gay & Glad: Clark, Berzon (residential weekend): p. 5
Jan. 6	Reading!!! S. Miller, M. Kriegel, Ford/Esalen Staff (1 day): p. 14
Jan. 6-7	Gestalt & Gurdjieff: Camhi (weekend): p. 8

THE WEEK OF JANUARY 7

Jan. 8 [FREE]	An Evening with Cynthia Werthman (single eve): p. 2
Jan. 10	Introduction to Esalen: Kriegel (single eve): p. 4
Jan. 12-14	Extending Awareness Through Hypnosis: Pulos (weekend): p. 9
Jan. 12-14	Gestalt & Psychosynthesis: Browns (weekend): p. 8
Jan. 12-14	You Don't Have to Eat – To Feel Full: Lefer, Zuckerman (weekend): p. 5
Jan. 13	Working It Through with Mom & Dad: Andersons (1 day): p. 5
Jan. 13	Unorthodox Medicine: Sobel (1 day): p. 13

THE WEEK OF JANUARY 14

Jan. 20-21	Gestalt & the Creative Process: Bloomberg (weekend): p. 8

THE WEEK OF DECEMBER 17

Dec. 17-22	Experiencing Change: Lederman (5 days): p. 7
Dec. 17-22	Open Gestalt: Price (5 days): p. 7
Dec. 17-22	Massage & Breath Energy: G. Downing (5 days): p. 13
Dec. 17-22	The Esoteric Psychologies: Magic, the Occult and "Supernatural Phenomena": Ornstein (5 days): p. 6
Dec. 17-22	Advanced Encounter: Schiffman (5 days): p. 5
Dec. 22-24	Alexander Technique: Ottiwell, Stransky & MacDonald (weekend): p. 13
Dec. 22-26	Christmas Celebration: Watts (4 days): p. 6

THE WEEK OF DECEMBER 24

Dec. 22-26	Christmas Celebration: Watts (4 days): p. 6
Dec. 24-29	You Don't Have to Suffer to Feel Good: Lefer, Sloan (5 days): p. 5
Dec. 24-29	Beyond Encounter: Kriegels (5 days): p. 5
Dec. 26-31	Gestalt Plus: Browns (5 days): p. 7
Dec. 26-31	Integrating Gestalt & Alexander Technique: I. Rubenfeld (5 days): p. 13
Dec. 29-Jan. 1	New Year's Celebration: Esalen Staff (3 days): p. 2

THE WEEK OF JANUARY 7

Jan. 7-12	Sensory Awareness, Movement & Tai Chi: Weavers (5 days): p. 12
Jan. 7-Feb. 4	Being & Dis-Covery: Silverman & Staff (4 weeks): p. 3
Jan. 12-14	The Physical, Psychological & Spiritual Aspects of Yoga: Kramer (weekend): p. 13

THE WEEK OF JANUARY 14

Jan. 14-19	Knots Are from Nots: Roth (5 days): p. 13

THE WEEK OF JANUARY 28

Jan. 28-Feb. 2	Workshop for Potential Psychics: Nadeau & Jones (5 days): p. 9

The Human Body

AIKIDO is a Japanese art of self defense with the emphasis placed on centering, harmony and blending. It is presented as a physical manifestation of energy and spiritual Laws of the Universe.

THE ALEXANDER TECHNIQUE is concerned with the integration of posture and movement.
Alexander discovered that a basic correction of balance, and an accompanying reduction in stress, occurs when that particular relationship of the head to the neck which permits "the greatest possible lengthening of the spine in each and every act" is freely maintained.
This re-education is not accomplished by physical exercises or self-manipulative positioning, but by means of a conditioning procedure which alters the body image and through it the capacity for postural stability.

BIOENERGETIC ANALYSIS attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling and relationship. The body is viewed as an energetic process that participates as the world *in* the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this energetic process.

MASSAGE at Esalen is seen and taught as a caring relationship between two people. Consideration is given first to the feelings and the sensory experience of both partners, and after that to technique. Workshops are attended by both couples and singles.

POLARITY THERAPY is an intensive pressure-point massage system similar in both theory and practice to Chinese acupuncture. Developed and synthesized by Dr. Randolph Stone from Oriental traditions many centuries old, its purpose is to realign posture and to release blocked energy throughout the body. Although advanced work in polarity therapy requires extensive training, a number of its more basic techniques are accessible to the interested layman.

SENSORY AWARENESS is Charlotte Selver's name for the work she studied with Elsa Gindler in Berlin and brought to the United States in 1938. Workshops in Sensory Awareness aim at a state of intellectual quiet in which each activity can be fully felt and allowed to find its natural way, free of inhibitions, techniques and images. When ideas are stilled, sense perceptions coming from the entire organism enable the person to function authentically, according to his nature, in all situations. Closely akin, in its pure form, to the practice of zen, Sensory Awareness brings the essential character of meditation to every aspect of daily living.

TAI-CHI CHUAN is an ancient Chinese exercise discipline practiced for health, meditation, energy flow and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term *tai chi* can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the *I Ching*.

WORKSHOPS WITH STANLEY KELEMAN – SAN FRANCISCO

During the fall, workshops with Stanley Keleman will focus on an exploration of ways in which the life of the body influences the emotions, the intellect and the culture. These will be primarily teaching groups in which participants will be encouraged to contribute from their own life experiences.

Thursday, October 19 – An Evening with Stanley Keleman
Single evening event: $3 general, $2 student; 8-10:30 p.m.: First Unitarian Church, Franklin & Geary Streets, S.F.

October 4-January 10 – Open Tutorial
Eight alternate Wednesday evenings $120
The purpose of this group is to explore the energetic perspective as it relates to energy, movement and expression. Experiential and conceptual work will be combined. The emphasis will be on education rooted in personal, embodied experience. 8-10 p.m., every other Wednesday evening.

October 8-January 21 – Professionals' Tutorial
Four one-day workshops $170
Therapeutic and creative process seen from an energetic perspective, with special attention to the biological continuum of experience and the relationship between physical structure and behavior. Open to people in the helping professions, the arts, and science. Please describe your background in a brief letter of application. One Sunday each month, October through January, beginning October 8.

October 21-22 – Open Weekend Workshop – $70
10 a.m. to 6 p.m., Saturday and Sunday

November 17-19 – The Vitality of Death
Extended Weekend Workshop (with Peter Koestenbaum) $80
The fear of dying is one of the central blocks to being fully alive. In working with participants individually and as a group, bioenergetic and phenomenological principles will be applied to living situations. 10 a.m. to 6 p.m., Friday, Saturday and Sunday.

December 16 – Open One Day Workshop – $40
10 a.m. to 6 p.m., Saturday

WORKSHOPS IN SENSORY AWARENESS
Ben & Judyth Weaver

- **S.F. October 29**
  Sensory Awareness
  10 a.m. to 6 p.m., Sunday. One-day workshop $20
- **B.S. November 5-10**
  Sensory Awareness, Movement & Tai Chi
  Five-day workshop $215
- **S.F. December 8-10**
  Sensory Awareness, Movement & Meditation
  Weekend workshop $50
- **B.S. December 15-17**
  Sensory Awareness, Movement & Meditation
  Weekend workshop $85
- **B.S. January 7-12**
  Sensory Awareness, Movement & Tai Chi
  Five-day workshop $215

- S.F. Monday & Wednesday evenings

Alexander Technique
Frank Ottiwell, Mondays
Joan Schirle, Wednesdays

Continuing program $35 per month

Continuous classes, Monday and Wednesday evenings, 7:30 to 9:30 p.m. Enrollment in each class is limited to six persons; new persons may join the classes as spaces become available.

■ S.F. Tuesday evenings & Saturday mornings

Aikido and Energy Awareness
Robert Nadeau

Continuing program

(See S.F. description under *Transpersonal*, p. 8.)

● B.S. October 1-6

Centering Through Massage & Movement
Gabrielle Roth

Five-day workshop $245

If we can accept our bodies as they are, we can discover the natural life source in each one of us. An introduction into internal movement using the following tools – breathing, meditation, movement, massage and music.

● B.S. October 1-6

Psycho-Physical-Synthesis: A Way to Stay in the Flow — Bernard Gunther

Five-day workshop $245

A workshop that will move to the experiencing of a deeper mind body being integration and the practical application of these methods and their use in every day life, relationships and situations. In this group, you will experience and come into contact with core aspects of yourself, nature and others through the amalgamation of sensory awakening and psychosynthesis processes along with other methods both eastern and western; physical, mental and spiritual.

■ S.F. October 4-December 6

Human Anatomy — Ed Jackson, M.D.

Ten Wednesday evenings $90

An anatomy course oriented to therapies and disciplines that require a concern for human structure and function: movement, gestalt, dance, massage. Emphasis will be on the skeletal and muscular systems. The material will be presented both through lecture and direct examination and experience of the living body. Ten Wednesday evenings, 7:30-9:30 p.m. Limited to 24 participants. A non-refundable deposit of $50 is required.

■ S.F. October 4-December 21

Massage Training — Gunver Jackson

Twelve week class $260

Participants will receive instruction in massage techniques and will work to develop receptivity to touch, both giving and receiving. Relaxation, breathing and gestalt awareness exercises will be used to supplement thorough massage training. Gunver Jackson writes: "The goal here is to teach that life is an act, not a thought. Action in life and our basic need for touch will be combined in the teaching of massage."

The course consists of twelve three-hour classes in massage scheduled for two separate groups. There are also ten classes in human anatomy, taught by Ed Jackson, M.D. The anatomy course is limited to 24 participants and is open to the general public.

Massage Group I: 11 a.m. to 2 p.m., twelve Wednesday mornings, October 4-December 20; limited to eight participants.

Massage Group II: 7 to 10 p.m., twelve Thursday evenings, October 5-December 21; limited to ten participants.

Anatomy Class: 7:30 to 9:30 p.m., ten Wednesday evenings, October 4-December 6.

A non-refundable deposit of $150 is required. Indicate whether Group I or Group II is preferred when registering.

■ S.F. October 7

Massage — Ann Parks & Anita Feder

One-day workshop $18 — 10 a.m. to 6 p.m., Saturday.

● B.S. October 8-13

Alexander Technique
Frank Ottiwell & Judith Stransky

Five-day workshop $215

■ S.F. October 10, 17, 24

Dimensions of Body Awareness
George Downing & Anne Kent Rush

Three Tuesday evenings

$4 per session, $10 for the series; 8-10:30 p.m.;

Washington Elementary School, 2300 Grove St., Berkeley.

Oct. 10: Centering

Oct. 17: The Breath as Key

Oct. 24: Self and Other

Using a variety of approaches from both East and West, we will explore what it means to accept our human existence as incarnate in the body. Sessions will be experiential, with some opportunity for questions and discussion. Wear comfortable clothing and bring a blanket. Available as a series or as individual sessions.

■ S.F. October 14

Polarity Therapy — Anne Kent Rush

One-day workshop $20

This workshop will include experiential learning of selected basic techniques, individual physical exercises to facilitate energy balance and circulation, and some discussion of the theoretical principles of polarity therapy. 10 a.m. to 6 p.m., Saturday. Limited to those working with the body or in people-helping professions.

● B.S. October 15-20

Encounter & Massage — Harry Sloan

Five-day workshop $230

● B.S. October 15-20

A Western Approach to Centering
Seymour Carter

Five-day workshop $215

"My work is living and teaching a way of life which gradually develops the capacity to live in the here and now and to be all there for whatever life brings. Working with the traditional methods of meditation and aikido, and the contemporary methods of gestalt and sensory awareness, this workshop will introduce participants to a Western approach to centering."

■ S.F. October 18-December 6

Belly Dancing — Barbara Clemans

Eight Wednesday evenings $3.50 per session
or $25 for eight sessions

"I have studied many ethnic dance forms and have found belly dancing to be the most female of the arts; perhaps because it originated as a dance of empathy for women during childbirth. I have also discovered methods of freeing the movement range and energy flow in the lower half of the body. I would like to share these discoveries with you using breath awareness, psychomotor techniques, and belly dancing. The emphasis is not on performance but on enjoyment of movement." For women only, eight Wednesday evenings, 7:30-9:30 p.m., Oct. 18, 25, Nov. 1, 8, 15, 22, 29, Dec. 6. Wear loose, comfortable clothing, and do not eat heavily before the class.

■ S.F. October 19-December 14

Altered States of Consciousness Applied: Bio-Feedback Yoga — Eleanor Criswell

Eight Thursday evenings $35 general; $25 student

A workshop of gently meeting your divine self, beginning with a contemporary Sadhana which is based on Raja (Ashtanga) yoga, the yoga of consciousness, psychophysiology and bio-feedback. The eight limbs of Patanjali's yoga and diet will be intertwined with insights from altered states of consciousness research. Application of yogic practices and meditation in educational settings, personal growth and transpersonal experiences will be discussed. Participants will be encouraged to keep a yoga journal, experience bio-feedback and share their responses to yogic literature. Wear loose and comfortable clothing. Eight Thursday evenings, 8-10:30 p.m., Oct. 19, 26, Nov. 2, 9, 16, 30, Dec. 7, 14.

INDIVIDUAL MASSAGE APPOINTMENTS are available in both Big Sur and San Francisco to program registrants and Friends of Esalen. In Big Sur, contact the office during your stay at Esalen. In San Francisco, call 771-1710 for appointments.

■ S.F. October 20-22
Massage — **Helen Stephens**
Weekend workshop $50

● B.S. October 20-22
Magicland of Esalen
Michael Kerber & Jackie Clare
Weekend workshop $85
A weekend for the creation of music and tuning the body in perfect harmony with nature's rhythms. Massage, Arica training exercises, hatha yoga, singing, chanting, meditation, dance and field trips into Big Sur. Bring musical instruments.

● B.S. October 20-22
Polarity Therapy — **Anne Kent Rush**
Weekend workshop $85
(See S.F. workshop description, Oct. 14, above.)

■ S.F. October 21
Celebration of the Fool — **Gabrielle Roth**
One-day workshop $20
Inside each moment is an eternal rhythm. Inside each rhythm is a perfect and original motion. Inside each motion is a discovery of self. And inside each discovery of self is the fool laughing. Come and meet your fool in movement and sound. 10-6, Saturday.

● B.S. October 22-27
Tai Chi & Massage
Peggy Morrison & Judyth Weaver
Five-day workshop $245

● B.S. October 27-29
Releasing Fixed Patterns — **Christie King**
Weekend workshop $85
The process of living builds defenses and rigid patterns into our bodies. From childhood our nervous systems learn to react with certain selected fixed patterns This conditioning greatly restricts body awareness and prohibits alternative ways of body movement. Dr. Moishe Feldenkrais has developed sequences of profound, simple exercises and through these our awareness will be directed to releasing fixed patterns in the body and the corresponding opening of the whole body's energies.

● B.S. October 29-November 3
Freeing the Body — **Esalen Staff**
Five-day workshop $215
This program introduces various body-oriented disciplines such as massage, movement, the Rolf method of structural integration, and yoga. The aim is to give group members greater awareness of their physical structures and to demonstrate methods for achieving freer movement, more expressiveness and life feeling.

■ S.F. October 31-December 5
Intensive Breath Workshop
George Downing
Six Tuesday evenings $40
The breath is a microcosm of the personality. Learning to find and unlock the breath can lead to more richness and certainty of emotion, increased energy, realignment of physical posture and a deeper grasp of one's personal rhythm of existence. We will progressively explore these possibilities. Some gestalt will be used to clarify nonverbal body messages. Limited to 12 persons. Six Tuesday evenings, 7:30-10:30 p.m., Oct. 31, Nov. 7, 14, 21, 28, Dec. 5.

■ S.F. November 3-5
A Western Approach to Centering
Seymour Carter
Weekend workshop $50
(See B.S. workshop description, Oct. 15-20, above.)

● B.S. November 3-5
Massage for Couples
Peggy Morrison & Richard Horan
Weekend workshop $85 per person

● B.S. November 3-5
Centering — **Robert Nadeau**
Weekend workshop $85
We will start with centering practices in the physical dimension, move to centering as mental awareness, and culminate in meditation with centering as a focus for spiritual unfolding. The weekend will emphasize the relationship between all three levels.

● B.S. November 5-10
Gestalt & Body Awareness
George Downing & Lois Brien
Five-day workshop $245
We will work intensively with both the verbal methods of gestalt and a number of non-verbal techniques of body awareness, including fantasy, movement, breath awareness, Feldenkrais dynamics, energy exchange and others.

● B.S. November 10-12
Altered States of Consciousness: Applied
Eleanor Criswell
Weekend workshop $85
(See S.F. workshop description, Oct. 19-Dec. 14, above.)

■ S.F. November 6-December 11
Massage — **Brenda Sales & Drew Ford**
Six Monday evenings $35
Beginner's class, 7:30-10:30 p.m., Nov. 6, 13, 20, 27, Dec. 4, 11.

■ S.F. November 11
Polarity Therapy — **Anne Kent Rush**
One-day workshop $20
(See S.F. workshop description, Oct. 14, above.)

■ S.F. November 12
Introduction to Tai Chi Chuan
Judyth Weaver
One-day workshop $20
A one-day introduction to the essence of Tai Chi Chuan – flow, centering, grounding. 10 a.m. to 6 p.m., Sunday.

■ S.F. November 14-December 12
Body & Mystery — **Ian Grand**
Five Tuesday evenings $55
A workshop to explore the mystery, meanings, problems and possibilities in our being human bodies. Five Tuesday evenings, 8 to 11 p.m., Nov. 14, 21, 28, Dec. 5, 12.

■ S.F. November 17-19
Wake Up — **Gabrielle Roth**
Weekend workshop $50
"You got to get down a little closer to the ground." Wake up and experience your body. It is unique. Everything you want to know is in there. Discover the truth about you in motion, moving, singing, touching, making music. Celebrate the now NOW!

■ S.F. November 18
Massage — **George Downing**
One-day workshop $20
10 a.m. to 6 p.m., Saturday.

• B.S. November 19-24

Tuning Your Energy Body — Robert Nadeau

Five-day workshop $245

All of us have moments when we are balanced: when we are centered in ourselves yet open and at one with the richness of life around us. Such moments do not have to be rare accidents. We exist in a vast reservoir of energy that we can learn to tune into and use to enrich our lives on every level. This workshop is an experience in the application of this life energy to relaxation, concentration, healing and life in general.

■ S.F. Monday, November 20

On Yoga: A Lecture & Demonstration
Joel Kramer

Single evening event
$3 general, $2 student; 8-10:30 p.m.;
Washington Elementary School, 2300 Grove, Berkeley.

An evening designed to acquaint the interested non-practitioner, as well as the practitioner, with yoga. Mr. Kramer will demonstrate hatha yoga and discuss yoga both in classical structure and as an evolutionary approach to living in the modern world.

• B.S. November 24-26

Advanced Massage
George Downing & Anne Kent Rush

Weekend workshop $85

This workshop will include a review of basic methods and an exploration of a variety of different techniques and approaches including shiatsu, Reichian massage, Proskauer massage, zone and polarity therapies, how to "read" bodies, the role of breathing in massage and the relation of massage to other means of growth.

• B.S. November 26-December 1

Bodies' Mysteries: A Bioenergetic Workshop
Ian Grand

Five-day workshop $245

We will explore the mystery and adventure, problems and possibilities in being earthly bodies. We will employ bioenergetic work, thought, dance and movement to share how we think about and enact our loving and our purpose, our sacredness and our sexuality.

• B.S. November 26-December 1

Tai Chi Massage — Judy Unell

Five-day workshop $215

This massage method is unique in its incorporation of tai chi movement which transmits a special energy flow and rhythm and which relaxes the massager as well as the recipient. Emphasis is placed on technique combining body movement, pressure points, muscle and sensory strokes.

• B.S. December 1-3

Massage & Meditation — Peggy Morrison

Weekend workshop $85

■ S.F. December 2

Body Awareness — George Downing

One-day workshop $20

Our emphasis will be on the flow of energy in the body: learning how to feel it, to heighten it and balance it, and to use it as a source of support in relations with others. We will use a number of methods, both verbal and nonverbal, including body fantasy, gestalt, movement, breath awareness, Feldenkrais techniques, and energy exchange exercises. 10 a.m. to 6 p.m., Saturday.

■ S.F. December 2-3

Jnana Yoga: The Yoga of Self Knowledge
Joel Kramer

Weekend workshop $50

Different yogas are doors or routes of exploration into the nature of existence. Jnana yoga opens the door to the eternal via the use of the mind. Through jnana one learns to see the nature, function and limitations of the intellect. Jnana yoga will be introduced as a vehicle for self inquiry and as a way of examining the nature of psychological and spiritual structure and clarifying the meaning and importance of meditation. No previous experience in yoga necessary. 10 a.m. to 6 p.m., Saturday and Sunday.

• B.S. December 8-10

A Western Approach to Centering
Seymour Carter

Weekend workshop $85

(See B.S. workshop description, Oct. 15-20, above.)

■ S.F. December 10

Alexander Technique
Frank Ottiwell & Judith Stransky

One-day workshop $20

Each participant will be worked with individually. Limited to 16 persons. 10 a.m. to 6 p.m., Sunday.

• B.S. December 10-15

Knots Are from Nots — Gabrielle Roth

Five-day workshop $245

"DO NOT. . ." They cause knots in your body. Let's get rid of them by getting into our bodies, relaxing, breathing deep, massaging each other and dancing through all those blocks which are keeping us out of life and from each other.

• B.S. December 15-17

Gestalt & Body Awareness
George Downing & Elaine Kepner

Weekend workshop $95

(See B.S. workshop description Nov. 5-10, above.)

■ S.F. December 16

A Western Approach to Centering
Seymour Carter

One-day workshop $20

(See B.S. workshop description, Oct. 15-20, above.)

■ S.F. December 16

Hatha Yoga: An Advanced Workshop
Joel Kramer

One-day workshop $25

This workshop is for people who have been working in hatha yoga and wish to refine their techniques and understanding. Emphasis will be placed on learning the feedback systems of yoga. Each person will be worked with individually. 10-6, Saturday.

■ S.F. December 17

Massage — Brenda Sales & Drew Ford

One-day workshop $15

10 a.m. to 6 p.m., Sunday.

• B.S. December 17-22

Massage & Breath Energy
George Downing

Five-day workshop $215

Using the breath we will first learn how we can bring about a heightened sense of the energy within ourselves. Then, through massage, we will explore how we can focus this energy in order to care for and communicate with others. Our guiding principle: that the experience of giving a massage can be as pleasing and as full as the experience of receiving one.

■ S.F. Wednesday, December 20

Up-Lift Together: An Evening of Rejoicing
Gabrielle Roth & Harry Sloan

Single evening event
$3 general, $2 student; 8-10:30 p.m.; *First Unitarian Church, Franklin and Geary Streets, San Francisco*

You are cordially invited to attend an evening of rejoicing. The festivities will include movement, chanting, dancing and expansive exercises to enchant the latent celebration in all of us. Come. . . Together.

• B.S. December 22-24

Alexander Technique
Frank Ottiwell, Judith Stransky & Patrick MacDonald

Weekend workshop $85

• B.S. December 26-31

Integrating Gestalt & Alexander Technique
Ilana Rubenfeld

Five-day workshop $245

This workshop will offer a unique blending of gestalt therapy, Alexander technique, body awareness and deep muscle work as a gateway to contacting, expressing and working through deep feelings. Emotions and memories are often stored in the body, resulting in muscular tensions and imbalance. The focus will be on the exploration of one's own body as a total organism – both psychically and physically.

■ S.F. January 5-7

Massage
Peggy Morrison & Richard Horan

Weekend workshop $50

• B.S. January 12-14

The Physical, Psychological and Spiritual Aspects of Yoga
Joel Kramer

Weekend workshop $85

A workshop designed to introduce yoga and meditation as a means of exploring oneself and the nature of awareness. Yoga techniques such as hatha yoga, jnana yoga and pranayama (breathing) will be covered. There will be inquiry into the structures of mind.

■ S.F. January 13

Unorthodox Medicine — David Sobel

One-day seminar $20

A discussion of unorthodox medical approaches with an emphasis on positive health, preventive medicine and the medicine of the whole person. Areas to be drawn from include: primitive, ancient and Hippocratic medicine, Chinese medicine and acupuncture, yogic therapy, American Indian medicine, naturopathy, homeopathy, zone therapy, nutritional therapy, chiropractics, structural integration, relaxation therapy, and biofeedback. 10-6, Sat.

• B.S. January 14-19

Knots Are from Nots — Gabrielle Roth

Five-day workshop $245

(See B.S. workshop description Dec. 10-15, above.)

Psychosynthesis

Psychosynthesis is an inclusive and positive conception of man that considers him dynamically as a being in a process of personal growth within an evolving universe. It includes the superconscious as well as the libido, the imagination as well as the complexes, the will as well as the instinctual drives. More than a theory, it is a way of looking at man; a practical working method which leads to greater unity, which can be used for harmonizing the many often conflicting elements of our inner life. Psychosynthesis is not limited to awareness, expansion or experience—it is also a way of pulling it all together, an approach which fosters the balanced development of body, feelings and mind and their harmonious integration around a unifying center of being and awareness, the Transpersonal Self. Psychosynthesis assists each individual in reaching toward this higher Self, and helps him use its energy and guidance to bring about a more joyful and effective actualization of the unfolding meaning and value of his life. Psychosynthesis chooses among a large number of methods and techniques those that are most appropriate to each existential situation.

Some of these can be: guided imagery, movement, self-identification, gestalt, meditation, symbolic art work, ideal models, writing and journal keeping and exploration of the superconscious. The emphasis is not on producing immediate breakthroughs, although this often occurs, but rather on fostering a gradual process of growth that, with continuing application, can gain increasing momentum and ultimately become a life-style.

PSYCHOSYNTHESIS TRAINING

The following Esalen Institute psychosynthesis program is offered in cooperation with the International Foundation for Psychosynthesis (Los Angeles) and is coordinated by its president, Dr. Robert Gerard. It is part of a series of professional workshops exploring the techniques of psychosynthesis in depth.

■ S.F. October 6-8

Professional Training in Psychosynthesis: Intuitive Awareness
Robert & Donna Gerard

Weekend workshop $75

Focus will be on techniques designed to actualize intuitive potentials. Intuition cuts through emotional distortions and intellectual rationalizations to reveal the essence behind appearances. Intuition is the power to perceive directly "What is" and "What can be," serving as an inner guide in human relationships and life situations. We will explore systematic ways of maximizing our intuitive skills and practical methods of helping others to develop their intuition.

The following training program, as well as all the following Esalen Institute psychosynthesis programs, are offered in cooperation with the Psychosynthesis Institute, Redwood City, and are coordinated by its directors, Jim and Susan Vargiu.

■ S.F. October 10-November 19

Psychosynthesis Training Series for Professionals
Jim & Susan Vargiu

Six Tuesday evenings plus a weekend $180

A program designed for psychotherapists, educators, counselors, and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field. We will work together so that each can see the process of psychosynthesis at work, both in himself and in others. There will be assignments and exercises to complete between meetings. Further individual work during the six week period can be arranged.

Six Tuesday evenings, 7:30 to 10:30 p.m., October 10 through November 14. Weekend workshop November 18-19. For application form, contact Esalen/San Francisco.

PSYCHOSYNTHESIS PROGRAMS

■ S.F. October 20-22

Psychosynthesis
Margaret Conway & Tom Allen

Weekend workshop $50

■ S.F. November 1-December 6

Psychosynthesis
Margaret Conway

Six Wednesday evenings $50

An ongoing group limited to ten participants. Six Wednesday evenings, 8-10:30 p.m., Nov. 1, 8, 15, 22, 29, Dec. 6.

■ S.F. November 3-5

Psychosynthesis
Sara Miller

Weekend workshop $50

For those experienced in gestalt and encounter.

■ S.F. November 24-26

Psychosynthesis Advanced Workshop: Looking Deeper & Going Higher
Margaret Conway & Tom Allen

Weekend workshop $50

For those who have had some experience in psychosynthesis.

● B.S. December 10-15

Psychosynthesis
Tom Allen & Margaret Conway

Five-day workshop $245

■ S.F. December 15-17

Psychosynthesis & Education
Tom Yeomans

Weekend workshop $50

This workshop, designed specifically for educators, teachers, students and others interested in educational process, will combine personal experience in psychosynthesis with consideration of its theoretical and practical implications for a new and whole education of Humanity.

PROGRAMS USING PSYCHOSYNTHESIS TECHNIQUES

• B.S. October 1-6

Psycho-Physical-Synthesis: A Way to Stay in the Flow

Bernard Gunther

Five-day workshop $245

A workshop that will move to the experiencing of a deeper mind body being integration and the practical application of these methods and their use in every day life, relationships and situations. In this group, you will experience and come into contact with core aspects of yourself, nature and others through the amalgamation of sensory awakening and psychosynthesis processes along with other methods both eastern and western; physical, mental and spiritual.

• B.S. October 13-15

Gestalt Plus

George & Judith Brown

Weekend workshop $95

A workshop for individuals and couples where the approaches of gestalt therapy are combined with techniques from psychosynthesis. The focus will be on re-owning energy and discovering new and alternative ways to be as individuals and in primal relationships. Emphasis will also be placed on what to do after leaving the workshop.

• B.S. November 5-10

Beyond Encounter

Bob Kriegel & Marilyn Harris Kriegel

Five-day workshop $215

Encounter, gestalt and psychosynthesis techniques will be used.

■ S.F. December 8-10

Beyond Encounter

Bob Kriegel & Marilyn Harris Kriegel

Weekend workshop $50

(See B.S. workshop description, Nov. 5-10, above.)

• B.S. December 24-29

Beyond Encounter

Bob Kriegel & Marilyn Harris Kriegel

Five-day workshop $215

(See B.S. workshop description, Nov. 5-10, above.)

• B.S. December 26-31

Gestalt Plus

George & Judith Brown

Five-day workshop $245

(See B.S. workshop description, Oct. 13-15, above.)

■ S.F. January 12-14

Gestalt & Psychosynthesis

George & Judith Brown

Weekend workshop $50

A combined experiential and didactic workshop focusing on basic experiences in gestalt and psychosynthesis and, where possible, the experiential combining of the two. Plus discussions of theory and practice as related to education and other contexts.

Workshops for Professionals

SAN FRANCISCO WORKSHOPS FOR EDUCATORS

Sara Miller, Marilyn Harris Kriegel & the Ford/Esalen Educational Staff

October 29
Introduction to the New Reading
One-day workshop $25

An experiential learning session focusing on *readers'* bodies, *readers'* feelings, *readers'* sounds and *readers'* words. 10 a.m. to 6 p.m., Sunday. Credit available.

October 30-November 27
Ongoing Group in Confluent Education
Five Monday evenings $45

Five sessions devoted to sharing work being done by participants and Esalen Educational Staff. Designed for people experimenting in Confluent Education who are lonely! 7:30 to 10:30 p.m., Oct. 30, Nov. 6, 13, 20, 27. Credit available.

December 2
Techniques for Confluent Education in the Classroom
One-day workshop $25

Methods for making life easier from 8 to 4. 10 a.m. to 6 p.m., Saturday. Credit available.

January 6
Reading!!!
One-day workshop $25

A new definition and curriculum for reading, helping kids to read bodies, feelings, words and sounds. 10 a.m. to 6 p.m., Saturday. Credit available.

December 15-17
Psychosynthesis & Education
Tom Yeomans

Weekend workshop $50

This workshop, designed specifically for educators, teachers, students and others interested in educational process, will combine personal experience in psychosynthesis with consideration of its theoretical and practical implications for a new and whole education of Humanity. (For a definition of psychosynthesis, see p. 14.) Credit available.

University credit available for all Educators' Workshops. Contact Esalen/San Francisco for information.

• B.S. October 6-8
Feeling Therapy
Joe Hart, Dominic Cirincione & Richard Corriere

Weekend seminar $95

A weekend with some of its founders. Feeling Therapy grew from the experiences of eight therapists, all formerly affiliated with the Primal Institute, who had backgrounds in various therapeutic approaches; gestalt, bioenergetics, client-centered, encounter and dream-work. They will discuss their philosophy of feeling, pain, cure and neurosis as well as the research on physiological changes related to intensive abreactive releases. Feeling Therapy is an integrative approach that aims to transform the patient from a non-feeling and symbolic existence to a life of feeling and meaningful expressions.

■ S.F. October 8-January 21
Professionals' Tutorial
Stanley Keleman

Four one-day workshops $170

(See description under *The Human Body*, page 12.)

■ S.F. October 21
A Unified Field Theory of Group Work
John Enright

One-day workshop $22

John Enright writes: "Nothing works for everybody; practically anything works for somebody sometime. From my experience with a wide range of clients in many settings using different approaches, I have developed a system for defining what needs to be known to answer any question that can be asked about what to do in a group. The morning will be devoted to outlining the system; the afternoon to applying it to problems brought in by participants." 10 a.m. to 5:30 p.m., Saturday.

• B.S. October 22-27
Gestalt Awareness Training for Health Professionals
Jack Rosenberg

Five-day workshop $275

This workshop is designed for people in the health professions — dental, medical and allied fields, including nurses, technicians and assistants; spouses are particularly encouraged to attend. A factor in health care, often forgotten, is the health of those who provide care for others. The emphasis in this workshop will be on ways to apply gestalt and body awareness techniques to both the participants' practice and inner life. Sessions in hatha yoga and movement will be included.

• B.S. October 29-November 3

Workshop for Religious Professionals
Robert Nadeau

Five-day workshop $245

We are spiritual beings already one with the source of all things. Through meditation and other awareness techniques, we will help clear the misunderstandings which cloud one's personal experience as a spiritual being. For religious professionals who wish to experience deeper spiritual realms.

• S.F. November 1-January 31

Professional Development Program
Frank Rubenfeld, *Coordinator and Leader*

14 Wednesday evenings (plus 3 one-day workshops) $325

Open to psychotherapists, counselors, social workers and others in the helping professions. This program – an ongoing series of 14 weekly meetings – will focus on: the development of further professional skills, including especially the methods of gestalt therapy; and didactic sessions dealing with particular issues and themes confronting therapists. Three special one-day workshops will introduce some innovative therapeutic approaches. See page 3 for additional details on this program.

• S.F. Thursday, November 16

Releasing People-Helping from the Money Economy
John Enright

Single evening event

[FREE]; 8:30-10:30 p.m.; Washington Elementary School, 2300 Grove, Berkeley

A discussion evening open to anyone interested. Representatives from free clinics, rap centers, awareness houses, self help groups, etc. particularly invited.

• B.S. December 10-15

Eclectic Encounter for Professionals
John Heider

Five-day workshop $245

"My intent," writes John Heider, "is to make clear the art of integrating various human potential techniques into a meaningful, harmonious whole. While primary emphasis will be on the group experience, intellectual discussion will focus on the leader's rationale and behavior. Especially suited for those in the people-helping professions."

• B.S. December 17-22

The Esoteric Psychologies: Magic, the Occult and "Supernatural Phenomena"
Robert Ornstein

Five-day workshop $245

What is the difference between a "paranormal" event and a "non-ordinary" event? What is the evidence for these unusual occurrences? What stops us from seeing them? How can we change ourselves and the larger community around us? Some personal discussion, facts and exercises.

• B.S. January 28-April 20

Residential Program with an Emphasis on Gestalt Training
Janet Lederman, *Gestalt Trainer and Program Coordinator*

Three-month program $3500

An advanced training program for qualified therapists in psychotherapy, counseling and related fields. This three-month program will take place in Big Sur and San Francisco and will focus on training in gestalt theory and practice. See page 3 for a complete description.

Big Sur Information

For reservations and information, write or call:

Esalen Institute
Big Sur, Ca. 93920
Phone: (408) 667-2335
10 to 5, Monday through Saturday
10 to 9, Sunday

RESERVATIONS: must be made at least one week prior to the first day of the program. Deposits accompanying the reservations are required as follows: $20 for weekend programs; $70 for 5-day programs; $200 for 2-week programs; and $400 for 4-week programs. Deposits are **non-refundable** but may be transferred with ten days notice. Please mail reservation form with check to: Esalen Institute, Big Sur, California 93920. **Do not send Big Sur reservations to San Francisco.** Balance of payment is due on arrival.

PROGRAM COSTS: cover tuition, food and lodging, use of the fresh-water pool and hot mineral baths. Massage, available by appointment, is extra. **Foreign currency:** Esalen can only accept checks drawn on U.S. funds. Esalen accepts Master Charge and American Express.

GROUNDS ARE CLOSED EXCEPT BY RESERVATION. Participants are discouraged from bringing guests or having people drop in.

CHECK-IN/CHECK-OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening; however, guests are welcome to arrive earlier in the afternoon. All programs begin with dinner on Sunday evening; weekend programs begin with dinner on Friday evening. The last session of a five-day program is Friday morning. Two-week and four-week programs usually have final sessions on the last Friday morning. Weekend programs end on Sunday after the morning session. Check-out time is noon of the final day of all programs.

ACCOMMODATIONS: The rooms on Esalen property are designed for shared occupancy (2 or 3 to a room), and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodgings in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property – in tents, cars, campers or meeting rooms – is strictly prohibited.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name.

From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon. It is identified on some road maps as States Hot Springs or Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute – Reservations Only.

CHILDREN AND PETS: There are no child care facilities at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Alas, no pets.

LIMOUSINE SERVICE FROM MONTEREY: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is available between 11:00 A.M. and 6:00 P.M. on Fridays and Sundays at $10 per person from Monterey Airport or Greyhound Terminal, with *3 to 5 days advance notice.* On arrival, guests should inquire at terminal service for the Esalen Representative.

WORK COMMITMENT: Approximately 12 hours of work per week in the kitchen, garden and grounds are required of participants in all programs of two weeks duration or longer.

ORGANIC FOOD: The organic food garden on the Esalen grounds is flourishing and provides the kitchen with most of its vegetables and herbs. We try to serve only organically-produced meats, poultry and dairy products; most breads and pastries are made by Esalen bakers.

STAFF-LED WORKSHOPS: Some of the four-week, two-week and five-day programs listed will be led by members of the Esalen Staff from Big Sur.

Big Sur Staff includes: Michael Butler, Seymour Carter, Al Drucker, Brita Fluck, Betty Fuller, Janet Lederman, Milton Lees, Dub Leigh, Theodora Lyon, Peggy Morrison, Richard Price, Paul Rebillot, Carole Rosenblatt, Gabrielle Roth, William Schutz, Beverly Silverman, Julian Silverman, Simone Surpin, Gerald Thatcher.

San Francisco Information

For reservations, literature, tickets and information, write or call:

Esalen Institute
1776 Union Street
San Francisco, Ca. 94123
Phone: (415) 771-1710
10 to 5, Monday through Saturday

RESERVATIONS: should be made at least one week prior to start of program. A non-refundable deposit must accompany registrations as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to: Esalen Institute, 1776 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts major credit cards, including Master Charge and American Express.

INFORMATION, LITERATURE AND TICKETS: for lectures may be obtained Monday through Saturday, 10:00 to 5:00 at 1776 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

WEEKEND SCHEDULES: Weekend workshops meet from 8 to 11 p.m. on Fridays, from 10 a.m. through the afternoon and/or evening on Saturdays, and from 10 a.m. to early afternoon on Sundays, unless otherwise indicated in workshop descriptions. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

ACCOMMODATIONS: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

RESIDENTIAL PROGRAMS: *are indicated in individual workshop descriptions.* Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend residential programs, unless otherwise indicated, begin at 8 p.m. Friday (no supper served) and conclude following Sunday lunch. Programs are held at a conference center in Marin County or in Sonoma County; exact location will be included with reservation confirmation.

LOCATION: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs including its own building at 1757 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

SCHOLARSHIPS, interest-free loans and work scholarships are available for many programs in San Francisco. Contact the S.F. office for information and forms. **STUDENT AND "POOR PEOPLE" RATES** are also possible on a space-available basis. These are *stand-by* rates of 50% off the stated workshop price. Come by the S.F. office no earlier or later than three days before the program's starting date to place your name on a stand-by waiting list, to leave a deposit for the program, and to validate that you qualify for stand-by rates. (The deposit is refundable if you do not get in the workshop.) Confirmations will not be made until the morning of the workshop date.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be refunded if reservation cannot be confirmed or upon request by persons not wanting to be on a waiting list.

Catalog design: Red Dog Pieface. The designer states, "the illustrations are hua yang, *Chinese cut-paper designs for embroidering peasant clothing, a centuries-old tradition which vividly expresses a characteristic Chinese awareness of the "aliveness" of all things.*

Biographical Information

BERNARD AARONSON heads the experimental psychology section of the New Jersey Bureau of Research in Neurology and Psychiatry. Dr. Aaronson is interested in many growth techniques including hypnosis, elements of occult traditions, meditation and operant conditioning.

PAUL AIKIN is a clinical psychologist at the Counseling Center, U.C. Davis, and in private practice. He is a consultant on the use of affective techniques in college and secondary school counseling programs.

MICHAEL ALDRICH is a scholar of drug subcultures and has a Ph.D. in "Cannabis Myths & Folklore". He is the editor of Marijuana Review, co-director of Amorphia (the Cannabis Cooperative) and a member of the board of directors of the California Marijuana Initiative.

WILLIAM ALEX is a practicing Jungian analyst in San Francisco and a Diplomate of C. G. Jung Institute, Zurich. He has been active in the analytical training program of San Francisco Jung Institute and has given seminars and public lectures for many years.

TOM ALLEN is a senior associate of the Psychosynthesis Institute and a former Esalen resident fellow. He underwent didactic training at the Psychosynthesis Institute with Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. He has led workshops for several years at growth centers and institutions throughout the country. He is an artist and has worked to integrate art into the psychosynthesis process as a means of self-realization.

MAURICA ANDERSON is an encounter group leader and a former staff member of the California Institute of Psychodrama.

WALT ANDERSON has been leading Esalen programs, indoors and out, for several years. He was formerly the Executive Director of the California Institute of Psychodrama in Los Angeles, and is also author and/or editor of a number of books including the forthcoming *The Humanistic Perspective in Politics.*

JUDITH ASTON has been director and choreographer for the Dance Theater Group of Long Beach Community College and has worked extensively with dancers and actors. She is currently on the staff of the San Diego Gestalt Institute and has developed the use of movement as an integration tool in the gestalt process. In addition, she is a practitioner of structural integration and the originator of the Rolf-Aston "Structural Patterning in Stillness and Motion." © 1972.

BETTY BERZON is the principal developer of the Bell & Howell *Encountertape* Series. She is co-editor of the recently published book, *New Perspectives on Encounter Groups*, and author of a book in preparation, *The Quest for Love*. In private practice in Los Angeles, she is conducting gay encounter groups, consulting with gay organizations, and co-editing with Don Clark a book titled *Gay and Growing*.

STEPHEN BINDMAN has recently resigned from the faculty of the Dept. of Psychology at the University of Texas in Austin and is presently a partner of the Psychological Service Association of Los Angeles.

*LARRY BLOOMBERG has been a gestalt therapist for twenty years. He is a training therapist and a founder of the Gestalt Institute of San Francisco and the Gestalt Institute for Multiple Psychotherapy. Dr. Bloomberg is a recognized authority on the novels of Rex Stout and Anthony Powell.

*LOIS BRIEN is a gestalt therapist, an organization consultant in the Bay Area and a member of the faculty of the California School of Professional Psychology.

CRITTENDEN BROOKES, a certified Jungian analyst, teaches psychiatric trainees as Assistant Clinical Professor of Psychiatry at U.C. Medical Center and as Supervisor, Department of Psychiatry, Mount Zion Hospital, San Francisco. He is engaged in the private practice of psychiatry and psychotherapy.

DAN BROWN is a specialist in psychedelic drug-crisis therapy and a graduate student of hypnosis research.

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is director of DRICE, the Ford Foundation Center in confluent education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning.*

JUDITH BROWN has an international reputation as a gestalt awareness trainer and has been interested in the use of symbols as an expression of the creative unconscious. In addition to her own groups, she has co-led numerous groups with her husband.

*JOSEPH CAMHI, clinical psychologist and gestalt therapist, recently spent a year studying at a Gurdjieff-oriented school in England and is now in private practice in San Francisco.

BETSIE CARTER, a senior associate of the Psychosynthesis Institute, was associate director of the Ford-Esalen Project in Confluent education, and an Esalen resident fellow. She underwent didactic training in Italy with Roberto Assagioli, and at the Psychosynthesis Institute with Jim and Susan Vargiu. She has given workshops in this country and abroad. Presently she is working, both individually and in groups, with people interested in using psychosynthesis for their own development. She is especially involved in the psychosynthesis of gifted and creative young people.

SEYMOUR CARTER is a former director of the Esalen residence program. His background includes training with Synanon, Charlotte Selver and Ida Rolf. He has been deeply influenced by zen buddhism and gestalt, and is a student of aikido.

DOMINIC CIRINCIONE is a therapist who trained under Carl Rogers, Alexander Lowen, Stanley Keleman and Arthur Janov.

JACKIE CLARE is a former Esalen resident, trained in gestalt, encounter and body awareness techniques, Arica training, massage and yoga. She is also a former Esalen dishwasher.

DON CLARK is a clinical psychologist, writer and teacher who has worked with groups for fifteen years. Dr. Clark is in private practice in Menlo Park and San Francisco. His most recent book is *Humanistic Teaching*. He is co-editing a book with Betty Berzon titled *Gay and Growing*.

BARBARA CLEMANS is a teacher, masseuse and dancer who has performed as a belly dancer professionally. She has done graduate work in dance/movement at San Francisco State and has completed an apprenticeship with Ann Halprin of the Dancer's Workshop. She has led numerous groups and has assisted psychotherapists using massage and movement as a means of self-exploration and energy release.

MARGARET CONWAY, a senior associate of the Psychosynthesis Institute, is in didactic training with Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. Trained as a psychiatric nurse, she has led groups for several years for various organizations, including Esalen Institute, the San Mateo County School District, California State Hayward Extension Division, Glide Memorial Church, and others.

RICHARD CORRIERE is a therapist and research associate in his last year of doctoral work at the University of California. He was formerly a research associate at the Primal Institute.

ELEANOR CRISWELL, Director of the Humanistic Psychology Institute, is an assistant professor of psychology at Sonoma State College.

ROBERT CROMEY, a former Esalen resident fellow, is an experienced group leader and teacher of massage and sensory experiences. He has worked as a priest, politician, administrator. He has a private practice in San Francisco.

GEORGE DOWNING, author of *The Massage Book*, uses an integral approach to body awareness, combining massage, yoga and other disciplines.

*JACK DOWNING is a psychiatrist in private practice in Palo Alto. He is experienced in public health, structural integration, gestalt therapy and the Arica awareness training.

*JOHN ENRIGHT, diplomate in clinical psychology, has been a gestalt trainer for ten years and is developing new fields of application for the basic principles of gestalt.

RICHARD FARSON is a social psychologist, faculty member of the School of Design at California Institute of the Arts, and Chairman of the Board of the Western Behavioral Sciences Institute.

ANITA FEDER trained in massage at Esalen with Molly Day Schackman and in gestalt therapy with Bob Hall. She is a teacher of hatha yoga and meditation.

DREW FORD completed the Esalen Extended Growth Program with Betty Fuller and Dub Leigh. He has studied massage with George Downing and Anne Kent Rush.

ROBERT FRAGER teaches psychology at the University of California, Santa Cruz. He was a personal student of Master Morihei Ueshiba, the founder of aikido, and has also studied various forms of yoga and related transpersonal disciplines for a number of years in Japan, India, and the United States.

DONNA GERARD, drama teacher and therapist, for the past fourteen years has focused her private practice on the development and release of creative energies. Both she and her husband are interested in providing systematic methods for evoking transcendental awareness.

ROBERT GERARD is a clinical psychologist in private practice in Los Angeles. He has been principal innovator in the field of psychosynthesis for over fifteen years. He collaborated with Dr. Assagioli on the writing of the book, *Psychosynthesis*, and has developed new therapeutic techniques, including the use of depth imagery, symbolic visualization, intuitive awareness and creative meditation. As president of the International Foundation for Psychosynthesis, Dr. Gerard is especially interested in the integration of American, European and Eastern approaches to psychological growth.

*SIDNEY GERSHENSON is a licensed clinical social worker, a trainer at the Gestalt Institute of San Francisco and in private practice as a gestalt therapist in Berkeley and Marin County.

KEITH GILCHRIST, trained by Ida Rolf, practices structural integration and teaches structural patterning and massage in Santa Cruz.

MEGAN GILCHRIST is a practitioner of structural integration in private practice in the Bay Area. She is also research coordinator of the Guild for Structural Integration.

IAN GRAND studied at the Center for Energetic Studies in Berkeley with Stanley Keleman and has an individual and group practice in San Francisco. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at San Francisco State College.

JERRY GREENWALD is a gestalt therapist in private practice in Santa Monica. He developed the concepts of nourishing ("N" people) and toxic ("T" people) attitudes and behavior patterns which Fritz Perls refers to in his last two books.

BERNARD GUNTHER was for seven years a staff member at Esalen. For the past two years he has been involved in the study of psychosynthesis and has worked directly with Dr. Roberto Assagioli. He is the author of *Sense Relaxation*, *Love View*, *What to do Till the Messiah Comes* and *How the West Was One*, which has just been published.

AL HAIMSON is a clinical psychologist in private practice in Menlo Park. He believes that neither sex nor aggression is bad.

*ROBERT K. HALL, a psychiatrist in private practice in Mill Valley, trained in the Rolf method of structural integration.

JOE HART, Director of the Center for Feeling Therapy, was past director of research at the Primal Institute and is presently assoc. professor of psychology at the University of California, Irvine.

ARTHUR HASTINGS is a specialist in language and communication, with further interests in parapsychology and consciousness processes. He has taught at California State University, San Jose, and at Stanford University.

JOHN AND ANNE HEIDER live with their daughter Dove in Lawrence, Kansas. From 1967-1971 the Heiders were in residence at Esalen, students and teachers of human potential philosophy and technology. After an absence of more than a year, they are coming 'home' for a visit to Big Sur and Esalen!

RICHARD HORAN is an artist, masseur and organic gardener.

FAITH HORNBACHER was trained in Rolf-Aston Structural Patterning in Stillness and Motion by Judith Aston. She is presently in private practice in the Bay Area.

ART HOUGH is Professor of Communication Theory and Mass Media at San Francisco State College. He is an educational television and film producer, author of *Stand Up and Speak* and interpersonal communication consultant to various agencies.

DANIEL JACKSON, 16 years old, would like to be qualified as a human being.

ED JACKSON is a medical doctor, gestalt therapist, and a practitioner of structural integration. He lives in Berkeley and does body-oriented individual and group work.

GUNVER JACKSON is a licensed masseuse certified in Swedish massage. She has also been trained by Molly Schackman at Esalen and has studied breathing, gestalt awareness and relaxation techniques. She and her husband are founders of the Gamma School of Massage. In addition, she has worked with teenagers at a number of schools in experimental programs using deep relaxation as a road to expanded consciousness.

RON JONES is a clinical psychologist practising in the Bay Area. He works in aiding psychically sensitive people to attain better balance.

STANLEY KELEMAN heads the Center for Energetic Studies in Berkeley, runs professional training groups for psychotherapists, and maintains a private group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is author of *Sexuality, Self and Survival.*

*ELAINE KEPNER is a clinical psychologist and gestalt therapist in private practice in San Francisco and Marin County.

MICHAEL KERBER, a longtime explorer of musical realms, has been trained in creative perception and hatha yoga. He is presently living in Big Sur.

CHRISTIE KING, a student of Dr. Moishe Feldenkrais, has a doctorate in counseling and guidance from the University of Miami. Her dissertation was on body therapies. She has also worked with William Schutz and is in residence at Esalen/Big Sur.

PETER KOESTENBAUM is well known for his application of existential philosophy to the understanding and solving of questions in personal development and social issues. He is currently in his eighteenth year as Professor of Philosophy at San Jose State College. He is the author of *The Vitality of Death.*

JOEL KRAMER is a practicing hatha, jnana and tantric yogi who was in residence at Esalen/Big Sur, 1968-1970. He has taught and lectured internationally and is a master of jnana yoga as well as an outstanding adept of hatha yoga.

BOB KRIEGEL is the director of Esalen's Consulting Service and Friends of Esalen. He is a training consultant for the U.S. Army and has done consulting work with the staffs and faculties of universities, schools, social agencies, and business corporations. He is currently training in psychosynthesis with Jim and Susan Vargiu.

MARILYN HARRIS KRIEGEL is the assistant director of the Ford Foundation Esalen Reading Project in Confluent Education. She is a member of the faculties of Hebrew Union College in Los Angeles and Dominican College in San Rafael. She is currently in training in psychosynthesis with Jim and Susan Vargiu.

STANLEY KRIPPNER, is the Director of the Maimonides Dream Laboratory, where he has conducted experiments in ESP, dreams, hypnosis and biofeedback training. In addition, he is Adjunct Professor at N.Y.U. and St. John's University and serves as research director of the New York Institute for Child Development. He recently gave an invited lecture at the Institute of Psychology in Moscow, where he gained first-hand knowledge about Soviet parapsychology and acupuncture.

JOAN KRUEGER is a psychiatrist and gestalt therapist in private practice in Berkeley and Marin County.

STEVEN KULL is a senior associate of the Psychosynthesis Institute. He underwent didactic training in Italy with Roberto Assagioli, and at the Psychosynthesis Institute with Jim and Susan Vargiu. He has given workshops in this country and abroad. Presently he is working both individually and in groups with people interested in using psychosynthesis for their own development. He is especially involved in the psychosynthesis of gifted and creative young people.

JANET LEDERMAN, artist, teacher and author, has developed and utilized the gestalt learning process with ghetto children and with children who manifest extreme behavior problems. She is currently leading gestalt groups throughout the United States and Canada.

LENORE LEFER is a former executive director of the Bridgeport, Connecticut, Mental Health Association, research scientist, teacher and Esalen resident fellow 1971. She has done groups for several free universities and growth centers in the Bay Area.

GEORGE LEONARD was a senior editor at *Look Magazine* for 17 years. He has served as the vice president of Esalen Institute and is the author of *Education and Ecstacy, The Man & Woman Thing,* and *Education in the Year 2000.* His widely heralded new book, *The Transformation: A Guide to the Inevitable Changes in Humankind,* is being published this fall.

JOHN LILLY has primary research interest in the relation of the mind to the brain. He is trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication.

PATRICK MACDONALD is a visiting Alexander teacher from London, England, where he was for many years principal of the F. Matthias Alexander Foundation and leader of its training course for teachers. He is currently teaching and conducting training classes in London.

ANI MANDER, former teacher of languages at Boston University, Harvard and San Francisco State College, is presently devoting her energies to women's studies.

JERRY MANDER is a writer, propagandist, publicist, advertising man. He has worked in the field of communications for many years.

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at The Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of *The Free People* and (with Alan Cohen) *Understanding Drug Use.*

ANNIE McCOMB is a practitioner of structural patterning in stillness and motion. She was trained by Judith Aston.

KURT VON MEIER has taught at UCLA, Princeton and in New Zealand over the past ten years. He is currently teaching art and archaeology at Cal. State University.

RALPH METZNER is a licensed psychologist, author of *Maps of Consciousness,* student and teacher in the School of Actualism, and recently became director of a residential high school, New Schole, in Mountain Center, near Idylliwild, California.

EMMETT MILLER completed his medical studies at the Albert Einstein School of Medicine. A member of the American Society of Clinical Hypnosis, he is in private practice in Carmel, California.

*RICHARD LOUIS MILLER

SARA MILLER *is Director of Education at Esalen* and head of the *Ford/Esalen Project in Confluent Education.* She has taught at Yeshiva University and is widely known for her work with special children, educational organizations and curriculum development. She is a Senior Associate of the Psychosynthesis Institute in Redwood City where she is in didactic training with Jim and Susan Vargiu. She has also worked in psychosynthesis with Roberto Assagioli in Italy.

STUART MILLER has taught at Berkeley, Rutgers and the State University of New York, where he was also active in educational innovation. He is Esalen's Director of Development and author of three books, including *Hot Springs,* an Esalen-Viking book. He is editing three new books by Roberto Assagioli and is a Senior Associate of the Psychosynthesis Institute, where he is in didactic training with Jim and Susan Vargiu.

SELIG MORGENRATH is the designer and builder of the Big Sur facility.

PEGGY MORRISON was in the 1970 Esalen residence program. She is currently the head of the Esalen/Big Sur massage crew and a teacher of massage.

LAUREE MOSS is co-director of the Berkeley Rap Center, leads groups with the Gestalt Community (Gestalt Institute for Multiple Psychotherapy), and is in private practice in the Bay Area. She has been active in the Women's Movement for several years.

MICHAEL MURPHY is president and co-founder of Esalen Institute. He is the author of the recently published *Golf in the Kingdom.*

ROBERT NADEAU utilizes energy awareness and the concept of "energy dimensions" to approach the transpersonal self. He also teaches meditation, energy awareness and aikido in the Bay Area.

CLAUDIO NARANJO was trained as a medical doctor and psychoanalyst before turning to gestalt therapy and psychopharmacology and then to the role of a translator of many understandings and practices of spiritual traditions into the terms of contemporary psychology and psychotherapy.

ROBERT ORNSTEIN teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute.

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique (New York) and is President of the California Center. He has been teacher of the Alexander Technique for the American Conservatory Theatre since its inception and is in private practice in San Francisco.

ANN PARKS, owner of the Berkeley Massage Studio, was trained at Esalen/Big Sur where she was a member of the massage staff. She recently completed the Arica Training in New York and she is a student of sensory awareness and meditation.

BURYL PAYNE holds degrees in psychology and physics from the University of Washington. He is a trained bioenergetic analyst in private practice and is currently president of PsychoPhysics Labs, Inc., a research and development organization, and owner of Biofeedback Instruments.

LEONARD PEARSON teaches at Sonoma State College in the Department of Humanistic Psychology. He has conducted group and individual psychotherapy with obese persons for over 15 years in Chicago and Cleveland. He and his wife are the co-directors of the Obesity Therapy Institute in Berkeley.

LIL PEARSON, psychiatric social worker, has trained with Fritz Perls and has led encounter gorups in the Bay Area for several years, including obesity workshops.

JOHN PERRY, a Jungian analyst in private practice, is Director of Studies at the C. G. Jung Institute of San Francisco. He is assistant Clinical professor of psychiatry at U.C. Medical Center and is the author of *The Self in Psychotic Process, Lord of the Four Quarters,* and numerous articles.

HECTOR PRESTERA is an internist and cardiologist who is currently involved in the theory and practice of structural integration. He recently completed the Arica Awareness training in New York City.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

LEE PULOS is a clinical psychologist in private practice and assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in leading training workshops for professionals and in researching the effects of hypnosis upon athletic performance.

*STELLA RESNICK, a clinical psychologist and gestalt therapist, currently maintains a private practice in San Francisco employing individual therapy and innovative group work. She is a faculty member of both the Marin Family Therapy Institute and the California School of Professional Psychology. Currently, her energy is directed toward developing methods by which to utilize theater techniques with gestalt to further self-discovery and creativity.

BETTY REVELEY teaches English and women's studies at California State University, Sacramento, and has been active in the Committee for More Effective Education, a group that is dedicated to humanistic classroom techniques.

RICHARD ROBERTS is the author of *Tarot and You*, the first book of actual readings given with the Tarot cards. With Joseph Campbell, he is co-authoring a second book on Tarot. He has studied with the medium and clairvoyant Florence Becker.

WILLIAM PENNELL ROCK has taught at several universities including Banaras Hindu University in India and the University of California at Santa Barbara. He has done extensive research on Heidegger and on the *Upanishad*, and is presently affiliated with the Center for the Study of Democratic Institutions.

JEANNE ROSE manufactures herb-based organic cosmetics and is the author of *Herbs & Things*. She has lectured and taught herbal care of the mind and body with University of California Extension and in San Francisco.

*JACK ROSENBERG is a practicing dentist and gestalt therapist. His interest for the past ten years has been giving the experience of gestalt awareness and yoga psychology to the health professions. His doctoral thesis in psychology relates immediate video feedback and facial massage for facilitating psychotherapy.

GABRIELLE ROTH is a fool. She is a fool who has studied and worked with some of the best fools on the planet: Esalen, Arica and EST.

FRANK RUBENFELD, a clinical psychologist who completed studies at Yale and NYU's post-doctoral program, received training in gestalt therapy from Fritz Perls at Esalen. Dr. Rubenfeld has been training therapists in gestalt for the past few years as well as leading open workshops on both coasts and at Esalen/Big Sur. He is on the faculty of the N.Y. Institute of Gestalt Therapy and currently resides in Berkeley, where he has a private and group practice.

ILANA RUBENFELD has integrated the Alexander technique with gestalt therapy. She is a board member of the American Center for the Alexander Technique and a full member of the N.Y. Institute of Gestalt Therapy. She is on the faculties of N.Y.U., GROW and Eastern Institute of Psychotherapy. Besides her private practice, she has trained and led workshops at centers and colleges throughout the U.S.A., Mexico and Brazil.

DANE RUDHYAR, a pioneer in psychology, philosophy, music and literature, has an international reputation as the exponent of a "humanistic" reformulation of astrology. He is the author of several books, including *The Astrology of Personality*, *The Planetarization of Consciousness*, and, most recently, *The Astrological Houses* and *Astrological Time*.

ANNE KENT RUSH, illustrator of *The Massage Book*, is a polarity therapist and has led numerous workshops in massage, yoga and other forms of body awareness.

BRENDA SALES is the head of the Esalen/San Francisco massage crew. She was trained in massage by Gunver Jackson.

MARION SALTMAN is a play therapist who has worked with young children, adolescents and adults. She teaches The Psychology of Play at Sonoma State College, and she ran the Wilderness Family Camp at Tahoe Institute, summer 1971.

MICHAEL SALVESON is a practitioner of structural integration in practice in the Bay Area. He recently completed an advanced training course with Dr. Ida Rolf.

DONALD SANDNER is a psychiatrist in private practice in San Francisco. He is a Jungian analyst, lecturer and training analyst for the C. G. Jung Institute and assistant clinical professor of psychiatry at the Langly Porter Neuropsychiatric Institute. For the last five years, Dr. Sandner has been researching and writing about the use of symbolism in Navaho religion.

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He has led groups at Anthos and Esalen, has lectured at the University of California, Prin[illegible] and many other schools, and has conducted special progr[illegible] for industry and social agencies. He is currently coordinator of the humanistic psychology program at New York University's School of Continuing Education and has a private practice in New York City.

JOAN SCHIRLE is a certified teacher of the Alexander Technique. She was trained in New York at the American Center for the Alexander Technique where she has also taught classes. She is currently on the faculty of the University of Santa Clara Drama Department and has taught at the Firehouse Theater in San Francisco.

*STEPHEN SCHOEN is a psychiatrist in private practice with individuals, families and groups in San Francisco and San Rafael; he is a member of the faculty of the California School of Professional Psychology, a classical pianist and creative writer.

WILLIAM SCHUTZ, author of *Firo*, *Joy* and *Here Comes Everybody* is presently in residence at Esalen, Big Sur.

BEVERLY SILVERMAN is a senior practitioner of structural integration and a leader of gestalt awareness training groups.

JULIAN SILVERMAN is the director of Esalen/Big Sur and a gestalt trainer and therapist.

HARRY SLOAN is an experienced leader, consultant and a playwright. An Esalen resident fellow and former dentist, he had his first play, "The Burden", showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspective – "seeing oneself beyond the impasse" – through the experiential potency of humor.

DANNELLE SMITH has worked at Esalen for two years. She has gardened, kitchened and was recently secretary to Ida Rolf.

GERALD SMITH is author of *Me & You & Us*, a series of communication experiences for couples. He is a family therapist in San Mateo, California.

DAVID SOBEL is a medical student on leave from the University of Michigan. He has written on health and the human body for *Big Rock Candy Mountain* and is presently writing a book on unorthodox medicine, *Ways of Health*, to be published in the Esalen-Viking series.

HELEN STEPHENS, a growing person herself, celebrates process over fixed external goals. A 1969 residence fellow with William Schutz, she leads experiential groups, often going beyond formal encounter and massage into being here, now, in our New Age perplexities and our Old Age (?) hang-ups.

JOHN STEVENS edited *Gestalt Therapy Verbatim* and wrote *Awareness: Exploring, Experimenting, Experiencing*. He is the publisher of Real People Press and is currently working toward establishing a gestalt community.

JUDITH STRANSKY is the director of the American Center for the Alexander Technique in Southern California, where she maintains a private practice. She has been active in many of the mind-body ways and techniques and has also worked with several of the body-oriented psychotherapies.

JUDY UNELL, member of the American Massage and Therapy Association, is the originator of tai chi massage. She is staff massagist for Kairos and teaches and practices privately in Los Angeles. Her background includes tai chi, agni (fire-light) yoga and transcendental meditation.

JIM and SUSAN VARGIU are the directors of the Psychosynthesis Institute. They underwent didactic training in Italy with Roberto Assagioli and have worked with him over the past eight years. They have lectured and given workshops in this country and in Europe. Presently they are training people in the helping professions in the use of psychosynthesis, working both individually and in groups with those interested in using psychosynthesis for their own development, and writing and publishing articles on psychosynthesis.

ALAN WATTS is author of *The Way of Zen; Nature, Man and Woman; Psychotherapy East and West;* and many other writings. He has been, with D. T. Suzuki, the leading popularizer of Zen Buddhism in the United States.

BEN WEAVER is a writer, group leader and teacher of Sensory Awareness. He is a student of Charlotte Selver, a former Esalen resident fellow, and for two years served as Director of Esalen/Big Sur. Before coming to Esalen he lived for seven years in Asia.

JUDYTH WEAVER is a former modern dancer who went to the Orient to study classical dance and ended up sitting zazen in a zen monastery for a year and a half. In the West, her main teachers have been Charlotte Selver, Magda Proskauer, the tai chi chuan form of Prof. Cheng Man-Ching, and especially her baby daughter Tara.

LARRY WEISMAN, his wife writes, "is an extraordinary father, an ideal husband. . . super smart, even an Esalen resident. In fact, the only bad word that can be said for him is that he appears to be accident prone."

ALAN WENDT teaches English literature and poetry writing at Mills College. During the past year he has been director of The Institute in English at the Community College, an in-service teacher training program exploring the educational uses of psychodrama and encounter.

*CYNDY WERTHMAN is a psychiatric social worker and a gestalt therapist in private practice in San Francisco. She works with the Family Therapy Institute of Marin (San Rafael) where she is trainer and family therapist, and is a director and trainer at the Gestalt Institute of San Francisco.

TOM YEOMANS is an associate of the Psychosynthesis Institute and is in didactic training with its directors, Jim and Susan Vargiu. He is a teacher, musician and poet, and presently associate director of DRICE (Development and Research in Confluent Education) at the Graduate School of Education, University of California, Santa Barbara. He has conducted workshops for educational institutes and growth centers throughout the country.

JANET ZUCKERMAN completed the 1971 Esalen residence program under Betty Fuller.

Books

An extensive selection of titles including the Esalen-Viking Series is available through the Esalen Bookshop. The store is open Monday through Saturday, 10 to 5, at 1776 Union St., San Francisco. Mail orders are handled promptly. Both books and tape recordings are listed in a comprehensive catalog, available upon request.

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The Farther Reaches of Human Nature
by Abraham Maslow
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This adventurous volume is the last work Dr. Maslow completed before his death. In it he goes beyond earlier writings to carry the concerns of psychology into the realm of joy, creativity and spiritual experience, sketching a psychology for the highest of which man is capable.

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A practical, working method which can be used for harmonizing and integrating the often conflicting elements of our inner life around a higher unifying center of being and awareness, the Transpersonal Self. Includes over fifty techniques and exercises.

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A poetic account of using gestalt with "difficult" elementary school children.

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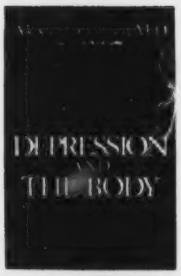

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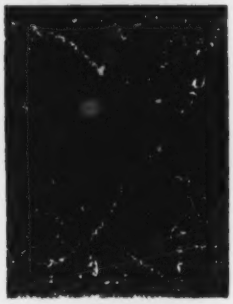

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ESALEN CONSULTING SERVICE AND SPEAKERS BUREAU: Esalen is devoted to making life more human at all levels. Our work has reached thousands of individuals and hundreds of institutions. Until recently most of this work was being done at our own facilities, either in Big Sur or San Francisco. There is now, however, an ever-expanding part of Esalen's universe that is moving toward helping to effect changes in the world outside the workshop. Through the Esalen Consulting Service, Esalen staff and leaders have designed and participated in projects for the U.S. Army, Ford Foundation, the Lockheed Corp., Model Cities, inservice training programs for hospitals, drug treatment centers, social agencies, colleges, universities and public school districts. Esalen courses are now being given at the University of California and at New York University. Many organizations have also used Esalen personnel as communications and human relations facilitators. If you are interested in learning more about the Consulting Service or Speakers Bureau, contact Bob Kriegel at the Esalen/San Francisco office.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs. Our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please see membership form below.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recordings of many past programs are available through a service which maintains archive copies for Esalen. Requests for tapes now come from educational and service institutions, libraries, religious and professional groups, business groups and individuals concerned with the human potential movement. Commercial use of these tapes is prohibited; all rights reserved. For a complete tape catalog, write **Big Sur Recordings**, 117 Mitchell Blvd., San Rafael, CA 94903. The cost of recordings is $8 per tape-hour (pre-paid) and $10 per tape-hour (with purchase orders), stereo or mono, with choice of 5" reel or cassette.

FILMS of the work of Frederick S. Perls in gestalt therapy and Alexander Lowen in bioenergetic analysis, as well as films of the work of Carl Rogers, Albert Ellis, Rollo May, Abraham Maslow, Virginia Satir and others are available from **Psychological Films**, 205 West Twentieth Street, Santa Ana, California 92706. Sources of more films, including work of Alan Watts and Huston Smith, are available from **Association For Humanistic Psychology**, 416 Hoffman Street, San Francisco, California 94114.

FM RADIO STATIONS in the San Francisco Bay Area (K101, KPFA, KQED, KSAN, KSFX, and KMPX) broadcast portions of Esalen seminars and lectures. (K101 has a dependable weekly program each Sunday evening at 11:00 p.m.) Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KLOS, KUSC and KPFK Los Angeles, and KPFT Houston, WBAI New York and WOMB New Hampshire, broadcast Esalen programs on an occasional basis. Consult local program guides.

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If no asterisk appears, address mail care of: Esalen Institute, 1776 Union Street, San Francisco, California 94123.

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Please address inquiries about programs and business activities to the appropriate officers listed below:

Corporation business, general information and subscriptions: San Francisco office.

Big Sur Administration: Julian Silverman*, *Director;* Bob Stevens*, *General Manager.*

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San Francisco Single Evening Events

(For complete descriptions of events, see page numbers listed below.)
Unless otherwise noted, these events will be held at the First Unitarian Church, Franklin and Geary Streets, San Francisco

▶ Including FREE Introductory Evenings

Monday, October 2
Esalen Open House: About Esalen Programs
Esalen Staff
▶ **FREE**; 8-10:30 p.m. (p. 2)

Wednesday, October 4
Introduction to Esalen
Bob Kriegel
$3 general, $2 student; 7-11 p.m. (p. 4)

Thursday, October 5
Gestalt Therapy Lecture-Demonstration
Stella Resnick
$3 general, $2 student; 8-10:30 p.m. (p. 8)

Tuesday, October 10
Dimensions of Body Awareness: Centering
George Downing & Anne Kent Rush
$4 per session, $10 for the series
(see also Oct. 17 & 24);
8-10:30 p.m.; Washington Elementary School, 2300 Grove, Berkeley (p. 12)

Thursday, October 12
Intellectual Yoga
Alan Watts
$3 general; $2 student; 8-10:30 p.m. (p. 8)

Tuesday, October 17
Dimensions of Body Awareness: The Breath as Key
George Downing & Anne Kent Rush
$4 per session, $10 for the series
(see also Oct. 10 & 24);
8-10:30 p.m.; Washington Elementary School, 2300 Grove, Berkeley (p. 12)

Thursday, October 19
An Evening with Stanley Keleman
$3 general, $2 student; 8-10:30 p.m. (p. 12)

Monday, October 23
Introduction to Esalen
Harry Sloan
▶ **FREE**; 7-11 p.m. (p. 4)

Tuesday, October 24
Dimensions of Body Awareness: Self & Other
George Downing & Anne Kent Rush
$4 per session, $10 for the series
(see also Oct. 10 & 17);
8-10:30 p.m.; Washington Elementary School, 2300 Grove, Berkeley (p. 12)

Thursday, October 26
New Ways of Meeting New People
Robert Cromey
$3 general, $2 student; 8-10:30 p.m. (p. 4)

Sunday, October 29
Dreams, Creativity & Altered States of Consciousness
Stanley Krippner
$3 general, $2 student; 8-10:30 p.m. (p. 9)

Thursday, November 2
Looking-Talking-Touching: For Couples
Gerald Smith
$5 per couple; 8-10:30 p.m. (p. 4)

Monday, November 6
Esalen Open House: An Evening with Michael Murphy
▶ **FREE**; 8-10:30 p.m. (p. 2)

Wednesday, November 8
Introduction to Esalen
Robert Cromey
$3 general, $2 student; 7-11 p.m. (p. 4)

Thursday, November 9
The New Consciousness
Richard Roberts
$3 general, $2 student; 8-10:30 p.m. (p. 9)

Monday, November 13
The Symbolic Life & the Astrological Approach to its Fulfillment
Dane Rudhyar
$3 general, $2 student; 8-10:30 p.m. (p. 9)

Wednesday, November 15
A Modern I-Ching: A New Interpretation of the 360 Sabian Symbols
Dane Rudhyar
$3 general, $2 student; 8-10:30 p.m. (p. 9)

Thursday, November 16
Releasing People-Helping from the Money Economy
John Enright
▶ **FREE**; 8-10:30 p.m.;
Washington Elementary School, 2300 Grove, Berkeley (p. 15)

Monday, November 20
On Yoga: A Lecture & Demonstration
Joel Kramer
$3 general, $2 student; 8-10:30 p.m.
Washington Elementary School, 2300 Grove, Berkeley (p. 13)

Monday, November 27
Introduction to Esalen
Robert Cromey
$3 general, $2 student; 7-11 p.m. (p. 4)

Wednesday, November 29
The Human Biocomputer
John Lilly
$3 general, $2 student; 8-10:30 p.m. (p. 9)

Monday, December 4
Esalen Open House: An Evening with Seymour Carter
▶ **FREE**; 8-10:30 p.m. (p. 2)

Wednesday, December 6
Human Transformation as a National Goal
George Leonard
$3 general, $2 student; 8-10:30 p.m. (p. 6)

Thursday, December 7
Structural Integration: An Introduction
Michael Salveson & Megan Gilchrist
▶ **FREE**; 8-10:30 p.m. (p. 5)

Monday, December 11
An Evening with the Lomi School
$3 general, $2 student; 8-10:30 p.m. (p. 7)

Wednesday, December 13
Introduction to Arica Training
Arica Staff
$3 general, $2 student; 8-10:30 p.m. (p. 9)

Thursday, December 14
Introduction to Esalen
Harry Sloan
$3 general, $2 student; 7-11 p.m. (p. 4)

Monday, December 18
New Ways of Meeting New People
Robert Cromey
$3 general, $2 student; 8-10:30 p.m. (p. 5)

Wednesday, December 20
Up-Lift-Together: An Evening of Rejoicing
Gabrielle Roth & Harry Sloan
$3 general, $2 student; 8-10:30 p.m. (p. 13)

Monday, January 8
Esalen Open House: An Evening with Cynthia Werthman
▶ **FREE**; 8-10:30 p.m. (p. 2)

Wednesday, January 10
Introduction to Esalen
Bob Kriegel
$3 general, $2 student; 7-11 p.m. (p. 4)

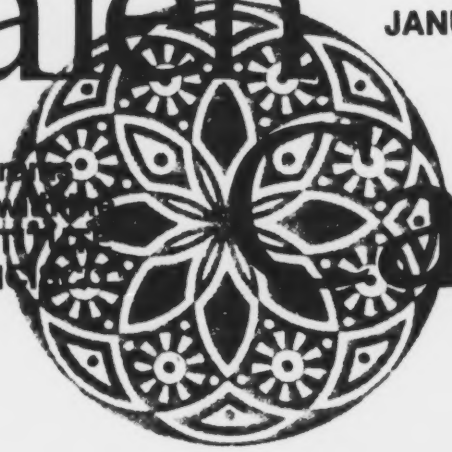
Volume XI, No. 1

35

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

The Esalen Catalog

JANUARY - FEBRUARY, 1973



Including programs co-sponsored with the GESTALT INSTITUTE OF SAN FRANCISCO

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For reservations and information, write or call:
Esalen Institute
Big Sur, Ca. 93920
Phone: (408) 667-2335
10 to 5, Monday through Saturday
10 to 9, Sunday

For reservations, literature, tickets and information, write or call:
Esalen Institute
1776 Union Street
San Francisco, Ca. 94123
Phone: (415) 771-1710
10 to 5, Monday through Saturday

News

THE SYSTEM OF MOSHE FELDENKRAIS

Moshe Feldenkrais is the originator of a system of body awareness, movement and functional coordination. For 5 weeks this past summer at South Coast Center, he taught his work to an invited group of professionals with backgrounds in a variety of body techniques and therapies. Dr. Feldenkrais will be in residence at Esalen/San Francisco during Spring '73 where we will offer group and private lessons.

Since it is not easy to explain his system in a few words, we have excerpted the selection which follows from a much longer article about his work which appeared in the CIBA-GEIGY Journal, No. 1, 1971:

Gravitation is a key factor in what Feldenkrais calls his working picture of a human being. That picture consists of our nervous system (the "core"); our skeleton, viscera and muscles (the "envelope"); and our environment – space, the social milieu and gravitation. No conception of a human being can be complete, he insists, which ignores any of these constituents and their dynamic interdependence.

Very soon after we are born we begin sorting out the distinction between our self and the outside world. This is growth, and as our consciousness develops we learn to differentiate between the "I" and the "not-I", which implies among other things the ability to fix the position of the body in relation to its surroundings. This is both a particularly vital matter in man with his vertical posture and quite impossible without some motor background.

Apart from keeping the body temperature and chemical balance, which is automatic and beyond conscious control, the greatest part of our nervous and muscular expenditure goes towards maintaining equilibrium and motility in the gravitational field – a survival function of the highest importance.

Here is where man proves specially vulnerable. The growth of his brain after birth gives him a greater opportunity than any other animal to build up a wealth of learned responses to stimuli, but by the same token he can go wrong more easily than any other creature. Worse, often we are not even aware that the bad habits learned during our formative years have imprinted us for life, cutting down our potential drastically. "The fact that the end can, most of the time, be achieved equally well, irrespective of the amount of effort involved in achieving it, is very fortunate," Feldenkrais concedes, "as it makes life possible for a large number of imperfect doers."

The whole point, however, is that such waste is not only unnecessary but may lead to an impairment of our ability to function in the form of disease, or what Feldenkrais prefers to speak of as "deviations." Nor does it suffice to say that an action "feels right." If our kinesthetic sense has become warped along the way the statement is meaningless, since we lack objective norms to test it against.

Feeling and motor pattern are inextricable. If one can act to the detriment of the other, it also follows that they can, indeed should, be mutually enhancing. Feelings are difficult of access, hard to correct. The motor patterns, on the other hand – the "body English" which is part and parcel of the quality of our emotions and thoughts – can be got at and corrected. On the premise that the unity of mind and body is an objective reality, the technique devised by Feldenkrais acts upon the soma (body) to influence the psyche (mind) at the same time.

The approach aims to transfer the objective working picture of a human being described above to the individual subject in such a way that he gains a more accurate image, hence greater control of himself. The source of that image is the head; here are located the teleceptors, the double organ senses that enable us to take bearings from the two ends of a base in order to define and relate to a point, as when we register a sound and then turn in response to it. Beyond the limited range of touch, our ears, eyes and nostrils link us with the outside world and "steer" us in relation to it.

Dr. Feldenkrais teaches both individually and in groups. Group lessons, which last about 45 minutes, are designed to lead to "awareness in action." The object of the lessons is not to compete against one's own limitations but rather to develop a more and more precise insight into what one is doing. Thus at each state the subject is told how to monitor the flexion of the muscles being brought into play, his breathing, the difference in fluency or range of movement between one side and the other, etc. He is in simultaneous rapport with his skeleton, his muscles, and the environment, and this schooling in the somatic aspects of his consciousness gradually heightens his self-understanding.

OUTSIDE THE WORKSHOP WORLD

For the past ten years Esalen has been the forum for much of the pioneering work involving the creation of a new vision of man. This work has focused on man's becoming more aware of his enormous potential and has led to change in many institutions of our society. Esalen's contributions can be seen in education religion, medicine, business and social welfare organizations.

The spread of this work is largely due to the efforts of individuals willing to take responsibility for bringing what they have experienced at Esalen into their everyday lives. Sometimes in the face of enormous resistance, these individuals have been willing to be pioneers.

Esalen has actively participated in this enterprise of dissemination and application. In recent years, however, our efforts have increased to translate our activities in a realistic and relevant manner by bringing them to the world, reaching people where they live and work. Our efforts have taken two basic directions: one is through long-term projects in specific areas. Many of these have been made possible by foundation and private funding. The other, and more recent, means has been through the Esalen Consulting Service.

Long-Term Projects

Theology and Transpersonal Psychology. Discussions have begun with a number of parties, including members of the Catholic Diocese of San Francisco and Hebrew Union College of Los Angeles, which may lead to an ecumenical project for teachers of religion.

Confluent Education. This three year project works with elementary school teachers in the Bay Area. It is part of a larger program funded by the Ford Foundation at the University of California, Santa Barbara. The goal of the Esalen project is the development of elementary school reading curriculum using the "confluent" education approach developed by Professor George Brown in an earlier Ford-Esalen project. Confluent education seeks to unify and enrich learning by combining intellectual and emotional concerns. The Reading Project, now in its third year, is also developing a corps of educational consultants.

Humanistic Medicine. This three year project with practitioners from different fields within the medical profession is devoted to the purpose of helping to make medicine more human. It started in October and will focus on the integration of many new approaches to healing, the body, diet, among other concerns. Funding comes from a variety of sources including the Babcock Foundation.

Schizophrenia. Collaborating with Agnews State Hospital and the California

Department of Mental Hygiene, Esalen helped to catalyze a unique experiment in the field of psychosis. Dr. Julian Silverman and Richard Price, co-founder of Esalen, were involved in initiating this program. It explored the hypothesis that some mental patients would benefit if their psychotic episode was not interrupted by medication. Preliminary results still being analyzed are encouraging and a report will be ready by mid-1973.

Sports and Athletics. There is a plan to obtain foundation money to work with instructors and coaches for teaching athletics. In this country sports are taught in an almost totally mechanical way. "How to" books legislate rights and wrongs for almost every motion in every sport. As a consequence the uniqueness of each individual is ignored. This program will attempt to broaden our understanding of sports. It will focus on developing the individual's particular unity with body, mind and emotions and then integrating this with Western athletics. The hope is that this will make sports a richer experience. Yoga, aikido, energy and body awareness, movement, centering, meditation and concentration exercises will be practiced and applied to athletics. New views of competition and transcendence will be explored. This summer a Summer Institute for Sport will be held for coaches, physical education instructors and other interested parties, including children.

Consulting Service

Since the Esalen Consulting was formed in 1971, significant work has been done with many kinds of organizations. At schools and universities Esalen consultants have lectured and helped design new courses. The staffs of other organizations have been trained to use Esalen techniques in their work with clients. Human relations workshops, for the purpose of increasing communication and awareness within organizations have been conducted.

The approach used with organizations can be seen as almost the opposite of the personal growth workshop, which moves through individual awareness to contact with the environment. The organizational consultation usually begins with a theme or goal relating to the specific needs of the organization. Both ultimately have the same larger purpose: to help make life more human and rich.

Here are some specific examples of what the Consulting Service has been doing in recent months:

Extensive work has been done with the U.S. 6th Army Drug and Alcohol Rehabilitation Program. At Big Sur, the Presidio, Fort Ord, Letterman General Hospital, and at Fort Lewis in Washington, Army counselors were trained to use "Esalen" techniques in working with their patients. Esalen consultants to the Model Cities Program in Pittsburg, Calif., work with the staffs of various projects for the purpose of increasing communication and dialogue. A specific communications program was developed for the American Marketing Association. Other communication and human relations workshops have been conducted for the staff of a Bay Area O.E.O. office, Lockheed Corporation, Clemson University School of Nursing, North Carolina Drug Council and many drop in centers and alcohol abuse programs, hospital staffs and training centers. Esalen guest lecturers have given speeches for the American Camping Association, Mission Coalition Reading Program, San Francisco General Hospital, to name a few.

Many schools and universities are showing an increased interest in the Esalen style learning. One of the purposes of Esalen is to create an environment in which an individual can learn more about himself. Part of this learning environment is making available many different types of experiences from which an individual can choose his own path. Esalen "overview" courses are currently being given at University of California at Davis, Extension Division and New York University's School of Continuing Education. These courses present the diversity that makes up Esalen. The student has an opportunity to experience a wide variety of approaches, in order to determine which of these is best suited to his own needs for self-actualization.

Esalen Program in Humanistic Approaches to the Organization. A one week program will be conducted from April 8-13 in Big Sur for people who work within an organizational structure to help make their personal and professional lives richer and more rewarding. The workshop will be oriented to tasks, goals and personal growth. Specifically, work will be done on the following themes: to communicate better with peer groups, superiors and subordinates; to better cope with organizational stress; how to create an environment which stimulates responsibility and creativity on the job; to develop workable individual and organizational goals and strategies. Emphasis will be placed on the integration of the workshop experiences into the participants' daily lives.

For more information on Esalen's Consulting Service or the April 8-13th program in Humanistic Approaches to the Organization, contact Bob Kriegel, Director of Esalen's Consulting Service, 1776 Union Street, San Francisco 94123.

ESALEN INSTITUTE AS EDUCATOR

The cooperative program between Esalen and Antioch College/West, now in its first year, is a benchmark in the development of an educational forum that incorporates the full range of Esalen's activities.

News

For the past several years, through extended programs, we have combined selections of the ideas and experiences that comprise the Esalen program into coherent and intensive situations for personal learning – learning experiences in which the subjective element has been an essential part. The task of making effective combinations of study continues to be challenging, since it is based on the assumption that there are themes, lines of continuity, that somehow unify our diversity.

The beginning of the Antioch College/West program marks two significant events. First, it formalizes the place of the learner in the design of his or her own experience; from the start of each program, a personal curriculum evolves, responsive to a specific life situation. As advisors and resource faculty, we enter into dialogue with students to develop a coherent and useful movement into the multiplicity of ways the programs approach the human condition.

Secondly, the Antioch College/West program at Esalen marks a degree of recognition of the Esalen program as a legitimate approach to education. We are very pleased to establish this point of contact with the movement that includes open universities, experimental colleges and alternative schools – all forms of education that respect and encourage the dignity and sense of worth of the learner.

A CHANGE IN CATALOG FORMAT

The form and the yearly schedule of the Esalen Catalog have been changed with this issue as one more experiment in making it easier to read and to handle. During 1973 each catalog will anounce two months of programs, with the exception of the summer issue, which will list programs for May through August. A removable calendar of Big Sur and San Francisco programs will be the center section of each catalog.

Writing, designing and producing the catalog is a principal piece of work for us; we'd very much like to know your reaction to these changes.

Extended Programs

The following programs represent ways in which participants can involve themselves with Esalen over an extended period of time. These long term programs present greater opportunities for professional development, learning experiences, and exposure to a wide variety of disciplines.

ANTIOCH COLLEGE/WEST UNDERGRADUATE DEGREE PROGRAM AT ESALEN

Advanced undergraduate students (anyone who has completed some undergraduate work at any college or university) may enroll at Antioch College/West in San Francisco and work for their B.A. degree at Esalen. Course work is accredited through Antioch College in Yellow Springs, Ohio; the B.A. degree is from Antioch College/West and the Union for Experimenting Colleges and Universities.

Students develop their own educational programs incorporating regularly scheduled Esalen workshops and courses and individual work created in conjunction with the Esalen staff. Esalen leaders and staff act as faculty and counselors for students in the program.

Tuition for an academic year (generally nine months) is $2700; students may begin their programs at any time. Financial aid is available. This program also qualifies for Veterans and Social Security benefits.

Inquiries for admission should be directed to: Ms. Cristy Willer, Antioch College/West, 149 Ninth Street, San Francisco, CA 94103. Information about program content and design should be addressed to: The Antioch West Program, Esalen Institute, 1776 Union Street, San Francisco, CA 94123.

ON-GOING RESIDENTIAL PROGRAM IN BIG SUR

Esalen/Big Sur offers an *ongoing* residential program which may be initiated by an individual according to his specific needs and interests, chosen from among the continuing workshops available. Those interested in the program should be aware of a residence requirement of at least two months.

The cost of the program is $875 per month exclusive of weekend workshops. Individuals interested in applying must first attend a week-long workshop at Big Sur, the cost of which will not be applicable to the residential fee, should they be accepted to the program.

■S.F. January-December, 1973

Cycles of Movement-Feeling-Mind Mind-Feeling- Movement:

Rituals & Art

Ann Halprin

Ann Halprin will give a series of workshops through Esalen designed as cumulative experiences throughout the year. The workshops are dedicated to exploring and developing a common language of creativity through movement and environmental arts. The essence of the experience will be movement in time/space, its feeling equivalents, and the mental perception of them both. The process is individual and group oriented. It is universal, not specialized.

Ann Halprin's approach:

–proceeds from the elements of body, movement, and feelings that are *common* to people, and which they can use to spark communal creativity.

–is not based on specific styles or approaches such as ballet, modern, jazz, primitive, yoga, tai chi, etc., although some similar elements from these might be included because of their universality.

–is an approach that proceeds from the broader life-style potential in a multi-racial, multi-cultural society where myriad diversities can create a vibrant societal and environmental collage.

–is an approach that – like the growth of any living matter – is an ongoing, changing, growing life study through the experience of art, performance, movement, feeling, and perception.

–is based on the concepts of the RSVP Cycles of human creativity developed by Ann and Lawrence Halprin (see *The RSVP Cycles: Creative Processes in the Human Environment*).

■S.F. Wednesday, January 17

An Introduction to the Movement-Ritual Series

Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Participants will create a collective ritual as an initiation to the workshop series.

■S.F. February 24

Movement-Ritual Series

One-day workshop $20

We will evoke individual self-symbols of totems from concentration and movement of one part of the body. The process will become a way to discover an entranceway to begin our body journey. The group will discover and ritualize ways of making one complete body or group self-symbol out of all the individual parts; each part finding its place within the group persona. 10 a.m. to 6 p.m., Saturday.

For reservation information, see page 27. For Leaders' Biographies, see pp. 28-31.

Extended Programs

•B.S. January 7-February 4

Being and Dis-Covery
Julian Silverman, *Coordinator*
Tom Allen, Betsie Carter, Margaret Conway, Steven Kull, Janet Lederman, Selig Morgenrath, Peggy Morrison, Robert Nadeau, Beverly Silverman

Four-week workshop $975

The program will begin with a week of encounter/gestalt conducted by Janet Lederman. A weekend seminar concerned with centering and energy awareness techniques, led by Robert Nadeau will follow. The second week emphasizes massage, meditation and gestalt awareness training. The week will be co-led by Peggy Morrison, head of Esalen's massage staff, and Julian and Beverly Silverman. In the third week, Robert Nadeau, concentrating on energy awareness, develops the theme "you are more than you think you are." In the last week the techniques of psychosynthesis are used to facilitate discovery of how each individual interferes with the expression of his capabilities and how much more he is than what he ordinarily expresses. This week will be led by Tom Allen, Betsie Carter, Margaret Conway and Steven Kull. The last weekend of the program involves all the leaders in integrative sessions. Participants will meet periodically with the program coordinator. The group, limited to eighteen seminarians, meets in morning and evening sessions. During midday they will participate in the daily creative workings of Esalen/Big Sur under the direction of Selig Morgenrath, designer of the facility. The aim of this aspect of the program is to facilitate each individual "getting in touch with" and being touched by nature. The body toning techniques of the Arica Training school are a daily part of the workshop. Our overall emphasis is upon discovering how growth and real maturity involve change of orientation from environmental support to self-support. No one person, no one method provides *the* key; each individual unfetters himself with his own key which is a uniquely personal synthesis of *his* life experiences and insights. Limited scholarship funds are available.

•B.S. January 28-April 20

Residential Program With Emphasis on Gestalt Training

A three-month residential program, coordinated by Janet Lederman, will take place in Big Sur and San Francisco January 28-April 20. This is an advanced training program for qualified therapists in psychotherapy, counseling and related fields. The program will be tailored to the individual interests of each participant. In addition to Ms. Lederman the training staff includes: George Brown, Jack Downing, Betty Fuller, Robert Martin, Julian Silverman, Stella Resnick, Frank Rubenfeld and Richard Price. The cost of the program is $3500. Limited scholarship funds are available.

Write to Carole Rosenblatt, Program Coordinator, Esalen/Big Sur, for further information. Briefly describe your professional background.

•B.S. February 4-March 2

Arica Awareness Training
Arica Staff

Four-week program $985

(For a description of Arica Training, see page 13).

■S.F. February 9-April 8

Expression and Being
George Downing

Two-month program $200

An in-depth program providing a wider opportunity to explore and to integrate a number of different pathways toward personal growth. Our focus will be on the body as the source and center of our being; and on our individual styles of making contact, both with ourselves and with other persons. We will make extensive use of gestalt, and meditation, as well as a variety of methods of working directly with the body, including breath awareness, Feldenkrais techniques, movement, Esalen massage, polarity therapy and others. An intellectual as well as an emotional understanding of what we together have experienced will be encouraged. Two weekends (February 9-11; April 6-8) and one evening meeting per week (dates to be announced).

•B.S. Starts February 18

Bridging the Gap: An Ongoing Personal Development Program
Robert & Marilyn Kriegel

Six-month program $825

This extended program will attempt to bridge the gap between the workshop and the outside world. The basic idea is to combine the intensity of the residential workshop with the continuity of the ongoing group in an effort to make the workshop more relevant in terms of the participant's ongoing life process. Specifically, the program will consist of:

Three intensive week-long residential workshops spaced approximately three months apart. The purpose of these groups is to create a supportive environment in which the participants can gain new insights and experience themselves and others in new and different ways. Out of this experience will evolve goals which each individual sets and specific assignments for the period between workshops. The basic format of the group will be encounter, gestalt and psychosynthesis, though other disciplines will also be used depending on the group's needs and interests.

Assigned homework and readings will be given to each participant based on the goals he has set. Response and applicability of the readings to everyday life will be followed in a log.

Program participants will keep a daily log or journal. This format has been found to be one of the most useful instruments in terms of providing new and greater clarity to thoughts, feelings and observations. The leaders will review the logs once a month by mail and make suggestions, comments and give new assignments. The leaders will also be available by telephone, mail and in some cases, by appointment for individual counselling. Contact between the group members, whenever geographically possible, will be encouraged.

A limited amount of scholarship funds is available. The first workshop in the series will take place February 18-23.

•B.S. March 4-April 6

Structural Integration & Gestalt
Al Drucker, Beverly Silverman, Ama Torrance

Five-week program

This is an intensive program designed for those wishing to be rolfed. The rolfing sessions are given by advanced practitioners in a setting that is conducive to maximum body release and emotional growth. The total series of ten hours can be completed in 5 weeks, however individuals may register for each week separately instead. On a weekly basis, the cost of the workshop includes two hours of rolfing and one hour of structural patterning. During the week there will be a daily morning exercise period including hatha yoga, Arica gym, and zazen meditation done in accordance with rolfing principles. In the evenings there will be a gestalt session. Additional sessions will be scheduled during the week. These may include massage, tai chi, movement, Feldenkrais exercises, anatomy/physiology/nutrition lectures, and discussions on various related subjects such as acupuncture and energetics. One day per week will be designed as an optional day of fasting supervised by the staff.

For information regarding costs, write to Carole Rosenblatt, Program Coordinator, Esalen/Big Sur.

■S.F. April 24-June 17

Psychosynthesis Training Series for Professionals
Jim & Susan Vargiu and Associates of the Psychosynthesis Institute

Eight Tuesday Evenings & a weekend $240

A program designed for psychotherapists, educators, counselors and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field. We will work together so that each can recognize the process of psychosynthesis at work, both in himself and in the others. There will be assignments and exercises to complete between meetings. Further individual work during the eight week period can be arranged. Eight Tuesday evenings, 7:30-11 p.m., April 24-June 12. Weekend workshop is June 16 and 17. For application form, contact Esalen/San Francisco.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Interpersonal

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen's encounter groups today.

SAN FRANCISCO INTRODUCTION TO ESALEN PROGRAMS

These evening and one-day programs are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups.

EVENING INTRODUCTIONS TO ESALEN: Working in small and large group sessions, participants will be introduced to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring a pillow for easy sitting.

$3 general, $2 student; 7-11 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Wednesday, January 10 – Bob Kriegel

Monday, February 12 – Robert Cromey – FREE

ONE-DAY INTRODUCTIONS TO ESALEN: An intensive day of group work, along the lines of evening introductory programs, with the additional advantages of more hours and shared mealtimes.

$15 per person; 10 a.m. to 6 p.m.; locations to be announced with confirmation of reservations; bring your own lunch.

Saturday, January 27 – Art & Janica Fox

Saturday, February 24 – Margaret Conway

BIG SUR INTRODUCTION TO ESALEN PROGRAMS

Introduction to Esalen Programs are designed for, but not limited to, people who have not previously been to Esalen/Big Sur. The workshops center on encounter and gestalt, although additional opportunities will be available in other experiential areas such as movement, massage and sensory awareness. Rolf treatments will be available at an extra cost.

January 21-26 Bob Kriegel
Five-day workshop $215

February 2-4 Jacqueline Doyle Larcombe
Weekend workshop $85

February 18-23 Harry Sloan
Five-day workshop $215

■S.F. January 5-7

Gay and Glad
Don Clark & Betty Berzon

Residential weekend workshop $85
including room and meals

A group for women and men who want to join together in search of greater understanding and appreciation of themselves as humans whose lives are richer because of the ability to accept and express gay feelings. Half of the time will be in a women's group and a men's group and half of the time together. We will use talk, touch, silence and fantasy to aid the sharing.

BIG SUR EXPERIENCE OF ESALEN PROGRAMS

Experience of Esalen Programs are designed to join staff members and participants in an experience of each other surrounded by as little or as much structure as a unique mix of people wish to create. The resources of Big Sur are available – baths, scenery and the far-ranging talents of our staff (group leaders, masseurs, artists, craftsmen and musicians). These non-programmed programs are an opportunity to explore and to interact or simply to retreat from the world for a week. Come and be with us.

January 12-14 Weekend workshop $65

January 28-February 2 Five-day workshop $150

February 25-March 2 Five-day workshop $150

■S.F. January 5-7

Singles' Workshop
Harry Sloan

Weekend workshop $50

A weekend for unattached persons. Please state sex and age on application.

●B.S. January 7-12

Renascence
Michael Butler

Five-day workshop $215

Each of us carries within him, buried beneath layers of psychic and physical tensions, the fertile seed of a new self. This workshop will use many of the Esalen body-oriented and psychological techniques to allow participants to experience that seed center of self and nourish it.

■S.F. Thursday, January 11

Looking-Talking-Touching: For Couples
Gerald Smith

Single evening event

$5 per couple; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

A variety of verbal and nonverbal experiences for couples (not necessarily married).

●B.S. January 12-14

More
Michael Butler

Weekend workshop $85

Each of us is capable of more... emotional creativity, aliveness, sensuality. The methods of this workshop will be body disciplines, encounter and gestalt tools, and the life positive forces in the Esalen environment. Its goal: to experience "more", not just for a weekend at Esalen, but wherever we happen to be.

For reservation information, see page 27. For Leaders' Biographies, see pp. 28-31.

Inter-personal

■S.F. January 12-14
You Don't Have to Eat – To Feel Full
Janet Zuckerman & Lenore Lefer
Weekend workshop $50

The functioning mind creates alternatives. We will use encounter, gestalt and sensory awareness to put you in touch with alternatives to eating.

■S.F. January 13
Working It Through With Mom and/or Dad
Walt & Maurica Anderson
One-day psychodrama workshop $20

Emotional conflicts of the parent-child relationship and ways of dealing with them will be explored by the group, using the spontaneous-dramatization technique of psychodrama to "confront" parents living or dead. 10 a.m. to 6 p.m., Saturday.

●B.S. January 14-19
Exploring Self Acceptance
David Schiffman
Five-day workshop $215

Our focus will be the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis will be on searching out unique personality strengths, individual capacities and latent powers as a means of achieving productive, creative functioning.

■S.F. January 19-21
Couples' Workshop
Art & Janica Fox
Weekend workshop $90 per couple

A weekend for couples who would like to encounter a bit, massage, play, dance, care for, learn new ways to enhance their love, and in general celebrate their commitment to each other.

●B.S. January 19-21
Bodymind
William Schutz
Weekend workshop $95

The workshop will attempt to integrate the Feldenkrais exercises (a body method) with fantasy and encounter. Everyone will be given an opportunity to experience several exercises followed by a fantasy, then in an encounter group to deal with the material generated. The aim is for a more complete integration of each person's organism.

●B.S. January 19-21
Changing Sex Roles
Shelly Dunnegan & Anica Vesel Mander
Weekend seminar $95

Men and women have been conditioned to fulfill particular roles in society. How does this conditioning limit our growth? What choices do we have? The men and women in the group will meet separately and together in order to re-examine and re-define what it means to be a woman and what it means to be a man. This group is open to individual women and men as well as couples.

●B.S. January 19-21
Psychodrama & Encounter
Walt & Maurica Anderson
Weekend workshop $85

We will use a wide variety of techniques for encountering everybody who's here this weekend, and psychodrama for encountering everybody who isn't.

■S.F. January 19-21
Body/Mind/Spirit
Michael Butler
Weekend workshop $50

With a base of encounter and gestalt techniques, this workshop will integrate the balance concepts of structural integration with the centering and grounding practices of aikido and energy awareness. The goal will be to tap the sources of power and well-being within us.

■S.F. January 20
Singles' Workshop
Robert Cromey
One-day workshop $20

A workshop for unattached persons. Please state sex and age on application. 10 a.m. to 6 p.m., Saturday.

■S.F. January 20, 30, February 13, 27
Beyond Encounter
Bob Kriegel
One-day & three Tuesday evenings $50

This workshop will combine encounter, gestalt and psychosynthesis techniques toward the goal of achieving greater unity of the mind, body and emotions. Work and play will be combined in order that the group experience each other in as wide a range as possible. One day workshop, Saturday, January 20, 10 a.m. to 6 p.m.; three Tuesday evening workshops, 7:30-10:30 p.m., January 30, February 13, 27.

●B.S. January 21-26
Therapeutic Aggression
George Bach
Five-day workshop $275

A workshop for psychotherapists, marriage counselors and family group therapists as well as the interested individual focusing on the role of hostility and aggression in our lives. All participants are requested to read *Aggression Lab.* The workshop will be geared to the professional and layman and we will work on the two levels simultaneously in two sections.

■S.F. January 22-February 19
Couples' Workshop
Gerald Smith
Five Monday evenings $90 per couple

Focus: verbal and nonverbal experiences to enhance your relationship. Videotape playback will be used. 8-10:30 p.m.

■S.F. January 25
For Women Only
Betty Fuller
One-day workshop $35 including meals

A day-long retreat for women to dump the "victim game" and celebrate their unique responsibilities and opportunities, to build on strengths, to learn to balance nurturence with guts, self-respect and self-love. The focus is *entirely* on individual responsibility for one's own liberation. 10 a.m. to 10 p.m. Thursday, including lunch and dinner.

■S.F. January 26-28
Beyond Games
Richard Marsh
Marathon workshop $80 including meals

This marathon encounter group will alternate between periods of unstructured spontaneity and periods of structured sensory, self and social games. Purpose of the games: to lead beyond themselves to the ecstasy of unselfconscious communication. Begins 8 p.m. January 26 and continues for 45 hours or longer. Bring a sleeping bag for two sleep breaks during the weekend. Includes a follow-up meeting approximately one month later.

● Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Inter-personal

•B.S. January 26-28
Beyond Encounter
Bob Kriegel
Weekend workshop $85
(See S.F. workshop description, Jan. 20-Feb. 27, above.)

■S.F. January 27
Sexuality, Feminism & Gay Consciousness
Sandra Aguilar, Sally Gearhart, Clover Herzstam, Marcia Kallen, David Kleinberg, John Shultz, Gary Titus
One-day workshop $20
Separate workshops for women and men in human sexuality. Exploration of the impact of feminism and gay consciousness. 10 a.m. to 6 p.m., Saturday.

■S.F. Monday, January 29
New Ways of Meeting New People
Robert Cromey
Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.
Since many persons attend large group programs to meet other people, this evening's experience will focus explicitly on the acquaintance process. Using methods from encounter and gestalt awareness, group members will explore how they project themselves to others, how others perceive them and discover new ways of moving into friendships and social contact.

■S.F. February 2-4
You Don't Have to Suffer to Feel Good
Harry Sloan
Weekend workshop $50
Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. This weekend will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen.

■S.F. February 2-4
Saying Yes to Life
Joseph Fabry
Weekend workshop $50
Using group techniques and creative activities developed from Viktor Frankl's logotherapy, this workshop aims to establish an atmosphere of trust in which each participant can: clarify his life goals and take positive steps toward achieving them; break the stranglehold of failure; take command of his life; honestly explore his feelings and talk about what is most important to him; establish solid relationships with others.

•B.S. February 4-9
More
Michael Butler
Five-day workshop $215
(See workshop description, January 12-14, above.)

•B.S. February 4-9
For Homosexuals
Stanley Freitas
Five-day workshop $215
We are experiencing the beginning of a homosexual revolution in which the resolution of conflict has become one of the most critical areas for our survival as individuals. This workshop will be geared toward a resolution of that conflict.

■S.F. February 9-11
Communication Games
Art Hough
Weekend workshop $50
A workshop to uncover and work with communication problems through games. These communication games – lasting from one minute to three hours – are used to heighten the communication experience, improve habits of listening, feedback, empathy, spontaneity and awareness and to loosen the deeper communication blocks that result from hidden dogmatism, rigidity and risk-refusal. This is not encounter; it is for people concerned with improving their communication.

•B.S. February 9-11
Renascence
Michael Butler
Weekend workshop $85
(See workshop description, Jan. 7-12, above.)

■S.F. February 10
Couples' Workshop
Bob & Marilyn Kriegel
One-day workshop $25 per couple
10 a.m. to 6 p.m., Saturday.

■S.F. February 10-11
Integrated Weekend Wake-up Shop
Lauree Moss & Steven Flynn
Weekend workshop $45
We will explore, using the gestalt method, our mind and body processes which inhibit our living more fully in the here and now. We also want to have fun in sharing some of the other tools we know, i.e. hatha yoga, Dr. Stone's yoga, concentration and some direct body work. 10 a.m. to 6 p.m., Saturday and Sunday.

•B.S. February 11-16
Growth Through Risk-Taking
David Schiffman
Five-day workshop $215
This workshop offers the participant an opportunity to explore the nature and purpose of personal boundaries, whether as illusion or as tools of self-survival, working toward greater personal expansion and openness with others.

•B.S. February 16-18
Exploring Self Acceptance
David Schiffman
Weekend workshop $85
(See workshop description, January 14-19 above.)

•B.S. February 16-18
Singles' Workshop
Harry Sloan
Weekend workshop $85

■S.F. February 16-18
Singles' Workshop
Jacqueline Doyle Larcombe
Weekend workshop $50
A weekend for unattached persons. Please state sex and age on application.

■S.F. February 22
For Women Only
Betty Fuller
One-day workshop $35 including meals
(See workshop description, January 25, above.)

■S.F. February 24-25
Intensive Encounter
Betty Fuller
Weekend workshop $55

■S.F. February 24-25
Conscious Mind, Conscious Body: A Weekend for Women
Anica Vesel Mander & Anne Kent Rush
Weekend workshop $35
Women have been conditioned to be passive, dependent and mistrustful of their own feelings. In this workshop we will deal with ways of changing this conditioning by sharing our experiences and liberating specific body blocks. 10 a.m. to 6 p.m., Saturday and Sunday.

For reservation information, see page 27. For Leaders' Biographies, see pp. 28-31.

Gestalt

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*.

Excitement – to have life energy freely available and flowing, not blocked. *Awareness* – to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility* – to know and act on the principle that I am the one who acts, thinks and feels whatever it may be that I act, think or feel. No one else or no event influences me except with my consent.

At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participant. The assumption is made that participants are not "patients", but are persons responsible for their own life decisions.

GESTALT PROGRAMS IN BIG SUR

•B.S. January 7-12
Gestalt With Body English
John & Sandy Enright
Five-day workshop $245

Mind: "I want to be free!"

Body: "No way! I want to go on just as I am, up-tight and holding in, but safe and familiar."

The body's part of this familiar dialogue is expressed in physical symptoms and chronic muscle tension. We will use gestalt and a variety of body approaches drawn from bioenergetics, dance and psychomotor training to work on the resolution of this eternal internal argument.

•B.S. January 12-14
Open Gestalt
Esalen Staff
Weekend workshop $85

•B.S. January 14-19
Open Gestalt
Richard Price
Five-day workshop $215

•B.S. January 19-21
Open Gestalt
Stella Resnick
Weekend workshop $85

•B.S. January 21-26
Advanced Gestalt
Frank Rubenfeld
Five-day workshop $245

This workshop is for those who have already had some experience with gestalt methods.

•B.S. January 28-February 2
Open Gestalt
Jack Downing
Five-day workshop $275

•B.S. February 2-4
Open Gestalt
Jack Downing
Weekend workshop $95

•B.S. February 4-9
Open Gestalt
Stella Resnick
Five-day workshop $245

•B.S. February 9-11
A Weekend with Judith Brown
Weekend workshop $95

Emphasis will be placed on awareness and self-expression based on gestalt approaches. This workshop is appropriate for couples as well as individuals.

•B.S. February 11-16
The Art of Emotional Nourishment – Self-Induced Nourishment & Toxicity
Jerry Greenwald
Five-day workshop $215

Allowing the self to spontaneously evolve is the natural way of growth. Toxic patterns include anything a person does which hampers this natural process. Participants may work on any "problem" which disrupts their aliveness, excitement and joy. Emphasis will also be on discovering more nourishing ways of being and relating.

•B.S. February 16-18
Gestalt & Body Awareness
George Downing
Weekend workshop $85

We will work intensively with both the verbal methods of gestalt and a number of nonverbal techniques of body awareness, including fantasy, movement, breath awareness, Feldenkrais dynamics, energy exchange and others.

•B.S. February 18-23
Gestalt Training Workshop
Robert Martin & Jack Rosenberg
Five-day workshop $275

We recognize man as a unique being who, all too often, splits himself into parts. One of these basic divisions in our culture is the mind/body split. Our orientation is towards lessening this division and working toward the integration of man.

•B.S. February 25-March 2
Open Gestalt
Richard Price
Five-day workshop $215

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Gestalt

GESTALT PROGRAMS IN THE BAY AREA

For January and February, the Gestalt Institute of San Francisco is continuing to hold its workshops in co-operation with Esalen. Workshops sponsored or blessed by the Gestalt Institute are listed below, and no other brochure describing the Institute's workshops will be distributed.

■S.F. January 6-7
Gestalt and Gurdjieff
Joe Camhi
Weekend workshop $50

This workshop will combine gestalt methods of awareness with methods developed by Gurdjieff for releasing and regulating various types of human energies. 10 a.m. to 6 p.m., Saturday and Sunday.

■S.F. Monday, January 8
Esalen Open House: An Evening with Cynthia (Werthman) Sheldon
Single evening event

[FREE]; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

An evening to discuss programs, methods, and directions with an Esalen leader, gestalt therapist, and director and trainer at the Gestalt Institute of San Francisco.

■S.F. January 12-14
Gestalt and Psychosynthesis
George & Judith Brown
Weekend workshop $50

A combined experiential and didactic workshop focusing on basic experiences in gestalt and psychosynthesis and, where possible, the experiential combining of the two. Plus discussions of theory and practice as related to education and other contexts.

■S.F. January 12-14
Gestalt at Wilbur Hot Springs
Richard Louis Miller and Gestalt Community
Two-day Gestalt Workplayshop Weekend
January 13-14 $35 including room & meals

Participants will live with the Gestalt Community at their country home, Wilbur Hot Springs, and share their balanced diet (prepared with care), 240 beautiful acres, hot mineral baths, etc. Teams of Gestalt Agents, supervised by Dr. Miller and Gestalt Community members, will lead groups of 10-12 demonstrating and applying principles of gestalt and existential life style. Saturday noon to Sunday at 5 p.m.

Three-day Gestalt Training Weekend
January 12-14 $65 including room & meals

This weekend is designed to offer those in the helping professions (people helpers) an opportunity to experience residential training in the study and application of gestalt principles and existential life style. This in-community training weekend is a mini-internship including a full day of training with Dr. Miller and Gestalt Community members, and two days supervised practicum working in teams with participants in the open gestalt workshop. Trainee group supervision and open evaluation sessions including the entire community are also included in the experience. Various approaches to working with the body, energy releasing exercises (Miller Energy Arm), sensory experiences, as well as hot mineral baths and a balanced diet will be integrated into the program. Friday noon to Sunday at 5 p.m.

■S.F. January 20-21
Gestalt and the Creative Process
Larry Bloomberg
Weekend workshop $50

Especially recommended for scientists and those in the arts. 10 a.m. to 6 p.m., Saturday and Sunday.

■S.F. Monday, January 22
From the Primal Laugh to the Cosmic Giggle: Developing Positive Awareness
Stella Resnick
Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

People often imagine or behave as though self-awareness and growth depended upon developing a critical attitude toward self, focusing only on painful areas, and becoming more disciplined. The abundance and popularity of self-improvement courses and therapies attests to the prevalence of this attitude. While Dr. Resnick's philosophy and therapy deal with pain also, her work stresses developing an openness and sense of humor toward self and existence. This talk will focus on the development of self-nourishing behaviors, the elimination of self-defeating behaviors, and the fun, joy, laughter, spontaneity and creativity that comes from taking a good look at yourself rather than a bad one.

■S.F. January 27-28
Finishing Unfinished Business
Stella Resnick & Frank Rubenfeld
Weekend workshop $60

Whether the business be recent, e.g. divorce, or primal, i.e. early childhood experiences, unresolved business blocks energy and prevents optimal functioning. Using the gestalt approach we will concentrate on achieving closure or becoming aware of the ways in which participants are unwilling to do so. 10 a.m. to 5 p.m., Saturday and Sunday.

■S.F. February 2-4
The World of the Working Mother – Alone
Lois Brien & Abe Levitsky
Weekend workshop $65

Millions of women have the burdensome task of both working and raising children without the help of a man. The problems they face are uniquely difficult. This is an opportunity to share these experiences, explore the feelings involved and learn from each other. Friday evening to Sunday noon.

■S.F. February 3
What Happened to My New Year's Resolutions, or How to Stop Trying and Start Succeeding
Elaine Kepner & Sid Gershenson
One-day gestalt workshop $19.73

10 a.m. to 6 p.m., Saturday.

■S.F. February 3-4
Gestalt & Massage
Frank Rubenfeld & Mari Krieger
Weekend workshop $50

10 a.m. to 6 p.m., Saturday and Sunday.

■S.F. February 9-11
Gestalt at Wilbur Hot Springs
Richard Louis Miller and Gestalt Community
(See workshop descriptions, January 12-14, above.)

■S.F. February 10
Gestalt and Meditation
Jerry Kogan & Joan Zweben
One-day workshop $25

In this workshop we will integrate these two powerful techniques for heightening personal awareness. 10 a.m. to 5 p.m., Saturday.

For reservation information, see page 27. For Leaders' Biographies, see pp. 28-31.

■S.F. February 13-March 13

Gestalt Headtripping
Stella Resnick

Five Tuesday afternoons FREE

Headtripping can lead to self-awareness and growth. Let's meet together for five weeks and see what can be accomplished through discussion, exploring our own wisdom and what we can learn about ourselves through the arts, i.e. literature, poetry, etc. We may recommend readings to each other and do gestalt work. 12 noon to 1:30 p.m. 1776 Union St., San Francisco.

■S.F. Wednesday, February 14
Wednesday, February 21

Theory and Practice of Aliveness
John Enright

Single evening events

General admission: $3 per session, $5 for both evenings; Student admission: $2 per session, $3.50 for both evenings; 8-10:30 p.m.

First Unitarian Church, Franklin and Geary Streets, San Francisco.

A discussion of what it means to be *aware* or *awake* as opposed to automatic or asleep, including gestalt exercises to help stay in the state of awareness for longer periods. The two evenings will supplement and reinforce each other, but each is organized to be meaningful and complete by itself.

■S.F. February 17-18;
February 20-March 20

Women Who Work with Women
Stella Resnick, Cyndy (Werthman) Sheldon, Lois Brien, Paula Bottome, Elaine Kepner

Ongoing workshop $150

Using the gestalt approach we will work together to enhance our effectiveness in our work as well as in our personal growth. Weekend workshop, February 17-18, 10 a.m. to 5 p.m., Saturday and Sunday. Five Tuesdays, February 20-March 20, 4-7 p.m.

■S.F. February 17-18

Contact and Support
Laura Perls

Weekend workshop $75

10 a.m. to 6 p.m., Saturday and Sunday.

■S.F. February 24-25

Blessed Are the Meek: For They Shall Inherit the Earth
Larry Bloomberg

Weekend gestalt workshop $45

A polarity encompasses within extremes a range of many choices. Meek-bold defines one such range of choices and describes the focus of this workshop. Join us in gestalt energy releasing and awareness exercises designed to guide us in adventures within this polarity. We also will explore the way from shyness to meekness, from brazenness to boldness, taking the natural path – the path of least resistance.

"The wind blows over the lake and stirs the surface of the water. Thus visible effects of the invisible manifest themselves."

I Ching, 61

■S.F. February 24-25

A Gestalt Workshop for the Divorced or Separated
Sid Gershenson & Joan Krueger

Weekend workshop $50

This workshop will focus on finishing unfinished business and experiencing life from a new perspective. 10 a.m. to 6 p.m., Saturday and Sunday.

Gestalt

PROFESSIONAL TRAINING PROGRAM

For information on the Gestalt Institute's Training Program, write or call Art Damond at the Gestalt Institute of San Francisco, 1719 Union Street, San Francisco, Ca. 94123, (415) 776-4500.

GESTALT INSTITUTE OF SAN FRANCISCO

Frederick S. Perls, M.D., Ph.D.
(1893-1970) . . . Founder

DIRECTORS
Lois Brien, Ph.D.
John Enright, Ph.D.
Elaine Kepner, Ph.D.
Richard Louis Miller, Ph.D.
Stella Resnick, Ph.D.
Jack Rosenberg, D.D.S., Ph.D.
Cynthia (Werthman) Sheldon, M.S.W.

MEMBERS
Lawrence I. Bloomberg, Ph.D.
Paula Bottome, Ph.D.
Joseph Camhi, Ph.D.
Jack Downing, M.D.
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Robert K. Hall, M.D.
Jerry Kogan, Ph.C.
Abraham Levitsky, Ph.D.
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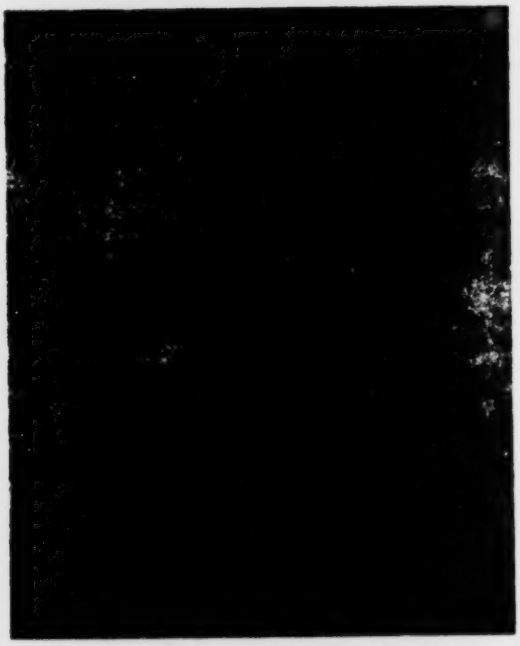


• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Transpersonal

Transpersonal generally refers to transcendence, mystical experience, peak experience and parapsychological phenomena. The following programs will explore insights and research into the physical and psychological aspects of such experience.

■S.F. Tuesday evenings & Saturday mornings

Aikido & Energy Awareness
Robert Nadeau

Continuing program

One meeting per week; $15 per month (general & student); Two meetings per week: $25 per month (general), $20 per month (student).

A continuous program of instruction in energy awareness and in aikido as a physical expression of that awareness. This course meets each week; participants can be in one or two sessions per week, with tuition based on the schedule of participation. Tuesday, 8-9:30 p.m.; Saturday, 10-12 noon. First Unitarian Church, Franklin and Geary Streets, San Francisco.

■S.F. January 6

The Naturalness of Psychic Experience: Learning to Listen
Gunver Jackson

One-day workshop $20

Through deep relaxation and awareness, we will seek what is beyond our usual perceptions. Specific exercises will be practiced to expand our natural senses. We will investigate the art of healing, auras and telepathy. 10 a.m. to 6 p.m., Saturday.

■S.F. January 12-14

Extending Awareness Through Hypnosis
Lee Pulos

Weekend workshop $50

This workshop will combine the approaches of hypnosis and psychosynthesis. Hypnosis and self-hypnosis will be taught so that participants can focus in on themselves through hypnotically induced dreams, automatic writing and drawings. These self-discoveries will be extended through guided fantasies, symbolic imagery and learning how to tune into the "inner theater" of one's unconscious.

■S.F. Monday, January 15

Readings from Personal Journals: An Evening with Claudio Naranjo

Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

■S.F. January 22-February 26

Sufi Stories
Josephine Leo

Six Monday evenings FREE

A series of Monday evenings where we can eat a few dates and share some sufi stories collected by Idries Shah. These "parables in action" of the Eastern dervish tradition claim the power to increase perception. 8-10 p.m., 1776 Union St., San Francisco.

■S.F. Wednesday, January 24

Can of Foot Powder Elected Mayor in Philippine Town
Robert Ornstein

Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

We are indeed fortunate to have a continuing source of daily sufi literature in the Bay Area – the *San Francisco Chronicle*. Ignore the front page always; turn to page 4 or 5 every day for the real stuff, and you may find short pieces which show us that the ordinary version of what is going on is simply not so. For instance, the other day in Central Europe a woman tried to commit suicide when her husband left her. She jumped out of the window and landed on her unfortunate husband, killing him. Bring your own favorites to read.

●B.S. January 26-28

Dreams, Creativity & Altered States of Consciousness
Stanley Krippner

Weekend seminar $85

This workshop will utilize dream recall, guided imagery, group hypnosis, sensory bombardment, massage and body movement experiences to enter altered states of consciousness. In these states, participants will be trained to gain access to the personal and universal symbols, archetypes and thematic concepts which encourage creative development.

●B.S. January 26-28

Working with Sufi Stories
Robert Ornstein

Weekend seminar $85

Stories can be used in several ways; they can be humorous and allow us to laugh at parts of ourselves usually obscured, they can entertain and create movies within our heads, or function as drama with others. And they can create a special working consciousness enabled by no other means. A weekend of listening, dreaming, reflecting, meditating and laughing about stories. Bring your favorites.

■S.F. January 27-28

Teachings From My Teachers: Sharing Food on Which I Have Grown
Claudio Naranjo

Weekend workshop $60

Reading and commentary from a meditation journal. 10 a.m. to 6 p.m., Saturday and Sunday.

For reservation information, see page 27. For Leaders' Biographies, see pp. 28-31.

Trans-personal

•B.S. January 28-February 2
Workshop for Potential Psychics
Robert Nadeau & Ron Jones
Five-day workshop $245

A workshop for those who think they might be sensitive or psychic and wish to explore, understand and be more comfortable with it. There will be discussion, awareness practices to clarify your ability, and techniques to be at ease with it.

■S.F. February 2-4
Ways of Altering Consciousness: Bio-Feedback
Eleanor Criswell
Weekend workshop $50

This workshop begins with an understanding of consciousness and various ways of altering it. Bio-feedback (technological and natural) will be explored along with optokinetic training, approaches to meditation, and other ways of altering consciousness. Understanding the theoretical base of bio-feedback, experiencing it, and learning how to utilize it for enriched living are the primary goals.

•B.S. February 9-11
Bio-Feedback & Beyond
Eleanor Criswell
Weekend workshop $85

This workshop will focus on bio-feedback as it relates to self-exploration, self-development, and altering consciousness. Bio-feedback refers to the use of amplified physiological signals to let you know where you are and gradually shape you toward a desired state. An understanding of bio-feedback, how to experience it, and how to use your own body signals as feedback will be included.

SAT AT ESALEN/BIG SUR

SAT is a non-profit corporation operating in the form of a school for spiritual development and psychological transformation. The SAT process is about 50% derived from sufi influences and teachings and 50% other traditions and ingredients, most importantly Vajrayana Buddhism and contemporary psychology and psychotherapy.

The SAT approach to human growth is that of constant work of the individual on himself with the help of resources indicated as part of a sustained guidance situation.

Among the SAT faculty for 1972 has been Chu Fang Chu, an integrator of the esoteric taoist tradition, Oscar Ichazo, Claudio Naranjo, Roslyn Shaffer, Kathleen Riordan Speeth and Llama Tarthang Tulku, Rinpoche.

SAT Programs:
The scheduled days of SAT will not be described beyond a title and subtitle – Workshop I: SAT-at-Esalen, an occasion for smelling and tasting conducted by SAT staff under the direction and representation of Claudio Naranjo. Bring pencil and paper. Please read *Techniques of Gestalt Therapy* by Claudio Naranjo.

January 12-14 Weekend workshop $85
January 14-19 Five-day workshop $215

■S.F. February 10-11
Energy Awareness & Meditation
Robert Nadeau
Weekend workshop $50

Participants will explore the relation of a free flow of energy to relaxation, calmness, attitude, mental concentration, centering and moving from center. We will experience life energy and its use in spiritual growth and healing and as a tool for higher awareness. 10 a.m. to 6 p.m., Saturday and Sunday.

■S.F. February 17-18
Teachings From My Teachers: Sharing Guidance Received
Claudio Naranjo
Weekend workshop $60

Reading and commentary from a meditation journal. 10 a.m. to 6 p.m., Saturday and Sunday.

•B.S. February 18-23
Meditation: Six Forms
Robert Ornstein
Five-day workshop $215

There are many modes and uses of meditation. We will try six and attempt to taste all the different experiences which they can bring. Stories, music, breathing, guided thought, mantra and self-observation, each with an integrative session.

•B.S. February 23-25
Centering
Robert Nadeau
Weekend workshop $85

Participants will start with centering practices in the physical dimension, move to centering as mental awareness, and culminate in meditation with centering as a focus for spiritual unfolding.

■S.F. February 24, March 10, March 24
Ritual & Personal Myth
Allan Frankel
Three one-day workshops $20 per day; $50 for the series

February 24 – The Hero Journey: (personal myth and transforming symbols, death-rebirth, the voyage). Please bring enough of one dish of food for 10 people, 3 pieces of fruit, dried fruit, nuts, a drinking vessel, ritual garb and writing supplies.

March 10 – Sexuality & Marriage to My Opposite: (golden age, dream lover, masculine-feminine principle). Please bring the same as above.

March 24 – Atonement (At-one-ment): (meeting with the father, perfect self, body ritual). Please bring a large mirror and writing supplies.

Each day is a separate event and may be taken without attending the other days. The workshops though not primarily, will involve some encountering and bodily and vocal expression of feelings. Alternate Saturdays, 10 a.m. to 6 p.m.

ARICA TRAINING

The Arica Training offers a system of human development carefully structured to produce a total integration of mind, emotion and body. It is possible to learn how to reach and maintain a place of peace, joy and harmony – the natural condition of man – his heritage.

Workshops are designed as an introduction to the total process and are experiences within themselves. The work is done in groups, insuring the support and high energy of a number of people working together. Arica exercises have been gathered from ancient and modern systems, refined and simplified. They include physical movement, chanting, music, meditation – all with a foundation of natural rhythm.

The Arica staff consists of a group of people who have completed the basic process, plus additional training, allowing them to pass it to others. Workshop leaders will be drawn from that staff.

San Francisco Workshops:
January 6 One-day workshop $20
February 3 One-day workshop $20

Big Sur Workshops:
January 19-21 Weekend workshop $95
February 4-March 2 Four-week workshop $985

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Psychosynthesis

Psychosynthesis is a psychological and educational approach which strives to harmonize man's relation to his environment through a process of inner integration and synthesis. It is an inclusive and positive conception of man that considers him dynamically, as a being in a process of personal growth within an evolving universe.

More than a theory, psychosynthesis is a practical working method which leads to greater unity, by harmonizing the many often conflicting elements of our inner life. It assists each individual in reaching toward his true center, and in using its energy and harmony to bring about a more joyful and effective actualization of the meaning and value of his life.

Psychosynthesis chooses among a large number of methods and techniques those which are most appropriate to each existential situation. Some of these can be: guided imagery, movement, self-identification, gestalt, meditation, symbolic art work, ideal models, development of the intuition, creativity and other superconscious qualities, writing and journal keeping.

The emphasis is not on producing immediate breakthroughs, but rather on fostering a process of growth that, with continuing application, can gain increasing momentum and ultimately become a life-style.

This process of psychosynthesis brings about the overcoming of restrictions, limitations, and conflicts; the balanced and timely development of emerging positive functions and qualities; and the utilization and transmutation of the many inner energies and drives. It is a positive approach that includes the superconscious as well as the libido, the imagination as well as the complexes, the will as well as the instinctual urges.

Central to psychosynthesis is the discovery and the direct experience of a higher center of being and awareness—first the personal self, then the Transpersonal Self—and the progressive harmonization, integration and synthesis of body, feelings, mind and all other personality functions around this unifying center. This is a continuing process of individual growth and expanding awareness which leads gradually from the personal to the transpersonal to the universal.

The following Esalen Institute psychosynthesis programs are offered in cooperation with the Psychosynthesis Institute, Redwood City.

PSYCHOSYNTHESIS TRAINING

■S.F. April 24-June 17

Psychosynthesis Training Series for Professionals
Jim & Susan Vargiu and Associates of the Psychosynthesis Institute

Eight Tuesday Evenings & a weekend $240

(See workshop description under *Extended Programs*, p. 5.)

PSYCHOSYNTHESIS PROGRAMS

■S.F. Sunday, January 14

Introduction to Psychosynthesis
Tom Allen & Margaret Conway

Single evening event

[FREE] 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

We can't begin to tell you what psychosynthesis is all about in one evening, but you can get a taste, and you might want the full meal later.

■S.F. January 18-February 22

Psychosynthesis: Balance & Synthesis of Opposites
Tom Allen & Margaret Conway

Five Thursday evenings $45

Within each of us are many conflicting voices, desires and behaviors. We will learn techniques for balancing and integrating them. Bring a workbook and a sense of humor. Five Thursday evenings, 8-10:30 p.m., January 18, 25, February 1, 8, 22.

■S.F. January 20

Introduction to Psychosynthesis: Sub-Personalities & Disidentification
Steven Kull & Betsie Carter

One-day workshop $25

The basic principles and techniques of psychosynthesis, but with emphasis on distinguishing the particular sub-personalities from the essential self in each of us. 10 a.m. to 10 p.m., Saturday.

●B.S. January 26-28

Psychosynthesis
Tom Allen & Margaret Conway

Weekend workshop $95

We have some very old ideas and some very new techniques! The old ideas might be stated this way: Man has a reason for being; love, joy and purpose in life are his needs, and he has a right to seek and find them. The new techniques are something you have to experience rather than read about.

■S.F. February 9-11

Psychosynthesis: Exploring Guided Imagery
Tom Allen & Margaret Conway

Weekend workshop $50

If you are a day dreamer you may as well learn to make it work for you. Experience in the use of this technique for growth. Bring a notebook.

●B.S. February 11-16

Psychosynthesis Workshop
Tom Allen & Margaret Conway

Five-day workshop $245

(See workshop description, January 26-28, above.)

■S.F. Sunday, February 18

The Act of Willing in Psychosynthesis
Steven Kull & Betsie Carter

Evening workshop

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

The will has had a bad press: it is associated with Victorian coercion, the clenched jaw, and will power. This evening will be concerned with the joyous, skillful and good willing that is at the essence of the human experience.

For reservation information, see page 27. For Leaders' Biographies, see pp. 28-31.

Psycho-synthesis

PROGRAMS USING PSYCHOSYNTHESIS TECHNIQUES

•B.S. January 7-February 4
Being & Dis-Covery
Julian Silverman, *Coordinator*
Four week workshop $975
(See workshop description under *Extended Programs*, p. 5.)

▪S.F. January 12-14
Gestalt and Psychosynthesis
George & Judith Brown
Weekend workshop $50
A combined experiential and didactic workshop focusing on basic experiences in gestalt and psychosynthesis and, where possible, the experiential combining of the two. Plus discussions of theory and practice as related to education and other contexts.

▪S.F. January 20, 30, February 13, 27
Beyond Encounter
Bob Kriegel
One-day & three Tuesday evenings $50
This workshop will combine encounter, gestalt and psychosynthesis techniques toward the goal of achieving greater unity of the mind, body and emotions. Work and play will be combined in order that the group experience each other in as wide a range as possible. One day workshop, Saturday, January 20, 10 a.m. to 6 p.m.; three Tuesday evening workshops, 7:30-10:30 p.m., January 30, February 13, 27.

•B.S. January 26-28
Beyond Encounter
Bob Kriegel
Weekend workshop $85
(See S.F. workshop description, Jan. 20-Feb. 27, above.)

•B.S. February 25-March 2
Western Yoga
Bernard Gunther
Five-day workshop $245
A workshop that will move to the experiencing of a deeper mind body being integration and the practical application of these methods and their use in everyday life, relationships and situations. In this group, you will experience and come into contact with core aspects of yourself, nature and others through the amalgamation of sensory awakening and psychosynthesis processes along with other methods both Eastern and Western; physical, mental and spiritual.

Seminars

SUNDAY AFTERNOONS IN BIG SUR

On January 28, Esalen/Big Sur will begin a series of Sunday afternoon seminars and lectures. The grounds will be open from 12:30. The cost of the afternoon includes lunch and use of the hot baths and pool.

January 28 – Stanley Krippner
Dreams, Creativity & Altered States of Consciousness 3 p.m. $10

February 18 – Robert Kriegel, Dave Meggysey, Robert Nadeau, William Schutz
New Dimensions in Sports 3 p.m. $10

Please write to Carole Rosenblatt, Program Coordinator, Esalen/Big Sur for tickets. Limited to 30 persons.

▪S.F. January 18-March 8
Shaping the Human Environment: A Film Series
Richard Cowan, *Coordinator*

Eight Thursday evenings
Individual admisison: $3 gen., $2 student
Series admission: $20 gen., $12 student

8-10:30 p.m., First Unitarian Church, Franklin and Geary Streets, San Francisco.

The last ten thousand years have witnessed how society has evolved from simple bands of hunters and gatherers to modern civilization. During this period, as humankind has increased its technological ability, it has also forsaken its oneness with the environment. This film series will trace the pattern of these developments. The first three films depict the lifeways of hunting peoples and simple farmers; the next films show the ecstatic vision that can accompany harmony with self and nature; finally, the last two films are concerned with problems stemming from life in contemporary America. Each film has been selected not merely for what it shows but also for its artistic merit. There will be discussions to accompany each week's screening.

Jan. 18: The Hunters (John Marshall and Robert Gardner, c.1960) documents life among Kung Bushmen. It features a thirteen day chase after a wounded giraffe.

Jan. 25: Nanook of the North (Robert Flaherty, 1922) is the classic film on Eskimo life.

Feb. 1: Dead Birds (Robert Gardner, 1961) uses particularly beautiful images to interpret life within a group of New Guinean farmers who are also ritual warriors.

Feb. 8: To Find Our Life (Peter Furst, c.1967) highlights a typical peyote pilgramage of the Huichol Indians of northwestern Mexico.

Feb. 15: Holy Ghost People (Peter Adair, 1967) depicts a white Pentecostal church service in West Virginia in which the parishioners handle poisonous snakes and speak in tongues.

Feb. 22: Three films on trance behavior:
N'um Tchai (John Marshall, 1966) shows a ceremonial dance of the Kung Bushmen.
Trance and Dance in Bali (Gregory Bateson and Margaret Mead, c.1935)
Circle of the Sun (Colin Low, 1960) shows a Blackfoot Sun Dance through the eyes of the tribe's younger members.

March 1: The Exiles (Kent MacKenzie, 1961) is the story of a typical night in the lives of several Indians who have forsaken their reservations to live in downtown Los Angeles.

March 8: Invisible Walls (Richard Cowan, 1967) shows how middle-class Americans respond nonverbally to violations of their personal space.

• Big Sur programs include room, meals and tuition. ▪ San Francisco programs generally do not include room or meals.

Seminars

■S.F. Monday, January 8
Esalen Open House: An Evening with Cynthia (Werthman) Sheldon
Single evening event

[FREE]; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

An evening to discuss programs, methods, and directions with an Esalen leader, gestalt therapist, and director and trainer at the Gestalt Institute of San Francisco.

■S.F. January 13
Unorthodox Medicine
David Sobel
One-day seminar $20

A discussion of unorthodox medical approaches with an emphasis on positive health, preventive medicine and the medicine of the whole person. Areas to be drawn from include: primitive, ancient and Hippocratic medicine, Chinese medicine and acupuncture, yogic therapy, American Indian medicine, naturopathy, homeopathy, zone therapy, nutritional therapy, chiropractics, structural integration, relaxation therapy, and biofeedback training. 10 a.m. to 6 p.m., Saturday.

●B.S. January 19-21
Changing Sex Roles
Shelly Dunnegan & Anica Vesel Mander
Weekend seminar $95

Men and women have been conditioned to fulfill particular roles in society. How does this conditioning limit our growth? What choices do we have? The men and women in the group will meet separately and together in order to re-examine and re-define what it means to be a woman and what it means to be a man. This group is open to individual women and men as well as couples.

■S.F. January 22-February 26
Sufi Stories
Josephine Leo
Six Monday evenings FREE

A series of Monday evenings where we can eat a few dates and share some sufi stories collected by Idries Shah. These "parables in action" of the Eastern dervish tradition claim the power to increase perception. 8-10 p.m., 1776 Union St., San Francisco.

●B.S. January 26-28
Dreams, Creativity & Altered States of Consciousness
Stanley Krippner
Weekend seminar $85

This workshop will utilize dream recall, guided imagery, group hypnosis, sensory bombardment, massage and body movement experiences to enter altered states of consciousness. In these states, participants will be trained to gain access to the personal and universal symbols, archetypes and thematic concepts which encourage creative development.

●B.S. January 26-28
Working with Sufi Stories
Robert Ornstein
Weekend seminar $85

Stories can be used in several ways; they can be humorous and allow us to laugh at parts of ourselves usually obscured, they can entertain and create movies within our heads, or function as drama with others. And they can create a special working consciousness enabled by no other means. A weekend of listening, dreaming, reflecting, meditating and laughing about stories. Bring your favorites.

●B.S. February 2-4
Good Medicine
David Sobel & Faith Hornbacher
Weekend workshop $85

"Your medicine is in you and you do not observe it. Your ailment is from yourself and you do not register it."

A practical approach to awareness and maintenance of your health and well-being with emphasis on our use/misuse of our bodies. Drawing from a body of exercises including breathing, movement, reflexology, structural patterning, Bates visual reeducation, body meditation and the Fantastic Voyage.

●B.S. February 9-11
An Ecology of Mind
Gregory Bateson
Weekend seminar $95

Participants are asked to read *An Ecology of Mind* before the seminar begins.

■S.F. February 16-17
Energetic Roots of the Mystical Experience
Stanley Keleman & Zalman Schachter
Two-day workshop $60

Keleman and Schachter write: "We will explore the role of the body in the mystical experience, combining the insights of biological-energetic thinking with the principles of the chassidic tradition. The Sabbath will be celebrated through an energetic liturgy, a ritual of grounding to open us to the heart of God." Friday, 12 Noon through the evening; Satruday, 10 a.m. to 10 p.m.

●B.S. February 16-18
Acupuncture
Giovanni Boni, M.D.
Weekend seminar $85

This seminar will be an introduction to acupuncture with an emphasis on its traditional value as a preventive, healing art. As a concrete example, one of the meridians will be studied in depth in order to show its relationship to the entire circulation of energy and to the occult anatomy of man. Related drugless healing arts will also be explored.

For reservation information, see page 27. For Leaders' Biographies, see pp. 28-31.

The Esalen Calendar

JANUARY - FEBRUARY, 1973

SAN FRANCISCO CONTINUING AND DROP-IN PROGRAMS

Advance registration is not required for the following programs, and attendance can be on a one-time or continuing basis.

Monday evenings (Jan. 22-Feb. 26): Sufi Stories: Leo; FREE (1776 Union Street, S.F.) See page 12.

Tuesday noons (Feb. 13-Mar. 13): Gestalt Headtripping: Resnick; FREE (1776 Union Street, S.F.) See page 10.

Tuesdays & Saturdays: Aikido and Energy Awareness: Nadeau (First Unitarian Church, S.F.) See page 22.

SAN FRANCISCO PROGRAMS

THE WEEK OF DECEMBER 31

Starts Jan. 3	Alexander Technique Schirle (cont. Wed. eves): p. 22
Jan. 5-7	Gay and Glad: Clark, Berzon (residential weekend): p. 6
Jan. 5-7	Massage: Morrison, Horan (weekend): p. 22
Jan 5-7	Singles' Workshop: Sloan (weekend): p. 6
Jan. 6	Naturalness of Psychic Experience: Jackson (1 day): p. 12
Jan. 6	Arica Training: Arica Staff (1 day): p. 13
Jan. 6	Reading!!!: Ford-Esalen Staff (1 day): p. 26
Jan. 6-7	Gestalt & Gurdjieff: Camhi (weekend): p. 10

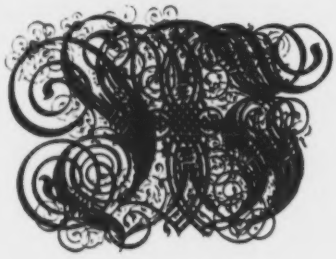
THE WEEK OF JANUARY 7

Jan. 8 [FREE]	An Evening with Cynthia (Werthman) Sheldon (single eve): p. 16
Starts Jan. 8	Alexander Technique: Ottiwell (cont. Mon. eves): p. 22
Jan. 10	Introduction to Esalen: Kriegel (single eve): p. 6
Jan. 11	Looking-Talking-Touching: For Couples: Smith (single eve): p. 7
Jan. 12-14	Gestalt at Wilbur Hot Springs: R. Miller (residential weekend) p. 10
Jan. 12-14	Gestalt & Psychosynthesis: Browns (weekend): p. 10
Jan. 12-14	You Don't Have to Eat – To Feel Full: Zuckerman, Lefer (weekend): p. 7
Jan. 12-14	Extending Awareness Through Hypnosis: Pulos (weekend): p. 12
Jan. 13	Unorthodox Medicine: Sobel (1 day): p. 16
Jan. 13	Working It Through with Mom and/or Dad: Andersons (1 day): p. 7

THE WEEK OF JANUARY 14

Jan. 14 [FREE]	Introduction to Psychosynthesis: Allen, Conway (single eve): p. 14
Jan. 15	Readings from Personal Journals: Naranjo (single eve): p. 12
Jan. 17	Cycles of Movement-Feeling-Mind: An Introduction: Halprin (single eve): p. 4
Jan. 18-Feb. 22	Psychosynthesis: Balance & Synthesis of Opposites: Allen, Conway (5 Thurs. eves): p. 14
Jan. 18-Mar. 8	Shaping the Human Environment: Cowan (Film Series: 8 Thurs. eves): p. 15
Jan. 19-21	Couples' Workshop: Fox's (weekend): p. 7
Jan. 19-21	Body/Mind/Spirit: Butler (weekend): p. 23

BIG SUR PROGRAMS



THE WEEK OF JANUARY 7

Jan. 7-12	Gestalt With Body English: Enrights (5 days): p. 9
Jan. 7-12	Sensory Awareness, Movement & Tai Chi: Weavers (5 days): p. 22
Jan. 7-12	Renascence: Butler (5 days): p. 6
Jan. 7-12	Bioenergetics: Michael Conant (5 days): p. 22
Jan. 7-Feb. 2	Being & Dis-Covery: Silverman (4 weeks): p. 5
Jan. 12-14	Open Gestalt: Staff (weekend): p. 9
Jan. 12-14	More: Butler (weekend): p. 7
Jan. 12-14	The Physical, Psychological & Spiritual Aspects of Yoga: Kramer (weekend): p. 23
Jan. 12-14	Experience of Esalen: Staff (weekend): p. 6
Jan. 12-14	SAT-at-Esalen: SAT Staff: (weekend): p. 13

THE WEEK OF JANUARY 14

Jan. 14-19	Open Gestalt: Price (5 days): p. 9
Jan. 14-19	Knots Are from Knots: Roth (5 days): p. 23
Jan. 14-19	Exploring Self Acceptance: Schiffman (5 days): p. 7
Jan. 14-19	SAT-at-Esalen: SAT Staff (5 days): p. 13
Jan. 19-21	Psychodrama & Encounter: Andersons (weekend): p. 7
Jan. 19-21	Arica Awareness Training: Arica Staff (weekend): p. 13
Jan. 19-21	Bodymind: Schutz (weekend): p. 7
Jan. 19-21	Open Gestalt: Resnick (weekend): p. 9
Jan. 19-21	Changing Sex Roles: Dunnegan, Mander (weekend): p. 7

Calendar JANUARY

SAN FRANCISCO PROGRAMS

THE WEEK OF JANUARY 14 (continued)

Jan. 20	Dreams & the Body: G. Downing (1 day): p. 23
Jan. 20	Introduction to Psychosynthesis: Kull, Carter (1 day): p. 14
Jan. 20	Singles' Workshop: Cromey (1 day): p. 7
Jan. 20-21	Gestalt & the Creative Process: Bloomberg (weekend): p. 10
Jan. 20-Feb. 27	Beyond Encounter: Kriegel (1 day, 3 Tues. eves): p. 7

THE WEEK OF JANUARY 21

Jan. 21	Alexander Technique: Schirle (1 day): p. 23
Jan. 22	From the Primal Laugh to the Cosmic Giggle: Resnick (single eve): p. 10
Jan. 22-Feb. 19	Couples' Workshop: Smith (5 Mon. eves): p. 7
Jan. 24	Can of Foot Powder Elected Mayor in Philippine Town: Ornstein (single eve): p. 12
Jan. 25	For Women Only: Fuller (1 day): p. 7
Jan. 26-28	Lomi School Weekend for Women (residential weekend): p. 25
Jan. 26-28	Beyond Games: Marsh (marathon weekend): p. 7
Jan. 27	Massage: Sales, Ford (1 day): p. 23
Jan. 27	Introduction to Esalen: Fox's (1 day): p. 6
Jan. 27	Sexuality, Feminism & Gay Consciousness: Aguilar, Gearhart, Herzstam et al. (1 day): p. 8
Jan. 27-28	Teachings from My Teachers: Naranjo (weekend): p. 12
Jan. 27-28	You Are Your Body: Roth (weekend): p. 23
Jan. 27-28	Finishing Unfinished Business: Resnick, Rubenfeld (weekend): p. 10

THE WEEK OF JANUARY 28

Jan. 29	New Ways of Meeting New People: Cromey (single eve): p. 8
Jan. 31 [FREE]	Body Awareness: G. Downing (single eve): p. 23
Feb. 2-4	World of the Working Mother: Brien, Levitsky (weekend): p. 10
Feb. 2-4	Saying Yes To Life: Fabry (weekend): p. 8
Feb. 2-4	You Don't Have to Suffer to Feel Good: Sloan (weekend): p. 8
Feb. 2-4	Ways of Altering Consciousness: Bio-Feedback: Criswell (weekend): p. 13
Feb. 3	What Happened to My New Year's Resolutions. . . : Kepner, Gershenson (1 day): p. 10
Feb. 3	Releasing Fixed Patterns: King (1 day): p. 24
Feb. 3	Arica Training: Arica Staff (1 day): p. 13
Feb. 3-4	Gestalt & Massage: Rubenfeld, Krieger (weekend): p. 24
Feb. 3-4, 9	Workshop with Stanley Keleman (weekend, single eve): p. 23

BIG SUR PROGRAMS

THE WEEK OF JANUARY 21

Jan. 21-26	Advanced Gestalt: Rubenfeld (5 days): p. 9
Jan. 21-26	Freeing the Body: Staff (5 days): p. 23
Jan. 21-26	Therapeutic Aggression: Bach (5 days): p. 26
Jan. 21-26	Introduction to Esalen: Kriegel (5 days): p. 6
Jan. 26-28	Working With Sufi Stories: Ornstein (weekend): p. 12
Jan. 26-28	Dreams, Creativity & Altered States of Consciousness: Krippner (weekend): p. 12
Jan. 26-28	At Home in Your Body: Lodge (weekend): p. 21
Jan. 26-28	Beyond Encounter: Kriegel (weekend): p. 8
Jan. 26-28	Psychosynthesis: Allen, Conway (weekend): p. 14
Jan. 28	Dreams, Creativity & Altered States of Consciousness: Krippner (afternoon): p. 15

THE WEEK OF JANUARY 28

Jan. 28-Feb. 2	Open Gestalt: J. Downing (5 days): p. 9
Jan. 28-Feb. 2	Experience of Esalen: Staff (5 days): p. 6
Jan. 28-Feb. 2	Tai Chi Massage: Unell (5 days): p. 23
Jan. 28-Feb. 2	Workshop for Potential Psychics: Jones, Nadeau (5 days): p. 13
Jan. 28-Apr. 20	Residential Program with Emphasis on Gestalt Training: Lederman (12 weeks): p. 5
Feb. 2-4	Journey Through Body Consciousness: Halprin & Troupe (weekend): p. 24
Feb. 2-4	Introduction to Esalen: Larcombe (weekend): p. 6
Feb. 2-4	Open Gestalt: J. Downing (weekend): p. 9
Feb. 2-4	Good Medicine: Hornbacher, Sobel (weekend): p. 24

FEBRUARY Calendar

SAN FRANCISCO CONTINUING AND DROP-IN PROGRAMS

Advance registration is not required for the following programs, and attendance can be on a one-time or continuing basis.

Monday evenings (Jan. 22-Feb. 26): Sufi Stories: Leo; FREE (1776 Union Street, S.F.) See page 12.

Tuesday noons (Feb. 13-Mar. 13): Gestalt Headtripping: Resnick; FREE (1776 Union Street, S.F.) See page 10.

Tuesdays & Saturdays: Aikido and Energy Awareness: Nadeau (First Unitarian Church, S.F.) See page 22.

SAN FRANCISCO PROGRAMS

THE WEEK OF FEBRUARY 4

Feb. 7	Individualizing Instruction: An Evening for Teachers: Ford-Esalen Staff (single eve): p. 26
Feb. 9-11	Gestalt at Wilbur Hot Springs: R. Miller (residential weekend): p. 10
Feb. 9-11	Psychosynthesis: Exploring Guided Imagery: Allen, Conway (weekend): p. 14
Feb. 9-11	Communication Games: Hough (weekend): p. 8
Feb. 9-Apr. 8	Expression & Being: G. Downing (2 months): p. 5
Feb. 10	Couples' Workshop: Kriegels (1 day): p. 8
Feb. 10	Structural Patterning: Hornbacher (1 day): p. 21
Feb. 10	Gestalt & Meditation: Kogan, Zweben (1 day): p. 10
Feb. 10-11	Energy Awareness & Meditation: Nadeau (weekend): p. 13
Feb. 10-11	Integrated Weekend Wake-Up Shop: Moss, Flynn (weekend): p. 8

THE WEEK OF FEBRUARY 11

Feb. 11	Structural Patterning: Hornbacher (1 day): p. 21
Feb. 12 [FREE]	Introduction to Esalen: Cromey (single eve): p. 6
Feb. 14	Theory and Practice of Aliveness: Enright (single eve): p. 11
Feb. 14-Apr. 4	Belly Dancing: Clemans (8 Wed. eves): p. 24
Feb. 15	Evening with the Lomi School: R. Hall et al. (single eve): p. 25
Feb. 16-17	Energetic Roots of the Mystical Experience: Keleman, Schachter (2 days): p. 23
Feb. 16-18	Singles' Workshop: Larcombe (weekend): p. 8
Feb. 17	Massage: Morrison, Horan (1 day): p. 24
Feb. 17-18	Contact and Support: Perls (weekend): p. 11
Feb. 17-18	Teachings from My Teachers: Naranjo (weekend): p. 13
Feb. 17-18	Group Bioenergetics: Conant (weekend): p. 24
Feb. 17-18; Feb. 20-Mar. 20	Women Who Work With Women: Resnick, Sheldon, Brien, Bottome, Kepner (weekend; 5 Tues. eves): p. 11

BIG SUR PROGRAMS

THE WEEK OF FEBRUARY 4

Feb. 4-9	Skills Workshop for Group Leaders: Larcombe (5 days): p. 26
Feb. 4-9	Open Gestalt: Resnick (5 days): p. 9
Feb. 4-9	More: Butler (5 days): p. 8
Feb. 4-9	Centering Through Movement & Massage: Clemans (5 days): p. 24
Feb. 4-9	For Homosexuals: Freitas (5 days): p. 8
Feb. 4-Mar. 2	Arica Awareness Training: Arica Staff (4 weeks): p. 13
Feb. 9-11	An Ecology of Mind: Bateson (weekend): p. 16
Feb. 9-11	Renascence: Butler (weekend): p. 6
Feb. 9-11	Movement & Massage: Graham, Jordan (weekend): p. 24
Feb. 9-11	Bio-Feedback & Beyond: Criswell (weekend): p. 13
Feb. 9-11	A Weekend with Judith Brown: p. 9

THE WEEK OF FEBRUARY 11

Feb. 11-16	The Art of Emotional Nourishment: Greenwald (5 days): p. 9
Feb. 11-16	At Home in Your Body: Lodge (5 days): p. 21
Feb. 11-16	Growth Through Risk-Taking: Schiffman (5 days): p. 8
Feb. 11-16	Psychosynthesis Workshop: Allen, Conway (5 days): p. 14
Feb. 16-18	Gestalt & Body Awareness: G. Downing (weekend): p. 9
Feb. 16-18	Exploring Self Acceptance: Schiffman (weekend): p. 8
Feb. 16-18	Singles' Workshop: Sloan (weekend): p. 8
Feb. 16-18	Acupuncture: Boni (weekend): p. 24
Feb. 18	New Dimensions in Sports: Kriegel, Meggysey, Nadeau & Schutz (afternoon): p. 15

Calendar FEBRUARY

SAN FRANCISCO PROGRAMS

THE WEEK OF FEBRUARY 18

Feb. 18	Act of Willing in Psychosynthesis: Kull, Carter (single eve): p. 14
Feb. 18-June 24	Professionals' Tutorial: Keleman (four 1 days): p. 23
Feb. 19	Dimensions of Structural Integration: Salveson (single eve): p. 21
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BIG SUR PROGRAMS

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ESALEN/BIG SUR: Big Sur, CA 93920 / Phone: (408) 667-2335; 10 to 5, Monday through Saturday; 10 to 9, Sunday

ESALEN/SAN FRANCISCO: 1776 Union Street, San Francisco, CA 94123 / Phone: (415) 771-1710; 10 to 5, Monday through Saturday

Structural Integration

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom and balance. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage; working with a trained practitioner, the process is usually completed within ten individual sessions.

TRAINING in structural integration is offered only through the Ida P. Rolf Foundation for Structural Integration and only upon completion of certain prerequisites. Research in rolfing is encouraged by the Foundation. Information about training and research, as well as class announcements may be obtained by writing the Foundation, P.O. Box 1868, Boulder, Colo. 80302.

INDIVIDUAL SESSIONS with practitioners of structural integration are available *by appointment only* through the following offices:

Esalen Institute, Big Sur – no telephone appointments. Please request appointments in writing. Practitioners include Michael Butler, Al Drucker, Stanley Johnson, William Schutz, Beverly Silverman, Simone Surpin, Ed Taylor.

Esalen Institute, San Francisco – Telephone for appointments. Megan Gilchrist, Dub Leigh, Michael Salveson, Larry Swann.

STRUCTURAL PATTERNING *is a body system which promotes structural balance and efficiency and economy of movement within the gravitational field. Patterns which block energy in the body are exchanged for those which allow energy to flow. It is particularly effective during or after rolfing for those who want to develop the use and awareness of their reorganized bodies, to produce further structural change along the same lines, and to rebalance themselves in situations of physical or emotional stress.*

A course of private work in structural patterning usually consists of three to five supervised sessions, perhaps with a follow-up session after a few months.

Practitioners available for individual sessions are: Esalen/Big Sur – Ama Torrance; Esalen/San Francisco – Faith Hornbacher.

•B.S. January 26-28
At Home in Your Body
Elisa Lodge
Weekend workshop $85

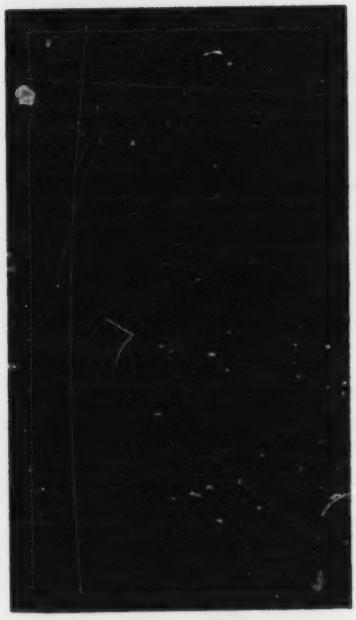
Structural patterning is the basis of this workshop; becoming more at home within ourselves by eliminating what is unessential in our bodies. The patterns are adapted to each participant's personal needs so that he makes them his own. Together we will explore our everyday activities as well as widen our experience in spontaneous movement. Limited to 12 participants.

■S.F. February 10
Structural Patterning in Stillness & Motion
Faith Hornbacher
One-day workshop $25

This workshop is limited to 6 participants who have been or are being rolfed. 10 a.m. to 6 p.m., Saturday.

■S.F. February 11
Structural Patterning in Stillness & Motion
Faith Hornbacher
One-day workshop $25

This workshop is limited to 6 participants who have been or are being rolfed. 10 a.m. to 6 p.m., Sunday.



•B.S. February 11-16
At Home in Your Body
Elisa Lodge
Five-day workshop $215

(See workshop description, January 26-28, above.)

■S.F. Monday, February 19
The Dimensions of Structural Integration
Michael Salveson
Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

A discussion and demonstration of the Rolf method of structural integration.

•B.S. February 23-25
Introduction to Rolfing
Alvin Drucker, Beverly Silverman & Ama Torrance
Weekend workshop $85

This workshop is for those interested in knowing more about the theory and technique of structural integration. Sessions will include a lecture on the physiology of rolfing, a demonstration of the technique and structural patterning movements.

•B.S. March 4-April 6
Structural Integration & Gestalt
Al Drucker, Beverly Silverman, Ama Torrance
Five week program

(See workshop description under *Extended Programs*, page 5.)

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

The Human Body

AIKIDO is a Japanese art of self defense with the emphasis placed on centering, harmony and blending. It is presented as a physical manifestation of energy and spiritual Laws of the Universe.

THE ALEXANDER TECHNIQUE is concerned with the integration of posture and movement.

Alexander discovered that a basic correction of balance, and an accompanying reduction in stress, occurs when that particular relationship of the head to the neck which permits "the greatest possible lengthening of the spine in each and every act" is freely maintained.

This re-education is not accomplished by physical exercises or self-manipulative positioning, but by means of a conditioning procedure which alters the body image and through it the capacity for postural stability.

BIOENERGETIC ANALYSIS attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling and relationship. The body is viewed as an energetic process that participates as the world *in* the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this energetic process.

MASSAGE at Esalen is seen and taught as a caring relationship between two people. Consideration is given first to the feelings and sensory experience of both partners, and after that to technique. Workshops are attended by both couples and singles.

POLARITY THERAPY is an intensive pressure-point massage system similar in both theory and practice to Chinese acupuncture. Developed and synthesized by Dr. Randolph Stone from Oriental traditions many centuries old, its purpose is to realign posture and to release blocked energy throughout the body. Although advanced work in polarity therapy requires extensive training, a number of its more basic techniques are accessible to the interested layman.

SENSORY AWARENESS is Charlotte Selver's name for the work she studied with Elsa Gindler in Berlin and brought to the United States in 1938. Workshops in Sensory Awareness aim at a state of intellectual quiet in which each activity can be fully felt and allowed to find its natural way, free of inhibitions, techniques and images. When ideas are stilled, sense perceptions coming from the entire organism enable the person to function authentically, according to his nature, in all situations. Closely akin, in its pure form, to the practice of zen, Sensory Awareness brings the essential character of meditation to every aspect of daily living.

TAI-CHI CHUAN is an ancient Chinese exercise discipline practiced for health, meditation, energy flow and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term *tai chi* can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

■ Monday or Wednesday evenings

Alexander Technique
Frank Ottiwell, *Mondays*
Joan Schirle, *Wednesdays*

Continuing program $35 per month

Enrollment in each class is limited to 6 persons; new persons may join the classes as spaces become available. Monday evenings, 6-7:30 p.m.; Wednesday evenings, 7:30-9 p.m.

■ S.F. Tuesday evenings & Saturday mornings

Aikido & Energy Awareness
Robert Nadeau

Continuing program

One meeting per week: $15 per month (general & student); Two meetings per week: $25 per month (general), $20 per month (student).

A continuous program of instruction in energy awareness and in aikido as a physical expression of that awareness. This course meets each week; participants can be in one or two sessions per week, with tuition based on the schedule of participation. Tuesday, 8-9:30 p.m.; Saturday, 10-12 noon. First Unitarian Church, Franklin and Geary Streets, San Francisco.

■ S.F. January 5-7

Massage
Peggy Morrison & Richard Horan

Weekend workshop $50

● B.S. January 7-12

Sensory Awareness, Movement & Tai Chi
Ben & Judyth Weaver

Five-day workshop $215

● B.S. January 7-12

Renascence
Michael Butler

Five-day workshop $215

Each of us carries within him, buried beneath layers of psychic and physical tensions, the fertile seed of a new self. This workshop will use many of the Esalen body-oriented and psychological techniques to allow participants to experience that seed center of self and nourish it.

● B.S. January 7-12

Bioenergetics: A Workshop With Michael Conant

Five-day workshop $275

The focus of this workshop will be individual and group sessions utilizing bioenergetic, neo-Reichian and gestalt modalities. Limited to 16 participants.

● B.S. January 7-12

Gestalt With Body English
John & Sandy Enright

Five-day workshop $245

Mind: "I want to be free!"

Body: "No way! I want to go on just as I am, up-tight and holding in, but safe and familiar."

The body's part of this familiar dialogue is expressed in physical symptoms and chronic muscle tension. We will use gestalt and a variety of body approaches drawn from bioenergetics, dance and psychomotor training to work on the resolution of this eternal internal argument.

For reservation information, see page 27. For Leaders' Biographies, see pp. 28-31.

The Human Body

•B.S. January 12-14
The Physical, Psychological and Spiritual Aspects of Yoga
Joel Kramer
Weekend workshop $85

A workshop designed to introduce yoga and meditation as a means of exploring oneself and the nature of awareness. Yoga techniques such as hatha yoga, jnana yoga and pranayama (breathing) will be covered. There will be inquiry into the structures of mind.

■S.F. January 13
Unorthodox Medicine
David Sobel
One-day seminar $20

A discussion of unorthodox medical approaches with an emphasis on positive health, preventive medicine and the medicine of the whole person. Areas to be drawn from include: primitive, ancient and Hippocratic medicine, Chinese medicine and acupuncture, yogic therapy, American Indian medicine, naturopathy, homeopathy, zone therapy, nutritional therapy, chiropractics, structural integration, relaxation therapy, and biofeedback training. 10 a.m. to 6 p.m., Saturday.

•B.S. January 14-19
Knots Are from Nots
Gabrielle Roth
Five-day workshop $245

"DO NOT..." They cause knots in your body. Let's get rid of them by getting into our bodies, relaxing, breathing deep, massaging each other and dancing through all those blocks which are keeping us out of life and from each other.

■S.F. Wednesday, January 17
An Introduction to the Movement Ritual Series: Cycles of Movement-Feeling-Mind
Ann Halprin
Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Participants will create a collective ritual as an initiation to Ann Halprin's workshop series: Cycles of Movement-Feeling-Mind. (For a complete description see *Extended Programs*, p. 4.)

•B.S. January 19-21
Bodymind
William Schutz
Weekend workshop $95

The workshop will attempt to integrate the Feldenkrais exercises (a body method) with fantasy and encounter. Everyone will be given an opportunity to experience several exercises followed by a fantasy, then in an encounter group to deal with the material generated. The aim is for a more complete integration of each person's organism.

■S.F. January 19-21
Body/Mind/Spirit
Michael Butler
Weekend workshop $50

With a base of encounter and gestalt techniques, this workshop will integrate the balance concepts of structural integration with the centering and grounding practices of aikido and energy awareness. The goal will be to tap the sources of power and well-being within us.

■S.F. January 20
Dreams and the Body
George Downing
One-day workshop $25

In this workshop we will work with gestalt, breath awareness and other techniques in order to clarify and to integrate the messages of our dream bodies. Those who are out of touch with their dreams are also welcome: we will use deep fantasy methods in order to explore some of the same thematic material. 10 a.m. to 10 p.m., Saturday.

WORKSHOPS WITH STANLEY KELEMAN – SAN FRANCISCO

Workshops with Stanley Keleman will focus on an exploration of ways in which the life of the body influences the emotions, the intellect and the culture. These will be primarily teaching groups in which participants will be encouraged to contribute from their own life experiences.

February 3-4 and February 9
Open workshop $100
10 a.m. to 6 p.m., Saturday and Sunday, February 3 and 4; 4-10 p.m., Friday, February 9.

February 16-17
Energetic Roots of the Mystical Experience
Stanley Keleman & Zalman Schachter
Two-day workshop $60

Keleman and Schachter write: "We will explore the role of the body in the mystical experience, combining the insights of biological-energetic thinking with the principles of the chassidic tradition. The Sabbath will be celebrated through an energetic liturgy, a ritual of grounding to open us to the heart of God." Friday, 12 Noon through the evening; Saturday, 10 a.m. to 10 p.m.

February 18-June 24
Professionals' Tutorial
Four one-day workshops $170

Therapeutic and creative process seen from an energetic perspective, with special attention to the biological continuum of experience and the relationship between physical structure and behavior. Open to people in the helping professions, the arts, and sciences. Please describe your background in a brief letter of application. One Sunday each month, February through June, beginning February 18.

February 23
Open Evening workshop $30
4-10 p.m., Friday.

■S.F. January 21
Alexander Technique
Joan Schirle
One-day workshop $20

Each person will be worked with individually. Limited to 10 participants. 10 a.m. to 6 p.m., Sunday.

•B.S. January 21-26
Freeing the Body
Esalen Staff
Five-day workshop $215

This program introduces various body-oriented disciplines such as massage, movement, the Rolf method of structural integration, and yoga. The aim is to give group members greater awareness of their physical structures and to demonstrate methods for achieving freer movement, more expressiveness and life feeling.

■S.F. January 27
Massage
Brenda Sales & Drew Ford
One-day workshop $20

10 a.m. to 6 p.m., Saturday.

■S.F. January 27-28
You Are Your Body
Gabrielle Roth
Weekend workshop $50

When you are out of contact with your body, you are out of contact with life. This workshop is an exploration of you in action, massaging, moving, meditating and chanting.

•B.S. January 28-February 2
Tai Chi Massage
Judy Unell
Five-day workshop $215

This massage method is unique in its incorporation of tai chi movement which transmits a special energy flow and rhythm and which relaxes the massager as well as the recipient. Emphasis is placed on technique combining body movement, pressure points, muscle and sensory stroke.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

The Human Body

■S.F. Wednesday, January 31
Body Awareness
George Downing
Single evening event

[FREE]; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco. Wear loose and comfortable clothing, and bring a blanket.

●B.S. February 2-4
Ann Halprin and the Dancers' Workshop Troupe
Journey through Body Consciousness
Weekend workshop $85

A micro-playshop for everyone. Psychic breakthrough with meditation through movement. Breathing. Exploring the six spinal centers. Spontaneous dancing and chanting with drums. . . and an environmental event by the participants, ritualizing the playshop when we get it together.

●B.S. February 2-4
Good Medicine
David Sobel & Faith Hornbacher
Weekend workshop $85

"Your medicine is in you and you do not observe it. Your ailment is from yourself and you do not register it."

A practical approach to awareness and maintenance of your health and well-being with emphasis on our use/misuse of our bodies. Drawing from a body of exercises including breathing, movement, reflexology, structural patterning, Bates visual reeducation, body meditation and the Fantastic Voyage.

■S.F. February 3
Releasing Fixed Patterns
Christie King
One-day workshop $20

The process of living builds defenses and rigid patterns into our bodies. From childhood our nervous systems learn to react with certain selected fixed patterns. This conditioning greatly restricts body awareness and prohibits alternative ways of body movement. Dr. Moshe Feldenkrais has developed sequences of profound, simple exercises and through these our awareness will be directed to releasing fixed patterns in the body and the corresponding opening of the whole body's energies. 10 a.m. to 6 p.m., Saturday.

■S.F. February 3-4
Gestalt & Massage
Frank Rubenfeld & Mari Krieger
Weekend workshop $50

10 a.m. to 6 p.m., Saturday and Sunday.

●B.S. February 4-9
Centering Through Movement and Massage
Barbara Clemans
Five-day workshop $245

We will draw upon methods from neo-Reichian energetics, polarity therapy, massage, dance, movement and shiatsu.

●B.S. February 9-11
Movement & Massage
Patty Jordan & John Graham
Weekend workshop $85

We aim to combine the skills of movement and massage in order to heighten the experience of both. To enhance the awareness and knowledge of the body, movement patterns and sequences will be taught before and after the presentation and the giving and receiving of massage techniques. We would like to provide an environment where the release of energies from massage into movement and movement into massage can be explored more fully.

●B.S. February 9-11
Renascence
Michael Butler
Weekend workshop $85

(See workshop description, January 7-12, above.)

■S.F. February 9-April 8
Expression and Being
George Downing
Two-month program $200

An in-depth program providing a wider opportunity to explore and to integrate a number of different pathways toward personal growth. Our focus will be on the body as the source and center of our being; and on our individual styles of making contact, both with ourselves and with other persons. We will make extensive use of gestalt, and meditation, as well as a variety of methods of working directly with the body, including breath awareness, Feldenkrais techniques, movement, Esalen massage, polarity therapy and others. An intellectual as well as an emotional understanding of what we together have experienced will be encouraged. Two weekends (February 9-11; April 6-8) and one evening meeting per week (dates to be announced).

■S.F. February 10-11
Integrated Weekend Wake-up Shop
Lauree Moss & Steven Flynn
Weekend workshop $45

We will explore, using the gestalt method, our mind and body processes which inhibit our living more fully in the here and now. We also want to have fun in sharing some of the other tools we know, i.e. hatha yoga, Dr. Stone's yoga, concentration and some direct body work. 10 a.m. to 6 p.m., Saturday and Sunday.

■S.F. February 14-April 4
Belly Dancing
Barbara Clemans
Eight Wednesday evenings $3.50 per session or $25 for eight sessions

"I have studied many ethnic dance forms and have found belly dancing to be the most female of the arts; perhaps because it originated as a dance of empathy for women during childbirth. I have also discovered methods of freeing the movement range and energy flow in the lower half of the body. I would like to share these discoveries with you using breath awareness, psychomotor techniques and belly dancing. The emphasis is not on performance but on enjoyment of movement." For women only. Wear loose, comfortable clothing, and do not eat heavily before the class. 7:30-9:30 p.m.

●B.S. February 16-18
Acupuncture
Giovanni Boni, M.D.
Weekend seminar $85

This seminar will be an introduction to acupuncture with an emphasis on its traditional value as a preventive, healing art. As a concrete example, one of the meridians will be studied in depth in order to show its relationship to the entire circulation of energy and to the occult anatomy of man. Related drugless healing arts will also be explored.

●B.S. February 16-18
Gestalt & Body Awareness
George Downing
Weekend workshop $85

We will work intensively with both the verbal methods of gestalt and a number of nonverbal techniques of body awareness, including fantasy, movement, breath awareness, Feldenkrais dynamics, energy exchange and others.

■S.F. February 17
Massage
Peggy Morrison & Richard Horan
One-day workshop $20

10 a.m. to 6 p.m., Saturday.

INDIVIDUAL MASSAGE APPOINTMENTS are available in both Big Sur and San Francisco to program registrants and Friends of Esalen. In Big Sur, contact the office during your stay at Esalen. In San Francisco, call 771-1710 for appointments.

For reservation information, see page 27. For Leaders' Biographies, see pp. 28-31.

The Human Body

■S.F. February 17-18
Group Bioenergetics
Michael Conant
Weekend workshop $60

Working as a gorup rather than individually, we'll use bioenergetics and neo-Reichian modalities to further deepen contact with ourselves and with each other. 10 a.m. to 6 p.m., Saturday; 11 a.m. to 4 p.m., Sunday.

•B.S. February 18-23
Magicland of Esalen
Jackie Clare & Michael Kerber
Five-day workshop $215

A week for the creation of music and tuning the body in perfect harmony with nature's rhythms. Massage, Arica training exercises, hatha yoga, singing, chanting, meditation, dance and field trips into Big Sur. Bring musical instruments.

•B.S. February 23-25
Perceptions of the Body
Five workshops offering five different approaches to the Human Body.

Centering
Robert Nadeau
Weekend workshop $85

Participants will start with centering practices in the physical dimension, move to centering as mental awareness, and culminate in meditation with centering as a focus for spiritual unfolding.

Introduction to Rolfing
Alvin Drucker, Beverly Silverman & Ama Torrance
Weekend workshop $85

This workshop is for those interested in knowing more about the theory and technique of structural integration. Sessions will include a lecture on the physiology of rolfing, a demonstration of the technique and structural patterning movements.

Alexander Technique
Judith Stransky & Frank Ottiwell
Weekend workshop $85

Massage Workshop for Couples
Peggy Morrison & Richard Horan
Weekend workshop $85

You Are Your Body
Gabrielle Roth
Weekend workshop $85

When you are out of contact with your body, you are out of contact with life. This workshop is an exploration of you in action, massaging, moving, meditating and chanting.

■S.F. February 20-March 13
Polarity Therapy: For Professionals
Anne Kent Rush
Four Tuesday evenings $50

A training course for those interested in integrating polarity release techniques with their own work. Limited to 14. Send a brief letter to Esalen/San Francisco indicating your training and current work. 7:30-10 p.m.

■S.F. February 23-25
A Western Approach to Centering
Seymour Carter
Weekend workshop $50

"My work is living and teaching a way of life which gradually develops the capacity to live in the here and now and to be all there for whatever life brings. Working with the traditional methods of meditation and aikido, and the contemporary methods of gestalt and sensory awareness, this workshop will introduce participants to a Western approach to centering."

■S.F. February 24
Movement-Ritual Series: Cycles of Movement-Feeling-Mind
Ann Halprin
One-day workshop $20

We will evoke individual self-symbols of totems from concentration and movement of one part of the body. The process will become a way to discover an entranceway to begin our body journey. The group will discover and ritualize ways of making one complete body or group self-symbol out of all the individual parts; each part finding its place within the group persona. 10 a.m. to 6 p.m., Saturday. (For a complete description of the Movement-Ritual Series, see *Extended Programs*, p. 4.)

■S.F.- February 24-25
Conscious Mind, Conscious Body: A Weekend for Women
Anica Vesel Mander & Anne Kent Rush
Weekend workshop $35

Women have been conditioned to be passive, dependent and mistrustful of their own feelings. In this workshop we will deal with ways of changing this conditioning by sharing our experiences and liberating specific body blocks. 10 a.m. to 6 p.m., Saturday and Sunday.

•B.S. February 25-March 2
Western Yoga
Bernard Gunther
Five-day workshop $245

A workshop that will move to the experiencing of a deeper mind body being integration and the practical application of these methods and their use in everyday life, relationships and situations. In this group, you will experience and come into contact with core aspects of yourself, nature and others through the amalgamation of sensory awakening and psychosynthesis processes along with other methods both Eastern and Western; physical, mental and spiritual.

•B.S. February 25-March 2
Sensory Awareness, Movement & Tai Chi
Ben & Judyth Weaver
Five-day workshop $215

■S.F. Wednesday, February 28
Massage: Introduction & Demonstration
Gunver Jackson
Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

An introduction to the philosophy of massage, rather than to specific techniques. The evening will include energy and relaxation exercises for the masseur and instruction in hand massage.

THE LOMI SCHOOL

The Lomi School, under the direction of Robert Hall, concentrates on awareness development, integrating mental and body disciplines in a daily living situation that includes gestalt, structural integration and polarity therapy, hatha yoga, diet, an emphasis on health and encouragement toward meditation.

Evening session:

An Evening with the Lomi School to talk about their approach, philosophy and activities.

Thursday, February 15; 8-10:30 p.m.;

$3 general, $2 student; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Weekend session:

January 26-28

Lomi School Weekend for Women

Catherine Heckler, Zelita Regalbuto, Alyssa Hall, Allison Hall, Genna Hall

Weekend workshop: $55 including room and meals. Open to all women high school age and over. To include gestalt, hatha yoga, movement, breathing, art in a supportive environment. Begins 7 p.m., Friday.

Register through Esalen/San Francisco.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Workshops for Professionals

■S.F. January 6

Reading!!! A Workshop for Teachers
Ford-Esalen Staff, Marilyn Harris Kriegel & Sara Miller

One-day workshop $25

A new definition and curriculum for reading, helping kids to read bodies, feelings, words and sounds. 10 a.m. to 10 p.m., Saturday. **University credit available. Contact Esalen/San Francisco for information.**

■S.F. January 12-14

Gestalt at Wilbur Hot Springs
Richard Louis Miller and Gestalt Community

Two-day Gestalt Workplayshop Weekend
January 13-14 $35 including room & meals

Participants will live with the Gestalt Community at their country home, Wilbur Hot Springs, and share their balanced diet (prepared with care), 240 beautiful acres, hot mineral baths, etc. Teams of Gestalt Agents, supervised by Dr. Miller and Gestalt Community members, will lead groups of 10-12 demonstrating and applying principles of gestalt and existential life style. Saturday noon to Sunday at 5 p.m.

Three-day Gestalt Training Weekend
January 12-14 $65 including room & meals

This weekend is designed to offer those in the helping professions (people helpers) an opportunity to experience residential training in the study and application of gestalt principles and existential life style. This in-community training weekend is a mini-internship including a full day of training with Dr. Miller and Gestalt Community members, and two days supervised practicum working in teams with participants in the open gestalt workshop. Trainee group supervision and open evaluation sessions including the entire community are also included in the experience. Various approaches to working with the body, energy releasing exercises (Miller Energy Arm), sensory experiences, as well as hot mineral baths and a balanced diet will be integrated into the program. Friday noon to Sunday at 5 p.m.

●B.S. January 21-26

Therapeutic Aggression
George Bach

Five-day workshop $275

A workshop for psychotherapists, marriage counselors and family group therapists as well as the interested individual focusing on the role of hostility and aggression in our lives. All participants are requested to read *Aggression Lab.* The workshop will be geared to the professional and layman and we will work on the two levels simultaneously in two sections.

●B.S. February 4-9

Skills Workshop for Group Leaders
Jacqueline Doyle Larcombe

Five-day workshop $215

The focus of this workshop will be on providing intensive group experience, introducing group techniques and enhancing the transfer of these skills for persons already leading groups in various settings. Techniques used will be drawn from psychodrama, encounter, gestalt, bioenergetics, psychomotor and fantasy.

■S.F. Wednesday, February 7

Individualizing Instruction: An Evening for Teachers
Ford-Esalen Staff, Marilyn Harris Kriegel & Sara Miller

Single evening event

$3 general, $2 student; 7-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Methods for tuning into nurturing and supporting individual needs of students and teachers affectively and cognitively.

■S.F. February 9-11

Gestalt at Wilbur Hot Springs
Richard Louis Miller and Gestalt Community

(See workshop descriptions, January 12-14, above.)

■S.F. February 18-June 24

Professionals' Tutorial
Stanley Keleman

Four one-day workshops $170

Therapeutic and creative process seen from an energetic perspective, with special attention to the biological continuum of experience and the relationship between physical structure and behavior. Open to people in the helping professions, the arts, and sciences. Please describe your background in a brief letter of application. One Sunday each month, February through June, beginning February 18.

■S.F. February 20-March 13

Polarity Therapy: For Professionals
Anne Kent Rush

Four Tuesday evenings $50

A training course for those interested in integrating polarity release techniques with their own work. Limited to 14. Send a brief letter to Esalen/San Francisco indicating your training and current work. 7:30-10 p.m. (For a definition of polarity therapy, see *The Human Body*, p. 22.)

For reservation information, see page 27. For Leaders' Biographies, see pp. 28-31.

San Francisco Information

For reservations, literature, tickets and information, write or call:
Esalen Institute
1776 Union Street
San Francisco, Ca. 94123
Phone: (415) 771-1710
10 to 5, Monday through Saturday

RESERVATIONS: should be made at least one week prior to start of program. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to: Esalen Institute, 1776 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express.

INFORMATION, LITERATURE AND TICKETS: for lectures may be obtained Monday through Saturday, 10:00 to 5:00 at 1776 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

WEEKEND SCHEDULES: Weekend workshops meet from 8 to 11 p.m. on Fridays, from 10 a.m. through the afternoon and/or evening on Saturdays, and from 10 a.m. to early afternoon on Sundays, unless otherwise indicated in workshop descriptions. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

ACCOMMODATIONS: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

RESIDENTIAL PROGRAMS: are indicated in individual workshop descriptions. Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend residential programs, unless otherwise indicated, begin at 8 p.m. Friday (no supper served) and conclude following Sunday lunch. Programs are held at a conference center in Marin County or in Sonoma County; exact location will be included with reservation confirmation.

LOCATION: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs including its own building at 1757 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

SCHOLARSHIPS, interest-free loans and work scholarships are available for many programs in San Francisco. Contact the S.F. office for information and forms. STUDENT AND "POOR PEOPLE" RATES are also possible on a space-available basis. These are *stand-by* rates of 50% off the stated workshop price. Come by the S.F. office no earlier or later than three days before the program's starting date to place your name on a stand-by waiting list, to leave a deposit for the program, and to validate that you qualify for stand-by rates. (The deposit is refundable if you do not get in the workshop.) Confirmations will not be made until the morning of the workshop date.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be refunded if reservation cannot be confirmed or upon request by persons not wanting to be on a waiting list.

Big Sur Information

For reservations and information, write or call:
Esalen Institute
Big Sur, Ca. 93920
Phone: (408) 667-2335
10 to 5, Monday through Saturday
10 to 9, Sunday

RESERVATIONS: must be made at least one week prior to the first day of the program. Deposits accompanying the reservations are required as follows: $20 for weekend programs; $70 for 5-day programs; $200 for 2-week programs; and $400 for 4-week programs. Deposits are non-refundable but may be transferred with ten days notice. Please mail reservation form with check to: Esalen Institute, Big Sur, California 93920. Do not send Big Sur reservations to San Francisco. Balance of payment is due on arrival.

PROGRAM COSTS: cover tuition, food and lodging, use of the fresh-water pool and hot mineral baths. Massage, available by appointment, is extra. Foreign currency: Esalen can only accept checks drawn on U.S. funds. Esalen accepts Master Charge and American Express.

GROUNDS ARE CLOSED EXCEPT BY RESERVATION. Participants are discouraged from bringing guests or having people drop in.

CHECK-IN/CHECK-OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening; however, guests are welcome to arrive earlier in the afternoon. All programs begin with dinner on Sunday evening; weekend programs begin with dinner on Friday evening. The last session of a five-day program is Friday morning. Two-week and four-week programs usually have final sessions on the last Friday morning. Weekend programs end on Sunday after the morning session. Check-out time is noon of the final day of all programs.

ACCOMMODATIONS: The rooms on Esalen property are designed for shared occupancy (2 or 3 to a room), and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodging in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property – in tents, cars, campers or meeting rooms – is strictly prohibited.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean, with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name.

From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon. It is identified on some road maps as Slates Hot Springs or Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute – Reservations only.

CHILDREN AND PETS: There are no child care facilities at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Alas, no pets.

LIMOUSINE SERVICE FROM MONTEREY: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is available between 11:00 A.M. and 6:00 P.M. on Fridays and Sundays at $10 per person from Monterey Airport or Greyhound Terminal, with *3 to 5 days advance notice.* On arrival, guests should inquire at terminal service for the Esalen Representative.

WORK COMMITMENT: Approximately 12 hours of work per week in the kitchen, garden and grounds are required of participants in all programs of two weeks duration or longer.

ORGANIC FOOD: The organic food garden on the Esalen grounds is flourishing and provides the kitchen with most of its vegetables and herbs. We try to serve only organically-produced meats, poultry and dairy products; most breads and pastries are made by Esalen bakers.

STAFF-LED WORKSHOPS: Some of the four-week, two-week and five-day programs listed will be led by members of the Esalen Staff from Big Sur. Big Sur Staff includes: Michael Butler, Seymour Carter, Al Drucker, Brita Fluck, Betty Fuller, Janet Lederman, David Lees, Dub Leigh, Peggy Morrison, Richard Price, Paul Rebillot, Carole Rosenblatt, Gabrielle Roth, William Schutz, Beverly Silverman, Julian Silverman, Simone Surpin, Ben Weaver and Judyth Weaver.

• Big Sur programs include room, meals and tuition. ▪ San Francisco programs generally do not include room or meals.

Biographical Information

SANDRA AGUILAR, SALLY GEARHART, CLOVER HERZSTAM, MARCIA KALLEN, DAVID KLEINBERG, JOHN SHULTZ & GARY TITUS are seven members of the San Francisco feminist and gay community, ages 21 to 41, with a wide range of experiences and training. They are presently developing alternative life styles.

TOM ALLEN, a senior associate of the Psychosynthesis Institute and a former Esalen resident fellow, underwent didactic training at the Psychosynthesis Institute with Jim and Susan Vargiu, and with Roberto Assagioli in Italy. He has led workshops for several years at growth centers and educational institutions throughout the country, and has taught courses in psychosynthesis at college and university level. He is an artist and has worked to integrate art into the psychosynthesis process as a means of self-realization.

MAURICA ANDERSON is an encounter group leader and former staff member of the California Institute of Psychodrama.

WALT ANDERSON studied psychodrama under Lewis Yablonsky, is accredited by the Moreno Academy of New York, and was formerly executive director of the California Institute of Psychodrama. He has served as a consultant in psychodrama to many businesses, agencies, hospitals and educational institutions.

GEORGE BACH is the founder/director of the Institute of Group Psychotherapy in Los Angeles and specializes in fight training for families, singles and couples. Co-originator of marathon groups, he is the author of *Pairing, The Intimate Enemy*, and *Intensive Psychotherapy*.

GREGORY BATESON is a world-famous ecologist and ethnologist. He originated the "double bind" theory which explains some of the causes of schizophrenia. His most recent interests join the workings of the human mind and emotions to the problems of ecology.

BETTY BERZON is the principal developer of the Bell & Howell *Encountertape* Series. She is co-editor of the recently published book, *New Perspectives on Encounter Groups*, and author of a book in preparation, *The Quest for Love*. In private practice in Los Angeles, she is conducting gay encounter groups, consulting with gay organizations, and co-editing with Don Clark a book titled *Gay and Growing*.

*LARRY BLOOMBERG, clinical psychologist, helped found the Gestalt Institute of San Francisco, the Gestalt Institute for Multiple Psychotherapy, and gestalt communities in Albuquerque, San Francisco and Wilbur Springs, Calif. He consults the *I Ching* as a repository of wisdom and as one way of visiting with the masters.

GIOVANNI BONI is an Italian acupuncturist, osteopath and homeopath now living in Los Angeles. He has studied acupuncture for 22 years. He holds a doctorate in architecture and a master of science degree in human engineering.

*PAULA BOTTOME is a gestalt counselor working in San Francisco and Marin County. She has wide experience with individuals and groups and likes to work with young, old, up, down, male, female, black, white and other kinds of people.

*LOIS BRIEN is a gestalt therapist, an organization consultant in the Bay Area and a member of the faculty of the California School of Professional Psychology. She is a gestalt author, painter and activist in the feminist movement.

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is director of DRICE, the Ford Foundation Center in confluent education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning*.

JUDITH BROWN has an international reputation as a gestalt awareness trainer and has been interested in the use of symbols as an expression of the creative unconscious. In addition to her own groups, she has co-led numerous groups with her husband.

MICHAEL BUTLER is a group leader with a background in body techniques. A former Esalen resident fellow, he was trained in group process by John Heider and subsequently as a practitioner of structural integration by Ida Rolf. He has a special interest in ways to adapt the personal growth practices of the group meeting room to everyday life.

*JOSEPH CAMHI, clinical psychologist and gestalt therapist, recently spent a year studying at a Gurdjieff-oriented school in England and is now in private practice in San Francisco.

BETSIE CARTER, a senior associate of the Psychosynthesis Institute, was associate director of the Ford-Esalen Project in Confluent Education and an Esalen resident fellow. She underwent didactic training in Italy, with Roberto Assagioli, and at the Psychosynthesis Institute with Jim and Susan Vargiu. She has given workshops in this country and abroad, and currently works with individuals and groups in psychosynthesis.

SEYMOUR CARTER is a former director of the Esalen residence program. His background includes training with Synanon, Charlotte Selver and Ida Rolf. He has been deeply influenced by zen buddhism and gestalt, and is a student of aikido.

JACKIE CLARE is a former Esalen resident, trained in gestalt, encounter and body awareness techniques, Arica training, massage and yoga. She is also a former Esalen dishwasher.

DON CLARK is a clinical psychologist, writer and teacher who has worked with groups for fifteen years. Dr. Clark is in private practice in Menlo Park and San Francisco. His most recent book is *Humanistic Teaching*. He is co-editing a book with Betty Berzon titled *Gay and Growing*.

BARBARA CLEMANS is a teacher, masseuse and dancer who has performed as a belly dancer professionally. She has done graduate work in dance/movement at San Francisco State and has completed an apprenticeship with Ann Halprin of the Dancer's Workshop. She has led numerous groups and has assisted psychotherapists using massage and movement as a means of self-exploration and energy release.

MICHAEL CONANT is a psychologist in private practice in Berkeley working in gestalt and bioenergetic reeducation. His current practice centers around group work, and his particular interest is in teaching individuals to become more assertive, more themselves. He is an associate member of the Gestalt Institute of San Francisco.

MARGARET CONWAY, a senior associate of the Psychosynthesis Institute, is in didactic training with its directors, Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. Trained as a psychiatric nurse, she also has extensive experience as a group leader. Presently she works with individuals and groups in psychosynthesis.

RICHARD COWAN has an M.A. in anthropology from the University of California at Berkeley. He writes and makes films on the varieties of human consciousness. *Invisible Walls*, his film on personal space, was honored at the Columbus Film Festival, and he has served as research associate for George Leonard's new book, *The Transformation*. Currently he is at work on a film about the social position of Greek women.

ELEANOR CRISWELL is the Director of the Humanistic Psychology Institute and an associate professor of psychology at Sonoma State College.

Biographical Information

ROBERT CROMEY, a former Esalen resident fellow, is an experienced group leader and teacher of massage and sensory experiences. He has worked as a priest, politician, administrator. He has a private practice in San Francisco.

GEORGE DOWNING, author of *The Massage Book*, uses an integral approach to body awareness, combining massage, yoga and other disciplines.

*JACK DOWNING is a psychiatrist in private practice in Palo Alto. He is experienced in public health, structural integration, gestalt therapy and the Arica awareness training.

AL DRUCKER attended Esalen's first nine-month residence program in 1966. He was trained in gestalt by Fritz Perls and Dick Price, and in structural integration by Ida Rolf; he will shortly be teaching rolfing for the Guild for Structural Integration.

SHELLY DUNNEGAN is a teacher who has trained at the Berkeley Rap Center. She has been active in the women's movement as an organizer of small groups and as an organizer-member of the Good Works Collective and Alyssum.

*JOHN ENRIGHT, diplomate in clinical psychology, has been a gestalt trainer for ten years and is developing new fields of application for the basic principles of gestalt.

SANDY ENRIGHT's major focus is the bodymind. She has been influenced by several divergent streams of thought: bioenergetics, gestalt, ethnic dance, massage, effectiveness training and Synanon games, and is now using a blend of these in working with individuals and groups, separately and with her husband John.

JOSEPH FABRY is a student of Viktor Frankl and author of *The Pursuit of Meaning*. He is an editor and Extension instructor on logotherapy at the University of California, Berkeley and a writer and lecturer.

STEVEN M. FLYNN, Director of the Human Potential Center in Fresno, has an M.A. in Humanistic Psychology and studied with Bob Hall for two and a half years. He is presently in private practice in Fresno.

DREW FORD completed the Esalen Extended Growth Program with Betty Fuller and Dub Leigh. He has studied massage with George Downing and Anne Kent Rush.

ARTHUR FOX is a former Esalen resident fellow, trained by William Schutz. For the past year he and his wife have been leading groups in Europe as well as introducing humanistic education at a school in Leysin, Switzerland.

JANICA FOX, together with her husband, was an Esalen resident fellow. Previously, she has done research at Harvard on groups.

ALLAN FRANKEL, director of the Gestalt Myth Society, studied at the C. G. Jung Institute in Zurich. He teaches experimental creative writing-growth classes for U.C. Santa Cruz, Berkeley and Sonoma State. His teaching derives in part from work with Kay Boyle, James Broughton, Robin Gadjusek, John Enright, Dick Marsh and Martha Nastich.

STANLEY FREITAS was in the Fall 1970 Residence Program and on the administrative staff at Esalen/Big Sur.

BETTY FULLER is a former Esalen resident fellow. Her background, in addition to encounter group work here and abroad, includes teaching and several years in radio, television and theatre.

*SIDNEY GERSHENSON is a licensed clinical social worker, a trainer at the Gestalt Institute of San Francisco and in private practice as a gestalt therapist in Berkeley and Marin County.

JOHN GRAHAM is a teacher and performer. He has developed techniques in the use of imagery and movement to change body image, movement patterns and increase kinesthetic feedback.

JERRY GREENWALD is a gestalt therapist in practice in Santa Monica. He developed the concepts of nourishing ("N" people) and toxic ("T" people) attitudes and behavior patterns which Fritz Perls refers to in his last two books.

BERNARD GUNTHER was for seven years a staff member at Esalen. For the past two years he has been involved in the study of psychosynthesis and has worked directly with Dr. Roberto Assagioli. He is the author of *Sense Relaxation, Love View, What to do Till the Messiah Comes* and *How the West Was One*.

*ROBERT HALL, physician, gestalt therapist, student of meditation, practitioner of body work, is director of the Lomi School.

ANN HALPRIN is director of the San Francisco Dancers' Workshop where she has developed her own unique approach to the movement art, for which she was awarded a Guggenheim Fellowship in 1971. She has worked intensively with Ida Rolf and Bob Hall in structural integration, and with Fritz Perls in Gestalt.

ARTHUR HASTINGS is a specialist in language and communication, with further interests in parapsychology and consciousness processes. He has taught at California State University, San Jose, and at Stanford University.

RICHARD HORAN is an artist, masseur and organic gardener.

FAITH HORNBACHER was trained in Rolf-Aston Structural Patterning in Stillness and Motion by Judith Aston. She is presently in private practice in the Bay Area.

ART HOUGH is Professor of Communication Theory and Mass Media at California State University, San Francisco. He is an educational television and film producer, author of *Stand Up and Speak* and interpersonal communication consultant to various agencies.

GUNVER JACKSON is a licensed masseuse certified in Swedish massage. She has worked as a healer and has studied breathing, gestalt awareness and relaxation techniques. She and her husband are founders of the Gamma School of Massage. In addition, she has worked with teenagers at a number of schools in experimental programs using deep relaxation as a road to expanded consciousness.

RON JONES is a clinical psychologist practicing in the Bay Area. He works in aiding psychically sensitive people to attain better balance.

PATTY JORDAN is a dancer and movement instructor and is also in private practice as a masseuse in Marin County. A belief that the movement experience encompasses a greater realm has taken her into breathing (Proskauer), sensory awareness (Selver/Brooks & Gunther), polarity therapy (Stone), rolfing, yoga, herbal medicine, and most particularly, massage. She was originally trained in the Shackman/Esalen method but has since developed her own unique approach combining massage with her other skills.

STANLEY KELEMAN heads the Center for Energetic Studies in Berkeley, runs professional training groups for psychotherapists, and maintains a private group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is author of *Sexuality, Self and Survival*.

*ELAINE KEPNER is a clinical psychologist and gestalt therapist in private practice in San Francisco and Marin County.

MICHAEL KERBER, a longtime explorer of musical realms, has been trained in creative perception and hatha yoga. He is presently living in Big Sur.

CHRISTIE KING, a student of Dr. Moishe Feldenkrais, has a doctorate in counseling and guidance from the University of Miami. Her dissertation was on body therapies. She has also worked with William Schutz and is in residence at Esalen/Big Sur.

Biographical Information

*JERRY KOGAN is a poet, teacher and gestalt therapist in private practice in Berkeley. He is a senior training therapist at the Gestalt Institute of San Francisco.

JOEL KRAMER is a practicing hatha, jnana and tantric yogi who was in residence at Esalen/Big Sur, 1968-1970. He has taught and lectured internationally and is a master of jnana yoga as well as an outstanding adept of hatha yoga.

BOB KRIEGEL is the director of Esalen's Consulting Service and Friends of Esalen. He is a training consultant for the U.S. Army and has done consulting work with the staffs and faculties of universities, schools, social agencies and business corporations. He is currently training in psychosynthesis with Jim and Susan Vargiu.

MARILYN HARRIS KRIEGEL is the assistant director of the Ford Foundation Esalen Reading Project in Confluent Education. She is a member of the faculties of Hebrew Union College in Los Angeles and Dominican College in San Rafael. She is currently in training in psychosynthesis with Jim and Susan Vargiu.

MARI KRIEGER, a former masseuse at Esalen/Big Sur, has been teaching and giving massages for over four years. She has also trained in gestalt therapy, and combines both gestalt and massage in her work. She and Frank Rubenfeld have led gestalt and massage workshops at various growth centers.

STANLEY KRIPPNER is the Director of the Maimonides Dream Laboratory, where he has conducted experiments in ESP, dreams, hypnosis and biofeedback training. In addition, he is Adjunct Professor at N.Y.U. and St. John's University and serves as research director of the New York Institute for Child Development. He recently gave an invited lecture at the Institute of Psychology in Moscow, where he gained first-hand knowledge about Soviet parapsychology and acupuncture.

JOAN KRUEGER is a psychiatrist and gestalt therapist in private practice in Berkeley and Marin County.

STEVE KULL is a senior associate of the Psychosynthesis Institute. He underwent didactic training in Italy with Roberto Assagioli, and at the Psychosynthesis Institute with Jim and Susan Vargiu. He has given workshops in this country and abroad, and presently works with individuals and groups in psychosynthesis.

JACQUELINE DOYLE LARCOMBE is a psychologist and former Esalen resident fellow, trained by William Schutz. Her background includes teaching and clinical work, and she has done encounter work both here and abroad. For the past year she has served as director of group training and a member of the board of Greenhouse, a new Boston growth center.

JANET LEDERMAN, artist, teacher and author, has developed and utilized the gestalt learning process with ghetto children and with children who manifest extreme behavior problems. She is currently leading gestalt groups throughout the United States and Canada.

LENORE LEFER is a former executive director of the Bridgeport, Connecticut, Mental Health Association, research scientist, teacher and Esalen resident fellow 1971. She has done groups for several free universities and growth centers in the Bay Area.

JOSEPHINE LEO has been reading and sharing sufi tales at the Plowshare Bookstore in Palo Alto on Thursday evenings for the past year.

*ABE LEVITSKY has done extensive original work in clinical and experimental hypnosis. He has co-authored papers on gestalt therapy with Fritz Perls and Jim Simkin. He has recently completed Arica training and is in private practice in Berkeley.

ELISA LODGE was trained in Rolf-Aston Structural Patterning in Stillness and Motion by Judith Aston. She was formerly an actress and teacher of creative movement and is now on the teaching staff of Arica Institute.

ROBERT MARTIN is an artist, pilot and gestalt therapist. He is a training therapist for and past president of the Gestalt Therapy Institute of Los Angeles.

ANICA VESEL MANDER, former teacher of languages at Boston University, Harvard and California State University at San Francisco, is presently devoting her energies to women's studies.

RICHARD MARSH is Professor of Creative Arts and Broadcast Communication Arts at California State University at San Francisco as well as Professor of Semantics and Communication at the California Institute of Asian Studies. He has pioneered in leading encounter groups in an academic setting.

DAVID MEGGYESY for seven years was a linebacker for the St. Louis Cardinals. He is author of the recently published and controversial book *Out of Their League.*

*RICHARD LOUIS MILLER

SARA MILLER is Director of Education at Esalen and head of the Ford/Esalen Project in Confluent Education. She has taught at Yeshiva University and is widely known for her work with special children, educational organizations and curriculum development. She is a Senior Associate of the Psychosynthesis Institute in Redwood City where she is in didactic training with Jim and Susan Vargiu. She has also worked in psychosynthesis with Roberto Assagioli in Italy.

SELIG MORGENRATH is the designer and builder of the Big Sur facility.

PEGGY MORRISON was in the 1970 Esalen residence program. She is currently the head of the Esalen/Big Sur massage crew and a teacher of massage.

LAUREE MOSS is a licensed clinical social worker and is in private practice in the Bay Area. She leads gorups with the Gestalt Community (Gestalt Institute for Multiple Psychotherapy) and is a trainer at the Berkeley Rap Center, where she was recently co-director.

ROBERT NADEAU utilizes energy awareness and the concept of "energy dimensions" to approach the transpersonal self. He also teaches meditation, energy awareness and aikido in the Bay Area.

CLAUDIO NARANJO was trained as a medical doctor and psychoanalyst before turning to gestalt therapy and psychopharmacology and then to the role of a translator of many understandings and practices of spiritual traditions into the terms of contemporary psychology and psychotherapy.

ROBERT ORNSTEIN teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute.

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique (New York) and is President of the California Center. He has been teacher of the Alexander Technique for the American Conservatory Theater since its inception and is in private practice in San Francisco.

LAURA PERLS, Director of the New York Institute for Gestalt Therapy, helped develop the principles of gestalt with her late husband.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

LEE PULOS is a clinical psychologist in private practice and assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in leading training workshops for professionals and in researching the effects of hypnosis upon athletic performance.

*STELLA RESNICK, a clinical psychologist and gestalt therapist, maintains a private practice in San Francisco employing individual therapy and innovative group work. She serves on the Board of Directors and is a training therapist for the Gestalt Institute of San Francisco, and has given talks and demonstrations and led workshops in gestalt therapy throughout the country.

WILLIAM PENNELL ROCK has taught at several universities including Banaras Hindu University in India and the University of California at Santa Barbara. He has done extensive research on Heidegger and on the *Upanishad,* and is presently affiliated with the Center for the Study of Democratic Institutions.

*JACK ROSENBERG is a practicing dentist and gestalt therapist. His interest for the past ten years has been giving the experience of gestalt awareness and yoga psychology to the health professions. His doctoral thesis in psychology relates immediate video feedback and facial massage for facilitating psychotherapy.

GABRIELLE ROTH is a member of the Arica Institute staff.

Biographical Information

FRANK RUBENFELD, a clinical psychologist who completed studies at Yale and NYU's post-doctoral program, trained in gestalt therapy with Fritz Perls at Esalen. Dr. Rubenfeld has been training therapists in gestalt for the past few years as well as leading open workshops on both coasts and at Esalen/Big Sur. He is on the faculty of the N.Y. Institute of Gestalt Therapy and currently resides in Berkeley, where he has a private and group practice.

ANNE KENT RUSH, illustrator of *The Massage Book*, is a polarity therapist and has led numerous workshops in massage, yoga, and other forms of body awareness.

BRENDA SALES is the head of the Esalen/San Francisco massage crew. She was trained in massage by Gunver Jackson.

MICHAEL SALVESON is a practitioner of structural integration in practice in the Bay Area. He recently completed an advanced training course with Dr. Ida Rolf.

ZALMAN SCHACHTER, an ordained rabbi of the chassidic tradition, is an expert on Jewish mysticism. He is currently chairman of the Department of Judaic Studies at the University of Manitoba.

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He has led groups at Anthos and Esalen, has lectured at the University of California, Princeton and many other schools, and has conducted special programs for industry and social agencies. He is currently coordinator of the humanistic psychology program at New York University's School of Continuing Education and has a private practice in New York City.

JOAN SCHIRLE is a certified teacher of the Alexander Technique and has a private practice in Berkeley. She was trained in New York at the American Center for the Alexander Technique where she has also taught classes. She is currently on the faculty of the University of Santa Clara Drama Department and has taught at the Firehouse Theater in San Francisco.

WILLIAM SCHUTZ, author of *Firo, Joy* and *Here Comes Everybody* is presently in residence at Esalen/Big Sur.

ROSALYN LANDMAN SHAFFER studied with Oscar Ichazo in the Arica Training in Chile and has been working with and assisting Claudio Naranjo since her return to the United States.

*CYNTHIA (WERTHMAN) SHELDON is a psychiatric social worker in group, family and individual private practice; trainer and Board member of the Gestalt Institute of San Francisco.

BEVERLY SILVERMAN is a senior practitioner of structural integration and a leader of gestalt awareness training groups.

JULIAN SILVERMAN is the director of Esalen/Big Sur and a gestalt trainer and therapist.

HARRY SLOAN is an experienced leader, consultant and a playwright. An Esalen resident fellow and former dentist, he had his first play, "The Burden", showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspectives – "seeing oneself beyond the impasse" – through the experiential potency of humor.

GERALD SMITH is author of *Me & You & Us*, a series of communication experiences for couples. He is a family therapist in San Mateo, California.

DAVID SOBEL is a medical student on leave from the University of Michigan. He has written on health and the human body for *Big Rock Candy Mountain* and is presently writing a book on unorthodox medicine, *Ways of Health*, to be published in the Esalen-Viking series.

JUDITH STRANSKY is the director of the American Center for the Alexander Technique in Southern California, where she maintains a private practice. She has been active in many of the mind-body ways and techniques and has also worked with several of the body-oriented psychotherapies.

AMA TORRANCE trained in the fine arts and dance and also trained as a teacher of hatha yoga at the Yoga Institute in New York. She is a student of taoism and zen buddhism and one of the organizers of the Santa Cruz Zendo. She trained in structural patterning under Ida Rolf and Judith Aston and currently lives and works at Esalen in Big Sur.

JUDY UNELL, member of the American Massage and Therapy Association, is the originator of tai chi massage. She is staff massagist for Kairos and teaches and practices privately in Los Angeles. Her background includes tai chi, agni (fire-light) yoga and transcendental meditation.

JIM AND SUSAN VARGIU are the directors of the Psychosynthesis Institute. They underwent didactic training at the Istituto di Psicosintesi, Florence, Italy, with Roberto Assagioli, and have worked with him over the past eight years. Presently they are engaged in training professionals and are editors of the forthcoming magazine *Psychosynthesis: A Journal for Integration in Psychology and Education.*

BEN WEAVER is a writer, group leader and teacher of Sensory Awareness. He is a student of Charlotte Selver, a former Esalen resident fellow, and for two years served as Director of Esalen/Big Sur. Before coming to Esalen he lived for seven years in Asia.

JUDYTH WEAVER is a former modern dancer who went to the Orient to study classical dance and ended up sitting zazen in a zen monastery for a year and a half. In the West, her main teachers have been Charlotte Selver, Magda Proskauer, the tai chi chuan form of Prof. Cheng Man-Ching, and especially her baby daughter Tara.

JANET ZUCKERMAN completed the 1971 Esalen residence program under Betty Fuller.

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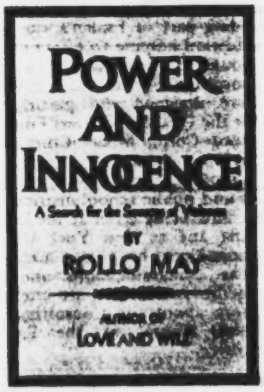

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Special Information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

ESALEN CONSULTING SERVICE: Esalen is devoted to making life more human at all levels. Our work has reached thousands of individuals and hundreds of institutions. Until recently most of this work was being done at our own facilities, either in Big Sur or San Francisco. There is now, however, an ever-expanding part of Esalen's universe that is moving toward helping to effect changes in the world outside the workshop. Through the Esalen Consulting Service, Esalen staff and leaders have designed and participated in projects for the U.S. Army, Ford Foundation, the Lockheed Corp., Model Cities, O.E.O., inservice training programs for hospitals, drug treatment centers, social agencies, colleges, universities and public school districts. Esalen courses are now being given at the University of California and at New York University. Many organizations have also used Esalen personnel as communications and human relations facilitators. If you are interested in learning more about the Consulting Service contact Bob Kriegel at the Esalen/San Francisco office.

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ABOUT THIS CATALOG

Catalog design: Red Dog Pieface. The designer states: this issue contains a few favorite patterns, continuing an earlier catalog theme. Patterns reveal basic philosophical realities about their executants. For example, the eskimo's direct application of his knowing that the many is one (p. 26); the Kiowa Indian's understanding that the way in is the way out (p. 13); how beauty "resides" in ordinary objects is attentively expressed by a Zen monk (p. 11); the pattern of human shape in movement is caught in its essence by a Bushman artist (p. 24); how opposites combined lead to higher perceptions is shown in a Tantric diagram (p. 7); and the felt unity of earth, sea and sky rhythms are laid out with great assurance by an early Roman mosaicist (p. 14).

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(For complete descriptions of events, see page numbers listed below.)
All the events listed below will be held at the First Unitarian Church, Franklin and Geary Streets, San Francisco.

Including FREE introductory Evenings

Monday, January 8
Esalen Open House: An Evening with
Cynthia (Werthman) Sheldon
FREE; 8-10:30 p.m. (p. 15)

Wednesday, January 10
Introduction to Esalen
Bob Kriegel
$3 general, $2 student; 7-11 p.m. (p. 6)

Thursday, January 11
Looking-Talking-Touching: For Couples
Gerald Smith
$5 per couple; 8-10:30 p.m. (p. 7)

Sunday, January 14
Introduction to Psychosynthesis
Tom Allen & Margaret Conway
FREE; 8-10:30 p.m. (p. 14)

Monday, January 15
Readings from Personal Journals:
Claudio Naranjo
$3 general, $2 student; 8-10:30 p.m. (p. 12)

Wednesday, January 17
Cycles of Movement-Feeling-Mind
Ann Halprin
$3 general, $2 student; 8-10:30 p.m. (p. 4)

Thursday, January 18
Shaping the Human Environment Film Series: "The Hunters"
$3 general, $2 student; 8-10:30 p.m. (p. 15)

Monday, January 22
From the Primal Laugh to the Cosmic Giggle
Stella Resnick
$3 general, $2 student; 8-10:30 p.m. (p. 10)

Wednesday, January 24
Can of Foot Powder Elected Mayor in Philippine Town
Robert Ornstein
$3 general, $2 student; 8-10:30 p.m. (p. 12)

Thursday, January 25
***Shaping the Human Environment Film Series: "Nanook of the North"**
$3 general, $2 student; 8-10:30 p.m. (p. 15)

Monday, January 29
New Ways of Meeting New People
Robert Cromey
$3 general, $2 student; 8-10:30 p.m. (p. 8)

Wednesday, January 31
Body Awareness
George Downing
FREE; 8-10:30 p.m. (p. 23)

Thursday, February 1
***Shaping the Human Environment Film Series: "Dead Birds"**
$3 general, $2 student; 8-10:30 p.m. (p. 15)

Wednesday, February 7
An Evening for Teachers
Ford-Esalen Staff
$3 general, $2 student; 7-10:30 p.m. (p. 26)

Thursday, February 8
***Shaping the Human Environment Film Series: "To Find Our Life"**
$3 general, $2 student; 8-10:30 p.m. (p. 15)

Monday, February 12
Introduction to Esalen
Robert Cromey
FREE; 7-11 p.m. (p. 6)

Wednesday, February 14
Theory and Practice of Aliveness
John Enright
$3 general, $2 student; 8-10:30 p.m. (p. 11)
($5 for both evenings, general; $3.50 for both evenings, student; see also Feb. 21)

Thursday, February 15
***Shaping the Human Environment Film Series "Holy Ghost People"**
$3 general, $2 student; 8-10:30 p.m. (p. 15)

Thursday, February 15
An Evening with the Lomi School
Robert Hall et al.
$3 general, $2 student; 8-10:30 p.m. (p. 25)

Sunday, February 18
The Act of Willing in Psychosynthesis
Steven Kull & Betsie Carter
$3 general, $2 student; 8-10:30 p.m. (p. 14)

Monday, February 19
The Dimensions of Structural Integration
Michael Salveson
$3 general, $2 student; 8-10:30 p.m. (p. 21)

Wednesday, February 21
Theory and Practice of Aliveness
John Enright
$3 general, $2 student; 8-10:30 p.m. (p. 11)
($5 for both evenings, general; $3.50 for both evenings, student; see also Feb. 14)

Thursday, February 22
***Shaping the Human Environment Film Series: Three Films on Trance Behavior**
$3 general, $2 student; 8-10:30 p.m. (p. 15)

Wednesday, February 28
Massage: Introduction & Demonstration
Gunver Jackson
$3 general, $2 student; 8-10:30 p.m. (p. 25)

***Shaping the Human Environment: A Film Series:** Eight Thursday evenings through March 8; series tickets available, $20 general, $12 student; see page 15.

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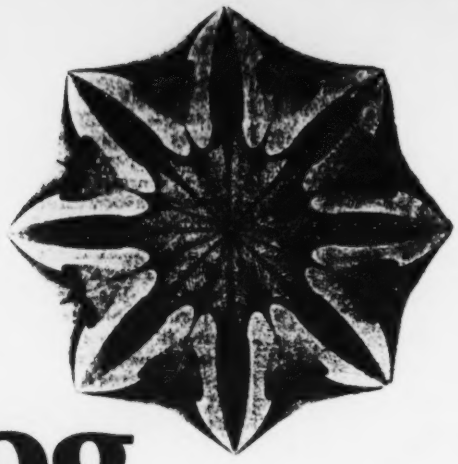

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News

INTRODUCING ESALEN'S SPORT CENTER

This is to announce the establishment of the Esalen Sports Center, the purpose of which is to help broaden the perspective on athletics and physical education as they exist in our country today. The Center has no hard and fixed ideas. It is genuinely committed to the broadest possible exploration. Many *possibilities* exist, such as: the invention of new sports for an age of transformation or the invention of a totally new system of physical education. But one major direction which has already emerged involved the more familiar: studying how to enrich the experience of participation in existing sports.

This study is a useful point of departure because athletics are in a process of change. Especially in the last four years, there have come substantial critiques of athletics from within the athletic world itslef, critiques of professional baseball, professional football, track and field, and of the role of the black athlete.

The resulting push toward transformation in athletics is seen by many athletes and commentators as symptomatic of and part of a more general transformation taking place in society at large. It is becoming clear that athletics needs new concepts. The athletic experience must be broadened to include spiritual, mental, emotional as well as physical development. From this viewpoint sports can become again one vehicle for the comprehensive development of the whole person – a yoga, in the broad sense of the word.

But at the present time there exists a vacuum in this "athletic revolution". Critical analyses of what is wrong with athletics abound: Jim Bounten's *Ball Four*, David Meggyesy's *Out of Their League*, Jack Scott's *Revolution in Sport* and Harry Edwards' *The Black Athlete*, to name only a few works. While many people have accepted large parts of the general critique presented in such books, they have been searching not only for criticism but for positive suggestions. They are looking for a body of concepts and practices which can elicit the extraordinary potential for total human growth that they feel should occur within the athletic experience. Michael Murphy's book *Golf in the Kingdom* evoked this potential and suggested some of the concepts and practices which can elicit it. As Murphy shows, sports can conceivably become a way toward total self-development, and they can even serve as a powerful metaphor for man's spiritual quest.

Such possibilities are exciting becuase the influence of sport on American life is immense. Via the mass media and our personal experience, sports enters our daily life. Sports constitute one of the most powerful shapers of childhood experience. Sports have a powerful impact on how we [illegible] the world and athletics articulate and reinforce the system of values which has been at the center of our cultural experience; values such as competition, aggression and combativeness. In the transformation our society is experiencing, it is precisely these values which must be re-thought.

The underlying work of Esalen has been to find and develop ideas and practices that point toward a higher vision of man – a vision that leaves behind some of the values which are central to the dis-ease many find in American life. The athletic revolution should include these new ideas and practices.

Our current intentions and objectives for the Esalen Sports center focus broadly on education. More and more people recognize the immense educational influence athletics have, particularly on the minds and lives of school-age people. We feel the need of a change in concepts and practices involved in teaching sports and physical education. It is precisely these practices which emphasize the mind-body split and create a dehumanized world of rationalized physical development. Because of narrow understanding of the functions of athletics – one which frequently views the purpose of physical education merely as the creation of winners – many people become alienated from sports and physical education. What is needed is a more comprehensive view and an understanding of the broad yogic potential that exists in the athletic process. Esalen's expertise can help provide such a new and more encompassing view.

In spite of the dehumanizing character of many, if not most, athletic institutions, many athletes continue to realize that their own participation in sports involves not only physical but also emotional, mental and spiritual dimensions. John Brodie's recent conversation with Michael Murphy in *Intellectual Digest* is only one example, on the part of a major athlete, of this continuing and increasing realization of the potential of sports.

Everyone is capable of experiencing sports with a richer and more varied sense of awareness. We believe that a thorough examination of the relevance of Esalen's work to sports and to physical education will make the athletic experience a richer and more rewarding one. This is the first direction we seek to explore.

Objectives of Esalen Sports Center

Education: New Curricula for Teaching Athletics.

The teaching of sports in America is very mechanical in quality. "How to" books for every sport minutely detail "rights" and "wrongs" for each motion. And each person strives with might and main to come up to these rigorous external norms. This approach overlooks the most important element in the athletic experience, indeed the source and aim of the experience: the uniqueness of each individual. By combining or blending much of Esalen's work, which emphasizes the unity of mind, body and emotions, with the traditional sporting curriculum, a psychosynthesis of sports may be affected which will merge the total individual with the athletic experience.

Increasing Participation in Sports. Such a blending of Esalen's work with sports should result in increasing the number of people participating in sports. Millions of these have become alienated from athletics and physical education, turning to such techniques as hatha yoga, aikido, tai chi chuan, and sensory awareness, to name only a few. These Americans have wished to increase their physical, mental, emotional and spiritual awareness. But athletics can be a vehicle for achieving the same results. Furthermore, insights and techniques derived from these new disciplines can be integrated with existing athletics. These disciplines can be studied not only by themselves but in combination with sports, with a view toward encircling sports. An athletics so enriched would present these people and others with a vehicle, and a much more familiar one than any of the new techniques alone, for achieving the same results: a synthesis of mind, body and spirit and a total awareness of the NOW.

Spiritual Development in Athletics:

Exploring the potential of athletic experience for eliciting higher levels of awareness. Many athletes have reported paranormal experiences, ecstatic states and other altered states of consciousness while playing sports. Furthermore the athletic experience can serve to reveal the larger meanings in our own lives and of life in general. But it must be looked at in new ways to give up such secrets. Work will be done to develop a conceptual framework to elaborate and explore this highest potential of the athletic experience.

Plans

a. *Individual Programs* – The Esalen Sports Center will sponsor programs relating Esalen techniques and disciplines to specific sports – tennis, golf, football, skiing, hiking and others. Similar programs will also be conducted relating to sports in general, i.e., centering in athletics, developing concentration, new ways of limbering up, body awareness and

movement. The first of these programs will be the sports symposium which is described below. A two week summer institute for sports is being planned for late June – early July for teenagers as well as adults.

b. *Consulting* – The Esalen Sports Center staff will be available to schools, colleges, departments of recreation and professional organizations to discuss, demonstrate and give workshops in this new approach to athletics. Members of the staff have already given talks and lecture demonstrations at New York University, Oberlin College, and the University of California at Davis.

c. *Special Projects* – We plan to work with physical education instructors and coaches, towards the goal of developing a new curriculum for the teaching of athletics at all levels.

Sports Symposium

A major sports symposium is planned for the weekend of March 31 to April 1 to introduce the Esalen Sports Center. It will take place at Skyline College in San Bruno, California, near San Francisco. The cost will be $25 ($18 for students). Academic credits can be arranged. See page 25 for some Symposium details.

THE OPTOKINETIC PERCEPTUAL LEARNING DEVICE

Eleanor Criswell, the director of HPI, has added to the increasing trend toward consciousness-raising artifacts with the marketing of the Optokinetic Learning Drum, a device whose use apparently results in raised levels of brain activity, and increased consciousness and alertness. An experimental model of the now-patented device was demonstrated at an Esalen lecture last year and at the annual Menninger Conferences held at Council Grove, Kansas. Dr. Criswell's subjects have reported that five minutes per day using the drum, which consists of a cylinder that fits on a standard turntable, has resulted in increased reading speed, comprehension and concentration. Tests conducted with football players at Sonoma State College showed that visual reaction time increased by 15%. More information about the "O.K. Drum", its tradename, is available by writing to Esalen in San Francisco.

SACRED TRADITION AND PRESENT NEED

Arrangements are now being completed for a carefully focused series of evening programs that will bring to San Francisco authoritative spokesmen of the spiritual traditions that are now offering themselves anew to the Western world. Sponsored jointly by Esalen, the Marsden and other foundations, the series is under the direction of Jacob Needleman, author of *The New Religions* and editor of The Penguin Metaphysical Library.

According to Dr. Needleman, the central question of the series is whether Twentieth Century man can be genuinely helped to take in the hidden knowledge in ancient traditions: "Have the esoteric traditions the power to lead modern man toward a struggle for real consciousness?" Needleman feels that the current 'spiritual revolution' is not of itself a sign that a serious search is yet possible in the conditions of our civilization. "We still seem to be stranded amid the partial insights of contemporary psychology, the confusing results of our experiments with drugs and new communal relationships, and the artificial religions which we unconsciously fabricate by selecting from ancient traditions only those elements that sound agreeable or interesting to us. What is a *complete* teaching, one that touches all sides of the human structure? Has any such teaching been able to take root in the modern world? Will the traditions – in their totality – change form in ways that will make them psychologically effective for us? Or will there appear a new knowledge and new forms as real as the ancient, and emanating from the same primal source? How will we recongize them?"

News

On March 10, Dr. Needleman will introduce the series with a lecture and discussion stating who will follow during the remainder of the year. Toward the end of March, Seyyed Hossein Nasr will arrive from Iran to speak to these questions from the perspective of the Sufi traditions. Professor Nasr is the author of *The Encounter of Man and Nature* and *Sufi Essays* as well as numerous other books on the Islamic tradition, and is one of the world's leading expositors of Sufi teachings. Other speakers scheduled for the Spring include Lizelle Reymond, author of *My Life With a Brahmin Family* and *To Live Within*, who will base her talk on work in India with a master of the Samkhya, the most ancient and scientific of India's spiritual disciplines; Lobsang Lhalungpa, trained within the gamut of the Tibetan tradition, will present the response of Tibetan Buddhism; Pamela Travers, author of *Mary Poppins* and a long-time student of symbolism and the esoteric, will discuss the possibility of mythic transmission of knowledge.

Distinguished speakers are also being scheduled from within Orthodox Christianity, Zen Buddhism and other traditions that are now calling out to our time and place. Watch for a special announcement of the complete schedule after the turn of the year.

Programs

Extended Programs

The following programs represent ways in which participants can involve themselves with Esalen over an extended period of time. These long term programs present greater opportunities for professional development, learning experiences, and exposure to a wide variety of disciplines.

ANTIOCH COLLEGE/WEST UNDERGRADUATE DEGREE PROGRAM AT ESALEN

Advanced undergraduate students (anyone who has completed some undergraduate work at any college or university) may enroll at Antioch College/West in San Francisco and work for their B.A. degree at Esalen. Course work is accredited through Antioch College in Yellow Springs, Ohio; the B.A. degree is from Antioch College/West and the Union for Experimenting Colleges and Universities.

Students develop their own educational programs incorporating regularly scheduled Esalen workshops and courses and individual work created in conjunction with the Esalen staff. Esalen leaders and staff act as faculty and counselors for students in the program.

Tuition for an academic year (generally nine months) is $2700; students may begin their programs at any time. Financial aid is available. This program also qualifies for Veterans and Social Security benefits.

Inquiries for admission should be directed to: Ms. Cristy Willer, Antioch College/West, 149 Ninth Street, San Francisco, CA 94103. Information about program content and design should be addressed to: The Antioch West Program, Esalen Institute, 1776 Union Street, San Francisco, CA 94123.

ON-GOING RESIDENTIAL PROGRAM IN BIG SUR

Esalen/Big Sur offers an *ongoing* residential program which may be initiated by an individual according to his specific needs and interests, chosen from among the continuing workshops available. Those interested in the program should be aware of a residence requirement of at least two months.

The cost of the program is $875 per month exclusive of weekend workshops. Individuals interested in applying must first attend a week-long workshop at Big Sur, the cost of which will not be applicable to the residential fee, should they be accepted to the program.

• B.S. March 4-30

Structural Integration & Gestalt
Al Drucker, Beverly Silverman, Ama Torrance

Four-week program $265 per week

This is an intensive program designed for those wishing to be rolfed. The rolfing sessions are given by advanced practitioners in a setting that is conducive to maximum body release and emotional growth. A series of eight hours can be completed in four weeks; however, individuals may register for each week separately instead. On a weekly basis the cost of the workshop includes two hours of rolfing and one hour of structural patterning. During the week there will be a daily morning exercise period including hatha yoga, Arica gym, and zazen meditation done in accordance with rolfing principles. In the evenings there will be a gestalt session. Additional sessions will be scheduled during the week. These may include tai chi, massage, movement, Feldenkrais exercises, anatomy/physiology/nutrition lectures and discussions on various related subjects such as acupuncture and energetics. One day per week will be designed as an optional day of fasting supervised by the staff.

The workshop will be limited each week to 10 persons. We can only accept individuals under 170 lbs. weight.

■ S.F. March 14-May31

Massage Training
Gunver Jackson

Twelve week class $260

Participants will receive instruction in massage techniques and will work to develop receptivity to touch, both giving and receiving. Relaxation, breathing and gestalt awareness exercises will be used to supplement thorough massage training. Gunver Jackson writes: "The goal here is to teach that life is an act, not a thought. Action in life and our basic need for touch will be combined in the teaching of massage."

The course consists of twelve three-hour classes in massage scheduled for two separate groups. There are also ten classes in human anatomy, taught by Ed Jackson, M.D. The anatomy course is limited to 24 participants and is open to the general public.

Massage Group I: 11 a.m. to 2 p.m., twelve Wednesday mornings, March 14-May 30; limited to eight participants.

Massage Group II: 7 to 10 p.m., twelve Thursday evenings, March 15-May 31; limited to ten participants.

Anatomy Class: 7:30 to 9:30 p.m., ten Wednesday evenings, March 14-May 16.

A non-refundable deposit of $150 is required. Indicate whether Group I or Group II is preferred when registering.

• B.S. May 6-June 1

Gestalt & Structural Ingetration
Richard Price & Esalen Staff

Four-week program $950

Structural Integration, while producing actual physical change, also facilitates direct perception of body processes in relation to emotional pressure and release. Each participant will receive three rolfings as part of the workshop. Material that emerges in the physical processing will be worked with in gestalt sessions in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working with groups (teachers, ministers, psychologists, etc.)

For reservation information, see page 30. For Leaders' Biographies, see pp. 31-35.

Seminars

Sunday Afternoons in Big Sur

Esalen/Big Sur continues its Sunday afternoon series during March and April. The grounds will be open from 12:30. The cost of the afternoon includes lunch and use of the hot baths and pool.

March 11 – Paul Krassner An Afternoon With a Self-Styled Con Man 3 p.m. $10

April 1 – A Talk With Claudio Naranjo 3 p.m. $10

Please write to Carole Levine, Program Coordinator, Esalen/Big Sur for tickets. Limited to 30 persons.

■ S.F. March 1, March 8

Shaping the Human Environment: A Film Series
Richard Cowan, *Coordinator*

Two Thursday evenings
$3 general, $2 student, per evening; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

These are the final two evenings of an eight-session film series which began in January. They are open to everyone; attendance at the previous six sessions not necessary. These two films are concerned with problems stemming from life in contemporary America. A discussion will follow each film.

March 1: The Exiles (Kent MacKenzie, 1961) is the story of a typical night in the lives of several Indians who have forsaken their reservations to live in downtown Los Angeles.

March 8: Invisible Walls (Richard Cowan, 1967) shows how middle-class Americans respond nonverbally to violations of their personal space.

■ S.F. March 3-4

The Song of Speech
Peter Marin

Weekend workshop $50

Touch is the stuff of intimacy; speech is the substance of community. The depth and quality of the landscape we share as communities and a society depend upon the extent to which we have found our own private and independent *voices*, our ability to speak the truths we know and discover. The problem is that we live in an age where we seem as deprived of speech as we are of touch, and most of us must learn from scratch how to speak our selves into the world – for, if we do not, we are isolate and diminished beings, just as birds would be if they could not sing. That is what this seminar is about: the song of speech, learning to speak the world into being and reweave, through language, a web of community. The seminar will be slanted toward conversation and away from exercises and technique – all in the hope of summoning forth real personhood from those involved. 10 a.m. to 6 p.m., Saturday and Sunday.

■ S.F. March 5-April 9

On Health David Sobel

Six Monday evenings $45

(See workshop description under *The Human Body*, page 24.)

■ S.F. March 7-April 25

Language, Consciousness & Reality
Arthur Hastings

Eight Wednesday evenings $30 per month

Learning how language, consciousness and reality are all causes and effects of each other. We will include how we can talk about internal states, how we select, process and communicate reality through language, and ways of getting outside language-controlled reality or of creating new languages. Hastings will provide information and experiences for learning in verbal and nonverbal ways. 8-10:30 p.m.

● B.S. March 9-11

The Roots of Weirdness
Paul Krassner

Weekend seminar $85

A few laughs, a little insight. Neither therapy nor wisdom. Stimulation of memory and imagination is an end in itself. No organized meditation or sweet touchy-feely stuff in this seminar. Just a simple sharing of those acts of will which led inevitably to participation in an exercise in cultural decadence.

■ S.F. March 13-April 10

Integrative Seminar for Women in Academic Professions
Anica Vesel Mander & Lisby Mayer

Five Tuesday evenings $50

The academic world is primarily a male world; this is a seminar for women who would like a chance to explore their place in academia as women. We will focus particularly on ways of integrating aspects of the growth movement into our work, as well as developing our consciousness as women. For women only; students welcome; scholarships available. 8-10:30 p.m.

● B.S. March 16-18

The Living of a Personal Myth
Joseph Campbell

Weekend workshop $95

Carl Jung tells us in his *Memories, Dreams, Reflections* that hardly had he finished the writing of his *Symbols of Transformation*, when suddenly he realized "what it means to live with a myth, and what it means to live without one." He asked himself by what myth he was living, and found that he did not know; and so, he writes, "I took it upon myself to get to know 'my' myth, and I regarded this as the task of tasks."

How many of us know, or think we know, by what myth our lives are governed? Or is the myth by which we think we live the actual ruler of our life? Jung has described the method and crises of his own research and discovery. By what means may we, likewise, get to know – and perhaps even enrich and deepen – the roots out of which we spiritually grow?

In this seminar the general functions served by a traditional mythology will be reviewed and discussed, their relevance to our modern situation considered. Various ways of getting to know and enriching the myth by which one lives will be suggested. And, finally, illustrations from literature and life will be presented. Those wishing to offer their own life-quest for review will be encouraged and helped to do so.

■ S.F. March 31

Alternative Views of "Mental Illness"
Art & Janica Fox, Marion Saltman

One-day workshop $20

Recovering from schizophrenia, depression and other forms of "mental illness" are strongly affected by negative medical and cultural views. In this seminar we will share our experiences and explore other views: R.D. Laing, the megavitamin people, hypoglycemia, nutritionists, Stan Grof, Julian Silverman and the views of other cultures. We welcome professionals, individuals, and families who, like ourselves, have had personal experience with "mental illness." 10 a.m. to 6 p.m., Saturday.

● B.S. April 20-22

The Human Unconscious & Environment
Joan Halifax Grof, Stan Grof & Leni Schwartz

Weekend workshop $95

This workshop will explore the relationship between the human unconscious and environment – mediating and translating inner space through ritual, creation and celebration. The three facilitators are integrating their three areas of environmental psychology, anthropology and LSD research.

● Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Interpersonal

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen's encounter groups today.

SAN FRANCISCO INTRODUCTION TO ESALEN PROGRAMS

These evening and one-day programs are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups.

EVENING INTRODUCTIONS TO ESALEN: Working in small and large group sessions, participants will be introduced to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring a pillow for easy sitting.

$3 general, $2 student; 7-11 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Mon., March 12 – Harry Sloan

Wed., April 4 – Art & Janica Fox - FREE

Mon., April 30 – Margaret Conway

ONE-DAY INTRODUCTIONS TO ESALEN: An intensive day of group work, along the lines of evening introductory programs, with the additional advantages of more hours and shared mealtimes.

$15 per person; 10 a.m. to 6 p.m.; locations to be announced with confirmation of reservations; bring your own lunch.

Sat., March 24 – Robert Cromey

Sat., April 21 – Art & Janica Fox

BIG SUR INTRODUCTION TO ESALEN PROGRAMS

Introduction to Esalen Programs are designed for, but not limited to, people who have not previously been to Esalen/Big Sur. The workshops center on encounter and gestalt, although additional opportunities will be available in other experiential areas such as movement, massage and sensory awareness. Rolf treatments will be available at an extra cost.

March 25-30 Esalen Staff Five-day workshop $215

April 22-27 Art & Janica Fox Five-day workshop $215

April 27-29 Esalen Staff Weekend workshop $85

BIG SUR EXPERIENCE OF ESALEN PROGRAMS

Experience of Esalen Programs are designed to join staff members and participants in an experience of each other surrounded by as little or as much structure as a unique mix of people wish to create. The resources of Big Sur are available – baths, scenery and the far-ranging talents of our staff (group leaders, masseurs, artists, craftsmen and musicians). These non-programmed programs are an opportunity to explore and to interact or simply to retreat from the world for a week. Come and be with us.

March 2-4 Weekend workshop $65

April 8-13 Five-day workshop $150

April 13-15 Weekend workshop $65

■ S.F. March 2-4

Fair Fight Training for Couples
Lewis & Brandy Engel

Weekend workshop $90 per couple

In this weekend 8 couples will have the opportunity to learn and practice the basic techniques of Fair Fight Training as outlined in *The Intimate Enemy* by Dr. George Bach. Lewis and Brandy Engel write: "We teach a method for making constructive use of the aggressive feelings generated by the daily frictions, tensions and conflicts that inevitably arise in an intimate relationship. We feel that Fair Fight Training can be a source of revitalization, excitement, growth and change in a couple's life together."

■ S.F. March 3

Invitations to Openness
Walt Anderson

One-day workshop $20

Basic propositions: (1) An increased capacity for personal openness and honesty makes life easier and a lot more interesting. (2) The need for privacy is to be respected. (3) Openness is best achieved in response to an invitation, not a demand. We will all explore our own boundaries of privacy/openness, and work with some techniques for being open – and inviting openness – in everyday life. 10 a.m. to 6 p.m., Saturday.

For reservation information, see page 30. For Leaders' Biographies, see pp. 31-35.

• B.S. March 4-9

Renascence
Michael Butler

Five-day workshop $215

Each of us carries within him, buried beneath layers of psychic and physical tensions, the fertile seed of a new self. This workshop will use many of the Esalen body-oriented and psychological techniques to allow participants to experience that seed center of self and nourish it.

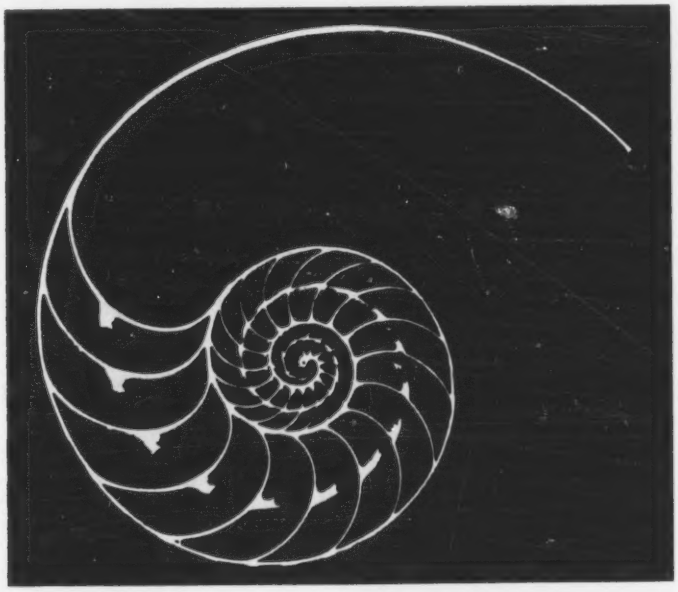
■ S.F. Monday, March 5

New Ways of Meeting New People
Robert Cromey

Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Since many persons attend large group programs to meet other people, this evening's experience will focus explicitly on the acquaintance process. Using methods from encounter and gestalt awareness, group members will explore how they project themselves to others, how others perceive them and discover new ways of moving into friendships and social contact.



■ S.F. March 8-April 12

Techniques of Psychodrama
Walt Anderson

Six Thursday evenings $60

We will study ways of working effectively as a psychodrama director or assistant, and discuss the integration of psychodrama with other therapeutic or encounter approaches. Course will include both lectures and experiential sessions.

■ S.F. March 9-11

A Workshop for Change Agents
Stewart & Muriel Shapiro

Weekend workshop $50

In today's increasingly complex and independent world more and more of our time is spent in organizational life. It is through the humanistic viability of our organizations and institutions that our society will succeed or fail in the crucial tests that lie ahead. This workshop will be oriented toward tasks, goals and personal growth of those who wish to be active in individual and/or organizational change. There will be discussions and demonstrations of strategies and models for change in various systems including individuals, small groups, organizations and communities. Change agents for this workshop can be individuals or teams in business management, colleges, public schools, government, social agencies, volunteer organizations, churches or other community organizations.

• B.S March 9-11

More
Michael Butler

Weekend workshop $85

Each of us is capable of more... emotional creativity, aliveness, sensuality. The methods of this workshop will be body disciplines, encounter and gestalt tools, and the life positive forces in the Esalen environment. Its goal: to experience "more", not just for a weekend at Esalen, but wherever we happen to be.

• B.S. March 11-16

Self Emergence Through Sound & Imagery
David Schiffman

Five-day workshop $215

The basic techniques of this workshop will involve guided fantasy, shared imagery, preprogrammed sound and gestalt art techniques. These approaches will be used to focus on the nature of the creative process, the possible transcendence of inhibitions and blocks within oneself as well as on interacting with others.

Interpersonal

• B.S. March 16-18

Couples' Workshop
Bob & Marilyn Kriegel

Weekend workshop $85 per person

■ S.F. March 16-18

Divorce: A Creative Experience
Robert Cromey

Weekend workshop $50

A group for the divorced, those contemplating divorce or those whose lives have been touched by divorce.

■ S.F. March 17

Workshop for Singles Under 30
Harry Sloan

One-day workshop $20

A workshop for unattached persons under 30. Please state sex and age on registration. 10 a.m. to 6 p.m., Saturday.

■ S.F. March 17-18

Women: Our Bodies – Our Selves

Weekend workshop for women only

$15 general; $10 students and unemployed

... Going on from "Women and Their Bodies" (Sept., 1972) to another weekend of exploration and integration: gestalt, massage, self-defense, natural movement, polarity therapy, breath awareness, health, consciousness raising, talking and sharing, singing, dancing and whatever else we have within us. All women are welcome. 10 a.m. to 6 p.m., Saturday and Sunday, and a party on Saturday night.

Erika Asher, Julia Barfoot, Ruth Gravitt, Judy Knoop, Andra Lichtenstein, Anica Vesel Mander, Pam Melton, Lauree Moss, Anne Kent Rush.

• B.S. March 18-23

Beyond Encounter
Bob Kriegel

Five-day workshop $215

This workshop will combine encounter, gestalt and psychosynthesis techniques toward the goal of achieving greater unity of the mind, body and emotions. Work and play will be combined in order that the group may experience each other in as wide a range as possible.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Interpersonal

• B.S. March 23-25

Workshop for Gay People
Sally Smith and Stan Freitas

Weekend workshop $85

A chance for gay men and women, singly or in couples, to come together at Esalen, explore life styles, problems, joys, direction: Share massage, music and plain talk.

• B.S. March 23-25

You Don't Have to Suffer to Feel Good
Harry Sloan & Lenore Lefer

Weekend workshop $85

Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. This weekend will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen.

■ S.F. March 23-25

Openness as a Life Style
Art & Janica Fox

Weekend workshop $50

Openness and honesty can be valuable ways to approach life, but they need a safe place to be explored, experimented with and practiced. To assess the value of living openly, we need a place to experience our potential through openness in our relationships with others and with ourselves.

■ S.F. March 24

Spring Festival: A Celebration of the Vernal Equinox
Marion Saltman & the Center for the Study of Play

Saturday afternoon and evening $5

The time has come to honor once again the great earth spirits. Join us in an ancient ceremony of the spring Sabot. We will call up the spirits of fertility and rebirth with ritual, ceremony, and festivity on the S.S. Vallejo houseboat, former home of Jean Varda. 3:30 p.m. until midnight. $5 fee covers wine and festivities; bring one item of food for a ritual feast.

■ S.F. March 24

Sexuality, Feminism & Gay Consciousness
Sandra Aguilar, Sally Gearhart, Clover Herzstam, Marcia Kallen, David Kleinberg, John Shultz, Gary Titus

One-day workshop $20

Separate workshops for women and men in human sexuality. Exploration of the impact of feminism and gay consciousness. 10 a.m. to 6 p.m., Saturday.

• B.S. March 25-30

Enlightenment Intensive
Charles Berner

Five-day workshop $215

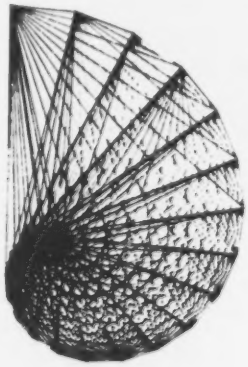
An Enlightenment Intensive is an intense supervised dyad structure based on a communication-meditation principle that permits the rapid clearing away of intellectual and mental mechanations, leaving the participant an opportunity to directly experience his own nature.

■ S.F. March 30-April 1

Enacting the Personal NOH
John Parkinson

Weekend workshop $50

Intensive investigation of our own spirit dream concerning the story we tell ourselves and others about ourselves. Emphasis on relaxation, transformation of things, haiku, the hero's journey vs. the personal NOH, and song and movement improvisation. The experience will conclude with a NOH-type ensemble demon dance on Sunday afternoon.



■ S.F. March 30-April 1

Growth Through Risk Taking
David Schiffman

Weekend workshop $50

This workshop is designed to provide the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy and encounter techniques, the participants can accept or transcend the boundaries with which they approach the world. Particular emphasis will be placed on the expression of anger, affection, sexuality, and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience.

• B.S. April 1-6

Introduction to Transactional Analysis
Robert Drye, Eugene Kerfoot, Ruth McClendon, George McClendon

Five-day workshop $275

Transactional Analysis is a method for solving many problems of everyday living. We will cover all of the material required by the Association for regular membership. In addition to theory presentation, participants will have opportunities to involve themselves in a variety of group experiences and exercises including the use of TA methods for active problem-solving.

■ S.F. April 6-8

You Don't Have to Suffer to Feel Good
Harry Sloan

Weekend workshop $50

Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. This weekend will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen.

• B.S. April 6-8

Emotional Trauma Release
Charles Berner

Weekend workshop $85

ETR is a dramatic technique experienced in an intensive, supervised dyad format. Participants dissolve defenses through a communication in a supportive environment of emotional receptivity.

■ S.F. April 7

Crossing the Gender Gap: a Liberation Lab
Margaret Conway & Tom Allen

One-day workshop $5

Fill in the blanks: Men are
Woman are . Are you more aware of the similarities or the differences? Let's get beyond the subtle sexist life games we all play; games which lead to exploitation and/or separation. Using the psychosynthesis concept of the balance and synthesis of opposites, we will experiment in a series of excercises designed to change our set patterns of thinking and relating to the "opposite" sex. Bring a box lunch. 10 a.m. to 6 p.m., Saturday.

For reservation information, see page 30. For Leaders' Biographies, see pp. 31-35.

■ S.F. April 7

Open Psychodrama Encounter
Walt & Maurica Anderson

One-day workshop $20

We will use group encounter and spontaneous-enactment techniques to explore and work through interpersonal problems presented by participants. The degree of active involvement in the day's work is a matter of individual choice. 10 a.m. to 6 p.m., Saturday.

• B.S. April 8-13

Humanistic Organizational Approaches
Bob Kriegel & Lenore Lefer

Five-day workshop $245

This workshop is designed for individuals in managerial or training positions, to help make their personal and professional lives more rewarding. The week will be oriented to tasks, goals and personal growth. Specifically, we will work on the following: adapting to change; developing awareness of personality resources (sub-personalities) that both help and hinder the individual; improving communication with peer groups, superiors and subordinates; team building; creating an environment which stimulates responsibility and creativity on the job; developing individual and organizational goals and strategies. Emphasis will be placed on the integration of the workshop experience into participants' daily lives.

■ S.F. Wednesday, April 11

Parents: Surviving & Growing With Your Child
Ford-Esalen Staff, Marilyn Harris Kriegel, & Sara Miller

Single evening event

$3 general, $2 student; 7-10 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Methods and techniques for increasing parent-child communication and enjoyment.

• B.S. April 13-15

Conscious Mind, Conscious Body: A Weekend for Women
Anica Vesel Mander & Anne Kent Rush

Weekend workshop $85

Women have been conditioned to be passive, dependent and mistrustful of their own feelings. In this workshop we will deal with ways of changing this conditioning by sharing our experiences and liberating specific body blocks.

• B.S. April 13-15

A Weekend Workshop in Self-Awareness
David Schiffman

$85

This workshop is based on the awareness that personal growth is often blocked because we don't see ourselves clearly or as others see us, or act as we really feel. The object of the weekend is to create a supportive atmosphere wherein the participant can experience her or himself at a deeper, more meaningful level than daily life provides. Techniques of psychodrama, encounter and gestalt will be used.

■ S.F. April 13-15

Encounter for Singles Over 30
Robert Cromey

Weekend workshop $50

A workshop for unattached persons over 30. Please state sex and age on registration.

• B.S. April 15-20

Sensory Awareness, Encounter, Movement & Tai Chi
Ben & Judyth Weaver

Five-day workshop $215

A workshop devoted to the discovery of authenticity and aliveness: In the rich possibilities for awakening in the sensory nervous system; in the heat of a core encounter group; in the excitement of spontaneous, expressive movement and dance; in the subtle, flowing movements of Tai Chi Chuan.

• B.S. April 15-20

Growth & Boundaries
David Schiffman & Harry Sloan

Five-day workshop $245

Where do you stop? When do you let go? This workshop will involve the complementary approaches of gestalt, encounter, psychosynthesis and massage. The group will explore a wide variety of techniques, verbal and nonverbal, in order to experience the possibilities of greater personal expansion and openness with others. The use of personal boundaries, whether illusory or as tools of self-survival, will also be explored through risk-taking techniques and games.

• B.S. April 20-22

Singles' Workshop
Harry Sloan

Weekend workshop $85

■ S.F. April 20-22

An Easter Celebration: The Joys of New Life
Robert Cromey

Weekend workshop $50

A weekend celebration for people of all, little or no faith, who wish to celebrate new life in the Easter season. A chance to shed the old person and put on a new one. Sensory awareness, massage, interpersonal and ritual techniques will be used.

■ S.F. April 21-22

"Through the Looking Glass"
Marion Saltman & Staff of the Center for the Study of Play

Weekend workshop $40

A chance to not only act out your own fantasy, but to participate in those of others as well; with supportive back-up: costumes, lighting and fantasy effects. All this will happen on the S.S. Vallejo houseboat, former home of Jean Varda, in Sausalito. We will make videotapes of each session which will be compiled into an informative document of the trips into our fantasy worlds. 10 a.m. to 6 p.m., Saturday and Sunday.

Interpersonal

• B.S. April 22-27

A Workshop for Change Agents
Stewart & Muriel Shapiro

Five-day workshop $275

(See S.F. description, March 9-11, above.)

■ S.F. Monday, April 23

Coming Out of Divorce
Gerald Smith

Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

There are emotional stages to working through divorce. To snag at any of these stages can prevent moving on to a fuller life. This will be a lecture and an opportunity to ask questions. It will not be a small group discussion.

■ S.F. Wednesday, April 25

New Ways of Meeting New People
Robert Cromey

Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

(See description, March 5, above.)

■ S.F. April 27-29

Communication Games
Art Hough

Weekend workshop $50

A workshop to uncover and work with communication problems through games. These communication games – lasting from one minute to three hours – are used to heighten the communication experience, improve habits of listening, feedback, empathy, spontaneity and awareness and to loosen the deeper communication blocks that result from hidden dogmatism, rigidity and risk-refusal. This is not encounter; it is for people concerned with improving their communication.

• B.S. April 29-May 4

Beyond Encounter
Bob Kriegel

Five-day workshop $215

(See B.S. description March 18-23, above.)

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Psychosynthesis

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man within an evolving universe. Starting with each person's existential situation as he perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self.

The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal-keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth than can gain momentum and bring about a more joyful, balanced actualization of one's life.

The following Esalen Institute psychosynthesis programs are offered in cooperation with the Psychosynthesis Institute, Redwood City.

PSYCHOSYNTHESIS TRAINING

■ S.F. April 24-June 17

Psychosynthesis Training Series for Professionals
Jim & Susan Vargiu and Associates of the Psychosynthesis Institute

Eight Tuesday Evenings & a weekend $240

A program designed for psychotherapists, educators, counselors and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field. We will work together so that each can recognize the process of psychosynthesis at work, both in himself and in the others. There will be assignments and exercises to complete between meetings. Further individual work during the eight week period can be arranged. Eight Tuesday evenings, 7:30-11 p.m., April 24-June 12. Weekend workshop is June 16 and 17. For application form, contact Esalen/San Francisco.

PSYCHOSYNTHESIS PROGRAMS

• B.S. March 2-4

Psychosynthesis: A General Workshop Emphasizing the Will
Steven Kull and Betsie Carter

Weekend workshop $85

Basic principles and techniques and then a comprehensive exploration of the will in psychosynthesis. Among the topics to be covered: the skillful will as director of psychological energies; will and love; the transpersonal will; energy, persistence and courage; training the will.

■ S.F. Wednesday, March 7

A Bird's Eye View of Psychosynthesis
Piero Ferrucci

Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

This lecture will try to convey the essential quality of psychosynthesis by touching upon the various possibilities of future growth that it offers, as well as the means to actualize them. Experiential use of a number of techniques will also be dealt with.

■ S.F. March 9-11

Advanced Psychosynthesis
Betsie Carter & Steven Kull

Weekend workshop $50

A workshop for those who have already been introduced to psychosynthesis. We will emphasize the transpersonal Self, the will and meditation.

■ S.F. March 16-18

Hints From Above
Piero Ferrucci

Weekend workshop $50

This seminar will deal with: (1) Learning to listen to hints and 'messages' that come from the Superconscious, and to actively explore those levels within ourselves; (2) Learning how to differentiate inner 'messages', hunches, and insights according to their nature and source; (3) Learning how to integrate, express and give a shape in our present existential situation to received inspiration; (4) Developing one's own plan for future continuing work on oneself.

• B.S. March 23-25

Psychosynthesis – Returning to the Source
James & Dorothy Fadiman

Weekend workshop $85

Behind our defenses there is a useful source of power, compassion and joy. The emotional and conceptual filters that limit direct experience can be bypassed through exercises, symbols and visualizations. During this workshop, we will teach various techniques, including guided daydreams and drawings from the unconsciousness.

■ S.F. April 13-15

Imagination & Intuition: A Direct Path to Self-Realization
Tom Allen

Weekend workshop $50

In each of us there are new, emerging aspects with which we are not fully in touch. Some of these aspects are energies that are blocked, but which can be released, realized and used as sources of inner strength and guidance: beauty, joy, serenity. Imagination and intuition are subjective functions which help us be open to these energies, and use them to reach higher, more integrated states of consciousness. We will explore ways in which psychosynthesis techniques can be used for the development and right use of imagination and intuition and to evoke one's own inner sources of wisdom and guidance.

• B.S. April 13-15

Psychosynthesis Workshop
Tom & Anne Yeomans

Weekend workshop $85

Psychosynthesis is a way of growing and a way of learning to direct one's growth. It seeks to develop a personal center from which to live, as well as deep connections with Self, Other, and the Universe. Through the use of directed fantasy, meditation, body movement and dialogue, it encourages new and more productive and harmonious relations between the many aspects of the personality. Its theory and practice offer a means toward greater integration of one's energies, which leads to a richer experience on all levels of being.

For reservation information, see page 30. For Leaders' Biographies, see pp. 31-35.

■ S.F. April 28
Psychosynthesis – Transpersonal
Betsie Carter & Steven Kull
One-day workshop $20

An introduction to psychosynthesis, emphasizing the transpersonal or spiritual dimension. 10 a.m. to 6 p.m., Saturday.

• B.S. April 29-May 4
Identity
Piero Ferrucci
Five-day workshop $215

Learning how to become aware of one's own essence is one of the most useful steps for enabling us to realize the meaning and purpose of our life, relate with others and explore our transpersonal potentialities. This workshop will emphasize the delight in learning new skills in dealing with our inner and outer universes and of breaking through to new dimensions of awareness. We will use various techniques such as self-identity, will, right proportions in cosmic context, free drawing, humor, games, imagery, visualizations, meditation, etc. The emphasis will not be on temporary experience, but rather on building inner "equipment" for future independent work on one's self.

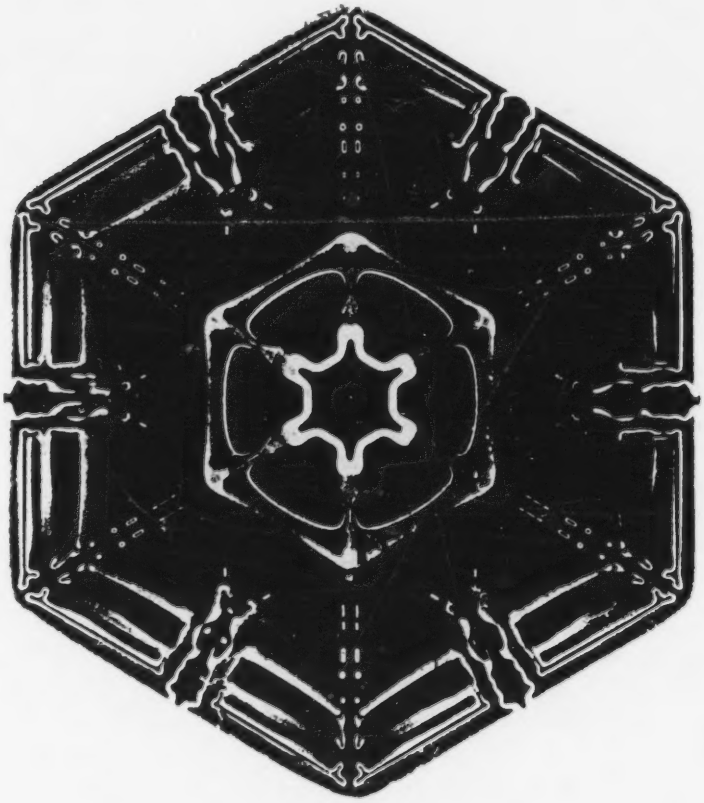
PROGRAMS USING PSYCHOSYNTHESIS TECHNIQUES

■ S.F. March 16-18
Gestalt Plus
George & Judith Brown
Residential weekend workshop $75 including room and meals

A workshop for individuals and couples where the approaches of gestalt therapy are combined with techniques from psychosynthesis. The focus will be on reowning energy and discovering new and alternative ways to be as individuals and in primal relationships. Emphasis will also be placed on what to do after leaving the workshop.

• B.S. March 18-23
Beyond Encounter
Bob Kriegel
Five-day workshop $215

This workshop will combine encounter, gestalt and psychosynthesis techniques toward the goal of achieving greater unity of the mind, body and emotions. Work and play will be combined in order that the group may experience each other in as wide a range as possible.



Psychosynthesis

• B.S. March 25-30
Gestalt Plus
George & Judith Brown
Five-day workshop $245

(See S.F. workshop description, March 16-18, above.)

■ S.F. April 7
Crossing the Gender Gap: a Liberation Lab
Margaret Conway & Tom Allen
One-day workshop $5

Fill in the blanks: Men are
Woman are . Are you more aware of the similarities or the differences? Let's get beyond the subtle sexist life games we all play; games which lead to exploitation and/or separation. Using the psychosynthesis concept of the balance and synthesis of opposites, we will experiment in a series of excercises designed to change our set patterns of thinking and relating to the "opposite" sex. Bring a box lunch. 10 a.m. to 6 p.m., Saturday.

• B.S. April 20-22
Being Awareness
Bernard Gunther
Weekend workshop $95

Our sense of being is constantly disrupted by our false identification with thoughts, feelings, emotions and desires. Our real self is a center of pure energy consciousness which is always in a state of quiet bliss. This workshop will focus on ways to disidentify with the undesirable disruptures and through the use of sensory awakening, psychosynthesis and meditation, experience and deepen this sense of I AM consciousness.

• B.S. April 27-29
Gestalt Plus
George & Judith Brown
Weekend workshop $95

(See S.F. description, March 16-18, above.)

• B.S. April 29-May 4
Beyond Encounter
Bob Kriegel
Five-day workshop $215

(See B.S. description March 18-23, above.)

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Gestalt

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*.

Excitement – to have life energy freely available and flowing, not blocked. *Awareness* – to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility* – to know and act on the principle that I am the one who acts, thinks and feels whatever it may be that I act, think or feel. No one else or no event influences me except with my consent.

At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participant. The assumption is made that participants are not "patients", but are persons responsible for their own life decisions.

GESTALT PROGRAMS IN THE BAY AREA

For March and April, the Gestalt Institute of San Francisco is continuing to hold its workshops in co-operation with Esalen. Workshops sponsored or blessed by the Gestalt Institute are listed below, and no other brochure describing the Institute's workshops will be distributed.

■ S.F. March 3-4

Open Gestalt Workshop
Lois Brien & Michael Conant

Weekend workshop $65

Saturday 10 a.m. to 6 p.m., Sunday 11 a.m. to 4 p.m.

■ S.F. March 6 & 13

Gestalt Headtripping
Stella Resnick

Two Tuesday afternoons FREE

Headtripping can lead to self-awareness and growth. Let's meet together for five weeks and see what can be accomplished through discussion, exploring our own wisdom and what we can learn about ourselves through the arts, i.e. literature, poetry, etc. We may recommend readings to each other and do gestalt work. 12 noon to 1:30 p.m. 1776 Union St., San Francisco.

■ S.F. Thursdays,
March 8 & 22
April 5 & 19

Evenings with the Gestalt Institute

Single evening events

$3 general, $2 student for each evening; 8-10:30 p.m. First Unitarian Church, Franklin and Geary Streets, San Francisco.

On each of the evenings, two or more Members of the Institute (listed below) will be present to do gestalt demonstrations and awareness exercises, or even talk about gestalt. Call Esalen a few days before to find out which Members will be present on a given evening.

■ S.F. March 9-11

Gestalt at Wilbur Hot Springs
Richard Louis Miller and Gestalt Community

Two-day Gestalt Workplayshop Weekend
March 10-11 $35 including room and meals

Participants will live with the Gestalt Community at their country home, Wilbur Hot Springs, and share their balanced diet (prepared with care), 240 beautiful acres, hot mineral baths, etc. Teams of Gestalt Agents, supervised by Dr. Miller and Gestalt Community members, will lead groups of 10-12 demonstrating and applying principles of gestalt and existential life style. Saturday noon to Sunday at 5 p.m.

Three-day Gestalt Training Weekend
March 9-11 $65 including room and meals

This weekend is designed to offer those in the helping professions (people helpers) an opportunity to experience residential training in the study and application of gestalt principles and existential life style. This in-community training weekend is a mini-internship including a full day of training with Dr. Miller and Gestalt Community members, and two days supervised practicum working in teams with participants in the open gestalt workshop. Trainee group supervision and open evaluation sessions including the entire community are also included in the experience. Various approaches to working with the body, energy releasing exercises (Miller Energy Arm), sensory experiences, as well as hot mineral baths and a balanced diet will be integrated into the program. Friday noon to Sunday at 5 p.m.

Richard Miller writes: "Hello out there. I am living existentially when I choose to be aware that I can give up whatever I am putting meaning into at the moment and move on to a new life the next moment. Peace and energy to you."

■ S.F. March 10

Accentuating the Positive, Eliminating the Negative
Elaine Kepner & Jack Rosenberg

One-day workshop $35

In this workshop we will teach techniques for identifying negative attitudes and moving on. We will use meditation, yoga, body work as well as gestalt awareness methods. 9 a.m. to 5 p.m., Saturday.

For reservation information, see page 30. For Leaders' Biographies, see pp. 31-35.

■ S.F. March 10-11

Finishing Unfinished Business
Stella Resnick & Frank Rubenfeld

Weekend workshop $60

Whether the business be recent, e.g. divorce, or primal, i.e. early childhood experiences, unresolved business blocks energy and prevents optimal functioning. Using the gestalt approach we will concentrate on achieving closure or becoming aware of the ways in which participants are unwilling to do so. 10 a.m. to 5 p.m., Saturday and Sunday.

■ S.F. March 10-11

The Invisible Sound
Larry Bloomberg & Staff

Weekend workshop $45

Larry writes, "I will offer ways to your invisible sound and chances to share your mysteries with others. Meet with me for a weekend of listening and release. Please bring your favorite ways of making music."

From immemorial times, the inspiring effect of the invisible sound that moves all hearts, and draws them together, has mystified mankind.

I Ching, 16

10 a.m. to 6 p.m., Saturday and Sunday.

■ S.F. March 16

Mini-Gestalt Workshop
Jerry Kogan and Eugene Sagan

Single-evening workshop $10

This workshop will introduce participants to the gestalt awareness process. Friday, 7 p.m. to 10 p.m.

■ S.F. March 16-18

Gestalt Plus
George & Judith Brown

Residential weekend workshop $75 including room and meals

A workshop for individuals and couples where the approaches of gestalt therapy are combined with techniques from psychosynthesis. The focus will be on reowning energy and discovering new and alternative ways to be as individuals and in primal relationships. Emphasis will also be placed on what to do after leaving the workshop.

■ S.F. March 17-18

Couples Workshop
Cyndy (Werthman) Sheldon & Joe Camhi

Weekend workshop $100 per couple

We will explore patterns of interaction that unite and separate couples, and suggest alternative patterns leading to more harmonious co-existence. 10 a.m. to 6 p.m., Saturday and Sunday.

■ S.F. Thursday, March 22

Evening with the Gestalt Institute

(See description, March 8, above.)

■ S.F. March 24-25

Open Gestalt Workshop
Stella Resnick & Janet Lederman

Weekend workshop $60

10 a.m. to 5 p.m., Saturday and Sunday.

■ S.F. Monday, March 26
April 2, April 9

Taking Responsibility
John Enright

Single evening event with follow-up series

$3 for the first evening, March 26; $12.50 for the series; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

"Taking responsibility" sounds like brushing your teeth or "being grown up" – a drag. In fact, to know at gut-level that I am fully responsible for everything I do or that "happens to me" is one of the straightest paths to liberation. The first Monday will be an open participation-lecture designed to get into some issues of responsibility both experientially and theoretically; it can be attended as a single event. Those who continue for the whole series will be given a number of written exercises to do to prepare for the final two Monday meetings in April. Responsibility for past and future, as well as the here and now, will be considered.

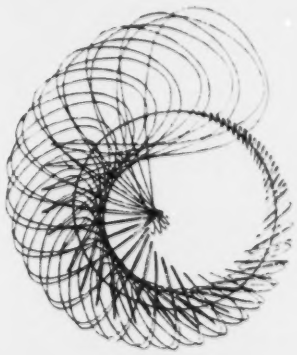
■ S.F. Thursday, March 29

From the Primal Laugh to the Cosmic Giggle: Developing Positive Awareness
Stella Resnick

Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

People often imagine or behave as though self-awareness and growth depended upon developing a critical attitude toward self, focusing only on painful areas, and becoming more disciplined. The abundance and popularity of self-improvement courses and therapies attests to the prevalence of this attitude. While Dr. Resnick's philosophy and therapy deal with pain also, her work stresses developing an openness and sense of humor toward self and existence. This talk will focus on the development of self-nourishing behaviors, the elimination of self-defeating behaviors, and the fun, joy, laughter, spontaneity and creativity that comes from taking a good look at yourself rather than a bad one.



Gestalt

■ S.F. March 30-April 1

A Workshop for Families
Sid Gershenson & Joan Krueger

Weekend workshop $60 for each adult (dependent children free)

This workshop will combine gestalt awareness methods with family therapy approaches for the purpose of increasing pleasure among family members. Friday 7 p.m. to Sunday 3 p.m.

■ S.F. March 31-April 1

The Arts & Gestalt Self-Awareness
Steve Schoen

Weekend workshop $50

Literature, music, dance, the visual arts – all formalize feeling, giving it structure in words, sound, body movement, line, color. Gestalt work, analagously, formalizes self-awareness increasingly to define the person's own inner nature. This workshop is designed for those who desire further self-unfolding, especially those sensitive to the unfolding which occurs in the arts. When first offered last fall, the workshop was full of zest, warmth, affirmative tension and release, and these are the values I care to nourish again through the interweaving of gestalt work and artistic expression. Bring your own poetry or prose, music, drawing, bodies, minds. Creative work, I find, sometimes sparks work on personal problems, sometimes serves as a model of personal fulfillment. Saturday and Sunday, 9 a.m. to 5 p.m.

■ S.F. Thursday, April 5

Evening with the Gestalt Institute

(See description, March 8, above.)

■ S.F. April 7-8

Gestalt & Gurdjieff
Joe Camhi

Weekend workshop $50

Energy is wasted in many forms of escape from who we are as well as in lack of understanding of how to conserve, build up and direct these energies. Gestalt techniques and elementary concepts and exercises of Gurdjieff will be used to explore these issues. 10 a.m. to 6 p.m., Saturday and Sunday.

■ S.F. April 13-15

Gestalt at Wilbur Hot Springs
Richard Louis Miller & Gestalt Community

(See description, March 9-11, above.)

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Gestalt

■ S.F. April 14-15
Enduring Relationships
Larry Bloomberg & Staff
Weekend workshop $45

Our experiences during freely self-renewing and enduring relationships have a clear focus, an exuberance, fullness and warmth; the emotions of peace, love, joy and passion accompany them – all "strong" emotions. Join us in an experiment in fostering enduring relationships through personal awareness and through free flow of energy between people. 10 a.m. to 6 p.m., Saturday and Sunday.

■ S.F. Thursday, April 19
Evening with the Gestalt Institute
(See description, March 8, above.)

■ S.F. April 20-22
Gestalt Community Workshop
Sid Gershenson, Joan Krueger, Katie Marks & Larry Sheridan
Weekend residential workshop $60

For those interested in a community where life is experienced in a free-flowing, supportive setting. The staff has an interdisciplinary approach that incorporates gestalt, tai chi chuan, meditation, polarity, massage and movement. Fee includes food and lodging. Friday 7 p.m. to Sunday 3 p.m.

■ S.F. April 28-29
Gestalt and Homosexuality (for both sexes)
Steve Schoen
Weekend workshop $50

Homosexual relationship dramatizes, often with special clarity and poignance, the common human problem of relationship, "You be for me what I want to be myself." Or to state the problem in positive terms, as part of the common human quest for wholeness: "I learn what's important to me about myself in what I seek from you." As such, the relationship invites self-unfolding. At the same time it can involve special appreciations of the other – strengths, frailties, yearnings, resources – which further nourish inner wholeness. I am concerned with exploring this quest for wholeness in those for whom homosexuality serves intimacy needs. Working with both sexes, we also have the opportunity, as it fits for the person, to assess the invitation or the danger of experience that crosses one's sex boundary. Saturday and Sunday, 9 a.m. to 5 p.m.

PROFESSIONAL TRAINING PROGRAM

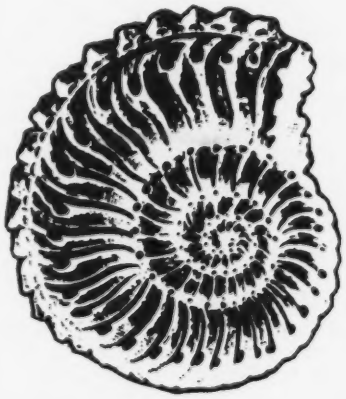
For information on the Gestalt Institute's Training Program, write or call Art Damond at the Gestalt Institute of San Francisco, 1719 Union Street, San Francisco, Ca. 94123, (415) 776-4500.

GESTALT INSTITUTE OF SAN FRANCISCO

Frederick S. Perls, M.D., Ph.D.
(1893-1970) . . . Founder

DIRECTORS
Lois Brien, Ph.D.
John Enright, Ph.D.
Elaine Kepner, Ph.D.
Richard Louis Miller, Ph.D.
Stella Resnick, Ph.D.
Jack Rosenberg, D.D.S., Ph.D.
Cynthia (Werthman) Sheldon, M.S.W.

MEMBERS
Lawrence I. Bloomberg, Ph.D.
Paula Bottome, Ph.D.
Joseph Camhi, Ph.D.
Jack Downing, M.D.
Sidney Gershenson, M.S.W.
Robert K. Hall, M.D.
Jerry Kogan, Ph.C.
Abraham Levitsky, Ph.D.
Janie Rhyne, M.A.
Stephen Schoen, M.D.
Arthur Damond, *Administrator*



GESTALT PROGRAMS IN BIG SUR

• B.S. March 2-4
Gestalt Workshop
Joseph Camhi
Weekend workshop $85

• B.S. March 4-30
Structural Integration & Gestalt
Al Drucker, Beverly Silverman, Ama Torrance
Four-week program $265 per week

This is an intensive program designed for those wishing to be rolfed. The rolfing sessions are given by advanced practitioners in a setting that is conducive to maximum body release and emotional growth. A series of eight hours can be completed in four weeks; however, individuals may register for each week separately instead. On a weekly basis the cost of the workshop includes two hours of rolfing and one hour of structural patterning. During the week there will be a daily morning exercise period including hatha yoga, Arica gym, and zazen meditation done in accordance with rolfing principles. In the evenings there will be a gestalt session. Additional sessions will be scheduled during the week. These may include tai chi, massage,

For reservation information, see page 30. For Leaders' Biographies, see pp. 31-35.

movement, Feldenkrais exercises, anatomy/physiology/nutrition lectures and discussions on various related subjects such as acupuncture and energetics. One day per week will be designed as an optional day of fasting supervised by the staff.

The workshop will be limited each week to 10 persons. We can only accept individuals under 170 lbs. weight.

• B.S. March 4-9
Integrating Alexander Technique & Gestalt
Ilana Rubenfeld
Five-day workshop $245

Emotions and memories are expressed through bodily tension and postures. Alexander Technique, gestalt, sensory awareness and deep muscle work will be combined toward understanding and releasing these tensions.

• B.S. March 9-11
A Weekend Workshop in Gestalt Training
Jack Downing $95

• B.S. March 11-16
Experiencing Wholeness
Seymour Carter
Five-day workshop $215

This workshop will emphasize gestalt methods for contacting ourselves as a self-regulating organism. The practice of integrating our senses, emotions and thought into a perceptual whole releases energy for a more connected experience of living and being. The work will be devoted to releasing excess efforts and tensions and awakening dormant functioning so that the participants may experience greater physical and emotional freedom.

• B.S. March 11-16
Gestalt Training Workshop
Jack Downing
Five-day workshop $275

• B.S. March 18-23
Gestalt & Breath Awareness
George Downing
Five-day workshop $215

The breath is a microcosm of the personality. Learning to find and unlock the breath can lead to more richness and certainty of emotion, increased energy, realignment of physical posture and a deeper grasp of one's personal rhythm of existence. We will both verbally and nonverbally explore these possibilities using gestalt and a number of different methods of working intensively with the breath.

• B.S. March 18-23
Advanced Gestalt Training Workshop
Frank Rubenfeld
Five-day workshop $245

• B.S. March 23-25
A Weekend Workshop in Gestalt Training
Frank Rubenfeld $85

• B.S. March 25-30
Gestalt
Sarah Warsher & Ray Walker
Five-day workshop $215

This workshop is for people interested in trusting all aspects of the NOW without promises or guarantees.

• B.S. March 25-30
Gestalt Plus
George & Judith Brown
Five-day workshop $245

(See S.F. workshop description, March 16-18, above.)

• B.S. April 1-6
Awareness
Betty Fuller
Five-day workshop $275

In this week of intensive gestalt awareness training, the actual work of the workshop will take place all day and night every day in every way, attending the basic functions of existence. Formal sessions of the group, on the other hand, will be devoted to analyzing, avoiding, defending, explaining, projecting, rationalizing and having fun as we indulge in the polarity. Bring shoulder to the wheel, nose to the grindstone, money in hand and tongue in cheek.

• B.S. April 1-6
Gestalt & Feldenkrais Technique
Christine King & Calvin Leonard
Five-day workshop $245

We will be integrating body and psychic awareness through tapping the reservoir of authentic information about who we are and move from being who we are not. The Feldenkrais method is a system of group exercises that releases fixed patterns in the whole organism. Our bodies will be opened in the exercises, and through gestalt awareness we will move towards that place of full integration.

• B.S. April 6-8
And the Walls Came Tumbling Down
Janet Lederman & Margo Smith
Weekend workshop $85

The Gestalt learning process . . . and the walls came tumbling down.
For the deaf, the non-deaf.

• B.S. April 6-8
The Middle Years
Jean Lanier
Weekend workshop $85

A workshop for the 'middle-aged'. Getting in touch with where we've been and where we might be headed is a matter of experiencing ourselves right now. A gestalt approach to our personal life drama. For the fortyish and over.

Gestalt

• B.S. April 6-8
Gestalt Awareness
Stella Resnick
Weekend workshop $85

• B.S. April 8-13
Gestalt Training Workshop
Jack Downing
Five-day workshop $275

• B.S. April 13-15
Gestalt & Body Awareness
George Downing
Weekend workshop $85

We will work intensively with both the verbal methods of gestalt and a number of nonverbal techniques of body awareness, including fantasy, movement, breath awareness, Feldenkrais dynamics, energy exchange and others.

• B.S. April 15-20
Gestalt & Massage
Richard Price & Peggy Morrison
Five-day workshop $245

• B.S. April 22-27
Advanced Gestalt Workshop
Robert Martin
Five-day workshop $245

The emphasis in this workshop will be on straight gestalt work with individuals who have prior gestalt experience. This workshop is *not* open to the novice. When making application, please include a statement of prior gestalt experience and the therapists with whom you have worked.

• B.S. April 27-29
Gestalt Plus
George & Judith Brown
Weekend workshop $95

(See S.F. description, March 16-18, above.)

• B.S. April 29-May 4
Gestalt & Taoism
Richard Price & Gia-fu Feng
Five-day workshop $245

The student learns by daily gain.
The Way is gained by daily loss,
Loss after Loss until at last comes rest.
By letting go, all gets done;
The world is won by those that let it go!

Lao Tze

Gestalt training as a kind of Western Taoism where the focus is not on "gain" and "change", but on awareness and letting be.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Transpersonal

Transpersonal generally refers to transcendence, mystical experience, peak experience and parapsychological phenomena. The following programs will explore insights and research into the physical and psychological aspects of such experience.

■ S.F. Tuesday evenings & Saturday mornings

Aikido & Energy Awareness
Robert Nadeau

Continuing program

(See workshop description under *The Human Body*, page 23.)

■ S.F. Thursday evenings

Sufi Stories
Josephine Leo

Continuing program FREE

A series of evenings where we can eat a few dates and share some sufi stories collected by Idries Shah. These "parables in action" of the Eastern dervish tradition claim the power to increase perception. 8-10 p.m., 1776 Union Street, San Francisco.

■ S.F. March 3

Introduction to Bio-Feedback
Jean Mayo

One-day workshop $20

In this workshop students will have an opportunity to experience two different bio-feedback techniques. One will measure the galvonic skin response. (The feedback sound goes up when the subject has an emotional response and the sound goes down when the subject is calm.) The other will be the ALPHAPHONE Brainwave Analyzer. This gives a reading on the frequency and amplitude of brain waves and feeds back sound and light for all the categories of Beta, Alpha, Theta and Delta. 10 a.m. to 6 p.m., Saturday.

● B.S. March 4-9

Tuning Your Energy Body
Robert Nadeau

Five-day workshop $245

All of us have moments when we are balanced: when we are centered in ourselves yet open and at one with the richness of life around us. Such moments do not have to be rare accidents. We can exist in a vast reservoir of energy that we can learn to tune into and use to enrich our lives on every level. This workshop is an experience in the application of this life energy to relaxation, concentration, healing and life in general.

■ S.F. March 7-April 25

Language, Consciousness & Reality
Arthur Hastings

Eight Wednesday evenings $30 per month

Learning how language, consciousness and reality are all causes and effects of each other. We will include how we can talk about internal states, how we select, process and communicate reality through language, and ways of getting outside language-controlled reality or of creating new languages. Hastings will provide information and experiences for learning in verbal and nonverbal ways. 8-10:30 p.m.

SAT AT ESALEN/BIG SUR

SAT is a non-profit corporation operating in the form of a school for spiritual development and psychological transformation. The SAT process is about 50% derived from sufi influences and teachings and 50% other traditions and ingredients, most importantly Vajrayana Buddhism and contemporary psychology and psychotherapy.

The SAT approach to human growth is that of constant work of the individual on himself with the help of resources indicated as part of a sustained guidance situation.

Among the SAT faculty for 1972 has been Chu Fang Chu, an integrator of the esoteric taoist tradition, Oscar Ichazo, Claudio Naranjo, Roslyn Shaffer, Kathleen Riordan Speeth and Llama Tarthang Tulku, Rinpoche.

SAT Programs:
The scheduled days of SAT will not be described beyond a title and subtitle – Workshop I: SAT-at-Esalen, an occasion for smelling and tasting conducted by SAT staff under the direction and representation of Claudio Naranjo. Bring pencil and paper. Please read *Techniques of Gestalt Therapy* by Claudio Naranjo.

March 4-9 Five-day workshop $215

April 1 Talk with Claudio Naranjo $10

Apr. 29-May 4 Five-day workshop $215

■ S.F. March 10, March 24

Ritual & Personal Myth
Allan Frankel

Two one-day workshops $20 per day

March 10 – Sexuality & Marriage to My Opposite: (golden age, dream lover, masculine-femimine principle). Please bring enough of one dish of food for 10 people, 3 pieces of fruit, dried fruit, nuts, a drinking vessel, ritual garb and writing supplies.

March 24 – Atonement (At-one-ment): (meeting with the father, perfect self, body ritual). Please bring a large mirror and writing supplies.

Each day is a separate event and may be taken without attending the other day. The workshops, though not primarily, will involve some encountering and bodily and vocal expression of feelings. Saturdays, 10 a.m. to 6 p.m.

● B.S. March 13-16

Bio-Feedback Training for Mind-Body Self-Regulation: A Workshop for Professionals
Elmer & Alyce Green

Three-day workshop $175

This workshop will be composed of both didactic training and discussion. Training will be had with bio-feedback instruments for blood control (temperature training), alpha and theta brainwaves, and demonstration of a heart rate trainer. Discussions will touch on creativity and self-realization through brainwave training, self-realization techniques from other cultures, (yoga, sufism and zen) and how it fits together with meditation, altered states of consciousness (whether self-induced or drug-induced), the relationship of all of this to transpersonal psychology including the field of mind theory which is subscribed to in general by East Indian yogis and American Indian medicine men. There will also be a report on research done with Swami Rama and Jack Schwarz, including a slide and movie presentation.

● B.S. March 16-18

A Weekend with Dhiravamsa

$85

The weekend will be composed of talks, discussions and sitting and walking meditations.

● B.S. March 23-25

A Western Approach to Centering
Seymour Carter

Weekend workshop $85

"My work is living and teaching a way of life which gradually develops the capacity to live in the here and now and to be all there for whatever life brings. Working with the traditional methods of meditation and aikido, and the contemporary methods of gestalt and sensory awareness, this workshop will introduce participants to a Western approach to centering."

For reservation information, see page 30. For Leaders' Biographies, see pp. 31-35.

Transpersonal

• B.S. March 30-April 1

Approaches to Transpersonal

Four workshops and an afternoon seminar reflecting as many different approaches to the transpersonal dimension.

Energy Awareness & Meditation
Harvey Moskowitz

Weekend workshop $85

Participants will explore the relation of a free flow of energy to relaxation, calmness, attitude, mental concentration, centering and moving from center. We will experience life energy and its use in spiritual growth and healing as a tool for higher awareness.

Altered States of Consciousness and Transcendental Experience
Dan Brown

Weekend workshop $85

The transcendental dimensions of the personality will be uncovered and explored with the following emphasis: material and patterns of behavior that block the pathways to the transpersonal; the exploration of inner guiding resources, archetypal patternings and symbols of protection; the use of the transpersonal to disclose peak emotions, intrinsic personality values and latent artistic and healing abilities.

Getting High
Andrew Weil

Weekend workshop $85

This workshop will examine the physiological, psychological and social aspects of getting high.

The Psychology of Consciousness
Robert Ornstein

Weekend workshop $95

We will attempt to taste and integrate many of the new approaches to consciousness both personally and intellectually. The workshop will draw on meditation, research into brain function, esoteric psychological approaches and paranormal phenomena.

April 1

A Talk With Claudio Naranjo

Afternoon seminar $10

(See *Seminars*, Sunday Afternoons in Big Sur, page 5.)

■ S.F. March 31-April 1

Sports Symposium

Weekend workshop $25 general, $18 student; Skyline College, San Bruno.

(See workshop description under *The Human Body*, page 25.)

■ S.F. Sunday, April 1

Hypnotherapy to Clairvoyance
Anne Armstrong

Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Anne Armstrong will speak on how she discovered her psychic ability while undergoing hypnotherapy to relieve migraine headaches. Her experiences include past life re-call which seemed to be related to the cause of the headaches. She will also share with you how she finally stabilized her psychic ability and is now using it in her field of counseling.

• B.S. April 1-13

Transcendental Transformations of Consciousness
John and Antoinette Lilly & James Keys (G. Spencer Brown)

Two-week workshop $550

Before this workshop, each participant is requested to read the following four books; *Center of the Cyclone, Programming and Metaprogramming and the Human Biocomputer, Only Two Can Play This Game, Laws of Form.* Participants are to be selected from the applicants on the basis of suitability for advanced work. Previous workshop experience with the leaders helps, and is neither necessary nor sufficient. The work will be based on the fundamentals given in the four books. Approaches to the Void, the region of high density, the creative network, and the substantial nothingness of the central self will be explored. Practical applications will be made to the planet-side trip, dyadic fullness, intellectual-affective completion, complete versus partial fusions, and the limits placed by physical conditions on Transforms and Transitions.

• B.S. April 8-13

Centering
Robert Nadeau

Five-day workshop $245

Participants will start with centering practices in the physical dimension, move to centering as mental awareness, and culminate in meditation with centering as a focus for spiritual unfolding.

■ S.F. April 20-22

The Psychology of Consciousness
Robert Ornstein

Weekend workshop $60

(See B.S. description, March 30-April 1, above.)

• B.S. April 27-29

The Taoist Way of Integrating Body, Mind & Spirit
Gai-fu Feng & Jane English

Weekend workshop $85

The weekend will follow the three main themes of Taoism-Chi (energy flow), Ta Wo (I am God), and Wu Wo (surrender to whatever happens), or, as Gai-fu writes: "how to be comfortable, effortless and centered – to flow alone, with nature and with people." Participants are asked to be familiar with Gai-fu's books.

SELECTIVE AWARENESS in Big Sur

The human personality is a complex system of interrelated *learned* characteristics that are reflected on both physical and psychological planes. The multiple factors are organized by the central nervous system, which, like a complicated electronic computer, may be easily altered at one's discretion, given the proper language and methods. Selective Awareness provides a set of techniques for objectively identifying and unlearning undesirable characteristics of the mind or body and rapidly learning desirable patterns. These techniques are applied in a specific state of mind (similar to but not equivalent to meditational and self-hypnotic states) which allows complete recall of information necessary to illuminate and understand reflexes underlying any previously learned patterns.

B.S. March 2-4 Emmett Miller $95

B.S. April 27-29 Emmett Miller $95

• B.S. April 29-May 4

Gestalt & Taoism
Richard Price & Gia-fu Feng

Five-day workshop $245

The student learns by daily gain.
The Way is gained by daily loss,
Loss after Loss until at last comes rest.

By letting go, all gets done;
The world is won by those that let it go!

Lao Tze

Gestalt training as a kind of Western Taoism where the focus is not on "gain" and "change", but on awareness and letting be.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Sensory Awareness

SENSORY AWARENESS is Charlotte Selver's name for the work she studied with Elsa Gindler in Berlin and brought to the United States in 1938. Workshops in Sensory Awareness aim at a state of intellectual quiet in which each activity can be fully felt and allowed to find its natural way, free of inhibitions, techniques and images. When ideas are stilled, sense perceptions coming from the entire organism enable the person to function authentically, according to his nature, in all situations. Closely akin, in its pure form, to the practice of zen, Sensory Awareness brings the essential character of meditation to every aspect of daily living.

■ S.F. March 3-4

Sensory Awareness, Movement & Meditation
Ben & Judyth Weaver

Weekend workshop $50

A weekend devoted to the discovery of the authentic person: in the rich possibilities for awakening in the sensory nervous system; in the quiet of meditation; in the excitement of spontaneous, expressive movement and dance. 10 a.m. to 6 p.m., Saturday and Sunday.

• B.S. March 9-11

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

Weekend workshop $95

In an increasingly alienated world, where mechanical ease often makes communication shallower, many of us are eager to find more meaningful contact both with ourselves and with others, and with our activities whatever they may be. We would like really to get *in touch*. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and discard the techniques and defenses we have come to rely on – when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

In this weekend, which will be devoted to practice rather than theory, a beginning will be made in exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents.

• B.S. March 11-16

Experiencing Wholeness
Seymour Carter

Five-day workshop $215

This workshop will emphasize gestalt methods for contacting ourselves as a self-regulating organism. The practice of integrating our senses, emotions and thought into a perceptual whole releases energy for a more connected experience of living and being. The work will be devoted to releasing excess efforts and tensions and awakening dormant functioning so that the participants may experience greater physical and emotional freedom.

■ S.F. Monday, March 19

Introduction to Sensory Awareness
Seymour Carter

Single evening event

FREE; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

■ S.F. March 23-25

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

Weekend workshop $50

(See B.S. description, March 9-11, above.)

• B.S. March 23-25

A Western Approach to Centering
Seymour Carter

Weekend workshop $85

(See description under *The Human Body*, p. 25)

• B.S. April 6-8

Sensory Awareness, Movement & Meditation
Ben & Judyth Weaver

Weekend workshop $85

(See S.F. description March 3-4, above).

■ S.F. April 13-15

Movement and Breath
Seymour Carter

Weekend workshop $50

This workshop will be the integration of extensive studies in the development of awareness as practiced in meditation, gestalt, sensory awareness, and the martial arts. The approach emphasizes experiences in breath, sensory awareness and movement activities which alert our dormant natural capacities for sensitivity and wholeness. When we become more aware in our neuromuscular and perceptual energies there is a fuller possibility for living in the present, awakened for the adventure of being.

• B.S. April 15-20

Sensory Awareness, Encounter, Movement & Tai Chi
Ben & Judyth Weaver

Five-day workshop $215

A workshop devoted to the discovery of authenticity and aliveness: In the rich possibilities for awakening in the sensory nervous system; in the heat of a core encounter group; in the excitement of spontaneous, expressive movement and dance; in the subtle, flowing movements of Tai Chi Chuan.

• B.S. April 20-22

Expanding Consciousness Through Sensory Awareness
Charlotte Selver & Charles Brooks

Weekend workshop $95

Expansion of consciousness is possible without the traditional religious practices of fasting and deprivation on the one hand, or the use of chemicals, on the other. Consciousness can be refined, deepened and enlarged through sensitive exploration of the living organism both in inner functioning and in interaction with the world of which we are part.

In a culture in which we have been geared mainly to being and keeping busy, to achieving and competing, the deeper levels of experience and relating have been neglected and often repressed, so that we have only cultivated a small fraction of our endowment. This study will be one of *practice*: for the awakening and unfolding of our perceptive organs, the senses. Through sensing, we learn to follow innate tendencies toward order, balance and more openness to the environment in which we move and act. Gradual development of inner quiet – clearing the head of over-busy thoughts – opens the way to richer perception, a component of creativity, and the feel and significance of each single happening and action in everyday life.

This weekend can be enough to start sensitive participants in new directions leading to modes of consciousness which produce a new freshness and a many-dimensional widening and deepening of thought, imagination and relating in action.

• B.S. April 22-27

Movement and Breath
Seymour Carter

Five-day workshop $215

(See S.F. description, April 13-15, above.)

• B.S. April 29-May 4

Sensory Awareness & Massage
Seymour Carter & Peggy Morrison

Five-day workshop $245

For reservation information, see page 30. For Leaders' Biographies, see pp. 31-35.

MARCH - APRIL 1973

The Esalen Calendar

SAN FRANCISCO CONTINUING AND DROP-IN PROGRAMS

Advance registration is not required for the following programs, and attendance can be on a one-time or continuing basis.

Tuesdays & Saturdays: Aikido and Energy Awareness: Nadeau (First Unitarian Church, S.F.) See page 23.

Thursday evenings: Sufi Stories: Lee; FREE (1776 Union Street, S.F.) See page 16

SAN FRANCISCO PROGRAMS

THE WEEK OF FEBRUARY 25

Mar. 1	Shaping the Human Environment: Film Series: Cowan (single eve): p. 5
Mar. 2-4	Fair Fight Training/Couples: Engels (weekend): p. 6
Mar. 3	Invitations to Openness: Anderson (1 day): p. 6
Mar. 3	Introduction to Bio-Feedback: Mayo (1 day): p. 16
Mar. 3-4	Sensory Awareness, Movement & Meditation: Weavers (weekend): p. 18
Mar. 3-4	Song of Speech: Marin (weekend): p. 5
Mar. 3-4	Open Gestalt: Brien, Connett (weekend): p. 12

THE WEEK OF MARCH 4

Mar. 5	New Ways to Meet New People: Cromey (single eve): p. 7
Starts Mar. 5	Alexander Technique: Ottinelli (cont. Mon. eves): p. 23
Mar. 5-Apr. 9	On Health: Sobel (6 Mon. eves): p. 24
Mar. 6,13 FREE	Gestalt Headtripping: Resnick (2 Tues. afternoons): p. 12
Mar. 7	Bird's Eye View of Psychosynthesis: Ferrucci (single eve): p. 10
Starts Mar. 7	Alexander Technique: Schiele (cont. Wed. eves): p. 23
Mar. 7-Apr. 4	Belly Dancing: Clemons (5 Wed. eves): p. 24
Mar. 7-Apr. 25	Language, Consciousness & Reality: Hastings (8 Wed. eves): p. 5
Mar. 8	Shaping the Human Environment: Film Series: Cowan (single eve): p. 5
Mar. 8	Evening with the Gestalt Institute: p. 12
Mar. 8-Apr. 12	Techniques of Psychodrama: Anderson (6 Thurs. eves): p. 7
Mar. 9-11	Advanced Psychosynthesis: Carter, Kull (weekend): p. 10
Mar. 9-11	Workshop for Change: Agosta: Shapiro (weekend): p. 28
Mar. 9-11	Gestalt at Wilbur Hot Springs: R. Miller (residential weekend): p. 12
Mar. 10	Ritual & Personal Myth: Frankel (1 day): p. 16
Mar. 10	Accentuating the Positive, Eliminating the Negative: Kepner, Rosenberg (1 day): p. 12
Mar. 10	Workshop with Stanley Keleman (1 day): p. 25
Mar. 10-11	The Invisible Sound: Blumenberg (weekend): p. 13
Mar. 10-11	Finishing Unfinished Business: Resnick, F. Rubenfeld (weekend): p. 13

BIG SUR PROGRAMS

THE WEEK OF FEBRUARY 25

Mar. 2-4	Experience of Esalen: Staff (weekend): p. 6
Mar. 2-4	Releasing Fixed Patterns: King (weekend): p. 23
Mar. 2-4	Selective Awareness: Miller (weekend): p. 17
Mar. 2-4	Gestalt Workshop: Cambi (weekend): p. 14
Mar. 2-4	Psychosynthesis: A General Workshop Emphasizing the Will: Kull, Carter (weekend): p. 10

THE WEEK OF MARCH 4

Mar. 4-9	Integrating Alexander Technique & Gestalt: I. Rubenfeld (5 days): p. 24
Mar. 4-9	Tuning Your Energy Body: Nadeau (5 days): p. 23
Mar. 4-9	SAT-at-Esalen: SAT staff (5 days): p. 16
Mar. 4-9	Resources: Butler (5 days): p. 7
Mar. 4-30	Structural Integration & Gestalt: Drucker, Silverman, Tummer (4 weeks): p. 29
Mar. 9-11	Towards A More Sensitive Relating: Selver, Brooks (weekend): p. 18
Mar. 9-11	A Weekend Workshop in Gestalt Training: Downing (weekend): p. 14
Mar. 9-11	Music: Butler (weekend): p. 7
Mar. 9-11	The Roots of Wordness: Kraemer (weekend): p. 5
Mar. 9-11	Massage & Meditation: Maurison (weekend): p. 24
Mar. 11	An Afternoon With A Self-Styled Con-Man: Kraemer (afternoon): p. 5

ESALEN/BIG SUR: Big Sur, CA 93920 / Phone: (408) 667-2335; 10 to 5, Monday through Saturday; 10 to 9, Sunday

ESALEN/SAN FRANCISCO: 1776 Union Street, San Francisco, CA 94123 / Phone: (415) 771-1710; 10 to 5, Monday through Saturday

The Esalen Calendar

MARCH

SAN FRANCISCO CON
Advance registration is not required for the following
Tuesdays & Saturdays: Aikido and Energy Aw
Thursday evenings: Sufi Stories: L

SAN FRANCISCO PROGRAMS

THE WEEK OF MARCH 11

Mar. 12	Introduction to Esalen: Sloan (single eve): p. 6
Mar. 13-Apr. 10	Integrative Seminar for Women in Academic Professions: Mander, Mayer (5 Tues. eves): p. 28
Mar. 14	When All Else Fails: For Teachers: Ford-Esalen Staff, M. Kriegel, S. Miller (single eve): p. 28
Mar. 14-May 16	Human Anatomy: E. Jackson (10 Wed. eves): p. 24
Mar. 14-May 31	Massage Training: G. Jackson (12 week class): p. 24
Mar. 15 FREE	Breath & Self: G. Downing (single eve): p. 24
Mar. 16	Mini-Gestalt Workshop: Kogan, Sagan (single eve): p. 13
Mar. 16-18	Gestalt Plus: Browns (residential weekend): p. 13
Mar. 16-18	Hints From Above: Ferrucci (weekend): p. 10
Mar. 16-18	Divorce: A Creative Experience: Cromey (weekend): p. 7
Mar. 17	Workshop for Singles Under 30: Sloan (1 day): p. 7
Mar. 17	Introduction to Tai Chi Massage: Unell (1 day): p. 24
Mar. 17-18	Couples' Workshop: Sheldon, Cambi (weekend): p. 13
Mar. 17-18	Women: Our Bodies, Our Selves (weekend): p. 24

THE WEEK OF MARCH 18

Mar. 19 FREE	Introduction to Sensory Awareness: S. Carter (single eve): p. 18
Mar. 21	Sound Experience: Halpern (single eve): p. 27
Mar. 22	Evening with the Gestalt Institute: p. 13
Mar. 23-25	Towards A More Sensitive Relating: Selver, Brooks (weekend): p. 18
Mar. 23-25	Openness As A Life Style: Foxes (weekend): p. 8
Mar. 24	Introduction to Esalen: Cromey (1 day): p. 6
Mar. 24	Spring Festival: Celebration of the Vernal Equinox: Saltman et al. (1 day): p. 27
Mar. 24	Sexuality, Feminism & Gay Consciousness: Aguilar, Gearhart, Herzstam et al. (1 day): p. 8
Mar. 24	Ritual & Personal Myth: Frankel (1 day): p. 16
Mar. 24-25	Open Gestalt: Resnick, Lederman (weekend): p. 13
Mar. 24-25	Vitality of Death: Keleman, Koestenbaum (weekend) p. 25

THE WEEK OF MARCH 25

Mar. 25	Knowing & Moving the Body: Ottiwell, Stransky (1 day): p. 25
Mar. 26, Apr. 2, 9	Taking Responsibility: Enright (3 Mon. eves): p. 13
Mar. 28	The Tooth Trip: McGuire (single eve): p. 25
Mar. 29	From the Primal Laugh to the Cosmic Giggle: Resnick (single eve): p. 13

BIG SUR PROGRAMS

THE WEEK OF MARCH 11

Mar. 11-16	Gestalt Training Workshop: J. Downing (5 days): p. 15
Mar. 11-16	Experiencing Wholeness: Carter (5 days): p. 18
Mar. 11-16	Self Emergence Through Sound & Imagery: Schiffman: (5 days): p. 7
Mar. 13-16	Bio-Feedback Training for Mind-Body Self-Regulation: Greens (3 days): p. 16
Mar. 16-18	Let's Boogie!: Clemans (weekend): p. 24
Mar. 16-18	Couples' Workshop: Kriegels (weekend): p. 7
Mar. 16-18	A Weekend With Dhiravamsa: (weekend): p. 16
Mar. 16-18	Living of a Personal Myth: Campbell (weekend): p. 5

THE WEEK OF MARCH 18

Mar. 18-23	Advanced Gestalt Training Workshop: F. Rubenfeld (5 days): p. 15
Mar. 18-23	Body Being: Clemans (5 days): p. 24
Mar. 18-23	Beyond Encounter: Kriegel (5 days): p. 7
Mar. 18-23	Gestalt & Breath Awareness: J. Downing (5 days): p. 15
Mar. 23-25	A Western Approach to Centering: Carter (weekend): p. 18
Mar. 23-25	A Weekend Workshop in Gestalt Training: F. Rubenfeld (weekend): p. 15
Mar. 23-25	You Don't Have to Suffer to Feel Good: Sloan (weekend): p. 8
Mar. 23-25	Psychosynthesis-Returning to the Source: Fadimans (weekend): p. 10
Mar. 23-25	Workshop for Gay People: Smith, Freitas (weekend): p. 8

THE WEEK OF MARCH 25

Mar. 25-30	Gestalt Plus: Browns (5 days): p. 15
Mar. 25-30	Gestalt: Warsher, Walker (5 days): p. 15
Mar. 25-30	Introduction to Esalen: Staff (5 days): p. 6
Mar. 25-30	Enlightenment Intensive: Berner (5 days): p. 8

The Esalen Calendar

APRIL 1973

UING AND DROP-IN PROGRAMS
grams, and attendance can be on a one-time or continuing basis.
ness: Nadeau (First Unitarian Church, S.F.) See page 23.
FREE (1776 Union Street, S.F.) See page 16

SAN FRANCISCO PROGRAMS

THE WEEK OF MARCH 25 (continued)

Mar. 29-Apr. 26	Massage: Sales, Ford (5 Thurs. eves): p. 25
Mar. 30-Apr. 1	Enacting the Personal NOH: Parkinson (weekend): p. 8
Mar. 30-Apr. 1	Growth Through Risk Taking: Schiffman (weekend): p. 8
Mar. 31-Apr. 1	Workshop for Families: Gershenson, Krueger (weekend): p. 13
Mar. 31	Alternative Views of "Mental Illness": Foxes, Saltman (1 day): p. 5
Mar. 31	Dreams & the Body: G. Downing (1 day): p. 25
Mar. 31	Polarity Therapy: Rush (1 day): p. 25
Mar. 30-Apr. 1	Arts & Gestalt Self-Awareness: Schoen (weekend): p. 13
Mar. 31-Apr. 1	Sports Symposium (weekend): p. 25

THE WEEK OF APRIL 1

Apr. 1	Hypnotherapy to Clairvoyance: Armstrong (1 eve): p. 17
Apr. 4	Introduction to Esalen: Foxes (single eve): p. 6
Apr. 5	Evening with the Gestalt Institute: p. 13
Apr. 6-8	Cycles of Movement-Feeling-Mind: Halprin (weekend): p. 25
Apr. 6-8	You Don't Have to Suffer to Feel Good: Sloan (weekend): p. 8
Apr. 7	Crossing the Gender Gap: Conway, Allen (1 day): p. 8
Apr. 7	Open Psychodrama Encounter: Anderson (1 day): p. 9
Apr. 7	Structural Patterning: Hornbacher (1 day): p. 29
Apr. 7	Massage as a Meditation: Feder (1 day): p. 26
Apr. 7-8	Gestalt & Gurdjieff: Camhi (weekend): p. 13
Apr. 7-8	Conga Rhythms: Adelman (weekend): p. 26

THE WEEK OF APRIL 8

Apr. 8	Structural Patterning: Hornbacher (1 day): p. 29
Apr. 11	Parents: Surviving & Growing with Your Child: Ford-Esalen Staff, M. Kriegel, S. Miller (single eve): p. 9
Apr. 12	On Yoga: Kramer (single eve): p. 26
Apr. 13-15	Movement & Breath: S. Carter (weekend): p. 18
Apr. 13-15	Encounter for Singles Over 30: Cromey (weekend): p. 9
Apr. 13-15	Gestalt at Wilbur Hot Springs: R. Miller (residential weekend): p. 13
Apr. 13-15	Imagination & Intuition: Allen (weekend): p. 10
Apr. 13-15	Freeing the Voice: Corrigan (weekend): p. 26
Apr. 14	An Experience in Scientology Procedures: Puthoff, Kennedy, Spickler (1 day): p. 27
Apr. 14-15	Enduring Relationships: Bloomberg (weekend): p. 14

BIG SUR PROGRAMS

THE WEEK OF MARCH 25 (continued)

Mar. 30-Apr. 1	Energy Awareness: Moskowitz (weekend): p. 17
Mar. 30-Apr. 1	The Psychology of Consciousness: Ornstein (weekend): p. 17
Mar. 30-Apr. 1	Getting High: Weil (weekend): p. 17
Mar. 30-Apr. 1	Altered States of Consciousness & Transcendental Experience: Brown (weekend): p. 17
~~Apr. 1~~	~~A Talk With Claudio Naranjo: (afternoon): p. 17~~

THE WEEK OF APRIL 1

Apr. 1	Introduction to Transactional Analysis: Drye, Kerfoot, McClendons (5 days): p. 8
Apr. 1-6	Awareness: Fuller (5 days): p. 15
Apr. 1-6	Gestalt & Feldenkrais: King, Leonard (5 days): p. 25
Apr. 1-13	Transcendental Transformations of Consciousness: Lillys, Brown (2 weeks); p. 17
~~Apr. 6-8~~	~~And the Walls. . . : Lederman, Smith (weekend): p. 15~~
~~Apr. 6-8~~	~~The Middle Years: Lanier (weekend): p. 27~~
Apr. 6-8	Gestalt Awareness: Resnick (weekend): p. 15
Apr. 6-8	Emotional Trauma Release: Berner (weekend) p. 8

THE WEEK OF APRIL 8

April 8-13	Experience of Esalen: Staff (5 days): p. 6
Apr. 8-13	Gestalt Training Workshop: Downing (5 days): p. 15
April 8-13	Centering: Nadeau (5 days): p. 26
Apr. 8-13	Humanistic Organizational Approaches: Kriegel (5 days): p. 29
Apr. 13-15	Gestalt and Body Awareness: G. Downing (weekend): p. 26
Apr. 13-15	Conscious Mind, Conscious Body: Mander, Rush (weekend): p. 26
Apr. 13-15	Experience of Esalen: Staff (weekend): p. 6
Apr. 13-15	A Weekend Workshop in Self-Awareness: Schiffman (weekend): p. 9
Apr. 13-15	Psychosynthesis Workshop: Yeomans (weekend): p. 10

The Esalen Calendar

MARCH-APRIL 1973

SAN FRANCISCO PROGRAMS

THE WEEK OF APRIL 15

Apr. 17 Passover Seder: Fox, Lymon (single eve): p. 27

Apr. 18 Unorthodox Medicine: Sobel (single eve): p. 26

Apr. 19 Evening With the Gestalt Institute: p. 14

Apr. 20-22 Easter Celebration: Joys of New Life: Cromey (weekend): p. 9

Apr. 20-22 Psychology of Consciousness: Ornstein (weekend): p. 17

Apr. 20-22 Gestalt Community Workshop: Gershenson, Krueger, Marks, Sheridan (residential weekend): p. 14

Apr. 21 Introduction to Esalen: Fenes (1 day): p. 6

Apr. 21-22 "Through the Looking Glass": Saltman et al. (weekend): p. 9

Apr. 21-22 Dream Workshop: Kelemen, Lefebre (weekend): p. 25

THE WEEK OF APRIL 22

Apr. 23 Coming Out of Divorce: Smith (single eve): p. 9

Apr. 24-Jun. 17 Psychosynthesis Training Series: Vargas (8 Tues. eves): p. 10

Apr. 25 New Ways to Meet New People: Cromey (single eve): p. 9

Apr. 26 Dimensions of Structural Integration: Salesman (single eve): p. 29

Apr. 27-29 Releasing Fixed Patterns: King (weekend): p. 26

Apr. 27-29 Communication Games: Hough (weekend): p. 9

Apr. 28 Introduction to Tai Chi Chuan: J. Weaver (1 day): p. 27

Apr. 28 Psychosynthesis-Transpersonal: R. Carter, Kull (1 day): p. 11

Apr. 28-29 Gestalt & Homosexuality: Schoen (weekend): p. 14

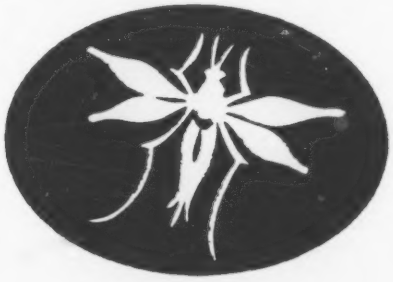
Apr. 28-29 Physical, Psychological & Spiritual Dimensions of Yoga: Kramer (weekend): p. 27

Apr. 28-29 Good Medicine: Sobel, Hornbacher (weekend): p. 27

THE WEEK OF APRIL 29

Apr. 29 Body & Mystery: Grand (1 day): p. 27

Apr. 30 Introduction to Esalen: Cromey (single eve): p. 6



BIG SUR PROGRAMS

THE WEEK OF APRIL 15

Apr. 15-20 Gestalt and Massage: Price, Morrison (5 days): p. 15

Apr. 15-20 Education in Feeling and Purpose: A Neo-Reichian Bioenergetic Week: Kelleys (5 days): p. 26

Apr. 15-20 Sensory Awareness, Encounter, Movement & Tai Chi: Weavers (5 days): p. 18

Apr. 15-20 Growth and Boundaries: Schiffman, Sloan (5 days): p. 9

Apr. 15-20 Confluent Education: Learning Doesn't Have To Taste Bad: Hillmann (5 days): p. 29

Apr. 20-22 Being Awareness: Gunther (weekend): p. 26

Apr. 20-22 Expanding Consciousness Through Sensory Awareness: Selver, Brooks (weekend): p. 18

Apr. 20-22 The Human Unconscious and Environment: Grofs, Schwartz (weekend): p. 27

Apr. 20-22 Singles' Workshop: Sloan (weekend): p. 9

THE WEEK OF APRIL 22

Apr. 22-27 Advanced Gestalt Workshop: Martin (5 days): p. 15

Apr. 22-27 Movement & Breath, S. Carter (5 days): p. 18

Apr. 22-27 Workshop for Change: Agnew: Shapiro (5 days): p. 29

Apr. 22-27 Introduction to Esalen: Fenes (5 days): p. 6

Apr. 27-29 Polarity Therapy: Rush (weekend): p. 26

Apr. 27-29 Gestalt Flow: Browns (weekend): p. 15

Apr. 27-29 The Taoist Way of Integrating Body, Mind and Spirit: Feng, English (weekend): p. 26

Apr. 27-29 Introduction to Esalen: Staff (weekend): p. 6

Apr. 27-29 Selective Awareness: Miller (weekend): p. 17

THE WEEK OF APRIL 29

Apr. 29-May 4 Gestalt and Taoism: Feng, Price (5 days): p. 15

Apr. 29-May 4 Sensory Awareness and Massage: Carter, Morrison (5 days): p. 18

Apr. 29-May 4 SAT-at-Esalen: SAT staff (5 days): p. 16

Apr. 29-May 4 Beyond Encounter: Kriegel (5 days): p. 9

Apr. 29-May 4 Identity: Ferrucci (5 days): p. 11

ESALEN/BIG SUR: Big Sur, CA 93920 / Phone: (408) 667-2335; 10 to 5, Monday through Saturday; 10 to 9, Sunday
ESALEN/SAN FRANCISCO: 1776 Union Street, San Francisco, CA 94123 / Phone: (415) 771-1710; 10 to 5, Monday through Saturday

The Human Body

AIKIDO is a Japanese art of self defense with the emphasis placed on centering, harmony and blending. It is presented as a physical manifestation of energy and spiritual Laws of the Universe.

THE ALEXANDER TECHNIQUE is concerned with the integration of posture and movement.

Alexander discovered that a basic correction of balance, and an accompanying reduction in stress, occurs when that particular relationship of the head to the neck which permits "the greatest possible lengthening of the spine in each and every act" is freely maintained.

This re-education is not accomplished by physical exercises or self-manipulative positioning, but by means of a conditioning procedure which alters the body image and through it the capacity for postural stability.

BIOENERGETIC ANALYSIS attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling and relationship. The body is viewed as an energetic process that participates as the world *in* the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this energetic process.

MASSAGE at Esalen is seen and taught as a caring relationship between two people. Consideration is given first to the feelings and the sensory experience of both partners, and after that to technique. Workshops are attended by both couples and singles.

POLARITY THERAPY is an intensive pressure-point massage system similar in both theory and practice to Chinese acupuncture. Developed and synthesized by Dr. Randolph Stone from Oriental traditions many centuries old, its purpose is to realign posture and to release blocked energy throughout the body. Although advanced work in polarity therapy requires extensive training, a number of its more basic techniques are accessible to the interested layman.

TAI-CHI CHUAN is an ancient Chinese exercise discipline practiced for health, meditation, energy flow and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term *tai chi* can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

■ Monday or Wednesday evenings

Alexander Technique
Frank Ottiwell, *Mondays*
Joan Schirle, *Wednesdays*

Continuing program $35 per month

Enrollment in each class is limited to 6 persons; new persons may join the classes as spaces become available. Monday evenings, 6-7:30 p.m.; Wednesday evenings, 7:30-9 p.m.

■ S.F. Tuesday evenings & Saturday mornings

Aikido & Energy Awareness
Robert Nadeau

Continuing program

One meeting per week; $15 per month (general & student); Two meetings per week: $25 per month (general), $20 per month (student).

A continuous program of instruction in energy awareness and in aikido as a physical expression of that awareness. This course meets each week; participants can be in one or two sessions per week, with tuition based on the schedule of participation. Tuesday, 8-9:30 p.m.; Saturday, 10-12 noon. First Unitarian Church, Franklin and Geary Streets, San Francisco.

INDIVIDUAL MASSAGE APPOINTMENTS are available in both Big Sur and San Francisco to program registrants and Friends of Esalen. In Big Sur, contact the office during your stay at Esalen. In San Francisco, call 771-1710 for appointments.

• B.S. March 2-4

Releasing Fixed Patterns
Christine King

Weekend workshop $85

The process of living builds defenses and rigid patterns into our bodies. From childhood our nervous systems learn to react with certain selected fixed patterns. This conditioning greatly restricts body awareness and prohibits alternative ways of body movement. Dr. Moshe Feldenkrais has developed sequences of profound and simple exercises and through these our awareness will be directed to releasing fixed patterns in the body and the corresponding opening of the whole body's energies.

■ S.F. March 3-4

Sensory Awareness, Movement & Meditation
Ben & Judyth Weaver

Weekend workshop $50

A weekend devoted to the discovery of the authentic person: in the rich possibilities for awakening in the sensory nervous system; in the quiet of meditation; in the excitement of spontaneous, expressive movement and dance. 10 a.m. to 6 p.m., Saturday and Sunday.

• B.S. March 4-9

Tuning Your Energy Body
Robert Nadeau

Five-day workshop $245

All of us have moments when we are balanced: when we are centered in ourselves yet open and at one with the richness of life around us. Such moments do not have to be rare accidents. We can exist in a vast reservoir of energy that we can learn to tune into and use to enrich our lives on every level. This workshop is an experience in the application of this life energy to relaxation, concentration, healing and life in general.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

The Human Body

• B.S. March 4-9

Integrating Alexander Technique & Gestalt
Ilana Rubenfeld

Five-day workshop $245

Emotions and memories are expressed through bodily tension and postures. Alexander Technique, gestalt, sensory awareness and deep muscle work will be combined toward understanding and releasing these tensions.

• B.S. March 4-9

Renascence
Michael Butler

Five-day workshop $215

Each of us carries within him, buried beneath layers of psychic and physical tensions, the fertile seed of a new self. This workshop will use many of the Esalen body-oriented and psychological techniques to allow participants to experience that seed center of self and nourish it.

■ S.F. March 5-April 9

On Health
David Sobel

Six Monday evenings $45

Health is much more than the absence of disease. It is a vibrant, energetic state of well-being of harmonious psycho-physiological integration. We will explore various techniques for cultivating a positive concept of health including: meditation, relaxation training, self-concept modification, dream control, yogic therapy, diet and nutrition, structural integration, reflexology and foot massage, Bate's eye exercises and various other forms of unorthodox medicine. The emphasis will be on practical techniques to increase psychological and physical well-being. 8-10:30 p.m.

■ S.F. March 7-April 4

Belly Dancing
Barbara Clemans

Five Wednesday evenings $3.50 per session

"I have studied many ethnic dance forms and have found belly dancing to be the most female of the arts; perhaps because it originated as a dance of empathy for women during childbirth. I have also discovered methods of freeing the movement range and energy flow in the lower half of the body. I would like to share these discoveries with you using breath awareness, psychomotor techniques and belly dancing. The emphasis is not on performance but on enjoyment of movement." For women only. Wear loose, comfortable clothing, and do not eat heavily before the class. 7:30-9:30 p.m.

• B.S. March 9-11

Massage and Meditation
Peggy Morrison

Weekend workshop $85

• B.S. March 11-16

Experiencing Wholeness
Seymour Carter

Five-day workshop $215

This workshop will emphasize gestalt methods for contacting ourselves as a self-regulating organism. The practice of integrating our senses, emotions and thought into a perceptual whole releases energy for a more connected experience of living and being. The work will be devoted to releasing excess efforts and tensions and awakening dormant functioning so that the participants may experience greater physical and emotional freedom.

■ S.F. March 14-May 16

Human Anatomy
Ed Jackson

Ten Wednesday evenings $90

An anatomy course oriented to therapies and disciplines that require a concern for human structure and function: movement, gestalt, dance, massage. Emphasis will be on the skeletal and muscular systems. The material will be presented both through lecture and direct examination and experience of the living body. 7:30-9:30 p.m. Limited to 24 participants. A non-refundable deposit of $50 is required.

■ S.F. March 14-May 31

Massage Training
Gunver Jackson

Twelve week class $260

Participants will receive instruction in massage techniques and will work to develop receptivity to touch, both giving and receiving. Relaxation, breathing and gestalt awareness exercises will be used to supplement thorough massage training. Gunver Jackson writes: "The goal here is to teach that life is an act, not a thought. Action in life and our basic need for touch will be combined in the teaching of massage."

The course consists of twelve three-hour classes in massage scheduled for two separate groups. There are also ten classes in human anatomy, taught by Ed Jackson, M.D. The anatomy course is limited to 24 participants and is open to the general public.

Massage Group I: 11 a.m. to 2 p.m., twelve Wednesday mornings, March 14-May 30; limited to eight participants.

Massage Group II: 7 to 10 p.m., twelve Thursday evenings, March 15-May 31; limited to ten participants.

Anatomy Class: 7:30 to 9:30 p.m., ten Wednesday evenings, March 14-May 16.

A non-refundable deposit of $150 is required. Indicate whether Group I or Group II is preferred when registering.

■ S.F. Thursday, March 15

Breath & Self
George Downing

Single evening event

FREE; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Bring a blanket; wear loose and comfortable clothing.

• B.S. March 16-18

Let's Boogie!
Barbara Clemans

Weekend workshop $85

We are already perfect. When we experience negativity, upsets, and conflicts in our universe, we are only experiencing the barriers to our own perfection. Let us create a space to renew our sense of aliveness. Moving freely in our own perfect and personal rhythm, chanting, dancing, eating, tasting and soothing, caring and touching one another with massage.

■ S.F. March 17

Introduction to T'ai Chi Massage
Judy Unell

One-day workshop $20

This method is unique in its incorporation of t'ai chi movement which transmits a special energy flow and rhythm, relaxing the massager as well as the recipient. This workshop includes group t'ai chi relating to the method, a full massage demonstration, and a supervised working session in which participants will practice on each other. 10 a.m. to 6 p.m., Saturday.

■ S.F. March 17-18

Women: Our Bodies – Our Selves

Weekend workshop for women only

$15 general; $10 students and unemployed

... Going on from "Women and Their Bodies" (Sept., 1972) to another weekend of exploration and integration: gestalt, massage, self-defense, natural movement, polarity therapy, breath awareness, health, consciousness raising, talking and sharing, singing, dancing and whatever else we have within us. All women are welcome. 10 a.m. to 6 p.m., Saturday and Sunday, and a party on Saturday night.

Erika Asher, Julia Barfoot, Ruth Gravitt, Judy Knoop, Andra Lichtenstein, Anica Vesel Mander, Pam Melton, Lauree Moss, Anne Kent Rush.

• B.S. March 18-23

Body Being
Barbara Clemans

Five-day workshop $245

The most fundamental and basic channel to the being is the body. From the time we are first told to "sit still!" we become restricted and unconscious in our bodies. An unconscious and unexperienced body is the primary barrier to awareness on any other level. We will begin to confront these barriers moving through new spaces, dancing out tensions, breathing and chanting to relax constriction and experiencing anew the gentleness of another's touch through massage.

For reservation information, see page 30. For Leaders' Biographies, see pp. 31-35.

• B.S. March 18-23

Gestalt & Breath Awareness
George Downing

Five-day workshop $215

The breath is a microcosm of the personality. Learning to find and unlock the breath can lead to more richness and certainty of emotion, increased energy, realignment of physical posture and a deeper grasp of one's personal rhythm of existence. We will both verbally and nonverbally explore these possibilities using gestalt and a number of different methods of working intensively with the breath.

• B.S. March 23-25

A Western Approach to Centering
Seymour Carter

Weekend workshop $85

"My work is living and teaching a way of life which gradually develops the capacity to live in the here and now and to be all there for whatever life brings. Working with the traditional methods of meditation and aikido, and the contemporary methods of gestalt and sensory awareness, this workshop will introduce participants to a Western approach to centering."

WORKSHOPS WITH STANLEY KELEMAN – SAN FRANCISCO

Workshops with Stanley Keleman will focus on an exploration of ways in which the life of the body expresses itself as emotions, the intellect and the culture. These will be primarily teaching groups in which participants will be encouraged to contribute from their own life experiences.

March 10
Open Workshop $40
10 a.m. to 6 p.m., Saturday.

March 24-25
The Vitality of Death
Stanley Keleman & Peter Koestenbaum
Weekend workshop $60

The fear of dying is one of the central blocks to being fully alive. In working with participants individually and as a group, bioenergetic and phenomenological principles will be supplied to living situations. 10 a.m. to 6 p.m., Saturday and Sunday.

April 21-22
Weekend workshop on Dreams $60
Stanley Keleman & Ludwig Lefebre

An investigation of the dream using energetic and phenomenological approaches. The work will include the use of the body in the dream and how to understand the dream in the light of the body's experience. Bring your dream journal. 10 a.m. to 6 p.m., Saturday and Sunday.

In addition to the above programs, Stanley Keleman teaches a tutorial program bi-weekly.

■ S.F. March 25

Knowing and Moving the Body
Frank Ottiwell and Judith Stransky

One-day workshop $20

This workshop will draw on the work of F.M. Alexander and Moshe Feldenkrais in mobilizing and re-educating the body/self. Techniques to improve postural alignment and release blocked energy will be taught individually and applied to such everyday activities as sitting, standing, walking and bending. Group exercises, performed within each individual's range of ease and enjoyment, will be used to increase kinesthetic awareness and to show the use of awareness and movement as self-teacher. 10 a.m. to 6 p.m., Sunday.

■ S.F. Wednesday, March 28

The Tooth Trip
Thomas McGuire, D.D.S.

Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

An oral experience. A trip around and through the very sensual and perceptive oral cavity. An insight into why the mouth is there, why it need be healthy, and how oral disease can change your level of consciousness. Another step up in the evolution of human awareness.

■ S.F. March 29-April 26

Massage
Branda Sales & Drew Ford

Five Thursday evenings $35

We will develop a complete massage from basic techniques. We will emphasize the quality of touch – taking care – sensitizing ourselves. 7:30-10:30 p.m.

■ S.F. March 31-April 1

Sports Symposium

Weekend workshop $25 general, $18 student; Skyline College, San Bruno.

A major sports symposium to introduce the Esalen Sports Center (see *News*, page 2). The symposium line-up includes: John Brodie (quarterback for the S.F. 49ers), George Leonard, Michael Murphy, Bob Kriegel, Judith Aston, David Meggyesy, Jack Scott, Bob Nadeau, Stanley Keleman, William Schutz and many more. University credit for educators will be available. 10 a.m. to 10 p.m., Saturday; 10 a.m. to 5 p.m., Sunday. For more details and information write the Esalen Sports Center, 1776 Union Street, San Francisco, Calif. 94123.

■ S.F. March 31

Polarity Therapy
Anne Kent Rush

One-day workshop $20

This workshop will include experiential learning of selected basic techniques, individual physical exercises to facilitate energy balance and circulation, and some discussion of the theoretical principles of polarity therapy. 10 a.m. to 6 p.m., Saturday.

The Human Body

■ S.F. March 31

Dreams and the Body
George Downing

One-day workshop $25

In this workshop we will work with gestalt, breath awareness and other techniques in order to clarify and to integrate the messages of our dream bodies. Those who are out of touch with their dreams are also welcome: we will use deep fantasy methods in order to explore some of the same thematic material. 10 a.m. to 10 p.m., Saturday.

• B.S. April 1-6

Gestalt & Feldenkrais Technique
Christine King & Calvin Leonard

Five-day workshop $245

We will be integrating body and psychic awareness through tapping the reservoir of authentic information about who we are and move from being who we are not. The Feldenkrais method is a system of group exercises that releases fixed patterns in the whole organism. Our bodies will be opened in the exercises, and through gestalt awareness we will move towards that place of full integration.

■ S.F. April 6-8

Cycles of Movement-Feeling-Mind: Rituals & Art
Ann Halprin

Weekend workshop $50

Part of a series of workshops dedicated to exploring and developing a common language of creativity through movement and environmental arts. In this workshop we will each create life-size *total* self-portraits. In conjunction with on-going movement experiences this will take us further into the journey of our body-selves, distilling their essence. The group will become a support and participant in the enactment of everyone's totem/self-symbol. The performance itself becomes the experience and act of self-discovery and recognition.

• B.S. April 6-8

Sensory Awareness, Movement & Meditation
Ben & Judyth Weaver

Weekend workshop $85

(See S.F. description March 3-4, above).

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

The Human Body

■ S.F. April 7
Massage As a Meditation
Anita Feder
One-day workshop $20
10 a.m. to 6 p.m., Saturday.

■ S.F. April 7-8
Conga Rhythms
Richard Adelman
Weekend workshop $35
As living human bodies we are inherently rhythmical and flowing. We will work to renew contact with our body rhythms by playing conga drums, singing and dancing together. We will use a variety of gestalt awareness, tension-releasing, and breathing exercises to deepen our experiences. We will learn authentic African rhythms and create our own rhythms. (If you can bring your own conga, let us know with your reservation.) 10 a.m. to 6 p.m., Saturday and Sunday.

● B.S. April 8-13
Centering
Robert Nadeau
Five-day workshop $245
Participants will start with centering practices in the physical dimension, move to centering as mental awareness, and culminate in meditation with centering as a focus for spiritual unfolding.

■ S.F. Thursday, April 12
On Yoga: A Lecture & Demonstration
Joel Kramer
Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.
An evening designed to acquaint the interested non-practitioner, as well as the practitioner, with yoga. Mr. Kramer will demonstrate hatha yoga and discuss yoga both in classical structure and as an evolutionary approach to living in the modern world.

■ S.F. April 13-15
Freeing the Voice
Mary Corrigan
Weekend workshop $50
This workshop will concentrate on freeing the voice. It has been established that physical tensions inhibit the production of a free tone. This method employs various physical and vocal exercises that are designed to reduce tensions and to provide the kinaesthetic experience of what a free voice *feels* like. This experience also allows the participant to discover a sense of ease and effortless vocal power. This method is employed at most of the major residential theatres and professional training programs in the U.S. and England.

● B.S. April 13-15
Gestalt & Body Awareness
George Downing
Weekend workshop $85
We will work intensively with both the verbal methods of gestalt and a number of nonverbal techniques of body awareness, including fantasy, movement, breath awareness, Feldenkrais dynamics, energy exchange and others.

■ S.F. April 13-15
Movement and Breath
Seymour Carter
Weekend workshop $50
This workshop will be the integration of extensive studies in the development of awareness as practiced in meditation, gestalt, sensory awareness, and the martial arts. The approach emphasizes experiences in breath, sensory awareness and movement activities which alert our dormant natural capacities for sensitivity and wholeness. When we become more aware in our neuromuscular and perceptual energies there is a fuller possibility for living in the present, awakened for the adventure of being.

● B.S. April 13-15
Conscious Mind, Conscious Body: A Weekend for Women
Anica Vesel Mander & Anne Kent Rush
Weekend workshop $85
Women have been conditioned to be passive, dependent and mistrustful of their own feelings. In this workshop we will deal with ways of changing this conditioning by sharing our experiences and liberating specific body blocks.

● B.S. April 15-20
Sensory Awareness, Encounter, Movement & Tai Chi
Ben & Judyth Weaver
Five-day workshop $215
A workshop devoted to the discovery of authenticity and aliveness: In the rich possibilities for awakening in the sensory nervous system; in the heat of a core encounter group; in the excitement of spontaneous, expressive movement and dance; in the subtle, flowing movements of Tai Chi Chuan.

● B.S. April 15-20
Gestalt & Massage
Richard Price & Peggy Morrison
Five-day workshop $245

● B.S. April 15-20
Education in Feeling & Purpose: A Neo-Reichian Bioenergetic Week
Charles & Erica Kelly
Five-day workshop $275
Powerful nonverbal techniques derived from Wilhelm Reich open deep involuntary expressions of pain, fear, rage and grief that have been blocked by the muscular armor. By working through these, participants can discover a new capacity for pleasure, for trust, love and joy. The freeing of feeling is then used to lead into a re-evaluation of the style and objectives on one's life.

■ S.F. Wednesday, April 18
Unorthodox Medicine
David Sobel
Single evening event
$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.
This lecture will deal with alternative medical approaches with emphasis on positive health, preventive medicine, and the medicine of the whole person. Areas to be drawn from include: ancient medicine, Chinese medicine and acupuncture, yogic therapy, American Indian medicine, naturopathy, homeopathy, zone therapy, chiropractics, structural integration, autogenic training and bio-feedback.

● B.S. April 20-22
Being Awareness
Bernard Gunther
Weekend workshop $95
Our sense of being is constantly disrupted by our false identification with thoughts, feelings, emotions and desires. Our real self is a center of pure energy consciousness which is always in a state of quiet bliss. This workshop will focus on ways to disidentify with the undesirable disruptures and through the use of sensory awakening, psychosynthesis and meditation, experience and deepen this sense of I AM consciousness.

● B.S. April 22-27
Movement and Breath
Seymour Carter
Five-day workshop $215
(See S.F. description, April 13-15, above.)

■ S.F. April 27-29
Releasing Fixed Patterns
Christine King
Weekend workshop $50
(See B.S. description, March 2-4, above.)

● B.S. April 27-29
Polarity Therapy
Anne Kent Rush
Weekend workshop $85
(See S.F. description, March 31, above.)

For reservation information, see page 30. For Leaders' Biographies, see pp. 31-35.

The Human Body

■ S.F. April 28
Introduction to Tai Chi Chuan
Judyth Weaver
One-day workshop $20

A one-day introduction to the essence of Tai Chi Chuan – flow, centering, grounding. 10 a.m. to 6 p.m., Saturday.

■ S.F. April 28-29
The Physical, Psychological & Spiritual Dimensions of Yoga
Joel Kramer
Weekend workshop $50

A workshop designed to give the interested novice as well as the experienced practitioner insights into the meaningfulness of yoga and meditation for modern living. Yogic techniques, the nature of meditation and psychological frameworks pertaining to yoga will be explored. The focus is to be able to carry on with yoga on one's own. 10 a.m. to 6 p.m., Saturday and Sunday.

■ S.F. April 28-29
Good Medicine
David Sobel & Faith Hornbacher
Weekend workshop $50

"Your medicine is in you and you do not observe it. Your ailment is from yourself and you do not register it."

A practical approach to awareness and maintenance of your health and well-being with emphasis on our use/misuse of our bodies. Drawing from a body of exercises including breathing, movement, reflexology, structural patterning, Bates visual reeducation, body meditation and the Fantastic Voyage.

■ S.F. April 29
Body & Mystery
Ian Grand
One-day workshop $20

A workshop to explore the mystery and adventure, problems and possibilities in being human bodies. 10 a.m. to 6 p.m., Sunday.

● B.S. April 29-May 4
Sensory Awareness and Massage
Seymour Carter & Peggy Morrison
Five-day workshop $245

Diverse

■ S.F. Wednesday, March 21
Sound Experience
Steven Halpern
Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Many of us have been taught that music has three fundamental aspects: melody, harmony and rhythm. But few of us have been told that we can have *fun* with them! In this evening we'll be doing that by getting in touch with our own rhythms and sounds, and by relating them to others. You are invited to bring any instrument you dig to add to our painting in music, and to participate in the joyous process of collective creation.

■ S.F. March 24
Spring Festival: A Celebration of the Vernal Equinox
Marion Saltman & the Center for the Study of Play
Saturday afternoon and evening $5

The time has come to honor once again the great earth spirits. Join us in an ancient ceremony of the spring Sabot. We will call up the spirits of fertility and rebirth with ritual, ceremony, and festivity on the S.S. Vallejo houseboat, former home of Jean Varda. 3:30 p.m. until midnight. $5 fee covers wine and festivities; bring one item of food for a ritual feast.

■ S.F. March 30-April 1
Enacting the Personal NOH
John Parkinson
Weekend workshop $50

Intensive investigation of our own spirit dream concerning the story we tell ourselves and others about ourselves. Emphasis on relaxation, transformation of things, haiku, the hero's journey vs. the personal NOH, and song and movement improvisation. The experience will conclude with a NOH-type ensemble demon dance on Sunday afternoon.

● B.S. April 6-8
And the Walls Came Tumbling Down
Janet Lederman & Margo Smith
Weekend workshop $85

The Gestalt learning process . . . and the walls came tumbling down.
For the deaf, the non-deaf.

● B.S. April 6-8
The Middle Years
Jean Lanier
Weekend workshop $85

A workshop for the 'middle-aged'. Getting in touch with where we've been and where we might be headed is a matter of experiencing ourselves right now. A gestalt approach to our personal life drama. For the fortyish and over.

■ S.F. April 14
An Experience in Scientology Procedures
Hal Puthoff, Adrienne Kennedy, Phil Spickler
One-day workshop $22

The seminar will consist of a series of brief presentations of particular Scientology procedures, followed by group participation in the action phase of the procedures. Correlations with gestalt, Eastern psychology and bio-feedback will be considered.

■ S.F. April 17
Passover Seder
Art Fox & Herschel Lymon
Single evening event $12 including full meal

A traditional seder meal will be served. The service has been rewritten and adapted to be relevant to today's exodus from slavery to freedom. Our struggle as individuals, and as a people, internally and externally, will culminate in a shared celebration. Begins at 7 p.m. All are welcome. (Scholarships available.)

● Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Workshops for Professionals

• B.S. March 4-9

Integrating Alexander Technique & Gestalt
Ilana Rubenfeld

Five-day workshop $245
(See description, *The Human Body*, p. 24).

■ S.F. March 8-April 12

Techniques of Psychodrama
Walt Anderson

Six Thursday evenings $60

We will study ways of working effectively as a psychodrama director or assistant, and discuss the integration of psychodrama with other therapeutic or encounter approaches. Course will include both lectures and experiential sessions.

■ S.F. March 9-11

A Workshop for Change Agents
Stewart & Muriel Shapiro

Weekend workshop $50

In today's increasingly complex and independent world more and more of our time is spent in organizational life. It is through the humanistic viability of our organizations and institutions that our society will succeed or fail in the crucial tests that lie ahead. This workshop will be oriented toward tasks, goals and personal growth of those who wish to be active in individual and/or organizational change. There will be discussions and demonstrations of strategies and models for change in various systems including individuals, small groups, organizations and communities. Change agents for this workshop can be individuals or teams in business management, colleges, public schools, government, social agencies, volunteer organizations, churches or other community organizations.

■ S.F. March 9-11

Gestalt at Wilbur Hot Springs
Richard Louis Miller and Gestalt Community

Two-day Gestalt Workplayshop Weekend
March 10-11 $35 including room and meals

Participants will live with the Gestalt Community at their country home, Wilbur Hot Springs, and share their balanced diet (prepared with care), 240 beautiful acres, hot mineral baths, etc. Teams of Gestalt Agents, supervised by Dr. Miller and Gestalt Community members, will lead groups of 10-12 demonstrating and applying principles of gestalt and existential life style. Saturday noon to Sunday at 5 p.m.

Three-day Gestalt Training Weekend
March 9-11 $65 including room and meals

This weekend is designed to offer those in the helping professions (people helpers) an opportunity to experience residential training in the study and application of gestalt principles and existential life style. This in-community training weekend is a mini-internship including a full day of training with Dr. Miller and Gestalt Community members, and two days supervised practicum working in teams with participants in the open gestalt workshop. Trainee group supervision and open evaluation sessions including the entire community are also included in the experience. Various approaches to working with the body, energy releasing exercises (Miller Energy Arm), sensory experiences, as well as hot mineral baths and a balanced diet will be integrated into the program. Friday noon to Sunday at 5 p.m.

Richard Miller writes: "Hello out there. I am living existentially when I choose to be aware that I can give up whatever I am putting meaning into at the moment and move on to a new life the next moment. Peace and energy to you."

■ S.F. March 13-April 10

Integrative Seminar for Women in Academic Professions
Anica Vesel Mander & Lisby Mayer

Five Tuesday evenings $50

The academic world is primarily a male world; this is a seminar for women who would like a chance to explore their place in academia as women. We will focus particularly on ways of integrating aspects of the growth movement into our work, as well as developing our consciousness as women. For women only; students welcome; scholarships available. 8-10:30 p.m.

• B.S. March 13-16

Bio-Feedback Training for Mind-Body Self-Regulation: A Workshop for Professionals
Elmer & Alyce Green

Three-day workshop $175

This workshop will be composed of both didactic training and discussion. Training will be had with bio-feedback instruments for blood control (temperature training), alpha and theta brainwaves, and demonstration of a heart rate trainer. Discussions will touch on creativity and self-realization through brainwave training, self-realization techniques from other cultures, (yoga, sufism and zen) and how it fits together with meditation, altered states of consciousness (whether self-induced or drug-induced), the relationship of all of this to transpersonal psychology including the field of mind theory which is subscribed to in general by East Indian yogis and American Indian medicine men. There will also be a report on research done with Swami Rama and Jack Schwarz, including a slide and movie presentation.

■ S.F. Wednesday, March 14

When All Else Fails: An Evening for Teachers
Ford-Esalen Staff, Marilyn Harris Kriegel, & Sara Miller

Single evening event

$3 general, $2 student; 7-10 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

An evening workshop in confluent education techniques.

• B.S. April 1-6

Introduction to Transactional Analysis
Robert Drye, Eugene Kerfoot, Ruth McClendon, George McClendon

Five-day workshop $275

Transactional Analysis is a method for solving many problems of everyday living. We will cover all of the material required by the Association for regular membership. In addition to theory presentation, participants will have opportunities to involve themselves in a variety of group experiences and exercises including the use of TA methods for active problem-solving.

For reservation information, see page 30. For Leaders' Biographies, see pp. 31-35.

Workshops for Professionals

• B.S. April 8-13
Humanistic Organizational Approaches
Bob Kreigel & Lenore Lefer
Five-day workshop $275

This workshop is designed for individuals in managerial or training positions, to help make their personal and professional lives more rewarding. The week will be oriented to tasks, goals and personal growth. Specifically, we will work on the following: adapting to change; developing awareness of personality resources (sub-personalities) that both help and hinder the individual; improving communication with peer groups, superiors and subordinates; team building; creating an environment which stimulates responsibility and creativity on the job; developing individual and organizational goals and strategies. Emphasis will be placed on the integration of the workshop experience into participants' daily lives.

■ S.F. April 13-15
Gestalt at Wilbur Hot Springs
Richard Louis Miller & Gestalt Community
(See description, March 9-11, above.)

• B.S. April 15-20
Confluent Education: Learning Doesn't Have to Taste Bad
Rosemary & Aaron Hillman
Weekend workshop $245

Each person has unique talents and potential. In order to find and develop that talent and potential we need to learn to work with others and with ourselves. Confluent Education is a name given to this process. This workshop is directed toward the classroom teacher and school counselor but can be of benefit to anyone working in one of the helping professions. The thrust of the work is toward developing classroom strategy to assist a student's intellectual and emotional growth. Confluent Awareness Training and its classroom applications will be an integral part of the program. It is recommended that all participants read George Brown's book *Human Teaching for Human Learning.*

• B.S. April 22-27
A Workshop for Change Agents
Stewart & Muriel Shapiro
Five-day workshop $275

(See S.F. description, March 9-11, above.)

Structural Integration

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom and balance. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage; working with a trained practitioner, the process is usually completed within ten individual sessions.

TRAINING in structural integration is offered only through the Ida P. Rolf Foundation for Structural Integration and only upon completion of certain prerequisites. Research in rolfing is encouraged by the Foundation. Information about training and research, as well as class announcements may be obtained by writing the Foundation, P.O. Box 1868, Boulder, Colo. 80302.

INDIVIDUAL SESSIONS with practitioners of structural integration are available *by appointment only* through the following offices:

Esalen Institute, Big Sur – no telephone appointments. Please request appointments in writing. Practitioners include Michael Butler, Al Drucker, Stanley Johnson, William Schutz, Beverly Silverman, Simone Surpin.

Esalen Institute, San Francisco – Phone for appointments. Megan Gilchrist, Dub Leigh, Michael Salveson, Larry Swann, Ed Taylor.

STRUCTURAL PATTERNING *is a body system which promotes structural balance and efficiency and economy of movement within the gravitational field. Patterns which block energy in the body are exchanged for those which allow energy to flow. It is particularly effective during or after rolfing for those who want to develop the use and awareness of their reorganized bodies, to produce further structural change along the same lines, and to rebalance themselves in situations of physical or emotional stress.*

A course of private work in structural patterning usually consists of three to five supervised sessions, perhaps with a follow-up session after a few months.

Practitioners available for individual sessions are: Esalen/Big Sur – Ama Torrance; Esalen/San Francisco – Faith Hornbacher.

• B.S. March 4-30
Structural Integration & Gestalt
Al Drucker, Beverly Silverman, Ama Torrance
Four-week program $265 per week

(See description under *Gestalt*, p. 14)

■ S.F. April 7
Structural Patterning in Stillness & Motion
Faith Hornbacher
One-day workshop $25

This workshop is limited to 6 participants who have been or are being rolfed. 10 a.m. to 6 p.m., Saturday.

■ S.F. April 8
Structural Patterning in Stillness & Motion
Faith Hornbacher
One-day workshop $25

This workshop is limited to 6 participants who have been or are being rolfed. 10 a.m. to 6 p.m., Sunday.

■ S.F. Thursday, April 26
The Dimensions of Structural Integration
Michael Salveson
Single evening event

$3 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

A discussion and demonstration of the Rolf method of structural integration.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

San Francisco Information

For reservations, literature, tickets and information, write or call:
Esalen Institute
1776 Union Street
San Francisco, Ca. 94123
Phone: (415) 771-1710
10 to 5, Monday through Saturday

RESERVATIONS: should be made at least one week prior to start of program. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to: Esalen Institute, 1776 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express.

INFORMATION, LITERATURE AND TICKETS: for lectures may be obtained Monday through Saturday, 10:00 to 5:00 at 1776 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

WEEKEND SCHEDULES: Weekend workshops meet from 8 to 11 p.m. on Fridays, from 10 a.m. through the afternoon and/or evening on Saturdays, and from 10 a.m. to early afternoon on Sundays, unless otherwise indicated in workshop descriptions. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

ACCOMMODATIONS: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

RESIDENTIAL PROGRAMS: are indicated in individual workshop descriptions. Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend residential programs, unless otherwise indicated, begin at 8 p.m. Friday (no supper served) and conclude following Sunday lunch. Programs are held at a conference center in Marin County or in Sonoma County; exact location will be included with reservation confirmation.

LOCATION: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs including its own building at 1757 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

SCHOLARSHIPS, interest-free loans and work scholarships are available for many programs in San Francisco. Contact the S.F. office for information and forms. STUDENT AND "POOR PEOPLE" RATES are also possible on a space-available basis. These are *stand-by* rates of 50% off the stated workshop price. Come by the S.F. office no earlier or later than three days before the program's starting date to place your name on a stand-by waiting list, to leave a deposit for the program, and to validate that you qualify for stand-by rates. (The deposit is refundable if you do not get in the workshop.) Confirmations will not be made until the morning of the workshop date.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be refunded if reservation cannot be confirmed or upon request by persons not wanting to be on a waiting list.

Big Sur Information

For reservations and information, write or call:
Esalen Institute
Big Sur, Ca. 93920
Phone: (408) 667-2335
10 to 5, Monday through Saturday
10 to 9, Sunday

RESERVATIONS: must be made at least one week prior to the first day of the program. Deposits accompanying the reservations are required as follows: $20 for weekend programs; $70 for 5-day programs; $200 for 2-week programs; and $400 for 4-week programs. Deposits are non-refundable but may be transferred with ten days notice. Please mail reservation form with check to: Esalen Institute, Big Sur, California 93920. Do not send Big Sur reservations to San Francisco. Balance of payment is due on arrival.

PROGRAM COSTS: cover tuition, food and lodging, use of the fresh-water pool and hot mineral baths. Massage, available by appointment, is extra. Foreign currency: Esalen can only accept checks drawn on U.S. funds. Esalen accepts Master Charge and American Express.

GROUNDS ARE CLOSED EXCEPT BY RESERVATION. Participants are discouraged from bringing guests or having people drop in.

CHECK-IN/CHECK-OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening; however, guests are welcome to arrive earlier in the afternoon. All programs begin with dinner on Sunday evening; weekend programs begin with dinner on Friday evening. The last session of a five-day program is Friday morning. Two-week and four-week programs usually have final sessions on the last Friday morning. Weekend programs end on Sunday after the morning session. Check-out time is noon of the final day of all programs.

ACCOMMODATIONS: The rooms on Esalen property are designed for shared occupancy (2 or 3 to a room), and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodging in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property – in tents, cars, campers or meeting rooms – is strictly prohibited.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean, with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name.

From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon. It is identified on some road maps as Slates Hot Springs or Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute – Reservations only.

CHILDREN AND PETS: There are no child care facilities at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Alas, no pets.

LIMOUSINE SERVICE FROM MONTEREY: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is available between 11:00 A.M. and 6:00 P.M. on Fridays and Sundays at $10 per person from Monterey Airport or Greyhound Terminal, with *3 to 5 days advance notice.* On arrival, guests should inquire at terminal service for the Esalen Representative.

WORK COMMITMENT: Approximately 12 hours of work per week in the kitchen, garden and grounds are required of participants in all programs of two weeks duration or longer.

ORGANIC FOOD: The organic food garden on the Esalen grounds is flourishing and provides the kitchen with most of its vegetables and herbs. We try to serve only organically-produced meats, poultry and dairy products; most breads and pastries are made by Esalen bakers.

STAFF-LED WORKSHOPS: Some of the four-week and five-day programs listed will be led by members of the Esalen Staff from Big Sur. Big Sur Staff includes: Michael Butler, Seymour Carter, Al Drucker, Brita Fluck, Betty Fuller, Janet Lederman, David Lees, Dub Leigh, Carole Levine, Peggy Morrison, Richard Price, Paul Rebillot, Gabrielle Roth, William Schutz, Beverly Silverman, Julian Silverman, Simone Surpin, Ben Weaver and Judyth Weaver.

Biographical Information

RICHARD ADELMAN has an M.A. in psychology and has been playing congas and bongos for 16 years – 10 years with Latin bands. He lives in Berkeley where he teaches conga drumming privately as a way of centering and allowing expression of one's natural rhythmic feeling. His teaching approach has been deeply influenced by Stanley Keleman and Ian Grand, under whom he is completing the Esalen Extended Growth Program.

SANDRA AGUILAR, SALLY GEARHART, CLOVER HERZSTAM, MARCIA KALLEN, DAVID KLEINBERG, JOHN SHULTZ & GARY TITUS are seven members of the San Francisco feminist and gay community, ages 21 to 41, with a wide range of experiences and training. They are presently developing alternative life styles.

TOM ALLEN, a senior associate of the Psychosynthesis Institute and a former Esalen resident fellow, underwent didactic training at the Psychosynthesis Institute with Jim and Susan Vargiu, and with Roberto Assagioli in Italy. He has led workshops for several years at growth centers and educational institutions throughout the country, and has taught courses in psychosynthesis at college and university level. He is an artist and has worked to integrate art into the psychosynthesis process as a means of self-realization.

MAURICA ANDERSON is an encounter group leader and former staff member of the California Institute of Psychodrama.

WALT ANDERSON studied psychodrama under Lewis Yablonsky, is accredited by the Moreno Academy of New York, and was formerly executive director of the California Institute of Psychodrama. He has served as a consultant in psychodrama to many businesses, agencies, hospitals and educational institutions.

ANN ARMSTRONG, a clairvoyant from Sacramento, uses her abilities for deep level analysis of personal problems and for guidance in the growth of the inner life.

CHARLES BERNER, founder of Abilitism, a modern religion, and developer of the Enlightenment Intensive, has been in growth work for over 22 years. He has sponsored Enlightenment Intensives at various growth centers, New York University and Mendocino State Hospital.

*LARRY BLOOMBERG, clinical psychologist, helped found the Gestalt Institute of San Francisco, the Gestalt Institute for Multiple Psychotherapy, and gestalt communities in Albuquerque, San Francisco and Wilbur Springs, Calif. He consults the *I Ching* as a repository of wisdom and as one way of visiting with the masters.

*LOIS BRIEN is a gestalt therapist, an organization consultant in the Bay Area and a member of the faculty of the California School of Professional Psychology. She is a gestalt author, painter and activist in the feminist movement.

DAN BROWN has spent six years doing research in crisis therapy, mostly with young people. He has taught and assisted teaching Altered States of Consciousness at the University of Mass. and at the University of Chicago. He has trained with Dr. Stanley Krippner, Stanislav Grof, Helen Bonny and Erika Fromm, and has given numerous workshops and lectures. He is currently a graduate student at the University of Chicago.

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is director of DRICE, the Ford Foundation Center in confluent education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning.*

JUDITH BROWN has an international reputation as a gestalt awareness trainer and has been interested in the use of symbols as an expression of the creative unconscious. In addition to her own groups, she has co-led numerous groups with her husband.

MICHAEL BUTLER is a group leader with a background in body techniques. A former Esalen resident fellow, he was trained in group process by John Heider and subsequently as a practitioner of structural integration by Ida Rolf. He has a special interest in ways to adapt the personal growth practices of the group meeting room to everyday life.

*JOSEPH CAMHI, clinical psychologist and gestalt therapist, recently spent a year studying at a Gurdjieff-oriented school in England and is now in private practice in San Francisco.

JOSEPH CAMPBELL is author of *The Hero with a Thousand Faces* and *The Masks of God*, among other works. He has been a member of the Literature Department of Sarah Lawrence College since 1934.

BETSIE CARTER, a senior associate of the Psychosynthesis Institute, was associate director of the Ford-Esalen Project in Confluent Education and an Esalen resident fellow. She underwent didactic training in Italy, with Roberto Assagioli, and at the Psychosynthesis Institute with Jim and Susan Vargiu. She has given workshops in this country and abroad, and currently works with individuals and groups in psychosynthesis.

SEYMOUR CARTER is a former director of the Esalen Residence Program and has led groups for Esalen for the past five years. His background includes extensive training with Synanon, Will Schutz, Charlotte Selver, Ida Rolf and most recently with Dr. Moshe Feldenkrais. He has been deeply influenced by zen Buddhism, and gestalt, and is a student of aikido.

BARBARA CLEMANS has been working on getting clear for nine years. She has used multifarious tools and information; gestalt therapy, dance, yoga, bioenergetics, an apprenticeship with Ann Halprin, a year of neo-Reichian therapy, massage, belly dancing, buddhism, psychosynthesis and EST.

MICHAEL CONANT is a psychologist in private practice in Berkeley working in gestalt and bioenergetic reeducation. His current practice centers around group work, and his particular interest is in teaching individuals to become more assertive, more themselves. He is an associate member of the Gestalt Institute of San Francisco.

MARGARET CONWAY, a senior associate of the Psychosynthesis Institute, is in didactic training with its directors, Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. Trained as a psychiatric nurse, she also has extensive experience as a group leader. Presently she works with individuals and groups in psychosynthesis.

MARY CORRIGAN is an assistant professor in the Theatre Department at the University of Minnesota and has conducted voice production workshops throughout the United States. She has been an actress, director, teacher and group consultant and has received grants and scholarships from several foundations. She has studied/experienced the following techniques: Iris Warren method, Alexander, Martha Graham, bioenergetics, N.T.L. Tavistock Group Conferences (England), and A.K. Rice Conferences.

RICHARD COWAN has an M.A. in anthropology from the University of California at Berkeley. He writes and makes films on the varieties of human consciousness. *Invisible Walls*, his film on personal space, was honored at the Columbus Film Festival, and he has served as research associate for George Leonard's new book, *The Transformation.* Currently he is at work on a film about the social position of Greek women.

ROBERT CROMEY, a former Esalen resident fellow, is an experienced group leader and teacher of massage and sensory experiences. He has worked as a priest, politician, administrator. He has a private practice in San Francisco.

Biographical Information

DHIRAVAMSA came to England for the first time in 1964 as a Buddhist monk from Thailand. He established the Buddhapadipa Temple in London and became its Senior Incumbent in 1966 with the name and title of Chao Khum Sobhana Dhammasudhi. In 1968 he founded the Vipassana Meditation Centre in England for the purpose of conducting intensive meditation. In 1971, after leading a monastic life for nearly 25 years, he gave up the robe and renounced the title of Chao Khum. Since then he is continuing his work of teaching meditation and has been lecturing and leading meditation courses in Britain, Europe, the United States and Canada.

GEORGE DOWNING, author of *The Massage Book*, uses an integral approach to body awareness, combining massage, yoga and other disciplines.

*JACK DOWNING is a psychiatrist in private practice in Palo Alto. He is experienced in public health, structural integration, gestalt therapy and the Arica awareness training.

AL DRUCKER attended Esalen's first nine-month residence program in 1966. He was trained in gestalt by Fritz Perls and Dick Price, and in structural integration by Ida Rolf; he will shortly be teaching rolfing for the Guild for Structural Integration.

ROBERT DRYE is a clinical member of ITAA, a member of the American Psychoanalytic Association, consultant to the Psychiatry Training Review Committee (NIMH), and a lecturer at the Psychology department of Stanford University. He is a staff member at the Western Institute of Group and Family Therapy.

BRANDY ENGEL is an accomplished dilletante. Besides leading Bach-style Fair Fight Training groups at the Institute of Group Process for the last two years, she sings, writes, consults with women's groups, does pottery, massage, and plays the piano and guitar.

LEWIS ENGEL's primary training is in gestalt therapy and Fair Fight Training. His doctoral thesis explored the effects of Fair Fight Training as it is taught at the Institute of Group Process, which he co-founded in 1970 with Dr. George Bach. Dr. Engel teaches Fair Fight Training both in groups and private sessions at the Institute of Group Process in San Francisco.

JANE ENGLISH holds a Ph.D. in high energy particle physics from the University of Wisconsin. She has taught Zen & Quantum Mechanics and is the co-author with Gai-fu of the Tao Te Ching book and is co-directing their meditation center as well as being his wife. She is also a professional photographer.

*JOHN ENRIGHT, diplomate in clinical psychology, has been a gestalt trainer for ten years and is developing new fields of application for the basic principles of gestalt.

SANDY ENRIGHT's major focus is the bodymind. She has been influenced by several divergent streams of thought: bioenergetics, gestalt, ethnic dance, massage, effectiveness training and Synanon games, and is now using a blend of these in working with individuals and groups, separately and with her husband John.

DOROTHY FADIMAN is currently doing research on the interaction of energy and living matter. She is a practicing artist and has been a speech therapist.

JAMES FADIMAN is an educational and management consultant. He is a lecturer in design engineering and a psychological counselor at Stanford University, and associate editor of the *Journal of Transpersonal Psychology*. He is a pioneer in the transpersonal field, has lectured and done workshops in psychosynthesis, and has worked with Roberto Assagioli in Italy.

ANITA FEDER trained in massage at Esalen with Molly Day Schackman and in gestalt therapy with Bob Hall. She uses meditation both in teaching massage and in her gestalt work, as a way of centering.

GAI-FU FENG, author of *Tai Chi, A Way of Centering and I Ching* and *Tao Te Ching*, is now director of a Taoist Meditation Center at Manitou Springs, Colorado.

PIERO FERRUCCI, an associate of the Psychosynthesis Institute, is from Italy, presently travelling and lecturing in this country. He underwent didactic training at the Istituto di Psicosintesi, Florence, with Roberto Assagioli and worked with him during the past three years. He has been collaborating with Laura Huxley and has given lectures and workshops both in this country and in Europe.

DREW FORD completed the Esalen Extended Growth Program with Betty Fuller and Dub Leigh. He has studied massage with George Downing and Anne Kent Rush.

ARTHUR FOX was trained by his parents and later by William Schutz in the 1969 Esalen resident program. He is currently teaching at New College.

JANICA FOX trained with her husband in the 1969 Esalen resident program. She has led workshops both in this country and abroad and has done research on groups at Harvard.

ALLAN FRANKEL, director of the Gestalt Myth Society, studied at the C. G. Jung Institute in Zurich. He teaches experimental creative writing-growth classes for U.C. Santa Cruz, Berkeley and Sonoma State. His teaching derives in part from work with Kay Boyle, James Broughton, Robin Gadjusek, John Enright, Dick Marsh and Martha Nastich.

STANLEY FREITAS was in the Fall 1970 Residence Program and on the administrative staff at Esalen/Big Sur.

BETTY FULLER is a former Esalen resident fellow. Her background, in addition to encounter group work here and abroad, includes teaching and several years in radio, television and theatre.

*SIDNEY GERSHENSON is a licensed clinical social worker, a trainer at the Gestalt Institute of San Francisco and in private practice as a gestalt therapist in Berkeley and Marin County.

IAN GRAND studied at the Center for Energetic Studies in Berkeley with Stanley Keleman and has an individual and group practice in San Francisco. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at San Francisco State College.

ALYCE GREEN works with brainwave training in the field of creativity. She participated in the design and conduct of The Menninger Foundation's first National Institute of Mental Health grant in Alpha-Theta Brainwave Feedback, and is the Research Trainer in various feedback techniques.

ELMER GREEN received his doctorate from the University of Chicago in bio-psychology. He has long been interested in meditative procedures and states of consciousness research. He was chairman and organizer of the first Council Grove Conference on the Voluntary Control of Internal States and was the program chariman for the Transpersonal Psychology section of the AHP annual convention. He is currently head of the Psychophysiology Laboratory Research Department of the Menninger Foundation.

JOAN HALIFAX GROF is an anthropologist working in the areas of psychiatry and religion.

STANISLAV GROF is a research psychiatrist currently on a fellowship at the Johns Hopkins Medical School in Baltimore. During the past decade he has conducted numerous studies with LSD subjects in Prague. He has analyzed records from more than 2,600 sessions of psychiatric patients, scientists, philosophers, artists, theologians and persons facing death with special emphasis placed on experiences and insights related to basic ontological questions.

BERNARD GUNTHER was for seven years a staff member at Esalen. For the past two years he has been involved in the study of psychosynthesis and has worked directly with Dr. Roberto Assagioli. He is the author of *Sense Relaxation, Love View, What to do Till the Messiah Comes* and *How the West Was One*.

STEVEN HALPERN has been synthesizing his background as a popular performing and recording jazz musician – which includes spots with Pharoah Sanders and Jimi Hendrix – with his devotional investigations into the healing aspects of music and meditation. At present he is working as a consultant and facilitator with individuals and groups, and making tapes of his own music for others.

ANN HALPRIN is director of the San Francisco Dancers' Workshop where she has developed her own unique approach to the movement art, for which she was awarded a Guggenheim Fellowship in 1971. She has worked intensively with Ida Rolf and Bob Hall in structural integration, and with Fritz Perls in Gestalt.

ARTHUR HASTINGS is a specialist in language and communication, with further interests in parapsychology and consciousness processes. He has taught at California State University, San Jose, and at Stanford University.

Biographical Information

AARON AND ROSEMARY HILLMAN are teachers and counselors by profession with extensive experience at all levels of public schools, as well as authors and poets. They hold personal and educational workshops throughout Canada, Mexico and the United States. Aaron is currently working in Development and Research in Confluent Education at the University of California, Santa Barbara.

FAITH HORNBACHER was trained in Rolf-Aston Structural Patterning in Stillness and Motion by Judith Aston. She is presently in private practice in the Bay Area.

ART HOUGH is Professor of Communication Theory and Mass Media at California State University, San Francisco. He is an educational television and film producer, author of *Stand Up and Speak* and interpersonal communication consultant to various agencies.

ED JACKSON is a medical doctor, gestalt therapist and a practitioner of structural integration. He lives in Berkeley and does body-oriented individual and group work.

GUNVER JACKSON is a licensed masseuse certified in Swedish massage. She has worked as a healer and has studied breathing, gestalt awareness and relaxation techniques. She and her husband are founders of the Gamma School of Massage. In addition, she has worked with teenagers at a number of schools in experimental programs using deep relaxation as a road to expanded consciousness.

STANLEY KELEMAN heads the Center for Energetic Studies in Berkeley, runs professional training groups for psychotherapists, and maintains a private group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is author of *Sexuality, Self and Survival.*

CHARLES KELLEY, Director of the Interscience Work Shop in Santa Monica, is an applied experimental psychologist and vision specialist. He was a student of Wilhelm Reich and for five years edited America's only journal devoted to exploring and developing Reich's concepts. He and his wife, Erica, a qualified massagist, are noted for their adaptation of Reichian techniques in the small-group process they term the "Inter-Science Intensive."

ADRIENNE KENNEDY, educator and gestalt therapist, does experimental research and development of educational techniques.

*ELAINE KEPNER is a clinical psychologist and gestalt therapist in private practice in San Francisco and Marin County.

EUGENE KERFOOT is a clinical member of ITAA, member of the American Psychological Association and a staff member at the Western Institute of Group and Family Therapy.

JAMES KEYS is the pen name of G. Spencer Brown. He has had a varied career as a philosophy don at Oxford, an engineer, a psychotherapist working with R.D. Laing and as a sports correspondent for the London *Daily Express*. He is a chess half-blue, holds two world records as a glider pilot and is presently devoting much of his time to poetry.

CHRISTINE KING, a student of Dr. Moshe Feldenkrais, has a doctorate in counseling and guidance from the University of Miami. Her dissertation was on body therapies. She has also worked with William Schutz and is in residence at Esalen/Big Sur.

PETER KOESTENBAUM is well known for his application of existential philosophy to the understanding and solving of questions in personal development and social issues. He is currently in his eighteenth year as Professor of Philosophy at San Jose State College. He is the author of *The Vitality of Death* (Greenwood Press).

*JERRY KOGAN is a poet, teacher and gestalt therapist in private practice in Berkeley. He is a senior training therapist at the Gestalt Institute of San Francisco.

JOEL KRAMER is a practicing hatha, jnana and tantric yogi who was in residence at Esalen/Big Sur, 1968-1970. He has taught and lectured internationally and is a master of jnana yoga as well as an outstanding adept of hatha yoga.

PAUL KRASSNER, Editor and Zen Bastard of "The Realist," author of *How a Satirical Editor Became a Yippie Conspirator in Ten Easy Years*. Formerly film critic for *Cavalier* magazine and society editor for *Ramparts*. Former radio personality under the name of Rumpleforerkin.

BOB KRIEGEL is director of Esalen's consulting service and co-director of the Esalen Sports Center. He has been a training consultant with the U.S. Army and with the staffs and faculties of social agencies, universities and business corporations. He has led groups at Esalen and is in training in psychosynthesis.

MARILYN HARRIS KRIEGEL is the assistant director of the Ford Foundation Esalen Reading Project in Confluent Education. She is a member of the faculties of Hebrew Union College in Los Angeles and Dominican College in San Rafael. She is currently in training in psychosynthesis with Jim and Susan Vargiu.

JOAN KRUEGER is a psychiatrist and gestalt therapist in private practice in Berkeley.

STEVE KULL is a senior associate of the Psychosynthesis Institute. He underwent didactic training in Italy with Roberto Assagioli, and at the Psychosynthesis Institute with Jim and Susan Vargiu. He has given workshops in this country and abroad, and presently works with individuals and groups in psychosynthesis.

JEAN LANIER has an extensive background in psychological and theological studies which came into focus through her gestalt experience at Esalen three years ago. Since then she has been leading workshops in London, where she now lives. She is the author of *The Evolution of Eve, The Awakening of Adam*, and a book of poems about madness and sanity called *Diagnoses*.

JANET LEDERMAN, artist, teacher and author, has developed and utilized the gestalt learning process with ghetto children and with children who manifest extreme behavior problems. She is currently leading gestalt groups throughout the United States and Canada.

LUDWIG LEFEBRE is a psychologist in private practice in San Francisco. A frequent lecturer at many Bay Area institutions, currently he is teaching at University of California Medical Center and the California School for Professional Psychology. Dr. Lefebre has trained in *Dasiensanalysis* (psychoanalysis based on the concepts of Martin Heidegger) under Medard Boss, Zurich.

LENORE LEFER is a former executive director of the Bridgeport, Connecticut, Mental Health Association, research scientist, teacher and Esalen resident fellow 1971. She has done groups for several free universities and growth centers in the Bay Area.

JOSEPHINE LEO has been reading and sharing sufi tales at the Plowshare Bookstore in Palo Alto on Thursday evenings for the past year.

CALVIN LEONARD, instrumental in founding the Gestalt Therapy Institute of Florida, is an assistant professor of Human Relations at the University of Miami. In his work he combines gestalt and body therapies. He is presently completing research on physiological changes in voice patterns of persons having undergone structural integration.

ANTIONETTE LILLY is a psychoanalytic therapist with extensive training in esoteric mystical traditions and techniques, including the system of Oscar Ichazo, aikido and traditional American methods of freeing the self, including encounter, L.S.D. therapy and the polymorphous dyadic interlock.

JOHN LILLY has primary research interest in the relation of the mind to the brain. He is trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication.

HERSCHEL LYMON is a rabbi, living in Malibu, who stepped out of organized religion four years ago to explore humanistic psychology. A licensed marriage, family and child counselor, he is one of the founders and officers of the Southern California Counseling Center in Los Angeles.

ANICA VESEL MANDER, former teacher of languages at Boston University, Harvard and California State University at San Francisco, is presently devoting her energies to women's studies and Alyssum, a feminist growth center.

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at the Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of *The Free People* and (with Alan Cohen) *Understanding Drug Use.*

Biographical Information

KATIE MARKS is a licensed clinical social worker, movement teacher and polarity therapist; she has been doing body-oriented therapy and leading groups in Berkeley and Sonoma County.

ROBERT MARTIN is an artist, pilot and gestalt therapist. He is a training therapist for and past president of the Gestalt Therapy Institute of Los Angeles.

LISBY MAYER is a Ph.D. candidate in Philosophy, Psychology and Education, currently teaching at Stanford. Her primary interests are the psychology of consciousness, psychotherapy and the women's movement. She is one of the founders of Alyssum, a feminist growth center.

JEAN MAYO is an artist and teacher who has spent the last seven years doing intensive research in parapsychology. She has taken part in brainwave training sessions with Drs. Barbara Brown and Stanley Krippner. Recently she was invited by the Metropolitan Museum of Art to demonstrate her bio-feedback light sculpture, the first of its kind in the world.

GEORGE McCLENDON is a clinical member of ITAA. He was formerly a counselor at St. Gregory's College, Shawnee, Oklahoma. He is a staff member at the Western Institute of Group and Family Therapy.

RUTH MILLAR McCLENDON is a clinical member of ITAA. She was formerly a field work supervisor at the University of Michigan School of Social Work and is currently staff member at the Western Institute of Group and Family Therapy.

THOMAS McGUIRE, 32 year old Carmel dentist, is the author of *The Tooth Trip*. He is concerned with the role of disease and diet in the evolution of human awareness.

EMMETT MILLER is a physician, mathematician, musician and athlete.

*RICHARD LOUIS MILLER is a founder, director and senior training therapist at the Gestalt Community of San Francisco and Wilbur Hot Springs, and at the Gestalt Institute of San Francisco.

SARA MILLER is Director of Education at Esalen and head of the Ford/Esalen Project in Confluent Education. She has taught at Yeshiva University and is widely known for her work with special children, educational organizations and curriculum development. She is a Senior Associate of the Psychosynthesis Institute in Redwood City where she is in didactic training with Jim and Susan Vargiu. She has also worked in psychosynthesis with Roberto Assagioli in Italy.

PEGGY MORRISON was in the 1970 Esalen residence program. She is currently the head of the Esalen/Big Sur massage crew and a teacher of massage.

HARVEY MOSKOWITZ has been a student of Robert Nadeau for the past five years. He teaches classes in aikido, centering and energy awareness in the Bay Area.

ROBERT NADEAU utilizes energy awareness and the concept of "energy dimensions" to approach the transpersonal self. He also teaches meditation, energy awareness and aikido in the Bay Area.

CLAUDIO NARANJO was trained as a medical doctor and psychoanalyst before turning to gestalt therapy and psychopharmacology and then to the role of a translator of many understandings and practices of spiritual traditions into the terms of contemporary psychology and psychotherapy.

ROBERT ORNSTEIN teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute.

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique (New York) and is President of the California Center. He has been teacher of the Alexander Technique for the American Conservatory Theater since its inception and is in private practice in San Francisco.

JOHN PARKINSON, as a performing artist for the last 20 years, has concerned himself with theatre as a four-dimensional laboratory for envisioning and communicating life at its spirit deeps. His projects have included: Thresholds Inc., an avant garde theatre in New York City; "The Venturi", a theatrical event of reality-frame mix; Arcomedia, with Paolo Soleri; and in San Francisco: Celebrational Odyssey Studios, and "The Bridge Company." It has been an extensive journey in experimentation with new-city-cultures.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

HAL PUTHOFF is a laser physicist formerly associated with the Stanford Linear Accelerator. He has extensive experience in bio-feedback and experimental psychic research.

*STELLA RESNICK, a clinical psychologist and gestalt therapist, maintains a private practice in San Francisco employing individual therapy and innovative group work. She serves on the Board of Directors and is a training therapist for the Gestalt Institute of San Francisco, and has given talks and demonstrations and led workshops in gestalt therapy throughout the country.

*JACK ROSENBERG is a practicing dentist and gestalt therapist. His interest for the past ten years has been giving the experience of gestalt awareness and yoga psychology to the health professions. His doctoral thesis in psychology relates immediate video feedback and facial massage for facilitating psychotherapy.

FRANK RUBENFELD, a clinical psychologist who completed studies at Yale and NYU's post-doctoral program, trained in gestalt therapy with Fritz Perls at Esalen. Dr. Rubenfeld has been training therapists in gestalt for the past few years as well as leading open workshops on both coasts and at Esalen/Big Sur. He is on the faculty of the N.Y. Institute of Gestalt Therapy and currently resides in Berkeley, where he has a private and group practice.

ILANA RUBENFELD is a pioneer psychotherapist who has integrated the Alexander technique with gestalt. She is an associate member of the N.Y. Institute of Gestalt Therapy. Besides her private practice, she has trained and led workshops at centers and colleges in New York and California.

ANNE KENT RUSH, illustrator of *The Massage Book*, is a polarity therapist and has led numerous workshops in massage, yoga, and other forms of body awareness.

GENE SAGAN is a clinical psychologist and a gestalt therapist in private practice in Oakland. He was a pioneer in the growth potential movement and a co-founder of the Institute for Creative and Artistic Development.

BRENDA SALES is the head of the Esalen/San Francisco massage crew. She was trained in massage by Gunver Jackson.

MARION SALTMAN, director of the Center for the Study of Play, is involved in research on the use of adult play therapy techniques at Napa State Hospital. She has worked as a play therapist with young children, adolescents and adults.

MICHAEL SALVESON is a practitioner of structural integration in practice in the Bay Area. He recently completed an advanced training course with Dr. Ida Rolf.

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He has led groups at Anthos and Esalen, has lectured at the University of California, Princeton and many other schools, and has conducted special programs for industry and social agencies. He is currently coordinator of the humanistic psychology program at New York University's School of Continuing Education and has a private practice in New York City.

JOAN SCHIRLE is a certified teacher of the Alexander Technique and has a private practice in Berkeley. She was trained in New York at the American Center for the Alexander Technique where she has also taught classes. She is currently on the faculty of the University of Santa Clara Drama Department and has taught at the Firehouse Theater in San Francisco.

*STEPHEN SCHOEN is a psychiatrist in private practice with individuals, families and groups in San Francisco and San Rafael; he is a member of the faculty of the California School of Professional Psychology, a classical pianist and creative writer.

Biographical Information

LENI SCHWARTZ is a painter and designer now working in environmental psychology.

CHARLOTTE SELVER and CHARLES BROOKS are teaching associates at Esalen/Big Sur and on the faculty of the New School For Social Research in New York. Their field is sensory awareness, perception and nonverbal communication. They hold regular classes in New York and conduct seminars and study groups throughout the United States and Mexico.

MURIEL SHAPIRO has a B.A. in sociology, a secondary teaching credential and an M.A. in confluent education. With her husband for the last eight years, she has led various groups including couples workshops, workshops for change agents, people-helpers, life planning workshops, positive experience groups and encounter groups.

STEWART SHAPIRO is Professor of Education at the University of California, Santa Barbara. In addition to his workshops in higher education, conflict resolution, positive experience and change agentry, he is a consultant to the Ford Foundation's program in confluent education at UCSB.

*CYNTHIA (WERTHMAN) SHELDON is a founder, director and trainer at the Gestalt Institute of San Francisco, family therapist and teacher, and recently a founding mother of the new feminist growth center, Alyssum.

LARRY SHERIDAN is a tai chi instructor and masseur in Berkeley; he has had zen training at Tassajara and was a masseur at Esalen/Big Sur.

BEVERLY SILVERMAN is a senior practitioner of structural integration and a leader of gestalt awareness training groups.

JULIAN SILVERMAN is the director of Esalen/Big Sur and a gestalt trainer and therapist.

HARRY SLOAN is an experienced leader, consultant and a playwright. An Esalen resident fellow and former dentist, he had his first play, "The Burden", showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspectives – "seeing oneself beyond the impasse" – through the experiential potency of humor.

GERALD SMITH is author of *Me & You & Us*, a series of communication experiences for couples. He is a family therapist in San Mateo, California.

MARGO SMITH is eight years old.

SALLY SMITH, formerly married, now gay, parent, teacher, encounter and gestalt group leader.

DAVID SOBEL is a medical student on leave from the University of Michigan. He has written on health and the human body for *Big Rock Candy Mountain* and is presently writing a book on unorthodox medicine, *Ways of Health*, to be published in the Esalen-Viking series.

PHIL SPICKLER professional scientologist since 1952, is director of Scientology and Dianetics, Palo Alto.

JUDITH STRANSKY is the director of the American Center for the Alexander Technique in Southern California, where she maintains a private practice. She has been active in many of the mind-body ways and techniques and has also worked with several of the body-oriented psychotherapies.

AMA TORRANCE trained in the fine arts and dance and also trained as a teacher of hatha yoga at the Yoga Institute in New York. She is a student of taoism and zen buddhism and one of the organizers of the Santa Cruz Zendo. She trained in structural patterning under Ida Rolf and Judith Aston and currently lives and works at Esalen in Big Sur.

JUDY UNELL, member of the American Massage and Therapy Association, is the originator of tai chi massage. She is staff massagist for Kairos and teaches and practices privately in Los Angeles. Her background includes tai chi, agni (fire-light) yoga and transcendental meditation.

JIM AND SUSAN VARGIU are the directors of the Psychosynthesis Institute. They underwent didactic training at the Istituto di Psicosintesi, Florence, Italy, with Roberto Assagioli, and have worked with him over the past eight years. Presently they are engaged in training professionals and are editors of the forthcoming magazine *Psychosynthesis: A Journal for Integration in Psychology and Education.*

RAY WALKER, former director of the Vancouver Art Museum is now a director of the Cowichan Institute for Gestalt Learning, Duncan, Canada.

SARAH WARSHER, a former Esalen resident/fellow, is director of Cowichan Institute for Gestalt Learning in Duncan, Canada.

BEN WEAVER is a writer, group leader and teacher of Sensory Awareness. He is a student of Charlotte Selver, a former Esalen resident fellow, and for two years served as Director of Esalen/Big Sur. Before coming to Esalen he lived for seven years in Asia.

JUDYTH WEAVER is a former modern dancer who went to the Orient to study classical dance and ended up sitting zazen in a zen monastery for a year and a half. In the West, her main teachers have been Charlotte Selver, Magda Proskauer, the tai chi chuan form of Prof. Cheng Man-Ching, and especially her baby daughter Tara.

ANDREW WEIL, M.D., has pioneered experimental research of marijuana on physiology and consciousness. He has also studied drug practices in primitive cultures and served as drug expert for the National Institute of Mental Health. He is the author of *The Natural Mind.*

ANNE YEOMANS, an associate of the Psychosynthesis Institute, has worked with Roberto Assagioli in Italy and is in didactic training with Jim and Susan Vargiu. She has worked with groups of women, using psychosynthesis and, in addition to her own groups, she has co-led groups with her husband.

TOM YEOMANS, an associate of the Psychosynthesis Institute, is in didactic training with its directors, Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. He is a teacher, musician and poet, and presently associate director of DRICE (Development and Research in Confluent Education) at the Graduate School of Education, University of California, Santa Barbara. He is particularly interested in the application of psychosynthesis to education and has conducted workshops for educational institutes and growth centers throughout the country.

**A member of the Gestalt Institute of San Francisco.*

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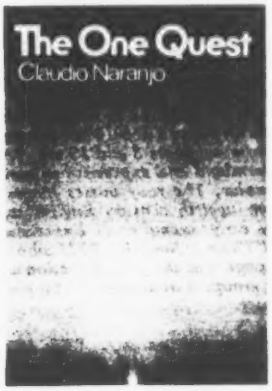

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Books

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The Center of the Cyclone
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"Within the province of the mind, *What I believe to be true is true or becomes true, within the limits to be found experimentally. These limits are further beliefs to be transcended.* This is the major thing to be said about all inner trips, by LSD, by meditation, by hypnosis, by Gestalt therapy, by encounter group work, by dreaming, by isolation-solitude-confinement. This is what this book is about."

The Transformation
by George B. Leonard
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"After all the journeying, all the pain and joy, we may discover that the Transformation was difficult to grasp, not because it was so far away, but because it was so very near. To find the immense world of delight is, in the end, to come home again, where it always was."

Special Information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

ESALEN CONSULTING SERVICE: Esalen is devoted to making life more human at all levels. Our work has reached thousands of individuals and hundreds of institutions. Until recently most of this work was being done at our own facilities, either in Big Sur or San Francisco. There is now, however, an ever-expanding part of Esalen's universe that is moving toward helping to effect changes in the world outside the workshop. Through the Esalen Consulting Service, Esalen staff and leaders have designed and participated in projects for the U.S. Army, Ford Foundation, the Lockheed Corp., Model Cities, O.E.O., inservice training programs for hospitals, drug treatment centers, social agencies, colleges, universities and public school districts. Esalen courses are now being given at the University of California and at New York University. Many organizations have also used Esalen personnel as communications and human relations facilitators. If you are interested in learning more about the Consulting Service contact Bob Kriegel at the Esalen/San Francisco office.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please see membership form below.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs. Our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools.

FILMS of the work of Frederick S. Perls in gestalt therapy and Alexander Lowen in bioenergetic analysis, as well as films of the work of Carl Rogers, Albert Ellis, Rollo May, Abraham Maslow, Virginia Satir and others are available from Association for Humanistic Psychology, 416 Hoffman Street, San Francisco, California 94114.

FM RADIO STATIONS in the San Francisco Bay Area (K101, KPFA, KQED, KSAN, KSFX, and KMPX) broadcast portions of Esalen seminars and lectures. (K101 has s dependable weekly program each Sunday evening at 11:00 p.m.) Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KLOS, KUSC and KPFK Los Angeles, and KPFT Houston, WBAI New York and WOMB New Hampshire, broadcast Esalen programs on an occasional basis. Consult local program guides.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recordings of many past programs are available through a service which maintains archive copies for Esalen. Requests for tapes now come from educational and service institutions, libraries, religious and professional groups, business groups and individuals concerned with the human potential movement. Commercial use of these tapes is prohibited; all rights reserved. For a complete tape catalog, write Big Sur Recordings, 117 Mitchell Blvd., San Rafael, CA 94903. The cost of recordings is $8 per tape-hour (prepaid) and $10 per tape-hour (with purchase orders), stereo or mono, with choice of 5" reel or cassette.

ABOUT THE ILLUSTRATIONS IN THIS CATALOG

"Spring is a season and a source," states Red Dog Pieface, the catalog designer. "The illustrations form a vernal commentary, a transition from Winter. The snow crystal on the cover is one created by electronic means, while that on page 11 is nature's. Likewise, the shells on pages 8 and 14 are natural forms, while those on pages 8 and 13 are cybernetically determined and expressive of mathematical formulae. The roof bosses (pages 17 and 28) from twelfth century English cathedrals are very early examples of Expressionism in art, and Thomas Bewick's 1775 wood engraving on page 6 is the first depiction of an encounter group. And on page 21 the wasps hint of summer.

The photograph on page 13 is by Paul B. Herbert.

Friends of Esalen MEMBERSHIP PROGRAM

Many people who have attended Esalen programs have expressed a strong interest in becoming more involved and keeping in touch with what is happening at Esalen. Similarly, we at Esalen have increasingly felt the need to involve more people in our expanding community. We want and need your energy, participation and support. We have developed Friends of Esalen, our membership program, as a means of bringing us together. This is your invitation to join.

As a Friend of Esalen you will receive *Frog*, the membership newsletter, which will keep you informed of new developments and activities at Esalen and in the Human Potential Movement. It will also serve as a forum for any of your ideas and comments. In addition, you will receive special prepublication rates on all new Esalen-Viking books.

☐ **I wish to become a Friend of Esalen, and I enclose my check for the category I have circled:** *(contributions are tax-deductible).*

One Year Individual Membership	$25
One Year Family Membership	40
Two Year Individual Membership	50
Five Year Individual Membership	100
Life Membership	1,000

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Please mail to: Friends of Esalen, 1776 Union Street, San Francisco, CA 94123

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in preparing attendance at Esalen workshops and lectures. You may use if for Big Sur and San Francisco programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. In completing the form, please include the name, address and telephone number of *each* person registering, and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early; some workshops are booked to capacity weeks in advance.

Name_____ Age_____

Occupation_____

Address_____

City, State_____ Zip Code_____

Daytime Telephone: Area Code _____ No._____

Number of males_____ females_____ in group.

Check program location:
Esalen/San Francisco ☐
Esalen/Big Sur: ☐ Hot Springs
Check whether you wish:
☐ shared room.
☐ single room on a space-available basis ($7 per night additional charge).
☐ Check here if you are arranging your own lodging elsewhere.
Lodging may be assigned at either Big Sur Hot Springs or South Coast Center at the discretion of Esalen.

No. of persons	Date(s)	Leader's Name & Title of Event	Deposits

To claim Membership discount,
enter Member card number here_____ TOTAL_____

PAYMENT: All San Francisco workshops and Big Sur workshops require nonrefundable deposits of varying amounts depending on program length. Consult information section on page 27 for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

After completing this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

San Francisco Programs – Esalen Institute, 1776 Union Street, San Francisco, California 94123.

Big Sur Programs – Esalen Institute, Big Sur, California 93920.

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San Francisco Single Evening Events

(For complete descriptions of events, see page numbers listed below.)
All the events listed below will be held at the First Unitarian Church, Franklin and Geary Streets, San Francisco.

Including FREE Introductory Evenings

Thursday, March 1
Shaping the Human Environment
Film Series: "The Exiles"
$3 general, $2 student; 8-10:30 p.m. (p. 5)

Monday, March 5
New Ways of Meeting New People
Robert Cromey
$3 general, $2 student; 8-10:30 p.m. (p.7)

Wednesday, March 7
Bird's Eye View of Psychosynthesis
Piero Ferrucci
$3 general, $2 student; 8-10:30 p.m. (p. 10)

Thursday, March 8
Shaping the Human Environment
Film Series: "Invisible Walls"
$3 general, $2 student; 8-10:30 p.m. (p. 5)

Thursday, March 8
An Evening with the Gestalt Institute of San Francisco
$3 general, $2 student; 8-10:30 p.m. (p. 12)

Monday, March 12
Introduction to Esalen – Harry Sloan
$3 general, $2 student; 7-11 p.m. (p. 6)

Wednesday, March 14
When All Else Fails: For Teachers
Ford-Esalen Staff
$3 general, $2 student; 7-10 p.m. (p. 28)

Thursday, March 15
Breath & Self – George Downing
FREE; 8-10:30 p.m. (p. 24)

Monday, March 19
Introduction to Sensory Awareness
Seymour Carter
FREE; 8-10:30 p.m. (p. 18)

Wednesday, March 21
Sound Experience – Steven Halpern
$3 general, $2 student; 8-10:30 p.m. (p. 27)

Thursday, March 22
An Evening with the Gestalt Institute of San Francisco
$3 general, $2 student; 8-10:30 p.m. (p. 12)

Monday, March 26
Taking Responsibility – John Enright
$3 general and student; 8-10:30 p.m. (p. 13)

Wednesday, March 28
The Tooth Trip
Thomas McGuire, D.D.S.
$3 general, $2 student; 8-10:30 p.m. (p. 25)

Thursday, March 29
From Primal Laugh to Cosmic Giggle
Stella Resnick
$3 general, $2 student; 8-10:30 p.m. (p. 13)

Sunday, April 1
Hypnotherapy to Clairvoyance
Anne Armstrong
$3 general, $2 student; 8-10:30 p.m. (p. 17)

Wednesday, April 4
Introduction to Esalen
Art & Janica Fox
FREE; 7-11 p.m. (p. 6)

Thursday, April 5
An Evening with the Gestalt Institute of San Francisco
$3 general, $2 student; 8-10:30 p.m. (p. 12)

Wednesday, April 11
Parents: Surviving & Growing with Your Child: Ford-Esalen Staff
$3 general, $2 student; 7-10 p.m. (p. 9)

Thursday, April 12
On Yoga: A Lecture & Demonstration
Joel Kramer
$3 general, $2 student; 8-10:30 p.m. (p. 26)

Wednesday, April 18
Unorthodox Medicine – David Sobel
$3 general, $2 student; 8-10:30 p.m. (p. 26)

Thursday, April 19
An Evening with the Gestalt Institute of San Francisco
$3 general, $2 student; 8-10:30 p.m. (p. 12)

Monday, April 23
Coming Out of Divorce – Gerald Smith
$3 general, $2 student; 8-10:30 p.m. (p. 9)

Wednesday, April 25
New Ways of Meeting New People
Robert Cromey
$3 general, $2 student; 8-10:30 p.m. (p. 9)

Thursday, April 26
Dimensions of Structural Integration
Michael Salveson
$3 general, $2 student; 8-10:30 p.m. (p. 29)

Monday, April 30
Introduction to Esalen
Margaret Conway
$3 general, $2 student; 7-11 p.m. (p. 6)

Esalen Institute
1776 Union Street
San Francisco,
California 94123

The Esalen Catalog

To assure that you will continue to receive the Esalen Catalog, notify us immediately of any change of address. THIRD CLASS MAIL. Address correction requested. Return postage guaranteed.

The Esalen Catalog

MAY—AUGUST 1973
Volume XI. Number 3

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San Francisco Single Evening Events

(For complete descriptions of events, see page numbers listed below.)

Unless otherwise noted, the events listed below will be held at the First Unitarian Church, Franklin and Geary Streets, San Francisco.

Including FREE Introductory Evenings

Thursday, May 10
Psychology of Overeating – Leonard Pearson
$2 gen., $1 stud.; 8-10:30 p.m. (p. 35)

Monday, May 14
Totalitarianism in Psychiatry and Liberation Alternatives – Peter Breggin
$2 gen., $1 stud.; 8-10:30 p.m. (p. 20)

Wednesday, May 16
Teaching Reading as an Energy Exchange: An Evening for Teachers
Ford/Esalen Staff
$2 gen., $1 stud.; 7-10 p.m. (p. 20)

Thursday, May 17
Psychosynthesis – Tom Allen
$2 gen., $1 stud.; 8-10:30 p.m. (p. 22)

Monday, May 21
A Place for Human Beings – Pamela Portugal
$2 gen., $1 stud.; 8-10:30 p.m. (p. 11)

Wednesday, May 30
Introduction to Esalen – Harry Sloan
FREE; 8-10:30 p.m. (p. 10)

Wednesday, June 6
New Ways of Meeting New People
Robert Cromey
$2 gen., $1 stud.; 8-10:30 p.m. (p. 11)

Monday, June 11
Introduction to the Esalen Sports Center
Bob Kriegel
FREE; 8-10:30 p.m. (p. 8)

Wednesday, June 13
Will-to-Good – Piero Ferrucci
$2 gen., $1 stud.; 8-10:30 p.m. (p. 23)

Wednesday, June 20
Everybody Knows How to Dance
Pamela Portugal & the Trust Band
$2 gen., $1 stud.; 8-10:30 p.m. (p. 36)

Monday, June 25
Introduction to Esalen
Robert Cromey
$2 gen., $1 stud.; 8-10:30 p.m. (p. 10)

Tuesday, June 26
Introduction to the Feldenkrais Method
Moshe Feldenkrais
$2 gen. and stud.; 8-10:30 p.m.; Location to be announced. (p. 35)

Wednesday, June 27
Breath & Self – George Downing
$2 gen., $1 stud.; 8-10:30 p.m. (p. 37)
Bring a blanket; wear loose clothing.

Monday, July 2
Art & Practice of Self-Observation
Stella Resnick
$2 gen., $1 stud.; 8-10:30 p.m. (p. 18)

Monday, July 9
Introduction to Psychodrama
Walt Anderson
FREE; 8-10:30 p.m. (p. 12)

Wednesday, July 11
Loneliness in America
William Sadler & Robert Cromey
$2 gen., $1 stud.; 8-10:30 p.m. (p. 12)

Sunday, July 15
Integrating Alexander Technique & Gestalt Awareness – Ilana Rubenfeld
$4 gen., $2 stud.; 8-10:30 p.m.; limited to 60 participants. (p. 37)

Monday, July 16
The Biology of the Formative Principle
Stanley Keleman
$2 gen., $1 stud.; 8-10:30 p.m. (p. 36)

Wednesday, July 18
Looking-Talking-Touching: For Couples
Gerald Smith
$4 per couple; 8-10:30 p.m. (p. 13)

Monday, July 23
New Ways of Meeting New People
Robert Cromey
$2 gen., $1 stud.; 8-10:30 p.m. (p. 13)

Thursday, July 26
Introduction to Esalen – Harry Sloan
$2 gen., $1 stud.; 8-10:30 p.m. (p. 10)

Monday, August 6
Sensory Awareness: An Introduction
Seymour Carter
FREE; 8-10:30 p.m. (p. 33)

Wednesday, August 8
Introduction to Psychosynthesis
Tom & Anne Yeomans
$2 gen., $1 stud.; 8-10:30 p.m. (p. 23)

Monday, August 13
The End of Tyranny – Thomas Hanna
$2 gen., $1 stud.; 8-10:30 p.m. (p. 21)

Wednesday, August 22
The Dimensions of Structural Integration
Michael Salveson
FREE; 8-10:30 p.m. (p. 40)

Monday, August 27
New Ways of Meeting New People
Robert Cromey
$2 gen., $1 stud.; 8-10:30 p.m. (p. 14)

Wednesday, August 29
Introduction to Esalen – Art & Janica Fox
$2 gen., $1 stud.; 8-10:30 p.m. (p. 10)

News

TOWARDS A CENTER FOR PERCEPTION, CONSCIOUSNESS AND BEING

In the midst of undreamed-of physical riches, the peoples of the technologically advanced nations continue to be afflicted with profound social and personal discontent. The causes of the current malaise may be open to debate, but one thing is sure: The modern West suffers from an *imbalance* of vast and historic proportions. We have turned our attention and our enormous energy towards the manipulation and control of the external world. We have made no commensurate effort in the world of perception, consciousness and being. Western societies, in fact, have attempted to lock individual consciousness into a single frame, which may be described as objective, instrumental and detached from the self.

This attempt is in all likelihood destined for failure. The anthropological record is clear on the point that exploring and altering perception and consciousness is as much a normal human function as eating or dreaming or sex. The modern West (with its imitators) stands as probably the only culture in human history that assigns no value at all to what may be termed, for lack of a better vocabulary, possession or trance or shamanistic experience. Episodes of philosophical or religious exaltation are often looked upon with distrust, and may even result in enforced hospitalization.

Such severe censorship of human experiencing doubtless contributes to the dangerous dis-ease of our times. Cut off from the richness of the senses, body and inner life, the 19th century American or European turned to war and the conquest of the physical frontier. Now that the frontier is practically closed and war is becoming ever more futile and perilous, the impoverishment of the inner life leads the 20th century towards drugs, crime and a compulsive grabbing for consumer goods and transient external experience.

The persistent imbalance between *doing* and *being* poses another, even more immediate social danger. So long as established institutions neglect or oppose responsible and informed exploration of the inner life, the way is left open for the irresponsible, the uninformed, even the malicious. Society, no less than nature, abhors a vacuum. The longing for variety and richness of experience will be fulfilled.

Fortunately, people of intelligence, compassion and goodwill already are working in this area, and are achieving some significant results. Thus far, however, there has been inadequate communication and coordination among them. Furthermore, the sum total of the effort is far too small to accomplish the balance so urgently needed in our society.

Esalen proposes, therefore, to create a center within the Institute, not only to help coordinate and catalyze work already in progress, but also to sponsor further advanced studies in perception, consciousness and being.

We believe Esalen is well constituted for this undertaking. For ten years we have helped synthesize experimentation in widely diversified disciplines. We have had much practical experience in dealing with consciousness change. We have developed a stable matrix upon which exploration can flourish. We enjoy, in fact, all the resources needed to provide a base camp from which explorers of the intellect, the body and the spirit can venture forth. The new center would apply itself directly to the original dream of Esalen's founders – the quest for a higher human nature.

The first stage of the project – a survey of work-in-progress and work proposed by people in the field – is already underway. George Leonard is in charge of the survey. Since February 1, he and others have been interviewing, not only researchers who are specifically engaged in the study of altered states of consciousness, but also artists, writers, musicians, scientists and adepts whose work moves towards the transformation of being. We at Esalen feel that the accomplishment of the survey will itself have a significant effect, perhaps bringing a new field into view, just as Leonard's 1964 interviews of numerous psychologists, brain researchers and philosophers helped bring the human potential field into visibility.

The survey will be completed by the end of this summer. During the intervening months, Esalen will be exploring plans for establishing a permanent center for perception, consciousness and being. The center could provide a base for visiting researchers, scholars and adepts, and could become a central point for communications in the field. We shall have more news of this project in the next catalog.

TIME AND SPACE

Beginning with this summer catalog, Esalen/Big Sur will introduce a theme which unifies its programming for that period. The May-August concept is Space and Time and how we utilize both in our internal and external lives.

To feel the clothing that we wear
To taste the foods that we desire
the familiar
the unfamiliar
Smells
Textures
The after-taste as well

Explorers all
Expanding/Contracting

Looking, seeing
Time

To have a sense of what is
YOU
and
ME.

ESALEN-AT-ASPEN

Esalen Institute will again sponsor a series of workshops in Aspen, Colorado in July, 1973. Group leaders from Esalen Big Sur and San Francisco will conduct programs in gestalt training, encounter, psychosynthesis, sensory awareness and structural integration (rolfing). Among the leaders will be Larry Solomon and Seymour Carter. Fruther information on the program may be obtained by writing Esalen-at-Aspen, 1793 Union Street, San Francisco, Calif. 94123.

ESALEN/SAN FRANCISCO HAS FOUND A HOME

Esalen/San Francisco has moved to a new office and program center at 1793 Union Street, just across from our former quarters. The space is larger and provides us with an expanded bookstore, bigger meeting rooms and more offices. We hope that many of our friends will visit us in our new home, and that this move will help in our continuing development as an urban center in the San Francisco community.

News

1972 FINANCIAL REPORT

1972 was our tenth year of existence. During this time our annual income had grown until it approached $1,000,000. From the time when Dick Price and I started to take in a few dollars at Big Sur, our finances had always been on a catch as catch can basis. This worked well while we were small, but less and less well as we grew larger – and 1971 saw a disastrous $125,000 deficit.

In 1972 we reorganized. We enlarged our Board to seven, held monthly meetings to direct and coordinate Esalen operations, set up new financial systems, budgets and controls.

The entire staff then pitched in, and what they accomplished is still hard to believe. Our 1972 income was up some 25% over 1971 while our expenses actually *went down*. I still don't quite know how it was done – but I'll give an example: the cost of meals at Big Sur dropped from $128,000 in 1971 to $112,000 in 1972, during which time we served some 25% more meals – and most people say that the food at Big Sur is better than ever.

So the $125,000 deficit in 1971 became an operating net revenue of $230,000, and just in time. We used it to pay off $91,000 of 1971 bills, and $69,000 of loans. With our financial condition sound we were able to commit ourselves to the purchaser of the South Coast Center and the Dennis Murphy property just north of Esalen, giving us much needed space for new programs and housing for staff and faculty.

The figures below give the details of our operations.

Michael Murphy
February 15, 1973

Statement of Revenues & Expenditures
Year Ended December 31, 1972

Revenues	1972	1971
Workshops & Conferences	$1,019,985	$ 795,831
Consulting and other services	58,032	35,804
Contributions & Memberships	51,651	25,056
Book Sales	53,842	26,535
Miscellaneous	61,357	81,995
Total revenue	$1,244,867	$ 965,221
Expenditures		
Salaries	$ 120,806	$ 171,165
Leaders' fees	223,954	161,150
Consulting and other services	38,212	20,594
Scholarships	28,300	15,600
Food	111,931	128,327
Lodging	25,715	42,500
Rent	80,693	104,294
Maint., repair, security	65,805	58,726
Brochures	56,346	52,864
Accounting & office supplies	34,405	42,308
Legal Fees	18,591	26,004
Telephones & Utilities	45,057	38,851
Insurance, health, fire, liability	42,935	37,356
Interest	9,320	8,595
Property taxes	14,168	12,500
Books	42,806	23,349
Miscellaneous	56,188	146,860
Total operating expenditures	$1,015,232	$1,091,043
Excess of expenditures over revenues		125,822
Excess of revenues over expenditures	$ 229,635	
Other expenditures		
Payment of 1971 bills	90,500	
Reduction of debt	69,200	
Capital additions	42,100	
Other additions to working capital	27,835	
Total	$ 229,635	

BALANCE SHEET – December 31, 1972

Assets	1972	1971
Current assets:		
Cash	$ 18,311	$ 20,135
Marketable securities	12,000	---
Accounts receivable	21,572	21,309
Inventories	16,675	10,539
Prepaid expenses	13,419	---
Total current assets	81,977	51,983
Long term receivables	8,231	---
Property		
Equipment	57,653	59,628
Lease improvements	353,661	344,928
Land & Buildings	194,584	109,168
Total Property	605,898	513,724
Total Assets	$696,106	$565,707

Liabilities and Fund Balance	1972	1971
Current liabilities:		
Accounts payable	1,700	90,451
Current portion of notes payable	12,210	59,460
Advance deposits for programs	28,977	29,152
Total current liabilities	42,887	179,063
Long-term debt – notes payable	119,268	141,221
Unexpended donations for special projects	28,678	18,722
Fund balance	505,273	226,701
	$696,106	$565,707

The Esalen Programs

Extended Programs

The following programs represent ways in which participants can involve themselves with Esalen over an extended period of time. These long term programs present greater opportunities for professional development, learning experiences, and exposure to a wide variety of disciplines.

BIG SUR MONTH-LONG PROGRAMS

Environmental Workshops with a Gestalt Focus

Esalen/Big Sur offers a new series of four month-long programs with a focus on community living. The programs will take place on our newly acquired property north of Hot Springs Canyon (more familiarly known as "The Big House.") In addition to the orientation of each general workshop, the experience of living together will be stressed. This includes the preparation and sharing of meals and maintenance of the house, the grounds and each other.

•B.S. May 6-June 1

Gestalt & Structural Integration
Richard Price, Paul Rebillot, John Argue & Esalen Staff

Four-week program $950

Structural Integration, while producing actual physical change, also facilitates direct perception of body processes in relation to emotional pressure and release. Each participant will receive three rolfings as part of the workshop. Material that emerges in the physical processing will be worked with in gestalt sessions in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working with groups (teachers, ministers, psychologists, etc.). Recommended readings: *Gestalt Therapy Verbatim*, Perls; *Anatomy of Mental Illness*, Janov.

•B.S. June 3-29

The Old Woman Who Lived in a Shoe – An Environmental Workshop
Julian & Beverly Silverman, Peggy Morrison, Janet Lederman, Lenore Lefer, Carole Levine, Ann Halprin & Dancers' Workshop

Four-week workshop $980

•B.S. July 1-27

Gestalt & Structural Integration
Richard Price, Paul Rebillot, Diana Bechetti & Esalen Staff

Four-week program $950

(See B.S. description, May 6-June 1, above.)

•B.S. August 5-31

Building Community at Esalen
Neil Lamper

Four-week program $980

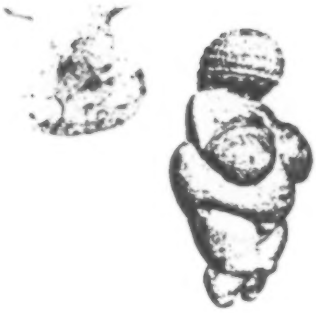
We are going to form a community at Esalen. We are going to be an intentional community of singles, couples, families and kids. We will run our community as we go and hold special community meetings to deal with whatever is there. We will all risk something and no one will fail as there's no "should" and we will wrestle with what is.

We are going to be involved in creating our lives and the kind of world in which we want to live, and sharpen and deepen our awareness of both. We will try many times each day to awaken to the moment, to own who we are and to free our energies from fantasies. We will do this slowly, aware of our resistance, fear and pain and also the beauty of the tension between us and sharing the joy of discovery and surrender to the process. We will sense nature and not stop there: we will encounter and touch each other and go beyond that to our life styles. We will withdraw and then work with what we discover. We will use forms of self-expression and work to own it all. We will swim, hike and work and use it all to hone our living edge. We will care enough about ourselves to be strong and up-front.

We will work in the Gestalt Momentum to uncover what is true and the freedom we get from this truth.

• Big Sur programs include room, meals and tuition. ▪ San Francisco programs generally do not include room or meals.

Extended Programs



•B.S. May 20-June 1

Ventana Wilderness Experience
Steven Miller

Two-week workshop $400

This workshop will be a sustained backpacking expedition in the Ventana Wilderness immediately above and behind Esalen/Big Sur. It will be an intensive physical and, more importantly, social experience, patterned after Outward Bound. Comfort, safety and the realization of the group's material objective will depend totally on the quality of give and take manifested by the group. This experience is designed for beginners and skill training will be the minimum requisite to adequate performance. Equipment needed: hiking boots with lug soles and warm woolen clothing. A medical certificate, to be completed by a physician, will be sent to all applicants. Limited to 9 persons.

•S.F. July 15-28

Sports Institute Conducted by the Esalen Sports Center

Two-week residential program at Dominican College, San Rafael, Calif.

$325 including room and meals;
$240 non-residential fee, including meals

A program focusing on the points of integration between disciplines being practiced at Esalen and current methods of athletic practice, coaching and physical education instruction. The staff will include William Schutz, Judith Aston, Robert Nadeau, Al Huang and Bob Kriegel. For details see description under *Sports*, page 8.

AN INSTITUTE FOR EDUCATORS IN SAN FRANCISCO

Esalen Institute is primarily interested in the education of the whole person and, with the support of Ford Foundation grants, is continuing to research the applications of approaches used at Esalen to learning experience and learning communities. The Summer Institutes offered here are our fourth annual series of education workshops and teacher training programs derived from this investigation into the processes by which learning, growth and change take place.

All programs take place in San Francisco. Programs are nonresidential and no meals are provided, except if noted otherwise. Persons may register for the entire series, or for one or more programs in the series. To apply, please send the following: (1) Title of each workshop you wish to attend; (2) a deposit covering each program – 2-day programs, $20 and longer programs, $35.

Quarter units of post-graduate professional credit is available from University of California Santa Barbara Extension. Interested persons may enroll for credit and pay the credit fee at the first meeting of the workshop in which they are registered.

July 7-8

Making it Different Next Fall
Ford/Esalen Staff, Sara Miller & Marilyn Kriegel

Weekend workshop $30

An environment in which teachers can explore and build new beginnings for their classrooms based on the work of the Ford-Esalen Educational staff. 10 a.m. to 6 p.m., Saturday; 10 a.m. to 12 noon, Sunday.

August 2-5

The Live Classroom
George Brown and Aaron Hillman

Four-day workshop $120

This workshop will combine theory and practice in an introduction to confluent education, the integration of feeling and thinking. There will be an emphasis on experiential work. George Brown will lead the first two days, focusing on gestalt and psychosynthesis and their application to education. Aaron Hillman will conclude the workshop with a variety of affective experiences, making specific applications to the classroom. Lodging is available at an extra cost for out-of-town participants; daily luncheons are included in tuition price. 10 a.m. to 6 p.m., Thursday through Sunday.

August 11-12

Experiencing Change
Janet Lederman

Weekend workshop $50

This program will focus on gestalt learning for educators and application of gestalt theory to the classroom. (Since Ms. Lederman has recently been working with the deaf, she expecially invites such persons to attend this program.)

August 13-17

A Workshop for Change Agents
Stewart Shapiro

Five-day workshop $120

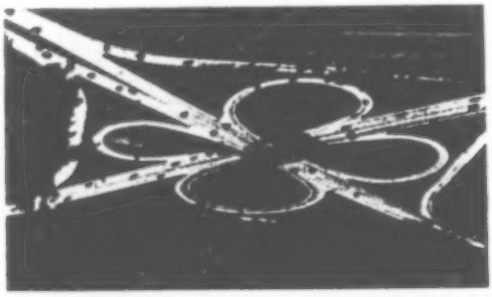
In today's increasingly complex and independent world more and more of our time is spent in organizational life. It is through the humanistic viability of our organizations and institutions that our society will succeed or fail in the crucial tests that lie ahead. This workshop will be oriented toward tasks, goals and personal growth of those who wish to be active in individual and/or organizational change. There will be discussions and demonstrations of strategies and models for change in various systems including individuals, small groups, organizations and communities. Change agents for this workshop can be individuals or teams in business management, colleges, public schools, government, social agencies, churches and other community organizations. 10 a.m. to 6 p.m., Monday through Friday.

August 20-24

On Developing Self-Esteem
Stanley Coopersmith

Five-day workshop $120

This program will consider and employ a variety of methods for developing and raising self-esteem. Among these methods are self-exploration of favorable capacities and bases of esteem, role-taking, modeling, desensitization, challenge and defense. There will be occasions for examining and expanding personal limits by risk-taking, decision-making and long-term commitments. The goal throughout will be on increasing feelings of personal worthiness which eventuate in more effective performance and attainment of personal goals and satisfactions. There will be consideration of both theory and practices involved in establishing self-esteem and the implications of esteem in the school, home and personal relationships. 10 a.m. to 6 p.m., Monday through Friday.



For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

Extended Programs

HUMAN CONSCIOUSNESS: EXPLORATIONS, MAPS AND MODELS

Summer Program: Berkeley, California – July 13-August 12

The systematic exploration of human consciousness is emerging as one of the most significant and broadly-based revolutionary phenomena of this century. Investigation into the depths of the human mind and the search for boundaries of human spirit are not only adding to the sum of our knowledge, but also are stretching and modifying the traditional limits of Western psychology, physical science and religious inquiry. Many current discoveries are reverberating ancient wisdoms, creating a resonance between the methods and technology of modern science and the renewal of esoteric traditions.

Esalen Institute, in cooperation with the Association of Transpersonal Psychology, is planning its third summer institute on human consciousness, with a faculty of leading researchers, philosophers and teachers. Participants will enter into experiential and intellectual exploration of various models and maps of human consciousness as well as disciplines concerned with extending consciousness. The month-long program features brief, comprehensive seminars in such areas as: theories of consciousness, the analytical psychology of Carl Jung, esoteric psychologies, bio-feedback training, psychosynthesis, "paranormal" awareness, psychedelic research, psychology of religious experience, and various systems dealing with the effects of body states of consciousness.

CORE SEMINARS

Core Seminars (2-3 days each) will be led by the following people:

JOHN C. LILLY, M.D., has worked extensively in various research fields of science, including biophysics, neurophysiology, electronics, neuroanatomy and interspecies communication. He has done many years of study and research on solitude, isolation and confinement and is a qualified psychoanalyst. His books include *Man and Dolphin*, *The Mind of the Dolphin*, *Programming and Metaprogramming in the Human Biocomputer* and *Center of the Cyclone*. As a result of his study with Oscar Ichazo, Dr. Lilly has expanded his mind-brain-body biocomputer model of human consciousness to include the "essence". Using methods derived from Eastern and Western mystical traditions as well as modern science, his seminar will describe this biocomputer model.

JAMES FADIMAN, Ph.D., is a psychologist on the staff of the Counseling Service at Stanford University and is a lecturer in the Department of Design Engineering at Stanford. He is Associate Editor of the *Journal of Transpersonal Psychology* and is editor of *The Proper Study of Man* and the forthcoming *Exploring Madness: Experience, Understanding and Research; The Practice of Psychosynthesis;* and *The Meaning of Personal Growth*. His seminar on transpersonal psychology and altered states of consciousness will examine the range of techniques and research strategies available for altering consciousness. Special attention will be placed on how one's personal view of personality colors one's perception and focuses a person on certain disciplines rather than others.

JOHN PERRY, M.D., a Jungian analyst in private practice, is on the faculty of the C. G. Jung Institute of San Francisco. He is Assistant Clinical Professor of Psychiatry at U.C. Medical Center and is the author of *The Self in Psychotic Process*, *Lord of the Four Quarters*, and numerous articles. He is Supervising Psychiatrist of a new facility for the therapy of schizophrenics under Northeast Community Mental Health Services. In addition to presenting a brief introduction to Jungian thought, Dr. Perry will talk about the relationships of culture, myth and consciousness.

CHARLES T. TART, Ph.D., is Associate Professor of Psychology at the University of California, Davis. He has conducted extensive research into sleeping and dreaming, hypnosis, ESP and drugs. Dr. Tart is editor of *Altered States of Consciousness: A Book of Readings*, and author of *On Being Stoned*. His seminar will be a general overview, with emphasis on theoretical structure of various altered states of consciousness, including hypnosis and self-hypnosis, drug-induced states, extra-sensory perception and borderline states.

STANLEY KELEMAN heads the Center for Energetic Studies in Berkeley, runs professional training groups for psychotherapists and maintains a private practice. He is interested in the energetic expressions of the body, their relationship to the feeling life and the proper functioning of the organism. He is author of *Sexuality, Self and Survival* and *Todtmoos*, a book of poems. In his seminar, Keleman will outline the biological basis of consciousness and talk about the role of the body in the mystical experience.

ARTHUR HASTINGS, Ph.D., is a specialist in language and communication, with further interests in parapsychology and consciousness processes. He has taught at California State University, San Jose, and at Stanford University. His seminar will focus on how language, consciousness and reality are all causes and effects of each other. Included will be how we can talk about internal states, how we select, process and communicate reality through language, and ways of getting outside language-controlled reality or of creating new languages.

ARTHUR J. DEIKMAN, M.D., was trained at Harvard in psychoanalytically-oriented psychiatry. For more than ten years he has been doing research on meditation, mystical experience, psychedelics and consciousness. He has become increasingly involved in group therapy and process, and at the University of Colorado Medical Center he developed a nondrug intensive treatment unit for psychosis, worked on a theory of consciousness and began the study of Zen Buddhism. He is now in private practice in San Francisco. He is director for the Institute for the Study of Human Consciousness where he is focusing on the investigation of mystical consciousness. Dr. Deikman will talk about his research in meditation, theories and models of human consciousness and mystical perception; and he will present a way of integrating the data from Eastern and Western psychologies.

ADDITIONAL SEMINARS

In addition, there will be a series of seminars including the following subjects:

The Development of Consciousness: Dane Rudhyar

The Unconscious and Guided Imagery: Dorothy Fadiman

Aikido and Energy Awareness Robert Frager

Arthur Fox and Janica Fox, Esalen-trained group facilitators, will be in residence for the duration of the program.

GENERAL INFORMATION

The Summer Institute will be held from July 13 through August 12, 1973 near the University of California, Berkeley. This program is intended primarily for teachers, students and researchers in psychology, psychiatry, philosophy and theology, as well as those outside the academic community who would like to integrate this study into their lives and environments.

The program must be taken in its entirety; no part-time participation is feasible. Program tuition is $425. Room and board fees are $140 for the program period; this includes shared accommodations, plus meals five days a week (weekend meals not provided). A nonrefundable deposit of $100 is required at time of acceptance. PARTIAL SCHOLARSHIPS ARE AVAILABLE; an application will be sent upon request. The program involves approximately five days of intensive participation per week for the full four-week period.

University credit (5 to 9 units) may be available from the University of California Extension; students should also check about obtaining credit from their own departments.

To apply, write us about who you are, what you are doing, studying or practicing and what your interest is in the Esalen Summer Institute. Apply early; the program is limited in enrollment.

Send to: Esalen Summer Institute, 1793 Union Street, San Francisco, CA 94123.

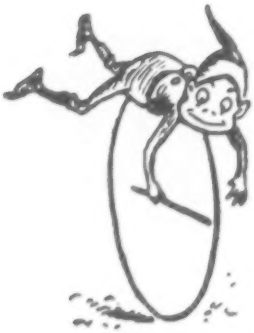
Sports

■S.F. May 9-June 13

Ongoing Sports Seminar
Esalen Sports Center Staff

Six Wednesday evenings $45

The purpose of this seminar is to initiate, on a regular basis, an interchange of ideas and practices between Esalen, physical education teachers, coaches, athletes and individuals interested in athletics and physical education. Each evening will be led by a member of the Sports Center Staff or by individuals doing innovative work in physical education and athletics. Some of the leaders will be Robert Nadeau, Bob Kriegel, William Schutz, Michael Murphy, George Leonard, Mal Andrews and David Meggyesy.



■S.F. May 12-13

Tennis Flow
Dyveke Spino

Weekend workshop $30

This workshop will integrate principles of body awareness, movement, dance, music and meditation with traditional methods of tennis instruction and practice to master flowing tennis strokes. The workshop is designed for beginners as well as advanced students of the game. Bring your raquet. Limited to 10 participants.

■S.F. June 9-10

Golf & Energy Awareness
Michael Murphy, Robert Nadeau & Buddie Johnson

Weekend workshop $50

Centering and energy awareness will be applied to the game of golf. These principles of mind-body harmony are derived from meditation and aikido. There will be sessions for the practice of energy awareness and sessions integrating these principles by working with the golf swing at a local driving range.

■S.F. Monday, June 11

An Introduction to the Esalen Sports Center
Bob Kriegel

Single evening event

FREE; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

■S.F. June 17

The Way of Hiking
Walt Anderson

One-day workshop $5

On a one-day stroll we will explore the idea that yoga, meditation, sensory awakening, encounter and the putting of one foot in front of another are all harmonious activities, and may be even the same thing. Bring lunch. Instructions to follow.

A SPORTS INSTITUTE
Conducted by the Esalen Sports Center
July 15 to 28
San Francisco

Two-week residential program at Dominican College, San Rafael, Calif.

$325 including room and meals;
$240 non-residential fee, including meals

A program presenting disciplines being practiced at Esalen and elsewhere as well as innovative approaches currently taking place in physical education. The focus will be on finding points of integration between these disciplines and current methods of athletic practice, coaching and physical education instruction. The goal is for participants to formulate their own integrated approach with a view toward enriching participation in physical education and athletics.

There will be brief, intensive exposure in such areas as: yoga, sensory awareness, rolfing, Feldenkrais exercises, structural patterning, energy awareness and centering, aikido, t'ai chi, dance and movement. There will be special time alloted each day to integrate these approaches using the athletic facilities of Dominican College.

Core seminars (3-4 days each) will be led by the following:

WILLIAM SCHUTZ – Psychologist and author of *Joy, Here Comes Everybody* and *The Interpersonal Underworld*, he has worked with Ida Rolf, Moshe Feldenkrais and is evolving his own techniques for increasing body awareness and movement.

JUDITH ASTON – A structural patterner, rolfer and originator of *Rolf-Aston Structural Patterning in Stillness and Motion*, she has worked extensively with dancers, actors and athletes.

ROBERT NADEAU – An aikido master who has studied oriental martial arts for the past 20 years, he teaches aikido, energy awareness and meditation in the Bay Area.

AL HUANG – A T'ai Chi master who has integrated t'ai chi with dance and athletics at the University of Illinois and York University.

BOB KRIEGEL – Co-director of the Esalen Sports Center and a group leader combining various approaches in his work, he has been a swimming and skiing instructor and a basketball coach.

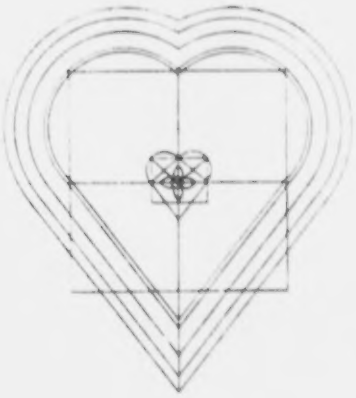
In addition the program will include the following guest leaders: Michael Murphy, George Leonard, Stanley Keleman, David Meggyesey, Buddie Johnson, Jack Scott, Dan Millman and Dyveke Spino.

University credit, non-residential fees, partial scholarships and special family rates are available. For more information write the Esalen Sports Center at the Esalen/San Francisco office.

For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

Interpersonal

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen's encounter groups today.



आनन्दाद्ध्येव खल्विमानि भूतानि जायन्ते,
आनन्देन जातानि जीवन्ति ।
आनन्दं प्रयन्त्यभिसंविशन्ति ।

"From Pure Joy springs all creation; by Joy it is sustained, towards joy it proceeds and to Joy it returns."

■S.F. May 4-6

Humor: A Sense of Letting Go
Harry Sloan

Weekend workshop $50

Humor is a transpersonal transcendent quality frequently showering grace upon the most grim situation. Looking at what you find funny can help you appreciate and understand where you are NOW. Though there may be some tears along the way, looking at our laughter teaches us to find a liberating perspective, a "letting go" of self-imposed limits, with a pleasant bodily response. Bring anything that tickles you; a friend's uncle, an over-ripe banana, jokes, cartoons, personal incidents.

●B.S. May 4-6

Gestalt & Encounter
Beverly Silverman & Carole Levine

Weekend workshop $100

■S.F. May 4-6

Couples' Workshop
Arthur & Janica Fox

Weekend workshop $90 per couple

●B.S. May 4-6

TA and Buber Communication Experience
Sherry Morgan

Weekend workshop $90

An invitation to leave the world of "monologue disguised as dialogue" to enter the world of "genuine dialogue," "hallowing," and the "I-Thou relationship". Eric Berne's theory of transactional analysis will be focused on the use of Ego States and Transactions as stepping stones into Martin Buber's world of Dialogue and Intimacy. Some theory, some practice, an easy happy experience, an excellent place for beginners and an interesting fresh approach for the experienced professional.

■S.F. May 5

Psychodrama – For Women Only
Maurica Anderson

One-day workshop $20

We will use the spontaneous dramatization technique of psychodrama to explore significant interpersonal relationships. We won't be trying for solutions; the aim will be release, enhanced awareness, sharing, and/or fun (why not?). Group members may participate to as small or great a degree as they wish.

● **Big Sur programs include room, meals and tuition.** ■ **San Francisco programs generally do not include room or meals.**

Interpersonal

•B.S. May 6-11
Exploration and Integration
Arthur & Janica Fox
Five-day workshop $220

Come and use a combination of the richness of encounter, gestalt, sensory awareness and massage in context with the richness of Big Sur and the Esalen grounds. Use these to explore more of you, your potential, your awareness and your capacity for openness. We will also explore ways of retaining and integrating this richness so that you have access to it not just at Esalen, but also when you return home.

•B.S. May 11-13
Experiencing Change
Janet Lederman
Weekend workshop $90

SAN FRANCISCO INTRODUCTION TO ESALEN PROGRAMS

These evening and one-day programs are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups.

EVENING INTRODUCTIONS TO ESALEN: Working in small and large group sessions, participants will be introduced to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring a pillow for easy sitting.

$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

Wed., May 30 - Harry Sloan -- FREE

Mon., June 25 - Robert Cromey

Thurs., July 26 - Harry Sloan

Wed., August 29 - Art & Janica Fox

ONE-DAY INTRODUCTIONS TO ESALEN: An intensive day of group work, along the lines of evening introductory programs, with the additional advantages of more hours and shared mealtimes.

$20 per person; 10 a.m. to 6 p.m.; locations to be announced with confirmation of reservation.

Sat., May 19 - Art & Janica Fox

Sun., June 10 - David Schiffman

Sat., July 21 - Margaret Conway

Sat., August 18 - Robert Cromey

•S.F. May 11-13
Exploring Self Acceptance
David Schiffman
Weekend workshop $50

Our focus will be the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis will be on searching out unique personality strengths, individual capacities and latent powers as a means of achieving productive, creative functioning.

•S.F. May 12
Singles' Workshop
Arthur Fox
One-day workshop $20

A workshop for unattached persons. Please state sex and age on application.

•B.S. May 13-18
Energy/Body
Simone Surpin
Five-day workshop $220

In many esoteric psychologies the body is a major tool for altering consciousness. Through group process, body work and meditation, we will focus on using our whole body as a tool of perception and sensing. We will explore our individual energetic flow as reflected in the bigger flow of group process.

•S.F. May 18-20
To Your Emotions Through Massage
Robert Cromey
Weekend workshop $50

This workshop will provide the basic Esalen massage. In addition participants will have the opportunity to bring to the group feelings and emotions released in the massage.

•B.S. May 18-20
Expanding Heart-Full-Ness
Simone Surpin
Weekend workshop $90

Most of us know, essentially, that we are bigger hearted than we manifest to others. Often we continue to close and protect our hearts out of habit when the need is no longer present. This weekend we will 'hold awareness' on our hearts through practices of meditation, chanting, body work, silence and sharing our experiences.

EXPERIENCING ESALEN/BIG SUR

Esalen/Big Sur has chosen a theme for its summer programs: Exploring Space and Time. In accordance with this theme, we are offering a new, on-going workshop, Experiencing Esalen, This workshop is designed to explore the way we use our Space and Time for personal growth. Time to spend alone/together in the structured Space of a group setting and the expanded Space of the total Esalen/Big Sur environment. Workshops begin on Sunday evening and participants are invited to enroll for one or more five-day periods.

Experiencing Esalen $220

May 6-11 Carole Levine, Lenore Lefer & Esalen Staff

May 13-18 David Lees & Esalen Staff

May 20-25 Esalen Staff

May 27-June 1 Esalen Staff

June 3-8 Esalen Staff

June 10-15 Harry Sloan & Esalen Staff

June 17-22 Esalen Staff

June 24-29 David Schiffman & Esalen Staff

July 1-6 Esalen Staff

July 8-13 Esalen Staff

July 15-20 Harry Sloan & Esalen Staff

July 22-27 David Schiffman & Esalen Staff

July 29-August 3 Esalen Staff

August 5-10 Esalen Staff

August 12-17 Carole Levine, Lenore Lefer & Esalen Staff

August 19-24 Esalen Staff

August 26-31 Harry Sloan & Esalen Staff

Sept. 2-7 Esalen Staff

•S.F. May 19
Sexuality, Feminism & Gay Consciousness
Sandra Aguilar, Sally Gearhart, Clover Herzstam, Marcia Kallen, David Kleinberg, John Shultz, Gary Titus
One-day workshop $20

Separate workshops for women and men in human sexuality. Exploration of the impact of feminism and gay consciousness.

•S.F. May 20
Open Workshop with Videotape & Feedback
Sylvia Freeman & Doug Keachie
One-day workshop $20

We will work and play together using gestalt awareness techniques and other growth promoting methods. You will see how the camera sees you and learn to use video equipment.

For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

interpersonal

•B.S. May 20-25
Encounter & Massage
Harry Sloan
Five-day workshop $225

We will explore how we touch each other verbally and non-verbally. How to communicate what we are feeling and how to ask for what we want.

•B.S. May 20-June 1
Ventana Wilderness Experience
Steven Miller
Two-week workshop $400

This workshop will be a sustained backpacking expedition in the Ventana Wilderness immediately above and behind Esalen/Big Sur. It will be an intensive physical and, more importantly, social experience, patterned after Outward Bound. Comfort, safety and the realization of the group's material objective will depend totally on the quality of give and take manifested by the group. This experience is designed for beginners and skill training will be the minimum requisite to adequate performance. Equipment needed: hiking boots with lug soles and warm woolen clothing. A medical certificate, to be completed by a physician, will be sent to all applicants. Limited to 9 persons.

■S.F. Monday, May 21
A Place for Human Beings
Pamela Portugal
Single evening event

$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

An informal discussion of the new consciousness as it applies to the problems of living and loving as a human being.

•B.S. May 25-27
Experiencing Your Dreams
Beverly Silverman & Janet Zuckerman
Weekend workshop $100

Experiencing your dreams through gestalt, encounter and fantasy.

■S.F. May 25-27
Free Encounter
Walt & Maurica Anderson
Residential weekend workshop FREE

We will spend a weekend together as a working (and playing) community, finding out what we can about ourselves through the exploration of group encounter, psychodrama, and using a variety of techniques of physical exercise and relaxation. Participants will be asked to provide their own food and share the cost (low) of the meeting place.

•B.S. May 25-27
The Workshop is You & Me, Work & Play, Joy & Sadness; The Title Is Unimportant
Bob, Marilyn & Otis Kriegel
Weekend workshop $90

This workshop is based on the premise that the process of change and growth can be facilitated by each individual increasing his available resources and options for being and interacting. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used as well as games and massage to enable the participants to explore and extend the resources that exist within themselves.

•B.S. May 27-June 1
The Workshop is You & Me, Work & Play, Joy & Sadness; The Title is Unimportant
Bob, Marilyn & Otis Kriegel
Five-day workshop $220

See B.S. description, May 25-27, above.

■S.F. June 1-3
Couples' Workshop
Gerald Smith
Weekend workshop $90 per couple

Focus: verbal and nonverbal experiences to enhance your relationship. Videotape playback will be used.

•B.S. June 3-8
Growth Through Risk-Taking
David Schiffman
Five-day workshop $220

This workshop offers the participant an opportunity to explore the nature and purpose of personal boundaries, whether as illusion or as tools of self-survival, working toward greater personal expansion and openness with others.

■S.F. Wednesday, June 6
New Ways of Meeting New People
Robert Cromey
Single evening event

$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

Since many persons attend large group programs to meet other people, this evening's experience will focus explicitly on the acquaintance process. Using methods from encounter and gestalt awareness, group members will explore how they project themselves to others, how others perceive them and discover new ways of moving into friendships and social contact.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Interpersonal

■S.F. June 8-10
The Workshop is You & Me, Work & Play, Joy & Sadness: The Title is Unimportant
Bob, Marilyn & Otis Kriegel
Weekend workshop $50
See B.S. description, May 25-27, above.

•B.S. June 8-10
Workshop for Gay People
Sally Smith
Weekend workshop $90
A chance for gay men and women, singly or in couples, to come together at Esalen, explore life styles, problems, joys, directions; share massage, music and plain talk.

•B.S. June 10-15
Body, Mind, Spirit
Michael Butler
Five-day workshop $220
The focus in this group will be on the common meeting place of various physical, mental and spiritual paths. Encounter and gestalt will be practiced as meditation. Spiritual spaces will be tested in interpersonal contact. Physical techniques based on rolfing and aikido will be explored as paths to the spirit. This group is limited to 12 participants.

•B.S. June 15-17
Accentuate the Positive
Lenore Lefer & Beverly Silverman
Weekend workshop $100
Many of us tend to focus on the negative aspects of our lives. We will accentuate the positive using gestalt, encounter and psychosynthesis techniques.

■S.F. June 16-17
When Your Marriage Dies You Can Have New Life: A Workshop for the Divorced
Robert Cromey
Weekend workshop $50
Through the pain of separation and divorce can come an awareness of new life. Dealing with anger, hurt and sadness of divorce can be a way to joy and happiness and peace. The life-positive tools of gestalt, encounter and sensory awareness will be used in this workshop to enhance personal change.

•B.S. June 17-22
Energy/Body
Simone Surpin
Five-day workshop $220
See B.S. description, May 13-18, above.

•B.S. June 22-24
Touching
Simone Surpin
Weekend workshop $90
Contact with the ground and contact with another are two basic ways for me to get "in touch" again. This weekend we will experiment with touching outside ourselves in a way that also enhances our own wholeness or center.

■S.F. June 22-24
Singles' Workshop
Harry Sloan
Weekend workshop $50
A weekend for unattached persons. Please state sex and age on application.

■S.F. June 23
Open Psychodrama Encounter
Walt & Maurica Anderson
One-day workshop $20
Group encounter and spontaneous-enactment techniques will be used to explore and work through interpersonal problems. The degree of active involvement in the work is a matter of individual choice.

•B.S. June 24-29
You Don't Have to Suffer to Feel Good
Harry Sloan
Five-day workshop $220
Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. This workshop will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen.

•B.S. June 29-July 1
Encounter & Massage
Harry Sloan
Weekend workshop $90
See B.S. description, May 20-25, above.

■S.F. June 30
Sexism-Racism-Self Awareness: For Women Only
Sandra Aguilar & Marcia Kallen
One-day workshop $20
A workshop designed to explore sexism and racism. The objective of the day is to create a supportive atmosphere for women to come together to struggle and develop a greater consciousness of ourselves and these phenomena.

•B.S. July 1-
The Workshop Is You & Me, Work & Play, Joy & Sadness: The Title Is Unimportant
Bob, Marilyn & Otis Kriegel
Five-day workshop $220
See B.S. description, May 25-27, above.

•B.S. July 6-8
Singles' Workshop
Harry Sloan
Weekend workshop $90

■S.F. July 7
Invitations to Openness
Walt Anderson
One-day workshop $20
Basic propositions: (1) An increased capacity for personal openness and honesty makes life easier and a lot more interesting. (2) The need for privacy is to be respected. (3) Openness is best achieved in response to an invitation, not a demand. We will all explore our own boundaries of privacy/openness, and work with some techniques for being open – and inviting openness – in everyday life. 10 a.m. to 6 p.m., Saturday.

•B.S. July 8-13
An Integrative Approach Towards Self-Actualization
David Schiffman & Ilana Rubenfeld
Five-day workshop $280
This workshop will involve the complementary approaches of gestalt, encounter, massage and the use of direct body work (Alexander and Feldenkrais techniques) at critical junctures during group sessions. The group will explore a wide variety of techniques, verbal and non-verbal, in order to experience the possibilities of greater total personal expansion and openness with others.

■S.F. Monday, July 9
Introduction to Psychodrama
Walt Anderson
Single evening event
FREE; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

■S.F. Wednesday, July 11
Loneliness in America
William Sadler & Robert Cromey
Single evening event
$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco
An exploration of loneliness, a subject all but ignored by the social sciences. Lecture, discussion and some experiential work.

For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

■S.F. July 15
Singles' Workshop
David Schiffman
One-day workshop $20

A workshop for unattached persons. Please state sex and age on application.

●B.S. July 15-20
Body Harmonies
Simone Surpin
Five-day workshop $220

This workshop will be based on the assumption that there is a point at which we all meet. A point where we are united, that is beyond our differences and separateness. A place of harmony. We will use the varied tools of sound, movement, massage, group process, meditation and aikido, blending forms to see where that place exists.

■S.F. Wednesday, July 18
Looking-Talking-Touching: For Couples
Gerald Smith
Single evening event

$4 per couple; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

A variety of verbal and nonverbal experiences for couples (not necessarily married).

●B.S. July 20-22
Growth Through Risk-Taking
David Schiffman
Weekend workshop $90

See B.S. description, June 3-8, above.

■S.F. July 20-22
Loneliness
Robert Cromey & William Sadler
Weekend workshop $50

Faced deeply, loneliness can be a way of growth. In this workshop we will use gestalt and fantasy techniques to explore the topic experientially. Music, slides of paintings and discussion will enhance participants' awareness of loneliness and explore ways of coping with it creatively.

■S.F. July 20-22
Toward Integration
Arthur & Janica Fox
Weekend workshop $50

Functioning in new ways while maintaining the good changes is a perplexing dilemma. Sometimes this entails the changing of values and life styles. This workshop is for those who have had rich experiences in groups and elsewhere and would like to integrate and implement these changes into their daily lives.

■S.F. July 20-22
Couples Changing
Walt & Maurica Anderson
Weekend workshop $50 per person, or $90 per couple

We will explore, work on, and consider some humanistic guidelines for the special joys and stresses of 1973 togetherness – open marriage, women's liberation, the problem of differing rates of personal exchange. Attendance by both partners is encouraged, but *not* required.

Interpersonal

●B.S. July 22-27
Encounter, Gestalt: Meditation
Michael Butler
Five-day workshop $220

In much the same way that we watch our breath in meditation, we can learn to watch ourselves in our contacts with other people. We are part of the dance and yet not caught in it. In this workshop we will explore this approach to relating and learn to practice it. Meditation, relaxation and physical quieting exercises from the Arica training will be used to provide a base for the interpersonal work. Limited to 12 participants.

●B.S. July 22-27
Skills Workshop for Group Leaders
Jacqueline Doyle Larcombe
Five-day workshop $220

The focus of this workshop will be on providing an intensive group experience, introducing group techniques and enhancing the transfer of these skills for persons already leading groups in various settings. Techniques will be drawn from psychodrama, encounter, gestalt, bioenergetics, psychomotor and fantasy.

■S.F. Monday, July 23
New Ways of Meeting New People
Robert Cromey
Single evening event

See S.F. description, June 6, above.

■S.F. July 27-29
You Don't Have to Suffer to Feel Good
Harry Sloan
Weekend workshop $50

See B.S. description, June 24-29, above.

●B.S. July 27-29
Contact and Meditation
Michael Butler
Weekend workshop $90

Contact with other people and contact with ourself through meditation are different practices that can enhance each other. The more of myself I am in touch with through meditation the more I have available for others. Conversely, when I make contact with others mindfully, it becomes a meditation that supports and strengthens my inner life. In this workshop we will explore the common ground between inner worlds and our outer world. Limited to 12 participants.

● Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Interpersonal

■S.F. July 28-29
Self Emergence Through Sound & Imagery
David Schiffman
Weekend workshop $50
The basic techniques of this workshop will involve guided fantasy, shared imagery, pre-programmed sound and gestalt art techniques. These approaches will be used to focus in on the nature of the creative process, the possible transcendence of inhibitions and blocks within oneself as well as in interacting with others.

●B.S. July 29-August 3
A Tender Invitation
Harry Sloan
Five-day workshop $220
You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich alive experience – love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. The participants will be offered a chance, a tender invitation to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse."

●B.S. August 3-5
Encounter & Massage
Harry Sloan
Weekend workshop $90
See B.S. description, May 20-25, above.

■S.F. August 3-5
Open Psychodrama Encounter
Walt & Maurica Anderson
Weekend workshop $50
See S.F. description, June 23, above.

●B.S. August 5-10
The Workshop Is You & Me, Work & Play, Joy & Sadness: The Title Is Unimportant
Bob, Marilyn & Otis Kriegel
Five-day workshop $220
See B.S. description, May 25-27, above.

●B.S. August 10-12
One Plus One: A Workshop for Couples
Bob & Marilyn Kriegel
Weekend workshop $90 per person

■S.F. August 10-12
Singles' Workshop
Harry Sloan
Weekend workshop $50
A weekend for unattached persons. Please state sex and age on application.

●B.S. August 12-17
A Tender Invitation
Harry Sloan
Five-day workshop $220
See B.S. description, July 29-Aug. 3, above.

●B.S. August 12-24
Creating Positive Struggle
Janet Lederman & David Schiffman
Two-week workshop $480
"Out of chaos comes creation."—Lec.
This two-week workshop provides an opportunity to explore the creative use of personal energy, both individually and collectively. The emphasis will be on developing and sharing the natural affinities and polarities that emerge when people engage in creative struggle together, as well as exploring new patterns of seeing and hearing and experiencing the environment we will all be sharing together. Through the use of gestalt art techniques, music and design, we will restructure our environment to reflect best the inner harmony we all ultimately share.

●B.S. August 17-19
The Boundaries of Liberation: For Men & Women
Jacqueline Doyle Larcombe
Weekend workshop $90
Through encounter, gestalt and psychodrama techniques we will examine the issues which underlie our choice of mode (from traditional to liberated) for relating to our friends and mates. The boundaries of our concept of self and sex role will be explored.

■S.F. August 18-19
Growth Through Risk Taking
David Schiffman
Weekend workshop $50
See B.S. description, June 3-8, above.

■S.F. August 18-25
Encountering in the High Sierras
Walt & Maurica Anderson
Seven-day outdoor workshop $115
Outdoors in the High Sierras we will work with yoga, meditation, psychodrama, gestalt and encounter. The group will meet at a designated roadhead point Saturday, hike to the campsite on Sunday, and return the following Saturday. Mountaineering experience is not required, but applicants should be in good condition and capable of hiking. Details will be supplied on application. Fee includes meals.

●B.S. August 19-24
Body, Mind, Spirit
Michael Butler
Five-day workshop $220
See B.S. description, June 10-15, above.

■S.F. August 25-26
When Your Marriage Dies You Can Have New Life: A Workshop for the Divorced
Robert Cromey
Weekend workshop $50
See S.F. description, June 16-17, above.

●B.S. August 26-31
Exploration and Integration
Arthur & Janica Fox
Five-day workshop $220
See B.S. description, May 6-11, above.

■S.F. Monday, August 27
New Ways of Meeting New People
Robert Cromey
Single evening event
See S.F. description, June 6, above.

■S.F. August 31-September 2
One Plus One: A Workshop for Couples
Bob & Marilyn Kriegel
Weekend workshop $90 per couple

■S.F. August 31-September 2
Workshop for Gay People
Sally Smith
Weekend workshop $50
See B.S. description, June 8-10, above.

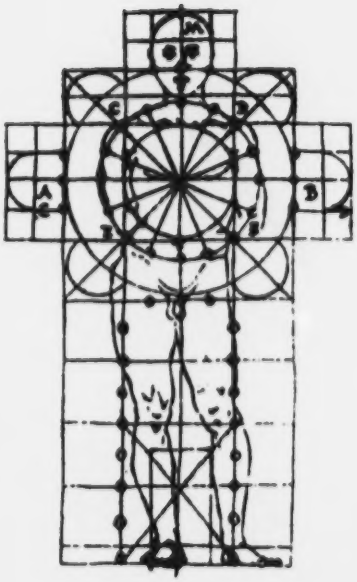
For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

Gestalt

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls. Other theories, styles and methods are being developed by other leaders. The goal of the training is to assist the participants [illegible] and to develop [illegible]

[illegible] to have life energy free, available and flowing, not blocked [illegible] to be conscious of my environment and where it flows, to have action [illegible] not happen mechanically [illegible] to know and act on the principle that I am the one who acts, thinks and feels what even it may be that I act, think or feel. No one else or no event influences me except with my consent.

At times everyone in the group may work simultaneously with some awareness exercise or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the participant: a fantasy or dream, an interaction with another person, a memory, or a physical posture. Problems are [illegible] starting points if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participant. The assumption is made that participants are not patients but are persons responsible for their own life decisions.



•B.S. May 4-6

Gestalt & Encounter
Beverly Silverman & Carole Levine

Weekend workshop $100

▪S.F. May 5-6

Waking Up to Yourself
Sid Gershenson & Joan Krueger

Weekend workshop $50

Wake up! The time is now! The gestalt approach will be applied to exercises and experiments focused on becoming more alive and waking up to your own potential for enjoying life.

•B.S. May 6-11

Energy Awareness
Gestalt Awareness
Robert Nadeau & Julian & Beverly Silverman

Five-day workshop $280

•B.S. May 6-June 1

Gestalt & Structural Integration
Richard Price, Paul Rebillot, John Argue & Esalen Staff

Four-week program $950

Structural Integration, while producing actual physical change, also facilitates direct perception of body processes in relation to emotional pressure and release. Each participant will receive three rolfings as part of the workshop. Material that emerges in the physical processing will be worked with in gestalt sessions in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working with groups (teachers, ministers, psychologists, etc.). Recommended readings: *Gestalt Therapy Verbatim*, Perls; *Anatomy of Mental Illness*, Janov.

• Big Sur programs include room, meals and tuition. ▪ San Francisco programs generally do not include room or meals.

Gestalt

•B.S. May 11-13
Experiencing Change
Janet Lederman
Weekend workshop $90

■S.F. May 11-13
Training in Gestalt Awareness & Existential Life Style
Richard Louis Miller, Kathleen Hanlon Lawson & the Gestalt Community at Wilbur Hot Springs
Residential weekend workshop $65

Drive the highway, then take a scenic ride on a country road to a remote setting, 240 private, beautiful acres, a large building, stop your car. Make a friendly greeting and receive one. Join us in natural, hot mineral baths, breathing exercises, great food prepared with love, Gestalt Community meetings, friendly teasing, meditation in action, body awareness, lectures, demonstrations, laughs, sex education, space and fresh air (no smoking in buildings), singing, and the golden rule of now. 6 p.m. Friday to Sunday after lunch. Fee includes tuition, room, board and baths.

•B.S. May 11-13
"Help! I'm Trapped in a Human Body"
Frank Rubenfeld
Weekend workshop $90

We will use gestalt to explore the existential *angst* of being human. More mundane concerns such as unfinished business, inveterate top-dogging, and being in the now and in your body will also be part of this weekend's activity.

■S.F. May 11-13
"True? Nothing is true, and everything is permitted." *Performance*
Larry Bloomberg, Judith Bell, Starr Kintner & Robbie Hurwich
Weekend workshop $45

Most people will take a risk for hurting but not for happiness. This group will help participants retrain to take a risk for pleasure. 9 p.m. to 3 a.m., Friday and Saturday; 12 noon to 4 p.m., Sunday.

"It furthers one to have somewhere to go."
—I Ching, 28 & 32

•B.S. May 13-18
Listen to Yourself: A Gestalt Workshop
Frank Rubenfeld
Five-day workshop $250

Depending on how you say "listen to yourself", its meaning changes. Listen to yourself say it. During these five days, we will listen to ourselves with humor, dismay, compassion and whatever else arises. Through listening may come awareness; through awareness, an opportunity to create your own fate.

■S.F. May 19-20
Gestalt & Gurdjieff
Joe Camhi
Weekend workshop $50

Energy is wasted in many forms of escape from who we are as well as in lack of understanding of how to conserve, build up and direct these energies. Gestalt techniques and elementary concepts and exercises of Gurdjieff will be used to explore these issues. 10 a.m. to 6 p.m., Saturday and Sunday.

■S.F. May 20
Body Awareness & Gestalt
George Downing
One-day workshop $20

We will combine the verbal methods of gestalt with a number of different ways of working with the body, including massage, Feldenkrais dynamics, and Proskauer breathing techniques.

•B.S. May 20-25
Gestalt Awareness and Self-Image
Stella Resnick
Five-day workshop $250

As we move around in our world we carry with us a fantasy of ourselves which mediates and dictates our actions and limits our choices. Using the gestalt approach embellished by a variety of other techniques including movement and methods of the actor, participants will work toward clarifying their individual self-image and getting in touch with the disparity between their self-image and how others see them. Particular emphasis will be given to body image, self-esteem, role expectations and withholding excitement. We will work toward expanding our behavioral repertory, our creativity and our aliveness through attaining a more realistic and nourishing self-image.

■S.F. May 25-27
Gestalt, Sensory Awareness & Self Response/Ability
Seymour Carter
Weekend workshop $50

This workshop is for people interested in discovering their own capacity for growth and self-responsibility. Many people engaged in the sometimes difficult quest for self-liberation are giving up their own potential for freedom to systems, techniques and charismatic leaders that provide a strong arm to lean on. In the process they are putting their center of gravity outside themselves and ignoring their inborn ability to find out who they really are.

The sense of reality, pleasure and coherence in what we do depends on our no' being alienated from ourselves as living organisms with a natural endowment for growth and self-responsibility. Through the gestalt and meditation experiences of this workshop we will increase awareness of our innate perceptual faculties. With greater attention to our true natural capacities we deepen ourselves in each activity, our consciousness coming to fuller responsive aliveness. Gradually we find we can come to life with greater interest, strength, sensitivity and delight in ourselves, in other people, and our surroundings.

•B.S. May 25-27
Experiencing Your Dreams
Beverly Silverman & Janet Zuckerman
Weekend workshop $100

Experiencing your dreams through gestalt, encounter and fantasy.

For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

■S.F. May 25-27
"True? Nothing is true, and everything is permitted." *Performance*
Larry Bloomberg, Judith Bell, Starr Kintner & Robbie Hurwich
Weekend workshop $45
See S.F. description, May 11-13, above.

●B.S. May 27-June 1
Gestalt and the Present Moment
Joseph Camhi
Five-day workshop $250
The present moment is not simply your here and now. It includes your past, present and future, your level of awareness, the quality of your commitment to action and your ability to carry through your decisions. This week will be devoted to an in-depth examination of the pattern and direction of each participant's life, using gestalt and other methods including individual sessions. Bring a brief outline of significant events and dates in your life starting from your day of birth.

●B.S. June 1-3
Body Awareness & Gestalt
George Downing
Weekend workshop $90
See S.F. description, May 20, above.

●B.S. June 1-3
The Art and Practice of Self-Observation: A Gestalt Workshop
Stella Resnick
Weekend workshop $90
Self-observation is a crucial talent to develop in order to recognize when behavior, fantasy and environment is nourishing and self-enhancing or toxic and self-depleting. Using the gestalt approach supplemented by a variety of other techniques, participants will focus on learning how to observe their own behavior and fantasy in order that they may best learn about themselves, learn to observe themselves more clearly and learn to recognize and maintain themselves in nourishing environments.

■S.F. June 2-3
Gestalt & Your Life Style
Sid Gershenson & Joan Krueger
Weekend workshop $50
Your life style enhances and/or detracts from your awareness. The focus of this weekend will be on discovering the extent of this process and what you can do to experience more of yourself and change if you want to. The gestalt approach will be applied to awareness exercises and experiments during the weekend. The group setting will allow for reality testing of new life style practices.

■S.F. June 6-8
Open Gestalt
Richard Price
Three evenings $45
Wednesday, Thursday and Friday evenings, 5 to 10 p.m.

●B.S. June 8-10
What's Available
George & Judith Brown
Weekend workshop $100
An experiential weekend workshop to help participants get more in touch with what's inside (the self, personal and transpersonal) and outside (one's living and working environment, including others). Focus will be on individual growth in a group setting. Suitable for couples as well. Limited to 20 persons.

■S.F. June 8-10
Bodhi Sattva: A High Structure Gestalt-Yoga Weekend
Richard Louis Miller, Kathleen Hanlon Lawson & the Gestalt Community at Wilbur Hot Springs
Residential weekend workshop $65
On Saturday of the weekend expect the following: 7-8 a.m. meditation and light breakfast; 8-9 a.m. hot mineral baths; 9-10 a.m. hatha yoga; 10-11 a.m. gestalt groups and snack; 11 a.m.-1 p.m. karma yoga; 1-2:30 p.m. free time and lunch; 2:30-3:30 p.m. general community meeting; 3:30-5 p.m. karma yoga; 5-7 p.m. hot mineral baths and alone time; 7-8:30 p.m. gestalt groups and dinner preparation; 8:30-9:30 p.m. dinner and clean-up; 9:30 p.m. massage class.
Friday before dinner (6-ish) to Sunday after lunch. $65 for tuition. Room (fair and improving), food (top notch, prepared with love), and baths (since 1865, in all the world no waters like these), included.

●B.S. June 10-15
Gestalt, Sensory Awareness and Self Response/Ability
Seymour Carter
Five-day workshop $220
See S.F. description, May 25-27, above.

●B.S. June 10-15
The Art and Practice of Self-Observation: A Gestalt Workshop
Stella Resnick
Five-day workshop $250
See B.S. description, June 1-3, above.

●B.S. June 15-17
Accentuate the Positive
Lenore Lefer & Beverly Silverman
Weekend workshop $100
Many of us tend to focus on the negative aspects of our lives. We will accentuate the positive using gestalt, encounter and psychosynthesis techniques.

Gestalt

■S.F. June 16-17
Open Gestalt
Steve Schoen
Weekend workshop $50

●B.S. June 17-22
Gestalt and Movement
Richard Price & John Argue
Five-day workshop $250

■S.F. June 22-24
Gestalt and the Single Parent
Lois Brien & Marilyn Soll
Weekend workshop $50
We will use the gestalt approach to explore the roles of the single parent and to experience alternatives.

●B.S. June 24-29
Five Days With the Four of Us
George and Judith Brown
Julian and Beverly Silverman
Five-day workshop $250

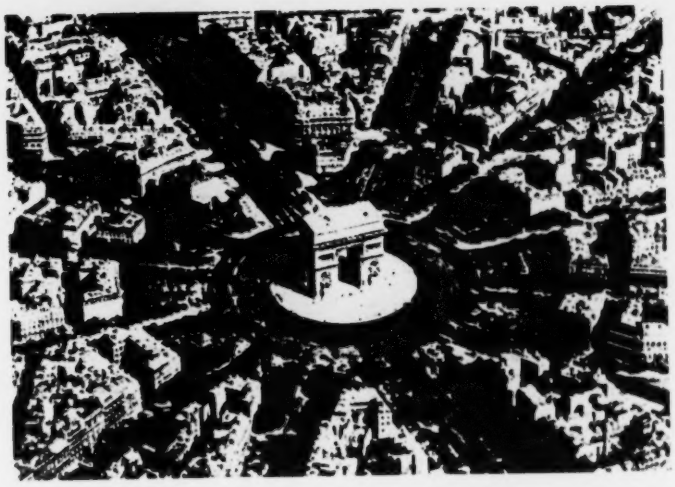
■S.F. June 29-July 1
Gestalt, Sensory Awareness & Self Response/Ability
Seymour Carter
Weekend workshop $50
See S.F. description, May 25-27, above.

●B.S. June 29-July 1
Gestalt for Couples
David Lees & Nancy Joeckel
Weekend workshop $90
A weekend to discover more about your experience of you in a relationship with another.

■S.F. June 30-July 1
Gestalt & Interactional Games We Play
Cynthia (W.) Sheldon & Charles "Rusty" Dillon
Weekend workshop $50
Bring yourself, your games and your favorite partner, or be prepared to practice your games on the rest of us. We hope to combine our training in gestalt awareness with communication techniques and theories.

● Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Gestalt



•B.S. July 1-13
Two Week Workshop in Gestalt Training
Jack Downing
$500

•B.S. July 1-27
Gestalt & Structural Integration
Richard Price, Paul Rebillot, Diana Bechetti & Esalen Staff
Four-week program $950
See B.S. description, May 6-June 1, above.

▪S.F. Monday, July 2
The Art & Practice of Self-Observation
Stella Resnick
Single evening event
$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco
Self-observation is a crucial talent to develop in order to recognize when one's behavior, fantasy-life and environment are nourishing and self-enhancing or toxic and self-depleting. This lecture will focus on self-observation as a variety of techniques to learn, an art to practice, and an ongoing process of self-awareness and self-love.

•B.S. July 6-8
Body Awareness & Gestalt
George Downing & Cyndy (W.) Sheldon
Weekend workshop $100
See S.F. description, May 20, above.

▪S.F. July 7-8
The Art & Practice of Self-Observation: A Gestalt Workshop
Stella Resnick
Weekend workshop $50
See B.S. description, June 1-3, above.

•B.S. July 8-13
An Integrative Approach Towards Self-Actualization
Ilana Rubenfeld & David Schiffman
Five-day workshop $280
See description under *The Human Body*, page

▪S.F. July 13-15
Chest In, Stomach Out, or Hang Out Your Hang Ups: A Low Structure Gestalt Weekend
Richard Louis Miller, Kathleen Hanlon Lawson & the Gestalt Community at Wilbur Hot Springs
Residential weekend workshop $65
Sit in a quiet place in a position comfortable for you. Close your eyes and pay attention. Focus on your breathing. Now loosen thoroughly anything which is touching or pressing against your stomach. Now breathe so that your stomach moves in and out with each breath. Counting each in-and-out as one, continue paying attention until you reach fifteen. Now replace all clothing, belts, etc. to their original position, still with eyes closed and paying attention. Would you believe that 98% of what people describe as anxiety is the result of faulty breathing caused by tight clothing? Would you believe 75%? Would you believe you personally? Are you ready to say goodbye to chest-out and stomach-in? This weekend is for those who, after doing the above experiment and reading the propaganda, felt their energy moving in the direction of looser clothes. 6 p.m. Friday to Sunday after lunch. Fee includes tuition, room, board and hot baths.

•B.S. July 13-15
What's Available
George & Judith Brown
Weekend workshop $100
See B.S. description, June 8-10, above.

▪S.F. July 14
Body Awareness & Gestalt
George Downing
One-day workshop $20
See workshop description, May 20, above.

▪S.F. Sunday, July 15
Integrating Alexander Technique & Gestalt Awareness: Workshop & Demonstration
Ilana Rubenfeld
Single evening event
$4 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco
An introduction to the work of Ilana Rubenfeld who will be in residence at Esalen/San Francisco this summer. Alexander Technique, gestalt exercises and sensory awareness will be used as a gateway to contacting, expressing and working through deep feelings. Participants will explore changes in postural alignment through kinesthetic experiences. There will be time set aside for group experiments, and Ilana will demonstrate the Technique on models selected from among group members. Bring a beach towel and a one inch thick book for headrest; wear leotards or loose slacks.

•B.S. July 15-20
Gestalt Workshop
Esalen Staff
Five-day workshop $220

•B.S. July 20-22
Gestalt for Couples
David Lees & Nancy Joeckel
Weekend workshop $90
A weekend to discover more about your experience of you in a relationship with another.

For Reservation Information, see page 46. For Biographical Information, see pp. 41-45

■S.F. July 21-22
The Architecture of the Whole Person
Ilana Rubenfeld
Weekend workshop $60

This workshop will offer a unique blend of gestalt, Alexander, Feldenkrais and deep muscle work to intensify each person's process of self-awareness. Emotions and memories are often stored in our bodies, resulting in tensions and imbalance. Focus will be on how to release these tensions and explore ourselves as total beings.

■S.F. July 22-27
Five Days of Gestalt Therapy Training
Richard Louis Miller, Kathleen Hanlon Lawson & the Gestalt Community at Wilbur Hot Springs
Five-day residential workshop $160

We learn the skill of awareness by paying attention to our processes moment by moment as an integral part of our lives ever in motion. At any instant we tease one another, point out heavy furrows and brows, or release energy through physical work or animal yells. Together we face the mystery of graceful living – of being in balance with ourselves, going with our flow, living with the golden rule, maintaining our humor and realizing that at any moment we can choose a new focus for our awareness. "Each moment is the last moment of my past life."

Sunday before
includes tu
baths.

•B.S. July 29-August 3
Integrating Gestalt & Alexander Technique
Ilana Rubenfeld
Five-day workshop $250

"The sea always has waves . . . sea and waves are one. To speak of waves apart from the sea is a delusion – so mind and body are one." This workshop will flow from gestalt therapy, Alexander technique, Feldenkrais exercises to deep muscle work. Emotions and memories are often stored in the body, resulting in muscular tensions. Focus will be on the exploration of one's own body and emotions as a total organism.

•B.S. July 29-August 3
Being and Discovery
Beverly & Julian Silverman
Five-day workshop $250

Come and BE with us. Gestalt and psychosynthesis techniques are background and you are foreground.

•B.S. August 3-5
Gestalt, Sensory Awareness and Self Response/Ability
Seymour Carter
Weekend workshop $90

See S.F. description, May 25-27, above.

■S.F. August 4-5
Dreams & the Body
George Downing
Weekend workshop $50

In this workshop we will work with gestalt, breath awareness and other techniques in order to clarify and to integrate the messages of our dream bodies. Those who are out of touch with their dreams are also welcome: we will use deep fantasy methods in order to explore the same thematic material.

•B.S. August 5-10
Gestalt Improvisations
Paul Rebillot & Richard Price
Five-day workshop $250

Combining familiar gestalt methods with improvisational movement and sound exploration, we will investigate creative modes of expression through awareness.

August 10-12
ing in Gestalt Awareness & istential Life Style
Richard Louis Miller, Kathleen Hanlon Lawson & the Gestalt Community at Wilbur Hot Srpings
Residential weekend workshop $65

See S.F. description, May 11-13, above.

■S.F. August 10-12
Gestalt, Hypnosis & Self-Identity
Abe Levitsky
Weekend workshop $50

In addition to traditional gestalt and encounter approaches we will explore a recently developed method which employs hypnosis and gestalt techniques for broadening self-boundaries and expanding the ability to achieve deep identification with others.

Gestalt

•B.S. August 12-17
Beyond Gestalt
George & Judith Brown
Five-day workshop $250

An opportunity to experientially explore the delicate relationship between learning how to stand on one's own feet through decreasing the need to manipulate others and how to make real contact with others, how to be available, how to give and take without games. Although the base of the workshop will be gestalt, a variety of approaches will be used, including psychosynthesis. For individuals and couples. Limited to 24 participants.

■S.F. August 18-19
Open Gestalt
Richard Price
Weekend workshop $50

■S.F. August 24-26
Gestalt, Sensory Awareness & Self Response/Ability
Seymour Carter
Weekend workshop $50

See S.F. description, May 25-27, above.

•B.S. August 26-31
Advanced Gestalt
Richard Price
Five-day workshop $250

This workshop is open to those with some previous experience in gestalt training. Emphasis will be on hot seat work.

•B.S. August 31-Sept. 2
What's Available
George & Judith Brown
Weekend workshop $100

See B.S. description, June 8-10, above.

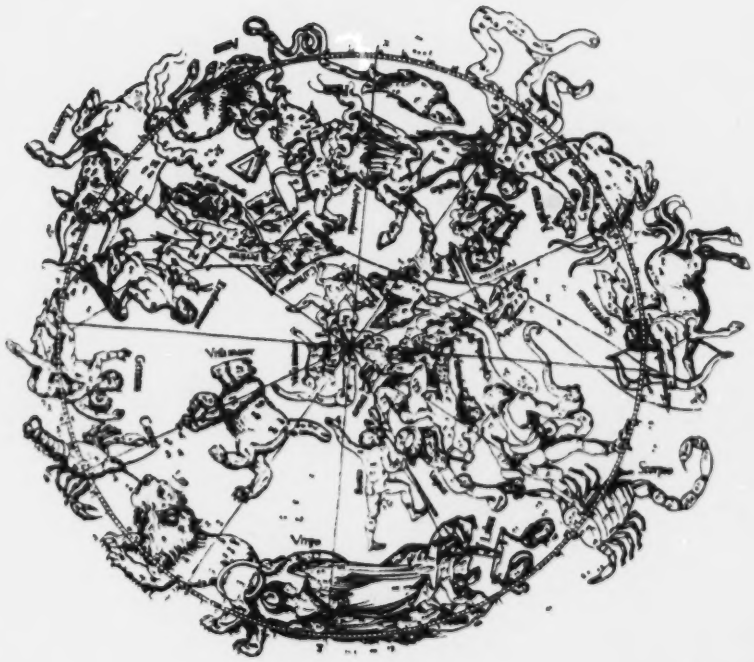
■S.F. September 1-2
Gestalt & Gurdjieff
Joe Camhi
Weekend workshop $50

See S.F. description, May 19-20, above.

•B.S. September 2-7
Gestalt, Sensory Awareness and Self Response/Ability
Seymour Carter
Five-day workshop $220

See S.F. description, May 25-27, above.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.



•B.S. May 4-6

An Exploration into Integration of the Intellectual and the Experiential in the Human Potential Movement in American Civilization
Max Lerner & William Schutz

Weekend workshop $100

Is the Encounter Culture viable, and is it making headway? Talk, and experiences to make talk more meaningful.

■S.F. Monday, May 14

Totalitarianism in Psychiatry and Liberation Alternatives
Peter Breggin

Single evening event

$2 general, $1 student; 8-10:30 p.m.; First Unitiarian Church, Franklin and Geary Streets, San Francisco

A discussion of the oppression of mental patients as well as recent political developments in the use of psychiatric technology. An alternative approach to personal and political problems will be offered based on a libertarian philosophy.

■S.F. Wednesday, May 16

Teaching Reading as an Energy Exchange: An Evening for Teachers
Ford/Esalen Staff, Marilyn Kriegel & Sara Miller

Single evening event

$2 general, $1 student; 7-10 p.m.; First Unitiarian Church, Franklin and Geary Streets, San Francisco

Did you ever think how tired the "a" and "e" are? How do you imagine the "x" feels? Methods and techniques for teaching reading through understanding energy and energy exercises.

•B.S. May 18-20

Unorthodox Medicine
David Sobel

Weekend workshop $90

An exploration of systems of medicine and healing outside the mainstream of orthodox medicine, with emphasis on the concepts of positive health, preventive and holistic medicine, drawn from such areas as primitive medicine and healing ceremonies, psychic healing and Hippocratic and Chinese medicine and acupunture, yogic therapy, homeopathy, naturopathy, manipulative therapy and an experiential introduction to reflexology, Bate's visual re-education, and relaxation training.

For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

Diverse

THE PSYCHOLOGY OF C. G. JUNG

■S.F. Tuesday, July 17

Structure and Dynamics of the Psyche
John Buehler

Evening Seminar $5

Dr. Buehler, a Jungian analyst, will talk about the nature of the psyche, including the personal and collective unconscious. 7:30-10 p.m.

■S.F. Monday, July 30

Expansion of Consciousness in Jungian Analysis
Jean Shinoda Bolen

Evening Seminar $5

This seminar will explore from a Jungian perspective the inner imperatives for expanding consciousness with its potentials for creating conflict as well as promoting growth. When intrapsychic or interpersonal opposition to growth and change is encountered, psychotic symptoms or interpersonal problems can result. Seen in this context, can a Jungian therapist be a guide, guru or gardener in aiding the process of growth? 7:30 to 10 p.m.

■S.F. August 4

Person-Centered Astrology and Analytical Psychology
Dane Rudhyar and Crittenden Brookes

One-day workshop $20

Through the principles of synchronicity and the concept of the collective unconscious, Carl Jung's analytical psychology has made a major contribution to man's current struggle to find an identity and a meaning beyond the limitations of his own ego. Astrologer and philosopher Dane Rudhyar early recognized the importance of Jung's work and incorporated it into his own ideas about a truly person-centered astrology. The concepts in analytical psychology have great relevance to Rudhyar's version of the "Seed Man" and to his view of the birthchart as a "personal mandala" for the individual. In this seminar Rudhyar and Brookes will attempt through dialogue to elaborate the parallels between Jung's thought and Rudhyar's cosmological philosophy and to work toward some synthesis of the two view points. 10 a.m. to 6 p.m. Saturday.

■S.F. Tuesday, August 28

Jung's Psychology of Transference
Joseph Henderson

Evening seminar $5

Dr. Henderson will conduct a seminar on Jung's psychology of transference, including case material. Seminar limited to psychiatrists, psychotherapists, psychologists and other members of the helping professions. 8-10:00 p.m.

■S.F. June 2

Feminism as Therapy
Anica Vesel Mander & Anne Kent Rush

One-day workshop $20

Women's Liberation has for many women supplanted such institutions as marriage, family and psychotherapy. It has made women happier, angrier, more confident, more adventurous, more political. It has produced a range of behavioral changes. In this workshop we will explore these changes through both verbal and non-verbal means.

■S.F. June 30

Unorthodox Medicine
David Sobel

One-day seminar $20

See B.S. description, May 18-20, above.

●B.S. July 6-8

Steps to an Ecology of Mind
Gregory Bateson

Weekend workshop $100

■S.F. July 7-8

Improvisation as Life Styling
John Parkinson

Weekend workshop $35

Throughout his/her professional life the performing artist learns techniques that expand and enrich the spirit life. This workshop will explore some of these creative processes for celebrating life more passionately and fully. The relationship between the unlimiting of imagination and the limits of reality, "how to dance", seeing versus looking, problem matrix and goal setting, and "doing it": the essential quality of true celebration.

●B.S. July 27-29

Workshop with Scott Beach

Weekend workshop $90

Theater games and improvisational exercises help people open up to better communication. Participants get practical experience at taking ego-risks and acquire tools for continuing on their own.

●B.S. August 12-24

Creating Positive Struggle
Janet Lederman & David Schiffman

Two-week workshop $480

"Out of chaos comes creation."—Lec.

This two-week workshop provides an opportunity to explore the creative use of personal energy, both individually and collectively. The emphasis will be on developing and sharing the natural affinities and polarities that emerge when people engage in creative struggle together, as well as exploring new patterns of seeing and hearing and experiencing the environment we will all be sharing together. Through the use of gestalt art techniques, music and design, we will restructure our environment to reflect best the inner harmony we all ultimately share.

■S.F. Monday, August 13

The End of Tyranny
Thomas Hanna

Single evening event

$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

Thomas Hanna announces a new Bill of Human Rights (the whole human) based on somatology and humanistic thinking. Lecture and experience of somatic techniques.

●B.S. August 24-26

Holistic Medicine
Gay Luce

Weekend workshop $90

Exercises and discussion will be designed to allow participants to evolve their own schedule for health in both treating and preventing disease. This will include: autogenic training, biofeedback, meditation, physical exercises and psychological techniques.

● Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Psychosynthesis

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man within an evolving universe. Starting with each person's existential situation as he perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self.

The practical work of psychosynthesis chooses in each situation the appropriate progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth than can gain momentum and bring about a more joyful, balanced actualization of one's life.

Esalen Institute Psychosynthesis programs are offered in cooperation with the Psychosynthesis Institute, Redwood City, and are coordinated by its directors, Jim and Susan Vargiu.

PSYCHOSYNTHESIS TRAINING

■ S.F. May 8-June 17

Psychosynthesis Training Series for Professionals
Jim & Susan Vargiu and Associates of the Psychosynthesis Institute

Six Tuesday Evenings, a weekend, and individual sessions $240

A program designed for psychotherapists, educators, counselors and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field. We will work together so that each can recognize the process of psychosynthesis at work, both in himself and in the others. There will be assignments and exercises to complete between meetings. In addition, each participant will have one private psychosynthesis session by arrangement with an associate of the Psychosynthesis Institute, and will have the opportunity to observe one or two sessions of other members of the group. Further individual work during the six week period can be arranged. Six Tuesday evenings, 7:30-11 p.m., May 8-June 12. Weekend workshop is June 16 and 17. For application form, contact Esalen/San Francisco.

PSYCHOSYNTHESIS PROGRAMS

■ S.F. Thursday, May 17

Psychosynthesis
Tom Allen

Single evening event

$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

A presentation, with exercises, of the principles of psychosynthesis and the approach it offers to foster the balanced development of body, feelings and mind, and their harmonious integration around our unifying center.

● B.S. May 18-20

Psychosynthesis – The Self
Steven Kull & Betsie Carter

Weekend workshop $100

In this workshop we will explore means for actualizing the transpersonal Self – that higher, most essential Self which we may have glimpsed in peak experiences. We will begin by examining our various "selves", our roles and subpersonalities, and work towards integrating them into a more joyous and whole expression of that higher Self.

■ S.F. June 1-3

Imagination and Intuition: A Direct Path to Self-Realization
Tom Allen

Weekend workshop $50

In each of us there are new, emerging aspects with which we are not yet fully in touch. Some of these aspects are energies that are blocked, but which can be released, realized, and used as sources in inner strength and guidance: beauty, joy, serenity. Imagination and intuition are subjective functions which help us be open to these energies, and use them to reach higher, more integrated states of consciousness. In this workshop we will explore ways for the development and right use of imagination and intuition: guided imagery, symbolic artwork, the mandala, movement and the mudra, seed thoughts, inner alignment, spontaneous drawing, meditation, inner dialogue, and other processes which can be utilized to evoke one's own inner sources of wisdom and guidance.

● B.S. June 3-8

Psychosynthesis
Piero Ferrucci

Five-day workshop $220

Among the main aims of psychosynthesis are: to intensify one's sense of identity and to increase mastery over psychological functions; to transform psychic "vicious circles" into "virtuous circles" through re-directed and right handling of energies; to awake inner sources of insight and creativity, and gradually get acquainted with the Transpersonal Self, the innermost core of our being. This workshop will deal with practical steps and a wide variety of techniques to fulfill these aims.

For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

■S.F. Wednesday, June 13
Will-To-Good
Piero Ferrucci
Single evening event

$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

Kindness, solidarity, comprehension, joy for the success of others, empathy, inclusiveness, cooperation, care, will-to-understand, compassion are not just words: they can be made real through precise practical steps. This workshop will deal with the means whereby we can consciously make this happen. A variety of techniques will be employed.

■S.F. June 16
Psychosynthesis – Centering
Steven Kull & Betsie Carter
One-day workshop $25

This will be a general introduction to psychosynthesis with an emphasis on the unifying center which we can use to integrate body, feelings, mind and spirit. 10 a.m. to 10 p.m., Saturday.

•B.S. June 29-July 1
Hints from Above
Piero Ferrucci
Weekend workshop $90

This seminar will deal with learning to listen to hints and "messages" that come from the Superconscious, and to actively explore those levels within ourselves; learning how to differentiate inner "messages", hunches, and insights according to their nature and source; learning how to integrate, express, and give a shape in our present existential situation to received inspiration; developing one's own plan for future continuing work on oneself.

•B.S. July 8-13
Psychosynthesis
Steven Kull & Betsie Carter
Five-day workshop $220

See B.S. description, May 18-20, above.

■S.F. July 13-15
Willing
Piero Ferrucci
Weekend workshop $50

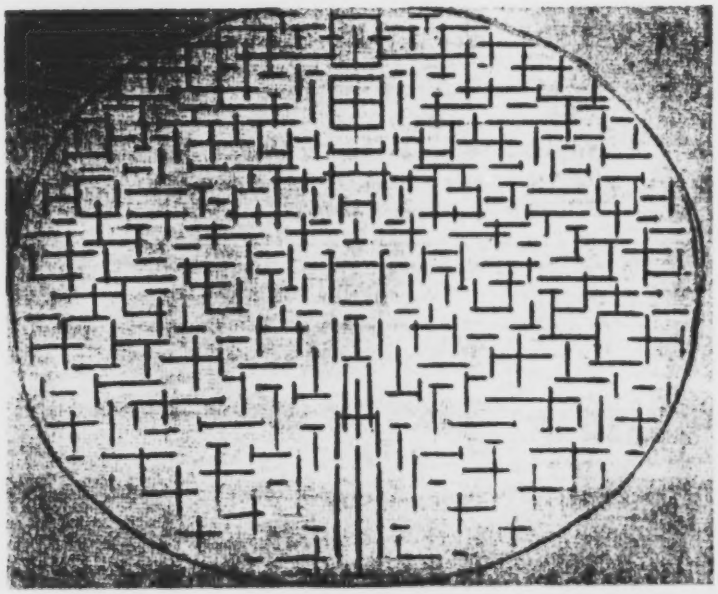
The will is the central, basic function of our being, the closest one to the self, according to psychosynthesis. Its discovery and full-functioning are essential steps toward self-actualization. We will deal with its stages, aspects and qualities, using several psychosynthetic techniques.

•B.S. August 3-5
Psychosynthesis
Tom Allen & Margaret Conway
Weekend workshop $100

An introductory workshop in psychosynthesis.

■S.F. August 4
Psychosynthesis-Transpersonal
Steven Kull & Betsie Carter
One-day workshop $25

This will be a general introduction to psychosynthesis emphasizing the transpersonal or spiritual dimension. 10 a.m. to 10 p.m., Saturday.



Psychosynthesis

■S.F. Wednesday, August 8
Introduction to Psychosynthesis: Lecture-Demonstration
Tom & Anne Yeomans
Single evening event

$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

An evening of experience designed to introduce participants to psychosynthesis, both as a means of growth and a way of living.

■S.F. August 17-19
Psychosynthesis: An Introductory Workshop
Tom & Anne Yeomans
Weekend workshop $50

Psychosynthesis is a way of growing and a way of learning to direct one's growth. Through the use of various techniques, we will encourage new and more productive, harmonious relations among the many aspects of the personality. Together we will achieve a richer experience on all levels of being by integrating our energies and connecting with self, other, and the universe.

•B.S. August 19-24
Psychosynthesis
Tom Allen & Margaret Conway
Five-day workshop $220

Though the scope of psychosynthesis is very broad, one of its most promising characteristics is that it has a simplicity of application. In this workshop, the focus will be on processes that can later be used independently by participants as steps toward self-realization.

WORKSHOPS USING PSYCHOSYNTHESIS TECHNIQUES

Several leaders use psychosynthesis techniques in their programs. Their workshops are described elsewhere in the catalog as follows:

George & Judith Brown, see *Gestalt;*

Bob & Marilyn Kriegel, see *Interpersonal;*

Carole Levine & Lenore Lefer, see *Interpersonal;*

Julian & Beverly Silverman, see *Gestalt;*

Harry Sloan, see *Interpersonal.*

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

The Esalen Calendar

SAN FRANCISCO PROGRAMS

THE WEEK OF MAY 1

May 4-6	Couples' Workshop: Foxes (weekend): p. 9
May 4-6	Humor: A Sense of Letting Go: Sloan (weekend): p. 9
May 4-6	Towards a More Sensitive Relating: Selver, Brooks (weekend): p. 33
May 5	Massage: Rush (1 day): p. 34
May 5	Psychodrama – For Women Only: M. Anderson (1 day): p. 9
May 5-6	Waking Up to Yourself: Gershenson, Krueger (weekend): p. 15

THE WEEK OF MAY 6

May 8-June 17	Psychosynthesis Training for Professionals: Vargius (6 Tues. eves & 1 weekend): p. 22
May 9-June 13	Ongoing Sports Seminar: Sports Center Staff (6 Wed. eves): p. 8
May 10	Psychology of Overeating: Pearson (single eve): p. 35
May 11-13	Exploring Self Acceptance: Schiffman (weekend): p. 10
May 11-13	Training in Gestalt Awareness & Existential Life Style: R. Miller (residential weekend): p. 16
May 11-13	"True? Nothing is true and everything is permitted.": Bloomberg et al. (weekend): p. 16
May 12	Singles' Workshop: Fox (1 day): p. 10
May 12	Alexander Technique: Ottiwell, Schirle (1 day): p. 35
May 12-13	Tennis Flow: Spino (weekend): p. 8

THE WEEK OF MAY 13

May 14	Totalitarianism in Psychiatry: Breggin (single eve): p. 20
May 16	Teaching Reading as an Energy Exchange: Ford/Esalen Staff (single eve): p. 20
May 17	Psychosynthesis: Allen (single eve): p. 22
May 18-20	To Your Emotions Through Massage: Cromey (weekend): p. 10
May 19	Sexuality, Feminism & Gay Consciousness: Aguilar et al. (1 day): p. 10
May 19	Structural Patterning: Hornbacher (1 day): p. 40
May 19	Introduction to Esalen: Foxes (1 day): p. 10
May 19-20	Gestalt & Gurdjieff: Cambi (weekend): p. 16
May 19-20	Creativity & Altered States of Consciousness: Krippner (weekend): p. 30
May 20	Body Awareness & Gestalt: G. Downing (1 day): p. 35
May 20	Open Workshop with Videotape Feedback: Freeman, Keachie (1 day): p. 10

BIG SUR PROGRAMS

THE WEEK OF MAY 1

May 4-6	Gestalt & Encounter: Silverman, Levine (weekend): p. 15
May 4-6	TA & Buber Communication Experience: Morgan (weekend): p. 9
May 4-6	The Human Potential: Schutz, Lerner (weekend): p. 20

THE WEEK OF MAY 6

May 6-11	Presence: G. Downing (5 days): p. 34
May 6-11	Energy Awareness, Gestalt Awareness: Nadeau, Silverman (5 days): p. 35
May 6-11	Experiencing Esalen: Lefer, Levine (5 days): p. 10
May 6-11	Exploration & Integration: Foxes (5 days): p. 10
May 6-June 1	Gestalt & Structural Integration: Price, Rebillot, Argue (4 weeks): p. 5
May 11-13	Help! I'm Trapped in a Human Body: F. Rubenfeld (weekend): p. 16
May 11-13	Universal Centering: Nadeau (weekend): p. 30
May 11-13	Experiencing Change: Lederman (weekend): p. 16

THE WEEK OF MAY 13

May 13-18	Listen to Yourself: F. Rubenfeld (5 days): p. 16
May 13-18	Body Being: Clemans (5 days): p. 35
May 13-18	Energy/Body: Surpin (5 days): p. 35
May 13-18	Experiencing Esalen: Lees (5 days): p. 10
May 18-20	Unorthodox Medicine: Sobel (weekend): p. 20
May 18-20	Expanding Heart-Full-Ness: Surpin (weekend): p. 10
May 18-20	Psychosynthesis-The Self: Carter, Kull (weekend): p. 22

ESALEN/BIG SUR: Big Sur, CA 93920 / Phone: (408) 667-2335; 10 to 5, Monday through Saturday; 10 to 9, Sunday
ESALEN/SAN FRANCISCO: 1793 Union Street, San Francisco, CA 94123 / Phone: (415) 771-1710; 10 to 5, Monday through Saturday

MAY—AUGUST 1973

SAN FRANCISCO PROGRAMS

THE WEEK OF MAY 20

May 21	A Place for Human Beings: Portugal (single eve): p. 11
May 22	Science, Philosophy & Psychology of Acupuncture & the Chakras: Mishra (eve seminar): p. 30
May 25-27 [FREE]	Free Encounter: Andersons (residential weekend): p. 11
May 25-27	"True? Nothing is true and everything is permitted.": Bloomberg et al. (weekend): p. 17
May 25-27	Gestalt, Sensory Awareness & Self-Response/Ability: S. Carter (weekend): p. 33
May 26-27	Cycles of Movement-Feeling-Mind: Halprin (weekend): p. 35
May 26-27	Jnana Yoga: Kramer (weekend): p. 35
May 27	Energy Alignment-Massage Workshop: DeWoskin, Weinberg (1 day): p. 35

THE WEEK OF MAY 27

May 30 [FREE]	Introduction to Esalen: Sloan (single eve): p. 10
June 1-3	Imagination & Intuition: Allen (weekend): p. 22
June 1-3	Couples' Workshop: Smith (weekend): p. 11
June 2	Feminism as Therapy: Mander, Rush (1 day): p. 21
June 2	Conga Drumming: Adelman (1 day): p. 36
June 2-3	Introduction to Centering: Hill, Moskowitz (weekend): p. 36
June 2-3	Gestalt & Your Life Style: Gershenson, Krueger (weekend): p. 17

THE WEEK OF JUNE 3

June 6	New Ways of Meeting New People: Cromey (single eve): p. 11
June 6-8	Open Gestalt: Price (3 eves): p. 17
June 8-10	You Don't Have to Eat – To Feel Full: Lefer (weekend): p. 36
June 8-10	The Title is Unimportant: Kriegels (weekend): p. 12
June 8-10	Bodhi Sattva: A High Structure Gestalt-Yoga Weekend: R. Müller (residential weekend): p. 17
June 9	The Moving Center: Graham (1 day): p. 36
June 9-10	Golf & Energy Awareness: Murphy, Nadeau, Johnson (weekend): p. 8
June 10	Introduction to Esalen: Schiffman (1 day): p. 10

BIG SUR PROGRAMS

THE WEEK OF MAY 20

May 20-25	Bioenergetics: A Workshop with Michael Conant (5 days): p. 35
May 20-25	Gestalt Awareness & Self-Image: Resnick (5 days): p. 16
May 20-25	Encounter & Massage: Sloan (5 days): p. 11
May 20-June 1	Ventana Wilderness Experience: Miller (2 weeks): p. 6
May 25-27	Experiencing Your Dreams: Silverman, Zuckerman (weekend): p. 16
May 25-27	Massage Workshop for Couples: Horan, Morrison (weekend): p. 35
May 25-27	The Title Is Unimportant: Kriegels (weekend): p. 11

THE WEEK OF MAY 27

May 27-31	Polarity Therapy: Pannetier (5 days): p. 35
May 27-31	Gestalt & the Present Moment: Camhi (5 days): p. 17
May 27-31	The Title Is Unimportant: Kriegels (5 days): p. 11
May 27-31	Experiencing Esalen: Staff (5 days): p. 10
June 1-3	Body Awareness & Gestalt: G. Downing (weekend): p. 35
June 1-3	The Human Biofield: Leonard (weekend): p. 30
June 1-3	A Gestalt Workshop: Resnick (weekend): p. 17

THE WEEK OF JUNE 3

June 3-8	Psychosynthesis: Ferrucci (5 days): P. 22
June 3-8	Bodymind: Schutz (5 days): p. 36
June 3-8	Growth Through Risk-Taking: Schiffman (5 days): p. 11
June 3-8	Experiencing Esalen: Staff (5 days): p. 10
June 3-29	Old Woman Who Lived in a Shoe: Silvermans, Lederman, Morrison, Lefer, Levine, Dancers' Workshop (4 weeks): p. 5
June 8-10	What's Available: Browns (weekend): p. 17
June 8-10	Nature: Between You and the Out-Doors: Nash, Dancers' Workshop (weekend): p. 36
June 8-10	Workshop for Gay People: Smith (weekend): p. 12
June 8-10	Space & Time: Fischer (weekend): p. 30

The Esalen Calendar

SAN FRANCISCO PROGRAMS

THE WEEK OF JUNE 10

June 11 [FREE] Introduction to the Esalen Sports Center: Kriegel (single eve): p. 8

June 13 Will-To-Good: Ferrucci (single eve): p. 23

June 16 Psychosynthesis-Centering: B. Carter, Kull (1 day): p. 23

June 16-17 Biofeedback Training: Criswell (weekend): p. 30

June 16-17 Open Gestalt: Schoen (weekend): p. 17

June 16-17 When Your Marriage Dies You Can Have New Life: Cromey (weekend): p. 12

June 17 The Way of Hiking: Anderson (1 day): p. 8

June 17 Massage as a Meditation: Feder (1 day): p. 36

THE WEEK OF JUNE 17

June 20 Everybody Knows How To Dance: Portugal, Trust (single eve): p. 36

June 22-24 Gestalt & the Single Parent: Brien, Soll (weekend): p. 17

June 22-24 Extending Awareness Through Hypnosis: Pulos (weekend): p. 30

June 22-24 Singles' Workshop: Sloan (weekend): p. 12

June 23 On Being Tall: France, Calmenson (1 day): p. 36

June 23 Open Psychodrama Encounter: Andersons (1 day): p. 12

June 23-24 Intensive Breath Workshop: G. Downing (weekend): p. 37

June 24 Sensory Awareness: An Introduction: B. Weaver (1 day): p. 33

THE WEEK OF JUNE 24

June 25 Introduction to Esalen: Cromey (single eve): p. 10

June 26 Introduction to the Feldenkrais Method: Feldenkrais (single eve): p. 35

June 27 Breath & Self: G. Downing (single eve): p. 37

June 28-July 19 Open Series in The Feldenkrais Method: Feldenkrais (7 Tues. & Thurs. eves): p. 35

June 29-July 1 Gestalt, Sensory Awareness & Self-Response/Ability: S. Carter (weekend): p. 33

June 30 Sexism—Racism—Self-Awareness: Aguilar, Kallen (1 day): p. 12

June 30 Unorthodox Medicine: Sobel (1 day): p. 21

June 30 Workshop with Stanley Keleman (1 day): p. 36

June 30 Allan Wayne Technique: Lamb (1 day): p. 37

June 30-July 1 Gestalt & Interactional Games We Play: Sheldon, Dillon (weekend): p. 17

July 1 Science Fiction: Gateway to Other Realities: Hastings (1 day): p. 31

July 1 One-Day Workshop with Moshe Feldenkrais: p. 35

BIG SUR PROGRAMS

THE WEEK OF JUNE 10

June 10-15 A Gestalt Workshop: Resnick (5 days): p. 17

June 10-15 Body, Mind, Spirit: Butler (5 days): p. 36

June 10-15 Gestalt, Sensory Awareness and Self Response/Ability: Carter (5 days): p. 33

June 10-15 Experiencing Esalen: Sloan (5 days): p. 10

June 15-17 The Psychology of Consciousness: Ornstein (weekend): p. 30

June 15-17 Accentuate the Positive: Silverman, Lefer (weekend): p. 12

June 15-17 Extending Human Possibility: Stransky (weekend): p. 36

THE WEEK OF JUNE 17

June 17-22 Energy/Body: Surpin (5 days): p. 36

June 17-22 Gestalt & Movement: Price, Argue (5 days): p. 17

June 17-22 T'ai Chi & Massage: Morrison, Weaver: (5 days): p. 36

June 17-22 Experiencing Esalen: Staff (5 days): p. 10

June 22-24 Structural Patterning: Hornbacher (weekend): p. 40

June 22-24 Touching: Surpin (weekend): p. 36

June 22-24 Universal Centering: Nadeau (weekend): p. 30

THE WEEK OF JUNE 24

June 24-29 You Don't Have to Suffer to Feel Good: Sloan (5 days): p. 12

June 24-29 Five Days With the Four of Us: Silvermans, Browns (5 days): p. 17

June 24-29 Universal Centering: Nadeau (5 days): p. 30

June 24-29 Experiencing Esalen: Schiffman (5 days): p. 10

June 29-July 1 Gestalt for Couples: Lees, Joeckel (weekend): p. 17

June 29-July 1 Encounter & Massage: Sloan (weekend): p. 12

June 29-July 1 Hints from Above: Ferrucci (weekend): p. 23

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SAN FRANCISCO PROGRAMS

THE WEEK OF JULY 1

July 2 Art & Practice of Self-Observation: Resnick (single eve): p. 18

July 6-8 Mandala: Arguelles (weekend): p. 31

July 7 Invitations to Openness: Anderson (1 day): p. 12

July 7-8 Art & Practice of Self-Observation: Resnick (weekend): p. 18

July 7-8 Making It Different Next Fall: Ford/Esalen Staff (weekend): p. 6

July 7-8 Improvisation as Life Styling: Parkinson (weekend): p. 21

July 7-8 Movement, Meditation & T'ai Chi: J. Weaver (weekend): p. 37

July 8 Massage: Medow (1 day): p. 37

July 8 One-Day Workshop with Moshe Feldenkrais: p. 35

THE WEEK OF JULY 8

July 9 Introduction to Psychodrama: Anderson (single eve): p. 12

July 11 Loneliness in America: Sadler, Cromey (single eve): p. 12

July 13-15 Willing: Ferrucci (weekend): p. 23

July 13-15 Dream Workshop: Latner, Sabini (weekend): p. 31

July 13-15 Chest In-Stomach Out, or Hang Out Your Hang Ups: R. Miller (residential weekend): p. 18

July 13-Aug. 12 Human Consciousness Summer Institute (4 weeks): p. 7

July 14 Body Awareness & Gestalt: G. Downing (1 day): p. 37

July 14 Experience of Structural Integration: Hornbacher, Jackson, Salveson (1 day): p. 40

July 15 Singles' Workshop: Schiffman (1 day): p. 13

July 15 Introduction to Energy Awareness: Hill, Moskowitz (1 day): p. 31

July 15 Integrating Alexander Technique & Gestalt: I. Rubenfeld (single eve): p. 37

THE WEEK OF JULY 15

July 15-18 Sports Institute: Schutz, Aston, Nadeau, Huang, Kriegel et al. (2 weeks): p. 8

July 16 Biology of the Formative Principle: Keleman (single eve): p. 36

July 16-19 Polarity Therapy for Professionals: Rush (4 1-days): p. 37

July 17 Structure & Dynamics of the Psyche: Buehler (eve seminar): p. 21

July 18 Looking-Talking-Touching: For Couples: Smith (single eve): p. 13

July 20-22 Couples Changing: Andersons (weekend): p. 13

July 20-22 Toward Integration: Foxes (weekend): p. 13

July 20-22 Loneliness: Cromey, Sadler (weekend): p. 13

July 21 Introduction to Esalen: Conway (1 day): p. 10

July 21-22 Architecture of the Whole Person: I. Rubenfeld (weekend): p. 38

July 21-22 Workshop with Stanley Keleman (weekend): p. 36

July 22 Sunday of Sufi Stories: Galin (1 day): p. 31

BIG SUR PROGRAMS

THE WEEK OF JULY 1

July 1-6 The Title Is Unimportant: Kriegels (5 days): p. 12

July 1-6 Experiencing Esalen: Staff (5 days): p. 10

July 1-6 Sensory Awareness, Movement & Meditation: Weavers (5 days): p. 33

July 1-13 Two-week Workshop in Gestalt Training: Downing: p. 18

July 1-27 Gestalt & Structural Integration: Price, Rebillot, Bechetti (4 weeks): p. 5

July 6-8 Singles' Workshop: Sloan (weekend): p. 12

July 6-8 Steps to an Ecology of Mind: Bateson (weekend): p. 21

July 6-8 Body Awareness & Gestalt: G. Downing, Sheldon (weekend): p. 37

THE WEEK OF JULY 8

July 8-13 Psychosynthesis: Carter, Kull (5 days): p. 23

July 8-13 Massage Workshop for Couples: Morrison (5 days): p. 37

July 8-13 Integrative Approach towards Self-Actualization: Schiffman, I. Rubenfeld (5 days): p. 12

July 8-13 Experiencing Esalen: Staff (5 days): p. 10

July 13-15 What's Available: Browns (weekend): p. 18

July 13-15 Let's Boogie: Clemans (weekend): p. 37

July 13-15 Selective Awareness: Miller (weekend): p. 31

THE WEEK OF JULY 15

July 15-20 Nature: Between You and the Out-Doors: Nash, Dancers' Workshop (5 days): p. 37

July 15-20 Gestalt Training Workshop: Esalen Staff (5 days): p. 18

July 15-20 Body Harmonies: Surpin (5 days): p. 37

July 15-20 Experiencing Esalen: Sloan (5 days): p. 10

July 20-22 Growth Through Risk-Taking: Schiffman (weekend): p. 13

July 20-22 Drawing From the Unconscious: Fadimans (weekend): p. 31

July 20-22 Gestalt for Couples: Lees, Joeckel (weekend): p. 18

The Esalen Calendar

SAN FRANCISCO PROGRAMS

THE WEEK OF JULY 22

July 22-27 Five Days of Gestalt Therapy Training: R. Miller (residential): p. 19

July 23 New Ways of Meeting New People: Cromey (single eve): p. 13

July 26 Introduction to Esalen: Sloan (single eve): p. 10

July 27-29 You Don't Have to Suffer to Feel Good: Sloan (weekend): p. 13

July 28 Group Bioenergetics: Conant (1 day): p. 38

July 28 Lightening the Load: D. Fadiman (1 day): p. 32

July 28 Structural Patterning: Hornbacher (1 day): p. 40

July 28-29 Sensory Awareness, Movement & Meditation: Weavers (weekend): p. 33

July 28-29 Self Emergence Through Sound & Imagery: Schiffman (weekend): p. 14

July 28-29 Massage: Sales, Ford (weekend): p. 38

July 29 Know Your Pleasure: Workshop for Women: Rush, Melton (1 day): p. 38

THE WEEK OF JULY 29

July 30 Expansion of Consciousness in Jungian Analysis: Bolen (eve seminar): p. 21

Aug. 2-5 The Live Classroom: Brown, Hillman (4 days): p. 6

Aug. 3-5 Open Psychodrama Encounter: Andersons (weekend): p. 14

Aug. 4 Psychosynthesis-Transpersonal: B. Carter, Kull (1 day): p. 23

Aug. 4 Person Centered Astrology and Analytical Psychology: Rudhyar, Brookes (1 day): p. 21

Aug. 4 Workshop with Stanley Keleman (1 day): p. 36

Aug. 4-5 Dreams & the Body: G. Downing (weekend): p. 38

Aug. 4-5 Universal Centering: Nadeau (weekend): p. 32

Aug. 4-5 Weekend with John Graham & Frank Ottiwell: p. 38

THE WEEK OF AUGUST 5

Aug. 6 [FREE] Sensory Awareness: An Introduction: S. Carter (single eve): p. 33

Aug. 8 Introduction to Psychosynthesis: Yeomans (single eve): p. 23

Aug. 10-12 Singles' Workshop: Sloan (weekend): p. 14

Aug. 10-12 Gestalt, Hypnosis & Self-Identity: Levitsky (weekend): p. 19

Aug. 10-12 Training in Gestalt Awareness & Existential Life Style: R. Miller (residential weekend): p. 19

Aug. 10-12 Belly Dancing-Breath Energy: Clemans (weekend): p. 39

Aug. 11 Polarity Therapy: Rush (1 day): p. 39

Aug. 11-12 Experiencing Change: Lederman (weekend): p. 6

BIG SUR PROGRAMS

THE WEEK OF JULY 22

July 22-27 Encounter, Gestalt: Meditation: Butler (5 days): p. 13

July 22-27 The Energy Body in Action: Leonard (5 days): p. 38

July 22-27 Skills Workshop for Professionals: Larcombe (5 days): p. 13

July 22-27 Experiencing Esalen: Schiffman (5 days): p. 10

July 27-29 Massage Workshop: Energy Alignment: De Woskin, Weinberg (weekend): p. 38

July 27-29 Contact & Meditation: Butler (weekend): p. 31

July 27-29 Workshop with Scott Beach (weekend): p. 21

THE WEEK OF JULY 29

July 29-Aug. 3 Being & Discovery: Silvermans (5 days): p. 19

July 29-Aug. 3 Integrating Gestalt & Alexander Technique: I. Rubenfeld (5 days): p. 19

July 29-Aug. 3 A Tender Invitation: Sloan (5 days): p. 14

July 29-Aug. 3 Experiencing Esalen: Staff (5 days): p. 10

Aug. 3-5 Encounter & Massage: Sloan (weekend): p. 14

Aug. 3-5 Gestalt, Sensory Awareness & Self Response/Ability: Carter (weekend): p. 33

Aug. 3-5 Psychosynthesis: Allen, Conway (weekend): p. 23

THE WEEK OF AUGUST 5

Aug. 5-9 The Theory & Practice of Buddhist & Taoist Meditation: Watts, Huang (4 days): p. 32

Aug. 5-10 The Title Is Unimportant: Kriegels (5 days): p. 14

Aug. 5-10 Gestalt Improvisations: Rebillot, Price (5 days): p. 19

Aug. 5-10 Massage Workshop: Kimmey, Morrison (5 days): p. 38

Aug. 5-31 Building Community at Esalen: Lamper (4 weeks): p. 5

Aug. 10-12 One Plus One: Kriegels (weekend): p. 14

Aug. 10-12 Bio-Feedback for Professionals: Kamiya (weekend): p. 32

Aug. 10-12 Structural Patterning: Hornbacher (weekend): p. 40

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THE WEEK OF AUGUST 12

Aug. 13 End of Tyranny: Hanna (single eve): p. 21

Aug. 13-17 Workshop for Change Agents: Shapiro (5 days): p. 6

Aug. 13-17 Bodies' Mysteries: Grand (5 days): p. 39

Aug. 17-19 Psychosynthesis: Introductory Workshop: Yeomans (weekend): p. 23

Aug. 18 Introduction to Esalen: Cromey (1 day): p. 10

Aug. 18-19 Conga Drumming: Adelman (weekend): p. 39

Aug. 18-19 Open Gestalt: Price (weekend): p. 19

Aug. 18-19 Growth Through Risk-Taking: Schiffman (weekend): p. 14

Aug. 18-25 Encountering in the High Sierras: Andersons (7 days): p. 14

Aug. 19 Massage: Sales, Ford (1 day): p. 39

THE WEEK OF AUGUST 19

Aug. 20-24 On Developing Self-Esteem: Coopersmith (5 days): p. 6

Aug. 22 [FREE] Dimensions of Structural Integration: Salveson (single eve): p. 40

Aug. 24-26 Gestalt, Sensory Awareness & Self-Response/Ability: S. Carter (weekend): p. 33

Aug. 25 Day of Health: Sobel, Hornbacher (1 day): p. 39

Aug. 25 Women's Self-Help: S.F. Women's Health Center (1 day): p. 39

Aug. 25 E.S.P. Workshop & Seminar: Hastings (1 day): p. 32

Aug. 25-26 Cycles of Movement-Feeling-Mind: Halprin (weekend): p. 39

Aug. 25-26 When Your Marriage Dies You Can Have New Life: Cromey (weekend): p. 14

THE WEEK OF AUGUST 26

Aug. 27 New Ways of Meeting New People: Cromey (single eve): p. 14

Aug. 28 Jung's Psychology of Transference: Henderson (eve seminar): p. 21

Aug. 29 Introduction to Esalen: Foxes (single eve): p. 10

Aug. 31-Sept. 2 One Plus One: Kriegels (weekend): p. 14

Aug. 31-Sept. 2 Workshop for Gay People: S. Smith (weekend): p. 14

Sept. 1 Massage: Rush (1 day): p. 39

Sept. 1-2 Gestalt & Gurdjieff: Camhi (weekend): p. 19

Sept. 1-2 Educating Your Dreams to Work for You: Flaggs (weekend): p. 32

Sept. 2 Exploring Center: Hill, Moskowitz (1 day): p. 39

BIG SUR PROGRAMS

THE WEEK OF AUGUST 12

Aug. 12-17 A T'ai Chi Experience: Huang (5 days): p. 39

Aug. 12-17 Beyond Gestalt: Browns (5 days): p. 19

Aug. 12-17 A Tender Invitation: Sloan (5 days): p. 14

Aug. 12-17 Experiencing Esalen: Levine, Lefer (5 days): p. 10

Aug. 12-24 Creating Positive Struggle: Lederman, Schiffman (2 weeks) p. 14

Aug. 17-19 Music-Meditation-Massage-Movement: Clemans (weekend): p. 39

Aug. 17-19 The Boundaries of Liberation: Larcombe (weekend): p. 14

Aug. 17-19 Further Reaches of Human Experiencing: Leonard (weekend): p. 32

THE WEEK OF AUGUST 19

Aug. 19-24 Body, Mind, Spirit: Butler (5 days): p. 32

Aug. 19-24 Universal Centering: Nadeau (5 days): p. 32

Aug. 19-24 Psychosynthesis: Allen, Conway (5 days): p. 23

Aug. 19-24 Experiencing Esalen: Staff (5 days): p. 10

Aug. 24-26 Extending Human Possibility: Stransky (weekend): p. 39

Aug. 24-26 Holistic Medicine: Luce (weekend): p. 32

Aug. 24-26 Remembering Through Reminding: Fadiman (weekend): p. 32

THE WEEK OF AUGUST 26

Aug. 26-31 Knowing & Moving the Body: Stransky, Ottiwell (5 days): p. 39

Aug. 26-31 Advanced Gestalt: Price: p. 19

Aug. 26-31 Exploration & Integration: Foxes (5 days): p. 14

Aug. 26-31 Experiencing Esalen: Sloan (5 days): p. 10

Aug. 31-Sept. 2 Workshop for Potential Psychics: Nadeau, Jones (weekend): p. 32

Aug. 31-Sept. 2 What's Available: Browns (weekend): p. 19

Aug. 31-Sept. 2 Intensive Breath Workshop: G. Downing (weekend): p. 39

Transpersonal

Transpersonal generally refers to transcendence, mystical experience, peak experience and parapsychological phenomena. The following programs will explore insights and research into the physical and psychological aspects of such experience.

•B.S. May 11-13
Universal Centering
Robert Nadeau
Weekend workshop $90

Center is the state you reach in those special moments when you transcend your norm and function beautifully. Awareness of Energy is the key to that happening. Meditation is experiencing the clarity of that Energy as a Universal Law and a state of Being.

■S.F. May 19-20
Creativity & Altered States of Consciousness
Stanley Krippner
Weekend workshop $50

This workshop will utilize guided imagery, group hypnosis, sensory bombardment, massage and body movement experiences to enter altered states of consciousness. In these states, participants will be trained to gain access to the personal and universal symbols, archetypes and thematic concepts which encourage creative development.

■S.F. Tuesday, May 22
Science, Philosophy & Psychology of Acupuncture and the Chakras
Rammurti S. Mishra, M.D.
Evening Seminar $5 general; $3 student

Dr. Mishra will discuss acupuncture in relation to the yogic chakras. The philosophy of acupuncture depends on the monistic flow of life. When persons are isolated from this flow, they lose their integration with the universe. This disintegration becomes the cause of imbalance of energy circulating in the organism as positive and negative current, yang and yin. Acupuncture is the system of treatment by which physical, mental and spiritual harmony and integrity are brought together with the integral harmony of the universe. The acupuncture points and yogic chakras are practically the same. 7-10:30 p.m. Limited to 35 participants.

• B.S. June 1-3
The Human Biofield
George Leonard
Weekend workshop $90

All living things possess fields of energy, more complex and various than electromagnetic fields, but no less real. Awareness and understanding of the human biofield is essential for centering and balance and for bodily and emotional change. The biofield influences our interaction with nature and other people. It offers us a way towards higher realms of being. Using techniques derived from aikido and breathing, George Leonard will present his approach to the human biofield. The weekend will involve light physical exercises as well as exercises in perception, consciousness and being.

•B.S. June 8-10
Space & Time
Roland Fischer
Weekend seminar $100

Space and time are cortical interpretations or projections of sub-cortical central nervous system activity checked out through voluntary motor performance; as location, sequence and cycle out there.

Whatever intercepts this objective out-look of our worldly 'I' – e.g. fatigue, certain drugs, etc. – turns us inward and the former interplay, (equivalence) of space and time becomes transmuted into non-ordinary states of consciousness. In these non-verbal, intuitive gestalt-making (non-dominant) hemispheric states of 'self' awareness, visuo-spatial symbols and meaning become the ordering structure and function of inside. It will be attempted to catorgraph the spatio-temporal in relation to the meaningful symbolic.

•B.S. June 10-15
Body, Mind, Spirit
Michael Butler
Five-day workshop $220

The focus in this group will be on the common meeting place of various physical, mental and spiritual paths. Encounter and gestalt will be practiced as meditation. Spiritual spaces will be tested in interpersonal contact. Physical techniques based on rolting and aikido will be explored as paths to the spirit. This group is limited to 12 participants.

•B.S. June 15-17
The Psychology of Consciousness
Robert Ornstein
Weekend workshop $100

We will attempt to taste and integrate many of the new approaches to consciousness both personally and intellectually. The workshop will draw on meditation, research into brain function, esoteric psychological approaches and paranormal phenomena.

■S.F. June 16-17
Biofeedback Training
Eleanor Criswell
Weekend workshop $50

This workshop will focus on biofeedback as it relates to self-exploration, self-development and altering consciousness. An understanding of biofeedback, how to experience it, and how to use your own body signals as feedback will be included.

■S.F. June 22-24
Extending Awareness Through Hypnosis
Lee Pulos
Weekend workshop $50

This workshop will combine the approaches of hypnosis and psychosynthesis. Hypnosis and self-hypnosis will be taught so that participants can focus in on themselves through hypnotically induced dreams, automatic writing and drawings. These self-discoveries will be extended through guided fantasies, symbolic imagery and learning how to tune into the "inner theater" of one's unconscious.

WORKSHOPS WITH JOHN LILLY

John Lilly will do workshops this summer in both Big Sur and San Francisco; the program dates will be announced in the late spring. If you are interested in receiving information on these workshops, please send a note to the Esalen/San Francisco office and you will be sent an announcement of the workshops as soon as they are scheduled.

•B.S. June 22-24
Universal Centering
Robert Nadeau
Weekend workshop $90

See B.S. description, May 11-13, above.

•B.S. June 24-29
Universal Centering
Robert Nadeau
Five-day workshop $250

See B.S. description, May 11-13, above.

For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

Transpersonal

■S.F. July 28
Lightening the Load
Dorothy Fadiman
One-day workshop $20

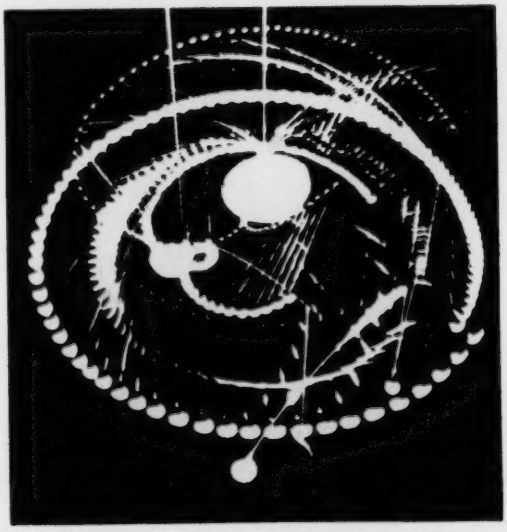
Our inner worlds are often heavy with images. In this workshop we plan to set new energy into motion by loosening fixed conceptions, through a combination of simple drawings and meditation. As released material becomes available to work with, progressive integration will follow. Techniques of drawing from the unconscious will be used.

■S.F. August 4-5
Universal Centering
Robert Nadeau
Weekend workshop $50

See B.S. description, May 11-13, above.

•B.S. August 10-12
Bio-Feedback Training for Psychosomatic Problems: A Workshop for Professionals
Joe Kamiya
Weekend workshop $100

A seminar for professionals in psychotherapy, medicine and other fields dealing with mind/body relations. Demonstrations and discussions of bio-feedback training methods for enhancing self-control over tension headaches, migraine, anxiety, insomnia, hypertension, gastric acidity, impotence, frigidity and other symptoms of imbalance in brain and autonomic functions. The potential for application in education and self-development will be explored.



•B.S. August 5-9
The Theory and Practice of Buddhist & Taoist Meditation
Alan Watts & Al Chung-Liang Huang
Four-day workshop $220

Alan Watts writes: "We have consulted with each other for some time, and have come to the conclusion that the various forms of yoga and za-zen as now taught in the West are, though beneficial, much too stiff and up-tight in style. We are copying Asian methods of teaching them to be obedient, but basically reluctant adolescents. Professor Huang and I are agreed that one's meditation practice is not working properly unless it is delightful, and we are inviting you to join with us in a four-day *sesshin* or retreat as we think it should be conducted for adult Westerners."

•B.S. August 17-19
Further Reaches of Human Experiencing
George Leonard
Weekend workshop $90

Using the concept of the energy body and the human biofield, Mr. Leonard will carry on experiments in perception, consciousness and being, seeking states of heightened awareness uncommon in Western culture. The physical exercise required will be light. No previous experience is needed. Wholeheartedness is. Those who wish to extend their work in this field may want to attend the Robert Nadeau workshop immediately following.

•B.S. August 19-24
Universal Centering
Robert Nadeau
Five-day workshop $250

See B.S. description, May 11-13, above.

•B.S. August 19-24
Body, Mind, Spirit
Michael Butler
Five-day workshop $220

See B.S. description, June 10-15, above.

•B.S. August 24-26
Remembering Through Reminding
James Fadiman
Weekend workshop $90

We are beings whose natures are in some sense divine. We often forget this connection and experience ourselves separated from our center. We remember at special moments when we are reminded. Using psychosynthesis and related transpersonal techniques, we will enjoy remembering to remind one another of being One.

■S.F. August 25
E.S.P. Workshop & Seminar
Arthur Hastings
One-day workshop $20

A discussion of what is known about E.S.P. from scientific research and human experience with individual and group practice exercises for developing E.S.P. abilities.

•B.S. August 31-Sept. 2
Workshop for Potential Psychics
Robert Nadeau & Ron Jones
Weekend workshop $100

A workshop for those who think they might be sensitive or psychic and wish to explore, understand and be more comfortable with it. There will be discussion, awareness practices to clarify your ability, and techniques to be at ease with it.

■S.F. September 1-2
Educating Your Dreams To Work For You
Clara Stewart Flagg and Allen Flagg
Weekend workshop $50

The techniques of dream education used in this workshop come from the cross-cultural research of Dr. Kilton Stewart, the first psychologist to study the Senoi of Malaya. The Senoi believe that dreams are psychological forces that the dreamer can learn to control through a process of dream education. The dream directives help toward control of the dream mind and its integration with the conscious mind for increased creativity and psychological maturity. The program includes Senoi dream music recordings, slides of Senoi life, including dream dances and printed materials.

For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

■S.F. July 1
Science Fiction: Gateway to Other Realities
Arthur Hastings
One-day workshop $20

We will use science fiction to explore and experience other possible and impossible realities of the self, society and the universe.

■S.F. July 6-8
Mandala
Jose & Miriam Arguelles
Weekend workshop $50

"Mandala in the broad sense is all-encompassing space which accomodates the self-existing cosmic structure, radiating different energies: pacifying, magnetizing, increasing, destroying." This workshop will include: an illustrated introduction to the theory and practice of the Mandala; a discussion of the discovery of the Mandala in everyday experience; and explorations in the creation of the Mandala. We suggest participants read *Mandala* and bring some simple drawing materials.

■S.F. July 13-August 12
Human Consciousness: Explorations, Maps and Models
Four-Week Summer Institute, Berkeley, Calif.

See description under *Extended Programs*, page 7.

■S.F. July 13-15
Working in the Dream Factory
Joel Latner & Meredith Sabini
Weekend workshop $50

The Senoi Indians use dreams to foster social interaction and openness, and to make permeable the division between waking and sleeping life. Workshop members will be introduced to Senoi dreamwork and a variety of other methods – including gestalt, guided fantasy, association, dream theatre – for making dreams part of our daily lives.

SELECTIVE AWARENESS
Big Sur

The human personality is a complex system of interrelated *learned* characteristics that are reflected on both physical and psychological planes. The multiple factors are organized by the central nervous system, which, like a complicated electronic computer, may be easily altered at one's discretion, given the proper language and methods. Selective Awareness provides a set of techniques for objectively identifying and unlearning undesirable characteristics of the mind or body and rapidly learning desirable patterns. These techniques are applied in a specific state of mind (similar to but not equivalent to meditational and self-hypnotic states) which allows complete recall of information necessary to illuminate and understand reflexes underlying any previously learned patterns.

B.S. July 13-15 Emmett Miller $100

■S.F. July 15
Introduction to Energy Awareness
Betsy Hill & Harvey Moskowitz
One-day workshop $20

We are both physical and energy beings. This will be a day of experiencing ourselves as energy beings.

•B.S. July 20-22
Drawing From the Unconscious
Dorothy & James Fadiman
Weekend workshop $90

The capacity for integrating our inner selves has been underestimated. We will offer various ways of drawing upon the unconscious to resolve conflicts and create new opportunities. Techniques drawn from psychosynthesis and related disciplines will be utilized. The emphasis is on developing personal tools so that each member of the workshop may continue to develop at his own pace.

Transpersonal

■S.F. July 22
A Sunday of Sufi Stories
Bronni Galin
One-day workshop $20

Students of the sufi tradition are instructed to immerse themselves in the literature – to make the material their own. The stories are considered powerful tools in reshaping consciousness. For those of us new to the tales, here is an opportunity to make their acquaintance. For those of us to whom they are familiar, come anyway – more is better.

•B.S. July 22-27
The Energy Body in Action
George Leonard
Five-day workshop $250

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of "energy flows" in and around the bodies of living things. Western science has not yet identified all of these biofields, but some significant work is under way, as in acupuncture, for example. Using techniques derived from aikido and breathing, Mr. Leonard will present his approach to the human biofield. He will discuss the application of biofield work to other growth disciplines and to certain currents in Western thought. Through bodily movement and exercises in perception, consciousness and being, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness.

•B.S. July 22-27
Encounter, Gestalt: Meditation
Michael Butler
Five-day workshop $220

In much the same way that we watch our breath in meditation, we can learn to watch ourselves in our contacts with other people. We are part of the dance and yet not caught in it. In this workshop we will explore this approach to relating and learn to practice it. Meditation, relaxation and physical quieting exercises from the Arica training will be used to provide a base for the interpersonal work. Limited to 12 participants.

•B.S. July 27-29
Contact and Meditation
Michael Butler
Weekend workshop $90

Contact with other people and contact with ourself through meditation are different practices that can enhance each other. The more of myself I am in touch with through meditation the more I have available for others. Conversely, when I make contact with others mindfully, it becomes a meditation that supports and strengthens my inner life. In this workshop we will explore the common ground between inner worlds and our outer world. Limited to 12 participants.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Sensory Awareness

Sensory Awareness is Charlotte Selver's name for the work she studied with Elsa Gindler in Berlin and brought to the United States in 1938. Workshops in Sensory Awareness aim at a state of intellectual quiet in which each activity can be fully felt and allowed to find its natural way, free of inhibitions, techniques and images. When ideas are stilled, sense perceptions coming from the entire organism enable the person to function authentically, according to his nature, in all situations. Closely akin in its pure form to the practice of zen, Sensory Awareness brings the essential character of meditation to every aspect of daily living.

■S.F. May 4-6
Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks
Weekend workshop $50

In an increasingly alienated world, where mechanical ease often makes communication shallower, many of us are eager to find more meaningful contact both with ourselves and with others, and with our activities whatever they may be. We would like really to get *in touch*. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and discard the techniques and defenses we have come to rely on – when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

In this weekend, which will be devoted to practice rather than theory, a beginning will be made in exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents.

■S.F. May 25-27
Gestalt, Sensory Awareness & Self Response/Ability
Seymour Carter
Weekend workshop $50

This workshop is for people interested in discovering their own capacity for growth and self-responsibility.. Many people engaged in the sometimes difficult quest for self-liberation are giving up their own potential for freedom to systems, techniques and charismatic leaders that provide a strong arm to lean on. In the process they are putting their center of gravity outside themselves and ignoring their inborn ability to find out who they really are.

The sense of reality, pleasure and coherence in what we do depends on our not being alienated from ourselves as living organisms with a natural endowment for growth and self-responsibility. Through the gestalt and meditation experiences of this workshop we will increase awareness of our innate perceptual faculties. With greater attention to our true natural capacities we deepen ourselves in each activity, our consciousness coming to fuller responsive aliveness. Gradually we find we can come to life with greater interest, strength, sensitivity and delight in ourselves, in other people, and our surroundings.

•B.S. June 10-15
Gestalt, Sensory Awareness and Self Response/Ability
Seymour Carter
Five-day workshop $220

See S.F. description, May 25-27, above.

■S.F. June 24
Sensory Awareness: An Introduction
Ben Weaver
One-day workshop $20

■S.F. June 29-July 1
Gestalt, Sensory Awareness & Self Response/Ability
Seymour Carter
Weekend workshop $50

See S.F. description, May 25-27, above.

•B.S. July 1-6
Sensory Awareness, Movement & Meditation
Ben & Judyth Weaver
Five-day workshop $220

A workshop devoted to the discovery of the authentic person: in the rich possibilities for awakening in the sensory nervous system; in the quiet of meditation; in the excitement of spontaneous, expressive movement and dance.

■S.F. July 28-29
Sensory Awareness, Movement & Meditation
Ben & Judyth Weaver
Weekend workshop $50

See B.S. description, July 1-6, above.

•B.S. August 3-5
Gestalt, Sensory Awareness and Self Response/Ability
Seymour Carter
Weekend workshop $90

See S.F. description, May 25-27, above.

■S.F. Monday, August 6
Sensory Awareness: An Introduction
Seymour Carter
Single evening event

FREE; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

■S.F. August 24-26
Gestalt, Sensory Awareness & Self Response/Ability
Seymour Carter
Weekend workshop $50

See S.F. description, May 25-27, above.

• B.S. September 2-7
Gestalt, Sensory Awareness and Self Response/Ability
Seymour Center
Five-day workshop $220

See S.F. description, May 25-27, above.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

The Human Body

AIKIDO is a Japanese art of self defense with the emphasis placed on centering, harmony and blending. It is presented as a physical manifestation of energy and spiritual laws of the Universe.

THE ALEXANDER TECHNIQUE is a method of re-educating the body that can have dramatic effects on the whole person. By applying sensory awareness, inhibition and conscious choice to such everyday activities as sitting, standing, walking and bending under conditions of continuous feedback from an instructor, we can experience the specific ways in which we interfere with the natural flow of our total pattern and learn to permit and encourage a response that will strengthen our innate tendency towards an integrated use of ourselves, allowing new alternatives of movement and being. Guided by the direct touch of the instructor's hands, the process involves a gentle reorganization of the body in movement and at rest.

BIOENERGETIC ANALYSIS attempts to understand the life of the body through its expression of vitality, posture, emotion, feeling and relationship. The body is viewed as an energetic process that participates in the world — the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this energetic process.

MASSAGE at Esalen is born and fulfilled in a relationship between two people. Consideration is given to the feeling and the sensory experience of both giver and receiver, and also that to technique. Work may be attended by both simple and unique.

POLARITY THERAPY is an intensive pressure-point massage system similar in both theory and practice to Chinese acupuncture. Developed and synthesized by Dr. Randolph Stone from Oriental traditions many centuries old, its purpose is to realign posture and to release blocked energy throughout the body. Although advanced work in polarity therapy requires extensive training, a number of its more basic techniques are accessible to the interested layman.

TA CHI CHUAN is an ancient Chinese exercise discipline practiced for health, meditation, energy flow and self defense. The slow, flowing movement of this shadow boxing comprise the oldest and softest of the Asian martial arts. Developed from the Chinese practice of [illegible] or inner exercise, it is part of the system of Taoist yoga. The term [illegible] can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

■S.F. Tuesday evenings & Saturday mornings

Aikido & Energy Awareness

Robert Nadeau (Tuesdays)
Frank Doran (Saturdays)

Continuing program

One meeting per week; $15 per month (general & student); Two meetings per week: $25 per month (general), $20 per month (student).

A continuous program of instruction in energy awareness and in aikido as a physical expression of that awareness. This course meets each week; participants can be in one or two sessions per week, with tuition based on the schedule of participation. Tuesday, 8-9:30 p.m.; Saturday, 10-12 noon. First Unitarian Church, Franklin and Geary Streets, San Francisco.

■Monday or Wednesday evenings

Alexander Technique

Frank Ottiwell, (Mondays)
Joan Schirle, (Wednesdays)

Continuing program $35 per month

Enrollment in each class is limited to 6 persons; new persons may join the classes as spaces become available. Monday evenings, 6-7:30 p.m.; Wednesday evenings, 7:30-9 p.m.

INDIVIDUAL MASSAGE APPOINTMENTS are available in both Big Sur and San Francisco to program registrants and Friends of Esalen. In Big Sur, contact the office during your stay at Esalen. In San Francisco, call 771-1710 for appointments.

■S.F. May 5

Massage

Anne Kent Rush

One-day workshop $20

●B.S. May 6-11

Presence

George Downing

Five-day workshop $220

"The greater the presence of the self to itself, the greater its presence to other."—Kierkegaard. We will use massage, gestalt and other methods to explore ways of deepening our presence to ourselves and to those around us.

For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

•B.S. May 6-11
Energy Awareness
Gestalt Awareness
Robert Nadeau & Julian & Beverly Silverman
Five-day workshop $280

■S.F. Thursday, May 10
Psychology of Overeating
Leonard Pearson
Single evening event
$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco
Leonard Pearson will present in detail the concepts of "liberated eating" which is designed to free the individual from the tyranny of food. He will explore the ways that people relate to food and the important emotional needs satisfied by eating. His approach to the problem of overeating does away with counting calories, forbidden foods and dietary deprivation.

■S.F. May 12
Alexander Technique
Frank Ottiwell & Joan Schirle
One-day workshop $25

SAN FRANCISCO WORKSHOPS WITH MOSHE FELDENKRAIS

Moshe Feldenkrais is the originator of a system of body awareness, movement and functional coordination. During June and July Dr. Feldenkrais will be in residence at Esalen/San Francisco where he will offer a professional training workshop (participation by invitation only). He will also lead the following workshops open to the general public:

Tuesday, June 26
Introduction to the Feldenkrais Method: Lecture & Demonstration
$2 general and student; 8-10:30 p.m.; Location to be announced.

June 28-July 19
Open Series in the Feldenkrais Method
Seven evening series $45
Dr. Feldenkrais will lead participants in the group exercises developed by him. Registration for the series includes the lecture-demonstration on June 26. Single evening registration is $7.50, but attendance to the whole series is recommended, as the work is progressive. Tuesday and Thursday evenings, 8-10 p.m., June 28, July 3, 5, 10, 12, 17, 19.

Sunday, July 1
One-Day Workshop $25
10 a.m. to 6 p.m.

Sunday, July 8
One-Day Workshop $25
10 a.m. to 6 p.m.

Individual sessions with Dr. Feldenkrais are also available, by appointment. Call the Esalen/San Francisco office for information.

•B.S. May 13-18
Body Being
Barbara Clemans
Five-day workshop $250
The most fundamental and basic channel to the being is the body. From the time we are first told to "sit still!" we become restricted and unconscious in our bodies. An unconscious and unexperienced body is the primary barrier to awareness on any other level. We will begin to confront these barriers moving through new spaces, dancing out tensions, breathing and chanting to relax constriction and experiencing anew the gentleness of another's touch through massage.

•B.S. May 13-18
Energy/Body
Simone Surpin
Five-day workshop $220
In many esoteric psychologies the body is a major tool for altering consciousness. Through group process, body work and meditation, we will focus on using our whole body as a tool of perception and sensing. We will explore our individual energetic flow as reflected in the bigger flow of group process.

■S.F. May 18-20
To Your Emotions Through Massage
Robert Cromey
Weekend workshop $50
See description, *Interpersonal*, p. 10.

■S.F. May 20
Body Awareness & Gestalt
George Downing
One-day workshop $20
We will combine the verbal methods of gestalt with a number of different ways of working with the body, including massage, Feldenkrais dynamics, and Proskauer breathing techniques.

•B.S. May 20-25
Bioenergetics: A Workshop with Michael Conant
Five-day workshop $280
We will focus on both individual and group sessions utilizing neo-Reichian and bioenergetic work; in this approach, the background is fundamentally gestalt. Participants will deal with many of the psychophysical ways one isolates oneself from further experience, expression and identity as we contact ourselves and each other. To allow for a relaxed, supportive setting, the workshop is limited to 12 participants.

•B.S. May 20-25
Encounter & Massage
Harry Sloan
Five-day workshop $225
See description, *Interpersonal*, p. 11.

The Human Body

•B.S. May 25-27
Massage Workshop for Couples
Peggy Morrison & Richard Horan
Weekend workshop $100 per person

■S.F. May 26-27
Cycles of Movement-Feeling-Mind: Rituals & Art
Ann Halprin
Weekend workshop $50
Part of a series of dance workshops dedicated to exploring and developing a common language of creativity through movement and environmental arts. In this series, immersion in the natural environment will lead to new forms of group creativity. This workshop will take place in and around an outdoor amphitheatre surrounded by a forest hillside at the base of Mt. Tamalpais in Marin County.

■S.F. May 26-27
Jnana Yoga: The Yoga of Self-Knowledge
Joel Kramer
Weekend workshop $50
Different yogas are doors or routes of exploration into the nature of existence. Jnana yoga opens the door to the eternal via the use of the mind. Through jnana one learns to see the nature, function and limitations of the intellect. Jnana yoga will be introduced as a vehicle for self-inquiry and as a way of examining the nature of psychological and spiritual structure and clarifying the meaning and importance of meditation. No previous experience in yoga necessary.

■S.F. May 27
Energy Alignment: Massage Workshop
Nancy DeWoskin & Diane Weinberg
One-day workshop $20
In the energy dimensions we are already balanced beings. Physical imbalance is a partial disconnection from these dimensions. The process of balancing is a process of energy alignment. The Energy Alignment process evolved as we applied the principles of energy awareness to our work in massage.

•B.S. May 27-31
Polarity Therapy
Pierre Pannetier
Four-day workshop $300
Polarity Therapy is a system of psychophysical treatment that effectively removes and alleviates pain and internal disorders and disturbances without the use of drugs or mechanized equipment. By analyzing the specific location of pain, the therapist is able to remove the barriers and obstacles of

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The Human Body

discomfort by relying on his hands as external agents that pressurize and stimulate those areas on the body that will allow for the normal directions and balance of bodily functions.

•B.S. June 1-3
Body Awareness & Body Gestalt
George Downing
Weekend workshop $90
See S.F. description, May 20, above.

■S.F. June 2
Conga Drumming: Everybody Has Rhythm
Richard Adelman
One-day workshop $20
A journey into the primitive dimension of ourselves. A yielding to our breathing, our heart beats and flowing blood. Rituals using conga drumming, dancing and singing will give us an opportunity to let go and experience new and exciting possibilities of movement and feeling. We will use gestalt and breathing exercises to relax blocks that cause us to forget we are natural, rhythmic creatures. We'll learn authentic African rhythms and create our own rhythms. Tell us if you can bring your own drum.

■S.F. June 2-3
Introduction to Centering
Betsy Hill & Harvey Moskowitz
Weekend workshop $50
Centering is experiencing a balanced, relaxed and comfortable space. We will present basic principles and exercises for physical, mental and spiritual centering. Emphasis will be on recognizing a centered state and discovering what draws us off.

•B.S. June 3-8
Bodymind
William Schutz
Five-day workshop $280
The workshop will attempt to integrate the Feldenkrais exercises with fantasy and encounter. Everyone will be given an opportunity to experience several exercises followed by a fantasy, then in an encounter group to deal with the material generated. The aim is for a more complete integration of each person's organism.

■S.F. June 8-10
You Don't Have to Eat - To Feel Full
Lenore Lefer
Weekend workshop $50
The functioning mind creates alternatives. Encounter, gestalt and sensory awareness will be used to put you in touch with alternatives to eating.

•B.S. June 8-10
Nature: Between You and the Out-Doors
Xavier Nash
S.F. Dancers' Workshop
Weekend workshop $90
This dance workshop is dedicated to exploring and developing a common language of creativity through movement and environmental arts. In this series, immersion in the natural environment will lead to new forms of group creativity. We will use the landscape in and around Esalen/Big Sur to draw inspiration for group creativity.

SAN FRANCISCO WORKSHOPS WITH STANLEY KELEMAN

Workshops with Stanley Keleman will focus on an exploration of ways in which the life of the body expresses itself as emotions, the intellect and the culture. These will be primarily teaching groups in which participants will be encouraged to contribute from their own life experiences. Suggested reading for all groups: *Sexuality, Self & Survival.*

June 30
Open Workshop $40
10 a.m. to 6 p.m., Saturday

Monday, July 16
The Biology of the Formative Principle: Evening Lecture & Discussion
$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

July 21-22
Open Weekend Workshop $60
10 a.m. to 6 p.m., Saturday and Sunday

August 4
Open Workshop $40
10 a.m. to 6 p.m., Saturday

Stanley Keleman will also teach a core seminar in the Summer Institute on Human Consciousness. See page 7.

■S.F. June 9
The Moving Center: Develop a Movement Attitude of Caring with Knowledge and Strength
John Graham
One-day workshop $20
We will explore movement activities which apply the knowledge of anatomy, sensory awareness, body mechanics and alignment, breath impulse, relaxation, improvisation and visual imagery, concentration and energy control. Using simple integrated movements of rolling, crawling, climbing, we rise to walk, run, skip, slide and tumble, somersault and swing on ropes to free our movement and our imagination. Live music.

■S.F. June 17
Massage as a Meditation
Anita Feder
One-day workshop $20

•B.S. June 15-17
Extending Human Possibility
Judith Stransky
Weekend workshop $90
This is an experience in the Feldenkrais method. Moshe Feldenkrais is the originator of a subtle and powerful new body technique. He has devised a series of simple, ingenious exercises which involve integration of the physical and the mental, expand boundaries of human possibility and lead to release from fixed habits that restrict us. Awareness of our self-image is developed, and the range of our movements is greatly extended. The work teaches integration, differentiation, relaxation and balance, improvement in alignment and greater ease in movement, and is a unique means of bringing us closer to the fulfillment of our human potential.

•B.S. June 17-22
Energy/Body
Simone Surpin
Five-day workshop $220
See B.S. description, May 13-18, above.

•B.S. June 17-22
Gestalt and Movement
Richard Price & John Argue
Five-day workshop $250

•B.S. June 17-22
T'ai Chi Chuan & Massage
Peggy Morrison & Judyth Weaver
Five-day workshop $250

■S.F. Wednesday, June 20
Everybody Knows How to Dance
Pamela Portugal & the Trust Band
Single evening event
$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco
Since Adam and Eve ate the apple from the Tree of Knowledge of Good and Evil, we, as a species, have become progressively more preoccupied with judging and ranking our behavior. Natural human functions, like using dance to let the energy flow through, have become something for only the best professionals to do, on TV. . . . . .This event will be a chance for us all to move as the spirit moves us, without regard to good and bad.

■S.F. June 23
On Being Tall
Joe France & George Calmenson
One-day workshop $20
Your relationship to yourself comes from your body image – the way you are physically is your self-acceptance, awareness, identity and confidence. This program is designed for those who know or think they are tall.

For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

■S.F. June 23-24
Intensive Breath Workshop
George Downing
Weekend workshop $50

The breath is a microcosm of the personality. Learning to find and unlock the breath can lead to more richness and certainty of emotion, increased energy, realignment of physical posture and a deeper grasp of one's personal rhythm of existence. We will both verbally and nonverbally explore these possibilities using gestalt and a number of different methods of working intensively with the breath.

■S.F. Wednesday, June 27
Breath & Self
George Downing
Single evening event

$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

Bring a blanket; wear loose and comfortable clothing.

•B.S. June 29-July 1
Encounter & Massage
Harry Sloan
Weekend workshop $90

See B.S. description, May 20-25, above.

■S.F. June 30
The Allan Wayne Technique
Rosalie Lamb
One-day workshop $20

The Allan Wayne Technique combines exercise and massage to overcome tension that breaks a flow of energy. In this workshop individual tension will be analyzed, and exercises and massage techniques will be given to deal with those tensions. Limited to 10 participants.

•B.S. July 6-8
Body Awareness & Gestalt
George Downing & Cyndy (W.) Sheldon
Weekend workshop $100

See S.F. description, May 20, above.

■S.F. July 7-8
Movement, Meditation & T'ai Chi
Judyth Weaver
Weekend workshop $50

■S.F. July 8
Massage
Deborah Medow
One-day workshop $20

•B.S. July 8-13
Massage Workshop for Couples
Peggy Morrison
Five-day workshop $220

•B.S. July 8-13
An Integrative Approach Towards Self-Actualization
David Schiffman & Ilana Rubenfeld
Five-day workshop $280

This workshop will involve the complementary approaches of gestalt, encounter, massage and the use of direct body work (Alexander and Feldenkrais techniques) at critical junctures during group sessions. The group will explore a wide variety of techniques, verbal and non-verbal, in order to experience the possibilities of greater total personal expansion and openness with others.

•B.S. July 13-15
Let's Boogie!
Barbara Clemans
Weekend workshop $90

We are already perfect. When we experience negativity, upsets, and conflicts in our universe, we are only experiencing the barriers to our own perfection. Let us create a space to renew our sense of aliveness. Moving freely in our own perfect and personal rhythm, chanting, dancing, eating, tasting and soothing, caring and touching one another with massage.

The Human Body

■S.F. July 14
Body Awareness & Gestalt
George Downing
One-day workshop $20

See workshop description, May 20, above.

■S.F. Sunday, July 15
Integrating Alexander Technique & Gestalt Awareness: Workshop & Demonstration
Ilana Rubenfeld
Single evening event

$4 general, $2 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

An introduction to the work of Ilana Rubenfeld who will be in residence at Esalen/San Francisco this summer. Alexander Technique, gestalt exercises and sensory awareness will be used as a gateway to contacting, expressing and working through deep feelings. Participants will explore changes in postural alignment through kinesthetic experiences. There will be time set aside for group experiments, and Ilana will demonstrate the Technique on models selected from among group members. Bring a beach towel and a one inch thick book for headrest; wear leotards or loose slacks.

•B.S. July 15-20
Nature: Between You and the Out-Doors
Xavier Nash
S.F. Dancers' Workshop
Five-day workshop $250

See B.S. description, June 8-10, above.

•B.S. July 15-20
Body Harmonies
Simone Surpin
Five-day workshop $220

This workshop will be based on the assumption that there is a point at which we all meet. A point where we are united, that is beyond our differences and separateness. A place of harmony. We will use the varied tools of sound, movement, massage, group process, meditation and aikido, blending forms to see where that place exists.

■S.F. July 16-19
Polarity Therapy: For Professionals
Anne Kent Rush
Four one-day workshops $75

A training course for those interested in integrating polarity release techniques with their own work. Limited to 14 participants. Send a brief letter to Esalen/San Francisco indicating your training and current work. 10 a.m. to 4 p.m., Monday through Thursday.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

The Human Body

■S.F. July 21-22
The Architecture of the Whole Person
Ilana Rubenfeld
Weekend workshop $60

This workshop will offer a unique blend of gestalt, Alexander, Feldenkrais and deep muscle work to intensify each person's process of self-awareness. Emotions and memories are often stored in our bodies, resulting in tensions and imbalance. Focus will be on how to release these tensions and explore ourselves as total beings.

●B.S. July 22-27
The Energy Body in Action
George Leonard
Five-day workshop $250

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of "energy flows" in and around the bodies of living things. Western science has not yet identified all of these biofields, but some significant work is under way, as in acupuncture, for example. Using techniques derived from aikido and breathing, Mr. Leonard will present his approach to the human biofield. He will discuss the application of biofield work to other growth disciplines and to certain currents in Western thought. Through bodily movement and exercises in perception, consciousness and being, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness.

●B.S. July 27-29
Energy Alignment: Massage Workshop
Nancy De Woskin & Diane Weinberg
Weekend workshop $90

See S.F. description, May 27, above.

■S.F. July 28
Group Bioenergetics
Michael Conant
One-day workshop $30

Working primarily as a group, we'll use bioenergetic, neo-Reichian and gestalt approaches to deepen contact with ourselves and each other. One or two individual bioenergetic sessions may also take place during the day for demonstration purposes.

■S.F. July 28-29
Massage
Brenda Sales & Drew Ford
Weekend workshop $50

We will develop a complete massage from basic techniques. We will emphasize the quality of touch—taking care—sensitizing ourselves.

■S.F. July 29
Know Your Pleasure: A Workshop for Women
Anne Kent Rush & Pamela Melton
One-day workshop $20

What is pleasurable to me? What is deeply satisfying? How can I get to know my needs and preferences better? How can I communicate and share these things with another person? Our culture orients us toward outer achievement and production at the expense of inner satisfaction. Women today are beginning to take a look at some of the ways our natural responses are repressed. In this workshop, verbally and through body work, we will explore ways of moving beyond repressive conditioning into patterns which allow us to experience more total body pleasure.

●B.S. July 29-August 3
Integrating Gestalt & Alexander Technique
Ilana Rubenfeld
Five-day workshop $250

"The sea always has waves . . . sea and waves are one. To speak of waves apart from the sea is a delusion – so mind and body are one." This workshop will flow from gestalt therapy, Alexander technique, Feldenkrais exercises to deep muscle work. Emotions and memories are often stored in the body, resulting in muscular tensions. Focus will be on the exploration of one's own body and emotions as a total organism.

●B.S. August 3-5
Encounter & Massage
Harry Sloan
Weekend workshop $90

See B.S. description, May 20-25, above.

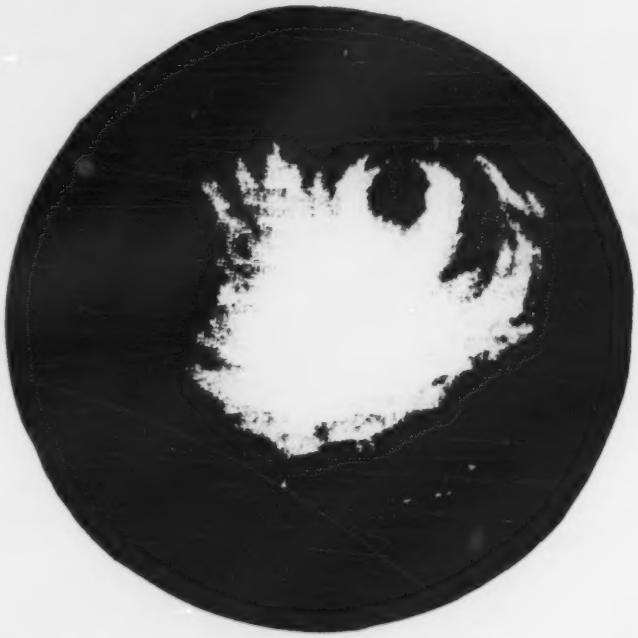
■S.F. August 4-5
A Weekend with John Graham and Frank Ottiwell
Weekend workshop $50

Movement fundamentals and Alexander Technique will be combined to aid the gentle release of the moving person for activities ranging from everyday sitting and standing to more expansive forms.

■S.F. August 4-5
Dreams & the Body
George Downing
Weekend workshop $50

In this workshop we will work with gestalt, breath awareness and other techniques in order to clarify and to integrate the messages of our dream bodies. Those who are out of touch with their dreams are also welcome: we will use deep fantasy methods in order to explore the same thematic material.

●B.S. August 5-10
Massage Workshop
Peggy Morrison & Michaeleen Kimmey
Five-day workshop $220



For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

■S.F. August 10-12
Belly Dancing-Breath Energy
Barbara Clemans
Weekend workshop $50

The lower abdomen is a vital energy center in the body. Belly dancing is an ancient art form utilized not to entice the male but to free and give expression to this energy. We will use chanting and special breath exercises along with movements and postures which facilitate freeing this flow. Once learned, you can use the techniques at home. Emphasis on personal movement, not on performance. Men most welcome.

■S.F. August 11
Polarity Therapy
Anne Kent Rush
One-day workshop $20

This workshop will include experiential learning of selected basic techniques, individual physical exercises to facilitate energy balance and circulation, and some discussion of the theoretical principles of polarity therapy.

•B.S. August 12-17
A T'ai Chi Experience
Al Chung-liang Huang
Five-day workshop $250

The calligraphic translation in Chinese of

T'AI – *Man, centering, in touch with universal time and infinite space.*

CHI – *Man, between heaven and earth, exercising circular energy and flowing with the way of nature.*

This workshop is devoted to the creative exploration of the TAO, the wisdom of the East, interpreted for the man of the West. Al Chung-liang introduces the Taoist disciplines with a practical and individual approach. The week's work-play will include meditation, T'ai Chi Chuan practice, reading and writing from the Chinese texts of the Tao Te Ching, I Ching, Chuang Tzu and a great deal of joyous dancing. Participants are urged to bring Chinese brush and ink set and writing pads for calligraphy practice.

■S.F. August 13-17
Bodies' Mysteries
Ian Grand
Five-day workshop $110

We will explore the mystery and adventure, problems and possibilities in being earthly bodies. We will employ bioenergetic work, thought, dance and movement to share how we think about and enact our loving and our purpose, our sacredness and our sexuality. 10 a.m. to 5 p.m., Monday through Friday.

•B.S. August 17-19
Music-Meditation-Massage–Movement
Barbara Clemans
Weekend workshop $90

Meditation need not be an austere discipline. Each breath, each gesture, each shift of weight in the body, each sound, each contact with another can be experienced fully – can be a meditation. We will use some Arica meditations with music, massage and movement to ease tensions.

■S.F. August 18-19
Conga Drumming: Everybody Has Rhythm
Richard Adelman
Weekend workshop $35

See S.F. description, June 2, above.

■S.F. August 19
Massage
Brenda Sales & Drew Ford
One-day workshop $20

•B.S. August 24-26
Extending Human Possibility
Judith Stransky
Weekend workshop $90

See B.S. description, June 15-17, above.

■S.F. August 25
Women's Self Help: Self Awareness
San Francisco Women's Health Center
One-day workshop $20

How do women feel when confronting a gynecologist? How does birth control affect women emotionally and physically? In this workshop we will talk about the menstrual cycle, pregnancy, and sexism in health care, and share some methods of self help. Discussion will be combined with massage and relaxation exercises.

■S.F. August 25-26
Cycles of Movement-Feeling-Mind: Rituals & Art
Ann Halprin
Weekend workshop $50

See S.F. description, May 26-27, above.

The Human Body

■S.F. August 25
A Day of Health
Faith Louise Hornbacher & David Sobel
One-day workshop $20

"What is done for you – allow it to be done, what you must do yourself – make sure you do it." (Khawwas)

This will be a day of exploring, with your head as well as your body, ways to care for yourself; experiencing the practical everyday things you can do to feel better and maintain your health. We will focus attention on areas from body movement and patterning to eye exercises and foot reflexology, from relaxing to bathing, brushing and breathing, from eating to fasting and some will training to develop your own daily rituals.

•B.S. August 26-31
Knowing and Moving the Body
Frank Ottiwell & Judith Stransky
Five-day workshop $250

This workshop will draw on the work of F.M. Alexander and Moshe Feldenkrais in mobilizing and re-educating the body/self. Techniques to improve postural alignment and release blocked energy will be taught individually and applied to such everyday activities as sitting, standing, walking and bending. Group exercises, performed within each individual's range of ease and enjoyment, will be used to increase kinesthetic awareness and to show the use of awareness and movement as self-teacher.

•B.S. August 31-Sept. 2
Intensive Breath Workshop
George Downing
Weekend workshop $90

See S.F. description, June 23-24, above.

■S.F. September 1
Massage
Anne Kent Rush
One-day workshop $20

■S.F. September 2
Exploring Center
Betsy Hill & Harvey Moskowitz
One-day workshop $20

People function best from a centered state. This will be a day of experiencing this state in depth.

• Big Sur programs include room, meals and tuition. ■ San Francisco programs generally do not include room or meals.

Structural Integration

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom and balance. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage; working with a trained practitioner, the process is usually completed within ten individual sessions.

TRAINING in structural integration is offered only through the Ida P. Rolf Foundation for Structural Integration and only upon completion of certain prerequisites. Research in rolfing is encouraged by the Foundation. Information about training and research, as well as class announcements may be obtained by writing the Foundation, P.O. Box 1868, Boulder, Colo. 80302.

INDIVIDUAL SESSIONS with practitioners of structural integration are available *by appointment only* through the following offices:

Esalen Institute, Big Sur – no telephone appointments. Please request appointments in writing. Practitioners include Michael Kilgroe, Al Drucker, Stanley Johnson, Beverly Silverman.

Esalen Institute, San Francisco – Phone for appointments. Megan Gilchrist, Dub Leigh, Michael Salveson, Larry Swann, Ed Taylor.

STRUCTURAL PATTERNING, a system designed to achieve structural balance and movement efficiency, works by reinforcing the body in its relationship to the pull of gravity. It directs itself toward providing for change through movement, rather than attempting to achieve idealized static postures. The patterns evoke functional movement in the body's horizontal hinges: ankles, knees, pelvis, etc., and encourage rebalancing around the vertical core. Work sessions are arranged in sequences, and basic movements are gradually integrated into more complex action. The patterns themselves are not exercises of the physical body only, but are designed to enhance awareness. They are not performed vigorously; the movements are slow, sometimes subtle, and are done to produce change through awareness. A course of private work in structural patterning consists of 6 supervised sessions. The patterns are taught and adapted to the individual's needs, so that he makes them his own. Each session is about 90 minutes long.

Practitioners available for individual sessions are: Esalen/Big Sur – Ama Torrance; Esalen/San Francisco – Faith Hornbacher.

•B.S. May 6-June 1
Gestalt & Structural Integration
Richard Price, Paul Rebillot, John Argue & Esalen Staff

Four-week program $950

Structural Integration, while producing actual physical change, also facilitates direct perception of body processes in relation to emotional pressure and release. Each participant will receive three rolfings as part of the workshop. Material that emerges in the physical processing will be worked with in gestalt sessions in addition to focus on dream work and general body awareness. A training opportunity will also be provided for those already working with groups (teachers, ministers, psychologists, etc.). Recommended readings: *Gestalt Therapy Verbatim*, Perls; *Anatomy of Mental Illness*, Janov.

▪S.F. May 19
Structural Patterning in Stillness and Motion
Faith Hornbacher

One-day workshop $25

Limited to 6 participants, each person will be worked with individually.

•B.S. June 22-24
Structural Patterning in Stillness and Motion
Faith Hornbacher

Weekend workshop $90

•B.S. July 1-27
Gestalt & Structural Integration
Richard Price, Paul Rebillot, Diana Bechetti & Esalen Staff

Four-week program $950

See B.S. description, May 6-June 1, above.

▪S.F. July 14
Experience of Structural Integration: A Rolfing Conference
Faith Hornbacher, Ed Jackson, Michael Salveson

One-day seminar $5

An opportunity for persons interested in rolfing to explore the possibilities and implications of this technique. The program will include: a film of Dr. Ida Rolf at work; an introductory talk on rolfing basics; the experience and analysis of each person's structural patterns; a demonstration of the first session of rolf processing; a demonstration of the structural patterning system; and small group discussions with rolf practitioners. 10 a.m. to 4 p.m.

▪S.F. July 28
Structural Patterning in Stillness and Motion
Faith Hornbacher

One-day workshop $25

Limited to 6 participants, each person will be worked with individually.

•B.S. August 10-12
Structural Patterning in Stillness and Motion
Faith Hornbacher

Weekend workshop $90

▪S.F. Wednesday, August 22
The Dimensions of Structural Integration
Michael Salveson

Single evening event

FREE; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

A discussion and demonstration of the Rolf method of structural integration.

For Reservation Information, see page 46. For Biographical Information, see pp. 41-45.

Biographical Information

RICHARD ADELMAN has an M.A. in psychology and has been playing congas and bongos for 16 years – 10 years with Latin bands. He lives in Berkeley where he teaches conga drumming privately as a way of centering and allowing expression of one's natural rhythmic feeling. His teaching approach is influenced by his experience in bioenergetics, gestalt and various forms of meditation.

SANDRA AGUILAR, SALLY GEARHART, CLOVER HERZSTAM, MARCIA KALLEN, DAVID KLEINBERG, JOHN SHULTZ & GARY TITUS are seven members of the San Francisco feminist and gay community, ages 21 to 41, with a wide range of experiences and training. They are presently developing alternative life styles.

SANDRA AGUILAR & MARCIA KALLEN have been active in racism and sexism training for the past 5 years working with school age people as well as adults. Their broad range of experience includes working with drug abuse program people, teachers, community boards, and their sisters in the women's movement. Both have taught in public schools and colleges.

TOM ALLEN, a senior associate of the Psychosynthesis Institute and a former Esalen resident fellow, underwent advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu, and didactic training with Roberto Assagioli in Italy. He has led workshops for several years at growth centers and educational institutions in this country and abroad, and has taught psychosynthesis at college and university level. He is an artist and has worked to integrate art into the psychosynthesis process as a means of self-realization.

MAURICA ANDERSON is a former staff member of the California Institute of Psychodrama, and is currently working in psychodrama and encounter with various Berkeley women's groups.

WALT ANDERSON trained at the California Institute of Psychodrama and is accredited by the Moreno Academy of New York. He is a teacher, organizational consultant, author and/or editor of a number of books including the recent *Humanistic Perspectives in Politics*, and has a private practice in Berkeley.

JOHN ARGUE teaches acting in Berkeley.

JOSE ARGUELLES has taught art and cultural history at various colleges and universities. He is currently on leave from the Evergreen State College, Olympia, Washington. He is an artist and author of several books including *Mandala*.

MIRIAM ARGUELLES, currently engaged in creative research in male/female symbology, is an artist, illustrator, and writer, author of the recently published *Mandala*.

GREGORY BATESON is a world-famous ecologist and ethnologist. He originated the "double bind" theory which explains some of the causes of schizophrenia. His most recent interests join the workings of the human mind and emotions to the problem of ecology.

SCOTT BEACH is an actor, director and writer. He was a founding member of The Committee, a satirical, improvisational revue in San Francisco.

DIANA BECHETTI is in training with Richard Price. She has coordinated Esalen/Big Sur's student weekends for the past year.

JUDITH BELL is a clinical specialist in psychiatric nursing and gestalt therapist in private practice, as well as an instructor for University of California Continuing Education. She is presently gathering data on the process of jealousy and pleasuring.

LARRY BLOOMBERG, clinical psychologist, helped found the Gestalt Institute of San Francisco, the Gestalt Institute for Multiple Psychotherapy, and gestalt communities in Albuquerque, San Francisco and Wilbur Springs, Calif. He consults the *I Ching* as a repository of wisdom and as one way of visiting with the masters.

JEAN SHINODA BOLEN, a medical doctor, is Assistant Clinical Professor, University of California School of Medicine and Langley Porter Neuropsychiatric Institute, and a Jungian psychiatrist in private practice in San Francisco.

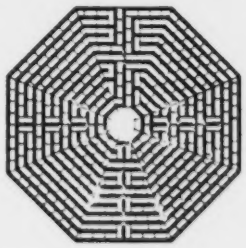
PETER BREGGIN, best known for his campaign against lobotomy and psychosurgery, is director of the project to examine psychiatric technology at the Washington School of Psychiatry in Washington, D.C. He is author of two novels dealing with the ethics and politics of psychiatry, *The Crazy from the Sane* and *After the Good War*.

LOIS BRIEN is a director and trainer at the Gestalt Institute of San Francisco, an organization consultant in the Bay Area and a member of the faculty of the California School of Professional Psychology. She is a gestalt author, painter and activist in the feminist movement.

CRITTENDEN BROOKES, a certified Jungian analyst, teaches psychiatric trainees as Assistant Clinical Professor of Psychiatry at U.C. Medical Center and As Supervisor, Department of Psychiatry, Mount Zion Hospital, San Francisco. He is engaged in the private practice of psychiatry and psychotherapy.

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is director of DRICE, the Ford Foundation Center in confluent education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning*.

JUDITH BROWN has an international reputation as a gestalt awareness trainer and has been interested in the use of symbols as an expression of the creative unconscious. In addition to her own groups, she has co-led numerous groups with her husband.



JOHN BUEHLER, before he earned his medical degree at University of California Medical Center, was a psychologist and head of the graduate program in psychology at Fresno State College. He is a certified Jungian analyst and a member of the C. G. Jung Institute of San Francisco.

MICHAEL BUTLER is a group leader with a background in body techniques. A former Esalen resident fellow, he was trained in group process by John Heider and subsequently as a practitioner of structural integration by Ida Rolf. He has a special interest in ways to adapt the personal growth practices of the group meeting room to everyday life.

GEORGE CALMENSON is the director of Esalen/San Francisco and the publisher/editor of Lodestar Press.

JOSEPH CAMHI, clinical psychologist and gestalt therapist, recently spent a year studying at a Gurdjieff-oriented school in England and is now in private practice in San Francisco.

BETSIE CARTER, a senior associate of the Psychosynthesis Institute, was associate director of the Ford-Esalen Project in Confluent Education and an Esalen resident fellow. She underwent didactic training in Italy with Roberto Assagioli, and advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu. She currently works with individuals and groups in psychosynthesis.

Biographical Information

SEYMOUR CARTER is a former director of the Esalen residence program. His background includes training with Synanon, Charlotte Selver and Ida Rolf. He has been deeply influenced by zen buddhism and gestalt, and is a student of aikido.

BARBARA CLEMANS has been working on getting clear for nine years. She has used multifarious tools and information; gestalt therapy, dance, yoga, bioenergetics, an apprenticeship with Ann Halprin, a year of neo-Reichian therapy, massage, belly dancing, buddhism, psychosynthesis, Arica and EST.

MICHAEL CONANT is a psychologist in private practice in Berkeley working in gestalt and bioenergetic reeducation. He holds degrees from Columbia and Stanford Universities and was formerly director of Bridge Mountain Foundation. His current practice centers around group work, and his particular interest is in teaching individuals to become more assertive, more themselves.

MARGARET CONWAY, a senior associate of the Psychosynthesis Institute, is in advanced training with its directors, Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. Trained as a psychiatric nurse, she also has extensive experience as a group leader. Presently she works with individuals and groups in psychosynthesis.

STANLEY COOPERSMITH, a member of the Psychology Department at U.C. Davis, previously taught at Wesleyan and at the University of Copenhagen. Dr. Coopersmith's major work has been in the field of self-esteem.

ELEANOR CRISWELL is the director of the Humanistic Psychology Institute and an associate professor of psychology at Sonoma State College.

ROBERT CROMEY leads groups and does counseling and therapy with individuals. He specializes in problems of sexuality and hostility. He has worked in the fields of religion and politics.

NANCY DeWOSKIN and DIANE WEINBERG are students of Robert Nadeau and share a professional practice in massage and Energy Alignment.

CHARLES "RUSTY" DILLON, a licensed clinical social worker, is in private practice in San Rafael with groups, individuals and families. He is a staff and faculty member of the Family Therapy Institute of Marin where he trains professional therapists. His current interests are in synthesizing theories and techniques of Reichian *body* therapy with the more familiar *talk* therapies.

FRANK DORAN holds a 3rd degree black belt in aikido and is especially interested in the blending and harmony aspects of the art.

GEORGE DOWNING, author of *The Massage Book*, is a gestalt therapist who leads frequent workshops for Esalen and other major growth centers and is in private practice in Berkeley. He integrates gestalt with intensive methods of working with the body.

JACK DOWNING is a psychiatrist in private practice in Palo Alto. He is experienced in public health, structural integration, gestalt therapy and the Arica awareness training.

DOROTHY FADIMAN is an artist. Householding is her discipline. While studying with Roberto Assagioli in psychosynthesis, she learned much about the integrative process which she combines with art in her workshops.

JAMES FADIMAN is an editor of the Journal of Transpersonal Psychology, editor of a forthcoming book, *The Practice of Psychosynthesis*, and is writing a book with Robert Frager, *Personality and Personal Growth*. He is the President of the Association for Transpersonal Psychology.

ANITA FEDER trained in massage at Esalen with Molly Day Schackman and in gestalt therapy with Bob Hall. She uses meditation both in teaching massage and in her gestalt work, as a way of centering.

PIERO FERRUCCI, an associate of the Psychosynthesis Institute, is from Italy, presently travelling and lecturing in this country. He underwent didactic training at the Istituto di Psicosintesi, Florence, with Roberto Assagioli and worked with him during the past three years. He has been collaborating with Laura Huxley, has given lectures and workshops in this country and in Europe, and has taught psychosynthesis at the University of Florence.

ROLAND FISCHER, a pioneer of hallucinogenic drug research, was for 13 years professor of experimental psychiatry and pharmacology at Ohio State University. He has recently moved to the VA Hospital's Drug Treatment and Research Center in Washington, D.C. He has written more than 200 research publications.

ALAN FLAGG is Adjunct Professor at Fairfield University, Connecticut, Graduate School of Communications. He teaches at Queens College and IBM in New York and is Executive Director of the New York Society for General Semantics.

CLARA STEWART FLAGG is the widow of Dr. Kilton Stewart. She accompanied him on his many trips to the Senoi of Malaya and other tribes. She is a teacher and psychological consultant in private and group practice in New York City.

DREW FORD completed the Esalen Extended Growth Program with Betty Fuller and Dub Leigh. He has studied massage with George Downing and Anne Kent Rush.

ARTHUR FOX, a 1969 Esalen resident fellow, has been leading groups at Esalen, around the United States and in Europe. He has implemented humanistic education into a Swiss school and is currently doing the same at New College in Sausalito.

JANICA FOX has a background of research in groups at Harvard and was a 1969 Esalen resident fellow. For the past four years she has been leading groups at Esalen, around the United States and abroad. She now has a private practice in the Bay Area with a developing focus on women's groups.

JOE FRANCE is a consultant and teacher in psychotherapy and mental health and a private practitioner in San Francisco.

SYLVIA FREEMAN is a clinical psychologist who has worked with leading gestalt therapists for the past three years. She is an independent consultant to various probation departments in California and has specialized in working with adolescent and family groups.

BRONNI GALIN is associated with the northern Bay Area group engaged in the study of new and traditional sufi materials under the direction of Idries Shah. She is a member of the board of the Institute for the Study of Human Knowledge and executive secretary of the Institute for the Study of Human Consciousness.

SIDNEY GERSHENSON is a licensed clinical social worker, a trainer at the Gestalt Institute of San Francisco and in private practice as a gestalt therapist in Berkeley and Marin County.

JOHN GRAHAM, performing artist and teacher for the past 18 years, was one of the three original members of the Dancers' Workshop Co. In 1966 he introduced into the university curriculum classes in sensitivity training and body techniques for freeing expression for creation. He is now teaching in San Francisco Basic Movement and Dance, which includes work based on training in concepts of Mabel Todd and knowledge of the Alexander Technique, rolfing, breathing therapy, Bates eye training, and singing for the operatic stage.

IAN GRAND studied at the Center for Energetic Studies in Berkeley with Stanley Keleman and has an individual and group practice in San Francisco. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at San Francisco State College.

ANN HALPRIN is director of the San Francisco Dancers' Workshop where she has developed her own unique approach to the movement art, for which she was awarded a Guggenheim Fellowship in 1971. She has worked intensively with Ida Rolf and Bob Hall in structural integration, and with Fritz Perls in Gestalt.

THOMAS HANNA is Professor of Philosophy at the University of Florida, Gainesville. Among other works, he is author of *Bodies in Revolt*, *The Lyrical Existentialists*, *The Thought and Art of Albert Camus* and *The Bergsonian Heritage*.

ARTHUR HASTINGS has degrees in speech communication and has written and talked on parapsychology and science fiction. He has been director of the Institute for Science Fiction and Fantasy at Stanford University.

JOSEPH HENDERSON, M.D., is on the faculty of the C. G. Jung Institute of San Francisco. He is widely recognized for his studies on symbolism.

BETSY HILL has been exploring energy dimensions and spiritual realms under the guidance of Robert Nadeau for the past five years.

AARON HILLMAN is co-ordinator for teacher training and field testing for DRICE at UC Santa Barbara. He has an international reputation as an outstanding trainer in confluent education, combining long experience in the classroom with extensive training at Esalen.

Biographical Information

RICHARD HORAN is an artist, masseur and organic gardner.

FAITH HORNBACHER was trained in Rolf-Aston Structural Patterning in Stillness and Motion by Judith Aston, and is presently in private practice in the Bay Area. She is co-author, with David Sobel, of *A Book of Health*, being published this summer.

AL CHUNG-LIANG HUANG is now teaching t'ai chi and Oriental drama at York University, Toronto, and has formerly taught at UCLA and the University of Illinois. He was born in Shanghai, and has followed the Taoist tradition throughout his life.

ROBBIE HURWICH writes: "Hey Mom, look at this. Here I am in the Esalen Catalog, and I still don't have a degree!"

ED JACKSON is a medical doctor, gestalt therapist and a practitioner of structural integration. He lives in Berkeley and does body-oriented individual and group work.

NANCY JOECKEL is office manager at Esalen/Big Sur. She has been co-leading groups with David Lees and has a background in dance and movement.

BUDDIE JOHNSON is the West Coast representative of the National Golf Foundation and a 3-handicap golfer.

RON JONES is a clinical psychologist practicing in the Bay Area. He works in aiding psychically sensitive people to attain better balance.

JOE KAMIYA teaches at the University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. His research is concerned with physiological feedback training and the psychophysiology of meditation.

DOUG KEACHIE is video coordinator in the Department of Counseling SFSUC. He is working on an M.A. in Visual Anthropology and has taught children and adults video, photography and film.

STANLEY KELEMAN heads the Center for Energetic Studies in Berkeley, runs professional training groups for psychotherapists, and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is author of *Sexuality, Self and Survival.*

MICHAELEEN KIMMEY taught massage at Esalen/Big Sur in 1964. She has studied with Moshe Feldenkrais and given body readings in N.Y. using palmistry, numerology, astrology and tarot. She has spent the last four years administrating a nursing home in the midwest.

STARR KINTNER believes in the principle of responsible hedonism. She has a good time and hopes others do too.

JOEL KRAMER is a practicing hatha, jnana and tantric yogi who was in residence at Esalen/Big Sur, 1968-1970. He has taught and lectured internationally and is a master of jnana yoga as well as an outstanding adept of hatha yoga.

BOB KRIEGEL is the director of the Esalen Consulting Service, and co-director of the Esalen Sports Center. He has been a training consultant for the U.S. Army Drug and Alcoholic Abuse Program and has lectured and conducted special programs for the staffs and faculties of social agencies, universities, and business corporations around the country. He is currently training at the Psychosynthesis Institute in Redwood City.

MARILYN HARRIS KRIEGEL is the assistant director of the Ford Foundation Esalen Reading Project in Confluent Education. She is a member of the faculty of Dominican College in San Rafael and has led teacher training groups for growth centers and school districts in New York and California. She is currently training at the Psychosynthesis Institute in Redwood City.

OTIS KRIEGEL is eight months old. He is currently training Bob & Marilyn in 'here and now' living.

STANLEY KRIPPNER is the Director of the Maimonides Dream Laboratory, where he has conducted experiments in ESP, dreams, hypnosis and biofeedback training. In addition, he is Adjunct Professor at N.Y.U. and St. John's University and serves as research director of the New York Institute for Child Development. He recently gave an invited lecture at the Institute of Psychology in Moscow, where he gained first-hand knowledge about Soviet parapsychology and acupuncture.

JOAN KRUEGER is a psychiatrist and gestalt therapist in private practice in Berkeley.

STEVEN KULL is a senior associate of the Psychosynthesis Institute. He underwent didactic training in Italy with Roberto Assagioli, and advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu. He presently works with individuals and groups in psychosynthesis.

ROSALIE LAMB studied with Allan Wayne in New York City and has taught his technique in schools, private studios and Ys in New York State. She has a degree in dance and theatre from the State University of New York at Brockport, and she is presently with the *Ring of Bone* modern dance company.

NEIL LAMPER is the author of *The Village Idiot* and believes he qualifies for membership. He is interested in developing an organic therapy based on the self-support system of the court jester, who often keeps his head when others roll. He has built a number of communities in the mid-west. He practices in the Gestalt Momentum and teaches at Western Michigan University. His own family of Ms. and five kids don't agree with him on everything, but they all live together when they are together.

JACQUELINE DOYLE LARCOMBE is a psychologist and former Esalen resident fellow, trained by William Schutz. Her background includes teaching and clinical work. She has done encounter work here and abroad. For the past year she has served as a director of group training and member of the Board of Greenhouse, a new Boston growth center.

JOEL LATNER is clinical director of the graduate program in psychology at Lone Mountain College. He is in private practice in San Francisco and is the author of the forthcoming *A Reader's Guide to Gestalt Therapy.*

KATHLEEN HANLON LAWSON is the author of the column "What Snew."

JANET LEDERMAN, artist, teacher and author, has developed and utilized the gestalt learning process with ghetto children and with children who manifest extreme behavior problems. She is currently leading gestalt groups throughout the United States and Canada.

DAVID LEES is general manager of Esalen/Big Sur and has been leading gestalt workshops there for the past two years.

LENORE LEFER is a former executive director of the Bridgeport, Connecticut, Mental Health Association, research scientist, teacher, Esalen resident fellow, 1971, and organizational consultant. She is presently in training at the Psychosynthesis Institute in Redwood City.

GEORGE LEONARD is author of *Education and Ecstasy, The Man & Woman Thing* and, recently, *The Transformation.* He has been studying aikido and energy awareness with Robert Nadeau for the past two and a half years. He is currently conducting a survey for Esalen Institute on work-in-progress in the field of perception, consciousness and being.

MAX LERNER is an author and columnist. He is also on the faculty of Brandeis University.

CAROLE LEVINE is a former Esalen resident, group leader and program coordinator. She is presently...

ABE LEVITSKY has done extensive original work in clinical and experimental hypnosis. He is on the faculty of the San Francisco Gestalt Institute and has co-authored papers with Fritz Perls and James Simkin. He has recently completed Arica training and is in private practice in Berkeley.

JOHN LILLY has primary research interest in the relation of the mind to the brain. He is trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication.

GAY LUCE is a scientific writer and a student of psychic medicine, biological rhythms, hypnosis and sensory deprivation. She is the author of *Sleep, Insomnia* and *Body Time.*

ANICA VESEL MANDER, former teacher of languages at Boston University, Harvard and California State University at San Francisco, is presently devoting her energies to women's studies and Alyssum, a feminist growth center.

DEBORAH MEDOW teaches hatha yoga and massage at Esalen/Big Sur and in San Francisco and Berkeley. She is engaged in the study of yogic healing and related energy sciences.

Biographical Information

PAMELA MELTON has been leading encounter groups for thirteen years. She works with all age groups and uses a variety of techniques to help people find new ways to solve old problems. She is currently enrolled at San Francisco State in psychology.

EMMETT MILLER is a physician, mathematician, musician and athlete.

RICHARD LOUIS MILLER writes: "Now I am one of the Gestalt Community at Wilbur Hot Springs, California. We experiment with ways of living gracefully and interdependently. Most of my time I am happy, the exceptions being when I make myself up-tight by taking myself, and/or words, seriously. I learn about my insecurities from such experiences. I am also learning to live by my golden rule of now (I am to me what I do to you)."

SARA MILLER is Director of Education at Esalen and head of the Ford/Esalen Project in Confluent Education. She has taught at Yeshiva University and is widely known for her work with special children, educational organizations and curriculum development. She is a Senior Associate of the Psychosynthesis Institute in Redwood City where she is in didactic training with Jim and Susan Vargiu. She has also worked in psychosynthesis with Roberto Assagioli in Italy.

STEVEN MILLER is Chairman of the Dept. of Physical Recreation and Instructor in anthropology at New Mexico Institute of Mining and Technology. He was a senior instructor for the California Outward Bound School.

RAMMURTI S. MISHRA, M.D. was born in India in a Brahmin family. He has been trained in modern science and surgery in England, Canada, the United States and in his own home. He is a yoga psychologist, and neurosurgeon as well as an endocrinologist, neurologist and sanskrit scholar. He has written several books on yoga and yoga psychology, and he is the founder and director of I.C.S.A. centers all over the world.

SHERRY MORGAN is a free-lance writer, photographer and teacher. She has been learning, teaching and using TA for seven years. She is presently in Staff Development with the Contra Costa County Department of Social Welfare and teaches TA in Interviewing and Communication classes. She has been deeply influenced by Martin Buber and gestalt, and is currently into the effective use of combining TA and psychosynthesis.

PEGGY MORRISON was in the 1970 Esalen residence program. She is currently the head of the Esalen/Big Sur massage crew and a teacher of massage.

HARVEY MOSKOWITZ is a student of Robert Nadeau in Meditation, energy awareness and aikido. A former aerospace engineer, he is presently a graduate student in cybernetic systems.

MICHAEL MURPHY is the co-founder and president of Esalen Institute. He is the author of *Golf in the Kingdom*, a book in which he explores the sometimes mysterious dimensions of the game of golf, including the secrets of "true gravity".

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization.

XAVIER NASH is a member of the San Francisco Dancers' Workshop under the direction of Ann Halprin.

ROBERT ORNSTEIN teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute.

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique. He teaches the Technique at the American Conservatory Theatre, and is in private practice in San Francisco.

PIERRE PANNETIER studied Polarity Therapy with Dr. Randolph Stone. He is now a teacher and a Doctor in Naturopathy.

JOHN PARKINSON, as a performing artist for the last 20 years, has concerned himself with theatre as a four-dimensional laboratory for envisioning and communicating life at its spirit deeps. His projects have included: Thresholds Inc., an avant garde theatre in New York City; "The Venturi", a theatrical event of reality-frame mix; Arcomedia, with Paolo Soleri; and in San Francisco: Celebrational Odyssey Studios, and "The Bridge Company."

LEONARD PEARSON teaches at Sonoma State College. He is past president of the American Psychological Association, Division on Psychotherapy, and co-director, with his wife Lillian, of the Pearson Institute in Berkeley which specializes in problems of obesity and overeating. He and Lillian are co-authors of the recently published *The Psychologist's Eat-Anything Diet.*

PAMELA PORTUGAL is the author, with Nancy and Janet Portugal, of *A Place for Human Beings*, a survival kit for living and loving in the new consciousness.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

LEE PULOS is a clinical psychologist in private practice and assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in leading training workshops for professionals and in researching the effects of hypnosis upon athletic performance.

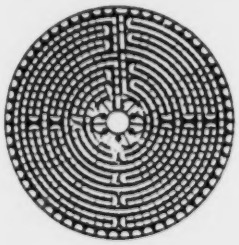
PAUL REBILLOT, teacher, theater director, actor, magician and fool, has taught at San Francisco State College and Stanford University. He is the founder of the Gestalt Fool Theater Family of San Francisco and is currently in training in gestalt with Richard Price and in encounter with William Schutz.

STELLA RESNICK, a clinical psychologist and gestalt therapist, maintains a private practice in San Francisco employing individual therapy and innovative group work. She serves on the Board of Directors and is a training therapist for the Gestalt Institute of San Francisco, and has given talks and demonstrations and led workshops in gestalt therapy throughout the country.

FRANK RUBENFELD, a clinical psychologist who completed studies at Yale and NYU's post-doctoral program, trained in gestalt therapy with Fritz Perls at Esalen. Dr. Rubenfeld has been training therapists in gestalt for the past few years as well as leading open workshops on both coasts and at Esalen/Big Sur. He is on the faculty of the N.Y. Institute of Gestalt Therapy and currently resides in Berkeley, where he has a private and group practice.

ILANA RUBENFELD spent several summers with Fritz Perls integrating the Alexander Technique and gestalt therapy. She is a certified teacher and board member of the American Center for the Alexander Technique and a full member of the New York Institute of Gestalt Therapy. She is on the faculties of New York University and Eastern Institute of Psychotherapy. She is in residence this summer at Esalen/San Francisco where she will continue her private and group practice.

DANE RUDHYAR, a pioneer in psychology, philosophy, music and literature, has an international reputation as the exponent of a "humanistic" reformulation of astrology. He is the author of several books, including *The Astrology of Personality*, *The Planetarization of Consciousness*, and most recently, *The Astrological Houses* and *Astrological Time.*



ANNE KENT RUSH, illustrator of *The Massage Book* and author of *Getting Clear: Body Work for Women*, is a polarity therapist. She has led numerous workshops in massage, yoga and other forms of body awareness.

MEREDITH SABINI teaches a course on dreams at U.C., has a private practice in the Bay Area, and does growth workshops for several Episcopal churches. Her orientation combines gestalt, Jungian and Eastern psychologies.

WILLIAM SADLER is professor of Sociology at Bloomfield College in New Jersey. He has led loneliness workshops in New England and is writing a book on the topic.

BRENDA SALES is the head of the Esalen/San Francisco massage crew. She was trained in massage by Gunver Jackson.

MICHAEL SALVESON is a practitioner of structural integration in practice in the Bay Area. He recently completed an advanced training course with Dr. Ida Rolf.

SAN FRANCISCO WOMEN'S HEALTH CENTER has been together since February, 1971. Their primary focus has been educating women about their bodies and learning how to obtain good health care from established resources. They give classes in areas related to health care such as nutrition and midwifery. Their most important focus is Self Help, an approach to women's bodies combining both original research and factual information.

Biographical Information

STEPHEN SCHOEN is a psychiatrist in private practice with individuals, families and groups in San Francisco and San Rafael. He is a member of the faculty of the California School of Professional Psychology, a member of the Gestalt Institute of San Francisco, and a classical pianist and creative writer.

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He has led groups at Anthos and Esalen, has lectured at the University of California, Princeton and many other schools, and has conducted special programs for industry and social agencies. He is currently coordinator of the humanistic psychology program at New York University's School of Continuing Education.

JOAN SCHIRLE is a certified teacher of the Alexander Technique and has a private practice in Berkeley. She was trained in New York at the American Center for the Alexander Technique where she has also taught classes. She is currently on the faculty of the University of Santa Clara Drama Department and has taught at the Firehouse Theater in San Francisco.

WILLIAM SCHUTZ, author of *Firo, Joy* and *Here comes Everybody* is presently in residence at Esalen/Big Sur.

CHARLOTTE SELVER and CHARLES BROOKS are teaching associates at Esalen/Big Sur and on the faculty of the New School For Social Research in New York. Their field is sensory awareness, perception and nonverbal communication. They hold regular classes in New York and conduct seminars and study groups throughout the United States and Mexico.

STEWART SHAPIRO is Professor of Education at the University of California, Santa Barbara. In addition to his workshops in higher education, conflict resolution, positive experience and change agentry, he is a consultant to the Ford Foundation's program in confluent education at UCSB.

CYNTHIA (WERTHMAN) SHELDON is a founder, director and trainer at the Gestalt Institute of San Francisco, family therapist and teacher, and recently a founding mother of the new feminist growth center, Alyssum.

BEVERLY SILVERMAN is a senior practitioner of structural integration and a leader of gestalt awareness training groups.

JULIAN SILVERMAN is the director of Esalen/Big Sur and a gestalt trainer and therapist.

HARRY SLOAN is an experienced leader, organizational consultant and a playwright. An Esalen resident fellow and former dentist, his first play, "The Burden", was showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspective — "seeing oneself beyond an impasse." He is training in psychosynthesis at the Psychosynthesis Institute in Redwood City.

GERALD SMITH is author of *Me & You & Us*, a series of communication experiences for couples. He is a family therapist in San Mateo, California.

SALLY SMITH, formerly married, now gay, parent, teacher, encounter and gestalt group leader.

DAVID SOBEL has written on health and the human body for *Big Rock Candy Mountain* and is presently writing a book on unorthodox medicine, *Ways of Health*, to be published in the Esalen-Viking series. He is co-author, with Faith Hornbacher, of *A Book of Health* being published this summer.

MARILYN SOLL is a psychiatric social worker at Marin General Hospital and in private practice, a family therapist, and a single parent with three children.

DYVEKE SPINO has taught advanced tennis for the Berkeley Parks and Recreation Department and has been a tennis pro at the Round Hill Country Club. She has also been a ski instructor at Squaw Valley, a dancer and a concert pianist.

JUDITH STRANSKY is Director of the Alexander Center of Southern California, and has a private practice in Santa Monica teaching the Alexander Technique and the Feldenkrais method. Her background includes Reichian therapy, gestalt and tai chi.

SIMONE SURPIN is a former Esalen resident, trained in group leading by John Heider. She is a practicing rolfer and is currently studying meditation and psychic healing.

TRUST is an eight piece rock and roll band with horns and everything.

JIM AND SUSAN VARGIU are the directors of the Psychosynthesis Institute. They underwent didactic training at the Istituto di Psicosintesi, Florence, Italy, with Roberto Assagioli, and have worked with him over the past nine years. Presently they are engaged in training professionals, and are editors of the forthcoming magazine *Psychosynthesis: A Journal for Integration in Psychology and Education.*

ALAN WATTS is author of *The Way of Zen; Nature, Man and Woman; Psychotherapy East and West;* and many other writings. He has been, with D. T. Suzuki, the leading popularizer of Zen Buddhism in the United States.

BEN WEAVER is a writer, group leader and teacher of Sensory Awareness. He is a student of Charlotte Selver, a former Esalen resident fellow, and for two years served as Director of Esalen/Big Sur. Before coming to Esalen he lived for seven years in Asia.

JUDYTH WEAVER is a former modern dancer who went to the Orient to study classical dance and ended up sitting zazen in a zen monastery for a year and a half. In the West, her main teachers have been Charlotte Selver, Magda Proskauer, the tai chi chuan form of Prof. Cheng Man-Ching, and especially her baby daughter Tara.

ANNE YEOMANS, an associate of the Psychosynthesis Institute, has worked with Roberto Assagioli in Italy and is in advanced training with Jim and Susan Vargiu. She has worked with groups of women, using psychosynthesis, and in addition to her own groups she has co-led groups with her husband.

TOM YEOMANS is a senior associate of the Psychosynthesis Institute. He is in advanced training with its directors, Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. He is a teacher, musician and poet, and presently associate director of DRICE at the Graduate School of Education, University of California, Santa Barbara. He is particularly interested in the application of psychosynthesis to education and has conducted workshops for educational institutes and growth centers throughout the country.

JANET ZUCKERMAN completed the 1971 residence program under Betty Fuller.

Directory

DIRECTORS OF THE INSTITUTE

Michael Murphy, *President*
Richard Price, *Vice President**
George Calmenson
John G. Clancy, *Secretary*
Andrew Gagarin, *Treasurer**
Stuart Miller
Julian Silverman*

If no asterisk appears, address mail care of: Esalen Institute, 1793 Union Street, San Francisco, California 94123.

**Asterisk denotes that correspondence should be addressed care of: Esalen Institute, Big Sur, California 93920.*

ADMINISTRATIVE DIRECTORY

Please address inquiries about programs and business activities to the appropriate offices listed below:

Corporation business, general information and subscriptions: San Francisco office.

Big Sur Administration:
Julian Silverman*, *Director,*
Janet Lederman*, *Associate Director,*
David Lees*, *General Manager.*

San Francisco Administration:
George Calmenson, *Director.*

Esalen/Viking Books: Stuart Miller, *Editor.*

Education Matters:
Sara Miller.

Business Manager: Jack Mason.

Consulting Service and Membership Program: Bob Kriegel.

Research: Julian Silverman*.

San Francisco Information

For reservations, literature, tickets and information, write or call:
Esalen Institute
1793 Union Street
San Francisco, Ca. 94123
Phone: (415) 771-1710
10 to 5, Monday through Saturday

RESERVATIONS: should be made at least one week prior to start of program. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to: Esalen Institute, 1793 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express.

INFORMATION, LITERATURE AND TICKETS: for lectures may be obtained Monday through Saturday, 10:00 to 5:00 at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

WORKSHOP SCHEDULES: One day workshops generally meet from 10 a.m. to 6 p.m. Saturday and Sunday weekend workshops meet from 10 a.m. to 6 p.m. each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 p.m. on Friday, from 10 a.m. through the afternoon and/or evening on Saturday, and from 10 a.m. to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

ACCOMMODATIONS: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

RESIDENTIAL PROGRAMS: are indicated in individual workshop descriptions. Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend residential programs, unless otherwise indicated, begin at 8 p.m. Friday (no supper served) and conclude following Sunday lunch. Programs are held at a conference center in Marin County or in Sonoma County; exact location will be included with reservation confirmation.

LOCATION: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

SCHOLARSHIPS, interest-free loans and work scholarships are available for many programs in San Francisco. Contact the S.F. office for information and forms. STUDENT AND "POOR PEOPLE" RATES are also possible on a space-available basis. These are *stand-by* rates of 50% off the stated workshop price. Come by the S.F. office no earlier or later than three days before the program's starting date to place your name on a stand-by waiting list, to leave a deposit for the program, and to validate that you qualify for stand-by rates. (The deposit is refundable if you do not get in the workshop.) Confirmations will not be made until the morning of the workshop date.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be refunded if reservation cannot be confirmed or upon request by persons not wanting to be on a waiting list.

Big Sur Information

For reservations and information, write or call:
Esalen Institute
Big Sur, Ca. 93920
Phone: (408) 667-2335
10 to 5, Monday through Saturday
10 to 9, Sunday

RESERVATIONS: must be made at least one week prior to the first day of the program. Deposits accompanying the reservations are required as follows: $20 for weekend programs; $70 for 5-day programs; $200 for 2-week programs; and $400 for 4-week programs. Deposits are non-refundable but may be transferred with ten days notice. Please mail reservation form with check to: Esalen Institute, Big Sur, California 93920. Do not send Big Sur reservations to San Francisco. Balance of payment is due on arrival.

PROGRAM COSTS: cover tuition, food and lodging, use of the fresh-water pool and hot mineral baths. Massage, available by appointment, is extra. Foreign currency: Esalen can only accept checks drawn on U.S. funds. Esalen accepts Master Charge and American Express.

GROUNDS ARE CLOSED EXCEPT BY RESERVATION. Participants are discouraged from bringing guests or having people drop in.

CHECK-IN/CHECK-OUT TIMES: Rooms for incoming guests are not available for occupancy until 5:00 on the first evening; however, guests are welcome to arrive earlier in the afternoon. All programs begin with dinner on Sunday evening; weekend programs begin with dinner on Friday evening. The last session of a five-day program is Friday morning. Two-week and four-week programs usually have final sessions on the last Friday morning. Weekend programs end on Sunday after the morning session. Check-out time is noon of the final day of all programs.

ACCOMMODATIONS: The rooms on Esalen property are designed for shared occupancy (2 or 3 to a room), and workshop costs are listed under each program on that basis. We arrange sharing unless you specify with whom you wish to share. Some seminar guests are able to provide their own accommodations by staying with friends in Big Sur or at other lodging in the area. For such persons with bona fide off-property accommodations, a reduction in fee of $5.00 per night is offered. Guests are reminded that camping on the property – in tents, cars, campers or meeting rooms – is strictly prohibited.

LOCATION: Esalen Institute in Big Sur is approximately 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific Ocean, with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was at one time the home of a North American Indian tribe known as Esalen, from which the Institute takes its name.

From the north, the Institute in Big Sur is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route One. From the south it is 50 miles north of San Simeon. It is identified on some road maps as Slates Hot Springs or Big Sur Hot Springs. A lighted sign on the ocean side of the highway reads: Esalen Institute – Reservations only.

CHILDREN AND PETS: There are no child care facilities at Big Sur. Experience has shown that the presence of children is frequently distracting to parents and disruptive to other workshop participants and Esalen staff. In order to obtain maximum benefit from your experience at Esalen, please do not plan to bring children. Alas, no pets.

LIMOUSINE SERVICE FROM MONTEREY: There is no public transportation available to Esalen in Big Sur. If required, our own limousine service is available between 11:00 A.M. and 6:00 P.M. on Fridays and Sundays at $10 per person from Monterey Airport or Greyhound Terminal, with *3 to 5 days advance notice.* On arrival, guests should inquire at terminal service for the Esalen Representative.

WORK COMMITMENT: Approximately 12 hours of work per week in the kitchen, garden and grounds are required of participants in all programs of two weeks duration or longer.

ORGANIC FOOD: The organic food garden on the Esalen grounds is flourishing and provides the kitchen with most of its vegetables and herbs. We try to serve only organically-produced meats, poultry and dairy products; most breads and pastries are made by Esalen bakers.

STAFF-LED WORKSHOPS: Some of the four-week and five-day programs listed will be led by members of the Esalen Staff from Big Sur. Big Sur Staff includes: Michael Butler, Seymour Carter, Al Drucker, Brita Fluck, Betty Fuller, Janet Lederman, David Lees, Dub Leigh, Carole Levine, Peggy Morrison, Richard Price, Paul Rebillot, Gabrielle Roth, William Schutz, Beverly Silverman, Julian Silverman, Simone Surpin, Ben Weaver and Judyth Weaver.

An extensive selection of titles including the Esalen-Viking Series is available through the Esalen Bookshop. The store is open Monday through Saturday, 10 to 5, at 1793 Union St., San Francisco. Mail orders are handled promptly. Both books and tape recordings are listed in a comprehensive catalog, available upon request.

Books

THE ESALEN-VIKING SERIES

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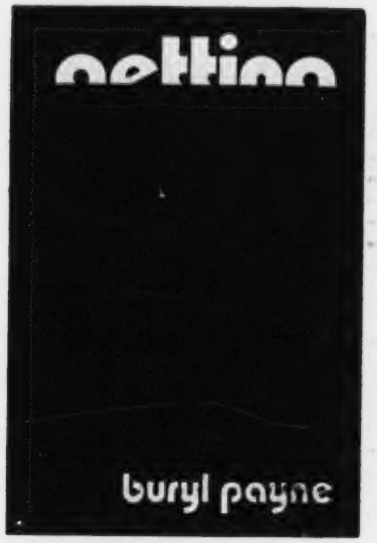
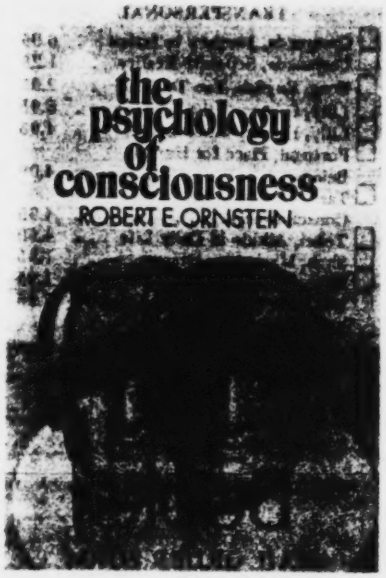


GETTING THERE WITHOUT DRUGS
by Buryl Payne
$7.95, hardbound

With the belief that mystical experience is not supernatural, but an extension of ordinary awareness, Buryl Payne presents no shortcut to enlightenment. The former physicist does offer a series of meditational exercises designed to help the reader explore nonverbal realms of experience and transcendent awareness.



THE PSYCHOLOGY OF CONSCIOUSNESS
by Robert E. Ornstein
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Recent research indicates that there are significant differences in the functioning of the two hemispheres of the brain. Ornstein uses this theme to provoke a re-examination of the psychology of consciousness, attempting to reconcile the two forms of consciousness termed "linear" or rational, and "nonlinear", or intuitive.

THE ONE QUEST
by Claudio Naranjo
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Through an examination of ancient and modern systems of meditation, mysticism and sensory awareness, Naranjo illuminates universal patterns in man's search for self realization.

THE ACT OF WILL
by Roberto Assagioli
$10.00, hardbound

The will is depicted as a central human function which harmonizes and directs the energies of mind and emotion. The recognition of the will and the development of its strength and skill lead to broader considerations – the relation of will and love, of the personal will and the transpersonal will, of the individual's will and the Universal will. Dr. Assagioli includes practical suggestions for developing the will fully.

Publication date: August, 1973. Advance mail orders will be filled around September 1st.

Photo-portrait of Roberto Assagioli by Enrico Ferrelli

OTHER BOOKS IN THE ESALEN VIKING SERIES

Secrets of the Trade
Joe K. Adams, $12.50, hardbound

Psychosynthesis
Roberto Assagioli, $2.75, paper

Human Teaching for Human Learning
George I. Brown, $8.50, hardbound; $2.75, paper

Farther Reaches of Human Nature
Abraham Maslow, $12.50, hardbound; $2.95, paper

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Michael Murphy, $7.95, hardbound

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Claudio Naranjo and Robert Ornstein
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Jacob Needleman, Editor

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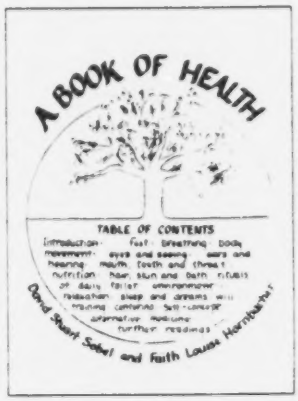

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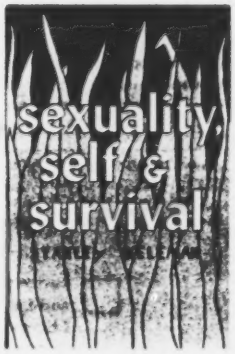

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Special Information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

ESALEN CONSULTING SERVICE: Esalen is devoted to making life more human at all levels. Our work has reached thousands of individuals and hundreds of institutions. Until recently most of this work was being done at our own facilities, either in Big Sur or San Francisco. There is now, however, an ever-expanding part of Esalen's universe that is moving toward helping to effect changes in the world outside the workshop. Through the Esalen Consulting Service, Esalen staff and leaders have designed and participated in projects for the U.S. Army, Ford Foundation, the Lockheed Corp., Model Cities, O.E.O., inservice training programs for hospitals, drug treatment centers, social agencies, colleges, universities and public school districts. Esalen courses are now being given at the University of California and at New York University. Many organizations have also used Esalen personnel as communications and human relations facilitators. If you are interested in learning more about the Consulting Service contact Bob Kriegel at the Esalen/San Francisco office.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please see membership form below.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs. Our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools.

FILMS of the work of Frederick S. Perls in gestalt therapy and Alexander Lowen in bioenergetic analysis, as well as films of the work of Carl Rogers, Albert Ellis, Rollo May, Abraham Maslow, Virginia Satir and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. Sources of more films, including work of Alan Watts and Huston Smith, are available from Association for Humanistic Psychology, 416 Hoffman Street, San Francisco, California 94114.

FM RADIO STATIONS in the San Francisco Bay Area (K101, KPFA, KQED, KSAN, KSFX, and KMPX) broadcast portions of Esalen seminars and lectures. (K101 has s dependable weekly program each Sunday evening at 11:00 p.m.) Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KLOS, KUSC and KPFK Los Angeles, and KPFT Houston, WBAI New York and WOMB New Hampshire, broadcast Esalen programs on an occasional basis. Consult local program guides.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recordings of many past programs are available through a service which maintains archive copies for Esalen. Requests for tapes now come from educational and service institutions, libraries, religious and professional groups, business groups and individuals concerned with the human potential movement. Commercial use of these tapes is prohibited; all rights reserved. For a complete tape catalog, write Big Sur Recordings, 117 Mitchell Blvd., San Rafael, CA 94903. The cost of recordings is $8 per tape-hour (prepaid) and $10 per tape-hour (with purchase orders), stereo or mono, with choice of 5" reel or cassette.

ABOUT THE ILLUSTRATIONS IN THIS CATALOG

"The theme for this issue is the Mandala, the most ancient and widespread of man's symbols," states the catalog designer, Red Dog Pieface. "From the earliest scratchings of a cross on a stone to a Calder mobile in motion, man has fashioned mandalas to steady his mind and raise his spirit." Some of the examples used here are: tile mazes from Chartres Cathedral, a tantric yantra, a Renaissance figure of ideal proportions, the Willendorf Venus and two variants, a 2000 year old incised shell ornament from Ohio (on page 11), a Fifteenth century Turkish horse mandala, a splash of milk in its crowning glory, the pattern of a typhoon, Brancusi's 'Kiss', Mondrian's 'Pier and Ocean', and a Brownie who is doing his bit ot turn the great wheel of karma.

The cosmic doily on the covers is a 'Mandala for Those in Psychic Agony' and was compiled and executed by Red Dog Pieface.

Friends of Esalen MEMBERSHIP PROGRAM

Many people who have attended Esalen programs have expressed a strong interest in becoming more involved and keeping in touch with what is happening at Esalen. Similarly, we at Esalen have increasingly felt the need to involve more people in our expanding community. We want and need your energy, participation and support. We have developed Friends of Esalen, our membership program, as a means of bringing us together. This is your invitation to join.

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Number of males_____ females_____ in group.

Check program location:
Esalen/San Francisco ☐
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No. of persons	Date(s)	Leader's Name & Title of Event	Deposits

TOTAL_____

PAYMENT: All San Francisco workshops and Big Sur workshops require nonrefundable deposits of varying amounts depending on program length. Consult information section on page 46 for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

After completing this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

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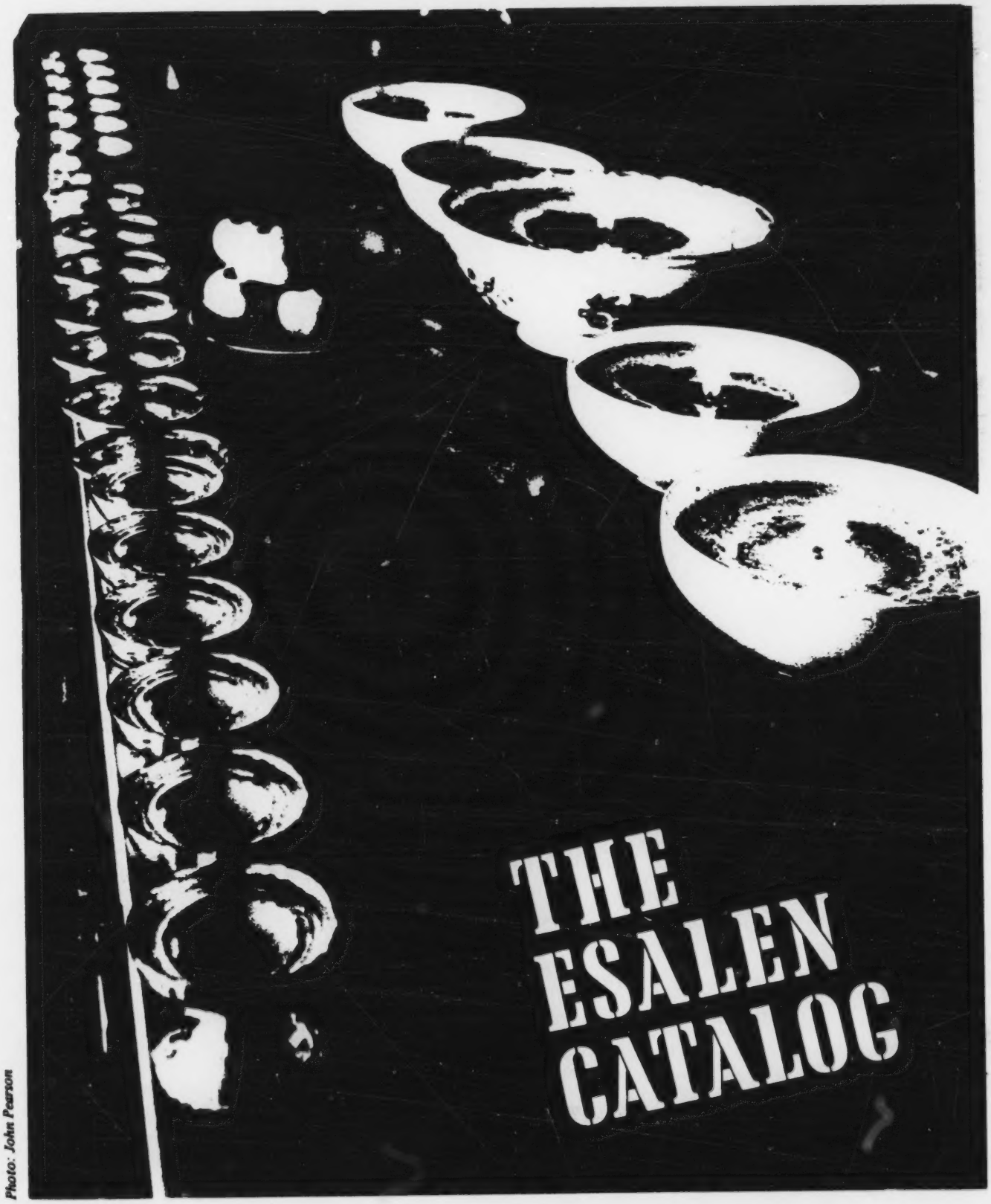

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THE ESALEN CATALOG

SEPTEMBER—OCTOBER 1973

Volume XI, Number 4

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SAN FRANCISCO SINGLE EVENING EVENTS

(For complete descriptions of events, see page numbers listed below.)

Unless otherwise noted, these events will be held at the First Unitarian Church, Franklin and Geary Streets, San Francisco

Including FREE Introductory Evenings

Thursday, September 6
An Introduction to the Esalen Sports Center
Bob Kriegel, Dave Meggyesy and other Sports Center Staff
$2 gen., $1 stud.; 8-10:30 p.m. (p. 20)

Monday, September 10
You Don't Have to Suffer to Feel Good
Harry Sloan
$2 gen., $1 stud.; 8-10:30 p.m. (p. 8)

Wednesday, September 12
Releasing People-Helping From the Money Economy – John Enright and Panel of Discussants from Good Neighbor Project
FREE; 8-10:30 p.m. (p. 14)

Thursday, September 20
Introduction to Esalen – Art & Janica Fox
FREE; 8-10:30 p.m. (p. 8)

Monday, September 24
Psychotherapy as a Spiritual Discipline
Arthur Deikman
$2 gen., $1 stud.; 8-10:30 p.m. (p. 19)

Monday, October 1
About Esalen Programs – Esalen Staff
FREE; 8-10:30 p.m. (p.14)

Tuesday, October 2
The Concept of Energetic Studies: An Introduction and Discussion
Stanley Keleman
$2 gen., $1 stud.; 8-10:30 p.m.; Location to be announced. (p. 7)

Wednesday, October 3
New Ways of Meeting New People
Robert Cromey
$2 gen., $1 stud.; 8-10:30 p.m. (p. 9)

Thursday, October 4
The Feldenkrais Method: An Introduction
Ruth Alon and Stanley Keleman
$5 gen. & stud.; 8-10:30 p.m. (p. 7)

Monday, October 8
Introduction to Gestalt: An Evening for College Students – Frank Rubenfeld
$1 for students; 8-10:30 p.m. (p. 6)

Sunday, October 14
Freeing the Voice
Robert Parks
$2 gen., $1 stud.; 8-10:30 p.m. (p.7)

Monday, October 15
Introduction to Psychosynthesis: An Evening for College Students – Tom Allen
$1 for students; 8-10:30 p.m. (p. 6)

Thursday, October 18
A New Year – A New Class – A New Approach (A Shot in Your Affect) – Ford/Esalen Staff in Confluent Education
FREE; 7-10 p.m. (p. 14)

Monday, October 22
Introduction to Esalen – Harry Sloan
$2 gen., $1 stud.; 8-10:30 p.m. (p. 8)

Wednesday, October 24
Theory & Practice of Aliveness (1)
John Enright
$2 gen., $1 stud.; 8-10:30 p.m. (p. 13)

Monday, October 29
An Introduction to Body Awareness: An Evening for College Students
George Downing
$1 for students; 8-10:30 p.m. (p. 6)

Wednesday, October 31
Theory & Practice of Aliveness (2)
John Enright
$2 gen., $1 stud.; 8-10:30 p.m. (p. 13)

NEW ESALEN CENTER SPURS A SPORTS REVOLUTION

(This article is reprinted from The New York Times, *Sunday, April 15, 1973, and was written by William Wallace.)*

On a walk through a small town in Virginia a year ago, George Leonard passed the high school field where 35 boys and girls were sitting on a grassy bank. In front was an athletic young man in tee-shirt, gym pants and shoes, a clipboard in one fist and a serious look on his face. He was standing next to a single chinning bar.

Leonard, a writer in town to make a speech, paused.

"Babcock" shouted the clipboard man. Babcock, the class fat boy, walked clumsily to the chinning bar. Everyone knew what was coming. "I can't," he said.

"You can try," said clipboard.

There was no way Babcock's chin was going to reach that bar. He gripped the bar and no more and then returned to his place with head bowed. Leonard felt that his classmates had shared the fat boy's shame.

That incident, as much as any other, inspired the Esalen Sports Center. The latter launched itself here two weekends ago with a two-day symposium attended by 400 physical education teachers, coaches, athletes and just plain interested people.

The response to the symposium was so enthusiastic that Esalen Institute announced here this week it would run a summer sports institute at Dominican College in nearby San Rafael, Calif., July 15–28. The purpose? To explore new trends in sports, games and physical education.

Such is the clout generated by Esalen that the occasion may be to a change in sports what the storming of the Bastille was to the French Revolution.

Leonard returned from the Virginia village to Esalen Institute at Big Sur, Calif., where he was a member of the staff of that center for the study of humanities. Talk came easy.

Michael Murphy, the co-founder of Esalen and an intense golfer, had been having long dialogues with his new friend, John Brodie, the 49ers' quarterback and also a golfer.

Dave Meggyesy, the former St. Louis linebacker who rapped pro football in his book, "Out of Their League," had found his way onto the Esalen staff. There were others around like Bob Kriegel, a former ski instructor and basketball coach.

"It seemed like a natural thing to do, to get into sports," said Murphy.

It is not the intention of the Esalen Sports Center to attack the sports establishment on scholastic, collegiate or professional levels, although a few sneaky blows may be delivered from the side.

It is the contention of Murphy, Leonard and other heavyweights that our society cries for a broadening perspective of athletics and physical education. Murphy, the author of a book called "Golf in the Kingdom," is even bold enough to suggest that sports can become a way towards self-development, that "they can even serve as a powerful metaphor for man's spiritual quest."

At the sports symposium two weekends ago the quests were for a better forehand at the yoga tennis clinic conducted by Tim Gallwey; a grasp of the Eastern disciplines of tai chi and aikido as explained by Al Huang and Bob Nadeau; an appreciation of Stewart Brand's new games, 'slaughter' and 'boffing' or Leonard's version of frisbee, and a comprehension of Judith Aston's structural patterning—why we walk the way we do.

Feldenkrais exercises and the concept of rolfing were also a part of the menu of 27 different selections as those in attendance moved from one 90-minute session to another over two long days at Skyline College in nearby San Bruno.

Feldenkrais and rolfing? Not many know what they are, but more will. Feldenkrais deals with neurological body responses, while rolfing is a type of deep massage designed to free mental blocks in parts of the body where muscles are tight.

"What I liked," said Kriegel, the co-director with Meggyesy of the sports center, "was the approval and understanding we got from such a broad cross section of people there. To me there was a universal understanding of what we are trying to say—that the body and the mind are so closely related. We have to use them both together. Esalen has been saying that for years, but sports may be the best approach."

Leonard, in his opening remarks, provided fervent rhetoric about change in the land over the uses and importance of sport. Jack Scott, the new athletic director at Oberlin College in Ohio, who has departed from tradition, centered on how to bring ideas into institutions, especially with regard to women and blacks.

Other participants included Brodie; Bill Toomey, the Olympic decathalon star; Susy Chaffee, the national women's free-style skiing champion; Chip Oliver, another pro football dropout; Marilyn King, an Olympic pentathlon competitor; Gary Powers, a world class hurdler and Abigail Hoffman and Gerry Morro, Canadian Olympians in track.

After the summer institute, Kriegel hopes to put the Esalen Sports Center on the road with similar weekend sessions in all parts of the country. "We seem to be saying something about sports," he said, "that a lot of people want to hear."

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NEWS

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting and research.

We exist to sponsor, encourage, synthesize and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

ESALEN CENTER: WORK–IN–PROGRESS

As of press time the Esalen Survey of Work-in-Progress in Perception, Consciousness and Being is nearing completion. A fundraising campaign is underway for the establishment of a Center for Theoretical Studies, which may constitute the theoretical wing of Esalen Institute.

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MID-ATLANTIC CONFERENCE

Sponsored by the University of Maryland, College Park, Maryland, this marks the first time that Esalen group leaders, theoreticians and researchers have come together to present a program in the Mid-Atlantic states. The leaders include: William Schutz, Janet Lederman, James Fadiman, Bob Kriegel, Marilyn Kriegel, Al Huang, Betty Fuller, Bernard Gunther. The Conference will be held at the University of Maryland Center for Adult Education, November 16, 17 and 18. For more information write Mike Stephens, Conference Coordinator, Center for Adult Education, University of Maryland, College Park, Md. 29742, or call (303) 454-5241.

ALTERED STATES OF CONSCIOUSNESS CONFERENCE

(This article is reprinted from SCIENCE, *March 9, 1973, Vol. 179, No. 4077. It was written by Constance Holder.)*

Exploration of the hidden and uncharted portions of the mind is no longer the sole domain of religious mystics, dreamers, LSD trippers or schizophrenics.

In one of the first scientific symposia of its kind, a group of brain researchers, chemists, pharmacologists, psychologists, and biofeedback and dream researchers recently got together to discuss altered states of consciousness – the kind of brain phenomena which hitherto have been largely ignored by Western science.

The meeting was engineered by the Smithsonian Institution and the Drug Abuse Council, a private foundation-supported organization that promotes research and education in drug abuse. One of its purposes was to discuss how some drugs can be more healthily integrated into society; by "socializing" the use of certain drugs, such as marijuana, some people think standards could be set for their use and destructive use of drugs could be curbed.

Another and more radical idea that is being discussed these days is the possibility that people can be taught to achieve mental highs without the use of drugs. This is already happening in some circles where people have abandoned hallucinogens in favor of various types of meditation.

The massive experimentation with mindaltering drugs during the 1960's has expanded awareness of what is possible in the "normal" brain. As Julian Silverman, director of California's Esalen Institute, said: " . . . spontaneous hallucinations in normal individuals were regarded as psychiatric problems." Now mind researchers are discovering that a large number of individuals with healthy, nondrugged minds have occasional "extraordinary" perceptions that were rarely recorded because such perceptions have been regarded as deviant.

The type of mind research described at the symposium is opening up new ways, free of value judgments, for defining different states of consciousness. Pejorative terms such as "schizoid", "regressive," or "primary process" thinking are being replaced by terms which treat this thinking as altered ways of perceiving reality.

What goes on within the brain to produce these phenomena? One appealing theory was offered by Roland Fischer, a Johns Hopkins pharmacologist, who talked about the "cartography of inner space." Fischer says that most behavior is governed by the left hemisphere of the brain—essentially the rational, linear-thinking, verbally oriented half, and that this hemisphere is cultivated by experience and education at the expense of the right hemisphere which is the seat of the creative, visual and artistic impulses that govern a different—subjective, nontemporal—consciousness. Fischer says the reasons that most children's artistic impulses start disappearing around the age of 9 is because they are "brainwashed" from the age of 6 onward to use their left hemispheres. Eastern mystics have learned how to shift consciousness to a nonverbal, nonlinear state, not necessarily responsive to external reality, the consciousness of dreams and hallucinations—located, Fischer would say, in the right hemisphere. In Western culture the "normal" brain is not expected to have this capacity. Another experience that scientists are now acknowledging as normal is the "flashback", where a scene registered by the everyday consciousness triggers a usually inhibited association. A temporary switch of consciousness occurs so that the internal image becomes momentary reality.

NEWS

These revelations paved the way for some mindbending tales by Jean Houston, director of the Foundation for Mind Research in Pomona, N. Y. Houston began by theorizing that current fascination with altered mind states and nonrational cults is correlated with the breakdown of social institutions. "The psychological energy that was bonded to these structures tends to go inward," she said. Furthermore, the emotionalism, fantasy and primitivism evidenced by renewed interest in magic, yoga, and the like represent an attempt to "remythologize the reality that has become so demythologized outside" by the "sacramentalization of science."

So, what with all this "rising of the depths," the time has come to mobilize and use capacities that have never been systematically explored.

Houston went on to describe experiments—none involving drugs—whose object is to "break through the surface crust of consciousness" or "cultural trance." To do this, subjects at the Pomona Foundation are put into trances through a variety of time-honored means such as hypnosis, drumming, dancing and yoga. One method is to put a person in a sort of swing with goggles over his eyes so that he is deprived of his usual sensory reference points. Another way is to use bizarre combinations of sounds and lights to create a sensory overload. Whatever the means, the purpose is to overwhelm the normal consciousness so that it goes into a reduction response, another functional state takes over to supply its own reference points and images. In this altered state, the subject goes through a variety of experiences, such as regression, fantasy, image-making and hallucinations, which are susceptible to guidance both by the experimenter and the subject.

One of the purposes of such experiments is to help the subject unleash creative energies that are normally blocked. An author, for example, who was unable to write the last chapter of a novel, was put into a trance and instructed to watch and listen to the characters in his book as they finished the story. He did this successfully, and after three more trances, where he put his characters through three different final chapters, he rushed home, unblocked, to finish his book.

These trances were of very short duration because of what Houston called "subjective time"—the same that pertains with dreams. "Most thinking tends to adhere to the movements of the body. In high-level creativity the mind can do weeks of work in a short time." In Houston's lab a pianist worked out an interpretation of a Bach toccata, condensing 8 hours of practice time into 10 minutes; and a songwriter imagined in her trance that she walked down a street into a cabaret, ordered a sandwich and a beer, listened to a singer render three songs—all in 2 minutes. After the trance she was able to sing the songs, all original, complete with lyrics.

The experiments get close to why great musicians have been able to sit down and have their music virtually pour out of them. This is common with creative geniuses. Houston said that Albert Einstein claimed he thought not only with words but visually and with his muscles, an indication that somehow an "other" state of consciousness was making direct inputs into his rational thinking.

Trance states are used for many other purposes. An 8-year old girl who suffered from dreams about monsters was instructed to approach and befriend them in her trance. She did so. While this didn't clear up all her problems, it

(Concluded on page 37)

Photo: John Pearson

SAN FRANCISCO PROGRAMS

LONG-TERM PROGRAMS

ESALEN COLLEGE PROGRAM

For the past year approximately 20 students currently enrolled in Antioch/West and Goddard Colleges were also accepted by Esalen to study here and receive credit from their respective colleges. Esalen is now expanding its college program to involve those students currently enrolled in any college or university in the U.S. or abroad who would like to spend a semester or longer at Esalen. Students are encouraged to investigate the possibility of academic credit at their schools for the program of study done at Esalen. The Esalen staff will assist students in documenting their work here.

The Esalen College Program is designed to include: advisor-tutors, who meet with students individually, recommend and discuss readings, and coordinate the students' overall program, which the student creates from the total catalog program offering; twice-a-month group meetings of the Esalen students and their advisors; and courses or workshops specifically for students in the program. We expect that most students will proceed from a broad exposure to concentrated study in one area. Students and teachers interested in designing programs with Esalen should write: Arthur Fox, College Program, c/o Esalen/San Francisco.

ANTIOCH COLLEGE/WEST UNDERGRADUATE DEGREE PROGRAM AT ESALEN

Advanced undergraduate students (anyone who has completed some undergraduate work at any college or university) may enroll at Antioch College/West in San Francisco and work for their B.A. degree at Esalen. Course work is accredited through Antioch College in Yellow Springs, Ohio; the B.A. degree is from Antioch College/West and the Union for Experimenting Colleges and Universities.

Students develop their own educational programs incorporating regularly scheduled Esalen workshops and courses and individual work created in conjunction with the Esalen staff. Esalen leaders and staff act as faculty and counselors for students in the program.

Tuition for an academic year (generally nine months) is $2700; students may begin their programs at any time. Financial aid is available. This program also qualifies for Veterans and Social Security benefits.

Inquiries for admission should be directed to: Ms. Cristy Willer, Antioch College/West, 149 Ninth Street, San Francisco, CA 94103. Information about program content and design should be addressed to: Arthur Fox, College Program, c/o Esalen/San Francisco.

INTRODUCTORY EVENINGS FOR COLLEGE STUDENTS

#

MONDAYS DURING OCTOBER

A series of experiential evenings to introduce some of the work being explored at Esalen. Designed especially for college students, there will be time at each event to ask questions both about the work and about Esalen's College Studies Program.

Each Monday evening will cost $1 and will take place at the First Unitarian Church, Franklin and Geary Streets, San Francisco, 8–10:30 p.m.

October 1

About Esalen Programs

Esalen Staff [FREE]

An evening for those wishing to discuss programs listed in this catalog with members of the Esalen administrative staff. This is an opportunity for informal, small-group sessions concerning such questions as "Where do I start?", "Which Esalen program is best suited to *my* interests and needs?", "What is the Esalen Sports Center?", "What is the Women's Studies Program?", "What is the College Studies Program?", etc.

October 8

An Introduction to Gestalt

Lauree Moss & Walter Barney

October 15

An Introduction to Psychosynthesis

Tom Allen

October 22

An Introduction to Esalen Encounter

Harry Sloan

(This program is also listed in the catalog as *Introduction to Esalen* and is open to the general public.)

October 29

An Introduction to Body Awareness

George Downing

November 3–May 5

Extended Growth Program
George Downing

Six month program $550

The Extended Growth Program is an in-depth, continuing six-month program in the San Francisco Bay Area; it combines a selected schedule of workshops with ongoing small group work under the direction of the program coordinator, George Downing. As a non-resident program in an urban area, it provides a way for persons to experience directed and focused work in several disciplines while living and working in their own environment.

George Downing writes: "This year's program will provide an opportunity to explore and to integrate a number of different pathways toward personal growth. Our focus will be on the body as the source and center of our being; and on our individual styles of making contact, both with ourselves and with other persons. We will make extensive use of gestalt, meditation and dream journals, and a variety of methods of working intensively with the body, including breath awareness, Feldenkrais techniques, movement, Esalen massage, polarity therapy and others. An intellectual as well as an emotional understanding of our shared experience will be encouraged."

The program consists of the following, all in the San Francisco area: continuous group work with George Downing during the six-month period, specifically one evening meeting per week; two weekend workshops with George Downing (November 3–4 and May 4–5); one special weekend workshop for program members only with Stanley Keleman; and three weekend programs to be selected by participants according to individual interest from regularly scheduled Esalen/San Francisco workshops during the November through April period. A month will be taken off for Christmas vacation from mid-December to mid-January.

Limited to 16 persons, selection will be made by interview with George Downing between October 15 and November 1. If you are interested in applying, send a letter *briefly* telling us about yourself. We will contact you after October 15 about an interview.

For Reservation Information, see page 46. For Biographical Information, see pp. 38-42

SAN FRANCISCO

Tuesday, October 2
The Concept of Energetic Studies: Introduction & Discussion
Stanley Keleman

Single evening event
$2 general, $1 student; 8–10:30 p.m.; Location to be announced

Thursday, October 4
An Evening with Ruth Alon (with Stanley Keleman as discussant)
Single evening event

$5 general and student; 8–10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

Ruth Alon is a trainer at the Feldenkrais Institute in Tel Aviv, and is a member of the small group of practitioners comprehensively trained there by Moshe Feldenkrais in his system of functional coordination, body awareness and movement.

October 8-12
The Body as Living Expression of the Formative Principle
Stanley Keleman

Five-day residential workshop $250 including room and meals

October 19–21
Freeing the Voice in Space, Body and Time
Robert Parks

Weekend Workshop $50

A series of exercises and explorations to discover and release tensions in the voice and body. Also included will be ways of using this freedom for increased self-expression.

October 23, 30, November 13, 27, December 11
Energy, the Body and Dreams
Stanley Keleman

Ongoing workshop $60

October 27
One-day workshop with Ruth Alon
$20

PRIVATE APPOINTMENTS are available with: **Ruth Alon** from October 1 through November 8; **Robert Parks** during the week of October 15-19. Contact the Esalen office at (415) 771-1710.

Upcoming events of the Center for Energetic Studies include tutorial and professional groups which will resume in the winter, an invitational training group with Ruth Alon, and a series of programs in the Eutonie Method of Gerda Alexander to be led by Monique Nagy.

ENERGETIC STUDIES

The Center for Energetic Studies, under the direction of Stanley Keleman, is a program of workshops, teaching and publishing concerned with the identity of biological form and personal and cultural expression. Workshops will be led by Keleman and other invited leaders who explore human *development* from a perspective of experiences enhancing the biological life.

October 8-November 7
Ongoing Evening Workshop with Ruth Alon
Monday & Wednesday evenings $55
8-10 p.m.

October 13
One-day workshop with Ruth Alon
$20

Sunday, October 14
Freeing the Voice
Robert Parks

Single evening event

$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

Photo: John Pearson

Childcare can be arranged during all weekends for San Francisco workshops. See page 46.

SAN FRANCISCO

SAN FRANCISCO INTRODUCTION TO ESALEN PROGRAMS

These evening and one-day programs are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups.

EVENING INTRODUCTIONS TO ESALEN: Working in small and large group sessions, participants will be introduced to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring a pillow for easy sitting.

$2 general, $1 student; 8–10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Thurs., September 20–
Art & Janica Fox–FREE

Mon., October 22–Harry Sloan

ONE-DAY INTRODUCTIONS TO ESALEN: An intensive day of group work, along the lines of evening introductory programs, with the additional advantages of more hours and shared mealtimes.

$20 per person; 10 a.m. to 6 p.m.; locations to be announced with confirmation of reservation.

Sat., October 6–Carole Levine

August 31–September 2
One Plus One: A Workshop for Couples
Bob & Marilyn Kriegel
Weekend workshop $90 per couple

August 31–September 2
Workshop for Gay People
Sally Smith
Weekend workshop $50

A chance for gay men and women, singly or in couples, to come together, explore life styles, problems, joys, directions; share massage, music and plain talk.

September 8–9
Singles' Workshop
Harry Sloan
Weekend workshop $50

A workshop for unattached persons. Please state sex and age on application.

Monday, September 10
You Don't Have to Suffer to Feel Good
Harry Sloan
Single evening event

$2 general, $1 student; 8–10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. This evening will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen.

September 15–16
Health Farm Chapel & New Age Body Shop
Betty Fuller
Weekend workshop $55

A synthesis of massage, meditation and movement creating a weekend of experimental learning and dynamic relaxation. The three M's will be practiced as separate disciplines and, to balance this largely non-verbal experience, there will be some group sessions devoted to words, music and dancing.

September 15–16
When Your Marriage Dies You Can Have New Life: A Workshop for the Divorced
Robert Cromey
Weekend workshop $50

Through the pain of separation and divorce can come an awareness of new life. Dealing with the anger, hurt and sadness of divorce can be a way to joy and happiness and peace. The life-positive tools of gestalt, encounter and sensory awareness will be used in this workshop to enhance personal change.

September 21–23
Celebrating Uniqueness
Lenore Lefer
Weekend workshop $50

By encouraging our non-judgmental and nourishing sides we will learn to accept, recognize and appreciate the uniqueness of ourselves and others. Using psychosynthesis techniques, gestalt awareness and soft-encounter, we will encourage the dimensions of our own uniqueness in an atmosphere that is supportive.

INTERPERSONAL

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen's encounter groups today.

Photo: Leslie Morgan

September 28–30
A Weekend with Helen Stephens
Residential weekend workshop

$65 including room and meals

I want to share our country place, Ting-sha, with you for a weekend *of your design.* I will provide sleeping bag space, the makings for simple meals, deep relaxation and breathing exercises and encounter for those who wish. There is farm and maintenance work available, sun, woods and orchards. Welcome. Plan to arrive after dinner Friday evening, though arrival early Saturday morning will also be acceptable.

September 29
Couples' Workshop
Arthur & Janica Fox
One-day workshop $30 per couple

For Reservation Information, see page 46. For Biographical Information, see pp. 38-42

SAN FRANCISCO

Wednesday, October 3

New Ways of Meeting New People
Robert Cromey

Single evening event

$2 general, $1 student; 8–10:30 p.m.; First Unitarian Church, Franklin & Geary Streets; San Francisco.

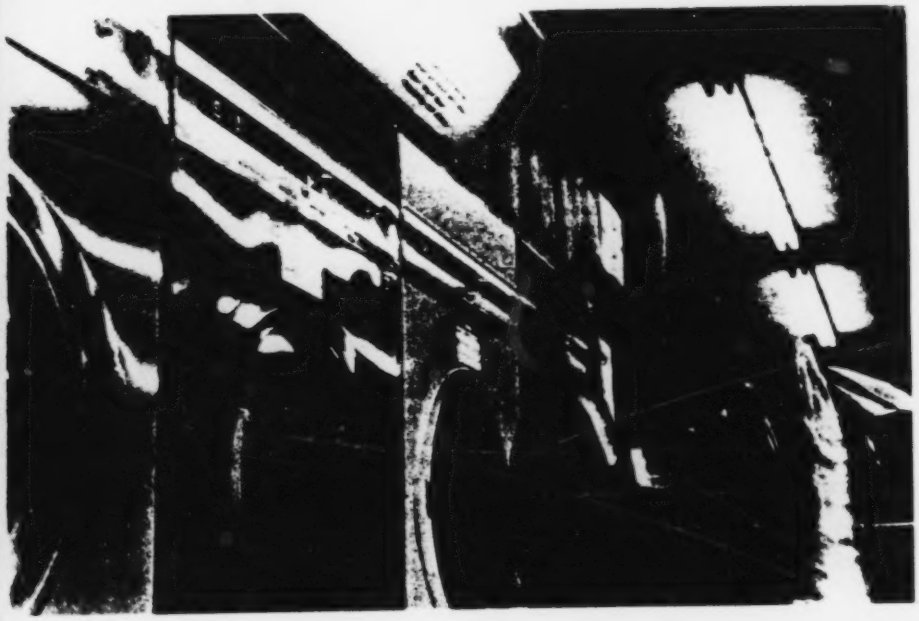
Since many persons attend large group programs to meet other people, this evening's experience will focus explicitly on the acquaintance process. Using methods from encounter and gestalt awareness, group members will explore how they project themselves to others, how others perceive them and discover new ways of moving into friendships and social contact.

October 13–14

Exploration and Integration
Arthur & Janica Fox

Weekend workshop $50

Come and use a combination of the richness of encounter, gestalt, sensory awareness and massage. Use these to explore more of you, your potential, your awareness and your capacity for openness. We will also explore ways of retaining and integrating this richness so that you have access to it not just at Esalen, but also in your daily life.



October 5–7

The Workshop is You & Me, Work & Play, Joy & Sadness; The Title Is Unimportant
Bob, Marilyn & Otis Kriegel

Weekend workshop $50

This workshop is based on the premise that the process of change and growth can be facilitated by each individual increasing his available resources and options for being and interacting. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used as well as games and massage to enable the participants to explore and extend the resources that exist within themselves.

October 7

Singles' Workshop
Lenore Lefer

One-day workshop $20

A workshop for unattached persons. Please state sex and age on application.

October 15–November 19

Invitations to Openness
Walt Anderson

Six Monday evenings $50

Basic propositions: (1) An increased capacity for personal openness and honesty makes life easier and a lot more interesting. (2) The need for privacy is to be respected. (3) Openness is best achieved in response to an invitation, not a demand. We will all explore our own boundaries of privacy/openness, and work with some techniques for being open—and inviting openness—in everyday life. 7:30–10:30 p.m.

October 20–21

To Your Emotions Through Massage
Robert Cromey

Weekend workshop $50

This workshop will provide the basic Esalen massage. In addition participants will have the opportunity to bring to the group feelings and emotions released in the massage.

October 20

Humor: A Sense of Letting Go
Harry Sloan

One-day workshop $20

Humor is a transpersonal transcendent quality frequently showering grace upon the most grim situation. Looking at what you find funny can help you appreciate and understand where you are NOW. Though there may be some tears along the way, looking at our laughter teaches us to find a liberating perspective, a "letting go" of self-imposed limits, with a pleasant bodily response. Bring anything that tickles you: a friend's uncle, an over-ripe banana, jokes, cartoons, personal incidents.

October 21

Open Psychodrama Encounter
Walt & Maurica Anderson

One-day workshop $20

We will use a wide variety of techniques for encountering everybody who's here this day, and psychodrama for encountering everybody who isn't.

October 26–28

Couples in Communication
Bill and Audrey McGaw

Weekend workshop $120 per couple

This workshop will provide an opportunity for couples to explore their relationship as a vital and personal way of life. The McGaws will concentrate on the positive aspects of partnership, increased understanding of self and mate, and deeper, more meaningful communication. Participating couples should expect to spend 20 to 25 hours in group sessions over the workshop period.

Childcare can be arranged during all weekends for San Francisco workshops. See page 46.

SAN FRANCISCO

ANNOUNCING A WOMEN'S STUDIES PROGRAM

This fall women at Esalen are beginning a Women's Studies Program in an attempt to include female consciousness in Esalen's long term programs. Until now this major state of consciousness has been omitted from most Esalen programs, from humanistic psychology in general, from the helping professions and from our socialization in Western culture.

Our aim is to include and make available the woman's point of view to workshop participants and to ourselves as group coordinators; to correct misconceptions by re-examining history, facts and theories; to acknowledge the role played by women in the cultural, political and economic development of the world's civilizations; and from this to develop new and particularly female growth tools and therapeutic forms.

Our point of departure is that not much is known about women; that the information available in the West has been compiled principally by men and/or by women trained in a male-dominated culture. This means starting from scratch, re-examining everything and gaining knowledge from other cultures (American Indians, Amazons, Etruscans, Spartans, etc.). There are no "experts", no "leaders". The program's main orientation is toward getting in touch with buried parts of ourselves and coming out, thereby trading information and skills.

Specific cross-cultural studies will include both the conscious and unconscious roles of women in the world as mirrored in dreams, myths, legends, folk customs, alchemy, religions and art.

Women's Studies Programs will explore the following categories:

Female Consciousness: menstruation, pregnancy, menopause, language, art, literature, feelings, body/mind;

Female Sexuality: masturbation, orgasm, lesbianism, bisexuality, heterosexuality, child sexuality, etc.;

Sex Roles and Relationships: comparative cross-cultural studies of women's roles, matriarchies and patriarchies – a comparison, biological and social determinants of sex differences, children's sex and social role development, body language, models;

Third World Women: Courses and workshops to be developed by a committee of Third World Women.

Courses, workshops and groups will range from pure theory courses to experiential workshops. They will be aimed at specific groups or at general groups (including men and children). There will be long range programs, shorter workshops and a guest lecture series.

LONG-TERM PROGRAM

September 22–December 16

Female Consciousness

Twelve week program
$0–$400 (sliding scale)

This first long-range Women's Studies Program will run for twelve weeks, beginning and ending with weekend workshops (Sept. 22–23 and Dec. 15–16). Female Consciousness is the area of study around which the program will develop. We will seek to integrate and synthesize all levels of our experience by exploring together gestalt, body awareness, breath energy, movement, massage, yoga, meditation, polarity therapy, health, self-help, music, dance, literature, art, films, women's herstory and whatever new evolves out of our own growth and our sharing.

Participants will be solicited and selected from applications to hopefully include a wide range in age and cultural background. The coordinators of the group will work as a collective, and all decisions concerning the group as a whole will be made collectively. The program is limited to 24 women.

There will be three evening meetings and one day-long workshop every four weeks. There will also be special workshops with guest participants. Childcare will be provided throughout the program.

Payment will be on a sliding scale of fees ranging from $0 to $400, with tuition based on each woman's ability to pay. Selection and determination of individual fees will be done by interview with the coordinators during the two weeks before the start of the program. If you are interested in the program send a brief letter telling about yourself to: Women's Studies Program, Esalen Institute, 1793 Union Street, San Francisco, Calif. 94123.

(This first program will be coordinated by Erika Asher, Anica Vesel Mander, Lauree Ellen Moss, Anne Kent Rush.)

Photo: Leslie Morgan

WOMEN'S

The Women's Studies Program is desig
Workshops are priced on a sliding scal

WOMEN'S STUDIES WORKSHOPS

September 8–9

Women & Creativity
Diane di Prima

Weekend workshop $0–$50 (sliding scale)

An exploration of the psychic and creative energies of Woman. We will do reading from the work of women writers (published and unpublished), breathing exercises, communal writing, rapping and generally tripping out together. Bring your work along and read it to/with us. For women only.

September 16

The Yoga Dance of the Self
Erika Asher & Chellis Glendinning

One day workshop $0–$20 (sliding scale)

The precision of yoga evolves into the freedom of the dance. We will stretch, release body tension, align and center, using polarity massage and a yoga which has been reshaped by the principles of structural integration. With our new energy balance we will dance to the flow of our dreams and mythologies. For women only.

For Reservation Information, see page 46. For Biographical Information, see pp. 38-42

STUDIES

and coordinated by women collectively.
ording to participants' abilities to pay.

September 18–October 23
Women in Motion
Dyveke Spino & Lillie Leonard

Six Tuesday evenings $30

These seminars are to initiate an interchange of ideas and practices involved in exploring personal growth through physical movement and sports. Each session will include lecture demonstrations, experiential work and discussion so that all may share in the development of a new concept of body awareness through relevant athletic programs for women. These sessions will culminate in a two-day women's Symposium in mid November. A snack dinner will be provided. 7:30–10 p.m. (Co-sponsored by the Esalen Sports Center and Women's Studies Program. Scholarships available.)

October 10–31
Aikido for Women
Betsy Hill

Four Wednesday evenings
$0-$20 (sliding scale)

A program of instruction in energy awareness and in aikido as a physical expression of that awareness. 8–9:30 p.m.

October 6–7; October 13–14
Natural Childbirth
Margot Edwards & Helen Price

Two-weekend workshop
$50 per person
$70 for two persons

A workshop for *anyone* interested in joyful childbirth. (*Anyone* includes everyone, male/female and/or her/his friend, acquaintance, lover, partner.) The workshop will explore feelings and physical changes associated with all trimesters of pregnancy, including the first three months after birth. Although focus will be on the vital processes of birth, the learning extends into total life, allowing an integration of the childbirth experience. Labor and birth is perceived from the natural body perspective with the realities of labor, complications, and individual fears considered. The approach is eclectic and includes Reid, Lamaze, Hazell, and Kitzinger within the framework of gestalt, transactional analysis and sensory awareness. Saturday and Sunday, 10 a.m. to 6 p.m., each weekend. Lunches to be provided. Scholarships available.

SAN FRANCISCO

Beginning October 11
Writing Workshop for Women
Diane di Prima

Continuing Thursday evenings
$0–$5 per session; $0–$35 for eight sessions (sliding scale)

As we hear each others' work and begin to explore the particular spaces that we live and write in, a mutual growth will take place. We will write to music, try various improvisational exercises, work with tape machines, with collage, etc. We will also explore the writings of women of the past and the particular problems that women face with their creativity. New dimensions of female consciousness will inevitable unfold and hopefully we will begin to map them. 7:30–10 p.m.

October 14
Sexuality, Feminism & Gay Consciousness
Sandra Aguilar, Sally Gearhart, Marcia Kallen

One-day workshop $0–$20 (sliding scale)

A workshop for women in human sexuality. Exploration of the impact of feminism and gay consciousness. (This course is also available to men, run by men in the community. Contact the Women's Studies Program for details.)

October 20; November 2
Overcoming Sex Role Socialization
Center for Non-Sexist Education: Irene Kane, Susan Shargel, Lydia Benavide San Filippo

Two one-day workshops $0–$35 (sliding scale)

We will examine present sex role stereotyping from birth through elementary school years. From a multi-racial perspective, we will consider the effects of parent attitudes and behavior, the role of schools, and the influence of media. There will be discussion of alternative practices and a presentation of materials (books, puzzles, toys) to use with kids. The workshop is designed for women interested in helping children establish a sense of identity and purpose regardless of their sex. 10 a.m. to 5 p.m., each Saturday.

October 27
Massage for Women
Mari Krieger

One-day workshop $0–$20 (sliding scale)

We will learn to do massage as a relaxing, sensory experience as well as work on the relaxing of knots and other muscular tension.

Childcare can be arranged during all weekends for San Francisco workshops. See page 46.

SAN FRANCISCO

September 1–2
Gestalt & Gurdjieff
Joe Camhi
Weekend workshop $50

Energy is wasted in many forms of escape from who we are as well as in lack of understanding of how to conserve, build up and direct these energies. Gestalt techniques and elementary concepts and exercises of Gurdjieff will be used to explore these issues.

September 8–9
Gestalt Awareness Training Workshop
Sid Gershenson & Joan Sullivan
Weekend workshop $50

Awareness can be experienced and taught to each other. Our focus will be on yours and on our process. The content of the workshop will flow from our experiences together. Consultation and supervision will be available to those interested in working with others in the workshop.

September 15–16
Gestalt and Human Liberation
Frank Rubenfeld & Mari Krieger
Weekend workshop $50

Being human is being both tough and tender; intuitive and intellective; assertive and receptive. Conforming to societally approved sex-typed behavior we limit our human potential. Gestalt techniques and exercises will aid in heightening our awareness of how we are our own limiters and expanders.

September 28–29
What Do You Want?
John & Sandy Enright
Weekend workshop $50

The lengths we go to avoid simply knowing from moment to moment what we want are almost unbelievable. If you have trouble making meaning of this statement, look closely at a few segments of your own life and see if you freely and fully acknowledge even to yourself, let alone others, what you want. In this workshop we will weave exercises from a variety of sources together to look closely at this central but elusive fact, "What do I want?" Friday evening 8–11 p.m. Saturday 10 a.m. to 11 p.m.

October 6–7
Experiencing Wholeness
Seymour Carter
Weekend workshop $50

This workshop will emphasize gestalt methods for contacting ourselves as a self-regulating organism. The practice of integrating our senses, emotions and thought into a perceptual whole releases energy for a more connected experience of living and being. The work will be devoted to releasing excess efforts and tensions and awakening dormant functioning so that the participants may experience greater physical and emotional freedom.

Monday, October 8
Introduction to Gestalt: An Evening for College Students
Lauree Moss & Walter Barney
Single evening event

$1 for students; 8–10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

Part of a Monday evening series for students interested in the Esalen College Studies Program. See page 6 for more information.

October 13
Gestalt and Your Body
Anne Kent Rush & Lauree Ellen Moss
One-day workshop $20

We will explore the relationship of our individual verbal statements to our characteristic body expressions by combining gestalt and various body therapy techniques (including breath awareness, Reichian release techniques, polarity and massage).

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*.

Excitement — to have life energy freely available and flowing, not blocked. *Awareness* — to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility* — to know and act on the principle that I am the one who acts, thinks and feels whatever it may be that I act, think or feel. No one else or no event influences me except with my consent.

At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participant. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

For Reservation Information, see page 46. For Biographical Information, see pp. 38-42

SAN FRANCISCO

October 20–21

Experiential Family Therapy Workshop for Professionals
Cyndy Sheldon, Kaye Hall, Rusty Dillon, Joseph Busey

Weekend Workshop $60

How to survive in different family systems including your own. Teaching team will use role playing and didactic methods to teach how participants can be open or closed, effective or ineffective, dead or alive in different kinds of family systems. Emphasis will be on understanding your own family origin and exploring with all of us what it's like to be in a healthy family system. 9:30 to 4:30 p.m., Saturday and Sunday.

Wednesday, October 24 &
Wednesday, October 31

Theory & Practice of Aliveness
John Enright

Single evening events

$2 general per session; $1 student per session; 8–10:30 p.m., First Unitarian Church, Franklin & Geary Streets, San Francisco.

A discussion of what it means to be *aware* or *awake* as opposed to automatic or asleep, including gestalt exercises to help stay in the state of awareness for longer periods. The two evenings will supplement and reinforce each other, but each is organized to be meaningful and complete by itself.

October 27–28

"Help! I'm Trapped in a Human Body" ©
Frank Rubenfeld

Weekend workshop $50

We will use gestalt to explore the existential *angst* of being human. More mundane concerns such as unfinished business, inveterate top-dogging, and being in the now and in your body will also be part of this weekend's activity.

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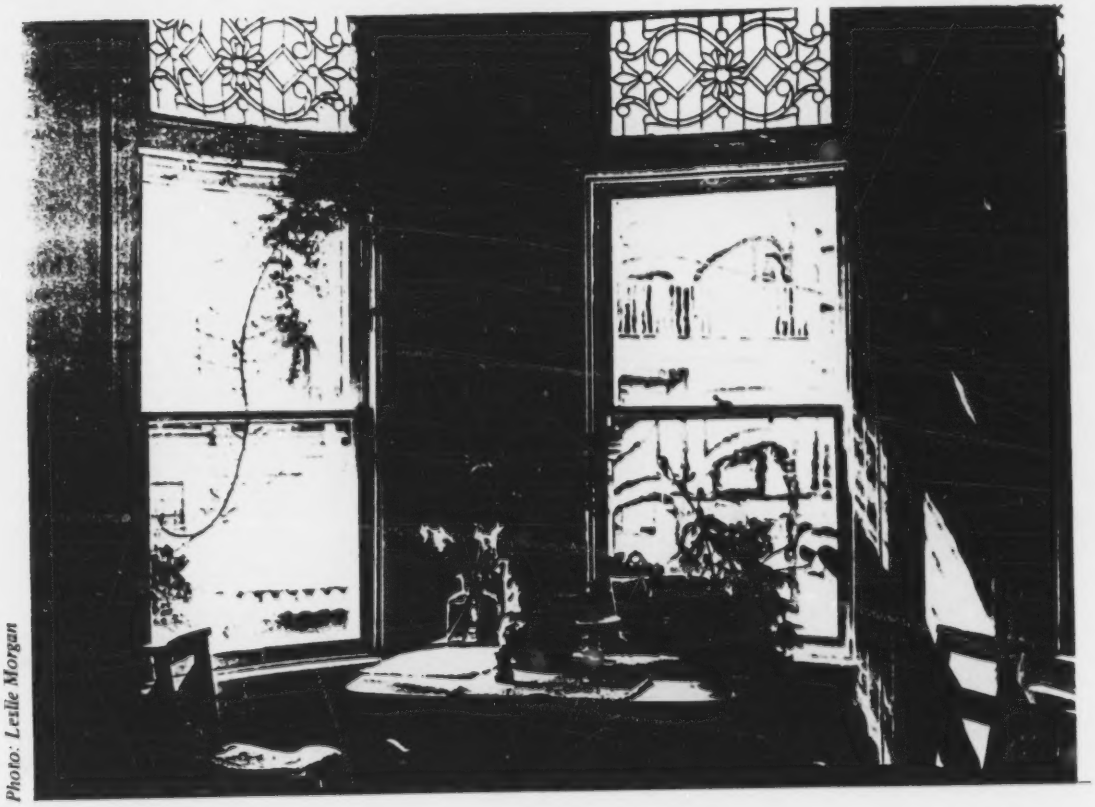

Photo: Leslie Morgan

Childcare can be arranged during all weekends for San Francisco workshops. See page 46.

SAN FRANCISCO

Wednesday, September 12

Releasing People-Helping From the Money Economy
John Enright and a Panel of Discussants from the Good Neighbor Project

Single evening event

FREE; 8–10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

A discussion of several models of "people helping" that may avoid the expense and defects of professionalism. Participants in an ongoing alternative model will discuss their experiences and plans for the development of a free counseling center.

September 16

Unorthodox Medicine
David Sobel

One-day seminar $20

A discussion of unorthodox medical approaches with an emphasis on positive health, preventive medicine and the medicine of the whole person. Areas to be drawn from include: primitive, ancient and Hippocratic medicine, Chinese medicine and acupuncture, yogic therapy, American Indian medicine, nutritional therapy, chiropractics, structural integration, relaxation therapy, and biofeedback training.

September 26-28; October 5-6

Jewish High Holy Day Services: Ritual & Celebration
Rabbi-Hassid Zalman M. Schachter

Rosh Hashana & Yom Kippur Services $65

Zalman Schachter writes: "Through meditation, chanting, breathing, davvining and sacred dance, we will experience the High Holy Days as a ritual in depth and take stock of our inner lives. After honest self-judgement of the past year, a new page in the Book of Life can be written. The wordless sound of the Shofar will accompany our voices from within. The chant of reconciliation, the Kol Nidrey, will mark the release from all commitments, rendering them accessible for re-evaluation. The fast from food and conversation will permit entrance into the innermost sanctuary, and there the most High will be named during the experience of at-one-ment. We will break the fast after Yom Kippur with a love feast."

Prayer manuals will be provided. Participants are urged to dress in white and to bring blankets, cushions, Prayer Shawls and Robes.

Sept. 26 – 3 p.m. to one hour after sunset
Sept. 27 – 9:30 a.m. to 2 p.m.; 5 p.m. to one hour after sunset;
Sept. 28 – 9:30 a.m. to 2 p.m.
Oct. 5 – From sunset to 10 p.m.;
Oct. 6 – 9:30 a.m. to sunset.

DIVERSE

Photo: John Pearson

September 29–30

Alexander Technique for the Photographer
Joan Schirle & Robert Leverant

Weekend workshop $45

A workshop for photographers and companions in awareness of our bodies and minds at work. Specific exercises and individual attention to open vision, concentration and surrender when photographing. Correlation between your body and the design space of your images as a way of extending your own horizon or consciousness through the medium. All participants will receive individual Alexander work. The workshop will be both indoors and outdoors and includes no lab work.

Monday, October 1

About Esalen Programs
Esalen Staff

Single evening event

FREE; 8–10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

An evening for those wishing to discuss programs listed in this catalog with members of the Esalen administrative staff. This is an opportunity for informal, small-group sessions concerning such questions as "Where do I start?", "Which Esalen program is best suited to *my* interests and needs?", "What is the Esalen Sports Center?", "What is the Women's Studies Program?", "What about a residence program in Big Sur?", etc.

Thursday, October 18

New Year–New Class–New Approach (A Shot in Your Affect)
Ford/Esalen Staff in Confluent Education

Single evening event

FREE; 7–10 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Methods and techniques for merging the affective and cognitive domains in the school environment to evoke trust and inclusion in the classroom as developed by the Ford/Esalen Project in Confluent Education.

October 20–21

Experiential Family Therapy Workshop for Professionals
Cyndy Sheldon, Kaye Hall, Rusty Dillon, Joseph Busey

Weekend Workshop $60

How to survive in different family systems including your own. Teaching team will use role playing and didactic methods to teach how participants can be open or closed, effective or ineffective, dead or alive in different kinds of family systems. Emphasis will be on understanding your own family origin and exploring with all of us what it's like to be in a healthy family system. 9:30 to 4:30 p.m., Saturday and Sunday.

October 20–21

Dream Improvisation
John Parkinson and Nina Winter

Weekend workshop $35

Materials will be drawn exclusively from the dream lives of workshop participants. We will use improvisation, movement and other techniques to open these messages from our inner lives. We will explore, share, re-enact our dreams as a means of coming into touch with deeper layers of ourselves.

For Reservation Information, see page 46. For Biographical Information, see pp. 38-42

SAN FRANCISCO

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man within an evolving universe. Starting with each person's existential situation as he perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self.

The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal-keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

Esalen Institute Psychosynthesis Programs are offered in cooperation with the Psychosynthesis Institute, Redwood City, and are coordinated by its directors, Jim and Susan Vargiu.

PSYCHOSYNTHESIS PROGRAMS

September 7–9

The Tailor Re-tailored
John and Heidi Firman

Weekend workshop $50

"Happy he who can look through the Clothes of a Man . . . into the Man himself; and discern . . . an inscrutable venerable Mystery." (Thomas Carlyle, *Sartor Resartus*). We all have been spending our lives sewing ourselves clothes to appear in different inner and outer situations. We will have the opportunity in this workshop to rediscover the tailor in us, who frequently gets lost in the clothing. Growth can be seen as a process of changing clothes, and the tailor's viewpoint can alter the process from compulsive drudgery into playful and purposeful art.

September 22

Introduction to Psychosynthesis
Tom Allen and Margaret Conway

One-day workshop $20

We invite you to spend a day experiencing the exciting and insightful techniques of guided imagery, balance and synthesis of opposites, and an introduction to the joyous will. Bring a workbook and some food for a communal lunch.

October 12–14

Reality
Steven Kull

Weekend workshop $50

Our lives are limited by what we know as reality. What happens if we let go of the limitations we impose on ourselves? What happens if we let go of our definition of the universe? In this workshop we will explore the reality we live in and look for ways to let go of its limitations so as to open ourselves to new ways of perceiving and being in the world.

Monday, October 15

Introduction to Psychosynthesis: An Evening for College Students
Tom Allen

Single evening event

$1 for students; 8–10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Part of a Monday evening series for students interested in the Esalen College Studies Program. See page 6 for more information.

October 19–21

Psychosynthesis and Education
Tom Yeomans

Weekend workshop $50

This workshop, designed specifically for educators, teachers, students and others interested in the educational process, will combine personal experience in psychosynthesis with consideration of its theoretical and practical implications for education at all levels.

PSYCHOSYNTHESIS TRAINING

October 30–December 9

Psychosynthesis Professional Training Series
Jim and Susan Vargiu and Associates of the Psychosynthesis Institute

Six Tuesday evenings, a weekend, and individual sessions. $240

A program designed for psychotherapists, educators, counselors and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field.

The program includes: self-discovery and self-realization–identification and harmonization of subpersonalities–balancing and synthesis of opposites–integration of body, feelings, and mind–development of desired qualities–guided daydream principles and practice–release and utilization of psychological energies–"ideal models"–a model of personality in terms of energy fields–the nature of creativity and of imagination–Height Psychology and the Transpersonal Self–bridging the superconscious: inspiration and ascent-symbols, and the development of intuition–the inner dialogue–reflective and receptive meditation: principles and practice–meditation as a tool for directing energy– optimum utilization of current major approaches to growth.

We will work together so that each can recognize the process of psychosynthesis at work, both in himself and in the others. There will be assignments and exercises to complete between meetings. In addition, each participant will have one private psychosynthesis session, and will have the opportunity to observe one or two sessions of other members of the group. Further individual work during the six weeks period can be arranged.

Six Tuesday evenings, October 30–December 4, and weekend workshop, December 8 and 9. For application form, contact Esalen/San Francisco.

Childcare can be arranged during all weekends for San Francisco workshops. See page 46.

SAN FRANCISCO

Monday evenings or Thursday afternoons

Alexander Technique

Frank Ottiwell (Mondays)

Joan Schirle (Thursdays)

Continuing program $35 per month

Enrollment in each class is limited to 6 persons; new persons may join the classes as spaces become available. Monday evenings, 6–7:30 p.m.; Thursday afternoons, 3–4:30 p.m.

Tuesday and Thursday evenings & Saturday mornings

Aikido & Energy Awareness

Frank Doran (Tuesdays & Saturdays)

Robert Nadeau (Thursdays)

Continuing program

One meeting per week:
$15 per month (general & student)
Two meetings per week:
$25 per month, general;
$20 per month, student
Three meetings per week:
$35 per month, general;
$30 per month, student

A continuous program of instruction in energy awareness and in aikido as a physical expression of that awareness. This course meets each week; participants can be in one, two or three sessions per week, with tuition based on the schedule of participation. Tuesday & Thursday, 8–9:30 p.m.; Saturday, 10–12 noon. First Unitarian Church, Franklin & Geary Streets, San Francisco.

September 1

Massage

Anne Kent Rush

One-day workshop $20

Photo: John Pearson

AIKIDO is a Japanese art of self defense with the emphasis placed on centering, harmony and blending. It is presented as a physical manifestation of energy and spiritual Laws of the Universe.

THE ALEXANDER TECHNIQUE is a method of re-educating the body that can have dramatic effects on the whole person. By applying sensory awareness, inhibition and conscious choice to such everyday activities as sitting, standing, walking and bending, under conditions of continuous feedback from an instructor, we can experience the specific ways in which we interfere with the natural flow of our total pattern and learn to permit and encourage a response that will strengthen our innate tendency towards an integrated use of ourselves—allowing new alternatives of movement and being. Guided by the direct touch of the instructor's hands, the process involves a gentle reorganization of the body in movement and at rest.

BIOENERGETIC ANALYSIS attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this energetic process.

MASSAGE at Esalen is seen and taught as a caring relationship between two people. Consideration is given first to the feelings and the sensory experience of both partners, and after that to technique. Workshops are attended by both couples and singles.

POLARITY THERAPY is an intensive pressure-point massage system similar in both theory and practice to Chinese acupuncture. Developed and synthesized by Dr. Randolph Stone from Oriental traditions many centuries old, its purpose is to realign posture and to release blocked energy throughout the body. Although advanced work in polarity therapy requires extensive training, a number of its more basic techniques are accessible to the interested layman.

By realigning the body structure, **THE ROLF METHOD OF STRUCTURAL INTEGRATION** attempts to release excessive tensions so that the person may experience greater physical and emotional freedom and balance. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage; working with a trained practitioner, the process is usually completed within ten individual sessions.

SENSORY AWARENESS is Charlotte Selver's name for the work she studied with Elsa Gindler in Berlin and brought to the United States in 1938. Workshops in sensory awareness aim at a state of intellectual quiet in which each activity can be fully felt and allowed to find its natural way, free of inhibitions, techniques and images. When ideas are stilled, sense perceptions coming from the entire organism enable the person to function authentically, according to his nature, in all situations. Closely akin, in its pure form, to the practice of zen, Sensory Awareness brings the essential character of meditation to every aspect of daily living.

For Reservation Information, see page 46. For Biographical Information, see pp. 38-42

September 2
Exploring Center
Betsy Hill & Harvey Moskowitz
One-day workshop $20

People function best from a centered state. This will be a day of experiencing that state in depth.

September 8
Structural Patterning in Stillness and Motion
Faith Hornbacher
One-day workshop $25

Limited to 6 participants; each person will be worked with individually.

MAN BODY

INDIVIDUAL SESSIONS WITH PRACTITIONERS OF STRUCTURAL INTEGRATION are available *by appointment only* Each session is about 90 minutes long. Phone 771-1710 for appointments. Practitioners include: Megan Gilchrist, Michael Salveson, Larry Swann, Ed Taylor.

INDIVIDUAL STRUCTURAL PATTERNING APPOINTMENTS are available with Faith Hornbacher *by appointment only*. A course of private work consists of 6 supervised sessions. Each session is about 90 minutes long. Phone 771-1710 for an appointment.

TRAINING IN STRUCTURAL INTEGRATION is offered only through the Ida P. Rolf Foundation for Structural Integration and only upon completion of certain prerequisites. Information about training and research, as well as class announcements may be obtained by writing the Foundation, P.O. Box 1868, Boulder, Colo. 80302.

STRUCTURAL PATTERNING IN STILLNESS AND MOTION, a system designed to achieve structural balance and movement efficiency, works by reinforcing the body in its relationship to the pull of gravity. It directs itself toward providing for change through movement, rather than attempting to achieve idealized static postures. Work sessions are arranged in sequences, and basic movements are gradually integrated into more complex action. The patterns themselves are slow, sometimes subtle, and are done to produce change through awareness.

T'AI CHI CHUAN is an ancient Chinese exercise discipline practiced for health, meditaiton, energy flow and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term *t'ai chi* can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

September 9
Structural Patterning in Stillness and Motion
Faith Hornbacher
One-day workshop $25

See description, Sept. 8, above.

September 15–16
Health Farm Chapel & New Age Body Shop
Betty Fuller
Weekend workshop $55

A synthesis of massage, meditation and movement creating a weekend of experimental learning and dynamic relaxation. The three M's will be practiced as separate disciplines and, to balance this largely non-verbal experience, there will be some group sessions devoted to words, music and dancing.

September 17–October 15
The Moving Center: Develop a Movement Attitude of Caring with Knowledge and Strength
John Graham
Five Monday evenings $35

We will explore movement activities which apply the knowledge of anatomy, body mechanics and alignment, improvisation and visual imagery. Using simple integrated movements of rolling, crawling, climbing, we rise to walk, run, skip, slide and tumble, somersault and swing on ropes to free our movement and our imagination. Live music. 8–10 p.m.

September 18–October 9
Polarity Therapy: For Professionals
Anne Kent Rush
Four Tuesday evenings $50

A training course for those interested in integrating polarity release techniques with their own work. Limited to 14. Send a brief letter to Esalen/San Francisco indicating your training and current work. 7:30–10 p.m.

September 19–November 28
Human Anatomy
Ed Jackson
Ten Wednesday evenings $90

An anatomy course oriented to therapies and disciplines that require a concern for human structure and function: movement, gestalt, dance, massage. Emphasis will be on the skeletal and muscular systems. The material will be presented both through lecture and direct examination and experience of the living body. 7:30–9:30 p.m. Limited to 25 participants. There will be no class during Thanksgiving week. A non-refundable deposit of $50 is required.

SAN FRANCISCO

September 19–December 13
Massage Training
Gunver Jackson
Twelve week class $260

Participants will receive instruction in massage techniques and will work to develop receptivity to touch, both giving and receiving. Relaxation, breathing and gestalt awareness exercises will be used to supplement thorough massage training. Gunver Jackson writes: "The goal here is to teach that life is an act, not a thought. Action in life and our basic need for touch will be combined in the teaching of massage."

The course consists of twelve four-hour classes in massage scheduled for two separate groups. There are also ten classes in human anatomy, taught by Ed Jackson, M.D. The anatomy course is limited to 25 participants and is also open to the general public. Classes will not meet during Thanksgiving week.

Massage Group I: 11 a.m. to 3 p.m., twelve Wednesday mornings, September 19–December 12; limited to ten participants.

Massage Group II: 7 to 11 p.m., twelve Thursday evenings, September 20–December 13; limited to ten participants.

Anatomy Class: 7:30 to 9:30 p.m., ten Wednesday evenings, September 19–November 28.

A non-refundable deposit of $150 is required. Indicate whether Group I or Group II is preferred when registering.

September 22–23
On Being Ourselves
Judyth Weaver
Weekend workshop $50

This workshop will focus on the natural rights and pleasures of our lives. We will use zazen, Burmese meditation awareness, the centering and flow of tai chi chuan, deep inner sensing through breathing and experiments of being and awareness, and come out with our own natural dances of life and joy—of being ourselves.

September 29–30
Alexander Technique for the Photographer
Joan Schirle & Robert Leverant
Weekend workshop $45

A workshop for photographers and companions in awareness of our bodies and minds at work. Specific exercises and individual attention to open vision, concentration and surrender when photographing. Correlation between your body and the design space of your images as a way of extending your own horizon or consciousness through the medium. All participants will receive individual Alexander work. The workshop will be both indoors and outdoors and includes no lab work.

Childcare can be arranged during all weekends for San Francisco workshops. See page 46.

SAN FRANCISCO

September 30
Massage
Anita Feder
One-day workshop $20

October 6–7
Experiencing Wholeness
Seymour Carter
Weekend workshop $50

This workshop will emphasize gestalt methods for contacting ourselves as a self-regulating organism. The practice of integrating our senses, emotions and thought into a perceptual whole releases energy for a more connected experience of living and being. The work will be devoted to releasing excess efforts and tensions and awakening dormant functioning so that the participants may experience greater physical and emotional freedom.

INDIVIDUAL MASSAGE APPOINTMENTS are available in San Francisco to program registrants and to Friends of Esalen. Call 771-1710 for an appointment.

October 6–7; October 13–14
Natural Childbirth
Margot Edwards & Helen Price
Two-weekend workshop
$50 per person
$70 for two persons

A workshop for *anyone* interested in joyful childbirth. (*Anyone* includes everyone, male/female and/or her/his friend, acquaintance, lover, partner.) for complete description see page 11.

October 8–November 26
Hatha Yoga
Amrita (Eva Forest)
Eight Monday evenings
$25 for eight sessions or
$3.50 per class

The course covers over thirty basic *asanas* plus a number of warm-up and transitional exercises. Some time will also be devoted to *pranayama* and related breathing techniques. Participants will learn to stretch, arch and relax the body in a mild, methodical way in order to tap latent energy, and gain greater harmony and balance within and towards the world. 7:30–9:30 p.m.

October 13
Gestalt and Your Body
Anne Kent Rush & Lauree Ellen Moss
One-day workshop $20

We will explore the relationship of our individual verbal statements to our characteristic body expressions by combining gestalt and various body therapy techniques (including breath awareness, Reichian release techniques, polarity and massage).

October 13–November 29
Structural Patterning in Stillness and Motion
Faith Hornbacher
One-day & five Thurs. evenings workshop $75

The material covered in this series workshop will be a complete course of six sessions in structural patterning. One-day workshop, October 13, starts at 10 a.m. Five Thursday evenings, 7:30–10 p.m., October 18–November 29, excluding Thanksgiving.

October 14
Introduction to Tai Chi Chuan
Judyth Weaver
One-day workshop $20

A one-day introduction to the essence of tai chi chuan—flow, centering, grounding.

October 16–November 13
Massage
Brenda Sales & Drew Ford
Five Tuesday evenings $35

We will develop a complete massage from basic techniques. We will emphasize the quality of touch—taking care—sensitizing ourselves. 7:30–10:30 p.m.

THE HUMAN BODY

October 16–December 4
Belly Dancing—Breath Energy
Barbara Clemans
Eight Tuesday evenings
$3.50 per session or
$25 for eight sessions

The lower abdomen is a vital energy center in the body. Belly dancing is an ancient art form utilized not to entice the male but to free and give expression to this energy. We will use chanting and special breath exercises along with movements and postures which facilitate freeing this flow. Once learned, you can use the techniques at home. Emphasis on personal movement, not on performance. Men most welcome. 7:30–9:30 p.m.

October 20–21
To Your Emotions Through Massage
Robert Cromey
Weekend workshop $50

This workshop will provide the basic Esalen massage. In addition participants will have the opportunity to bring to the group feelings and emotions released in the massage.

October 21–November 16
Becoming
Ian Grand
Three one-day workshops
& one five-day workshop $175

An extended workshop to explore the mystery of our emerging that will focus on the possibility of our living the extraordinary in everyday life. We will use energetic and somatic approaches, breath, dance and song to explore the mysteries of our interaction and our individuality, our sacredness and our sexuality, our wonder and our delight. Three day-long workshops, Oct. 21, Oct. 28, and Nov. 4, followed by a five-day workshop, Nov. 12–16. 10 a.m. to 6 p.m. each day.

October 26–28
The Breath and the Dream
Magda Proskauer
Residential weekend workshop $75 including room and meals

A workshop to explore the relationship between body and psyche in the process of consciousness.

October 28
Knowing & Moving the Body
Frank Ottiwell & Judith Stransky
One-day workshop $20

This workshop will draw on the work of F. M. Alexander and Moshe Feldenkrais in mobilizing and re-educating the body/self. Techniques to improve postural alignment and release blocked energy will be taught individually and applied to such everyday activities as sitting, standing, walking and bending. Group exercises, performed within each individual's range of ease and enjoyment, will be used to increase kinesthetic awareness and to show the use of awareness and movement as self-teacher.

Monday, October 29
An Introduction to Body Awareness: An Evening for College Students
George Downing
Single evening event

$1 for students: 8–10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Part of a Monday evening series for students interested in the Esalen College Studies Program. See page 6 for more information.

November 3–May 5
Extended Growth Program
George Downing
Six month program $550
For description and information see page 6.

SAN FRANCISCO

September 1–2
Educating Your Dreams to Work for You
Clara Stewart Flagg & Allen Flagg
Weekend workshop $50

The techniques of dream education used in this workshop come from the cross-cultural research of Dr. Kilton Stewart, the first psychologist to study the Senoi of Malava. The Senoi believe that dreams are psychological forces that the dreamer can learn to control through a process of dream education. The dream directives help toward control of the dream mind and its integration with the conscious mind for increased creativity and psychological maturity. The program includes Senoi dream music recordings, slides of Senoi life, including dream dances and printed materials.

September 15
Biofeedback Training
Eleanor Criswell
One-day workshop $20

This workshop will focus on bio-feedback as it relates to self-exploration, self-development and altering consciousness. An understanding of biofeedback, how to experience it, and how to use your own body signals as feedback will be included. Participants will experience two kinds of biofeedback machines.

September 21–23
Extending Awareness Through Hypnosis
Lee Pulos
Weekend workshop $50

This workshop will combine the approaches of hypnosis and psychosynthesis. Hypnosis and self-hypnosis will be taught so that participants can focus in on themselves through hypnotically induced dreams, automatic writing and drawings. These self-discoveries will be extended through guided fantasies, symbolic imagery and learning how to tune into the "inner theater" of one's unconscious.

September 29–30
Universal Centering
Robert Nadeau
Weekend workshop $50

Center is the state you reach in those special moments when you transcend your norm and function beautifully. Awareness of Energy is the key to that happening. Meditation is experiencing the clarity of that Energy as a Universal Law and a state of Being.

October 20–21
Dream Improvisation
John Parkinson and Nina Winter
Weekend workshop $35

Materials will be drawn exclusively from the dream lives of workshop participants. We will use improvisation, movement and other techniques to open these messages from our inner lives. We will explore, share, re-enact our dreams as a means of coming into touch with deeper layers of ourselves.

TRANSPERSONAL

Transpersonal generally refers to transcendence, mystical experience, peak experience and parapsychological phenomena. The following programs will explore the physical and psychological aspects of such experience.

September 14–16
Transpersonal Growth
Geir V. Vilhjalmsson
Weekend workshop $50

This workshop is focused on new and on ancient ways for exploring the farther reaches of human nature. Participants will experience: Tibetan Buddhist meditation techniques, chanting, visualization, the use of mandalas for expansion of consciousness and music that facilitates peak experiences.

Monday, September 24
Psychotherapy as a Spiritual Discipline
Arthur Deikman
Single evening event

$2 general, $1 student; 8–10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco

Psychotherapy as a philosophy, as a relationship, and as a technical procedure will be compared to aspects of classical, spiritual disciplines and shown to be congruent with them. Examples will be drawn from zen, sufi, hasidic and yogic literatures. The limitations of psychotherapy as a spiritual path will also be discussed.

October 26–28
The Breath and the Dream
Magda Proskauer
Residential weekend workshop $75 including room and meals

A workshop to explore the relationship between body and psyche in the process of consciousness.

October 27–28
Introduction to Energy Awareness
Betsy Hill & Harvey Moskowitz
Weekend workshop $50

We are both physical and energy beings. This will be a weekend of experiencing ourselves as energy beings.

Childcare can be arranged during all weekends for San Francisco workshops. See page 46.

SAN FRANCISCO

Thursday, September 6

Introduction to the Esalen Sports Center
Bob Kriegel, Dave Meggyesy & Sports Center Staff

Single evening event

$2 general, $1 student; 8–10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

September 8–9

A Reunion With the Sea
Ron Clark

Weekend workshop in La Jolla $65

Water has long provided us with a profound metaphor and dream symbol for our emergent bodily states—for our formative processes. Actual experience in the water can provide us with a unique growth-exploration process—a process through which we can, to some degree, experience formative processes and a direction for ourselves to become more fully functioning organisms; more at one with our bodies. In this workshop you will work in a pool and in the ocean. Through group process, bioenergetics, gestalt awareness and meditative techniques we will attempt contact, expression, integration, and sharing of experiences and internal states. Fee includes room but not meals.

September 9–15

The Joy Of The Mountains
Kurt Wehbring

Seven day workshop $180

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees." *(John Muir)*

Mountaineering as a fulfilling, joyful and intense personal experience developing trust and openness with others in the climbing group. Instruction in rock climbing and mountaineering such as rope handling, belaying, rapelling, free climbing, route finding, placing protection will be combined with sensory awareness and positive group encounter. Organization meeting in San Francisco followed by a week in the High Sierras. Meals, specialized mountaineering equipment, and tents will be provided. Details and personal equipment list will be provided on application.

September 15–16

Tennis Flow
Dyveke Spino

Weekend workshop $40

This workshop will integrate principles of body awareness, movement, dance, music and meditation with traditional methods of tennis instruction and practice, to master flowing tennis strokes. The workshop is designed for beginners as well as advanced students of the game. Bring your racquet and a can of tennis balls. Limited to 20 people.

September 17–20; 24–27

Jogging, Conditioning and Creativity
Mike Spino

Eight evenings $20

Cardio-vascular exercise is the base upon which all athletic activities are performed. Without stamina, developed when the body increases its ability to utilize oxygen, sports, games and recreational leisure cannot be performed to capacity. Jogging and running are most effective means of cardio-vascular conditioning. Information about environment, equipment, nutrition, visualization and sensory stimulation techniques, assimilation of yoga and Eastern meditations will be discussed and practiced. Every participant will receive a suggested training plan based on a scale of their potential improvements. Combined with this physical orientation there will be focus on creative work evolving out of the running experience. 5:30–7 p.m., Monday through Thursday each week.

September 18–October 23

Women in Motion
Dyveke Spino & Lillie Leonard

Six Tuesday evenings $30

These seminars are to initiate an interchange of ideas and practices involved in exploring personal growth through physical movement and sports. Each session will include lecture demonstrations, experiential work and discussion so that all may share in the development of a new concept of body awareness through relevant athletic programs for women. These sessions will culminate in a two-day women's Symposium in mid November. A snack dinner will be provided. 7:30–10 p.m. (Co-sponsored by the Esalen Sports Center and Women's Studies Program. Scholarships available.)

September 22–23

Inner Game of Tennis
Tim Gallwey

Weekend workshop in Los Angeles area $40

What flying was to Jonathan Livingston Seagull, tennis can be for contemporary man—a Western Yoga. This workshop explores several practical methods to accelerate the learning process and to achieve the state of relaxed concentration necessary for spontaneous, excellent performance. Appropriate for beginners to advanced players. Limited enrollment.

Photo: John Pearson

SPORTS

The purpose of the Esalen Sport practices and teaching methods recreation. These programs will s Esalen type disciplines and the s arts of China and Japan, dance, body/mind disciplines have relev and recreation. All programs wi except where noted.

September 23

A Day on Mount Tamalpais
Lillie and George Leonard

One-day excursion $10

For five years Lillie and George Leonard have been exploring the 200 miles of trails on and around Mount Tamalpais—in their mystical as well as physical dimensions. During a day-long mountain excursion, they will share their hiking lore, which includes modes of centering, blending and energy awareness derived from aikido. Participants should bring light lunches, and meet at the Mountain Home Inn parking lot. 10 a.m.–5 p.m.

For Reservation Information, see page 46. For Biographical Information, see pp. 38-42

SAN FRANCISCO

CENTER

enter is to develop new concepts, athletics, physical education and to develop an interchange between ting experience. We feel the martial chology, the Yogas and many Esalen e in the playing and teaching of sports e held in the San Francisco Bay Area

October 6–7

Structural Patterning in Sports
Judith Aston

Weekend workshop $25

Structural Patterning is a system for increasing balance, efficiency, and economy of movement. In this workshop structure and movement analysis will be done for each participant. Specific individual exercises based on these analyses will be given to each person. 10 a.m. to 6 p.m., Saturday; 10 a.m. to 2 p.m., Sunday.

October 13–14

Tennis Flow
Dyveke Spino

Weekend workshop $40

See description, September 15–16, above.

October 13–14

Inner Game of Tennis
Tim Gallwey

Weekend workshop in Los Angeles area $40

See description, September 22–23, above.

October 18–November 15

Pre-Season Ski Workshop
Dyveke Spino, Judith Aston, Bob Kriegel and Mike Spino

Five Thursday evenings $25

There's more to skiing than just getting down the slope. These workshops will explore other important aspects necessary for the safe enjoyment of the skiing experience, such as: new learning techniques based on body awareness, movement, balance, rhythm, visualization and centering, latest technical equipment, reading the mountain, understanding the snow conditions, and ski touring. An extra session will be devoted to introducing children to skiing. The series will culminate in a weekend ski trip to Squaw Valley (Cost not included). Details will be worked out at a later date. Five Thursday evenings, 7:30–10 p.m.

October 20–21

Aikido and Creativity in Sport
Bob Nadeau

Weekend workshop $40

Through the physical art of aikido we will work with a psychological and philosophical approach to movement. We will learn how to observe attitudes in motion and how to make corrections and improvements on those attitudes leading to a more complete mind/body unity.

October 26–28

Sensory Awareness in Sports
Seymour Carter

Weekend workshop $40

This workshop will aim for a state of intellectual quiet in which each movement can be fully felt and allowed to find its natural way, free of inhibitions, techniques and images. When the mind is stilled, sense perceptions coming from the entire organism enable each person to function authentically according to their nature in all situations.

November 24–December 2

Nine Days in the Bahamas–A Reunion With the Sea
Ron Clark, Willy Myers, Bob Kriegel

Nine-day workshop $585

The sea has long provided us with a profound metaphor and dream symbol. It offers many unique opportunities to develop mind/body unity in a different gravity situation, and to explore our new/old environment, psychologically, physically and sensually.

This workshop on a secluded island in the Exumas, Bahamas, will focus on points of integration between land and sea experiences. Traditional growth techniques will be integrated with scuba diving, spear fishing, snorkeling, sailing, deep sea fishing, water skiing, tennis, and blending with the sun, sea, air and earth. All equipment including room and board will be supplied. The round trip fare from Miami to Georgetown, Exumas, Bahamas is approximately $65. Deadline for reservations is October 1.

October 6

New Games
Stewart Brand and George Leonard

One-day workshop $15

Anthropologists have noted that sports and games reflect a culture's basic values. At this time of cultural transformation, it is reasonable to look for the emergence of new forms of play. For several years Stewart Brand and George Leonard have been involved in the invention of games and sports. They will invite participants to engage in these innovative activities. Participants hopefully will help invent additional sports and games during the workshop. 10 a.m.–5 p.m.

The Sports Center is publishing a bimonthly newsletter which is devoted to developing an interchange of new concepts, practices and information in sports, physical education and recreation. If you would like a copy, just drop us a note, c/o Esalen/San Francisco. Sports Center representatives are also available to give talks, lecture-demonstrations, workshops and clinics, and to design courses for schools.

Childcare can be arranged during all weekends for San Francisco workshops. See page 46.

THE ESALEN CALENDAR SEPTEMBER—OCTOBER 1973

SAN FRANCISCO PROGRAMS

THE WEEKEND OF AUGUST 31

Aug. 31-Sept. 2	One Plus One: Workshop for Couples: Kriegels (weekend): p. 8
Aug. 31-Sept. 2	Workshop for Gay People: S. Smith (weekend): p. 8
Sept. 1	Massage: Rush (1 day): p. 17.
Sept. 1-2	Educating Your Dreams to Work for You: Flaggs (weekend): p. 19
Sept. 1-2	Gestalt & Gurdjieff: Camhi (weekend): p. 12
Sept. 2	Exploring Center: Hill, Moskowitz (1 day): p. 17

THE WEEK OF SEPTEMBER 2

Sept. 6 [FREE]	Introduction to Esalen Sports Center: Kriegel, Meggyesy, et al. (single eve): p. 20
Sept. 7-9	The Tailor Re-tailored: Firmans (weekend): p. 15
Sept. 8	Structural Patterning: Hornbacher (1 day): p. 17
Sept. 8-9	Women & Creativity: Di Prima (weekend): p. 10
Sept. 8-9	Singles' Workshop: Sloan (weekend): p. 8
Sept. 8-9	Reunion With the Sea: R. Clark (weekend in La Jolla): p. 20
Sept. 8-9	Gestalt Awareness Training: Gershenson, Sullivan (weekend): p. 12
Sept. 9	Structural Patterning: Hornbacher (1 day): p. 17

THE WEEK OF SEPTEMBER 9

Sept. 9-15	Joy of the Mountains: Wehbring (7 days): p. 20
Sept. 10	You Don't Have to Suffer to Feel Good: Sloan (single eve): p. 8
Sept. 12 [FREE]	Releasing People-Helping from the Money Economy: Enright (single eve): p. 14
Sept. 14-16	Transpersonal Growth: Vilhjalmsson (weekend): p. 19
Sept. 15	Biofeedback Training: Criswell (1 day): p. 19
Sept. 15-16	Gestalt & Human Liberation: Rubenfeld, Krieger (weekend): p. 12
Sept. 15-16	Health Farm Chapel & New Age Body Shop: Fuller (weekend): p. 8
Sept. 15-16	When Your Marriage Dies You Can Have New Life: Cromey (weekend): p. 8
Sept. 15-16	Tennis Flow: D. Spino (weekend): p. 20
Sept. 16	Unorthodox Medicine: Sobel (1 day): p. 14
Sept. 16	Yoga Dance of the Self: Asher, Glendinning (1 day for women): p. 10

BIG SUR PROGRAMS

THE WEEKEND OF AUGUST 31

Aug. 31-Sept. 2	Workshop for Potential Psychics: Nadeau, Jones (weekend): p. 28
Aug. 31-Sept. 2	What's Available: Browns (weekend): p. 28
Aug. 31-Sept. 2	Intensive Breath Workshop: G. Downing (weekend): p. 28

THE WEEK OF SEPTEMBER 2

Sept. 2-7	Experiencing Wholeness: Carter (5 days): p. 28
Sept. 2-7	A Tender Invitation: Sloan (5 days): p. 28
Sept. 2-7	Massage Workshop: Morrison & Horan (5 days): p. 28
Sept. 2-7	Education in Feeling & Purpose: A Neo-Reichian Bioenergetic Week: Kelley, Carmen, Dillon (5 days): p. 28
Sept. 2-14	Indeterminacy in the Mind, Determinacy in the Body: John & Toni Lilly (2 weeks): p. 35
Sept. 7-9	Psychosomatic Medicine, A.D. 2000: Pribram (weekend): p. 28
Sept. 7-9	Accentuate the Positive: Lefer (weekend): p. 28
Sept. 7-9	One Plus One: Kriegels (weekend): p. 28
Sept. 7-9	Improvisational Gestalt: Downing, Davis (weekend): p. 28

THE WEEK OF SEPTEMBER 9

Sept. 9-14	Gestalt: Price, Stewart (5 days): p. 29
Sept. 9-14	Body, Mind, Spirit: Butler (5 days): p. 29
Sept. 9-14	Everyday Mind: Weaver (5 days): p. 29
Sept. 9-14	Beyond Encounter: Kriegels (5 days): p. 29
Sept. 14-16	Renascence: Butler (weekend): p. 29
Sept. 14-16	Gestalt Plus: Browns (weekend): p. 29
Sept. 14-16	Changing Times: Cultural Innovation as Viewed by Jungian Psychology: Perry (weekend): p. 29
Sept. 14-16	Psychodrama & Encounter: Andersons, Moore (weekend):

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THE ESALEN CALENDAR

SEPTEMBER—OCTOBER 1973

SAN FRANCISCO PROGRAMS

THE WEEK OF SEPTEMBER 16

Sept. 17-Oct. 15	The Moving Center: Graham (5 Mon. eves): p. 17
Sept. 17-20:	Jogging, Conditioning & Creativity: M. Spino (8 eves): p. 20
Sept. 18-Oct. 9	Polarity Therapy for Professionals: Rush (4 Tues. eves): p. 17
Sept. 18-Oct. 23	Women in Motion: D. Spino, L. Leonard (6 Tues. eves): p. 17
Sept. 19-Nov. 21	Human Anatomy: E. Jackson (10 Wed. eves): p. 17
Sept. 19-Dec. 19	Massage Training: G. Jackson (12 238k course): p. 17
Sept. 20 [FREE]	Introduction to Esalen: Foxes (single eve): p. 8
Sept. 21-23	Celebrating Uniqueness: Lefer (weekend): p. 8
Sept. 21-23	Extending Awareness Through Hypnosis: Pulos (weekend): p. 19
Sept. 22	Introduction to Psychosynthesis: Allen, Conway (1 day): p. 15
Sept. 22-23	On Being Ourselves: J. Weaver (weekend): p. 17
Sept. 22-23	Inner Game of Tennis: Gallwey (weekend in Los Angeles): p. 20
Sept. 22-Dec. 15	Female Consciousness: Women's Studies Collective (12 week program): p. 10
Sept. 23	A Day on Mount Tamalpais: Leonards: p. 20

THE WEEK OF SEPTEMBER 23

Sept. 24	Psychotherapy as a Spiritual Discipline: Deikman (single eve): p. 19
Sept. 28-29	What Do You Want?: Enrights (weekend): p. 12
Sept. 28-30	A Weekend with Helen Stephens (residential): p. 8
Sept. 29	Couples' Workshop: Foxes (1 day): p. 8
Sept. 29-30	Universal Centering: Nadeau (weekend): p. 19
Sept. 29-30	Alexander Technique for the Photographer: Schirle, Leverant (weekend): p. 17
Sept. 30	Massage: Feder (1 day): p. 18

THE WEEK OF SEPTEMBER 30

Oct. 1 [FREE]	About Esalen Programs: Esalen Staff (single eve): p. 6
Oct. 2	Concept of Energetic Studies: Keleman (single eve): p. 7
Oct. 3	New Ways of Meeting New People: Cromey (single eve): p. 9
Oct. 4	Feldenkrais Method: Alon, Keleman (single eve workshop): p. 7
Oct. 5-7	The Title is Unimportant: Kriegels (weekend): p. 9
Oct. 6	New Games: Brand, Leonard (1 day): p. 21
Oct. 6-7	Experiencing Wholeness: Carter (weekend): p. 18
Oct. 6-7	Structural Patterning in Sports: Aston (weekend): p. 21
Oct. 6-7; Oct. 13-14	Natural Childbirth: Edwards, H. Price (2 weekends): p. 11
Oct. 7	Singles' Workshop: Lefer (1 day): p. 9

BIG SUR PROGRAMS

THE WEEK OF SEPTEMBER 16

Sept. 16-21	Experiencing Esalen: Esalen Staff (5 days): p. 29
Sept. 16-21	Process of Aliveness: Surpin (5 days): p. 29
Sept. 16-21	Encounter & Massage: Sloan (5 days): p. 29
Sept. 16-21	Universal Centering: Nadeau (5 days): p. 29
Sept. 16-28	Gestalt & Arica: Lyon (2 weeks): p. 35
Sept. 21-23	A Western Approach to Centering: Carter (weekend): p. 30
Sept. 21-23	Dance as a Creative Experience for Everyone: Halprin, Nash Santiago (weekend): p. 30
Sept. 21-23	Self-Hypnosis & Selective Awareness: E. Miller (weekend): p. 30
Sept. 21-23	Being a Woman: Liberation From Within: Yoemans & Hubbell (weekend): p. 30

THE WEEK OF SEPTEMBER 23

Sept. 23-28	Work, Worship & Wisdom: Medow & Johnson (5 days): p. 30
Sept. 23-28	Health Farm Chapel & New Age Body Shop: Leigh, Fuller (5 days): p. 30
Sept. 23-28	Being Together: Silvermans (5 days): p. 30
Sept. 28-30	The Physical, Psychological & Spiritual Dimensions of Yoga: Kramer (weekend): p. 30
Sept. 28-30	Massage for Couples: Morrison & Horan (weekend): p. 30
Sept. 28-30	Something Very Serious: Weil, Ornstein (weekend): p. 30
Sept. 28-30	Our Experience of Sai Baba: Devi, Bocks (weekend): p. 30

THE WEEK OF SEPTEMBER 30

Sept. 30-Oct. 4	Advanced Gestalt Workshop: Martin (5 days): p. 31
Sept. 30-Oct. 4	Psychosynthesis: Kull, Carter (5 days): p. 31
Sept. 30-Oct. 4	Music–Meditation–Massage–Movement: Clemans (5 days): p. 31
Sept. 30-Oct. 4	Finding Your Own Way: Lefer (5 days): p. 31
Sept. 30-Oct. 4	Introduction to Self Healing: Prestera, Wheeler (5 days): p. 35
Oct. 5-7	Imagination & Intuition: A Direct Path to Self-Realization: Allen (weekend): p. 31
Oct. 5-7	Massage & Gestalt: Rubenfeld & Krieger (weekend): p. 31
Oct. 5-7	They May Never Understand You, But It's O.K.: Schwartz (weekend): p. 31
Oct. 5-7	You Only Have Your Body: Clemans (weekend): p. 31

THE ESALEN CALENDAR SEPTEMBER—OCTOBER 1973

SAN FRANCISCO PROGRAMS

THE WEEK OF OCTOBER 7

Oct. 8	Introduction to Gestalt: Barney, Moss (single eve for college students): p. 12
Oct. 8-12	The Body as Living Expression of the Formative Principle: Keleman (5 days residential): p. 7
Oct. 8-	Feldenkrais Method: Alon (ongoing Mon. & Wed. eves): p. 7
Oct. 8-Nov. 26	Hatha Yoga: Amrita (8 Mon. eves): p. 18
Oct. 10-31	Aikido for Women: Hill (4 Wed. eves): p. 11
Starts Oct. 12	Writing Workshop for Women: Di Prima (ongoing): p. 11
Oct. 12-14	Exploration & Integration: Foxes (weekend): p. 9
Oct. 12-14	Reality: Kull (weekend): p. 15
Oct. 13	Gestalt & Your Body: Rush, Moss (1 day): p. 13
Oct. 13	Feldenkrais Method: Alon (1 day): p. 7
Oct. 13-14	Tennis Flow: D. Spino (weekend): p. 21
Oct. 13-14	Inner Game of Tennis: Gallwey (weekend in Los Angeles): p. 21
Oct. 13-Nov. 15	Structural Patterning: Hornbacher (1 day & 5 Thurs. eves): p. 18
Oct. 14	Sexuality, Feminism & Gay Consciousness: Aguilar, Gearhart, Kallen (1 day for women): p. 11
Oct. 14	Introduction to Tai Chi Chuan: J. Weaver (1 day): p. 18

THE WEEK OF OCTOBER 14

Oct. 14	Freeing the Voice: Parks (single eve): p. 7
Oct. 15	Introduction to Psychosynthesis: Allen (single eve for college students): p. 15
Oct. 15-Nov. 19	Invitations to Openness: Anderson (6 Mon. eves): p. 9
Oct. 16-Nov. 13	Massage: Sales, Ford (5 Tues. eves): p. 18
Oct. 16-Dec. 11	Belly Dancing—Breath Energy: Clemans (8 Tues. eves): p. 18
Oct. 18 [FREE]	New Year—New Class—New Approach: Ford/Esalen Staff (single eve): p. 14
Oct. 18-Nov. 15	Pre-Season Ski Workshop: Spinos, Aston, Kriegel (5 Thurs. eves): p. 21
Oct. 19-21	Psychosynthesis & Education: Yeomans (weekend): p. 15
Oct. 19-21	Freeing the Voice: Parks (weekend): p. 7
Oct. 21	Humor: A Sense of Letting Go: Sloan (1 day): p. 9
Oct. 20; Oct. 27	Overcoming Sex-Role Socialization: Center for Non-Sexist Education (2 one-days): p. 11
Oct. 20-21	To Your Emotions Through Massage: Cromey (weekend): p. 9
Oct. 20-21	Dream Improvisation: Parkinson, Winter (weekend): p. 19
Oct. 20-21	Aikido & Creativity in Sport: Nadeau (weekend): p. 21
Oct. 20-21	Experiential Family Therapy Workshop for Professionals: Sheldon, Dillon, Hall, Busey (weekend): p. 13
Oct. 21	Open Psychodrama Encounter: Andersons (1 day): p. 9

BIG SUR PROGRAMS

THE WEEK OF OCTOBER 7

Oct. 7-12	A Week On the Other Side of Self: Schwartz (5 days): p. 31
Oct. 7-12	Contact with Life: A Bioenergetic Workshop: Conant (5 days): p. 31
Oct. 7-12	Listen to Yourself: A Gestalt Workshop: F. Rubenfeld (5 days): p. 31
Oct. 7-12	Experiencing Esalen: Esalen Staff (5 days): p. 31
Oct. 7-12	Massage, Mantram & Gestalt: Prestera, Wheeler (5 days): p. 35
Oct. 12-14	You Don't Have to Suffer to Feel Good: Sloan (weekend): p. 32
Oct. 12-14	Releasing Fixed Patterns: King (weekend): p. 32
Oct. 12-14	Introduction to Aikido: Nadeau (weekend): p. 32
Oct. 12-14	Gestalt Perception in Life Styles: Rhyne (weekend): p. 32
Oct. 12-14	Living Awareness Meditation: Gunther (weekend): p. 35

THE WEEK OF OCTOBER 14

Oct. 14-19	Renascence: Butler (5 days): p. 32
Oct. 14-19	Gestalt & Massage: Price, Stewart (5 days): p. 32
Oct. 14-19	Universal Centering: Nadeau (5 days): p. 32
Oct. 14-19	Encounter & Massage: Sloan (5 days): p. 32
Oct. 14-Nov. 9	Introduction to an Unnamed Psychology: Gunther, Prestera (4 weeks): p. 35
Oct. 19-21	More: Butler (weekend): p. 32
Oct. 19-21	A Western Approach to Centering: Carter (weekend): p. 32
Oct. 19-21	Improvisational Gestalt: Downing, Davis (weekend): p. 32
Oct. 19-21	Education: A Political Process: Vasconcellos (weekend): p. 32

THE ESALEN CALENDAR

SEPTEMBER—OCTOBER 1973

SAN FRANCISCO PROGRAMS

THE WEEK OF OCTOBER 21

Oct. 21-Oct. 28	Becoming: Grand (8 days): p. 18
Oct. 22 [FREE]	Introduction to Esalen: Sloan (single eve): p. 8
Oct. 23-Nov. 20	Energy, the Body & Dreams: Keleman (5 eves): p. 7
Oct. 24	Theory & Practice of Aliveness: Enright (single eve): p. 13
Oct. 26-28	Couples in Communication: McGaws (weekend): p. 9
Oct. 26-28	Sensory Awareness in Sports: Carter (weekend): p. 21
Oct. 26-28	The Breath & the Dream: Proskauer (residential weekend): p. 18
Oct. 27	Feldenkrais Method: Alon (1 day): p. 7
Oct. 27	Massage for Women: Krieger (1 day): p. 11
Oct. 27-28	Introduction to Energy Awareness: Hill, Moskowitz (weekend): p. 19
Oct. 27-28	"Help! I'm Trapped in a Human Body.": F. Rubenfeld (weekend): p. 13
Oct. 28	Knowing & Moving the Body: Ottiwell, Stransky (1 day): p. 18

THE WEEK OF OCTOBER 28

Oct. 29	Introduction to Body Awareness: G. Downing (single eve for college students): p. 18
Oct. 30-Dec. 16	Psychosynthesis Professional Training Series: Vargius (6 Tues. eves, 1 weekend, individual sessions): p. 15
Oct. 31	Theory & Practice of Aliveness: Enright (single eve): p. 13

BIG SUR PROGRAMS

THE WEEK OF OCTOBER 21

Oct. 21-26	Dance Workshop: Halprin, Nash, Santiago (5 days): p. 33
Oct. 21-26	Improvisational Gestalt: Downing, Davis (5 days): p. 33
Oct. 21-26	Experiencing Wholeness: Carter (5 days): p. 33
Oct. 26-28	Introduction to Body Consciousness: Surpin (weekend): p. 33
Oct. 26-28	Meditations in Action: Weaver (weekend): p. 33
Oct. 26-28	Personality & Personal Growth: Fadiman (weekend): p. 33
Oct. 26-28	Massage for Couples: Morrison & Horan (weekend): p. 33

THE WEEK OF OCTOBER 28

Oct. 28-Nov. 2	Gestalt & Movement: Price, Stewart (5 days): p. 33
Oct. 28-Nov. 2	The Workshop is You & Me, the Title is Unimportant: Kriegels (5 days): p. 33
Oct. 28-Nov. 2	Treasure Hunt: Conway (5 days): p. 33

Photo: John Pearson

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BIG SUR PROGRAMS

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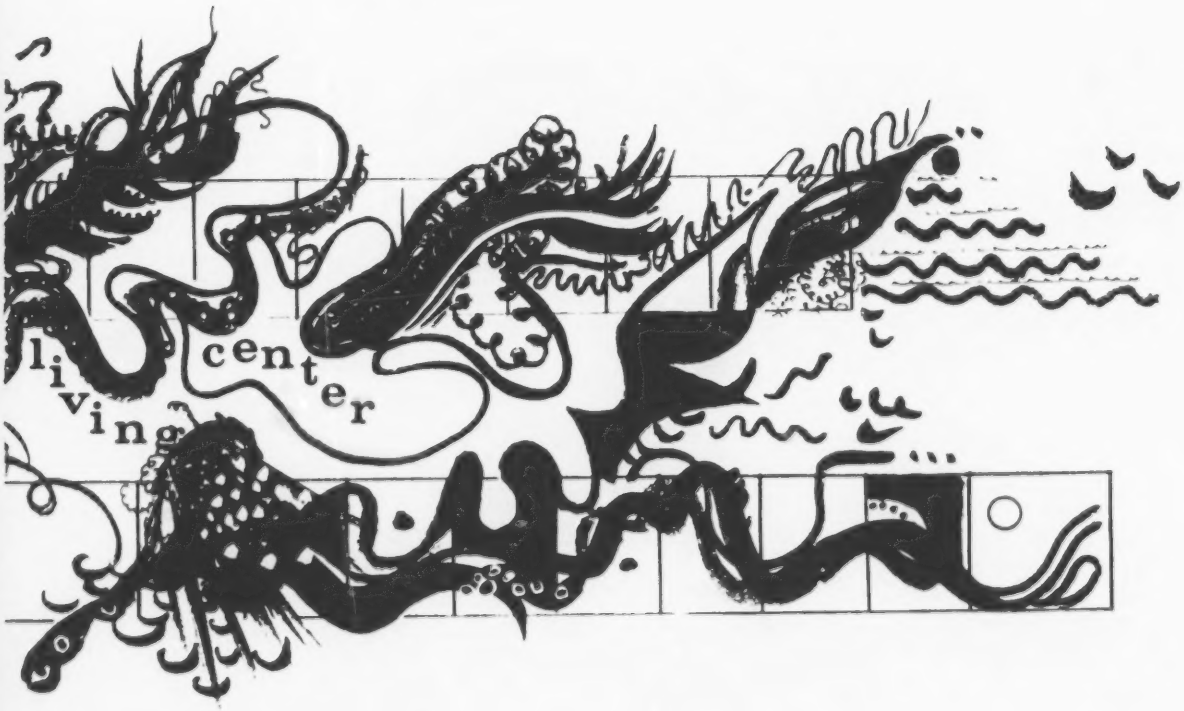

living center

BIG SUR

THE WEEKEND OF AUGUST 31 – SEPTEMBER 2

What's Available
George & Judith Brown

An experiential weekend workshop to help participants get more in touch with what's inside (the self, personal and transpersonal) and outside (one's living and working environment, including others). Focus will be on individual growth in a group setting. Suitable for couples as well. Limited to 20 persons. $100.

Workshop for Potential Psychics
Robert Nadeau & Ron Jones

A workshop for those who think they might be sensitive or psychic and wish to explore, understand and be more comfortable with it. There will be discussion, awareness practices to clarify your ability, and techniques to be at ease with it. $100.

Intensive Breath Workshop
George Downing

The breath is a microcosm of the personality. Learning to find and unlock the breath can lead to more richness and certainty of emotion, increased energy, realignment of physical posture and a deeper grasp of one's personal rhythm of existence. We will both verbally and nonverbally explore these possibilities using gestalt and a number of different methods of working intensively with the breath. $90.

THE WEEK OF SEPTEMBER 2-7

A Tender Invitation
Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience – love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." $220

Massage Workshop
Peggy Morrison & Richard Horan

Esalen massage for singles and couples. $250

Experiencing Wholeness
Seymour Carter

This workshop will emphasize gestalt methods for contacting ourselves as self-regulating organisms. The practice of integrating our senses, emotions and thought into a perceptual whole releases energy for a more connected experience of living and being. The work will be devoted to releasing excess efforts and tensions and awakening dormant functioning so that the participants may experience greater physical and emotional freedom. $220

Education in Feeling & Purpose: A Neo-Reichian Bioenergetic Week
Charles Kelley, Laura Dillon & Rita Carmen

Powerful non-verbal techniques derived from Wilhelm Reich open deep involuntary expressions of pain, fear, rage and grief that have been blocked by the muscular armor. By working through these, participants can discover a new capacity for pleasure, for trust, love and joy. The freeing of feeling is then used to lead into a re-evaluation of the style and objectives of one's life. $280

THE WEEKEND OF SEPTEMBER 7-9

One Plus One
Bob & Marilyn Kriegel

A workshop for couples. $90

Improvisational Gestalt
Jack Downing & Lyn Davis

Improvising together, we will create and explore our laughter, sadness and rage. Our synthesis of Perlsian gestalt, Esalen encounter and massage, joined with Arica consciousness expanding exercises works to dissolve your blocks to expression. $100

Accentuate the Positive
Lenore Lefer

Hidden within many of our traits, habits and hangups are positive, creative qualities wanting to emerge. In an atmosphere that is supportive and nourishing, we will explore and encourage that emergence. Gestalt, soft-encounter and psychosynthesis techniques will be used to accentuate the positive. $90

Psychosomatic Medicine, A.D. 2000
Karl Pribram

1. Definition – it isn't what it's supposed to be or the "no matter, never mind" approach to the mind-body problem.
2. Informaiton and Uncertainty – processing characteristics of the nervous system.
3. Reflex and Will – control characteristics of the nervous system.
4. Health – a problem of control?

From these building blocks it will be suggested – and evidence presented – that medical practice in the 21st century will be as different from current practice as current practice is different from that which characterized medicine in the preantibiotic period. The biological revolution continues – and what we call "medicine" becomes altered almost beyond recognition. $90

For Reservation Information, see page 46. For Biographical Information, see pp. 38-42

THE WEEK OF SEPTEMBER 9-14

Gestalt
Richard Price & Chris Stewart
$250

Body, Mind, Spirit
Michael Butler
Body, mind and spirit are one. We will explore encounter, gestalt, meditation, rolfing and aikido as paths to their common meeting place, the self. Limited to 12. $250

Everyday Mind
Judyth Weaver
We will acknowledge and encourage our own true natures through movement and meditation, through the form of tai chi chuan, massage, breathing, sitting, standing, walking, running, laughing, crying, being . . . living. **$220**

Beyond Encounter
Bob & Marilyn Kriegel
This workshop will combine encounter, gestalt and psychosynthesis techniques to achieve greater unity of mind, body and emotions. Some work and some play . . . a chance to experience each other in as wide a range as possible. **$220**

THE WEEKEND OF SEPTEMBER 14-16

Renascence
Michael Butler
Each of us carries within him, buried beneath layers of psychic tensions, the fertile seed of a new self. We will use many of the Esalen body-oriented and psychological techniques to allow ourselves to experience that seed center of self and nourish it. Limited to 12. **$100**

Psychodrama & Encounter
Walt & Maurica Anderson, Mary Moore
We will use a wide variety of techniques for encountering everybody who's here this weekend and psychodrama for encountering everybody who isn't. **$90**

Gestalt Plus
George & Judith Brown
A workshop for individuals and couples where the approaches of gestalt therapy are combined with techniques from psychosynthesis. The focus will be on reowning energy and discovering new and alternative ways to be as individuals and in primal relationships. Emphasis will also be placed on what to do after leaving the workshop. **$100**

Changing Times: Cultural Innovation as Viewed by Jungian Psychology
John Perry
In times of profound cultural reorientation, the archetypal psyche becomes activated in its innermost depths and gives rise through gifted visionaries to new forms that speak for the new psychic conditions. **$90**

THE WEEK OF SEPTEMBER 16-21

Process of Aliveness
Simone Surpin
This week we will focus on extending our experiential "knowing" of our energy process: how we contract and expand our energies within ourselves, with each other and with the harmonies of the universe. As tools we will use an integration of group process and body work with meditation, chanting and energy awareness exercises. **$220**

Universal Centering
Robert Nadeau
Center is the state you reach in those special moments when you transcend your norm and function beautifully. Awareness of energy is the key to that happening. Meditation is experiencing the clarity of that energy as a Universal Law and a state of being. **$250**

Experiencing Esalen
Esalen Staff
$220

Encounter & Massage
Harry Sloan
We will explore how we touch each other verbally and non-verbally . . . how to communicate what we are feeling and how to ask for what we want. **$225**

BIG SUR

THE WEEKEND OF SEPTEMBER 21-23

Dance as a Creative Experience For Everyone
Ann Halprin, Xavier Nash & Benito Santiago

"Tis to create, and in creating live a being more intense, that we endow with form our fancy, gaining as we give the life we image."

We will learn to move our bodies, inter-act as a group together in movement, and utilize our Big Sur setting to celebrate the ways we come together through movement and dance. **$100**

Being a Woman: Liberation From Within
Ann Yeomans & Ann Hubbell

In this workshop we will use the tools of psychosynthesis to identify and explore the inner blocks to true liberation. In so doing, we will work toward balancing and synthesizing our many selves, developing a center of consciousness and choice, and freeing and directing energy to act. We will seek ways to honor the strength and the wisdom of the women of the past as well as to make ourselves ready for the challenges and opportunities the present and future offer us. **$90**

Self-Hypnosis & Selective Awareness
Emmett Miller

Selective Awareness provides a set of techniques for objectively identifying and unlearning undesirable characteristics of the mind or body and rapidly learning desirable patterns. These techniques are applied in a specific state of mind (similar to but not equivalent to meditational and self-hypnotic states) which allows complete recall of information necessary to illuminate and understand reflexes underlying any previously learned patterns. $100

A Western Approach to Centering
Seymour Carter

My work is living and teaching a way of life which gradually develops the capacity to live in the here and now and to be all there for whatever life brings. Working with the traditional methods of meditation and aikido, and the contemporary methods of gestalt and sensory awareness, this workshop will introduce participants to a Western approach to centering. **$90**

THE WEEK OF SEPTEMBER 23-28

Health Farm Chapel & New Age Body Shop
Wm. S. Dub Leigh & Betty Fuller, props.

A synthesis of massage, meditation and movement, creating five days of experimental learning and dynamic relaxation. The 3 M's will be practiced daily as separate disciplines and integrated into the total environment. To balance this largely non-verbal experience, at least one group session each day will be devoted to words, music and dancing. **$280**

Work, Worship & Wisdom
Deborah Medow & Lynne Johnson

We will share with you what helps make our lives meaningful – meditation, chanting, yoga, diet, balancing the body, music, movement and massage. $220

Being Together
Julian & Beverly Silverman

A workshop for couples. **$220**

THE WEEKEND OF SEPTEMBER 28-30

The Physical, Psychological & Spiritual Dimensions of Yoga
Joel Kramer

Both the interested novice and the serious student of yoga can learn how to read his own feedback system so that he can become his own teacher. Hatha yoga, jnana yoga and pranayama (breathing) will be covered, as well as the nature of yoga as it relates to the basic problems of human beings: fear, death, time, sexuality, love, freedom, pleasure and bliss. **$100**

Massage for Couples
Peggy Morrison & Richard Horan

$100

Something Very Serious
Andrew Weil & Robert Ornstein

$100

Our Experience of Sai Baba
Indra Devi, Dick & Janet Bock

Satya Sai Baba proclaimed himself at 14 to be an avatar of God, who had appeared, like Christ, Rama and Krishna, to bring a suffering mankind back to truth, holy duty, peace and love. Baba reveals his divinity by materializing sacred objects with a wave of his hands, by miracles of healing and other extraordinary powers. His message is that God (pure consciousness) already exists within us, but will be fully realized only after we awake from the imprisonment of our ego and senses and follow the path of the heart. We will show a sound film and slides of Baba, teach the devotional songs, and recreate a typical day at the ashram starting at 5 a.m. on Saturday with meditation and chanting. Bring instruments. **$85**

For Reservation Information, see page 46. For Biographical Information, see pp. 38-42

THE WEEK OF SEPTEMBER 30–OCTOBER 5

Advanced Gestalt Workshop
Robert Martin

The emphasis in this workshop will be on straight gestalt work with individuals who have prior gestalt experience. This workshop is *not* open to the novice. When making application, please include a statement of prior gestalt experience and the therapists with whom you have worked. **$250**

Finding Your Own Way
Lenore Lefer

The focus of this workshop will be on becoming more aware of yourself and what is around you. This awareness will allow alternatives to emerge and choices to become clear.

Gestalt, soft-encounter and psychosynthesis techniques will be offered and participants will then have the opportunity to select what they can best use to find their own way. $220

Psychosynthesis
Steven Kull & Betsy Carter

In this workshop we will explore means for actualizing the transpersonal Self – that higher, most essential Self which we may have glimpsed in peak experiences. We will begin by examining our various "selves," our roles and subpersonalities, and work toward integrating them into a more joyous and whole experience of that higher Self. **$250**

Music–Meditation–Massage–Movement
Barbara Clemans

Meditation need not be an austere discipline. Each breath, each gesture, each shift of weight in the body, each sound, each contact with another can be experienced fully – can be a meditation. We will use some Arica meditations with music, massage and movement to ease tensions. $250

THE WEEKEND OF OCTOBER 5-7

They May Never Understand You, But It's O.K.
Alan Schwartz

For those who seem *never* to be taken seriously, those who *always* seem to be taken seriously, and those who are *too* serious. We'll explore various growth techniques to find, perhaps, that we're closer to each other's minds and hearts than we think. **$90**

Massage & Gestalt
Frank Rubenfeld & Mari Krieger

A weekend to explore gestalt and massage as a way to contact ourselves and each other. $100

You Only Have Your Body
Barbara Clemans

Are you living in it? Do you know more about Europe than about your own heartbeat? Let us begin to experience a conscious and awake body. We will loosen tension with simple, flowing, natural movement. We will learn to give and receive massage. We will expand our capacity to breathe and relax deeply through chants and special exercises. You can take it home with you. **$90**

Imagination & Intuition: A Direct Path to Self-Realization
Tom Allen

In each of us there are new, emerging aspects with which we are not fully in touch. Some of these aspects are energies that are blocked, but which can be released, realized and used as sources of inner strength and guidance. Imagination and intuition are subjective functions which help us be open to these energies, and use them to reach higher, more integrated states of consciousness. In this workshop we will explore ways for the development and right use of imagination and intuition: guided imagery, symbolic art work, movement and gesture, seed thoughts, meditation, inner dialogue and other processes which can be utilized to evoke one's own inner sources of wisdom and guidance. **$90**

THE WEEK OF OCTOBER 7-12

A Week on the Other Side of Self
Alan Schwartz

Poets, artists and mystics have all conveyed, in many times and in many ways, the idea that the path to what is simple and natural may often be experiencing what society might call the craziness in us. This week, using techniques of encounter, bioenergetics, gestalt and massage, we will have the chance to be in touch with our outlandishness, whether divine or diabolical. **$220**

Contact with Life: A Bioenergetic Workshop
Michael Conant

As a way to get more in touch with the life within us, we will utilize bioenergetic, neo-Reichian and gestalt methods in a relaxed and supportive setting. Limited to 12. **$280**

Experiencing Esalen
Esalen Staff

$220

Listen to Yourself: A Gestalt Workshop
Frank Rubenfeld

During these five days, we will listen to ourselves with humor, dismay, compassion and whatever else arises. Through listening may come awareness; through awareness, an opportunity to create your own fate. **$250**

BIG SUR

THE WEEKEND OF OCTOBER 12-14

You Don't Have to Suffer To Feel Good
Harry Sloan

Frequently people come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. Though real experience will not be avoided, this workshop will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen. **$90**

Releasing Fixed Patterns
Christine King

The process of living builds defenses and rigid patterns into our bodies. From childhood our nervous systems learn to react with certain selected fixed patterns. This conditioning greatly restricts body awareness and prohibits alternative ways of body movement. Dr. Moshe Feldenkrais has developed sequences of profound and simple exercises; through these our awareness will be directed to releasing fixed patterns in the body and the corresponding opening of the whole body's energies. **$90**

Introduction to Aikido
Robert Nadeau

A weekend to explore the Japanese art of aikido. The emphasis will be on centering, blending and energy awareness. Bring comfortable clothing for movement. **$100**

Gestalt Perception In Life Styles
Janie Rhyne

Experiencing with graphic media how you structure your life-space in your life-time. Learning to recognize your patterns and alternatives. **$100**

THE WEEK OF OCTOBER 14-19

Renascence
Michael Butler

Each of us carries within him, buried beneath layers of psychic and physical tensions, the fertile seed of a new self. We will use many of the Esalen body-oriented and psychological techniques to allow ourselves to experience that seed center of self and nourish it. Limited to 12. **$250**

Gestalt & Massage
Richard Price & Chris Stewart

$250

Universal Centering
Robert Nadeau

Center is the state you reach in those special moments when you transcend your norm and function beautifully. Awareness of energy is the key to that happening. Meditation is experiencing the clarity of that energy as a Universal Law and a state of being. **$250**

Encounter & Massage
Harry Sloan

We will explore how we touch each other verbally and non-verbally . . . how to communicate what we are feeling and how to ask for what we want. **$225**

THE WEEKEND OF OCTOBER 19-21

More
Michael Butler

Each of us is capable of more . . . emotional creativity, aliveness, sensuality. The methods of this workshop will be body disciplines, encounter and gestalt tools, and the life positive forces in the Esalen environment. Its goal: to experience "more," not just for a weekend at Esalen, but wherever we happen to be. Limited to 12. **$100**

A Western Approach to Centering
Seymour Carter

My work is living and teaching a way of life which gradually develops the capacity to live in the here and now and to be all there for whatever life brings. Working with the traditional methods of meditation and aikido, and the contemporary methods of gestalt and sensory awareness, this workshop will introduce participants to a Western approach to centering. **$90**

Improvisational Gestalt
Jack Downing & Lyn Davis

Improvising together, we will create and explore our laughter, sadness and rage. Our synthesis of Perlsian gestalt, Esalen encounter and massage, joined with Arica consciousness expanding exercises works to dissolve your blocks to expression. **$100**

Education: A *Political* Process
John Vasconcellos

Is education ever neutral? Doesn't it always intend and operate toward domestication or liberation of the person and human spirit? We will search out the vital issues and trends underlying education today: assumptions about human nature and potential freedom and responsibility, self-denial and self-actualization, the mind-body split, the biological roots of self-esteem, the affective domain. **$90**

For Reservation Information, see page 46. For Biographical Information, see pp. 38-42

THE WEEK OF OCTOBER 21-26

Experiencing Wholeness
Seymour Carter

This workshop will emphasize gestalt methods for contacting ourselves as self-regulating organisms. The practice of integrating our senses, emotions and thought into a perceptual whole releases energy for a more connected experience of living and being. The work will be devoted to releasing excess efforts and tensions and awakening dormant functioning so that the participants may experience greater physical and emotional freedom. $220

Dance Workshop
Ann Halprin, Xavier Nash & Benito Santiago

Dance and movement will be used as the catalyst to arrive at a group sense of family. This will permit us to realize our own creativity as individuals and as a group – to reinforce, support and energize each other and utilize our resources to the fullest and find our own identity and values as part of a creative community. Through this process we will be able to grow further, faster, than by having to rely solely on our own energy and initiative. Out of this collective energy, we will create our own unique rituals and ceremonies, celebrating our life experiences. Live music. $220

Improvisational Gestalt
Jack Downing & Lyn Davis

Improvising together, we will create and explore our laughter, sadness and rage. Our synthesis of Perlsian gestalt, Esalen encounter and massage, joined with Arica consciousness-expanding exercises works to dissolve your blocks to expression. $280

THE WEEKEND OF OCTOBER 26-28

Introduction to Body Consciousness
Simone Surpin

A weekend to learn more about how to integrate body energy and awareness through guided fantasy, meditation, massage, and Arica and bioenergetic exercises. $90

Massage for Couples
Peggy Morrison & Richard Horan

$100

Meditations in Action
Judyth Weaver

We will acknowledge and encourage our own true natures through movement and meditation, through the form of tai chi chuan, massage, breathing, sitting, standing, walking, running, laughing, crying, being . . . living. $90

Personality & Personal Growth
James Fadiman

"Everybody is right." Walt Whitman. We are learning that each school of therapy and enlightenment offers something for a special aspect of our growth. In this workshop we will explore consciousness using exercises from the heart of Freud, Jung, Assagioli, William James, Buddha, Skinner and others. He who tastes, knows. $90

THE WEEK OF OCTOBER 28–NOVEMBER 2

Gestalt & Movement
Richard Price & Chris Stewart

$250

The Workshop is You & Me, Work & Play, Joy & Sadness; The Title is Unimportant
Bob, Marilyn & Otis Kriegel

Our premise is that the process of change and growth can be facilitated by individuals increasing their available resources and options for being and interacting. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used, as well as games and massage, to enable the participants to explore and expand the resources that exist within themselves. $220

Treasure Hunt
Margaret Conway

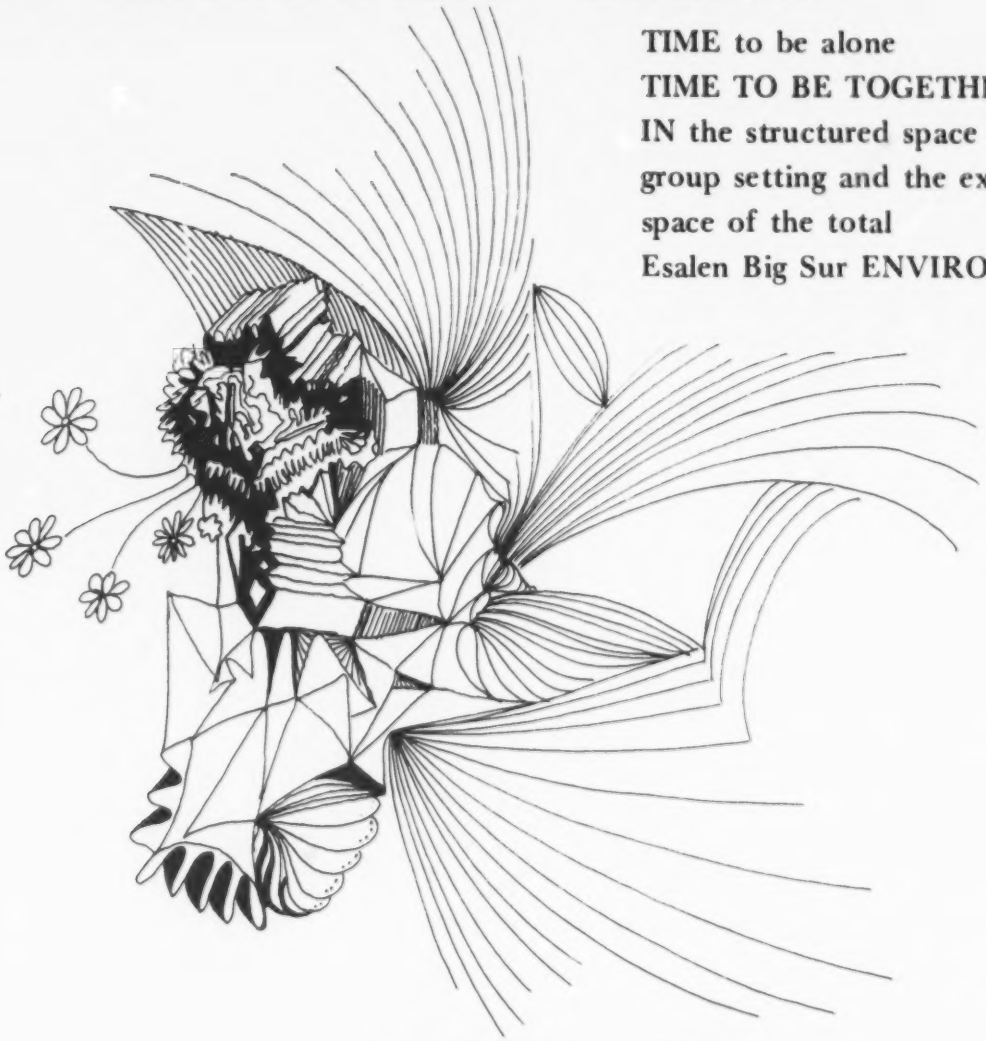
Discover and set free that best and most creative self you secretly know is inside! We will work primarily with psychosynthesis techniques aiming for the balance and synthesis of opposing qualities and harmonies through conflict. Be prepared for self-inventory and a search for clues to your real identity. Bring your workin' clothes and your dancin' shoes! $220

BIG SUR

A workshop designed to un-cover
ways we use our space
our time.

EXPERIENCING Esalen

TIME to be alone
TIME TO BE TOGETHER . . .
IN the structured space of a
group setting and the expanded
space of the total
Esalen Big Sur ENVIRONMENT.



creating New forms

September 16–21
October 7–12

Janet Lederman
Richard Price
Julian Silverman
with the Big Sur Staff

cost: $220

For Reservation Information, see page 46. For Biographical Information, see pp. 38-42

programs at the BIG HOUSE

A new community facility on the Esalen grounds

In addition to the orientation of each scheduled workshop, participants will have the experience of living together. This includes the preparation and sharing of meals and maintenance of the house and each other.

September 2-14

Indeterminacy in the Mind, Determinacy in the Body
John & Antoinette Lilly

According to Wheeler's model of the universe, indeterminacy is present everywhere below the Plank length (10^{-33} cm.) for space, time and topology. Our conscious tendencies to find determinate programs for living result from the built-in survival programs of the biocomputer. The "no limits in the province of the mind" view results from the application of the indeterminacy principle to our beliefs-concepts-thinking, every day, all ways. The determinate nature (limited alternatives) of the genetic code and the body is here explored. The indeterminate nature (unlimited alternatives) of our software is experienced. **$600**

September 16-28

Gestalt & Arica
Theodora Lyon

Gestalt for the roots and trunks, Arica training for the green leaves. We will spend about 50% of our time together within each discipline.

Gestalt for beginning/continuing to find yourself and learn what that feels like, and for learning how to stand behind your own strength and what that feels like.

Arica training methods for learning how to lose yourself and what that feels like, and how to surrender and what that's all about. **$450**

September 30-October 5

Introduction to Self Healing
Hector Prestera & Sharon Wheeler

Self-massage, Esalen massage, acupuncture massage, gestalt awareness, chakra vibrational tuning, and physical exercises will be taught. The aim is to give the participant real healing tools for use on himself and others. **$220**

October 7-12

Massage, Mantram & Gestalt
Hector Prestera & Sharon Wheeler

Esalen massage along with group mantramic work will be utilized to contact the inner self. Gestalt will be used to work through resistant barriers. The real self is at the center. **$220**

October 12-14

Living Awareness Meditation
Bernard Gunther

Meditation is a way out of your hypnosis and suffering. Sitting is just one form of meditation, for this kind of heightened awareness can become a joyous part of everything that you do. By quieting your mind, this practice will help you to allow your real inner peace and personality to shine through. In this workshop, we will delight in exploring various types of meditation, including aspects of sensory awakening, gestalt and psychosynthesis. **$100**

October 14-November 11

Introduction to an Unnamed Psychology
Bernard Gunther & Hector Prestera

This monthlong workshop is aimed at the systematic developing and sustaining of mind-body integration and a unified level of consciousness. Work will be focused on various energy awareness centers to create inner harmony and a whole new sense of self. Material will be drawn from both eastern and western paths of realization, including: gestalt, sensory awakening, bioenergetics, psychosynthesis, structural integration, Arica training and yoga. Participants must be willing to undergo vigorous physical and mental disciplines, including a special diet, meditation and various forms of abstinence. **$900**

ON GOING RESIDENTIAL PROGRAM

September through April

A program for those who would like to have

Time and Space

in the Esalen environment of community and work, experiencing living from many different positions. Participants may select workshops from those offered in the Esalen catalog.

$880 per month
(Residence requirement of one month.)

Coordinated/Directed by
BEVERLY SILVERMAN
RICHARD PRICE
JANET LEDERMAN
JULIAN SILVERMAN

The persons listed above will be available for direction and consulting.

For Reservation Information, see page 46. For Biographical Information, see pp. 38-42

BIG SUR

new structures begin to appear

South Coast Center

An environmental study

- studios
- media
- cabaret
- individual study
- four generations coming together

Studios may be rented on a monthly basis, with access to the dining facilities and baths at Big Sur Hot Springs. Room and board: $500 per month.

NEWS

(continued from page 4).

showed, said Houston, that "important behavioral changes can be brought about by working with images on their own terms."

Houston, like Fischer, believes that emphasis on verbal thinking inhibits visual thinking, and that the present educational system "derails" children who may be natural visual thinkers.

There were many ways in which the symposium pointed up the inadequacies of the Western scientific approach. A few years ago science simply dismissed coal-walking yogis, like acupuncture, because the facts could not be explained through their thought systems. Now scientists are taking a new look.

Other cultures have long had techniques for arriving at altered states of consciousness—through such means as chanting, whirling, fasting, breathing exercises and flagellation. Now such procedures are recognized to have dramatic effects on body chemicals which contribute to the achievement of the desired state. The ability of mystics to undergo with no apparent discomfort intense physical stresses is being explained by the altered sensory perceptions that come with a shift of consciousness. As in drugged states, decreased responsiveness to pain is accompanied by hypersensitivity to low-intensity stimulation because primary sensory pathways are excited while other areas of the cortex are inhibited.

California's Silverman was one of several speakers tempted to make new interpretations of miracles described in the New Testament. When Jesus was wandering and fasting in the desert for 40 days he no doubt did encounter the Devil: the changed pattern of external stimulation as well as what starving did to his chemical balances could well have thrown him into a different subjective reality. Similarly, Moses was having a true "psychedelic" experience when he saw the burning bush (an interesting contrast to one strictly scientific explanation: that certain plants have properties that can give them an incandescent appearance).

Biofeedback training is one way researchers are trying to map altered states of consciousness, and it is also showing the degree to which it is possible for some people to alter them voluntarily. Joe Kamiya of the University of California Medical Center said that people experienced in Zen meditation, for example, can switch in and out of alpha rhythms with great ease and those who can switch their brain waves voluntarily tend to be more susceptible to hypnosis.

Another interesting tidbit is that children with eidetic memory show more alpha waves at the time of recall—an indication that this ability is not lodged in the ordinary data bank. The reason: ordinary recall requires the kind of active effort that will break the alpha rhythm.

Mind research is creating new definitions of what constitutes "reality". As Alexander Schulgin, a California chemist, pointed out, everything perceived by the mind is reality. Altered states of consciousness are undesirable from a social point of view because people need to perceive a common reality in order to function cooperatively. But considered subjectively these states are not inferior, only different.

Richard Schultes, a Harvard University botanist who specializes in hallucinogenic plants, said that in the thinking of some aboriginal cultures—where such plants are regarded as intermediaries to the gods—it is daily living that is the illusion, and the real truth is delivered by the divinities through the holy plants. Among Mexican Indians, he said, these drugs are an integral part of every major event and ritual, but they are never abused because they are tied up with religious experience.

While there was much talk about psychoactive drugs at the seminar, the real interest was centered on spontaneous and self-induced mind changes.

The plethora of disciplines that have been probing the mind from different angles have hardly had the chance to begin talking to each other and integrating their findings. To remedy this, many speakers recommended the establishment of "inner space labs", a term coined a decade ago by Joel Elkes, chief of psychiatry at John Hopkins Hospital. Elkes, who says mind research is still in the "natural history" or descriptive phase, thinks the time is ripe for some true experimentation. Just as physicists had to develop a new language to communicate their concepts, explorers of inner space need to develop new symbolic systems to express the rapid, subtle, and intensely subjective phenomena for which language is a vague, slow, clumsy, and entirely inadequate vehicle. Both researchers and subjects would have to be highly trained to observe and communicate these inner phenomena. And, says Elkes, new ways must be found to accurately correlate physically measurable changes – brain waves, and hormonal fluctuations – with what's happening inside.

The time may be now. As Houston observed, the astronauts have gone about as far as man can go at present. Now, "we are perhaps on the verge of a golden age of brain and mind research."

BIOGRAPHICAL INFORMATION

SANDRA AGUILAR, SALLY GEARHART, MARCIA KALLEN are three members of the San Francisco feminist and gay community, with a wide range of experience and training. They are presently developing alternative life styles.

TOM ALLEN, a senior associate of the Psychosynthesis Institute, leads workshops at growth centers and educational institutions throughout the country and abroad. He has taught courses in psychosynthesis at the college and university level. He is an artist and has worked to integrate art into the psychosynthesis process as a means of self-realization.

RUTH ALON is a trainer at the Feldenkrais Institute in Tel Aviv and is a member of the small group of practitioners comprehensively trained there by Moshe Feldenkrais in his system of functional coordination, body awareness and movement.

AMRITA (EVA FOREST) began her studies with Master Subramuniya (Himalayan Academy) and Lilly Hansen and Guni Martin (school of Paramahansa Swami Satyananda). She received her certification in Hatha Yoga at the Tove Madsen Institute, Copenhagen, Denmark, in 1970. Since then, in addition to teaching privately in this country, she has initiated and taught a full-time program in Hatha Yoga for Berkeley's Community Arts Division.

MAURICA ANDERSON, a former staff member of the California Institute of Psychodrama, is currently working in psychodrama and encounter with various Berkeley womens' groups and is a graduate student in the humanistic psychology program at Sonoma State.

WALT ANDERSON studied psychodrama under Lewis Yablonsky, is accredited by the Moreno Academy of New York, and was formerly executive director of the California Institute of Psychodrama. He has served as a consultant in psychodrama to many businesses, agencies, hospitals and educational institutions.

ERIKA ASHER has worked with integral yoga, dance/natural movement, massage and polarity therapy. She has combined these tools teaching classes at the San Bruno Prison and the Women's Studies Program at Sonoma State.

JUDITH ASTON is a structural patterning and rolfing practitioner; originator of "Rolf-Aston Structural Patterning in Stillness and Motion..; director and choreographer for dance theater group at Long Beach Community College; has worked extensively with dancers, actors, and athletes.

WALTER BARNEY, a member of the Gestalt Institute of San Francisco, is a teacher, writer and student of *The Laws of Form.*

DICK & JANET BOCK are record and film producers and long time devotees of Sai Baba. They founded and direct the Satya Sai Baba Center in Hollywood, California.

STEWART BRAND is founder and editor of The Whole Earth Catalogue.

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is director of DRICE, the Ford Foundation Center in confluent education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning.*

JUDITH BROWN has an international reputation as a gestalt awareness trainer and has been interested in the use of symbols as an expression of the creative unconscious. In addition to her own groups, she has co-led numerous groups with her husband.

JOSEPH BUSEY is a psychologist in private practice in San Francisco and Marin County with individuals, groups and families. He has been associated with The Family Therapy Institute of Marin, CSPP, and various colleges. He is currently exploring flying via Reichian therapy, music and airplanes.

MICHAEL BUTLER is a group leader with a background in body techniques. A former Esalen resident fellow, he was trained in group process by John Heider and subsequently as a practitioner of structural integration by Ida Rolf. He has a special interest in ways to adapt the personal growth practices of the group meeting room to everyday life.

JOSEPH CAMHI, clinical psychologist and gestalt therapist, recently spent a year studying at a Gurdjieff-oriented school in England and is now in private practice in San Francisco.

RITA CARMEN, who joined the Interscience Workshop's training program a year ago, is a psychiatric social worker with experience at Asilomar and Camarillo.

BETSIE CARTER, a senior associate of the Psychosynthesis Institute, was associate director of the Ford-Esalen Project in Confluent Education and an Esalen resident fellow. She underwent advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu and didactic training in Italy with Roberto Assagioli. She has led workshops in this country and abroad and currently works with individuals and groups in psychosynthesis.

SEYMOUR CARTER is a former director of the Esalen residence program. His background includes training with Synanon, Charlotte Selver and Ida Rolf. He has been deeply influenced by zen buddhism and gestalt, and is a student of aikido.

CENTER FOR NON-SEXIST EDUCATION is a multi-ethnic center coordinated by women experienced in working with children, parents and teachers.

RON CLARK has been a diver for 15 years and is currently director of a national Scuba Instructors' Training program. He has been a teacher of literature and creative writing and Director of Kairos Institute.

BARBARA CLEMANS has been working on getting clear for nine years. She has used multifarious tools and information: gestalt therapy, dance, yoga, bioenergetics, an apprenticeship with Ann Halprin, a year of neo-Reichian therapy, massage, belly dancing, buddhism, psychosynthesis, Arica training and EST.

MICHAEL CONANT is a psychologist in private practice in Berkeley, working in bioenergetics and gestalt re-education. He holds degrees from Columbia and Stanford Universities, is a former director of Bridge Mountain Foundation and trains professionals in bioenergetics. His current practice centers around group work, and his particular interest is in teaching individuals to become more assertive, more themselves.

MARGARET CONWAY, a senior associate of the Psychosynthesis Institute, is in advanced training with its directors, Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. Trained as a psychiatric nurse, she also has extensive experience as a group leader. Presently she works with individuals and groups in psychosynthesis.

ELEANOR CRISWELL is the director of the Humanistic Psychology Institute and an associate professor of psychology at Sonoma State College.

ROBERT CROMEY leads groups and does counseling and therapy with individuals. He specializes in problems of sexuality and hostility. He has worked in the fields of religion and politics.

LYN DAVIS has worked professionally as a probation officer, psychologist, hamburger cook and Esalen gate guard. She works extensively with Jack Downing and recently completed the Arica training. Presently she is studying body therapies with Jack Rosenberg.

ARTHUR DEIKMAN, a psychiatrist, has done pioneering research in the field of meditation, as well as theoretical and clinical investigations of hallucinogenic drugs, zen Buddhism and psychosis. He is presently on leave of absence from the University of Colorado Medical Center and lives in the San Francisco Bay Area.

INDRA DEVI, president of the SAI Foundation for the Spiritual Advancement of Man, lecturer and author, is the foremost exponent of yoga in the West. She makes her home at her Yoga Institute in Tecate, Mexico, as well as her house near Sai Baba's summer residence in South India. Her followers affectionately call her Mataji, divine mother.

CHARLES "RUSTY" DILLON, a licensed clinical social worker, is in private practice in San Rafael with groups, individuals and families. He is a staff and faculty member of the Family Therapy Institute of Marin where he trains professional therapists. His current interests are in synthesizing theories and techniques of Reichian *body* therapy with the more familiar *talk* therapies.

LAURA DILLON is a graduate of Boston University where she studied philosophy and political science. Subsequent interest in Reich's work led her into the Interscience Workshop's training program two years ago. She has co-led workshops in Los Angeles, Santa Barbara, St. Louis and Chicago.

BIOGRAPHICAL INFORMATION

DIANE DI PRIMA is a poet who has been conducting women's writing workshops for the past three years. She has published sixteen books of poetry and prose. She studied at Zen Center for several years and is currently writing a book about her various adventures as a wife, mistress and mother, entitled *Recollections of My Life as a Woman.*

FRANK DORAN holds a 3rd degree black belt in aikido and is especially interested in the blending and harmony aspects of the art.

GEORGE DOWNING, author of *The Massage Book*, is a gestalt therapist who leads frequent workshops for Esalen and other major growth centers and is in private practice in Berkeley. He integrates gestalt with intensive methods of working with the body.

JACK DOWNING is a psychiatrist, gestalt therapist, Aricano and rolfer. Daddy, loner, tax payer and Episcopalian. Formerly many roles, presently himself.

MARGOT EDWARDS is a teaching member of the Association of Professional Childbirth Educators and of the International Childbirth Education Association. She is a member of International Transactional Analysis Association and is author of *Communications: Dimensions in Childbirth Education.* She is a mother, nurse and student in Community Studies and Psychology at UCSC.

JOHN ENRIGHT's life work at present is the integration of several quite diverse points of view into a synthesis. Gestalt, psychosynthesis, Synanon, bioenergetics and EST are some of the sources.

SANDY ENRIGHT's major focus is the bodymind. She has been influenced by several divergent streams of thought: bioenergetics, gestalt, ethnic dance, massage, effectiveness training and Synanon games, and is now using a blend of these in working with individuals and groups, separately and with her husband John.

JAMES FADIMAN is president of the Association for Transpersonal Psychology, Associate Editor of the *Journal of Transpersonal Psychology*, editor of *Exploring Madness* and *Proper Study of Man* and a consultant to industry, education and parapsychological organizations.

ANITA FEDER trained in massage at Esalen with Molly Day Schackman and in gestalt therapy with Bob Hall. She uses meditation both in teaching massage and in her gestalt work as a way of centering.

HEIDI FIRMAN, an associate of the Psychosynthesis Institute, is a former teacher of meditation and yoga, and is currently in advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu. She has led groups and worked with individuals in psychosynthesis and has a special interest in the symbology of myth.

JOHN FIRMAN, an associate of the Psychosynthesis Institute, is a staff member of the Sonoma County Rehabilitation program for alcoholism. He has worked at the U.C.L.A. Neuropsychiatric Institute and has taught at La Verne College. He is in advanced training at the Psychosynthesis Institute with its directors, Jim and Susan Vargiu, and has worked with individuals and groups in psychosynthesis.

ALAN FLAGG is Adjunct Professor at Fairfield University, Connecticut, Graduate School of Communications. He teaches at Queens College and IBM in New York and is Executive Director of the New York Society for General Semantics.

CLARA STEWART FLAGG is the widow of Dr. Kilton Stewart. She accompanied him on his many trips to the Senoi of Malaya and other tribes. She is a teacher and psychological consultant in private and group practice in New York City.

DREW FORD completed the Esalen Extended Growth Program with Betty Fuller and Dub Leigh. He has studied massage with George Downing and Anne Kent Rush.

ARTHUR FOX, a 1969 Esalen resident fellow, has been leading groups at Esalen, around the United States and in Europe. He has implemented humanistic education into a Swiss school and at New College in Sausalito. He is now the coordinator of the Esalen college program.

JANICA FOX has a background of research in groups at Harvard and was a 1969 Esalen resident fellow. For the past four years she has been leading groups at Esalen, around the United States and abroad. She has a private practice in the Bay Area.

BETTY FULLER, a humanist counselor, is co-founder of the Health Farm Chapel & New Age Body Shop in San Francisco, where she leads couples groups and classes in body movement and gestalt awareness training. Her background includes theater, education and encounter work here and abroad. Betty, a 1967-68 Esalen resident fellow, is featured in the film *Here Comes Everybody*.

TIM GALLWEY was a nationally ranked amateur instructor at Gardner Tennis Ranch and is currently teaching clinics in the Los Angeles area. He is the author of *The Inner Game of Tennis*.

SIDNEY GERSHENSON is a licensed clinical social worker, a trainer at the Gestalt Institute of San Francisco and in private practice as a gestalt therapist in Berkeley and Marin County.

CHELLIS GLENDINNING teaches a yoga which integrates rolfing principles and Dr. Stone's theories of polarity. She is a publisher of *The Mind Parasites* and is presently studying polarity therapy.

JOHN GRAHAM, performing artist and teacher for the past 18 years, was one of the three original members of the Dancers' Workshop Co. In 1966 he introduced into the university curriculum classes in sensitivity training and body techniques for freeing expression for creation. He is now teaching in San Francisco Basic Movement and Dance, which includes work based on training in concepts of Mabel Todd and knowledge of the Alexander Technique, rolfing, breathing therapy, Bates eye training, and singing for the operatic stage.

IAN GRAND studied at the Center for Energetic Studies with Stanley Keleman and has an individual and group practice in San Francisco. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at San Francisco State College.

BERNARD GUNTHER was for seven years a staff member at Esalen/Big Sur. In recent years he has been working with psychosynthesis and various other mind/body/spiritual methods of integration. He is the author of *Sense Relaxation, Love View, What To Do Till The Messiah Comes,* and *How the West Is One.* His quintessence books: *Meditations, Sounds and Symbols, Wholey Man* and *The Book of Knowledge* were recently published.

KAYE HALL, psychiatric social worker, has had extensive background and experience in working with family and non-family systems in a variety of settings and in training family therapists. She is also currently interested in integrating the family growth model with her understanding of bio-rhythms and energy flow.

ANN HALPRIN is director of the San Francisco Dancers' Workshop where she has developed her own unique approach to the movement art, for which she was awarded a Guggenheim Fellowship in 1971. She has worked intensively with Ida Rolf and Bob Hall in structural integration and with Fritz Perls in gestalt.

BETSY HILL has been exploring energy dimensions and spiritual realms under the guidance of Robert Nadeau for the past five years.

RICHARD HORAN is an artist, masseur and organic gardener.

FAITH HORNBACHER was trained in Rolf-Aston Structural Patterning in Stillness and Motion by Judith Aston, and is presently in private practice in the Bay Area. She is co-author, with David Sobel, of *A Book of Health*.

ANN HUBBEL is a psychotherapist in private practice and a counselling psychologist at the University of California at Santa Barbara and has been a researcher and a professor. In her work with individuals, partners and groups, she includes gestalt, psychosynthesis techniques and Jungian psychology as well as art and movement approaches. She is in advanced training at the Psychosynthesis Institute.

ED JACKSON is a medical doctor, Reichian therapist and a practitioner of structural integration. He lives in Berkeley and does body-oriented individual and group work.

GUNVER JACKSON is a licensed masseuse certified in Swedish massage. She has worked as a healer and has studied breathing, gestalt awareness and relaxation techniques. She and her husband are founders of the Gamma School of Massage. In addition, she has worked with teenagers at a number of schools in experimental programs using deep relaxation as a road to expanded consciousness.

LYNNE ANNE JOHNSON is a masseuse, practitioner of Rolf-Aston structural patterning, student of dance, tai chi and the healing arts.

BIOGRAPHICAL INFORMATION

RON JONES is a clinical psychologist practicing in the Bay Area. He works in aiding psychically sensitive people to attain better balance.

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists, and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is author of *Sexuality, Self and Survival.*

CHARLES KELLEY is a scientist who has specialized in vision training and human factors research for 25 years. In 1950 he became a student of Wilhelm Reich, contributing to Reich's journals during his life and to the development of his theories in the years since Reich died. He is a qualified masseur, Bates Instructor and writer, and has served on the faculties of several universities.

CHRISTINE KING, a student of Dr. Moshe Feldenkrais, has a doctorate in counseling and guidance. Her dissertation researched the relationship between body structure and personality. She is Esalen's Conference Director and is in residence at Esalen/Big Sur.

JOEL KRAMER is a practicing hatha, jnana and tantric yogi who was in residence at Esalen/Big Sur, 1968-1970. He has taught and lectured internationally and is a master of jnana yoga as well as an outstanding adept of hatha yoga.

BOB KRIEGEL is the director of the Esalen Consulting Service and co-director of the Esalen Sports Center. He has lectured and conducted special programs for the staffs and faculties of social agencies, universities and business corporations around the country. He also has been a skiing and swimming instructor. He is currently training in psychosynthesis.

MARILYN HARRIS KREIGEL is the assistant director of the Ford Foundation Esalen Reading Project in Confluent Education. She is a member of the faculty of Dominican College in San Rafael and has led teacher training groups for growth centers and school districts in New York and California. She is currently training at the Psychosynthesis Institute in Redwood City.

OTIS KRIEGEL is one year old. He is currently training Bob & Marilyn in "here and now" living.

MARI KRIEGER has been working and training in gestalt since 1967 and has been leading gestalt groups for the past four years. She is also a former Esalen masseuse and currently lives in Berkeley, where she trains people in massage and leads gestalt groups. She specializes in combining massage and gestalt in her work, as well as leading groups specifically for women.

STEVEN KULL is a senior associate of the Psychosynthesis Institute. He underwent advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu and didactic training in Italy with Roberto Assagioli, working with him over the last four years. He presently works with individuals and groups in psychosynthesis.

JANET LEDERMAN, artist/teacher/writer, lives and works at Esalen/Big Sur.

DAVID LEES is general manager of Esalen/Big Sur and has been leading gestalt workshops there for two years.

LENORE LEFER is a former executive director of the Bridgeport, Connecticut, Mental Health Association, research scientist, teacher, Esalen resident fellow, 1971, and organizational consultant. She is presently in advanced training at the Psychosynthesis Institute in Redwood City.

WM. S. DUB LEIGH, a humanist counselor, is co-founder of The Health Farm Chapel & New Age Body Shop in San Francisco, where he is in private practice as a senior practitioner of structural integration (rolfing). Dub is a businessman, Rotarian, group leader, masseur, rolfer and a 1970 Esalen resident fellow.

GEORGE LEONARD is the author of *Education and Ecstasy, The Man and Woman Thing* and recently, *The Transformation.* He has been studying aikido and energy awareness with Robert Nadeau for the past two and a half years. He is currently conducting a survey for Esalen Institute on work-in-progress in the field of perception, consciousness and being.

LILLIE LEONARD is a student of yoga and physical movement and is currently conducting an experiment in teaching basic physical skills, non-competitively, to elementary school children.

ROBERT LEVERANT is a working photographer whose background includes work in meditation and gestalt. He is a student of Joan Schirle's, author of *Zen In The Art of Photography* and *On The Transmission of Photography* and conducts many workshops in the Bay Area.

CAROLE LEVINE is a former Esalen resident, group leader and program coordinator. She is presently . . .

ANTOINETTE LILLY is a psychoanalytic therapist with extensive training in esoteric mystical traditions and techniques, including the system of Oscar Ichazo, aikido and traditional American methods of freeing the self, including encounter, LSD therapy and the polymorphous dyadic interlock.

JOHN LILLY has primary research interest in the relation of the mind to the brain. He is trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication.

THEODORA LYON was Fritz Perl's apprentice and later his assistant at the Gestalt Institute of Canada. Since his death she has worked mostly at Esalen, and she has spent the last year within the Arica Institute.

ANICA VESEL MANDER, former teacher of languages at Boston University, Harvard and California State University at San Francisco, is presently devoting her energies to women's studies and Alyssum, a feminist growth center.

ROBERT MARTIN is an artist, pilot and gestalt therapist. He is a training therapist for and past president of the Gestalt Therapy Institute of Los Angeles.

WILLIAM MCGAW is Director of Communications at Western Behavioral Sciences Institute as well as director of the Institute's Experiential Worship Service Project. He and his wife, AUDREY, are involved with WBSI's couples program for the Conciliation Court of San Diego.

DEBORAH MEDOW teaches hatha yoga and massage at Esalen/Big Sur and in San Francisco and Berkeley. She is engaged in the study of yogic healing and related energy sciences.

DAVID MEGGYESY is co-director, Esalen Sports Center; ex-professional football player and author of *Out of Their League.*

EMMETT MILLER, presently practicing medicine and hypnotherapy in Carmel, California, has also had extensive training in physics, mathematics and computer science. These, along with his studies in music, art and poetry and various religious approaches, led to the development of Selective Awareness, an interdisciplinary approach to the self.

MARY MOORE is currently working toward a master's degree in counseling and guidance at California State University, Northridge. She was on the staff of the California Institute of Psychodrama and leads psychodrama workshops for women in Los Angeles.

PEGGY MORRISON was in the 1970 Esalen residence program. She is a former head of the Esalen/Big Sur massage crew and a teacher of massage.

HARVEY MOSKOWITZ is a student of Robert Nadeau in meditation, energy awareness and aikido. A former aerospace engineer, he is presently a graduate student in cybernetic systems.

LAUREE ELLEN MOSS is a licensed clinical social worker in private and group practice in the Bay Area. She has led groups with the Gestalt Community (Gestalt Institute for Multiple Psychotherapy), the Berkeley Rap Center, where she was co-director for two years, and at Esalen. She is a member of the Berkeley Feminist Counseling Collective.

WILLIE MYERS is an underwater diver, explorer, biologist and photographer. He filmed the underwater sequence in the James Bond "Thunderball" film. He has ridden sharks, manta rays and has often been accused of having gills. He was also the world's champion outboard motor racer in 1972.

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization.

XAVIER NASH is a black member of the multi-racial community of artists at the Dan Francisco Dancers' Workshop. He is a performing artist in movement and theater and has toured with the company throughout the state. Currently on the teaching staff at the Dancers' Workshop, he formerly conducted a dance workshop at Studio Watts. He has worked with Robert Hall in gestalt therapy and body work and with Lawrence Halprin in the creative process in human environment. He studied massage at Esalen.

ROBERT ORNSTEIN teaches at University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. He is the author of *Psychology of Consciousness,* and is in private practice in San Francisco.

BIOGRAPHICAL INFORMATION

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique. He teaches the Technique at the American Conservatory Theatre, and is in private practice in San Francisco.

JOHN PARKINSON, as a performing artist for the last 20 years, has concerned himself with theatre as a four-dimensional laboratory for envisioning and communicating life at its spirit deeps. His projects have included: Thresholds Inc., an avant garde theatre in New York City; "The Venturi", a theatrical event of reality-frame mix; Arcomedia, with Paolo Soleri; and in San Francisco: Celebrational Odyssey Studios, and "The Bridge Company."

ROBERT PARKS is Professor of Voice and Drama at Carnegie-Mellon University in Pittsburgh. He has spent more than thirty years in all areas of professional theatre and most recently has been concentrating his efforts in exploring the relationship of the voice to the body.

JOHN PERRY, a Jungian analyst in private practice, is on the faculty of the C. G. Jung Institute of San Francisco. He is Assistant Clinical Professor of Psychiatry at U.C. Medical Center and is the author of *The Self in Psychotic Process, Lord of the Four Quarters,* and numerous articles. He is Supervising Psychiatrist of a new facility for the therapy of schizophrenics under Northeast Community Mental Health Services.

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is licensed in acupuncture in the United Kingdom. He has spent the last year and a half within the Arica Institute. His prior training includes gestalt, Reichian energetics and structural integration. He has studied and led workshops with Richard Price, John Heider, John Lilly, Will Schutz, Ida Rolf and Jack Worsley. He is currently interested in fusing the above teachings toward developing a new humanistic model for healing the whole person (body-mind-spirit).

KARL PRIBRAM is a professor of psychiatry at Stanford University Medical School and an eminent neurophysiologist who has written several books.

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute.

HELEN PRICE trained in massage at Esalen with Molly Day Schackman and was a masseuse there for three years. She is a nurse and mother. Her background includes work in sensory awareness, communications research, anthropology, natural childbirth and photography.

Photo: John Pearson

MAGDA PROSKAUER is a graduate of the University of Munich, Germany, and received a degree in Physiotherapy from the University of Munich Medical School. While working in European hospitals she studied with different movement schools. The strongest influence which has shaped her present work was her experience with the analytical psychology of C. G. Jung. She has a private practice in breathing therapy and body awareness in San Francisco.

LEE PULOS is a clinical psychologist in private practice and assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in leading training workshops for professionals and in researching the effects of hypnosis upon athletic performance.

JANIE RHYNE, registered art therapist, is a member of the Gestalt Institute of San Francisco. She is the author of *Gestalt Art Experience*, teaches through the University of California extension in Santa Cruz and does research in the psychology of creative perception.

FRANK RUBENFELD, a clinical psychologist who completed studies at Yale and NYU's post-doctoral program, trained in gestalt therapy with Fritz Perls at Esalen. Dr. Rubenfeld has been training therapists in gestalt for the past few years as well as leading open workshops on both coasts and at Esalen/Big Sur. He is on the faculty of the Gestalt Institute of San Francisco and currently resides in Berkeley, where he gardens, cooks, and does gestalt.

ANNE KENT RUSH, illustrator of *The Massage Book* and author of *Getting Clear: Body Work for Women*, is a polarity therapist. She has led numerous workshops in massage, yoga and other forms of body awareness.

BRENDA SALES is the head of the Esalen/San Francisco massage crew. She was trained in massage by Gunver Jackson.

BENITO SANTIAGO is a Filipino member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a graduate of San Francisco State University and is currently teaching at Presidio Hill School in San Francisco and at the Dancers' Workshop. He is an artist in dance, congo drumming and karate. He has toured extensively with the Dancers' Workshop company.

ZALMAN SCHACHTER, an ordained rabbi of the hassidic tradition, is an expert on Jewish mysticism. He is currently chairman of the Department of Judaic Studies at the University of Manitoba.

JOAN SCHIRLE is a certified teacher of the Alexander Technique and has a private practice in San Francisco and Berkeley. She was trained in New York at the American Center for the Alexander Technique where she has also taught classes. She is currently on the faculty of the University of Santa Clara Drama Department and has taught at the Firehouse Theater in San Francisco.

BIOGRAPHICAL INFORMATION

ALAN SCHWARTZ is a college professor teaching interpersonal and small group communication; group leader integrating techniques of encounter, gestalt, bioenergetics, and madness; trainer for NTL; masseur; professional actor/director; and management communication consultant. He is currently training with the Institute for Bioenergetic Analysis in New York City.

CYNTHIA SHELDON is a founder, director and trainer at the Gestalt Institute of San Francisco, family therapist and teacher, and recently a founder of the feminist growth center, Alyssum.

BEVERLY SILVERMAN is a senior practitioner of structural integration and a leader of gestalt awareness training groups.

JULIAN SILVERMAN is the director of Esalen/Big Sur and a gestalt trainer and therapist.

HARRY SLOAN is an experienced leader, organizational consultant and playwright. An Esalen resident fellow and former dentist, his first play, "The Burden," was showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspective—"seeing oneself beyond an impasse." He is training in psychosynthesis at the Psychosynthesis Institute in Redwood City.

SALLY SMITH, formerly married, now gay, parent, teacher, encounter and gestalt group leader.

DAVID SOBEL has written on health and the human body for *Big Rock Candy Mountain* and is presently writing a book on unorthodox medicine, *Ways of Health*, to be published in the Esalen-Viking series. He is co-author, with Faith Hornbacher, of *A Book of Health*.

DYVEKE SPINO is an educational director of Project Artaud and formerly co-director of Other Ways School. Dyveke has taught advanced tennis for the Berkeley Parks and Recreation Department and has been a tennis pro at Round Hill Country Club and Squaw Valley, ski instructor at Squaw Valley, dancer and concert pianist.

MIKE SPINO was co-director of Other Ways School, is a nationally ranked marathon runner and has written "Running as a Spiritual Experience" and *Poems of a Long Distance Runner*.

HELEN STEPHENS is a former Esalen resident fellow, trained by William Schutz. At fifty she is an experienced group leader with special interest in the development of personal self-support systems.

CHRIS STEWART is a 24-hour student of Richard Price.

JUDITH STRANSKY is Director of the Alexander Center of Southern California, and has a private practice in Santa Monica teaching the Alexander Technique and the Feldenkrais method. Her background includes Reichian therapy, gestalt and tai chi.

JOAN SULLIVAN is a psychiatrist and gestalt therapist in private practice in Berkeley.

SIMONE SURPIN, a former Esalen resident, trained with John Heider. She has led groups in the U.S. and abroad and is a Rolf practioner. She is currently in private practice in Mountain View and is studying meditation and psychic healing.

JIM AND SUSAN VARGIU are the directors of the Psychosynthesis Institute. They underwent didactic training at the Istituto di Psicosintese, Florence, Italy, with Roberto Assagioli, and have worked with him over the past nine years. Presently they are engaged in training professionals, and are editors of the forthcoming magazine *Psychosynthesis: A Journal for Integration in Psychology and Education.*

JOHN VASCONCELLOS is a 4th term assemblyman in the California legislature, whose district includes part of metropolitan San Jose. He chairss the education subcommittee of the Assembly Ways and Means Committee, the joint committee on the master plan for higher education, and the joint committee on educational goals and evaluation. He serves on the governing board of the Humanist Psychology Institute and has written for *The Humanist, Psychology Today*, and *The Center Reports*. He is committed to a politics of openness and honesty, personal encounter and shared search; to searching out the root causes of our social problems and exploring humanistic politics and education as alternative institutions.

GEIR V. VILHJALMSSON is a psychologist educated in Germany, Switzerland and the USA. He was chairman and coordinator of the First International Conference of Transpersonal Psychology, Iceland, June 1972. He is director of the Institute for Consciousness Research in Reykjavik, Iceland, where he is currently involved with studying transpersonal group methods, healing, international activity in transpersonal psychology and how selfknowledge might be taught in public schools.

JUDYTH WEAVER is a former modern dancer who went to the Orient to study classical dance and ended up sitting zazen in a zen monastery for a year and a half. In the West, her main teachers have been Charlotte Selver, Magda Proskauer, the tai chi chuan form of Prof. Cheng Man-Ching, and especially her baby daughter Tara.

KURT WEHBRING has climbed extensively in the Sierras, Tetons, Wind Rivers and in the Alps and made a first ascent of the East Ridge of Mt. St. Elias in Alaska. He is experienced in the techniques of sensory awareness and Reevaluation Education (co-counseling) and has taught courses in rock climbing and ski touring.

ANDREW WEIL, a doctor, has pioneered experimental research of marijuana on physiology and consciousness. He has also studied drug practices in primitive cultures and served as a drug expert for the National Institute of Mental Health. He is the author of *The Natural Mind*.

SHARON WHEELER trained in massage at Esalen Institute and in structural integration with Ida Rolf, as well as in structural patterning with Judith Aston. During the last year and a half, she has been a member of the Arica Institute. She has led workshops in Esalen massage and has been a practitioner of rolfing and structural patterning in New York and Esalen/Big Sur.

NINA WINTER has worked and taught in the areas of movement and theatre for many years in New York and San Francisco. She specializes in improvisational drama, drawing on material from myths, dreams and fantasy.

ANNE YEOMANS, as associate of the Psychosynthesis Institute, has worked with Roberto Assagioli in Italy and is in didactic training with Jim and Susan Vargiu. She has worked with groups of women, using psychosynthesis and, in addition to her own groups, has co-led groups with her husband.

TOM YEOMANS is a senior associate of the Psychosynthesis Institute. He is in advanced training with its directors, Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. He is a teacher, musician and poet, and presently associate director of DRICE at the Graduate School of Education, University of California, Santa Barbara. He is particularly interested in the application of psychosynthesis to education and has conducted workshops for educational institutes and growth centers throughout the country.

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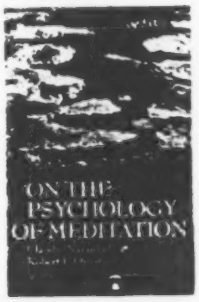

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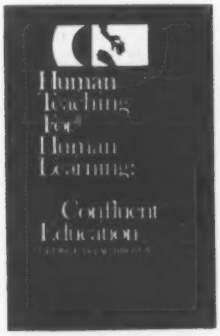

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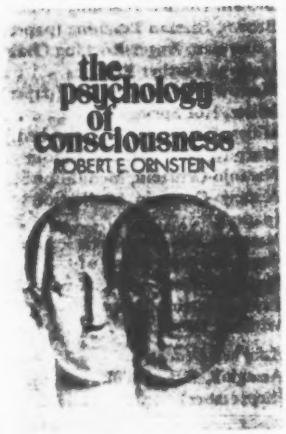

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ESALEN CONSULTING SERVICE: Esalen is devoted to making life more human at all levels. Our work has reached thousands of individuals and hundreds of institutions. Until recently most of this work was being done at our own facilities, either in Big Sur or San Francisco. There is now, however, an ever-expanding part of Esalen's universe that is moving toward helping to effect changes in the world outside the workshop. Through the Esalen Consulting Service, Esalen staff and leaders have designed and participated in projects for the U.S. Army, Ford Foundation, the Lockheed Corp., Model Cities, O.E.O., inservice training programs for hospitals, drug treatment centers, social agencies, colleges, universities and public school districts. Esalen courses are now being given at the University of California and at New York University. Many organizations have also used Esalen personnel as communications and human relations facilitators. If you are interested in learning more about the Consulting Service contact Bob Kriegel at the Esalen/San Francisco office.

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FILMS of the work of Frederick S. Perls in gestalt therapy and Alexander Lowen in bioenergetic analysis, as well as films of the work of Carl Rogers, Albert Ellis, Rollo May, Abraham Maslow, Virginia Satir and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. Sources of more films, including work of Alan Watts and Huston Smith, are available from Association for Humanistic Psychology, 416 Hoffman Street, San Francisco, California 94114.

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FM RADIO STATIONS in the San Francisco Bay Area (K101, KPFA, KQED, KSAN, KSFX, and KMPX) broadcast portions of Esalen seminars and lectures. (K101 has s dependable weekly program each Sunday evening at 11:00 p.m.) Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KLOS, KUSC and KPFK Los Angeles, and KPFT Houston, WBAI New York and WOMB New Hampshire, broadcast Esalen programs on an occasional basis. Consult local program guides.

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We at Esalen have increasingly felt the need to involve more people in our community, and have established Friends of Esalen as a means of doing this: all contributions to our membership organization are used for tuition-aid funds. It is our belief that if Esalen is to serve our society to its full potential, we should be able to admit applicants without regard to their ability to pay. As a Friend of Esalen you will have the satisfaction of knowing that you have helped someone else experience Esalen.

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Phone: (415) 771-1710—10 to 5, Monday through Saturday

INFORMATION, LITERATURE AND TICKETS: for lectures may be obtained Monday through Saturday, 10:00 to 5:00 at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

WORKSHOP SCHEDULES: One day workshops generally meet from 10 a.m. to 6 p.m. Saturday and Sunday weekend workshops meet from 10 a.m. to 6 p.m. each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 p.m. on Friday, from 10 a.m. through the afternoon and/or evening on Saturday, and from 10 a.m. to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

CHILDCARE can be arranged during all weekends for San Francisco workshops. Although Esalen does not provide childcare, it will be provided by the Women's Studies Collective. There is a small charge to parents for this service—0¢ to 75¢ an hour on a sliding scale—based on each person's ability to pay. If you will need childcare check the childcare box on the reservation form and make sure that you have marked down your daytime phone number. Someone from the Women's Studies Collective will contact you a few days prior to the workshop.

LOCATION: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

SCHOLARSHIPS, interest-free loans and work scholarships are available for many programs in San Francisco. Contact the S.F. office for information and forms. STUDENT AND "POOR PEOPLE" RATES are also possible on a space-available basis. These are *stand-by* rates of 50% off the stated workshop price. Come by the S.F. office no earlier or later than three days before the program's starting date to place your name on a stand-by waiting list, to leave a deposit for the program, and to validate that you qualify for stand-by rates. (The deposit is refundable if you do not get in the workshop.) Confirmations will not be made until the morning of the workshop date.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be refunded if reservation cannot be confirmed or upon request by persons not wanting to be on a waiting list.

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific, with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, and $400 for month-long groups. Deposits are not refundable; but, with five days notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen/Big Sur.

BIG SUR INFORMATION

For reservations and information, write or call:
Esalen Institute, Big Sur, Ca 93920
Phone: (408) 667-2335 – 10 to 4 every day;
10 to 8 Sunday & Friday

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute – By Reservation Only.

Do not mail Big Sur reservations to San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. Only U.S. currency, please.

Program costs cover tuition, food and lodging on the Esalen grounds. Our rooms are designed to be shared by two to three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 p.m.; however, guests are welcome to arrive earlier in the afternoon.

Those travelling by air or bus can obtain limousine service to Esalen/Big Sur. Pickups are made at Monterey Airport and the Greyhound terminal at 5:00-5:30 p.m. each Sunday and Friday. The cost is $10 per person; please notify us in advance.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. We use organically produced meats, poultry and dairy products, and our breads and pastries are made by Esalen bakers.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also discourage participants from having guests. Alas, no pets.

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in preparing attendance at Esalen workshops and lectures. You may use if for Big Sur and San Francisco programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. In completing the form, please include the name, address and telephone number of *each* person registering, and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early; some workshops are booked to capacity weeks in advance.

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No. of persons	Date(s)	Leader's Name & Title of Event	Deposits

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PAYMENT: All San Francisco workshops and Big Sur workshops require nonrefundable deposits of varying amounts depending on program length. Consult information section on page 46 for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

After completing this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

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THE ESALEN CATALOG

Esalen Institute is a center for exploring major trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

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The Realest Catalog

November December 1973

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The themefor the illustration of this catalog is "Hands", states the designer, Red Dog Pieface. "Throughout history, the hand in art has had special significance, ritualistic and symbolical: from the earliest white stuccoed imprints of both hands of an Aurignacian cave dweller to the pointing finger of Uncle Sam. We have chosen such items among many as: the "I do not detail you, I totalize you" accuracy of Toulouse-Lautrec's Yvette Guilbert (p. 11); defensive holdings and lettings-go as notated by Hokusai (pp. 10-35); Fernand Leger's reminding us that peek-a-boo requires faces as well as hands; the slender power of Akhenaten extending itself toward a sun that shone over all of Egypt as long as he regned (p. 2); a 12th century hindu temple deity writing somewhere between heaven and earth (p. 20); the 16th century French tapestry called 'Touch', or the Refinement of the Senses, at its most dramatic moment (p. 32)."

News

THE ACT OF WILL
by
Roberto Assagioli, M.D.

The Act of Will is a new "Esalen Book," published by the Viking Press. Its author, Roberto Assagioli, is the inventor of psychosynthesis. The book is a practical training manual for the human will but it also contains a full theoretical exposition. Here are a few brief excerpts.

From the Introduction

If a man from a previous civilization – an ancient Greek, let us say, or a Roman – suddenly appeared among present-day humanity, his first impressions would probably lead him to regard it as a race of magicians and demigods. But were he a Plato or a Marcus Aurelius and refused to be dazzled by the material wonders created by advanced technology, and were he to examine the human condition more carefully, his first impressions would give place to great dismay.

He would soon notice that, though man had acquired an impressive degree of power over nature, his knowledge of and control over his inner being were very limited. He would perceive that this modern "magician", capable of descending to the bottom of the ocean and projecting himself to the moon, is largely ignorant of what is going on in the depths of his unconscious and is unable to reach up to the luminous superconscious levels, to become aware of his true Self. This supposed demigod, controlling great electrical forces with a movement of the finger, and flooding the air with sound and pictures for the entertainment of millions, would be seen to be incapable of dealing with his own emotions, impulses and desires.

As several writers, Toynbee among them, have pointed out, this wide gulf between man's external and inner powers is one of the most important and profound causes of the individual and collective evils which afflict our civilization and gravely menace its future. Man has had to pay dearly for his material achievements. His life has become richer, broader, and more stimulating, but at the same time more complicated and exhausting. Its rapidly increasing tempo, the opportunities it offers for gratifying his desires, and the intricate economic and social machinery in which it has enmeshed him make ever more insistent demands on his energy, his mental faculties, his emotions and his will . . .

The individual often lacks the resource to cope with the difficulties and pitfalls of this kind of existence. His resistance often crumbles in the face of the demands, the confusions, and the enticements it imposes. The ensuing disturbance leads to increasing discouragement, frustration and even desperation.

The remedy for these evils – the narrowing and the eventual closing of this fatal gap between man's external and his inner powers – has been and should be sought in two directions: the simplification of his external life; and the development of his inner powers.

From the Chapter
"The Existential Experience
Of the Will"

The experience of the will constitutes both a firm foundation and a strong incentive for starting the exacting but most rewarding task of its training. It occurs in three phases: the first is the recognition that *the will exists;* the second concerns the realization that *each of us has a will.* The third phase of the discovery, which renders it complete and effective, is that of *being a will* (this is different from "having" a will).

At a given moment, perhaps during a crisis, one has a vivid and unmistakable inner experience of its reality and nature. When danger threatens to paralyze us, suddenly, from the mysterious depths of our being, surges an unsuspected strength which enables us to place a firm foot on the edge of the precipice or confront an aggressor calmly and resolutely . . .

The inner experience of "willing" may come also in other, more quiet and subtle ways. During periods of silence and meditation, in the careful examination of our motives, in moments of thoughtful deliberation and decision, a "voice", small but distinct, will sometimes make itself heard urging us to a specific course of action, a prompting which is different from that of our ordinary motives and impulses. We feel that it comes from the central core of our being. Or else an inner illumination makes us aware of the *reality* of the will with an overwhelming conviction that asserts itself, irresistibly.

However, the simplest and most frequent way in which we discover our will is through determined action and struggle. When we make a physical and mental effort, when we are actively wrestling with some obstable or coping with opposing forces, we feel a specific power rising up within us; and this inner energy gives us the experience of "willing".

From the Chapter
"The Skillful Will"

Modern psychology has shown that if the will puts itself in direct opposition to the other psychological forces, such as the imagination, emotions, or drives, it will often be overpowered. Yet the limited "Victorian" conception of the will as force alone prompts us to use our will in just such a direct, and often clumsy, or even brutal way. Or, as a reaction, we may swing to the opposite extreme, of not using the will at all.

In other words . . . there are two general types of mistakes caused by the extreme attitudes held towards the will and its relation to the other psychological functions. One is the traditional attempt to force these functions into operation by sheer power and direct imposition. The other extreme, which is prevalent today, is the abdication of the will: an attitude whereby urges, drives and desires are allowed to "happen" without any regulation or consistent direction. In such a situation, the function that is strongest at the moment will capture our attention and express itself, and in so doing will inhibit or repress all the other less powerful functions. This produces inner conflict and stress, reduced effectiveness through dispersal of energies, and potentially harmful reactions within oneself, and between oneself and others.

We can avoid both these types of mistakes when we realize and remember that the will is capable of achieving its purpose, provided it is not only strong but also skillful.

The essential function of the skillful will, which we need to cultivate, is the attitude of looking for that strategy which is most effective and which entails the greatest economy of effort, rather than the strategy that is most

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RECORDINGS OF ESALEN PROGRAMS

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direct and obvious. For example, if we want to get a car going and we get behind it and push with all our strength, we use a will which is only strong. But if we sit in the driver's seat, turn on the ignition, and drive the car, we use a skillful will. In the first case we have a considerable probability of failing, and even if successful, we will have needlessly expended a considerable amount of energy. We will have made a very unpleasant effort which may leave us temporarily exhausted, and we will certainly do our best to avoid repeating such an experience in the future. In the second case, we are guaranteed success with a bare minimum of effort – provided we have previously acquired an understanding of the car and sufficient skill in handling it.

The most effective and satisfactory role of the will is not as a source of *direct* power or force, but as that function which, being at our command, can stimulate, regulate, and direct all the other functions and forces of our being, so that they may lead us to our goal . . .

From the Chapter
"The Good Will"

In the consideration of the development of the will up to now, the individual has been regarded as an isolated unit with his will as an instrument of personal achievement. But in reality the isolated man does not exist: he is in constant interaction with his family, his working associates and society in general. His relationships are many and diverse.

However strong and able he may be, an individual who fails to take these relationships into consideration inevitably arouses reactions and conflicts that often defeat his aims. This seems obvious, yet modern life presents the spectacle of a general clash of wills on the part of those who compete for dominance in all fields. Class is in conflict with class, party with party, and nation with nation, while within the family unit there is frequent strife between husband and wife, between parents and children, and between relatives. Incalculable is the enormous wastage of physical and psychological energies, of time, money and volitional energy, and incalculable is the sum of human suffering bred from these struggles . . .

This is a matter of grave concern not only to humanitarians, but to those who are "practical" in a deeper, wider sense as well. Thus, many attempts are being made to replace competition with cooperation, conflict with arbitration and agreement, based on an understanding of right relations between groups, classes and nations. All this is basically *a question of willing*. The success of these attempts depends on the gradual harmonization of the wills of all concerned.

From the Chapter
"The Stages of the Willing Act"

The act of will consists of six sequential phases or stages. They are:

1. *The Purpose, Aim, or Goal, based on Evaluation, Motivation, and Intention.*
2. *Deliberation.*
3. *Choice and Decision.*
4. *Affirmation: the Command, or "Fiat," or the Will.*
5. *Planning, and working out a program.*
6. *Direction of the Execution.*

These six stages are like the links in a chain, therefore the chain itself – that is, the act of willing – is only as strong as its weakest link. So the performance of an act of will is going to be more or less successful and effective according to how successfully and effectively each of the stages is carried out.

From the Chapter
"The Joyous Will"

The association of will with joy may seem surprising, because the will has generally been considered as something stern, exacting, forbidding, denying, particularly since the Victorian period.

Yet, the "act of willing" can be and often is intrinsically joyous. In order to realize this, it is necessary to have a clear conception of the nature and the various aspects and manifestations of joy . . .

AN EDUCATION FOR THE WHOLE PERSON

by
Stuart Miller

A Note on Wholeness as an Educational Conception

"The schools should be helping the children to look within themselves and from this self-knowledge derive a set of values." (From Maslow, The Farther Reaches of Human Nature).

"We studied the history of several major courses at the general education level of college. Typically, we found that in the original state of objectives there was frequently as much emphasis given to affective objectives as to cognitive objectives . . . However . . . over a period of ten to twenty years, we found a rather rapid dropping of the affective objectives from the statements about the course and an almost complete disappearance of efforts at appraisal of student growth in this domain. It was evident to us that there is a characteristic type of erosion *in which the original intent of a course or educational program becomes worn down to that which can be explicitly evaluated for grading purposes and that which can be taught easily through verbal methods (lectures, discussions, reading materials, etc.).*

(From Krathwohl, Bloom and Masia, Taxonomy of Educational Objectives, The Classification of Educational Goals, Handbook II: Affective Domain).

A BRIEF LOOK AT SOME LARGER CONTEXTS

The Historical Context

The history of education, properly so-called, is a history of the education of the whole person. But the history of American education in recent decades has generally been to define education in much narrower terms: mere technical mastery, only knowledge of subject matters, just the ability to perform certain limited cognitive functions. In order to understand how our own recent notions of education have been limited by the particular circumstances of our time, it is useful to review the main line of western education.

For the Greek child, education was defined as a kind of general goal. A thousand years before Christ, Homer applauds the hero who is "a speaker of words and a doer of deeds." Such a man is a product of *paidea*, education in the sense of a total formation that has its intellectual aspects and its active ones, private and public, cognitive and affective. Hundreds of years later, for Socrates and Plato, the educational process is viewed as tending toward the harmonious and balanced development of the child. The illumined or philosophical mind is supreme in Plato's system, but it achieves supremacy by knowing and mastering the body and the passions. From these earliest times to the present the ideal of western man has been a *whole* man, a man whose person is a just combination of what is right and best. Body, emotions, mind and spirit must all be educated and formed into such a harmony. Milton's instructions to the aspirant poet were not simply that he go out and study literature in a narrowly cognitive sense (though that was obviously critical). In addition, Milton said, the aspirant poet must study and form himself: "He who would not be frustrate of his hopes to write hereafter in laudible things must *himself be a true poem;* that is, a just combination of what is right and best."

Though exact definitions of what is the fully finished character changes through time, the definition of edu-

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cation is always an educated *person*. To take the history of higher education in this country, we see a religious emphasis in the earliest colleges—all of the great American colleges were founded by ministers. Their aim was not merely the education of the intellect but the education of man who could bring spiritual wisdom to his flock. In the nineteenth century this tradition continues, arriving at a pluralistic system of higher education spread over half a continent but one in which the education of character is considered to be the central function. So one can remember, not so long ago, when the point of a young person choosing a college was to choose what kind of a person he or she wanted to be. Thus, for example, one spoke of "a Yale man" or "a Vassar woman" and in speaking of whatever college it was that a person chose, a generalized image would come to mind of a kind of human being that typified the education provided by that college.

It is amusing to review this history because it reveals how unorthodox, how untraditional, how radical (in a deep sense) is the view that education equals mind. One could say that this current definition of education is a heresy unparalleled in the long story of western education.

Surely, however, there were complex and profound reasons that caused the over-emphasis in the last half century on cognitive training. One might list among those reasons the demands of an increasingly technical society for specialized human components, the Cold War fears that led to nations mobilizing entire populations in preparation for total war, the marvellous triumphs of physical science which required more and more intellectual training for mastery. On the other side one might also find a disillusion, already evident in the 1920's, with character models then available—at least in the colleges. The beer-drinking fraternity boy, the football functionary, the sexist smoker, the gentlemen C, the hypocritical attendant at "required Chapel", were elements of the complete "college man" that did not seem very appealing. These were debasements of a proper concern with the body, the interpersonal relations, the spiritual and emotional life of the educated person. The humanistic tradition seemed to have petered out and we began our massive experiment with cognitive education.

So American universities reconstituted themselves on new models, chief among them the model of the German graduate school. Research, publication, knowledge of fact and technique became critical. Somehow it was hoped that enough sheer knowledge would save us.

It has become increasingly clear that knowledge is not enough.

The Present Context

While the ideal of education for the whole person, to make a person whole, has been the main ideal of all liberal education down through the ages, many people in the past were denied such an education. Those who were to be petty functionaries in life's drama: the workers, the shopkeepers, the non-leaders, were to receive only enough vocational education and "morality" as would keep them producing and out of trouble. It was only the upper classes that would receive the education called "liberal" (from the Latin *liberus*, meaning free: an education suited to free men and not to slaves). But the combination of a variety of trends have made such a wholistic education a vital necessity.

First, ours is a democratic country, a country where it is hoped that more and more people will enter into full and free participation in the society. Secondly, in many ways beyond politics people have become freer than all previous generations. They have freed themselves from the ties of family, of tradition, of old definitions of sexual roles, of racial roles, of the requirements to reside in one place, and so forth. It has become a cliche to say that people will have three vocations *at least* during their work careers. And with all this freedom have come the negative sides. Deracination, alienation, physical and mental stress, divorce, psychosomatic disease, drugs and the hundred other maladies of modern life so well summarized by Alvin Toffler as "future shock".

With such freedom and such stress it becomes almost a necessity for survival that education concern itself with the whole person once more. And that means a renewed concern with the body of the child, his or her feelings, his moral and spiritual development, and the relation of these one to another and to the life of the mind. We return once again to the traditional definitions of education: self-knowledge leading to self-mastery. We see the desperate need for some inner cultivation of the child that will make him immune to the tragic escapism of drugs. We feel the need of schools and other institutions to help a person acquire that inward poise that will make bearable the wrenching changes of the future shock society. The industry of psychotherapy thrives as never before, grows portentously, as the technically successful adult realizes that he or she has an insufficiently educated personality with which to meet strain. Science conquers microbes but stressful "diseases of civilization" (heart disease, cancer, hypertension) continue to increase the number of their victims. Ironically, physicians die younger than their patients because their highly technical education has taught them only concepts about dealing with their own stresses.

A curriculum or a training program that prepares a person for life in the present context must be multidimensional. It must educate the mind so that a person can think easily and creatively while scientific innovation makes of "objective truth" only a set of temporary approximations. The educated person must be able to deal with the emotional stresses that modern life exacts. He must know how to avert the harmful consequences of such stresses on his body. He must find his free center, his self, his inner guide, his spirit—in a world where outside authority increasingly becomes distrusted. He must move from such profound self-knowledge and self-development toward contact with others and with society. And all this is necessary for simple and healthy survival.

The Future Prospect

Fortunately, along with the difficult challenges of modern life have arisen appropriate cultural responses. Ways are being found by educators, social scientists, and many others not only to revive the tradition of humanistic education but to make them relevant to our less doctrinaire time. Theoretical investigations and empirical research have combined to produce useful directions and practical techniques for humanistic education. What this amounts to is not the mere promise of survival in a difficult society but larger evolutions, a larger transcendence.

The time is full of opportunity. Freed from the trappings of particular doctrines of the past, a person living in the end of the twentieth century can go in search of the spirit underlying the letter. So perhaps for the first time in human history one can envision an education in which human values are *discovered* by most pupils, rather than forced upon them. One can envision an education in which a student is taught to find his inner authority rather than cleverly subjected to outer authority. One can imagine an education in which the body is no longer a mere tool to be used but an integral part of the human person to be harmonized.

None of this need contradict a wise and vital emphasis on content, subject matter, technical and scientific mastery. Nor should it. The "farther reaches of human nature" of which Maslow spoke in his last book are human achievements grounded in reality—in such realities as

(Article concluded on p. 37)

Approaches To

SOME DEFINITIONS OF TERMS

AIKIDO

Aikido is a Japanese art of self-defense with the emphasis placed on centering, harmony and blending. It is presented as a physical manifestation of energy and spiritual Laws of the Universe.

ALEXANDER TECHNIQUE

The Alexander Technique is a method of re-educating the body that can have dramatic effects on the whole person. By applying sensory awareness, inhibition and conscious choice to such everyday activities as sitting, standing, walking and bending, under conditions of continuous feedback from an instructor, we can experience the specific ways in which we interfere with the natural flow of our total pattern and learn to permit and encourage a response that will strengthen our innate tendency towards an integrated use of ourselves – allowing new alternatives of movement and being. Guided by the direct touch of the instructor's hands, the process involves a gentle reorganization of the body in movement and at rest.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this energetic process.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement* – to have life energy freely available and flowing, not blocked. *Awareness* – to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility* – to know and act on the principle that I am the one who acts, thinks and feels whatever it may be that I act, think or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participant. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

Personal Growth

FREQUENTLY MENTIONED IN THE CATALOG:

MASSAGE

Massage at Esalen is seen and taught as a caring relationship between two people. Consideration is given first to the feelings and the sensory experience of both partners, and after that to technique. Workshops are attended by both couples and singles.

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man within an evolving universe. Starting with each person's existential situation as he perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal-keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced acutalization of one's life.

POLARITY THERAPY

Polarity therapy is an intensive pressure-point massage system similar in both theory and practice to Chinese acupuncture. Developed and synthesized by Dr. Randolph Stone from Oriental traditions many centuries old, its purpose is to realign posture and to release blocked energy throughout the body. Although advanced work in polarity therapy requires extensive training, a number of its more basic techniques are accessible to the interested layperson.

ROLFING

See STRUCTURAL INTEGRATION

SENSORY AWARENESS

Sensory awareness is Charlotte Selver's name for the work she studied with Elsa Gindler in Berlin and brought to the United States in 1938. Workshops in sensory awareness aim at a state of intellectual quiet in which each activity can be fully felt and allowed to find its natural way, free of inhibitions, techniques and images. When ideas are stilled, sense perceptions coming from the entire organism enable the person to function authentically, according to his nature, in all situations. Closely akin, in its pure form, to the practice of zen, sensory awareness brings the essential character of meditation to every aspect of daily living.

STRUCTURAL INTEGRATION

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom and balance. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage. Working with a trained practitioner, the process is usually completed within ten individual sessions.

STRUCTURAL PATTERNING

Structural Patterning in Stillness and Motion, a system designed by Ida Rolf and Judith Aston to achieve structural balance and movement efficiency, works by reinforcing the body in its relationship to the pull of gravity. It directs itself toward providing for change through movement, rather than attempting to achieve idealized static postures. Work sessions are arranged in sequences, and basic movements are gradually integrated into more complex action. The patterns themselves are slow, sometimes subtle, and are done to produce change through awareness.

T'AI CHI CHUAN

T'ai Chi is an ancient Chinese exercise discipline practiced for health, meditation, energy flow and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese phylosophy of change as expressed in the I Ching.

TRANSPERSONAL

Transpersonal generally refers to transcendence, mystical experience, peak experience and parapsychological phenomena.

San Francisco Programs

"Tree into Hand and Foot" and drawing us into Pavel Tchelitchew's 1929 water-color sur-reality.

San Francisco

SPIRITUAL AND THERAPEUTIC TYRANNY: THE WILLINGNESS TO SUBMIT

DECEMBER 7-8, 1973 SAN FRANCISCO

Many persons have proposed that we are now in a time of new spiritual awakening, a new openness in self-confrontation, an evolutionary burst in human consciousness, a transformation.

Over the last decade, as evidence of this, an increasing number of Americans have become involved in a myriad of religious and therapeutic movements. Esalen Institute is itself a manifestation of this phenomenon.

The purpose of this conference is to explore the destructive potential of certain aspects of spiritual and therapeutic movements, some of the seldom discussed techniques and structures of spiritual tyranny, the problem of authority and authoritarianism, the potential misuse of psychic powers.

We are inviting current religious and therapeutic leaders, and critics of the movement, to probe these crucial issues which are part of the age of awakening.

The Sumerian leader, Gudea, 2200 BC, a powerful humble intelligent King, shown wearing his favorite crown, a civil servant's woolen cap, with his hands at rest in their usual position.

QUESTIONS FOR DISCUSSION

Catharsis as a technique for instilling belief.

What are the problems of overbelief?

Spiritual one-upmanship.

Encounter as tyranny.

Low self-esteen and the willingness to submit.

The halo effect around gurus.

Authoritarian personalities and true believers.

Politics of psychic power.

Inclusion and exclusion as techniques of control.

Discipilism.

PROGRAM

Sessions of the conference will be held Friday evening, Saturday morning, Saturday afternoon and Saturday evening and will include lectures ($3); workshops ($8); films and discussions ($5).

All event pass – one ticket good for any and all events: $22/general; $16/student.

For further information and a complete brochure of the event, contact Esalen/San Francisco, 1793 Union Street, San Francisco. Telephone: (415) 771-1710.

PARTIAL LIST OF PARTICIPANTS

JOE K. ADAMS has been a heretic in the field of Psychology for many years. His main interest is in ideological change and conflict with strong emphasis on historical parallels. He is the author of *Secrets of the Trade (Notes on Madness, Creativity, and Ideology).*

WERNER ERHARDT is the creator of the est training and founder of est, Erhardt Seminar Training.

SAM KEEN is consulting editor to *Psychology Today* and a freelance lecturer and group leader. He is author of *Apology for Wonder, To A Dancing God,* and *Telling Your Story* (with Anne Valley Fox).

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists, and maintains a private and group practice. He is the author of *Sexuality, Self, and Survival* and *The Human Ground.*

GEORGE LEONARD is the author of *Education and Ecstasy, The Man and Women Thing,* and recently, *The Transformation.* He is currently conducting a survey for Esalen Institute on work-in-progress in the field of perception, consciousness and being.

PETER MARIN is the former director of Pacifica High School, a radically experimental high school, and has been a visiting fellow at the Center for the Study of Democratic Institutions. He is the author of *The Free People* and (with Alan Cohen) *Understanding Drug Use.*

MICHAEL MURPHY is the co-founder and president of Esalen Institute. He is the author of *Golf in the Kingdom.*

MICHAEL ROSSMAN was a Movement activist in the '60s and a theorist and organizer of radical educational change. He is presently working on a book on the politics of psychic power.

LEE SANELLA is an opthamologist and psychiatrist currently doing clinical research on bio-feedback. He has a long-standing interest in psychic phenomena and has done research in the use of electronics in medicine.

PHIL SPICKLER was formerly a civil engineer. He has been a member of the Church of Scientology for 23 years and is presently Executive Director of the Scientology Mission in Palo Alto, California.

THOMAS SZASZ is Professor of Psychiatry at the State University of New York at Syracuse and a frequent contributor to books and journals on philosophical, legal, psychiatric and psychoanalytical subjects. He is the author of *The Myth of Mental Illness* and *The Manufacture of Madness.*

WILLIAM THOMPSON is resident co-director of Lindisfarne, a new educational and spiritual community in Southampton, N.Y. His articles have been published in many magazines, most recently *Harper's* and *New York Times Book Review.* He is the author of *At the Edge of History.*

Other representatives of various spiritual and therapeutic movements have been invited. A more complete list will be made available in the conference brochure.

Childcare can be arranged during all weekends for San Francisco workshops. See page 42.

Long Term And Special Programs

THE PSYCHOLOGY OF C. G. JUNG

In these seminars, members of the C. G. Jung Institute of San Francisco will discuss informally their own approaches to certain aspects of Jungian psychology and current applications of some of Jung's ideas.

Seminars will be held at the Esalen offices, 1793 Union Street, San Francisco.

Although limited admissions will be available at the door, it is best to register in advance.

Tuesday, November 13

Individuation And Madness
Howard Levene

Evening Seminar $5

Howard Levene, M.D., is co-director with John Perry of Diabasis. He is assistant professor of clinical psychiatry, U. C. Medical Center, and a Jungian analyst in private practice in Kentfield. 7:30 – 9:30 p.m.

Monday, November 26

The Feminine Psyche From A Jungian Perspective
Jean Shinoda Bolen

Evening Seminar $5

Jean Bolen, M.D., is assistant clinical professor, University of California School of Medicine and Langley Porter Neuropsychiatric Institute and a Jungian psychiatrist in private practice in San Francisco. She is chairman of the editorial board of *Psychic* magazine. 7:30 - 9:30 p.m.

Wednesday, November 28

Individuation: The Tao Of The West
Donald Sandner

Evening Seminar $5

Donald Sandner, M.D., is assistant clinical professor of psychiatry at U.C. Medical Center, San Francisco. He is a researcher in the myth and ritual of the Navajos. 7:30 - 9:30 p.m.

ANTIOCH COLLEGE/WEST UNDERGRADUATE DEGREE PROGRAM AT ESALEN

Advanced undergraduate students (anyone who has completed some undergraduate work at any college or university) may enroll at Antioch College/West in San Francisco and work for their B.A. degree at Esalen. Course work is accredited through Antioch College in Yellow Springs, Ohio; the B.A. degree is from Antioch College/West and the Union for Experimenting Colleges and Universities.

Students develop their own educational programs incorporating regularly scheduled Esalen workshops and courses and individual work created in conjunction with the Esalen staff. Esalen leaders and staff act as faculty and counselors for students in the program.

Tuition for an academic year (generally nine months) is $2700; students may begin their programs at any time. Financial aid is available. This program also qualifies for Veterans and Social Security benefits.

Inquiries for admission should be directed to: Ms. Cristy Willer, Antioch College/West, 149 Ninth Street, San Francisco, CA 94103. Information about program content and design should be addressed to: Arthur Fox, College Program, c/o Esalen/San Francisco.

November 5-December 10

Advanced Massage Training
Gunver Jackson
assisted by Carolyn Sawyer

Six Monday evenings $90

Emphasis will be on the development of each individual's approach to massage, rather than on specific techniques. To learn to release tensions efficiently and with economy, participants will practice "reading" various body structures and muscular groups. Further attention will be given to concepts of healing and to the relationship between massage and breathing. Limited to 14 persons. Include statement of previous massage training and background with registration fee. November 5, 12, 19, 26, December 3 and 10; 7-11 p.m.

ESALEN COLLEGE PROGRAM

For the past year approximately 20 students currently enrolled in Antioch/West and Goddard Colleges were also accepted by Esalen to study here and receive credit from their respective colleges. Esalen is now expanding its college program to involve those students currently enrolled in any college or university in the U.S. or abroad who would like to spend a semester or longer at Esalen. Students are encouraged to investigate the possibility of academic credit at their schools for the program of study done at Esalen. The Esalen staff will assist students in documenting their work here.

The Esalen College Program is designed to include: advisor-tutors, who meet with students individually, recommend and discuss readings, and coordinate the students' overall program, which the student creates from the total catalog program offering; twice-a-month group meetings of the Esalen students and their advisors; and courses or workshops specifically for students in the program. We expect that most students will proceed from a broad exposure to concentrated study in one area. Students and teachers interested in designing programs with Esalen should write: Arthur Fox, College Program, C/o Esalen/San Francisco.

For Reservation Information, see page 42. For Biographical Information, see pp. 38-41.

November 3–May 5

Extended Growth Program
George Downing

Six month program $550

The Extended Growth Program is an in-depth, continuing six-month program in the San Francisco Bay Area; it combines a selected schedule of workshops with ongoing small group work under the direction of the program coordinator, George Downing. As a non-resident program in an urban area, it provides a way for persons to experience directed and focused work in several disciplines while living and working in their own environment.

George Downing writes: "This year's program will provide an opportunity to explore and to integrate a number of different pathways toward personal growth. Our focus will be on the body as the source and center of our being; and on our individual styles of making contact, both with ourselves and with other persons. We will make extensive use of gestalt, meditation and dream journals, and a variety of methods of working intensively with the body, including breath awareness, Feldenkrais techniques, movement, Esalen massage, polarity therapy and others. An intellectual as well as an emotional understanding of our shared experience will be encouraged."

The program consists of the following, all in the San Francisco area: continuous group work with George Downing during the six-month period, specifically one evening meeting per week; two weekend workshops with George Downing (November 3–4 and May 4–5); one special weekend workshop for program members only with Stanley Keleman; and three weekend programs to be selected by participants according to individual interest from regularly scheduled Esalen/San Francisco workshops during the November through April period. A month will be taken off for Christmas vacation from mid-December to mid-January.

Limited to 16 persons, selection will be made by interview with George Downing between October 15 and November 1. If you are interested in applying, send a letter *briefly* telling us about yourself. We will contact you after October 15 about an interview.

BEST COPY AVAILABLE

San Francisco
Single Evening Events

(For complete descriptions of events, see page numbers listed below.)
Unless otherwise noted, these events will be held at the First Unitarian Church, Franklin & Geary Street, San Francisco.

▷ Including FREE Introductory Evenings

Thursday, November 1
Introduction to Yoga & Sport – Paramen Barsel & Sumuki MacDonald
Evening Seminar – $5 gen & student; 8–10:30 p.m. Location to be announced. (p. 16)

Friday, November 2
Esalen Bookshop Open House – Guest Anne Kent Rush
▷ FREE; 8 p.m.; 1793 Union Street, San Francisco. (p. 12)

Monday, November 5
The Women's Studies Program: An Introduction – Women's Studies Collective
▷ FREE; 8-10:30 p.m. (p. 12)

Wednesday, November 7
Dimensions of Structural Integration – Michael Salveson
▷ FREE; 8-10:30 p.m. (p. 20)

Wednesday, November 7
Western Sport as Yoga – Michael Murphy
Evening Seminar – $5 gen & stud; 8-10:30 p.m. Location to be announced. (p. 16)

Friday, November 9
Esalen Bookshop Open House - Guest Dave Meggyesey, author of *Out of Their League*
▷ FREE; 8 p.m.; 1793 Union Street, San Francisco.

Monday, November 12
An Evening with Betty Dodson
$3 gen; $2 stud. 8-10:30 p.m. (p. 12)

Tuesday, November 13
Individuation & Madness – Howard Levene
Evening Seminar – $5; 7:30-9:30 p.m. 1793 Union St., San Francisco. (p. 10)

Wednesday, November 14
Introduction to Esalen – Lenore Lefer
$2 gen; $1 stud., 8-10:30 p.m. (p. 18)

Thursday, November 15
Bioenergetics, Gestalt Therapy & Self-Assertion
Michael Conant
$2 gen; $1 stud; 8-10:30 p.m. (p. 21)

Monday, November 19
The Art & Practice of Self-Observation – Stella Resnick
$2 gen; $1 stud; 8-10:30 p.m. (p. 19)

Monday, November 26
You Don't Have to Suffer to Feel Good – Harry Sloan
$2 gen; $1 stud; 8-10:30 p.m. (p. 18)

Monday, November 26
The Feminine Psyche from a Jungian Perspective –
Jean Shinoda Bolen
Evening Seminar – $5; 7:30-9:30 p.m. 1793 Union Street, San Francisco. (p. 10)

Wednesday, November 28
Individuation: The Tao of the West – Donald Sandner
Evening Seminar – $5; 7:30-9:30 p.m. 1793 Union Street, San Francisco. (p. 10)

Thursday, November 29
Psychosynthesis: What It Is – Tom & Anne Yeomans
▷ FREE; 8-10:30 p.m. (p. 14)

Friday, November 30
The Trance Dance – Anna Halprin & Dancer's Workshop
$2 gen; $1 stud; 8-10:30 p.m. (p. 21)

Monday, December 3
Psychic Counseling – Anne Armstrong
$2 gen; $1 Stud; 8-10:30 p.m. (p. 22)

Wednesday, December 5
Breath & Self – George Downing
$2 gen; $1 stud; 8-10:30 p.m. (p. 21)

Thursday, December 6
An Evening with Anais Nin
$3 gen; $2 stud; 8-10:30 p.m.; Kabuki Theater, Japanese Cultural Center, 1881 Post St., S.F. (p. 12)

Monday, December 10
Expanding Human Awareness by Means of Light-Fire Energy-Work – Ralph Metzner
$2 gen; $1 stud; 8-10:30 p.m. (p. 22)

Wednesday, December 19
Introduction to Esalen – David Schiffman
$2 gen; $1 stud; 8-10:30 p.m. (p. 18)

Childcare can be arranged during all weekends for San Francisco workshops. See page 42.

San Francisco

Women's Studies

The Women's Studies Program is designed and coordinated by women collectively. Workshops are priced on a sliding scale according to participants' abilities to pay.

THE WOMEN'S STUDIES PROGRAM

The Women's Studies Program has begun in order to include female consciousness as part of Esalen's long range programming. Until recently this major state of consciousness has been omitted from most Esalen programs, from humanistic psychology in general, from the helping professions and from our socialization in Western culture.

Our aim is to include and make available the woman's point of view to workshop participants and to ourselves as group coordinators; to correct misconceptions by re-examining history, facts and theories; to acknowledge the role played by women in the cultural, political and economic development of the world's civilizations; and from this to develop new and particularly female growth tools and therapeutic forms.

Our point of departure is that not much is known about women; that the information available in the West has been compiled principally by men and/or by women trained in a male-dominated culture. This means starting from scratch, re-examining everything and gaining knowledge from other cultures (American Indians, Amazons, Etruscans, Spartans, etc.). There are no "experts", no "leaders". The program's main orientation is toward getting in touch with buried parts of ourselves and coming out, thereby trading information and skills.

Specific cross-cultural studies will include both the conscious and unconscious roles of women in the world as mirrored in dreams, myths, legends, folk customs, alchemy, religions and art.

Women's Studies programs will explore the following categories:

Female Consciousness: menstruation, pregnancy, menopause, language, art, literature, feelings, body/mind;

Female Sexuality: masturbation, orgasm, lesbianism, bisexuality, heterosexuality, child sexuality, etc.;

Sex Roles and Relationships: comparative cross-cultural studies of women's roles, matriarchies and patriarchies – a comparison, biological and social determinants of sex differences, children's sex and social role development, body language, models;

Third World Women: Courses and workshops to be developed by a committee of Third World Women.

Courses, workshops and groups range from pure theory courses to experiential workshops. They are aimed at specific groups or at general groups (including men and children). There are long-range programs, shorter workshops and a guest lecture series.

LONG-TERM PROGRAMS

The first Women's Studies long-range program, Female Consciousness, began in September and will continue through mid-December. A second long-term program is scheduled to begin in January and will be announced in the next catalog.

ANNE KENT RUSH, authoress of *Getting Clear: Body Work for Women*, will be the guest at the Esalen Bookshop Open House, Friday, November 2nd, 8 p.m. Refreshments – Free – Drop-In at 1793 Union Street, San Francisco.

EVENING SERIES

The Women's Studies Program is beginning a series of evenings to present women writers and artists and to explore specific areas of interest to women. Though the programs are oriented toward female consciousness, men are welcome to attend. Proceeds from these evenings will go toward maintaining sliding scale prices for women's workshops.

Wednesday, October 17

An Evening with Phyllis Chesler

$3 general, $2 student and unemployed; 8-10:30 p.m., First Unitarian Church, Franklin & Geary Streets, San Francisco.

Phyllis Chesler, author of *Women and Madness*, feels that "sex-role stereotypes are at the heart of much of what we call 'mental illness'; that biology and culture combine to ensure that women be self-sacrificing, compassionately maternal, dependent & unadventurous. Independent, creative or self-assertive behaviour is often punished by husbands and therapists."*

**Women & Madness*, P. Chesler, Doubleday & Co.

Monday, November 5

The Women's Studies Program: An Introduction

FREE; 8-10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

An evening with members of the Women's Studies collective to introduce our ideas on women's studies and to answer questions about the program.

Monday, November 12

An Evening with Betty Dodson

$3 general, $2 student and unemployed; 8-10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

BETTY DODSON, erotic artist, feminist, sexual pioneer, has been experimenting with alternative life styles for women focusing on economic and sexual mobility. She is interested in pleasure-based power for women and men.

Thursday, December 6

An Evening with Anaïs Nin

$3 general, $2 student and unemployed; 8-10:30 p.m., Kabuki Theater in the Japanese Cultural Center West Building, 1881 Post Stret (Post & Webster Streets) San Francisco.

ANAIS NIN sees the dream, the unconscious, creativity and art as liberating principles – as the keys to emotional fulfillment. Her *Diary* has become one of the unique literary documents of our time. It is the diary of a woman becoming free and discovering what it means to be female.

For Reservation Information, see page 42. For Biographical Information, see pp. 38-41.

WOMEN'S STUDIES WORKSHOPS

Thursday evenings Beginning November 1

Writing Workshop for Women
Diane di Prima

Continuing program
$0-$5 per session; $0-$35 for eight sessions (sliding scale).

As we hear each other's work and begin to explore the particular spaces that we live and write in, a mutual growth will take place. We will write to music, try various improvisational exercises, work with tape machines, with collage, etc. We will also explore the writings of women of the past and the particular problems that women face with their creativity. New dimensions of female consciousness will inevitably unfold and hopefully we will begin to map them. 7:30-10 p.m.

November 6-December 18

T'ai Chi Chuan
Judyth Weaver

Seven Tuesday evenings $0-$40 (sliding scale)

In this series for women we will cover the first section of the Yang form of T'ai Chi Chuan as taught by Professor Cheng Man-Ching. 8-10 p.m.

November 10-11

Women & The Media
Susan Margolis

Weekend workshop $0-$40 (sliding scale)

We've all had our expectations distorted by the media. This group will begin with the complaints we've harbored as members of the audience and then move on to how we can improve the media by using our heads, our talents, our skills, our scripts. If we come up with something, and if we choose to, we'll go see the media giants in Los Angeles and try to save them from themselves.

November 12-December 17

The Three Faces of the Goddess
Maggy Anthony

Six Monday evenings $0-$35 (sliding scale)

A group exploration of the feminine archetype through world mythologies. Emphasis will be on the inner experiences of women through personal expression of dream and fantasy material and the relationship of these to the archetype of the Great Goddess. 7:30-9:30 p.m. (Suggested reading: *Mythology* by Edith Hamilton; *Women's Mysteries* by M. Esther Harding; *The Summer Before the Dark* and *The Four Gated City* by Doris Lessing.)

Tuesday, November 13

Physical Consciousness Raising
Betty Dodson

Evening workshop $10-$15 (sliding scale)

This workshop is a physical and sexual consciousness raising group for women. We work in the nude which gives everyone permission to look at themselves and each other. We work out with yoga, breathing, martial arts warm-up exercises, and muscle strengthening. Body cleansing procedures are demonstrated and explained. The sexual emphasis is on masturbation as a way of discovering and exploring the body as a source of strength. 7-10 p.m.

Wednesday, November 14

Physical Consciousness Raising
Betty Dodson

Evening workshop $10-$15 (sliding scale)

(See description, November 13, above.)

November 17

Women's Legal Rights
S.F. Women's Legal Center

One-day workshop $0-$20 (sliding scale)

Women encounter discrimination in the laws and from the legal profession. We would like to provide a feminist approach to women's legal problems: to help women understand the legal system and demystify it; to define legal needs of women and develop strategies to meet them; to inform women of their legal rights so that they will demand them; and to bring women together to work on common legal needs. The workshop will cover important legal areas that affect women so that they can understand what to do to protect themselves.

November 18

Massage
Brenda Sales

One-day workshop $0-$20 (sliding scale)

Massage for women emphasizing the quality of touch—taking care—sensitizing ourselves.

November 24-25

Wilderness Survival for Women
Barbara Harwood

Weekend workshop $0-$50 (sliding scale)

An indoor workshop covering the following areas: shelter building (snowcave, lean-to), water (where to find it, building a solar still, purifying it, dehydration), food (building traps, testing food for poison and for personal allergy, fishing), fire (without matches, cooking, hot pit bed, signaling), first aid, back packing and camping, survival with children, and long term survival living. A follow-up camping trip is possible.

December 1-2

Women in Water
Barbara Lamblin

Weekend workshop $35

A discussion, poetry reading, practical demonstration and participation of your body as an active, athletic female — on land and in water. Water is a new and often frightening medium to relax in. We will work on land with stretching, breathing, massaging inflexible body parts to gain confidence with ourselves and each other before entering the water. Once in water these techniques will help us to achieve self control and confidence in our bodies submerged. Special emphasis on your own individual body. (Cosponsored by the Women's Studies Program and the Sports Center. Scholarships available.)

San Francisco

December 1

Sexuality, Feminism & Gay Consciousness
Sandra Aguilar & Marcia Kallen

One-day workshop $0-$20 (sliding scale)

A workshop for women in human sexuality. Exploration of the impact of feminism and gay consciousness. (This course is also available to men, run by men in the community. Contact the Women's Studies Program for details.)

December 8-9

The Role of Women in Social-Revolutionary Movements
Anne Weills

Weekend workshop $0-$50

The assumption of this seminar is that the liberation of women necessitates the liberation of all human beings. We will go back through history and examine the role and qualities which women have brought to that revolutionary process. We will bring things up-to-date by examining the ways in which women are affecting the revolutions in China, Vietnam and the United States. This exploration of the relationship between feminism and social revolution is just beginning, and hopefully we will contribute to it.

December 15

Let's Liberate Children
Shirley Boccaccio

One-day workshop $0-$20 (sliding scale)

Your Boeing 707 is making its approach to San Francisco International with a woman at the controls — how do you feel? Your husband or lover is sensitive and emotional and cries on occasion — would you question his masculinity? Mechanical aptitude and freedom of emotional expression are behavior characteristics which are perfectly acceptable by both sexes in the new children's books published by the Joyful World Press of San Francisco. As author and illustrator of the "Penelope" books, I will delve into the present limitations imposed upon children of both sexes in current text books and literature. There will be a slide show and open discussion on ways to change this present dehumanization of children. For women only.

December 16

Women's Music Workshop
Miranda

One-day workshop $0-$20 (sliding scale)

Primarily for women who want to play music, but for one reason or another haven't been able to make the first steps. We will explore rhythm, voice, and body movement. We believe we all have music in us and all we have to do is find the roads to free it. We'll listen to music, make sounds on various instruments and talk about the ecstasy and obstacles of women and music. Limited to 12 women.

Childcare can be arranged during all weekends for San Francisco workshops. See page 42.

San Francisco

Psychosynthesis

Esalen Institute Psychosynthesis Programs are offered in cooperation with the Psychosynthesis Institute, and are coordinated by its directors, Jim and Susan Vargiu.

November 2-4

Imagination
Tom Allen

Weekend workshop $50

Each of us has experienced ways in which we limit our perceptions and our responses. These limited ways of being in the world are almost always fixed patterns of behavior that repeat and repeat. In this workshop we will explore the many ways in which we can use the imaginative processes to get past stuck, repetitive places and make contact with inner resources which can lead to centered, vital living.

Thursday, November 29

Psychosynthesis: What It Is
Tom & Anne Yeomans

Single evening event
[FREE]; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

An introduction to the principles and practice of psychosynthesis as a means to increase personal and transpersonal awareness and growth.

December 7-9

Psychosynthesis: Coming Home
Tom and Anne Yeomans

Weekend workshop $50

This workshop is for those who have had little or no experience with psychosynthesis but who know enough of it to be interested, and who want to explore its possibilities for fostering their own growth toward wholeness.

December 22

Reality
Steve Kull

One-day workshop $20

Our lives are limited by what we know as reality. What happens if we let go of the limitations we impose on ourselves? What happens if we let go of our definition of the universe? In this workshop we will explore the reality we live in and look for ways to let go of its limitations so as to open ourselves to new ways of perceiving and being in the world.

Hands of a young Jesus persuasively make their point in this study by Albrecht Durer.

PSYCHOSYNTHESIS TRAINING

The Psychosynthesis Training series for Professionals is offered several times a year. Advanced individual training, following the Training Series, is available directly through the Psychosynthesis Institute.

October 30-December 9

Psychosynthesis Professional Training Series
Jim and Susan Vargiu and Associates of the Psychosynthesis Institute

Six Tuesday evenings, a weekend, and individual sessions. $240

A program designed for psychotherapists, educators, counselors and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field.

The program includes: self-discovery and self-realization—identification and harmonization of subpersonalities—balancing and synthesis of opposites—integration of body, feelings, and mind—development of desired qualities—guided daydream principles and practice—release and utilization of psychological energies—"ideal models"—a model of personality in terms of energy fields—the nature of creativity and of imagination—Height Psychology and the Transpersonal Self—bridging the superconscious: inspiration and ascent-symbols, and the development of intuition—the inner dialogue—reflective and receptive meditation: principles and practice—meditation as a tool for directing energy—optimum utilization of current major approaches to growth.

We will work together so that each can recognize the process of psychosynthesis at work, both in himself and in the others. There will be assignments and exercises to complete between meetings. In addition, each participant will have one private psychosynthesis session, and will have the opportunity to observe one or two sessions of other members of the group. Further individual work during the six weeks period can be arranged.

Six Tuesday evenings, October 30-December 4, and weekend workshop, December 8 and 9. For application form, contact Esalen/San Francisco.

For Reservation Information, see page 42. For Biographical Information, see pp. 38-41.

San Francisco

Energetic Studies

The Center for Energetic Studies, under the direction of Stanley Keleman, is a program of workshops, teaching and publishing concerned with the bodily experience of the here and now and its development and the identity which gives biological form. Workshops will be led by Keleman and other invited leaders who explore human *development* from a perspective of experiences enhancing the biological life.

Saturday, November 10
Professional's Tutorial
Stanley Keleman
One-day workshop, 10 a.m. to 6 p.m., $40

November 25 – December 6
Eutonie
Monique Nagy
Eutonie is a method of relaxation that functions through the development of muscle tone, body image and natural body movement. Monique Nagy is a registered physical therapist in France and was trained in Copenhagen by the creator of the system, Gerda Alexander. There are two separate groups scheduled during her two-week visit. Both groups will meet on the following dates: Nov. 25, 27, 29, Dec. 2, 4 and 6.

Group I: 3-4:30 p.m., $50
Group II: 7:30-9 p.m., $50

Please specify the group for which you are registering.

Saturday, December 1
Professional's Tutorial
Stanley Keleman
One-day workshop, 10 a.m. to 6 p.m. $40

December 15-16
Open Workshop
Stanley Keleman
10 a.m. to 6 p.m., Saturday and Sunday $60

Stanley Keleman will be the guest author at the Esalen Bookshop Open House on Friday, October 26, and will be a participant in the symposium on "Spiritual and Therapeutic Tyranny" on December 7-8.

Professional Development Program

In November the Center for Energetic Studies begins a curriculum of professional development workshops, tutorials and seminars which will continue through the coming year. The overall intent of the program is to offer students contact with a deepening understanding of both the biological roots of experience and the applications of that understanding to personal and cultural life expression. The focus throughout will be on education and the developmental process seen from an energetic perspective, with special attention to the biological continuum of experience and the relationship between physical structure and expression.

The program begins with the two tutorial programs listed below, and will continue early next year with extended programs on the relationship between classical physiology and energetic studies, applications to family therapy and dialogues on the conjunctions of energetic studies and Jungian thought.

All programs are open to people in the helping professions, the arts and sciences. Please describe your background in a brief letter of application. Special consideration will be given to applicants who are interested in beginning an extended course of study at the Center.

OTHER ACTIVITIES of the Center during this period:

RUTH ALON will conclude her month-long teaching visit on November 8. Private appointments with her will be available until that date.

MONIQUE NAGY will conduct a training seminar for Center associates and will also be available for private appointments in the Eutonie method. Contact the Esalen office at (415) 771-1710.

Yoni mudra: the womb and mother-center of creation.

Childcare can be arranged during all weekends for San Francisco workshops. See page 42.

San Francisco

The purpose of the Esalen Sports Center is to develop new concepts, practices and teaching methods in athletics, physical education and recreation. These programs will seek to develop an interchange between Esalen type disciplines and the sporting experience. We feel the martial arts of China and Japan, dance, psychology, the Yogas and many Esalen body/mind disciplines have relevance in the playing and teaching of sports and recreation. All programs will be held in the San Francisco Bay Area except where noted.

YOGA, PHYSICAL CULTURE AND SPORT

The premise of these workshops is that sports can be practiced as a yoga through the application of yogic attitudes and techniques, and that the practice of physical postures, breathing, deep relaxation, concentration, meditation and knowledge of diet will enhance the individual experience of any sport or athletic experience. These workshops will combine instruction and practice of different aspects of yoga with a discussion of their interrelations with sports and body awareness. The integration of the physical, mental, emotional and spiritual sides of the individual's personality and a guided participation in a variety of sports and athletics, specially arranged to enhance the unfoldment of this interrelation is planned. Meditation in movement will be fully explored with particular yogic techniques to increase balance, concentration and coordination, and then applied to sports. The role of breath control, relaxation and energy will also be investigated. In all cases the emphasis will be on learning through doing and exploring the consciousness involved in playing the game.

Thursday, November 1
Introduction to Yoga and Sport
Paraman Barsel and Sumuki MacDonald
Evening Seminar $5 (gen. and stud.) 8-10:30 p.m. Location to be announced.
See description above.

November 12 - January 14
Ongoing Workshop
Paraman Barsel and Sumuki MacDonald
Eight Monday evenings $75
November 12, 19, 26; December 3, 10, 17, and January 7, 14.
See description above. 7:30-10 p.m.

November 18-23
Five day Workshop in Big Sur
Paraman Barsel and Sumuki MacDonald
Big Sur program $220
See p. 30 for details.

November 3–4
Knowing Your Body in Water– A Family Workshop
Barbara Lamblin
Weekend workshop $35

This workshop will explore various ways of learning how to relax, breathe, float, swim and free oneself in the water. We will prepare the body by learning relaxation techniques of yoga breathing, limbering and stretching exercises as well as massage before entering the water.
Thus prepared, the actual movement in water will be an entirely new and revitalizing experience. These techniques can be practiced with a family group so as to encourage closer trust among family members. Location in the Bay Area to be announced.

November 4
Tennis Flow for Instructors
Dyveke Spino
One-day workshop $20

This workshop will integrate principles of body awareness, movement, dance, music, and meditation with traditional methods of tennis instruction and practice. This workshop is designed specifically for those teaching tennis to others, and for those who desire exposure to certain bodies of knowledge not usually associated with the game. Also included will be a program to introduce cardiovascular conditioning, specifically designed for tennis players. 10 a.m.–5 p.m.

November 6–15
Running and Creativity
Mike Spino
Six mornings $20

The purpose of these sessions will be to combine jogging and running with artistic expression. We will not only devise an individual plan for incremental conditioning, but teach specific visualization, meditation and stretching exercises. Poetry, painting, dance and music will be the vehicles by which the running experience will be translated into an art form. This workshop will be held in Golden Gate Park on November 6, 7, 8 and 13, 14, 15 from 7–9 a.m.

November 6–January 8
Canoe Making and River Discovery
Andy Topo and Walt Anderson
Eight Tuesday Evenings
$150 or $225 per couple

The purpose of this endeavor is to take participants through the process of actually building a canoe to embarking on a spiritual river trip. The initial meetings will center around utilizing fiberglass molds created by Andy Topo, four-time Hungarian Olympian, into personally designed canoes. During this workshop people with little manual skill can complete a boat. During the entirety of the workshop techniques of sensory awakening, yoga and light encounter will be integrated into the sessions. The group will culminate in planning a weekend of canoeing. The time and location of this weekend will be decided by the group. Cost includes materials for one canoe. Sessions will be held from 7–10 p.m. on November 6, 13, 20, 27, December 4, 11, 18 and January 8.

Sports Center

Wednesday, November 7
Western Sport as Yoga
Michael Murphy
Evening Seminar $5 general and student

Certain states reported by athletes and by ordinary participants in sport resemble the expanded consciousness of yogis, shamans and followers of other spiritual disciplines. Mike Murphy is writing a book which explores the relationship between sport and expanded consciousness. This seminar will explore some aspects of that connection, e.g. the resemblance between *siddhi* and the powers released in certain sports. 8–10:30 p.m.

A SAILING WORKSHOP
Co-sponsored With The Oceanic Society

Access to the sea provides a forum for learning about oneself, the environment and human communication.
The Oceanic Society provides a seafaring experience through its Expedition Program which includes instruction in navigation and seamanship, contact with peoples and areas visited, and the experience of communicating in a close living situation. The Oceanic Society is dedicated to the protection of the oceans and oceanic life, the well-being of oceanic and island cultures, education in the maritime arts and sciences, marine research, and providing the means to go to sea. The Oceanic Society is located at 680 Beach Street, San Francisco, California 94109 (415) 771-6744.

November 9–16
A Voyage of Discovery On the Schooner *New World*
Wilson Van Dusen
Eight day workshop $350

Participants of this workshop upon boarding the 68 foot schooner will join New World's crew as active members of this seafaring community.

This workshop will be an exploration of experiences at the interface of the person, the sea and yachting. We will break people out of old roles to experience themselves managing a racing yacht. There will be some examination of conscious experience of this role change; but the real emphasis will be on doing and experiencing in an unusual setting. The yacht *New World* will sail from San Francisco to Los Angeles, a coastal voyage, anchoring at some of the Channel Islands en route. No boating knowledge or experience is necessary. This workshop will be equally exciting for the novice or the experienced. Limited to nine people.

For Reservation Information, see page 42. For Biographical Information, see pp. 38-41.

San Francisco

November 9–11
Body Flying: An Experience in Self-Launch Flight
Alan Dimen and Kent Trimble
Week-end workshop $55

In this workshop, participants will learn to fly with lightweight, self-launch, kite shaped wings. This not-so-recent technology confronts us with many possibilities and challenges via the knowledge of aero-dynamic theory. The first evening will be spent introducing participants to the equipment and concept of body flying, and the next two days will be spent exploring flight. Participants should be in good physical condition and capable of moderately strenuous exertion. Insurance and equipment included.

November 10–11
Aikido and Creativity in Sport
Bob Nadeau
Weekend workshop $40

Through the physical art of aikido we will work with a psychological and philosophical approach to movement. We will learn how to observe attitudes in motion and how to make corrections and improvements on those attitudes leading to a more complete mind/body unity.

November 17–18
Tennis Flow
Dyveke Spino
Weekend workshop $40

This workshop will integrate principles of body awareness, movement, dance, music, and meditation with traditional methods of tennis instruction and practice. The workshop is designed for beginners as well as advanced students of the game. Bring your racquet and a can of tennis balls. Limited to 20 people.

Eskimo print: "Joyfully, I Count 10 Caribou!"

November 18
The Way of Hiking
Walt Anderson
One-day workshop $5

On a one-day stroll we will explore the idea that yoga, meditation, sensory awakening, encounter and the putting of one foot in front of another are all harmonious activities, and may even be the same thing. Bring lunch. Instructions to follow.

November 24–December 2
Nine Days in the Bahamas– A Reunion With the Sea
Ron Clark, Willy Myers, Bob Kriegel
Nine-day workshop $585

The sea has long provided us with a profound metaphor and dream symbol. It offers many unique opportunities to develop mind/body unity in a different gravity situation, and to explore our new/old environment, psychologically, physically and sensually.
This workshop on a secluded island in the Exumas, Bahamas, will focus on points of integration between land and sea experiences. Traditional growth techniques will be integrated with scuba diving, spear fishing, snorkeling, sailing, deep sea fishing, water skiing, tennis, and blending with the sun, sea, air and earth. All equipment including room and board will be supplied. The round trip fare from Miami to Georgetown, Exumas, Bahamas is approximately $65. Deadline for reservations is October 1.

November 24
A Day of Jogging
Mike Spino
One-day workshop $15

During a single day it is possible to understand the rudiments of jogging. Running techniques, progressive workouts, visualizations and artistic imagination will be combined to help individuals plan comprehensive exercise schedules. 10 a.m.–5 p.m.

December 1-2
Women in Water
Barbara Lamblin
Weekend workshop $35

A discussion, poetry reading, practical demonstration and participation of your body as an active, athletic female – on land and in water. Water is a new and often frightening medium to relax in. We will work on land with stretching, breathing, massaging inflexible body parts to gain confidence with ourselves and each other before entering the water. Once in water these techniques will help us to achieve self control and confidence in our bodies submerged. Special emphasis on your own individual body. (Cosponsored by the Women's Studies Program and the Sports Center. Scholarships available.)

The Sports Center is publishing a bimonthly newsletter which is devoted to developing an interchange of new concepts, practices and information in sports, physical education and recreation. If you would like a copy, just drop us a note, c/o Esalen/San Francisco. Sports Center representatives are also available to give talks, lecture-demonstrations, workshops and clinics, and to design courses for schools.

Esalen Sports Center and Outward Bound

Beginning in January, Esalen Sports Center will co-sponsor a series of workshops with the Outward Bound School. This program will address itself to the nature of personal boundaries–physical, emotional and social. The structure of the workshops will offer the opportunity to develop physical survival skills as well as to deal with and share the emotions associated with positive struggle. In this setting–the desert and mountains of Big Bend National Park in South West Texas –the senses can be cleansed and the basic simplicity of survival appreciated. The workshop, co-led by David Schiffman (Esalen staff leader) and Dick Galland, director of the Texas Outward Bound School, will combine the Outward Bound skills training with Esalen techniques for awareness and growth. For further information contact The Esalen Sports Center.

December 1
Exploring Sport Through Body Movement and Ritual
Anna Halprin
One-day workshop $20

Sport and dance are modes of physical expression which have been viewed historically in the context of social, and often sacred ritual. Ahtletics in contemporary American society, from mass spectacle to individual games, can be viewed as forms of ritual, ceremony and initiation. In this workshop we will explore various ritualistic components of sport, dance and body movement.

December 6–20
Skiing, Rhythm and Movement
Bob Kriegel, Dyveke Spino, Bob Nadeau and Judy Aston
Three Thursday evenings $25

This workshop is designed for praticipants to find their own natural grace on skis. It will focus on learning to ski with more rhythmic, flowing, balanced and centered movements.

Each evening will introduce techniques such as: sensory awareness and movement, visualization, the Feldenkrais approach, energy awareness and structural patterning. The focus will be on integrating the principles of these disciplines into skiing. December 6, 13, 20. 7 p.m.–11 p.m.

December 7–9
Body Flying: An Experience in Self-Launch Flight
Alan Dimen and Kent Trimble
Weekend workshop $55

See description, November 9–11, above.

Childcare can be arranged during all weekends for San Francisco workshops. See page 42.

San Francisco

Sports Center

December 8
Movement in Sport – Sensing Awareness
Bob Kriegel
One-day workshop $20

Most Western sport is taught in a mechanical way with "how to" books detailing rights and wrongs for each movement. In this workshop we will emphasize the sensing of movement and the discovery of each individual's natural flow and rhythm. We will explore basic rhythms and movements that are indigenous to all sports.

December 15
New Games
Bob Kriegel and Stewart Brand
One-day workshop $10

The values espoused in American sports and games are a reflection of the culture's basic values. This workshop will explore the process of developing new games and play whose themes are more humanistic in nature. They will be designed to increase participation and increase the development of mind/body unity. Participants will be invited to design as well as play new games during the workshop. 10 a.m. to 5 p.m.

December 15–16
Physical Education and Energy
George Leonard
Weekend workshop $50

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of "energy flows" in and around the bodies of living things. Western science has not yet identified all of these biofields, but some significant work is under way, as in acupuncture, for example. Using techniques derived from aikido and breathing, Mr. Leonard will present his approach to the human biofield. He will discuss the application of biofield work to sports, games and physical education. Through bodily movement and exercises in perception, consciousness and being, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness.

December 16
A Day of Jogging
Mike Spino
One-day workshop $15

See description, November 24, above.

Other Workshops

Interpersonal

SAN FRANCISCO INTRODUCTION TO ESALEN EVENINGS

These evening programs are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups.

Working in small and large group sessions, participants will be introduced to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring a pillow for easy sitting.

$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Wednesday, November 14 – Lenore Lefer

Wednesday, December 19 – David Schiffman

November 2-4
Life at Midstream
Laney Stephens
Weekend workshop $25

It's time for a change: you've made parts of it, you're about to make it; you're thinking about thinking about it. But there are these considerations and goblins, even monsters that keep "it" from happening. So, we'll join hands while we face them together, slay our dragons, breathe through fire from the safety of sharing/openness. No leader's fee: we'll be in this together. Limited to 18 participants.

November 16-18
Fair Fight Training for Couples
Lewis & Brandy Engel
Weekend workshop $90 per couple

In this weekend 8 couples will have the opportunity to learn and practice the basic techniques of Fair Fight Training as outlined in *The Intimate Enemy* by Dr. George Bach. Lewis and Brandy Engel write: "We teach a method for making constructive use of the aggressive feelings generated by the daily frictions, tensions and conflicts that inevitably arise in an intimate relationship. We feel that Fair Fight Training can be a source of revitalization, excitement, growth and change in a couple's life together."

November 23-25
Exploring Self-Acceptance
David Schiffman
Weekend workshop $50

The focus of this workshop is on the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities and latent powers as a means of achieving productive, creative functioning.

Monday, November 26
You Don't Have to Suffer to Feel Good
Harry Sloan
Single evening event
$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. This evening will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen.

For Reservation Information, see page 42. For Biographical Information, see pp. 38-41.

San Francisco

The Human Body

Monday evenings or Thursday afternoons

Alexander Technique
Frank Ottiwell, (Mondays)
Joan Schirle, (Thursdays)

Continuing program $35 per month

Enrollment in each class is limited to 6 persons; new persons may join the classes as spaces become available. Monday evenings, 6-7:30 p.m.; Thursday afternoons, 3-4:30 p.m.

Tuesday and Thursday evenings & Saturday mornings

Aikido & Energy Awareness
Frank Doran, (Tuesdays & Saturdays)
Robert Nadeau, (Thursdays)

Continuing program

One meeting per week:
$15 per month (general & student)
Two meetings per week:
$25 per month, general;
$20 per month, student
Three meetings per week:
$35 per month, general;
$30 per month, student

A continuous program of instruction in energy awareness and in aikido as a physical expression of that awareness. This course meets each week; participants can be in one, two or three sessions per week, with tuition based on the schedule of participation. Tuesday & Thursday, 8-9:30 p.m.; Saturday, 10-12 noon. First Unitarian Church, Franklin and Geary Streets, San Francisco.

November 3

Emotional Integration through the Body and its Language
Doris Breyer

One day workshop (10 a.m. – 6 p.m.) $20

See description below. Limited to 14.

November 3-4

Integrating Approaches to Mind-Body Harmony: Feldenkrais & Aikido
Ruth Alon and Robert Frager

Weekend workshop $50

A Workshop for Professionals & Advanced Students of Body Work. The Feldenkrais exercises are designed to improve posture and movement by providing new possibilities for body movement. Old patterns of activity are broken up so the mind can observe new potentials. The Feldenkrais system deals directly with the interaction between mind and body; every quality of movement and posture is seen as an expression of a certain psychological attitude. Aikido and other eastern disciplines such as yoga and t'ai chi chuan are complementary approaches to the development of mind-body harmony. We will focus on eastern techniques of centering and approaching movement as a flow of energy directly related to mental attitudes and images. The workshop is designed primarily for those who have experience in body work and who are interested in an introduction to various theories and practices they can apply to their own work. There will be ample time for discussion and sharing as well as for experiencing new techniques.

November 5-November 26

Hatha Yoga
Amrita (Eva Forest)

Four Monday evenings $3.50 per class

The course covers over thirty basic asanas plus a number of warm-up and transitional exercises. Some time will also be devoted to *pranavama* and related breathing techniques. Participants will learn to stretch, arch and relax the body in a mild, methodical way in order to tap latent energy, and gain greater harmony and balance within and towards the world. 7:30-9:30 p.m.

November 5–December 17

Emotional Integration through the Body and its Language
Doris Breyer

Seven Monday evenings $45

Posture, facial expressions, breathing and such express the way that people have been taught to hold back certain feelings (i.e. anger, affection). Through simple exercises participants learn to explore these expressions and re-experience their origins. This series is limited to 8 people; the time is 7-8 p.m. each evening.

November 5–December 10

Advanced Massage Training
Gunver Jackson

See p. 10

Wednesday, November 7

Dimensions of Structural Integration
Michael Salveson

Single evening event
FREE; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

November 10

Experience of Structural Integration: A Rolfing Conference
Michael Salveson & Faith Hornbacher

One-day seminar $8

An opportunity for persons interested in rolfing to explore the possibilities and implications of this technique. The program will include: a film of Dr. Ida Rolf at work; an introductory talk on rolfing basics; the experience and analysis of each person's structural patterns; a demonstration of the first session of rolf processing; a demonstration of the structural patterning system; and small group discussions with a rolf practioner. 10 a.m. to 4 p.m.

November 10

Body Music
David Schiffman

One-day workshop $20

"In the West the only place non-professional composers are expected to make up their own music is in the shower. And most of you people don't even do it there." *Wasantha Singh*

Regardless of musical training, each of us has our own inner songs and rhythms. The emphasis of this workshop will be on exploring and developing the unique rhythmicity and inherent musical potential we all possess. Through the use of ritual, fantasy, gestalt, movement, chanting and a specially-designed group of musical instruments, the participants in this workshop will spend the day creating a musical environment which will reflect our individual and collective creative energies. Saturday, 10 a.m. to 5 p.m.

November 11

Structural Patterning in Stillness and Motion
Faith Hornbacher

One-day workshop $25

Limited to 8 participants, each person will be worked with individually.

For Reservation Information, see page 42. For Biographical Information, see pp. 38-41.

San Francisco

and Programs

November 30-December 2
A Tender Invitation
Harry Sloan
Weekend workshop $50

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich alive experience – love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. The participants will be offered a chance, a tender invitation to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse."

December 15
One Plus One: A Workshop for Couples
Bob & Marilyn Kriegel
One-day workshop $30 per couple

December 15-16
Psychodrama
Walt and Maurica Anderson
Weekend workshop $50

Group encounter and spontaneous-encounter techniques will be used to explore and work through interpersonal problems. The degree of active involvement in the work is a matter of individual choice.

December 21-23
Growth Through Risk-Taking
David Schiffman
Weekend workshop $50

This workshop is designed to provide the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Particular emphasis will be placed on the expression of anger, affection, sexuality and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience.

December 21-23
A Weekend with Laney Stephens
Residential weekend workshop
$65 including room and meals

I want to share our country farm with you for a weekend of *your design*. I will provide sleeping bag space, the makings for simple meals, deep relaxation and breathing exercises and encounter for those who wish. There is farm and maintenance work available, sun, woods and orchards. I look forward to your coming. Welcome.

December 22-23
Accentuate the Positive
Lenore Lefer
Weekend workshop $50

Hidden within many of our traits, habits and hangups are positive, creative qualities wanting to emerge. In an atmosphere that is supportive and nourishing, we will explore and encourage that emergence. Gestalt awareness, group interaction and psychosynthesis techniques will be used to accentuate the positive.

Gestalt

November 10-11
Gestalt and Gurdjieff
Joe Camhi
Weekend workshop $50

Both Fritz Perls and Gurdjieff were interested in raising man's level of awareness in order to help him act more independently and responsibly. Gestalt techniques focus on integrating the elements of experience of the present moment in order to unify and clarify the individual's creative interaction with his environment. These techniques are useful for discovering patterns of self-defeating and self-sustaining behavior. Gurdjieff's ideas provide a framework within which we can more fully understand man's motivations as well as his potential for transformation. His practical exercises afford a means whereby an individual can work more independently on and by himself to conserve, build and mobilize energies with which he can raise his level of awareness and increase his capacity for self-initiating activity.

Monday, November 19
The Art & Practice of Self-Observation
Stella Resnick
Single evening event
$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Self-observation is a crucial talent to develop in order to recognize when one's behavior, fantasy-life and environment are nourishing and self-enhancing or toxic and self-depleting. This lecture will focus on self-observation as a variety of techniques to learn, an art to practice, and an ongoing process of self-awareness and self-love.

December 1-2
Open Gestalt
Cyndy Sheldon
Weekend workshop $50

December 8-9
Gestalt Awareness and Self-Image
Stella Resnick
Weekend workshop $50

As we move around in our world we carry with us a fantasy of ourselves which mediates and dictates our actions and limits our choices. Using the gestalt approach embellished by a variety of other techniques including movement and methods of the actor, participants will work toward clarifying their individual self-image and getting in touch with the disparity between their self-image and how others see them. Particular emphasis will be given to body image, self-esteem, role expectations and withholding excitement. We will work toward expanding our behavioral repertory, our creativity and our aliveness through attaining a more realistic and nourishing self-image.

December 15-16
"Help! I'm Trapped in a Human Body" ©
Frank Rubenfeld
Weekend workshop $50

We will use gestalt to explore the existential *angst* of being human. More mundane concerns such as unfinished business, inveterate topdogging, and being in the now and in your body will also be part of this weekend's activity.

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Childcare can be arranged during all weekends for San Francisco workshops. See page 42.

Thursday, November 15

Bioenergetics, Gestalt Therapy & Self-Assertion
Michael Conant

Single evening event
$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

An informal talk and discussion on where and how bioenergetics and gestalt therapy can be integrated.

INDIVIDUAL MASSAGE APPOINTMENTS are available in San Francisco to Esalen participants and to Friends of Esalen. Massages are $12.00, and $10.00 for women only until January 30. Gift certificates are also available. Call 771-1710 for an appointment.

November 18

Knowing & Moving the Body
Frank Ottiwell & Judith Stransky

One-day workshop $25

This workshop will draw on the work of F. M. Alexander and Moshe Feldenkrais in mobilizing and re-educating the body/self. Techniques to improve postural alignment and release blocked energy will be taught individually and applied to such everyday activities as sitting, standing, walking and bending. Group exercises, performed within each individual's range of ease and enjoyment, will be used to increase kinesthetic awareness and to show the use of awareness and movement as self-teacher.

November 24-25 & December 1-2

Polarity Therapy: For Professionals
Anne Kent Rush

Two-weekend workshop $100

A training course for those interested in integrating polarity release techniques with their own work. Limited to 14. Send a brief letter to Esalen/San Francisco indicating your training and current work.

INDIVIDUAL SESSIONS WITH PRACTITIONERS OF STRUCTURAL INTEGRATION are available *by appointment only*. Each session is about 90 minutes long. Phone 771-1710 for appointments. Practitioners include: Andy Crow, Larry Swann, Ed Taylor.

INDIVIDUAL STRUCTURAL PATTERNING APPOINTMENTS are available with Faith Hornbacher *by appointment only*. A course of private work consists of 6 supervised sessions. Each session is about 90 minutes long. Phone 771-1710 for an appointment.

TRAINING IN STRUCTURAL INTEGRATION is offered only through the Ida P. Rolf Foundation for Structural Integration and only upon completion of certain prerequisites. Information about training and research, as well as class announcements may be obtained by writing the Foundation, P.O. Box 1868, Boulder, Colo. 80302.

Friday, November 30

The Trance Dance
Anna Halprin, Dancer's Workshop

Single evening event
$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

The *Trance Dance* will focus on developing techniques that enable us to experience the journey from the self to the many and back to the self again. We will try to flow with the collective energies and discover where "it" will take us... not knowing before it happens. This *Trance Dance* allows each of us to experience a deep centering and integration of the inner world of experience with the outer world of our universal environment.

December 2

Bodies' Mysteries
Ian Grand

One-day workshop $20

We will explore the mystery and adventure, problems and possibilities in being earthly bodies.

Wednesday, December 5

Breath and Self
George Downing

Single evening event
$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Bring a blanket; wear loose and comfortable clothing.

December 8

Breath, Gravity, Movement & Rhythm
Xavier Nash & Dancer's Workshop

One day workshop in Kentfield $20

Using the breath as a way of getting in touch with the body and the more restful states of consciousness, we will begin to work with the breath rhythmically allowing individualized movement to develop. We may also incorporate drumming, chanting and singing to accentuate the movement.

December 8-9

Intensive Breath Workshop
George Downing

Weekend workshop $50

The breath is a microcosm of the personality. Learning to find and unlock the breath can lead to more richness and certainty of emotion, increased energy, realignment of physical posture and a deeper grasp of one's personal rhythm of existence. We will both verbally and nonverbally explore these possibilities using gestalt and a number of different methods of working intensively with the breath.

December 9

Massage
Anne Kent Rush

One-day workshop $20

San Francisco

December 15-16

Health Farm Chapel & New Age Body Shop
Betty Fuller

Weekend workshop $55

A synthesis of massage, meditation and movement creating a weekend of experimental learning and dynamic relaxation. The three M's will be practiced as separate disciplines and, to balance this largely non-verbal experience, there will be some group sessions devoted to words, music and dancing.

Diverse Programs

Thursday evenings, beginning November 8

Sufi Stories
Betty Camhi

Continuing program FREE

A series of evenings where we can eat a few dates and share some sufi stories collected by Idries Shah. These "parables in action" of the Eastern dervish tradition claim the power to increase perception. 8-10 p.m.

November 3-4

The Renewal of Traditional Religious Forms
Robert Cromey

Weekend workshop $50

The group will deal with some basic religious forms to discover their inner experiential dimension.

Confession and forgiveness=
encounter and gestalt;
Laying on of hands and healing oil=
massage;
Prayer and liturgy=
meditation, music and movement;
Holy Spirit=energy;
Baptism and Mass=
water, Bread and Wine ceremony.

In this workshop the group will explore the connection between these traditional religious practices and some techniques from humanistic psychology.

Childcare can be arranged during all weekends for San Francisco workshops. **See page 42.**

San Francisco

November 4
On Being Tall
Joe France & Marsha Goldberg
One-day workshop $20

"It's so wonderful being tall!" Or *is* it? Explore with us the problems and pleasures in growing and growing and *growing*. Your relationship to yourself comes from your body image. The way you are physically is your self-acceptance, awareness, identity and confidence. Learn and share in an environment where tall is the norm. Participants are urged to bring clothing or other items not worn because "it draws attention to my height."

November 10-11
Surviving & Growing in the Classroom: Confluent Education
Marilyn Brawman and Jayne May
Weekend workshop $50

Ways to create space for awareness, responsibility, choice and creativity in the existing school system.

WORKSHOP WITH JOHN AND ANTOINETTE LILLY

John and Antoinette Lilly will do a weekend workshop in November–December; the program date will be announced in the early winter. If you are interested in receiving information on this workshop, please send a note to the Esalen/San Francisco office and you will be sent an announcement of the workshop as soon as it is scheduled.

November 17
Intuition
Frances Clark
One-day workshop $20

We will work with meditative exercises and imagery to develop intuitive awareness and explore methods for validating intuitive perceptions.

November 17-18
Developing Humanistic Schools: The Board Role
Walt Thompson and Louise Stoll
Weekend workshop $50

Of all charges being made against education today, cries of the lack of attention to the total human needs of students are being heard most often. The lay people most directly responsible to answer these charges, but perhaps least able to do anything, are on the Board of Education. Board members attempting to develop humanistic policies for their schools, students, staff, and community are often frustrated by other parts of the "system". This seminar is planned to examine the board's role in developing humanistic policies, methods of gaining support for these policies, and resolving policy differences. New ways of decision-making, other than use of traditional voting, bargaining, and deals, will be presented. The problems of dealing with political realities and using power in a humanistic way will be confronted. Using the role of board member for personal growth will also be explored. Additional resource people will be participating.

November 17-18
Learning Games: Workshop Tools
Michael Rossman and Jim Nixon
Weekend workshop $50

Learning games combine intellectual investigation with focused emotional and physical experience. This workshop will investigate a topic intensively (ecology, sexuality or political behavior). Its meta-focus, however, will be on the *process* of investigation, which we think represents a new and integral pedagogy. Participants' goals will be to learn how to design and run their own learning scores; and to understand the use of roles, rituals and ceremony in this, and the underlying theory. Enrollment is limited to 25. Leaders of groups or of seminars may find the workshop useful in extending their repertoire of tools. We want people who have specific reasons for being interested in the technology it presents, and are ready to learn and use it. Preference will be given to groups of two or more who are already working together in some educating context.

November 20-December 11
Reading Inside Out
Wayne Padover
Four Tuesday evenings in the Palo Alto area $35

Enriching your reading curriculum for yourself and your students. This is an experiential workshop in Confluent Reading curriculum as developed by the Ford/Esalen Reading Project. 7-10 p.m., Nov. 20, 27, Dec. 4 and 11.

November 20-December 11
Expanding, Exchanging, Energizing: Further Adventures in Confluent Education
Marilyn Brawman & Naomi Singer
Four Tuesday evenings $35

A four evening on-going experiential workshop especially for educators in which to explore and experience ideas and methods for integrating intellect, feelings, body and spirit within the classroom situation. 7-10 p.m., Nov. 20, 27, Dec. 4 and 11.

November 23-25
Extending Awareness Through Hypnosis
Lee Pulos
Weekend workshop $50

This workshop will combine the approaches of hypnosis and psychosynthesis. Hypnosis and self-hypnosis will be taught so that participants can focus in on themselves through hypnotically induced dreams, automatic writing and drawings. These self-discoveries will be extended through guided fantasies, symbolic imagery and learning how to tune into the "inner theater" of one's unconscious.

November 24
Biofeedback Training
Eleanor Criswell
One-day workshop $20

This workshop will focus on bio-feedback as it relates to self-exploration, self-development and altering consciousness. An understanding of biofeedback, how to experience it, and how to use your own body signals as feedback will be included. Participants will experience two kinds of biofeedback machines.

December 1-2
Personal Mythology
Sam Keen
Weekend workshop $50

Explore the ways in which you tell your story, invent your autobiography, live out your personal mythology. An experiential workshop in recovering the images, stories, legends, jokes, private gods and demons which govern your life.

Monday, December 3
Psychic Counseling
Anne Armstrong
Single evening event

$2 general, $1 student; 8–10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

Anne Armstrong will speak on the practical applications of psychic ability in the field of counseling; material from case histories will be presented. This evening's lecture is a follow-up of her first talk in April in which she spoke of her discovery and stabilization of her psychic ability.

December 8-9
Universal Centering
Robert Nadeau
Weekend workshop $50

Center is the state you reach in those special moments when you transcend your norm and function beautifully. Awareness of Energy is the key to that happening. Meditation is experiencing the clarity of that Energy as a Universal Law and a state of Being.

Monday, December 10
Expanding Human Awareness by Means of Light-Fire Energy-Work
Ralph Metzner
Single evening event

$2 general, $1 student; 8–10:30 p.m. First Unitarian Church, Franklin & Geary Streets, San Francisco.

This is an experiential introduction to the teachings and techniques of the School of Actualism, in which light-fire energies are used to enlighten human awareness and sensitize perception to the interrelations of self within the nature, and with other life forms and essences in the environment.

For Reservation Information, See page 42. For Biographical Information, see pp. 38-41.

The Esalen Calendar

SAN FRANCISCO PROGRAMS

THE WEEK OF OCTOBER 28

Oct. 29	Alexander Technique: Ottiwell (continuing Mon. eves): p. 20
Oct. 30-Dec. 9	Psychosynthesis Professional Training Series: Vargius, et al: p. 14
Oct. 30	Aikido: Doran (continuing Tues. eves): p. 20
Nov. 1	Alexander Technique: Schirle (continuing Thurs. afts): p. 20
Nov. 1	Aikido: Nadeau (continuing Thurs. eves): p. 20
Nov. 1	Introduction to Yoga & Sport: Barsel & MacDonald (eve seminar): p. 16
Nov. 1-Dec. 27	Writing Workshop for Women: Di Prima (continuing Thurs. eves): p. 13
Nov. 2 [FREE]	Esalen Bookshop Open House: K. Rush (single eve): p. 12
Nov. 2-4	Imagination: Allen (weekend): p. 14
Nov. 2-4	Life at Midstream: L. Stephens (weekend): p. 18
Nov. 3	Aikido: Doran (continuing Sat. morns): p. 20
Nov. 3-4	Integrating Approaches to Mind-Body Harmony: Alon, Frager (weekend): p. 20
Nov. 3-4	Integrating Approaches to Mind-Body Harmony: Alon, Franger (weekend): p. 20
Nov. 3-4	Renewal of Traditional Religious Forms: Cromey (weekend): p. 21
Nov. 3-4	Knowing Your Body in Water—A Family Workshop: Lamblin (weekend): p. 16
Nov. 3-May 5	Esalen Extended Growth Program: G. Downing: p. 11
Nov. 4	On Being Tall: France, Goldberg (1 day): p. 22
Nov. 4	Tennis Flow for Instructors: D. Spino (1 day): p. 16

THE WEEK OF NOVEMBER 4

Nov. 5 [FREE]	The Women's Studies Program: An Introduction: Women's Studies Collective (single eve): p. 12
Nov. 5-Nov. 26	Hatha Yoga: Amrita (4 Mon. eves): p. 20
Nov. 5-Dec. 10	Advanced Massage Training: G. Jackson (6 Mon. eves): p. 10
Nov. 5-Dec. 17	Emotional Integration through the Body & its Language: Breyer (7 Mon. eves): p. 20
Nov. 6-15	Running & Creativity: M. Spino (6 morns): p. 16
Nov. 6-Dec. 18	T'ai Chi Chuan: J. Weaver (7 Tues. eves for women): p. 13
Nov. 6-Jan. 8	Canoe Making & River Discovery: Anderson & Topo (8 Tues. eves): p. 16
Nov. 7	Western Sport as Yoga: M. Murphy (eve seminar): p. 16
Nov. 7 [FREE]	Dimensions of Structural Integration: M. Salveson (single eve): p. 20

BIG SUR PROGRAMS

THE WEEKEND OF NOVEMBER 2-4

Nov. 2-4	Introduction to Gestalt: Lees, Joeckel (weekend): p. 28
Nov. 2-4	One Plus One: A workshop for Couples: Kriegels (weekend): p. 28
Nov. 2-4	Workshop for Gay People: Smith (weekend): p. 28
Nov. 2-4	Self Actualization vs. Self Image: Becchetti, Rebillot (weekend): p. 28

THE WEEK OF NOVEMBER 4

Nov. 4-9	Gestalt, Encounter & Psychosynthesis: Silvermans (5 days): p. 28
Nov. 4-9	Exploring Passion: Excess or Ecstasy: Schiffman, Lefer (5 days): p. 28
Nov. 4-9	Bodymind Encounter: Schutz (5 days): p. 28
Nov. 4-9	Experiencing Esalen: Lederman, Price, & Staff (5 days): p. 32
Nov. 9-11	Gestalt Awareness and Self-Image: Resnick (weekend): p. 29
Nov. 9-11	Purification Weekend: Miletich & Medow (weekend): p. 29
Nov. 9-11	Bio-Feedback Training for Professionals: Kamiya (weekend): p. 29
Nov. 9-11	Freeing the Voice: Corrigan (weekend): p. 29

THE WEEK OF NOVEMBER 11

Nov. 11-16	Gestalt & the Body: Price, Stewart (5 days): p. 29
Nov. 11-16	Surrender to Yourself: Lees, Joeckel (5 days): p. 29
Nov. 11-16	Gestalt Training with Emphasis on the Body: Rosenberg (5 days): p. 29
Nov. 11-16	Freeing the Voice: Corrigan (5 days): p. 29
Nov. 16-18	Gestalt Tarot: Rebillot (weekend): p. 30
Nov. 16-18	Psychosynthesis: Allen (weekend): p. 30
Nov. 16-18	Massage Workshop: Morrison, Horan (weekend): p. 30
Nov. 16-18	Introduction to Acupuncture: Prestera (weekend): p. 30

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The Esalen Calendar

SAN FRANCISCO PROGRAMS

THE WEEK OF NOVEMBER 4 (continued)

Nov. 8 [FREE]	Sufi Stories: B. Camhi (continuing Thurs. eves): p. 21
Nov. 9 [FREE]	Esalen Bookshop Open House: D. Meggyesey (single eve): p. 11
Nov. 9-11	Body Flying: An Experience in Self-Launch Flight: Dimen & Trimble (weekend): p. 17
Nov. 9-16	A Voyage of Discovery on the schooner *New World*: Van Dusen (8 days): p. 16
Nov. 10	Professionals' Tutorial: Keleman (1 day): p. 15
Nov. 10	Experience of Structural Integration: A Rolfing Conference: Salveson & Hornbacher (1 day): p. 20
Nov. 10	Body Music: Schiffman (1 day): p. 20
Nov. 10-11	Surviving & Growing in the Classroom: Weekend in Confluent Education: M. Brawman & J. May (weekend): p. 22
Nov. 10-11	Gestalt & Gurdjieff: J. Camhi (weekend): p. 19
Nov. 10-11	Women & the Media: Margolis (weekend): p. 13
Nov. 10-11	Aikido & Creativity in Sport: Nadeau (weekend): p. 17
Nov. 11	Structural Patterning in Stillness & Motion: Hornbacher (1 day): p. 20

THE WEEK OF NOVEMBER 11

Nov. 12	An Evening with Betty Dodson (single eve): p. 12
Nov. 12-Dec. 17	The Three Faces of the Goddess: Anthony (6 Mon. eves): p. 13
Nov. 12-Jan. 14	Yoga, Physical Culture & Sport: Barsel & MacDonald (8 Mon. eves): p. 16
Nov. 13	Physical Consciousness Raising: Dodson (eve workshop for women): p. 13
Nov. 13	Individuation & Madness: Levene (evening seminar): p. 10
Nov. 14	Introduction to Esalen: Lefer (single eve): p. 18
Nov. 14	Physical Consciousness Raising: Dodson (eve workshop for women): p. 13
Nov. 15	Bioenergetics, Gestalt Therapy & Self-Assertion: Conant (single eve): p. 21
Nov. 16-18	Fair Fight Training for Couples: Engels' (weekend): p. 18
Nov. 17	Intuition: F. Clark (1 day): p. 22
Nov. 17	Women's Legal Rights: San Francisco Women's Legal Center (1 day): p. 13
Nov. 17-18	Learning Games: Workshop Tools: J. Nixon, M. Rossman (weekend): p. 22
Nov. 17-18	Tennis Flow: D. Spino (weekend): p. 17
Nov. 17-18	Developing Humanistic Schools: The Board Role: Thompson & Stoll (weekend): p. 22
Nov. 18	Massage: Sales (1 day for women): p. 13
Nov. 18	Knowing & Moving the Body: Ottiwell & Stransky (1 day): p. 21
Nov. 18	The Way of Hiking: Anderson (1 day): p. 17

BIG SUR PROGRAMS

THE WEEK OF NOVEMBER 18

Nov. 18-23	Improvisational Gestalt: Price, Rebillot (5 days): p. 30
Nov. 18-23	Yoga, Physical Culture & Sport: Barsel, MacDonald (5 days): p. 30
Nov. 18-23	Massage & Self-Healing: Prestera, Wheeler (5 days): p. 30
Nov. 18-23	A Tender Invitation: Sloan (5 days): p. 30
Nov. 23-25	What's Available: Browns (weekend): p. 30
Nov. 23-25	Tuning Your Energy Body: Nadeau (weekend): p. 30
Nov. 23-25	A Family Communication: Smiths (weekend): p. 30
Nov. 23-25	Body Energetics: Prestera (weekend): p. 30

THE WEEK OF NOVEMBER 25

Nov. 25-30	Gestalt, Massage & Polarity Massage: Price, Stewart (5 days): p. 31
Nov. 25-30	More: Butler (5 days): p. 31
Nov. 25-30	Exploring Self Acceptance: Schiffman (5 days): p. 31
Nov. 25-30	Experiencing Esalen: Lederman, Silverman and Staff (5 days): p. 32
Nov. 30-Dec. 2	The Greater Gestalt: Downing, Davis (weekend): p. 31
Nov. 30-Dec. 2	Renewal of Traditional Religious Forms: Cromey (weekend): p. 31
Nov. 30-Dec. 2	Gestalt, Encounter, and Psychosynthesis: Silvermans (weekend): p. 31

THE WEEK OF DECEMBER 2

Dec. 2-7	Tuning Your Energy Body: Nadeau (5 days): p. 31
Dec. 2-7	Gestalt Plus: Browns (5 days): p. 31
Dec. 2-7	Couples Workshop: Schutz, Blalock (5 days): p. 31
Dec. 2-7	Finding Your Way: Lefer (5 days): p. 31
Dec. 7-9	Workshop for Gay People: Smith (weekend): p. 32
Dec. 7-9	Massage Workshop for Couples: Morrison, Horan (weekend): p. 32
Dec. 7-9	Body Awareness and Gestalt: Downing (weekend): p. 32
Dec. 7-9	Steps to an Ecology of Mind: Bateson (weekend): p. 32
Dec. 7-9	Experiencing Esalen: Lederman, Price, Silverman, and Staff (weekend): p. 32

SAN FRANCISCO PROGRAMS

THE WEEK OF NOVEMBER 18

Nov. 19	The Art & Practice of Self-Observation: S. Resnick (single eve): p. 19
Nov. 20-Dec. 11	Expanding, Exchanging, Energizing: Further Adventures in Confluent Education: M. Brawman, N. Singer (4 Tues. eves): p. 22
Nov. 20-Dec. 11	Reading Inside Gut: Padover (4 Tues. eves in Palo Alto area): p. 22
Nov. 23-25	Extending Awareness Through Hypnosis: Pulos (weekend): p. 22
Nov. 23-25	Exploring Self-Acceptance: Schiffman (weekend): p. 18
Nov. 24	Biofeedback Training: Criswell (1 day): p. 22
Nov. 24	A Day of Jogging: M. Spino (1 day): p. 17
Nov. 24-25	Wilderness Survival for Women: Harwood (weekend): p. 13
Nov. 24-25 & Dec. 1-2	Polarity Therapy: For Professionals: K. Rush (2 weekend course): p. 21
Nov. 24-Dec. 2	Nine Days in the Bahaman—A Reunion with the Sea: R. Clark, W. Myers, B. Kriegel (9 days): p. 17
Nov. 25-Dec. 6	Eutonie: M. Nagy (6 afts. or eves.): p. 15

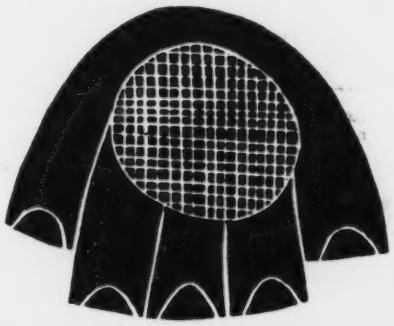
THE WEEK OF NOVEMBER 25

Nov. 26	You Don't Have to Suffer to Feel Good: Sloan (single eve): p. 18
Nov. 26	The Feminine Psyche from a Jungian Perspective: Bolen (eve seminar): p. 10
Nov. 28	Individuation: The *TAO* of the West: Sandner (eve seminar): p. 10
Nov. 29 [FREE]	Psychosynthesis: What It Is: Yeomans' (single eve): p. 14
Nov. 30	The Trance Dance: Halprin & Dancer's Workshop (single eve): p. 21
Nov. 30-Dec. 2	A Tender Invitation: Sloan (weekend): p. 19
Dec. 1	Professionals' Tutorial: Keleman (1 day): p. 15
Dec. 1	Sexuality, Feminism & Gay Consciousness: Aguilar & Kallen (1 day): p. 13
Dec. 1	Exploring Sport Through Body Movement & Ritual: Halprin (1 day): p. 17
Dec. 1-2	Personal Mythology: S. Keen (weekend): p. 22
Dec. 1-2	Open Gestalt: Sheldon (weekend): p. 19
Dec. 1-2	Women in Water: Lamblin (weekend): p. 13
Dec. 2	Bodies' Mysteries: Grand (1 day): p. 21

BIG SUR PROGRAMS

THE WEEK OF DECEMBER 9

Dec. 9-14	Gestalt and Spiritual Practice: Price (5 days): p. 32
Dec. 9-14	A Tender Invitation: Sloan (5 days): p. 32
Dec. 9-14	All That Isn't Me & Me: Lederman & Esalen Staff (5 days): p. 32
Dec. 9-14	Harmony: Miletich, Medow (5 days): p. 32
Dec. 14-16	The Age of Aquarius: Silverman, Lerner (weekend): p. 33
Dec. 14-16	Boundaries of Liberation: Larcombe (weekend): p. 33
Dec. 14-16	Self Nourishment: Lefer (weekend): p. 33
Dec. 14-16	Encounter and Massage: Sloan (weekend): p. 33



THE WEEK OF DECEMBER 16

Dec. 16-21	The Art and Practive of Self-Observation: Resnick (5 days): p. 33
Dec. 16-21	Body, Mind, Spirit: Butler (5 days): p. 33
Dec. 16-21	Gestalt Workshop for Professionals Only: Silvermans (5 days): p. 33
Dec. 16-21	Growth Through Risk-Taking: Schiffman (5 days): p. 33
Dec. 21-26	A Gestalt Workshop: Lederman (5 days): p. 33
Dec. 21-23	Gestalt Tarot: Rebillot (weekend): p. 33
Dec. 21-23	Body, Mind, Spirit: Butler (weekend): p. 33
Dec. 21-23	Encounter & Massage: Sloan (weekend): p. 33

THE WEEK OF DECEMBER 23

Dec. 23-28	Integrative Approach to Self-Actualization: Rubenfeld (5 days): p. 34
Dec. 23-28	Incarnation: Wedding of Spirit & Matter: Watts (5 days): p. 34
Dec. 26-30	Beyond Gestalt: Browns (4 days): p. 34
Dec. 28-30	The Greater Gestalt: J. Downing, Davis (weekend): p. 34
Dec. 28-30	Honesty: Schutz (weekend): p. 34
Dec. 28-30	Something for Every Body: Clemans (weekend): p. 34

The Esalen Calendar

SAN FRANCISCO PROGRAMS

THE WEEK OF DECEMBER 2

Dec. 3	Psychic Counseling: A. Armstrong (single eve): p. 22
Dec. 5	Breath & Self: G. Downing (single eve): p. 21
Dec. 6	An Evening with Anaïs Nin (single eve): p. 12
Dec. 6-20	Skiing, Rhythm & Movement: Kriegel, D. Spino, Nadeau & Aston (3 Thurs. eves): p. 17
Dec. 7-8	Spiritual and Therapeutic Tyranny: The Willingness to Submit (special conference): p. 9
Dec. 7-9	Body Flying: An Experience in Self-Launch Flight: Dimen & Trimble (weekend): p. 17
Dec. 7-9	Psychosynthesis: Coming Home: Yeomans' (weekend): p. 14
Dec. 8	Breath, Gravity, Movement & Rhythm: Nash & Dancer's Workshop (1 day): p. 21
Dec. 8	Movement in Sport—Sensing Awareness: Kriegel (1 day): p. 18
Dec. 8-9	Role of Women in Social-Revolutionary Movements: Weills (weekend): p. 13
Dec. 8-9	Gestalt Awareness & Self-Image: S. Resnick (weekend): p. 19
Dec. 8-9	Intensive Breath Workshop: Downing (weekend): p. 21
Dec. 8-9	Universal Centering: Nadeau (weekend): p. 22
Dec. 9	Massage: K. Rush (1 day): p. 21

THE WEEK OF DECEMBER 9

Dec. 10	Expanding Human Awareness by Means of Light-Fire Energy-Work: Metzner (single eve): p. 22
Dec. 15	Let's Liberate Children: Boccaccio (1 day for women): p. 13
Dec. 15	One Plus One: A Workshop for Couples: Kriegels' (1 day): p. 19
Dec. 15	New Games: Brand, Kriegel (1 day): p. 18
Dec. 15-16	Open Workshop: Keleman (weekend): p. 15
Dec. 15-16	Psychodrama: Andersons (weekend): p. 19
Dec. 15-16	"Help! I'm Trapped in a Human Body": F. Rubenfeld (weekend): p. 19
Dec. 15-16	Health Farm Chapel & New Age Body Shop: Fuller (weekend): p. 21
Dec. 15-16	Physical Education & Energy: Leonard (weekend): p. 18
Dec. 16	Women's Music Workshop: Miranda (1 day for women): p. 13
Dec. 16	A Day of Jogging: M. Spino (1 day): p. 18

THE WEEK OF DECEMBER 16

Dec. 19	Introduction to Esalen: Schiffman (single eve): p. 18
Dec. 21-23	Growth Through Risk-Taking: Schiffman (weekend): p. 19
Dec. 21-23	A Weekend with Laney Stephens (residential weekend): p. 19
Dec. 22	Reality: Kull (1 day): p. 14
Dec. 22-23	Accentuate the Positive: Lefer (weekend): p. 19

BIG SUR PROGRAMS

THE WEEK OF DECEMBER 30

Dec. 30-Jan. 4	Gestalt, Myth & Dream: Price, Stewart (5 days): p. 35
Dec. 30-Jan. 4	Celebration: Fuller, Lederman (5 days): p. 35
Dec. 30-Jan. 4	Skills Workshop for Group Leaders: Larcombe (5 days): p. 35
Dec. 30-Jan. 4	The Workshop is You & Me: Kriegels (5 days): p. 35
Jan. 4-6	Introduction to Aikido: Nadeau (weekend): p. 35
Jan 4-6	Psychosynthesis: Firmans (weekend): p. 35
Jan 4-6	Couples Workshop: Kriegels (weekend): p. 35
Jan. 4-6	Weekend in Self-Awareness: Schiffman (weekend): p. 35

November/ December 1973

THE WEEK OF JANUARY 6

Jan. 6-11	Start the Year Right: Clemans (5 days): p. 36
Jan. 6-11	Psychosynthesis: Kull, Yeomans (5 days): p. 36
Jan. 6-11	More: Butler (5 days): p. 36
Jan. 6-11	Growth & Boundaries: Schiffman, Sloan (5 days): p. 36
Jan. 6-Feb. 1	To the Limits of Self & Beyond: Silverman (month long): p. 34
Jan. 11-13	Gestalt Awareness & Self-Image: Resnick (weekend): p. 36
Jan. 11-13	More: Butler (weekend): p. 36
Jan. 11-13	New Paths to Healing: Prestera, Wheeler (weekend): p. 36

THE WEEK OF JANUARY 13

Jan. 13-18	The Greater Gestalt: J. Downing, Davis (5 days): p. 37
Jan. 13-18	Gestalt & Spiritual Practice: Price (5 days): p. 37
Jan. 13-18	Energy Release Through Bioenergetics: Schwartz (5 days): p. 37
Jan. 18-20	Conscious Evolution: Simon & Staff (weekend): p. 37
Jan. 18-20	Energy Release Through Bioenergetics: Schwartz (weekend): p. 37
Jan. 18-20	Ecological Spirituality: Hunter (weekend): p. 37
Jan. 18-20	Accentuate the Positive: Silverman, Lefer (weekend): p. 37

Big Sur Programs

This wooden Buddha's gilded mudra, an essence of touching.

Big Sur

ON-GOING RESIDENTIAL PROGRAM

Beverly Silverman
Richard Price
Janet Lederman
and Julian Silverman
will be available for direction and consulting

A program for those who would like to have time and space in the Esalen environment of community and work, experiencing living from many different positions. Although this is not a training program, participants may select any five-day workshops offered in the Esalen catalog during their stay.
$880 per month

(Residence requirement of one month.)
September through April

Esalen Study Center Program

Beginning November 15, we will initiate an advanced study program intended to deepen and integrate the various areas of endeavor that have evolved at Esalen. The program offers participants possibilities to expand, enrich and enliven their professional and personal capacities along physical, psychological and spiritual lines.

Based on a combination of Fritz Perls' Lake Cowichan community experiment and past Esalen residence programs, participants will live, work and study together at Esalen's Big House, where they will take responsibility for their own food preparation, maintenance of their residence and its grounds, as well as for their learning experience.

Admission preference will be given to those already working as teachers, social workers, psychiatrists, etc., rather than to aspiring growth center leaders. Selection of participants will be made from the Ongoing Residential Program (see left) and, in some cases, by personal interview or through the five-day programs.

Persons may initially enter the program for a one-month period. Participation beyond that time will continue only by consent of the Study Center Board, based on an evaluation of the participant's utilization of the program.

For information write: Study Center, Esalen, Big Sur, CA 93920.

THE WEEKEND OF NOVEMBER 2-4

Introduction to Gestalt
David Lees & Nancy Joeckel

An experiential weekend to help you learn about gestalt — to discover more about you, to acknowledge your potential, and to increase your options for being and interacting with others. Limited to 14. **$100**

Self Actualization vs. Self Image Actualization
Diana Becchetti & Paul Rebillot

We will draw from Gestalt, Psychosynthesis, Theatre Games and meditation to explore the possibilities of personal expansion and fuller, more spontaneous self-expression. **$90**

One Plus One: A Workshop for Couples
Bob & Marilyn Kriegel

$100

Workshop for Gay People
Sally Smith

A chance for gay men and women, singly or in couples, to come together at Esalen, explore life styles, problems, joys, directions; share massage, music and plain talk. **$90**

THE WEEK OF NOVEMBER 4-9

Gestalt, Encounter & Psychosynthesis
Julian & Beverly Silverman

Open to non-professionals. Limited to 14. **$250**

Experiencing Esalen
Janet Lederman, Richard Price & Esalen Staff

See description on page 32. **$220**

Bodymind Encounter
Will Schutz, assisted by Valerie, Roger, Ken and Jason

Body, intrapsychic and interpersonal methods will be integrated into one experience. The Feldenkrais method will be central. We will work as a whole community (total workshop) and as small groups. Humor allowed. **$280**

Exploring Passion: Excess or Ecstasy
David Schiffman & Lenore Lefer

"The mark of the truly enlightened person is to lead an ordinary life in an extraordinary way." —*anon.*

This workshop will explore the nature of passion and the effect of blocking or allowing this focussed energy in our daily lives. Through the use of gestalt, encounter, massage, and psychosynthesis techniques, the participants will have the opportunity to experience the creative and destructive aspects of passion in their relationships with others as well as in perceiving themselves. The emphasis will be on searching out and developing the unique personality strengths and individual talents which can be used as a means of achieving productive, creative functioning. **$250**

For Reservation Information, see page 42. For Biographical Information, see pp. 38-41.

THE WEEKEND OF NOVEMBER 9-11

Gestalt Awareness and Self-Image
Stella Resnick

As we move around in our world we carry with us a fantasy of ourselves which mediates and dictates our actions and limits our choices. Using the gestalt approach embellished by a variety of other techniques, including movement and methods of the actor, participants will work toward clarifying their individual self-image and getting in touch with the disparity between their self-image and how others see them. Particular emphasis will be given to body image, self-esteem, role expectations and withholding excitement. We will work toward expanding our behavioral repertory, our creativity and our aliveness through attaining a more realistic and nourishing self-image. **$100**

Purification Weekend
Jane Miletich & Deborah Medow

A day of fasting – a day of fruit – yoga – massage – music. Harmonize your body and mind. **$90**

Freeing the Voice
Mary Corrigan

This workshop will concentrate on freeing the voice. It has been established that physical tensions inhibit the production of a free tone. This method employs various physical and vocal exercises that are designed to reduce tensions and to provide the kinaesthetic experience of what a free voice *feels* like. This experience also allows the participant to discover a sense of ease and effortless vocal power. This method is employed at most of the major residential theatres and professional training programs in the U.S. and England. **$90**

Bio-Feedback Training for Psychosomatic Problems: A Workshop for Professionals
Joe Kamiya

A seminar for professionals in psychotherapy, medicine and other fields dealing with mind/body relations. Demonstrations and discussions of bio-feedback training methods for enhancing self-control over tension headaches, migraine, anxiety, insomnia, hypertension, gastric acidity, impotence, frigidity and other symptoms of imbalance in brain and autonomic functions. The potential for application in education and self-development will be explored. **$100**

THE WEEK OF NOVEMBER 11-16

Gestalt & the Body
Richard Price & Chris Stewart

Includes an introduction to a variety of body practices: acupuncture, Rolfing, bioenergetics, massage and polarity massage and their relation to gestalt awareness practice. **$250**

Surrender to Yourself
David Lees & Nancy Joeckel

The more you surrender to you, the more deeply you contact yourself. The deeper your contact with yourself, the clearer are your options for getting what you want and wanting what you get. With gestalt, soft-encounter, massage, and consciousness-expanding exercises, we will offer you the opportunity to learn more about surrendering to yourself. Limited to 14. **$220**

Gestalt Training with Emphasis on the Body
Jack Rosenberg

This workshop is designed for further training of practitioners in the helping professions. It will emphasize use of gestalt therapy in relation to the body. **$250**

Freeing the Voice
Mary Corrigan

See Nov. 9-11 above. **$220**

"Oh, would some Power
the giftie gi'e us
to see ourselves
as others see us."

The Esalen Media Center has video recording services available to group leaders or individuals for use in workshops or privately.
Explore every aspect of your visual self and how you use your body.
How does your fantasy of your physical self compare with its reality?
Instant visual feedback shows you where you're at.
Get immediate feedback on group process and individual process, too.

Video equipment rental: $25 per group session, $75 per weekend – operator included.
Special individual rates available on request.
Other Media Center services includes tape recording and filming in 8mm, super-8 and 16mm. Ask for prices and details.

Big Sur

THE WEEKEND OF NOVEMBER 16-18

Gestalt Tarot
Paul Rebillot

A pack of Tarot cards can be your own, personal gestaltist. The weekend will explore gestalt methods of discovering the cards from your own experience. Bring your own deck if you like. **$90**

Psychosynthesis: Developing Imagination and Intuition
Tom Allen

In each of us there are new, emerging aspects with which we are not yet fully in touch. Some of these are energies that are blocked but which can be released, realized and used as sources of inner strength and guidance. Imagination and intuition are subjective processes which help us to open these energies and use them to reach higher more integrated states of consciousness. We will work toward expanding our individual imaginative and intuitive capacities as a way to extend our insight, creativity and productive functioning. **$90**

Massage Workshop
Peggy Morrison & Richard Horan

Esalen Massage for singles and couples. Limited to 14. **$100**

Introduction to Acupuncture
Hector Prestera

The basic principles of Chinese acupuncture will be presented along with a session on acupuncture massage. **$90**

THE WEEK OF NOVEMBER 18-23

Improvisational Gestalt:
Paul Rebillot and Richard Price

Combining familiar gestalt methods with improvisational movement and sound exploration, we will investigate creative modes of self-expression through awareness. **$250**

Massage & Self Healing
Hector Prestera & Sharon Wheeler

This workshop includes self massage, Esalen massage and various meditative and mantramic techniques fostering free body energy flow. An exercise series for maintaining body tone and health is also included. **$220**

Yoga, Physical Culture and Sport
Paraman Barsel and Sumuki MacDonald

Five day workshop **$220**

The premise of this workshop is that sports can be practiced as a yoga through the application of particular yogic attitudes and techniques and greatly enriches the individual's sporting experience by doing so. This workshop will combine instruction and practice of different aspects of yoga, guided participation and integration of these techniques with a variety of sports and athletics, and a discussion of the interrelations of yoga, sports and body awareness. Meditation in movement, breath control, relaxation and energy will be explored; the emphasis will be on learning through doing and exploring the consciousness involved in playing the game.

A Tender Invitation
Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich alive experience – love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. The participants will be offered a chance, a tender invitation to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." **$220**

THE WEEKEND OF NOVEMBER 23-25

What's Available
George & Judith Brown

An experiential weekend workshop to help participants get more in touch with what's inside (the self, personal and transpersonal) and outside (one's living and working environment, including others). Focus will be on individual growth in a group setting. Suitable for couples as well. Limited to 20 persons. **$100**

Body Energetics
Hector Prestera

A weekend workshop dealing with *body energy blocks* and techniques to work them through. Included will be principles from Reich, Rolfing, acupuncture and body-centered gestalt. **$90**

A Family Communication Experience, using instant video replay
Gerald & Linda Smith
David & Karen Crommie

The better a family communicates, the more successfully each person can be close to the others and yet free to grow as an individual. This workshop is not therapy, but rather an experience for growth through communicating openly and clearly. Video replay will be used extensively. If you like, a film of your family to take home will be available at the cost of the film. Child care available for children under seven throughout workshop hours. Limited to 10 families.

Adults **$100**, children **$80**, pre-school children **$60**

Tuning Your Energy Body
Robert Nadeau

All of us have moments when we are balanced: when we are centered in ourselves yet open and at one with the richness of life around us. Such moments do not have to be rare accidents. We can exist in a vast reservoir of energy that we can learn to tune into and use to enrich our lives on every level. This workshop is an experience in the application of this life energy to relaxation, concentration, healing and life in general. **$100**

For Reservation Information, see page 42. For Biographical Information, see pp. 38-41.

THE WEEK OF NOVEMBER 25-30

Gestalt, Massage & Polarity Massage
Richard Price & Chris Stewart
$250

Experiencing Esalen
Janet Lederman, Julian Silverman & Esalen Staff
See description on page 32. $220

Exploring Self-Acceptance
David Schiffman
The focus of this workshop is on the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities and latent powers as a means of achieving productive, creative functioning. $220

More
Michael Butler
Each of us is capable of more . . . emotional creativity, aliveness, sensuality. The methods of this workshop will be body disciplines, encounter and gestalt tools, and the life positive forces in the Esalen environment. Its goal: to experience "more," not just for a weekend at Esalen, but wherever we happen to be. Limited to 14. $250

THE WEEKEND OF NOVEMBER 30–DECEMBER 2

The Greater Gestalt
Jack Downing & Lyn Davis
Improvising together, we will create and explore our laughter, sadness and rage. Our synthesis of Perlsian gestalt, Esalen encounter and massage, joined with Arica consciousness-expanding exercises works to dissolve your blocks to expression. $100

Gestalt, Encounter, and Psychosynthesis
Julian & Beverly Silverman
$100

Renewal of Traditional Religious Forms
Robert Cromey
The group will explore the connection between basic traditional religious practices and some techniques from humanistic psychology: confession & forgiveness = encounter & gestalt; laying on of hands & healing oil = massage; prayer & liturgy = meditation, music, movement; Holy Spirit = energy; baptism & mass = water, bread and wine ceremony. $100

THE WEEK OF DECEMBER 2-7

Tuning Your Energy Body
Robert Nadeau
All of us have moments when we are balanced: when we are centered in ourselves yet open and at one with the richness of life around us. Such moments do not have to be rare accidents. We can exist in a vast reservoir of energy that we can learn to tune into and use to enrich our lives on every level. This workshop is an experience in the application of this life energy to relaxation, concentration, healing and life in general. $250

Gestalt Plus
George & Judith Brown
A workshop for individuals and couples where the approaches of gestalt therapy are combined with techniques from psychosynthesis. The focus will be on reowning energy and discovering new and alternative ways to be as individuals and in primal relationships. Emphasis will also be placed on what to do after leaving the workshop. $250

Couples Workshop
Will Schutz & Valerie Blalock
Limited to 8 couples. $280

Finding Your Way
Lenore Lefer
The focus of this workshop will be on becoming more aware of yourself and what is around you. This awareness will allow alternatives to emerge and choices to become clear. Gestalt, soft-encounter and psychosynthesis techniques will be offered and participants will then have the opportunity to select what they can best use to find their own way. $220

Big Sur

EXPERIENCING ESALEN

Janet Lederman, Richard Price, Julian Silverman & the Esalen Staff

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on choosing those approaches to self-discovery which prove most effective for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt, encounter, theatre games, guided fantasy, meditation, bioenergetics and massage. Rolfing treatments are available at an extra cost. There is time to experience and explore the natural magnificence of the Big Sur coast.

November 4-9 ($220)
November 25-30 ($220)
December 7-9 ($90)

THE WEEKEND OF DECEMBER 7-9

A Workshop for Gay People
Sally Smith

A chance for gay men and women, singly or in couples, to come together at Esalen, explore life styles, problems, joys, directions; share massage, music and plain talk. **$90**

Massage Workshop for Couples
Peggy Morrison & Richard Horan

Limited to 14. **$100**

Body Awareness & Gestalt
George Downing

We will combine the verbal methods of gestalt with a number of different ways of working with the body, including massage, Feldenkrais dynamics, and Proskauer breathing techniques. **$100**

Steps to an Ecology of Mind
Gregory Bateson

A weekend workshop. **$100**

Experiencing Esalen
Janet Lederman, Julian Silverman & Esalen Staff

See description above. **$90**

THE WEEK OF DECEMBER 9-14

Gestalt & Spiritual Practice
Richard Price

One of a series of programs relating gestalt awareness practice to the spiritual disciplines developed within (and sometimes in opposition to) the great world religions.

Recommended reading: *Tao Te Ching* by Lao Tsu, translated by Gia-fu Feng and Jane English; *Gestalt Therapy Verbatim* by F. S. Perls; *The Anatomy of Mental Illness* by Arthur Janov. **$250**

A Tender Invitation
Harry Sloan

See Nov. 18-23 workshop, p. 30 **$220**

Harmony
Jane Miletich & Deborah Medow

Harmonize your body and mind by sharing a week with us – days of massage, yoga, music, meditation, one day of fasting, a walk through the woods to the beach. Steps toward a balance in our lives. **$220**

All That Isn't Me And Me
Janet Lederman & Esalen Staff

Environmental gestalt for anyone in any way in contact with children.

An experimental seminar to evolve a tenable relationship with Spaceship Earth and its young inhabitants. And to explore and experience the universe as a whole. (Text: *Buckminister Fuller to Children of Earth*). **$250**

For Reservation Information, see page 42. For Biographical Information, see pp. 38-41.

THE WEEKEND OF DECEMBER 14-16

The Age of Aquarius: Prospects and Challenges for Mankind
Max Lerner & Julian Silverman

Aquarius is the Water Bearer who brings the message of the unconscious to the conscious world and thereby initiates a new world order. At the dawning of the Age of Aquarius, the 1970's, this mythical symbol provides a point of departure for examining the changes happening around us in: life styles (emerging family structures, sexuality, child-raising); medicine (being vs. healing, mental medicine); the arts and sciences (parapsychology); private and public relations (war and peace, power and autonomy); duality (man-woman, inner-outer, mind-body) and nature.

A writer and a psychologist share their thinking, their exploring and their excitement about the Age of Aquarius. $100

Self Nourishment
Lenore Lefer

Hidden within many of our traits, habits and hangups are positive, creative qualities wanting to emerge. In an atmosphere that is supportive and nourishing, we will explore and encourage that emergence. Gestalt, soft-encounter and psychosynthesis techniques will be used to accentuate the positive. $90

Encounter & Massage
Harry Sloan

We will explore how we touch each other verbally and non-verbally. How to communicate what we are feeling and how to ask for what we want. $90

The Boundaries of Liberation For Men & Women
Jacqueline Doyle Larcombe

Through encounter, gestalt and psychodrama techniques we will examine the issues which underlie our choice of mode (from traditional to liberated) for relating to our friends and mates. The boundaries of our concept of self and sex role will be explored. $90

THE WEEK OF DECEMBER 16-21

The Art and Practice of Self-Observation: A Gestalt Workshop
Stella Resnick

Self-observation is a crucial talent to develop in order to recognize when behavior, fantasy and environment is nourishing and self-enhancing or toxic and self-depleting. Using the gestalt approach supplemented by a variety of other techniques, participants will focus on learning how to observe their own behavior and fantasy in order that they may best learn about themselves, learn to observe themselves more clearly and learn to recognize and maintain themselves in nourishing environments. $250

Growth Through Risk-Taking
David Schiffman

This workshop is designed to provide the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of Gestalt, role playing, fantasy and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Particular emphasis will be placed on the expression of anger, affection, sexuality and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. $220

Gestalt Workshop for Professionals Only
Julian & Beverly Silverman

Limited to 14. $250

Body, Mind, Spirit
Michael Butler

The focus in this group will be on the common meeting place of various physical, mental and spiritual paths. Encounter and gestalt will be practiced as meditation. Spiritual spaces will be tested in interpersonal contact. Physical techniques based on Rolfing and aikido will be explored as paths to the spirit. Limited to 14 participants. $250

THE WEEKEND OF DECEMBER 21-23

Gestalt Tarot
Paul Rebillot

A pack of Tarot cards can be your own, personal gestaltist. The weekend will explore gestalt methods of discovering the cards from your own experience. Bring your own deck if you like. $90

Encounter & Massage For Singles
Harry Sloan

We will explore how we touch each other verbally and non-verbally. How to communicate what we are feeling and how to ask for what we want. $90

Body, Mind, Spirit
Michael Butler

The focus in this group will be on the common meeting place of various physical, mental and spiritual paths. Encounter and gestalt will be practiced as meditation. Spiritual spaces will be tested in interpersonal contact. Physical techniques based on Rolfing and aikido will be explored as paths to the spirit. Limited to 14 participants. $90

December 21-26 (5-day workshop)

A Gestalt Workshop
Janet Lederman

Dissolving boundaries. Creating different forms for living/working beyond imaginary limits.

In other words . . . Stepping Through the Keyhole. $250

Big Sur

THE WEEK OF DECEMBER 23-28

December 26-30

Beyond Gestalt
George & Judith Brown

A workshop for individuals and couples where the approaches of gestalt therapy are combined with techniques from psychosynthesis. The focus will be on reowning energy and discovering new and alternative ways to be as individuals and in primal relationships. Emphasis will also be placed on what to do after leaving the workshop. $225

Incarnation: The Wedding of Spirit & Matter
Alan Watts

A Christmas celebration and workshop with the celebration of a midnight mass on Christmas Eve to which the neighbors are invited.

Last year Alan Watts used this as an occasion for a seminar on the historical Jesus. This time around the emphasis will be shifted to the Cosmic Christ and the incredibly rich imagery which surrounds this archetype. There will also be sessions for meditation. $280

An Integrative Approach to Self Actualization
Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion — so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt Alexander technique, Feldenkrais exercises and deep muscle work will be used as a gateway to contacting, expressing and working through deep feelings.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas and with the body — the whole person. $250

THE WEEKEND OF DECEMBER 28-30

The Greater Gestalt
Jack Downing & Lyn Davis

Improvising together, we will create and explore our laughter, sadness and rage. Our synthesis of Perlsian gestalt, Esalen encounter and massage, joined with Arica consciousness-expanding exercises works to dissolve your blocks to expression. $100

Honesty: From Cosmic Energy to Watergate
Will Schutz

An exploration of the physiological, psychological, and social consequences of honesty and dishonesty. Is honesty always good? With everyone? If not, when? What happens to the body when we are dishonest? To energy? To spontaneity? To health? To relations with friends? To the society? To our connection with the universe? To humor? $100

Something for Every Body — Movement & Massage
Barbara Clemans

Tension can be interpreted as resistance to experience: existential experience of ourselves and vibrational input from the environment. We will heighten our sensitivity to ourselves and others through subtle movement, gentle massage, directed breath awareness, vocal sound vibration, and a special musical environment. $100

TO THE "LIMITS" OF SELF & "BEYOND"

January 6 to February 1
Julian Silverman, Coordinator
And: Ann Halprin
Janet Lederman
Peggy Morrison
Beverly Silverman
George Simon

No one person, no one method provides *the* key to discovering the present limits of self and means of transcending those limits. Through the principles of gestalt, encounter, psychosynthesis; through experiencing massage, meditation, movement — individuals will have the possibility of finding their own keys to their own unfettering, their own roads to a transpersonal self, and their own re-discovery of intuitive powers. $975
(See next brochure for more details.)

For Reservation Information, see page 42. For Biographical Information, see pp. 38-41.

THE WEEK OF DECEMBER 30–JANUARY 4

Gestalt, Myth & Dream
Richard Price & Chris Stewart

Focus on dreams and personally meaningful myth as primary areas of gestalt practice. Recommended reading: *Hero with a Thousand Faces* by Joseph Campbell (Meridian). **$250**

Celebration
Betty Fuller & Janet Lederman

$280

Skills Workshop for Group Leaders
Jacqueline Doyle Larcombe

The focus of this workshop will be on providing an intensive group experience, introducing group techniques and enhancing the transfer of these skills for persons already leading groups in various settings. Techniques will be drawn from psychodrama, encounter, gestalt, bioenergetics, psychomotor and fantasy. **$220**

The Workshop is You & Me, Work & Play, Joy & Sadness; The Title Is Unimportant
Bob, Marilyn & Otis Kriegel

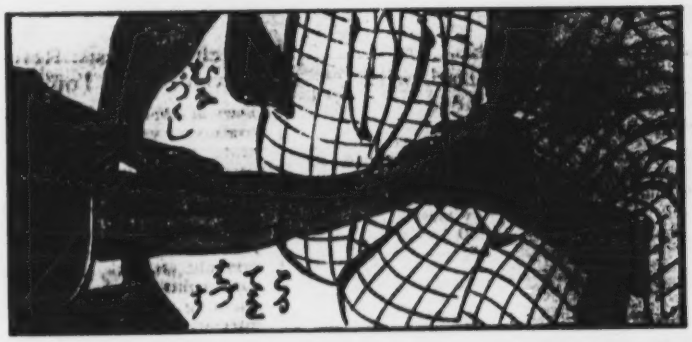
This workshop is based on the premise that the process of change and growth can be facilitated by each individual increasing his available resources and options for being and interacting. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used as well as games and massage to enable the participants to explore and extend the resources that exist within themselves. **$250**

The Esalen College Program

The student program at Esalen, Big Sur, is being devised to enable a wider range of young people to experience Esalen at a minimal cost. The weekend workshops are designed to allow participants to experience activities in which Esalen is involved. They may include Gestalt, Encounter, Movement, Massage, Psychosynthesis, Meditation. . . .

In addition, it is possible for Esalen to come to you. Esalen staff will come to your college for weekend workshops or during semester or quarter breaks and provide similar workshops or programs of special interest at your request.

For schedules and availabilities write: The Esalen College Program, Esalen, Big Sur, CA 93920.



THE WEEKEND OF JANUARY 4-6

Introduction to Aikido
Robert Nadeau

A weekend to explore the Japanese art of aikido. The emphasis will be on centering, blending energy and awareness. Bring comfortable clothing for movement. **$100**

One Plus One: A Workshop for Couples
Bob & Marilyn Kriegel

$100

Psychosynthesis
John & Heidi Firman

We invite you to join us in the adventure of self-exploration. Symbolic artwork, guided imagery, humor, movement and meditation are some of the tools we will use to experience the principles of psychosynthesis. By affirming our sense of personal center, we can gain a vantage point which adds clarity and balance, altering the process of growth from compulsive drudgery to playful and purposeful art. Beyond personal harmony, we have the opportunity to contact a higher, most essential self, whose energy and guidance can bring about increasing joy, creativity, and value in our daily lives. **$100**

A Weekend Workshop in Self-Awareness
David Schiffman

This workshop is based on the awareness that personal growth is often blocked because we don't see ourselves clearly, as others see us, or act as we really feel. The object of this seminar is to create a supportive atmosphere wherein the participant can experience her or himself at a deeper, more meaningful level than daily life provides. Techniques of psychodrama, encounter and Gestalt will be used. **$90**

Big Sur

SOUTH COAST CENTER

A place for new structures to emerge
An environmental experiment
A media center
A cabaret
A place to work, to study, to play,
Or just to be.
Studios may be rented on a monthly basis with access to the dining facilities and baths at Big Sur Hot Springs. Room and board: $485 per month

THE WEEK OF JANUARY 6-11

Start the Year Right– Taking Care of Yourself with Massage and Movement
Barbara Clemans

Emphasis in this workshop will be on the individual's specific needs and in developing techniques which can be used at home. You will learn a complete body massage. See Dec. 28 workshop, above. $250

More
Michael Butler

Each of us is capable of more . . . emotional creativity, aliveness, sensuality. The methods of this workshop will be body disciplines, encounter and gestalt tools, and the life positive forces in the Esalen environment. Its goal: to experience "more," not just for a weekend at Esalen, but wherever we happen to be. Limited to 14. $250

Psychosynthesis: Return to Center
Steven Kull & Tom Yeomans

Even at times of intense inner conflict and confusion, we often have a sense of a calm center within us – a point of compassionate perspective where we can tap into sources of integrative energy and wisdom. In this workshop we will seek to build a bridge between this center and our daily lives. We will use such techniques as guided imagery, gestalt, symbolic art work, movement, journal writing and meditation. Emphasis will be placed on initiating an ongoing process of growth and integration which participants can continue to use after the workshop. $250

Growth and Boundaries
David Schiffman & Harry Sloan

Where do you stop? When do you let go? This workshop will involve the complementary approaches of Gestalt, encounter, psychosynthesis and massage. The group will explore a wide variety of techniques (verbal and nonverbal) in order to experience the possibilities of greater personal expansion and openness with others. The use of personal boundaries, whether illusory or as tools of survival will also be explored through risk-taking exercises. $250

To the Limits of Self and Beyond
Julian Silverman, Coordinator

January 6 to February 1 month-long program. See description, page 34 $975

THE WEEKEND OF JANUARY 11-13

Gestalt Awareness and Self-Image
Stella Resnick

As we move around in our world we carry with us a fantasy of ourselves which mediates and dictates our actions and limits our choices. Using the gestalt approach embellished by a variety of other techniques including movement and methods of the actor, participants will work toward clarifying their individual self-image and getting in touch with the disparity between their self-image and how others see them. Particular emphasis will be given to body image, self-esteem, role expectations and withholding excitement. We will work toward expanding our behavioral repertory, our creativity and our aliveness through attaining a more realistic and nourishing self-image. $100

More
Michael Butler

See January 6-11, above. Limited to 14. $100

New Paths to Healing
Hector Prestera & Sharon Wheeler

Use of color, aspects of aura reading, traditional Chinese acupuncture concepts and specific individualized meditative techniques will be utilized.

The above will enable the individual to begin to heal himself. $90

For Reservation Information, see page 42. For Biographical Information, see pp. 38-41.

THE WEEK OF JANUARY 13-18

The Greater Gestalt
Jack Downing & Lyn Davis

Improvising together, we will create and explore our laughter, sadness and rage. Our synthesis of Perlsian gestalt, Esalen encounter and massage, joined with Arica consciousness-expanding exercises works to dissolve your blocks to expression. $280

A Week of Energy Release Through Bioenergetics
Alan Schwartz

We tend to block the free flow of energy which allows us to express emotions. The reasons involve many facets of self: fear of rejection, fear of not being loveable, fear of falling on one's face, etc. . . .

Through bioenergetic techniques, we will focus on opening up channels to the free flow of energy and dealing with the resultant emotional release on the intrapsychic and interpersonal levels. Gestalt techniques will also be utilized to develop an environment in which risk taking may occur in an atmosphere of trust. $220

Gestalt & Spiritual Practice
Richard Price

One of a series of programs relating gestalt awareness practice to the spiritual disciplines developed within (and sometimes in opposition to) the great world religions. Recommended reading: *Tao Te Ching* by Lao Tzu, translated by Gia-fu Feng and Jane English; *Gestalt Therapy Verbatim* by F. S. Perls; *The Anatomy of Mental Illness* by Arthur Janov. $250

THE WEEKEND OF JANUARY 18-20

Conscious Evolution With an Ordinary Psychic
George Simon & Staff

Our aim is to reopen the channels of being and intuitive perception lost in childhood. Our method is to break down conscious experience into specific dimensions, according to a precise experiential language. We will explore thinking in higher dimensions and increase our psychic empathy with others. We will work intellectually, intuitively, emotionally and spiritually. Unusual abilities are unnecessary — this is a workshop for ordinary people. $90

A Weekend of Energy Release Through Bioenergetics
Alan Schwartz

See description, January 13-18, above. $90

Accentuate the Positive
Lenore Lefer & Beverly Silverman

Many of us tend to focus on the negative aspects of our lives. We will accentuate the positive using gestalt, encounter and psychosynthesis techniques. $100

Ecological Spirituality
Robert Hunter

This seminar explores a simple application of ecological principles to life and the development of a value system based on ecology. Essentially the ideas to be explored are a continuation of those developed in *The Storming of The Mind*. Through the medium of ecological insights we have an opportunity to observe a "higher order" directly at work influencing our lives. Existentially we have the freedom to systematize our delusions in whatever patterns we like. A metaphysical system based on an ecological survival code with an attendant social value system may be precisely what we require at this juncture. $90

News

(Concluded from p. 5)

reading and writing, making a living and raising a family. The formation of one's inner life is not an end in itself, nor does it take place in a vacuum. The training of teachers, the writing of curriculum, the teaching of students must move between self and other, self and world. But unless the self is included in the educational process, unless the old traditions are revived and rejuvenated in contemporary ways, all the promise of new freedoms and opportunities will end in the hollow exercises of hollow men and hollow women.

Though there has been a primary and intuitive understanding on the part of every great philosopher of education about the need for internal wholeness in the learner, curriculum has tended in recent centuries to degrade the conception.

With the reawakening of classical learning in the Renaissance, the gigantic flash of Greek and Roman wisdom across the skies of fifteenth century Europe, wholeness came more and more to mean studying certain works. The works of these ancient masters seemed so full of significance that it was through such study that one's own significance would be found. As the centuries progressed however, knowledge increased in quantity. More and more ancient books by more and more ancient authors were unearthed. And then new books about these authors and their works were written. And then new knowledge, particularly in the form of physical sciences, came to be born. And at first a hundred and then a thousand new technologies. And then the discovery of five hundred foreign languages. Of whole civilizations, past and present, previously unknown. Of dozens, then tens of dozens of new academic disciplines. The creation of ten thousand new vocations.

Curiously enough, the combination of this explosion of knowledge with the Renaissance idea of the whole man as a man whole because of his many skills and accomplishments, has left many highly educated people depressed. They would that they could complete their wholeness by knowing everything, by being able to do everything, by understanding everything, by being competent in everything. And, of course, they are doomed to dissatisfaction. And they know it. And they still yearn.

The wholeness they seek, however, cannot be acquired through the appropriation of skills and knowledges beyond themselves. There is not enough time. Rather a primary harmony and unity must be cultivated from within. In such a unity there will appear the recognition of one's deep individuality. The marvel and wonder of individual differences. The sense that while we must share the world in which all of us dwell, much of what we share with others will have to be our uniqueness. In such a conception, the concern with the whole child becomes a concern with the wholeness that is unique to the individual child. Because all of us are human, there will be vast similarities. Curriculum is possible, teaching is possible. But that particular freedom to find and be one's self, to play one's part in the whole is emphatic.

Biographical Information

Numbers at end of biographies are page references to programs offered in this catalog.

SANDRA AGUILAR AND MARCIA KALLEN are members of the San Francisco feminist and gay community with a wide range of experience and training. They are presently developing alternative life styles. (p. 13)

TOM ALLEN, a senior associate of the Psychosynthesis Institute, leads workshops at growth centers and educational institutions throughout the country and abroad. He has taught courses in psychosynthesis at the college and university level. He is an artist and has worked to integrate art into the psychosynthesis process as a means of self-realization. (pp. 14, 30)

RUTH ALON is a trainer at the Feldenkrais Institute in Tel Aviv and is a member of the small group of practitioners comprehensively trained there by Moshe Feldenkrais in his system of functional coordination, body awareness and movement. (p. 20)

AMRITA (EVA FOREST) began her studies with Master Subramuniya (Himalayan Academy) and Lilly Hansen and Guni Martin (school of Paramahansa Swami Satyananda). She received her certification in Hatha Yoga at the Tove Madsen Institute, Copenhagen, Denmark, in 1970. Since then, in addition to teaching privately in this country, she has initiated and taught a fulltime program in Hatha Yoga for Berkeley's Community Arts Division. (p. 20)

MAURICA ANDERSON, a former staff member of the California Institute of Psychodrama, is currently working in psychodrama and encounter with various Berkeley womens' groups and is a graduate student in the humanistic psychology program at Sonoma State. (p. 19)

WALT ANDERSON studied psychodrama under Lewis Yablonsky, is accredited by the Moreno Academy of New York and was formerly executive director of the California Institute of Psychodrama. He has served as a consultant in psychodrama to many businesses, agencies, hospitals and educational institutions. (pp. 16, 17, 19)

MAGGY ANTHONY is recently returned from Zurich where she studied at the C.G. Jung Institute. Prior to that she taught mythology for several years in the Bay Area, most recently at the U.C. Medical Center in San Francisco. (p. 13)

ANNE ARMSTRONG, a clairvoyant from Sacramento, uses her abilities for deep level analysis of personal problems and for guidance in the growth of the inner life. (p.22)

JUDITH ASTON is a structural patterning and rolfing practitioner; originator of "Rolf-Aston Structural Patterning in Stillness and Motion..; director and choreographer for dance theater group at Long Beach Community College; has worked extensively with dancers, actors, and athletes. (p. 17)

PARAMAN BARSEL is a whole time Ashram member and Director of Yoga Program Development for the Integral Yoga Institute. A former Ashram Manager, he has several years experience as an Institute Hatha and Raja Yoga instructor, and has served as head of spiritual practices and lecturer at several West Coast Yoga retreats. He has a B.A. from Columbia University in English and is a general sports enthusiast. (pp. 17, 30)

GREGORY BATESON is a world-famous ecologist and ethnologist. He originated the "double bind" theory which explains some of the causes of schizophrenia. His most recent interests join the workings of the human mind and emotions to the problem of ecology. (p. 32)

DIANA BECCHETTI trained in Gestalt Therapy with Richard Price. She is co-coordinator of The Esalen College Program. She has studied Confluent Education with George Brown at University of California, Santa Barbara, and completed didactic training at The Psychosynthesis Institute in Redwood City, California. (p. 28)

VALERIE BLALOCK is first and foremost a woman. In addition, she has been a musician, dancer, philosopher, actress, cook and gymnast. She has trained in encounter with William Schutz, in EST with Werner Erhard and is presently in residence at Esalen/Big Sur. With Will Schutz she has co-led workshops in the United States, Canada and Australia. (pp. 28, 31)

SHIRLEY BOCCACIO is a professional painter and single mother of three children. She joined the Women's Liberation movement in 1968 and became chairperson of the S.F. NOW speakers bureau. She is the designer of women's liberation posters, author and illustrator of nonsexist children's books and college lecturer on sex-role stereotyping in children's literature. She is currently working on a book on single motherhood. (p. 13)

JEAN BOLEN, M.D. (p. 10)

STEWART BRAND is founder and editor of The Whole Earth Catalogue. (p. 18)

MARILYN BRAWMAN is a member of the Ford/Esalen Project in Confluent Education. She teaches elementary school in Mill Valley.

TOM BRENNER, 1971 Esalen resident fellow, is a member of the Big Sur staff and co-ordinator of the 1972-73 Experience of Esalen programs.

DORIS BREYER studied psychology, modern dance and body awareness in Europe, the ways of Zen in Japan, and has studied with Alexander Lowen and Fritz Perls. She recently moved to the Bay Area, where she is in private practice. (p. 20)

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is director of DRICE, the Ford Foundation Center in confluent education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning*. (pp. 30, 31, 34)

JUDITH BROWN has an international reputation as a gestalt awareness trainer and has been interested in the use of symbols as an expression of the creative unconscious. In addition to her own groups, she has co-led numerous groups with her husband. (pp. 30, 31, 34)

MICHAEL BUTLER is a group leader with a background in body techniques. A former Esalen resident fellow, he was trained in group process by John Heider and subsequently as a practitioner of structural integration by Ida Rolf. He has a special interest in ways to adapt the personal growth practices of the group meeting room to everyday life. (pp. 31, 33, 36)

BETTY CAMHI has enjoyed reading Sufi stories for the past four years, and is currently a member of a Sufi study group. (p. 21)

JOSEPH CAMHI, clinical psychologist and gestalt therapist, recently spent a year studying at a Gurdjieff-oriented school in England and is now in private practice in San Francisco. (p. 19)

PHYLLIS CHESLER. (See p. 12)

FRANCES CLARK has been leading groups and doing research on imagery for the past six years, and recently completed her doctoral dissertation entitled "Approaching Transpersonal Consciousness through Affective Imagery". She is on the faculty at California State College, Sonoma, where she has been teaching and counseling since 1969. (p. 22)

RON CLARK has been a diver for 15 years and is currently director of a national Scuba Instructors' Training program. He has been a teacher of literature and creative writing and Director of Kairos Institute. (p. 17)

BARBARA CLEMANS is a practitioner of massage in San Francisco. In her workshops she has synthesized her approach from nine years of experience with various techniques, including: gestalt therapy, dance, yoga, bioenergetics, an apprenticeship with Ann Halprin, a year of neo-Reichian therapy, massage, belly dancing, buddhism, psychosynthesis, the Arica training, EST and the Pearson method. Her work is featured in *Getting Clear: Body Work for Women*. (pp. 34, 36)

MICHAEL CONANT is a psychologist in private practice in Berkeley, working in bioenergetic and gestalt re-education. He holds degrees from Columbia and Stanford Universities and is a former director of Bridge Mountain Foundation. He is a trainer for therapists in the professional training program of the Institute for Bioenergetic Analysis in Northern California and a member of the Gestalt Institute of San Francisco. (p. 20)

MARY CORRIGAN is an assistant professor in the Theatre Department at the University of Minnesota and has conducted voice production workshops throughout the United States. She has been an actress, director, teacher and group consultant and has received grants and scholarships from several foundations. She has studied/experienced the following techniques: Iris Warren method, Alexander, Martha Graham, bioenergetics, N.T.L. Tavistock Group Conferences (England), and A.K. Rice Conferences. (p. 29)

ELEANOR CRISWELL is the director of the Humanistic Psychology Institute and an associate professor of psychology at Sonoma State College. (p. 22)

ROBERT CROMEY is an experienced group leader for Esalen Institute and other growth centers around the country. He has also been a priest of the Episcopal Church for 17 years working in New York and San Francisco. (pp. 21, 31)

DAVID & KAREN CROMMIE have been filmmakers for the past 15 years. Many of their films have dealt with "expanding human potential." (p. 30)

Biographical Information

LYN DAVIS has worked professionally as a probation officer, psychologist, hamburger cook and Esalen gate guard. She works extensively with Jack Downing and recently completed the Arica training. Presently she is studying body therapies with Jack Rosenberg. (pp. 31, 34, 37)

ALAN DIMEN is a co-founder of Manta Products in Oakland. He has arrived at the present indirectly through systems of education, social service, and two years of intense travel. He is presently most concerned with the exploration of activities involving growth through maintenance of conscious feedback in self-launch flight. (pp. 17, 18)

DIANE DI PRIMA is a poet who has been conducting women's writing workshops for the past three years. She has published sixteen books of poetry and prose. She studied at Zen Center for several years and is currently writing a book about her various adventures as a wife, mistress and mother, entitled *Recollections of My Life as a Woman.* (p. 13)

BETTY DODSON. (pp. 12, 13)

FRANK DORAN holds a 3rd degree black belt in aikido and is especially interested in the blending and harmony aspects of the art. (p. 20)

GEORGE DOWNING, author of *The Massage Book*, is a gestalt therapist who specializes in the combining of gestalt with intensive methods of working with the body. He is currently Director of Esalen's Extended Growth Program and is a member of the teaching staff of the Family Therapy Institute of Marin. He maintains a private practice in Berkeley working with individuals, couples and families. (pp. 21, 32)

JACK DOWNING is a psychiatrist in private practice in Palo Alto. He is experienced in public health, structural integration, gestalt therapy and the Arica awareness training. (pp. 31, 34, 37)

BRANDY ENGEL is an accomplished dilletante. Besides leading Bach-style Fair Fight Training groups at the Institute of Group Process for the last two years, she sings, writes, consults with women's groups, does pottery, massage, and plays the piano and guitar. (p. 18)

LEWIS ENGEL's primary training is in gestalt therapy and Fair Fight Training. His doctoral thesis explored the effects of Fair Fight Training as it is taught at the Institute of Group Process, which he co-founded in 1970 with Dr. George Bach. Dr. Engel teaches Fair Fight Training both in groups and private sessions at the Institute of Group Process in San Francisco. (p. 18)

HEIDI FIRMAN is a senior associate of the Psychosynthesis Institute. A former teacher of meditation and yoga, she is currently in advanced training at the Psychosynthesis Institute with its directors Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. She leads groups and works with individuals in psychosynthesis, and has a special interest in the symbology of myths. (p. 35)

JOHN FIRMAN is a senior associate of the Psychosynthesis Institute. He is a former staff member of the Sonoma County Rehabilitation Program for Alcoholism, has worked at the UCLA Neuropsychiatric Institute, and has taught at La Verne College. He is in advanced training with Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. (p. 35)

ARTHUR FOX, a 1969 Esalen resident fellow, has been leading groups at Esalen, around the United States and in Europe. He has implemented humanistic education into a Swiss school and at New College in Sausalito. He is now the coordinator of the Esalen college program. (p. 11)

ROBERT FRAGER teaches psychology at U.C. Santa Cruz. He holds a 3rd degree black belt in aikido and is also a student of yoga and t'ai chi chuan. (p.20)

JOE FRANCE is a consultant and teacher in psychotherapy and mental health and a private practitioner in San Francisco. (p. 21)

BETTY FULLER, a humanist counselor, is co-founder of the Health Farm Chapel & New Age Body Shop in San Francisco, where she leads couples, groups and classes in body movement and gestalt awareness training. Her background includes theater, education and encounter work here and abroad. Betty, a 1967-68 Esalen resident fellow, is featured in the film *Here Comes Everybody*. (pp. 21, 35)

MARSHA GOLDBERG is administrative coordinator of a community mental health center in the Bay Area. She also serves as a consultant to a variety of clinical programs. (p. 21)

IAN GRAND studied at the Center for Energetic Studies with Stanley Keleman and has an individual and group practice in San Francisco. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at San Francisco State College. (p. 21)

ANNA HALPRIN is director of the San Francisco Dancers' Workshop where she has developed her own unique approach to the movement art, for which she was awarded a Guggenheim Fellowship in 1971. She has worked intensively with Ida Rolf and Bob Hall in structural integration and with Fritz Perls in gestalt. (pp.17, 21)

BARBARA HARWOOD has five years experience teaching survival in the wilderness areas of Utah, Colorado and Canada and is presently teaching classes in San Francisco. She has a B.S. degree in psychology and has two years counselling experience with the Center for the Study of Social Problems in Salt Lake City. (p. 13)

RICHARD HORAN is an artist, masseur and organic gardner. (pp. 30, 32)

FAITH HORNBACHER was trained in Rolf-Aston Structural Patterning in Stillness and Motion by Judith Aston, and is presently in private practice in the Bay Area. She is co-author, with David Sobel, of *A Book of Health.* (p. 20)

BOB HUNTER is the author of *The Enemies of Anarchy, The Storming of the Mind, Green Peace*, and one comic book called *The Time of the Clock Men.* He has been writing a column for the Vancouver, B.C. *Sun* for several years. He was a founder of the Green Peace movement in Canada which protested nuclear testing by the Americans in the Aleutians and by the French in the South Pacific. Most recently, while keeping up his writing activities, he has started the Whole Earth Church in Vancouver, which he describes as a "Neo-Buddhist Activist Church." (p. 37)

GUNVER JACKSON is a licensed masseuse, certified in Swedish massage. In addition she has been trained by Molly Shackman and has studied breathing, gestalt awareness and relaxation techniques. She and her husband are founders of the Gamma School of Massage. (p. 10)

NANCY JOECKEL has trained in psychic consciousness expansion with George Simon and works in the gestalt mode. A one-time market researcher, with a background in dance and movement, she has been in residence at Esalen/Big Sur since the spring of 1972. (pp. 28, 29)

JOE KAMIYA teaches at the University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. His research is concerned with physiological feedback training and the psychophysiology of meditation. (p. 29)

SAM KEEN is author of *Apology for Wonder, To A Dancing God*, and *Telling Your Story* (with Anne Valley Fox). He is consulting editor to *Psychology Today* and a freelance lecturer and group leader. (p. 22)

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists, and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is the author of *Sexuality, Self and Survival.* (pp. 9, 15)

BOB KRIEGEL is director of the Esalen Consulting Service and co-director of the Esalen Sports Center. He has lectured and conducted special programs for the staffs and faculties of social agencies, universities and business corporations around the country. He also has been a skiing and swimming instructor. He is currently training in psychosynthesis. (pp. 17, 18, 19, 28, 35)

MARILYN HARRIS KREIGEL is the assistant director of the Ford Foundation Esalen Reading Project in Confluent Education. She is a member of the faculty of Dominican College in San Rafael and has led teacher training groups for growth centers and school districts in New York and California. She is currently training at the Psychosynthesis Institute in Redwood City. (pp. 19, 28, 35)

STEVEN KULL is a senior associate of the Psychosynthesis Institute. He underwent didactic training in Italy with Roberto Assagioli, has worked with him over the past four years, and has completed advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu. He currently is involved in the training of professionals, and works with individuals and groups in psychosynthesis. (pp 14, 36)

BARBARA LAMBLIN is a former national and international competitive swimmer. She taught English Literature in secondary schools and movement and dance in alternative schools. She is now a dancer, poetess and student of yoga, and is presently writing about the female athlete. (pp. 13, 16, 17)

JACQUELINE DOYLE LARCOMBE is a psychologist and former Esalen resident fellow, trained by William Schutz. Her background includes teaching and clinical work. She has done encounter work here and abroad. For the past year she has served as a director of group training and member of the Board of Greenhouse, a new Boston growth center. (pp. 33, 35)

Biographical Information

JANET LEDERMAN is an artist and teacher and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process of which she is the originator. She is currently associate director of Esalen/Big Sur. (pp. 28, 29, 31, 32, 33, 35)

DAVID LEES trained in gestalt with Richard Price. He has been a leader in residence at Esalen/Big Sur since the summer of 1971, and has led gestalt groups around the country. Formerly a professor of mathematics and later a manager at Esalen, he is currently enjoying working with the Esalen/Big Sur maintenance crew. (pp. 28, 29)

LENORE LEFER is a former executive director of the Bridgeport, Connecticut, Mental Health Association, research scientist, teacher, Esalen resident fellow, 1971, and organizational consultant. She is presently in advanced training at the Psychosynthesis Institute in Redwood City. (pp. 18, 19, 28, 31, 33, 37)

GEORGE LEONARD is author of *Education and Ecstasy*, *The Man & Woman Thing* and recently, *The Transformation*. He has been studying aikido and energy awareness with Robert Nadeau for the past three years. He is currently co-director of Esalen's Center for Theoretical Studies (p. 18)

MAX LERNER is an author and columnist. He is also on the faculty of Brandeis University. (p. 33)

HOWARD LEVENE, M.D. (p. 10)

ANTOINETTE LILLY is a psychoanalytic therapist with extensive training in esoteric mystical traditions and techniques, aikido and traditional American methods of freeing the self, including encounter, LSD therapy and the polymorphous dyadic interlock. (p. 22)

JOHN LILLY has primary research interest in the relation of the mind to the brain. He is trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication. (p. 22)

SUMUKI MACDONALD has a B.S. in education with a certificate in physical education from Tufts University and an M.A. in Humanities from Hofstra University. She is an all-round sportswoman and has taught physical education at Hofstra University for four years and has an additional eight years experience in recreational sports instruction. Sumuki has several years experience as a Yoga instructor with the Integral Yoga Institute where she is a whole-time Ashram member. (pp. 17, 30)

SUSAN MARGOLIS, feminist and writer, has been meeting with national media executives and independent producers in an attempt to convince them to liven up their production process (from writing to make-up, from acting and camera work to production and direction) by hiring more new women. (p. 13)

JAYNE MAY, free-lance author, poet and photographer, is a member of the Ford/Esalen Project in Confluent Education. She teaches first-second grade in Mill Valley. (p. 22)

DEBORAH MEDOW is a student of yoga, movement, diet and the healing arts: massage, zone therapy, polarity therapy, love (pp. 29, 32)

RALPH METZNER has a PhD. from Harvard, is author of *Maps of Consciousness*, is currently a staff teacher in the School of Actualism and an educational consultant. (p. 22)

JANE MILETICH is a student of energy conductivity through tai chi chuan, polarity therapy, yoga, diet and nutrition, astrology and love of self. (pp. 29, 32)

MIRANDA has been playing music for years and exploring what it means to be a woman musician. (p. 13)

PEGGY MORRISON was in the 1970 Esalen residence program. She is currently the head of the Esalen/Big Sur massage crew and a teacher of massage. (pp. 29, 30, 32)

MICHAEL MURPHY is a founder and director of Esalen Institute. He is the author of *Golf in the Kingdom*. (p. 16)

WILLIE MYERS is an underwater diver, explorer, biologist and photographer. He filmed the underwater sequence in the James Bond "Thunderball" film. He has ridden sharks, manta rays and has often been accused of having gills. He was also the world's champion outboard motor racer in 1972. (p. 17)

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization (pp. 17, 20, 22, 30, 31, 35)

MONIQUE NAGY. (See p. 15)

XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has toured with the company throughout the States. Currently on the teaching staff at the Dancers' Workshop, he formerly conducted a dance workshop at Studio Watts. He has worked with Robert Hall in gestalt therapy and body work and with Lawrence Halprin in the creative process in human environment. He studied massage at Esalen. (p. 21)

ANAIS NIN. (p. 12)

JIM NIXON was involved in the student movement and more recently has been studying dance and aikido. (p. 22)

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique. He teaches the Technique at the American Conservatory Theatre, and is in private practice in San Francisco. (pp. 20, 21)

WAYNE PADOVER is a special education teacher in the Bay Area and a consultant in regular and special education classrooms; he has been a member of the Ford-Esalen Project in Confluent Education during the past two years. (p. 22)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is licensed in acupuncture in the United Kingdom. He has spent the last year and a half within the Arica Institute. His prior training includes gestalt, Reichian energetics and structural integration. He has studied and led workshops with Richard Price, John Heider, John Lilly, Will Schutz, Ida Rolf and Jack Worsley. He is currently interested in fusing the above teachings toward developing a new humanistic model for healing the whole person (body-mind-spirit). (pp. 30, 36)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp. 28, 29, 30, 31, 32, 35, 37)

LEE PULOS is a clinical psychologist in private practice and assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in leading training workshops for professionals and in researching the effects of hypnosis upon athletic performance. (p. 22)

PAUL REBILLOT, teacher, theater director, actor, magician and fool, has taught at San Francisco State College and Stanford University. He is the founder of the Gestalt Fool Theater Family of San Francisco and is currently in training in gestalt with Richard Price and in encounter with William Schutz. (pp. 28, 30, 33)

STELLA RESNICK, clinical psychologist and gestalt therapist has given talks and demonstrations and led workshops in gestalt therapy throughout the country. (pp. 19, 29, 33, 36)

JACK ROSENBERG is a practicing dentist and gestalt therapist and has a doctorate in psychology. His interest for the past ten years has been giving the experience of gestalt awareness and yoga psychology to the health professions. His recently published book *Total Orgasm* integrates basic concepts of gestalt therapy, Reichian therapy and yoga. (p. 29)

MICHAEL ROSSMAN was active in the movement for radical reform of higher education during the late sixties. Author of *The Wedding Within the War* and *On Learning and Social Change*, the first work of educational theory to come from the movement, he has led workshops on learning and change on fifty campuses. (p. 22)

FRANK RUBENFELD, a clinical psychologist who completed studies at Yale and NYU's postdoctoral program, trained in gestalt therapy with Fritz Perls at Esalen. Dr. Rubenfeld has been training therapists in gestalt for the past few years as well as leading open workshops on both coasts and at Esalen/Big Sur. He is on the faculty of the Gestalt Institute of San Francisco, and currently resides in Berkeley, where he gardens, cooks, and does gestalt. (p. 19)

ILANA RUBENFELD trained with Fritz and Laura Perls integrating the Alexander Technique and gestalt therapy. She is a certified teacher and board member of the American Center for the Alexander Technique and a full member of the New York Institute of Gestalt Therapy. She is on the faculties of New York University and Eastern Institute of Psychotherapy. She has just completed a tour of South America, training professionals. (p. 34)

ANNE KENT RUSH, illustrator of *The Massage Book* and authoress of *Getting Clear: Body Work for Women*, is a polarity therapist. She has led numerous workshops in massage, yoga and other forms of body awareness. (pp. 12, 21)

BRENDA SALES is the head of the Esalen/San Francisco massage crew. She was trained in massage by Gunver Jackson. (p. 13)

MICHAEL SALVESON is a practitioner of structural integration in practice in the Bay Area. He recently completed an advanced training course with Dr. Ida Rolf. (p. 20)

DONALD SANDNER, M.D. (p.10)

SAN FRANCISCO WOMEN'S LEGAL CENTER is a collective of women legal workers and law students working in the community to help women deal with legal issues. (p. 13)

Biographical Information

CAROLYN SAWYER has been teaching movement, breath awareness and massage for the past eight years. She is a consultant to Project Community, University of California, working with adolescents. She presently has a private practice in Berkeley. (p. 10)

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. In addition to leading groups at Esalen and Anthos, he has lectured at the University of California, Princeton and many other schools, as well as conducting special programs for industry and social agencies. He is currently a leader-in-residence at Esalen in Big Sur and is working on an approach which synthesizes the creative and therapeutic possibilities of group process. (pp. 16, 18, 19, 20, 28, 31, 33, 35, 36)

JOAN SCHIRLE is a certified teacher of the Alexander Technique and has a private practice in San Francisco and Berkeley. She was trained in New York at the American Center for the Alexander Technique where she has also taught classes. She is currently on the faculty of the University of Santa Clara Drama Department and has taught at the Firehouse Theater in San Francisco. (p. 20)

WILLIAM SCHUTZ, author of *Firo, Joy* and *Here comes Everybody* is presently in residence at Esalen/Big Sur. (pp 28, 31, 34)

ALAN SCHWARTZ practices privately in New York City. He is an active member of the Institute for Bioenergetic Analysis and has worked in gestalt with Laura Perls. He leads and has led groups throughout the country and in England and Holland. In 1973, he spent three months as the first resident bioenergetic practitioner at Esalen. He holds a Ph.D. in communications and teaches courses in human communication as an Associate Professor at New York University, The City University of New York, and Iona College. His NYU course, *The Dynamics of Human Communication* is the first university level curriculum to involve the total organism as a classroom activity. (p. 37)

CYNTHIA SHELDON is a founder, director and trainer at the Gestalt Institute of San Francisco, family therapist and teacher, and recently a founder of the feminist growth center, Alyssum. (p. 19)

BEVERLY SILVERMAN is a senior "Rolf" practioner and a member of the Board of Directors of the Ida P. Rolf Foundation for Structural Integration. She is a leader of gestalt and encounter groups and has trained at the psychosynthesis institute in Redwood City. She also does organizational development work and is a consultant to the U.S. Army at Fort Ord. (pp. 28, 29, 31, 33, 37)

JULIAN SILVERMAN is director of Esalen/Big Sur. His training in individual and group process includes gestalt, encounter, psychosynthesis and organizational development. During the past two years, he and his wife have become increasingly involved in teaching therapists and other health professionals. As a research psychophysiologist he has published numerous papers including *A Paradigm for the study of Altered States of Consciousness, Research with Psychedelics, Acute Schizophrenia: Disease or Dis-ease?* and *The Study of Sex Differences.* He is an admirer of Fritz Perls and Lao Tzu. (pp. 28, 31, 32, 33, 36)

GEORGE SIMON is a leader in the Community for Conscious Evolution, a group which is developing mathematical languages to define human nature. He has a background in zen and yoga, as well as general semantics, and currently leads groups, counsels, and teaches classes in consciousness. (pp. 29, 37)

NAOMI SINGER is a member of the Ford/Esalen Project in Confluent Education. She has taught primary grades for 10 years and is currently teaching kindergarten in Mill Valley.

HARRY SLOAN is an experienced leader, organizational consultant and playwright. An Esalen resident fellow and former dentist, his first play, "The Burden," was showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspective—"seeing oneself beyond an impasse." He is training in psychosynthesis at the Psychovnthesis Institute in Redwood City. (pp. 18, 19, 30, 32, 33, 36)

GERALD SMITH is a family therapist in San Mateo, Calif. He has specialized in "preventative" approaches to working with families, and has written a book on communication, *Me & You & Us.* (p. 30)

LINDA SMITH is a mother and homemaker. (p. 30)

SALLY SMITH is a teacher and a parent and has led gestalt and encounter groups for the past 15 years. (pp. 28, 32)

DYVEKE SPINO is an educational director of Project Artaud and formerly co-director of Other Ways School. Dyveke has taught advanced tennis for the Berkeley Parks and Recreation Department and has been a tennis pro at Round Hill Country Club and Squaw Valley, ski instructor at Squaw Valley, dancer and concert pianist. (pp. 16, 17)

MIKE SPINO was co-director of Other Ways School, is a nationally ranked marathon runner and has written "Running as a Spiritual Experience" and *Poems of a Long Distance Runner.* (pp. 16, 17, 18)

LANEY (HELEN) STEPHENS is her former self. She has been and is being trained; she feels and acts experienced. She finds you perfect and she's not asking you to change. (pp. 18, 19)

CHRIS STEWART is a student of polarity massage and other body approaches to awareness. (pp. 29, 31)

LOUISE STOLL has been a member of the Berkeley School Board for over two years, after being active in the PTA, being a community organizer for Peoples Park, and being a co-founder of the April Coalition. She has her M.A. in Philosophy from the University of Chicago, and is working on a Ph.D. when time permits. (p. 22)

JUDITH STRANSKY is Director of the Alexander Center of Southern California, and has a private practice in Santa Monica teaching the Alexander Technique and the Feldenkrais method. Her background includes Reichian therapy, gestalt and tai chi. (p. 20)

WALT THOMPSON is an educational consultant in planning and training, and has been a community college trustee for five years. He has lead encounter groups for couples, and is currently leading men's liberation groups. He has conducted several board training programs, and is presently developing a national training program for community college trustees. (p. 22)

ANDY TOPO is a four time Hungarian Olympian in canoeing. (p. 16)

DON KENT TRIMBLE is president of Manta Products in Oakland. He is now engaged in the research and development of self-launched flight. Kent has several years experience in the aero space industry and has been an accomplished artist craftsman in the Bay Area for the past four years. (pp. 17, 18)

WILSON VAN DUSEN is a crossbreed clinical psychologist long associated with the sea. He is the author of *The Natural Depth in Man* and also a yachtsman and licensed second mate, oceans. (p. 16)

JIM AND SUSAN VARGIU are the directors of the Psychosynthesis Institute. They underwent didactic training at the Instituto di Psicosintesi, Florence, Italy, with Roberto Assagioli, and have worked with him over the past nine years. Presently they are engaged in training professionals, are coordinators of the Institute's training programs, and are editors of the forthcoming magazine *Psychosynthesis: A Journal for Integration in Psychotherapy and Education. (p. 14)*

ALAN WATTS is widely recognized as the most penetrating (and readable) interpreter of Eastern Philosophy and religion for Western readers; and, more recently, as a philosopher in his own right - concerned with problems of ecology and science, theology and mysticism, psychology and semantics. He has been a practicing editor, Anglican priest, graduate dean, teacher, lecturer and broadcaster. His interests include cooking, calligraphy, singing and dancing. Among his best known books are: *The Wisdom of Insecurity, The Way of Zen, Nature, Man, and Woman,* his autobiography, *In My Own Way,* and most recently *Cloud Hidden —Whereabouts Unknown.* (p. 34)

JUDYTH WEAVER is a former modern dancer who went to the Orient to study classical dance and ended up sitting zazen in a zen monastery for a year and a half. In the West, her main teachers have been Charlotte Selver, Magda Proskauer, the t'ai chi chuan form of Professor Cheng Man-Ching, and especially her children, Tara and Gabriel. (p. 13)

ANNE WEILLS is a founder of the Women's Movement on the West Coast and an old movement anti-war activist. (p. 13)

SHARON WHEELER trained in massage at Esalen Institute and in structural integration with Ida Rolf, as well as in structural patterning with Judy Aston. During the last year and a half, she has been a member of the Arica Institute. She has led workshops in Esalen massage and has been a practitioner of rolfing and structural patterning in New York and Esalen/Big Sur. (pp. 30, 36)

ANNE YEOMANS, an associate of the Psychosynthesis Institute, has worked with Roberto Assagioli in Italy and is in didactic training with Jim and Susan Vargiu. She has worked with groups of women, using psychosynthesis and, in addition to her own groups has co-led groups with her husband. (p. 14)

TOM YEOMANS is a senior associate of the Psychosynthesis Institute. He is in advanced training with its directors, Jim and Susan Vargiu, and has studied with Roberto Assagioli at the Instituto di Psicosintesi in Florence, Italy. He works with both individuals and groups in psychosynthesis and is developing applications of psychosynthesis to education. (pp. 14, 36)

San Francisco Information

For reservations, literature, tickets and information, write or call:
Esalen Institute
1793 Union Street
San Francisco, Ca. 94123
Phone: (415) 771-1710
10 to 5, Monday through Saturday

RESERVATIONS: should be made at least one week prior to start of program. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to: Esalen Institute, 1793 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express.

INFORMATION, LITERATURE AND TICKETS: for lectures may be obtained Monday through Saturday, 10:00 to 5:00 at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

WORKSHOP SCHEDULES: One day workshops generally meet from 10 a.m. to 6 p.m. Saturday and Sunday weekend workshops meet from 10 a.m. to 6 p.m. each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 p.m. on Friday, from 10 a.m. through the afternoon and/or evening on Saturday, and from 10 a.m. to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

ACCOMMODATIONS: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

CHILDCARE can be arranged during all weekends for San Francisco workshops. Although Esalen does not provide childcare, it will be provided by the Women's Studies Collective. There is a small charge to parents for this service—0¢ to 75¢ an hour on a sliding scale—based on each person's ability to pay. If you will need childcare check the childcare box on the reservation form and make sure that you have marked down your daytime phone number. Someone from the Women's Studies Collective will contact you a few days prior to the workshop.

LOCATION: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

RESIDENTIAL PROGRAMS: are indicated in individual workshop descriptions. Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend residential programs, unless otherwise indicated, begin at 8 p.m. Friday (no supper served) and conclude following Sunday lunch. Programs are held at a conference center in Marin County or in Sonoma County; exact location will be included with reservation confirmation.

SCHOLARSHIPS, interest-free loans and work scholarships are available for many programs in San Francisco. Contact the S.F. office for information and forms. STUDENT AND "POOR PEOPLE" RATES are also possible on a space-available basis. These are *stand-by* rates of 50% off the stated workshop price. Come by the S.F. office no earlier or later than three days before the program's starting date to place your name on a stand-by waiting list, to leave a deposit for the program, and to validate that you qualify for stand-by rates. (The deposit is refundable if you do not get in the workshop.) Confirmations will not be made until the morning of the workshop date.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be refunded if reservation cannot be confirmed or upon request by persons not wanting to be on a waiting list.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting and research.

We exist to sponsor, encourage, synthesize and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Big Sur Information

For reservations and information, write or call:
Esalen Institute, Big Sur, Ca 93920
Phone: (408) 667-2335 – 10 to 4 every day; 10 to 8 Sunday & Friday

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific, with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute – By Reservation Only.

Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, and $400 for month-long groups. Deposits are not refundable; but, with five days notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen/Big Sur. Do not mail Big Sur reservations to San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. Only U.S. currency, please.

Program costs cover tuition, food and lodging on the Esalen grounds. Our rooms are designed to be shared by two to three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 p.m.; however, guests are welcome to arrive earlier in the afternoon.

Those travelling by air or bus can obtain limousine service to Esalen/Big Sur. Pickups are made at Monterey Airport and the Greyhound terminal at 5:00-5:30 p.m. each Sunday and Friday. The cost is $10 per person; please notify us in advance.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. We use organically produced meats, poultry and dairy products, and our breads and pastries are made by Esalen bakers.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also discourage participants from having guests. Alas, no pets.

Special Information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

ESALEN CONSULTING SERVICE: Esalen is devoted to making life more human at all levels. Our work has reached thousands of individuals and hundreds of institutions. Until recently most of this work was being done at our own facilities, either in Big Sur or San Francisco. There is now, however, an ever-expanding part of Esalen's universe that is moving toward helping to effect changes in the world outside the workshop. Through the Esalen Consulting Service, Esalen staff and leaders have designed and participated in projects for the U.S. Army, Ford Foundation, the Lockheed Corp., Model Cities, O.E.O., inservice training programs for hospitals, drug treatment centers, social agencies, colleges, universities and public school districts. Esalen courses are now being given at the University of California and at New York University. Many organizations have also used Esalen personnel as communications and human relations facilitators. If you are interested in learning more about the Consulting Service contact Bob Kriegel at the Esalen/San Francisco office.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please see membership form below.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs. Our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools.

FM RADIO STATIONS in the San Francisco Bay Area (K101, KPFA, KQED, KSAN, KSFX, and KMPX) broadcast portions of Esalen seminars and lectures. (K101 has s dependable weekly program each Sunday evening at 11:00 p.m.) Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KLOS, KUSC and KPFK Los Angeles, and KPFT Houston, WBAI New York and WOMB New Hampshire, broadcast Esalen programs on an occasional basis. Consult local program guides.

FILMS of the work of Frederick S. Perls in gestalt therapy and Alexander Lowen in bioenergetic analysis, as well as films of the work of Carl Rogers, Albert Ellis, Rollo May, Abraham Maslow, Virginia Satir and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. Sources of more films, including work of Alan Watts and Huston Smith, are available from Association for Humanistic Psychology, 416 Hoffman Street, San Francisco, California 94114.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recordings of many past programs are available through a service which maintains archive copies for Esalen. Requests for tapes now come from educational and service institutions, libraries, religious and professional groups, business groups and individuals concerned with the human potential movement. Commercial use of these tapes is prohibited; all rights reserved. For a complete tape catalog, write Big Sur Recordings, 117 Mitchell Blvd., San Rafael, CA 94903. The cost of recordings is $8 per tape-hour (prepaid) and $10 per tape-hour (with purchase orders), stereo or mono, with choice of 5" reel or cassette.

Directory

DIRECTORS OF THE INSTITUTE

George Calmenson
John G. Clancy
Andrew Gagarin*
Michael Murphy
Richard Price*
Julian Silverman*

If no asterisk appears, address mail care of: Esalen Institute, 1793 Union Street, San Francisco, California 94123.

**Asterisk denotes that correspondence should be addressed care of: Esalen Institute, Big Sur, California 93920.*

ADMINISTRATIVE DIRECTORY

Please address inquiries about programs and business activities to the appropriate offices listed below:

Corporation business, general information and subscriptions:
San Francisco office.

Big Sur Administration:
Julian Silverman*, *Director,*
Janet Lederman*, *Associate Director.*

San Francisco Administration:
George Calmenson, *Director.*

Esalen/Viking Books: Michael Murphy

Research: Julian Silverman*.

Friends Of Esalen

MEMBERSHIP PROGRAM

We at Esalen have increasingly felt the need to involve more people in our community, and have established Friends of Esalen as a means of doing this: all contributions to our membership organization are used for tuition-aid funds. It is our belief that if Esalen is to serve our society to its full potential, we should be able to admit applicants without regard to their ability to pay. As a Friend of Esalen you will have the satisfaction of knowing that you have helped someone else experience Esalen.

☐ **I wish to become a Friend of Esalen, and I enclose my check for the category I have circled:** *(contributions are tax-deductible).*

One Year Student Membership **$5**
One Year Individual Membership **25**
One Year Donor Membership **50**
One Year Sponsor Membership **100**
One Year Patron Membership **500**

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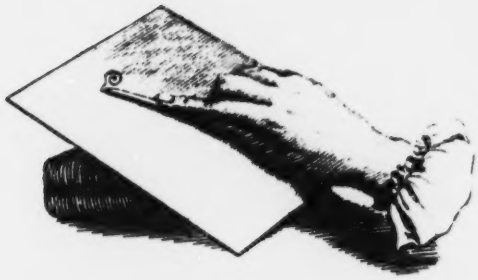

Books

THE ESALEN BOOKSTORE

Our office in San Francisco at 1793 Union St. features a bookstore stocking many of the latest publications in the areas of humanistic psychology, gestalt, psychosynthesis, Eastern philosophy and religion, body therapies and other books of interest to Esalen participants. The bookstore is open Monday through Saturday, 10-5, and at other times when workshops are taking place.

AN EVERYDAY GUIDE TO YOUR HEALTH

by David Sobel and Faith Hornbacher

$3.95, paper

Includes:

A Way of Health
Eyes and Seeing
Feet
Hair, Skin and Bath
Tooth Care
Good Eating
Breathing
Relaxation
Body Movement
The Great Laughter Cure
Body Rhythms
Creating Healthy Environments
Body-Mind: Inner Work

THE ESALEN-VIKING SERIES

THE ACT OF WILL

by Roberto Assagioli, M.D.

$10.00, hardbound

An important new book by one of the major voices in modern psychology. Assagioli sees the will as central to human existence, though its full use has often been obscured by our emotions, childhood patterns, and prejudices. Included are exercises for increasing power of the will.

OTHER TITLES IN THE ESALEN-VIKING SERIES

SECRETS OF THE TRADE
by Joe Kennedy Adams

$12.50, hardbound

An expose of psychological and religious "experts."

PSYCHOSYNTHESIS
by Roberto Assagioli

$2.75, paper

Presents the elements of psychosynthesis developed by Dr. Assagioli; included are techniques and exercises.

HUMAN TEACHING FOR HUMAN LEARNING
by George Brown

$2.45, paper

A report of the results of the Ford-Esalen Project in confluent education.

ANGER AND THE ROCKING CHAIR
by Janet Lederman

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A poetic account of the use of gestalt techniques with "difficult" elementary school children.

FARTHER REACHES OF HUMAN NATURE
by Abraham Maslow

$2.95, paper

The last work before his death, in which Dr. Maslow carries his ideas into the areas of health, creativity, values, education, social psychology and transcendence.

HOT SPRINGS
by Stuart Miller

$1.50, paper (Bantam ed.)

The True Adventures of the First New York Jewish Literary Intellectual in the Human Potential Movement.

ON THE PSYCHOLOGY OF MEDITATION
by Claudio Naranjo and Robert Ornstein

$2.25, paper

An examination of meditation and its implications for modern psychology.

THE ONE QUEST
by Claudio Naranjo

$8.95, hardbound

A study of ancient and modern systems of meditation, mysticism and sensory awareness.

PSYCHOLOGY OF CONSCIOUSNESS
by Robert Ornstein

$8.95, hardbound

Describes recent research on the different functions of the two sides of the brain.

GETTING THERE WITHOUT DRUGS
by Buryl Payne

$7.95, hardbound

An exploration of nonverbal experience and transcendent awareness.

Books

THE GESTALT APPROACH
& EYE WITNESS TO THERAPY
by Fritz Perls

6.95 hardbound

THE GESTALT APPROACH is an explanation of a somewhat new approach to the entire subject of human behavior—both in its actuality and potentiality. It also serves as an introduction to EYE WITNESS TO THERAPY which contains transcripts of films that Fritz believed had great teaching potential.

PART 1 THE GESTALT APPROACH

1. Foundations
   Gestalt Psychology
   Homeostasis
   The Holistic Doctrine
   Contact Boundary
2. Neurotic Mechanism
   Birth of Neurosis
   Introduction
   Projection
   Confluence
   Retroflection
3. Here Comes the Neurotic
4. Here And Now Therapy
5. Peeling the Onion
6. Shuttling, Psychodrama And Confusion
7. Who is Listening?

PART 2 EYE WITNESS TO THERAPY

Publisher's Note

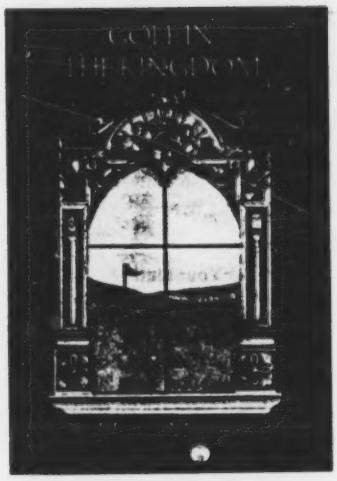
8. Gestalt In Action
   What is Gestalt?
   Awareness
   Marriage
   Gestalt Prayer
   Couples No. 1
   Couples No. 2
   Memory and Pride
   Philosophy of the Obvious
   Madeline's Dream
   Everything is Aware Process
   Fritz, Friend and Freud

BECOMING PARTNERS
by Carl Rogers

$2.65, paper

The distinguished psychologist's exploration of new styles of intimate relationships. He offers accounts from couples involved in new ways of relating, with his own comments.

Now in paper.



GOLF IN THE KINGDOM
by Michael Murphy

$2.45, paper: $7.95, hardbound

On the fog-shrouded golf course called Burningbush, Michael Murphy is swept into a magical world where untold potentials can be unleased in a backswing governed by true gravity. A bagful of knowledge about the Higher Self is revealed through the metaphor of the game as Shivas Irons, the Scottish golf pro, leads Michael around the Links of Burningbush and into a place where the monster spirits are opening up the world.

THE TRANSFORMATION
A Guide to the Inevitable Changes in Humankind
by George B. Leonard

$2.95, paper; $7.95 hardbound

"This is an extraordinarily imaginative and at once disquieting and exhilarating book about our current social, personal and environmental crises." *—Alan Watts*

"Is Leonard's transformation something new?—or can there be only one 'transformation' indeed an inevitable next-stage in evolution" *—Joyce C. Oates, Book World*

George Leonard is the author of *Education and Ecstasy*, and a former editor of Look Magazine.

TECHNIQUES OF GESTALT THERAPY
by Claudio Naranjo

$2.25, paper

Naranjo states in his introduction that "the techniques of gestalt therapy are many and cover a wide spectrum of behaviors—verbal and non-verbal, structured and unstructured, introspective and inter-personal, inner and outer-directed, symbolic and non-symbolic." He then goes on to explain in concise form, using patient-therapist dialogues to illustrate the techniques.

ELEMENTS OF ENCOUNTER
by William C. Schutz

$3.00, paper

"Encounter is a method of human relating based on openess and honesty, self-awareness, self-responsibility, awareness of the body, attention to feelings, and an emphasis on the here-and-now." Thus Will Schutz describes encounter in his latest book which can serve as a handbook of encounter principles and techniques.

THE HUMAN GROUND
by Stanley Keleman

$1.75, paper

This is an enlarged and revised edition of Keleman's "Bio-energetic Concepts of Ground." "Grounding," Keleman explains, "means being anchored in our physical-psychic growth processes: expanding and self-collecting (contact-withdrawal), charging and discharging—the human energetic functions."

Books

MAIL ORDER FORM

THE ESALEN-VIKING SERIES

- ☐ Adams, Secrets of the Trade . . 12.50
- ☐ **Assagioli, Act of Will** 8.95
- ☐ Assagioli, Psychosynthesis . . . 2.75
- ☐ Brown, Human Teaching 2.45
- ☐ **Lederman, Anger-Rocking Chair** 1.95
- ☐ Maslow, Farther Reaches 2.95
- ☐ Miller, Hot Springs (Bantam ed.) 1.50
- ☐ **Murphy, Golf in the Kingdom (paper, Delta)** 2.45
- ☐ Naranjo-Ornstein, Meditation (paper) 2.25
- ☐ Naranjo, The One Quest 8.95
- ☐ Ornstein, Psychology of Consciousness 8.95
- ☐ Payne, Getting There Without Drugs 7.95

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Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

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THE ESALEN CATALOG

JANUARY - MARCH, 1974

THE ESALEN CATALOG

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"The theme of this catalog is Dimensions of Flight," states the designer Red Dog Pieface.

SINGLE EVENING EVENTS

(For complete descriptions of events, see page numbers listed below.)
Unless otherwise noted, these events will be
held at the First Unitarian Church, Franklin & Geary Streets, San Francisco.

▷ Including FREE Introductory Evenings

Friday, January 4
About Esalen Programs – Esalen Staff
▷ FREE; 8-10:30 p.m. 1793 Union Street. Limited to 35. (p.22)

Monday, January 7
Introductory Evening –
Sports Center Staff
▷ FREE; 8-10 p.m. 1793 Union Street. Limited to 35. (p. 11)

Wednesday, January 9
Making Friends with Gravity –
Better Fuller & Dub Leigh
$2 gen., $1 stud.; 8-10:30 p.m. (p. 25)

Thursday, January 10
Unorthodox Medicine – David Sobel
$2 gen., $1 stud.; 8-10:30 p.m. (p. 25)

Monday, January 14
You Don't Have to Suffer to Feel Good –
Harry Sloan
$2 gen., $1 stud.; 8-10:30 p.m. (p. 22)

Monday, January 14
Sociological Aspects of American Sport –
Guest Speakers
Evening seminar – $5; 8-10:30 p.m. (p. 12)

Tuesday, January 15
Use of Energy and Centering in Sports –
Robert Nadeau
Evening seminar – $5; 8-10:30 p.m.
Location to be announced. (p. 12)

Wednesday, January 16
Introduction to Psychosynthesis –
John & Heidi Firman
$2 gen., $1 stud.; 8-10:30 p.m. (p. 20)

Thursday, January 17
Dimensions of Structural Integration –
Michael Salveson
$2 gen., $1 stud.; 8-10:30 p.m. (p. 26)

Thursday, January 17
How to Play with Your Child –
Lillie Leonard
▷ FREE; Evening event in Marin County; 8-10 p.m. (p. 12)

Tuesday, January 22
Introduction: "Approaches to the Body" –
Women's Studies Collective
▷ FREE; 8-10:30 p.m.
Location to be announced. (p. 19)

Tuesday, January 22
Coaches & Their "Hang-ups" –
Mike Spino & Authur Fox
Evening seminar – $5; 8-10:30 p.m.
1793 Union Street. Limited to 35. (p. 12)

Wednesday, January 23
Introduction to Esalen –
Arthur & Janica Fox
$2 gen., $1 stud.; 8-10:30 p.m. (p. 22)

Wednesday, January 23
Whales/Nixon/and the Nuclear Family –
Joan McIntyre
$3 gen., $2 stud./unemployed; 8-10:30 p.m.
Location to be announced. (p. 18)

Thursday, January 24
Introduction to the Study of the Psychic –
Arthur Hastings
▷ FREE; 8-10:30 p.m. (p. 9)

Thursday, January 31
UFO Phenomena: Subject for Investigation –
Ira Einhorn & Jacques Vallee
Evening seminar – $5; 7:30-9:30 p.m.
1793 Union Street. Limited to 40. (p. 9)

Monday, February 4
Sensory Awareness – Seymour Carter
▷ FREE; 8-10:30 p.m. (p. 26)

Wednesday, February 6
"In seedtime begins the journey" –
Tom Yeomans
$2 gen., $1 stud; 8-10:30 p.m. (p.20)

Thursday, February 7
Introduction to Acupuncture –
Hector Prestera
$2 gen., $1 stud.; 8-10:30 p.m. (p. 25)

Monday, February 11
Introduction to Esalen –
Robert Cromey
$2 gen., $1 stud.; 8-10:30 p.m. (p. 22)

Thursday, February 14
The Path of the Heart – David Zeller
$2 gen., $1 stud.; 8-10:30 p.m. (p. 29)

Wednesday, February 20
Breath and Self – George Downing
$2 gen., $1 stud.; 8-10:30 p.m.
(Bring a blanket). (p. 27)

Wednesday, February 20
Lesbianism/Feminism – Jill Johnson
$3 gen., $2 stud./unemployed; 8-10:30 p.m.
Location to be announced. (p. 18)

Thursday, February 21
Rediscovering Your Vision – Ray Gottlieb
Evening seminar – $5; 7:30-9:30 p.m.
1793 Union Street. Limited to 40. (p. 25)

Friday, February 22
Toward a General Theory of the Paranormal –
Lawrence LeShan
$2 gen., $1 stud; 8-10:30 p.m. (p. 9)

Thursday, February 28
Taming the Wild Talent – Robert Monroe
$2 gen., $1 stud; 8-10:30 p.m. (p. 9)

Monday, March 4
Introduction to Structural Patterning –
Faith Hornbacher
$2 gen., $1 stud.; 8-10:30 p.m. (p. 27)

Tuesday, March 5
Introductory Evening – Sports Center Staff
▷ FREE; 8-10:30 p.m. 1793 Union St.
Limited to 35. (p. 14)

Wednesday, March 6
Creating Positive Struggle –
David Schiffman
$2 gen., $1 stud.; 8-10:30 p.m. (p. 23)

Thursday, March 7
Introduction to Psychosynthesis –
Steven Kull
▷ FREE; 8-10:30 p.m. (p. 21)

Sunday, March 10
Higher Aspects of Healing & Nutrition –
James MacKimmie
$2 gen., $1 stud.; 8-10:30 p.m. (p. 25)

Wednesday, March 13
Origins – George Downing
$2 gen., $1 stud.; 8-10:30 p.m. (p. 27)

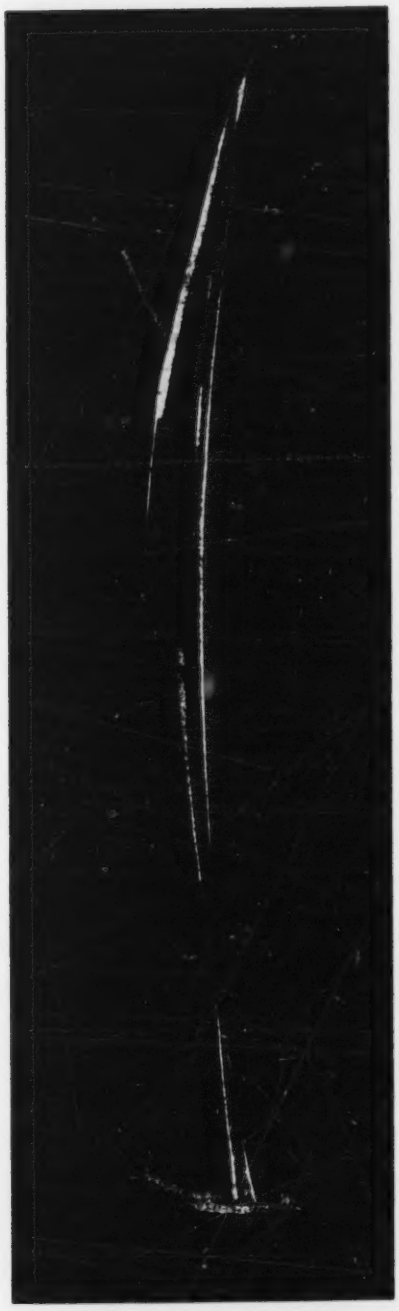
Thursday, March 14
Introduction to Esalen – Harry Sloan
$2 gen., $1 stud.; 8-10:30 p.m. (p. 22)

Thursday, March 21
The Road to Health Through Nutrition –
H.F. Parsons & G.L. Schiller
$2 gen., $1 stud.; 8-10:30 p.m. (p. 25)

Friday, March 22
Feast of Fools – Ken Feit
Evening performance
$2 gen. & stud.; 8-10:30 p.m.
Location to be announced. (p. 17)

Thursday, March 28
Dimensions of Structural Integration –
Michael Salveson
▷ FREE; 8-10:30 p.m. (p. 28)

NEWS



Constantin Brancusi's Bird in Space *(1919) combines launching pad with what is launched: polishing a pure image of free lift.*

LEONARD REPORT COMPLETED

The Esalen Survey on Work-In-Progress in Perception, Consciousness and Being has been completed. George Leonard's report on the subject is in the hands of Esalen's directors, who are studying plans for publication. The 25,000-word report is based in part on interviews of 52 people—physicists, philosophers, psychologists and parapsychologists, writers, psychics, ex-student radicals, dancers, social reformers and some individuals for whom there is no ready category. Leonard writes that these "transformationalists" are devoted, "not just to a new way of *thinking* about the world, but of *being* in the world".

"The invisible current that attracts them and draws them along," Leonard writes, "has no formal organized structure. There are no official channels of communication. No major university can guide you to its source. No one national leader personifies its intentionality. And yet this current, this movement does exist. The impulse behind it is palpable and strong. And the portion of the human landscape it now occupies may turn out to be just the territory through which the entire culture must pass if it is to avoid the horrors conjured up by the doomsday extrapolationalists."

The report is composed of three main parts:

I The Transformationalists
II The Problem Of Language
III The Dynamics Of Change

The passage that follows is taken from Part II, *The Problem of Language:*

For the past two-and-a-half years I have been conducting an informal experiment with my lecture audiences, which have numbered from 50 to 4,000. At some point during the lecture, I take about five minutes to define mystical experience, relying mostly on William James' description in *The Varieties of Religious Experience*. For good measure, I also include Maslow's concept of peak experience. I try to make my definition as simple, unthreatening and all-inclusive as possible. Then I ask for a show of hands from those who, in the past five years, have had a mystical or peak experience. Invariably, some ten percent raise their hands. I follow this question with its converse: How many in the past five years have *not* had a mystical or peak experience? Another ten percent raise their hands. The reliability of this behavior is almost eerie. The exact percentage may vary by a few points, but whether I am speaking in an urban center or a small town, whether the audience is made up of college students or elementary school teachers or businessmen, the response is always just about the same. And there is always the same ripple of laughter as the audience anticipates my announcement that ten percent of them have had a mystical experience, ten percent have not had one, while 80 percent have neither *had* one nor *not* had one.

My point is that we have no standard, acceptable vocabulary of consciousness change. Since there are no adequate words for the experience, it stands outside the limits of the real for most of the people in my audiences. And yet, the anthropological record seems to show quite clearly that altering consciousness (as in the mystical experience) is as much a normal human function as sleeping or dreaming or sex. The modern West with its imitators, in fact, is probably the only culture in human history that has placed no positive value on what we can only term vaguely as trance or possession or shamanistic experience. If we could assign some sort of intentionality to a culture (and I feel eventually we must), we could only conclude that Western culture, by depriving its individuals of a vocabulary of consciousness change, is exercising the most effective possible censorship over this type of behavior.

To see how the mechanism of censorship might work, let's for a moment accept the thesis that almost all young children have the latent ability to see auras. What happens when the child begins talking? Bobby has just learned to generalize colors. He has also learned that if he points out a color and calls its name aloud he is likely to get some sort of approval from an adult. Seeing a blue glow around his mother's head, Bobby points to it and says "Blue." She corrects him: "Forehead." Later, he may try again, pointing at the aura on some other part of her body. "Blue." "No, dear. That's my *arm*. There's no blue there." If Bobby should persist, which is extremely unlikely at this stage of development, his mother would find it hard to conceal her annoyance or anxiety.

Skinner's analysis is useful here. When a certain class of behavior is never reinforced, it eventually disappears. A pigeon reared in sodium-yellow light will be unable to perceive color differences when released from its monochromatic prison. The child never reinforced for seeing auras will in all probability stop talking about auras. *What is more, he will probably stop perceiving them.* According to this thesis, the people who now claim to see auras missed out on some part of the cultural conditioning process in childhood, or relearned the behavior later under the sanction of a counter-culture environment, or else were among those few children whose parents or peers reinforced the verbal report of auras at an early age.

Consciousness change in general represents a far more complex set of behaviors, and is therefore more difficult to extinguish entirely. But it is clear enough to most of us that we should distrust our own feelings where any radical change of perception, consciousness and being is concerned. The crunch comes when we try to *explain* such an experience.

A woman from Monterey, California, told me of the chain of events that followed her first mystical experience. She was washing dishes one sunny day when she was suddenly overwhelmed with an awesome feeling of bliss, accompanied by the conviction that "We are all one." She hastened to tell her family of the marvel that had come into her life. They were quite upset and insisted she see a psychiatrist. He, too, was deeply concerned, and soon she found herself in a private mental clinic. From here, it was only a short step to Agnews State Hospital. Up to this point, the woman told me, she continued to insist that in some very real sense we are all one. After a couple of days in Agnews, however, she decided she had had enough and stopped making this claim. She was quickly released from the hospital and has since lived a perfectly normal life, being careful only not to slip up and say that we are one. Her caution is understandable. In her milieu she faces double jeopardy: (1), no adequate vocabulary of consciousness change, no way to talk about and thus deal with certain experiences in the context of the normal, and (2) a quite adequate vocabulary of pathology.

Other milieu are springing up, however, in which the woman's experience would bring a different response. At Esalen, for example, consciousness change by and large is encouraged and celebrated. The means for achieving it are varied–precise and haphazard, tasteless and elegant–but are generally effective. We go to Esalen and discover that we have been living in a sodium-yellow world. We perceive new colors. We begin to imagine a rainbow. We return to the sodium-yellow outside world and try to explain.

And then a strange thing happens. Our language, once so firm and reassuring, begins to slip and slide. A sentence starts out boldly, then crumbles against an invisible wall of incomprehension. We begin groping for words, like stoned hippies. We become the subject of parody, Natalie Wood following the *maitre d'* into the kitchen to utter the unutterable. We become aware of the stringency of our language in the whole realm of feeling. What is it to say we "cry?" We have cried a dozen ways. What is the lexicology of ecstacy? There are no respectable words. We descend into silence. The colors merge into monochrome again and we ask ourselves, "Did it really happen? Was I once that large and various and alive? Was it *real?*"

NEW YORK CONFERENCE: THE NEW ENERGIES

May 10-12, Esalen and New York University will co-sponsor a conference in New York City. The focus will be The New Energies: Some Ways of Directing Old Concepts and New Awarenesses. The leaders will include: Alan Watts, Will Schutz, James Fadiman, George Leonard, John Pierrakos and Ilana Rubenfeld. The conference will offer an opportunity to explore some of the most recent developments in sports, women's studies, the body's energies, healing and psychic phenomena and the transpersonal dimension. For further information contact Moshe Davidowitz, New York University, School of Continuing Education, New York City, New York 10003.

Hokusai combines 3 kinds of flight: soaring of kites & tossing of rooftiles with the special push of Fuji's majestic cone.

AIKIDO

Aikido is a Japanese art of self-defense with the emphasis placed on centering, harmony and blending. It is presented as a physical manifestation of energy and spiritual Law of the Universe.

ALEXANDER TECHNIQUE

The Alexander Technique is a method of re-educating the body that can have dramatic effects on the whole person. By applying sensory awareness, inhibition and conscious choice to such everyday activities as sitting, standing, walking and bending, under conditions of continuous feedback from an instructor, we can experience the specific ways in which we interfere with the natural flow of our total pattern and learn to permit and encourage a response that will strengthen our innate tendency towards an integrated use of ourselves – allowing new alternatives of movement and being. Guided by the direct touch of the instructor's hands, the process involves a gentle reorganization of the body in movement and at rest.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this energetic process.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen's encounter groups today.

FELDENKRAIS EXERCISES

Moshe Feldenkrais is the originator of a system of body awareness, movement and functional coordination. Gravitation is a key factor in what he calls his working picture of a human being, which consists of our nervous system (the "core"); our skeleton, viscera and muscles (the "envelope"); and our environment–space, the social milieu and gravitation. Apart from keeping the body temperature and chemical balance, which is automatic and beyond conscious control, the greatest part of our nervous and muscular expenditure goes towards maintaining equilibrium and motility in the gravitational field. Here man proves specially vulnerable; the growth of his brain after birth gives him greater opportunity than any other animal to build up a wealth of learned responses to stimuli, but by the same token he can go wrong more easily than any other creature. Feeling and motor pattern are inextricable. If one can act to the detriment of the other, they can also be mutually enhancing. On the premise that the unity of mind and body is an objective reality, the technique devised by Feldenkrais acts upon the soma (body) to influence the psyche (mind) at the same time. The approach aims to transfer the objective working picture of a human being described above to the individual subject in such a way that he gains a more accurate image, hence greater control of himself.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement* – to have life energy freely available and flowing, not blocked. *Awareness* – to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility* – to know and act on the principle that I am the one who acts, thinks and feels whatever it may be that I act, think or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participant. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

SOME DEFINITIONS OF TERMS

APPROACHES TO P

MASSAGE

Massage at Esalen is seen and taught as a caring relationship between two people. Consideration is given first to the feelings and the sensory experience of both partners, and after that to technique. Workshops are attended by both couples and singles.

POLARITY THERAPY

Polarity therapy is an intensive pressure-point massage system similar in both theory and practice to Chinese acupuncture. Developed and synthesized by Dr. Randolph Stone from Oriental traditions many centuries old, its purpose is to realign posture and to release blocked energy throughout the body. Although advanced work in polarity therapy requires extensive training, a number of its more basic techniques are accessible to the interested layperson.

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man within an evolving universe. Starting with each person's existential situation as he perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal-keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

ROLFING

See STRUCTURAL INTEGRATION

SENSORY AWARENESS

Sensory awareness is Charlotte Selver's name for the work she studied with Elsa Gindler in Berlin and brought to the United States in 1938. Workshops in sensory awareness aim at a state of intellectual quiet in which each activity can be fully felt and allowed to find its natural way, free of inhibitions, techniques and images. When ideas are stilled, sense perceptions coming from the entire organism enable the person to function authentically, according to his nature, in all situations. Closely akin, in its pure form, to the practice of zen, sensory awareness brings the essential character of meditation to every aspect of daily living.

STRUCTURAL INTEGRATION

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom and balance. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage. Working with a trained practitioner, the process is usually completed within ten individual sessions.

STRUCTURAL PATTERNING

Every individual has preferences of movement at each hinge of the body. These preferences relate to each other and compose a total pattern of the way he uses his structure. Structural Patterning is the use of specific movement patterns at each hinge to bring the body toward better balance and alignment in relation to gravity. When the body is organized around the vertical plumbline of gravity greater ease of movement becomes possible. This system, developed by Judith Aston, is based on the premises of Structural Integration.

T'AI CHI CHUAN

T'ai Chi is an ancient Chinese exercise discipline practiced for health, meditation, energy flow and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

TRANSPERSONAL

Transpersonal generally refers to transcendence, mystical experience, peak experience and parapsychological phenomena.

FREQUENTLY MENTIONED IN THE CATALOG:

ERSONAL GROWTH

SAN FRANCISCO PROGRAMS

Odilon Redon: The eye, like a strange baloon, moves toward Infinity.
1882. From a series: To E. A. Poe.

"I suffered the torments of imagination and the surprises which it presented to me under the pencil; but I guided and controlled these surprises according to the laws of artistic organization which I know, which I feel, with the sole purpose that they should exercise upon the spectator, through a process of attraction, all the evocative power, all the charm of the vague that lies at the extreme limits of thought."—O. Redon

PSYCHIC PHENOMENA:

A SAN FRANCISCO SERIES

During the months of January-March, Esalen Institute will sponsor a series of programs in both San Francisco and Big Sur with some of the leading exponents in the field of psychic research. Listed below are the programs offered in San Francisco.
Please see page 40 for the complete listing of Big Sur programs.

Thursday, January 24
Introduction to the Study of the Psychic
Arthur Hastings

Single evening event
FREE; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

A discussion of the varieties of psychic and parapsychological experiences. "How do you judge their reality? What is their potential for personal and social life?" The lecture is an introduction to this series of programs.

January 30-March 27
Tutorial: Integrating the Psychic
Arthur Hastings

Five Wednesday evenings $25

An ongoing tutorial seminar which will present knowledge about a wide range of psychic phenomena and help develop integration of personal psychic abilities. Dr. Hastings is experienced in psychic research and personal communication processes and will use a format consisting of practice exercises, talks, readings and group discussion. Preference for registration in weekend workshops will be given to participants in the tutorial, as one of the purposes of the tutorial will be to give those involved a perspective on psychic phenomena. January 30, February 13, 27, March 13 & 27; 7:30-10 p.m. Limited to 30.

Thursday, January 31
U F O Phenomena: A Subject for Investigation
Ira Einhorn and Jacques Vallee

Evening seminar $5
1793 Union Street, San Francisco.
Limited to 40 participants.

A summary of research into the origin and nature of Unidentified Flying Objects, this presentation will place the phenomena in the perspective of changing belief patterns. As civilization has evolved, the ancient legends about *"signs in the sky"* have given way to the modern awareness of life in the universe. Observers of UFO phenomena frequently experience psychic effects, a possible key to the solution of a problem that has puzzled civilian and military investigators for a quarter of a century. 7:30-9:30 p.m.

February 1-3
Unexplained *Inergies – The Realm of the Psychic**
Andrija Puharich and Ira Einhorn

Weekend workshop $40

An exploration of those phenomena that are forcing the scientific community to reconsider its conception of reality. The seminar will relate these phenomena to U.F.O.'s and extraterrestrial intelligence. It will also place the public emergence of these powers at this time within the context of the present planetary crisis. It is recommended that people taking the seminar read the following two books: *Beyond Telepathy*, Andrija Puharich (Doubleday Anchor, 1973) and *78-187880* Ira Einhorn (Doubleday Anchor, 1972).

**Inergies – Intelligent Energies*

Friday, February 22
Toward a General Theory of the Paranormal
Lawrence LeShan

Single evening event
$2 general; $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

This is a lecture on the general theory of the paranormal and the experiences gained through the testing of the theory through the study and teaching of psychic healing.

Thursday, February 28
Taming the Wild Talent
Robert Monroe

Single evening event
$2 general; $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

This evening's talk will give an intimate glimpse into the problems and perplexities of learning to leave one's body willfully. Mr. Monroe will recount many of his unusual activities which have not yet reached public print.

March 2-3
An Intensive Introduction to Meditation
Lawrence LeShan

Weekend workshop $50

An introduction to the theory and technique of meditation as a discipline. Analysis of similarities and differences between meditational practices from different training schools. Practice and examples of most major types. Discussion of guidelines for choosing your own meditational path.

March 8-10
Readjusting the Base Line
Robert Monroe

Weekend workshop $50

A programmed system of talks, seminars and training sessions in actual procedures aimed at controlled exploration and experience in the out-of-body state. Mr. Monroe will conduct the sessions and will bring with him assorted technical equipment to assist in the induction of the separation process.

March 16-17 and April 20-21
Centering and the Psyche
Anne Armstrong and Anne Dreyfuss

Two weekend workshop $110

Anne Dreyfuss writes: "We believe there is a relationship between physical centeredness and the transpersonal state of awareness. This workshop will present opportunities for the merging of the centering process and the state of being aware of and sensitive to our own body and body-image with direct experience of our own energy—leading to greater insight into the transpersonal field. Each participant is asked to commit him/herself to two weekends five weeks apart to allow for work to be done between weekends; this will provide continuity, depth and breadth in the experience of the physical and transpersonal merge."

March 24
Extrasensory Communication
Arthur Hastings

One-day workshop $20

Telepathy and other forms of extrasensory perception can be a natural part of our communication with others. We send and receive thoughts, intentions and emotions through ESP as well as through words and body language. This seminar will discuss scientific findings on telepathy, clairvoyance and other types of ESP and will present ways to develop personal ESP abilities. Participants will learn and practice methods of telepathic sending and receiving, the use of empathic states and conditions of relaxation and concentration for ESP.

For Biographical Information, see pp. 51-57.

LONG-TERM & SPECIAL PROGRAMS

January 19-March 10

Here and How as Leader/as Participant: Demystifying the Group Process

David Schiffman and Harry Sloan

Mini-extended growth program $175

David Schiffman and Harry Sloan write: "This two month program will provide an opportunity to explore the basic elements underlying the group process and individual growth. We will examine the techniques, strategies and theoretical components inherent in all forms of personal interaction and the use of *specific themes* in facilitating focus and flow in group sessions. The themes to be covered will include: *Growth Through Risk Taking; Humor: A Sense of Letting Go; Growth and Boundaries; Integrative Approaches to Self-Actualization* and *You Don't Have to Suffer to Feel Good.* We will work within an experiential and didactic framework, and each person will be given the opportunity to apply his newly acquired skills by acting in the capacity of a group leader. This workshop will be particularly useful for people in the helping professions. However, it is open to anyone who would like to clarify and refine his/her understanding of a process which has normally been considered too intuitive to be grasped in a cognitive way.

The program consists of two weekend workshops with both leaders on January 19-20 and March 9-10 and six evening meetings between the dates of the two workshops.

Limited to 16 persons, selection will be made by Harry Sloan and David Schiffman between January 1-15. If you are interested in applying, send a letter telling us *briefly* about yourself to Esalen/San Francisco, 1793 Union Street, San Francisco 94123.

March 13-May 30

Massage Training

Gunver Ingeborg (Jackson)

Twelve week class $260

Participants will receive instruction in massage techniques and will work to develop receptivity to touch, both giving and receiving. Relaxation, breathing and gestalt awareness exercises will be used to supplement thorough massage training. Gunver Ingeborg writes: "The goal here is to teach that life is an act, not a thought. Action in life and our basic need for touch will be combined in the teaching of massage."

The course consists of twelve four-hour classes in massage scheduled for two separate groups. There are also ten classes in human anatomy, taught by Ed Jackson, M.D. The anatomy course is limited to 25 participants and is also open to the general public.

Massage Group I: 11 a.m. to 3 p.m., twelve Wednesday mornings, March 13 - May 29; limited to ten participants.

Massage Group II: 7 to 11 p.m., twelve Thursday evenings, March 14-May 30; limited to ten participants.

Anatomy Class: 7:30 to 9:30 p.m., ten Wednesday evenings, March 13-May 15.

A non-refundable deposit of $150 is required. Indicate whether Group I or Group II is preferred when registering.

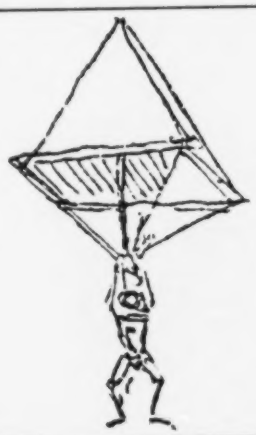
ANTIOCH COLLEGE/WEST UNDERGRADUATE DEGREE PROGRAM AT ESALEN

Advanced undergraduate students (anyone who has completed some undergraduate work at any college or university) may enroll at Antioch College/West in San Francisco and work for their B.A. degree at Esalen. Course work is accredited through Antioch College in Yellow Springs, Ohio; the B.A. degree is from Antioch College/West and the Union for Experimenting Colleges and Universities.

Students develop their own educational programs incorporating regularly scheduled Esalen workshops and courses and individual work created in conjunction with the Esalen staff. Esalen leaders and staff act as faculty and counselors for students in the program.

Tuition for an academic year (generally nine months) is $2900; students may begin their programs at any time. Financial aid is available. This program also qualifies for Veterans and Social Security benefits.

Inquiries for admission should be directed to: Ms. Cristy Willer, Antioch College/West, 149 Ninth Street, San Francisco, CA 94103. Information about program content and design should be addressed to: Arthur Fox, College Program, c/o Esalen/San Francisco.



ESALEN COLLEGE PROGRAM

For the past year students enrolled in Antioch/West, Cal State at San Francisco, Goddard, Johnston, Kirkland and Nebraska Colleges were also accepted by Esalen to study here and receive credit from their respective colleges. Esalen is now expanding its college program to involve those students currently enrolled in a college or university in the U.S. or abroad who would like to spend a semester or longer at Esalen. Students are encouraged to investigate the possibility of academic credit at their schools for the program of study done at Esalen. The Esalen staff will assist students in documenting their work here.

The Esalen College Program is designed to include: advisor-tutors, who meet with students individually, recommend and discuss readings, and coordinate the students' overall program, which the student creates from the total catalog program offering; group meetings of the Esalen students and their advisor; and courses or workshops specifically for students in the program. We expect that most students will proceed from a broad exposure to concentrated study in one area. Students and teachers interested in designing programs with Esalen should write: Arthur Fox, College Program, c/o Esalen/San Francisco.

If your college or student group is interested in arranging an Esalen workshop (day, weekend or longer) to take place on your campus, contact Arthur Fox, College Program, Esalen Institute, 1793 Union St., San Francisco, CA 94123.

Leonardo's sketch of 1485 shows a gleefully descending figure: he's just discovered the parachute!

For Reservation Information, see page 58.

SPORTS CENTER

The purpose of the Esalen Sports Center is to develop new concepts, practices and teaching methods in athletics, physical education and recreation. These programs will seek to develop an interchange between Esalen type disciplines and the sporting experience. We feel the martial arts of China and Japan, dance, psychology, the Yogas and many Esalen body/mind disciplines have relevance in the playing and teaching of sports and recreation. All programs will be held in the San Francisco Bay Area except where noted.

January 5

A Day Of Jogging
Mike Spino

One-day workshop $15

During a single day it is possible to understand the rudiments of jogging. Running techniques, progressive workouts, visualizations and artistic imagination will be combined to help individuals plan comprehensive exercise schedules. 10 a.m.-5 p.m.

Monday, January 7

Free Introductory Evening
Sports Center Staff

Single evening event
FREE; 8-10 p.m. 1793 Union Street, San Francisco

The purpose of these experiential evenings is to introduce Esalen's philosophy, methodology and various disciplines for mind/body harmony, and to show how they can be integrated into the teaching and practice of sport, physical education and recreation. Sensory awareness and movement, structural patterning, Feldenkrais exercises, rolfing, aikido, energy awareness and new methods of cardiovascular training will be used. These evenings are designed specifically for professionals and students. Limited to 35 people.

Monday *and* Thursday afternoons
Beginning January 7

Aikido for Teenagers
Tom Everett

Continuing program $20 per month

Through the physical art of Aikido we will teach more than just building muscles. Aikido is a mind/body art, utilizing principles universal to all aspects of existence, as well as movement and self-defense. These principles are important when one is changing. 4:30-6:00 p.m.

January 12-March 30

Esalen Sports Center Training Program
Sports Center Staff

Three month program $250

In the past year the Esalen Sports Center has been working towards the development of a body of knowledge which will be applicable to the creation of new concepts, practices and teaching methods in sport, physical education and recreation. This training program represents a synthesis of the work developed thus far. It is designed for physical educators, recreational professionals, and athletes who wish to broaden their perspectives.

The purpose of the program is the development of new methodology and philosophical guidelines which can be applied to specific team, individual sports and conditioning programs. The work will focus on blending techniques of mind/body unity, interpersonal relationships and higher consciousness with traditional approaches currently being practiced. The participants will work with the program directors for one day at the beginning of the series and another full day at its completion, and for one evening every other week throughout the three month period. The evening programs will also include special guest lecturers who will discuss current conditions in the field.

The program will include: three weekend workshops—Sensory Awareness, Feldenkrais, Aikido and Energy Awareness, two one day workshops – Psychosynthesis and Sport and Hypnosis, and any of the following — one weekend workshop (non residential) or two one day workshops or four evening workshops. These optional workshops to be selected by participants according to individual interest from regularly scheduled Esalen Sports Center programs during the January through March period. Professional credit is available through U.C. Berkeley Extension.

January 11-13

Sensory Awareness in Sports
Seymour Carter

Weekend workshop $40

This workshop will aim for a state of intellectual quiet in which each movement can be fully felt and allowed to find its natural way, free of inhibitions, techniques and images. When the mind is stilled, sense perceptions coming from the entire organism enable each person to function authentically according to his nature in all situations.

January 11-13

Body Flying: An Experience in Self-Launch Flight
Alan Dimen and Kent Trimble

Weekend workshop $55

In this workshop, participants will learn to fly with lightweight, self-launch, kite shaped wings. This not-so-recent technology confronts us with many possibilities and challenges via the knowledge of aero-dynamic theory. The first evening will be spent introducing participants to the equipment and concept of body flying, and the next two days will be spent exploring flight. Participants should be in good physical condition and capable of moderately strenuous exertion. Insurance and equipment included.

January 12-19

Esalen/Outward Bound Personal Survival on the Planet
David Schiffman and Dick Galland

Residential eight-day workshop $245

This workshop will provide an opportunity to explore the nature of personal boundaries—physical, emotional and social—whether as illusion or as tools for self-survival. The focus will be on developing physical survival skills through methods pioneered at the Outward Bound School (rock-climbing, rapelling, hiking, etc.) as well as an increasing personal awareness and the development of a more open-ended self concept, through methods pioneered at Esalen (gestalt, encounter, sensory awareness, etc.). The setting for the workshop will be the desert and mountains around Big Bend National Park in Southwest Texas, where the senses can be cleansed and the basic simplicity of survival appreciated. Deposit of $50 required.

For Biographical Information, see pp. 51-57.

SAN FRANCISCO PROGRAMS

January 13
The Arts of Unwinding
Walt Anderson
One-day workshop $20

A one-day *smorgasbord* of techniques of de-toxification and tension reduction. Sensory awakening, yoga, meditation, body movement, breathing exercises, massage, and a few things you haven't heard of before. 10 a.m. to 6 p.m.

Monday, January 14
Sociological Aspects of American Sport
Speakers listed below
Evening seminar $5
8-10:30 p.m., First Unitarian Church, Franklin & Geary Streets, San Francisco.

The teaching of athletes and physical education in this country is undergoing a process of reevaluation and change. During the last five years, useful critiques have come from many areas of athletic work. These critiques have questioned some of the basic tenents and philosophical underpinnings of athletics as they are conceptualized, practiced and taught in this country today. Our evening seminar will address itself to an analysis of the sociological implications of organized sport. The following speakers have been responsible for writings on specific problems, such as winning, authoritarianism, racism, sexism and drug abuse, and will openly discuss these vital questions: Olga Connolly, sports columnist and former Olympic champion; Harry Edwards, author of *The Black Athlete* and the *Sociology of Sports*, Professor, U.C. Berkeley; George Leonard, author of *Education and Ecstasy*, and *The Transformation;* David Meggyesy, author of *Out of Their League*, former line-backer for the St. Louis Cardinals and co-founder of the Esalen Sports Center; and Jack Scott, Athletic Director, Oberlin College and author of *The Athletic Revolution*.

Tuesday, January 15
The Use of Energy and Centering in Sports
Robert Nadeau
Evening seminar $5

Center is the state you reach in those special moments when you transcend your norm and function beautifully. Awareness of Energy is the key to that happening. Meditation is experiencing the clarity of that Energy as a Universal Law and a state of Being. This evening seminar will explore these areas in their relation to sport. 8-10:30 p.m. Location to be announced.

Thursday, January 17
How To Play With Your Child
Lillie Leonard
Free evening event

"A feeling of physical inadequacy makes many children's playground experience (about one-fourth of the average school day) unhappy. Parents and teachers can find many positive ways to encourage a child's natural physicality before avoidance and discouragement set in. This evening discussion will be a sharing of ideas and methods I used while working with boys and girls at Old Mill School in Mill Valley." To be held in Marin County. 8-10 p.m.

January 18-20
Cross-Country Skiing
Kurt Wehbring
Residential weekend workshop $75

We will stay in a mountain lodge and spend the days combining ski touring instruction with sensory awakening and breathing exercises. Evenings will be devoted to rest, massage and general conviviality. No previous skiing experience of any kind is necessary. Room and board included. Details about place, equipment, etc. on request.

January 18-20
Feldenkrais & the World of Sport
Betty Fuller
Weekend workshop $30

This is an introduction to the method of "exercise" developed by Moshe Feldenkrais of Israel. Feldenkrais, who introduced the sport of Judo to France, has trained athletes in all fields for the Olympics. After injuring his knee in a soccer game, Feldenkrais began the study of anatomy and physiology which, added to his own observation and experience, led to the evolution of his method. More a moving meditation than "exercise," the movements are done very slowly with heightened awareness and concentration on the here/now process—a challenge for goal-oriented persons. The experience is effortless and pleasurable, resulting in increased sensitivity, reduced friction and expanded self-image. In addition to increased *tonus*, participants will experience a move toward optimum function and improved alignment in the gravitational field.

Tuesday, January 22
Coaches and their Hang-ups
Mike Spino and Arthur Fox
Evening Seminar $5

Too often there becomes a veil between a coach and the athletes/team that is never broken through. Coaches and players often fall into fixed patterns of interpersonal conflict; not realizing the process of blending personalities which could foster more rewarding and spiritually uplifting athletic experiences. This evening will explore the nature of these conflicts, and begin developing strategies to overcome them. 8-10:30 p.m. 1793 Union Street, San Francisco. Limited to 35.

January 25-27
Movement and Its Education
Peter Paulay
Residential weekend workshop $60

Located high in the Sierra-Nevada range of California is a quaint little camp ideally situated for an experience in movement diversification exploration. Mind and body will delve into an experiential investigation of the physical being. A body reality shall be created through a holistic concept encompassing sensitivity exercises, yoga, movement exploration, individual and team sport, creative movement expression, nutrition and media. The workshop is geared to provide the teacher and the concerned individual alike with a new bag of tools in order to make movement education a more humanistic and relevant experience for the individual student of today, tomorrow and the future. Fee includes room and homecooked vegetarian meals. Limited to 15 people.

January 27-February 1
Ski Workshop at Squaw Valley
Bob Kriegel and Dyveke Spino
Residential five-day workshop $250

What flying was to Jonathan Livingston Seagull, skiing can be for all of us. This workshop will blend techniques of body awareness and movement, balance and rhythm, visualization and centering with traditional methods of ski instruction. Focus will also be placed on reading the mountain, understanding the snow conditions and on the latest technical equipment. This workshop is for beginners as well as advanced skiers. Sunday night-Friday morning. Fee includes room, board, instruction, lift tickets, sauna and pool.

February 1-3
Sensory Awareness in Sports
Seymour Carter
Weekend workshop $40

(See description, January 11-13, above)

February 2-3
Dance, Athletics and the Energy Body
Lillie Leonard, Jim Nixon, Dyveke Spino
Weekend workshop $40

All movement can be enhanced by an interchange between the physical and energy body. The interconnection between dance and athletic movement established into a new structural form, may be the impetus for clear understanding of the uses of energy. We will utilize techniques of applying energy to athletic and dance movement, build environments, and depict physical movement closely akin to sports so that we may create a synthesis of dance symbolism and athletic movement.

For Reservation Information, see page 58.

Sky-diving as sports mythology. From antiquity comes the warning (in this case from Daedalus to his too-eager son Icarus): "Always check your own lines and their sources."

February 9

A Day Of Jogging
Mike Spino

One-day workshop $15

(See description, January 5, above)

February 9-10

Aikido and Creativity in Sport
Bob Nadeau

Weekend workshop $40

Through the physical art of aikido we will work with a psychological and philosophical approach to movement. We will learn how to observe attitudes in motion and how to make corrections and improvements on those attitudes leading to a more complete mind/body unity.

February 15-17

High Forms of Athletic Practice & Physical Well-Being
Hal Bailen & George Sheehan

Weekend workshop $55

The actual practice of sport in America lags behind advanced medical information. This workshop will focus on specific areas for holistic physical involvement and the prevention and treatment of injuries. Hal Bailen and George Sheehan, both athletes and physicians will explore in a practical and experiential way, acupuncture as it relates to sports, structural integrity, optimum body physiology, balanced conditioning, body types and the feet as the foundation of all movement. They will combine new techniques in meditative problem solving and personality structuring, for better medical understanding and a more rewarding, injury free athletic experience.

The Sports Center is publishing a bimonthly newsletter which is devoted to developing an interchange of new concepts, practices and information in sports, physical education and recreation. If you would like a copy, just drop us a note, c/o Esalen/San Francisco. Sports Center representatives are also available to give talks, lecture-demonstrations, workshops and clinics, and to design courses for schools.

February 15-18

Cross-Country Skiing
Walt Anderson and Kurt Wehbring

Residential three-day-weekend workshop $90

We will stay in a mountain lodge and spend the days combining ski touring instruction with sensory awakening and breathing exercises. Evenings will be devoted to rest, massage, and general conviviality. No previous skiing experience of any kind is necessary. Fee includes room and board. Details about place, equipment, etc. on request.

February 17-22

Ski Workshop at Squaw Valley
Dyveke Spino and Esalen Staff

Residential five-day workshop $250

(See description, January 28-February 1, above).

Sunday night-Friday morning. This workshop is limited to 10 people; instruction will be continuous throughout the five days; fee includes room, board, lift tickets, sauna & pool.

February 22-24

A Reunion With the Sea
Ron Clark

Weekend workshop in La Jolla $65

Water has long provided us with a profound metaphor and dream symbol for our emergent bodily states—for our formative processes. Actual experience in the water can provide us with a unique growth-exploration process—a process through which we can, to some degree, experience formative processes and a direction for ourselves to become more fully functioning organisms; more at one with our bodies. In this workshop we will work in a pool and in the ocean. Through a variety of techniques we will attempt contact, expression, integration and sharing of experiences and internal states. Fee includes room but not meals.

February 22-24

Body Flying: An Experience in Self-Launch Flight
Alan Dimen and Kent Trimble

Weekend workshop $55

(See description, January 11-13, above)

February 22-24

Rolfing and Feldenkrais
Dub Leigh

Weekend workshop $40

Dub Leigh, a senior practitioner of Structural Integration (Rolfing) has been using the Feldenkrais method of exercise both as a preparation and a maintenance program for Rolfing. Dub, who trained with Ida Rolf and Moshe Feldenkrais, finds their methods to be complementary and especially useful to athletes. Rolfing uses gravity as a tool to align bodies correctly, segment by segment. Feldenkrais movement results in reduced friction and increased efficiency in the gravitational field. This workshop will include demonstrations and experiential sessions. Wear slacks or tights.

February 25-28; March 4-7

Jogging, Conditioning and Creativity
Mike Spino

Eight evenings $20

Cardio-vascular exercise is the base upon which all athletic activities are performed. Without stamina, developed when the body increases its ability to utilize oxygen, sports, games and recreational leisure cannot be performed to capacity. Jogging and running are effective means of cardio-vascular conditioning. Information about environment, equipment, nutrition, visualization and sensory stimulation techniques, assimilation of yoga and Eastern meditations will be discussed and practiced. Every participant will receive a suggested training plan based on a scale of his potential improvement. Combined with this physical orientation there will be focus on creative work evolving out of the running experience. 5:00-6:30 p.m., Monday through Thursday each week.

For Biographical Information, see pp. 51-57.

SPORTS

March 2
A Day Of Jogging
Mike Spino
One-day workshop $15
(See description, January 5, above)

March 3
Psychosynthesis in Sports
Steve Kull
One day workshop $25
We will explore the application of psychosynthesis to sports through such techniques as will training, effective use of the imagination, centering, and transpersonal awareness. 10 a.m.-10 p.m.

Tuesday, March 5
Free Introductory Evening
Sports Center Staff
Single evening event
FREE; 8-10 p.m. 1793 Union Street, San Francisco.
(See description, January 7 above)
Limited to 35 people.

March 8-10
Feldenkrais & the World of Sport
Betty Fuller
Weekend workshop $30
(See description January 18-20, above)

March 8-10
Movement & Awareness in Winter Environment—Introduction to Cross-Country Skiing
Zoe Kramer
Residential weekend workshop $75
Cross-country skiing provides a means of controlled movement through the winter landscape, free from mechanical aids, and encourages both a high level of physical conditioning and environmental and self-awareness. This workshop, to be held in the Lake Tahoe area, is intended both for those who have never skied and for downhill skiers who wish to try the Nordic (and ancestral) version of the sport. Instruction will cover equipment, techniques, basic winter survival information, and an actual day-tour, integrated with sessions incorporating relevant material from such body-oriented disciplines as hatha yoga, sensory and energy awareness, and basic cardio-vascular conditioning principles and methods, focused in meditation and enhanced by positive group interaction. Accommodations and meals will be provided; participants must furnish their own transportation and basic equipment. Limited to 15 people.

March 15-17
Inspiration and the Power of the Body: A Two Day Bike Trip in Sonoma County
Dyveke and Mike Spino
Residential weekend workshop $75
Inspiration is to be found in every age. The turn of the century was an era of inspiration symbolized by the writings of the coterie of artists surrounding Jack London, the American master of realism, whose recurrent theme throughout his work has been the power of physical adventure. By viewing the unpublished writings of his closest friend, George Sterling, and biking along the trails which served as their inspiration, we may touch upon a spark awaiting ignition in each of us. Limited to 10. Fee includes room and board. Scholarships are available.

New music, new heights: athletes invading the dance-halls of 1850's Paris lifted a square dance into high sport for large crowds. Le can-can *burst on the scene.*

March 15-17
Snow Outing
Walt and Maurica Anderson
Residential weekend workshop $75
This weekend will be spent in and around a cabin in the High Sierras; activities will include an introduction to snow hiking and snowshoe travel, plus a combination of exercises and body-conditioning games. Evenings will be devoted to rest, massage and general conviviality. Fee includes room and board. Details on request.

March 22-24
Body Flying: An Experience in Self-Launch Flight
Alan Dimen and Kent Trimble
Weekend workshop $55
(See description, January 11-13, above)

March 23
Hypnosis and Think Training With Athletes
Lee Pulos
One day workshop $20
The primary focus in this workshop will be to learn how hypnosis and self hypnosis can be used to enhance athletic potential. Participants will experience a variety of hypnotic approaches focussing on how these can be used to improve concentration, practising various skills under hypnosis and utilizing the concept of "hypnotic think training." A feature of the workshop will be to teach and demonstrate a diagnostic technique under hypnosis enabling coaches and athletes to uncover any faults or errors in the process of skill development. 10 a.m.-5 p.m.

March 26 and 28
The Open Classrom & New Directions in Sports, Games & Physical Education
Jim Nixon and Mike Spino
Two evening seminars $20
The goal of integrating body and mind has always been an educational priority. Progressive education has failed to find this blend. Too often teachers have equipment and the intellectual awareness of the need for more options, but lack concrete curriculum alternatives. Utilizing the energy body and human bio-energy field with traditional physical activities, and adding Feldenkrais exercises, visualization techniques and meditative centering, this workshop could help to transform physical activity curriculums. 5:30-10:00 p.m.

March 29-31
A Reunion With the Sea
Ron Clark
Weekend workshop in La Jolla $65
(See description, February 22-24, above)

For Reservation Information, see page 58.

ENERGETIC STUDIES

The Center for Energetic Studies, under the direction of Stanley Keleman, is a program of workshops, teaching and publishing concerned with the bodily experience of the here and now and the identity which gives biological form. Workshops will be led by Keleman and other invited leaders who explore human *development* from a perspective of experiences enhancing the biological life.

January 12-13
Open Workshop
Stanley Keleman

10 a.m. to 6 p.m., Saturday and Sunday **$60**
Deposit of $40 required.

January 29-March 5
The Family Body
Stanley Keleman and Sylvia Schmidt

Six Tuesday evenings, 6 to 10 p.m. **$120**

Self-formation comes out of family life. All of us, as bodies, undergo our initial formation in the world of the family. This workshop is for seeing how our physical selves are formed by family roles. We will look at two family bodies in the group, to explore their dynamics from this perspective.
Deposit of $60 required.

February 22-24
Open Workshop
Stanley Keleman

Three-day residential workshop
$150 including room and meals
Deposit of $75 required.

The Professional Development Program of the Center is a curriculum in which students can develop a deepening understanding of both the biological roots of experience and the applications of that understanding to personal and cultural expression. "The Family Body" and "Human Physiology" programs listed below are open to all applicants, and special consideration will be given to people in the helping professions, the arts and sciences, and those interested in beginning an extended course of study at the Center. Please describe your background in a brief letter of application to these two programs.

March 26-June 15
Human Physiology
Fred Lorenz

In order to work with the body, we must have some understanding of how it functions. This course is offered as a step toward being able to understand, in formal terms, the connections between biological and psychological thinking.
Concentration will be on classical human physiology, based as strictly as possible on interpretation of controlled experimental results. Discussion will lead frequently to interfaces between experimental physiology and clinical, unconventional and esoteric observations and beliefs. The course will include required readings.

Twelve Tuesday evenings, March 26-June 11, 7-10 p.m., and a one-day seminar, June 15. $120. Deposit of $60 required.

For Biographical Information, see pp. 51-57.

ARTS

January 5-6

Poetry Dream Collage
Diane Di Prima

Weekend workshop $35

Through the combination of music, art, talk, breathing, and our dreamlife, we will seek to break our accustomed patterns of association and open ourselves to new revelations about the dream and waking state. Poetry Dream Collage will primarily be a writing workshop, but it is open to artists and prospective artists of all descriptions—anyone who has worked in the arts or has wanted to; you are welcome to bring earlier works, but we will concentrate on what we come up with during this workshop.

January 12-13 & January 26-27

A Photography of Involvement
Paul Fusco and Michael Alexander

Two weekend workshop $75

Our photographs reflect our feelings about what we see. They say as much about us as they do about our subjects. We use photography to communicate our point of view to others and the closer we are to our own feelings, the clearer our point of view becomes. Participants will make, look at and discuss photographs. Bring a camera that you are comfortable using. The two week interval between workshops will provide an opportunity to process work done after the first weekend.

January 20

Alexander Technique and the Voice
Frank Ottiwell

One day workshop $15

The Alexander technique evolved from a need on the part of Alexander to solve his own vocal difficulties. He discovered a certain way of mobilizing the body to make sound that produced an experience of speaking from the entire self, and that wholeness in turn produced an ease and fullness of sound. Come sing out in wholeness and fullness! Each participant will be worked with individually.

January 25-27

Inside Theatre Open Hand
John Argue and Theatre Open Hand Company

Weekend workshop $40

Work, play, rehearse and perform with our company. Spend mornings training in voice, movement, sensory awareness and meditation; afternoons and evenings rehearsing pantomime plays like *Abraham and Issac* and *Eros and Psyche*. Previous experience in theatre unnecessary. We invite 14 participants to work with 14 members of our company.

February 1-2

Body Drawing and Massage
Brenda Sales and Red Dog Pieface

Friday night and Saturday $25

Friday evening we will fill in with colored chalks the outlines of our bodies traced on large sheets of paper, letting what we see condition our coloring and shaping. Saturday we will massage one another, then again make life-scale drawings of ourselves or our massage partners. Couples especially are invited. Wear old clothes.

February 1-3

Greek Dancing and Encounter
John and Sandy Enright

Weekend workshop $55

"This earth, this earth we tread upon . . . .
All shall enter it. . . . .
If I knew how to escape, I would make
To the earth a vow of silver.
This earth, which will devour us;
Assail her with the foot!
Fragment of a Greek dance-song (Tsamikos)

Greek dancing is inward and social; serious and gay; disciplined and free. We are drawn to it more than any other of the many forms of dancing we have done. We will combine this pleasure of movement and quality of feeling with gestalt-oriented encounter.

Friday night, all day Saturday, Saturday evening and Sunday until afternoon.

February 8-10

Come As You Are
Paul Rebillot

Weekend workshop $30

The focus is your uniqueness. Using gestalt, dance, improvisation, and ritual magic, we will delve into the mysteries of your mythology. Bring with you fantasies and visions, excesses and limits, and, if you wish, a poem, painting, song, journal, costume or home baked cookie . . . . let's share and celebrate together.

February 16 & February 23

Alexander Technique for the Photographer
Joan Schirle & Robert Leverant

Two Saturday workshops $30

A workshop for photographers to heighten concentration and allow surrender while picture taking and picture giving through an awareness of our minds and bodies at work. We will do gestalt and meditative exercises to reveal the correlation between our bodies and the design space of our images as a way of extending horizons. All participants will receive individual Alexander instruction.

March 2

Oriental Kite Making
Paul Yee

One day workshop $10

Participants will learn to shave, bend and shape bamboo strips, and tie them together to form a rigid kite frame, which they will cover with rice paper, add a fancy kite tail, paint with bright colors, and fly! Materials, tools and protective gear will be provided.

March 2-3 & March 13

Seeing the Invisible
Ruth Bernhard

Weekend workshop with follow-up evening $45

Exploring levels of sight and insight which usually escape our attention. Visualizing the world not as subject but as concept resulting in intensified perceptions and more profound personal photographic images. March 13: 7-10 p.m.

March 9 & March 16

Theater of Transcendence: Be Your Own Superstar
Paul Rebillot

Two Saturday workshops $30

You
Exploring
Self
Within . . . Without

What if you are given a blank check that says, "Who are you? Fill in anything you like. Payment on demand." What would have to happen for you to collect? Let's find out!

Gestalt — Meditation
Dance — Improvisation
Ritual Magic

March 9

Oriental Kite Making
Paul Yee

One day workshop $10

see March 2nd, above for description.

For Reservation Information, see page 58.

March 15-17
Awakening Creativity Through Yoga
Fritz Faiss

Weekend workshop $40

A workshop designed to awaken creative abilities. All people have creative trends which we can put into expressive action. Meditation and specific yoga techniques with emphasis on actual work, particularly painting, will lead each participant to those images and forms that live within him and influence his daily life.

March 16
UTRAN: A Festival of Kites
Shafi Hakim

Afternoon event $7

A slide, sound and film montage of the kite festival in Ahmedabad, India, where three million people fly kites to celebrate the winter solstice every January. After the show, we shall all go to the Marina and fly and fight kites. Kites and kite strings will be provided and you may keep the colorful Indian fighter kite. 1 p.m. – 6 p.m.

March 22
Feast of Fools
Ken Feit

Evening performance $2

A three hour journey of sound and silence with allegorical clowning, mime, flea circus, haikus in sign language, music (bowed psaltery), sound poetry, Indian and African myths, folk tales and children's stories as told by children. Call 771-1710 for time and location.

March 24
A Journey to Delight
Ken Feit

One day workshop $20

Karoarak! karoarak! Experience yourself as word-maker and taster, as an ever-changing word. In tribal fashion create a language of sound and gesture; then discover and tell your story. With clown makeup journey behind the flesh mask into your inner face; then in the silence of bamboo go into the market place and construct myths and rituals. Become a fool!

March 24
Women's Songs
Diane Di Prima

One-day workshop $15

Throughout the ages, women have found expression for their sorrow and hope in song. In folk music, blues, and present pop songs, we can trace women's standing in society and also the changing aspects and possibilities of love. We will use tapes as a jumping-off point for expressing our feelings in talk, writing and song. Bring your work along, and a musical instrument if you play one.

March 31
GO FLY A KITE!

One day event FREE

JOIN US AT OUR KITE FLY!

Climb a hill on Sunday, March 31, 1974 at 12:00 Noon, in San Francisco:

On Sunday, March 31, 1974 at midday, people from every neighborhood in San Francisco will climb to the top of the hill nearest them to fly kites – and to watch kites being flown from all of the other hilltops in The City.

JOIN US AT OUR KITE FLY!

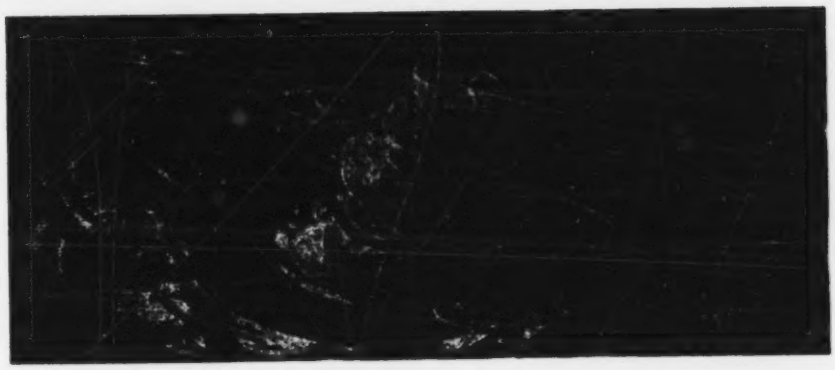
Call (415) 771-1710 for further information. Sponsored by: Esalen Institute, Dinesh Bahadur, Neighborhood Arts Program, Recreation and Parks Department, Golden Gate Neighborhood Community Centers, and many others.

In early Rome and in central Asia, dracones *(windsocks with dragon heads) were used to terrify enemies, inspire courage in one's own* corps, *act as signals and help archers to judge the wind. If celebrating victory was in order,* dracones *were hung on the battlements; if defeat, the same flags were hung as supplications to* The Other.

For Biographical Information, see pp. 51-57.

WOMEN'S STUDIES

The Women's Studies Program is designed and coordinated by women collectively. Workshops are priced on as low a base as possible; scholarships are available.



THE WOMEN'S STUDIES PROGRAM

The Women's Studies Program has begun in order to include female consciousness as part of Esalen's long range programming. Until recently this major state of consciousness has been omitted from most Esalen programs, from humanistic psychology in general, from the helping professions and from our socialization in Western culture.

Our aim is to include and make available the woman's point of view to workshop participants and to ourselves as group coordinators; to correct misconceptions by re-examining history, facts and theories; to acknowledge the role played by women in the cultural, political and economic development of the world's civilizations; and from this to develop new and particularly female growth tools and therapeutic forms.

Our point of departure is that not much is known about women; that the information available in the West has been compiled principally by men and/or by women trained in a male-dominated culture. This means starting from scratch, re-examining everything and gaining knowledge from other cultures (American Indians, Amazons, Etruscans, Spartans, etc.). There are no "experts", no "leaders". The program's main orientation is toward getting in touch with buried parts of ourselves and coming out, thereby trading information and skills.

Specific cross-cultural studies will include both the conscious and unconscious roles of women in the world as mirrored in dreams, myths, legends, folk customs, alchemy, religions and art.

Women's Studies programs will explore the following categories:

Female Consciousness: menstruation, pregnancy, menopause, language, art, literature, feelings, body/mind;

Female Sexuality: masturbation, orgasm, lesbianism, bisexuality, heterosexuality, child sexuality, celibacy, self-image.

Sex Roles and Relationships: comparative cross-cultural studies of women's roles, matriarchies and patriarchies — a comparison, biological and social determinants of sex differences, children's sex and social role development, body language, models;

Third World Women: Courses and workshops to be developed by a committee of Third World Women.

Courses, workshops and groups range from pure theory courses to experiential workshops. They are aimed at specific groups or at general groups (including men and children). There are long-range programs, shorter workshops and a guest lecture series.

LONG-TERM PROGRAM

January 12-April 7

Female Sexuality

Twelve week program $300
Scholarships available

The second long-range Women's Studies Program will run for twelve weeks, beginning and ending with weekend workshops (Jan. 12-13 and April 6-7). Female Sexuality is the area of study around which the program will develop. We will seek to integrate and synthesize all levels of our experience by exploring together women's history, films, art, literature, dance, music, health, polarity therapy, meditation, yoga, movement, massage, breath energy, gestalt and whatever new evolves out of our own growth and our sharing.

Participants will be solicited and selected from applications to hopefully include a wide range in age and cultural background. The coordinators of the group will work as a collective and all decisions concerning the group as a whole will be made collectively. The program is limited to 24 women.

There will be three evening meetings and one day-long workshop every four weeks. There will also be special workshops with guest participants. Childcare will be provided throughout the program.

Selection and determination of individual fees will be done by interview with the coordinators during the two weeks before the start of the program. If you are interested in the program send a brief letter telling about yourself to: Women's Studies Program, Esalen Institute, 1793 Union Street, San Francisco, Calif. 94123.

(This program will be coordinated by Carole A. Levine, Anica Vesel Mander, Lauree Ellen Moss, Anne Kent Rush.)

EVENING SERIES

The Women's Studies Program continues its' series of evening programs. Though the programs are oriented toward female consciousness, men are welcome to attend. Proceeds from these evenings will go toward maintaining a scholarship fund for women's workshops.

Wednesday, January 23

Whales/Nixon/ the Nuclear Family
Joan McIntyre

$3 general, $2 student and unemployed; 8-10:30 p.m.; location to be announced.

Some speculation on the consciousness of whales; the male-female pair, and the troubles in America. Some recent writing on swimming with dolphins in Key Biscayne, some talk about a vision of this country gleaned from recent travels, some discussion on sexuality as a way of breaking the species barrier.

JOAN McINTYRE is President of Project JONAH. Her work is saving the whales and remaining intact. She writes, lies in the sun, makes love and wonders. Her philosophy is personal, anthropological and sensual.

Wednesday, February 20

Lesbian/Feminism
Jill Johnson

$3 general, $2 student and unemployed; 8-10:30 p.m.; location to be announced.

JILL JOHNSON was born in London, England, is an athlete, dancer, student, critic of art and dance, autobiographer, radical feminist, and author of *Marmalade Me* and *Lesbian Nation: The Feminist Solution.*

For Reservation Information, see page 58.

WOMEN'S STUDIES WORKSHOPS

January 7-February 4

Feminism as Therapy
Carole A. Levine & Anica Vesel Mander

Five Monday evenings $30

We will explore our relationship to feminism and therapy through theoretical and interpersonal means: techniques from gestalt, psychosynthesis and sensory awareness will be used. Each meeting will center on one of the following topics: 1) *Feminism:* definition; therapy; redefinition; 2) *Energy Sources:* anger, bodywork; 3) *Power, Repression:* personal, societal; 4) *Taking Responsibility:* past, present, future; 5) *Integrative Session.* 8-10 p.m.

Recommended reading list:
Phyllis Chesler: *Women & Madness;* Karen Horney: *Feminine Psychology;* Anne Kent Rush: *Getting Clear;* Sylvia Plath: *The Bell Jar*

January 19

Psychic Techniques from the Female Principle
Helen Palmer

One-day workshop $15

Many spiritual disciplines conceptualize the seeker's path as a mental balance between the creative-masculine and receptive-feminine modes of consciousness. This workshop is to experience the focusing and visualization techniques stemming from the two principles; and to handle the psychic impressions that arise in a focused mind. Limited to 16.

January 26

Over-40 Liberation?
Laney Stephens

One-day Workshop $15

"I grew up without 'Women's Lib' and I want to know more about what it is and how I am a part of it and/or not a part of it. I want to share a day with other women over 40, to see if there are issues, concerns and joys we hold in common and, possibly, to expand our day together into an ongoing group."

February 5-March 5

Exposing Ourselves
Susan Margolis

Five Tuesday evenings $30

"Men owe us what we imagine they can give us," wrote Simone Weil some time before she killed herself. "We must forgive them their debt." Likewise, feminism. This workshop will try to ease the sense of desperation that so often leads women to betrayal or self-betrayal. We will cut through feminist rhetoric by focusing on the connection and distinctions between private, public and collective experiences that seem common to us as women whether we call ourselves feminists or not. 7:30-10 p.m.

February 25-March 25

Womanpower
Lani Silver

Five Monday evenings $30

In order to be effective feminist revolutionaries we need to combine strength, consciousness, information and power to help ourselves and other women. We will use information as tools: we'll talk about the origins of the patriarchy, mythology, sex roles, law, economics and power-structured social relationships and thereby bring out the power within us. 7:30-10 p.m.

February 27-March 27

Diaries and Dreams
Gloria Churchman and Nina Winter

Five Wednesday evenings $30

In this workshop we will discover how to understand and use our dreams in order to make fuller, richer contact with our inner worlds and to explore our womanness. Material from our dream lives will be used as basis for individual creative expression in various art forms such as: painting, writing, movement. Together we will explore ways of keeping and using the personal diary as well as the dream journal to inform and enrich our waking lives. Both new and veteran dreamers/journal-keepers are welcome. 7:30-10 p.m.

March 17-22

Rest and Relaxation: Five-Day Vacation at a Farm in Sebastopol

Five days $50

These five days are available to women who would like to share time and space with each other. Accommodations will be *dormitory bayloft* style. Bring a sleeping bag. We will clean, cook and, in general, maintain and support each other.

March 23-24

Women & Film
Freude Bartlett

Weekend workshop $30

Viewing a dozen films by women with emphasis on "personal" films. Discussion of the psychic and creative energies of women and how they are/can be expressed via film. Exploration of the feminine "unconscious": its part in the process of filmmaking and its expression in visual symbols on film.

March 24

Women's Songs
Diane Di Prima

One-day workshop $15

See description, *Arts* section, p.17.

March 31

Psychodrama
Maurica Anderson

One-day workshop $20

We will work on interpersonal problems which members of the group wish to share, using the spontaneous dramatization techniques of psychodrama to help us cut through old patterns. Our aim will be not solutions but catharsis, enhanced awareness, sharing and (why not?) fun. Members of the group may participate to whatever extent they feel comfortable.

APPROACHES TO THE BODY

These workshops serve as an introduction to several methods which have been developed to increase body awareness and appreciation. Each class may be taken separately. Women who are interested are invited to attend the first session, January 22. All leaders will be present to talk about their particular disciplines and to answer any questions.

Tuesday, January 22

Introduction to: "Approaches to the Body"

FREE: 8-10:30 p.m.

Saturday, February 9

Structural Patterning
Faith Hornbacher

One-day workshop $15

Saturday, February 16

Polarity Therapy
Chellis Glendinning

One-day workshop $15

Saturday, February 23

Aikido
Betsy Hill

One-day workshop $15

Saturday, March 2

Movement
Ann Halprin

One-day workshop $20

Saturday, March 9

T'ai Chi Chuan
Judyth Weaver

One-day workshop $15

Saturday, March 16

Breath
Anne Kent Rush

One-day workshop $15

Locations for all programs to be announced in mid-January.

For Biographical Information, see pp. 51-57.

PSYCHOSYNTHESIS

Esalen Institute Psychosynthesis Programs are offered in cooperation with the Psychosynthesis Institute, and are coordinated by its directors, Jim and Susan Vargiu.

TRAINING IN PSYCHOSYNTHESIS

February 26-April 7

Psychosynthesis Professional Training Series
Jim and Susan Vargiu and Associates of the Psychosynthesis Institute

Six Tuesday evenings, a weekend, and individual sessions. $280

A program designed for psychotherapists, educators, counselors and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field. The program includes: identification and harmonization of subpersonalities–integration of body, feelings, and mind–guided daydream principles and practice–release and utilization of psychological energies–a model of personality in terms of energy fields–creativity and imagination–Height Psychology, the Transpersonal Self, and the superconscious–symbols and the development of intuition– the inner dialogue–meditation: principles and practice–optimum utilization of current major approaches to growth. We will work together so that each can recognize the process of psychosynthesis at work both in himself and in the others. There will be assignments and exercises to complete between meetings. In addition, each participant will have one private psychosynthesis session, and will have the opportunity to observe two sessions of other members of the group. Further individual work during the six week period can be arranged. Advanced training following this program is also available.

Six Tuesday evenings, February 26-April 7, and weekend workshop, April 6 and 7. For application form, contact Esalen/San Francisco.

January 12

Bear Therapy: Nurturing the Child Within
Betsie Carter & Heidi Firman

One-day workshop $25

Many of us have learned how to open ourselves emotionally and contact other people at a deep and satisfactory level. But when we need to nourish and affirm *ourselves*, we usually swing from being rigid and critical to being collapsed or being dependent upon another person or a group. Bear therapy presents an alternative to these extremes within each of us, as we learn to center and to nourish ourselves from that center. 10 a.m.-10 p.m.

Wednesday, January 16

Introduction to Psychosynthesis
John and Heidi Firman

Single evening event
$2 general; $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Join us for an evening of experience and discussion of the basic principles of psychosynthesis. Bring paper, pencil and your imagination!

February 1-3

Psychosynthesis: Who Are You?
John and Heidi Firman

Weekend Workshop $50

What kinds of answers do you have for this most basic question? Who is it in you that questions? Who is it that answers? Are any of the responses in conflict? As we begin to observe and listen to the various parts within us, we can discover a center distinct from the questions, the answers, and the conflicts. This workshop will provide an opportunity for you to connect with the energy and guidance of this center in order to explore these inner voices and create harmony among them. Together we will seek solutions which move us toward actualizing the very best within each of us, our most essential Self.

Wednesday, February 6

"In seedtime begins the journey"
Tom Yeomans

Single evening event
$2 general; $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

In each of us a seed lies buried, the seed of our deepest self. Many seeds are slowed or stunted in their growth by poor soil or drought, but always the seed yearns upward toward light and fruition and, given the right balance of conditions and proper care, each can in time come to express fully its given form.
Psychosynthesis is the art and science of such inner cultivation. The essence of its work is providing what each particular seed needs along its journey in order to grow into full expression and beauty. In this lecture and in the events to follow we will begin to know the seeds within us and to learn steps in the journey of self cultivation.

February 16

Recognitions: Psychosynthesis
Tom Allen and Margaret Conway

One-day workshop $20

There are some "givens" we each experience as fixed parts of our personalities. Some we see ourselves as having been born with–our body type, certain dispositions and so on. Others we experience as the inevitable results of our particular upbringing. In this workshop we will explore the "givens" and learn how to recognize that what *had to be* at one time may no longer be necessary. Our methods will include identifying and integrating "subpersonalities" and the balancing and synthesizing of opposites. We will use a variety of processes such as: guided imagery, spontaneous movement, symbolic drawing, relaxation and meditation.

March 1-3

Psychosynthesis: Seeking the Self-Seed
Tom and Anne Yeomans

Weekend workshop $50

Where does the seed of our deepest life lie? What does it need to grow and flourish? What forms of potential maturity does it contain? In this workshop, we will journey toward the very center of our selves to find that seed-place and to seek out ways to nourish the inner seed as it grows within us. Approaches used will include symbolic imagery, guided fantasy, inner dialogue, art, sound, movement and journal writing. An important part of this work will be a consideration of how to help continued growth after the weekend is over.

For Reservation Information, see page 58.

March 3
Psychosynthesis in Sports
Steve Kull

One-day workshop $25

We will explore the application of psychosynthesis to sports through such techniques as will training, effective use of the imagination, centering, and transpersonal awareness. 10 a.m.-10 p.m.

Thursday, March 7
Introduction to Psychosynthesis
Steven Kull

Single evening event
FREE: 8-10:30 p.m., First Unitarian Church
Franklin & Geary Streets, San Francisco

An evening introduction to psychosynthesis as a means of resolving inner conflict, integrating the personality, and developing contact with the transpersonal Self.

March 9
Being a Woman: Liberation From Within
Anne Yeomans and Anne Hubbell

One-day workshop $25

A day together, turning inward toward a renewed awareness of women's strengths both ancient and modern. We will use the tools of psychosynthesis, including fantasy, art, movement and meditation to begin to address ourselves to the personal and spiritual questions of our lives. 10 a.m.-10 p.m.

March 15-17
Psychosynthesis: The Self
Steven Kull

Weekend workshop $50

In this workshop we will explore means for actualizing the Transpersonal Self -that higher most essential Self we may have glimpsed in peak experiences. We will begin by exploring our various 'selves', our roles and subpersonalities, and work towards integrating them into a more joyous and whole expression of that higher Self.

March 29-31
Psychosynthesis: Imagination and Intuition
Tom Allen

Weekend workshop $50

In each of us there are new emerging aspects with which we are not yet fully in touch, or which we experience as energies that are blocked. The energy of these aspects can be contacted and used as a source of inner strength and guidance. Imagination and intuition are functions which help us open to these energies and use them to reach higher, more integrated states of consciousness. In this workshop we will explore ways which can be used for the development and right use of imagination and intuition, including guided imagery, inner dialogue, spontaneous drawing, movement, relaxation and meditation.

For Biographical Information, see pp. 51-57.

Rudolf Jettmar's Der Dichter *keeps alive the myth of Pegasus, favored transportation of the Muses (and hence of poets in their flights of fancy).*

OTHER PROGRAMS & WORKSHOPS

INTERPERSONAL

SAN FRANCISCO INTRODUCTION TO ESALEN EVENINGS

These evening programs are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups.

Working in small and large group sessions, participants will be introduced to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring a pillow for easy sitting.

$2 general; $1 student; 8-10:30 p.m.; First Unitarian church, Franklin and Geary Streets, San Francisco.

Wednesday, January 23 – Art and Janica Fox

Monday, February 11 – Robert Cromey

Thursday, March 14 – Harry Sloan

Friday, January 4
ABOUT ESALEN PROGRAMS with THE ESALEN STAFF

Single evening event

FREE; 8-10:30 p.m.; 1793 Union Street, (Union and Octavia), San Francisco.

An evening for those wishing to discuss programs listed in this catalog with members of the Esalen administrative staff. This is an opportunity for informal, small-group sessions concerning such questions as "Where do I start?"; "Which Esalen program is best suited to *my* interests and needs?"; "What is the Esalen Sports Center?" "What about a residence program in Big Sur?" etc.

Monday, January 14

You Don't Have to Suffer to Feel Good
Harry Sloan

Single evening event
$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthrough. Growing becomes humorless and heavy and so does life. This evening will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen.

January 18-20

Dealing With Pathology: A Weekend for Professionals
John Heider

Weekend workshop $50

We do not seek severly disturbed participants for membership in growth-oriented groups. But the experienced group leaders must develop skills to cope with extra-ordinary persons and extra-ordinary situations. This workshop is not intended to train clinicians. It is designed to provide professional people-helpers with skills and insights, useful for identifying and working with pathology within the confines of the growth group. The weekend will be experiential, dealing with case histories presented by participants and with the capacity for madness within each of us.

January 18-20

Fair Fight Training for Couples
Lewis & Brandy Engel

Weekend workshop $90 per couple

In this weekend 8 couples will have the opportunity to learn and practice the basic techniques of Fair Fight Training as outlined in *The Intimate Enemy* by Dr. George Bach. Lewis and Brandy Engel write: "We teach a method for making constructive use of the aggressive feelings generated by the daily frictions, tensions and conflicts that inevitably arise in an intimate relationship. We feel that Fair Fight Training can be a source of revitalization, excitement, growth and change in a couple's life together."

For Reservation Information, see page 58.

January 19-March 10

Here and How as Leader/as Participant: Demystifying the Group Process
David Schiffman and Harry Sloan

Mini-extended growth program $175
For description and information, see p. 10

January 26-27

Growth Through Risk-taking
David Schiffman

Weekend workshop $50

This workshop is designed to provide the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Particular emphasis will be placed on the expression of anger, affection, sexuality and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience.

February 9-10

A Tender Invitation
Harry Sloan

Weekend workshop $50

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich alive experience — love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. The participants will be offered a chance, a tender invitation to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse."

February 23

Open Psychodrama Encounter
Walt and Maurica Anderson

One-day workshop $20

A flexible day's work and play using a variety of encounter and gestalt approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing one's own openness, spontaneity, and creativity, and having fun. The degree of active involvement is a matter of individual choice.

February 23-24

How Do You Want to Be Alive in This World?
Arthur and Janica Fox

Weekend workshop $50

Aliveness is thinking, sensing, feeling and acting. Come and take a look at yourself, learn techniques to increase your awareness, free up more of your feelings and energy and learn what part your body plays in regulating these things. Learn to listen to and trust your body, your organism as your best source of knowledge, guidance and inner strength; then learn ways to act on this knowledge, to move from this centered, intuitive place, to make it a living, working part of the process that can help you to be the person you want to be. As leaders we will utilize our own intuitions, and various techniques including bioenergetics, sensory awareness, gestalt, encounter, fantasy and goal-fulfilling strategies.

Wednesday, March 6

Creating Positive Struggle
David Schiffman

Single evening event
$2 general, $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

"Out of chaos comes creation."—S. Lee.

This evening will be spent exploring the creative use of personal energies, both individually and collectively. The emphasis will be on developing and sharing the natural affinities and polarities that emerge when people engage in creative struggle together, as well as on exploring new patterns of seeing, hearing and experiencing the environment we will all be sharing together.

March 9

One Plus One: A Workshop for Couples
Bob and Marilyn Kriegel

One-day workshop $30 per couple

March 15-17

Dragon-Slaying for People at Midstream
Laney Stephens

Weekend workshop $50

We need new support systems or greatly developed familiar ones to step gradually and successfully into new space as parents, lovers, professionals. We can help each other to define and develop ourselves for these adventures.

March 23-24

Stranger in a Strange Land
David Schiffman

Weekend workshop $50

Letting go the burdens of the past allows us to experience the richness and variety of present time. This workshop will focus on the finishing up of old business and the rewriting of old scripts that contaminate and limit our ability to let in the beauty of where we are and who we are with right *now*. Through the use of structured risk-taking exercises, gestalt, encounter and sensory awareness, the participant will have the opportunity to experience greater personal expansion and openness with others.

Chang Chi'en Floating on the Yangtze River in a Log Boat *(carved out of bamboo) is an homage to the scholar-innovators of ancient China who fled despotic rulers (or were banished?); they recovered in poverty and humility the best of the old and nurtured a newer, softer culture.*

For Biographical Information, see pp. 51-57.

GESTALT

January 5-6

Right Knowing
Stephen Schoen

Weekend workshop $50

William Blake: *"Man was made for joy and woe; and if this we rightly know, thro' the world we safely go."* This workshop will focus on "right knowing", especially the awareness of body, feeling and mind as a unity; space for joy and woe as they emerge; risk-taking, both in inner and interpersonal experience, as existential safekeeping.

January 19

Body Awareness and Gestalt
George Downing

One-day workshop $20

We will combine the verbal methods of gestalt with a number of different ways of working with the body, including Feldenkrais dynamics and Proskauer breathing techniques.

February 2-3

Conflict & Fluidity in Living
Stephen Schoen

Weekend workshop $50

We know ourselves as we find our own flow, assimilating our conflicts as the flow permits and requires. A workshop in self-learning, its focus and pleasures.

February 9-10

Gestalt with Jack and Lyn
Jack Downing and Lyn Davis

Weekend workshop $50

Everything you've wanted to know yourself but were too busy to ask: being a subtle blend of penetrating gestalt therapy, sensuous body experience, rousing bioenergetics, heartening folk humor and gently meditative Arica exercises.

February 15-17

Experiencing Wholeness
Seymour Carter

Weekend workshop $50

This workshop will emphasize gestalt methods for contacting ourselves as self-regulating organisms. The practice of integrating our senses, emotions and thoughts into a perceptual whole releases energy for a more connected experience of living and being. The work will be devoted to releasing excess efforts and tensions and awakening dormant functioning so that the participants may experience greater physical and emotional freedom.

February 16-17

"Help! I'm Trapped in a Human Body"©
Frank Rubenfeld

Weekend workshop $50

We will use gestalt to explore the existential *angst* of being human. More mundane concerns such as unfinished business, inveterate topdogging, and being in the now and in your body will also be part of this weekend's activity.

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February 22-23

Intensive Gestalt
Paula Bottome

Weekend workshop $50

Friday 7:30-11:30 p.m., Sat. 10 a.m.-8 p.m.

March 2-3

Advanced Workshop in Gestalt Therapy: Dreams and Dreamwork
Joel Latner

Weekend workshop $50

Dreams are metaphors for our aspirations, our experience, and our unfinished business. They are also creative events — unique and artistic expressions of this moment in our lives. The focus of this workshop is on dreams and dreamwork, on appreciating them and working with them. The workshop is open to practitioners, trainees, and students in the mental health field.

March 23-24

Meditation, Gestalt and Ritual
Jerry Kogen, Joan Ellen Zweben and David Deitch

Weekend workshop $50

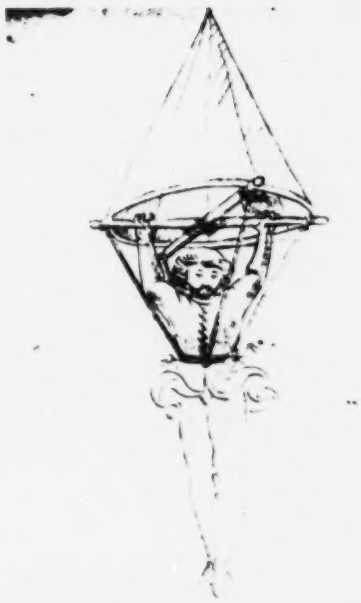
The goal of this workshop is to have the participants journey into a new self and interpersonal exploration through the use of meditation, gestalt techniques and the development of unique rituals relevant to their common experience.

March 30-31

Gestalt and Your Body
Anne Kent Rush and Lauree Ellen Moss

Weekend workshop $50

We will explore the relationship of our individual verbal statements to our characteristic body expressions by combining gestalt and various body therapy techniques (including breath awareness, Reichian release techniques, polarity and massage).



THE HUMAN BODY

INDIVIDUAL MASSAGE APPOINTMENTS are available in San Francisco to Esalen participants and to Friends of Esalen. Massages are $12.00, and $10.00 for women only until January 30. Gift certificates are also available. Call 771-1710 for an appointment.

Monday evenings

Alexander Technique
Frank Ottiwell

Continuing program $35 per month

Enrollment is limited to 6 persons; new persons may join the classes as spaces become available. 6-7:30 p.m.

For Reservation Information, see page 58.

NEW ROADS TO HEALTH

A series of programs presenting new approaches to the health of the body

Thursday, January 10

Unorthodox Medicine
David Sobel

Single evening event
$2 general; $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

There is a growing interest in extending our conceptions of health and disease by considering many "unorthodox" systems of medicine. This lecture will draw from such areas as primitive medicine, Chinese medicine and acupuncture, Hippocratic medicine, homeopathy, yogic therapy and naturopathy as well as the voluntary control of internal states, and psychic healing in order to develop a more holistic and ecological conception of health.

Thursday, February 7

Introduction to Acupuncture
Hector Prestera

Single evening event
$2 general; $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin & Geary Streets, San Francisco.

The basic principles of Chinese acupuncture will be presented along with a session on acupuncture massage.

February 15-17

Acupuncture Workshop
Hector Prestera

Weekend workshop $50

This workshop will include the basic theoretical premises of acupuncture. Practical acupuncture massage will be taught as well as meditative techniques utilizing acupuncture principles. Acupuncture demonstrations will be performed in the group.

Thursday, February 21

Rediscovering Your Vision
Ray Gottlieb

Evening seminar $5

Dr. Gottlieb will explain the basic principles behind the Bates' system of "Better Sight Without Glasses". He will teach specific exercises as an integrated, whole body approach to removing the stress that hinders vision. 7:30-9:30 p.m.; 1793 Union Street, San Francisco. Limited to 40.

March 2

A Day of Health
David Sobel

One-day workshop $20

"What is done for you — allow it to be done; what you must do yourself make sure you do it." (Khawwas)

This will be a day of exploring, with your head as well as your body, ways to care for yourself; experiencing the practical everyday things you can do to feel better and maintain your health. We will focus attention on areas from body movement and patterning, to eye exercises and foot reflexology, from relaxing to bathing, brushing and breathing, from eating to fasting and some will training to develop your own daily rituals.

Sunday, March 10

Higher Aspects of Healing & Nutrition
James MacKimmie

Single evening event
$2 general; $1 student; 8-10:30 p.m.; First Unitarian church, Franklin and Geary Streets, San Francisco.

Dr. MacKimmie will speak about the higher aspects of healing and nutrition.

Thursday, March 21

The Road to Health Through Nutrition
H. F. Parsons and G. L. Schiller

Single evening event
$2 general; $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Health is not merely the absence of disease — it is a vibrant state of being. This lecture will emphasize how any individual can improve his own "internal environment" by living in harmony with nature. Particular attention will be given to practical guidelines for improving individual nutrition.

January 6

Polarity Therapy
Chellis Glendinning

One-day workshop $20

This workshop will include experiential learning of selected basic techniques, individual physical exercises to facilitate energy balance and circulation, and some discussion of the theoretical principles of polarity therapy.

Wednesday, January 9

Making Friends with Gravity
Betty Fuller and Dub Leigh

Single evening event
$2 general; $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

This evening is an introduction to the method of exercise developed by Moshe Feldenkrais of Israel. More a moving meditation than exercise, the lessons are done very slowly without strain and are designed to assist bodies to move in the direction of increased tonus, optimum function, greater efficiency and correct alignment in the gravitational field. Wear comfortable clothes (slacks or tights), warm socks and bring a blanket and sheet. This is an experience for anyone from 5 to 95 who wants to move and feel better.

January 12

Group Bioenergetics
Michael Conant

One-day workshop $30

Working primarily as a group, we'll use bioenergetic, neo-Reichian and gestalt approaches to deepen contact with ourselves and each other. One or two individual bioenergetic sessions may also take place during the day for demonstration purposes.

January 12-13

Alexander Technique for the Helping Professions
Joan Schirle

Weekend workshop $50

A workshop for those interested in helping others learn how to teach and heal themselves, using some methods of the F.M. Alexander Technique. We will learn some gentle manipulations to release blocked energy and increase kinesthetic awareness; we will explore the relationship between movement habits and structure, breath awareness and energy flow, between the individual body and the unity of the spirit. Limited to 14 participants. Send a brief letter to Esalen/San Francisco indicating your training and current work.

For Biographical Information, see pp. 51-57.

SAN FRANCISCO PROGRAMS

Thursday, January 17

Dimensions of Structural Integration
Michael Salveson

Single evening event
$2 general; $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

A discussion and demonstration of the Rolf method of structural integration. (See p. 7 for definition)

January 19

Body Awareness and Gestalt
George Downing

One-day workshop $20

We will combine the verbal methods of gestalt with a number of different ways of working with the body, including Feldenkrais dynamics and Feoskauer breathing techniques.

January 22-February 19

Massage
Brenda Sales and Bill Glover

Five Tuesday evenings $35

We will develop a complete massage from basic techniques. We will emphasize the quality of touch–taking care–sensitizing ourselves. 7:30-10:30 p.m.

January 26-27

T'ai Chi Chuan and Massage
Judyth Weaver

Weekend workshop $50

Massage on the inside and massage on the outside. Through the movement meditation of t'ai chi chuan we experience a heightened sensitivity of energies and a new awareness of structure so that we can come to others in massage, as well as in daily life, to give and receive in a more full, grounded, flowing, unified way.

February 3

Understanding Body Energy
Doris Breyer

One-day workshop $20

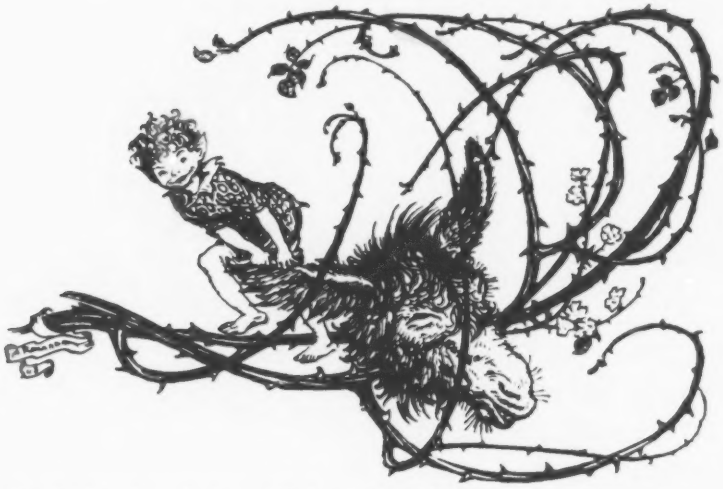
Energy is our aliveness. It is our capacity to produce motion and is directly related to our individual manner of being-in-the-world. This workshop will deal with a body-based approach to human growth in which our biological energy, our posture, and our movements are seen as a complex statement of each person's existence. Experiential sessions are designed to assist each person in feeling their own energy, sensing their flow, their blocks, their flexibility and constrictions. Participants will have an opportunity to work individually with Doris Brever to experience her unusual therapeutic style. Limited to 12 participants; please wear leotards, shorts or bathing suits.

Monday, February 4

Sensory Awareness: Studies of Our Unconditioned Nature
Seymour Carter

Single evening event
FREE; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Human vitality and energy do not spring from self control, yet society requires that we control ourselves. We learn to build our lives on expectations and to regulate our behavior toward pre-determined goals as if we were simple social machines. Yet within us lies a capacity for discovery and integration: awareness. Born anew each moment, awareness is a resource we waste and pollute with our well-meant attempts to regulate ourselves. In this evening introduction the forgotten roots of sensory experience are uncovered and the excesses of habit are gradually pruned away, allowing participants to explore through a state of inner quiet their natural design and to recover the freshness and delight of discovering their world, moment by moment.



Arthur Rackham's pen-&-inking of Shakespeare's wildest flyer into the subconscious.

February 10

Introduction to T'ai Chi Chuan
Judyth Weaver

One-day workshop $20

A one-day introduction to the essence of t'ai chi chuan–flow, centering, grounding.

January 21-25

Choosing Life
Ian Grand

Five-day workshop $110

This workshop is concerned with the primary decision to live our lives, in the world, in our bodies, that is inherent in the notion of the seed–the decision to be born, to participate in the world of our desiring and our creating, our individuality and our sharing, our sacredness and our sexuality. We will use energetic and somatic approaches, talk, dance and song. 10 a.m. to 5 p.m. Monday through Friday. Limited to 15 participants.

February 1-2

Body Drawing and Massage
Brenda Sales and Red Dog Pieface

Friday night and Saturday $25

See description under *Arts*, p. 16.

February 2

Structural Patterning in Stillness and Motion
Faith Hornbacher

One-day workshop $25

Limited to 8 participants; each person will be worked with individually.

February 15-17

Experiencing Wholeness
Seymour Carter

Weekend workshop $50

This workshop will emphasize gestalt methods for contacting ourselves as self-regulating organisms. The practice of integrating our senses, emotions and thoughts into a perceptual whole releases energy for a more connected experience of living and being. The work will be devoted to releasing excess efforts and tensions and awakening dormant functioning so that the participants may experience greater physical and emotional freedom.

For Reservation Information, see page 58.

February 16
Intensive Breath Workshop
George Downing

One-day workshop $20

The breath is a microcosm of the personality. Learning to find and unlock the breath can lead to more richness and certainty of emotion, increased energy, realignment of physical posture and a deeper grasp of one's personal rhythm of existence. We will both verbally and nonverbally explore these possibilities using gestalt and a number of different methods of working intensively with the breath.

February 16-17
Making Friends with Gravity
Betty Fuller and Dub Leigh

Weekend workshop $30

This is an introduction to the method of "exercise" developed by Moshe Feldenkrais of Israel. More a moving meditation than exercise, the Feldenkrais lessons are done very slowly with no pain. The movements are effortless and pleasurable resulting in heightened awareness, increased sensitivity and expanded self image. This workshop is designed to assist bodies to move in the direction of increased tonus, optimum function, greater efficiency and correct alignment in the gravitational field. Wear comfortable clothes (slacks or tights), warm socks and bring a blanket and sheet. This is an experience for anyone from 5 to 95 who wants to move and feel better.

February 17
Polarity Therapy
Chellis Glendinning

One-day workshop $20

This workshop will include experiential learning of selected basic techniques, individual physical exercises to facilitate energy balance and circulation, and some discussion of the theoretical principles of polarity therapy.

INDIVIDUAL SESSIONS WITH PRACTITIONERS OF STRUCTURAL INTEGRATION are available *by appointment only*. Each session is about 90 minutes long. Phone 771-1710 for appointments. Practitioners include: Andy Crow, Larry Swann, Ed Taylor.

INDIVIDUAL STRUCTURAL PATTERNING APPOINTMENTS are available with Faith Hornbacher *by appointment only*. A course of private work consists of 6-8 supervised sessions. Each session is about 90 minutes long. Phone 771-1710 for an appointment.

TRAINING IN STRUCTURAL INTEGRATION is offered only through the Ida P. Rolf Foundation for Structural Integration and only upon completion of certain prerequisites. Information about training and research, as well as class announcements may be obtained by writing the Foundation, P.O. Box 1868, Boulder, Colo. 80302.

Wednesday, February 20
Breath and Self
George Downing

Single Evening event
$2 general, $1 student; 8-10:30 p.m.; First Unitarian church, Franklin and Geary Streets, San Francisco.

Bring a blanket; wear loose and comfortable clothing.

February 23-24
How Do You Want to Be Alive in This World?
Arthur and Janica Fox

Weekend workshop $50

Aliveness is thinking, sensing, feeling and acting. Come and take a look at yourself, learn techniques to increase your awareness, free up more of your feelings and energy and learn what part your body plays in regulating these things. Learn to listen to and trust your body, your organism as your best source of knowledge, guidance and inner strength; then learn ways to act on this knowledge, to move from this centered, intuitive place, to make it a living, working part of the process that can help you to be the person you want to be. As leaders we will utilize our own intuitions, and various techniques including bioenergetics, sensory awareness, gestalt, encounter, fantasy and goal-fulfilling strategies.

February 24
Massage
Anne Kent Rush

One-day workshop $20

March 2-3 and March 9-10
Polarity Therapy: For Professionals
Anne Kent Rush

Two-weekend workshop $100

A training course for those interested in integrating polarity release techniques with their own work. Limited to 14. Send a brief letter to Esalen/San Francisco indicating your training and current work.

Monday, March 4
An Introduction to Structural Patterning
Faith Hornbacher

Single evening event
$2 general; $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

This will be an informal discussion of the Rolf-Aston method of Structural Patterning in Stillness and Motion. We will explore what patterning is and its applications to each of us in our everyday activities. Some attention will also be devoted to movement analysis, an integral part of patterning. (See p. 7 for definition of patterning.)

March 11-15
Choosing Life
Ian Grand

Five-day workshop $110

This workshop is concerned with the primary decision to live our lives, in the world, in our bodies, that is inherent in the notion of the seed—the decision to be born, to participate in the world of our desiring and our creating, our individuality and our sharing, our sacredness and our sexuality. We will use energetic and somatic approaches, talk, dance and song. 10 a.m. to 5 p.m. Monday through Friday. Limited to 15 participants.

Wednesday, March 13
Origins
George Downing

Single evening event
$2 general; $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

Point of departure: the primordial unity of body and mind has the origin of our creativity.

March 13-May 15
Human Anatomy
Ed Jackson

Ten Wednesday evenings $90

An anatomy course oriented to therapies and disciplines that require a concern for human structure and function: movement, gestalt, dance, massage. Emphasis will be on the skeletal and muscular systems. The material will be presented both through lecture and direct examination and experience of the living body. 7:30-9:30 p.m. Limited to 25 participants. A non-refundable deposit of $50 is required.

March 13-May 30
Massage Training
Gunver Ingeborg (Jackson)

Twelve week course $260
See description, p. 10.

For Biographical Information, see pp. 51-57.

March 16
Dreams and the Body
George Downing
One-day workshop $20

In this workshop we will work with gestalt, breath awareness and other techniques in order to clarify and to integrate the messages of our dream bodies. Those who are out of touch with their dreams are also welcome: we will use deep fantasy methods in order to explore some of the same thematic material.

March 17
Structural Patterning in Stillness and Motion
Faith Hornbacher
One-day workshop $25

Limited to 8 participants; each person will be worked with individually.

March 22-24
The Loving Massage
Laney Stephens
Weekend workshop $50

With our hands we can give succor, joy, comfort, peace and attention. Through our hands we can know the delights of a simple age-old wisdom that flowers with relaxation, empty-headedness and loving care.

March 24
Knowing & Moving the Body
Frank Ottiwell & Judith Stransky
One-day workshop $25

This workshop will draw on the work of F. M. Alexander and Moshe Feldenkrais in mobilizing and re-educating the body/self. Techniques to improve postural alignment and release blocked energy will be taught individually and applied to such everyday activities as sitting, standing, walking and bending. Group exercises, performed within each individual's range of ease and enjoyment, will be used to increase kinesthetic awareness and to show the use of awareness and movement as self-teacher.

Thursday, March 28
Dimensions of Structural Integration
Michael Salveson
Single evening event
Free: 8-10:30 p.m.: First Unitarian Church, Franklin and Geary Streets, San Francisco.

A discussion and demonstration of the Rolf method of structural integration. (See p. 7 for definition of structural integration.)

March 29-31
Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks
Weekend workshop $50

In an increasingly alienated world, where mechanical ease often makes communication shallower, many of us are eager to find more meaningful contact both with ourselves and with others, and with our activities whatever they may be. We would like really to get *in touch*. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and come to rely on—when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

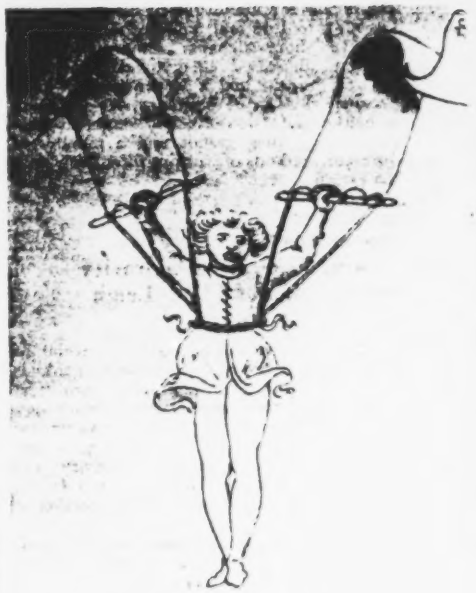
In this weekend, which will be devoted to practice rather than theory, a beginning will be made in exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents.

March 30-31
Universal Centering
Robert Nadeau
Weekend workshop $50

Center is the state you reach in those special moments when you transcend your norm and function beautifully. Awareness of Energy is the key to that happening. Meditation is experiencing the clarity of that Energy as a Universal Law and state of Being.

March 30-31
Gestalt and Your Body
Anne Kent Rush and Lauree Ellen Moss
Weekend workshop $50

We will explore the relationship of our individual verbal statements to our characteristic body expressions by combining gestalt and various body therapy techniques (including breath awareness, Reichian release techniques, polarity and massage).



DIVERSE

Thursday evenings, beginning January 10
Sufi Stories
Betty Camhi
Continuing program FREE

A series of evenings where we can eat a few dates and share some sufi stories collected by Idries Shah. These "parables in action" of the Eastern dervish tradition claim the power to increase perception. 8-10 p.m.

January 11-13
The Open Way and The Way of Power
José and Miriam Arguelles
Weekend workshop $50

Exploring the nature of archetypal female/male relationships, this seminar will focus on understanding the experience of the female perception of the world. By defining anew the female principle, the open way—the male principle, the way of power—will redefine itself naturally. This weekend will include an illustrated cultural retrospective of the problem, as well as directed discussion groups emphasizing the recycling of primary attitudes toward the end of renewing and revitalizing our most fundamental self-images.

For Reservation Information, see page 58.

January 11-13

Praise the Lord!
Anne Heider

Weekend workshop $50

We will learn and practice musical devotions drawn from both Eastern and Western traditions. These will include chant, song, meditations on pure sound, and spiritual dances. Meetings will begin with silent meditation, either sitting or moving. There will be some instruction in the theory of melodic and harmonic forms and some experiments in melodic improvisation to mantram. Our goal is a fuller use of music as a spiritual practice. Participants need not have any musical training. Singing will be emphasized in the workshop; but if you play an instrument well enough that it speaks, or sings, for you, bring it along.

January 25-27

Extending Awareness Through Hypnosis
Lee Pulos

Weekend workshop $50

This workshop will combine the approaches of hypnosis and psychosynthesis. Hypnosis and self-hypnosis will be taught so that participants can focus in on themselves through hypnotically induced dreams, automatic writing and drawings. These self-discoveries will be extended through guided fantasies, symbolic imagery and learning how to tune into the "inner theater" of one's unconscious.

February 9

Biofeedback Training
Eleanor Criswell

One-day workshop $20

This workshop will focus on bio-feedback as it relates to self-exploration, self-development and altering consciousness. An understanding of biofeedback, how to experience it, and how to use your own body signals as feedback will be included. Participants will experience two kinds of biofeedback machines.

Thursday, February 14

The Path of the Heart
David Zeller

Single evening event
$2 general; $1 student; 8-10:30 p.m.; First Unitarian Church, Franklin and Geary Streets, San Francisco.

David writes "When I arrived in India, I had several tentative plans, but none of them included what actually happened: a teacher found me, transformed me into a *saddhu* and gave me the experience of India from the inside, through this ancient tradition. We've all tried things without "putting our heart into it". Many schools teach the steps to enlightenment without mentioning the aspiration and longing that must come from the heart. My path leads from Jung to Sri Aurobindo through Hassidism, Hinduism, chanting and meditation. It is my personal experience and I look forward to sharing it with you.

February 23-24

The Renewal of Traditional Religious Forms
Robert Cromey

Weekend workshop $50

The group will deal with some basic religious forms to discover their inner experiential dimension.

Confession and forgiveness=
encounter and gestalt;
Laying on of hands and healing oil=
massage;
Prayer and liturgy=
meditation, music and movement;
Holy Spirit=energy;
Baptism and Mass=
water, Bread and Wine ceremony.

In this workshop the group will explore the connection between these traditional religious practices and some techniques from humanistic psychology.

Angel in pinafore: Mary Poppins in Rembrandt's genre

Winter 1974
San Francisco Series of Programs on Psychic Phenomena
Please see page 9.

March 1-2

Letters to Words to Books: Reading and Being
Ford/Esalen Staff: Celeste and Wayne Padover

One and one-half day workshop $30

An experiential exploration into the affect of literature – primary and secondary. Credit available by arrangement. Friday 7-10 p.m., Saturday 10 a.m.-5 p.m.

March 8-10

Praise the Lord!
Anne Heider

Weekend workshop $50
See description this page, Jan. 11-13.

March 23

Alternative Views of "Mental Illness'
Art and Janica Fox

One-day workshop $20

Recovering from schizophrenia, depression and other forms of "mental illness" are strongly affected by negative medical and cultural views. In this seminar we will share our experiences and explore other views: R. D. Laing, the megavitamin people, hypoglycemia, nutritionists, Stan Grof, Julian Silverman, Carl Jung, and the views of other cultures. We welcome professionals, individuals, and families who, like ourselves, have had personal experience with "mental illness".

March 30

Biofeedback Training
Eleanor Criswell

One-day workshop $20

This workshop will focus on bio-feedback as it relates to self-exploration, self-development and altering consciousness. An understanding of biofeedback, how to experience it, and how to use your own body signals as feedback will be included. Participants will experience two kinds of biofeedback machines.

March 30-31

Affect Plus – Further Adventures in Confluent Education
Ford/Esalen Staff: Jayne May and Naomi Singer

One and one-half day workshop $30

A workshop designed to create experiential ways to connect mind, feelings and body in the classroom. Appropriate for anyone who works with children. Credit available by arrangement. Saturday, 10 a.m.-6 p.m., Sunday, 10 a.m.-1 p.m.

March 30-31

Universal Centering
Robert Nadeau

Weekend workshop $50

Center is the state you reach in those special moments when you transcend your norm and function beautifully. Awareness of Energy is the key to that happening. Meditation is experiencing the clarity of that Energy as a Universal Law and state of Being.

For Biographical Information, see pp. 51-57.

THE ESALEN CALENDAR

BIG SUR PROGRAMS

THE WEEKEND OF JANUARY 4

Jan. 4-6	Introduction to Aikido: R. Nadeau (weekend) p. 36
Jan. 4-6	Psychosynthesis: J. & H. Firman (weekend): p. 36
Jan. 4-6	One plus One: A Workshop for Couples: B. & M. Kriegel (weekend): p. 36
Jan. 4-6	A Weekend Workshop in Self-Awareness: D. Schiffman (weekend): p. 36

THE WEEK OF JANUARY 6

Jan. 6-11	Growth & Boundaries: D. Schiffman, H. Sloan (5 day): p. 37
Jan. 6-11	Start the Year Right: B. Clemans (5 day): p. 37
Jan. 6-11	Psychosynthesis: S. Kull, T. Yeomans (5 day): p. 37
Jan. 6-11	More: M. Butler (5 day): p. 37
Jan. 6-Feb. 1	To the "Limits" of Self & "Beyond": J. Silverman (monthlong): p. 37
Jan. 11-13	Gestalt Awareness & Self-Image: S. Resnick (weekend): p. 37
Jan. 11-13	More: M. Butler (weekend): p. 37
Jan. 11-13	New Paths to Healing: H. Prestera, S. Wheeler (weekend): p. 37

THE WEEK OF JANUARY 13

Jan. 13-18	The Greater Gestalt: J. Downing, L. Davis (5 days): p. 37
Jan. 13-18	Gestalt & Spiritual Practice: R. Price (5 days): p. 37
Jan. 13-18	Energy Release Through Bioenergetics: A. Schwartz (5 days): p. 37
Jan. 18-20	Energy Release Through Bioenergetics: A. Schwartz (weekend): p. 38
Jan. 18-20	Conscious Evolution: C. Feldman & Staff (weekend): p. 38
Jan. 18-20	Ecological Spirituality: R. Hunter (weekend): p. 38
Jan. 18-20	Accentuate the Positive: B. Silverman, L. Lefer (Weekend): p. 38

SAN FRANCISCO PROGRAMS

THE WEEK OF DECEMBER 30

Jan. 4 (FREE)	About Esalen Programs: Esalen Staff (single eve): p. 22
Jan. 5	Day of Jogging: M. Spino (1 day): p. 11
Jan. 5-6	Poetry Dream Collage: D. Di Prima (weekend): p. 16
Jan. 5-6	Right Knowing: S. Schoen (weekend): p. 24
Jan. 6	Polarity Therapy: C. Glendinning (1 day): p. 25

THE WEEK OF JANUARY 6

Jan. 7 (FREE)	Introductory Evening: Sports Center Staff (single eve): p. 11
Jan. 7	Alexander Technique: F. Ottiwell (continuing Mon. eves): p. 24
Jan. 7	Aikido for Teenagers: T. Everett (continuing Mon. & Thurs. afts.): p. 11
Jan. 7-Feb. 4	Feminism as Therapy: A. Mander & C. Levine (5 Mon. eves): p. 19
Jan. 9	Making Friends with Gravity: B. Fuller & D. Leigh (single eve): p. 25
Jan. 10	Unorthodox Medicine: D. Sobel (single eve): p. 25
Jan. 10 (FREE)	Sufi Stories: B. Camhi (continuing Thurs. eves): p. 28
Jan. 11-13	Praise the Lord!: A. Heider (weekend): p. 29
Jan. 11-13	The Open Way & The Way of Power: J. & M. Arguelles (weekend): p. 28
Jan. 11-13	Sensory Awareness in Sports: S. Carter (weekend): p. 11
Jan. 11-13	Body Flying: Experience in Self-Launch Flight: A. Dimen & K. Trimble (weekend): p. 11
Jan. 12	Bear Therapy: Nurturing the Child Within: B. Carter & H. Firman (1 day): p. 20
Jan. 12	Group Bioenergetics: M. Conant (1 day): p. 25
Jan. 12-13	Alexander Technique for Helping Professions: J. Schirle (weekend): p. 25
Jan. 12-13	Open Workshop: S. Keleman (weekend): p. 15
Jan. 12-13 & Jan. 26-27	Photography of Involvement: P. Fusco & M. Alexander (2 weekends): p. 16
Jan. 12-19	Esalen/Outward Bound – Personal Survival on the Planet: D. Schiffman & D. Galland (residential 3 days): p. 11
Jan. 12-April 7	Esalen Sports Center Training Program: Sports Center Staff (3 month program): p. 11
Jan. 12-	Female Sexuality: Women's Studies Collective (12 week program for women): p. 18
Jan. 13	The Arts of Unwinding: W. Andersor (1 day): p. 12

THE WEEK OF JANUARY 13

Jan. 14	You Don't have to Suffer to Feel Good: H. Sloan (single eve): p. 22
Jan. 14	Sociological Aspects of American Sport: Five Guest Speakers (eve seminar): p. 12
Jan. 15	Use of Energy & Centering in Sports: R. Nadeau (eve seminar): p. 12
Jan. 16	Introduction to Psychosynthesis: J. & H. Firman (single eve): p. 20
Jan. 17	Dimensions of Structural Integration: M. Salveson (single eve): p. 26

THE ESALEN CALENDAR

BIG SUR PROGRAMS

THE WEEK OF JANUARY 20

Jan. 20-25	Experiencing Wholeness: S. Carter (5 days): p. 38
Jan. 20-25	Invitation to Openness: W. & M. Anderson (5 days): p. 38
Jan. 20-25	Opening the Feelings: an Interscience Neo-Reichian Workshop: L. Dillon & E. Warburton: (5 days): p. 38
Jan. 25-27	What's Available: G. & J. Brown (weekend): p. 38
Jan. 25-27	Bio-Feedback Training for Psychosomatic Problems: A Workshop for Professionals: J. Kamiya (weekend): p. 38
Jan. 25-27	The Energy Body in Action: G. Leonard (weekend): p. 38

THE WEEK OF JANUARY 27

Jan. 27-Feb. 1	Gestalt & the Body: D. Price & C. Stewart (5 day): p. 39
Jan. 27-Feb. 1	Encounter for Couples: W. Schutz & V. Blalock (5 day): p. 39
Jan. 27-Feb. 1	Exploration and Integration: A. & J. Fox (5 day): p. 39
Jan. 27-Feb. 1	Universal Centering: R. Nadeau (5 day): p. 39
Feb. 1-3	Tao: The Watercourse Way: A. Watts (weekend): p. 39
Feb. 1-3	Steps to an Ecology of Mind: G. Bateson (weekend): p. 39
Feb. 1-3	Two Feet off the Ground: B. Gunther (weekend): p. 39

THE WEEK OF FEBRUARY 3

Feb. 3-8	Bioenergetics: Michael Conant (5 day): p. 40
Feb. 3-8	*The World of Uri Geller: U. Geller, A. Puharich, I. Einhorn (5 day): p. 40
Feb. 3-8	Growth Through Risk-Taking: D. Schiffman (5 day): p. 40
Feb. 3-8	Tools for Centering: G. Stern, E. Stevens & massage staff (5 day): p. 40
Feb. 8-10	A Weekend in Self-Awareness: D. Schiffman (weekend): p. 41
Feb. 8-10	Psychosynthesis Workshop: T. & A. Yeomans (weekend): p. 41
Feb. 8-10	Opening: L. Davis (weekend): p. 41
Feb. 8-10	*Inner Space & Outer Space: The Adventure of Flight: E. Mitchell & G. Leonard (weekend): p. 41

**February Psychic Series*

SAN FRANCISCO PROGRAMS

THE WEEK OF JANUARY 13 (continued)

Jan. 17 (FREE)	How to Play with Your Child: L. Leonard (evening event): p. 12
Jan. 18-20	Dealing with Pathology: For Professionals: J. Heider (weekend): p. 22
Jan. 18-20	Fair Fight Training for Couples: L. & B. Engel (weekend): p. 22
Jan. 18-20	Feldenkrais & the World of Sport: B. Fuller (weekend): p. 12
Jan. 18-20	Cross-Country Skiing: K. Wehbring (residential weekend): p. 12
Jan. 19	Body Awareness & Gestalt: G. Downing (1 day): p. 24
Jan. 19	Psychic Techniques From the Female Principle: H. Palmer (1 day for women): p. 19
Jan. 19-Mar. 10	Here & How as Leader/Participant: Demystifying Group Process: D. Schiffman & H. Sloan (2 month extended growth program): p. 10
Jan. 20	Alexander Technique & the Voice: F. Ottiwell (1 day): p. 16

THE WEEK OF JANUARY 20

Jan. 21-25	Choosing Life: I. Grand (5 days): p. 26
Jan. 22 (FREE)	Introduction to: "Approaches to the Body": Women's Studies Collective (single eve): p. 19
Jan. 22	Coaches & Their "Hang-ups": M. Spino & A. Fox (eve seminar): p. 12
Jan. 22-Feb. 19	Massage: B. Sales & B. Glover (5 Tues. eves): p. 26
Jan. 23	Introduction to Esalen: A. & J. Fox (single eve): p. 22
Jan. 23	Whales/Nixon/and the Nuclear Family: J. McIntyre (single eve): p. 18
Jan. 24 (FREE)	Introduction to the Study of the Psychic: A. Hastings (single eve): p. 9
Jan. 25-27	Extending Awareness Through Hypnosis: L. Pulos (weekend): p. 29
Jan. 25-27	Inside Theatre Open Hand: J. Argue & Theatre Open Hand Company (weekend): p. 16
Jan. 25-27	Movement & Its Education: P. Paulay (residential weekend): p. 12
Jan. 26	Over-40 Liberation?: L. Stephens (1 day for women): p. 19
Jan. 26-27	T'ai Chi Chuan & Massage: J. Weaver (weekend): p. 26
Jan. 26-27	Growth Through Risk-Taking: D. Schiffman (weekend): p. 23

THE WEEK OF JANUARY 27

Jan. 27-Feb. 1	Ski Workshop at Squaw Valley: B. Kriegel & D. Spino (residential 5 days): p. 12
Jan. 29-Mar. 5	The Family Body: S. Keleman & S. Schmidt (6 Tues. eves): p. 15
Jan. 30-Mar. 27	Tutorial: Integrating the Psychic: A. Hastings (5 Wed. eves): p. 9
Jan. 31	UFO Phenomena: Subject for Investigation: I. Einhorn & J. Vallee (eve seminar): p. 9
Feb. 1-2	Body Drawing & Massage: B. Sales & R. D. Pieface (eve & 1 day): p. 16
Feb. 1-3	Unexplained *Inergies:* The Realm of the Psychic: I. Einhorn & A. Puharich (weekend): p. 9
Feb. 1-3	Psychosynthesis: Who Are You?: J. & H. Firman (weekend): p. 20

THE ESALEN CALENDAR

BIG SUR PROGRAMS

THE WEEK OF FEBRUARY 10

Feb. 10-15	Renascence: M. Butler (5 day): p. 41
Feb. 10-15	*Astrology as a Mirror of Life: Z. Dobyns & S. Leitch (5 day): p. 41
Feb. 10-15	Altering States of Consciousness: Music, Meditation, Massage, Movement: B. Clemans (5 day): p. 41
Feb. 10-15	Bioenergetics: A Workshop for Professionals: M. Conant (5 day): p. 41
Feb. 15-17	What's Available: G. & J. Brown (weekend): p. 42
Feb. 15-17	Women Relating to Women: J. Johnson (weekend): p. 42
Feb. 15-17	Wu Chi: A. Huang (weekend): p. 42
Feb. 15-17	*Conscious Evolution: C. Feldman & Esalen Staff (weekend): p. 42
Feb. 15-17	Renascence: M. Butler (weekend): p. 42

THE WEEK OF FEBRUARY 17

Feb. 17-22	Wu Chi: A. Huang (5 day): p. 42
Feb. 17-22	*Pyramid of Being: O. Skinner (5 day): p. 42
Feb. 17-22	The Workshop is You & Me, Work & Play, Joy & Sadness; The Title is Unimportant: B & M Kriegel (5 day): p. 42
Feb. 17-22	Experiencing Esalen: (5 day): p. 46
Feb. 22-24	The Workshop is You & Me, Work & Play, Joy & Sadness; The Title is Unimportant: B & M Kriegel (weekend): p. 42
Feb. 22-24	Yin-Yang: Receptivity & Creativity in Movement & Gestalt: J. Lederman & X. Nash (weekend): p. 42
Feb. 22-24	Surrender to Yourself: D. Lees & N. Joeckel (weekend): p. 42
Feb. 22-24	*The Aura of Infinite Change: C. Weisman (weekend): p. 42
Feb. 22-24	Tuning Your Energy Body: R. Nadeau (weekend): p. 42

*February Psychic Series

SAN FRANCISCO PROGRAMS

THE WEEK OF JANUARY 27 (continued)

Feb. 1-3	Greek Dancing & Encounter: J. & S. Enright (weekend): p. 16
Feb. 1-3	Sensory Awareness in Sports: S. Carter (weekend): p. 12
Feb. 2	Structural Patterning in Stillness & Motion: F. Hornbacher (1 day): p. 26
Feb. 2-3	Conflict & Fluidity in Living: S. Schoen (weekend): p. 24
Feb. 2-3	Dance, Athletics & the Energy Body: L. Leonard, J. Nixon, D. Spino (weekend): p. 13
Feb. 3	Understanding Body Energy: D. Brever (1 day): p. 26

THE WEEK OF FEBRUARY 3

Feb. 4 (FREE)	Sensory Awareness: Studies of Our Unconditioned Nature: S. Carter (single eve): p. 26
Feb. 5-March 5	Exposing Ourselves: S. Margolis (5 Tues. eves for women): p. 19
Feb. 6	"In seedtime begins the journey": T. Yeomans (single eve): p. 20
Feb. 7	Introduction to Acupuncture: H. Prestera (single eve): p. 25
Feb. 8-10	Come As You Are: P. Rebillot (weekend): p. 16
Feb. 9	Day of Jogging: M. Spino (1 day): p. 13
Feb. 9	Structural Patterning: F. Hornbacher (1 day for women): p. 19
Feb. 9	Biofeedback Training: E. Criswell: (1 day): p. 29
Feb. 9-10	A Tender Initiation: H. Sloan (weekend): p. 23
Feb. 9-10	Gestalt with Jack & Lyn: J. Downing & L. Davis (weekend): p. 24
Feb. 9-10	Aikido & Creativity in Sport: R. Nadeau (weekend): p. 13
Feb. 10	Introduction to T'ai Chi Chuan: J. Weaver (1 day): p. 26

THE WEEK OF FEBRUARY 10

Feb. 11	Introduction to Esalen: R. Cromey (single eve): p. 22
Feb. 14	The Path of the Heart: D. Zeller (single eve): p. 29
Feb. 15-17	Experiencing Wholeness: S. Carter (weekend): p. 24
Feb. 15-17	Acupuncture Workshop: H. Prestera (weekend): p. 25
Feb. 15-17	High Forms of Athletic Practice & Physical Well Being: H. Bailen & G. Sheehan (weekend): p. 13
Feb. 15-18	Cross-Country Skiing: W. Anderson & K. Wehbring (residential 3 days): p. 13
Feb. 16	Polarity Therapy: C. Glendinning (1 day for women): p. 19
Feb. 16	Recognitions: Psychosynthesis: T. Allen & M. Conway (1 day): p. 20
Feb. 16	Intensive Breath Workshop: G. Downing (1 day): p. 27
Feb. 16-17	Making Friends with Gravity: B. Fuller & D. Leigh (weekend): p. 27
Feb. 16-17	"Help! I'm Trapped in a Human Body": F. Rubenfeld (weekend: p. 24
Feb. 16 & 23	Alexander Technique for the Photographer: J. Schirle & R. Leverant (two 1-day workshops): p. 16
Feb. 17	Polarity Therapy: C. Glendinning (1 day): p. 27

THE ESALEN CALENDAR

BIG SUR PROGRAMS

THE WEEK OF FEBRUARY 24

Feb. 24-March 1	Experiencing Wholeness: S. Carter (5 day): p. 43
Feb. 24-March 1	A Gestalt Workshop: B. Silverman & J. Lederman (5 day): p. 43
Feb. 24-March 1	*The Medium, The Mystic & The Physicist: Towards a General Theory of the Paranormal: L.J. Le Shan (5 day): p. 43
Feb. 24-March 1	Exploring Self-Acceptance: D. Schiffman (5 day): p. 43
March 1-3	Massage and Energy Alignment: N. DeWoskin & D. Weinberg (weekend): p. 43
March 1-3	Re-entry into the Body: Massage, Movement, Meditation: B. Clemans (weekend): p. 43
March 1-3	*Readjusting the Base Line: R. Monroe (weekend): p. 43
March 1-3	Dream Appreciation: M. Ullman (weekend): p. 43
March 1-3	Psychomotor Workshop: A. & D. Pesso (weekend): p. 43

**February Psychic Series*

THE WEEK OF MARCH 3

March 3-8	Listen to Yourself: F. Rubenfeld (5 day): p. 44
March 3-8	Psychomotor Workshop: A. & D. Pesso (5 day): p. 44
March 3-8	A Tender Invitation: H. Sloan (5 day): p. 44
March 3-8	Experiencing Esalen: (5 day): p. 46
March 3-29	Awareness of Energy: J. Heider (monthlong): p. 44
March 8-10	A Gestalt Workshop with Jack & Lyn: J. & L. Davis (weekend): p. 44
March 8-10	Psychosynthesis: T. Allen & M. Conway (weekend): p. 44

THE WEEK OF MARCH 10

March 10-15	A Gestalt Workshop: R. Price & C. Stewart (5 day): p. 45
March 10-15	Earth, Water, Fire, Air & Space: A. Watts (5 day): p. 45
March 10-15	Up to Now: W. Schutz & V. Blalock (5 day): p. 45
March 15-17	Mythological Meditations: The Mythic Imagery of Hindu & Buddhist Art: J. Campbell (weekend): p. 45
March 15-17	Biocentric Therapy: N. Branden (weekend): p. 45
March 15-17	Universal Centering: R. Nadeau (weekend): p. 45
March 15-17	Conscious Evolution: C. Feldman & Esalen Staff (weekend): p. 45

SAN FRANCISCO PROGRAMS

THE WEEK OF FEBRUARY 17

Feb. 17-22	Ski Workshop at Squaw Valley: D. Spino & Esalen Staff (residential 5 days): p. 13
Feb. 20	Lesbianism/Feminism: J. Johnson (single eve): p. 18
Feb. 20	Breath & Self: G. Downing (single eve): p. 27
Feb. 21	Rediscovering Your Vision: R. Gottlieb (eve seminar): p. 25
Feb. 22	Toward a General Theory of the Paranormal: L. LeShan (single eve): p. 9
Feb. 22-23	Intensive Gestalt: P. Bottome (weekend): p. 24
Feb. 22-24	Open Workshop: S. Keleman (residential 3 days): p. 15
Feb. 22-24	Body Flying: Experience in Self-Launch Flight: A. Dimen & K. Trimble (weekend): p. 13
Feb. 22-24	Reunion with the Sea: R. Clark (residential weekend in La Jolla): p. 13
Feb. 22-24	Rolfing & Feldenkrais: D. Leigh (weekend): p. 13
Feb. 23	Open Psychodrama Encounter: W. & M. Anderson (1 day): p. 23
Feb. 23	Aikido: B. Hill (1 day for women): p. 19
Feb. 23-24	Renewal of Traditional Religious Forms: R. Cromey (weekend): p. 29
Feb. 23-24	How Do You Want to Be Alive in This World?: A. & J. Fox (weekend): p. 23
Feb. 24	Massage: A.K. Rush (1 day): p. 27

THE WEEK OF FEBRUARY 24

Feb. 25-28 & Mar. 4-7	Jogging, Conditioning & Creativity: M. Spino (8 eves): p. 13
Feb. 25-Mar. 25	Womanpower: L. Silver (5 Mon. eves) p. 19
Feb. 26-April 7	Psychosynthesis Professional Training Series: J. & S. Vargiu & Associates of the Psychosynthesis Institute: p. 20
Feb. 27-Mar 27	Diaries & Dreams: G. Churchman & N. Winter (5 Wed. eves for women): p. 19
Feb. 28	Taming the Wild Talent: R. Monroe (single eve): p. 9
March 1-2	Letters to Words to Books: Reading & Being: Ford/Esalen Staff: C. & W. Padover (eve & 1 day): p. 29
March 1-3	Psychosynthesis: Seeking the Self-Seed: T. & A. Yeomans (weekend): p. 20
March 2	Movement: A. Halprin (1 day for women): p. 19
March 2	Day of Jogging: M. Spino (1 day): p. 14
March 2	Day of Health: D. Sobel (1 day): p. 25
March 2	Oriental Kite Making: P. Yee (1 day): p. 16
March 2-3	Intensive Introduction to Meditation: L. LeShan (weekend): p. 9
March 2-3	Advanced Workshop in Gestalt Therapy: Dreams & Dreamwork: J. Latner (weekend): p. 24
March 2-3 & 13	Seeing the Invisible: R. Bernhard (weekend & eve): p. 16
March 2-3 & Mar. 9-10	Polarity Therapy: For Professionals: A. K. Rush (2 weekends): p. 27
March 3	Psychosynthesis in Sports: S. Kull (1 day): p. 14

THE ESALEN CALENDAR

BIG SUR PROGRAMS

THE WEEK OF MARCH 17

March 17-22 Towards a More Sensitive Relating: C. Selver & C. Brooks (5 day): p. 46

March 17-22 Mythological Meditations: The Mythic Imagery of Hindu & Buddhist Art: J. Campbell & S. Keen (5 day): p. 46

March 17-22 Gestalt Plus: G. & J. Brown (5 day): p. 46

March 17-22 Renascence: M. Butler (5 day): p. 46

March 22-24 Acupuncture Workshop: H. Prestera (weekend): p. 47

March 22-24 Praise the Lord!: A. Heider (weekend): p. 47

March 22-24 Energy: B. Gunther (weekend): p. 47

THE WEEK OF MARCH 24

March 24-29 Psychosynthesis: Bringing Out the Universe Within: T. Yeomans (5 day): p. 47

March 24-29 Rolfing Gestalt Psychosynthesis: B. Gunther & J. Rozner (5 day): p. 47

March 24-29 Gestalt & Spiritual Practice: R. Price & P. Rebillot (5 day): p. 47

March 29-31 Self-Hypnosis & Selective Awareness: E. Miller (weekend): p. 48

March 29-31 Surrender to Yourself: D. Lees & N. Joeckel (weekend): p. 48

March 29-31 Steps to an Ecology of Mind: G. Bateson (weekend): p. 48

March 29-31 Further Reaches of Human Experiencing: G. Leonard (weekend): p. 48

March 29-31 Expanding Human Awareness through Light-Fire Energy-Work: R. Metzner (weekend): p. 48

SAN FRANCISCO PROGRAMS

THE WEEK OF MARCH 3

March 4 Introduction to Structural Patterning: F. Hornbacher (single eve): p. 27

March 5 (FREE) Introductory Evening: Sports Center Staff (single eve): p. 14

March 6 Creating Positive Struggle: D. Schiffman (single eve): p. 23

March 7 (FREE) Introduction to Psychosynthesis: S. Kull (single eve): p. 21

March 8-10 Readjusting the Base Line: R. Monroe (weekend): p. 9

March 8-10 Feldenkrais & the World of Sport: B. Fuller (weekend): p. 14

March 8-10 Movement & Awareness in Winter Environment—Introduction to Cross-Country Skiing: Z. Kramer (residential weekend): p. 14

March 8-10 Praise the Lord!: A. Heider (weekend): p. 29

March 9 Oriental Kite Making: P. Yee (1 day): p. 16

March 9 T'ai Chi Chuan: J. Weaver (1 day for women): p. 19

March 9 Being a Woman: Liberation From Within: A. Yeomans & A. Hubbell (1 day for women): p. 21

March 9 One Plus One: A Workshop for Couples: M. & B. Kriegel (1 day): p. 23

March 9 & 16 Theater of Transcendence—Be Your Own Superstar: P. Rebillot (2 one-days): p. 16

March 10 Higher Aspects of Healing & Nutrition: J. MacKimmie (single eve): p. 25

THE WEEK OF MARCH 10

March 11-15 Choosing Life: I. Grand (5 days): p. 27

March 13 Origins: G. Downing (single eve): p. 27

March 13-May 15 Human Anatomy: E. Jackson (10 Wed. eves): p. 27

March 13-May 30 Massage Training: G. Ingeborg (12 week course): p. 10

March 14 Introduction to Esalen: H. Sloan (single eve): p. 22

March 15-17 Snow Outing: W. & M. Anderson (residential weekend): p. 14

March 15-17 Dragon-Slaying for People at Midstream: L. Stephens (weekend): p. 23

March 15-17 Inspiration & the Power of the Body: Bike Trip in Sonoma County: D. & M. Spino (residential weekend): p. 14

March 15-17 Psychosynthesis: The Self: S. Kull (weekend): p. 21

March 15-17 Awakening Creativity Through Yoga: F. Faiss (weekend): p. 17

March 16 Breath: A.K. Rush (1 day for women): p. 19

March 16 UTRAN: Festival of Kites: S. Hakim (afternoon event): p. 17

March 16 Dreams & the Body: G. Downing (1 day): p. 28

March 16-17 & April 20-21 Centering & the Psyche: A. Armstrong & A. Dreyfuss (2 weekends): p. 9

March 17 Structural Patterning in Stillness & Motion: F. Hornbacher (1 day): p. 28

THE ESALEN CALENDAR

BIG SUR PROGRAMS

THE WEEK OF MARCH 31

March 31-April 5	Removing the "Mask": H. Prestera & S. Wheeler (5 day): p. 48
March 31-April 5	A Gestalt Workshop with Jack & Lyn: J. Downing & L. Davis (5 day): p. 48
March 31-April 5	An Integrative Approach to Self-Actualization: I. Rubenfeld (5 day): p. 48
March 31-April 5	Growth and Boundaries: D. Schiffman & H. Sloan (5 day): p. 48
April 5-7	Aggression in the Service of Intimacy: G.R. Bach (weekend): p. 49
April 5-7	One Plus One: A Workshop for Couples: B. & M. Kriegel (weekend): p. 49
April 5-7	Gestalt Tarot: P. Rebillot (weekend): p. 49
April 5-7	Wu Chi: A. Huang (weekend): p. 49

THE WEEK OF APRIL 7

April 7-12	Wu Chi: A. Huang (5 day): p. 49
April 7-12	Gestalt—the Tao of Learning and Growth: R. Price, J. Lederman, C. Stewart (5 day): p. 49
April 7-12	The Workshop is You & Me, Work & Play, Joy & Sadness: The Title is Unimportant: B., M. & O. Kriegel (5 day): p. 49
April 7-12	Confluent Education & the Integrated Man: A. & R. Hillman (5 day): p. 49
April 12-14	Personal Resurrection: P. Rebillot (weekend): p. 50
April 12-14	Encounter & Massage: H. Sloan (weekend): p. 50
April 12-14	Introduction to Aikido: R. Nadeau (weekend): p. 50
April 12-14	Psychosynthesis: Discovery & Transformation: T. Allen (weekend): p. 50
April 12-14	Conscious Evolution: C. Feldman & Esalen Staff (weekend): p. 50

THE WEEK OF APRIL 14

April 14-19	A Tender Invitation: H. Sloan (5 day): p. 50
April 14-19	Renascence: M. Butler (5 day): p. 50
April 14-19	Bioenergetics: The Other Side of Self: A. Schwartz (5 day): p. 50
April 14-19	Locating our Inner Space: H. Prestera & S. Wheeler (5 day): p. 50

SAN FRANCISCO PROGRAMS

THE WEEK OF MARCH 17

March 17-22	Rest & Relaxation: Five Day Vacation at a Farm in Sebastopol (for women): p. 19
March 21	The Road to Health Through Nutrition: H.F. Parsons & G.L. Schiller (single eve): p. 25
March 22	Feast of Fools: K. Feit (single eve performance): p. 17
March 22-24	Body Flying: Experience in Self-Launch Flight: A. Dimen & K. Trimble (weekend): p. 14
March 22-24	The Loving Massage: L. Stephens (weekend): p. 28
March 23	Alternative Views of "Mental Illness": A. & J. Fox (1 day): p. 29
March 23	Hypnosis & Think Training with Athletes: L. Pulos (1 day): p. 14
March 23-24	Stranger in a Strange Land: D. Schiffman (weekend): p. 23
March 23-24	Women & Film: F. Bartlett (weekend for women): p. 19
March 23-24	Meditation, Gestalt & Ritual: J. Kogan, J. Zweben, D. Deitch (weekend): p. 24
March 24	A Journey to Delight: K. Feit (1 day): p. 17
March 24	Women's Songs: D. Di Prima (1 day for women): p. 17
March 24	Knowing & Moving the Body: F. Ottiwell & J. Stransky (1 day): p. 28
March 24	Extrasensory Communication: A. Hastings (1 day): p. 9

THE WEEK OF MARCH 24

March 26 & 28	Open Classroom & New Directions in Sports, Games & Physical Education: J. Nixon & M. Spino (2 eve seminars): p. 14
March 26-June 15	Human Physiology: F. Lorenz (12 week course): p. 15
March 28 (FREE)	Dimensions of Structural Integration: M. Salveson (single eve): p. 28
March 29-31	Psychosynthesis: Imagination & Intuition: T. Allen (weekend): p. 21
March 29-31	Reunion with the Sea: R. Clark (residential weekend in La Jolla): p. 14
March 29-31	Towards a More Sensitive Relating: C. Selver & C. Brooks (weekend): p. 28
March 30	Biofeedback Training: E. Criswell (1 day): p. 29
March 30-31	Affect Plus—Further Adventures in Confluent Education: Ford/Esalen Staff: J. May & N. Singer (1½ days): p. 29
March 30-31	Universal Centering: R. Nadeau (weekend): p. 29
March 30-31	Gestalt & Your Body: A.K. Rush & L. Moss (weekend): p. 24
March 31	Psychodrama: M. Anderson (1 day for women): p. 19
March 31 (FREE)	Go Fly a Kite! (1 day event): p. 17

ESALEN/BIG SUR: Big Sur, Ca. 93920/Phone (408) 667-2335; 10 to 4 every day; 10 to 8 Sunday and Friday
ESALEN/SAN FRANCISCO: 1793 Union Street, San Francisco, Ca. 94123/Phone (415) 771-1710; 10 to 5 Monday through Saturday

Hokusai's The Mad Poet *refers back to classic Chinese tales of Li-Po, who tossed many masterpieces into streams or onto the wind and laughed as he watched them vanish.*

BIG SUR PROGRAMS

THE WEEKEND OF JANUARY 4–6

Introduction to Aikido
Robert Nadeau

A weekend to explore the Japanese art of aikido. The emphasis will be on centering, blending energy and awareness. Bring comfortable clothing for movement. **$100**

One Plus One: A Workshop for Couples
Bob & Marilyn Kriegel

$100

Psychosynthesis
John & Heidi Firman

We invite you to join us in the adventure of self-exploration. Symbolic artwork, guided imagery, humor, movement and meditation are some of the tools we will use to experience the principles of psychosynthesis. By affirming our sense of personal center, we can gain a vantage point which adds clarity and balance, altering the process of growth from compulsive drudgery to playful and purposeful art. Beyond personal harmony, we have the opportunity to contact a higher, most essential self, whose energy and guidance can bring about increasing joy, creativity, and value in our daily lives. **$100**

A Weekend Workshop in Self-Awareness
David Schiffman

This workshop is based on the awareness that personal growth is often blocked because we don't see ourselves clearly, as others see us, or act as we really feel. The object of this seminar is to create a supportive atmosphere wherein the participant can experience her or himself at a deeper, more meaningful level than daily life provides. Techniques of psychodrama, encounter and gestalt will be used. **$90**

For Reservation Information, see page 58.

THE WEEK OF JANUARY 6–11

Growth and Boundaries
David Schiffman & Harry Sloan

Where do you stop? When do you let go? This workshop will involve the complementary approaches of gestalt, encounter, psychosynthesis and massage. The group will explore a wide variety of techniques (verbal and nonverbal) in order to experience the possibilities of greater personal expansion and openness with others. The use of personal boundaries, whether illusory or as tools of survival, will also be explored through risk-taking exercises. **$250**

Start the Year Right – Taking Care of Yourself with Massage and Movement
Barbara Clemans

Tension can be interpreted as resistance to experience: existential experience of ourselves and vibrational input from the environment. We will heighten our sensitivity to ourselves and others through subtle movement, gentle massage, directed breath awareness, vocal sound vibration and a special musical environment. Emphasis in this workshop will be on the individual's specific needs and on developing techniques which can be used at home. You will learn a complete body massage. **$250**

Psychosynthesis: A Return to Center
Steven Kull & Tom Yeomans

Even at times of intense inner conflict and confusion, we often have a sense of a calm center within us – a point of compassionate perspective where we can tap into sources of integrative energy and wisdom. In this workshop we will seek to build a bridge between this center and our daily lives. We will use such techniques as guided imagery, gestalt, symbolic art work, movement, journal writing and meditation. Emphasis will be placed on initiating an ongoing process of growth and integration which participants can continue to use after the workshop. **$250**

More
Michael Butler

Each of us is capable of more . . . emotional creativity, aliveness, sensuality. The methods of this workshop will be body disciplines, encounter and gestalt tools, and the life positive forces in the Esalen environment. Its goal: to experience "more," not just for a weekend at Esalen, but wherever we happen to be. Limited to 14. **$250**

THE WEEKEND OF JANUARY 11–13

Gestalt Awareness and Self-Image
Stella Resnick

As we move around in our world we carry with us a fantasy of ourselves which mediates and dictates our actions and limits our choices. Using the gestalt approach embellished by a variety of other techniques including movement and methods of the actor, participants will work toward clarifying their individual self-image and getting in touch with the disparity between their self-image and how others see them. Particular emphasis will be given to body image, self-esteem, role expectations and withholding excitement. We will work toward expanding our behavioral repertory, our creativity and our aliveness through attaining a more realistic and nourishing self-image. **$100**

More
Michael Butler

See January 6-11, above. Limited to 14. **$100**

New Paths to Healing
Hector Prestera & Sharon Wheeler

Use of color, aspects of aura reading, traditional Chinese acupuncture concepts and specific individualized meditative techniques will be utilized.

The above will enable the individual to begin to heal himself. **$100**

TO THE "LIMITS" OF SELF AND "BEYOND"

January 6-February 1

Julian Silverman, Co-ordinator
and: Diana Bechetti,
Chris Feldman,
Ann Halprin,
Janet Lederman,
Peggy Morrison,
Robert Nadeau,
Beverly Silverman,

No one person, no one method provides *the* key to discovering how we limit ourselves and how we can transcend these limits. This workshop is designed to present to individuals the opportunity of experiencing several different approaches to self-discovery, to offer individuals the possibility of testing their own limits and finding their *own* roads to a transpersonal self.

WEEK ONE: Julian & Beverly Silverman, encounter and gestalt. WEEKEND: Ann Halprin, dance and movement. WEEK TWO: Janet Lederman, experiential learning. WEEKEND: Chris Feldman, conscious evolution (see description in Jan 18-20, p. 38). WEEK THREE: Diana Bechetti, psychosynthesis. WEEKEND: Robert Nadeau, centering and energy awareness. WEEK FOUR: Julian & Beverly Silverman, back into the world.

Throughout the month, participants will be taking sessions in massage and participating in work on the Esalen grounds, with the aim of being literally in *touch* – with each other and with nature. **$975**

THE WEEK OF JANUARY 13–18

The Greater Gestalt
Jack Downing & Lyn Davis

Improvising together, we will create and explore our laughter, sadness and rage. Our synthesis of Perlsian gestalt, Esalen encounter and massage, joined with Arica consciousness-expanding exercises works to dissolve your blocks to expression. **$280**

Gestalt & Spiritual Practice
Richard Price

One of a series of programs relating gestalt awareness practice to the spiritual disciplines developed within (and sometimes in opposition to) the great world religions. Recommended reading: *Tao Te Ching* by Lao Tzu, translated by Gai-fu Feng and Jane English; *Gestalt Therapy Verbatim* by F. S. Perls; *The Anatomy of Mental Illness* by Arthur Janov. **$250**

A Week of Energy Release Through Bioenergetics
Alan Schwartz

We tend to block the free flow of energy which allows us to express emotions. The reasons involve many facets of self: fear of rejection, fear of not being loveable, fear of falling on one's face, etc . . . .

Through bioenergetic techniques, we will focus on opening up channels to the free flow of energy and dealing with the resultant emotional release on the intrapsychic and interpersonal levels. Gestalt techniques will also be utilized to develop an environment in which risk-taking may occur in an atmosphere of trust. **$220**

For Biographical Information, see pp. 51-57.

THE WEEKEND OF JANUARY 18–20

A Weekend of Energy Release Through Bioenergetics
Alan Schwartz

See Jan. 13-18, above. $90

Accentuate the Positive
Lenore Lefer & Beverly Silverman

Many of us tend to focus on the negative aspects of our lives. We will accentuate the positive using gestalt, encounter and psychosynthesis techniques. $100

Conscious Evolution
Chris Feldman & Esalen Staff

Our aim is to reopen the channels of being and intuitive perception lost in childhood. Our method is to break down conscious experience into specific dimensions, according to a precise experiential language. We will explore thinking in higher dimensions and increase our psychic empathy with others. We will work intellectually, intuitively, emotionally and spiritually. Unusual abilities are unnecessary – this is a workshop for ordinary people. $90

Ecological Spirituality
Robert Hunter

This seminar explores a simple application of ecological principles to life and the development of a value system based on ecology. Essentially the ideas to be explored are a continuation of those developed in *The Storming of The Mind*. Through the medium of ecological insights we have an opportunity to observe a "higher order" directly at work influencing our lives. Existentially we have the freedom to systematize our delusions in whatever patterns we like. A metaphysical system based on an ecological survival code with an attendant social value system may be precisely what we require at this juncture. $90

THE WEEK OF JANUARY 20–25

Experiencing Wholeness
Seymour Carter

This workshop will emphasize gestalt methods for contacting ourselves as self-regulating organisms. The practice of integrating our senses, emotions and thought into a perceptual whole releases energy for a more connected experience of living and being. The work will be devoted to releasing excess efforts and tensions and awakening dormant functioning so that the participants may experience greater physical and emotional freedom. $250

Opening the Feelings: an Interscience Neo-Reichian Workshop
Laura Dillon & Elaine Warburton

Powerful non-verbal techniques derived from Wilhelm Reich can open deep levels of fear, rage and grief that have been locked in since childhood. By working through these, students can discover a new capacity for trust, love and joy. In time the sexual experience is changed profoundly as sexual and tender feelings for the mate expand and merge. $250

Invitations to Openness
Walt & Maurica Anderson

Basic propositions: (1) An increased capacity for personal openness and honesty makes life easier and a lot more interesting. (2) The need for privacy is to be respected. (3) Openness is best achieved in response to an invitation, not a demand. We will all explore our own boundaries of privacy/openness, and work with some techniques for being open and inviting openness in everyday life. $220

THE WEEKEND OF JANUARY 25–27

Bio-Feedback Training for Psychosomatic Problems: A Workshop for Professionals
Joe Kamiya

A seminar for professionals in psychotherapy, medicine and other fields dealing with mind/body relations. Demonstrations and discussions of bio-feedback training methods for enhancing self-control over tension headaches, migraine, anxiety, insomnia, hypertension, gastric acidity, impotence, frigidity and other symptoms of imbalance in brain and autonomic functions. The potential for application in education and self-development will be explored. $100

What's Available
George & Judith Brown

An experiential weekend workshop to help participants get more in touch with what's inside (the self, personal and transpersonal) and outside (one's living and working environment, including others). Focus will be on individual growth in a group setting. Suitable for couples as well. Limited to 20 persons. $100

The Energy Body in Action
George Leonard

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of "energy flows" in and around the bodies of living things. Western science has not yet identified all of these biofields, but some significant work is under way, as in acupuncture, for example. Using techniques derived from aikido and breathing, Mr. Leonard will present his approach to the human biofield. He will discuss the application of biofield work to other growth disciplines and to certain currents in Western thought. Through bodily movement and exercises in perception, consciousness and being, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness. $100

For Reservation Information, see page 58.

THE WEEK OF JANUARY 27– FEBRUARY 1

Exploration and Integration
Arthur & Janica Fox

Come and use a combination of the richness of encounter, gestalt, sensory awareness and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these to explore more of you, your potential, your awareness and your capacity for openness. We will also explore ways of retaining and integrating this richness so that you have access to it not just at Esalen, but also when you return home. **$220**

Gestalt & the Body
Dick Price & Chris Stewart

Includes an introduction to a variety of body practices: acupuncture, Rolfing, bio-energetics, massage and polarity massage and their relation to gestalt awareness practice. **$250**

Encounter for Couples
Will Schutz and Valerie Blalock

This week is an opportunity for couples to explore the realities and the possibilities of their coupledom and to share the experiences of other couples through encounter. **$280**

Universal Centering
Robert Nadeau

Center is the state you reach in those special moments when you transcend your norm and function beautifully. Awareness of energy is the key to that happening. Meditation is experiencing the clarity of that energy as a Universal Law and a state of being. **$250**

THE WEEKEND OF FEBRUARY 1–3

Two Feet off the Ground
Bernard Gunther

Satori is like ordinary consciousness except you feel like you're floating two feet off the ground. How to be in and above your experiences will be the focus of this transpersonal weekend. Through the use of sensory awakening gestalt psychosynthesis meditation breathing energy and joy we will get in touch with how to be and stay centered: two feet off the ground. **$100**

Tao: the Watercourse Way
Alan Watts

Basic introduction to the philosophy of Lao-Tzu and Chuang-Tzu on going through life by the line of least resistance. **$100**

Steps to an Ecology of Mind
Gregory Bateson

$100

ONGOING RESIDENTIAL PROGRAM

Beverly Silverman, Julian Silverman, Richard Price, Janet Lederman will be available for direction and consulting.

A program for those who would like to have time and space in the Esalen environment of community and work, experiencing living from many different positions. Although this is not a training program, participants may select any five-day workshops offered in the Esalen catalog during their stay.

$880 per 4-week period*
(Residence requirement of 4 weeks).

September through April

**Does not apply to February psychic series.*

A fabulous bird, the apis indica, *said to spend its entire life in the air.*

ESALEN STUDY CENTER PROGRAM

Beginning November 15, we will initiate an advanced study program intended to deepen and integrate the various areas of endeavor that have evolved at Esalen. The program offers participants possibilities to expand, enrich and enliven their professional and personal capacities along physical, psychological and spiritual lines.

Based on a combination of Fritz Perls' Lake Cowichan community experiment and past Esalen residence programs, participants will live, work and study together at Esalen's 'Big House,' where they will take responsibility for their own food preparation, maintenance of their residence and its grounds, as well as for their learning experience.

Admission preference will be given to those already working as teachers, social workers, psychiatrists, etc., rather than to aspiring growth center leaders. Selection of participants will be made from the Ongoing Residential Program and, in some cases, by personal interview or through the five-day programs.

Persons may initially enter the program for a one-month period. Participation beyond that time will continue only by consent of the Study Center Board, based on an evaluation of the participant's utilization of the program.

For information write: Study Center, Esalen, Big Sur, CA 93920.

For Biographical Information, see pp. 51-57.

THE WEEK OF FEBRUARY 3–8

The World of Uri Geller
Uri Geller, Andrija Puharich, Ira Einhorn

A week long exploration of the unusual psychic talents of this young Israeli sensitive, including a day long demonstration by Uri. The seminar will explore Uri's powers, which include telepathy, levitation, translocation, time reversal and dematerialization, the history of their development, their ramifications with respect to contemporary science, and their relationship to U.F.O's and extraterrestrial intelligence. It will also discuss the relevance of the emergence of such powers to the present critical planetary situation.

Recommended reading: *Beyond Telepathy*, Andrija Puharich (Doubleday Anchor, 1973); *78-187880*, Ira Einhorn (Doubleday Anchor, 1972). **$250**

Tools for Centering
Grace Stern, with Ellen Stevens and the Esalen Massage Staff

We have the perfect tool for learning to focus awareness and to live in the here and now; it is the body. Most of us have mis-used our bodies. We have tensed and tightened them, used them as storage houses for anxieties, molded them in postures of defense or pugnacity and censored what they are allowed to see, touch and hear. We have changed our bodies from tools into obstacles to contacting the here and now. This workshop is designed to introduce your body to you as a teacher and a tool. Through the use of deep breathing, yoga and movement, chanting, meditation and massage, we can learn to focus our awareness, consciously and fully, by "grounding it in our bodies. The path of "expanding" awareness lies through centering awareness. This workshop is aimed at providing you with tools for centering which you can use and enjoy in your daily life. **$220.**

Bioenergetics
Michael Conant

As a way to get more in contact with life within us and around us, we'll focus on both individual and group sessions utilizing neo-Reichian, bioenergetic, and gestalt approaches. Explorations of ourselves from these and other sources will take place in a relaxed, supportive setting; in keeping with this, the workshop is limited to 14 participants. **$250**

Growth Through Risk-Taking
David Schiffman

This workshop is designed to provide the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Particular emphasis will be placed on the expression of anger, affection, sexuality and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. **$220**

THE PSYCHIC SERIES

In February and again in May, there will be a month of seminars and workshops at Esalen/Big Sur in the field of metaphysics and psychic phenomena. Each workshop/seminar may be taken separately, or a "package" is available consisting of the four week-long sessions:

Feb. 3-8: "The World of Uri Geller": Uri Geller, Andrija Puharich, Ira Einhorn (p. 40)

Feb. 10-15: "Astrology as a Mirror of Life" Zipporah Dobyns & Shirley Leitch (p. 41)

Feb. 17-22: "Pyramid of Being" Olivia Skinner (p. 42)

Feb. 24-March 1: "The Medium, The Mystic and The Physicist: Toward a General Theory of the Paranormal" Lawrence J. LeShan (p. 43)

The price of $980 per person includes the above workshops plus room and board at Esalen from February 3 to March 1. Weekend workshops during this period are available to month-long participants at the catalog price, less room and board. February weekend workshops and seminars on the psychic theme are:

February 8-10: "Inner Space & Outer Space: The Adventure of Flight" Edgar Mitchell & George Leonard (p. 41)

February 15-17: "Conscious Evolution" Chris Feldman & the Esalen Staff (p. 42)

February 22-24: "The Aura of Infinite Change" Connie Weisman (p. 42)

March 1-3: "Readjusting the Base Line" Robert Monroe (p. 43)

The May Program currently includes workshops with Suzy Smith and Montague Ullman. Further details to be announced.

For Reservation Information, see page 58.

THE WEEKEND OF FEBRUARY 8–10

A Weekend Workshop in Self-Awareness
David Schiffman

This workshop is based on the awareness that personal growth is often blocked because we don't see ourselves clearly as others see us, or act as we really feel. The object of this seminar is to create a supportive atmosphere wherein the participant can experience her or himself at a deeper, more meaningful level than daily life provides. Techniques of psychodrama, encounter and gestalt will be used. **$90**

Opening
Lyn Davis

We will work to increase our capacity, to take in and assimilate energy, to allow *more* to flow through us, holding onto nothing. In this way we can receive and transmit higher levels and forms of energy. We will use gestalt, massage, Reichian breathing work, Arica exercises and other meditations. **$90**

Psychosynthesis Workshop
Tom & Anne Yeomans

Psychosynthesis is a way of growing and a way of learning to direct one's personal growth. It seeks to develop a personal center from which to live, as well as deep connections with Self, Other, and the Universe. Through the use of directed fantasy, meditation, body movement and dialogue, it encourages new and more productive and harmonious relations between the many aspects of the personality. In theory and practice, it offers a means toward greater integration of one's energies, which leads to a richer experience on all levels of being. **$100**

Inner Space & Outer Space: The Adventure of Flight
Edgar Mitchell & George Leonard

The sixth man on the moon and the author of *The Transformation* will join together for a weekend of discussion and experience along the frontiers of human knowing. Astronaut Mitchell, now president of The Institute of Noetic Sciences, will provide an overview on the nature of consciousness and those sciences and disciplines that are exploring it. He will discuss his own work with various psychics, including the Israeli Uri Geller, and describe the latest developments in the field of psychic research, using films which show some of this work.

With George Leonard, a World War II pilot, Mitchell will give personal examples of flight experiences, both on earth and in space, that may provide clues for the great voyage of exploration now facing the human race. Leonard, using techniques of fantasy and energy awareness, will invite participants to experience the poetry of flight and transformation. **$120**

THE WEEK OF FEBRUARY 10–15

Renascence
Michael Butler

Each of us has within him a seed of untapped emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. **$250**

Altering States of Consciousness: Music, Meditation, Massage, Movement
Barbara Clemans

Deep relaxation and quieting the inner voices allow the energy of the universe to penetrate. The body is the microcosm which encapsulates the totality of the macrocosm. Mantram, breathing and meditation with music will sensitize the body and enhance the intrinsic flow inherent in the organism. Massage will give expression to this flow and connection with the energy of others which is the synergy of the One. **$250**

Bioenergetics: a Workshop for Professionals
Michael Conant

An experiential seminar for professionals in psychotherapy and related fields who wish to learn more about bioenergetics and neo-Reichian modalities. Emphasis will be on group work, individual sessions in front of the group, and some discussion material. For those who wish to go into the field in depth, information regarding long-term training programs will be made available. **$250**

Astrology as a Mirror of Life
Zipporah Dobyns & Shirley Leitch

Astrology is man's earliest typology or way of describing inner dynamics. This workshop will explore astrology's potential as a viable tool for understanding inner and interpersonal motivations and conflicts. The presentation will cover the basic principles needed for the psychological understanding of a horoscope and will include discussions of advanced techniques as well as member participations in exploring psychological conflicts in the light of their own horoscopes. The format will be flexible, permitting dream analysis, and interpersonal exchanges, in addition to the individual work; all with the added insight of the horoscopes of the participants. Those who would like a computer processed chart which has many unique features should send full birth data (date, minute, and place of birth) to Esalen by February 1. **$220**

For Biographical Information, see pp. 51-57.

THE WEEKEND OF FEBRUARY 15–17

What's Available
George & Judith Brown

An experiential weekend workshop to help participants get more in touch with what's inside (the self, personal and transpersonal) and outside (one's living and working environment, including others). Focus will be on individual growth in a group setting. Suitable for couples as well. Limited to 20 persons. **$100**

Renascence
Michael Butler

Each of us carries within him, buried beneath layers of psychic tensions, the fertile seed of a new self. We will use many of the Esalen body-oriented and psychological techniques to allow ourselves to experience that seed center of self and nourish it. Limited to 14. **$100**

Women Relating to Women
Jill Johnson

. . . Lesbian Feminism . . . mothers and daughters . . . dream sources of rebirth . . . Amazons . . . & arch-dykes . . **$100**

Conscious Evolution
Chris Feldman & Esalen Staff

Our aim is to reopen the channels of being and intuitive perception lost in childhood. Our method is to break down conscious experience into specific dimensions, according to a precise experiential language. We will explore thinking in higher dimensions and increase our psychic empathy with others. We will work intellectually, intuitively, emotionally and spiritually. Unusual abilities are unnecessary – this is a workshop for ordinary people. **$90**

Wu Chi
Al Huang

Wu Chi: the original T'ai before such labels as Yan, Wu or Mah styles, and before its other re-creations in kung-fu, aikido, judo and karate. The symbol for Wu Chi is the empty circle before the man-made division of the S moving line. How moving is your S dividing line within your t'ai chi sign? Let us explore the ways the Taoists in the old days discovered, played with and flowed through. Shall we begin with this seminar, assuming this new-ancient-now way of bodymind-moving-together called Wu Chi, and liberate ourselves from the confusions and accretions of later forms? This weekend workshop will be an overall introduction-work-play-review of Wu Chi, and we welcome everyone who is willing to call himself a beginner. **$100**

THE WEEK OF FEBRUARY 17–22

Wu Chi
Al Haung

See Wu Chi weekend, Feb. 15-17 above.

The 5-day workshop will have more time to deal with some specific forms, motifs and methods. Bring musical instruments to play and dance, brush sets and papers to study Chinese Classics and poetry. Bring yourself and leave your dictating mind behind. **$250**

Experiencing Esalen
Janet Lederman, Richard Price, Paul Rebillot and the Esalen Staff.

See description on page 46. **$220**

Pyramid of Being
Olivia Skinner

This workshop will deal with the three levels of being: body, mind, spirit, and the balancing of Auric fields–emotionally, physically and spiritually–to the individual's essence. Experiential work will be done with interpreting the Auric field, trance, acupoints, shiatsu, meditation and psychic development. **$220**

The Workshop is You & Me, Work & Play, Joy & Sadness: The Title is Unimportant
Bob & Marilyn Harris Kriegel

Our premise is that the process of change and growth can be facilitated by individuals increasing their available resources and options for being and interacting. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used, as well as games and massage, to enable the participants to explore and expand the resources that exist within themselves. **$220**

THE WEEKEND OF FEBRUARY 22–24

The Workshop is You & Me, Work & Play, Joy & Sadness: The Title is Unimportant
Bob & Marilyn Harris Kriegel

See description Feb. 17-22, above. **$90**

The Aura of Infinite Change
Connie Weisman

A three day journey into expanding personal identity into "New Age" consciousness. The vibration level is raised by erasing negative conditioning and realignment of the perception center. This is done on a psychic level by reprogramming the subconscious according to the seven Hermetic Laws of the Universe. The pace of this seminar is guided by the changes registered in the auras. **$90**

Surrender to Yourself
David Lees & Nancy Joeckel

The more you surrender to you, the more deeply you contact yourself. The deeper your contact with yourself, the clearer are your options for getting what you want and wanting what you get. With gestalt, soft-encounter, massage, and consciousness-expanding exercises, we will offer you the opportunity to learn more about surrendering to yourself. Limited to 14. **$100**

Yin-Yang: Receptivity & Creativity in Movement
Janet Lederman & Xavier Nash

$100

Tuning Your Energy Body
Robert Nadeau

All of us have moments when we are balanced: when we are centered in ourselves yet open and at one with the richness of life around us. Such moments do not have to be rare accidents. We can exist in a vast reservoir of energy that we can learn to tune into and use to enrich our lives on every level. This workshop is an experience in the application of this life energy to relaxation, concentration, healing and life in general. **$100**

For Reservation Information, see page 58.

THE WEEK OF FEBRUARY 24–MARCH 1

Experiencing Wholeness
Seymour Carter

This workshop will emphasize gestalt methods for contacting ourselves as self-regulating organisms. The practice of integrating our senses, emotions and thought into a perceptual whole releases energy for a more connected experience of living and being. The work will be devoted to releasing excess efforts and tensions and awakening dormant functioning so that the participants may experience greater physical and emotional freedom. $250

Exploring Self-Acceptance
David Schiffman

The focus of this workshop is on the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities and latent powers as a means of achieving productive, creative functioning. $220

A Gestalt Workshop
Beverly Silverman & Janet Lederman

Dissolving . . .
the "stress syndrome" of our culture,
Moving . . .
toward a MORE GRACEFUL ETHIC.
$250

The Medium, The Mystic & The Physicist: Towards a General Theory of the Paranormal
Lawrence J. LeShan

Based on the book of the same title as this workshop, the five days will be part lecture, part experiential, with training in a variety of forms of meditation. It is suggested that participants read: *The Medium, The Mystic & The Physicist: Towards a General Theory of the Paranormal*, by Lawrence J. LeShan.
$250

SOUTH COAST CENTER

A place for new structures to emerge
An environmental experiment
A media center
A cabaret
A place to work, to study, to play,
Or just to be.
Studios may be rented on a monthly basis with access to the dining facilities and baths at Big Sur Hot Springs. Room and board: $485 per month

An apocryphal Alexander the Great holds a succulent lamb aloft; carnivorous griffons chained to his gondola beat their wings up toward the meat—and Alexander flies! Descent is easily accomplished by holding the bait below the basket.

THE WEEKEND OF MARCH 1–3

Massage and Energy Alignment
Nancy DeWoskin and Diane Weinberg

When we massage or simply touch each other we are aware of certain energy experiences. In this workshop we will pay special attention to exactly what is happening in energy as we massage or apply pressure to different areas of the body. The Energy Alignment method is based on the relationship between our physical bodies and the energy dimensions. $90

Re-entry into the Body: Massage, Movement, Meditation
Barbara Clemans

The experience of living in our bodies in a relaxed and integrated manner, is unavailable to most of us. Regaining a sense of total selfhood requires that we fill the gaps in our body image. Reclaiming our bodies is a slow, sensitive process requiring directed awareness and care from others. We will use Feldenkrais techniques (awareness suggested by the natural movements of the body), mantram and meditation with music to enhance the intrinsic flow and massage to focus on the element of pleasure and integration in a conscious and awake body. $100

Readjusting the Base Line
Robert Monroe

A programmed system of talks, seminars and training sessions in actual procedures aimed at controlled exploration and experience in the out of body state. Mr. Monroe will conduct sessions and bring with him assorted technical equipment to assist in the induction of the separation process. $100

Dream Appreciation
Montague Ullman

Dreaming is a universal experience in creativity and in crisis resolution. As such it presents opportunities and hazards. Getting closer to one's dream life depends on feeling one's way back into the dream rather than thinking one's way, that is, of appreciating rather than interpreting the dream. The personal, social and paranormal or telepathic dimensions of the dreams of the participants will be the focus of the workshop, along with a background discussion of the special qualities of dream consciousness. $100

Psychomotor Workshop
Albert & Diane Pesso

Psychomotor is an action-oriented form of therapy and emotional re-education that is based on the theory that a major route to the unconscious is through the body. At the heart of this approach is the belief that feelings, emotions, and states of mind affect the way we move, act, and hold ourselves, and that all human beings have vast amounts of information stored in their bodies and behavior that have not been tapped consciously and directly for the furtherance and fulfillment of their own lives. In Psychomotor Groups, each member has his own individual time or structure in which to explore and work with his feelings, both physically and verbally. Members become sensitized to the relationship between emotions and action so they can begin to move directly to the impulses that they discover in their bodies. They learn to appreciate and listen to the symbolic meanings expressed through their bodily states and movements. In Psychomotor theory, it is postulated that when developmental needs are met, the further process of becoming one's uniquely creative self can be attended to with more energy and less distraction. $100

For Biographical Information, see pp. 51-57.

THE WEEK OF MARCH 3–8

Psychomotor Workshop
Albert & Diane Pesso

Psychomotor is an action-oriented form of therapy and emotional re-education that is based on the theory that a major route to the unconscious is through the body. At the heart of this approach is the belief that feelings, emotions, and states of mind affect the way we move, act, and hold ourselves, and that all human beings have vast amounts of information stored in their bodies and behavior that have not been tapped consciously and directly for the furtherance and fulfillment of their own lives. In Psychomotor Groups, each member has his own individual time or structure in which to explore and work with his feelings, both physically and verbally. Members become sensitized to the relationship between emotions and action so they can begin to move directly to the impulses that they discover in their bodies. They learn to appreciate and listen to the symbolic meanings expressed through their bodily states and movements. In Psychomotor theory, it is postulated that when developmental needs are met, the further process of becoming one's uniquely creative self can be attended to with more energy and less distraction. $250

A Tender Invitation
Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich alive experience – love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. The participants will be offered a chance, a tender invitation to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." $220

Experiencing Esalen
Janet Lederman, Richard Price, Paul Rebillot and the Esalen Staff

See Description on page 46. $220

Awareness of Energy
John Heider March 3-29

The first and final weeks will focus on group process, encounter/gestalt as an exercise in awareness of energy. The second week will emphasize somatic awareness or body work. The third week will dwell on systems of awareness training or meditation. The purpose of this program is to promote a synthesis or integration of a number of the most vital of the 'Esalen Arts'. The workshop is suitable for professionals and non-professionals alike. Co-leaders will include Michael Butler, Simone Surpin, Seymour Carter and members of the Esalen Staff. $975

Listen to Yourself: A Gestalt Workshop
Frank Rubenfeld

During these five days, we will listen to ourselves with humor, dismay, compassion and whatever else arises. Through listening may come awareness; through awareness, an opportunity to create your own fate. $250

THE WEEKEND OF MARCH 8–10

A Gestalt Workshop with Jack & Lyn
Jack Downing & Lyn Davis

Everything you wanted to know about yourself but were too busy to ask. Being a subtle blend of: penetrating gestalt therapy, sensuous body experience, rousing bioenergetics, heartening folk humor, and gently meditative Arica exercises. We also welcome back our old friends who seek another saunter around their universe. $100

Psychosynthesis
Tom Allen & Margaret Conway

Psychosynthesis is a way of growing and a way of learning to direct one's growth. It is an inclusive and positive conception of man that considers him as a being in a process of personal growth within an evolving universe. It includes a superconscious as well as the unconscious, the imagination as well as the complexes, the will as well as the drives. Through the use of guided imagery, movement, gestalt, symbolic art work, meditation, and other processes, psychosynthesis encourages new and more harmonious relations between the many aspects of the personality and facilitates alignment with the "transpersonal" self, the higher unifying center. In this workshop, the focus will be on processes that can later be used independently by participants as steps toward self-realization. $90

STUDENT GROUPS AT ESALEN/BIG SUR –

To enable a wider range of young people to attend Esalen, we are offering a weekend "sleeping bag" rate to groups of students during the September to May period. These weekends are designed to allow the students the experience of a variety of Esalen activities such as gestalt, encounter, movement, massage, psychosynthesis, meditation . . . . .

The rate is $50 per student with a minimum of 10 students required. This includes meals from Friday supper through Sunday lunch. If members of your school or college are interested in participating in this program, write for information and available dates to: Esalen Student Groups, Esalen, Big Sur, 93920.

For Reservation Information, see page 58.

THE WEEK OF MARCH 10–15

A Gestalt Workshop
Richard Price and Chris Stewart
$250

Up To Now
Will Schutz and Valerie Blalock
In this week of encounter we will explore the images of ourselves and of our interactions which we've had up to now with an awareness that what we are in the future need not be limited to what we have been in the past. **$280**

Earth, Water, Fire, Air & Space
Alan Watts
Discussion with experiments concerning our relation to the five elements of the world, and of the identity of space and consciousness. **$280**

THE WEEKEND OF MARCH 15–17

Mythological Meditations: The Mythic Imagery of Hindu & Buddhist Art
Joseph Campbell
A series of masterworks of Oriental religious art will be viewed and re-viewed in such a way as to serve not only as an introduction to Hindu and Buddhist religious imagery, but also as an occasion both for individual inward explorations and for mutual discovery. The relation of dream to myth and of the figures of Oriental art to the archetypes of an inward visionary journey will be taken as a guiding principle; and the members of the group will be invited—after the opening general session and presentation—to explore the images and myths around which their lives are built. **$100**

Biocentric Therapy
Nathaniel Branden
This is a personal growth, experiential seminar, devoted to the themes of self-awareness, self-acceptance, self-responsibility and self-assertiveness. This work rests on the premise that self-esteem is a person's primary psychological need, that a deficiency of self-esteem underlies all psychological problems and that the essence of effective therapy consists of aiding the individual to develop or enhance self-esteem. In this workshop, I invite participants to explore some of the techniques and procedures I have found helpful in building self-esteem. **$90**

Universal Centering
Robert Nadeau
Center is the state you reach in those special moments when you transcend your norm and function beautifully. Awareness of energy is the key to that happening. Meditation is experiencing the clarity of that energy as a Universal Law and a state of being. **$100**

Conscious Evolution
Chris Feldman & Esalen Staff
Our aim is to reopen the channels of being and intuitive perception lost in childhood. Our method is to break down conscious experience into specific dimensions, according to a precise experiential language. We will explore thinking in higher dimensions and increase our psychic empathy with others. We will work intellectually, intuitively, emotionally and spiritually. Unusual abilities are unnecessary – this is a workshop for ordinary people. **$90**

MEDIA CENTER

"Oh, would some Power
the giftie gi'e us
to see ourselves
as others see us."

The Esalen Media Center has video recording services available to group leaders or individuals for use in workshops or privately.
Explore every aspect of your visual self and how you use your body.
How does your fantasy of your physical self compare with its reality?
Instant visual feedback shows you where you're at.
Get immediate feedback on group process and individual process, too.

Video equipment rental: $25 per group session, $75 per weekend – operator included.
Special individual rates available on request.
Other Media Center services includes tape recording and filming in 8mm, super-8 and 16mm. Ask for prices and details.

For Biographical Information, see pp. 51-57.

BIG SUR PROGRAMS

THE WEEK OF MARCH 17–22

Mythological Meditations: The Mythic Imagery of Hindu & Buddhist Art
Joseph Campbell & Sam Keen

A series of masterworks of Oriental religious art will be viewed and re-viewed in such a way as to serve not only as an introduction to Hindu and Buddhist religious imagery, but also as an occasion both for individual inward explorations and for mutual discovery. The relation of dream to myth and of the figures of Oriental art to the archetypes of an inward visionary journey will be taken as a guiding principle; and the members of the group will be invited—after the opening general session and presentation— to explore the images and myths around which their lives are built. **$250**

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

In an increasingly alienated world, where mechanical ease often makes communication shallower, many of us are eager to find more meaningful contact both with ourselves and with others, and with our activities whatever they may be. We would like really to get *in touch*. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and discard the techniques and defenses we have come to rely on — when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

In this week, which will be devoted to practice rather than theory, a beginning will be made in exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents. **$250**

Gestalt Plus
George & Judith Brown

A workshop for individuals and couples where the approaches of gestalt therapy are combined with techniques from psychosynthesis. The focus will be on reowning energy and discovering new and alternative ways to be as individuals and in primal relationships. Emphasis will also be placed on what to do after leaving the workshop. **$250**

Renascence
Michael Butler

Each of us has within him a seed of untapped emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. **$250**

EXPERIENCING ESALEN

Janet Lederman, Richard Price, Paul Rebillot & the Esalen Staff

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on choosing those approaches to self-actualization which prove most effective for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt, encounter, theatre games, guided fantasy, meditation, bioenergetics and massage. Rolfing treatments are available at an extra cost. There is time to experience and explore the natural magnificence of the Big Sur coast.

Feb. 17-22 ($220)
March 3-8 ($220)

Tibetan saint Milarepa transported by the hundred thousand sounds of a blade of grass in its growing

For Reservation Information, see page 58.

THE WEEKEND OF MARCH 22–24

Energy
Bernard Gunther

We are all fields of energy living in an energy field. Our potential is limitless, yet we frequently find ourselves operating in fatigue and limitation. This damming of the Self is caused by excessive tension, shallow breathing, toxic relationships and non-focused thought which robs the organism of vitality and pleasure. How to tap this infinite supply of energy and how to apply this knowledge in every day activity will be the task of this seminar. In this work we will explore aspects of yoga, gestalt, psychosynthesis and meditation to experience more fully our flow of vital and psychic energy. **$100**

Praise the Lord!
Anne Heider

We will learn and practice musical devotions drawn from both Eastern and Western traditions. These will include chant, song, meditations on pure sound, and spiritual dances. Meetings will begin with silent meditation, either sitting or moving. There will be some instruction in the theory of melodic and harmonic forms and some experiments in melodic improvisation to mantram. Our goal is a fuller use of music as a spiritual practice. Participants need not have any musical training. I will emphasize singing in the workshop; but if you play an instrument well enough that it speaks, or sings, for you, bring it along. **$90**

Acupuncture Workshop
Hector Prestera

This workshop will include the basic theoretical premises of acupuncture. Practical acupuncture massage will be taught as well as meditative techniques utilizing acupuncture principals. Acupuncture demonstrations will be performed in the group. **$90**

THE WEEK OF MARCH 24–29

Rolfing Gestalt Psychosynthesis
Bernard Gunther & Jerome Rozner

A unique combination of methods to free body blocks, release suppressed emotions, harmonize the mind and open the energy path to the innermost self. In this workshop we will utilize the rolfing process to open the feeling body; then immediately deal with the spontaneous material that emerges, using a sensitive combination of gestalt psychosynthesis. There will be group sessions in sensory awakening, relaxation and meditation. Emphasis will be on deep experience and how to sustain, relate and cultivate these experiences in your every day existence. **$250** (Two individual rolfing-psychosynthesis sessions will be available to each member of the group at a fee of $25 per session.)

Gestalt & Spiritual Practice
Richard Price & Paul Rebillot

One of a series of programs relating gestalt awareness practice to the spiritual disciplines developed within (and sometimes in opposition to) the great world religions. Recommended reading: *Tao Te Ching* by Lao Tzu, translated by Gia-fu Feng and Jane English; *Gestalt Therapy Verbatim* by F. S. Perls; *The Anatomy of Mental Illness* by Arthur Janov. **$250**

Psychosynthesis: Bringing Out the Universe Within
Tom Yeomans

This workshop will focus on two complementary processes–inward search and outward expression. In the sessions we will seek to know our center and from there to find a creative and rhythmic balance between the exploration of our inner selves and the manifestation and expression of what we find within. We'll explore this balancing of inner and outer experience in art forms, in interpersonal reflections and, as it applies, to more harmonious daily living.

The group will work together using psychosynthetic approaches including symbolic imagery, guided fantasy, inner dialogue, art, sound, movement, gestalt, interpersonal education and meditation. In addition to the group work, time periods will be set aside for creative projects, journal writing, reading and self-reflection. Participants are encouraged to bring materials for whatever creative media they would like to explore during the week. **$250**

For Biographical Information, see pp. 51-57.

THE WEEKEND OF MARCH 29–31

A Siberian shaman details in his map beneficent and baleful forces passed on his journey to the Other World.

Self-Hypnosis & Selective Awareness
Emmett Miller

Selective Awareness provides a set of techniques for objectively identifying and unlearning undesirable characteristics of the mind or body and rapidly learning desirable patterns. These techniques are applied in a specific state of mind (similar to but not equivalent to meditational and self-hypnotic states) which allows complete recall of information necessary to illuminate and understand reflexes underlying any previously learned patterns. **$100**

Surrender to Yourself
David Lees & Nancy Joeckel

The more you surrender to you, the more deeply you contact yourself. The deeper your contact with yourself, the clearer are your options for getting what you want and wanting what you get. With gestalt, soft-encounter, massage, and consciousness-expanding exercises, we will offer you the opportunity to learn more about surrendering to yourself. Limited to 14. **$100**

Steps to an Ecology of Mind
Gregory Bateson

$100

Further Reaches of Human Experiencing
George Leonard

Using the concept of the energy body and the human biofield, Mr. Leonard will carry on experiments in perception, consciousness and being, seeking states of heightened awareness uncommon in Western culture. The physical exercise required will be light. No previous experience is needed. Wholeheartedness is. **$90**

Expanding Human Awareness Through Light-Fire Energy-Work
Ralph Metzner

This workshop provides participants with an experience in the techniques of the School of Actualism. These are means for working with energy focal-points within the nature, and channelling and directing energies for the enlightening of awareness and sensitizing perception. The workshop includes practice in the ancient art of laying on of lighted hands. The Actualism approach will be placed in the context of other approaches to the study of higher states of consciousness. **$100**

THE WEEK OF MARCH 31–APRIL 5

Removing "The Mask"
Hector Prestera & Sharon Wheeler

We all move about with a typical stance in the world. Whatever I call "me" defines "me" and "my" relation to others. I become physically and psychically limited. The aim of the workshop is to peel away part of "The Mask". This workshop will stress gestalt and Reichian body techniques. Also included will be a series of daily physical exercises, walking meditation and Esalen massage. Acupuncture and Rolfing as available at Esalen will be encouraged (separate fee). **$220**

A Gestalt Workshop with Jack & Lyn
Jack Downing & Lyn Davis

Everything you wanted to know about yourself but were too busy to ask. Being a subtle blend of: penetrating gestalt therapy, sensuous body experience, rousing bio-energetics, heartening folk humor, and gently meditative Arica exercises. We also welcome back our old friends who seek another saunter around their universe. **$280**

Growth and Boundaries
David Schiffman & Harry Sloan

Where do you stop? When do you let go? This workshop will involve the complementary approaches of gestalt, encounter, psychosynthesis and massage. The group will explore a wide variety of techniques (verbal and non-verbal) in order to experience the possibilities of greater personal expansion and openness with others. The use of personal boundaries, whether illusory or as tools of survival will also be explored through risk-taking exercises. **$250**

An Integrative Approach to Self Actualization.
Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion . . . so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt therapy, Alexander technique, Feldenkrais exercises and deep muscle work will be used as a gateway to contacting, expressing and working through deep feelings.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas and with the body – the whole person. Paul Rebillot will lead gestalt improvisation sessions. **$250**

For Reservation Information, see page 58.

THE WEEKEND OF APRIL 5–7

Aggression in the Service of Intimacy
George R. Bach

This workshop includes verbal and extra-verbal exercises in communication that have been found to enhance "the joys of sex" through the inclusion rather than the exclusion of conflict, frustration, anger and aggression. The participants will experience and practice various "love-tight" techniques and be led to observe their effects on the emergence and reinforcements of affective sensuousness and sexual competence. **$100**

Gestalt Tarot
Paul Rebillot

A pack of Tarot cards can be your own personal gestaltist. The weekend will explore gestalt methods of discovering the cards from your own experience. Bring your own deck if you like. **$90**

One Plus One: A Workshop for Couples
Bob & Marilyn Harris Kriegel
$100

Wu Chi
Al Huang

Wu Chi: the original T'ai before such labels as Yan, Wu or Mah styles, and before its other re-creations in kung-fu, aikido, judo and karate. The symbol for Wu Chi is the empty circle before the man-made division of the S moving line. How moving is your S dividing line within your t'ai chi sign? Let us explore the ways the Taoists in the old days discovered, played with and flowed through. Shall we begin with this seminar, assuming this new-ancient-now way of bodymind-moving-together called Wu Chi, and liberate ourselves from the confusions and accretions of later forms. This weekend workshop will be an overall introduction-work-play-review of Wu Chi, and we welcome everyone who is willing to call himself a beginner. **$100**

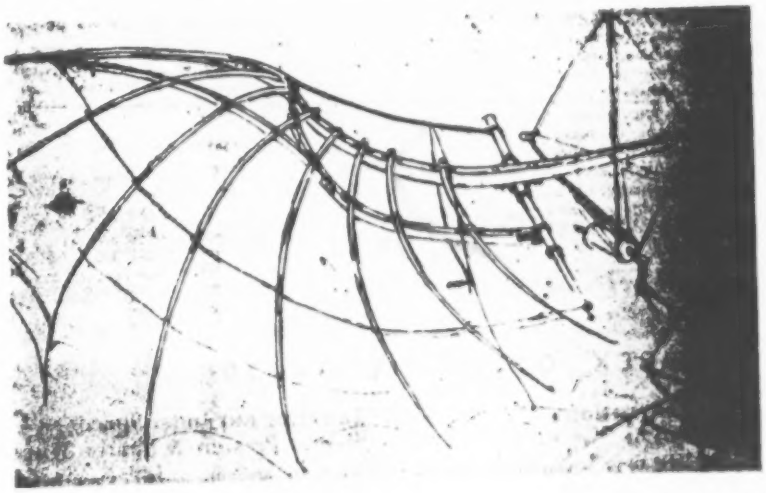
SPECIAL WORKSHOP ANNOUNCEMENTS

Workshops of more than one week require extra planning for participants. Whenever possible, we will announce such workshops well in advance. More detailed descriptions will appear in the catalog covering the period in which the workshop is scheduled.

May 5-31
A month of workshops/seminars in the psychic-metaphysical field: a scientific and experiential approach to ESP, psychometry, telepathy, psychokinesis, etc.

July 7-19:
A Training Workshop in Gestalt Therapy, George and Judith Brown

November 3-19:
Gestalt and Body Practice
Richard Price and the Esalen Staff.



Leonardo, a true Renaissance man following the belief in nature's laws as total guide, learned a lot about birds but couldn't fly. Suspending such belief, the Wright brothers in this century revealed new laws of nature—and new birds.

THE WEEK OF APRIL 7–12

Wu Chi
Al Huang

See Wu Chi weekend, April 5-7 above.
The 5-day workshop will have more time to deal with some specific forms, motifs and methods. Bring musical instruments to play and dance, brush sets and papers to study Chinese Classics and poetry. Bring yourself and leave your dictating mind behind. **$250**

Gestalt – the Tao of Learning and Growth
Richard Price, Janet Lederman, Chris Stewart

Recommended reading: *Anger and the Rocking Chair* by Janet Lederman; *Tao Te Ching* by Lao Tzu, translated by Gia-fu Feng and Jane English. **$280**

The Workshop is You & Me, Work & Play, Joy & Sadness: The Title is Unimportant
Bob, Marilyn & Otis Kriegel

Our premise is that the process of change and growth can be facilitated by individuals increasing their available resources and options for being and interacting. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used, as well as games and massage, to enable the participants to explore and expand the resources that exist within themselves. **$220**

Confluent Education & the Integrated Man
Aaron & Rosemary Hillman

Confluent Education is the term used to signify a merging of the cognitive and affective domains in the act and art of teaching and learning. This process can lead to the development of the Integrated Man, or a person whose physical and mental beings are in harmony within himself and as a part of his environment. This workshop is directed toward the classroom teacher and school counselor but can be of benefit to anyone interested in any aspect of the learning process. We will work toward developing individual potential and strength and then toward developing strategy to assist another's intellectual and emotional growth. Gestalt Awareness Training and its classroom applications will be an integral part of the program. It is recommended that all participants read George Isaac Brown's book, *Human Teaching for Human Learning*. **$250**

For Biographical Information, see pp. 51-57.

THE WEEKEND OF APRIL 12–14

Personal Resurrection
Paul Rebillot

"To suffer one's death and to be reborn is not easy." *Fritz Perls.*
The Time: Easter Weekend
The Stage: Big Sur
The Script: Gestalt, Magic, Improvisation, Meditation, Movement and Song.
The Cast: You and Me **$90**

Encounter & Massage
Harry Sloan

We will explore how we touch each other verbally and non-verbally . . . how to communicate what we are feeling and how to ask for what we want. **$90**

Conscious Evolution
Chris Feldman & Esalen Staff

Our aim is to reopen the channels of being and intuitive perception lost in childhood. Our method is to break down conscious experience into specific dimensions, according to a precise experiential language. We will explore thinking in higher dimensions and increase our psychic empathy with others. We will work intellectually, intuitively, emotionally and spiritually. Unusual abilities are unnecessary – this is a workshop for ordinary people. **$90**

Psychosynthesis: Discovery & Transformation
Tom Allen

In this workshop we will use methods for recognizing the conflicts we all have within our personalities–the psychological roadblocks or detours, so to speak–and we will work towards transforming energies locked in these conflicts into new more harmonious qualities. Emphasis will be placed on processes which will encourage the co-ordination of body, feelings, thought, imagination and intuition and their integration around a unifying center of being and awareness, the Transpersonal Self. Some of the methods used will be guided imagery, spontaneous drawing and movement, inner dialogue, relaxation, centering and meditation. **$90**

Introduction to Aikido
Robert Nadeau

A weekend to explore the Japanese art of aikido. The emphasis will be on centering, blending energy and awareness. Bring comfortable clothing for movement. **$100**

THE WEEK OF APRIL 14–19

A Tender Invitation
Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience – love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new appraoch aimed at developing perspective, the ability to "see oneself beyond the impasse." **$220**

Renascence
Michael Butler

Each of us has within him a seed of untapped emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. **$250**

Locating our Inner Space
Hector Prestera & Sharon Wheeler

When we are able to release our bodymind tensions our *inner space* unfolds and flowers. We will include in this workshop techniques of deep sensing, meditation, chanting, fantasy, sensory Esalen massage as well as body stress postures for emotional and energy release. Time will also be set aside for gestalt work as needed. **$220**

Bioenergetics: The Other Side of Self
Alan Schwartz

We tend to block the free flow of energy which allows us to express emotions. The reasons involve many facets of self: fear of rejection, fear of not being loveable, fear of falling on one's face, etc . . . .

Through bioenergetic techniques, we will focus on opening up channels to the free flow of energy and dealing with the resultant emotional release on the intrapsychic and interpersonal levels. Gestalt techniques will also be utilized to develop an environment in which risk taking may occur in an atmosphere of trust. **$220**

PREVIEW CALENDAR

Details will appear in the April-June catalog to be mailed in February.

APRIL 19 - 21

A weekend of Energy Release through Bioenergetics.
Alan Schwartz $90

The Tao of Language
Marie Therese Furino Boni
Total immersion in sound and language . . . French is the language chosen . . . no previous knowledge necessary. **$90**

Introduction to Sophrology
Giovanni Boni
"Sophrology . . . science, tool, art . . . the phenomenological study of every physiological, physical and chemical means capable of acting on the human consciousness." **$90**

APRIL 21 - 26

Education in Feeling & Purpose: A Neo-Reichian Week
Charles Kelly & the Interscience Workshop Staff. $280

Exploration & Integration
Art & Janica Fox $220

APRIL 26 - 28

Breath, Gravity, Movement & Rhythm
Xavier Nash $90

Sensory Awareness
Charlotte Selver and Charles Brooks
$100

APRIL 28 - MAY 3

Sensory Awareness
Charlotte Selver & Charles Brooks
$250

Advanced Gestalt
Richard Price $250

Additional workshops for these dates will be announced in the next catalog.

For Reservation Information, see page 58.

LEADERS' BIOGRAPHIES

Numbers at end of biographies are page references to programs offered in this catalog.

A

MICHAEL ALEXANDER has worked on assignment for major magazines such as *Look*, *Life* and the *New York Times Magazine* for ten years. He has published a book of photographs entitled *Culture and Civility*, and is now experimenting with the use of videotape in schools. (p.16)

TOM ALLEN, a senior associate of the Psychosynthesis Institute, leads workshops at growth centers and educational institutions throughout the country and abroad. He has taught courses in psychosynthesis at the college and university level. He is an artist and has worked to integrate art into the psychosynthesis process as a means of self-realization. (pp. 20, 21, 44, 50)

MAURICA ANDERSON, a former staff member of the California Institute of Psychodrama, is currently working in psychodrama and encounter with various Berkeley womens' groups and is a graduate student in the humanistic psychology program at Sonoma State. (pp. 11, 14, 19, 23, 38)

WALT ANDERSON studied psychodrama under Lewis Yablonsky, is accredited by the Moreno Academy of New York and was formerly executive director of the California Institute of Psychodrama. He led the first Esalen High Sierra programs and is currently exploring new ways of combining encounter and outdoor activities. He is also the author of several books, including *Politics and the New Humanism*. (pp. 12, 13, 14, 23, 38)

JOHN ARGUE is a teacher, actor, director and playwright who has been exploring the integration of theater and major disciplines of the human potential movement for ten years. He has done extensive work in gestalt, meditation, tai chi, bioenergetics and Jungian psychology. His plays have been produced in Berkeley, San Francisco and New York. (p. 16)

JOSE A. ARGUELLES, artist and writer, is currently engaged in synthesizing models of the creative process. His publications include various writings on the *I Ching*, "Art As Internal Technology", a book on psychophysical aesthetics and with his wife, Miriam, *Mandala*. (p. 28)

MIRIAM T. ARGUELLES is currently involved in work with male/female symbology. She is an artist, writer and illustrator and her publications include "The Astronaut and the Goddess", and *Mandala*. (p. 28)

ANNE ARMSTRONG, a clairvoyant from Sacramento, uses her abilities for deep level analysis of personal problems and for guidance in the growth of the inner life. (p. 9)

B

GEORGE R. BACH is a psychologist and author. His studies focus on aggression, intimacy, violence prevention and group process. His principle occupation is a consulting psychologist specializing in psychotherapy, human growth, family therapy and marriage counselling. He has written several books including the *Intimate Enemy* and *Stop Being Nice You're Killing Me*, soon to be released. (p. 49)

HAL BAILEN M.D. is a practicing internist and acupuncturist. He is a consultant in sports medicine, and is a long distance runner and cyclist. (p. 13)

FREUDE BARTLETT is a P.R. woman who uses film and business as vehicles of communication. She has made seven films and lectures at various schools and museums in this country and abroad. She has owned and operated Serious Business Company for five years, an independent film distribution outlet for high quality short films. (p. 19)

GREGORY BATESON is a world-famous ecologist and ethnologist. He originated the "double bind" theory which explains some of the causes of schizophrenia. His most recent interests join the workings of the human mind and emotions to the problem of ecology. (pp. 39, 48)

DIANA BECCHETTI trained in Gestalt Therapy with Richard Price. She is co-coordinator of The Esalen College Program. She has studied Confluent Education with George Brown at University of California, Santa Barbara, and completed didactic training at The Psychosynthesis Institute in Redwood City, California. (p. 37)

RUTH BERNHARD is one of the outstanding women photographers in the United States. She has had shows throughout Europe and the Orient. A resident of San Francisco since 1953, she teaches courses in the art of seeing, light as a creative force, and the nude form in light and motion. She teaches both privately and at the University of California Extension. (p. 16)

VALERIE BLALOCK is first and foremost a woman. In addition, she has been a musician, dancer, philosopher, actress, cook and gymnast. She has trained in encounter with William Schutz, in EST with Werner Erhard and is presently in residence at Esalen/Big Sur. With Will Schutz she has co-led workshops in the United States, Canada and Australia. (pp. 39, 45)

GIOVANNI BONI was born in Rome Italy; has a Ph.D. from the University of Rome and an MS degree in Biotechnology from U.C.L.A. For years was a student of oriental philosophies and doctrines. He brings his scientific and philosophic background to his life-time interest in the healing arts intended as a process of harmonization of the total man. (p. 50)

MARIE THERESE FURINO BONI has done extensive original work in the field of languages in Rome, Paris, London and Los Angeles. Former Director of Educational Factors, Inc., she has appeared on various TV programs to demonstrate her method of integral learning and successful living. (p. 50)

PAULA BOTTOME is a gestaltist who lives and loves and works and plays in San Francisco. (p. 24)

NATHANIEL BRANDEN is the author of *The Psychology of Self-Esteem*, *Breaking Free* and *The Disowned Self*. He is in private practice in Los Angeles. He is Adjunct Clinical Professor of Psychology at Rutgers University and Adjunct Professor of Psychology at Antioch College/West at Deer Creek. (p. 45)

DORIS BREYER studied psychology, modern dance and body awareness in Europe, the ways of Zen in Japan, and has studied with Alexander Lowen and Fritz Perls. She recently moved to the Bay Area, where she is in private practice. (p. 26)

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is Professor and Director of the program in Confluent Education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning* and the forthcoming *The Live Classroom*. (pp. 38, 42, 46)

JUDITH BROWN has an international reputation as a gestalt awareness trainer and has been interested in the use of symbols as an expression of the creative unconscious. In addition to her own groups, she has co-led numerous groups with her husband. (pp. 38, 42, 46)

MICHAEL BUTLER is a group leader and rolfer who is interested in ways to integrate the body, mind and spirit. A former Esalen Resident Fellow, he was trained in group process, by John Heider and subsequently in structural integration by Dr. Ida Rolf. Currently he is a member of a meditation training group led by Robert Nadeau. Primary emphasis in his work is on ways to translate growth practices into everyday life. (pp. 37, 41, 42, 46, 50)

BIOGRAPHICAL INFORMATION

BETTY CAMHI has enjoyed reading Sufi stories for the past four years, and is currently a member of a Sufi study group. (p. 28)

JOSPEH CAMPBELL is the author of *The Hero with a Thousand Faces* and *The Masks of God*, among other works. He has been a member of the Literature Department of Sarah Lawrence College since 1934. (pp. 45, 46)

BETSIE CARTER, a senior associate of the Psychosynthesis Institute, was associate director of the Ford-Esalen Project in Confluent Education and an Esalen resident fellow. She underwent advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu and didactic training in Italy with Roberto Assagioli. She has led workshops in this country and abroad and currently works with individuals and groups in psychosynthesis. (pp. 14, 20)

SEYMOUR CARTER, former Director of the Esalen Resident Fellow Program, has led groups at Esalen Institute for the past six years. His background includes extensive training with Synanon, Charlotte Selver and Ida Rolf. He has been deeply influenced by Zen Buddhism and gestalt therapy and is a student of aikido. (pp. 11, 12, 24, 26, 38, 43)

GLORIA CHURCHMAN, painter, designer, house builder, has been keeping dream journals and dream painting for 15 years. She studied at the Jung Institute in Zurich, has taught perception workshops for U.C. Extension and given several one-woman shows in the Bay Area. (p. 19)

RON CLARK has been a diver for 15 years and is currently director of a national Scuba Instructors' Training program. He has been a teacher of literature and creative writing and Director of Kairos Institute. (pp. 13, 14)

BARBARA CLEMANS is a dancer, teacher and a practitioner of massage in San Francisco. She has led workshops for Esalen, Topanga, and various growth centers around the country. Her approach has been synthesized from nine years of experience with various techniques, including: gestalt, yoga, an apprenticeshop with Ann Halprin, neo-Reichian therapy, massage, belly dancing, the Arica training and EST. During the past year she has been influenced by her training with Moshe Feldenkrais in individual and group work and with George Simon in psychic development. (pp. 37, 41, 43)

MICHAEL CONANT is a psychologist in private practice in Berkeley who works in gestalt and bioenergetic reeducation. He directs training for the Institute for Bioenergetic Analysis in Northern California and is a member of the Gestalt Institute of San Francisco. He holds degrees from Columbia and Stanford Universities and is a former Director of Bridge Mountain Foundation. His current practice centers around group work and his particular interest is in teaching people to become more expressive, more themselves. (pp. 26, 40, 41)

MARGARET CONWAY, a senior associate of the Psychosynthesis Institute, is in advanced training with its directors, Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. Trained as a psychiatric nurse, she also has extensive experience as a group leader. Presently she works with individuals and groups in psychosynthesis. (pp. 14, 20, 44)

ELEANOR CRISWELL is the director of the Humanistic Psychology Institute and an associate professor of psychology at Sonoma State College. (p. 29)

ROBERT CROMEY is an experienced group leader for Esalen Institute and other growth centers around the country. He has also been a priest of the Episcopal Church for 17 years working in New York and San Francisco. (pp. 22, 29)

LYN DAVIS has worked professionally as a probation officer, psychologist, hamburger cook and Esalen gate guard. She works extensively with Jack Downing and recently completed the Arica training and EST. Presently she is studying body therapies with Jack Rosenberg. (pp. 24, 37, 41, 44, 48)

DAVID DEITCH is an assistant clinical professor in the Department of Psychiatry at UC San Diego, a developer of treatment communes for drug misuse and other problems in which ritual formed a basis for self-exploration. (p. 24)

NANCY DEWOSKIN and DIANE WEINBERG are fulltime students of Robert Nadeau in aikido, energy awareness and meditation. They developed the energy alignment method over the past two years by applying the principles of energy awareness to their work in massage. They share a professional practice in massage and energy alignment in the Bay area in California. (p. 43)

LAURA DILLON is a graduate of Boston University where she studied philosophy and political science. Interest in Reich's work blossomed into an association with the Interscience Work Shop more than two years ago and she is presently an instructor there. She has taught a score of classes and workshops, has a busy individual practice and has led and co-led workshops at Kairos, Esalen and across the country. She has recently led workshops in the mid-west with Morris and Natalie Harmovitz, combining Laura's neo-Reichian work with Transactional Analysis. (p. 38)

ALAN DIMEN is a co-founder of Manta Products in Oakland. He has arrived at the present indirectly through systems of education, social service, and two years of intensive travel. He is presently most concerned with the exploration of activities involving growth through maintenance of conscious feedback in self-launch flight. (pp. 11, 13, 14)

DIANE DI PRIMA is a poet who has been conducting women's writing workshops for the past three years. She has published sixteen books of poetry and prose. She studied at Zen Center for several years and is currently writing a book about her various adventures as a wife, mistress and mother, entitled *Recollections of My Life as a Woman*. (pp. 16, 17)

ZIPPORAH DOBYNS (better known as Zip) earned her doctorate in clinical psychology from the University of Arizona. She has worked intensively with astrology since 1956. She was certified as a professional astrologer after an examination by the American Federation of Astrologers in 1960. In recent years, she has conducted unique workshops offering a synthesis of the insights of astrology and psychology to a variety of groups around the U.S. including psychological conferences of the Association for Humanistic Psychology and American Academy of Psychotherapists. She is also actively engaged in research seeking to test and either validate or discard the massive body of accumulated astrological traditions. (p. 41)

GEORGE DOWNING, author of *The Massage Book*, is a gestalt therapist who specializes in the combining of gestalt with intensive methods of working with the body. He is currently Director of Esalen's Extended Growth Program and is a member of the teaching staff of the Family Therapy Institute of Marin. He maintains a private practice in Berkeley working with individuals, couples and families. (pp. 24, 26, 27, 28)

JACK DOWNING is a psychiatrist, gestalt therapist, Aricano and rolfer. Daddy, lover, tax payer and Episcopalian. Formerly many roles, presently himself. (pp. 24, 37, 44, 48, 60)

ANNE DREYFUSS' background is in individual and family therapy and working with a wide variety of groups ranging from small children to groups of families. Her work emphasizes being in contact with the mind-body unity and sensing what's happening within thus being more aware and in tune with the energies surrounding us. Presently Anne is on the faculty of the Psychology Department at Sonoma State college and has a private practice in San Francisco. (p. 9)

IRA EINHORN, author of *78-187880, Topological Transformations* (poetry, 1974) and *Beyond Entropy* (1975) lives and plays in Philadelphia. (pp. 9, 40)

BRANDY ENGEL has been doing couples' work at the Institute of Group Process in San Francisco for the past three years. She has trained extensively with Dr. George Bach. Ms. Engel is a graduate student in clinical psychology, and has training in gestalt therapy, massage, and sex counseling at the University of California Medical Center. (p. 22)

LEWIS ENGEL is in private practice in San Francisco where he does individual and couples' therapy. He is co-director of the Institute of Group Process, founded by George R. Bach, and does research and counseling in the area of marital therapy. Dr. Engel also co-directs the external degree

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graduate psychology program at Lone Mountain College, where he is an assistant professor of psychology and is doing a post-doctoral internship in sex counseling at U.C. Medical Center. (p. 22)

JOHN AND SANDY ENRIGHT have danced and encountered together for several years. In addition, John is vice president of the Gestalt Institute of San Francisco and a free lance psychologist. (p. 16)

TOM EVERETT is a student of Robert Nadeau and Frank Doran, and is a black belt in aikido. He has taught aikido at the California School for the Deaf, Laney College, and adult and children's classes through the Mill Valley Parks and Recreation Department. (p. 11)

F

FRITZ FAISS completed his artistic training at the Bauhaus and Kunst Akademie, Stuttgart. Studied with Klee, Kandinsky and A. Hoelzel; also Dr. Rudolf Steiner. In 1932 received his medical degree with a permit to practice naturopathy and psychoanalysis. Authority on color, color therapy and meditation to awaken creativity. Emeritus Professor at California State University, Northridge. Author of numerous books and articles, including *The Archetypal World of Color* and *Out of Loneliness*. His paintings are in museums and private collections throughout the world. (p. 17)

KEN FEIT is an itinerant fool. His folly spans the worlds of the child, artist, primitive, dreamer, mystic and madman by exploring various modes of perception and self-expression—puppetry, music, sound poetry, sign language, mime, clowning, and story-telling. After studying with Ringling Brothers Clown College and the National Theater of the Deaf and publishing a book in his own language (*Sound Ways*), he has traveled the country widely teaching, performing and conducting workshops in total communication, child aesthetics and myth-ritual making. (p. 17)

CHRIS FELDMAN studied with George Simon for two years and is now his teaching associate. She has an M.A. in school administration and has taught in many places, including the Philippines and a Chicano barrio. She was formerly the director of a free school. Currently she teaches classes in consciousness and has a private counselling practice under the auspices of the Community for Conscious Evolution. (pp. 37, 38, 42, 45, 50)

HEIDI FIRMAN, an associate of the Psychosynthesis Institute, is a former teacher of meditation and yoga, and is currently in advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu. She has led groups and worked with individuals in psychosynthesis and has a special interest in the symbology of myth. (pp. 14, 20, 36)

JOHN FIRMAN, an associate of the Psychosynthesis Institute, is a staff member of the Sonoma County Rehabilitation program for Alcoholism. He has worked at the U.C.L.A. Neuropsychiatric Institute and has taught at La Verne College. He is in advanced training at the Psychosynthesis Institute with its directors, Jim and Susan Vargiu, and has worked with individuals and groups in psychosynthesis. (pp. 14, 20, 36)

ARTHUR FOX, a 1969 Esalen resident fellow, has been leading groups at Esalen, around the United States and in Europe. He has coached school sports and has implemented humanistic education into a Swiss school and at colleges in the U.S. both as a teacher and consultant. He is now the coordinator of the Esalen college program and a student of Stanley Keleman. (pp. 10, 12, 22, 23, 29, 39, 50)

JANICA FOX has a background of research in groups at Harvard and was a 1969 Esalen resident fellow. For the past five years she has been leading groups at Esalen, around the country and in Europe. She also works privately with individuals and couples in the Bay Area. (pp. 22, 23, 29, 39, 50)

BETTY FULLER, a humanist counselor, is codirector of The Health Farm Chapel and New Age Body Shop in San Francisco where she leads couples' groups and classes in Functional Medication, a synthesis of Feldenkrais exercise and gestalt awareness training. (pp. 12, 14, 25, 27)

PAUL FUSCO was staff photographer for *Look* for 12 years and did major photo essays all over the world. He is now a member of *Magnum* the international photographers cooperative. His books include *Sense Relaxation*, *What to do til the Messiah Comes*, and *La Causa*. (p.p. 12, 16)

G

DICK GALLAND, Founding Director of the Texas Outward Bound School and a student of Gestalt. (p. 11)

URI GELLER is a 27 year old Israeli whose psychic powers are forcing western science to reconsider its basic conceptions of reality. (p. 40)

CHELLIS GLENDINNING is a polarity therapist trained by Anne Kent Rush and Pierre Pannetier and teaches classes in yoga and breath awareness. (pp. 19, 25, 27)

BILL GLOVER is part of the Esalen/San Francisco massage crew. He is a student of his body. (p. 26)

RAYMOND GOTTLIEB is an optometrist who has experienced and taught the Bates' system for over three years. He believes that visual problems are stress-induced and that they are reversible. Dr. Gottleib currently practices in Cotati, California. (p. 25)

IAN GRAND studied at the Center for Energetic Studies with Stanley Keleman and has an individual and group practice in San Francisco. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at San Francisco State College. (pp. 26, 27)

BERNARD GUNTHER was for seven years a staff member at Esalen/Big Sur. In recent years he has been working with psychosynthesis and various other mind/body/spiritual methods of integration. He is the author of *Sense Relaxation*, *Love View*, *What To Do Till The Messiah Comes*, and *How the West Is One*. His quintessence books: *Meditations*, *Sounds and Symbols*, *Wholey Man* and *The Book of Knowledge* were recently published. (pp. 39, 47)

H

SHAFI HAKIM was born in Ahmedabad, India. He is an architect, graphic artist and jack of all trades. (p. 17)

ANN HALPRIN is director of the San Francisco Dancers' Workshop where she has developed her own unique approach to the movement art, for which she was awarded a Guggenheim Fellowship in 1971. She has worked intensively with Ida Rolf and Bob Hall in structural integration, and with Fritz Perls in Gestalt. (pp. 11, 19, 37)

ARTHUR HASTINGS is a specialist in language and communication, with further interests in parapsychology and consciousness processes. He has taught at California State University, San Jose, and at Stanford University. (p. 9)

ANNE HEIDER received a bachelor's degree in music history and theory and a master's degree in musicology. From 1967 to 1971 she lived and worked at Esalen Big Sur, where she studied and taught chanting, massage, tai chi chuan, and other moving meditations. (pp. 29, 47)

JOHN HEIDER was educated at Harvard College and Duke University. From 1967-1971 he was associate in residence at Esalen Institute where he directed and co-directed several Resident Programs. Most recently he has been Visiting Professor at Menninger Foundation in Topeka, Kansas. (pp. 22, 44)

BETSY HILL has been exploring energy dimensions and spiritual realms under the guidance of Robert Nadeau for the past five years. (p. 19)

AARON and ROSEMARY HILLMAN are teachers and counselors by profession as well as authors and poets. They hold personal and educational workshops throughout Canada, Mexico and the United States. Aaron is currently Director of Training, Educational Administrators Project in Confluent Education, University of California, Santa Barbara. (p. 49)

FAITH HORNBACHER was trained in Rolf-Aston Structural Patterning in Stillness and Motion by Judith Aston, and is presently in private practice in the Bay Area. She is co-author, with David Sobel, of *An Everyday Guide to Your Health*. (pp. 19, 26, 27, 28)

AL CHUNG-LIANG HUANG, an Eastern and a Western man, practices tao, wu wei brush calligraphy, the bamboo flute, and dances a lot with his 3-year old daughter. He is currently teaching Oriental Theatre at York University in Toronto, Canada. He is the author of *Embrace Tiger, Return to Mountain: The Essence of T'ai Chi*, Real People Press. (pp. 42, 49)

ANNE HUBBELL is a psychotherapist in private practice and counselling psychologist

at the University of California at Santa Barbara. In her work she uses gestalt, psychosynthesis, Jungian psychology, art and movement approaches. She is in advanced training at the Psychosynthesis Institute. (pp. 14, 21)

BOB HUNTER, author of *The Enemies of Anarchy, The Storming of the Mind, Green Peace*, and *The Time of the Clock Men*, has been writing for the Vancouver, B.C. Sun for several years. He was a founder of the Green Peace movement in Canada which protested nuclear testing by the Americans in the Aleutians and by the French in the South Pacific. Most recently, he has started the Whole Earth Church in Vancouver, which he describes as a "Neo-Buddhist Activist Church." (p. 37)

I

GUNVER INGEBORG (JACKSON) is a licensed masseuse, certified in Swedish massage. In addition she has been trained by Molly Shackman and has studied breathing, gestalt awareness and relaxation techniques. She and her husband are founders of the Gamma School of Massage. (p. 10)

J

ED JACKSON is a medical doctor, Reichian therapist and a practitioner of structural integration. He lives in Berkeley and does body-oriented individual and group work. (p. 28)

NANCY JOECKEL has trained in psychic consciousness expansion with George Simon and works in the gestalt mode. A one-time market researcher, with a background in dance and movement, she has been in residence at Esalen/Big Sur since the spring of 1972. (pp. 42, 48)

JILL JOHNSON lives in New York and is the author of *Marmalade Me* & *Lesbian Nation: the Feminist Solution*. She is a columnist for *The Village Voice*. (pp. 18, 42)

K

JOE KAMIYA teaches at the University of California Medical Center and does research at Langley Porter Neuropsychiatric Institute. His research is concerned with physiological feedback training and the psychophysiology of meditation. (p. 38)

SAM KEEN is a free-lance writer and editor and an amateur *psychopompos*. He is the author of *To a Dancing God, Apology for Wonder* and co-author with Anne Fox of *Telling Your Story*. He is a consulting editor of *Psychology Today*. (p.46)

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists, and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is author of *Sexuality, Self and Survival* and *The Human Ground*.

CHARLES KELLEY founder and director of the Interscience Work Shop, is a scientist who has specialized in vision training and human factors research for 25 years. In 1950 he became a student of Wilhelm Reich, contributing to Reich's journals during his life and to the development of his theories in the years since Reich died. He is a qualified masseur, Bates instructor and writer, and has served on the faculties of several universities. (p. 50)

JERRY KOGAN is a gestalt therapist working in Berkeley and a member of the training faculty of the San Francisco Gestalt Institute. He writes poetry, paints and teaches college. (p. 24)

ZOË KRAMER, is a cross-country ski racer, ski mountaineer, and long distance runner who practices several of the body-oriented disciplines with which Esalen is most concerned. (p. 14)

BOB KRIEGEL is director of the Esalen Sports Center and the Esalen Consulting Service. He is a staff group leader, has lectured and conducted special programs at universities, social agencies and business corporations around the country. He has been a skiing and swimming instructor and a basketball coach. He has done didactic training in psychosynthesis and is currently studying Feldenkrais. (pp. 12, 23, 36, 42, 49)

MARILYN HARRIS KRIEGEL is the assistant director of the Ford Foundation Esalen Reading Project in Confluent Education. She is a member of the faculty of Dominican College in San Rafael and has led teacher training groups for growth centers and school districts in New York and California. She is currently training at the Psychosynthesis Institute in Redwood City. (pp. 23, 36, 42, 49)

OTIS KRIEGEL is one and a half years old. He is currently training Bob & Marilyn in "here and now" living. (p. 49)

STEVEN KULL is a senior associate of the Psychosynthesis Institute. He underwent didactic training in Italy with Roberto Assagioli, has worked with him over the past four years, and has completed advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu. He currently is involved in the training of professionals, and works with individuals and groups in psychosynthesis. (pp. 14, 21, 37)

L

JOEL LATNER is on the training faculty of the Gestalt Institute of San Francisco and the author of *The Gestalt Therapy Book*. He is a director of the graduate program in clinical psychology at Lone Mountain College and is in private practice in San Francisco. (p. 24)

JANET LEDERMAN is an artist and teacher and author of *Anger and the Rocking Chair* a poetic account of the use of the gestalt learning process of which she is the originator. She is currently associate director of Esalen/Big Sur. (pp. 37, 42, 43, 44, 46, 49)

DAVID LEES trained in gestalt with Richard Price. He has been a leader in residence at Esalen/Big Sur since the summer of 1971, and has led gestalt groups around the country. Formerly a professor of mathematics and later a manager at Esalen, he is currently enjoying working with the Esalen/Big Sur maintenance crew. (pp. 42, 48)

LENORE LEFER is a former executive director of the Bridgeport, Connecticut, Mental Health Association, research scientist, teacher, Esalen resident fellow, 1971, and organizational consultant. She is presently in advanced training at the Psychosynthesis Institute in Redwood City. (p. 38)

DUB LEIGH, a humanist counselor, is co-director of The Health Farm Chapel and New Age Body Shop where he is in private practice as a senior practitioner of structural integration (rolfing) and teacher of Functional Meditation, a synthesis of Feldenkrais exercise and gestalt awareness training. (pp. 13, 25, 27)

SHIRLEY LEITCH studied astrology with Kelly, Carlin and Burton Morse. She has been a professional for the past three and a half years, during which time she has taught classes in astrology (p. 41)

GEORGE LEONARD is the author of *Education and Ecstasy, The Man and Woman Thing*, and recently, *The Transformation*. He has been studying aikido and energy awareness with Robert Nadeau and Frank Doran for the past three years. He is co-director of Esalen's Center for Theoretical Studies and is currently working on a new book, *The Ultimate Athlete*. (pp. 38, 41, 48)

LILLIE LEONARD is a student of yoga and physical movement and is currently conducting an experiment in teaching basic physical skills, non-competitively, to elementary school children. (p. 12)

LAWRENCE LESHAN has a Ph.D. in psychology from the University of Chicago. He was chief of the Department of Psychology and director of a research project in psychosomatic medicine at Trafalgar Hospital and The Institute of Applied Biology. He is the author of *The Medium, The Mystic and the Physicist* and the forthcoming *Meditation is for Groum Ups*. (pp. 9, 39, 43, 60)

ROBERT LEVERANT is a working photographer whose background includes work in meditation and gestalt. He is a student of Joan Schirle's, author of *Zen In The Art of Photography* and *On the Transmission of Photography* and conducts many workshops in the Bay Area. (p. 16)

CAROLE LEVINE is a former Esalen resident, group leader and program coordinator. She is presently . . . (pp. 18, 19)

FRED LORENZ is a researcher in endocrinology and reproduction and is currently investigating biofeedback. He is a professor Emeritus at U.C. Davis, where he was the first chairman of the Department of Animal Physiology.

M

JAMES MACKIMMIE has been a chiropractor for twenty-one years. (p. 25)

ANICA VESEL MANDER, former teacher of languages at Boston University, Harvard and California State University at San Francisco, is presently devoting her energies to women's studies and Alyssum, a feminist growth center. (pp. 18, 19)

SUSAN MARGOLIS is a feminist and a writer who has just completed a book called *Exposing Ourselves: Whores, Housewives and Other Women*. (p. 19)

JAYNE MAY, free-lance author, poet and photographer, is a member of the Ford/Esalen Project in Confluent Education. She teaches first-second grade in Mill Valley. (p. 29)

JOAN McINTYRE (p. 18)

RALPH METZNER received his doctorate in psychology from Harvard. He is the author of *Maps of Consciousness* and editor of *Psychedelic Review*. He is a staff teacher of the School of Actualism. (p. 48)

EMMETT MILLER, presently practicing medicine and hypnotherapy in Carmel, California, has also had extensive training in physics, mathematics and computer science. These along with his studies in music, art and poetry and various religious approaches, led to the development of Selective Awareness, an interdisciplinary approach to the self. (p. 48)

EDGAR MITCHELL is an astronaut, a test pilot, a retired navy captain, and was the sixth man on the moon. Now, as president of The Institute of Noetic Sciences, he is deeply involved in the study of human consciousness and its potential for solving planetary problems. His new book, *Psychic Exploration*, will be published this spring. (p. 41)

ROBERT ALLEN MONROE is the author of *Journeys Out of the Body*. He has been the creator and producer of some 700 radio and TV programs, a director and a writer, in addition to composing all his own orchestral music, much of which is still in use in TV & motion pictures. He was Vice President and Director of the Mutual Broadcasting Corporation, Inc. His major avocation in recent years has been the exploration of the phenomenon known as the out of body state. He now operates a research facility where a concentrated effort is being made to establish systems of training so that others may experience the out of body state. Mr. Monroe is president and director of three corporations and lives with his family at Whistlefield farm in the Blue Ridge area of Virginia. (p. 9, 39, 43)

PEGGY MORRISON was in the 1970 Esalen residence program. She is currently the head of the Esalen/Big Sur massage crew and a teacher of massage. (p. 37)

LAUREE ELLEN MOSS is a licensed clinical social worker in private and group practice in the Bay Area. She has led groups with the Gestalt Community (Gestalt Institute for Multiple Psychotherapy), the Berkeley Rap Center, where she was co-director for two years, and at Esalen. She is a member of the Berkeley Feminist Counseling Collective. (pp. 18, 24)

N

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. (pp. 12, 13, 29, 36, 37, 39, 42, 45, 50)

XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has toured with the company throughout the States. Currently on the teaching staff at the Dancers' Workshop, he formerly conducted a dance workshop at Studio Watts. He has worked with Robert Hall in gestalt therapy and body work with Lawrence Halprin in the creative process in human environment. He studied massage at Esalen. (pp. 42, 50)

JAMES HURD NIXON was a participant in radical politics in the sixties, more recently a student of dance and aikido. (pp. 12, 14)

O

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique. He teaches the Technique at the American Conservatory Theatre, and is in private practice in San Francisco. (pp. 16, 24, 28)

P

CELESTE PADOVER has been a member of the Ford/Esalen Project in Confluent Education for the past three years, does educational consulting in the Bay Area and has been teaching primary grades in the Palo Alto Area for the past four years. (p. 29)

WAYNE PADOVER is a special education teacher in the Bay Area and a consultant in regular and special education classrooms; he has been a member of the Ford-Esalen Project in Confluent Education during the past two years (p. 29)

HELEN PALMER is a professional psychic. She holds a masters' degree in clinical psychology and has worked for the California Society for Psychical Studies. (p. 19)

H. F. PARSONS has been a physician for over forty years with training in osteopathy and homeopathy. His particular interests are now psychosymatic medicine and the building of positive health through nutrition. (p. 25)

PETER PAULAY, Director Physical Education for the People, California State University, San Francisco. Innovative program specialist. California State Teaching Credential – Physical Education. Organizer of Movement Experience 1973, Golden Gate Park. Conducts workshops throughout the state. Graduate student of special education. (p. 12)

ALBERT PESSO, President of the Psychomotor Institute, co-founder and developer of Psychomotor Therapy, Supervisor of Psychomotor Therapy at McLean Hospital and Associate Professor at Emerson College. He has written two books on Psychomotor Therapy: *Movement in Psychotherapy, Psychomotor Techniques and Training*, and *Experience in Action, A Psychomotor Psychology*. (pp. 43, 44)

DIANE PESSO, Co-founder of Psychomotor Therapy, Executive Director of the Psychomotor Institute, former faculty member of Emerson and Wheaton Colleges and Sargent College of B.U. Diane has been active in the development of teaching methods in creative movement for 27 years. She has been a Psychomotor Therapist at McLean Hospital, the Psychomotor Institute and in private practice. (pp. 43, 44)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is licensed in acupuncture in the United Kingdom. He has spent the last year and a half within the Arica Institute. His prior training includes gestalt, Reichian energetics and structural integration. He has studied and led workshops with Richard Price, John Heider, John Lilly, Will Schutz, Ida Rolf and Jack Worsley. He is currently interested in fusing the above teachings toward developing a humanistic model for healing the whole person (body-mind-spirt). (pp. 25, 37, 47, 48, 50)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp. 37, 39, 42, 44, 45, 46, 47, 49)

ANDRIJA PUHARICH, M.D., an internationally known psychic researcher, holds fifty-two patents in medical electronics, and has written *The Sacred Mushroom, Beyond Telepathy* and the forthcoming *Uri and I*. (pp. 9, 40)

LEE PULOS is a clinical psychologist in private practice and assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in leading training workshops for professionals and in researching the effects of hypnosis upon athletic performance. (pp. 14, 29)

R

PAUL REBILLOT, teacher, theater director, actor, magician and fool, has taught at San Francisco State College and Stanford University. He is the founder of the Gestalt Fool Theater Family of San Francisco and is currently in training in gestalt with Richard Price and in encounter with William Schutz. (pp. 16, 17, 42, 44, 46, 47, 49, 50)

BIOGRAPHICAL INFORMATION

RED DOG PIEFACE is a graphics designer who also writes and struggles with calligraphy. He has been the designer of Esalen catalogs since their inception. (p. 16)

STELLA RESNICK, clinical psychologist and gestalt therapist has given talks and demonstrations and led workshops in gestalt therapy throughout the country. (p. 37)

JEROME ROZNER, a Doctor of chiropractic, conducts his practice in structural integration (rolfing) in Tarzana, Calif. He has completed his advanced training with Dr. Ida P. Rolf. He was trained in gestalt therapy by Jerry Greenwald. His current focus is on synthesizing his rolfing and gestalt work into an integrated approach to releasing and working through psycho-emotional 'stuck' points (p. 47)

FRANK RUBENFELD, a clinical psychologist who completed studies at Yale and NYU's postdoctoral program, trained in gestalt therapy with Fritz Perls at Esalen. Dr. Rubenfeld has been training therapists in gestalt for the past few years as well as leading open workshops on both coasts and at Esalen/Big Sur. He is on the faculty of the Gestalt Institute of San Francisco, and currently resides in Berkeley, where he gardens, cooks, and does gestalt. (p. 48)

ILANA RUBENFELD trained with Fritz and Laura Perls integrating the Alexander Technique and gestalt therapy. She is a certified teacher and board member of the American Center for the Alexander Technique and a full member of the New York Institute of Gestalt Therapy. She is on the faculties of New York University and Eastern Institute of Psychtherapy. She recently completed a tour of South America, training professionals. (p. 48)

ANNE KENT RUSH, illustrator of *The Massage Book* and authoress of *Getting Clear: Body Work for Women*, is a polarity therapist. She has led numerous workshops in massage, yoga and other forms of body awareness. (pp. 18, 19, 24, 27, 60)

BRENDA SALES is the head of the Esalen/San Francisco massage crew. She was trained in massage by Gunver Jackson. (pp. 16, 26)

MICHAEL SALVESON is a practitioner of structural integration in practice in the Bay Area. He recently completed an advanced training course with Dr. Ida Rolf. (pp. 26, 28)

DAVID SCHIFFMAN is the former director of Anthos a growth center in New York City. He was also founder and coordinator of the Humanistic Psychology program at N.Y.U.'s School of Continuing Education. In addition to being a staff leader at Esalen and Anthos, he has lectured at the University of California, Princeton and many other schools and has conducted special programs for industry and social agencies. He has just returned from a three month tour of European and Middle Eastern growth centers. (pp. 11, 23, 36, 37, 40, 41, 43, 48)

G. LYNDALL SCHILLER has a master's degree in mathematics from Oxford University and did post-graduate work in psychology at the University of London. She now works with Dr. H.F. Parsons as a nutritionist. (p. 25)

JOAN SCHIRLE is a certified teacher of the Alexander Technique and has a private practice in San Francisco and Berkeley. She was trained in New York at the American Center for the Alexander Technique where she has also taught classes. She is currently on the faculty of the University of Santa Clara Drama Department and has taught at the Firehouse Theater in San Francisco. (pp. 16, 26)

SYLVIA SCHMIDT is a family therapist in private practice in San Francisco. She was co-founder and director of professional education of the Family Institute of Chicago.

STEPHEN SCHOEN is a psychiatrist in private practice with individuals, families and groups in San Francisco and San Rafael. He is a member of the faculty of the California School of Professional Psychology, a member of the Gestalt Institute of San Francisco, and a classical pianist and creative writer. (p. 24)

WILLIAM SCHUTZ is the author of *Firo*, *Joy*, *Here Comes Everybody*, and most recently, *The Elements of Encounter*. He is currently in residence at Esalen, Big Sur. (pp. 39, 45)

ALAN SCHWARTZ practices privately in New York City. He is an active member of the Institute for Bioenergetic Analysis and has worked in gestalt with Laura Perls. In 1973, he spent three months as the first resident bioenergetic practitioner at Esalen. He is a college professor teaching interpersonal and small group communication at several colleges; his NYU course, *The Dynamics of Human Communication* is the first university level curriculum to involve the total organism as a classroom activity. (pp. 37, 38, 50)

CHARLOTTE SELVER and CHARLES BROOKS are teaching associates at Esalen/Big Sur and on the faculty of the New School For Social Research in New York. Their field is sensory awareness, perception and nonverbal communication. They hold regular classes in New York and conduct seminars and study groups throughout the United States and Mexico. (pp. 28, 46, 50)

GEORGE A. SHEEHAN, M.D. is Medical Editor of *Runners World Magazine*. He is a cardiologist as well as a distance runner. He frequently uses his daily runs to compose his articles which appear regularly in the Red Bank (New Jersey) *Register* and *Runners World, Fitness Magazine* has described him as "The colorful guru of serious distance runners." (p. 13)

LANI SILVER teaches Women's Studies at California State University at San Francisco and is a member of a feminist video collective which produced the "Ode to Artemis" TV series. (p. 19)

BEVERLY SILVERMAN is a senior rolf practioner and a member of the Board of Directors of the Ida P. Rolf Foundation for Structural Integration. She is a leader of gestalt and encounter groups and has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the U.S. Army at Fort Ord. (pp. 37, 38, 43)

JULIAN SILVER is director of Esalen/Big Sur. His training in individual and group process includes gestalt, encounter, psychosynthesis and organizational development. During the past two years, he and his wife have become increasingly involved in teaching therapists and other health professionals. As a research psychophysiologist he has published numerous papers including *A Paradigm for the Study of Altered States of Consciousness*, *Research with Psychedelics*, *Acute Schizophrenia: Disease or Dis-ease?* and *The Study of Sex Differences*. He is an admirer of Fritz Perls and Lao Tzu. (p. 37)

NAOMI SINGER is a member of the Ford/Esalen Project in Confluent Education. She has taught primary grades for 10 years and is currently teaching kindergarten in Mill Valley. (p. 29)

OLIVIA SKINNER has been a psychic and healer her whole life. She has studied oriental healing and is a transmedium for her teacher Ling Tson Kappa. She has taught many classes in psychic development, meditation, healing and spiritual understanding in the western United States. In the Fall she will teach a series of classes for the Institute of the Study of Man at Lewis and Clark University at Portland (p. 42)

HARRY SLOAN is an experienced leader, organizational consultant and playwright. An Esalen resident fellow and former dentist, his first play, "The Burden," was showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspective—"seeing oneself beyond an impasse." He is training in psychosynthesis at the Psychosynthesis Institute in Redwood City. (pp. 10, 22, 23, 37, 44, 48, 50)

DAVID SOBEL has written on health and the human body for *Big Rock Candy Mountain* and is presently writing a book on unorthodox medicine, *Ways of Health*, to be published in the Esalen-Viking series. He is co-author, with Faith Hornbacher, of *An Everyday Guide to Your Health*. (p. 25)

DYVEKE SPINO, Esalen Sports Center staff, was formerly a Community Mental Health Consultant. She has taught advanced tennis for the Berkeley Parks and Recreation Department and has been a tennis pro at Round Hill Country Club and Squaw Valley, ski instructor, dancer and concert pianist. (pp. 12, 13, 14)

MIKE SPINO was co-director of Other Ways School, is a nationally ranked marathon runner and has written "Running as a Spiritual Experience" and *Poems of a Long Distance Runner*. (pp. 11, 12, 13, 14)

LANEY (HELEN) STEPHENS is her former self. She has been and is being trained; she feels and acts experienced. She finds you perfect and she's not asking you to change. (pp. 19, 23, 28)

GRACE STERN's vocation is not simply the opening of awareness through yoga movement, meditation and chanting; it is the *teaching* of these things. Her background is in music, dance and drama. Nine years ago she began the study of yoga with Amrit De Sai, founder of the Yoga Society of Pennsylvania, and was invited to join his teaching staff after a year of training. She continued her studies with Swami Sathitanada and with Dr. Vijandra Pratap. She has evolved her own

approach to the teaching of yoga and meditation through eight years of teaching at colleges, in private classes and, most recently, in teaching yoga and meditation sessions for John Lilly during his workshop tours in Florida, Pennsylvania and at Esalen in California. She is a founder and director of Aegis Institute in Haverford, Pennsylvania, where she lives with her three children. (p. 40)

ELLEN STEVENS is a teacher of movement and massage. She has studied the Arica training and is presently a resident at Esalen Big Sur. "Intuition of the body language is my best teacher." (p. 40)

CHRIS STEWART is a student of polarity massage and other body approaches to awareness. (pp. 39, 49)

JUDITH STRANSKY is Director of the Alexander Center of Southern California, and has a private practice in Santa Monica teaching the Alexander Technique and the Feldenkrais method. Her background includes Reichian therapy, gestalt and tai chi. (p. 28)

T

DON KENT TRIMBLE is president of Manta Products in Oakland. He is now engaged in the research and development of self-launched flight. Kent has several years experience in the aero space industry and has been an accomplished artist craftsman in the Bay Area for the past four years. (pp. 11, 13, 14)

U

MONTAGUE ULLMAN is a dream theorist, psychiatrist and psychical researcher, in that order. He is President of the American Society for Psychical Research and Director of the Department of Psychiatry at Maimonides Medical Center. He is the co-author with Stanley Krippner and Alan Vaughn of the recently published book *Dream Telepathy*. (p. 43)

V

JACQUES VALLEE was born in France, and holds a masters' degree in astro-physics and a doctorate in computer science. He is the author of three books in English on the subject of UFO's (*Anatomy of a Phenomenon*, 1965; *Challenge to Science*, 1966; *Passport to Magonia*, 1969) and has published many articles on information processing in British, French and American scientific journals. Presently Dr. Vallee is a consultant with the Institute for Plasma Research at Stanford University. (p. 9)

JIM AND SUSAN VARGIU are the directors of the Psychosynthesis Institute. They underwent didactic training at the Instituto di Psicosintesi, Florence, Italy, with Roberto Assagioli, and have worked with him over the past nine years. Presently they are engaged in training professionals, are coordinators of the Institute's training programs, and are editors of the forthcoming magazine *Psychosynthesis: A Journal for Integration in Psychotherapy and Education*. (p. 20)

W

ELAINE WARBURTON received her Masters degree in counselling at the University of California in Santa Barbara. Before entering the Interscience training program, she did counselling both privately and in groups and has worked in bioenergetics for several years. She leads classes and workshops and gives individual instruction at the Interscience Work Shop, and has co-led workshops at Esalen and Kairos. (p. 38)

ALAN WATTS is widely recognized as the most penetrating (and readable) interpreter of Eastern philosophy and religion for Western readers; and, more recently, as a philosopher in his own right – concerned with problems of ecology and science, theology and mysticism, psychology and semantics. He has been a practicing editor, Anglican priest, graduate dean, teacher, lecturer and broadcaster. His interests include cooking, calligraphy, singing and dancing. Among his best known books are: *The Wisdom of Insecurity*, *The Way of Zen*, *Nature, Man, and Woman*, his autobiography, *In My Own Way*, and most recently *Cloud Hidden – Whereabouts Unknown*. (pp. 39, 45)

JUDYTH WEAVER is a former modern dancer who went to the Orient to study classical dance and ended up sitting zazen in a zen monastery for a year and a half. In the West, her main teachers have been Charlotte Selver, Magda Proskauer, the t'ai chi chuan form of Professor Cheng Man-Ching, and especially her children, Tara and Gabriel. She leads groups in the U.S. and abroad and has a private practice in Marin county. (pp. 19, 26, 27)

KURT WEHBRING has climbed extensively in the Sierras, Tetons, Wind Rivers and in the Alps and made a first ascent of the East Ridge of Mt. St. Elias in Alaska. He is experienced in the techniques of sensory awareness and Reevaluation Education (co-counseling) and has taught courses in rock climbing and ski touring. (pp. 12, 13)

CONNIE WEISMAN had a four-day illumination at the age of 9 at which time she received the gift of seeing auras. She has a medical background, heading labs in cancer research. She has studied sound therapy and acupuncture, mental control over muscle patterns and aging. She has travelled all over the western hemisphere studying healing and new techniques of realigning the perception center when it has been damaged by drugs, injury or emotional trauma. She was an architectural designer and has written two books of poetry, one nominated for a Pulitzer prize. (p. 42)

SHARON WHEELER trained in massage at Esalen Institute and in structural integration with Ida Rolf, as well as in structural patterning with Judith Aston. During the last year and a half, she has been a member of the Arica Institute. She has led workshops in Esalen massage and has been a practitioner of rolfing and structural patterning in New York and Esalen/Big Sur. (pp. 37, 48, 50)

NINA WINTER was a student of Martha Graham and Erik Hawkins in New York and studied acting at the Neighborhood Playhouse. She is currently with the John Graham Studio in San Francisco. She taught classes in voice and theater for several years, most recently at City College, New York; she is presently engaged in advanced studies in Jungian psychology. (p. 19)

Y

PAUL YEE was born in China where he learned the ancient art of kite making. He works as an accountant, and teaches conversational Cantonese. (p. 16)

ANNE YEOMANS, as associate of the Psychosynthesis Institute, has worked with Roberto Assagioli in Italy and is in didactic training with Jim and Susan Vargiu. She has worked with groups of women, using psychosynthesis and, in addition to her own groups, has co-led groups with her husband. (pp. 20, 21, 41)

TOM YEOMANS is a senior associate of the Psychosynthesis Institute. He is in advanced training with its directors, Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. He is a teacher, musician and poet, and presently associate director of DRICE at the Graduate School of Education, University of California, Santa Barbara. He is particularly interested in the application of psychosynthesis to education and has conducted workshops for educational institutes and growth centers throughout the country. (pp. 20, 37, 41, 47)

Z

DAVID ZELLER, a spiritual evolutionist and a storyteller, comes from a Jungian family, a background that left him open for many spiritual teachers that followed: Rabbi Shlomo Carlebach (Hassidism), Alan Watts, Thomas Banyacyas (Hopi), Dr. Ho (I Ching), Sri Pad Maharaj (Bhakti Yoga), Sri Satya Sai Baba, The Mother (Sir Aurobindo), and the Arica Institute. He lived in Israel for two years studying religion and doing community development on a kibbutz and a year in India. He is currently working at the University of Redlands and Johnston College. (p. 29)

JOAN ELLEN ZWEBEN is a practicing psychotherapist, teacher and supervisor of graduate and post-doctoral students at UC Berkeley and a student and practitioner of meditation. (p. 24)

INFORMATION

SAN FRANCISCO

For reservations, literature, tickets and information, write or call:
Esalen Institute
1793 Union Street
San Francisco, Ca. 94123
Phone: (415) 771-1710
10 to 5, Monday through Saturday

RESERVATIONS: should be made at least one week prior to start of program. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to: Esalen Institute, 1793 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express.

INFORMATION, LITERATURE AND TICKETS: for lectures may be obtained Monday through Saturday, 10:00 to 5:00 at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

WORKSHOP SCHEDULES: One day workshops generally meet from 10 a.m. to 6 p.m. Saturday and Sunday weekend workshops meet from 10 a.m. to 6 p.m. each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 p.m. on Friday, from 10 a.m. through the afternoon and/or evening on Saturday, and from 10 a.m. to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

ACCOMMODATIONS: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

RESIDENTIAL PROGRAMS: are indicated in individual workshop descriptions. Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend residential programs, unless otherwise indicated, begin at 8 p.m. Friday (no supper served) and conclude following Sunday lunch. Programs are held at a conference center in Marin County or in Sonoma County; exact location will be included with reservation confirmation.

LOCATION: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

SCHOLARSHIPS, interest-free loans and work scholarships are available for many programs in San Francisco. Contact the S.F. office for information and forms. STUDENT AND "POOR PEOPLE" RATES are also possible on a space-available basis. These are *stand-by* rates of 50% off the stated workshop price. Come by the S.F. office no earlier or later than three days before the program's starting date to place your name on a stand-by waiting list, to leave a deposit for the program, and to validate that you qualify for stand-by rates. (The deposit is refundable if you do not get in the workshop.) Confirmations will not be made until the morning of the workshop date.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be refunded if reservation cannot be confirmed or upon request by persons not wanting to be on a waiting list.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting and research.

We exist to sponsor, encourage, synthesize and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, traumatic or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

BIG SUR

For reservations and information, write or call:
Esalen Institute, Big Sur, Ca 93920
Phone: (408) 667-2335 – 10 to 4 every day;
10 to 8 Sunday & Friday

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific, with the Santa Lucia Coast Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute – By Reservation Only.

Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, and $400 for month-long groups. Deposits are not refundable; but, with five days notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen/Big Sur. Do not mail Big Sur reservations to San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. Only U.S. currency, please.

Program costs cover tuition, food and lodging on the Esalen grounds. Our rooms are designed to be shared by two to three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 p.m.; however, guests are welcome to arrive earlier in the afternoon.

Those travelling by air or bus can obtain limousine service to Esalen/Big Sur. Pickups are made at Monterey Airport and the Greyhound terminal at 5:00-5:30 p.m. each Sunday and Friday. The cost is $10 per person; please notify us in advance.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. We use organically produced meats, poultry and dairy products, and our breads and pastries are made by Esalen bakers.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also discourage participants from having guests. Alas, no pets.

SPECIAL INFORMATION

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2.00. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

ESALEN CONSULTING SERVICE: Esalen is devoted to making life more human at all levels. Our work has reached thousands of individuals and hundreds of institutions. Until recently most of this work was being done at our own facilities, either in Big Sur or San Francisco. There is now, however, an ever-expanding part of Esalen's universe that is moving toward helping to effect changes in the world outside the workshop. Through the Esalen Consulting Service, Esalen staff and leaders have designed and participated in projects for the U.S. Army, Ford Foundation, the Lockheed Corp., Model Cities, O.E.O., inservice training programs for hospitals, drug treatment centers, social agencies, colleges, universities and public school districts. Esalen courses are now being given at the University of California and at New York University. Many organizations have also used Esalen personnel as communications and human relations facilitators. If you are interested in learning more about the Consulting Service contact Bob Kriegel at the Esalen/San Francisco office.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please see membership form below.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given them some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs. Our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools.

FM RADIO STATIONS in the San Francisco Bay Area (KI01, KPFA, KQED, KSAN, KSFX, and KMPX) broadcast portions of Esalen seminars and lectures. (KI01 has a dependable weekly program each Sunday evening at 11:00 p.m.) Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KLOS, KUSC and KPFK Los Angeles, and KPFT Houston, WBAI New York and WOMB New Hampshire, broadcast Esalen programs on an occasional basis. Consult local program guides.

FILMS of the work of Frederick S. Perls in gestalt therapy and Alexander Lowen in bioenergetic analysis, as well as films of the work of Carl Rogers, Albert Ellis, Rollo May, Abraham Maslow, Virginia Satir and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. Sources of more films, including work of Alan Watts and Huston Smith, are available from Association for Humanistic Psychology, 416 Hoffman Street, San Francisco, California 94114.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recordings of many past programs are available through a service which maintains archive copies for Esalen. Requests for tapes now come from educational and service institutions, libraries, religious and professional groups, business groups and individuals concerned with the human potential movement. Commercial use of these tapes is prohibited; all rights reserved. For a complete tape catalog, write Big Sur Recordings, 117 Mitchell Blvd., San Rafael, CA 94903. The cost of recordings is $8 per tape-hour (prepaid) and $10 per tape-hour (with purchase orders), stereo or mono, with choice of 5" reel or cassette.

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We at Esalen have increasingly felt the need to involve more people in our community, and have established Friends of Esalen as a means of doing this: all contributions to our membership organization are used for tuition-aid funds. It is our belief that if Esalen is to serve our society to its full potential, we should be able to admit applicants without regard to their ability to pay. As a Friend of Esalen you will have the satisfaction of knowing that you have helped someone else experience Esalen.

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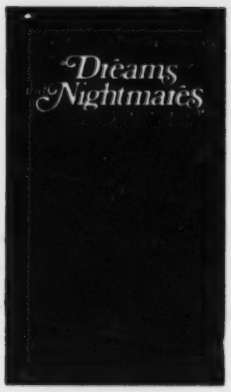

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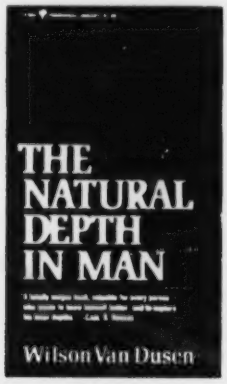

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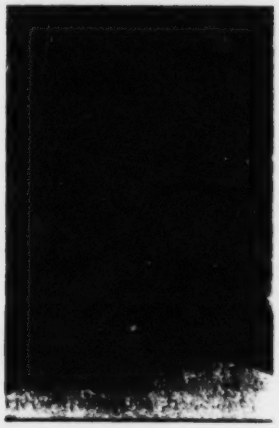
—Carl Rogers

Chapter titles:

The Castle of the Mind/The Mystery of Ordinary Experiencing/To See and Hear Another Person/Self-Reflection—Existence Gains from Itself/Feeling-Imagery/In the Stillness of the Mind/Fragile Fringe Phenomena/Dreams/The Shape of Madness/Hallucinations/Mystical Experience: The Flowering of Understanding/Implications of the Descent into Depth.

BOOKS



THE MEDIUM, THE MYSTIC AND THE PHYSICIST

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by Lawrence LeShan

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Dr. LeShan, a researcher on the paranormal and psychic healing, examines the Clairvoyant Reality (as he terms it) from three supposedly separate view points—that of the medium, the mystic and the physicist—and finds each view startlingly similar.

Advance mail orders will be filled soon after publication date in February, 1974.

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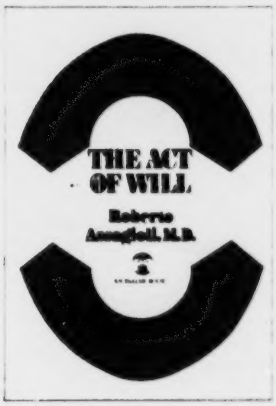

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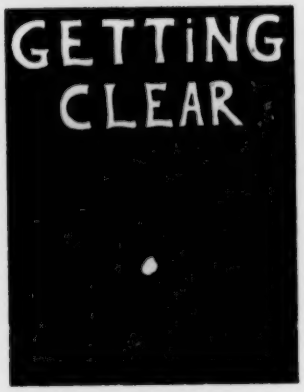
- The Diffusion of Sufi Ideas in the West: Idries Shah
- The Yoga of the Bhagavat Gita: Sri Krishna Prem
- Yirawala: Sandra Brun Holmes
- In My Own Way: Alan Watts
- On Becoming a Person: Carl Rogers
- Wilhelm Reich: James Wyckoff
- Science and Music: James Jeans
- Music: Its Secret Influence Throughout the Ages: Cyril Scott

COMMENT:
- On Lighting and Psychic Force in Theater and Film
- Concerning Angkor Wat

TRANSLATION:
- Symbolism and Esotericism (Excerpt)

POETRY



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BODY WORK FOR WOMEN
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Publication date: January, 1974. Advance mail orders will be mailed thereafter.

THE ONE QUEST
by Claudio Naranjo

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This Esalen book which examines systems of meditation and mysticism is now available in paper.

CUTTING THROUGH SPIRITUAL MATERIALISM
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Trungpa writes, "Walking the spiritual path properly is not something to jump into naively. There are numerous sidetracks which lead to a distorted, ego-centered version of spirituality; we can deceive ourselves into thinking we are developing through spiritual techniques. This fundamental distortion may be referred to as spiritual materialism."

"First discussed are the various ways in which people involve themselves with spiritual materialism, the many forms of self-deception into which aspirants may fall. After this tour of the sidetracks . . . the broad outlines of the true spiritual path are discussed."

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"Huang teaches in a way that is unusual for an Asian master and, when I think back over my own schooling, for Western masters as well. He begins from the center and not from the fringe. He imparts an understanding of the basic principles of the art before going on to the meticulous details, and he refuses to break down t'ai chi movements into a one-two-three drill so as to make the student into a robot. T'ai chi exemplifies the most subtle principle of Taoism, known as wu-wei . . . its proper meaning is to act without forcing – to move in accordance with the flow of nature's course . . ." *from the foreword by Alan Watts*

THE ESALEN BOOKSTORE

Our office in San Francisco at 1793 Union St. features a bookstore stocking many of the latest publications in the areas of humanistic psychology, gestalt, psychosynthesis, Eastern philosophy and religion, body therapies and other books of interest to Esalen participants. The bookstore is open Monday through Saturday, 10-5, and at other times when workshops are taking place.

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(see next page for more listings)

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- ☐ Bulletin of Structural Integration, Current Issue 2.50
- ☐ Anthology, V. I 3.50
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- ☐ Downing, Massage Book 3.95
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- ☐ Lowen, Language of the Body 1.95
- ☐ Lowen, Sex & Personality (pph) 1.00
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- ☐ Mann, Acupuncture 1.95
- ☐ Montague, Touching 1.50
- ☐ Namikishi, Shiatsu 2.95
- ☐ Pierrakos, The Energy Field . . . 1.50
- ☐ Reich, Character Analysis (3rd Ed.) 4.95
- ☐ Rolf, Structural Integration . . . 1.00
- ☐ Rosenberg, Total Orgasm 3.95
- ☐ **Rush, Getting Clear** 4.95
- ☐ Selver, Sensory Awareness & Total Function 1.00
- ☐ **Sobel-Hornbacher, Everyday Guide to Your Health** 4.95
- ☐ Todd, Thinking Body 4.95
- First Report of the Project in Humanistic Medicine,
  - ☐ **Full Report** 5.00
  - ☐ Summary 2.00

EDUCATION

- ☐ Brown/Shiflett, Confluent Education 2.00
- ☐ DeMille, Put Your Mother on the Ceiling 2.25
- ☐ Ford/Esalen Reading Project Report, 1971-72 . . . . . 3.00
- ☐ Ford/Esalen Reading Project Report, 1972-73 . . . . . 3.00
- ☐ Leonard, Education and Ecstasy 2.25
- ☐ Leonard, Education, Year 2000 . 1.00

LODESTAR PRESS

- ☐ Alex, Dreams and Analytical Therapy 1.50
- ☐ Enright, Thou Art That 50
- ☐ Keleman, The Human Ground . . 1.75
- ☐ Keleman, Sex, Self and Survival 2.50
- ☐ Keleman, Todtmoos 2.00
- ☐ Kogan, Gestalt Therapy Resources 95
- ☐ Levitsky, Rules/Games of Gestalt 1.00
- ☐ Speigelberg, Tibetan Art 2.00

RECORDINGS

- ☐ Gunther : Sensory Awakening: Couples 5.95
- ☐ Gunther: Sensory Awakening: Relaxation 5.95
- ☐ Religious Sound of Tibet 5.95
- ☐ Nin: Diary, V. I 4.95
- ☐ Nin: Diary, V. II 4.95

ESALEN BOOKSHOP in San Francisco is open Monday through Saturday, 10:00 to 5:00. Our shop stocks many more titles than we list here.

TAPE RECORDINGS of Esalen events are available from Big Sur Recordings, 117 Mitchell Blvd., San Rafael, CA 94903. Please send orders and inquiries directly to them.

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This form is for your convenience in preparing attendance at Esalen workshops and lectures. You may use it for Big Sur and San Francisco programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. In completing the form, please include the name, address and telephone number of *each* person registering, and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early; some workshops are booked to capacity weeks in advance.

Name _____ Age _____

Occupation _____

Address _____

City, State _____ Zip Code _____

Daytime Telephone: Area Code _____ No. _____

Number of males _____ females _____ in group.

Check program location:

Esalen/San Francisco ☐

Please register one week in advance when possible.

Esalen/Big Sur: ☐

Check whether you wish:

☐ shared room

☐ single room on a space-available basis ($7 per night additional charge).

(Lodging may be assigned at either Big Sur Hot Springs or South Coast Center at the discretion of Esalen.)

No. of persons	Date(s)	Leader's Name & Title of Event	Deposits

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Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

New ways to fly: Nicholas Cusa, fledgling scientist, peeks into the brand new Copernican world.

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Esalen

ALAN WATTS

If we wanted a marriage performed, a building or a bathtub blessed, a mass celebrated (in the High Episcopalian manner, with Roman and Orthodox touches added), a Buddhist prayer invoked, for the New Year or a grace said at meals, he was usually the first person we asked. Sometimes when he came to lead a seminar, we would find him in the kitchen, preparing one of his well-known dishes or admiring the latest vegetable from the Big Sur garden or letting us know that the cooking wasn't up to our usual standards.

He also loved the baths. Who will forget him standing there on windy nights, chanting mantrams toward the sea or delivering sermons to the others.

In 1962, he led our very first seminar, having shown us that philosophy was adventure and a form of play; and through all the years he would encourage, guide and support the enterprise, even when he couldn't understand what we were doing. Among all the leaders who came to Esalen, none has been more generous. He was quick to rejoice in another's gifts, insight or wisdom—and slow to criticize or belittle. He hated certain ideas and attitudes (like taking your cause too seriously), but people and all their imperfections were marvelous, unforgettable and often astonishing to him. He loved novelty, but could endure and support the most boring sorts. He loved pleasure, but was a good friend in difficult times. Any insight into the absurdity of things was enough to make his day.

So he taught us by who he was. We learned from his infectious, outrageous laughter, from his virtues and his faults, from his sense of play and his eye for the binds we would get ourselves into. He was our gentlest and most joyous teacher.

The Alan Watts Society for comparative Philosophy is sponsoring a public celebration in memory of Alan June 9 at the Palace of Fine Arts in San Francisco. All proceeds will go to the Alan Watts Memorial Fund. Call the Society at 332-5286 for further details.

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ESALEN/BIG SUR: Big Sur, Ca 93920 / Phone (408) 667-2335; 10 to 4 every day; 10 to 8 Sunday and Friday
ESALEN/SAN FRANCISCO: 1793 Union Street, San Francisco, Ca 94123 / Phone (415) 771-1710; 9 to 9 Monday through Saturday, 9 to 6 Sunday

NEWS FROM ESALEN

NEW PRESIDENT OF ESALEN

November 1, 1973

Dear Friend:

It is a pleasure to announce that Richard Farson is now the President of Esalen Institute. As you may know, he was a founder of Western Behavioral Sciences Institute and its president from 1959 until 1968; he remains Chairman of its Board of Trustees. Most recently he has been Dean of California Institute of the Arts, a school for training in environmental and social design. While at WBSI he led in the development of various innovations in the intensive small group and he pioneered in the use of film and television to communicate the nature of these experiences. For a number of years he has been interested in the implication of contemporary social movements for our understanding of the human problems of the future. For example, he was one of the first social scientists to speak out on women's rights issues and has just completed a book entitled *Birthrights*, which deals with the politics of childhood and outlines a bill of rights for children. He shares with me and with many of the people working at Esalen a dislike for bullying in all its "spiritual", "moral" and "therapeutic" forms, and has worked to demystify the teaching and healing professions. You might say that at WBSI he played Tom Sawyer to my and Esalen's Huck Finn as we ventured forth from the cities of academia.

We have been friends these past ten years and he has given me inspiration and strength in good times and bad. Now our friendship will be joined in work, for I will still be active at Esalen (with the title of Chairman, which I share with Richard Price). This irrepressible organization, with its many virtues, strengths and faults, continues to amaze and intrigue me; and it shows every sign that its work is just beginning. You will be hearing more about that from Dick Farson and from me as time goes on.

Twelve years have passed since Dick Price and I conceived Esalen Institute – twelve years of labor, learning and adventure – and I feel the need now for a change in my life. I am writing a novel and studying some things I have wanted to for many years. I will continue to work on projects within the Institute which interest me and participate in the creation of overall policies and directions. I can do all of this knowing that the administration of Esalen is in capable hands.

I hope you will join me in saluting our new President and wishing him well in his demanding and exciting job.

With best regards,
Michael Murphy

NEW YORK CONFERENCE: THE NEW ENERGIES

May 10-12, Esalen and New York University will co-sponsor a conference in New York City. The focus will be The New Energies: Some Ways of Directing Old Concepts and New Awarenesses. The leaders will include: John Lilly, Will Schutz, James Fadiman, Gregory Bateson, George Leonard, John Pierrakos and Ilana Rubenfeld. The conference will offer an opportunity to explore some of the most recent developments in sports, female consciousness, the body's energies, healing and psychic phenomena and the transpersonal dimension. For further information contact Moshe Davidowitz, New York University, School of Continuing Education, New York City, New York 10003.

ESALEN'S RESPONSE TO THE ENERGY CRISIS

Chartered bus service has been inaugurated between the Bay Area and Esalen/Big Sur on Fridays and Sundays. Schedule and reservation form will be found on page 57.

One-stop limousine service is available between Monterey Airport and Esalen/Big Sur late Friday and Sunday afternoons. Car pool information from other California areas may be obtained from the Esalen/Big Sur office.

As of this writing, the Big Sur gas stations are open on Sunday and a 200-gallon emergency gas tank and stay-over plan are available at Esalen/Big Sur.

ANOTHER WAY TO GROW

Esalen is establishing a farm on the Big Sur property. The catalyst for this project is Hugo Reed, a seminarian from Lubbock, Texas, who has been attending Esalen off and on for the past year. Hugo is a civil engineer whose avocation is farming; he has set up three model farms of his own in Texas.

In collaboration with Selig Morganrath, the architect and designer of Esalen, Big Sur, Hugo is now drawing up plans for the layout and farm use of the 13 acres available on the north side of Hot Springs Creek. With Hugo's engineering and farming experience and Selig's expert knowledge of Big Sur's environment and overall Esalen design, the farm has a solid beginning.

Current plans include the construction of a barn (a project undertaken personally by Hugo), the clearing and fencing of pasture, organic gardening supplemental to that already in cultivation and soon – poultry, hogs and dairy goats. The supervision of the farm will be the responsibility of Hugo Reed and Jim Killean, manager of Esalen's maintenance and construction crew. Work is being done by staff, residents and volunteers from the workshop programs.

The benefits of this project are many. Most obvious is the advantage of food supply as the cost soars for trucked-in food. More important is the value of having an operating farm as part of the experience available at Esalen. People have already reported that working on the land brings them into a closer rapport with nature, provides a balance to group work and offers useful lessons in ecological awareness and knowledge. Another way to grow.

ORGANIZATIONAL CONFERENCES AT BIG SUR

Organizations wishing to improve their internal communication, to explore their problems and potentialities and to determine action programs in an atmosphere conducive to effective planning and decision making may hold conferences at Esalen Institute.

Organizations as varied as a college faculty-student group, an architectural firm, an association of physicians and a U.S. Army drug abuse program have held such conferences.

Each conference is planned jointly with the participating organization to make maximum use of the experienced staff and unique facilities of Esalen/Big Sur and at the same time enable the organization to cover its own particular agenda.

For further information, contact Julian Silverman, Director, Esalen/Big Sur, Big Sur, Ca. 93920.

SOME DEFINITIONS OF APPROACHES

ALEXANDER TECHNIQUE

The Alexander Technique is a method of re-educating the body that can have dramatic effects on the whole person. By applying sensory awareness, inhibition and conscious choice to such everyday activities as sitting, standing, walking and bending, under conditions of continuous feedback from an instructor, we can experience the specific ways in which we interfere with the natural flow of our total pattern and learn to permit and encourage a response that will strengthen our innate tendency towards an integrated use of ourselves – allowing new alternatives of movement and being. Guided by the direct touch of the instructor's hands, the process involves a gentle reorganization of the body in movement and at rest.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual range of expression by working through this process.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement* – to have life energy freely available and flowing, not blocked. *Awareness* – to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility* – to know and act on the principle that I am the one who acts, thinks and feels whatever it may be that I act, think or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participant. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

MASSAGE

Massage at Esalen is seen and taught as a caring relationship between two people. Consideration is given first to the feelings and the sensory experience of both partners, and after that to technique. Workshops are intended by both couples and singles.

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man within an evolving universe. Starting with each person's existential situation as he perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal-keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

SENSORY AWARENESS

Sensory awareness is Charlotte Selver's name for the work she studied with Elsa Gindler in Berlin and brought to the United States in 1938. Workshops in sensory awareness aim at a state of intellectual quiet in which each activity can be fully felt and allowed to find its natural way, free of inhibitions, techniques and images. When ideas are stilled, sense perceptions coming from the entire organism enable the person to function authentically, according to his nature, in all situations. Closely akin, in its pure form, to the practice of zen, sensory awareness brings the essential character of meditation to every aspect of daily living.

STRUCTURAL INTEGRATION (ROLFING)

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom and balance. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage. Working with a trained practitioner, the process is usually completed within ten individual sessions.

PROGRAMS IN SAN FRANCISCO

Karlgren — The chinese language

Our own use of ideograms → 14 ⊗ ⊗ + ⊢ ⊻ etc.

But it has no literature. Show its possible elaboration

Children learning to read — difficulties with alphabets.

Chinese can be read without speaking.

The evolution of ideographs. Scratched pictures to brush.

Brush calligraphy. Water-flow. (Can blind read Ch. woodblocks?)

L.u. 道 — Tao: The imagery of water in Lao-tzu & Chuang-tzu.

Reasons for indescribability. Non linear. Too many variables.

Biting teeth analogy. Voidness = also basic materiality.

To be understood bodily rather than verbally.

Relation to chi & prana & thus yoga.

L.u. 易 — I Ching: The interaction of ☵☲ & ☶☰. The Maybe story.

No purely good or bad hexagrams. The Rorschach principle. [Perhaps this chapter should follow Ch. lang.]

胡牛 — Heaten tortoise-shell. Binary arithmetic. Principles of polarity. ☯ as cosmic principle: galaxies & sex.

無為 → Monkey — Wu-wei: The watercourse way. Following line of least resistance. Analogy with sailing → distinguish from flabbiness. Schwenck material on water-flow, grain, gas, etc. 天理 Nature as 自然. Truck-man in Lao-tzu, Chuang-tzu. Concordance. Hsiao Nan Tzu on wu wei.

* Ref. Needham: 2, 62.

SINGLE EVENING EVENTS

(For complete descriptions of events, see page numbers listed below.) Unless otherwise noted, please call the Esalen office at (415) 771-1710 for locations of events.

Tuesday, April 2
Introduction to Mountaineering & the Wilderness Experience–Michael Tobias & Kurt Wehbring
$5; 8-10:30 p m. (p 12)

Wednesday, April 3
Introduction to Interpersonal Methods–Robert Cromey
$5; 8-10:30 p m. (p 21)

Thursday, April 4
"The Great Awakening? Or Are We Sleepwalking?"–Michael Murphy, Sam Keen, Art Fox
$3; 8-10:30 p m. (p 8)

Sunday, April 7
Passover Seder
Rabbi Abraham Feinberg, assisted by Arthur Fox
Single evening event $12 including full meal

Monday, April 8
Introduction to Psychosynthesis–John & Heidi Firman
$5; 8-10:30 p m. (p 19)

Thursday, April 18
Yoga: A Lecture Demonstration–Joel Kramer
$5; 8-10:30 p m. (p 26)

Tuesday, April 23
Psychic Exploration–John White
$5 8-10:30 p m. (p 10)

Thursday, April 25
Dimensions of Structural Integration–Michael Salveson
$5; 8-10:30 p m. (p26)

Wednesday, May 1
Begin Sweet World–John Pearson
$5; 8-10:30 p m. (p 17)

Thursday, May 2
Personal Growth & the Social Revolution–John Enright & Jerry Rubin
FREE; 8-10:30 p m. (p 23)

Tuesday, May 7
Introduction to Interpersonal Methods–Arthur & Janica Fox
$5; 8-10:30 p m. (p 21)

Thursday, May 9
Theory & Practive of Aliveness (1)–John Enright
$5; 8-10:30 p m. (p 23)

Friday, May 10
Anais Observed: Film Portrait by Robert Snyder
$2.50 gen. & student; 6, 8 & 9:30 p m; First Unitarian Church, Franklin & Geary Streets, San Francisco. (p 17)

Monday, May 13
We Are the Transitional People–Stella Resnick
$5; 8-10:30 p m. (p 23)

Friday, May 24
An Evening with Sam Keen & Anne Valley Fox
$5; 8-10:30 p m. (p 17)

Thursday, May 30
Theory & Practice of Aliveness (2)–John Enright
$5; 8-10:30 p m. (p 23)

Friday, May 31
An Evening with Richard Farson
$5; 8-10:30 p m. (p 17)

Tuesday, June 4
Introduction to Interpersonal Methods–Bob & Marilyn Kriegel
$5; 8-10:30 p m. (p 21)

Friday, June 7
An Evening with Michael Murphy
$5; 8-10:30 p m. (p 17)

Tuesday, June 18
Present-Centered Bioenergetics–Michael Conant
$5; 8-10:30 p m. (p 27)

Wednesday, June 19
An Introduction to Psychosynthesis–Tom & Anne Yeomans
$5; 8-10:30 p m. (p 20)

Monday, June 24
Parapsychology–Today & Tomorrow–Milan Ryzl
$5; 8-10:30 p m. (p 11)

For Biographical Information, see pp 50-56.

EXTENDED LEARNING CENTER

Beginning this spring, Esalen plans to expand its present College Program into a center for longterm learning, involving people from all areas of the community. Many people who have attended workshops have expressed the need for some on-going sense; to see people again, to share experiences, to get advice on what programs to take, to get help to integrate the work into their lives and generally to be a part of a community of fellow seekers. The new Center is designed as a means through which people with a wide variety of occupations, ages, experiences and orientations can come together to learn, complementing and enriching each others' explorations and thereby forming a community of learners. Participants may enroll in the Center for college credit (through any college or university) or not, as they choose. The Extended Learning Center will incorporate many features of the current College Program. These include advisors who coordinate the students' overall programs, and facilitate the learners' integration of their current activities with their past experiences and goals as life-long learners. Weekly community meetings are a chance for all participants to come together to share experiences, ideas, feelings and resources. Students will continue to select programs from the catalog at a 15% discount and, beginning this spring, the Center will offer a variety of ongoing seminars and tutorials dealing with both theoretical and experiential aspects of Esalen's work; these courses are listed below. We hope to provide a forum for the exchange of ideas in this new area of intellectual investigation. Highly individualized programs are possible within this model: participants can choose from several options, depending upon the amount of involvement they prefer. For further information, contact Arthur Fox, Extended Learning Center, Esalen Institute, 1793 Union St., San Francisco, CA 94123.

EXTENDED LEARNING—SPRING COURSES

Thursday, April 4
"The Great Awakening? Or Are We Sleepwalking?"
Michael Murphy & Sam Keen—Introduction by Art Fox

Single evening event $3 general & student

"Are these times the beginning of a transformation? Or the beginning of the end? Is it the beginning of a Golden Age or, as some seers say, the Kali Yuga, the most difficult period in human history?" This is an introductory evening to the newly formed Extended Learning Center. Arthur Fox will be present to speak about the center and will introduce the evening's lecturers. 8-10:30 p m.

April 10-May 22
Alternative Life Styles: Living Poor with Style

Seven Wednesday evenings $80

How to live a high-quality life on a low budget. Speakers include:

April 10 – Stewart Brand
April 17 – Ernest Callenbach
April 24 – Red Dog Pieface (Peter Bailey)
May 1 – Bill & Helga Olkowski
May 8 – Communal Living
May 15 – To be announced
May 22 – Panel including Brand, Callenbach, Pieface & others.

Times: 8-10:30 p m each evening; work scholarships available.

April 16-May 28
Evolution of Consciousness / Michael Murphy

Seven Tuesday evenings $80

The emphasis will be on personal transformation with an exploration of the strengths and shortcomings of various models of the world and the soul (e.g. Buddhism, Tantra, Vedanta, Christian mysticism, psychosynthesis, Aurobindo, etc.) and various ways of growth. Some suggested readings: Sri Aurobindo—*Future Evolution of Man;* Satpren, Sri Aurobindo—*The Adventure of Consciousness;* Suzuki Roshi-*Zen Mind, Beginners Mind; Spiritual Teachings of Raman Maharishi* (a Shambala book). Time: 8-10:30 p m each evening.

May 1-17
Freud, Reich, Lowen & Keleman: A Theoretical Overview / Stanley Keleman & George Downing

Three afternoon lecture-discussions $36

Wednesday, May 1 & Wednesday, May 8: George Downing

Friday, May 17: Stanley Keleman

Time: 3-6 p m each afternoon. All three sessions must be attended; the course cannot be divided. Suggested Readings: Freud—*Essays on Sexuality;* Reich—*The Function of the Orgasm* and/or *Character Analysis;* Lowen—*Betrayal of the Body;* Keleman—*Sexuality, Self & Survival, The Human Ground, Todtmoos.*

For Reservation Information, see page 58.

May 2-16
Breyer, Selver/Brooks, Proskauer—
Theoretical Perspectives / Doris Breyer,
Charlotte Selver/Charles Brooks, Magda Proskauer

Three Thursday evenings **$36**

Magda Proskauer's breathing work, Charlotte Selver's sensory awareness and Doris Breyer's style of body-oriented therapy are three approaches to the body that have a common theoretical and practical base. They share a concern for increasing perceptual awareness and contact with the world through gentle ways of working with the body. There are similarities in their backgrounds—all have been influenced by the work of Elsa Gindler in particular. The history of this work is not well known here; this course is designed for the leaders to discuss the evolution and theory of their work as well as give an experiential and/or demonstration session.

May 2 —Magda Proskauer
May 9 —Charlotte Selver and/or Charles Brooks
May 16 —Doris Breyer

Time: 8-10:30 p m.

June 8-9
Empire & Nature / Peter Marin

Weekend workshop **$60**

This workshop is meant to center around the ambiguous area at which the worlds of private health and politics come together: the point at which neither of them makes sense without the other. In the modern world the State takes the place of the World; our primary relations, ideally to one another, to the earth, the gods, etc., become, instead, a form of connection to the State; empire fills the vacuum left by our broken relation to the world. In therapy most of us strive to restore that relation, and yet, at best, we are only partially successful—perhaps because we stop short of understanding the ways in which what we do and even think is encapsulated in Empire, a function not just of character and private neurosis, but of the corroded and perverse network of relations we inhabit. And perhaps, perhaps, an individual life does not become truly whole, if ever, until we have decided to stand in some way for what we love against the elements destroying it. But that raises several questions. How does one know what one loves? What does it mean to "stand for it?" And against what must one stand? Those questions involve an understanding of both the religious and political traditions we inhabit; they involve an understanding of the past and present political conditions around us; they involve the beginnings of an attempt to see more clearly just how and in how many ways what we can feel in our deepest privacies are functions of a particular time and place, a particular way of inhabiting the world—and that we have been taught those ways intentionally (institutionally and through the media) as a function of the state, the system we inhabit. Without a clear understanding of that, and of the possibilities of breaking the hold it has upon us, upon action and imagination, no real individual change is possible, nor are we likely to learn to love the world.

Additional courses, with Will Schutz and others, will also be offered.

The courses are also open to the general public.

Special Features of Membership:

For a $25 fee per month (minimum 3 months enrollment), a member will receive the following benefits:

- 15% discount on all San Francisco workshops, some discount at Big Sur.
- Advisor and weekly group/community meetings.

The Extended Learning Center is open to anyone who would like to take advantage of its features, not only college students.

Esalen College Program

Board of Advisors:
Moon Eng
Richard Farson
Janica Fox
Sam Keen
George Leonard
Leo Litwak
Norma Lyman
Michael Murphy
Martha Weinstein

For the past year students enrolled at Antioch/West, Johnston and many other colleges were also accepted by Esalen to study here and receive credit from their respective colleges. Esalen is now expanding its college program to involve those students currently enrolled in a college or university in the U.S. or abroad who would like to spend a semester or longer at Esalen. Students are encouraged to investigate the possibility of academic credit at their schools for the program of study done at Esalen. The Esalen staff will assist students in documenting their work here.

The Esalen College Program is designed to include: advisor-tutors, who meet with students individually, recommend and discuss readings and coordinate the students' overall program, which the student creates from the total catalog program offering; group meetings of the Esalen students and their advisor; and courses or workshops specifically for students in the program. The wealth of people within the Esalen orbit we have to draw upon to teach courses and tutorials is enormous and provides a unique opportunity for the college and general population. We expect that most students will proceed from a broad exposure to concentrated study in one area. Students and teachers interested in designing programs with Esalen should write: Arthur Fox, College Program, c/o Esalen/San Francisco.

If your college or student group is interested in arranging an Esalen workshop (day, weekend or longer) to take place on your campus, contact Arthur Fox, College Program, Esalen Institute, 1793 Union St., San Francisco, CA 94123.

Antioch College/West
Undergraduate Degree Program At Esalen

Advanced undergraduate students (anyone who has completed some undergraduate work at any college or university) may enroll at Antioch College/West in San Francisco and work for their B.A. degree at Esalen. Course work is accredited through Antioch College in Yellow Springs, Ohio; the B.A. degree is from Antioch College/West and the Union for Experimenting Colleges and Universities.

Students develop their own educational programs incorporating regularly scheduled Esalen workshops and courses and individual work created in conjunction with the Esalen staff. Esalen leaders and staff act as faculty and counselors for students in the program. Tuition for an academic year (generally nine months) is $2900. Financial aid is available. This program also qualifies for Veterans and Social Security benefits.

Inquiries for admission should be directed to: Ms. Cristy Willer, Antioch College/West, 149 Ninth Street, San Francisco, CA 94103. Information about program content and design should be addressed to: Arthur Fox, College Program, c/o Esalen/San Francisco.

Johnston College
Undergraduate Degree Program at Esalen

Esalen is happy to announce that Johnston College students may enroll at Esalen for a semester or longer and receive credit from Johnston. For further information and admission procedure, contact: George Rupp, c/o Johnston College, University of Redlands, Redlands, CA. 92373.

For Biographical Information, see pp 50-56.

But only signs have meaning. {Does a bird track mean that a bird has been around?} Non-signs have no meaning. Mystical experience is a non-sign, & is called meaningful or significant only because of its delight, & because it takes away the problematic feeling about things in general. It does not explain the universe because it is not an explanation – i.e. a form of words. One must taste it to understand.

The philosopher gets bored with anything not in his word-game.

CONSCIOUSNESS AND PSYCHIC EVENTS

This series of seminars and workshops presents and explores current research in consciousness, altered states and parapsychological phenomena from both historical and experiential perspectives.

April 13

"The Posthumous Journey of the Soul": Myth & Science / Stan Grof & Joan Halifax Grof

One-day workshop $25

In many cultures of the ancient as well as contemporary world one encounters a firm belief that consciousness continues beyond the point of physical demise. Elaborate maps have been developed in these cultures to guide the soul through the complex transition associated with death. In this seminar the Grofs, drawing from their background in anthropology and LSD research, will discuss the possibility of a scientific approach to this question. The issues they will cover range from the Egyptian and Tibetan Books of the Dead and cross-cultural analysis of death-rebirth mysteries and rituals to death-bed observations, accounts of survivors of near-fatal diseases and accidents as well as clinical and laboratory research of psychedelic drugs.

Tuesday, April 23

Psychic Exploration / John White

Single evening seminar $5

"Psychic Exploration" presents an introduction to the field of psychic research and offers a perspective that places parapsychology in the larger framework of transpersonal psychology. A thirty-minute color film entitled "Inner Spaces", narrated by Apollo 14 astronaut Edgar Mitchell, documents the latest psychic research in the laboratory. 8-10:30 pm.

May 4-5

Studies in "PsychoEnergy" Thelma Moss & Ken Johnson

Weekend workshop $50

Dr Moss and Ken Johnson describe the focus of interest in this workshop: "Participants are invited to explore with us the areas of Kirlian photography and acupuncture. Kirlian photography is a high-frequency photographic technique that records on film the energy coming from organisms such as plants or the human body. We have been researching the flow of energy, "chi", along the meridians of the body by means of an instrument that detects acupuncture points, stimulating those points and recording biofeedback with the Kirlian apparatus. We are interested in the relation of that energy flow to health and sickness and we invite you to explore with us these areas through demonstrations, discussion and experimentation." The extent of involvement is a matter of individual choice.

May 9

Personal & Public Encounters with Psychical Phenomena / Montague Ullman

One-day workshop $25

"In the course of my life I have engaged with the subject matter of psychical research in three different ways. These include exposure to a range of informally generated effects as a teenager, a clinical encounter in the course of psychoanalytic practice and, in recent years, a body of experience derived from laboratory studies into the connection between altered states of consciousness, dreaming in particular, and psi phenomena. These three interrelated but different dimensions of the paranormal will provide the basis for discussion and exchange." – Montague Ullman.

May 18-19

Prophecy: Extending Awareness to the Future Alan Vaughan

Weekend workshop $50

Mr. Vaughan writes: "This seminar will explore the following issues: How prophetic talents can be developed through extrasensory or extended awareness exercises; how psychic prophecy compares with computer-derived technological forecasts; how the patterns of human life and society derive from age-old archetypes. Once the archetype in operation is identified, the future can be logically forecast. We'll investigate why the technological forecasting system of 'surprise-free projections' needs the psychic element to predict the 'surprises'."

For Reservation Information, see page 58.

May 25
Dreams, Creativity & Altered States of Consciousness / Stanley Krippner
One-day workshop $25

This seminar will be devoted to experiencing a number of processes useful in evoking creative, artistic and scientific images. The use of dreams will be considered and experiences will be provided with guided imagery, fantasy, revery, massage and body movement.

May 31-June 2
Parapsychology Intensive / Jeff Mishlove
Weekend workshop $40

In describing his workshop, Mr. Mishlove writes: "Parapsychology is the attempt to put the *psyche* back into psychology. This weekend will combine scholarly material with experiential activities and personal exploration. Research on ESP, psychokinesis, reincarnation, out-of-body experience, animal telepathy, altered states of consciousness, hypnosis, meditation, dreams and human energy fields will be discussed. We will attempt to understand this material as natural phenomena within the context of current scientific ideas. We will also explore ways of developing psychic awareness through hypnosis, meditation, yoga, information-feedback and other techniques." Sherry Hogue will assist the experiential sessions.

June 9
Psychic Perceptions Applied to Everyday Life Helen Palmer
One-day workshop $20

Many people working through the spiritual disciplines are experiencing the need to make that consciousness useful in the world of supermarket and laundromat. This workshop is an experiment in using the psychic impression as a bridge between the patterns of feeling, vision and sound experienced in meditation and the pattern of daily life in the world of form. Limited to 15 participants.

Monday, June 24
Parapsychology—Today & Tomorrow Milan Ryzl
Single evening event $5

A physicist engaged in parapsychological research and experimentation for 25 years in both Czechoslovakia and the United States, Dr Ryzl will relate the existing knowledge, theories and future possibilities in parapsychology. 8-10:30 pm.

June 29-30
Parapsychology East & West / Milan Ryzl
Weekend workshop $50

Practical exercises in meditation designed to develop ESP will be demonstrated by Dr Ryzl. A physicist engaged in parapsychological research for 25 years in both Czechoslovakia and the United States, he will discuss the existing knowledge, theory and future development of parapsychology. A chapter in *Psychic Discoveries Behind the Iron Curtain* is devoted to his research and experimentation. Another chapter concerns his trainee, Pavel Stepanek, listed in the Guinness Book of World Records as the best clairvoyant tested in a laboratory.

LONG TERMS

For complete listings of these extended programs, references provided below.

April 15-June 20
Massage Training / Brenda Sales & Jane Walter
Ten week 100-hour course $280
For description and information, see p 24.

April 18-June 20
Bio-Anatomy / William Brostoff
Ten Thursday evenings $90
For description and information, see p 24.

June 8-July 20
Here & How as Leader/Participant: Demystifying the Group Process / David Schiffman
Mini-extended growth program $150
For description and information, see p 22.

November 3-May 5
Extended Growth Program / George Downing
Six month program $550
For information and description, see p 26.

For Biographical Information, see pp 50-56.

THE SPORTS CENTER

The sporting experience is a vehicle for eliciting the enormous potential that lies within us all. Yet for many it has been a roadblock, alienating us not only from sport, games and play but from our bodies as well. By blending techniques for expanded awareness, mind/body harmony and interpersonal relations with sport, games and the outdoor experience, we are developing new concepts, teaching methods and bringing back the sheer joy and delight of participation.

University extension credit will be available for several Sports Center courses. Contact the Esalen/San Francisco office at 771-1710 for further information.

Tuesday, April 2

Introduction to Mountaineering & the Wilderness Experience / Michael Tobias & Kurt Wehbring

Single evening event $5

This evening seminar will explore contemporary trends, motivations, ethics, areas, inventions and their usages in mountaineering. A comprehensive look at new methods, schools, manners, routes and ways of getting involved with climbing; explicit directions, definitions, advice, slide presentation and the showing of a new award-winning mountaineering film. 8-10:30 pm.

April 6-7

Tennis Flow / Dyveke Spino

Weekend workshop $45

This workshop will integrate principles of body awareness, movement, dance, music and meditation with traditional methods of tennis instruction and practice. The workshop is designed for beginners as well as advanced students of the game. Bring your racquet and a can of tennis balls. Limited to 20 people.

April 6-7

A Weekend of Jogging / Mike Spino

Weekend workshop $40

During a weekend it's possible to understand the basic principles of jogging. Running techniques, progressive workouts, visualizations and artistic imagination will be combined to help individuals plan comprehensive exercise schedules. 10 a m – 5 p m.

April 5-7

Cross-Country Skiing / Kurt Wehbring

Residential weekend workshop $75

We will stay in a mountain lodge complete with hot bath and sauna and spend the days combining ski touring instruction with sensory awakening and breathing exercises. Evenings will be devoted to rest, massage and general conviviality. No previous skiing experience of any kind is necessary. Room and board included. Details about place, equipment, etc. on request. Reservations must be made with full payment by April 1.

April 9-14

Yosemite Mountaineering Meditation Michael Tobias, Carol Macgee & Steve Miller

Six-day residential workshop $175 per person or $300 per couple

A six-day camping, hiking and climbing experience in unpopulated areas of Yosemite Valley. We will explore many facets of rock climbing; free form, aid climbing and bouldering, plus endurance for hiking and its relationship to climbing. Meditation, centering, sensory awareness exercises and spiritual ways of sustaining one's immersion in the wilderness will be used to help the participants experience themselves, the group and the environment in a new way. A special Easter celebration will culminate this experience. Reservations must be made with full payment by April 2.

April 16-June 4

Canoe Making & River Discovery Andy Toro & Walt Anderson

Eight Tuesday evenings
$150 per person/$225 per couple

The purpose of this endeavor is to take participants through the process of actually building a canoe to embarking on a spiritual river trip. The initial meetings will center around utilizing fiberglass molds

For Reservation Information, see page 58.

created by Andy Toro, four-time Hungarian Olympian, into personally designed canoes. During this workshop people with little manual skill can complete a boat. During the entirety of the workshop techniques of sensory awakening, yoga and light encounter will be integrated into the sessions. The group will culminate in planning a weekend of canoeing. The time and location of this weekend will be decided by the group. Cost includes materials for one canoe. Sessions will be held from 7-10 p m; April 16, 23, 30, May 7, 14, 21, 28 and June 4.

April 26-28

Flowing with the River
Walt Anderson & Jim Katz

Residential weekend workshop $90

A weekend traveling on rafts through the spray and white water of the Stanislaus River, paying attention along the way to the spectacular beauty of the environment and to our bodies and how they can best be used in river running. Evenings will be devoted to unwinding, massage and getting to know each other.

April 27-28

Elastic Communication Art / Mal Andrews

Weekend workshop $50

As Mal Andrews says, "Elastic Communication is soul sensory, somatic perception and meditation. It is an intrapersonal endeavor to form a harmony between one's body and mental process for deep soul action." Elastic Communication is a form of exercise which helps men and women discover the real "self" through communication with one's own body. It can help you to lose mental and spiritual restriction, to blend your body with your soul.

April 28

A Day in the Art of Bouldering
Michael Tobias, Carol Macgee & Kurt Wehbring

One-day workshop $25

The British sociologist Harold Drasdo, along with many others consider climbing The psychedelic experience. "Bouldering" is its microcosmic rendering on small rocks (4-20 feet in height usually). This will be an initiation into an unusual realm during a day at Indian Rocks in Berkeley. Young children of participants invited free. Bring your sack lunch.

May 1 & May 3-5

A Hiking High in the Sierras
Michael Tobias, Carol Macgee & Kurt Wehbring

Residential weekend workshop $55

The Wednesday introductory discussion in San Francisco on the mountain environment and its openness to hiker-pilgrims should prepare us for a leisurely two-day excursion into the back-country above Yosemite. This engagement will focus on combining group and individual consciousness experience with important, fundamental facets of camping. An excellent introduction in safety, route, weather decipherment, decision making and equipment utilization for the novice interested in future wanderings in the hills or in leading his own family or friends into back wilderness.

May 4-11

Esalen/Outward Bound: The Inward & Outward Journey / Sam Keen and Dick Galland

Residential eight-day workshop $250

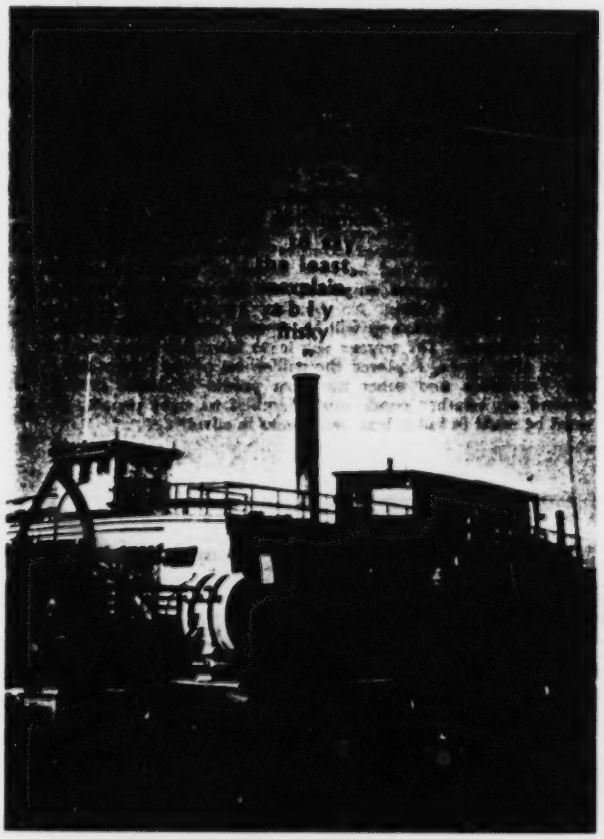
Men used to discover themselves by telling stories. Myths and legends were the building blocks of identity. Today we can integrate ourselves with our time and achieve identity and depth by learning to tell our stories. Being genuinely alive involves binding past, present and future into a meaningful whole. Memory, awareness and hope are essential to this wholeness. Using guided exercises, reflection and encounter, we will explore the private mythology, the unsung heroes and the silent hopes which influence our identity. We will explore confidence, fear and aloneness through whitewater rafting, rock climbing, short expeditions and solo. It will be a time for extending physical and emotional limits and creating new futures for ourselves. The setting for the workshop will be the desert and mountains around Big Bend National Park in Southwest Texas.

May 11-12

Jogging & Your Health / Hal Bailen & Mike Spino

Weekend workshop $45

Running and jogging are efficient means of body conditioning. The integration of this activity with the progressive forms of medicine and healing constitute a large advance in the formalization of holistic athletic experiences. Many techniques for running, such as "power running", tempo training and fuller breathing, meditation and psychological approaches will be combined with acupuncture and new structural body insights.



May 11-12

Tennis Flow / Dyveke Spino

Weekend workshop $45

This workshop will integrate principles of body awareness, movement, dance, music and meditation with traditional methods of tennis instruction and practice. The workshop is designed for beginners as well as advanced students of the game. Bring your racquet and a can of tennis balls. Limited to 20 people.

For Biographical Information, see pp 50-56.

May 11-12

Aikido / Bob Nadeau

Weekend workshop $50

Through the physical art of aikido we will work with a psychological and philosophical approach to movement. We will learn how to observe attitudes in motion and how to make corrections and improvements on those attitudes leading to a more complete mind/body unity.

May 17-19

Mountain Aesthetics Along the Big Sur Coast
Michael Tobias & Carol Macgee

Residential weekend workshop in Big Sur $100

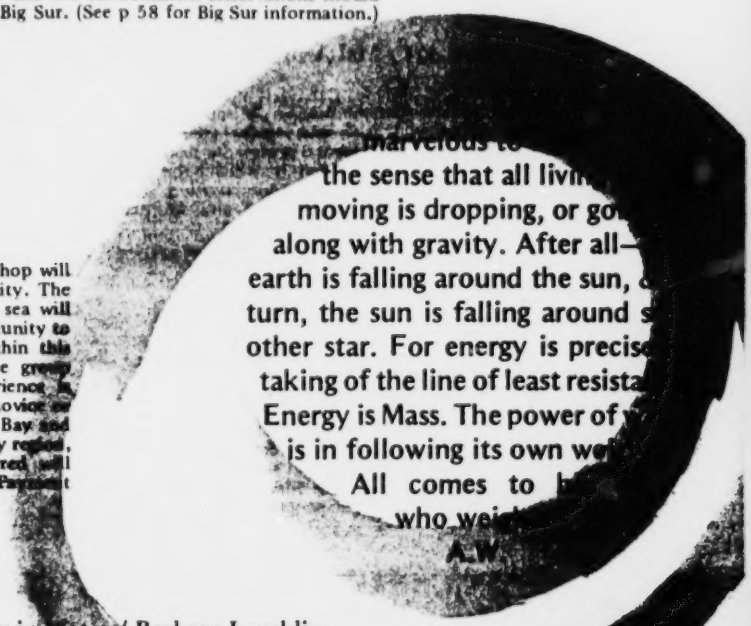
This workshop will combine new ways of exploring and experiencing the mountains and coastal shoreline in Big Sur. Technical alpinism, the art of bouldering, meditation, centering, hiking disciplines and mountain lore will be ways which can provide us with unique insights into ourselves, the group and the environment. Reservations should be made through Esalen/Big Sur. (See p 58 for Big Sur information.)

May 24-27

A Sailing Workshop
Co-sponsored with the Oceanic Society
Mary Crowley & Jerome Downes

Four-day workshop $200

Upon boarding the sailing vessel, participants of this workshop will join the crew as active members of this seafaring community. The experience of living and working closely together while at sea will tend to break people out of old roles and give them an opportunity to experience changes and become aware of themselves within this environment. The real emphasis for this workshop is the group participation in sailing. No boating knowledge or experience is necessary. This workshop will be equally exciting for the novice or the experienced. The voyage will leave from San Francisco Bay and return after having explored the wilderness of the Drakes Bay region, the Farallones and other northern points (distance covered will depend on weather conditions). Limited to eight people. Payment must be made in full at least two weeks in advance.



May 25-26

Knowing Your Body in Water / Barbara Lamblin

Weekend workshop $50

Water is a new and often frightening medium to relax in. We will work on land with stretching, breathing, massaging inflexible body parts to gain confidence with ourselves and each other before entering the water. Once in the water these techniques will help us to achieve self control and confidence in our bodies.

May 25-27

Inspiration & the Power of the Body: Two-Day Bike Trip in Sonoma County / Dyveke & Mike Spino

Residential weekend workshop $75

Inspiration is to be found in every age. The turn of the century was an era of inspiration symbolized by the writings of the coterie of artists surrounding Jack London, the American master of realism, whose recurrent theme throughout his work has been the power of physical adventure. By viewing the unpublished writings of his closest friend, George Sterling, and biking along the trails which served as their inspiration, we may touch upon a spark awaiting ignition in each of us. Limited to 10. Fee includes room and board. Scholarships are available.

For Reservation Information, see page 58.

June 1-2

Tennis Flow / Dyveke Spino

Weekend workshop $45

This workshop will integrate principles of body awareness, movement, dance, music and meditation with traditional methods of tennis instruction and practice. The workshop is designed for beginners as well as advanced students of the game. Bring your racquet and a can of tennis balls. Limited to 20 people.

June 1-2

T'ai Chi Chuan & Everyday Life / Judyth Weaver

Weekend workshop $50

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow and self defense. The straight postural lines and relaxation in movement learned from it can be significantly applied to any sport or everyday activity. In this workshop we will learn about the form and how to apply the principles.

June 2

A Day on Mount Tamalpais / Bob Kriegel

One-day excursion $10

On a one-day stroll we will explore the idea that yoga, meditation, sensory awakening and the putting of one foot in front of another are all harmonious activities. Participants should bring lunches and meet at the Mountain Home Inn parking lot. 10 am – 5 pm.

June 3, 5 & 7

Jogging, Conditioning & Creativity / Mike Spino

Three evenings $20

Without stamina, developed when the body increases its ability to utilize oxygen, sports, games and recreational leisure cannot be performed to capacity. Jogging and running are effective means of accomplishing this. Information about environment, equipment, nutrition, visualization and sensory stimulation techniques, assimilation of yoga and Eastern meditations will be discussed and practiced. Every participant will receive a suggested training plan based on a scale of his potential improvement. Monday, Wednesday & Friday, 5:30-7:00 pm.

June 8-9

Golf, Energy Awareness & Video Feedback Mike Murphy, Robert Nadeau & Jerome Downes

Weekend workshop $55

Centering, energy awareness and video recording will be applied to the game of golf. The mind/body disciplines are derived from meditation and aikido. There will be sessions for practicing energy awareness and integrating these approaches by working on the golf swing at a local driving range. As a vehicle for awareness, immediate video feedback will be available throughout the workshop.

June 8-9

A Reunion with the Sea / Ron Clark

Weekend workshop in La Jolla $65

Water has long provided us with a profound metaphor and dream symbol for our emergent bodily states—for our formative processes. Actual experience in the water can provide us with a unique growth-exploration—a process through which we can, to some degree, experience formative processes and a direction for ourselves to become more fully functioning organisms: more at one with our bodies. In this workshop we will work in a pool and in the ocean. Through a variety of techniques we will attempt contact, expression, integration and sharing of experiences and internal states. Fee includes room but not meals.

June 15

Knowing Your Body in Water / Barbara Lamblin

One-day workshop $25

Water is a new and often frightening medium to relax in. We will work on land with stretching, breathing, massaging inflexible body parts to gain confidence with ourselves and each other before entering the water. Once in the water these techniques will help us to achieve self control and confidence in our bodies.

June 15-16

Hiking Plus / Walt & Maurica Anderson

Residential weekend workshop $50

A weekend of backpacking through the Sierras, with side trips into sensory awakening, breathing exercises, yoga, meditation and massage. Food included.

June 22-23

Tennis Flow/Dyveke Spino

Weekend workshop $45

This workshop will integrate principles of body awareness, movement, dance, music and meditation with traditional methods of tennis instruction and practice. The workshop is designed for beginners as well as advanced students of the game. Bring your racquet and a can of tennis balls. Limited to 20 people.

June 23

Jogging & Video Feedback / Mike Spino & Jerome Downes

One-day workshop $25

During a single day it is possible to understand the rudiments of jogging. Running techniques, guided imagery and artistic expression will be combined with video feedback to enhance the individual experience. The utilization of video will emphasize how media may be used as an effective tool in expanding consciousness.

June 30-July 5

Rafting on the Rogue River Jim Katz & Jerome Downes

Residential six-day workshop $180

Spend the 4th of July on a rugged outdoor adventure rafting for six nights and five days on the Rogue River in Oregon. Through the practices of sensory awareness, meditation and diet we will encounter the elements of the river and its environment. This workshop is open to the novice or the experienced. Further information on what to bring, location and car pools may be obtained by contacting Esalen Institute in San Francisco.

For Biographical Information, see pp 50-56.

SAN FRANCISCO PROGRAMS

April 4-May 9

The Three Faces of the Goddess
Maggy Anthony & Suzanne Venesta

Six Thursday evenings $40

A group exploration of the feminine archetype through world mythologies. Emphasis will be on the inner experiences of women through personal expression of dream and fantasy material and the relationship of these to the archetype of the Great Goddess. Men are also welcome to attend. 7:30-9:30 pm. Suggested reading: *Women's Mysteries* by M. Esther Harding; *The Summer Before the Dark* and *The Four Gated City* by Doris Lessing.

April 12-May 3

Unlifting the Armor with the Armor of Art / Herb Gold

Four Friday evenings $25

We will explore the possibilities of finding truth through the genial lying of literature. Brainstorming upon a shared stimulus, we will live through the poetry-story-essay which results. Bring a portable typewriter or soft pencils to the meetings. A situation from the memory will be evoked – love, death, ambition, pride, self-discovery, fear, hatred, jealousy – and we will write for an hour; then we will read and rewrite each other's work. What should emerge: A sense of the place of style and control as a part of revelation. We will practice this freedom. April 12, 19, 26 & May 3; 8-10 pm.

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April 17-May 22

Gestalt Theatre Verbatim / John Argue

Six Wednesday evenings $45

A workshop using Gestalt to generate improvisations for a Theatre that celebrates the art of being Human. Work will be based on each person's everyday processes—dreams, fantasies, relationships. It is especially conceived for people who wish to learn Gestalt language. Open to anyone, but especially teachers, helpers and healers. The workshop will be held at Acting Open Hand in Berkeley from 6:30-9 pm Wednesday April 17, 24, May 1, 8, 15 and 22.

April 20-21

Oriental & Western Movement & Music
Judyth Weaver

Weekend workshop $50

Becoming acquainted with the forms of dance and music of Kabuki and Noh from Japan, T'ai Chi Chuan from China, African Primitive and Indian and American jazz. We will experiment with the basic movements of each form to see how they are expressed through our Western beings.

April 27-28

Art & Psychosynthesis / Tom Allen

Weekend workshop $50

In this workshop we will use a variety of art media to go through, past or around our inner blocks, and come into contact with our deeper, more expressive selves, our integrative center of being and awareness. Particular emphasis will be given to the use of focused and spontaneous drawing, guided imagery, the development of imagination, gestalt art and symbolic art. 10 a m-10 p m.

April 28

Alexander Technique & the Voice / Frank Ottiwell

One-day workshop $25

The Alexander technique evolved from a need on the part of Alexander to solve his own vocal difficulties. He discovered a certain way of mobilizing the body to make sound that produced an experience of speaking from the entire self, and that wholeness in turn produced an ease and fullness of sound. Come sing out in wholeness and fullness! Each participant will be worked with individually.

May 4

Photography as Personal Expression / John Pearson

One-day workshop $25

The uniqueness of each person's point of view will be explored through the medium of photography. We will view and discuss several short documentary films of photographers. Please bring photographs and slides.

May 4 & May 11-12

Theater of Transcendance:
Paul Rebillot & Paul Crowley

One-day & weekend workshop $55

GESTALT MEDITATION
DANCE IMPROVISATION
RITUAL MAGIC

What if you were given a blank check that says: "Who are you? Fill in anything you like. Payment on demand."

What would have to happen for you to collect? Let's find out! Paul Rebillot will help script and perform the material and Paul Crowley will facilitate the creation of an environment for the performance.

For Reservation Information, see page 58.

May 26

Body Music/David Schiffman

One-day workshop $20

"In the West the only place non-professional composers are expected to make up their own music is in the shower. And most of you people don't even do it there." -*Wasantha Singh.*

Regardless of musical training, each of us has our own inner songs and rhythms. The emphasis of this workshop will be on exploring and developing the unique rhythmicity and inherent musical potential we all possess. Through the use of ritual, fantasy, gestalt, movement, chanting and a specially-designed group of musical instruments, the participants in this workshop will spend the day creating a musical environment which will reflect our individual and collective creative energies. 11 a m-5 p m.

FRIDAY EVENINGS WITH AUTHORS

This series, a continuation and expansion of the Esalen Bookshop evenings with authors, provides an informal setting in which to speak with some of the authors whose books are featured in the Esalen Bookshop. In this series there will also be a slide presentation and a film. Please note that Anais Nin will not be present at the film. Except where noted, call the Esalen/San Francisco office at 771-1710 for location of events.

Wednesday, May 1
Begin Sweet World / John Pearson

Single evening event $5

Images and improvisations: A presentation of music, poetry and color slides with dissolves, from John Pearson's published books and a work in progress. 8-10:30 pm.

Friday, May 10
Anais Observed: **A Film Portrait by Robert Snyder**

Times: 6:00, 8:00 and 9:30 pm $2.50 general & student

Anais Nin talks with and about Dr. Otto Rank, D. H. Lawrence, Lawrence Durrell, Henry Miller, Martha Graham, Lou Andreas-Salome and others. A 60 minute film; please purchase tickets in advance at the Esalen/San Francisco office. Location: First Unitarian Church, Franklin & Geary Streets, San Francisco.

Friday, May 24
An Evening with Sam Keen & Anne Valley Fox

Single evening event $5

The co-authors of *Telling Your Story* will discuss their ideas about the value of telling the story of your past and present to call into greater awareness the dreams and demons, rituals and roots, fantasies and failures that have made you the way you are. 8-10:30 pm.

Friday, May 31
An Evening with Richard Farson

Single evening event $5

The author of *Birthrights* discusses the politics of childhood, the ways in which children are treated in America, the unnecessary burdens of parenthood and a Bill of Rights for children. 8-10:30 pm.

Friday, June 7
An Evening with Michael Murphy

Single evening event $5

The author of *Golf and the Kingdom* reveals Jacob Atabet, the mystic artist-hero of his novel-in-progress about sport and the mysteries. 8-10:30 pm.

June 1-2

Between Heaven & Earth / Laura Huxley

Weekend workshop $50

While listening to great music or looking at a masterpiece, one is sometimes transformed by a flood of high energy which, from timeless space, surges with the impetus of a new spring. Specific Recipes for Living and Loving can put us in closer contact with the liberating space where masterpieces exist. 10 a m-5 p m.

June 4-20

Archives of the Self
Anne Valley Fox & Debbie Swackhamer

Six evenings $30

A workshop for journal addicts, closet scribblers and anyone who has always wanted to write but can't get the first word on paper. We will do a variety of experiments including automatic writing, open readings, time collages, and the Wheatcroft 1000; and we will discuss and imitate journal styles including those of Ira Progoff, Anais Nin and the psychosynthesis journal. From the files of our past, we will find documents that show how we see ourselves through time and tricks of memory. 7-9 p m, Tuesday & Thursday evenings, June 4, 6, 11, 13, 18 and 20.

June 8

The Art of Excitation & Creativity
Stanley Keleman

One-day workshop $25

How we handle our excitation is crucial to the process of creation. The externalization of excitation is the creative process. Talking and demonstration. Workshop is open to artists and writers; please send a brief description of your work with your reservation.

June 9, 15 & 16

A Photography of Involvement
Paul Fusco & Michael Alexander

One-day & weekend workshop $55

Our photographs reflect our feelings about what we see. They say as much about us as they do about our subjects. We use photography to communicate our point of view to others and the closer we are to our own feelings, the clearer our point of view becomes. Participants will make, look at and discuss photographs. Bring a camera that you are comfortable using. The week interval between workshops will provide an opportunity to process work done after the first day.

June 22-23

Awakening Creativity Through Yoga / Fritz Faiss

Weekend workshop $50

A workshop designed to awaken creative abilities. All people have creative trends which can be put into expressive action. Meditation and specific yoga techniques with emphasis on actual work, particularly painting, will lead each participant to those images and forms that live within him and influence his daily life.

For Biographical Information, see pp 50-56.

ENERGETIC STUDIES

The Center for Energetic Studies, under the direction of Stanley Keleman, is a program of workshops, teaching and publishing concerned with the bodily experience of the here and now and the biological form which gives identity. Workshops will be led by Keleman and other invited leaders who explore human development from a perspective of experiences enhancing the biological life.

April 6-7
Open Workshop / Stanley Keleman
10 a m to 6 p m, Friday and Saturday $60
Deposit of $40 required.

April 20
Grounding / George Downing
How we relate to the ground beneath determines what kind of world we let emerge around us: its rhythm and space, its possibilities for contact with others, its wonder. We will use a gestalt and energetic approach to explore in what ways we may be keeping ourselves from a more complete personal grounding. 10 am to 5 pm, Saturday $25

May 11, 15, 22
Coping With The Unknown: Seminar for Professionals
Stanley Keleman & Ludwig Lefebre
The rationale for this series: theories therapists use are the means for banishing their own anxieties aroused in dealing with patients. This seminar will consider the effect of theories of man on psychotherapeutic practices, and alternate theories for dealing with the unknown.

One-day, Saturday, May 11, 10 am to 5 pm, and two Wednesday evenings, May 15 and 22, 7 to 9 pm. $65 Deposit of $40 required.

May 18
Paths / George Downing
Using an approach combining gestalt and energetic techniques we will try to experience the messages our bodies are sending us about where we have been, our contact in the now, and what wishes to emerge in us. 10 am to 5 pm, Saturday $25

May 25
Forming / Ian Grand
A one-day workshop to explore the kinds of attitudes, feelings, postures and movements we form in our interactions with each other and our worlds. Energetic approaches, song and dance will be used. 10 a m to 6 p m, Saturday. $25

May 30–June 2
Myth & The Body / Stanley Keleman & Sam Keen
The myths we use to structure our lives are the same myths we use to structure our bodies. Our energetic responses to the events of our lives create both our biological and mythological expression. This is a workshop in bio-myth using energetic and story-telling approaches.

Four-day residential workshop, Thursday through Sunday. $200, including room and meals. Deposit of $75 required.

June 8
The Art of Excitation & Creativity
Stanley Keleman
One-day workshop $25
For description and information, see *Arts*, p. 17.

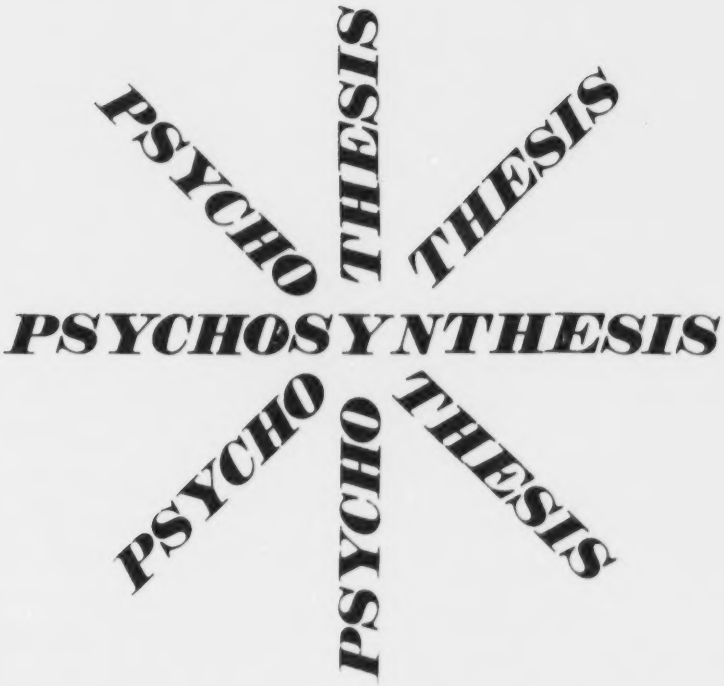
June 10-14
Forming / Ian Grand
A five-day workshop to explore the kinds of attitudes, feelings, postures and movements we form in our interactions with each other and our worlds. Energetic approaches, song and dance will be used.

10 a m to 6 p m, Monday through Friday $120 Deposit of $50 required.

June 22-23
Open Workshop / Stanley Keleman
10 a m to 6 p m, Friday and Saturday $60 Deposit of $40 required.

The Professional Development Program of the Center is a curriculum in which students can develop a deepening understanding of both the biological roots of experience and the applications of that understanding to personal and cultural expression. The seminar, "Coping with the Unknown," listed below, is a part of this Program. It is open to all professional applicants, and special consideration will be given to people in the helping professions, the arts and sciences, and those interested in an extended course of study at the Center. Please describe your background in a brief letter of application to this seminar.

For Reservation Information, see page 58.



Esalen Institute Psychosynthesis Programs are offered in cooperation with the Psychosynthesis Institute, and are coordinated by its directors, Jim and Susan Vargiu.

TRAINING IN PSYCHOSYNTHESIS

September 17-October 27

Psychosynthesis Professional Training Series
Jim & Susan Vargiu & Associates of the Psychosynthesis Institute

Six Tuesday evenings, a weekend & individual sessions. $280

A program designed for psychotherapists, educators, counselors and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field.

The program includes: identification and harmonization of sub-personalities–integration of body, feelings, and mind–guided day-dream principles and practice–release and utilization of psychological energies–a model of personality in terms of energy fields–creativity and imagination–Height Psychology, the Transpersonal Self, and the superconscious–symbols and the development of intuition–the inner dialogue–meditation principles and practice–optimum utilization of current major approaches to growth. We will work together so that each can recognize the process of psychosynthesis at work both in himself and in the others. There will be assignments and exercises to complete between meetings. In addition, each participant will have one private psychosynthesis session, and will have the opportunity to observe two sessions of other members of the group. Further individual work during the six week period can be arranged. Advanced training following this program is also available.

Six Tuesday evenings, September 17, 24, October 1, 8, 15, 22 and weekend workshop, October 26-27. For application form, contact Esalen/San Francisco.

Monday, April 8

Introduction to Psychosynthesis
John & Heidi Firman

Single evening event $5

Join us for an evening of experience and discussion of the basic principles of psychosynthesis. Bring paper, pencil and your imagination! 8-10:30 pm.

April 19-21

Psychosynthesis: Who Are You?
John & Heidi Firman

Weekend workshop $50

What kinds of answers do you have for this most basic question? Who is it in you that questions? Who is it that answers? Are any of the responses in conflict? As we begin to observe and listen to the various parts within us, we can discover a center distinct from the questions, the answers, and the conflicts. This workshop will provide an opportunity for you to connect with the energy and guidance of this center in order to explore these inner voices and create harmony among them. Together we will seek solutions which move us toward actualizing the very best within each of us, our most essential Self.

April 27-28

Art & Psychosynthesis / Tom Allen

Weekend workshop $50

In this workshop we will use a variety of art media to go through, past or around our inner blocks, and come into contact with our deeper, more expressive selves, our integrative center of being and awareness. Particular emphasis will be given to the use of focused and spontaneous drawing, guided imagery, the development of imagination, gestalt art and symbolic art. 10 a m-10 p m.

For Biographical Information, see pp 50-56.

SAN FRANCISCO PROGRAMS

May 17-19

Being a Woman: Liberation From Within
Anne Yeomans & Anne Hubbell

Weekend workshop $50

A weekend together, turning inward toward a renewed awareness of woman's strengths, both ancient and modern. We will use the tools of psychosynthesis: including fantasy, art, movement, journal-keeping and meditation to center ourselves, and from there to begin to address the personal and spiritual questions of our lives.

May 25-26

Introduction to Psychosynthesis
Tom Allen & Margaret Conway

Weekend workshop $50

A weekend workshop designed as an introduction to psychosynthesis, utilizing processes such as guided imagery, self identification, the recognition and integration of subpersonalities, and the balancing of opposites. Emphasis will be integrating various aspects of the personality as a means for contacting the energy of the transpersonal Self.

June 8

Psychosynthesis: Transpersonal / Betsie Carter

One-day workshop $25

This will be a general introduction to psychosynthesis emphasizing the transpersonal or spiritual dimension. 10 a m – 10 p m.

Wednesday, June 19

An Introduction to Psychosynthesis
Tom & Anne Yeomans

Single evening event $5

$2 general and student; First Unitarian Church, Franklin and Geary Streets, San Francisco.

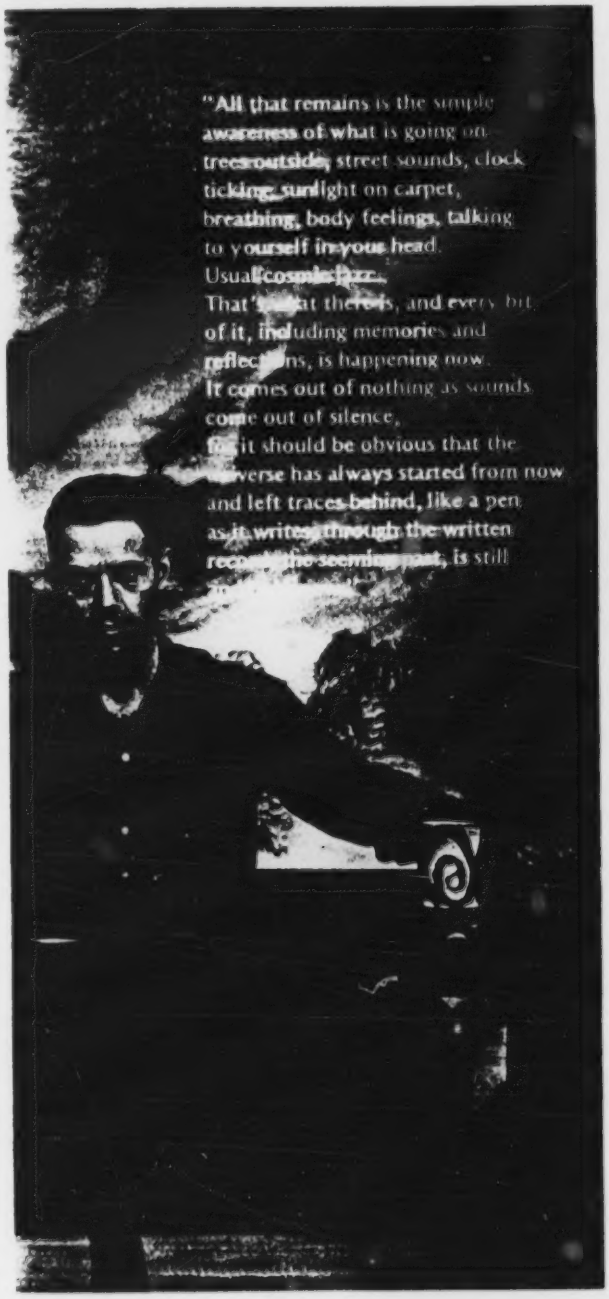
An evening's experience with the principles and practice of psychosynthesis as a means to increase personal and transpersonal awareness and growth. 8-10:30 pm.

June 28-30

The Process of Psychosynthesis
Tom & Anne Yeomans

Weekend workshop $50

Psychosynthesis is a way of growing and a way of learning to direct ones growth. In this workshop, using such techniques as symbolic imagery, guided fantasy, gestalt, art, movement, inner dialogue and meditation, we will seek to know better the many parts of ourselves; we will work to integrate these around a center of personal and transpersonal awareness, the Self.



For Reservation Information, see page 58.

INTERPERSONAL

SAN FRANCISCO INTRODUCTIONS TO INTERPERSONAL METHODS

These evening programs are specially intended for, but not limited to, persons who have not previously participated in Esalen encounter groups.

Working in small and large group sessions, participants will be introduced to many methods for personal growth being explored at Esalen. Comfortable clothing recommended; bring a pillow for easy sitting.

$5; 8-10:30 pm; call Esalen office (771-1710) for locations.

Wednesday, April 3 – **Robert Cromey**

Tuesday, May 7 – **Arthur & Janica Fox**

Tuesday, June 4 – **Bob & Marilyn Kriegel**

April 6-7

A Tender Invitation / Harry Sloan

Weekend workshop $50

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich alive experience—love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. The participants will be offered a chance, a tender invitation to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse."

April 7

The Roles People Play
Walt Anderson & Joe Alexander

One-day workshop $25

We will draw on the insights of transactional analysis and the spontaneous-enactment techniques of psychodrama to explore our own roles—how we create them, act them out, and often let them block free development and growth. We will work with the idea of life-scripts (scenarios made in childhood and sometimes held onto forever) for deeper understanding of how we function in the here and now and to see how creative changes might be made.

April 20

Humor: A Sense of Letting Go / Harry Sloan

One-day workshop $25

Humor is a transpersonal transcendent quality frequently showering grace upon the most grim situation. Looking at what you find funny can help you appreciate and understand where you are NOW. Though there may be some tears along the way, looking at our laughter teaches us to find a liberating perspective, a "letting go" of self-imposed limits, with a pleasant bodily response. Bring anything that tickles you; a friend's uncle, an over-ripe banana, jokes, cartoons, personal incidents.

April 20-21

Fair Fight Training for Couples: With Instant Videotape Replay
Ed & Esther Bourg

Weekend workshop $50

In this weekend couples will have a chance to learn and practice the basic techniques of "Fair Fight Training" as outlined in *The Intimate Enemy* by Dr. George Bach. In Fair Fight Training, couples learn ways to constructively channel their aggressive energies into the revitalization, growth and development of their relationship. This workshop will also provide a valuable opportunity for couples to observe their own personal interaction patterns and communication styles through the use of focused videotape feedback. Limited to 8 couples.

April 26-28

The New Communication / John Ziegler

Weekend workshop $50

John Ziegler writes: "The New Communication is a tool for developing effective ways of communicating in order to help you live your life the way you want to live it. Three basic areas of communication for sensitizing problem-solving skills are explored experientially: 1) Self-Contact, 2) Interpersonal Contact and 3) Group Contact. The contributions of gestalt therapy, sensory awareness, fantasy, psychosynthesis, bioenergetics, biocentric psychology and mass communication techniques will be applied."

May 4-5

Exploring Self-Acceptance / David Schiffman

Weekend workshop $50

The focus of this workshop is on the creation of a more positive and open-ended self concept. Through the use of structured risktaking situations, gestalt, role-playing, fantasy and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities and latent powers as a means of achieving productive, creative functioning.

For Biographical Information, see pp 50-56.

SAN FRANCISCO PROGRAMS

May 11-12

How Do You Want to Be Alive in This World?
Arthur & Janica Fox

Weekend workshop $50

Aliveness is thinking, sensing, feeling and acting. Come and take a look at yourself, learn techniques to increase your awareness, free up more of your feelings and energy and learn what part your body plays in regulating these things. Learn to listen to and trust your body, your organism as your best source of knowledge, guidance and inner strength; then learn ways to act on this knowledge, to move from this centered, intuitive place, to make it a living, working part of the process that can help you to be the person you want to be. As leaders we will utilize our own intuitions, and various techniques, including bioenergetics, sensory awareness, gestalt, encounter, fantasy and goal-fulfilling strategies.

May 17-19

Acting-In- Practical Applications of Psychodrama
Howard Blatner

Weekend workshop $50

In psychodrama, the individual is helped to clarify his own "psychological reality" through enactment. By becoming empathically involved in the emotional aspects of one's own roles, or those of significant others, a person can extend his capacity for intimacy and sensitivity. In this experiential workshop, the participant will be introduced to a variety of psychodramatic methods as part of the exploration of his own life situation. We will further explore the applications of these methods in other settings and the integrations with other approaches to personal development.

May 25-26

Conjoint Consciousness Raising Workshop for Men & Women / Robert Cromey & Esther Warsinski

Weekend workshop $50

Bob & Esther write: "In this workshop we will deal with issues of social role versus personal experience. Men and women will meet separately to explore such role/images for women as: mother, lover, receiver, soft, gentle, passive; for men as: provider, father, tough, aggressive, defender. Then we will meet together as a whole and use our findings about ourselves as a basis for relating to each other. We shall help people to affirm their real humanity, asserting those parts of themselves which they choose to affirm rather than accepting the roles foisted on them by society."

May 31-June 2

Relationship Experience & Training in Depth
Stan Standal & Staff of Deer Creek Center

Weekend workshop $50

The three major tools to be introduced and explored during this weekend are: the Relationship Journal Method (for cleaning up the past), the R & R technique (for work in present time) and the Deer Creek method of modifying body image in relationship. There will be some exposure to the "vesuvius" process for dissipating chronic, mutual resentment. There will be theoretical discussion and practical application of Stan Standal's "pure relationship" approach to increasing openness, caring and responsibility in relationships, and the use of relationship as a therapeutic and personal growth vehicle for the individual.

June 8-July 20

Here & How as Leader / Participant: Demystifying the Group Process
David Schiffman

Mini-extended growth program $150

David Schiffman writes: "This program will provide an opportunity to explore the basic elements underlying the group process and individual growth. We will examine the techniques, strategies and theoretical components inherent in all forms of personal interaction and the use of *specific themes* in facilitating focus and flow in group sessions. The themes to be covered will include: *Growth Through Risk Taking; Humor: A Sense of Letting Go; Growth and Boundaries; Integrative Approaches to Self-Actualization.* We will work within an experiential and didactic framework, and each person will be given the opportunity to apply his newly acquired skills by acting in the capacity of a group leader. This workshop will be particularly useful for people in the helping professions. However, it is open to anyone who would like to clarify and refine his/her understanding of a process which has normally been considered too intuitive to be grasped in a cognitive way.

The program consists of two weekend workshops on June 8-9 and July 19-20 and five Thursday evening meetings between the dates of the two workshops.

Limited to 16 persons, selection will be made by David Schiffman between May 20-June 3. If you are interested in applying, send a letter telling us *briefly* about yourself to Esalen/San Francisco, 1793 Union Street, San Francisco 94123.

June 9

Open Psychodrama Encounter
Walt & Maurica Anderson

One-day workshop $25

A flexible day's work and play using a variety of encounter and gestalt approaches, with emphasis on psychodrama – the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing one's own openness, spontaneity and creativity and having fun. The degree of active involvement is a matter of individual choice.

June 16

One Plus One: A Workshop for Couples
Bob & Marilyn Kriegel

One-day workshop $25

A workshop devoted to adding up the resources available to each couple. It is our belief that individuality and personal integration need not be sacrificed in the process of joining with another. A workshop on becoming more than the sum of the parts. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used. Limited to 10 couples.

June 21-23

Changing Courses in Midstream / Jack Gaines

Weekend workshop $50

The change from what you are doing to what you want to do is not easy for most people – at any age. Many of us talk of changing life styles, getting out of the rat race, no longer willing to look for our identity in an endless string of shiny new possessions. Some of us do. Few among those who do are prepared for the impact of change and/or idleness. This is an exploratory seminar for people who are interested in the development of new attitudes preparatory to changing career and family responsibilities.

For Reservation Information, see page 58.

June 28-30

Finding Your Own Way / Lenore Lefer

Weekend workshop $50

The way we choose to be and live our lives is limited by our perceptions and attitudes to ourselves. To broaden and illuminate these perceptions, we will explore untapped energy resources using such tools as gestalt awareness, encounter, guided daydreams and psychosynthesis techniques and thus help each participant begin to discover his or her own path.

GESTALT

April 1-May 20

Ongoing Gestalt Group / Frank Rubenfeld

Eight Monday evenings $80

One-to-one work, awareness exercises, and gestalt-encounter will all be part of the weekly meetings. Participants will have the opportunity for self-exploration and growth within a therapeutic framework stressing autonomy, immediacy and excitement. In order to facilitate member participation and continuity, group size is limited to 10 and participants must register for the series as a whole. Meetings will be held in Berkeley from 7-9 pm, April 1, 8, 15, 22, 29, May 6, 13 and 20.

April 13

Exploring: A Gestalt-Bioenergetic Workshop
Michael Conant

One-day workshop $25

Exploring the unknown territories of ourselves through intensive group work in gestalt and bioenergetics. We'll focus on centering ourselves in our bodies so that we may become more and more trustworthy and human guides to ourselves in self-exploration.

April 20-21

Living 1974: A Workshop on the New Consciousness
Stella Resnick & Jerry Rubin

Weekend workshop $50

Stella Resnick, gestalt therapist, and Jerry Rubin, political activist, will bring their energies together in a workshop designed to explore and experience inner and outer revolution/evolution. We will play with gestalt, yoga, massage, gestalt theater, and concern ourselves with the developing new consciousness of health, sexual and sex-role liberation, interpersonal relationships and political action.

April 27-28

A Gestalt Workshop with Jack & Lyn
Jack Downing & Lyn Davis

Weekend workshop $50

Everything you've wanted to know yourself but were too busy to ask: being a subtle blend of penetrating gestalt therapy, sensuous body experience, rousing bioenergetics, heartening folk humor and gently meditative Arica exercises.

Thursday, May 2

Personal Growth & the Social Revolution
John Enright & Jerry Rubin

Single evening event FREE

A social revolution led by irresponsible, uptight, pleasure-limited people will only succeed in changing tyrannies. The growth movement as it is structured however, is not too helpful to would-be revolutionaries. This evening will explore ways of getting revolutionaries into the growth movement and making the growth movement more useful to revolutionaries. 8-10:30 pm.

May 4-5

Gestalt & the Body / Mari Krieger

Weekend workshop $50

Participants will learn Esalen sensory massage as well as work on releasing muscular tensions. Gestalt awareness exercises and hot seat work will be used to deal with any personal and interpersonal concerns that may arise.

Thursday, May 9 & Thursday, May 30

Theory & Practice of Aliveness / John Enright

Single evening event $5 each evening

A discussion of what it means to be *aware* or *awake* as opposed to automatic or asleep, including gestalt exercises to help stay in the state of awareness for longer periods. The two evenings will supplement and reinforce each other, but each is organized to be meaningful and complete by itself. 8-10:30 pm.

May 11

Where Might We Go From Here? / Jack Downing

One-day workshop $25

Now our culture must change mightily, going from a higher to a lower physical energy state. What new social institutions might evolve, if we so desired? Can social and spiritual energies desirably replace the physical forces which have preoccupied us for so long? A day-long small and large group discussion of *your* ideas; if you wish, send a one-page idea outline in advance and we'll duplicate it for distribution at the seminar.

Monday, May 13

We Are the Transitional People / Stella Resnick

Single evening event $5

We are the transitional people; born into one historical age, we will die in another. More and more we are shifting our life styles and our values, but our old programming often confuses us and limits our ability to make nourishing changes. This talk will be concerned with the pains and pleasures of individual evolution, particularly as relating to health, sex and sex-role liberation, interpersonal relationships, being alone. 8-10:30 pm.

For Biographical Information, see pp 50-56.

May 25-26

Energizing Your Gestalts / Elaine Kepner

Weekend workshop $50

Body-mind and concentration exercises to develop energy and focus for gestalt work. This workshop combines gestalt methods with some of the Arica awareness exercises so that "habitual" negative gestalts can be overcome. The workshop is designed to promote an inner objectivity and centering – people in the helping professions will find it particularly useful in their work.

June 1-2

Massage & Gestalt / Ruth Ross & Brenda Sales

Weekend workshop $50

We will use massage, movement and relaxation exercises. Gestalt and other verbal processes will be available for working with feelings that emerge. The emphasis throughout will be on the discovery of what gives us pleasure, what nourishes us, what makes our contact and movement satisfying. A feast of finger foods will be provided on Sunday.

June 7-9

Gestalt, Hypnosis & the Problem of Identity
Abe Levitsky

Weekend workshop $50

"You cannot find yourself without finding others. You cannot find others without finding yourself." This workshop will utilize a novel technique of hypnosis and meditation which seeks to translate age-old concepts of the Self into concrete experience. The methods of gestalt therapy will also be employed for self-exploration.

June 14-16

Advanced Workshop in Gestalt Therapy
Joel Latner

Weekend workshop $50

If our ideas rule us, we subjugate or ignore our viscera – our emotions, our sensations, our perceptions. But if we come to our senses and leave our heads behind, we are still not whole. In the gestalt approach, principles and practice are cut from the same cloth. In this workshop, we will experience the methods of gestalt therapy and begin to discover its mentality. This workshop is open to professionals, graduate students and trainees in the healing arts.

June 29-30

The Next Step Along the Path –
Advanced Gestalt & Beyond / Jack Rosenberg

Weekend workshop $55

The techniques and attitudes of gestalt therapy are exceptionally suited for finishing unfinished situations and allowing each of us to come to the here and now. These moments of the present then fade and again and again new situations become foreground. It is from the present that we have the opportunity to begin to sense or experience the transcendence of our everyday consciousness. This workshop is aimed at focusing our attitudes on the present and beginning an introduction to some of the techniques for meditation, fantasy, as well as body energy, aimed at preparing ourselves for taking the next step along the path. Limited to 15.

POTPOURRI

Sunday, April 7

Passover Seder
Rabbi Abraham Feinberg, assisted by Arthur Fox

Single evening event $12 including full meal

A Passover Seder combining the choice treasures of tradition with profound awareness of freedom's true meaning today, not only for *a* (Jewish) people but for *all* people. The universal passion for freedom began with the Israelite Exodus from Egypt 35 centuries ago – but its form and story must be rewritten and adapted to the *now*! 've song, poetry, ritual, prayer, shared by every creed and race, will challenge us to fight for always-endangered external freedom and to find the hard road to inner freedom. A belly-filling Seder meal with the symbolic dishes. Everybody welcome!

(Scholarships available). Begins at 7 p m.

May 4

Awakening Intuition / Frances Clark

One-day workshop $25

Intuition is known to all of us by experience, yet frequently remains a repressed and undeveloped function. Awakening intuition means tapping the deepest wellsprings of creativity within the self. We will learn to distinguish various levels of intuition, differentiating intuitive perception from imagination and projection. We will work with the spontaneous imagery of dreams and fantasy as well as meditative exercises to facilitate the clearing of inner vision. We will explore meditation and self-hypnosis as ways of increasing receptivity to subjective impressions and discuss various methods of interpretation and validation. Our focus will be on the development and integration of intuition as a source of wisdom, inspiration and guidance in everyday life, and on learning practical methods for continuing amplification after the workshop.

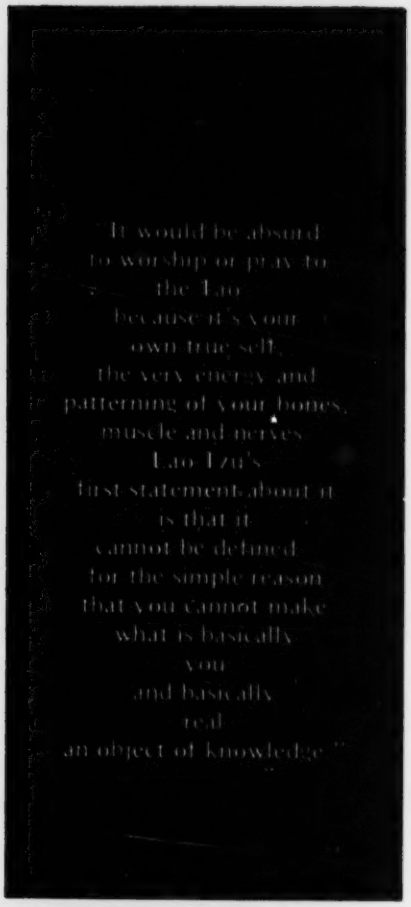
June 14-16

Extending Awareness Through Hypnosis / Lee Pulos

Weekend workshop $50

This workshop will combine the approaches of hypnosis and psychosynthesis. Hypnosis and self-hypnosis will be taught so that participants can focus in on themselves through hypnotically induced dreams, automatic writing and drawings. These self-discoveries will be extended through guided fantasies, symbolic imagery and learning how to tune into the "inner theater" of one's unconscious.

For Reservation Information, see page 58.



THE HUMAN BODY

Monday evenings

Alexander Technique / Frank Ottiwell

Continuing program $35 per month

Enrollment is limited to 6 persons; new persons may join the classes as spaces become available; 6-7:30 pm.

April 6-7

The Way of the Chi
Marshall Ho'o, assisted by Hope Adler

Weekend workshop $50

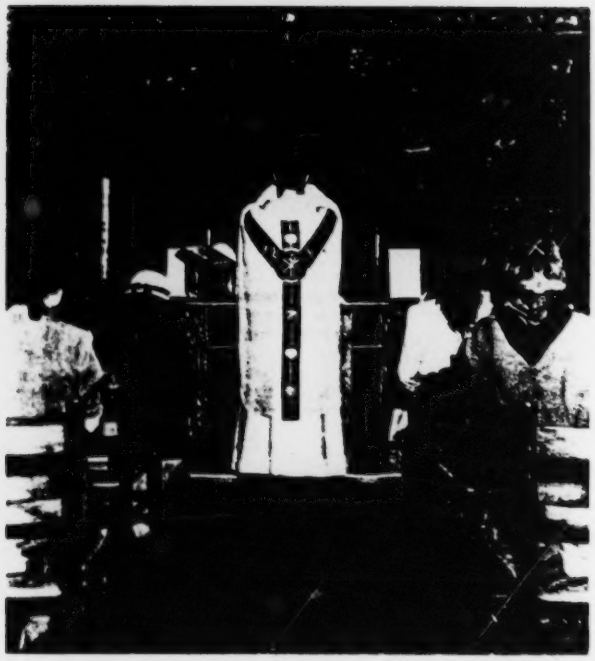
One portion of yang and one portion of yin equals the *tao*—temple movements, aspects of t'ai chi chuan, acupuncture massage are all part of Chinese philosophy, which is a unified world view—the *tao*.

April 6-7

Movement & Mind / Gabrielle Roth & Pennell Rock

Weekend workshop $50

The leaders write about their workshop: "We will make an attempt to alter the way we understand ourselves through various forms of movement work and discussion. The work will include massage, dance, theater forms, free movement and Arica consciousness expanding exercises combined with discussions about this work and its significance."



April 8-May 20

Understanding Body Energy / Doris Breyer

Seven Monday evenings $45

Energy is our aliveness. It is our capacity to produce motion and is directly related to our individual manner of being-in-the-world. This workshop will deal with a body-based approach to human growth in which our biological energy, our posture, and our movements are seen as a complex statement of each person's existence. Experiential sessions are designed to assist each person in feeling their own energy, sensing their flow, their blocks, their flexibility and constrictions. The series is limited to 10 people; the time is 6-7 pm, April 8, 15, 22, 29, May 6, 13 and 20.

April 13

Exploring: A Gestalt-Bioenergetic Workshop
Michael Conant

One-day workshop $25

Exploring the unknown territories of ourselves through intensive group work in gestalt and bioenergetics. We'll focus on centering ourselves in our bodies so that we may become more and more trustworthy and human guides to ourselves in self-exploration.

SAN FRANCISCO PROGRAMS

April 15-June 20

Massage Training / Brenda Sales & Jane Walter

Ten week – 100 hour course $280

Initially we will be concerned with developing ease and sensitivity with our hands and allowing ourselves to become quiet. Then a variety of massage techniques will be taught with an emphasis on the development of a personal style and a responsiveness to another as an individual, unique in her needs and pleasures. The ten week course will consist of 100 hours of class work – two four-hour classes per week in massage instruction with carefully supervised practice scheduled for one group of students. There are also ten classes in human anatomy, taught by William Brostoff, MD. The anatomy course is limited to 20 participants and is also open to the general public. Near the end of the course there will be a one-day seminar featuring lecture-demonstrations by practitioners proficient in other styles including Swedish and Japanese. We invite participants who would like to be trained as professional masseurs and masseuses, or who would like to use more touching in their work and others who want to use massage to enrich their lives.

Massage Class: 7 to 11 p m: Ten Monday *and* Wednesday evenings, April 15 – June 19. Limited to 16 participants.

Anatomy Class: 7:30 to 9:30 p m: Ten Thursday evenings, April 18 – June 20.

A non-refundable deposit of $150 is required. More information about the course is available by contacting the instructors through Esalen.

April 19-21

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

Weekend workshop $50

In an increasingly alienated world, where mechanical ease often makes communication shallower, many of us are eager to find more meaningful contact both with ourselves and with others, and with our activities whatever they may be. We would like really to get in *touch*. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and come to rely on – when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

In this weekend, which will be devoted to practice rather than theory, a beginning will be made in exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents.

德 Te: Power-virtue [see above]. Passages in Chuang-tzu on skills. Principles of Chinese medicine, irrigation, farming, Story of helping wheat to grow. Consequence of wu-wei. Gravity = energy — Lao-tzu: "Gravity is root of lightness." Our lack of distinctions between power, energy, effort, force. Muscle & nerves.

空 Space: Uses of space in Lao-tzu. Window & vase. Exemplary employment in Chinese painting, & later in Japanese architecture & dry-landscape gardening. Consciousness as space in Chuang-tzu. Empty mindedness.

April 18-June 20

Bio-Anatomy / William Brostoff

Ten Thursday evenings $90

This course deals with human anatomy and physiology, with an emphasis on the neuromuscular system. The orientation will be toward understanding the basic structural units of the body and the way in which structure and function interrelate in health and illness. Students will be encouraged to experience and integrate bio-anatomical information through concentration and objective observation. 7:30-9:30 p m. Limited to 20 participants. A non-refundable deposit of $50 is required.

April 21

The Feldenkrais Method: Extending Our Possibilities
Judith Stransky

One-day workshop $25

This is an experience in the subtle and powerful new body technique originated by Moshe Feldenkrais. Feldenkrais devised a series of simple, ingenious exercises which involve integration of the physical and the mental, expand boundaries of human possibility and lead to release from fixed habits that restrict us. Awareness of our self-image is developed, and the range of our movements is greatly extended. The work teaches integration, differentiation, relaxation and balance, improvement in alignment and greater ease in movement.

Thursday, April 18

Yoga: A Lecture Demonstration / Joel Kramer

Single evening event $5

The session will include a discussion of the different types of yoga and their pertinence for modern living, a demonstration of advanced yogic posture and a brief introduction to meditation. 8-10:30 pm.

Thursday, April 25

Dimensions of Structural Integration
Michael Salveson

Single evening event $5

A discussion and demonstration of the Rolf method of structural integration. 8-10:30 pm. (See page 5 for definition.)

April 27-28

The Physical, Psychological & Spiritual Dimensions of Yoga / Joel Kramer

Weekend workshop $50

This workshop is designed to present yoga to the interested novice, as well as to the serious practitioner, as a tool for self-inquiry in learning to tune into the feedback systems of the mind and body. The emphasis will be to utilize both the physical yoga (hatha) and the mental yoga (jnana) to enable participants to do yoga on their own.

May 3-5

Two Somatographers & You George King & H Bryn Jones

Weekend workshop $50

Somatography is defined as: "The systematic and formulated pursuit of knowledge regarding the human body and its energic relationship with the environment, and the creative application of that knowledge in an essentially educative situation. It is a bridge between the ancient body arts and the sophisticated body sciences and techniques of today." This weekend will include: creative analysis of the state of your subtle energy body, using the hands as a delicate instrument to find high and low energy concentrations. Then balancing out the energy in and around your physical body through very intensive yet caring massage, physical manipulation and perhaps some exercises. Finally going into the question and reality of how to "charge" your subtle energy system – through people, food, natural surroundings, color and your personal environment.

May 11-12

How Do You Want to be Alive in This World? Arthur & Janica Fox

Weekend workshop $50

See p 22 for description and information.

May 18-19

Massage for Couples / Jean Porter

Weekend workshop $50

We will learn basic techniques for giving and receiving massage both for immediate relaxation of tension with your mate and the longer more complete massage, as ways of caring for each other. Emphasis will be on deepening the quality of the non-verbal communication and expanding awareness of energy flow between each other. Limited to 8 couples.

June 1-2

Massage & Gestalt / Ruth Ross & Brenda Sales

Weekend workshop $50

We will use massage, movement and relaxation exercises. Gestalt and other verbal processes will be available for working with feelings that emerge. The emphasis throughout will be on the discovery of what gives us pleasure, what nourishes us, what makes our contact and movement satisfying. A feast of finger foods will be provided on Sunday.

Tuesday, June 18

Present-Centered Bioenergetics / Michael Conant

Single evening event $5

A talk on the integration of bioenergetics and gestalt therapy. Plenty of time will be available for questions and discussion so that other important matters may naturally emerge. 8-10:30 pm.

June 22

Present-Centered Bioenergetics / Michael Conant

One-day workshop $30

Working primarily as a group we'll use bioenergetic, neo-Reichian and gestalt approaches to center in our bodies and thus deepen contact with ourselves and each other. One or two individual bioenergetic sessions may also take place during the day for demonstration purposes.

June 30

Massage & Movement / Bill Glover

One-day workshop $25

Bill describes his work as follows: "I see massage as communication between a body in motion and one at rest. In this workshop, we'll use awareness and movement techniques to develop our natural sense of rhythm and flow. If we then connect our movement to another's body through our hands, our dance becomes a massage, relating how we move to how we touch. Massage technique will be shown, enough to guide but not restrict our sense of touch."

Preview: 1974-75

November 3-May 5

Extended Growth Program / George Downing

Six month program $550

The Extended Growth Program is an in-depth, continuing six-month program in the San Francisco Bay Area; it combines a selected schedule of workshops with ongoing small group work under the direction of the program coordinator, George Downing. As a non-resident program in an urban area, it provides a way for persons to experience directed and focused work in several disciplines while living and working in their own environment.

George Downing writes: "This year's program will provide an opportunity to explore and to integrate a number of different pathways toward personal growth. Our focus will be on the body as the source and center of our being; and on our individual styles of making contact, both with ourselves and with other persons. We will make extensive use of gestalt, meditation and dream journals, and a variety of methods of working intensively with the body, including breath awareness, Feldenkrais techniques, movement, Esalen massage, polarity therapy and others. An intellectual as well as an emotional understanding of our shared experience will be encouraged."

The program will consist of the following, all in the San Francisco area: continuous group work with George Downing during the six-month period, specifically one evening meeting per week; two weekend workshops with George Downing (November 3-4 and May 4-5); one special weekend workshop for program members only with Stanley Keleman; and three weekend programs to be selected by participants according to individual interest from regularly scheduled Esalen/San Francisco workshops during the November through April period. A month will be taken off for Christmas vacation from mid-December to mid-January.

Interested persons are encouraged to send in their applications early; send a letter telling us *briefly* about yourself to Esalen Institute, Longterm Programs, 1793 Union Street, San Francisco, CA 94123. The program is limited to 16 persons; selection will be made by interview with George Downing between October 1 and November 1.

THE ESALEN CALENDAR

SAN FRANCISCO PROGRAMS

THE WEEK OF MARCH 31

Apr 1	Alexander Technique: F Ottiwell (continuing Mon eves) p 25
Apr 1-May 20	Ongoing Gestalt Group: F Rubenfeld (8 Mon eves) p 23
Apr 2	Introduction to Mountaineering & Wilderness Experience: M Tobias & K Wehbring (single eve) p 12
Apr 3	Introduction to Interpersonal Methods: R Cromey (single eve) p 21
Apr 4	"The Great Awakening? Or Are We Sleepwalking?": M Murphy & S Keen (single eve) p 9
Apr 4-May 9	The Three Faces of the Goddess: M Anthony & S Venesta (6 Thurs eves) p 16
Apr 6-7	A Tender Invitation: H Sloan (weekend) p 21
Apr 6-7	The Way of the Chi: M Ho'o (weekend) p 25
Apr 6-7	Movement & Mind: G Roth & P Rock (weekend) p 25
Apr 6-7	Tennis Flow: D Spino (weekend) p 12
Apr 6-7	A Weekend of Jogging: M Spino (weekend) p 12
Apr 5-7	Cross-Country Skiing: K Wehbring (weekend) p 12
Apr 6-7	Open Workshop: S. Keleman (weekend) p 18
Apr 7	The Roles People Play: W Anderson & J Alexander (1 day) p 21
Apr 7	Passover Seder: A Feinberg & A Fox (single eve & meal) p 24

THE WEEK OF APRIL 7

Apr 8	Introduction to Psychosynthesis: J & H Firman (single eve) p 19
Apr 8-May 20	Understanding Body Energy: D Breyer (7 Mon eves) p 25
Apr 9-14	Yosemite Mountaineering Meditation: M Tobias, C Macgee & S Miller (residential 6 days) p 12
Apr 10-May 22	Alternative Life Styles: Living Poor with Style: Guest Speakers (7 Wed eves) p 9
Apr 12-May 3	Unlifting the Armor with the Armor of Art: H Gold (4 Fri eves) p 16
Apr 13	"The Posthumous Journey of the Soul": S & J H Grof (1 day) p 10
Apr 13	Exploring: A Gestalt-Bioenergetic Workshop: M Conant (1 day) p 23

BIG SUR PROGRAMS

THE WEEK OF MARCH 31

Mar 31-Apr 5	Growth & Boundaries: D Schiffman & H Sloan (5 day) p 35
Mar 31-Apr 5	A Gestalt Workshop with Jack & Lyn: J Downing & L Davis (5 day) p 35
Mar 31-Apr 5	Integrating Gestalt, Alexander Technique & Feldenkrais: I Rubenfeld (5 day) p 35
Mar 31-Apr 5	Removing "The Mask": H Prestera & S Wheeler (5 day) p 35
Apr 5-7	Aggression in the Service of Intimacy: G R Bach (weekend) p 35
Apr 5-7	Gestalt Tarot: P Rebillot (weekend) p 35
Apr 5-7	One Plus One: A workshop for Couples: B & M Kriegel (weekend) p 35
Apr 5-7	Wu Chi: A Huang (weekend) p 35

THE WEEK OF APRIL 7

Apr 7-12	Gestalt—the Tao of Learning & Growth: R Price, J Lederman, C Stewart (5 day) p 36
Apr 7-12	The Workshop is You & Me, Work & Play, Joy & Sadness; the Title is Unimportant: B, M and O Kriegel (5 day) p 36
Apr 7-12	Wu Chi: A Huang (5 day) p 36
Apr 7-12	Human Teaching for Human Learning: A & R Hillman (5 day) p 36
Apr 12-14	Psychosynthesis: Putting It Together: T Allen (weekend) p 36
Apr 12-14	Personal Resurrection: P Rebillot (weekend) p 36
Apr 12-14	Introduction to Aikido: R Nadeau (weekend) p 36
Apr 12-14	Encounter & Massage: H Sloan (weekend) p 36
Apr 12-14	Conscious Evolution: C Feldman & Esalen Staff (weekend) p 36

ESALEN/BIG SUR: Big Sur, Ca 93920 / Phone (408) 667-2335; 10 to 4 every day; 10 to 8 Sunday and Friday
ESALEN/SAN FRANCISCO: 1793 Union Street, San Francisco, Ca 94123 / Phone (415) 771-1710; 9 to 9 Monday through Saturday, 9 to 6 Sunday

THE ESALEN CALENDAR

SAN FRANCISCO PROGRAMS

THE WEEK OF APRIL 14

Apr 15-June 19	Massage Training: B Sales & J Walter (10 week course) p 26
Apr 16-May 28	Evolution of Consciousness: M Murphy (7 Tues eves): p 9
Apr 16-June 4	Canoe Making & River Discovery: A Toro & W Anderson (8 Tues eves) p 12
Apr 17-May 22	Gestalt Theatre Verbatim: J Argue (6 Wed eves) p 16
Apr 18	Yoga: A Lecture Demonstration: J Kramer (single eve) p 26
Apr 18-June 20	Bio-Anatomy: W Brostoff (10 Thurs eves) p 26
Apr 19-21	Psychosynthesis: Who Are You? J & H Firman (weekend) p 19
Apr 19-21	Towards a More Sensitive Relating: C Selver & C Brooks (weekend) p 26
Apr 20	Humor: A Sense of Letting Go: H Sloan (1 day) p 21
Apr 20	Grounding: G Downing (1 day) p 18
Apr 20-21	Fair Fight Training for Couples: With Instant Videotape Replay E & E Bourg (weekend): p 21
Apr 20-21	Oriental & Western Movement & Music: J. Weaver (weekend) p 16
Apr 20-21	Living 1974: A Workshop on the New Consciousness: S Resnick & J Rubin (weekend) p 23
Apr 21	The Feldenkrais Method: Extending Our Possibilities: J Stransky (1 day) p 26

THE WEEK OF APRIL 21

Apr 23	Psychic Exploration: J White (single eve) p 10
Apr 25	Dimensions of Structural Integration: M Salveson (single eve) p 26
Apr 26-28	The New Communication: J Ziegler (weekend) p 21
Apr 26-28	Flowing with the River: W Anderson & J Katz (weekend) p 13
Apr 27-28	A Gestalt Workshop with Jack & Lyn: J Downing & L Davis (weekend) p 23
Apr 27-28	The Physical, Psychological & Spiritual Dimensions of Yoga: J Kramer (weekend) p 27
Apr 27-28	Elastic Communication Art: M Andrews (weekend) p 13
Apr 27-28	Art & Psychosynthesis: T Allen (weekend) p 16
Apr 28	Alexander Technique & the Voice: F Ottiwell (1 day) p 16
Apr 28	A Day in the Art of Bouldering: M Tobias, C Macgee & K Wehbring (1 day) p 13

BIG SUR PROGRAMS

THE WEEK OF APRIL 14

Apr 14-19	Renascence: M Butler (5 day) p 37
Apr 14-19	Self Healing: Locating our Inner Space: H Prestera & S Wheeler (5 day) p 37
Apr 14-19	Bioenergetics: The Other Side of Self: A Schwartz (5 day) p 37
Apr 14-19	A Tender Invitation: H Sloan (5 day) p 37
Apr 14-19	Gestalt, Encounter, & Psychosynthesis: J & B Silverman (5 day) p 37
Apr 19-21	A Workshop for Gay People: S Smith (weekend) p 37
Apr 19-21	A Weekend of Energy Release through Bioenergetics: A Schwartz (weekend) p 37
Apr 19-21	Contact & Consciousness: S Surpin (weekend) p 37
Apr 19-21	Self-Affirmation: A Workshop for Those Who Put Themselves Down: P Rock (weekend) p 37

THE WEEK OF APRIL 21

Apr 21-26	Endarkenment: W Schutz & V Blalock (5 day) p 38
Apr 21-26	Exploration & Integration: A & J Fox (5 day) p 38
Apr 21-26	Interscience Neo-Reichian Workshop: Opening the Feelings: C & E Kelley (5 day) p 40
Apr 21-26	Massage Workshop: D Horan & P Morrison (5 days) p 38
Apr 21-26	Experiencing Esalen: Staff (5 day) p 35
Apr 26-28	A Bodyshop: X Nash (weekend) p 38
Apr 26-28	Towards a More Sensitive Relating: C Selver & C Brooks (weekend) p 38
Apr 26-28	Bodymind: W Schutz & V Blalock (weekend) p 38
Apr 26-28	The Art & Practice of Self-Observation: A Gestalt Workshop: S Resnick (weekend) p 38

THE ESALEN CALENDAR

SAN FRANCISCO PROGRAMS

THE WEEK OF APRIL 28

May 1	Begin Sweet World: J Pearson (single eve) p 17
May 1 & May 3-5	A Hiking High in the Sierras: M Tobias, C Macgee & K Wehbring (residential weekend) p 13
May 1, 8 &17	Freud, Reich, Lowen & Keleman: A Theoretical Overview: S Keleman & G Downing (3 afternoons) p 9
May 2 (FREE)	Personal Growth & the Social Revolution: J Enright & J Rubin (single eve) p 23
May 2-16	Breyer, Selver/Brooks, Proskauer—Theoretical Perspectives: D Breyer, C Selver, C Brooks, M Proskauer (3 Thurs eves) p 9
May 3-5	Two Somatographers & You: G King & H B Jones (weekend) p 27
May 4	Photography as Personal Expression: J Pearson (1 day) p 16
May 4-5	Studies in "PsychoEnergy": T Moss & K Johnson (weekend) p 10
May 4-5	Gestalt & the Body: M Krieger (weekend) p 23
May 4-5	Exploring Self-Acceptance: D Schiffman (weekend) p 21
May 4 & May 11-12	Theater of Transcendance: Be Your Own Superstar: P Rebillot & P Crowley (1 day & weekend) p 16
May 4-11	Esalen/Outward Bound: The Inward & Outward Journey: S Keen & D Galland (residential 8 days) p 13
May 5	Awakening Intuition: F Clark (1 day) p 24

THE WEEK OF MAY 5

May 7	Introduction to Interpersonal Methods: A & J Fox (single eve) p 21
May 9	Theory & Practive of Aliveness (1): J Enright (single eve) p 23
May 9	Personal & Public Encounters with Psychical Phenomena: M Ullman (1 day) p 10
May 10	*Anaïs Observed:* Film Portrait by Robert Snyder (single eve) p 17
May 11	Where Might We Go From Here?: J. Downing (1 day) p 23
May 11-12	Aikido: B Nadeau (weekend) p 14
May 11-12	Jogging & Your Health: H Bailen & M Spino (weekend) p 13
May 11-12	Tennis Flow: D Spino (weekend) p 13
May 11-12	How Do You Want to Be Alive in This World?: A & J Fox (weekend) p 22
May 11, 15 & 22	Coping With the Unknown: Seminar for Professionals: S Keleman & L Lefebre (1 day & 2 Wed eves) p 18

BIG SUR PROGRAMS

THE WEEK OF APRIL 28

Apr 28-May 3	Selective Awareness & Advanced Gestalt: E Miller, R Price & Esalen Staff (5 day) p 39
Apr 28-May 3	The New Communication: J Ziegler (5 day) p 39
Apr 28-May 3	Towards a More Sensitive Relating: C Selver & C Brooks (5 day) p 39
Apr 28-May 3	Massage, Music & Meditation: D Medow & M Ratcliffe (5 day) p 39
Apr 28-May 3	Experiencing the Obvious: A Week of Gestalt Momentum: N Lamper (5 day) p 39
May 3-5	Psychosynthesis: Down with Shoulds, Up with Coulds: T Allen & M Conway (weekend) p 40
May 3-5	The Feldenkrais Method: Extending Our Possibilities: J Stransky (weekend) p 40
May 3-5	The New Communication; J Zeigler (weekend) p 40
May 3-5	Boogie with a Conga Beat: B Clemans & R Adelman (weekend) p 40
May 3-5	Experiencing the Obvious: N Lamper (weekend) p 40

THE WEEK OF MAY 5

May 5-10	The Physical, Psychological & Spiritual Dimensions of Yoga: J Kramer (5 day) p 41
May 5-10	A Tender Invitation: H Sloan (5 day) p 41
May 5-10	Centering: R Nadeau (5 day) p 41
May 5-10	*Current Knowledge of Psychic Phenomena: G & I Owen (5 day) p 41
May 5-10	Living 1974: A Workshop on the New Consciousness: S Resnick & J Rubin (5 day) p 41
May 10-12	You Don't Have to Suffer to Feel Good: H Sloan (weekend) p 41
May 10-12	"One's not half two. It's two are halves of one." A Weekend for Couples: B Fuller & S D Leigh (weekend) p 41
May 10-12	*Dream Telepathy: M Ullman (weekend) p 41

THE WEEK OF MAY 12

May 12-17	Listen to Yourself: A Gestalt Workshop: F Rubenfeld (5 day) p 42
May 12-17	Growth Through Risk-taking: D Schiffman (5 day) p 42

(continued)

**Psychic Series*

THE ESALEN CALENDAR

SAN FRANCISCO PROGRAMS

THE WEEK OF MAY 12

May 13	We Are the Transitional People: S Resnick (single eve) p 23
May 17-19	Being a Woman: Liberation From Within: A Yeomans & A Hubbell (weekend) p 20
May 17-19	Acting-In: Practical Applications of Psychodrama: H Blatner (weekend) p 22
May 18	Paths: G Downing (1 day) p 18
May 18-19	Massage for Couples: J Porter (weekend) p 27
May 18-19	Prophecy: Extending Awareness to the Future: A Vaughan (weekend) p 10

THE WEEK OF MAY 19

May 24	An Evening with Sam Keen & Anne Valley Fox: S Keen & A V Fox (single eve) p 17
May 24-27	A Sailing Workshop: Co-sponsored with the Oceanic Society: M Crowley & J Downes (residential 4 days) p 14
May 25	Dreams, Creativity & Altered States of Consciousness: S. Krippner (1 day) p 11
May 25	Forming: I Grand (1 day) p 18
May 25-26	Conjoint Consciousness Raising Workshop for Men & Women: R Cromey & E Warsinski (weekend) p 22
May 25-26	Introduction to Psychosynthesis: T Allen & M Conway (weekend) p 20
May 25-26	Knowing Your Body in Water: B Lamblin (weekend) p 14
May 25-26	Energizing Your Gestalts: E Kepner (weekend) p 24
May 25-27	Inspiration & the Power of the Body: Two-Day Bike Trip in Sonoma County: D & M Spino (residential weekend) p 14
May 26	Body Music: D Schiffman (1 day) p 17

THE WEEK OF MAY 25

May 30	Theory & Practice of Aliveness (2): J Enright (single eve) p 23
May 30-June 2	Myth & the Body: S Keleman & S Keen (residential 4 days) p 18
May 31	An Evening with Richard Farson: (single eve) p 17
May 31-June 2	Relationship Experience & Training in Depth: S Standal & staff of Deer Creek Center (weekend) p 22
May 31-June 2	Parapsychology Intensive: J Mishlove (weekend) p 11
June 1-2	Tennis Flow: D Spino (weekend) p 15
June 1-2	T'ai Chi Chuan & Everyday Life: J Weaver (weekend) p 15
June 1-2	Between Heaven & Earth: L Huxley (weekend) p 17
June 1-2	Massage & Gestalt: R Ross & B Sales (weekend) p 27
June 2	A Day on Mount Tamalpais: B. Kriegel (1 day) p 15

BIG SUR PROGRAMS

THE WEEK OF MAY 12 (continued)

May 12-17	1776 Union: American Yoga: B Fuller & S D Leigh (5 day) p 42
May 12-17	*Pyramid of Being: O Skinner (5 day) p 42
May 17-19	Open Psychodrama Encounter: W & M Anderson (weekend) p 42
May 17-19	Contact & Consciousness: S Surpin & A Haimson (weekend) p 42
May 17-19	*How to Develop Your ESP: S Smith (weekend) p 42
May 17-19	Mountain Aesthetics Along Big Sur Coast: M Tobias & C MacGee (weekend) p 42
May 17-19	Dimensions of Consciousness: S & J Grof (weekend) p 42

THE WEEK OF MAY 19

May 19-24	Finding Your Own Way: L Lefer (5day) p 43
May 29-24	*Parapsychology, Consciousness & Creativity: S Krippner (5 day) p 43
May 19-24	Gestalt, Body Energy & Beyond: J Rosenberg & L MacCuish (5 day) p 43
May 19-24	Renascence: M Butler (5 day) p 43
May 19-24	Encounter for Couples: W Schutz & V Blalock (5 day) p 43
May 24-26	Bodymind: W Schutz & V Blalock (weekend) p 43
May 24-26	Interscience Neo-Reichian Workshop: Opening the Feelings: E Warburton & E Southers (weekend) p 40
May 24-26	Towards a More Sensitive Relating: C Selver & C Brooks (weekend) p 43
May 24-26	*Maps of the Psyche: S & J H Grof, M Murphy, R Price (weekend) p 43

THE WEEK OF MAY 26

May 26-31	Four Pillars of Health: A Workshop in Preventive Medicine: J McCamy & A Drucker (5 day) p 44
May 26-31	The Workshop is You & Me, Work & Play, Joy & Sadness, the Title is Unimportant: B, M & O Kriegel (5 day) p 44
May 26-31	Experiencing Esalen: Staff (5 day) p 35
May 26-31	*Color Sensitive: R Lahey (5 day) p 44
May 31-June 2	Self Hypnosis & Selective Awareness: E Miller (weekend) p 44
May 31-June 2	*Transcending Time, Matter & Personality: Experiencing Growth through ASC: T Greanias (weekend) p 44
May 31-June 2	The Search for Certainty in the Midst of Indeterminancy: J & A Lilly (weekend) p 44

*Psychic Series

THE ESALEN CALENDAR

SAN FRANCISCO PROGRAMS

THE WEEK OF JUNE 2

June 3, 5 & 7	Jogging, Conditioning & Creativity: M Spino (3 eves) p 15
June 4	Introduction to Interpersonal Methods: M & B Kriegel (single eve) p 21
June 4-20	Archives of the Self: A V Fox & D Swackhamer (6 eves) p 17
June 7	An Evening with Michael Murphy: (single eve) p 17
June 7-9	Gestalt, Hypnosis & the Problem of Identity: A Levitsky (weekend) p 24
June 8	The Art of Excitation & Creativity: S. Keleman (1 day for artists & writers): p 17
June 8	Psychosynthesis: Transpersonal: B Carter (1 day) p 20
June 8-9	Empire and Nature: P Marin (weekend) p 9
June 8-9	A Reunion with the Sea: R Clark (weekend in La Jolla) p 15
June 8-9	Golf, Energy Awareness & Video Feedback: M Murphy, R Nadeau & J Downes (weekend) p 15
June 8-July 20	Here & How as Leader/Participant: Demystifying the Group Process: D Schiffman (mini-extended growth program) p 22
June 9	Open Psychodrama Encounter: W & M Anderson (1 day) p 22
June 9	Psychic Perceptions Applied to the Everyday Life: H Palmer (1 day) p 11
June 9 & 15-16	A Photography of Involvement: P Fusco & M Alexander (1 day & weekend) p 17

BIG SUR PROGRAMS

THE WEEK OF JUNE 2

June 2-7	Gestalt & the Body: R Price & C Stewart (5 day): p 45
June 2-7	Psychosynthesis: T Allen & M Conway (5 day) p 45
June 2-7	Disidentification Meditation: B Gunther (5 day) p 45
June 2-7	Exploring Self-Acceptance: D Schiffman (5 day) p 45
June 2-7	Leadership Training: W Schutz & V Blalock (5 day) p 45
June 7-9	Renascence: M Butler (weekend) p 46
June 7-9	Energy: B Gunther (weekend) p 46
June 7-9	Simulations of God & Indeterminancy: J & A Lilly (weekend) p 46
June 7-9	Couples Massage Workshop: D Horan & P Morrison (weekend) p 46

THE WEEK OF JUNE 9

June 9-14	Interscience Neo-Reichian Workshop: Opening the Feelings: V Miller, J Unell & L Dillon (5 day) p 40
June 9-14	Psychosomatic Medicine within a Gestalt: K Pribram & J Lederman (5 day) p 46
June 9-14	Introduction to Self Healing: H Prestera (5 day) p 46
June 9-14	Gestalt & Spiritual Practice: R Price, C Stewart & Esalen Staff (5 day) p 46
June 14-16	Body Energetics: H Prestera (weekend) p 47
June 14-16	Femininity in Humanistic Medicine: M Abell, M Morgan, N Remen (weekend) p 47
June 14-16	Come as You Are: P Rebillot (weekend) p 47
June 14-16	Conscious Evolution: C Feldman & Esalen Staff (weekend) p 47
June 14-16	The Feldenkrais Method: Extending our Possibilities: J Stransky (weekend) p 47

THE WEEK OF JUNE 16

June 16-21	Deep Massage & Body Awareness: E Stevens & Esalen Massage Staff (5 day) p 47
June 16-21	Renascence: M Butler (5 day) p 47
June 16-21	Gestalt Improvisations: P Rebillot, R Price (5 day) p 47

(continued)

THE ESALEN CALENDAR

SAN FRANCISCO PROGRAMS

THE WEEK OF JUNE 9

June 10-14	Forming: I Grand (5 days) p 18
June 14-16	Extending Awareness Through Hypnosis: L Pulos (weekend) p 24
June 14-16	Advanced Workshop in Gestalt Therapy: J Latner (weekend) p 24
June 15	Knowing Your Body in Water: B Lamblin (1 day) p 15
June 15-16	Hiking Plus: W & A Anderson (weekend) p 15
June 16	One Plus One: A Workshop for Couples: M & B Kriegel (1 day) p 22

THE WEEK OF JUNE 16

June 18	Present-Centered Bioenergetics: M Conant (single eve) p 27
June 19	An Introduction to Psychosynthesis: T & A Yeomans (single eve) p 20
June 21-23	Changing Courses in Midstream: J Gaines (weekend) p 22
June 22	Present-Centered Bioenergetics: M Conant (1 day) p 27
June 22-23	Tennis Flow: D Spino (weekend) p 15
June 22-23	Open Workshop: S Keleman (weekend) p 18
June 22-23	Awakening Creativity Through Yoga: F Faiss (weekend) p 17
June 23	Jogging & Video Feedback: M Spino & J Downes (1 day) p 15

THE WEEK OF JUNE 23

June 24	Parapsychology—Today & Tomorrow: M Ryzl (single eve) p 11
June 28-30	Finding Your Own Way: L Lefer (weekend) p 23
June 28-30	The Process of Psychosynthesis: T & A Yeomans (weekend) p 20
June 29-30	Parapsychology East & West: M Ryzl (weekend) p 11
June 29-30	The Next Step Along the Path—Advanced Gestalt & Beyond: J Rosenberg (weekend) p 24
June 30	Massage & Movement: B Glover (1 day) p 27
June 30-July 5	Rafting on the Rogue River: J Katz & J Downes (residential 6 days) p 15

BIG SUR PROGRAMS

THE WEEK OF JUNE 16 (continued)

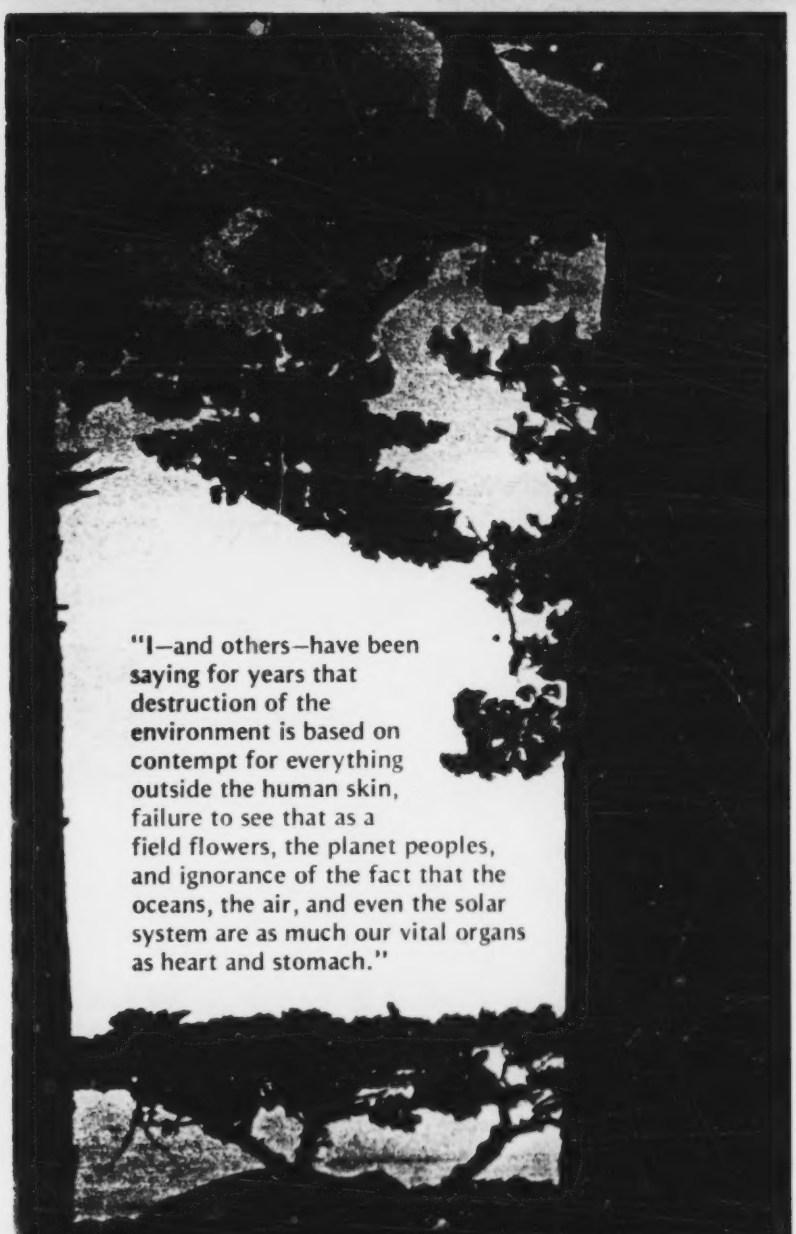
June 16-21	Accentuate the Positive: L Lefer (5 day) p 47
June 16-21	Human Potential Practice for Professionals: J Heider (5 day) p 47
June 21-23	What's Available: G & J Brown (weekend) p 48
June 21-23	No-Body's Perfect: Directed Body Awareness and Massage: B Clemans (weekend) p 48
June 21-23	New Paths to Healing—Body Energetics: H Prestera (weekend) p 48
June 21-23	Tuning Your Energy Body: R Nadeau (weekend) p 48
June 21-23	The Nature of Birth and Death: S & J Grof (weekend) p 48

THE WEEK OF JUNE 23

June 23-28	Freeing the Voice: M Corrigan (5 days) p 48
June 23-28	Centering: R Nadeau (5 day) p 48
June 23-28	Experiencing Wholeness: S Carter (5 day) p 48
June 23-28	A Tender Invitation: H Sloan (5 day) p 48
June 23-28	Experiencing Esalen: Esalen Staff (5 day) p 35
June 28-30	Freeing the Voice: M Corrigan (weekend) p 49
June 28-30	Mythological Meditations: The Mythic Imagery of Hindu & Buddhist Art: J Campbell (weekend) p 49
June 28-30	The Spirit/Body: S Surpin (weekend) p 49
June 28-30	You Don't Have to Suffer to Feel Good: H Sloan (weekend) p 49
June 28-30	Satipatthana Vipassana: A Sujata (weekend) p 49

THE WEEK OF JUNE 30

June 30-July 5	The Workshop is You & Me, Work & Play, Joy & Sadness; The Title is Unimportant: B, M & O Kriegel (5 day) p 49
June 30-July 5	Continuum: E Conrad (5 day) p 49
June 30-July 5	Growth through Risk-Taking: D Schiffman (5 day) p 49
June 30-July 5	Exploration & Integration: A & J Fox (5 day) p 49
June 30-July	Advanced Gestalt: D Barenfeld (5 day) p 49



"I—and others—have been saying for years that destruction of the environment is based on contempt for everything outside the human skin, failure to see that as a field flowers, the planet peoples, and ignorance of the fact that the oceans, the air, and even the solar system are as much our vital organs as heart and stomach."

PROGRAMS IN BIG SUR

EXPERIENCING ESALEN

The Esalen Staff, with Janet Lederman, Richard Price, Paul Rebillot or Julian Silverman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on choosing those approaches to self-actualization which prove most effective for the individual participant. Some of the following experiences are available at each Experiencing Esalen Workshop: sensory awareness, gestalt, encounter, theatre games, guided fantasy, meditation, bioenergetics and massage. Rolfing treatments are available (separate fee). There is time to experience and explore the natural magnificence of the Big Sur coast.

April 21-26 **($240)**
May 26-31 **($240)**
June 23-28 **($250)**

THE WEEK OF MARCH 31 - APRIL 5

Growth & Boundaries
David Schiffman & Harry Sloan

Where do you stop? When do you let go? This workshop will involve the complementary approaches of gestalt, encounter, psychosynthesis and massage. The group will explore a wide variety of techniques (verbal and non-verbal) in order to experience the possibilities of greater personal expansion and openness with others. The use of personal boundaries, whether illusory or as tools of survival will also be explored through risk-taking exercises. **$280**

A Gestalt Workshop with Jack & Lyn
Jack Downing / Lyn Davis

Everything you wanted to know about yourself but were too busy to ask. Being a subtle blend of: penetrating gestalt therapy, sensuous body experience, rousing bio-energetics, heartening folk humor and gently meditative Arica Exercises. We also welcome back our old friends who seek another saunter around their universe. **$280**

Integrating Gestalt, Alexander Technique & Feldenkrais / Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt therapy, Alexander technique, Feldenkrais exercises and deep muscle work will be used as a gateway to contacting, expressing and working through deep feelings.

We have the choice to contact **ourselves** and **each other** with joy, sadness, compassion, humor, ideas and with the body—the whole person. Paul Rebillot will lead gestalt improvisation sessions. **$250**

Removing "The Mask"
Hector Prestera & Sharon Wheeler

We all move about with a typical stance in the world. Whatever I call "me" defines "me" and "my" relation to others. I become physically and psychically limited. The aim of the workshop is to peel away part of "The Mask". This workshop will stress gestalt and Reichian body techniques. Also included will be a series of daily physical exercises, walking meditation and Esalen massage. Acupuncture and Rolfing as available at Esalen will be encouraged (separate fee). **$220**

THE WEEKEND OF APRIL 5–7

Aggression in the Service of Intimacy
George R. Bach

This weekend is designed for singles and couples who want to achieve a genuine intimacy (and for those engaged in counselling them). Dr. Bach will explain, demonstrate and practice various "love-fight" techniques that enhance the joys of love and sex. A video feedback session will help participants to recognize their own "pairing-fight" styles. **$100 plus $2 video fee.**

Wu Chi / Al Huang

Wu Chi: the original T'ai before such labels as Yan, Wu or Mah styles, and before its other recreations in kung-fu, aikido, judo and karate. The symbol for Wu Chi is the empty circle before the man-made division of the s moving line. How moving is your s dividing line within your t'ai chi sign? Let us explore the ways the Taoists in the old days discovered, played with and flowed through. Shall we begin with this seminar, assuming this new-ancient-now way of bodymind-moving-together called Wu Chi, and liberate ourselves from the confusions and accretions of later forms? This weekend workshop will be an overall introduction-work-play-review of Wu Chi, and we welcome everyone who is willing to call himself a beginner. **$100**

One Plus One: A Workshop for Couples
Bob & Marilyn Kriegel

A workshop devoted to adding up the resources available to each couple. It is our belief that individuality and personal integration need not be sacrificed in the process of joining with another. A workshop on becoming more than the sum of the parts. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used. Limited to 10 couples. **$100**

Gestalt Tarot / Paul Rebillot

A pack of Tarot cards can be your own personal gestaltist. The weekend will explore gestalt methods of discovering the cards from your own experience. Bring your own deck if you like. There will be work with the video camera as we discover our tarot character. **$90 plus $2 video fee.**

BIG SUR PROGRAMS

THE WEEK OF APRIL 7–12

Gestalt – the Tao of Learning & Growth
Richard Price, Janet Lederman, Chris Stewart

Recommended reading: *Anger and the Rocking Chair* by Janet Lederman; *Tao Te Ching* by Lao Tzu, translated by Gia-fu Feng and Jane English. **$280**

The Workshop Is You & Me, Work & Play, Joy & Sadness; The Title is Unimportant
Bob, Marilyn & Otis Kriegel

Our premise is that the process of change and growth can be facilitated by individuals increasing their available resources and options for being and interacting. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used, as well as games and massage, to enable the participants to explore and expand the resources that exist within themselves. **$250**

Wu Chi / Al Huang

See Wu Chi weekend, April 5-7 above.

The 5-day workshop will have more time to deal with some specific forms, motifs and methods. Bring musical instruments to play and dance, brush sets and paper to study Chinese Classics and poetry. Bring yourself and leave your dictating mind behind. **$250**

Human Teaching for Human Learning (An Introduction to Confluent Education)
Aaron & Rosemary Hillman

The basic premise is that in education we must consider not only the intellectual development but the emotional, physical, and spiritual needs as well. In this workshop we will present a group process in which this can be done drawing upon techniques, theory and practice derived from the humanistic psychology and human awareness fields. The workshop is directed toward educators of any level but is also a growth experience for anyone. It is recommended that all participants read George Isaac Brown's *Human Teaching for Human Learning*. **$250**

THE WEEKEND OF APRIL 12–14

Psychosynthesis: Putting It Together / Tom Allen

In this weekend we will explore the many approaches available in psychosynthesis for reowning energy lost in many past inner and outer conflicts. Among processes used will be the identification and integration of subpersonalities, the balance of opposites, guided imagery and spontaneous drawing. **$90**

Personal Resurrection / Paul Rebillot

"To suffer one's death and to be reborn is not easy." *Fritz Perls.*
The Time: Easter Weekend
The Stage: Big Sur
The Script: Gestalt, Magic, Improvisation, Meditation, Movement and Song.
The Cast: You and Me. **$90 plus $2 video fee.**

Introduction to Aikido / Robert Nadeau

A weekend to explore the Japanese art of Aikido. The emphasis will be on centering, blending energy and awareness. Bring comfortable clothing for movement. **$100**

Encounter & Massage / Harry Sloan

We will explore how we touch each other verbally and non-verbally . . . how to communicate what we are feeling and how to ask for what we want. **$90**

Conscious Evolution / Chris Feldman & Esalen Staff

Our aim is to reopen the channels of being and intuitive perception lost in childhood. Our method is to break down conscious experience into specific dimensions, according to a precise experiential language. We will explore thinking in higher dimensions and increase our psychic empathy with others. We will work intellectually, intuitively, emotionally and spiritually. Unusual abilities are unnecessary – this is a workshop for ordinary people. **$90**

What is this experience?
As soon as you ~~[illegible]~~ ask, it is the asking.
"I would like this experience to be transformed."
The wish is now this.
"I would like not to wish."
How can you not wish? [You wish not to wish?]
"I am the wish. . . . to transform this experience."
WISH! "I want out from wanting out."
But this, also, is IT.
"I don't see it."
Because you have

THE WEEK OF APRIL 14–19

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. **$250**

Self Healing: Locating our Inner Space
Hector Prestera & Sharon Wheeler

When we are able to release our bodymind tensions our *inner space* unfolds and flowers. We will include in this workshop Reichian body techniques for emotional and energy release. Time will also be set aside for gestalt work as needed. Techniques for self-healing will include daily morning exercise series, self massage, and *specific* color meditations, eye exercises, polarity massage principles, and the psychic work of George Simon. **$220**

Bioenergetics: / The Other Side of Self
Alan Schwartz

We tend to block the free flow of energy which allows us to express emotions. The reasons involve many facets of self: fear of rejection, fear of not being loveable, fear of falling on one's face, etc . . . Through bioenergetic techniques, we will focus on opening up channels to the free flow of energy and dealing with the resultant emotional release on the intrapsychic and interpersonal levels. Gestalt techniques will also be utilized to develop an environment in which risk taking may occur in an atmosphere of trust. **$220**

Gestalt, Encounter & Psychosynthesis
Julian & Beverly Silverman

Open to non-professionals. Limited to 14. **$270**

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience – love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." **$220**

THE WEEKEND OF APRIL 19–21

Self-Affirmation: A Workshop for Those Who Put Themselves Down / Pennell Rock

The world is a place where we are constantly undermined and made aware of our shortcomings: so much so that we develop fixed patterns of self-negation which prevent a fuller realization of ourselves. The workshop will demonstrate the arbitrariness of such negativity and will show how the creative flow of living is enhanced when these patterns are reversed. The work will include experiences in personal creativity, validation techniques from Re-evaluation Counselling and Arica exercises in consciousness expansion. **$110.**

A Workshop for Gay People / Sally Smith

A chance for gay men and women, singly or in couples, to come together at Esalen, explore life styles, problems, joys, directions; share massage, music and plain talk. **$100**

A Weekend of Energy Release through Bioenergetics
Alan Schwartz

See April 14-19 above. **$100**

Contact & Consciousness / Simone Surpin

This weekend we will emphasize the moment-by-moment process of our group as one dynamic organism, – the process of how we do and don't pay attention to ourselves and each other. We will explore how to "keep ourselves" while communicating with others. Body work and some meditation will be part of the weekend. **$100**

a preconceived idea of what IT should be.

Look at IT now.

"It becomes the looking."
Feel the looking.

"But that is looking at looking."

VISH! You are the trap – the vicious circle.
"I feel stuck – manipulated."
What's the time?
Looks at watch.
See – you are not stuck!

(KWATZ!)

THE WEEK OF APRIL 21–26

Exploration & Integration / Arthur & Janica Fox

Come and use a combination of the richness of encounter, gestalt, sensory awareness and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these to explore more of you, your potential, your awareness and your capacity for openness. We will also explore ways of retaining and integrating this richness so that you have access to it not just at Esalen, but also when you return home. **$240**

Interscience Neo-Reichian Workshop: Opening the Feelings / Charles & Erica Kelley

See description, page 40. **$300**

Endarkenment / Will Schutz & Valerie Blalock

(For people who want a respite from the pursuit of enlightenment.) This week we will learn to be closed, deceptive and dishonest; to be in our heads and not our bodies; how to worry during meditation; methods of structural *dis*integration; techniques for being off-center; ways to avoid touching and closeness. There will be extensive practice in how to blame others for our troubles.

By experiencing these endarkening techniques, we will get in touch with how we block and frustrate ourselves. (Lapses into joy, contact, clarity and centeredness are permitted.) The premise of this workshop is that sometimes we learn best by experiencing opposites. **$300**

Experiencing Esalen

See workshop description, page 35. **$240**

Massage Workshop / Dick Horan & Peggy Morrison

$270

MEDIA CENTER

"Oh, would some Power the giftie gi'e us
To see ourselves as others see us."

The Esalen Media Center has video recording services available for individuals interested in working privately, or in twos and threes. If you wish to explore every aspect of your visual self – how you use your body, how your self-image compares with your real image – the video camera offers you instant feedback.

Studio and operator: $15 per hour, including playback time. If you wish to purchase the videotape, there is an additional charge.

(Leaders wishing to retain the use of video for groups must arrange this with the program coordinator at the time the group is scheduled.)

THE WEEKEND OF APRIL 26-28

A Bodyshop / Xavier Nash

A Massage workshop using special techniques to:
–allow the body and mind to experience the more restful states of consciousness,
–allow the body and mind to physically experience an energized body.

A Movement Awareness Workshop designed to expand the body's musculature structure (through simple structural anatomical movements).

a Movement Awareness Workshop designed to:
–allow the mind to confront the body as it exists in space,
–explore one's personal range of body limitations as it affects the mind and conversely, the emotional limitations as they affect the body,
–initiate integration of mind, body and feeling states. **$100**

Towards a More Sensitive Relating Charlotte Selver & Charles Brooks

In an increasingly alienated world, where mechanical ease often makes communication shallower, many of us are eager to find more meaningful contact both with ourselves and with others, and with our activities whatever they may be. We would like really to get *in touch*. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and discard the techniques and defenses we have come to rely on–when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

In this weekend, which will be devoted to practice rather than theory, a beginning will be made in exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents. **$120**

Bodymind / Will Schutz & Valerie Blalock

The workshop will attempt to integrate the Feldenkrais exercises with fantasy and encounter. Everyone will be given an opportunity to experience several exercises followed by a fantasy, then, in an encounter group, to deal with the material generated. The aim is for a more complete integration of each person's organism. **$110**

The Art & Practice of Self-Observation: A Gestalt Workshop / Stella Resnick

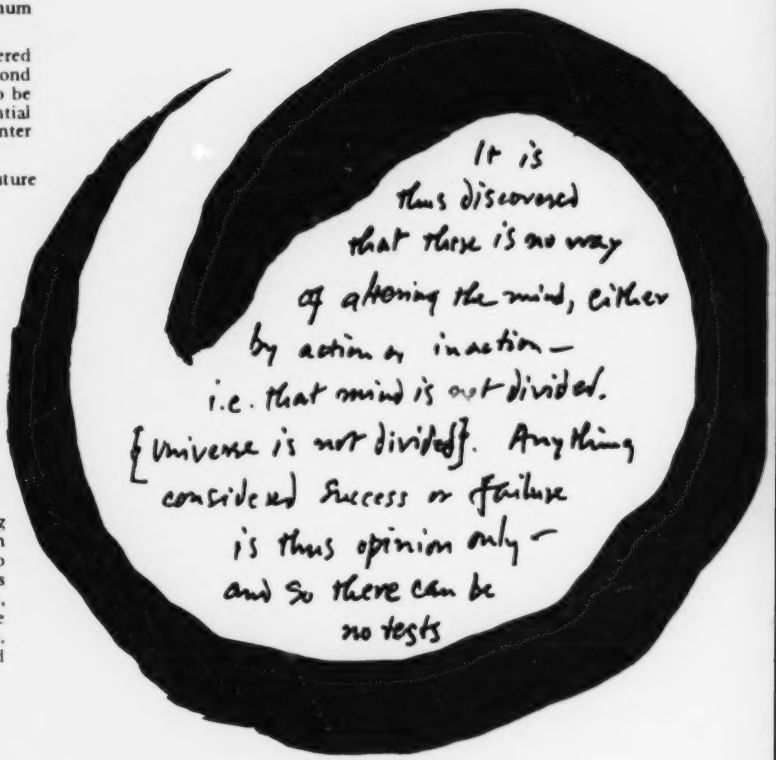
Self-observation is a crucial talent to develop in order to recognize when behavior, fantasy and environment is nourishing and self-enhancing or toxic and self-depleting. Using the gestalt approach supplemented by a variety of other techniques including video feedback, participants will focus on learning how to observe themselves more clearly and to recognize and maintain themselves in nourishing environments. **$110 plus $2 video fee.**

ONGOING RESIDENTIAL PROGRAM

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment of community and work for an intensive workshop program over a long term (minimum four weeks).

Participants may select any of the five-day workshops offered during their stay. Some programs are cancelled, so second choices are advised. Some special staff programs will also be open to residents. Participation in the Ongoing Residential Program may also lead to participation in the Study Center (see below).

Cost: **$880** per four week period. (Subject to change in future catalog periods.)



THE STUDY CENTER

The Study Center operates as a section of the Ongoing Residence Program. It is a place where up to 15 residents can be living in community with one another. Preference is given to persons with special learning relationships to Esalen teachers and/or are working professionally with people (teachers, ministers, psychiatrists, etc.). As in the Ongoing Residence Program, residents can take any of the five-day programs. Some special in-house programs are given at the Center and visiting teachers and scholars are often in residence.

$880 per four-week period.
(Subject to change in future catalog periods.)

THE WEEK OF APRIL 28 - MAY 3

Selective Awareness & Advanced Gestalt
Emmett Miller, Richard Price & Esalen Staff

For those who have had some previous experience in gestalt and/or selective awareness.

Selective awareness provides means for identifying and unlearning undesireable characteristics of body/mind and rapidly learning desireable patterns. This takes place in a state of mind related to those of meditation and hypnosis. Like gestalt, selective awareness aims at the development of internal guidance free of externally imposed conditioning. **$270**

Massage, Music & Meditation
Deborah Medow & Myrtle Ratcliffe

A week of massage, using polarity and sensory methods, combining yoga, music, meditation and the wonders of the Big Sur woods and seacoast. **$240**

The New Communication / John Ziegler

The goal of this workshop is to develop our communication skills to live life more fully and productively. Self contact, interpersonal contact and group contact will be explored experientially to facilitate meaningful change. The contributions of gestalt, sensory awareness, fantasy, psychosynthesis, bioenergetics, biocentric psychology are applied in the New Communication. Video will be used as a tool to discover our patterns of communications, body language, how we interact and listen. **$270 plus $2 video fee**

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

See April 26-28 description, above. **$270**

Experiencing the Obvious: A Week of Gestalt Momentum / Neil Lamper

Whatever is here is what's here. Wholeness and integrity always lurk somewhere. Fritz says the breakthroughs are of little use unless we work through. We will work through from faith to the obvious.

We will work for our "aha" moment and to see how we got it; we will deal with what we want to do with it now that we've got it. This is a workshop for people who want to risk doing something *with* their insight. **$270**

OPENING THE FEELINGS

Interscience Neo-Reichian Workshops

To grow in the capacity to experience and express deep feeling, to connect up with oneself and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The *Interscience Intensive*, a period of individual work within a small group setting, is practised by Charles and Erica Kelley and their staff at the Interscience Work Shop. The *Intensive*, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the *muscular armor*. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness and other body-oriented approaches. Groups will be kept small – never more than eight per leader, so that significant individual help can be given. Grief or pain, fear and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he discovers a new capacity for pleasure, trust and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

Participants will receive ten two-and-a-half to three hour sessions in a week, or four sessions in a weekend. They will receive two and sometimes three individual *Intensives* during a week, or one during a weekend. Neo-Reichian work will be done in groups and pairs in those sessions that do not include the intensive. This will add up to all of the deep emotional release work that a person can ordinarily take on a day-after-day basis.

Taking these workshops as a series will provide participants who are unable to get neo-Reichian work in their locality with a continuing program equivalent both in price and "power" to weekly classes. For those regularly enrolled, the special environment and facilities of Esalen Big Sur will help to speed their progress toward deep-seated change.

Schedule

Five-day
April 21-26 Charles and Erica Kelley
June 9-14 Valerie Miller, Judy Unell and Laura Dillon

Weekend
May 24-26 Elaine Warburton and Eleanor Southers

PLUS: August 23-25, September 1-6, November 3-8, and December 20-22.

THE WEEKEND OF MAY 3–5

Psychosynthesis: Down with Shoulds, Up with Coulds / Tom Allen & Margaret Conway

All too often we listen to clamoring inner and outer voices that compel us to act against our own and other's best interest. Psychosynthesis provides many ways to contact our true inner self, our center, from which we can guide our lives with love and wisdom. In this workshop we will experience the integration of subpersonalities and the balance of opposites using such processes as guided imagery, symbolic visualization, movement, inner dialogue, and meditation. **$110**

The Feldenkrais Method: Extending our Possibilities Judith Stransky

This is an experience in the Feldenkrais method. Moshe Feldenkrais is the originator of a subtle and powerful new body technique. He has devised a series of simple, ingenious exercises which involve integration of the physical and the mental, expand boundaries of human possibility and lead to release from fixed habits that restrict us. Awareness of our self-image is developed, and the range of our movements is greatly extended. The work teaches integration, differentiation, relaxation and balance, improvement in alignment and greater ease in movement, and is a unique means of bringing us closer to the fulfillment of our human potential. **$100**

The New Communication / John Ziegler

See April 28 - May 3, above. **$110**

Boogie with a Conga Beat Barbara Clemans & Richard Adelman

We are already perfect. When we experience tension, upset, negativity and conflict in our universe we are only experiencing the barriers to the expression of that perfection. In this weekend, let us recapture the natural yet magical sense of pulsatory, rhythmical, flowing movement. We will release tension through massage and Feldenkrais exercises, we will explore our inner music with meditation and we will express the energyof the group with drumming, movement and sound.

We are the music while the music lasts – T.S. Eliot

$110

Experiencing the Obvious / Neil Lamper

See April - May 3, above. Those who wish to carry through from the five-day workshop are welcome. **$110**

THE WEEK OF MAY 5–10

The Physical, Psychological & Spiritual Dimensions of Yoga / Joel Kramer

A workshop designed for the interested novice as well as the serious practitioner. Yoga is presented as a tool for self inquiry, based upon building one's sensitivity in order to tune into the feedback systems of the mind and body. The emphasis will be to introduce both the physical yoga (Hatha) and the mental yoga (Jnana) with the aim of enabling the participants to do yoga on their own. $270

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich alive experience – love, anger, joy, sadness, and spirituality. Behind is a fear of seeing what is there. The participants will be offered a chance, a tender invitation to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." $270

Centering / Robert Nadeau

Often, under the ongoing inner and outer pressures of living, we split with ourselves and lose touch with our most basic nature which is balance. Centering is the process of returning to yourself, to your inherent balance.

Utilizing simple exercises, we'll learn to settle, relax and be easy in a variety of everyday situations. We'll explore the nature of being split and the process of re-centering. We'll also touch other dimensions of centering . . . energy awareness and meditation. $270

*Current Knowledge of Psychic Phenomena George & Iris Owen

The most recent and up-to-date information on the scientific understanding of Man's paranormal abilities will be reviewed: extra-sensory perception (telepathy, clairvoyance, precognition) in the laboratory and everyday life, conscious and subconscious; the arts of dowsing, paranormal healing, seeing the human aura; ghosts, apparitions, mediumship and evidence for human survival of death; psychokinesis, poltergeists, group psychokinesis. Participants in the workshop will be able to test whether they themselves have psychic abilities either as individuals or working in groups. $270

**Psychic Series*

Living 1974: A Workshop on the New Consciousness / Stella Resnick and Jerry Rubin

Stella Resnick, gestalt therapist, and Jerry Rubin, political activist, will bring their energies together in this weeklong workshop designed to explore and experience inner and outer revolution/evolution. We will work and play with gestalt, yoga, massage, gestalt theater and video. We will concern ourselves with the developing new consciousness of health, sex and sex role liberation, interpersonal relationships and political action. **$300 plus $2 video fee.**

THE WEEKEND OF MAY 10–12

You Don't Have to Suffer to Feel Good Harry Sloan

Frequently people come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. Though real experience will not be avoided, this workshop will tap into the absurdity of conflicts and problems, offering the participants an opportunity to develop perspective and to laugh at the seemingly tragic fates they have chosen. $110

"One's not half two. It's two are halves of one."* A Weekend for Couples Betty Fuller & S. Dub Leigh

A workshop for couples, lovers, mates, partners, friends designed to rehabilitate the ability to nourish one another, to communicate openly and honestly, to love and express love verbally and non-verbally, to live as self-responsible individuals in a one-to-one relationship. Experimental and didactic sessions will explore love, jealousy, sex, money, work, play, control, freedom, touching, talking, listening, relating, privacy, choosing, children and other "topics of interest" as they emerge in the group. The workshop is designed to serve a large number of couples in order to share the widest possible range of experience.

In the supportive context of the group each participant will encounter the "significant other"–other individuals and couples, and, most usefully, the self. Group sessions will also experience 1776 Union: American yoga, psychosynthesis, art, music and meditation. $110

**e. e. cummings.*

*Dream Telepathy / Montague Ullman

Psi (paranormal) effects have been observed in dreams anecdotally, clinically and experimentally. The workshop will be devoted to a brief review of the characteristics of dreams occurring in each of these ways and will then go on to explore the psi dream potential of the participants. The group will act both as agents and percipients in a series of informal exercises. $110

**Psychic Series*

PSYCHIC SERIES

In May, Esalen/Big Sur is again featuring a series of workshops/seminars in the field of parapsychology.

May 5-10:	"Current knowledge of Psychic Phenomena", George & Iris Owen. (p 41)
May 10-12:	"Dream Telepathy", Montague Ullman. (p 41)
May 12-17	"Pyramid of Being", Olivia Skinner. (p 42)
May 17-19	"How to Develop your ESP", Suzy Smith. (p 42)
May 19-24	"Parapsychology, Consciousness & Creativity", Stanley Krippner. (p 43)
May 24-26	"Maps of the Psyche: A Survey of Occult and Spiritual Experience", Stan Grof, Joan Halifax Grof, Michael Murphy & Richard Price. (p 43)
May 26-31	"Color Sensitive", Rosemary Lahey. (p 44)
May 31-June 2:	"Transcending Time, Matter & Personality: Experiencing Growth through ASC," Telemachus Greanias. (p 44)

During this month, we are pleased to announce that two well known and talented California Psychics will be in residence and will be available for individual readings.

May 5-10: **Anne Armstrong**

May 24-26: **Georgianna Sagee**

ANNE ARMSTRONG is a clairvoyant from Sacramento who uses her abilities for deep level analysis of personal problems and for guidance in the growth of the inner life.

GEORGIANNA SAGEE is a psychic and psychometrist. She has exhibited her gift on radio and television and now is engaged in giving personal readings and consultations in Fairfax, California.

For Biographical Information, see pp 50-56.

BIG SUR PROGRAMS

THE WEEK OF MAY 12–17

Listen to Yourself: / A Gestalt Workshop
Frank Rubenfeld

During these five days, we will listen to ourselves with humor, dismay, compassion and whatever else arises. Through listening comes awareness; through awareness, an opportunity to create your own fate. **$270**

Growth Through Risk-Taking / David Schiffman

This workshop is designed to provide the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, encounter techniques and video feedback, the participants can accep or transcend the boundaries from which they approach the world. Particular emphasis will be placed on the expression of anger, affection, sexuality and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. **$240 plus $2 video fee.**

1776 Union: American Yoga
S. Dub Leigh & Betty Fuller

An intensive workshop to experience and celebrate what works and gets results in body movement–both physical and mental. 1776 Union: American Yoga is Dub's and Betty's synthesis of the methods of Moshe Feldenkrais, Perls' gestalt awareness training, and Ida P. Rolf's gravitational alignment theories. More a moving meditation than "exercise", the work is done slowly with heightened awareness and concentration on process and experience Here/Now. The experience results in increased sensitivity, reduced friction, expanded self-image and improved alignment in the gravitational field. The workshop will also feature massage, reflexology, meditation and creative house cleaning of personal space through gestalt process. **$300**

* Pyramid of Being / Olivia Skinner

This workshop will deal with the three levels of being: body, mind, spirit, and the balancing of Auric fields – emotionally, physically and spiritually – to the individual's essence. Experiential work will be done with interpreting the Auric field, trance, acupoints, shiatsu, meditation and psychic development. **$240**

**Psychic Series*

THE WEEKEND OF MAY 17–19

Open Psychodrama Encounter
Walt & Maurica Anderson

A flexible weekend's work and play using a variety of encounter and gestalt approaches, with emphasis on psychodrama–the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing one's own openness, spontaneity, and creativity, and having fun. The degree of active involvement is a matter of individual choice. **$110**

Contact & Consciousness
Simone Surpin and Al Haimson

This weekend we will emphasis the moment by moment process of our group as one dynamic organism. The process of how we do and don't pay attention to ourselves and each other. We will explore how to "keep ourselves" while communicating with others. Body work and some meditation will be part of the weekend. **$110**

*How to Develop Your ESP / Suzy Smith

Each member of this group will be tested for their ESP potential and various forms of meditation will be taught. During meditation periods, attempts will be made at psychometry, seeing auras and psychokinesis. This workshop will go into the various forms of ESP which one might develop, including trance, out of the body experiences, physical mediumship and healing. Miss Smith will discuss her personal experiences with well known mediums, such as Arthur Ford. **$110**

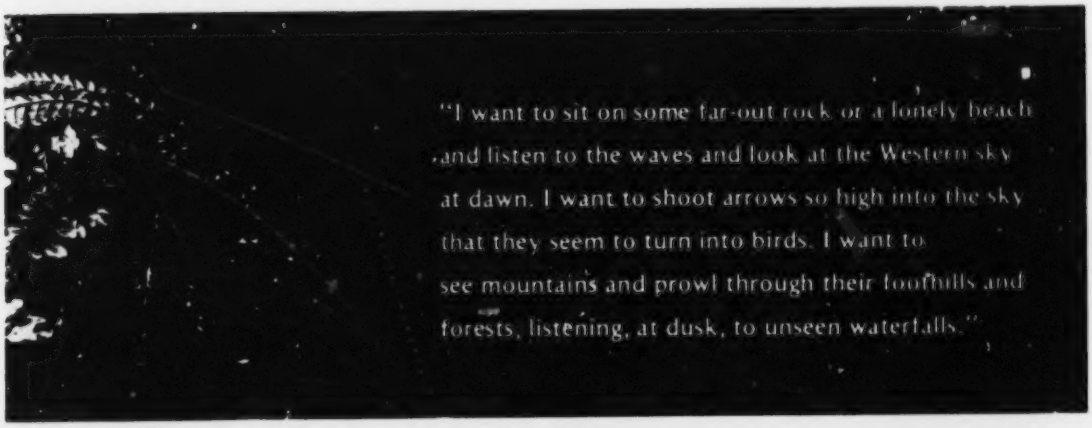
**Psychic Series*

Mountain Aesthetics Along the Big Sur Coast
Michael Tobias & Carol Macgee

This workshop will combine new ways of exploring and experiencing the mountains and coastal shoreline in Big Sur. Technical alpinism, the art of bouldering, meditation, centering, hiking disciplines and mountain lore will be ways which can provide us with unique insights into ourselves, the group and the environment. **$100**

Dimensions of Consciousness
Stan Grof & Joan Halifax Grof

This is the first in a series of six seminars to be given by the Grofs on culture and unusual states of consciousness. In this workshop they will utilize their combined backgrounds in anthropology and the clinical research of LSD to explore the human unconscious and the nature of consciousness. **$110**



For Reservation Information, see page 58.

THE WEEK OF MAY 19–24

Finding Your Own Way / Lenore Lefer

The way we choose to be and live our lives is limited by our perceptions and attitudes about ourselves. To broaden and illuminate these perceptions, we will explore our untapped energy resources. With richer alternatives and choices available, finding our own way will be a nourishing experience.

Gestalt awareness, encounter, guided daydreams and psychosynthesis techniques will be among the tools used on our search. **$240**

*Parapsychology, Consciousness, & Creativity
Stanley Krippner

This experiential seminar will attempt to develop each person's creative ability through the utilization of paranormal abilities that manifest themselves during altered states of consciousness. Dream recall will be utilized as will guided imagery, massage, group hypnosis, sensory bombardment, body movement, and fantasy. In these states of consciousness, participants will be trained to gain access to the personal and universal symbols, archetypes, and thematic concepts which encourage creative development. In addition, the basic approaches to psychic healing will be discussed and experienced. Kirlian photography equipment will be available, demonstrating how altered consciousness also changes the bodily energies. Workshop participants will be given the opportunity to participate in telepathy, clairvoyance, and precognition experiments during several different states of consciousness.

Suggested reading: *Dream Telepathy*, Ullman, Krippner & Vaughan; *The Kirlian Aura*, Ed. Krippner & Rubin; *The Secret Life of Plants*, Tompkins & Bird; *We Are All Healers*, Hammond; *Passages, A Guide for Pilgrims of the Mind*, Krippner.
$270

**Psychic Series*

Gestalt, Body Energy & Beyond
Jack Rosenberg & Lyn MacCuish

This workshop will be a synthesis of Perlsian gestalt, Reichian yoga and other energy body practices used to enable you to have more of your potential available in the here and now. **$270**

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. **$270**

Encounter for Couples
Will Schutz & Valerie Blalock

This week is an opportunity for couples to explore the realities and the possibilities of their coupledom and to share the experiences of other couples going through encounter. **$300**

THE WEEKEND OF MAY 24–26

Bodymind / Will Schutz & Valerie Blalock

The workshop will attempt to integrate the Feldenkrais exercises with fantasy and encounter. Everyone will be given an opportunity to experience several exercises followed by a fantasy, then in an encounter group to deal with the material generated. The aim is for a more complete integration of each person's organism. **$110**

Interscience Neo-Reichian Workshop: Opening the Feelings
Elaine Warburton and Eleanor Southers

See description page 40. **$110**

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

In an increasingly alienated world, where mechanical ease often makes communication shallower, many of us are eager to find more meaningful contact both with ourselves and with others, and with our activities whatever they may be. We would like really to get *in touch*. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and discard the techniques and defenses we have come to rely on—when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

In this weekend, which will be devoted to practice rather than theory, a beginning will be made in exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents. **$120**

*Maps of the Psyche: A Survey of Occult & Spiritual Experience
Stan Grof, Joan Halifax Grof, Michael Murphy & Richard Price

A survey of various maps of consciousness which will try to find connections between the theories and experiences which have been presented in this Psychic Series. Buddhist, Hindu, theosophical, Neo-Platonic, psychosynthesis, Aurobindonian and other models of the psyche will be discussed. **$120.**

**Psychic Series*

For Biographical Information, see pp 50-56.

THE WEEK OF MAY 26–31

Four Pillars of Health: A Workshop in Preventive Medicine John McCamy with Al Drucker

A workshop to improve your health. John McCamy, a physician in the field of preventive medicine, works with the four "pillars" of nutrition (detoxification), exercise/movement, stress reduction and ecological awareness.

Participants are asked to bring a record of their last week's diet and physical exercise: what was eaten (meals and snacks) and how much exercise taken (work, play, stairs, carrying, etc.) Workshop sessions will include: lecture and discussion; daily aerobic and movement exercises, personally tailored; stress-reduction techniques similar to meditation and alpha-state induction; meal-time awareness exercises. People in the helping professions – psychologists, teachers, nurses, doctors, ministers – can acquire a basic and simple illness-prevention approach which can be passed on to those seeking improved health and well-being.

Sessions in alternative health techniques will be offered by Dr. McCamy and Al Drucker. Participants will become acquainted with approaches to physical-mental-spiritual balance such as: structural integration (Rolfing), acupuncture, Feldenkrais movement and various meditation practices. **$270**

John McCamy's program also forms part of the Health program in Oct.-Nov. See this page.

The Workshop is You & Me, Work & Play, Joy & Sadness, The Title is Unimportant Bob, Marilyn & Otis Kriegel

This workshop is based on the premise that the process of change and growth can be facilitated by each individual increasing his available resources and options for being and interacting. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used as well as games and massage to enable the participants to explore and extend the resources that exist within themselves. **$270**

Experiencing Esalen

See workshop description, page 35. **$240**

*Color Sensitive / Rosemary Lahey

In this workshop, spectrum colors will be used as a tool to bring to light hidden positive and negative influences in our lives and hidden aptitudes or inhibitions of which we may be unaware. The healing uses of color will be explored and participants will be taught how to develop awareness of the auric body and sensitivity to the many aspects of the psychic dimension. **$240**

**Psychic Series*

HEALTH MONTH

The first Esalen month-long workshop devoted to health will begin in October. The broad terms of reference for this program are to provide the information, the practice and the environment which will enable participants to care for their bodies.

The cornerstone of the program will be physician John McCamy's preventive medicine program: a systematic and simple approach to good health through diet/detoxification, exercise, stress reduction and ecological awareness. (See the description of his workshop on this page.) Esalen staff will supplement Dr. McCamy's program with a variety of approaches to balance and well being in body, mind and spirit. The program will include:

- –daily hot mineral baths
- –demonstrations of structural integration (Rolfing) and acupuncture
- –massage sessions and massage instruction as well as polarity massage
- –body work: Alexander technique, Feldenkrais, bioenergetics, etc.
- –meditation practice and chanting
- –group work (gestalt, encounter, psychosynthesis) to deal with ways we prevent ourselves from feeling well
- –interaction with the Big Sur environment.

The Health Month will begin October 6th and end November 1st. The cost will be $1160. Esalen leaders involved with the program include Richard Price, Julian and Beverly Silverman, Hector Prestera, Al Drucker, Bob Kriegel and Peggy Morrison. Further information will be found in the summer and fall catalogs.

THE WEEKEND OF MAY 31–JUNE 2

Self Hypnosis & Selective Awareness Emmett Miller

In this workshop, the principles and techniques of selective awareness will be applied in three main areas: introduction to altered states of consciousness through auto-suggestion; elimination of unwanted symptoms, habits and emotional response-patterns; application to learning, listening, communication and body work through self-exploration exercises. **$110**

*Transcending Time, Matter, & Personality: Experiencing Growth through ASC Telemachos Greanias

Experiential and exploratory journies into other dimensions of existence. Altered states of consciousness, psychic and spiritual techniques are used to expand awareness and grow. Past lives and the nature of one's own consciousness are experienced. The programs stretch ideas of reality and release one from the limitations of self-concept. **$100**

**Psychic Series*

The Search for Certainty in the Midst of Indeterminancy / John & Antoinette Lilly

Each of us tends to value certain beliefs – disbeliefs above all others. The current belief systems can be voluntarily modified through proper analysis. In general, beliefs – disbeliefs program our behavior, our thinking and our feeling. Those particular beliefs which we consider to be most important are called, for purposes of discussion, simulations of God. Typical simulations are God as Sex, God as Wisdom, God as War, God as Power, God as Beauty, etc. Beliefs and disbeliefs generate certainty in an essentially indeterminate universe. Experiential and experimental. **$175**

For Reservation Information, see page 58.

THE WEEK OF JUNE 2–7

Psychosynthesis / Tom Allen & Margaret Conway

What are you doing from day to day that gets in the way of your inner desire for harmonious, loving, wise, and pleasureful functioning? Perhaps you feel it's what others do to you! In either case you probably know that the key to getting where you really want to be lies within. In this workshop we will explore processes designed to validate our sense of personal center, our nourishing source of strength, love and integration. Among processes used will be guided imagery, spontaneous movement, focused and spontaneous drawing, journal writing, inner dialogue, and meditation. **$280**

Disidentification Meditation / Bernard Gunther

Our real self is a center of pure energy, bliss consciousness. This sense of being is constantly disrupted by our false identification with thoughts, feelings, problems, emotions and desires. Meditation and awareness is a way out of this hypnosis and suffering. Sitting is just one form of meditation, for this kind of heightened awareness can be a joyous part of everything you do. The simplest function as well as work and play can be used as an active path to realization. In this workshop we will use various aspects of meditation, including sensory awakening, yoga and psychosynthesis to increase vitality, creativity and a lasting sense of inner peace. **$280**

Exploring Self-Acceptance / David Schiffman

The focus of this workshop is on the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. There will be a session with video for "taking a look" at ourselves. Emphasis is on searching out unique personality strengths, individual capacities and latent powers as a means of achieving productive, creative functioning. **$250 plus $2.00** video fee.

Leadership Training/ Will Schutz & Valerie Blalock

For experienced group leaders. Each will get a chance to lead under supervision and to explore self in relation to leading. There will be demonstrations of several techniques and discussions of theory. Limited to 15. **$310**

Gestalt & the Body / Richard Price & Chris Stewart

Includes an introduction to a variety of body practices: acupuncture, Rolfing, bioenergetics, massage and polarity massage and their relation to gestalt awareness practice. **$280**

"Let me in! let me in!
I love you so much I could eat you.
I love you to the very core,
especially the soft juicy parts,
the vitals most tender and alive.
Surrender to this agony and you
will be transformed into me.
Dying to yourself you will become
alive as me.
We shall all be changed in a moment,
in the twinkling of an eye,
on the morning when the last trumpet
sounds. For behold! I am he
who stands at the gate and knocks."

ESALEN STUDENT GROUPS

To enable a wider range of young people to attend Esalen, we are offering a weekend "sleeping bag" rate to groups of students during the September to May period. These weekends are designed to allow the students the experience of a variety of Esalen activities such as gestalt, encounter, psychosynthesis, movement, massage, meditation . . .

The rate is $50 per student with a minimum of 10 students required. This includes meals from Friday dinner through Sunday lunch. Please write for information and available dates to: Student Groups, Esalen, Big Sur, CA 93920.

STUDENT RESIDENTIAL PROGRAM

We have a limited number of spaces available during the September to May period for college students who would like to find out more about the approaches to human growth and spiritual practice that are being developed within the Human Potential Movement. Students will be provided with shared accomodation and will contribute some hours of work each week to the Esalen community. A minimum residence of one month is required. Write for further details and cost to: Student Residential Program, Esalen, Big Sur, CA 93920.

For Biographical Information, see pp 50-56.

BIG SUR PROGRAMS

THE WEEKEND OF JUNE 7–9

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. $120

Energy / Bernard Gunther

We are all fields of energy living in an energy field. Our potential is limitless, yet we frequently find ourselves operating in fatigue and limitation. This damming of the Self is caused by excessive tension, shallow breathing, toxic relationships and non-focused thought which robs the organism of vitality and pleasure. How to tap this infinite supply of energy and how to apply this knowledge in every-day activity will be the task of this seminar. In this work we will explore aspects of yoga, gestalt, psychosynthesis and meditation to experience more fully our flow of vital and psychic energy. $120

Couples Massage Workshop
Richard Horan & Peggy Morrison

$120

Simulations of God & Indeterminacy
John & Antoinette Lilly

Each of us tends to value certain beliefs – disbeliefs above all others. The current belief systems can be voluntarily modified through proper analysis. In general, beliefs – disbeliefs program our behavior, our thinking and our feeling. Those particular beliefs which we consider to be most important are called, for purposes of discussion, simulations of God. Typical simulations are God as Sex, God as Wisdom, God as War, God as Power, God as Beauty, etc. Beliefs and disbeliefs generate certainty in an essentially indeterminate universe. Experiential and experimental. $175

THE WEEK OF JUNE 9–14

Interscience Neo-Reichian Workshop
Opening the Feelings
Valerie Miller, Judy Unell and Laura Dillon

See description p 40. $280

Psychosomatic Medicine within a Gestalt
Karl Pribram & Janet Lederman

The biological revolution continues and what we call "medicine" is changing almost beyond recognition.

The psychological revolution continues and what we call "health" is changing with our self-recognition. $280

Introduction to Self Healing
Hector Prestera & Sharon Wheeler with Bill Lisles

In this workshop, techniques for healing the self will include self massage, color therapy, gestalt awareness, Reichian body energetics, aspects of aura reading, and polarity therapy. A diet utilizing principles of organic nutrition is also planned. A morning ritual of cleansing oneself and a light exercise series will also be taught. Gestalt work will be used as the need arises. Polarity massage sessions by Bill Lisles. $250

Gestalt & Spiritual Practice
Richard Price, Chris Stewart & Esalen Staff

One of a series of programs relating gestalt awareness practice to the spiritual disciplines developed within (and sometimes in opposition to) the great world religions. Recommended reading: *Tao Te Ching* by Lao Tzu, translated by Gia-fu Feng and Jane English; *Gestalt Therapy Verbatim* by F. S. Perls; *The Anatomy of Mental Illness* by Arthur Janov. $280

SOUTH COAST CENTER

The living center is slowly evolving into a participatory environment
vital
changing
designing, re-designing inner and outer space

with residents responsible for their own evolution.

The focus of South Coast: The Arts –
as a part of a functional living environment

Studios may be rented on a monthly basis with access to the dining facilities and baths at Big Sur Hot Springs. Room and board: **$485 per month.**

For Reservation Information, see page 58.

THE WEEKEND OF JUNE 14–16

Femininity in Humanistic Medicine: A workshop for women doctors and nurses Marguerite Abell, Mary Morgan, Naomi Remen

Many people have experienced the necessity to separate, in one degree or another, their femininity from their professional lives in medicine. We will explore ways to heal such fractures and move toward a humanistic medical practice in which femininity finds its natural place. Discussions, exercises from a variety of experiental disciplines and demonstrations. **$120**

Body Energetics / Hector Prestera

A weekend workshop dealing with *body energy blocks* and techniques to work them through. Included will be principles from Reich, Rolfing, acupuncture, body-centered gestalt and also color therapy and aspects of aura reading. **$110**

Come as You Are / Paul Rebillot

The focus is your uniqueness. Using gestalt, dance, improvisation and ritual magic, we will delve into the mysteries of your mythology and bring your fantasies and visions to life through creative self expression. We will use video as one way to express ourselves to ourselves. **$110 plus $2 video fee.**

Conscious Evolution / Chris Feldman & Esalen Staff

Our aim is to reopen the channels of being and intuitive perception lost in childhood. Our method is to break down conscious experience into specific dimensions, according to a precise experiential language. We will explore thinking in higher dimensions and increase our psychic empathy with others. We will work intellectually, intuitively, emotionally and spiritually. Unusual abilities are unnecessary – this is a workshop for ordinary people. **$110**

The Feldenkrais Method: Extending our Possibilities Judith Stransky

This is an experience in the Feldenkrais method. Moshe Feldenkrais is the originator of a subtle and powerful new body technique. He has devised a series of simple, ingenious exercises which involve integration of the physical and the mental, expand boundaries of human possibility and lead to release from fixed habits that restrict us. Awareness of our self-image is developed, and the range of our movements is greatly extended. The work teaches integration, differentiation, relaxation and balance, improvement in alignment and greater ease in movement, and is a unique means of bringing us closer to the fulfillment of our human potential. **$110**

THE WEEK OF JUNE 16–21

Deep Massage & Body Awareness Ellen Stevens & the Esalen Massage Staff

Through deep massage supplemented by sessions in movement, sensory awareness, gym, meditation (and a lot of soul boogie), we will learn to use our bodies as totally connected beings. Most sessions will meet at the hot mineral baths. Limited to 14. **$250**

Renascence / Michael Butler

See June 7 – 9, above. **$280**

Gestalt Improvisations Paul Rebillot & Richard Price

Sing the glory of your life to the world,
Dance the story of your life to the world.
Tell the tale of living flesh to the world,
'Til the pain that you feel goes away.
–Don Currie

Combining improvisation and dance with gestalt and bio-energetic methods of liberating breath, movement and sound, we will explore possibilities of reclaiming disowned energy through creative self-expression. In a session with video tape, we will have the experience of being our own audience. Limited to 16. **$280 plus $2 video fee.**

Accentuate the Positive / Lenore Lefer

Hidden within many of our traits, habits and hangups are positive, creative qualities wanting to emerge. In an atmosphere that is supportive and nourishing, we will explore and encourage that emergence. Gestalt, soft-encounter and psychosynthesis techniques will be used to accentuate the positive. **$250**

Human Potential Practice for Professionals John Heider

This workshop is intended to provide persons in the people-helping professions with skills derived from human potential practice. We shall focus on a synthesis of: encounter/gestalt, body work and meditations.

The sessions will be primarily experiential. We will encounter together, meditate together and so on. Yet time will be set aside for theoretical discussion linking human potential practice with traditional psychological, psychiatric and counselling models. **$280**

For Biographical Information, see pp 50-56.

BIG SUR PROGRAMS

THE WEEKEND OF JUNE 21–23

What's Available / George & Judith Brown

An experiential weekend workshop to help participants get more in touch with what's *inside* (the self, personal and transpersonal) and *outside* (one's living and working environment, including others). Focus will be on individual growth in a group setting. Suitable for couples as well. Limited to 20 persons. **$120**

No-Body's Perfect: Directed Body Awareness and Massage / Barbara Clemans

If we could but *experience* ourselves as free and flowing as we really *are*, we would then know our own perfection.

Through a series of specific, directed movements with awareness we can begin to alter the patterns of habitual movement in the body. By doing so, the psyche is then altered in its habitual manner of responding to the world. In addition, we will aid each other in enhancing our organic sense of well-being and integration with massage. **$120**

New Paths to Healing – Body Energetics Hector Prestera & Sharon Wheeler

Use of color, aspects of aura reading, traditional Chinese acupuncture concepts and specific individualized meditative techniques will be utilized. We will use Reichian body energy techniques for release of physical and emotional tension.

The above will enable the individual to begin to heal himself. **$120**

Tuning Your Energy Body / Robert Nadeau

All of us have moments when we are balanced: when we are centered in ourselves yet open and at one with the richness of life around us. Such moments do not have to be rare accidents. We can exist in a vast reservoir of energy that we can learn to tune into and use to enrich our lives on every level. This workshop is an experience in the application of this life energy to relaxation, concentration, healing and life in general. **$120**

The Nature of Birth and Death Stan Grof & Joan Halifax Grof

The biological, emotional, philosophical and spiritual aspects of birth and death will be approached from the point of view of anthropology and psychedelic research. We will explore such phenomena as the memory of biological birth, spiritual death-rebirth, subjective experiences accompanying clinical death, "curse death" and LSD-assisted psycho-therapy with terminal cancer patients. We will use films, discussion and in-group experiences. **$120**

THE WEEK OF JUNE 23–28

Freeing the Voice / Mary Corrigan

This workshop will concentrate on freeing the voice. It has been established that physical tensions inhibit the production of a free tone. This method employs various physical and vocal exercises that are designed to reduce tensions and to provide the kinaesthetic experience of what a free voice *feels* like. This experience also allows the participant to discover a sense of ease and effortless vocal power. This method is employed at most of the major residential theatres and professional training programs in the U.S. and England. There will be gestalt work to explore personality through sound. **$280**

Centering / Robert Nadeau

Often, under the ongoing inner and outer pressures of living, we split with ourselves and lose touch with our most basic nature which is balance. Centering is the process of returning to yourself, to your inherent balance.

Utilizing simple exercises, we'll learn to settle, relax and be easy in a variety of everyday situations. We'll explore the nature of being split and the process of re-centering. We'll also touch other dimensions of centering . . . energy awareness and meditation. **$280**

Experiencing Wholeness / Seymour Carter

This workshop will emphasize gestalt methods for contacting ourselves as self-regulating organisms. The practice of integrating our senses, emotions and thought into a perceptual whole releases energy for a more connected experience of living and being. The work will be devoted to releasing excess efforts and tensions and awakening dormant functioning so that the participants may experience greater physical and emotional freedom. **$280**

Experiencing Esalen

See workshop description, page 35. **$250**

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich alive experience – love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. The participants will be offered a chance, a tender invitation to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." **$280**

For Reservation Information, see page 58.

THE WEEKEND OF JUNE 28–30

Satipatthana Vipassana / Anagarika Sujata

The goal of this workshop is to provide a foundation of *mindful awareness* which can expand into a spontaneous and creative relationship with everyday life.

Sujata will give instruction in the Satipatthana Vipassana technique of Insight Meditation (mindfulness.) Through ever-increasing awareness of the moment-to-moment experience of the here-now, habits of past conditioning are penetrated and transformation in ethical and perceptual consciousness develops.

In patient application of the *Mahasi Sayadaw* method, one learns how to build detachment from vicious emotional circles that prevent a free flow between oneself and others and an unconditional open-ness to the phenomenal vitality of the universe. Information dealing with longterm training will be made available. **$110**

Freeing the Voice / Mary Corrigan

See June 23 to 28, above. **$120**

Mythological Meditations: The Mythic Imagery of Hindu & Buddhist Art / Joseph Campbell

A series of masterworks of Oriental religious art will be viewed and re-viewed in such a way as to serve not only as an introduction to Hindu and Buddhist religious imagery, but also as an occasion both for individual inward explorations and for mutual discovery. The relation of dream to myth and of the figures of Oriental art to the archetypes of an inward visionary journey will be taken as a guiding principle; and the members of the group will be invited – after the opening general session and presentation – to explore the images and myths around which their lives are built. **$120**

The Spirit/Body / Simone Surpin

This weekend we will emphasize the moment by moment process of our group. We will work toward finding and using our intuition. Being together and being conscious together. We will do some body work and meditation. **$110**

You Don't Have to Suffer to Feel Good Harry Sloan

Frequently people come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. Though real experience will not be avoided, this workshop will tap into the absurdity of conflicts and problems, offering the participants an opportunity to develop perspective and laugh at the seemingly tragic fates they have chosen. **$120**

THE WEEK OF JUNE 30 - JULY 5

The Workshop is You & Me, Work & Play, Joy & Sadness; The Title is Unimportant Bob, Marilyn & Otis Kriegel

Our premise is that the process of change and growth can be facilitated by individuals increasing their available resources and options for being and interacting. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used, as well as games and massage, to enable the participants to explore and expand the resources that exist within themselves. **$280**

For Biographical Information, see pp 50-56.

Continuum / Emily Conrad

This workshop will explore the techniques of Continuum. Continuum is a means of sending lower back and genital energy upward through the solar plexus to the brain by using very intense breathing exercises along with penetrating spinal movements. The effect is to awaken the dormant sensory centers of the body and to reabsorb blocked energy, allowing the life process to continue. Continuum is a dance of our instinctual energies. It starts with feeling. Feeling leads to knowing. Knowing to wisdom. (Please bring appropriate apparel, preferably tights and leotards.) **$250**

Growth Through Risk-Taking / David Schiffman

This workshop is designed to provide the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, encounter techniques and video feedback, the participants can accept or transcend the boundaries from which they approach the world. Particular emphasis will be placed on the expression of anger, affection, sexuality and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. **$250 plus $2 video fee.**

Exploration & Integration / Arthur & Janica Fox

Come and use a combination of the richness of encounter, gestalt, sensory awareness and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these to explore more of you, your potential, your awareness and your capacity for openness. We will also explore ways of retaining and integrating this richness so that you have access to it not just at Esalen, but also when you return home. **$250**

Advanced Gestalt / Donald Barenfeld

It is possible to increase awareness and thereby discover how we block our excitement, nourishment, contact, creativity, etc. From this awareness might flow suggestions of new ways to experiment with being in the world, and hopefully an awakening of appreciation for how we are. This focus will allow participants to re-identify with their energy lost to disowned parts and should provide a nourishing context for their reclamation. We will incorporate a session with the video camera as an awareness tool.

This workshop is open only to those with prior gestalt experience. **$280 plus $2 video fee.**

Special Workshop Announcements

Workshops of more than one week require special planning for participants. Whenever possible, we will announce such workshops well in advance. More detailed descriptions will appear in the catalog covering the period in which the workshop is scheduled.

July 7-19
A Supervisory Workshop in Gestalt
George and Judith Brown

For professional psycho-therapists and other people helpers, includes work in co-therapy. Applicants must provide biographical data to George Brown, 2141 Ridge Lane, Santa Barbara, California, by June 24. Limited to 16 participants.

October 6-November 1
Health Month. See page 44.

November 24-December 20
Gestalt, Body and Spiritual Practice
Richard Price and Esalen Staff

BIOGRAPHICAL INFORMATION

MARGUERITE ABELL is director of nursing service at Hahnemann Hospital in San Francisco. She is a member of the San Francisco program in humanistic medicine, a medical group spending three years exploring ways to make medicine more fully human through investigating such methods as psychosynthesis, gestalt, encounter, massage, and Chinese medicine. (p 47)

RICHARD ADELMAN has been experiencing conga drums for 17 years. His teaching approach is based on a synthesis of drumming and his experiences with a variety of therapies and meditation practices, particularly bioenergetics, Feldenkrais movement and gestalt. (p 40)

HOPE ADLER spent last summer in Liberia, West Africa, researching and participating in a polygamous society. She is currently working on a documentary project called "Women in America". She is also studying acupuncture massage with Marshall Ho'o. (p 25)

JOE ALEXANDER is a TA/gestaltist with experience in encounter and psychodrama. He gives workshops in communications/transactional analysis at various institutions and centers and has a counseling practice in Modesto. (p 21)

MICHAEL ALEXANDER has worked on assignment for major magazines such as *Look*, *Life* and the *New York Times* Magazine for ten years. He has published a book of photographs entitled *Culture and Civility*, and is now experimenting with the use of videotape in schools. (p 17)

TOM ALLEN, a senior associate of the Psychosynthesis Institute, leads workshops at growth centers and educational institutions throughout the country and abroad. He has taught courses in psychosynthesis at the college and university level. He is an artist and has worked to integrate art into the psychosynthesis process as a means of self-realization. (pp 16, 20, 36, 40, 45)

MAURICA ANDERSON, a former staff member of the California Institute of Psychodrama, is currently working in psychodrama and encounter with various Berkeley womens' groups and is a graduate student in the humanistic psychology program at Sonoma State. (pp 15, 21, 22, 42)

WALT ANDERSON studied psychodrama under Lewis Yablonsky, is accredited by the Moreno Academy of New York and was former executive director of the California Institute of Psychodrama. He led the first Esalen High Sierra programs and is currently exploring new ways of combining encounter and outdoor activities. He is also author of several books, including *Politics and the New Humanism*. (pp 12, 13, 15, 21, 22, 42)

MAL ANDREWS is associate professor in Physical Education and Kinesiology and a former track coach at Cal State Hayward; he was a participant on the 1956 Olympic track team, is a professional dancer and co-author of *Black Language*. (p 13)

MAGGY ANTHONY is recently returned from Zurich where she studied at the C. G. Jung Institute. Prior to that she taught mythology for several years in the Bay Area, most recently at the U.C. Medical Center in San Francisco. (p 16)

JOHN ARGUE is a teacher, actor, director and playwright who has been exploring the integration of theater and major disciplines of the human potential movement for ten years. He has done extensive work in gestalt, meditation, t'ai chi, bioenergetics and Jungian psychology. His plays have been produced in Berkeley, San Francisco and New York. He does private work and teaches classes at Acting Open Hand in Berkeley. (p 16)

GEORGE R. BACH is a psychologist and author. His studies focus on aggression, intimacy, violence prevention and group process. His principle occupation is a consulting psychologist specializing in psychotherapy, human growth, family therapy and marriage counselling. He has written several books including the *Intimate Enemy* and *Stop Being so Nice – You're Killing Me*, soon to be released. (p 35)

HAL BAILEN, M D is a practicing internist and acupuncturist. He is a consultant in sports medicine and is a long distance runner and cyclist. (p 13)

DON BARENFELD is a gestalt therapist in private practice with the Gestalt Associates of Los Angeles. He spent three years in training with the Gestalt Institute of Los Angeles and one year as a trainee/apprentice with Robert W Resnick. Don has been teaching and demonstrating massage in Los Angeles for several years and most recently has been studying Reichian therapy with Dr Curcuruto. (p 49)

VALERIE BLALOCK is first and foremost a woman. In addition, she has been a musician, dancer, philosopher, actress, cook and gymnast. She has trained in encounter with William Schutz and in EST with Werner Erhard. With Will Schutz she has co-led workshops in the United States, Canada and Australia. She is presently in residence at Esalen/Big Sur. (pp 38, 43, 45)

HOWARD BLATNER, M D is a child and family psychiatrist in private practice in the Palo Alto area. He has been integrating psychodramatic methods along with other eclectic approaches in psychotherapy, and has led workshops on this subject for other group leaders and therapists. He is author of the recently published book: *Acting In: Practical Applications of Psychodramatic Methods*. (p 22)

ED and ESTHER BOURG have been trained in "Fair Fight" techniques by Dr. George Bach; Ed Bourg, PhD, is a clinical psychologist on the faculty of the California School of Professional Psychology; Esther Bourg, MSW, is a consultant for the County of San Mateo's Mental Health Services. Together with Lewis and Brandy Engel, they direct the Institute of Group Process, the Bay Area center for teaching the "Fair Fight Training" and "Pairing" methods developed by Dr. Bach. In addition, Ed and Esther have a private practice in San Francisco in which their special focus is working as a co-therapy team with couples and families. (p 21)

STEWART BRAND is founder and editor of The Whole Earth Catalogue. (p 9)

DORIS BREYER has a degree in physiotherapy from France. She studied psychology, modern dance and body awareness in Europe with teachers such as Mary Wigman, Elsa Gindler and Durkheim, the ways of Zen in Japan, and has also studied with Alexander Lowen and Fritz Perls. She recently moved to San Francisco where she is in private practice. (pp 9, 25)

WILLIAM BROSTOFF, M D, lives in San Francisco where he practices internal medicine. He is associated with the Lomi School, practices Lomi body therapy and is studying acupuncture. (p 26)

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is Professor and Director of the program in Confluent Education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning* and the forthcoming *The Live Classroom*. (pp 48, 49)

JUDITH BROWN has an international reputation as a gestalt awareness trainer and has been interested in the use of symbols as an expression of the creative unconscious. In addition to her own groups, she has co-led numerous groups with her husband. (pp 48, 49)

MICHAEL BUTLER is a group leader and rolfer who is interested in ways to integrate the body, mind, and spirit. A former Esalen resident fellow, he was trained in group process by John Heider and subsequently by Dr. Ida Rolf. Currently he is a member of a meditation training group led by Robert Nadeau. Primary emphasis in his work is on ways to translate growth practices into everyday life. (pp 37, 43, 46, 47)

ERNEST CALLENBACH has lived for 15 years in Berkeley, "among some of the most resourcefully poor people on earth"; he grew up in the central Pennsylvania country, and also lived in Chicago's South Side slums. He wrote *Living Poor With Style* as his contribution to spreading the revolution, and he has just finished another book – a novel about a future secessionist nation where *everybody* lives poor with style – called *Ecotopia*. (p 9)

JOSEPH CAMPBELL is the author of *The Hero with a Thousand Faces* and *The Masks of God*, among other works. He has been a member of the Literature Department of Sarah Lawrence College since 1934. (p 49)

BETSIE CARTER, a senior associate of the Psychosynthesis Institute, was associate director of the Ford-Esalen Project in Confluent Education and an Esalen resident fellow. She underwent advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu and didactic training in Italy with Roberto Assagioli. She has led workshops in this country and abroad and currently works with individuals and groups in psychosynthesis. (p 20)

SEYMOUR CARTER is a former director of the Esalen Residence Program. He has been a teacher at Esalen/Big Sur for the past five years. He has served as consultant in self-awareness programs to the U.S. Army, Stanford University, University of California and New York State University. In San Francisco, he maintains a practice with individuals and groups. He has had extensive training with many of the innovators and pioneers in the bodymind field. For the past five years he has been a student of the originator of sensory awareness, Charlotte Selver, and most recently completed a 9 month study program for teachers of her work. His work is an integration of the practice of gestalt and sensory awareness. (p 48)

FRANCES CLARK is currently associated with Ross Valley Psychological Service in San Anselmo and is teaching at the College of Marin. She is associate editor of the *Journal of Transpersonal Psychology*, has been doing research in mental imagery for the past seven years and has been teaching classes in the psychology of consciousness since 1970. She has a PhD in clinical psychology and has led many groups focusing on intrapersonal awareness. (p 24)

RON CLARK has been a diver for 15 years and is currently director of a national Scuba Instructors' Training program. He has been a teacher of literature and creative writing and Director of Kairos Institute. (p 15)

BARBARA CLEMANS is a practitioner of massage in San Francisco. In her workshops she has synthesized her approach from nine years of experience with various techniques including: gestalt therapy, dance, yoga, bioenergetics, an apprenticeship with Ann Halprin, a year of neo-Reichian therapy, massage, belly dancing, buddhism, psychosynthesis, the Arica training, EST and the Pearson method. Her work is featured in *Getting Clear: Body Work for Women*. (pp 40, 48)

MICHAEL CONANT is a psychologist in private practice in Berkeley who works in gestalt and bioenergetic reeducation. He directs training for the Institute for Bioenergetic Analysis in Northern California and is a member of the Gestalt Institute of San Francisco. He holds degrees from Columbia and Stanford Universities and is a former Director of Bridge Mountain Foundation. His current practice centers around group work and his particular interest is in teaching people to become more expressive, more themselves. (pp 23, 27)

EMILY CONRAD has been a dancer for 24 years. She trained in ballet and modern dance in New York, but her major focus has always been on primitive dance and its anthropoligical sources. This interest took her to Haiti where she lived for five years studying and participating in native rituals. For the past six years she has been developing and teaching the process of Continuum at her Los Angeles studio. (p 49)

MARGARET CONWAY, a senior associate of the Psychosynthesis Institute, is in advanced training with its directors, Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. Trained as a psychiatric nurse, she also has extensive experience as a group leader. Presently she works with individuals and groups in psychosynthesis. (pp 20, 40, 45)

MARY CORRIGAN is an assistant professor in the Theatre Department at the University of Minnesota and has conducted voice production workshops throughout the United States. She has been an actress, director, teacher and group consultant and has received grants and scholarships from several foundations. She has studied/experienced the following techniques: Iris Warren method, Alexander, Martha Graham, bioenergetics, N.T.L. Tavistock Group Conferences (England), and A.K. Rice Conferences. (pp 48, 49)

ROBERT CROMEY is an experienced group leader for Esalen Institute and other growth centers around the country. He has a private practice with groups, couples and individuals in San Francisco. (pp 21, 22)

MARY CROWLEY is the Director of Expeditions for the Oceanic Society and has run school ship programs, is a professional sailor, writer and photographer. (p 14)

PAUL CROWLEY is a designer of events and environments including a quadrophonic city-wide sound and light show from Twin Peaks and an interior city lot in San Francisco. He has taught art and photography at City College of San Francisco and is presently proprietor of Mediawest Studio. (p 16)

LYN DAVIS has worked professionally as a probation officer, psychologist, hamburger cook and Esalen gate guard. She works extensively with Jack Downing, and recently completed the Arica training. Presently she is studying body therapies with Jack Rosenberg. (pp 23, 35)

LAURA DILLON. Interest in Reich's work brought Laura into the Interscience Work Shop more than two years ago where she has taught a score of classes and workshops and has a busy individual practice. She has led or co-led workshops at Kairos and Esalen in California and throughout the country, most recently in the mid-west during a series of workshops in which she combined her neo-Reichian work with the work of well-known leaders in Transactional Analysis. (p 40)

JEROME DOWNES is a student of gestalt therapy and the Feldenkrais approach to body awareness. He is a former ice hockey player who skated for the U S Ambassador team in '67. He has produced and directed 4 motion pictures and has recently worked as a cameraman with National Football League films and Newsweek Broadcasting Services. He is currently exploring the utilization of the media as an approach to expanding personal and social consciousness. (pp 14, 15)

GEORGE DOWNING, author of *The Massage Book*, is a gestalt therapist who specializes in the combining of gestalt with intensive methods of working with the body. He is currently Director of Esalen's Extended Growth Program and is a member of the teaching staff of the Family Therapy Institute of Marin. He maintains a private practice in Berkeley working with individuals, couples and families. (pp 9, 18, 27)

JACK DOWNING is a physician, psychiatrist, social science researcher, public health administrator, epidemiologist, gestalt therapist, community mental health planning consultant, member of the Arica training, teacher and father. (pp 23, 35)

AL DRUCKER is a former space scientist whose primary work now is rolfing and teaching. He's lived at Esalen and in Big Sur for six years. Al is qualified as an acupuncturist (licensed in England) and as an Arica trainer. He has led gestalt, encounter and synanon groups, is trained in iridology, nutrition and psychic processes and on various occasions has taught anatomy, physiology, massage, yoga, t'ai chi and folk dance sessions. At present he's on his way to India on a spiritual journey to Sai Baba, from which he will return in May. (p 44)

JOHN ENRIGHT is vice president of the Gestalt Institute of San Francisco and a free lance psychologist. (p 23)

FRITZ FAISS completed his artistic training at the Bauhaus and Kunst Akademie, Stuttgart. Studied with Klee, Kandinsky and A. Hoelzel, also Dr. Rudolf Steiner. In 1932 received his medical degree with a permit to practice naturopathy and psychoanalysis. Authority on color, color therapy and meditation to awaken creativity. Emeritus Professor at California State University, Northridge. Author of numerous books and articles, including *The Archetypal World of Color* and *Out of Loneliness*. His paintings are in museums and private collections throughout the world. (p 17)

RICHARD FARSON is the author of *Birthrights*, a book about the politics of childhood. He is one of the co-founders of Western Behavioral Sciences Institute, and is presently President of Esalen Institute. He is the father of five children. (p 17)

ABRAHAM (TONY) FEINBERG, ordained as a rabbi in 1924, resigned from the second largest Reform Temple in New York City to study opera in Europe and later became an NBC-network romantic tenor radio star. He returned to the pulpit to fight Hitler Fascism and finally ended his rabbinic career as head of Canada's leading synagogue in Toronto in 1961. In 1967 he went to Hanoi and had a famous interview with Ho Chi Minh. He is now a non-salaried Rabbi-in-Residence of Glide Memorial Church in San Francisco, writer and lecturer; he is the author of *Storm the Gates of Jericho* and *Hanoi Diary*. At 70 he made a pop record released by Vanguard. (p 24)

CHRIS FELDMAN studied with George Simon for two years and became his teaching associate. She has an MA in school administration and has taught in many places, including the Philippines and a Chicano barrio. She was formerly the director of a free school. Currently she teaches classes in consciousness and has a private counselling practice under the auspices of the Community for Conscious Evolution. (pp 36, 47)

HEIDI FIRMAN is a senior associate of the Psychosynthesis Institute. A former teacher of meditation and yoga, she has completed didactic training with Roberto Assagioli and is in advanced training with Jim

and Susan Vargiu, directors of the Psychosynthesis Institute. She currently leads groups and works with individuals in psychosynthesis and has a special interest in the symbology of myth. (p 19)

JOHN FIRMAN is a senior associate of the Psychosynthesis Institute. He is former staff member of the Sonoma County Rehabilitation Program for Alcoholism, has worked at the UCLA Neuropsychiatric Institute, and has taught at La Verne College. He has completed didactic training with Roberto Assagioli and is in advanced training with Jim and Susan Vargiu, directors of the Psychosynthesis Institute. (p 19)

ANNE VALLEY FOX is a free-lance writer and poet who gives readings in the Bay Area. She is the co-author with Sam Keen of *Telling Your Story*. (p 17)

ARTHUR FOX, a 1969 Esalen resident fellow, has been leading groups at Esalen, around the United States and Europe. He has implemented humanistic education into a Swiss school and at colleges in the U S both as a teacher and consultant. He is now the coordinator of the Esalen college program and the newly formed Extended Learning Center and is a student of Stanley Keleman. (pp 8, 9, 21, 22, 24, 38, 39)

JANICA FOX has a background of research in groups at Harvard and was a 1969 Esalen resident fellow. For the past five years she has been leading groups at Esalen, around the country and in Europe. She also works privately with individuals and couples in the Bay Area. (pp 21, 22, 38, 49)

BETTY FULLER, a humanist counselor, has been leading encounter, couples and training groups in the USA and abroad since her 1967-68 Esalen residency, following 37 years in the theatre. She is featured in the documentary film *Here Comes Everybody*. In San Francisco, Betty leads seminars for EST and conducts groups and movement classes at American Yoga Center, which she founded with Dub Leigh. (pp 41, 42)

PAUL FUSCO was staff photographer for *Look* for 12 years and did major photo essays all over the world. He is now a member of *Magnum*, the international photographers cooperative. His books include *Sense Relaxation*, *What to do til the Messiah Comes*, and *La Causa*. (p 17)

JACK GAINES used to be a corporation president, was founder and president of FATHERS-at-Large Inc., now has been a consultant and a mini-philanthropist. Now he presides over a little place on the beach and is writing a book on Fritz Perls. (p 22)

DICK GALLAND is Founding Director of the Texas Outward Bound School and a student of gestalt. (p 13)

BILL GLOVER is part of the Esalen/San Francisco massage crew. He is a student of his body. (p 27)

HERB GOLD is a writer and teacher. Among his novels are *My Last Two Thousand Years*, *Salt*, *Fathers* and *The Man Who Was Not With It*. He has taught at Harvard, Stanford and the University of California at Berkeley. (p 16)

IAN GRAND studied at the Center for Energetic Studies with Stanley Keleman and has an individual and group practice in San Francisco. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at San Francisco State College. (p 18)

TELEMACHOS A. GREANIAS is a psychologist, psychic and published author and poet who provides people with their own experiences in new dimensions. He was formerly on the faculty of the Psychology Department of California State College, Sonoma, which is reknown for its work in parapsychology and metaphysics. He has also taught at Villa Montalvo, the Peninsula Hypnosis Center, Parapsychology Education and Awareness Center and the Creative Growth Center. He lectures extensively on the psychic and spiritual aspects of man. (p 44)

JOAN HALIFAX GROF is a medical anthropologist specializing in psychiatry and religion. Her dissertation "Indigenous Healing Systems and Contemporary Medicine: Toward an Integration of Approaches" reflects her crosscultural studies at Columbia University and subsequent field work in Africa and the Caribbean Islands, the study of the Afrocuban religion "Santeria" and her work as anthropologist for the University of Miami School of Medicine in the Departments of Psychiatry and Pediatrics. In 1972-73, she was a research associate at the Maryland Psychiatric Research Institute, working primarily as a therapist and anthropological consultant in LSD psychotherapy with terminal cancer patients. She is currently a scholar in residence at Esalen/Big Sur. (pp 10, 42, 43, 48)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over 50 articles in professional journals and books. He was a research psychiatrist at the Psychiatric Research Institute in Prague until 1967, Clinical and Research Fellow at Johns Hopkins University Henry Phipps Clinic until 1969 and Chief of Psychiatric Research at the Maryland Psychiatric Research Center and Assistant Professor at the Department of Psychiatry and Behavioral Sciences, Johns Hopkins University until 1973. He is presently on leave of absence from Maryland and Johns Hopkins and is a resident scholar at Esalen/Big Sur. (pp 10, 42, 43, 48)

BERNARD GUNTHER was for seven years a staff member of the Esalen Institute in Big Sur. In recent years he has been involved in the study of psychosynthesis, mind dynamics, breathing, energy and hypnosis as they relate to transpersonal consciousness. He is the author of *Sense Relaxation*, *Love View*, *What to Do Till The Messiah Comes* and *How The West Is One*. His latest work *High Cards* will be released this February by Harper and Row. (pp 45, 46)

AL HAIMSON is a clinical psychologist with a private practice in Menlo Park. He has been leading groups for several years and is interested in teaching people how to take better care of themselves. (p 42)

JOHN HEIDER was educated at Harvard and Duke University. From 1967-1971 he was associate in residence at Esalen Institute where he directed and co-directed several residence programs. Most recently he has been Visiting Professor at the Menninger Foundation in Topeka, Kansas. (p 47)

AARON HILLMAN is a teacher, author, gestalt awareness trainer, one of the founders of confluent education and a poet in deeds and words. Currently, he is Director of Training for the Educational Administrators Project in Confluent Education at the University of California, Santa Barbara, Graduate School of Education. (p 36)

ROSEMARY HILLMAN is a counselor, specialist in confluent education, and co-leads confluent education, married couples workshops and gestalt workshops in the United States, Canada and Mexico. (p 36)

SHERRY HOGUE is a developing sensitive who is involved in interpreting psychic phenomena with a larger artistic and spiritual framework. (p 11)

MARSHALL HO'O is chairman of the National T'ai Chi Chuan Association, past president-emeritus of the National Acupuncture Association, is dean of the Aspen Academy of Martial Arts, holds a black belt in two martial arts and is currently professor of Asian Studies at California Institute of the Arts in Valencia, California. (p 25)

RICHARD HORAN is an artist, masseur and organic gardener. (p 46)

AL CHUNG-LIANG HUANG, Eastern and Western man, practices tao, wuwei brush calligraphy, the bamboo flute and dances a lot with his 3-year old daughter. He is currently teaching Oriental Theatre at York University in Toronto, Canada. He is the author of *Embrace Tiger, Return to Mountain: The Essence of T'ai Chi*, Real People Press. (pp 35, 36)

ANNE HUBBELL is a psychotherapist in private practice and a counseling psychologist at the University of California, Santa Barbara, and has been a researcher and professor. In her work with individuals, couples and groups, she includes gestalt, psychosynthesis techniques, and Jungian psychology, as well as art and movement approaches. She is in advanced training at the Psychosynthesis Institute. (p 20)

LAURA ARCHERA HUXLEY came to the United States from Italy shortly after World War II. During the following years she intensely studied health, nutrition, and psychology. Impressed with the vast amount of avoidable unhappiness which people are afflicted with, she conceived *You Are Not the Target*, a book of practical recipes for personal growth. Laura's second book *The Timeless Moment*, a personal view of her husband, Aldous Huxley, has also been widely acclaimed. (p 17)

KEN JOHNSON, president of Paraphysics, Inc was one of the first to develop Kirlian-like apparatus in this country. He also constructed an instrument to detect acupuncture points. He has been a research associate of Dr Thelma Moss working in the laboratory studying by means of Kirlian photography the flow of energy along the meridians of the body. (p 10)

H BRYN JONES was formerly in business as a director of a company creating international trade fairs in Europe and in that capacity was personally commissioned to create the investiture exhibition for Prince Charles. His early experiences as a healer ("laying on of

hands") led him into the field of psychic energy and the relationships between psychic and physical states. A founder member of the Company of Somatographers, he is in private practice in London and holds workshops in England, Europe and America, often with fellow-somatographer George C King. (p 27)

JAMES H KATZ is the Director of James Henry River Journeys, an educational river touring company; he is also a free-lance nature photographer. (pp 13, 15)

SAM KEEN is a free-lance writer and editor and an amateur *psychopompos*. He is the author of *To a Dancing God, Apology for Wonder* and co-author with Anne Fox of *Telling Your Story*. He is a consulting editor of *Psychology Today*. (pp 9, 13, 17, 18)

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists, and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is author of *Sexuality, Self and Survival* and *The Human Ground*. (pp 9, 17, 18)

CHARLES R KELLEY, Director of the Interscience Work Shop in Santa Monica, is an applied experimental psychologist and vision specialist. He was a student of Wilhelm Reich and for five years edited America's only journal devoted to exploring and developing Reich's concepts. He and the staff he has trained are noted for their adaptation of Reichian techniques in the small-group process Kelley terms the "Interscience Intensive." (p 40)

ERICA KELLEY has been with the Interscience Work Shop since its inception, assisted in the development of the Interscience Intensive and from the outset instructed classes and workshops. A qualified masseuse and former student in Reichian-oriented analysis, she specializes in deepening emotional release by combining the principles of body learning derived from Alexander, Feldenkrais, Rolf, massage and bio-engineering with those of Reich and bioenergetics. She has given workshops in major growth centers throughout the country and in Europe and assists her husband in the training of neo-Reichian teachers. (p 40)

ELAINE KEPNER PhD, is in private practice on teaching faculties of the Gestalt Institute of Cleveland and San Francisco. She has applied gestalt methods to professional training in university settings and in organizational consulting. She has completed the Arica Institute intensive training in San Francisco and is now integrating these body-mind techniques into personal growth work. p 24)

GEORGE KING has been a professional acrobat, masseur and is one of the founder members of the Company of Somatographers. He has a private practice in New York and London and has been featured on radio, TV, films and in the press, particularly for his work with dancers. His clients have included such personalities as Charlotte Ford, Veruschka, Nureyev, R D Laing, Candice Bergen and many people in the spheres of dance, growth, education and healing. (p 27)

JOEL KRAMER is a practicing hatha, jnana and tantric yogi who was yogi-in-residence at Esalen Institute 1968-70. Mr. Kramer has taught and lectured on yoga internationally and is considered one of the outstanding adepts of hatha yoga and a master of jnana yoga. (pp 26, 27, 41)

BOB KRIEGEL is director of the Esalen Sports Center and the Esalen Consulting Service. He is a staff group leader, has lectured and conducted special programs at universities, social agencies and business corporations around the country. He has been a skiing and swimming instructor and a basketball coach. He has done didactic training in psychosynthesis and is currently studying Feldenkrais. pp 15, 21, 22, 35, 36, 44, 49)

MARILYN HARRIS KRIEGEL is the assistant director of the Ford Foundation Esalen Reading Project in Confluent Education. She is a member of the faculty of Dominican college in San Rafael and has led teacher training groups for growth centers and school districts in New York and California. She is currently in advanced training at the Psychosynthesis Institute in Redwood City. (pp 21, 22, 35, 36, 44, 49)

OTIS KRIEGEL is in his second year. He is currently training Bob & Marilyn in here and now living. (pp 36, 44, 49)

MARI KRIEGER has been working and training in gestalt since 1967 and has been leading gestalt groups for the past four years. She is a former Esalen masseuse and currently lives in Berkeley, where she trains people in massage and leads gestalt groups. She specializes in combining massage and gestalt in her work, as well as leading groups specifically for women. (p 23)

STANLEY KRIPPNER is Director of Research for the New York Institute for Child Development and Senior Research Associate, Division of Parapsychology and Psychophysics, at Maimonides. In 1971 he spoke at the Institute of Psychology of the Academy of Pedagogical Sciences in Moscow, describing an eight year project, now in its final stages, involving the study of telepathy, clairvoyance and precognition in dreams, hypnosis and other altered states of consciousness. He has authored and co-authored over 200 articles in various professional journals, many of them describing his work in the field of parapsychology. He is currently President of the Association for Humanistic Psychology. (pp 11, 43)

ROSEMARY LAHEY has been a spiritual counselor for the School of Metaphysical Enquiry in Sacramento for the past three years. She is a member of the steering committee of the Spiritual Frontiers Fellowship. She has led groups at the Creative Growth Center in Los Gatos and for the staff at Esalen/Big Sur. (p 44)

BARBARA LAMBLIN is a former national and international competitive swimmer. She taught English Literature in secondary schools and movement and dance in alternative schools. She is now a dancer, poetess and student of yoga, and is presently writing about the female athlete. (pp 14, 15)

NEIL LAMPER wanders and wonders. He is one of the founders of Tuwaqachi, a new Gestalt Learning Center on a 140 acre farm in Michigan. He has a private practice as a gestalt therapist, teaches at University, enjoyed leading a month-long at Esalen/Big Sur's "Big House" last summer with his family. He is the author of *The Village Idiot*. (pp 39, 40)

JOEL LATNER is on the training faculty of the Gestalt Institute of San Francisco and the author of *The Gestalt Therapy Book*. He is a director of the graduate program in clinical psychology at Lone Mountain College and is in private practice in San Francisco. (p 24)

JANET LEDERMAN is an artist, teacher and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process of which she is the originator. She is currently associate director of Esalen/Big Sur. (pp 36, 46)

LUDWIG LEFEBRE is a psychologist in private practice in San Francisco. A frequent lecturer at many Bay Area institutions, currently he is on the staffs of the University of California Medical Center and the California School for Professional Psychology. Dr. Lefebre has trained in *Dasienanalysis* (psychoanalysis based on the concepts of Martin Heideger) under Medard Boss, Zurich. (p 18)

LENORE LEFER is a former executive director of the Bridgeport, Conn. Mental Health Association, research scientist, psychological examiner, teacher, Esalen resident fellow and organizational consultant. She is presently in advanced training at the Psychosynthesis Institute in Redwood City and is currently leading groups in the Bay area for Esalen, a free university and is a consultant to Awareness House. (pp 23, 43, 47)

S DUB LEIGH, a humanist counselor, is co-director of 1776 Union, American Yoga Center, in San Francisco where he is in private practice as a senior practitioner of structural integration (rolfing) and teacher of American Yoga. Dub was a 1970 Esalen resident fellow. (pp 41, 42)

ABE LEVITSKY has done extensive original work in clinical and experimental hypnosis. He is on the faculty of the San Francisco Gestalt Institute and has co-authored papers with Fritz Perls and James Simkin. He has recently completed Arica Training and is in in private practice in Berkeley. (p 24)

ANTOINETTE LILLY is a psychoanalytic therapist with extensive training in esoteric mystical traditions and techniques and in traditional American methods of freeing the self, including encounter, LSD therapy and the polymorphous dyadic interlock. She has also had extensive experience in tank work. (pp 44, 46)

JOHN C. LILLY, M D has primary research interest in the relation of the mind to the brain. He is trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication. He has been an Esalen leader since 1968 and trains in solitude, isolation and confinement (water tank work). He has a seminar center in Malibu, California, and has written the books *Center of the Cyclone* and *Human Biocomputer*. (pp 44, 46)

BILL LISLES, former editor, journalist and photographer, is a student, practitioner and teacher of polarity massage at Esalen/Big Sur. Over the past two years he has studied and worked with various members of the Esalen staff. He is a student and advocate of Dr Randolph Stone, synthesizer of polarity therapy, and has taught staff

groups at Big Sur and worked with Hector Prestera conducting workshops in the healing arts. He believes that an intuitive approach to the human bio-energetic field must be developed if the full effects of advanced techniques are to be realized and integration of the whole person achieved. p 46

LYN MACCUISH took her graduate degree in social work and is now in practice in Santa Monica with Gestalt Associates. She has been a trainee at the Gestalt Institute in Los Angeles for four years and has been leading and co-leading groups for the last five years. (p 43)

CAROL MACGEE is a former student of the French sociologist and philosopher, Henri Lefebvre. She is a poetess, associate editor of the "International Mountaineering Arts Journal" and author of two works, *Azure* and *Hill Fragments*. She has climbed the Alps and Rockies and trained in method acting and jazz dance. (pp 12, 13, 42)

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at the Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of *The Free People* and (with Alan Cohen) *Understanding Drug Use*. (p 9)

JOHN McCAMY is a family physician in St Petersburg, Florida, specializing in the field of preventive medicine. He worked with several doctors and with organizations such as the Southern Academy of Clinical Nutrition and the Academy of Metabiology to develop an effective system for treating the *whole person*. For the past seven years he has offered his preventive program, called Human Life Styling, which has shown that the individual *can* control his health through regulating diet, exercise and stress response. His health program has been presented at several conferences including the Association of Humanistic Psychology and the Symposium of Biological Medicine, in Switzerland. His book on Human Life Styling will be released in the fall of 1974. (p 44)

DEBORAH MEDOW teaches hatha yoga and massage at Esalen/Big Sur and in San Francisco and Berkeley. She is engaged in the study of yogic healing, polarity massage and related energy sciences. (p 39)

EMMETT MILLER, presently practicing medicine and hypnotherapy in Carmel, California, has also had extensive training in physics, mathematics and computer science. These, along with his studies in music, art, poetry and various religious approaches, led to the development of Selective Awareness, an interdisciplinary approach to the self. (pp 39, 44)

STEVEN MILLER is currently chairman of the Department of Physical Recreation at New Mexico Tech, where he directs the Wilderness Encounter program. He has been a senior instructor with the California, Northwestern and Colorado Outward Bound schools. He has studied gestalt, EST, anthropology and human ecology. (p 12)

VALERIE MILLER has led neo-Reichian groups at the Interscience Work Shop, Kairos and Esalen and teaches Education in Feeling privately and in classes. She is a registered nurse, an experienced counselor in alcoholism, drug abuse and related disorders and assisted Ralph Worden, Professor of Psychiatry, in leading groups at UCLA relating to these problems. Valerie worked with Bennet Shapiro in bioenergetics prior to joining the Interscience Work Shop. (p 40)

JEFF MISHLOVE is a doctoral student in parapsychology at the University of California, Berkeley. He is the producer of the *Mind's Ear* radio series on KPFA-FM and is the founder of the Interdisciplinary Parapsychology program. (p 11)

MARY MORGAN is an educational psychologist who has specialized in levels of learning and attitude formation. She is a member of the San Francisco program in humanistic medicine, a medical group spending three years exploring ways to make medicine more fully human through investigating such methods as psychosynthesis, gestalt encounter, massage, and Chinese medicine. (p 47)

PEGGY MORRISON was in the 1970 Esalen residence program. She is the former head of the Esalen/Big Sur massage crew and a teacher of massage. (p 46)

THELMA MOSS, PhD, is assistant professor of medical psychology at the Neuropsychiatric Institute at UCLA. Her fields are parapsychology, Kirlian photography, research in altered states of consciousness, the effects of unconventional healing and the study of the energy fields around man. (p 10)

MICHAEL MURPHY is the co-founder and president of Esalen Institute. He is the author of *Golf in the Kingdom*, a book in which he explores the sometimes mysterious dimensions of the game of golf, including the secrets of "true gravity". (pp 9, 15, 17, 43)

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. (pp 14, 15, 36, 41, 48)

XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has toured with the company throughout the states. Currently on the teaching staff at the Dancers' Workshop, he formerly conducted a dance workshop at Studio Watts. He has worked with Robert Hall in gestalt therapy and body work and with Lawrence Halprin in the creative process in human environment. He studied massage at Esalen. (p 38)

HELGA & BILL OLKOWSKI produce their own meat and vegetables in the city and teach others to do likewise at Antioch College/West, San Francisco. They also do research on how to control insects without using pesticides at the University of California. (p 9)

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique. He teaches the Technique at the American Conservatory Theatre, and is in private practice in San Francisco. (pp 16, 25)

GEORGE OWEN received his PhD in mathematical genetics in 1948 from the University of Cambridge, England, where until 1970 he was a professor of mathematics and biology. Internationally known also as a psychical research worker, he is the author of *Can We Explain the Poltergeist?*, *Science and the Spook*, and *Hysteria, Hypnosis and Healing*, and has been Director of the New Horizons Research Foundation, Toronto, Canada. (p 41)

IRIS OWEN is the secretary of the Toronto Society for Psychical Research, and is herself an experienced psychic investigator. (p 41)

HELEN PALMER is a clairvoyant working and teaching in the Bay Area. She holds a master's degree in clinical psychology and has worked for the California Society for Psychical Studies. (p 11)

JOHN PEARSON is the author and photographer of *To Be Nobody Else*, *Kiss the Joy As It Flies*, *The Sun's Birthday* and a book soon to be published: *Begin Sweet World*. (pp 16, 17)

JEAN PORTER, nurturer of four children and eclectic in her explorations to deepen and expand her inner life awarenesses, is experienced in massage and leading workshops, having trained with Sheila Merle Johnson. She is executive coordinator at the Center for Psycho-Spiritual Integration where she also teaches classes in developing psychic abilities. (p 27)

HESTOR PRESTERA, a doctor of internal medicine and cardiology, is licensed in acupuncture in England. He has spent the last year and a half within the Arica Institute. His prior training includes gestalt, Reichian energetics and structural integration. He has studied and led workshops with Richard Price, John Heider, John Lilly, Will Schutz, Ida Rolf and Jack Worsley. He is currently interested in fusing the above teachings toward developing a new humanistic model for healing the whole person (body-mind-spirit). (pp 35, 37, 46, 47, 48)

KARL PRIBRAM is a professor of psychiatry at Stanford University Medical School. An eminent neurophysiologist, he is the author of several books. (p 46)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 35, 36, 39, 43, 45, 46, 47, 49)

MAGDA PROSKAUER is a graduate of the University of Munich, Germany, and received a degree in Physiotherapy from the University of Munich Medical School. While working in European hospitals she studied with different movement schools. The strongest influence which has shaped her present work was her experience with the analytical psychology of C G Jung. She has a private practice in breathing therapy and body awareness in San Francisco. (p 9)

LEE PULOS is a clinical psychologist in private practice and assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in leading training workshops for professionals and in researching the effects of hypnosis upon athletic performance. (p 24)

MYRTLE RATCLIFFE: a Big Sur resident, Esalen cook and masseuse. (p 39)

PAUL REBILLOT, teacher, theatre director, actor, magician and fool has taught at San Francisco State College and Stanford University. He is the founder of the Gestalt Fool Theatre family of San Francisco. He has trained in gestalt with Richard Price and in encounter with Will Schutz. He was staff therapist for the Emanuel Hospital psychiatric ward and is on the teaching staff at South Coast Living Center as well as a resident Esalen leader. (pp 16, 35, 36, 47)

RED DOG PIEFACE is a graphics designer who also writes and struggles with calligraphy. He has been the designer of Esalen catalogs since their inception. (p 9)

NAOMI REMEN, MD, is presently a clinical assistant professor of pediatrics and associate director of the Pediatric Clinics at Stanford. She is a member of the San Francisco program in humanistic medicine, a medical group spending three years exploring ways to make medicine more fully human through investigating such methods as psychosynthesis, gestalt, encounter, massage, and Chinese medicine. (p 47)

STELLA RESNICK is a clinical psychologist and gestalt therapist in private practice in San Francisco. Her approach to the teaching and practice of gestalt has been influenced by her academic work in behavior modification and learning theory, her background in theater and dance and her training with Fritz Perls, particularly at the Gestalt Institute at Lake Cowichan in Canada. She produced and led Gestalt Theater at "The Committee" in San Francisco and has led groups and given lecture-demonstrations in gestalt awareness training throughout the country. For the past two years, she has been one of the directors of the Gestalt Institute of San Francisco. (pp 23, 38, 41)

WILLIAM PENNELL ROCK did his doctoral work in philosophy at Cambridge, spent several years in India working on a new interpretation of the *Upanishads* to be published shortly, a year at the Center for the Study of Democratic Institutions, has taught at several universities, including UC Santa Barbara, and for the last year and a half has been connected with Arica Institute. (pp 25, 37)

JACK ROSENBERG is a practicing dentist and gestalt therapist and has a doctorate in psychology. His interest for the past ten years has been giving the experience of gestalt awareness and yoga psychology to the health professions. His recently published book *Total Orgasm* integrates basic concepts of gestalt therapy, Reichian therapy and yoga. (pp 24, 43)

RUTH ROSS is a college instructor and a member of the Gestalt Institute of Sacramento. Her background includes work in gestalt, massage, meditation, bioenergetics, body awareness and joyous living. (p 27)

GABRIELLE ROTH is a seeker devoted to the evolution of you, me and everyone. Aside from being the movement and massage specialist in residence at Big Sur for four years, she has studied and worked with Arica Institute, EST, and various other organizations in the U S, Mexico and Canada. (p 25)

FRANK RUBENFELD, a clinical psychologist, trained in gestalt therapy with Friz Perls at Esalen. He has been training therapists in gestalt for the past few years, as well as leading workshops on both coasts and at Big Sur. He is director of the Gestalt Institute at San Francisco and on the faculty of the California School of Professional Psychology. (pp 23, 42)

ILANA RUBENFELD trained with Fritz and Laura Perls integrating the Alexander Technique and gestalt therapy. She is a certified teacher and board member of the American Center for the Alexander Technique and a full member of the New York Institute of Gestalt Therapy. She is on the faculties of New York University and Eastern Institute of Psychotherapy. She has recently completed a tour of South America, training professionals. (p 35)

JERRY RUBIN is the author of *Do It!, We are Everywhere,* and *Vote!* He was the co-founder of the Youth International Party and was a co-defendent in the Chicago Seven Trial. For the past two years he has been involved in yoga, health foods, jogging, bioenergetics, rolfing, massage and gestalt therapy and is currently writing a book on the relationship between politics and the growth movement. (pp 23, 41)

MILAN RYZL, PhD in physics and chemistry, was born and raised in Czechoslovakia. He has been involved with research and experimentation in parapsychology for 25 years, especially the development of ESP through hypnosis. A chapter was devoted to his work in *Psychic Discoveries Behind the Iron Curtain.* One of the trainees in his method, Pavel Stepanek, is listed in the *Guinness Book of World Records* as the best clairvoyant tested in a laboratory. Dr. Ryzl came to the U S in 1967, worked in Durham, North Carolina, with J B Rhine and now lives in San Jose and teaches courses in parapsychology. (p 11)

BRENDA SALES completed the 1972-73 Esalen Extended Growth Program with Ian Grand. A certified masseuse, she was head of the Esalen/San Francisco massage crew for two years. She was trained in massage by Gunver Ingeborg Jackson and also studied with George Downing. She has had a private practice in massage for three years and has been teaching massage for the past two years. (pp 26, 27)

MICHAEL SALVESON is a practitioner of structural integration in practice in the Bay Area. He recently completed an advanced training course with Dr. Ida Rolf. (p 26)

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. In addition to leading groups at Esalen and Anthos, he has lectured at the University of California, Princeton and many other schools, as well as conducting special programs for industry and social agencies. Recently a leader-in-residence at Esalen/Big Sur, he is currently working on an approach which synthesizes the creative and therapeutic possibilities of group process. (pp 17, 21, 22, 35, 42, 45, 49)

WILLIAM SCHUTZ is the author if *Firo, Joy, Here Comes Everybody* and most recently *The Elements of Encounter.* He is currently in residence at Esalen, Big Sur. (pp 38, 43, 45)

ALAN J SCHWARTZ practices privately in New York City and also holds the Associate Professor rank at the City University of New York, Iona College, and New York University. He is an active member of the Institute for Bioenergetic Analysis and an Associate member of the Gestalt Institute of New York. He was trained in gestalt by Laura Perls. He leads groups throughout this country and in Europe. In 1973, he spent three months as the first resident biomergetics specialist at Esalen/Big Sur. He is researching on effecting a marriage between the techniques of bioenergetics and gestalt. (p 37)

CHARLOTTE SELVER and CHARLES BROOKS are teaching associates at Esalen/Big Sur and on the faculty of the New School for Social Research in New York. Their field is sensory awareness, perception and nonverbal communication. They hold regular classes in New York and conduct seminars and study groups throughout the United States and Mexico. (pp 9, 26, 38, 39, 43)

BEVERLY SILVERMAN is a senior rolf practitioner. She is a leader of gestalt and encounter groups and has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the U.S. Army at Ford Ord. (p 37)

JULIAN SILVERMAN is director of Esalen/Big Sur. His training in group and individual process includes gestalt, encounter, psychosynthesis and organizational development. During the past two years, he and his wife have become increasingly involved in teaching therapists and other health professionals. As a research psychophysiologist he has published numerous papers including *A Paradigm for the Study of Altered States of Consciousness, Research with Psychedelics, Acute Schizophrenia: Disease or Dis-ease?* and *The Study of Sex Differences.* He is an admirer of Fritz Perls and Lao Tzu. (pp 35, 37)

OLIVIA SKINNER is a psychic and healer. She has studied oriental healing and is a transmedium for her teacher Ling Tson Kappa. She has taught many classes in psychic development, meditation, healing and spiritual understanding in the western United States. In the Fall she will teach a series of classes for the Institute of the Study of Man at Lewis and Clark University at Portland. (p 42)

HARRY SLOAN, a former dentist and Esalen resident fellow, is an experienced leader, organizational consultant and playwright. His first play "The Burden" was showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspective – "seeing oneself beyond an impasse." He is training in psychosynthesis at the Psychosynthesis Institute in Redwood City. (pp 21, 35, 36, 37, 41, 48, 49)

SALLY SMITH is a teacher and a parent and has led gestalt and encounter groups for the past 15 years. (p 37)

SUZY SMITH has written over twenty books on parapsychology and psychic phenomena. She has worked at Dr. J B Rhine's Parapsychology Laboratory at Duke University and has received numerous research grants from the Parapsychology Foundation. She has traveled and lectured widely in the United States and abroad. She is the founder and president of the Survival Research Foundation, established to assist in the procuring of scientific evidence for conscious survival of the human spirit after death. Her most recent book *Life Is Forever,* will be released in January, 1974. (p 42)

ELEANOR SOUTHERS joined teacher training with the Interscience Work Shop in 1972 and now teaches classes and works with individuals privately. Eleanor is trained in theatre and spent several years as a costume designer and director before her interest turned to Montessori teaching. Presently, she is director of the Glendale Montessori School. (p 40)

DYVEKE SPINO, Esalen Sports Center staff, was formerly a Community Mental Health Consultant. She has taught advanced tennis for the Berkeley Parks and Recreation Department and has been a tennis pro at Round Hill Country Club and Squaw Valley, ski instructor, dancer and concert pianist. (pp 12, 13, 14, 15)

MIKE SPINO was co-director of Other Ways School, is a nationally ranked marathon runner and has written "Running as a Spiritual Experience" and *Poems of a Long Distance Runner.* (pp 12, 13, 14, 15)

STAN STANDAL is clinical director of Deer Creek Center, a therapeutic and growth community at Boulder, Utah, and serves as director of Antioch College/West at Deer Creek. He received his PhD for his formulation of Positive Regard Theory at the University of Chicago where he was closely associated with the Chicago Group during Carl Rogers' tenure there. His therapeutic and clinical research emphasis has been *relationship:* its repair, actualization, and its use as a vehicle for therapeutic change and personal growth. (p 22)

ELLEN STEVENS is a teacher of movement and massage. She has studied dance and the Arica training and is a member of the Esalen massage staff. "Intuition of body language is my best teacher." (p 47)

CHRIS STEWART is a student of polarity massage and other body approaches to awareness (pp 36, 45, 46)

JUDITH STRANSKY is Director of the Alexander Center of Southern California and has a private practice in Santa Monica teaching the Alexander Technique and the Feldenkrais method. Her background includes Reichian therapy, gestalt and ta'i chi. (pp 26, 40, 47)

ANAGARIKA SUJATA trained in the practice of Insight Meditation (mindfulness) as a Buddhist monk in Ceylon, guided by esteemed spiritual leaders in India, Burma and Thailand. He is now director of the Stillpoint Institutes in the United States. (p 49)

SIMONE SURPIN, a former Esalen resident, trained in group process with John Heider. She has led groups in the U.S. and abroad and is a rolf practitioner. She is currently in private practice in Mountain View and is studying meditation and psychic healing. (pp 37, 42, 49)

DEBBIE SWACKHAMER is Assistant to the President and the Director of the Arts program at Esalen Institute. (p 17)

MICHAEL TOBIAS is recognized as one of the finest and most novel mountaineers on the contemporary scene, having made innumerable ascents in Yosemite, the Rockies, the Alps, in Greece, the Kashmiri Himalaya, and in the Sinai Peninsula where he wandered for six months, climbing solo in a virtually unexplored mountain region. He has invented and vanguarded the art of bouldering and has studied under the Swiss Tibetologist Blanche Olschak and the Chilean scholar-mystic, Miguel Serrano. He is the author of a four-volume work on mountain aesthetics, *Dhaulagirideon,* and has taught literature, linguistics and mountaineering. (pp 12, 13, 42)

ANDY TORO is a four time Hungarian Olympian in canoeing. (p 12)

MONTAGUE ULLMAN is a dream theorist, psychiatrist and psychical researcher, in that order. He is President of the American Society for Psychical Research and Director of the Department of Psychiatry at Maimonides Medical Center. He is the co-author with Stanley Krippner and Alan Vaughn of the recently published book *Dream Telepathy.* (pp 10, 41)

JUDY UNELL, one of the west coast's best known massage technicians, joined the Interscience Work Shop training program more than a year ago to study means of combining neo-Reichian emotional release work with her own approach to body work. She has led or co-led workshops at Esalen, Kairos, Elysium, Oasis and other centers as well as at the Interscience Work Shop. Judy is a member of the American Massage and Therapy Association and is licensed in Los Angeles where she practices and teaches her own method: T'ai-Chi Massage. (p 40)

JIM and SUSAN VARGIU are the directors of the Psychosynthesis Institute. They underwent didactic training at the Istituto de Psicosintesi, Florence, Italy, with Roberto Assagioli, and have worked with him over the past nine years. Presently they are engaged in training professionals, and are editors of the forthcoming magazine *Psychosynthesis: A Journal for Integration in Psychotherapy and Education.* (p 19)

ALAN VAUGHAN, co-editor and articles editor of *Psychic* magazine, developed his psychic talents while doing research in prophecy in Europe in 1967-68. He is author of *Patterns of Prophecy* and co-author of *Dream Telepathy* and *Psychics.* His own prophetic "hits", registered beforehand with the Central Premonitions Registry, include the Robert Kennedy assassination, the Watergate scandal and details of the Apollo moon landings. In addition he has done extensive experimental ESP work in a number of laboratories. He has been teaching psychic development groups for the past five years, including courses at Sonoma State College and the Institute for the Study of Consciousness in Berkeley. (p 10)

SUZANNE VENESTA has been giving tarot readings for the last five years and is currently working on an advanced degree in comparative religion. She has taught mythology at the San Francisco Metaphysical Center. (p 16)

JANE WALTER is a certified masseuse in private practice in San Francisco, working with referrals from therapists. She trained in massage with Gunver Jackson and Margaret Elke, and has been teaching massage for two years. Currently she is training to become a physical therapist. (p 26)

ELAINE WARBURTON co-leads classes and workshops and gives individual instruction at the Interscience Work Shop. She has co-led workshops at Esalen and Kairos. Before entering the Interscience training she received her master's degree in counseling and has done counseling both privately and with groups using a variety of techniques, including substantial work in bioenergetics. (p 40)

ESTHER WARSINSKI has a masters degree in counseling, is presently employed by Awareness House, a federally financed drug treatment center in Oakland and has led women's consciousness groups in San Francisco. (p 22)

JUDYTH WEAVER is a former modern dancer who went to the Orient to study classical dance and ended up sitting zazen in a zen monastery for a year and a half. In the West, her main teachers have been Charlotte Selver, Magda Proskauer, the t'ai chi chuan form of Professor Cheng Man-Ching, and especially her children, Tara & Gabriel. She leads groups in the U S and abroad and has a private practice in Marin County. (pp 15, 16)

KURT WEHBRING has climbed extensively in the Sierras, Tetons, Wind Rivers and in the Alps and made a first ascent of the East Ridge of Mt. St. Elias in Alaska. He is experienced in the techniques of sensory awareness and Reevaluation Education (co-counseling) and has taught courses in rock climbing and ski touring. (pp 12, 13)

SHARON WHEELER trained in massage at Esalen/Big Sur and in structural integration with Ida Rolf, as well as in structural patterning with Judith Aston. During the last year and a half, she has been a member of the Arica Institute. She has led workshops in Esalen massage and has been a practitioner of rolfing and structural patterning in New York and Esalen/Big Sur. (pp 35, 37, 46, 48)

JOHN WHITE is director of education for the Institute of Noetic Sciences in Palo Alto, an organization founded in 1973 by Apollo 14 astronaut Edgar D. Mitchell to investigate the nature of consciousness. Mr. White is also an associate of *Psychic* magazine, is editor of *The Highest State of Consciousness, What Is Meditation?* and edited *Psychic Exploration* for Edgar Mitchell. (p 10)

ANNE YEOMANS, an associate of the Psychosynthesis Institute, has worked with Roberto Assagioli in Italy and is in advanced training with Jim and Susan Vargiu. She has worked with groups of women, using psychosynthesis, and in addition to her own groups she has co-led groups with her husband. (p 20)

TOM YEOMANS is a senior associate of the Psychosynthesis Institute. He is in advanced training with its directors, Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. He was associate director of DRICE (Development and Research in Confluent Education), a Ford Foundation funded project at the Graduate School of Education, University of California, Santa Barbara. He is currently working with individuals and groups in psychosynthesis and as an educational consultant. He is particularly interested in the application of psychosynthesis to education at all levels. (p 20)

JOHN ZEIGLER is on the faculty of the New School for Social Research in New York and New York University. He trained with The Institute of Group Dynamics and Ilana Rubenfeld and is a former group leader at Aureon Institute, G.R.O.W. and Group Laboratories in Manhattan. He has lectured on communication and group therapy theory and technique to various universities, international and national associations and community social action groups. A communication consultant to thirty-three national organizations and corporations and guest columnist for *The New York Times,* he is also a contributor to *Reason, Sociological Inquiry, New Priorities* and other publications. (pp 21, 39, 40)

BAY AREA/ESALEN BIG SUR TRANSPORTATION SERVICE

SCHEDULES AND FARES

PENINSULA—to/from Esalen/Big Sur

To/From	Arrive	Depart	Fare
Downtown SF	–	12:00 Noon	20.00
SF Airport	12:20 pm	12:35 pm	20.00
Palo Alto	1:00 pm	1:10 pm	18.50
Santa Cruz	2:01 pm	2:16 pm	14.00
Esalen/Big Sur	4:00 pm	4:30 pm	–
Santa Cruz	6:14 pm	6:29 pm	14.00
Palo Alto	7:20 pm	7:30 pm	18.50
SF Airport	7:55 pm	8:10 pm	20.00
Downtown SF	8:30 pm	–	20.00

EAST BAY—to/from Esalen/Big Sur

To/From	Arrive	Depart	Fare
Berkeley	–	12:10 pm	20.00
Oakland	12:20 pm	12:30 pm	20.00
San Jose	1:12 pm	1:22 pm	17.00
Santa Cruz	2:01 pm	2:16 pm	14.00
Esalen/Big Sur	4:00 pm	4:00 pm	–
Santa Cruz	6:14 pm	6:29 pm	14.00
San Jose	7:08 pm	7:18 pm	17.00
Oakland	8:00 pm	8:10 pm	20.00
Berkeley	8:20 pm	–	20.00

BIG SUR TOURING RESERVATIONS

Name _____ Home Phone _____

Address _____
(City) (State) (Zip)

Workshop Attending _____

One-way Fare _____

Round-trip Fare _____

No. of Persons _____

Total _____

PENINSULA/ESALEN SERVICE
(Please Check Desired Service)

Downtown SF ☐ SF Airport ☐ Palo Alto ☐ Santa Cruz ☐

EAST BAY/ESALEN SERVICE

Berkeley ☐ Oakland ☐ San Jose ☐ Santa Cruz ☐

DATE OF DEPARTURE _____ DATE OF RETURN _____ (If round trip desired)

[For additional information call San Francisco (415) 681-7196]

PLEASE RESERVE YOUR SPACE EARLY. Reservations are handled on a first-come/first-serve basis. Full refund will be mailed to you if van space is not available or in the event your workshop is cancelled. If you wish to cancel your reservation at a later date, at least four (4) days' notice is required for refund.

FRIENDS OF ESALEN

We at Esalen have increasingly felt the need to involve more people in our community, and have established Friends of Esalen as a means of doing this: all contributions to our membership organization are used for tuition-aid funds. It is our belief that if Esalen is to serve our society to its full potential, we should be able to admit applicants without regard to their ability to pay. As a Friend of Esalen you will have the satisfaction of knowing that you have helped someone else experience Esalen.

MEMBERSHIP PROGRAM

☐ I wish to renew my membership in Friends of Esalen.

☐ I wish to become a Friend of Esalen and I enclose my check for the category I have circled. (Contributions are tax-deductible).

One Year Student Membership $5
One Year Individual Membership 25
One Year Donor Membership 50
One Year Sponsor Membership 100
One Year Patron Membership 500

Please state student affiliation _____

Name _____ Date _____

Street _____

City, State _____ Zip Code _____

Please mail to: Friends of Esalen, 1793 Union Street, San Francisco, CA 94123

INFORMATION

SAN FRANCISCO

For reservations, literature, tickets and information, write or call: Esalen Institute
1793 Union Street, San Francisco, CA 94123
Phone: (415) 771-1710; 9-9, Monday through Saturday, 9-6 Sunday

RESERVATIONS: Now close 5 days prior to the event. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to: Esalen Institute, 1793 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express.

INFORMATION, LITERATURE AND TICKETS for lectures may be obtained Monday through Saturday, 9 am to 9 pm, Sunday 9 to 6 at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

WORKSHOP SCHEDULES: One day workshops generally meet from 10 am to 6 pm. Saturday and Sunday weekend workshops meet from 10 am to 6 pm each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 pm on Friday, from 10 am through the afternoon and/or evening on Saturday, and from 10 am to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

ACCOMMODATIONS: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

RESIDENTIAL PROGRAMS are indicated in individual workshop descriptions. Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend residential programs, unless otherwise indicated, begin at 8 pm Friday (no supper served) and conclude following Sunday lunch. Programs are held at a conference center in Marin County or in Sonoma County; exact location will be included with reservation confirmation.

LOCATION: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

WORK SCHOLARSHIPS are available for many programs in San Francisco. Contact the San Francisco office for information and forms. *Stand-by* rates of 50% off the stated workshop price are also possible on a space-available basis. Call the San Francisco office for further details.

WAITING LISTS: Names are placed on waiting lists in cases of over-subscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be refunded if reservation cannot be confirmed or upon request by persons not wanting to be on a waiting list.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

BOOKSTORE: Esalen's Bookshop provides a comprehensive selection of books ranging from general psychology, body work and education to the Eastern philosophies, Jung and the mystics. It is open Monday through Saturday 9am-9pm, Sunday 9 to 6.

BIG SUR

For reservations and information, write or call:
Esalen Institute, Big Sur, Ca 93920
Phone: (408) 667-2335, 10 to 4 every day; 10 to 8 Sunday & Friday

Energy Crisis. As of this writing (Jan '74), Esalen/Big Sur has the following information for those conserned about Sunday travel:

- in conjunction with other Big Sur businesses, we are arranging for at *least* one big Sur gas station to be open on Sundays. (Credit cards vary—be prepared with cash.)
- We have arranged for limited supplies of gasoline to be available at Esalen *for seminarians.*
- We are developing a stayover plan at minimum cost to be implemented for any seminarians stranded due to lack of fuel.

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups and $400 for month-long groups. Deposits are not refundable but, with five days notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen/Big Sur. Do not mail Big Sur reservations to Esalen/San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U.S. currency only, please.

Program costs cover tuition, food and lodging on the Esalen grounds. Our rooms are designed to be shared by two to three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive earlier in the afternoon.

Those travelling by air or bus can obtain limousine service to Esalen/Big Sur. Pickups are made at the Monterey Airport and the Greyhound terminal at 5-5:30 pm each Sunday and Friday. The cost is $10 per person one way; please notify us in advance.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also discourage participants from having guests. Alas, no pets.

BIG SUR TRANSPORTATION SERVICE: A convenient and comfortable transportation service is available for Esalen/Big Sur guests flying into the Bay Area and for Bay Area residents inconvenienced by the energy crisis. Airconditioned touring vans will run between the San Francisco Peninsula and East Bay Areas and points south to Esalen/Big Sur on Fridays and Sundays. Reservations for your trip to and/or from Esalen/Big Sur can be obtained by filling out the form provided on page 57 and mailing along with your check or money order to BIG SUR TOURING, 200 Parnassus, Suite 302, San Francisco, CA 94117. Immediately upon receipt of your reservation form and check or money order, reservation confirmation and the exact location of your departure point will be mailed to you.

CREDITS

The quotations throughout this issue of the Esalen Catalog are from Alan Watts. All come from *Cloud Hidden, Whereabouts Unknown* through the courtesy of Pantheon Books, except those on pages 14 and 25 which come from the Alan Watts Journal. The hand-written examples are from an unpublished notebook. Photo credits: p 25, Wm F Berndt; p 2, Edgar W D Holcomb; pp 34 & 42, Paul Herbert. The joyous monk on the cover is from an unfinished woodcut by Phyllis Bailey. The quotation on p 45 was written out by Red Dog Pieface, the catalog designer. He also provided the circles, variations on *enso* or expressions of the Tao, yin and yang genuflecting before the endless "one-liner."

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting and research.

We exist to sponsor, encourage, synthesize and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

DIRECTORY

DIRECTORS OF THE INSTITUTE

Michael Murphy, Chairman
Richard Price*, Chairman
Richard Farson, President
John G. Clancy, Secretary
Andrew Gagarin*, Treasurer
Julian Silverman*, Big Sur Director, Director of Research

If no asterisk appears, address mail care of: Esalen Institute, 1793 Union Street, San Francisco, California 94123.

**Asterisk denotes that correspondence should be addressed care of: Esalen Institute, big Sur, California 93920.*

ADMINISTRATIVE DIRECTORY

Please address inquiries about programs and business activities to the appropriate offices listed below:

Corporate business, general information and subscriptions:
San Francisco office.

San Francisco Administration:
The Director

Big Sur Administration:
Julian Silverman*, Director.
Janet Lederman*, Associate Director.

Esalen/Viking Books: Michael Murphy.

Research: Julian Silverman*.

SPECIAL INFORMATION

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

ESALEN CONSULTING SERVICE: Esalen is devoted to making life more human at all levels. Our work has reached thousands of individuals and hundreds of institutions. Until recently most of this work was being done at our own facilities, either in Big Sur or San Francisco. There is now, however, an ever-expanding part of Esalen's universe that is moving toward helping to effect changes in the world outside the workshop. Through the Esalen Consulting Service, Esalen staff and leaders have designed and participated in projects for the U S Army, Ford Foundation, the Lockheed Corp, Model Cities, O E O, inservice training programs for hospitals, drug treatment centers, social agencies, colleges, universities and public school districts. Esalen courses are now being given at the University of California and at New York University. Many organizations have also used Esalen personnel as communications and human relations facilitators. If you are interested in learning more about the Consulting Service contact the Esalen/San Francisco office.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please see membership form below.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs. Our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools.

FM RADIO STATIONS in the San Francisco Bay Area (K101, KPFA, KQED, KSAN, KSFX, and KMPX) broadcast portions of Esalen seminars and lectures. (K101 has a dependable weekly program each Sunday evening at 11:00 pm). Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KLOS, KUSC and KPFK Los Angeles, and KPFT Houston, WBAI New York and WOMB New Hampshire, broadcast Esalen programs on an occasional basis. Consult local program guides.

FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell and Margaret Mead, write Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write the Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recordings of many past programs are available through a service which maintains archive copies for Esalen. Requests for tapes now come from educational and service institutions, libraries, religious and professional groups, business groups and individuals concerned with the human potential movement. Commercial use of these tapes is prohibited; all rights reserved. For a complete tape catalog, write Big Sur Recordings, 117 Mitchell Blvd, San Rafael, CA 94903. The cost of recordings is $8 per tape-hour (prepaid) and $10 per tape-hour (with purchase orders), stereo or mono, with choice of 5" reel or cassette.

Our office in San Francisco at 1793 Union Street features a bookstore stocking many of the latest publications in the areas of humanistic psychology, gestalt, psychosynthesis, Eastern philosophy and religion, body therapies and other books of interest to Esalen participants. The bookstore is open Monday through Saturday, 9 am to 9 pm, Sunday 9 am to 6 pm.

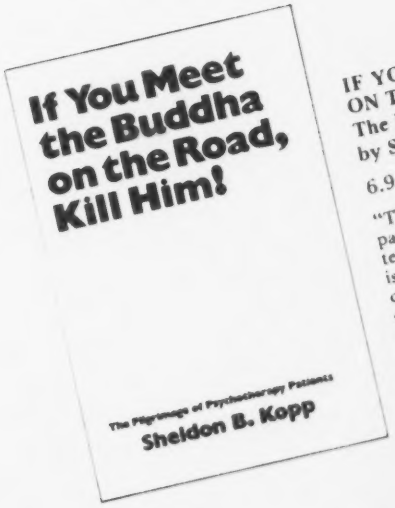
BOOKS

BIRTHRIGHTS
A Bill of Rights for Children
by Richard Farson

$6.95 hardbound

This radical book advocates a thorough-going liberation of children from the authority of their parents, and challenges the basic tenets upon which the nuclear family is based. Children are capable of forming accurate judgments and of making their own life decisions – and they have a positive right to do so. Farson provides an alternative program for the rearing of children – a total departure from "permissive" as well as "traditional" methods – one that frees the nuclear family from the stresses and hostilities that threaten it today. The author realistically discusses the difficulties which will be faced by parents and by society as a whole as a result of the children's liberation that he advocates.

Richard Farson, a psychologist, is co-founder of the Western Behavioral Sciences Institute in La Jolla, California, and is the father of five children. He is the author of numerous articles which have appeared in professional psychology journals and in widely-read popular magazines. He has recently been named President of Esalen Institute.



IF YOU MEET THE BUDDHA ON THE ROAD, KILL HIM!
The Pilgrimage of Psychotherapy Patients
by Sheldon B. Kopp

6.95 casebound

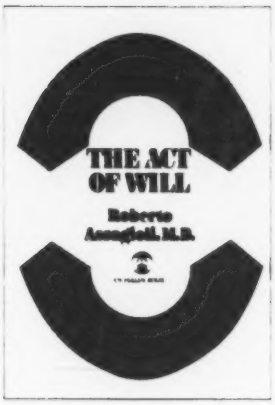
"The guru instructs by metaphor and parable, but the pilgrim learns through the telling of his own tale. Each man's identity is the emergence of the myths, rituals and corporate legends of his culture compounded with the epic of his own personal power of the story-telling that distinguishes men from beasts . . ." from the text.

For over twenty years Sheldon Kopp has served as a guide for the troubled in prisons, hospitals, clinics and private practice. GURU, his first book, and IF YOU MEET THE BUDDHA ON THE ROAD, KILL HIM! act as a culmination of this man's years of experience and training into the behavior of man.

THE GESTALT ART EXPERIENCE
by Janie Rhyne

$12.50, hardbound, illustrated

The Gestalt Art Experience describes ways to use art media for discovering and exploring unique personal qualities in oneself and others. In a warmly personal manner, Janie Rhyne describes how the Gestalt art experience can be used with both individuals and groups, in settings ranging from occupational therapy rooms in hospitals to home or studio. The GESTALT ART EXPERIENCE is a book for psychologists, counselors, teachers, art therapists and people who delight in experiencing new approaches to communication problems.



THE ACT OF WILL
by Roberto Assagioli, MD

$10.00 hardbound

This major work brings human will back to the center of psychology, education, and everyday life . . . he elaborates a comprehensive notion of the will which is not merely "strong", but more importantly, "skillful", "wise" and "good."

THE MEDIUM, THE MYSTIC, AND THE PHYSICIST
Toward a General Theory of the Paranormal
by Lawrence LeShan

$7.95, hardbound

Dr LeShan's ideas and their implications for the understanding of the problems of psychic healing, personality survival of biological death, hauntings and telepathy will be of interest to believers and non-believers alike.
A researcher on the paranormal and psychic healing, he examines the Clairvoyant Reality, as he terms it, from three supposedly separate view points — that of the medium, the mystic and the physicist, and finds each view startlingly similar.

EVENINGS WITH AUTHORS:
A continuation of the popular Esalen Bookshop series, see *Arts*, p 17 for particulars.

BOOKS

MAIL ORDER FORM
Part 1
(see next page for more listings)

THE ESALEN-VIKING SERIES

- ☐ Adams, Secrets of the Trade . . 12.50
- ☐ Assagioli, Act of Will 10.00
- ☐ Assagioli, Psychosynthesis 2.75
- ☐ Brown, Human Teaching 2.45
- ☐ Lederman, Anger-Rocking Chair 1.95
- ☐ **LeShan, Medium, Mystic and Physicist** 7.95
- ☐ Maslow, Farther Reaches 2.95
- ☐ Miller, Hot Springs (Bantam ed.) 1.50
- ☐ Murphy, Golf in the Kingdom (Delta ed.) 2.45
- ☐ Naranjo-Ornstein, Meditation . . 2.25
- ☐ Naranjo, The One Quest (Ballantine ed.) 1.50
- ☐ Ornstein, Psychology of Consciousness 8.95
- ☐ Payne, Getting There Without Drugs 7.95

TRANSPERSONAL

- ☐ Brown, Laws of Form 1.95
- ☐ Castaneda, Separate Reality . . . 2.95
- ☐ **Huang, Embrace the Tiger** 3.50
- ☐ Krippner, Dream Telepathy . . . 8.95
- ☐ Lilly, Center of the Cyclone . . . 1.95
- ☐ Merrell-Wolff, Philosophy of Consciousness Without An Object 8.50
- ☐ Merrell-Wolff, Pathways Thru Space 7.50
- ☐ Ornstein, Nature of Human Consciousness 10.00
- ☐ Puharich, Beyond Telepathy . . . 2.50
- ☐ Reymond, To Live Within 1.75
- ☐ Tart, Altered States of Consciousness 4.95
- ☐ Trungpa, Cutting Through Spiritual Materialism 3.95
- ☐ Tohei, Aikido in Daily Life . . . 2.75
- ☐ Shah, Way of the Sufi 1.95
- ☐ Watts, In My Own Way 2.45

GESTALT

- ☐ Fagan-Shepherd, Gestalt Therapy Now 2.95
- ☐ Fagan-Shepherd, Life Techniques in Gestalt Therapy 1.50
- ☐ Fagan-Shepherd, What is Gestalt Therapy 1.25
- ☐ **Latner, The Gestalt Therapy Book** 6.95
- ☐ Perls, Gestalt Approach 6.95
- ☐ Perls, Gestalt Therapy 2.65
- ☐ Perls, Gestalt Therapy Verbatim 1.65
- ☐ Perls, In and Out the Garbage Pail 1.65
- ☐ Perls, Workshop vs. Individual Therapy 50
- ☐ Polster, Gestalt Therapy Integrated 12.50
- ☐ Pursglove, Recognitions in Gestalt 1.60
- ☐ **Rhyne, Gestalt Art Experience** 12.50
- ☐ Schiffman, Gestalt Self Therapy 3.50

THE HUMAN BODY

- ☐ Acupuncture Packets 8.00
- ☐ Acupuncture Posters 5.00
- ☐ An Explanatory Book of the Newest Illustrations of Acupuncture Points 5.95
- ☐ Boston Women's Health Collective, Our Bodies, Our Selves 2.95
- ☐ Bulletin of Structural Integration, Current Issue 2.50
- ☐ Anthology V. I 3.50
- ☐ Anthology V. II 3.50
- ☐ Cannon, Wisdom of the Body . . 2.95
- ☐ Carter, Foot Reflexology 2.95
- ☐ Downing, Massage Book 3.95
- ☐ Dubos, The Mirage of Health . . 1.25
- ☐ Farris, Art Student's Anatomy . 1.50
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Occupation_____

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Number of males_____ females_____ in group.

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Check whether you wish:

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No. of persons	Date(s)	Leader's Name & Title of Event	Deposits

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After completing this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

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Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

Esalen Institute
1793 Union Street
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California 94123

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esalen

CATALOG

SUMMER 1974

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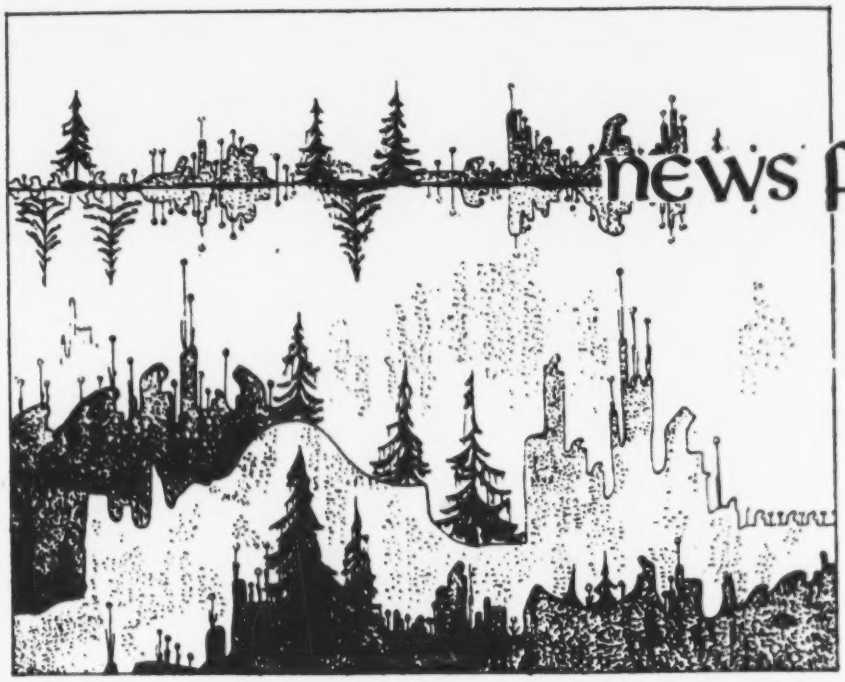
ABOUT THE ILLUSTRATIONS:

The theme of this catalog is one of Variations on Transformation. The mysterious figure on the cover is a cave painting of a shaman executed about 15,000 years ago. Deep in an immense cave in France, this figure surveys hundreds of realistically-depicted animals on the walls around it. Beneath its costume of skins, antler, horse's tail, bear paws and chamois whiskers, we sense man's first consciousness of himself as distinct from other beasts, that first awareness of his own erectness and mindness. He is filled with awe at the wonder of himself.



news from esalen

PRESIDENT'S LETTER

I want to begin this first letter (in what I hope will become a regular series of reports to you about Esalen's programs, problems, and possibilities) by telling you how proud I am to have been named president of this remarkable organization. No institution has played a larger role in helping to form our contemporary ideas of what human relationships and human potentialities might be. Indeed, the name Esalen has become generic for certain aspects of the new consciousness of Americans. So I am delighted that my old friend Mike Murphy stepped into the role of Chairman (along with co-founder Dick Price) to make it possible for me to work with them as the new president.

It seems to me that what Esalen does best is to make the invisible visible, whether it is a hidden personal feeling, a strongly defended unconscious process, a covert interpersonal style, a higher form of consciousness or a new dimension of awareness. In the twelve years of Esalen programs, tens of thousands of individuals have experienced the excitement of discovering these previously invisible aspects of themselves and each other. Moreover, when Esalen shines its light on particular fields of endeavor, as it has for example with psychotherapy, education and medicine, these fields suddenly take on new dimension. More recently that light has been focused on the areas of sports and the arts. And from these explorations we are again seeing previously invisible but vitally important aspects emerge. As we are able to find the necessary financial support we can focus on other areas such as mass media, environmental and social design and community development.

Another part of our ongoing effort is to develop a comprehensive theoretical basis for our work. Esalen tends not to be recognized as an intellectually-oriented institution mainly because the publicity that was generated in the late sixties about the sensory, emotional and experiential aspects of our work obscured the fact that our programming has always had a strong intellectual component. We often forget that the very first seminars Esalen offered were led by people like Aldous Huxley, Arnold Toynbee, Alan Watts, R D. Laing, Gregory Bateson, Paul Tillich and Buckminster Fuller. In the future we intend not only to continue this emphasis by presenting such creative theoreticians in our seminars but also to organize a series of special conferences and a theoretical studies program to help bring system and coherence into the many seemingly disparate ideas encountered in this work.

One of the more frequent and telling criticisms of Esalen, a criticism we staff members often make ourselves, is that our programs are necessarily limited to those people with enough time and money to come to California to attend workshops at Big Sur or San Francisco. This means that we do not now reach in any way the vast majority of our population. We regard this issue to be of fundamental importance and are committed to finding ways to serve a broader spectrum of society. To accomplish this will mean that we must learn how to put the mass media to work in the public interest, how to develop social designs, non-geographic communities, networks of people which, when turned on to their own resources, can provide not only low cost human services to each other but also supply the continuing social support system so necessary for the translation of new insights into sustained action in family, job and community.

All this represents an admittedly ambitious program. Strengthening the theoretical underpinnings of our work, illuminating the hidden dimensions of the basic institutions in our society and developing a socially-concerned outreach program to meet the needs of those we cannot now serve seems to us, however, to be imperative. If we are, as Mike Murphy likes to say, to facilitate the new culture that is struggling to emerge, it will be my pleasure to keep you informed of our progress toward these objectives. You can be sure we will welcome your ideas and contributions along the way.

Richard Farson

REICH CONFERENCE

In *The Function of the Orgasm*, Wilhelm Reich writes:

"It was not until a few years ago that I began to understand why free, self-regulated behavior fills people with enthusiasm but at the same time terrifies them. The fundamentally changed attitude toward the world, toward one's own experience, toward other people, etc., which characterizes the genital character, is simple and natural. It is immediately evident, even to people whose structure is completely different. It is a secret ideal in all people, and it always means the same thing, even if called by a different name. . . .

In the field of psychotherapy, I worked out the technique of character-analytic vegetotherapy. Its basic principle is the re-establishment of biopsychic motility through the dissolution of the character and muscular rigidifications ('armorings'). This technique of treating neuroses was experimentally substantiated by the discovery of the bioelectric nature of sexuality and anxiety. Sexuality and anxiety are functions of the living organism operating in opposite directions: pleasurable expansion and anxious contraction. . . .

This is saying a lot all at once and it sounds almost too simple. This 'simplicity' constitutes the secret which some people sense in my work. I want to describe how the difficulties were solved which have blocked human insight into these problems until now. I very much hope to persuade the reader that there was no magic involved. On the contrary, my theory is general but unadmitted human knowledge about the functioning of life."

This summer Esalen is sponsoring a Conference on Wilhelm Reich: Body Therapy and Body Politics. Reichians, neo-Reichians and therapists whose work is influenced by Reich will convene in San Francisco for two days of lectures, panel discussions and seminars. For details, see pages 24-25.

CERUTTY ON SPORTS

Percy Wells Cerutty, whose unique training system earned him the only Gold Medal ever awarded by the Olympics to a coach, will present a series of clinics for Esalen Sports Center this summer. In his book *Be Fit or Be Damned*, Cerutty writes:

"Man, under the conditions of civilization, if he is to enjoy a fit survival, must have some knowledge of his prehistoric origins: the construction of his body: the skeleton, muscles and organs, and the strengths and weaknesses of the various parts.

"It is one of the astonishing facts of modern life that a man will spend many years in fitting himself to earn a livelihood, but spends little or no time in discovering what he is as a machine that does the earning.

"Because he may enjoy normally good health in his early manhood, he does not consider it necessary to understand, not only what he is—his nature, but the remarkable complicated piece of machinery his body actually is.

"Therefore, he acts, thinks and lives, as if his body was something detached from him as a person: something that can be ignored as to its vital needs and treatment.

"He imagines, if he thinks about it at all, that his mind (brain) is everything: that his appetites are normal, or that he can abuse, neglect or poison his body with impunity: just as if it was something separate from his mind, and his personality.

"When, after some years of neglect, or actual abuse, he finds he has one of the many diseases common in modern society, he attributes the fact to 'bad luck.' He seldom realises that his coronary, his high blood pressure, his cirrhosis, his rheumatism, most called fibrositis today, even his tumours and cancers, are all preventable, NOT by drugs, but by understanding his bodily organism, caring for it and nourishing it, and exercising it, as he is customarily prepared to do for his race-horse, even his automobile, in the sense of proper care and maintenance.

"In a word, man pays considerably more intelligent attention to his live-stock, and upon his machinery, than ever he does upon his most personal machine, his own body."

DEVELOPMENT DIRECTOR AT ESALEN/BIG SUR

Diane Smith, who has been a member of the Big Sur staff for over two years, has now taken on the area of communications between Big Sur and its seminarians. We would like to hear from seminarians how they experience Esalen, outside of the actual workshop experience. We would like seminarians to know what our current projects are, what our long term goals are and what funds are most needed for which projects.

The Big Sur staff is not always available for exchanging information with our guests; they are busy with the day to day operation of the Institute. Now Diane *will* be available—in her "office" the Esalen lodge—to talk with and listen to seminarians during the most valuable time—while they are at Big Sur.

COLLEGE CONFERENCE

Esalen and the University of Massachusetts will co-sponsor a conference in Boston, November 15-17, 1974. The focus will be Approaches to Health. Among the leaders will be: Stanley Krippner, Jack Schwartz and Beverly and Julian Silverman. For further information, contact Carole Levine, Esalen Institute, 1793 Union Street, San Francisco, CA 94123.

SUMMER INSTITUTE

Esalen Institute, in cooperation with the Association for Transpersonal Psychology, is planning its fourth summer institute on human consciousness. Leading specialists, practitioners and researchers will conduct the intensive month-long course of seminars, experiential work and focused discussion. For details, see pages 6-7.

CONFERENCE FACILITIES AT BIG SUR

From October through May, the meeting rooms, housing accommodations and unique facilities of Esalen/Big Sur, are available to those seeking a conference site. In the past, organizations as diverse as a college faculty-student group, an architectural firm, an association of physicians and a U.S. Army drug abuse program have made use of Big Sur in this way.

For further information and available dates, contact Julian Silverman, Director, Esalen/Big Sur, CA 93920.

programs in san francisco

extended learning center

Esalen has expanded its present College Program into a center for long-term learning, involving people from all areas of the community. Many people who have attended workshops have expressed the need for some on-going sense; to see people again, to share experiences, to get advice on what programs to take, to get help to integrate the work into their lives and generally to be a part of a community of fellow seekers. The new Center is designed as a means through which people with a wide variety of occupations, ages, experiences and orientations can come together to learn, complementing and enriching each others' explorations and thereby forming a community of learners. Participants may enroll in the Center for college credit (through any college or university) or not, as they choose. The Extended Learning Center will incorporate many features of the current College Program. These include advisors who coordinate the students' overall programs, and facilitate the learners' integration of their current activities with their past experiences and goals as life-long learners. Weekly community meetings are a chance for all participants to come together to share experiences, ideas, feelings and resources. Highly individualized programs are possible within this model: participants can choose from several options, depending upon the amount of involvement they prefer. For further information, contact Arthur Fox, Extended Learning Center, Esalen Institute, 1793 Union St., San Francisco, CA 94123.

Special Features of Membership:

For a $25 fee per month (minimum 3 months enrollment), a member will receive the following benefits:

- 15% discount on all San Francisco workshops, some discount at Big Sur.
- Advisor and weekly group/community meetings.

The Extended Learning Center is open to anyone who would like to take advantage of its features, not only college students.

Francois Villon told in a bawdy ballad of La Belle Heaultmiere *(The Helmet-maker's Beautiful Wife), who surveyed her sunken charms with wit and candor. From Rodin's sculpture of the same title, a powerful symbol of the human condition emerges*

esalen college program

Arthur Fox, *Director*

Board of Advisors:
Moon Eng
Richard Farson
Janica Fox
Sam Keen
George Leonard
Leo Litwak
Norma Lyman
Michael Murphy
Martha Weinstein

For the past year students enrolled at many colleges were also accepted by Esalen to study here and receive credit from their respective colleges. Esalen has expanded its college program to involve those students currently enrolled in a college or university in the U S or abroad who would like to spend a semester or longer at Esalen. Students are encouraged to investigate the possibility of academic credit at their schools for the program of study done at Esalen. The Esalen staff will assist students in documenting their work here.

esalen college program *(continued)*

The Esalen College Program is designed to include: advisor-tutors, who meet with students individually, recommend and discuss readings and coordinate the students' overall program, which the student creates from the total catalog program offering; group meetings of the Esalen students and their advisor; and courses or workshops specifically for students in the program. The wealth of people within the Esalen orbit we have to draw upon to teach courses and tutorials is enormous and provides a unique opportunity for the college and general population. We expect that most students will proceed from a broad exposure to concentrated study in one area. Students and teachers interested in designing programs with Esalen should write for applications to: Arthur Fox, College Program, c/o Esalen/San Francisco.

If your college or student group is interested in arranging an Esalen workshop (day, weekend or longer) to take place on your campus, contact Arthur Fox, College Program, Esalen Institute, 1793 Union St., San Francisco, CA 94123.

Undergraduate Degree Programs at Esalen
The following is a partial list of undergraduate schools which offer credit for work done in the Esalen College Program. Contact the schools directly for further information and admission procedure.

Johnston College: George Rupp, Johnston College, University of Redlands, Redlands, CA 92373.

Prescott College: Director of Admissions, Prescott College, Prescott, Arizona.

Raymond College: Director of Admissions, Raymond College, Stockton, California.

Graduate School Degree Programs at Esalen
The following are some of the graduate schools that offer credit for work done in the Esalen College program. Contact the schools directly for further information.

Goddard External MA Degree, 1005-A Valencia Street, San Francisco, CA 94110;

Lone Mountain External MA Degree, 1005-A Valencia Street, San Francisco, CA 94110;

Sonoma State External MA Degree, 1801 East Cotati Avenue, Rohnert Park, CA 94928;

Humanistic Psychology Institute, PhD, 325 Ninth Street, San Francisco, CA 94103.

California Institute of Asian Studies, MA and PhD Degrees, 3494-21st Street, San Francisco, CA 94110.

ARTHUR FOX, a 1969 Esalen resident fellow, has been leading groups at Esalen, around the United States and Europe. He has implemented humanistic education into a Swiss school and at colleges in the U S both as a teacher and consultant. He is the director of the Esalen College Program and the newly formed Extended Learning Center and is a student of Stanley Keleman.

human consciousness: explorations, maps & models

July 14-August 10, 1974

The exploration of human consciousness is emerging as one of the most significant and broadly-based revolutionary phenomena of this century. Investigation into the realm of the human mind and the search for the limits of spirit and awareness are adding to the sum of man's knowledge and stretching and modifying the boundaries of our assumptions about ourselves and reality.

This study of consciousness is dominated by individuals, groups and systems; it is not yet organized into a systematic body of knowledge nor perhaps should it be. Though separate, these explorations all add to our understanding of the nature of consciousness, its functions and uses. Such investigations transcend disciplines and even cultures, with modern Western technology and science finding resonance points with centuries-old Eastern and esoteric traditions.

Esalen Institute, in cooperation with the Association for Transpersonal Psychology, is planning its fourth summer institute on human consciousness, an intensive month-long course of seminars, focused discussion and experiential work, with a faculty of leading researchers, practitioners and specialists.

Two central themes run through the Institute's program. The first is the presentation of research and experiential investigations on topics such as theories of consciousness, techniques for altering and exploring states of consciousness, Jungian psychology, mythology, esoteric psychologies, parapsychology and psychic phenomena, physical correlates and brain research, mental illness and psychotherapy and the social implications of consciousness research.

The second theme is the development of perspective for the understanding and integration of the main facets of consciousness. These perspectives include the development of languages for subjective states, the use of mythic processes, cultural support systems, theories, and systems of training and development.

The formats for the Institute include regular class sessions, one and two day seminars by faculty members, experiential exercises and practices, and group discussion.

The content of the program will draw from contributions by individual faculty members, who will present research, experiences and theories. Many of these will be individual points of view. The overall perspective—a structure of understanding—will be woven from these contributions through the discussion and interaction of the group. Aided by the program director, the group will move toward the expansion of individual metaphors of consciousness and the development of common languages. The director will also facilitate the group's interaction and help develop focused communication between the group and the faculty of the Institute.

FACULTY

ARTHUR HASTINGS, PhD, is the Summer Institute's program director. He is a specialist in language and communication, with further interests in parapsychology and consciousness processes. He has taught at California State University San Jose and at Stanford University. In addition to group facilitation, he will focus on relations between language, consciousness and reality; the development and use of languages for subjective states; and experience outside of language-controlled reality.

DOROTHY FADIMAN is an artist and writer who offers experiences using simple art techniques as a way to explore psychological processes. She works with guided imagery, art and nonverbal consciousness.

JAMES FADIMAN, PhD, is president of the Association for Transpersonal Psychology and a lecturer in Design Engineering at Stanford University. He is Associate Editor of the *Journal of Transpersonal Psychology* and is editor of *The Proper Study of Man* and *Exploring Madness: Experience, Understanding and Research. The Practice of Psychosynthesis* and *Personality and Personal Growth* (with Robert Frager) will be released soon. His seminars will cover the realm of transpersonal psychology; the personality and its relation to paths of development; psychotherapy and altered states of consciousness; psychosynthesis as an integrating process.

JOAN HALIFAX-GROF, PhD, is a medical anthropologist specializing in psychiatry and religion. In 1972-73 she was a research associate at the Maryland Psychiatric Research Institute, working primarily as a therapist and anthropological consultant in LSD psychotherapy with terminal cancer patients.

STANISLAV GROF, MD, has done clinical research with LSD and other psychedelic drugs for the last seventeen years. He was a research psychiatrist in Prague until 1967, and more recently, Chief of Psychiatric Research at the Maryland Psychiatric Research Center and Assistant Professor at the Department of Psychiatry and Behavioral Sciences, Johns Hopkins University. He and his wife will talk about maps of consciousness derived from psychedelic and psychotherapeutic states, cultural uses of consciousness states and the functions of those states.

JEAN HOUSTON, PhD, is a leading pioneer in the exploration and development of human potentials and in the study of human consciousness. As Director of the Foundation for Mind Research, she has for many years pursued extensive non-drug studies of altered states of consciousness, accelerated mental processes, time distortion, alternate cognitive modes, the effects of audiovisual environments, biofeedback training, the programming of dreams, the psychology of creative processes and the laboratory study of religious and peak experiences. She is co-author with her husband of *The Varieties of Psychedelic Experience, Psychedelic Art* and *Mind Games* as well as of numerous articles. She has served on the faculties of religion, psychology and philosophy at Columbia, Hunter, The New School for Social Research and Marymount College. Dr Houston will discuss some of her research expecially as it applies to the understanding and application of models of consciousness.

STANLEY KELEMAN heads the Center for Energetic Studies in Berkeley, runs professional training groups for psychotherapists and maintains a private practice. He is author of *Sexuality, Self and Survival, The Human Ground* and the forthcoming *The Body is Alive and More* and *Living Your Dying*. He will introduce the biological basis of consciousness as well as bioenergetic approaches to centering and grounding consciousness.

JOHN PERRY, MD, a Jungian analyst in private practice, is on the faculty of the C G Jung Institute of San Francisco. He is Assistant Clinical Professor of Psychiatry at U C Medical Center and is the author of *The Self in Psychotic Process, Lord of the Four Quarters*, and numerous articles. He is supervising Psychiatrist of a new facility for the therapy of schizophrenics under Northeast Community Mental Health Services. In addition to presenting selected Jungian concepts, Dr Perry will talk about mythology as consciousness and contemporary mythic processes.

CHARLES T TART, PhD, is Associate Professor of Psychology at the University of California, Davis. He has conducted extensive research into sleeping and dreaming, hypnosis, ESP and drugs. Dr Tart is editor of *Altered States of Consciousness: A Book of Readings*, author of *On Being Stoned*, and the forthcoming *The Spiritual Psychologies*. He will review some theories of consciousness, state specific sciences and their investigation and summarize issues and research in parapsychology.

TARTHANG TULKU is an incarnate Lama of the Myingmapa school of Tibetan Buddhism and former head of Tarthang Monastary in Eastern Tibet. He is the spiritual head of the Tibetan Nyingmapa Meditation Center in Berkeley. He will present Tibetan Buddhist views on consciousness and approaches to meditation.

In addition, there will be special discussions on the following topics:

EDGAR MITCHELL, ScD, Apollo 14 Astronaut and Director, Institute of Noetic Sciences: **"Issues in Consciousness Research."**

MARK (Ō W) MARKLEY, PhD, Director, Center for the Study of Social Policy, Stanford Research Institute: **"The Social Impact of Consciousness."**

DAVID GALIN, MD, Assistant Professor of Psychiatry in Residence, Langley Porter Neuropsychiatric Institute, San Francisco: **"Brain Research and Consciousness States."**

ARTHUR FOX and JANICA FOX, Esalen-trained group facilitators, will be in residence for the duration of the program.

GENERAL INFORMATION

The Summer Institute will be held from July 14 through August 10, 1974, near the University of California, Berkeley. This program is intended primarily for teachers, students and researchers in psychology, psychiatry, philosophy and theology, as well as those outside the academic community who would like to integrate this study into their lives and environments.

The program must be taken in its entirety; no part-time participation is possible. Program tuition is $425. Room and board fees are $165 for the program period; this includes shared accommodations, plus meals five days a week (weekend meals not provided). A nonrefundable deposit of $100 is required at time of acceptance. **Partial scholarships are available**; an application will be sent upon request. The program involves approximately five or six days of intensive participation per week for the full four-week period.

To apply, write us about who you are, what you are doing, studying or practicing and what your interest is in the Esalen Summer Institute. Apply early; enrollment is limited.

Send to: Human Consciousness, Esalen Institute, 1793 Union Street, San Francisco, CA 94123.

SAN FRANCISCO PROGRAMS

The study of consciousness is described by some researchers as an expanding gestalt that begins with "normal" consciousness and opens to other behavioral possibilities from that perspective. Focusing on what is available to awareness, research is done in meditation, dreaming, hypnosis, brain waves and altered states of consciousness. Within this framework, psychic events may be seen as figures against a ground and as social consciousness expands what was once considered "psychic" becomes a part of that ground.

Research in psychic phenomena is addressed to paranormal occurrences—ones that have no explainable scientific base and may exist independently of an altered state of consciousness. These programs were developed with an interest in clarifying the differing orientations, emphases and aspects of concern to both fields and are presented by leaders in each area.

—Lynn Vandenberg, ***Coordinator***

July 20-21

Biofeedback & Meditation: Mapping States of Consciousness / Kenneth Pelletier

Weekend workshop $50

This seminar will focus on exploring the interaction between the psyche and soma through biofeedback as a means of probing the neurophysiological basis of consciousness. Emphasis will be upon the similarities and differences between meditation and biofeedback and upon the relationship between brain structures and functions of consciousness such as left and right hemisphere differences. Consideration will also be given to the use of imagery and active imagination in conjunction with biofeedback for the exploration of states of consciousness and the alleviation of psychosomatic disorders. The seminar will include films of recent experiments with Jack Schwartz and the unique meditative practices of a sect of Indian yogis.

July 29 & 31

Consciousness & the Psychic Interplay of Potentiality & Actuality / Dane Rudyhar

Two-evening workshop $15

In the aura of wholeness (consciousness) exist potentiality and actuality, one waxing, the other waning in constant relatedness. At any given moment there is a tending to becoming at the same time that who we are becomes a part of our past. Mr Rudyhar invites us to consider this dynamic balancing process as we pass through the successive phases of the existential cycle from birth to death. Monday & Wednesday evening, 7-10 pm each evening; limited registration.

Friday, August 2

Inside Out— A Transformation Drama Jean Houston

Single evening event $3

A kaleidoscope of consciousness processes. By playing each character herself, Dr Houston engages the audience in the dynamic of communication among the "personas" within each individual. Jeffrey Mishlove will assist with audio-visuals. 8-10:30 pm; advance registration recommended.

August 3

New Ways of Being / Jean Houston

One-day workshop $25

A day long exploration in personal evolution. Discussion and demonstration with the seminar participants of methods and techniques that have been the focus of extensive research by Dr Houston for many years, such as time distortion, accelerated mental processes, non-drug studies of altered states of consciousness, the programming of dreams, biofeedback training and the psychology of creative processes.

August 31

The Consciousness of Aging / Gay Luce

One-day workshop $25

Seminar on life rhythms with particular emphasis on the expansion of consciousness in the late years of life. Persons from a newly started growth center for older people will be present to speak of their experiences. The workshop will involve relaxation exercises, esoteric disciplines, massage and group activity in exploring the change in personal and social consciousness as one ages. Videotapes of the group's activities will also be shown.

Monday, September 9

The Role of Dogma in Consciousness / Joe K Adams

Single evening event $5

Certain medieval religious cults had the practice of requiring initiates to kiss the buttocks of nobles and thus insure their obeisance; Joe Adams feels there are schools of psychology that apply the same principle in order to weld the supplicant to the authority of the group. This evening will be devoted to eliciting parallels between historical and present day functions of irrational idealogies in both religion and psychology and discussing their implications. 8-10:30 pm.

Wednesday, September 25

Teaching Stories from the Sufi & Other Traditions James Fadiman

Single evening event $5

An evening of regaining the lost capacity to incorporate spiritual wisdom while enjoying oneself—an essential aspect of Sufism. 8-10:30 pm.

September 28-29

Feminine/Masculine: The Open Way & the Way of Power José & Miriam Arguelles

Weekend workshop $50

Exploring the nature of feminine/masculine consciousness, the seminar will focus on understanding the experience of the féminine perception of the world. By discovering anew the feminine—the open way—the masculine—the way of power—will naturally be redefined. The weekend will include an illustrated cultural retrospective of traditional and contemporary masculine-feminine roles and opportunities for evoking and uncovering our own feelings and attitudes. There will also be directed discussion groups emphasizing the recycling of primary attitudes toward the end of renewing and revitalizing our most fundamental self-images.

JOE K ADAMS has been a heretic in the field of psychology for many years. His main interest is in ideological change and conflict and he places strong emphasis on historical parallels. He is the author of *Secrets of the Trade (Notes on Madness, Creativity and Ideology).*

Ra, the Sun, the greatest transformer of them all, on a Egyptian papyrus scroll, 19th Dynasty

and psychic phenomena

JOSÉ ARGUELLES, PhD, author, artist and lecturer, is director of the recently established Shambhala-Tollan Foundation. He has taught at Princeton, University of California at Davis, the Evergreen State College and is currently lecturer in the Art Department at California State University at San Francisco. This summer he is on the faculty of the Naropa Institute, Boulder, Colorado. Among his publications are: *Charles Henry and the Formation of a Psychophysical Aesthetic, Mandala, The Transformative Vision* and numerous articles on consciousness and creativity.

MIRIAM T ARGUELLES, author and artist, is currently on the faculty of Naropa Institute, Boulder, Colorado. At present she is working on a book on the feminine and creativity. She is co-author of *Mandala.* Her paintings and illustrations have been represented internationally.

JAMES FADIMAN, PhD, is president of the Association for Transpersonal Psychology and a lecturer in Design Engineering at Stanford University. He is Associate Editor of the *Journal of Transpersonal Psychology* and is editor of *The Proper Study of Man* and *Exploring Madness: Experience, Understanding and Research. The Practice of Psychosynthesis* and *Personality and Personal Growth* (with Robert Frager) will be released soon.

JEAN HOUSTON, PhD is a leading pioneer in the exploration and development of human potentials and in the study of human consciousness. As director of the Foundation for Mind Research, she has for many years pursued extensive non-drug studies of altered states of consciousness, accelerated mental processes, time distortion, alternate cognitive modes, the effects of audio-visual environments, biofeedback training, the programming of dreams, the psychology of creative processes and the laboratory study of religious and peak experiences. She is co-author with her husband of *The Varieties of Psychedelic Experience, Psychedelic Art* and *Mind Games* as well as of numerous articles. She has served on the faculties of religion, psychology and philosophy at Columbia University, The New School for Social Research and Hunter and Marymont Colleges.

GAY LUCE is a scientific writer and a student of psychic medicine, biological rhythms, hypnosis and sensory deprivation. She is the author of *Sleep, Insomnia* and *Body Time.* She is currently focusing on working with older people.

JEFF MISHLOVE is a doctoral student in parapsychology at the University of California, Berkeley. He is the producer of the *Mind's Ear* radio series on KPFA-FM and is the founder of the Interdisciplinary Parapsychology program.

KENNETH PELLETIER, PhD, is a clinical psychologist who received his degree from the University of California at Berkeley, conducts research in neurophysiology at the Langley Porter Neuropsychiatric Institute and is in private practice in Berkeley. His particular interests are in clinical biofeedback, the psychophysiology of states of consciousness and meditation, and psychosomatic medicine. He studied at the C G Jung Institute in Zurich and is co-author of *Consciousness: East and West.*

DANE RUDYHAR, a pioneer in psychology, philosophy, music and literature, has an international reputation as the exponent of a "humanistic" reformulation of astrology. He is the author of several books, including *The Astrology of Personality, The Planetarization of Consciousness* and most recently, *The Astrological Houses* and *Astrological Time.*

Tuesday, August 27

Physics, Consciousness & Psychic Phenomena
Nick Herbert

Single evening seminar $5

Models for consciousness based on physics have been surprisingly rare in view of the central nature of this phenomena and the indispensable role it plays in human experience. Questions of "where" the "soul" is, what its' physical link is with the body and the nature of sleep and death will be discussed in light of recent theoretical work of physicist, E H Walker. 8-10:30 pm.

Thursday, September 5

Uses of Psychic Abilities / Arthur Hastings

Single evening event $5

How can psychic abilities be integrated into the self? How does the psychic function for the person and for society? This talk will discuss these and other questions on the promises and dangers of psychic development. 8-10:30 pm.

September 7

Seeing / Helen Palmer

One-day workshop $25

Techniques of clairvoyant vision: seeing without the eyes. This kind of mental practice requires a lot of individual work in focusing and visualization. It is particularly useful to people who are beginning to experience inner vision either spontaneously or through a mental discipline. Limited to 15 participants.

psychic phenomena *(continued)*

September 14

Integrating Psychic Abilities / Arthur Hastings

One-day workshop $25

This workshop will focus on understanding and experiencing how psychic abilities can be used for personal and social purpose. Some methods of developing psychic abilities will be presented with the emphasis on integrating them into the person's life and personality. Participants will be expected to discuss their own ways of experiencing and integrating such abilities.

September 20-22

Readjusting the Base Line / Robert Monroe

Residential weekend workshop $100

A round-the-clock weekend of training sessions in actual procedures aimed at controlled exploration and experience in the "out-of-body state." The workshop is designed to give the participant basic grounding in techniques of utilizing life-energy fields for the exploration and development of experiences in other states of reality. Suggested areas of exploration and practical uses of such energy fields will be included. Mr. Monroe will conduct the sessions and will bring with him assorted technical equipment to assist in the induction of the separation process. Recommended reading: *Journeys Out of the Body*. Limited to 25.

Friday, September 27

Using Psychic Counsel
Georgianna Sagee & James Andrews

Single evening event $5

Combining the abilities and perspectives of psychic reading and counseling psychology, the speakers will demonstrate and discuss the potentialities and pitfalls of giving as well as seeking and using psychic counsel. Dr Sagee will share her insights and significant experiences from her long career as a gifted psychic. Special focus will be given to exploring the creative factors necessary for a beneficial psychic-client relationship. 8-10:30 pm.

September 27-October 2 & October 12-13

Centering and the Psyche
Anne Armstrong, Ann Dreyfuss & Lawrence LeShan

Five-day residential & weekend workshop $360

"God calls one man with a shout, one with a whisper, one with a song and one with a dance."

We believe there is a relationship between physical centeredness and the transpersonal state of awareness. This workshop will present opportunities for the merging of the centering process and the state of being aware of and sensitive to our own body and body-image with direct experience of our own energy—leading to greater insight into the transpersonal and paranormal fields. Each participant is asked to commit him/herself to one five-day workshop and a follow-up weekend ten days later to allow for work to be done between sessions; this will provide continuity, depth and breadth in the experience of the psychic, physical and intellectual merge. The residential portion of the program will begin with dinner Friday evening, September 27 and conclude Wednesday, October 2, 5 pm; the follow-up weekend October 12-13 will be held in San Francisco and will be non-residential. Limited to 15 participants, selection will be made by the leaders by September 1. If you are interested in applying, send a letter telling us *briefly* about yourself to: Centering & Psyche Program, Esalen Institute, 1793 Union Street, San Francisco, CA 94123.

September 22

Psychic Liberation / Eleanor Criswell

One-day workshop $25

This workshop will explore ways to liberate psychic capacity from our habitual modes of consciousness. Using a variety of techniques such as biofeedback, optokinetic training, concentration and meditation, Kirlian photography, I Ching and various parapsychological techniques, we will move toward awakening and enhancing psychic awareness in our everyday lives.

JAMES ANDREWS is professor of psychology at City College of San Francisco in addition to having a private practice in clinical psychology. For the past two years, he has taught a course on human consciousness and psychic phenomena; he has had a close working relationship with Dr Sagee for many years and is currently interested in utilizing psychic readings within the context of traditional psychotherapy.

ANNE ARMSTRONG, a clairvoyant from Sacramento, uses her abilities for deep level analysis of personal problems and for guidance in the growth of the inner life.

ELEANOR CRISWELL is the associate director of the Humanistic Psychology Institute and an associate professor of psychology at Sonoma State College.

ANN DREYFUSS has a background of work in individual and family therapy and has worked with a variety of groups ranging from small children to groups of families. Her work emphasizes sensing and being in contact with the mind-body unity and thus becoming more aware and in tune with the surrounding energies. Presently she is on the faculty of the Psychology Department at Sonoma State College and has a private practice in San Francisco.

ARTHUR HASTINGS is a specialist in language and communication, with further interests in parapsychology and consciousness processes. He has taught at California State University, San Jose, and at Stanford University.

NICK HERBERT, PhD in nuclear physics and optics, has primary interest in "how spirit comes into matter:" the physical basis of consciousness and the relationship of the non-material to the material realm.

LAWRENCE LESHAN received his doctorate in psychology from the University of Chicago. He has been chief of the Department of Psychology and director of a research project in psychosomatic medicine at Trafalgar Hospital and The Institute of Applied Biology. He is the author of *The Medium, The Mystic and the Physicist* and *Meditation is for Grown Ups*.

ROBERT MONROE, author of *Journeys Out of the Body*, has also been the creator and producer of some 700 radio and TV programs. A director, writer and composer, he was at one time Vice President and Director of the Mutual Broadcasting Corporation, Inc. In recent years, his major avocation has been the exploration of the phenomenon known as the out-of-body state. He now operates a research facility where a concentrated effort is being made to establish systems of training so that others may experience this state in a controlled environment.

HELEN PALMER is a clairvoyant working and teaching in the Bay Area. She holds a master's degree in clinical psychology and has worked for the California Society for Psychical Studies.

GEORGIANA SAGEE is a psychic and psychometrist. She has exhibited her gift on radio and television and now is engaged in giving personal readings and consultations in Fairfax, California.

For Reservation Information, see page 62.

Summer, 1563. An Italian Renaissance example of our continuing interest and delight in transformations, in this case with summer fruits and vegetables into a human likeness

workshops for educators

With the support of Ford Foundation grants, Esalen participated for three years in a research project to study the application of approaches used at Esalen to learning experience and learning communities. The term confluent education was coined by the Ford/Esalen research group to emphasize the integration of affective and cognitive elements in the learning process. This summer's education and teacher training programs are, in part, derived from this investigation into the processes by which learning, growth and change take place—inside and outside of the classroom. Credit is available by arrangement.

July 26-28

Body Awareness, Learning & Learning Difficulties
Richard Weber

Weekend workshop $50

Dr Weber feels that "premature action may well be the greatest single cause of behavioral and learning difficulties frequently diagnosed but seldom cured before the student develops inefficient patterns of learning that affect his entire being and becoming." Balance and centering, using his method of "Think, Wait & Act" are the primary concerns of his approach to all educational experiences. Through the use of the piano keyboard as a "teaching machine" and motivational tool and direct body-contact techniques his methods are designed to educate both sides of the body and brain, strengthening visual perception, muscular coordination and concentration. The workshop will include films of his work, unrehearsed demonstrations with children and direct work with the participants in energy awareness and Feldenkrais exercises and manipulation.

August 10-11

Building Self-Esteem
Stanley Coopersmith & Ken Christian

Weekend workshop $60

This workshop will enable participants to experience and learn several procedures that build self-esteem in the classroom and clinical setting. Attention will be focused on such issues as: Becoming aware of self-defeating patterns, discovering personal strengths and learning how to defend one's sense of worth.

August 15-18

The Live Classroom / George Brown & Aaron Hillman

Four-day workshop $140

This workshop will combine theory and practice in an introduction to confluent education, the integration of feeling and thinking. There will be an emphasis on experiential work. George Brown will lead the first two days, focusing on gestalt and psychosynthesis and their application to education. Aaron Hillman will conclude the workshop with a variety of affective experiences, making specific applications to the classroom. Lodging is available at an extra cost for out-of-town participants; daily luncheons are included in tuition price. 10 am to 6 pm Thursday through Sunday.

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is Professor and Director of the program in Confluent Education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning* and the forthcoming *The Live Classroom.*

KEN CHRISTIAN is currently Director of the Graduate Program in Clinical Psychology at Lone Mountain College and a member of the undergraduate psychology faculty. Prior to this, he did individual and group counseling and conducted personal growth workshops in a federally funded anti-poverty program in Fresno, California. He also works part-time in the outpatient clinic of the San Francisco VA Hospital.

STANLEY COOPERSMITH, a member of the Psychology Department at the University of California at Davis, previously taught at Wesleyan and at the University of Copenhagen. Dr Coopersmith's major work has been the development of methods of building and changing self-esteem. Among his books are: *The Antecedents of Self-Esteem, Frontiers of Psychological Research, The Myth of the Generation Gap* and *The Formative Years.*

AARON HILLMAN is Director of Training for the Educational Administrators Project in Confluent Education at the University of California, Santa Barbara, Graduate School of Education. He is also Senior Coordinator of the Confluent Education Development and Research Center at UC Santa Barbara.

RICHARD WEBER has pioneered the use of music as a tool for increasing awareness in education. His background includes a career as a professional pianist, a doctorate in music and special education from Columbia University and the publication of extensive teaching materials including *Sight, Sound and Symbol* and *Musicall.* He has had training in Feldenkrais movement work, gestalt, t'ai chi chuan, sensory awareness and psychosynthesis. He has led workshops for educators throughout the United States, Canada and Europe and has been featured on NBC-TV, in the *Reader's Digest* (August 1968) and *New York Times.* He is currently involved in aikido, meditation and energy awareness with Robert Nadeau.

the sports center

Percy Cerutty exercising on the sand dunes of Australia

Esalen presents: THE PERCY WELLS CERUTTY CLINICS

Percy Wells Cerutty: 79-year-old coach, athlete, philosopher, founder of the International Centre for Health, Fitness and Athletics at Portsea, Australia, coach to over 30 world record athletes.

"It is not merely that you are alive but *how much* you are alive that is important"—says Percy Wells Cerutty; but in 1938, the Australian civil service mustered Percy Wells Cerutty out of its ranks because it was decided that he had become too sick to continue work. The medical doctors consulted indicated that Mr. Cerutty would soon die.

Percy Cerutty decided not to die. He began studying and went to work on himself. At first he could hardly walk. In two years he could run a mile. Eight years later he set the Australian record for the marathon and competed in races of fifty and one hundred miles.

The threat to his survival forced him to discover a unique way of life that evoked health and physical fitness. He first taught this way of life to athletes, helping more than thirty to break world records. In 1960, his best known student, Herb Elliott, won the Olympic Gold Medal in the 1500 meters race, setting a world record. No one ever beat Herb Elliott in a one mile race. In 1964 in Tokyo, Percy Cerutty received the only Gold Medal ever awarded by the Olympics to a coach.

Since that time thousands of athletes have made the pilgrimage to Mr. Cerutty's center for health and physical fitness at Portsea, Australia. During the last ten years, Mr. Cerutty has evolved a method by which anyone can come to learn and apply his discoveries. For the first time he is able to come to the United States to teach his approach to health and fitness. Percy Wells Cerutty's appearances in the United States will be held in the following California locations:

CLINICS & WORKSHOPS

June 16-22 **CATALINA ISLAND CLINIC:** Las Casitas Resort. $300, including room and board. (Deposit of $100). Limited to 80. Located off the Southern California coast.

June 28-29 **SANTA BARBARA WORKSHOP & LECTURE:** University of California at Santa Barbara Extension. Friday evening lecture and day-long workshop Saturday. $5 lecture; $20 both events; ($27.50 if for credit).

July 8-20 **KENTFIELD, MARIN COUNTY CLINIC:** College of Marin (20 minutes north of San Francisco). $200 (Deposit of $90). Non-residential; good accommodations near college. Limited to 100. (Co-sponsored by Public Events & Community Services, College of Marin.)

College credit can be arranged. Write: Esalen Institute, Attn: Mike Spino, 1793 Union St., San Francisco, CA 94123.

EVENING LECTURE-DEMONSTRATIONS ($5 each lecture)

June 12 Culver City: Culver City Recreation Dept. 8-10:30 pm.

June 14 Malibu Beach: Pepperdine College. 8-10:30 pm.

June 26 San Francisco: First Unitarian Church, Franklin & Geary Streets, 8-10:30 pm.

For information and reservations contact: Esalen Institute, c/o Mike Spino, 1793 Union Street, San Francisco, CA 94123, (415) 771-1710.

As a followup to Mr. Cerutty's visit, Mike Spino will offer a workshop in San Francisco, September 28-29: "New Techniques of Jogging & Conditioning," see page 13.

July 13-14

Embrace Tiger – Return to Mountain: A T'ai Chi Workshop with Al Huang

Weekend workshop $50

Al Chung-Liang Huang is a t'ai chi master who is currently teaching oriental theater and dance at York University in Canada, and has also taught dance and t'ai chi at UCLA and the University of Illinois.

"Huang teaches in a way that is unusual for an Asian master . . . He begins from the center and not from the fringe. He imparts an understanding of the basic principles of the art before going on to the meticulous details and he refuses to break down the t'ai chi movements into a one two three drill . . . With his skill in t'ai chi, as well as in dancing and flute playing, he woos and beguiles his students instead of forcing them. This is the mark of a truly superior and gifted teacher who works upon others as the sun and rain upon plants."—Alan Watts

July 27-28
Tennis Flow / Dyveke Spino
Weekend workshop $45

This workshop will integrate principles of body awareness, movement, dance, music and meditation with traditional methods of tennis instruction and practice. The workshop is designed for beginners as well as advanced students of the game. Bring your racquet and a can of tennis balls. Limited to 20 people.

September 28-29
New Techniques of Jogging & Conditioning
Mike Spino
Weekend workshop $45

Orthodox jogging is an efficient means of overall body conditioning, but it holds few keys to heightened physical awareness or short cuts to peak body functioning. This workshop will focus on the work of Percy Wells Cerutty and Mihaly Igoli who between them are responsible for more than forty world track and field records. We will blend their techniques of aerobic training, resistence conditioning, diet, philosophy and practical experience with advanced research being done in the field of sport here at Esalen. These techniques which have been utilized by championship athletes are pertinent to people at all levels of fitness. Each participant will receive an individual training consultation, as well as insights into preventive and practical sports medicine.

September 28-29
Tennis Flow / Dyveke Spino
See description above, July 27-28.

Preview Calendar:

October 15-18
Esalen Sports Center / Oceanic Society
David Schiffman
Two-week cruise down the Baja Coast $650

This workshop co-sponsored with the Oceanic Society will leave Ensenada October 15, and cruise down the Baja Coast to La Paz. En route such places as Todos Antos, Magdalena Bay, Cabo San Lucas will be explored. The *Marabell* is a 136 foot motor vessel run by a French Canadian crew. For further information contact the Esalen Sports Center. Enrollment limited.

July 14-27
ESALEN SPORTS CENTER SUMMER INSTITUTE
Two-week program to be held at Dominican College, San Rafael, California (twelve miles north of San Francisco in Marin County)
$350 including room and meals; $225 non-residential fee

Sport and skill development are taught for the most part in a mechanical way emphasizing form, specific movements and minute details. This approach often overlooks the most important element in the sporting experience—the uniqueness of each individual. This two-week intensive program will present many innovative disciplines developed at Esalen and elsewhere for increasing mind/body harmony, movement and flexibility, and for discovering natural rhythm, balance, flow and movement. Focus will be on finding points of integration between these disciplines and current methods of teaching and practicing sports, physical education and recreation.
The goal is for each participant to develop his/her own approach to enriched participation and heightened potential.

The program is designed to provide a brief intensive exposure to:

Yoga

Sensory Awareness & Movement

Feldenkrais Exercises – Breaking fixed patterns to increase range of movement and flexibility.

Rolfing: Structural Integration – Realignment of the body to increase efficiency of movement.

Energy Awareness & Centering

Aikido – Japanese martial art

T'ai Chi – Chinese moving meditation

Meditation & concentration exercises

Interpersonal development

New approaches to the following sports will also be explored:

Jogging	Hiking	Swimming	New games
Tennis	Volleyball	Basketball	

Core seminars will be led by: Al Huang, Bob Nadeau, Betty Fuller & Bob Kriegel.

Inservice credit will be available through Dominican College. A limited number of partial scholarships will be available. For more information write or phone the Esalen Sports Center, 1793 Union Street, San Francisco, CA 94123. Telephone: (415) 771-1710.

BETTY FULLER, a humanist counselor, has been leading encounter, couples and training groups in the USA and abroad since her 1967-68 Esalen residency, following 37 years in the theatre. She is featured in the documentary film *Here Comes Everybody*. In San Francisco, Betty leads seminars for EST and conducts groups and Feldenkrais movement classes at American Yoga Center, which she founded with Dub Leigh.

AL HUANG was born in Shanghai, China and was trained in classical Chinese arts and theater techniques before coming to the United States to become an architect and concert dancer. He has taught and performed at major universities and festivals throughout North America and the Far East. He lectures and conducts seminars in Taoism, Ch'an (Zen) Buddhism and related Asian Arts. He now teaches Oriental Theatre and Asian Arts at the University of Illinois; he is author of the book *Embrace Tiger, Return to Mountain: The essence of t'ai chi.*

BOB KRIEGEL is the director of the Esalen Sports Center and the Esalen Consulting Service. He was the founder and director of Anthos, a New York City growth center. He is a staff group leader and has conducted special programs at universities, social agencies, business corporations and growth centers around the country. He has also been a swimming and skiing instructor. He has trained at the Psychosynthesis Institute and is studying aikido.

ROBERT NADEAU is a master of aikido and has been a student of oriental martial arts for the past twenty years. He is also a teacher of aikido, energy awareness and meditation.

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. In addition to leading groups at Esalen and Anthos, he has lectured at the University of California, Princeton and many other schools, as well as conducting special programs for industry and social agencies. Recently a leader-in-residence at Esalen/Big Sur, he is currently working on an approach which synthesizes the creative and therapeutic possibilities of group process.

DYVEKE SPINO, Esalen Sports Center staff, was formerly a Community Mental Health Consultant. She has taught advanced tennis for the Berkeley Parks and Recreation Department and has been a tennis pro at Round Hill Country Club and Squaw Valley, ski instructor, dance and concert pianist.

MIKE SPINO is co-director of the Esalen Athletic Club and a former co-director of Berkeley Otherways School, the first public alternative school. A nationally ranked marathon runner, he is presently studying the techniques and philosophy of Australian Percy Wells Cerutty. He is the author of *Running as a Spiritual Experience* and *Poems of a Long Distance Runner*. His present interests include meditation, diet, sports medicine and the inner world.

WILDERNESS WORKSHOPS

The Esalen Sports Center emphasizes activities in which participation is not limited by age, sex or athletic ability, but which focus on the joys of participation and the thrill of competing. They are designed to make sport richer and more rewarding—a vehicle for eliciting the potential that lies within us all.

The Sports Center is devoted to furthering new concepts, practices and teaching methods in lifetime sports. As a part of this program, the Center is developing a new approach to wilderness outings. These programs will attempt to blend outer awareness with inner consciousness. They are designed to facilitate greater awareness of the outdoors, the group and oneself by combining techniques for expanded awareness, mind/body integration, interpersonal relationships and the development of wilderness skills.

June 30-July 5
Rafting on the Rogue River / James Katz & Jerome Downes

Residential six-day workshop $180

Spend the 4th of July on a rugged outdoor adventure rafting for six nights and five days on the Rogue River in Oregon. This workshop is open to the novice or the experienced.

July 5-7
Mountain Aesthetics Along the Big Sur Coast
Michael Tobias & Carol Macgee

Residential weekend workshop in Big Sur $120

New ways of exploring and experiencing the mountains and coastal shoreline in Big Sur including technical alpinism, the art of bouldering, hiking desciplines and mountain lore. (Reservations should be made through Esalen/Big Sur. See p 62.)

Tuesday, July 9
The Lore of the Mountains / Walt & Maurica Anderson, Steve Miller, Michael Tobias, Carol Macgee & Kurt Wehbring

Single evening event $5

A gathering of the Esalen Sports Center wilderness leaders to explore contemporary trends in mountaineering, backpacking, river rafting and survival training. The leaders will show equipment, slides and films and tell stories of the lore of the mountains. 8-10:30 pm.

July 12-14
Off The Beaten Track / Ann & Kurt Wehbring

Residential weekend workshop $50

A weekend of backpacking off established trails—instruction in the use of map and compass, backpacking and camping. For those who would like to learn how to backpack and camp, or hikers with experience who would like to expand their abilities.

Albrecht Durer's 16th Century German woo
by the principles of classical Chinese landscape

For Reservation Information, see page 62.

July 15-19
Wilderness Workshop in the Sierra Nevada / Steve Miller

Residential five-day workshop $150

The workshop will focus on developing rock climbing, backpacking and survival skills in the Sierra Nevada wilderness.

July 21-26
Backpacking, Body Awareness & Encounter For Women
Maurica Anderson & Lindsay Drache

Residential six-day workshop $110

A hike into an unspoiled area of the Sierra National Forest during wild flower season with time for exercises and nature "grokking." In order to keep pack weight down, mules will take in some of the baggage.

July 28-August 6
Aspen Mountaineering Meditation
Michael Tobias & Carol Macgee

Residential ten-day workshop $350

An intensive introduction to technical mountaineering in the Colorado Rockies. The group will spend the first and last evenings in Aspen and the intervening eight days hiking and climbing, integrating technical mountaineering skills with Esalen disciplines and learning the lore of the mountain.

August 4-24
Alaskan Wilderness Adventure / Ann & Kurt Wehbring

Three-week wilderness workshop $875

A rugged outdoor experience with Mt. McKinley as the destination. The trip is designed to elicit the sense of distinction and contrast in one's life travelling through a land of awesome contrasts—Alaska. The trip includes a boat trip through the inland passage from Seattle to Juneau, exploration of glaciers in Glacier Bay National Park and hiking in McKinley National Park. Total cost includes all transportation, room and board from Seattle. Interested persons should register by July 10; detailed information on request.

August 6-16
Esalen/Outward Bound: Personal Survival on the Planet
David Schiffman & Dick Galland

Residential ten-day workshop $350

An opportunity to explore the nature of personal boundaries—physical, emotional, mental and spiritual, whether as illusion or as tools for optimum self survival. The use of such skills pioneered at the Outward Bound School as rock climbing, mountain climbing, rapelling and hiking will be integrated with the more purely process-oriented work pioneered at Esalen. The workshop will center on white water rafting through the Lower Canyons of the Rio Grande with side canyon hikes included.

August 10-17
Encountering in the High Sierras / Walt & Maurica Anderson

Residential seven-day workshop $140

A week-long campout at a high mountain basin in the John Muir wilderness area. The group will meet at a designated roadhead point Saturday, hike to the campsite on Sunday, and return the following Saturday. Mountaineering experience is not required, but applicants should be in good condition and capable of hiking.

August 19-23
A Reunion With the Sea / Ron Clark

Residential five-day workshop in La Jolla $205

Water has long provided us with a profound metaphor and dream symbol for our emergent bodily states—for our formative processes. We will work in a pool and in the ocean and through actual experience in the water, we will attempt to contact and integrate that formative process in ourselves. (Fee includes room but not meals.)

August 21-31
Esalen/Outward Bound: Personal Survival on the Planet
David Schiffman & Dick Galland

Residential ten-day workshop $350

This program will center on backpacking and hiking in the desert and mountains around Big Bend National Park in Southwest Texas. It will be more strenuous than the August 6-16 Outward Bound workshop and will include a solo desert experience.

August 30-September 2
Wilderness Workshop in the Sierra Nevada / Steve Miller

Residential four-day workshop $125

This workshop will focus on developing rock climbing, backpacking and survival skills in the Sierra Nevada wilderness.

September 13-18
Yosemite Mountaineering Meditation
Michael Tobias & Carol Macgee

Residential six-day workshop $175 per person or $300 per couple

A six day camping, hiking and climbing experience in unpopulated areas of Yosemite Valley. The group will explore many facets of rock climbing: Free form, aid climbing and bouldering, plus endurance for hiking and its relationship to climbing. (Reservations must be made with full payment by September 6.)

September 20-22
Flowing with the River / James Katz

Residential weekend workshop $90

A weekend traveling on rafts through the spray and white water of the American River.

September 25-29
Where the Sea Meets the Land / Kurt Wehbring

Residential five-day workshop $120

A thirty-mile backpacking and exploring trip along the last wild beach on the California coast, taking advantage of the good late September weather.

September 27-29
Mountain Aesthetics Along the Big Sur Coast
Michael Tobias & Carol Macgee

Residential weekend workshop in Big Sur $110

New ways of exploring and experiencing the mountains and coastal shoreline in Big Sur including technical alpinism, the art of bouldering, hiking disciplines and mountain lore. (Reservations should be made through Esalen/Big Sur. See p 62.)

MAURICA ANDERSON is a recent graduate of Sonoma State's humanistic psychology program. She studied psychodrama under Lewis Yablonsky, has co-led the Esalen High Sierra encounter program for the past three years and works as a consultant to various growth centers and educational institutions.

WALT ANDERSON studied psychodrama under Lewis Yablonsky, is accredited by the Moreno Academy of New York and was former executive director of the California Institute of Psychodrama. He led the first Esalen High Sierra programs and is currently exploring new ways of combining encounter and outdoor activities. He is also author of several books, including *Politics and the New Humanism.*

RON CLARK has been a diver for 15 years and is currently director of a national Scuba Instructors' Training program. He has been a teacher of literature and creative writing and Director of Kairos Institute.

(continued on next page)

WILDERNESS WORKSHOPS *(continued)*

JEROME DOWNES is a student of gestalt therapy and the Feldenkrais approach to body awareness. He is a former ice hockey player who skated for the U S Ambassador team in '67. He has produced and directed 4 motion pictures and has recently worked as a cameraman with National Football League films and Newsweek Broadcasting Services. He is currently exploring the utilization of the media as an approach to expanding personal and social consciousness.

LINDSAY DRACHE studied at the Gestalt Institute of Canada. She has led group and individual gestalt sessions in a treatment center for teenagers and is currently teaching body awareness and yoga groups in Berkeley.

DICK GALLAND is Founding Director of the Texas Outward Bound School and a student of gestalt.

JAMES KATZ is the director of James Henry River Journeys, an educational river touring company; he is also a free-lance nature photographer.

CAROL MACGEE is a former student of the French sociologist and philosopher, Henri Lefebvre. She is a poetess, associate editor of the "International Mountaineering Arts Journal" and author of two works, *Azure* and *Hill Fragments*. She has climbed the Alps and Rockies and trained in method acting and jazz dance.

STEVE MILLER is currently chairman of the Department of Physical Recreation at New Mexico Tech, where he directs the Wilderness Encounter program. He has been a senior instructor with the California, Northwestern and Colorado Outward Bound schools. He has studied gestalt, EST, anthropology and human ecology.

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. In addition to leading groups at Esalen and Anthos, he has lectured at the University of California, Princeton and many other schools, as well as conducting special programs for industry and social agencies. Recently a leader-in-residence at Esalen/Big Sur, he is currently working on an approach which synthesizes the creative and therapeutic possibilities of group process.

MICHAEL TOBIAS is recognized as one of the finest and most novel mountaineers on the contemporary scene, having made innumerable ascents in Yosemite, the Rockies, the Alps, in Greece, the Kashmiri Himalaya, and in the Sinai Peninsula where he wandered for six months, climbing solo in a virtually unexplored mountain region. He has invented and vanguarded the art of bouldering and has studied under the Swiss Tibetologist Blanche Olschak and the Chilean scholar-mystic, Miguel Serrano. He is the author of a four-volume work on mountain aesthetics, *Dhaulagirideon*, and has taught literature, linguistics and mountaineering.

ANN WEHBRING's initiation to backpacking was a 45-mile hike in two and one half days. She has since learned more relaxed approaches to the outdoors and has continued to hike and camp in the Sierras, Baja California, Norway, Switzerland and Yugoslavia.

KURT WEHBRING has climbed extensively in the Sierras, Tetons, Wind Rivers and in the Alps and made a first ascent of the East Ridge of Mt. St. Elias in Alaska. He is experienced in the techniques of sensory awareness and Reevaluation Education (co-counseling) and has taught courses in rock climbing and ski touring.

ENERGETIC STUDIES

The Center for Energetic Studies, under the direction of Stanley Keleman, is a program of workshops, teaching and publishing concerned with the bodily experience of the here and now and the biological form which gives identity. Workshops will be led by Keleman and other invited leaders who explore human development from a perspective of experiences enhancing the biological life.

John Chamberlain's sculpture of auto parts and cardboard somehow releases a spirit of exuberance and elegance from a symbol of death

The Professional Development Program of the Center is a curriculum in which students can develop a deepening understanding of both the biological roots of experience and the applications of that understanding to personal and cultural expression. The Summer Institute with Stanley Keleman, listed on this page, is a part of this Program. It is open to all professional applicants, and special consideration will be given to people in the helping professions, the arts and sciences, and those interested in an extended course of study at the Center. Please describe your background in a brief letter of application to this seminar.

The Center for Energetic Studies
Stanley Keleman, Director
announces a 3-week

SUMMER INSTITUTE: The Life of the Body

July 1-19, 1974

This three-week educational program is based on the emotional life of the body. As individuals and as a group, we will look at how we inhabit our bodies, how experience forms us and how body self-perception shapes self-image and world-view. Self-learning and formation will grow out of these discoveries and feelings.

Energetic and bio-energetic work and concepts will be used to amplify the understanding of character formation, armoring and the formative process.

The program will be conducted by Stanley Keleman, director of the Center and author of *Sexuality, Self and Survival, The Human Ground,* and the forthcoming *The Body is Alive and More* and *Living Our Dying.*

THE PROGRAM

The program will meet five days a week, Monday through Friday, July 1-19. Each day will include experiments in self-perception and movement as well as experiential sessions on the relationship of body and personality and excitement and expression, led by Keleman. There will also be day and evening seminars on character types, character formation, family therapy, phenomenology of perception, dreams, and opportunity to share the adaptations and applications of the biological perspective developed by each of the leaders.

Teachers who will participate in leading seminars and groups include:

Paul Aikin, PhD
Alan Clarke, MD
George Downing, PhD
Ian Grand
Nancy K Jungerman, Licensed Psychologist
Monique Nagy, Physical Therapist
Sylvia Schmidt, LCSW
David Sheinkin, MD

Guest lecturers will be: **T A Munson, MD, Ludwig Lefebre, PhD, Jules Grossman, PhD and Joseph Lyons, PhD.**

GENERAL INFORMATION

The Center for Energetic Studies Summer Institute will be held July 1-19, 1974 at Berkeley, Calif. While there are no special prerequisites for the program, preference will be given to applicants who are interested in developing connections between the central perspectives of this program and their own special areas of interest, especially the arts, science and therapies. To apply, please write briefly about who you are, what you do, and why you're interested in coming. Send the application letter to: Keleman Summer Institute, Esalen Institute, 1793 Union Street, San Francisco 94123.

Tuition is $600. The program can only be taken in its entirety. Accommodations at the program location are available at $9 per day ($171 for the full program period), which includes shared room and three meals per day. Note that room and board fees are in addition to tuition. A LIMITED NUMBER OF PARTIAL SCHOLARSHIPS IS AVAILABLE. If you *require* scholarship assistance, please ask for a scholarship application in your letter.

The program is limited to forty participants. A nonrefundable deposit of $200 is required upon acceptance.

July 27

Paths / George Downing

One-day workshop $25

Using an approach combining gestalt and energetic techniques we will try to experience the messages our bodies are sending us about where we have been, our contact in the now, and what wishes to emerge in us. 10 am to 5 pm, Saturday.

August 26-30

Forming / Ian Grand

Five-day workshop $120

An intensive workshop to explore the kinds of attitudes, feelings, postures and movements we form in our interactions with each other and our worlds. Energetic approaches, song and dance will be used. 10 am to 6 pm, Monday through Friday, deposit of $50 required.

PAUL AIKIN is a clinical psychologist at the Counseling Center, U C Davis, and in private practice. He has had extensive experience in the training of counselors in drug, crisis and counseling centers in affective techniques.

ALAN CLARKE, M D, is a training therapist for the Institute for Bioenergetic Analysis and is in private practice in Los Gatos, California.

GEORGE DOWNING, PhD, combines gestalt with intensive methods of working with the body. He is a member of the teaching staff of the Family Therapy Institute of Marin and is the author of *The Massage Book* and *Massage and Meditation.*

IAN GRAND studied at the Center for Energetic Studies with Stanley Keleman and has an individual and group practice in San Francisco. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at California State University, San Francisco.

JULES GROSSMAN, PhD, is Professor of Psychology at California State University, San Francisco.

NANCY K. JUNGERMAN, Licensed Psychologist, is a counseling psychologist and senior member of the Counseling Center, University of California, Davis and in private practice.

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is author of *Sexuality, Self and Survival* and *The Human Ground.*

LUDWIG LEFEBRE is a psychologist on the faculties of the University of California Medical Center and the California School for Professional Psychology.

JOSEPH LYONS, PhD, is Professor of Psychology at the University of California, Davis and the author of *Experience.*

T. A. MUNSON, M D, is President of the Gestalt Institute of San Diego.

MONIQUE NAGY is a registered physical therapist in France and was trained in Copenhagen in the Eutonie Method by the creator of the system, Gerda Alexander. Eutonie is a system of relaxation that functions through the development of muscle tone, body image and natural body movement.

SYLVIA SCHMIDT, Licensed Clinical Social Worker, is a family therapist in private practice in San Francisco. She was co-founder and director of professional education at the Family Institute of Chicago.

DAVID SHEINKIN, M D, member of the Institute for Bioenergetic Analysis (New York), works in community mental health and preventive medicine and does research into Kirlian photography.

psychosynthesis

Psychosynthesis is a psychological and educational approach that considers the human being dynamically, as a being in a process of personal growth within an evolving universe. It appears in embryonic form in the doctoral dissertation of its founder, Roberto Assagioli, M D, as early as 1910. Since that time, Assagioli has spent his professional life elaborating it into a comprehensive psychology that includes the soul as well as the libido, the imagination as well as the complexes, the will as well as the instinctual drives. More than a theory, it is a way of looking at the mystery of humanity, the inner life and the psyche; it is a practical, working method that includes such methods as guided imagery, movement, self-identification, gestalt, meditation, training of the will, symbolic art work, journal keeping, ideal models, and the development of intuition. These techniques are unified around the notion of a Self at the core of each individual that can direct the harmonious development of all aspects of the personality. Beyond that personal harmony lies access to higher realms—creativity, transpersonal experience and spiritual development.

Esalen Institute Psychosynthesis Programs are offered in cooperation with the Psychosynthesis Institute, and are coordinated by its directors, Jim and Susan Vargiu.

TRAINING IN PSYCHOSYNTHESIS

October 26-December 8*

Psychosynthesis Professional Training Series
Jim & Susan Vargiu & Associates of the Psychosynthesis Institute

Weekend, six Wednesday evenings, one day & individual sessions. $280

A program designed for psychotherapists, educators, counselors and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field.

The program includes: identification and harmonization of sub-personalities—integration of body, feelings, and mind—guided daydream principles and practice—release and utilization of psychological energies—a model of personality in terms of energy fields—creativity and imagination—Height Psychology, the Transpersonal Self, and the superconscious—symbols and the development of intuition—the inner dialogue—meditation principles and practice—optimum utilization of current major approaches to growth. We will work together so that each can recognize the process of psychosynthesis at work both in himself and in the others. There will be assignments and exercises to complete between meetings. In addition, each participant will have one private psychosynthesis session, and will have the opportunity to observe two sessions of other members of the group. Further individual work during the six week period can be arranged. Advanced training following this program is also available.

Weekend, October 26-27, six Wednesday evenings, October 30, November 6, 13, 20, 27, December 4 and one day Sunday, December 8. For application form, contact Esalen/San Francisco.

*Please note new dates.

PSYCHOSYNTHESIS PROGRAMS

July 13

What To Do Once You've Seen the Light / Steven Kull

One-day workshop $25

Many of us have had experiences where we transcended our day-to-day state of consciousness and glimpsed a higher level of being and awareness which seemed even more "real" than our normal awareness. But, almost inevitably, as we return to our daily lives again we experience a real split—as one person expressed it, "How is it that I am one with the whole universe and still get uptight talking to my mother on the phone?" At times the dissonance can make us laugh with its irony while at other times we may feel a real sadness, a kind of "divine homesickness." In this workshop we will explore the relationship of these two levels in ourselves and in the universe. Using a variety of methods we will look for ways for each of us to find a bridge between these two levels of being. 10 am-10 pm.

July 27-28

Bear Therapy: Nurturing the Child Within
Betsie Carter & Heidi Firman

Weekend workshop $50

Many of us have learned how to open ourselves emotionally and contact other people at a deep and satisfactory level. But when we need to nourish and affirm *ourselves*, we usually swing from being rigid and critical to being collapsed or being dependent upon another person or a group. Bear therapy presents an alternative to these extremes within each of us, as we learn to center and to nourish ourselves from that center.

August 2-4

High Psychology / Piero Ferrucci

Weekend workshop $50

What is the field and what is the technique of *High Psychology?* What is transpersonal and what paranormal? Is transpersonal in opposition to personal? What is the difference between the transpersonal self and the superconscious? What are the approaches to the transpersonal self and how can we choose among the ones that fit best? The seminar will address itself to questions such as these; especially for persons acquainted with psychosynthesis and those with a particular interest in the transpersonal field.

For Reservation Information, see page 62.

August 9-11

Being a Woman: Liberation from Within
Anne Yeomans & Anne Hubbell

Weekend workshop $50

A weekend together, turning inward toward a renewed awareness of woman's strengths, both ancient and modern. In our exploration we will use experiences from psychosynthesis, gestalt and Jungian psychology, including journal writing, movement, imagery, art and meditation. We will work toward recognizing, balancing, and synthesizing our many selves, developing a center of consciousness and choice and freeing and directing energy to act. Each woman will have an opportunity to explore her inner resources, both personal and spiritual, and then work to integrate her increased awareness in her present life choices.

Wednesday, August 21

An Evening Introduction to Psychosynthesis
Tom Yeomans

Single evening event $5

Increasingly, psychosynthesis is being recognized and used as a comprehensive and effective means to personal and spiritual development. This evening's presentation will provide participants with an experiential overview of its basic principles and practice and an introduction to some possibilities for their own growth. 8-10:30 pm.

James MacNeill Whistler's famous "butterfly" signature, an evocation of evanescence

September 6-8

Psychosynthesis: Toward Wholeness
Tom & Anne Yeomans

Weekend workshop $50

At one time or another each of us suffers the painful recognition that he or she is living out and expressing only a small part of sensed possibilities within. This realization, though difficult, is crucial, for at this point a journey can begin—the journey toward wholeness. Psychosynthesis is a means and a map for this inner quest, and a guide to the inner reaches that must be explored and understood in order for their energies and resources to be made available and integrated into conscious daily living. In this workshop, using such psychosynthetic techniques as imagery and guided fantasy, gestalt, symbolic art work, movement, journal writing and meditation, we will begin this journey, will explore the inner universe of the selves and Self, and will bring back from those discovered realms a clearer sense of the whole possible to us and a surer grasp of what more we need to do to fully realize it.

September 21

Introduction to Psychosynthesis / Tom Allen

One-day workshop $25

An introduction to the principles and practice of psychosynthesis. There will be an emphasis on the use of the guided daydream and other imagery processes as ways to reorient ourselves toward a more unified life. 10 am-10 pm.

TOM ALLEN, a senior associate of the Psychosynthesis Institute, leads workshops at growth centers and educational institutions throughout the country and abroad. He has taught courses in psychosynthesis at the college and university level. He is an artist and has worked to integrate art into the psychosynthesis process as a means of self-realization.

BETSIE CARTER is a senior associate of the Psychosynthesis Institute. She completed advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu, and underwent didactic training in Italy with Roberto Assagioli. Currently, she is working with individuals, supervising trainees in the practice of psychosynthesis, and is an editor of the forthcoming journal *SYNTHESIS, The Realization of the Self.*

PIERO FERRUCCI, an associate of the Psychosynthesis Institute, is from Italy, presently travelling and lecturing in this country. He underwent didactic training at the Istituto di Psicosintesi, Florence, with Roberto Assagioli and worked with him during the past several years. He has been collaborating with Laura Huxley, has given lectures and workshops in this country and in Europe, and has taught psychosynthesis at the University of Florence.

HEIDI FIRMAN is a senior associate of the Psychosynthesis Institute, and a member of the Institute's training staff. She has completed advanced training with Jim and Susan Vargiu, directors of the Institute, and has had didactic training with Roberto Assagioli, the originator of psychosynthesis. A former teacher of meditation and yoga, she is currently working with groups, individuals and couples in psychosynthesis.

ANNE HUBBELL is a psychotherapist in private practice and a counseling psychologist at the University of California, Santa Barbara. In her work she uses gestalt, psychosynthesis, Jungian psychology, art and movement approaches.

STEVEN KULL is a senior associate of the Psychosynthesis Institute. He underwent didactic training in Italy with Roberto Assagioli, has worked with him over the past five years and has completed advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu. He currently is involved in the training of professionals and works with individuals and groups in psychosynthesis.

JIM and SUSAN VARGIU are the directors of the Psychosynthesis Institute. They underwent didactic training at the Istituto di Psicosintesi, Florence, Italy, with Roberto Assagioli, and have worked with him over the past nine years. Presently they are engaged in training professionals, and are editors of the forthcoming magazine *SYNTHESIS, The Realization of the Self.*

ANNE YEOMANS is an associate of the Psychosynthesis Institute. She has studied with Roberto Assagioli in Italy and is in advanced training with Jim and Susan Vargiu. She has worked with groups of women, using psychosynthesis and, in addition to her own groups has co-led groups with her husband.

TOM YEOMANS is a senior associate of the Psychosynthesis Institute in Redwood City. He is in advanced training with its directors, Jim and Susan Vargiu and has worked with Roberto Assagioli in Florence, Italy. He was associate director of DRICE (Development and Research in Confluent Education) at the Graduate School of Education, University of California, Santa Barbara. He currently works with individuals and groups in psychosynthesis and as an educational consultant. He is particularly interested in the application of psychosynthesis to education at all levels.

Alice in Wonderland, transformed by culture through the years: (l. to r.) Tenniell, 1872; Carroll, 1886; Rackham, 1907; Robinson, 1907

interpersonal

July 6-7

Growth Through Risk-taking/David Schiffman

Weekend workshop $50

This workshop is designed to provide the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Particular emphasis will be placed on the expression of anger, affection, sexuality and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience.

Tuesday, July 16 & Tuesday, July 30

Close Yet Free in Marriage & Other Significant Relationships / Gerald W Smith

Single evening events $5 each evening

Being free to grow yet close to be intimate is the main dilemma of every important relationship. This talk will include specific "experiences" for creatively coping with this dilemma of keeping a relationship alive. The two evenings will supplement and reinforce each other, but each is organized to be meaningful and complete by itself. 8-10:30 pm each evening.

Thursday, July 25

You Don't Have to Suffer to Feel Good / Harry Sloan

Single evening event $5

Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish and earthshaking breakthroughs. Growing becomes humorless and heavy and so does life. This evening will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen. 8-10:30 pm.

Monday, August 5

An Evening with Will Schutz

Single evening event $5

The author of *Joy* and *Here Comes Everybody* will contrast the various human potential techniques such as encounter, gestalt, bioenergetics, rolfing and feldenkrais with the more transpersonal methods of Arica and EST, and describe general principles that encompass all the approaches. 8-10:30 pm.

August 10-11

Contact & Consciousness / Simone Surpin

Weekend workshop $50

This weekend will emphasize the moment by moment process of the group as *one* dynamic organism and the process of how we do and don't pay attention to ourselves and each other. We will explore how to "keep ourselves" while communicating with others. Body work and some meditation will be part of the weekend.

August 22-25

How to Educate Your Dreams to Work For You Clara Stewart Flagg & Alan Flagg

Weekend workshop $55

The techniques of dream education used in this workshop come from the cross-cultural research of Dr. Kilton Stewart, the first psychologist to

study the dreams of the Senoi of Malaya. The Senoi believe that dreams are psychological forces that the dreamer can learn to control through a process of dream education. The Senoi's interpersonal relationships are so advanced that individual and group violence are unknown in their culture. Dream directives will help participants learn to control the dream mind and work toward its integration with the conscious mind for increased creativity and psychological maturity. Participants will socialize their dreams with the group, as the Senoi do at breakfast, and will be encouraged to interact with those they have dreamed about, in order to improve their interpersonal relationships. Increased success in dreaming improves the likelihood of the group's acceptance of dream projects, dream designs, dream dances and the power in dreams to foresee and prevent accidents. The program includes Senoi dream music recordings, slides of Senoi life, including dream dances and printed materials. August 22, 23, 7-10 pm; August 24, 25, 10 am-1 pm. Light breakfast provided Saturday and Sunday. Recommended reading: *Pygmies and Dream Giants*, Kilton Stewart.

September 7-8

A Tender Invitation / Harry Sloan

Weekend workshop $50

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich alive experience—love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. The participants will be offered a chance, a tender invitation to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse."

September 21-22

Therapeutic Use of Constructive Aggression: For Professionals / George R Bach

Weekend workshop $75

A two-day intensive training course under the personal direction of George Bach. The program includes supervised practice of "coaching" fair fights for change in marital, family and sexual relationships. Techniques of assisting divorcees and singles in the ability to develop meaningful intimacy will also be employed through the use of the pairing system. The workshop is open to those licensed or eligible to be licensed as psychotherapists, marriage counselors or social workers, and in addition, educators and teachers. Required reading: *The Aggression Lab*, George Bach and Yetta Bernhard (Kendall-Hunt); recommended in addition: *Creative Aggression—The Assertive Life Style*, George Bach and Herbert Gold. Registration for this workshop closes September 7.

September 27-November 10

Six-Week Intensive / Walt Anderson

Extended growth program $255

This is an integrated and intensive growth experience structured around an urban situation which combines group encounter work in a variety of modes, physical exercise, meditation and personal evaluation of one's lifestyle and goals. Participation in the program does not interfere with normal working or school hours and may allow participants to integrate an intensive growth experience into their customary living and working environments. The structure includes: Two residential weekend workshops September 27-29 and November 8-10, two non-residential weekend workshops and twice-weekly evening group meetings between September 27 and November 10. Participants are also asked to follow an individual daily program which includes exercise, meditation, journal-keeping, abstinence from drugs, tobacco, alcohol and coffee and attention to a balanced diet. The basic purpose of the program is to become healthier physically and emotionally and to discover how effectively life situations can be dealt with from this new perspective. To apply, send a letter stating briefly who you are, what you do and your interest in participating in the program. Send to: Coordinator, Interpersonal Programs, Esalen Institute, 1793 Union Street, San Francisco, CA 94123. Deposit of $150 required upon acceptance.

September 28-29

Workshop in Self-Awareness / David Schiffman

Weekend workshop $50

This workshop is based on the awareness that personal growth is often blocked because we don't see ourselves clearly, as others see us, or act as we really feel. The object of this seminar is to create a supportive atmosphere wherein the participant can experience her or himself at a deeper, more meaningful level than daily life provides. Techniques of psychodrama, encounter and gestalt will be used.

WALT ANDERSON studied psychodrama under Lewis Yablonsky, is accredited by the Moreno Academy of New York and was former executive director of the California Institute of Psychodrama. He led the first Esalen High Sierra programs and is currently exploring new ways of combining encounter and outdoor activities. He is also author of several books, including *Politics and the New Humanism*.

GEORGE R BACH is a psychologist and author. His studies focus on aggression, intimacy, violence prevention and group process. His principle occupation is a consulting psychologist specializing in psychotherapy, human growth, family therapy and marriage counselling. He has written several books including the *Intimate Enemy* and *Stop Being so Nice — You're Killing Me*.

ALAN FLAGG is Adjunct Professor at Fairfield University, Connecticut, Graduate School of Communications. He teaches at Queens College and IBM in New York and is Executive Director of the New York Society for General Semantics.

CLARA STEWART FLAGG is the widow of Dr. Kilton Stewart. She accompanied him on his many trips to the Senoi of Malaya and other tribes. She is a teacher and psychological consultant in private and group practice in New York City.

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. In addition to leading groups at Esalen and Anthos, he has lectured at the University of California, Princeton and many other schools, as well as conducting special programs for industry and social agencies. Recently a leader-in-residence at Esalen/Big Sur, he is currently working on an approach which synthesizes the creative and therapeutic possibilities of group process.

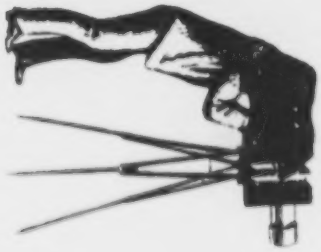
WILLIAM SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais and EST. He is author of *Firo*, *Joy*, *Here Comes Everybody* and most recently, *The Elements of Encounter*. He is currently in residence at Esalen/Big Sur.

HARRY SLOAN, a former dentist and Esalen resident fellow, is an experienced leader, organizational consultant and playwright. His first play "The Burden" was showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspective—"seeing oneself beyond an impasse." He is training in psychosynthesis at the Psychosynthesis Institute in Redwood City.

GERALD W SMITH is a family therapist in Belmont, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. He led the first couples' workshops at Esalen and is author of *Me & You & Us* (in paper as *Couple Therapy*) a book of communications experiences. He now has a daily program on KPIX-TV in San Francisco called "Talk It Out With Dr Gerald Smith."

SIMONE SURPIN, a former Esalen resident, trained in group process with John Heider. She has led groups in the U S and abroad and is a rolf practitioner. She is currently in private practice in Mountain View and is studying meditation and psychic healing.

arts



September 20-October 18

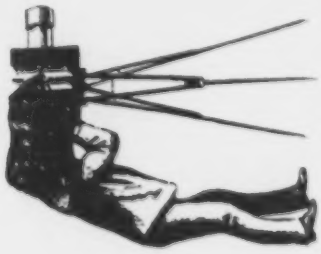
Myth, Archetype and Metaphoric Patterning in Contemporary Film / Robert E. Gajdusek

Five Friday evenings $25 series, $6 single evenings

September 20	Blue Angel, Von Sternberg (1930)
September 27	Picnic, Joshua Logan (1956)
October 4	Bonnie and Clyde, Arthur Penn (1967)
October 11	King Kong, Schoedsack and Cooper (1933)
October 18	Sundays & Cybele, Serge Bourgignon (1962)

The films will be shown at 7:00 pm. Following a brief intermission with refreshments, there will be a lecture and discussion of the evening's film. The major concern of the lectures will be with visual metaphor and mythic pattern. Throughout the series we will try to develop a filmic vocabulary for the psychic dialogue between masculine and feminine. The discussion will attempt to enunciate the conscious structures of the films, their art and their contrivance, the myths in which they participate, the archetypes they express. We will consider the struggle between masculine and feminine modes, heroic and anti-heroic stances, and Apollonian and Dionysian forces. 7-10:30 pm each evening.

ROBERT E GAJDUSEK is currently a professor of English at San Francisco State College where he teaches Literary Aspects of Contemporary Film. He studied at Princeton, U C Berkeley, University of Lausanne, London University and Columbia and taught at Hunter College, Kansas University and George Washington University. He has a forthcoming article in *American Imago* entitled "Death, Incest and the Triple Bond in the Late Plays of William Shakespeare" and has just finished a book entitled *The King, The Queen and the Celluloid Throne.*



gestalt

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement* – to have life energy freely available and flowing, not blocked. *Awareness* – to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility* – to know and act on the principle that I am the one who acts, thinks and feels whatever it may be that I act, think or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participant. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

Thursday, August 1

Hypnosis, Meditation & Identity Boundaries
Abe Levitsky

Single evening event $5

This presentation employs a recently developed method for translating into concrete experience age-old but elusive concepts of self versus *Self*. 8-10:30 pm.

August 2-4

Fritz Perls & Martin Buber / Stephen Schoen

Weekend workshop $50

A workshop in gestalt therapy and its extensions in the thought of Martin Buber. Buber's interpersonal mysticism in particular, lights up the nature of therapy and is affirmed by it; psychological and spiritual processes are seen to be the same. This workshop will use the stimuli of Martin Buber and Fritz Perls to help the participants realize the I-Thou relation, its distortions in living – commonly know as psychopathology – and its ethical and religious import.

August 5-8

The Transactional "Script" & Gestalt
Fanita English

Residential four-day workshop $180

Transactional analysts have found that early in life, usually between the ages of three and eight, most people develop a "Script" with which they chart their lives for the future, particularly in regard to the manner in which they will use their time, the kinds of relationships they will develop, and the ways they will find to satisfy or frustrate themselves. Scripts resemble fairy tales and myths with ups and downs of "good luck" and "bad luck". Frequently they have predetermined outcomes. In this intensive four-day workshop TA and gestalt approaches will be used to work with the stories that turn us on at different stages of our lives in order to identify their significant dynamic and symbolic common denominators. Recommended reading: "Transactional Analysis and Script Analysis Today", Fanita English, "Psychology Today", April, 1973.

For Reservation Information, see page 62.

August 10-11

Gestalt & Hypnosis / Irving Katz & Marvin Lifschitz

Weekend workshop $50

Through hypnotically induced drawings, dreams and automatic writing, participants will have the opportunity to bring unresolved material from the inner theater of the unconscious to the surface. Gestalt methods will be used to integrate what emerges into the conscious life and complete unfinished business.

August 17-18

Gestalt & Massage / Ruth Ross & Brenda Sales

Weekend workshop $50

We will use massage, movement and relaxation exercises. Gestalt and other verbal processes will be available for working with feelings that emerge. The emphasis throughout will be on the discovery of what gives us pleasure, what nourishes us, what makes our contact and movement satisfying.

August 31-September 1

Gestalt, Hypnosis & the Problem of Identity Abe Levitsky

Weekend workshop $50

The question "Who am I?" is at the root of many mystical systems of thought as well as present-day psychological inquiry. In this workshop hypnosis, meditation and gestalt methods will be employed to translate the elusive concept of *Self* into concrete experience.

September 22

Developing Assertiveness / Mary Ann Snyder, Roz Parenti & Lorle Kranzler Kennedy

One-day workshop $25 –

We limit ourselves by holding back from risks and remaining unaware of the potential in ourselves and the world. In this workshop, gestalt therapy, movement and psychodrama will be used to explore and confront the unknown and daring in ourselves.

FANITA ENGLISH is a psychotherapist and the director of the Eastern Institute for Transactional Analysis and Gestalt where whe trains clinicians in those fields. She is a teaching member of the International Transactional Analysis Association and has had extensive training in gestalt with Fritz Perls and the Cleveland Institute. She conducts training workshops throughout the United States and is a training consultant for the Fritz Perls Institute of Germany. She has taught at various universities, including the University of Chicago and the University of California at La Jolla where she just completed a course on "Scripts". In addition to her articles in the Transactional Analysis Journals, she has written in *Psychology Today* and has produced the official ITAA Videotape on "Script".

IRVING KATZ is a clinical psychologist and professor of psychology at University of Nevada, Las Vegas. He is director of VIDA, a growth center.

LORLE KRANZLER KENNEDY is a movement therapist in private practice in Berkeley and is on the staff of the San Francisco Conservatory of Music and the San Francisco Merola Opera Company.

ABE LEVITSKY has done extensive original work in clinical and experimental hypnosis. He is on the faculty of the San Francisco Gestalt Institute and has co-authored papers with Fritz Perls and James Simkin. He has recently completed Arica Training and is in private practice in Berkeley.

MARVIN LIFSCHITZ is a gestalt therapist in private practice in New York City. He is an associate member of the New York Gestalt Institute and is on the faculty of the New School.

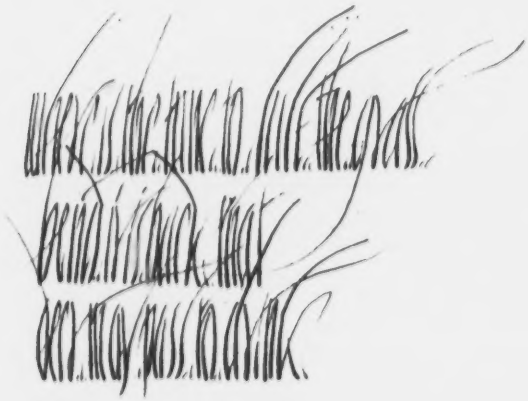
ROZ PARENTI, a former communications therapist at the University of California Medical Center, is presently a staff member of the Family Therapy Center.

RUTH ROSS is a college instructor and a member of the Gestalt Institute of Sacramento. Her background includes work in gestalt, massage, meditation, bioenergetics and body awareness.

BRENDA SALES completed the 1972-73 Esalen Extended Growth Program with Ian Grand. A certified masseuse, she was head of the Esalen/San Francisco massage crew for two years. She was trained in massage by Gunver Ingeborg Jackson and also studied with George Downing. She has had a private practice in massage for three years and has been teaching massage for the past two years.

STEPHEN SCHOEN is a psychiatrist in private practice with individuals, families and groups in San Francisco and San Rafael. He is a member of the faculty of the California School of Professional Psychology, a member of the Gestalt Institute of San Francisco, and a classical pianist and creative writer.

MARY ANN SNYDER is a member and trainer at the San Francisco Gestalt Institute and is in private practice in Berkeley.



"Where is the tune to lull the grass / bend iris back that / deer may pass to drink" ----- grass turning into writing, or writing into grass?
From a poem by Joanne Kyger

Wilhelm Reich: Body therapy and Body politics

Wilhelm Reich died in a Federal penitentiary in 1957. Thirteen years after his death a Ralph Nader study group wrote: " . . . the FDA conducted a vicious campaign to discredit him and his ideas, distorting facts in its possession to achieve that goal . . . " Reich's tragic death ended an extraordinary career that involved him in controversy in psychology, psychotherapy, politics, biology, physics, and medicine.

A brilliant student and colleague of Freud's and author of the psychiatric classic *Character Analysis*, he was later expelled by the International Psychoanalytic Association. While a Communist and a leader in the anti-fascist movement of the early 1930's, his books were first censored and then banned by the German Communist Party. Pursued by the Nazis, he left Germany and eventually settled in this country. Here he further developed his theory of orgone energy, which has some similarities with the Chinese theory of acupuncture, and came under Federal prosecution for allegedly claiming to cure cancer. In 1956 by court order his books were burned in the Gansevoort incinerator in lower Manhattan, and he was imprisoned.

Today Wilhelm Reich's complex theoretical and therapeutic work in character structure, human sexuality, politics, and orgone energy is undergoing a serious re-examination. His seminal concepts and theories such as character armor; orgastic potency; resistance interpretation and character analysis; the person as a biological, energetic process rather than a mind/body duality; have given birth to much of the new therapy, particularly bioenergetics and gestalt.

And in politics, with the collapse of the New Left movement and the current national political malaise, his attempts to relate personal liberation to social liberation, psychology to politics, Freud to Marx, the family and sexual repression with the authoritarian state, are stimulating increasing interest.

Reich may have been mistaken in some of his still highly controversial theories; he himself changed his theories as his work evolved. Serious scientific work testing some of his hypotheses, such as his relating cancer to depression, is incomplete. But his work has proven enormously fruitful for the kinds of questions he asked and the interconnections he proposed.

—Moon Eng, *Conference Coordinator*

A SYMPOSIUM: AUGUST 24-25

The purpose of this conference is to explore Wilhelm Reich's life and work and its implications for us today. For this, the first major conference on Reich in this country, we are inviting persons who worked closely with Reich and educators/therapists who have been significantly influenced by his life and work.

PROGRAM:

Sessions of the conference will be held all day Saturday and Sunday, August 24-25.

Two day admission—$40/general; $30/student. One day admission—$23/general; $16/student.

For further information and a complete brochure of the event, write or call Esalen Institute San Francisco.

For workshops related to the Reich symposium, see page 28.

Partial List of Participants:

DAVID BOADELLA is the editor of the *Journal of Energy and Character* and the author of *Wilhelm Reich: The Evolution of His Work*, the most comprehensive study of Reich to date.

SYLVIA GOODMAN is a Reichian therapist who combines Reich's techniques of breathing, eywork and dissolution of the physical and character armor with techniques from her background in dance, music, art, voice and theater. She is the daughter of the late Simeon J Tropp, a medical orgonomist and close friend of Reich.

BERNARD GRAD, PhD, is a biologist at the William Allan Memorial Institute of Psychiatry, McGill University. He met Reich in 1949 and worked with him on his research into biogenesis, cancer, the bion theory, and weather control. He is the author of over 80 articles and has conducted extensive research into psychic healing.

JULES GROSSMAN, PhD, is Professor of Psychology at California State University, San Francisco. A clinical psychologist, in recent years he has trained with Ola Raknes and studied with Stanley Keleman.

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists, and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life and the proper functioning of the organism. He is author of *Sexuality, Self and Survival, The Human Ground* and the forthcoming *The Body is Alive and More* and *Living Your Dying*.

CHARLES R KELLEY, Director of the Interscience Work Shop in Santa Monica, is an applied experimental psychologist and vision specialist. He was a student of Wilhelm Reich and for five years edited America's only journal devoted to exploring and developing Reich's concepts. He and the staff he has trained are noted for their adaptation of Reichian techniques in the small-group process Kelley terms the "Interscience Intensive."

GENESE LEIBOWITZ is Director of the Chicago Bioenergetic Training Group which is affiliated with the Institute for Bioenergetic Analysis headed by Alexander Lowen. She has developed an interactional approach to bioenergetics which makes use of the group energy field. Her work has been most influenced by Reich, Lowen and Keleman.

RICHARD LICHTMAN, PhD, teaches at the University of California, Berkeley, at the Wright Institute and at the California School for Professional Psychology. He is writing a book on Marx's theory of ideology and is interested in developing a Marxian psychiatry.

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at the Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of *The Free People* and (with Alan Cohen) *Understanding Drug Use*.

W EDWARD MANN, PhD, is a sociologist and author of *Orgone, Reich and Eros* and is preparing a new book to be entitled *Beyond Reich*.

OLA RAKNES, PhD, now in his late eighties, was one of the earliest psychotherapists to be trained by Reich in character-analysis and vegetotherapy, and has practiced as a Reichian therapist in Oslo for the past 35 years. He studied at the Berlin Psychoanalytic Institute and at the University of Berlin. His training analyst was Karen Horney and he also studied with Otto Fenichel. At the time of Reich's death Raknes was one of the few men still loyal to him and one of the few to enjoy his complete confidence. Dr. Raknes is the author of *Wilhelm Reich and Orgonomy* and is a fellow of the American College of Orgonomy.

EVA REICH, MD, is in private practice in Maine, where she utilizes orgonomic and other therapeutic approaches. She is Wilhelm Reich's oldest child and worked with him on his Oranur radiation research and other projects.

ILSE OLLENDORFF REICH was married to Wilhelm Reich from 1939-1954. She was the Administrative Director of the Orgone Institute Research Laboratory in Rangeley, Maine and is the author of *Wilhelm Reich: A Personal Biography*.

PAUL ROBINSON, PhD, teaches at Stanford University and is the author of *The Freudian Left*, a discussion of Freud, Reich, Roheim and Marcuse.

MYRON SHARAF, PhD, Assistant Professor of Psychiatry at Tufts Medical School, is an orgonomically oriented psychologist who makes considerable use of Reich's concepts in his clinical, teaching and research activities. He was a student and assistant of Reich's from 1948-52, translated some of Reich's papers from German and contributed to Reich's journals. A frequent contributor to the *Journal of Energy and Character*, he is currently working on a biography of Reich commissioned by Praeger Publishers.

EMILY SITKIN, PhD, has had psychoanalytic and gestalt training and is currently studying Reichian therapy with Gerald S Frank.

EILEEN WALKENSTEIN, MD, is a Diplomate of the American Board of Psychiatry and Neurology. She began with a psychoanalytic orientation, studied gestalt therapy with Fritz Perls and Reichian therapy with Elsworth Baker, MD, the man designated by Reich to train medical orgonomists. Her present work represents a moving away from identification with any particular approach. She is the author of *Beyond the Couch*, a radical critique of medical and therapeutic orthodoxies.

the human Body

This section of programs attempts to explore the life of the person through its bodily expression of vitality, gesture, emotion and relationship. The person is viewed as participating *as* the world *in* the world of instinctual, social, imaginative and creative realms. For this brochure the majority of the programs are organized around the themes of: Energies of the Body, Experiencing Movement and Reich and After.

The major event of the Human Body Center this summer will be the conference on Wilhelm Reich: Body Therapy and Body Politics. See pages 24-25.

For further information or suggestions regarding Esalen's body programs, write Moon Eng or Lynn Vandenberg, Esalen Institute, San Francisco.

July 22-August 4

Caring For Our Bodies Through Awareness, Movement & Massage / Bill Glover

Four evenings & one-day $50

Starting with an attitude to the body of acceptance, caring and exploration, the workshop series will present a number of ways persons can work to release tension and increase motility in themselves and others. Awareness, movement, massage and related manipulation techniques will be used to experience the body, release holding patterns and open possibilities of being. The program will consist of four Monday and Wednesday evenings, July 22, 24, 29 & 31 and will conclude with an all day workshop August 4 on a farm in Sonoma County with a hot tub and sauna.

August 17-18

The Human Voice / Peter Marin

Weekend workshop $50

We are by nature speech-making creatures, not merely storytellers, but *namers*, the source of perception and meaning. We weave experience into truth. But that act presupposes not merely a self grounded in the world, but also a *voice*, an ability to accept the nature of our own experience beneath all rhetoric and pretense, and to speak it openly, honestly, without caring much about how it is received. To do that means we have to love the world of experience and our own relation to it more than our public roles in the world, and though that apparently means denying at times the community around us, it is also the only way to restore real community, a community founded on the sense of each member as a speaker, one of the community's extended "senses", one of its extensions into the world. So, in a sense, both individual and communal life depends for its depth upon the willingness of all of us to become creators, speakers, voices. This workshop is meant to try to establish, as the ground of being, a love of the world, and a willingness to be its voice, a vehicle for it.

August 17-18

Gestalt & Massage / Ruth Ross & Brenda Sales

Weekend workshop $50

For description and information, see p 23.

Wednesday, September 4

An Introduction to the Bates' Method Raymond Gottlieb

Single evening event $5

A theoretical and experiential introduction to the Bates' system of "Better Sight Without Glasses" and other approaches related to the improvement of vision. 8-10:30 pm.

September 14-15

Rediscovering Your Vision / Raymond Gottlieb

Weekend workshop $50

Dr. Gottlieb will discuss the basic principles behind the Bates' system of "Better Sight Without Glasses" and other approaches related to the improvement of vision. He will teach specific exercises within an integrated whole body approach to removing the stress that hinders vision. Limited to 25 people.

September 28

Biotonics / Jonathan Krown & Patricia Riley

One-day workshop $25

Our emotions and sensations are partly the experience of energy movement in our bodies, producing pleasure, anxiety, sadness and rage according to the path of energy flow. We invest a great deal of energy in suppressing painful memories and fears which surface as muscular holding and tension, ultimately affecting our day-to-day moods, sexuality and capabilities. Biotonics is a recently developed technique that focuses on areas in which "chi" (orgone/pranic) energy is blocked and strives to restore the flexibility and physical health which have been inhibited.

experiencing movement

Monday evenings

Alexander Technique / Frank Ottiwell

Continuing program $35 per month

An intensive, developmental, ongoing program limited to 6 persons; new persons may join the classes as spaces become available; 6-7:30 pm.

For Reservation Information, see page 62.

July 6-7
Dance as the Expression of Life
Helga Ezazi-Ashfar
Weekend workshop $50

Dancing is the symbol of joy; movement is the expression of life. Free movement is the privilege of living in one's own desire. This workshop will involve us in the rediscovery of the child in each of us and through free movement create the unity between child and adult which results in a state of harmony and balance.

July 12-14
The Body as a Focus for Meditation
Hildegard Elsberg
Weekend workshop $50

In an atmosphere of quiet and introspection the group will explore the relationship between the cerebrally governed activities of the motor system and the functions of the autonomic nervous system. Through breathing, movement, the sense of touch and the proprioceptive functions, the participants will move from the development of a sense of the self to the development of a sense of the group.

July 20-21
Releasing Fixed Patterns / Gabrielle Roth
Weekend workshop $50

Letting go of rigid patterns of behavior is the focus of this workshop. Awareness of our current body states as they are opens the possibility of changing these states and, ultimately, ourselves. Through awareness and body movement we will explore the expression of ourselves—our spontaneity and our uniqueness.

September 18-October 21
The Feldenkrais Method / Ruth Alon
Ten Mondays *and* Wednesdays $80

The Feldenkrais method is an emerging major system of body movement which focuses on the re-directing of the brain's habitual responses to movement in the gravitational field in ways which make possible more natural and efficient paths for the mobilization and expression of body energy. The theoretical basis of the work of Moshe Feldenkrais is described in his book *Body & Mature Behavior: A Study of Anxiety, Sex, Gravitation and Learning.* Some selected relatively simple exercises are described in his latest book, *Awareness Through Movement.* Dr Feldenkrais holds a doctorate in physics and was an associate of Joliet-Curiet. He is also an authority on judo and was an associate of Kano, the developer of Judo. His system has been developed from his study of physics, physiology, judo and anatomy, and represents one of the most profound approaches to the body. September 18, 23, 25, 30, October 2, 7, 9, 14, 16 and 21, 7:30-9:30 pm.

ENERGIES OF THE BODY

July 5-8
Polarity Therapy / Ray Castellino & Cindy Brown
Four-day workshop $110

This intensive four day workshop will include experiential learning of basic techniques, individual physical exercises to facilitate energy balance and circulation and discussion of the theoretical principles of polarity therapy. The leaders will also demonstrate their method of giving polarity therapy together.

July 11-August 29
Acupuncture & Body Energy / Hector Prestera
Four Thursday evenings $30

This workshop will present the basic theoretical premises of Chinese acupuncture and particularly its use to facilitate emotional release and the treatment of emotional disturbances. It will also explore the relationship of this healing approach with western medicine, structural integration, Reichian energetics, body-centered gestalt, and other body approaches which Dr. Prestera has studied. The workshop will include both lectures and experiential sessions. 8:30-10:30 pm.

July 27-28
Polarity & Unity: Human Energy & Health Using Polarity Therapy / Peter Pick
Weekend workshop $50

Health may be felt, seen and stimulated—this weekend will explore the streaming of its flow, the resonance of its strength and the vitality given to one's body and mind. We will work with ourselves and each other to develop the tactile memory of the body. Nutrition and polarity yoga will be included to complete the health gestalt we are all seeking. Slides and illustrations will be used to compare different medical and metaphysical systems of health.

Thursday, August 22
Yoga & Modern Therapeutic Techniques
Vijavendra Pratap
Single evening event $5

Traditional yogic techniques and the yogic approach to interaction with one's environment, both internal and external, will be introduced. Dr. Pratap will discuss yoga in the light of current scientific research on its relationship to therapeutic techniques and humanistic psychology. 8-10:30 pm.

September 6-27
Reflexology / Anna Kaye
Four Friday evenings $35

Reflexology or "zone therapy" is based on the theory that energy travels in the body in "zones" or patterns which connect reflexes in the feet to organs in the body. In this theoretical and experiential workshop Anna Kaye will demonstrate methods of stimulating these reflexes by specialized massage work on the feet. 7-9:30 pm.

POLARITY THERAPY
Polarity therapy is an intensive pressure-point massage system similar in both theory and practice to Chinese acupuncture. Developed and synthesized by Dr Randolph Stone from Oriental traditions many centuries old, its purpose is to realign posture and to release blocked energy throughout the body. Although advanced work in polarity therapy requires extensive training, a number of its more basic techniques are accessible to the interested layperson.

Reich & after *(continued)*

August 10-11

Bioenergetic Work & Play / Alan Clarke

Weekend workshop $50

The duality between work as directed energy and play as undirected energy is similar to the dualities of yang and yin, mind and body, adult and child and doing and being. Growth is the energetic expansion of these dualities within the person so that increased complementary function can occur. This workshop will be an experience of growth as energy moves and expands within individuals and the group. The leader will respect the work-play rhythms of participants in the belief that life is the process of each individual's autonomous work and play response, as life is the flow of energy in the tree from root to leaf and leaf to root.

August 12-15

Bioenergetics—A Four Day Intensive Workshop Alan Schwartz

Four-day workshop $100

We tend to block the free flow of energy which allows us to express emotions. The reasons involve many facets of self: fear of rejection, fear of not being loveable, fear of falling on one's face, etc. . . Through bioenergetic techniques, we will focus on opening up channels of the free flow of energy and dealing with the resultant emotional release on the intrapsychic and interpersonal levels. Gestalt techniques will also be utilized to develop an environment in which risk-taking may occur in an atmosphere of trust.

September 7

Present-Centered Bioenergetics / Michael Conant

One-day workshop $30

Working primarily as a group we'll use bioenergetic, neo-Reichian and gestalt approaches to center in our bodies and thus deepen contact with ourselves and each other. One or two individual bioenergetic sessions may also take place during the day for demonstration purposes.

Thursday, August 22

Wilhelm Reich: An Introductory Seminar David Boadella

Single evening event $5

A basic survey of the life and work of Reich focusing on the logical development of themes inherent in his work from character structure to orgonomy. Limited to 50; advance registration recommended. 8-10 pm.

Monday, August 26

Reich, Community & Human Association / Peter Marin

One-day workshop $25

We are all used to talking about human experience in terms of animal and natural aggressiveness, territoriality and the like. But there is also a body of interesting but much-ignored work dealing with the natural forms of animal and human community and cooperation. The impulse toward community and society is perceived in this work as a biological urge and need as strong as any other instinct or appetite—and its frustration is understood to be as destructive as the frustration of other biological needs. Reich stands directly in that tradition, for much of his work was an attempt to explore the biological and organismic roots of tenderness, love and community—and his work in that direction is related to the work of people like Rousseau and Kropotkin and even the philosophers of the enlightenment. But that is precisely the aspect of human experience which our body therapies, derived from Reich, have ignored. They become unnecessarily limited, empty and ineffective, leaving out precisely the larger vision which produced the work of Reich. This seminar is an attempt to restore that missing element to consciousness, to discuss the political and philosophic basis and implications of Reich's work, and to see it in terms of community and political philosophy rather than in therapy and self-improvement—all of which is doomed to failure when emptied of the larger vision.

August 31-September 1

Psychiatric & Sociological Work of Wilhelm Reich Myron Sharaf

Weekend workshop $50

This workshop will explore the development of Reich's work from character analysis in the 1920's to his focus in the 1940's on muscular armor and the movement of bio-energy. It will also deal with his social investigations—from sex-politics in the 1920's to work democracy in the 1940's. The workshop will include some experiential group participation and clinical demonstrations to illustrate concepts. Limited to 15 participants.

November 3-May 5

Extended Growth Program / George Downing

Six month program $550

The Extended Growth Program is an in-depth, continuing six-month program in the San Francisco Bay Area; it combines a selected schedule of workshops with ongoing small group work under the direction of the program coordinator, George Downing. As a non-resident program in an urban area, it provides a way for persons to experience directed and focused work in several disciplines while living and working in their own environment.

George Downing writes: "This year's program will provide an opportunity to explore and to integrate a number of different pathways toward personal growth. Our focus will be on the body as the source and center of our being; and on our individual styles of making contact, both with ourselves and with other persons. We will make extensive use of gestalt, meditation and dream journals, and a variety of methods of working intensively with the body, including breath awareness, Feldenkrais techniques, movement, Esalen massage, polarity therapy and others. An intellectual as well as an emotional understanding of our shared experience will be encouraged."

The program will consist of the following, all in the San Francisco area: continuous group work with George Downing during the six-month period, specifically one evening meeting per week; two weekend workshops with George Downing (November 3-4 and May 4-5); one special workshop for program members only with Stanley Keleman; and three weekend programs to be selected by participants according to individual interest from regularly scheduled Esalen/San Francisco workshops during the November through April period. A month will be taken off for Christmas vacation from mid-December to mid-January.

Interested persons are encouraged to send in their applications early; send a letter telling us *briefly* about yourself to Esalen Institute, Longterm Programs, 1793 Union Street, San Francisco, CA 94123. The program is limited to 16 persons; selection will be made by interview with George Downing between October 1 and November 1.

RUTH ALON is one of the few practitioners comprehensively trained in the Feldenkrais method and is a trainer at the Feldenkrais Institute in Tel Aviv. During her short stay here she will conduct the above series as well as several one-day workshops in October.

DAVID BOADELLA is the editor of the *Journal of Energy and Character* and the author of *Wilhelm Reich: The Evolution of His Work*, the most comprehensive study of Reich to date.

CINDY BROWN has studied LOMI body work with Dr. Robert Hall, breath awareness with Magda Proskauer, and polarity therapy with Dr. Randolph Stone and Pierre Pannetier.

RAY CASTELLINO has been a student of hatha yoga with Rama Jyoti Vernon, breath awareness with Alyssa Hall, gestalt with Dr. Robert Hall and the LOMI school and polarity therapy with Dr. Stone and Pierre Pannetier.

ALAN CLARKE, MD is a Training Therapist for the Institute for Bioenergetic Analysis and is in private practice in Los Gatos, California. He is actively engaged in finding ways of extending bioenergetic knowledge from the narrow confines of therapy to the broader range of education.

MICHAEL CONANT is a psychologist in private practice in Berkeley who works in gestalt and bioenergetic reeducation. He directs training for the Institute for Bioenergetic Analysis in Northern California and is a member of the Gestalt Institute of San Francisco. He holds degrees from Columbia and Stanford Universities and is a former Director of Bridge Mountain Foundation. His current practice centers around group work and his particular interest is in teaching people to become more expressive, more themselves.

GEORGE DOWNING, author of *The Massage Book*, is a gestalt therapist who specializes in the combining of gestalt with intensive methods of working with the body. He is currently Director of Esalen's Extended Growth Program and is a member of the teaching staff of the Family Therapy Institute of Marin. He maintains a private practice in Berkeley working with individuals, couples and families.

HILDEGARD ELSBERG has a rich background in Western and Eastern approaches to body awareness. She studied with Elsa Gindler, Mary Wigman and Kurt Jooss (choregrapher of the well known ballet, The Green Table) in Germany, where she also took a degree in physiotherapy. She came to this country following ten years in India where she studied yoga with Ramana Maharishi and taught yoga and meditation. She has also been deeply influenced by Jungian work and was an associate of Alan Watts.

HELGA EZAZI-ASHFAR is an experienced European dance and sensory awareness teacher who is offering her first workshop in this country through Esalen Institute. Her background includes extensive study in psychology and philosophy; her dance has been most influenced by the modern dancer Isadora Duncan.

BILL GLOVER is an Esalen/San Francisco staff member and a professional masseur. He is studying various approaches to the body—bioenergetics, Feldenkrais, Alexander technique, and is also training with physical therapist Marian Rosen.

RAYMOND GOTTLIEB is an optometrist who has experienced and taught the Bates' system for over three years. He believes that visual problems are stress-induced and that they are reversible. Dr. Gottlieb currently practices in Cotati, California.

ANNA KAYE studied reflexology or "zone therapy" with Eunice D. Ingham, author of *Stories The Feet Can Tell*, and related approaches with Dr Houston and Dr Randolph Stone. She has taught reflexology and the Bates' eye method for many years as well as having a private practice in San Francisco.

JONATHAN KROWN spent many years designing large-scale environments for peak experience experimentation before coming to the West Coast, where he developed Biotonics with Patricia Riley as a means of releasing body tension. Having served as a consultant in the nature of energy to the Ford Foundation and other institutions, he is currently writing and researching in the field of "pyramid" (orgone/chi) energy. His experiences include the Arica and EST trainings, body work and several psychic and spiritual paths.

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at the Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of *The Free People* and (with Alan Cohen) *Understanding Drug Use*.

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique. He teaches the Technique at the American Conservatory Theatre, and is in private practice in San Francisco.

PETER W PICK has been trained in yoga, Oriental art history and massage. He studied polarity therapy with Dr Randolph Stone and Pierre Pannetier and is the founder of the Marin Polarity Health Center in which he utilizes Dr Stone's theories in the context of transpersonal psychology.

VIJAVENDRA PRATAP holds a PhD in psychology and a diploma in Yoga Pravishta from Iaivalyadhama, India's renowned yoga institute. He founded and directs the Kuvalayananda Yoga Foundation in its training and research into the physiological and psychological aspects of yogic practices.

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is licensed in acupuncture in England. He has spent the last year and a half within the Arica Institute. His prior training includes gestalt, Reichian energetics and structural integration. He has studied and led workshops with Richard Price, John Heider, John Lilly, Will Schutz, Ida Rolf and Jack Worsley. He is currently interested in fusing the above teachings toward developing a new humanistic model for healing the whole person (body-mind-spirit).

PATRICIA RILEY's work during the past eight years has been toward synthesizing Eastern teachings, Reichian therapy, and psychic and spiritual training and led to her co-developing Biotonics with Jonathan Krown as a more efficient means of dealing with day-to-day problems. Her experiences include work with Neo-Reichian and orgone experimentation, Feldenkrais technique, yoga and meditation, EST, gestalt, polarity therapy, bioenergetic studies, acupuncture and the Community for Conscious Evolution.

GABRIELLE ROTH has been working with movement for the past twelve years. She was the movement and massage specialist at Esalen Institute in Big Sur for four years. Most recently she has led large movement groups for the Arica Institute, EST and other human potential organizations throughout the U S and Canada. She gives private sessions and classes in Beverly Hills.

ALAN J SCHWARTZ practices privately in New York City and is also associate professor at the City University of New York, Iona College and New York University. He is an active member of the Institute for Bioenergetic Analysis and an associate member of the Gestalt Institute of New York, where he was trained in gestalt by Laura Perls. He leads groups throughout the United States and Europe and last year spent three months at Esalen/Big Sur as the first resident bioenergetics specialist. Currently he is researching the combination of bioenergetic and gestalt techniques.

MYRON SHARAF, PhD, Assistant Professor of Psychiatry at Tufts Medical School, is an orgonomically oriented psychologist who makes considerable use of Reich's concepts in his clinical, teaching and research activities. He was a student and assistant of Reich's from 1948-52, translated some of Reich's papers from German and contributed to Reich's journals. A frequent contributor to the *Journal of Energy and Character*, he is currently working on a biography of Reich commissioned by Praeger Publishers.

Alice's fall is itself a symbol of transformation here illustrated by Pogany in 1929

single evening events

SAN FRANCISCO SINGLE EVENING SEMINARS

(For complete descriptions of events, see page numbers below.) Unless otherwise noted, these seminars will be held at the Esalen offices, 1793 Union Street, San Francisco and will be limited to 50 persons.

Wednesday, June 26
Lecture-Demonstration / Percy Wells Cerutty
$5; 8-10:30 pm; First Unitarian Church, Franklin & Geary Streets, San Francisco. (p 12)

Tuesday, July 9
The Lore of the Mountains / Walt & Maurica Anderson, Steve Miller, Michael Tobias, Carol Macgee & Kurt Wehbring
$5; 8-10:30 pm. (p 14)

Tuesday, July 16
Close Yet Free in Marriage (1)
Gerald W Smith
$5; 8-10:30 pm. (p 20)

Thursday, July 25
You Don't Have to Suffer to Feel Good / Harry Sloan
$5; 8-10:30 pm. (p 20)

Tuesday, July 30
Close Yet Free in Marriage (2)
Gerald W Smith
$5; 8-10:30 pm. (p 20)

Thursday, August 1
Hypnosis, Meditation & Identity Boundaries / Abe Levitsky
$5; 8-10:30 pm. (p 22)

Friday, August 2
Inside Out: A Transformation Drama
Jean Houston
$3; 8-10:30 pm. First Unitarian Church, Franklin & Geary Streets, San Francisco. Pre-registration advised. (p 8)

Monday, August 5
An Evening with Will Schutz
$5; 8-10:30 pm. (p 20)

Wednesday, August 21
An Evening Introduction to Psychosynthesis / Tom Yeomans
$5; 8-10:30 pm. Limited to 40. (p 19)

Thursday, August 22
Yoga & Modern Therapeutic Techniques / Vijavendra Pratap
$5; 8-10:30 pm. (p 27)

Thursday, August 22
Wilhelm Reich: An Introductory Seminar / David Boadella
$5; 8-10:30 pm. Pre-registration advised. (p 28)

Tuesday, August 27
Physics, Consciousness & Psychic Phenomena / Nick Herbert
$5; 8-10:30 pm. Limited to 40. (p 9)

Wednesday, September 4
An Introduction to the Bates' Method / Ray Gottlieb
$5; 8-10:30 pm. (p 26)

Thursday, September 5
The Uses of Psychic Abilities / Arthur Hastings
$5; 8-10:30 pm. (p 9)

Monday, September 9
The Role of Dogma in Consciousness / Joe K Adams
$5; 8-10:30 pm. Limited to 40. (p 8)

Friday, September 20
Von Sternberg's *The Blue Angel*, Film & Discussion
Robert E Gajdusek
$6 single evening; $25 series (Part 1); 7-10:30 pm. (p 22)

Wednesday, September 25
Teaching Stories from the Sufi & Other Traditions
James Fadiman
$5; 8-10:30 pm. Limited to 40. (p 8)

Friday, September 27
Using Psychic Counsel / Georgianna Sagee & James Andrews
$5; 8-10:30 pm. (p 10)

Friday, September 27
Joshua Logan's *Picnic*, Film & Discussion
Robert E Gajdusek
$6 single evening; $25 series (Part 2); 7-10:30 pm. (p 22)

For Reservation Information, see page 62.

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SAN FRANCISCO PROGRAMS

THE WEEK OF JUNE 30

June 30-July 5	Rafting on the Rogue River: J Katz & J Downes (residential 6 days) p 14
July 1	Alexander Technique: F Ottiwell (continuing Mon eves) p 26
July 1-19	Summer Institute with Stanley Keleman (3 week program) p 17
July 5-8	Polarity Therapy: R Castellino & C Brown (4 days) p 27
July 6-7	Growth Through Risk-Taking: D Schiffman (weekend) p 20
July 6-7	Dance as the Expression of Life: H Ezazi-Ashfar (weekend) p 27

THE WEEK OF JULY 7

July 8-20	Percy Wells Cerutty Clinic in Kentfield (2 week program) p 12
July 9	The Lore of the Mountains: W & A Anderson & guest speakers (single eve) p 14
July 11-Aug 29	Acupuncture & Body Energy: H Prestera (4 Thurs eves) p 27
July 12-14	Off the Beaten Track: A & K Wehbring (residential weekend) p 14
July 12-14	The Body as a Focus for Meditation: H Elsberg (weekend) p 27
July 13	What To Do Once You've Seen the Light: S Kull (1 day) p 18
July 13-14	Embrace Tiger—Return to Mountain: A T'ai Chi Workshop with Al Huang (weekend) p 12

THE WEEK OF JULY 14

July 14-27	Esalen Sports Center Summer Institute (2 week program) p 13
July 14-Aug 10	Human Consciousness: Explorations, Maps & Models (4 week program) p 6
July 15-19	Wilderness Workshop in the Sierra Nevada: S Miller (residential 5 days) p 14
July 16	Close Yet Free in Marriage & Other Significant Relationships: G Smith (single eve) p 20
July 20-21	Biofeedback & Meditation: Mapping States of Consciousness: K Pelletier (weekend) p 8
July 20-21	Releasing Fixed Patterns: G Roth (weekend) p 27

BIG SUR PROGRAMS

THE WEEK OF JUNE 30

June 30-July 5	The Workshop Is You & Me, Work & Play, Joy & Sadness—The Title is Unimportant: B & M Kriegel (5 day) p 38
June 30-July 5	Growth Through Risk-Taking: D Schiffman (5 day) p 38
June 30-July 5	Advanced Gestalt: D Barenfeld (5 day) p 38
June 30-July 5	Exploration & Integration: A & J Fox (5 day) p 38
June 30-July 5	Continuum: E Conrad (5 day) p 38
July 5-7	Being "Together": B, M & O Kriegel (weekend) p 39
July 5-7	How Do You Want to Be Alive in This World?: A & J Fox (weekend) p 39
July 5-7	Interpersonal Sensing: S Surpin (weekend) p 39
July 5-7	Mountain Aesthetics Along the Big Sur Coast: M Tobias & C Macgee (weekend) p 39

THE WEEK OF JULY 7

July 7-12	Psychosynthesis: Return to Center: T Yeomans (5 day) p 39
July 7-12	Embrace Tiger, Return to Mountain: The Essence of T'ai Chi: A C Huang (5 day) p 39
July 7-12	The Psychotic Opportunity: R Lee (5 day) p 39
July 7-12	Centering R Nadeau (5 day) p 39
July 7-19	A Supervisory Workshop in Gestalt: G & J Brown (2 week) p 39
July 12-14	Renascence: M Butler (weekend) p 40
July 12-14	Psychosynthesis: T Allen & M Conway (weekend) p 40
July 12-14	Accentuate the Positive: L Lefer (weekend) p 40
July 12-14	Self Hypnosis & Selective Awareness: E Miller (weekend) p 40

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SAN FRANCISCO PROGRAMS

THE WEEK OF JULY 21

July 21-26	Backpacking, Body Awareness & Encounter for Women: M Anderson & L Drache (residential 6 days) p 14
July 22-Aug 4	Caring For Our Bodies Through Awareness, Movement & Massage: B Glover (4 eves & 1 day) p 26
July 25	You Don't Have to Suffer to Feel Good: H Sloan (single eve) p 20
July 26-28	Body Awareness, Learning & Learning Difficulties: R Weber (weekend) p 11
July 27	Paths: G Downing (1 day) p 17
July 27-28	Bear Therapy: Nurturing the Child Within: B Carter & H Firman (weekend) p 18
July 27-28	Tennis Flow: D Spino (weekend) p 13
July 27-28	Polarity & Unity: Human Energy & Health Using Polarity Therapy: P Pick (weekend) p 27

BIG SUR PROGRAMS

THE WEEK OF JULY 14-19

July 14-19	Here & How as Leader/as Participant: Demystifying the Group Process: D Schiffman (5 day) p 41
July 14-19	Gestalt Workshop: Esalen Staff (5 day) p 41
July 14-19	Deepening the Experience of the Self with Movement, Music, Meditation & Massage: B Clemans (5 day) p 41
July 14-19	Body Awareness, Learning & Learning Difficulties: For Educators: R Weber (5 day) p 41
July 19-21	Intensive Interdisciplinary Workshop for Educators: R Weber (weekend) p 41
July 19-21	Body Energetics: H Prestera & S Wheeler (weekend) p 41
July 19-21	Massage Workshop: P Morrison & D Horan (weekend) p 41
July 19-21	Conscious Evolution: C Feldmann & Esalen Staff (weekend) p 41
July 19-21	Experiencing Esalen: Esalen Staff (weekend) p 39

THE WEEK OF JULY 21

July 21-26	The Softening of Certainty: A Workshop in Medical Speculation: D Lindsay with J Zuckerman (5 day) p 42
July 21-26	Experiencing Wholeness: S Carter (5 day) p 42
July 21-26	Energy: J Heider (5 day) p 42
July 21-26	Contact & Consciousness: S Surpin (5 day) p 42
July 21-26	Renascence: M Butler (5 day) p 42
July 26-28	Exploration & Integration: A & J Fox (weekend) p 42
July 26-28	Dissolving Blocks to Creative Expression: A Key to Developing Intellectual Self-Confidence: L Gibson (weekend) p 42
July 26-28	Gestalt & Theatre Games: F Rubenfeld & M Krieger (weekend) p 42
July 26-28	Body Energetics: H Prestera & S Wheeler (weekend) p 42
July 26-28	Varieties of Transpersonal Experiences: S Grof & J Halifax-Grof (weekend) p 42

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SAN FRANCISCO PROGRAMS

THE WEEK OF JULY 28

July 28-Aug 6	Aspen Mountaineering Meditation: M Tobias & C Macgee (residential 10 days) p 15
July 29 & 31	Consciousness & the Psychic Interplay of Potentiality & Actuality: D Rudyhar (2 eves) p 8
July 30	Close Yet Free in Marriage & Other Significant Relationships: G Smith (single eve) p 20
Aug 1	Hypnosis, Meditation & Identity Boundaries: A Levitsky (single eve) p 22
Aug 2	Inside Out: A Transformation Drama: J Houston (single eve) p 8
Aug 2-4	*High Psychology:* P Ferrucci (weekend) p 18
Aug 2-4	Fritz Perls & Martin Buber: S Schoen (weekend) p 22
Aug 3	New Ways of Being: J Houston (1 day) p 8

THE WEEK OF AUGUST 4

Aug 4-24	Alaskan Wilderness Adventure: A. & K Wehbring (residential 3 weeks) p 15
Aug 5	An Evening with Will Schutz (single eve) p 20
Aug 5-8	The Transactional "Script" & Gestalt: F English (residential 4 days) p 22
Aug 6-16	Esalen/Outward Bound: D Schiffman & D Galland (residential 10 days) p 15
Aug 9-11	Being a Woman: Liberation from Within: A Yeomans & A Hubbell (weekend) p 19
Aug 10-11	Contact & Consciousness: S Surpin (weekend) p 20
Aug 10-11	Gestalt & Hypnosis: I Katz & M Lifschitz (weekend) p 23
Aug 10-11	Bioenergetic Work & Play: A Clarke (weekend) p 28
Aug 10-11	Building Self-Esteem: S Coopersmith & K Christian (weekend) p 11
Aug 10-17	Encountering in the High Sierras: W & A Anderson (residential week) p 15

BIG SUR PROGRAMS

THE WEEK OF JULY 28

July 28-Aug 2	Gestalt Improvisations: P Rebillot (5 day) p 43
July 28-Aug 2	A Tender Invitation: H Sloan (5 day) p 43
July 28-Aug 2	Gestalt Training Workshop: F Rubenfeld (5 day) p 43
July 28-Aug 2	An Integrative Approach Towards Self-Actualization: D Schiffman (5 day) p 43
July 28-Aug 2	Gestalt, Encounter, Psychosynthesis: J. & B. Silverman (5 day) p 43
Aug 2-4	Invitations to Openness: W & M Anderson (weekend) p 43
Aug 2-4	A Weekend Workshop in Self-Awareness: D Schiffman (weekend) p 43
Aug 2-4	Being Meditation: B Gunther (weekend) p 43
Aug 2-4	Bioenergetics: Energy Release & Integration: A Schwartz (weekend) p 43

THE WEEK OF AUGUST 4

Aug 4-9	Bioenergetics: Energy Release & Integration: A Schwartz (5 day) p 44
Aug 4-9	Touching the Energy Body: B Gunther (5 day) p 44
Aug 4-9	Integrating Gestalt, Alexander Technique & Feldenkrais: I Rubenfeld (5 day) p 44
Aug 4-9	Inspiration & the Power of the Body: New Tools for Psycho-Physical Development: D & M Spino (5 day) p 44
Aug 4-9	Psychosynthesis: Nurturing the Child Within: B Carter & H Firman (5 day) p 44
Aug 9-11	Experiencing Esalen: Esalen Staff (weekend) p 39
Aug 9-11	The Greater Gestalt: J Downing & L Davis (weekend) p 44
Aug 9-11	Come As You Are: P Rebillot (weekend) p 44
Aug 9-11	Psychosis in Human Growth: J W Perry (weekend) p 44
Aug 9-11	Renaissance Therapy: L Huxley & P Ferrucci (weekend) p 45

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SAN FRANCISCO PROGRAMS

THE WEEK OF AUGUST 11

Aug 12-15	Bioenergetics—Four Day Intensive Workshop: A Schwartz (4 days) p 28
Aug 15-18	The Live Classroom: G Brown & A Hillman (4 days) p 11
Aug 17-18	Gestalt & Massage: R Ross & B Sales (weekend) p 23
Aug 17-18	The Human Voice: P Marin (weekend) p 26

THE WEEK OF AUGUST 18

Aug 19-23	Reunion with the Sea: R Clark (residential 5 days) p 15
Aug 21	Evening Introduction to Psychosynthesis: T Yeomans (single eve) p 19
Aug 21-31	Esalen/Outward Bound: D Schiffman & D Galland (residential 10 days) p 15
Aug 22	Yoga & Modern Therapeutic Techniques: V Pratap (single eve) p 27
Aug 22	Wilhelm Reich: An Introductory Seminar: D Boadella (single eve) p 28
Aug 22-25	How to Educate Your Dreams to Work for You: C & A Flagg (2 eves & morns) p 20
Aug 24-25	Wilhelm Reich: Body Therapy & Body Politics: A Symposium (special weekend conference) p 24

THE WEEK OF AUGUST 25

Aug 26	Reich, Community & Human Association: P Marin (1 day) p 28
Aug 26-30	Forming: I Grand (5 days) p 17
Aug 27	Physics, Consciousness & Psychic Phenomena: N Herbert (single eve) p 9
Aug 30-Sept 2	Wilderness Workshop in the Sierra Nevada: S Miller (residential 4 days) p 15
Aug 31	The Consciousness of Aging: G Luce (1 day) p 8
Aug 31-Sept 1	Psychiatric & Sociological Work of Wilhelm Reich: M Sharaf (weekend) p 28
Aug 31-Sept 1	Gestalt, Hypnosis & the Problem of Identity: A Levitsky (weekend) p 23

BIG SUR PROGRAMS

THE WEEK OF AUGUST 11

Aug 11-16	Energy: J Heider (5 day) p 45
Aug 11-16	Leadership Training: W Schutz (5 day) p 45
Aug 11-16	Integration: The Recovery of Wholeness: N Lamper (5 day) p 45
Aug 11-16	Massage: P Morrison & R Horan (5 day) p 45
Aug 11-16	Gestalt Workshop: Esalen Staff (5 day) p 45
Aug 16-18	Self-Image vs Self-Actualization: P Rebillot & J Zuckerman (weekend) p 45
Aug 16-18	Weekend Workshop: W Schutz (weekend) p 45
Aug 16-18	Spiritual Cleaning & Daily Practice: A Drucker (weekend) p 45
Aug 16-18	Schizophrenia & the Visionary Experience: S Grof & J Halifax-Grof (weekend) p 45
Aug 16-18	The Agnews Project: A Contribution to the understanding of psychotic behavior: M Rappaport & J Silverman (weekend) p 45

THE WEEK OF AUGUST 18

Aug 18-23	Self Healing in Mind & Body: H Prestera & S Wheeler (5 day) p 46
Aug 18-23	A Gestalt Workshop for Professionals: S Resnick (5 day) p 46
Aug 18-23	Energy Here & Now Through Bioenergetics: A Schwartz (5 day) p 46
Aug 18-23	Centering: B Nadeau (5 day) p 46
Aug 18-23	What's Available: G & J Brown (5 day) p 46
Aug 23-25	Experiencing Esalen: Esalen Staff (weekend) p 39
Aug 23-25	Yoga: A Scientific Approach: V Pratap (weekend) p 46
Aug 23-25	You Don't Have to Suffer to Feel Good: H Sloan (weekend) p 46
Aug 23-25	Opening the Feelings: a Neo-Reichian Interscience Workshop: E Warburton & L Dillon (weekend) p 40
Aug 23-25	Centering: R Nadeau (weekend) p 46

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SAN FRANCISCO PROGRAMS

A typographer's revelation that even the cold hard metal of type has an inner life principle

THE WEEK OF SEPTEMBER 1

Sept 4	Introduction to the Bates Method: R Gottlieb (single eve) p 26
Sept 5	The Uses of Psychic Abilities: A Hastings (single eve) p 9
Sept 6-27	Reflexology: A Kaye (4 Fri eves) p 27
Sept 6-8	Psychosynthesis: Toward Wholeness: T & A Yeomans (weekend) p 19
Sept 7	Present-Centered Bioenergetics: M Conant (1 day) p 28
Sept 7	Seeing: H Palmer (1 day) p 9
Sept 7-8	A Tender Invitation: H Sloan (weekend) p 21

THE WEEK OF SEPTEMBER 8

Sept 9	The Role of Dogma in Consciousness: J K Adams (single eve) p 8
Sept 13-18	Yosemite Mountaineering Meditation: M Tobias & C Macgee (residential 6 days) p 15
Sept 14	Integrating Psychic Abilities: A Hastings (1 day) p 10
Sept 14-15	Rediscovering Your Vision: R Gottlieb (weekend) p 26

BIG SUR PROGRAMS

THE WEEK OF AUGUST 25

Aug 25-30	The Psychotic Opportunity: R Lee (5 day) p 47
Aug 25-30	A Tender Invitation: H Sloan (5 day) p 47
Aug 25-30	Psychoenergetics: B Payne (5 day) p 47
Aug 25-30	The Workshop is You & Me, Work & Play, Joy & Sadness—The Title is Unimportant: B & M Kriegel (5 day) p 47
Aug 25-Sept 6	Being in Touch: A Two-Week Gestalt Experience: F Rubenfeld & M Krieger (2 week) p 47
Aug 30-Sept 1	The Making of a Chronic Schizophrenic: S Mayerson, H Klein & B Peck (weekend) p 47
Aug 30-Sept 1	The Feldenkrais Method: Extending our Possibilities: J Stransky (weekend) p 47
Aug 30-Sept 1	Psychosynthesis: T Allen & M Conway (weekend) p 47
Aug 30-Sept 1	Being "Together": B & M Kriegel (weekend) p 47

THE WEEK OF SEPTEMBER 1

Sept 1-6	Finding Your Own Way: L Lefer (5 day) p 48
Sept 1-6	Opening the Feelings: An Interscience Neo-Reichian Workshop: C Kelly & J Unell (5 day) p 40
Sept 1-13	Caravan of Dreams: A Gestalt Workshop: J. Downing & L Davis (2 week) p 48
Sept 1-20	A Tutorial in Gestalt & Sensory Awareness: S Carter (3 week) p 48
Sept 6-8	Gestalt, Encounter, Psychosynthesis: J & B Silverman (weekend) p 48
Sept 6-8	Experiencing Esalen: Esalen Staff (weekend) p 39

THE WEEK OF SEPTEMBER 8

Sept 8-13	Continuum: E Conrad (5 day) p 48
Sept 8-13	Skills Workshop for Group Leaders: J L Doyle (5 day) p 48
Sept 8-13	Gestalt, Taoism & Chinese Buddhism: R Price & G F Feng (5 day) p 48
Sept 13-15	Tao of Seeing: G F Feng & J English (weekend) p 49
Sept 13-15	LSD & the Cosmic Game: S Grof & J Halifax-Grof (weekend) p 49
Sept 13-15	Exploring Theology Experientially: G Sallaway & B Ross (weekend) p 49

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SAN FRANCISCO PROGRAMS

THE WEEK OF SEPTEMBER 15

Sept 18-Oct 21	The Feldenkrais Method: R Alon (10 Mon & Wed eves) p 27
Sept 20	*The Blue Angel:* Myth, Archetype & Metaphoric Patterning in Contemporary Film: R Gajdusek (single eve) p 22
Sept 20-22	Flowing with the River: J Katz (residential weekend) p 15
Sept 20-22	Readjusting the Base Line: R Monroe (residential weekend) p 10
Sept 21	Introduction to Psychosynthesis: T Allen (1 day) p 19
Sept 21-22	Therapeutic Use of Constructive Aggression: G R Bach (weekend) p 21
Sept 22	Developing Assertiveness: M A Snyder, R Parenti & L K Kennedy (1 day) p 23
Sept 22	Psychic Liberation: E Criswell (1 day) p 10

THE WEEK OF SEPTEMBER 22

Sept 25	Teaching Stories from the Sufi & Other Traditions: J Fadiman (single eve) p 8
Sept 25-29	Where the Sea Meets the Land: K Wehbring (residential 5 days) p 15
Sept 27	*Picnic:* Myth, Archetype & Metaphoric Patterning in Contemporary Film: R Gajdusek (single eve) p 22
Sept 27	Using Psychic Counsel: G Sagee & J Andrews (single eve) p 10
Sept 27-Oct 2 & Oct 12-13	Centering & the Psyche: A Armstrong, A Dreyfuss & L LeShan (residential 5 days & weekend) p 10
Sept 27-Nov 10	Six-Week Intensive: W Anderson (extended program) p 21
Sept 28	Biotonics: J Krown & P Riley (1 day) p 26
Sept 28-29	Feminine/Masculine: The Open Way & the Way of Power: J & M Arguelles (weekend) p 8
Sept 28-29	Workshop in Self-Awareness: D Schiffman (weekend) p 21
Sept 28-29	New Techniques of Jogging & Conditioning: M Spino (weekend) p 13
Sept 28-29	Tennis Flow: D Spino (weekend) p 13

BIG SUR PROGRAMS

THE WEEK OF SEPTEMBER 15

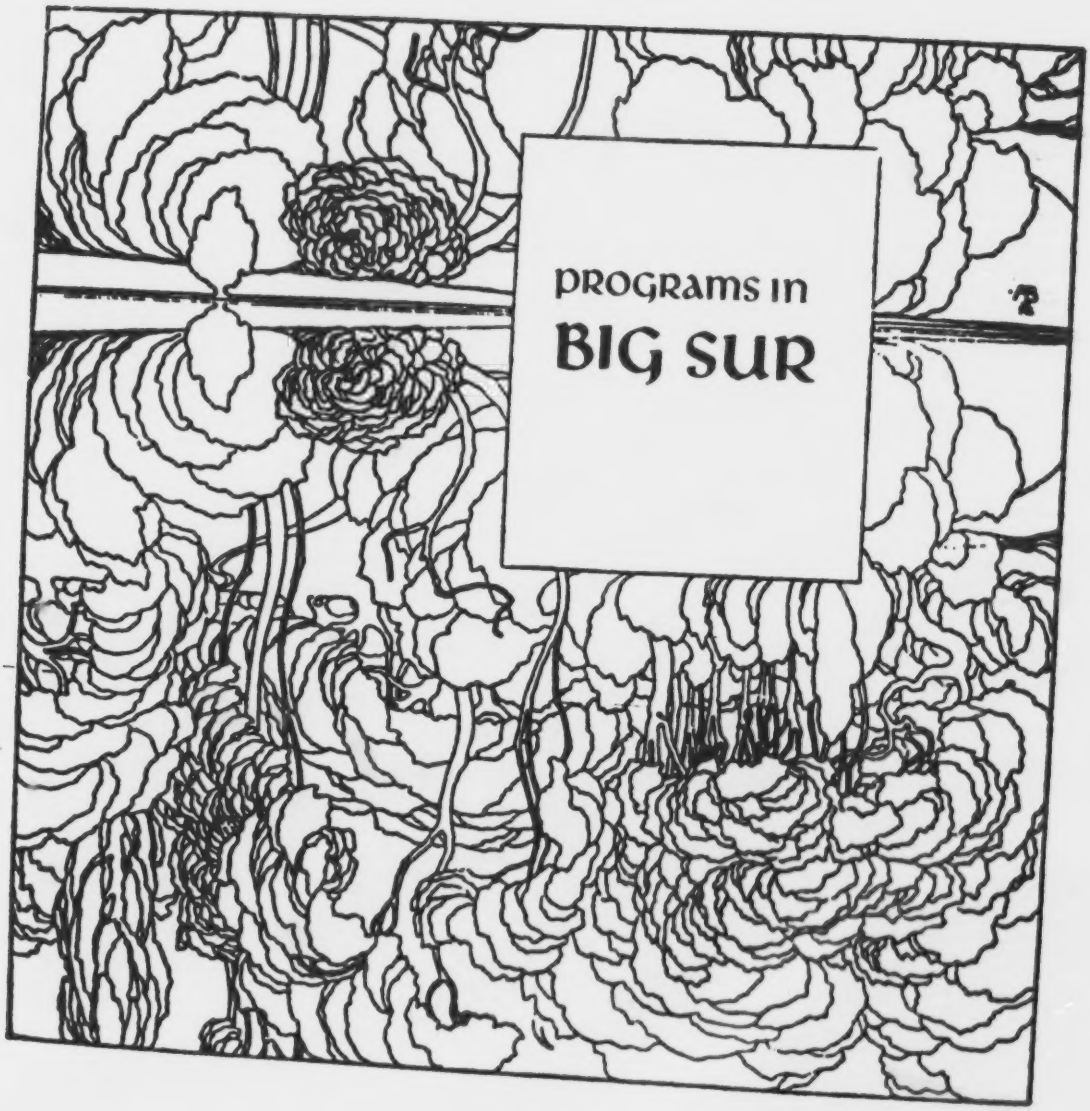
Sept 15-20	Body Language & Energy: H Prestera & S Wheeler (5 day) p 49
Sept 15-20	A Tender Invitation: H Sloan (5 day) p 49
Sept 15-20	5-Day Introduction to Arica: L Davis, R Hall, I Hall & B Woodson (5 day) p 49
Sept 15-20	Experiencing Esalen: Esalen Staff (5 day) p 39
Sept 20-22	Spiritual Cleaning & Daily Practice: A Drucker & C Price (weekend) p 49
Sept 20-22	Weekend Workshop: W Schutz (weekend) p 49
Sept 20-22	You Don't Have to Suffer to Feel Good: H Sloan (weekend) p 50
Sept 20-22	A Weekend Workshop in Self-Awareness: D Schiffman (weekend) p 50
Sept 20-22	A Workshop for Gay People: S Smith & P Rebillot (weekend) p 50

THE WEEK OF SEPTEMBER 22

Sept 22-27	Gestalt, Encounter, Psychosynthesis: J & B Silverman (5 day) p 51
Sept 22-27	Gestalt & Spiritual Practice: R Price, C Price & Esalen Staff (5 day) p 51
Sept 22-27	Exploring Self-Acceptance: D Schiffman (5 day) p 51
Sept 22-27	Being "Together": B Kriegel (5 day) p 51
Sept 22-Nov 1	The Human Experience: Transitions & Transformations: Coordinators S & J Grof (6 weeks) p 50
Sept 27-29	Greek Dancing & Gestalt: J & S Enright (weekend) p 51
Sept 27-29	Come As You Are: P Rebillot (weekend) p 51
Sept 27-29	One Plus One: A Workshop for Couples: B & M Kriegel (weekend) p 51
Sept 27-29	Mountain Aesthetics Along the Big Sur Coast: M Tobias & C Macgee (weekend) p 51

THE WEEK OF SEPTEMBER 29

Sept 29-Oct 4	The Psychotic Opportunity: R Lee (5 day) p 51
Sept 29-Oct 4	Renascence: M Butler (5 day) p 51
Sept 29-Oct 4	Centering: R Nadeau (5 day) p 51


PROGRAMS IN
BIG SUR

workshops for professionals

or of Special Interest to Professionals

GROUP FACILITATORS

July 7-19
Supervisory Workshop in Gestalt / George & Judith Brown (p 39)

July 28-August 2
Gestalt Training Workshop / Frank Rubenfeld (p 43)

August 11-16
Leadership Training / Will Schutz (p 45)

August 18-23
Gestalt Workshop for Professionals / Stella Resnick (p 46)

September 8-13
Skills Workshop for Group Leaders / Jacqueline Larcombe Doyle (p 48)

EDUCATORS

July 14-19
Body Awareness, Learning & Learning Difficulties Richard Weber (p 41)

July 19-21
Intensive Interdisciplinary Workshop for Educators / Richard Weber (p 41)

MEDICAL/MENTAL HEALTH PROFESSIONALS
(See also the Psychosis & Human Growth series, this page.)

The following workshops are not restricted to professionals:

July 12-14
Self Hypnosis & Selective Awareness / Emmett Miller (p 40)

July 21-26
The Softening of Certainty, A Workshop in Medical Speculation / Don Lindsay, Janet Zuckerman (p 42)

July 26-28
Varieties of Transpersonal Experiences / Stanislav Grof & Joan Halifax-Grof (p 42)

August 16-18
Schizophrenia and the Visionary Experience / Stanislav Grof and Joan Halifax-Grof (p 45)

September 13-15
LSD and the Cosmic Game / Stanislav Grof and Joan Halifax-Grof (p 49)

See also the Grofs' six-week institute, p 50

Psychosis & Human Growth

A continuing series of lectures, workshops and seminars concerning both positive and negative possibilities of the variety of states that have been called "psychotic." For mental health professionals and graduate students.

July 7-12, August 25-30, September 29-October 4
The Psychotic Opportunity / Russell Lee, Stan Mayerson, Richard Price, Paul Rebillot (p 39)

August 9-11
Psychosis in Human Growth / John W. Perry (p 44)

August 16-18 (open also to non-professionals)
The Agnews Project: a Contribution to the Understanding of Psychotic Behavior / Julian Silverman, Maurice Rappaport (p 45)

August 30-September 1
The Making of a Chronic Schizophrenic / Stan Mayerson (p 47)

THE WEEK OF JUNE 30 - JULY 5

The Workshop is You & Me
Work & Play
Joy & Sadness
The Title is Unimportant
Bob & Marilyn Kriegel

Our premise is that the process of change and growth can be facilitated by individuals increasing their available resources and options for being and interacting. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used, as well as games and massage, to enable the participants to explore and expand the resources that exist within themselves. $280

Growth Through Risk-Taking / David Schiffman

This workshop is designed to provide the opportunity for group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, encounter techniques and video feedback, the participants can accept or transcend the boundaries from which they approach the world. Particular emphasis will be placed on the expression of anger, affection, sexuality and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. $250 + $2 video fee.

Advanced Gestalt / Donald Barenfeld

It is possible to increase awareness and thereby discover how we block our excitement, nourishment, contact, creativity, etc. From this awareness might flow suggestions of new ways to experiment with being in the world, and hopefully an awakening of appreciation for how we are. This focus will allow participants to re-identify with their energy lost to disowned parts and should provide a nourishing context for their reclamation. We will incorporate a session with the video camera as an awareness tool.

This workshop is open only to those with prior gestalt experience. $280 + $2 video fee.

Exploration & Integration / Arthur & Janica Fox

Come and use a combination of the richness of encounter, gestalt, sensory awareness and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these to explore more of you, your potential, your awareness and your capacity for openness. We will also explore ways of retaining and integrating this richness so that you have access to it not just at Esalen, but also when you return home. $250

Continuum / Emilie Conrad

Participants in this experiential workshop will be learning a series of body meditations, which will take them back to the inner cellular movements of their bodies. Concentration will be on deep breathing exercises, and penetrating movements of the belly, solar plexus and spine. This life energy when properly channeled stimulates and expands the brain. Everything pulsates with powerful life force. Everything dances. Everyone dances. Human movement becomes a dialogue with one's own inner life. $250
(Please bring comfortable apparel, preferably tights and leotards.)

For Big Sur leaders' biographies, see pp 53-56. For Reservation Information, see page 62.

THE WEEKEND OF JULY 5 - 7

Being "Together" / Bob, Marilyn & Otis Kriegel

Being "together" or having it all "together" usually refers to coming to terms with seemingly disparate and conflicting elements of our personality and blending them to arrive at a state of inner peace and harmony. In this workshop we will use encounter, gestalt, psychosynthesis and bioenergetic techniques as well as massage and play to help us develop new awareness and insights and to explore the process of being "together," both with ourselves and with others. $120

How Do You Want to Be Alive in This World? Arthur & Janica Fox

Aliveness is thinking, sensing, feeling and acting. Come and take a look at yourself, learn techniques to increase your awareness, free up more of your feelings and energy and learn what part your body plays in regulating these things. Learn to listen to and trust your body, your organism as your best source of knowledge, guidance and inner strength; then learn ways to act on this knowledge, to move from this centered, intuitive place, to make it a living, working part of the process that can help you to be the person you want to be. As leaders we will utilize our own intuitions, and various techniques, including bioenergetics, sensory awareness, gestalt, encounter, fantasy and goal-fulfilling strategies. $110

Interpersonal Sensing / Simone Surpin

The focus of this weekend will be the practice of listening to the vibrational statements, exchanges and flows we are constantly partaking of. We will be learning to work with intuition and heart as tools of knowing and contact. We will make use of body work and meditation to facilitate opening to this form of perceiving. $120

Mountain Aesthetics Along the Big Sur Coast Michael Tobias & Carol Macgee

This workshop will combine new ways of exploring and experiencing the mountains and coastal shoreline in Big Sur. Technical alpinism, the art of bouldering, meditation, centering, hiking disciplines and mountain lore will be ways which can provide us with unique insights into ourselves, the group and the environment. $120

THE WEEK OF JULY 7 - 12

Psychosynthesis: Return to Center / Tom Yeomans

Even at times of intense inner conflict and confusion, we often sense the presence of a calm center within us—a point of compassionate perspective from which to draw integrative energy and wisdom. In this workshop we will work to find this center, to strengthen it, to reorganize and harmonize our daily lives around it. We will use such techniques as imagery and guided fantasy, gestalt, symbolic art work, movement, journal writing and meditation. Emphasis will be placed on initiating an ongoing process of growth and integration which participants can continue to use after the workshop. $250

Embrace Tiger, Return to Mountain: The Essence of T'ai Chi / Al Chung-liang Huang

Tao-like wind, like water. Learn to be in your element like fish in water and bird in flight. Centering with Al Huang is t'ai chi, brush calligraphy, discussions of the classics and the meditative arts. Play-music, theater and joyous dancing. Bring musical instruments, brush, ink set and papers. Bring yourself and leave your dictating mind behind. $280

The shimmering undefinable edge of a Brancusi polished metal sculpture interpreted on a typewriter by Jiri Kolar

The Psychotic Opportunity* Coordinator Russell Lee with Stanley Mayerson, Richard Price & Paul Rebillot

These workshops are designed for professionals who wish to explore alternatives to the strictly medical model of understanding and treating madness. Each workshop will approach psychosis as a comprehensible and adaptive response to an insane environment. Emphasis will be given to: 1) the meaningfulness of the psychotic episode when it is viewed in the context of a person's family background, 2) the potential growth experience of the psychotic episode for the "patient" and his family, 3) the process of establishing a creative relationship with the psychotic individual and his family, and 4) the process of establishing an "asylum-like" in-patient community for psychotic persons and their families.

The workshop is designed to have experiential and didactic components. Experientially, we will attempt to connect with each of our own "madnesses" through gestalt, bioenergetic and improvisation exercises. Didactically, we will describe our work as well as explore the works of Laing, Lidz, Haley and Perls. $280

**For professionals and students in the mental health field.*

Centering / Robert Nadeau

Being centered is working in harmony with yourself. It is applicable in everything—movement, sports, working, teaching, meditation—all aspects of living. We'll learn to recognize and function from center in the midst of daily activities and pressures. $280

July 7-19

A Supervisory Workshop in Gestalt George and Judith Brown

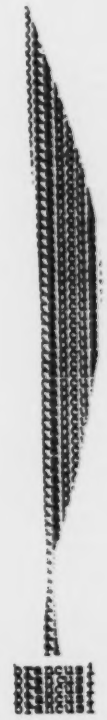
For professional psycho-therapists and other people helpers, includes work in co-therapy. Applicants must provide biographical data to George Brown, 2141 Ridge Lane, Santa Barbara, California, by June 24. Limited to 16 participants. $585

EXPERIENCING ESALEN

The Esalen Staff, with Janet Lederman, Richard Price or Paul Rebillot

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on choosing those approaches of self-actualization which prove most effective for the individual participant. Some of the following experiences are available at each Experiencing Esalen Workshop: sensory awareness, gestalt, encounter, theatre games, guided fantasy, meditation, bioenergetics and massage. Rolfing treatments are available (separate fee). There is time to experience and explore the natural magnificence of the Big Sur coast.

Schedule:
- July 19-21 $110
- August 9-11 ($110)
- August 23-25 ($110)
- Sept. 6-8 ($110)
- Sept. 15-20 ($240)



opening the feelings

Interscience Neo-Reichian Workshops

To grow in the capacity to experience and express deep feeling, to connect up with oneself and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The *Interscience Intensive*, a period of individual work within a small group setting, is practised by Charles and Erica Kelley and their staff at the Interscience Work Shop. The *Intensive*, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the *muscular armor*. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness and other body-oriented approaches. Groups will be kept small—never more than eight per leader, so that significant individual help can be given. Grief or pain, fear and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he discovers a new capacity for pleasure, trust and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

Participants will receive ten two-and-a-half to three hour sessions in a week, or four sessions in a weekend. They will receive two and sometimes three individual *Intensives* during a week, or one during a weekend. Neo-Reichian work will be done in groups and pairs in those sessions that do not include the intensive. This will add up to all of the deep emotional release work that a person can ordinarily take on a day-after-day basis.

Taking these workshops as a series will provide participants who are unable to get neo-Reichian work in their locality with a continuing program equivalent both in price and "power" to weekly classes. For those regularly enrolled, the special environment and facilities of Esalen Big Sur will help to speed their progress toward deep-seated change.

Schedule: **August 23-25 - Elaine Warburton & Laura Dillon $120**

September 1-6 – Charles Kelley and Judy Unell $300

PLUS: October 27-November 1 and December 20-22

media center

"Oh, would some Power the giftie gi'e us
To see ourselves as others see us."

The Esalen Media Center has video recording services available for individuals interested in working privately, or in twos and threes. If you wish to explore every aspect of your visual self—how you use your body, how your self-image compares with your real image—the video camera offers you instant feedback.

Studio and operator: $15 per hour, including playback time. If you wish to purchase the videotape, there is an additional charge.

(Leaders wishing to retain the use of video for groups must arrange this with the program coordinator at the time the group is scheduled.)

WEEKEND OF JULY 12 - 14

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. **$120**

Psychosynthesis / Tom Allen & Margaret Conway

This workshop will introduce psychosynthesis as a multi-dimensional approach to personal integration and self-fulfillment. We will work on identifying and bringing together various sub-selves and on harmonizing polarized ways of experiencing the world, both within and without. Processes used in these explorations will be guided imagery, spontaneous drawing, gestalt, movement, symbolic visualization and meditation. **$120**

Accentuate the Positive / Lenore Lefer

Many of us tend to focus on the negative aspects of our lives. We will accentuate the positive, using gestalt, encounter and psychosynthesis techniques. **$110**

Self Hypnosis & Selective Awareness
Emmett Miller

In this workshop, the principles and techniques of selective awareness will be applied in three main areas: introduction to altered states of consciousness through auto-suggestion; elimination of unwanted symptoms, habits and emotional response-patterns; application to learning, listening, communication and body work through self-exploration exercises. **$120**

STUDENT WORK-SCHOLARSHIP PROGRAM

We have a limited number of spaces available during the September to May period at reduced rates for college students who would like to find out more about the approaches to human growth and spiritual practice that are being developed within the human potential movement. Students will be provided with shared accommodation and will contribute some hours of work each week to the Esalen community. A minimum residence of one month is required. Write for further details and cost to: Joan Fiore, Student Work-Scholarship Program, Esalen, Big Sur, CA 39320.

STUDENT GROUPS

To enable a wider range of young people to attend Esalen, we are offering a weekend "sleeping bag" rate to groups of students during the September to May period. These weekends are designed to allow the students the experience of a variety of Esalen activities such as gestalt, encounter, psychosynthesis, movement, massage, meditation . . .
The rate is $55 per student with a minimum of 10 students required. This includes meals from Friday dinner through Sunday lunch. Please write for information and available dates to: Christine Price, Student Groups, Esalen, Big Sur, CA 93920.

THE WEEK OF JULY 14 - 19

Here & How as Leader/as Participant: Demystifying the Group Process / David Schiffman

This workshop will provide an opportunity to explore the basic elements underlying the group process and individual growth. We will examine the techniques, strategies and theoretical components inherent in all forms of personal interaction and the use of *specific themes* in facilitating focus and flow in group sessions. We will incorporate a session with video as a self-observation tool. This workshop will be particularly useful for people in the helping professions. However, it is open to anyone who would like to clarify and refine his/her understanding of a process which has normally been considered too intuitive to be grasped in a cognitive way.
$250 + $2 video fee

Gestalt Workshop / Esalen Staff

$250

Deepening the Experience of the Self with Movement, Music, Meditation & Massage Barbara Clemans

You are already more beautiful, more loving, more gentle and more perfect than you think you are. Establish your connection with this self, using: music to relax and sensitize the body, allowing the unconscious to emerge; Feldenkrais directed awareness movement to alter uncomfortable fixed patterns; creative movement to establish individual uniqueness; meditation to quiet inner voices and massage to establish group contact and support. $280

Body Awareness, Learning & Learning Difficulties: For Educators / Richard Weber

Dr Weber feels that "premature action may well be the greatest single cause of behavioral and learning difficulties frequently diagnosed but seldom cured before the student develops inefficient patterns of learning that affect his entire being and becoming." Balance and centering, using Weber's method of "Think, Wait & Act" are the primary concerns of his approach to all educational experiences. Through the use of the piano keyboard as a "teaching machine" and motivational tool and direct body-contact techniques, his methods are designed to educate both sides of the body and brain, strengthening visual perception, muscular coordination and concentration. The workshop will include films of his work and direct work with the participants in energy awareness and Feldenkrais exercises and manipulation. $280

THE WEEKEND OF JULY 19 - 21

Intensive Interdisciplinary Workshop for Educators / Richard Weber

Whatever happened to the great simplicities? Experiences in discovering new ways to use physical, intellectual and emotional centers to intensify and simplify learning, living and loving. Practical application of various Esalen experiences to the classroom at all levels. Recommended reading: Ouspensky's *In Search of the Miraculous.* Limited to 14 participants.
$120

Body Energetics / Hector Prestera & Sharon Wheeler

A weekend workshop dealing with *body energy blocks* and techniques to work them through. Included will be principles from Reich, Rolfing, acupuncture, body-centered gestalt and also color therapy and aspects of aura reading. $120

Massage Workshop / Peggy Morrison & Richard Horan

$120

Conscious Evolution / Chris Feldmann & Esalen Staff

Our aim is to reopen the channels of being and intuitive perception lost in childhood. Our method is to break down conscious experience into specific dimensions, according to a precise experiential language. We will explore thinking in higher dimensions and increase our psychic empathy with others. We will work intellectually, intuitively, emotionally and spiritually. Unusual abilities are unnecessary—this is a workshop for ordinary people. $110

Experiencing Esalen

See description p 39 $110

THE WEEK OF JULY 21 - 26

The Softening of Certainty: A Workshop in Medical Speculation / Don Lindsay with Janet Zuckerman

This course is about creativity and humanism in medicine. It is open to physicians, nurses, scientists and anyone interested in, or angry about, health care. Our theme will be a future course medicine might take while we endeavor to live in the present. Topics will range from automatic physical testing and computer simulations of neuro-endocrine automata to prepaid medical care and the mind-body dichotomy. Interwoven through all this will be the experience of Esalen. Janet Zuckerman will lead experiential gestalt sessions. We will endeavor to soften our present certainty as a prerequisite to creating future changes. **$280**

Experiencing Wholeness / Seymour Carter

This workshop will emphasize gestalt methods for contacting ourselves as self-regulating organisms. The practice of integrating our senses, emotions and thought into a perceptual whole releases energy for a more connected experience of living and being. The work will be devoted to releasing excess efforts and tensions and awakening dormant functioning so that the participants may experience greater physical and emotional freedom. **$280**

Energy / John Heider

"This is how I see group leading at this time: encounter, gestalt, meditation and body work are the staples of growth groups and the human potential movement. These various disciplines can be seen as an integrated and meaningful whole when viewed in energetic terms. This workshop will include these staple disciplines. We shall be learning to become increasingly aware of our personal energy fields and the energy fields formed by a couple and by a group. This is the most exciting, the very clearest way I have found to understand and work with the human potential. Suitable for beginners and professionals alike." **$280**

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. **$280**

Contact & Consciousness / Simone Surpin

The focus of this weekend will be the practice of listening to the vibrational statements, exchanges and flows we are constantly partaking of. We will be learning to work with intuition and heart as tools of knowing and contact. We will make use of body work and meditation to facilitate opening to this form of perceiving. **$280**

THE WEEKEND OF JULY 26 - 28

Exploration & Integration / Arthur & Janica Fox

Come and use a combination of the richness of encounter, gestalt, sensory awareness and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these to explore more of you, your potential, your awareness and your capacity for openness. We will also explore ways of retaining and integrating this richness so that you have access to it not just at Esalen, but also when you return home. **$110**

Dissolving Blocks to Creative Expression: A Key to Developing Intellectual Self-Confidence Lee Gibson

There is a creative child and a creative adult in all of us. Important aspects of the creative adult are often not discovered because they are blocked off. For the same reason, much of the creative child often goes unremembered. Until creative child and adult are reunited, a person will not fully realize nor utilize his creative potentials. This workshop will explore differences between creative expression and manufacturing; similarities between creative child and creative adult. Until such differences and similarities are understood, a fear-to-function can keep a person from being creatively expressive. Explorations will be made through reading, writing, painting, drawing; dialogues with self, others and objects; body movement; verbal and silent expression; sense awareness; focusing awareness on here-and-now and the relevance of there-and-then; plus various counseling techniques. **$120**

Gestalt & Theatre Games Frank Rubenfeld & Mari Krieger

"All the world's a stage"—and what roles do you play? Are you satisfied with them? Choose your roles and play them zestfully! A way of being devoutly to be wished. Through gestalt hot-seat work and theatre games we'll explore our role-choices and our zest. **$120**

Body Energetics / Hector Prestera & Sharon Wheeler

A weekend workshop dealing with *body energy blocks* and techniques to work them through. Included will be principles from Reich, Rolfing, acupuncture, body-centered gestalt and also color therapy and aspects of aura reading. **$120**

Varieties of Transpersonal Experiences Stanislav Grof & Joan Halifax-Grof

Transpersonal experiences are characterized by an expansion of consciousness beyond the usual "ego boundaries" and limitations of time and space. Experiences of this sort have been described in the framework of ancient mysteries, various schools of mysticism, initiation rites, shamanic ecstasies and visionary states. On the basis of their experience in LSD research and anthropology, the Grofs will explore various types of transpersonal phenomena and their significance for the understanding of human nature and culture, as well as their therapeutic potential. This workshop will combine cognitive and experiential approaches to the transpersonal realm, videotape from selected LSD sessions, and anthropological film. **$120**

For Big Sur leaders' biographies, see pp 53-56. For Reservation Information, see page 62.

THE WEEK OF JULY 28 - AUGUST 2

Gestalt Improvisations / Paul Rebillot

Sing the glory of your life to the world,
Dance the story of your life to the world,
Tell the tale of living flesh to the world,
'Til the pain that you feel goes away.
–Don Currie

Combining improvisation and dance with gestalt and bio-energetic methods of liberating breath, movement and sound, we will explore possibilities of reclaiming disowned energy through creative self-expression. In a session with video tape, we will have the experience of being our own audience. $250

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience–love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." $280

Gestalt Training Workshop / Frank Rubenfeld

Hot-seat work, gestalt exercises and mini-raps will be part of this experiential-didactic workshop. Participants will also have the opportunity to work with each other under the direct supervision of Dr Rubenfeld. Limited to those in the helping professions. $280

Gestalt, Encounter, Psychosynthesis
Julian & Beverly Silverman

$280

An Integrative Approach Towards Self-Actualization
David Schiffman & Ilana Rubenfeld

This workshop will involve the complementary approaches of gestalt, encounter, massage and the use of direct body work (Alexander and Feldenkrais techniques) at critical junctures during group sessions. The group will explore a wide variety of techniques, verbal and non-verbal, in order to experience the possibilities of greater total personal expansion and openness with others. $310

THE WEEKEND OF AUGUST 2 - 4

Invitations to Openness / Walt & Maurica Anderson

Basic propositions: 1) An increased capacity for personal openness and honesty makes life easier and a lot more interesting; 2) The need for privacy is to be respected; 3) Openness is best achieved in response to an invitation, not a demand. We will all explore our own boundaries of privacy/openness, and work with some techniques for being open–and inviting openness in everyday life. $110

A Weekend Workshop in Self-Awareness
David Schiffman

This workshop is based on the awareness that personal growth is often blocked because we don't see ourselves clearly, as others see us, or act as we really feel. The objective of this seminar is to create a supportive atmosphere wherein the participant can experience her/himself at a deeper, more meaningful level than daily life provides. Techniques of gestalt, meditation, encounter and video will be used. $110 + $2 video fee

Being Meditation / Bernard Gunther

Our real self is a center of pure energy consciousness which is always in a state of quiet bliss. This sense of being is constantly disrupted by our false identification with thoughts, feelings, emotions and desires. Meditation is one way out of this hypnosis and suffering. Sitting is just one form of meditation, for this kind of heightened awareness can be a joyous part of everything you do. In this workshop, we will quiet the mind/body and explore various kinds of meditation including aspects of yoga, sensory awareness, gestalt and psychosynthesis to increase energy, consciousness and a sense of inner peace. $120

Bioenergetics: Energy Release & Integration
Alan Schwartz

There is a tendency for us to block the free flow of energy which allows us to live a life of freedom–freedom to express the range of emotions which make up the human being. Through bioenergetic techniques we will focus on opening the channels to free expression and the flow of energy. Integration of energy within the gestalt structure will enable us to deal with here-and-now issues which emerge. $110

ONGOING RESIDENTIAL PROGRAM

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).
Participants may select any of the five-day workshops offered during their stay. Some programs are cancelled, so second choices are advised. Some special staff programs will also be open to residents. Participation in the Ongoing Residential Program may also lead to participation in the Study Center (see below).
Cost: $960 per 26-day period.

STUDY CENTER

The Study Center operates as a section of the Ongoing Residence Program. It is a place where up to 15 residents can be living in community with one another. Preference is given to persons who are working professionally with people (teachers, ministers, psychiatrists, etc.). As in the Ongoing Residence Program, residents can take any of the five-day programs. Some special in-house programs are given at the Center and visiting teachers and scholars are often in residence. $960 per four-week period. For further details write: Joan Fiore, Study Center, Esalen, Big Sur, CA 93920

THE WEEK OF AUGUST 4 - 9

Bioenergetics: Energy Release & Integration
Alan Schwartz

There is a tendency for us to block the free flow of energy which allows us to live a life of freedom—freedom to express the range of emotions which make up the human being. Through bioenergetic techniques we will focus on opening the channels to free expression and the flow of energy. Integration of energy within the gestalt structure will enable us to deal with here-and-now issues which emerge. A video session will enable us to focus visually on our movement. $250 + $2 video fee

Touching the Energy Body / Bernard Gunther

Within/beyond the physical-emotional-mental body is the invisible etheric body. Here in this subtle part of you is being, peace, feeling, energy, healing, release, pleasure beyond intensity; a finer reality beyond the transitory duality of thought, emotion and the senses. In this workshop, we will explore psychosynthesis, relaxation, thought, touch, meditation and non-verbal communication to make contact and keep centered in our subtler selves. $280

Integrating Gestalt, Alexander Technique & Feldenkrais / Ilana Rubenfeld

The sea always has waves . . . waves are the the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt therapy, Alexander technique, Feldenkrais exercises and deep muscle work will be used as a gateway to contacting, expressing and working through deep feelings.
We have the choice to contact ourselves and each other with joy, sadness, compassion, humor, ideas and with the body—the whole person. Paul Rebillot will lead gestalt improvisation sessions. $280

Psychosynthesis: Nurturing the Child Within
Betsie Carter & Heidi Firman

This workshop will focus on the psychosynthesis technique of "bear therapy," an approach of self-acceptance and self-nurturing. Many of us have learned how to open ourselves emotionally and contact other people at a deep and satisfactory level. But when we need to nourish and affirm ourselves, we usually swing between being rigid and critical to being collapsed or dependent upon another person or a group. Bear therapy presents an alternative to these extremes within each of us, as we learn to center and to nourish ourselves from center. $280

Inspiration & the Power of the Body: New Tools for Psycho-Physical Development
Dyveke & Mike Spino

The inevitable dilemma of mind/body involvement is to develop techniques for both excellence and fun. This workshop offers keys to enhance enjoyment and performance by presenting some revolutionary training tools for sports and games. Beginning with over-all body conditioning and focusing on tennis and running, we will integrate the work of athletic masters such as Mihaly Igloi and Percy Wells Cerutty with the spiritual aspect of sport being developed at Esalen. This experience brings you to the peak of mind/body integration, matching literature, books, manuscripts and poems with a psycho-physical program, allowing each person to construct a personally satisfying training ritual. This week can change your entire notion of physical exercise. $280

THE WEEKEND OF AUGUST 9 - 11

Experiencing Esalen

See description p 39 $110

The Greater Gestalt / Jack Downing & Lyn Davis

Improvising together, we will create and explore our laughter, sadness and rage. Our synthesis of Perlsian gestalt, Esalen encounter and massage, joined with Arica consciousness-expanding exercises works to dissolve your blocks to expression. $120

Come As You Are / Paul Rebillot

Behind the fantasy self lies the authentic self that cannot be duplicated. Using gestalt, dance, improvisation and ritual magic, we will delve into the mysteries of our mythology and bring ou fantasies and visions to life. Once expressed, we can take a look at whether our fantasies nourish or limit the range of our experience. $110 + $2 video fee

Psychosis in Human Growth* / John Weir Perry

Acute schizophrenic episodes in young adults, if properly handled, can be nature's way not only of reorganizing the self along more favorable lines of growth but also of resynthesizing values and meanings in the revitalization process of cultural change. This seminar will be a discussion and exchange of research possibilities, observations and experiences in the investigation of psychosis. $120

**For professionals and students in the mental health field.*

south coast center

The living center is slowly evolving into a participatory environment
vital
changing
designing, re-designing inner and outer space
with residents responsible for their own evolution.

The focus of South Coast: The Arts –
as a part of a functional living environment

Studios may be rented on a monthly basis with access to the dining facilities and baths at Big Sur Hot Springs. Room and board: $485 per month.

More Alice: the Mad Tea Party by Gutmann, 1920

Renaissance Therapy
Laura Huxley & Piero Ferrucci

Therapy derives from the Greek "therapeuin" meaning "to honor and to serve." Art can be viewed as therapeutic because it honors and serves our highest aspirations and intentions. Workshop emphasis will be given to techniques and exercises designed to stimulate the mind, elevate feelings, enrich imagery and foster rebirth through the use of art materials as well as exercises in imagery. $120

THE WEEK OF AUGUST 11 - 16

Energy / John Heider

"This is how I see group leading at this time: encounter, gestalt, meditation and body work are the staples of growth groups and the human potential movement. These various disciplines can be seen as an integrated and meaningful whole when viewed in energetic terms. This workshop will include these staple disciplines. We shall be learning to become increasingly aware of our personal energy fields and the energy fields formed by a couple and by a group. This is the most exciting, the very clearest way I have found to understand and work with the human potential. Suitable for beginners and professionals alike." $280

Leadership Training
Will Schutz

For experienced group leaders. Each will get a chance to lead under supervision and to explore self in relation to leading. There will be demonstrations of several techniques and discussions of theory. Limited to 12. $310

Integration: The Recovery of Wholeness
Neil Lamper

"Gestalt is a way of life more than a form of therapy. Participants in this workshop can expect to experience their here-and-now and discuss their what-and-how. I am interested in people learning how to use their what—at work, play, in families, couples and as singles. At times our entire group will be active and at times one person will wrestle with the impasse. I cannot force, will not coerce and have no neat package of salvation. People maintain their own momentum, work in their own way. I will share my eyes and ears. I invite people to this workshop who want to experience Esalen and themselves anew and expect to express this in their broader lives." $280

Massage Workshop / Peggy Morrison & Richard Horan
$280

Gestalt Workshop / Esalen Staff
$250

THE WEEKEND OF AUGUST 16 - 18

The Agnews Project: A contribution to the understanding of psychotic behavior
Maurice Rappaport & Julian Silverman

This seminar will explore various problems associated with the categorization "schizophrenia." The insightful obervations of clinicians of past decades will be discussed in relation to those of the new humanistic medicine. Problems of integrating humanistic and scientific points of view, for the benefit of individuals in the throes of psychotic experience, will be of primary concern. Questions will be raised about the appropriate use of drugs. Results of the newly completed Agnews Project will be reported in depth. These findings will make practitioners and others aware of important differences among individuals carrying the label schizophrenic; they will highlight the need for more selective care and the importance of reconsidering the nature of the therapist-patient relationship. These findings also have serious implications for proliferating community mental health programs. All may not be as well in the community as the architects of community mental health programs envisioned only a few years ago. Workshop members will be encouraged to share their experiences and ideas about schizophrenia in the light of the results of the Agnews Project and other recent studies. $120

Self-Image vs Self-Actualization
Paul Rebillot & Janet Zuckerman

What are our social images? our family images? our professional images? How does the image of what we ought to be compare with what we see in the mirror? Does this comparison limit or nurture our enjoyment of ourselves? What price do we pay for our facades? How much of our true selves must be killed off and how much can be allowed to live? In this workshop we transform all these questions into statements and learn how we might integrate the statements into our lives. $120 + $2 video fee

Weekend Workshop
Will Schutz

Limited to 12. $130

Spiritual Cleaning & Daily Practice / Al Drucker

The focus of our weekend together will be to purify our body-mind and heart. In the process we hope to develop a practice that we can take home with us (to use alone or share with those we live with). This will include a cleansing bath, a cleansing diet, morning meditation, some yoga, t'ai chi and Arica exercises, self-massage, karma cleaning and chanting . . . lots of chanting (down by the sea if the weather's good). If there's time we'll also demonstrate rolfing, acupuncture and other healing/purification practices. $110

Schizophrenia & the Visionary Experience
Stanislav Grof & Joan Halifax-Grof

In spite of many decades of intensive research, schizophrenia has remained the most enigmatic disease in psychiatry. In this workshop, the Grofs will survey the existing theories of psychosis and outline new alternatives emerging from LSD research and cross-cultural anthropological studies. The discussion will focus on such issues as LSD psychotherapy of schizophrenics, parallels between psychosis and mystical or shamanistic experiences, "temporary insanity" in temple mysteries and rites of passage, the positive value of the psychotic experience and the concept of "higher sanity." $120

The intimacy of "A Couple" by Kirchner combines to reveal a third, shared face with an expression all its own

THE WEEK OF AUGUST 18 - 23

Self Healing in Mind & Body / Hector Prestera & Sharon Wheeler

Techniques for healing the self will include self massage, color therapy, gestalt awareness, Reichian body energetics, aspects of aura reading, polarity massage and the psychic work of George Simon. A morning ritual of cleansing oneself and a light exercise series will also be taught. **$280**

A Gestalt Workshop for Professionals Stella Resnick

This workshop is designed for people who are working as group leaders, therapists and in related fields. We will review basic principles of gestalt awareness through discussion and practice. There will be work with video for feedback. Some time will be set aside for revolving leadership under supervision. **$280 + $2 video fee**

Energy Here & Now Through Bioenergetics Alan Schwartz

A workshop for those who sense the power and vitality which can be self. Participants will be encouraged to risk mobilizing their feelings and energy to help them become aware of how they block self-expression. The gestalt process will be used to provide an environment for integration and growth. We will use a video session for feedback on our physical patterns. **$250 + $2 video fee**

Centering / Robert Nadeau

Being centered is working in harmony with yourself. It is applicable in everything—movement, sports, working, teaching, meditation—all aspects of living. We'll learn to recognize and function from center in the midst of daily activities and pressures. **$280**

What's Available / George & Judith Brown

An experiential weekend workshop to help participants get more in touch with what's *inside* (the self, personal and transpersonal) and *outside* (one's living and working environment, including others). Focus will be on individual growth in a group setting. Suitable for couples as well. Limited to 20 persons. **$280**

THE WEEKEND OF AUGUST 23 - 25

Experiencing Esalen

See description p 39 **$110**

Yoga: A Scientific Approach / Vijayendra Pratap

This workshop will include important postures for both beginning and advanced students, breathing and preliminary meditation techniques. The yogic approach to interaction with one's environment—both internal and external—will also be introduced. This workshop will give a clear picture of the traditional techniques in a scientific manner and in the light of modern scientific research. Questions and discussion will be encouraged on anything from scientific research on yoga, to the yogic approach to problems of day-to-day living, to yoga and humanistic psychology.

The schedule is as follows, subject to group consensus:

Friday:	8:30 pm	orientation, preliminary instruction
Saturday:	7:30-8:30 am	yoga practice
	10:00 am	discussion and sharing
	lunch	
	2:00 pm	discussion/instruction
	3:00-4:00 pm	yoga practice
	dinner	
	8:00-10:00 pm	lecture: "Yoga Philosophy" questions and discussion
Sunday:	7:30-8:30 am	yoga practice
	10:00 am	discussion and sharing

No previous training is necessary. The Esalen menu provides sufficient variety for those wishing to keep to a vegetarian diet. Dress in loose comfortable clothing and bring a mat of your size (beach towel, small rug). If weather permits, practices will be done outside. **$120**

You Don't Have to Suffer to Feel Good Harry Sloan

Frequently people come to workshops believing the only way to get in touch with themselves is through pain, anguish and earthshaking breakthroughs. Growing becomes humorless and heavy and so does life. Though real experience will not be avoided, this workshop will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen. **$120**

Opening the Feelings: a Neo-Reichian Interscience Workshop / Elaine Warburton & Laura Dillon

For description, see p 40 **$120**

Centering / Robert Nadeau

Being centered is working in harmony with yourself. It is applicable in everything—movement, sports, working, teaching, meditation—all aspects of living. We'll learn to recognize and function from center in the midst of daily activities and pressures. **$120**

For Big Sur leaders' biographies, see pp 53-56. For Reservation Information, see page 62.

THE WEEK OF AUGUST 25 - 30

The Psychotic Opportunity* / Coordinator Russell Lee with Stanley Mayerson, Richard Price & Paul Rebillot

These workshops are designed for professionals who wish to explore alternatives to the strictly medical model of understanding and treating madness. Each workshop will approach psychosis as a comprehensible and adaptive response to an insane environment. Emphasis will be given to: 1) the meaningfulness of the psychotic episode when it is viewed in the context of a person's family background, 2) the potential growth experience of the psychotic episode for the "patient" and his family, 3) the process of establishing a creative relationship with the psychotic individual and his family, and 4) the process of establishing an "asylum-like" in-patient community for psychotic persons and their families.
The workshop is designed to have experiential and didactic components. Experientially, we will attempt to connect with each of our own "madnesses" through gestalt, bioenergetic and improvisation exercises. Didactically, we will describe our work as well as explore the works of Laing, Lidz, Haley and Perls. Special lectures will be given by Drs. Stanislav Grof and Joan Halifax-Grof. $280

**For professionals and students in the mental health field.*

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience—love, anger, joy sadness and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." $280

Psychoenergetics / Buryl Payne

The workshop will focus on ways of transforming the coarser energies of the organism into finer form and connecting to the superconscious mind. The work is based on the formulations of the hydrogens by Gurdjieff and Ouspensky. Powerful exercises from kundalini and dhavana yoga, bioenergetics and free movement will be used to generate basic energies which will be transformed and focused by chanting and meditation. Participants will be trained in self-hypnosis using biofeedback equipment to aid them in focusing the coarser energies and attaining a higher state of consciousness. Participants should be in good physical health and should bring a portable tape recorder (for the hypnosis) and a simple musical instrument which can be played while moving. $280

The Workshop Is You & Me
Work & Play
Joy & Sadness
The Title is Unimportant
Bob & Marilyn Kriegel

Our premise is that the process of change and growth can be facilitated by individuals increasing their available resources and options for being and interacting. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used, as well as games and massage, to enable the participants to explore and expand the resources that exist within themselves. $280

August 25 - September 6

Being in Touch: A Two-Week Gestalt Experience Frank Rubenfeld & Mari Krieger

Through gestalt hot-seat work and exercises participants will have the opportunity to be in touch with their feelings and role-choices. Massage and theatre games will supplement the gestalt work, providing a way to experience the sensory and creative parts of ourselves. There will also be time and the space of Big Sur, enabling us to contact our more natural selves. Limited to 16. $585

THE WEEKEND OF AUGUST 30 - SEPTEMBER 1

The Making of a Chronic Schizophrenic* Stanley Mayerson, Harvey Klein, Bruce Peck

Of the many problems confronting the community mental health center, probably the most taxing financially and energetically is what is commonly tagged chronic schizophrenia. It is very hard to get any consensus about what this label means. Suffice it to say that in many counties, they are the people who seem to spend more of their lives in the mental health system than out of it. In this workshop, we will take a fresh look at our role in creating chronicity and some possible ways out of it. We will look at our collaboration with the family and social agencies in creating dependence and in hypnotizing individuals into accepting the crazy role as a style of living. $120

**For professionals and students in the mental health field.*

The Feldenkrais Method: Extending our Possibilities Judith Stransky

This is an experience in the Feldenkrais method. Moshe Feldenkrais is the originator of a subtle and powerful new body technique. He has devised a series of simple, ingenious exercises which involve integration of the physical and the mental, expand boundaries of human possibility and lead to release from fixed habits that restrict us. Awareness of our self-image is developed, and the range of our movements is greatly extended. The work teaches integration, differentiation, relaxation and balance, improvement in alignment and greater ease in movement, and is a unique means of bringing us closer to the fulfillment of our human potential. $110

Psychosynthesis / Tom Allen & Margaret Conway

In this weekend workshop we will explore the many approaches psychosynthesis has to offer for re-owning energy lost in past inner and outer conflicts. Among processes used will be the identification and integration of sub-personalities, the balance of opposites and inner alignment, using such techniques as guided imagery, movement, inner dialogue and meditation. $120

Being "Together" / Bob & Marilyn Kriegel

Being "together" or having it all "together" usually refers to coming to terms with seemingly disparate and conflicting elements of our personality and blending them to arrive at a state of inner peace and harmony. In this workshop we will use encounter, gestalt, psychosynthesis and bioenergetic techniques as well as massage and play to help us develop new awareness and insights and to explore the process of being "together" both with ourselves and with others. $120

Insignia for a Hungarian puppet theater

THE WEEK OF SEPTEMBER 1 - 6

Finding Your Own Way / Lenore Lefer

The way we choose to be and live our lives is limited by our perceptions and attitudes about ourselves. To broaden and illuminate these perceptions, we will explore our untapped energy resources. With richer alternatives and choices available, finding our own way will be a nourishing experience.
Gestalt awareness, encounter, guided daydreams and psychosynthesis techniques will be among the tools used on our search. $240

Opening the Feelings: An Interscience Neo-Reichian Workshop / Charles Kelly & Judy Unell

For description see p 40 $300

September 1-20

A Tutorial in Gestalt & Sensory Awareness Seymour Carter

For the past ten years, I have been exposed to and have studied with most of the major teachers/influences/practices presented at Esalen. My approach has been to be as open as possible and to learn all I could about paths to self-discovery—from Arica to Zen. In becoming a teacher in my turn, I am now at a point where I want to share the defining and refining of the practices I consider most valuable.
This workshop will be a clarification of the basic perspectives and viewpoints from which the work of Fritz Perls and Charlotte Selver developed. We will examine the theoretical and philosophical bases underlying gestalt and sensory awareness. Through discussion and practice, we will learn to distinguish the central statements of these two approaches from the many confusing interpretations which inevitably form around any simple and profound teaching.
We will devote an intense period of study and experiential work to the nature of thought, emotion and reality, to the continuum of awareness and the collected quiet state of awareness as in meditation.
In returning to these basic considerations of gestalt and sensory awareness and in allowing ourselves time for real understanding and assimilation, each of us will have gained a firm grounding from which to continue our separate journeys as individuals and teachers.

Week One: 3 sessions per day, experiential work in gestalt and sensory awareness
Week Two: 2 sessions a day experiential; one session tutorial and discussion
Week Three: practice, revolving leadership among group participants, discussion
Massage sessions at the baths

Suggested reading: Karen Horney: *Neurosis & Human Growth.* Perls, Heferline & Goodman: *Gestalt Therapy.* Carlos Castaneda: *Journey to Ixtlan.* Edward Conze: *Buddhist Thought in India.* Selver: *Sensory Awareness and Total Functioning.* (available through the Esalen bookstore, $1).
$850

September 1-13

Caravan of Dreams: A Gestalt Workshop Jack Downing & Lyn Davis

Here we are, all of us in a dream-caravan.
A caravan, but a dream—a dream, but a caravan.
And we know which are the dreams. Therein lies the hope.
Baha Udin, el Shah

In this two weeks, we will explore our multi-faceted selves; the beliefs and the experiences that make us all that we are. We will work with gestalt, selective awareness, massage, meditation, bioenergetics, movement, ourselves and each other. Recommended reading: Idries Shah, *The Dermis Probe* and Jack Downing, MD, *Dreams and Nightmares* (Harper & Row). $600

THE WEEKEND OF SEPTEMBER 6-8

Gestalt, Encounter, Psychosynthesis Julian & Beverly Silverman

$110

Experiencing Esalen

See description p 39 $100

THE WEEK OF SEPTEMBER 8 - 13

Continuum / Emilie Conrad

Participants in this experiential workshop will be learning a series of body meditations, which will take them back to the inner cellular movements of their bodies. Concentration will be on deep breathing exercises, and penetrating movements of the belly, solar plexus and spine. This life energy when properly channeled stimulates and expands the brain. Everything pulsates with powerful life force. Everything dances. Everyone dances. Human movement becomes a dialogue with one's own inner life. $270
(Please bring comfortable apparel, preferably tights and leotards.)

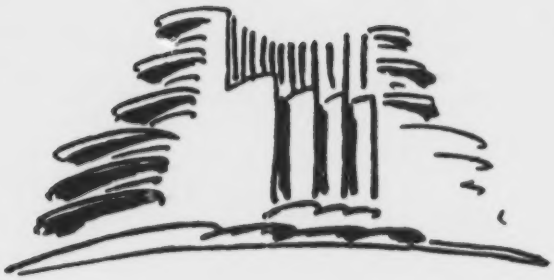
Skills Workshop for Group Leaders Jacqueline Larcombe Doyle

The focus of this workshop will be on providing an intensive group experience, introducing group techniques and enhancing the transfer of these skills for persons already leading groups in various settings. Techniques will be drawn from psychodrama, encounter, gestalt, bioenergetics, psychomotor and fantasy. $270

Gestalt, Taoism & Chinese Buddhism Richard Price & Gia-Fu Feng

Perfect like Great Space
The Way has nothing lacking, nothing in excess.
Truly, because of our accepting and rejecting,
We have not the suchness of things.
Sengtsan (Third Patriarch of Ch'an [Zen] Buddhism)

One of a series of programs relating gestalt awareness practice to the spiritual disciplines developed within (and sometimes in opposition to) the great world religions. Recommended reading: *Tao Te Ching* by Lao Tzu, translated by Gia-Fu Feng and Jane English; *Gestalt Therapy Verbatim* by F. S. Perls; *The Anatomy of Mental Illness* by Arthur Janov; *Cutting Through Spiritual Materialism* by Chogyam Trungpa. $270



A famous architect renders the architectonic aspects of a Bach Toccata in both literal and romantic terms

THE WEEKEND OF SEPTEMBER 13 - 15

Tao of Seeing / Gia-Fu Feng & Jane English

Most therapies such as gestalt, primal, bioenergetic and the like are into:
Organic Wisdom—"Tze Ruan" (self-nature or spontaneity)
Energy Flow—"Chi" (breath or cosmic rhythm)
Breakthrough—"Wo" (awakening of the Tao, or ego transcendence)
We invite all therapists, gurus, "see-ers" and anyone else to be crazy together, to experience one mind, blow out and in, and to mirror each other, themselves and the world.
We will use the camera as a tool for mirroring and for seeing. We do not expect technical perfection in photography and will use Polaroid materials to avoid confusing ourselves with technical details.
Each participant should bring a Polaroid camera and film. If you do not own one, borrow one or buy one cheaply at a pawnshop. Participants: please bring some photographs of your own or some favorites by others. $110

LSD & the Cosmic Game
Stanislav Grof & Joan Halifax-Grof

All through recorded history, man has been asking questions related to the basic metaphysical problems of existence—the enigma of the cosmos and of the creative principle behind the universal design, the relationship between mind and matter, the dilemma of space and time, the nature of man and the meaning of human life. On the basis of several thousand records from LSD sessions and crosscultural research, the Grofs will explore these questions as they appear to individuals who have experimented with altered states of consciousness. The focus will be on the surprisingly consistent ontological and cosmological system emerging from psychedelic research; this material will be compared with cosmologies of various ancient and contemporary cultures, as well as revolutionary discoveries of twentieth century science. $110

Exploring Theology Experientially
George Sallaway & Bill Ross

A weekend drawing on the riches of the Old and New Testaments, seeking awareness of and integration of the present, personal meaning of revelation, incarnation, mercy and metanoia—re-surrection, re-membering and re-union. Double accent on getting our practice into theory and vice-versa. $110

THE WEEK OF SEPTEMBER 15 - 20

Body Language & Energy
Hector Prestera & Sharon Wheeler

Body analysis including: Reichian and neo-Reichian concepts, rolf principles, body color readings, aspects of the human aura. Acupuncture and psychic energy work will be illustrated and experienced. $270

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience—love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." $270

Experiencing Esalen

See description p 39 $240

5-Day Introduction to Arica / Lyn Davis, Roland Hall, Irene Hall & Bill Woodson

Arica trainings offer each individual the opportunity to correct the imbalance of the three basic instincts: Conservation ("How am I?"), Relations ("Who am I with?") and Syntony ("Where am I?"). When these instincts are in harmony, our psyche becomes purified and we see the world exactly as it is. Work during this 5-day training will include: psychocalisthenics—physical exercises for harmonizing body movements with the psyche; JERFS—exercises for relaxing the body, increasing vitality and having fun; forums—discussion of Arica theory; and various meditations and mantra for developing the energy centers of the body and for facilitating essential contact between individuals. Through the use of these and other techniques, the participants will receive an intensive introduction to practices used in the longer Arica programs. This week is designed to stimulate mental clarity, physical relaxation and emotional well-being. $270

THE WEEKEND OF SEPTEMBER 20 - 22

Spiritual Cleaning & Daily Practice
Al Drucker & Christine Price

The focus of our weekend together will be to purify our body-mind and heart. In the process we hope to develop a practice that we can take home with us (to use alone or share with those we live with). This will include a cleansing bath, a cleansing diet, morning meditation, some yoga, t'ai chi and Arica exercises, self-massage, karma cleaning, and chanting . . . lots of chanting (down by the sea if the weather's good). If there's time we'll also demonstrate rolfing, acupuncture and other healing/purification practices. $110

Weekend Workshop
Will Schutz

Limited to 12. $120

You Don't Have to Suffer to Feel Good
Harry Sloan

Frequently people come to workshops believing the only way to get in touch with themselves is through pain, anguish and earthshaking breakthroughs. Growing becomes humorless and heavy and so does life. Though real experience will not be avoided, this workshop will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen. $110

A Weekend Workshop in Self-Awareness
David Schiffman

This workshop is based on the awareness that personal growth is often blocked because we don't see ourselves clearly, as others see us, or act as we really feel. The object of this seminar is to create a supportive atmosphere wherein the participant can experience her or himself at a deeper, more meaningful level than daily life provides. Techniques of psychodrama, encounter, gestalt and video will be used. $110 + $2 video fee.

A Workshop for Gay People / Sally Smith & Paul Rebillot

A chance for gay men and women, singly or in couples, to come together at Esalen, explore life styles, problems, joys, directions; share massage, music and plain talk. $110

Sept. 22-Nov. 1

The Human Experience: Transitions and Transformations
Coordinated by Stanislav Grof & Joan Halifax-Grof

A six week institute for professionals and graduate students in the fields of medicine, behavioral sciences, psychotherapy and anthropology.

Under the direction of Stan and Joan Grof, Esalen/Big Sur is gathering over a dozen faculty to offer 200 curriculum hours of theoretical and experiential sessions covering developments in three major areas: 1) individual and group psychotherapy and self-exploration practice; 2) healing; 3) altered states of consciousness.

TRACK I: *Gestalt, Encounter, Psychosynthesis.* Leaders who have pioneered in each of these approaches will provide an introduction to these disciplines and conduct workshops for the participants.

TRACK II: *Healing.* This track will consist of a historic overview and cross-cultural survey of healing: analysis of shamanism; mythological/religious parallels to re-emerging models of mind/body/spirit; comparison of indigenous and ancient healing practices with modern therapies; the relevance of anthropology for the delivery of health care; practical application of innovative therapies.
Participants will be introduced to such healing techniques as acupuncture, polarity (the therapeutic use of massage), structural integration—also known as Rolfing—and psychic healing.

TRACK III: *Altered States of Consciousness.* This track will focus on unusual states induced by psychedelic drugs and various non-drug techniques. Individual units will be devoted to: discussion of historical and cross-cultural perspectives of psychedelic drug use; laboratory research of altered states of consciousness and psychedelics; psychophysiological comparison of the LSD-induced state and schizophrenia; the use of psychedelic drugs in psychotherapy, including work with individuals facing imminent death; maps of consciousness emerging from LSD research and metaphysical issues arising in psychedelic sessions. Special emphasis will be on the application of this knowledge to the areas of drug abuse, crisis intervention and various forms of psychotherapy.
Non-drug technology for inducing experiences of altered states of consciousness will be available for supervised use by participants.

Faculty: Craig Enright, Stanislav Grof, Joan Halifax-Grof, Janet Lederman, Emmett Miller, Hector Prestera, Christine S. Price, Richard Price, Valerie Blalock Schutz, Will Schutz, Beverly Silverman, Julian Silverman, Sharon Wheeler

Guest Faculty: Gregory Bateson, Lois Bateson, Joseph Campbell, Ann Heider, John Heider, Antoinette Lilly, John C. Lilly, Karl Pribram (to be confirmed)

This program will be limited to 25 participants, selected from applicants. Fee: $1320. Some working scholarships of up to 50% are available to students, on basis of need. For further information write Joan Halifax-Grof, Esalen, Big Sur, CA 93920.

For Big Sur leaders' biographies, see pp 53-56. For Reservation Information, see page 62.

THE WEEK OF SEPTEMBER 22 - 27

Gestalt, Encounter, Psychosynthesis
Julian & Beverly Silverman

For couples. Limited to 14. $270

Gestalt & Spiritual Practice
Richard Price, Christine Price & Esalen Staff

One of a series of programs relating gestalt awareness practice to the spiritual disciplines developed within (and sometimes in opposition to) the great world religions. Recommended reading: *Tao Te Ching* by Lao Tzu, translated by Gia-Fu Feng and Jane English; *Gestalt Therapy Verbatim* by F. S. Perls; *The Anatomy of Mental Illness* by Arthur Janov. $270

Exploring Self-Acceptance / David Schiffman

The focus of this workshop is on the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. There will be a session with video for "taking a look" at ourselves. Emphasis is on searching out unique personality strengths, individual capacities and latent powers as a means of achieving productive, creative functioning. $270 + $2 video fee.

Being "Together" / Bob Kriegel

Being "together" or having it all "together" usually refers to a coming to terms with seemingly disparate and conflicting elements of our personality and blending them to arrive at a state of inner peace and harmony. In this workshop we will use encounter, gestalt, psychosynthesis and bioenergetic techniques as well as massage and play to help us develop new awareness and insights and to explore the process of being "together," both with ourselves and with others. $270

THE WEEKEND OF SEPTEMBER 27 - 29

Greek Dancing & Gestalt / John & Sandy Enright

"This earth, this earth we tread upon . . .
All shall enter it . . .
If I knew how to escape, I would make
To the earth a vow of silver.
This earth, which will devour us;
Assail her with the foot!"
Fragment of a Greek dance-song (Tsamikos)

Greek dancing is inward and social; serious and gay; disciplined and free. We are drawn to it more than any other of the many forms of dancing we have done. We will combine this pleasure of movement and quality of feeling with gestalt-oriented encounter. $110

Mountain Aesthetics Along the Big Sur Coast
Michael Tobias & Carol Macgee

This workshop will combine new ways of exploring and experiencing the mountains and coastal shoreline in Big Sur. Technical alpinism, the art of bouldering, meditation, centering, hiking disciplines and mountain lore will be ways which can provide us with unique insights into ourselves, the group and the environment. $110

Come As You Are / Paul Rebillot

Behind the fantasy self lies the authentic self that cannot be duplicated. Using gestalt, dance, improvisation and ritual magic, we will delve into the mysteries of our mythology and bring our fantasies and visions to life. Once expressed, we can take a look at whether our fantasies nourish or limit the range of our experience. $100 + $2 video fee

One Plus One: A Workshop for Couples
Bob & Marilyn Kriegel

A workshop devoted to adding up the resources available to each couple. It is our belief that individuality and personal integration need not be sacrificed in the process of joining with another. A workshop on becoming more than the sum of the parts. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be used. Limited to 10 couples. $110

THE WEEK OF SEPTEMBER 29 - OCTOBER 4

The Psychotic Opportunity*
Coordinator: Russell Lee, with Stanley Mayerson, Richard Price & Paul Rebillot

These workshops are designed for professionals who wish to explore alternatives to the strictly medical model of understanding and treating madness. Each workshop will approach psychosis as an appropriate and understandable response to an insane environment. Emphasis will be given to: 1) the meaningfulness of the psychotic episode when it is viewed in the context of a person's family background, 2) the potential growth experience of the psychotic episode for the "patient" and his family, 3) the process of establishing a creative relationship with the psychotic individual and his family, and 4) the process of establishing an "asylum-like" in-patient community for psychotic persons and their families.

The workshop is designed to have experiential and didactic components. Experientially, we will attempt to connect with each of our own "madnesses" through gestalt, bioenergetic and improvisation exercises. Didactically we will describe our work as well as explore the works of Laing, Lidz, Haley and Perls. Special lectures will be given by Drs Stanislav Grof and Joan Halifax-Grof. $270

**For professionals and students in the mental health field.*

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. $270

Centering / Robert Nadeau

Being centered is working in harmony with yourself. It is applicable in everything—movement, sports, working, teaching, meditation—all aspects of living. We'll learn to recognize and function from center in the midst of daily activities and pressures. $270

SPECIAL WORKSHOP ANNOUNCEMENTS

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

November 24-December 20 (Note: date changed from previous catalog)

Gestalt, Physical & Spiritual Practice
Richard Price & Esalen Staff

A 4-week residential program centered in daily gestalt sessions which are based in awareness of body and breath. Gestalt is viewed not as a "therapy" but as a *practice* with strong affinities to a number of spiritual practices, especially those emerging from Taoism and Buddhism. Some of these will be experienced and discussed. Physical practice centers on forms coming out of spiritual traditions and on exercises developed by the students of Wilhelm Reich. Key concepts (which gain meaning only in practice) are awareness, responsibility, organic self-regulation. Recommended reading: *Tao Te Ching* by Lao Tzu, translated by Gia-Fu Feng and Jane English; *Gestalt Therapy Verbatim* by F. S. Perls; *The Anatomy of Mental Illness* by Arthur Janov; *Cutting Through Spiritual Materialism* by Chogyam Trungpa; *Selected Writings* by Wilhelm Reich.

Month-long workshops in the planning stage:

January 5-31
Month-long workshop coordinated by Julian Silverman

February 2-28
Month-long workshop by John Heider and Michael Butler

March 2-28
Training Program in Intuitive Process by Harry Sloan

October 6-November 1

HEALTH MONTH
Coordinator: John McCamy

This month-long workshop has three aims: 1) to provide the environment and the *time* for participants to accomplish a significant improvement in their health and well-being; 2) to offer Dr McCamy's preventive medicine program—a simple and workable presentation of health information and practice—so that participants will be able to continue their own program after the workshop and have an informed basis from which to help others: 3) to extend the preventive medicine practice into approaches to physical/emotional/spiritual balance practiced at Esalen.

Dr McCamy's health program—called *Human Life Styling*—approaches the goal of "zero symptoms" in four ways: nutrition/detoxification, exercise/movement, stress reduction and ecological awareness. Sessions will include:

- diet analysis, food supplement and fasting information
- personally tailored aerobic exercise
- simple exercises for relaxation, similar to those used for meditation and alpha state induction
- massage and hot mineral baths

Esalen staff will lead sessions in group process (gestalt, encounter, etc.) focusing on ways we prevent ourselves from feeling well. There will be supplementary sessions in body awareness and movement, as well as introductions to such energy-balancing practices as bioenergetics, Feldenkrais exercises, polarity massage, meditation and chanting, acupuncture, rolfing (structural integration) and so on.

Esalen leaders associated with Health Month so far include: Julian and Beverly Silverman, Hector Prestera, Al Drucker, Bob Kriegel, Peggy Morrison, Ellen Stevens, Richard Price.

Fee: (including room and board) $1160

SOME DEFINITIONS
Of Approaches to Human Growth Used in this Catalog

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen's encounter groups today.

GESTALT: **see definition on page 22**

MASSAGE

Massage at Esalen is seen and taught as a caring relationship between two people. Consideration is given first to the feelings and the sensory experience of both partners, and after that to techniques. Workshops are attended by both couples and singles.

PSYCHOSYNTHESIS: **see definition on page 18**

SENSORY AWARENESS

Sensory awareness is Charlotte Selver's name for the work she studied with Elsa Gindler in Berlin and brought to the United States in 1938. Workshops in sensory awareness aim at a state of intellectual quiet in which each activity can be fully felt and allowed to find its natural way, free of inhibitions, techniques and images. When ideas are stilled, sense perceptions coming from the entire organism enable the person to function authentically, according to his nature, in all situations. Closely akin, in its pure form, to the practice of zen, sensory awareness brings the essential character of meditation to every aspect of daily living.

STRUCTURAL INTEGRATION (ROLFING)

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom and balance. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage. Working with a trained practitioner, the process is usually completed within ten individual sessions.

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

More Alice: (l to r): Bowley, 1921; Hudson, 1922; Gough, 1940; Peake, 1954

BIOGRAPHICAL INFORMATION : BIG SUR

TOM ALLEN, a senior associate of the Psychosynthesis Institute, leads workshops at growth centers and educational institutions throughout the country and abroad. He has taught courses in psychosynthesis at the college and university level. He is an artist and has worked to integrate art into the psychosynthesis process as a means of self-realization. (pp 40, 47)

MAURICA ANDERSON, a former staff member of the California Institute of Psychodrama, is currently working in psychodrama and encounter with various Berkeley womens' groups and is a graduate student in the humanistic psychology program at Sonoma State. (pp 43)

WALT ANDERSON studied psychodrama under Lewis Yablonsky, is accredited by the Moreno Academy of New York and was former executive director of the California Institute of Psychodrama. He led the first Esalen High Sierra programs and is currently exploring new ways of combining encounter and outdoor activities. He is also author of several books, including *Politics and the New Humanism.* (p 43)

DON BARENFELD is a gestalt therapist in private practice with the Gestalt Associates of Los Angeles. He spent three years in training with the Gestalt Institute of Los Angeles and one year as a trainee/apprentice with Robert W Resnick. Don has been teaching and demonstrating massage in Los Angeles for several years and most recently has been studying Reichian therapy with Dr Curcuruto. (p 38)

GREGORY BATESON is a world-famous ecologist and ethnologist. He originated the "double bind" theory which explains some of the causes of schizophrenia. His most recent interests join the workings of the human mind and emotions to the problem of ecology. (p 50)

VALERIE BLALOCK SCHUTZ is first and foremost a woman. In addition, she has been a musician, dancer, philosopher, actress, cook and gymnast. She has trained in encounter with William Schutz and in EST with Werner Erhard. With Will Schutz she has co-led workshops in the United States, Canada and Australia. She is presently in residence at Esalen/Big Sur. (p 50)

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is Professor and Director of the program in Confluent Education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning* and the forthcoming *The Live Classroom.* (pp 39, 46)

JUDITH BROWN has an international reputation as a gestalt awareness trainer and has been interested in the use of symbols as an expression of the creative unconscious. In addition to her own groups, she has co-led numerous groups with her husband. (pp 39, 46)

MICHAEL BUTLER is a group leader and rolfer who is interested in ways to integrate the body, mind, and spirit. A former Esalen resident fellow, he was trained in group process by John Heider and subsequently by Dr. Ida Rolf. Currently he is a member of a meditation training group led by Robert Nadeau. Primary emphasis in his work is on ways to translate growth practices into everyday life. (pp 40, 42, 51, 52)

JOSEPH CAMPBELL is the author of *The Hero with a Thousand Faces* and *The Masks of God,* among other works. He has been a member of the Literature Department of Sarah Lawrence College since 1934. (p 50)

BETSIE CARTER is a senior associate of the Psychosynthesis Institute. She completed advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu, and underwent didactic training in Italy with Roberto Assagioli. Currently, she is working with individuals, supervising trainees in the practice of psychosynthesis, and is an editor of the forthcoming journal *SYNTHESIS, The Realization of the Self.* (p 44)

SEYMOUR CARTER has been a teacher at Esalen for the past five years and maintains a private practice in San Francisco. He has served as consultant in self-awareness programs to the US Army and several universities. Studies in the body/mind field which he feels have significantly influenced him include: Esalen teachers such as Fritz Perls, Richard Price, John Heider and Will Schutz; Zen Buddhism; Feldenkrais; Bioenergetics; the Arica training; Aikido; training as a rolfer and, most recently, a nine month study program given by Charlotte Selver for teachers of her work. Against the background of these experiences, he describes his work as an integration of gestalt and sensory awareness. (pp 42 & 48)

BARBARA CLEMANS is a teacher, dancer and practitioner of massage in San Francisco. Her approach has been synthesized from nine years of experience with various techniques, including: graduate work in creative movement, gestalt, yoga, Reichian therapy, belly dancing and EST. During the past year she has been influenced by her training with Moshe Feldenkrais in individual and group work and with George Simon in psychic development. She is an Arica trainer and her work is featured in *Getting Clear: Body Work for Women.* (p 41)

EMILIE CONRAD received her early dance training in New York. She has been on the faculty of the Lee Strasberg Theatre Institute and the Actors Studio. Currently she is a consultant for the California School of Professional Psychology and a faculty member of the Center for the Healing Arts. Her recent workshops include those for the Association for Humanistic Psychology, The Institute for Analytical Psychology, The Group Psychoanalytic Association and various universities. The five years she spent living in Haiti, studying and participating in native rituals, provide the anthropological roots for Continuum. (pp 38, 48)

MARGARET CONWAY, a senior associate of the Psychosynthesis Institute, is in advanced training with its directors, Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. Trained as a psychiatric nurse, she also has extensive experience as a group leader. Presently she works with individuals and groups in psychosynthesis. (pp 40, 47)

LYN DAVIS is a member of the Arica teaching staff and a gestalt trainer. She leads women's workshops in the San Francisco Bay Area and works lovingly with Jack Downing. (pp 44, 48)

LAURA DILLON. Interest in Reich's work brought Laura into the Interscience Work Shop more than two years ago where she has taught a score of classes and workshops and has a busy individual practice. She has led or co-led workshops at Kairos and Esalen in California and throughout the country, most recently in the mid-west during a series of workshops in which she combined her neo-Reichian work with the work of well-known leaders in Transactional Analysis. (p 40)

JACK DOWNING MD is a life-long student. He studied psychiatry at the Menninger School, gestalt therapy with Fritz Perls, structural integration with Ida Rolf. He was among the original group who studied with Oscar Ichazo in Arica. He is learning. (pp 44, 48)

JACQUELINE LARCOMBE DOYLE is a psychologist and former Esalen resident fellow, trained by William Schutz. Her background includes teaching and clinical work. She has done encounter work here and abroad. For the past year she has served as a director of group training and member of the board of Greenhouse, a new Boston growth center. (p 48)

AL DRUCKER is a former space scientist whose primary work now is rolfing and teaching. He's lived at Esalen and in Big Sur for six years. Al is qualified as an acupuncturist (licensed in England) and as an Arica trainer. He has led gestalt, encounter and synanon groups, is trained in iridology, nutrition and psychic processes and on various occasions has taught anatomy, physiology, massage, yoga, t'ai chi and folk dance sessions. He recently returned from a spiritual journey to India to see Sai Baba (pp 45, 49, 52)

JANE ENGLISH is a professional photographer who also holds a PhD in physics. With her husband, Gia-Fu Feng, she is author-translator of *Tao Te Ching* and *Chuang Tsu*, and directs Stillpoint, a Taoist community in Manitou Springs, Colorado. (p 49)

CRAIG S ENRIGHT, MD, received his MD Degree in 1969, and worked in conventional hospital practice until 1971. He has resided in Big Sur for the past 2½ years. His present interests are focused on expanding awareness of the psychophysical processes which determine one's position along the spectrum of ease/dis-ease. (50)

JOHN ENRIGHT is vice president of the Gestalt Institute of San Francisco and a free lance psychologist. (p 51)

SANDY ENRIGHT's major focus is the bodymind. She has been influenced by several divergent streams of thought: bioenergetics, gestalt, ethnic dance, massage, effectiveness training and Synanon games. She uses a blend of these in working with individuals and groups, separately and with her husband, John Enright. (p 51)

CHRIS FELDMANN studied with George Simon for two years and became his teaching associate. She has an MA in school administration and has taught in many places, including the Philippines and a Chicano barrio. She was formerly the director of a free school. Currently she teaches classes in consciousness and has a private counselling practice under the auspices of the Community for Conscious Evolution. (p 41)

GIA-FU FENG is author-translator of *T'ai Chi - I Ching, Tao Te Ching* and *Chuang Tsu*. With his wife, Jane English, he directs Stillpoint, a Taoist community in Manitou Springs, Colorado. (pp 48, 49)

PIERO FERRUGCI, an associate of the Psychosynthesis Institute, is from Italy, presently travelling and lecturing in this country. He underwent didactic training at the Istituto de Psicosintesi, Florence, with Roberto Assagioli and worked with him during the past several years. He has been collaborating with Laura Huxley, has given lectures and workshops in this country and in Europe, and has taught psychosynthesis at the University of Florence. (p 45)

HEIDI FIRMAN is a senior associate of the Psychosynthesis Institute, and a member of the Institute's training staff. She has completed advanced training with Jim and Susan Vargiu, directors of the Institute, and has had didactic training with Roberto Assagioli, the originator of psychosynthesis. A former teacher of meditation and yoga, she is currently working with groups, individuals and couples is psychosynthesis. (p 44)

ARTHUR FOX, a 1969 Esalen resident fellow, has been leading groups for Esalen and throughout the United States and Europe. He has implemented humanistic education into a Swiss school and at colleges in the US both as a teacher and consultant. He is the director of the Esalen College Program and newly formed Extended Learning Center and is a student of Stanley Keleman. (pp 38, 39, 42)

JANICA FOX has a background of research in groups at Harvard and was a 1969 Esalen Resident Fellow. For the past six years, she has been leading groups at Esalen, around the country and in Europe. She is the assistant to the director of the Esalen College Program and works privately with individuals and couples in the Bay Area. (pp 38, 39, 42)

LEE GIBSON works as a learning therapist in the Los Angeles area. For twelve years he taught in public schools, where he carefully observed and studied learning processes and problems in both children and adults. Through his observations and studies, Lee discovered numerous ways in which the development of intellectual self-confidence is stifled and creative expression blocked. (p 42)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over 50 articles in professional journals and books. He was a research psychiatrist at the Psychiatric Research Institute in Prague until 1967, Clinical and Research Fellow at Johns Hopkins University Henry Phipps Clinic until 1969 and Chief of Psychiatric Research at the Maryland Psychiatric Research Center and Assistant Professor at the Department of Psychiatry and Behavioral Sciences, Johns Hopkins University until 1973. He is presently on leave of absence from Maryland and Johns Hopkins and is a resident scholar at Esalen/Big Sur. (pp 42, 45, 49, 50)

JOAN HALIFAX-GROF is a medical anthropoligist specializing in psychiatry and religion. Her dissertation "Indigenous Healing Systems and Contemporary Medicine: Toward an Integration of Approaches" reflects her crosscultural studies at Columbia University and subsequent field work in Africa and the Caribbean Islands, the study of the Afrocuban religion "Santeria" and her work as anthropologist for the University of Miami School of Medicine in the Departments of Psychiatry and Pediatrics. In 1972-73, she was a research associate at the Maryland Psychiatric Research Institute, working primarily as a therapist and anthropological consultant in LSD psychotherapy with terminal cancer patients. She is currently a scholar in residence at Esalen/Big Sur. (pp 42, 45, 49, 50)

BERNARD GUNTHER was for seven years a staff member of the Esalen Institute in Big Sur. In recent years he has been involved in the study of psychosynthesis, mind dynamics, breathing, energy and hypnosis as they relate to transpersonal consciousness. He is the author of *Sense Relaxation, Love View, What to Do Till The Messiah Comes* and *How The West Is One*. His latest work *High Cards* was released this February by Harper and Row. (pp 43, 44)

ROLAND & IRENE HALL were associate artists at Esalen/Big Sur from 1962 to 1968. They formed part of the original American group that studied with Oscar Ichazo at Arica, Chile. They are presently members of the Marin Teaching House.

ANN HEIDER received a bachelor's degree in music history and theory and a master's degree in musicology. From 1967 to 1971 she lived and worked at Esalen Big Sur, where she studied and taught chanting, massage, tai chi chuan and other moving meditations. (p 50)

JOHN HEIDER was educated at Harvard College and Duke University. His doctoral thesis dealt with the effects of meditation on perception of Rorschach Ink Blots. From 1967 to 1971 he was an Associate in Residence at Esalen Institute, Big Sur, California. Most recently he has been Visiting Professor at Menninger Foundation's School of Psychiatry. His recent paper, *Catharsis in Human Potential Encounter* will be published in an upcoming issue of Journal of Humanistic Psychology. (pp 42, 45, 50, 52)

RICHARD HORAN is an artist, masseur and organic gardener. (pp 41, 45)

AL CHUNG-LIANG HUANG was born in Shanghai, China and was trained in classical Chinese arts and theatre techniques before coming to the US to become an architect and concert dancer. He has taught and performed at major universities and festivals throughout North America and the Far East. He lectures and conducts seminars in Taoism, Ch'an (Zen) Buddhism and related Asian Arts. He lives in Urbana, Illinois with his wife and daughter and teaches Oriental Theatre and Asian Arts at the University of Illinois. His book is *Embrace Tiger, Return to Mountain: The essence of t'ai chi.* (p 39)

LAURA ARCHERA HUXLEY came to the United States from Italy shortly after World War II. During the following years she intensely studied health, nutrition and psychology. Impressed with the vast amount of avoidable unhappiness which people are afflicted with, she conceived *You Are Not the Target*, a book of practical recipes for personal growth. Laura's second book *The Timeless Moment*, a personal view of her husband, Aldous Huxley, has also been widely acclaimed. (p 45)

CHARLES R KELLEY, Director of the Interscience Work Shop in Santa Monica, is an applied experimental psychologist and vision specialist. He was a student of Wilhelm Reich and for five years edited America's only journal devoted to exploring and developing Reich's concepts. He and the staff he has trained are noted for their adaptation of Reichian techniques in the small-group process Kelley terms the "Interscience Intensive." (p 40)

HARVEY KLEIN is a psychiatrist and Director of Psychiatric Services at Emanuel Community Mental Health Center. He is a former student of Carl Whitaker. His approach to the psychotherapy of psychosis represents a unique combination of family therapy and gestalt-humanistic inquiry. (p 47)

BOB KRIEGEL is the director of the Esalen Sports Center and the Esalen Consulting Service. He was founder and director of Anthos, a New York City growth center. He is a staff group leader and has conducted special programs at universities, social agencies, business corporations and growth centers around the country. He has also been a swimming and skiing insturctor. He has trained at the Psychosynthesis Institute and is currently studying aikido. (pp 38, 39, 47, 51, 52)

MARILYN HARRIS KRIEGEL is the assistant director of the Ford Foundation Esalen Reading Project in Confluent Education. She is a member of the faculty of Dominican college in San Rafael and has led teacher training groups for growth centers and school districts in New York and California. She is currently in advanced training at the Psychosynthesis Institute in Redwood City. (pp 38, 39, 47, 51)

OTIS KRIEGEL is in his second year. He is currently training Bob & Marilyn in here and now living. (p 39)

MARI KRIEGER. Since 1967, Mari has been in training and worked with gestalt therapists including Fritz Perls, Bob Hall and Claudio Naranjo. She has worked with the Experimental Wing of the Committee, as well as other improvisational theatre groups. Mari is also an Esalen-trained masseuse and has led numerous workshops combining gestalt and massage. (pp 42, 47)

NEIL LAMPER is straight to the far out and far out to the straight. He is far out at Western Michigan University and straight in his rejection of magic in his work in his private practice. He experienced his rebirth under Fritz Perls and hones his craft under Janet Lederman, Elaine Kepner, Julian Silverman and others. He lives in a house with a wife and five young ones and periodically straddles his Honda and drops out of sight into the desert "to take his pulse." He is the author of *The Village Idiot*, and *Growing Pains*. He says, "The temptation of imitation and expertise is always there but I prefer the uncertainty and often fear of doing my own thing. I value the feel of my work on the fringes in New York, Philadelphia, Toronto, at Esalen and Tuwaqachi." He is a founder of Tuwaqachi, the new Gestalt Learning Center, a 140-acre farm in Michigan. He says his work is organic: observation of the wholeness in everyone and working to bring it to awareness. (p 45)

JANET LEDERMAN is an artist, teacher and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process of which she is the originator. She is currently associate director of Esalen/Big Sur. (pp 39, 50)

A RUSSELL LEE is Director of Emanuel Mental Health Center, a non-drug treatment center where psychosis is approached as an opportunity for growth. He has a family-existential view of psychosis. He has worked with Dr R. D. Laing as colleague and friend and co-authored the book *Interpersonal Perception* with him. He has also worked with Dr Don Jackson, Virginia Satir, Paul Watzlawick and has had extensive private practice experience in individual, family and group therapy. (pp 39, 47, 51)

LENORE LEFER is a former executive director of the Bridgeport, Conn. Mental Health Association, research scientist, psychological examiner, teacher, Esalen resident fellow and organizational consultant. She is presently in advanced training at the Psychosynthesis Institute in Redwood City and is currently leading groups in the Bay area for Esalen, a free university and is a consultant to Awareness House. (pp 40, 48)

ANTOINETTE LILLY is a psychoanalytic therapist with extensive training in esoteric mystical traditions and techniques and in traditional American methods of freeing the self, including encounter, LSD therapy and the polymorphous dyadic interlock. She has also had extensive experience in tank work. (p 50)

JOHN C. LILLY, M D has primary research interest in the relation of the mind to the brain. He is trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication. He has been an Esalen leader since 1968 and trains in solitude, isolation and confinement (water tank work). He has a seminar center in Malibu, California, and has written the books *Center of the Cyclone* and *Human Biocomputer*. (p 50)

DON LINDSAY is a humanist, a physician, a teacher and a research scientist. He has worked as a small town GP, a military psychiatrist and a specialist in dermatology. He is assistant clinical professor of medicine at USC medical school and president of the Foundation for Research in Aging. Three years ago he returned to UCLA and repeated the freshman year of medical school. He is now finishing a fellowship there in Endocrinological Research. He is intensely interested in creative awareness, discovery and the prerequisite softening of one's certainty. (p 42)

CAROL MACGEE is a former student of the French sociologist and philosopher, Henri Lefebvre. She is a poetess, associate editor of the "International Mountaineering Arts Journal" and author of two works, *Azure* and *Hill Fragments*. She has climbed the Alps and Rockies and trained in method acting and jazz dance. (pp 39, 51)

STANLEY MAYERSON has been working for the past seven years coordinating non-medication programs that are designed to develop and evaluate the potential of the acute psychotic episode as an opportunity for personal growth. He is currently in-patient treatment coordinator at Emanuel Hospital. (p 39, 47, 51)

JOHN McCAMY is a family physician in St. Petersburg, Florida, specializing in the field of preventive medicine. He worked with several doctors and with organizations such as the Southern Academy of Clinical Nutrition and the Academy of Metabiology to develop an effective system for treating the *whole person*. For the past seven years he has offered his preventive program, called Human Life Styling, which has shown that the individual *can* control his health through regulating diet, exercise and stress response. His health program has been presented at several conferences including the Association of Humanistic Psychology and the Symposium of Biological Medicine, in Switzerland. His book on Human Life Styling will be relased in the fall of 1974. (p 52)

EMMETT MILLER, presently practicing medicine and hypnotherapy in Carmel, California, has also had extensive training in physics, mathematics and computer science. These, along with his studies in music, art, peotry and various religious approaches, led to the development of Selective Awareness, an interdisciplinary approach to the self. (p 40, 50)

PEGGY MORRISON was in the 1970 Esalen residence program. She is the former head of the Esalen/Big Sur massage crew and a teacher of massage. (pp 41, 45, 52)

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. (pp 39, 46, 51)

BURYL PAYNE, PhD directs the Institute for PsychoEnergetics. He was a former faculty member of Goddard College and Boston University, worked in space medicine and at Synectics, Inc. He also founded Psycho-Physics Labs, and Biofeedback Instruments, Inc. He designed the first Alpha Sensor for portable brain wave training and holds a patent on the Relaxometer for GSR biofeedback training. He is currently in training with the Institute for Bioenergetic Analysis in New York, an EST graduate and practitioner of Kundalini Yoga. Psychoenergetics is a continuation of the material presented in his recent book: *Getting There Without Drugs*. (p 47)

BRUCE PECK is director of family therapy at Emanuel Medical Center. He is also the author of *A Family Therapy Notebook* and *Family Therapy & Community Mental Health*. He is involved in the training of family and marriage psychotherapists. (p 47)

JOHN WEIR PERRY: Jungian Analyst, co-founder of Diabasis (a residence for acute schizophrenics), assistant clinical professor of psychiatry at UCSF, instructor in the C.G. Jung Institute in San Francisco, author of *The Self in Psychotic Process*, *Lord of the Four Quarters*, and *The Far Side of Madness*, the latter published by Prentice Hall this spring. (p 44)

VIJAYENDRA PRATAP was born and educated in India. After completing his Masters in Psychology at Agra University, he obtained the Diploma in Yoga Pravishta (DYP) from India's renowned Yoga Institute, Kaivalyadhama. He worked as research assistant and lecturer in Yoga and mental health at Kaivalyadhama, until receiving his Doctorate in Applied Psychology from the University of Bombay in 1967. In the United States, Dr Pratap is a trsutee of and advisor to the Yoga Organization for Research and Education. In Philadelphia, where he now lives, he serves on many boards and is a consultant to the Community Mental Health Center and the Psychosomatic Clinic of the Thomas Jefferson Hospital. He is founder/director of SKY (Swami Kuvalayananda Yoga) Foundation in Philadelphia. (p 46)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is licensed in acupuncture in England. He has spent the last year and a half within the Arica Institute. His prior training includes gestalt, Reichian energetics and structural integration. He has studied and led workshops with Richard Price, John Heider, John Lilly, Will Schutz, Ida Rolf and Jack Worsley. He is currently interested in fusing the above teachings toward developing a new humanistic model for healing the whole person (body-mind-spirit). (pp 41, 42, 46, 49, 50, 52)

KARL PRIBRAM is a professor of psychiatry at Stanford University Medical School. An eminent neurophysiologist, he is the author of several books. (p 50)

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 41, 49, 50, 51)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 39, 47, 48, 50, 51, 52)

MAURICE RAPPAPORT received his M D at Stanford and his PhD from Ohio State University. He is co-principal investigator with Julian Silverman for the Agnews Project. (p 45)

PAUL REBILLOT, teacher, theatre director, actor, magician and fool, has taught at San Francisco State College and Stanford University. He is the founder of the Gestalt Fool Theatre family of San Francisco. He has trained in gestalt with Richard Price and in encounter with Will Schutz. He is therapist for the staff of the Emanuel Community Mental Health Center and is manager of the Esalen Study Center as well as a resident Esalen leader. (pp 39, 43, 44, 45, 47, 50, 51)

STELLA RESNICK is a clinical psychologist and gestalt therapist in private practice in San Francisco. Her approach to the teaching and practice of gestalt has been influenced by her academic work in behavior modification and learning theory, her background in theater and dance and her training with Fritz Perls, particularly at the Gestalt Institute at Lake Cowichan in Canada. She produced and led Gestalt Theater at "The Committee" in San Francisco and has led groups and given lecture-demonstrations in gestalt awareness training throughout the country. For the past two years, she has been one of the directors of the Gestalt Institute of San Francisco. (pp 46)

BILL ROSS is a priest, professional member of the Association for Creative Change and Consultant/Trainers Southwest, TA and gestalt therapist. (p 49)

FRANK RUBENFELD, a clinical psychologist, trained in gestalt therapy with Friz Perls at Esalen. He has been training therapists in gestalt for the past few years, as well as leading workshops on both coasts and at Big Sur. He is a director of the Gestalt Institute at San Francisco and on the faculty of the California School of Professional Psychology. (pp 42, 43, 44, 47)

ILANA RUBENFELD trained with Fritz and Laura Perls integrating the Alexander Technique and gestalt therapy. She is a certified teacher and board member of the American Center for the Alexander Technique and a full member of the New York Institute of Gestalt Therapy. She is on the faculties of New York University and Eastern Institute of Psychotherapy. She has recently completed a tour of South America, training professionals. (pp 43, 44)

GEORGE SALLAWAY is a priest, theologian, lab trainer with Consultant/Trainers Southwest, author *Follow Me: Be Human*, ecumenical executive in Texas. (p 49)

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. In addition to leading groups at Esalen and Anthos, he has lectured at the University of California, Princeton and many other schools, as well as conducting special programs for industry and social agencies. Recently a leader-in-residence at Esalen/Big Sur, he is currently working on an approach which synthesizes the creative and therapeutic possibilities of group process. (pp 38, 41, 43, 50, 51)

VALERIE BLALOCK SCHUTZ is first and foremost a woman. In addition, she has been a musician, dancer, philosopher, actress, cook and gymnast. She has trained in encounter with William Schutz and in EST with Werner Erhard. With Will Schutz she has co-led workshops in the United States, Canada and Australia. She is presently in residence at Esalen/Big Sur. (p 50)

WILLIAM SCHUTZ is the author of *Firo, Joy, Here Comes Everybody* and most recently *The Elements of Encounter.* He is currently in residence at Esalen, Big Sur. (pp 49, 50)

ALAN J SCHWARTZ practices privately in New York City and also holds the Associate Professor rank at the City University of New York, Iona College, and New York University. He is an active member of the Institute for Bioenergetic Analysis and an Associate member of the Gestalt Institute of New York. He was trained in gestalt by Laura Perls. He leads groups throughout this country and in Europe. In 1973, he spent three months as the first resident bioenergetics specialist at Esalen/Big Sur. He is researching on effecting a marriage between the techniques of bioenergetics and gestalt. (pp 43, 44, 46)

BEVERLY SILVERMAN is a senior rolf practitioner. She is a leader of gestalt and encounter groups and has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the U S Army at Fort Ord. (pp 43, 48, 50, 51)

JULIAN SILVERMAN is director of Esalen/Big Sur. His training in group and individual process includes gestalt, encounter, psychosynthesis and organization development. During the past two years, he and his wife have become increasingly involved in teaching therapists and other health professionals. As a research psychophysiologist he has published numerous papers including *A Paradigm for the Study of Altered Stated of Consciousness, Research with Psychedelics, Acute Schizophrenia: Disease or Dis-ease?* and *The Study of Sex Differences.* He is an admirer of Fritz Perls and Lao Tzu. (pp 43, 45, 48, 50, 51, 52)

HARRY SLOAN, a former dentist and Esalen resident fellow, is an experienced leader, organizational consultant and playwright. His first play "The Burden" was showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspective—"seeing oneself beyond an impasse." He is training in psychosynthesis at the Psychosynthesis Institute in Redwood City. (pp 43, 46, 47, 49, 50, 52)

SALLY SMITH is a teacher and a parent and has led gestalt and encounter groups for the past 15 years. (p 50)

DYVEKE SPINO, Esalen Sports Center staff, was formerly a Community Mental Health Consultant. She has taught advanced tennis for the Berkeley Parks and Recreation Department and has been a tennis pro at Round Hill Country Club and Squaw Valley, ski instructor, dancer and concert pianist. (pp 44)

MIKE SPINO was co-director of Other Ways School, is a nationally ranked marathon runner and has written "Running as a Spiritual Experience" and *Poems of a Long Distance Runner.* (p 44)

ELLEN STEVENS is a teacher of movement and massage. She has studied dance and the Arica training and is a member of the Esalen massage staff. (p 52)

JUDITH STRANSKY is Director of the Alexander Center of Southern California and has a private practice in Santa Monica teaching the Alexander Technique and the Feldenkrais method. Her background includes Reichian therapy, gestalt and ta'i chi. (p 47)

SIMONE SURPIN, a former Esalen resident, trained in group process with John Heider. She has led groups in the U S and abroad and is a rolf practitioner. She is currently in private practice in Mountain View and is studying meditation and psychic healing. (pp 39, 42)

MICHAEL TOBIAS is recognized as one of the finest and most novel mountaineers on the contemporary scene, having made innumerable ascents in Yosemite, the Rockies, the Alps, in Greece, the Kashmiri Himalaya, and in the Sinai Peninsula where he wandered for six months, climbing solo in a virtually unexplored mountain region. He has invented and vanguarded the art of bouldering and has studied under the Swiss Tibetologist Blanche Olschak and the Chilean scholar-mystic, Miguel Serrano. He is the author of a four-volume work on mountain aesthetics, *Dhaulagirideon,* and has taught literature, linguistics and mountaineering. (p 39, 51)

JUDY UNELL, one of the west coast's best known massage technicians, joined the Interscience Work Shop training program more than a year ago to study means of combining neo-Reichian emotional release work with her own approach to body work. She has led or co-led workshops at Esalen, Kairos, Elysium, Oasis and other centers as well as at the Interscience Work Shop. Judy is a member of the American Massage and Therapy Association and is licensed in Los Angeles where she practices and teaches her own method: T'ai-Chi Massage. (p 40)

ELAIN WARBURTON co-leads classes and workshops and gives individual instruction at the Interscience Work Shop. She has co-led workshops at Esalen and Kairos. Before entering the Interscience training she received her master's degree in counseling and has done counseling both privately and with groups using a variety of techniques, including substantial work in bioenergetics. (p 40)

RICHARD WEBER has pioneered the use of music as a tool for increasing awareness in education. His background includes a career as professional pianist, a doctorate in music and special education at Columbia University, the publication of extensive teaching materials including *Sight, Sound and Symbol* and *Musicall* plus training in gestalt, Feldenkrais movement, T'ai Chi Chuan, sensory awareness and psychosynthesis. He has led extensive workshops for educators throughout the US, Canada and Europe, and has been featured on NBC-TV, in August 1968 *Reader's Digest* and in the *NY Times.* (p 41)

SHARON WHEELER trained in massage at Esalen/Big Sur and in structural integration with Ida Rolf, as well as in structural patterning with Judith Aston. During the last year and a half, she has been a member of the Arica Institute. She has led workshops in Esalen massage and has been a practitioner of rolfing and structural patterning in New York and Esalen/Big Sur. (pp 41, 42, 46, 49, 50)

BILL WOODSON is an Arica trainer who has been a psychologist, group leader and consultant. (p 49)

TOM YEOMANS is a senior associate of the Psychosynthesis Institute, Redwood City. He is in advanced training with its directors, Jim and Susan Vargiu, and has worked with Roberto Assagioli in Italy. He was associate director of DRICE (Development and Research in Confluent Education) at the Graduate School of Education, University of California, Santa Barbara. He currently works with individuals and groups in psychosynthesis and as an educational consultant. (p 39)

JANET ZUCKERMAN, former New York advertising executive and amphetamine addict, came to Esalen in July of 1971. Since then she has completed an Esalen residency, led groups in New York, San Francisco and Buenos Aires and has kicked the speed habit. (pp 42, 45)

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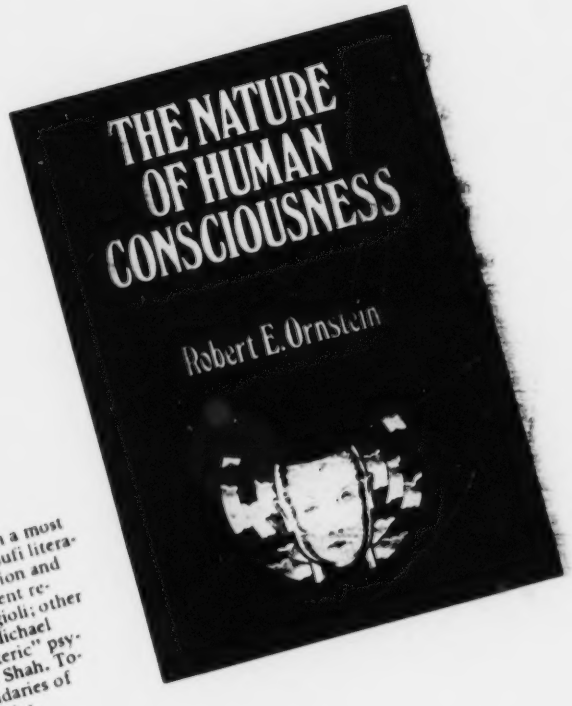

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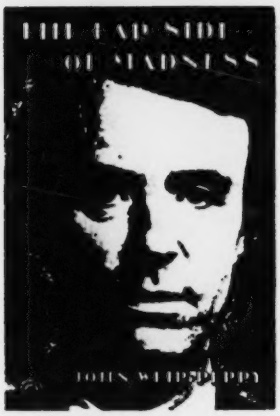

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From Bedlam to Bellevue, the schizophrenic has been shunned by society as a dangerous aberration and even today is often treated with drugs that suppress the "abnormal" ideas and emotions of the disturbed psyche.

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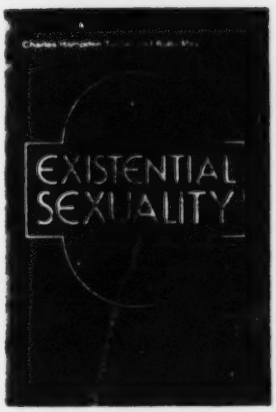

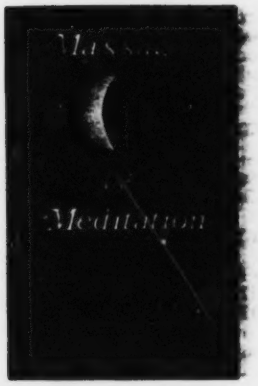

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by Peter Koestenbaum

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TAPE RECORDINGS of Esalen events are available from Big Sur Recordings in Sausalito. See page 61 for more information.

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special information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2. Those attending Esalen workshops and conferences are automatically added to the mailing list. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

ESALEN CONSULTING SERVICE: Esalen is devoted to making life more human at all levels. Our work has reached thousands of individuals and hundreds of institutions. Until recently most of this work was being done at our own facilities, either in Big Sur or San Francisco. There is now, however, an ever-expanding part of Esalen's universe that is moving toward helping to effect changes in the world outside the workshop. Through the Esalen Consulting Service, Esalen staff and leaders have designed and participated in projects for the U S Army, Ford Foundation, the Lockheed Corp, Model Cities, O E O, inservice training programs for hospitals, drug treatment centers, social agencies, colleges, universities and public school districts. Esalen courses are now being given at the University of California and at New York University. Many organizations have also used Esalen personnel as communications and human relations facilitators. If you are interested in learning more about the Consulting Service contact the Esalen/San Francisco office.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please see membership form below.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs. Our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools.

FM RADIO STATIONS in the San Francisco Bay Area (K101, KPFA, KQED, KSAN, KSFX and KMPX) broadcast portions of Esalen seminars and lectures. (K101 has a dependable weekly program each Sunday evening at 11:00 pm.) Other West Coast radio stations, KZAP Sacramento, KTAO Los Gatos, KCSB Santa Barbara, KLOS, KUSC and KPFK Los Angeles, and KPFT Houston, WBAI New York and WOMB New Hampshire, broadcast Esalen programs on an occasional basis. Consult local program guides.

FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell and Margaret Mead, write Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write the Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recordings of many past programs are available through a service which maintains archive copies for Esalen. Requests for tapes now come from educational and service institutions, libraries, religious and professional groups, business groups and individuals concerned with the human potential movement. Commercial use of these tapes is prohibited; all rights reserved. For a complete tape catalog, write Big Sur Recordings, 2015 Bridgeway, Sausalito, CA 94965. The cost of recordings is $10 per tape-hour (prepaid) and $12.50 per tape-hour (with purchase orders), stereo or mono, with choice of 5" reel or cassette.

Catalog Coordinator: Lynn Vandenberg
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directory

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Please address inquiries about programs and business activities to the appropriate offices listed below:

Corporate business, general information and subscriptions:
San Francisco office.

San Francisco Administration:
Leigh Rhett, Director

Big Sur Administration:
Julian Silverman*, Director.
Janet Lederman*, Associate Director.

Esalen/Viking Books: Michael Murphy.

Research: Julian Silverman*.

San Francisco Information

For reservations, literature, tickets and information, write or call: Esalen Institute
1793 Union Street, San Francisco, CA 94123
Phone: (415) 771-1710; 9:30 - 6, Monday through Sunday

RESERVATIONS:

Reservations close 5 days prior to the program, in order to facilitate planning and for the convenience of participants' time plans. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, inless otherwise noted. Mail reservation form with check to Esalen Institute, 1793 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express.

INFORMATION, LITERATURE AND TICKETS for lectures may be obtained Monday through Sunday, 9:30 am to 6 pm at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

WORKSHOP SCHEDULES: One day workshops generally meet from 10 am to 6 pm. Saturday and Sunday weekend workshops meet from 10 am to 6 pm each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 pm on Friday, from 10 am through the afternoon and/or evening on Saturday, and from 10 am to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

ACCOMMODATIONS: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

RESIDENTIAL PROGRAMS are indicated in individual workshop descriptions. Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend residential programs, unless otherwise indicated, begin at 8 pm Friday (no supper served) and conclude following Sunday lunch. Programs are held at a conference center in Marin County or in Sonoma County; exact location will be included with reservation confirmation.

LOCATION: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

WORK SCHOLARSHIPS are available for many programs in San Francisco. Contact the San Francisco office for information and forms.

WAITING LISTS: Names are placed on waiting lists in cases of oversubscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be refunded if reservation cannot be confirmed or upon request by persons not wanting to be on a waiting list.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

BOOKSTORE: Esalen's Bookshop provides a comprehensive selection of books ranging from general psychology, body work and education to the Eastern philosophies, Jung and the mystics. It is open Monday through Sunday, 9:30 am-6 pm.

Big Sur Information

For reservations and information, write or call:
Esalen Institute, Big Sur, CA 93920
Phone: (408) 667-2335, 10 to 4 every day; 10 to 8 Sunday & Friday

Energy Crisis. Esalen/Big Sur has the following information for those concerned about Sunday travel:

- In conjunction with other Big Sur businesses, we are arranging for at *least* one Big Sur gas station to be open on Sundays. (Credit cards vary—be prepared with cash.)
- We have arranged for limited supplies of gasoline to be available at Esalen *for seminarians.*
- We are developing a stayover plan at minimum cost to be implemented for any seminarians stranded due to lack of fuel.

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Deposit Information. Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups and $400 dollars for month-long groups. Deposits are not refundable but, with five days notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen / Big Sur. Do not mail Big Sur reservations to Esalen / San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U.S. currency only, please.

Program costs cover tuition, food and lodging on the Esalen grounds. Our rooms are designed to be shared by two to three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive earlier in the afternoon.

Those travelling by air or bus can obtain limousine service to Esalen/Big Sur. Pickups are made at the Monterey Airport and the Greyhound terminal at 5-5:30 pm each Sunday and Friday. The cost is $10 per person one way; please notify us in advance.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also discourage participants from having guests. Alas, no pets.

Seminarians as Staff (Karma Yoga). Seminarians residing for a week or longer at Esalen are asked to contribute one or two hours a week to the kitchen or garden staff. These hours do not interfere in any way with scheduled groups or meals. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in preparing attendance at Esalen workshops and lectures. You may use it for Big Sur and San Francisco programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. In completing the form, please include the name, address and telephone number of *each* person registering, and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early; some workshops are booked to capacity weeks in advance.

Name_____ Age_____

Address_____

City, State_____ Zip Code_____

Daytime Telephone: Area Code _____ No._____ Number of males____ females____ in group.

Check program location:

☐ **ESALEN/SAN FRANCISCO:** **Please note: San Francisco reservations close 5 days prior to the program.**

☐ **ESALEN/BIG SUR:**

Check whether you wish:

☐ shared room

☐ single room on a space-available basis ($7 per night additional charge).

(Lodging may be assigned at either Big Sur Hot Springs or South Coast Center at the discretion of Esalen.)

No. of persons	Date(s)	Leader's Name & Title of Event	Deposits

Master Charge ☐ American Express ☐ Card No._____

Total amount enclosed: $ _____

PAYMENT: All San Francisco workshops and Big Sur workshops require nonrefundable deposits of varying amounts depending on program length. Consult information section on page 62 for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

After completing this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

San Francisco Programs – Esalen Institute, 1793 Union Street, San Francisco, CA 94123

Big Sur Programs – Esalen Institute, Big Sur, California 93920.

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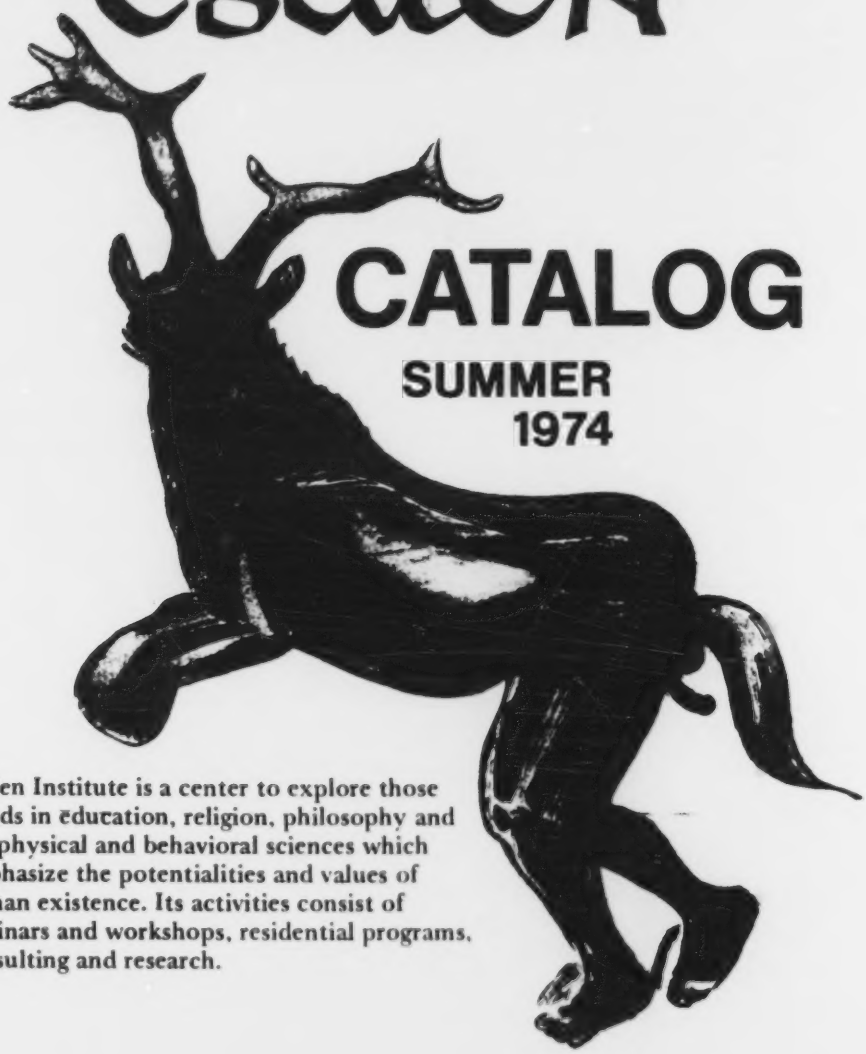

CATALOG

SUMMER 1974

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

Esalen Institute
1793 Union Street
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California 94123

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the Esalen catalog

OCTOBER-DECEMBER 1974

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ABOUT THE ILLUSTRATIONS:

The theme for the illustrations in this catalog is Light in its various permutations, including, of course, its inevitable concomitant, Darkness. The front cover is adapted from an 18th Century engraving of the stars.

ESALEN/BIG SUR: Big Sur, CA 39320/Phone (408) 667-2335; 10 to 4 every day; 10 to 8 Sunday and Friday
ESALEN/SAN FRANCISCO: 1793 Union Street, San Francisco, CA 94123/Phone (415) 771-1710; 9-5:30 Monday-Saturday; 9:30-3:30 Sunday

news from esalen

PRESIDENT'S LETTER

Nothing I have done since becoming President of Esalen has given me more pleasure than the appointment of Leigh Rhett as director of our San Francisco-based programs and overall manager of our business affairs. We are fortunate indeed to have a person of Leigh's caliber in this important leadership role.

It is my impression that many friends of Esalen do not know much about our San Francisco operation. For most people the name Esalen calls up an image not of an urban center but of our better known program center in Big Sur. Even those regular readers of our catalog who know that we also offer programs in San Francisco seldom realize that since 1969 most of our business affairs, legal and accounting work, publishing, printing and mailing, fund raising, planning and development have been handled out of the president's office in San Francisco.

From this San Francisco base we conduct not only workshops and seminars similar to those we offer at Big Sur but also lectures; film series; major conferences such as the ones we have presented this past year dealing with spiritual and therapeutic tyranny, psychic phenomena and the work of Whilhelm Reich; special events of all sorts, such as the U.S. visit of Australian physical culturist Percy Cerutty, the annual summer session on human consciousness, and the series on Jungian psychology; specialized programs in sports, the arts, energetic studies and psychosynthesis; the Esalen consulting program, the Esalen college program, the bookstore and readers' service; and university conferences in collaboration with such institutions as the Universities of Miami, Maryland and Massachusetts, New York Univeristy and Park College. In addition to all this, San Francisco is the center from which we move out into research activities and other new programs. For example our Center for Theoretical Studies and its research programs in the media environment and social design operate out of the San Francisco office.

So as you can well imagine the job of directing the San Francisco program is a difficult and challenging one. It is comforting therefore to know that this responsibility is in the competent hands of Leigh Rhett. Leigh brings a wealth of experience to this task. Having known him for more than a decade, I can attest to his personal attributes of integrity, creativity and a concern for high standards of quality. His academic credentials are equally impressive. After receiving a law degree from the University of Virginia and a PhD in economics from New York University, he moved up through a series of faculty and administrative posts at Lehigh University and NYU before casting his lot with more experimental and unconventional educational programs. With respect to the latter he had been dean of the school of business administration, then dean of the college of arts and sciences at California Western University, dean of the faculty at the University of the Americas in Mexico and vice-president of Mark Hopkins College in Vermont.

Leigh has indicated that his first responsibility is to our program participants—to make sure that in design, preparation, reception and facilities our policies achieve the highest standards. Beyond that Leigh will participate in developing ongoing programs appropriate to the institutions of the city and the many forms of urban living.

We all wish Leigh well in his new job. With his leadership we look forward to Esalen's taking new and exciting directions.

Richard Farson

As the Sun God, Egyptian pharaoh Akhenaten's hand dispenses light and warmth.

COLLEGE CONFERENCES

700 people attended the Esalen/NYU conference on "Focusing New Energies." We were particularly pleased to see many Esalen alumni who came to participate, renew old friendships and keep abreast of Esalen's new directions.

A conference on "Expanding Awareness: New Ways of Seeing and Knowing" will be held with Park College in Kansas City, Missouri, Sept. 13-15. Among the leaders will be Janet Lederman, Will Schutz, Gregory Bateson, Ilana Rubenfeld, George Leonard, Al Huang and Dick Farson.

"Approaches to Health" will be the focus of our conference with the University of Massachusetts in Boston Nov. 15-17. Stanley Krippner, Julian Silverman and Jack Schwartz are among the leaders who will participate.

In addition to a conference for the host college, these programs are opportunities for our alumni throughout the country to renew their contacts with Esalen, meet our new leaders and participate in our development.

NEW EDUCATIONAL & SPIRITUAL COMMUNITY

William Irwin Thompson, author of *At the Edge of History* and *Passages About Earth: An Exploration of the New Planetary Culture,* and lecturer and participant in various Esalen programs, has helped to set up a new educational and spiritual community called The Lindisfarne Association. Open to students of all ages, Lindisfarne is not a guru-directed ashram but a spiritual fellowship in which individuals work with body, mind and spirit to realize a new cultural synthesis of religion, science and art. For information about the summer, fall and spring programs write: Lindisfarne, 50 Fishcove Road, Southhampton, New York 11968; (516) 283-8210.

SPORT AS YOGA: Altered States of Consciousness & Extraordinary Powers

by Michael Murphy

From the earliest days of recorded history many cultures have recognized a connection between sport, philosophy and religion. Among the ancient Greeks, the Maya and the Celts, there were sacred games to evoke and re-enact the deeper truths of life. Black Elk tells us about *Tapa Wanka Yap*, The Throwing of the Ball, a game of the Sioux in which God's grace and omnipresence were revealed to the players. In Tibet, there were the *lung gom* walks that lasted for thousands of miles day and night at a steady pace, in which a monk confirmed his mastery of the inner life. Though formal religious games and rituals like these have vanished in the West, the connections they point to have not been lost.

For the past two years, I have collected stories about these connections. This project grew out of responses to *Golf in the Kingdom*, a novel in which I described a mind-opening game of golf and day-long sojourn with Shivas Irons, a philosopher-athlete I met by chance in Scotland during the summer of 1956. When I wrote the book I hadn't realized there were so many others who had fallen through similar star-gates. For relatively few sportspeople have the language or philosophy to interpret altered states like these, and very little of it finds its way into their biographies or into their reports to the media.

The material I am gathering has led me to construct the frameworks that appear below. Because these reports of transcendence are similar in so many ways to those of shamans, Sufis, Zen masters and yogis, I am led to believe that for some people sport is a liberating discipline of sorts, a kind of yoga or *sadhana* in the making. There are many differences, of course, between ordinary athletics and the classical contemplative disciplines. I am only suggesting that there are surprising and significant similarities.

Ron Wurtsbaugh, a doctoral student in Physical Education, is helping me collect this material. Both of us would appreciate any reports you might want to send along. All of this may grow into a book one day, so it is conceivable that you would be immortalized along with Brodie, Jacklin, Meggyesey and that lady skydiver who rode with the angels.*

A. Altered states of consciousness in sport.

The list of categories below could be extended indefinitely, for the varieties of mystical experience are endless; it will certainly be changed as we gather more stories. Every experience included in it has some or all of the aspects described by the other categories: for example, there was intense enjoyment or ecstasy in almost every instance.

1. *Extraordinary clarity, as if the doors of perception were suddenly opened.* John Brodie, the San Francisco 49er quarterback, described this state in the December 1972 issue of *Intellectual Digest:* "Often, in the heat and excitement of a game, a player's perception and coordination will improve dramatically. At times, and with increasing frequency now, I experience a kind of clarity that I've never seen adequately described in a football story. Sometimes, for example, time seems to slow way down, in an uncanny way, as if everyone were moving in slow motion. It's beautiful."

Tony Jacklin, Britain's famous professional golfer, described a similar state in the November 4, 1973 issue of the *Sunday Times of London:* "It's not like playing golf in a dream or anything like that. Quite the opposite. When I'm in this state everything is pure, vividly clear. . . . I'm living *fully* in the present, not moving out of it. [This state] comes and goes, and the pure fact that you go out on the first tee of a tournament and say 'I must concentrate today,' is no good. It won't work. It has to already be there."

The statement that such a state must "already be there," that it can't be commanded by simple admonitions or brute will, is characteristic of the yogic and mystical literature. Such states come like visitations, like grace. In the same *Times* article Jacklin says that he has experienced them about ten times in his life.

2. *Extraordinary focus and concentration.* Quoting Jacklin again: "When I'm in this state . . . I'm in a cocoon of concentration. And . . . I'm invincible. . . . I'm absolutely engaged, involved in what I'm doing at that particular moment." He described such a moment during the Trophee Lancome tournament outside Paris in 1970, when he reached "the purest psychological state" in his life. On the next to last hole of the tournament, "everything came into focus. Although I could feel my club at every half-inch of my swing, I was free from thinking about various parts of my game. I hit my drive 350 yards, about 50 yards further than I had ever hit a ball in my life." In this state, he eagled the hole, birdied the next and won the tournament by one stroke ahead of Arnold Palmer.

3. *Emptiness. A sense of nothingness or void.* Much contemplative philosophy is built upon the experience of emptiness, in which the perceiving ego gives way to the void. Something like this state has been described by ocean divers and professional football players. Once while I was playing golf, there was a stupendous silence in which the other players, the golf course, the distant hills seemed suspended in air. Although some sense of effort remained, my actions seemed to happen by themselves.

4. *Deautomatization.* A breaking of the perceptual constancies. For example, the flow of time may alter. Racing driver Jackie Stewart has described the uncanny sense of things slowing down in a race, permitting him to make maneuvers that would be impossible in his ordinary state.

Or people may begin to look different. David Meggyesey, the St. Louis Cardinals' linebacker, described a game in which he saw auras around the other players. He could anticipate the moves his opponents were about to make, in a kind of precognitive playing trance.

With old habits suspended, new powers have a chance to come into play.

5. *Equality. A perception of oneness everywhere.* Such a feeling may come with greater or lesser degrees of intensity and may last for a second or for days. A mountain climber I know was in this state for a week after a climb in Nepal, in spite of the fact that he lost some of his toes to frostbite. During his descent

from the mountain, he was "enveloped in a psychic fire that came with a vision of [his] future life." Afterwards he felt an all-encompassing unity. Everywhere, in everything, one presence held the world.

6. *Access to larger energies, insights and behaviors.* Sometimes one seems to be lifted into other realms, where power, beauty and invincibility are the natural state of things. In this state, a new and larger self comes into being.

Mike Spino, a former college distance champion and now director of a research project in sport at Esalen Institute, described such an experience. In the winter of 1967, he was training on dirt and asphalt, paced by a friend who was driving a car. He had intended to run six miles at top speed, but after the first mile he was astonished at how easily he could do it. He had run the first mile in four and a half minutes with little sense of pain or exertion. It was as if "he was carried by a huge momentum." The wet pavement and honking horns were no obstacle at all. Then his body had no weight or resistance. It "began to feel like a skeleton—as if the flesh had been blown off the bones." He felt like the wind. Daydreams and fantasies disappeared. The only negative feeling was a guilt for being able to do this.

When the run was over, he couldn't talk, for "he didn't know who he was." Was he "the one who had been running or was he Mike Spino?" He sat down by the road and wept. He had run the entire six miles on a muddy roadside at a four-and-a-half minute pace, which was close to the national record, but now there was "a crisis deciding who he was."

7. *Communication with or perception of disembodied entities.* A lady skydiver who had read *Golf in the Kingdom* told me that the book reminded her of a time when she rode a thermal up-wind on her parachute for over an hour while a company of dazzling figures danced around her—figures with human shapes made of nothing more substantial than light. She was a mother and sensible housewife, a practical earthbound type, she said, but that experience had made her believe in something like angels. Her vision could be dismissed as an hallucination, but that would not explain its convincing quality or its power and beauty. She had never had an experience like it, and the glowing figures seemed utterly real.

Her vision resembles the spirit visitations so often described by people at sea. Joshua Slocum, the first man to sail alone around the world, in his classic tale of that historic voyage, tells about the appearance of a "helpful sailor" who talked to him for hours in Portugese. This disembodied figure claimed to have been the pilot of the Pinta during the voyage of Columbus, and shared some of his knowledge with Slocum. There are many accounts of such "helpful sailors." Being at sea may induce a state of mind like that produced through deliberate sensory deprivation. In such a state, normal perceptions may break down to open the way for other kinds of seeing—whether of projections from the person's own mind or of beings with a life of their own.

8. *Ecstasy, delight, supreme aesthetic enjoyment.* In Sanskrit there is the word *ananda* to denote the delight of existence without which the world would collapse. The pleasures, joys, and ecstasies that occur in sport are at the heart of playing, they are the ultimate reinforcer. Every athlete—professional or amateur, proficient or not-so-proficient—whom I have questioned has said that enjoyment is the real name of the game.

In his book *First Four Minutes,* Roger Bannister tells about a day in Scotland: "Soon I was running across the moor to a distant part of the coast of Kintyre. It was near evening and fiery sun clouds were chasing over to Arran. It began to rain, and the sun shining brightly behind me cast a rainbow ahead. It gave me the feeling that I was cradled in the rainbow arc as I ran.

I felt I was running back to all the primitive joy that my season had destroyed. At the coast the rainbow was lost in the particles of spray, beaten up by the breakers as they crashed against the granite rocks. . . . The gulls were crying overhead and a herd of wild goats were silhouetted against the headland. I started to run again with the sun in my eyes nearly blinding me. I could barely distinguish slippery rock from heathery turf or bog, yet my feet did not slip or grow weary now—they had new life and confidence. I ran in a frenzy of speed, drawn on by an unseen force. The sun sank, setting the forest ablaze, and turning the sky to dull smoke. Then tiredness came on and my bleeding feet tripped me. I rolled down a heather topped bank and lay there happily exhausted."

B. Extraordinary powers, or *Siddhi* in Sport

Siddhi is the Sanskrit word for those extraordinary powers or capacities which emerge with the practice of a liberating discipline. The aspirant is often warned against the glamour a particular *Siddhi* has for him, for it may produce an enchantment that leads him away from the liberation he seeks. *Moksha* before *siddhi*—liberation before powers—is a constant adage in the contemplative literature. However, even in the strictest traditional systems the pursuance of a *siddhi* may be permitted if it seems important to the aspirant's growth. But because this occult world is a complex and often perilous realm, the explorer usually needs guidance through it. If sport were to open up to these kinds of things, it would probably have to draw upon the ancient wisdom as it developed its own guides and maps.

NOTE: (The physical power, or *siddhi* is listed first, followed by the psychological or spiritual change that goes with it and then by an example from the world of sport. The list of *siddhis* is drawn from various religions and shamanistic traditions.)

Also: George Leonard's *The Ultimate Athlete* will be published next summer. It tells about some surprising ramifications which spring from this joining of play and vision, and provides a theoretical framework for them.

(continued on next page)

SPORT AS YOGA: Altered States of Consciousness & Extraordinary Powers

PHYSICAL SIDDHI	PSYCHIC ANALOGUE	FROM SPORT
1. Extraordinary control of the bodily processes.	Control of feelings, thoughts, imagination and other psychic processes.	This is fundamental to all high level performance in sport. Pulse, heart beat, breathing and other physiological processes come under extraordinary control when a runner does the marathon in a little over two hours (which means that he averages better than a mile every five minutes for the entire 26 miles) or when underwater swimmers hold their breath for more than five minutes at depths of up to forty feet, or when a race driver makes the hairpin turns required in Grand Prix driving.
1a. Mastery of pain, both psychic and physical		The transcendence of pain in football, boxing, wrestling and other sports borders on the miraculous. Football players have gone through games with broken ribs, noses, toes and fingers. Boxers have finished fights with broken hands and wrists. Often there was no pain at all during the contest, so great was the player's concentration.
1b. Ability to survive with little or no oxygen, e.g. when a yogi is buried alive.		The anaerobic abilities of ocean divers and distance runners.
1c. The Tibetan *tumo;* the ability to generate heat from within the body with little or no muscular exertion.		Mountain climbers and ocean swimmers report similar abilities to withstand freezing temperatures.
2. Ability to change shape, size and mass.	Psychic mobility, altered consciousness.	Morehei Uyeshiba, the inventor of Aikido, it is said, seemed to change his shape and size in the swirl of a free-form match. Drastic changes in body image have been reported to me by golfers, football players, ocean divers, skydivers and mountain climbers; sometimes such a change seems to communicate itself to onlookers.
3. Invisibility	Ego-loss, blending, harmonizing with the elements.	The same Master Uyeshiba, in a movie of him demonstrating Aikido, seems to disappear from view for an instant then reappear in another place. His followers swear the film was never tampered with. There are legends about similar feats among football players. George Best, the Irish soccer star, has been described as "going underground" or "going invisible" during a match. (See David Ponsonby's article "Soccer in the Kingdom" in *Soccer America*, May 29, June 5, 1973).
4. Auras, lights, the odor of sanctity, emanations of energy.	Acting as a channel for higher levels, "manifesting the Divine."	Again in Aikido, where the perception of "ki" is part of the discipline, many participants claim that they have seen an energy field around themselves or others. (See for example George Leonard's article in the June, 1973 issue of *Intellectual Digest* or Koichi Tohei's book entitled *Aikido in Daily Life.*) What was that lady skydiver seeing when she saw those "forms of light" tumbling down the wind around her?
5. Levitation.	Sustenance by other energies, by the "ki" or *prana* of the Eastern disciplines.	A form of levitation appears in some of the martial arts when the participant is taught to make himself lighter or heavier at will through the manipulation of "ki".
6. Bilocation, being in two places at once.	Astral travel, power to impress at a distance.	David Smith, in his unique pentathalon, described the sensation of "rising above his body" while he was swimming. The "out of the body experience" is frequently reported by athletes.
7. Stigmata, tokens of espousal and other signs on the body.	Conforming to a religious or philosophical ideal or to a "Higher Form," singleness of being and purpose.	Could it be argued that the sometimes radical changes of body structure which an athlete goes through in order to perform a particular feat or to play a particular position is like this? The same power of mind over matter is involved.
8. Ability to pass through solids.	Inner emptiness, loosening of ordinary psychic structures.	Again, in Aikido (and Kung Fu), there is something called "mesh practice" in which the participant imagines—then becomes—a net through which an opponent's energy and body may pass. I have never heard of someone actually passing through a solid object, but the practice goes in that direction. In karate, the power to split boards and bricks is ascribed as much to "ki" as it is to sheer muscular force.
9. Incombustability and impassability.	Inner equality, imperturbability, identification with the ultimate being and delight.	In firewalking and sword-swallowing—which might be classified as sports, we see this *siddhi.* In the nineteenth and early twentieth century there was a game which involved the ducking of bullets. Some of the great heroes of this pastime, it was said, became refractory to bullets through the power of their minds.

PHYSICAL SIDDHI	PSYCHIC ANALOGUE	FROM SPORT
10. Incorruptability at death, and freedom from the aging process.	Contact with the ever-born, ever-renewed, self-existent being which is characteristic of higher states.	George Blanda, at 45, continues to amaze us. Sam Snead is a moneywinner on the PGA tour at the age of 61 and still has that famous swing. Percy Cerutty, one of the great track coaches and physical culturists of all time, is highly active at 79. Bernard McFadden parachuted into the Seine and the Thames on his 85th and 86th birthdays. Where will it all end?
11. Androgyny; ability to change sex; the 32 male and 32 female signs of the perfect Buddha.	Balance of the "male" and "female" characteristics.	Many male athletes, even in the fiercest sports, have a strikingly feminine aspect, contrary to the old macho cliche. Freed from the need to prove themselves in this regard they can allow a wider range of feeling and perceptions. This expansion of awareness through the dropping of defenses has been pointed out by various psychologists and sociologists of sport.
12. Precognition, prophecy, retrocognition, time travel.	Freedom from tyranny of past, present or future; closeness to the Eternal; freedom from this game; psychic mobility	The David Meggesey incident described above is an instance of this. Meggyesey claims he made many tackles because he could anticipate the moves of the other team's running backs: somehow he knew what they would do an instant before they did it. A tennis instructor told me that the same kind of precognition has come to him during tennis games.
13. Clairaudience	Access to the inner worlds, the Music of the Spheres, the Omkar.	Bobby Jones often heard a melody as he played and sometimes used it to give a rhythm to his swing. The sound of crickets or a subtle ringing sometimes comes to golfers in the stillness of their concentration. Roscoe Newman, a retired Navy Captain tells about times when he was learning to fly, when he would "climb over the haze into a different world above five thousand feet and roll and loop until pleasantly pooped." During these flights he would "synchronize vocally, in song, with the vibrations and noise frequencies around me to come up with all the voice parts of a great choral group and/or the various instruments of a large orchestral assembly. There was absolutely no discord in the music I heard. Every part and tone was crystal clear, true, properly amplified and in unison."
14. Telepathy, clairvoyance.	Freedom from the tyranny of the five senses.	An incredible power of communication often develops between members of a team—between a quarterback and wide receiver for example—where one can anticipate the moves of the other. Skiers tell about their sensing a comrade's danger or distress on the slopes. Ocean divers and skydivers have told me the same kind of stories.
15. Synaesthesia.	Freedom from the ordinary perceptual constancies, an unfettered mind.	This crossing of the senses sometimes occurs in golf. (I have described the state in *Golf in the Kingdom*, in a chapter entitled "The Pleasures of Practice," pp 171-72.)
16. Psychokinesis; moving objects at a distance through psychic power.	Mastery of the mind and emotions, will power.	Brodie described this power in the same *Intellectual Digest* article: "I would have to say that such things seem to exist—or emerge when your state of mind is right. It has happened to me dozens of times. An intention carries a force, a thought is connected with an energy that can stretch itself out in a pass play or a golf shot or a thirty foot jump shot in basketball. I've seen it happen too many times to deny it." It is a legendary power among certain pool and billiard players, among golfers, and in archery and target shooting.
17. Feats of extraordinary strength and endurance as with the *Lung Gom* walkers who, it is claimed, can walk for weeks without stopping through the mountains of Tibet.	Psychic strength and endurance.	A 26 mile marathon run at close to a five minute mile pace. Extraordinary moments of strength in weight lifting competition.

news from esalen

SEMINAR FOR YOUNG THEOLOGIANS

The increasingly international flavor at Esalen/Big Sur was heightened in June by Jean and Sidney Lanier's seminar for young theologians.

Funded by a foundation, the seminar included priests and deacons from South Africa, Germany, Spain and the United States who were at a point in their lives where they could make a contribution to others' lives. Many of them will be teaching in seminaries; one is a woman who hopes to become a priest. The seminar was designed to familiarize them with our experiential work in gestalt, neo-Reichian techniques, encounter, meditation, massage and movement.

This seminar was the latest of the many and varied things instigated by Sidney Lanier. As an actor he founded New York's American Place Theatre. Subsequently he was an Anglican priest. Now he is director of the growth center which he founded in Spain. Jean Lanier is a Visiting Scholar in gestalt at the Union Theological Seminary in New York.

Theologians have taken an interest in the work of Esalen from the beginning. In 1969 we received a grant from the United Council of Churches to fund a seminar in Theological Reflections. Paul Tillich, Jerry Needleman, Harvey Cox and Bob Crowley are among the theologians who have given workshops at Esalen.

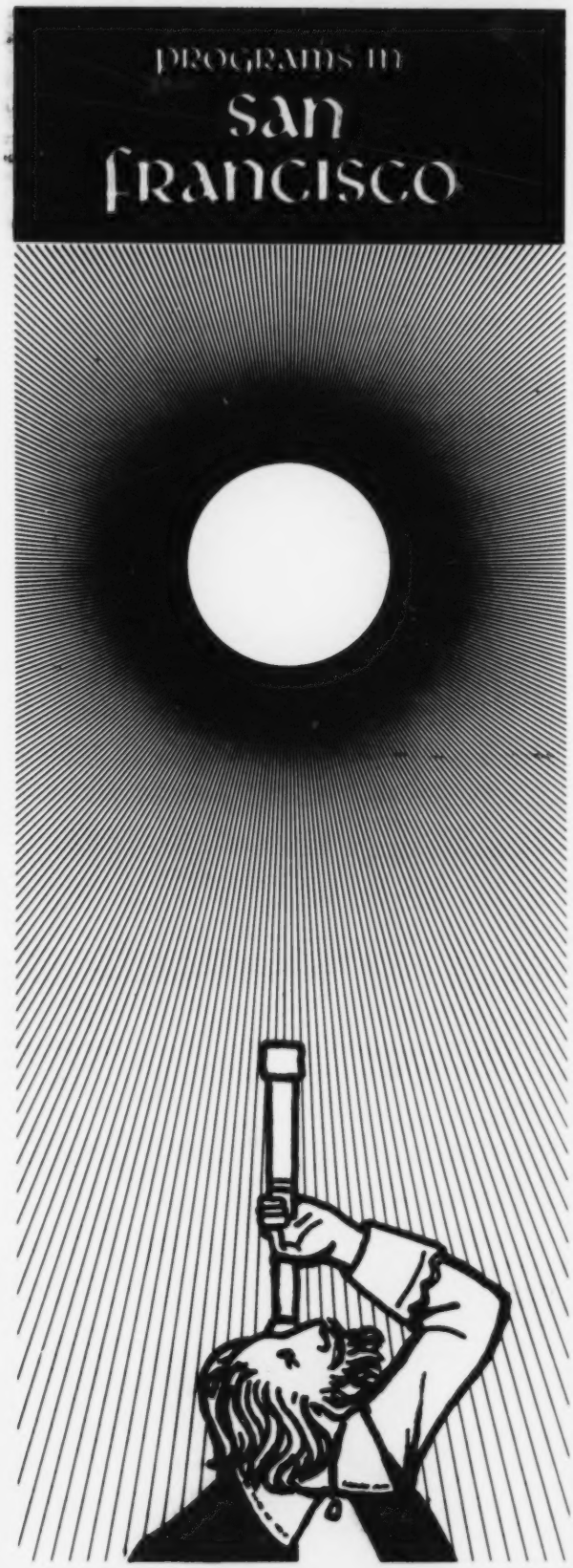
Many of the European growth centers benefited from the visits of Michael Murphy and other Esalen leaders.

The increasingly international flavor of Esalen reflected in the Laniers' seminar is the result of many years of cross-fertilization.

CONFERENCE FACILITIES AT BIG SUR

From October through May, the meeting rooms, housing accommodations and unique facilities of Esalen/Big Sur, are available to those seeking a conference site. In the past, organizations as diverse as a college faculty-student group, an architectural firm, an association of physicians and a U. S. Army drug abuse program have made use of Big Sur in this way.

For further information and available dates, contact Joan Fiore, Esalen/Big Sur, Big Sur, Ca. 93920.



For Reservation Information, see page 54

SINGLE EVENING EVENTS

(For complete descriptions of events, see page numbers listed below.)
Unless otherwise noted, these events will be held at the Esalen offices, 1793 Union Street, San Francisco.

Tuesday, October 8
Introduction to Interpersonal Methods
Arthur & Janica Fox
$3 general & student; 8-10:30 p M. (p 10)

Thursday, October 10
Rollo May & Sam Keen: A Conversation
$3.50 general & student; 8-10:30 pm. First Unitarian Church, Franklin & Geary Streets, San Francisco. (p 10)

Tuesday, October 15
Introduction to Energy Awareness / Robert Nadeau
$3 general & student; 3-10:30 p m. (p 11)

Tuesday, November 5
The Politics of Parenthood / Richard Farson
$3 general & student; 8-10:30 p m. (p 13)

Thursday, November 21
The Use of Mental Imagery in Psychosynthesis
Mark Horowitz
$3 general & student; 8-10:30 p m. (p 19)

Thursday, December 5
Western Sport as Yoga / Michael Murphy
$3 general & student; 8-10:30 p m. (p 15)

Thursday, December 12
Introduction to Gestalt / John Enright
$3 general & student; 8-10:30 p m. (p 16)

Friday, December 13
The Trance Dance / Anna Halprin, Xavier Nash, Benito Santiago & Dancers' Workshop
$3 general & student; 8-10:30 p m; First Unitarian Church, Franklin & Geary Streets, San Francisco. (p 16)

WEEK OF SEPTEMBER 30

October 3-31
Massage / Bill Glover
Five Thursday evenings $35

A class to experience and learn massage and related methods of caring for the body. Esalen style massage will be taught—emphasizing a caring relationship between partners and how to identify tensions and work to release them. Body awareness and movement experiments will be included in the sessions. 7:30-10:30 p m, October 3, 10, 17, 24 & 31.

October 4-6
The Breath & the Dream / Magda Proskauer
Residential weekend workshop $90

A workshop to explore the relationship between body and psyche in the process of consciousness. The dream will be looked at as a living part of the psychological, spiritual and emotional life and as a tool for discovering new directions and self-understanding. Fee includes room and board.

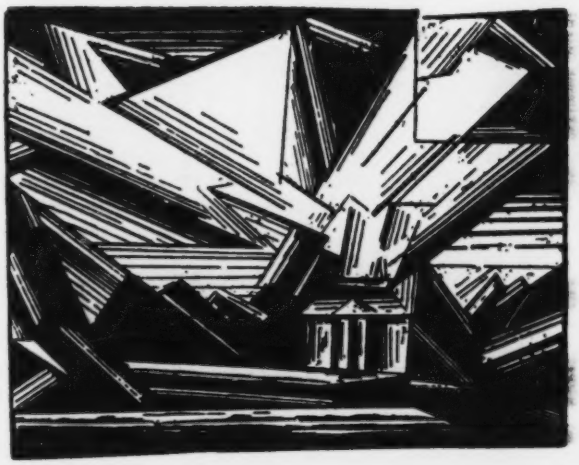
October 4-6: See Psychosynthesis, p 19

October 5
The Profound Simplicities / William Schutz
One-day workshop $25

An exploration of the common principles underlying the various approaches to the human potential—including encounter, body work, energy awareness and the transpersonal. Recommended reading: *The Elements of Encounter.* Of special interest to professionals and those in the helping professions.

October 5: See Energetic Studies, p 18

October 6-November 1: See Energetic Studies, p 18



PROGRAMS IN SAN FRANCISCO

WEEK OF OCTOBER 7

Monday evenings
Alexander Technique / Frank Ottiwell
Continuing program $35 per month

An intensive, developmental, ongoing program limited to 6 persons; new persons may join the classes as spaces become available; 6-7:30 p m.

October 7-December 11: See Long Term & Special, p 20

Tuesday, October 8
Introduction to Interpersonal Methods
Arthur & Janica Fox
Single evening event $3

Working in small and large group sessions, participants will be introduced to many methods for personal growth being explored at Esalen. 8-10:30 p m; 1793 Union Street, San Francisco.

October 8-December 10: See Long Term & Special, p 20

October 8-December 10
Introductory Body Course / Bill Glover
Ten Tuesday afternoons $50

The body is the focus of much of the work offered at Esalen. This course will serve as an introduction and background to this work, seeking to provide a basic knowledge of the body and the different approaches with consideration for the corresponding theoretical and philosophical bases. It is designed for students in the Esalen College Program and is open to others interested in an ongoing class. The course will combine experiential and didactic work, developing the relationship between subjective, personal knowing and more formal cognitive learning. Sessions will include: experiential work in body awareness, movement and massage; work with basic concepts—energy, centering, grounding, contact, touching . . . ; readings in and discussion of theory and "somatic" thinking; study of basic anatomy and physiology. The weekly meetings will provide students a forum for sharing experiences, give continuity to their learning process and aid integration of intense workshop experiences. 2-5 p m.

Thursday, October 10
Rollo May & Sam Keen: A Conversation
Single evening event $3.50

A conversation about the necessity of myths, classical myths and myths of our culture. 8-10:30 pm. First Unitarian Church, Franklin & Geary Streets, San Francisco.

October 10-December 5
The Psychology of Dreams / Sanford Rosenberg
Eight Thursday afternoons $50

The Talmud says, "A dream left not understood is like a letter left unopened." Man for thousands of years has looked to his dreams for some kind of guidance. This ability has mostly been lost to us in modern Western culture. Freud and Jung (among others) recognized this lack in modern man and attempted in their ways to enable us to regain contact with our inner reality as it expresses itself to us nightly (and daily!). This course will look at various methods of dream interpretation, both ancient and modern and explore the approaches of Freud, Jung, Perls and others, as well as the most recent research into dreaming and sleeping. All this work will incorporate an experiential, as well as theoretical inquiry into dreams. There will be group dream sharing to explore these various approaches. 3-5:30 p m; October 10, 17, 24, 31, November 7, 14, 21 and December 5. Recommended reading: *Dream Power*, Ann Farraday; *The Individual & His Dreams*, Calvin Hall; *The New Psychology of Dreaming*, R. Jones; *Dreams & the Growth of Personality*, E. Rossi.

October 11-26: See Energetic Studies, p 18

October 12-13
Lomi School Workshop with Robert Hall
Weekend workshop $50

This is a weekend to explore some of the techniques used in the Lomi School that enhance meditation and encourage people interested in meditation.

The Lomi School is a collective of artists, therapists and healers who teach a program of health consciousness. The methods include stretching postures, centering and concentration exercises, Lomi body work and gestalt awareness training.

October 12-13
Tennis Flow / Dyveke Spino
Weekend workshop $45

This workshop will integrate principles of body awareness, movement, dance, music and meditation with traditional methods of tennis instruction and practice. The workshop is designed for beginners as well as advanced students of the game. Bring your racquet and a can of tennis balls. Limited to 20 people.

October 13
The Feldenkrais Method / Ruth Alon
One-day workshop $25

The Feldenkrais method is an emerging major system of body movement which focuses on the re-directing of the brain's habitual responses to movement in the gravitational field in ways which make possible more natural and efficient paths for the mobilization and expression of body energy. The theoretical basis of the work of Moshe Feldenkrais is described in his book *Body & Mature Behavior: A Study of Anxiety, Sex, Gravitation and Learning*. Some selected relatively simple exercises are described in his latest book, *Awareness Through Movement*. Dr. Feldenkrais holds a doctorate in physics and was an associate of Joliet-Curiet. He is also an authority on judo and was an associate of Kano, the developer of Judo. His system has been developed from his study of physics, physiology, judo and anatomy and represents one of the most profound approaches to the body.

Individual sessions with Ruth Alon are available, by appointment through October. Contact the Esalen/San Francisco office for information.

For Reservation Information, see page 54

WEEK OF OCTOBER 14

October 14-December 2
Evolution of Consciousness / Michael Murphy
Eight Monday evenings $65

The emphasis will be on personal transformation with an exploration of the strengths and shortcomings of various models of the world and the soul (e.g., Buddhism, Tantra, Vedanta, Christian mysticism, psychosynthesis, Aurobindo, etc.) and various ways of growth. Some suggested readings: Sri Aurobindo–*Future Evolution of Man;* Satprem, Sri Aurobindo–*The Adventure of Consciousness;* Suzuki Roshi–*Zen Mind, Beginners Mind; Spiritual Teachings of Raman Maharshi* (a Shambala book). 8-10:30 p m each evening.

Tuesday, October 15
Introduction to Energy Awareness / Robert Nadeau
Single evening event $3

This evening will be an introduction to the application of life energy to relaxation, concentration, healing and daily activities. 8-10:30 p m; 1793 Union Street, San Francisco.

October 15-28
Esalen Sports Center / Oceanic Society: A Voyage into Self-Discovery / David Schiffman
Two-week cruise down the Baja Coast $650

This workshop co-sponsored with the Oceanic Society will leave Ensenada October 15 and cruise down the Baja Coast to La Paz. It will offer the opportunity to experience the richness and cleansing effect of life aboard ship combined with the exploration and personal clarity available through the techniques pioneered at Esalen. En route such places as Todos Antos, Magdalena Bay, Cabo San Lucas will be explored. The *Marabell* is a 136 foot motor vessel run by a French Canadian crew. For further information contact the Esalen Sports Center. Enrollment limited.

PROGRAMS IN SAN FRANCISCO

October 16-December 11
Language & Reality in an Age of Transformation George Leonard & Leo Litwak
Three-evening seminar $35

Two investigators who have faced the challenge will discuss the joys and difficulties of articulating a new vision. Suggested reading: *The Transformation* by George Leonard. Especially for college students. Wednesday, October 16, November 13 and December 11; 8 p m.

October 18-20
Absurdity for Growth / George & Judith Brown
Residential weekend workshop $90

A weekend exploration of personal absurdity in an absurd world through increased awareness of ourselves and how and where we live our lives. Focusing on appreciation and enjoyment of what is, including "misery" and "frustration". Experiential, using methods from gestalt and psychosynthesis. Also suitable for couples. Limited to 20 persons. Fee includes room and meals.

October 19
New Techniques of Jogging & Conditioning Mike Spino
One-day workshop $20

Orthodox jogging is an efficient means of overall body conditioning but it holds few keys to heightened physical awareness or short cuts to peak body functioning. This workshop will focus on the work of Percy Wells Cerutty and Mihaly Igloi who between them are responsible for more than forty world track and field records. We will blend their techniques of aerobic training, resistence conditioning, diet, philosophy and practical experience with advanced research being done in the field of sport here at Esalen. These techniques, which have been utilized by championship athletes are pertinent to people at all levels of fitness. Each participant will receive an individual training consultation, as well as insights into preventive and practical sports medicine.

October 19-20
Couples' Workshop / Arthur & Janica Fox
Weekend workshop $50

This weekend is an opportunity for couples to give priority and attention to their relationship focusing especially on the positive aspects of being together. Communication tools will be taught which couples can use after the workshop.

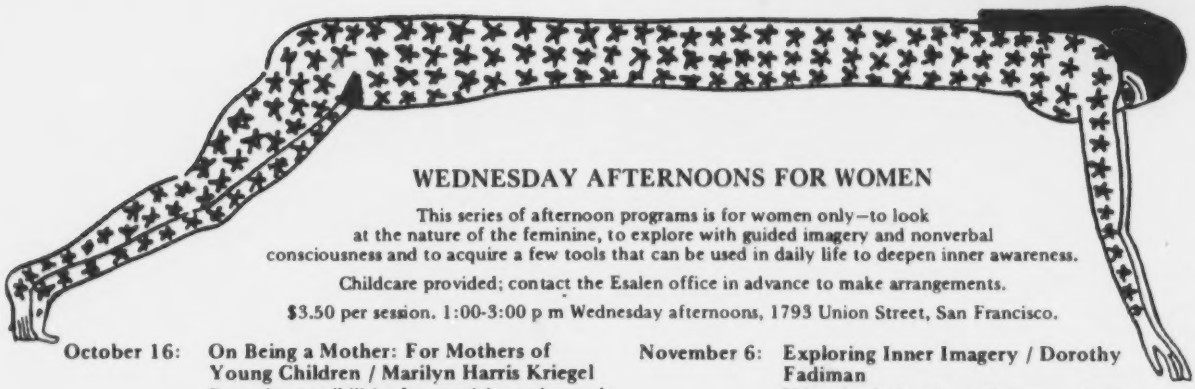
October 19-December 6: See Long Term & Special, p 20

October 20
Alexander Technique & the Voice Frank Ottiwell & Robert Chapline
One-day workshop $25

A workshop on vocal dynamics and the Alexander technique. We will employ techniques of training developed at the American Conservatory Theater and elsewhere; the objective is the changing of habitual responses through conscious release and direction of energy and extended kinesthetic awareness–techniques which in our experience lead to a use of the voice that is both artistic and healthful.

For Biographical Information, see pp 43-48

Egyptian Star-Goddess, Nut, leans across the vault of the heavens each night.



WEDNESDAY AFTERNOONS FOR WOMEN

This series of afternoon programs is for women only—to look at the nature of the feminine, to explore with guided imagery and nonverbal consciousness and to acquire a few tools that can be used in daily life to deepen inner awareness.

Childcare provided; contact the Esalen office in advance to make arrangements.

$3.50 per session. 1:00-3:00 p m Wednesday afternoons, 1793 Union Street, San Francisco.

October 16: **On Being a Mother: For Mothers of Young Children / Marilyn Harris Kriegel**
Renewing possibilities for creativity and growth within the framework of being a mother.

October 23: **The Feminine and Creativity Miriam T. Arguelles**
Understanding the experience of the feminine perception of the world and female creativity.

October 30: **Awakening Intuition / Frances Clark**
Developing intuition as a source of wisdom, inspiration and guidance in everyday life.

November 6: **Exploring Inner Imagery / Dorothy Fadiman**
Using simple drawing techniques and other methods in active imagination.

November 13: **The Art of Self-direction / Lenore Lefer**
Exercises for the Will, and others.

November 30: **Dance Therapy / Tamara Greenberg**
Body awareness, movement and Proskauer breathing techniques.

WEEK OF OCTOBER 21

Thursday, October 24
Doubt, Choice & Certainty in Life
John Enright & George Pransky
Evening workshop-seminar $12.50

Painful as it is, the experience of doubt is in the universe of the doubter preferable to any of the other experiences that seem available. This workshop will provide theory and technique for the doubter to reexamine the alternatives more carefully and perhaps choose one that is better. 6-10:30 p m.

October 25-27
Human Potential Theory & Practice / John Heider
Weekend workshop $50

"The human potential" is the capacity to become increasingly conscious or aware of what is happening in the here and now. Human potential practice is awareness training. Body work teaches somatic awareness. Encounter and gestalt teach psychological awareness. Meditation teaches spiritual awareness.

This workshop will integrate body work, encounter/gestalt and systems of meditation. While the workshop will be primarily experiential, time will be allotted for discussion of human potential theory. Suitable for professionals and non-professionals alike. Limited to 14 persons.

October 26
Introduction to Aikido with Emphasis on Centering & Energy Awareness / Robert Nadeau
One-day workshop $15

Aikido is the Japanese art of self defense with the emphasis placed on centering, harmony and blending. It is presented as a physical manifestation of the energy and spiritual laws of the universe. We will start with centering practices in the physical dimension, move to centering as mental awareness and culminate in meditation with centering as a focus for spiritual unfolding. The workshop will emphasize the relationship between all three levels.

October 26-November 2
Esalen/Outward Bound—Blending the Inner & Outer Paths
Bob Kriegel & Dick Galland
Residential seven-day workshop $250

A program to experience the challenges of white water rafting, rock climbing, rapelling, short expeditions and "solo". The emphasis will be on transcending personal boundaries and expanding concepts of self and potential, exploring, both physically and emotionally, the nature of fear, aloneness, confidence, trust and sharing. Esalen techniques for individual and group awareness will be combined with Outward Bound wilderness and survival training towards achieving a blend of outer awareness and inner consciousness.

October 26-November 2
Esalen/Outward Bound—Inward & Outward Bound: For Women Only
Anne Galland, Maurica Anderson & Outward Bound Staff
Residential seven-day workshop $250

A seven day trip into the desert and mountains of Big Bend National Park in Southwest Texas including several days white water rafting through the Lower Canyons of the Rio Grande and the learning of some survival skills such as rock-climbing and rapelling on side canyon hikes. Using meditation, sensory awareness exercises and various interpersonal communication techniques the program will focus on exploring personal boundaries and making closer contact with the land, self and each other. Fee includes all food, equipment, and transportation from Midland/Odessa to the hike area.

For Reservation Information, see page 54

October 26-December 8: See Psychosynthesis, p 18

October 27
Adaptation, Addiction & Co-Evolution
Gregory Bateson & Stewart Brand

One-day workshop $25

We shall talk about the growth of biological relationships as if all such phenomena are out of the same box. The word not mentioned in our title is "dependency". "Adaptation" is one side of a sort of dependency which is given value in evolutionary terms. "Addiction" is a sort of dependency which is supposed to be a bad thing. "Co-Evolution" leads to mutual dependency.

October 27
Open Psychodrama Encounter / Walt Anderson

One-day workshop $25

A flexible day's work and play using a variety of encounter, gestalt and body-movement approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing one's own openness, spontaneity and creativity and having fun. The degree of active involvement is a matter of individual choice.

week of OCTOBER 28

November 2-3: See Energetic Studies, p 18

November 2-December 8: See Long Term & Special, p 20

November 2-May 4: See Long Term & Special, p 20

PROGRAMS IN SAN FRANCISCO

November 3
New Techniques of Jogging & Conditioning
Mike Spino

One-day workshop $20

Orthodox jogging is an efficient means of overall body conditioning but it holds few keys to heightened physical awareness or short cuts to peak body functioning. This workshop will focus on the work of Percy Wells Cerutty and Mihaly Igloi who between them are responsible for more than forty world track and field records. We will blend their techniques of aerobic training, resistence conditioning, diet, philosophy and practical experience with advanced research being done in the field of sport here at Esalen. These techniques, which have been utilized by championship athletes are pertinent to people at all levels of fitness. Each participant will receive an individual training consultation, as well as insights into preventive and practical sports medicine.

week of NOVEMBER 4

Tuesday, November 5
The Politics of Parenthood / Richard Farson

Single evening event $3

Revolutionary new changes in the ideas of childhood make possible, perhaps even demand, the re-invention of the concept of parenthood. This will be an evening to explore a new consciousness of children's rights and its meaning for those who live or work with children. 8-10:30 p m; 1793 Union Street, San Francisco.

PERSPECTIVE ON THE SELF

In this series of seminars, members of the C G Jung Institute of San Francisco will talk informally about what is of current interest to them, new directions in their thought and recent works-in-progress.

Cost is $5 per evening; enrollment is limited so register early. Wednesday evenings, 8-10 p m.

October 30: **Wayne Detloff:** *Changing Notions of the Self*

November 6: **Howard Levene:** *Individuation and Madness*

November 13: **Crittenden Brookes:** *Walking the Narrow Ridge*
Exploring the interface between the deeper self and daily life.

November 20: **Magda Proskauer:** *An Approach to the Body*
Based on experience with Jungian psychology

December 4: **Jean Bolen:** *Synchronicity and Psychic Phenomena*

WAYNE DETLOFF is a Jungian analyst in private practice in the San Francisco Bay Area and is active on the training staff of the C G Jung Institute. He has done research into Jung's psychological types and in non-verbal modes.

HOWARD LEVENE, M D, is co-director with John Perry of Diabasis. He is assistant professor of clinical psychiatry, U C Medical Center and a Jungian analyst in private practice in Kentfield.

CRITTENDEN BROOKES, a certified Jungian analyst, teaches psychiatric trainees as Assistant Clinical Professor of Psychiatry at U C Medical Center and as Supervisor, Department of Psychiatry, Mount Zion Hospital, San Francisco. He is engaged in the private practice of psychiatry and psychotherapy.

MAGDA PROSKAUER is a graduate of the University of Munich, Germany, and received a degree in Physiotherapy from the University of Munich Medical School. While working in European hospitals she studied with different movement schools. The strongest influence which has shaped her present work was her experience with the analytical psychology of C G Jung. She has a private practice in breathing therapy and body awareness in San Francisco.

JEAN SHINODA BOLEN, a medical doctor, is Assistant Clinical Professor, University of California School of Medicine and Langley Porter Neuropsychiatric Institute and a Jungian psychiatrist in private practice in San Francisco.

For Biographical Information, see pp 43-48

programs in san francisco

November 8-10
Marriage Myths / Michael Kahn
Weekend workshop $50

This workshop will have a double focus; first, an opportunity to deepen the understanding of the covert "marriage myths" which confuse and impede relationships and to deepen the relationship through group techniques; and, second, to develop rituals to be taken home which will keep the group experience vital and growing. Limited to seven couples (married or not) who share an ongoing relationship.

November 8-22: See Energetic Studies, p 18

November 9: See Energetic Studies, p 18

November 9-10
Biofeedback & Meditation: Mapping States of Consciousness / Kenneth Pelletier
Weekend workshop $50

This seminar will focus on exploring the interaction between the psyche and soma through biofeedback as a means of probing the neurophysiological basis of consciousness. Emphasis will be upon the similarities and differences between brain structures and functions of consciousness such as left and right hemisphere differences. Consideration will also be given to the use of imagery and active imagination in conjunction with biofeedback for the exploration of states of consciousness and the alleviation of psychosomatic disorders. The seminar will include films of recent experiments with Jack Schwartz and the unique meditative practices of a sect of Indian yogis.

November 10
Dance/Movement Therapy / Tamara Greenberg
One-day workshop $25

This workshop will present a movement-oriented approach to therapy using techniques and methods developed in psychiatric hospitals, centers and schools which are applicable to life, growth and personal relationships. It is a synthesis of body awareness, group interaction, movement exploration and Proskauer breathing techniques. Especially of interest to professionals.

week of november 11

November 12-December 3
Ski Conditioning / Ann & Kurt Wehbring
Four Tuesday evenings $35

The skiing experience can be both more exhilarating and safe for persons in condition. This workshop will use techniques of body awareness, breathing and yoga to develop strength, balance, rhythm and wind. The four evening meetings will be augmented by jogging. This workshop is for downhill and cross-country skiers and for those who want to learn to ski. These sessions will include the latest information on downhill and touring equipment. November 12, 19, 26 and December 3. 8-10:30 p m.

Thursday, November 14
Guilt as a Form of Irresponsibility
John Enright & George Pransky
Evening workshop-seminar $12.50

The experience of guilt when it first arises is simply information about the relationship of behavior to standards. When it becomes chronic it becomes a form of avoiding responsibility for life. This seminar will provide theory and technique to restore the guilty person to a position of choice about his guilt. 6-10:30 p m.

November 16
Consciousness-raising for Parents
Richard Farson & Elaine Simpson
One-day workshop with follow-up evening $35

Still reeling from the impact of the civil rights and women's liberation movements, America is about to undergo another assault on its ideas of the rights of a group of people heretofore taken for granted. This time it's children. Nothing short of a revolution in the concept of childhood is in the making. It will require us to radically alter our treatment of children and our notions about their place in the world. Along with the re-invention of childhood we will see the re-invention of parenthood, freeing both children and their parents from unnecessary burdens and limitations they now suffer. This seminar will provide an opportunity for parents to explore the consequences of these changes in their lives by means of role playing, future simulations, group discussion and social design techniques. Participants can experiment with new ways to deal with problems in the home and community which respect both the rights of children and parents. As a part of the workshop, there will be a follow-up evening Thursday, November 21, 8-10:30 p m.

November 16-17
Inspiration & the Power of the Body: New Tools for Psycho-Physical Development
Dyveke & Mike Spino
Weekend workshop $50

The inevitable dilemma of mind/body involvement is to develop techniques for both excellence and fun. We will present some revolutionary training tools for sport and games designed to enhance enjoyment and performance, integrating the work of athletic masters Mihaly Igloi and Percy Wells Cerutty with the spiritual aspect of sport being developed at Esalen. We will work both indoors and in Golden Gate Park and begin with over-all body conditioning, focusing on tennis and running. The aim of the workshop is for each person to be able to construct a personally satisfying training ritual. Limited to 10 persons.

November 17
Knowing & Moving the Body
Frank Ottiwell & Judith Stransky
One-day workshop $25

This workshop will draw on the work of F M Alexander and Moshe Feldenkrais in mobilizing and re-educating the body/self. Techniques to improve postural alignment and release blocked energy will be taught individually and applied to such everyday activities as sitting, standing, walking and bending. Group exercises, performed within each individual's range of ease and enjoyment, will be used to increase kinesthetic awareness and to show the use of awareness and movement as self-teacher.

week of november 18

November 21: See Psychosynthesis, p 19

November 22-24
Self Explorations Through Hypnosis / Lee Pulos
Weekend workshop $50

The emphasis in this workshop will be to teach the participants techniques and exercises which can be taken home and used daily after the weekend is over. Hypnosis and self-hypnosis will be taught so that the group members can focus in on themselves through hypnotically induced dreams, automatic writing and ideo-motor questioning. Each participant will have the opportunity to use hypnosis for their own personal programming, habit changes and exploring the self through hypnotically guided fantasies. A feature of the weekend will be to use hypnosis to extend consciousness into paranormal and psychic dimensions.

November 23: See Energetic Studies, p 19

For Reservation Information, see page 54

November 23-24
Embrace Tiger—Return to Mountain: A T'ai Chi Workshop with Al Huang

Weekend workshop $50

Al Chung-Liang is a t'ai chi master who is currently teaching Oriental Theatre and Asian Arts at the University of Illinois. "Huang teaches in a way that is unusual for an Asian master . . . He begins from the center and not from the fringe. He imparts an understanding of the basic principles of the art before going on to the meticulous details and he refuses to break down the t'ai chi movements into a one two three drill . . . With his skill in t'ai chi, as well as in dancing and flute playing, he woos and beguiles his students instead of forcing them. This is the mark of a truly superior and gifted teacher who works upon others as the sun and rain upon plants."—*Alan Watts*

November 24
Open Psychodrama Encounter Walt & Maurica Anderson

One-day workshop $25

A flexible day's work and play using a variety of encounter, gestalt and body-movement approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing one's own openness, spontaneity and creativity and having fun. The degree of active involvement is a matter of individual choice.

Looking for the light in a 19th Century illustration to Milton's Paradise Lost.

week of november 25

November 30
Centering to Energy Awareness to Meditation Robert Nadeau

One-day workshop $25

Awareness begins with the self. Centering is the doorway to the energy activity of the universe. Energy is the common denominator of the universe and energy awareness is the basis for meditation. A day long session emphasizing a natural practice pattern for awareness.

November 30-December 1: See Energetic Studies, p 19

For Biographical Information, see pp 43-48

programs in san francisco

week of december 2

December 2-6: See Energetic Studies, p 19

Thursday, December 5
Western Sport as Yoga / Michael Murphy

Single evening event $3

Certain altered states reported by athletes and by ordinary participants in sport resemble the expended consciousness of yogis, shamans and followers of other spiritual disciplines. Michael Murphy is writing a book which explores the relationship between sport and expanded consciousness (see pp 4-7). This seminar will explore some aspects of the connection. 8-10:30 p m; 1793 Union Street, San Francisco.

December 6-8
Absurdity for Growth / George & Judith Brown

Residential weekend workshop $90

A weekend exploration of personal absurdity in an absurd world through increased awareness of ourselves and how and where we live our lives. Focusing on appreciation and enjoyment of what is, including "misery" and "frustration". Experiential, using methods from gestalt and psychosynthesis. Also suitable for couples. Limited to 20 persons. Fee includes room and meals.

December 7
Endarkenment / William Schutz

One-day workshop $25

Sometimes we learn best by experiencing opposites. In this workshop we will learn to be closed, deceptive and dishonest; to be in our heads and not our bodies; how to worry during meditation; methods of structural disintegration; techniques for being off-center; ways to avoid touching and closeness. There will be extensive practice in how to blame others for our troubles. The group will be aimed at starting high and joyful and ending anxious and suspicious. Groups will be slightly too large to be effective.

December 7-8
"The Posthumous Journey of the Soul": Myth & Science / Stan Grof & Joan Halifax-Grof

Weekend workshop $50

In many cultures of the ancient as well as contemporary world one encounters a firm belief that consciousness continues beyond the point of physical demise. Elaborate maps have been developed in these cultures to guide the soul through the complex transition associated with death. In this seminar the Grofs, drawing from their background in anthropology and LSD research, will discuss the possibility of a scientific approach to this question. The issues they will cover range from the Egyptian and Tibetan Books of the Dead and cross-cultural analysis of death-rebirth mysteries and rituals to death-bed observations, accounts of survivors of near-fatal diseases and accidents as well as clinical and laboratory research of psychedelic drugs.

December 8
Biofeedback Training / Eleanor Criswell

One-day workshop $25

This workshop will focus on biofeedback as it relates to self-exploration, self-development and altering consciousness. An understanding of biofeedback, how to experience it and how to use your own body signals as feedback will be included. Participants will experience two kinds of biofeedback machines.

December 8: See Energetic Studies, p 19

PROGRAMS IN SAN FRANCISCO

WEEK OF DECEMBER 9

Monday, December 9 & Monday, December 16
The Profound Simplicities / William Schutz
Two-evening seminar $40

An exploration of the common principles underlying the various approaches to the human potential—including encounter, body work, energy awareness and the transpersonal. Discussion and demonstrations. Especially for college students. Recommended reading: *The Elements of Encounter.* 4-10:30 p m each evening with a break for dinner.

Thursday, December 12
Introduction to Gestalt / John Enright
Single evening event $3

A discussion of what it means to be *aware* or *awake* as opposed to automatic or asleep, with gestalt exercises to help stay in the state of awareness for longer periods. 8-10:30 p m; 1793 Union Street, San Francisco.

Friday, December 13
The Trance Dance / Anna Halprin, Xavier Nash, Benito Santiago & Dancers' Workshop
Single evening event $3

The *Trance Dance* will focus on developing techniques that enable us to experience the journey from the self to the many and back to the self again. We will try to flow with the collective energies and discover where "it" will take us . . . not knowing before it happens. This *Trance Dance* allows each of us to experience a deep centering and integration of the inner world of experience with the outer world of our universal environment. 8-10:30 p m; First Unitarian Church, Franklin & Geary Streets, San Francisco.

December 13-15
Cross-Country Skiing / Ann & Kurt Wehbring
Residential weekend workshop $75

Staying in a mountain lodge, the group will spend the days combining ski touring instruction with sensory awakening, yoga and breathing exercises. Evenings will be devoted to rest, massage and general conviviality. This workshop is intended for those without skiing experience and for downhill skiers who wish to try the Nordic (and ancestral) version of the sport.

December 14
Body—Mind—Spirit / Michael Butler
One-day workshop $25

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune in to and develop that seed center of self through encounter, gestalt and quieting and meditation practices. Emphasis throughout will be on translating Esalen growth practices into everyday life.

December 14-15, 17 & 19: See Energetic Studies, p 19

December 15: See Psychosynthesis, p 19

WEEK OF DECEMBER 16

December 20-22
Human Potential Theory & Practice / John Heider
Residential weekend workshop $90

"The human potential" is the capacity to become increasingly conscious or aware of what is happening in the here and now. Human potential practice is awareness training. Body work teaches somatic awareness. Encounter and gestalt teach psychological awareness. Meditation teaches spiritual awareness.

This workshop will integrate body work, encounter/gestalt and systems of meditation. While the workshop will be primarily experiential, time will be allotted for discussion of human potential theory. Suitable for professionals and non-professionals alike. Limited to 14 persons. Fee includes room and meals.

December 21-22
Integrating Alexander Technique, Gestalt Awareness and Feldenkrais / Ilana Rubenfeld
Weekend workshop $60

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

Emotions and memories are often stored in the body, resulting in tensions and imbalance. A unique blend of Alexander technique, gestalt exercises and feldenkrais method will be used as a gateway to contacting, expressing and working through deep feelings. Participants will explore changes in postural alignment through kinesthetic experiences. There will be time set aside for group experiments and individual work, including demonstrations of Alexander technique on participants. The group will spend an intensive Saturday and Sunday together with short breaks for lunch and dinner, so bring food to share. Saturday, 10-1, 3-6 & 7-10 p m; Sunday, 10 a m-1 p m.

In Rodin's
The Bronze Age,
mankind's
yearning
for new realms
of form is
expressed.

For Reservation Information, see page 54

esalen college program

Arthur Fox, *Director*

Board of Advisors:

Moon Eng	Leo Litwak
Richard Farson	Norma Lyman
Janica Fox	Michael Murphy
Sam Keen	William Schutz
George Leonard	Martha Weinstein

For the past two years students enrolled at twenty colleges were also accepted by Esalen to study here and receive credit from their respective colleges. The Esalen College Program involves those students currently enrolled in any college or university in the U S or abroad who would like to spend a semester or longer at Esalen. Students are encouraged to investigate the possibility of academic credit at their schools for the program of study done at Esalen. The program includes: an advisor who coordinates the student's overall program, which is constructed from the workshop and seminar offerings regularly scheduled in the Esalen catalog; weekly group community meetings of the Esalen students and their advisor; and some courses or workshops specifically for students in the program. The wealth of people available within the Esalen orbit to teach courses and tutorials is enormous and provides a unique opportunity for the college and general population. We expect that most students will proceed from a broad exposure to concentrated study in one area.

Self-directed students interested in either more information and/or an application for admission, write to: Arthur Fox, College Program, Esalen, 1793 Union Street, San Francisco, CA 94123.

The following is a partial list of undergraduate and graduate schools which offer credit for work done in the Esalen College Program:

Undergraduate Schools

Antioch College/West	Raymond College
Goddard College	Sonoma State College
Johnston College	University Without Walls, Berkeley
Prescott College	

Graduate Schools

Goddard External MA Degree

Lone Mountain External MA Degree

Sonoma State External MA Degree

Humanistic Psychology Institute, PhD Degree

California Institute of Asian Studies, MA and PhD Degrees

Union Graduate School (Antioch College), PhD

If your college or student group is interested in arranging an Esalen workshop (day, weekend or longer) to take place on your campus, contact Arthur Fox, College Program, c/o Esalen, San Francisco.

The following courses, open to all, have been designed with the students in mind:

Introductory Evening Events:

October 8: Introduction to Interpersonal Methods / Arthur & Janica Fox, (see p 10)

October 15: Introduction to Energy Awareness / Robert Nadeau, (p 11)

November 21: The Use of Mental Imagery in Psychosynthesis / Mark Horowitz (p 19)

December 12: Introduction to Gestalt / John Enright (p 16)

Courses:

October 8-December 10: Introductory Body Course / Bill Glover (p 10)

October 10-December 5: The Psychology of Dreams / Sanford Rosenberg (p 10)

October 14-December 2: Evolution of Consciousness / Michael Murphy (p 11)

October 16-December 11: Language & Reality in an Age of Transformation / George Leonard & Leo Litwak (p 11)

November 8-22: Tutorial with Stanley Keleman (p 18)

December 9-16: The Profound Simplicities / William Schutz (p 16)

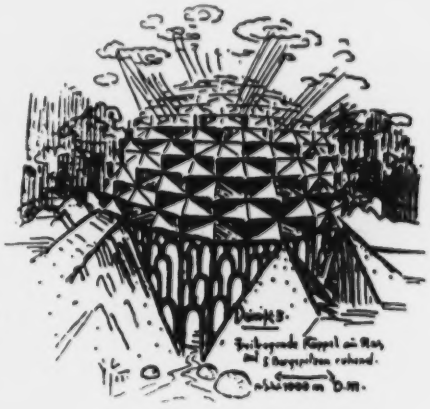
In addition, Sam Keen, Michael Murphy and George Leonard will lead tutorials for one to four students they will select during this time period.

For Biographical Information, see pp 43-48

programs in san francisco

extended learning center

Esalen has expanded its present College Program into a center for longterm learning, involving people from all areas of the community. Many people who have attended workshops have expressed the need for some on-going sense; to see people again, to share experiences, to get advice on what programs to take, to get help to integrate the work into their lives and generally to be a part of a community of fellow seekers. The new Center is designed as a means through which people with a wide variety of occupations, ages, experiences and orientations can come together to learn, complementing and enriching each others' explorations and thereby forming a community of learners. Highly individualized programs are possible within this model. The Extended Learning Center has the same features as the College Program including discounts on workshops and courses in the Esalen catalog. The fee is $550 per three month period. For further information and application, contact Arthur Fox, Extended Learning Center, Esalen Institute, 1793 Union Street, San Francisco, CA 94123.



Dreams of light & warmth for cities; from the 20's.

sports center programs

With the success of the summer wilderness programs and the Sports Institute, the Esalen Sports Center has developed the following schedule of fall programs. Please see page references below for full descriptions.

October 12-13: Tennis Flow, see page 10

October 15-28: Esalen Sports Center/Oceanic Society, page 11

October 19: New Techniques of Jogging & Conditioning, page 11

October 26-November 2: Esalen/Outward Bound, page 12

October 26-November 2: Esalen/Outward Bound: For Women, page 12

November 3: New Techniques of Jogging & Conditioning, page 13

November 12-December 3: Ski Conditioning, page 14

November 16-17: New Tools for Psycho-Physical Development, page 14

December 5: Western Sport as Yoga, page 15

December 13-15: Cross-Country Skiing, page 16

programs in san francisco

energetic studies

The Center for Energetic Studies, under the direction of Stanley Keleman, is a program of teaching, workshops and publishing concerned with the development of biological form as the basis for identity, experience and expression—how individuals form both themselves and their worlds. Programs are led by Keleman and invited leaders who explore the human condition from the perspective of how we inhabit our bodies and embody our emotions. Workshops and seminars form a curriculum for developing deepening understanding of the biological roots of experience and its implications for personal and cultural expression. There is no training program at the center; life experience as seen from the energetic perspective is applicable to all fields, and is neither substituted for nor accomplished by training in techniques. Programs are offered which encourage contact with the work through contact with oneself, and assist in integrating experience with special areas of interest.

October 5
Paths / George Downing
One-day workshop $25

Using an approach combining gestalt and energetic techniques, we will try to experience the messages our bodies are sending us about where we have been, our contact in the now, and what wishes to emerge in us. 10 a m to 5 p m.

October 6-November 1
Becoming / Ian Grand
Three one-day workshops & one five-day workshop $175

An extended workshop to celebrate the mystery of our forming ourselves and our worlds. We will concern ourselves with the patterns and qualities, rhythms and spaces of our embodied histories, and the ways in which the new is revealed and formed in us. Energetic approaches, dance and song will be used. Three day-long workshops October 6, 13 & 20, 10 a m to 6 p m, followed by a five-day workshop, Monday-Friday, October 28-November 1, 10 a m to 5 p m each day. Deposit of $50 required.

October 11, 12 & 25
The Integrated Body / Nancy K Jungerman
Evening & two one-day workshops $55

Our bodies are our bridge to the development of intuition, imagination and creativity. Using fantasy, dreams and energetic approaches, the group will explore the interrelationship of body processes, dream experiences, imagery and intuition as expressions of life experience. Friday, October 11, 7-10 p m; Saturday, October 12, 10 a m to 5 p m; and Saturday, October 25, 10 a m to 5 p m.

November 2-3
The Human Voice / Stanley Keleman & Robert Parks
Weekend workshop $65

The human voice expresses the full range of human emotions and reveals the qualities of the person. There is no voice without a body. This experiential workshop deals with how we handle excitation with our bodies and with our voices. We will deal with how the excitatory process finds expression in the voice. 10 a m to 6 p m each day.

November 8-22
Tutorial with Stanley Keleman
Three Friday afternoons $30

Suggested reading: *Sexuality, Self & Survival; The Human Ground; Living Your Dying.* Especially for college students. 2-5:30 p m, November 8, 15 and 22.

November 9
Grounding / George Downing
One-day workshop $25

How we relate to the ground beneath determines what kind of world we let emerge around us; its rhythm and space, its possibilities for contact with others, its wonder. We will use a gestalt and energetic approach to explore in what ways we may be keeping ourselves from a more complete personal grounding. 10 a m to 5 p m.

psychosynthesis

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man within an evolving universe. Starting with each person's existential situation as he perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal-keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

Esalen Institute Psychosynthesis Programs are offered in cooperation with the Psychosynthesis Institute, and are coordinated by its directors, Jim and Susan Vargiu.

October 26-December 8
Psychosynthesis Professional Training Series
John & Heidi Firman, Steven Kull & Jim Vargiu
Weekend, six Wed. eves, one day & individual sessions. $280

A program designed for psychotherapists, educators, counselors and others involved in the helping professions. The group will explore the fundamentals of psychosynthesis, theoretically and experientially, in a coordinated program designed to give each participant both the understanding and the personal experience needed to begin to utilize and apply psychosynthesis within his own field.

The program includes: identification and harmonization of subpersonalities—integration of body, feelings, and mind—guided daydream principles and practice—release and utilization of psychological energies—a model of personality in terms of energy fields—creativity and imagination—Height Psychology, and Transpersonal Self, and the superconscious—symbols and the development of intuition—the inner dialogue—meditation principles and practice—optimum utilization of current major approaches to growth. We will work together so that each can recognize the process of psychosynthesis at work both in himself and in the others. There will be assignments and exercises to complete between meetings. In addition, each participant will have one private psychosynthesis session, and will have the opportunity to observe two sessions of other members of the group. Further individual work during the six week period can

November 23

Family Sculpture / Sylvia Schmidt

One-day workshop $25

A workshop based on the unique method of family sculpture developed by the Boston Family Institute. We will explore our original formation in the interpersonal ground of our family system in relation to our identities in our present life space. Working together, we will construct in space, movement and time silent movies of our family systems. Family attendance is welcome but not required for full participation in the workshop. 10 a m to 6 p m.

November 30-December 1

Experience, Literature & the Life of the Body
Peter Marin

Weekend workshop $50

The life of the body takes us always toward the world of experience, and in that world our most passionate and intelligent guides are artists and seers as often as they are therapists. This weekend is an investigation of the wisdom of experience and bodily life to be found in literature, an attempt to discover there the knowledge which must be alive at the heart of any decent therapy. Tolstoy, Lawrence, Blake, Rilke, Yeats, Camus—these writers and others all have something to teach us about experience and the voice in which it must be spoken.

December 8 Paths / George Downing. See description, Oct 5, p 18.

December 14-15, 17 & 19

The Imaginative Life & the Bodily Life
Stanley Keleman & Peter Marin

Weekend & two evening workshops $95

This workshop will deal with the body and the imagination as expressions of an excitatory process. Experience of the body deepens imagination, which nourishes and enriches the feelings with which we create our world. Without the body, there is no imagination and the imagination is necessary to a full experience and deepening of bodily life. 10 a m to 6 p m, December 14-15; Tuesday, December 17 and Thursday, December 19, 7-10 p m.

December 2-6

The Body & Myth: An Experiential Seminar with Joseph Campbell, Sam Keen & Stanley Keleman

Five-day program $175

The human animal gives birth to myths and symbols which shape bodily life. We are myth-making animals. We live the myths we create, and the myths create our humanity. They touch every aspect of our lives: religion, sexuality, politics, economics.

The relation of myth and the body will be approached from three perspectives: a. The pivotal myth of East and West about the body; the way Kundalini power, chakras and reincarnation have shaped Eastern society and psyche; and soul and body, mind and matter, and resurrection have shaped Western culture. b. The personal myths emerging out of our life process that are expressed as our biographies and body form. c. The possibility emerging from contemporary philosophy and psychology that biological and symbolic experience are interdependent expressions of a common process.

The seminar will center on the theme of how one participates in the personal and cultural world of mythology as both symbol-maker and body simultaneously.

Deposit of $50 required, partial tuition scholarships available. Room and board will be available at the program facility at an additional fee of $100. Please send a brief letter of application telling about your interest in the program to Body & Myth, Center for Energetic Studies, c/o Esalen Institute, 1793 Union Street, San Francisco, CA 94123.

be arranged. Advanced training following this program is also available.

Weekend, October 26, 27, six Wednesday evenings, October 30, November 6, 13, 20, 27, December 4 and one day Sunday, December 8. For application form, contact Esalen/San Francisco.

October 4-6

The Process of Psychosynthesis
Tom & Anne Yeomans

Weekend workshop $50

Rooted within each of us is a deep tending toward wholeness and an inherent urge to make more sense and meaning of our lives. However, much of our experience as we grow slows this purpose within us and we often become painfully distracted and blocked in attempts to realize our true selves. Psychosynthesis enables a person to recognize these difficulties on whatever level they exist (physical, emotional, mental or spiritual) and to learn gradually how to release him or herself to the natural processes of growth and inner integration. To do this, it draws on a wide range of psychological and spiritual approaches. In this workshop we will focus on 1) recognition and acceptance of the psychosynthetic process and the blocks within each of us; 2) inner work aimed at beginning to remove these blocks and releasing and redirecting the newly available energies; 3) exploration of the nature and dynamics of transpersonal and spiritual experience and a search for ways in which its quality and energies can increasingly infuse and transform our daily lives. It is designed for those with no previous experience with psychosynthesis as well as for those who, having had some, would like to continue their work.

Thursday, November 21

The Use of Mental Imagery in Psychosynthesis
Mark Horowitz

Single evening event $3

The mind is like a garden. Not only can we learn to plant the seeds that we want to grow, but we can also learn to inhibit the growth of weeds. In this evening presentation we will explore mental imagery as an organic method for working on our "mind garden." 8-10:30 p m; 1793 Union Street, San Francisco.

December 15

The Tailor Re-tailored / John & Heidi Firman

One-day workshop $25

"Happy he who can look through the Clothes of a Man . . . into the Man himself; and discern . . . an inscrutable venerable Mystery." (Thomas Carlyle, *Sartor Resartus*). We all have been spending our lives sewing ourselves clothes to appear in different inner and outer situations. We will have the opportunity in this workshop to rediscover the tailor in us, who frequently gets lost in the clothing. Growth can be seen as a process of changing clothes, and the tailor's viewpoint can alter the process from compulsive drudgery into playful, purposeful art. 10 a m-9 p m.

long term & special programs

October 7-December 11

Massage Training / Brenda Sales & Jane Walter

Ten week–100 hour course $310

Initially we will be concerned with developing ease and sensitivity with our hands and allowing ourselves to become quiet. Then a variety of massage techniques will be taught with an emphasis on the development of a personal style and a responsiveness to another as an individual, unique in needs and pleasures. The ten week course will consist of 100 hours of class work–two four-hour classes per week in massage instruction with carefully supervised practice. These classes will include a one hour movement session per week. There are also ten classes in human anatomy and physiology taught by William Brostoff, MD. The anatomy course is limited to 25 participants and is also open to the general public. We invite participants who would like to be trained as professional masseurs and masseuses, or who would like to use more touching in their work–all who want to use massage to enrich their lives.

Massage Class: 7 to 11 p m: Ten Monday *and* Wednesday evenings, October 7-December 11. Limited to 18 participants.

Anatomy Class: 7:30 to 9:30 p m: Ten Tuesday evenings, October 8-December 10.

$150 non-refundable deposit required. For more information, contact the instructors through Esalen. (Course to be offered again in Spring, 1975.)

October 8-December 10

Bio-Anatomy / William Brostoff

Ten Tuesday evenings $90

This is a basic course in human anatomy, particularly for students of massage and other healing arts. Emphasis will be placed on the neuromuscular system, the nature and function of various tissues, and the generation of energy in the body. Students will be encouraged to develop both objective and intuitive ways of perception. Material for study will include our own bodies, anatomy charts and models, as well as clinical and laboratory items of interest. Limited to 25. 7:30-9:30 p m. $50 non-refundable deposit required.

October 19-December 6

Bridging the Gap: A Workshop in Self-Observation Training / Bob Kriegel & Jeffrey Landau

Extended growth program $115

Many of us have developed reliable patterns for experiencing situations in our lives whether they are at home, work or in a group. Often these patterns, although once useful, are now outdated and actually detrimental to leading fulfilling lives. The purpose of this workshop is to develop the calm centered place within ourselves from which we can observe our actions and expand the number of choices that we have available in any given situation, thus allowing for the possibility of change and growth. Themes that are applicable to our everyday lives will be used in conjunction with encounter, gestalt and psychosynthesis techniques as well as massage, play and creative exercises.

The program will begin with an intensive weekend during which the skills of self-observation will be taught and practiced. During the next two months there will be two one-day workshops, each followed by an extended evening session devoted to the integration of these skills into our daily lives. To facilitate the self-observation process, participants will be expected to keep diaries which will be reviewed monthly. Limited to 12. October 19-20, Nov 10, Dec 1 and two evening meetings to be determined by the group.

November 2-May 4

Extended Growth Program / George Downing

Six month program $550

The Extended Growth Program is an in-depth, continuing six-month program in the San Francisco Bay Area; it combines a selected schedule of workshops with ongoing small group work under the direction of the program coordinator, George Downing. As a non-resident program in an urban area, it provides a way for persons to experience directed and focused work in several disciplines while living and working in their own environment.

George Downing writes: "This year's program will provide an opportunity to explore and to integrate a number of different pathways toward personal growth. Our focus will be on the body as the source and center of our being; and on our individual styles of making contact, both with ourselves and with other persons. We will make extensive use of gestalt, meditation and dream journals, and a variety of methods of working intensively with the body, including breath awareness, Feldenkrais techniques, movement, Esalen massage, polarity therapy and others. An intellectual as well as an emotional understanding of our shared experience will be encouraged."

The program will consist of the following, all in the San Francisco area: continuous group work with George Downing during the six-month period, specifically one evening meeting per week; two weekend workshops with George Downing (November 2-3 and May 3-4); one special workshop for program members only with Stanley Keleman; and three weekend programs to be selected by participants according to individual interest from regularly scheduled Esalen/San Francisco workshops during the November through April period. A month will be taken off for Christmas vacation from mid-December to mid-January.

Interested persons, please apply early; write briefly about yourself to: Esalen Longterm Programs, 1793 Union Street, San Francisco, CA 94123. Limited to 16. George Downing will interview between October 1 and November 1.

November 2-December 8

Demystifying the Group Process / David Schiffman

Extended growth program $150

This program will provide an opportunity to explore the basic elements underlying group process and individual growth. We will examine techniques, strategies and theoretical components inherent in all forms of personal interaction and the use of specific themes in facilitating focus and flow in group sessions. Some of the themes to be covered include: *Growth Through Risk Taking; The Creative Use of Passion and Struggle; the Transmutation of Sexually Embodied Roles; Integrating Transcendent Energy with Personal Forms and Behavior; Witnessing Pain Without Becoming It;* and *The Healing Aspects of Humor.* We will work within an experiential and didactic framework with each participant having the opportunity to utilize newly synthesized skills and information by acting in the capacity of group leader. This workshop is particularly useful for people in the helping professions. However, it is open to anyone who would like to clarify and refine his/her understanding of a process which has normally been considered too intuitive to be grasped cognitively.

The program consists of two weekend workshops: November 2-3 and December 7-8 and five evening meetings November 7, 14, 21, 25 and December 5.

Limited to 16 persons, early application is recommended to avoid disappointment. Selection will be made by David Schiffman between October 1-28. If you are interested in applying, send a letter telling us briefly about yourself to Program Coordinator, Esalen/San Francisco, 1793 Union Street, San Francisco 94123.

For Reservation Information, see page 54

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programs in san francisco

THE WEEK OF SEPTEMBER 30

Oct 3-31	Massage: B Glover (5 Thurs eves): p 9
Oct 4-6	The Breath & the Dream: M. Proskauer (residential weekend): p 9
Oct 4-6	The Process of Psychosynthesis: T & A Yeomans (weekend): p 19
Oct 5	The Profound Simplicities: W. Schutz (1 day): p 9
Oct 5	Paths: G. Downing (1 day): p 18
Oct 6-Nov 1	Becoming: I Grand (8 days): p 18

THE WEEK OF OCTOBER 7

Oct 7	Alexander Technique: F Ottiwell (continuing Mon eves): p 10
Oct 7-Dec 11	Massage Training: B Sales & J Walter (10 week course): p 20
Oct 8	Introduction to Interpersonal Methods: A & J Fox (single eve): p 10
Oct 8-Dec 10	Bio-Anatomy: W Brostoff (10 Tues eves): p 20
Oct 8-Dec 10	Introductory Body Course: B Glover (10 Tues afts): p 10
Oct 10	Rollo May & Sam Keen: A Conversation (single eve): p 10
Oct 10-Dec 5	The Psychology of Dreams: S Rosenberg (8 Thurs afts): p 10
Oct 11-26	The Integrated Body: N Jungerman (eve & 2 one-days): p 18
Oct 12-13	Lomi School Workshop with Robert Hall (weekend): p 10
Oct 12-13	Tennis Flow: D Spino (weekend): p 10
Oct 13	The Feldenkrais Method: R Alon (1 day): p 10

THE WEEK OF OCTOBER 14

Oct 14-Dec 2	Evolution of Consciousness: M Murphy (8 Mon eves): p 11
Oct 15	Introduction to Energy Awareness: R Nadeau (single eve): p 11
Oct 15-28	Esalen Sports Center/Oceanic Society: Voyage into Self-Discovery: D Schiffman (two weeks): p 11
Oct 16	On Being a Mother: For Mothers of Young Children: M H Kriegel (aft for women): p 12
Oct 16-Dec 11	Language & Reality in an Age of Transformation: G Leonard & L Litwak (3-eve course): p 11
Oct 18-20	Absurdity for Growth: G & J Brown (residential weekend): p 11
Oct 19	New Techniques of Jogging & Conditioning: M Spino (1 day): p 11
Oct 19-20	Couples' Workshop: A & J Fox (weekend): p 11
Oct 19-Dec 6	Bridging the Gap: A Workshop in Self-Observation Training: B Kriegel & J Landau (extended program): p 20
Oct 20	Alexander Technique & the Voice: F Ottiwell & R Chapline (1 day): p 11

THE WEEK OF OCTOBER 21

Oct 23	The Feminine & Creativity: M T Arguelles (aft for women): p 12
Oct 24	Doubt, Choice & Certainty in Life; J Enright & G Pransky (eve seminar): p 12
Oct 25-27	Human Potential Theory & Practice: J Heider (weekend): p 12
Oct 26	Introduction to Aikido with Emphasis on Centering & Energy Awareness: R Nadeau (1 day): p 12
Oct 26-Nov 2	Esalen/Outward Bound—Blending the Inner & Outer Paths: B. Kriegel & D Galland (7 days): p 12
Oct 26-Nov 2	Esalen/Outward Bound—Inward & Outward Bound: For Women Only: A Galland, M Anderson & Outward Bound Staff (7 days): p 12
Oct 26-Dec 8	Psychosynthesis Professional Training Series: J & S Vargiu & Associates of the Psychosynthesis Institute (extended program): p 18
Oct 27	Open Psychodrama Encounter: W Anderson (1 day): p 13
Oct 27	Adaptation, Addiction & Co-Evolution: G Bateson & S Brand (1 day): p 13

THE WEEK OF OCTOBER 28

Oct 30	Changing Notions of the Self: W Detloff (eve seminar): p 13
Oct 30	Awakening Intuition: F Clark (aft for women): p 12
Nov 2-3	The Human Voice: S Keleman & R Parks (weekend): p 18
Nov 2-Dec 8	Demystifying the Group Process: D Schiffman (extended program):: p 20
Nov 2-May 4	Esalen Extended Growth Program: G Downing: p 20
Nov 3	New Techniques of Jogging & Conditioning: M Spino (1 day): p 13

ESALEN/SAN FRANCISCO: 1793 Union Street, San Francisco, CA 94123/Phone (415) 771-1710; 9-5:30 Monday-Saturday; 9:30-3:30 Sunday

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THE WEEK OF NOVEMBER 4

Nov 5	The Politics of Parenthood: R Farson (single eve): p 13
Nov 6	Individuation & Madness: H Levene (eve seminar): p 13
Nov 6	Exploring Inner Imagery: D Fadiman (aft for women): p 12
Nov 8-10	Marriage Myths: M Kahn (weekend): p 14
Nov 8-22	Tutorial with Stanley Keleman (3 aft course): p 18
Nov 9	Grounding: G Downing (1 day): p 18
Nov 9-10	Biofeedback & Meditation: Mapping States of Consciousness: K. Pelletier (weekend): p 14
Nov 10	Dance/Movement Therapy: T Greenberg (1 day): p 14

THE WEEK OF NOVEMBER 11

Nov 12-Dec 3	Ski Conditioning: A & K Wehbring (4 Tues eves): p 14
Nov 13	Walking the Narrow Ridge: C Brookes (eve seminar): p 13
Nov 13	The Art of Self-Direction: L Lefer (aft for women): p 12
Nov 14	Guilt as a Form of Irresponsibility: J Enright & G Pransky (eve seminar): p 14
Nov 16-17	Inspiration & the Power of the Body: New Tools for Psycho-Physical Development: D & M Spino (weekend): p 14
Nov 16 & 21	Consciousness Raising for Parents: R Farson & E Simpson (1 day & eve): p 14
Nov 17	Knowing & Moving the Body: F Ottiwell & J Stransky (1 day): p 14

THE WEEK OF NOVEMBER 18

Nov 20	An Approach to the Body: M Proskauer (eve seminar): p 13
Nov 20	Dance Therapy: T Greenberg (aft for women): p 12
Nov 21	The Use of Mental Imagery in Psychosynthesis: M Horowitz (single eve): p 19
Nov 22-24	Self Explorations Through Hypnosis: L Pulos (weekend): p 14
Nov 23	Family Sculpture: S Schmidt (1 day): p 19
Nov 23-24	Embrace Tiger—Return to Mountain: A T'ai Chi Workshop with Al Huang (weekend): p 15
Nov 24	Open Psychodrama Encounter: W & A Anderson (1 day): p 15

THE WEEK OF NOVEMBER 25

Nov 30	Centering to Energy Awareness to Meditation: R Nadeau (1 day): p 15
Nov 30-Dec 1	Experience, Literature & the Life of the Body: P Marin (weekend): p 19

THE WEEK OF DECEMBER 2

Dec 2-6	Myth & the Body: S Keleman, J Campbell & S Keen (5-day program): p 19
Dec 4	Synchronicity & Psychic Phenomena: J Bolen (eve seminar): p 13
Dec 5	Western Sport as Yoga: M Murphy (single eve): p 15
Dec 6-8	Absurdity for Growth: G & J Brown (residential weekend): p 15
Dec 7	Endarkenment: W Schutz (1 day): p 15
Dec 7-8	"The Posthumous Journey of the Soul": Myth & Science: S Grof & J Halifax-Grof (weekend): p 15
Dec 8	Biofeedback Training: E Criswell (1 day): p 15
Dec 8	Paths: G Downing (1 day): p 19

THE WEEK OF DECEMBER 9

Dec 9-16	The Profound Simplicities: W Schutz (2 eve seminar): p 16
Dec 12	Introduction to Gestalt: J Enright (single eve): p 16
Dec 13	The Trance Dance: A Halprin, X Nash, B Santiago & Dancers' Workshop (single eve): p 16
Dec 13-15	Cross-Country Skiing: A & K Wehbring (residential weekend): p 16
Dec 14	Body—Mind—Spirit: M Butler (1 day): p 16
Dec 14-19	The Imaginative Life & the Bodily Life: S Keleman & P Marin (weekend & 2 eves): p 19
Dec 15	The Tailor Re-tailored: J & H Firman (1 day): p 19

THE WEEK OF DECEMBER 16

Dec 20-22	Human Potential Theory & Practice: J Heider (residential weekend): p 16
Dec 21-22	Integrating Alexander Technique, Gestalt Awareness & Feldenkrais: I Rubenfeld (weekend): p 16

ESALEN/SAN FRANCISCO: 1793 Union Street, San Francisco, CA 94123/Phone (415) 771-1710; 9-5:30 Monday-Saturday; 9:30-3:30 Sunday

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THE WEEK OF NOVEMBER 17

Nov 17-22 Experiencing Esalen: Esalen Staff (5 day) p 33

Nov 17-22 You & Universal Motion: B Nadeau (5 day) p 33

Nov 17-22 Parapsychology, Consciousness & Creativity: S Krippner & R Craig (5-day) p 33

Nov 17-22 Exploring Self-Acceptance: D Schiffman (5 day) p 33

Nov 17-22 Embrace Tiger, Return to Mountain: The Essence of Tai Chi: A Huang (5 day) p 33

Nov 22-24 Bioenergetics: Energy Release & Integration: A Schwartz (weekend) p 33

Nov 22-24 Exploring Self-Acceptance: D Schiffman (weekend) p 34

Nov 22-24 Body Dynamics: "the body never lies": H Prestera & S Wheeler (weekend) p 34

Nov 22-24 Experiencing "Non-Ordinary" Communication: C Feldmann & Community for Conscious Evolution Staff (weekend) p 34

Nov 22-24 Letting Go: M, B & O Kriegel (weekend) p 34

THE WEEK OF NOVEMBER 24

Nov 24-29 Bioenergetics: Energy Release & Integration: A Schwartz (5 day) p 34

Nov 24-29 Renascence: M Butler (5 day) p 34

Nov 24-29 Thanksgiving Celebration: B Fuller & D Leigh (5 day) p 34

Nov 24-29 Being "Together": B, M & O Kriegel (5 day) p 34

Nov 24-Dec 20 Gestalt, Physical & Spiritual Practice: R Price & Esalen staff (4-week) p 34

Nov 29-Dec 1 Massage Workshop for Couples: P Morrison & R Horan (weekend) p 35

Nov 29-Dec 1 Rites of Initiation: P Rebillot with P Rock (weekend) p 34

Nov 29-Dec 1 Present-Centered Bioenergetics: M Conant (weekend) p 34

THE WEEK OF DECEMBER 1

Dec 1-6 Experiencing Esalen: Esalen Staff (5 day) p 33

Dec 1-6 Something for Every Body: B Clemans & J Zuckerman (5 day) p 35

Dec 1-6 Continuum: E Conrad with Continuum Staff (5 day) p 35

Dec 1-6 Getting Going in the Greater Gestalt: J Downing & L Davis (5 day) p 35

Dec 6-8 Renascence: M Butler (weekend) p 36

Dec 6-8 Moving: G Roth (weekend) p 36

Dec 6-8 Self Explorations Through Hypnosis: L Pulos & I Katz (weekend) p 36

Dec 6-8 Exploring Theology Experientially: G Sallaway & B Ross (weekend) p 36

THE WEEK OF DECEMBER 8

Dec 8-13 Human Potential, Theory & Practice: J Heider (5 day) p 36

Dec 8-13 A Massage Workshop: P Morrison & R Horan (5 day) p 36

Dec 8-13 The Art of Self-direction: L Lefer (5 day) p 36

Dec 8-13 You & Universal Motion: B Nadeau (5 day) p 36

Dec 13-15 Tuning In: J Zuckerman (weekend) p 37

Dec 13-15 A Body Workshop for Professionals: H Prestera & S Wheeler (weekend) p 37

Dec 13-15 Living In Your Body: E Miller (weekend) p 37

Dec 13-15 Raising Energy: B Gunther (weekend) p 37

THE WEEK OF DECEMBER 15

Dec 15-20 Renascence: M Butler (5 day) p 37

Dec 15-20 Touching the Energy Body: B Gunther (5 day) p 37

Dec 15-20 Growth Through Risk-Taking: D Schiffman (5 day) p 37

Dec 20-22 Bodymind: W Schutz (weekend) p 37

Dec 20-22 A Weekend Workshop in Self Awareness: D Schiffman (weekend) p 37

Dec 20-22 The Art of Self-direction: L Lefer (weekend) p 38

Dec 20-22 Opening the Feelings: A Radix Neo-Reichian Workshop: E Warburton & R Andes (weekend) p 35

Dec 20-22 Surrender to Yourself: D Lees (weekend) p 38

THE WEEK OF DECEMBER 22

Dec 22-27 Experiencing Esalen: Esalen Staff (5 day) p 33

Dec 22-27 Christmas Celebration: B Fuller & D Leigh (5 day) p 38

Dec 22-27 An Integrative Approach to Self Actualization: I Rubenfeld (5 day) p 38

Dec 22-27 A Tender Invitation: H Sloan (5 day) p 38

Dec 27-29 Pathways to Sensuality: S Kars (weekend) p 38

Dec 27-29 Being "Together": B, M & O Kriegel (weekend) p 39

Dec 27-29 Renewing the Experience of the Self: Movement-Music-Meditation-Massage: B Clemans (weekend) p 39

Dec 27-29 You Don't Have to Suffer to Feel Good: H Sloan (weekend) p 39

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Sept 22-Nov 1 The Human Experience: Transitions & Transformations: S & J Grof (6 week) p 27

THE WEEK OF SEPTEMBER 29

Sept 29-Oct 4 The Psychotic Opportunity: H Levene, S Mayerson, R Price & P Rebillot (5 day) p 28

Sept 29-Oct 4 Centering: R Nadeau (5 day) p 28

Sept 29-Oct 4 Renascence: M Butler (5 day) p 28

Oct 4-6 Human Potential, Theory & Practice: J Heider (weekend) p 28

Oct 4-6 Tuning In: J Zuckerman (weekend) p 28

Oct 4-6 Massage Workshop for Couples: P Morrison & R Horan (weekend) p 28

THE WEEK OF OCTOBER 6

Oct 6-11 Gestalt Workshop: Esalen Staff (5 day) p 28

Oct 6-11 A Tender Invitation: H Sloan (5 day) p 28

Oct 6-Nov 1 Health Month: J McCamy (4 weeks) p 29

Oct 11-13 Myth & Identity: R May, S Keen (weekend) p 29

Oct 11-13 Pattern & Purpose: G Bateson (weekend) p 29

THE WEEK OF OCTOBER 13

Oct 13-18 Gestalt, Encounter, Psychosynthesis: J & B Silverman (5 day) p 29

Oct 13-18 Inspiration & the Power of the Body: New Tools for Psycho-Physical Development: D & M Spino (5 day) p 29

Oct 13-18 Bridging the Gap: A Workshop in Self-Observation Training: B Kriegel & J Landau (5 day) p 29

Oct 18-20 Simulations of God & Indeterminancy: J & A Lilly (weekend) p 30

Oct 18-20 Feldenkrais Weekend: R Alon (weekend) p 30

THE WEEK OF OCTOBER 20

Oct 20-25 Experiencing Esalen: Esalen Staff (5 day) p 33

Oct 20-25 The Greater Gestalt: J Downing & L Davis (5 day) p 30

Oct 25-27 The Greater Gestalt: J Downing & L Davis (weekend) p 30

Oct 25-27 Come as You Are: P Rebillot (weekend) p 30

THE WEEK OF OCTOBER 27

Oct 27-Nov 1 Opening the Feelings: A Radix Neo-Reichian Workshop: L Dillon & E Southers (5 day) p 35

Oct 27-Nov 1 Renascence: M Butler (5 day) p 30

Nov 1-3 A No-title Workshop: G Stern (weekend) p 31

Nov 1-3 Seeing/Finding a Workable Inner Model: H Palmer (weekend) p 31

Nov 1-3 Encounter & Massage: H Sloan (weekend) p 31

Nov 1-3 Experiencing Esalen: Esalen Staff (weekend) p 33

THE WEEK OF NOVEMBER 3

Nov 3-8 Mountaineering Aesthetics Along the Big Sur Coast: M Tobias & C MacGee (5 day) p 31

Nov 3-8 A Tender Invitation: H Sloan (5 day) p 31

Nov 3-8 Massage Intensive: Esalen Massage Crew (5 day) p 31

Nov 3-8 Gestalt, Encounter, Psychosynthesis: J & B Silverman (5 day) p 31

Nov 3-22 Leadership Training: W Schutz (3 weeks) p 31

Nov 8-10 Renascence: M Butler (weekend) p 32

Nov 8-10 Direct Psychoanalysis: J Rosen (weekend) p 32

Nov 8-10 Aikido: B Nadeau (weekend) p 32

Nov 8-10 Selective Awareness & Self Hypnosis: E Miller (weekend) p 32

THE WEEK OF NOVEMBER 10

Nov 10-15 Trans-parent Growing: J Lederman (5-day) p 32

Nov 10-15 Movement & Metaphysics: A Armstrong & G Roth (5-day) p 32

Nov 10-15 How Do You Want To Be Alive In This World? A & J Fox (5-day) p 32

Nov 10-15 The Inner Road to Health: A Drucker & B Braunstein (5-day) p 32

Nov 15-17 Finding Your Own Way: L Lefer (weekend) p 32

Nov 15-17 Deepening the Experience of the Self with Movement, Music, Meditation & Massage: B Clemans (weekend) p 32

Nov 15-17 Psychosynthesis: Who Are You? H Firman & D Becchetti (weekend) p 32

Nov 15-17 Experiencing Biocentric Therapy with Nathaniel Branden: (weekend) p 33

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THE WEEK OF DECEMBER 29

Dec 29-Jan 3 Your Personal Resurrection: P Rebillot, R Price (5 day) p 39

Dec. 29-Jan 3 Don't Just Stand There: G & J Brown (5 day) p 39

Dec. 29-Jan 3 Psychosynthesis: Discovery & Transformation: T Allen (5 day) p 39

Dec 29-Jan 3 Being "Together": B, M & O Kriegel (5 day) p 39

Dec 29-Jan 3 Embrace Tiger, Return to Mountain: The Essence of T'ai Chi: A C Huang (5 day) p 39

Jan 3-5 Embrace Tiger, Return to Mountain: The Essence of T'ai Chi: A C Huang (weekend) p 39

Jan 3-5 Rest & Renewal for the New Year: D Medow (weekend) p 39

Jan 3-5 An Awakening of Consciousness: C Feldmann & CCE Staff (weekend) p 39

Jan 3-5 Human Energy for Human Learning: A Schwartz (weekend) p 39

Jan 3-5 Madness & Individuation: H Levene (weekend) p 39

THE WEEK OF JANUARY 5

Jan 5-10 The Art & Practice of Self-Observation: A Gestalt Workshop: S Resnick (5 day) p 40

Jan 5-10 Energy & the Whole Person: A Schwartz (5 day) p 40

Jan 5-10 Movement Rituals as Dance: A Halprin, X Nash, B Santiago (5 day) p 40

Jan 5-10 Skills Workshop for Group Leaders: J L Doyle (5 day) p 40

Jan 5-31 Testing & Transcending the "Limits" of Self: J Silverman (4 weeks) p 40

Jan 10-12 Meditation Weekend: R Nadeau (weekend) p 40

Jan 10-12 Selective Awareness & Self Hypnosis: E Miller (weekend) p 40

Jan 10-12 Energy Here & Now Through Bioenergetics: A Schwartz (weekend) p 40

Jan 10-12 Exploring Self-Acceptance: D Schiffman (weekend) p 40

THE WEEK OF JANUARY 12

Jan 12-17 Selective Awareness & Advanced Gestalt: E Miller & R Price (5 day) p 41

Jan 12-17 Exploring Self-Acceptance: D Schiffman (5 day) p 41

Jan 12-17 Opening the Feelings: A Radix Neo-Reichian Workshop: L Dillon, D Howard, L Amber (5 day) p 35

Jan 17-19 Steps to an Ecology of Mind: G Bateson (weekend) p 41

Jan 17-19 The Blessing of Obstacles: L Lefer & M Haar (weekend) p 41

Jan 17-19 Experiencing Esalen: Esalen staff (weekend) p 33

Jan 17-19 Body Dynamics: H Prestera & S Wheeler (weekend) p 41

THE WEEK OF JANUARY 19

Jan 19-24 Renascence: M Butler (5 day) p 41

Jan 19-24 Healing Your Being: G Roth & S Scott (5 day) p 41

Jan 19-24 A Gestalt Workshop for Professionals: S Resnick (5 day) p 37

Jan 19-24 Realms of the Human Unconscious: Psychedelic & Anthropological Perspectives: S Grof & J Halifax-Grof (5 day) p 41

Jan 24-26 Sensory Awareness & Drawing: C & L Siegel (weekend) p 42

Jan 24-26 A Workshop for Gay People: S Smith (weekend) p 42

Jan 24-26 What's Available: G & J Brown (weekend) p 42

Jan 24-26 Gestalt Improvisations: P Rebillot & S Leitch (weekend) p 42

THE WEEK OF JANUARY 26

Jan 26-31 Experiencing Esalen: Esalen staff (5 day) p 33

Jan 26-31 You & Universal Motion: R Nadeau (5 day) p 42

Jan 26-31 Psychosynthesis: Nurturing the Child Within: J Firman & M Haar (5 day) p 42

Jan 26-31 Gestalt & the Body: R Price & Esalen staff (5 day) p 42

ESALEN/BIG SUR: Big Sur, CA 39320/Phone (408) 667-2335; 10 to 4 every day; 10 to 8 Sunday and Friday

SOME DEFINITIONS
Of Approaches to Human Growth
Used in this Catalog

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement* – to have life energy freely available and flowing, not blocked. *Awareness* – to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility* – to know and act on the principle that I am the one who acts, thinks and feels whatever it may be that I act, think or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participant. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

MASSAGE

Massage at Esalen is seen and taught as a caring relationship between two people. Consideration is given first to the feelings and the sensory experience of both partners, and after that to techniques. Workshops are attended by both couples and singles.

PSYCHOSYNTHESIS: see definition on page 18

STRUCTURAL INTEGRATION (ROLFING)

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom and balance. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage. Working with a trained practitioner, the process is usually completed within ten individual sessions.

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

friends of esalen MEMBERSHIP PROGRAM

We at Esalen have increasingly felt the need to involve more people in our community, and have established Friends of Esalen as a means of doing this: all contributions to our membership organization are used for tuition-aid funds. It is our belief that if Esalen is to serve our society to its full potential, we should be able to admit applicants without regard to their ability to pay. As a Friend of Esalen you will have the satisfaction of knowing that you have helped someone else experience Esalen.

☐ I wish to become a Friend of Esalen and I enclose my check for the category I have circled.

☐ I wish to renew my membership in Friends of Esalen.

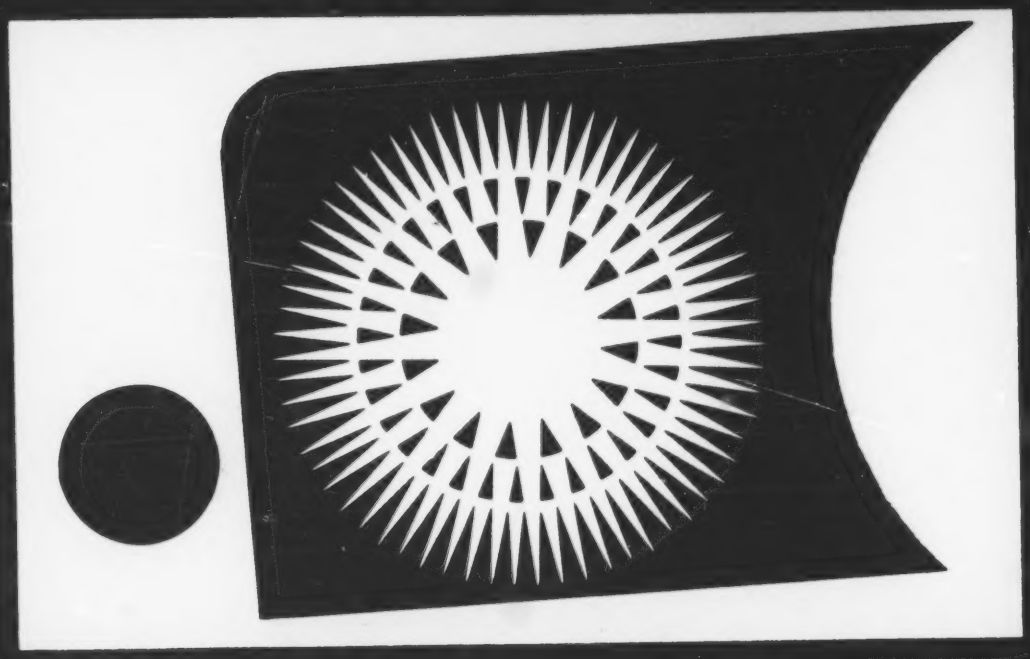
One Year Student	$5	One Year Donor	$50	One Year Patron	$500
One Year Individual	25	One Year Sponsor	100	(Contributions are tax-deductible.)	

Name _____ Student Affiliation _____

Street _____

City, State _____ Zip Code _____ Date _____

Please mail to: Friends of Esalen, 1793 Union Street, San Francisco, CA 94123



Father Sun and Mother Moon creating the Field of Stars. Contemporary expression of Indian legend.

Sept. 22-Nov. 1

The Human Experience: Transitions & Transformations

Coordinated by

Stanislav Grof & Joan Halifax-Grof

A six-week, interdisciplinary institute for professionals and graduate students in the fields of medicine, behavioral sciences, psychotherapy, education, anthropology, and philosophy.

Under the direction of Stan and Joan Grof, Esalen/Big Sur is gathering some 25 faculty members to offer over 200 curriculum hours of theoretical and experiential sessions covering developments in three major areas: **I**—individual and group psychotherapy and self-exploration practice; **II**—healing; **III**—altered states of consciousness.

TRACK I: Psychotherapy and Self-Exploration Practice
The major emphasis of this track will be on: gestalt awareness training, a theory and approach to personality integration developed by Fritz Perls; exploration of interpersonal relations by various encounter techniques; psychosynthesis; a psychological/educational approach developed by Roberto Assagioli which facilitiates recognition and harmonization of inner conflicts. Leaders who have pioneered in each of these approaches will provide theoretical background and conduct experiential workshops with participants.

TRACK II: Healing.
This track will consist of a historic overview and cross-cultural survey of healing; analysis of shamanism; mythological/religious parallels to re-emerging models of mind/body/spirit; comparison of indigenous and ancient healing practices with modern therapies; the relevance of anthropology to the delivery of health care; practical application of innovative therapies. Participants will be introduced to such healing techniques as acupuncture, polarity massage, structural integration, and psychic healing.

TRACK III: States of Consciousness.
This track will focus on unusual states induced by psychedelic drugs and various non-drug techniques. Individual units will cover: historical and cross-cultural perspectives of psychedelic drug use; laboratory research of consciousness and psychedelics; psychophysiological comparison of the LSD-induced state and schizophrenia; the use of psychedelic drugs in psychotherapy, including work with dying individuals; maps of consciousness emerging from LSD research; metaphysical issues arising in psychedelic sessions. Special emphasis will be on the application of this knowledge to the areas of drug abuse, crisis intervention, and various forms of psychotherapy. Non-drug technology (such as the sensory isolation tank) for inducing altered states of consciousness will be available for supervised use by participants.

Regular Esalen weekend workshops, scheduled in the catalog, will be open to participants for an additional $23.00 per weekend workshop.

Faculty:

Gregory Bateson	Peggy Morrison
Helen Bonny	Kenneth Pelletier
Joseph Campbell	Hector Prestera
Craig Enright	Karl Pribram *(to be confirmed)*
Stanislav Grof	Christine S. Price
Joan Halifax-Grof	Richard Price
Richard Horan	Henry Reed
Anne Heider	Valerie Blalock Schutz
John Heider	William Schutz
Janet Lederman	Beverly Silverman
Antoinette Lilly	Julian Silverman
John C. Lilly	Donald Westerbeck
Emmett Miller	Sharon Wheeler

This program is limited to 25 participants, selected from applicants.

Fee: $1320, including room and board. Some working scholarships are available to students on the basis of need. Write for a scholarship application form.

Those wishing to enroll in this institute, please send a letter containing biographical information to: Joan Halifax-Grof, Esalen Institute, Big Sur, Ca. 93920

PROGRAMS IN BIG SUR

WEEK OF SEPTEMBER 29 OCTOBER 4

The Psychotic Opportunity*
Howard Levene**, Stanley Mayerson, Richard Price & Paul Rebillot

This workshop is designed for professionals who wish to explore alternatives to the strictly medical model of understanding and treating madness. The workshop will approach psychosis as a potentially growth promoting experience. Emphasis will be given to: 1) the meaningfulness of the psychotic experience when it is viewed as a reorganizational process, rather than as an "illness," 2) the potential positive outcomes of the psychotic episode for the "patient" when emphasis is placed on "growth" rather than on "remission," 3) the process of establishing a creative relationship with the psychotic individual and his family, and 4) the process of establishing residential communities which offer asylum rather than control, either chemically or otherwise, for individuals who find themselves in this particular reality.

The workshop is designed to have experiential and didactic components. Experientially, we will attempt to connect with our own "madness" through gestalt, bioenergetics, active imagination, and improvisational exercises. Didactically we will describe our work as well as explore the works of Laing, Lidz, Haley, Perls, Perry, and Jung. **$270**

** for professionals and students in the mental health field.*
***(Note change from previous catalog.)*

Centering / Robert Nadeau

Being centered is working in harmony with yourself. It is applicable in everything—movement, sports, working, teaching, meditation—all aspects of living. We'll learn to recognize and function from center in the midst of daily activities and pressures. **$270**

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. **$270**

WEEKEND OF OCTOBER 4-6

Human Potential, Theory & Practice
John Heider

"The human potential" is the capacity to become increasingly conscious or aware of what is happening in the here and now.

Human potential practice is awareness training. Body work teaches somatic awareness. Encounter and gestalt teach psychological awareness. Meditation teaches spiritual awareness.

This workshop will integrate body work, encounter, gestalt and systems of meditation. While the workshop will be primarily experiential, time will be allotted for discussion of human potential theory.

Suitable for professionals and non-professionals alike. **$110**

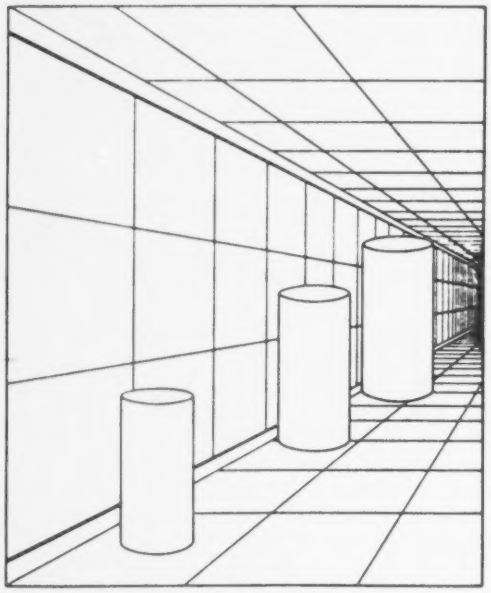
Tuning In / Janet Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our stock of tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and thinking. Once we are aware of our tapes, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness and other techniques to tune in to ourselves and each other. **$100**

Massage Workshop for Couples
Peggy Morrison & Richard Horan

Limited to 16. **$110**



Our perception of three cylinders of identical size reveals that the brain has an eye of its own.

WEEK OF OCTOBER 6-11

Gestalt Workshop / Esalen Staff

$240

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience—love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." **$270**

For Reservation Information, see page 54

October 6-November 1

Health Month:
for those interested in their own health and for those in the health professions.
Coordinator: John McCamy

This four-week workshop has three objects: 1) to provide the environment and the *time* for participants to accomplish a significant improvement in their health and well-being; 2) to offer Dr. McCamy's preventive medicine program—a simple, workable presentation of health information and practice—so that participants will be able to continue their own program after the workshop and also have a useful, professional tool to help others; 3) to extend the preventive medicine practice into approaches to physical/emotional/spiritual balance practiced at Esalen.

During the four 5-day periods, the general format (subject to priorities arising in the group) will be:

MORNING SESSIONS (roughly 10-12 a m) with Dr. McCamy: lectures and discussion on such material as preventive medicine theory and practice; Dr. McCamy's four-point program of nutrition, exercise, stress reduction and ecological awareness; personal prevention models; prediction techniques; role of alternative therapies and the body/mind continuum; social, government, business application of preventive models, etc.

AFTERNOON SESSIONS (roughly 3-5:30 p m) will emphasize body work, including massage sessions at the baths, movement; introductions to such "alternative therapies" as acupuncture, rolfing (structural integration), bio-energetics, yoga, flower-healing, etc.

EVENING SESSIONS (roughly 8:30-10:30 p m) will focus on individual and group process in gestalt and encounter modes to explore emotional patterns which may be constricting vitality and health.

WEEKENDS—two weekends are set aside for free time. The 3rd weekend, Oct. 25-27 is "Living in Your Body," a workshop with Emmett Miller, M D (see p).

DAILY—before-breakfast meetings at the baths for chanting and meditation; aerobics and stretching exercises at noon and 5:30 p m.

There will be free afternoons and evenings at periodic intervals. Participants should bring comfortable clothes for exercise and outdoors. *Suggested reading: Human Life Styling* by John McCamy, M D, to be published in September by Harper & Row. (If not available prior to workshop time, it will be in the Esalen Big Sur bookstore.) Participating leaders: Barbara Braunstein, Al Drucker, Joan Fiore, Deborah Medow, Peggy Morrison, Hector Prestera, Christine S Price, Richard Price, Gabrielle Roth, Beverly Silverman, Julian Silverman, Ellen Stevens, Janet Zuckerman. Cost: $1150 (See scholarship information, p 54.)

WEEKEND OF OCTOBER 11-13

Myth & Identity
Rollo May & Sam Keen

We are all living in myth. This weekend is an exploration of classical myths, personal myths and the myths of our culture. $110

Pattern & Purpose / Gregory Bateson

People are in some ways more complex than plants and animals; but if you want to gather tools for thinking about people, it is worthwhile to take a good look at *order* and *pathology* among plants and animals. This workshop will include field observation and discussion of how what can be seen in a Big Sur canyon (or beach) relates to other aspects of the human experience. $110

PROGRAMS IN BIG SUR

STUDENT GROUPS

To enable a wider range of young people to attend Esalen, we are offering a weekend "sleeping bag" rate to groups of students during the September to May period. These weekends are designed to allow the students the experience of a variety of Esalen activities such as gestalt, encounter, psychosynthesis, movement, massage, meditation . . .
The rate is $55 per student with a minimum of 10 students required. This includes meals from Friday dinner through Sunday lunch. Please write for information and available dates to: Christine Price, Student Groups, Esalen, Big Sur, CA 93920.

WEEK OF OCTOBER 13-18

Gestalt, Encounter, Psychosynthesis
Julian & Beverly Silverman
$270

Inspiration & the Power of the Body: New Tools for Psycho-Physical Development
Dyveke & Mike Spino

The inevitable dilemma of mind/body involvement is to develop techniques for both excellence and fun. This workshop offers keys to enhance enjoyment and performance by presenting some revolutionary training tools for sports and games. Beginning with over-all body conditioning and focusing on tennis and running, we will integrate the work of athletic masters such as Mihaly Igloi and Percy Wells Cerutty with the spiritual aspect of sport being developed at Esalen. This experience brings you to the peak of mind/body integration, matching literature, books, manuscripts and poems with a psycho-physical program, allowing each person to construct a personally satisfying training ritual. This week can change your entire notion of physical exercise. $270

Bridging the Gap— A Workshop in Self-Observation Training / Bob Kriegel & Jeffrey Landau

Many of us have developed reliable patterns for experiencing situations in our lives whether they are at home, work or in a group. Often these patterns, although once useful, are now outdated and actually detrimental to leading fulfilling lives.

The purpose of this workshop is to develop the calm centered place within ourselves from which we can observe our actions and expand the number of choices that we have available in any given situation, thus allowing for the possibility of change and growth. Themes that are applicable to our everyday lives will be used in conjunction with encounter, gestalt and psychosynthesis techniques as well as massage, play and creative exercises. $270

PROGRAMS IN BIG SUR

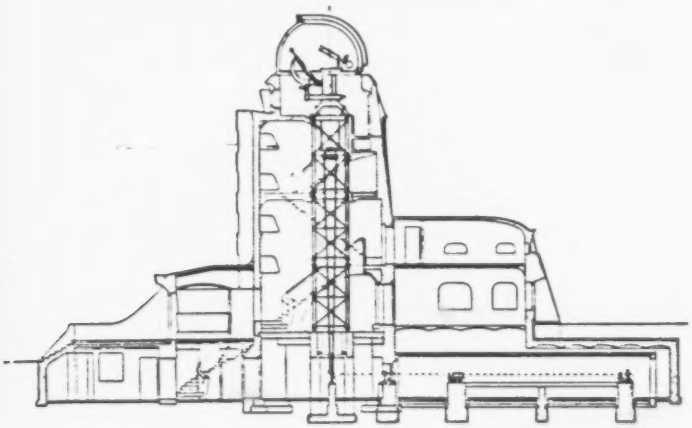
WEEKEND OF OCTOBER 18-20

Simulations of God & Indeterminancy
John & Antoinette Lilly

Each of us tends to value certain beliefs/disbeliefs above all others. The current belief systems can be voluntarily modified through our thinking and our feeling. Those particular beliefs which we consider to be most important are called, for purposes of discussion, simulations of God. Typical simulations are God as Sex, God as Wisdom, God as War, God as Power, God as Beauty, etc. Beliefs and disbeliefs generate certainty in an essentially indeterminate universe. Experiential and experimental. **$175 plus $2 video fee**

Feldenkrais Weekend / Ruth Alon

The Feldenkrais method of functional coordination is learned through a widely varied series of gently graduated exercises. The practice emphasizes heightened awareness of ways of moving and results in increased capacity and ease of movement. As physical patterns change, mental and emotional stresses can be decreased, allowing a more open flow of creativity. Individual regimens will be taught in cases of special problems. **$100**



The Einstein solar telescope in Potsdam.

MEDIA CENTER

"Oh, would some Power the giftie gi'e us
To see ourselves as others see us."

The Esalen Media Center has video recording services available for individuals interested in working privately, or in twos and threes. If you wish to explore every aspect of your visual self—how you use your body, how your self-image compares with your real image—the video camera offers you instant feedback.

Studio and operator: $15 per hour, including playback time. If you wish to purchase the videotape, there is an additional charge.

(Leaders wishing to retain the use of video for groups must arrange this with the program coordinator at the time the group is scheduled.)

WEEK OF OCTOBER 20-25

Experiencing Esalen
The Experiencing Esalen Staff

For description, see p 33. **$240**

The Greater Gestalt / Jack Downing & Lyn Davis

Improvising together, we will create and explore our laughter, sadness and rage. Our synthesis of Perlsian gestalt, Esalen encounter and massage, joined with Arica consciousness-expanding exercises works to dissolve your blocks to expression. **$300**

WEEKEND OF OCTOBER 25-27

The Greater Gestalt / Jack Downing & Lyn Davis

See October 20-25, above. **$110**

Come as You Are / Paul Rebillot

The focus is your uniqueness. Using gestalt, dance, improvisation and ritual magic, we will delve into the mysteries of your mythology and bring your fantasies and visions' to life through creative self expression. We will use video as one way to express ourselves to ourselves. **$100 plus $2 video fee**

WEEK OF OCTOBER 27 NOVEMBER 1

Opening the Feelings: A Radix Neo-Reichian Workshop
Laura Dillon & Eleanor Southers

For description, see p 35 **$270**

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. **$270**

For Reservation Information, see page 54

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (room, balcony and bath) are available for $350 per month, including linens and weekly cleaning. Meals may be purchased at Esalen either singly or by the month. A monthly meal ticket is $180. Many South Coast residents have set up their own light-cooking facilities, taking occasional meals at Esalen. Laundryroom privileges for a nominal monthly charge. Heated pool and sauna. South Coast studios may be reserved through the Esalen Big Sur office.

WEEKEND OF NOVEMBER 1-3

Experiencing Esalen
The Experiencing Esalen Staff

For description, see p 33. $100

A No-title Workshop / Grace Stern

This is a workshop *of* substance and *about* form, given by you, me and the universe. Its substance will be in the *being*; its form will be in the *doing*. Together you and I will explore our universe through all ways to one way and one way to all ways.

We will seriously play in: being comfortable, exploring our extraordinary states in consciousness, meditation, Feldenkrais body movements, breath movement, chanting in the baths, centering our energy fields, cosmic spontaneity.

In our *doing* we will discover ways in which we describe creation while in our *being* we will experience that which cannot be described. $100

Seeing/Finding a Workable Inner Model
Helen Palmer

Focusing, breathing and visualization techniques useful in developing psychic perception.

Since the forms of inner perception vary from person to person, emphasis will be placed on developing a workable personal model. The techniques are drawn from traditional meditative trainings, with parallel application to everyday situations. $100

Encounter & Massage / Harry Sloan

We will explore how we touch each other verbally and non-verbally, how to communicate what we are feeling and how to ask for what we want. $110

PROGRAMS IN BIG SUR

WEEK OF NOVEMBER 3-8

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience—love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." $270

Massage Intensive
The Esalen Massage Crew

The Esalen massage crew, with its unique variety of approaches and styles, will teach basic techniques for giving and receiving massage, both for immediate relaxation of tension and as a way of caring. Emphasis here is on deepening the quality of touch-communication and heightening awareness of the energy flow between the body in motion and the body at rest.

The group will meet daily at the mineral baths. Limited to 16. $240

Gestalt, Encounter, Psychosynthesis
Julian & Beverly Silverman

$270

Mountaineering Aesthetics Along the Big Sur Coast
Michael Tobias & Carol Macgee

This workshop will combine new ways of exploring and experiencing the mountains and coastal shoreline in Big Sur. Technical alpinism, the art of bouldering, meditation, centering, hiking disciplines and mountain lore will be ways which can provide unique insights into ourselves, the group and the environment. $245

November 3-22
Leadership Training / Will Schutz

For those experienced in leading groups or who, through their personal experience, are now ready to lead groups.

The workshop will include: 1) being a member of a group led by the workshop leader, 2) leading the group and receiving a critique, 3) demonstrations and discussions of various techniques and theory.

FIRST WEEK: Emphasis on interpersonal

SECOND WEEK: Emphasis on individual

THIRD WEEK: Emphasis on psychic and transpersonal

Weekends free. Daily body work (Feldenkrais, etc.) Bring clothes suitable for jogging. Purification and weight-stabilization diet (5-15 days, voluntary and recommended).

Guest experts will participate in some group meetings.

Applicants must provide biographical data to: Schutz Leadership Training Program, Esalen Institute, Big Sur, CA, 93920 by October 15.

Limited to 15 participants. $900. (Video feedback sessions available to workshop members at an additional $10 per person video fee.)

For Biographical Information, see pp 43-48

PROGRAMS IN BIG SUR

WEEKEND OF NOVEMBER 8-10

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. $110

Direct Psychoanalysis / John N. Rosen

This seminar incorporates lecture, discussion, and a demonstration of Dr. Rosen's methods of treating psychosis through Direct Psychoanalysis. $110

Aikido / Bob Nadeau

Through the physical art of aikaido we will work with a psychological and philosophical approach to movement. We will learn how to observe attitudes in motion and how to make corrections and improvements on those attitudes leading to a more complete mind/body unity. $110

Selective Awareness & Self Hypnosis
Emmett Miller

The present-day student of health recognizes that the vast majority of physical disease patterns and essentially all psychological problems are merely the result of faulty programming of the "Human Biocomputer." Yet seldom can either physician or patient make use of this well demonstrated fact. The reason for the paradox is simple; you must know the language in order to talk to a computer (Garbage in; Garbage out). Selective Awareness is self-applied, using your conscious mind, in a state of deep relaxation and concentration, to systematically explore and experience your world of experience and memory within. We will investigate selective consciousness through autosuggestion; the elimination of unwanted symptoms, habits and emotional response patterns; effective learning, listening, communication; and body awareness. $110

WEEK OF NOVEMBER 10-15

Movement & Metaphysics
Anne Armstrong & Gabrielle Roth

We are all psychic. The purpose of this group is to demonstrate your psychic potential to you. Working as a group, we will ground our consciousness with movement and open our beings with chanting and sound. We will explore the realms of ESP, clairvoyance and precognition vicariously through the activities of psychic Anne Armstrong and directly through exercises and adventures in the group. Readings will come spontaneously as we tune into ourselves and each other. $300

Trans-parent Growing / Janet Lederman

Our natural process of unfolding into adulthood is constantly interfered with in the automated, technological, mass-produced culture into which we have been born. In this workshop, we shall re-parent our child selves, exploring a more organic approach to finding our own personal rhythm of contact, coping, and withdrawal. Minimum age: 14 yrs, maximum age 125 yrs. $270

How Do You Want to Be Alive in This World?
Arthur & Janica Fox

Aliveness is thinking, sensing, feeling and acting. Come and take a look at yourself, learn techniques to increase your awareness, free up more of your feelings and energy and learn what part your body plays in regulating these things. Learn to listen to and trust your body, your organism as your best source of knowledge, guidance and inner strength; then learn ways to act on this knowledge, to move from this centered, intuitive place, to make it a living, working part of the process that can help you to be the person you want to be. As leaders we will utilize our own intuitions, and various techniques, including bioenergetics, sensory awareness, gestalt, encounter, fantasy and goal-fulfilling strategies. $270

The Inner Road to Health
Al Drucker & Barbara Braunstein

This is a workshop for staying well. Health results when there is harmony between the body-mind and the soul. This comes from observing good habits of living and taking in good food, both material and spiritual. As we clear out the thick underbrush of our worldly attachments we discover a path that leads from the everchanging external world, experienced through the mind and senses, to the calm unchanging, joyfilled, inner world of the soul, experienced through the heart. We will travel this path, developing a daily practice that will cleanse body, mind and spirit and take us step by step inside.

November is usually warm and sunny in Big Sur so, God willing, much of the time will be spent outside—at the baths, by the sea, in the canyon and on the lawn. $270

WEEKEND OF NOVEMBER 15-17

Finding Your Own Way / Lenore Lefer

The way we choose to be and live our lives is limited by our perceptions and attitudes about ourselves. To broaden and illuminate these perceptions, we will explore our untapped energy resources. With richer alternatives and choices available, finding our own way will be a nourishing experience.

Gestalt awareness, encounter, guided daydreams and psychosynthesis techniques will be among the tools used on our search. $110

Deepening the Experience of the Self with Movement, Music, Meditation & Massage
Barbara Clemans

You are already more beautiful, more loving, more gentle and more perfect than you think you are. Establish your connection with this self, using: music to relax and sensitize the body, allowing the unconscious to emerge; Feldenkrais directed awareness movement to alter uncomfortable fixed patterns; creative movement to establish individual uniqueness; meditation to quiet inner voices and massage to establish group contact and support. $110

Psychosynthesis: Who Are You?
Heidi Firman & Diana Becchetti

What kinds of answers do you have for this most basic question? Who is it in you that questions? Who is it that answers? Are any of the responses in conflict? As we begin to observe and listen to the various parts within us, we can discover a center distinct from the questions, the answers, and the conflicts. This workshop will provide an opportunity for you to connect with the energy and guidance of this center in order to explore these inner voices and create harmony among them. Together we will seek solutions which move us toward actualizing the very best within each of us, our most essential Self. $110

For Reservation Information, see page 54

Experiencing Biocentric Therapy with Nathaniel Branden

This is a personal growth, experiential seminar, devoted to the themes of self-awareness, self-acceptance, self-responsibility and self-assertiveness. This work rests on the premise that self-esteem is a person's primary psychological need, that a deficiency of self-esteem underlies all psychological problems and that the essence of effective therapy consists of aiding the individual to develop or enhance self-esteem. In this workshop, I invite participants to explore some of the techniques and procedures I have found helpful in building self-esteem. **$110**

Photo: Paul B. Herbert

EXPERIENCING ESALEN

The Experiencing Esalen Staff

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-liberation that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theater games, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Schedule:	**Oct. 20-25 ($240)**	**Dec. 22-27 ($240)**
	Nov. 1-3 ($100)	**Jan. 17-19 ($100)**
	Nov. 17-22 ($240)	**Jan. 26-31 ($240)**
	Dec. 1-6 ($240)	

PROGRAMS IN BIG SUR

WEEK OF NOVEMBER 17-22

Experiencing Esalen
The Experiencing Esalen Staff

For description, see p 33. **$240**

You & Universal Motion / Bob Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and to learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering and body movement. **$270**

Parapsychology, Consciousness & Creativity
Stanley Krippner & Robert Craig

This experiential seminar will attempt to develop each person's creative ability through the utilization of paranormal abilities that manifest themselves during altered states of consciousness. Dream recall will be utilized as will guided imagery, massage, group hypnosis, sensory bombardment, body movement, and fantasy. In these states of consciousness, participants will be trained to gain access to the personal and universal symbols, archetypes, and thematic concepts which encourage creative development. In addition, the basic approaches to psychic healing will be discussed and experienced. Kirlian photography, a technique which demonstrates how altered consciousness also changes the bodily energies, will be discussed. Workshop participants will be given the opportunity to participate in telepathy, clairvoyance, and precognition experiments during several different states of consciousness.

Suggested reading: **Dream Telepathy**, Ullman, Krippner & Vaughan; **The Kirlian Aura**, ed. Krippner & Rubin; **The Secret Life of Plants**, Tompkins & Bird; **We Are All Healers**, Hammond; **Passages, A Guide for Pilgrims of the Mind**, Anderson & Savary. **$270**

Exploring Self-Acceptance / David Schiffman

The focus of this workshop is on the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. There will be a session with video for "taking a look" at ourselves. Emphasis is on searching out unique personality strengths, individual capacities and latent powers as a means of achieving productive, creative functioning. **$270 plus $2.00 video fee.**

Embrace Tiger, Return to Mountain: The Essence of T'ai Chi / Al Chung-liang Huang

Tao-like wind, like water. Learn to be in your element like fish in water and bird in flight. Centering with Al Huang is t'ai chi, brush calligraphy, discussions of the classics and the meditative arts. Play-music, theater and joyous dancing. Bring musical instruments, brush, ink set and papers. Bring yourself and leave your dictating mind behind. **$270**

WEEKEND OF NOVEMBER 22-24

Bioenergetics: Energy Release & Integration
Alan Schwartz

See November 24-29, below. (The weekend will not include video.) **$100**

PROGRAMS IN BIG SUR

Exploring Self-Acceptance / David Schiffman

See November 17-22, above. (The weekend workshop will not include video.) $110

Body Dynamics: "the body never lies"
Hector Prestera & Sharon Wheeler

Color, Reichian energetics, physical character analysis, techniques for vitalizing body energy centers, acupuncture principles, as well as concepts from rolfing and polarity therapy will be utilized to assist participants in freeing their body blocks. $110

Experiencing "Non-Ordinary" Communication
Chris Feldmann & Community for Conscious Evolution Staff

Experience the potential for non-verbal (non-body) communication. Too often communication becomes simply one person's set of ideas or beliefs interacting with another's. Communication of direct experience—your emotions, working energy, spirituality and intuitions—is often lost in an abundance of words and thoughts. We will begin by helping you contact these experiences and learn how to communicate from them, both verbally and nonverbally. And we will learn how to "see" others with fewer preconceptions and projections.

The elimination of needless and inaccurate chatter leads to a more dimensional, more honest communication. Honesty is the beginning of love. $100

Letting Go / Marilyn, Bob & Otis Kriegel

In this workshop we will practice being weightless, letting go of old burdens, troubles, and woes that tend to bog us down. A focus on joy and creative living will be our guide to "letting go."

Encounter, gestalt, and psychosynthesis will be used in addition to massage, meditation, play and an appreciation of the Big Sur Country. $110

Thanksgiving Celebration
Betty Fuller & Dub Leigh

A five-day workshop to *experience* that what is, is and what is not, is not. That being what's so, we'll discover what works and gets results, and learn to celebrate *every*thing life has to offer. Encounter-based, the group will also utilize gestalt process and awareness training, psychosynthesis, the body work of Moshe Feldenkrais and Ida Rolf, dynamic meditation and massage. Methods for living joyfully and effectively here/now will be explored in the whole group, small groups, two-and-three person encounters and in personal inner space for the essential encounter with self. Video feedback will be included.

Come give thanks and "celebrate the doing right and the being right of your heart." *(Rilke)* $300 plus $4 video fee.

Being "Together" / Bob, Marilyn & Otis Kriegel

Being "together" or having it all "together" usually refers to coming to terms with seemingly disparate and conflicting elements of our personality and blending them to arrive at a state of inner peace and harmony. In this workshop we will use encounter, gestalt, psychosynthesis and bioenergetic techniques as well as massage and play to help us develop new awareness and insights and to explore the process of being "together," both with ourselves and with others. $270

November 24-December 20

Gestalt, Physical & Spiritual Practice
Richard Price & Esalen Staff

A 4-week residential program centered in daily gestalt sessions which are based in awareness of body and breath.

Gestalt is viewed not as a "therapy" but as a *practice* with strong affinities to a number of spiritual practices, especially those emerging from Taoism and Buddhism. Some of these will be experienced and discussed. Physical practice centers on forms coming out of spiritual traditions and on exercises developed by the students of Wilhelm Reich. Key concepts (which gain meaning only in practice) are awareness, responsibility, organic self-regulation.

Recommended reading: *Tao Te Ching* by Lao Tzu, translated by Gia-Fu Feng and Jane English; *Gestalt Therapy Verbatim* by F S Perls; *The Anatomy of Mental Illness* by Arthur Janov; *Cutting Through Spiritual Materialism* by Chogyam Trungpa; *Selected Writings* by Wilhelm Reich. $1150 (For scholarship information see p 54.)

WEEK OF NOVEMBER 24-29

Bioenergetics: Energy Release & Integration
Alan Schwartz

There is a tnedency for us to block the free flow of energy which allows us to live a life of freedom—freedom to express the range of emotions which make up the human being. Through bioenergetic techniques we will focus on opening the channels to free expression and the flow of energy. Integration of energy within the gestalt structure will enable us to deal with here-and-now issues which emerge. A video session will enable us to focus visually on our movement. $240 + $2 video fee

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. $270

WEEKEND OF NOVEMBER 29 DECEMBER 1

Rites of Initiation / Paul Rebillot
with Pennell Rock

There seems to be a certain pattern accompanying each change of consciousness. Many cultures celebrate these changes with initiation rites that mark the transformation. The purpose of this weekend will be to explore the changes in our personal mythological dramas and create a rite of initiation that facilitates them. Techniques will be drawn from gestalt, encounter, bioenergetics and Arica training, and will include improvisation, incantation, movement and song. $110 plus $2 video fee

Present-Centered Bioenergetics / Michael Conant

This is a time for uniting and centering in our physical self. This is a time for working and being together as a group, using materials from bioenergetics, gestalt therapy, and the psychology of Wilhelm Reich; we'll also draw on experiments from other sources, Eastern and Western. This is a time for those who wish to find themselves within rather than search for a God without. Those for whom this distinction has become a bit blurred anyway are most welcome. $110

For Reservation Information, see page 54

Psychic Readings
November 24-27

Doctor Georgiana Sagee, psychic and psychometrist, will be in residence at Esalen Big Sur from Sunday evening through Wednesday morning and will be available for private readings. Doctor Sagee, who had a Hollywood practice in psychic readings and consultations for 35 years (including 8 years at the well known Fairmont Hotel) currently lives in Fairfax, California. At Esalen she will be assisted by Marion Moore, Ms. B. Sandiago and Lileagh McCaffery who specialize in the areas of palmistry, healing and numerology. Appointments may be made in advance or after arrival, through the Esalen Big Sur office. Individual readings are $30 (roughly one hour.)

Massage Workshop for Couples
Peggy Morrison & Richard Horan
Limited to 16. $110

week of December 1-6

Experiencing Esalen
Experiencing Esalen Staff
See description p 33. $240

Something for Every Body
Barbara Clemans & Janet Zuckerman
Today it is generally recognized that what we call "body" and "psyche" are not separate entities, but rather two vehicles through which contemporary humans, with their rational divided vision, preceive themselves and others. They are also the vehicles through which individuals can realize and express their personal unity.

In this workshop we will approach unification of body and psyche. With the variety of techniques at our disposal—gestalt awareness, massage, Feldenkrais, encounter, psychosynthesis and creative movement with group interaction—we will work in whatever mode is appropriate to the group energy. Feelings and perceptions which emerge through direct body expression will be dealt with immediately in an atmosphere of group support and contact. $270

The Aztec calendar stone, the sun in the center; its life-giving properties being fed by hearts around the circumference

opening the feelings

Radix Neo-Reichian Workshops

To grow in the capacity to experience and express deep feeling, to connect up with oneself and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The *Interscience Intensive*, a period of individual work within a small group setting, is practised by Charles and Erica Kelley and their staff at the Interscience Work Shop. The *Intensive*, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the *muscular armor*. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness and other body-oriented approaches. Groups will be kept small—never more than eight per leader, so that significant individual help can be given. Grief or pain, fear and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he discovers a new capacity for pleasure, trust and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

Participants will receive ten two-and-a-half to three hour sessions in a week, or four sessions in a weekend. They will receive two and sometimes three individual *Intensives* during a week, or one during a weekend. Neo-Reichian work will be done in groups and pairs in those sessions that do not include the intensive. This will add up to all of the deep emotional release work that a person can ordinarily take on a day-after-day basis.

Taking these workshops as a series will provide participants who are unable to get neo-Reichian work in their locality with a continuing program equivalent both in price and "power" to weekly classes. For those regularly enrolled, the special environment and facilities of Esalen Big Sur will help to speed their progress toward deep-seated change.

Schedule:

Oct 27-Nov 1:	Laura Dillon & Eleanor Southers
Dec 20-22:	Elaine Warburton & Roger Andes
Jan 12-17:	Laura Dillon, David Howard & Lara Amber

Continuum / Emilie Conrad with Continuum Staff
Participants in this experiential workshop will be learning a series of body meditations, which will take them back to the inner cellular movements of their bodies. Concentration will be on deep breathing exercises, and penetrating movements of the belly, solar plexus and spine. This life energy when properly channeled stimulates and expands the brain. Everything pulsates with powerful life force. Everything dances. Everyone dances. Human movement becomes a dialogue with one's own inner life. $270
(Please bring comfortable apparel, preferably tights and leotards.)

Getting Going in the Greater Gestalt
Jake Downing & Lyn Davis
Guided personal development, moving from the basic work of getting unstuck toward the place where you actually create yourself and your universe. We will be using Perlsian gestalt, encounter, massage and body work, Arica consciousness-expanding exercises. $300

For Biographical Information, see pp 43-48

PROGRAMS IN BIG SUR

WEEKEND OF DECEMBER 6-8

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. $110

Moving / Gabrielle Roth

"Consciousness is, among other things, a spontaneous exercise in creativity." –Seth

Accepting self is letting go of judgment.
Letting go of judgment is allowing
space for experience.
Allowing space for experience is being . . .
the ability to move in-the-flow,
conscious
creative
spontaneous.

$110

Self Exploration Through Hypnosis
Lee Pulos & Irv g Katz

The emphasis in this workshop will be to teach the participants techniques and exercises which can be taken home and used daily after the weekend is over. Hypnosis and self-hypnosis will be taught so that the group members can focus in on themselves through hypnotically-induced dreams, automatic writing and ideo-motor questioning. Each participant will have the opportunity to use hypnosis for their own personal programming, habit changes and exploring the self through hypnotically guided fantasies. A feature of the weekend will be the use of hypnosis to extend our consciousness into paranormal and psychic dimensions. $110

Exploring Theology Experientially
George Sallaway & Bill Ross

A weekend drawing on the riches of the Old and New Testaments, seeking awareness of and integration of the present, personal meaning of revelation, incarnation, mercy and metanoia–re-surrection, re-membering and re-union. Double accent on getting our practice into theory and vice-versa. $110

WEEK OF DECEMBER 8-13

Human Potential, Theory & Practice
John Heider

"The human potential" is the capacity to become increasingly conscious or aware of what is happening in the here and now.

Human potential practice is awareness training. Body work teaches somatic awareness. Encounter and gestalt teach psychological awareness. Meditation teaches spiritual awareness.

This workshop will integrate body work, encounter, gestalt and systems of meditation. Though the workshop will be primarily experiential, time will be allotted for discussion of human potential theory.

Suitable for professionals and non-professionals alike. $270

A Massage Workshop
Peggy Morrison & Richard Horan

Limited to 16. $270

The Art of Self-direction / Lenore Lefer

In this workshop we will explore and examine the nature of self-direction and the ways in which we can increase it in our lives. The degree to which we can discover, direct and regulate our energies affects how productive, creative and joyful we will be. In an atmosphere that is supportive and nourishing we will use gestalt awareness, encounter, massage, and psychosynthesis techniques to learn and enhance the art of self direction. $270

You & Universal Motion / Bob Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering and body movement. $270

For Reservation Information, see page 54

weekend of december 13-15

Tuning In / Janet Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our stock of tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead or savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and thinking. Once we are aware of our tapes, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness and other techniques to tune in to ourselves and each other. **$100**

A Body Workshop for Professionals
Hector Prestera & Sharon Wheeler

This workshop will present an overview of various energetic/body therapy approaches. Particular emphasis will be on body character analysis. Material will be drawn from Rolf, Reich and acupuncture principles. (Offered to those in the health professions.) **$110**

Living in your Body / Emmett Miller

The western health sciences, dedicated as they are to the medical and surgical treatment of *existing* disease processes, have provided few guidelines by which an individual can maintain his health *before* it fails. On the other hand, such approaches as those of the Chinese and the Indians seem much more productive of mental and physical health and longevity, though based on much weaker scientific grounds.

In this workshop we will explore the use of Selective Awareness, relaxation, dynamic tension (as opposed to the static tension of disease states) and body movement. Our approach will be based on the anatomical, neurological and psychological "reality" of the western health scientist as seen through the introspective self-awareness techniques of meditation and self hypnosis. Bring a sweatsuit or warmup clothes, as physical exercise and dancing will be an integral part of the experience. **$110**

Raising Energy / Bernard Gunther

We are all fields of energy living in an energy field. Our potential is limitless, yet we frequently find ourselves operating in fatigue and limitation. This damming of the Self is caused by excessive tension, shallow breathing, toxic relationships and non-focused thought which robs the organism of vitality and pleasure. How to tap this infinite supply of energy, how to rechannel and raise sexual energy, and how to apply this knowledge in everyday activity will be the task of this seminar. In this work we will explore aspects of yoga, gestalt, psychosynthesis and meditation to experience more fully our flow of vital and psychic energy. **$110**

week of december 15-20

Renascence / Michael Butler

(See December 6-8, above.) **$270**

Touching the Energy Body / Bernard Gunther

Within/beyond the physical-emotional-mental body is the invisible etheric body. Here in this subtle center of you is being, feeling, inspiration, energy, healing, pleasure beyond intensity—a finer reality beyond the transitory duality of thoughts, emotions and senses, the flowing harmonious spirit that is: I AM.

In this workshop we will focus on the seven etheric energy centers (chakras) as well as breathing, psychosynthesis, hypnosis, relaxation, meditation and thought to make contact with and rejuvenate your source self. **$270**

Growth Through Risk-Taking / David Schiffman

This workshop is designed to provide the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, encounter techniques and video feedback, the participants can accept or transcend the boundaries from which they approach the world. Particular emphasis will be placed on the expression of anger, affection, sexuality and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. **$270 plus $2 video fee.**

weekend of december 20-22

Bodymind / Will Schutz

The workshop will integrate the Feldenkrais exercises with fantasy and encounter. Everyone will be given an opportunity to experience several exercises followed by a fantasy, then in an encounter group to deal with the material generated. The aim is for a more complete integration of each person's organism. **$110**

A Weekend Workshop in Self Awareness
David Schiffman

This workshop is based on the awareness that personal growth is often blocked because we don't see ourselves clearly, as others see us, or act as we really feel. The objective of this seminar is to create a supportive atmosphere wherein the participant can experience her/himself at a deeper, more meaningful level than daily life provides. Techniques of gestalt, meditation, encounter and video will be used. **$110**

For Biographical Information, see pp 43-48

The Art of Self-direction / Lenore Lefer

See December 8-13, above. **$110**

Opening the Feelings: A Radix Neo-Reichian Workshop
Elaine Warburton & Roger Andes

For description, see p 35 **$110**

Surrender to Yourself / David Lees

The more you surrender to you, the more deeply you contact yourself. The deeper your contact with yourself, the clearer are your options for getting what you want and wanting what you get. With gestalt, soft-encounter, massage, and consciousness-expanding exercises, you will have the opportunity to learn more about surrendering to yourself. Limited to 14. **$110**

week of december 22-27

Experiencing Esalen
The Experiencing Esalen Staff

For description, see p 33. **$240**

Christmas Celebration
Betty Fuller & Dub Leigh

A five-day workshop to experience that what is, is and what is not, is not. That being what's so, we'll discover what works and gets results, and learn to celebrate *every*thing life has to offer. Encounter based, the group will also utilize gestalt process and awareness training, psychosynthesis, the body work of Moshe Feldenkrais and Ida Rolf, dynamic meditation and massage. Methods for living joyfully and effectively here/now will be explored in the whole group, small groups, two-and-three person encounters and in personal inner space for the essential encounter with self. Video feedback will be included.

Come give thanks and "celebrate the doing right and the being right of your heart." *(Rilke)* **$300 plus $4 video fee**

An Integrative Approach to Self Actualization
Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander technique, Feldenkrais exercises and deep muscle work will be used as a gateway to contacting, expressing and working through deep feelings.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas and with the body—the whole person.

Video feedback will be available and massage staff will be on hand to assist the workshop. **$270 plus $2 video fee**

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience—love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." **$270**

Once Lucifer has stolen the light, what can he do with it?

weekend of december 27-29

Pathways to Sensuality / Sylvia Kars

The aim of this workshop is to open participants to a variety of ways to communicate with a partner, both verbally and through touch, so that each partner's pleasure and spontaneity is heightened. Workshop members will do a graduated series of sensuality enhancement exercises and will learn how to combine their own knowledge and experience with new sensory awareness and communication principles. The goal is to create a balance of active and passive situations for each partner so that each can benefit from the experience of the other. A safe, non-threatening environment is carefully established; no one has to do anything he or she does not want to do. Feedback sessions after each exercise provide the opportunity for increasing awareness and sensitivity between partners.

Workshop begins clothed and clothing then becomes optional. Couples will be given preference, but it is not necessary to bring a partner to attend. Explicit sexual behavior is not permitted within the context of this workshop; this is a workshop to enhance the experience of sensuality. **$100**

For Reservation Information, see page 54

Being "Together" / Bob, Marilyn & Otis Kriegel

Being "together" or having it all "together" usually refers to coming to terms with seemingly disparate and conflicting elements of our personality and blending them to arrive at a state of inner peace and harmony. In this workshop we will use encounter, gestalt, psychosynthesis and bioenergetic techniques as well as massage and play to help us develop new awareness and insights and to explore the process of being "together," both with ourselves and with others. $110

Renewing the Experience of the Self: Movement-Music-Meditation-Massage / Barbara Clemans

The holiday season with its expectations from the exterior world often leaves us confused and exhausted. Let us renew the experience of the self that is connected, deeply calm, awake and truly full of joy. We will use music to relax and sensitize the body, allowing the unconscious to emerge; Feldenkrais directed-awareness movement to alter uncomfortable fixed patterns; creative movement to establish individual uniqueness,; meditation to quiet inner voices and massage to establish group contact and support. $110

You Don't Have to Suffer to Feel Good Harry Sloan

Frequently people come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. Though real experience will not be avoided, this workshop will tap into the absurdity of conflicts and problems, offering the participants an opportunity to develop perspective and laugh at the seemingly tragic fates they have chosen. $110

week of December 29 January 3

Your Personal Resurrection Paul Rebillot with Richard Price

"To suffer one's death and be reborn is not easy."—*Fritz Perls.*

The Time: The end of 1974; The beginning of 1975
The Place: Big Sur
The Theme: Death and dying; Life and living
The Script: Gestalt, magic, improvisation, meditation, movement and song
The Cast: You and me
$270 + $2 video fee

Don't Just Stand There / George & Judith Brown

A workshop focusing on the gestlat "goal" of learning to stand on your own two feet; in addition, what then to do as you become more able to support yourself. How to make choices, enjoy ambiguity, and synthesize polarities are some of the processes to be explored. Nontoxic gestalt, psychosynthesis, and other appropriate approaches will be used. $270

Psychosynthesis: Discovery & Transformation Tom Allen

In this workshop we will use methods for recognizing the conflicts we all have within our personalities—the psychological roadblocks or detours, so to speak—and we will work towards transforming energies locked in these conflicts into new, more harmonious qualities. Emphasis will be placed on processes which will encourage the co-ordination of body, feelings, thought, imagination and intuition and their integration around a unifying center of being and awareness, the Transpersonal Self. Some of the methods used will be guided imagery, spontaneous drawing and movement, inner dialogue, relaxation, centering and meditation. $260

PROGRAMS IN BIG SUR

Being "Together" / Bob, Marilyn & Otis Kriegel

See December 27-29, above. $270

Embrace Tiger, Return to Mountain: The Essence of T'ai Chi / Al Chung-liang Huang

Tao-like wind, like water. Learn to be in your element like fish in water and bird in flight. Centering with Al Huang is t'ai chi, brush, calligraphy, discussions of the classics and the meditative arts. Play-music, theater and joyous dancing. Bring musical instruments, brush ink set and papers. Bring yourself and leave your dictating mind behind. $270

weekend of January 3-5

Embrace Tiger, Return to Mountain: The Essense of T'ai Chi / Al Chung-liang Huang

See Dec. 29-Jan. 3, above. $110

Rest & Renewal for the New Year / Deborah Medow

In these changing times of stress growth, let us pause to renew our energy and regain our balance of body/mind/spirit. We will start the new year by exploring different ways of touching our own center—of feeling at one with ourselves and the universe.

The group will meet at Esalen's "Big House" where we will prepare most of our own meals for a cleansing diet. We will have morning meditations at the mineral baths and will do sessions in massage and movement, hatha yoga and chanting, as well as an introduction to the principles of polarity therapy. There will be time to enjoy the Esalen grounds and the Big Sur coast. $105

An Awakening of Consciousness / Chris Feldmann & Community for Conscious Evolution Staff

We will explore the personal consciousness of Christ, Lao-Tzu, Buddha and others, and discover how aspects of these consciousnesses are already within our own being. By peeling away and discarding our beliefs of who we are, we can see how these different consciousnesses manifest in ourselves. We will work to get in touch with our own inspirations and let these inspirations guide us to experience directly and utilize our expanded consciousness. $100

Human Energy for Human Learning / Alan Schwartz

A workshop for educators and professionals seeking to extend the dimensions of their work in human teaching and learning.

Much has been written about blending rational and non-rational elements of personality in the learning process. the focus of this weekend will be on dealing with self as a total organism, rather than splitting mind and body. The energy concepts of grounding, release and integration will be explored and processed to provide humanistic understandings. The relationship between human growth/education and the therapeutic practices of energy work and gestalt will be investigated experientially. $100

Madness & Individuation / Howard I Levene

In this workshop we will define the relationship of madness to the Jungian concept of Individuation. Experientially, we will structure an environment in which we will attempt to connect with our own madness, and integrate our discoveries and experiences of this madness with our own personal journeys towards self-awareness. This workshop is limited to 15 people. $110

For Biographical Information, see pp 65-68

PROGRAMS IN BIG SUR

WEEK OF JANUARY 5-10

The Art & Practice of Self-Observation: A Gestalt Workshop / Stella Resnick

Self-observation is a crucial talent to develop in order to recognize when behavior, fantasy and environment is nourishing and self-enhancing or toxic and self-depleting. Using the gestalt approach supplemented by a variety of other techniques including video feedback, participants will focus on learning how to observe themselves more clearly and to recognize and maintain themselves in nourishing environments. **$270 plus $2 video fee.**

Energy & the Whole Person / Alan Schwartz

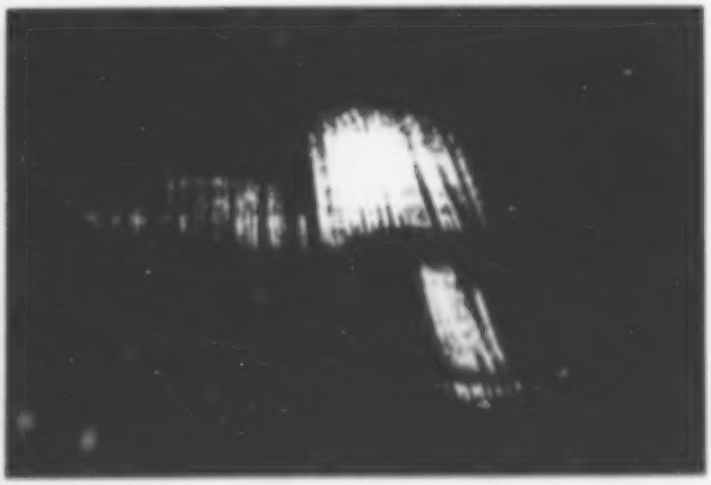
An intensive workshop in experiencing the energy flow which makes up the whole person. We'll work with progressive realizations of how blocks to the free flow of emotion inhibit us from realizing pleasure. A central theme will be risk-taking on both the psychic and somatic levels, using bioenergetic and gestalt techniques to provide growth-realizing integration. A video session will enable us to experience the visible expression of our personalities. **$240 plus $2 video fee**

Movement Rituals as Dance Anna Halprin, Xavier Nash & Benito Santiago

In our workshops, we use dance as a way to help us believe in what we already possess. When we experience dance in a truly universal sense, we are experiencing the essence of self and life. In this workshop, we will explore the many ways that we all *are* dancers! **$270**

Skills Workshop for Group Leaders Jacqueline Larcombe Doyle

The focus of this workshop will be on providing an intensive group experience, introducing group techniques and enhancing the transfer of these skills for persons already leading groups in various settings. Techniques will be drawn from psychodrama, encounter, gestalt, bioenergetics, psychomotor and fantasy. **$270**



The eastern horizon as seen in 15th Century Finland.

January 5-31

Testing and Transcending the "Limits" of Self

Coordinator: **Julian Silverman**
with: Robert Nadeau, Anna Halprin, Janet Lederman, Carol MacGee, Peggy Morrison, Xavier Nash, Benito Santiago, Beverly Silverman, Michael Tobias.

These four weeks are arranged to offer individuals several different approaches to self-discovery, allowing enough time for real learning and growth. Through body work, group interaction, individual process, and dance, participants will have the opportunity to discover how they limit themselves and, by testing these "limits," to discover the possibilities for transcending them.

WEEK ONE:	Julian & Beverly Silverman–gestalt, encounter, psychosynthesis–
WEEKEND:	Anna Halprin with Xavier Nash and Benito Santiago–"We will explore the many ways that we all *are* dancers."
WEEK TWO:	Janet Lederman–experiential learning.
WEEKEND:	free
WEEK THREE:	'Movement-massage-mountains' – sessions of movement with Janet Lederman, massage with Peggy Morrison, a two-day mountain experience with Michael Tobias & Carol MacGee.
WEEKEND:	relax
WEEK FOUR:	Julian & Beverly Silverman–assimilation.

$1150

WEEKEND OF JANUARY 10-12

Meditation Weekend / Robert Nadeau

$110

Selective Awareness & Self Hypnosis Emmett Miller

The present-day student of health recognizes that the vast majority of physical disease patterns and essentially all psychological problems are merely the result of faulty programming of the "Human Biocomputer". Yet seldom can either physician or patient make use of this well-demonstrated fact. The reason for the paradox is simple; you must know the language in order to talk to a computer (Garbage in; Garbage out). Selective Awareness is self-applied, using your conscious mind, in a state of deep relaxation and concentration, to systematically explore and experience your world or experience and memory within. We will investigate selective consciousness through auto-suggestion; the elimination of unwanted symptoms, habits and emotional response patterns; effective learning, listening, communication; and body awareness. **$110**

Energy Here & Now Through Bioenergetics Alan Schwartz

A workshop for those who sense the power and vitality which can be self. Participants will be encouraged to risk mobilizing their feelings and energy to help them become aware of how they block self-expression. The gestalt process will be used to provide an environment for integration and growth. **$100**

Exploring Self-Acceptance / David Schiffman

See January 12-17, below. (The weekend will not include video.)
$110

For Reservation Information, see page 54

week of January 12-17

Selective Awareness & Advanced Gestalt
Emmett Miller & Richard Price

For those who have had some previous experience in gestalt and/or selective awareness.

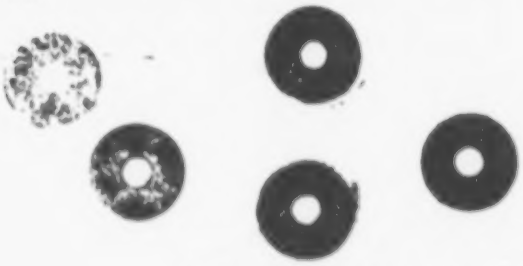
Selective awareness provides means for identifying and unlearning undesirable characteristics of body/mind and rapidly learning desirable patterns. This takes place in a state of mind related to those of meditation and hypnosis. Like gestalt, selective awareness aims at the development of internal guidance free of externally imposed conditioning. A video feedback session will enable us to examine some of our own patterns. **$300 + $2 video fee.**

Opening the Feelings:
A Radix Neo-Reichian Workshop
Laura Dillon, David Howard & Lara Amber

For description, see p 35. **$110**

Exploring Self-Acceptance / David Schiffman

The focus of this workshop is on the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. There will be a session with video for "taking a look" at ourselves. Emphasis is on searching out unique personality strengths, individual capacities and latent powers as a means of achieving productive, creative functioning. **$270 plus $2.00 video fee.**



This ancient Chinese shape signifies the sky.

weekend of January 17-19

Steps to an Ecology of Mind / Gregory Bateson
$110

Experiencing Esalen
The Experiencing Esalen Staff

For description, see p 35. **$100**

Body Dynamics: "the body never lies"
Hector Prestera & Sharon Wheeler

Color, Reichian energetics, physical character analysis, techniques for releasing body energy centers, acupuncture principles, as well as concepts from Rolfing and polarity therapy will be utilized to assist participants in freeing their body blocks. **$110**

For Biographical Information, see pp 65-68

PROGRAMS IN BIG SUR

The Blessing of Obstacles
Lenore Lefer & Matthew Haar

We all encounter obstacles, frustrations and crises in our lives. We react to them in different ways; sometimes we avoid, reject, confront or rationalize away obstacles, because they usually cause us pain. If we can view our obstacles and frustrations as signals and can understand their message, we can learn from them and grow. In this workshop we will use gestalt awareness, encounter and psychosynthesis techniques to recognize the creative potential ("blessing") of obstacles as they provide us with opportunities for understanding and growth. **$110**

week of January 19-24

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. **$270**

Healing Your Being
Gabrielle Roth & Shirley Scott

A week of experiencing ourselves and changing.
A week of taking responsibility for ourselves and growing.
A week of accepting ourselves and healing.
A week of knowing ourselves and moving . . . on and on and on.
A week of BEING. **$270**

A Gestalt Workshop for Professionals
Stella Resnick **$270 + $2 video fee**

Realms of the Human Unconscious:
Psychedelic and Anthropological Perspectives
Stanislav Grof & Joan Halifax-Grof

This workshop will focus on the expanded image of the human mind that is emerging from LSD research and anthropological studies. The participants will become acquainted with such issues as: new maps of the human unconscious; transpersonal aspects of birth, sex and death; LSD psychotherapy with neurotics, alcoholics, heroin addicts, psychotic patients and individuals dying of cancer; the nature of the schizophrenic process; mystical, religious and metaphysical experiences in psychedelic sessions and indigenous healing systems and rites of passage in non-western cultures.

We will utilize didactic sessions, discussions, experiential exercises, selected films and videotapes, mandala work and non-drug technology for inducing unusual states of consciousness. **$270**

Individual use of the sensory isolation tank will be available to participants for an additional fee of $10.

PROGRAMS IN BIG SUR

WEEKEND OF JANUARY 24-26

Sensory Awareness & Drawing
Connie & Leon Siegel

Sensory awareness is meditation on the process of everyday life. Through simple experiments involving activities such as sitting, moving, breathing, touching another, we may begin to explore our nature, in its fullness, coming more to quiet and clarity of body/mind. Periods of sensing will be alternated with periods of drawing in which we work out of the awareness of our inner rhythms, of movement and of our environment perceived through touching and seeing. Emphasis will be on the discovery of each person's unique way of experiencing and how this is expressed in line, shape and color. **$110**

A Workshop for Gay People / Sally Smith

A chance for gay men and women, singly or in couples, to come together at Esalen, explore life styles, problems, joys, directions; share massage, music and plain talk. **$100**

What's Available / George & Judith Brown

An experiential weekend workshop to help participants get more in touch with what's *inside* (the self, personal and transpersonal) and *outside* (one's living and working environment, including others). Focus will be on individual growth in a group setting. Suitable for couples as well. Limited to 20 persons. **$110**

Gestalt Improvisations
Paul Rebillot & Shirley Leitch

Sing the glory of your life to the world,
Dance the story of your life to the world,
Tell the tale of living flesh to the world,
'Til the pain that you feel goes away.
—Don Currie

Combining improvisation and dance with gestalt and bio-energetic methods of liberating breath, movement and sound, we will explore possibilities of reclaiming disowned energy through creative self-expression. In a session with video tape, we will have the experience of being our own audience. **$110 plus $2 video fee**

Special Workshop Announcements

Workshops of more than one week require special planning for participants. Whenever possible, we will announce long-term workshops well in advance. Further descriptions—and any changes will appear in the catalog covering the period in which the workshop is actually scheduled.

February 2-28 – A Monthlong Workshop with John Heider
$1150 (for scholarship information, see p 54)

February 2-28
Renascence: A Monthlong Workshop with Michael Butler & Simone Surpin

Withineach of us is an untapped seed of emotional and spiritual energy which we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to devlop that seed center of self. This is not accomplished by pushing; in our experience, the discovery of one's center happens through a process of unfolding that is unique to every individual. An atmosphere will be created wherein the unfolding process can take place at a pace appropriate to each individual, whether an experienced professional leader or first-time workshop participant.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. The individual work will be gestalt oriented. Emotional work will be grounded in quieting and meditation practice at the Esalen baths.Our approach to body energy and awareness will be drawnfrom such disciplines as aikido, bio-energetics, rolfing and sensory awareness. Weekends will be held free for rest and enjoyment of the Esalen grounds and Big Sur countryside. Imphasis throughout will be on means of incorporating growth practices into everyday life. This group is limited to 16 people. **$1100**
(For sholarship information, see p 54)

March 2-28

A mothlong workshop with Harry Sloan, Further description will appear in the Jan.-March catalog.

WEEK OF JANUARY 26-31

Experiencing Esalen
The Experiencing Esalen Staff

For description, see p 33. **$240**

You & Universal Motion / Bob Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering and body movement. **$170**

Psychosynthesis: Nurturing the Child Within
John Firman & Matthew Haar

This workhop will focus on the psychosynthesis technique of Bear Therapy, a approach to self-acceptance and self-nurturing. Many of us have lerned how to open ourselves emotionally and contact other people at deep and satisfactory level. But when we need to nourish and affirmourselves, we usually swing from being rigid and critical to being collapsed or being dependent upon another person or a group. Bear therapy presents an alternative to these extremes within each of us, as we aim to center and to nourish ourselves from that center. **$260**

Gestalt: the Body / Richard Price & Esalen Staff

Includes introduction to a variety of body practices: acupuncture, rolfing, bioenergetics, massage, polarity massage and their relation to gestalt awareness practice. **$270**

For Reservation Information, see page 54

BIOGRAPHICAL INFORMATION

TOM ALLEN, a senior associate of the Psychosynthesis Institute, leads workshops at growth centers and educational institutions throughout the country and abroad. He has taught courses in psychosynthesis at the college and university level. He is an artist and has worked to integrate art into the psychosynthesis process as a means of self-realization. (p 39)

RUTH ALON is a trainer at the Feldenkrais Institute in Tel Aviv and is a member of the small group of practitioners comprehensively trained there by Moshe Feldenkrais in his system of functional coordination, body awareness and movement. (pp 10, 30)

LARA AMBER co-leads classes and workshops at The Radix Institute (formerly Interscience Workshop) and gives individual instruction in neo-Reichian emotional release. Lara has instructed classes at the Denver Free University and the Denver Learning Center, and for the past three years has worked with emotionally disturbed children. She joined the Radix training program almost a year ago. (p 35)

MAURICA ANDERSON is a recent graduate of Sonoma State's humanistic psychology program. She studied psychodrama under Lewis Yablonsky, has co-led the Esalen High Sierra encounter program for the past four years and is currently interested in helping women to discover both their own strength and the gentleness and joy of the mountains. (pp 12, 15)

WALT ANDERSON has been learning and teaching about psychodrama for nearly ten years and has served as a consultant to many educational institutions, businesses and hospitals. Over most of this time he also has been exploring ways of integrating psychodrama with other approaches – such as encounter, gestalt, bioenergetics and dance therapy. He is a contributing editor of *Human Behavior* magazine and author of several books, including *Politics and the New Humanism*. (pp 13, 15)

ROGER ANDES has been active at The Radix Institute (formerly Interscience Work Shop) for two years, joining the training program in January of 1974. At Radix Institute he teaches classes and workshops in *Education in Feeling*. He holds a psychology degree from Indiana University where he was a laboratory assistant in vision research. He has had extensive work with Nathaniel Branden. (p 35)

MIRIAM T. ARGUELLES, author and artist, is currently on the faculty of Naropa Institute, Boulder, Colorado. At present she is working on a book on the feminine and creativity. She is co-author of *Mandala*. (p 12)

ANNE ARMSTRONG, psychic, clairvoyant, teacher, lives and works in Sacramento. She uses her abilities for deep level analysis of personal problems and for guidance in the growth of the inner life. (p 32)

GREGORY BATESON is a world-famous ecologist and ethnologist. He originated the "double bind" theory which explains some of the causes of schizophrenia. His most recent interests join the workings of the human mind and emotions to the problem of ecology. (pp 13, 27, 29, 41)

DIANA BECCHETTI trained in gestalt therapy with Richard Price and studied Confluent Education with George Brown at the University of California, Santa Barbara. She has worked with Roberto Assagioli in Italy and is in advanced training at the Psychosynthesis Institute in Redwood City. (p 32)

HELEN BONNY is a music therapist and research fellow at the Maryland Psychiatric Research Center. (p 27)

STEWART BRAND is founder and editor of The Whole Earth Catalogue. (p 13)

NATHANIEL BRANDEN is the author of *The Psychology of Self-Esteem*, *Breaking Free* and *The Disowned Self*. He is in private practice in Los Angeles. He is Adjunct Clinical Professor of Psychology at Rutgers University and Adjunct Professor of Psychology at Antioch College/West at Deer Creek. (p 33)

BARBARA BRAUNSTEIN recently returned from Sai Baba's ashram in India. She previously worked as an art historian in museums and has done graduate work in architecture. For the past three years she has been living and working at Esalen. She is presently involved in color and flower systems of healing as well as experimenting with different approaches to organic gardening. (pp 29, 32)

WILLIAM BROSTOFF, MD, lives in San Francisco where he works with health and illness through the practice of internal medicine, Lomi body work and acupuncture. He is a member of the Lomi school and teaches at Lone Mountain College and the University of California Medical Center in San Francisco. (p 20)

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is Professor and Director of the program in Confluent Education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning* and the forthcoming *The Live Classroom*. (pp 11, 15, 39, 42)

JUDITH BROWN has an international reputation as a gestalt awareness trainer and has been interested in the use of symbols as an expression of the creative unconscious. In addition to her own groups, she has co-led numerous groups with her husband. (pp 11, 15, 39, 42)

MICHAEL BUTLER is a group leader and rolfer who is interested in ways to integrate the body, mind, and spirit. A former Esalen resident fellow, he was trained in group process by John Heider and subsequently by Dr. Ida Rolf. Currently he is a member of a meditation training group led by Robert Nadeau. Primary emphasis in his work is on ways to translate growth practices into everyday life. (pp 16, 28, 30, 32, 34, 36, 37, 41, 42)

JOSEPH CAMPBELL has been a member of the Literature Department of Sarah Lawrence College since 1934. He is a mythologist, lecturer and author of *The Hero with a Thousand Faces* and *The Masks of God*. (pp 19, 27)

ROBERT CHAPLINE is currently master voice teacher at the American Conservatory Theater. He has taught voice production with some of the leading acting companies in the United States and Canada. He specializes in the use of the voice related to the organic totality of physical action. (p 11)

FRANCES CLARK is currently associated with Ross Valley Psychological Service in San Anselmo and is teaching at the College of Marin. She is associate editor of the *Journal of Transpersonal Psychology*, has been doing research in mental imagery for the past seven years and has been teaching classes in the psychology of consciousness since 1970. (p 12)

BARBARA CLEMANS is a teacher, dancer and practitioner of massage in San Francisco. Her approach has been synthesized from nine years of experience with various techniques, including: graduate work in creative movement, gestalt, yoga, Reichian therapy, belly dancing and EST. During the past year she has been influenced by her training with Moshe Feldenkrais in individual and group work and with George Simon in psychic development. She is an Arica trainer and her work is featured in *Getting Clear: Body Work for Women*. (pp 32, 35, 39, 40)

MICHAEL CONANT is a psychologist in private practice in Berkeley who works in gestalt and bioenergetic reeducation. He directs training for the Institute for Bioenergetic Analysis in Northern California and is a member of the Gestalt Institute of San Francisco. He holds degrees from Columbia and Stanford Universities and is a former Director of Bridge Mountain Foundation. His current practice centers around group work and his particular interest is in teaching people to become more expressive, more themselves. (p 34)

EMILIE CONRAD received her early dance training in New York. She has been on the faculty of the Lee Strasberg Theatre Institute and the Actors Studio. Currently she is a consultant for the California School of Professional Psychology and a faculty member of the Center for the Healing Arts. Her recent workshops include those for the Association for Humanistic Psychology, The Institute for Analytical Psychology, The Group Psychoanalytic Association and various universities. The five years she spent living in Haiti, studying and participating in native rituals, provide the anthropological roots for Continuum. (p 35)

ROBERT CRAIG is a graduate of Antioch West College and has done considerable work in heroin treatment centers. (p 33)

ELEANOR CRISWELL is the associate director of the Humanistic Psychology Institute and an associate professor of psychology at Sonoma State College. (p 15)

Biographical Information

LYN DAVIS is a member of the Arica teaching staff and a gestalt trainer. She leads women's workshops in the San Francisco Bay Area and works lovingly with Jack Downing. (pp 30, 35)

LAURA DILLON joined The Radix Institute (formerly Interscience Work Shop) more than three years ago. She has led workshops at growth centers across the country, has run experimental groups in conjunction with Nathaniel Branden, and, in trips to the mid-west, she and well-known leaders in Transactional Analysis have offered workshops combining Laura's neo-Reichian work with Transactional Analysis techniques. In April 1974, she opened a branch of The Radix Institute in Sonoma County. She is a qualified masseuse and a graduate of Boston University, where she studied philosophy and political science. (p 35)

GEORGE DOWNING, PhD, combines gestalt with intensive methods of working with the body. He is a member of the teaching staff of the Family Therapy Institute of Marin and is the author of *The Massage Book* and *Massage and Meditation.* (pp 18, 19, 20)

JACK DOWNING MD is a life-long student. He studied psychiatry at the Menninger School, gestalt therapy with Fritz Perls, structural integration with Ida Rolf. He was among the original group who studied with Oscar Ichazo in Arica. He is learning. (pp 30, 35)

JACQUELINE LARCOMBE DOYLE is a psychologist and former Esalen resident fellow, trained by William Schutz. Her background includes teaching and clinical work. She has done encounter work here and abroad. For the past year she has served as a director of group training and member of the board of Greenhouse, a new Boston growth center. (p 40)

AL DRUCKER is a former space scientist whose primary work now is rolfing and teaching. He is qualified as an acupuncturist (licensed in England) and an Arica trainer. He has led gestalt, encounter and synanon groups, is trained in iridology, nutrition and psychic processes and has taught anatomy, physiology, massage, yoga, t'ai chi and folk dance sessions. He recently returned from a spiritual journey to India to see Sai Baba. (pp 29, 32)

CRAIG S ENRIGHT, MD, received his MD Degree in 1969, and worked in conventional hospital practice until 1971. He has resided in Big Sur for the past 2½ years. His present interests are focused on expanding awareness of the psychophysical processes which determine one's position along the spectrum of ease/dis-ease. (p 27)

JOHN ENRIGHT is in advanced training as a navigator in the sea of experience. He is eager to share maps, charts and headings with fellow voyagers. (pp 12, 14, 16)

DOROTHY FADIMAN is an artist and writer who offers experiences using simple art techniques as a way to explore psychological processes. She works with guided imagery, art and nonverbal consciousness. (p 12)

RICHARD FARSON is the author of *Birthrights*, a book about the politics of childhood. He is one of the co-founders of Western Behavioral Sciences Institute and is presently President of Esalen Institute. He is the father of five children. (pp 13, 14, 17)

CHRIS FELDMANN has been a researcher and explorer in consciousness for several years. She is interested in developing a new language for different states and processes of consciousness and in teaching people how they can tune into their own inspirations and awarenesses. She teaches classes in consciousness in San Francisco, New York and Boston, and has a private counselling practice under the auspices of the Community for Conscious Evolution. She studied with George Simon for two years and became his partner. She has also completed the EST training. (pp 34, 39)

JOAN FIORE is a documentary film maker and television producer whose focus on humans relating to each other and society led her to the Esalen Gestalt Residency program in January, 1973. Since then she has remained at Esalen and continued studying gestalt awareness practice with Richard Price and other Esalen leaders. Despite the apparently contradictory nature of the roles, she is a feminist, an Esalen staff member and the mother of three. (p 29)

HELEN FIRMAN is a senior associate of the Psychosynthesis Institute, and a member of the Institute's training staff. She has completed advanced training with Jim and Susan Vargiu, directors of the Institute, and has had didactic training with Roberto Assagioli, the originator of psychosynthesis. A former teacher of meditation and yoga, she is currently working with groups, individuals and couples in psychosynthesis. (pp 19, 32)

JOHN FIRMAN is a senior associate of the Psychosynthesis Institute, and a member of the Institute's training staff. He has completed advanced training with Jim and Susan Vargiu and has had didactic training with Roberto Assagioli. He is a former staff member of the Sonoma County Rehabilitation Program for Alcoholism has worked at the Neuro-psychiatric Institute at UCLA, and has taught at the college level. Currently, he works with groups, individuals, and couples in psychosynthesis. (pp 19, 42)

ARTHUR FOX, a 1969 Esalen resident fellow trained by William Schutz, has been leading groups at Esalen, around the United States and Europe. He has implemented humanistic education into a Swiss school and at colleges in the US both as a teacher and consultant. He is the director of the Esalen College Program, the Extended Learning Center and is a student of Stanley Keleman. (pp 10, 11, 17, 32)

JANICA FOX has a background of research in groups at Harvard and was a 1969 Esalen Resident Fellow. For the past six years, she has been leading groups at Esalen, around the country and in Europe. She is the assistant to the director of the Esalen College Program and works privately with individuals and couples in the Bay Area. (pp 10, 11, 17, 32)

BETTY FULLER, a Humanist Counselor, has been leading seminars for EST, in addition to her own encounter groups and workshops, in the US and abroad since her 1967-68 Esalen Residency. Betty is co-founder of the Experiential Learning Center in San Francisco where she teaches ongoing Feldenkrais lessons. (pp 34, 38)

ANNE GALLAND is assistant to the City Manager of Dallas, Texas and has been consultant to the Outward Bound School. Her present interest is in exploring the limits women set for themselves and expanding the range of choices available to them through personal awareness tools and the development of physical skills pioneered at Outward Bound. (p 12)

DICK GALLAND is Founding Director of the Texas Outward Bound School and a student of gestalt. (p 12)

BILL GLOVER is an Esalen/San Francisco staff member and a professional masseur. He is studying various approaches to the body – bioenergetics, Feldenkrais, Alexander technique, and is also training with physical therapist Marion Rosen. (pp 9, 10)

IAN GRAND studied at the Center for Energetic Studies with Stanley Keleman and has an individual and group practice in Berkeley. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at California State University, San Francisco. (p 18)

TAMARA GREENBERG utilizes dance/movement therapy as a body oriented approach to further emotional and physical integration in the individual. She conducts ongoing movement groups in Berkeley and Sacramento and is a staff member of the Shawl-Anderson Modern Dance Center. She was dance specialist for the City of Oakland Recreation Department and dance therapist at Hall-Brooke Hospital (a therapeutic community) in Westport, Connecticut. (pp 12, 14)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over 50 articles in professional journals and books. He was a research psychiatrist at the Psychiatric Research Institute in Prague until 1967, Clinical and Research Fellow at Johns Hopkins University Henry Phipps Clinic until 1969 and Chief of Psychiatric Research at the Maryland Psychiatric Research Center and Assistant Professor at the Department of Psychiatry and Behavioral Sciences, Johns Hopkins University until 1973. He is presently on leave of absence from Maryland and Johns Hopkins and is a resident scholar at Esalen/Big Sur. (pp 15, 27, 41)

BERNARD GUNTHER is one of the pioneers in the use of touch, awareness, relaxation, meditation and non-verbal communication in the total growth process. For seven years he was a staff member of the Esalen Institute in Big Sur where he originated the Esalen massage. In recent years he has been involved in the study of psychosynthesis, mind dynamics, breathing, energy and hypnosis as they relate to transpersonal consciousness. He is the author of *Sense Relaxation*, *Love View*, *What to do till the Messiah Comes* and *How the West Is One*. His newest work *High Cards* was just published by Harper and Row. (p 37)

MATTHEW HAAR, an associate of the Psychosynthesis Institute, is in advanced training with its director Jim Vargiu, and has worked with Roberto Assagioli, founder of psychosynthesis. He is a former business executive and data processing consultant who is interested in alternative organizational structures and the psychosynthesis of groups and organizations. (pp 41, 42)

Biographical Information

JOAN HALIFAX-GROF is a medical anthropologist specializing in psychiatry and religion. Her dissertation "Indigenous Healing Systems and Contemporary Medicine: Toward an Integration of Approaches" reflects her crosscultural studies at Columbia University and subsequent field work in Africa and the Caribbean Islands, the study of the Afro-cuban religion "Santeria" and her work as anthropologist for the University of Miami School of Medicine in the Departments of Psychiatry and Pediatrics. In 1972-73, she was a research associate at the Maryland Psychiatric Research Institute, working primarily as a therapist and anthropological consultant in LSD psychotherapy with terminal cancer patients. She is currently a scholar in residence at Esalen/Big Sur. (pp 15, 27, 41)

ROBERT HALL is a physician, gestalt therapist, student of meditation and practitioner of body work who is in private practice in Mill Valley. He is one of the members of the Lomi School, a collective of artists, therapists and healers who teach a program of health consciousness. (p 10)

ANNA HALPRIN is founder of the San Francisco Dancers' Workshop where she has developed her own unique approach to the movement art, for which she was awarded a Guggenheim Fellowship in 1971. She has worked intensively with Ida Rolf and Bob Hall in structural integration and with Fritz Perls in gestalt. She has co-authored *Exit to Enter* and *When a School Comes Home.* (pp 16, 40)

ANNE HEIDER received a bachelor's degree in music history and theory and a master's in musicology. From 1967 to 1971 she lived and worked at Esalen Big Sur, where she studied and taught chanting, massage, tai chi chuan. Her current interests include sufi dancing and other moving meditations. (p 27)

JOHN HEIDER was educated at Harvard College and Duke University. His doctoral thesis dealt with the effects of meditation on perception of Rorschach Ink Blots. From 1967 to 1971 he was an Associate in Residence at Esalen Institute, Big Sur, California. Most recently he has been Visiting Professor at Menninger Foundation's School of Psychiatry. His recent paper, *Catharsis in Human Potential Encounter* will be published in an upcoming issue of Journal of Humanistic Psychology. (pp 12, 16, 27, 28, 36, 42)

RICHARD HORAN is an artist, masseur and organic gardener. (pp 27, 28, 35, 36)

MARK HOROWITZ has had training with Roberto Assagioli in Italy. He is an associate of the Psychosynthesis Institute in Redwood City where he is in advanced training. He has worked for the Greater Lowel Drug Rehabilitation Program in Massachusetts and as a public school guidance counselor. He is currently consulting and doing individual and group work in psychosynthesis. (p 19)

DAVID HOWARD joined The Radix Institute (formerly Interscience Workshop) this year and now co-leads classes and gives individual instruction in Education in Feeling. An educator for 15 years, Dave has held positions as a teacher, principal and instructor at the University of Santa Cruz. In Europe, he was Guest Lecturer at the University of Heidelberg and the University of Luneberg. Presently, besides his work at The Radix, he is an educational consultant. (p 35)

AL HUANG, born in Shanghai, China, was trained in classical Chinese arts and theater techniques before coming to the United States to become an architect and concert dancer. He has taught and performed at major universities and festivals throughout North America and the Far East. He lectures and conducts seminars in Taoism, Ch'an (Zen) Buddhism and related Asian Arts. He now teaches Oriental Theatre and Asian Arts at the University of Illinois; he is author of the book *Embrace Tiger, Return to Mountain: The essence of t'ai chi.* (pp 15, 33, 39)

NANCY K JUNGERMAN, Licensed Psychologist, is a counseling psychologist and senior member of the Counseling Center, University of California, Davis and in private practice. (p 18)

MICHAEL KAHN received his PhD from Harvard University, has taught at Yale and the University of Texas and is currently on the faculty of the Department of Psychology at UC Santa Cruz. He has experimented extensively with behavior therapy methods and is an experienced encounter group leader, regularly on the staff of the Personal Growth Laboratory at Bethel, Maine. (p 14)

SYLVIA KARS, a medical administrator for 14 years, was trained at the Institute of Human Abilities, is a former staff member of More Institute and founder and Director of Discovery Institute. She has lectured for the Association for Humanistic Society and numerous other organizations. (p 38)

IRVING KATZ is a clinical psychologist and professor of psychology at University of Nevada, Las Vegas. He is director of VIDA, a growth center. (p 36)

SAM KEEN is a free-lance writer and editor and an amateur *psychopompos.* He is the author of *To a Dancing God, Apology for Wonder* and co-author with Anne Fox of *Telling Your Story.* He is a consulting editor of *Psychology Today.* (pp 10, 17, 19, 29)

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is author of *Sexuality, Self and Survival, The Human Ground, Todtmoos* and the forthcoming *The Body is Alive and More* and *Living Your Dying.* (pp 18, 19)

BOB KRIEGEL was the director of the Esalen Sports Center and the Esalen Consulting Service. Prior to that he was the founder and director of Anthos a growth center in New York city. He has conducted special programs for unversities, social change agencies, and business corporations around the country. He is currently working towards the development of a humanistic physical education teacher training model and curriculum. (pp 12, 20, 29, 34, 39)

MARILYN HARRIS KRIEGEL is a teacher. She also is currently the director of teacher training for a federal grant applying confluent education to the teaching of reading. She is a member of the faculty of Dominican College, San Rafael, a mother, and is in advanced training at the Psychosynthesis Institute in Redwood City. (pp 12, 34, 39)

OTIS KRIEGEL in his third year has reached the stage of guru, and is in complete control of the Kriegel household. (pp 34, 39)

STANLEY KRIPPNER is Program Coordinator for the Humanistic Psychology Institute, Director of Research for the New York Institute for Child Development and Senior Research Associate, Division of Parapsychology and Psychophysics, at Maimonides. In 1971 he spoke at the Institute of Psychology of the Academy of Pedagogical Sciences in Moscow, describing a 10 year project, now in its final stages, involving the study of telepathy, clairvoyance and precognition in dreams, hypnosis and other altered states of consciousness. He has authored and co-authored over 200 articles in various professional journals, many of them describing his work in the field of parapsychology. He is currently President of the Association for Humanistic Psychology. (p 33)

STEVEN KULL is a senior associate of the Psychosynthesis Institute. He underwent didactic training in Italy with Roberto Assagioli, has worked with him over the past five years and has completed advanced training at the Psychosynthesis Institute with Jim and Susan Vargiu. He currently is involved in the training of professionals and works with individuals and groups in psychosynthesis.

JEFFREY S LANDAU is a humanist, psychologist and teacher. He was a recent Director of Research at the Institute for Advanced Study in Rational Psychotherapy where he studied how environmental and thinking processes interact to produce anger and aggression. He is currently involved in private practice in New York where he works with individuals and groups. In his practice, he is attempting to synthesize the technologies of psychosynthesis, gestalt, rational, and behavioral methods within the framework of Ornstein's split-brain model. (pp 20, 29)

JANET LEDERMAN is an artist, teacher and author of *Anger and the Rocking Chair,* a poetic account of the use of the gestalt learning process of which she is the originator. She is currently associate director of Esalen/Big Sur. (pp 27, 32)

DAVID MILTON LEES has been a resident and group leader at Esalen, Big Sur from 1970 to 1974. A former mathematician and teacher, he is trained in gestalt, encounter, massage, meditation, and the consciousness expansion techniques of George Simon. Currently he is on a tour of growth and spiritual centers around the United States. (p 38)

LENORE LEFER is a former executive director of the Bridgeport, Conn. Mental Health Association, research scientist, psychological examiner, teacher, Esalen resident fellow and organizational consultant. She is presently in advanced training at the Psychosynthesis Institute in Redwood City and is currently leading groups in the Bay area for Esalen, a free university and is a consultant to Awareness House. (pp 12, 32, 36, 38, 41)

Biographical Information

DUB LEIGH, a Humanist Counselor, is in private practice as a senior practitioner of structural integration (rofling) at his Experiential Learning Center in San Francisco where he also teaches Feldenkrais movement classes and leads workshops. Dub was a 1970 Esalen resident fellow. (pp 34, 38)

SHIRLEY LEITCH studied astrology with Kelly, Carlin and Burton Morse. She has been a professional for the past 4 years, during which time she has taught classes in astrology as well as preparing individual horoscope readings. (p 42)

GEORGE LEONARD is the author of *Education and Ecstasy*, *The Man and Woman Thing* and *The Transformation*. He has been studying aikido and energy awareness with Robert Nadeau and Frank Doran for the past three years. He is co-director of Esalen's Center for Theoretical Studies and is currently working on a new book, *The Ultimate Athlete*. (pp 11, 17)

HOWARD I LEVENE is a practicing Jungian analyst in Kentfield, California. He is co-founder (with John Perry) of *Diabasis*, a non-hospital residence for the therapy of acute schizophrenia. He views the acute psychosis as a potentially growth-promoting experience, and is presently exploring the madness in so-called "normals" as a pathway towards the individuation process. (pp 13, 28, 39)

ANTOINETTE LILLY is a psychoanalytic therapist with extensive training in esoteric mystical traditions and techniques and in traditional American methods of freeing the self, including encounter, LSD therapy and the polymorphous dyadic interlock. She has also had extensive experience in tank work. (p 27, 30)

JOHN C. LILLY, MD has primary research interest in the relation of the mind to the brain. He is trained in psychoanalysis, computer theory, biophysics, neurophysiology and interspecies communication. He has been an Esalen leader since 1968 and trains in solitude, isolation and confinement (water tank work). He has a seminar center in Malibu, California, and has written the books *Center of the Cyclone* and *Human Biocomputer*. (pp 27, 30)

LEO LITWAK is author of the novels *Waiting for the News* and *To the Hanging Gardens* plus a book of non-fiction *College Days in Earthquake Country*. He has published stories and articles in many magazines in including *Partisan Review*, *Commentary* and *Esquire* and currently teaches creative writing at San Francisco State University. (pp 11, 17)

CAROL MACGEE is a former student of the French sociologist and philosopher, Henri Lefebvre. She is a poetess, associate editor of the "International Mountaineering Arts Journal" and author of two works *Azure* and *Hill Fragments*. She has climbed the Alps and Rockies and trained in method acting and jazz dance. (pp 31, 40)

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at the Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of *The Free People* and (with Alan Cohen) *Understanding Drug Use*. (p 19)

ROLLO MAY has a psychoanalytic practice in New York. Among the many noteworthy books he has authored are *Man's Search for Himself*, *Love and Will*, and *Power and Innocence*. He has been a Visiting Professor at both Harvard and Yale Universities and received numerous honors for his work, including Phi Beta Kappa's Ralph Waldo Emerson Award for *Love and Will* and honorary doctoral degrees from the University of Oklahoma, St. Regis College and St. Vincent College. He also received the American Psychological Association's Award for Distinguished Contribution to the Science and Profession of Clinical Psychology. (pp 10, 29)

STANLEY MAYERSON has been working for the past seven years coordinating non-medication programs that are designed to develop and evaluate the potential of the acute psychotic episode as an opportunity for personal growth. He is currently in-patient treatment coordinator at Emanuel Hospital. (p 28)

JOHN COSTON McCAMY is a physician who has studied with some of the pioneers in the preventive medicine field and applied the work of such recent researchers as Linus Pauling, Roger Williams, Kenneth Cooper (aerobics), and particularly Emmanuel Cheraskin (predictive medicine). He has also studied with meditation teachers and humanistic psychologists in such new fields as: gestalt therapy, biofeedback control, cellular chemistry, bodymind therapies such as rolfing, bioenergetics, acupuncture, and meditation control.

During the past seven years he has developed a program of personal preventive medicine to help patients stay well and happy. This program culminated in Human Life Styling, the four pillar approach to improving diet, exercise, stress response and ecological awareness for maximum reduction in symptoms and improvement in health. His book on *Human Life Styling* will be published in 1974 by Harper & Row. It may be a major factor in saving our planet and mankind. (p 29)

DEBORAH MEDOW is a student and teacher of yoga, diet & nutrition, movement, zone therapy and massage. A member of the 1971 Esalen Residence Program, she has supplemented her studies with workshops in polarity therapy, with both Dr. Stone and Pierre Pannetier, and in iridology with Bernard Jenson. For the past 5 years, Deborah has been teaching and leading groups in massage and hatha yoga in the San Francisco Bay Area. She is a member of the massage crew at Esalen, Big Sur where whe gives both the "Esalen"-style and polarity massages. (pp 29, 39)

EMMETT MILLER, presently practicing medicine and hypnotherapy in Carmel, California, has also had extensive training in physics, mathematics and computer science. These, along with his studies in music, art, poetry, body movement and various religious and meditative approaches have led to the development of Selective Awareness, an attempt to wed the subjective awareness and internal resonance characteristic of meditation and Eastern philosophy with the scientific objectivity and predictability of results in Western research. (pp 27, 32, 37, 40, 41)

PEGGY MORRISON was in the 1970 Esalen residence program. She is the former head of the Esalen/Big Sur massage crew and a teacher of massage. (pp 27, 28, 29, 35, 36, 40)

MICHAEL MURPHY is the co-founder and chairman of Esalen Institute. He is the author of *Golf in the Kingdom*, a book in which he explores the sometimes mysterious dimensions of the game of golf, including the secrets of "true gravity". (pp 11, 15, 17)

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. (pp 11, 12, 15, 28, 32, 33, 36, 40, 42)

XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has toured with the company throughout the states. Currently on the teaching staff at the Dancers' Workshop, he formerly conducted a dance workshop at Studio Watts. He has worked with Robert Hall in gestalt therapy and body work and with Lawrence Halprin in the creative process in human environment. He studied massage at Esalen. (pp 16, 40)

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique. He teaches the Technique at the American Conservatory Theatre, and is in private practice in San Francisco. (pp 10, 11, 14)

HELEN PALMER is a psychic counselor with background in clinical psychology. Her work is primarily with people developing their own path through therapeutic and spiritual disciplines. (p 31)

ROBERT PARKS is Professor of Voice and Drama at Carnegie-Mellon University in Pittsburgh. He has spent more than thirty years in all areas of professional theatre and most recently has been concentrating his efforts in exploring the relationship of the voice to the body. (p 18)

KENNETH PELLETIER, PhD, is a clinical psychologist at Gladman Memorial Hospital in Oakland, a research psychologist in neurophysiology at the Langley Porter Neuropsychiatric Institute and is in private practice in Berkeley. His particular interests are in clinical biofeedback, the psychophysiology of states of consciousness and meditation and psychosomatic medicine. He studied at the C G Jung Institute in Zurich and is co-author of *Consciousness: East and West* and *Clinical Biofeedback*. (pp 14, 27)

GEORGE PRANSKY holds an MA in Clinical Psychology. He is presently involved in designing and leading seminars in the Bay Area and the northwest. He also has a background in leading encounter groups and workshops. (pp 12, 14)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is licensed in acupuncture in England. He has spent the last year and a half within the Arica Institute. His prior training includes gestalt, Reichian energetics and structural integration. He has studied and led workshops with Richard Price, John Heider, John Lilly, Will Schutz, Ida Rolf and Jack Worsley. He is currently interested in fusing the above teachings toward developing a new humanistic model for healing the whole person (body-mind-spirit). (pp 27, 29, 34, 37, 41)

KARL PRIBRAM is a professor of psychiatry at Stanford University Medical School. An eminent neurophysiologist, he is the author of several books, including *Languages of the Brain*. (p 27)

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 27, 29, 38)

Biographical Information

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 27, 28, 29, 34, 39, 41, 42)

MAGDA PROSKAUER is a graduate of the University of Munich, Germany, and received a degree in Physiotherapy from the University of Munich Medical School. While working in European hospitals she studied with different movement schools. The strongest influence which has shaped her present work was her experience with the analytical psychology of C G Jung. She has a private practice in breathing therapy and body awareness in San Francisco. (pp 9, 13)

LEE PULOS, PhD, is a clinical psychologist in private practice and Clinical Assistant Professor, Department of Psychiatry, University of British Columbia. His principal interests are in combining biofeedback training with hypnosis and in investigating the varieties of hypnotic experiences. He has also worked with several world class athletes utilizing hypnosis to improve athletic skills and training techniques. (pp 14, 36)

PAUL REBILLOT, teacher, theatre director, actor, magician and fool has taught at San Francisco State College and Stanford University. He is the founder of the Gestalt Fool Theatre family of San Francisco. He has trained in gestalt with Richard Price and in encounter with Will Schutz. He was staff gestaltist for the Emanuel Hospital psychiatric ward and is a resident Esalen leader. (pp 28, 30, 34, 39, 42)

HENRY REED is a professor of psychology at Princeton University, where he has worked with others on a program of education and reality testing to construct interfacings between awakening and dreaming consciousness. He is also a consultant on the incubation of healing and inspirational dreams with the Clinic and Research Center for Jungian Psychology in Zurich, and consultant with the Association for Research and Enlightenment in Virginia Beach on a transpersonalized ritual for parapsychological research. (p 27)

STELLA RESNICK is a clinical psychologist and gestalt therapist in private practice in San Francisco. Her approach to the teaching and practice of gestalt has been influenced by her academic work in behavior modification and learning theory, her background in theater and dance and her training with Fritz Perls, particularly at the Gestalt Institute at Lake Cowichan in Canada. She produced and led Gestalt Theater at "The Committee" in San Francisco and has led groups and given lecture-demonstrations in gestalt awareness training throughout the country. For the past two years, she has been one of the directors of the Gestalt Institute of San Francisco. (pp 40-41)

WILLIAM PENNELL ROCK did his doctoral work in philosophy at Cambridge, spent several years in India working on a new interpretation of the *Upanishads* to be published shortly, a year at the Center for the Study of Democratic Institutions, has taught at several universities, including UC Santa Barbara, and for the last year and a half has been connected with Arica Institute. (p 34)

JOHN N ROSEN is a psychoanalyst, the originator of Direct Psychoanalysis, and the founder of the Direct Psychoanalytic Institute in Doylestown, Pennsylvania. Among his many publications are *Direct Psychoanalytic Prychiatry, Psychoanalysis Direct and Indirect* and *Selected Papers on Direct Psychoanalysis.* He is best known for his innovations in the treatment of schizophrenia. Dr. Rosen's work is also the subject of a recent novel, *Savage Sleep* by Millen Brank which recreates the early development of Direct Psychoanalysis during the 1940's when psychiatry was dominated by advocates of electro-shock treatment and other physical methods. (p 32)

SANFORD ROSENBERG holds a Master's Degree from the New School for Social Research and is currently a PhD candidate in clinical psychology at the Humanistic Psychology Institute. He has offered courses at numerous colleges in the Bay Area, lectured at San Francisco State College and is an adjunct faculty member at Antioch College/West. He is experienced in the practice of psychotherapy with individuals and groups and has studied and worked extensively in the areas of analytical psychology, phenomenological existential psychology, psychoanalysis, gestalt, sensory awareness and Eastern psychology and philosophy. (p 10)

BILL ROSS is a priest, professional member of the Association for Creative Change and Consultant/Trainers Southwest, TA and gestalt therapist. (p 36)

GABRIELLE ROTH has been developing movement as a tool for becoming conscious for several life-times. She has worked as a dance and movement specialist in the fields of education and recreation and as a dance therapist and consultant for psychiatric institutions. She ran the Esalen massage program for three years during which time she innovated the combination of massage and movement as a special body program. Her background includes training in Arica, transcendental meditation, EST and gestalt awareness. She has co-led workshops with gestaltists, psychics, rabbis and musicians. Presently she is guiding large movement groups for EST, doing workshops and private sessions in Big Sur and producing a new age musical concert. (pp 29, 32, 36, 41)

ILANA RUBENFELD trained with Fritz and Laura Perls integrating the Alexander Technique and gestalt therapy. She is a certified teacher and board member of the American Center for the Alexander Technique and a full member of the New York Institute of Gestalt Therapy. She took professional training with Moshe Feldenkrais for two summers, through Esalen. She is on the faculties of New York University and Eastern Institute of Psychotherapy. She has recently completed a tour of South America, training professionals. (pp 16, 38)

BRENDA SALES completed the 1972-73 Esalen Extended Growth Program with Ian Grand. A certified masseuse, she was head of the Esalen/San Francisco massage crew for two years. She was trained in massage by Gunver Ingeborg Jackson and also studied with George Downing. She has had a private practice in massage for three years and has been teaching massage for the past two years. (p 20)

GEORGE SALLAWAY is a priest, theologian, lab trainer with Consultant/Trainers Southwest, author *Follow Me: Be Human,* ecumenical executive in Texas. (p 36)

BENITO SANTIAGO is a member of the Dancers' Workshop multi-racial community of performing artists. He is a drummer and dancer and is currently on the teaching staff at the Dancers' Workshop. He has toured with the company in performances and workshops throughout the United States. (pp 16, 40)

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. In addition to leading groups at Esalen and Anthos, he has lectured at the University of California, Princeton and many other schools, as well as conducting special programs for industry and social agencies. Recently a leader-in-residence at Esalen/Big Sur, he is currently working on an approach which synthesizes the creative and therapeutic possibilities of group process. (pp 11, 20, 33, 34, 37, 40, 41)

SYLVIA SCHMIDT, Licensed Clinical Social Worker, is a family therapist in private practice in San Francisco. She was co-founder and director of professional education at the Family Institute of Chicago. (p 19)

VALERIE BLALOCK SCHUTZ is first and foremost a woman. In addition, she has been a musician, dancer, philosopher, actress, cook and gymnast. She has trained in encounter with William Schutz and in EST with Werner Erhard. With Will Schutz she has co-led workshops in the United States, Canada and Australia. She is presently in residence at Esalen/Big Sur. (pp 27, 37)

WILLIAM SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais and EST. He is author of *Firo, Joy, Here Comes Everybody* and most recently, *The Elements of Encounter.* He is currently in residence at Esalen/Big Sur. (pp 9, 15, 16, 17, 27, 31)

ALAN SCHWARTZ practices privately in New York City. He trained in gestalt with Laura Perls and at the Institute for Bioenergetic Analysis, where he is continuing his training. He leads groups at Esalen, throughout the US and Canada and in Europe. He currently holds associate professorships at New York University, the City University of New York, and Iona college where he teaches and carries on research into the uses of "energy" in human communication. (pp 33, 34, 39, 40)

SHIRLEY SCOTT is one of the founding ministers of the Healing Center for the Whole Person in Los Angeles. She does lecture demonstrations on psychic healing in hospitals, churches and universities as well as doing private counseling and healing sessions. Leading meditation groups keeps her busy as does being a black and beautiful spiritual advisor for all beings who come into contact with her. Miss Scott is an EST graduate. (p 41)

CONNIE SMITH SIEGEL has been a teacher of drawing and painting for 12 years, including 8 as Associate Professor at the University of Colorado, Denver Center. She has studied sensory awareness with Charlotte Selver and Charles Brooks since 1966. In 1973, she was a member of a 9-month advanced study group led by Charlotte Selver. She has led groups in sensory awareness and drawing for the last 2 years. (p 42)

Biographical Information

LEON SIEGEL has practiced medicine since 1959 on a Navajo reservation and in New York. Since 1969 he has studied sensory awareness with Charlotte Selver and Charles Brooks and was a member of Miss Selver's 9-month advanced study group in 1973. He has led sensory awareness groups in Boulder, Colorado during the past 3 years as well as workshops throughout the country. (p 42)

BEVERLY SILVERMAN is a senior rolf practitioner. She is a leader of gestalt and encounter groups and has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the US Army at Fort Ord. (pp 27, 29, 31, 40)

JULIAN SILVERMAN is director of Esalen/Big Sur. His training in group and individual process includes gestalt, encounter, psychosynthesis and organization development. During the past two years, he and his wife have become increasingly involved in teaching therapists and other health professionals. As a research psychophysiologist he has published numerous papers including *A Paradigm for the Study of Altered States of Consciousness, Research with Psychedelics, Acute Schizophrenia: Disease or Dis-ease?* and *The Study of Sex Differences.* He is an admirer of Fritz Perls and Lao Tzu. (pp 27, 29, 31, 40)

ELAINE SIMPSON is a clinical psychologist who has worked for many years in juvenile courts, hospital wards, child guidance clinics, nursery schools and research projects of the Institute of Human Development at the University of California. She has also been an active participant in the human potential movement for the past ten years; as a mother, she has been interested in movements such as Parent Effectiveness Training and Co-Counseling which offer new models of child-parent relationships. (p 14)

HARRY SLOAN, a former dentist and Esalen resident fellow, is an experienced leader, organizational consultant and playwright. His first play "The Burden" was showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspective – "seeing oneself beyond an impasse." He is training in psychosynthesis at the Psychosynthesis Institute in Redwood City. (pp 28, 31, 38, 39, 42)

SALLY SMITH is a teacher and a parent and has led gestalt and encounter groups for the past 15 years. (p 42)

ELEANOR SOUTHERS has been with the Radix Institute (formerly Interscience Work Shop) for almost two years. She teaches workshops in Education in Feeling and makes effective use of experience with Nathaniel Branden and of training in theater. She has co-led workshops at Esalen and in the mid-west and is currently Director of the Glendale Montessori School. (p 35)

DYVEKE SPINO, Esalen Sports Center staff, was formerly a Community Mental Health Consultant. She has taught advanced tennis for the Berkeley Parks and Recreation Department and has been a tennis pro at Round Hill Country Club and Squaw Valley, ski instructor, dance and concert pianist. (pp 10, 14, 29)

MIKE SPINO is co-director of the Esalen Athletic Club and a former co-director of Berkeley Otherways School, the first public alternative school. A nationally ranked marathon runner, he is presently studying the techniques and philosophy of Australian Percy Wells Cerutty. He is the author of *Running as a Spiritual Experience* and *Poems of a Long Distance Runner.* His present interests include meditation, diet, sports, medicine and the inner world. (pp 11, 13, 14, 29)

GRACE STERN, "The Who of What I am can only be known through the experience of a happening that manifests when the two of all of us meet." Grace Stern's background is in religion, music, dance, drama. She has studied yoga with Yogi Amrit DeSai, Swami Satchitananda and Dr. Vijayendra Pratap. She teaches privately at various colleges, schools and for John Lilly during his workshop tours. She is the founder of Aegis Institute in Haverford, Pennsylvania, a growth center where an exchange and development of consciousness is a running theme. She considers her most dynamic act to have been assisting in the creation of her three children, with whom she lives in Haverford. (p 31)

ELLEN STEVENS is a teacher of movement and massage. She has studied dance and the Arica training and is a member of the Esalen massage staff. (p 29)

JUDITH STRANSKY is Director of the Alexander Center of Southern California and has a private practice in Santa Monica teaching the Alexander Technique and the Feldenkrais method. Her background includes Reichian therapy, gestalt and ta'i chi. (p 14)

MICHAEL TOBIAS is recognized as one of the finest and most novel mountaineers on the contemporary scene, having made innumerable ascents in Yosemite, the Rockies, the Alps, in Greece, the Kashmiri Himalaya, and in the Sinai Peninsula where he wandered for six months, climbing solo in a virtually unexplored mountain region. He has invented and vanguarded the art of bouldering and has studied under the Swiss Tibetologist Blanche Olschak and the Chilean scholar-mystic, Miguel Serrano. He is the author of a four-volume work on mountain aesthetics, *Dhaulagirideon,* and has taught literature, linguistics and mountaineering. (pp 31, 40)

JIM and SUSAN VARGIU are the directors of the Psychosynthesis Institute. They underwent didactic training at the Istituto di Psicosintesi, Florence, Italy, with Roberto Assagioli, and have worked with him over the past nine years. Presently they are engaged in training professionals, and are editors of the forthcoming magazine *SYNTHESIS, The Realization of the Self.* (p 18)

JANE WALTER is a certified masseuse in private practice in San Francisco, working with referrals from therapists. She trained in massage with Gunver Jackson and Margaret Elke and has been teaching massage for two years. Currently she is training to become a physical therapist. (p 20)

ELAINE WARBURTON gives classes, workshops and individual instruction at the Radix Institute (formerly Interscience Work Shop), which she joined in 1972. She has led and co-led workshops at Esalen and Kairos in California and in Boston, Pittsburgh, Chicago and throughout the mid-west. Holding a master's in counselling, she has done group and private counselling using a variety of techniques. She has had extensive work in bioenergetics. (p 35)

ANN WEHBRING's initiation to backpacking was a 45-mile hike in two and one half days. She has since learned more relaxed approaches to the outdoors and has continued to hike and camp in the Sierras, Baja California, Norway, Switzerland and Yugoslavia. (pp 14, 16)

KURT WEHBRING has climbed extensively in the Sierras, Tetons, Wind Rivers and in the Alps and made a first ascent of the East Ridge of Mt. St. Elias in Alaska. He is experienced in the techniques of sensory awareness and Reevaluation Education (co-counseling) and has taught courses in rock climbing and ski touring. (pp 14, 16)

DONALD WESTERBECK is an industrialist and researcher of psychic healing in the Phillipines. (p 27)

SHARON WHEELER trained in massage at Esalen/Big Sur and in structural integration with Ida Rolf, as well as in structural patterning with Judith Aston. During the last year and a half, she has been a member of the Arica Institute. She has led workshops in Esalen massage and has been a practitioner of rolfing and structural patterning in New York and Esalen/Big Sur. (pp 27, 34, 37, 41)

ANNE YEOMANS, an associate of the Psychosynthesis Institute, has worked with Roberto Assagioli in Italy and is in advanced training with Jim and Susan Vargiu. She works with individuals and groups for women using psychosynthesis and co-leads groups with her husband. (p 19)

TOM YEOMANS is a senior associate of the Psychosynthesis Institute and a member of the Institute's training staff. He has worked with Roberto Assagioli in Italy and is in advanced training with Jim and Susan Vargiu. He works with individuals and groups in psychosynthesis and as a free-lance consultant to professionals in mental health and education. (p 19)

JANET ZUCKERMAN, former New York advertising executive, was a 1971 Esalen Resident Fellow. Esalen teachers who have most influenced her and with whom she has worked as co-leader are Julian Silverman, Betty Fuller and Janet Lederman. In 1972 she moved to San Francisco and took EST training, led groups, and individual sessions. After a South American tour in 1973, she returned to Esalen, Big Sur, where she is now a resident leader. (pp 28, 29, 35, 37)

BOOKS

SENSORY AWARENESS
Rediscovery of Living as Experience
Charles V. W. Brooks

8.95; (September)

The term "sensory awareness" was first coined by Charlotte Selver as a name for the work she has been actively developing in the United States since 1938. In the forties, Frederick Perls began studying intensively with Selver and integrated what he had learned into his Gestalt Therapy. In 1956 Alan Watts described Selver's work as "the living Zen"; and in 1963 she gave her first experiential workshop at the infant Esalen Institute. Charles Brooks' book is a presentation of Selver's lifework, which is not a technique but a practice based on discovering what is natural in our life processes and what is conditioned. The workshops evolve around the close study of the simplest aspects of our functioning – sitting, standing, lying, breathing – and are concerned with the possibility of recognizing the barriers that have arisen between our consciousness and the world around us and within us, so that these barriers have a chance of dissolving, thus opening the way for clearer perception and more authentic experience. "When the radio in the mind is stilled," writes Charles Brooks, "everything else can come to life."

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Edited by George Isaac Brown, with Thomas Yeomans and Liles Grizzard

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No, not all. But too damned many are. And, if nothing else, this is a pervasive, stupid waste of our most important resource, our children.

This is a challenging new book by George Brown, author of *Human Teaching for Human Learning*, and his colleagues in an ongoing research project in confluent education – the concept that puts feeling and thinking together in the learning process. Here offred are concrete, practical suggestions for bringing more life and better learning into the classroom to benefit both student and teacher. A variety of up-front confluent teaching and learning practices, some adapted from Fritz Perl's concept of Gestalt Therapy and others that go beyond the structure of the open classroom, focuses attention on the whole child, mind and body, and on the direct involvement of the teacher in this prosess to complete the Gestalt. The Live Classroom is aimed at teachers, parents, and all readers interested in the quality and meaning of education and is concerned with breaking a set of conventional wisdom about learning and teaching without sacrificing the stated goals of an eductional system serving a democracy. An Esalen Book.

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BOOKS

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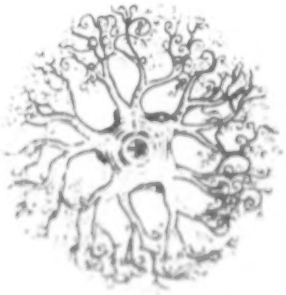

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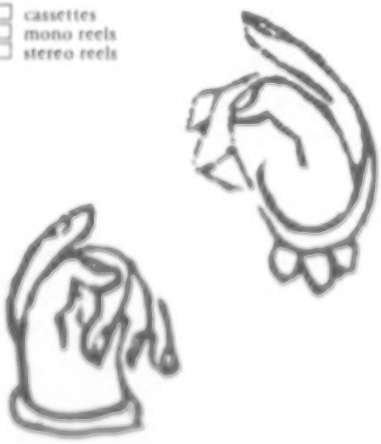

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Our office in San Francisco at 1793 Union Street features a bookstore stocking many of the latest publications in the areas of humanistic psychology, gestalt, psychosynthesis, Eastern philosophy and religion, body therapies and other books of interest to Esalen participants. The bookstore is open Monday through Saturday, 9:30-5:30 p.m., Sunday, 9:30-3:30.

ESALEN BOOKSHOP / San Francisco hours: Monday-Saturday, 9:00-5:30, Sunday, 9:30-3:30. Our shop stocks many more titles than we list here.

TAPE RECORDINGS of Esalen events are available from Big Sur Recordings in Sausalito. See page 53 for more information.

BOOKSHOP ORDER FORM

To order any book listed on this page or elsewhere in this catalog, return this coupon with your check (made payable to Esalen Institute) to: Esalen Bookshop, 1793 Union Street, San Francisco, CA 94123.

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Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting and research.

We exist to sponsor, encourage, synthesize and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Catalog Coordinator: Lynn Vandenberg
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special information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2. Those attending Esalen workshops and conferences are automatically added to the mailing list. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

ESALEN CONSULTING SERVICE: Esalen is devoted to making life more human at all levels. Our work has reached thousands of individuals and hundreds of institutions. Until recently most of this work was being done at our own facilities, either in Big Sur or San Francisco. There is now, however, an ever-expanding part of Esalen's universe that is moving toward helping to effect changes in the world outside the workshop. Through the Esalen Consulting Service, Esalen staff and leaders have designed and participated in projects for the U S Army, Ford Foundation, the Lockheed Corp, Model Cities, O E O, inservice training programs for hospitals, drug treatment centers, social agencies, colleges, universities and public school districts. Esalen courses are now being given at the University of California and at New York University. Many organizations have also used Esalen personnel as communications and human relations facilitators. If you are interested in learning more about the Consulting Service contact the Esalen/San Francisco office.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions are providing expenses for participants for some seminars and workshops. Please see Friends of Esalen membership program page 26.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given some sort of accreditation for leading programs involving encounter groups, gestalt therapy, etc. We have told everyone who has done this to stop using our name in such a manner. Esalen does not offer any kind of formal accreditation. Individuals and groups, of course, may use the insights and techniques they bring from our programs. Our Associates in Residence are working under Esalen auspices. But we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recordings of many past programs are available through a service which maintains archive copies for Esalen. Requests for tapes now come from educational and service institutions, libraries, religious and professional groups, business groups and individuals concerned with the human potential movement. Commercial use of these tapes is prohibited; all rights reserved. For a complete tape catalog, write Big Sur Recordings, 2015 Bridgeway, Sausalito, CA 94965. The cost of recordings is $10 per tape-hour (prepaid) and $12.50 per tape-hour (with purchase orders), stereo or mono, with choice of 5" reel or cassette.

San Francisco Information

For reservations, literature, tickets and information, write or call: Esalen Institute
1793 Union Street, San Francisco, CA 94123
Phone: (415) 771-1710; 9-5:30 Monday-Saturday, 9:30-3:30 Sunday

RESERVATIONS:

Reservations close 5 days prior to the program, in order to facilitate planning and for the convenience of participants' time plans. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, inless otherwise noted. Mail reservation form with check to Esalen Institute, 1793 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express.

INFORMATION, LITERATURE AND TICKETS for lectures may be obtained Monday through Saturday 9:30-5:30 p m, Sunday 9:30-3:30 p m at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

WORKSHOP SCHEDULES: One day workshops generally meet from 10 am to 6 pm. Saturday and Sunday weekend workshops meet from 10 am to 6 pm each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 pm on Friday, from 10 am through the afternoon and/or evening on Saturday, and from 10 am to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

ACCOMMODATIONS: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

RESIDENTIAL PROGRAMS are indicated in individual workshop descriptions. Program cost of residential programs includes tuition, food and lodging. Shared occupancy only, no private accommodations available. Weekend residential programs, unless otherwise indicated, begin at 8 pm Friday (no supper served) and conclude following Sunday lunch. Programs are held at a conference center in Marin County or in Sonoma County; exact location will be included with reservation confirmation.

LOCATION: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

WORK SCHOLARSHIPS are available for many programs in San Francisco. Contact the San Francisco office for information and forms.

WAITING LISTS: Names are placed on waiting lists in cases of oversubscription or when demanded by workshop requirements. Registrants placed on such a list will be informed immediately and deposit checks held. Checks will be refunded if reservation cannot be confirmed or upon request by persons not wanting to be on a waiting list.

RECOMMENDED DRESS: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

BOOKSTORE: Esalen's Bookshop provides a comprehensive selection of books ranging from general psychology, body work and education to the Eastern philosophies, Jung and the mystics. It is open Monday through Saturday, 9:00-5:30 p m, Sunday, 9:30-3:30.

Big Sur Information

For reservations and information, write or call:
Esalen Institute, Big Sur, CA 93920
Phone: (408) 667-2335, 10 to 4 every day; 10 to 8 Sunday & Friday

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Deposit Information. Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups and $400 dollars for month-long groups. Deposits are not refundable but, with five days notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen / Big Sur. Do not mail Big Sur reservations to Esalen / San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U.S. currency only, please.

Scholarship Information. Rising costs are pushing our workshop prices higher. We have redoubled our efforts to raise funds for tuition aid so that our longterm programs (3-6 weeks) can remain within the financial reach of as many people as possible. All proceeds from Friends of Esalen memberships (see p 26) are going toward tuition aid. If you need scholarship assistance for a long term Esalen/Big Sur program write for a scholarship application form *before* making a reservation (please allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15-August 31 programs or for weekend programs.

Program costs cover tuition, food and lodging on the Esalen grounds. Our rooms are designed to be shared by two to three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive earlier in the afternoon.

Those travelling by air or bus can obtain limousine service to Esalen/Big Sur. Pickups are made at the Monterey Airport and the Greyhound terminal at 5-5:30 pm each Sunday and Friday. The cost is $10 per person one way; please notify us in advance.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also discourage participants from having guests. Alas, no pets.

Seminarians as Staff (Karma Yoga). Seminarians residing for a week or longer at Esalen are asked to contribute one or two hours a week to the kitchen or garden staff. These hours do not interfere in any way with scheduled groups or meals. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in preparing attendance at Esalen workshops and lectures. You may use it for Big Sur and San Francisco programs, although it is suggested that you make reservations independently at each location rather than place a "mixed" order. You will receive a new order form with your tickets or confirmation of reservations. In completing the form, please include the name, address and telephone number of *each* person registering, and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early; some workshops are booked to capacity weeks in advance.

Name _____ Age _____

Occupation _____

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Daytime Telephone: Area Code _____ No. _____ Number of males ____ females ____ in group.

Check program location:

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Check whether you wish:

☐ shared room

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No. of persons	Date(s)	Leader's Name & Title of Event	Deposits

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PAYMENT: All San Francisco workshops and Big Sur workshops require nonrefundable deposits of varying amounts depending on program length. Consult information section on page 54 for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

After completing this form, please detach and mail with your check, payable to Esalen Institute, to the appropriate address below:

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Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

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JANUARY – APRIL 1975

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news from esalen

CHANGES IN PROGRAMMING AT ESALEN/SAN FRANCISCO

After much soul searching, the decision was reached last August to discontinue the San Francisco weekend programming which Esalen has been offering since 1967. We feel that Esalen's urban center has accomplished its objectives and that the time has come to utilize Institute resources and energies in new initiatives. These will focus on developing a Center for Theoretical Studies with Mike Murphy and George Leonard as co-directors, on continuing our attempt to combine Esalen experience with sports training, on providing new long term integrated programs for college students and others and on offering major symposia to the general public in San Francisco. The highly successful university conferences will be continued with three currently planned for 1975. In addition, the book store and the book order service will also be continued. These plans for Esalen/San Francisco will open new paths and make possible new explorations. They clear the decks in order to facilitate Esalen's continued pioneering. There will be news about them in the next brochure.

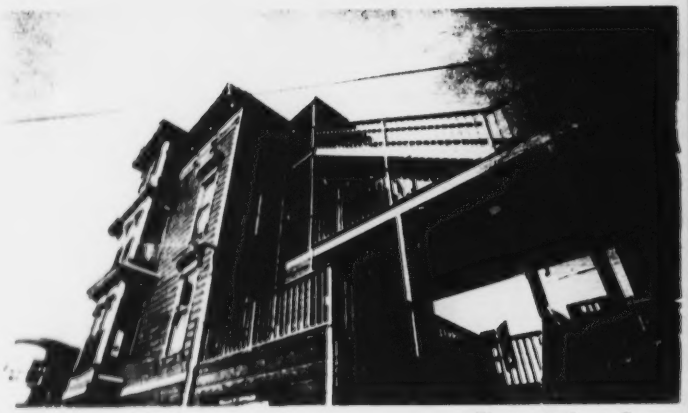


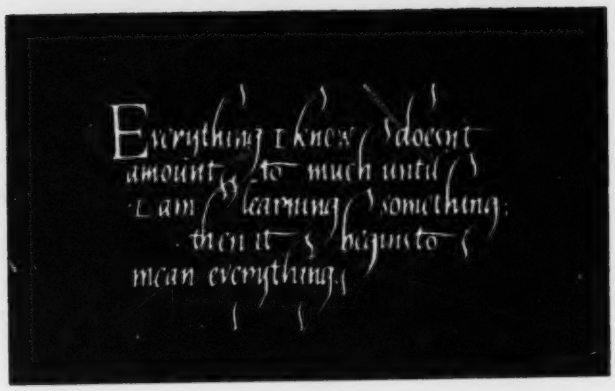
Photo: Anthony Fusco

Roberto Assagioli, MD, died of pneumonia at his summer home in Capolona, Italy, this past August. Dr Assagioli was eighty-six years old and was best known for his formulation of a personality psychology he called "psychosynthesis." As a young psychiatrist he saw, as early as 1910, that psychoanalysis did not give sufficient attention to a counterpart of the Freudian unconscious that Assagioli called the "higher unconscious." He proclaimed the need for a comprehensive psychology that would do full justice to man's higher nature as well as his instincts, drives and complexes.

Stressing the natural tendency of people to actualize themselves fully at increasingly "higher" levels of humanness, Dr Assagioli sought to build an overarching understanding of human development that would guide a person in using such diverse techniques as psychoanalysis, free drawing, catharsis, inner dialogue and guided imagery to cultivate personal growth. He stressed the importance of the will and will training. His view of the will ran counter to the Victorian notion of "will power"—Assagioli saw the will as the source of human freedom and elaborated the concept of the "skillful will."

His writings, which are reaching an ever-widening audience, include his books: *Psychosynthesis, A Manual of Principles and Techniques* and *The Act of Will* plus some three hundred published papers. When he died, he was working on what he often said would be his final book and the summation of his career, "Height Psychology and the Self." In this work, Dr Assagioli was elaborating the relation of the personality with what he called the "Transpersonal Self." In his discussion of the Transpersonal Self, he attempts to find a precise scientific understanding for the traditional idea of the soul.

Dr Assagioli was President of the Istituto di Psicosintesi, Florence, Italy, and Chairman of the Board of the Psychosynthesis Research Foundation in New York. Independent institutes of psychosynthesis inspired by his work exist in California, New Hampshire, Massachusetts, London, Montreal, Athens, Paris, Buenos Aires, India and throughout Italy. The rapid spread of his work is a tangible indication of the strength and helpfulness of his concepts. Those of us who met and worked with him were impressed with his beauty, humanness and intelligence. His own life was a fine creation. In psychosynthesis he has left an ongoing creative force in the world.



esalen college program

The Esalen College Program accepts students currently enrolled in any college or university in the U S or abroad who would like to spend a quarter term or longer at Esalen. Students are encouraged to investigate the possibility of academic credit at their schools for the program of study offered by Esalen. To date, some twenty colleges have given credit to their students for the Esalen program.

During the winter and spring, Esalen will offer a new and experimental program in San Francisco, which will serve as a prototype for year-long programs beginning in the fall of 1975.

The Master Seminar given by Michael Murphy and George Leonard will provide the core of the work. Students will augment seminar material with individual reading and discussion with a tutor. Separate evening lectures will round out the theoretical studies. Additionally, students will be involved in a continuing group experience under the leadership of Arthur Fox and in a physical training program under the supervision of Dyveke and Mike Spino. In the physical training, students will be introduced to approaches of health and well-being derived from such oriental disciplines as yoga, Tai Chi Chuan and Aikido as well as meditation and experimental work being done at the Esalen Sports Center.

The involvement of Esalen/Big Sur in the College Program is still in the planning stages. Presently, students can apply to the Big Sur Student Work Scholarship program as described on page 20.

Students interested in more information and/or application for admission should write to: Director, College Program, Esalen Institute, 1793 Union Street, San Francisco, CA 94123.

The following is a partial list of undergraduate and graduate schools which offer credit for work done in the Esalen College Program:

Undergraduate Schools

Antioch College/West
Goddard College
Johnston College
Prescott College
Raymond College
Sonoma State College
University Without Walls, Berkeley

Graduate Schools

Goddard External MA Degree
Lone Mountain External MA Degree
Sonoma State External MA Degree
Humanistic Psychology Institute, PhD Degree
California Institute of Asian Studies, MA and PhD Degrees
Union Graduate School (Antioch College), PhD

If your college or student group is interested in arranging an Esalen workshop (day, weekend or longer) to take place on your campus, contact College Program, c/o Esalen, San Francisco.

January 15, 22, 29; February 5, 12, 19, 26; & March 5

Transformational Studies
Michael Murphy & George Leonard

Eight Wednesday Evenings

This seminar will form the core of studies for the Esalen College Program's winter quarter. It will explore the thesis that a transformation of human consciousness as momentous as the emergence of civilization is underway. This Transformation involves our vision of human nature and destiny, our perception of past and future, our science, art, psychology, education and religion, our institutions and relationships to the physical world. This thesis will be explored from various perspectives. The subjects for each evening's discussion may be changed as the seminar develops, but they are tentatively scheduled as follows:

1. Cosmic and evolutionary perspectives on the world's unfoldment, including a discussion of the way various models of existence mediate our perception, attitude and behavior.

2. Anthropological perspectives: the paleolithic, neolithic and civilized eras which culminate in a fourth climactic transformation to a radically new life upon earth.

3. The structure of human personality in this era of transition: neurosis, disease and discontent as ways to enforce civilization's work; how the ordinary ego-structure works for and against the transformation of mind and body.

4. Disciplines of transformation, ancient and modern. Ways beyond neurosis, disease and discontent.

5. Education for being. Sports and the arts of yoga.

6. Energy and consciousness: a discussion of our dwindling sources of physical energy and the change in life style and consciousness that are now required for human survival.

7 & 8. Transformational changes in human institutions: prisons, schools, business, politics, and the family.

extended learning

The Esalen College Program is also open to those who do not seek college credit but wish to be involved in an extended learning program at Esalen. Interested persons of all ages who wish further information should write to: Director, College Program, Esalen Institute, 1793 Union Street, San Francisco, CA 94123.

on the way to self knowledge

SACRED TRADITION AND PSYCHOTHERAPY

Coordinated by Jacob Needleman

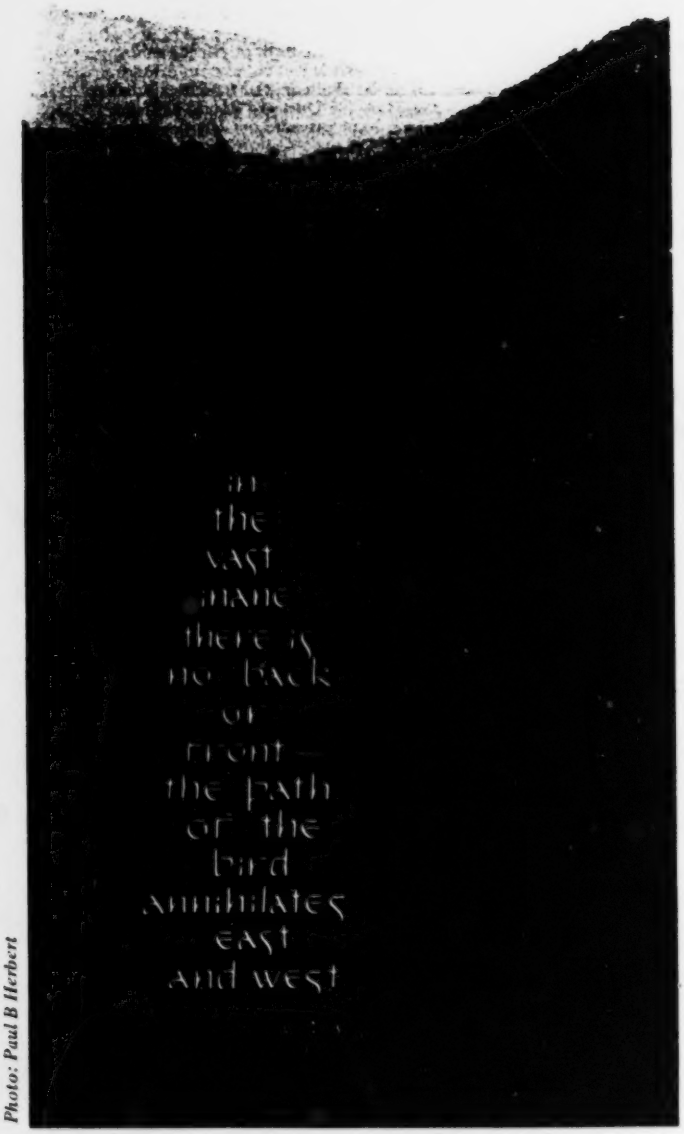


Photo: Paul B Herbert

A SAN FRANCISCO SERIES

A series of lectures co-sponsored by Esalen Institute and U.C.S.F. Millberry Union Program Department, to be held during the months of December through March.

"In search of psychiatry for normal man, more and more therapists are reaching out to absorb methods and concepts of the ancient religious traditions of the Orient. And as a result more and more troubled people no longer know whether they need spiritual or psychiatric help. In the personal crisis of my life, how far can psychotherapy take me? How far do I wish to be taken? What is the line that separates the spiritual path from therapeutic progress?"

As put by Jacob Needleman, these questions will form the core of a major lecture series to be held at the University of California Medical School this winter. Sponsored by Esalen Institute and U.C.S.F. Millberry Union Program Department and under the direction of Professor Needleman, the series will feature outstanding authorities in the areas of psychotherapy and Asian religion, and will confront the current effort of American psychiatrists and psychologists to make use of the teachings of the East – Buddhism, Hinduism and Sufism. Can these efforts bring an expanded understanding of our human predicament or will they only result in a reduction of the spiritual to the conventionally therapeutic? What actually does take place in psychotherapy when seen against the background of the vision of human nature offered by sacred tradition?

These questions will be stated in full in the opening lecture, "Psychiatry and the Sacred," to be given by Needleman December 15th, at 8 pm in Cole Hall, Parnassus Ave and Third Ave, San Francisco. Subsequent speakers during the four month series include Robert Ornstein, Viktor Frankl, James Hillman, Tarthang Tulku and others to be announced.

Jacob Needleman is author of *The New Religions* and was director of last year's outstanding series, entitled "Sacred Tradition and Present Need."

Admission: $3.50 per lecture.
Tickets may be purchased at the door, or advance tickets may be purchased at the Central desk,
U.C. San Francisco,
Guy S. Millberry Union,
500 Pernassus Ave.
San Francisco, Calif. 94143

For further information call or write Esalen Institute
1793 Union Street, San Francisco, Ca. 94123
(415) 771-1710

SPORTS CENTER PROGRAMS

The Esalen Sports Center is devoted to furthering new concepts, practices and teaching methods in lifetime sports and emphasizes activities in which participation is not limited by age, sex or athletic ability. The focus is on the joy of participation and the thrill of excelling. Workshops are designed to make sport richer and more rewarding—a vehicle for eliciting the potential that lies within us all.

January 18-19

New Techniques of Jogging & Conditioning
Mike Spino

Weekend workshop **$50**

Orthodox jogging is an efficient means of overall body conditioning, but it holds few keys to heightened physical awareness or short cuts to peak body functioning. This workshop will focus on the work of Percy Wells Cerutty and Mihaly Igoli who between them are responsible for more than forty world track and field records. We will blend their techniques of aerobic training, resistance conditioning, diet, philosophy and practical experience with advanced research being done in the field of sport here at Esalen. These techniques which have been utilized by championship athletes are pertinent to people at all levels of fitness. Each participant will receive an individual training consultation, as well as insights into preventive and practical sports medicine.

February 15-17

Cross-Country Skiing / Ann & Kurt Wehbring

Residential three-day workshop **$110**

The group will stay at a mountain lodge and spend the days combining ski touring instruction with sensory awakening, yoga and breathing exercises. Evenings will be devoted to rest, massage and general conviviality. This workshop is intended for those without skiing experience and for downhill skiers who wish to try the Nordic (and ancestral) version of the sport. Meals are included from Saturday morning through Monday at noon. Payment should be made in full five days prior to the start of the workshop.

February 22-23

Inspiration & the Power of the Body: New Tools for Psycho-Physical Development
Dyveke & Mike Spino

Weekend workshop **$50**

The purpose of this week-end will be to reawaken the body's natural athletic spirit, as well as experience a holistic training approach for competitive athletes. Utilizing the conditioning methods of Western athletic masters, such as Hungarian Mihaly Igloi and Australian Percy Cerruty, the workshop will enable each participant to become more fit as well as more aware. Integrating the four basic elements of mind/body development: endurance, strength, flexibility, and inner-space disciplines, each person's individualized program will allow the body to become fit, strong and flexible, while clearing the mind in the act of the sporting experience. The combination of these practices is an advancement in work being done in sport, athletics, recreation and leisure time activities.

March 22-23

Tennis Flow / Dyveke Spino

Weekend workshop **$50**

This workshop will integrate principles of body awareness, movement, dance, music and meditation with traditional methods of tennis instruction and practice. The workshop is designed for beginners as well as advanced students of the game. Bring your racquet and a can of tennis balls. Limited to 20 people.

January 11-18

Esalen/Outward Bound
Blending the Inner and Outer Journey
Bob Kriegel & Dick Galland

Residential seven-day workshop **$280**

The emphasis in this seven day backpacking and climbing workshop into the desert and mountains of Big Bend National Park in South West Texas will be on expanding the motion and the experience of ourselves and our potential. We will explore both physically and emotionally the nature of trust, responsibility, cooperation, sharing, fear and aloneness. In addition to the challenges of repelling, bouldering and solo expedition, as taught by the Outward Bound School, participants will experience many Esalen techniques relating to human potential, individual awareness and interaction.

March 15-29

Esalen/Outward Bound
Exploring Personal Frontiers
Dick Galland & David Schiffman

Residential two-week workshop **$475**

Beginning on the desert, west of the small fishing village of San Felipe on the Gulf of California, we will backpack up one of the many magnificent granite canyons onto the 6500 foot plateau of the Sierra San Pedro Martir. Here we will continue our expedition among pine forests and broad meadows, learning basic skills and preparing to climb 10,000 foot Diablo Peak. From the top of Diablo, the highest peak in Baja, the vast panorama of this peninsula spreads out on all sides. Our expedition then continues into another canyon and there next to rushing streams each person will spend two days and nights completely alone on solo. The skills taught will include camp craft, rock climbing and repelling, wilderness medicine and map and compass travel. This workshop will be a synthesis of Outward Bound and Esalen approaches with the emphasis on the harmonious balance between the physical, mental, emotional and spiritual realms of experience. It is designed to be within the abilities of adult men and women. Since this workshop will be strenuous, you should be in good physical condition. A medical examination is required.

SPORTS CENTER RESERVATIONS

Reservations close 5 days prior to the program, in order to facilitate planning and for the convenience of participants' time plans. A non-refundable deposit must accompany registration as follows: $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form (page 39) with check to Esalen Institute, 1793 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express.

All reservations and information for **Esalen/Outward Bound programs** should be handled through the Outward Bound School, 4603 W. Lovers Lane, Dallas, Texas 74209. Telephone (214) 352-3931.

Photo: Horst Mayer

sport as yoga

The Continuation of an Article by Michael Murphy

In the last Esalen catalogue, I described the extraordinary range of altered states that appear in sport. For many people, it seems, athletic endeavor resembles a yoga or *sadhana*, even though there is no guiding philosophy or psychology of transcendence in the West to support this view. What is there in sport, then, that gives it this quality, this genius for evoking so many elements of "big mind"?

First, there is the demand which every game or athletic pursuit makes upon its participants: one must submit to its particular rules, ordeals and requirements, and to do this one must relinquish old patterns. If you play wholeheartedly you are stretched; you extend yourself; and this leads to a sense of grace with power. Many athletes say they feel reborn, even though the old self may return when the game is over. In this, sport is like any liberating discipline. To perfect your skill, you have to give up responses and habits that impede your performance; to some extent you must acquire (or open to) another nature.

The demands our games make upon us take many forms, for each sport has its particular archetype. Running and swimming each require their own set of expanded capacities. Each of them stretches us in a special way. And so sport proliferates, I think, out of the human urge for transformation: humankind would reown all its powers and archetypes as it wends its way back into God. Certainly, as records fall every day, we must ask "How far will it go?"

What parts are stretched? *Our senses*, to begin with.

The hitter in baseball must watch a ball coming at almost one hundred miles an hour from ninety feet away. An offhand marksman can hit a dime thrown high in the air. An expert in Aikido must learn to "see" an attacker behind him. In moments such as these, success depends upon extraordinary perception.

Our endurance. In the marathon now, the best runners average a five minute mile for *all 26 miles.* For a 3:50 mile, you must run on your toes all the way. But more than physical endurance is required: the demons that rise in consciousness during such ordeals often resemble the ones described in the *Tibetan Book of the Dead* in their power to divert the runner.

Our flexibility. Have you ever watched Olga Korbut?

Our strength. Or someone lift four hundred pounds?

To participate like this in sport one must have a powerful will and yet be capable of surrender to the whole-body sense and glimmers of inspiration; one must be one-pointed and aware of the inner and outer fields at once. In this, the Yoga Aphorisms of Patanjali provide a model with their emphasis upon concentration *(dharana)* and the ultimate letting go *(samadhi)*.

The energy that sustains all this has many dimensions. As excellence increases in sport, wider and finer grades of it come into play. Talk of "auras" apears now in tennis and football and golf. There is mention of the "psychic streamers" a ball or a surfboard may ride on. The influence of Eastern martial arts, with their emphasis on *ki* or *chi*, is increasing. How long will it be before courses in physical education include Patanjali's lessons on *prana* or the Upanishad's guidance through the interior worlds?

Success in sport elicits inner harmony. Will, awareness, imagination, emotion, the senses, the intellect and motor control are often joined in surpassing performance. Yoga means joining. To join the soul with God requires that we join our many parts.

ENERGETIC STUDIES

The Center for Energetic Studies, under the direction of Stanley Keleman, is a program of teaching, workshops and publishing concerning the development of biological process as the basis for self-identity and expression—how individuals form both themselves and their worlds.

Programs are led by Keleman and other leaders whose perspective is that the way we inhabit our bodies and embody our emotions determines the human condition.

In current workshops and seminars, attention is being given to biological process and its relation to symbol formation, imaginative life and religious vision.

For information and reservations, write to the Center for Energetic Studies at 1645 Virginia St, Berkeley CA 94703

January 13, February 8, March 1

A Series of One-day Tutorials with Stanley Keleman

Three one-day programs $40 day, $120 series

The general orientation of this series will be toward the application of energetic principles in professional situations. Clinical material will be presented to demonstrate the use of the biological perspective in therapeutic settings. Recommended readings: *Living Your Dying; The Human Ground; Sexuality, Self and Survival.*

Enrollment may be in individual days or the series. Saturdays, 10 a m to 5 p m.

January 26

Forming / Ian Grand

One-day workshop $25

A workshop to explore the kinds of attitudes, feelings, postures and movements we form in our interactions with each other and our worlds. Energetic approaches, song and dance will be used. Sunday, 10 a m to 6 p m.

February 1-2

The Life of the Body & Family Life
Sylvia Schmidt

Weekend workshop $50

This workshop is about the connections between family life and bodily experience and expression. Through participating in simulated families (developed through role playing), group members will have the opportunity to explore the nature of their movements in the world and in intimate relationships. Saturday and Sunday, 10 a m to 5 p m.

February 6

The Body Is Spiritual / Stanley Keleman

Lecture, Tuesday, 8 p m.

University Y House, 2600 Bancroft Way, Berkeley
$3 general, $2 student

February 8

Tutorial with Stanley Keleman

See description above.

February 17-21

Personal Energies / Ian Grand

Five day workshop $125

A workshop to explore the kinds of persons we are becoming, how we use ourselves emotionally, physically and energetically, and the qualities of feeling and movement that are expressed in the ways we form ourselves.

Monday through Friday, 10 a m to 5 p m each day. Limited to 15. Deposit of $50 required.

February 22

Grounding / George Downing

One day workshop $25

How we relate to the ground beneath determines what kind of world we let emerge around us; its rhythm and space, its possibilities for contact with others, its wonder. We will use a gestalt and energetic approach to explore in what ways we may be keeping ourselves from a more complete personal grounding. Saturday, 10 a m to 5 p m.

March 1

Tutorial with Stanley Keleman

See description above.

March 9

Forming / Ian Grand

See description above.

March 15-June 14

Individuality and Community
Stanley Keleman & Sylvia Schmidt, George Downing, Ian Grand, Tamara Greenberg, Peter Marin

This on-going program under the direction of Stanley Keleman is about the creation of individuality and uniqueness in the matrix of community, through the processes of self-formation and self-expression. Using participation in the family as a model for how we each participate in the human community, the group will work with the ways in which excitation is developed and expressed as contact, feeling, movement, dreaming and imagination. The underlying theme of the program will be the connection between bodily life, social interaction and spiritual development.

The program is designed as an integrated learning situation in relationship to everyday life, and will consist of the following programs, all in the San Francisco area:

A series of three workshops with Stanley Keleman: a weekend workshop at the start of the program (March 15 16), a one-day mid-point program (April 26) and a concluding one-day workshop (June 14);

An on-going workshop with Sylvia Schmidt, beginning with a one-day program (March 22), and meeting Monday evening every other week for twelve weeks (March 31, April 14, 28, May 12, 26, June 9);

Two weekend workshops (or the equivalent) selected from Center programs led by Peter Marin, Ian Grand, George Downing and Tamara Greenberg during April-June.

Tuition for the program is $335. A non-refundable deposit of $150 will be payable on acceptance, with the balance due at the start of the program. Limited to 20.

To apply, please write briefly about who you are, what you do and why you're interested in participating. Send your letter of application to: Three-Month Program, Center for Energetic Studies, 1645 Virginia St., Berkeley, CA 94703.

The Annual Summer Institute of the Center will be a two-week program, July 7-18, 1975. For information on this and other programs, please write the Center at 1645 Virginia Street, Berkeley, CA 94703.

PROGRAMS IN BIG SUR

Photo: Paul B Herbert

PROGRAMS IN BIG SUR

Week of December 29 January 3

Your Personal Resurrection
Paul Rebillot with Richard Price

"To suffer one's death and be reborn is not easy."—*Fritz Perls.*

The Time: The end of 1974; The beginning of 1975
The Place: Big Sur
The Theme: Death and dying; Life and living
The Script: Gestalt, magic, improvisation, meditation, movement and song
The Cast: You and me
$270 + $2 video fee

Don't Just Stand There / George & Judith Brown

A workshop focusing on the gestalt "goal" of learning to stand on your own two feet; in addition, what then to do as you become more able to support yourself. How to make choices, enjoy ambiguity, and synthesize polarities are some of the processes to be explored. Non-toxic gestalt, psychosynthesis, and other appropriate approaches will be used. $270

Psychosynthesis: Discovery & Transformation
Tom Allen

In this workshop we will use methods for recognizing the conflicts we all have within our personalities—the psychological roadblocks or detours, so to speak—and we will work towards transforming energies locked in these conflicts into new, more harmonious qualities. Emphasis will be placed on processes which will encourage the co-ordination of body, feelings, thought, imagination and intuition and their integration around a unifying center of being and awareness, the Transpersonal Self. Some of the methods used will be guided imagery, spontaneous drawing and movement, inner dialogue, relaxation, centering and meditation. $240

Being "Together" / Bob & Marilyn Kriegel

Being "together" or having it all "together" usually refers to coming to terms with seemingly disparate and conflicting elements of our personality and blending them to arrive at a state of inner peace and harmony. In this workshop we will use encounter, gestalt, psychosynthesis and bioenergetic techniques as well as massage and play to help us develop new awareness and insights and to explore the process of being "together," both with ourselves and with others. $270

Embrace Tiger, Return to Mountain: A New Year Celebration with the Tao
Al Chung-liang Huang

T'ai Chi, dance, Peking Theatre chanting-movement-face paintings, and *I Ching*, Zen Ox-herding-pictures happenings.

Begin from the center, not from the fringe. Learn to understand the principles before the one-two-three drill. Learn to move like the wind and the water, to be joyous, healthy and alive. Learn to be rid of burdensome anticipations and expectations. Learn to be a true beginner, and from yourself. Learn to unlearn. $270

Recommended Readings: *Embrace Tiger, Return to Mountain; The Essence of T'ai Chi* by Al C Huang; *Theatre, East and West* by L Pronko; *The Portable Dragon* by R G H Siu.

Experiencing Esalen

Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-liberation that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theater games, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

	Jan 17-19	$100		
Schedule:	Jan 26-31	$240	Mar 9-14	$240
	Feb 2-7	$240	Apr 13-18	$240
	Feb 23-28	$240	Apr 25-27	$100

weekend of January 3-5

Rest & Renewal for the New Year / Deborah Medow

In these changing times of stress and growth, let us pause to renew our energy and regain our balance of body/mind/spirit. We will start the new year by exploring different ways of touching our own centers—of feeling at one with ourselves and the universe.

The group will meet at Esalen's "Big House" where we will prepare most of our own meals for a cleansing diet. We will have morning meditations at the mineral baths and will do sessions in massage and movement, hatha yoga and chanting, as well as an introduction to the principles of polarity therapy. There will be time to enjoy the Esalen grounds and the Big Sur coast. **$105**

An Awakening of Consciousness / Chris Feldmann & Community for Conscious Evolution Staff

We will explore the personal consciousness of Christ, Lao-Tzu, Buddha and others, and discover how aspects of these consciousnesses are already within our own being. By peeling away and discarding our beliefs of who we are, we can see how these different consciousnesses manifest in ourselves. We will work to get in touch with our own inspirations and let these inspirations guide us to experience directly and utilize our expanded consciousness. **$100**

Human Energy for Human Learning / Alan Schwartz

A workshop for educators and professionals seeking to extend the dimensions of their work in human teaching and learning.

Much has been written about blending rational and non-rational elements of personality in the learning process. the focus of this weekend will be on dealing with self as a total organism, rather than splitting mind and body. The energy concepts of grounding, release and integration will be explored and processed to provide humanistic understandings. The relationship between human growth/education and the therapeutic practices of energy work and gestalt will be investigated experientially. **$100**

Madness & Individuation / Howard I Levene

In this workshop we will define the relationship of madness to the Jungian concept of Individuation. Experientially, we will structure an environment in which we will attempt to connect with our own madness, and integrate our discoveries and experiences of this madness with our own personal journeys towards self-awareness. This workshop is limited to 15 people. **$110**

Embrace Tiger, Return to Mountain: A New Year Celebration with the Tao
Al Chung-liang Huang

See Dec. 29-Jan. 3, above. **$110**

week of January 5-10

The Art & Practice of Self-Observation: A Gestalt Workshop / Stella Resnick

Self-observation is a crucial talent to develop in order to recognize when behavior, fantasy and environment is nourishing and self-enhancing or toxic and self-depleting. Using the gestalt approach supplemented by a variety of other techniques including video feedback, participants will focus on learning how to observe themselves more clearly and to recognize and maintain themselves in nourishing environments. **$270 plus $2 video fee.**

Energy & the Whole Person / Alan Schwartz

An intensive workshop in experiencing the energy flow which makes up the whole person. We'll work with progressive realizations of how blocks to the free flow of emotion inhibit us from realizing pleasure. A central theme will be risk-taking on both the psychic and somatic levels, using bioenergetic and gestalt techniques to provide growth-realizing integration. A video session will enable us to experience the visible expression of our personalities. **$240 plus $2 video fee**

Movement Rituals as Dance
Anna Halprin, Xavier Nash & Benito Santiago

In our workshops, we use dance as a way to help us believe in what we already possess. When we experience dance in a truly universal sense, we are experiencing the essence of self and life. In this workshop, we will explore the many ways that we all *are* dancers! **$270**

Skills Workshop for Group Leaders
Jacqueline Larcombe Doyle

The focus of this workshop will be on providing an intensive group experience, introducing group techniques and enhancing the transfer of these skills for persons already leading groups in various settings. Techniques will be drawn from psychodrama, encounter, gestalt, bioenergetics, psychomotor and fantasy. **$270**

January 5-31
Dis-covery and Growth

Coordinated by **Julian Silverman**
with: **Barbara Clemans, Anna Halprin, Janet Lederman, Carol MacGee, Peggy Morrison, Robert Nadeau, Xavier Nash, Benito Santiago, Beverly Silverman, Michael Tobias**

The aim of these annual January workshops is to synthesize, in an intensive program, a variety of experiences—in body work, in group and individual process, in meditation and centering practice, in interaction with the environment. Our conception is that no one person, no one method provides *the* key to discovering how we limit ourselves and how we can transcend these limits. The workshop is designed to present to individuals the opportunity of experiencing various approaches to self-discovery, of testing their own limits and finding new possiblities for growth. **$1150**

WEEK ONE:	Julian & Beverly Silverman: gestalt, encounter, psychosynthesis.
WEEKEND:	Anna Halprin with Xavier Nash and Benito Santiago—"We will explore the ways that we all *are* dancers."
WEEK TWO:	Janet Lederman: experiential learning.
WEEKEND:	Robert Nadeau: centering and energy awareness.
WEEK THREE:	Movement-massage-mountains: sessions of movement with Barbara Clemans, massage at the baths with Peggy Morrison, a two-day mountain experience with Michael Tobias and Carol MacGee.
WEEKEND:	Relax and enjoy Big Sur.
WEEK FOUR:	Julian and Beverly Silverman: Back into your world.

weekend of january 10-12

Meditation Weekend / Robert Nadeau
$110

Selective Awareness & Self Hypnosis
Emmett Miller
The present-day student of health recognizes that the vast majority of physical disease patterns and essentially all psychological problems are merely the result of faulty programming of the "Human Biocomputer". Yet seldom can either physician or patient make use of this well-demonstrated fact. The reason for the paradox is simple; you must know the language in order to talk to a computer (Garbage in; Garbage out). Selective Awareness is self-applied, using your conscious mind, in a state of deep relaxation and concentration, to systematically explore and experience your world of experience and memory within. We will investigate selective consciousness through autosuggestion; the elimination of unwanted symptoms, habits and emotional response patterns; effective learning, listening, communication; and body awareness. $110

Energy Here & Now Through Bioenergetics
Alan Schwartz
A workshop for those who sense the power and vitality which can be self. Participants will be encouraged to risk mobilizing their feelings and energy to help them become aware of how they block self-expression. The gestalt process will be used to provide an environment for integration and growth. $100

Exploring Self-Acceptance / David Schiffman
See January 12-17, below. (The weekend will not include video.)
$110

week of january 12-17

Selective Awareness & Advanced Gestalt
Emmett Miller & Richard Price
For those who have had some previous experience in gestalt and/or selective awareness.

Selective awareness provides means for identifying and unlearning undesirable characteristics of body/mind and rapidly learning desirable patterns. This takes place in a state of mind related to those of meditation and hypnosis. Like gestalt, selective awareness aims at the development of internal guidance free of externally imposed conditioning. A video feedback session will enable us to examine some of our own patterns. $300 + $2 video fee.

Exploring Self-Acceptance / David Schiffman
The focus of this workshop is on the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. There will be a session with video for "taking a look" at ourselves. Emphasis is on searching out unique personality strengths, individual capacities and latent powers as a means of achieving productive, creative functioning. $270 plus $2 video fee.

Opening the Feelings:
A Radix Neo-Reichian Workshop
Laura Dillon, David Howard & Lara Amber
For description, see p 16. $270

weekend of january 17-19

Steps to an Ecology of Mind / Gregory Bateson
$110

Experiencing Esalen / Experiencing Esalen Staff
See workshop description p 10. $100

Body Dynamics: "the body never lies"
Hector Prestera & Sharon Wheeler
Color, Reichian energetics, physical character analysis, techniques for vitalizing body energy centers, acupuncture principles, as well as concepts from Rolfing and polarity therapy will be utilized to assist participants in freeing their body blocks. $110

The Blessing of Obstacles
Lenore Lefer & Matthew Haar
We all encounter obstacles, frustrations and crises in our lives. We react to them in different ways; sometimes we avoid, reject, confront or rationalize away obstacles, because they usually cause us pain. If we can view our obstacles and frustrations as signals and can understand their message, we can learn from them and grow. In this workshop we will use gestalt awareness, encounter and psychosynthesis techniques to recognize the creative potential ("blessing") of obstacles as they provide us with opportunities for understanding and growth. $110

week of january 19-24

Renascence / Michael Butler
See description p 22

Healing Your Being
Gabrielle Roth & Shirley Scott
A week of experiencing ourselves and changing.
A week of taking responsibility for ourselves and growing.
A week of accepting ourselves and healing.
A week of knowing ourselves and moving . . . on and on and on.
A week of BEING. $270 + $2 video fee

A Gestalt Workshop for Professionals
Stella Resnick
This workshop is designed for people who are working as group leaders, therapists and in related fields. We will review basic principles of gestalt awareness through discussion and practice. There will be work with video for feedback. Some time will be set aside for revolving leadership under supervision. $270 + $2 video fee

Realms of the Human Unconscious: Psychedelic and Anthropological Perspectives
Stanislav Grof & Joan Halifax-Grof

This workshop will focus on the expanded image of the human mind that is emerging from LSD research and anthropological studies. The participants will become acquainted with such issues as: new maps of the human unconscious; transpersonal aspects of birth, sex and death; LSD psychotherapy with neurotics, alcoholics, heroin addicts, psychotic patients and individuals dying of cancer; the nature of the schizophrenic process; mystical, religious and metaphysical experiences in psychedelic sessions and indigenous healing systems and rites of passage in non-western cultures.

We will utilize didactic sessions, discussions, experiential exercises, selected films and videotapes, mandala work and non-drug technology for inducing unusual states of consciousness. **$270**

Individual use of the sensory isolation tank will be available to participants for an additional fee of **$10.**

weekend of january 24-26

Sensory Awareness & Drawing
Connie & Leon Siegel

Sensory awareness is meditation on the process of everyday life. Through simple experiments involving activities such as sitting, moving, breathing, touching another, we may begin to explore our nature in its fullness, coming more to quiet and clarity of body/mind. Periods of sensing will be alternated with periods of drawing in which we work out of the awareness of our inner rhythms, of movement and of our environment perceived through touching and seeing. Emphasis will be on the discovery of each person's unique way of experiencing and how this is expressed in line, shape and color. **$110**

A Workshop for Gay People / Sally Smith

A chance for gay men and women, singly or in couples, to come together at Esalen, explore life styles, problems, joys, directions; share massage, music and plain talk. **$100**

What's Available / George & Judith Brown

An experiential weekend workshop to help participants get more in touch with what's *inside* (the self, personal and transpersonal) and *outside* (one's living and working environment, including others). Focus will be on individual growth in a group setting. Suitable for couples as well. **$110**

Gestalt Improvisations
Paul Rebillot & Shirley Leitch

Sing the glory of your life to the world,
Dance the story of your life to the world.
Tell the tale of living flesh to the world,
'Til the pain that you feel goes away.
—Don Currie

Combining improvisation and dance with gestalt and bio-energetic methods of liberating breath, movement and sound, we will explore possibilities of reclaiming disowned energy through creative self-expression. In a session with video tape, we will have the experience of being our own audience. **$110 plus $2 video fee**

week of january 26-31

Experiencing Esalen / Experiencing Esalen Staff

See workshop description p 10 **$240**

You & Universal Motion / Bob Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering and body movement. **$270**

Psychosynthesis: Nurturing the Child Within
John Firman & Matthew Haar

This workshop will focus on the psychosynthesis technique of Bear Therapy, an approach to self-acceptance and self-nurturing. Many of us have learned how to open ourselves emotionally and contact other people at a deep and satisfactory level. But when we need to nourish and affirm *ourselves*, we usually swing from being rigid and critical to being collapsed or being dependent upon another person or a group. Bear therapy presents an alternative to these extremes within each of us, as we learn to center and to nourish ourselves from that center. **$240**

Gestalt & the Body / Richard Price & Esalen Staff

Includes an introduction to a variety of body practices: acupuncture, rolfing, bioenergetics, massage, polarity massage and their relation to gestalt awareness practice. **$270**

Photo: Horst Mayer

Weekend of January 31 - February 2

Yoga for Modern Living / Joel Kramer

A workshop on the physical, psychological and spiritual aspects of yoga geared to make yoga meaningful as a tool for adventure of self-exploration in day to day living.

The approach here is to teach you to be in touch with yourself as a living process and to tune into the energy systems of your mind and body so that you rapidly become your own teacher.

The workshop combines Hatha Yoga (the physical) and Jnana Yoga (the mental-psychological) in an approach that involves exploring the "edge" or frontiers of the Self both mentally and physically.

Friday night - introductory lecture-demonstration
Saturday - two sessions of Hatha Yoga, three sessions Jnana Yoga
Sunday - two sessions Hatha Yoga, one session Jnana Yoga

$110

Spiritual Cleaning & Daily Practice / Al Drucker

The focus of our weekend together will be to purify our body-mind and heart. In the process we hope to develop a practice that we can take home with us (to use alone or share with those we live with). This will include a cleansing bath, a cleansing diet, morning meditation, some yoga, t'ai chi and Arica exercises, self-massage, karma cleaning and chanting . . . lots of chanting (down by the sea if the weather's good). If there's time we'll also demonstrate rolfing, acupuncture and other healing/purification practices. $110

Dissolving Blocks to Creative Expression: A Key to Developing Intellectual Self-Confidence
Lee Gibson

There is a creative child and a creative adult in all of us. Important aspects of the creative adult are often not discovered because they are blocked off. For the same reason, much of the creative child often goes unremembered. Until creative child and adult are reunited, a person will not fully realize nor utilize his creative potentials. This workshop will explore differences between creative expression and manufacturing; similarities between creative child and creative adult. Until such differences and similarities are understood, a fear-to-function can keep a person from being creatively expressive. Explorations will be made through reading, writing, painting, drawing; dialogues with self, others and objects; body movement; verbal and silent expression; sense awareness; focusing awareness on here-and-now and the relevance of there-and-then; plus various counseling techniques. $110

Exploration & Integration / Arthur & Janica Fox

Come and use a combination of the richness of encounter, gestalt, sensory awareness and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these to explore more of you, your potential, your awareness and your capacity for openness. We will also explore ways of retaining and integrating this richness so that you have access to it not just at Esalen, but also when you return home. $110

Body Awareness and Massage / Barbara Clemans

If we could but experience ourselves as free and flowing as we really are, we would then know our own perfection.

Through a series of specific, directed movements with awareness we can begin to alter the patterns of habitual movement in the body. By doing so, the psyche is then altered in its habitual manner of responding to the world. In addition, we will aid each other in enhancing our organic sense of well-being and integration with massage. $110

Week of February 2-7

February 2-28

Renascence: Integration of Mind, Body and Spirit / Michael Butler

Michael Butler writes: "My interest is in mind, body and spirit working together. I want to develop the spirit because it can make the work of becoming a whole person easier - in fact, it can make it a joy. At the same time, I believe that spirituality must be human which means it is grounded solidly in love of oneself and love of other people.

As an approach, I choose to focus on undiscovered strengths rather than on flaws; on essence more than on personality, on transmuting the energy within blocks rather than attempting to do away with the blocks. On win/win rather than win/lose exchanges between people. I choose this way of working because it is true and because we are all equals in the process of becoming. Our flow will guide the flow of the work. Still, a general description of the month might be:

First week:	Work with emotions: a positive kind of encounter, establishment of group trust matrix, introduction to Esalen.
Second week:	Emphasis on body work: rolfing, massage, gestalt practices.
Third week:	Focus on the spiritual: meditation, centering and grounding practices. This week will probably be co-led.
Fourth week:	Integration of emotional, physical and spiritual work, theoretical underpinnings of the work, application to everyday life.

The program will be limited to sixteen participants, approximately equal numbers of men and women. Our center will be in the "Big House" on the Esalen grounds. There will be cross-pollination with a month-long workshop led by John Heider.

Throughout the month, emphasis will be on those growth practices which can be translated directly to everyday life." $1150

Growth Through Risk-Taking / David Schiffman

This workshop is designed to provide the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, encounter techniques and video feedback, the participants can accept or transcend the boundaries from which they approach the world. Particular emphasis will be placed on the expression of anger, affection, sexuality and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. **$270 plus $2 video fee.**

Experiencing Esalen / Experiencing Esalen Staff

See workshop description p 10 $240

February 2-28

Human Potential Theory and Practice
John Heider

The "human potential" is the capacity to become increasingly conscious or aware of what is happening in the here and now. Human potential practice is awareness training. Body work teaches somatic awareness. Encounter and gestalt teach psychological awareness. Meditation teaches spiritual awareness.

This workshop will integrate body work, encounter/gestalt and systems of meditation. While the workshop will be primarily experiential, time will be allotted for discussion of human potential theory.

Subject to revision at the time of the workshop, the schedule will be:

First week:	Introduction, a synthesis, emphasizing encounter and gestalt and introducing body work and meditation (a Heider five-day workshop).
Second week:	Emphasis on body work, including massage, bioenergetics, rolfing and polarity therapy, depending upon availability of practitioners having specialized skills; cleansing.
Third week:	Systems of meditation, including sitting meditation, moving meditation, sensing and chanting.
Fourth week:	Transpersonal work: an emphasis on the relationship between self and other in that state of being in which the more pronounced autisms have been cleansed and cleared by the work of the first three weeks.

While this workshop is designed and directed by John Heider, outside consultants, including members of the Esalen staff, will make a major contribution to the richness of the program.

Suitable for professionals and non-professionals alike. **$1150**

The Inner Road to Health
Al Drucker & Barbara Braunstein

This workshop is designed as an introduction to the healing and spiritual growth practices outlined in the monthlong workshop described on page 19. **$270**

weekend of february 7-9

Group Mind / Michaeleen Kimmey

In the here-and-now there exist configurations of circuiting energy within the chakras of our selves and between each other. These are the pathways of emotion and intuition, our inner teachers, our navigators.

Group mind is the process of becoming energetically present and aware in our individual moments together. We plug each other in to form a group connection, then channel and focus that powerful energy compassionately to heal, know and love ourselves and each other.

Workshop sessions will include intuitive massage, Feldenkrais exercises of movement to awareness, body numerology, learning to see energy flows, techniques for experiencing "Higher Self" consciousness. **$110**

Growth Through Risk-Taking / David Schiffman

For description see February 2-7 above. **$110**

Organic Process – Primal Experience Weekend
Daniel Miller

The body contains, simultaneously, all the real and symbolic events and personnae with their emotional connections to fear, hunger, love or pain experienced in one's lifetime. Organic process peels these layers of personality defense through intensive encountering of one's inner world. In this workshop we will explore the vivid colors of emotional response, the ways you resist and defend against being yourself and the physical potentials for sensory and emotional experience. **$100**

Experiencing Esalen / Experiencing Esalen Staff

See workshop description p 10 $100

week of february 9-14

Gestalt Practice / Richard & Christine Price

Perfect light Great Space
the Way has nothing lacking, nothing in excess.
Truly because of our accepting and rejecting
We have not the suchness of things.
–Sengtsan
(3rd Patriarch of Ch'an [Zen] Buddhism)

"What is, is" – Fritz Perls (1st Patriarch of gestalt therapy).

Gestalt practice is a form evolving out of the work of Fritz Perls, relating that work to physical/spiritual ways, both ancient and modern.

Persons are explicitly not "patients," but persons consenting actively to work in awareness. The group "leader" functions primarily to reflect, clarify, and to flow with that which emerges in this process. The aim is personal unfoldment, growth, wholeness, rather than "adjustment," "accomplishment" or "cure." **$270**

Suggested reading: Perls: *Gestalt Therapy Verbatim;* Lao Tzu: *Tao Te Ching;* Chogyam Trungpa: *Cutting Through Spiritual Materialism;* Nyanaponia Thera: *The Power of Mindfulness.*

Touching the Energy Body
Bernard Gunther & Peter Pick

Within/beyond the physical-emotional-mental body is the invisible etheric body. Here in this subtle center of you is being, feeling, inspiration, energy, healing, pleasure beyond intensity – a finer reality beyond the transitory duality of thoughts, emotions and senses, the flowing harmonious spirit that is: I AM.

In this workshop we will learn to use polarity therapy, relaxation, thought control, psychosynthesis and meditation to experience and rejuvenate your subtler self. **$280**

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience–love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." **$270**

opening the feelings

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix *Intensive*, a period of individual work within a small group setting, is practised by Charles and Erica Kelley and their staff at the Radix Work Shop. The *Intensive*, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness and other body-oriented approaches. Groups will be kept small–never more than eight per leader, so that significant individual help can be given. Grief or pain, fear and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he discovers a new capacity for pleasure, trust and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

Schedule: Jan 12-17 Laura Dillon, David Howard & Lara Amber **$270**

Apr 6-11 Charles & Erica Kelley **$300**

student weekend groups

To enable a wider range of young people to attend Esalen, we are offering a weekend "sleeping bag" rate to groups of students during the September to May period. These weekends are designed to allow the students the experience of a variety of Esalen activities such as gestalt, encounter, psychosynthesis, movement, massage, meditation . . .
The rate is $55 per student with a minimum of 10 students required. This includes meals from Friday dinner through Sunday lunch. Please write for information and available dates to: Janet Zuckerman, Student Groups, Esalen, Big Sur, CA 93920.

weekend of february 14-16

Energy / Bernard Gunther

We are all fields of energy living in an energy field. Our potential is limitless, yet we frequently find ourselves operating in fatigue and limitation. This damming of the Self is caused by excessive tension, shallow breathing, toxic relationships and non-focused thought which rob the organism of vitality and pleasure. How to tap this infinite supply of energy, how to rechannel and raise sexual energy, and how to apply this knowledge in everyday activity will be the task of this seminar. In this work we will explore aspects of yoga, gestalt, psychosynthesis and meditation to experience more fully our flow of vital and psychic energy. **$110**

Tuning In / Janet Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our stock of tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing–how we are really acting and thinking. Once we are aware of our tapes, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness and other techniques to tune in to ourselves and each other. **$100**

You Don't Have to Suffer to Feel Good
Harry Sloan

Frequently people come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. Though real experience will not be avoided, this workshop will tap into the absurdity of conflicts and problems, offering the participants an opportunity to develop perspective and laugh at the seemingly tragic fates they have chosen. **$110**

week of february 16-21

People's Liberation
Bob & Marilyn Kriegel

In this workshop we will explore who we are beyond the traditional roles, expectations and assumptions that we have accumlated and learned to experience as ourselves. We will then find ways of integrating this new sense of self with our personal and professional lives.

Gestalt, psychosynthesis, encounter, guided daydreams and meditation will be used as well as massage, play, drawing and centering techniques. **$270**

Four Pillars of Health: A Workshop in Preventive Medicine
John McCamy & Esalen Staff

A workshop to improve your health. John McCamy, a physician in the field of preventive medicine, works with the four "pillars" of: nutrition (detoxification), exercise/movement, stress reduction and ecological awareness.

Sessions in alternative health techniques will be offered by Dr. McCamy & Esalen Staff. Participants will become acquainted with approaches to physical-mental-spiritual balance such as: structural integration (Rolfing), acpuncture, Feldenkrais movement and various meditation practices.

Participants are asked to bring a record of their last week's diet and physical exercise: what was eaten (meals and snacks) and how much exercise taken (work, play, stairs, carrying, etc.) Workshop sessions will include: lecture and discussion; daily aerobic and movement exercises, personally tailored; stress-reduction techniques similar to meditation and alpha-state induction; meal-time awareness exercises. People in the helping professions—psychologists, teachers, nurses, doctors, ministers—can acquire a basic and simple illness-prevention approach which can be passed on to those seeking improved health and well-being. **$270**

Gestalt, Encounter, Psychosynthesis
Julian & Beverly Silverman

$270

media center

The Esalen Media Center has video recording services available for individuals interested in working privately, or in twos and threes. If you wish to explore every aspect of your visual self—how you use your body, how your self-image compares with your real image—the video camera offers you instant feedback.

Studio and operator: $25 per hour, including playback time. If you wish to purchase the videotape, there is an additional charge.

(Leaders wishing to retain the use of video for groups must arrange this with the program coordinator at the time the group is scheduled.)

south coast center

The living center is slowly evolving into a participatory environment

vital

changing

designing, re-designing inner and outer space with residents responsible for their own evolution.

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (room, balcony and bath) are available for $350 per month. Meals may be purchased at Esalen either singly or by the month. A monthly meal ticket is $180. Many South Coast residents have set up their own light-cooking facilities, taking occasional meals at Esalen. Laundryroom privileges for a nominal monthly charge. Heated pool and sauna. South Coast studios may be reserved through the Esalen/Big Sur office.

weekend of february 21-23

Letting Go / Marilyn & Bob Kriegel

In this workshop we will practice being weightless, letting go of old burdens, troubles, and woes that tend to bog us down. A focus on joy and creative living will be our guide to "letting go."

Encounter, gestalt, and psychosynthesis will be used in addition to massage, meditation, play and an appreciation of the Big Sur Country. **$110**

The Feldenkrais Method: Extending our Possibilities
Judith Stransky

This is an experience in the Feldenkrais method. Moshe Feldenkrais is the originator of a subtle and powerful new body technique. He has devised a series of simple, ingenious exercises which involve integration of the physical and the mental, expand boundaries of human possibility and lead to release from fixed habits that restrict us. Awareness of our self-image is developed, and the range of our movements is greatly extended. The work teaches integration, differentiation, relaxation and balance, improvement in alignment and greater ease in movement, and is a unique means of bringing us closer to the fulfillment of our human potential. **$110**

Centering & Energy Awareness for Couples
Robert Nadeau & Betsy Hill

He says: "Practices to enable couples to be aware of their effect on each other, to see clearly the sources of discord and to learn to harmonize with each other so as to function as a team in an ongoing relationship."

She says: "A workshop designed to illuminate the interactions of a close relationship. Exercises modeled for more depth in couple's awareness and experience of one another. In dealing not only with the energy 'highs' but also the energy 'lows,' we will work toward a deeper experience of what being a 'couple' is." **$110**

week of february 23-28

Beyond the Battle / Janet Lederman

The focus of this workshop will be the relationship between men and women. We will attempt to go beyond anger, assertion and accusation (without disregarding their validity) to more constructive ways of relating. By exploring new and perhaps unfamiliar behaviors and responses we may begin to experience greater flexibility and harmony in being with ourselves and each other as women and men. **$270**

Gestalt Practice / Richard & Christine Price

For workshop description see page 15. **$270**

The Sense of Whole Being
Betty Fuller & Dub Leigh

A gestalt/encounter group making use of group process, personal growth, awareness training and body work to discover and experience the blanks in our self-images and the blocks and barriers to realization of whole being. Methods to enhance and expand whole being awareness will include Feldenkrais movement work, psychosynthesis, massage, art, music and dance. Rolfing will also be available to participants at $35 per individual session. **$300**

Experiencing Esalen / Experiencing Esalen Staff

See workshop description p 10 **$240**

weekend of february 28-march 2

The Energy Body in Action / George Leonard

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of "energy flows" in and around the bodies of living things. Western science has not yet identified all of these biofields, but some significant work is under way, as in acupuncture, for example. Using techniques derived from aikido and breathing, Mr. Leonard will present his approach to the human biofield. He will discuss the application of biofield work to other growth disciplines and to certain currents in Western thought. Through bodily movement and exercises in perception, consciousness and being, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness. **$110**

A Workshop for Gay people
Sally Smith & Rob Finch

A chance for gay men and women, singly or in couples, to come together at Esalen, explore life styles, problems, joys, directions; share massage, music and plain talk. **$110**

Psychosynthesis: Nurturing the Child Within
Betsie Carter & Lenore Lefer

This workshop will focus on the psychosynthesis technique of "bear therapy," an approach of self-acceptance and self- nurturing. Many of us have learned how to open ourselves emotionally and contact other people at a deep and satisfactory level. But when we need to nourish and affirm ourselves, we usually swing between being rigid and critical to being collapsed or dependent upon another person or a group. Bear therapy presents an alternative to these extremes within each of us, as we learn to center and to nourish ourselves from center. **$110**

Moving / Gabrielle Roth

See description for April 18–20, p 25 **$110**

Absurdity for Growth / George & Judith Brown

A weekend exploration of personal absurdity in an absurd world through increased awareness of ourselves and how and where we live our lives. Focusing on appreciation and enjoyment of what is, including "misery" and "frustration". Experiential, using methods from gestalt and psychosynthesis. Also suitable for couples. Limited to 20 persons. **$110**

week of march 2-7

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March 2-28

Western Roundup—a Pioneer Project
Coordinator: Margaret Conway, Montana Learning Unlimited

Montana Learning Unlimited is a new growth center in Helena, Montana, which is assembling a group of people from Montana, Idaho, Wyoming and nearby Northwest states to participate in a month-long workshop at Esalen. If you are from that area, we invite you to join us.

The Human Potential Movement has been, for a long time, centered on the east and west coasts. We've met many individuals who sought experience at these centers and returned home to wonder, "Am I alone? Is there anyone else who is involved in the same things?" "How can I bring this work into my life here at home?" In response to this, we have designed a program to explore together the developing disciplines—physical, mental, emotional and spiritual—in the study of human growth and consciousness. Our aim is to adapt the work to the particular needs of our own geographical area and to form a seed group to help one another and to further the development of human potential practice in our home areas.

Limited to 15 persons, our group will spend 26 days together at Esalen. There will be two sessions daily with Esalen leaders and evening meetings with Margaret Conway and Ed Hahn of Montana Learning Unlimited to integrate the experience and maintain a flow of communication. Weekends will be free to enjoy the seashore and mountains of Big Sur, visit San Francisco or attend weekend workshops listed in the Esalen catalog (at a reduced rate.)

The 26-day program will include sessions in: bioenergetics, encounter, gestalt, psychosynthesis, massage, movements, meditation and new trends in health and healing. Participating leaders from Esalen will include: Barbara Clemans, Al Drucker, Bernie Gunther, Janet Lederman, Robert Nadeau, Dick and Chris Price, Paul Rebillot, Julian and Beverly Silverman and many others.

All inquiries and reservations will be handled by Montana Learning Unlimited, 58 North Last Chance Gulch, Helena, Montana, 59601. Tel. (406) 442-7402. Reservations must be accompanied by a deposit of $400 and should be made by Feb. 3rd. **Fee: $960**

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MARGARET NAGEL CONWAY, R N , Director of Montana Learning Unlimited, has had extensive experience in group facilitation and consultation to business and government agencies in the U S. She is currently a Research Fellow in the Humanistic Psychology Institute program at California State College, Sonoma, and a former Senior Associate at the Psychosynthesis Institute.

EDWARD J HAHN, M A, Associate Director of Montana Learning Unlimited, is a former business executive and has extensive experience in group leading, individual counseling and consulting to business and government organizations. He completed the 1972 Extended Growth Program at Esalen Institute and is in advanced training at the Psychosynthesis Institute.

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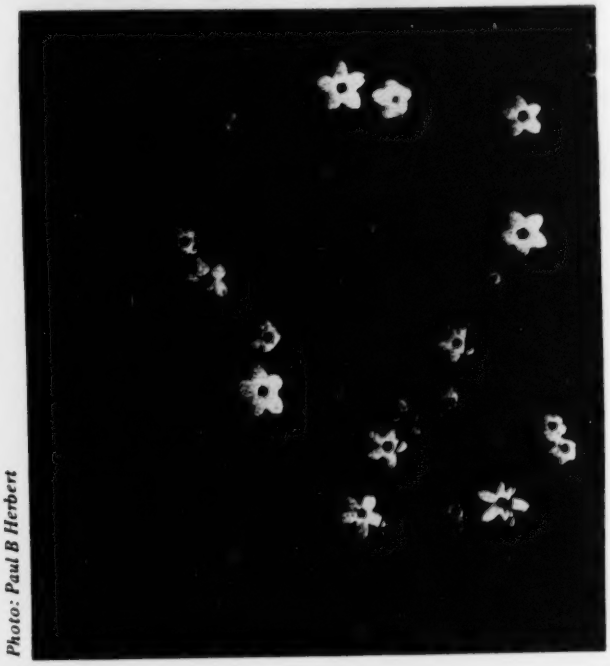


Photo: Paul B Herbert

THE WEEK OF MARCH 2-7 (continued)

Expansion / Ken Dychtwald & Deborah Medow

Most of use are at least 90% asleep. In order to maintain this state of unawareness successfully, we have crowded our minds, jammed our bodies and stifled our inter-personal inter-actions. We have allowed ourselves to become trapped by the pressures of our own self-limiting images and processes.

By focusing on our mental, physical and interpersonal dimensions, we will give ourselves the opportunity to try out new and more expansive ways of feeling, knowing, moving, seeing, being. In addition to group-process work drawn from encounter, gestalt and psychodrama, we will experience various body/mind awareness exercises. There will be daily meditation practice as well as daily sessions at the baths with both Esalen-style and polarity massage. $270

Take A Second Look at Yourself
Janet Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential, and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter and sensory awareness. Two video sessions will be included. $240 + $4 video fee.

Exploration & Integration / Arthur & Janica Fox

Come and use a combination of the richness of encounter, gestalt, sensory awareness and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these to explore more of you, your potential, your awareness and your capacity for openness. We will also explore ways of retaining and integrating this richness so that you have access to it not just at Esalen, but also when you return home. $270

A Workshop with the Four of Us / Betsie Carter, Matthew Haar, Joel Latner & Laurie Latner.

We have training and experience in massage, gestalt, psychosynthesis, encounter, dreamwork, rolfing and psychotherapy. Each of us has an individual style of work and we enjoy working together. We want to share this week with you, exploring the ways we can each be individuals, discovering our own styles, and ways we can be together, enjoying one another. $270

March 2-28

The Inner Road to Health—Approaches to Healing and Self—Healing
Al Drucker, Esalen Staff, and Guest Leaders

This is a workshop for staying well and learning to help others stay well. There will be two 4-week workshops of this type scheduled for this year, one in *March*, the other in *September*, 1975. They will provide a synthesis of various health techniques practiced or taught at Esalen. From these month-long workshops it is anticipated that 6 to 8 individuals will be selected for a 6-month to one-year apprenticeship-training program in the healing arts, commencing in the Spring of 1976. Interest in apprenticeship is not, however, necessary for participation.

The basic premise of these programs is that as we immerse ourselves in a nourishing environment, observe good habits of living, and take in good food, both physical and spiritual, our body-mind comes into harmony and health. In these workshops we will use a number of different tools for clearing out the thick underbrush of our attachments to the various roles, identities, relationships, worldly objects, plans, and desires that clog up our lives. When we do, we will discover a path that leads us through the everbusy, everchanging external world experienced through the mind and senses to the calm, joyfilled, inner world of the soul, experienced through the heart. We will travel this path, developing a daily practice that will cleanse body, mind and spirit and take us step-by-step inside. It is from these deep inner wellsprings of our being that we will discover the healing current that permits us to guide others to health and to heal ourselves.

The schedule and the list of possible topics that follows will serve as a basis for group selection of the actual program to be used during the month. These 4-week workshops will be limited to 14 participants each. Please apply early giving a short statement of your background, general state of health, and any special interests related to healing. Attach a photograph, if available, and mail to Barbara Braunstein, Esalen Institute, Big Sur, Ca. 93920. Some partial scholarships will be available. We plan to provide a special healthful diet to participants in this program; for this we will do some of our own meal preparation and harvesting of food.

Tuition: **$1160 (includes video fee)**

Before Breakfast: *Daily Spiritual and Physical Practice*

Meditation	Yoga (Postures, breathing)
Mantra Chanting	Tai Chi (Form and Free Form)
Aura-cleaning (bath)	Arica exercises
	Feldenkrais exercises

Mornings: *Demonstration, Discussion, and Practice of Various Purification and Healing Methods*

Rolfing	Massage (Esalen, Shiatsu, Polarity)
Acupuncture	Spinal Adjustment Massage
Foot Reflexology	Color Therapy
Patterning	Energy Healing
Herbal and Bach Flower Remedies	

Afternoons: *Gardening, Work Projects, Individual Sessions* (Rolfing Treatments, etc., at extra cost)

Sundown: *Daily Spiritual Practice*

Meditation
Chanting

Evenings: *Process Sessions, Didactic Lectures, Movement/Dance*

Gestalt	Anatomy/Physiology	Esalen Drums
Encounter	Nutrition	Folk Dancing
Karma Cleaning	Iridology	Sufi Dancing
Psychic Awareness	Tarot/Kaballah/Tao/Yoga	Arica Dances

Saturdays: *Fast Day, Silent Day* (Essential Communication Only)

Spiritual Purification Ritual and Self-Massage
Beach Combing, Hiking, Fishing by the Rocks

Sundays: *Daily Morning Spiritual and Physical Practice*

Rest of Day Free

weekend of march 7-9

Changing: Inner and Outer Movement
Barbara Clemans

"For the poets have seen the truth that life, change, movement and insecurity are so many names for the same thing . . . for movement and rhythm are the essence of all things lovable." . . . Alan Watts

We will use the tools of guided imagery and meditation to recognize our resistances to change; movement to give expression to our inner impulses; and massage and awareness exercises for group contact and support. Expecially recommended for women in transition. **$110**

Massage Meditation & Yoga
Peggy Morrison & Dick Horan

Limited to 16. **$110**

Come as You Are / Paul Rebillot

The focus is your uniqueness. Using gestalt, dance, improvisation and ritual magic, we will delve into the mysteries of your mythology and bring your fantasies and visions' to life through creative self expression. We will use video as one way to express ourselves to ourselves. **$110 + $2 video fee**

ongoing residential program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).
Participants may select any of the five-day workshops offered during their stay. Some programs are cancelled, so second choices are advised. Some special staff programs will also be open to residents. Cost: **$960** per 26-day period.

student work-scholarship program

We have a limited number of spaces available during the September to May period at reduced rates for college students who would like to find out more about the approaches to human growth and spiritual practice that are being developed within the human potential movement. Students will be provided with shared accommodation and will contribute some hours of work each week to the Esalen community. A minimum residence of four weeks is required. Extensions in the program are by invitation only. Write for further details and cost to: Joan Fiore, Student Work-Scholarship Program, Esalen, Big Sur, CA 93920.

week of march 9-14

Silva Mind Control / Bob Hutchins

Through the ages man has sought the keys to bringing awareness under conscious direction. He has sought ways of developing a relaxed and balanced center from which to process information in his environment ("problem solving"). Silva Mind Control pursues these directions in a concentrated training system which draws upon the wisdom of the past and the findings of modern scientific inquiry.

Along the research path, Jose Silva and others have discovered and explored mental states in which an individual can move toward tranquility, anxiety-free natural health and many other positive mental-physical manifestations of improved life functioning. They have discovered that the mental states in which these achievements can occur are the same states or levels in which an individual can experience his innate ability to perceive information using other than the five biological senses (ESP). In Mind Control method, ESP receives our direct attention and we undertake the awakening and development of this faculty of human intelligence which many feel is a doorway to the next phase of human evolution.

During a concentrated five days, we'll experience and learn more of "what's possible" with mind/awareness training. **$270**

Experiencing Esalen / Experiencing Esalen Staff

See workshop description p 10 **$240**

Exploring Self-Acceptance / David Schiffman

The focus of this workshop is on the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. There will be a session with video for "taking a look" at ourselves. Emphasis is on searching out unique personality strengths, individual capacities and latent powers as a means of achieving productive, creative functioning. **$270 plus $2 video fee.**

Gestalt, Encounter, Psychosynthesis
Julian & Beverly Silverman

$270

weekend of march 14-16

Massage & Creativity / Myrtle Ratcliffe

Massage as well as music, painting and other art forms are ways to step into the energy flow of creativity/receptivity. When we uncover our own rhythms through breathing, energy awareness, concentration and meditation, our personal ways of expression and appreciation will be revealed.

Focusing on massage, with short side trips into music, drawing and poetry, we will create our own styles of expression near the seashore and in the woods of Big Sur. **$100**

Renascence / Michael Butler

For description see March 23, below. **$110**

Finding Your Own Way / Lenore Lefer

The way we choose to be and live our lives is limited by our perceptions and attitudes about ourselves. To broaden and illuminate these perceptions, we will explore our untapped energy resources. With richer alternatives and choices available, finding our own way will be a nourishing experience.

Gestalt awareness, encounter, guided daydreams and psychosynthesis techniques will be among the tools used on our search. **$110**

Present-Centered Bioenergetics / Michael Conant

This is a time for uniting and centering in our physical self. This is a time for working and being together as a group, using materials from bioenergetics, gestalt therapy, and the psychology of Wilhelm Reich; we'll also draw on experiments from other sources, Eastern and Western. This is a time for those who wish to find themselves within rather than search for a God without. Those for whom this distinction has become a bit blurred anyway are most welcome. **$110**

Flowing Movement Energy Consciousness
Bernard Gunther & Gabrielle Roth

A quiet exciting joyous peaceful week of integration: movement breathing visualization body awareness energy communication centering consciousness relaxation in an inner-outer massage of active and passive practical playful deep continuous meditation.
$280 + $2 video fee

Letting Go / Marilyn & Bob Kriegel

In this workshop we will practice being weightless, letting go of old burdens, troubles, and woes that tend to bog us down. A focus on joy and creative living will be our guide to "letting go."

Encounter, gestalt, and psychosynthesis will be used in addition to massage, meditation, play and an appreciation of the Big Sur Country. **$270**

week of march 16-21

Gestalt Practice / Richard & Christine Price

For workshop description see page 15. **$270**

Self-Image vs Self-Actualization
Paul Rebillot & Janet Zuckerman

What are our social images? our family images? our professional images? How does the image of what we ought to be compare with what we see in the mirror? Does this comparison limit or nurture our enjoyment of ourselves? What price do we pay for our facades? How much of our true selves must be killed off and how much can be allowed to live? In this workshop we transform all these questions into statements and learn how we might integrate the statements into our lives. **$270 + $6 video fee**

Air: kiss my hand
Fire: light my seeing
Water: meet my level
Earth: grasp my skull

weekend of march 21-23

Being "Together" / Bob & Marilyn Kriegel

Being "together" or having it all "together" usually refers to coming to terms with seemingly disparate and conflicting elements of our personality and blending them to arrive at a state of inner peace and harmony. In this workshop we will use encounter, gestalt, psychosynthesis and bioenergetic techniques as well as massage and play to help us develop new awareness and insights and to explore the process of being "together," both with ourselves and with others. **$270**

Interpersonal Sensing / Simone Surpin

Within each of us is a place where we can receive and give caring and love much as a child can. Most of us have given up on this as a real, possible way of being in the world out of fear or habit or simple disbelief. The focus this weekend is to explore how we can re-open our channels to this way of being: how we can nourish and stay alive to our own experiences and feelings, and share them with others. Toward this end our group process will include the practice of listening to the vibrational statements, exchanges and energy flows we are constantly partaking in. We will also make use of body work, massage, gentle bio-energetics and various forms of energy awareness practices. (Limited to 12 participants.) **$110**

Meltingintwone / Bernard Gunther

Often we have sex when what we are really seeking is an open closeness caring energy sharing to quiet our intense sense of anxiety and separateness; intimate relationships are most rewarding when they are not only pleasurable but uplifting continuously new and renewing. In this workshop for couples, we will explore subtle delicate ways to exchange energy that can raise the relationship from the mundane into a higher plane of consciousness, intimacy and awareness. In these experimental experiences, we will explore various aspects of mutual meditation, motionless continuous energy transformation, polarity therapy and non-verbal communication. **$110**

Changing Courses in Midstream / Jack Gaines

The change from what you are doing to what you want to do is not easy for most people—at any age. Many of us talk of changing life styles, getting out of the rat race, no longer willing to look for our identity in an endless string of shiny new possessions. Some of us do. Few among those who do are prepared for the impact of change and/or idleness. This is an exploratory seminar for people who are interested in the development of new attitudes preparatory to changing career and family responsibilities. **$100**

Photo: Horst Mayer

week of march 23-28

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. $270

You & Universal Motion / Bob Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering and body movement. $270

Deepening the Experience of the Self with Movement, Music, Meditation & Massage
Barbara Clemans

You are already more beautiful, more loving, more gentle and more perfect than you think you are. Establish your connection with this self, using: music to relax and sensitize the body, allowing the unconscious to emerge; Feldenkrais directed awareness movement to alter uncomfortable fixed patterns; creative movement to establish individual uniqueness; meditation to quiet inner voices and massage to establish group contact and support. $270

An Introductory Workshop in Confluent Education
Stephen Marcus

For "educators" and other interested bystanders.

This workshop will introduce the basic theories and practices of Confluent Education, the attitudes and strategies which help integrate thinking and feeling in the classroom—at all levels and with all subject matters. (Science teachers especially are invited.)

Come prepared to think about your feelings and to feel about your thinkings. Come prepared to teach yourself even as you give up your need to teach others. A prerequisite for the workshop is a sense of humor about what you do.

University credit in Education is available for this workshop through the Extension Division of the University of California, Santa Barbara. Fees for credit are in addition to the regular workshop fee. University credit arrangements will be made during the workshop. $240

weekend of march 28-30

Your Personal Resurrection
Paul Rebillot & Joan Fiore

"To suffer one's death and to be reborn is not easy." *Fritz Perls.*
The Time: Easter Weekend
The Stage: Big Sur
The Script: Gestalt, Magic, Improvisation, Meditation, Movement and Song.
The Cast: You and Us. $110 + $2 video fee

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

See March 30-April 4 below. $120

Inspiration & the Power of the Body: New Tools for Psycho-Physical Development
Dyveke & Mike Spino

For description see April 20-25, p 26 $110

The Visionary Journey / Joseph Campbell

An Easter Weekend meditation on Death and Resurrection. Five illustrated talks on the symbolism of Dante's Divine Comedy, kundalini yoga and the Tibetan Book of the Dead. $110

week of march 30 - april 4

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

In an increasingly alienated world, where mechanical ease often makes communication shallower, many of us are eager to find more meaningful contact both with ourselves and with others, and with our activities whatever they may be. We would like really to get *in touch*. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and discard the techniques and defenses we have come to rely on—when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

In this workshop, which will be devoted to practice rather than theory, a beginning will be made in exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents. **$270**

Gestalt Training Workshop / Frank Rubenfeld

Hot-seat work, gestalt exercises and mini-raps will be part of this experential-didactic workshop. Participants will also have the opportunity to work with each other under the direct supervision of Dr Rubenfeld. Limited to those in the helping professions. **$270**

Gestalt Practice / Richard & Christine Price

For workshop description see page 15. **$270**

A Workshop in Energy Responsibility / Alan Schwartz

A natural and organic energy flow makes up the whole person. This week we will work toward progressive realization of how blocks to the free flow of emotion inhibit us from experiencing a mature sense of self. The dynamics will involve risk-taking on both the psychic and somatic levels, using energy and gestalt techniques to form the structure of energy responsibility. A central theme will be that "knowledge is a head-trip and wisdom emanates from the entire organism." A video session will enable us to focus visually on our movement. **$270 + $2 video fee**

Take A Second Look at Yourself
Janet Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential, and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter and sensory awareness. Two video sessions will be included. **$240 + $4 video fee.**

weekend of april 4-6

Women and Change
Janet Lederman & the Esalen Women

Exploring superficial roles; what we imagine to be "natural" and our relationship to one another. **$110**

Workshop in Energy Responsibility / Alan Schwartz

For description see March 30-April 4 above. **$110**

The New Communication—An Alternative to Powerlessness / John Zeigler

"I've had the peak experience. Now what?" The New Communication, an integrative problem-solving process, attempts to answer this through helping you develop more effective interpersonal communication techniques. We will also demonstrate how these methods can be applied on an ongoing basis toward gaining more personal freedom in an institutionalized and oppressive society. We will dramatize how we avoid taking communication risks and how we block open communication. Our aim during this experiential weekend will be to achieve a warm and close group environment through the interchange of thoughts, fantasies, ideas, feelings and energy. The leader will draw upon his own experience and intuition as well as major contributions from fantasy and self-communication, gestalt, sensory awareness, psychosynthesis, bioenergetics and psychodrama. **$100**

Experiencing the Biocentric Approach with Nathaniel Branden

This is a personal growth, experiential seminar, devoted to the themes of self-awareness, self-acceptance, self-responsibility and self-assertiveness. This work rests on the premise that self-esteem is a person's primary psychological need, that a deficiency of self-esteem underlies all psychological problems and that the essence of effective therapy consists of aiding the individual to develop or enhance self-esteem. In this workshop, I invite participants to explore some of the techniques and procedures I have found helpful in building self-esteem. **$110**

How Do You Want to Be Alive in This World?
Arthur & Janica Fox

Aliveness is thinking, sensing, feeling and acting. Come and take a look at yourself, learn techniques to increase your awareness, free up more of your feelings and energy and learn what part your body plays in regulating these things. Learn to listen to and trust your body, your organism as your best source of knowledge, guidance and inner strength; then learn ways to act on this knowledge, to move from this centered, intuitive place, to make it a living, working part of the process that can help you to be the person you want to be. As leaders we will utilize our own intuitions, and various techniques, including bioenergetics, sensory awareness, gestalt, encounter, fantasy and goal-fulfilling strategies. **$110**

Conference Facilities at Big Sur

From October through May, the meeting rooms, housing accommodations and facilities of Esalen/Big Sur, are available to those seeking a conference site. In the past, organizations as diverse as a college faculty-student group, an architectural firm, an association of physicians and a U S Army drug abuse program have made use of Big Sur in this way. Scheduling must be done at least 6 months in advance.

For further information and available dates, contact Joan Fiore, Esalen/Big Sur, Big Sur, CA 93920.

week of april 6-11

Gestalt Improvisations
Paul Rebillot

Sing the glory of your life to the world.
Dance the story of your life to the world.
Tell the tale of living flesh to the world.
'Til the pain that you feel goes away.
—Don Currie

Combining improvisation and dance with gestalt and bio-energetic methods of liberating breath, movement and sound, we will explore possibilities of reclaiming disowned energy through creative self-expression. In a session with video tape, we will have the experience of being our own audience. **$270 + $2 video fee**

Opening the Feelings: A Radix Neo-Reichian Workshop / Charles & Erica Kelley

For description, see p 16. **$300**

Exploration & Integration / Arthur & Janica Fox

Come and use a combination of the richness of encounter, gestalt, sensory awareness and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these to explore more of you, your potential, your awareness and your capacity for openness. We will also explore ways of retaining and integrating this richness so that you have access to it not just at Esalen, but also when you return home. **$270**

Gestalt, Encounter, Psychosynthesis
Julian & Beverly Silverman

$270

Psychosynthesis: Nurturing the Child Within
Betsie Carter & Matthew Haar

This workshop will focus on the psychosynthesis technique of "bear therapy," an approach of self-acceptance and self-nurturing. Many of us have learned how to open ourselves emotionally and contact other people at a deep and satisfactory level. But when we need to nourish and affirm ourselves, we usually swing between being rigid and critical to being collapsed or dependent upon another person or a group. Bear therapy presents an alternative to these extremes within each of us, as we learn to center and to nourish ourselves from center. **$270**

weekend of april 11-13

Yoga for Modern Living / Joel Kramer

A workshop on the physical, psychological and spiritual aspects of yoga geared to make yoga meaningful as a tool for the adventure of self-exploration in day to day living.

The approach here is to teach you to be in touch with yourself as a living process and to tune into the energy systems of your mind and body so that you rapidly become your own teacher.

The workshop combines Hatha Yoga (the physical) and Jnana Yoga (the mental-psychological) in an approach that involves exploring the "edge" or frontiers of the Self both mentally and physically.

Friday night - introductory lecture-demonstration
Saturday - two sessions of Hatha Yoga, three sessions Jnana Yoga
Sunday - two sessions Hatha Yoga, one session Jnana Yoga
$110

Centering / Robert Nadeau

Being centered is working in harmony with yourself. It is applicable in everything—movement, sports, working, teaching, meditation—all aspects of living. We'll learn to recognize and function from center in the midst of daily activities and pressures. **$110**

The Art of Self-direction / Lenore Lefer

In this workshop we will explore and examine the nature of self-direction and the ways in which we can increase it in our lives. The degree to which we can discover, direct and regulate our energies affects how productive, creative and joyful we will be. In an atmosphere that is supportive and nourishing we will use gestalt awareness, encounter, massage, and psychosynthesis techniques to learn and enhance the art of self direction. **$110**

Basic T'Ai Chi Massage / Judy Unell

Bringing two ancient arts together, I have developed an innovative, caring, massage method combining pressure points, muscle and sensory strokes with T'ai Chi movement (which transmits a special rhythm and energy flow, relaxing but energizing the giver as well as the receiver). Whether a beginner or a professional, this method can give you a basic understanding of the easy uses of body weight and elimination of strain through rhythmic movement. **$100**

You Don't Have to Suffer to Feel Good
Harry Sloan

Frequently people come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. Though real experience will not be avoided, this workshop will tap into the absurdity of conflicts and problems, offering the participants an opportunity to develop perspective and laugh at the seemingly tragic fates they have chosen. **$110**

week of april 13-18

Leadership Training
Will Schutz & Valerie Blalock Schutz

For experienced group leaders. Each will get a chance to lead under supervision and to explore self in relation to leading. There will be demonstrations of several techniques and discussions of theory. Limited to 12. **$300**

Gestalt Practice / Richard & Christine Price

For workshop description see page 15. **$270**

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience—love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." **$270**

Experiencing Esalen Experiencing Esalen Staff

See description p 10. **$240**

Movement as Therapy: A Workshop for Professionals
Gabrielle Roth

This workshop is specifically designed for persons who serve as guides in the helping professions. Our purpose will be to explore movement as a tool to be integrated into your practice and adapted to your professional needs. We will experience movement exercises to increase awareness of self—of self in relation to another—of self in relation to the group.

Please send a letter communicating briefly about yourself and your professional involvement so that your personal needs may be considered. **$270 + $2 video fee**

Photo: Horst Meyer

weekend of april 18-20

Moving / Gabrielle Roth

"Consciousness is, among other things, a spontaneous exercise in creativity." —Seth

Accepting self is letting go of judgment.
Letting go of judgment is allowing
space for experience.
Allowing space for experience is being . . .
the ability to move in-the-flow,
conscious
creative
spontaneous.

$110 + $2 video fee

Self-Realization Meditation / David Milton Lees

Each of us has a calm, centered self that experiences life directly and is in harmony with what is. We often lose this direct experience of life when we become caught up in our thoughts. We come to believe that the stories we tell ourselves are the only true reality. Self-Realization Meditation, which will be taught in this workshop, is a simple practice that can be used in everyday life to deepen our contact with the self that directly experiences life as it is. **$110**

Tuning In / Janet Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our stock of tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead or savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and thinking. Once we are aware of our tapes, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness and other techniques to tune in to ourselves and each other. **$100**

A Weekend Workshop in Self Awareness
David Schiffman

This workshop is based on the awareness that personal growth is often blocked because we don't see ourselves clearly, as others see us, or act as we really feel. The objective of this seminar is to create a supportive atmosphere wherein the participant can experience her/himself at a deeper, more meaningful level than daily life provides. Techniques of gestalt, meditation and encounter will be used. **$110**

Arica Body Work / Roland Hall, Irene Love, Melanie Smith

An experimental weekend exploring methods for realizing a body that is energized, flexible and free of tension. The weekend will include dance, psychocalisthenics, kath generation, walking japa, massage, eurythmics, bio-rleaxation, color as a vehicle to touch and energize organs and parts of our bodies. **$110 + $2 video fee**

week of april 20-25

Massage Workshop / Peggy Morrison & Dick Horan
Limited to 16. $270

Integration: The Recovery of Wholeness
Neil Lamper
"Gestalt is a way of life more than a form of therapy. Participants in this workshop can expect to experience their here-and-now and discuss their what-and-how. I am interested in people learning how to use their what—at work, play, in families, couples and as singles. At times our entire group will be active and at times one person will wrestle with the impasse. I cannot force, will not coerce and have no neat package of salvation. People maintain their own momentum, work in their own way. I will share my eyes and ears. I invite people to this workshop who want to experience Esalen and themselves anew and expect to express this in their broader lives." $270

Silva Mind Control / Bob Hutchins
For description see workshop on p 20. $270

Inspiration & the Power of the Body: New Tools for Psycho-Physical Development
Dyveke & Mike Spino
The inevitable dilemma of mind/body involvement is to develop techniques for both excellence and fun. This workshop offers keys to enhance enjoyment and performance by presenting some revolutionary training tools for sports and games. Beginning with over-all body conditioning and focusing on tennis and running, we will integrate the work of athletic masters such as Mihaly Igloi and Percy Wells Cerutty with the spiritual aspect of sport being developed at Esalen. This experience brings you to the peak of mind/body integration, matching literature, books, manuscripts and poems with a psycho-physical program, allowing each person to construct a personally satisfying training ritual. This week can change your entire notion of physical exercise. $270

The Roots of Intuition: Integrating Transpersonal Energy with Personal Form / David Schiffman
The central theme and focus of the traditional esoteric-mystic disciplines of the East has been access to states of consciousness that go beyond everyday form and content into the realms of pure energy and formlessness. In the rational-material tradition of the West, the focus of the behavioral sciences has been the systematic examination of form (linguistically, behaviorally, biologically) and its evolution and function. The work of Assagioli, Gurdjieff and Jung has established clearly the interdependence of these points of view—the inseparable connection between the transpersonal source of our energy and the forms we choose to manifest it.

This workshop will focus on the nature of personal process and the forms that emerge with the deliberate focussing and fine tuning of awareness on the energetic substructure we all embody. The emphasis will be on the achievement of a harmonious balance energetically between the mental, physical, emotional and transcendent realms of experience.

Some of the themes that will be touched on include: "The creative use of passion and struggle" . . . "Transmutation of sexually embodied roles" . . . "The witnessing of pain without becoming it" . . . "The healing aspects of humor" . . . "Archetypal imagery as a source of personal nourishment" . . . "Enlisting cosmic support for wordly risks" . . . $270 + $2 video fee

Photo: Paul B Herbert

weekend of april 25-27

Experiencing Esalen / Experiencing Esalen Staff
See workshop description p 10 $100

Tao: The Watercourse Way
Al Chung-liang Huang
For description see April 27, below. $110

Letting Go / Marilyn & Bob Kriegel
In this workshop we will practice being weightless, letting go of old burdens, troubles, and woes that tend to bog us down. A focus on joy and creative living will be our guide to "letting go."

Encounter, gestalt, and psychosynthesis will be used in addition to massage, meditation, play and an appreciation of the Big Sur Country. $110

Body/Mind / Will Schutz
The workshop will integrate the Feldenkrais exercises with fantasy and encounter. Everyone will be given an opportunity to experience several exercises followed by a fantasy, then in an encounter group to deal with the material generated. The aim is for a more complete integration of each person's organism. $110

Come as You Are / Paul Rebillot
The focus is your uniqueness. Using gestalt, dance, improvisation and ritual magic, we will delve into the mysteries of your mythology and bring your fantasies and visions' to life through creative self expression. We will use video as one way to express ourselves to ourselves.
$110 + $2 video fee

week of april 27 - may 2

Gestalt Practice / Richard & Christine Price

For workshop description see page 15. $270

People's Liberation / Bob & Marilyn Kriegel

In this workshop we will explore who we are beyond the traditional roles, expectations and assumptions that we have accumulated and learned to experience as ourselves. We will then find ways of integrating this new sense of self with our personal and professional lives.

Gestalt, psychosynthesis, encounter, guided daydreams and meditation will be used as well as massage, play, drawing and centering techniques. $270

Tao: The Watercourse Way
Al Chung-liang Huang

T'ai Chi, Studies of Tao Te Ching, Chuang Tzu, Han Shan (Cold Mountain Poems), Chinese calligraphy-painting as meditation, Tao, Here and Now.

Begin from center, not from the fringe. Learn to understand the principles before the one-two-three drill. Learn to move like the wind and the water, to be joyous, healthy and alive. Learn to be rid of burdensome anticipations and expectations. Learn to be a true beginner, and from yourself. Learn to unlearn. $270

Recommended Readings: *Embrace Tiger* by Al Huang; *Tao: The Watercourse Way* by Alan Watts; *Tao Te Ching, Chuang Tzu* translated by Feng-English; *Cold Mountain Poems* translated by G. Snyder.

Parapsychology, Consciousness & Creativity
Stanley Krippner *with* Robert Craig

This experiential seminar will attempt to develop each person's creative ability through the utilization of paranormal abilities that manifest themselves during altered states of consciousness. Dream recall will be utilized, as will guided imagery, massage, group hypnosis, sensory bombardment, body movement, and fantasy. In these states of consciousness, participants will be trained to gain access to the personal and universal symbols, archetypes, and thematic concepts which encourage creative development. In addition, the basic approaches to psychic healing will be discussed and experienced. Kirlian photography, a technique which demonstrates how altered consciousness also changes the bodily energies, will be discussed. Workshop participants will be given the opportunity to participate in telepathy, clairvoyance, and precognition experiments during several different states of consciousness.

Suggested reading: **Dream Telepathy**, Ullman, Krippner & Vaughan; **The Kirlian Aura**, ed. Krippner & Rubin; **The Secret Life of Plants**, Tompkins & Bird; **We Are All Healers**, Hammond; **Passages, A Guide for Pilgrims of the Mind**, Anderson & Savary. $270

Deepening the Experience of the Self with Movement, Music, Meditation & Massage
Barbara Clemans

You are already more beautiful, more loving, more gentle and more perfect than you think you are. Establish your connection with this self, using: music to relax and sensitize the body, allowing the unconscious to emerge; Feldenkrais directed awareness movement to alter uncomfortable fixed patterns; creative movement to establish individual uniqueness; meditation to quiet inner voices and massage to establish group contact and support. $270

FUTURE WORKSHOP ANNOUNCEMENTS

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

May 4 – June 13

The Human Experience: Consciousness & Culture
Coordinated by Joan Halifax-Grof & Stanislav Grof

A six week interdisciplinary institute for professionals and graduate students in the fields of medicine, behavioral sciences, psychotherapy, anthropology, religion and philosophy. Under the direction of Joan Halifax-Grof and Stanislav Grof, Esalen Big Sur is gathering some 20 faculty members to offer over 150 curriculum hours of theoretical and experiential sessions in the areas of anthropology, experimental psychiatry, self-exploration and consciousness.

The aim of this institute is to explore the relationship between human consciousness and culture. The three learning tracks are: 1) the human psyche and maps of consciousness; 2) human culture and psychedelic anthropology; 3) the interface between cultural context, ritual and consciousness. The institute faculty will include anthropologists, psychiatrists, artists and healers. The focus will be on unusual states of consciousness and their role in healing, religion and art. Experiential sessions, didactic seminars, selected film material, arts and laboratory techniques will be combined to convey the richness and complexity of human consciousness and culture. Non-drug technology for exploring consciousness will be available for use by participants.

This program is limited to 30 participants, selected from applicants. Fee: $1150, including room and board. Some working scholarships are available to students on the basis of need. Write for a scholarship application form. Those wishing to enroll in this institute, please send a letter containing biographical information and a photograph to: Joan Halifax-Grof, Esalen Institute, Big Sur, CA 93920.

June 15 – July 13

Theological Month
Coordinated by Jean & Sidney Lanier

This month-long workshop is designed as an introduction to the experiential processes of gestalt, encounter, bioenergetics, etc., for the purpose of exploring their implications for renewing certain basic insights of our Judaic-Christian tradition. Participation is open to theologians, ministers, rabbis, seminarians, on written application. Please state something of your background and personal reasons for wishing to attend such a program. Some scholarship assistance is available according to need. Contact: Theological Month, Esalen Institute, Big Sur, California, 93920.

Limited to 14. $960

some definitions

Of Approaches to Human Growth Used in this Catalog

Photo: Paul B Herbert

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement* – to have life energy freely available and flowing, not blocked. *Awareness* – to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility* – to know and act on the principle that I am the one who acts, thinks and feels whatever it may be that I act, think or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participant. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

MASSAGE

Massage at Esalen is seen and taught as a caring relationship between two people. Consideration is given first to the feelings and the sensory experience of both partners, and after that to techniques. Workshops are attended by both couples and singles.

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man within an evolving universe. Starting with each person's existential situation as he perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal-keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

STRUCTURAL INTEGRATION (ROLFING)

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom and balance. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage. Working with a trained practitioner, the process is usually completed within ten individual sessions.

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

BIOGRAPHICAL INFORMATION

TOM ALLEN, a senior associate of the Psychosynthesis Institute, leads workshops at growth centers and educational institutions throughout the country and abroad. He has taught courses in psychosynthesis at the college and university level. He is an artist and has worked to integrate art into the psychosynthesis process as a means of self-realization. (p 10)

LARA AMBER co-leads classes and workshops at The Radix Institute (formerly Interscience Workshop) and gives individual instruction in neo-Reichian emotional release. Lara has instructed classes at the Denver Free University and the Denver Learning Center, and for the past three years has worked with emotionally disturbed children. She joined the Radix training program a year ago. (p 12, 16)

GREGORY BATESON is a world-famous ecologist and ethnologist. He originated the "double bind" theory which explains some of the causes of schizophrenia. His most recent interests join the workings of the human mind and emotions to the problem of ecology. (p 12)

NATHANIEL BRANDEN is the author of *The Psychology of Self-Esteem, Breaking Free* and *The Disowned Self.* He is in private practice in Los Angeles. He is Adjunct Clinical Professor of Psychology at Rutgers University and Adjunct Professor of Psychology at Antioch College/West at Deer Creek. (p 23)

BARBARA BRAUNSTEIN recently returned from Sai Baba's ashram in India. Her history has taken her through the backwoods and bayous of Louisiana where she grew up in a doctor's and artist's family, to work in museums as art historian and to graduate work in architecture. Barbara has lived at Esalen for the past three years contributing as cook, gardner, dishwasher and waitress. She is presently involved in color and flower systems of healing as well as experimenting with different approaches to organic gardening. (p 15)

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is Professor and Director of the program in Confluent Education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning* and *The Live Classroom* (due to be released in January, 1975). (pp 10, 13, 18)

JUDITH BROWN has an international reputation as a gestalt awareness trainer and has been interested in the use of symbols as an expression of the creative unconscious. In addition to her own groups, she has co-led numerous groups with her husband. (pp 10, 13 18)

MICHAEL BUTLER is a group leader and rolfer who is interested in ways to integrate the body, mind, and spirit. A former Esalen resident fellow, he was trained in group process by John Heider and subsequently as a rolfer by Dr Ida Rolf. Currently he is a member of a meditation training group led by Robert Nadeau. Primary emphasis in his work is on ways to translate growth practices into everyday life. (pp 12, 14, 20, 22)

JOSEPH CAMPBELL is Professor Emeritus at Sarah Lawrence College. He is a mythologist, lecturer and author of *The Hero with a Thousand Faces* and *The Masks of God.* (p 22)

BETSIE CARTER is a senior associate of the Psychosynthesis Institute, California, and editor of the new journal *SYNTHESIS, The Realization of the Self.* She lived and worked at Esalen Big Sur from 1968-70 and was an Esalen resident fellow. She was trained in psychosynthesis by Jim and Susan Vargiu, and underwent didactic training in Italy with Roberto Assagioli, with whom she has worked over the past five years. (pp 18, 19, 24)

BARBARA CLEMANS is a teacher, dancer and practitioner of massage in San Francisco. Her approach has been synthesized from nine years of experience with various techniques, including: graduate work in creative movement, gestalt, yoga, Reichian therapy, belly dancing and EST. She has been influenced by her training with Moshe Feldenkrais in individual and group work and with George Simon in psychic development. She is an Arica trainer and her work is featured in *Getting Clear: Body Work for Women.* (pp 11, 14, 20, 22)

MICHAEL CONANT is a psychologist in private practice in Berkeley who works in gestalt and bioenergetic reeducation. He directs training for the Institute for Bioenergetic Analysis in Northern California and is a member of the Gestalt Institute of San Francisco. He holds degrees from Columbia and Stanford Universities and is a former Director of Bridge Mountain Foundation. His current practice centers around group work and his particular interest is in teaching people to become more expressive, more themselves. (p 21)

ROBERT CRAIG is a graduate of Antioch West College and has done considerable work in heroin treatment centers. (p 27)

LAURA DILLON joined The Radix Institute (formerly Interscience Work Shop) more than three years ago. She has led workshops at growth centers across the country, has run experimental groups in conjunction with Nathaniel Branden, and, in trips to the mid-west, she and well-known leaders in Transactional Analysis have offered workshops combining Laura's neo-Reichian work with Transactional Analysis techniques. In April 1974, she opened a branch of The Radix Institute in Sonoma County. She is a qualified masseuse and a graduate of Boston University, where she studied philosophy and political science. (pp 12, 16)

GEORGE DOWNING combines gestalt with intensive methods of working with the body. He is a member of the teaching staff of the Family Therapy Institute of Marin and is the author of *The Massage Book* and *Massage and Meditation.* (p 8)

JACQUELINE LARCOMBE DOYLE is a psychologist and former Esalen resident fellow, trained by William Schutz. Her background includes teaching and clinical work. She has done encounter work here and abroad. For the past year she has served as a director of group training and member of the board of Greenhouse, a new Boston growth center. (p 11)

AL DRUCKER spent 15 years as a space scientist before coming to Esalen 8 years ago as a resident fellow. Initially he studied with Fritz Perls and Virginia Satir and led groups and marathon sessions at Peace Corps training centers, black-white community centers and the Topanga Center for Human Development, which he helped found. Five years ago he returned to Esalen to study with Ida Rolf and became an advanced practitioner of structural integration (rolfing). More recently he trained with J R Worseley in England, becoming a licensed acupuncturist in the U K. He also became a trainer in the Arica Institute, studied with Bernard Jensen in nutrition and iridology, and studied with the late psychic George Simon. As he found himself absorbing more and more disciplines, he was drawn towards the spiritual path and a teacher who would guide him to his inner source. Al journeyed to India last year and spent four months at Sai Baba's ashram near Bangalore, an experience that influenced him deeply. He presently lives and works at Esalen/Big Sur. (p 14, 15, 19)

KEN DYCHTWALD is working towards his doctorate focused around the relationship between the mind/body and states of consciousness. During the past five years he has trained and collaborated with some of the leaders in the human potential movement, including Will Schutz, Jean Huston, Hector Prestera, Gay Luce, Swami Vishnudevenanda and Alexander Lowen. Ken is serving on a special task force for the "Change in Liberal Education Project" as well as co-directing SAGE project, an ongoing consciousness-raising workshop for senior citizens in Berkeley. In addition, he continuess to lecture and lead workshops at growth centers and universities throughout the United States. (p 19)

CHRIS FELDMANN has been a researcher and explorer in consciousness for several years. She is interested in developing a new language for different states and processes of consciousness and in teaching people how they can tune into their own inspirations and awarenesses. She teaches classes in consciousness in San Francisco, New York and Boston, and has a private counselling practice under the auspices of the Community for Conscious Evolution. She studied with George Simon for two years and became his partner. She has also completed the EST training. (p 11)

ROB FINCH is a psychologist in private practice whose main interest is in opening the minds of all people to the fact that the work "homosexual" is nothing but a meaningless label. (p 18)

JOAN FIORE is a documentary film maker and television producer whose focus on humans relating to each other and society led her to the Esalen Gestalt Residency program in January, 1973. Since then she has remained at Esalen and continued studying gestalt awareness practice with Richard Price and other Esalen leaders. Despite the apparently contradictory nature of the roles, she is a feminist, an Esalen staff member and the mother of three. (pp 20,22)

BIOGRAPHICAL INFORMATION

JOHN FIRMAN is a senior associate of the Psychosynthesis Institute, and a member of the Institute's training staff. He has completed advanced training with Jim and Susan Vargiu and has had didactic training with Roberto Assagioli. He is a former staff member of the Sonoma County Rehabilitation Program for Alcoholism, has worked at the Neuropsychiatric Institute at UCLA and has taught at the college level. Currently, he works with groups, individuals, and couples in psychosynthesis. (p 13)

ARTHUR FOX, a 1969 Esalen resident fellow trained by William Schutz, has been leading groups at Esalen, around the United States and Europe. He has implemented humanistic education into a Swiss school and at colleges in the US both as a teacher and consultant. He is a director of the Esalen College Program, the Extended Learning Center and is a student of Stanley Keleman. (pp 14, 19, 23, 24)

JANICA FOX has a background of research in groups at Harvard and was a 1969 Esalen Resident Fellow. For the past six years, she has been leading groups at Esalen, around the country and in Europe. She is the assistant to the director of the Esalen College Program and works privately with individuals and couples in the Bay Area. (pp 14, 19, 23, 24)

BETTY FULLER, a Humanist Counselor, is co-director of the Experiential Learning Center in San Francisco where she leads encounter, psychosynthesis, gestalt and couples' groups and teaches Feldenkrais movement classes. Betty was an Esalen resident fellow and currently is active in EST where she leads seminars. (p 18)

JACK GAINES used to be a corporation president, was founder and president of Fathers-at-Large, Inc, has been a consultant and a mini-philanthropist. Now he presides over a little place on the beach and is writing a book on Fritz Perls. (p 21)

DICK GALLAND is a husband and father, a mountaineer, kayaker and trout fisherman. He is the founding director of the Texas Outward Bound School and has led groups with Sam Keen and David Schiffman. He is presently developing an extended experiential program which integrates wilderness activities with various humanistic disciplines. (p 6)

LEE GIBSON works as a learning therapist in the Los Angeles area. For twelve years he taught in public schools, where he carefully observed and studied learning processes and problems in both children and adults. Through his observations and studies, Lee discovered numerous ways in which the development of intellectual self-confidence is stifled and creative expression blocked. (p 14)

IAN GRAND studied at the Center for Energetic Studies with Stanley Keleman and has an individual and group practice in Berkeley. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at California State University, San Francisco. (p 8)

TAMARA GREENBERG utilizes dance/movement therapy as a body oriented approach to further emotional and physical integration in the individual. She conducts ongoing movement groups in Berkeley and Sacramento and is a staff member of the Shawl-Anderson Modern Dance Center. She was dance specialist for the City of Oakland Recreation Department and dance therapist at Hall-Brooke Hospital (a therapeutic community) in Westport, Connecticut. (p 8)

STANISLAV GROF is a psychiatrist who has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over 50 articles in professional journals and books. He is presently on leave of absence from Maryland and Johns Hopkins and is a resident scholar at Esalen/Big Sur. (pp 13, 27)

BERNARD GUNTHER is one of the pioneers in the use of touch, awareness, relaxation, meditation and non-verbal communication in the total growth process. For seven years he was a staff member of the Esalen Institute in Big Sur where he originated the Esalen massage. In recent years he has been involved in the study of psychosynthesis, mind dynamics, breathing, energy and hypnosis as they relate to transpersonal consciousness. He is the author of *Sense Relaxation, Love View, What to do till the Messiah Comes* and *How the West Is One*. His newest work *High Cards* was just published by Harper and Row. (pp 16, 21)

MATTHEW HAAR, an associate of the Psychosynthesis Institute, California, is in advanced training with its director Jim Vargiu. He is a former business executive and data processing consultant who is interested in alternative organizational structures and the psychosynthesis of groups and organizations. (pp 12, 13, 19, 24)

JOAN HALIFAX-GROF is a medical anthropologist specializing in psychiatry and religion. In 1972-73, she was a research associate at the Maryland Psychiatric Research Institute, working primarily as a therapist and anthropological consultant in LSD psychotherapy with terminal cancer patients. She is currently a scholar in residence at Esalen/Big Sur. (pp 13, 27)

ROLAND HALL, artist, founder and co-director of the D'Angulo Retreat, artist-in-residence at Esalen Big Sur 1964-1968, has worked the last 4 years with Arica Institute, teaching and experimenting with color, movement and theater. (p 25)

ANNA HALPRIN is founder of the San Francisco Dancers' Workshop where she has developed her own unique approach to the movement art, for which she was awarded a Guggenheim Fellowship in 1971. She has worked intensively with Ida Rolf and Bob Hall in structural integration and with Fritz Perls in gestalt. She has co-authored *Exit to Enter* and *When a School Comes Home*. (p 11)

JOHN HEIDER has been an Esalen leader since 1967. From 1967-1971, he was a Resident or Associate in Residence at Big Sur. Dr Heider holds a PhD in psychology from Duke University and most recently has been Visiting Professor at Menninger Foundation's School of Psychiatry in Topeka, Kansas. John now lives with his wife Anne and daughter Dove in Mendocino, California, where they plan to direct a 3-month human potential training program in the Fall of 1975. (p 15)

BETSY HILL has been a student of Robert Nadeau for six years doing work in meditation, energy awareness, centering, and aikido. (p 17)

DICK HORAN is an artist potter masseur resident in Big Sur for the past eight years. (pp 20, 26)

DAVID HOWARD joined The Radix Institute (formerly Interscience Workshop) this year and now co-leads classes and gives individual instruction in Education in Feeling. An educator for 15 years, Dave has held positions as a teacher, principal and instructor at the University of Santa Cruz. In Europe, he was Guest Lecturer at the University of Heidelberg and the University of Luneberg. Presently, besides his work at Radix, he is an educational consultant. (pp 12, 16)

AL CHUNG-LIANG HUANG was born in Shanghai, China and was trained in classical Chinese arts and theatre techniques before coming to the U S to become an architect and concert dancer. He has taught and performed at major universities and festivals throughout North America and the Far East. He lectures and conducts seminars in Taoism, Ch'an (Zen) Buddhism and related Asian arts, and meditation techniques. He is the author of *Embrace Tiger, Return to Mountain* (Real People Press) and co-author with Alan Watts of *Tao: The Watercourse Way* (Pantheon). (pp 10, 11, 26, 27)

BOB HUTCHINS trained as an instructor of Silva Mind Control with founder Jose Silva. He has functioned within the Mind Control organization as a director and, in the New England area, as instructor, instructor-training director, and state director of Vermont. (pp 20, 26)

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is author of *Sexuality, Self and Survival, The Human Ground, Todtmoos*, the forthcoming *The Body is Alive and More* and *Living Your Dying*. (p 8)

CHARLES R KELLEY, Director of the Radix Work Shop in Santa Monica, is an applied experimental psychologist and vision specialist. He was a student of Wilhelm Reich and for five years edited America's only journal devoted to exploring and developing Reich's concepts. He and the staff he has trained are noted for their adaptation of Reichian techniques in the small-group process Kelley terms the "Radix Intensive." (pp 16, 24)

ERICA KELLEY has been with Radix since its inception, assisted in the development of Radix and from the outset instructed classes and workshops. A qualified masseuse and former student in Reichian-oriented analysis, she specializes in deepening emotional release by combining the principles of body learning derived from Alexander, Feldenkrais, Rolf, massage and bio-engineering with those of Reich and bioenergetics. (pp 16, 24)

Biographical Information

MICHAELEEN KIMMEY has received training in psychology and in nursing, has run an experimental nursing home and has apprenticed in various alternative approaches to the medical model. These include chiropractic, shiat-su, magnetic healing, gestalt study with Fritz Perls, and a year's work with Moshe Feldenkrais in Israel. She is now serving as a consultant and teacher at the Haight-Ashbury Drug Rehabilitation Center Experimental Training Program. She has evolved a system of intuitive energy reading that links numerology, astrology and palmistry with the various centers of the body. She works privately and at Esalen with individuals and groups doing massage and intuitive readings. (p 15)

JOEL KRAMER is an adept of Hatha Yoga and a master of Jnana Yoga. He was in residence at Esalen 1968-70 and has taught and lectured internationally. Mr Kramer has done extensive postgraduate work in philosophy and psychology and combines eastern and western perspectives. He is the author of *The Passionate Mind*, a manual for living creatively with oneself. (pp 14, 24)

BOB KRIEGEL was the director of the Esalen Sports Center and the Esalen Consulting Service. Prior to that he was the founder and director of Anthos a growth center in New York city. He has conducted special programs for universities, social change agencies, and business corporations around the country. He is currently working towards the development of a humanistic physical education teacher training model and curriculum. (pp 6, 10, 17, 21, 26, 27)

MARILYN HARRIS KRIEGEL is a teacher. She also is currently the director of teacher training for a federal grant applying confluent education to the teaching of reading. She is a member of the faculty of Dominican College, San Rafael, a mother, and is in advanced training at the Psychosynthesis Institute in Redwood City. (pp 10, 17, 21, 26, 27)

STANLEY KRIPPNER is Program Coordinator for the Humanistic Psychology Institute, Director of Research for the New York Institute for Child Development and Senior Research Associate, Division of Parapsychology and Psychophysics, at Maimonides. In 1971 he spoke at the Institute of Psychology of the Academy of Pedagogical Sciences in Moscow, describing a 10 year project, now in its final stages, involving the study of telepathy, clairvoyance and precognition in dreams, hypnosis and other altered states of consciousness. He has authored and co-authored over 200 articles in various professional journals, many of them describing his work in the field of parapsychology. He is currently President of the Association for Humanistic Psychology. (p 27)

NEIL LAMPER is straight to the far out and far out to the straight. He is far out at Western Michigan University and straight in his rejection of "magic" in his work in private practice. He is the author of *The Village Idiot*, and *Growing Pains*. He says, "The temptation of imitation and expertise is always there but I prefer the uncertainty and often fear of doing my own thing. I value the feel of my work on the fringes in New York, Philadelphia, Toronto, at Esalen and Tuwaqachi." He is a founder of Tuwaqachi, the new Gestalt Learning Center, a 140-acre farm in Michigan. He says his work is organic: observation of the wholeness in everyone and working to bring it to awareness. (p 26)

JEAN LANIER has an extensive background in psychological and theological studies which came to focus through her gestalt experiences at Esalen Institute. She has been doing workshops in London and Spain and the U S. She is author of *The Evolution of Eve, The Awakening of Adam* and a book of poems called *Diagnosis*. She is Visiting Scholar and Instructor of experiential theology at Union Seminary in New York City, and she teaches at Wilfred Laurier University in Canada. (p 27)

SIDNEY LANIER has had a varied background as actor, producer, co-founder of the successful American Place Theater in New York City, priest and gestaltist. He has spent many months at Esalen Institute in recent years. His chief interest is helping to create a stimulating community in Spain. He will be doing some gestalt and creating an awareness program for those in the "middle years" crisis. He is also a consultant for several American foundations on support for the arts and new religious developments. (p 27)

JOEL LATNER wrote *The Gestalt Therapy Book*. He is on the faculty at the Gestalt Institute of San Francisco and the Clinical Psychology Program at Lone Mountain College. (p 19)

LAURIE LATNER is a rolfer and a licensed masseuse. She has also trained with Magda Proskauer. (p 19)

JANET LEDERMAN is an artist, teacher and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen/Big Sur. (pp 11, 18, 23)

DAVID MILTON LEES has been a resident and group leader at Esalen, Big Sur from 1970 to 1974. A former mathematician and teacher, he is trained in gestalt, encounter, massage, meditation, and the consciousness expension techniques of George Simon. Currently he is on a tour of growth and spiritual centers around the United States. (p (p 25)

LENORE LEFER is a former executive director of the Bridgeport, Conn. Mental Health Association, research scientist, psychological examiner, teacher, Esalen resident fellow and organizational consultant. She is presently in advanced training at the Psychosynthesis Institute in Redwood City. She currently leads groups and is in private practice in San Francisco. (pp 12, 18, 21, 24)

DUB LEIGH, a Humanist Counselor, is co-director of the Experiential Learning Center in San Francisco where he is a senior practitioner of Structural Integration (rolfing) and teaches Feldenkrais movement classes. A former Esalen resident fellow, Dub is active in EST in San Francisco. (p 18)

SHIRLEY LEITCH studied astrology with Kelly, Carlin and Burton Morse. She has been a professional for the past 4 years, during which time she has taught classes in astrology as well as preparing individual horoscope readings. (p 13)

GEORGE LEONARD is the author of *Education and Ecstasy, The Man and Woman Thing* and *The Transformation*. He has been studying aikido and energy awareness with Robert Nadeau and Frank Doran for the past three years. He is co-director of Esalen's Center for Theoretical Studies and is currently working on a new book, *The Ultimate Athlete*. (p 18)

HOWARD I LEVENE is a practicing Jungian analyst in Kentfield, California. He is co-founder (with John Perry) of *Diabasis*, a non-hospital residence for the therapy of acute schizophrenia. He views the acute psychosis as a potentially growth-promoting experience, and is presently exploring the madness in so-called "normals" as a pathway towards the individuation process. (p 11)

BIOGRAPHICAL INFORMATION

IRENE LOVE, painter, designer, student of nutrition, one of the founding Chile group of the Arica Institute. Has worked in New York and San Francisco, teaching Arica methods and experimenting in theater and video. (p 25)

CAROL MACGEE is a former student of the French sociologist and philosopher, Henri Lefebvre. She is a poetess, associate editor of the "International Mountaineering Arts Journal" and author of two works *Azure* and *Hill Fragments*. She has climbed the Alps and Rockies and trained in method acting and jazz dance. (p 11)

STEPHEN MARCUS is vice-president, and co-ordinator for college and university programs, of the Confluent Education Development and Research Center, Santa Barbara, California. He was a staff member of the Development and Research in Confluent Education (DRICE) project, working with elementary, secondary, and junior college teachers. He has worked with and taught students from elementary to graduate school level. His most useful publication to date is his monograph: "UNNATURAL PRACTICES/UNSPEAKABLE ACTS: Teacher Training Workshops in Confluent Education." (p 22)

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at the Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of *The Free People* and (with Alan Cohen) *Understanding Drug Use*. (p 8)

JOHN COSTON McCAMY is a physician who has studied with some of the pioneers in the preventive medicine field and applied the work of such recent researchers as Linus Pauling, Roger Williams, Kenneth Cooper (aerobics), and particularly Emmanuel Cheraskin (predictive Medicine). During the past seven years he has developed a program of personal preventive medicine to help patients stay well and happy. This program culminated in Human Life Styling, the four pillar approach to improving diet, exercise, stress response and ecological awareness for maximum reduction in symptoms and improvement in health. His book *Human Life Styling* is due to be released by Harper & Row. (p 17)

DEBORAH MEDOW is a student and teacher of yoga, diet and nutrition, movement, zone therapy, and massage. A member of the 1971 Esalen residence program, she has supplemented her studies with workshops in polarity therapy with both Dr Randolph Stone and Pierre Pannetier, and in iridology with Bernard Jenson. For the past five years, Esalen's "resident yogini" has also been teaching and leading groups in Big Sur and the San Francisco Bay area; in addition Deborah is a member of the massage crew at Esalen/Big Sur where she gives both Esalen-style and polarity massage. (pp 11, 19)

DANIEL MILLER is a psychologist and coordinator for the Organic Center in New York City, a community of therapists and patients seeking satisfying ways to support expansion and enhancement of their own lives. His plays and poetry have been presented off-Broadway and at AHP Conventions. (p 15)

EMMETT MILLER, presently practicing medicine and hypnotherapy in Carmel, California, has also had extensive training in physics, mathematics and computer science. These, along with his studies in music, art, poetry, body movement and various religious and meditative approaches have led to the development of Selective Awareness, an attempt to wed the subjective awareness and internal resonance characteristic of meditation and Eastern philosophy with the scientific objectivity and predictability of results in Western research. (p 12)

PEGGY MORRISON has been happily living in Big Sur, teaching and doing massage for five years. (pp 11, 20, 26)

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. (pp 11, 12, 13, 17, 22, 24)

XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has toured with the company throughout the states. Currently on the teaching staff at the Dancers' Workshop, he formerly conducted a dance workshop at Studio Watts. He has worked with Robert Hall in gestalt therapy and body work and with Lawrence Halprin in the creative process in human environment. He studied massage at Esalen. (p 11)

PETER W PICK has been trained in yoga, Karate, Oriental art history and massage. He studied polarity therapy with Dr Randolph Stone and Pierre Pannetier and is the founder of the Marin Polarity Health Center in which he utilizes Dr Stone's theories in the context of transpersonal psychology. (p 16)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is licensed in acupuncture in England. His prior training includes gestalt, Reichian energetics and structural integration. He has studied and led workshops with Richard Price, John Heider, John Lilly, Will Schutz, Ida Rolf and Jack Worsley. He is currently interested in fusing the above teachings to develop a new humanistic model for healing the whole person (body-mind-spirit). (p 12)

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 15, 18, 21, 23, 25, 27)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 10, 12, 13, 15, 18, 21, 23, 25, 27)

MYRTLE RATCLIFFE . . . masseuse, cook and musical dilettante, is a Big Sur resident, an Esalen staff member and a living collage of her experiences in India, in music and art and in the woods and coastlands of the Pacific. (p 20)

PAUL REBILLOT, teacher, theatre director, actor, magician and fool has taught at San Francisco State College and Stanford University. He is the founder of the Gestalt Fool Theatre family of San Francisco. He has trained in gestalt with Richard Price and in encounter with Will Schutz. He was staff gestaltist for the Emmanuel Hospital psychiatric ward and is a resident Esalen leader. (pp 10, 13, 20, 21, 22, 24, 26)

STELLA RESNICK is a clinical psychologist and gestalt therapist in private practice in San Francisco. Her approach to the teaching and practice of gestalt has been influenced by her academic work in behavior modification and learning theory, her background in theater and dance and her training with Fritz Perls, particularly at the Gestalt Institute at Lake Cowichan in Canada. She produced and led Gestalt Theater at "The Committee" in San Francisco and has led groups and given lecture-demonstrations in gestalt awareness training throughout the country. For the past two years, she has been one of the directors of the Gestalt Institute of San Francisco. (pp 11, 12)

GABRIELLE ROTH has been developing movement as a tool for becoming conscious for several life-times. She has worked as a dance and movement specialist in the fields of education and recreation and as a dance therapist and consultant for psychiatric institutions. She ran the Esalen massage program for three years during which time she innovated the combination of massage and movement as a special body program. Her background includes training in Arica, transcendental meditation, EST and gestalt awareness. She has co-led workshops with gestaltists, psychics, rabbis and musicians. Presently she is guiding large movement groups for EST, doing workshops and private sessions in Big Sur and producing a new age musical concert. (pp 12, 18, 21, 25)

FRANK RUBENFELD, a clinical psychologist, trained in gestalt therapy with Fritz Perls at Esalen. He has been training therapists in gestalt for the past few years, as well as leading workshops on both coasts and at Big Sur. He is a director of the Gestalt Institute of San Francisco and has a private and group practice in Berkeley. (p 23)

BENITO SANTIAGO is a member of the Dancers' Workshop multi-racial community of performing artists. He is a drummer and dancer and is currently on the teaching staff at the Dancers' Workshop. He has toured with the company in performances and workshops throughout the United States. (p 11)

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. In addition to leading groups at Esalen and Anthos, he has lectured at the University of California, Princeton and many other schools, as well as conducting special programs for industry and social agencies. Recently a leader-in-residence at Esalen/Big Sur, he is currently working on an approach which synthesizes the creative and therapeutic possibilities of group process. (pp 6, 12, 15, 20, 25, 26)

SYLVIA SCHMIDT, licensed clinical social worker, is a family therapist in private practice in San Francisco. She was co-founder and director of professional education at the Family Institute of Chicago. (p 8)

Biographical Information

VALERIE BLALOCK SCHUTZ has been a musician, dancer, philosopher, actress, cook and gymnast. She has trained in encounter with Will Schutz and in EST with Werner Erhard. With Will Schutz she has co-led workshops in the United States, Canada and Australia. She is presently in residence at Esalen/Big Sur. (p 25)

WILLIAM SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais and EST. He is author of *Firo, Joy, Here Comes Everybody* and most recently, *The Elements of Encounter.* He is currently in residence at Esalen/Big Sur. (pp 25, 26)

ALAN SCHWARTZ practices privately in New York City. He trained in gestalt with Laura Perls and at the Institute for Bioenergetic Analysis, where he is continuing his training. He leads groups at Esalen, throughout the US and Canada and in Europe. He currently holds associate professorships at New York University, the City University of New York, and Iona college where he teaches and carries on research into the uses of "energy" in human communication. (pp 11, 12, 23)

SHIRLEY SCOTT is one of the founding ministers of the Healing Center for the Whole Person in Los Angeles. She does lecture demonstrations on psychic healing in hospitals, churches and universities as well as doing private counseling and healing sessions. Leading meditation groups keeps her busy as does being a black and beautiful spiritual advisor for all beings who come into contact with her. Miss Scott is an EST graduate. (p 12)

CHARLOTTE SELVER and CHARLES BROOKS are teaching associates at Esalen/Big Sur and on the faculty of the New School for Social Research in New York. Their field is sensory awareness, perception and nonverbal communication. They hold regular classes in New York and conduct seminars and study groups throughout the United States and Mexico. (pp 22, 23)

CONNIE SMITH SIEGEL has been a teacher of drawing and painting for 12 years, including 8 as Associate Professor at the University of Colorado, Denver Center. She has studied sensory awareness with Charlotte Selver and Charles Brooks since 1966. In 1973, she was a member of a 9-month advanced study group led by Charlotte Selver. She has led groups in sensory awareness and drawing for the last 2 years. (p 13)

LEON SIEGEL has practiced medicine since 1959 on a Navajo reservation and in New York. Since 1969 he has studied sensory awareness with Charlotte Selver and Charles Brooks and was a member of Miss Selver's 9-month advanced study group in 1973. He has led sensory awareness groups in Boulder, Colorado during the past 3 years as well as workshops throughout the country. (p 13)

BEVERLY SILVERMAN is a senior rolf practitioner. She is a leader of gestalt and encounter groups and has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the US Army at Fort Ord. (pp 11, 17, 20, 24)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His training in group and individual process includes gestalt, encounter, psychosynthesis and organizational development. During the past two years, he and his wife have become increasingly involved in teaching therapists and other health professionals. As a research psychophysiologist he has published numerous papers including *A Paradign for the Study of Altered States of Consciousness, Research with Psychedelics, Acute Schizophrenia: Disease or Dis-ease?* and *The Study of Sex Differences.* He is an admirer of Fritz Perls and Lao Tzu. (pp 11, 17, 20, 24)

HARRY SLOAN, a former dentist and Esalen resident fellow, is an experienced leader, organizational consultant and playwright. His first play "The Burden" was showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspective—"seeing oneself beyond an impasse." He is training in psychosynthesis at the Psychosynthesis Institute in Redwood City. (pp 16, 24, 25)

MELANIE SMITH, dancer, musician, has worked the last 3 years teaching Arica method and African dance. (p 25)

SALLY SMITH is a teacher and a parent and has led gestalt and encounter groups for the past 15 years. (pp 13, 18)

DYVEKE SPINO, Esalen Sports Center staff, was formerly a Community Mental Health Consultant. She has taught advanced tennis for the Berkeley Parks and Recreation Department and has been a tennis pro at Round Hill Country Club and Squaw Valley, ski instructor, dance and concert pianist. (pp 6, 22, 26)

MIKE SPINO is president of the Esalen Sports Club and a former director of Berkeley Otherways School, the first public alternative school. A nationally ranked marathon runner, he is presently studying the techniques and philosophy of Australian Percy Wells Cerutty. He is the author of *Running as a Spiritual Experience* and *Poems of a Long Distance Runner.* His present interests include meditation, diet, sports, medicine and the inner world. (pp 6, 22, 26)

JUDITH STRANSKY is Director of the Alexander Center of Southern California and has a private practice in Santa Monica teaching the Alexander Technique and the Feldenkrais method. Her background includes Reichian therapy, gestalt and ta'i chi. (p 17)

SIMONE SURPIN was an Esalen resident from 1970-72, and was trained in group process by John Heider. She has led groups in the U S and abroad and is a Rolf practitioner. She is currently in private practice in Mountain View, and is studying meditation and various forms of healing. (p 21)

MICHAEL TOBIAS has made innumerable ascents in Yosemite, the Rockies, the Alps, in Greece, the Kashmiri Himalaya, and in the Sinai Peninsula where he wandered for six months, climbing solo in a virtually unexplored mountain region. He has invented and vanguarded the art of bouldering and has studied under the Swiss Tibetologist Blanche Olschak and the Chilean scholar-mystic, Miguel Serrano. He is the author of a four-volume work on mountain aesthetics, *Dhaulagirideon,* and has taught literature, linguistics and mountaineering. (p 11)

JUDY UNELL, a member of American Massage and Therapy Association, is one of the West Coast's best known Massage Therapists and the originator of T'ai Chi Massage. She was staff massagist for Kairos and has led workshops throughout the U S. Licensed in Los Angeles, her teaching and private practice includes neo-Reichian emotion releasing. She has trained and given individual instruction with The Radix Institute. (p 24)

ANN WEHBRING's initiation to backpacking was a 45-mile hike in two and one half days. She has since learned more relaxed approaches to the outdoors and has continued to hike and camp in the Sierras, Baja California, Norway, Switzerland and Yugoslavia. (p 6)

KURT WEHBRING has climbed extensively in the Sierras, Tetons, Wind Rivers and in the Alps and made a first ascent of the East Ridge of Mt. St. Elias in Alaska. He is experienced in the techniques of sensory awareness and Reevaluation Education (co-counseling) and has taught courses in rock climbing and ski touring. (p 6)

SHARON WHEELER trained in massage at Esalen/Big Sur and in structural integration with Ida Rolf, as well as in structural patterning with Judith Aston. She has led workshops in Esalen massage and has been a practitioner of rolfing and structural patterning in New York and Esalen/Big Sur. (p 12)

JOHN ZEIGLER: On the faculty of the Social Sciences Department of The New School for Social Research in New York City; individual and group therapy consultant; consultant to the Kennebec Valley Mental Health Center in Waterville, Maine; trained with The Institute of Group Dynamics and Ilana Rubenfeld; former group leader with Aureon Institute, G.R.O.W. and Group Laboratories in Manhattan. He has been a lecturer and communication consultant to numerous organizations and groups and his work has appeared in numerous magazines, among which are Time, Life, Newsweek, Family Circle, The New Yorker, Parents and National Geographic. (p 23)

JANET ZUCKERMAN became an Esalen resident fellow in 1971 and has been leading groups at Esalen and throughout the United States ever since. She has led three lives . . . first as a wife and mother . . . second as a New York Advertising Executive and now as a resident leader at Esalen, Big Sur. She has studied and led workshops with Julian Silverman, Betty Fuller, Janet Lederman and Will Schutz. She sees groupleading as creating a "safe place" where group members allow themselves to experience change and receive support. (pp 16, 19, 21, 23, 25)

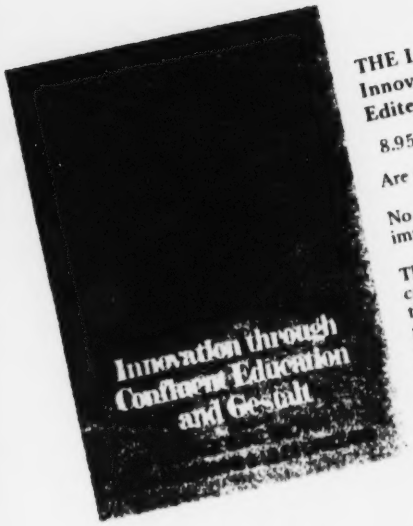
BOOKS

SENSORY AWARENESS
Rediscovery of Living as Experience
Charles V. W. Brooks

8.95; (September)

The term "sensory awareness" was first coined by Charlotte Selver as a name for the work she has been actively developing in the United States since 1938. In the forties, Frederick Perls began studying intensively with Selver and integrated what he had learned into his Gestalt Therapy. In 1956 Alan Watts described Selver's work as "the living Zen"; and in 1963 she gave her first experiential workshop at the infant Esalen Institute. Charles Brooks' book is a presentation of Selver's lifework, which is not a technique but a practice based on discovering what is natural in our life processes and what is conditioned. The workshops evolve around the close study of the simplest aspects of our functioning – sitting, standing, lying, breathing – and are concerned with the possibility of recognizing the barriers that have arisen between our consciousness and the world around us and within us, so that these barriers have a chance of dissolving, thus opening the way for clearer perception and more authentic experience. "When the radio in the mind is stilled," writes Charles Brooks, "everything else can come to life."

An Esalen Book. We at Esalen are very proud to announce the publication of this long-awaited volume.



THE LIVE CLASSROOM
Innovation through Confluent Education and Gestalt
Edited by George Isaac Brown, with Thomas Yeomans and Liles Grizzard

8.95 cloth. (publication date: January)

Are all classrooms dead?

No, not all. But too damned many are. And, if nothing else, this is a pervasive, stupid waste of our most important resource, our children.

This is a challenging new book by George Brown, author of *Human Teaching for Human Learning*, and his colleagues in an ongoing research project in confluent education – the concept that puts feeling and thinking together in the learning process. Here offered are concrete, practical suggestions for bringing more life and better learning into the classroom to benefit both student and teacher. A variety of up-front confluent teaching and learning practices, some adapted from Fritz Perl's concept of Gestalt Therapy and others that go beyond the structure of the open classroom, focuses attention on the whole child, mind and body, and on the direct involvement of the teacher in this prosess to complete the Gestalt. The Live Classroom is aimed at teachers, parents, and all readers interested in the quality and meaning of education and is concerned with breaking a set of conventional wisdom about learning and teaching without sacrificing the stated goals of an educational system serving a democracy. An Esalen Book.

REALMS OF THE HUMAN UNCONSCIOUS
Observations from LSD Research
Stanislav Grof, M.D.

10.00 cloth (February publication)

After eighteen years – and well over twelve thousand clinical hours – of study of the effects of LSD, Dr. Grof now summarizes and condenses his observations and experiences in a fascinating and seminal document that proposes the basis of a radical new psychology. The exploration of the potential of LSD and other psychedelic drugs for the study of schizophrenia, for didactic purposes, for a deeper understanding of art and religion, for personality diagnostics and the therapy of emotional disorders, as well as for altering the experience of dying – all these are recorded here in detailed case histories as well as comprehensive reports of Dr. Grof's research studies. The implications are obvious – and immense: through the experience of the "unspecified amplifier" we are on the threshold of startling and profound insights dealing with human birth, the capacity of altering consciousness, the power to transcend the ego, even our potential for precognition, clairvoyance, and encounters with consciousness of the Universal Mind. Perhaps no substance yet discovered promises the elucidation of such a wide range of hitherto mysterious but fundamental human potentialities, and Dr. Grof brings to the beginning of this unfolding one of the broadest and most distinguished records of work in this new field. An Esalen Book.

STRUCTURAL INTEGRATION

The Re-Creation of the Balanced Human Body

Ida P. Rolf

including drawings, diagrams and photography

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"Rolfing" – as Structural Integration is popularly called, the system being named for the woman who developed it – is the most radical of the new theories that integrate bodily and psychological awareness. The technique involves manipulation by a certified practitioner – of the connective tissue of all the major muscle groups in the body, and is based on the principle that human bodies function best when in balance and in alignment with gravity. To achieve this, a program of ten hours of rolf processing includes the manipulation of the entire myofascial system. This allows the re-creation of a supple and balanced body, a body organized so that its major weight blocks – head, thorax, pelvis, and legs – will be subject to a minimum of stress and will move in the most economical way. Thus, Structural Integration results in free emotional and physical flow throughout the whole dynamic system of the human being. An Esalen Book.

Dr. Ida P. Rolf studied biochemistry and physiology at Columbia University, was for twelve years an associate in biochemistry at the Rockefeller Institute, and has for the last forty years worked in applied physiology, perfecting the practice of Structural Integration.

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☐ I include my check for $2.00. Please put me on the mailing list for the Esalen Catalog.

*Note: Mailing books takes a few weeks; please be patient!

Our office in San Francisco at 1793 Union Street features a bookstore stocking many of the latest publications in the areas of humanistic psychology, gestalt, psychosynthesis, Eastern philosophy and religion, body therapies and other books of interest to Esalen participants.

ESALEN BOOKSHOP / San Francisco hours: Monday-Saturday, 9:30-5:30, Sunday, 9:30-3:30. Our shop stocks many more titles than we list here.

TAPE RECORDINGS of Esalen events are available from Big Sur Recordings in Sausalito. See page 37 for more information.

BOOKSHOP ORDER FORM

To order any book listed on this page or elsewhere in this catalog, return this coupon with your check (made payable to Esalen Institute) to: Esalen Bookshop, 1793 Union Street, San Francisco, CA 94123.

Master Charge ☐ American Express ☐ Card Number _____ Amount Enclosed: $ _____

Name: _____

Address: _____

City, State: _____ Zip: _____

(Organizations: Attached is our purchase order No. _____ . Please invoice us.)

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**Asterisk denotes that correspondence should be addressed care of: Esalen Institute, Big Sur, California 93920.*

ADMINISTRATIVE DIRECTORY

Please address inquiries about programs and business activities to the appropriate offices listed below:

Corporate business, general information and subscriptions:
San Francisco office.

San Francisco Administration:
Leigh Rhett, Director

Big Sur Administration:
Julian Silverman*, Co-Director
Janet Lederman*, Co-Director

Esalen/Viking Books: Michael Murphy.

Research: Julian Silverman*.

SPECIAL INFORMATION

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2. Those attending Esalen workshops and conferences are automatically added to the mailing list. A single inspection copy of the current issue is available free upon request from the San Francisco office.

ESALEN CONSULTING SERVICE. Through the Esalen Consulting Service, Esalen staff and leaders have designed and participated in projects for the U S Army, Ford Foundation, the Lockheed Corp, Model Cities, O E O, inservice training programs for hospitals, drug treatment centers, social agencies, colleges, universities and public school districts. Many organizations have also used Esalen personnel as communications and human relations facilitators. If you are interested in learning more about the Consulting Service contact the Esalen/San Francisco office.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational and other institutions have provided expenses for participants in some workshops and seminars in the form of donations to scholarship funds. See Friends of Esalen membership below.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given some sort of accreditation to their activities. We have told everyone to stop using our name in such a manner. Of course people use insights and techniques they bring from our programs but we confer no certificates, diplomas or other symbols of formal status such as those conferred by professional associations and schools.

TAPE RECORDINGS OF ESALEN PROGRAMS: Recordings of many past programs are available through Big Sur Recordings, 2015 Bridgeway, Sausalito, CA 94965. The cost of recordings is $10 per tape-hour (prepaid) and $12.50 per tape-hour with purchase order, choice of 5" reel or cassette. Tape catalog available on request. Commercial use of these tapes is prohibited; all rights reserved.

FRIENDS OF ESALEN MEMBERSHIP PROGRAM

We at Esalen have increasingly felt the need to involve more people in our community, and have established Friends of Esalen as a means of doing this: all contributions to our membership organization are used for tuition-aid funds. It is our belief that if Esalen is to serve our society to its full potential, we should be able to admit applicants without regard to their ability to pay. As a Friend of Esalen you will have the satisfaction of knowing that you have helped someone else experience Esalen.

☐ I wish to become a Friend of Esalen and I enclose my check for the category I have circled.

☐ I wish to renew my membership in Friends of Esalen.

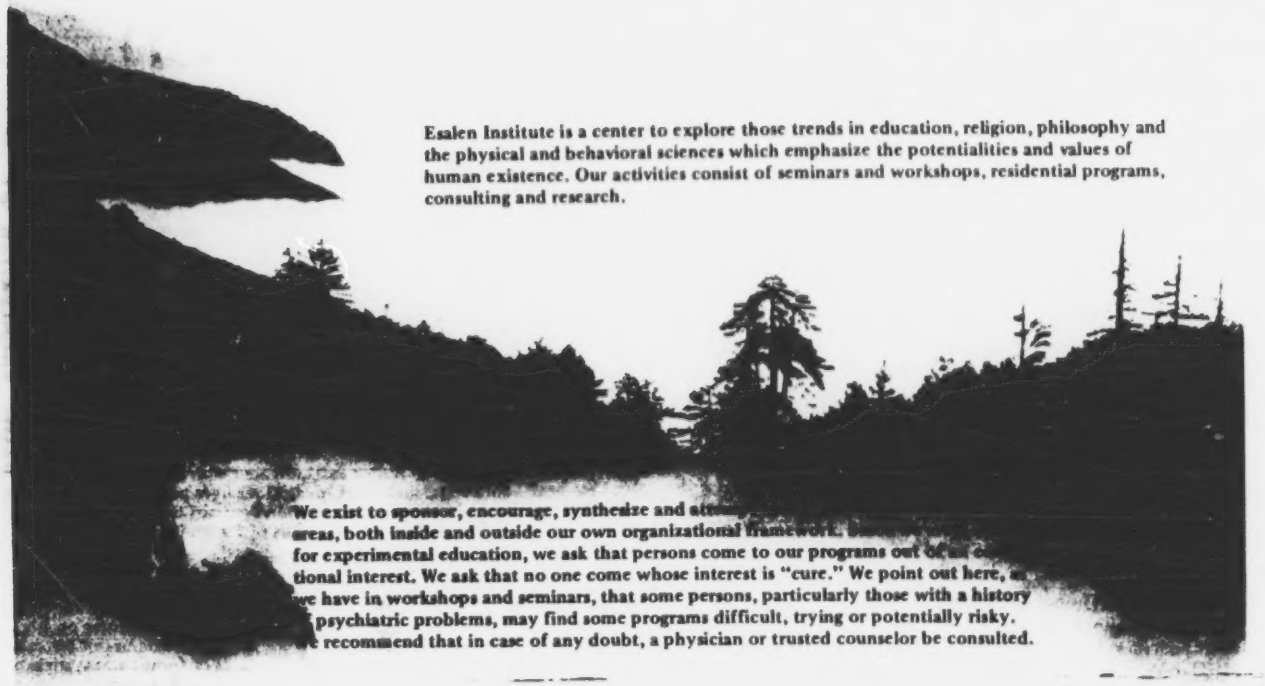
One Year Student $5
One Year Individual 25
One Year Donor $50
One Year Sponsor 100
One Year Patron $500
(Contributions are tax-deductible.)

Name _____ Student Affiliation _____

Street _____

City, State _____ Zip Code _____ Date _____

Please mail to: Friends of Esalen, Big Sur, CA 93920



BIG SUR INFORMATION

For reservations and information, write or call:
Esalen Institute, Big Sur, CA 93920
Phone: (408) 667-2335, 10 to 4 every day; 10 to 8 Sunday & Friday

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Deposit Information. Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups and $400 dollars for month-long groups. Deposits are not refundable but, with five days notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen/Big Sur. Do not mail Big Sur reservations to Esalen/San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U.S. currency only, please.

Scholarship Information. If you need scholarship assistance for a long term Esalen/Big Sur program write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15-August 31 programs or for weekend programs.

General information. Workshop fees cover tuition, food and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine service. Those travelling by air or bus can obtain limousine service to Esalen/Big Sur by notifying the Big Sur office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5-5:30 pm each Sunday and Friday. The cost is $10 per person one way, payable on arrival at Esalen.

Seminarians as staff (Karma Yoga). Seminarians in residence for a week or longer at Esalen are asked to contribute one or two hours a week to the kitchen staff. These hours do not interfere with scheduled groups or meals. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in reserving a space at Esalen workshops and lectures. You may use it for Big Sur *or* San Francisco programs. (Please make reservations at each location independently rather than place a "mixed" order.) In completing the form, please include the name, address and telephone number of *each* person registering and clearly indicate the title of the workshop for which *each* person is reserving a place. Please make reservations early.

Name _____ Age _____

Occupation _____

Address _____

City, State _____ Zip Code _____

Daytime Telephone: Area Code _____ No. _____ Number of males ____ females ____ in group.

(Please repeat the above information for every person in your party making a reservation, on back of form or on additional paper.)

Check location of program(s):

☐ **ESALEN/SAN FRANCISCO (Mail to Esalen Institute, 1793 Union Street, San Francisco, CA 94123**

☐ **ESALEN/BIG SUR (Mail to Esalen Institute, Big Sur, CA 93920**

Check whether you wish:

☐ shared room

☐ single room on a space-available basis ($7 per night additional charge).

(Lodging may be assigned at either Big Sur Hot Springs or South Coast Center at the discretion of Esalen.)

Do you smoke? _____

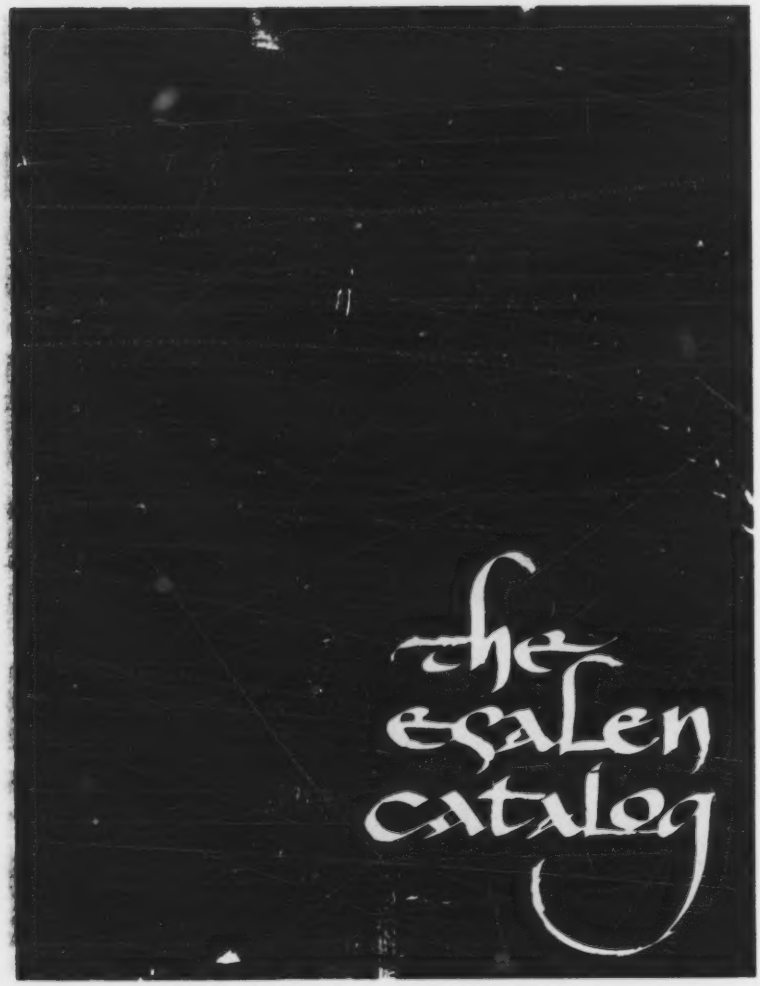
Name of person registering	Date(s)	Leader's Name/Title of Workshop	Deposit

Master Charge ☐ American Express ☐ Card No. _____ Total amount enclosed: $ _____

Checks payable to Esalen Institute.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

PAYMENT: All San Francisco and Big Sur workshops require nonrefundable deposits. **Big Sur:** see deposit information p 38. **San Francisco:** See Sports Center information p 6; see Sacred Tradition Series information p 5. Reservations for Energetic Studies are made through the Center for Energetic Studies (see p 8.) Balance of workshop fees payable at time of check-in.



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Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

Esalen Institute
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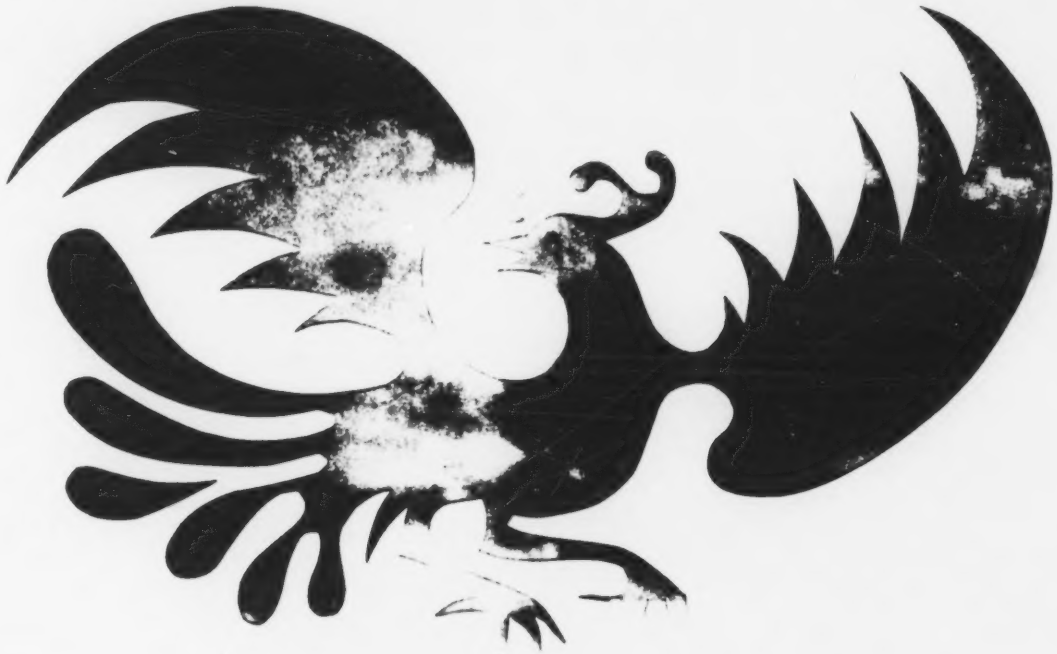

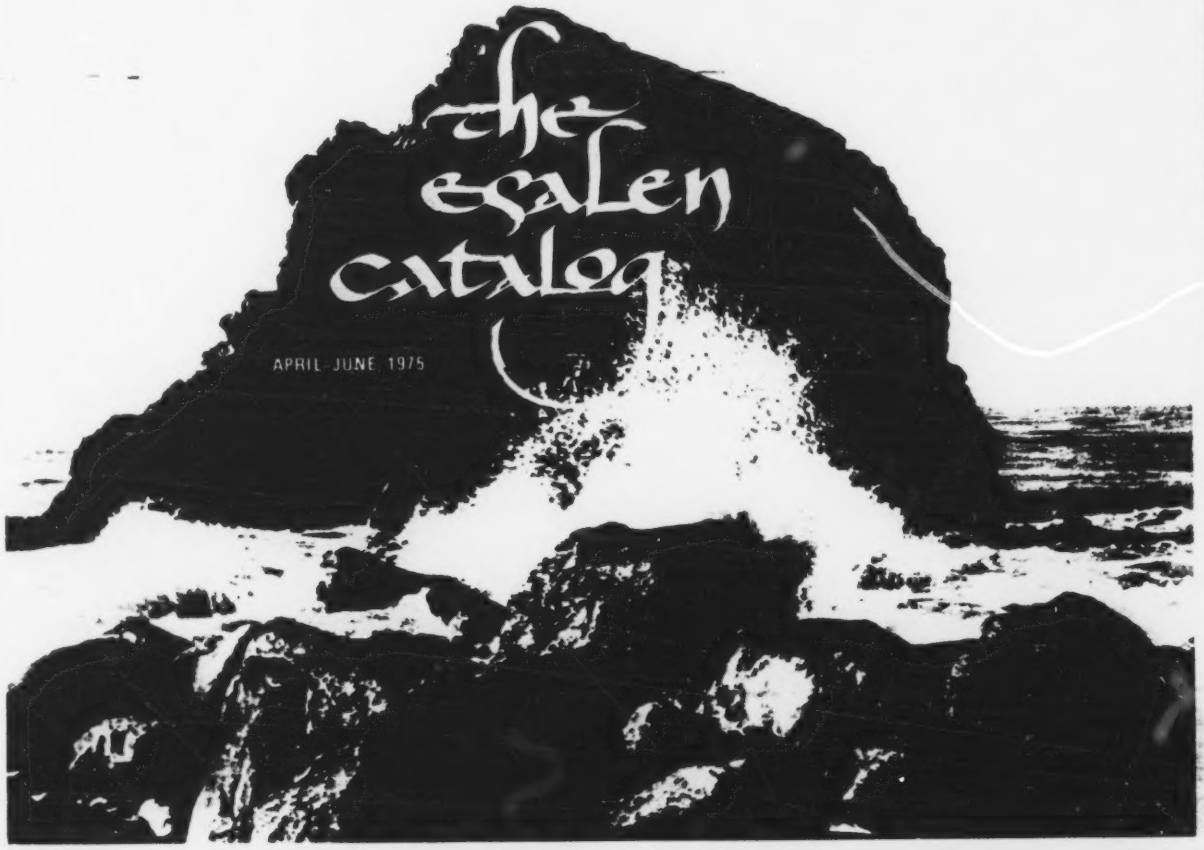
the
esalen
catalog
APRIL-JUNE 1975

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5 *Bellis media sylvestris.*
The middle wilde Daisie.

coming

the human experience: a workshop series

Joan Halifax-Grof and Stanislav Grof are gathering distinguished faculties at Big Sur for the following workshops:

May 4-June 13, 1975
The Human Experience: Culture & Consciousness
See page 27 for details.

October 12-November 21, 1975
The Human Experience: Buddhism
Coordinated by Joan Halifax-Grof, Stanislav Grof & Jack Kornfield

February 1-27, 1976
The Human Experience: Schizophrenia & the Visionary Mind / Coordinated by Joan Halifax-Grof & Stanislav Grof

Information on the October and February workshops will appear in future Esalen catalogs.

ESALEN INSTITUTE
–Big Sur, CA 93920. Phone (408) 667-2335; 10 to 4 every day; 10 to 8 Sunday and Friday.
–1793 Union St, San Francisco, CA 94123. Phone (415) 771-1710; 9:30–5:30 Monday–Saturday; 9:30–3:30 Sunday.

events at esalen

human consciousness institute

Esalen will sponsor its fifth summer Human Consciousness Institute in Berkeley, California, July 3 through July 27, 1975. In two sessions, leading researchers and practitioners will report on their exploration and mapping of consciousness processes and states, including demonstrations and experiential exercises for institute participants.

SESSION I
PHYSICAL ASPECTS OF CONSCIOUSNESS, July 3–July 13.

Brain research, right and left hemisphere thinking, biofeedback and its implications, physical measurements of consciousness states, quantum theory and consciousness, and psychosomatic and healing processes.

Leaders for the session will include Barbara Brown, PhD, leading researcher in biofeedback, author of NEW MIND, NEW BODY; and Kenneth Pelletier, PhD, clinical psychologist, currently studying the neurophysiology of consciousness states in adept individuals.

SESSION II
FRONTIERS OF THE PSYCHIC, July 17–July 27.

The ranges of human potential in parapsychology and beyond, including ESP, out of the body experiences, healing, psychic individuals, training psychic abilities, and the role of these potentials in human consciousness and society.

Session leaders will include Charles Tart, PhD, leading parapsychologist, researcher and theoretician on consciousness, and editor of ALTERED STATES OF CONSCIOUSNESS; Anne Armstrong, personal counselor who uses psychic abilities; and Arthur Hastings, PhD, communication specialist and parapsychologist, who has developed methods for facilitating personal ESP abilities.

Participants can enroll for one or both sessions. Tuition is $215 for each session ($400 for both), with enrollment limited to 50 persons. Institute sessions are held in facilities of the University of California in Berkeley. Living accommodations (shared occupancy) are in university residence halls for $50 per session, breakfast included.

Other leaders and further details of the program will be announced in the next Esalen catalog, and in a brochure that will be available in March. For a copy of the brochure, write to Human Consciousness Institute, Esalen Institute, 1793 Union Street, San Francisco, CA 94123.

westerbeke ranch workshops

Starting in late July, Esalen Institute will present seven weeks of programing at the Westerbeke Ranch in Sonoma County. This intimate setting includes rustic cabins, home cooked meals, sauna and Japanese tub, swimming pool and beautiful scenery. There will be only one workshop at a time, limited to 25 participants. Five day and weekend workshops will be offered.

July 7-18

esalen sports center summer institute

Program Coordinators: Bob Kriegel and Kurt Wehbring
Seminar Leaders: Bob Nadeau, Al Huang, Betty Fuller, Dyveke Spino, Mike Spino, Michael Murphy

Twelve-day residential workshop $385

There is increasing evidence indicating the value of play as a creative learning tool and as an important element contributing to a harmonious balance in an individual's life. In this twelve-day course we will use various forms of play, active games, sports, mind/body disciplines, and the wilderness as a means for realizing more of our potential. Inherent in the sporting experience are many factors that are deliberately cultivated in humanistic group therapies, *e.g.* being in the here and now, mind/body harmony, individual responsibility, risk taking, stress, and spontaneity.

The workshop will be divided into two parts of six days each. The first will take place on the campus of the Dominican College in San Rafael, twelve miles north of San Francisco. In this segment we will play and invent new games with humanistic themes, participate in new approaches to traditional sports such as: tennis, jogging, swimming, volleyball, basketball, and softball. We will also be introduced to, and practice such mind/body disciplines as t'ai chi, aikido, Feldenkrais exercises, sensory awareness, hatha yoga, meditation, energy awareness and centering. At the end of each day there will be a group meeting using gestalt, encounter, role playing and psychosynthesis techniques to help clarify some of the awareness gained during the day.

The second week will be spent in a secluded base camp in the Sierras. There we will try to use the insights and awarenesses gained during the first week, in activities such as backpacking, rock climbing and nature walks, while living and working together as a community.

For more complete information write or phone the Esalen Sports Center, 1793 Union Street, San Francisco, CA 94123. Telephone: (415) 771-1710.

Inservice credit will be available through Dominican College.

Esalen College Program

A NEW FOCUS

A new and expanded college program is being offered. Instead of relying upon short term workshops and seminars, as in the past, an integrated curriculum has been introduced.

Three master seminars will provide a focus for students in the area of philosophy and the evolution of human consciousness, therapeutic systems, and body awareness and fitness. A group experience utilizing techniques drawn from gestalt, encounter, and psychosynthesis will be provided as a fourth integral part of the program. Each seminar will be directed by a master teacher who will be provided with a budget for enriching his program. In addition to the seminars, a lecture series will be provided, consisting of 10 presentations by influential speakers and writers in the field.

The Esalen College Program provides an alternative education which integrates experiential and cognitive studies. These have been organized so that students may participate in a quarterly program or extend their study to a full year.

MASTER SEMINARS

Philosophy and the Evolution of Consciousness
George Leonard, Michael Murphy

This seminar will explore the thesis that a transformation of human consciousness as momentous as the emergence of civilization is underway. This transformation involves our vision of human nature and destiny, our perception of past and future, our science, art, psychology, education and religion, our institutions and relationships to the physical world. This thesis will be explored from various perspectives. The subjects for discussion may be changed as the seminar develops, but they are tentatively scheduled as follows:

1. Cosmic and evolutionary perspectives on the world's unfoldment, including a discussion of the way various models of existence mediate our perception, attitude and behavior.

2. Anthropological perspectives: the paleolithic, neolithic and civilized eras which culminate in a fourth climactic transformation to a radically new life upon earth.

3. The structure of human personality in this era of transition: neurosis, disease and discontent as ways to enforce civilization's work; how the ordinary ego-structure works for and against the transformation of mind and body.

4. Disciplines of transformation, ancient and modern. Ways beyond neurosis, disease and discontent.

5. Education for being. Sports and the arts as yoga.

6. Energy and consciousness: a discussion of our dwindling sources of physical energy and the change in life style and consciousness that are now required for human survival.

7. Transformational changes in human institutions: prisons, schools, business, politics, and the family.

Concepts of Psychotherapy / Arthur Deikman, MD

Participants will discuss selections from the works of Freud, Jung, Reich, Skinner, Rogers, Perls, Janov, Laing, Le Shan, Frank, Erickson, and Trungpa. Analysis of the material will be guided by the questions:

1. How is health defined?
2. What is the goal of the therapy?
3. How is the therapy believed to work?
4. What is the author's explicit and implicit definition of man?
5. Why does the author believe what he does?
6. What do you agree with? Disagree? Why?

Each participant will be expected to do the reading prior to the meeting and be prepared to document his or her analysis by reference to the text. The emphasis will be on each person making their own *informed* judgment of the relevance of the different authors' concepts and arriving at a sufficiently sophisticated personal perspective from which to evaluate new therapeutic philosophies as they come along. No lectures will be given. This will be a working seminar requiring considerable reading, careful thinking and active participation in discussion.

The Human Body / William Brostoff, MD

In this course we will examine the nature and structure of our bodies and how they work. First, we will look at the body from a scientific, anatomical and physiological standpoint. Special attention will be given to general principles of physiology as reflected in levels of biological organization, from the organism as a whole to submicroscopic and biochemical organization. Then, we will consider structure and function from viewpoints other than those of Western science—alternative viewpoints based on other world views, especially that of traditional Chinese thought and medicine. Finally, we will work experientially using various centering, breathing and movement awareness techniques to make contact with our bodies. Throughout the course, participants will be encouraged to compare, contrast and integrate these various viewpoints of what the body is made of and how it works. There will be suggested readings, and each participant will be expected to articulate his or her own viewpoint of the body's nature, based on readings, class discussions and experience.

ADDITIONAL STUDIES

In addition to the master seminars and group processes, courses in massage, aerobic training, T'ai Chi Chuan and Neo-Reichian therapeutic techniques will be offered.

ADVISING

A staff member will conduct a weekly forum, designed to disseminate curriculum information, to advise on personal needs, to work through group concerns and other student-related problems.

As students become more involved with the major tracks of study, it is hoped that they will focus on a primary area of interest and begin to develop a closer relationship with the master teacher or others working in their primary area of study. Such relationships may provide tutorial study, directed readings and personal counseling.

SCHEDULE

The Esalen College Program is organized on a quarter system with beginning dates in October, January, April and July. Exact dates will be provided upon admission to the program. Registration and an orientation meeting will take place the first day of each quarter. Course offerings begin soon after registration. A student may enter at the beginning of any quarter.

QUALIFICATIONS

All interested students are encouraged to apply. Preference is given to those who have demonstrated their ability to work independently as a contributing member of a learning community.

ACCREDITATION

It is preferred that students make arrangements with their present university for accreditation of work done at Esalen.

If this cannot be arranged or if a student needs to enroll in a university, Esalen will supply a list of schools that accredit work done at the Institute.

COST

Cost of the program is $650 per quarter.

APPLICATION PROCEDURE

Application for admission to the Esalen College Program is separate from admission to the college from which you will receive credit. Applications are available upon written request from: Ron Wurtsbaugh, Esalen Institute, 1793 Union Street, San Francisco, CA 94123, (415) 771-1710.

THE SUMMER PROGRAM

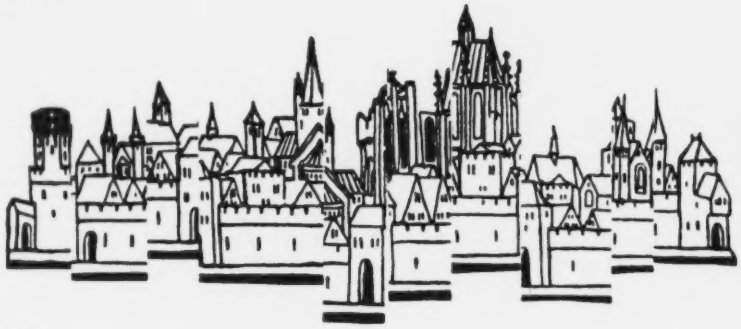
During the summer quarter wilderness outing experiences will be an integral part of the Esalen College Program. These experiences will integrate ecological studies with meditation, sensory awareness exercises, and various interpersonal communication techniques focusing on exploring personal boundaries and making closer contact with the land, self and others.

FACULTY

William Brostoff, MD	Robert Rosenbush
Michael Murphy	Brenda Sales
Arthur Deikman, MD	Dyveke Spino
Stanley Keleman	Mike Spino
George Leonard	Ron Wurtsbaugh

For Biographical Information see pages 36—41

programs in san francisco



April 5

Inner Reaches of Man & Woman / Judith Osgood

One-day workshop $25

The focus will be to bring our beliefs and subtle assumptions into conscious awareness particularly those related to man-woman relationships. Special attention will be given to the ways needs are met, fears, fantasies and beliefs about companionship, emotions, sexual behavior and creative abilities. Tools: our own present concerns, meditation, writing and imagery.

April 6

Knowing & Moving the Body
Frank Ottiwell & Judith Stransky

One-day workshop $25

This workshop will draw on the work of F M Alexander and Moshe Feldenkrais in mobilizing and re-educating the body/self. Techniques to improve postural alignment and release blocked energy will be taught individually and applied to such everyday activities as sitting, standing, walking and bending. Group exercises, performed within each individual's range of ease and enjoyment, will be used to increase kinesthetic awareness and to show the use of awareness and movement as self-teacher.

April 13

Introduction to Structural Patterning / Cast of Seven Patterners (Judith Aston, Marya Byron, Hallie Hardenstine, Faith Hornbacher, Gael Karlan, Anne-Liese Malter, Susan Salveson)

One-day workshop $25

Structural patterning is a system of learning to move efficiently and to interact harmoniously with gravity. Ideal alignment occurs when the centers of gravity of each body part are balanced one above the other. A student is taught balanced ways of moving in an overall pattern followed by applications to his individual needs and interests.

The morning will begin with an explanation and development of structural patterning concepts after which participants will break into small groups for individual patterning and movement experiments. Limited to 50 persons. Proceeds to be donated to the Structural Patterning Institute.

April 19-20

Self-Affirmation: A Workshop for Those Who Put Themselves Down / Pennell Rock

Weekend workshop $50

The world is a place where we are constantly undermined and made aware of our shortcomings: so much so that we develop fixed patterns of self-negation which prevent a fuller realization of ourselves. The workshop will demonstrate the arbitrariness of such negativity and will show how the creative flow of living is enhanced when these patterns are reversed. The work will include experiences in personal creativity, validation techniques from Re-evaluation Counselling and Arica exercises in consciousness expansion.

April 25-27

Self Explorations Through Hypnosis / Lee Pulos

Weekend workshop $50

The emphasis in this workshop will be to teach the participants techniques and exercises which can be taken home and used daily after the weekend is over. Hypnosis and self-hypnosis will be taught so that the group members can focus in on themselves through hypnotically induced dreams, automatic writing and ideo-motor questioning. Each participant will have the opportunity to use hypnosis for their own personal programming, habit changes and exploring the self through hypnotically guided fantasies. A feature of the weekend will be to use hypnosis to extend consciousness into paranormal and psychic dimensions.

May 3-4

Massage Training / Eve Ilsen

Weekend workshop $50

This workshop teaches basic techniques of full body massage with attention also to proper use of the body in giving massage and to sharpening perception of body structure. Limited to 20 persons.

For Biographical Information see pages 36—41

May 10

Introduction to Aikido with Emphasis on Centering & Energy Awareness / Robert Nadeau

One-day workshop $15

Aikido is the Japanese art of self defense with the emphasis placed on centering, harmony and blending. It is presented as a physical manifestation of the energy and spiritual laws of the universe. We will start with the centering practices in the physical dimension, move to centering as mental awareness and culminate in meditation with centering as a focus for spiritual unfolding. The workshop will emphasize the relationship between all three levels.

May 11

Structural Patterning for Daily Activities

One-day workshop $25

Bring your special daily activity (cooking, jogging, tennis, musical instrument, painting, reading, typing, dancing, yoga, meditation, construction work, etc.) and learn about you and it as viewed through the application of structural patterning concepts. To be led by patterners associated with the Structural Patterning Institute. See also April 13 description above.

May 17

Rediscovering Your Vision / Raymond Gottlieb

One-day workshop $25

Dr. Gottlieb will discuss the basic principles behind the Bates' system of "Better Sight Without Glasses" and other approaches related to the improvement of vision. He will teach specific exercises within an integrated whole body approach to removing the stress that hinders vision. Limited to 25 people.

May 18

Feminine, Masculine and the Sacred Marriage José & Miriam Argüelles

One-day workshop $15

Feminine and masculine are inherently rich and open-ended principles which allow and demand a great diversity of forms of expression. The sacred marriage is not only a symbol of union in the life of myth but can be an enduring condition experienced from day to day. This is not a couples' workshop and is open to all. The day's activities will include exercises, drawing and meditation.

May 31

Ways of Healing: Holistic Approaches in Medicine David Sobel

One-day workshop $25

A new form of medicine is emerging—concerned more with the prevention of disease and promotion of health of the whole person. This trend is the result in part of the synthesis of ancient and traditional systems of healing (*e.g.*, American Indian medicine, Chinese medicine and acupuncture, Hippocratic medicine and yogic therapy) with the scientific methodology of contemporary Western medicine (*e.g.*, biofeedback and the voluntary control of internal states). In addition, such unconventional therapies as the "laying on of hands", homeopathy and structural integration will be discussed.

June 14

Centering to Energy Awareness to Meditation Robert Nadeau

One-day workshop $25

Awareness begins with the self. Centering is the doorway to the energy activity of the universe. Energy is the common denominator of the universe and energy awareness is the basis for meditation. A day long session emphasizing a natural practice pattern for awareness.

June 15

Reflexology / Anna Kaye

One-day workshop $25

Reflexology or "zone therapy" is based on the theory that energy travels in the body in "zones" or patterns which connect reflexes in the feet to organs in the body. In this theoretical and experiential workshop Anna Kaye will demonstrate methods of stimulating these reflexes by specialized massage work on the feet.

June 21-22

Biofeedback & Meditation: Mapping Inner Space Kenneth R. Pelletier

Weekend workshop $50

This seminar explores the interaction between psyche and soma through biofeedback as a means of probing the neurophysiological basis of consciousness. Emphasis is upon the similarities and differences between brain structures and functions of consciousness such as the left and right hemispheres. Consideration is given also to the use of imagery and active imagination in conjunction with biofeedback for the exploration of states of consciousness and the alleviation of psychosomatic disorders. Included are films of recent experiments with Jack Schwarz and the meditative practices of a sect of Indian yogis.

June 28-29

Dreams and "Awakening" Consciousness Sanford Rosenberg

Weekend workshop $50

The Talmud says, "A dream left not understood is like a letter left unopened." Dreaming gives entry into a mode of experiencing which on awakening often seems nonsensical. Various systems have attempted to understand dreams and to translate them into a language comprehensible to the waking self. This workshop will explore some of these methods of dream interpretation, both ancient and modern, (Freud, Jung, Perls, Don Juan) and will look at dreams as a tool for the growth of consciousness. Participants will work with their own dreams and other symbolic experiences, as individuals and as a group. Bring dream journals, art work, films, fantasies, etc., to share and use in the group.

For Biographical Information see pages 36—41

WOMEN'S PROGRAMS

A Daytime Series

These morning and afternoon sessions are for women only—to focus on the nature of feminine perception and experience, to develop personal creativity through experiments in guided imagery and nonverbal awareness and to acquire some tools for use in daily life in the process of self-formation and discovery.

Programs include from four to six weekly sessions and are available as a series or as individual program meetings at the cost of $4 per session. Preference is given to series registrations.

Childcare is provided; contact the Esalen office in advance to make arrangements. Cost is $1 per meeting.

All programs (and childcare) take place at 1793 Union St., San Francisco.

Awakening Intuition / Frances Clark

March 31, April 7, 14, 21, 28

Monday afternoons, 1—3 pm $20

Intuition is known to everyone by experience, yet frequently remains a repressed or undeveloped function. We will work with dreams, meditation and guided imagery for facilitating intuitive perception, with particular emphasis on intuition for creativity, problem solving and psychic development. We will consider ways of learning to distinguish intuition from imagination and projection, and various methods for continuing the development of intuition as a source of wisdom and guidance in everyday life.

Inner Voice of Woman / Judith Osgood

April 2, 9, 23, 30, May 7, 14

Wednesday afternoons, 1—3 pm $24

In the time and space provided each group member will listen to her own voice and hear in others her voice speaking back. The focus is self-knowledge—seeing clearly our beliefs, self-definitions, interests, emotional reactions and ways our creativity manifests. Tools: writing, imagery, meditation and specific experiences designed to clarify those areas each person is seeking to illuminate.

Exploring Family Space / Sylvia Schmidt

April 7, 14, 21, 28, May 5

Monday mornings, 11 am—1 pm $20

Through family simulation games and family sculpting, these sessions will look at the nature of family experience and role playing. There will also be discussion of guidelines for energizing family relationships.

Movement / Dance for Women / Tamara Greenberg

April 10, 17, 24, May 1, 8

Thursday afternoons, 1—3 pm $20

A series of workshops using movement to heighten the experience of ourselves as women and to follow and explore the process of formation through a synthesis of expressive movement, energetic work and Proskauer breathing techniques.

The Feminine & Creativity / Miriam T Argüelles

April 15, 22, 29, May 6, 13

Tuesday afternoons, 1—3 pm $20

This series will center on understanding the experience of the feminine perception of the world and the nature of female creativity. Emphasis will be on understanding how these principles operate in everyday relations and activities.

For Mothers of Young Children / Anne Yeomans

April 24, May 1, 8, 15, 22

Thursday mornings, 11 am—1 pm $20

A time to share our lives as mothers, women and human beings. Art, guided fantasy, journal writing and meditation will be tools to explore the experience of this unique period in life and to find new ways of being which nourish self and family.

Movement / Dance for Mother & Child Tamara Greenberg

May 15

Thursday afternoon, 1—2 pm $4

A happening of dance and fun to expand and deepen the mother/child experience. Limited to women who have participated in one or more of the movement sessions described above. For children who are walking, up to age 15.

The Art of Self-Direction / Lenore Lefer

May 22, 29, June 5, 12

Thursday afternoons, 1—3 pm $16

These meetings will explore and examine the nature of self-direction and ways to increase it in daily life. The degree to which we can discover, direct and regulate our energies affects how productive, creative and joyful we will be, as women and as persons.

For Biographical Information see pages 36—41

DREAMS: THE MAGIC THEATER

Throughout history and in differing cultures, few other human phenomena have been treated so variously as the dream. Opinions range from the ancients who considered dreams and their interpretations as the work of the divine to our more recent natural scientists and rational positivists who view dream images as the sole result of external or internal somatic stimuli. This series offers some of the main dream theories currently operating in our culture, as contributed by the field of psychology, as well as some less well-known perspectives.

All lectures take place at the First Unitarian Church, Franklin and Geary Streets, San Francisco, beginning at 8 pm. Tickets are $3 and are available through the Esalen/San Francisco office or at the door as space permits.

April 23:
A Psychoanalytic Approach to Visual Images
Mardi Horowitz

April 30:
The Dream Theories of Carl Jung
Howard I Levene

May 7:
The Gestalt Approach to Dreams
Robert Resnick

May 21
The Possibility of Extra-Sensory Relationships in Dreams: Telepathy, Clairvoyance & Precognition
Stanley Krippner

May 28:
Primitive Dream Rituals & Consciousness: The Senoi of Malaysia
Russell Wills

June 11
Using Dreams for Self-Discovery: Some Limitations & Advantages
Gordon Tappan

SINGLE EVENING EVENTS

All events held at First Unitarian Church, Franklin and Geary Streets, San Francisco.

Wednesday, April 9
Thursday, May 8
Thursday, June 5

You Don't Have to Suffer to Feel Good

Harry Sloan

Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish and earthshaking breakthroughs. Growing becomes humorless and heavy and so does life. This evening will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen.

$5 admission; 8—10:30 pm.

Monday, April 21
Monday, May 19

Close Yet Free In Marriage & Other Significant Relationships: Communication Experience For Couples / Gerald Smith

Being free to grow yet close to be intimate is the main dilemma of every important relationship. This talk will include specific "experiences" for creatively coping with this dilemma of keeping a relationship alive. The two evenings will supplement and reinforce each other, but each is organized to be meaningful and complete by itself.

$5 admission; 8—10:30 pm.

For Biographical Information see pages 36—41

sports

The Esalen Sports Center is devoted to furthering new concepts, practices and teaching methods in lifetime sports and emphasizes activities in which participation is not limited by age, sex or athletic ability. The focus is on the joy of participation and the thrill of excelling. Workshops are designed to make sport richer and more rewarding—a vehicle for eliciting the potential that lies within us all.

THE ULTIMATE ATHLETE by George Leonard

In this book, to be published this summer, George Leonard presents a rich overview and theoretical framework for the kind of work the Esalen Sports Center is attempting. As you can see from the excerpts below, he points the way to many hidden or neglected dimensions of games and the body and explores various possibilities for the transformation of physical education and athletics.

"In every fat man, the saying goes, there is a thin man struggling to get out. If this is so, then every skinny man must at times find himself surrounded by the ghostly outlines of muscles and heft. And there must somehow exist an ideal physique for every one of us, man, woman and child. Every body that moves about on this planet, if you look at it that way, may well be inhabited by a strong and graceful athlete, capable of Olympian feats.

"Fanciful statements, but true. The athlete that dwells in each of us is more than an abstract ideal. It is a living presence that can change the way we feel and live. Searching for our inner athlete may lead us into sports and regular exercise and thus to the health promised by physical fitness organizations—and that might be justification enough. But what I have in mind goes beyond fitness. It involves entering the realm of music and poetry, of the turning of the planets, of the understanding of death."

These words begin THE ULTIMATE ATHLETE, the first part of which contains specific information—about hidden dimensions in the sports we watch on television, about New Games (with instructions on how to play several of them), about the push for a reformed physical education from both inside and outside the educational establishment. Principles derived from aikido—centering, blending, energy awareness—provide a foundation for analysis and speculation. There is, in fact, a detailed description of an energy awareness workshop based on aikido principles, introducing techniques for becoming more relaxed and centered, for dealing with everyday situations involving tension and expectation, and for handling hostile energy. This section takes some of the mystification out of Carlos Castaneda's don Juan by showing how "powers" similar to those of the sorcerer may be transfered, in a more balanced, non-coercive way, from the Mexican desert to the school, the job, the home and perhaps the playing field.

The second part of the book moves through the realm of metaphor and myth to the game of embodiment that the individual human spirit plays on the magic playground of this planet. In this game, the body, joined to spirit and mind, may be viewed as opening us to transformational possibilities. Some excerpts follow:

ON RUNNING AND SEX: "When we are running hard, the act of sex is already begun in heart and lungs and muscles and mind. Just as the runner must learn to surrender, to 'die,' so must the lover. The two acts are separated by only a word, a touch."

ON SKINDIVING: "We enter the sea as did our distant ancestors, aided now by simple technology that frees us as human beings have never before been free . . . The surface shines above us, a crinkled mirror defining death and life. Best not look at it too long, for it might seduce us with its definitions and call us back to the world of light and air. We have crossed a boundary and now accept our transformation. We turn from the shining surface and fly as dreamers fly, softly descending, drifting past wonders, reliving our most beautiful nightmares."

ON RISKING DEATH IN SPORTS: "We need no roundabout theories to explain the fascination of death and the salutary effects of calculated risk. We simply must remember that, from the vantage point of embodied consciousness, death provides us our clearest connection with the eternal."

ON FLYING: "To leave the surface of the earth and enter the domain of the sky, to cross the boundary between two dimensions and three, is an act of no small significance. Perhaps it symbolizes the transformations through which life, matter and mind already have passed, through which we yet must pass. When we fly, we add one dimension to our life; we add it all at once; there is no delay. We approach this moment with apprehension and once the line is crossed we are filled with a sensation of strangeness. Yet, often, there is also a sense of recognition. It is as if we have entered a familiar place. The exhilaration of flight is not just sensory. It is also the exhilaration of return, of coming home to the freedom we have always longed for and once known."

ON THE BODY: "The answer has been here with us all along, too close, too much a part of us to notice: not 'mere flesh' but central metaphor of human existence, my body and yours [body of the Ultimate Athlete], holding the ocean, encompassing the stars, offering direct access to the cosmos itself. For we have seen that body *is* spirit, that its every cell reenacts the dance of love and death, that in the relationship of these cells we may trace the anatomy of all relationship."

ON THE DANCE WITHIN THE GAME: "We are all joined in that larger dance, the dance of the body, the dance of the world. We may have been led to forget that we are dancers, and to believe instead that we are plodding our way through life. But there are moments when the veil of forgetfulness is ripped away and we can hear the music, feel the rhythm, see the other dancers. In those rare moments we are secure within an uninterpreted world, dancing our life, while customary definitions fall away, without regret."

For Biographical Information see pages 36—41

center programs

April 12

Self Awareness and the Spirit of Play / Bob Kriegel

One-day workshop $25

There is increasing evidence indicating the value of play as a creative learning tool and an important element in contributing to a harmonious balance in an individual's life. This workshop is designed for the participants to gain a greater understanding of their intra and inter personal processes through the vehicle of active games.

Many of the conditions designed into humanistic group therapies (being in the here and now, mind/body harmony, individual responsibility, risk taking, stress and spontaneity) are inherent in active games, play and the sporting experience. As in groups, individuals' behavior patterns in these activities are reflected within their everyday life situations.

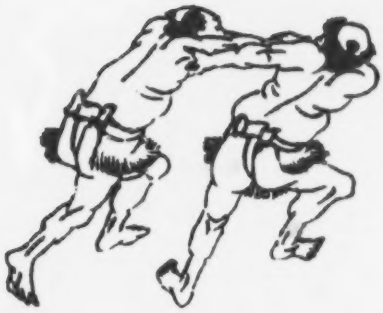
Participants will focus on their behavior patterns in these activities, making connections to their everyday lives. We will also use the vehicle of games to experiment in changing some of these patterns. Specific awareness and self observation exercises as well as gestalt, role playing, and psychosynthesis techniques will be used.

April 18-20

Spring Ski Touring & Camping / Ann & Kurt Wehbring

Weekend workshop $65

Participants of this workshop will meet Friday evening at the Markleeville Hot Springs in the Sierras to begin a weekend of ski touring. Taking advantage of the warm spring days you will ski into a mountain lake and establish a base camp. For those who are interested, the Wehbrings will teach igloo building for your second night in the wilderness. On Sunday, a climb up a near by mountain for skiers with experience and a practice and instruction session will be held for beginners. Yoga, sensory awareness and positive group experiences will be integrated with the touring instruction. Exact location and complete equipment list available on request.



April 19-20

New Techniques of Jogging & Conditioning Mike Spino

Weekend workshop $50

Orthodox jogging is an efficient means of overall body conditioning, but it holds few keys to heightened physical awareness or short cuts to peak body functioning. This workshop will focus on the work of Percy Wells Cerruty and Mihaly Igoli who between them are responsible for more than forty world track and field records. We will blend their techniques of aerobic training, resistance conditioning, diet, philosophy and practical experience with advanced research being done in the field of sport here at Esalen. These techniques which have been utilized by championship athletes are pertinent to people at all levels of fitness. Each participant will receive an individual training consultation, as well as insights into preventive and practical sports medicine.

April 26-27

Tennis Flow / Dyveke Spino

Weekend workshop $50

This workshop incorporates principles of physical fitness training, body awareness and movement techniques, and imagery along with traditional tennis methods. It is an integration of Mrs Spino's five-point formula in her holistic approach to the sport, consisting of: a) strength training, b) flexibility, c) endurance, d) sensing, e) inner-space. The overall effect is a more pleasureful, effective and personally significant tennis game. Bring your racquet and a can of tennis balls. Limited to 20 people.

April 26-27

Trail Running & the Archetypes of Sport Mike Murphy & Mike Spino

Weekend workshop $50

Participants will experience some of the most beautiful and dramatic running trails in San Francisco and the Mount Tamalpais area of Marin County and be introduced to some of the lore of trail running for enjoyment and physical conditioning. This workshop is open to the novice as well as the experienced jogger or runner. There will also be discussions of the psychological, mystical and archetypal aspects of the sport. Bring picnic lunches—and wear good running shoes!

May 10-11

New Techniques of Jogging & Conditioning Mike Spino

Weekend workshop $50

See description above.

(continued on next page)

For Biographical Information see pages 36—41

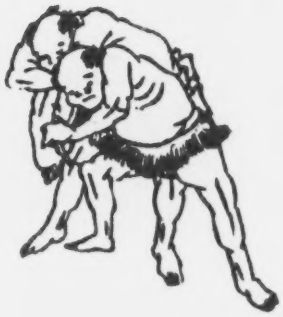
sports center programs

May 24-26

Off the Beaten Track / Ann & Kurt Wehbring

Residential three-day workshop $90

A weekend of backpacking off established trails—instruction in the use of map and compass, backpacking and camping. For those who would like to learn how to backpack and camp, or hikers with experience who would like to expand their abilities, this workshop will attempt to blend outer awareness with inner consciousness and to facilitate greater awareness of the outdoors. Location and equipment list available on request.

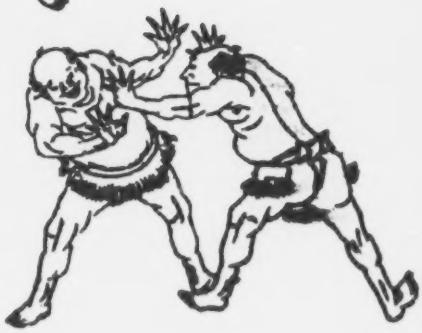


May 30-June 1

Energy Awareness, Centering, Learning to Blend
Lillie & George Leonard

Weekend workshop $50

Using techniques derived from the Oriental martial art of Aikido, George and Lillie Leonard will share with you their vivid approach to energy awareness. Through simple mental and physical exercises, participants will practice alternative ways of dealing with everyday life situations—especially those involving tension and high expectations. There will also be discussion of these experiences as they relate to education, sports and social transformation.



May 31-June 1

Tennis Flow / Dyveke Spino

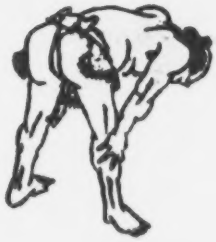
Weekend Workshop $50 See description above.

June 15-19

Rafting on the Rogue River / James Katz & David Van Nuys

Residential five-day workshop $245

This five-day rafting workshop on the Rogue River in Oregon is open to the novice or the experienced. An exciting adventure, where the wilderness and the river can be used for altering consciousness, and gaining perspective on one's part in the flow of life. Yoga, psychosynthesis, sensory awareness, dream sharing and other tools will aid the gentle process of unfolding. Excellent meals are provided from noon the first day through noon on the fifth day. Further information on request.



June 21-22

New Techniques of Jogging & Conditioning
Mike Spino

Weekend workshop $50 See description above.

June 28-29

Tennis Flow / Dyveke Spino

Weekend workshop $50 See description above.

For Biographical Information see pages 36—41

ENERGETIC STUDIES

A CENTER FOR THE STUDY OF THE LIFE OF THE BODY

The Center for Energetic Studies, under the direction of Stanley Keleman, is a program of teaching, workshops and publishing concerning the development of biological process as the basis for self-identity and expression—how individuals form both themselves and their worlds.
Programs are led by Keleman and other leaders whose perspective is that the way we inhabit our bodies and embody our emotions determines the human condition. In current workshops and seminars, attention is being given to biological process and its relation to symbol formation, imaginative life and religious vision.

For information and registration concerning these programs, write: Center for Energetic Studies
1645 Virginia Street
Berkeley, California 94703

PROGRAMS WITH STANLEY KELEMAN

April 11 - 12

Of Cells and Souls

An evening and one-day seminar with
Stanley Keleman and
Shelly Hendler of the Salk Institute on

Excitement – What It Is, How It Works

Those of us who work with the body are working with the processes of excitement. In this major conceptual meeting, Stanley Keleman and molecular biologist Shelly Hendler will work toward creating a unified perspective based on this fundamental process of life – the development of cellular excitation into perception, imagination, feelings and behavior.

Friday evening, 8 - 10 p.m., Saturday, 10 a.m. - 5 p.m. $30

May 30-June 1

The Human Image / Stanley Keleman & Maurice Friedman

Three-day workshop: residential, $160; non-residential, $125

Stanley Keleman and Maurice Friedman will explore human images historically, emotionally and physically: the images acquired from the culture and the family, and the images presented by our bodies.

Begins Friday, 10 am, ends with lunch Sunday. Residential fee includes room and meals. Non-residential fee includes lunches. $50 deposit required.

July 7 - 18, 1975

Annual "Life of the Body"
Summer Institute with Stanley Keleman:
Character and Myth

A two-week program on the form of the body and its relation to the images organized around myths: how we create character and live out our myths, known and unknown. This is an experiential and didactic program in which we will work with our bodies and our myths.

Early registration is recommended. Write for complete details to: Center for Energetic Studies, 1645 Virginia Street, Berkeley, CA 94703.
$400 tuition, $140 room and board (optional)

April 6

Movement / Dance
Tamara Greenberg

One-day workshop $25

This is a workshop in which movement will be used to intensify our experience of ourselves. Through expressive movement, we will attempt to follow our process of self-formation—how we are present in the world, how we approach and withdraw from contact.

Sunday, 10am—5 pm.

April 13, May 18, June 15

The Social Body / Ian Grand

Three one-day workshops $25 each day / $65 for the series

As we involve ourselves in the social world, each of us forms individual ways of making, maintaining and refusing contact and involvement with others. This series of workshops will focus on the characteristic stances, movements, gestures, and feelings we allow and express in the presence of other persons.

Three Sundays, April 13, May 18, June 15, 10 am—6 pm.

May be taken as individual days or a series.

April 21-May 5

Psychotherapy and Embodiment: Tradition and New Perspectives / George Downing

Three evening seminars $25

This series of seminars will cover concepts of the body as set forth by Freud, Reich and Lowen, and historical considerations about the mind-body relationship with special reference to the development of energetic perspectives.

Monday evenings, 8-10 pm.

See next page for more workshops in Bioenergetic Studies.

For Biographical Information see pages 36–41

ENERGETIC STUDIES

(continued)

April 26
Paths / George Downing
One-day workshop $25
Using an approach combining energetic and gestalt techniques, we will try to experience the messages our bodies are sending us about where we have been, our contact in the here and now, and what wishes to emerge in us.
Saturday, 10 am–5 pm.

May 4
Movement / Dance
Tamara Greenberg
See description of April 6 program.

May 6-15
The Everyday Life / Ian Grand
Four-evening workshop $50
Every day, in all our activities, we create our reality by the qualities of feeling, movement and excitation we experience and express. In this workshop we will focus on the ways we think about and enact our work and our loving, our interaction and our eating, all the fields of our daily activity.
Tuesday and Thursday evenings, May 6, 8, 13 and 15, 7–10 pm.

May 10-11
The Forms of Eros / Peter Marin
Weekend seminar $50
This seminar will explore the ways in which Eros manifests itself throughout our lives. The expression of Eros, and our need for it, is not limited to sexuality or coupled live, but is also present in shared work, or the life of the polis: the cooperative self-determining ways we live together. We will consider the full range of ways in which we express Eros, and which are necessary to the life of the body.
Saturday and Sunday, 10 am–5 pm.

May 17-18
The Integrated Body / Paul Aikin & Nancy Jungerman
Weekend workshop in Davis, California $50
Our bodies are our bridge to the development of intuition, imagination and creativity. Using energetic approaches, physical relaxation methods and dreams, we will explore the interrelationship of body process, dream experiences, imagery and intuition as expressions of life experience.
Saturday and Sunday, 10 am–5 pm. This workshop will be held in Davis, California.

May 18
The Social Body / Ian Grand
See description of April 13 program.

May 24
Grounding / George Downing
One-day workshop $25
How we relate to the ground beneath determines what kind of world we let emerge around us; its rhythm and space, its possibilities for contact with others, its wonder. We will use an energetic and gestalt approach to explore in what ways we may be keeping ourselves from a more complete personal grounding.
Saturday, 10 am–5 pm.

June 15
The Social Body / Ian Grand
See description of April 13 program.

June 28-29
Movement / Dance
Tamara Greenberg
Weekend workshop $50
This is a workshop in which movement will be used to intensify our experience of ourselves. Through expressive movement, we will attempt to follow our process of self-formation—how we are present in the world, how we approach and withdraw from contact.
Saturday and Sunday, 10 am–5 pm.

COMING PROGRAMS WITH STANLEY KELEMAN

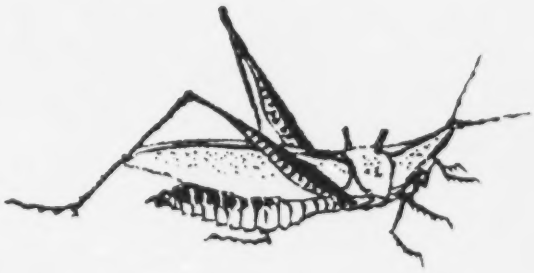
Program of Supervised Studies
October, 1975 to May, 1976
An intensive program of supervised studies (not training) at the Center for Energetic Studies, to learn how to learn from our biological processes. The program will concentrate on emotional and symbolic expression as it is reflected in our biological and psychological biographies. A group of ten participants will meet regularly with Stanley Keleman and Richard Wiseman, professor of world and comparative literature, over eight months to create an environment in which one's bodily experience is the basis for learning. Applicable to expression in psychology, the arts and sciences. Tuition is approximately $1200. Interested persons are invited to write to the Center for more information.

the esalen calendar

programs in san francisco

april

Mar 31-Apr 28	Awakening Intuition: F Clark (5 Mon afts) p 8
Apr 2-May 14	Inner Voice of Woman: J Osgood (6 Wed afts) p 8
Apr 5	Inner Reaches of Man and Woman: J Osgood (1 day) p 6
Apr 6	Movement/Dance: T Greenberg (1 day) p 13
Apr 6	Knowing & Moving the Body: F Ottiwell & J Stransky (1 day) p 6
Apr 7-May 5	Exploring Family Space: S Schmidt (5 Mon morns) p 8
Apr 9	You Don't Have to Suffer to Feel Good: H Sloan (single eve) p 9
Apr 10-May 8	Movement/Dance for Women: T Greenberg (5 Thurs afts) p 8
Apr 11-12	Excitement: What It Is, How It Works: S Keleman & S Hendler (weekend) p 13
Apr 12	Self Awareness & the Spirit of Play: B Kriegel (1 day) p 11
Apr 13	Introduction to Structural Patterning (1 day) p 6
Apr 13, May 18, June 15	The Social Body: I Grand (3 one days) p 13
Apr 15-May 13	The Feminine & Creativity: M Argüelles (5 Tues afts) p 8
Apr 18-20	Spring Ski Touring & Camping: A & K Wehbring (weekend) p 11
Apr 19-20	Self-Affirmation: P Rock (weekend) p 6
Apr 19-20	New Techniques of Jogging & Conditioning: M Spino (weekend) p 11
Apr 21-May 5	Psychotherapy & Embodiment: G Downing (3 eves) p 13
Apr 21	Close Yet Free In Marriage & Other Relationships: G Smith (single eve) p 9
Apr 23	A Psychoanalytic Approach to Visual Images: M Horowitz (single eve) p 9
Apr 24-May 22	For Mothers of Young Children: A Yeomans (5 Thurs morns) p 8
Apr 25-27	Self-Exploration Through Hypnosis: L Pulos (weekend) p 6
Apr 26	Paths: G Downing (1 day) p 13
Apr 26-27	Tennis Flow: D Spino (weekend) p 11
Apr 26-27	Trail Running & the Archetypes of Sport: M Murphy & M Spino (weekend) p 11
Apr 30	The Dream Theories of Carl Jung: H Levene (single eve) p 9



the esalen calendar

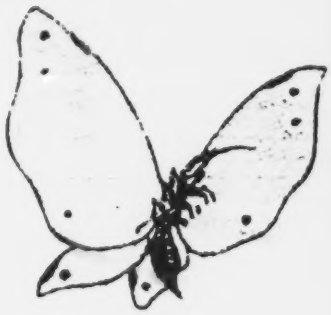
programs in san francisco

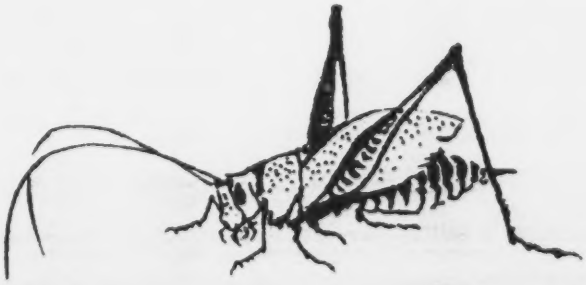
may

May 3-4	Massage Training: E Ilsen (weekend) p 6
May 4	Movement/Dance: T Greenberg (1 day) p 13
May 6-15	The Everyday Life: I Grand (4 eves) p 14
May 7	The Gestalt Approach to Dreams: R Resnick (single eve) p 9
May 8	You Don't Have to Suffer to Feel Good: H Sloan (single eve) p 9
May 10	Introduction to Aikido: R Nadeau (1 day) p 7
May 10-11	New Techniques of Jogging & Conditioning: M Spino (weekend) p 11
May 10-11	The Forms of Eros: P Marin (weekend) p 14
May 11	Structural Patterning & Daily Activities (one day) p 7
May 15	Movement for Mother & Child: T Greenberg (Thurs aft) p 8
May 17	Rediscovering Your Vision: R Gottlieb (1 day) p 7
May 17-18	The Integrated Body: P Aikin & N Jungerman (weekend) p 14
May 18	The Social Body: I Grand (1 day) p 14
May 18	Feminine, Masculine & the Sacred Marriage: J & M Argüelles (1 day) p 7
May 19	Close Yet Free in Marriage & Other Relationships: G Smith (single eve) p 9
May 22-June 12	Art of Self-Direction: L Lefer (4 Thurs afts) p 8
May 21	The Possibility of Extra-Sensory Relationships in Dreams: Telepathy, Clairvoyance & Precognition: S Krippner (single eve) p 9
May 24	Grounding: G Downing (1 day) p 14
May 24-26	Off the Beaten Track: A & K Wehbring (3 day) p 12
May 28	Primitive Dream Rituals & Consciousness: The Senoi of Malaysia: R Wills (single eve) p 9
May 30-June 1	The Human Image: S Keleman & M Friedman (3 day) p 14
May 31-June 1	Energy Awareness, Centering, Learning to Blend: L & G Leonard (weekend) p 12
May 31	Ways of Healing: D Sobel (1 day) p 7
May 31-June 1	Tennis Flow: D Spino (weekend) p 12

june

June 5	You Don't Have to Suffer to Feel Good: H Sloan (single eve) p 9
June 11	Using Dreams for Self-Discovery: Some Limitations & Advantages: G Tappan (single eve) p 9
June 14	Centering to Energy Awareness to Meditation: R Nadeau (1 day) p 7
June 15	The Social Body: I Grand (1 day) p 14
June 15	Reflexology: A Kaye (1 day) p 7
June 15-19	Rafting on the Rogue River: J Katz & D Van Nuys (5 day) p 12
June 21-22	New Techniques of Jogging & Conditioning: M Spino (weekend) p 12
June 21-22	Biofeedback & Meditation: K Pelletier (weekend) p 7
June 28-29	Movement/Dance: T Greenberg (weekend) p 14
June 28-29	Tennis Flow: D Spino (weekend) p 12
June 28-29	Dreams & "Awakening" Consciousness: S Rosenberg (weekend) p 7





the esalen calendar

programs in big sur

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March 30-Apr 4	Towards a More Sensitive Relating: C Selver & C Brooks (5 day) p 21
March 30-Apr 4	Gestalt Training Workshop: F Rubenfeld (5 day) p 21
March 30-Apr 4	A Workshop in Energy Responsibility: A Schwartz (5 day) p 21
March 30-Apr 4	Take a Second Look at Yourself: J Zuckerman (5 day) p 21
March 30-Apr 4	Gestalt Practice: R & C Price (5 day) p 21
Apr 4-6	How Do You Want to Be Alive in This World? A & J Fox (weekend) p 22
Apr 4-6	Women & Change: J Lederman & Esalen Women (weekend) p 22
Apr 4-6	Experiencing the Biocentric Approach: N Branden (weekend) p 22
Apr 4-6	Workshop in Energy Responsibility: A Schwartz (weekend) p 22
Apr 4-6	The New Communication—An Alternative to Powerlessness: J Zeigler (weekend) p 22

week of april 6-

Apr 6-11	Gestalt Improvisations: P Rebillot (5 day) p 22
Apr 6-11	Contact & Communication: J & B Silverman (5 day) p 22
Apr 6-11	Opening the Feelings: A Neo-Reichian Radix Workshop: C & E Kelley & L DeNuccio (5 day) p 22
Apr 6-11	Exploration & Integration: A & J Fox (5 day) p 22
Apr 6-11	Psychosynthesis: Nurthuring the Child Within: B Carter & M Haar (5 day) p 22
Apr 11-13	You Don't Have to Suffer to Feel Good: H Sloan (weekend) p 23
Apr 11-13	Basic T'ai Chi Massage: J Unell (weekend) p 23
Apr 11-13	The Art of Self-Direction: L Lefer (weekend) p 23
Apr 11-13	Centering: R Nadeau (weekend) p 23
Apr 11-13	Yoga for Modern Living: J Kramer (weekend) p 23

week of april 13-

Apr 13-18	Gestalt Practice: R & C Price (5 day) p 23
Apr 13-18	Leadership Training: W Schutz & V Blalock Schutz (5 day) p 23
Apr 13-18	A Tender Invitation: H Sloan (5 day) p 23
Apr 13-18	Movement as Therapy: A Workshop for Professionals: G Roth (5 day) p 23
Apr 13-18	Experiencing Esalen: Esalen Staff (5 day) p 23
Apr 18-20	Moving: G Roth (weekend) p 24
Apr 18-20	Arica Body Work: R Hall, I Love, M Smith (weekend) p 24
Apr 18-20	A Weekend Workshop in Self Awareness: D Schiffman (weekend) p 24
Apr 18-20	Self Realization Meditation: D Lees (weekend) p 24
Apr 18-20	Tuning In: J Zuckerman (weekend) p 24

week of april 20-

Apr 20-25	Massage Workshop: P Morrison & D Horan (5 day) p 25
Apr 20-25	Integration: The Recovery of Wholeness: N Lamper (5 day) p 25
Apr 20-25	Silva Mind Control: B Hutchins (5 day) p 25
Apr 20-25	Inspiration & the Power of the Body: New Tools for Psycho-Physical Development: D & M Spino (5 day) p 25
Apr 20-25	The Roots of Intuition: Integrating Transpersonal Energy with Personal Form: D Schiffman (5 day) p 25
Apr 25-27	p 26
Apr 25-27	Tao: The Watercourse Way; A Huang (weekend) p 26
Apr 25-27	Body/Mind: W Schutz (weekend) p 26
Apr 25-27	Letting Go: M & B Kriegel (weekend) p 26

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week of april 27 -

Apr 27-May 2	Tao: The Watercourse Way: A Huang (5 day) p 26
Apr 27-May 2	Paraps /chology, Consciousness & Creativity: S Krippner (5 day. p 26
Apr 27-May 2	People's Liberation: B & M Kriegel (5 day) p 26
Apr 27-May 2	Gestalt Practice; R & C Price (5 day) p 26
Apr 27-May 2	Deepening the Experience of the Self with Movement, Music, Meditation & Massage: B Clemans (5 day) p 26
May 2-4	Towards a More Sensitive Relating: C Selver & C Brooks (weekend) p 27
May 2-4	What's Available: G & J Brown (weekend) p 27
May 2-4	The Sitar & Body Tuning: A Khan (weekend) p 27
May 2-4	How to Drive People Sane: A Ginott (weekend) p 27

week of may 4-

May 4 June 13	The Human Experience: Culture & Consciousness: J & S Grof (6 weeks) p 27
May 4-9	Skills Workshop for Group Leaders: J Doyle (5 day) p 28
May 4-9	Towards a More Sensitive Relating: C Selver & C Brooks (5 day) p 28
May 4-9	Music & the Healing Arts: G Kelly, A Khan, C Lloyd, D Medow, M Ratcliffe & Zitro: (5 day) p 28
May 9-11	You Don't Have to Suffer to Feel Good: H Sloan (weekend) p 28
May 9-11	Art & Science as Modes of Understanding: M & J Argüelles & C Tart (weekend) p 28
May 9-11	Self Hypnosis, Selective Awareness & Movement: E & N Miller (weekend) p 28

week of may 11-

May 11-16	A Tender Invitation: H Sloan (5 day) p 28
May 11-16	Experiencing Esalen: Esalen Staff (5 day) p 28
May 11-16	Gestalt Practice: R & C Price (5 day) p 28
May 16-18	Massage Workshop: P Morrison & D Horan (weekend) p 28
May 16-18	Shamanism Workshop: M Harner (weekend) p 28
May 16-18	Steps to an Ecology of Mind: G Bateson (weekend) p 28

week of may 18-

May 18-23	Contact & Communication: J & B Silverman (5 day) p 29
May 18-23	Human Life Styling: A Workshop in Preventive Medicine: J McCamy & Esalen Staff (5 day) p 29
May 18-23	Renascence: M Butler (5 day) p 29
May 23-25	Archetypes of the Unconscious: J Campbell (weekend) p 29
May 23-25	Self Regulation: Reich's Expressive Language: P Levine & E Jackson (weekend) p 29

week of may 25-

May 25-30	Centering: R Nadeau (5 day) p 29
May 25-30	Gestalt Workshop/Esalen Gestalt Staff: Coordinated by Joan Fiore (5 day) p 29
May 30-June 1	Autogenic Training & Biofeedback: B & G Bödy (weekend) p 30
May 30-June 1	A Weekend with Will Schutz: p 30
May 30-June 1	Human Life Styling: A Workshop in Preventive Medicine: J McCamy & Esalen Staff (weekend) p 30

week of june 1-

June 1-6	Massage Intensive: Esalen Massage Crew (5 day) p 30
June 1-6	The Experience of Union: B & V Weaver (5 day) p 30
June 1-6	Silva Mind Control: B Hutchins (5 day) p 30
June 6-8	Working on Open Marriage: W & M Anderson (weekend) p 30
June 6-8	A Workshop on Death & Dying: B J Chick & C Garfield (weekend) p 30
June 6-8	Opening the Feelings: A Neo-Reichian Radix Workshop: E Warburton & J Bross (weekend) p 30

the esalen calendar

programs in big sur

week of june 8-

June 8-13	Energy: Transmutation & Synthesis: B Gunther (5 day) p 30
June 8-13	Bridging the Gap—A Workshop in Self-Observation Training: B & M Kriegel (5 day) p 30
June 8-13	A Tender Invitation: H Sloan (5 day) p 30
June 13-15	A Weekend for Tired Housewives: B Silverman (weekend) p 31
June 13-15	Don't Just Stand There: G & J Brown (weekend) p 31
June 13-15	Energy Centers: B Gunther (weekend) p 31
June 13-15	Psychosis & Individuation: J Perry & H Levene (weekend) p 31

week of june 15-

June 15-20	Experiencing Esalen: Esalen Staff (5 day) p 31
June 15-20	Exploration & Integration: A & J Fox (5 day) p 31
June 15-20	The Whole Thing: B Fuller (5 day) p 31
June 15-20	Renascence: M Butler (5 day) p 31
June 15-July 11	Theological Month: J & S Lanier (26 days) p 31
June 20-22	Intimacy & Independence—A Workshop for Couples: B & M Blood (weekend) p 31
June 20-22	The Whole Thing: B Fuller (weekend) p 31
June 20-22	A Confluent Approach to Learning & Living: G A Castillo & K R Van Camp (weekend) p 31
June 20-22	Communication: E & N Miller (weekend) p 31

week of june 22-

June 22-27	Massage Workshop: P Morrison & D Horan (5 day) p 32
June 22-27	Growth through Risk-Taking: D Schiffman (5 day) p 32
June 22-27	Gestalt & the Bible: R Price & J Lanier (5 day) p 32
June 22-27	Movement as Therapy: A Workshop for Professionals: G Roth (5 day) p 32
June 27-29	Growth through Risk-Taking: D Schiffman (weekend) p 32
June 27-29	Experiencing Esalen: Esalen Staff (weekend) p 32
June 27-29	Continuum—The Way of the Evolutionary Shaman: E Conrad & Continuum Staff (weekend) p 32
June 27-29	How Do You Want to Be Alive in This World?: A & J Fox (weekend) p 32

week of june 29

June 29-July 4	Advanced Gestalt: D Barenfeld (5 day) p 33
June 29-July 4	Finding Your Own Way: L Lefer (5 day) p 33
July 29-July 4	Continuum—The Way of the Evolutionary Shaman: E Conrad & Continuum Staff (5 day) p 33
June 29-July 4	Experiencing Esalen: Esalen Staff (5 day) p 33
July 4-6	Experiencing Body-mind Unity: A Huang (weekend) p 33
July 4-6	A Workshop for Gay People: S Smith (weekend) p 33
July 4-6	Finding Your Own Way: L Lefer (weekend) p 33
July 4-6	Yoga: A Method of Integration: Pratap & Tiwari (weekend) p 33

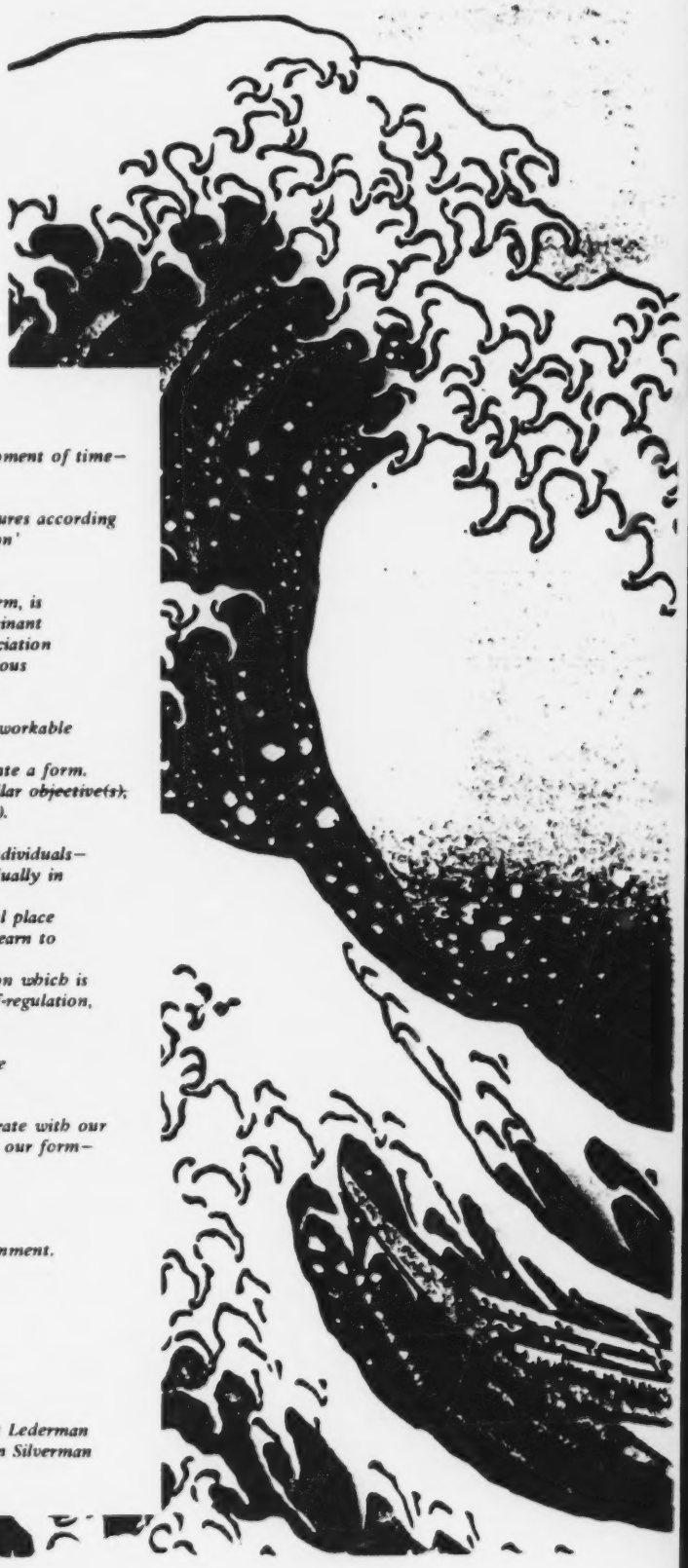
week of july 6-

July 6-11	A Tender Invitation: H Sloan (5 day) p 33
July 6-11	Changing: Inner & Outer Movement: B Clemans (5 day) p 33
July 6-11	Renascence: M Butler (5 day) p 33
July 6-11	Yoga: A Method of Integration: Pratap & Tiwari (5 day) p 33
July 11-13	Pathways to Sensuality: S Kars (weekend) p 34
July 11-13	You Don't Have to Suffer to Feel Good: H Sloan (weekend) p 34
July 11-13	Body Awareness & Massage: B Clemans (weekend) p 34
July 11-13	Tuning In: J Zuckerman (weekend) p 34

week of july 13-

July 13-18	Tools of Consciousness: W Anderson (5 day) p 34
July 13-18	Gestalt Improvisations: P Rebillot (5 day) p 34
July 13-18	Take a Second Look at Yourself: J Zuckerman (5 day) p 34
July 13-18	Contact & Communication: J & B Silverman (5 day) p 34
July 13-18	Gestalt Practice: R & C Price (5 day) p 34

PROGRAMS IN BIG SUR



A FORM OF ESALEN

A Form is 'right' when it re-presents—in a moment of time—a process of natural development.

Natural is that which structures and de-structures according to the dominant energies in the 'field of action' (however circumscribed).

'Right action' in the buddhist sense of the term, is knowing-and-doing in relationship to the dominant energies in the field. Right action is an appreciation of these energies. Right action is the harmonious formulation of these energies.

A form is more or less efficient, or viable or workable only in relation to a given objective.
State your objective and you begin to create a form.
When a number of individuals share a similar objective(s), their form is a basis for group action(s).

Here at Esalen the energies of a number of individuals—our staff/community—have been forming gradually in relation to two principal objectives:
Maintaining and enhancing a very beautiful place where people, who stay a while, may learn to care for them selves.
Evolving a form of community organization which is based on attitudes of co-operation, self-regulation, and self-responsibility.

Our work and our form of social structure are integrally related.

In the ways we regulate ourselves and co-operate with our environment and with each other we ex-press our form—Esalen/Big Sur.

We are what we do.

We move within a constantly changing environment.

A WORKING community
a living community
Those of us who are here
LIVE
in the back of the store.

WE LIVE EXPOSED

—Janet Lederman
—Julian Silverman

week of march 30 - april 4

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

In an increasingly alienated world, where mechanical ease often makes communication shallower, many of us are eager to find more meaningful contact both with ourselves and with others, and with our activities whatever they may be. We would like really to get in touch. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and discard the techniques and defenses we have come to rely on—when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

In this workshop, which will be devoted to practice rather than theory, a beginning will be made in exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents. $270

Take a Second Look at Yourself / Janet Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential, and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter and sensory awareness. Two video sessions will be included. $240 + $4 video fee

A Workshop in Energy Responsibility / Alan Schwartz

A natural and organic energy flow makes up the whole person. This week we will work toward progressive realization of how blocks to the free flow of emotion inhibit us from experiencing a mature sense of self. The dynamics will involve risk-taking on both the psychic and somatic levels, using energy and gestalt techniques to form the structure of energy responsibility. A central theme will be that "knowledge is a head-trip and wisdom emanates from the entire organism." A video session will enable us to focus visually on our movement. $270 + $2 video fee

Gestalt Training Workshop / Frank Rubenfeld

Hot-seat work, gestalt exercises and mini-raps will be part of this experiential-didactic workshop. Participants will also have the opportunity to work with each other under the direct supervision of Dr Rubenfeld. Limited to those in the helping professions. $270

Gestalt Practice / Richard & Christine Price

Perfect like Great Space
the Way has nothing lacking, nothing in excess.
Truly because of our accepting and rejecting
We have not the suchness of things.
-- Sengtsan (3rd Zen Patriarch)

"What is, is." -- Fritz Perls (1st Gestalt Patriarch)

Gestalt practice is a form evolving out of the work of Fritz Perls, relating that work to physical/spiritual ways, both ancient and modern. Participants are explicitly not "patients," but persons consenting actively to work in awareness. The group "leader" functions primarily to reflect, clarify and to flow with that which emerges in this process. The aim is personal unfoldment, growth, wholeness, rather than "adjustment," "accomplishment" or "cure." $270

Suggested reading: GESTALT THERAPY VERBATIM (Perls); TAO TE CHING (Lao Tzu); CUTTING THROUGH SPIRITUAL MATERIALISM (Chogyam Trungpa); THE POWER OF MINDFULNESS (Nyanaponika Thera).

For Biographical Information see pages 36–41

weekend of april 4-6

How Do You Want to Be Alive in This World?
Arthur & Janica Fox

Aliveness is thinking, sensing, feeling and acting. Come and take a look at yourself, learn techniques to increase your awareness, free up more of your feelings and energy and learn what part your body plays in regulating these things. Learn to listen to and trust your body, your organism as your best source of knowledge, guidance and inner strength; then learn ways to act on this knowledge, to move from this centered, intuitive place, to make it a living, working part of the process that can help you to be the person you want to be. As leaders we will utilize our own intuitions, and various techniques, including bioenergetics, sensory awareness, gestalt, encounter, fantasy and goal-fulfilling strategies. $110

Experiencing the Biocentric Approach with Nathaniel Branden

This is a personal growth, experiential seminar, devoted to the themes of self-awareness, self-acceptance, self-responsibility and self-assertiveness. This work rests on the premise that self-esteem is a person's primary psychological need, that a deficiency of self-esteem underlies all psychological problems and that the essence of effective therapy consists of aiding the individual to develop or enhance self-esteem. In this workshop, I invite participants to explore some of the techniques and procedures I have found helpful in building self-esteem. $110

Workshop in Energy Responsibility / Alan Schwartz

For description see March 30 - April 4 above. $110

The New Communication—An Alternative To Powerlessness / John Zeigler

"I've had the peak experience. Now what?" The New Communication, an integrative problem-solving process, attempts to answer this through helping you develop more effective interpersonal communication techniques. We will also demonstrate how these methods can be applied on an ongoing basis toward gaining more personal freedom in an institutionalized and oppressive society. We will dramatize how we avoid taking communication risks and how we block open communication. Our aim during this experiential weekend will be to achieve a warm and close group environment through the interchange of thoughts, fantasies, ideas, feelings and energy. The leader will draw upon his own experience and intuition as well as major contributions from fantasy and self-communication, gestalt, sensory awareness, psychosynthesis, bioenergetics and psychodrama. $100

Women and Change
Janet Lederman & the Esalen Women

Exploring superficial roles; what we imagine to be "natural" and our relationship to one another. $110

week of april 6-11

Gestalt Improvisations
Paul Rebillot
Gestalt Improvisations / Paul Rebillot

Sing the glory of your life to the world,
Dance the story of your life to the world.
Tell the tale of living flesh to the world,
'Til the pain that you feel goes away.
—Don Currie

Combining improvisation and dance with gestalt and bioenergetic methods of liberating breath, movement and sound, we will explore possibilities of reclaiming disowned energy through creative self-expression. In a session with video tape, we will have the experience of being our own audience. $270 + $2 video fee

Contact & Communication
Julian & Beverly Silverman

$270

Opening the Feelings: A Neo-Reichian Radix Workshop
Charles & Erica Kelley & Laura DeNuccio

A direct body approach to deep emotional release, rooted in the work of Wilhelm Reich and his students. Powerful non-verbal techniques open deep involuntary expressions of pain, fear, rage and grief that have been locked in since childhood. As participants work through these, they can discover a new capacity for pleasure, for trust, love and joy. $300

Exploration & Integration / Arthur & Janica Fox

Come and use a combination of the richness of encounter, gestalt, sensory awareness and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these to explore more of you, your potential, your awareness and your capacity for openness. We will also explore ways of retaining and integrating this richness so that you have access to it not just at Esalen, but also when you return home. $270

Psychosynthesis: Nurturing the Child Within
Betsie Carter & Matthew Haar

This workshop will focus on the psychosynthesis technique of "bear therapy," an approach of self-acceptance and self-nurturing. Many of us have learned how to open ourselves emotionally and contact other people at a deep and satisfactory level. But when we need to nourish and affirm ourselves, we usually swing between being rigid and critical to being collapsed or dependent upon another person or a group. Bear therapy presents an alternative to these extremes within each of us, as we learn to center and to nourish ourselves from center. $270

weekend of april 11-13

You Don't Have to Suffer to Feel Good
Harry Sloan

Frequently people come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. Though real experience will not be avoided, this workshop will tap into the absurdity of conflicts and problems, offering the participants an opportunity to develop perspective and laugh at the seemingly tragic fates they have chosen. $110

Basic T'ai Chi Massage / Judy Unell

Bringing two ancient arts together, I have developed an innovative, caring, massage method combining pressure points, muscle and sensory strokes with T'ai Chi movement (which transmits a special rhythm and energy flow, relaxing but energizing the giver as well as the receiver). Whether a beginner or a professional, this method can give you a basic understanding of the easy uses of body weight and elimination of strain through rhythmic movement. $100

The Art of Self-direction / Lenore Lefer

In this workshop we will explore and examine the nature of self-direction and the ways in which we can increase it in our lives. The degree to which we can discover, direct and regulate our energies affects how productive, creative and joyful we will be. In an atmosphere that is supportive and nourishing we will use gestalt awareness, encounter, massage, and psychosynthesis techniques to learn and enhance the art of self-direction. $110

Centering / Robert Nadeau

Being centered is working in harmony with yourself. It is applicable in everything—movement, sports, working, teaching, meditation—all aspects of living. We'll learn to recognize and function from center in the midst of daily activities and pressures. $110

Yoga for Modern Living / Joel Kramer

A workshop on the physical, psychological and spiritual aspects of yoga geared to make yoga meaningful as a tool for the adventure of self-exploration in day to day living.

The approach here is to teach you to be in touch with yourself as a living process and to tune into the energy systems of your mind and body so that you rapidly become your own teacher.

The workshop combines Hatha Yoga (the physical) and Jnana Yoga (the mental-psychological) in an approach that involves exploring the "edge" or frontiers of the Self both mentally and physically.

Friday night - introductory lecture-demonstration
Saturday - two sessions of Hatha Yoga, three sessions Jnana Yoga
Sunday - two sessions Hatha Yoga, one session Jnana Yoga
$110

For Biographical Information see pages 36—41

week of april 13-18

Gestalt Practice / Richard & Christine Price

See description for March 30 - April 4, above. $270

Leadership Training
Will Schutz & Valerie Blalock Schutz

For experienced group leaders. Each will get a chance to lead under supervision and to explore self in relation to leading. There will be demonstrations of several techniques and discussions of theory. Limited to 12. $300

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience—love, anger, joy, sadness and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." $270

Movement as Therapy: A Workshop for Professionals
Gabrielle Roth

This workshop is specifically designed for persons who serve as guides in the helping professions. Our purpose will be to explore movement as a tool to be integrated into your practice and adapted to your professional needs. We will experience movement exercises to increase awareness of self—of self in relation to another—of self in relation to the group.

Please send a letter communicating briefly about yourself and your professional involvement so that your personal needs may be considered. $270 + $2 video fee

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see p 24. $240

ongoing residential program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at tuition prices. Some programs are cancelled, so second choices are advised. Some special staff programs will also be open to residents. Cost: $960 per 26-day period.

For Biographical Information see pages 36—41

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weekend of april 18-20

Moving / Gabrielle Roth

"Consciousness is, among other things, a spontaneous exercise in creativity." —Seth

Accepting self is letting go of judgment.
Letting go of judgment is allowing
space for experience.
Allowing space for experience is being...
the ability to move in-the-flow,
conscious
creative
spontaneous.
$110 + $2 video fee

Arica Body Work
Roland Hall, Irene Love & Melanie Smith

An experimental weekend exploring methods for realizing a body that is energized, flexible and free of tension. The weekend will include dance, psychocalisthenics, kath generation, walking japa, massage, eurythmics, bio-relaxation, color as a vehicle to touch and energize organs and parts of our bodies. $110 + $2 video fee

A Weekend Workshop in Self Awareness
David Schiffman

This workshop is based on the awareness that personal growth is often blocked because we don't see ourselves clearly, as others see us, or act as we really feel. The objective of this seminar is to create a supportive atmosphere wherein the participant can experience her/himself at a deeper, more meaningful level than daily life provides. Techniques of gestalt, meditation and encounter will be used. $110

Self-Realization Meditation / David Milton Lees

Each of us has a calm, centered self that experiences life directly and is in harmony with what is. We often lose this direct experience of life when we become caught up in our thoughts. We come to believe that the stories we tell ourselves are the only true reality. Self-Realization Meditation, which will be taught in this workshop, is a simple practice that can be used in everyday life to deepen our contact with the self that directly experiences life as it is. $110

Tuning In / Janet Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our stock of tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and thinking. Once we are aware of our tapes, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness and other techniques to tune in to ourselves and each other. $100

experiencing esalen

Experiencing Esalen Staff

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theater games, psychosynthesis, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

SCHEDULE:

April 13-18	$240
April 25-27	$100
May 11-16	$240
June 15-20	$260
June 27-29	$110
June 29-July 4	$260

student weekend groups

To enable a wider range of young people to attend Esalen, we are offering a weekend "sleeping bag" rate to groups of students during the September to May period. These weekends are designed to allow the students the experience of a variety of Esalen activities such as gestalt, encounter, psychosynthesis, movement, massage, meditation . . .

The rate is $55 per student with a minimum of 10 students required. This includes meals from Friday dinner through Sunday lunch. Please write for information and available dates to: Janet Zuckerman, Student Groups, Esalen, Big Sur, CA 93920.

week of april 20-25

For Biographical Information see pages 36—41

Massage Workshop / Peggy Morrison & Dick Horan

Limited to 16. $270 per person.

Integration: The Recovery of Wholeness
Neil Lamper

"Gestalt is a way of life more than a form of therapy. Participants in this workshop can expect to experience their here-and-now and discuss their what-and-how. I am interested in people learning how to use their what—at work, play, in families, couples and as singles. At times our entire group will be active and at times one person will wrestle with the impasse. I cannot force, will not coerce and have no neat package of salvation. People maintain their own momentum, work in their own way. I will share my eyes and ears. I invite people to this workshop who want to experience Esalen and themselves anew and expect to express this in their broader lives." $270

Silva Mind Control / Bob Hutchins

Through the ages man has sought the keys to bringing awareness under conscious direction. He has sought ways of developing a relaxed and balanced center from which to process information in his environment ("problem solving"). Silva Mind Control pursues these directions in a concentrated training system which draws upon the wisdom of the past and the findings of modern scientific inquiry.

Along the research path, Jose Silva and others have discovered and explored mental states in which an individual can move toward tranquility, anxiety-free natural health and many other positive mental-physical manifestations of improved life functioning. They have discovered that the mental states in which these achievements can occur are the same states or levels in which an individual can experience his innate ability to perceive information using other than the five biological senses (ESP). In Mind Control method, ESP receives our direct attention and we undertake the awakening and development of this faculty of human intelligence which many feel is a doorway to the next phase of human evolution.

During a concentrated five days, we'll experience and learn more of "what's possible" with mind/awareness training. $270

Inspiration & the Power of the Body: New Tools for Psycho-Physical Development
Dyveke & Mike Spino

The inevitable dilemma of mind/body involvement is to develop techniques for both excellence and fun. This workshop offers keys to enhance enjoyment and performance by presenting some revolutionary training tools for sports and games. Beginning with over-all body conditioning and focusing on tennis and running, we will integrate the work of athletic masters such as Mihaly Igloi and Percy Wells Cerutty with the spiritual aspect of sport being developed at Esalen. This experience brings you to the peak of mind/body integration, matching literature, books, manuscripts and poems with a psycho-physical program, allowing each person to construct a personally satisfying training ritual. This week can change your entire notion of physical exercise. $270

student work-scholarship program

A special residence program at Esalen/Big Sur is available for those unable to afford the ongoing residential program. Room and board is $300 per four week period, based on shared accomodation of 3 students to a room at our South Coast Living Center. Participants are given a reduced fee for workshops offered in the catalog during their stay. In exchange for the special rate participants pay in this program, 16 hours of work per week is required. Members of the Esalen staff are available to help integrate student residents' activities with ongoing Esalen programs and to provide general direction and consultation. There are also opportunities for interested participants to work in gestalt, encounter, etc., with one another and with staff. The program is 28 days beginning on a Sunday. Acceptance into the program is contingent upon approval of a scholarship application. No person is admitted for longer than 28 days at a time. To apply, write: Esalen Student Work Scholarship Program, Esalen Institute, Big Sur, CA 93920.

‡ 3 *Bellis minor prolifera.*
Childing Daiſie.

The Roots of Intuition: Integrating Transpersonal Energy with Personal Form / David Schiffman

The central theme and focus of the traditional esoteric-mystic disciplines of the East has been access to states of consciousness that go beyond everyday form and content into the realms of pure energy and formlessness. In the rational-material tradition of the West, the focus of the behavioral sciences has been the systematic examination of form (linguistically, behaviorally, biologically) and its evolution and function. The work of Assagioli, Gurdjieff and Jung has established clearly the interdependence of these points of view—the inseparable connection between the transpersonal source of our energy and the forms we choose to manifest it.

This workshop will focus on the nature of personal process and the forms that emerge with the deliberate focussing and fine tuning of awareness on the energetic substructure we all embody. The emphasis will be on the achievement of a harmonious balance energetically between the mental, physical, emotional and transcendent realms of experience.

Some of the themes that will be touched on include: "The creative use of passion and struggle"..."Transmutation of sexually embodied roles"... "The witnessing of pain without becoming it"..."The healing aspects of humor"... "Archetypal imagery as a source of personal nourishment"... "Enlisting cosmic support for worldly risks"... $270 + $2 video fee

For Biographical Information see pages 36—41

weekend of april 25-27

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see p 24. $100

Tao: The Watercourse Way / Al Chung-liang Huang

For description see April 27, below. $110

Body/Mind / Will Schutz

The workshop will integrate the Feldenkrais exercises with fantasy and encounter. Everyone will be given an opportunity to experience several exercises followed by a fantasy, then in an encounter group to deal with the material generated. The aim is for a more complete integration of each person's organism. $110

Letting Go / Marilyn & Bob Kriegel

In this workshop we will practice being weightless, letting go of old burdens, troubles, and woes that tend to bog us down. A focus on joy and creative living will be our guide to "letting go." Encounter, gestalt, and psychosynthesis will be used in addition to massage, meditation, play and an appreciation of the Big Sur Country. $110

south coast center

The living center is slowly evolving into a participatory environment

vital
changing
designing, re-designing inner and outer space with residents responsible for their own evolution.

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (room, balcony and bath) are available for $350 per month. Meals may be purchased at Esalen either singly or by the month. A monthly meal ticket is $200. Many South Coast residents have set up their own light-cooking facilities, taking occasional meals at Esalen. Laundryroom privileges for a nominal monthly charge. Heated pool and sauna. South Coast studios may be reserved through the Esalen/Big Sur office.

week of april 27 - may 2

Tao: The Watercourse Way / Al Chung-liang Huang

T'ai Chi Studies of Tao Te Ching, Chuang Tzu, Han Shan (Cold Mountain Poems), Chinese calligraphy-painting as meditation, Tao, Here and Now.

Begin from center, not from the fringe. Learn to understand the principles before the one-two-three drill. Learn to move like the wind and the water, to be joyous, healthy and alive. Learn to be rid of burdensome anticipations and expectations. Learn to be a true beginner, and from yourself. Learn to unlearn. $270

Recommended Readings: EMBRACE TIGER by Al Huang; TAO: THE WATERCOURSE WAY by Alan Watts; TAO TE CHING, CHUANG TZU translated by Feng-English; COLD MOUNTAIN POEMS translated by G. Snyder.

People's Liberation / Bob & Marilyn Kriegel

In this workshop we will explore who we are beyond the traditional roles, expectations and assumptions that we have accumulated and learned to experience as ourselves. We will then find ways of integrating this new sense of self with our personal and professional lives.

Gestalt, psychosynthesis, encounter, guided daydreams and meditation will be used as well as massage, play, drawing and centering techniques. $270

Gestalt Practice / Richard & Christine Price

For workshop description see April 13 - 18. $270

Parapsychology, Consciousness & Creativity Stanley Krippner with Larry Scharf

This experiential seminar will attempt to develop each person's creative ability through the utilization of paranormal abilities that manifest themselves during altered states of consciousness. Dream recall will be utilized, as will guided imagery, massage, group hypnosis, sensory bombardment, body movement, and fantasy. In these states of consciousness, participants will be trained to gain access to the personal and universal symbols, archetypes, and thematic concepts which encourage creative development. In addition, the basic approaches to psychic healing will be discussed and experienced. Kirlian photography, a technique which demonstrates how altered consciousness also changes the bodily energies, will be discussed. Workshop participants will be given the opportunity to participate in telepathy, clairvoyance, and precognition experiments during several different states of consciousness. $270

Suggested reading: DREAM TELEPATHY, Ullman, Krippner & Vaughan; THE KIRLIAN AURA, ed. Krippner & Rubin; THE SECRET LIFE OF PLANTS, Tompkins & Bird; WE ARE ALL HEALERS, Hammond; PASSAGES, A GUIDE FOR PILGRIMS OF THE MIND, Anderson & Savary.

Deepening the Experience of the Self with Movement, Music, Meditation & Massage Barbara Clemans

You are already more beautiful, more loving, more gentle and more perfect than you think you are. Establish your connection with this self, using: music to relax and sensitize the body, allowing the unconscious to emerge; Feldenkrais directed awareness movement to alter uncomfortable fixed patterns; creative movement to establish individual uniqueness; meditation to quiet inner voices and massage to establish group contact and support. $270

For Biographical Information see pages 36—41

May 4-June 13

The Human Experience; Culture & Consciousness

Coordinated by Joan Halifax-Grof & Stanislav Grof

A six week, interdisciplinary institute for professionals and graduate students in the fields of anthropology, medicine, behavioral sciences, psychotherapy, religion, and philosophy. Under the direction of Joan Halifax-Grof and Stanislav Grof, Esalen Institute is gathering over twenty-five faculty members at Big Sur to offer over 200 curriculum hours of didactic, experiential sessions exploring the relationship between human culture and consciousness. The material presented during this institute will be divided into three major thematic groups.

Track 1: Psychedelic Anthropology, Ethnobotany, Mythology
This track will be introduced by an historical overview and cross-cultural survey of the use of psychedelic substances. Hallucinogenic plants will be discussed from the point of view of their botanical characteristics, geographical distribution, indigenous technologies associated with them and the chemical structure and pharmacological properties of their psychoactive alkaloids. Anthropologists and psychiatrists who have done extensive field work in cultures using psychedelic drugs will discuss their experiences and findings. Healers of such cultures will share their knowledge of the mythologies, rituals and specific procedures associated with religious use of psychedelic plants by their peoples.

Track 2: Experimental Psychiatry and Psychology: Study of Altered States of Consciousness
This track will focus on clinical and laboratory research of altered states of consciousness produced by psychedelic substances and by various non-drug techniques. Individual units will cover: effects of psychedelic drugs on the human body and mind; psychophysiological comparison of the LSD-induced state and schizophrenia; use of psychedelic drugs in psychotherapy, including work with dying individuals; new maps of the human unconscious emerging from LSD research; Jungian perspectives on the use of the visionary experience; metaphysical implications of psychedelic experience; application of this knowledge to the areas of drug abuse, crisis intervention and various forms of psychotherapy.

Track 3: Self Exploration and Group Process
This track will study the relationship between self-awareness and group dynamics. The spectrum of exploratory approaches will range from experiential techniques of individual self-exploration and group practice to shamanic practices, mandala work, use of music and movement meditation. Leaders who have pioneered in these approaches will provide theoretical background and conduct experiential sessions with participants.

Format: To explore the richness and complexity of human consciousness and culture, the format of the institute will combine experiential sessions, experimental laboratory techniques, music, didactic seminars, selected film material, and visual art. Non-drug technology for inducing altered states of consciousness (sensory isolation tank, lotus cradle, photic driver, biofeedback) will be available for supervised use by participants.

Registration Information: This program is limited to 28 participants selected from the applicants. The fee is $1500 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute. If you wish to enroll in this program, please send a letter containing biographical information and a recent photograph to Joan Halifax-Grof, Esalen Institute, Big Sur, CA 93920.

Faculty:

José Argüelles, PhD
Miriam Argüelles
Timothy Asch
Gregory Bateson
Joseph Campbell
Don Caterino
Marlene Dobkin De Rios, PhD
Al Drucker
Stanislav Grof, MD
Joan Halifax-Grof, PhD
Michael Harner, PhD
Jean Houston, PhD
Al Chung-liang Huang
Barbara Myerhoff
Claudio Naranjo, MD
Kenneth Pelletier, PhD
John Weir Perry, MD
Prem Das
Christine Stewart Price
Richard Price
Alexander Shulgin, PhD
Beverly Silverman
Julian Silverman, PhD
Charles Tart, PhD
Rolling Thunder
Gordon Wasson
Yando

weekend of may 2-4

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

See March 30 - April 4 above. $120

What's Available / George & Judith Brown

An experiential weekend workshop to help participants get more in touch with what's *inside* (the self, personal and transpersonal) and *outside* (one's living and working environment, including others). Focus will be on individual growth in a group setting. Suitable for couples as well. $110

The Sitar & Body Tuning / Alim Khan

Experientially and with informal discussion, using methods of meditation, Hatha and Raja Yoga, we will explore the spiritual aspects of sound and find ways to appreciate Indian music. A sitar concert will be scheduled for one of the sessions and one session will be devoted to massage. $100

How to Drive People Sane / Alice Ginott

I am a psychotherapist. In my world there are realities that remain constant: to decrease misery and increase joy. How? Through intentionally acquired communication skills. This workshop, which is didactic and experiential, can change your life when you learn the language of caring; a skill that will help you diminish dissension, rage, frustration and hurt with those you love. $110

For Biographical Information see pages 36—41

week of may 4-9

Skills Workshop for Group Leaders
Jacqueline Larcombe Doyle

The focus of this workshop will be on providing an intensive group experience, introducing group techniques and enhancing the transfer of these skills for persons already leading groups in various settings. Techniques will be drawn from psychodrama, encounter, gestalt, bioenergetics, psychomotor and fantasy. $270

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

See March 30 - April 4 above. $270

Music & the Healing Arts
Georgia Kelly, Alim Khan, Charles Lloyd, Deborah Medow, Myrtle Ratcliffe & Zitro

The vibrational patterns of sound can have a healing effect on the body similar to massage, yoga and meditation. During the week, a group of musicians and teachers of massage and yoga will meet with the participants to present their individual methods of self awareness, consciousness expansion, physical exercise, diet and other body-tuning exercises, so that music can be experienced as a way of realizing health.

The conference of dissimilar musicians whose common bond is an interest in applying their art to healing will include: Georgia Kelly, classical harpist; Alim Khan, Indian sitarist; Charles Lloyd, contemporary jazz musician, primarily flute and saxaphone; Zitro, percussionist and composer. Deborah Medow and Myrtle Ratcliffe will teach yoga and various massage methods. $270

weekend of may 9-11

Self Hypnosis, Selective Awareness & Movement
Emmett & Nitza Miller

Movement requires the use of muscular activity in varying degrees of intensity. So too, thought processes and interpersonal communication proceed through stages of higher and lower energy. Most of our personal and social difficulties (symptoms, unwanted emotions, maladaptive habit patterns) can be eased when we learn to react in accordance with and in response to our internal and external environment.

In this workshop we will learn and apply the principles of self hypnosis and Selective Awareness, as well as those of dance and movement therapy, to expand our self awareness and the ability to adjust our minds and bodies to changing experiences. $110

You Don't Have to Suffer to Feel Good
Harry Sloan

See description for April 11 - 13, above. $110

Art & Science as Modes of Understanding
Miriam & Jose Arguelles & Charles Tart

In seeking to understand and communicate knowledge of our personal world and the greater world around us, we have developed two basic approaches: art and science. This workshop will be a discussion and exploration of these two distinct but complementary modes of our pursuit of knowledge. $110

week of may 11-16

A Tender Invitation / Harry Sloan

See description for April 13 - 18, above. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see p 24. $240

Gestalt Practice / Richard & Christine Price

For workshop description see March 30 - April 4. $270

weekend of may 16-18

Massage Workshop / Peggy Morrison & Dick Horan

Limited to 16. $110 per person

Shamanism Workshop / Michael Harner

The writings of Carlos Castaneda will be the point of departure for an intensive exploration of ancient shamanic knowledge. Participants will be taught the basic techniques of shamanic power used by North and South American Indian shamans as reinterpreted by the workshop leader for application within our own lives. The accumulation and utilization of shamanic power will be related to such subjects as altered consciousness, sexual energy and body awareness. Exercises will be conducted in the methods used by shamans to affect natural phenomena and to cure illness in primitive cultures. $110

Steps to an Ecology of Mind / Gregory Bateson

In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to a new way of looking at the living world, including in this everything from biology to poetry and politics. The workshop will explore these ways of perceiving and thinking. $110

For Biographical Information see pages 36—41

week of may 18-23

Contact & Communication / Julian & Beverly Silverman
$270

Human Life Styling: A Workshop in Preventive Medicine John McCamy & Esalen Staff

A workshop to improve your health. John McCamy, a physician in the field of preventive medicine, works in the four areas of: nutrition (detoxification), exercise / movement, stress reduction and ecological awareness.

Participants are asked to bring a record of their last weeks's diet and physical exercise: what was eaten (meals and snacks) and how much exercise was taken (work, play, stairs, carrying, etc.) Workshop sessions will include: lecture and discussion, daily aerobic and movement exercises, stress-reduction techniques similar to meditation and alpha-state induction, meal-time awareness exercises. There will also be sessions in alternative health techniques such as structural integration (rolfing), acupuncture, Feldenkrais movement and various meditation practices.

People in the helping professions—psychologists, teachers, nurses, doctors, ministers—can acquire a basic and simple illness-prevention approach which can be passed on to those seeking improved health and wellbeing. People attending this workshop will be offered the opportunity to meet in August to form the core teaching group of Human Life Stylers. $270

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. The emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. $270

media center

The Esalen Media Center has video recording services available for individuals interested in working privately, or in twos and threes. If you wish to explore every aspect of your visual self—how you use your body, how your self-image compares with your real image—the video camera offers you instant feedback.

Studio and operator: $25 per hour, including playback time. If you wish to purchase the videotape, there is an additional charge.

(Leaders wishing to retain the use of video for groups must arrange this with the program coordinator at the time the group is scheduled.)

weekend of may 23-25

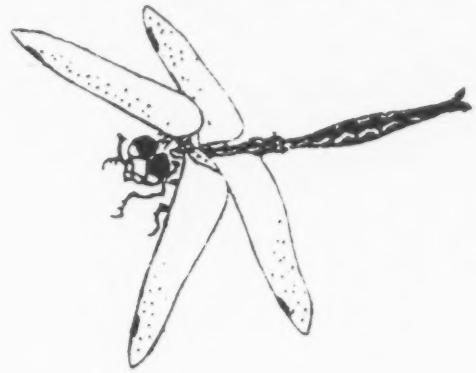
Archetypes of the Unconscious / Joseph Campbell

A review, illustrated by slides, of Jung's theory of psychological archetypes and the relation of these to the symbolism of mandala. Time permitting, the symbolism of the Marseilles Tarot pack will also be considered, with discussions (if desired) of whatever personal experiences, in dream or in life, may seem relevant to the topics of the session. $110

Self Regulation: Reich's Expressive Language Peter Levine & Ed Jackson

Our capacity to adapt in the world is rooted in biological processes. These processes regulate the flow of a full range of human expression. To the degree that this flow is unobstructed and balanced, we feel, and are, at home in the world.

This seminar will focus on releasing resistance to that flow by individual work centered around the breathing process. While the work can be rather intense, it is not directed toward explosive discharge or group encounter, but toward a fundamental and gradual expansion of capacity and shift in perspective (as much toward containment as release.) Sessions will be didactic as well as experiential and some knowledge of anatomy and physiology will be helpful. Limited to 14. $110



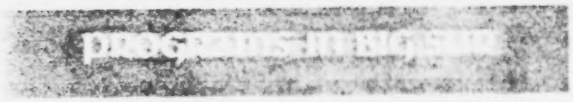
week of may 25-30

Centering / Robert Nadeau

For workshop description see April 11 - 13 above. $270

Gestalt Workshop / Esalen Gestalt Staff Coordinated by Joan Fiore

The Esalen Gestalt Staff is made up of skilled gestalt practitioners, each of whom works in his or her own individual style. While their common foundation lies in the teachings of Fritz Perls, much of their work has evolved to incorporate other disciplines as well. The workshop will explore some of the following aspects of gestalt practice: awareness exercises, gestalt Tarot, individual dream work, language awareness, gestalt improvisations, contact-withdrawal awareness. This workshop is suitable both for beginners and for those with previous experience in gestalt awareness practice. $240



For Biographical Information see pages 36–41

weekend of may 30 - june 1

A Weekend With Will Schutz

$120

Autogenic Training & Biofeedback
Bart Bödy & Gita Elguin-Bödy

With Autogenic Training, a person learns to relax at will, to stay calm yet alert and able to act in the face of physical or mental stress. Over a period of time it leads to a considerable degree of control over the autonomic nervous system: the ability to deeply relax and to induce warmth in any specific body part, to regulate breathing and heart action, etc. Behavioral changes can be effected, such as the ability to go to sleep or wake up at will (at pre-set times), to stop smoking or stuttering, etc. The underlying principle is that the healing or change is self-generated – autogenic. It is self-directed, self-willed, allowing expression to the inner wisdom of the organism.

This will be an experimental introduction, combined with other techniques of self-exploration, such as guided daydreams and biofeedback. $120

Human Life Styling: A Workshop in Preventive Medicine
John McCamy & Esalen Staff

For workshop description see May 18-23 above. $120

week of june 1-6

Massage Intensive / The Esalen Massage Crew

The Esalen massage crew, with its unique variety of approaches and styles, will teach basic techniques for giving and receiving massage, both for immediate relaxation of tension and as a way of caring. Emphasis here is on deepening the quality of touch-communication and heightening awareness of the energy flow between the body in motion and the body at rest.

The group will meet daily at the mineral baths. Limited to 16. $260

Silva Mind Control / Bob Hutchins

For workshop description see April 20-25 above. $290

The Experience of Union / Ben & Victoria Weaver

This couples' workshop will focus on union—spiritual and physical—as a deep, internal, archetypal truth which each of us can experience. Many spiritual traditions ignore or seem embarrassed by our sexual energies. This workshop will follow the tantric approach of dealing directly with sexual energy, of finding, at the very core of the mystery of union, the creator and source of all.

The experiential sessions may explore such topics as: sex and spirituality...sensual massage...intimacy—the safest place to be... sensate focusing—deepening your turn on...the fine art of hanging out together.

Note: This workshop is not intended as first aid to ailing relationships. Rather, we hope to provide space and time for growing and for deepening intimacy. $290 per person

weekend of june 6-8

Working on Open Marriage / Walt & Maurica Anderson

Marriage is whatever you make it, and can be a great resource for personal growth. In the workshop we will share experiences, work on individual problems, and consider some humanistic guidelines for changing relationships to meet the needs of changing people. Attendance by both partners is recommended but not required. $120 per person.

A Workshop on Death & Dying
B.J. Chick & Charlie Garfield

Every human being moves through life with a mortal body as a vehicle for the immortal spirit. The person who is aware that his days are numbered has the increased advantage and motivation to move his greatest awareness into the realm of the spiritual body.

This workshop is designed for persons who either have a terminal illness, an intimate involvement with the dying process, or who experience themselves as death-sensitive.

We will spend time sharing feelings about attachments to physical existence, consciously learning how to relax, to allow our bodies to rest, and experientially to explore the possibilities and peace that come with living primarily in the spiritual body. $120

Opening the Feelings: A Neo-Reichian Radix Workshop
Elaine Warburton & Joel Bross

For workshop description see April 6-11 above. $120

week of june 8-13

Energy: Transmutation & Synthesis / Bernard Gunther

We are all almost unlimited sources of joyous energy. We squander these resources. Blocked by fear, habit and limitation we dam ourselves with destructive expression: various forms of mental/physical illness. In this workshop we will learn to release, redirect and reintegrate behavior patterns through focusing on energy centers. The week will be a synthesis of gestalt, yoga, body awareness, psychosynthesis, hypnosis and movement, with special emphasis on meditation and self-healing. $290

Bridging the Gap— A Workshop in Self-Observation Training
Bob & Marilyn Kriegel

Many of us have developed reliable patterns for experiencing situations in our lives whether they are at home, work or in a group. Often these patterns, although once useful, are now outdated and actually detrimental to leading fulfilling lives.

The purpose of this workshop is to develop the calm centered place within ourselves from which we can observe our actions and expand the number of choices that we have available in any given situation, thus allowing for the possibility of change and growth. Themes that are applicable to our everyday lives will be used in conjunction with encounter, gestalt and psychosynthesis techniques as well as massage, play and creative exercises. $290

A Tender Invitation / Harry Sloan

For workshop description see April 13-18 above. $290

For Biographical Information see pages 36—41

weekend of June 13-15

A Weekend for Tired Housewives
Beverly Silverman

Many times when we feel tired it is not because our bodies are tired but because we are suppressing our energy. This weekend we will explore ways of contacting this energy and using it constructively. $120

Don't Just Stand There / George & Judith Brown

A workshop focusing on the gestalt "goal" of learning to stand on your own two feet; in addition, what then to do as you become more able to support yourself. How to make choices, enjoy ambiguity, and synthesize polarities are some of the processes to be explored. Non-toxic gestalt, psychosynthesis, and other appropriate approaches will be used. $120

Energy Centers / Bernard Gunther

Behind the spine there is a key, seven centers of electromagnetic energy. These chakras (energy wheels) are related to the endocrine glands, the master regulatory system of the organism. When these centers are cleansed, harmonized and fully functioning, integration and balance on all levels of consciousness begins to take place. A weekend of "chakra therapy" consisting of meditation, breathing, relaxation, visualization, color and sound. $120

Psychosis & Individuation / John Perry & Howard I Levene

In this workshop we will define the relationship of madness to the Jungian concept of Individuation. Experientially, we will structure an environment in which we will attempt to connect with our own madness, and integrate our discoveries and experiences of this madness with our own personal journeys towards self-awareness. This workshop is limited to 15 people. $120

week of June 15-20

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see p 24. $260

Exploration & Integration / Arthur & Janica Fox

For workshop description see April 6-11 above. $290

The Whole Thing / Betty Fuller

This is an intensive body/mind workshop featuring daily lessons in Moshedo -- the effortless "exercise" method of Moshe Feldenkrais -- and training in massage designed to instill awareness of the function of gravity in perfecting posture, creating a positive mental attitude and enhancing the quality of life and relationships. $290

Renascence / Michael Butler

For description see May 18-23 above. $290

June 15 - July 11
Theological Month
Coordinated by Jean & Sidney Lanier

This month-long workshop is designed as an introduction to the experiential processes of gestalt, encounter, bioenergetics, etc, for the purpose of exploring their implications for renewing certain basic insights of our Judaic-Christian tradition. Participation is open to theologians, ministers, rabbis, seminarians and those in related fields, on written application. Please state something of your background and personal reasons for wishing to attend such a program. Some workshop scholarships are available according to need. Contact: Theological Month, Esalen Institute, Big Sur, California 93920. Limited to 14. $960

weekend of June 20-22

Intimacy and Independence -- A Workshop for Couples
Bob & Margaret Blood

The focus of the workshop will be on interaction between the partners, facilitated by the support of the group. Each couple will choose those aspects of their relationship on which they wish to work.

Much of the weekend will be devoted to the development of communication skills to enable us to work through problems in our relationships -- skills in self-expression, listening, negotiating, achieving consensus, etc. Non-verbal activities will include "sculpturing" the relationship, moving together expressively, and massage. Through these activities, each couple may acquire a deeper understanding of their relationship and of new potentials for enriching it. The workshop will be limited to eight couple . $120 per person.

The Whole Thing / Betty Fuller

For workshop description see June 15-20 above. $120

A Confluent Approach to Learning & Living
Gloria A. Castillo & Keven R. Van Camp

Confluence -- "getting it all together" -- a flowing of the energies of the mind, soul and body. Through a variety of experiential techniques, including gestalt awareness, sensory awakening, meditation and massage, we will discover new ways of being wholly alive while thinking, sensing, feeling and being. We will also explore confluent models of approaches to learning, systems development and change which have been developed by the leaders for use after the group experience is over. $120

Communication / Emmett & Nitza Miller

We will begin with an introduction to self-hypnosis and Selective Awareness, deprogramming unwanted images and habit patterns (limits), and then moving on to explore the experience of our body movement. Remaining centered, we will then explore interpersonal and group spaces, emphasizing awareness of verbal and nonverbal communication and the continuum of stillness-movement. $290

For Biographical Information see pages 36–41

week of june 22-27

Massage Workshop / Peggy Morrison & Dick Horan

Limited to 16. $290 per person.

Growth Through Risk-Taking / David Schiffman

This workshop is designed to provide the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, encounter techniques and video feedback, the participants can accept or transcend the boundaries from which they approach the world. Particular emphasis will be placed on the expression of anger, affection, sexuality and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. $290 plus $2 video fee.

Gestalt & the Bible / Richard Price & Jean Lanier

Using the gestalt approach we will explore parallels between certain biblical themes and the basic assumptions of gestalt practice. We will work with Old Testament stories, the parables of Jesus, and our own dreams, fantasies and histories. $290

Movement as Therapy: A Workshop for Professionals
Gabrielle Roth

For workshop description see April 13-18 above.
$290 plus $2 video fee

weekend of june 27-29

How Do You Want to Be Alive in This World?
Arthur & Janica Fox

For workshop description see April 4-6 above. $120

Growth Through Risk-Taking / David Schiffman

For workshop description see June 22-27 above. $120

Continuum– The Way of the Evolutionary Shaman
Emilie Conrad & Continuum Staff

Continuum has its origin in the anthropological root system of all human life. Through body and dance meditation we learn to empty ourselves in order to become vehicles of the inherent wisdom that is spaceless and timeless. We inherit what has always been ours. Everything dances. Everyone dances. $120

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see p 24 $110

friends of esalen MEMBERSHIP PROGRAM

We at Esalen have increasingly felt the need to involve more people in our community, and have established Friends of Esalen as a means of doing this: all contributions to our membership organization are used for tuition-aid funds. It is our belief that if Esalen is to serve our society to its full potential, we should be able to admit applicants without regard to their ability to pay. As a Friend of Esalen you will have the satisfaction of knowing that you have helped someone else experience Esalen.

☐ I wish to become a Friend of Esalen and I enclose my check for the category I have circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student $5	One Year Donor $50	One Year Patron $500
One Year Individual 25	One Year Sponsor 100	(Contributions are tax-deductible.)

Name _____ Student Affiliation _____

Street _____

City, State _____ Zip Code _____ Date _____

Please mail to: Friends of Esalen, Big Sur, CA 93920

week of June 29 - July 4

Advanced Gestalt / Donald Barenfeld

It is possible to increase awareness and thereby discover how we block our excitement, nourishment, contact, creativity, etc. From this awareness might flow suggestions of new ways to experiment with being in the world, and hopefully an awakening of appreciation for how we are. This focus will allow participants to re-identify with their energy lost to disowned parts and should provide a nourishing context for their reclamation. We will incorporate a session with the video camera as an awareness tool.
This workshop is open only to those with prior gestalt experience. $290 + $2 video fee.

Finding Your Own Way / Lenore Lefer

The way we choose to be and live our lives is limited by our perceptions and attitudes about ourselves. To broaden and illuminate these perceptions, we will explore our untapped energy resources. With richer alternatives and choices available, finding our own way will be a nourishing experience.

Gestalt awareness, encounter, guided daydreams and psychosynthesis techniques will be among the tools used on our search. $290

Continuum - The Way of the Evolutionary Shaman
Emilie Conrad & Continuum Staff

See description for June 27-29, above. $290

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see p 24. $260

weekend of July 4-6

A Workshop for Gay People / Sally Smith & Rob Finch

A chance for gay men and women, singly or in couples, to come together at Esalen, explore life styles, problems, joys, directions; share massage, music and plain talk. $120

Experiencing Body-mind Unity
with Al Chung-liang Huang

T'ai chi, dance, music, theater and philosophical games of the orient. Discussions and instructions in how to apply eastern ways and meditative arts to everyday living.
"To work with Al Huang is to learn to move with wind and water – not only in the t'ai chi exercises, but also in the course of everyday living ... he woos and beguiles his students instead of forcing them, the mark of a truly superior and gifted teacher who works upon others as the sun and rain upon plants." Alan W. Watts. $120
Suggested reading: EMBRACE TIGER, RETURN TO MOUNTAIN by Al Huang (Real People Press); CLOUD HIDDEN, WHEREABOUTS UNKNOWN by Alan Watts (Pantheon); TAO TE CHING and CHUANG TZU translated by Feng & English (Knopf).

PROGRAMS IN BIG SUR

For Biographical Information see pages 36—41

Weekend of July 4 - 6 *(continued)*

Finding Your Own Way / Lenore Lefer

See description June 29-July 4 above. $120

Yoga: A Method of Integration
Vijayendra Pratap & Om Prakosh Tiwari

This workshop is designed to provide various simple preliminary yogic techniques recommended for understanding oneself. These techniques include meditative poses, pranayama-breathing technique, focusing and relaxation. This program is carefully designed to instruct both beginners and advanced students. Certain advanced techniques, such as cleansing processes, will also be taught to deeply interested hatha yoga students. Discussion and questions on various types of yoga will be encouraged. Dress in loose comfortable clothing and bring a mat of your size (beach towel, small rug). If weather permits, practices will be done outside. Subject to group consensus, the schedule is as follows:

Friday	8:30 pm	orientation, preliminary instruction
Saturday:	7:30-8:30 am	yoga practice
	10:00 am	discussion and sharing
	lunch	
	2:00 pm	discussion/instruction
	3:00-4:00 pm	yoga practice
	dinner	
	8:00-10:00 pm	lecture: "Yoga Philosophy" questions and discussion
Sunday:	7:30-8:30 am	yoga practice
	10:00 am	discussion and sharing

$120

week of July 6-11

A Tender Invitation / Harry Sloan

For workshop description see April 13-18 above. $290

Renascence / Michael Butler

For description see May 18-23 above. $290

Yoga: A Method of Integration
Vijayendra Pratap & Om Prakosh Tiwari

For workshop description see July 4-6 above with new week long schedule to be announced. Registration preference to students who attended workshops of July 4-6 1974 or August 23-25 1973. $290

Changing: Inner & Outer Movement / Barbara Clemans

Sometimes unbidden, sometimes sought after, change is the essence of life itself.
The body lives as a complex of motions: circulation, respiration, digestion, elimination. To stop the flow of movement at one point is like holding the breath, to persist is to die. How to allow change, to accept it as renewal rather than catastrophe, to transcend our expectations of fulfillment from outside rather than inside? We will explore these questions using: guided imagry and intense self observation to recognize our resistances to change; Feldenkrais movement; breath awareness and group sharing to explore new possibilities within ourselves; and massage and meditation to facilitate group support and self-affirmation. $290

For Biographical Information see pages 36–41

weekend of july 11-13

You Don't Have to Suffer to Feel Good
Harry Sloan

For workshop description see April 11-13 above. $120

Body Awareness & Massage / Barbara Clemans

If we could but experience ourselves as free and flowing as we really are, we would then know our own perfection.

Through a series of specific, directed movements with awareness we can begin to alter the patterns of habitual movement in the body. By doing so, the psyche is then altered in its habitual manner of responding to the world. In addition, we will aid each other in enhancing our organic sense of well-being and integration with massage. $120

Tuning In / Janet Zuckerman

For workshop description see April 18-20 above. $110

Pathways to Sensuality / Sylvia Kars & Jeanne Newman

The aim of this workshop is to open participants to a variety of ways to communicate with a partner, both verbally and through touch, so that each partner's pleasure and spontaneity is heightened. Workshop members will do a graduated series of sensuality enhancement exercises and will learn how to combine their own knowledge and experience with new sensory awareness and communication principles. The goal is to create a balance of active and passive situations for each partner so that each can benefit from the experience of the other. A safe, non-threatening environment is carefully established; no one has to do anything he or she does not want to do. Feedback sessions after each exercise provide the opportunity for increasing awareness and sensitivity between partners. Partners will rotate throughout the weekend.

Workshop begins clothed and clothing then becomes optional. Couples will be given preference, but it is not necessary to bring a partner to attend. Explicitly sexual behavior is not permitted within the context of this workshop; this is a workshop to enhance the experience of sensuality. $120

week of july 13-18

Tools of Consciousness / Walt Anderson

We will experience the whole range of "art therapies" – psychodrama, painting, poetry, dance, music – and explore the idea that the arts are powerful tools for liberation and growth, available to us all. Talent has nothing to do with it. Bring one human life; other equipment will be provided. $290

Gestalt Practice / Richard & Christine Price

For workshop description see March 30-April 4 above. $290

Gestalt Improvisations / Paul Rebillot

For workshop description see April 6-11 above. $290

Take a Second Look at Yourself / Janet Zuckerman

For workshop description see March 30-April 4 above. $260

Contact & Communication / Julian & Beverly Silverman

$290

FUTURE WORKSHOP ANNOUNCEMENTS

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions —and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

SEPTEMBER 7—OCTOBER 3, 1975

The Inner Road to Health / Al Drucker

OCTOBER 12—NOVEMBER 21, 1975

The Human Experience: Buddhism
Coordinated by Joan Halifax-Grof, Stanislav Grof & Jack Kornfield

NOVEMBER 2-28, 1975

The Roots of Self-Reliance
A Curriculum for Personal Courage
David Schiffman & Dick Galland

This month long workshop will systematically combine the complementary practices of gestalt awareness, sensing, encounter and psychosynthesis, with the rigorous physical preparation and focus of the Outward Bound wilderness experience—the participants in this workshop will have the opportunity to explore the nature and purpose of personal boundaries whether as illusions to be transcended or as tools for self-survival. The emphasis will be on the achievement of a harmonious balance between the mental, physical and emotional realms of experience working towards greater personal expansion and openness with others.

The program will provide time as well to explore the basic elements underlying group process and individual growth. We will examine techniques, strategies and theoretical components inherent in all forms of personal interactions and the use of specific themes in facilitation, focus and flow in group sessions. During the final week of the workshop, each participant will have the opportunity to use newly synthesized skills and information by acting in the capacity of group leader.

FEBRUARY 1—27, 1976

The Human Experience: Schizophrenia & the Visionary Mind / Coordinated by Joan Halifax-Grof & Stanislav Grof

MAY 2-28, 1976

The Human Experience: Healing
Coordinated by Joan Halifax-Grof, Stanislav Grof & Kenneth Pelletier

some definitions

Of Approaches to Human Growth Used in this Catalog

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement* — to have life energy freely available and flowing, not blocked. *Awareness* — to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility* — to know and act on the principle that I am the one who acts, thinks and feels whatever it may be that I act, think or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participant. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen's encounter groups today.

MASSAGE

Massage at Esalen is seen and taught as a caring relationship between two people. Consideration is given first to the feelings and the sensory experience of both partners, and after that to techniques. Workshops are attended by both couples and singles.

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man within an evolving universe. Starting with each person's existential situation as he perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal-keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

STRUCTURAL INTEGRATION (ROLFING)

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom and balance. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage. Working with a trained practitioner, the process is usually completed within ten individual sessions.

SHIATSU MASSAGE

The oriental healing art in which the hands are used to apply pressure to acupuncture points over the entire body, allowing the springs of life to flow.

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

Biographical Information

A

PAUL AIKIN is a clinical psychologist in private practice in Davis. He has spent the past eight years in training and practice in gestalt, bioenergetic and psychophysical approaches. He has taught at Michigan State University and the University of California, Davis, where he was a senior staff member and training consultant at the Counseling Clinic. (p 14)

MAURICA ANDERSON is a teacher and consultant in psychodrama to numerous organizations, and has led outdoor programs with Esalen and Outward Bound. She is currently doing research on the psychology of parental violence. (p 30)

WALT ANDERSON has been leading Esalen programs of various kinds for over six years. He is currently teaching psychodrama at the California School of Professional Psychology in San Francisco and working on a three-volume series of books about American politics. His anthology on therapy and the arts is to be published this spring by Harper and Row. (pp 30, 34)

MIRIAM TARCOV ARGÜELLES is an artist and writer. She is co-author of *Mandala* and is associate director of Shambhala-Tollan Foundation. She is currently working on a book on the feminine and creativity. (pp 7, 8, 27, 28)

JOSÉ A ARGÜELLES, author and artist, is currently teaching in the art department of San Francisco State College. He is also Director of Shambhala-Tollan Foundation. His most recent book is *The Transformative Vision* (to be published in April, 1975). (pp 7, 27, 28)

TIMOTHY ASCH is a lecturer on anthropology at Harvard and was director of the Brandeis University Media Communications program last year. He is co-director of Documentary Educational Resources. He has made numerous films on the Yanomamo Indians of Southern Venezuela and has assisted in the production of films on the Bushmen of the Kalahari Desert in South West Africa. He is the films review editor for the audiovisual review section of the *American Anthropologist*. (p 27)

B

DON BARENFELD is a gestalt therapist in private practice with Gestalt Associates of Los Angeles. He spent three years in training with the Gestalt Institute of Los Angeles and one year as a trainee/apprentice with Robert W Resnick. Don has been teaching and demonstrating massage in Los Angeles for several years and most recently has been studying Reichian therapy with Dr Curcuroto. (p 33)

GREGORY BATESON, author of *Steps to an Ecology of Mind*, is a world-famous ecologist and ethnologist. He originated the "double bind" theory which explains some of the causes of schizophrenia. His most recent interests join the workings of the human mind and emotions to the problem of ecology. (pp 27, 28)

BOB and **MARGARET BLOOD** lead human growth workshops and do marriage and personal counseling in Ann Arbor, Michigan. Bob formerly taught courses on "marriage and the family" at the University of Michigan and is the author of *Marriage* and *Husbands and Wives*. He also taught courses on community and life styles at Pendle Hill, the Quaker adult study center. Margaret's specialty is expressive movement. After 30 years of marriage, the Bloods find their relationship still growing and changing. (p 31)

BART BÖDY is a practicing psychologist. He has done research in biofeedback and in cognitive development. Over the past several years he has explored ways of combining Autogenic Training with other growth techniques for better integration of mind and body. (p 29)

GITA ELGUIN-BÖDY is a psychologist in private practice in Berkeley. She has carried out research in self-actualization and in parapsychology, and was recently an NIMH Fellow engaged in research on biofeedback. She became acquainted with Autogenic Training in her native Chile and for the past three years has been using it as an adjunct in psychotherapy. (p 29)

NATHANIEL BRANDEN is the author of *The Psychology of Self-Esteem*, *Breaking Free* and *The Disowned Self*. He is in private practice in Los Angeles. He is Adjunct Clinical Professor of Psychology at Rutgers University and Adjunct Professor of Psychology at Antioch College/West at Deer Creek. (p 22)

JOEL R BROSS is a licensed marriage, family and child counselor and has been in The Radix Institute training program since the beginning of 1974. He teaches classes, workshops and gives individual instruction in "Education in Feeling" at the Radix and is in private practice. (p 30)

WILLIAM BROSTOFF, M D was educated at Pomona College, the University of California at Berkeley and the University of California School of Medicine in San Francisco. Subsequently he trained in internal medicine at Mt Zion Hospital in San Francisco and Parkland Hospital in Dallas. He has practiced medicine in San Francisco since 1970. Dr Brostoff has worked closely with the Lomi School for several years and has been a member of the Lomi School since 1973. He has been interested in the nature and comparison of different systems of physiology and medicine, particularly traditional Chinese medicine and acupuncture which he has studied with Dr Harold Bailen and Miriam Lee. His work involves the integration of various techniques and disciplines into a unified approach to health and illness through mind/body harmony.

Dr Brostoff is a member of the faculty of the University of California School of Medicine in San Francisco; he has taught courses in anatomy and physiology at Esalen Institute and psychophysiology at Lone Mountain College. (p 4, 5)

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is Professor and Director of the program in Confluent Education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning* and *The Live Classroom*, which is due to be released in January, 1975. (p 27, 31)

JUDITH BROWN is a gestalt awareness trainer, with a special interest in the use of symbols as an expression of the creative unconscious. She is the author of *Up Every Beanstalk: A Fresh Look at Marriage*. In addition to her own groups, she has co-led numerous groups with her husband. (p 27, 31)

MICHAEL BUTLER is a group leader and rolfer who is interested in ways to integrate the body, mind, and spirit. A former Esalen resident fellow, he was trained in group process by John Heider and as a rolfer by Dr Ida Rolf. Primary emphasis in his work is on ways to translate growth practices into everyday life. (pp 29, 31, 33)

C

JOSEPH CAMPBELL is Professor Emeritus at Sarah Lawrence College. He is a mythologist, lecturer and author of *The Hero With a Thousand Faces*, *The Masks of God* and *Myths to Live By*. (pp 27, 29)

BETSIE CARTER is a senior associate of the Psychosynthesis Institute, California, and editor of the new journal *SYNTHESIS, The Realization of the Self*. She lived and worked at Esalen Big Sur from 1968-70 and was an Esalen resident fellow. She was trained in psychosynthesis by Jim and Susan Vargiu, and underwent didactic training in Italy with Roberto Assagioli, with whom she has worked over the past five years. (p 22)

GLORIA A CASTILLO is the author of *Left Handed Teaching: Lessons in Affective Education*. Once a first grade teacher, a member of the Ford-Esalen Project, and a group leader in education workshops, she is currently developing ways to apply confluent education techniques to family and other non-school settings. (p 31)

DON CATERINO is a shaman of the Huichol people, indians of north-central Mexico. (p 27)

B J CHICK has a B S degree in nursing. She was a resident fellow at Esalen Institute under the direction of John Heider, Dick Price, and Will Schutz. She has led groups in this country and abroad in "eclectic encounter," using aspects of gestalt awareness, bioenergetics, guided fantasy, and various methods of meditation. She has been a student and staff member of the Arica Institute and has been teaching a system of awareness in this country based on the spiritual disciplines of the East. Her present involvement is offering an alternative support system in caring for the terminally ill. (p 30)

FRANCES CLARK is a clinical psychologist who practices psychotherapy in Marin County. She is on the faculty of the California School of Professional Psychology in San Francisco and is associate editor of the *Journal of Transpersonal Psychology*. She has published many articles on imagination and fantasy, intuition and transpersonal education. (p 8)

BARBARA CLEMANS is a teacher, dancer and practitioner of massage in San Francisco. Her approach has been synthesized from nine years of experience with various techniques, including: graduate work in creative movement, gestalt, yoga, Reichian therapy, belly dancing and EST. She has been most recently influenced by her training with Moshe Feldenkrais in individual and group work and with the late George Simon in psychic development. She is an Arica trainer and her work is featured in *Getting Clear: Body Work for Women*. (pp 26, 33, 34)

EMILIE CONRAD received her early dance training in New York. She has been on the faculty of the Lee Strasberg Theatre Institute and the Actors Studio. Currently she is a consultant for the California School of Professional Psychology and a faculty member of the Center for the Healing Arts. Her recent workshops include those for the Association for Humanistic Psychology, The Institute for Analytical Psychology, The Group Psychoanalytic Association and various universities. The five years she spent living in Haiti, studying and participating in native rituals, provide the anthropological roots for Continuum. (pp 32, 33)

Biographical Information

ARTHUR DEIKMAN, M D, was educated at Harvard College and Harvard Medical School and has had training in psychoanalysis, psychoanalytically oriented psychotherapy, group psychotherapy and group dynamics, psychosynthesis and Neo-Reichian therapy. Currently, Dr Deikman lives and practices psychiatry in the Bay Area, where he is Associate Clinical Professor of Psychiatry at the University of California, San Francisco and in part-time private practice. In addition, Dr Deikman holds a part-time position as Supervising Psychiatrist for the Bureau of Alcoholism, City of San Francisco, where he is guiding the development of a therapeutic community of people with drinking problems.

For the past twelve years, Arthur Deikman has been conducting research in meditation, mystical experience and consciousness and has published numerous papers in this field. (pp 4, 5)

LAURA DeNUCCIO has been at The Radix Institute for two years, joining the Teacher Training Program in January 1974. She teaches workshops and classes in "Vision Improvement and Feeling" and gives individual instruction using Radix neo-Reichian emotional release techniques. Laura has co-led encounter groups at Golden West Junior College. (p 22)

MARLENE DOBKIN DE RIOS is an Associate Research Anthropologist at the University of California, Irvine. Specializing in the field of hallucinogens and culture, she conducted a year's fieldwork in the Peruvian Amazon, where a psychedelic vine is used in traditional healing. She is author of *The Visionary Vine* and various articles for scholarly and popular publications. Her recent researches have been in the area of drug-related states of consciousness as gleaned from studies of the art and religion of primitive and extinct peoples. (p 27)

JACQUELINE LARCOMBE DOYLE is a psychologist and former Esalen resident fellow, trained by William Schutz. Her background includes teaching and clinical work. She has done encounter work here and abroad. For the past year she has served as a director of group training and member of the board of Greenhouse, a new Boston growth center. (p 28)

GEORGE DOWNING combines gestalt with intensive methods of working with the body. He is a member of the teaching staff of the Family Therapy Institute of Marin and is the author of *The Massage Book* and *Massage and Meditation*. (pp 13, 14)

AL DRUCKER is a former space scientist whose primary work now is rolfing and teaching various healing arts. He is qualified as an acupuncturist (licensed in England) and an Arica trainer. He has led gestalt, encounter and synanon groups, is trained in iridology, nutrition and psychic development process. He has taught anatomy, physiology, massage, yoga, t'ai chi and folk dance. In 1974 he spent several months at the ashram of Sai Baba in India, an experience which has influenced him deeply. (p 27)

ROB FINCH is a psychologist in private practice whose main interest is in opening the minds of people to the fact that the word "homosexual" is nothing but a meaningless label. (p 33)

JOAN FIORE is a documentary film maker and television producer whose focus on humans relating to each other and society led her to the Esalen Gestalt Residency program in January 1973. Since then she has remained at Esalen and continued studying gestalt awareness practice with Richard Price and other Esalen gestaltists. She also studied encounter with Will Schutz, and is program manager at Esalen/Big Sur. (p 29)

ARTHUR FOX is an organizational consultant and group leader. He was a 1969 resident fellow at Esalen and has been a leader there ever since. Formerly the Director of the Esalen College Program and Extended Learning Center, he is now co-producing a documentary movie on Wilhelm Reich. (pp 22, 31, 32)

JANICA FOX did research in groups at Harvard and was a 1969 Esalen resident fellow. For the past seven years she has been leading groups at Esalen, around the country and in Europe. She has a private practice in the San Francisco Bay Area and is co-producing a movie on Reich. (pp 22, 31, 32)

MAURICE FRIEDMAN is Professor of Religious Studies, Philosophy and Comparative Literature at San Diego State University, and coordinator of non-statistical dissertations at California School of Professional Psychology. He is the author of *To Deny Our Nothingness: Contemporary Images of Man* (Delta) and *The Hidden Human Image* (Delta). (p 14)

BETTY FULLER, a Humanist Counselor, is co-director of the Experiential Learning Center in San Francisco where she leads encounter, psychosynthesis, gestalt and couples' groups and teaches Feldenkrais movement classes. She is also active as a seminar leader in EST. (p 3, 31)

DICK GALLAND is a husband and father, a mountaineer, kayaker and trout fisherman. He is the founding director of the Texas Outward Bound School and has led groups with Sam Keen and David Schiffman. He is presently developing an extended experiential program which integrates wilderness activities with various humanistic disciplines. (p 11)

CHARLIE GARFIELD received his PhD in Clinical Psychology from the University of California at Berkeley, where he maintains a private practice. A student and teacher of eastern religion and philosophy, he is co-author of *Consciousness East and West* (to be released by Harper and Row). Presently he is beginning postdoctoral research on death and dying at the University of California Medical School in San Francisco and is director of the International Project on Death, Dying and Human Consciousness. (p 30)

ALICE LASKER GINOTT received her M A and PhD in psychology from the New School for Social Research in New York. She taught psychology at Hunter and Queens College in New York, was a consultant to several elementary and high schools, and served as a member of the 1970 White House Conference on Children. In addition to practicing psychoanalysis, Dr Alice Ginott conducts seminars for parents and teachers, lectures on the psychology of love and caring in parent-child relations and has appeared on radio and television. She writes a syndicated column "Between Us" and co-authored with the late Dr Haim Ginott the books *Between Husband and Wife* and *How to Drive Children Sane*. (p 27)

RAYMOND GOTTLIEB is an optometrist who has experienced and taught the Bates' system for over three years. He believes that visual problems are stress-induced and that they are reversible. Dr Gottlieb currently practices in Cotati, California. (p 7)

IAN GRAND studied at the Center for Energetic Studies with Stanley Keleman and has an individual and group practice in Berkeley. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at California State University, San Francisco. (p 13, 14)

TAMARA GREENBERG utilizes dance/movement as a body-oriented approach to further emotional and physical integration in the individual. She is a staff member of the Shawl-Anderson Modern Dance Center and has been dance consultant in psychiatric settings, recreation departments and schools. She leads training groups and on-going workshops in Berkeley and Sacramento. (pp 6, 8, 13, 14)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over 50 articles in professional journals and books. He was a research psychiatrist at the Psychiatric Research Institute in Prague until 1967, Clinical and Research Fellow at Johns Hopkins University Henry Phipps Clinic until 1969 and Chief of Psychiatric Research at the Maryland Psychiatric Research Center and Assistant Professor at the Department of Psychiatry and Behavioral Sciences, Johns Hopkins University until 1973. He is presently on leave of absence from Maryland and Johns Hopkins and is a resident scholar at Esalen/Big Sur. (pp 2, 27, 34)

BERNARD GUNTHER's direction is transpersonal/personal synthesis: to integrate mind/body/spiritual energy balance functioning and health in wholeness. He is an author-poet whose many works include: *Sense Relaxation, What to do till the Messiah Comes*, and *High Cards*. (pp 30, 31)

Biographical Information

h

MATTHEW HAAR, an associate of the Psychosynthesis Institute, is in advanced training with its director Jim Vargiu, and has worked with Roberto Assagioli, founder of psychosynthesis. He is a former business executive and data processing consultant who is interested in alternative organizational structures and the psychosynthesis of groups and organizations. (p 22)

JOAN HALIFAX-GROF is a medical anthropologist specializing in psychiatry and religion. Her dissertation "Indigenous Healing Systems and Contemporary Medicine Toward an Integration of Approaches" reflects her crosscultural studies at Columbia University and subsequent field work in Africa and the Caribbean Islands, the study of the Afro-cuban religion "Santeria" and her work as anthropologist for the University of Miami School of Medicine in the Departments of Psychiatry and Pediatrics. In 1972-73, she was a research associate at the Maryland Psychiatric Research Institute, working primarily as a therapist and anthropological consultant in LSD psychotherapy with terminal cancer patients. She is currently a scholar in residence at Esalen/Big Sur. (pp 2, 27, 34)

ROLAND HALL, artist, founder and co-director of the D'Angulo Retreat, artist-in-residence at Esalen/Big Sur 1964-68, has worked the last four years with Arica Institute, teaching and experimenting with color, movement and theater. (p 24)

MICHAEL HARNER is an anthropologist known for his research on shamanism, primitive use of psychedelics, and human cultural evolution. His field work has been among North and South American Indians and includes five expeditions to Amazonian tribes. He is professor and chairman of the anthropology program at the Graduate Faculty of the New School for Social Research in New York City. He is author of *The Jivaro: People of the Sacred Waterfalls* and editor of *Hallucinogens and Shamanism*. (pp 27, 28)

SHELLY HENDLER is professor of biochemistry at University of California, San Diego and chairman of the department of biochemistry at Universidad Autonoma de Baja California. He is a consultant in molecular biology to the Salk Institute and the Scripps Clinic. He is also a musician, and wrote the score for the current BBC series, "Ascent of Man." (p 13)

DICK HORAN is an artist potter masseur, residing in Big Sur for the past eight years. (pp 25, 28, 32)

MARDI HOROWITZ, M D is professor of psychiatry at Langley Porter Neuropsychiatric Institute of the U C Medical Center, San Francisco. He is also on the faculty of the San Francisco Psychoanalytic Institute and is past president of the Northern California Psychiatric Society. His book, *Image Formation and Cognition*, was published in 1970. (p 9)

JEAN HOUSTON is a phenomenologist and researcher of consciousness. She is co-author of *Varieties of Psychedelic Experience, Psychedelic Art* and *Mind Games*. (p 27)

AL CHUNG-LIANG HUANG, Shanghai born t'ai chi master and concert performer, is the author of *Embrace Tiger, Return to Mountain* (Real People Press) and co-author with Alan Watts of *Tao: The Watercourse Way* (Pantheon Books). He is the director-teacher of the newly established Lan T'ing Institute of the Alan Watts' Society for Comparative Philosophy in Sausalito, commencing its initial 10-week program in the summer of 1975. He is presently working on a book of I Ching interpretations in movement, cursive calligraphy and color face designs from the classical chinese theatre (Viking-Grossman Publishers). (pp 3, 26, 27, 33)

BOB HUTCHINS trained as an instructor of Silva Mind Control with founder Jose Silva. He has functioned within the Mind Control organization as a director and, in the New England area, as instructor, instructor-training director, and state director of Vermont. (pp 25, 30)

I

EVE ILSEN was originally trained in massage by physiotherapist and drugless healer Dr Harold Reilly. She has studied and taught movement and Eastern skills with Catya Delakova at Sarah Lawrence College and studied Eutonia with Gerda Alexander for one year in Denmark. She has practiced and taught massage for the past eight years. (p 6)

J

EDWIN JACKSON is a practitioner of both structural integration and Reichian work. He sees his current practice as the logical extension of his background as a physician in the field of preventive medicine. He has previous experience in the gestalt approach with Fritz Perls, Bob Hall and Jim Simkin. (p 29)

NANCY K JUNGERMAN, licensed Psychologist, is a counseling psychologist and senior member of the Counseling Center, University of California, Davis and in private practice. (p 14)

k

SYLVIA KARS, a medical administrator for 14 years, was trained at the Institute of Human Abilities, is a former staff member of More Institute and founder and Director of Discovery Institute. She has lectured for the Association for Humanistic Society and numerous other organizations. (p 34)

JAMES KATZ is the director of James Henry River Journeys, an educational river touring company; he is also a free-lance nature photographer. (p 12)

ANNA KAYE studied reflexology or "zone therapy" with Eunice D Ingham, author of *Stories the Feet Can Tell*, and related approaches with Dr Houston and Dr Randolph Stone. She has taught reflexology and the Bates' eye method for many years as well as having a private practice in San Francisco. (p 7)

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is author of *Sexuality, Self and Survival, The Human Ground, Todtmoos* and the forthcoming *The Body is Alive and More* and *Living Your Dying*. (pp 5, 13, 14)

CHARLES KELLEY, Director of the Radix Institute in California, is a scientist who has specialized in vision training and human factors research for 25 years. In 1950 he became a student of Wilhelm Reich's, contributing to Reich's journals during his life and to the development of his theories in the years since Reich died. He is a qualified masseur, Bates Instructor, and writer, and has served on the faculties of several universities. Dr Kelley has given Radix Workshops throughout the country and abroad. He and the staff he has trained are noted for their adaptation of Reichian techniques in the small-group process Kelley terms the "Radix Intensive." (p 22)

ERICA KELLEY has been with the Radix Institute since its inception and has assisted in the development of the Radix Intensive. A qualified masseuse and former student in Reichian-oriented analysis, she specializes in deepening emotional release by combining the principles of body learning derived from Alexander, Feldenkrais, Rolf, massage and bioengineering with those of Reich and bioenergetics. She has given workshops in major growth centers throughout the country and in Europe and assists her husband in the training of neo-Reichian teachers. (p 22)

GEORGIA KELLY is a harpist who performs and teaches music. She has been studying the therapeutic and healing effects of music for the past several years, and is formulating techniques for consciousness expansion and self-healing through the use of sound. (p 28)

ALIM KHAN, a sitarist of the Vilayat Khan school and student of Hatha and Raja Yoga, is a muslim and businessman involved in publishing and printing. He has also been a family planning consultant to the Government of Bangladesh where he resides. (pp 27, 28)

JOEL KRAMER is an adept of Hatha Yoga and a master of Jnana Yoga. He was in residence at Esalen 1968-70 and has taught and lectured internationally. Mr Kramer has done extensive post-graduate work in philosophy and psychology and combines eastern and western perspectives in his work. He is the author of *The Passionate Mind*, a manual for living creatively with oneself. (p 23)

BOB KRIEGEL was the director of the Esalen Sports Center and the Esalen Consulting Service. Prior to that he was the founder and director of Anthos a growth center in New York City. He has conducted special programs for universities, social change agencies, and business corporations around the country. He is currently working towards the development of a model which uses sports, games and the wilderness experience as a means for developing awareness and manifesting behavior patterns. (pp 3, 11, 26, 30)

MARILYN HARRIS KRIEGEL is a teacher. She also is currently the director of teacher training for a federal grant applying confluent education to the teaching of reading. She is a member of the faculty of Dominican College, San Rafael, and is in advanced training at the Psychosynthesis Institute in Redwood City. (pp 26, 30)

STANLEY KRIPPNER, PhD, is program coordinator for the Humanistic Psychology Institute, director of research for the New York Institute for Child Development and research associate, Division of Parapsychology and Psychophysics at Maimonidies. He is finishing a 10 year project involving the study of telepathy, clairvoyance and precognition in dreams, hypnosis and other altered states of consciousness. He is currently president of the Association for Humanistic Psychology. (pp 9, 26)

BIOGRAPHICAL INFORMATION

L

NEIL LAMPER is straight to the far out and far out to the straight. He is "far out" at Western Michigan University and "straight" in his rejection of magic in his work in private practice. He describes his work as organic: observation of the wholeness in everyone and working to bring it to awareness. He is the author of *The Village Idiot*, and *Growing Pains* and founder of Tuwagachi, the new Gestalt Learning Center, a 140-acre farm in Michigan. (p 25)

JEAN LANIER has an extensive background in psychological and theological studies which came to focus through her gestalt experiences at Esalen Institute. She has been doing workshops in London, Spain and the U S. She is author of *The Evolution of Eve, The Awakening of Adam* and *Diagnosis*, a book of poems. She is Visiting Scholar and Instructor of experiential theology at Union Seminary in New York City, and she teaches at Wilfred Laurier University in Canada. (pp 31, 32)

SIDNEY LANIER has had a varied background as actor, producer, co-founder of the American Place Theater in New York City, priest and gestaltist. Currently, his chief interest is developing a growth center in Spain. He is also a consultant for several American foundations on support for the arts and new religious developments. (p 31)

JANET LEDERMAN is an artist, teacher and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen/Big Sur. (p 22)

DAVID MILTON LEES has been a resident and group leader at Esalen/Big Sur from 1970 to 1974. A former mathematician and teacher, he is trained in gestalt, encounter, massage, meditation, and the consciousness expansion techniques of George Simon. Currently he is on a tour of growth and spiritual centers around the United States. (p 24)

LENORE LEFER, an Associate of the Psychosynthesis Institute, is a former executive director of the Bridgeport, Connecticut Mental Health Association, research scientist, psychological examiner, teacher, Esalen resident fellow and organizational consultant. She leads groups and is in private practice in San Francisco. (pp 8, 23, 33)

GEORGE LEONARD. For seventeen years George Leonard served as senior editor of LOOK Magazine producing numerous essays on education, race relations, science, politics, the arts, the counter culture and foreign affairs. His books enclude *Education and Ecstasy* (1968), *The Transformation: A Guide to the Inevitable Changes in Humankind* (1972), and the forthcoming, *The Ultimate Athlete*. (pp 4, 5, 10, 12)

LILLIE LEONARD is a student of yoga and physical movement and is currently teaching a perceptual-motor activities program to elementary school children. (p 12)

HOWARD I LEVENE, M D, is a practicing Jungian analyst in Kentfield, California, and is assistant clinical professor of psychiatry at the University of California Medical Center, San Francisco. He is co-founder (with John Perry) of Diabasis, a non-hospital residence for the therapy of acute schizophrenia. (pp 9, 31)

PETER LEVINE has been working and teaching in the field of energetic process for the past five years. He is currently writing a book, *Man, an Adaptive Process*, a biologically-oriented discussion of Reich's vegetative principles. (p 29)

CHARLES LLOYD is a musician whose instruments are primarily flute and saxophone. His range extends from jazz-avant garde and contemporary classical through rock and traditional forms of American music. He has been a student and is currently an instructor and initiator of Transcendental Meditation. His interest in various methods of natural healing include periodic fasts using mucousless diet techniques. (p 28)

IRENE LOVE, painter, designer, student of nutrition and one of the founding Chile group of the Arica Institute. She has worked in New York and San Francisco, teaching Arica methods and experimenting in theater and video. (p 24)

m

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at the Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of *The Free People* and (with Alan Cohen) *Understanding Drug Use*. (p 14)

JOHN COSTON McCAMY is a physician who has studied with some of the pioneers in the preventive medicine field and applied the work of such recent researchers as Linus Pauling, Roger Williams, Kenneth Cooper (aerobics) and particularly Emmanuel Cheraskin (predictive medicine). During the past seven years he has developed a program of personal preventive medicine to help patients stay well and happy. This program culminated in Human Life Styling, the four pillar approach to improving diet, exercise, stress response and ecological awareness for maximum reduction in symptoms and improvement in health. His book *Human Life Styling* is being published by Harper & Row. (p 29)

DEBORAH MEDOW is a student and teacher of yoga, diet and nutrition, movement, zone therapy, and massage. A member of the 1971 Esalen residence program, she has supplemented her studies with workshops in polarity therapy (Dr Randolph Stone and Pierre Pannetier) and in iridology (Bernard Jenson). For the past five years, Esalen's "resident yogini" has also been teaching and leading groups in the San Francisco Bay area; in addition Deborah is a member of the massage crew at Esalen/Big Sur where she gives both "Esalen" style and polarity massage. (p 28)

EMMETT MILLER, presently practicing medicine and hypnotherapy in Carmel, California, has also had extensive training in physics, mathematics and computer science. These, along with his studies in music, art, poetry, body movement and various religious and meditative approaches, have led to the development of Selective Awareness, an attempt to wed the subjective awareness and internal resonance characteristic of meditation and Eastern philosophy with western scientific research. (pp 28, 31)

NITZA BROIDE MILLER is a clinical psychologist with extensive experience in both verbal and nonverbal therapeutic techniques. A professional folk dancer and teacher of classical, modern, primitive and creative dance, she has studied Dance Therapy and Movement Therapy with Marion Chace, Alma Hawkins and Mary Whitehouse, and has used and taught these modalities in her private practice as will as in numerous hospitals and schools in the United States and Israel. (pp 28, 31)

PEGGY MORRISON has been happily living in Big Sur, teaching and doing massage for five years. (pp 25, 28, 32)

MICHAEL MURPHY. Following graduate studies in philosophy and psychology at Stanford University, and the American Academy of Asian Studies, Mr Murphy spent a year and a half studying eastern philosophy at the Aurobindo Ashram in Pondicherry. In 1962 he founded the Esalen Institute and was its president for twelve years. He now serves as chairman of Esalen's Board of Directors and co-director of the Center for Theoretical Studies. He is the author of a book on mysticism, *Golf in the Kingdom*, and is completing a novel which explores the transformation of consciousness and the body. (pp 3, 4, 5, 11)

BARBARA G MYERHOFF is presently on research leave from USC, where she is an Associate Professor of Anthropology, to work on a study of ethnicity and aging under a grant from the National Science Foundation. Her fieldwork includes work among the Huichol Indians (Mexico) and the Luiseno Indians (Southern California). She has written numerous articles on symbolic curing, shamanism, Huichol mysticism, secular and sacred ritual, etc, and is the author of *Peyote Hunt: Religion Pilgrimage of the Huichol Indians*. (p 27)

n

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. Bob also teaches aikido. (pp 3, 7, 23, 29)

CLAUDIO NARANJO is a psychiatrist and author of *The One Quest* and *The Healing Journey*. (p 27)

JEANNE NEWMAN is a student of human sensuality who has been working with Sylvia Kars for the past two years. (p 34)

O

JUDITH OSGOOD, psychotherapist and writer, was instrumental in the formation of an on-going spiritual women's group in Northern California and Women's Center in La Jolla. She is a student of Tibetan Buddhism with Tarthang Tulku and Chogyam Trungpa. She recently resigned from a position at U C San Diego to follow her creative energies and passion for self-knowledge within the quiet of Mill Valley. (pp 6, 8)

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique. He teaches the Technique at the American Conservatory Theatre, and is in private practice in San Francisco. (p 6)

Biographical Information

P

KENNETH PELLETIER, PhD, is a clinical psychologist at Gladman Memorial Hospital in Oakland, a research psychologist in neurophysiology at the Langley Porter Neuropsychiatric Institute and is in private practice in Berkeley. His particular interests are in clinical biofeedback, the psychophysiology of states of consciousness and meditation and psychosomatic medicine. He studied at the C G Jung Institute in Zurich and is co-author of *Consciousness: East and West* and *Clinical Biofeedback*. (pp 2, 7, 27)

JOHN WEIR PERRY: Jungian Analyst, co-founder of Diabasis (a residence for acute schizophrenics), assistant clinical professor of psychiatry at UCSF, instructor in the C G Jung Institute in San Francisco, author of *The Self in Psychotic Process*, *Lord of the Four Quarters*, and *The Far Side of Madness*. (pp 27, 31)

VIJAYENDRA PRATAP was born and educated in India. After completing his Masters in Psychology at Agra University, he obtained the Diploma in Yoga Pravishta (DYP) from India's renowned Yoga Institute, Kaivalyadhama. He worked as research assistant and lecturer in Yoga and mental health at Kaivalyadhama, until receiving his Doctorate in Applied Psychology from the University of Bombay in 1967. In the United States, Dr Pratap is a trustee of and advisor to the Yoga Organization for Research and Education. In Philadelphia, where he now lives, he serves on many boards and is a consultant to the Community Mental Health Center and the Psychosomatic Clinic of the Thomas Jefferson Hospital. He is founder/director of SKY (Swami Kuvalayananda Yoga) Foundation in Philadelphia. (p 33)

PREM DAS, "Servant to the God of Love," received training in Kundalini and Ashtanga yoga from Hari Das Baba while in India five years ago. For the past four years he has been living in Mexico among an isolated tribe of Indians called Huichol—"healers"—extending his study of yoga into the realm of shamanism and traditional life styles. (p 27)

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 21, 23, 26, 27, 28)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 21, 23, 26, 27, 28, 32)

LEE PULOS, PhD, is a clinical psychologist in private practice and Clinical Assistant Professor, Department of Psychiatry, University of British Columbia. His principal interests are in combining biofeedback training with hypnosis and in investigating the varieties of hypnotic experiences. He has also worked with several world class athletes utilizing hypnosis to improve athletic skills and training techniques. (p 6)

R

MYRTLE RATCLIFFE, masseuse, cook and musical dillettante, is a Big Sur resident, an Esalen staff member and a living collage of her experiences in India, in art, music, yoga and in the woods and along the seashore of the Pacific. (p 28)

PAUL REBILLOT, teacher, theatre director, actor, magician and fool, has taught at San Francisco State College and Stanford University. He is the founder of the Gestalt Fool Theatre family of San Francisco. He has trained in gestalt with Richard Price and in encounter with Will Schutz. He is the originator and developer of the Gestalt Tarot—a technique incorporating the Tarot deck with gestalt process. He is gestaltist for the staff of the Emanuel Hospital psychiatric ward, Esalen leader and staff consultant to various mental health facilities in California. (pp 22, 34)

ROBERT W RESNICK, PhD, clinical psychologist, is a gestalt therapist in private practice with Gestalt Associates in Santa Monica. He trained with Drs James Simkin and Fritz Perls and was in practice with Dr Simkin for several years. He also trains therapists in Los Angeles, throughout the U S and abroad. He is founding member, past president and trainer of the Gestalt Therapy Institute of Los Angeles. *Chicken Soup is Poison*, of course. (p 9)

PENNELL ROCK did his doctoral work in philosophy at Cambridge, spent several years in India working on a new interpretation of the *Upanishads* to be published shortly, a year at the Center for the Study of Democratic Institutions, has taught at several universities, including U C Santa Barbara, and for the last year and a half has been connected with Arica Institute. (p 6)

SANFORD ROSENBERG holds a Master's Degree from the New School for Social Research and is currently a PhD candidate in clinical psychology at the Humanistic Psychology Institute. He offers courses at numerous colleges in the Bay Area, and is an adjunct faculty member at Antioch College/West. He practices psychotherapy with individuals and groups and has studied psychology, phenomenological existential psychology, gestalt, sensory awareness and Eastern philosophy. (p 7)

BOB ROSENBUSH is a spiritualist on the Humanistic and Transpersonal Psychology faculty of Antioch College West. The major influences upon his life are his personal work and continued training with the Psychosynthesis Institute in Palo Alto and his practice of meditative spiritual disciplines. He has had extensive work in community organization, international relations and political science. (p 5)

GABRIELLE ROTH's interest is developing movement as a tool for becoming conscious. She has worked as a dance and movement specialist in the fields of education and recreation and as a dance therapist and consultant for psychiatric institutions. She ran the Esalen massage program for three years during which time she innovated the combination of massage and movement as a special body program. Her background includes training in Arica, transcendental meditation, EST and gestalt awareness. Presently she is guiding large movement groups for EST, doing workshops and private sessions in Big Sur. (pp 23, 24, 32)

FRANK RUBENFELD, a clinical psychologist, trained in gestalt therapy with Fritz Perls at Esalen. He has been training therapists in gestalt for the past few years, as well as leading workshops on both coasts and at Big Sur. He is a director of the Gestalt Institute of San Francisco and has a private and group practice in Berkeley. (p 21)

S

BRENDA SALES completed the 1972-73 Esalen Extended Growth Program with Ian Grand. A certified masseuse, she was head of the Esalen/San Francisco massage crew for two years. She was trained in massage by Gunver Ingeborg Jackson and also studied with George Downing. (p 5)

LARRY SCHARF has his master's degree in psychology from the California State College at Sonoma. He is a licensed masseur and has conducted several classes in massage. He has directed drug rehabilitation classes in the San Francisco area and currently does family counselling. (p 26)

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. In addition to leading groups at Esalen and Anthos, he has lectured at the University of California, Princeton and many other schools, as well as conducting special programs for industry and social agencies. He is currently dividing the majority of his working time between Esalen/Big Sur and the Texas Outward Bound School. (pp 24, 25, 32)

SYLVIA SCHMIDT, LCSW, is engaged in the private practice of family, couple and individual psychotherapy in San Francisco. She is a workshop leader for the Center for Energetic Studies and teaches family interviewing and therapy through Continuing Education in Nursing, University of California, San Francisco. (p 8)

VALERIE BLALOCK SCHUTZ has been a musician, dancer, philosopher, actress, cook and gymnast. She has trained in encounter with Will Schutz and in EST with Werner Erhard. With Will Schutz she has co-led workshops in the United States, Canada and Australia. She is presently in residence at Esalen/Big Sur. (p 23)

WILLIAM SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing Feldenkrais and EST. He is author of *Firo, Joy, Here Comes Everybody* and most recently, *The Elements of Encounter*. He is currently in residence at Esalen/Big Sur. (pp 23, 26, 29)

ALAN SCHWARTZ practices privately in New York City. He trained in gestalt with Laura Perls and at the Institute for Bioenergetic Analysis. He leads groups at Esalen, throughout the U S and Canada and in Europe. He teaches at the university level in the New York City area and is currently writing a text on the uses of energy responsibility techniques in human communication. (pp 21, 22)

CHARLOTTE SELVER and **CHARLES BROOKS** are teaching associates at Esalen/Big Sur and on the faculty of the New School for Social Research in New York. Their field is sensory awareness, perception and nonverbal communication. They hold regular classes in New York and conduct seminars and study groups throughout the United States and Mexico. (pp 21, 27, 28)

ALEXANDER SHULGIN is a biochemist and pharmacologist trained in psychiatry who has worked during the last two decades as an independent scientific researcher and explorer of various psychedelic drugs. His major area of interest has been psychoactive substances related to mescaline and amphetamine derivatives. (p 27)

BEVERLY SILVERMAN is a senior rolf practitioner. She is a leader of gestalt and encounter groups and has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the U S Army at Fort Ord. (pp 22, 27, 29, 31, 34)

Biographical Information

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His training in group and individual process includes gestalt, encounter, psychosynthesis and organization development. During the past two years, he and his wife have become increasingly involved in teaching therapists and other health professionals. As a research psychophysiologist he has published numerous papers including *A Paradigm for the Study of Altered States of Consciousness, Research with Psychedelics, Acute Schizophrenia: Disease or Dis-ease?* and *The Study of Sex Differences*. (pp 22, 27, 29, 34)

HARRY SLOAN, a former dentist and Esalen resident fellow, is an experienced leader, organizational consultant and playwright. His first play "The Burden" was showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspective—"seeing oneself beyond an impasse." He is training in psychosynthesis at the Psychosynthesis Institute in Redwood City. (pp 9, 23, 28, 30, 33, 34)

GERALD W SMITH is a family therapist in Belmont, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. He led the first couples' workshops at Esalen and is author of *Me and You and Us* (in paper as *Couple Therapy*) a book of communications experiences. He recently authored a book titled *Hidden Meanings*, and for a year had a daily TV program on KPIX in San Francisco called "Talk It Over With Dr Gerald Smith." (p 9)

MELANIE SMITH, dancer, musician, has worked the last 3 years teaching Arica method and African dance. (p 24)

SALLY SMITH is a teacher and a parent and has led gestalt and encounter groups for the past 15 years. (p 33)

DAVID SOBEL is executive director of the Institute for the Study of Knowledge and a student of medicine at the University of California Medical School in San Francisco. He is author of an everyday guide to health and editor of the forthcoming *Ways of Health*. (p 7)

DYVEKE SPINO, Esalen Sports Center and College Program staff, is a Community Mental Health consultant and formerly a fellow at Columbia University in organizational analysis. She is presently conceiving and designing a new Sports Cluster College at Sonoma State and teaching courses on new directions of sport at U C Berkeley, Davis, and for the Psychology department at Sonoma State. Currently she is designing transformation physical fitness programs for business and industry and educational institutions. She is a tennis pro, ski instructor and classical pianist. (pp 3, 5, 11, 12, 25)

MIKE SPINO is director of the Esalen Athletic Club and a former co-director of Berkeley Otherways School, the first public alternative school. A nationally ranked marathon runner, he is presently studying the techniques and philosophy of Australian Percy Wells Cerutty. His present interests include meditation, diet, sports, medicine and the inner world. (pp 3, 5, 11, 12, 25)

JUDITH STRANSKY is Director of the Alexander Center of Southern California and has a private practice in Santa Monica teaching the Alexander Technique and the Feldenkrais method. Her background includes Reichian therapy, gestalt and t'ai chi. (p 6)

T

GORDON TAPPAN, PhD, is professor of psychology and former department head at California State College, Sonoma. (p 9)

CHARLES TART, Associate Professor at University of California, Davis, is a psychologist interested in consciousness. He edited *Altered States of Consciousness* and has two books forthcoming: *Spiritual Psychologies* (Harper & Row) and *States of Consciousness* (Dutton). (pp 2, 27, 28)

ROLLING THUNDER, a Shoshone medicine man, is a renowned prophet and healer. (p 27)

OM PRAKOSH TIWARI was born and educated in India. He obtained the DYP (Diploma of Yoga Pravishta) from Kaivalyadhama, after completing two Masters degrees in economics and Hindi. At present he is Secretary of K S M Y M Samiti in Lonavla, as well as serving as yoga instructor in a yogic hospital. He is also a professor of hatha yoga in the G S College of Yoga and Cultural Synthesis. (p 33)

U

JUDY UNELL, a member of the American Massage and Therapy Association, is one of the west coast's best known Massage Therapists and the originator of T'ai Chi Massage. She was staff massagist for Kairos and has led workshops throughout the U S. Licensed in Los Angeles, her teaching and private practice includes neo-Reichian emotion releasing. She has trained and given individual instruction with The Radix Institute. (p 23

V

KEVEN R VAN CAMP is the director of the Confluent Education Program for the province of Manitoba, Canada. He was formerly a high school teacher with residential Indian students and for the last three years has been developing programs in confluent approaches to learning and living for children, adults, families and teachers. (p 31)

DAVID VAN NUYS, PhD, is currently director of the master's degree program in Humanistic Psychology at California State College, Sonoma. His doctoral dissertation at the University of Michigan was on the role of attention in hypnosis and meditation. He has published a number of popular and professional articles on altered states of consciousness, perapsychology, and psychotherapy. In addition to teaching, lecturing, and private practice, David is also involved in tennis, cross-country skiing, wilderness tripping and soaring. (p 12)

W

ELAINE WARBURTON is a Radix Institute Workshop Coordinator and a certified teacher of Radix neo-Reichian "Education in Feeling". Elaine received her master's degree in counseling at the University of California at Santa Barbara and has done counseling both privately and with groups. A qualified masseuse, she has also had substantial experience in bioenergetics and gestalt practice in addition to her Radix training. (p 30)

R GORDON WASSON is a distinguished ethnomycologist whose researches into the historical and cultural roles of hallucinogenic mushrooms in Mexico and the Old World have brought him international scholarly recognition. He is the author of *Mushrooms, Russia and History* (written with his wife, the late Valentina P Wasson), *Soma: The Divine Mushroom of Immortality*, and *Maria Sabina and Her Mazatec Mushroom Velad*. (p 27)

BEN WEAVER teaches sensory awareness at Naropa Institute in Boulder, at Esalen, and other growth centers. He is a former Director of Esalen/Big Sur. His teachers have included Charlotte Selver and Fritz Perls. (p 30)

VICTORIA WEAVER is mate, partner and fellow sadhak with Ben Weaver. She is a registered nurse with special training in the community mental health field. (p 30)

ANN WEHBRING's initiation to backpacking was a 45-mile hike in two and one half days. She has since learned more relaxed approaches to the outdoors and has continued to hike and camp in the Sierras, Baja California, Norway, Switzerland and Yugoslavia. (pp 11, 12)

KURT WEHBRING has climbed extensively in the Sierras, Tetons, Wind Rivers and in the Alps and made a first ascent of the East Ridge of Mt St Elias in Alaska. He is experienced in the techniques of sensory awareness and Reevaluation Education (co-counseling) and has taught courses in rock climbing and ski touring. (pp 3, 11, 12)

RUSSELL WILLS, PhD, is a Palo Alto psychologist and consciousness philosopher. He has done extensive research applying Senoi techniques to children's groups and is co-author of the recently published *The Centering Book: Awareness Activities for Children and Adults* (Prentice Hall). (p 9)

RON WURTSBAUGH is the director of the Esalen College program. He is a practitioner and teacher of Taoist forms of yoga including T'ai Chi Ch'uan, Nei-Kun, Chi-Kun, Pa-Tuan-Chin, Yi-Chin-Ching. (p 5)

Y

YANDO, a Peruvian artist and muralist, now resides in California and is a lecturer in art at Pitzer College, Claremont. Yando often depicts in his painting and drawing the visionary content of hallucinatory states. (p 27)

ANNE YEOMANS, an associate of the Psychosynthesis Institute, has worked with Roberto Assagioli in Italy and is in advanced training with Jim and Susan Vargiu. She works with individuals and groups for women using psychosynthesis and co-leads groups with her husband. Her children are 3 and 6. (p 8)

Z

JOHN ZEIGLER is on the faculty of the Social Sciences Department of The New School for Social Research in New York City. An individual and group therapy consultant, he trained with The Institute of Group Dynamics and Ilana Rubenfeld and was a group leader with Aureon Institute, G R O W and Group Laboratories in Manhattan. He has been a lecturer and communication consultant to numerous organizations and groups and his work has appeared in numerous magazines, such as Time, Life, Family Circle, The New Yorker and Parents. (p 22)

ZITRO is a percussionist and composer who has studied at the Integral Yoga Center, EST and Arica. He has performed and recorded in jazz and avant garde and performed with the Living Theater 1964 in Europe. His own performing groups are *Listen, Zytron* and *Chakra*. (p 28)

JANET ZUCKERMAN, a former New York advertising executive, wife and mother, came to Esalen in 1971 as a resident fellow. She has trained in group process with Julian and Beverly Silverman, Betty Fuller, Janet Lederman and Will Schutz. She has been leading groups for four years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 21, 24, 34)

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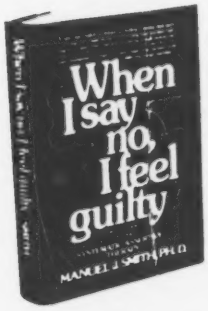

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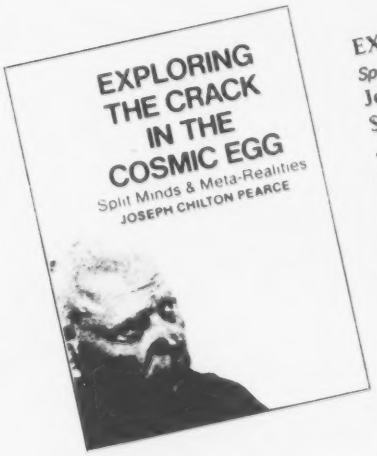

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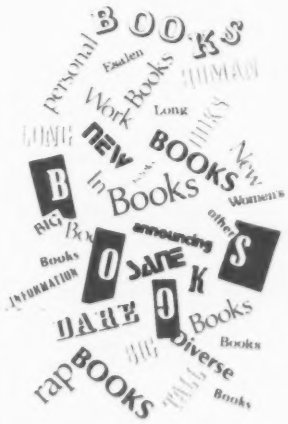

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We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Deposit Information. Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups and $400 for month-long groups. Deposits are not refundable but, with five days notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen/Big Sur. Do not mail Big Sur reservations to Esalen/San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U.S. currency only, please.

Scholarship Information. If you need scholarship assistance for a long term Esalen/Big Sur program write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15-August 31 programs or for weekend programs.

General Information. Workshop fees cover tuition, food and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service. Those travelling by air or bus can obtain limousine service to Esalen/Big Sur by notifying the Big Sur office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5-5:30 pm each Sunday and Friday. The cost is $10 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga). Seminarians in residence for a week or longer at Esalen are asked to contribute one or two hours a week to the kitchen staff. These hours do not interfere with scheduled groups or meals. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Catalog Designer: Red Dog Pieface
Typesetting: The Esalen Media Center

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting and research.

We exist to sponsor, encourage, synthesize and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

SAN FRANCISCO INFORMATION

For reservations, literature, tickets and information, write or call:
Esalen Institute, 1793 Union Street, San Francisco, CA 94123.
Phone: (415) 771-1710; 9—5:30 Monday—Saturday,
9:30—3:30 Sunday.

Reservations: Reservations close 5 days prior to the program, in order to facilitate planning and for the convenience of participants' time plans. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to Esalen Institute, 1793 Union Street, San Francisco, 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express.

Information literature and tickets for lectures may be obtained Monday through Saturday 9—5 pm, Sunday 9:30—3:30 pm at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

Workshop schedules: One day workshops generally meet from 10 am to 6 pm. Saturday and Sunday weekend workshops meet from 10 am to 6 pm each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 pm on Friday, from 10 am through the afternoon and/or evening on Saturday, and from 10 am to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

Accommodations: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

Location: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

Recommended dress: Workshops are informal. Slacks and flat shoes are recommended for women; sport clothes for men.

Bookstore: Esalen's Bookshop provides a comprehensive selection of books ranging from general psychology, life sciences and education to the Eastern philosophies, Jung and the mystics. It is open Monday through Saturday, 9—5:30 pm, Sunday, 9:30—3:30 pm.

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in reserving a space at Esalen workshops and lectures. You may use it for Big Sur *or* San Francisco programs. (Please make reservations at each location independently rather than place a "mixed" order.) In completing the form, please include the name, address and telephone number of *each* person registering and clearly indicate the title of the workshop for which *each* person is reserving a place. Please make reservations early.

Name _____ Sex M ☐ F ☐ Age _____

Occupation _____

Address _____

City, State _____ Zip _____

Daytime Telephone: Area Code _____ No. _____ Number of males ___ females ___ in group.

(Please repeat the above information for every person in your party making a reservation, on back of form or on additional paper.)

Check location of program(s):

☐ **ESALEN/SAN FRANCISCO (Mail to Esalen Institute, 1793 Union Street, San Francisco, CA 94123)**

☐ **ESALEN/BIG SUR (Mail to Esalen Institute, Big Sur, CA 93920)**

Check whether you wish:
☐ shared room
☐ single room on a space-available basis ($7 per night additional charge).
(Lodging may be assigned at either Big Sur Hot Springs or South Coast Center at the discretion of Esalen.)

Do you smoke? _____

Name of person registering	Date(s)	Leader's Name/Title of Workshop	Deposit

Master Charge ☐ American Express ☐ Card No. _____ Total amount enclosed: $ _____

Checks payable to Esalen Institute.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

PAYMENT: All San Francisco and Big Sur workshops require nonrefundable deposits. Consult information section on page 46 for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

the esalen catalog

APRIL–JUNE, 1975

COVER: Big Sur photo by Neil Dunlop; cloud photo by Guy Corry; art by Red Dog Pieface

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

Esalen Institute
1793 Union Street
San Francisco
California 94123

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"a part of... apart from"

JULY OCTOBER 1975

the esalen catalog

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ESALEN INSTITUTE

–Big Sur, CA 93920. Phone (408) 667-2335;
10 to 4 every day; 10 to 8 Sunday and Friday.

–1793 Union St, San Francisco, CA 94123.
Phone (415) 771-1710;
9:30-5:30 Monday-Saturday; 9:30-3:30 Sunday.

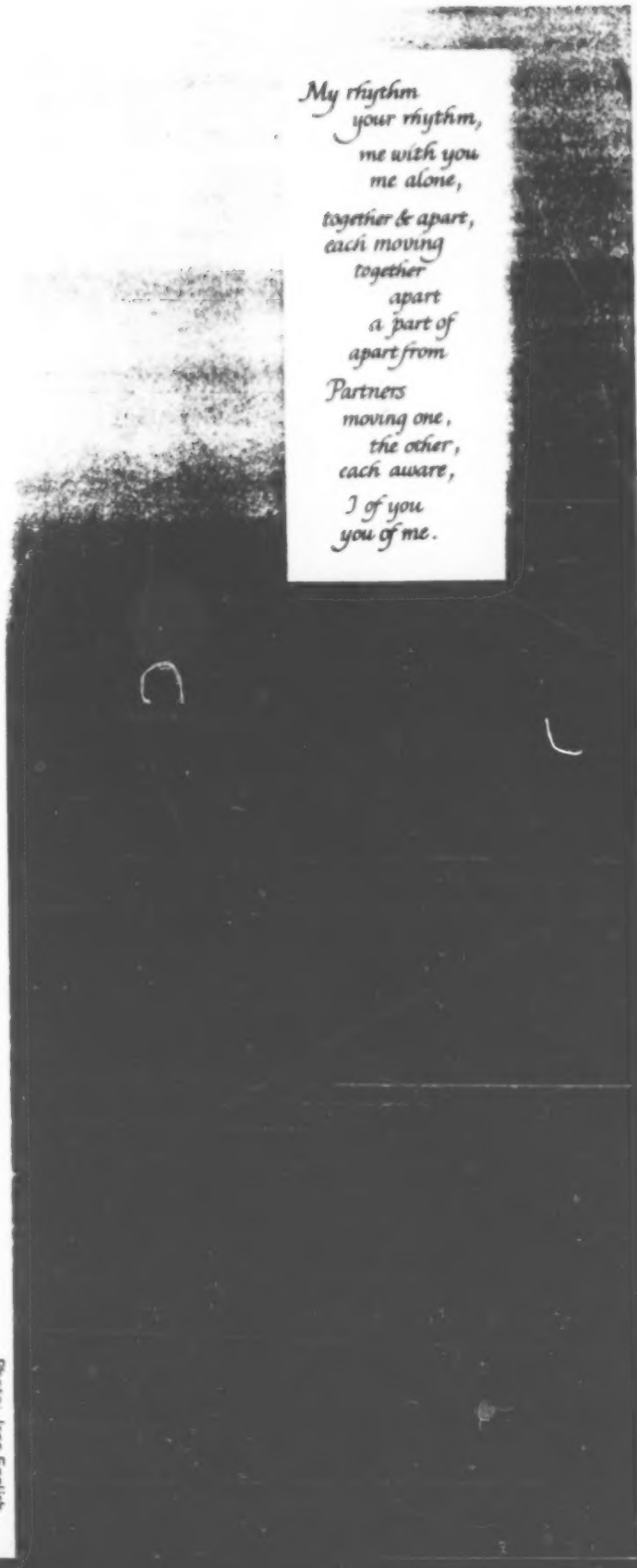


Photo: Jane English

esalen / san francisco

Coming Programs in Massage Training—Fall 1975

Jane Walters (massage); Marion Rosen (anatomy); Sioux von Baeyer (movement)

This 12-week program will consist of 12 four-hour massage and movement sessions, one per week, and 8 two-hour classes in muscle and joint action and interaction.

The first hour of each class will be a movement session which will focus on posture and alignment as a way of grounding, energy release, and movement work with partners to open channels for communicating and touching. Massage demonstrations will draw principally from Esalen and Shiatsu styles, followed by carefully supervised practice sessions. Emphasis will be on developing a personal approach to massage with special attention on learning how to receive, often an overlooked aspect of massage. Anatomy classes will deal principally with the function of the muscles and their actions and interactions, with additional focus on particular regions of the body, *e.g.*, shoulder girdle, pelvis, etc. These classes are open to the general public. For further information contact Ms Walters through the Esalen office.

Esalen College Program / San Francisco

With many regrets, we are dropping the college program as it has been described in recent Esalen catalogs and program announcements. Students may still come to Esalen Institute in San Francisco, of course, and attend the programs that are available, receiving academic credit if their schools permit it. But students who do this must take their own responsibility for the design of their program, their housing and other personal matters. Esalen does not have the resources now to provide the kind of integrated program described in previous brochures.

The following is a partial list of undergraduate and graduate schools which offer credit for work done at Esalen.

Undergraduate Schools

Antioch College/West
Goddard College
Johnston College
Prescott College
Raymond College
Sonoma State College
University Without Walls, Berkeley

Graduate Schools

Goddard External MA Degree
Lone Mountain External MA Degree
Sonoma State External MA Degree
Humanistic Psychology Institute, PhD Degree
California Institute of Asian Studies, MA and PhD Degrees
Union Graduate School (Antioch College), PhD

If your college or student group is interested in arranging an Esalen workshop (day, weekend, or longer) to take place on your campus, contact Esalen, San Francisco.

Photo: Tony Fletcher

human consciousness institute

Esalen will sponsor its fifth summer Human Consciousness Institute in Berkeley, California, July 3 through July 27, 1975. In two sessions, leading researchers and practitioners will report on their exploration and mapping of consciousness processes and states, including demonstrations and experiential exercises for institute participants.

SESSION I
PHYSICAL ASPECTS OF CONSCIOUSNESS, July 3-July 13.

Brain research, right and left hemisphere thinking, biofeedback and its implications, physical measurements of consciousness states, quantum theory and consciousness, and psychosomatic and healing processes.

Leaders for the session will include Barbara Brown, PhD, leading researcher in biofeedback, author of *New Mind, New Body;* and Kenneth Pelletier, PhD, clinical psychologist, currently studying the neurophysiology of consciousness states in adept individuals.

SESSION II
FRONTIERS OF THE PSYCHIC, July 17-July 27.

The ranges of human potential in parapsychology and beyond, including ESP, out of the body experiences, healing, psychic individuals, training psychic abilities, and the role of these potentials in human consciousness and society.

Session leaders will include Charles Tart, PhD, leading parapsychologist, researcher and theoretician on consciousness, and editor of *Altered States of Consciousness;* Anne Armstrong, personal counselor who uses psychic abilities; Arthur Hastings, PhD, communication specialist and parapsychologist, who has developed methods for facilitating personal ESP abilities; and Robert Monroe, author of *Journeys Out of the Body.*

Participants can enroll for one or both sessions. Tuition is $215 for each session ($400 for both), with enrollment limited to 50 persons. Institute sessions are held in facilities of the University of California in Berkeley. Living accommodations (shared occupancy) are in university residence halls for $50 per session, breakfast included.

Further details of the program are available in a brochure. For a copy of the brochure, write to Human Consciousness Institute, Esalen Institute, 1793 Union Street, San Francisco, CA 94123.

programs in San Francisco

Photo: Tony Fletcher

single evening events

(For complete description of events, see pages indicated.)

All programs held at First Unitarian Church, Franklin and Geary Streets, San Francisco, unless otherwise noted.

Thursday, July 24
Introduction to Psychodrama / Walt Anderson
$1 general admission; 8-10:30 pm.

Tuesday, July 29
My Body Is My Temple / Gabrielle Roth
$5 general admission; 8-10:30 pm (p 5)
Location to be announced; check with Esalen office.

Friday, August 8
An Evening of Afro-Caribbean Music and Dance
Adele Chu-Drummond
$3.50 general admission; 8-10:30 pm (p 6)

Wednesday, August 20
Close Yet Free in Marriage and Other Significant Relationships: Communication Experience for Couples
Gerald Smith
$5 general admission; 8-10:30 pm.

Thursday, August 28
My Body Is My Temple / Gabrielle Roth
$5 general admission; 8-10:30 pm (p 6)
Location to be announced; check with Esalen office.

Wednesday, September 10
You Don't Have to Suffer to Feel Good / Harry Sloan
$5 general admission; 8-10:30 pm (p 7)
Location to be announced; check with Esalen office.

Friday, September 19
The Trance Dance
Anna Halprin & The Dancers Workshop
$3.50 general admission; 8-10:30 pm (p 7)
Location to be announced; check with Esalen office.

Wednesday, September 24
Introduction to Interpersonal Methods
Janica Fox
$3 general admission; 8-10:30 pm (p 7)
1793 Union Street, San Francisco.

July 12
Introduction to Structural Patterning
Cast of Seven Patterners

One-day workshop $25

Structural patterning is a system of learning to move efficiently and to interact harmoniously with gravity. Ideal alignment occurs when the centers of gravity of each body part are balanced one above the other. A student is taught balanced ways of moving in an overall pattern followed by applications to his individual needs and interests.

The morning will begin with an explanation and development of structural patterning concepts, after which participants will break into small groups for individual patterning and movement experiments. Limited to 50 persons.

July 12-13
Bio-Energetics / Vivian Guze

Weekend workshop $50

Working with participants as a group and individually, Ms Guze, a training analyst from the Institute for Bioenergetic Analysis in New York, will give a weekend's introduction to the basic concepts of bioenergetic thinking and therapy.

For leader's biography, see p 13

July 13
Knowing & Moving the Body
Frank Ottiwell & Judith Stransky

One-day workshop $25

This workshop will draw on the work of F M Alexander and Moshe Feldenkrais in mobilizing and re-educating the body/self. Techniques to improve postural alignment and release blocked energy will be taught individually and applied to such everyday activities as sitting, standing, walking, and bending. Group exercises, performed within each individual's range of ease and enjoyment, will be used to increase kinesthetic awareness and to show the use of awareness and movement as self-teacher.

July 19
Self-Awareness Through Art / Douglas Gilbert

One-day workshop $25

Who we are, the struggles in which we are involved, conscious or not, are unavoidably expressed in the ways we go about our lives; and most particularly, the images we create. It is possible to learn to sense the personal meaning in our creations, to make more conscious the specific, vital issues which involve us. Approaching the self through art can not only lead to further self-awareness; it can open up and develop a new means of self-expression. Since everyone *can* draw, no art experience necessary.

July 19
Ride the Magic Carpet / Marion Saltman

One-day workshop $25

A creative play workshop for parents, teachers, and other adults.

"The idea of playfulness is therefore profound both as a philosophical and religious concept." —Lama Govinda

We will make use of improvisation, spontaneous play, and creative symbols of order.

July 19-20
Workshop in Bioenergetic Analysis Kaj Lohmann

Weekend workshop $50

This workshop is for persons who have never experienced bioenergetics as well as those who have already done some explorations into this approach. Relationship of psyche and soma will be explored individually as well as in group.

For leader's biography, see p 13

July 26
The Feldenkrais Method / Ruth Alon

One-day workshop $25

The Feldenkrais method is a system of body movement which focuses on the re-directing of the brain's habitual responses to movement in the gravitational field in ways which make possible more natural and efficient paths for the mobilization and expression of body energy. This program is an introduction to the method.

July 26-27
Demythologizing at Mid-Life / Bob Cromey

Weekend workshop $50

This seminar is for persons, now at mid-life and beyond, who are grappling with issues of death and dying, sexuality, loneliness, vocational change, divorce, and aging. The purpose is to destroy many of the myths which frighten people at mid-life, including "declining" good looks, changes in sexual activities, difficulties in relating to younger people, death as horror, work as deadly, and relationships as sour. New ways will be presented to make friends, deepen intimacy, and to find joys in the maturing process.

July 27
Open Psychodrama Encounter / Walt & Maurica Anderson

One-day workshop $25

A flexible day's work and play using a variety of encounter, gestalt, and body-movement approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing one's own openness, spontaneity and creativity, and having fun. The degree of active involvement is a matter of individual choice.

July 29
My Body Is My Temple / Gabrielle Roth

Single evening event

This will be an evening created for you to explore your unique relationship to life in action. Live music will provide the inspiration for the choreography of the human soul to unfold in sound and movement. Movement is the principle expression of life—the process continues through pendulum swings of control and freedom until it becomes poised in the conscious discovery of the self as an endless flow of spontaneous creative action. Let us dance this discovery together.

$5 general admission; 8-10:30 pm. Location to be announced.

August 2-3
Gestalt & Hypnosis / Irving Katz & Marvin Lifschitz

Weekend workshop $50

Through hypnotically induced drawings, dreams, and automatic writing, participants will have the opportunity to bring unresolved material from the inner theatre of the unconscious to the surface. Gestalt methods will be used to integrate what emerges into the conscious life and complete unfinished business.

STRUCTURAL PATTERNING

These evening seminars will use the concepts of structural patterning in exploring the following dimensions:

August 7: **Women and Women's Bodies:** How our bodies define our roles.

August 14: **"Fat" People:** How our patterns keep us fat and keep us feeling fat.

August 21: **Creative Imagery:** How to find personal imagery through body images and balance.

August 28: **Musicians and Singers:** How to get more and better sound through balance.

Seminars meet 8-10 pm at 1793 Union Street, San Francisco with members of the Structural Patterning Institute as program leaders. Cost is $7 per evening.

August 2-3
Sensory Awareness: Meditation in Everyday Life Connie & Leon Siegel

Weekend workshop $50

Sensory awareness is a discipline of attention to what's real, moment by moment—breath, movement, light, sound—to the reality of experience beneath these names, beneath all words. It is a way of release from fixed concepts; a way of discovery, through the constrictions and flaccidities in our tissue, of what we have buried there of pain or fear or grief, allowing the delicate natural changes that can finally transform us. In this workshop, through meditative attention to our process in everyday activities, we will try to move a little deeper in awareness, coming a little more to our nature as whole, changing and energetic beings.

August 6
Movement/Dance for Women / Tamara Greenberg

See Women's Programs, page 14.

BEST COPY AVAILABLE

August 8

An Evening of Afro-Caribbean Music & Dance
Adele Chu Drummond

Single evening event

The evening will start by slowly discovering our heart beats and bodies and how they want to move to certain rhythms, building our dance with very simple movements and accents. There will be direction but also much room for improvising. Experience the Carribean way to rock out and stay loose. Children are welcome.

$3.50 per person; 8–10:30 pm. First Unitarian Church, Franklin & Geary Streets, San Francisco.

August 9–10

Awakening Intuition / Frances Clark

Weekend workshop $50

Intuition is known to everyone by experience, yet frequently remains a repressed or undeveloped function. Learning to distinguish various levels of intuitive awareness corresponding to the physical, emotional, mental, and spiritual levels of consciousness, can facilitate the development of intuition as a reliable mode of knowing. We will work with dreams, meditation, and guided imagery for facilitating intuitive perception with particular emphasis on intuition for creativity, problem solving, and psychic development.

August 9

Art from Within / Vijali Clark

See Women's Programs, page 14.

August 9–10

On Individuation / Pennell Rock

Weekend workshop $50

Mr Rock writes: "Since I was very young I have been guided by the inspiration of disciplined personal growth. I have been fascinated with the idea of individuation, of the union of psychological opposites, of the ultimate source and unity of all dualities. I was educated at Yale and Harvard, at Cambridge, Paris, Zurich, and Banaras, where I steeped myself in the thoughts of Nietzsche, Jung, Wittgenstein, Heidegger, and the Upanishads. Since migrating to California I have been exposed to many new forms of techniques and disciplines for development of the self—primarily the disciplines practiced at Esalen and the scientific mysticism of Oscar Ichazo and Arica. The weekend will include a consideration of various approaches to individuation guided by the common interest of the group."

August 16–17

Massage / Bill Glover

Weekend workshop $50

This workshop will explore the human significance of touch and teach basic skills of massage in the enjoyable environment of a house in the Berkeley Hills with a hot tub. Emphasis will be placed on developing sensitivity and individual style in the hope that participants will come away with a personal sense of how to include more touching in their lives.

August 20

Close Yet Free in Marriage & Other Significant Relationships: Communication Experience for Couples
Gerald Smith

Being free to grow yet close to be intimate is the main dilemma of every important relationship. This talk will include specific "experiences" for creatively coping with this dilemma of keeping a relationship alive. The two evenings will supplement and reinforce each other, but each is organized to be meaningful and complete by itself.

$5 admission; 8–10:30 pm.

August 21

Open Psychodrama Encounter / Walt Anderson

One-day workshop $25

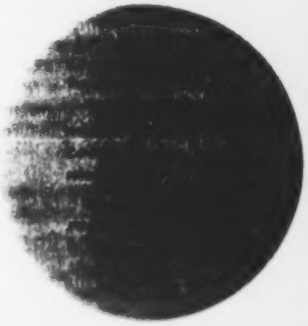
A flexible day's work and play using a variety of encounter, gestalt, and body-movement approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing one's own openness, spontaneity and creativity, and having fun. The degree of active involvement is a matter of individual choice.

August 22–24

Self Explorations Through Hypnosis / Lee Pulos

Weekend workshop $50

The emphasis in this workshop will be to teach the participants techniques and exercises which can be taken home and used daily after the weekend is over. Hypnosis and self-hypnosis will be taught so that the group members can focus in on themselves through hypnotically induced dreams, automatic writing and ideo-motor questioning. Each participant will have the opportunity to use hypnosis for their own personal programming, habit changes and exploring the self through hypnotically guided fantasies. A feature of the weekend will be to use hypnosis to extend consciousness into paranormal and psychic dimensions.



August 23

The Feldenkrais Method
Ruth Alon

One-day workshop $25

See program description, page 5.

August 28

My Body Is My Temple / Gabrielle Roth

Single evening event $5 (See program description, page 5)

August 30–31

Beginning Again / Gerald Smith

Weekend workshop $50

This workshop is designed for people coming out of divorce or an important nonmarital relationship. Focus won't be on the pain of the past but on making the most of right now and the life ahead. There will be both large and small group experiences with some serious as well as pleasurable work.

August 30–September 1

Tuning Your Instrument: A Movement & Massage Experience / Gabrielle Roth

Three day workshop $70

This Labor Day weekend includes movement and massage experiences designed to ground consciousness in the body. The purpose is to develop the will to be present for ourselves and others in a spontaneous flow of action. As a result we can expect to discover a state of being which requires no effort. Live music will be the inspiration.

September 6

Self-Awareness Through Art / Douglas Gilbert

One-day workshop $25 (See workshop description, p 4)

September 6–7

A Workshop for Body Therapists Richard & Catherine Heckler

Weekend workshop $50

A workshop designed for persons currently working in the body therapies of massage, polarity, Lomi Body work, rolfing, shiatsu, acupuncture, reflexology.

September 10

You Don't Have to Suffer to Feel Good / Harry Sloan

Single evening event

Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish, and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. This evening will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen.

$5 admission; 8–10:30 pm.

Location to be announced; check with Esalen office.

September 13

Developing Chutzpah: Assertiveness Training Zoe Snyder, Lorle Kranzler Kennedy & Roz Parenti

One-day workshop $30

Assertiveness is the ability to get what you want and make room for yourself in the world. Chutzpah, to us, means taking a risk with flair. We often limit ourselves by holding back from risks and remaining unaware of our potential. This workshop will focus on exploring and developing our strengths and finding the style of expression uniquely suited to each of us. Gestalt, psychodrama, and movement will be used to facilitate more direct communication with others, leading to better contact.

September 13–14

Intimacy & Integrity: A Couples Workshop Marsha Angus & George Lane

Weekend workshop $100 per couple

There is a popular myth that intimacy requires compromise, sometimes even of one's own integrity. Our task in this workshop is to confront and dispel this myth, through identification and practical application of the basic elements of intimate communication and the exercise of personal authority.

Friday, September 19

The Trance Dance / Anna Halprin & The Dancers Workshop

Single Evening Event

The "Trance Dance" will focus on developing techniques that enable us to experience the journey from the self to the many and back to the self again. We will try to flow with the collective energies and discover where "it" will take us . . . not knowing before it happens. This *Trance Dance* allows each of us to experience a deep centering and integration of the inner world of experience with the outer world of our universal environment.

$3.50 general admission; 8–10:30 pm.

Location to be announced; check with Esalen office.

September 20–21

Exploring Astrological Archetypes Jim Shere & Yanni Toussulis

Weekend workshop $50

Using specially prepared horoscopes, we will explore some of the archetypal patterns we have chosen and work to re-own them. The process used will be a uniquely structured guided fantasy employing gestalt, movement, and group interaction. *One month's* advance registration is required since we will be using your horoscopes in designing the activities. Please submit the following birth data: place of birth; time of day; day, month, and year.

September 20–21

Awakening Creativity Through Yoga / Fritz Faiss

Weekend workshop $50

A workshop designed to awaken creative abilities. All people have creative trends which can be put into expressive action. Meditation and specific yoga techniques with emphasis on actual work, particularly painting, will lead each participant to those images and forms that live within him and influence his daily life.

Wednesday, September 24

Introduction to Interpersonal Methods / Janica Fox

Single evening event

Working in small and large group sessions, participants will be introduced to many methods for personal growth being explored at Esalen.

$3 general admission; 8–10:30 pm, 1793 Union Street, San Francisco.

September 27–28

Sensory Awareness & Drawing / Connie & Leon Siegel

Weekend workshop $50

Sensory awareness is meditation on the process of everyday life. Through simple experiments involving activities such as sitting, moving, breathing, touching another, we may begin to explore our nature in its fullness, coming more to quiet and clarity of body/mind. Periods of sensing will be alternated with periods of drawing in which we work out of the awareness of our inner rhythms, of movement, and of our environment perceived through touching and seeing. Emphasis will be on the discovery of each person's unique way of experiencing and how this is expressed in line, shape, and color. No previous experience in drawing is needed.

summer programs at westerbeke ranch

This series of programs sponsored by Esalen San Francisco will be held at the Westerbeke Ranch in Sonoma County, which is about an hour's drive north of San Francisco. These residential workshops will be held in an intimate setting which includes rustic cabins, home cooked meals, a sauna and Japanese tub, a large swimming pool, and beautiful scenery. Weekend workshops begin on Friday evening and five day workshops on Sunday evening. A non-refundable deposit of $50 is required for weekend workshops and a $70 deposit is required for five day workshops. Full payment should be made to the Esalen San Francisco office five days prior to the workshop. All workshops are limited to 25 participants.

July 20-25

Gestalt & Meditation / Richard Price & Michael Murphy

Five-day workshop $270

Perfect like Great Space
the Way has nothing lacking, nothing in excess.
Truly because of our accepting and rejecting
We have not the suchness of things.
—Sengtsan (3rd Patriarch)

What is, is.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close. In this workshop there will be both active and passive forms of meditation—awareness practice while sitting, walking, and running.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than "adjustment," "cure," or "accomplishment."

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce).

July 25-27

The Erotic Mind / Sam Keen

Weekend workshop $115

This playshop will stimulate the erogenous zones of the mind and explore the art of playing with those ideas that best express your unique experience of life. It is based upon the premise that you don't have to lose your mind to come to your senses or dissect butterflies to hold the fleeting moment within the embrace of understanding. Thought may dance and play and transform prosaic language into poetry. Bring a favorite theory to play with, a problem to solve, a hypothesis to test, an inarticulate experience for which you want to find words.

July 27-August 1

A Week with Will Schutz / Will Schutz

Five-day workshop $270

Within the format of an encounter group we shall explore many body methods, intrapsychic techniques, demonstrations, and theoretical discussions relevant to whatever happens in the group.

August 1-3

T'ai Chi: The Watercourse Way
Al Chung-liang Huang

Weekend workshop $115

An introduction to T'ai Chi and creative Taoist philosophy as explained and exemplified in the book, *Tao: The Watercourse Way* by the late Alan Watts and Al Chung-liang Huang, and in Huang's book, *Embrace Tiger, Return to Mountain.* The meeting of East and West will be explored in terms of everyday living, of transforming intellectual understanding of the East into action, and of making useful applications to the way of life in the West.

"To work with Al Huang is to learn to move with wind and water, not only in the t'ai chi exercises, but also in the course of everyday life. In going with the watercourse way, he is as fresh as a mountain stream and as deep and powerful as the Yangtze River . . . . he woos and beguiles his students instead of forcing them. This is the mark of a truly superior and gifted teacher who works upon others as the sun and rain upon plants."

—Alan W Watts

August 3-8

Realms of the Human Unconscious: Psychedelic and Anthropological Perspectives
Stanislav Grof & Joan Halifax-Grof

Five-day workshop $270

This workshop will focus on the expanded image of the human mind that is emerging from LSD research and anthropological studies. The participants will become acquainted with such issues as: new maps of the human unconscious; transpersonal aspects of birth, sex, and death; LSD psychotherapy with neurotics, alcoholics, heroin addicts, psychotic patients, and individuals dying of cancer; the nature of the schizophrenic process; mystical, religious, and metaphysical experiences in psychedelic sessions; and indigenous healing systems and rites of passage in non-Western cultures.

We will utilize didactic sessions, discussions, experiential exercises, selected films, mandala work, and non-drug technology for inducing unusual states of consciousness. An isolation tank will be available for supervised use by the participants for an additional $10 fee.

August 8–10

Movement & Metaphysics
Anne Armstrong & Gabrielle Roth

Weekend workshop $115

We are all psychic. The purpose of this group is to demonstrate your psychic potential to you. Working as a group, we will ground our consciousness with movement and open our beings with chanting and sound. We will explore the realms of ESP, clairvoyance, and precognition vicariously through the activities of psychic Anne Armstrong and directly through exercises and adventures in the group. Readings will come spontaneously as we tune into ourselves and each other.

August 10–15

Your Most Precious Beliefs & Their Detection
John & Toni Lilly

Five-day workshop $270

Each of us has belief systems, some spoken, some unspoken, some known and some unknown. The personal hunt for these beliefs, the struggle to find them, to articulate them, can be a rewarding experience. Once found, once articulated, once written down, once *mastered,* these beliefs no longer cause one to be an unwilling nonvoluntary *programmee* of their dictates. One becomes a *programmer* of one's beliefs, through the new and novel *meta-belief operator* to be presented, and its use taught, in this workshop. An isolation tank will be available for supervised use by the participants for an additional $10 fee.

August 15–17

Approaches to the Feminine: A Workshop for Men and Women
José & Miriam Argüelles

Weekend workshop $115

A psychological, mythological and historical overview of the feminine will be supplemented by meditation, discussion and creative exercises emphasizing personal rediscovery of the feminine. Subjects to be explored include: the primacy of the feminine; feminine wisdom; feminine and inspiration; feminine and healing; feminine and creativity; and feminine and the unborn masculine.

Photo by P. Westerbeke

August 17–22

The Energy Body in Action / Lillie & George Leonard

Five-day workshop $270

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of energy flows in and around the bodies of living things. Using techniques derived from the Oriental martial art of aikido, Lillie and George Leonard will present their approach to the human biofield or "energy body." Through simple mental and physical exercises, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness. They will be introduced to alternative ways of dealing with everyday life situations—especially those involving tension and expectation. There will also be discussion of these experiences as they relate to education, sports, and social transformation.

August 22–24

Exploring Self-Acceptance / David Schiffman

Weekend workshop $115

The focus of this workshop is on the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, the participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning.

August 24–29

Transforming Catastrophe to Crisis / Gordon Tappan

Five-day workshop $270

Imminent catastrophes are being predicted by many who are investigating the troubles evident in our world today. With courage it is possible to confront the worst that could happen and penetrate to the core of each of the difficulties which besets humanity. Then the potential collapse of institutions represents a crisis in which the individual regains the power of choice in many crucial dimensions of living.

All the many skills of self knowledge are needed to reorient the individual to a world in transition. In this workshop, special attention will be given to creative play, activating imaginative processes, dreams, movement, and dialogue with self and others, to see how each person can come to terms with the disturbing features of the present world. In this effort to make deep connection with inner and outer, some prior experience at resolving inner-conflict is asked of participants. A list of background material will be sent to applicants prior to the workshop.

August 29–September 1

Three Day Weekend with Werner Erhard & Sam Keen With Guest Participant Michael Murphy

Three day weekend $200

Visions of the way. Exploring different paths toward: transformation, enlightenment, fulfillment, realization, the place of authority, experience, belief, discipline, trust, and knowledge.

sports center programs

The Esalen Sports Center is devoted to furthering new concepts, practices and teaching methods in lifetime sports and emphasizes activities in which participation is not limited by age, sex or athletic ability. The focus is on the joy of participation and the thrill of excelling. Workshops are designed to make sport richer and more rewarding—a vehicle for eliciting the potential that lies within us all.

JULY 7-18

esalen sports center summer institute

Program Coordinators: Bob Kriegel and Kurt Wehbring
Seminar Leaders: Bob Nadeau, Al Huang, Betty Fuller, Dyveke Spino, Mike Spino, Michael Murphy

Twelve-day residential workshop $385

In this twelve-day course we will use various forms of play, active games, sports, mind/body disciplines, and the wilderness as a means for realizing more of our potential. Inherent in the sporting experience are many factors that are deliberately cultivated in humanistic group therapies, *e.g.*, being in the here and now, mind/body harmomy, individual responsibility, risk taking, stress, and spontaneity.

The workshop will be divided into two parts of six days each. The first will take place on the campus of the Dominican College in San Rafel, twelve miles north of San Francisco. In this segment we will play and invent new games with humanistic themes, and participate in new approaches to traditional sports such as: tennis, jogging, swimming, volleyball, basketball, and softball. We will also be introduced to, and practice, such mind/body disciplines as t'ai chi, aikido, Feldenkrais exercises, sensory awareness, hatha yoga, meditation, energy awareness, and centering. At the end of each day there will be a group meeting using gestalt, encounter, role playing, and psychosynthesis techniques to help clarify some of the awareness gained during the day.

The second week will be spent in a secluded base camp in the Sierras. There we will try to use the insights and awarenesses gained during the first week, in activities such as backpacking, rock climbing, and nature walks, while living and working together as a community.

For more complete information write or phone the Esalen Sports Center, 1793 Union Street, San Francisco, CA 94123. Telephone: (415) 771-1710.

Inservice credit will be available through Dominican College.

June 15-19

Rafting on the Rogue River
James Katz & David Van Nuys

Five-day residential workshop $245

This five-day rafting workshop on the Rogue River in Oregon is open to the novice or the experienced. Yoga, psychosynthesis, sensory awareness, and dream sharing will be included. Excellent meals are provided from noon the first day through noon on the fifth day. Further information on request.

June 21-22

New Techniques of Jogging & Conditioning / Mike Spino

Weekend workshop $50

Orthodox jogging is an efficient means of overall body conditioning, but it holds few keys to heightened physical awareness or short cuts to peak body functioning. This workshop will focus on the work of Percy Wells Cerruty and Mihaly Igoli, who between them are responsible for more than forty world track and field records. We will blend their techniques of aerobic training, resistance conditioning, and diet with advanced research being done in the field of sport here at Esalen. These techniques which have been utilized by championship athletes are pertinent to people at all levels of fitness. Each participant will receive an individual training consultation, as well as insights into preventive and practical sports medicine.

June 28-29

Tennis Flow / Dyveke Spino

Weekend workshop

This workshop incorporates principles of physical fitness training, body awareness and movement techniques, and imagery along with traditional tennis methods. It is an integration of Mrs Spino's five-point formula in her holistic approach to the sport, consisting of: *a)* strength training, *b)* flexibility, *c)* endurance, *d)* sensing, *e)* inner-space. The overall effect is a more pleasureful, effective, and personally significant tennis game. Bring your racquet and a can of tennis balls. Limited to 20 people.

July 12-13

New Techniques of Jogging & Conditioning / Mike Spino

Weekend workshop $50

See description above.

July 12-13

Golf in Balance / L V Brown & Gene Coghill

Weekend workshop $60

Human experience is recorded in three distinct centers or brains: the physical, the emotional, and the intellectual. The game of golf affords a mirror for the interaction of these three intelligences. Particular attention will be paid to balance, energy flow, illusions about the swing, and weight in relation to force.

This workshop will be held at Peacock Gap Country Club in San Rafael, which has one of the finest driving ranges in California. There will be a round of golf at the conclusion of the weekend. Open to beginners or advanced players.

July 19-20
Tennis Flow / Dyveke Spino

Weekend workshop $50
See description above.

July 22 and July 24
Running on the Marina Green / Mike Spino

Tuesday and Thursday evening from 5:30–8:30 $20
This two-part workshop will present the running gaits and tempos and the physical conditioning methods that Mike Spino has developed from the work of Australian Percy Wells Cerutty, and Hungarian Mihaley Igoli, who between them are responsible for over 40 world records in track and field. The focus will be on striding, muscle/skeletal development, breathing, visualization, and meditation.
Sessions will be held at the Marina Green, and adjacent trails along the San Francisco Bay. Follow up individual running programs will be given to the participants. Information on sport medicine, nutrition, creativity, and conditioning principles will be stressed. A no-host dinner will follow each class. Participants must sign up for both sessions.

August 2-9
Beyond Outward Bound: The Inner and Outer Journey
Dick Galland & Bob Kriegel

Seven day workshop $300
This program is an outgrowth of the intensive wilderness expeditions pioneered at the Texas Outward Bound School. It is designed for those who wish to combine the simplicity of living and traveling as a small group in the wilderness with an emphasis upon expanding limits and extending the sense of ourselves as unique individuals. Using the physical challenges found in the mountains we will spend seven days exploring the Sierra wilderness on foot, rockclimbing and rappelling, learning basic outdoor skills, and each spending a day and a night completely alone on solo. All food and equipment is provided. A medical examination is required.

August 2-3
New Techniques of Jogging & Conditioning / Mike Spino

Weekend workshop $50
See description above.

August 9-16
Encountering in the High Sierra
Maurica Anderson & David Van Nuys

Eight-day residential workshop $200
Outdoors in the High Sierras we will work with yoga, meditation, psychodrama, psychosynthesis, and encounter. The group will meet at a designated roadhead Saturday and hike into a campsite by a high mountain lake. Mules will carry all food supplies and most of the personal gear. Mountaineering experience is not required, but applicants should be capable of hiking. Detailed information will be supplied on request.

August 12 and August 14
Running on the Marina Green / Mike Spino

Tuesday and Thursday evening from 5:30–8:30 $20
See description above.

August 16-17
Tennis Flow / Dyveke Spino

Weekend workshop $50
See description above.

Photo: Jane English

September 6-7
New Techniques of Jogging & Conditioning / Mike Spino

Weekend workshop $50
See description above.

September 16 and September 18
Running on the Marina Green / Mike Spino

Tuesday and Thursday evening from 5:30–8:30 $20
See description above.

September 27-28
Tennis Flow / Dyveke Spino

Weekend workshop $50
See description above.

ENERGETIC STUDIES

A CENTER FOR THE STUDY OF THE LIFE OF THE BODY

The Center for Energetic Studies, under the direction of Stanley Keleman, is a program of teaching, workshops, and publishing concerning the development of biological process as the basis for life—how individuals form both themselves and their worlds.

Programs are led by Keleman and other leaders whose perspective is that the way we inhabit our bodies and embody our emotions determines the human condition. In current workshops and seminars, attention is being given to biological process and its relation to symbol formation, imaginative life, and religious vision.

For information and registration concerning these programs, write: Center for Energetic Studies
1645 Virginia Street
Berkeley, California 94703

PROGRAMS WITH STANLEY KELEMAN

July 7–18

Annual "Life of the Body" Summer Institute: Character and Myth
Stanley Keleman, Vivian Guze, & Gordon Tappan

Two-week workshop: $400 tuition, $140 room and board (optional)

Grounding is the process by which our myths and bodily form emerge. This will be a two-week program on the image of the body and its relationship to myth—how we create our character and live out our mythological themes, known and unknown. We will work with our bodies and our myths to develop the connection between character and myth.

The group will deal with the form and shape of the body as expressed in the formal approaches of bioenergetics, and with the mythological themes that have traditionally been used to describe the movement of the psyche. The sessions will be both didactic and experiential.

Vivian Guze of the Bioenergetic Institute of New York will present the characterological work. Gordon Tappan, professor of psychology at Sonoma State College and an innovator in the use of mythic themes in psychology, will work with participants to discover the myths that they are living. Stanley Keleman's work with the formative process will be directed toward developing the connection between these different aspects of the life of the body.

The workshop will meet six hours each day, Monday through Friday, for two weeks in Berkeley, California. To apply, send a letter to the Center describing yourself briefly. A non-refundable deposit of $150 will be payable on acceptance to the program.

August 19–21

Transition and Crisis
Elisabeth Kubler-Ross & Stanley Keleman

Three-day workshop $115

A workshop on the emotional and psychological response to living and dying—the life changes that are our transitions and crises. Life transitions, the process of change, seem always to be accompanied by feelings of dying; crisis brings with it the fear of death. We will work with the body, its history and future, as both survivors and diers.

Program begins Tuesday, 10 am and ends Thursday, 5 pm. $50 deposit. Recommended readings: Elisabeth Kubler-Ross, "Death, The Final Stage of Growth," and Stanley Keleman, "Living Your Dying."

October 1975 to May 1976

Extended Program of Supervised Studies
Stanley Keleman & Richard Wiseman

An eight-month tutorial program (not training) to study learning as a bodily process. The program will concentrate on how emotional and symbolic expression form our biological and psychological lives.

The program will begin with the premise that myths are the history of primordial process shaping itself, and that our lives are this same process in personal terms. The bodily approach, which speaks the language found in mythology and literature, will be used to develop the pragmatic and conceptual tools to participate knowingly in this process. Working directly with the body, the group will look at experience as learning without pre-conditions, and follow how it shapes our living.

A group of not more than ten participants will meet from October 1975 through May 1976 with Stanley Keleman, Richard Wiseman, professor of world and comparative literature, and discussant Joe Lyons, professor of psychology. Bodily work, emotional work, seminars, and readings will be combined to shape an environment in which one's bodily experience is the basis for learning and thinking.

Tuition is $1250 (accommodations not included in tuition). The program will consist of two one-day and two evening meetings per month for eight months (with holiday breaks), plus participation in an open seminar with Joseph Campbell, Sam Keen, and Stanley Keleman. There will be approximately 140 contact hours in the program.

Early application is recommended. The program is designed for people in the arts, the sciences, and the humanities. There are no educational or degree prerequisites or prejudices. Apply by letter to the Center, including educational or experiential background and a brief statement about yourself.

Energetic Studies—General Programs

July 12-13
Workshop in Bio-Energetic Analysis / Vivian Guze

See page 4 for description.

July 19-20
Workshop in Bio-Energetic Analysis / Kaj Lohmann

See page 5 for description.

July 26
Grounding / George Downing

One-day workshop $25

How we relate to the ground beneath determines what kind of world we let emerge around us; its rhythm and space, its possibilities for contact with others, its wonder. We will use an energetic and gestalt approach to explore in what ways we may be keeping ourselves from a more complete personal grounding.

Saturday, 10 am–5 pm.

August 3
The Social Body / Ian Grand

One-day workshop $25

As we involve ourselves in the social world, each of us forms individual ways of making, maintaining, and refusing contact and involvement with others. This workshop will focus on the characteristic stances, movements, gestures, and feelings we allow and express in the presence of other persons.

Sunday, 10 am–6 pm.

August 10
Movement/Dance / Tamara Greenberg

One-day workshop $25

This is a workshop in which movement will be used to intensify our experience of ourselves. Through expressive movement, we will attempt to follow our process of self-formation—how we are present in the world, how we approach and withdraw from contact.

Sunday, 10 am–5 pm.

September 20-21
Therapy, Energy, & Morality / Peter Marin

Weekend workshop $50

Eros and energy lead us not only toward sexual or interpersonal relations, but into the shared human realms of history, politics, and morality itself. But the moral element has been missing from many recent therapeutic concerns, and it is precisely this element called into question by the decade we are about to enter.

Much of the pain we presently feel is moral pain: either our apprehension or avoidance of the need to restore a moral world in which eros and energy can express themselves fully. This seminar is designed for therapists and teachers (but also lay persons) who are interested in how the ground of being defined by energetic and erotic experience can be used to reassess our relation to history and morality.

Saturday and Sunday, 10 am to 5 pm.

September 23–October 21
Personal Rhythms / Ian Grand

Five Tuesday evenings $85

The focus of this program will be each person's unique process of living the shifting rhythms, the ebbs and flows of the life of the body. We will explore the rhythms of our feeling and thought, our movement towards others and our solitude, our hungers and satisfactions.

Five Tuesdays, 6–10 pm.

BIOGRAPHICAL INFORMATION

GEORGE DOWNING combines gestalt with intensive methods of working with the body. He is a member of the teaching staff of the Family Therapy Institute of Marin and is the author of *The Massage Book* and *Massage and Meditation.*

IAN GRAND studied at the Center for Energetic Studies with Stanley Keleman and has an individual and group practice in Berkeley. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at California State University, San Francisco.

TAMARA GREENBERG utilizes dance/movement therapy as a body oriented approach to further emotional and physical integration in the individual. She conducts ongoing movement groups in Berkeley and Sacramento and is a staff member of the Shawl-Anderson Modern Dance Center. She was dance specialist for the City of Oakland Recreation Department and dance therapist at Hall-Brooke Hospital (a therapeutic community) in Westport, Connecticut.

VIVIAN GUZE is chairperson of Trainers at the Bioenergetic Institute of New York, was for many years Director of the Psychology Department at Essex County Overbrook Hospital, and has taught both psychology and anthropology at the university level.

ELISABETH KUBLER-ROSS is a psychiatrist, and the author of "On Death and Dying," "Questions and Answers on Death and Dying," and "Death, The Final Stage of Growth."

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists, and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is author of *Sexuality, Self and Survival, The Human Ground, Todtmoos,* and the forthcoming *The Body Is Alive and More* and *Living Your Dying.*

KAJ LOHMANN is a bioenergetic analyst from Southern California, where he has a private and group practice. He has studied with Alexander Lowen and Stanley Keleman, and in addition has a strong background in Jungian thought and analysis.

PETER MARIN is the former director of Pacific High School, a radically experimental high school, and has been a visiting fellow at the Center for the Study of Democratic Institutions. He has worked as a counselor and has taught literature at various colleges. He is author of *The Free People* and (with Alan Cohen) *Understanding Drug Use.*

GORDON TAPPAN is professor of psychology and former department head at California State College, Sonoma, ahd one of the early innovators in humanistic psychology. His focus has been on tools for self-knowledge with which the individual can find his or her own way.

RICHARD WISEMAN is Professor of Foreign Languages and of World and Comparative Literature at San Francisco State University, where he has taught courses on myths of transformation, phenomenology, Hesse, Mann, Rilke, Goethe, Yeats, and Kafka.

CHILDREN'S PROGRAMS

This summer, for the first time, Esalen/San Francisco is offering programs especially for children. These programs attempt to bring to a child's experience the kinds of explorations Esalen and others have been doing over the years in the education of feelings and emotions and in experiments in self-image, knowledge, and understanding. These programs are an alternative to usual city and suburban summer programs in arts, crafts, etc. and hopefully will provide children with fun, enjoyment, and a new way of looking at themselves and their relationships to friends and family.

Play Experiences / Judy Auda & Gail O'Malley

A series of three one-day workshops desinged for children ages 7-12. The focus is on working together in order to create a greater awareness and appreciation of ourselves and our environment. Each session is from 10 am to 3 pm and the cost is $10. Please provide a sack lunch. Maps and details available through Esalen.

Wednesday, July 23: Shelter and Tactiles

We will meet at Baker's Beach in the Presidio to build forts and hiding places among the trees. From there we will hike to the Exploratorium where we will feel our way into, around, and out of the Tactile Dome.

Wednesday, August 6: Bodycrafts

This will be a day devoted to the awareness of body images through the use of sculptural techniques and materials. We will create life masks, body casts, and puppets, converting our fantasies into tangible art works.

Wednesday, August 20: Outdoors

We will hike across Golden Gate Bridge to Kirby's Cove—a beautifully sheltered cove on the Marin side of the Bay. On this outing we will enjoy eating, weaving, and exploring together.

Movement/Dance / Tamara Greenberg

An experience using movement for self-discovery, moving with others and for oneself, creating together and alone. Two mornings of dance, music, and fun.

Each session is $7; 10 am to 1 pm each morning.

Wednesday, July 23: Ages 13-16
Wednesday, July 30: Ages 9-12

Dance and Art Happening
Tamara Greenberg & Joy May

A dance and art experience using movement, music, paints, colors, materials, clay, language, dreams. Movement and art are used to express inner feelings and to open up imagination and just to have fun. Each session is $12; 10 am to 3 pm each day.

Wednesday, August 20: Ages 13-16
Wednesday, August 27: Ages 7-12

WOMEN'S PROGRAMS

Women's programs this summer focus on creative expression —in movement, art, and theatre—as a way to look more fully at the nature of female perception and to develop personal creativity through experiments in imagery and nonverbal awareness. Of course, no background is necessary in any of the fields represented; the purpose is deepening awareness of imagery and feeling which are already present in everyone.

August 6

Movement/Dance / Tamara Greenberg

One-day workshop $25

An experience in which women can discover their own dance. Movement from within is expressed outwardly as the public self. We will explore expanding the boundaries of spontaneous expression using dance, energetic work, and Proskauer breathing techniques.

August 7

Women and Women's Bodies
Structural Patterning Institute

Evening workshop $7

How our bodies define our roles. 8-10 pm, 1793 Union Street.
See also page

August 9

Art from Within / Vijali Clark

One-day workshop $25

A workshop to contact spiritual creative energy within and release it in an art form. Time is given for meditation and introspection to become aware of feelings and visualizations. These are brought out directly through contact with art materials. Dreams may be explored to provide a stimulus for meaningful symbols and direction. An art background is unnecessary. It is important to free ourselves from fear and anxiety connected with art as a finished product. Emphasis is given to the experience itself.

September 27

Woman as Heroine / Nancy Douglas

One-day workshop $25

What does it mean to be a heroine? Who are our heroines and what influence have they had on our lives? Does being a heroine imply finding a hero? Can we become the heroines of our own lives? Through writing, fantasy, and improvisation we will become more aware of the heroine-ics in ourselves.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement* — to have life energy freely available and flowing, not blocked. *Awareness* — to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility* — to know and act on the principle that I am the one who acts, thinks and feels whatever it may be that I act, think or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participant. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

STRUCTURAL INTEGRATION (ROLFING)

By realigning the body structure, the Rolf method of structural integration attempts to release excessive tensions so that the person may experience greater physical and emotional freedom and balance. The assumption is that a person's body and set are a mirror of his emotional past as well as a result of physical trauma. Structural integration is a process of direct physical manipulation and deep massage. Working with a trained practitioner, the process is usually completed within ten individual sessions.

SHIATSU MASSAGE

The oriental healing art in which the hands are used to apply pressure to acupuncture points over the entire body, allowing the springs of life to flow.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling and relationship. The body is viewed as an energetic process that participates as the world *in* the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man/woman within an evolving universe. Starting with each person's existential situation as he or she perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

some definitions

Of Approaches to Human Growth Used in this Catalog

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

MASSAGE

Massage at Esalen is seen and taught as a caring relationship between two people. Consideration is given first to the feelings and the sensory experience of both partners, and after that to techniques. Workshops are attended by both couples and singles.

the esalen calendar

programs in san francisco

june

June 15-19	Rafting on the Rogue River: J Katz & D Van Nuys (5 day) p 10
June 21-22	New Techniques of Jogging & Conditioning: M Spino (weekend) p 10
June 28-29	Tennis Flow: D Spino (weekend) p 10

july

July 3-13	Human Consciousness Institute (p 3)
July 7-18	Annual "Life of the Body" Summer Institute: Character and Myth: S Keleman, V Guze, & G Tappan (two week) p 12
July 7-18	Esalen Sports Center Summer Institute: B Kriegel & K Wehbring (12 day residential) p 10
July 12	Introduction to Structural Patterning: Cast of Seven Patterners (1 day) p 4
July 12-13	New Techniques of Jogging & Conditioning: M Spino (weekend) p 10
July 12-13	Golf in Balance: L V Brown & G Coghill (weekend) p 10
July 12-13	Bio-Energetics: V Guze (weekend) p 4
July 13	Knowing & Moving the Body: F Ottiwell & J Stransky (1 day) p 4
July 17-27	Human Consciousness Institute (p 3)
July 19	Self-Awareness Through Art: D Gilbert (1 day) p 4
July 19	Ride the Magic Carpet: M Saltman (1 day) p 5
July 19-20	Workshop in Bio-Energetic Analysis: K Lohmann (weekend) p 5
July 19-20	Tennis Flow: D Spino (weekend) p 11
July 20-25	Gestalt & Meditation: R Price & M Murphy (5 day) p 8
July 22 & 24	Running on the Marina Green: M Spino (Tues & Thurs eve) p 11
July 23	Play Experiences: Shelter & Tactiles: J Auda & G O'Malley (1 day) p 14
July 23	Movement/Dance, Ages 13-16: T Greenberg (Wed morn) p 14
July 24	Introduction to Psychodrama: W Anderson (single eve) p 4
July 25-27	The Erotic Mind: S Keen (weekend) p 8
July 26	Grounding: G Downing (1 day) p 13
July 26	The Feldenkrais Method: R Alon (1 day) p 5
July 26-27	Demythologizing at Mid-Life: B Cromey (weekend) p 5
July 27	Open Psychodrama Encounter: W & M Anderson (1 day) p 5
July 27-Aug 1	A Week with Will Schutz: W Schutz (5 day) p 8
July 29	My Body Is My Temple: G Roth (single eve) p 5
July 30	Movement/Dance, Ages 9-12: T Greenberg (Wed morn) p 14

august

Aug 1-3	T'ai Chi: The Watercourse Way: A Huang (weekend) p 8
Aug 2-3	New Techniques of Jogging & Conditioning: M Spino (weekend) p 11
Aug 2-3	Gestalt & Hypnosis: I Katz & M Lifschitz (weekend) p 5
Aug 2-3	Sensory Awareness: Meditation in Everyday Life: C & L Siegel (weekend) p 5

Photo: Jane English

the esalen calendar

programs in san francisco

Aug 2-9	Beyond Outward Bound: The Inner & Outer Journey: D Galland & B Kriegel (7 day) p 11
Aug 3	The Social Body: I Grand (1 day) p 13
Aug 3-8	Realms of the Human Unconscious: Psychedelic & Anthropological Perspectives: S & J Grof (5 day) p 8
Aug 6	Play Experiences: Bodycrafts: J Auda & G O'Malley (1 day) p 14
Aug 6	Movement/Dance: T Greenberg (1 day) p 14
Aug 7	Women & Women's Bodies: Structural Patterning Institute (Thurs eve) p 14
Aug 8	An Evening of Afro-Caribbean Music & Dance: A C Drummond (single eve) p 6
Aug 8-10	Movement & Metaphysics: A Armstrong & G Roth (weekend) p 9
Aug 9	Art from Within: V Clark (1 day) p 14
Aug 9-10	Awakening Intuition: F Clark (weekend) p 6
Aug 9-10	On Individuation: P Rock (weekend) p 6
Aug 9-16	Encountering in the High Sierra: M Anderson & D Van Nuys (8 day) p 11
Aug 10	Movement/Dance: T Greenberg (1 day) p 13
Aug 10-15	Your Most Precious Beliefs & Their Detection: J & T Lilly (5 day) p 9
Aug 12 & 14	Running on the Marina Green: M Spino (Tues & Thurs eve) p 11
Aug 14	"Fat" People: Structural Patterning Institute (Thurs eve) p 6
Aug 15-17	Approaches to the Feminine: A Workshop for Men & Women: J & M Argüelles (weekend) p 9
Aug 16-17	Massage: B Glover (weekend) p 11
Aug 16-17	Tennis Flow: D Spino (weekend) p 11
Aug 17-22	The Energy Body in Action: L & G Leonard (5 day) p 9
Aug 19-21	Transition and Crisis: E Kubler-Ross & S Keleman (3 day) p 12
Aug 20	Close Yet Free in Marriage & Other Significant Relationships: Communication Experience for Couples: G Smith (single eve) p 6
Aug 20	Play Experiences: Outdoors: J Auda & G O'Malley (1 day) p 14
Aug 20	Dance & Art Happening, Ages 13-16: T Greenberg & J May (1 day) p 14
Aug 21	Creative Imagery: Structural Patterning Institute (Thurs eve) p 6
Aug 21	Open Psychodrama Encounter: W Anderson (1 day) p 6
Aug 22-24	Exploring Self-Acceptance: D Schiffman (weekend) p 9
Aug 22-24	Self Explorations Through Hypnosis: L Pulos (weekend) p 6
Aug 23	The Feldenkrais Method: R Alon (1 day) p 6
Aug 24-29	Transforming Catastrophe to Crisis: G Tappan (5 day) p 9
Aug 27	Dance & Art Happening, Ages 7-12: T Greenberg & J May (1 day) p 14
Aug 28	My Body Is My Temple: G Roth (single eve) p 6
Aug 28	Musicians & Singers: Structural Patterning Institute (Thurs eve) p 6
Aug 29-Sept 1	Three Day Weekend with Werner Erhard & Sam Keen with Guest Participant M Murphy (p 9)
Aug 30-31	Beginning Again: G Smith (weekend) p 6
Aug 30-Sept 1	Tuning Your Instrument: A Movement & Massage Experience: G Roth (3 day weekend) p 7

september

Sept 6	Self-Awareness Through Art: D Gilbert (1 day)
Sept 6-7	A Workshop for Body Therapists: R Heckler (weekend) p 7
Sept 6-7	New Techniques of Jogging & Conditioning: M Spino (weekend) p 11
Sept 10	You Don't Have to Suffer to Feel Good: H Sloan (single eve) p 7
Sept 13	Developing Chutzpah: Assertiveness Training: Z Snyder, L K Kennedy, R Parenti (1 day) p 7
Sept 13-14	Intimacy & Integrity: A Couples Workshop: M Angus & G Lane (weekend) p 7
Sept 16 & 18	Running on the Marina Green: M Spino (Tues & Thurs eve) p 11
Sept 19	The Trance Dance: A Halprin & Dancers Workshop (single eve) p 7
Sept 20-21	Awakening Creativity Through Yoga: F Faiss (weekend) p 7
Sept 20-21	Exploring Astrological Archetypes: J Schere & Y Toussulis (weekend) p 7
Sept 20-21	Therapy, Energy, & Morality: P Marin (weekend) p 13
Sept 23-Oct 21	Personal Rhythms: I Grand (5 Tues eve) p 13
Sept 24	Introduction to Interpersonal Methods: J Fox (single eve) p 7
Sept 27	Woman as Heroine: N Douglas (1 day) p 14
Sept 27-28	Sensory Awareness & Drawing: C & L Siegel (weekend) p 7
Sept 27-28	Tennis Flow: D Spino (weekend) p 11

the esalen calendar

programs in big sur

week of july 6

July 6-11	A Tender Invitation: H Sloan (5 day) p 21
July 6-11	Changing: Inner & Outer Movement: B Clemans (5 day) p 21
July 6-11	Renascence: M Butler (5 day) p 21
July 6-11	Yoga: A Method of Integration: Pratap & Tiwari (5 day) p 21
July 11-13	Pathways to Sensuality: S Kars (weekend) p 21
July 11-13	You Don't Have to Suffer to Feel Good: H Sloan (weekend) p 21
July 11-13	Body Awareness & Massage: B Clemans (weekend) p 21
July 11-13	Tuning In: J Zuckerman (weekend) p 21

week of july 13

July 13-18	Tools of Consciousness: W Anderson (5 day) p 22
July 13-18	Gestalt Improvisations: P Rebillot (5 day) p 22
July 13-18	Take a Second Look at Yourself: J Zuckerman (5 day) p 22
July 13-18	Contact & Communication: J & B Silverman (5 day) p 22
July 13-18	Gestalt Practice: R & C Price (5 day) p 22
July 18-20	Energy Awareness, Centering, Learning to Blend: G Leonard (weekend) p 23
July 18-20	On Friendship: E Maupin (weekend) p 23
July 18-20	Experiencing Esalen: J Zuckerman (weekend) p 23
July 18-20	Caterpillar or How to Experience Your Unity: C Feldman (weekend) p 23
July 18-20	Workshop on Energy Consciousness and the Healing Arts: S Surpin (weekend) p 23

week of july 20

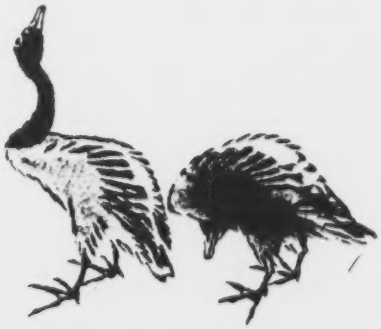
July 20-25	People's Liberation: B & M Kriegel (5 day) p 23
July 20-25	Gestalt Training Workshop: F Rubenfeld (5 day) p 23
July 20-25	Centering: R Nadeau (5 day) p 23
July 20-25	Experiencing Esalen: J Zuckerman (5 day) p 23
July 20-25	The Rites of Passage: A Five Day Pilgrimage Through the Big Sur Wilderness: D Schiffman & D Mundschenk (5 day) p 23
July 20-Aug 1	The Inner Road to Health—Approaches to Healing and Self Healing: A Drucker & Esalen Staff (12 day) p 23
July 25-27	Letting Go: B & M Kriegel (weekend) p 24
July 25-27	Opening the Feelings: A Neo-Reichian Radix Workshop: R Andes & L Amber (weekend) p 24
July 25-27	Interpersonal Sensing: S Surpin (weekend) p 24
July 25-27	Human Lifestyling: J McCamy (weekend) p 24

week of july 27

July 27-Aug 1	A Tender Invitation: H Sloan (5 day) p 24
July 27-Aug 1	We Are All Dancers: B Fuller (5 day) p 24
July 27-Aug 1	Woman to Woman / Man to Man: J Fiori & D Schiffman (5 day) p 24
Aug 1-3	Open Psychodrama Encounter: W & M Anderson (weekend) p 25
Aug 1-3	Hypnosis & Biofeedback: Psychic Development: B Payne (weekend) p 25
Aug 1-3	We Are All Dancers: B Fuller (weekend) p 25
Aug 1-3	The Agnews Project: A Contribution to the Understanding of Psychotic Behavior: J Perry & J Silverman (weekend) p 25
Aug 1-3	You Don't Have to Suffer to Feel Good: H Sloan (weekend) p 25

week of august 3

Aug 3-8	Skills Workshop for Group Leaders: J Doyle (5 day) p 25
Aug 3-8	Sex, Sensuality, & Sexism: J Lederman (5 day) p 25
Aug 3-8	The Energy Body in Action: G Leonard (5 day) p 25
Aug 3-8	Experiencing Esalen: J Zuckerman (5 day) p 25
Aug 3-8	Gestalt Workshop: Esalen Staff (5 day) p 25
Aug 8-10	Exploring Self Acceptance: D Schiffman (weekend) p 26
Aug 8-10	Advanced Energy Workshop: B Gunther (weekend) p 26
Aug 8-10	Breath & Self: G Downing & B Hand (weekend) p 26
Aug 8-10	Mantra Yoga: Learning to Live in One's Center: K De Silva & Muid (weekend) p 26
Aug 8-10	Workshop for Gay Women / Gay Men: S Smith & P Rebillot (weekend) p 26



the esalen calendar

programs in big sur

week of august 10

Aug 10-15	Exploring Self Acceptance: D Schiffman (5 day) p 26
Aug 10-15	Energy Healing: B Gunther (5 day) p 26
Aug 10-15	An Integrative Approach to Self Actualization: I Rubenfeld (5 day) p 26
Aug 10-15	Contact & Communication: J & B Silverman (5 day) p 26
Aug 15-17	Tuning In: J Zuckerman (weekend) p 27
Aug 15-17	Rites of Initiation: P Rebillot (weekend) p 27
Aug 15-17	Energy Release & Integration Through Bioenergetics: A Schwartz (weekend) p 27
Aug 15-17	Meditation Weekend: R Nadeau (weekend) p 27
Aug 15-17	Experiencing Esalen: Esalen Staff (weekend) p 27

week of august 17

Aug 17-22	Body Release & Psychic Awareness: J Downing & L Davis (5 day) p 27
Aug 17-22	I'm Entitled: G & J Brown (5 day) p 27
Aug 17-22	Energy Responsibility: A Synthesis of Bioenergetics & Gestalt: A Schwartz (5 day) p 27
Aug 17-22	Being in Touch: A Gestalt Experience: F Rubenfeld & Mari Krieger (5 day) p 27
Aug 17-22	Experiencing Esalen: J Zuckerman (5 day) p 27
Aug 22-24	Experiencing Esalen: J Zuckerman (weekend) p 28
Aug 22-24	T'ai Chi: The Watercourse Way: A Huang (weekend) p 28
Aug 22-24	Self Hypnosis, Selective Awareness, & Movement: E & N Miller (weekend) p 28

week of august 24

Aug 24-29	Freeing the Voice: M Corrigan (5 day) p 28
Aug 24-29	I'm Entitled: G & J Brown (5 day) p 28
Aug 24-29	A Tender Invitation: H Sloan (5 day) p 28
Aug 24-29	A Massage Workshop: P Morrison & R Horan (5 day) p 28
Aug 24-29	Gestalt Practice: R & C Price & L Dillon (5 day) p 28
Aug 29-31	Sex, Sensuality, & Sexism: J Lederman (weekend) p 29
Aug 29-31	You Don't Have to Suffer to Feel Good: H Sloan (weekend) p 29
Aug 29-31	Re-Owning Your Power: Renewal & Personal Awakening Through the Physical Experience: D & M Spino (weekend) p 28
Aug 29-31	The Feldenkrais Method—A Psychophysical Education Through Body Movements: J Stransky (weekend) p 29
Aug 29-31	Freeing the Voice: M Corrigan (weekend) p 29

week of august 31

Aug 31-Sept 5	A Gestalt Training Workshop: S Resnick (5 day) p 29
Aug 31-Sept 5	Opening the Feelings: A Neo-Reichian Radix Workshop: C Kelley, S Wang, S Mishler (5 day) p 29
Aug 31-Sept 5	Selective Awareness & Gestalt Practice: E Miller & R Price (5 day) p 29
Aug 31-Sept 19	A Tutorial in Gestalt & Sensory Awareness: S Carter (3 week) p 29
Sept 5-7	Growth Through Risk-Taking: D Schiffman (weekend) p 29
Sept 5-7	Energy Centers: B Gunther (weekend) p 29
Sept 5-7	Body Awareness & Massage: B Clemans (weekend) p 29

week of september 7

Sept 7-12	Realms of the Human Unconscious: Psychedelic & Anthropological Perspectives: S Grof & J Halifax-Grof (5 day) p 31
Sept 7-12	Energy: Transmutations & Synthesis: B Gunther (5 day) p 31
Sept 7-Oct 3	The Inner Road to Health—Approaches to Healing & Self Healing: A Drucker, B Braunstein, & Esalen Staff (4 week) p 30
Sept 12-14	Experiencing Esalen: J Zuckerman (weekend) p 31
Sept 12-14	Workshop on Energy Consciousness and the Healing Arts: S Surdin (weekend) p 31
Sept 12-14	The Open Path: R & I Hall (weekend) p 31

the esalen calendar

programs in big sur

week of september 14

Sept 14-19	Contact & Communication: J & B Silverman (5 day) p 31
Sept 14-19	Growth Through Risk-Taking: D Schiffman (5 day) p 31
Sept 14-19	Renascence: M Butler (5 day) p 31
Sept 19-21	Self Awareness & the Spirit of Play: B & M Kriegel (5 day) p 31
Sept 19-21	The Art of Self-Direction: L Lefer (5 day) p 31
Sept 19-21	Psychodrama-Gestalt-Encounter: L Fine (5 day) p 31

week of september 21

Sept 21-26	Gestalt Practice: R & C Price & D Becchetti (5 day) p 32
Sept 21-26	Experiencing Esalen: J Zuckerman (5 day) p 32
Sept 21-26	You & Universal Motion: B Nadeau (5 day) p 32
Sept 21-26	Body Release & Psychic Awareness: J Downing & L Davis (5 day) p 32
Sept 26-28	Tuning-In: J Zuckerman (weekend) p 32
Sept 26-28	The Coming of Age: K Dychtwald, G Luce, & W MacDonald (weekend) p 32
Sept 26-28	Communication: E & N Miller (weekend) p 32
Sept 26-28	Experiencing Esalen: Esalen Staff (weekend) p 32

week of september 28

Sept 28-Oct 3	Movement Therapy: A Workshop for Professionals: G Roth (5 day) p 33
Sept 28-Oct 3	Self-Image vs Self-Actualization: P Rebillot (5 day) p 33
Sept 28-Oct 3	Human Lifestyling: J McCamy (5 day) p 33
Sept 28-Oct 3	Renascence: M Butler (5 day) p 33
Oct 3-5	Experiencing Esalen: J Zuckerman (weekend) p 33
Oct 3-5	Gestalt Improvisations: P Rebillot (weekend) p 33
Oct 3-5	Feldenkrais Weekend: R Alon (weekend) p 33
Oct 3-5	Explorations in Humanistic Education: J Canfield & J Ohlbaum-Canfield (weekend) p 33
Oct 3-5	A Time for Renewal: D Medow (weekend) p 33

week of october 5

Oct 5-10	A Tender Invitation: H Sloan (5 day) p 34
Oct 5-10	Exploration & Integration: A & J Fox (5 day) p 34
Oct 5-10	Bio-Energy & the Gestalt Adventure: L Johnson & M Merksamer (5 day) p 34
Oct 5-10	Group Mind: M Kimmey (5 day) p 34
Oct 5-10	Contact & Communication: J & B Silverman (5 day) p 34
Oct 10-12	Experiencing Esalen: J Zuckerman (weekend) p 34
Oct 10-12	Couples Massage Workshop: R Horan & P Morrison (weekend) p 34
Oct 10-12	Knock, Knock, Who's There?: B Fuller (weekend) p 34
Oct 10-12	The Nature of You: D Becchetti (weekend) p 34
Oct 10-12	Changing: Inner & Outer Movement: B Clemans (weekend) p 34

week of october 12

Oct 12-17	Experiencing Esalen: J Zuckerman (5 day) p 34
Oct 12-17	We Are All Dancers: B Fuller (5 day) p 34
Oct 12-Nov 21	The Human Experience: Buddhism: J Halifax-Grof, S Grof, & J Kornfield (6 week) p 35

PROGRAMS IN BIG SUR

WEEK OF JULY 6-11

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience—love, anger, joy, sadness, and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." $290

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. Emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. This group is limited to 14 people. $290

Yoga: A Method of Integration
Vijayendra Pratap & Om Prakosh Tiwari

This workshop is designed to provide various simple preliminary yogic techniques recommended for understanding oneself. These techniques include meditative poses, pranayama-breathing technique, focusing and relaxation. This program is carefully designed to instruct both beginners and advanced students. Certain advanced techniques, such as cleansing processes, will also be taught to deeply interested hatha yoga students. Discussion and questions on various types of yoga will be encouraged. Dress in loose comfortable clothing and bring a mat of your size (beach towel, small rug). If weather permits, practices will be done outside. Registration preference to students who attended workshops of July 4-6 1974 or August 23-25 1973. $290

Changing: Inner & Outer Movement / Barbara Clemans

Sometimes unbidden, sometimes sought after, change is the essence of life itself.

The body lives as a complex of motions: circulation, respiration, digestion, elimination. To stop the flow of movement at one point is like holding the breath; to persist is to die. How to allow change, to accept it as renewal rather than catastrophe, to transcend our expectations of fulfillment from outside rather than inside? We will explore these questions using guided imagery and intense self-observation to recognize our resistances to change; Feldenkrais movement; breath awareness and group sharing to explore new possibilities within ourselves; and massage and meditation to facilitate group support and self-affirmation. $290

WEEKEND OF JULY 11-13

You Don't Have to Suffer to Feel Good / Harry Sloan

Frequently people come to workshops believing the only way to get in touch with themselves is through pain, anguish, and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. Though real experience will not be avoided, this workshop will zip into the absurdity of conflicts and problems, offering the participants an opportunity to develop perspective and laugh at the seemingly tragic fates they have chosen. $120

Body Awareness & Massage / Barbara Clemans

If we could but experience ourselves as free and flowing as we really are, we would then know our own perfection.

Through a series of specific, directed movements with awareness we can begin to alter the patterns of habitual movement in the body. By doing so, the psyche is then altered in its habitual manner of responding to the world. In addition, we will aid each other in enhancing our organic sense of well-being and integration with massage. $120

Tuning In / Janet Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our stock of tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and thinking. Once we are aware of our tapes, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness, and other techniques to tune in to ourselves and each other. $110

Pathways to Sensuality / Sylvia Kars & Jeanne Newman

The aim of this workshop is to open participants to a variety of ways to communicate with a partner, both verbally and through touch, so that each partner's pleasure and spontaneity is heightened. Workshop members will do a graduated series of sensuality enhancement exercises and will learn how to combine their own knowledge and experience with new sensory awareness and communication principles. The goal is to create a balance of active and passive situations for each partner so that each can benefit from the experience of the other. A safe, non-threatening environment is carefully established; no one has to do anything he or she does not want to do. Feedback sessions after each exercise provide the opportunity for increasing awareness and sensitivity between partners. Partners will rotate throughout the weekend.

Workshop begins clothed and clothing then becomes optional. Couples will be given preference, but it is not necessary to bring a partner to attend. Explicitly sexual behavior is not permitted within the context of this workshop; this is a workshop to enhance the experience of sensuality. $120

Photo: Jane English

Gestalt Practice / Richard & Christine Price

Perfect like Great Space
the Way has nothing lacking, nothing in excess.
Truly because of our accepting and rejecting
We have not the suchness of things.
—Sengtsan (3rd Zen Patriarch)

What is, is.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than "adjustment," "cure," or "accomplishment."

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanaponika Thera); *Exploring the Crack in the Cosmic Egg* (J. C. Pearce). $290

Tools of Consciousness / Walt Anderson

We will experience the whole range of "art therapies"—psychodrama, painting, poetry, dance, music—and explore the idea that the arts are powerful tools for liberation and growth, available to us all. Talent has nothing to do with it. Bring one human life; other equipment will be provided. $290

week of july 13-18

Gestalt Improvisations / Paul Rebillot

Sing the glory of your life to the world,
Dance the story of your life to the world,
Tell the tale of living flesh to the world,
'Til the pain that you feel goes away.
—Don Currie

Combining improvisation and dance with gestalt and bioenergetic methods of liberating breath, movement, and sound, we will explore possibilities of reclaiming disowned energy through creative self-expression. In a session with video tape, we will have the experience of being our own audience. $290 + $2 *video fee.*

Take a Second Look at Yourself / Janet Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter, and sensory awareness. Two video sessions will be included. $260 + $4 video fee.

Contact & Communication / Julian & Beverly Silverman

The ways we contact and communicate with ourselves and with others determine the kind of world that we live in. When we change these ways we can actually change our world. This is what the workshop is about. $290

Communication with CLARITY

Over the years Esalen has reached many special audiences. Our most recent special audience was 112 computer equipment personnel representing a large corporation. Esalen provided a *forum* for the *expressing* of differing viewpoints within the company. With the assistance of Esalen leaders these viewpoints were heard, clarified, and synthesized. Members of the corporation participated in a sports program geared to improve employee cooperation and Aikido exercises to increase body awareness and use of body energy. After the experience was over, the vice-president wrote to us saying, ". . . (Our company) will remember Esalen for years to come and perhaps no one but myself will fully understand the positive impact that you made on both the company and its people."

Rain spills
the sun awaits its turn
a day, a night, a season
quickly disappear...
let them go
fold back the gate –
take a stranger's hand.

weekend of july 18-20

Energy Awareness, Centering, Learning to Blend
George Leonard

Using techniques derived from the Oriental martial art of aikido, George Leonard will share with you his approach to energy awareness. Through simple mental and physical exercises, participants will practice alternative ways of dealing with everyday life situations—especially those involving tension and expectation. There will also be discussion of these experiences as they relate to education, sports, and social transformation. $120

On Friendship / Edward Maupin

This workshop begins with the assumption that a relationship with a friend can be more intense and rewarding than with a lover. We frequently hold back from experiencing the full depth of friendship lest the energy we feel turn sexual. Conversely, we sometimes turn to sexual interplay when the actual nature of the attraction is more subtle, potentially more rewarding, and involves quite different body systems. During this week we will develop wider possibilities through systematic exploration of different body centers, body awareness techniques, examination of beliefs and fears and interpersonal experiments. $110

Experiencing Esalen / Janet Zuckerman & Esalen Staff

For workshop description see page 32. $110

Caterpillar or How to Experience Your Unity
Chris Feldman & Community for Conscious Evolution Staff

Exploration in consciousness states and processes can help you experience links between different life segments—relationships in yourself, outside, and with others. Learn to *be* and experience your totality behind words, thoughts, scrambles. $110

Workshop on Energy Consciousness and the Healing Arts
Simone Surpin

This weekend will focus on teaching how energy flows through our individual bodies and within the one body of our group. We will explore how we can nourish ourselves and stay alive to our own experiences and feelings and share them with others.

We will learn about sensing energy exchanges, both verbal and nonverbal, and do some experiential work with energy fields and psychic healing. There will also be an introduction to various forms of gentle body work and meditation.

No previous experience in groups is required; enrollment is limited to 14 people. $120

week of july 20-25

People's Liberation / Bob & Marilyn Kriegel

In this workshop we will explore who we are beyond the traditional roles, expectations and assumptions that we have accumulated and learned to experience as ourselves. We will then find ways of integrating this new sense of self with our personal and professional lives.

Gestalt, psychosynthesis, encounter, guided daydreams, and meditation will be used as well as massage, play, drawing, and centering techniques. $290

Gestalt Training Workshop / Frank Rubenfeld

Hot-seat work, gestalt exercises and mini-raps will be part of this experiential-didactic workshop. Participants will also have the opportunity to work with each other under the direct supervision of Dr Rubenfeld. Limited to those in the helping professions. $290

Centering / Robert Nadeau

Being centered is working in harmony with yourself. It is applicable in everything—movement, sports, working, teaching, meditation—all aspects of living. We'll learn to recognize and function from center in the midst of daily activities and pressures. $290

Experiencing Esalen / Janet Zuckerman & Esalen Staff

For workshop description see page 32. $260

The Rites of Passage:
A Five Day Pilgrimage Through the Big Sur Wilderness
David Schiffman & Dee Mundschenk

The workshop is intended to create an experience which will support and intensify the simplification and cleansing necessary for a greater sense of personal clarity and grace.

We will spend five days together leading a simple spartan existence, eating sparingly, carrying all our essentials on our backs, traveling together through the unspoiled back country of Ventana Wilderness.

We will pay attention to and take care of ourselves through a variety of disciplines and forms, including psycho-calisthenics, meditation, gestalt, intuitional sensing, as well as the more traditional wilderness skills. The emphasis will be on creating a richer, more harmonious balance between the mental, physical, and spiritual realms of existence.

Registration for the workshop should be at least two weeks in advance so that proper advance preparations and information can be sent regarding equipment and exercise. $190

July 20–August 1

The Inner Road to Health:
Approaches to Healing and Self-Healing

Coordinated by Al Drucker & Barbara Braunstein with Esalen Staff and Guest Leaders

For workshop description, see September 7–October 3 write-up. $650

weekend of July 25-27

Letting Go / Marilyn & Bob Kriegel

In this workshop we will practice being weightless, letting go of old burdens, troubles, and woes that tend to bog us down. A focus on joy and creative living will be our guide to "letting go."

Encounter, gestalt, and psychosynthesis will be used in addition to massage, meditation, play, and an appreciation of Big Sur Country. $120

Opening the Feelings: A Neo-Reichian Radix Workshop
Roger Andes & Lara Amber

For workshop description, see this page. $120

Interpersonal Sensing / Simone Surpin

Within each of us is a place where we can receive and give caring and love much as a child can. Most of us have given up on this as a real, possible way of being in the world out of fear or habit or simple disbelief. The focus this weekend is to explore how we can re-open our channels to this way of being: how we can nourish and stay alive to our own experiences and feelings, and share them with others. Toward this end our group process will include the practice of listening to the vibrational statements, exchanges, and energy flows we are constantly partaking in. We will also make use of body work, massage, gentle bioenergetics and various forms of energy awareness practices. (Limited to 12 participants.) $120

Human Lifestyling / John McCamy

This workshop, designed for health professionals, paraprofessionals, and laymen, is based on the assumption that health can be improved through changing one's consciousness. In didactic and experiential sessions, participants will learn how to take full responsibility for their destiny including their health.

Specific subjects which will be taught include morning energizing movement, stress reduction and meditation, sensory awareness, meal time awareness, focusing, nutrition awareness, running, and disease prevention in the office and home. Each participant will be encouraged to develop a full daily schedule which strikes a balance between functional discipline (not severe) and flowing tantra. $120

week of July 27- August 1

We Are All Dancers / Betty Fuller

A work/play shop for the dancer in every body—even those who hate to move! This synthesis of gestalt awareness training with Feldenkrais effortless exercise works on the body/mind to dissolve tensions, holdings, blocks, and barriers to mobilization of energy and full self-expression. Everyone can experience increased energy, vitality and flexibility, improved posture (physical and mental), expanded consciousness, and enhanced self-image. We will explore—experientially—the relatedness of gestalt, rolfing, psychosynthesis, Feldenkrais, and *est* and use before and after photographs and simple tests for fun. $270

Woman to Woman / Man to Man
Joan Fiore David Schiffman

"The woman that most needs liberating is the woman in every man, and the man that most needs liberating is the man in every woman."

—Rev. William Sloan Coffin

Taking advantage of the natural affinity and support that people of the same sex can afford one another, the men and women in this workshop will meet separately as well as together. We will create an ambience of tenderness and support to provide opportunities to clarify the nature of who we are as men in the absence of women and who we are as women in the absence of men and what happens when we come together. The themes we will explore are our sexuality, our friendships, our body images, our coupling, our creativity, our relationship to power, our expectations of each other. The workshop will be grounded in the techniques of gestalt, encounter, fantasy, massage, and bioenergetics. $290 + $2 video fee.

A Tender Invitation / Harry Sloan

For workshop description see July 6-11. $290

Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix *Intensive*, a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Work Shop. The *Intensive*, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. Groups will be kept small—never more than eight per leader—so that significant individual help can be given. Grief or pain, fear and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

Schedule:	**July 25-27**	**Roger Andes & Lara Amber**
	August:	**Laura Dillon will be in residence at Esalen and will be available for private instruction.**
	Aug 31-Sept 5	**Charles Kelley, Sharon Wang, & Siri Mishler**

weekend of august 1-3

Open Psychodrama Encounter / Walt & Maurica Anderson

A flexible weekend's work and play using a variety of encounter, gestalt, and body-movement approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing more openness and spontaneity, and having fun. The degree of active involvement is up to the individual. $120

Hypnosis and Biofeedback: Psychic Development
Buryl Payne

With the aid of biofeedback instruments people can train themselves to reach deeper levels of hypnosis. When hypnosis is used in conjunction with biofeedback instruments, people can learn to control their autonomic functions more rapidly.

In this workshop, participants will learn how to use biofeedback instruments which monitor physical, emotional, and visual activity. Participants will also learn and experience hypnosis techniques for improvement of health, expansion of consciousness, psychic development, and clairvoyant sight. $120

We Are All Dancers / Betty Fuller

For workshop description see July 27–August 1. $120

You Don't Have to Suffer to Feel Good / Harry Sloan

For workshop description see July 11–13. $120

The Agnews Project:
A Contribution to the Understanding of Psychotic Behavior
John Perry & Julian Silverman

The aim of this workshop is to explore various problems related to understanding and caring for individuals called schizophrenics. Problems of integrating "humanistic" and "scientific" points of view, for the benefit of individuals in the throes of psychotic experience, are of primary concern. Results and implications of the recently completed Agnews Experimental Ward/Schizophrenia Project will be reported in depth. These findings spotlight important differences between dis-eased individuals: they indicate the need for more selective care and a thorough reconsideration of the nature of the therapist-patient relationship. Our findings also have serious implications for proliferating community mental health programs. All is not as well in the community as the architects of community mental health programs envisioned only a few years ago. Workshop members are encouraged to share their experiences and points of view about schizophrenia in the light of the results of the Agnews Project and other recent studies. $120

week of august 3-8

Skills Workshop for Group Leaders
Jacqueline Larcombe Doyle

The focus of this workshop will be on providing an intensive group experience, introducing group techniques, and enhancing the transfer of these skills for persons already leading groups in various settings. Techniques will be drawn from psychodrama, encounter, gestalt, bioenergetics, psychomotor, and fantasy. We will also deal with communication skills in the area of sexuality. $290

Sex, Sensuality, & Sexism
Janet Lederman & the Esalen Women

Exploring what we imagine to be "NATURAL"

Oh, yes, I am wise
but it's wisdom born of pain.
Yes, I paid the price
but look how much I gained.
If I have to I can do anything.
I am strong. I am invincible. I am woman.
—Helen Reddy

$290

The Energy Body in Action / George Leonard

Many disciplines of personal health, growth and change depend upon concepts of energy flows in and around the bodies of living things. Using techniques derived from the Oriental martial art of aikido, George Leonard will present his approach to the human biofield or energy body. Through simple mental and physical exercises, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and awareness. They will be introduced to alternative ways of dealing with everyday life situations—especially those involving tension and expectation. There will also be discussion of these experiences as they relate to education, sports, and social transformation. $290

Gestalt Workshop
Esalen Staff

$260

Experiencing Esalen
Janet Zuckerman & Esalen Staff

For workshop description see page 32.

$260

weekend of august 8-10

Exploring Self-Acceptance / David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. There will be a session with video for "taking a look" at ourselves. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $120 + $2 video fee.

Advanced Energy Workshop / Bernard Gunther

This workshop is not for beginners but for those of you who have work-played with me before or for people who have been into meditation and other forms of growth and want to move further on their own. The focus of this workshop will be energy, meditation, self regulation, and self direction. It will include methods for breathing, chakra meditations, dehypnosis and reprogramming, along with various forms of chanting and visualization. The emphasis will be on experiencing greater horizontal vertical depth and the putting together of an individual routine that can be of practical daily value. $120

Breath and Self / George Downing & Betsy Hand

Unlocking the breath can rapidly put us in touch with a deeper sense of who we are.

Combining a number of verbal and nonverbal approaches including bioenergetics, massage, and gestalt, we will explore, separately and together, our rhythms of feeling, expression, contact, and creativity. $120

Mantra Yoga: Learning to Live in One's Center
Katherine Da Silva & Muid

A mantra is a special word or group of words which creates a centering effect, liberates the mind, increases inner radiance, and ultimately leads to self knowledge or realization. Japa, or the repetition of mantra, is an effective technique for personal growth and therapy. Evolved from ancient origins, it has correlates in modern methods of altering consciousness and unstressing.

While background information will be given, it is primarily through the use of chanting, listening, and movement that participants become aware of the meanings of the mantras. One realizes that a mantra has levels of meaning ranging from the obvious to the esoteric. It most readily brings true peace and harmony in all aspects of life. $110

Workshop for Gay Women / Gay Men
Sally Smith & Paul Rebillot

A chance for gay women and gay men to meet at Esalen, share problems, joys, directions, massage, and life styles. The groups will meet separately and together when appropriate during the weekend. $120

week of august 10-15

Exploring Self-Acceptance / David Schiffman

For workshop description see August 8-10. $290

Energy Healing / Bernard Gunther

This workshop will explore the assumption that all physical-emotional-mental illness is the direct or indirect result of excessive chronic tension and with-holding: dis/ease. This holding back of energy, excitement, and self-expression creates a surface sense of security at the expense of aliveness and well being. Symptoms, deadness, and boredom are the direct result of this perpetual holding on.

In this workshop we will use various forms of active and passive meditations to begin the process of cleansing, strengthening, relaxing, energizing, harmonizing, balancing, centering, and healing your whole being. Special focus will be given to breathing, reprogramming thought and habit patterns, self-expression, the use of color and sound, visualization, massage, hydrotherapy, psychic cleansing, and the healing energy of the outer-inner sun. $290

An Integrative Approach to Self Actualization
Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander technique, and Feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person.

Video feedback will be available and massage staff will be on hand to assist the workshop. $290 + $2 video fee.

Contact & Communication / Julian & Beverly Silverman

For workshop description see July 13-18. $290

weekend of august 15-17

Tuning In / Janet Zuckerman

For workshop description see July 11-13. $110

Experiencing Esalen / Esalen Staff

For workshop description see page 32. $110

Rites of Initiation / Paul Rebillot

There seems to be a certain pattern accompanying each change of consciousness. Many cultures celebrate these changes with initiation rites that mark the transformation. The purpose of this weekend will be to explore the changes in our personal mythological dramas and create a rite of initiation that facilitates them. Techniques will be drawn from gestalt, encounter, and bioenergetics, and will include improvisation, incantation, movement, and song. $120 + $2 video fee.

Energy Release & Integration Through Bioenergetics
Alan Schwartz

Read the description of the weeklong workshop. This weekend will concentrate on releasing blocked energy and integrating resulting awarenesses on the emotional and mental levels. The weekend should be thought of as an introduction to the concept of energy flow and its relation to a stronger sense of self. $120

Meditation Weekend / Robert Nadeau

We will explore centering and energy awareness in relationship to meditation. $120

media center

Located at Esalen's South Coast Center in Big Sur, the Media Center is emerging as a multimedia experimental facility encompassing film, video, audio, typesetting, and design. The typesetting of Esalen catalogs and the design and typesetting of Esalen special flyers is now done by the Media Center.

Under the direction of Kai Mei de Fontenay, 16 mm films as well as video and audio tapes of Esalen programs are now being prepared and distributed. These include demonstration tapes of various techniques currently being used by Esalen leaders. They are available in ½" B & W video reels for sale or rental. And nearing completion is a 16 mm color film of Tai Chi with Al Chung-liang Huang.

Esalen workshops listed in the catalog as having a video fee include one or more sessions of video feedback in which participants have the opportunity to see and hear themselves on video tape. Private sessions are also available at $25 per hour.

A popular audio tape we have in stock is *Workshop in Gestalt Therapy* led by Fritz Perls. In this one hour audio cassette Fritz talks about gestalt therapy and demonstrates hot seat work using dream techniques. To order, send $6.25 to the Media Center, Esalen Institute, Big Sur, California 93920. Inquiries concerning audio or video tapes of other Big Sur programs may be directed to the Media Center specifying the leaders or subjects in which you are interested.

week of august 17-22

Body Release & Psychic Awareness
Jack Downing & Lyn Davis

We will use advanced awareness techniques combined with integrative processes from gestalt, encounter, and Arica training. Particular emphasis will be placed on body process and release. $320 + $2 video fee

Energy Responsibility: A Synthesis of Bioenergetics & Gestalt
Alan Schwartz

Energy responsibility synthesizes the philosophies of Bioenergetic and Gestalt therapies. The central dynamic of the organism is the energy that makes up the whole person. Energy flow is body flow, emotional flow, and mental flow. Energy is movement. When such movement is blocked on any of the three levels mentioned, the organism *cannot* function to nourish the person towards a mature sense of self. This workshop will move in the direction of awareness by attempting to work through energy blocks. This release will provide a person with the opportunity to integrate body-feelings-mind into a total sense of what he/she is as an organism. Appropriate theory and processing will provide a link from workshop learning to educational and other work-energy systems. Recommended for teachers, those in mental health professions, and all who are committed to growing. A video session will help participants focus on their visible energy flow and the blocks to it. $290 + $2 video fee.

I'm Entitled! / George & Judith Brown

A workshop which *teaches the process* of owning what each of us has available in both our inner world and in our outer world, and appreciating the ways we interrupt our own natural growth and personal and interpersonal development so that we can recognize what is and what isn't and what could (not "should") be and then relish the choices, challenges, adventures, and peace to which we are all entitled. Suitable for couples or individuals. Limited to 20. $290

Being in Touch: A Gestalt Experience
Frank Rubenfeld & Mari Krieger

Through gestalt hot-seat work and exercises participants will have the opportunity to be in touch with their feelings and role-choices. Massage and theatre games will supplement the gestalt work, providing a way to experience the sensory and creative parts of ourselves. There will also be the time and space of Big Sur, enabling us to contact our more natural selves. $290

Experiencing Esalen / Janet Zuckerman & Esalen Staff

For workshop description see page 32. $260

weekend of august 22-24

Experiencing Esalen / Janet Zuckerman & Esalen Staff

For workshop description see page 32. $110

T'ai Chi: The Watercourse Way / Al Chung-liang Huang

An introduction to T'ai Chi and creative Taoist philosophy as explained and exemplified in the book, *Tao: The Watercourse Way* by the late Alan Watts and Al Chung-liang Huang, and in Huang's book, *Embrace Tiger, Return to Mountain.* The meeting of East and West will be explored in terms of everyday living, of transforming intellectual understanding of the East into action, and of making useful applications to the way of life in the West.

"To work with Al Huang is to learn to move with wind and water, not only in the t'ai chi exercises, but also in the course of everyday life. In going with the watercourse way, he is as fresh as a mountain stream and as deep and powerful as the Yangtze River . . . he woos and beguiles his students instead of forcing them. This is the mark of a truly superior and gifted teacher who works upon others as the sun and rain upon plants."

—Alan W. Watts

$120

Photo: Jane English

Self Hypnosis, Selective Awareness, and Movement
Emmett & Nitza Miller

Movement requires the use of muscular activity in varying degrees of intensity. So, too, thought processes and interpersonal communication proceed through stages of higher and lower energy. Most of our personal and social difficulties (symptoms, unwanted emotions, maladaptive habit patterns) can be eased when we learn to react in accordance with and in response to our internal and external environment.

In this workshop we will learn and apply the principles of self-hypnosis and Selective Awareness . . . and those of Dance and Movement Therapy . . . to expand our self awareness and ability to adjust our minds and bodies to changing experiences. $120

week of august 24-29

Freeing the Voice / Mary Corrigan

It has been established that physical tensions inhibit the production of a free tone. We will experience various physical and vocal exercises designed to reduce tensions and provide the kinaesthetic experience of what a free voice feels like. This experience allows the participant to discover a sense of ease and effortless vocal power. This method is employed at most of the major residential theatres and professional training programs in the US and England. Some work will be done to explore personality through sound. There will be an audio-visual session. $290 + $2 video fee.

I'm Entitled! / George & Judith Brown

For workshop description see August 17-22. $290

A Tender Invitation / Harry Sloan

For workshop description see July 6-11. $290

Gestalt Practice
Richard & Christine Price with Laura Dillon

This workshop will combine gestalt practice, which is described in the July 13-18 workshop write-up, and neo-Reichian emotional release work with Laura Dillon, an associate of the Radix Institute. $290

A Massage Workshop / Peggy Morrison & Richard Horan

$290

weekend of august 29-31

Freeing the Voice / Mary Corrigan

For workshop description see August 24-29. $120

Re-Owning Your Power: Renewal and Personal Awakening Through the Physical Experience
Dyveke & Michael Spino

As cycles of change press upon us, we need tools to develop our Inner Power of endurance, flexibility, and sense of self-transcendence. This workshop will reawaken your natural physical spirit through five areas of conditioning of mind/body/spirit. Daily activities will be appropriate for people at all levels of fitness, blended with meditations and massage at the Esalen baths. We will explore in a holistic approach:

Endurance: New techniques of Jogging and Running
Flexibility: Yoga, Scandinavian Rhythmics, European calisthenics
Strength: Skeletal muscle toning
Sensing: Energy body and Intuitive training
Innerspace: Guided fantasy, imagery, meditation, visualization

Each person will receive a personalized training consultation to allow continuing use of these techniques upon leaving. $120

Sex, Sensuality, & Sexism
Janet Lederman & the Esalen Women

For workshop description see August 3-8. $120

You Don't Have to Suffer to Feel Good / Harry Sloan

For workshop description see July 11-13. $120

The Feldenkrais Method: A Psychophysical Education Through Body Movements
Judith Stransky

Dr Moshe Feldenkrais has originated and developed an impressive method of re-educating the total being and tapping our unused potential through the means of body exercises and movements that lead to an expansion of awareness, and to a body-mind oriented to, and capable of, a greater range of experience. The exercises also involve integration of the physical and the mental, release of fixed habits that restrict us, differentiation of parts of the body, relaxation and balance, improvement in alignment, and lead to a suppleness beyond what one would believe is possible. The approach is through pleasure, not strain, combined with breathing techniques. $120

week of august 31- sept 5

August 31-September 19

A Tutorial in Gestalt & Sensory Awareness
Seymour Carter

For the past ten years, I have been exposed to and have studied with most of the major teachers/influences/practices presented at Esalen. My approach has been to be as open as possible and to learn all I could about paths to self-discovery—from Arica to Zen. In becoming a teacher in my turn, I am now at a point where I want to share the defining and refining of the practices I consider most valuable.
This workshop will be a clarification of the basic perspectives and viewpoints from which the work of Fritz Perls and Charlotte Selver developed. We will examine the theoretical and philosophical bases underlying gestalt and sensory awareness. Through discussion and practice, we will learn to distinguish the central statements of these two approaches from the many confusing interpretations which inevitably form around any simple and profound teaching.

We will devote an intense period of study and experiential work to the nature of thought, emotion, and reality, to the continuum of awareness and the collected quiet state of awareness as in meditation.

Week One: 3 sessions per day, experiential work in gestalt and sensory awareness

Week Two: 2 sessions a day experiential; one session tutorial and discussion

Week Three: practice, revolving leadership among group participants, discussion

Massage sessions at the baths

Suggested reading: Karen Horney: *Neurosis & Human Growth.* Perls, Heferline & Goodman: *Gestalt Therapy.* Carlos Castaneda: *Journey to Ixtlan.* Edward Conze: *Buddhist Thought in India.* Selver: *Sensory Awareness and Total Functioning* (available through the Esalen bookstore).
$850

PROGRAMS IN BIG SUR

A Gestalt Training Workshop / Stella Resnick

This workshop is designed for group leaders, therapists, and others who wish to integrate gestalt therapy into their field of work. The group will review basic principles of gestalt awareness through discussion and practice. $290

Opening the Feelings: A Neo-Reichian Radix Workshop
Charles Kelley, Sharon Wang, & Siri Mishler

For workshop description, see p 24. $320

Selective Awareness & Gestalt Practice
Emmet Miller & Richard Price

Selective Awareness provides a means for identifying and unlearning undesirable characteristics of body/mind and rapidly learning desirable patterns. This takes place in a state of mind related to those of meditation and hypnosis. Like gestalt practice, selective awareness aims at the development of internal guidance free of externally imposed conditioning.

For more information about gestalt practice, see July 13-18.
$320

weekend of september 5-7

Growth Through Risk-Taking / David Schiffman

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, encounter techniques, and video feedback, the participants can accept or transcend the boundaries from which they approach the world. Emphasis will be placed on the expression of anger, affection, sexuality, and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. $110 + $2 video fee

Energy Centers / Bernard Gunther

Behind the spine there is a key, seven centers of electromagnetic energy. These chakras (energy wheels) are related to the endocrine glands, the master regulatory system of the organism. When these centers are cleansed, harmonized, and fully functioning, integration and balance on all levels of consciousness begins to take place. A weekend of "chakra therapy" consisting of meditation, breathing, relaxation, visualization, color and sound. $110

Body Awareness & Massage / Barbara Clemans

If we could experience ourselves as free and flowing as we really are, we would know our own perfection.

Through a series of specific, directed movements with awareness we can begin to alter the patterns of habitual movement in the body. By doing so, the psyche is then altered in its habitual manner of responding to the world. In addition, we will aid each other in enhancing our organic sense of well-being and integration with massage. $110

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Photo: Jane English

September 7-October 3

The Inner Road to Health—Approaches to Healing and Self-Healing

Esalen Staff and Guest Leaders. Coordinated by Al Drucker and Barbara Braunstein

This is a workshop for staying well and learning to help others stay well. There are two long-term programs of this type scheduled per year, one in March, the other in September, each lasting four weeks or longer. (The March 1976 workshop is scheduled for five weeks; the September 1976 workshop will be for six weeks.) Shorter twelve day seminars are also offered in July and January. These workshops provide a synthesis of various health and healing processes taught at Esalen. Consideration is now being given to a six month to one year apprenticeship program in the healing arts, commencing in the late Spring of 1976; this will involve six to eight individuals chosen from participants in the March or September programs.

The basic premise of these workshops is that as we immerse ourselves in a nourishing environment, observe good habits of living, and take in good food, both physical and spiritual, our body-mind comes into harmony and health. Then we can go on to do our true work, that of evolving in consciousness towards realization of the higher self within and towards recognition of the essential unity of all beings.

In these workshops we will use a number of different approaches for clearing out the thick underbrush of attachments, both physical and emotional, that clog up our lives. As we do, we will discover a path that leads from the busy external world, experienced through the mind and senses, to the calm inner world of the soul, experienced through the heart. We will travel this path, developing a daily practice that cleanses body, mind, and spirit, and takes us step-by-step inside. It is from these deep inner wellsprings of our being that we can discover the healing current that permits us to guide others to health and to heal ourselves.

The schedule and list of possible topics that follows will serve as a basis for group selection of the actual program to be used during the workshop. We will begin with a three-day organic fruit juice fast to cleanse the physical system and a marathon session to start the emotional cleansing process. Throughout the month we will provide a special healthful diet; for this we will do some of our own meal preparation, harvesting some of our food directly from the garden. The workshop will be held in the Big House and many of the participants will be housed there. This is a beautiful mansion located on cypress-covered cliffs overlooking the rocky coastline of Big Sur, across Hot Springs Creek from the main Esalen grounds.

Participation in the long-term workshops (four weeks or longer) is by application. To apply, please send us a short note about yourself that will help us know you. Include your age, your interests, and your state of health; also include a photo, if you have one. Please write early since places in the workshops are limited; mail to "Inner Road to Health Workshop," Esalen Institute, Big Sur, California 93920. Upon confirmation of your acceptance, we require the deposit within two weeks in order to reserve your space. Some partial scholarships will be available and awarded on the basis of need; for this a weekly work commitment is required.

Tuition: $1150 + $10 video fee Deposit: $400

Before Breakfast: *Daily Spiritual and Physical Practice*

Meditation	Yoga (Postures, breathing)
Mantra Chanting	Tai Chi (Form and Free Form)
Aura-cleaning	Arica exercises
at the baths	Jogging

Mornings: *Demonstration, Discussion, and Practice of Various Purification and Healing Methods*

Rolfing / Patterning	Massage (Esalen, Shiatsu, Polarity)
Acupuncture	Spinal Adjustment Massage
Bioenergetics	Color Healing
Herbal and Flower Remedies	Energy Healing
	Mandala Drawing

Afternoons: *Gardening, Work Projects, Individual Sessions* (Rolfing Treatments, etc., at extra cost)

Sundown: *Daily Spiritual Practice*

Meditation	Tai Chi Form
Chanting	

Evenings: *Process Sessions, Didactic Lectures, Movement / Dance*

Gestalt	Anatomy / Physiology	Esalen Drums
Encounter	Nutrition / Iridology	Folk Dancing
Karma Cleaning	Tarot / Kabalah / Tao	Sufi Dancing
Psychic Awareness	Astrology	Arica Dances

Saturdays: *Fast Day, Silent Day* (Essential Communication Only)
Spiritual Purification Ritual and Self-Massage
Beach Combing, Hiking, Fishing by the Rocks, Alone Time

Sundays: *Daily Morning Spiritual and Physical Practice*
Day Free; Evening Process Session

WEEK OF SEPTEMBER 7-12

Realms of the Human Unconscious: Psychedelic and Anthropological Perspectives Stanislav Grof & Joan Halifax-Grof

This workshop will focus on the expanded image of the human mind that is emerging from LSD research and anthropological studies. The participants will become acquainted with such issues as: new maps of the human unconscious; transpersonal aspects of birth, sex and death; LSD psychotherapy with neurotics, alcoholics, heroin addicts, psychotic patients and individuals dying of cancer; the nature of the schizophrenic process; mystical, religious, and metaphysical experiences in psychedelic sessions and indigenous healing systems and rites of passage in non-western cultures.

We will utilize didactic sessions, discussions, experiential exercises, selected films and videotapes, mandala work, and non-drug technology for inducing unusual states of consciousness. $270

Individual use of the sensory isolation tank will be available to participants for an additional fee of $10.

Energy: Transmutation & Synthesis / Bernard Gunther

We are all almost unlimited sources of joyous energy. We squander these resources. Blocked by fear, habit, and limitation we dam ourselves with destructive expression: various forms of mental/physical illness. In this workshop we will learn to release, redirect and reintegrate behavior patterns through focusing on energy centers. The week will be a synthesis of gestalt, yoga, body awareness, psychosynthesis, hypnosis, and movement, with special emphasis on meditation and self-healing. $270

WEEKEND OF SEPTEMBER 12-14

Experiencing Esalen / Janet Zuckerman & Esalen Staff

For workshop description see page 32. $100

Workshop on Energy Consciousness and the Healing Arts Simone Surpin

For workshop description see July 18-20. $110

The Open Path / Roland & Irene Hall

The open path is Arica's most concentrated way of presenting the opportunity to achieve inner realization. $110

WEEK OF SEPTEMBER 14-19

Contact & Communication / Julian & Beverly Silverman

For workshop description see July 13-18. $270

Growth Through Risk-Taking / David Schiffman

For workshop description see September 5-7. $270 + $2 video fee

Renascence / Michael Butler

For workshop description see July 6-11. $270

WEEKEND OF SEPTEMBER 19-21

Self Awareness and the Spirit of Play Bob & Marilyn Kriegel

There is increasing evidence indicating the value of play as a creative learning tool and an important element in contributing to an harmonious balance in an individual's life. This workshop is designed for the participants to gain a greater understanding of their intra and inter personal processes through the vehicle of active games.

Being in the here and now, mind/body harmony, individual responsibility, risk taking, stress, and spontaneity are inherent in active games, play, and the sporting experience. Individuals' behavior patterns in these activities are reflected within their everyday life situations.

Participants will focus on their behavior patterns in these activities, making connections to their everyday lives. We will also use the vehicle of games to experiment with changing some of these patterns. Specific awareness and self observation exercises as well as gestalt, role playing, and psychosynthesis techniques will be used. $110

The Art of Self-direction / Lenore Lefer

In this workshop we will explore and examine the nature of self-direction and the ways in which we can increase it in our lives. The degree to which we can discover, direct, and regulate our energies affects how productive, creative, and joyful we will be. In an atmosphere that is supportive and nourishing we will use gestalt awareness, encounter, massage, and psychosynthesis to learn and enhance the art of self-direction. $110

Psychodrama-Gestalt-Encounter / Leon Fine

This workshop will combine and compare the methods of gestalt therapy, psychodrama, and action encounter. $110

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experiencing esalen

Janet Zuckerman & Esalen Staff

These workshops are designed for people who have not previously been to Esalen / Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theatre games, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

SCHEDULE:

July 18-20	$110
July 20-25	$260
Aug 3-8	$260
Aug 15-17	$110
Aug 17-22	$260
Aug 22-24	$110
Sept 12-14	$100
Sept 21-26	$240
Sept 26-28	$100
Oct 3-5	$100
Oct 10-12	$100
Oct 12-17	$240

week of september 21-26

Gestalt Practice
Richard & Christine Price with Diana Becchetti

This workshop will combine gestalt practice, which is described in the July 13-18 workshop write-up, and Psychosynthesis work with Diana Becchetti, an associate of the Psychosynthesis Institute in Redwood City. $270

Experiencing Esalen / Janet Zuckerman & Esalen Staff

For workshop description see page 32. $240

You & Universal Motion / Bob Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement. $270

Body Release & Psychic Awareness
Jack Downing & Lyn Davis

For workshop description see August 17-22. $300 + $2 video fee

weekend of september 26-28

Tuning In / Janet Zuckerman

For workshop description see July 11-13. $100

The Coming of Age
Ken Dychtwald, Gay Luce, & Wordon MacDonald

The possibilities of improved health, expanded awareness, and bodymind flexibility are surely not limited to people under fifty years of age. In fact, it is becoming more and more clear that many of the so-called "older" generation are as responsive to new experiences and self-improvement as their children and grandchildren.

With the help of simple breathing and relaxation techniques, gentle encounter, guided fantasy, and healing exercises drawn from massage, the Feldenkrais method, hatha yoga, and tai chi, we will be working towards a state of increased mental and physical health. People in the helping professions are also invited to participate. The pace and tone of this workshop will be geared to the specific needs and concerns of the participants.

This workshop is an extension of the *Sage Project*, a growth center for senior citizens in Berkeley, California. $110

Communication / Emmet & Nitza Miller

We begin with an introduction to self-hypnosis and Selective Awareness, use them for the deprogramming of unwanted images and habit patterns (limits), then move on to explore the experience of our body movement. Remaining centered, we will approach the interpersonal and group spaces along lines chosen by the group itself, emphasizing awareness of verbal and nonverbal communication and the continuum of stillness-movement. $110

Experiencing Esalen / Esalen Staff

For workshop description see page 32. $100

south coast center

The living center is slowly evolving into a participatory environment

vital
changing
designing, redesigning inner and outer space with residents responsible for their own evolution.

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (with balcony, and bath) are available for $350 per month. A monthly meal ticket may be purchased at Esalen for $200 and residents may set up light cooking facilities in their rooms for preparing their own meals. Laundry [illegible] available for a small monthly charge and [illegible] sauna are available at no extra cost. South [illegible] be reserved through the Esalen / Big Sur office.

WORK- SCHOLARSHIP PROGRAM

A special residence program at Esalen / Big Sur is available for those unable to afford the ongoing residential program. Room and board is $300 per four week period, based on shared accomodation of three students to a room at our South Coast Living Center. Participants are given a reduced fee for workshops offered in the catalog during their stay. In exchange for the special rate participants pay in this program, 16 hours of work per week is required. Members of the Esalen staff are available to help integrate work-scholars' activities with ongoing Esalen programs and to provide general direction and consultation. There are also opportunities for interested participants to work in gestalt, encounter, etc., with one another and with staff. The program is 28 days beginning on a Sunday. Acceptance into the program is contingent upon approval of a scholarship application. No person is admitted for longer than 28 days at a time. To apply, write: Elaine Simon, Esalen Work Scholarship Program, Esalen Institute, Big Sur, California 93920.

WEEK OF SEPTEMBER 28-OCTOBER 3

Movement / Gabrielle Roth

This workshop is specifically designed for persons in the helping professions. Our purpose will be to explore movement as a tool to be adapted to your professional needs. *Movement is a discovery process of the self.* We will *share* movement *experiences* to increase awareness of self—of self in relation to another—of self in relation to the group.

Please send a letter communicating briefly about yourself and your professional involvement so that your personal needs may be considered. $270 + $2 video fee.

Self-Image vs Self-Actualization / Paul Rebillot

What are our social images? our family images? our professional images? How does the image of what we ought to be compare with what we see in the mirror? Does this comparison limit or nurture our enjoyment of ourselves? What price do we pay for our facades? How much of our true selves must be killed off and how much can be allowed to live? In this workshop we transform all these questions into statements and learn how we might integrate the statements into our lives. $270 + $6 video fee

Human Lifestyling / John McCamy

For workshop description see July 25–27. $270

Renascence / Michael Butler

For workshop description see July 6–11. $270

WEEKEND OF OCTOBER 3-5

Experiencing Esalen / Janet Zuckerman & Esalen Staff

For workshop description see page 32. $100

Gestalt Improvisations / Paul Rebillot

For workshop description see July 13–18. $110 + $2 video fee

Feldenkrais Weekend / Ruth Alon

The Feldenkrais method of functional coordination is learned through a varied series of gently graduated exercises. The practice emphasizes awareness of ways of moving and results in increased capacity and ease of movement. As physical patterns change, mental and emotional stresses can be decreased, allowing a more open flow of creativity. Individual regimens will be taught in cases of special problems. $110

Explorations in Humanistic Education Jack Canfield & Judy Ohlbaum-Canfield

This workshop is for teachers, administrators, and counselors interested in reducing alienation, making teaching and learning more personally rewarding, and creating schools and colleges more responsive to human needs. Participants will explore ways of helping their students to deal with their concerns of identity, personal power, and interpersonal relationships. This will include experiential and theoretical exploration of affective and psychological education, self-concept building, value clarification, gestalt awareness, and communication. Participants will informally exchange ideas and discuss application of what they have learned. $110

A Time for Renewal / Deborah Medow

In these changing times of stress and growth, let us pause to renew our energy and regain our balance of body / mind / spirit. We will begin by exploring different ways of touching our own centers—of feeling at one with ourselves and the universe.

The group will meet at Esalen's Big House, where we will prepare most of our own meals for a cleansing diet. We will have morning meditations at the mineral baths and will do sessions in massage and movement, hatha yoga and chanting, as well as an introduction to the principles of polarity therapy. There will be time to enjoy the Esalen grounds and the Big Sur coast. $110

ONGOING RESIDENTIAL PROGRAM

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs will also be open to residents. Cost: $960 per 26-day period.

week of OCTOBER 5-10

Exploration & Integration / Arthur & Janica Fox

Come and experience a combination of encounter, gestalt, sensory awareness, and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these to explore more of your awareness and your capacity for openness. We will also explore ways of retaining and integrating our experiences so that we have access to them not just at Esalen, but also when we return home. $270

Bio-Energy and the Gestalt Adventure
Leland Johnson & Mary Ann Merksamer

Bio-Energy: Your body released through bioenergetics, chakra sound, meditation, and t'ai chi ch'uan . . . .

The Gestalt Adventure: The discovery of your *now* self and allowing what is obvious in you to emerge. Through dialogue you allow integration and feeling whole . . . getting to know all of your selves.

This workshop will focus on clarity, expression, and movement. Many of the experiences which you will take home with you are contained in *Bioenergetics—Body Contact Work* and a forthcoming book, *The Gestalt Adventure,* by Leland and Mary Ann. $270

Contact & Communication / Julian & Beverly Silverman

For workshop description see July 13-18. $270

Group Mind / Michaeleen Kimmey

In the here-and-now there exist configurations of circuiting energy within the chakras of our selves and between each other. These are the pathways of emotion and intuition, our inner teachers, our navigators.

Group mind is the process of becoming energetically present and aware in our individual moments together. We plug each other in to form a group connection, then channel and focus that powerful energy compassionately to heal, know, and love ourselves and each other.

Workshop sessions will include intuitive massage, Feldenkrais exercises of movement to awareness, body numerology, learning to see energy flows, techniques for experiencing "Higher Self" consciousness. $270

A Tender Invitation / Harry Sloan

For workshop description see July 6-11. $270

weekend of OCTOBER 10-12

Knock. Knock. Who's There? / Betty Fuller

It is often easier to answer who we are not rather than who we are. In this Gestalt-Encounter weekend we'll use Feldenkrais movement and Psychosynthesis among other ways to be and let be as we discover, explore, and celebrate our selves. For singles and couples of all kinds. $110

The Nature of You / Diana Becchetti

We have all experienced times in our lives, if only briefly, when we have felt at peace with ourselves. In these moments we experience some clearer sense of who we are and how we fit into the greater scheme of things. There are moments of realness when we share a meeting of essences, providing a sense of fulfillment unsurpassed in our everyday existence.

What prevents us from experiencing such moments more often? How do we stop ourselves? In this introductory workshop in Psychosynthesis we will experiment with techniques that enable us to know ourselves better, becoming aware of times when we are acting from a place that is "centered." We will explore those parts which often control us and move us out of alignment with our true Self. $110

Changing: Inner and Outer Movement
Barbara Clemans

"For the poets have seen the truth that life, change, movement, and insecurity are so many names for the same thing . . . for movement and rhythm are the essence of all things lovable."

—Alan Watts

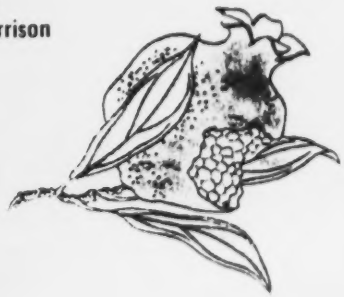
We will use the tools of guided imagery and meditation to recognize our resistances to change; movement to give expression to our inner impulses; and massage and awareness exercises for group contact and support. $110

Experiencing Esalen / Janet Zuckerman & Esalen Staff

For workshop description see page 32. $100

Couples Massage Workshop
Richard Horan & Peggy Morrison

$110 per person.



week of OCTOBER 12-17

Experiencing Esalen / Janet Zuckerman & Esalen Staff

For workshop description see page 32. $240

We Are All Dancers / Betty Fuller

A work/play shop for the dancer in every body—even those who hate to move! This synthesis of gestalt awareness training with Feldenkrais effortless exercise works on the body/mind to dissolve tensions, holdings, blocks, and barriers to mobilization of energy and full self-expression. Everyone can experience increased energy, vitality and flexibility, improved posture (physical and mental), expanded consciousness, and enhanced self-image. We will explore—experientially—the relatedness of gestalt, rolfing, psychosynthesis, Feldenkrais, and est and use before and after photographs and simple tests for fun. $270

October 12-November 21, 1975

The Human Experience: Buddhism and Mind

coordinated by
Joan Halifax-Grof, Stanislav Grof, & Jack Kornfield

A six week, interdisciplinary institute for students of Buddhism, comparative religion, philosophy, anthropology, psychiatry and psychology. Under the direction of Joan Halifax-Grof, Stanislav Grof, and Jack Kornfield, Esalen is gathering twenty-five faculty members at Big Sur to offer over 200 curriculum hours of didactic and experiential sessions, exploring the theory and practice of Buddhism. The material presented during this institute will cover three major thematic areas.

Track 1: Theoretical Concepts of Buddhism

In this track, spiritual masters of various Buddhist traditions (Theravada, Mahayana, Vajrayana and Zen) will introduce the participants to their teachings. Western scholars will discuss the history of Buddhism, its basic principles, position among other great religions of the world, and the relationship between Buddhist psychology and Occidental approaches to the study of the human mind. Buddhist maps of consciousness will be compared with the new model of the unconscious emerging from psychedelic research. A series of illustrated lectures will be dedicated to the study of Buddhist mythology and art.

Track 2: Principles of Buddhist Practice

The participants will explore spiritual practices used in various Buddhist orientations, including sitting and moving meditation, breathing exercises, chanting, visualizations, ascetic procedures (fasting and vigils), martial arts (aikido, t'ai chi, Zen swordsmanship, and archery) and aesthetic approaches (mandalas, calligraphy, ikebana, Japanese tea ceremony and music). There will be a week of intensive meditation practice.

Track 3: Occidental Approaches to the Exploration of Consciousness

During the entire six week period non-drug technology for self-exploration will be available for supervised use by the participants. This laboratory equipment will include a sensory isolation tank, sonic driver, stroboscopic light, biofeedback system and a kinaesthetic device (lotus cradle). This will make it possible for participants to explore unusual states of consciousness induced by different techniques.

Faculty:

Jose Arguelles, PhD	Jack Kornfield
Miriam Arguelles	Jakusho Kwong, Sensei
Gregory Bateson	William Masuda
Joseph Campbell	Peggy Morrison
Kobun Chino, Sensei	Mu Gak
Edward Dreesen	Robert Nadeau
Al Drucker	Kenneth Pelletier, PhD
Daniel Goleman, PhD	Christine Price
Lama Anagarika Govinda	Richard Price
Li Gotami Govinda	Larry Rosenberg, PhD
Stanislav Grof, MD	Seung Sahn
Joan Halifax-Grof, PhD	Huston Smith, PhD
Richard Horan	Chogyam Trungpa, Rinpoche
Al Chung-liang Huang	Terthang Tulku, Rinpoche

Registration Information: This program is limited to 28 participants selected from the applicants. The fee is $1500 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute. If you wish to enroll in this program, please send a letter containing biographical information and a recent photograph to Joan Halifax-Grof, Esalen Institute, Big Sur, CA 93920.

FUTURE WORKSHOP ANNOUNCEMENTS

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

NOVEMBER 2-28, 1975

The Roots of Self-Reliance
A Curriculum for Personal Courage
David Schiffman & Dick Galland

This month long workshop will systematically combine the complementary practices of gestalt awareness, sensing, encounter, and psychosynthesis with the rigorous physical preparation and focus of the Outward Bound wilderness experience. The participants in this workshop will have the opportunity to explore the nature and purpose of personal boundaries, whether as illusions to be transcended or as tools for self-survival. The emphasis will be on the achievement of a harmonious balance between the mental, physical, and emotional realms of experience, working towards greater personal expansion and openness with others.

The program will provide time as well to explore the basic elements underlying group process and individual growth. We will examine techniques, strategies, and theoretical components inherent in all forms of personal interactions and the use of specific themes in facilitation, focus, and flow in group sessions. During the final week of the workshop, each participant will have the opportunity to use newly synthesized skills and information by acting in the capacity of group leader.

NOVEMBER 23-DECEMBER 12, 1975

Renascence: The Integration of Body, Mind & Spirit
Michael Butler

FEBRUARY 1-27, 1976

The Human Experience: Holistic Medicine & Traditional Healing / Coordinated by Joan Halifax-Grof & Stanislav Grof

MAY 2-28, 1976

The Human Experience: Schizophrenia & the Visionary Mind / Coordinated by Joan Halifax-Grof & Stanislav Grof

BIOGRAPHICAL INFORMATION

A

RUTH ALON is a trainer at the Feldenkrais Institute in Tel Aviv and is a member of the small group of practitioners comprehensively trained there by Moshe Feldenkrais in his system of functional coordination, body awareness, and movement. (pp 5, 6, 33)

LARA AMBER co-leads classes and workshops at The Radix Institute (formerly Interscience Workshop) and gives individual instruction in neo-Reichian emotional release. Lara has instructed classes at the Denver Free University and the Denver Learning Center, and for the past three years has worked with emotionally disturbed children. She joined the Radix training program over a year ago. (p 24)

MAURICA ANDERSON studied psychodrama under Lewis Yablonsky, recently completed Sonoma State's humanistic psychology graduate program, and is currently a doctoral fellow at the Humanistic Psychology Institute. She works at various growth centers and educational institutions and has co-led the Esalen High Sierra encounter for the past four years. (pp 5, 11, 25)

WALT ANDERSON has been leading Esalen programs of various kinds for over six years. He is currently teaching psychodrama at the California School of Professional Psychology in San Francisco and working on a three-volume series of books about American politics. His anthology on therapy and the arts is to be published this spring by Harper and Row. (pp 4, 5, 6, 22, 25)

ROGER ANDES has been active at The Radix Institute (formerly Interscience Workshop) for over two years, joining the training program in January of 1974. At Radix Institute he teaches classes and work shops in *Education in Feeling*. He holds a psychology degree from Indiana University, where he was a laboratory assistant in vision research. He has had extensive work with Nathaniel Branden. (p 24)

MARSHA ANGUS is a student of Zen Buddhism and has worked in various agencies and mental health centers over the past seven years. She has done many gestalt and encounter groups and most recently, over the past three years, has worked extensively with couples and families. (p 7)

JOSÉ A ARGÜELLES, author and artist, is currently teaching in the art department of San Francisco State College. His most recent book is *The Transformative Vision*. He is currently working on a project with his wife on the feminine. (pp 9, 35)

MIRIAM TARCOV ARGÜELLES is an artist and writer. She is co-author of *Mandala* and is currently working on a book on the feminine and creativity. (pp 9, 35)

ANNE ARMSTRONG, psychic, clairvoyant, teacher, lives and works in Sacramento. She uses her abilities for deep level analysis of personal problems and for guidance in the growth of the inner life. (pp 3, 9)

JUDY AUDA has taught art for three years. She has an MA in sculpture and currently works with art and recreation; she is also involved in large scale public events. (p 14)

B

DIANA BECCHETTI was a member of the Esalen staff for 2 years training in gestalt with Richard Price. She went through the Masters program with George Brown in Confluent Education at the University of California. She has undergone Didactic Training with Roberto Assagioli, father of psychosynthesis, in Italy. She is in Advanced Training with the Psychosynthesis Institute in Redwood City and is an Associate of the Institute of Psychosynthesis in England. (pp 32, 34)

BARBARA BRAUNSTEIN's history has taken her through the backwoods and bayous of Louisiana where she grew up in a doctor's and artist's family, to work in museums as an art historian and to do graduate work in architecture. She came to Esalen four years ago for a week's workshop, and in the process found her home. Through the years she has been cook, waitress, dishwasher, and gardener, and is presently involved in color systems of healing, various forms of massage, and energy tuning processes. Last February she journeyed to India, where she met her spiritual teacher, Sathya Sai Baba, and here her being found a new home. (pp 23, 30)

GEORGE BROWN, an associate of the Psychosynthesis Institute, is one of the first to combine gestalt and psychosynthesis in workshop and educational contexts. He is Professor and Director of the program in Confluent Education at the University of California at Santa Barbara and is the author of *Human Teaching for Human Learning* and *The Live Classroom*. (pp 27, 28)

JUDITH BROWN is a gestalt awareness trainer, with a special interest in the use of symbols as an expression of the creative unconscious. She is the author of *Up Every Beanstalk: A Fresh Look at Marriage*. In addition to her own groups, she has co-led numerous groups with her husband. (pp 27, 28)

L V BROWN, a golf teacher for forty years, has supervised construction projects all over the world. His engineering background and experience with heavy equipment have aided his search for the principles of the golf swing. (p 10)

MICHAEL BUTLER is a group leader and rolfer who is interested in ways to integrate the body, mind, and spirit. A former Esalen resident fellow, he was trained in group process by John Heider and as a rolfer by Dr Ida Rolf. Primary emphasis in his work is on ways to translate growth practices into everyday life. (pp 21, 31, 33, 34, 35)

C

JACK CANFIELD is Director of the New England Center, is a doctoral candidate at the Center for Humanistic Education at the University of Massachusetts, a faculty associate at Hampshire College, an Adjunct Professor at the School for International Training in Brattleboro, Vermont, a Program Advisor for Campus Free College, and a consultant to the Boards of Education of Newington, Connecticut and the Bronx, New York. Jack's current interests are gestalt, psychosynthesis, the ARICA training, and altered states of consciousness, especially as these relate to education. His publications include *About Me*, a self-concept curriculum for the middle grades, *A Guide to Humanistic Education*, and *100 Ways to Enhance Self Concepts in the Classroom*. (p 33)

JUDY OHLBAUM-CANFIELD, PhD, Director of the New England Center and the Center's Gestalt Training Program, is a clinical psychologist and a Training Consultant at the Northampton Veterans Administration Hospital. In addition to conducting a private practice with individuals, families, and groups, she has worked at various mental health centers, colleges, and universities in Massachusetts, California, and Canada. She is a member of APA, MPA, CPA, and AHP. Judy has been certified by the Los Angeles Gestalt Therapy Institute and has trained with Fritz Perls, Jim Simkin, the San Francisco Gestalt Institute, and the Gestalt Institute of Cleveland. Judy's background in bioenergetics, structural integration, natural healing, and music bring a great range of awareness to her group work. Both Jack and Judy have completed the Open Path Training of the Arica Institute. (p 33)

SEYMOUR CARTER has been a teacher at Esalen for the past five years and maintains a private practice in San Francisco. He has served as consultant in self-awareness programs to the US Army and several universities. Studies in the body/mind field which he feels have significantly influenced him include: Esalen teachers such as Fritz Perls, Richard Price, John Heider and Will Schutz; Zen Buddhism; Feldenkrais; bioenergetics; the Arica training; aikido; training as a rolfer; and, most recently, a nine month study program given by Charlotte Selver for teachers of her work. Against the background of these experiences, he describes his work as an integration of gestalt and sensory awareness. (p 29)

FRANCES CLARK, a clinical psychologist, practices psychotherapy in Marin County. She is on the faculty of the California School of Professional Psychology in San Francisco and is associate editor of the *Journal of Transpersonal Psychology*. (p 6)

VIJALI CLARK is a painter/sculptor and provider of art experiences from Santa Barbara. Her sculptural paintings reflect her total self, her own struggles as a spiritual aspirant, as a woman, and as a person interested in deep understanding of self. (pp 6, 14)

BARBARA CLEMANS is a teacher, dancer, and practitioner of massage in San Francisco. Her approach has been synthesized from nine years of experience with various techniques, including creative movement, gestalt, Reichian therapy, Arica, and *est*. She has been strongly influenced by training with Moshe Feldenkrais and with Charlotte Selver. Her work is featured in *Getting Clear: Body Work for Women*. (pp 21, 29, 34)

GENE COGHILL, winner of many golf tournaments in New York and New England, a former touring professional and a symphony musician, is head professional at Peacock Gap Country Club in San Rafael, California. He is a long time student of Eastern thought. (p 10)

MARY CORRIGAN is an Associate Professor in the Graduate School of Theatre at Florida State University and in residence at the Asolo State Theatre in Sarasota, Florida. She has conducted voice production workshops throughout the United States. She has been an actress, director, teacher, group consultant, and has received grants and scholarships from several foundations. She has studied/experienced the following techniques: Iris Warren Method, Alexander System of Body Alignment, Martha Graham, bioenergetics, Tavistock Group Conferences (England), A K Rice Conferences, and Gestalt Workshops. (p 28)

BOB CROMEY is a licensed counselor and has a private practice in San Francisco of group and individual and couples therapy. He holds a Masters degree and has wide experience leading groups in the United States and Europe. (p 5)

D

LYN DAVIS is a member of the Arica teaching staff and a gestalt trainer. She leads women's workshops in the San Francisco Bay Area and works lovingly with Jack Downing. (pp 27, 32)

KATHERINE DA SILVA is President of the Yoga Organization for Research and Education. For six years she was a member of the ashram of Paramahansa Yogananda in Los Angeles. Since leaving in 1968 she has lectured widely, written, and taught yoga and meditation. Besides teaching classes for the general public, for three years she was Yoga Therapist in the psychiatric unit of St Joseph's Hospital in New Jersey. She has also worked with official agencies on applying yoga principles and practices to the treatment of addicts, alcoholics, and the aged. (p 26)

LAURA DILLON joined The Radix Institute (formerly Interscience Work Shop) almost four years ago. She has led workshops at growth centers across the country, and has run experimental groups in conjunction with Nathaniel Branden. In trips to the midwest, she and well-known leaders in Transactional Analysis have offered workshops combining Laura's neo-Reichian work with Transactional Analysis techniques. In April 1974, she opened a branch of The Radix Institute in Sonoma County. She is a qualified masseuse and a graduate of Boston University, where she studied philosophy and political science. (p 28)

NANCY DOUGLAS is an actress turned psychologist with further transmutations expected. She is interested in working with women to create a synergistic environment which will allow for the exploration and inspiration of creative energies. (p 14)

GEORGE DOWNING combines gestalt with intensive methods of working with the body. He is a member of the teaching staff of the Family Therapy Institute of Marin and is the author of *The Massage Book* and *Massage and Meditation.* (pp 12, 26)

JACK DOWNING, a native Oklahoman, has gained experience and some wisdom in psychiatry, public health, psychedelic drugs, rolfing, gestalt therapy, and Arica training. He is currently in the private practice of psychiatry and structural integration as well as leading workshops. (pp 27, 32)

JACQUELINE LARCOMBE DOYLE is a psychologist, feminist therapist in private practice, teacher, consultant to industry, to school and prison drug programs, and supervisor to radical therapists. She co-founded a center for personal and social change: *Greenhouse, Inc.,* in Cambridge, Massachusetts, where she has served as vice president and director of group training. She is also formerly on the faculty of the Department of Psychiatry at the University of New Mexico medical school. She was also an Esalen resident fellow in 1969 and has been a leader ever since. (p 25)

AL DRUCKER grew up in prewar Germany and Poland and came to New York as a 10-year-old. He spent 15 years as a space scientist before coming to Esalen as a resident fellow nine years ago. Initially he studied with Fritz Perls and Virginia Satir, and later with Ida Rolf to become an advanced practitioner of structural integration (rolfing). More recently he trained in England with J R Worsley in acupuncture, with Bernard Jensen in nutrition and iridology, with the late psychic George Simon, and with the Arica Institute. All these disciplines were steps preparing him for the spiritual path, as he came under the influence of his teacher, Sathya Sai Baba, with whom he spent six months in India last year. (pp 23, 30, 35)

ADELE CHU DRUMMOND is a dancer and choreographer from Panama, presently living in the Bay Area. She is a soloist at St Paulist Church and some of her choreography has been performed at Galeria de la Raza and Lone Mountain College. Her dance training includes ballet, modern, jazz, Afro-Haitian, Panamanian folk dance, Kabuki, t'ai chi, and Indonesian. She is now teaching privately in San Francisco. (pp 4, 6)

KEN DYCHTWALD's primary work/play focus is the relationship between the mind/body and states of consciousness. During the past five years he has trained and collaborated with some of the leaders in the human potential movement, including Will Schutz, Jean Houston, Gay Luce, Hector Prestera, Swami Vishnudevenanada, and Alexander Lowen. Ken is presently a member of the Holistic Health Council, is co-directing the *Sage Project,* a highly successful growth center for senior citizens in Berkeley, and is serving on a special task force for the "Change in Liberal Education Project." In addition, he continues to lecture and lead workshops at growth centers and universities throughout the US. (p 32)

E

WERNER ERHARD is the founder of *est* (Erhard Seminar Training). (p 9)

F

FRITZ FAISS completed his artistic training at the Bauhaus and Kunst Akademie, Stuttgart. He studied with Klee, Kandinsky, and A Hoelzel, and also Dr Rudolf Steiner. In 1932 he received his medical degree with a permit to practice naturopathy and psychoanalysis. He is an authority on color, color therapy, and meditation to awaken creativity. Emeritus Professor at California State University, Northridge, he is also the author of numerous books and articles, including *The Archetypal World of Color* and *Out of Loneliness.* His paintings are in museums and private collections throughout the world. (p 7)

CHRIS FELDMANN has been a researcher and explorer in consciousness for several years. She is interested in developing a new language for different states and processes of consciousness and in teaching people how they can tune into their own inspirations and awarenesses. She teaches classes in consciousness in San Francisco, New York, and Boston, and has a private counseling practice under the auspices of the Community for Conscious Evolution. She studied with George Simon for two years and became his partner. She has also taken the *est* training. She is currently working on a book concerning individual process. (p 23)

LEON FINE, PhD, has his doctorate in Clinical Psychology. He is in private practice in Portland and is Clinical Professor of Psychiatry (Group Processes) at the University of Oregon Medical School. He has extensive experience in encounter, gestalt (Perls), and psychodrama (Moreno) and spends much of his time teaching these methods to mental health professionals. He has recently joined the faculty of Fielding Institute in the development of their external degree program in clinical psychology. He is sensitive to both individual and group processes and his workshops encourage both intra and interpersonal learning. (p 31)

JOAN FIORE is a documentary film maker and television producer whose focus on humans relating to each other and society led her to the Esalen Gestalt Residency program in January 1973. Since then she has remained at Esalen and continued studying gestalt awareness practice with Richard Price and encounter with Will Schutz. (p 24)

ARTHUR FOX is an organizational consultant and group leader. He was a 1969 resident fellow at Esalen and has been a leader there ever since. Formerly the Director of the Esalen College Program and Extended Learning Center, he is now co-producing a documentary movie on Wilhelm Reich. (p 34)

JANICA FOX did research in groups at Harvard and was a 1969 Esalen resident fellow. For the past seven years she has been leading groups at Esalen, around the country, and in Europe. She has a private practice in the San Francisco Bay Area and is co-producing a movie on Reich. (pp 4, 7, 34)

BETTY FULLER, a humanist counselor, is co-founder of the Body-Mind Experiential Learning Center in San Francisco, where she teaches Feldenkrais movement and counsels individuals and couples privately and in groups. A former Esalen Resident Fellow, Betty is also active in *est*, where she leads seminars. (pp 10, 24, 25, 34)

G

DICK GALLAND is a husband and father, a mountaineer, kayaker, and trout fisherman. He was the founding Director of the Texas Outward Bound School. He is presently consulting with institutions, designing programs for various institutions, and developing an extended experiential program that integrates wilderness activities with several humanistic disciplines. (pp 11, 35)

DOUGLAS GILBERT holds an MFA degree in painting from the California College of Arts & Crafts, Oakland. He has trained as an art therapist under Mary Hight Thomas in San Francisco and has conducted group art therapy at Presbyterian Hospital, San Francisco, and Fairmont Hospital, San Leandro. He is also an exhibiting artist. (pp 4, 7)

BILL GLOVER is certified in massage, a graduate student in Humanistic Psychology and the Body, and has trained with physical therapist Marion Rosen. (p 6)

TAMARA GREENBERG utilizes dance/movement therapy as a body oriented approach to further emotional and physical integration in the individual. She conducts ongoing movement groups in Berkeley and Sacramento and is a staff member of the Shawl-Anderson Modern Dance Center. She was dance specialist for the City of Oakland Recreation Department and dance therapist at Hall-Brooks Hospital (a therapeutic community) in Westport, Connecticut. (pp 5, 12, 14)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over 50 articles in professional journals and books. He was a research psychiatrist at the Psychiatric Research Institute in Prague until 1967, Clinical and Research Fellow at Johns Hopkins University Henry Phipps Clinic until 1969, and Chief of Psychiatric Research at the Maryland Psychiatric Research Center and Assistant Professor at the Department of Psychiatry and Behavioral Sciences, Johns Hopkins University until 1973. He is presently on leave of absence from Maryland and Johns Hopkins and is a resident scholar at Esalen/Big Sur. (pp 8, 31, 35)

BERNARD GUNTHER is one of the pioneers in the use of awareness, relaxation, meditation, and nonverbal communication in the total growth process. For seven years he was a staff member of the Esalen Institute where he originated the Esalen massage. In recent years his main interest has been personal transpersonal synthesis. He is the author of many works, including *Sense Relaxation, What To Do Til the Messiah Comes,* and *High Cards.* (pp 26, 29, 31)

h

JOAN HALIFAX-GROF is a medical anthropologist specializing in psychiatry and religion. Her dissertation, "Indigenous Healing Systems and Contemporary Medicine: Toward an Integration of Approaches," reflects her crosscultural studies at Columbia University and subsequent field work in Africa and the Caribbean Islands, the study of the Afro-cuban religion "Santeria," and her work as anthropologist for the University of Miami School of Medicine in the Department of Psychiatry and Pediatrics. In 1972-73, she was a research associate at the Maryland Psychiatric Research Institute, working primarily as a therapist and anthropological consultant in LSD psychotherapy with terminal cancer patients. She is currently a scholar in residence at Esalen/Big Sur. (pp 8, 31, 35)

ROLAND HALL, artist, founder and co-director of the D'Angulo Retreat, artist-in-residence at Esalen/Big Sur 1964-68, has worked the last four years with Arica Institute, teaching and experimenting with color, movement, and theatre. (p 31)

IRENE HALL was an artist-in-residence at Esalen/Big Sur from 1962 to 1968 and was one of the original American group which studied with Oscar Ichazo in Chile. She is currently working with Arica Institute. (p 31)

ANNA HALPRIN is founder of San Francisco Dancer's Workshop, where she has developed her own unique approach to the movement art, for which she was awarded a Guggenheim Fellowship in 1971. She has worked intensively with Ida Rolf and Bob Hall in structural integration and with Fritz Perls in gestalt. She has co-authored *Exit to Enter* and *When a School Comes Home.* (pp 4, 7)

BETSY V HAND, RN, is a private practitioner, teacher, and consultant in the San Francisco Bay Area who works with families, couples, individuals, staff groups, and therapy groups. She has had intensive training in conjoint family therapy, is a former staff member of the Gestalt Institute of Canada and was co-director of a residential growth center for young adults. (p 26)

RICHARD HECKLER is a founding member of the Lomi school and a co-developer of Lomi body work. He has an extensive background in the mind/body disciplines and is a student of meditation and aikido. (p 7)

CATHERINE HECKLER is a gestalt educator, member of the Lomi school, and developer of the Lomi System of consciousness movement. She is a licensed marriage, family, and child counselor. (p 7)

DICK HORAN is an artist potter masseur, residing in Big Sur for the past eight years. (pp 28, 34, 35)

AL CHUNG-LIANG HUANG, Shanghai born T'ai Chi master and performing artist, has taught and concertized throughout North America and the Far East. He is a specialist in Oriental Theatre, a calligrapher and master of many Asian fine and martial arts. He is the director of the new Lan T'ing Institute at the Alan Watts' Society for Comparative Philosophy in Sausalito, California. He is the author of *Embrace Tiger, Return to Mountain: The Essence of T'ai Chi* (Real People Press) and co-author with Alan Watts of *Tao: The Watercourse Way* (Pantheon Books). (pp 8, 10, 28, 35)

JELAND JOHNSON, PhD, has worked with gestalt, bioenergetics, and meditation over the past eight years. More recently he has trained with Ida Rolf and Emmet Hutchins in structural integration. He is the author of *Bioenergetics—Body Contact Work* and co-author of *The Gestalt Adventure.* He is the founder of the Espiritu Centre for Human Potential, where he conducts his rolfing practice. He has led training workshops for professionals in Syria, Virginia, Mexico, and Houston. (p 34)

KSYLVIA KARS, a medical administrator for fourteen years, trained at the Institute of Human Abilities. She is a former staff member of More Institute and founder and Director of Discovery Institute. She has lectured for the Association for Humanistic Society and numerous other organizations. (p 21)

IRVING KATZ is a clinical psychologist. Presently, he is Director of Clinical Training for Antioch College West Psychology Graduate Program. He is particularly interested in the relation of hypnosis to the development of greater control and awareness over everyday life. He has an *est* background, which he combines with gestalt, bioenergetics, and psychodrama in his work. (p 5)

JAMES KATZ is the Director of James Henry River Journeys, an educational river touring company; he is also a free-lance nature photographer. (pp 5, 10)

SAM KEEN is a free-lance writer and editor and an amateur *psychopompos.* He is the author of *To a Dancing God, Apology for Wonder,* and co-author with Anne Fox of *Telling Your Story.* He is a consulting editor of *Psychology Today.* (pp 8, 9)

CHARLES KELLEY, Director of the Radix Institute in California, is a scientist who has specialized in vision training and human factors research for 25 years. In 1950 he became a student of Wilhelm Reich, contributing to Reich's journals during his life and to the development of his theories in the years since Reich died. He is a qualified masseur, Bates Instructor, and writer, and has served on the faculties of several universities. Dr Kelley has given Radix Workshops throughout the country and abroad. He and the staff he has trained are noted for their adaptation of Reichian techniques in the small-group process Kelley terms the "Radix Intensive." (p 29)

LORLE KRANZLER KENNEDY is a movement therapist in private practice in Berkeley and is on the staff of the San Francisco Conservatory of Music and the San Francisco Merola Opera Company. (p 7)

MICHAELEEN KIMMEY has received training in psychology and in nursing, has run an experimental nursing home, and has apprenticed in various alternative approaches to the medical model. These include chiropractic, shiatsu, magnetic healing, gestalt study with Fritz Perls, and a year's work with Moshe Feldenkrais in Israel. She is now serving as a consultant and teacher at the Haight-Ashbury Drug Rehabilitation Center Experimental Training Program. She has evolved a system of intuitive energy reading that links numerology, astrology, and palmistry with the various centers of the body. She works privately and at Esalen with individuals and groups doing massage and intuitive readings. (p 34)

JACK KORNFIELD has taught Buddhism at the University of Hawaii and at Northeastern University and has led meditation workshops at various schools and organizations in New England and the West Coast. He has spent considerable time as a Buddhist monk in Thai, Laotian and Burmese monasteries. Under the name of Sunno Bhikku he has published *Meditation Temples of Thailand* and *Living Buddhist Meditation.* (p 35)

BOB KRIEGEL was the director of the Esalen Sports Center and the Esalen Consulting Service. Prior to that he was the founder and director of Anthos, a growth center in New York City. He has conducted special programs for universities, social change agencies, and business corporations around the country. He is currently working towards the development of a model which uses sports, games, and the wilderness experience as a means for developing awareness and manifesting behavior patterns. (pp 10, 11, 23, 24, 31)

MARILYN HARRIS KRIEGEL is a teacher. She also is currently the director of teacher training for a federal grant applying confluent education to the teaching of reading. She is a member of the faculty of Dominican College, San Rafael, and is in advanced training at the Psychosynthesis Institute in Redwood City. (pp 23, 24, 31)

MARI KRIEGER. Since 1967, Mari has been in training and worked with gestalt therapists including Fritz Perls, Bob Hall, and Claudio Naranjo. She has worked with the Experimental Wing of the Committee, as well as other improvisational theatre groups. Mari is also an Esalen-trained masseuse and has led numerous workshops combining gestalt and massage. (p 27)

LGEORGE LANE has a private practice in gestalt and family work in Marin County. He has been widely involved in the Human Potential Movement for over fifteen years, working with religious, community, and business groups as well as federal, state, and local agencies. His work has included gestalt, encounter, breath training, racial confrontation, and altered states. He is presently constructing a research design to investigate personality factors in certain skin disorders. (p 7)

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair,* a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen/Big Sur. (pp 25, 29)

LENORE LEFER, an Associate of the Psychosynthesis Institute, is a former executive director of the Bridgeport, Connecticut Mental Health Association, research scientist, psychological examiner, teacher, Esalen resident fellow, and organizational consultant. She leads groups and is in private practice in San Francisco. (p 31)

GEORGE LEONARD, a senior editor of *Look Magazine* for seventeen years, has studied aikido and energy awareness with Robert Nadeau and Frank Doran since 1970. He has led numerous workshops in energy awareness for growth centers, universities, and other organizations throughout the United States and in Canada. He is author of *Education and Ecstasy, The Transformation,* and *The Ultimate Athlete* (summer, 1975). (pp 9, 23, 25)

LILLIE LEONARD is a student of yoga and physical movement, and has led groups in energy awareness for Esalen Institute. Currently, she is leading a program in The New Physical Education for Old Mill Elementary School in Mill Valley, California. (p 9)

MARVIN LIFSCHITZ is a gestalt therapist in private practice in New York City. He is an associate member of the New York Gestalt Institute and is on the faculty of the New School. (p 5)

ANTOINETTE LILLY is a psychotherapist with extensive training in eastern mystical tradition and contemporary methods of freeing the self. She has had many hours of tank work, done at "Human Software, Inc." in Malibu, of which she is president. Her first book is *Dyadic Cyclone,* co-authored with John Lilly. (p 9)

JOHN C LILLY is a teacher-scientist-mystic on the path of examining the depths and far reaches of human consciousness. Dr Lilly began with pioneering research into the mind of the dolphin and continued his explorations deep into the mind of man. A scientist and psychoanalyst, Dr Lilly uses himself as his subject. His investigations have led him through experiments in solitude, isolation, and confinement to LSD research. His books include *The Center of the Cyclone, Dyadic Cyclone,* and *Simulations of God: The Science of Belief* (May 1975). (p 9)

GAY LUCE is a former science writer whose numerous books and articles cover a vast realm of physical as well as social scientific interests. She is the author of *Sleep* and *Body Time.* In addition to her many teaching and lecturing responsibilities, she is presently co-director of the *Sage Project,* a highly successful growth center for senior citizens in Berkeley, vice-president of the Nyingma Institute, and a member of the Holistic Health Council. (p 32)

MWORDON MACDONALD. In Mac's sixty-seven years he has been a high school dropout, a hobo, a farmer, a coal miner, a bootlegger, a husband, a father (one of his children is well-known musician Country Joe), and a grandfather. He was one of the original members of the *Sage Project,* the highly successful growth center for senior citizens in Berkeley. After a year of training and exploration, Mac has become a *Sage* instructor. In addition to the daily exercise classes that he leads in Berkeley, Mac speaks frequently at colleges and community centers about the needs and concerns of the aging. (p 32)

EDWARD MAUPIN was an associate in residence at Esalen from 1966 to 1971, when he joined the staff of Arica Institute. He is a psychologist and a rolfer. His PhD dissertation at the University of Michigan was an experi-

mental study of zen meditation. His focus at Esalen was on body-oriented approaches to consciousness. (p 23)

JOY MAY has been a teacher of young people of all ages, especially high school, for the past twelve years. Her main interest lies in developing insight, confidence, self-fulfillment, and enjoyment through art. (p 14)

JOHN COSTON McCAMY is a physician who has studied with some of the pioneers in the preventative medicine field and applied the work of such recent researchers as Linus Pauling, Roger Williams, Kenneth Cooper (aerobics), and particularly Emmanuel Cheraskin (predictive medicine). During the past seven years he has developed a program of personal preventive medicine to help patients stay well and happy. This program culminated in Human Life Styling, the four pillar approach to improving diet, exercise, stress response, and ecological awareness for maximum reduction in symptoms and improvement in health. His book *Human Life Styling* is being published by Harper & Row. (pp 24, 33)

DEBORAH MEDOW is a student and teacher of yoga, diet and nutrition, movement, meditation, zone therapy, massage, and related healing arts. A former Esalen resident fellow trained by John Heider and Seymour Carter, Deborah has supplemented her studies with workshops in polarity therapy with both Dr Randolph Stone and Pierre Pannetier, and in iridology with Bernard Jenson. In addition, for the past six years Esalen's "yogini in residence" has been teaching and leading groups at Esalen and various other centers around the country. Deborah is also a member of the massage crew at Esalen / Big Sur, where she gives both Esalen and polarity massages. (p 33)

MARY ANN MERKSAMER, MA, has worked with gestalt for five years and has trained with Da Liu in T'ai Chi Ch'uan. She has conducted professional training workshops in Syria, Virginia, Mexico, and Houston, where she is the co-director of the Espiritu Centre for Human Potential and also a founding member of the Gestalt Institute of Houston. (p 34)

EMMETT MILLER, presently practicing medicine and hypnotherapy in Carmel, California, has also had extensive training in physics, mathematics, and computer science. These, along with his studies in music, art, poetry, body movement, and various religious and meditative approaches, have led to the development of Selective Awareness, an attempt to wed the subjective awareness and internal resonance characteristic of meditation and Eastern philosophy with Western scientific research. (pp 28, 29, 32)

NITZA BROIDE MILLER is a clinical psychologist with extensive experience in both verbal and nonverbal therapeutic techniques. A professional folk dancer and teacher of classical, modern, primitive, and creative dance, she has studied Dance Therapy and Movement Therapy with Marion Chace, Alma Hawkins, and Mary Whitehouse, and has used and taught these modalities in her private practice as well as in numerous hospitals and schools in the United States and Israel. (pp 28, 32)

SIRI MISHLER, a member of the Radix Teacher Training Program, co-leads workshops and classes and gives individual instruction in *Education in Feeling* at the Radix Institute in California. Siri has taught at the University of Minnesota and has had substantial work in bioenergetics. (p 29)

PEGGY MORRISON, a student of the body, has been an Esalen masseuse for five years. She is interested in good health through an organic way of life. (pp 28, 34, 35)

MUID, a disciple of Swami Muktananda Paramahansa, studied Tabla at the Ali Akbar School of Music. He teaches Tabla, has recorded, and is a member of the Tal Badyam Rhythm Band. (p 26)

DEE MUNDSCHENK has worked in neuropharmacological research, social work, individual and group processing and has taught oriental art appreciation. She has lived with Quambiano Indians in South America and on a kibbutz and archaeological digs in Israel. She has studied Sumie at a zen monastery in Japan and music in Madras, India. In addition her travels have taken her to Nepal, Ceylon, Indonesia, and England. She has an MA in art and anthropology and has studied t'ai chi, yoga, and traditional Western therapeutic techniques. (p 23)

MICHAEL MURPHY. Following graduate studies in philosophy and psychology at Stanford University, and the American Academy of Asian Studies, Mr Murphy spent a year and a half studying eastern philosophy at the Aurobindo Ashram in Pondicherry. In 1962 he founded the Esalen Institute and was its president for twelve years. He now serves as chairman of Esalen's Board of Directors and co-director of the Center for Theoretical Studies. He is the author of a book on mysticism, *Golf in the Kingdom*, and is completing a novel which explores the transformation of consciousness and the body. (pp 8, 9, 10)

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self realization. Bob also teaches aikido. (pp 10, 23, 27, 32, 35)

JEANNE NEWMAN is a student of human sensuality who has been working with Sylvia Kars for the past two years. (p 21)

GAIL O'MALLEY is a consultant in children's play and art with Play Experience, Inc. Her main focus has been the need to integrate the values of artistic awareness and positive play in the child's world in order to add to the total healthy development of the child. She has spent many years as a community volunteer and teacher in the local schools and neighborhoods. (p 14)

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique. He teaches the Technique at the American Conservatory Theatre, and is in private practice in San Francisco. (p 4)

PROZ PARENTI, a former communications therapist at the University of California Medical Center, is presently a staff member of the Family Therapy Center. (p 7)

BURYL PAYNE, PhD, directs the Institute for PsychoEnergetics in Brookline, Massachusetts. Dr Payne is a bioenergetic therapist and hypnotherapist in private practice and is engaged in the study of psychic development and life energies. He designed the first biofeedback instruments and founded Biofeedback Instruments, Inc. This workshop is a continuation of ideas formulated in his book, *Getting There Without Drugs: Theories and Techniques for the Expansion of Consciousness*. (p 25)

KENNETH PELLETIER, PhD, is a clinical psychologist at Gladman Memorial Hospital in Oakland, a research psychologist in neurophysiology at the Langley Porter Neuropsychiatric Institute, and is in private practice in Berkeley. His particular interests are in clinical biofeedback, the psychophysiology of states of consciousness and meditation, and psychosomatic medicine. He studied at the C G Jung Institute in Zurich and is co-author of *Consciousness: East and West* and *Clinical Biofeedback*. (pp 3, 35)

JOHN WEIR PERRY is a Jungian analyst, co-founder of Diabasis (a residence for acute schizophrenics), assistant clinical professor of psychiatry at UCSF, instructor in the C G Jung Institute in San Francisco, and author of *The Self in Psychotic Process*, *Lord of the Four Quarters*, and *The Far Side of Madness*. (p 25)

VIJAYENDRA PRATAP was born and educated in India. After completing his Masters in Psychology at Agra University, he obtained the Diploma in Yoga Pravishta (DYP) from India's renowned Yoga Institute, Kaivalyadhama. He worked as research assistant and lecturer in yoga and mental health at Kaivalyadhama, until receiving his Doctorate in Applied Psychology from the University of Bombay in 1967. In the United States, Dr Pratap is a trustee and advisor to the Yoga Organization for Research and Education. In Philadelphia, where he now lives, he serves on many boards and is a consultant to the Community Mental Health Center and the Psychosomatic Clinic of the Thomas Jefferson Hospital. He is founder / director of SKY (Swami Kuvalayananda Yoga) Foundation in Philadelphia. (p 21)

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 22, 28, 32, 35)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 8, 22, 28, 29, 32, 35)

LEE PULOS, PhD, is a clinical psychologist in private practice and Clinical Assistant Professor, Department of Psychiatry, University of British Columbia. His principal interests are in combining biofeedback training with hypnosis and in investigating the varieties of hypnotic experiences. He has also worked with several world class athletes utilizing hypnosis to improve athletic skills and training techniques. (p 6)

PAUL REBILLOT, teacher, theatre director, actor, magician and fool, has taught at San Francisco State College and Stanford University. He is the founder of the Gestalt Fool Theatre family of San Francisco. He has trained in gestalt with Richard Price and in encounter with Will Schutz. He is the originator and developer of the Gestalt Tarot—a technique incorporating the Tarot deck with gestalt process. He is gestaltist for the staff of the Emanuel Hospital psychiatric ward, Esalen leader, and staff consultant to various mental health facilities in California. (pp 22, 26, 27, 33)

STELLA RESNICK, PhD, is a clinical psychologist and gestalt therapist who trained with Fritz Perls and is now living and practicing in New York City. She has been on the board of directors of the Gestalt Institute of San Francisco, leads groups, and gives lecture-demonstrations in gestalt awareness throughout the US and abroad. Her article on gestalt therapy appeared in the November 1974 issue of *Psychology Today*. She is currently writing a book and integrating her work with her interests in meditation and spirituality, natural health, and social change. (p 29)

WILLIAM PENNELL ROCK did his doctoral work in philosophy at Cambridge, spent several years in India working on a new interpretation of the *Upanishads* to be published shortly, spent a year at the Center for the Study of Democratic Institutions, has taught at several universities, including UC Santa Barbara, and for the last year and a half has been connected with Arica Institute. (p 6)

MARION ROSEN is a physical therapist who trained in Germany, Sweden, and at the Mayo Clinic. She has been practicing for 35 years and teaching exercise classes for the last ten years. She is interested in preventive medicine and rehabilitation and in the last year or two has returned to her earlier work in relaxation and breath awareness. (p 3)

BIOGRAPHICAL INFORMATION

GABRIELLE ROTH's interest is developing movement as a tool for becoming conscious. She has worked as a dance and movement specialist in the fields of education and recreation and as a dance therapist and consultant for psychiatric institutions. She ran the Esalen massage program for three years, during which time she innovated the combination of massage and movement as a special body program. Her background includes training in Arica, transcendental meditation, *est*, and gestalt awareness. Presently she is doing workshops and private sessions in Big Sur. (pp 4, 5, 6, 7, 9, 33)

FRANK A RUBENFELD, PhD, is a clinical psychologist who trained with Fritz Perls at Esalen. He has led gestalt workshops at Esalen since 1969, and is on the faculty of the Gestalt Institute of San Francisco and the California School of Professional Psychology. His residence is in Berkeley, where he practices group and individual psychotherapy. (pp 23, 27)

ILANA RUBENFELD trained with Fritz and Laura Perls integrating the Alexander Technique and gestalt therapy. She is a certified teacher and board member of the American Center for the Alexander Technique and a full member of the New York Institute of Gestalt Therapy. She took professional training with Moshe Feldenkrais for two summers, through Esalen. She is on the faculties of New York University and Eastern Institute of Psychotherapy. She has recently completed a tour of South America, training professionals. (p 26)

SAMARION SALTMAN is a play therapist who has worked with both children and adults. She currently teaches at San Francisco State college and is in private practice in Sausalito. (p 5)

DAVID SCHIFFMAN is the former director of Anthos, a growth center in New York City. He was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. In addition to leading groups at Esalen and Anthos, he has lectured at the University of California, Princeton, and many other schools, as well as conducting special programs for industry and social agencies. He is currently dividing the majority of his working time between Esalen/Big Sur and the Texas Outward Bound School. (pp 9, 23, 24, 26, 29, 31, 35)

WILLIAM SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, Feldenkrais, and *est*. He is author of *Firo, Joy, Here Comes Everybody*, and most recently, *The Elements of Encounter*. He is currently in residence at Esalen/Big Sur. (p 8)

ALAN SCHWARTZ practices privately in New York City. He trained in gestalt with Laura Perls and in bioenergetic analysis at the Institute for Bioenergetic Analysis, NYC. He leads groups at Esalen, throughout North and South America, and in Europe. He is an associate professor in higher education, and has worked in higher education for more than 15 years in human communication. He is currently working on a volume dealing with Energy Responsibility and its application to education. (p 27)

JIM SHERE studied extensively with Dane Rudhyar, is the former director of the International Committee for Humanistic Astrology, and currently has a private practice in humanistic astrology. (p 7)

CONNIE SMITH SIEGEL has been a teacher of drawing and painting for twelve years, including eight as associate professor at the University of Colorado, Denver Center. She has studied sensory awareness with Charlotte Selver and Charles Brooks since 1966. In 1973, she was a member of a nine-month advanced study group led by Charlotte Selver. She has led groups in sensory awareness and drawing for the last three years, and is currently working in California. (pp 5, 7)

LEON SIEGEL has practiced medicine since 1959, and sensory awareness (with Charlotte Selver and Charles Brooks as teachers) since 1969. His background includes work in gestalt and psychic healing, and practicing membership in a Zen community. A leader of sensory awareness groups since 1971, he is now working with ways of healing based on this discipline. (pp 5, 7)

BEVERLY SILVERMAN, Program Manager at Esalen/Big Sur, is a senior rolf practitioner. She is a leader of gestalt and encounter groups and has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the US Army at Fort Ord. (pp 22, 26, 31, 34)

JULIAN SILVERMAN is co-director of Esalen, Big Sur. His training in individual and group process includes gestalt, encounter, psychosynthesis, and organizational development. In recent years he has become increasingly involved in teaching group process work to therapists and other health and business professionals. He is the author of many experimental and theoretical articles on sensory and perceptual functioning and on so-called altered states of consciousness. His theory of attention dis-function in schizophrenia and his perceptual-cognitive style approach to the study of psychopathy are well known in the field of psychiatric research. He also has been involved in the creation of self-regulating environments that encompass Fritz Perls' and R D Laing's conceptions of the nature of human growth and dis-ease. He is an admirer of Lao Tzu. (pp 22, 25, 26, 31, 34)

HARRY SLOAN, a former dentist and Esalen resident fellow, is an experienced leader, organizational consultant, and playwright. His first play, "The Burden," was showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspective—"seeing oneself beyond an impasse." He is training in psychosynthesis at the Psychosynthesis Institute in Redwood City. (pp 4, 7, 21, 24, 25, 28, 29, 34)

GERALD W SMITH is a family therapist in Belmont, California. He received his doctorate from the Division of Family Study, Department of Psychiatry, University of Pennsylvania Medical School. He led the first couples' workshops at Esalen and is author of *Me and You and Us* (in paper as *Couple Therapy*), a book of communications experiences. He recently authored a book titled *Hidden Meanings* and for a year had a daily TV program on KPIX in San Francisco called "Talk It Over With Dr Gerald Smith." (pp 4, 6)

SALLY SMITH is a teacher and a parent and has led gestalt and encounter groups for the past fifteen years. (p 26)

MARY ANN SNYDER is a member and trainer at the San Francisco Gestalt Institute and is in private practice in Berkeley. (p 7)

DYVEKE SPINO, Esalen Sports Center and College Program staff, is a Community Mental Health consultant and formerly a fellow at Columbia University in organizational analysis. She is presently conceiving and designing a new Sports Cluster College at Sonoma State and teaching courses on new directions of sport at UC Berkeley, Davis, and for the Psychology Department at Sonoma State. Currently she is designing transformation physical fitness programs for business and industry and educational institutions. She is a tennis pro, ski instructor, and classical pianist. (pp 10, 11, 28)

MIKE SPINO is director of the Esalen Athletic Club and a former co-director of Berkeley Otherways School, the first public alternative school. A nationally ranked marathon runner, he is presently studying the techniques and philosophy of Australian Percy Wells Cerutty. His present interests inlcude meditation, diet, sports, medicine, and the inner world. (pp 10, 11, 28)

JUDITH STRANSKY studied the Feldenkrais Method in Israel several years ago, and more recently trained with Dr Feldenkrais in his special training programs in California. She is also a qualified teacher of the Alexander Technique and is Director of the California Center for the Alexander Technique in Santa Monica. Her background includes intensive Reichian therapy, gestalt therapy, and other psychophysical approaches, as well as t'ai chi and psychic healing. She teaches the Feldenkrais Method and the Alexander Technique in Santa Monica, California. (pp 4, 29)

STRUCTURAL PATTERNING INSTITUTE's Bay Area members include Judith Aston, Marya Byron, Hallie Hardenstine, Faith Hornbacher, Gael Karlan, Anne-Liese Malter, and Susan Salveson. (pp 4, 6, 14)

SIMONE SURPIN was an Esalen resident from 1970–72, and was trained in group process by John Heider. She has led groups in the US and abroad and is a rolf practitioner. She is currently in private practice in Mountain View, and is studying meditation and various forms of healing. She recently has been spending time with Swami Muktananda on his tour of the US. (pp 23, 24, 31)

TOM PRAKOSH TIWARI was born and educated in India. He obtained the DYP (Diploma of Yoga Pravishta) from Kaivalyadhama, after completing two Masters Degrees in economics and Hindi. At present he is Secretary of KSMYM Samiti in Lonavla, as well as serving as yoga instructor in a yogic hospital. He is also professor of hatha yoga in the GS College of Yoga and Cultural Synthesis. (p 21)

YANNI TOUSSULIS holds an MA in Counseling Psychology from Lone Mountain College, has trained in gestalt counseling with John Enright, and has taught through the Esalen College Program. (p 7)

DAVID VAN NUYS, PhD, is currently director of the master's degree program in Humanistic Psychology at California State College, Sonoma. His doctoral dissertation at the University of Michigan was on the role of attention in hypnosis and meditation. He has published a number of popular and professional articles on altered states of consciousness, parapsychology, and psychotherapy. In addition to teaching, lecturing, and private practice, David is also involved in tennis, cross-country skiing, wilderness tripping, and soaring. (pp 10, 11)

SIOUX VON BAEYER is currently working on a Masters Degree at Lone Mountain College and teaching at Ann Halprin's San Francisco Dancer's Workshop. She has had her own performing dance company and taught the clowns in Ringling Brothers Barnum and Bailey Circus for four years. She is a certified massuese. (p 3)

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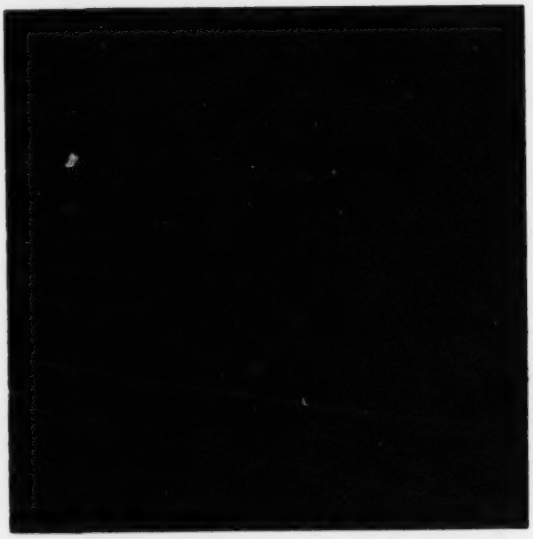

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JANE WALTER is a certified masseuse in private practice in San Francisco, working on a referral basis from therapists. She trained in massage with Gunver Jackson, Margaret Elke, and Kathy Dickmann (shiatsu), and has been teaching massage for three years. Currently she is training to become a physical therapist. (p 3)

SHARON WANG, a member of the Radix Teacher Training Program, co-leads classes and workshops and gives individual instruction in *Education in Feeling* at The Radix Institute in California. She was a member of the 1970 Residential Training Program, staff, and massage crew at Esalen/Big Sur, and has had training in transactional analysis. Presently, along with her work at the Institute, Sharon continues an extension of her private practice in Chicago. (p 29)

KURT WEHBRING has climbed extensively in the Sierras, Tetons, Wind Rivers, and in the Alps and made a first ascent of the East Ridge of Mt St Elias in Alaska. He is experienced in the techniques of sensory awareness and Reevaluation Education (co-counseling) and has taught courses in rock climbing and ski touring. (p 10)

JANET ZUCKERMAN, a former New York advertising executive, wife and mother, came to Esalen in 1971 as a resident fellow. She has trained in group process with Julian and Beverly Silverman, Betty Fuller, Janet Lederman, and Will Schutz. She has been leading groups for four years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 21, 22, 23, 25, 27, 28, 31, 32, 33, 34)

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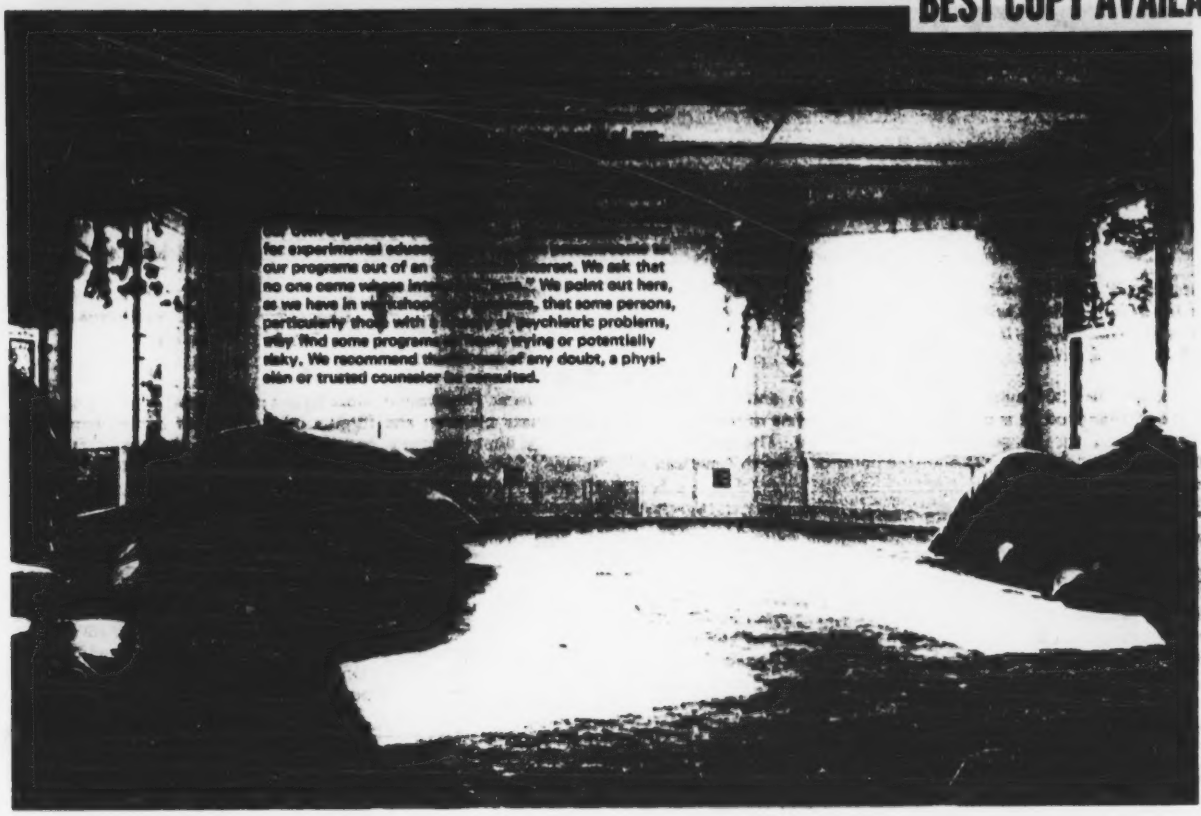

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THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2 for the United States, $4 for Canada and Mexico and $12 for all other countries. Those attending Esalen workshops and conferences are automatically added to the mailing list for one year. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational, and other institutions have provided expenses for participants in some workshops and seminars in the form of donations to scholarship funds. See Friends of Esalen membership below.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given some sort of accreditation to their activities. We have told everyone to stop using our name in such a manner. Of course people use insights and techniques they bring from our programs, but we confer no certificates, diplomas, or other symbols of formal status such as those conferred by professional associations and schools.

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen/San Francisco programs and Esalen/Big Sur programs conducted prior to 1973, contact Big Sur Recordings, 2015 Bridgeway, Sausalito, CA 94965.

For information on buying or renting video or audio tapes of more recent programs in Big Sur, contact the Media Center, Esalen Institute, Big Sur, CA 93920.

When writing specify the subject matter or leaders in which you are interested. Commercial use of Esalen program tapes is prohibited; all rights are reserved.

BIG SUR INFORMATION

For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920
Phone: (408) 667-2335, 10 to 4 every day;
10 to 8 Sunday & Friday

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Deposit Information: Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. Deposits are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen/Big Sur. Do not mail Big Sur reservations to Esalen/San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen/Big Sur program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15–August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen/Big Sur by notifying the Big Sur office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5–5:30 pm each Sunday and Friday. The cost is $10 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence for a week or longer at Esalen are asked to contribute several hours per week to the kitchen staff. These hours do not interfere with scheduled groups or meals. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

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Original Poetic Text: Janet Lederman

SAN FRANCISCO INFORMATION

For reservations, literature, tickets, and information, write or call:
Esalen Institute, 1793 Union Street, San Francisco, California 94123.
Phone: (415) 771-1710; 9-5:30 Monday through Saturday,
9:30-3:30 Sunday.

Reservations: Reservations close 5 days prior to the program, in order to facilitate planning and for the convenience of participants' time plans. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to Esalen Institute, 1793 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express.

Information literature and tickets for lectures may be obtained Monday through Saturday 9–5 pm, and Sunday 9:30–3:30 pm, at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

Workshop schedules: One day workshops generally meet from 10 am to 6 pm. Saturday and Sunday weekend workshops meet from 10 am to 6 pm each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 pm on Friday, from 10 am through the afternoon and/or evening on Saturday, and from 10 am to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

Accommodations: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

Location: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs, including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

Recommended dress: Workshops are informal. Slacks and flat shoes are recommended for women, sport clothes for men.

Bookstore: Esalen's Bookshop provides a comprehensive selection of books ranging from general psychology, life sciences, and education to the Eastern philosophies, Jung, and the mystics. It is open Monday through Saturday, 9-5:30 pm, and Sunday, 9:30–3:30 pm.

Photo: Jane English

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in reserving a space at Esalen workshops and lectures. You may use it for Big Sur or San Francisco programs. (Please make reservations at each location independently rather than place a "mixed" order.) In completing the form, please include the name, address and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

Name _____ Sex M ☐ F ☐ Age _____

Address _____ City, State _____ Zip _____

Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)

Check location of program(s):

☐ **Esalen/San Francisco**

(Mail to Esalen Institute, 1793 Union Street, San Francisco, California 94123.)

☐ **Esalen/Big Sur**

(Mail to Esalen Institute, Big Sur, California 93920.)

Check whether you wish:

☐ shared room

☐ single room on a space-available basis ($7 per night additional charge).

(Lodging may be assigned at either Big Sur Hot Springs or South Coast Center at the discretion of Esalen.)

Do you smoke? _____

Will you bring a car to Esalen/Big Sur? _____

Name of person registering	Date(s)	Leader's Name/Title of Workshop	Deposit

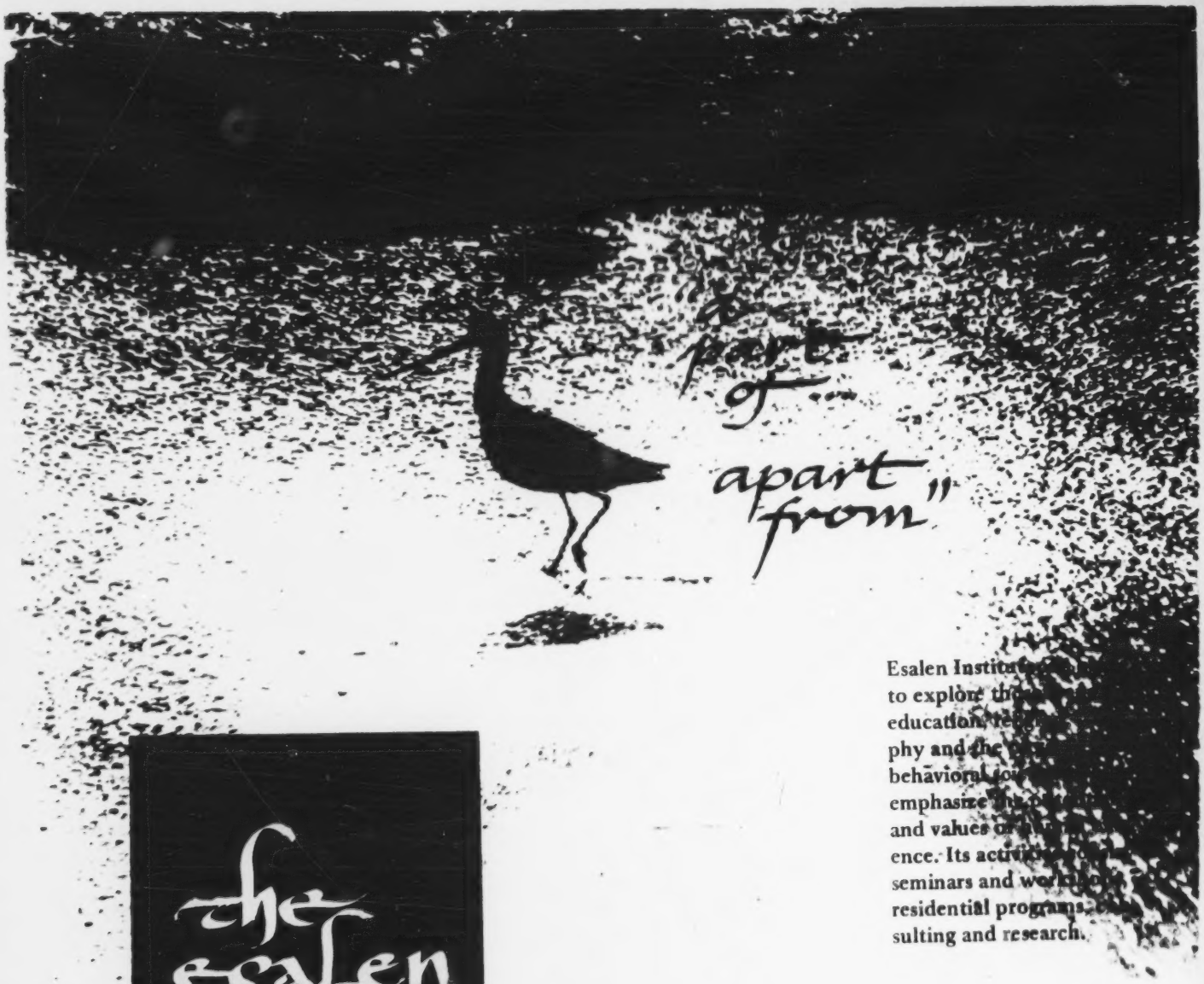
Your deposit can be charged to:

Master Charge ☐ American Express ☐ Card No. _____

Checks payable to Esalen Institute. Total amount enclosed: $ _____

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

PAYMENT: All San Francisco and Big Sur workshops require nonrefundable deposits. Consult information section on page 46 for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.



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the esalen catalog

DATED MATTER

Esalen Institute
1793 Union Street
San Francisco
California 94123

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the egalen catalog

OCTOBER-DECEMBER, 1975

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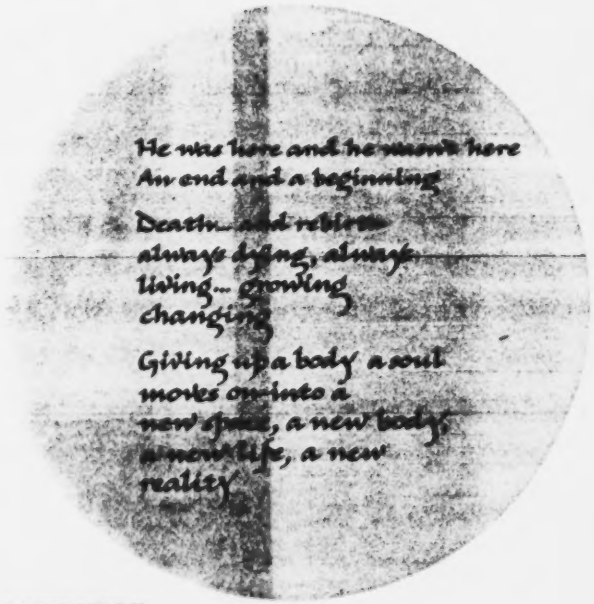


DEDICATION

This catalog is dedicated to Craig Enright, the Esalen/Big Sur physician. On June 8 Craig was seriously injured in an auto accident and 15 days later he died. We all want to express our love for Craig and our sense of loss at his departure.

PROGRAM IN SAN FRANCISCO

Physics and Consciousness

When you get right down to it, many of the findings of modern quantum physics look very much like the processes of consciousness. Breakthroughs in physics may also give answers to problems of psychic phenomena. Certainly current observations and theories in physics and astronomy are radically altering our scientific view of the universe. Perhaps they will also alter our personal view of reality.

This lecture series presents authorities from physics, astronomy, and consciousness to explain recent theories and discoveries in physics and astronomy and to discuss their implications for psychic phenomena, consciousness, and alternative views of reality. The presentations will be for laymen as well as for persons who have some knowledge of the subjects.

"The seemingly fantastic propositions of parapsychology appear less preposterous in the light of the truly fantastic concepts of modern physics."

—Arthur Koestler

This Monday night series will be held at the First Unitarian Church, Franklin and Geary Streets, San Francisco, at 8 pm. Tickets are $3.50 at the door or in advance from Esalen/San Francisco.

October 6
The New Physics and Consciousness / Jack Sarfatti, Saul Paul Sirag, Nick Herbert, Fred Wolf, and Fritjof Capra

October 13
ESP, Psychic Phenomena, and Physics / Russell Targ and Hal Puthoff

October 20
The Mind's Eye as the Physicist's Instrument / Fred Wolf

November 3
The Language of Physics and the Language of Mind / Michael Murphy and Jack Sarfatti

November 10
New Discoveries in Astronomy / Vahe Petrosian

November 17
The Physical Roots of Consciousness / Jack Sarfatti

"The universe begins to look more like a great thought than like a great machine."

—Sir James Jeans

The Function of the Imagination

"Every psychic process is an image and an imagining."
—C G Jung

This series of lectures will be devoted to exploring whether or not the imagination is a function separate and distinct from thought, intuition, and sensation. What is the relationship between fantasy, imagination, and creativity? As Blake has implied, can we only perceive or sense what we are capable of imagining?

All lectures take place at the Esalen/San Francisco office, 1793 Union Street, San Francisco, on Thursday evenings, beginning at 8 pm. Tickets are $3.50 and are available through the Esalen/San Francisco office or at the door as space permits.

October 23
Active Imagination, A Way to the Unconscious / Katherine Whiteside Taylor, PhD

October 30
Image Formation in Psychoanalysis / Mardi Horowitz, MD

November 6
Poetry of the Imagination: Coleridge, Rilke, and Blake Richard Wiseman

November 13
The Transformative Vision / Jose Arguelles

November 20
The Body as a Living Image / Stanley Keleman

October 3-5
The Breath & the Dream / Magda Proskauer

Residential weekend workshop $100

This workshop will explore the relationship between body and psyche in the process of consciousness. The dream will be looked at as a living part of the psychological, spiritual, and emotional life and as a tool for discovering new directions and self-understanding. Fee includes room and board.

October 4
Centering, Self Awareness, & the Spirit of Play
Bob Kriegel

One day workshop $25

This workshop will teach centering: the process of finding that calm place within ourselves that is in balance and harmony. Active games of all types—including energy games, street and playground games, theatre games, new games, and new approaches to traditional sports—will be used for experiencing "center" and for exploring self-awareness. We will explore how game behavior magnifies our reaction patterns, giving us a clearer, more vivid picture of ourselves. We will also use gestalt, role playing, guided fantasy, and psychosynthesis techniques to bring our new awareness to a more conscious level.

October 7-December 16
Anatomy / Marion Rosen

Eight Tuesday evenings, 7:30-9:30 pm $90

This course, a part of the Massage Training Program, is also open to the public. It includes lectures on bones, joints, and muscles, their location and function. Classes are designed as an anatomical supplement to the experience of the body in massage and movement. The first two classes will be a survey, followed by a three-week break, during which time students will be responsible for familiarizing themselves with certain basic required material. Classes will then resume with the study of particular regions of the body.

October 7, 14, November 11-December 16.

Massage Training
Jane Walter (massage); Marion Rosen (anatomy); Sioux Von Baeyer (movement)

October 6-December 22, Monday evenings, 7-11 pm. Massage and Movement

October 7, 14, November 11-December 16, Tuesday evenings, 7:30-9:30 pm. Anatomy

$275 per person

This twelve-week program will consist of twelve four-hour massage and movement sessions, one per week, and eight two-hour classes in muscle and joint action and interaction.

The first hour of each Monday class will be a movement session which will begin with breath awareness and relaxation. Focus will then shift to grounding, energy release, and movement work with partners to develop the flow between giver and receiver. Massage demonstrations will draw principally from Esalen and Shiatsu styles with carefully supervised practice sessions. Emphasis will be on developing a personal approach to massage, learning how to be responsive to those you touch, and how to receive, an often overlooked aspect of massage.

Anatomy classes will deal principally with the function of the muscles and their actions and interactions, with additional focus on particular regions of the organism, for example, shoulder girdle, pelvis, and so on. These classes are open to the general public.

PROGRAMS IN SAN FRANCISCO

October 8

An Introduction to Pepper Stress / Raymond Gottlieb

Single evening event $3

In this discussion, Dr Gottlieb will describe "Pepper-Stress," a training which deals with the development of more adequate responses to the stresses of the environment. It is an active meditation technique, initially used for underachieving students, designed to develop action without thinking, motivated by intuition. Dr Gottlieb is currently lecturing on this method as well as working with persons individually.

1793 Union Street, 8-10 pm.

October 11

Rediscovering Your Vision / Raymond Gottlieb

One-day workshop $25

Dr Gottlieb will discuss the basic principles behind the Bates system of "Better Sight Without Glasses" and other approaches related to the improvement of vision. He will teach specific exercises within an integrated whole body approach to removing the stress that hinders vision. Limited to 25 people.

October 11

Bioenergetics / Michael Conant

One-day workshop $30

Working primarily as a group, we'll use bioenergetic, neo-Reichian, and gestalt approaches intensively to center in our bodies and thus deepen vital contact with ourselves and each other. One or two individual bioenergetic sessions may also take place during the day for demonstration purposes.

October 11-12

Self Exploration Through Hypnosis
Lee Pulos & Irving Katz

Weekend workshop $50

The emphasis in this workshop will be to teach the participants techniques and exercises that can be taken home and used daily after the weekend is over. Hypnosis and self-hypnosis will be taught so that the group members can focus in on themselves through hypnotically induced dreams, automatic writing, and ideo-motor questioning. Each participant will have the opportunity to use hypnosis for his/her own personal programming, habit changes, and to explore the self through hypnotically guided fantasies. A feature of the weekend will be the use of hypnosis to extend our consciousness into paranormal and psychic dimensions.

October 12

Towards an Integral Training: A New Approach to Running
Mike Spino

One-day workshop $25

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, inner space development, and creativity in quest for extraordinary experiences. Each person will receive an individual consultation and have the opportunity to continue towards personal goals on an ongoing basis.

October 12

Understanding and Using Your Dreams and Nightmares
Ann Faraday & John Wren-Lewis

One-day workshop $25

This seminar/discussion (with some practical demonstrations using recent dreams of participants) will cover how to understand your own personal dream symbolism, how to unmask and deal constructively with the "secret saboteurs" in frustration dreams and nightmares, and how to ask dreams for direct help with personal problems or creative endeavors. Much time will be saved if participants have read Ann Faraday's *The Dream Game* (Harper & Row) beforehand.

October 14-December 30

T'ai Chi Chuan, The Simplified Form
Master Choy Kam Man

Tuesday evenings, 7-8 pm $65

T'ai chi chuan is an ancient Chinese exercise and discipline that generates superior health, clear intellection, and depth of spirit. This is achieved through daily practice of a series of flowing movements that are completely relaxed yet dynamic so as to fuse motion and meditation.

As in ancient times, the study of t'ai chi chuan begins by "following" a master whose forms of movement are perfect. The student follows this ideal form as closely as possible and in this way approaches the total relaxation of mind and body inherent in the master's movements. Thus t'ai chi chuan can not be transmitted via books, diagrams, or persons less developed than a master. The student gradually corrects his/her movements through continuous comparison and practice and the natural and relaxed forms become the student's own.

October 15

Playing the Dream Game:
From Self Understanding to Self Transcendence
Ann Faraday

Ann Faraday, author of *The Dream Game*, will offer her thoughts, theories, and insights on dreams and dreaming.

Single evening event, 8-10:30 pm $3.50
First Unitarian Church, Franklin & Geary Streets, San Francisco

October 15-November 19

Continuing Gestalt Group / Zoe Snyder

Six Wednesday evenings, 7-9 pm $60

This is a group in which to experience and explore ourselves and our interactions with each other over a longer period of time than is available in a weeklong workshop. Meetings will include gestalt exercises and hot seat work to get in touch with our feeling and become more aware of creative choices.

October 15–December 3

Classical Hatha Yoga / Terry Agnew

Eight Wednesday evenings, 7 30–9 30 pm $75

This ongoing workshop is designed for beginners, covering basics of classical hatha yoga, including postures, subtle breath control, yogic hygiene, deep relaxation, and neuromuscular control. Included with the basics of physiological yoga will be readings and discussions of yogic philosophy and psychology. This is a scientific approach to fundamental yoga with emphasis on classical health techniques and careful grounding in the meaning and rationale behind them. Recommended especially to athletes, dancers, and others who work with their bodies. Recommended texts *Light On Yoga* by B K S Iyengar, and I K Taimni's *The Science of Yoga*.

October 18–19

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

Weekend workshop $60

In an increasingly alienated world, where mechanical ease often makes communication shallower, many of us are eager to find more meaningful contact both with ourselves and with others, and with our activities whatever they may be. We would like really to get *in touch*. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and discard the techniques and defenses we have come to rely on—when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

In this workshop, which will be devoted to practice rather than theory, a beginning will be made in exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents.

October 19

Pepper Stress Training / Raymond Gottlieb

One-day workshop $25

The "Pepper-Stress" approach was designed initially to help underachieving students in academic, athletic, and artistic abilities. The technique involves setting up tasks which require sensing, remembering, and responding at the level of stimulation. This requires an opening up of abilities. Gradually situations are made more complex and include finer and finer movement tasks. The idea is to develop action motivated by intuition, without thinking. The workshop will teach "stress" games for home practice as well as the theory behind the training.

October 24–26

Madness & Individuation / Howard Levene

Residential weekend workshop $100

In this workshop we will define the relationship of madness to the Jungian concept of Individuation. Experientially, we will structure an environment in which we will attempt to connect with our own madness and integrate our discoveries and experiences of this madness with our own personal journeys towards self-awareness.

This workshop is limited to 15 people. The workshop will take place at Greenwood Lodge, Soquel, near Santa Cruz. The fee includes Friday dinner through Sunday lunch, plus accommodations for two nights.

October 25

Shiatsu Workshop / Kathy Dickman

One-day workshop $25

Shiatsu (Japanese pressure-point therapy) reaches deeper than surface massage to release tense areas of blocked energy. It becomes a refined form of body work when both participants focus their awareness on a single point, the giver applying pressure from the outside as the receiver lets go from the inside. Giving, you learn to "listen" with your hands; receiving, you learn to consciously release tense places at your own speed.

October 28–December 7

Supervised Studies in Hypnosis
Coordinated by Irv Katz with Guest Participants
David E Cheek & Lee Pulos

This workshop includes one lecture demonstration on October 28, four seminars on November 4, 11, 18, 25 from 7 pm to 11 pm, and one residential weekend which includes room and board on December 5–7.

$275 Limited to 18 people

Irv Katz has received many requests from graduate students and professionals regarding training in the theory and applications of hypnosis. This program will include the use of such techniques as automatic writing, induced dreams, ideo-motor questioning, age regression, autohypnosis, and hypnodrama. We will demonstrate how these goals can be achieved: tension-reduction, increased self-control of pain and other physiological processes, letting go of such habits as overeating, smoking, and drugs, extending consciousness into the transpersonal dimensions, and the release of those life-giving energies tied up by past tapes and body armour. Credit for graduate students can be obtained through Antioch/West College, Fielding Institute, and Humanistic Psychology Institute.

Include in your application a letter stating your educational and experiential background.

Friday Night Authors Series

8 pm to 10 pm at the Esalen Bookstore
1793 Union Street, San Francisco

October 3: **George I Brown**
author of *Human Teaching for Human Learning* and *The Live Classroom* (Innovation through Confluent Education)

October 10: **George Leonard**
author of *Education and Ecstasy* and *The Ultimate Athlete*

October 17: **John Perry**
author of *The Far Side of Madness*

October 24: **Ludwig Lefebre**
author of *Psychotherapy Relocated*

October 31: **Charlotte Selver & Charles Brooks**
authors of *Sensory Awareness*

November 7: **Michael Murphy**
author of *Golf in the Kingdom*

November 14: **Stanley Keleman**
author of *The Human Ground, Todtmoos, Sexuality, Self and Survival,* and *Living Your Dying*

November 21: **Margaret Keyes**
author of *The Inward Journey* (Art as Psychotherapy for You)

November 28: **Joan & Stan Grof**
authors of *Realms of the Human Unconscious*

Please join us for a free evening of discussion with the authors. Wine and cheese will be served.

October 26
Trail Running & the Archetypes of Sport
Mike Murphy & Mike Spino

One-day workshop $25

Participants will experience some of the most beautiful and dramatic running trails in the Mount Tamalpais area of Marin County and will be introduced to some of the lore of trail running for enjoyment and physical conditioning. This workshop is open to the novice as well as the experienced jogger or runner. There will also be discussions of the psychological, mystical, and archetypal aspects of the sport. Bring picnic lunches—and wear good running shoes!

October 26 and November 2
A Philosophy of Photography / Roy Shigley

Two half-day workshops $25

The point of departure for this workshop is to discover why a photograph may appear to be less vital than the memory of the original experience. The psychology inherent in the principles of Chinese painting will provide clues to the changes in personality and perception that bring life to a work of art.

Students are encouraged to bring two samples of their work to assist the discussion. Darkroom skills will be helpful; however, fancy cameras are not necessary.

12 noon to 3 pm each day.

SINGLE EVENING EVENTS

(For a complete description of the following events, see chronological program listings.)

All programs will be held at Esalen, 1793 Union Street, San Francisco, unless otherwise noted.

Wednesday, October 8
An Introduction to Pepper Stress / Raymond Gottlieb
$3 general admission; 8–10 pm.

Wednesday, October 15
Playing the Dream Game: From Self Understanding to Self Transcendence / Ann Faraday
$3.50 general admission; 8–10:30 pm.
First Unitarian Church, Franklin and Geary Streets, San Francisco.

Tuesday, October 28
Lecture-Demonstration in Hypnosis / Irv Katz
$5 general admission

Tuesday, November 18
An Evening with Michael Tobias / Michael Tobias
$3.50 general admission

Tickets are available at the door as space permits.

Please refer to pages 3 & 4 for further information on special lecture series.

October 28

Lecture-Demonstration on Hypnosis / Irv Katz

Single evening event $5

This lecture-demonstration will include a discussion and demonstration of the theory and practice of hypnosis. We will deal with the myths surrounding hypnosis and how this process can be effectively utilized, as well as the possible dangers.

November 1

Introduction to Aikido with Emphasis on Centering & Energy Awareness / Robert Nadeau

One-day workshop $15

Aikido is the Japanese art of self-defense with the emphasis placed on centering, harmony, and blending. It is presented as a physical manifestation of the energy and spiritual laws of the universe. We will start with the centering practices in the physical dimension, move to centering as mental awareness, and culminate in meditation with centering as a focus for spiritual unfolding. The workshop will emphasize the relationship between all three levels.

Saturday, 12:30–4:30 pm

November 1-2

Tennis Flow / Dyveke Spino

Weekend workshop $50

This workshop incorporates principles of physical fitness training, body awareness and movement techniques, and imagery along with traditional tennis methods. It is an integration of Ms Spino's five-point formula in her holistic approach to the sport, consisting of: *a)* strength training, *b)* flexibility, *c)* endurance, *d)* sensing, *e)* inner-space. The overall effect is a more pleasureful, effective, and personally significant tennis game. Bring your racquet and a can of tennis balls. Limited to 20 people.

November 1-2

Balance: A Workshop in Structural Patterning and Gestalt Therapy / Joel Latner & Judith Aston

Weekend workshop $50

In this workshop we will look for a harmony within ourselves and our lives, our thoughts, and our feelings. We will look at the inner and outer world so we can be at one with ourselves—who we are, no more and no less. Structural patterning, which developed from rolfing, is a way of learning to use our bodies with respect, awareness, and efficiency. We will meld gestalt and patterning in working with movement and feeling.

November 4–December 9

Massage / Bill Glover

Six Tuesday evenings, 7:30–10 pm $50

This course will explore the human significance of touch and teach the basic skills of massage. Each class will start with experiments in sensitivity and movement to gain self-awareness and continue with demonstrations and exchange of massage. Emphasis will be placed on developing personal style and integrating the massage experience with one's life.

November 8

Take the Time / Janica Fox

One-day workshop $25

Are there things which you know are important but you never seem to have time left over? This is a day to take time for yourself, make *you* the number one priority, look closely at yourself and see if you are doing what you really want. We will learn ways to regularly assess and reorder time.

November 8

Biofeedback and Altered States of Consciousness Eleanor Criswell

One-day workshop $25

This workshop will focus on biofeedback as it relates to self-exploration, self-development, and altering consciousness. An understanding of biofeedback, how to experience it and how to use your own body signals as feedback, will be included. Participants will experience several different kinds of biofeedback machines.

November 9

Introduction to Structural Patterning

Judith Aston, Marya Byron, Hallie Hardenstine, Faith Hornbacher, Gael Karlan, Anne-Liese Malter, Susan Salveson

One-day workshop $25

Structural patterning is a system of learning to move efficiently and to interact harmoniously with gravity. Ideal alignment occurs when the centers of gravity of each body part are balanced one above the other. A student is taught balanced ways of moving in an overall pattern followed by applications to his or her individual needs and interests.

The morning will begin with an explanation and development of structural patterning concepts, after which participants will break into small groups for individual patterning and movement experiments.

(At least three of the named patterners will be on hand.)

November 15

Towards an Integral Training: A New Approach to Running Mike Spino

One-day workshop $25

See description above.

November 15-16

Fair Fight Training for Couples with Instant Videotape Replay / Ed & Esther Bourg

Weekend workshop $50 per person

In this weekend couples will have a chance to learn and practice the basic techniques of "Fair Fight Training" as outlined in *The Intimate Enemy* by Dr George Bach. In Fair Fight Training, couples learn ways to constructively channel their aggressive energies into the revitalization, growth, and development of their relationship. This workshop will provide a valuable opportunity for couples to observe their own personal interaction patterns and communication styles through the use of focused videotape feedback, and to have fun doing it. Limited to eight couples.

Tuesday, November 18

An Evening with Michael Tobias / Michael Tobias

Single evening event $3.50

Michael will show the award-winning mountaineering film *Break On Through* as well as slides from Bhutan and Bangladesh to illustrate a discussion of mountain consciousness. He will also talk about his latest book-in-progress, *A Mountaineering Aesthetic,* which involves new writings from numerous poets, essayists, anthropologists, psychologists, dancers, and thinkers from all over the world, each investigating topics concerned with extreme wilderness immersion.

November 22

New Dimensions of Spirit and Physical Conditioning
Dyveke Spino

One-day workshop $25

This experiential lab will use principles of physical fitness, body awareness, and imagery for physical training and self-transcendence. It involves a holistic approach to sport and fitness training and endurance, strength flexibility, sensing, and inner space. The group will meet indoors and outdoors at a prearranged location.

November 22–23

Toward a More Sensitive Relating
Charlotte Selver & Charles Brooks

Weekend workshop $60

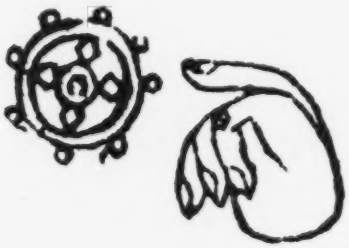
For workshop description see October 18–19.

December 6

Awakening Artistic Creativity / Lori Grace

One-day workshop $25

Through yoga, bioenergetics, guided fantasy, aerobics, and meditation, we will seek to come more in touch with ourselves and to awaken the artist who lies sleeping within each one of us. The rest of the day will be devoted to expressing ourselves through creative dance, song, drama, art, or poetry, whichever artistic mediums seem appropriate. If the weather is good, we may also spend part of our time in Golden Gate Park. Come join us for a day filled with creativity, excitement, and the joy of movement.



December 7

Centering to Energy Awareness to Meditation
Robert Nadeau

One-day workshop $25

Awareness begins with the self. Centering is the doorway to the energy activity of the universe. Energy is the common denominator of the universe and energy awareness is the basis for meditation. A day-long session emphasizing a natural practice pattern for awareness.

December 13–14

Growth Through Risk-Taking
David Schiffman & Dee Mundschenk

Weekend workshop $50

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Emphasis will be placed on the expression of anger, affection, sexuality, and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience.

December 13–14

Movement with Meaning
Tamara Greenberg & Anne Lief Barlin

Weekend workshop $50

This workshop will explore how we learn through our own movement and the movement of others. We will use the language of the body to awaken curiosity, imagination, and playfulness, and to open up paths to one's quietness, fantasies, emotions, and excitement. These experiences will be related to our personal and professional lives.

December 20

Bioenergetics / Michael Conant

One-day workshop $30

Working primarily as a group, we'll use bioenergetic, neo-Reichian, and gestalt approaches intensively to center in our bodies and thus deepen vital contact with ourselves and each other. One or two individual bioenergetic sessions may also take place during the day for demonstration purposes.

December 21

The Divine Dance: A Holiday Celebration / Gabrielle Roth

Single evening event $5

Let us bring religion back to the body and celebrate our divine selves as a dance, moving and changing. This will be a holiday celebration with live music.

Women's Programs

A Daytime Series

These morning and afternoon sessions are for women only—to focus on the nature of feminine perception and experience, to develop personal creativity through experiments in guided imagery and nonverbal awareness, and to acquire some tools for use in daily life in the process of self-formation and discovery.

If there is sufficient demand, childcare may be provided at a cost of $1 per session. Please contact the Esalen office to make arrangements.

All programs will take place at 1793 Union Street, San Francisco. Most courses can be continued for additional weeks if the group wishes.

October 9, 16, 23

The Art of Self Direction / Lenore Lefer

Thursday afternoons, 1-3 pm $15

These meetings will explore and examine the nature of self-direction and ways to increase it in daily life. The degree to which we can discover, direct, and regulate our energies affects how productive, creative, and joyful we will be, as women and as persons.

October 14, 21, 28

Building Self Esteem / Renee Baron

Tuesday afternoons, 1-3 pm $15

We will learn to express our needs and feelings more effectively with the important people in our lives. We will discover what brings new joy and contentment, and learn to feel better than "okay."

October 28, November 4, 11

Women in Motion / Dyveke Spino

Tuesday mornings, 11 am-1 pm $15

This workshop in physical fitness and body conditioning for women is a holistic approach that involves strength, flexibility sensing, and inner space. Individualized training programs and schedules will be worked out.

November 3, 10, 17, 24

Personal Art Experience / Barbara Clark

Monday afternoons, 1-3 pm $18

Everyone can experience the pleasure of the process of creating. Using your intuitions and sensitivities with color, texture, and form, you will be helped to discover your personal techniques and symbols. See part of yourself that you may never have seen before and find inner realities through paint, collage, clay, and pastel. All materials supplied.

November 6

For Mothers of Young Children / Anne Yeomans

Thursday morning, 11 am-1 pm $4

This workshop will be a time to share our lives as mothers, women, and human beings. Art, guided fantasy, journal writing, and meditation will be tools to explore the experience of this unique period in life and to find new ways of being which nourish self and family.

November 13

Dance for Mother and Child / Tamara Greenberg

Thursday morning, 11 am-1 pm $4, mother and child together

We will share a morning of dance and movement to deepen and enhance the mother/child experience. For children who are walking, up to age 15.

November 19 and December 3

Dance Therapy / Tamara Greenberg

Wednesday afternoons, 1-3 pm $4 each session

We will explore the process of formation through a synthesis of expressive movement, energetic work, and Proskauer breathing techniques. Register for both sessions or separately.

November 20

Goddesses and Womanspirit / Mimi Simos

Thursday afternoon, 1-3 pm $4

This is a program to recover the history of the many symbols of life-creating power—Isis, Astarte, Cer-idwen, Airanrhod—that once were worshipped throughout the ancient world. We will look at these images of god in female form to help recognize our own personal energy and power and work with the symbols that can unlock our strength.

December 6-7

Taking Time for Yourself: A Workshop for Women Anne Yeomans & Anne Mize

Weekend workshop $50

We listen often to others; now let's take time to hear ourselves by listening to and cooperating with our own unfolding process. Using tools of psychosynthesis with guided imagery, journal writing, art, sound, movement, and meditation, each woman may seek a deep sense of her own identity and a clearer purpose and direction for life. Listening to one's Self can become an integral part of daily living.

Center for the Study of the Life of the Body

Workshops and Seminars in Energetic Studies

The Center for the Study of the Life of the Body, under the direction of Stanley Keleman, is a program of teaching, workshops, and publishing concerning the development of bodily process as the basis for life—how individuals form both themselves and their worlds.

Programs during the coming year are the preparation and ground for a biological learning community, and will be led by Keleman and other leaders whose perspective is that the way we live our bodies expresses the human condition. In addition to the following programs, extended study programs are currently being conducted at the Center.

For information and registration concerning Center programs, contact:

Center for the Study of the Life of the Body
1645 Virginia Street
Berkeley, California 94703
(415) 647-4011

PROGRAMS WITH STANLEY KELEMAN

October 1975 to May 1976

Extended Program of Supervised Studies
Stanley Keleman & Richard Wiseman

This will be an eight-month tutorial program (not training) to study learning as a bodily process. The program will concentrate on how emotional and symbolic expression form our biological and psychological lives.

The program will begin with the premise that myths are the history of primordial process shaping itself, and that our lives are this same process in personal terms. The bodily approach, which speaks the language found in mythology and literature, will be used to develop the pragmatic and conceptual tools to participate knowingly in this process. Working directly with the body, the group will look at experience as learning with-our preconditions and follow how it shapes our living.

A group of not more than ten participants will meet from October 1975 through May 1976 with Stanley Keleman; Richard Wiseman, professor of world and comparative literature; and discussant Joe Lyon, professor of psychology. Bodily work, emotional work, seminars, and readings will be combined to shape an environment in which one's bodily experience is the basis for learning and thinking.

Tuition is $1250. The program will consist of two one-day and two evening meetings per month for eight months (with holiday breaks), plus participation in the seminar described below with Joseph Campbell and Stanley Keleman (accommodations not included in tuition). There will be approximately 140 contact hours in the program.

Early application is recommended. The program is designed for people in the arts, the sciences, and the humanities. There are no educational or degree prerequisites or prejudices. Apply by letter to the Center, including educational or experiential background and a brief statement about yourself.

October 11, November 8, December 6

Three Tutorials with Stanley Keleman

$40 each day, $120 for the series

This is a series of one-day tutorial programs on the application of energetic principles.

October 11 **How to Evaluate the Body**
November 8 **Problems of Excitement and Expression**
December 6 **Sexuality and Helplessness**

Recommended readings: *The Body Speaks Its Mind, Living Your Dying, The Human Ground.* Enrollment may be in individual days or the series. Saturdays, 10 am to 5 pm.

October 27-31

Initiation Rites / Joseph Campbell & Stanley Keleman

Five-day experiential seminar

$240 residential (includes room and meals), $140 nonresidential. A limited number of nonresidential participants can be accepted. The program will be held at a conference center south of Santa Cruz. Some partial scholarships are available. Advance deposit of $50.

November 8

Tutorial with Stanley Keleman: Problems of Excitement and Expression

See description above.

December 6

Tutorial with Stanley Keleman: Sexuality and Helplessness

See description above.

More programs of the Center for the Study of the Life of the Body on the following page.

ADDITIONAL PROGRAMS OF THE CENTER FOR THE STUDY OF THE LIFE OF THE BODY

October 7-21

Opening/Movement-Dance / Tamara Greenberg

Three-evening workshop $25

We will encourage a fuller range of expressive movements—to experience and develop quietness, imagination, emotions, playfulness, and excitement.

Three Tuesday evenings, October 7, 14, and 21, 8-10 pm.

October 8-December 17

Ongoing Work with the Body / Paul Aikin & Ian Grand

Nine Wednesday evenings $135

This is a group for ongoing work with the body, using procedures developed by Stanley Keleman from bioenergetic technique. Participants will work with the body individually and in a group. Continuity will assist participants in learning about how their bodies speak in different life situations.

The group will meet three Wednesday evenings each month for three months: October 8, 15, 22, November 5, 12, 19, December 3, 10, 17, from 7:30 to 10 pm.

October 18-19

Couples Workshop

Weekend workshop $75 per couple

Through working with the body, couples can participate in and mutually support heightened levels of excitement that give satisfaction in their relationships. The work will be grounded in procedures developed by Stanley Keleman from bioenergetic technique.

Saturday and Sunday, 10 am-5 pm.

October 25-26

The Body as the Living Dream / Nancy Jungerman

Weekend workshop in Davis, California $50

In the dream and through the dream we form ourselves. This weekend group will highlight the dream and the dream state as a way in which the body experiences itself and tries to express itself. "Bio-drama" and art forms will be used in conjunction with a guided exploration of active and passive bodily states.

Saturday and Sunday, 10-5.

November 9

Movement/Dance / Tamara Greenberg

One-day workshop $25

In this workshop, movement will be used to intensify our experience of ourselves. Through expressive movement, we will attempt to follow our process of self-formation—how we are present in the world and how we approach and withdraw from contact.

Sunday, 10 am-5 pm.

November 15

Open Workshop

One-day workshop $25

Saturday, 10 am-5 pm.

December 13-14

Open Bioenergetic Workshop / Paul Aikin

Weekend workshop in Davis, California $50

Through working individually and in a group with procedures developed at the Center, this workshop will deal with the way we live in our bodies and express our emotions.

Future Program

January-April 1976

Anatomy of Feeling
Stanley Keleman & Shelly Hendler

This is a twelve-week course on the connection between human anatomy and human emotions. The course will be taught jointly by Stanley Keleman and Shelly Hendler, professor of biochemistry and research consultant to the Salk Institute in molecular biology. The course is structured to provide a fundamental understanding of the body as the basis of feeling, as revealed in the relationship of gross and micro-anatomy to feeling, expression, and learning. This course is a primary and original alternative to the prevailing mechanical view of the body and is recommended for anyone working with the body as a living organism.

The course will consist of twelve evening lecture and discussion meetings, fully illustrated by slides and films. The meetings will deal with the development and movement of energy as cells, skeleton, muscles, organs, surfaces, and so on, and its concomitant expression as feeling and character.

Tuition for the course is $200. The first meeting will be Friday evening, January 30. To register, send a $50 advance deposit to the Center.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement, and structural integration are all part of Esalen's encounter groups today.

STRUCTURAL INTEGRATION (ROLFING)

Structural Integration or Rolfing is a method of deep manipulation of the musculo-skeletal system that aims at balancing the major segments of the body. We have learned that connective tissue (fascia, tendons, ligaments) can be lengthened by palpation and direct manipulation; this makes it possible to reorganize the basic body lines. A properly organized body will be subject to less stress and will move in a more economical way. Structural Integration has a second principle: posture is behavior. Humans are psychophysical organisms; one cannot divorce their physical from their psychological functions. When you change the structure, you change the function.

SHIATSU MASSAGE

The oriental healing art in which the hands are used to apply pressure to acupuncture points over the entire body, allowing the springs of life to flow.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement*—to have life energy freely available and flowing, not blocked. *Awareness*—to be conscious of my energy as and where it flows: to have action accessible to consciousness, not happening mechanically. *Responsibility*—to know and act on the principle that I am the one who acts, thinks, and feels whatever it may be that I act, think, or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism: a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participants. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling, and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative, and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man/woman within an evolving universe. Starting with each person's existential situation as he or she perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

Some Definitions

Of Approaches to Human Growth Used in this Catalog

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow, and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

MASSAGE

Massage is a healing art. It is practiced to help the body relax, to release tensions, to balance the energy flow, and to soothe the being with gentle caring. Massages are given individually; workshops, classes, and private lessons are available.

ESALEN CALENDAR

PROGRAMS IN SAN FRANCISCO

OCTOBER

Oct 3-5	The Breath & the Dream / Magda Proskauer (residential weekend workshop) p 4
Oct 4	Centering, Self Awareness, & the Spirit of Play / Bob Kriegel (one day workshop) p 4
Oct 6	The New Physics & Consciousness / Jack Sarfatti, Saul Paul Sirag, Nick Herbert, Fred Wolf, & Fritjof Capra (evening lecture) p 3
Oct 6-Dec 22	Massage Training / Jane Walter, Marion Rosen, & Sioux Von Baeyer p 4
Oct 7-21	Opening/Movement-Dance / Tamara Greenberg (three Tuesday evenings) p 12
Oct 7-Dec 16	Anatomy / Marion Rosen (eight Tuesday evenings) p 4
Oct 8	An Introduction to Pepper Stress / Raymond Gottlieb (single evening) p 5
Oct 8-Dec 17	Ongoing Work with the Body / Paul Aikin & Ian Grand (nine Wednesday evenings) p 12
Oct 9, 16, 23	The Art of Self Direction / Lenore Lefer (Thursday afternoons) p 10
Oct 11	Rediscovering Your Vision / Raymond Gottlieb (one day) p 5
Oct 11	Bioenergetics / Michael Conant (one day workshop) p 5

Oct 11	How to Evaluate the Body / Stanley Keleman (one day tutorial) p 11
Oct 11-12	Self Exploration Through Hypnosis / Lee Pulos & Irving Katz (weekend workshop) p 5
Oct 12	Towards an Integral Training: A New Approach to Running / Mike Spino (one day workshop) p 5
Oct 12	Understanding and Using Your Dreams and Nightmares / Ann Faraday & John Wren-Lewis (one day workshop) p 5
Oct 13	ESP, Psychic Phenomena, & Physics / Russell Targ & Hal Puthoff (evening lecture) p 3
Oct 14-Dec 30	T'ai Chi Chuan, The Simplified Form / Master Choy Kam Man (Tuesday evenings) p 5
Oct 14, 21, 28	Building Self Esteem / Renee Baron (Tuesday afternoons) p 10
Oct 15	Playing the Dream Game: From Self Understanding to Self Transcendence / Ann Faraday (single evening) p 5
Oct 15-Nov 19	Continuing Gestalt Group / Zoe Snyder (Wednesday evenings) p 5
Oct 15-Dec 3	Classical Hatha Yoga / Terry Agnew (Wednesday evenings) p 6
Oct 18-19	Towards A More Sensitive Relating / Charlotte Selver & Charles Brooks (weekend workshop) p 6

Oct 19	Pepper Stress Training / Raymond Gottlieb (one day workshop) p 6
Oct 20	The Mind's Eye as the Physicist's Instrument / Fred Wolf (evening lecture) p 3
Oct 23	Active Imagination, A Way to the Unconscious / Katherin Whiteside Taylor, PhD (evening lecture) p 4
Oct 24-26	Madness & Individuation / Howard Levene (weekend workshop) p 6
Oct 25	Shiatsu Workshop / Kathy Dickman (one day workshop) p 6
Oct 25-26	The Body as the Living Dream / Nancy Jungerman (weekend workshop) p 12
Oct 26	Trail Running and the Archetypes of Sport / Mike Murphy & Mike Spino (one day workshop) p 7
Oct 26 & Nov 2	A Philosophy of Photography / Roy Shigley (two half day workshops) p 7
Oct 27-31	Initiation Rites / Joseph Campbell & Stanley Keleman (five day seminar) p 11
Oct 28	Lecture-Demonstration on Hypnosis / Irv Katz (single evening) p 8
Oct 28, Nov 4, 11	Women in Motion / Dyveke Spino (Tuesday mornings) p 10
Oct 28-Dec 7	Supervised Studies in Hypnosis / Irv Katz, David E Cheek, & Lee Pulos (ongoing workshop) p 6
Oct 30	Image Formation in Psychoanalysis / Mardi Horowitz, MD (evening lecture) p 4

ESALEN CALENDAR

PROGRAMS IN SAN FRANCISCO

NOVEMBER

Nov 1	Introduction to Aikido with Emphasis on Centering & Energy Awareness / Robert Nadeau (one day workshop) p 8
Nov 1-2	Balance: A Workshop in Structural Patterning & Gestalt Therapy / Judith Aston & Joel Latner (weekend workshop) p 8
Nov 1-2	Tennis Flow / Dyveke Spino (weekend workshop) p 8
Nov 3	The Language of Physics & the Language of Mind / Michael Murphy & Jack Sarfatti p 3
Nov 3, 10, 17, 24	Personal Art Experience / Barbara Clark (Monday afternoons) p 10
Nov 4-Dec 9	Massage / Bill Glover (Tuesday evenings) p 8
Nov 6	For Mothers of Young Children / Anne Yeomans (Thursday mornings) p 10
Nov 6	Poetry of the Imagination: Coleridge, Rilke, & Blake / Richard Wiseman (evening lecture) p 4
Nov 8	Take the Time / Janica Fox (one day workshop) p 8
Nov 8	Biofeedback & Altered States of Consciousness / Eleanor Criswell (one day workshop) p 8
Nov 8	Tutorial with Stanley Keleman: Problems of Excitement & Expression / Stanley Keleman (one day tutorial) p 11
Nov 9	Introduction to Structural Patterning / Cast of Seven Patterners p 8
Nov 9	Movement/Dance / Tamara Greenberg (one day workshop) p 12
Nov 10	New Discoveries in Astronomy / Vahe Petrosian (evening lecture) p 3
Nov 13	The Transformative Vision / Jose Arguelles (evening lecture) p 4

Nov 13	Dance for Mother & Child / Tamara Greenberg (Thursday morning) p 10
Nov 15	Towards an Integral Training: A New Approach to Running / Mike Spino (one day workshop) p 8
Nov 15	Open Workshop / George Downing (one day workshop) p 12
Nov 15-16	Fair Fight Training for Couples with Instant Videotape Replay / Ed & Esther Bourg (weekend workshop) p 8
Nov 17	The Physical Roots of Consciousness / Jack Sarfatti (evening lecture) p 3
Nov 18	An Evening with Michael Tobias / Michael Tobias (single evening) p 9
Nov 19 & Dec 3	Dance Therapy / Tamara Greenberg (Wednesday afternoons) p 10
Nov 20	The Body as a Living Image / Stanley Keleman (evening lecture) p 4
Nov 20	Goddesses and Womanspirit / Mimi Simos (Thursday afternoon) p 10
Nov 22	New Dimensions of Spirit & Physical Conditioning / Dyveke Spino (one day workshop) p 9
Nov 22-23	Toward A More Sensitive Relating / Charlotte Selver & Charles Brooks (weekend workshop) p 9

DECEMBER

Dec 6	Tutorial with Stanley Keleman: Sexuality & Helplessness / Stanley Keleman (one day tutorial) p 11
Dec 6	Awakening Artistic Creativity / Lori Grace (one day workshop) p 9
Dec 6-7	Taking Time for Yourself: A Workshop for Women / Anne Yeomans & Anne Mize (weekend workshop) p 10
Dec 7	Centering to Energy Awareness to Meditation / Robert Nadeau (one day workshop) p 9
Dec 13-14	Growth Through Risk-Taking / David Schiffman (weekend workshop) p 9
Dec 13-14	Movement with Meaning / Tamara Greenberg & Anne Lief Barlin (weekend workshop) p 9
Dec 13-14	Open Bioenergetic Workshop / Paul Aikin (weekend workshop) p 12
Dec 20	Bioenergetics / Michael Conant (one day workshop) p 9
Dec 21	The Divine Dance / Gabrielle Roth (single evening) p 9

ESALEN CALENDAR

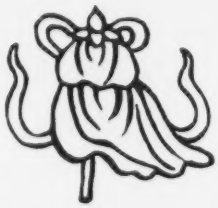
PROGRAMS IN BIG SUR

Week of October 5

Oct 5-10	Exploration & Integration / A & J Fox (5 day) p 19
Oct 5-10	Bio-Energy and the Gestalt Adventure / L Johnson & M Merksamer (5 day) p 19
Oct 5-10	Contact & Communication / J & B Silverman (5 day) p 19
Oct 5-10	Group Mind / M Kimmey (5 day) p 19
Oct 5-10	A Tender Invitation / H Sloan (5 day) p 19
Oct 10-12	Knock, Knock, Who's There? / B Fuller (weekend) p 21
Oct 10-12	Changing: Inner and Outer Movement / B Clemans (weekend) p 21
Oct 10-12	Experiencing Esalen / Esalen Staff (weekend) p 21
Oct 10-12	Massage & Meditation for Couples / R Horan & P Morrison (weekend) p 21

Week of October 12

Oct 12-17	Experiencing Esalen / Esalen Staff (5 day) p 21
Oct 12-17	We Are All Dancers / B Fuller (5 day) p 21
Oct 12-17	Massage Intensive / Esalen Massage Crew (5 day) p 21
Oct 12-Nov 21	Buddhism and Mind / J & S Grof & J Kornfield (6 week) p 20
Oct 17-19	Feldenkrais Weekend / R Alon (weekend) p 21
Oct 17-19	Your Most Precious Beliefs and Their Detection / J & T Lilly (weekend) p 21



Week of October 19

Oct 19-24	Take A Second Look at Yourseof / J Zuckerman (5 day) p 21
Oct 19-24	You & Universal Motion / R Nadeau (5 day) p 21
Oct 19-24	Women in a Changing World / J Lederman (5 day) p 21
Oct 24-26	Experiencing Esalen / Esalen Staff (weekend) p 22
Oct 24-26	Re-Owning Your Power: Renewal & Personal Awakening Through the Physical Experience / D Spino (weekend) p 22
Oct 24-26	Moving / G Roth (weekend) p 22

Week of October 26

Oct 26-31	Yoga, Meditation, Movement, & Massage: A Time for Renewal / D Medow (5 day) p 22
Oct 26-31	The Art of Self-Direction / L Lefer (5 day) p 22
Oct 26-31	Opening the Feelings: A Neo-Reichian Radix Workshop / E Warburton, L Dillon, & L Amber (5 day) p 22
Oct 31-Nov 2	Playing the Dream Game—From Self-Understanding to Self-Transcendence / A Faraday & J Wren-Lewis (weekend) p 22
Oct 31-Nov 2	Myths & Mysteries of "The Great Goddess" / J Campbell (weekend) p 22

Week of November 2

Nov 2-7	Experiencing Esalen / Esalen Staff (5 day) p 22
Nov 2-7	The Body Shop: Movement & Massage / G Roth (5 day) p 22
Nov 2-28	The Roots of Self-Reliance: A Curriculum for Personal Courage / D Schiffman, D Mundschenk, & D Galland (4 week) p 23
Nov 7-9	Energy & Hypnosis / B Gunther & L Pulos (weekend) p 23
Nov 7-9	Introduction to Selective Awareness & Self-Hypnosis / E Miller (weekend) p 23

Week of November 9

Nov 9-14	Exploration & Integration / A & J Fox (5 day) p 23
Nov 9-14	Contact & Communication / B & J Silverman (5 day) p 23
Nov 9-14	Towards A More Sensitive Relating / C Brooks (5 day) p 23
Nov 14-16	Steps to an Ecology of Mind / G Bateson (weekend) p 24
Nov 14-16	Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi / A Huang (weekend) p 24

Week of November 16

Nov 16-21	The Seven Levels & Four Areas of Personal Development: A Gestalt Approach / J Downing (5 day) p 24
Nov 16-21	Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi / A Huang (5 day) p 24
Nov 21-23	Friends of Esalen Weekend p 24

ESALEN CALENDAR

PROGRAMS IN BIG SUR

Week of November 23

Nov 23-28	Experiencing Esalen / Esalen Staff (5 day) p 24
Nov 23-28	The Politics of Peace / J Lederman (5 day) p 24
Nov 23-28	Energy Responsibility: A Synthesis of Bioenergetics & Gestalt / A Schwartz (5 day) p 24
Nov 23-Dec 12	Renascence: Integration of Mind, Body & Spirit / M Butler (3 week) p 25
Nov 28-30	Experiencing Esalen / Esalen Staff (weekend) p 25
Nov 28-30	Centering, Self Awareness, & The Spirit of Play / B Kriegel (weekend) p 25
Nov 28-30	Energy Release & Integration Through Bioenergetics / A Schwartz (weekend) p 25
Nov 28-30	Mountain Aesthetics—The Humanity of Ascent / M Tobias (weekend) p 25

Week of November 30

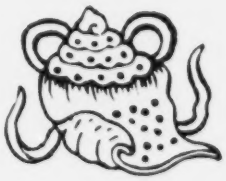
Nov 30-Dec 5	A Gestalt Workshop for Professionals / S Resnick (5 day) p 25
Nov 30-Dec 5	Centering / R Nadeau (5 day) p 25
Nov 30-Dec 5	Celebration—The Spirit of '76 / B Fuller (5 day) p 25
Dec 5-7	Workshop for Gay Women / Gay Men / S Smith & P Rebillot (weekend) p 26
Dec 5-7	Self Hypnosis, Selective Awareness, & Movement / E & N Miller (weekend) p 26
Dec 5-7	Tuning In / J Zuckerman (weekend) p 26

Week of December 7

Dec 7-12	Growth Through Risk-Taking / D Schiffman (5 day) p 27
Dec 7-12	A Week with Will Schutz (5 day) p 27
Dec 7-12	The Body Shop: Movement & Massage / G Roth (5 day) p 27
Dec 12-14	Invitation to Openness / W & M Anderson (weekend) p 27
Dec 12-14	A Weekend with Will Schutz (weekend) p 27
Dec 12-14	Eutonie / M Von Blumenthal (weekend) p 27
Dec 12-14	Getting Together the Family Within / J Staude (weekend) p 27

Week of December 14

Dec 14-19	The Politics of Peace / J Lederman (5 day) p 27
Dec 14-19	Developing Your Own Yoga / P Morrison & D Horan (5 day) p 27
Dec 14-19	Experiencing Esalen / Esalen Staff (5 day) p 27
Dec 14-19	Gestalt Practice / R & C Price (5 day) p 27
Dec 14-19	Opening the Feelings: A Neo-Reichian Radix Workshop / L Dillon, D Sherman, & C Cossette (5 day) p 27
Dec 19-21	Body Work & Energy Awareness / J Nolly (weekend) p 30
Dec 19-21	You Don't Have to Suffer to Feel Good / H Sloan (weekend) p 30
Dec 19-21	Body Energy & Self Expression / H Prestera & R Kurtz (weekend) p 30
Dec 19-21	Energy Healing / B Gunther (weekend) p 30



Week of December 21

Dec 21-26	Music & the Healing Arts / C Lloyd, G Kelly, & M Ratcliffe (5 day) p 30
Dec 21-26	A Tender Invitation / H Sloan (5 day) p 30
Dec 21-26	Energy: Meditation Self Regulation Synthesis / B Gunther (5 day) p 30
Dec 21-26	Gestalt Practice / R & C Price (5 day) p 30
Dec 26-28	Re-Owning Your Power: Renewal & Personal Awakening Through the Physical Experience / D Spino (weekend) p 31
Dec 26-28	Knock, Knock, Who's There? / B Fuller (weekend) p 31
Dec 26-28	A Choice Workshop: The Act of Willing / L Lefer (weekend) p 31
Dec 26-28	Begin the New Year: Annual Body Tune-up & Celebration of Life / B Clemans (weekend) p 31

ESALEN CALENDAR

PROGRAMS IN BIG SUR

Week of December 28

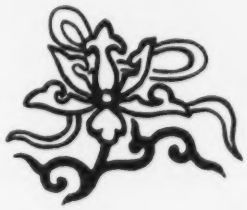
Dec 28–Jan 2	I'm Entitled! / G & J Brown (5 day) p 31
Dec 28–Jan 2	Celebration—The Spirit of '76 / B Fuller (5 day) p 31
Dec 28–Jan 2	An Integrative Approach to Self Actualization / I Rubenfeld (5 day) p 31
Dec 28–Jan 2	Training Workshop in Responsible Energy: A Synthesis of Bioenergetics & Gestalt / A Schwartz (5 day) p 31
Jan 2–4	The Politics of Peace / J Lederman (weekend) p 32
Jan 2–4	Experiencing Esalen / Esalen Staff (weekend) p 32
Jan 2–4	The Feldenkrais Method: A Psychophysical Education Through Body Movements / J Stransky (weekend) p 32
Jan 2–4	Alan Watts Revisited / R Shapiro (weekend) p 32
Jan 2–4	Rest & Renewal for the New Year / D Medow (weekend) p 32

Week of January 4

Jan 4–9	Renascence / M Butler (5 day) p 32
Jan 4–9	Your Personal Resurrection / P Rebillot (5 day) p 32
Jan 4–9	Hypnotherapy & Movement / E & M Miller (5 day) p 32
Jan 4–9	Advanced Training Workshop in Responsible Energy / A Schwartz (5 day) p 32
Jan 4–16	The Inner Road to Health—Approaches to Healing & Self Healing / A Drucker & B Braunstein (12 day) p 33
Jan 9–11	Body Energy & Self Expression / H Prestera & R Kurtz (weekend) p 33
Jan 9–11	Yoga for Modern Living / J Kramer (weekend) p 33
Jan 9–11	Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi / A Huang (weekend) p 33

Week of January 11

Jan 11–30	Experience of Esalen / J Zuckerman & Esalen Staff (3 week) p 33
Jan 11–16	A Gestalt Workshop / J Stevens (5 day) p 33
Jan 11–16	Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi / A Huang (5 day) p 33
Jan 16–18	Boundaries of Liberation for Men & Women / J Doyle (weekend) p 34
Jan 16–18	Centering / R Nadeau (weekend) p 34
Jan 16–18	Introduction to Selective Awareness & Self Hypnosis / E Miller (weekend) p 34



Week of January 18

Jan 18–23	A Week with Will Schutz (5 day) p 34
Jan 18–23	Gestalt Practice / R & C Price (5 day) p 34
Jan 18–23	Opening the Feelings: A Neo-Reichian Radix Workshop / R Andes, S Mishler, & J Teague (5 day) p 34
Jan 18–30	Contact & Communication / J & B Silverman (12 day) p 34
Jan 23–25	A Weekend with Will Schutz (weekend) p 34
Jan 23–25	Experiencing the Wisdom of the Body / B Clemans (weekend) p 34

Week of January 25

Jan 25–30	The Christian Myth Revisited / J Campbell & S Keen (5 day) p 34
Jan 25–30	A Tender Invitation / H Sloan (5 day) p 34
Jan 30–Feb 1	Experiencing Esalen / Esalen Staff (weekend) p 35
Jan 30–Feb 1	Moving / G Roth (weekend) p 35

Week of February 1

Feb 1–27	Holistic Medicine and Traditional Healing / S & J Grof & K Pelletier (4 week) p 35

"...and polish up the big brass doors"

—Gilbert & Sullivan haiku

PROGRAMS IN BIG SUR

Week of October 5-10

Exploration & Integration / Arthur & Janica Fox

Come and experience a combination of encounter, gestalt, sensory awareness, and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these to explore more of your awareness and your capacity for openness. We will also explore ways of retaining and integrating our experiences so that we have access to them not just at Esalen, but also when we return home. $270

Bio-Energy and the Gestalt Adventure
Leland Johnson & Mary Ann Merksamer

Bio-Energy: Your body released through bioenergetics, chakra sound, meditation, and t'ai chi ch'uan . . . .

The Gestalt Adventure: The discovery of your *now* self and allowing what is obvious in you to emerge. Through dialogue you allow integration and feeling whole . . . getting to know all of your selves.

This workshop will focus on clarity, expression, and movement. Many of the experiences you will take home with you are contained in *Bioenergetics—Body Contact Work* and a forthcoming book, *The Gestalt Adventure,* by Leland and Mary Ann. $270

Contact & Communication / Julian & Beverly Silverman

$270

Group Mind / Michaeleen Kimmey

In the here-and-now there exist configurations of circuiting energy within the chakras of our selves and between each other. These are the pathways of emotion and intuition, our inner teachers, our navigators.

Group mind is the process of becoming energetically present and aware in our individual moments together. We plug each other in to form a group connection, then channel and focus that powerful energy compassionately to know and love ourselves and each other.

Workshop sessions will include intuitive massage, Feldenkrais exercises of movement to awareness, body numerology, learning to see energy flows, and techniques for experiencing "Higher Self" consciousness. $270

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience—love, anger, joy, sadness, and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." $270

Program for the Advanced Study of Culture and Consciousness

Under the direction of Joan Halifax-Grof and Stanislav Grof, Esalen is offering a series of long-term, residential, interdisciplinary programs designed to provide advanced training for professionals and graduate students. All programs will employ an experimental learning form developed by the coordinators; this new approach combines both cognitive and experiential elements, intrapsychic and interpersonal sessions, and modern technology for the exploration of consciousness. The objective is to utilize fully both the specific input of highly qualified guest faculty and also the resources within the group of participants. These programs will systematically cover various aspects of research in culture and consciousness. Each of the residential programs will be individually designed and will not be repeated.

October 12–November 21, 1975

Buddhism and Mind

Coordinated by
Joan Halifax-Grof, Stanislav Grof, & Jack Kornfield

A six week, interdisciplinary institute for students of Buddhism, comparative religion, philosophy, anthropology, psychiatry, and psychology. Esalen is gathering over twenty-five faculty members at Big Sur to offer over 200 curriculum hours of didactic and experiential sessions, exploring the theory and practice of Buddhism. The material presented during this institute will cover three major thematic areas:

Area 1: Theoretical Concepts of Buddhism

Spiritual masters of various Buddhist traditions (Theravada, Mahayana, Vajrayana, and Zen) will introduce the participants to their teachings. Western scholars will discuss the history of Buddhism, its basic principles, position among other great religions of the world, and the relationship between Buddhist psychology and Occidental approaches to the study of the human mind. Buddhist maps of consciousness will be compared with the new model of the unconscious emerging from psychedelic research. A series of illustrated lectures will be dedicated to the study of Buddhist mythology and art.

Area 2: Principles of Buddhist Practice

The participants will explore spiritual practices used in various Buddhist orientations, including sitting and moving meditation, breathing exercises, chanting, visualizations, ascetic procedures (fasting and vigils), martial arts (aikido, t'ai chi, Zen swordsmanship, and archery) and aesthetic approaches (mandalas, calligraphy, ikebana, Japanese tea ceremony, and music). There will be a week of intensive meditation practice.

Area 3: Occidental Approaches to the Exploration of Consciousness

During the entire six week period non-drug technology for self-exploration will be available for supervised use by the participants. This laboratory equipment will include a sensory isolation tank, sonic driver, stroboscopic light, biofeedback system, and a kinaesthetic device (lotus cradle). This will make it possible for participants to explore unusual states of consciousness induced by different techniques.

Faculty:

Jose Arguelles, PhD
Miriam Arguelles
Gregory Bateson
Joseph Campbell
Kobun Chino, Sensei
Edward Dressen
Al Drucker
Daniel Goleman, PhD
Lama Anagarika Govinda
Li Gotami Govinda
Stanislav Grof, MD
Joan Halifax-Grof, PhD
Barklie Henry
Richard Horan
Al Chung-liang Huang
Jack Kornfield
Jakusho Kwong, Sensei
Janet Lederman
Antoinette Lilly
John Lilly, MD
Charles Lloyd
William Masuda
Peggy Morrison
Mu Gak
Robert Nadeau
Kenneth Pelletier, PhD
Christine Price
Richard Price
Larry Rosenberg, PhD
Seung Sahn
Huston Smith, PhD
Chogyam Trungpa, Rinpoche
Tarthang Tulku, Rinpoche

This institute will take place in the Study Center, a beautiful mansion located on cypress-covered cliffs overlooking the rocky coastline of Big Sur, across Hot Springs Creek from the main Esalen grounds. The learning format will combine didactic seminars, experiential sessions, special lectures, individual tutorial sessions, and selected film material. During the course of the institute, various theoreticians and healers not listed on the faculty will visit the program and share their views and techniques as time will permit.

Some regular Esalen weekend workshops, scheduled in the catalog, will be open to participants for an additional $23. All Esalen facilities will be available, such as the hot sulphur baths, fresh water heated pool, sauna, and (for a separate fee) rolfing, massage (Esalen, shiatsu, polarity), and acupuncture.

Registration Information: This program is limited to 28 participants selected from the applicants. Preference will be given to students of Buddhism. The fee is **$1500** including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute. If you wish to enroll in this program, please send a letter containing biographical information and a recent photograph to Joan Halifax-Grof, Esalen Institute, Big Sur, California 93920.

Weekend of October 10-12

Knock. Knock. Who's There? / Betty Fuller

For workshop description see December 26-28. $110

Changing: Inner and Outer Movement
Barbara Clemans

For the poets have seen the truth that life, change, movement, and insecurity are so many names for the same thing . . . for movement and rhythm are the essence of all things lovable.

—Alan Watts

We will use the tools of guided imagery and meditation to recognize our resistances to change; movement to give expression to our inner impulses; and massage and awareness exercises for group contact and support. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 30. $100

Massage & Meditation for Couples
Richard Horan & Peggy Morrison

$110 per person

Week of October 12-17

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 30. $240

We Are All Dancers / Betty Fuller

A work/play shop for the dancer in every body—even those who hate to move! This synthesis of gestalt awareness training with Feldenkrais effortless exercise works on the body/mind to dissolve tensions, holdings, blocks, and barriers to mobilization of energy and full self-expression. Everyone can experience increased energy, vitality and flexibility, improved posture (physical and mental), expanded consciousness, and enhanced self-image. We will explore—experientially—the relatedness of gestalt, rolfing, psychosynthesis, Feldenkrais, and *est*, and use before and after photographs. $270

Massage Intensive / The Esalen Massage Crew

The Esalen massage crew, with its unique variety of approaches and styles, will teach basic techniques for giving and receiving massage, both for immediate relaxation of tension and as a way of caring. Emphasis here is on deepening the quality of touch-communication and heightening awareness of the energy flow between the body in motion and the body at rest.

The group will meet daily at the mineral baths. Limited to 16. $240

Weekend of October 17-19

Feldenkrais Weekend / Ruth Alon

The Feldenkrais method of functional coordination is learned through a varied series of gently graduated exercises. The practice emphasizes awareness of ways of moving and results in increased capacity and ease of movement. As physical patterns change, mental and emotional stresses can be decreased, allowing a more open flow of creativity. Individual regimens will be taught in cases of special problems. $110

Your Most Precious Beliefs and Their Detection
John & Toni Lilly

Each of us has belief systems—some spoken, some unspoken, some known, and some unknown. The personal hunt for these beliefs, the struggle to find them, to articulate them, can be a rewarding experience. Once found, once articulated, once written down, once *mastered,* these beliefs no longer cause one to be an unwilling non-voluntary *programmee* of their dictates. One becomes a *programmer* of one's beliefs, through the new and novel *meta-belief operator* to be presented and its use taught in this workshop/lecture. $110

Week of October 19-24

Take a Second Look at Yourself / Janet Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter, and sensory awareness. $240

Woman in a Changing World / Janet Lederman

Melting the boundaries
Re-organizing the myths
of our times
Yielding to change
Re-connecting
through participation

$270

You & Universal Motion / Bob Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement. $270

Weekend of October 24-26

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 30. $100

Re-Owning Your Power: Renewal and Personal Awakening Through the Physical Experience
Dyveke Spino

As cycles of change press upon us, we need tools to develop our Inner Power of endurance, flexibility, and sense of self-transcendence. This workshop will reawaken your natural physical spirit through five areas of conditioning of mind/body/spirit. Daily activities will be appropriate for people at all levels of fitness, blended with meditations and massage at the Esalen baths. We will explore in a holistic approach:

Endurance: New techniques of jogging and running
Flexibility: Yoga, Scandinavian rhythmics, European calisthenics
Strength: Skeletal muscle toning
Sensing: Energy body and intuitive training
Innerspace: Guided fantasy, imagery, meditation, visualization

Each person will receive a personalized training consultation to allow continuing use of these techniques upon leaving. $110

Moving / Gabrielle Roth

Being . . . in action
moving consciously
moving creatively
moving spontaneously

This movement seminar is designed to ground our consciousness in our bodies and inspire our uniqueness to full expression. $110

Week of October 26-31

Yoga, Meditation, Movement, and Massage: A Time for Renewal
Deborah Medow

Through the regular practice of healing asanas and integrative movement, hatha yoga seeks to develop and maintain awareness of self. Meditation, a vehicle for inwardly focusing this awareness, quiets the mind and allows the spirit to grow and flower. The outward expression of this self-awareness is movement: how we move in this world reflects who we are and how we feel about ourselves. Thus free form movement becomes a way to explore and creatively expand our ways of being. Massage, a means by which aware individuals can share with each other, serves both to heal and to help people more fully experience each other.

In this workshop, we will use yoga, meditation, movement, and massage to explore and expand our ways of feeling and seeing, relating and being. $270

Opening the Feelings: A Neo-Reichian Radix Workshop
Elaine Warburton, Laura Dillon, & Lara Amber

For workshop description see page 26. $300

The Art of Self-Direction / Lenore Lefer

In this workshop we will explore and examine the nature of self-direction and the ways in which we can increase it in our lives. The degree to which we can discover, direct, and regulate the energies of the self affects how productive, creative, and joyful we will be. Psychosynthesis will be the framework within which we learn to enhance the art of self-direction. Participants will focus on their individuality in the context of our universality. $270

Weekend of October 31-November 2

Playing the Dream Game— From Self-Understanding to Self-Transcendence
Ann Faraday & John Wren-Lewis

Participants in this workshop will explore their own personal dream symbolism and seek direct enlightenment from dreams concerning their hidden basic beliefs about self, others, the world, God, and death. These beliefs condition the perception of reality and bring neurotic distortion into creative or religious endeavors. We shall work with nightmares and frustration dreams to unmask and deal creatively with the "secret saboteurs" of the psyche. We shall also look for each dreamer's unique individual "transforming symbols" which release energy for regeneration. If time allows we shall discuss new insights about ESP in dreams, lucid dreams, high dreams, and out-of-the-body experiences.

To make the most of the workshop, participants should have read Ann Faraday's *Dream Power* (Berkeley paperback) and *The Dream Game* (Harper & Row) beforehand. $110

Myths & Mysteries of "The Great Goddess"
Joseph Campbell

A weekend of slide lectures on the symbolism, myths, and rites of the Classical Mystery Cults: their backgrounds in the pre-Homeric "Great Goddess" religions of Crete and the earliest Near East; significant parallels in India in worship of the goddess Kali; survivals of the symbolism in the Christian veneration of the Virgin; and the counterplay, throughout history, of the forms of the powerful patriarchal orders—Homeric, Biblical, and (in India) Vedic.

For discussion, suggestions will be offered concerning the relevance of all this to a possible reconsideration of the values implicit in our own traditionally patriarchal forms of worship and professed belief. $110

Week of November 2-7

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 30. $240

The Body Shop: Movement & Massage / Gabrielle Roth

Movement is a process of discovery of the self as a spontaneous creative flow of action. This seminar is about movement; it's about action, change, and growth and how they relate to our lives. Our purpose is to develop the will to be present for ourselves and others in a way that is a spontaneous and free flowing expression of our uniqueness. $270

November 2-28

The Roots of Self-Reliance:
A Curriculum for Personal Courage
David Schiffman, Dee Mundschenk, & Dick Galland

This monthlong workshop will combine the complementary approaches of gestalt, encounter, and sensory awareness with the rigorous physical preparation of jogging, psychocalisthenics, and fasting, leading to wilderness survival skills, among which will be climbing, bouldering, rappeling, hiking, orienteering, and emergency first aid.

The participants in this workshop will have the opportunity to explore the nature and purpose of personal boundaries, whether as illusions to be transcended or as tools of self-survival. The emphasis will be on the achievement of a more harmonious balance between the mental, physical, emotional, and transcendent realms of experience, working towards greater personal expansion and openness with others.

The program will also provide time to explore the basic elements underlying group process and individual growth. We will practice the use and development of intuitional sensing in examining all forms of personal interaction. During the final week of the workshop participants will have the opportunity to use newly synthesized skills and information by acting in the capacity of group leader.

Other approaches will include journal work, meditation and visualization techniques, and dream study. Information will be sent regarding advance preparation required and equipment needed. $1200

Weekend of November 7-9

Energy and Hypnosis
with Bernard Gunther & Lee Pulos

The emphasis of this workshop will be to teach participants techniques that can be taken home and used after the weekend is over. The specific focus of the seminar will be the use of hypnosis, self-hypnosis, guided fantasies, breathing, and chakra meditations to increase self-direction and paranormal and psychic abilities. Special attention will be devoted to ways in which suggestion can be used to enhance and transmute personal transpersonal emotional mental creative energy. $110

Introduction to Selective Awareness & Self-Hypnosis
Emmett Miller

The present-day student of health recognizes that the vast majority of physical disease patterns and essentially all psychological problems are merely the result of faulty programming of the "Human Biocomputer." Yet seldom can either physician or patient make use of this well-demonstrated fact. The reason for the paradox is simple: you must know the language in order to talk to a computer (garbage in; garbage out). Selective awareness is self-applied, using your conscious mind—in a state of deep relaxation and concentration—to systematically explore and experience your world of experience and memory within. We will investigate selective consciousness through auto-suggestion; the elimination of unwanted symtoms, habits, and emotional response patterns; effective learning, listening, and communication; and body awareness. $110

Week of November 9-14

Exploration & Integration / Arthur & Janica Fox

Come and experience a combination of encounter, gestalt, sensory awareness, and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these to explore more of your awareness and your capacity for openness. We will also explore ways of retaining and integrating our experiences so that we have access to them not just at Esalen, but also when we return home. $270

Contact & Communication / Julian & Beverly Silverman

$270

Towards a More Sensitive Relating / Charles Brooks

In an increasingly alienated world where mechanical ease often makes communication shallower, many of us are eager to find more meaningful contact both with ourselves and with others, and with our activities whatever they may be. We would like really to get in touch. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and discard the techniques and defenses we have come to rely on—when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

In this workshop, which will be devoted to practice rather than theory, a beginning will be made toward exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents. $270

Recommended reading: *Sensory Awareness: The Rediscovery of Experiencing* by Charles Brooks.

Weekend of November 14-16

Steps to an Ecology of Mind / Gregory Bateson

In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to new ways of looking at the living world, including everything from biology to poetry and politics. The workshop will explore these ways of perceiving and thinking. $110

Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi
Al Chung-liang Huang

An introduction to t'ai chi and creative Taoist philosophy as explained and exemplified in the book, *Tao: The Watercourse Way* by the late Alan Watts and Al Chung-liang Huang, and in Huang's book, *Embrace Tiger, Return to Mountain.* The meeting of East and West will be explored in terms of everyday living, of transforming intellectual understanding of the East into action, and of making useful applications to the way of life in the West.

". . . here it will become apparent to many who used to look down upon body as a hindrance or an encumbrance of the spirit, that the body in its very movements can be a deeper revelation of the essence of our being than all our religious and philosophical assumptions. What Al Huang demonstrates and teaches is that the inspired body is a manifestation of universal forces which flow through us, unless we block them by our arbitrary judgments and short-sighted aims and intentions. He teaches us to flow with the Tao and to restore the lost harmony of our lives."

—Lama Anagarika Govinda

$110

November 21-23

Friends of Esalen Weekend

This weekend is for people who want to BE at Esalen, people who have been at Esalen before or who have contributed to Esalen through the Friends of Esalen program. No formal groups will be scheduled. We will be here together; participants will live their own script with the Esalen grounds as their stage.

Limited to 60 participants. $60

Week of November 16-21

The Seven Levels & Four Areas of Personal Development: A Gestalt Approach
Jack Downing

You're either busy being born or busy diein'.

—Bobby Dylan

We all are beings in constant change, usually in directions unclear and manners unknown. An orientation to self-evolution using structured gestalt techniques will be presented here. Areas covered will include money, sex, power, and death. $300

Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi
Al Chung-liang Huang

For workshop description, see November 14-16. $270

Week of November 23-28

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 30. $240

The Politics of Peace / Janet Lederman

Living with ABSURDITY
finding the joys
within a
MAD
MAD
WORLD

Adventures of the
spirit
by way of the
body
and to the
soul.

$270

Energy Responsibility: A Synthesis of Bioenergetics & Gestalt
Alan Schwartz

Energy responsibility synthesizes the philosophies of bioenergetic and gestalt therapies. Energy is movement. When movement is blocked, the organism *cannot* function to nourish the person towards a mature sense of self. This workshop will move in the direction of awareness by attempting to work through energy blocks. This release will provide a person with the opportunity to integrate body-feelings-mind into a total sense of what he/she is as an organism. Recommended for teachers, those in mental health professions, and all who are committed to growing. $270

November 23-December 12

Renascence: Integration of Mind, Body, & Spirit
Michael Butler

Michael Butler writes: "My interest is in mind, body, and spirit working together. I want to develop the spirit because it can make the work of becoming a whole person easier—in fact, it can make it a joy. At the same time, I believe that spirituality must be human, which means it is grounded solidly in love of oneself and love of other people.

As an approach, I choose to focus on undiscovered strengths rather than on flaws, on essence more than on personality, on transmuting the energy within blocks rather than attempting to do away with the blocks. On win/win rather than win/lose exchanges between people. I choose this way of working because it is true and because we are all equals in the process of becoming. Our flow will guide the flow of the work, which may include the following:

Work with emotions: a positive kind of encounter, and establishment of group trust matrix.

Body work: rolfing, massage, and gestalt practices.

Focus on the spiritual: meditation, centering, and grounding practices.

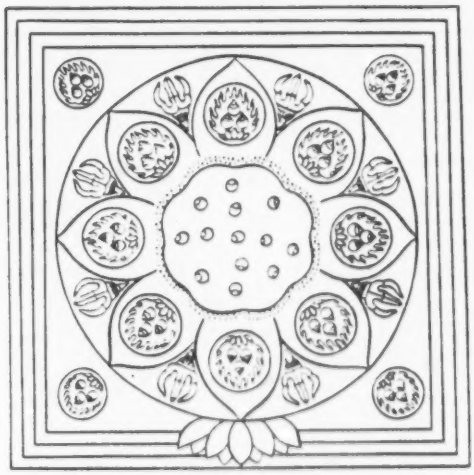
Integration of emotional, physical, and spiritual work; theoretical underpinnings of the work; application to everyday life.

Throughout the three weeks, emphasis will be on those growth practices which can be translated directly to everyday life." $910

Mountain Aesthetics—The Humanity of Ascent
Michael Tobias

We will climb rocks overlooking the Pacific Ocean and think about the experience with slides, film, discourse, and braille. As mentality seeks solidity, physicality craves imagination. "Who can look at the sky to keep from falling?"

Participants are asked to read George Steiner's *After Babel* (Oxford, 1975) and Rene Daumal's *Mount Analogue* (City Lights, 1972). $110



Weekend of November 28-30

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 30. $100

Centering, Self Awareness, & the Spirit of Play / Bob Kriegel

This workshop will teach centering: the process of finding that calm place within ourselves that is in balance and harmony. Active games of all types—including energy games, street and playground games, theatre games, new games, and new approaches to traditional sports—will be used for experiencing "center" and for exploring self-awareness. We will explore how game behavior magnifies our reaction patterns, giving us a clearer, more vivid picture of ourselves. We will also use gestalt, role playing, guided fantasy, and psychosynthesis techniques to bring our new awareness to a more conscious level. $110

Energy Release & Integration Through Bioenergetics
Alan Schwartz

Read the description of the weeklong workshop. This weekend will concentrate on releasing blocked energy and integrating resulting awarenesses on the emotional and mental levels. The weekend should be thought of as an introduction to the concept of energy flow and its relation to a stronger sense of self. $110

Week of November 30-December 5

A Gestalt Workshop for Professionals / Stella Resnick

This workshop is designed for people who are working as group leaders, therapists, and in related fields. We will review basic principles of gestalt awareness through discussion and practice. Some time will be set aside for revolving leadership under supervision. $270

Centering / Robert Nadeau

Being centered is working in harmony with yourself. It is applicable in everything—movement, sports, working, teaching, meditation—all aspects of living. We'll learn to recognize and function from center in the midst of daily activities and pressures. $270

Celebration—The Spirit of '76 / Betty Fuller

A five day Thanksgiving workshop designed to throw off the shackles of the soap operas of our lives and liberate ourselves from the external and arbitrary controls we feel in "shoulds," "oughts," and "have-to's." We will create and experience the freedom and responsibility inherent in choice and declare our independence in self-support. Encounter based, the group will summon and support its native powers to make whole with experiences in theatre games, gestalt, psychosynthesis, feldenkrais movement, meditation, massage, and laughter. Have what you want. Celebrate what is and what works. Get OFF it—get WITH it—get it UP—and get it ON! Liberty—NOW! $270

Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix *Intensive*, a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Work Shop. The *Intensive*, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. Groups will be kept small—never more than eight per leader—so that significant individual help can be given. Grief or pain, fear and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

Oct 26-31	Elaine Warburton, Laura Dillon, & Lara Amber
Dec 14-19	Laura Dillon, David Sherman, & Connie Cossette
Jan 18-23	Roger Andes, Siri Mishler, & Jacoba Teague

Weekend of December 5-7

Workshop for Gay Women/Gay Men
Sally Smith & Paul Rebillot

A chance for gay women and gay men to meet at Esalen and share joys, problems, directions, massage, and life styles. The groups will meet separately and together when appropriate during the weekend. $110

Self Hypnosis, Selective Awareness, & Movement
Emmett & Nitza Miller

Movement requires the use of muscular activity in varying degrees of intensity. So, too, thought processes and interpersonal communication proceed through stages of higher and lower energy. Most of our personal and social difficulties (symtoms, unwanted emotions, maladaptive habit patterns) can be eased when we learn to react in accordance with and in response to our internal and external environment.

In this workshop we will learn and apply the principles of self-hypnosis and selective awareness, as well as those of dance and movement therapy, to expand our self-awareness and the ability to adjust our minds and bodies to changing experiences. $110

Tuning In / Janet Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and thinking. Once we are aware of our tapes, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness, and other techniques to tune in to ourselves and each other. $100

Week of December 7-12

Growth Through Risk-Taking / David Schiffman

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Emphasis will be placed on the expression of anger, affection, sexuality, and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. $270

A Week with Will Schutz / Will Schutz

Within the format of an encounter group we shall explore many body methods, intrapsychic techniques, demonstrations, and theoretical discussions relevant to whatever happens in the group. $270

The Body Shop: Movement & Massage / Gabrielle Roth

For workshop description, see November 2-7. $270

Weekend of December 12-14

Invitations to Openness / Walt & Maurica Anderson

We will work with these basic propositions: 1) An increased capacity for personal openness and honesty makes life easier and a lot more interesting; 2) The need for privacy is to be respected; 3) Openness is best achieved in response to an invitation, not a demand. We will all explore our own boundaries of privacy /openness, and will work with some techniques for being open—and inviting openness in everyday life. $110

A Weekend with Will Schutz / Will Schutz

For workshop description see December 7-12. $110

Eutonie / Marion Von Blumenthal

Eutonie is conscious tonus regulation. This process includes free expression in movement. We will move according to natural law based on anatomical structure, gravity and postural reflex (transportreflex), and inner and outer space.

An unimpaired body image is the essential relating factor between postural and personal structure. To regain an unimpaired body image, we will develop skin and proprioceptive sensibility influencing muscle and bone function.

Only as we manage to create order in ourselves will we be able to create order in relationship to others and to the world around us. $110

Getting Together the Family Within / John-Raphael Staude

Who are you? Perhaps you have found that you are many people, that different aspects of you come through in different situations or at different times. In this workshop we will use drawing, writing, and theatre games along with gestalt and psychosynthesis techniques to help us get to know and get together our family within. This workshop is particularly suited to people who have already established contact with their "creative child" or other internal figures, and to anyone who likes to learn through play. $110

Week of December 14-19

The Politics of Peace / Janet Lederman

For workshop description see November 23-28. $270

Opening the Feelings: A Neo-Reichian Radix Workshop Laura Dillon, David Sherman, & Connie Cossette

For workshop description see page 26. $300

Developing Your Own Yoga / Peggy Morrison & Dick Horan

This workshop is an exploration of the body with the focus on discovering ways of relaxation and increasing flexibility and strength. The work includes massage, meditation, hatha yoga, and movement. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 30. $240

Gestalt Practice / Richard & Christine Price

Perfect like Great Space
the Way has nothing lacking, nothing in excess.
Truly because of our accepting and rejecting
We have not the suchness of things.
—Sengtsan (3rd Zen Patriarch)

What is, is.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than "adjustment," "cure," or "accomplishment."

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanaponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce). $270

Food for Thought

The following is a review of an article published in 1974 in *The Journal of Consulting and Clinical Psychology* (Volume 42, Number 3, Pages 337-345) by two University of Miami psychologists, Janet McCardel and Edward Murray. The study, entitled "Non-Specific Factors in Weekend Encounter Groups," involved several different kinds of groups on an island of the Florida Keys. In highly structured Group 1, sharing dyads, cooperation squares, blind walks, decision-making, and other exercises were utilized during sixteen hours of encounter. Group 2, a medium structured group, spent approximately six hours in exercises similar to those of the highly structured group, and the rest of the time in unstructured T-group meetings. A minimal structure group spent the entire time (sixteen hours) sitting in a circle verbalizing (with no exercises or gimmicks) about personally meaningful things. The group leaders, all professional women in their early 30's, were trained in social work, clinical psychology, and educational psychology, and were experienced practitioners in the kind of group work they were doing. A fourth group, called the on-site control group, was a "structure-free" relaxation weekend. The leader of this group was a secretary and former dance teacher in a junior college, holding no advanced degrees. Participants in this group were led to believe that they were to be in an encounter group; they were told that this kind of weekend would relieve them of the physical and mental stress of everyday life. The sixteen hours of training time was spent in ballroom dancing, learning the cha cha, charades, treasure hunts, walks around the key (Pigeon Key), volleyball, and party games such as password. ***"All meaningful or therapeutically oriented discussion was carefully avoided."*** An additional at-home control group of subjects simply stayed at home for an entire weekend.

Psychological testing of participants was conducted three days before coming to these groups, toward the end of the groups, and then ten weeks later. The battery of self-report measures included: The Personal Orientation Inventory—comprised of items regarding such constructs as "self-actualization," "self-regard," "self-acceptance," "acceptance of aggression," and "capacity for intimate contact"; the Marlow-Crown Social Desirability Scale—concerned with assessing the extent to which people present themselves in a socially desirable or defensive fashion; the Rokeach Dogmatism scale—concerned with the openness or closedness of belief systems, general intolerance, rigidity of thought, and authoritarian attitudes; an assumptions opinionnaire about encounter groups and groups in general; and a series of sociometric rating measures.

Findings: In comparison with the at-home control group, the three encounter groups showed significant improvement by the end of the weekend on various self-report measures; they did not differ among themselves to any great extent. On the other hand, the on-site control group did not differ significantly from the three encounter groups and even tended to be "less defensive, less dogmatic, and more attuned to encounter assumptions than the three encounter groups . . . In fact, the on-site control group made the most substantial improvement from pretest to posttest (p 341)." Follow-up data obtained ten weeks after the group experience indicated the at-home control group to be significantly less improved than the other four groups combined on such measures as Self-Actualizing Value, Existentiality, Feeling Reactivity, Self-Regard, Acceptance of Aggression, and Capacity for Intimate Contact. The on-site control group was not significantly different from the three encounter groups on any of these scales. However, "The encounter groups, if anything, moved closer to the at-home control group on Dogmatism. In fact, the on-site control group was significantly less dogmatic than the three encounter groups combined . . . (p 343)."

—Julian Silverman

Esalen/University of Michigan Conference

The seventh conference co-sponsored by Esalen and a university will take place November 1-2, 1975 at the Southfield Inn near Detroit, Michigan. The co-sponsoring institution is the University of Michigan. Among the leaders will be Janet Lederman, George Leonard, Jim Fadiman, and Will Schutz. This conference differs from our previous weekend conferences in that it is primarily focused for the student community. While a great many students from Michigan, Ohio, Illinois, and western New York State are anticipated, we also urge our alumni and others interested in renewing or making contact with Esalen to attend.

Please write to Carol Levine, Esalen Institute, 1793 Union Street, San Francisco, CA 94123 for further information.

Experiencing Esalen at the Organizational Level

In February, 1975, 112 computer equipment personnel representing a large corporation came to Esalen for three days to do organizational development work complemented by sports and body work aimed at enhancing employee cooperation and awareness of body energy. One of the company management personnel who coordinated the program later wrote:

"We arrived at an agreement that in order for an organization to become more aware of its problems, each individual in that organization must become more aware of his own capabilities, restrictions, and limitations. Out of this understanding grew the belief 'if each member of the marketing team can increase his awareness of his own boundless potential by any measurable degree, then the effectiveness of the force he contributes to has to be enhanced drastically.' We then set our theme for the rally . . . . From this theme grew other slogans such as 'Experience Teamwork, Experience Loyalty, Experience Pride.'

"The 'Experience' theme gradually evolved into suggestions about including an 'Outward Bound' activity for this year's rally. Since this involved a physical fitness prerequisite, this idea soon gave way to something less physical but still requiring total involvement. Then came Esalen.

"Our initial fears were:

1) Spartan accommodations—60 miles from civilization, no TV, no room service, no hard liquor supply, no bars, etc.

2) Menu—no selection, cafeteria style.

3) People—none of us had ever met any of the staff—long hairs.

4) Drugs—we heard rumors and, of ignorance, chose to believe them.

"Our reflections after the experience are these:

1) Accommodations are quite nice. The lack of TV, radio, booze, room service only serves to improve one's own perception of those sounds, smells, sights which form our basic environment.

2) Wide selection of entrees is not required when the food offered is so delicious.

3) We are all people.

4) The only drug we found was love.

"In short, the environment is conducive to getting back to the basics and experiencing yourself. We feel that we successfully accomplished our goal beyond all expectations. The feedback from all those who participated is very positive and extremely gratifying to those who helped plan the rally. Every man in the force got something tangible from the experience (particularly the organizational development) and the sales force is now united toward achieving their goal as never before. Many will return on their own time."

Love,
Michael Mann
Manager of Systems Engineering

WORK-STUDY PROGRAM

Beginning November 2, 1975, a special residence program at Esalen / Big Sur will be available for those interested in living and working in the Esalen community. Resident leaders, including Janet Lederman, Peggy Morrison, Richard Price, Christine Price, Beverly Silverman, Julian Silverman, and Janet Zuckerman, will coordinate and lead sessions in gestalt, encounter, body work, and other approaches currently practiced at Esalen. In addition, regular weekend workshops will be available at special rates. Participants will work 32 hours per week on the grounds or at South Coast. Work will be assigned according to the needs of our community. Room and board is $300 per four week period, based on shared accommodations of up to three persons to a room at our South Coast Living Center. The program is 28 days, beginning on a Sunday. If interested, please apply to Elaine Simon, Esalen Work-Study Program, Esalen Institute, Big Sur, Ca 93920. Only a limited number of applicants will be accepted: apply as early as possible.

"...and polish up the big brass doors"

SOUTH COAST CENTER

The living center is slowly evolving into a participatory environment
- vital
- changing
- designing, redesigning inner and outer space with residents responsible for their own evolution.

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (room, balcony, and bath) are available for $350 per month. A monthly meal ticket may be purchased at Esalen for $200 and residents may set up light cooking facilities in their rooms for preparing their own meals. Laundry room privileges are available for a small monthly charge and a heated pool and sauna are available at no extra cost. South Coast studios may be reserved through the Esalen / Big Sur office.

ONGOING RESIDENTIAL PROGRAM

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs will also be open to residents. Cost: $960 per 26-day period.

Weekend of December 19-21

Body Work & Energy Awareness / Jerry Nolly

One of the best assurances of health and well being is an unrestricted flow of energy through the tissues of the body. The focus of this workshop will be on our bodies and the energetic processes which move us. We will work with a variety of systems including t'ai chi, sensing, massage, relaxation, bioenergetics, and meditation. Our emphasis will be on sensing and generating energy flow, locating and releasing tension, and grounding and centering energy. $110

You Don't Have to Suffer to Feel Good / Harry Sloan

Frequently people come to workshops believing the only way to get in touch with themselves is through pain, anguish, and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. Though real experience will not be avoided, this workshop will tap into the absurdity of conflicts and problems, offering the participants an opportunity to develop perspective and laugh at the seemingly tragic fates they have chosen. $110

Body Energy & Self Expression
Hector Prestera & Ron Kurtz

Bioenergetics, gestalt, physical character analysis, and guided fantasy as well as concepts from acupuncture and rolfing will be utilized to assist participants in contacting and freeing their body blocks and opening the way to "feelingful" and balanced self expression. $110

Energy Healing / Bernard Gunther

This workshop will explore the assumption that physical, emotional, mental illness is the direct or indirect result of excessive chronic tension and withholding: dis/ease. This holding back of energy, excitement, and expression creates a surface sense of security at the expense of aliveness and well being. In this workshop we will use various techniques to begin the process of cleansing, balancing, centering, and healing your whole being. Special focus will be given to the seven energy centers (chakras), breathing, guided fantasies, and the reprogramming of thought and habit patterns—various simple practical methods that can perpetuate health and higher functioning throughout life. $110

Week of December 21-26

Music & the Healing Arts
Charles Lloyd, Georgia Kelly, Myrtle Ratcliffe, & Guest Leaders

Several musicians whose similarity lies in the use of their music in healing will present their approaches to health through music as well as meditation, diet, exercise, and massage. The week will include performances from the artists as well as sessions in movement and massage from Esalen staff members and guest leaders, all emphasizing the process of cleansing and self renewal during this season of celebration. $270

A Tender Invitation / Harry Sloan

For workshop description see October 5-10. $270

Energy: Meditation Self Regulation Synthesis
Bernard Gunther

We are all almost unlimited sources of joyous energy; we squander many of these resources. Blocked by fear, habit, and limitation, we dam ourselves in destructive energy expression: various forms of mental-physical-emotional symptoms and illness. In this workshop we will learn to release, redirect, and reintegrate behavior patterns through the use of breathing, guided fantasies, chakra meditation, awareness, and hypnosis. The experience will be a synthesis of gestalt, yoga, psychosynthesis, and movement with special emphasis on an individual program of these methods that can be used in daily life. $270

Gestalt Practice / Richard & Christine Price

For workshop description see December 14-19. $270

Experiencing Esalen

Experiencing Esalen Staff

Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theatre games, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *The New Education* (Kelley).

SCHEDULE:

Oct 10-12	$100
Oct 12-17	$240
Oct 24-26	$100
Nov 2-7	$240
Nov 23-28	$240
Nov 28-30	$100
Dec 14-19	$240
Dec 26-28	$100
Jan 2-4	$100
Jan 11-30 (3 week)	$820
Jan 30-Feb 1	$100

Weekend of December 26-28

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 30. $100

Re-Owning Your Power: Renewal & Personal Awakening Through the Physical Experience
Dyveke Spino

For workshop descript on see October 24-26. $110

Knock. Knock. Who's There? / Betty Fuller

Who? What? Why? When? Where? Am I? How do I know? What's it all about? There appear to be no answers when we're bound by yesterday's unfinished business, stuck in today's soap opera, and hiding in tomorrow's fantasies. In this gestalt-encounter weekend we'll explore and play with these riddles in present time-here/now—using theatre games, psychosynthesis, feldenkrais movement, meditation, and massage among other ways to be and let be as we discover, explore, and celebrate our selves. For singles and couples of all kinds. $110 per person.

A Choice Workshop: The Act of Willing / Lenore Lefer

Many of us tend to make our life choices without full awareness. We sometimes wait, decide impulsively, reactively, hastily, or without purpose. The more conscious we are of the act of choosing, the more we open ourselves to the experience of joy and freedom. Using the framework of psychosynthesis, we will explore how we can choose using our will. The aim is towards learning the process of making conscious choices, thereby taking responsibility for our life's purpose and direction. $110

Begin the New Year:
Annual Body Tune-up & Celebration of Life
Barbara Clemans

We seem to oscillate between two states of body-consciousness: hypertension and sleep. To be relaxed, awake, and yet energetic is a rare state of being. Let us take this time to recondition and renew our selves and to recharge our connection to the life force flowing within, around, and through us all. We will learn self-help and health rituals that can be continued on a daily basis, energy contact massage to enhance the intrinsic flow, music to sensitize and reawaken the connection to the universe, and meditation to still inner chatter. $110

Week of December 28- January 2

I'm Entitled! / George & Judith Brown

This workshop *teaches the process* of owning what each of us has available in both our inner world and in our outer world, and appreciating the ways we interrupt our own natural growth and personal and interpersonal development. Then we can recognize what is and what isn't and what could (not "should") be and relish the choices, challenges, adventures, and peace to which we are all entitled. Suitable for couples or individuals. Limited to 20. $270

Celebration—The Spirit of '76 / Betty Fuller

A five day New Year's workshop designed to throw off the shackles of the soap operas of our lives and liberate ourselves from the external and arbitrary controls we feel in "shouls," "oughts," and "have-to's." We will create and experience the freedom and responsibility inherent in choice and declare our independence in self-support. Encounter based, the group will summon and support its native powers to make whole with experiences in theatre games, gestalt, psychosynthesis, feldenkrais movement, meditation, massage, and laughter. Have what you want. Celebrate what is and what works. Get OFF it—get WITH it—get it UP—and get it ON! Liberty—NOW! $270

with freshly-pulled turnip a farmer points out the way.

— I S A —

An Integrative Approach to Self Actualization
Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander technique, and feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $270

Training Workshop in Responsible Energy:
A Synthesis of Bioenergetics & Gestalt
Alan Schwartz

The study of energy and the human organism involves learning about the elements of characterology. Through experiential and didactic learning participants will gain an understanding of various character structures as defined by Reich and Lowen. Those who work in education, therapy, counseling, and guidance must be willing to consider themselves data for learning as we explore the blocks to energetic flow on both psycho-physical and feeling levels. The intent is to add an energetic dimension to the knowledge and skills already present in participants. A priority will be to explore the relationship between bioenergetics and gestalt with an eye to creating a sense of harmony and synthesis. $270

Weekend of January 2-4

The Politics of Peace / Janet Lederman

For workshop description see November 23-28. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop descript on see page 30. $100

The Feldenkrais Method: A Psychophysical Education Through Body Movements Judith Stransky

Dr Moshe Feldenkrais has originated and developed a method of re-educating the total being and tapping our unused potential through the means of body exercises and movements. This leads to an expansion of awareness, and to a greater range of experience. The exercises involve integration of the physical and the mental, release of fixed habits that restrict us, differentiation of parts of the body, relaxation and balance, improvement in alignment, and suppleness. The approach is through pleasure, not strain, combined with breathing techniques. $110

Alan Watts Revisited / Robert Shapiro

This workshop will be an experience of showing, telling, touching, chanting, meditating, and experiencing Alan Watts through a variety of audio visual formats, including his last film, "Work as Play," and his out-of-print records, "Why Not Now" and "Om."

There will be opportunity for dialogue through the use of sensing, feeling, and hearing for those who are aware of feelings of incompleteness, unfinished gestalts, and double binds—trying to blow your mind and come to your senses and sensing your minds and trying to mind your senses. $110

Rest & Renewal for the New Year / Deborah Medow

In these changing times of stress and growth, let us pause to renew our energy and regain our balance of body/mind/spirit. We will start the new year by exploring different ways of touching our own centers —of feeling at one with ourselves and the universe.

The group will meet at Esalen's "Big House," where we will prepare most of our own meals for a cleansing diet. We will have morning meditations at the mineral baths and will do sessions in massage and movement, hatha yoga, and chanting, as well as an introduction to the principles of polarity therapy. There will be time to enjoy the Esalen grounds and the Big Sur coast. $110

Week of January 4-9

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can systematically learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual, and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. Emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. $270

Your Personal Resurrection / Paul Rebillot

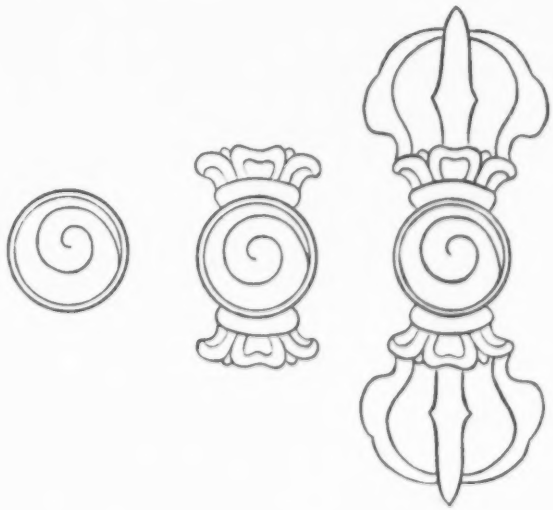
To suffer one's death and be reborn is not easy.
—Fritz Perls

The Time: Moving into 1976
The Place: Big Sur
The Theme: Death and dying; Life and living
The Script: Gestalt, magic, improvisation, meditation, movement, and song
The Cast: You and me
$270

Hypnotherapy & Movement / Emmet & Nitza Miller

To us, therapy is a means for capturing the spirit and momentum of enjoyable experiences in the past and projecting them into the future. Further, it allows us to trace maladaptive patterns—symptoms, habits, emotions, and blocks—to their source, as far back as infancy or further, and extinguish them.

Participants will learn to enter and use the hypnotic state for relaxation, imagery, and age regression. Movement will be used to help intensify emotional experiences, to transmit desirable self-concepts to the body, and to develop means of truly enjoying the body. Of special interest will be multiple experiences of going from a desirable mental image in hypnosis directly into a full movement experience, without pausing at the "waking" level. $270



Advanced Training Workshop in Responsible Energy Alan Schwartz

This is an advanced week of training for those either having taken the first week's work or having sufficient background in workshop training and/or therapy practice using energy techniques or gestalt. In addition to theoretical and practical input about energy techniques, participants will work with each other in dyads. Emphasis will be on integrating energy work with specific interests of participants. Application of responsible energy techniques to therapy, education, and other helping professions will be discussed and experienced. $270

January 4-16

The Inner Road to Health—Approaches to Healing & Self-Healing
Al Drucker, Barbara Braunstein, Guest Leaders, & Esalen Staff

This is a workshop for staying well and helping others stay well. There are two longterm programs of this type scheduled per year, one in March and the other in September, each lasting four weeks or longer, and two shorter twelve day seminars, such as this one, offered in July and January. The basic premise of these workshops is simply that as we immerse ourselves in a nourishing environment, take in good food, lighten the load of excess baggage and attachments that clog up our lives, do wholesome, satisfying work, and engage in a daily physical and spiritual cleansing practice, our body-mind comes into harmony and order. Then we are best prepared to embark on the inner journey of evolving in consciousness. It is on this spiritual path, within the deepest wellsprings of our being, that we will discover the healing current that permits us to guide others to health and to heal ourselves.

The subjects covered in these twelve days will be an introduction and a synthesis of many of the health and healing approaches taught at Esalen. Depending on group interest, these will include gestalt and other personal process work, massage, rolfing, acupuncture, bioenergetics, shiatsu, polarity, herbal and homeopathic systems, psychic and energy healing processes, fasting, nutrition, iridology, astrology, movement, and dance. The daily physical and spiritual practice will include meditation, chanting, yoga postures, t'ai chi form, Arica exercises, jogging, feldenkrais work, and aura-cleaning at the baths. There will also be opportunities for gardening and other community work; we will prepare some of our own organic meals. The workshop will be held at Esalen's "Big House" and many of the participants will be housed there. The Big House is a beautiful mansion located on cypress-covered cliffs overlooking the rocky coastline of Big Sur, across Hot Springs Canyon from the main Esalen grounds.

Some partial scholarships will be available and upon application will be awarded on the basis of need: for this a work commitment will be required. For further information on these seminars and the apprenticeship program, see the next Esalen catalog. $590

Weekend of January 9-11

Body Energy and Self Expression
Hector Prestera & Ron Kurtz

For workshop description see December 19-21. $110

Yoga for Modern Living / Joel Kramer

This workshop on the physical, psychological, and spiritual aspects of yoga is geared to make yoga meaningful as a tool for the adventure of self-exploration in day-to-day living.

This approach teaches you to be in touch with yourself as a living process and to tune into the energy systems of your mind and body so that you rapidly become your own teacher.

The workshop combines hatha yoga (the physical) and jnana yoga (the mental-psychological) in an approach that explores the "edge" or frontiers of the Self both mentally and physically.

Friday night: Introductory lecture-demonstration
Saturday: Two sessions of hatha yoga, three sessions of jnana yoga
Sunday: Two sessions of hatha yoga, one session of jnana yoga
$110

Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi
Al Chung-liang Huang

For workshop description see November 14-16. $110

Week of January 11-16

A Gestalt Workshop / John Stevens

For me, gestalt is more a way of living than a therapy—something you do with others, not to them. Individual gestalt awareness work will be our major focus. We will also do some t'ai chi (a la Al Huang) as a way of exploring balance and centering in our lives, and as a metaphor for psychological balance and centering in the present moment of experience. $270

Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi
Al Chung-liang Huang

For workshop description see November 14-16. $270

January 11-30

Experience of Esalen
Janet Zuckerman & Esalen Staff

During the past several years the Experience of Esalen workshops have offered people an opportunity to sample, taste, and touch on a variety of nourishing and unique experiences intrinsic to Esalen. However, they are usually offered in the form of a weekend or a week. Now for the first time we have designed a three week format to bring you MORE.

The emphasis is on finding those approaches to self-awareness that work. We will use all our available resources . . . gestalt . . . soft encounter . . . bioenergetics . . . massage . . . body movement . . . yoga . . . meditation . . . caring . . . love and humor. $820

Weekend of January 16-18

Boundaries of Liberation for Men & Women
Jacqueline Larcombe Doyle

Through encounter, gestalt, and psychodrama techniques we will examine the issues which underlie our choice of mode (from traditional to liberated) for relating to our friends and mates. We will explore the boundaries of our concept of self and sex role. $110

Centering / Robert Nadeau

For workshop description see November 30–December 5. $110

Introduction to Selective Awareness & Self Hypnosis
Emmet Miller

For workshop description see November 7–9. $110

Week of January 18-23

A Week with Will Schutz / Will Schutz

For workshop description see December 7–12. $270

Gestalt Practice / Richard & Christine Price

For workshop description see December 14–19. $270

Opening the Feelings: A Neo-Reichian Radix Workshop
Roger Andes, Siri Mishler, & Jacoba Teague

For workshop description see page 26. $300

January 18–30
Contact & Communication
Julian & Beverly Silverman & Guest Leaders

$610

Weekend of January 23-25

A Weekend with Will Schutz / Will Schutz

For workshop description see December 7–12. $110

Experiencing the Wisdom of the Body / Barbara Clemans

The body is the theatre of our inner resistances; catch the cue, learn the lines, and explore the hidden voices of the psyche. How? One way is to obviate the blocks and resistances and give catharsis to the early trauma which resides there.

In this workshop, we will explore a different path, that of increasing energy flow, sense of wellbeing, and spontaneity to such a degree that we experience resistance from a "transpersonal" or objective space. Perception changes and resolutions of conflicts seem to emerge without effort.

The spotlight is on the body, focusing on the quality of ease, not stress. We will use feldenkrais exercises, sensing, sound/movement, breath, meditation, and massage to flow through tension and toward others with a heightened sense of ourselves and a deeper sense of intimacy. $110

Week of January 25-30

The Christian Myth Revisited
Joseph Campbell & Sam Keen

In recent years tulkus, roshis, and gurus from the East have come as missionaries to the West bringing meditation, mantra, and a rich spiritual technology for achieving satori. The time seems ripe to look again at the native religious insights of the Western tradition.

This workshop will focus on the myths, heroes, and spiritual technology of the Judeo-Christian tradition. It will include in depth psychological probes into: the ideas of creation, incarnation, resurrection, and the kingdom of God; the relation of the mystical and the moral; and the image of life as a pilgrimage. The method will include experiential exercises, theoretical comparisons of Dante's vision of the descent and ascent of the soul with the myth of the rising of the kundalini, and a comparison of Eastern and Western notions of the stages of the religious life. $300

A Tender Invitation / Harry Sloan

For workshop description see October 5–10. $270

Weekend of January 30-

Experiencing Esalen / Experiencing Esalen Staff
For workshop description see page 30. $100

Moving / Gabrielle Roth
For workshop description see October 24-26. $110

FUTURE WORKSHOP ANNOUNCEMENTS

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

MARCH 7-APRIL 9, 1976

The Inner Road to Health—Approaches to Healing and Self-Healing / Coordinated by Al Drucker

MAY 2-28, 1976

Schizophrenia and the Visionary Mind / Coordinated by Stanislav Grof & Joan Halifax-Grof

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February 1-27, 1976

Holistic Medicine and Traditional Healing

Coordinated by
Joan Halifax-Grof, Stanislav Grof, & Kenneth Pelletier

A four week interdisciplinary institute for 28 physicians and health care professionals

Under the direction of Joan Halifax-Grof, Stanislav Grof, and Kenneth Pelletier, Esalen is gathering 25 faculty members at Big Sur to offer 150 hours of theoretical, experiential, and practical sessions in holistic medicine and traditional healing. The material presented during this training institute will cover four major thematic areas:

Area 1: Holistic and Humanistic Trends in Medicine

Sessions in this thematic area will focus on those developments in medicine that emphasize body/mind interactions and the importance of treating the whole human organism as an integral unit. Individual contributions will involve revolutionary approaches to the therapy of cancer, the use of psychedelic drugs for altering the experience of dying, the theory and practice of acupuncture, the healing potential of biofeedback techniques, basic principles of structural integration (rolfing), an introduction to the feldenkrais method, and a program for the awakening of potential in the aged.

Area 2: Shamanism, Indigenous Healing Arts, and Psychic Healing

This area will be introduced by an historical and crosscultural overview of indigenous healing systems and a discussion of their relationship to contemporary medicine. Anthropologists who have worked with various nonwestern cultures will describe shamanic practices and paradigms of charismatic healing. Participants will explore various approaches to shamanism, indigenous medicine, and psychic healing. There will be illustrated lectures and films on the techniques and mythologies underlying healing systems in different cultures.

Area 3: Transpersonal Psychology and Psychotherapy

This area will focus on the history, theory, and practice of transpersonal psychology. The participants will be acquainted with new maps of consciousness emerging from psychedelic research. This cartography makes it possible to integrate contemporary personality theories with the image of the human being reflected in ancient and nonwestern philosophical and religious systems.

Area 4: Interpersonal and Self Exploration

The approaches for exploring and understanding the group's and one's own personal processes will be many. These will include gestalt practice, psychosynthesis, encounter, and various forms of meditation (sitting, mantram, music, mandala, and moving). During the entire four week period, non-drug technology for self-exploration will be available for use by participants. This laboratory equipment consists of an isolation tank, sonic driver, clinical photic driver, biofeedback equipment, and a kinaesthetic device (lotus cradle). This will make it possible for participants to explore unusual states of consciousness induced by various techniques.

Faculty:

In addition to Esalen staff, the faculty will include the following:

Lowell Bean, PhD	**Nitza Broide Miller**
Joseph Campbell	**Barbara Myerhoff, PhD**
James Fadiman, PhD	**Hector Prestera, MD**
Betty Fuller	**David Schiffman**
Michael Harner, PhD	**Lenore Schwartz, PhD**
Sam Keen, PhD	**Carl Simonton, MD**
Antoinette Lilly	**Stephanie Simonton**
John Lilly, MD	**Rolling Thunder**
Gay Luce, PhD	**Sharon Wheeler**
Emmett Miller, MD	**Arthur Young**

This institute will take place in the Study Center, a beautiful mansion located on cypress-covered cliffs overlooking the rocky coastline of Big Sur, across Hot Springs Creek from the main Esalen grounds. The learning format will combine didactic seminars, experiential sessions, special lectures, individual tutorial sessions, and selected film material. During the course of the institute, various theoreticians and healers not listed on the faculty will visit the program and share their views and techniques as time will permit.

Some regular Esalen weekend workshops, scheduled in the catalog, will be open to participants for an additional $23. All Esalen facilities will be available, such as the hot sulphur baths, fresh water heated pool, sauna, and (for a separate fee) rolfing, massage (Esalen, shiatsu, polarity), and acupuncture.

This program is limited to 28 health care professionals. The tuition is $1150. If you wish to apply, send a letter containing biographical information and a current photograph to Joan Halifax-Grof, Esalen Institute, Big Sur, CA 93920.

BIOGRAPHICAL

A TERRY AGNEW has been doing yoga for seven years. He has studied with Francoise Lorrain (Switzerland), Sri Desikacharya (Madras), and D Rosenstein (San Francisco). He has taught yoga at the elementary school level, at Sonoma State University, at San Francisco Dance Theatre, and privately. He has been teaching courses in natural economics at the Henry George School of Social Science for two years and has studied with both Krishnamurtis. (p 6)

PAUL AIKIN is a clinical psychologist in private practice in Davis. He has spent the past eight years in training and practice in gestalt, bioenergetic, and psychophysical approaches. He has taught at Michigan State University and the University of California, Davis, where he was a senior staff member and training consultant at the Counseling Clinic. (p 12)

RUTH ALON is a trainer at the Feldenkrais Institute in Tel Aviv and is a member of a group of practitioners comprehensively trained there by Moshe Feldenkrais in his system of functional coordination, body awareness, and movement. (p 21)

LARA AMBER co-leads classes and workshops at The Radix Institute and gives individual instruction in neo-Reichian emotional release. Lara has instructed classes at the Denver Free University and the Denver Learning Center, and for the past three years has worked with emotionally disturbed children. (p 22)

ROGER ANDES teaches classes and workshops in *Education in Feeling* at the Radix Institute. He holds a psychology degree from Indiana University where he was a laboratory assistant in vision research. He has had extensive work with Nathaniel Branden. (p 34)

WALT ANDERSON is currently teaching psychodrama at the California School of Professional Psychology in San Francisco and working on a three-volume series of books about American politics. His most recent book, *Therapy and the Arts*, was published this fall by Harper & Row. (p 27)

MAURICA ANDERSON regularly conducts psychodrama workshops for Esalen, University of California extension, and other organizations. She is currently a doctoral fellow at the Humanistic Psychology Institute, where she is doing research on the psychology of parental violence. (p 27)

JOSÉ A ARGÜELLES, author and artist, is currently teaching in the art department of San Francisco State College. His most recent book is *The Transformative Vision*. He is currently working on a project with his wife on the feminine. (pp 4, 20)

MIRIAM TARCOV ARGÜELLES is an artist and writer. She is co-author of *Mandala* and is currently working on a book on the feminine and creativity. (p 20)

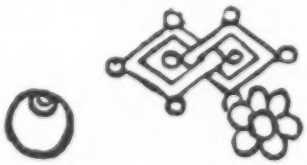
JUDITH ASTON developed structural patterning in stillness and motion. She teaches and practices at the Structural Patterning Institute in Sausalito and many other locations throughout the country. (p 8)

B ANNE LIEF BARLIN was a concert dancer with Doris Humphrey, Charles Weidman, Helen Tamis, and Lester Norton. She founded and for many years was director of the Dance Center, Inc, of Los Angeles. Some of her works include "Dance-a-Story" (RCA & Ginn & Co) and *The Art of Learning Through Movement* (Ward Richie Press). (p 9)

RENEE BARON has been leading workshops for women privately for the past four years, and runs parent training classes at Kaiser Hospital in Walnut Creek. She is most proud of her three children and her continuing friendships and love relationship. (p 10)

GREGORY BATESON, author of *Steps to an Ecology of Mind*, is an ecologist and anthropologist. He originated the "double bind" theory which explains some of the causes of schizophrenia. His most recent interests join the workings of the human mind and emotions to the problem of ecology. (pp 20, 24)

ED & ESTHER BOURG have been trained in "Fair Fight" techniques by Dr George Bach. Ed Bourg is a clinical psychologist on the faculty of the California School of Professional Psychology; Esther Bourg is a consultant for the County of San Mateo's Mental Health Services. They are members of Nexus, a therapy group which focuses on helping intimate couples resolve communication and sexual problems. In addition, Ed and Esther have a private practice in San Francisco where they work as a co-therapy team with couples and families. (p 8)



BARBARA BRAUNSTEIN's history has taken her through the backwoods and bayous of Louisiana, where she grew up in a doctor's and artist's family, to work in museums as an art historian and to do graduate work in architecture. She came to Esalen four years ago for a week's workshop, and in the process found her home. Through the years she has been cook, waitress, dishwasher, and gardener, and is presently involved in color systems of healing, various forms of massage, and energy tuning processes. Last February she journeyed to India, where she met her spiritual teacher, Sathya Sai Baba, and here her being found a new home. (p 33)

CHARLES BROOKS, author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963. They currently live and work in California, Maine, New York City, and Mexico. (pp 6, 7, 9, 23)

GEORGE ISAAC BROWN is one of the first to combine gestalt and psychosynthesis. Author of *Human Teaching for Human Learning* and *The Live Classroom*, he is an innovator as a therapist and teacher and emphasizes non-toxic gestalt as a workshop leader. (pp 7, 31)

JUDITH BROWN is a gestalt awareness trainer. She has a special interest in marriage and other couplings and the influence of family on the individual and vice versa. (p 31)

MICHAEL BUTLER is a group leader and rolfer who is interested in ways to integrate the body, mind, and spirit. A former Esalen resident fellow, he was trained in group process by John Heider and as a rolfer by Dr Ida Rolf. Primary emphasis in his work is on ways to translate growth practices into everyday life. (pp 25, 32)

C JOSEPH CAMPBELL is professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero with a Thousand Faces*, *The Masks of God*, and *Myths to Live By*. (pp 11, 20, 22, 34, 35)

FRITJOV CAPRA is a theoretical physicist and is the author of the new book called *The Tao of Physics*. (p 3)

DAVID B CHEEK is a diplomate, American Board of Obstetrics and Gynecology, fellow and past president, American Society of Clinical Hypnosis, and co-author of *Clinical Hypnotherapy*. (p 6)

KOBUN CHINO, SENSEI, studied at Komazawa University, Kyoto University, and Eiheji Monastery, where he was engaged in special Soto training at the time he was invited to the U S in 1967. He spent his first two years in America helping to establish the Zen Mountain Center at Tassajara. Currently, he is head priest and teacher for the interconnected practice communities of Los Altos, Santa Cruz, and Spring Mountain. He also teaches courses on Buddhism at Stanford. (p 20)

MASTER CHOY KAM MAN was first tutored in tai chi chuan at the age of fourteen by his father, Master Choy Hok Pang, who in turn had been taught by the famed Grand Master Yang Ching Po. Master Choy has practiced the Yang style of tai chi chuan for thirty years without interruption and has taught in San Francisco for the past fifteen years. He has also conducted classes in Davis and Santa Cruz at the University of California. (p 5)

BARBARA CLARK is an artist and teacher. She did graduate work at the Bank Street College of Education and studied at the Art Students' League, both in New York. She has been teaching classes in her own studio and at the Workshop Unlimited on the Monterey Peninsula for the past three years. (p 10)

BARBARA CLEMANS' expertise in the field of body awakening comes from nine years of study and teaching in the fields of massage, creative movement, gestalt, yoga, sensing, feldenkrais movement, direct body-contact psychotherapy, meditation, tantra, and belly dancing. She was an Arica trainer, is a graduate of *est*, and is featured in *Getting Clear, Body Work for Women*. She is currently traveling and teaching at growth centers throughout the United States. (pp 21, 31, 34)

MICHAEL CONANT is a psychologist in private practice in Berkeley who works in gestalt and bioenergetic reeducation. He directs training for the Institute for Bioenergetic Analysis in Northern California and is a member of the Gestalt Institute of San Francisco. He holds degrees from Columbia and Stanford Universities and is a former director of Bridge Mountain Foundation. His current practice centers around group work, and his particular interest is in teaching people to become more expressive, more themselves. (pp 5, 9)

CONNIE COSSETTE co-leads classes at The Radix Institute and gives individual instruction in Radix neo-Reichian emotional release work. Before coming to Radix she was involved with objectivist therapy and gestalt. (p 27)

ELEANOR CRISWELL is the associate director of the Humanistic Psychology Institute and an associate professor of psychology at Sonoma State College. (p 8)

INFORMATION

KATHY DICKMAN has been a professional masseuse for five years, specializing in shiatsu, which she learned by apprenticeship with Tomiyo Tashiro. Recently she has been teaching Arica training. In her massage practice in San Mateo, her approach is toward body consciousness on and off the massage table. (p 6)

LAURA DILLON opened a branch of The Radix Institute in Sonoma County in April, 1974. She has led workshops at growth centers across the country and has run experimental groups in conjunction with Nathaniel Branden. In trips to the midwest, she and well-known leaders in transactional analysis have offered workshops combining Laura's neo-Reichian work with transactional analysis techniques. She is a qualified masseuse and a graduate of Boston University. (pp 22, 27)

GEORGE DOWNING teaches at the Family Therapy Institute of Marin and is a consultant in family and energetic therapy for numerous hospitals and clinics in the United States, Sweden, and Germany. He has published *The Massage Book* and *Massage and Meditation*, is currently writing a book on Freud, and maintains a private practice working with individuals, couples, and families in Berkeley.

JACK DOWNING, a native Oklahoman, has gained experience and some wisdom in psychiatry, public health, psychedelic drugs, rolfing, gestalt therapy, and Arica training. He is currently in the private practice of psychiatry and structural integration as well as leading workshops. (p 24)

JACQUELINE LARCOMBE DOYLE is a psychologist, feminist therapist in private practice, teacher, consultant to industry, to school and prison drug programs, and supervisor to radical therapists. She co-founded a center for personal and social change, *Greenhouse, Inc*, in Cambridge, Massachusetts, where she has served as vice president and director of group training. She was formerly on the faculty of the Department of Psychiatry at the University of New Mexico medical school. She was an Esalen resident fellow in 1969. (p 34)

EDWARD DREESSEN has been a practitioner of aikido and jujitsu for the past twelve years. (p 20)

AL DRUCKER grew up in pre-war Germany and Poland and came to New York as a ten-year-old. He spent fifteen years as a space scientist before coming to Esalen as a resident fellow. He studied with Fritz Perls and Virginia Satir, and later with Ida Rolf to become an advanced practitioner of structural integration (rolfing). He trained in England with J R Worsley in acupuncture, with Bernard Jensen in nutrition and iridology, with the late psychic George Simon, and with the Arica Institute. All these disciplines were steps preparing him for the spiritual path, as he came under the influence of his teacher, Sathya Sai Baba, with whom he spent six months in India last year. (pp 20, 33, 35)

ANN FARADAY is a psychologist who has pioneered self-interpretation of dreams. Her well-known three-stage method evolved from many years of experimental dream research in the laboratory plus training in hypnotherapy, Freudian and Jungian analysis, and gestalt practice. Her experience convinced her of the limitations of all dream theories used by psychotherapists and of the need for a radically new approach whereby the dreamer learns to understand his/her own unique dream language. She is author of *Dream Power* and *The Dream Game* and is currently experimenting with expansion of consciousness through dreams. (pp 5, 22)

ARTHUR FOX is an organizational consultant and group leader. He was a 1969 resident fellow at Esalen. Formerly the director of the Esalen College Program and Extended Learning Center, he is now developing a new program of physical education and athletics at the Urban School in San Francisco. (pp 19, 23)

JANICA FOX did research in groups at Harvard and was a 1969 Esalen resident fellow. For the past eight years she has been leading groups at Esalen, around the country, and in Europe. She has a private practice in the San Francisco Bay Area. (pp 8, 19, 23)

BETTY FULLER, a humanist counselor, is co-founder of the Body/Mind Experiential Learning Center in San Francisco, where she teaches feldenkrais movement and counsels individuals and couples privately and in groups. Betty's background includes over thirty-five years of theatre production, an Esalen resident fellowship, and training by Werner Erhard to lead *est* graduate seminars. (pp 21, 25, 31, 35)

DICK GALLAND is a husband and father, a mountaineer, kayaker, and trout fisherman. He was the founding director of the Texas Outward Bound School. He is presently consulting with institutions, designing programs for various institutions, and developing an extended experiential program that integrates wilderness activities with several humanistic disciplines. (p 23)

BILL GLOVER is certified in massage and has extensive experience and training in different approaches to the body. Among the persons with whom he has studied are Doris Brever and Marion Rosen, a physical therapist. (p 8)

DANIEL GOLEMAN has done research at Harvard on the psychophysiological effects of meditation. He integrates his psychological training with teachings received from Indian yogis, Buddhist monks, and Tibetan lamas during his two year stay in India and Ceylon. He is especially interested in Abhidharma, the Buddhist psychological system, which he studied in theory and practice under the supervision of Nyanponika Mahathera, Anagarika Munindra, and S N Goenka. (p 20)

RAYMOND GOTTLIEB is a practicing optometrist and a specialist in sensory integration and the development of consciousness. He is a research fellow of the Humanistic Psychology Institute and a consultant at the Sonoma State Hospital and other agencies in perceptual training and learning disabilities. Dr Gottlieb has taught the Bates System since 1970. He believes that visual problems are stress-induced and are reversible. He currently practices in Cotati, California. (pp 5, 6)

LAMA ANAGARIKA GOVINDA studied religion and philosophy in Europe as well as Tibet and India. He is a renowned scholar of Tibetan Buddhism, having written the following works: *The Psychological Attitude of Early Buddhist Philosophy*, *The Foundations of Tibetan Mysticism*, and *The Way of the White Clouds*. He recently brought out a revised edition of the *Tibetan Book of the Dead* and is presently engaged in the completion of a book, *Creative Meditation and Multi-Dimensional Consciousness*. (p 20)

LI GOTAMI GOVINDA is an artist and writer of songs and stories for children. She has made hundreds of tracings of art from Tibetan temples and has photographed Tibet extensively. (p 20)

LORI GRACE has performed professionally as a dancer and singer and is also a published poet. She has been involved in the human potential movment for the last seven years and has specialized during the last two years in leading groups to help people develop their own artistic creativity. Among her teachers have been George Downing, Bob Hall, Ann Halprin, Paul Rebillot, and many others. (p 9)

IAN GRAND studies at the Center for the Study of the Life of the Body with Stanley Keleman, and has an individual and group practice in Berkeley. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at California State University, San Francisco. (p 12)

TAMARA GREENBERG utilizes dance/movement as a body oriented approach to further emotional and physical integration in the individual. She leads workshops for The Center for Energetic Studies, Esalen Institute, and ongoing programs in Berkeley and Sacramento. She has worked for twenty years as a dance and movement specialist in the fields of education and recreation and as a dance therapist in clinical institutions. (pp 9, 10, 12)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over fifty articles in professional journals and books. He was a research psychiatrist at the Psychiatric Research Institute in Prague until 1967, clinical and research fellow at Johns Hopkins University Henry Phipps Clinic until 1969, and chief of psychiatric research at the Maryland Psychiatric Research Center and assistant professor at the Department of Psychiatry and Behavioral Sciences, Johns Hopkins University until 1973. He is presently on leave of absence from Maryland and Johns Hopkins and is a resident scholar at Esalen/Big Sur. (pp 7, 20, 35)

BERNARD GUNTHER is one of the pioneers in the use of awareness, relaxation, meditation, and nonverbal communication in the total growth process. In recent years his main interest has been personal transpersonal synthesis. He is the author of many works including *Sense Relaxation*, *What To Do til the Messiah Comes*, and *High Cards*. (pp 23, 30)

BIOGRAPHICAL

JOAN HALIFAX-GROF is a medical anthropologist specializing in psychiatry and religion. Her dissertation, "Indigenous Healing Systems and Contemporary Medicine: Toward an Integration of Approaches," reflects her crosscultural studies at Columbia University and subsequent field work in Africa and the Caribbean Islands, the study of the Afro-cuban religion "Santeria," and her work as anthropologist for the University of Miami School of Medicine in the Department of Psychiatry and Pediatrics. In 1972–73, she was a research associate at the Maryland Psychiatric Research Institute, working primarily as a therapist and anthropological consultant in LSD psychotherapy with terminal cancer patients. She is currently a scholar in residence at Esalen/Big Sur. (pp 7, 20, 35)

SHELLY HENDLER is professor of biochemistry at the University of California, San Diego and chairman of the department of biochemistry at Universidad Autonoma de Baja California. He is a consultant in molecular biology to the Salk Institute and the Scripps Clinic. He is also a musician, and wrote the score for the current BBC series, "Ascent of Man." (p 12)

BARKLIE HENRY's current interests include drumming and developing a contemporary alchemy and disease typology. (p 20)

NICK HERBERT is a member of the Physics Consciousness Research Group, San Francisco, and is conducting both experimental and theoretical research in the physics of conscious processes. (p 3)

DICK HORAN is an artist potter masseur, residing in Big Sur for the past eight years. (pp 20, 21, 27)

MARDI HOROWITZ is professor of psychiatry at Langley Porter Neuropsychiatric Institute of the U C Medical Center, San Francisco. He is also on the faculty of the San Francisco Psychoanalytic Institute and is past president of the Northern California Psychiatric Society. His book, *Image Formation and Cognition*, was published in 1970. (p 4)

AL CHUNG-LIANG HUANG, Shanghai-born t'ai chi master and performing artist, has taught and concertized throughout North America and the Far East. He is a specialist in Oriental Theatre, a calligrapher, a philosopher, and master of many Asian fine and martial arts. He is currently the director of the Lan T'ing Institute at the Alan Watts' Society for Comparative Philosophy in Sausalito, California. He is the author of *Embrace Tiger, Return to Mountain: The Essence of T'ai Chi* (Real People Press) and the collaborator with Alan Watts of *Tao: The Watercourse Way* (Pantheon Books). (pp 20, 24, 33)

JELAND JOHNSON has worked with gestalt, bioenergetics, and meditation over the past eight years. More recently he has trained with Ida Rolf and Emmet Hutchins in structural integration. He is the author of *Bioenergetics – Body Contact Work* and co-author of *The Gestalt Adventure*. He is the founder of the Espiritu Centre for Human Potential where he conducts his rolfing practice. (p 19)

NANCY K JUNGERMAN, licensed psychologist, is a counseling psychologist and senior member of the Counseling Center, University of California, Davis, and in private practice. (p 12)

KIRVING KATZ is a clinical psychologist. Presently, he is director of clinical training for Antioch/West College Graduate Series. He is particularly interested in the use of hypnosis for developing greater self-control and awareness. He also utilizes gestalt, bioenergetic, and psychodrama processes in his workshops and is an *est* graduate. (pp 5, 7, 8)

SAM KEEN is a free-lance writer and editor and an amateur psychopompos. He is the author of *To a Dancing God, Apology for Wonder*, and co-author with Anne Fox of *Telling Your Story*. He is a consulting editor of *Psychology Today*. (pp 34, 35)

STANLEY KELEMAN heads the Center for the Study of the Life of the Body, runs professional training groups for psychotherapists, and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is the author of *The Body Speaks Its Mind* (Simon & Schuster, Fall 1976), *The Human Ground: Sexuality, Self and Survival*, *Living Your Dying*, and *Todtmoos*. (pp 4, 7, 11, 12)

CHARLES KELLEY, director of The Radix Institute in California, is a scientist who has specialized in vision training and human factors research for twenty-five years. In 1950 he became a student of Wilhelm Reich, contributing to Reich's journals during his life and to the development of his theories in the years since Reich died. He is a qualified masseur, Bates Instructor, and writer. He and the staff he has trained are noted for their adaptation of Reichian techniques in the small-group process Kelley terms the "Radix Intensive." (p 26)

GEORGIA KELLY is a harpist who performs and teaches music. She has been studying the therapeutic and healing effects of music for the past several years, and is formulating techniques for consciousness expansion and self-healing through the use of sound. (p 30)

MICHAELEEN KIMMEY has run an experimental nursing home and has apprenticed in various alternative approaches to the medical model. These include chiropractic, shiatsu, magnetic healing, gestalt study with Fritz Perls, and a year's work with Moshe Feldenkrais in Israel. She is now serving as a consultant and teacher at the Haight-Ashbury Drug Rehabilitation Center Experimental Training Program. She has evolved a system of intuitive energy reading that links numerology, astrology, and palmistry with the various centers of the body. She works privately and at Esalen with individuals and groups doing massage and intuitive readings. (p 19)

JACK KORNFIELD has taught Buddhism at the University of Hawaii and at Northeastern University and has led meditation workshops at various schools and organizations in New England and the West Coast. He has spent considerable time as a Buddhist monk at Tai, Loatian, and Burmese monasteries. Under the name of Sunno Bhikku he has published *Meditation Temples of Thailand* and *Living Buddhist Meditation*. (p 20)

JOEL KRAMER is an adept of hatha yoga and a master of jnana yoga. He was in residence at Esalen from 1968 to 1970. Mr Kramer combines Eastern and Western perspectives in his work. He is the author of *The Passionate Mind*, a manual for living creatively with oneself. (p 33)

BOB KRIEGEL was the founder and former director of the Esalen Sports Center and the Esalen Consulting Service. Prior to this he was the founder and director of Anthos, a growth center in New York City. His current interest is in using the sporting experience as a vehicle for self-development and for actualizing potential. He is currently the director of a two year training project in the Bay Area which addresses itself to this notion. (pp 4, 25)

RON KURTZ is a bioenergetic therapist and is co-author (with Hector Presteral) of *The Body Reveals*. He has studied with John Pierrakos of the Institute for Bioenergetic Analysis. He is in private practice in Albany, New York, and trains paraprofessionals in crisis intervention and counseling. He is currently finishing his second book, *Helping Each Other*, which attempts to make the basic principles and methods of humanistic, body-oriented therapies available to the layman. (pp 30, 33)

JAKUSHO KWONG, SENSEI, is a Buddhist priest, head of Genjo-ji, a Buddhist lay community in Sonoma County, California. He was a close disciple of the late Suzuki Roshi. (p 20)

JOEL LATNER is a gestalt therapist in private practice, a trainer at the Gestalt Institute of San Francisco, and the author of *The Gestalt Therapy Book*. (p 8)

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process, of which she is the originator. She is currently co-director of Esalen/Big Sur. (pp 20, 21, 24, 27, 32)

LENORE LEFER, an associate of the Psychosynthesis Institute, is a former executive director of the Bridgeport, Connecticut Mental Health Association, research scientist, psychological examiner, teacher, Esalen resident fellow, and organizational consultant. She leads groups and is in private practice in San Francisco. (pp 10, 22, 31)

HOWARD I LEVENE is a practicing Jungian analyst in Kentfield, California, and is assistant clinical professor of psychiatry at the University of California Medical Center, San Francisco. He is co-founder (with John Perry) of Diabasis, a non-hospital residence for the therapy of acute schizophrenia. (p 6)

ANTOINETTE LILLY is a psychotherapist with training in Eastern mystical tradition and contemporary methods of freeing the self. She has had many hours of tank work, done at the Lillys' research center, "Human Software Inc." Her first book is *Dyadic Cyclone* (co-authored with John Lilly). (pp 20, 35)

INFORMATION

JOHN C LILLY is a teacher-scientist-mystic on the path of examining the depths and far reaches of human consciousness. Dr Lilly began with pioneering research intotthe mind of the dolphin and continued his explorations deep into the mind of man. A scientist and psychoanalyst, Dr Lilly uses himself as his subject. His investigations have led him through experiments in solitude, isolation, and confinement to LSD research. His books include *The Center of the Cyclone, Dyadic Cyclone,* and *Simulations of God: The Science of Belief* (May ,1975). (pp 20, 21, 35)

CHARLES LLOYD is a musician whose instruments are primarily flute and saxophone. His range extends from jazz-avant garde and contemporary classical through rock and traditional forms of American music. He has been a student and is currently an instructor and initiator of Transcendental Meditation. His interest in various methods of natural healing include periodic fasts using mucousless diet techniques. (pp 20, 21, 30)

M WILLIAM MASUDA is an ordained Jodo Shinshu Buddhist priest. (p 20)

DEBORAH MEDOW is a student and teacher of yoga, diet and nutrition, movement, meditation, zone therapy, massage, and related healing arts. A former Esalen resident fellow trained by John Heider and Seymour Carter, Deborah has supplemented her studies with workshops in polarity therapy with both Dr Randolph Stone and Pierre Pannetier, and in iridology with Bernard Jenson. Deborah, Esalen's "yogini in residence," is also a member of the Esalen / Big Sur massage crew. (pp 22, 32)

MARY ANN MERKSAMER has worked with gestalt for five years and has trained with Da Liu in t'ai chi ch'uan. She conducts professional training workshops and is the co-director of the Espiritu Centre for Human Potential and also a founding member of the Gestalt Institute of Houston. (p 19)

EMMETT MILLER practices family medicine and hypnotherapy in Palo Alto and Carmel, California. He has developed the concept of selective awareness, a means of judiciously utilizing self awareness, relaxation, and movement according to accepted principles of psychology and psychophysiology to produce desirable personal changes and to restore physical health. His book *Selective Awareness* may be purchased at the Esalen bookstore. (pp 23, 26, 32, 35)

NITZA BROIDE MILLER is a clinical psychologist with experience in both verbal and nonverbal techniques. A professional folk dancer and teacher of classical, modern, primitive, and creative dance, she has studied dance therapy and movement therapy with Marion Chase, Alma Hawkins, and Mary Whitehouse, and has used and taught these modalities in her private practice as well as in hospitals and schools in the United States and Israel. (pp 26, 32, 34, 35)

SIRI MISHLER co-leads workshops and classes and gives individual instruction in *Education in Feeling* at the Radix Institute in California. Siri has taught at the University of Minnesota. (p 34)

ANNE MIZE is in continued training at Psychosynthesis Institute. She lives in Montana where she gardens and does consciousness raising groups on her land. She is particularly interested in the application of psychosynthesis to women's evolution and education. (p 10)

PEGGY MORRISON, a student of the body, has been an Esalen masseuse for five years. She is interested in good health through an organic way of life. (pp 20, 21, 27)

MU GAK is an American zen monk who has been a close disciple of Seung Sahn since shortly after his arrival in America three years ago. Mu Gak studied European literature at Amherst and the Sorbonne and comparative literature at Yale. He has published poetry and two books of translations and is about to publish a study and verse translation of the Book of Job. He is Dharma teacher at the Cambridge Zen Center, and editor of Seung Sahn's first book in English. (p 20)

DEE MUNDSCHENK has worked in neuropharmacological research, social work, individual and group processing and has taught oriental art appreciation. She has lived with Quambiano Indians in South America and on a kibbutz and archaeological digs in Israel. She has studied Sumie at a zen monastery in Japan and music in Madras, India. In addition her travels have taken her to Nepal, Ceylon, Indonesia, and England. She has studied art and anthropology, t'ai chi, yoga, and traditional Western therapeutic techniques. (pp 9, 23)

MICHAEL MURPHY is co-founder of Esalen Institute and a long time student of Eastern religion and philosophy. He is the author of *Golf in the Kingdom.* (pp 3, 7)

N ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. Bob also teaches aikido. (pp 8, 9, 20, 21, 25, 34)

JERRY NOLLY is a clinical psychologist. He has taught and conducted research on meditation and perceptual awareness at the University of Kansas. Jerry teaches t'ai chi at Sonoma State College and is on the faculty of the Human Potential School of Mendocino. He has trained in a variety of forms of body / energy work, principally with John and Anne Heider. (p 30)

P KENNETH PELLETIER is a clinical psychologist at Gladman Memorial Hospital in Oakland, a research psychologist in neurophysiology at the Langley Porter Neuropsychiatric Institute, and is in private practice in Berkeley. His particular interests are in clinical biofeedback, the psychophysiology of states of consciousness and meditation, and psychosomatic medicine. He studied at the C G Jung Institute in Zurich and is co-author of *Consciousness: East and West* and *Clinical Biofeedback.* (p 20)

VAHE PETROSIAN is an associate professor of astrophysics and a member of the Institute for Plasma Research at Stanford University. (p 3)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is currently practicing acupuncture. His prior training includes Arica Institute, gestalt, Reichian energetics, and structural integration. He has studied and led workshops with Richard Price, John Heider, John Lilly, Will Schutz, Ida Rolf, and Jack Worsley. He is co-author (with Ron Kurtz) of *The Body Reveals.* He is currently interested in fusing these teachings to develop a new humanistic model for healing the whole person (body-mind-spirit). (pp 30, 33, 35)

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 20, 27, 30, 34)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 20, 27, 30, 34)

MAGDA PROSKAUER is a graduate of the University of Munich, Germany, and the University of Munich Medical School. While working in European hospitals she studied with different movement schools. The strongest influence which has shaped her present work was her experience with the analytical psychology of C G Jung. She has a private practice in breathing therapy and body awareness in San Francisco. (p 4)

LEE PULOS is a clinical psychologist in private practice and clinical assistant professor, Department of Psychiatry, University of British Columbia. His principal interests are in combining biofeedback training with hypnosis and in investigating the varieties of hypnotic experiences. He has also worked with several world class athletes utilizing hypnosis to improve athletic skills and training techniques. (pp 5, 6, 23)

HAROLD PUTHOFF, a quantum physicist at Stanford Research Institute, has conducted successful parapsychology tests with his colleague Russell Targ, and has also developed theories of psychic phenomena derived from physics. (p 3)

R MYRTLE RATCLIFFE, masseuse, cook, and musician, is a Big Sur resident, an Esalen staff member, and a living collage of her experiences in India, in art, music, yoga, and in the woods and along the seashore of the Pacific. (p 30)

PAUL REBILLOT, teacher, theatre director, actor, magician, and fool, has taught at San Francisco State College and Stanford University. He is the founder of the Gestalt Fool Theatre family of San Francisco and has trained in gestalt with Richard Price and in encouter with Will Schutz. He is the originator and developer of the Gestalt Tarot – a technique incorporating the Tarot deck with gestalt process. He is gestaltist for the staff of the Emanuel Hospital psychiatric ward and staff consultant to various mental health facilities in California. (pp 26, 32)

STELLA RESNICK is a clinical psychologist and gestaltist who trained with Fritz Perls and is now living and practicing in New York City. She has been on the board of directors of the Gestalt Institute of San Francisco. Her article on gestalt therapy appeared in the November 1974 issue of *Psychology Today.* She is currently writing a book and integrating her work with her interests in meditation and spirituality, natural health, and social change. (p 25)

BIOGRAPHICAL

MARION ROSEN is a physical therapist who trained in Germany, Sweden, and at the Mayo Clinic. She has been practicing for thirty-five years and teaching exercise classes for the last ten years. She is interested in preventative medicine and rehabilitation and in the last year or two has returned to her earlier work in relaxation and breath awareness. (p 4)

LARRY ROSENBERG is a lay disciple of Seung Sahn presently practicing and teaching at the Cambridge Zen Center. For the past ten years he has been teaching at Chicago, Harvard, and Brandeis Universitites. During this time he has also been studying hatha yoga, vedanta, and zen. He has published articles and a book on face-to-face communicat on. Current interests include integrating zen and hatha yoga, work on a book about the structure of the self in zen, and introducing the theory and practice of zen to university curricula. (p 20)

GABRIELLE ROTH shares herself in song and dance. She is devoted to action, change, and growth. Her method is spontaneity, her master movement, her best friend music. (pp 9, 22, 27, 35)

ILANA RUBENFELD trained with Fritz and Laura Perls, integrating the Alexander Technique and gestalt therapy. She is a certified teacher and board member of the American Center for the Alexander Technique, and has trained with Moshe Feldenkrais. She is on the faculties of New York University Graduate School of Social Work and Eastern Institute of Psychotherapy. (p 31)

SEUNG SAHN, Zen Master, received the Transmission of the Dharma at the age of twenty-three and has spent the twenty-four years since then teaching in Korea, Japan, and America. He is abbot of a large monastery in Seoul, has two temples in Tokyo, and is director of the Cambridge Zen Center, the Providence Zen Center, and affiliate temples in New York, Chicago, and Los Angeles. (p 20)

JACK SARFATTI is a physicist and the leading theoretician of the Physics Consciousness Research Group, San Francisco, California. Dr Sarfatti has been a faculty member in the physics department of San Diego State and honorary research fellow of Birkbeck College, University of London. He has recently returned to the U S from UNESCO's international center for theoretical physics in Trieste, Italy. Dr Sarfatti is co-author of *Space, Time and Beyond* with Bob Toben and Fred Wolf. (p 3)

DAVID SCHIFFMAN, a former director of Anthos, a growth center in New York City, was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. He has lectured at the University of California, Princeton, and other schools, and has conducted special programs for industry and social agencies. He is currently dividing the majority of his working time between Esalen/Big Sur and the Texas Outward Bound School. (pp 9, 23, 27, 35)

WILLIAM SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais, and *est*. He is author of *Firo, Joy, Here Comes Everybody*, and most recently *The Elements of Encounter*. He is currently living in Big Sur. (pp 27, 34)

ALAN SCHWARTZ practices in New York City. He trained at the Institute for Bioenergetic Analysis and in gestalt with Laura Perls. His research involves the use of bioenergetics and gestalt in higher education. He has taught in higher education for almost twenty years, and his text, using responsible energy techniques in interpersonal communication, is due to be published in 1976. (pp 24, 25, 31, 32)

CHARLOTTE SELVER is a teaching associate at Esalen/Big Sur and on the faculty of the New School for Social Research in New York. Her field is sensory awareness, perception, and nonverbal communication. She holds regular classes in New York and conducts seminars and study groups throughout the United States and Mexico. (pp 6, 7, 9)

BOB SHAPIRO prefers being listed only as a "People." Along with chief "executiving" multimillion dollar corporations, he is chairman of The Alan Watts Society for Comparative Philosophy, a co-founder of Oasis Human Potential Institute and Chicago Gestalt Institute, and has enjoyed many years of growing, learning, and sharing with Alan Watts, Fritz Perls, Roberto Assagioli, Virginia Satir, and Lama Govinda. (p 32)

DAVID SHERMAN is in the Teacher Training Progr[illegible] t The Radix Institute. He teaches classes and workshops and gives individua[illegible]ruction in *Education in Feeling*. He combines his knowledge as a licensed masseur with his neo-Reichian emotional release work. (p 27)

ROY SHIGLEY has applied the principles of Chinese painting to the photographic process. He has collaborated with Anais Nin on a book, *Matters of the Heart*, a photographic diary and philosophy of photography. His work is published in local and national magazines and he has been awarded a National Endowment for the Arts Fellowship-Grant in philosophy. (p 7)

BEVERLY SILVERMAN is a gestaltist and a senior rolf practitioner. She has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the U S Army at Fort Ord. (pp 19, 23, 34)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His training includes gestalt, encounter, psychosynthesis, and organizational development. He is involved in teaching group process work to therapists and other health and business professionals and is the author of many experimental and theoretical articles on sensory and perceptual functioning and on so-called altered states of consciousness. His theory of attention dis-function in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the field of psychiatric research. (pp 19, 23, 34)

MIMI SIMOS is a writer and artist who has been connected with the women's movement for several years. She is author of a novel, *A Weight of Gold*, which won the Samuel Goldwyn Creative Writing Award at UCLA in 1972. She is currently writing a book on women, gods, and magic. (p 10)

SAUL PAUL SIRAG is a physicist and is vice president of the Physics Consciousness Research Group. He is also research associate for the Institute for the Study of Consciousness in Berkeley and is a novelist and playwright. (p 3)

HARRY SLOAN, a former dentist and Esalen resident fellow, is a group leader, organizational consultant, and playwright. His first play, "The Burden," was showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening prespective—"seeing oneself beyond an impasse." He is training in psychosynthesis at the Psychosynthesis Institute in Redwood City. (pp 19, 30, 34)

HUSTON SMITH was born in China, where he lived until he was seventeen. He is a professor of religion and adjunct professor of philosophy at Syracuse University, former professor of philosophy for fifteen years at MIT, author of *The Religions of Man, The Purposes of Higher Education, The Search for America*, and *Condemned to Meaning*, and producer of international award-winning films on Tibetan Buddhism and Sufism. Dr Smith identifies as his focal interest "that precise point—all the way around the world—where philosophy, psychology, and religion converge." (p 20)

SALLY SMITH is a teacher and a parent and has led gestalt and encounter groups for the past fifteen years. (p 26)

ZOE SNYDER is a member and trainer at the San Francisco Gestalt Institute. She lives in Berkeley where she practices individual, family, and group psychotherapy. She is on the staff of the Family, Youth and Children's Service in Berkeley and is a consultant to the Berkeley Women's Center. (p 5)

AUDIO CASSETTE RECORDINGS

Audio tape recordings on cassettes of some sessions from the Joan & Stan Grof six-week workshop on *The Human Experience: Culture & Consciousness* in the Spring of 1975 are available for distribution:

Will Schutz: *Interpersonal Psychodynamics*
Stanislav Grof: *Death-Rebirth Phenomena*
Gregory Bateson: *Metaphors & Butterflies*
Joan Halifax-Grof: *Rites of Passage*

Each cassette is 1½ hours in length and costs $9 ($6/hour). With your order you will receive full description of other recordings from this psychedelic-anthropologic workshop and additional recent Esalen-related events. Make check to: Workshop Cassettes, c/o Esalen Institute, Big Sur, California 93920.

INFORMATION

DYVEKE SPINO is a Community Mental Health consultant and formerly a fellow at Columbia University in organizational analysis. She is presently conceiving and designing a new Sports Cluster College at Sonoma State and teaches courses on new directions of sport at U C Berkeley, Davis, and for the psychology department at Sonoma State. Currently she is designing transformation physical fitness programs for business and industry and educational institutions. She is a tennis pro, ski instructor, and classical pianist. (pp 5, 8, 9, 10, 22, 31)

MIKE SPINO is president of Esalen's AAU Track and Field Club and former co-director of Berkeley Otherways School. He has created an integral mind/body training focused in the running experience based on the work of Percy Cerutty and Mihaly Igoli. He is presently studying with Michael Murphy and is in private practice in San Francisco as a physical fitness counselor. (pp 7, 8)

JOHN RAPHAEL STAUDE is an artist, writer, and psychotherapist. During the last three years he has been studying Jungian psychology in Europe while writing a book entitled *Carl Gustav Jung and His World*. His home is in Big Sur at Anderson Creek. (p 27)

JOHN O STEVENS edited *Gestalt Therapy Verbatim* and wrote *Awareness: exploring, experimenting, experiencing*. He is editor/owner of Real People Press and does occasional gestalt groups out of interest in the awareness/growth process. (p 33)

JUDITH STRANSKY studied the Feldenkrais method in Israel and has more recently trained with Dr Feldenkrais in his special training programs in California. She is also a qualified teacher of the Alexander technique and is director of the California Center for the Alexander Technique in Santa Monica. Her background includes intensive Reichian therapy, gestalt, and other psychophysical approaches, as well as t'ai chi and psychic healing. She teaches the Feldenkrais method and the Alexander technique in Santa Monica, California. (p 32)

T

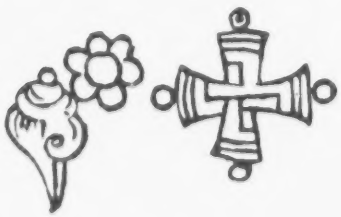
RUSSELL TARG, a research scientist at Stanford Research Institute, has conducted successful tests of remote viewing via ESP, precognition, and other psychic abilities, including studies of noted psychics Uri Geller and Ingo Swann. (p 3)

KATHERINE WHITESIDE TAYLOR is a clinical psychologist in private practice and lectures for the University of California Extension on several aspects of Jungian psychology, including the "way of individuation." Along with individual therapy she conducts growth and dream groups using active imagination. (p 4)

JACOBA TEAGUE has had several years experience with transactional analysis and bioenergetics and has worked with mentally retarded children. Jacoba presently does emotional release work at The Radix Institute. (p 34)

MICHAEL TOBIAS loves, and makes no effort to understand. His poems and climbs have evolved from ascetic immersions in Bhutan, Bangladesh, Kashmir, the Alps, Sierras, and Sinai Peninsula, where he once disappeared. He is presently researching his third book, *A Mountaineering Aesthetic*. (pp 9, 25)

CHOGYAM TRUNGPA, RINPOCHE, is a scholar and meditation master trained in the philosophical and meditative traditions of the Kagyu and Nyingma sects of Tibetan Buddhism. He received all the initiations required to teach the most advanced Buddhist meditation practices and holds the degree of Khenpo, which is equivalent to a Western PhD. After the Chinese invasion in 1959, he was forced to leave Tibet, where he was abbot of the Surmang monasteries. After having taught in India and studied at Oxford University in England, he came to the United States. Since his arrival in 1970, he has founded and directs Naropa Institute, Vajradhatu Buddhist Centers, Maitri, and Padma Jong. He is the author of *Born in Tibet*, *Meditation in Action*, and *Cutting Through Spiritual Materialism*. (p 20)



TARTHANG TULKU, RINPOCHE, is a master of the Tibetan Nyingma lineage which carries on the original teachings of Vajrayana Buddhism. He served as a professor of Buddhist philosophy at the Sanskrit University in Benares for seven years. In 1968, he left India and traveled to Berkeley, where he established the Tibetan Nyingma Institute. He has produced several books, a meditation text, *Calm and Clear*, and three volumes of *Crystal Mirror*, a journal on Tibetan Buddhism. (p 20)

V

SIOUX VON BAEYER is currently teaching at Anna Halprin's San Francisco Dancer's Workshop and working in massage and movement with psychiatric patients. She has had her own performing dance company, The Electric Blue Rubbermaid Gorilla Theater, and has taught the clowns in Ringling Brothers Barnum and Baily Circus for four years. She is a certified masseuse. (p 4)

MARION VON BLUMENTHAL, born and living in Germany, was a pupil of Graf Durckheim for many years. Through the therapeutical work of the psychological center at Todtmoos/Schwarzwald, she became interested in the needs of young people today. After some years of pedagogical work she became a pupil of Gerda Alexander for three years in Copenhagen/Denmark. Having completed her final examination, she now works in Southern Germany as an Eutonie pedagogue. (p 27)

W

JANE WALTER is a certified masseuse in private practice in San Francisco, working on a referral basis from therapists. She trained in massage with Gunver Jackson, Margaret Elke, and Kathy Dickmann (shiatsu), and has been teaching massage for three years. Currently she is training to become a physical therapist. (p 4)

ELAINE WARBURTON is Radix Institute Workshop Coordinator and a certified teacher of Radix neo-Reichian *Education in Feeling*. Elaine does counselling privately and with groups. A qualified masseuse, she has also had substantial experience in bioenergetics and gestalt practice in addition to her Radix training. (p 22)

RICHARD WISEMAN is professor of foreign languages and of world and comparative literature at San Francisco State University, where he has taught courses on myths of transformation, phenomenology, Hesse, Mann, Rilke, Goethe, Yeats, and Kafka. (pp 4, 11)

FRED WOLF, a physicist, is devising ways to teach the experiences behind the physics theories, even to people who formerly could not "get" physics. Professor Wolf is director of education and communications of the Physics/Consciousness Research Group, and is also professor of physics at San Diego State University. He has recently returned to the U S from the University of Paris where he was a visiting professor. He is co-author of *Space, Time and Beyond*. (p 3)

JOHN WREN LEWIS, a writer on psychology, science, and religion, is now co-director with Ann Faraday of the Ragged Mountain Center for Dream Research. His special interest is in the transformation of human consciousness and the light this throws upon our understanding of the world and the problem of death. (pp 5, 22)

Y

ANNE YEOMANS, an associate of the Psychosynthesis Institute, has worked with Roberto Assagioli in Italy and is in advanced training with Jim and Susan Vargiu. She works with individuals and groups for women using psychosynthesis and co-leads groups with her husband. Her children are 3 and 6. (p 10)

Z

JANET ZUCKERMAN, a former New York advertising executive, wife, and mother, came to Esalen in 1971 as a resident fellow. She has trained in group process with Julian and Beverly Silverman, Betty Fuller, Janet Lederman, and Will Schutz. She has been leading groups for four years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 21, 26, 30, 33)

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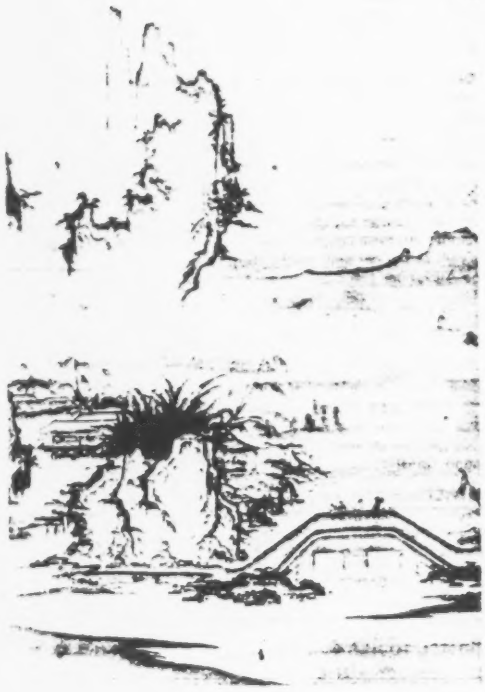

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ESALEN BOOKSHOP / San Francisco hours: Monday–Saturday, 9:30–5:30; closed Sunday. Our shop stocks many more titles than we list here.

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Catalog Credits

The illustrations in this issue are keyed to a Buddhist theme reflecting the Buddhism and Mind workshop in Big Sur (see page 20). Historical and cultural variety is emphasized from Tibetan woodcuts through Indian and Zen Buddhist art to present day Western expression. Underlying accent on daily work-practice may be noted, beginning with the cover illustration, Han-Shan and Shih-Te, two beloved Zen recluses who preferred kitchen jobs to positions of monastic importance.

The drawing on page 20 of Guru Kan Kan Apa is by Lama Anagarika Govinda from his *Foundations of Tibetan Buddhism*, courtesy of the publisher, Rider & Co, London. The Vajra diagrams on pages 9, 12 & 32 are from the same source.

The poem for Craig Enright on page 2 is by Neil Dunlop.

The photo on page 3 is by courtesy of Jack Kidder; photos of work in Big Sur on pages 19 and 29 are by Neil Dunlop.

The catalog design is by Red Dog Pieface; typography is by Mary Laughridge, the Esalen Media Center.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Special Information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2 for the United States, $4 for Canada and Mexico and $12 for all other countries. Those attending Esalen workshops and conferences are automatically added to the mailing list for one year. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

CONTRIBUTIONS to Esalen Institute are tax deductible. Various medical, educational, and other institutions have provided expenses for participants in some workshops and seminars in the form of donations to scholarship funds. See Friends of Esalen membership below.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given some sort of accreditation to their activities. We have told everyone to stop using our name in such a manner. Of course people use insights and techniques they bring from our programs, but we confer no certificates, diplomas, or other symbols of formal status such as those conferred by professional associations and schools.

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen / San Francisco programs and Esalen / Big Sur programs conducted prior to 1973, contact Big Sur Recordings, 2015 Bridgeway, Sausalito, California 94965.

For information on buying audio tapes of more recent programs in Big Sur, contact the Media Center, Esalen Institute, Big Sur, California 93920. When writing specify the subject matter or leaders in which you are interested.

Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Big Sur Information

For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 4 every day;
10 to 8 Sunday & Friday.

In Los Angeles call:
Nancy Lunney
(213) 394-5576
for general information.

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Deposit Information: Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. Deposits are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen/Big Sur. Do not mail Big Sur reservations to Esalen/San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U S currency only, please.

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General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen/Big Sur by notifying the Big Sur office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5–5:30 pm each Sunday and Friday. The cost is $10 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence for a week or longer at Esalen are asked to contribute several hours per week to the kitchen staff. These hours do not interfere with scheduled groups or meals. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

San Francisco Information

For reservations, literature, tickets, and information, write or call:
Esalen Institute, 1793 Union Street, San Francisco, California 94123.
Phone: (415) 771-1710; 9:30–5:30 Monday through Saturday.

Reservations: Reservations close 5 days prior to the program, in order to facilitate planning and for the convenience of participants' time plans. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to Esalen Institute, 1793 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express.

Information literature and tickets for lectures may be obtained Monday through Saturday 9:30–5:00 pm at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

Workshop schedules: One day workshops generally meet from 10 am to 6 pm. Saturday and Sunday weekend workshops meet from 10 am to 6 pm each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 pm on Friday, from 10 am through the afternoon and/or evening on Saturday, and from 10 am to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

Accommodations: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

Location: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs, including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

Recommended dress: Workshops are informal. Slacks and flat shoes are recommended for women, sport clothes for men.

Bookstore: Esalen's Bookshop provides a comprehensive selection of books ranging from general psychology, life sciences, and education to the Eastern philosophies, Jung, and the mystics. It is open Monday through Saturday, 9:30–5:30 pm, and Sundays when workshops are in process (On Sundays call before dropping in).

RECORDING OF
WORKSHOP IN GESTALT THERAPY
BY FRITZ PERLS

One hour audio cassette in which Fritz talks about gestalt therapy and demonstrates hot seat work. To order, send $6.25 to the Media Center, Esalen Institute, Big Sur, CA 93920.

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in reserving a space at Esalen workshops and lectures. You may use it for Big Sur or San Francisco programs. (Please make reservations at each location independently rather than place a "mixed" order.) In completing the form, please include the name, address and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

Name _____ Sex M ☐ F ☐ Age _____

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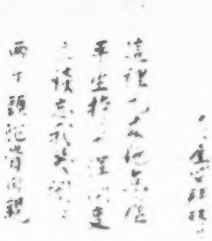

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JANUARY-MARCH, 1976

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Catalog Theme

This issue attempts to relate the scientific-experiential-artistic focuses at Esalen. It relates the scientific to the experiential and the mundane to the artistic. Michael Murphy's and Jack Sarfatti's article on page 3 describes how some physicists are moving from the exclusively rational framework for viewing the world to the experiential framework. Janet Lederman's article on page 22 describes the possibility of learning from one's own experience rather than learning from what people tell us the world is like. Part of learning from experience is paying attention to the seemingly insignificant parts of the world. Plantain, pictured on page 4, may be considered a weed to be pulled and discarded and yet in some cultures its leaves have been used as a skin poultice to treat rattlesnake bites and other wounds. The photos of plants in this catalog encourage the reader to see the plants in a new way, to focus on the texture represented in each picture rather than seeing them as illustrations in a scientific textbook.

Physics and Consciousness

CONSCIOUSNESS SHIFT TOWARD A "STATE-SPECIFIC" PHYSICS

By: Michael Murphy & Jack Sarfatti

In nearly every esoteric psychology, East and West, a distinction is made between rational mind and illumined knowing. This is true for Neo-platonism, Pythagoreanism, Sufism, Kabbalism, Christian mystical theology, and Hindu-Buddhist psychology. The following passage from Sri Aurobindo's *The Life Divine* illustrates this understanding:

"Mind in its essence is a consciousness which measures, limits, cuts out forms of things from the indivisible whole and contains them as if each were a separate integer. Even with what exists only as obvious parts and fractions, Mind establishes this fiction . . . that they are things with which it can deal separately and not merely as aspects of a whole . . . . It is this essential characteristic of Mind which conditions the workings of all its operative powers . . . (it) may divide, multiply, add, subtract, but it cannot get beyond the limits of this mathematics . . . . Mind cannot possess the Infinite, it can only suffer it or be possessed by it; it can only lie blissfully helpless under the luminous shadow of the Real . . . ."

In the literature of Eastern philosophy, paradox is a sign of the mind's essential limitation. Ordinary reason is not quick enough to comprehend it and must surrender to another mode of apprehension. This is the reason for *koans* in Zen training: when a paradox is held in consciousness until reason grows weary, until it is finally baffled and goes into crisis, "Big Mind" appears to leap around both horns of the dilemma. In psychological terms, one might say that consciousness then is expanded. We believe that something like this kind of *koan*-induced crisis exists at present in the field of theoretical physics.

Heisenberg's Uncertainty Principle, Bohr's Principle of Complementarity, and Kurt Gödel's Incompleteness Theorem are signs of this fragmented state. Like Eastern philosophy, they suggest that ordinary reason may have to give way to another kind of knowing if the secrets of nature are to be understood in greater depth. We come then to the possibility that physics may have to be "state-specific" in the sense suggested by Charles Tart. In this formulation, a particular state of consciousness mediates our knowing: certain states give access to certain kinds of knowledge, as for example in trances where clairvoyant insight is achieved by certain psychics, or in telepathic dreams. In this sense, a particular state of consciousness is like a particular scientific instrument—*e.g.* a telescope or microscope—because it gives us access to things beyond the range of our ordinary senses. Perhaps a new kind of inspired physicist, experienced in the yogic modes of perception, must emerge to comprehend the further reaches of matter, space, and time.

There is a long precedent for this suggestion. Among the classical powers, or *siddhis,* induced by the practice of yoga are specific abilities for comprehending the secrets of nature. *Kayavyuha-jnana,* for example, is the knowledge of one's internal organs, physiological processes, anatomical structures, energy centers, and cerebrospinal systems through a direct yogic perception; *viprakrista-jnana* is the perception of information-waves which are ordinarily invisible; and *anima,* one of Patanjali's eight classic siddhis, is the ability to reduce the center of consciousness "to the size of an atom" in order to directly experience the smallest units of matter. There are hundreds of extraordinary powers like these described in the Indian scriptures. Perhaps they will be the modalities of knowledge in the physics of the future.

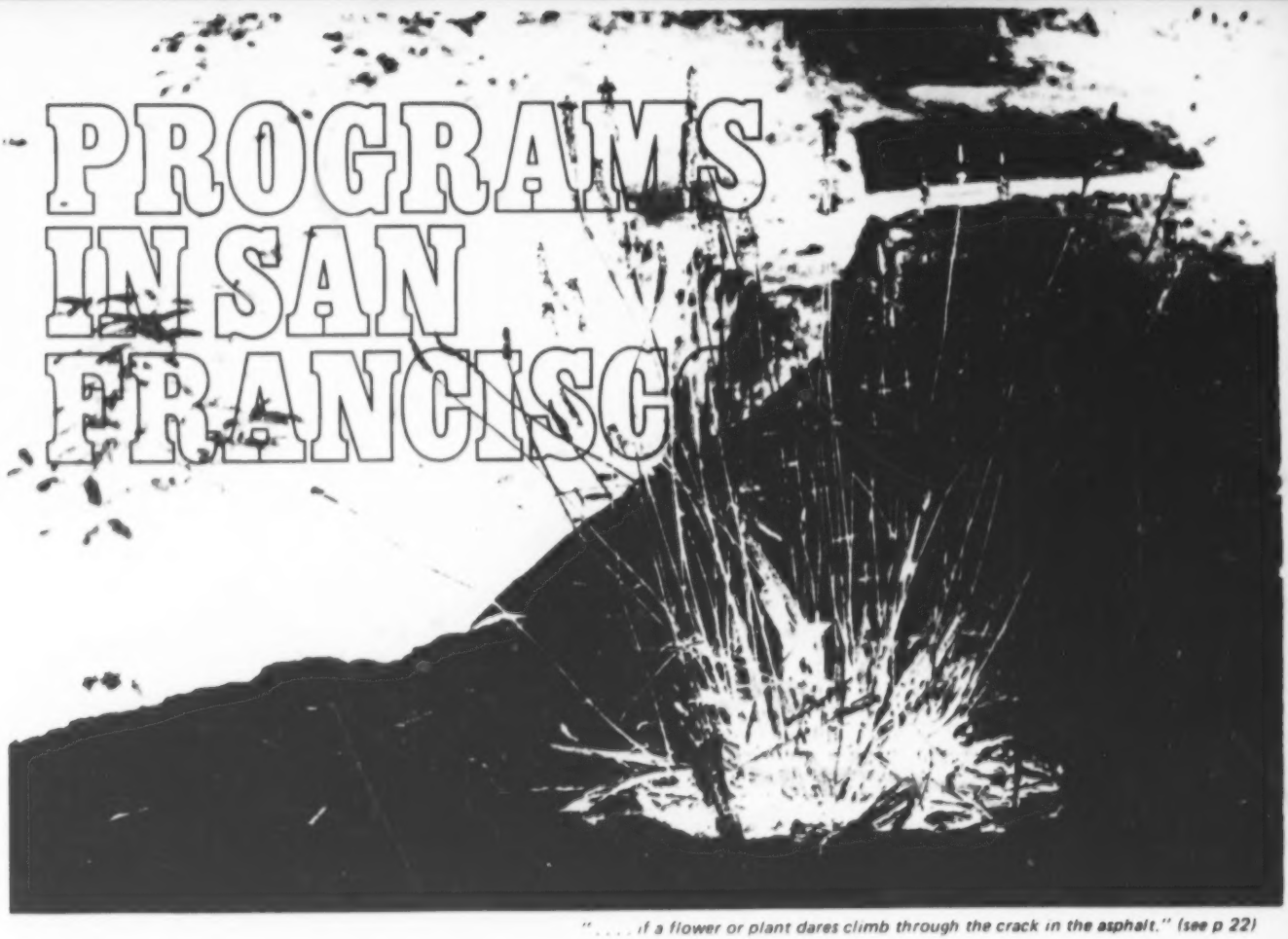
But what of reproducibility? How can this kind of "subjective experience" be verified by others? According to the great contemplative traditions, the knowledge gained through such processes of expanded awareness *can* be verified by persons who undergo the requisite discipline. In this, the physics of the future would be like the physics of today, for there are relatively few physicists in the world now who have the requisite training and knowledge to explore and verify most of the fundamental assertions of relativity theory or quantum mechanics. As in the further reaches of yogic knowledge, an extremely specialized training is necessary in physics to plumb the mysteries of time, space, and matter.

A "state-specific" physics would not eliminate the kind of physics practiced now; it would simply be another branch of the science. A physicist (if he were still called that) trained in yogic perception would compare his discoveries with those deriving from today's "normal" physics, and there would probably be a "principle of complementarity" existing between the insights derived from the various consciousness states, "normal" and "yogic." Physics then would be "multi-state-specific" and entirely empirical (in this broadened sense), its findings made with instruments ranging from the ordinary senses and their physical extensions (telescopes, radar, etc.) to the subtle yogic ways *(indriyas)* of apprehending the universe.

Physics Month

Esalen Institute and the Physics Consciousness Research Group of San Francisco are conducting a monthlong workshop in Big Sur this January on some of the conceptual gaps and possibilities in theoretical physics and the relevance of modern physical thought for consciousness transformation on the planet. Invited participants will receive room and board courtesy of Esalen Institute and will share their research hopes, fears, and visions regarding the future of academic physics and its role in society. One of the key questions will concern the role of consciousness in the interpretation of quantum mechanics. Results of the working sessions will be made available to the public through papers, tapes, and seminars. In addition, a weekend workshop featuring some of the physicists participating in the monthlong has been included in Big Sur programming for January 23–25. Reservations for the weekend program may be made through the Esalen/Big Sur office.

PROGRAMS IN SAN FRANCISC



". . . . if a flower or plant dares climb through the crack in the asphalt." *(see p 22)*

January 3–4

Exploring Astrological Archetypes
Jim Shere & Yanni Toussulis

Weekend workshop $50

Using specially prepared horoscopes, we will explore some of the archetypal patterns we have chosen and work to re-own them. The process used will be a uniquely structured guided fantasy employing gestalt, movement, and group interaction. *Two weeks'* advance registration is required since we will be using your horoscopes in designing the activities. Please submit the following birth data: place of birth; time of day; day, month, and year.

January 4

You Can't Get Enough of What You Don't Really Want (Creating the Space to Lose Weight)
Barbara Clemans

One-day workshop $25

Most "fat" people have two orientations toward eating: "forbidden food" and "diet food," which puts us in an either or position—feast/famine, stuff/starve. Diets don't work because we never practice a balanced orientation toward eating.

In this workshop we will take a look at our eating habits using guided memory experience and fantasy. We will taste with discrimination, discover how we use food and why, and learn alternate ways of fulfilling our needs. We will begin to recognize unconscious attitudes about our body, look at the source of these attitudes, and practice in a positive way. Bring your favorite food!

January 6

An Evening of Yoga, Philosophy and Techniques
Jinendra Jain and Katherine Da Silva Jain

Single evening event

An evening to introduce Katherine and Jinendra, two promising newcomers to the Bay Area, and to give you a taste of what they teach—meditative hatha yoga, integrative singing, meditation, and their philosophy of yoga.

$3.50 per person; 8-10 30 pm; 1793 Union Street, San Francisco

January 7–February 11

Continuing Gestalt Group / Zoe Snyder

Six Wednesday evenings, 7-9 pm $60

This is a group in which to experience and explore ourselves and our interactions with each other over a longer period of time than is available in a weekend workshop. Meetings will include gestalt exercises and hot seat work to get in touch with our feeling and become more aware of creative choices.

January 10

Rediscovering Your Vision / Raymond Gottlieb

One-day workshop $25

Dr Gottlieb will discuss the basic principles behind the Bates system of "Better Sight Without Glasses" and other approaches related to the improvement of vision. He will teach specific exercises within an integrated whole body approach to removing the stress that hinders vision. Limited to 25 people.

January 10-11

Extending Our Frontiers Through Yoga
Jinendra Jain and Katherine Da Silva Jain

Weekend workshop $50

We need to use all our inner resources to live more satisfying lives. Yoga both enhances our existing powers and unfolds our latent potentials.

This weekend workshop is an opportunity to imbibe a philosophy and learn techniques to discover and utilize resilience of body, quietness of mind, joy of heart, refinement of intelligence, and creativity of soul. It will include talks and discussions on the relevance of various forms of yoga, meditative hatha yoga, integrative singing, and mantra meditation.

January 11

Touching: A Massage Workshop / William Glover

One-day workshop $25

In the workshop we will explore what touching means to us and learn ways to go about it. Time will be spent tuning into one's own body, developing the sense of touch, learning technique, and exchanging massage in an atmosphere stressing caring and communication.

January 12-16

Energy Responsibility: A Synthesis of Bioenergetics & Gestalt
Alan Schwartz & Virginia Wink

Five-day nonresidential workshop $150

Energy responsibility synthesizes the philosophies of bioenergetic and gestalt therapies. Energy is movement. When movement is blocked, the organism cannot function to nourish the person towards a mature sense of self. This workshop will move in the direction of awareness by attempting to work through energy blocks. This release will provide a person with the opportunity to integrate body-feelings-mind into a total sense of what he/she is as an organism. Participants should wear appropriate clothing to experience actualizing the concepts of FLOW (the connectedness and movement of energy through the total body) and GROUNDING (the connectedness of the energetic organism with reality).

Workshop will meet Monday through Friday, 10 am-6 pm.

January 16-18

Cross-Country Skiing
Dick Strong & Ann (Cricket) MacKinlay

Residential three-day workshop $110

The group will stay at a mountain lodge and spend the days combining ski touring instruction with sensory awakening, yoga, and breathing exercises. Evenings will be devoted to rest, massage, and general conviviality. This workshop is intended for those without skiing experience and for downhill skiers who wish to try the Nordic (and ancestral) version of the sport. Meals are included from Friday night through Sunday noon. Payment should be made in full five days prior to the start of the workshop.

January 16-18

Theatre of the Self / Arnold Weinstein

Weekend workshop $60

Arnold Weinstein is a Broadway and Off-Broadway playwrite and director who will lead workshop participants in the production of a collectively conceived and executed theatre work drawn from the hearts and heads of the workshop. We will form the content when we meet to find out what we want to say and to whom. This is a non-theatric use of theatre which comes on like a giant analysis and ends with a little production, helping to find the self in someone else. Group therapy, acting, writing, storytelling, parables, jokes, philosophy, heaven and hell, music, games, and the good old fashioned act of being will be used towards a production in collaboration with professionals. Following the presentation there will be discussion and . . . analysis. Opening and Closing Night, Sunday, January 18, at 8 pm, for a guest audience.

January 18

Workshop Production

Public performance by the members of Arnold Weinstein's workshop entitled "Theatre of the Self."

8 pm $3.50

January 17

Psychosynthesis: A Choice Workshop / Lenore Lefer

One-day workshop $25

Many of us tend to make our life's choices without full awareness. We sometimes wait, decide impulsively, reactively, hastily, or without purpose. The more conscious we are of the act of choosing, the more we open ourselves to the experience of joy and freedom. Using the framework of psychosynthesis, we will explore how we can choose to use our will. The aim is towards learning the process of making conscious choices, thereby taking responsibility for our life's purpose and direction.

January 18

Run In / Mike Spino & Andrea Giacomini

One-day workshop $25

We've designed this workshop to explore our inner process in relation to the physical potentials of running. Using guided fantasy and visualization, art work, zen walk, and training models based on various running gaits and tempos, we will explore our psycho-physical capacities.

January 21

Close Yet Free in Marriage & Other Significant Relationships: Communication Experience for Couples
Gerald Smith

Single evening event

Being free to grow yet close to be intimate is the main dilemma of every important relationship. This talk will include specific "experiences" for creatively coping with this dilemma of keeping a relationship alive.

$10 per couple. 8-10:30 pm, First Unitarian Church, Franklin & Geary Streets, San Francisco.

January 24–25

Altered States of Consciousness Workshop
Bernard S Aaronson

Weekend workshop $50

Throughout our history people have sought mystical states and states of ecstasy. These have been powerful motivating forces which have led people into long sojourns in the desert, long fasts, and other aesthetic practices. Most recently, this has been an important factor in the use of psychedelic drugs and other similar substances.

This workshop will focus on learning meditation, chanting, and auto-hypnosis. Participants will be led through a series of exercises in which they can learn to create and evoke these states in themselves.

The exercises will be derived from both Eastern and Western traditions and will include material from all of the major cultural areas of the world. Each person in the workshop will be encouraged to find his/her own path.

January 24–25

On Friendship / Edward Maupin

Weekend workshop $50

This workshop begins with the assumption that a relationship with a friend can be more intense and rewarding than with a lover. We frequently hold back from experiencing the full depth of friendship lest the energy we feel turn sexual. Conversely, we sometimes turn to sexual interplay when the actual nature of the attraction is more subtle, potentially more rewarding, and involves quite different body systems. During this weekend we will develop wider possibilities through systematic exploration of different body centers, body awareness techniques, examination of beliefs and fears, and interpersonal experiments.

January 25

Bioenergetics / Michael Conant

One-day workshop $30

Working primarily as a group, we'll use bioenergetic, neo-Reichian, and gestalt approaches intensively to center in our bodies and thus deepen vital contact with ourselves and each other. One or two individual bioenergetic sessions may also take place during the day for demonstration purposes.

January 28

Fear / George Pransky & John Enright

Evening workshop

Fear and anxiety seem chronic and widespread. Many of us spend hours a day in, or on the edge of, the experience of fear. We have isolated several points of view about fear, any one of which when thoroughly experienced and absorbed can make a significant difference in the frequency and intensity with which fear will be experienced. In this evening, we will present some of these points of view. Come prepared to work, and possibly even experience a little anxiety on the spot!

Wednesday evening, 7–10:30 pm. $10 per person.
First Unitarian Church, Geary and Franklin Streets, San Francisco.

January 30

Dance as Meditation / Adele Chu Drummond

Single Evening Event

Dance in the East has always been used as a form of meditation. In this workshop we will experience our own watchful awareness through t'ai chi, yoga, and Indonesian movements. Come share your graceful quiet spaces with us.

$5 per person, 8–10:30 pm. First Unitarian Church, Geary and Franklin, San Francisco.

Single Evening Events

(For a complete description of events, see chronological program listings.)

All programs will be held at the First Unitarian Church, Franklin and Geary Streets, San Francisco, unless otherwise noted. Tickets are available at the door as space permits.

Tuesday, January 6

An Evening of Yoga, Philosophy and Techniques
Jinendra Jain and Katherine Da Silva Jain

$3.50 general admission; 8–10:30 pm.
1793 Union Street, San Francisco.

Sunday, January 18

Arnold Weinstein's "Theatre of the Self" Workshop Production

$3.50 general admission; 8 pm.

Wednesday, January 21

Close Yet Free in Marriage & Other Significant Relationships; Communication Experience for Couples
Gerald Smith

$10 per couple; 8–10:30 pm.

Friday, January 30

Dance as Meditation / Adele Chu Drummond

$5 general admission; 8–10:30 pm.

Thursday, February 5

Demythologizing at Mid-Life
Bob Cromey & Helen (Laney) Stephens

$4 general admission; 8–10:30 pm.

Wednesday, February 11

Life Moods / Gabrielle Roth

$5 general admission; 8–10:30 pm.

Friday, February 20

Carnival! / Adele Chu Drummond

$5 general admission; 8–10:30 pm.

Thursday, March 4

Women in Action / Gabrielle Roth

$5 general admission; 8–10:30 pm.

Wednesday, March 10

Life Is an Experience To Be Lived, Not a Problem To Be Solved / Janica Fox

$3 general admission; 8–10:30 pm.
1793 Union Street, San Francisco.

Thursday, March 18

Psychic Liberation / Eleanor Criswell

$3.50 general admission; 8–10:30 pm.
1793 Union Street, San Francisco.

Friday, March 19

Workshop Performance
Anna Halprin & The Dancers' Workshop

$5 general admission; 8–10:30 pm.

January 31

Introduction to Aikido with Emphasis on Centering & Energy Awareness / Robert Nadeau

One-day workshop $15

Aikido is the Japanese art of self-defense with the emphasis placed on centering, harmony, and blending. It is presented as a physical manifestation of the energy and spiritual laws of the universe. We will start with the centering practices in the physical dimension, move to centering as mental awareness, and culminate in meditation with centering as a focus for spiritual unfolding. The workshop will emphasize the relationship between all three levels.

Saturday, 12:30–4:30 pm.

January 31–February 1

A Day of Gurdjieff Studies
Members of the Gurdjieff Foundation of California

This workshop is for serious people who have tried everything and are still uncertain whether to call themselves Christians, Buddhists, Sufis, or something else. This is a once-only program of activity and discussion conducted by the Gurdjieff Foundation of California, preceded by an evening interrogative lecture by Theodore Roszak with Dr Henry Leroy Finch and other guest panelists.

The program includes a residential evening and one day workshop at the Westerbeke Ranch.

Limited to 25 participants. $125

February 1

Discovering the Voice / Kate Fitzmaurice

One-day workshop $25

We will work on freeing the flow of breath and releasing the tension that inhibits resonance and expressiveness. We will also work towards integrating the voice with the whole personality. Limited to twelve people.

February 3–March 2

Body Experience / William Glover

This will be an evening series devoted to experiencing the body. Through a variety of processes and exercises drawn from popular body approaches, we will attempt to become more familiar with and learn from our embodied selves. Disciplines used will be bioenergetics, sensory awareness, and massage. The emphasis will be on getting at one's own experience rather than learning someone else's system. Wear loose clothing.

Five Tuesday evenings, 8–10 pm. $60
1793 Union Street, San Francisco.

February 5

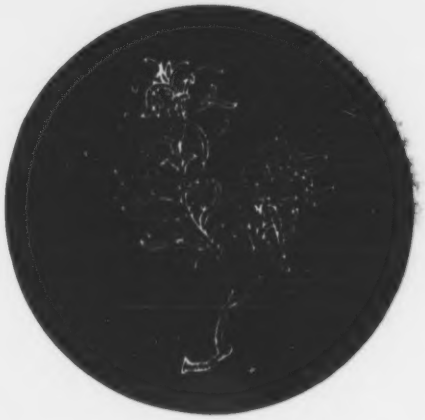
Demythologizing at Mid-Life
Bob Cromey & Helen (Laney) Stephens

Single evening event $4.00 8–10:30 pm

This experiential evening will focus on both the myths and the opportunities of people at mid-life. We will confront the issues of loneliness, changing body image, illness, and dying as well as sexuality, intimacy, joy, and pleasure. People can discover life as fresh and exciting when the richness and maturity of mid-life is accepted in all its fullness.

First Unitarian Church, Geary and Franklin Streets, San Francisco.

FUTURE WORKSHOP ANNOUNCEMENT



April 4, 1976

Festival of the Happy Martial Arts
A Day of Demonstration, Participation and Celebration

9 am–6 pm, Miyako Hotel, Post & Laguna, San Francisco.

dancing the martial arts
introduction to aikido and t'ai chi
fun and games with karate and kung fu
basic self defense for women & men
energy awareness, East & West
the way of the warriors

Some people think of oriental martial arts in terms of Bruce Lee movies and brick breaking demonstrations. Actually, the principles and basic practice of aikido, t'ai chi, kung fu, and others can be usefully applied to everyone's life, leading toward inner calm in facing everyday problems.

This festive day is for those with no experience as well as for practitioners of martial arts who wish to open themselves to new approaches. There will be full scale demonstrations by masters, involving multiple artwork, sword dance, and stick *kata*. Most of the day will be devoted to experiential sessions. The Festival of Martial Arts will be moderated by George Leonard and will feature Robert Nadeau, Al Chung-liang Huang, Betsy Hill, Frank Doran, Gia Fu Feng, Wendy Palmer, and others.

$18 general admission, $15 student (with I D)

February 6–8

Psyche and Symbol / Joseph Campbell

Residential weekend workshop $110

How do we find what C G Jung has termed "our own mythology"? Are the myths by which we think we are living (Biblical, Classical, Oriental, or what not) the actual governors of our lives?

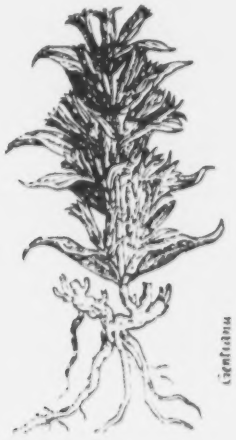
The discussions of this seminar will be based on a series of slide-lectures, introducing and illustrating Jung's theory of the Unconscious, and proceeding to the presentation of examples both of modern individual dream sequences and of traditional mythological quests. The aim will be to demonstrate, at once, the universal and the particular (historically and biographically conditioned) aspects of the materials of all visionary experience, and to arrive at some notion of how we may discover in the contexts of our own activated imaginations creative sources for an enrichment of our lives.

February 7–8

Symbols and Consciousness / Sanford Rosenberg

Weekend workshop $50

Human beings today more than ever live in a symbolic universe. When we consciously look at the world through the lens of our symbols we transform both the world and ourselves. Two of the most powerful sources of symbolic material are dreams and films (the externalized dream). In this workshop we will work with our dreams and film experiences through the use of gestalt, existential analysis, and Jungian work so that they will become vehicles of personal transformation and growth.



February 11

Life Moods / Gabrielle Roth

Share an evening moving with Gabrielle Roth and her musical friends.

$5 per person; 8–10:30 pm.
First Unitarian Church, Geary & Franklin Streets, San Francisco.

February 12

Bioenergetic Analysis with Pairs / John Bellis

Evening workshop $12.50

This workshop will be devoted to the exploration and analysis of characterological blocks which impair the flow of energy and disrupt communication in pairs or couples. It would be helpful if participants have a basic background in bioenergetic understanding of character and of grounding. There will be demonstrations of both individual analysis and of pairs.

Thursday evening; 4–10 pm.

February 14

Approaches to the Feminine: A Workshop for Men & Women
José & Miriam Argüelles

One-day workshop $25

A psychological, mythological, and historical overview of the feminine will be supplemented by meditation, discussion, and creative exercises emphasizing personal rediscovery of the feminine. Subjects to be explored include: the primacy of the feminine; feminine wisdom; feminine and inspiration; feminine and healing; feminine and creativity; and feminine and the unborn masculine.

February 14–15

Demythologizing at Mid-Life
Bob Cromey & Helen (Laney) Stephens

Weekend workshop $50

This seminar is for persons, now at mid-life and beyond, who are grappling with issues of death and dying, sexuality, loneliness, vocational change, divorce, and aging. The purpose is to destroy many of the myths which frighten people at mid-life, including "declining" good looks, changes in sexual activities, difficulties in relating to younger people, death as horror, work as deadly, and relationships as sour. New ways will be presented to make friends, deepen intimacy, and to find joys in the maturing process.

February 15

Pepper Stress Training / Raymond Gottlieb

One-day workshop $25

The "Pepper-Stress" approach was designed initially to help underachieving students in academic, athletic, and artistic abilities. The technique involves setting up tasks which require sensing, remembering, and responding at the level of stimulation. This requires an opening up of abilities. Gradually situations are made more complex and include finer and finer movement tasks. The idea is to develop action motivated by intuition, without thinking. The workshop will teach "stress" games for home practice as well as the theory behind the training.

February 17–March 11

Techniques of the Apprehension of the Beyond:
Vijnana Bhairava Tantra
William Pennell Rock (Swami Anand Veereshwar)

Eight Tuesday and Thursday evenings $75

The *Vijnana Bhairava Tantra* or "Techniques of the Consciousness Beyond" refers to the consciousness that is beyond suffering. It is an ancient Shaivite scripture composed of 112 exercises given by Lord Shiva and reputed to be the basis of all meditation techniques known to the world. The course work will consist of practicing in an ordered fashion the first 24 exercises, including meditations, breathing, centering, and mental disciplines, and discussing their significance and use. Assignments will include practical work and practice of techniques. The text for the course will be Bhagwan Shree Rajneesh's discourses on the text published under the title, "The Book of Secrets."

February 17, 19, 24, 26 and March 2, 4, 9, 11. From 8–10:30 pm at 1793 Union Street, San Francisco.

February 20

Carnival! / Adele Chu Drummond

Single evening event

Come celebrate Carnival with us! We will dance and chant to re-create the atmosphere of Panama, Brazil, and Trinidad at festival time. Wear something festive that you can move in. Children are welcome. Live Latin music.

$5 per person (children free); 8-10:30 pm.
First Unitarian Church, Geary & Franklin Streets, San Francisco.

February 21

Biofeedback and Altered States of Consciousness
Eleanor Criswell

One-day workshop $25

This workshop will focus on biofeedback as it relates to self-exploration, self-development, and altering consciousness. An understanding of biofeedback, how to experience it and how to use your own body signals as feedback, will be included. Participants will experience several different kinds of biofeedback machines.

February 21-22

Breaking Free / Esther Genner

Weekend workshop $50

There are times when we need to break free from old patterns and change our way of being. The break may be an actual separation or a symbolic one; one may leave a situation, place, or person, or one may simply perceive and act differently. Breaking free involves risk and expansion into the new and untried. We will explore ways to do this through gestalt, encounter, and guided fantasy.

February 22

Knowing & Moving the Body
Frank Ottiwell & Giora Pinkas

One-day workshop $25

This workshop will draw on the work of F M Alexander and Moshe Feldenkrais in mobilizing and re-educating the body/self. Techniques to improve postural alignment and release blocked energy will be taught individually and applied to such everyday activities as sitting, standing, walking, and bending. Group exercises, performed within each individual's range of ease and enjoyment, will be used to increase kinesthetic awareness and to show the use of awareness and movement as self-teacher.

February 28

Centering to Energy Awareness to Meditation
Robert Nadeau

One-day workshop $25

Awareness begins with the self. Centering is the doorway to the energy activity of the universe. Energy is the common denominator of the universe and energy awareness is the basis for meditation. This will be a day-long session emphasizing a natural practice pattern for awareness.

February 28-29

Beginning Again / Gerald Smith

Weekend workshop $50

This workshop is designed for people coming out of divorce or an important nonmarital relationship. Focus won't be on the pain of the past but on making the most of right now and the life ahead. There will be both large and small group experiences with some serious as well as pleasurable work.

February 29

Reflexology / Anna Kaye

One-day workshop $25

Reflexology or "zone therapy" is based on the theory that energy travels in the body in "zones" or patterns which connect reflexes in the feet to organs in the body. In this theoretical and experiential workshop Anna Kaye will demonstrate methods of stimulating these reflexes by specialized massage work on the feet.

March 4

Women in Action / Gabrielle Roth

Single evening event

This event is being created to experience the nature of feminine strength and how it moves in the world.

$5 per person; 8-10:30 pm.
First Unitarian Church, Geary & Franklin Streets, San Francisco.

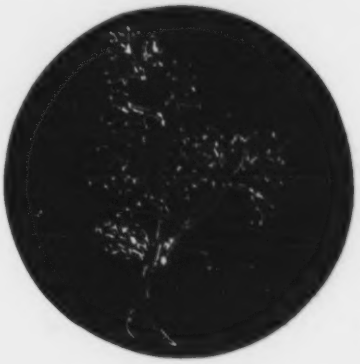
March 6-7

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

Weekend workshop $60

In an increasingly alienated world, where mechanical ease often makes communication shallower, many of us are eager to find more meaningful contact both with ourselves and with others, and with our activities whatever they may be. We would like really to get *in touch*. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and discard the techniques and defenses we have come to rely on—when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

In this workshop, which will be devoted to practice rather than theory, a beginning will be made in exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents.



Dill - Anethum graveolens

March 6–7

Workshop for Body Therapists / Richard Heckler

Weekend workshop $50

This workshop is designed for persons currently working in or studying the body therapies of massage, polarity therapy, rolfing, shiatsu, reflexology, acupuncture, or related mind/body therapies. Emphasis will be placed on ways to read and approach bodies, and the ability to operate and work from a center that increases energy flow and economizes effort. Ways to ground ourselves and stay clear from unwanted toxins will also be practiced.

March 10

Life Is an Experience To Be Lived, Not a Problem To Be Solved / Janica Fox

Single Evening Event

We all spend time and energy mulling over the problems of the past and worrying about the problems of the future. This can so consume our energy that we forget how to focus and be aware of our moment to moment, ever fascinating experience of the present. Come and spend an evening relearning that precious ability.

$3 per person, 8–10:30 pm, 1793 Union Street, San Francisco.

Spring 1976

Advanced Massage Seminar / Jane Walter

$200 16 sessions

This seminar is designed for those interested in exploring and expanding the concept and use of massage in healing ourselves and others. It will bring together specialists in various approaches to massage. Each of the contributors will offer three or four classes in their area of specialization, which will include theory, demonstration, and supervised practice sessions so that the participants will have an experiential appreciation of the material.

Contributors will include the following:

Jane Walter, masseuse, will present her work in the Esalen style of massage. Her work will focus on joint work as well as individualized, intuitive massage.

Jacques de Langre, author of two books on *Do-In*, will discuss this system of diagnostic and restorative self-massage.

Marion Rosen, a physical therapist with thirty-five years' experience, will describe her work and the use of massage to free the breathing process.

Ray Stubbs, masseur and staff member at Devta, will present his approach to shiatsu.

These classes are open to the public. For further information, contact Jane Walter, program coordinator, through the Esalen San Francisco office.

March 12–14

Inner Visions and Explorations with Hypnosis / Lee Pulos

Weekend workshop $50

The theme of this workshop will be both educational and exploratory. Participants will be taught a variety of hypnotic and self-hypnosis techniques that can be used on an ongoing basis after the workshop is over. Each person will experience hypnosis and the opportunity to hypnotically induce dreams, program for habit changes, and to get in touch with subconscious motivation through automatic writing and ideo-motor questioning. The exploratory aspects will deal with extending our consciousness into paranormal and psychic dimensions. An added emphasis will be to teach participants hypnotic-visualization techniques for self-healing and health management.

March 13

The Innerspaces of Running: A New Approach to Running Mike Spino

One-day workshop $25

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, inner space development, and creativity in quest for extraordinary experiences. Each person will receive an individual consultation and have the opportunity to continue towards personal goals on an ongoing basis.

March 13–14

Giving a Gift: Massage for Couples / Ray Stubbs

Weekend workshop $90 per couple

Massage enhances our awareness of the caring and erotic aspects of personal relationships. We will explore material designed to increase our awareness of our physical and emotional body. This will be a weekend of sharing with your partner, learning to give and receive a gift of pleasure.

March 18

Psychic Liberation / Eleanor Criswell

Single evening event

This workshop will explore ways to liberate psychic capacity from our habitual modes of consciousness. Using a variety of techniques, such as biofeedback, optokinetic training, concentration and meditation, Kirlian photography, I Ching, and various parapsychological techniques, we will move toward awakening and enhancing psychic awareness in our everyday lives.

Thursday evening; 8–10:30 pm; $3.50
1793 Union Street, San Francisco.

March 19

Workshop Performance
Anna Halprin & The Dancers' Workshop

Single evening event

The Dancers' Workshop has a new performing group and a new performance concept called workshop performance. This concept combines the theatrical values of the Dancers' Workshop performance with learning and participation appropriate to a workshop. Participants will both witness the performing group present a dance and also have the opportunity to do a dance themselves.

$5 per person; First Unitarian Church, Geary and Franklin Streets, San Francisco.

March 20

The Mandala as a Life Force / Carol Davis

One-day workshop $25

Living within the boundaries of the circle of the mandala (which is the self) requires grace and balance. Keeping the center in place is an art. The mandala presents the discipline of its rhythmical pattern moving like the spokes of a turning wheel. During a life this wheel picks up moss, rock, sadness, or anger which may become obstacles to the smooth turning unless they are treated properly. The design of the workshop is to use the art of creating mandalas along with psychosynthesis techniques, guided fantasy, dance, and dialog to discover, bless, and overcome obstacles. No art talent or experience is necessary. Bring your favorite art materials if you have them.

March 20–28

Demystifying the Group Process
David Schiffman & Dee Mundschenk

Extended growth program $150

This program will provide an opportunity to explore the basic elements underlying group process and individual growth. We will examine techniques, strategies, and theoretical components inherent in all forms of personal interaction and the use of specific themes in facilitating focus and flow in group sessions. Some of the themes to be covered include: *Growth Through Risk Taking; The Creative Use of Passion and Struggle; The Transmutation of Sexually Embodied Roles; Integrating Transcendent Energy with Personal Forms and Behavior; Witnessing Pain Without Becoming It;* and *The Healing Aspects of Humor.* We will work within an experiential and didactic framework with each participant having the opportunity to utilize newly synthesized skills and information by acting in the capacity of group leader. This workshop is particularly useful for people in the helping professions. However, it is open to anyone who would like to clarify and refine his/her understanding of a process which has normally been considered too intuitive to be grasped cognitively.

This workshop will consist of two weekend workshops, March 20–21 and March 27–28, and four evenings, March 22, 23, 25, and 26, from 8 to 10:30 pm.

March 21

Shiatsu Workshop / Kathy Dickman

One-day workshop– $25

Shiatsu (Japanese pressure-point therapy) reaches deeper than surface massage to release tense areas of blocked energy. It becomes a refined form of body work when both participants focus their awareness on a single point, the giver applying pressure from the outside as the receiver lets go from the inside. Giving, you learn to "listen" with your hands: receiving, you learn to consciously release tense places at your own speed.

March 27–28

Breath and Self / George Downing

Weekend workshop $50

Unlocking the breath can rapidly put us in touch with a deeper sense of who we are.

Combining a number of verbal and nonverbal approaches including bioenergetics, massage, and gestalt, we will explore, separately and together, our rhythms of feeling, expression, contact, and creativity.

March 27–28

Tennis Flow / Dyveke Spino

Weekend workshop $50

This workshop incorporates principles of physical fitness training, body awareness and movement techniques, and imagery along with traditional tennis methods. It is an integration of Ms Spino's five-point formula in her holistic approach to the sport, consisting of: *a)* strength training, *b)* flexibility, *c)* endurance, *d)* sensing, *e)* inner-space. The overall effect is a more pleasureful, effective, and personally significant tennis game. Bring your racquet and a can of tennis balls. Limited to 20 people.

Of Some Approaches to Human Growth Used in this Catalog

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement, and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement*—to have life energy freely available and flowing, not blocked. *Awareness*—to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility*—to know and act on the principle that I am the one who acts, thinks, and feels whatever it may be that I act, think, or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participants. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

STRUCTURAL INTEGRATION (ROLFING)

Structural Integration or Rolfing is a method of deep manipulation of the musculo-skeletal system that aims at balancing the major segments of the body. We have learned that connective tissue (fascia, tendons, ligaments) can be lengthened by palpation and direct manipulation; this makes it possible to reorganize the basic body lines. A properly organized body will be subject to less stress and will move in a more economical way. Structural Integration has a second principle: posture is behavior. Humans are psychophysical organisms; one cannot divorce their physical from their psychological functions. When you change the structure, you change the function.

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Of Some Approaches to Human Growth Used in this Catalog

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man/woman within an evolving universe. Starting with each person's existential situation as he or she perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

MASSAGE

Massage is a healing art. It is practiced to help the body relax, to release tensions, to balance the energy flow, and to soothe the being with gentle caring. Massages are given individually; workshops, classes, and private lessons are available.

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow, and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

SHIATSU MASSAGE

Shiatsu massage is the oriental healing art in which the hands are used to apply pressure to acupuncture points over the entire body, allowing the springs of life to flow.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling, and relationship. The body is viewed as an energetic process that participates as the world *in* the world of instinctual, social, imaginative, and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

Center for Energetic Studies

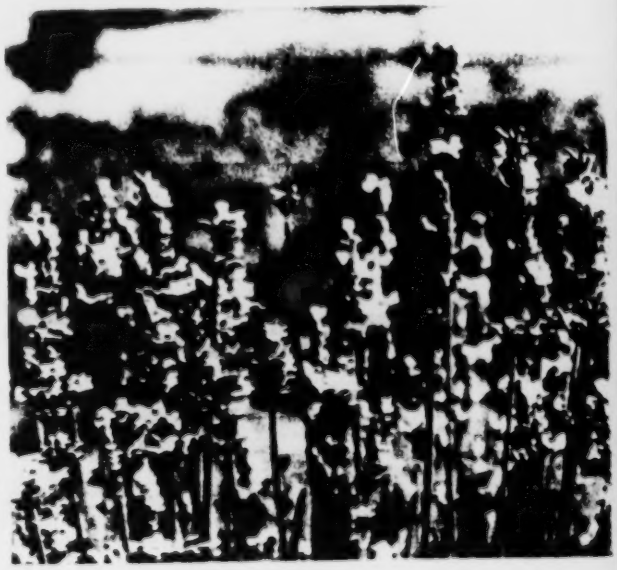
for the Study of the Life of the Body

The Center for Energetic Studies, under the direction of Stanley Keleman, is a program of teaching, workshops, and publishing concerning the development of bodily process as the basis for life—how individuals form both themselves and their worlds.

Programs during the coming year are the preparation and ground for a biological learning community, and will be led by Keleman and other leaders whose perspective is that the way we live our bodies expresses the human condition. In addition to the following programs, extended study programs are currently being conducted at the Center.

For information and registration concerning Center programs, contact:

Center for Energetic Studies
1645 Virginia Street
Berkeley, California 94703
(415) 647-4011



Lavender - Lavandula Vera

PROGRAMS WITH STANLEY KELEMAN

February 6–April 9

Anatomy of Feeling: A Practical Approach to the Layers of the Body
Stanley Keleman & Shelly Hendler

What does it mean to work with a body? One must be familiar with the inside. This is a ten-week course on the connection between human anatomy and human emotions. Using material from the medical sciences, the course is set up to initiate us into viewing the inside of the body as we go down, layer by layer, to show the organization, system by system, skin to bone. Through a unique combination of visual materials, the insides of our bodies will be in front of us to see and learn from. Included will be a film series on the dissection of the body, and visual presentations on the relation of structure to function at all levels. The course will be taught jointly by Stanley Keleman and Shelly Hendler, professor of biochemistry and research consultant to the Salk Institute in molecular biology, and is structured to provide a fundamental understanding of the body as the basis for feeling. This course is a primary and original alternative to the prevailing mechanical view of the body, and is recommended to anyone working with the body as a living organism.

The program will consist of ten meetings. Discussion and visual material will be combined each evening to unfold the structure, organization, and function of cells, skeleton, muscles, organs, membranes—how the body's layers relate to feeling and character. Emphasis will be on the practical considerations of what it means, anatomically and emotionally, to work with the body through touch, breath, and movement.

Ten Friday evenings, beginning February 6. Tuition, $200. To register, send a $50 advance deposit to the Center.

February 22, March 28

How to Understand and Work with the Living Body
Stanley Keleman

Two one-day workshops $40 each day

Two workshops with Stanley Keleman, for doing direct bodily work. Registration may be in either or both days. To register, send a $20 per day advance deposit to the Center.

Sundays, 10 am–5 pm.

ADDITIONAL PROGRAMS OF THE CENTER

January 12–February 2

Body and Identity / Ian Grand

Four-evening workshop $50

This evening program focuses on the relationship between bodily attitudes and identity using approaches developed at the Center. We will work with the bodily identity we maintain in the world, and the feelings that emerge as we experience ourselves differently.

Monday evenings, January 12, 19, 26 and February 2, 7–10 pm.

January 29–February 19

Opening Movement/Dance / Tamara Greenberg

Four-evening workshop $25

This series of ongoing evening workshops will encourage a fuller range of expressive movement, alone and with others.

Thursday evenings, January 29, February 5, 12, and 19, 7:30–10 pm

February 9–11

Open Bioenergetic Workshop / John Bellis

Three-evening workshop $50

This bioenergetic workshop with John Bellis, senior training analyst at the New York Institute for Bioenergetic Analysis, will include both demonstration and group experience. Dr Bellis emphasizes the creative use of the voice in his methods.

Monday, Tuesday, and Wednesday evenings, 7–10 pm

February 15

Self-Experience / Ian Grand

One-day workshop $25

Using techniques developed at the Center, we will work with how we experience ourselves bodily, how we learn from ourselves, and how we create our reality by our sensations, movements, and expressions.

Sunday, 10 am–6 pm.

March 6

Dance/Movement Workshop / Tamara Greenberg

One-day workshop $25

Participants will explore areas of contact, privacy, feeling, and self-expression using movement to heighten their experience of themselves and each other.

Saturday, 10 am–5 pm.

March 13–14

Open Bioenergetic Workshop / Paul Aikin

Weekend workshop in Davis, California $50

Through working individually and in a group with procedures developed at the Center, this workshop will deal with the way we live in our bodies and express our emotions.

Saturday and Sunday, 10 am–5 pm.

ESALEN CALENDAR

PROGRAMS IN SAN FRANCISCO

JANUARY

Jan 3–4	Exploring Astrological Archetypes / Jim Shere & Yanni Toussulis (weekend workshop) p 4
Jan 4	You Can't Get Enough of What You Don't Really Want (Creating the Space to Lose Weight) / Barbara Clemans (one day workshop) p 4
Jan 6	An Evening of Yoga, Philosophy and Techniques / Jinendra Jain & Katherine da Silva Jain (evening lecture) p 4
Jan 7–Feb 11	Continuing Gestalt Group / Zoe Snyder (six Wednesday evenings) p 4
Jan 10	Rediscovering Your Vision / Raymond Gottlieb (one day workshop) p 4
Jan 10–11	Extending Our Frontiers Through Yoga / Jinendra Jain & Katherine da Silva Jain (weekend workshop) p 5
Jan 11	Touching: A Massage Workshop / William Glover (one day workshop) p 5
Jan 12–16	Energy Responsibility: A Synthesis of Bioenergetics & Gestalt / Alan Schwartz & Virginia Wink (five day workshop) p 5
Jan 12–Feb 2	Body and Identity / Ian Grand (four Monday evenings) p 13
Jan 16–18	Theatre of the Self / Arnold Weinstein (weekend workshop) p 5
Jan 16–18	Cross-Country Skiing / Dick Strong & Ann (Cricket) MacKinlay (residential three day workshop) p 5
Jan 17	Psychosynthesis: A Choice Workshop / Lenore Lefer (one day workshop) p 5
Jan 18	Workshop Production / Arnold Weinstein (evening performance) p 5
Jan 21	Close Yet Free in Marriage & Other Significant Relationships: Communication Experience for Couples / Gerald Smith (single evening event) p 5
Jan 24–25	Altered States of Consciousness Workshop / Bernard Aaronson (weekend workshop) p 6
Jan 24–25	On Friendship / Edward Maupin (weekend workshop) p 6
Jan 25	Bioenergetics / Michael Conant (one day workshop) p 6
Jan 28	Fear / George Pransky & John Enright (evening workshop) p 6
Jan 29–Feb 19	Opening Movement / Dance / Tamara Greenberg (four Thursday evenings) p 13
Jan 30	Dance as Meditation / Adele Chu Drummond (single evening event) p 6
Jan 31	Introduction to Aikido with Emphasis on Centering & Energy Awareness / Robert Nadeau (one day workshop) p 7
Jan 31–Feb 1	A Day of Gurdjieff Studies / Theodore Roszak & Gurdjieff Foundation (residential one day workshop) p 7

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ESALEN CALENDAR

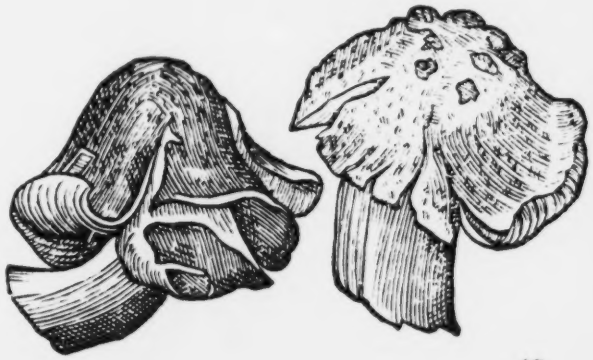
PROGRAMS IN SAN FRANCISCO

FEBRUARY

Feb 1	Discovering the Voice / Kate Fitzmaurice (one day workshop) p 7
Feb 3-March 2	Body Experience / William Glover (five Tuesday evenings) p 7
Feb 5	Demythologizing at Mid-Life / Bob Cromey & Helen (Laney) Stephens (single evening event) p 7
Feb 6-April 9	Anatomy of Feeling: A Practical Approach to the Layers of the Body / Stanley Keleman & Shelly Hendler (ten Friday evenings) p 13
Feb 6-8	Psyche & Symbol / Joseph Campbell (residential weekend workshop) p 8
Feb 7-8	Symbols & Consciousness / Sanford Rosenberg (weekend workshop) p 8
Feb 9-11	Open Bioenergetic Workshop / John Bellis (three evening workshop) p 13
Feb 11	Life Moods / Gabrielle Roth (single evening event) p 8
Feb 12	Bioenergetic Analysis with Pairs / John Bellis (evening workshop) p 8
Feb 14	Approaches to the Feminine: A Workshop for Men and Women / José & Miriam Argüelles (one day workshop) p 8
Feb 14-15	Demythologizing at Mid-Life / Bob Cromey & Helen (Laney) Stephens (weekend workshop) p 8
Feb 15	Self-Experience / Ian Grand (one day workshop) p 13
Feb 15	Pepper Stress Training / Raymond Gottlieb (one day workshop) p 8
Feb 17-March 11	Techniques of the Apprehension of the Beyond: Vijnana Bhairava Tantra / William Pennell Rock (Swami Anand Veereshwar) (eight Tuesday & Thursday evenings) p 8
Feb 20	Carnival! / Adele Chu Drummond (single evening event) p 9
Feb 21	Biofeedback & Altered States of Consciousness / Eleanor Criswell (one day workshop) p 9
Feb 21-22	Breaking Free / Esther Genner (weekend workshop) p 9
Feb 22	Knowing & Moving the Body / Frank Ottiwell & Giora Pinkas (one day workshop) p 9
Feb 22	How to Understand and Work with the Living Body / Stanley Keleman (one day workshop) p 13
Feb 28	Centering to Energy Awareness to Meditation / Robert Nadeau (one day workshop) p 9
Feb 28-29	Beginning Again / Gerald Smith (weekend workshop) p 9
Feb 29	Reflexology / Anna Kaye (one day workshop) p 9

MARCH

March 4	Women in Action / Gabrielle Roth (single evening event) p 9
March 6	Dance/Movement Workshop / Tamara Greenberg (one day workshop) p 13
March 6-7	Towards a More Sensitive Relating / Charlotte Selver & Charles Brooks (weekend workshop) p 9
March 6-7	Workshop for Body Therapists / Richard Heckler (weekend workshop) p 10
March 10	Life Is an Experience To Be Lived, Not a Problem To Be Solved / Janica Fox (single evening event) p 10
March 12-14	Inner Visions & Explorations with Hypnosis / Lee Pulos (weekend workshop) p 10
March 13	Innerspaces of Running: A New Approach to Running / Mike Spino (one day workshop) p 10
March 13-14	Open Bioenergetic Workshop / Paul Aikin (weekend workshop) p 13
March 13-14	Giving a Gift: Massage for Couples / Ray Stubbs (weekend workshop) p 10
March 18	Psychic Liberation / Eleanor Criswell (single evening event) p 10
March 19	Workshop Performance / Anna Halprin & The Dancers' Workshop (single evening event) p 10
March 20	The Mandala as a Life Force / Carol Davis (one day workshop) p 10
March 20-28	Demystifying the Group Process / David Schiffman & Dee Mundschenk (two weekends & four evenings) p 11
March 21	Shiatsu Workshop / Kathy Dickman (one day workshop) p 11
March 27-28	Breath and Self / George Downing (weekend workshop) p 11
March 27-28	Tennis Flow / Dyveke Spino (weekend workshop) p 11
March 28	How To Understand and Work with the Living Body / Stanley Keleman (one day workshop) p 13



ESALEN CALENDAR

PROGRAMS IN BIG SUR

Week of January 4

Jan 4-9	Renascence / M Butler (5 day) p 19
Jan 4-9	Your Personal Resurrection / P Rebillot (5 day) p 19
Jan 4-9	Hypnotherapy & Movement / E & N Miller (5 day) p 19
Jan 4-9	Training Workshop in Responsible Energy / A Schwartz (5 day) p 19
Jan 9-11	Body Energy & Self Expression / H Prestera & R Kurtz (weekend) p 20
Jan 9-11	Yoga for Modern Living / J Kramer (weekend) p 20
Jan 9-11	Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi / A Huang (weekend) p 20
Jan 9-11	Experiencing Esalen / Esalen Staff (weekend) p 20

Week of January 11

Jan 11-16	A Gestalt Workshop / J Stevens (5 day) p 20
Jan 11-16	Embrace Tiger, Return to Mountain: The Watercourse Way-T'ai Chi / A Huang (5 day) p 20
Jan 11-16	Gestalt Workshop / Esalen Staff (5 day) p 20
Jan 11-30	Experience of Esalen / J Zuckerman (3 week) p 20
Jan 16-18	Boundaries of Liberation for Men & Women / J Doyle (weekend) p 20
Jan 16-18	Centering / R Nadeau (weekend) p 20
Jan 16-18	Introduction to Selective Awareness & Self-Hypnosis / E Miller (weekend) p 20

Week of January 18

Jan 18-23	A Week with Will Schutz (5 day) p 21
Jan 18-23	Gestalt Practice / R & C Price (5 day) p 21
Jan 18-23	Opening the Feelings: A Neo-Reichian Radix Workshop / R Andes, S Mishler, & J Teague (5 day) p 21
Jan 18-30	Contact & Communication / J & B Silverman (12 day) p 21
Jan 23-25	Physics & Consciousness / M Murphy, J Sarfatti, S Sirac, F Wolfe, G Leonard, P Slessel, & J King (weekend) p 21
Jan 23-25	A Weekend with Will Schutz (weekend) p 21
Jan 23-25	Experiencing the Wisdom of the Body / B Clemans (weekend) p 21

Week of January 25

Jan 25-30	The Christian Myth Revisited / J Campbell & S Keen (5 day) p 21
Jan 25-30	A Tender Invitation / H Sloan (5 day) p 21
Jan 30-Feb 1	Experiencing Esalen / Esalen Staff (weekend) p 23
Jan 30-Feb 1	My Body Is My Temple / G Roth (weekend) p 23
Jan 30-Feb 1	Centering, Self Awareness, & the Spirit of Play / B Kriegel (weekend) p 23
Jan 30-Feb 1	Growth Through Risk Taking / D Schiffman (weekend) p 23

Week of February 1

Feb 1-6	Growth Through Risk Taking / D Schiffman (5 day) p 23
Feb 1-6	Liberation Issues: For Men & Women / J Doyle (5 day) p 23
Feb 1-6	Energy: Meditation Self Regulation Synthesis / B Gunther (5 day) p 23
Feb 1-27	Holistic Medicine & Traditional Healing / J & S Grof & K Pelletier (4 week) p 24
Feb 6-8	Introducing Humanology: A Journey Deep into the Self / Harvey & Comeau (weekend) p 25
Feb 6-8	Meltingintwone / B Gunther (weekend) p 25
Feb 6-8	Experiencing Esalen / Esalen Staff (weekend) p 25

Week of February 8

Feb 8-13	Renascence / M Butler (5 day) p 26
Feb 8-13	Personal Style & Personal Gestalt / J Downing (5 day) p 26
Feb 8-13	The Politics of Peace (of MIND) / J Lederman (5 day) p 26
Feb 13-15	Experiencing Esalen / Esalen Staff (weekend) p 26
Feb 13-15	Holistic Treatment of Cancer Patients / C & S Simonton (weekend) p 26
Feb 13-15	Your Life as Dance / A Halprin & X Nash (weekend) p 26

ESALEN CATALOG

PROGRAMS IN BIG SUR

Week of February 15

Feb 15-20	Experiencing Esalen / Esalen Staff (5 day) p 26
Feb 15-20	Contact & Communication / J & B Silverman (5 day) p 26
Feb 15-20	God, Sexual Energy, & Your Body / G Roth (5 day) p 26
Feb 20-22	Shamanism Workshop / M Harner (weekend) p 27
Feb 20-22	Opening the Feelings: A Neo-Reichian Radix Workshop / L Dillon, R Andes, & G Barnum (weekend) p 27

Week of February 22

Feb 22-27	Leadership Training / W Schutz (5 day) p 27
Feb 22-27	The Gestalt Process: I would like to free myself from limitations! / J & C Rosner (5 day) p 27
Feb 22-27	Centering / R Nadeau (5 day) p 27
Feb 27-29	Interpersonal Sensing / S Surpin (weekend) p 27
Feb 27-29	Your Most Precious Beliefs and Their Detection / J & A Lilly (weekend) p 27
Feb 27-29	The Gestalt Process: I would like to free myself from limitations! / J & C Rosner (weekend) p 27
Feb 27-29	Tuning In / J Zuckerman (weekend) p 27

Week of February 29

Feb 29-March 5	Esalen/Big Sur closed
March 5-7	Workshop on Energy Consciousness / S Surpin (weekend) p 28
March 5-7	Experiencing Esalen / Esalen Staff (weekend) p 28
March 5-7	Growth Through Risk Taking / D Schiffman (weekend) p 28
March 5-7	Meditation Weekend / R Nadeau (weekend) p 28

Week of March 7

March 7-12	Renascence / M Butler (5 day) p 28
March 7-12	Energy Awareness / B Gunther (5 day) p 28
March 7-April 9	The Inner Road to Health—Approaches to Healing & Self-Healing / A Drucker, B Braunstein, C Price, D Price, & Esalen Staff (5 week) p 29
March 7-26	Western Roundup—A Pioneer Project / M Conway (3 week) p 28
March 12-14	The Living Spirit in the Eclectic Community / S & S Singer (weekend) p 30
March 12-14	Pathways to Sensuality / S Kars & J Newman (weekend) p 30
March 12-14	Experiencing Esalen / Esalen Staff (weekend) p 30

Week of March 14

March 14-19	Woman to Woman / Man to Man / D Mundschenk & D Schiffman (weekend) p 30
March 14-19	Experiencing Esalen / Esalen Staff (5 day) p 30
March 14-19	Feldenkrais & Massage / B Clemans (5 day) p 30
March 19-21	Basic T'ai Chi Massage / J Unell (weekend) p 31
March 19-21	Opening the Feelings: A Neo-Reichian Workshop / L Dillon (weekend) p 31
March 19-21	Towards a More Sensitive Relating / C Selver & C Brooks (weekend) p 31

ESALEN CALENDAR

PROGRAMS IN BIG SUR

Week of March 21

March 21-26	Opening the Feelings: A Neo-Reichian Workshop / L Dillon (5 day) p 31
March 21-26	A Tender Invitation / H Sloan (5 day) p 31
March 21-26	Towards a More Sensitive Relating / C Selver & C Brooks (5 day) p 31
March 26-28	Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi / A Huang (weekend) p 31
March 26-28	Herbs—Ancient Healers for the New Age / M Tierra (weekend) p 31

Week of March 28

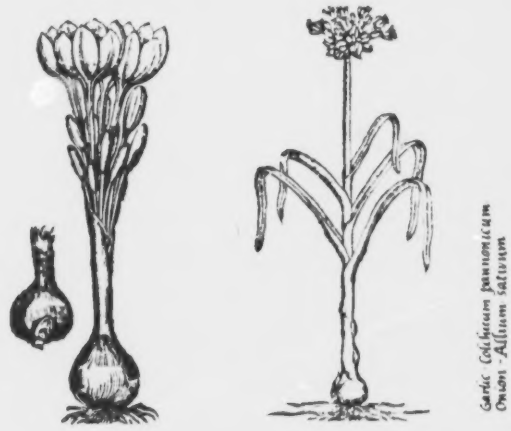
March 28-April 2	A Week with Will Schutz (5 day) p 31
March 28-April 2	Gestalt Practice / R & C Price (5 day) p 31
March 28-April 2	Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi / A Huang (5 day) p 31
April 2-4	A Weekend with Will Schutz (weekend) p 32
April 2-4	Energy / B Gunther (weekend) p 32
April 2-4	Exploration & Integration / A & J Fox (weekend) p 32

Week of April 4

April 4-9	Renascence / M Butler (5 day) p 32
April 4-9	Opening the Feelings: A Neo-Reichian Radix Workshop / C & E Kelley & M Dunlap (5 day) p 32
April 4-9	Exploration & Integration / A & J Fox (5 day) p 32
April 9-11	Changing Courses in Midstream / J Gaines (weekend) p 32
April 9-11	Exploring Self Acceptance / D Schiffman (weekend) p 32
April 9-11	We Are All Dancers / B Fuller (weekend) p 32
April 9-11	Centering, Self Awareness, & the Spirit of Play / B Kriegel (weekend) p 32
April 9-11	Interpersonal Sensing / S Surpin (weekend) p 32

Week of April 11

April 11-16	Experiencing Esalen / Esalen Staff (5 day) p 33
April 11-16	Getting in Touch—Open Gestalt / F Rubenfeld (5 day) p 33
April 11-16	We Are All Dancers / B Fuller (5 day) p 33
April 11-16	Group Mind—Bodyfield Energy Mind / M Kimmey (5 day) p 33
April 11-16	Gestalt Practice / R & C Price (5 day) p 33
April 16-18	Experiencing Esalen / Esalen Staff (weekend) p 33
April 16-18	Cooking as a Sensory Feast / M Ratcliffe (weekend) p 33
April 16-18	You & Universal Motion / R Nadeau (weekend) p 33
April 16-18	Introduction to Gestalt Practice / J Fiore (weekend) p 33



Week of April 18

April 18-23	Massage Intensive / Esalen Massage Crew (5 day) p 33
April 18-23	Experiencing the Wisdom of the Body / B Clemans (5 day) p 33
April 18-23	Gestalt Practice / R & C Price (5 day) p 33
April 18-23	Opening the Feelings: A Neo-Reichian Workshop / L Dillon (5 day) p 33
April 18-25	The Rites of Passage: A Seven Day Pilgrimage Through the Big Sur Wilderness / D Schiffman & D Mundschenk (7 days) p 33
May 2-28	Schizophrenia & the Visionary Mind / S & J Grof (4 week) p 34

PROGRAMS IN BIG SUR

Week of January 4-9

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual, and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. Emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. $270

Your Personal Resurrection / Paul Rebillot

To suffer one's death and be reborn is not easy.

—Fritz Perls

The Time: Moving into 1976
The Place: Big Sur
The Theme: Death and dying; Life and living
The Script: Gestalt, magic, improvisation, meditation, movement, and song
The Cast: You and me
$270

Hypnotherapy & Movement / Emmett & Nitza Miller

To us, therapy is a means for capturing the spirit and momentum of enjoyable experiences in the past and projecting them into the future. Further, it allows us to trace maladaptive patterns—symptoms, habits, emotions, and blocks—to their source, as far back as infancy or further, and extinguish them.

Participants will learn to enter and use the hypnotic state for relaxation, imagery, and age regression. Movement will be used to help intensify emotional experiences, to transmit desirable self-concepts to the body, and to develop means of truly enjoying the body. Of special interest will be multiple experiences of going from a desirable mental image in hypnosis directly into a full movement experience, without pausing at the "waking" level. $270

Training Workshop in Responsible Energy / Alan Schwartz

This is training for those having sufficient background in professional workshops and/or therapy practice using energy techniques or gestalt. In addition to theoretical and practical input about energy techniques, participants will work with each other in dyads. Emphasis will be on integrating energy work with specific interests of participants. Application of responsible energy techniques to therapy, education, and other helping professions will be discussed and experienced. $270

Weekend of January 9-11

Body Energy & Self Expression
Hector Prestera & Ron Kurtz

Bioenergetics, gestalt, physical character analysis, and guided fantasy as well as concepts from acupuncture and rolfing will be utilized to assist participants in contacting and freeing their body blocks and opening the way to "feelingful" and balanced self expression. $110

Yoga for Modern Living / Joel Kramer

This workshop on the physical, psychological, and spiritual aspects of yoga is geared to make yoga meaningful as a tool for the adventure of self-exploration in day-to-day living.

This approach teaches you to be in touch with yourself as a living process and to tune into the energy systems of your mind and body so that you rapidly become your own teacher.

The workshop combines hatha yoga (the physical) and jnana yoga (the mental-psychological) in an approach that explores the "edge" or frontiers of the Self both mentally and physically.

Friday night: Introductory lecture-demonstration
Saturday: Two sessions of hatha yoga, three sessions of jnana yoga
Sunday: Two sessions of hatha yoga, one session of jnana yoga
$110

Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi
Al Chung-liang Huang

An introduction to t'ai chi and creative Taoist philosophy as explained and exemplified in the book, *Tao: The Watercourse Way* by the late Alan Watts and Al Chung-liang Huang, and in Huang's book, *Embrace Tiger, Return to Mountain.* The meeting of East and West will be explored in terms of everyday living, of transforming intellectual understanding of the East into action, and of making useful applications to the way of life in the West.

". . . here it will become apparent to many who used to look down upon body as a hindrance or an encumbrance of the spirit, that the body in its very movements can be a deeper revelation of the essence of our being than all our religious and philosophical assumptions. What Al Huang demonstrates and teaches is that the inspired body is a manifestation of universal forces which flow through us, unless we block them by our arbitrary judgments and short-sighted aims and intentions. He teaches us to flow with the Tao and to restore the lost harmony of our lives."

—Lama Anagarika Govinda

$110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 23 $100

Week of January 11-16

A Gestalt Workshop / John Stevens

For me, gestalt is more a way of living than a therapy—something you do with others, not to them. Individual gestalt awareness work will be our major focus. We will also do some t'ai chi as a way of exploring balance and centering in our lives, and as a metaphor for psychological balance and centering in the present moment of experience. $270

Gestalt Workshop / Esalen Staff

$240

Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi
Al Chung-liang Huang

For workshop description see January 9-11. $270

January 11-30
Experience of Esalen
Janet Zuckerman & Esalen Staff

During the past several years the Experience of Esalen workshops have offered people an opportunity to sample, taste, and touch on a variety of nourishing and unique experiences intrinsic to Esalen. However, they are usually offered in the form of a weekend or a week. Now for the first time we have designed a three week format to bring you MORE.

The emphasis is on finding those approaches to self-awareness that work. We will use all our available resources . . . gestalt . . . soft encounter . . . bioenergetics . . . massage . . . body movement . . . yoga . . . meditation . . . caring . . . love and humor. $820

Weekend of January 16-18

Boundaries of Liberation for Men & Women
Jacqueline Larcombe Doyle

Through encounter, gestalt, and psychodrama techniques we will examine the issues which underlie our choice of mode (from traditional to liberated) for relating to our friends and mates. We will explore the boundaries of our concept of self and sex role. $110

Centering / Robert Nadeau

Being centered is working in harmony with yourself. It is applicable in everything—movement, sports, working, teaching, meditation—all aspects of living. We'll learn to recognize and function from center in the midst of daily activities and pressures. $110

Introduction to Selective Awareness & Self-Hypnosis
Emmett Miller

The present-day student of health is confronting the possibility that the vast majority of physical disease patterns and essentially all psychological problems are the result of faulty programming of the "Human Biocomputer." Yet seldom can either physician or patient make use of this theory. The reason for the paradox is simple: you must know the language in order to talk to a computer (garbage in; garbage out). Selective awareness is self-applied, using your conscious mind—in a state of deep relaxation and concentration—to systematically explore and experience your world of experience and memory within. We will investigate selective consciousness through auto-suggestion; the elimination of unwanted symtoms, habits, and emotional response patterns; effective learning, listening, and communication; and body awareness. $110

Week of January 18-23

A Week with Will Schutz / Will Schutz

Within the format of an encounter group we shall explore many body methods, intrapsychic techniques, demonstrations, and theoretical discussions relevent to whatever happens in the group. Humor is allowed in this group. $300

Gestalt Practice / Richard & Christine Price

Perfect like Great Space
the Way has nothing lacking, nothing in excess.
Truly because of our accepting and rejecting
We have not the suchness of things.
—Sengtsan (3rd Zen Patriarch)

What is, is.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that ***awareness*** is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than "adjustment," "cure," or "accomplishment."

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanaponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce). $270

Opening the Feelings: A Neo-Reichian Radix Workshop
Roger Andes, Siri Mishler, & Jacoba Teague

For workshop description see page 30. $300

January 18-30
Contact & Communication
Julian & Beverly Silverman & Guest Leaders

The ways we contact and communicate with ourselves and with others determine the kind of world that we live in. When we change these ways we can actually change our world. This is what the workshop is about.

Our emphasis is on the relationship between individual process and group process. Our concern is with developing a way of being in which one's senses are open and one's contacting of others is flexible. The learning which takes place occurs with a group of individuals who share and change in relation to each other. Emphasis is placed upon body in relation to mind. $610

Weekend of January 23-25

A Weekend with Will Schutz / Will Schutz

For workshop description see January 18-23. $110

Physics and Consciousness
Michael Murphy, Jack Sarfatti, Saul Paul Sirac, Fred Wolfe, George Leonard, Peter Slessel, & John King

When you get right down to it, many of the findings of modern quantum physics look very much like the processes of consciousness. Breakthroughs in physics may also give answers to problems of psychic phenomena. Certainly current observations and theories in physics and astronomy are radically altering our scientific view of the universe. Perhaps they will also alter our personal view of reality.

This lecture series presents authorities from physics, astronomy, and consciousness to explain recent theories and discoveries in physics and astronomy and to discuss their implications for psychic phenomena, consciousness, and alternative views of reality. The presentations will be for laymen as well as for persons who have some knowledge of the subjects.

"The seemingly fantastic propositions of parapsychology appear less preposterous in the light of the truly fantastic concepts of modern physics."
—Arthur Koestler

$110

Experiencing the Wisdom of the Body / Barbara Clemans

How can we experience the wisdom of the body? One way is to remove blocks and resistances and give catharsis to the early trauma which resides within the body.

Focusing on the quality of ease, not stress, we will use feldenkrais exercises, sensing, sound/movement, breath, meditation, and massage to flow through tension and toward others with a heightened sense of ourselves and a deeper sense of intimacy. $110

Week of January 25-30

The Christian Myth Revisited
Joseph Campbell & Sam Keen

In recent years tulkus, roshis, and gurus from the East have come as missionaries to the West bringing meditation, mantra, and a rich spiritual technology for achieving satori. The time seems ripe to look again at the native religious insights of the Western tradition.

This workshop will focus on the myths, heroes, and spiritual technology of the Judeo-Christian tradition. It will include in depth psychological probes into: the ideas of creation, incarnation, resurrection, and the kingdom of God; the relation of the mystical and the moral; and the image of life as a pilgrimage. The method will include experiential exercises, theoretical comparisons of Dante's vision of the descent and ascent of the soul with the myth of the rising of the kundalini, and a comparison of Eastern and Western notions of the stages of the religious life. $300

A Tender Invitation / Harry Sloan

You are invited to go beyond where you are through seeing how you keep yourself behind. Beyond is a rich, alive experience—love, anger, joy, sadness, and spirituality. Behind is a fear of seeing what is there. Participants will be offered a chance, a tender invitation, to see what is behind and go beyond. Traditional encounter, gestalt, bioenergetic and psychosynthesis techniques will be utilized, in addition to a new approach aimed at developing perspective, the ability to "see oneself beyond the impasse." $270

Verse . . . to familiarize by close association, study, and experience.
University . . . Universe . . . LEARNING?
Without an experiential base
LEARNING
becomes "literary" . . . literature/fiction
with "authority" always . . . in print
IM-PRINT!

(. . . without an experiential base . . .)
This can only lead to alienation/fear and containment
. . . a form of participation that has led us to the creation
of personal SYSTEMS OF DEFENSE.
(. . . projected out . . . how much DO we spend on our
national defense system?)
Education becomes a form for continuing warfare.

We always participate in our education . . . either as a closed or open system . . . be it implicit or explicit. In an outside authority (literary) based system our participation is most often implicit and resistant as well as dis-connected. The discovering energy/vitality is now used to protect the learner and fortify against the intrusion often called "EDUCATION."

The learner is her/his own re-source person, using her/his own "organism" as a feed-back system, making dis-coverings. Essentially, our educational system by-passes self-discovering and opts for reading about the fantasy of others. We come from an educational system that insists that the learner gather a particular kind of information, chart that information, re-organize that information according to some made up scheme of right and wrong. We have a "check-out" system as opposed to a dis-covering system. Much of our exciting exploration takes place in space programs as opposed to explorations on planet earth. We could be exploring new ways of being (non-defensive), using the technology available to us. We could be re-creating new kinds of being with the same kind of energy devoted to autistically gathering and charting information. I wonder what would happen if we stopped teaching political history to our young and focused instead on natural (science) history . . . the FIRST learnings coming from nature and through the senses with as little interference as possible . . . allowing children and adults to discover for themselves and continuing our learning wherever we are or whatever we are doing . . . always going back to the self as a resource person . . . the self as a departure point . . . the launching pad . . . the home base . . . a place for returning/reflecting. Would we continue to work in relationship to nature, with more focus on HOW we work WITH the planet of which we are a part, but from which we have been so dis-connected. By the age of five we were put into "schools" . . . a building away from nature. We played on asphalt instead of fields, we climbed steel jungle gyms instead of trees. A great deal of effort was put into clearing away a patch of land, building a box with cubicles, separating us into "peer-groups," testing us, filing us, and grading us. If we were the "appropriate" age we could play with selected animals and token objects of nature. We planted marigolds in little pots for mother's day. And then . . . that important moment when we were old enough to *really* learn. We got to learn about political history, a way of viewing reality and highly selective information. We got to learn about war. We began to view history as a stretch of time punctuated by wars . . . necessary since that's what happened. (At least anybody who was somebody was involved with this activity . . . heroes all.) Except on one page of the US History book, that paragraph about George Washington Carver discovering peanut oil. Based on our input it is no surprise that our surpreme achievements have been our bombs, our abilities to kill on a colossal scale, and that we have become high achievers in killing, destruction, abuse, intrusion, and creative violation . . . and if a flower or plant dares to climb through the crack in the asphalt it must be removed or recovered by more asphalt.

Can you imagine young children swimming with ducklings, touching little fishes, listening to birds, being part of the changing seasons of wild flowers instead of reading ABOUT seasons and learning to "tell time"? Can you imagine children discovering other systems of "time"? I remember children in Los Angeles not comprehending the words "fall, autumn, snow," trying but not understanding the word "season," for in Los Angeles there are no seasons as they exist in other parts of the country. But much time is spent "teaching" ABOUT and learning to spell words that have no experiential meaning. Little children trapped in eye glasses so they might read ABOUT things with which they have no direct experience. Encase the eyes in glass and learn about your world in books so that we may decide whether you are bright or dull, whether you may be among us or put aside. So here we are, hearing and seeing each other according to past im-prints, learning about us according to what's in print.

My vision was fine
for me
then . . . someone insisted (!)
I see a particular thing . . . a particular way
imposing a structure
imposing a struggle (?)
WHAT HAPPENED TO:
The pleasure of my own attention to . . .
getting to know
the time for
learning about and even more
unfolding with
acting and reflecting
CELEBRATING the EXPERIENCE of SENSING my
OWN ABILITIES (alone)
OUR ABILITIES (together)
EXPLORING DIMENSIONS YET UNKNOWN! (. . . to us)

Janet Lederman

Weekend of January 30- February 1

My Body Is My Temple / Gabrielle Roth

This seminar is designed for those who wish to experience the inscrutable mysteries of our temple and how we move and change. Specifically, we will work with the imaginative, inspirational, and intuitive levels of our physical consciousness. $110

Centering, Self Awareness, & the Spirit of Play / Bob Kriegel

This workshop will teach centering: the process of finding that calm place within ourselves that is in balance and harmony. Active games of all types—including energy games, street and playground games, theatre games, new games, and new approaches to traditional sports—will be used for experiencing "center" and for exploring self-awareness. We will explore how game behavior magnifies our reaction patterns, giving us a clearer, more vivid picture of ourselves. We will also use gestalt, role playing, guided fantasy, and psychosynthesis techniques to bring our new awareness to a more conscious level. $110

Growth Through Risk-Taking / David Schiffman

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 23. $100

Week of February 1-6

Growth Through Risk-Taking / David Schiffman

For workshop description see January 30-February 1. $270

Liberation Issues: For Men & Women
Jacqueline Larcombe Doyle

Through Reichian methods, encounter, gestalt, and psychodrama techniques we will examine the issues which underlie our mode (from traditional to liberated) for relating to our friends and mates. The boundaries of our concept of self and sex role will be explored. Some of the issues stimulating this search for liberation spring from needs for space, time, privacy, and sexuality. We will deal with these and other themes of individuality and closeness to the men and women we love.

For singles and couples. $270 per person.

Energy: Meditation Self Regulation Synthesis
Bernard Gunther

We are all almost unlimited sources of joyous energy; we squander many of these resources. Blocked by fear, habit, and limitation, we dam ourselves in destructive energy expression: various forms of mental-physical-emotional symptoms and illness. In this workshop we will learn to release, redirect, and reintegrate behavior patterns through the use of breathing, guided fantasies, chakra meditation, awareness, and hypnosis. The experience will be a synthesis of gestalt, yoga, psychosynthesis, and movement with emphasis on an individual program of these methods that can be used in daily life. $270

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen / Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theatre games, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *The New Education* (Kelley).

SCHEDULE:

Jan 9-11	$100
Jan 11-30	$820
Jan 30-Feb 1	$100
Feb 6-8	$100
Feb 13-15	$100
Feb 15-20	$240
March 5-7	$100
March 12-14	$100
March 14-19	$240
April 11-16	$240
April 16-18	$100

Program for the Advanced Study of Culture and Consciousness

Under the direction of Joan Halifax-Grof and Stanislav Grof, Esalen is offering a series of long-term, residential, interdisciplinary programs designed to provide advanced training for professionals and graduate students. All programs will employ an experimental learning form developed by the coordinators; this new approach combines both cognitive and experiential elements, intrapsychic and interpersonal sessions, and modern technology for the exploration of consciousness. The objective is to utilize fully both the specific input of highly qualified guest faculty and also the resources within the group of participants. These programs will systematically cover various aspects of research in culture and consciousness. Each of the residential programs will be individually designed and will not be repeated.

February 1-27

HOLISTIC MEDICINE & TRADITIONAL HEALING

Coordinated by
Joan Halifax-Grof, Stanislav Grof, & Kenneth Pelletier

A four week interdisciplinary institute for 28 physicians and health care professionals

Esalen is gathering over thirty faculty members at Big Sur to offer 150 hours of theoretical, experiential, and practical sessions in holistic medicine and traditional healing. The material presented during this training institute will cover four major thematic areas:

Area 1: Holistic and Humanistic Trends in Medicine

Sessions in this thematic area will focus on those developments in medicine that emphasize body/mind interactions. Individual contributions will involve revolutionary approaches to the therapy of cancer, the use of psychedelic drugs for altering the experience of dying, the theory and practice of acupuncture, the healing potential of biofeedback techniques, basic principles of structural integration (rolfing), an introduction to the feldenkrais method, a program for the awakening of potential in the aged, and experiments aimed at creating a new psychobiologically healthy environment for birth.

Area 2: Shamanism, Indigenous Healing Arts, and Psychic Healing

This area will be introduced by an historical and crosscultural overview of indigenous healing systems and a discussion of their relationship to contemporary medicine. Anthropologists who have worked with various nonwestern cultures will describe shamanic practices and paradigms of charismatic healing. Participants will explore various approaches to shamanism, indigenous medicine, and psychic healing. There will be illustrated lectures and films on the techniques and mythologies underlying healing systems in different cultures.

Area 3: Transpersonal Psychology and Psychotherapy

This area will focus on the history, theory, and practice of transpersonal psychology. The participants will be acquainted with new maps of consciousness emerging from psychedelic research. This cartography makes it possible to integrate contemporary personality theories with the image of the human being reflected in ancient and nonwestern philosophical and religious systems.

Area 4: Interpersonal and Self Exploration

The approaches for exploring and understanding the group's and one's own personal processes will be many. These will include gestalt practice, psychosynthesis, encounter, and various forms of meditation (sitting, mantram, music, mandala, and moving). During the entire four week period, non-drug technology for self-exploration will be available for use by participants. This laboratory equipment consists of an isolation tank, sonic driver, clinical photic driver, biofeedback equipment, and a kinaesthetic device (lotus cradle). This will make it possible for participants to explore unusual states of consciousness induced by various techniques.

Faculty:

Lowell Bean, PhD
Barbara Braunstein
Joseph Campbell
Al Drucker
James Fadiman, PhD
Betty Fuller
Marcy Goldstein, MD
Stanislav Grof, MD
Joan Halifax-Grof, PhD
Michael Harner, PhD
Barklie Henry
Jinendra K Jain
Katherine DaSilva Jain
Sam Keen, PhD
Janet Lederman
Antoinette Lilly
John Lilly, MD
Gay Luce, PhD
Maria Mangini
Emmett Miller, MD
Nitza Broide Miller
Ming
Dee Mundschenk
Barbara Myerhoff, PhD
Kenneth Pelletier, PhD
Prem Das
Hector Prestera, MD
Christine Price
Richard Price
David Schiffman
William Schutz, PhD
Lenore Schwartz, PhD
Beverly Silverman
Julian Silverman, PhD
Carl Simonton, MD
Stephanie Simonton
Rolling Thunder
Sharon Wheeler
Arthur Young

This institute will take place in the Study Center, a beautiful mansion located on cypress-covered cliffs overlooking the rocky coastline of Big Sur, across Hot Springs Creek from the main Esalen grounds. The learning format will combine didactic seminars, experiential sessions, special lectures, individual tutorial sessions, and selected film material. During the course of the institute, various theoreticians and healers not listed on the faculty will visit the program and share their views and techniques as time will permit.

Some regular Esalen weekend workshops, scheduled in the catalog, will be open to participants for an additional $23. All Esalen facilities will be available, such as the hot sulphur baths, fresh water heated pool, sauna, and (for a separate fee) rolfing, massage (Esalen, shiatsu, polarity), and acupuncture.

This program is limited to 28 health care professionals. The tuition is $1150. If you wish to apply, send a letter containing biographical information and a current photograph to Joan Halifax-Grof, Esalen Institute, Big Sur, CA 93920.

BEST COPY AVAILABLE

WORK-STUDY PROGRAM

Beginning November 2, 1975, a special residence program at Esalen/Big Sur will be available for those interested in living and working in the Esalen community. Resident leaders, including Janet Lederman, Peggy Morrison, Richard Price, Christine Price, Beverly Silverman, Julian Silverman, and Janet Zuckerman, will coordinate and lead sessions in gestalt, encounter, body work, and other approaches currently practiced at Esalen. If work scheduling permits, regular weekend workshops will be available at special rates. Participants will work 32 hours per week with the Esalen staff. Work will be assigned according to the needs of our community. Room and board is $300 per four week period, based on shared accommodations of up to three persons to a room at our South Coast Living Center. The program is 28 days, beginning on a Sunday. If interested, please apply to Elaine Simon, Esalen Work-Study Program, Esalen Institute, Big Sur, CA 93920. Applications may be submitted at any time; a new program starts every four weeks.

SOUTH COAST CENTER

The living center is slowly evolving into a participatory environment

vital
changing
designing, redesigning inner and outer space with residents responsible for their own evolution.

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (room, balcony, and bath) are available for $350 per month. A monthly meal ticket may be purchased at Esalen for $200 and residents may set up light cooking facilities in their rooms for preparing their own meals. As part of our program of integrating residents into the working community, South Coast residents are asked to contribute eight hours per week of work to the community. In addition, due to the large number of people who want to be at South Coast, we have put a term of three months on all South Coast residencies. South Coast studios may be reserved through the Esalen/Big Sur office.

ONGOING RESIDENTIAL PROGRAM

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs will also be open to residents. Cost: $960 per 26-day period.

Weekend of February 6-8

Introducing Humanology: A Journey Deep into the Self
Shama Kirn Singh Harvey & Rama Kirn Singh Comeau

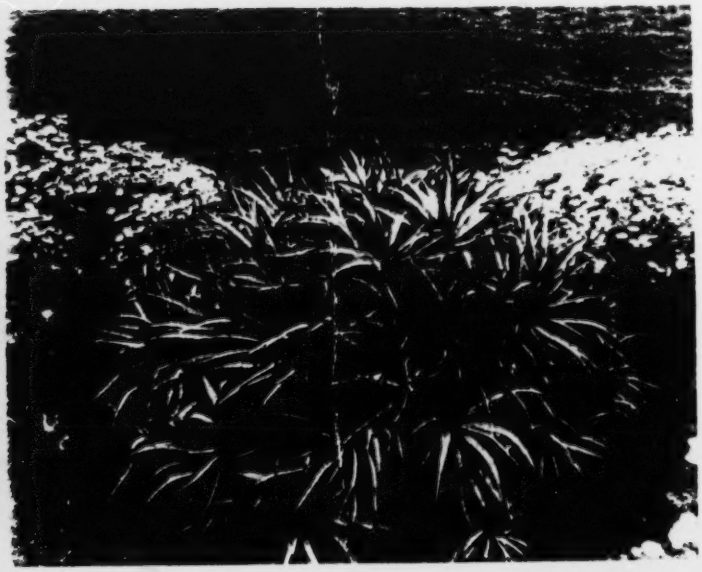
This workshop will synthesize techniques of Western psychology and merge them with Eastern techniques for awareness drawn from the science of kundalini yoga and humanology as taught by yogi Bhajan. This weekend will focus on male and female polarities through mutual deep meditation and the self cleansing process in interpersonal relating. The work will involve understanding mind/body energy dynamics through meditation and breath techniques drawn from the system of yoga known as humanology. $110

Meltingintwone / Bernard Gunther

Often we have sex when what we are really seeking is an open closeness, caring, energy sharing to quiet an intense underlying sense of tension, anxiety, and emptyness. Intimate relationships are most rewarding when thay are not only pleasurable but uplifting, continually new and renewing. In this workshop for couples we will explore delicate ways to exchange energy that can raise a relationship from the physical mundane to a higher plane of consciousness, intimacy, and awareness. In this experience we will explore various aspects of mutual meditation, motionless contact, energy transmutation, polarity therapy, and nonverbal communication; moving from intensity toward ecstatic bliss. $110 per person.

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 23. $100



Weekend of February 13-15

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 23. $100

Holistic Treatment of Cancer Patients
Carl & Stephanie Simonton

This workshop will present the work with cancer patients being done by the leaders. The workshop will include the rationale for their development of a holistic treatment of cancer patients, integrating standard medical treatment with intensive psychotherapy and meditation techniques. A current statement of the approach will be outlined, including their emphasis on psychological, physical, and religio-spiritual parameters. A historical perspective will also be given to the research on the psychophysical aspects of cancer dating from the 19th century through the present. The Simontons will summarize the current findings in their investigation of the psychological profile of patients who go into remission after being diagnosed as terminal.

The workshop will also include an experiential treatment of the group therapy processes used with cancer patients in an attempt to give the participants first-hand knowledge of their specific techniques. $110

Your Life as Dance / Anna Halprin & Xavier Nash

The annual workshop of the San Francisco Dancers' Workshop at Esalen, conducted by Anna Halprin and the Dancers' Workshop staff, was initiated at the invitation of Fritz Perls over ten years ago and has been offered once each year since that time. Please come and join us. $110

Week of February 8-13

Renascence / Michael Butler

For workshop description see January 4-9. $270

Personal Style & Personal Gestalt / Jack Downing

Each of us has our own individual life style, our personal gestalt characterizing each phase of our life. We can be aware of the way movement relates to interpersonal relationship, of how body chemistry determines our life goals. Drawing our own major life portrait will be the object of this workshop, using techniques newly invented for this purpose, as well as traditional methods such as behavioral feedback, group interaction, and gestalt uncovering and integrating methods. In order that the group can develop as fast as possible, please come only if you have had previous experience. $300

The Politics for Peace (of MIND) / Janet Lederman

Living with ABSURDITY
finding the joys
within a
MAD
MAD
WORLD

Adventures of the
spirit
by way of the
body
and to the
soul.

$270

Week of February 15-20

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 23. $240

Contact & Communication
Julian & Beverly Silverman

The ways we contact and communicate with ourselves and with others determine the kind of world that we live in. When we change these ways we can actually change our world. This is what the workshop is about. $270

God, Sexual Energy, & Your Body / Gabrielle Roth

Sexual energy is the key which opens the door for us between spirit and matter. This will be the first in a series of workshops designed to penetrate the religious/sexual gap as it exists in our consciousness, attitudes, and actions. The purpose is to experience ourselves as god, as sexual and as physical beings. $270

Weekend of February 20-22

Shamanism Workshop / Michael Harner

The writings of Carlos Castaneda will be the point of departure for an intensive exploration of ancient shamanic knowledge. Participants will be taught the basic techniques of shamanic power used by North and South American Indian shamans as reinterpreted by the workshop leader for application within our own lives. The accumulation and utilization of shamanic power will be related to such subjects as altered consciousness, sexual energy, and body awareness. Exercises will be conducted in the methods used by shamans to affect natural phenomena and to heal the sick in primitive cultures. $110

Opening the Feelings: A Neo-Reichian Radix Workshop
Laura Dillon, Roger Andes, & Greg Barnum

For workshop description see page 30. $110

Basil · Ocimum Basilicum

Week of February 22-27

Leadership Training / Will Schutz

This workshop is for experienced group leaders. Each will get a chance to lead under supervision and to explore self in relation to leading. There will be demonstrations of several techniques and discussions of theory. $300

The Gestalt Process:
I would like to free myself from limitations!
Jorge & Charlotte Rosner

We can all stop our growth and limit our freedom by fear, internal conflicts, and fantasy. In this workshop we will explore the ways in which we inhibit ourselves from living a full, exciting, and joyous life. Depending upon the needs of the group, the work may include art, theater, and body work, all with gestalt process as the central focus. $270

Centering / Robert Nadeau

For workshop description see January 16-18. $270

Weekend of February 27-29

Interpersonal Sensing / Simone Surpin

Within each of us is a place where we can receive and give caring and love. The focus of this weekend is to explore how we can reopen our channels to this way of being: how we can nourish and stay alive to our own experiences and feelings, and share them with others. Toward this end our group process will include the practice of listening to the vibrational statements, exchanges, and energy flows in which we are constantly partaking. We will also make use of body work, massage, gentle bioenergetics, and various forms of energy awareness practices. (Limited to 12 participants.) $110

Your Most Precious Beliefs and Their Detection
John & Antoinette Lilly

Each of us has belief systems—some spoken, some unspoken, some known, and some unknown. The personal hunt for these beliefs, the struggle to find them, to articulate them, can be a rewarding experience. Once found, once articulated, once written down, once *mastered,* these beliefs no longer cause one to be an unwilling non-voluntary *programmee* of their dictates. One becomes a *programmer* of one's beliefs, through the new and novel *meta-belief operator* to be presented and its use taught in this workshop/lecture. $110

The Gestalt Process:
I would like to free myself from limitations!
Jorge & Charlotte Rosner

For workshop description see February 22-27. $110

Tuning In / Janet Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and thinking. Once we are aware of our tapes, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness, and other techniques to tune in to ourselves and each other. $100

Tobacco · Symphytum officinalis magus

Week of February 29-March 5

Esalen/Big Sur will be closed for this five day period to allow for organizational development work among the staff.

Weekend of March 5-7

Workshop on Energy Consciousness / Simone Surpin

This weekend will focus on teaching how energy flows through our bodies and within the one body of our group. We will explore how we can nourish ourselves and stay alive to our own experiences and feelings and share them with others.

We will learn about sensing energy exchanges, both verbal and nonverbal, and do some experiential work with energy fields. There will also be an introduction to various forms of gentle body work and meditation.

Enrollment is limited to 14 people. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 23. $100

Growth Through Risk Taking / David Schiffman

For workshop description see January 30–February 1. $110

Meditation Weekend / Robert Nadeau

We will explore centering and energy awareness in relationship to meditation. $110

Week of March 7-12

Renascence / Michael Butler

For workshop description see January 4–9. $270

Energy Awareness / Bernard Gunther

Physical, emotional, mental illness may be the result of excessive chronic tension and withholding: dis/ease. This holding back of energy, excitement, and expression creates a surface sense of security at the expense of aliveness and well being. In this workshop we will use various techniques to begin the process of cleansing, balancing, and centering your whole being. Special focus will be given to the seven energy centers (chakras), breathing, guided fantasies, and the reprogramming of thought and habit patterns—various simple practical methods that can perpetuate health and higher functioning throughout life. $270

March 7–26

Western Roundup—A Pioneer Project

Coordinator: Margaret Conway, Director, Montana Learning Unlimited, & Esalen Staff

This workshop will be a repeat of last year's successful workshop sponsored by Montana Learning Unlimited, a new growth center in Helena, Montana, which is assembling a group of people from Montana, Idaho, Wyoming, and nearby northwest states to participate in a three week workshop at Esalen. If you are from that area, we invite you to join us.

The human potential movement has been, for a long time, centered on the east and west coasts. We've met many individuals who sought experience at these centers and returned home to wonder, "Am I alone? Is there anyone else who is involved in the same things? How can I bring these concepts and practices into my life here at home?" In response to this, we have designed a program to explore together the developing disciplines—physical, mental, emotional, and spiritual—in the study of human growth and consciousness. Our aim is to adapt the work to the particular needs of our own geographical area and to form a support group to help one another and to further the development of human potential practice in our home areas.

Limited to fifteen persons, our group will spend nineteen days together at Esalen. There will be two sessions daily with Esalen leaders and evening meetings with Margaret Conway to integrate the experience and maintain a flow of communication. Weekends will be free to enjoy the seashore and mountains of Big Sur, visit San Francisco, or attend weekend workshops listed in the Esalen catalog (at a reduced rate).

The nineteen day program will include work in bioenergetics, encounter, gestalt, psychosynthesis, massage, movement, and meditation.

Inquiries, reservations, and car pool arrangements will be handled by Montana Learning Unlimited, 58 North Last Chance Gulch, Helena, Montana 59601. Tel (406) 442-7402. Reservations must be accompanied by a deposit of $300 and should by made by February 3. $820

March 7–April 9

THE INNER ROAD TO HEALTH—Approaches to Healing and Self-Healing

Al Drucker, Barbara Braunstein, Richard & Christine Price, Guest Leaders & Esalen Staff

This is a workshop for staying well and helping others to stay well. The subjects covered will be an introduction and synthesis of many of the health and healing approaches taught at Esalen. The basic premise here is that as we immerse ourselves in a nourishing environment, as we clear out the load of excess baggage and attachments that we carry around in our lives, as we engage in a daily spiritual and physical practice and do wholesome satisfying work, and as we learn to live in a state of love and grace, our body-mind comes into harmony and order. Then we find ourselves on an inner spiritual journey of expanding consciousness. It is on this path, within the deepest wellsprings of our being, that we experience the healing current that permits us to heal ourselves and to guide others to health.

We will begin the workshop with a three-day organic fruit juice fast to cleanse the physical system and a marathon session to start the emotional cleansing process. Throughout the month we will provide a special healthful diet; for this we will do some of our own meal preparation, harvesting some of our food directly from the garden. The workshop will be held in the Big House and many of the participants will be housed there. This is a beautiful mansion located on cypress-covered cliffs overlooking the rocky coastline of Big Sur, across Hot Springs Creek from the main Esalen grounds.

This present program is the third time this experience has been offered. The previous two programs given in March and September 1975 filled quickly, so interested individuals are encouraged to apply early. Because of the intensity of the previous workshops we have gone to a five-week format, permitting a final week of integration and synthesis of the large range of material presented. We are also planning a four to six month apprenticeship program in the healing arts following this workshop in April 1976. This will be for up to ten participants selected primarily from the four or five week workshops. The apprenticeship training will be incorporated in the ongoing Esalen work-scholar program; this permits a considerably reduced monthly tuition cost.

To apply for the March 1976 five-week workshop, please send us a short note about yourself that will help us know you. Include your age, your interests, and your state of health; also include a photo, if you have one. Mail to "Inner Road to Health Workshop," Esalen Institute, Big Sur, California 93920. Upon confirmation of your acceptance, we require the deposit within two weeks in order to reserve your space. Some partial scholarships will be available and awarded on the basis of need; for this a weekly work commitment is required.

Tuition: $1280 Deposit: $400

The schedule and list of possible topics that follows will serve as a basis for group selection of the actual program to be used during the workshop.

Before Breakfast: *Daily Spiritual and Physical Practice*

Meditation	Yoga (Postures, breathing)
Chanting	Tai Chi (Form and Free Form)
Aura-cleaning at the baths	Arica exercises
	Jogging

Mornings: *Demonstration, Discussion, and Practice of Various Purification and Healing Methods*

Rolfing/Patterning	Massage (Esalen, Shiatsu, Polarity)
Acupuncture	Spinal Adjustment Massage
Bioenergetics	Color Healing
Energy Healing	Herbal and Flower Remedies
Homeopathy	Mandala Drawing
Ayuvedic Healing	

Afternoons: *Gardening, Work Projects, Individual Sessions* (Rolfing Treatments, etc., at extra cost)

Sundown: *Daily Spiritual Practice*

Meditation	Tai Chi Form
Chanting	

Evenings: *Process Sessions, Didactic Lectures, Movement/Dance*

Gestalt	Anatomy/Physiology	Esalen Drums
Encounter	Nutrition/Iridology	Folk Dancing
Karma Cleaning	Tarot/Kaballah/Tao	Sufi Dancing
Psychic Awareness	Astrology	Arica Dances

Saturdays: *Fast Day, Silent Day* (Essential Communication Only)
Spiritual Purification Ritual and Self-Massage
Beach Combing, Hiking, Fishing by the Rocks, Alone Time

Sundays: *Daily Morning Spiritual and Physical Practice*
Day Free; Evening Process Session

Weekend of March 12-14

The Living Spirit in the Eclectic Community
Surya and Sarada Singer of the Lama Foundation

Lama is a spiritual community in the New Mexico mountains near Taos. Surya and Sarada, continuing members of Lama, will teach some of the practices regularly performed there.

Friday night: celebration of Shabbos dinner
Saturday & Sunday mornings: yoga practice & meditations
Saturday afternoon: Sufi dancing, astrological walks, chanting, & discussion of spiritual community
Sunday morning: Spiritual healing session $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 23. $100

Pathways to Sensuality / Sylvia Kars & Jeanne Newman

The aim of this workshop is to open participants to a variety of ways to communicate with a partner, both verbally and through touch, so that each partner's pleasure and spontaneity is heightened. Workshop members will do a graduated series of sensuality enhancement exercises and will learn how to combine their own knowledge and experience with new sensory awareness and communication principles. The goal is to create a balance of active and passive situations for each partner so that each can benefit from the experience of the other. A safe, non-threatening environment is carefully established; no one has to do anything he or she does not want to do. Feedback sessions after each exercise provide the opportunity for increasing awareness and sensitivity between partners. Partners will rotate throughout the weekend.

Workshop begins clothed and clothing then becomes optional. Couples will be given preference, but it is not necessary to bring a partner to attend. Explicitly sexual behavior is not permitted within the context of this workshop; this is a workshop to enhance the experience of sensuality. $110 per person

Opening the *Feelings*

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix *Intensive,* a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Work Shop. The *Intensive,* like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. Groups will be kept small—never more than eight per leader—so that significant individual attention can be given. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

Jan 18-23	**Roger Andes, Siri Mishler, & Jacoba Teague**
Feb 20-22	**Laura Dillon, Roger Andes, & Greg Barnum**
April 4-9	**Charles & Erica Kelley & Mark Dunlap**

Week of March 14-19

Woman to Woman / Man to Man
Dee Mundschenk David Schiffman

"The woman that most needs liberating is the woman in every man, and the man that most needs liberating is the man in every woman."
—Rev William Sloan Coffin

Taking advantage of the natural affinity and support that people of the same sex can afford one another, the men and women in this workshop will meet separately as well as together. We will create an ambience of tenderness and support to provide opportunities to clarify the nature of who we are as men in the absence of women and who we are as women in the absence of men and what happens when we come together. The themes we will explore are our sexuality, our friendships, our body images, our coupling, our creativity, our relationship to power, our expectations of each other. The workshop will be grounded in the techniques of gestalt, encounter, fantasy, massage, and bioenergetics. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 23. $240

Feldenkrais & Massage / Barbara Clemans

Moshe Feldenkrais is the originator of a simple yet powerful new body technique. The exercises are pleasant and relaxed, each fifty minute segment being a different lesson. The work allows for the experience of integration, relaxation and balance, improvement in fluidity, and ease in movement.

Carrying the awareness gained from the exercises to our experience with each other in massage, we will heighten our awareness of self-image and experience the relationship of body, mind, and psyche. $270

Weekend of March 19-21

Basic T'ai Chi Massage / Judy Unell

Two ancient arts blend and flow. This is a caring massage method combining pressure points, muscle and sensory strokes with t'ai chi movement, which transmits a special rhythm and energy flow, relaxing but invigorating the giver as well as the receiver. For either the beginner or the professional, this method presents a basic understanding of the easy uses of body weight and the elimination of strain through rhythmic movement. $110

Satureia hortensis

Opening the Feelings: A Neo-Reichian Workshop
Laura Dillon

The aim of this workshop is to help participants free up their capacity to experience and express deep feelings. Emotions are held in the body through muscular tensions which Wilhelm Reich called muscular armoring. Through the use of Radix emotional release techniques developed by Charles Kelley and other body oriented approaches we will work to soften these tensions and release the feelings held there. The group will provide a supportive nurturing atmosphere to enhance the process of emotional release. $110

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

In an increasingly alienated world where mechanical ease often makes communication shallower, many of us are eager to find more meaningful contact both with ourselves and with others. We would like really to get in touch. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and discard the techniques and defenses we have come to rely on—when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

In this workshop, which will be devoted to practice rather than theory, a beginning will be made toward exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents. $110

Recommended reading: *Sensory Awareness: The Rediscovery of Experiencing* by Charles Brooks.

Week of March 21-26

Opening the Feelings: A Neo-Reichian Workshop
Laura Dillon

For workshop description see March 19-21. $270

A Tender Invitation / Harry Sloan

For workshop description see January 25-30. $270

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

For workshop description see March 19-21. $270

Weekend of March 26-28

Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi
Al Chung-liang Huang

For workshop description see January 9-11. $110

Herbs—Ancient Healers for the New Age / Michael Tierra

This workshop will teach methods of gathering, preserving, and preparing herbs for organic cleansing and balancing. There will be some field identification of wild and domestic herbs, and the making of herbal tinctures, salves, oils, and concentrates will be demonstrated.

The seminar will include yoga, meditation, and reflexology massage. $110

Recommended reading: Grieves: *A Modern Herbal* (Dover Publications); Kloss: *Back to Eden;* and Shook: *Elementary Treatise on Herbology.*

Week of March 28- April 2

A Week with Will Schutz / Will Schutz

For workshop description see January 18-23. $300

Gestalt Practice / Richard & Christine Price

For workshop description see January 18-23. $270

Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi
Al Chung-liang Huang

For workshop description see January 9-11. $270

Weekend of April 2-4

A Weekend with Will Schutz / Will Schutz

For workshop description see January 18-23. $110

Energy / Bernard Gunther

We are all fields of energy living in an energy field. Our potential is limitless, yet we frequently find ourselves operating in fatigue and limitation. This damming of the Self is caused by excessive tension, shallow breathing, toxic relationships, and nonfocused thought, which rob the organism of vitality and pleasure. How to tap this infinite supply of energy, how to rechannel and raise sexual energy, and how to apply this knowledge in everyday activity will be the task of this seminar. In this work we will explore aspects of hypnosis, yoga, gestalt, psychosynthesis, and color sound chakra meditation to experience more fully our flow of vital and psychic energy. $110

Exploration & Integration / Arthur & Janica Fox

Come and experience a combination of encounter, gestalt, sensory awareness, and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these experiences to explore more of your awareness and your capacity for openness. We will also explore ways of retaining and integrating our experiences so that we have access to them not just at Esalen, but also when we return home. $110

Exploring Self-Acceptance / David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $110

We Are All Dancers / Betty Fuller

A work/play shop for the dancer in every body—even those who hate to move! This synthesis of gestalt awareness training with feldenkrais effortless exercise works on the body/mind to dissolve tensions, holdings, blocks, and barriers to mobilization of energy and full self-expression. Everyone can experience increased energy, vitality and flexibility, improved posture (physical and mental), expanded consciousness, and enhanced self-image. We will explore—experientially—the relatedness of gestalt, rolfing, psychosynthesis, feldenkrais, and *est* and use before and after photographs. $110

Centering, Self-Awareness, & the Spirit of Play / Bob Kriegel

For workshop description see January 30–February 1. $110

Interpersonal Sensing / Simone Surpin

For workshop description see February 27-29. $110

Week of April 4-9

Renascence / Michael Butler

For workshop description see January 4-9. $270

Opening the Feelings: A Neo-Reichian Radix Workshop
Charles & Erica Kelley & Mark Dunlap

For workshop description see page 30. $300

Exploration & Integration / Arthur & Janica Fox

For workshop description see April 2-4. $270

Comfrey-Symphytum Officinale

Weekend of April 9-11

Changing Courses in Midstream / Jack Gaines

The change from what you are doing to what you want to do is not easy for most people—at any age. Many of us talk of changing life styles, getting out of the rat race, no longer willing to look for our identity in an endless string of shiny new possessions. Some of us do. Few among those who do are prepared for the impact of change and/or idleness. This is an exploratory seminar for people who are interested in the development of new attitudes preparatory to changing career and family responsibilities. $110

Week of April 11-16

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 23. $240

Getting in Touch—Open Gestalt / Frank Rubenfeld

Hot-seat work, massage, and group exercises will serve to facilitate participants in experiencing and expressing the alive parts of themselves. Suitable for those in the helping professions. $270

We Are All Dancers / Betty Fuller

For workshop description see April 9-11. $270

Group Mind—Bodyfield Energy Ring / Michaeleen Kimmey

We center each body-field in the configuration of a perfect circle. The linking up of each person in this ring provides heat and light sensations. The energy ring provides us with a form to share and express an experience in a nonverbal and noncognitive manner, allowing us to explore and understand our intuitive faculties. This workshop is designed to help those of us in human services to learn more about the vibrational sharing of ourselves in community. $270

Gestalt Practice / Richard & Christine Price

For workshop description see January 18-23. $270

Weekend of April 16-18

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 23. $100

Cooking as a Sensory Feast / Myrtle Ratcliffe

Food preparation can be a special time for the senses when we include music, meditation, movement, and an awareness of our own rituals in cooking. In the Esalen kitchen we will prepare at least one meal together, combining high energy cooking with plenty of time to relax, experience massage, and enjoy the feast. $110

You & Universal Motion / Robert Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement. $110

Introduction to Gestalt Practice / Joan Fiore

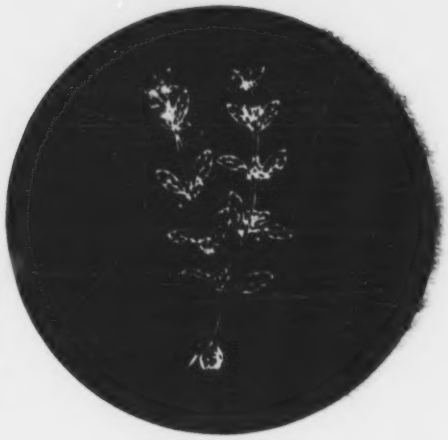
After introducing the "language" of gestalt and various gestalt experiments in breath, body, and feeling awareness, this workshop concentrates on providing the opportunity for intensive individual gestalt work in a supportive group setting. Suitable for novices as well as veterans. $110

Week of April 18-23

Massage Intensive / The Esalen Massage Crew

The Esalen massage crew, with its unique variety of approaches and styles, will teach basic techniques for giving and receiving massage, both for immediate relaxation of tension and as a way of caring. Emphasis here is on deepening the quality of touch-communication and heightening awareness of the energy flow between the body in motion and the body at rest.

The group will meet daily at the mineral baths. Limited to 16. $240



Marjoram - Origanum vulgare

Experiencing the Wisdom of the Body / Barbara Clemans

For workshop description see January 23-25. $270

Gestalt Practice / Richard & Christine Price

For workshop description see January 18-23. $270

Opening the Feelings: A Neo-Reichian Workshop
Laura Dillon

For workshop description see March 19-21. $270

April 18-25

The Rites of Passage:
A Seven Day Pilgrimage Through the Big Sur Wilderness
David Schiffman & Dee Mundschenk

The workshop is intended to create an experience which will support and intensify the simplification and cleansing necessary for a greater sense of personal clarity and grace.

We will spend seven days together leading a simple existence, eating sparingly, carrying all our essentials on our backs, traveling together through the back country of Ventana Wilderness.

We will pay attention to and take care of ourselves through a variety of disciplines and forms, including psycho-calisthenics, meditation, gestalt, intuitional sensing, as well as the more traditional wilderness skills. The emphasis will be on creating a richer, more harmonious balance between the mental, physical, and spiritual realms of existence.

Registration for the workshop should be at least two weeks in advance so that proper advance preparations and information can be sent regarding equipment and exercise. $210

PROGRAMS IN BIG SUR

Workshops in the Health and Healing Arts

A three to six month residential combined work-scholar and internship program will commence in May 1976. Present plans are for participants to work three days per week for Esalen, followed by three days per week training in the health and healing arts. Details of program and tuition will be sent on request; address letter to Inner Road to Health Workshop, Esalen, Big Sur, California 93920.

An eight week Inner Road to Health workshop with Dick and Chris Price, Al Drucker, Barbara Braunstein, guest leaders, and Esalen teaching staff will start September 12, 1976. With this workshop, the programs which have been very successful in the past as four or five week programs will go to a longer format and more comprehensive content. Participation is by application; see the description of the March 1976 Inner Road to Health workshop (p 29) for additional details.

FUTURE WORKSHOP ANNOUNCEMENTS

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

OCTOBER 31-NOVEMBER 26, 1976
Paths of Transformation
Coordinated by Joan Halifax-Grof & Stanislav Grof

DECEMBER 5, 1976-JANUARY, 1977
Shamanism & the Mystical Quest
Coordinated by Joan Halifax-Grof & Stanislav Grof

Program for the Advanced Study of Culture and Consciousness

May 4-30, 1976

SCHIZOPHRENIA & THE VISIONARY MIND

Coordinated by
Stanislav Grof & Joan Halifax-Grof

A four week, interdisciplinary institute for professionals and graduate students in the fields of psychiatry, psychology, religion, philosophy, and anthropology. Under the direction of Stanislav Grof and Joan Halifax-Grof, Esalen Institute is gathering twenty-five faculty members at Big Sur to offer over 150 curriculum hours of didactic and experiential sessions exploring the relationship between schizophrenia and the visionary experience. The material presented during this institute will be divided into four major thematic groups.

Area 1: Biochemical, Psychological, and Cultural Variables in Schizophrenia

This thematic area will be introduced by a critical review of the existing biochemical hypotheses of schizophrenia. The implications of clinical research with LSD for understanding the schizophrenic process will be discussed with the participants; some of the early results of psychedelic therapy with psychotic patients will be described and illustrated by clinical examples. Investigators who have made original contributions to family research in schizophrenia and psychotherapy with psychotic individuals will share their findings and present views. Special attention will be paid to religious, mystical, and mythological themes occurring in the schizophrenic process and to crosscultural variables in psychosis. Art of psychotic individuals and selected film material will be used to facilitate the understanding of the world of the schizophrenic.

Area 2: Mystical Experience: Spontaneous and Induced

The emphasis in this area will be on visionary experiences occurring spontaneously under certain special circumstances and those induced by ingestion of psychedelic drugs or by nondrug technology. We will explore the therapeutic potential of mystical states and their lasting effect on personality structure, world view, and hierarchy of values of the experiencer. Special emphasis will be put on the experiential territory in which mysticism and schizophrenia seem to overlap and merge.

Area 3: Self-Exploration and Group Process

This area involves exploration of individual and group techniques through which the participants can reach experiential understanding of certain aspects of the psychotic process. The spectrum of experimental approaches will range from gestalt awareness and bioenergetic exercises to shamanic procedures, mandala work, and laboratory techniques for inducing altered states of consciousness. Nondrug technology, including sensory isolation tank, lotus cradle, stroboscopic light, sonic driver, and biofeedback equipment, will be available for supervised use by participants in pursuing their own self-exploration.

Faculty will include:

Gregory Bateson
Joseph Campbell
Al Drucker
Wilson van Dusen, PhD
Erik Erikson
Betty Fuller
Stanislav Grof, MD
Michael Harner, PhD
Richard Horan
Joan Halifax-Grof, PhD
Al Hubbard, PhD
Jean Houston, PhD
Janet Lederman
John Lilly, MD
Antoinette Lilly
Peggy Morrison
Claudio Naranjo, MD
Humphrey Osmond, MD
Kenneth Pelletier, PhD
John Perry, MD
Richard Price
Christine Price
William Schutz, PhD
Beverly Silverman
Julian Silverman, PhD

This institute will take place in the Esalen Study Center, an old Big Sur mansion located on cypress covered cliffs overlooking the Pacific Ocean. The learning format will combine didactic seminars, experiential workshops, special lectures, individual help in self-exploration for altering consciousness, and selected film material.

The program is limited to twenty-eight participants selected from applicants. The fee is $1,150 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute, Big Sur, California 93920.

If you wish to enroll in the program, send a letter containing biographical information and current photograph to Stanislav Grof, Esalen Institute, Big Sur, California 93920.

BIOGRAPHICAL INFORMATION

A

BERNARD S AARONSON was previously chief of the Section of Experimental Psychology of the New Jersey Bureau of Research in Neurology and Psychiatry. He is both a well known hypnotist and a teacher of meditation and has pioneered the use of fantasy methods in psychotherapy. He is co-editor with Humphrey Osmond of the book, *Psychedelics: The Uses and Implications of Hallucinogenic Drugs* published by Doubleday-Anchor Books. He is editor of the forthcoming book *Workshops of the Mind*. (p 6)

PAUL AIKIN is a clinical psychologist in private practice in Davis. He has spent the past eight years in training and practice in gestalt, bioenergetic, and psychophysical approaches. He has taught at Michigan State University and the University of California, Davis, where he was a senior staff member and training consultant at the Counseling Clinic. (p 13)

ROGER ANDES teaches classes and workshops in "Education in Feeling" at the Radix Institute. He holds a psychology degree from Indiana University where he was a laboratory assistant in vision research. (pp 21, 27)

JOSÉ A ARGÜELLES, author and artist, is currently teaching in the art department of San Francisco State College. His most recent book is *The Transformative Vision*. He is currently working on a project with his wife on the feminine. (p 8)

MIRIAM TARCOV ARGÜELLES is an artist and writer. She is co-author of *Mandala* and is currently working on a book on the feminine and creativity. (p 8)

B

GREG BARNUM joined the Radix Institute training program in January 1975, and teaches its neo-Reichian "Education in Feeling" at the Santa Monica facility. He is a certified masseur, and is a pre-med student at the University of Southern California, Los Angeles. (p 27)

LOWELL BEAN is an anthropologist whose area of expertise is the culture and history of native California. He has worked with twelve Indian tribes, including Pomo and Cahuilla, where shamanism is of primary importance. He is chairman of the Department of Anthropology at California State University, Hayward. (p 24)

JOHN BELLIS is a senior trainer and member of the Board of Directors of the Bioenergetic Institute of Analysis in New York and director of the Institute for Bioenergetic Analysis in New Haven, Connecticut. He has worked with Alexander Lowen and John Pierrakos and has given workshops and training groups all over the U S. (pp 8, 13)

BARBARA BRAUNSTEIN grew up in a doctor's and artist's family in Louisiana. She came to Esalen five years ago and worked as waitress, gardener, and cook until she found a natural outlet for her creative expression as teacher of flower and color systems of healing and various massage and energy tuning processes. In time for the March workshop, she will be returning from her second journey to her spiritual teacher in India. (pp 24, 29, 34)

CHARLES BROOKS, author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963. They currently live and work in California, Maine, New York City, and Mexico. (pp 9, 31)

MICHAEL BUTLER is a group leader and rolfer who is interested in ways to integrate the body, mind, and spirit. A former Esalen resident fellow, he was trained in group process by John Heider and as a rolfer by Dr Ida Rolf. Primary emphasis in his work is on ways to translate growth practices into everyday life. (pp 19, 26, 28, 32)

C

JOSEPH CAMPBELL is professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero with a Thousand Faces*, *The Masks of God*, and *Myths to Live By*. (pp 8, 21, 24, 34)

BARBARA CLEMANS was leader-in-residence at Esalen/Big Sur during 1975. She has just completed training with John Heider at the Human Potential School in Mendocino and is training counselors in mental health social service systems. Part of her work is featured in *Getting Clear, Body Work for Women*. (pp 4, 21, 30, 33)

RAMA KIRN SINGH COMEAU is a practitioner of the ancient science of humanology, specializing in interpersonal and family relations and in yogic therapy and healing. He is a teacher of kundalini yoga and is on the board of directors of the Kundalini Research Institute. (p 25)

MICHAEL CONANT is a psychologist in private practice in Berkeley who works in gestalt and bioenergetic reeducation. He directs training for the Institute for Bioenergetic Analysis in Northern California and is a member of the Gestalt Institute of San Francisco. He holds degrees from Columbia and Stanford Universities and is a former director of Bridge Mountain Foundation. His current practice centers around group work, and his particular interest is in teaching people to become more expressive, more themselves. (p 6)

MARGARET NAGEL CONWAY, director of Montana Learning Unlimited, has had experience in group facilitation and consultation to business and government agencies in the U S. She is currently a research fellow in the Humanistic Psychology Institute program at California State College, Sonoma, and a former senior associate at the Psychosynthesis Institute. She has also studied with *est* and the California Institute of Transpersonal Psychology. (p 28)

ELEANOR CRISWELL is the associate director of the Humanistic Psychology Institute and an associate professor of psychology at Sonoma State College. (pp 9, 10)

BOB CROMEY is a licensed counselor and has a private practice in San Francisco of group and individual and couples therapy. He has wide experience leading groups in the United States and Europe. (pp 7,8)

D

CAROL DAVIS is a certified teacher with five years experience and a professional painter. She worked with a psychosynthesis guide and learned the meaning and function of her personal symbols and imagination. She has gone on to study the therapeutic and healing effects of creative art and mandalas. (p 10)

KATHY DICKMAN has been a professional masseuse for five years, specializing in shiatsu, which she learned by apprenticeship with Tomiyo Tashiro. Recently she has been teaching Arica training. In her massage practice in San Mateo, her approach is toward body consciousness on and off the massage table. (p 11)

LAURA DILLON joined the Radix Institute more than four years ago. She has led workshops at growth centers in the U S and Europe and currently lives and works at Esalen, Big Sur. She is a qualified masseuse. (pp 27, 31, 33)

GEORGE DOWNING is a member of the teaching faculties of Family Therapy Institute of Marin and Langley Porter Neuropsychological Institute. He is the author of *The Massage Book* and *Massage and Meditation*. He is also a consultant to numerous hospitals and clinics in the U S and Europe. Presently, he is writing a book on Freud. (p 11)

JACK DOWNING's living experience as a doctor, specializing in psychiatry, has been enlarged by spiritual development in Arica, work with Dr Ida Rolf in structural integration, experience with the contemporary drug culture, public administration in community mental health programs, research, and personal search and study, beginning with psychoanalysis in 1950. (p 26)

JACQUELINE LARCOMBE DOYLE is a psychologist, feminist therapist in private practice, teacher, consultant to industry, to school and prison drug programs, and supervisor to radical therapists. She co-founded a center for personal and social change, *Greenhouse, Inc*, in Cambridge, Massachusetts, where she has served as vice president and director of group training. She was formerly on the faculty of the Department of Psychiatry at the University of New Mexico medical school. She was an Esalen resident fellow in 1969. (pp 20, 23)

AL DRUCKER's roots are in pre-war Germany and Poland. He came to Esalen ten years ago and has been part of the community ever since. He teaches various health and healing systems, including rolfing and acupuncture. In the past few years his life has taken a totally new orientation as he came under the influence of his spiritual teacher in India, where he is journeying at the time of this writing. (pp 24, 29, 34)

BIOGRAPHICAL

ADELE CHU DRUMMOND is a dancer and choreographer from Panama, presently living in the Bay Area. She is a soloist at St Paulist Church and some of her choreography has been performed at Galeria de la Raza and Lone Mountain College. Her dance training includes ballet, modern, jazz, Afro-Haitian, Panamanian folk dance, Kabuki, t'ai chi, and Indonesian. She is now teaching privately in San Francisco. (pp 6-9)

MARK DUNLAP studied gestalt with Phil Smith, led groups for high school students, and explored various mind/body approaches while in the Esalen College Program. He joined the Radix Institute training program in January 1975, and teaches its neo-Reichian "Education in Feeling" in Santa Barbara, California. (p 32)

E

JOHN ENRIGHT is in advanced training as a navigator in the sea of experience. He is eager to share maps, charts, and headings with fellow voyagers. (p 6)

F

JAMES FADIMAN is director of the Association for Transpersonal Psychology, a lecturer at Stanford University, co-author of *Personality and Personal Growth* (Harper & Row, 1976), and co-editor of *Transpersonal Education* (Prentice-Hall, 1976). (p 24)

HENRY LEROY FINCH is professor of philosophy at Sarah Lawrence College in New York. He is the author of *Wittgenstein: The Early Years* and *The Happy Rock*, a study of Henry Miller. (p 7)

JOAN FIORE is treatment coordinator at the Contra Costa County Hospital Psychiatric Ward, where she incorporates the teachings of Laing, Perls, and Reich in her work with individuals, families, and staff. She came to the Esalen gestalt residency program in January, 1973 and remained at Esalen for two years to continue studying gestalt awareness practice with Richard Price, encounter with Will Schutz, and neo-Reichian emotional release work with Charles Kelley. (p 33)

KATE FITZMAURICE studied at the Central School of Speech and Drama in London. She has taught voice there as well as at the London University, the Academy of Dramatic Art in Rochester, Michigan, Juliard School, and American Conservatory Theatres. She has been actively involved in bioenergetics, yoga, and siva mind control. (p 7)

ARTHUR FOX is an organizational consultant and group leader. He was a 1969 resident fellow at Esalen and has been a leader there ever since. Formerly the director of the Esalen College Program and Extended Learning Center, he is now co-producing a documentary movie on Wilhelm Reich. (p 32)

JANICA FOX did research in groups at Harvard and was a 1969 Esalen resident fellow. For the past eight years she has been leading groups at Esalen, around the country, and in Europe. She has a private practice in the San Francisco Bay Area. (pp 10, 32)

BETTY FULLER, a humanist counselor, is co-founder of the Body-Mind Experiential Learning Center in San Francisco, where she teaches feldenkrais movement and counsels individuals and couples privately and in groups. A former Esalen resident fellow, Betty is also active in *est*, where she leads seminars. (pp 24, 32, 33, 34)

G

JACK GAINES used to be a corporation president, was founder and president of Fathers-at-Large, Inc, and has been a consultant and a mini-philanthropist. Now he presides over a little place on the beach and is writing a book on Fritz Perls. (p 32)

ESTHER GENNER spent a year working at Esalen, Big Sur. She lived in Europe for four years and performed with the Living Theatre during that time. She now works as a consultant for the Office of Education, training professionals and paraprofessionals in counseling with drug abusers. She has a private practice in the Bay Area and is currently studying bioenergetics. (p 9)

ANDREA GIACOMINI, artist, teacher, and psychotherapist, works with individuals, groups, and families in Marin County. Her special interest is the use of symbols as an expression of the creative unconscious. (p 5)

WILLIAM GLOVER is certified in massage and has extensive experience and training in different approaches to the body. Among the persons with whom he has studied are Doris Breyer and Marion Rosen, a physical therapist. (pp 5, 7)

MARCY GOLDSTEIN is a plastic surgeon and acupuncturist. He trained at the College of Chinese Acupuncture (U K) with Dr J R Worsley. (p 24)

RAYMOND GOTTLIEB is a practicing optometrist and a specialist in sensory integration and the development of consciousness. He is a research fellow of the Humanistic Psychology Institute and a consultant at the Sonoma State Hospital and other agencies in perceptual training and learning disabilities. Dr Gottlieb has taught the Bates System since 1970. He believes that visual problems are stress-induced and are reversible. He currently practices in Cotati, California. (pp 4, 8)

IAN GRAND studies at the Center for Energetic Studies with Stanley Keleman, and has an individual and group practice in Berkeley. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at California State University, San Francisco. (p 13)

TAMARA GREENBERG utilizes dance/movement as a body oriented approach to further emotional and physical integration in the individual. She leads workshops for The Center for Energetic Studies, Esalen Institute, and ongoing programs in Berkeley and Sacramento. She has worked for twenty years as a dance and movement specialist in the fields of education and recreation and as a dance therapist in clinical institutions. (p 13)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over fifty articles in professional journals and books. He was a research psychiatrist at the Psychiatric Research Institute in Prague until 1967, clinical and research fellow at Johns Hopkins University Henry Phipps Clinic until 1969, and chief of psychiatric research at the Maryland Psychiatric Research Center and assistant professor at the Department of Psychiatry and Behavioral Sciences, Johns Hopkins University until 1973. He is presently on leave of absence from Maryland and Johns Hopkins and is a resident scholar at Esalen/Big Sur. (pp 24, 34)

BERNARD GUNTHER is one of the pioneers in the use of awareness, relaxation, meditation, and nonverbal communication in the total growth process. In recent years his main interest has been personal transpersonal synthesis. He is the author of many works including *Sense Relaxation*, *What To Do Till the Messiah Comes*, and *High Cards*. (pp 23, 25, 28, 32)

H

JOAN HALIFAX-GROF is a medical anthropologist specializing in psychiatry and religion. Her dissertation, "Indigenous Healing Systems and Contemporary Medicine: Toward an Integration of Approaches," reflects her crosscultural studies at Columbia University and subsequent field work in Africa and the Caribbean Islands, the study of the Afro-cuban religion "Santeria," and her work as anthropologist for the University of Miami School of Medicine in the Department of Psychiatry and Pediatrics. In 1972-73, she was a research associate at the Maryland Psychiatric Research Institute, working primarily as a therapist and anthropological consultant in LSD psychotherapy with terminal cancer patients. She is currently a scholar in residence at Esalen/Big Sur. (pp 24, 34)

ANNA HALPRIN is founder of San Francisco Dancers' Workshop, where she has developed her approach to the movement art, for which she was awarded a Guggenheim Fellowship in 1971. She has worked intensively with Ida Rolf and Bob Hall in structural integration and with Fritz Perls in gestalt. Most currently she is involved with two training programs, one in training professionals and the other in training minority students in leadership qualities useful to themselves and to their communities. Anna has co-authored *Exit to Enter* and *When a School Comes Home*, and most recently has had two new books published, *Movement Ritual I* and *Second Collected Writings*. (pp 10, 26)

MICHAEL HARNER is an anthropologist known for his research on shamanism, primitive use of psychedelics, and human cultural evolution. His field work has been among North and South American Indians and includes five expeditions to Amazonian tribes. He is professor and chairman of the anthropology program at the Graduate Faculty of the New School for Social Research in New York City. He is author of *The Jivaro: People of the Sacred Waterfalls* and editor of *Hallucinogens and Shamanism*. (pp 24, 27, 34)

SHAMA KIRN SINGH HARVEY is a teacher of kundalini yoga and humanology. He is a humanological practitioner utilizing yoga in his counseling at the Guru Ram Das Center for Humanology and the Healing Arts. Presently he is the co-director of the Kundalini Research Institute. (p 25)

INFORMATION

RICHARD K HECKLER is a founding member of the Lomi school and co-developer of Lomi body work. He has an extensive background in the mind/body disciplines and is author of the recently published book, *The Mind/Body Interface*. He teaches in the Bay Area. (p 10)

SHELLY HENDLER is professor of biochemistry at the University of California, San Diego and chairman of the department of biochemistry at Universidad Autonoma de Baja California. He is a consultant in molecular biology to the Salk Institute and the Scripps Clinic. He is also a musician, and wrote the score for the current BBC series, "Ascent of Man." (pp 12, 13)

BARKLIE HENRY's current interests include drumming and developing a contemporary alchemy and disease typology. (p 24)

AL CHUNG-LIANG HUANG, Shanghai-born t'ai chi master and performing artist, has taught and concertized throughout North America and the Far East. He is a specialist in Oriental Theatre, a calligrapher, a philosopher, and master of many Asian fine and martial arts. He is currently the director of the Lan T'ing Institute at the Alan Watts' Society for Comparative Philosophy in Sausalito, California. He is the author of *Embrace Tiger, Return to Mountain: The Essence of T'ai Chi* (Real People Press) and the collaborator with Alan Watts of *Tao: The Watercourse Way* (Pantheon Books). (pp 7, 20, 31)

JINENDRA K JAIN taught English literature for ten years at the Deshbandhu College of Delhi University. Seven years later, while still a lecturer, he was initiated into transcendental meditation and worked with Maharishi Mahesh Yogi. The next year he met his master, Baba Muktananda Paramahanse, and received initiation in siddha yoga. In 1969 Jinendra resigned from the college in order to join his teacher full time and intensify the study and experience of Indian philosophy and different aspects of yoga. He has worked as an interpreter for Swami Muktananda, led meditation and chanting, lectured and counseled in India and abroad. In addition, he has studied Western thought and psychology. All this enables him to effectively communicate with Western audiences. (pp 4, 5, 24)

KATHERINE DA SILVA JAIN's knowledge of yoga is based on six years spent in Paramahansa Yogananda's ashram in California and on continuing studies in yoga and philosophy. For three years Katherine was a yoga therapist in the psychiatric unit of St Joseph's Hospital in New Jersey and has worked with drug addicts and alcoholics. A yoga teacher and lecturer, she founded and was the president of the Yoga Organization for Research and Education in New Jersey. She has made a record and written instructional books on yoga. (pp 4, 5, 24)

KSYLVIA KARS, a medical administrator for fourteen years, trained at the Institute of Human Abilities. She is a former staff member of More Institute and founder and director of Discovery Institute. She has lectured for the Association for Humanistic Society and numerous other organizations. (p 30)

ANNA KAYE studied reflexology or "zone therapy" with Eunice D Ingham, author of *Stories the Feet Can Tell*, and related approaches with Dr Houston and Dr Randolph Stone. She has taught reflexology and the Bates eye method for many years as well as having a private practice in San Francisco. (p 9)

SAM KEEN is a free-lance writer and editor and an amateur psychopompos. He is the author of *To a Dancing God, Apology for Wonder*, and co-author with Anne Fox of *Telling Your Story*. He is a consulting editor of *Psychology Today*. (pp 21, 24)

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists, and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is the author of *Your Body Speaks Its Mind* (Simon & Schuster, fall 1975), *The Human Ground: Sexuality, Self and Survival, Living Your Dying*, and *Todtmoos*. (pp 12, 13)

CHARLES KELLEY, director of The Radix Institute in California, is a scientist who has specialized in vision training and human factors research for twenty-five years. In 1950 he became a student of Wilhelm Reich, contributing to Reich's journals during his life and to the development of his theories in the years since Reich died. He is a qualified masseur, Bates Instructor, and writer. He and the staff he has trained are noted for their adaptation of Reichian techniques in the small-group process Kelley terms the "Radix Intensive." (p 32)

ERICA KELLEY has been with The Radix Institute since its inception and has assisted in the development of the Radix Intensive. A qualified masseuse and former student in Reichian-oriented analysis, she specializes in deepening emotional release by combining the principles of body learning derived from Alexander, Feldenkrais, Rolf, massage, and bioengineering with those of Reich and bioenergetics. She has given workshops in major growth centers throughout the country and in Europe and assists her husband in the training of neo-Reichian teachers. (p 32)

MICHAELEEN KIMMEY has run an experimental nursing home and has apprenticed in various alternative approaches to the medical mode. These include chiropractic, shiatsu, magnetic healing, gestalt with Fritz Perls, and a year's work with Moshe Feldenkrais in Israel. She is now serving as a consultant and teacher at the Haight-Ashbury Drug Rehabilitation Center Experimental Training Program. She has evolved a system of intuitive energy reading that links numerology, astrology, and palmistry with the various centers of the body. She works privately and at Esalen with individuals and groups doing massage and intuitive readings. (p 33)

JOHN KING is a faculty member of the physics department at the University of San Francisco. (p 21)

JOEL KRAMER is an adept of hatha yoga and a master of jnana yoga. He was in residence at Esalen from 1968 to 1970. Mr Kramer combines Eastern and Western perspectives in his work. He is the author of *The Passionate Mind*, a manual for living creatively with oneself. (p 20)

BOB KRIEGEL was the co-founder and co-director of the Esalen Sports Center, and was the director of the Esalen Consulting Service. He has been a special consultant to the Texas Outward Bound School and 6th Army Drug and Alcohol Abuse Unit. Prior to that he was the director of Anthos Institute in New York City. He has led encounter and gestalt groups at Esalen and other growth centers around the country, and has conducted special programs for universities, social change agencies, and mental health centers, both in a new view of sports and awareness and on various aspects of humanistic psychology. He is currently the director of the SAGAS Project (Self-development thru Active Games and Sports) and is a research fellow at the Humanistic Psychology Institute. (pp 23, 32)

RON KURTZ is a bioenergetic therapist and is co-author (with Hector Prestera) of *The Body Reveals*. He has studied with John Pierrakos of the Institute for Bioenergetic Analysis. He is in private practice in Albany, New York, and trains paraprofessionals in crisis intervention and counseling. He is currently finishing his second book, *Helping Each Other*, which attempts to make the basic principles and methods of humanistic, body-oriented therapies available to the layman. (p 20)

LJANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process, of which she is the originator. She is currently co-director of Esalen/Big Sur. (pp 22, 24, 26, 34)

LENORE LEFER, an associate of the Psychosynthesis Institute, is a former executive director of the Bridgeport, Connecticut Mental Health Association, research scientist, psychological examiner, teacher, Esalen resident fellow, and organizational consultant. She has completed advanced training at the Psychosynthesis Institute in Palo Alto, California. She leads groups, works with individuals and couples using psychosynthesis, and is presently involved in the training of professionals. (p 5)

GEORGE LEONARD has studied aikido and energy awareness with Robert Nadeau and Frank Doran since 1970. He has led numerous workshops in energy awareness for growth centers, universities, and other organizations throughout the United States and in Canada. He is author of *Education and Ecstasy, The Transformation*, and *The Ultimate Athlete*. (pp 7, 21)

BIOGRAPHICAL

ANTOINETTE LILLY is a psychotherapist with training in Eastern mystical tradition and contemporary methods of freeing the self. She has had many hours of tank work, done at the Lillys' research center, "Human Software Inc." Her first book is *Dyadic Cyclone* (co-authored with John Lilly). (pp 24, 27, 34)

JOHN C LILLY is a teacher-scientist-mystic on the path of examining the depths and far reaches of human consciousness. Dr Lilly began with pioneering research into the mind of the dolphin and continued his explorations deep into the mind of man. A scientist and psychoanalyst, Dr Lilly uses himself as his subject. His investigations have led him through experiments in solitude, isolation, and confinement to LSD research. His books include *The Center of the Cyclone, Dyadic Cyclone,* and *Simulations of God: The Science of Belief* (May 1975). (pp 24, 27, 34)

GAY LUCE is a former science writer whose numerous books and articles cover a vast realm of physical as well as social scientific interests. She is the author of *Sleep* and *Body Time.* In addition to her many teaching and lecturing responsibilities, she is presently co-director of the *Sage Project,* a highly successful growth center for senior citizens in Berkeley, vice-president of the Nyingma Institute, and a member of the Holistic Health Council. (p 24)

M

ANN "CRICKET" MACKINLAY has climbed and skiied extensively in the U S, Canada, and the Alps. She was a National Womens Veterans champion in all three Alpine events and is currently teaching backpacking and cross country skiing. (p 5)

MARIA MANGINI is a former student of theatre and dance whose interests now center on transformations, initiations, and the personal vision quest. (p 24)

EDWARD MAUPIN was an associate in residence at Esalen from 1966 to 1971, when he joined the staff of Arica Institute. He is a psychologist and a rolfer. His PhD dissertation at the University of Michigan was an experimental study of zen meditation. His focus at Esalen was on body-oriented approaches to consciousness. (p 6)

EMMETT E MILLER holds degrees in mathematics and medicine and currently practices hypnotherapy, movement therapy, and selective awareness in the San Francisco Bay Area. He teaches and leads workshops for both lay and professional groups. He has developed Selective Awareness, a technique of self healing, and the coherency theory, a psychophysiological approach to the relationship of mind and body in health and disease. He is the author of the book *Selective Awareness,* an introduction to his work. (pp 19, 20, 24)

NITZA BROIDE MILLER is a registered dance/movement therapist and clinical psychologist with extensive experience in both verbal and nonverbal techniques. She is a professional folk dancer and teacher of classical, modern, primitive, and creative dance. She has studied dance and movement therapy with Marion Chase, Mary Whitehouse, and Alma Hawkins, and has used and taught these modalities in her private practice in Menlo Park, California, as well as in numerous schools and hospitals in the United States and in Israel. (pp 19, 24)

MING is a feminist acupuncturist trained at the College of Chinese Acupuncture (U K) with Dr J R Worsley. (p 24)

SIRI MISHLER co-leads workshops and classes and gives individual instruction in "Education in Feeling" at The Radix Institute in California. Siri has taught at the University of Minnesota. (p 21)

DEE MUNDSCHENK has worked in neuropharmacological research, social work, and individual and group processing, and has taught oriental art appreciation. She is the former coordinator/supervisor of an experimental mental health center in rural Ohio. She is currently working on a PhD program which focuses on an integrative approach to humanistic psychology and the creative and meditative arts. She has also studied t'ai chi and yoga as well as Buddhist art and sumie in a Zen monastary in Japan, and karnatic music and art in Madras, India. (pp 11, 24, 30, 33)

MICHAEL MURPHY is co-founder of Esalen Institute and a long time student of Eastern religion and philosophy. He is the author of *Golf in the Kingdom.* (p 21)

BARBARA G MYERHOFF is presently on research leave from USC, where she is an associate professor of anthropology, to work on a study of ethnicity and aging under a grant from the National Science Foundation. Her fieldwork includes work among the Huichol Indians (Mexico) and the Luiseno Indians (Southern California). She has written numerous articles on symbolic curing, shamanism, Huichol mysticism, and secular and sacred ritual, and is the author of *Peyote Hunt: Religion Pilgrimage of the Huichol Indians.* (p 24)

N

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. Bob also teaches aikido. (pp 7, 9, 20, 27, 28, 33)

XAVIER NASH is an associate director of the San Francisco Dancers' Workshop and is on the teaching faculty. He formerly conducted a dance workshop at Studio Watts in Los Angeles. He is a performing artist in movement and theatre and has toured and performed with the San Francisco Dancers' Workshop throughout the country. Xavier has been trained in dance at the Dancers' Workshop. He has also been trained in gestalt, Lomi body work, and with Lawrence Halprin in the creative process in the human environment. (p 26)

JEANNE NEWMAN has been on staff at Discovery Institute in Los Angeles for three years. She trained at the Institute of Human Abilities to effectively integrate the business and humanistic worlds. (p 30)

O

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique. He teaches the Alexander technique at the American Conservatory Theatre, and is in private practice in San Francisco. (p 9)

P

KENNETH R PELLETIER is a research psychologist at the Langley Porter Neuropsychiatric Institute and Department of Psychiatry, University of California School of Medicine, San Francisco. He is director of the Psychosomatic Medicine Center of Gladman Memorial Hospital, Oakland, and is in private practice in Berkeley. He studied at the C G Jung Institute in Zurich and became director of the Institute for the Study of Consciousness, Berkeley. He has published numerous articles in clinical biofeedback, psychosomatic medicine, and altered states research, and is co-author of *Consciousness: East and West.* (pp 24, 34)

GIORA PINKAS was trained as a dancer and teacher of physical education and sensory awareness in Israel before training in London as an Alexander teacher. He has taught the Alexander technique in England, Germany, and Israel and for the past three years has been practicing in the Bay Area. (p 9)

GEORGE PRANSKY presently is involved in designing and leading seminars in the Bay Area and the Northwest. His background includes leading encounter groups and workshops. (p 6)

PREM DAS, "Servant to the God of Love," received training in kundalini and ashtanga yoga from Hari Das Baba while in India five years ago. For the past four years he has been living in Mexico among an isolated tribe of Indians called Huichol—"healers"—extending his study of yoga into the realm of shamanism and traditional life styles. (p 24)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is currently practicing acupuncture. His prior training includes Arica Institute, gestalt, Reichian energetics, and structural integration. He has studied and led workshops with Richard Price, John Heider, John Lilly, Will Schutz, Ida Rolf, and Jack Worsley. He is co-author (with Ron Kurtz) of *The Body Reveals.* He is currently interested in fusing these teachings to develop a new humanistic model for healing the whole person (body-mind-spirit). (pp 20, 24)

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 21, 24, 29, 31, 33, 34)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 21, 24, 29, 31, 33, 34)

LEE PULOS is a clinical psychologist in private practice and director of the Center of Parapsychological Studies in Vancouver, B C. He has held teaching appointments at the University of British Columbia, Wisconsin, and Indiana. In addition to his extensive academic-clinical background, he is a "down to earth" pragmatist as the owner-director of a large, successful business corporation. (p 10)

R

MYRTLE RATCLIFFE, masseuse, cook, and musician, is a Big Sur resident and a living collage of her experiences in India, in art, music, yoga, and in the woods and along the seashore of the Pacific. (p 33)

PAUL REBILLOT, teacher, theatre director, actor, magician, and fool, has taught at San Francisco State College and Stanford University. He is the founder of the Gestalt Fool Theatre family of San Francisco and has trained in gestalt with Richard Price and in encounter with Will Schutz. He is the originator and developer of the Gestalt Tarot—a technique incorporating the Tarot deck with gestalt process. He is gestaltist for the staff of the Emanuel Hospital psychiatric ward and staff consultant to various mental health facilities in California. (p 19)

INFORMATION

WILLIAM PENNELL ROCK did his doctoral work in philosophy at Cambridge, spent several years in India working on a new interpretation of the *Upanishads* to be published shortly, spent a year at the Center for the Study of Democratic Institutions, has taught at several universities, including U C Santa Barbara, and for the last two years has been connected with Arica Institute. (p 8)

ROLLING THUNDER, a Shoshone medicine man, is a prophet and healer. (p 24)

MARION ROSEN is a physical therapist who trained in Germany, Sweden, and at the Mayo Clinic. She has been practicing for thirty-five years and teaching exercise classes for the last ten years. She is interested in preventative medicine and rehabilitation and in the last year or two has returned to her earlier work in relaxation and breath awareness. (p 10)

SANFORD ROSENBERG is currently in study at the Humanistic Psychology Institute in clinical psychology. He offers courses at numerous colleges in the Bay Area, and is a faculty member at Antioch College/West. He is in private practice and has studied psychology, phenomenological existential psychology, gestalt, sensory awareness, and Eastern philosophy. (p 8)

CHARLOTTE ROSNER is an artist and gestaltist. She is chairperson of the Gestalt Institute of Chicago and director of their art therapy training program. (p 27)

JORGE ROSNER integrates his previous life roles of actor, director, designer, and psychic into his current practice as a gestaltist. He is executive director of the Gestalt Institute of Toronto, director of the Gestalt Institute of the Netherlands, founding fellow and faculty member of the Gestalt Institute of Chicago, and faculty member of the Department of Psychiatry of Northwestern University. (p 27)

THEODORE ROSZAK is professor of history and chairman of general studies at California State University, Hayward. He is the author of *The Making of the Counter Culture, Where the Wasteland Ends* (both nominated for the National Book Award in philosophy and religion), *Pontifex*, and his most recent book, *Unfinished Animal*. He is also the editor of *Sources* and co-editor, with Betty Roszak, of *Masculine/Feminine*. (p 7)

GABRIELLE ROTH shares herself in song and dance. She is devoted to action, change, and growth. Her method is spontaneity, her master movement, her best friend music. (pp 8–9, 23, 26)

FRANK A RUBENFELD is a clinical psychologist who trained with Fritz Perls at Esalen. He has led gestalt workshops at Esalen since 1969, and is on the faculty of the Gestalt Institute of San Francisco and the California School of Professional Psychology. His residence is in Berkeley, where he practices group and individual psychotherapy. (p 33)

JACK SARFATTI is a physicist and the leading theoretician of the Physics Consciousness Research Group, San Francisco, California. Dr Sarfatti has been a faculty member in the physics department of San Diego State and honorary research fellow of Birkbeck College, University of London. He has recently returned to the U S from UNESCO's international center for theoretical physics in Trieste, Italy. Dr Sarfatti is co-author of *Space, Time and Beyond* with Bob Toben and Fred Wolf. (p 21)

DAVID SCHIFFMAN, a former director of Anthos, a growth center in New York City, was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. He has lectured at the University of California, Princeton, and other schools, and has conducted special programs for industry and social agencies. He is currently a leader in residence at Esalen/Big Sur, where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 11, 23, 24, 28, 30, 32, 33)

WILLIAM SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais, and *est*. He is author of *Firo, Joy, Here Comes Everybody*, and most recently *The Elements of Encounter*. He is currently living in Big Sur. (pp 21, 24, 27, 31, 32, 34)

ALAN SCHWARTZ practices privately in New York City. He trained in gestalt with Laura Perls and in bioenergetic analysis at the Institute for Bioenergetic Analysis, New York City. He leads groups at Esalen, throughout North and South America, and in Europe. He is an associate professor in higher education, and has worked in higher education for more than fifteen years in human communication. He is currently working on a volume dealing with Energy Responsibility and its application to education. (pp 5, 19)

LENORE SCHWARTZ is associate director of the Family Center, which is in the planning process at Montefiore Hospital in Bronx, New York. An environmental psychologist, she has also been a painter and interior designer. At present she is completing a volume entitled *The Environment of Birth*. Previously, she has led training seminars for architects and designers and taught at the Columbia School of Architecture in New York. (p 24)

CHARLOTTE SELVER is a teaching associate at Esalen/Big Sur and on the faculty of the New School for Social Research in New York. Her field is sensory awareness, perception, and nonverbal communication. She holds regular classes in New York and conducts seminars and study groups throughout the United States and Mexico. (pp 9, 31)

JIM SHERE studied extensively with Dane Rudhyar, is the former director of the International Committee for Humanistic Astrology, and currently has a private practice in humanistic astrology. (p 4)

BEVERLY SILVERMAN is a gestaltist and a senior rolf practitioner. She has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the U S Army at Fort Ord. (pp 21, 24, 26, 34)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His training includes gestalt, encounter, psychosynthesis, and organizational development. He is involved in teaching group process work to therapists and other health and business professionals and is the author of many experimental and theoretical articles on sensory and perceptual functioning and on so-called altered states of consciousness. His theory of attention dis-function in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the field of psychiatric research. He has also been involved in the creation of psycho-physical environments that encompass Fritz Perls' and R D Laing's conceptions of the nature of human growth and dis-ease. (pp 21, 24, 26, 34)

O CARL SIMONTON developed a method of augmenting standard medical treatment with intensive psychotherapy in combination with aspects of biofeedback, meditation, and hypnotherapy, while acting as chief of radiation therapy at Travis Air Force Base. He is now in private practice in Fort Worth, Texas, and director of the Psychophysiologic Research at Holistic Cancer Center and Oncology Associates. His current interests are twofold: developing a psychological profile of patients who significantly outlive their prognoses, and objectively quantifying such phenomena as "the will to live," "spontaneous remission," and "placebo." (pp 24, 26)

AUDIO CASSETTE RECORDINGS

Two audio tape cassettes from the Joan and Stanislav Grof *Culture and Consciousness* Spring 1975 program are released for distribution. Each recording is 1½ hours in length and costs $9 ($6/hour). Make check payable to: Workshop Cassettes, c/o Hot Springs Lodge, Big Sur, California 93920.

Will Schutz: *Interpersonal Psychodynamics* — Gregory Bateson: *Metaphors & Butterflies*

With your order you will receive descriptions of additional recordings from among the following: Joan Grof: *Rites of Passage;* Stanislav Grof: *Fear of Dying;* Julian Silverman: *Shamans & Crises;* John Perry: *Schizophrenia;* Jean Houston: *Non-Drug Turn-On;* Gordon Wasson: *Magic Mushroom;* Claudio Naranjo: *Ayahuasca Story;* Barbara Myerhoff: *Huichol Journey*. And, from other Esalen programs such as: Emmett Miller, MD: *Self-Healing: Alternative to Medicine & Surgery;* John Lilly: *Care of the Biocomputer;* Al Huang: *Embrace Tiger;* Robert Nadeau: *Aikido & Centering*.

BIOGRAPHICAL INFORMATION

STEPHANIE S SIMONTON has developed and coordinated the counseling techniques administered to cancer patients at Oncology Associates. She is a frequent lecturer on the emotional aspects of malignancy, and serves as a trustee for the Holistic Cancer Center. Her current area of exploration involves the relationship between psychological parameters and the specific tumor location. (pp 24, 26)

SARADA SINGER was a resident at Esalen when she first met Baba Ram Dass; subsequently she traveled and sang with him. This began a spiritual journey which took her to India and brought her to Lama, where she helped illustrate *Be Here Now*. She is a student of Ram Dass and is an initiated Sufi healer. She has taught voice and music at Lama for three years. (p 30)

SURYA SINGER traveled to India eleven years ago and studied with Yogi Surya Premananda in Nepal, Yogi Malaijeevie on Arunachalam Mountain in South India, and Baba Hari Dass in Kainchi. His guru is the late Maharaj-ji Neem Karollie. In his five and a half years at Lama he has studied with Roshi Joshu Sasaki, Murshid Samuel Lewis, Pir Vilayat Khan, and Chogyam Trungpa, and took refuge and Bodhisattva vows with Kalu Rinpoche. He has been director of the teaching programs at Lama for two years and edited *The Yellow Book* (sayings of Baba Hari Dass) and *In the Garden with Murshid Sam*. (p 30)

SAUL PAUL SIRAG is a physicist and is vice president of the Physics Consciousness Research Group. He is also research associate for the Institute for the Study of Consciousness in Berkeley and is a novelist and playwright. (p 21)

PETER SLESSEL is a professor of biology at the University of San Francisco. (p 21)

HARRY SLOAN, a former dentist and Esalen resident fellow, is a group leader, organizational consultant, and playwright. His first play, *The Burden*, was showcased in New York in 1971. He is in private practice in San Francisco and is currently interested in broadening perspective—"seeing oneself beyond an impasse." He is training in psychosynthesis at the Psychosynthesis Institute in Redwood City. (pp 21, 31)

GERALD W SMITH is a family therapist in Belmont, California. He led the first couples' workshops at Esalen and is author of *Me and You and Us* (in paper as *Couple Therapy*), a book of communications experiences. He recently authored a book titled *Hidden Meanings* and for a year had a daily TV program on KPIX in San Francisco called "Talk It Over with Dr Gerald Smith." (pp 5, 9)

ZOE SNYDER is a member and trainer at the San Francisco Gestalt Institute. She lives in Berkeley where she practices individual, family, and group psychotherapy. She is on the staff of the Family, Youth and Children's Service in Berkeley and is a consultant to the Berkeley Women's Center. (p 4)

DYVEKE SPINO is a community mental health consultant and formerly a fellow at Columbia University in organizational analysis. She is presently conceiving and designing a new Sports Cluster College at Sonoma State and teaches courses on new directions of sport at U C Berkeley, Davis, and for the psychology department at Sonoma State. Currently she is designing transformation physical fitness programs for business and industry and educational institutions. She is a tennis pro, ski instructor, and classical pianist. (p 11)

MIKE SPINO is director of the Esalen Sports Center and is in private practice as a physical fitness counselor. He has created an integral mind/body training focused in the running experience based on the work of Percy Cerutty and Mihlay Igoi. He is presently studying with Michael Murphy and is author of *Poems of a Long Distance Runner* and, soon to be released from Celestial Arts, *The Innerspaces of Running*. (pp 5, 10)

HELEN (LANEY) STEPHENS grew up in the midwest and devoted the first twenty years of her adult life to being a wife and mother in Mexico. At her husband's death she came north and embarked on a new career in the Human Potential Movement. She has led workshops focused on issues of growth and personhood for the last five years. She has also been involved with a New Age film and publication. (pp 7, 8)

JOHN O STEVENS edited *Gestalt Therapy Verbatim* and wrote *Awareness: exploring, experimenting, experiencing*. He is editor/owner of Real People Press and does occasional gestalt groups out of interest in the awareness/growth process. (p 20)

DICK STRONG has climbed in the U S, Canada, Norway, and throughout Europe. He is also an agricultural consultant. He has ski toured in the Sierras since 1947 and has taught cross country skiing for the last three years. (p 5)

RAY STUBBS was trained in massage through Esalen and the Massage Institute of California. He is on the staff of Devta, a center for the body, and has taught massage workshops in Arizona and the Bay Area. (p 10)

SIMONE SURPIN, an Esalen resident from 1970 to 1972, trained with John Heider in group process and is a former rolf practitioner. Currently she is leading workshops around the U S and in Europe. Most recently she has been spending time with Swami Muktananda on his U S tour. She teaches meditation intensives and retreats for him and has started a meditation center in Palo Alto. (pp 25, 27, 28, 32)

T

JACOBA TEAGUE has had several years experience with transactional analysis and bioenergetics and has worked with mentally retarded children. Jacoba presently does emotional release work at The Radix Institute. (p 21)

MICHAEL TIERRA has lived several years in the mountains of northern California, where he was first introduced to the use of herbs for healing by members of the Karok Indian tribe. Since then he has been a student and protege of Dr Christopher of Utah. He is a practitioner of several of the natural healing arts, including herbs, diet, acupuncture, and iridology. At present he is a disciple of Hari Das Baba. (p 31)

YANNI TOUSSULIS studied counseling psychology at Lone Mountain College, has trained in gestalt counseling with John Enright, and has taught through the Esalen College Program. (p 4)

U

JUDY UNELL, a member of the American Massage and Therapy Association, is one of the West Coast's best known massage therapists and the originator of t'ai chi massage. She was staff massagist for Kairos and has led workshops throughout the U S. Licensed in Los Angeles, she uses neo-Reichian emotional releasing in her teaching and private practice. She has trained and given individual instruction with The Radix Institute. (p 31)

W

JANE WALTER is a certified masseuse in private practice in San Francisco, working on a referral basis from therapists. She trained in massage with Gunver Jackson, Margaret Elke, and Kathy Dickmann (shiatsu), and has been teaching massage for three years. Currently she is training to become a physicul therapist. (p 10)

ARNOLD WEINSTEIN, in addition to playwriting, has functioned as a poet, lyricist, director, and teacher. His first play, *The Red Eye of Love*, was produced by the Living Theatre in 1961. He wrote the book and lyrics for *Metamorphoses*. He also translated *Mahagony* by Brecht-Weill which was done in New York off-Broadway and at the San Francisco opera. He has worked with Mose Allison, Elvin Jones, and John Coltrane. (p 5)

SHARON WHEELER trained in massage at Esalen/Big Sur and in structural integration with Ida Rolf, as well as in structural patterning with Judith Aston. She has led workshops in Esalen massage and has been a practitioner of rolfing and structural patterning in New York and at Esalen/Big Sur. (p 24)

VIRGINIA WINK combines a knowledge of dance therapy and Laban movement analysis with bioenergetics in her work. She was formerly a dance therapist at Manhattan State Hospital in New York, and has taught creative dance classes. Currently she is a bioenergetics therapist in private practice in New York City, where she also conducts classes in movement and exercise at the Institute for Bioenergetic Analysis. (p 5)

FRED WOLF, a physicist, is devising ways to teach the experiences behind the physics theories, even to people who formerly could not "get" physics. Professor Wolf is director of education and communications of the Physics/Consciousness Research Group, and is also professor of physics at San Diego State University. He has recently returned to the U S from the University of Paris where he was a visiting professor. He is co-author of *Space, Time and Beyond*. (p 21)

Z

JANET ZUCKERMAN, a former New York advertising executive, wife, and mother, came to Esalen in 1971 as a resident fellow. She has trained in group process with Julian and Beverly Silverman, Betty Fuller, Janet Lederman, and Will Schutz. She has been leading groups for four years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 20, 23, 27)

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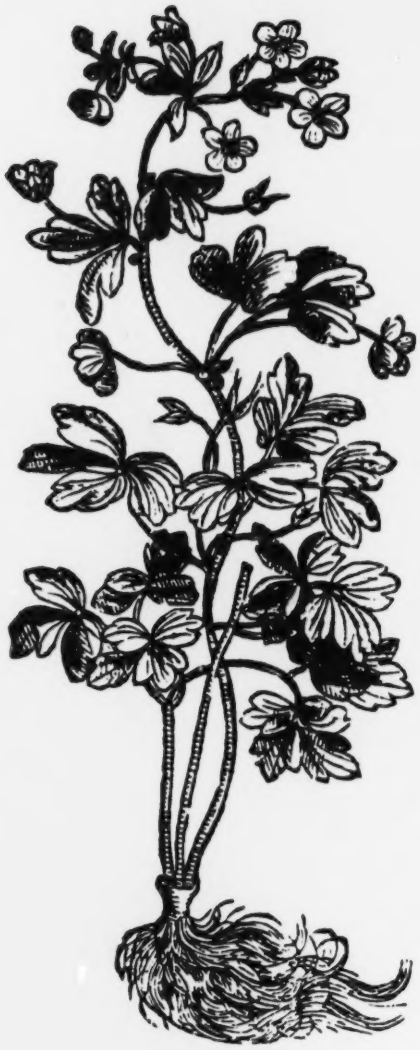

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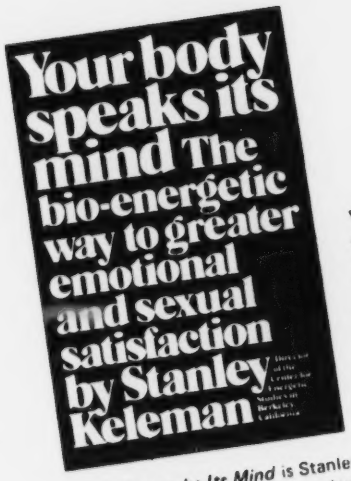
The Ultimate Athlete
by George Leonard
8.95

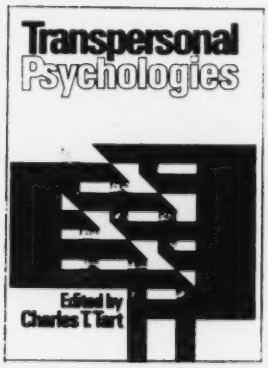
Yogi Tag??? Infinity Volleyball??? Slaughter??? Gotcha??? These *new* games, a part of a whole new look in sports and physical education, include the principle of the "energy body" (derived from the Japanese body system of aikido) and are included in a new book by George Leonard. Focusing on expanded human energy and awareness, Leonard explores games and the possibilities of the body transcending itself in reaching for the goal of the spirit. He combines discussion of the mythology, history, and evolution of sports with imaginative and daring speculation into the athletic dimensions of running, flying, diving, and risking. From this emerges the vision of the Ultimate Athlete: one who plays the game of life intensely, aware that the prize is the play itself.



Your Body Speaks Its Mind
The Bio-energetic Way to Greater Emotional and Sexual Satisfaction

by Stanley Keleman
7.95

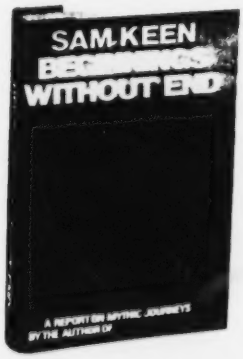
Your Body Speaks Its Mind is Stanley Keleman's definitive work on how to understand the language and wisdom of the body. According to Keleman, "We do not *have* bodies, we *are* bodies . . . your body is not only alive, but formative." Using his experiences of working with people, he shows how they achieve formative experiences which put them in touch with the full range of human emotions. Keleman draws upon his vast training to demonstrate how, after years of denial, you can unlock your body. Through his program for "grounding" and "experiencing," he tries to provide ways to deal with the anxiety and anger confined through years of denial in a tense musculature and to help people free themselves to express the positive and loving feelings previously unavailable.



Transpersonal Psychologies
edited by Charles T Tart
16.50

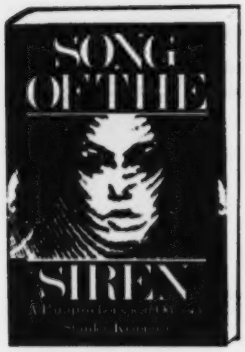
What happens in religious ecstasy? Is it, as some clinicians claim, only a semi-hysterical fluttering of the pulse, a sudden injection of adrenal fluid into the system? Or is it as the mystic maintains, an inexplicable, ineffable gift? Or . . . ?

In *Transpersonal Psychologies,* Charles T Tart and nine other contributors begin the quest by translating mystical traditions—spanning the gamut from Zen Buddhism to Sufism to Western magic—into the language of science.

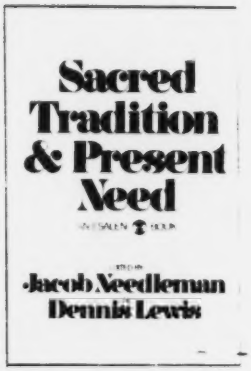


Beginnings Without End
by Sam Keen
5.95

Beginnings Without End is, like the *Tibetan Book of the Dead,* about death and rebirth, identity crises, and how to begin again. It is a manual of the principles of psycho-alchemy, a guide book for the journey through time.



Song of the Siren
A Parapsychological Odyssey
by Stanley Krippner
12.50



Sacred Tradition and Present Need
by Jacob Needleman and Dennis Lewis
10.00

The current spiritual ferment in America epitomizes the yearning of twentieth-century man for catalytic answers to the fundamental questions of existence. The new religions; experiments with meditation and other religious techniques; attempts at self-exploration and human relations through sensory awareness, encounter, and communes have now spread throughout the world. This book is an attempt to turn away from all this ferment. Instead, it raises questions: Has the "spiritual revolution" lost its direction in a profusion of innovations? In our haste to reject outworn religious forms, customs, and ideals, have we overlooked the truths that have guided traditional life and thought since time immemorial? And can the ancient traditions cut through our present confusion and speak anew to Western man's need?

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* Note: Mailing books takes a few weeks; please be patient!

Our office in San Francisco at 1793 Union Street features a bookstore stocking many of the latest publications in the areas of humanistic psychology, gestalt, psychosynthesis, Eastern philosophy and religion, body therapies, and other books of interest to Esalen participants.

ESALEN BOOKSHOP / San Francisco hours: Monday-Saturday, 9:30-5:30; closed Sunday. Our shop stocks many more titles than we list here.

BOOKSHOP ORDER FORM

To order any book listed on this page or elsewhere in this catalog, return this coupon with your check (made payable to Esalen Institute) to: Esalen Bookshop, 1793 Union Street, San Francisco, CA 94123. Please add $.75 to all orders to cover cost of mailing.

Master Charge ☐ American Express ☐ Card Number _____ Amount Enclosed: $ _____

Name: _____

Address: _____

City, State: _____ Zip: _____

California residents, add 6½% sales tax. **Due to rising costs, please add $.75 postage and handling for *all orders*.**

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WORKSHOP IN GESTALT THERAPY
BY FRITZ PERLS

One hour audio cassette in which Fritz talks about gestalt therapy and demonstrates hot seat work. To order, send $6.25 to the Media Center, Esalen Institute, Big Sur, CA 93920.

Special Information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2 for the United States, $4 for Canada and Mexico and $12 for all other countries. Those attending Esalen workshops and conferences are automatically added to the mailing list for one year. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

CONTRIBUTIONS to Esalen Institute are tax deductible.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given some sort of accreditation to their activities. We have told everyone to stop using our name in such a manner. Of course people use insights and techniques they bring from our programs, but we confer no certificates, diplomas, or other symbols of formal status such as those conferred by professional associations and schools.

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen/San Francisco programs and Esalen/Big Sur programs conducted prior to 1973, contact Big Sur Recordings, 2015 Bridgeway, Sausalito, California 94965.

For information on buying audio tapes of more recent programs in Big Sur, contact the Media Center, Esalen Institute, Big Sur, California 93920. When writing specify the subject matter or leaders in which you are interested.

Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Big Sur Information

For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 4 every day;
10 to 8 Sunday & Friday.

In Los Angeles call:
Nancy Lunney
(213) 394-5576
for general information.

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Deposit Information: Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. Deposits are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen/Big Sur. Do not mail Big Sur reservations to Esalen/San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen/Big Sur program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15–August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen/Big Sur by notifying the Big Sur office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5–5:30 pm each Sunday and Friday. The cost is $10 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence for five days or longer at Esalen are asked to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

San Francisco Information

For reservations, literature, tickets, and information, write or call:
Esalen Institute, 1793 Union Street, San Francisco, California 94123.
Phone: (415) 771-1710; 9:30–5:30 Monday through Saturday.

Reservations: Reservations close five days prior to the program, in order to facilitate planning and for the convenience of participants' time plans. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to Esalen Institute, 1793 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express. U S currency only, please.

Information literature and tickets for lectures may be obtained Monday through Saturday 9:30–5:00 pm at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

Workshop schedules: One day workshops generally meet from 10 am to 6 pm. Saturday and Sunday weekend workshops meet from 10 am to 6 pm each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 pm on Friday, from 10 am through the afternoon and/or evening on Saturday, and from 10 am to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

Accommodations: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

Location: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs, including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

Recommended dress: Workshops are informal. Slacks and flat shoes are recommended for women, sport clothes for men.

Bookstore: Esalen's Bookshop provides a comprehensive selection of books ranging from general psychology, life sciences, and education to the Eastern philosophies, Jung, and the mystics. It is open Monday through Saturday, 9:30–5:30 pm, and Sundays when workshops are in process (On Sundays call before dropping in).

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in reserving a space at Esalen workshops and lectures. You may use it for San Francisco or Big Sur programs. (Please make reservations at each location independently rather than place a "mixed" order.) In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)

Check location of program(s):

☐ **Esalen/San Francisco**

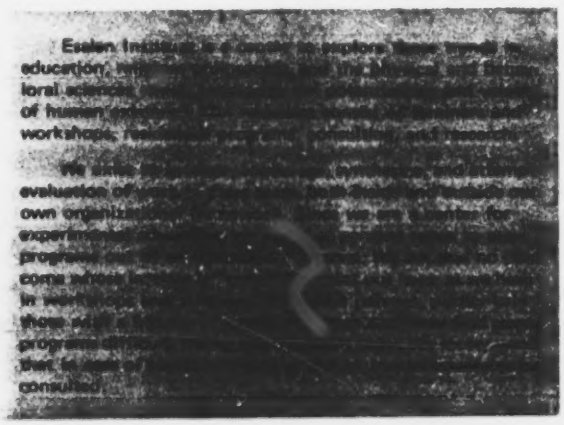
(Mail to Esalen Institute, 1793 Union Street, San Francisco, California 94123.)

☐ **Esalen/Big Sur** **(Mail to Esalen Institute, Big Sur, California 93920.)**

Check whether you wish: ☐ shared room ☐ single room on a space-available basis ($7 per night additional charge). *(Lodging may be assigned at either Big Sur Hot Springs or South Coast Center at the discretion of Esalen.)*

Do you smoke? _____ Will you bring a car to Esalen/Big Sur? _____

Name of person registering	Date(s)	Leader's Name/Title of Workshop	Deposit



Total amount enclosed: $ _____

Your deposit can be charged to:

Master Charge ☐ American Express ☐

Card No. _____

Expiration date _____

Checks payable to Esalen Institute.

PAYMENT: All San Francisco and Big Sur workshops require nonrefundable deposits. Consult information section on page 46 for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

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Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

Esalen Institute
1793 Union Street
San Francisco
California 94123

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the esalen catalog

April–June, 1976

Cover Drawing: Red Dog Preface

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ESALEN INSTITUTE

–Big Sur, CA 93920. Phone (408) 667-2335;
10 to 3:30 every day; 10 to 8 Sunday and Friday.

–1793 Union Street, San Francisco, CA 94123.
Phone (415) 771-1710;
9:30-5:30 Monday through Saturday.

The theme of this issue is schizophrenia. In a research project designed by Drs. Julian Silverman & Maurice Rappaport, a review of which appears on pages 24–25, the researchers found that conventional anti-psychotic drug therapy may not be the best treatment for schizophrenia. In fact, patients who were treated with a placebo while in the hospital and who were off medications after they left the hospital showed a much lower rehospitalization rate than those who were treated with conventional drugs. The researchers' explanation of these results is that for certain patients the bizarre behavior exhibited by the patient during schizophrenia reflects an attempt at deep personality reorganization and the suppression of these symptoms by anti-psychotic drugs may hinder the ability of the patient to recover. These results and other approaches to treating schizophrenia will be dealt with in the May 2–28 Schizophrenia & the Visionary Mind workshop coordinated by Stanislav Grof (described on page 26.)

PROGRAMS IN SAN FRANCISCO

Drawing: Red Dog Preface with apologies to Hokusai

April 2-4

Opening the Feelings: A Radix Neo-Reichian Workshop
Lara Amber

Weekend workshop $50

This workshop will explore a direct body approach to deep emotional release, rooted in the work of Wilhelm Reich and his students. Feeling is blocked by the chronic unconscious patterns of muscular tension that Wilhelm Reich called "muscular armor." Utilizing mostly non-verbal techniques, we will concentrate on breaking patterns of breathing and muscular tension so that the life-force (radix) can flow and allow full expression of deep emotion. As the armor softens and the student allows the negative emotions—fear, anger, pain—to emerge, he realizes a new capacity for trust, love and joy. Over time the sexual experience changes in profound and deep experiential ways. Included in the workshop will be both individual and group feeling work as well as exercises from other body-oriented disciplines.

April 3

Conscious Dreaming: Senoi Dream Workshop / Gary Zukav

One-day workshop $25

In this workshop we will enter our dream lives consciously and use them to improve our waking lives. We will take a genuine voyage into our minds using techniques adapted from the Senoi indians of Malaysia. The day will include active sharing of dreams, guided fantasy, artwork, and other Senoi methods.

April 3-4

Friendship and Support Systems
Marsha Angus & Kate Sherman

Weekend workshop $50

We want to reconsider the function of friendship—and to remember how to be close and loving without necessarily being in sexual relationship.

We want to reawaken the many ways of knowing each other. The focus will be on how we select, care for, maintain and deepen our friendships—and how we can create for ourselves support systems beyond our primary or family relationships. This workshop is for men and women.

April 4

Introduction to Small-scale Life Support Systems
Molly Jones, Charles O'Loughlin & the Farallones Institute

One-day workshop $25

We will explore the importance of the biological environment in the health of the individual and the human community at large. Small-scale systems of life support at the Integral Urban House will be discussed and demonstrated. We will focus on practical aspects of time saving food raising techniques for busy people with special emphasis on vegetable gardening and nutrient recycling through aerobic composting.

April 6-May 27

Advanced Massage Seminar / Jane Walter

Tuesday & Thursday evenings, 16 sessions, 7-10pm
$200 per person

This seminar is designed for those interested in exploring and expanding the concept and use of massage. It will bring together specialists in various approaches to massage. Each of the contributors will offer three or four classes in their area of specialization, which will include theory, demonstration, and supervised practice sessions so that the participants will have an experiential appreciation of the material.

Contributors will include the following:

Jane Walter, masseuse, will present her work in the Esalen style of massage. Her work will focus on joint work as well as individualized, intuitive massage.

Jacques de Langre, author of two books on *Do-In,* will discuss this system of diagnostic and restorative self-massage.

Marion Rosen, a physical therapist with thirty-five years' experience, will describe her work and the use of massage to free the breathing process.

Ray Stubbs, masseur and staff member at Devta, will present his approach to shiatsu.

Randy Reusch, masseur and dulcimer player extraordinair from Canada, will present his work in connective tissue and "point work."

These classes are open to the public. For further information, contact Jane Walter, program coordinator, through the Esalen San Francisco office.

April 7-28

A Mind to Write / Freda Morris

Four Wednesday evenings, 8-10:30 pm $40

Do you have a book in your head? A book half finished? A finished book or article but can't stand the rejection slip blues? Whether you're not yet started writing or are a professional writer, this course will give you methods of solving whatever is standing in your way of writing success. Each person will be taught self-hypnosis and methods for using it to deal with writing problems.

We will use a check list of common writing inhibitors to ferret out each person's problems. Then individualized programs will be worked out, progress checked and modifications made each week.

The instructor is a hypnotherapist, former professor of medical psychology at UCLA and author of the book, *Self-Hypnosis in Two Days* and numerous magazine and journal articles.

April 10-11

Self Hypnosis: Selective Awareness and Movement
Emmett Miller & Nitza Broide Miller

Weekend workshop $50

Movement requires the use of muscular activity in varying degrees of intensity. So too, thought processes and interpersonal communication proceed through stages of higher and lower energy. Most of our personal and social difficulties (symptoms, unwanted emotions, maladaptive habit patterns) can be eased when we learn to react in accordance with and in response to our internal and external environment.

In this workshop we will learn and apply the principles of self hypnosis and Selective Awareness, as well as those of dance and movement therapy, to expand our self awareness and the ability to adjust our minds and bodies to changing experiences.

April 11 (Palm Sunday) through April 16 (Easter Sunday)

Approaches to Healing and Wholeness

Yes! We are all healers—to the extent that we wish to develop our natural healing abilities. Celebrate Holy Week at the Westerbeke Ranch with a group of healing people who believe that health is a manifestation of the interaction of the body, mind, and spirit.

Explore and develop alternative methods of healing. General healing approaches will be demonstrated and discussed. Resident faculty will lead discussions and experiential sessions in massage, psychic awareness, and theoretical measurement systems for the understanding of the energy bodies of living beings. In addition, visiting leaders will teach the full range of experience necessary for the unfolding and realization of healing potential.

Easter Sunday will be celebrated with a sunrise service incorporating the teachings of the past week with ceremonies lead by participants and faculty.

The fee for the seven days, including psychic diagnosis and practical healing experience, is $300.00. Bring running clothes, bathing suit, flashlight, and a journal.

Resident Faculty:

Anne Armstrong	Patricia Sun
Jim Hickman	Patricia Westerbeke
Gay Luce	Ranch staff
Dr. Lee Sannella,M.D. (resident physician)	

Visiting Faculty:

Dr. Stanley Krippner—*healing and techniques from around the world*

Gabrielle Roth—*energy awareness day: a day of movement from without and within*

Bob Menzies—*healing herbs (an herb walk will introduce the healing herbs of Northern California)*

Dyveke Spino & Dr. John Travis,M.D.—*High Level Wellness Day; an exploration of the elements of health including physical awareness, nutrition, and the Wellness Inventory*

Stanley Keleman—*death and dying experience*

Limited to 20 participants

April 10-11

Exploring Astrological Archetypes
Jim Shere & Yanni Toussulis

Weekend workshop $50

Using specially prepared horoscopes, we will explore some of the archetypal patterns we have chosen and work to re-own them. The process used will be a uniquely structured guided fantasy employing gestalt, movement, and group interaction. *Two weeks'* advance registration is required since we will be using your horoscopes in designing the activities. Please submit the following birth data: place of birth; time of day; day, month, and year.

April 12

What is Psychosynthesis? / Ann Russell

Single evening event, $5 general admission

You may have asked "what is psychosynthesis" and "how does it relate to my personal growth, and the growth and development of others around me." This evening will be an opportunity to explore psychosynthesis and the ways in which the psychosynthesis process may be relevant to your life.

Psychosynthesis concepts will be shared and a variety of techniques will be used to give participants a greater *awareness* of their own inner process.

Esalen, 1793 Union, San Francisco, 8-10:30 pm

April 24-25

Introduction to the Fisher-Hoffman Process
Bob Hoffman & Marion Pastor

Weekend workshop $50

The Fisher-Hoffman Process is an alternative to therapy which results in a level of emotional well-being that is essentially unknown to most of us. It is an intense and directed experience in uncovering, understanding, and growing beyond childhood programming, thus restoring our inherent human capacity to love ourselves and others. The process was psychically received by Bob Hoffman from the late Dr. Siegried Fischer, and he has successfully taught it to hundreds of people. This weekend will be an experiential introduction to this extraordinary process.

April 24-25

Releasing Body Energies: A Gestalt Approach
Sid Gershenson & Carol Robinette

Weekend workshop $50

We will be working on getting out of our heads and into our bodies this weekend. We will use exercises to reveal both how we hold our feelings in our bodies and how we take risks. Our focus will be on the way each of us takes responsibility for exploring ways of being open, caring and sharing in contact with others.

April 25

Knowing & Moving the Body
Frank Ottiwell & Giora Pinkas

One-day workshop $25

This workshop will draw on the work of F M Alexander and Moshe Feldenkrais in mobilizing and re-educating the body/self. Techniques to improve postural alignment and release blocked energy will be taught individually and applied to such everyday activities as sitting, standing, walking, and bending. Group exercises, performed within each individual's range of ease and enjoyment, will be used to increase kinesthetic awareness and to show the use of awareness and movement as self-teacher.

PSYCHOSYNTHESIS
in San Francisco

The following evening events are offered in cooperation with the Psychosynthesis Institute, 576 Everett Street, Palo Alto, California 94301. They are designed as an opportunity for participants to experience a variety of ways in which the principles and techniques of psychosynthesis are valuable for personal and transpersonal growth.

Monday, April 12
What Is Psychosynthesis?
Ann Russell

Monday, May 10
You Don't Have to Suffer to Feel Good
Harry Sloan

Monday, June 7
Organic Mind Gardening
Mark Horowitz

$5 admission, from 8-10 pm, at Esalen Institute, 1793 Union Street, San Francisco 94123, (415) 771-1770.

April 29

Take A Walk on the Wild Side: A Journey Through Madness to the Center / William Pennell Rock

Evening workshop, 6-11 pm, $8 general admission

It is generally perceived that we are entering individually and collectively into an age of madness. Chaotic though it may seem our collective and individual selves must enter madness before the true center, the true self may be manifest. And this is what is happening.

The workshop is designed to show experientially the nature of this process. It is highly intensive and strenuous, designed to send you away with your head turned around and your heart in peace.

Participants are advised to have nothing to eat for two hours prior to starting time.

April 30-May 2

Childbirth: New and Ancient Approaches
Patty Westerbeke, coordinator and Alan Margolis M.D., Suzanne Arms, and Carol Hager

Residential weekend at the Westerbeke Ranch $120

This is a professional workshop on pregnancy and childbirth including a symposium and discussion. It is open to doctors, nurses, psychologists, midwifes and others interested in having the newly born welcomed into a nurturing environment. Alan Margolis M.D. OB GYN, University of California Medical School, Suzanne Arms, author of *A Season to be Born & Immaculate Deception*, Carol Hager, midwife and Patty Westerbeke, coordinator and massage instructor will make up the staff which will explore some new and ancient approaches to the birthing process.

April 30—May 2

Women and Wilderness / China Anne Galland

Women's residential weekend workshop $90

Women have been sorely lacking feminine models of the heroic. This weekend will be an exploration of the heroic in a feminist context; a combination of high-stress outdoors activities with a focus on risk-taking as a means of getting in touch with the heroic in each of us. Outdoor activities may include a night hike, rock-climbing, a rappel, and an aerial obstacle course. The weekend will take place in the Bay area. No previous wilderness experience is neccesary, though a good physical condition is required.

May 1

Developing Chutzpah: Assertiveness Training
Zoe Snyder, Lorie Kranzler Kennedy & Roz Parenti

One-day workshop $30

Assertiveness is the ability to get what you want and make room for yourself in the world. Chutzpah, to us, means taking a risk with flair. We often limit ourselves by holding back from risks and remaining unaware of our potential. This workshop will focus on exploring and developing our strengths and finding the style of expression uniquely suited to each of us. Gestalt, psychodrama, and movement will be used to facilitate more direct communication with others, leading to better contact.

May 1

The Innerspaces of Running: A New Approach to Running
Mike Spino

One-day workshop $25

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, inner space development, and creativity in quest for extraordinary experiences. Each person will receive an individual consultation and have the opportunity to continue towards personal goals on an ongoing basis.

May 1-2

Synchronicity and Intuition: Images From the I Ching
Dominie Cappadonna

Weekend workshop $50

We will question and observe how to use the *I Ching: Book of Changes* as an instrument in attuning our intuition. We will learn to see more clearly the archetypal patterns inherent in living with change. Working with the imagery of the *I Ching* we will explore taking responsibility for our own right action in an active manner. We will seek ways of manifesting the deep intuitive knowing into daily life.

Two showings:
May 7 & May 14

Monster Masque
A Multi Media Presentation

from 8-10 pm

This is an experience in images and ideas, created and presented by Theodore Roszak. Theodore Roszak describes *Monster Masque* as a "pop myth and mad science show, freely recycled from the ample remnants of Mary Shelley's Frankenstein."

The production features an hour long sound tape of readings, music and effects accompanied by several hundred slides in double screen presentation. The result is a dramatic and visually powerful exploration of the Frankenstein myth which Theodore Roszak has called "the central myth of medern Western culture." His interpretation of the Promethean scientist and the patricidal monster ranges from horror films to high metaphysics, from science fiction to social ethics.

The presentation will be followed by an open dialogue with the author.

Monster Masque will be held at University of San Francisco, Mclaren Complex, Room 250, 2130 Fulton Street, San Francisco. Tickets are available in advance at Esalen Institute, 1793 Union Street, San Francisco, CA 94123, or at the door as space permits. $3.50

Single Evening Events

Monday, April 12
What Is Psychosynthesis? / Ann Russell
$5 general admission; 8-10:30 pm
1793 Union Street, San Francisco

Thursday, April 29
Take A Walk On the Wild Side / William Pennell Rock
$8 general admission; 6-11 pm
1793 Union Street, San Francisco

Friday, May 7
Monster Masque with Theodore Roszak
$3.50 general admission; 8-10 pm
University of San Francisco McLaren Complex, Room 250
2130 Fulton Street, San Francisco

Monday, May 10
You Don't Have to Suffer to Feel Good / Harry Sloan
$5 general admission; 8-10:30 pm
1793 Union Street, San Francisco

Friday, May 14
Monster Masque with Theodore Roszak
Same as May 7

Thursday, May 20
Reflections on Dreams / Morton Schatzman
$5 general admission; 8-10:30 pm
1793 Union Street, San Francisco

Friday, May 21
Dance of Shiva / Gabrielle Roth
$5 general admission; 8-10:30 pm
First Unitarian Church, Geary and Franklin Streets,
San Francisco

Friday, May 28
The Dream and the Hypnotic Dance
Nitza Broide Miller
$5 general admission; 8-10:30 pm
First Unitarian Church, Geary and Franklin Streets
San Francisco

Friday, June 4
The Trance Dance / Anna Halprin & The Dancers Workshop
$5 general admission; 8-10 pm
First Unitarian Church, Geary and Franklin Streets,
San Francisco

Monday, June 7
Organic Mind Gardening / Mark Horowitz
$5 general admission; 8-10:30 pm
1793 Union Street, San Francisco

Friday, June 18
Black Dance / Xavier Nash
$5 general admission; 8-10:30 pm
First Unitarian Church, Geary and Franklin Streets,
San Francisco

Friday, June 25
Spirit Dance / Adele Chu Drummond
$5 general admission; 8-10:30 pm
Pacific Ocean, exact location to be announced

May 2

Liberation for Men and Women: A Feminist Perspective
Mari Krieger

One-day workshop $25

This will be a workshop dealing with sexism and oppression for both men and women. We will examine ourselves as part of a powerful system and through the use of fantasy, gestalt, and encounter we will learn some techniques to facilitate personal change. Our goal is not to create oppressors out of victims, nor victims out of oppressors, but to illuminate and lift society's barriers so that we may truly be ourselves.

May 4 & 6

Running on the Marina Green / Mike Spino

Tuesday and Thursday evening from 5:30-8:30 $20

This two-part workshop will present the running gaits and tempos and the physical conditioning methods that Mike Spino has developed from the work of Australiam Percy Wells Cerutty, and Hungarian Mihaley Igoli, who between them are responsible for over 40 world records in track and field. The focus will be on striding, muscle/skeletal development, breathing, visualization, and meditation.

Sessions will be held at the Marina Green, and adjacent trails along the San Francisco Bay. Follow up individual running programs will be given to participants. Information on sport medicine, nutrition, creativity and conditioning principles will be stressed. A no-host dinner will follow each class. Participants must sign up for both sessions.

May 7-9

The Environment of Birth: A Workshop for Pregnant Couples / Leni Schwartz

Residential weekend workshop $150 per couple

Childbirth is a process, starting at conception and continuing well beyond delivery, involving mother, father and child in profound psychological and spiritual ways. This weekend will focus experientially on the complex emotions that emerge during pregnancy. For both mother and father it is a stressful time filled with feelings of love and joy as well as anxiety and tension. This important rite of passage offers couples an opportunity during a particularly self-aware and vulnerable time to explore their communication with each other and with the new person they are bringing to life. Designed to provide a creative experience in which the mother and father can be supportive to each other in an interdependent time.

May 8-9

Growth Through Risk-Taking
David Schiffman & Dee Mundschenk

Weekend workshop $50

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Emphasis will be placed on the expression of anger, affection, sexuality, and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience.

May 8-9

Gestalt and Personal Journal / George Lane

Weekend workshop $50

During the past few years, I have developed a method for using a specially constructed personal journal as a tool for autonomous growth work and as an adjunct to more conventional gestalt work. In this workshop, I will introduce several effective methods for developing a personal journal, with particular emphasis on making it more than a "mirror" diary. We will also explore ways in which material from the journals can be used as a direct complement to gestalt therapy.

Indian Folk Dance Mask: The Swan

May 9

A Loving, Energy Experience / Patricia Sun

One-day workshop $25

This workshop will give you the opportunity to experience your own energy. Patricia Cassin Sun is a psychic/spiritual teacher who uses her own psychic abilities as a catalyst to facilitate others in actualizing their capabilities. She will deal with sound, movement, breathing, meditation and ways of unblocking our energy. Through validation and psychic processes as well as self-love, self-integration, gentleness and the recognition of our beauty we will create space for another level of experience.

May 10

You Don't Have to Suffer to Feel Good
Harry Sloan

Single evening event $5 general admission

Frequently participants come to workshops believing the only way to get in touch with themselves is through pain, anguish and earth-shaking breakthroughs. Growing becomes humorless and heavy and so does life. Using the framework of psychosynthesis, this evening will tap into the absurdity of conflicts and problems, offering the participants an opportunity to laugh at themselves and the seemingly tragic fates they have chosen.

Esalen, 1793 Union, San Francisco from 8-10:30 pm

Saturday Night Authors Series

8 pm to 10 pm at the Esalen Bookstore
1793 Union Street, San Francisco

April 24: **Jose & Miriam Arguelles**
authors of *Mandala* and *The Transformative Vision*

May 1: **Sam Keen**
author of *Beginnings Without End, Voices and Visions* and *To A Dancing God*

May 8: **Jacob Needleman**
author of *A Sense of the Cosmos* and *The New Religions*

May 15: **Theodore Roszak**
author of *Unfinished Animal, The Making of the Counter Culture* and *Where the Wasteland Ends*

May 22: **Gerald Smith**
author of *Hidden Meanings* and *Couple Therapy*

June 5: **Peter Koestenbaum**
author of *Is There an Answer to Death?* and *Existential Sexuality*

June 12: **Shirley Luthman**
author of *The Dynamic Family* and *Intimacy*

June 19: **Freda Morris**
author of *Self Hypnosis in Two Days*

June 26: **Fritjof Capra**
author of *Tao of Physics*

July 3: **Mike Spino**
author of *Inner Spaces of Running*

Please join us for a free evening of discussion with the authors. Wine and cheese will be served.

May 14-16
Bioenergetics Couples Workshop / Sylvia Schmidt & *Bernie Liebowitz*

Weekend workshop $100 per couple

Couples make contact and sustain it in stylistic, patterned ways that can impede the formative process of each partner and the growth of the relationship. These patterns are written in one's body and in the energy flow within and between. In this workshop couples can explore the biodrama of their shared ways of being in the world: how each reaches out and responds to being reached for, initiates and reacts to the other's initiation, stands one's ground and yields. The workshop is for couples who would like to expand the energetic flow that defines how they make contact with each other.

May 15-16
Introduction to Polarity / Ray Castellino

Weekend workshop $50

Dr. Randolph Stone's system of polarity balance is a science of balancing the life energy of the body. We will explore each aspect of polarity, i.e., exercise, manipulation, food and "good thinking." Emphasis will be on self-care and ways to share polarity with family and friends. Each participant is asked to bring vegetables as a contribution to a large salad we will share for lunch. Herb tea will be provided.

May 20
Reflections on Dreams / Morton Schatzman

Single evening event $5 general admission

Dreams can be used to solve problems and to create songs, poems, dances, or stories. Dreams also can be clairvoyant, telepathic, and precognitive. I shall discuss these subjects and some of their implications. Examples will be drawn from situations both inside and outside psychotherapy.

1793 Union, San Francisco 8-10:30 pm

May 21
Dance of Shiva / Gabrielle Roth

Single evening event $5 general admission

Each gesture is from
our own nature
born
spontaneous
beyond form
beyond purpose
being moved by
life
we are divinity dancing.

First Unitarian Church, Geary and Franklin Streets, San Francisco
8-10:30 pm

May 21
Dance of Shiva / Gabrielle Roth

May 28
The Dream and the Hypnotic Dance
Nitza Broide Miller

June 4
The Trance Dance
Anna Halprin & The Dancers Workshop

June 18
Black Dance / Xavier Nash

June 25
Spirit Dance / Adele Chu Drummond

ESALEN DANCE SERIES
The Many Faces of Dance

Throughout the ages dance has served many purposes. It is a divine force that can conjure and heal, a cosmic link-up with our dreams and demons. It is also a story teller and a creator of rituals. It is the ultimate celebration of the body, combining grace, stamina, excitement and creativity. And finally, dance is the visualization of both our personality and the collective unconscious.

$5 general admission
$20 series ticket for five dance events

All dance events will be held at First Unitarian Church, Geary and Franklin Streets, San Francisco except Spirit Dance, *which will be held at the ocean with exact location to be announced.*

May 21-23
Journeying: A Brief Expedition for Fledgling Heroes and Heroines / Sam Keen & Joseph Campbell

Residential weekend workshop $120

Metamorphosis, transformation, psycho-alchemy and the realization of the fullest human potential have all been classically symbolized by the story of the heroes' journey. This playshop will explore stages in the journey, differences between heroes and heroines, and maps for guiding the modern adventurer on the journey to the depths of the soul and beyond.

Provisions: Joseph Campbell, *Hero with a Thousand Faces;* Sam Keen, *Beginnings Without End;* Paul Zweig, *The Adventurer.*

May 22 & 23
Sounding the Inner Depths / Jananne Lovett & Gail Harnett Lane

Weekend workshop $50

A workshop to develop our inner sonar: the sending out of signals in order to get back a reflection which will tell us something about the unknown territory beneath the surface.

****sounding out your body rhythm
****sounding out your body secrets
****sounding out your body center
****sounding out your body image
****sounding out your body dance

We will experiment with tone, touching, breathing, music, movement and visual imagery in exploring our own personal sonar.

May 22
Woman Power: A Workshop By and For Women
Phyllis Berman, Ricky Jacobs and Mari Krieger

We will work with expressing our personal and collective power as women by defining our own non-oppressive models. We will work on expanding our capacities for feeling and understanding, directing these vital energies within a feminist process. Using gestalt, encounter and fantasy, and body awareness we will identify and respond to our multi-dimensional needs.

May 23
Centering to Energy Awareness to Meditation
Robert Nadeau

One-day workshop $25

Awareness begins with the self. Centering is the doorway to the energy activity of the universe. Energy is the common denominator of the universe and energy awareness is the basis for meditation. This will be a day-long session emphasizing a natural practice pattern for awareness.

PROGRAMS IN SAN FRANCISCO

May 28

The Dream and the Hypnotic Dance / Nitza Broide Miller with Emmett Miller—drums and Fred Sharpe—piano

Single evening event $5 general admission

We will start with loosening and freeing exercises for mind and body and explore means of sharing and expressing emotions through our body's movement. We will experience hypnotic quality of dance and through it enter dreams, memories, moods and let the feedback of Living Music guide us through them. Finally, we will reach deeper, awaken and allow fantasy to emerge and fuse with reality.

First Unitarian Church, Geary and Franklin Streets, San Francisco 8-10:30 pm

May 28-31

Interpersonal Extensions of Meditation Claudio Naranjo

Three day Memorial Day Residential Weekend at the Westerbeke Ranch $175

Interest in psychology has shifted from content to process and state, thus coinciding with traditional ways of meditation aiming at a mastery of mental states. In adapting traditional insights to our predicament, it seems important to translate them into our particular social context and to supplement them with interpersonal practices that can help us to learn to cultivate consciousness in daily life. This workshop will involve the demonstration and practice of some of the traditional forms of meditation and their adaptations to the "I-Thou" situation.

June 4

The Trance Dance / Anna Halprin & The Dancers Workshop

Single evening event $5 general admission

The "Trance Dance" will focus on developing techniques that enable us to experience the journey from the self to the many and back to the self again. We will try to flow with the collective energies and discover where "it" will take us . . . not knowing before it happens. This *Trance Dance* allows each of us to experience a deep centering and integration of the inner world of experience with the outer world of our universal environment.

First Unitarian Church, Geary and Franklin Streets, San Francisco 8-10:30 pm

June 4-6

Inner & Outer Journeys / Dick Galland

Residential weekend $90

This weekend is an adventure in doing, an exploration of our physical and emotional boundaries and an opportunity to extend our personal limits. We will camp among the redwoods of Marin County for two nights, preparing our own meals and sleeping beneath the stars. During the day we will scale cliffs, swing through trees on ropes, cross imaginary rivers, and perform other feats of daring. At night we may make music, dance, and play. This experience is appropriate to anyone, 18 or older. You needn't be in top physical condition. All equipment is provided. The workshop begins on Friday evening in Marin County. A clothing list and other necessary information will be sent to you upon registration. The workshop is limited to 12 participants.

June 5-6

Woman as Healer / Chellis Glendinning

Weekend workshop $50

Woman was the original healer, the first seeress and dream interpreter, and the creator of ritual and magical incantation. In this workshop we will explore the idea of woman as healer by reaching back to the mythological evidence of matriarchal times. We will attempt to reclaim our own healing potential through body/energy awareness, breath work, use of our hands to release and exchange energy, through dream/mythology creation and expression and through the ritual creation of a healing environment.

Recommended reading: *Witches, Midwives and Nurses,* English and Ehrenreich (Feminist Press); *Womanspirit,* Ed. Glendinning (Moon Books/Random House).

June 5-6

The Miracle of Perception: A Weekend of Practice with Charlotte Selver

Weekend workshop $60

June 7

Organic Mind Gardening / Mark Horowitz

Single evening event $5 general admission

The mind is like a garden. Not only can we learn to plant the seeds that we want to grow, but we can also learn to inhibit the growth of weeds. In this evening presentation we will explore mental imagery as an organic method for working on our "mind garden."

1793 Union Street, San Francisco, 8-10:30 pm

June 8 & 10

Running on the Marina Green / Mike Spino

Tuesday and Thursday evening from 5:30-8:30 $20

This two-part workshop will present the running gaits and tempos and the physical conditioning methods that Mike Spino has developed from the work of Australian Percy Wells Cerutty, and Hungarian Mihaley Igoli, who between them are responsible for over 40 world records in track and field. The focus will be on striding, muscle/skeletal development, breathing, visualization, and meditation.

Sessions will be held at the Marina Green, and adjacent trails along the San Francisco Bay. Follow up individual running programs will be given to the participants. Information on sport medicine, nutrition, creativity, and conditioning principles will be stressed. A no-host dinner will follow each class. Participants must sign up for both sessions.

June 11-13

Inner Visions and Explorations with Hypnosis / Lee Pulos

Weekend workshop $50

The theme of this workshop will be both educational and exploratory. Participants will be taught a variety of hypnotic and self-hypnosis techniques that can be used on an ongoing basis after the workshop is over. Each person will esperience hypnosis and the opportunity to hypnotically induce dreams, program for habit changes, and to get in touch with subconscious motivation through automatic writing and ideo-motor questioning. The exploratory aspects will deal with extending our consciousness into paranormal and psychic dimensions.

June 12-13

Tarot, A Mirror of the Self / Hilary Anderson

Weekend workshop $50

This workshop will present the Tarot cards as mirrors of the self. We will review the meanings of the cards and engage several key card layouts to illustrate the variety and beauty of this map of consciousness. Through the use of penetrating questions from the group, the divinations will reveal how Tarot is used as a profound instrument for self integration.

June 18

Black Dance / Xavier Nash

Single evening event $5 general admission

This evening will be a high energy movement experience presenting the latest disco, rock and jazz dances. Everyone is invited.

First Unitarian Church, Geary and Franklin Streets, San Francisco 8-10:30 pm

June 19-20

Stretching Your Limits Through Perceptual Integration Raymond Gottlieb

Weekend workshop $50

Imagine, if you can, what you would be if you could see twice as fast and remember twice as much with half as much effort. We experience life through our patterns of perceiving. Those habits can keep us locked into present perspectives and frozen dreams. Perception is a learned and developing process. It was designed to evolve. The emphasis in the weekend will be to teach concepts, awarenesses, and exercises which can be easily incorporated into daily consciousness. Each participant will have the opportunity to use perceptual integration for his/her own personal programming for habit changing, limit stretching, and for exploring self-potential through visual awareness enhancement and sensory integration. The Bates system of "Perfect Eyesight Without Glasses," "Pepper-Stress Training," modern optometic visual therapy and visualization techniques will be combined according to Dr. Gottlieb's awareness of the art.

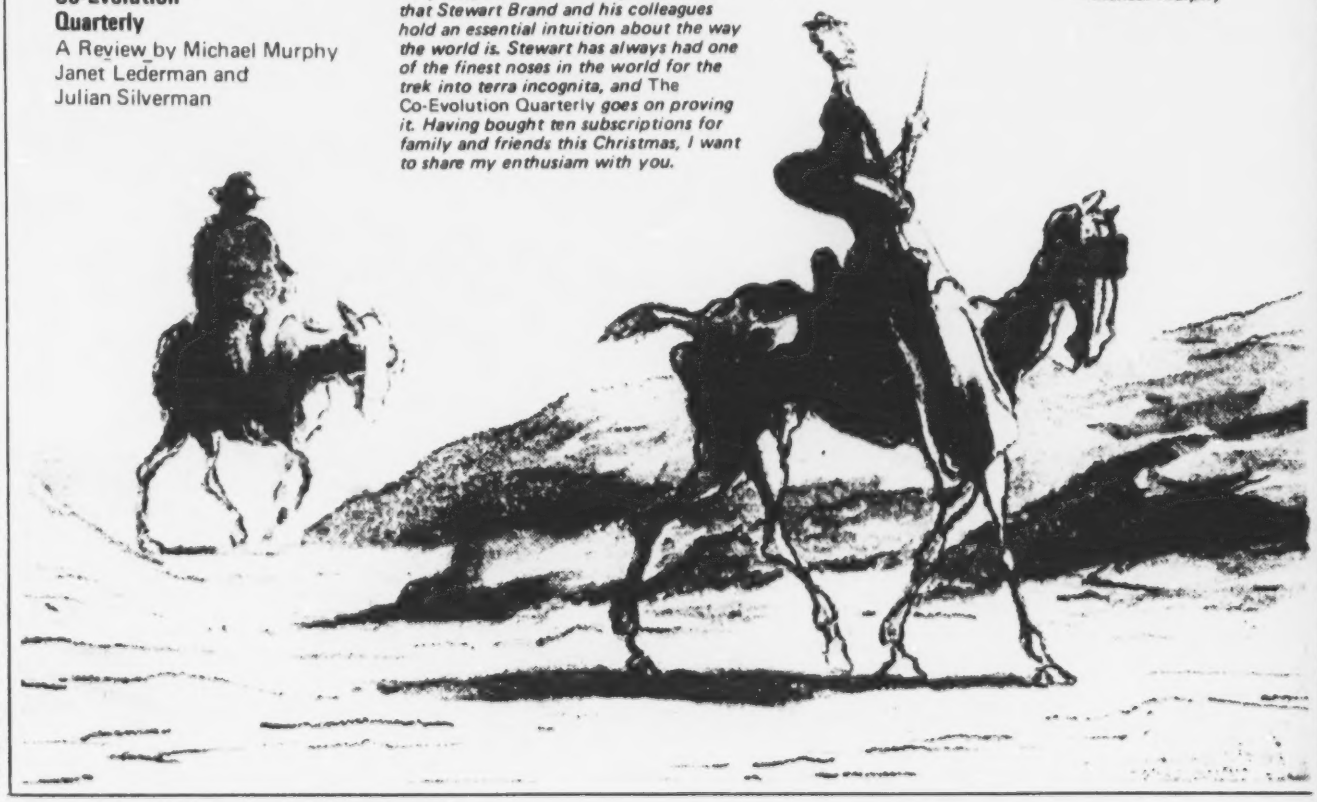
The Co-Evolution Quarterly

A Review by Michael Murphy
Janet Lederman and
Julian Silverman

I am constantly amazed at this magazine. At first I thought it was an anti-climax to the Whole Earth Catalogue, but each issue has worn my prejudice away until the thing has become one of my chief resources. Howard Odum's analysis of the world energy crisis, Schumacher's Buddhist economics and Gerald O'Neill's space colonies were items it taught me about and now they are important parts of my thinking. Stray lines, odd bits of information and advice, unsettling observations from it keep popping up all over the place, and I have finally concluded that Stewart Brand and his colleagues hold an essential intuition about the way the world is. Stewart has always had one of the finest noses in the world for the trek into terra incognita, and The Co-Evolution Quarterly *goes on proving it. Having bought ten subscriptions for family and friends this Christmas, I want to share my enthusiam with you.*

The excerpts that follow are from the Fall, 1975 issue. The first is a conversation Stewart had with Gregory Bateson and California's Governor Jerry Brown. The second is an introduction to O'Neill's proposal for a space colony which could be built in fifteen years. (If that sounds crazy, I recommend your reading O'Neill's proposal as it appears in the Quarterly.*)*

—Michael Murphy



Don Quixote & Sancho Panza Honore Daumier

June 19

Open Workshop with Stanley Keleman

One-day workshop $40

June 19

Trail Running & the Archetypes of Sport
Mike Murphy & Mike Spino

One-day workshop $25

Participants will experience some of the most beautiful and dramatic running trails in the Mount Tamalpais area of Marin County and will be introduced to some of the lore of trail running for enjoyment and physical conditioning. This workshop is open to the movice as well as the experienced jogger or runner. There will also be discussions of the psychological, mystical, and archetypal aspects of the sport. Bring picnic lunches—and wear good running shoes!

BROWN–BATESON INTERVIEW

Brown: We're in for some rude awakening, I would say.

Brand: "Rude awakening" means what?

Brown: Well, I think the whole concept of America has been one of expansion, and space and *lack* of limits, and so now we have to learn to live with limits that are being imposed at a time when everyone is geared up for no limits. So that contradiction expresses itself in a lot of pain and suffering for our whole society.

Brand: For how long, do you think, before the people catch on?

Brown: I don't know. I'm not a prophet, I'm a politician.

Brand: I've heard you say disaster looms.

Brown: I don't really know. The reality that is pressing in seems to be different from the one that people perceive generally, if you look at the expectation of escalated incomes, escalated consumption. Equality, stability, are not close right now. Yet everybody has the sense they are. Oil costs more. If the land has to be regulated in a greater degree, then that's a change. The institutions such as schools, government—and now all these other variations, poverty programs, environmental programs—they are meant to cure whatever the problem is, and they're not making it. So as people lose more confidence in those things, then what? That "then what" is what seems to me to be what's coming around the corner. Maybe clear language allows people to have more confidence, but in addition to clear language you need a vision. You have to have some way to explain the ways of God to man. You have to explain history to those who are living it.

Brand: Is that part of your job?

Brown: I think it's part of it.

Bateson: It's the job of a leader and of an educational system, I presume.

Brown: That's what education is supposed to do. Education's supposed to equip you to survive, isn't that right? But who knows how to fix a furnace, or to make your refrigerator work, or make your car work. A lot of people don't know that, so we're more and more dependent on the specialists. I think that dependency on specialization is certainly a disruptive influence. Even though it provides the affluence that everyone's enjoying, it also makes people less reliant on their own immediate power.

FREE SPACE

Twenty-five pages of this issue are devoted to design details of Space Colony development as worked out by physicist Gerald O'Neill and colleagues. So far no one has successfully challenged the scale, the engineering, the budget, or the schedule of the scheme.

One speculation I would make is to anticipate something like what happened in Europe when America was being colonized. Intellectual ferment. New lands meant new possibilities; new possibilities meant new ideas. If you can try things, you think up things to try.

O'Neill notes that the ends of the enormous rotating cylinders could be mountain ranges, with the interesting property that as you climb higher your weight decreases. Near the top, at .1 g (1/10 of Earth gravity) you can don wings and take flight. Or you may want to take a long slow plunge into a swimming pool. Or watch someone else's slow-motion splash. At the foot of the mountains you might have a round river, allowing you to canoe downstream several miles past the other two "valleys" and back to your home.

In all this there are some important distinctions from the experience of colonizing North America. One is the absence of natives—no conquering, no exploitation, no guilt this time. Warfare in general may be obsolete in Space. There is too vastly much free energy, materials, parking Space, and access—thousands of times what is on Earth—to be worth fighting over any part of it.

The next steps now are mostly political. As Space Colonies becomes a generic subject—something that everyone knows about and has an opinion on, like Civil Rights, Women's Lib, Inflation—then it becomes part of political campaigns. Once a President or a Congress get into office with Space Colonies in their platform, or get the fever while they're in office, only then does the 15-year construction begin.

My own conviction is that both the idea and reality of Space Colonies serve the realization of cultural/biological balance on Earth—exactly as the photographs of Earth from Space served the Ecology Movement. Space is part of the wildness in which lies "the preservation of the world."

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*In the process of becoming educated, we learn that it is more important to be involved with outside objects of the world than with our Selves. We become Ego-involved—involved with manipulating things, with experiencing our com-*petence *in relation to others; we lose touch with the* potence *of our Selves.*

The rapidly growing interest of the western world in spiritual disciplines of the east and in the so-called "human potential movement" is the result of a yearning for dis-covering the Self. The task for western men and women is to integrate this dis-covering into the center of our technological work-oriented civilization.

So accomplished are we today in a high powered, technologically oriented approach to living that we have literally *spaced out. We have moved so far away from our Selves that we are on the verge of meeting our Selves on the other side of the moon.*

—Janet Lederman & Julian Silverman

Subscriptions to Co-Evolution Quarterly are $6 per year. Write Co-Evolution Quarterly, Box 428, Sausalito, CA 94965.

June 20

Instrumentation of Parapsychological Research
James L. Hickman

One-day workshop $25

As research in paranormal aspects of human behavior has become more widespread in institutions throughout the world, technological developments have begun to play an increasingly important role in the investigation of this human potential. In this workshop we will explore a brief history of instrumentation adapted for these investigations, take a look at the machinery currently being used in laboratories around the world, and explore some of the theories being developed which are leading to the design of new circuitry for monitoring possible energetic correlates of paranormal functioning. In addition, some of the devices which allegedly respond to "psychic" energy will be described. Movie films and slides will accompany the lecture. A sampling of new instruments will be available for demonstration and experience by the participants.

June 25

Spirit Dance / Adele Chu Drummond

Single evening event $5 general admission

The dance will conjure and commune with spirits from the earth, the forest and the sea. The setting will be by the sea with drums and other percussion instruments. Bring a candle to light your way. Please register in advance.

Pacific Ocean (location to be announced), 8-10:30 pm

June 26-27

The Samadhi of the Heart: A Workshop for People Who Put Themselves Down / William Pennell Rock

Weekend workshop $50

The negativity of the world is a projection of our own incapacity to affirm ourselves—to accede to the fundamental "yes" that is the universe. The workshop is intended to clear the awareness by which self-affirmation is possible and to inspire the moment of grace by which the negative world is transformed.

June 26-27

Weekend in Shiatsu / June Abe & Jane Walter

Weekend workshop $50

This will be an introductory workshop in shiatsu massage in which the hands and thumbs will be used to apply pressure to acupressure points over the entire body. This process releases tense areas of blocked energy allowing relaxation and renewal.

Future Workshop Announcements

July 5-16

Esalen Sports Center Summer Institute
Program Coordinators: Bob Kriegel & Dick Galland plus special guests

Twelve-day workshop (six days at Dominican College and six days at a secluded base camp in the Sierras)

We have all had an experience sometime in our lives when whatever we were doing became effortless, natural, and perfect. At times like this we let go and yet have no sense of being out of control. This feeling is often refered to as "centering."

Centering enables us to act with total freedom and spontaneity merged with a sense of complete control. The emphasis of this workshop will be on the process of contacting that calm place within, which reflects balance and harmony, and from which we seem to know how to do everything perfectly.

Most instances concerning people being "centered" seem to happen by accident. "It" happened. "It" may have been getting "hot" in a basketball game, skiing the perfect run, or getting that burst of insight when all became clear. Afterwards you spent the rest of the day trying to get "it" back again.

In order to learn centering as an *intentional* act, we will use exercises from aikido, t'ai chi, energy awareness, yoga, Feldenkrais, sensory awareness and movement, rhythm and balance games, and several visualization and meditation forms.

During the first week, which will be held at Dominican College, we will play traditional sports and games and invent new ones in order to practice centering in action oriented situations.

The second week will be spent at a secluded base camp in the Sierras experimenting with the centering process in a natural environment and participating in stress and risk taking activities. We will backpack, climb rocks, rappell, belay, play incentive games, do a "solo" (time spent alone in the wilderness) and learn to use the energy from fear in a positive way.

One of the main emphases in this workshop will be on transferring the insights gained and lessons learned into our outside lives, both personally and professionally.

If the first week is non-residential total fee is $330.00. If the first week is residential (Dominican College) total fee is $400.00.

For more complete information write or phone the Esalen Sports Center, 1793 Union Street, San Francisco, CA 94123. Telephone: (415) 771-1710.

Inservice credit will be available through Dominican College.

Westerbeke Ranch Workshops

Again this summer, Esalen Institute will present programs at the Westerbeke Ranch in Sonoma County. They will begin on the 11th of July and continue through Labor Day. The intimate setting of the ranch includes rustic cabins, home cooked meals, sauna and Japanese tub, swimming pool and beautiful scenery. Five day and weekend workshops will be offered, limited to 25 participants at a time.

August 7-14, 1976

Encountering in the High Sierra
Maurica Anderson & Barry McWaters

Eight days $215

During this eight-day workshop we will hike into a campsite by a clear mountain lake in the High Sierra (mules will do most of the work carrying the food and camping equipment). We will camp by the lake for six days, eating outrageously good food and working with meditation, psychodrama, gestalt, psychosynthesis and encounter, laughing a lot and getting to know the high country, one another, and ourselves.

Center for Energetic Studies

for the Study of the Life of the Body

The Center for Energetic Studies, under the direction of Stanley Keleman, is a program of teaching, workshops and seminars concerning body process as the basis for how individuals form both themselves and their worlds.

The Center seeks to understand the life of the body. We are evolving ways to help persons gain experience and re-education in basic biological learning. This learning enhances emotional and psychological perception and expression. Individual identity as well as the very power of living lies in the continual forming and reforming of our bodies, and therefore ourselves.

For information and registration concerning Center programs, contact:

Center for Energetic Studies
1645 Virginia Street
Berkeley, California 94703
(415) 647-4011

April 4, May 8, June 6

Tutorials with Stanley Keleman

$40 each day

This is a series of one-day tutorial programs; enrollment is possible in individual days or the series. Enrollment is limited; register early. 10 am to 5 pm.

April 4: Unbounded and undercharged persons
May 8: Overbounded and constricted persons
June 6: On saying no

April 10-11

Open Bioenergetic Workshop / Paul Aikin

Weekend workshop in Davis, California $50

Through working individually and in a group with procedures developed at the Center, this workshop will deal with the way we live in our bodies and express our emotions.

April 17

Movement/Dance / Tamara Greenberg

One-day workshop $25

Movement will be used to intensify the experience of ourselves. Through expressive movement we will attempt to follow our process of self-formation—how we are present in the world and how we approach and withdraw from contact.

May 1-2

Couples' Workshop / Paul Aikin & Nancy Jungerman

Weekend workshop in Davis, California $100 per couple

Participants will explore the energetic, bodily experience of the intimate, man-woman relationship. Emphasis will be on process—how we form ourselves and are formed by the relationship.

May 6, 13, 20, 27

Opening/Movement—Dance / Tamara Greenberg

Four Tuesday evenings $30

We will encourage a fuller range of expressive movements—to experience and develop quietness, imagination, emotions, playfullness and excitment. 7:30-10 pm

May 16

The Social Body / Ian Grand

One-day workshop $25

As we involve ourselves in the social world, each of us forms individual ways of making, maintaining and refusing contact and involvement with others. This workshop will focus on the characteristic stances, movements, gestures and feelings we allow and express in the presence of others.

May 22

Music & Movement / Tamara Greenburg & Dorothy Lyons

One-day workshop $25

Using movement together with Orff Instrumentarian, the group will develop new paths of self-expression. We will play with sounds from street games, poetry, the blues and chants to explore improvisation and musical experimentation. These experiences will be related personally and also for use professionally.

Special Summer Institute with Stanley Keleman

July 10-18 in Berkeley, California $400, not including room and board.

This nine-day program will focus on biological learning. Further details are available by writing to the Center.

ESALEN CALENDAR

PROGRAMS IN
San Francisco

APRIL

April 2–4	Opening the Feelings: A Radix Neo-Reichian Workshop / Lara Amber (weekend workshop) p 3
April 3	Conscious Dreaming: Senoi Dream Workshop / Gary Zukav (one day workshop) p 3
April 3–4	Friendship & Support Systems / Marsha Angus & Kate Sherman (weekend workshop) p 3
April 4	Introduction to Small-Scale Life Support Systems / Molly Jones, Charles O'Loughlin & Farallones Institute (weekend workshop) p 3
April 4	Tutorial / Stanley Keleman (one day workshop) p 15
April 6–May 27	Advanced Massage Seminar / Jane Walter (eight Tuesday & Thursday evenings) p 4
April 7–28	A Mind to Write / Freda Morris (four Wednesday evenings) p 4
April 10–11	Open-Bioenergetic Workshop / Paul Aikin (weekend workshop) p 15
April 10–11	Self Hypnosis: Selective Awareness & Movement / Emmett Miller & Nitza Broide Miller (weekend workshop) p 4
April 10–11	Exploring Astrological Archetypes / Jim Shere & Yanni Toussulis (weekend workshop) p 5
April 11–16	Approaches to Healing & Wholeness (residential seven day workshop) p 4
April 12	What is Psychosynthesis? / Ann Russell (evening lecture) p 5
April 17	Movement/Dance / Tamara Greenberg (one day workshop) p 15
April 24	Authors Series / Jose & Miriam Arguelles (free evening discussion) p 9
April 24–25	Introduction to the Fischer-Hoffman Process / Bob Hoffman & Marion Pastor (weekend workshop) p 5
April 24–25	Releasing Body Energies / Sid Gershenson & Carol Robinette (weekend workshop) p 5
April 25	Knowing & Moving the Body / Frank Ottiwell & Giora Pinkas (one day workshop) p 5
April 29	Take a Walk on the Wild Side: A Journey Through Madness to the Center / William Pennell Rock (evening workhop) p 5
April 30–May 2	Childbirth: New & Ancient Approaches / coordinated by Patty Westerbeke (residential weekend workshop) p 6
April 30–May 2	Women & Wilderness / China Anne Galland (residential women's weekend workshop) p 6

MAY

May 1	Authors Series / Sam Keen (free evening discussion) p 9
May 1	Innerspaces of Running / Mike Spino (one day workshop) p 6
May 1–2	Couples' Workshop / Paul Aikin & Nancy Jungerman (weekend workshop) p 6
May 1–2	Sycronicity & Intuition: Images From the I Ching / Dominie Cappadonna (weekend workshop) p 6
May 1	Developing Chutzpah: Assertiveness Training / Zoe Snyder, Lorie Kranzler Kennedy & Roz Parenti (one day workshop) p 6
May 2	Liberation for Men & Women: A Feminist Perspective / Mari Krieger (one day workshop) p 8
May 4 & 6	Running on the Marina Green / Mike Spino (Tuesday & Thursday evenings) p 8
May 7	Monster Masque / Theodore Roszak (single evening event) p 6
May 6–27	Opening/Movement/Dance / Tamara Greenberg (four Tuesday evenings) p 15
May 7–9	The Environment of Birth: A Workshop for Pregnant Couples Leni Schwartz (residential weekend workshop) p 8
May 8	Authors Series / Jacob Needleman (free evening discussion) p 9
May 8	Tutorial / Stanley Keleman (one day workshop) p 15
May 8–9	Gestalt & Personal Journey / George Lane (weekend workshop) p 8
May 8–9	Growth Through Risk-Taking / David Schiffman & Dee Mundschenk (weekend workshop) p 8
May 9	A Loving Energy Experience / Patricia Sun (one day workshop) p 8
May 10	You Don't Have to Suffer to Feel Good / Harry Sloan (single evening event) p 8
May 14	Monster Masque / Theodore Roszak (single evening event) p 6
May 14–16	Bioenergetics Couples Workshop / Sylvia Schmidt & Bernie Liebowitz (weekend workshop) p 9
May 15	Author Series / Theodore Roszak (free evening discussion) p 9
May 15–16	Introduction to Polarity / Ray Castellino (weekend workshop) p 9
May 16	The Social Body / Ian Grand (one day workshop) p 15
May 20	Reflections on Dreams / Morton Schatzman (evening lecture) p 9
May 21	Dance of Shiva / Gabrielle Roth (single evening event) p 9
May 21–23	Journeying: A Brief Expedition for Fledgling Heroes & Heroines / Sam Keen & Joseph Campbell (residential weekend workshop) p 10
May 22	Authors Series / Gerald Smith (free evening discussion) p 9
May 22	Woman Power: A Workshop By & For Women / Phyllis Berman, Ricky Jacobs & Mari Krieger (one day workshop) p 10
May 22–23	Sounding the Inner Depths / Jananne Lovett & Gail Harnett Lane (weekend workshop) p 10

ESALEN CALENDAR

May 23	Centering to Energy Awareness to Meditation / Robert Nadeau (one day workshop) p 10
May 28	The Dream & the Hypnotic Dance / Nitza Broide Miller (single evening event) p 11
May 28–31	Interpersonal Extensions of Meditation / Claudio Naranjo (residential three day workshop) p 11

JUNE

June 4–6	Inner & Outer Journeys / Dick Galland (residential weekend workshop) p 11
June 4	The Trance Dance / Anna Halprin & The Dancer's Workshop (single evening event) p 11
June 5	Authors Series / Peter Koestenbaum (free evening discussion) p 9
June 5–6	The Miracle of Perception: A Weekend of Practice with Charlotte Selver (weekend workshop) p 11
June 5–6	Woman as Healer / Chellis Glendinning (weekend workshop) p 11
June 6	Tutorial / Stanley Keleman (one day workshop) p 15
June 7	Organic Mind Gardening / Mark Horowitz (single evening event) p 11
June 8 & 10	Running on the Marina Green / Mike Spino (Tuesday & Thursday evening) p 12
June 11–13	Inner Visions & Explorations with Hypnosis / Lee Pulos (weekend workshop) p 12
June 12	Authors Series / Shirley Luthman (free evening discussion) p 9
June 12–13	Tarot–A Mirror of the Self / Hilary Anderson (weekend workshop) p 12
June 18	Black Dance / Xavier Nash (single evening event) p 12
June 19	Authors Series / Freda Morris (free evening discussion) p 9
June 19–20	Stretching Your Limits Through Perceptual Integration / Raymond Gottlieb (weekend workshop) p 12
June 19	Trail Running & the Archetypes of Sport / Mike Spino & Michael Murphy (one day workshop) p 13
June 19	Open Workshop / Stanley Keleman (one day workshop) p 13
June 20	Instrumentation of Parapsychological Research / James L Hickman (one day workshop) p 14
June 25	Spirit Dance / Adele Chu Drummond (single evening event) p 14
June 26	Authors Series / Fritjof Capra (free evening discussion) p 9
June 26–27	The Samadhi of the Heart: A Workshop for People Who Put Themselves Down / William Pennell Rock (weekend workshop) p 14
June 26–27	Weekend in Shiatsu / June Abe & Jane Walter (weekend workshop) p 14

JULY

July 3	Authors Series / Mike Spino (free evening discussion) p 9

PROGRAMS IN Big Sur

Week of April 4

April 4–9	Renascence / M Butler (5 day) p 21
April 4–9	Opening the Feelings: A Neo-Reichian Radix Workshop / C & E Kelley & M Dunlap (5 day) p 21
April 4–9	Exploration & Integration / A & J Fox (5 day) p 21
April 9–11	Changing Courses in Midstream / J Gaines (weekend) p 21
April 9–11	Exploring Self-Acceptance / D Schiffman (weekend) p 21
April 9–11	We Are All Dancers / B Fuller (weekend) p 22
April 9–11	Centering, Self-Awareness, & the Spirit of Play / B Kriegel (weekend) p 22
April 9–11	Interpersonal Sensing / S Surpin (weekend) p 22

Week of April 11

April 11–16	Experiencing Esalen / Experiencing Esalen Staff (5 day) p 22
April 11–16	Getting in Touch–Open Gestalt / F Rubenfeld (5 day) p 22
April 11–16	We Are All Dancers / B Fuller (5 day) p 22
April 11–16	Group Mind–Bodyfield Energy Ring / M Kimmey (5 day) p 22
April 11–16	Gestalt Practice / R & C Price (5 day) p 22
April 16–18	Experiencing Esalen / Experiencing Esalen Staff (weekend) p 22
April 16–18	Cooking as a Sensory Feast / M Ratcliffe (weekend) p 22
April 16–18	You & Universal Motion / R Nadeau (weekend) p 22
April 16–18	Introduction to Gestalt Practice / J Fiore (weekend) p 22

Week of April 18

April 18–23	Massage Intensive / The Esalen Massage Crew (5 day) p 23
April 18–23	Contact & Intimacy / B Clemans & K Schrage (5 day) p 23
April 18–23	Gestalt Practice / R & C Price (5 day) p 23
April 18–23	A Week with Will Schutz / W Schutz (5 day) p 23
April 18–23	Opening the Feelings: A Neo-Reichian Workshop / L Dillon (5 day) p 23
April 18–25	The Rites of Passage: A Seven Day Pilgrimage Through the Big Sur Wilderness / D Schiffman & D Mundschenk (7 day) p 23
April 23–25	Yoga, Massage, & Movement / D Medow (weekend) p 23
April 23–25	A Choice Workshop: The Act of Willing / L Lefer (weekend p 23
April 23–25	Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi / A Huang (weekend) p 23

ESALEN CALENDAR

PROGRAMS IN
Big Sur

Week of April 25

April 25–30	Getting Out of Your Trap / N Lamper (5 day) p 24
April 25–30	Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi / A Huang (5 day) p 24
April 25–30	Psychosynthesis: Choosing to Change / H Sloan (5 day) p 24
April 25–30	Experiencing Esalen / Experiencing Esalen Staff (5 day) p 24
April 30–May 2	Growth Through Risk-Taking / D Schiffman (weekend) p 25
April 30–May 2	The Body & the Energy Body / G Leonard & W Palmer (weekend) p 25
April 30–May 2	Experiencing Esalen / Experiencing Esalen Staff (weekend) p 25
April 30–May 2	Mind as Healer, Mind as Slayer / K Pelletier (weekend) p 25

Week of May 2

May 2–7	Growth Through Risk-Taking / D Schiffman (5 day) p 26
May 2–7	Opening the Feelings: A Neo-Reichian Workshop / L Dillon (5 day) p 26
May 2–7	The Politics for Peace (of MIND) / J Lederman (5 day) p 26
May 2–28	Schizophrenia & the Visionary Mind / S Grof (4 weeks) p 26
May 7–9	The Coming of Age / K Dychtwald, G Luce & W MacDonald (weekend) p 27
May 7–9	Steps to an Ecology of Mind / G Bateson (weekend) p 27
May 7–9	Centering to Energy Awareness to Meditation / R Nadeau (weekend) p 27

Week of May 9

May 9–14	Massage Intensive / The Esalen Massage Crew (5 day) p 27
May 9–14	On Being Up–Right! / B Fuller (5 day) p 27
May 9–14	Chinese Ways of Health & Growth / G Feng & S Wang (5 day) p 27
May 14–16	On Dreams / M Schatzman (weekend) p 28
May 14–16	Inner Visions & Explorations with Hypnosis / L I ilos (weekend) p 28
May 14–16	Initiations: The Psychology of Symbolic Forms / J Campbell (weekend) p 28

Week of May 16

May 16–21	Experiencing Esalen / Experiencing Esalen Staff (5 day) p 28
May 16–21	Yogi Boogie Re-Union (the union of music & health) / M Ratcliffe (5 day) p 28
May 16–21	Dolphins & Humans: Your Beliefs About Each / J & A Lilly (5 day) p 28
May 21–23	Re-Owning Your Power: Renewal & Personal Awakening Through the Physical Experience / D Spino (weekend) p 28
May 21–23	Experiencing Esalen / Experiencing Esalen Staff (weekend) p 28
May 21–23	Knock, Knock Who's There? / B Fuller (weekend) p 28

Week of May 23

May 23–28	Psychosynthesis: Choosing to Change / H Sloan (5 day) p 29
May 23–28	The Care & Nurture of Body, Mind & Soul / D & C Nolte (5 day) p 29
May 28–30	Unblocking through Body Energetics / H Prestera (weekend) p 29
May 28–30	On Liberation! A Gestalt Way / M Tophoff (weekend) p 29
May 28–30	The Visual Revolution: Photography, Light & Other Mysteries / L Stoumen (weekend) p 29
May 28–30	Shamanic Healing / M Harner (weekend) p 29
May 28–30	Experiencing Esalen / Experiencing Esalen Staff (weekend) p 29

Week of May 30

May 30–June 4	Selective Awareness, Self-Hypnosis & Movement / E & N Miller (5 day) p 29
May 30–June 4	Change: The Dynamic of Being Who You Are / G Roth (5 day) p 29
May 30–June 4	How To Put Your Memories, Fantasies & Dreams To Work For You: A Reichian/Gestalt Approach To Energy Release / J Fiore (5 day) p 29
May 30–June 4	Massage Intensive / The Esalen Massage Crew (5 day) p 29
June 4–6	Exploring Self-Acceptance / D Schiffman (weekend) p 30
June 4–6	Self & Beyond / J Ziegler (weekend) p 30
June 4–6	Opening the Feelings: A Radix Neo-Reichian Workshop / E Warburton, R Sercarz, & G Barnum (weekend) p 30
June 4–6	Open Psychodrama Encounter / W & M Anderson (weekend) p 30

ESALEN CALENDAR

Week of June 6

June 6–11	Exploring Self-Acceptance / D Schiffman (5 day) p 30
June 6–11	Experiencing Esalen / Experiencing Esalen Staff (5 day) p 30
June 6–11	Centering & Self-Expression / B Fuller & M Trager (5 day) p 30
June 6–13	Gestalt Practice / R & C Price (7 day) p 30
June 11–13	A Weekend with Will Schutz / W Schutz (weekend) p 30
June 11–13	The Miracle of Perception: A Weekend of Practice with C Selver (weekend) p 30

Week of June 13

June 13–18	Leadership Training / W Schutz (5 day) p 31
June 13–18	Contact & Communication / J & B Silverman (5 day) p 31
June 13–18	Touching Energy Bliss Awareness / B Gunther (5 day) p 31
June 13–18	Yoga, Meditation, Movement, Massage / D Medow (5 day) p 31
June 18–20	On Friendship / E Maupin & B Stuart (weekend) p 31
June 18–20	Energy & Wholearity / B Gunther (weekend) p 31
June 18–20	Intimacy & Independence—A Workshop for Couples / B & M Blood (weekend) p 31
June 18–20	Experiencing Esalen / Experiencing Esalen Staff (weekend) p 31

Week of June 20

June 20–25	Psychosynthesis: Choosing to Change / H Sloan (5 day) p 31
June 20–25	On Friendship / E Maupin & B Stuart (5 day) p 31
June 20–25	You & Universal Motion / R Nadeau (5 day) p 31
June 20–25	Gestalt Practice / R & C Price (5 day) p 31
June 25–27	Run-In / M Spino & A Giacomini (weekend) p 32
June 25–27	The Feldenkrais Method: A Psychophysical Education Through Body Movements / J Stransky (weekend) p 32
June 25–27	Tuning In / J Zuckerman (weekend) p 33
June 25–27	Communication / E & N Miller (weekend) p 33

Week of June 27

June 27–July 2	Take a Second Look at Yourself / J Zuckerman (5 day) p 33
June 27–July 2	Gestalt Principles & Methods: A Workshop for Health & Growth Professionals / S Carter & S Gershenson (5 day) p 33
June 27–July 2	Contact & Intimacy / B Clemans & K Schrage (5 day) p 33
June 27–July 2	Selective Awareness & Gestalt Practice / E Miller & R Price (5 day) p 33
July 2–4	The Gentle Art of Becoming—Together: A Workshop for Couples / D Schiffman & D Mundschenk (weekend) p 33
July 2–4	Experiencing Esalen / Experiencing Esalen Staff (weekend) p 33
July 2–4	The Tao of Movement: For All Dancers of Life / A Huang (weekend) p 33

Week of July 4

July 4–9	Growth Through Risk-Taking / D Schiffman (5 day) p 33
July 4–9	Change: The Dynamic of Being Who You Are / G Roth (5 day) p 33
July 4–9	Advanced Gestalt / D Barenfeld (5 day) p 34
July 4–11	Gestalt Practice / R & C Price (7 day) p 34
July 9–11	Experiencing Esalen / Experiencing Esalen Staff (weekend) p 34
July 9–11	Massage Intensive / The Esalen Massage Crew (weekend) p 34

Week of July 11

July 11–16	Experiencing Esalen / Experiencing Esalen Staff (5 day) p 34
July 11–16	Contact & Communication / J & B Silverman (5 day) p 34
July 11–16	Body Energy—A Path to Entrapment or Freedom / H Prestera (5 day) p 34
July 11–16	On Being Up—Right! / B Fuller (5 day) p 34

Week of July 18

July 18–23	On Being Up—Right! / B Fuller (5 day) p 34
July 18–25	The Rites of Passage: A Seven Day Pilgrimage Through the Big Sur Wilderness / D Schiffman & D Mundschenk (7 day) p 34

BEST COPY AVAILABLE

DEFINITIONS

Of Some Approaches to Human Growth Used in this Catalog

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man/woman within an evolving universe. Starting with each person's existential situation as he or she perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

MASSAGE

Massage is a healing art. It is practiced to help the body relax, to release tensions, to balance the energy flow, and to soothe the being with gentle caring. Massages are given individually; workshops, classes, and private lessons are available.

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow, and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

SHIATSU MASSAGE

Shiatsu massage is the oriental healing art in which the hands are used to apply pressure to acupuncture points over the entire body, allowing the springs of life to flow.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling, and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative, and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement, and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement*—to have life energy freely available and flowing, not blocked. *Awareness*—to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility*—to know and act on the principle that I am the one who acts, thinks, and feels whatever it may be that I act, think, or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participants. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

STRUCTURAL INTEGRATION (ROLFING)

Structural Integration or Rolfing is a method of deep manipulation of the musculo-skeletal system that aims at balancing the major segments of the body. We have learned that connective tissue (fascia, tendons, ligaments) can be lengthened by palpation and direct manipulation; this makes it possible to reorganize the basic body lines. A properly organized body will be subject to less stress and will move in a more economical way. Structural Integration has a second principle: posture is behavior. Humans are psychophysical organisms; one cannot divorce their physical from their psychological functions. When you change the structure, you change the function.

PROGRAMS IN BIG SUR

Siberian Shaman Costume

Week of April 4-9

Renascence / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy that we can learn to discover and nourish. The goal of this workshop is to teach the ability to tune into and develop that seed center of self.

The daily meetings will be an integration of emotional, spiritual, and body work. The interpersonal will be explored through a new kind of positive encounter. Individual work will be gestalt oriented. Emotional work will be grounded in quieting and meditation practices at the Esalen baths. Emphasis throughout will be on means of translating Esalen growth practices into everyday life. $270

Opening the Feelings: A Neo-Reichian Radix Workshop Charles & Erica Kelley & Mark Dunlap

For workshop description see page 30. $300

Exploration & Integration / Arthur & Janica Fox

Come and experience a combination of encounter, gestalt, sensory awareness, and massage surrounded by the richness of Big Sur and the Esalen grounds. Use these experiences to explore more of your awareness and your capacity for openness. We will also explore ways of retaining and integrating our experiences so that we have access to them not just at Esalen, but also when we return home. $270

Weekend of April 9-11

Changing Courses in Midstream / Jack Gaines

The change from what you are doing to what you want to do is not easy for most people—at any age. Many of us talk of changing life styles, getting out of the rat race, no longer willing to look for our identity in an endless string of shiny new possessions. Some of us do. Few among those who do are prepared for the impact of change and / or idleness. This is an exploratory seminar for people who are interested in the development of new attitudes preparatory to changing career and family responsibilities. $110

Exploring Self-Acceptance / David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $110

Weekend of April 9-11 (Continued)

We Are All Dancers / Betty Fuller

A work/play shop for the dancer in every body—even those who hate to move! This synthesis of gestalt awareness training with feldenkrais effortless exercise works on the body/mind to dissolve tensions, holdings, blocks, and barriers to mobilization of energy and full self-expression. Everyone can experience increased energy, vitality and flexibility, improved posture (physical and mental), expanded consciousness, and enhanced self-image. We will explore—experientially—the relatedness of gestalt, rolfing, psychosynthesis, feldenkrais, and *est* and use before and after photographs. $110

Centering, Self-Awareness, & the Spirit of Play
Bob Kriegel

This workshop will teach centering: the process of finding that calm place within ourselves that is in balance and harmony. Active games of all types—including energy games, street and playground games, theater games, new games, and new approaches to traditional sports —will be used for experiencing "center" and for exploring self-awareness. We will explore how game behavior magnifies our reaction patterns, giving us a clearer, more vivid picture of ourselves. We will also use gestalt, role playing, guided fantasy, and psychosynthesis techniques to bring our new awareness to a more conscious level. $110

Interpersonal Sensing / Simone Surpin

Within each of us is a place where we can receive and give caring and love. The focus of this weekend is to explore how we can reopen our channels to this way of being: how we can nourish and stay alive to our own experiences and feelings, and share them with others. Toward this end our group process will include the practice of listening to the vibrational statements, exchanges, and energy flows in which we are constantly partaking. We will also make use of body work, massage, gentle bioenergetics, and various forms of energy awareness practices. (Limited to 12 participants.) $110

Week of April 11-16

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 27. $240

Getting in Touch—Open Gestalt / Frank Rubenfeld

Hot-seat work, massage, and group exercises will serve to facilitate participants in experiencing and expressing the alive parts of themselves. Suitable for those in the helping professions. $270

Group Mind—Bodyfield Energy Ring / Michaeleen Kimmey

We center each body-field in the configuration of a perfect circle. The linking up of each person in this ring provides heat and light sensations. The energy ring provides us with a form to share and express an experience in a nonverbal and noncognitive manner, allowing us to explore and understand our intuitive faculties. This workshop is designed to help those of us in human services to learn more about the vibrational sharing of ourselves in community. $270

We Are All Dancers / Betty Fuller

For workshop description see April 9-11. $270

Gestalt Practice / Richard & Christine Price

Perfect like Great Space
the Way has nothing lacking, nothing in excess.
Truly because of our accepting and rejecting
We have not the suchness of things.
—Sengtsan (3rd Zen Patriarch)

What is, is.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental —evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than "adjustment," "cure," or "accomplishment."

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanaponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce). $270

Weekend of April 16-18

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 27. $100

Cooking as a Sensory Feast / Myrtle Ratcliffe

Food preparation can be a special time for the senses when we include music, meditation, movement, and an awareness of our own rituals in cooking. In the Esalen kitchen we will prepare at least one meal together, combining high energy cooking with plenty of time to relax, experience massage, and enjoy the feast. $110

You & Universal Motion / Robert Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement. $110

Introduction to Gestalt Practice / Joan Fiore

After introducing the "language" of gestalt and various gestalt experiments in breath, body, and feeling awareness, this workshop concentrates on providing the opportunity for intensive individual gestalt work in a supportive group setting. Suitable for novices as well as veterans. $110

Week of April 18-23

Massage Intensive / The Esalen Massage Crew

The Esalen massage crew, with its unique variety of approaches and styles, will teach basic techniques for giving and receiving massage, both for immediate relaxation of tension and as a way of caring. Emphasis here is on deepening the quality of touch-communication and heightening awareness of the energy flow between the body in motion and the body at rest.

The group will meet daily at the mineral baths. Limited to 16. $240

Contact and Intimacy / Barbara Clemans & Ken Schrage

In this workshop we will combine our individual dynamics; Barbara emphasizing somatic process; Ken, psychological process in one environment. The focus on the body will be one of ease, using feldenkrais movement, sensing, massage and energy awareness to melt and dissolve impasses within us and between us.

Greater physical spontaneity will heighten our exploration of the interpersonal and intrapersonal psychological process: capacity for contact, withdrawal, receptivity, connectedness, responsiveness and our willingness to feel and express emotions. We will work with both individual and group process. Through this format we will be able to *experience* the integration of ongoing awareness as a continuum. $270

Gestalt Practice / Richard & Christine Price

For workshop description see April 11-16. $270

A Week with Will Schutz / Will Schutz

$300

Opening the Feelings: A Neo Reichian Workshop
Laura Dillon

The aim of this workshop is to help participants free up their capacity to experience and express deep feelings. Emotions are held in the body through muscular tensions which Wilhelm Reich called muscular armoring. Through the use of Radix emotional release techniques developed by Charles Kelley and other body oriented approaches we will work to soften these tensions and release the feelings held there. The group will provide a supportive nurturing atmosphere to enhance the process of emotional release. $270

April 18–25

Rites of Passage: A Seven Day Pilgrimage Through the Big Sur Wilderness
David Schiffman & Dee Mundschenk

The workshop is intended to create an experience which will support and intensify the simplification and cleansing necessary for a greater sense of personal clarity and grace.

We will pay attention to and take care of ourselves through a variety of disciplines and forms, including meditation, gestalt, intuitional sensing, as well as the more traditional wilderness skills. The emphasis will be on creating a richer, more harmonious balance between the mental, physical, and spiritual realms of existence.

Registration for the workshop should be at least two weeks in advance so that proper advance preparations and information can be sent regarding equipment and exercise. $210

Weekend of April 23-25

Yoga, Massage, & Movement / Deborah Sulochana Medow

come and M O V E
your body/mind/spirit...
s-t-r-e-t-c-h-i-n-g
grOWING
moving
FLOWING

$110

A Choice Workshop: The Act of Willing / Lenore Lefer

Many of us tend to make our life choices without full awareness. We sometimes wait, decide impulsively, reactively, hastily, or without purpose. The more conscious we are of the act of choosing, the more we open ourselves to the experience of joy and freedom. Using the framework of psychosynthesis, we will explore how we can choose using our will. The aim is towards learning the process of making conscious choices, thereby taking responsibility for our life's purpose and direction. $110

Embrace Tiger, Retrun to Mountain: The Watercourse Way T'ai Chi
Al Chung-liang Huang

An introduction to t'ai chi and creative Taoist philosophy as explained and exemplified in the book, *Tao: The Watercourse Way* by the late Alan Watts and Al Chung-liang Huang, and in Huang's book, *Embrace Tiger, Return to Mountain*. The meeting of East and West will be explored in terms of everyday living, of transforming intellectual understanding of the East into action, and of making useful applications to the way of life in the West.

". . . here it will become apparent to many who used to look down upon body as a hindrance or an encumbrance of the spirit, that the body in its very movements can be a deeper revelation of the essence of our being than all our religious and philosophical assumptions. What Al Huang demonstrates and teaches is that the inspired body is a manifestation of universal forces which flow through us, unless we block them by our arbitrary judgments and short-sighted aims and intentions. He teaches us to flow with the Tao and to restore the lost harmony of our lives."

—Lama Anagarika Govinda

$110

Week of April 25-30

Embrace Tiger, Return to Mountain: The Watercourse Way T'ai Chi / Al Chung-liang Huang

For workshop description see April 23-25. $270

Psychosynthesis: Choosing to Change / Harry Sloan

At the core of the process of change is discovering that something new is trying to emerge and choosing to integrate this new energy into our daily lives. Frequently, in the process there are parts of us that do not nourish change. They are resistant, retarding movement towards what is emerging. This program will combine individual work and discussion of principles and concepts inherent in nourishing the process of change. Personal work will stress learning to allow change by exploring the implications of our choices and how they catalyze or retard the expression of our emerging self. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 27. $240

Food for Thought

The following is a review of an article, recently submitted for publication to a scientific journal, entitled "Schizophrenics for Whom Phenothiazines Are Contraindicated or Unnecessary." The article summarizes some of the results of a three year research program with dis-eased psychiatric patients. Designed by Drs Julian Silverman and Maurice Rappaport, the project was carried out on a specially created experimental ward of Agnews State Hospital in San Jose, California.
by: M. Rappaporte, K. Hopkins, K. Hall, T. Belleza, J. Silverman

One hundred twenty-seven young male schizophrenics were examined after the onset of an acute psychotic episode and also for up to three years after discharge from the hospital study. (Female patients were not included in the study; changes in females' sensory functioning are known to occur in different phases of the menstrual cycle. This fact was presumed to make it impossible to differentiate between sensory-physiological changes due to the acute schizophrenic episode and those due to menstrual cycle changes. The results of the neurophysiological research will not be summarized in this review.) Follow-up information was obtained on 108 patients for up to thirty-six months after discharge from the project. Of this number, 55% had been assigned to placebos (unmedicated pills) while in the hospital and 45% to chlorpromazine (thorazine), a popular anti-psychotic medication. Personal interviews were conducted with 80 patients and information on 28 others was obtained either through the mail, telephone, or contact with relatives. The analyses reported here are based on the 80 patients on whom full information is available.

Patients accepted for the project met the following criteria: between 16 and 40 years of age; referred from the community mental health program with a diagnosis of schizophrenia; diagnosed as having an acute schizophrenic reaction at hospital admission on the basis of evaluation with a battery of psychiatric rating scales; having no gross adverse reaction to chlorpromazine; having had no electroshock therapy within six months preceding admission; having no gross organic impairment; no history of epilepsy; no history of drug "abuse" prior to admission; and no (or few) previous hospitalizations.

When a patient was admitted to the experimental ward he was assigned randomly to either of two treatment conditions—a chlorpromazine treatment group or a placebo treatment group. Ward personnel, psychiatric raters, and all but one of the research personnel were not told to which treatment condition patients were assigned. Periodically staff were asked to judge which patients were on chlorpromazine. Consistently, 40 to 50 percent of the time wrong judgments were tallied, indicating that staff personnel were ignorant as to patients' actual drug status.

On the first or second day after admission to the project, two trained research personnel interviewed each patient and completed a battery of psychiatric ratings including the Brief Psychiatric Rating Scale and the Global Assessment Rating Scale. Ratings on these scales were repeated at the time of each patient's discharge. Two principal measures were used. A Severity of Illness score was derived which was a composite of the above mentioned ratings. A Clinical Change Index was derived; it represented the direction of change (improvement or worsening of symptoms) from hospitalization to discharge and from discharge to follow-up. A third measure, Overall Functional Disturbance, also was utilized.

All patients took nine tablets a day (three, three times a day). Those assigned to the chlorpromazine condition received a minimum of 300 milligrams a day. The physician could order up to 900 milligrams of chlorpromazine a day. However, he was never told by the research assistant in charge whether the patient actually received medication or placebos.

Follow-up ratings were obtained, wherever possible, at 1, 3, 6, 12, 18, 24, 30, and 36 months after discharge from the hospital project.

Nurses, attendants, and doctors on the experimental ward were specially selected. Of primary concern was their willingness to work closely and continually with even very dis-eased patients and to accept as much as possible (rather than avoid) their own fears and fantasies about madness. Ongoing intensive group-work sessions for staff focused on awareness of their own feelings and openness to the feelings of others.

Findings:

Clinical Change, Severity of Illness (SI), and Overall Functional Disturbance (OFD) scores were compared for the medicated and unmedicated groups; comparisons were made at admission, discharge, and at last follow-up.

Getting Out of Your Trap / Neil Lamper

"Gestalt is a way of life more than a form a therapy. Participants in this workshop can expect to experience their here-and-now and discuss their what-and-how. I am interested in people learning how to use their what—at work, play, in families, couples and as singles. At times our entire group will be active and at times one person will wrestle with the impasse. I cannot force, will not coerce and have no neat package of salvation. People maintain their own momentum, work in their own way. I invite people to this workshop who want to experience Esalen and themselves anew and who expect to express this in their lives." $270

Weekend of April 30 - May 2

Growth Through Risk-Taking / David Schiffman

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 27. $100

Mind as Healer, Mind as Slayer / Kenneth Pelletier

This weekend explores the neurophysiology of stress and human consciousness; the interaction between states of mind and physical health or illness; psychological factors in cancer and hypertension; and applications of biofeedback and meditation in self healing. Participants will engage in meditative practices, visualization techniques, and use biofeedback instruments with emphasis on health maintenance. $110

The Body and the Energy Body / George Leonard & Wendy Palmer

Every human body has capabilities generally unknown in the present culture. Through simple body/mind/spirit exercises based on the concept of the human biofield or "energy body," participants will be introduced to some of these capabilities. They will practice centering, heightened awareness and blending (as in the Oriental art of aikido), and will thus learn alternative ways of dealing with everyday life situations—especially those involving tension and expectations. These experiences will be related to education, sports, healing and social transformation. $110

On the Clinical Change Index, significant differences, admission to discharge, were found between placebo and chlorpromazine-drugged patients. Chlorpromazine-drugged patients tended to show greater clinical changes than placebo patients *while in the hospital.* Thus medicated patients showed a faster and greater symptom reduction than unmedicated patients. On the Severity of Illness and Functional Disturbance scales, no significant differences were found between the medicated and unmedicated groups, at admission or at discharge. However, at follow-up, Severity of Illness scores were significantly less for placebo patients who continued off medication than for other patients. In other words, patients given placebos who stayed off medication outside of the hospital were less dis-eased at follow-up than patients given chlorpromazine while in the hospital, regardless of whether or not the hospital medicated patients continued using medication outside of the hospital. Further, greater Functional Disturbance at follow-up tended to be found among chlorpromazine-drugged patients; Functional Disturbance was less in the placebo patients than in the medicated patients. Finally, it was found that overall, significantly fewer patients were rehospitalized who had been assigned to placebos (Table 1). This was clearly apparent among patients on placebo during the project who had not used medication in the follow-up period (Table 2).

Table 1:

Number of Patients Rehospitalized in Terms of Their Initial Hospital Medication Condition *

		Rehospitalized	Not Rehospitalized
Random Drug Assignment While Hospitalized	Placebo	12	30
	Chlorpromazine	24	15

* Information for this analysis was available on 81 patients rather than 80.

Table 2:

Rehospitalizations in Relation to Hospital and Follow-up Medication Conditions

Medication Group In Hospital	Medication Group At Follow-up	Number of Patients	Percent Rehospitalized
Placebo	Off Medication	24	8%
Chlorpromazine	On Medication	22	73%
Placebo	On Medication	17	53%
Chlorpromazine	Off Medication	17	47%

Conclusions:

In most research with acutely dis-eased patients, the foremost criterion for evaluating them favorably is still the reduction of overt and agitated psychotic behavior. The study reviewed here suggests that this criterion may, at least in certain instances, be an erroneous and unfortunate one. A significant lessening of psychotic symptoms during hospitalization, associated with phenothiazine treatment, is not related to long-term positive re-organization. Indeed it is suggested that certain acute patients, evidencing bizarre and regressive behaviors, will get better and stay better if their dis-ease is *not* interrupted with anti-psychotic chemotherapy.

Perhaps part of the reason why a significant number of placebo patients showed long-term improvements was the ward milieu that was established during the three-year period and the staff who worked on through the project. It was already known from earlier research that patients with a positive, "integrating" attitude to their dis-ease had higher levels of post-hospital adjustment several years later than those with an "isolating" (rejecting) attitude toward it. In the Agnews project, this knowledge was translated into a staff *attitude* and *a way-of-being-in-relationship* which was different from many conventional hospital settings. In effect, a "space" was evolved (in a hospital setting) in which patients were given room to express their energies in relative safety; this increased the probability for these dis-eased people to rebalance themselves.

Week of May 2-7

Growth Through Risk Taking / David Schiffman

For workshop description see April 30-May 2. $270

Opening the Feelings: A Neo-Reichian Workshop
Laura Dillon

For workshop description see April 18-23. $270

The Politics for Peace (of MIND) / Janet Lederman

Living with ABSURDITY
finding the joys
within a
MAD
MAD
WORLD
Adventures of the
spirit
by way of the
body
and to the
soul.

$270

Program for the Study of Culture and Consciousness

May 2-28, 1976

SCHIZOPHRENIA & THE VISIONARY MIND

Coordinated by Stanislav Grof

A four week, interdisciplinary institute for professionals and graduate students in the fields of psychiatry, psychology, religion, philosophy, and anthropology. Under the direction of Stanislav Grof and Joan Halifax-Grof, Esalen Institute is gathering twenty-five faculty members at Big Sur to offer over 150 curriculum hours of didactic and experiential sessions exploring the relationship between schizophrenia and the visionary experience. The material presented during this institute will be divided into four major thematic groups.

Area 1: Biochemical, Psychological, and Cultural Variables in Schizophrenia

This thematic area will be introduced by a critical review of the existing biochemical hypotheses of schizophrenia. The implications of clinical research with LSD for understanding the schizophrenic process will be discussed with the participants; some of the early results of psychedelic therapy with psychotic patients will be described and illustrated by clinical examples. Investigators who have made original contributions to family research in schizophrenia and psychotherapy with psychotic individuals will share their findings and present views. Special attention will be paid to religious, mystical, and mythological themes occurring in the schizophrenic process and to crosscultural variables in psychosis. Art of psychotic individuals and selected film material will be used to facilitate the understanding of the world of the schizophrenic.

Area 2: Mystical Experience: Spontaneous and Induced

The emphasis in this area will be on visionary experiences occurring spontaneously under certain special circumstances and those induced by ingestion of psychedelic drugs or by nondrug technology. We will explore the therapeutic potential of mystical states and their lasting effect on personality structure, world view, and hierarchy of values of the experiencer. Special emphasis will be put on the experiential territory in which mysticism and schizophrenia seem to overlap and merge.

Area 3: Self-Exploration and Group Process

This area involves exploration of individual and group techniques through which the participants can reach experiential understanding of certain aspects of the psychotic process. The spectrum of experimental approaches will range from gestalt awareness and bioenergetic exercises to shamanic procedures, mandala work, and laboratory techniques for inducing altered states of consciousness. Nondrug technology, including sensory isolation tank, lotus cradle, stroboscopic light, sonic driver, and biofeedback equipment, will be available for supervised use by participants in pursuing their own self-exploration.

Faculty:

Gregory Bateson
Joseph Campbell
Al Drucker
Erik Erikson
Betty Fuller
Stanislav Grof, MD
Joan Halifax-Grof, PhD
Michael Harner, PhD
Barklie Henry
Richard Horan
Jean Houston, PhD
Al Hubbard, PhD
Janet Lederman
John Lilly, MD
Antoinette Lilly
Maria Mangini
Peggy Morrison
Dee Mundschenk
Claudio Naranjo, MD
Humphrey Osmond, MD
Kenneth Pelletier, PhD
John Perry, MD
Richard Price
Christine Price
Morton Schatzman, MD
David Schiffman
William Schutz, PhD
Beverly Silverman
Julian Silverman, PhD

This institute will take place in the Esalen Study Center, an old Big Sur mansion located on cypress covered cliffs overlooking the Pacific Ocean. The learning format will combine didactic seminars, experiential workshops, special lectures, individual help in self-exploration for altering consciousness, and selected film material.

The program is limited to twenty-eight participants selected from applicants. The fee is $1,150 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute, Big Sur, California 93920.

If you wish to enroll in the program, send a letter containing biographical information and current photograph to Stanislav Grof, Esalen Institute, Big Sur, California 93920.

BEST COPY AVAILABLE

Weekend of May 7-9

The Coming of Age / Ken Dychtwald, Gay Luce & Wordon MacDonald

The possibilities of improved health, awareness, and heightened bodymind flexibility are not limited to people under fifty years of age. In fact, it is becoming clear that many of the so-called "older" generation are as responsive to new experiences and self-development as their children.

With the help of a variety of bodymind awareness exercises, relaxation training, shared discussions, and gestalt work we will work toward a state of increased bodymind vitality. We will focus on the later years as being a special time for growth, self-development, and spiritual blossoming.

This workshop is an extension of the SAGE PROJECT, a growth center for older adults in Berkeley. $110

Steps to an Ecology of Mind / Gregory Bateson

In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to new ways of looking at the living world, including everything from biology to poetry and politics. The workshop will explore these ways of perceiving and thinking. $110

Centering to Energy Awareness to Meditation Robert Nadeau

Awareness begins with the self. Centering is the doorway to the energy activity of the universe. Energy is the common denominator of the universe and energy awareness is the basis for meditation. This workshop will emphasize a natural practice pattern for awareness. $110

Drawing: Don Lady

Week of May 9-14

Massage Intensive / The Esalen Massage Crew

For workshop description see April 18-23. $270

On Being Up—Right! / Betty Fuller

For workshop description see July 11-16. $270

Chinese Ways of Health & Growth / Gia-Fu Feng & Shih-chang Wang

This workshop will include an intensive teaching of Tai-chi-chuan as taught by the late Chen Man-ching. Included in the workshop will be an introduction to acupuncture, the practice of acupressure, I Ching, imagery, circulation of Chi (life energy), the Secret of the Golden Flower, and deep relaxation. $270

Experiencing Esalen

Experiencing Esalen Staff

Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen / Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theatre games, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *The New Education* (Kelley).

SCHEDULE:

April 11-16	$240	May 28-30	$100
April 16-18	$100	June 6-11	$260
April 25-30	$240	June 18-20	$110
April 30-May 2	$100	July 2-4	$110
May 16-21	$240	July 9-11	$110
May 21-23	$100	July 11-16	$260

Weekend of May 14-16

On Dreams / Morton Schatzman

What if you slept, and what if in your sleep you dreamed, and what if in your dream you went to heaven and there plucked a strange and beautiful flower, and what if when you awoke you had the flower in your hand? Ah, what then?

—Samuel Taylor Coleridge

Many persons have awakened from dreams with the flower in their hands. The flowe has been a song, a poem, a solution to a problem, a new outlook or insight or some other dream gift.

In this group we will consider our dreams as chances to "wake up." We will discuss lucid dreams, how to direct dreams and how to use dreams creatively. $110

Inner Visions and Explorations with Hypnosis / Lee Pulos

The theme of this workshop will be both educational and exploratory. Participants will be taught a variety of hypnotic and self-hypnosis techniques that can be used on an ongoing basis after the workshop is over. Each person will experience hypnosis and the opportunity to hypnotically induce dreams, program for habit changes, and to get in touch with subconscious motivation through automatic writing and ideo-motor questioning. The exploratory aspects will deal with extending our consciousness into paranormal and psychic dimensions. An added emphasis will be to teach participants hypnotic-visualization techniques for self-management. $110

Initiations: The Psychology of Symbolic Forms Joseph Campbell

This will be a weekend of slide-illustrated lectures and discussions dealing with the relationship of the symbolic forms of myth, dream, and creative art to archetypal psychological structures. Illustrations will be drawn from Oriental and Occidental religious art, as well as from the fantasies of psychological patients and modern creative artists. $110

Week of May 16-21

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 27. $240

Yogi Boogie Re-Union (the union of music and health) Coordinated by Myrtle Ratcliffe

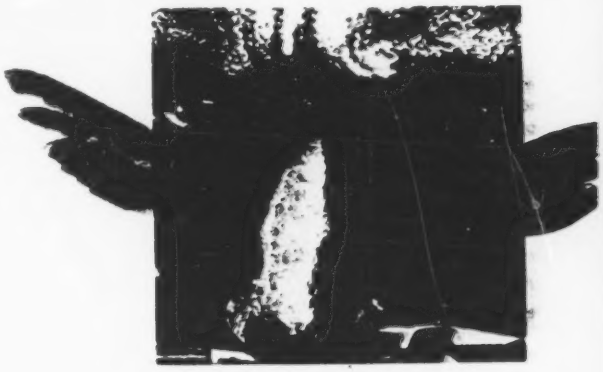
We will celebrate springtime with music making, dancing, massage, exercise, gardening, cooking and being in union with each other, the earth and the coastlands of Big Sur.

Various staff members and Big Sur residents with special talents will join together so that a variety of workshop sessions will be available, including belly dancing, jogging, astrology, feldenkrais, hatha yoga, drumming. All leaders fees will be donated to the Esalen Music Room Fund. $270

Dolphins and Humans: Your Beliefs About Each John & Antoniette Lilly

Currently, John Lilly and his wife, Toni, are involved in starting a new series of pursuits. Their Human/Dolphin Foundation is devoted to research leading to communication with dolphins/whales, encouraging research and education leading to establishing the individual rights of dolphins and whales under human law (national, international, and supra-national). The "freedom of the seas" is currently a legal concept only for human nations. Enslavement as human property of human individuals has been abolished. The intelligent non-human species of this planet should enjoy the same privileges.

In this workshop, we intend to present the known attributes of these species and present information which can lead to the expansion of conscious awareness and interest beyond man's narcissistic concerns with his own species. Because of man's destructive capabilities there soon may be no one else left to communicate with. Communication with dolphins may lead to whole new areas of human thought, activity, and feeling. $270



Weekend of May 21-23

Re-Owning Your Power: Renewal and Personal Awakening Through the Physical Experience / Dyveke Spino

As cycles of change press upon us, we need tools to develop our inner power of endurance, flexibility, and sense of self-transcendence. This workshop will reawaken your natural physical spirit through five areas of conditioning of mind/body/spirit. Daily activities will be appropriate for people at all levels of fitness, blended with meditations and massage at the Esalen baths.

Each person will receive a personalized training consultation to allow continuing use of these techniques upon leaving. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 27. $100

Knock, Knock Who's There? / Betty Fuller

Who? What? Why? When? Where? Am I? How do I know? What's it all about? In this gestalt-encounter based weekend we'll shake out the kinks and explore these riddles in present time—here/now—using theater-games, psychosynthesis, feldenkrais and Trager mentastics, meditation, music and dance among other ways to be and let be as we recover, explore, and celebrate our selves. $110

Week of May 23-28

Psychosynthesis: Choosing to Change / Harry Sloan

For workshop description see April 25-30. $270

The Care and Nurture of Body, Mind and Soul
Dorothy & Claude Nolte

The prime focus of this workshop will be the alignment of our physical, mental, emotional and vital bodies through direct contact with the self. The "power of pretend," will be used to open the inner levels of the self and movement patterns and exercise forms from structural awareness will be used to make it all work in our life field. The goal is to move into our everyday world as a lighter, brighter being. $270

Weekend of May 28-30

Unblocking through Body Energetics / Hector Prestera

This workshop is for working through body armor to our spiritual center using techniques from Neo-Reichian, gestalt, encounter, color therapy, and group energy transfer. $110

On Liberation: A Gestalt Way / Michael Tophoff

Liberation means cutting the chains with which we keep ourselves in prison. Awareness of how we let ourselves be repressed—in personal, social and political ways—is a first step of cutting the ties, and can lead to a clear view of ourselves within our day to day situation, as people who are willing to take a stand. In this intensive workshop we will integrate humanistic and eastern ways of growth and personal learning, where the path towards our inner selves blends with the road towards the reality outside us, releasing excitement, vitality, and action. $110

The Visual Revolution: Photography, Light and Other Mysteries / Lou Stoumen

This seminar will be an exploration in depth of modern visual media and their effects on the evolution of consciousness, including photography, motion pictures, television, the photographic book and their experience in counterpoint to words, sound effects and music. There will be screening and discussion of several of Lou Stoumen's films, and a reading and visual presentation of his new book *Can't Argue With Sunrise / A Paper Movie.* Participants are invited to bring along their own photographs, poetry, short films and photo book projects for open critique. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 27. $100

Shamanic Healing / Michael Harner

This workshop is an experiential exploration of the spiritual methods used by shamans or medicine men in primitive cultures to heal the sick, the weak and the dispirited. Developed over many thousands of years, and almost destroyed by western "civilization," the ancient knowledge is surprisingly relevant to our own lives and sense of well-being.

Participants in this workshop will learn the basic approaches utilized by North and South American Indian men of knowledge, including techniques for the restoration of spiritual power and energy, and for the removal of harmful "non-ordinary" intrusions. $110

Week of May 30- June 4

Selective Awareness, Self-Hypnosis & Movement
Emmett & Nitza Miller

To us, therapy is a means for capturing the spirit and momentum of enjoyable experiences in the past and projecting them into the future. Further, it allows us to trace maladaptive patterns—symptoms, habits, emotions, and blocks—to their source, as far back as infancy or further, and extinguish them.

Participants will learn to enter and use the hypnotic state for relaxation, imagery, and age regression. Movement will be used to help intensify emotional experiences, to transmit desirable self-concepts to the body, and to develop means of truly enjoying the body. Of special interest will be multiple experiences of going from a desirable mental image in hypnosis directly into a full movement experience, without pausing at the "waking" level. $270

Change: The Dynamic of Being Who You Are
Gabrielle Roth

In everything is the seed of its apparent opposite. In stillness there is motion; in man there is woman. Balance comes when we experience, express and embrace our total BEING. From the center of our bodies we will develop our willingness to be present for ourselves and others in a way that is a spontaneous and free flowing expression of our uniqueness. Rooted in our own experience we will explore balance and change in our relationships. $270

Put Your Memories, Fantasies & Dreams to Work For You: A Reichian/Gestalt Approach to Energy Release
Joan Fiore

"To understand is to tremble. To recollect is to reenter and be riven."

—Harold Brodkey

This workshop focuses on releasing the energy locked in our memories, fantasies and dreams so that this energy can be made available for present relationships and life situations in a way that makes our existence in the present less encumbered by unfinished business of the past as well as self-programmed, self-fulfilling prophecies of doom for the future. First priority is on intensive intrapersonal work in a supportive group setting. There will also be opportunities to explore the nature of our interpersonal relating through group interactions. $270

Massage Intensive / The Esalen Massage Crew

For workshop description see April 18-23. $270

Weekend of June 4-6

Exploring Self-Acceptance / David Schiffman

For workshop description see April 9-11. $120

Self and Beyond / John Zeigler

This workshop is designed to help you shrink some of life's absurdities to a manageable size, get what you want in your relationships and work and become your kind of person—not the person others want you to be. It applies the discoveries of the personal growth approaches (gestalt, psychosynthesis, fantasy, bioenergetics and psychodrama) to problem solving, communication and contact, life planning and career changing. The leader will act primarily as a guide and reflector in an environment that is positive, warm and supportive. This workshop assumes that personal freedom begins with accepting responsibility for your own attitudes, feelings and actions; that you cannot control others but you can control the way you choose to deal with them. $120

Opening the Feelings: A Radix Neo-Reichian Workshop
Elaine Warburton, Renan Sercarz, Greg Barnum

For workshop description see box on this page. $120

Open Psychodrama Encounter / Walt & Maurica Anderson

This workshop is a flexible weekend's work and play using a variety of encounter, gestalt, and body-movement approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing more openness and spontaneity, and having fun. The degree of active involvement is up to the individual. $120

Week of June 6-11

Exploring Self-Acceptance / David Schiffman

For workshop description see April 9-11. $290

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 27. $260

Centering and Self-Expression / Betty Fuller & Milton Trager

This is a work/play shop for the dancer in every body—even those who hate to move! This synthesis of body movement methods, including psychophysical integration and mentastics (the innovation of Dr. Milton Trager) works on the body/mind to dissolve blocks that immobilize energy and full self-expression. Through feldenkrais "effortless exercise," gestalt awareness and Trager mentastics, participants may experience increased energy and flexibility, improved posture and alignment (physical and mental) and enhanced self image. Dr Trager will be available to work with individuals as well as with the group. $320

June 6-13
Gestalt Practice / Richard & Christine Price
For workshop description see April 11-16. $370

Weekend of June 11-13

A Weekend with Will Schutz / Will Schutz

$120

The Miracle of Perception
A Weekend of Practice with Charlotte Selver

We usually associate perception only with what we see. However, the organism is marvellously provided with organs of perception and the sensory nervous system which can come into play both in quiet and in action. Awakening these rich sources brings about a much wider spectrum upon which we can build our life and our connection with all that happens within and around us. $120

Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix *Intensive,* a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Work Shop. The *Intensive,* like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. Groups will be kept small—never more than eight per leader—so that significant individual attention can be given. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

April 4-9	**Charles & Erica Kelley & Mark Dunlap**
June 4-6	**Elaine Warburton, Renan Sercarz, & Greg Barnum**

Drawing: Dan Lesty

Week of June 13-18

Leadership Training / Will Schutz

This workshop is for experienced group leaders. Each will get a chance to lead under supervision and to explore self in relation to leading. There will be demonstrations of several techniques and discussions of theory. $320

Contact & Communication / Julian & Beverly Silverman

$290

Touching Energy Bliss Awareness / Bernie Gunther

Feeling good is being unattached to feeling bad or good. Being identified with your center, with a disidentified perspective, you can listen to the messages of your world organism and choose the direction you want your thoughts/feelings/relationships to go. In this workshop we will explore joy/us ways to grow whole in freedom, love, understanding and control through play/full energy, flow, centering, awareness, touching, breathing, moving, color, sound, and visual meditation flow. Special emphasis will be placed on working with the seven etheric energy centers (chakras) and learning how they can constantly cleanse, balance, elate, relax and regulate your bliss being. $290

Yoga, Meditation, Movement, Massage
Deborah Sulochana Medow

Through the regular practice of healing asanas and integrative movement, hatha yoga seeks to develop and maintain awareness of self. Meditation, a vehicle for inwardly focusing this awareness, quiets the mind and allows the spirit to grow and flower. The outward expression of this self awareness is movement: how we move in this world reflects who we are and how we feel about ourselves. Free form movement becomes a way to explore and creatively expand our ways of being. Massage, a means by which aware individuals can share with each other, serves both to heal and help people more fully experience each other. In this workshop, we will use yoga, meditation, movement, and massage to explore and expand our ways of feeling and seeing, relating and being. This workshop is for people with some experience with hatha yoga. $290

Weekend of June 18-20

On Friendship / Ed Maupin & Bill Stuart

Based on the leaders' experience with friendship, this workshop will focus on all aspects of friendship including the fears and assumptions which do not allow deep friendship to develop, techniques for moving into total intimacy with a friend without resorting to sex, and methods for directing the friendship towards creativity rather than complications. $120

Energy and Wholearity / Bernard Gunther

Come and experience a weekend to be/with you/me/poetry/the sun/the sky/the sea/the baths/songs/chants touch the energy body/in playfull/joy/us/bliss/we/inner outer harmony. $120

Intimacy and Independence—A Workshop for Couples
Bob & Margaret Blood

The focus of the workshop will be on interaction between partners, facilitated by the support of the group. Each couple will choose those aspects of their relationship on which they wish to work.

Much of the weekend will be devoted to the development of communication skills to enable us to work through problems in our relationships—skills in self-expression, listening, negotiating, achieving consensus, etc. Non-verbal activities will include "sculpturing" the relationship, moving together expressively, and massage. Through these activities, each couple may acquire a deeper understanding of their relationship and of new potentials for enriching it. The workshop will be limited to eight couples. $120 per person

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 27. $110

Week of June 20-25

Psychosynthesis: Choosing to Change / Harry Sloan

For workshop description see April 25-30. $290

On Friendship / Ed Maupin & Bill Stuart

For workshop description see June 18-20. $290

You & Universal Motion / Robert Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement. $290

Gestalt Practice / Richard & Christine Price

For workshop description see April 11-16. $290

Weekend of June 25-27

Run-In / Mike Spino & Andrea Giacomini

We've designed this workshop to explore our inner process in relation to the physical potentials of running. Using guided fantasy and visualization, art work, zen walking, and training models based on various running gaits and tempos we will explore our psycho-physical capacities. Resource material will include the film of the Esalen/International Track Association conference in which professional track athletes experiment with Esalen techniques. This workshop is for people of all levels of health, fitness and awareness. $120

The Feldenkrais Method: A Psychophysical Education Through Body Movements
Judith Stransky

Dr Moshe Feldenkrais has originated and developed a method of re-educating the total being and tapping our unused potential through the means of body exercises and movements. This leads to an expansion of awareness, and to a greater range of experience. The exercises involve integration of the physical and the mental, release of fixed habits that restrict us, differentiation of parts of the body, relaxation and balance, improvement in alignment, and suppleness. The approach is through pleasure, not strain, combined with breathing techniques. $120

Ways of Being at Esalen

Inner Road to Health Workshop— Natural Healing & Self-Healing

A two month pilot program will commence on May 1, 1976 for 8 to 10 participants, giving apprenticeship training in some of the health and healing arts taught at Esalen. Training will be in gestalt practice, massage, deep tissue restructuring, acupuncture theory, herbal and homeopathic systems, and nutrition. There will also be a daily spiritual practice of devotional chanting and meditation. Tai chi, hatha yoga, and other physical practices may be given depending on interest. The program includes a 12 hour weekly work commitment. Faculty will include Al Drucker, Dick and Chris Price, Marcy Goldstein, Beverly Silverman, Michael Tierra. Total tuition cost is $800. Room and meals range from $350 to $550 per month, depending on type of accommodation desired (at South Coast Center). Attendance in the program is by application. A previous qualifying experience, such as the 4 or 5 week Inner Road to Health Workshop, is required. Please write to Chris Price, Esalen Institute, Big Sur, CA 93920.

South Coast Center

The living center is slowly evolving into a participatory environment

vital
changing
designing, redesigning inner and outer space with residents responsible for their own evolution.

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (room, balcony, and bath) are available for $350 per month. A monthly meal ticket may be purchased at Esalen for $200 and residents may set up light cooking facilities in their rooms for preparing their own meals. As part of our program of integrating residents into the working community, South Coast residents are asked to contribute eight hours per week of work to the community. In addition, due to the large number of people who want to be at South Coast, we have put a term of three months on all South Coast residencies. South Coast studios may be reserved through the Esalen/Big Sur office.

Work-Study Program

A residential program within the working context of the Esalen Community.

The focus: Time, space and energy
Perception/Reception
Sense (and non-sense) awareness
The self as a sensory system
Relatedness (relativity)
Contact and communication
Exploring language

Group sessions with Janet Lederman, Christine Price, Richard Price, Beverly Silverman, Julian Silverman and Janet Zuckerman will be held using the working program as a launching pad to "un-cover your self."

Participants work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements.

Housing is at the South Coast Living Center, one and a half miles north of the Hot Springs property, with shared accommodations of up to three persons to a room. The program lasts 28 days beginning on a Sunday: four weeks and four weekends at a basic cost of $300. A new program begins every four weeks.

If interested, please apply as early as possible to Elaine Simon; only a limited number of applicants are accepted.

Professional services such as massage, Rolfing and acupuncture are available at staff rates. Arrangements can be made through the office.

For more information on the underlying philosophy of the Work-Study Program, see the statement by Janet Lederman and Julian Silverman on page 13.

Ongoing Residential Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs will also be open to residents. Cost: $960 per 26-day period.

Tuning In / Janet Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and thinking. Once we are aware of our tapes, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness, and other techniques to tune in to ourselves and each other. $120

Communication / Emmett & Nitza Miller

We begin with an introduction to self-hypnosis and Selective Awareness, use them for the deprogramming of unwanted images and habit patterns (limits), then move on to explore the experience of our body movement. Remaining centered, we will approach the interpersonal and group spaces along lines chosen by the group itself, emphasizing awareness of verbal and nonverbal communication and the continuum of stillness-movement. $120

Week of June 27- July 2

Take a Second Look at Yourself / Janet Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter, and sensory awareness. $290

Gestalt Principles & Methods: A Workshop for Persons in the Healing Professions Seymour Carter & Sid Gershenson

This workshop is an opportunity for persons interested in gestalt to experience through practice and concept a number of the important principles and methods in the application of this approach. Focus will be on the awareness continuum, the impasse, contact boundaries, risk taking and sensory awareness. There will be time for working with others under supervision. $290

Contact & Intimacy / Barbara Clemans & Ken Schrage

For workshop description see April 18-23. $290

Selective Awareness & Gestalt Practice Emmett Miller & Richard Price

Selective Awareness provides a means for identifying and unlearning undesirable characteristics of body/mind and rapidly learning desirable patterns. This takes place in a state of mind related to those of meditation and hypnosis. Like gestalt practice, selective awareness aims at the development of internal guidance free of externally imposed conditioning.

For more information about gestalt practice, see April 11-16. $320

Weekend of July 2-4

The Gentle Art of Becoming—Together: A Workshop for Couples / David Schiffman & Dee Mundschenk

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness techniques. $120 per person

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 27. $110

The Tao of Movement: For all Dancers of Life Al Chung-liang Huang

Dance the "Watercourse Way," flow like the wind, like the water, effortlessly. To Identify with and explore the egoless spontaneity of the motion/stillness in nature. To be in harmony with the Universal dance in everyday living. To begin to meditate kinesthetically our "Beginners' Mindbody"—that is the way (TAO)!

—Fishes swim in the water, but do not think of it;
Birds fly in the wind, but are not aware of it.—

Vegetable Roots Musings by Kojisei (1575-1619)

$120

Week of July 4-9

Growth Through Risk Taking / David Schiffman

For workshop description see May 2-7. $290

Change: The Dynamic of Being Who You Are Gabrielle Roth

For workshop description see May 30-June 4. $290

Week of July 4-9 (Continued)

Advanced Gestalt / Donald Barenfeld

It is possible to increase awareness and thereby discover how we block our excitement, nourishment, contact, and creativity. From this awareness might flow suggestions of new ways to experiment with being in the world, and hopefully an awakening of appreciation for how we are. This focus will allow participants to re-identify with their energy lost to disowned parts and should provide a nourishing context for their reclamation.

This workshop is open to those with prior gestalt experience.
$290

July 4-11
Gestalt Practice / Richard & Christine Price

For workshop description see April 11-16. $370

Weekend of July 9-11

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 27. $110

Massage Intensive / The Esalen Massage Crew

For workshop description see April 18-23. $120

Week of July 11-16

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 27. $260

Contact & Communication / Julian & Beverly Silverman

$290

Body Energy—A Path to Entrapment or Freedom
Hector Prestera

This workshop will focus on the use of insights gained from Reich, Rolf, gestalt, basic encounter, body exercises, self encounter, color therapy, and acupuncture to find a window to the inner real self. Body work and energy flow will be the central core of the week.
$290

July 11-16 & July 18-23
On Being Up—Right! / Betty Fuller

Physical and mental posture—our attitudes or ways we hold ourselves in the world—are matters of choice once we liberate our selves from the dead weight, blocks and barriers we have around in "shoulds," "oughts," and "have to's." In this workshop we'll complete some of the unfinished business of the past, get clear on what we want and handle the soap opera of the present with some good humored editing and re-writes! Among the tools to be used are gestalt, psychodrama, theater games, psychosynthesis and encounter. We'll also make friends with gravity and befriend our aching backs and joints with daily sessions of feldenkrais, movement, Trager mentastics, dance, music, meditation, and laughter. Participants may attend either or both July five-day workshops; the weekend in between is open for taking other workshops at the regular workshop fee. $290 per five-day period.

July 18-25
Rites of Passage: A Seven Day Pilgrimage Through the Big Sur Wilderness
David Schiffman & Dee Mundschenk

For workshop description see April 18-25. $220

Future Workshop Announcements

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

The Inner Road to Health / Coordinated by Al Drucker, Richard & Christine Price

A 5 week Inner Road to Health workshop will start September 12, 1976. This will be the fourth time this program has been given. Past programs have been oversubscribed so please apply early, writing to Chris Price, Esalen Institute, Big Sur, CA 93920. More information on the program will appear in the next Esalen catalog.

Program for the Study of Culture and Consciousness

October 31—November 26
Realms of the Human Unconscious
Coordinated by Stanislav Grof

A four week residential workshop for 30 professionals and students in psychiatry and psychology

The resources within the group of participants will be combined with those of Esalen staff and selected guest faculty to explore the new cartography of the human mind emerging from the experiential techniques of psychotherapy and laboratory consciousness research. The program will include a comprehensive discussion of laboratory and clinical research with LSD and other psychedelic drugs. Gestalt practice, encounter, bioenergetics, primal approaches and hypnosis will be explored both theoretically and experientially. Non-drug technology for inducing altered states of consciousness (sensory isolation tank, clinical stroboscope, sonic driver and a lotus cradle) will be available for participants.

BIOGRAPHICAL INFORMATION

A

JUNE ABE was born in Tokyo, Japan and was an apprentice with a shiatsu massage master for four years. He has been traveling in the world doing shiatsu for the past two years and recently settled in the U.S. (p 14)

PAUL AIKIN is a clinical psychologist in private practice in Davis. He has spent the past eight years in training and practice in gestalt, bioenergetics, and psychophysical approaches. He has taught at Michigan State University and the University of California, Davis, where he was a senior staff member and training consultant at the Counseling Clinic. (p 15)

LARA AMBER, staff trainee, leads classes and workshops and gives individual instruction in neo-Reichian emotional release at the Radix Institute. She is developing a practice in Denver, CO, and has co-led workshops at Esalen Institute and for the AHP Conferences. Before joining the Radix Institute in 1974, Lara instructed classes at the Denver Free University and the Denver Learning Center, and for three years worked with emotionally disturbed children. (p 3)

HILARY ANDERSON is associate professor of Integral Psychology and Self-Disciplines and co-director of the Esat-West Psychology Department, California Institute of Asian Studies, San Francisco. She has been utilizing the Tarot and I Ching in counseling for many years and has been teaching others the use of these oracular systems in their counseling work through a variety of workshops and classes. (p 12)

MAURICA ANDERSON regularly conducts psychodrama workshops for Esalen, University of California extension, and other organizations. She is currently a doctoral fellow at the Humanistic Psychology Institute, where she is doing research on the psychology of parental violence. (pp 14, 30)

WALT ANDERSON teaches psychodrama at the California School of Professional Psychology in San Francisco and is a contributing editor of *Human Behavior* magazine. His latest book, *A Place of Power*, will be published this fall. (p 30)

MARSHA ANGUS is a marriage, family, child counselor with a private practice in Marin and San Francisco. She has been a student, practitioner and trainer in this field for the past eight years. The focus of her work is on self-awareness and communication. (p 3)

JOSÉ A ARGÜELLES, author and artist, is currently teaching in the art department of San Francisco State College. His most recent book is *The Transformative Vision*. He is currently working on a project with his wife on the feminine. (p 9)

MIRIAM TARCOV ARGÜELLES is an artist and writer. She is co-author of *Mandala* and is currently working on a book on the feminine and creativity. (p 9)

B

DONALD BARENFELD, is in private practice with Gestalt Associates in Santa Monica and is a member of the Gestalt Therapy Institute of Los Angeles. Don's work most recently has been blending Reichian body work with gestalt. (p 34)

GREG BARNUM, staff trainee, joined the Radix Institute training program in January, 1975, and teaches its neo-Reichian "Education in Feeling" at the Santa Monica facility. He is a certified masseur, and is a pre-med student at the University of Southern California, Los Angeles. (p 30)

GREGORY BATESON, author of *Steps to an Ecology of Mind*, is a world-famous ecologist and ethnologist. He originated the "double bind" theory which explains some of the causes of schizophrenia. His most recent interests join the workings of the human mind and emotions to the problem of ecology. (pp 26, 27)

PHYLLIS BERMAN co-leads feminist groups in Berkeley and San Francisco. (p 10)

BOB and **MARGARET BLOOD** lead human growth workshops and do marriage and personal counseling in Ann Arbor, Michigan. Bob formerly taught courses on "marriage and the family" at the University of Michigan and is the author of *Marriage* and *Husbands and Wives*. He also taught courses on community and life styles at Pendle Hill, the Quaker adult study center. Margaret's specialty is expressive movement. After 30 years of marriage, the Bloods find their relationship still growing and changing. (p 31)

MICHAEL BUTLER is a group leader and rolfer who is interested in ways to integrate the body, mind, and spirit. A former Esalen resident fellow, he was trained in group process by John Heider and as a rolfer by Dr Ida Rolf. Primary emphasis in his work is on ways to translate growth practices into everyday life. (p 21)

C

JOSEPH CAMPBELL is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero with a Thousand Faces*, *The Masks of God*, and *Myths to Live By*. (pp 10, 26, 28)

DOMINIE CAPPADONNA, as a Learning Guide with the I Ching, sees her practice as one of learning to live with change spontaneously and gracefully. She is currently in private practice, teaching and leading workshops. Her background includes counselor/midwife for the Humanistic Psychology Institute, 10 years counseling experience, gestalt art, Jungian studies, and Eastern psychology and philosophy. (p 6)

FRITJOV CAPRA is a theoretical physicist and is the author of the new book called *The Tao of Physics*. (p 9)

SEYMOUR CARTER was in residence at Esalen during much of the time Fritz Perls was there, and was very much influenced by him. He did his own gestalt training with such leaders as John Heider and Richard Price, with each of whom he has co-led groups. He recently "re-submerged" himself in sensory awareness practice by taking Charlotte Selver's nine month study program for teachers of her work. Carter is trained in several "body" approaches to self balance such as aikido, feldenkrais technique, rolfing, and bioenergetics, and draws from his experience in zen meditation practice. For the past five years, he has been a teacher and group leader in gestalt and sensory awareness at Esalen and at growth centers in the United States, Canada and Europe. (p 33)

RAY CASTELLINO has trained in polarity with Dr Randolph Stone and Dr Pierre Pannetier. He has been the director of the Polarity Center of Lafayette, California and co-director of the Polarity Center of Mill Valley, California. Currently he is the director of the Polarity Center of Berkeley, California where he teaches and gives individual polarity sessions. (p 9)

BARBARA CLEMANS was in residence at Big Sur during 1975, teaching feldenkrais movement daily and using her approach to body awakening in individual and group work with the month long residence programs. Her trainings include: Arica institute, massage, polarity, dance, creative movement, sensing with Charlotte Selver, individual and group work with Moshe Feldenkrais, and a recent three month residency program with John Heider. She is a founder of The Massage Guild of California, and her work is featured in *Getting Clear, Body Work for Women*. She will be in residency at Esalen, Big Sur, March of 1976. (pp 23, 33)

D

LAURA DILLON joined the Radix Institute more than four years ago. She led workshops at growth centers in the U S and Europe and currently lives and works at Esalen, Big Sur. She is a qualified masseuse. (pp 23, 26)

AL DRUCKER's roots are in pre-war Germany and Poland. He came to Esalen ten years ago and has been part of the community ever since. He teaches various health and healing systems, including rolfing and acupuncture. In the past few years his life has taken a totally new orientation as he came under the influence of his spiritual teacher in India. (pp 26, 32, 34)

ADELE CHU DRUMMOND is a dancer and choreographer from Panama, presently living in the Bay Area. She is a soloist at St Paulist Church and some of her choreography has been performed at Galeria de la Raza and Lone Mountain College. Her dance training includes ballet, modern, jazz, Afro-Haitian, Panamanian folk dance, Kabuki, t'ai chi, and Indonesian. She is now teaching privately in San Francisco. (pp 10, 14)

MARK DUNLAP studied gestalt with Phil Smith, led groups from high school students, and explored various mind/body approaches which in the Esalen College Program. He joined the Radix Institute training program in January 1975, and teaches its neo-Reichian "Education in Feeling" in Santa Barbara, California. (p 21)

KEN DYCHTWALD's primary work/play focus is the relationship between the mind/body and states of consciousness. During the past five years he has trained and collaborated with some of the leaders in the human potential movement including Will Schutz, Jean Houston, Gay Luce, Hector Prestera, Swami Vishnudevenanda, and Alexander Lowen. Ken is presently a member of the Holistic Health Council, is co-directing the SAGE Project, a highly successful growth center for senior citizens in Berkeley, and is serving on a special task force for the "Change in Liberal Education Project." In addition, he continues to lecture and lead workshops at growth centers and universities throughout the U S. (p 27)

BIOGRAPHICAL

ERIK ERIKSON is a psychoanalyst who specializes in the treatment of children and the process of growing up in a variety of cultural and social settings. He has wor. both the Pulitzer prize and the National Book Award. His books include *Childhood and Society, Young Man Luther, Insight and Responsibility,* and *Identity: Youth and Crisis.* (p 26)

GIA-FU FENG author-translator of *Tai Chi & I Ching, Tao Te Ching* and *Chuang Tsu* is now the director of Stillpoint, a Taoist community in Manitou Springs, Colorado. (p 27)

JOAN FIORE is treatment coordinator at the Contra Costa County Hospital Psychiatric Ward, where she incorporates the teachings of Laing, Perls, and Reich in her work with individuals, families, and staff. She came to the Esalen gestalt residency program in January, 1973 and remained at Esalen for two years to continue studying gestalt awareness practice with Richard Price, encounter with Will Schutz, and neo- Reichian emotional release work with Charles Kelley. (pp 22, 29)

ARTHUR FOX is an organizational consultant and group leader. He was a 1969 resident fellow at Esalen and has been a leader there ever since. Formerly the director of the Esalen College Program and Extended Learning Center, he is now co-producing a documentary movie on Wilhelm Reich. (p 21)

JANICA FOX did research in groups at Harvard and was a 1969 Esalen resident fellow. For the past eight years she has been leading groups at Esalen, around the country, and in Europe. She has a private practice in the San Francisco Bay Area. (p 21)

BETTY FULLER, a humanist counselor, is co-founder of the 1776 Union Center in San Francisco where she teaches feldenkrais and Trager mentastics and counsels individuals and couples privately and in groups. Betty's background includes over thirty years of theater production, an Esalen resident fellowship, and a three month fast and training with Werner Erhard in preparation for leading est graduate seminars. (pp 22, 26, 27, 28, 30, 34)

JACK GAINES used to be a corporation president, was founder and president of Fathers-at-Large, Inc, and has been a consultant and miniphilanthropist. Now he presides over a little place on the beach and is writing a book on Fritz Perls. (p 21)

CHINA ANNE GALLAND is a consultant to local government and an aspiring poet. With her husband, Dick Galland, she is co-director of Journeys, Inc, a non-profit, educational organization which combines the challenges of a wilderness environment with a deliberate focus on personal and organizational processes. She has had several years of experience with the Outward Bound program. (p 6)

DICK GALLAND is a husband and father, a mountaineer, kayaker and trout fisherman. He was the founding director of the Texas Outward Bound School. He is now the co-director, with his wife, China, of Journeys, Inc, a non-profit, educational organization which combines the challenges of the wilderness environment with a deliberate focus on personal and organizational processes. (p 11, 14)

SID GERSHENSON is on the faculty of the Gestalt Institute of San Francisco. He is currently training practicioners in Holland, Germany, and Sweden, and maintains his practice in Berkeley. (pp 5, 33)

ANDREA GIACOMINI, artist, teacher, and psychotherapist, works with individuals, groups, and families in Marin County. Her special interest is the use of symbols as an expression of the creative unconscious. (p 32)

CHELLIS GLENDINNING is a feminist body therapist. She has been program coordinator and lecturer at U C Extension, Berkeley, and has led training groups in Berkeley. She has recently compiled and edited the book *Womanspirit.* (p 11)

RAYMOND GOTTLIEB is a practicing optometrist and a specialist in sensory integration and the development of consciousness. He is a research fellow of the Humanistic Psychology Institute and a consultant at the Sonoma State Hospital and other agencies in perceptual training and learning disabilities. Dr Gottlieb has taught the Bates System since 1970. He believes that visual problems are stress-induced and are reversible. He currently practices in Cotati, California. (p 12)

IAN GRAND studies at the Center for Energetic Studies with Stanley Keleman, and has an individual and group practice in Berkeley. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at California State University, San Francisco. (p 15)

TAMARA GREENBERG utilizes dance/movement as a body oriented approach to further emotional and physical integration in the individual. She leads workshops for The Center for Energetic Studies, Esalen Institute, and ongoing programs in Berkeley and Sacramento. She has worked for twenty years as a dance therapist in clinical institutions. (p 15)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over fifty articles in professional journals and books. He was a research psychiatrist at the Psychiatric Research Institute in Prague until 1967, clinical end research fellow at Johns Hopkins University Henry Phipps Clinic until 1969, and chief of psychiatric research at the Maryland Psychiatric Research Center and assistant professor at the Department of Psychiatry and Behavioral Sciences, Johns Hopkins University until 1973. He is presently on leave of absence from Maryland and Johns Hopkins and is a resident scholar at Esalen/Big Sur. (pp 26, 34)

BERNARD GUNTHER is one of the pioneers in the use of awareness, relaxation, meditation and non-verbal communication in the total growth process. For 7 years he was a staff member of the Esalen Institute in Big Sur where he originated the Esalen Massage. In recent years he has been involved in the study of psychosynthesis, breathing, alchemy, energy, acupuncture, healing and hypnosis as they relate to personal, interpersonal, transpersonal consciousness. He is the author of many works including *Sense Relaxation, High Cards* and *What to do Til the Messiah Comes.* (p 31)

JOAN HALIFAX-GROF is a medical anthropologist specializing in psychiatry and religion. Her dissertation, "Indigenous Healing Systems and Contemporary Medicine: Toward an Integration of Approaches," reflects her crosscultural studies at Columbia University and subsequent field work in Africa and the Caribbean Islands, the study of the Afro-cuban religion "Santeria," and her work as anthropologist for the University of Miami School of Medicine in the Department of Psychiatry and Pediatrics. In 1972–1973, she was a research associate at the Maryland Psychiatric Research Institute, working primarily as a therapist and anthropological consultant in LSD psychotherapy with terminal cancer patients. She is currently a scholar in residence at Esalen/Big Sur. (p 26)

ANNA HALPRIN is founder of San Francisco Dancer's Workshop, where she has developed her own unique approach to the movement art, for which she was awarded a Guggenheim Fellowship in 1971. She has worked intensively with Ida Rolf and Bob Hall in structural integration and with Fritz Perls in gestalt. She has co-authored *Exit to Enter* and *When a School Comes Home,* and is most recently creator of "A Workshop for San Francisco," a yearlong bicentennial workshop at San Francisco museum of art. (pp 10, 11)

MICHAEL HARNER is an anthropologist known for his research on shamanism, primitive use of psychedelics, and human cultural evolution. His field work has been among North and South American Indians and includes five expeditions to Amazonian tribes. He is a professor and chairman of the anthropology program at the Graduate Faculty of the New School for Social Research in New York City. He is author of *The Jivaro: People of the Sacred Waterfalls* and editor of *Hallucinogens and Shamanism.* (pp 26, 29)

BARKLIE HENRY's current interests include drumming and developing a contemporary alchemy and disease typology. (p 26)

JAMES L HICKMAN is a psychology graduate student at California State College, Sonoma. He has traveled extensively in Eastern Europe visiting with scientists in the Soviet Union, Czechoslovakia, and Poland. He is consulting editor to *Psychoenergetic Systems,* has taught courses on parapsychology for four years, and has contributed to many publications on biological energy field research. He is currently a research consultant to H S Dakin Company in San Francisco. (pp 4, 14)

BOB HOFFMAN was a custom tailor who used his psychic abilities as a hobby until 1967, when he psychically received the basic structure of a new form of emotional healing from the spirit of Dr Siegfried Fischer. Since that time he has devoted his life to teaching the Process to hundreds of people, with the on-going guidance of Dr Fischer. His book on the Fischer-Hoffman Process is being published by E P Dutton this year. (p 5)

DICK HORAN is an artist potter masseur, residing in Big Sur for the past eight years. (p 26)

MARK HOROWITZ is an associate of the Psychosynthesis Institute. He trained with Roberto Assagioli in Italy and has completed advanced training at the Institut He worked for the Greater Lowel Drug Rehabilitation Program in Massachusetts and as a public school guidance counselor. He is currently consulting and doing individual and group work in psychosynthesis and is involved in the training of professionals. (pp 5, 11)

JEAN HOUSTON, is a phenomenologist and researcher of consciousness. She is co-author of *Varieties of Psychedelic Experience, Psychedelic Art* and *Mind Games.* (p 26)

INFORMATION

AL CHUNG-LIANG HUANG is director of the Lan T'ing Institute at the Alan Watts' Society for Comparative Philosophy in Sausalito, California. Master of T'ai Chi, dance/theatre, brush calligraphy and other Asian fine and martial arts, he is the author of *Embrace Tiger, Return to Mountain* (Real People Press) and the collaborator with Alan Watts in *Tao: The Watercourse Way* (Pantheon Books). He is currently working on two books: *T'ai Chi For All Seasons: A photo essay with Ko Si Chi*; and *The Original Faces Before You Were Born: I Ching Mandalas based on the Peking Opera Face Paintings.* (Viking Press-Gressman Publishers). (pp 23, 24, 33)

AL HUBBARD has done pioneering research in drug assisted psychotherapy and the psychotherapy of schizophrenia. He participated in the LSD program for alcoholics with Humprey Osmond and Abraham Hoffer and had a crucial role in formulating the principles of psychedelic psychotherapy. In recent years he has worked as LSD therapist at the Hollywood Hospital, in Vancouver, B C. (p 26)

JRICKY (RICHELLE) JACOBS is a 31 year old woman grappling with power-full and power-limited roles for women. She is a psychotherapist specializing in women's therapy. She is also a secretary who believes in the recognition and enhancement of one's power as a secretary. (p 10)

MOLLY JONES has been a faculty member of the Farallones Institute for the past year. Her interest in life support systems and better health for urban people have led her to focus on urban food production. She manages the Integral Urban House demonstration garden and currently teaches food raising. (p 3)

NANCY K JUNGERMAN, licensed psychologist, is a counseling psychologist in private practice and senior member of the Counseling Center, University of California, Davis. (p 15)

KSAM KEEN is a free-lance writer and editor and an amateur psychopompos. He is the author of *Beginnings Without End, Voices & Visions, To a Dancing God, Apology for Wonder*, and co-author with Anne Fox of *Telling Your Story*. He is a consulting editor of *Psychology Today*. (pp 9, 10)

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists, and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is the author of *Your Body Speaks Its Mind* (Simon & Schuster, fall 1975), *The Human Ground: Sexuality, Self and Survival, Living Your Dying*, and *Todtmoos*. (pp 4, 13, 15)

CHARLES KELLEY, director of The Radix Institute in California, is a scientist who has specialized in vision training and human factors research for twenty-five years. In 1950 he became a student of Wilhelm Reich, contributing to Reich's journals during his life and to the development of his theories in the years since Reich died. He is a qualified masseur, Bates Instructor, and writer. He and the staff he has trained are noted for their adaptation of Reichian techniques in the small-group process Kelley terms the "Radix Intensive." (p 21)

ERICA KELLEY has been with The Radix Institute since its inception and has assisted in the development of the Radix Intensive. A qualified masseuse and former student in Reichian-oriented analysis, she specializes in deepening emotional release by combining the principles of body learning derived from Alexander, Feldenkrais, Rolf, massage, and bioengineering with those of Reich and bioenergetics. She has given workshops in major growth centers throughout the country and in Europe and assists her husband in the training of neo-Reichian teachers. (p 21)

LORLE KRANZLER KENNEDY is a movement therapist in private practice in Berkeley and is on the staff of the San Francisco Conservatory of Music and the San Francisco Merola Opera Company. (p 6)

MICHAELEEN KIMMEY has run an experimental nursing home and has apprenticed in various alternative approaches to the medical mode. These include chiropractic, shiatsu, magnetic healing, gestalt with Fritz Perls, and a year's work with Moshe Feldenkrais in Israel. She is now serving as a consultant and teacher at the Haight-Ashbury Drug Rehabilitation Center Experimental Training Program. She has evolved a system of intuitive energy reading that links numerology, astrology, and palmistry with the various centers of the body. She works privately and at Esalen with individuals and groups doing massage and intuitive readings. (p 22)

PETER KOESTENBAUM, professor of philosophy at San Jose State University, received the trustees' "outstanding professor" award for the California State Universities and Colleges system. He is the author of *The Vitality of Death, Existential Sexuality, Managing Anxiety*, and the newly published *Is There An Answer To Death?* (p 9)

BOB KRIEGEL was the co-founder and co-director of the Esalen Sports Center, and was the director of the Esalen Consulting Service. He has been a special consultant to the Texas Outward Bound School and 6th Army Drug and Alcohol Abuse Unit. Prior to that he was the director of Anthos Institute in New York City. He has led encounter and gestalt groups at Esalen and other growth centers around the country, and has conducted special programs for universities, social change agencies, and mental health centers, both in a new view of sports and awareness and on various aspects of humanistic psychology. He is currently the director of the SAGAS Project (Self-development thru Active Games and Sports) and is a research fellow at the Humanistic Psychology Institute. (pp 14, 22)

MARI KRIEGER is a feminist who has been training and working in gestalt since 1967. As well as leading workshops on both the East and West coasts, her practice includes individuals, couples, and groups. (pp 8, 10)

LNEIL LAMPER is straight to the far out and far out to the straight. He is "far out" at Western Michigan University and "straight" in his rejection of magic in his work in private practice. He describes his work as organic: observation of the wholeness in everyone and working to bring it to awareness. He is the author of *The Village Idiot*, and *Growing Pains* and founder of Tuwagachi, the new Gestalt Learning Center, a 140-acre farm in Michigan (pp 24, 25)

GAIL HARNETT LANE teaches individuals and groups the practice of learning with your body and living in your body through experiments with stretching, movement, breathing, energy awareness and massage. (p 10)

GEORGE LANE is a gestaltist in Marin county. He has been a counselor and group leader for eighteen years. He has not yet decided what he wants to be when he grows up. (p 8)

JACQUES de LANGRE was born in Europe and worked with the U S Army as an interpreter/photographer/interviewer. After coming to the States he worked on the lost art of Oriental rejuvenation practices while getting involved in the natural food movement. In 1966 he learned the art of DO-IN self massage from a Japanese scholar. He has since written two books on this system and has taught at Chico and Amherst Colleges as well as England and the continent. (p 4)

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process, of which she is the originator. She is currently co-director of Esalen/Big Sur. (pp 26, 32)

LENORE LEFER, an associate of the Psychosynthesis Institute, is a former executive director of the Bridgeport, Connecticut Mental Health Association, research scientist, psychological examiner, teacher, Esalen resident fellow, and organizational consultant. She has completed advanced training at the Psychosynthesis Institute in Palo Alto, California. She leads groups, works with individuals and couples using psychosynthesis, and is presently involved in the training of professionals. (p 23)

GEORGE LEONARD has led workshops in various disciplines at Esalen and elsewhere over the past decade. His present work derives from aikido, his major field of study since 1970. He is author of *Education and Ecstasy, The Man & Woman Thing, The Transformation* and *The Ultimate Athlete*. (p 25)

BERNIE LIEBOWITZ is a clinical psychologist in private practice in Chicago and has trained at the Institute for Bioenergetic Analysis in New York. He has integrated bioenergetics and gestalt with family and couples therapy and has led many workshops in this country and abroad. (p 9)

ANTOINETTE LILLY is a psychotherapist with training in Eastern mystical tradition and contemporary methods of freeing the self. She has had many hours of tank work, done at the Lillys' research center, "Human Software Inc." Her first book is *Dyadic Cyclone* (co-authored with John Lilly). (pp 26, 28)

JOHN C LILLY is a teacher-scientist-mystic on the path of examining the depths and far reaches of human consciousness. Dr Lilly began with pioneering research into the mind of the dolphin and continued his explorations deep into the mind of man. A scientist and psychoanalyst, Dr Lilly uses himself as his subject. His investigations have led him through experiments in solitude, isolation, and confinement to LSD research. His books include *The Center of the Cyclone, Dyadic Cyclone*, and *Simulations of God: The Science of Belief* (May 1975). (pp 26, 28)

JANANNE LOVETT is a classically trained musician working in massage and awareness. She has travelled extensively in the world, swum with and played flute for dolphins at the Dolphin Project, studied at Esalen and assisted Drs Stan and Joan Grof in their Institutes at Big Sur. She is now exploring the quality of presence in communication through music, sound, sensing and touch. (p 10)

BIOGRAPHICAL

GAY LUCE is a former science writer whose numerous books and articles cover a vast realm of physical as well as social scientific interests. She is the author of *Sleep* and *Body Time*. In addition to her many teaching and lecturing responsibilities, she is presently co-director of the SAGE Project, a highly successful growth center for senior citizens in Berkeley, is vice-president of the Nyingma Institute and is a member of the Holistic Health Council. (pp 4, 27)

SHIRLEY LUTHMAN is a leader in conjoint family therapy education practice. She has had extensive experience in family agencies, psychiatric clinics and private practice as consultant in school districts, probation facilities, hospitals, and family service agencies. She has written two books, *Intimacy* and *The Dynamic Family*. (p 9)

DOROTHY LYONS is a music therapist and teacher trained in Orff and Kodaly methods which she uses in clinical and educational settings. (p 15)

M

WORDON MacDONALD In Mac's sixty seven years he has been a high school drop-out, a hobo, a farmer, a coal miner, a bootlegger, a husband, a father (one of his children is well known musician Country Joe), and a grandfather. He was one of the original members of the SAGE Project, the highly successful growth center for senior citizens in Berkeley. After a year of training and exploration, Mac has become a SAGE instructor. In addition to the daily exercise classes that he leads in Berkeley, Mac speaks frequently at colleges and community centers about the needs and concerns of the aging. (p 27)

MARIA MANGINI is a former student of theatre and dance whose interests now center on transformations, initiations, and the personal vision quest. (p 26)

ED MAUPIN is a body-oriented psychologist. He did his doctoral research at the University of Michigan on zen meditation, was an associate in residence at Esalen Institute from 1966-1970 and has been with the Arica School since 1971. (p 31)

DEBORAH SULOCHANA MEDOW is a student and teacher of yoga, diet and nutrition, movement, meditation, zone therapy, massage, and related healing arts. A former Esalen resident fellow trained by John Heider and Seymour Carter, Deborah has supplemented her studies with workshops in polarity therapy with both Dr Randolph Stone and Pierre Pannetier, and in iridology with Bernard Jenson. This past year she has also been guided along the spiritual path by her teacher Hari Das Baba. In addition, Esalen's "yogini in residence" has been teaching and leading groups at Esalen and various other centers around the country for the past six years. Deborah is also a member of the massage crew at Esalen/Big Sur, where she gives both Esalen style and polarity massages. (pp 23, 31)

BOB MENZIES is a founder and former owner of the Star Herb Company in Mill Valley, CA. He began his study of herbs as a young boy and now teaches a course at U C / Davis and runs an herbal retreat on the Russian River. (p 4)

EMMETT E MILLER holds degrees in mathematics and medicine and currently practices hypnotherapy, movement therapy, and selective awareness in the San Francisco Bay Area. He teaches and leads workshops for both lay and professional groups. He has developed Selective Awareness, a technique of self healing, and coherency theory, a psychophysiological approach to the relationship of mind and body in health and disease. He is the author of the book *Selective Awareness*, an introduction to his work. (pp 4, 11, 29, 33)

NITZA BROIDE MILLER is a registered dance/movement therapist and clinical psychologist with extensive experience in both verbal and nonverbal techniques. She is a professional folk dancer and teacher of classical, modern, primitive, and creative dance. She has studied dance and movement therapy with Marion Chase, Mary Whitehouse, and Alma Hawkins, and has used and taught these modalities in her private practice in Menlo Park, California, as well as in numerous schools and hospitals in the United States and in Israel. (pp 4, 10, 11, 29, 33)

FREDA MORRIS is a hypnotherapist, former professor of Medical Psychology at UCLA and author of the book, *Self-Hypnosis in Two Days* and numerous magazine and journal articles. (pp 4, 9)

PEGGY MORRISON, a student of the body, has been an Esalen masseuse for five years. She is interested in good health through an organic way of life. (p 26)

DEE MUNDSCHENK has worked in neuopharmacological research, social work, and individual and group processing, and has taught oriental art appreciation. She is the former coordinator/supervisor of an experimental mental health center in rural Ohio. She is currently working on a PhD program which focuses on an integrative approach to humanistic psychology and the creative and meditative arts. She has also studied t'ai chi and yoga as well as Buddhist art and sumie in a Zen monastary in Japan, and karnatic music and art in Madras, India. (pp 8, 23, 26, 33, 34)

MICHAEL MURPHY is co-founder of Esalen Institute and a long time student of Eastern religion and philosophy. He is the author of *Golf in the Kingdom*. (p 13)

N

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. Bob also teaches aikido. (pp 10, 22, 27, 31)

CLAUDIO NARANJO is a psychiatrist and author of *The One Quest* and *The Healing Journey*. (pp 11, 26)

XAVIER NASH is an associate director of the San Francisco Dancer's Workshop and is on the teaching faculty. He formerly conducted a dance workshop at Studio Watts in Los Angeles. He is a performing artist in movement and theater and has toured and performed with the San Francisco Dancer's Workshop throughout the country. Xavier has been trained in dance at the Dancer's Workshop. He has also been trained in gestalt, Lomi body work, and with Lawrence Halprin in the creative process in the human environment. (pp 10, 12)

JACOB NEEDLEMAN, professor of philosophy at San Francisco State University, is the author of *New Religions* and *A Sense of the Cosmos*. In cooperation with Esalen he has directed two outstanding lecture series; "On the Way to Self Knowledge" (publication forthcoming) and "Sacred Tradition and Present Need" (Viking-Esalen book). He has written extensively in the fields of philosophy, comparative religions and psychology. (p 9)

DOROTHY NOLTE and **CLAUDE NOLTE**, have been a teaching couple for over fifteen years. Both hold degrees in religious psychology. Dorothy is a retired rolf practitioner and has taught family life education since the early fifties. She is the author of *Children Learn What They Live*. (p 29)

O

CHARLES O'LOUGHLIN has been a faculty member of the Faraliones Institute for the past year. His interests in preventive medicine and environmental health led him to focus on alternative excreta management systems and life style changes for better health. (p 3)

HUMPHREY OSMOND, formerly Director of Research, Neuro-Psychiatric Institute, Princeton, New Jersey, is now at the University of Alabama, Tuscaloosa, Alabama. He has made pioneering contributions to the study of psychedelics, schizophrenia, and hypnosis. With A Hoffer he co-authored the books, *Halucinogens*, *How to Live with Schizophrenia*, and *The Chemical Basis of Clinical Psychology*. (p 26)

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique. He teaches the Alexander technique at the American Conservatory Theater, and is in private practice in San Francisco. (p 5)

P

WENDY PALMER, a student and teacher of aikido, conducts classes in aikido, energy awareness and self-defense, with special interest in people who feel they have delicate systems. (p 25)

ROZ PARENTI, a former communications therapist at the University of California Medical Center, is presently a staff member of the Family Therapy Center. (p 6)

MARION PASTOR has been a gestalt therapist and trainer, hypnotherapist, and group leader. She has taken extensive work in sensory awareness, rolfing, massage, Reichian body work, and such forms of meditation training as Arica and Subud. Since experiencing the Fischer-Hoffman Process for herself in 1973 she is now dedicated to teaching it to other people. (p 5)

KENNETH R PELLETIER is a research psychologist at the Langley Porter Neuropsychiatric Institute and Department of Psychiatry, University of California School of Medicine, San Francisco. He is director of the Psychosomatic Medicine Center of Gladman Memorial Hospital, Oakland, and is in private practice in Berkeley. He studied at the C G Jung Institute in Zurich and became director of the Institute for the Study of Consciousness, Berkeley. He has published numerous articles in clinical biofeedback, psychosomatic medicine, and altered states research, and is co-author of *Consciousness: East and West*. (pp 25, 26)

JOHN WEIR PERRY is a Jungian analyst, co-founder of Diabasis (a residence for acute schizophrenics), assistant clinical professor of psychiatry at UCSF, instructor in the C G Jung Institute in San Francisco, and author of *The Self in Psychotic Process*, *Lord of the Four Quarters*, and *The Far Side of Madness*. (p 26)

GIORA PINKAS was trained as a dancer and teacher of physical education and sensory awareness in Israel before training in London as an Alexander teacher. He has taught the Alexander technique in England, Germany, and Israel and for the past three years has been practicing in the Bay Area. (p 5)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is currently practicing acupuncture in Monterey. His prior training includes Arica Institute, gestalt, Reichian energetics, and structural integration. He has studied and led workshops with Richard Price, John Heider, John Lilly, Will Schutz, Ida Rolf, and Jack Worsley. He is co-author (with Ron Kurtz) of *The Body Reveals*. He is currently interested in fusing these teachings to develop a new humanistic model for healing the whole person (body-mind-spirit). (pp 29, 34)

INFORMATION

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 22, 23, 26, 30, 31, 32, 34)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 22, 23, 26, 30, 31, 32, 34)

LEE PULOS is a clinical psychologist in private practice and director of the Center of Parapsychological Studies in Vancouver, B C. He has held teaching appointments at the University of British Columbia, Wisconsin, and Indiana. In addition to his extensive academic-clinical background, he is a "down to earth" pragmatist as the owner-director of a large, successful business corporation. (pp 11, 28)

R MYRTLE RATCLIFFE, a member of the Esalen Conference and Extension Team, lives in Big Sur and is currently interested in innovation and energy. (pp 22, 28)

RANDY L REUSCH is a registered masseur and lecturer in private practice in British Columbia, Canada. He studied in Toronto and has practiced with chiropractors and doctors. He has also lectured in many universities and colleges throughout Canada and the United States. (p 4)

CAROL ROBINETTE is an associate member of the Gestalt Institute of San Francisco and is in private practice in Marin County and San Francisco. She is on the faculty of the Sonoma State College and lives by the ocean in Bolinas. (p 5)

WILLIAM PENNELL ROCK did his doctoral work in philosophy at Cambridge, spent several years in India working on a new interpretation of the *Upanishads* to be published shortly, spent a year at the Center for the Study of Democratic Institutions, has taught at several universities, including U C Santa Barbara and for the last two years has been connected with Arica Institute. (pp 5, 14)

MARION ROSEN is a physical therapist who trained in Germany, Sweden, and at the Mayo Clinic. She has been practicing for thirty-five years and teaching exercise classes for the last ten years. She is interested in preventative medicine and rehabilitation and in the last year or two has returned to her earlier work in relaxation and breath awareness. (p 4)

THEODORE ROSZAK is professor of history and chairman of general studies at California State University, Hayward. He is the author of *The Making of the Counter Culture, Where the Wasteland Ends* (both nominated for the National Book Award in philosophy and religion), *Pontifex*, and his most recent book, *Unfinished Animal*. He is also the editor of *Sources* and co-editor, with Betty Roszak, of *Masculine/Feminine*. (pp 6, 9)

GABRIELLE ROTH skillfully forges theatrics, humor, philosophy and movement into a "key" that unlocks minds and bodies and lets them move, breathe, and feel in a freer, deeper and more sensitive way. She currently lives in Marin County where she offers on-going courses and does psychic readings. (pp 4, 9, 10, 29, 33)

FRANK A RUBENFELD is a clinical psychologist who trained with Fritz Perls at Esalen. He has led gestalt workshops at Esalen since 1969, and is on the faculty of the Gestalt Institute of San Francisco and the California School of Professional Psychology. His residence is in Berkeley, where he practices group and individual psychotherapy. (p 22)

ANN RUSSELL is an associate of the Psychosynthesis Institute. She is a former research associate for a study of schizophrenia at Agnews State Hospital and has worked with unmedicated schizophrenics and autistic children. She is presently in advanced training with the Psychosynthesis Institute and is working with individuals and groups in psychosynthesis. (p 5)

S LEE SANNELLA is a San Francisco physician who has spent years investigating paranormal phenomena including psychic healing. He is currently working on an analysis of the physiological correlates of the kundalini energy system and has just published a book, on that subject. (p 4)

MORTON SCHATZMAN is an American psychiatrist who trained in New York City and then went to London to work with R D Laing. For five years he has been director of the Arbours Association in London, which provides communal living outside mental hospitals for emotionally distressed persons. For nine years he has been practising privately with individuals, couples, and families. His first book, *Soul Murder: Persecution in the Family*, is a study of paranoia. It has been published in eight countries, in seven languages. His book on dreams will be published this year. (pp 9, 26, 28)

DAVID SCHIFFMAN, a former director of Anthos, a growth center in New York City, was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. He has lectured at the University of California, Princeton, and other schools, and has conducted special programs for industry and social agencies. He is currently a leader in residence at Esalen/Big Sur, where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 8, 21, 23, 25, 26, 30, 33, 34)

SYLVIA SCHMIDT is a clinical social worker in private practice in San Francisco, working with families, couples and individuals. For many years a practitioner, trainer and teacher of family therapy, she is now focusing on the life of the body and is attempting to combine family and bioenergetic approaches. She is studying with Stanley Keleman and has led workshops with him at the Center for Energetic Studies. (p 9)

KENNETH SCHRAGE has had five years of experience training clinicians, educators and counselors who work in the fields of mental health, secondary education and penal rehabilitation. He has been on the faculty of the University of Miami, Department of Psychiatry and has taught at Florida International University. He has been consultant for the US Office of Education and has been director of a therapeutic community for substance abusers. He has trained extensively both with John Heider as a human potential practitioner, and with the Gestlat Institute of Florida. His approach to psychological process combines both interpersonal and intrapersonal awareness. (pp 23, 33)

WILLIAM SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais, and *est*. He is the author of *Firo, Joy, Here Comes Everybody*, and most recently *The Elements of Encounter*. (pp 23, 26, 30, 31)

LENI SCHWARTZ is an environmental psychologist, birth counsellor and author of *The Environment of Birth* (Pantheon 1976). She has been leading workshops on "The Environment of Birth" for the past three years on the East coast and is associate director of the Family Center, a holistic center in the planning process at Montefiore Hospital in the Bronx, NY. A painter and for many years an interior designer, she has led training seminars for architects, designers and laymen and taught at the Columbia School of Architecture in New York. (p 8)

CHARLOTTE SELVER is a teaching associate of Esalen/Big Sur and has been associated with the New School for Social Research in New York until recently. Her field is sensory awareness, perception and nonverbal and verbal communication. She conducts seminars and study groups throughout the United States and Mexico. A new center is being built for her at Green Gulch Farm in connection with Zen Center, San Francisco where she is currently conducting a study group together with her husband and colleague Charles Brooks. (pp 11, 30)

Audio Cassette Recordings

The following tape recordings in cassette form are available from the Joan & Stanislav Grof *Culture and Consciousness* Spring 1975 program. Each cassette is priced at $5 per hour of recording:

Will Schutz: Interpersonal Psychodynamics
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Please make check payable to: WORKSHOP CASSETTES, c/o Hot Springs Lodge, Big Sur, California 93920. Tapes from many other Esalen events can be developed if there is sufficient interest. Please indicate the specific areas of your interest for such recordings, and mail to the above address.

BIOGRAPHICAL INFORMATION

RENAN SERCARZ, staff trainee, teaches "Education in Feeling" in workshops and with individuals at the Radix Institute. Renan also teaches problem solving skills and development of personal power in women's groups as well as mixed groups. (p 30)

JIM SHERE studied extensively with Dane Rudhyar, is former director of the International Committee for Humanistic Astrology, and currently has a private practice in humanistic astrology. (p 5)

KATE SHERMAN lives in Marin County where she has a private practice in individual, family and group psychotherapy. She is also a teacher of Parent Effectiveness Training. She has been married for twenty five years, has four grown sons, and this summer changed her name from Corky to Kate. (p 3)

BEVERLY SILVERMAN is a gestaltist and a senior rolf practitioner. She has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the U S Army at Fort Ord. (pp 26, 31, 32, 34)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His training includes gestalt, encounter, psychosynthesis, and organizational development. He is involved in teaching group process work to therapists and other health and business professionals and is the author of many experimental and theoretical articles on sensory and perceptual functioning and on so-called altered states of consciousness. His theory of attention dis-function in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the field of psychiatric research. He has also been involved in the creation of psycho-physical environments that encompass Fritz Perls' and R D Laing's conceptions of the nature of human growth and dis-ease. (pp 26, 31, 32, 34)

HARRY SLOAN is an associate of the Psychosynthesis Institute. He is a former dentist, an Esalen Resident Fellow, and playwright. He is in private practice in San Francisco and is currently interested in teaching principles and techniques for broadening perspective—"seeing oneself beyond the impasse." He is presently in advanced training at the Psychosynthesis Institute, and is working with individuals and groups in psychosynthesis. (pp 5, 8, 24, 29, 31)

GERALD W SMITH is a family therapist in Belmont, California. He led the first couples' workshops at Esalen and is author of *Me and You and Us* (in paper as *Couple Therapy*), a book of communications experiences. He recently authored a book titled *Hidden Meanings* and for a year had a daily TV program on KPIX in San Francisco called "Talk it Over with Dr Gerald Smith." (p 9)

ZOE SNYDER is a member and trainer at the San Francisco Gestalt Institute and is in private practice in Berkeley. (p 6)

DYVEKE SPINO is a community mental health consultant and formerly a fellow at Columbia University in organizational analysis. She is presently conceiving and designing a new Sports Cluster College at Sonoma State and teaches courses on new directions of sport at U C Berkeley, Davis, and for the psychology department at Sonoma State. Currently she is designing transformation physical fitness programs for business and industry and educational institutions. She is a tennis pro, ski instructor, and classical pianist. (pp 4, 28)

MIKE SPINO is director of the Esalen Sports Center and is in private practice as a physical fitness counselor. He has created an integral mind/body training focused in the running experience based on the work of Percy Cerutty and Mihlay Igoi. He is presently studying with Michael Murphy and is author of *Poems of a Long Distance Runner* and, soon to be released from Celestial Arts, *The Innerspaces of Running*. (pp 6, 8, 9, 11, 13, 32)

LOU STOUMEN is a photographer, poet and film-maker who twice won the Academy Award. His more than 100 films, long and short, include The Naked Eye; The True Story of the Civil War; Black Fox (with Marlene Dietrich); Winston Churchill—The Valiant Years (TV series, with Richard Burton); Meaning in Modern Art; Image of Love; and Walt Whitman. His still photos have been exhibited at the Museum of Modern Art (including "The Family of Man") and the International Center of Photography. He is associate professor at UCLA's Theater Arts Department, teaching screenwriting, film theory and motion picture direction. (p 29)

JUDITH STRANSKY studied the Feldenkrais method in Israel and has more recently trained with Dr Feldenkrais in his special training programs in California. She is also a qualified teacher of the Alexander Technique in Santa Monica. Her background includes intensive Reichian therapy, gestalt, and other psychophysical approaches, as well as t'ai chi and psychic healing. She teaches the Feldenkrais method and the Alexander Technique in San Monica, California and is on the faculty of UCLA. (p 32)

BILL STUART is a black singer—poet born in Mississippi. He has been involved with the koan of friendship and relationship all of his life. In addition to conducting frequent workshops on friendship, he works as a university administrator. (p 31)

PATRICIA CASSIN SUN worked for two years on psychological research at the Institute of Personality Assesment and Research at U C Berkeley and was also a family counselor at the Family, Youth and Children's Service Clinic in Berkeley. For the past two years she has taught psychic development and demonstrated the use of psychic energy in seminars and in personal consultations with therapists and others. (pp 4, 8)

SIMONE SURPIN, an Esalen resident from 1970 to 1972, trained with John Heider in group process and is a former rolf practitioner. Currently she is leading workshops around the U S and in Europe. Most recently she has been spending time with Swami Muktananda on his U S tour. She teaches meditation intensives and retreats for him and has started a meditation center in Palo Alto. (p 22)

T

MICHAEL M TOPHOFF, a clinical psychologist living in Holland, received his postdoctoral training in psychotherapy both in Europe and in the U S. In 1974 he was appointed a fellow to the World Health Organization. He is a member of the International Foundation for Medical Psychotherapy, and a co-director of the Holland and Scandinavia Centers of the Facilitator Development Institute. Michael combines work in clinical and private practice with leading gestalt groups throughout Europe as well as in the U S. In his work and in his publications he focuses on the dynamics of personal growth within the revolutionary framework of socio-political change. (p 29)

YANNI TOUSSULIS studied counseling psychology at Lone Mountain College, has trained in gestalt counseling with John Enright, and has taught through the Esalen College Program. (p 5)

MILTON TRAGER is a medical doctor in private practice in Honolulu, Hawaii where he also works in physical medicine, rehabilitation and psychotherapy. Dr Trager developed Psycho-Physical Integration and Mentastics over a 40 year period. His original approach to body work, which reaches the subconscious through the body, was introduced about a year ago at Esalen where he is training a group of practitioners. (p 30)

JOHN TRAVIS is a specialist in preventive medicine at Johns Hopkins University. He founded the Wellness Resource Center in Mill Valley and developed the "wellness inventory" to evaluate a person's state of health. (p 4)

W

JANE WALTER is a certified masseuse in private practice in San Francisco. She trained in massage with Gunver Jackson, Margaret Elke, and Kathy Dickmann (shiatsu), and has been teaching massage for three years. Currently she is training to become a physical therapist. (pp 4, 14)

SHIH-CHANG WANG studied tai chi chuan with the late Professor Chen Man-ching for 25 years. Since then he is engaged in teaching tai chi. He is one of the founders of China Tai Chi Chuan Association. He is the originator of acupressure therapy, now popularly adopted by this country, and he has been practicing acupuncture for many years. (p 27)

ELAINE WARBURTON, Workshop Coordinator and a certified teacher of Radix "Education in Feeling," joined the Institute in 1971 and became a member of the training staff in 1975. Elaine received her master's degree in counseling at the University of California at Santa Barbara, and has done counseling both privately and with groups. A qualified masseuse, she has also had substantial experience in bio-energetics and gestalt, as well as in Radix Education. (p 30)

Z

JOHN ZEIGLER is in private practice in New York City and is consultant on the newer techniques in psychotherapy for the National Institute of Mental Health. He will be supervising psychotherapists leading self-help programs for the elderly that are co-sponsored by the National Institute for the Psychotherapies He is a consultant on the techniques of self management to thirty-eight national organizations and corporations, a member of the faculty of the New School for Social Research and guest columnist for *The New York Times*. An author, his work has appeared in *Time, Newsweek, National Geographic, Family Circle*, and *Parents*. (p 30)

JANET ZUCKERMAN, a former New York advertising executive, wife, and mother, came to Esalen in 1971 as a resident fellow. She has trained in group process with Julian and Beverly Silverman, Betty Fuller, Janet Lederman, and Will Schutz. She has been leading groups for four years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 27, 32, 33)

GARY ZUKAV is a Harvard graduate researching the psychology of mysticism. He is a research associate of the Physics Consciousness Research Group and also is engaged in independent study in the Sonoma State Psychology Department. (p 3)

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Roszak calls this strange brew of therapeutic and quasi-religious fascinations the "Aquarian frontier, the subtle landscape and open field of contemporary spiritual adventure." The exploration of that frontier, he believes, represents nothing less than a "transformation of the human personality which is of *evolutionary* proportions, a shift of consciousness fully as epoch-making as the appearance of speech or of the tool-making talents in our cultural repertory."

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Presented at the Annual Meeting of the American Association for the Advancement of Science, February 1974
by Philip R. Lee, Robert E. Omstein, David Galin, Arthur Deikman and Charles Tart
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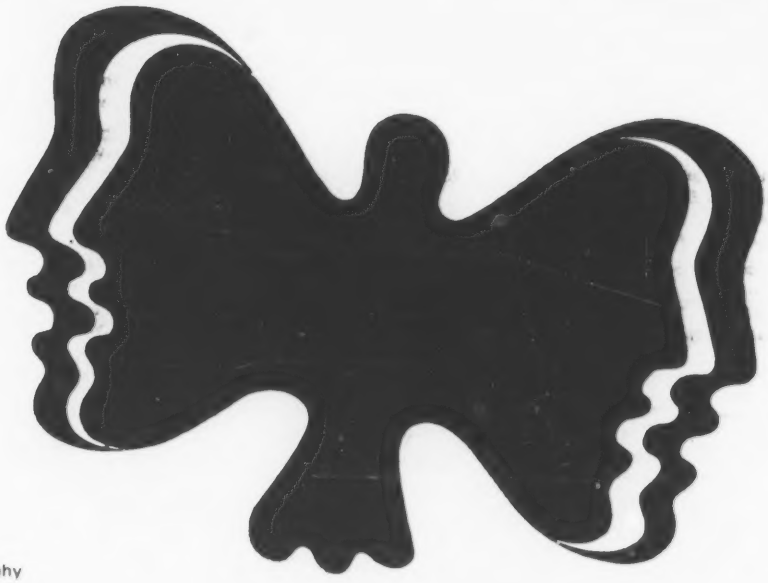

Directory

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Janet Lederman *
Dulce Murphy
Julian Silverman *

If no asterisk appears, address mail care of: Esalen Institute, 1793 Union Street, San Francisco, California 94123.

** Asterisk denotes that correspondence should be addressed care of: Esalen Institute, Big Sur, California 93920.*

ADMINISTRATIVE DIRECTORY

Please address inquiries about programs and business activities to the appropriate offices listed below:

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Yanni Toussulis, *Reservations & Information*

RECORDING OF
WORKSHOP IN GESTALT THERAPY
BY FRITZ PERLS

One hour audio cassette in which Fritz talks about gestalt therapy and demonstrates hot seat work. To order, send $6.25 to the Media Center, Esalen Institute, Big Sur, CA 93920.

Special Information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2 for the United States, $4 for Canada and Mexico and $12 for all other countries. Those attending Esalen workshops and conferences are automatically added to the mailing list for one year. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

CONTRIBUTIONS to Esalen Institute are tax deductible.

ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given some sort of accreditation to their activities. We have told everyone to stop using our name in such a manner. Of course people use insights and techniques they bring from our programs, but we confer no certificates, diplomas, or other symbols of formal status such as those conferred by professional associations and schools.

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen / San Francisco programs contact Big Sur Recordings, 2015 Bridgeway, Sausalito, California 94965. They also have Big Sur programs prior to 1973.

Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Big Sur Information

For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 4 every day;
10 to 8 Sunday & Friday.

In Los Angeles call:
Nancy Lunney
(213) 820-5511
for general information.

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Deposit Information: Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. Deposits are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen/Big Sur. Do not mail Big Sur reservations to Esalen/San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen/Big Sur program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15–August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen/Big Sur by notifying the Big Sur office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5–5:30 pm each Sunday and Friday. The cost is $10 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence for five days or longer at Esalen are asked to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

San Francisco Information

For reservations, literature, tickets, and information, write or call:
Esalen Institute, 1793 Union Street, San Francisco, California 94123.
Phone: (415) 771-1710; 9:30–5:30 Monday through Saturday.

Reservations: Reservations close five days prior to the program, in order to facilitate planning and for the convenience of participants' time plans. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to Esalen Institute, 1793 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express. U S currency only, please.

Information literature and tickets for lectures may be obtained Monday through Saturday 9:30–5:00 pm at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

Workshop schedules: One day workshops generally meet from 10 am to 6 pm. Saturday and Sunday weekend workshops meet from 10 am to 6 pm each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 pm on Friday, from 10 am through the afternoon and/or evening on Saturday, and from 10 am to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

Accommodations: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

Location: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs, including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

Recommended dress: Workshops are informal. Slacks and flat shoes are recommended for women, sport clothes for men.

Bookstore: Esalen's Bookshop provides a comprehensive selection of books ranging from general psychology, life sciences, and education to the Eastern philosophies, Jung, and the mystics. It is open Monday through Saturday, 9:30–5:30 pm, and Sundays when workshops are in process (On Sundays call before dropping in).

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in reserving a space at Esalen workshops and lectures. You may use it for San Francisco or Big Sur programs. (Please make reservations at each location independently rather than place a "mixed" order.) In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)

Check location of program(s):

☐ **Esalen/San Francisco**

(Mail to Esalen Institute,
1793 Union Street,
San Francisco,
California 94123.)

☐ **Esalen/Big Sur** (Mail to Esalen Institute, Big Sur, California 93920.)

Check whether you wish: ☐ shared room ☐ single room on a space-available basis ($7 per night additional charge). *(Lodging may be assigned at either Big Sur Hot Springs or South Coast Center at the discretion of Esalen.)*

Do you smoke? _____ Will you bring a car to Esalen/Big Sur? _____

Name of person registering	Date(s)	Leader's Name/Title of Workshop	Deposit

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Total amount enclosed: $ _____

Your deposit can be charged to:

Master Charge ☐ American Express ☐

Card No. _____

Expiration date _____

Checks payable to Esalen Institute.

PAYMENT: All San Francisco and Big Sur workshops require nonrefundable deposits. Consult information section on page 46 for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

the esalen catalog

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Esalen Institute
1793 Union Street
San Francisco
California 94123

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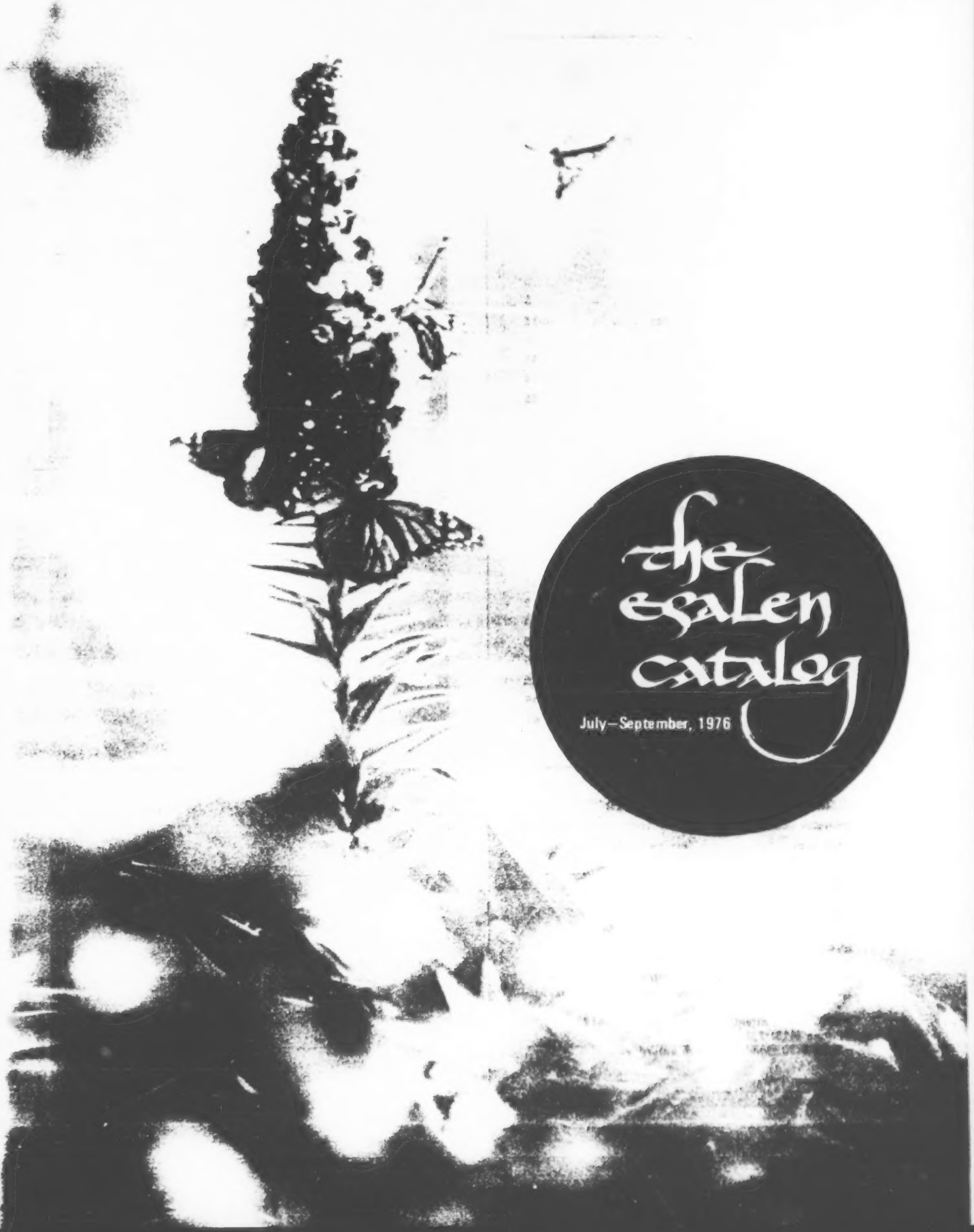
To assure that you will continue to receive the Esalen Catalog, notify us immediately of any change of address. THIRD CLASS MAIL. Address correction requested. Forwarding postage guaranteed.



the esalen catalog

July–September, 1976

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ESALEN INSTITUTE

–Big Sur, CA 93920. Phone (408) 667-2335;
10 to 3:30 every day; 10 to 8 Sunday and Friday.

–1793 Union Street, San Francisco, CA 94123.
Phone (415) 771-1710;
9:30-5:30 Monday through Saturday.

Photo: Jack Kidder

Food for Thought

What happens in an Esalen group? Below Beverly Silverman describes her experience of the first three days of a five day group. On pages 22-23 we present a partial transcription of a group session with Gabrielle Roth.

The group begins quietly. I move slowly. I want the people to feel safe. The first night we do some simple sensory exercises. Monday morning the tarot exercise, Monday afternoon massage and we meet again on Monday evening.

They are quiet people—scared, shy and not yet willing to take a chance. That's okay; I know it takes time for individual rhythms, paces, structures to emerge.

After a while of quiet, I ask them to make themselves comfortable and I guide them on a fantasy of "home." They imagine floating back through the years to a time when they were children. I tell them to "just settle down into that time and explore it." After a while they come back. I ask "what happened" and a few people share their experiences. Near the end of the evening Marian says that something disturbing had happened in her fantasy but she did not feel comfortable working on it in the group. I say, "Okay, I can appreciate where you are," and she leaves. I don't feel anything one way or another about it. If she says she doesn't feel like doing anything, then anything that we do after that will lead nowhere.

Tuesday morning another massage session, in the afternoon, we so some eye exercises and the camera walk. Tuesday evening, Dennis says he does not want to be in the group, but in the dance workshop where there is some excitement happening. I feel a few pangs of feeling responsible for his lack of excitement. He is a lovely guy who is trying very hard to do something good for himself. While he is doing his "thing," it occurs to me that the mind-body fantasy might give him a handle to work with, so we do that fantasy. Somewhere along in the evening Marian says that she has some things happening in relation to the mind-body exercise but is still not ready to do anything yet. She appears to be tense and troubled.

Wednesday morning there seems to be a little more energy in the group. Each time I wonder whether I really am responding to the process of the group or whether it's all in my head—after a minute or two I ask what's happening? Marian sits up and answers that something is happening with her and she wants to work with it but doesn't know how to go about starting. She starts—with the home fantasy. She goes back to a time when she is about eight years old and sitting in her classroom. At this point I tell her to close her eyes and go back to that place. She is eight years old and sitting at her desk. Her attention is on something that she has in her desk—it's a chocolate frog. She wants it but doesn't have the courage to reach for it—her total attention is on that frog—when all of a sudden she hears a voice asking, "What is the total rainfall in the lakes district in England?" At that point she feels a flush of fear, looks up and says, "I don't know." The teacher mimicks her, "I don't know, I don't know, Look here, we have an I don't know person." All this time Marian is in her fantasy re-experiencing this situation including the embarrassment and humiliation. She begins to cry deeply—she cries for quite a while and we just all sit quietly—then she goes on—she is put in another seat for "I don't know people" and the humiliation continues. When the class is over she walks out, sits on a bench, covers her face and curls up into the smallest ball that she can. At this point she begins to cry again. After a while she brings up her mind-body fantasy image of a tiger. When we did the mind-body fantasy, one of her images was of a tiger and now this tiger is back—and he is very large and frightening. She keeps saying, "I won't let anyone see my tiger. I won't let anyone see my tiger." She is experiencing a lot of fear and frustration. I ask her to look at the tiger. She doesn't want to look. He is there and she knows it and she is afraid. Again I suggest looking at the tiger—still afraid she looks and sees a gigantic tiger with large claws that are extended. He is in a cage moving around wanting to get out. She keeps saying how frightening he is—"tell him that," I say. She begins a dialogue with the tiger—she tells him how frightening he is and that he is her tiger and she doesn't want to show him to anyone—she doesn't want anyone to see him. He tells her, "You put me here." I tell her to keep looking at the tiger and she does. As she keeps looking she reports that he is getting less threatening; his claws are retracting and he is getting smaller—still in the cage. She doesn't want to open up the cage to let him out. So the tiger keeps getting smaller and smaller as though he were fading into the horizon. The cage is still there, now as a screen of bars between her and her freedom. She wants to get to the other side but doesn't know how to do this. She just keeps looking at the bars and feels her spirits going down again. The bars are too high to climb over and they have spiked tops besides. They are really big and in the way. She doesn't know what to do. After a few minutes I ask if she really wants to get to the other side and she says, "Yes," she really does. I say, "Okay, how far are you from the bars?" She says, "A few feet." I suggest that she move closer. She moves closer—I ask, "How far apart are the bars?" She says they are too close to slide through. I ask her to touch the bars; she feels them to be strong and impossible to push over. Another minute goes by and again I ask how close she is to the bars. She says she is still very close. I say to her, "Lean over and taste the bars." There is a pause. She leans over—another pause and then she breaks into hysterical laughter. She laughs and laughs and thru her laughter she says, "The bars have turned into a chocolate frog." After a few moments she opens her eyes. There is a calm about her now. We all share a comfortable silence together.

—Beverly Silverman

PROGRAMS IN SAN FRANCISCO

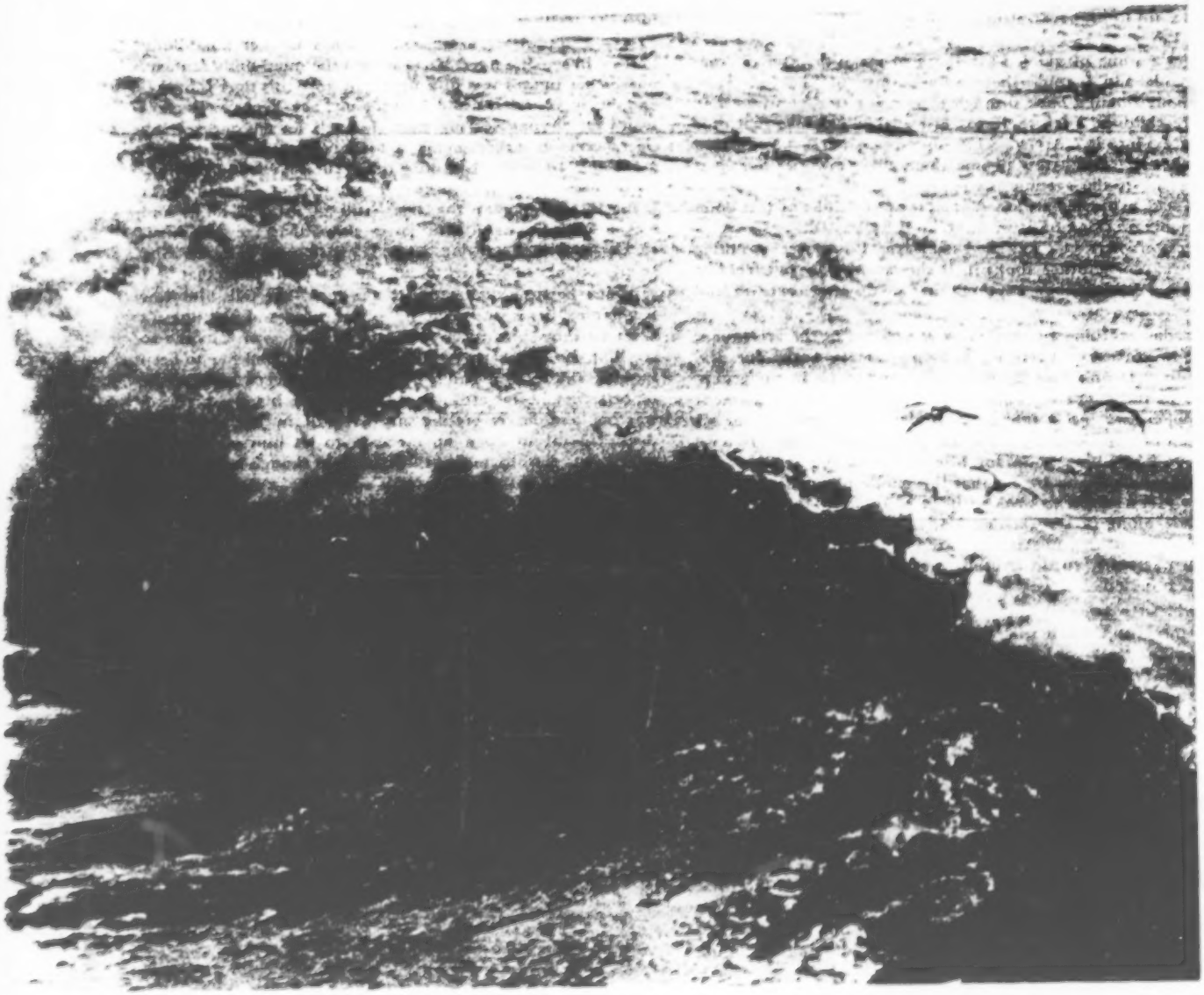

Photo: Nell Dunlop

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PROGRAMS IN SAN FRANCISCO

July 8

Dreams—The Royal Road to Higher Consciousness
Ann Faraday & John Wren-Lewis

Single evening event $5 general admission

This evening will cover how to understand our personal dreams symbolism, how to unmask and deal constructively with the "secret saboteurs" in nightmares and frustration dreams and how to ask dreams for help with personal problems or creative endeavors.

8-10:30 pm; 1793 Union Street, San Francisco

July 10

Where Do I Stand? A Workshop in Alexander Technique
Frank Ottiwell & Giora Pinkas

One-day workshop $30

Standing, sitting, walking—even lying—are activities most of us carry out in an habitually thoughtless and haphazard manner. This workshop will introduce the principles of the Alexander Technique and provide an opportunity for individual work on the body/self in everyday actions. It is our year-in, year-out daily habits which have the greatest accumulative effect on us. Our aim will be to bring a degree of conscious control to these actions and to every act of our lives.

July 10-11

Shiatsu & Body Awareness / Kathy Dickman

Weekend workshop $60

Shiatsu, Japanese pressure-point therapy, reaches deeper than surface massage to release tense areas of blocked energy. It becomes a refined form of body work when both participants focus their awareness on a single point, one applying pressure from the outside as the other lets go from the inside. Giving, we learn to "listen" with our hands; receiving, we learn to consciously release tense places at our own speed. Meditative breathing and movement exercises will be used to bring the power of concentrated attention into our hands and bodies.

July 11

You Can't Get Enough of What You Don't Really Want (Creating the Space to Lose Weight)
Barbara Clemans

One-day workshop $30

Most "fat" people have two orientations toward eating: "forbidden food" and "diet food," which puts us in an either/or position—feast/famine, stuff/starve. Diets don't work because we never practice a balanced orientation toward eating.

In this workshop we will take a look at our eating habits using guided memory experience and fantasy. We will taste with discrimination, discover how we use food and why, and learn alternate ways of fulfilling our needs. We will begin to recognize unconscious attitudes about our body, look at the source of these attitudes, and practice in a positive way. Bring your favorite food!

July 14

Exploring Theater Games / Lynne Kaufman

Single evening event $4 general admission

This evening will be an introduction to improvisational techniques to help release the many selves in all of us. We will use exercises in movement, mime, dialogue and fantasy to enhance the spontaneous, the imaginative and the creative.

8-10:30 pm; 1793 Union Street, San Francisco

July 5-16

Esalen Sports Center Summer Institute
Program Coordinators: Bob Kriegel & Dick Galland
plus special guests

Twelve-day workshop (six days at Dominican College and six days at a secluded base camp in the Sierras)

We have all had an experience sometime in our lives when whatever we were doing became effortless, natural, and perfect. At times like this we let go and yet have no sense of being out of control. This feeling is often refered to as "centering."

Centering enables us to act with freedom and spontaneity merged with a sense of control. The emphasis of this workshop will be on the process of contacting that calm place within, which reflects balance and harmony, and from which we seem to know how to do everything perfectly

Most instances concerning people being "centered" seem to happen by accident. "It" happened. "It" may have been getting "hot" in a basketball game, skiing the perfect run, or getting that burst of insight when all became clear. Afterwards you spent the rest of the day trying to get "it" back again.

In order to learn centering as an *intentional* act, we will use exercises from aikido, t'ai chi, energy awareness, yoga, Feldenkrais, sensory awareness and movement, rhythm and balance forms.

During the first week, which will be held at Dominican College, we will play traditional sports and games and invent new ones in order to practice centering in action oriented situations.

The second week will be spent at a secluded base camp in the Sierras experimenting with the centering process in a natural environment and participating in stress and risk taking activities. We will backpack, climb rocks, rappell, belay, play incentive games, do a "solo" (time spent alone in the wilderness) and learn to use the energy from fear in a positive way.

One of the main emphases in this workshop will be on transferring the insights gained and lessons learned into our outside lives, both personally and professionally.

If the first week is non-residential total fee is $330.00. If the first week is residential (Dominican College) total fee is $400.00.

For more complete information write or phone the Esalen Sports Center, 1793 Union Street, San Francisco, CA 94123. Telephone: (415) 771-1710.

Inservice credit will be available through Dominican College.

Single Events

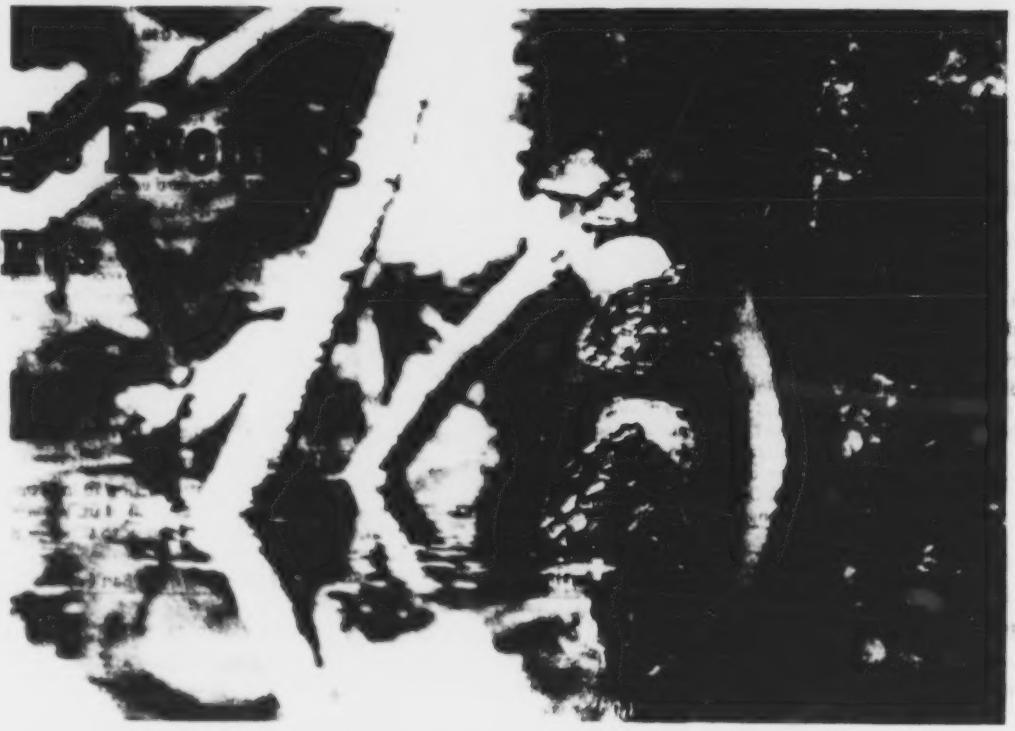

Photo: Jack Kidder

All programs will be held at Esalen, 1793 Union Street, San Francisco, unless otherwise noted. Tickets are available at the door as space permits.

Thursday, July 8
Dreams—The Royal Road to Higher Consciousness
Ann Faraday & John Wren-Lewis
$5 general admission; 8-10:30 pm

Wednesday, July 14
Exploring Theater Games / Lynne Kaufman
$4 general admission; 8-10:30 pm

Wednesday, July 21
The Art of Self Direction / Lenore Lefer
$5 general admission; 8-10:30 pm

Friday, July 30
Giving / Gabrielle Roth
$5 general admission; 8-10:30 pm
First Unitarian Church, Geary & Franklin, San Francisco

Thursday, August 12
A Concert for the Inner Ear / Steven Halpern
$4 general admission; 8-10:30 pm

Friday, August 27
The Poetry of Movement / Norma Leistiko
$5 general admission; 8-10:30 pm

Tuesday, September 14
Self Assertion & the Sense of Self—
A Talk on Bioenergetic & Gestalt Therapy
Michael Conant
$5 general admission; 8-10:30 pm

Thursday, September 23
Life is an Experience to be Lived,
Not a Problem to be Solved / Janica & Arthur Fox
$4 general admission; 8-10:30 pm

Tuesday, September 28
An Herbal Discussion / Jeanne Rose
$4 general admission; 8-10:30 pm

Thursday, September 30
Word Liberation / Toby Lurie
$3.50 general admission; 8-10:30 pm

PROGRAMS IN SAN FRANCISCO

July 17
Using Plants for Healing—An Herbal Workshop
Jeanne Rose

One-day workshop $30

We will concentrate on the herbs used for healing in our discussion and work together to create herbal massage oils for various purposes. Our workshop will also include a personalized demonstration of aromatherapy, which is the use of plant essences for mental and physical health. We will also explore various techniques used in herbal medicine. Please bring an apron and two cups of *pure* vegetable oil.

Recommended reading: *Herbs & Things,* Jeanne Rose.

July 18
Reflexology / Anna Kaye

One-day workshop $30

Reflexology or "zone therapy" is based on the theory that energy travels in the body in "zones" or patterns which connect reflexes in the feet to organs in the body. In this theoretical and experiential workshop Anna Kaye will demonstrate methods of stimulating these reflexes by specialized massage work on the feet.

July 17-18
Adding More to Your Relationship—A Couples Workshop
Gerald Smith & Betsy Hand

Weekend workshop $60

This workshop will deal with expressing emotions and achieving closeness. It will also focus on getting distance and fighting fairly. We will use non-verbal as well as gestalt and family therapy approaches. This workshop is not intended for couples in serious trouble, but rather for prevention and growth.

July 21
The Art of Self Direction / Lenore Lefer

Single evening event $5 general admission

This evening we will explore and examine the nature of self direction and the ways in which we can increase it in our lives. The degree to which we can discover, direct and regulate our energies affects how productive, creative and joyful we can be. Using the framework of psychosynthesis, we will learn and enhance the art of self direction.

8-10:30 pm; 1793 Union Street, San Francisco

July 24
Introduction to Aikido
with Emphasis on Centering & Energy Awareness
Robert Nadeau

One-day workshop $20

Aikido is the Japanese art of self-defense with the emphasis placed on centering, harmony, and blending. It is presented as a physical manifestation of the energy and spiritual laws of the universe. We will start with the centering practices in the physical dimension, move to centering as mental awareness, and culminate in meditation with centering as a focus for spiritual unfolding. The workshop will emphasize the relationship between all three levels.

Saturday, 12:30-4:30 pm

July 24-25
Expression Through Movement / Anne Lief Barlin

Weekend workshop $60

This workshop will focus on the use of movement as a therapeutic tool for both the adult and the child. It is viewed to you, the teacher and facilitator, if you wish to experience and expand your own body awareness. New, unique and specific exercises and methods will be presented which will open doors for your own creativity.

July 24-25
Discovering the Voice / Kate Fitzmaurice

Weekend workshop $60

We will work on freeing the flow of breath and releasing the tension that inhibits resonance and expressiveness. We will also work towards integrating the voice with the whole personality.

July 30
Giving / Gabrielle Roth

Single evening event $5 general admission

The only way to keep from
losing your Self
is
to give it.
Most of us move between
hanging on
and
hanging out.
Both take effort.
Let's hang in
and
be moved.

This experience is designed to move you into a deeper awareness of your Self as an expression of life in creative action.

8-10:30 pm; First Unitarian Church, Geary & Franklin Streets, San Francisco

July 30-August 1
Psychic Massage: The Spirit & The Body
Ray Stubbs & Billie Jean Hobart

Weekend workshop $60

During this weekend of physical and non-physical massage, we will explore relationships between touching and energy through meditation, breathing and other innerspace techniques. We'll also examine responsibility and the role of the healer. Bring bathing suits or loose clothing.

Suggested reading: *Psychic Massage,* Roberta DeLong Miller; *Journeys Out of the Body,* Robert Monroe; Seth Books.

July 31
Biofeedback & Altered States of Consciousness
Eleanor Criswell & Maryellen Haight

One-day workshop $30

This workshop will focus on biofeedback as it relates to self-exploration, self-development, and altering consciousness. An understanding of biofeedback, how to experience it and how to use your own body signals as feedback, will be included. Participants will experience several different kinds of biofeedback machines.

August 1
The Innerspaces of Running: A New Approach to Running
Mike Spino

One-day workshop $30

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, inner space development, and creativity in quest for extraordinary experiences. Each person will receive an individual consultation and have the opportunity to continue towards personal goals on an ongoing basis.

August 6-8

The Hero's Journey:
A Holistic Approach to Personal Transformations
Paul Rebillot

Weekend workshop $60

The hero's journey is a dynamic form that has been developed to help facilitate major life changes. The personal world is viewed through the lens of fantasy, dramatized, interpreted, and experienced in a rite of passage based on one of the most universal structures mankind has found to express this metamorphosis, the myth of the hero.

The working process utilizes various therapeutic and artistic techniques with the belief that no one is superior to any other. Bring musical instruments, costumes, or anything else you would like to help intensify the festive aspects of the workshop.

August 7-14

Encountering in the High Sierra
Maurica Anderson & Barry McWaters

Eight days $215

During this eight-day workshop we will hike into a campsite by a clear mountain lake in the High Sierra (mules will do most of the work carrying the food and camping equipment). We will camp by the lake for six days, eating outrageously good food and working with meditation, psychodrama, gestalt, psychosynthesis and encounter, laughing a lot and getting to know the high country, one another, and ourselves.

August 7-8

On Friendship / Edward Maupin & Bill Stewart

Weekend workshop $60

This workshop begins with the assumption that a relationship with a friend can be more intense and rewarding than with a lover. We frequently hold back from experiencing the full depth of friendship lest the energy we feel turn sexual. Conversely, we sometimes turn to sexual interplay when the actual nature of the attraction is more subtle, potentially more rewarding, and involves quite different body systems. During this weekend we will develop wider possibilities through systematic exploration of different body centers, body awareness techniques, examinations of beliefs and fears, and interpersonal experiments.

August 12

A Concert for the Inner Ear:
Sound & Visual Archetypes of Transformation
Steven Halpern

Single evening event $4 general admission

A special performance employing specific combinations of tone, frequency, and resonance to affect an effortless elevation of body, mind, and spirit. The featured composition will be *Sound & Color Attunement Suite* (from the album, *Christening for Listening*). A short discussion of "sound principles" will be included.

8-10:30 pm; 1793 Union Street, San Francisco

August 14

Polarity Balancing for Self, Family & Friends—
An Introduction / Ray Castellino

One-day workshop $30

We will spend the day applying polarity principles and techniques for our balance and relaxation. Dr. Randolph Stone's system of polarity balance is a science of balancing the life energy of the body with exercise, food, polarity manipulation and "good thinking." Each participant is asked to bring vegetables as a contribution to a large salad we will share for lunch.

August 15

A Flowmotion Workshop / Adele Chu Drummond

One-day workshop $30

This workshop will deal with the way we are connected and the flow of energy within and between us. We will create our own spontaneous dances using Indonesian, American, Indian and Afro-Caribbean as well as our own sounds. This workshop is particularly useful for those who teach or work with the creative process.

August 20-22

Inner Visions & Explorations with Hypnosis / Lee Pulos

Weekend workshop $60

The theme of this workshop will be both educational and exploratory. Participants will be taught a variety of hypnotic and self-hypnosis techniques that can be used on an ongoing basis after the workshop is over. Each person will experience hypnosis and the opportunity to hypnotically induce dreams, program for habit changes, and to get in touch with subconscious motivation through automatic writing and ideo-motor questioning. The exploratory aspects will deal with extending our consciousness into paranormal and psychic dimensions.

DR. MOSHE FELDENKRAIS

August 21

A Day with Moshe Feldenkrais

One-day workshop $30

Moshe Feldenkrais is the developer of Functional Integration and distinguished visiting professor at the Humanistic Psychology Institute. He is internationally respected for his extraordinary work in psychophysical rehabilitation. His books include *Awareness Through Movement* and *Body and Mature Behavior.*

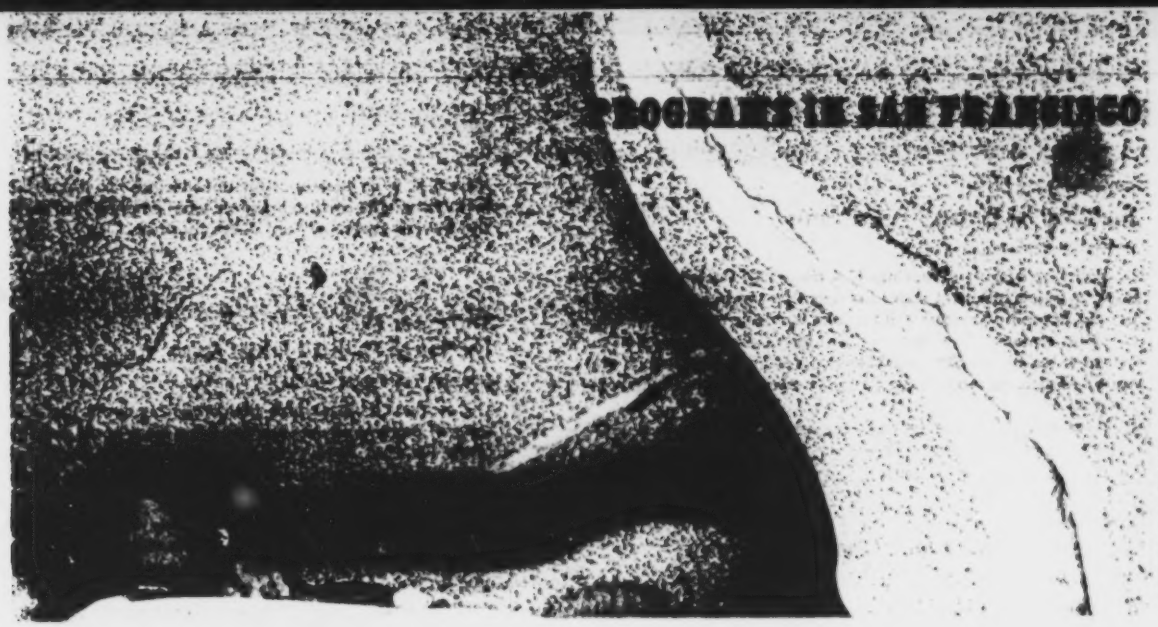

Photo: Jack Kidder

August 21-22

Centering to Energy Awareness to Meditation
Robert Nadeau

Weekend workshop $60

Awareness begins with the self. Centering is the doorway to the energy activity of the universe. Energy is the common denominator of the universe and energy awareness is the basis for meditation. This will be a weekend session emphasizing a natural practice pattern for awareness.

August 27

The Poetry of Movement / Norma Leistiko

Single evening event $5 general admission

You are the poet and the dance lies within you. We will use the elements of space, time and energy to develop non-verbal relationships with ourselves and others. We will then share these "selves" expressions with each other and eventually make a visual group poem through movement and words.

8-10:30 pm; 1793 Union Street, San Francisco

August 28-29

Body Experience / Bill Glover

Weekend workshop $60

We are all bodies, yet live in relative ignorance of ourselves. In this workshop, we will seek to understand how we live as bodies and how we can enhance and deepen this living. Techniques from bioenergetics, sensory awareness, massage, and other body approaches will be used. The focus will be on learning from our body experience and developing a body consciousness to integrate into our lives.

August 28-29

Theater Games: A Workshop in Spontaneity
Lynne Kaufman

Weekend workshop $60

This workshop will be an opportunity to learn the tools of improvisational acting. We will work with how to develop a character, build an environment and create a scenario at the moment and out of hand. This weekend will be a chance to speak before thinking, to dare to be absurd, to intuit, expand and experiment in tapping the roots of our collective creativity.

September 7 & 9

Running on the Marina Green / Mike Spino

Tuesday and Thursday evening from 5:30-8:30 $25

This two-part workshop will present the running gaits and tempos and the physical conditioning methods that Mike Spino has developed from the work of Australian Percy Wells Cerutty, and Hungarian Mihaley Igoli, who between them are responsible for over 40 world records in track and field. The focus will be on striding, muscle/skeletal development, breathing, visualization, and meditation.

Sessions will be held at the Marina Green, and adjacent trails along the San Francisco Bay. Follow up individual running programs will be given to the participants. Information on sport medicine, nutrition, creativity, and conditioning principles will be stressed. A no-host dinner will follow each class. Participants must sign up for both sessions.

September 10-14

Backpacking / Dick Strong & Ann (Cricket) Mackinlay

Residential four day workshop $100

The group will redezvous at Kennedy Meadows on Friday night and backpack in relaxed stages to an isolated alpine cirque high in the Sierra Nevada. Here we will combine sensitivity, meditating, fishing, climbing and music making in a magical Zen-like setting of twisted trees and water in glacial-polished pools. We will re-enter the "real" world on Tuesday. Meals include Saturday breakfast through Tuesday lunch. Payment should be made in full five days prior to the workshop.

September 11

A Choice Workshop: The Act of Willing / Lenore Lefer

One-day workshop $30

Many of us tend to make our life choices without full awareness. We sometimes wait, decide impulsively, reactively, hastily, or without purpose. The more conscious we are of the act of choosing, the more we open ourselves to the experience of joy and freedom. Using the framework of psychosynthesis, we will explore how we can choose using our will. The aim is towards learning the process of making conscious choices, thereby taking responsibility for our life's purposes and direction.

September 11-12
Workshop for Writers / Freda Morris

Weekend workshop $60

Do you have a book in your head? A book half finished? A finished book or article but can't stand the rejection slip blues? Both professional and aspiring writers will find the hypnotic methods of writing consultation taught in this workshop helpful. Participants will be helped to set valid writing goals, develop optimal work habits and learn hypnotic methods for enhancing creativity and avoiding procrastination.

September 12
Rediscovering Your Vision / Raymond Gottlieb

One-day workshop $30

Dr Gottlieb will discuss the basic principles behind the Bates system of "Better Sight Without Glasses" and other approaches related to the improvement of vision. He will teach specific exercises within an integrated whole body approach to removing the stress that hinders vision. Limited to 25 people.

September 14
Self Assertion & the Sense of Self–
A Talk on Bioenergetics & Gestalt Therapy
Michael Conant

Single evening event $5 general admission

This will be an evening of lecture, sharing and discussion with one of the leading exponents of the synthesis of two very potent psychotherapies. We will focus on ways to revitalize our expression of ourselves in the world. Attention will also be given to the concept of *grounding,* from both bioenergetic and gestalt perspectives.

8-10:30 pm; 1793 Union Street, San Francisco

September 18-19
Return to the Dark Side
Jim Shere & Yanni Toussulis

Weekend workshop $60

The autumn equinox celebrates the entry into the dark half of the year. Following the pattern of the ancient "Dromenon," or mystery drama, this workshop will present a group enactment of the hero's journey:

the rite of separation
the rite of transition and
the rite of reincorporation.

The process used will be a uniquely structured guided fantasy employing gestalt, movement and group interaction.

September 18-19
Hypnosis & Gestalt / Irv Katz

Weekend workshop $60

We will employ these two powerful processes to release the natural life-giving energies within us that are blocked or diluted by past tapes, body armour and self-limiting belief systems. Through hypnotically induced dreams, drawings, age regressions and automatic writing, participants will have the opportunity to bring unresolved material from the "inner theater of the unconscious" to the surface. Gestalt methods will be used to integrate what emerges into conscious life and thereby complete "unfinished business."

September 19
The Tao of Physics / Fritjof Capra

One-day workshop $30

This workshop will explore the parallels between the fundamental concepts of modern physics and the basic ideas in the mystical traditions of the Far East. The participants will be taken on a journey to the realm of the infinitely small; to the world of atoms, nuclei and subatomic particles.

The picture of matter emerging from this journey will show the universe not as a machine made up of a multitude of objects, but as a harmonious "organic" whole whose parts are defined by their interrelations. The universe of the modern physicist, like that of the Eastern mystic, is engaged in a continuous cosmic dance; a system of inseparable, interacting, and ever moving components of which the observer is an integral part; it reflects a reality behind the world of ordinary sense-perception that involves spaces of higher dimensions that transcend ordinary language and logical reasoning.

September 20-October 2
Introduction to Massage / Jane Walters

Five sessions $85

This series is designed to offer a thorough introduction to the art of massage as a nurturing, holistic process. The basic style presented will be Esalen, incorporating shiatsu and breath awareness work. Evening classes will begin with meditation, followed by demonstration of technique and approach to different areas and carefully supervised practice. The final session will be an all day review with emphasis on flow, cohesiveness and response to those you touch.

This workshop will consist of four evening sessions on Monday and Wednesday nights from 7-10 pm and a one day workshop, Saturday, October 2.

September 23
Life is an Experience to be Lived,
Not a Problem to be Solved / Janica & Arthur Fox

Single evening event $4 general admission

We all spend time and energy mulling over the problems of the past and worrying about the problems of the future. This can so consume our energy that we forget how to focus and be aware of our moment to moment, ever fascinating experience of the present. Come and spend an evening relearning that precious ability.

8-10:30 pm; 1793 Union Street, San Francisco

September 25-26
Beyond Assertiveness
Zoe Snyder, Lorle Kranzler Kennedy & Roz Parenti

Weekend workshop $60

In what direction is your assertiveness taking you? What difficulties are you encountering as you express yourself more fully? How has your assertiveness promoted changes in life-style, work, and relationships? While assertiveness can enrich the choices in life, there are now other issues to cope with. After doing Assertiveness training and Chutzpah workshops for several years, we are now interested in exploring how a stronger position affects our friendships, relationships, and our work. We will use gestalt, movement, and psychodrama

September 25-26

The Gentle Art of Becoming—Together
David Schiffman & Dee Mundschenk

Weekend workshop for couples $55

This workshop will focus on the reawakening and development of positive and mutual supports that are the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt techniques.

September 28

An Herbal Discussion / Jeanne Rose

Single evening event $4 general admission

This will be a discussion group concerning the use of plants for healing and for cosmetics. We will concentrate on herbal first aid and Aromatherapy, the use of essential oils for rejuvenation of the mind, body and skin cells.

8-10:30 pm; 1793 Union Street, San Francisco

September 30

Word Liberation / Toby Lurie

Single evening event $3.50 general admission

Words, like people, are in need of liberation. People play games with words, sending up verbal smoke screens to protect themselves from exposure. As a result, much of language is ambiguous and meaningless, and the organic quality of words has been shunted into oblivion. This evening we will rediscover language through the use of rhythm, dance, color, chants and group experiences.

8-10:30 pm; 1793 Union Street, San Francisco

Future Workshop Announcements

Future Program

Esalen Sports Center
Six Month Program in Mind / Body Development

An intensive 6 month training program, focused on running, flexibility exercises, energy (or ki work), visualization and meditation will begin in October.

Every participant will have two private sessions a month with Mike Spino, the program co-ordinator; in these sessions the training routines presented during the program will be individualized to suit the participants needs and present physical condition. Theoretical aspects of the program and various training methods will be presented in bi-monthly day long sessions (there will be 12 in all). There will also be two optional group sessions every week in which participants may work out together. The Institute of Health Research, which is a federally funded research program studying the long term blood chemical and hematological as well as physiological profiles of healthy people over a long period of time, is especially interested in following participants in this project. It will be recommended that individuals continue to update their profiles after completion of the six month program.

Program leaders will include:

1. Meditation and visualization—Michael Murphy and Mike Spino
2. Flexibility, stretching and body awareness—Barbara Hazilla
3. Energy awareness—Robert Nadeau
4. Theoretical aspects—George Leonard and Michael Murphy
5. Running gaits, tempos, visualization, aerobic, anaerobic and resistance running—Mike Spino

The program will include 30 hours of work each month of private consultations, workshops, and supervised training routines over the six month period. The cost of the entire program will be $500.00.

October

Ways of Deep Massage: Shiatsu & Related Techniques
Kathy Dickman & Ray Stubbs

An 8 week training with 2 one day workshops $200.00

Deep muscle massage has its own sensuality, and letting go of chronic tension areas becomes pleasure when the giver's hands communicate trust and sensitivity. This training will aim at developing that sensitivity to the tissues beneath the surface of the body, along with a knowledge of pressure points and some anatomy. A whole shiatsu massage will be taught, with compatible techniques from polarity massage, the Arican Ch'ua K'a and others.

October 16-23

October Extended Growth Program
Woman to Woman / Man to Man
David Schiffman & Dee Mundschenk

"The woman that most needs liberating is the woman in every man, and the man that most needs liberating is the man in every woman."

Taking advantage of the natural affinity and support that people of the same sex can afford another, the men and women in this workshop will meet separately as well as together over a period of two weekends and four evenings. We will create an ambience of tenderness and support to provide opportunities to clarify the nature of who we are as men in the absence of women and who we are as women in the absence of men and what happens when we come together. The themes we will explore are our sexuality, our friendships, our body images, our coupling, our creativity, our relationship to power, our expectations of each other and ourselves. The workshop will be grounded in the techniques of gestalt, encounter, fantasy, massage, bioenergetics, journal work and psychosynthesis. It is especially suitable for people with previous group experience who are interested in the enduring aspects of personal growth.

This workshop will consist of two weekend workshops and four evening sessions: Monday—Thursday.

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Summer Programs At Westerbeke Ranch

This series of programs sponsored by Esalen San Francisco will be held at the Westerbeke Ranch in Sonoma County, which is about an hour's drive north of San Francisco. These residential workshops will be held in an intimate setting which includes rustic cabins, a sauna and Japanese tub, a large swimming pool, and beautiful scenery. The Ranch is a beautiful and nurturing place for a retreat. Meals served have an abundance of protein, fresh vegetables and fruits. Weekend workshops begin on Friday evening and five day workshops on Sunday evening. A non-refundable deposit is required for five day workshops. Full payment should be made to the Esalen San Francisco office five days prior to the workshop. All workshops are limited to 25 participants.

Photo: Paul Herbert

July 11-16

Human Consciousness & the New Physics
Jack Sarfatti, Saul-Paul Sirag & special guests:
Fritjof Capra, Peter Flessel, Nick Herbert, Dorothy Kelly, Julia Lynn, Michael Murphy, Fred Wolf & others

Residential five day workshop $290

"What is the nature of the world that it can be known?" This question posed by Emmanuel Kant, can be answered by saying: that which is knowable in the world has a structure that is the same as the structure of the mind. In this view physics is the investigation of the structure of the mind. That there are deep connections between the mind and the physical world is the guiding principle of the Physics Consciousness Research Group. We would like to share some of our explorations into these connections including: the big bang, blackholes, the nature of time, the quantum-connection, and DNA—the physics of life, evolution, and consciousness. As a special feature participants will experience a space-time fantasy trip. They will be enrolled as cadets in a scientifically accurate but imaginary star ship academy of the future. To provide a balance to this heady intellectual feast we will offer sensory relaxation, meditation, and yoga.

July 16-18

The Body & the Energy Body / George Leonard

Residential weekend workshop $120

Every human body has capabilities generally unknown in the present culture. Through simple body/mind/spirit exercises based on the concept of the human biofield or "energy body," participants will be introduced to some of these capabilities. They will practice centering, heightened awareness and blending (as in the Oriental art of aikido), and will thus learn alternative ways of dealing with everyday life situations—especially those involving tension and expectations. These experiences will be related to education, sports, healing and social transformation.

July 18-23

Gestalt Practice / Richard Price

Residential five day workshop $290

Perfect like Great Space
the Way has nothing lacking, nothing in excess.
Truly because of our accepting and rejecting
We have not the suchness of things.
—Sengtsan (3rd Zen Patriarch)

What is, is.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than "adjustment," "cure," or "accomplishment."

Some sessions of the Sports and Consciousness: New Ideas and Training Routines workshop, led by Michael Murphy and Mike Spino will be open to participants of this workshop.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialsim* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanaponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce).

Summer Programs At Westerbeke Ranch

July 18-23

Sports & Consciousness: New Ideas & Training Routines
Michael Murphy & Mike Spino

Residential five day workshop $290

Focusing on running and meditation, this workshop will introduce methods of mind/body development being explored by Mike Spino and Michael Murphy. These methods will include various running gaits and tempos, muscle/skeletal exercises, breathing techniques, visualization and meditation exercises and some of the lore of mystical experience in sport. Ways in which these elements can be integrated into various training routines will be presented. There will also be discussions of altered states that occur in sport and conceptual frameworks with which to interpret them (including a senario of bodily transformations suggested by a study of the traditional Indian *siddhis* or yogic powers).

Some sessions of the Gestalt Practice workshop, led by Richard Price, will be open to participants of this workshop.

July 23-25

Experiencing the Magical Child /Joseph Chilton Pearce

Residential weekend workshop $120

In this weekend workshop, utilizing both discussion and experiential activities, Joseph Chilton Pearce will present his thesis that our mind-brain system is designed for functions radically different from the broader than current usage. An astonishing capacity for creative intelligence is built into our genes ready to unfold. Were this biological plan allowed to unfold, capacities of mind exemplified by Don Juan, the Yaqui Indian, Einstein or Jesus would be the norm rather than the exception. Joseph Pearce discusses this biological plan for development of the holistic person. Applications of the material for parents and teachers is also explored through group discussions and activities, as well as the opportunity to explore the Magical Child within us all. "Birth Without Violence" and other audiovisual materials are included in this workshop.

July 25-30

The Power of Dreams—An In-Depth Experience
Ann Faraday & John Wren-Lewis

Residential five day workshop $290

The early sessions of this workshop will be devoted to a general introduction and practical demonstration of dream work with the whole group. Participants will learn to understand their own unique dream symbolism and seek specific enlightenment from dream concerning personal problems, hidden life-scripts and creative endeavors. Special attention will be given to recognizing and integrating those split-off parts of the personality which sabotage our lives, and to the discovery of each person's own "transforming symbols" which release energy for regeneration. We shall also dicuss new insights about ESP in dreams, lucid dreams, high dreams and out-of-the-body experiences.

Participants will then practise the technique of dream-work in small groups, with the help of Ann and John. Experiences, problems and insights will be shared in the large group setting.

Leonard D Bearne and others will be available for massage by appointment for $12 per hour.

July 30-August 1

The Importance of Being: Up-Right / Betty Fuller

Residential weekend workshop $120

Our posture not only reflects our feelings, fixed attitudes and behaviors, it actually participates in their creation. Our postural stuckness also inhibits the expression of spontaneity. Awareness of posture—our relationship to the earth and the heavens and our function in the gravitational field—can lead to richer consciousness, enhanced self-image and a joyful assumption of responsibility for our lives and universe. A well-aligned, "free-floating" body helps us get off it! Functional Posture Training is Betty Fuller's synthesis of the work of a number of masters in body work with whom she has studied and trained: Will Schutz, Fritz Perls, Moshe Feldenkrais, Milton Trager, Lawrence LeShan, Dorothy Nolte, Jack Worsley, Jack Schwartz and Werner Erhard. The weekend includes sessions of this work as well as meditation, nutrition information, and such nitty-grittys as relieving aching joints, painful backs, and getting unstuck from the soap operas of our lives.

August 1-6

Stress & Cancer: One Team's Approach
O. Carl Simonton, MD, DABR, Stephanie Matthews, Jeanne Auchterberg, PhD

Training Sessions / Professional Workshop
Residential five day workshop $400

Professionals and paraprofessionals with interest in cancer, counselling or research in the area of the psychological aspects of cancer, or who deal with patients with life threatening diseases have been most responsive to this type presentation.

Topics covered in this training program will include:

1. The role of the mind in cancer therapy: an introduction by the staff and from a patient's perspective.
2. Dealing with the soma: the physical aspects of cancer.
3. The seeds of development: philosophical underpinnings and scientific foundations.
4. Demonstrations of current therapy techniques.
5. The image of disease and analysis.
6. Relaxation and imagery: experiential session.
7. The effect of therapy on therapists.
8. Time with a patient.
9. Do the ends justify the means? Our research.

August 6-8

Embrace Tiger, Return to Mountain:
The Watercourse Way T'ai Chi
Al Chung-liang Huang

Residential weekend workshop $120

An introduction to t'ai chi and creative Taoist philosophy as explained and exemplified in the book, *Tao: The Watercourse Way* by the late Alan Watts and Al Chung-liang Huand, and in Huang's book, *Embrace Tiger, Return to Mountain.* The meeting of East and West will be explored in terms of everyday living, of transforming intellectual understanding of the East into action, and of making useful applications to the way of life in the West.

". . . here it will become apparent to many who used to look down upon body as a hindrance or an encumbrance of the spirit, that the body in its very movements can be a deeper revelation of the essence of our being than all our religious and philosophical assumptions. What Al Huang demonstrates and teaches is that the inspired body is a manifestation of universal forces which flow through us, unless we block them by our arbitrary judgments and short-sighted aims and intentions. He teaches us to flow with the Tao and to restore the lost harmony of our lives."

—Lama Anagarika Govinda

Summer Programs At Westerbeke Ranch

August 13-15

Self-Acceptance / The Freedom to Be
David Schiffman & Dee Mundschenk

Residential weekend workshop $120

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness to allow the fullness and vibrance of each of these qualities determines how alive and satasfied we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work.

Photo: Jack Kidder

August 15-20

Shamanic Healing & Power: An Experiential Workshop
Michael Harner in collaboration with Joan Halifax-Grof, Hidden Mountain, Barklie Henry, & Prem Das

Residential five day workshop $290

The writings of Carlos Castaneda will be the point of departure for an intensive exploration of ancient shamanic knowledge. Participants will be taught the basic techniques of shamanic power and healing used by North and South American Indian shamans as reinterpreted by the workshop leader for application within our own lives. The accumulation and utilization of shamanic power will be related to such subjects as altered states of consciousness and body awareness. Exercises will be conducted in the methods used by shamans to heal the sick, weak, and dispirited in primitive cultures.

August 20-27

Human Consciousness Institute
Arthur Hastings, Director

Intensive seven day workshop $385

This sixth annual summer institute on human consciousness features an intensive program on major topics in the study of consciousness, including:

- Biofeedback
- Hypnosis and healing
- Body energy fields
- Instrumentation for psi and "psychic" energy
- Transpersonal psychology
- Gestalt therapy
- Senoi dream work
- Parapsychology
- Theories of consciousness
- Trance states and paranormal healing

The format will be lectures, seminars and experiential work by expert researchers, practitioners and teachers, plus films on these topics. The program will include training in biofeedback, self-hypnosis and participation in ESP experiments.

Faculty will include: Frances Clark, Eleanor Criswell, Stanislav Grof, MD, Maryellen Haight, Arthur Hastings, Jim Hickman, Emmett Miller, MD, Brendan O'Regan, Lee Pulos, Russell Wills.

When applying please tell us about yourself and your interest in the program.

August 27-29

God, Sexual Energy & Your Body / Gabrielle Roth

Residential weekend workshop $120

Sexual energy is a key which opens the door between spirit and matter. This workshop is designed to penetrate the religious/sexual gap as it exists in our consciousness, attitudes and actions. We will use sound, movement, breathing, massage, and music to awaken our experience of the Self. To deepen the experience we want all participants to spend the weekend in celibacy. In order to move through the barriers we have about making deep and meaningful contact with ourSelves and others we need to develop the willingness to serve ourSelves and learn to be in relationship with the pressure of sexual performance.

August 29-September 3

Contact & Communication / Julian & Beverly Silverman

Residential five day workshop $290

The ways we contact and communicate with ourselves and with ourselves and with others determine the kind of world that we live in. When we change these ways we can actually change our world. This is what the workshop is about.

Our emphasis is on the relationship between individual process and group process. Our concern is with developing a way of being in which one's senses are open and on's contacting of others is flexible. The learning which takes place occurs with a group of individuals who share and change in relation to each other. Emphasis is placed upon body in relation to mind.

September 3-6

Labor Day Weekend with Gregory Bateson & Werner Erhard

Residential workshop beginning Friday afternoon September 3 through Monday afternoon September 6. $225.

Center for Energetic Studies

for the Study of the Life of the Body

The Center for Energetic Studies, under the direction of Stanley Keleman, is a program of teaching, workshops, and seminars concerning body process as the basis for how individuals form both themselves and their worlds.

The Center seeks to understand the life of the body. We are evolving ways to help persons gain experience and re-education in basic biological learning. This learning enhances emotional and psychological perception and expression. Individual identity as well as the very power of living lies in the continual forming and reforming of our bodies, and therefore ourselves.

For information and registration concerning Center programs, contact:
Center for Energetic Studies
1645 Virginia Street
Berkeley, California 94703
(415) 647-4011

Photo: Nell Dunlop

July 10-18
Summer Institute with Stanley Keleman

Individuation is an emotional process, grounded in the biological life. This nine-day institute will focus on daily sessions in bioenergetic exercise that encourages one's excitement, feelings and image-making processes. From this place of heightened biological awareness, we can learn how the body speaks its mind through expression and self-forming. Journal keeping, in addition to the physical exercises, is an integral part of this exploration in self-education.

The workshop meets daily, Saturday, July 10 through Sunday, July 18, in Berkeley, California. Tuition is $400; room and meals (optional) is $124. Please include a short statement about your expectations for the program and a nonrefundable deposit of $150. (This summer institute is not training of any kind).

August 2-5
Body & Identity / Ian Grand

Four-evening workshop $50

This evening program focuses on the relationship between bodily attitudes and identity using approaches developed at the Center. We will work with the bodily identity we maintain in the world, and the feelings that emerge as we experience ourselves differently.

Evenings; August 2, 3, 4, 5, from 7-10 pm.

August 28
Movement/Dance / Tamara Greenberg

One-day workshop $25

Movement will be used to intensify the experience of ourselves. Through expressive movement we will attempt to follow our process of self-formation—how we are present in the world and how we approach and withdraw from contact.

September 18-19
Open Bioenergetic Workshop / Paul Aikin

Weekend workshop in Davis, California $50

Through working individually and in a group with procedures developed at the Center, this workshop will deal with the way we live in our bodies and express our emotions.

ESALEN CALENDAR

PROGRAMS IN
San Francisco

JULY

July 5–16	Esalen Sports Center Summer Institute / B Kriegel & D Galland (twelve-day workshop) p 5
July 8	Dreams—The Royal Road to Higher Consciousness / A Faraday & J Wren-Lewis (evening lecture) p 5
July 10	Where Do I Stand? A Workshop in Alexander Technique / F Ottiwell & G Pinkas (one-day workshop) p 5
July 10–11	Shiatsu & Body Awareness / K Dickman (weekend workshop) p 5
July 10–18	Summer Institute with Stanley Keleman (eight-day workshop) p 15
July 11	You Can't Get Enough of What You Don't Really Want / B Clemans (one-day workshop) p 5
July 11–16	Human Consciousness & the New Physics / J Sarfatti & S Sirag (residential five-day workshop) p 12
July 14	Exploring Theater Games / L Kaufman (single evening event) p 5
July 16–18	The Body & the Energy Body / G Leonard (residential weekend workshop) p 12
July 17	Using Plants for Healing / J Rose (one-day workshop) p 7
July 17–18	Adding More to Your Relationship: A Couples Workshop / G Smith & B Hand (weekend workshop) p 7
July 18	Reflexology / A Kaye (one-day workshop) p 7
July 18–23	Gestalt Practice / R Price (residential five-day workshop) p 12
July 18–23	Sports & Consciousness: New Ideas & Training Routines / M Murphy & M Spino (residential five-day workshop) p 13
July 21	The Art of Self Direction / L Lefer (single evening event) p 7
July 23–25	Experiencing the Magical Child / J Pearce (residential weekend workshop) p 13
July 24	Introduction to Aikido with Emphasis on Centering & Energy Awareness / R Nadeau (one-day workshop) p 7
July 24–25	Expression Through Movement / A Barlin (weekend workshop) p 7
July 24–25	Discovering the Voice / K Fitzmaurice (weekend workshop) p 7
July 25–30	The Power of Dreams—An In-Depth Experience / A Faraday & J Wren-Lewis (residential five-day workshop) p 13
July 30	Giving / G Roth (single evening event) p 7
July 30–Aug 1	Psychic Massage: The Spirit & the Body / R Stubbs & B Hobart (weekend workshop) p 7
July 30–Aug 1	The Importance of Being Up—Right! / B Fuller (residential weekend workshop) p 13
July 31	Biofeedback & Altered States of Consciousness / E Criswell & M Haight (one-day workshop) p 7

AUGUST

Aug 1	The Innerspaces of Running: A New Approach to Running / M Spino (one-day workshop) p 7
Aug 1–6	Stress & Cancer: One Team's Approach / O C Simonton, MD, DABR, S Matthews, & J Auchterberg, PhD (residential five-day workshop) p 13
Aug 2–5	Body & Identity / I Grand (four evening workshop) p 15
Aug 6–8	The Hero's Journey: A Holistic Approach to Personal Transformation / P Rebillot (weekend workshop) p 8
Aug 6–8	Embrace Tiger, Return to Mountain / A Huang (residential weekend workshop) p 13
Aug 7–14	Encountering in the High Sierras / M Anderson & B McWaters (residential eight-day workshop) p8
Aug 7–8	On Friendship / E Maupin & B Stewart (weekend workshop) p 8
Aug 12	A Concert for the Inner Ear: Sound & Visual Archetypes of Transformation / S Halpern (single evening event) p 8
Aug 13–15	Self-Acceptance / The Freedom to Be / D Schiffman & D Mundschenk (residential weekend workshop) p 14
Aug 14	Polarity Balancing for Self, Family, & Friends / R Castellino (one-day workshop) p 8
Aug 15	A Flowmotion Workshop / A Drummond (one-day workshop) p 8
Aug 15–20	Shamanic Healing & Power: An Experiential Workshop / M Harner (residential five-day workshop) p 14
Aug 20–22	Inner Visions & Explorations with Hypnosis / L Pulos (weekend workshop) p 8
Aug 20–27	Human Consciousness Institute / A Hastings (residential seven-day workshop) p 14
Aug 21	A Day with Moshe Feldenkrais (one-day workshop) p 8
Aug 21–22	Centering to Energy Awareness to Meditation / R Nadeau (weekend workshop) p 9
Aug 27–29	God, Sexual Energy, & Your Body / G Roth (residential weekend workshop) p 14
Aug 27	The Poetry of Movement / N Leistiko (single evening event) p 9
Aug 28	Movement / Dance / T Greenberg (one-day workshop) p 15
Aug 28–29	Theater Games: A Workshop in Spontaneity / L Kaufman (weekend workshop) p 9
Aug 28–29	Body Experience / B Glover (weekend workshop) p 9
Aug 29–Sept 3	Contact & Communication / J & B Silverman (residential five-day workshop) p 14

ESALEN CALENDAR

SEPTEMBER

Sept 3–6	A Workshop with Werner Erhard & Gregory Bateson (residential four-day workshop) p 14
Sept 7 & 9	Running on the Marina Green / M Spino (two evening workshop) P 9
Sept 10–14	Backpacking / D Strong & A MacKinlay (residential four-day workshop) p 9
Sept 11	A Choice Workshop: The Act of Willing / L Lefer (one-day workshop) p 9
Sept 11–12	Workshop for Writers / F Morris (weekend workshop) p 10
Sept 12	Rediscovering Your Vision / R Gottlieb (one-day workshop) p 10
Sept 14	Self Assertion & the Sense of Self / A Talk on Bioenergetic & Gestalt Therapy / M Conant (evening lecture) p 10
Sept 18–19	Open Bioenergetic Workshop / P Aikin (weekend workshop) p 15
Sept 18–19	Return to the Dark Side / J Shere & Y Toussulis (weekend workshop) p 10
Sept 18–19	Hypnosis & Gestalt / I Katz (weekend workshop) p 10
Sept 19	The Tao of Physics / F Capra (one-day workshop) p 10
Sept 20–Oct 2	Introduction to Massage / J Walter (four evenings & one-day workshop) p 10
Sept 23	Life is an Experience to be Lived, Not a Problem to be Solved / J & A Fox (single evening event) p 10
Sept 25–26	Beyond Assertiveness / Z Snyder, L Kennedy, & R Parenti (weekend workshop) p 10
Sept 25–26	The Gentle Art of Becoming–Together / D Schiffman & D Mundschenk (weekend workshop) p 11
Sept 28	An Herbal Discussion / J Rose (single evening event) p 11
Sept 30	Word Liberation / T Lurie (single evening event) p 11

Drawing: Barbara Adamson

PROGRAMS IN Big Sur

WEEK OF JULY 4

July 4–9	Growth Through Risk Taking / D Schiffman & D Mundschenk (5 day) p 20
July 4–9	Change: The Dynamic of Being Who You Are / G Roth (5 day) p 20
July 4–9	Advanced Gestalt / D Barenfeld (5 day) p 20
July 4–11	Gestalt Practice / R & C Price (7 day) p 20
July 9–11	Experiencing Esalen / Esalen Staff (weekend) p 21
July 9–11	Massage Intensive / Massage Crew (weekend) p 21
July 9–11	Gestalt Awareness / J Lederman (weekend) p 21

WEEK OF JULY 11

July 11–16	Experiencing Esalen / Esalen Staff (5 day) p 21
July 11–16	Contact & Communication / J & B Silverman (5 day) p 21
July 11–16	Body Energy–A Path to Entrapment or Freedom / H Prestera (5 day) p 21
July 11–16	On Being Up–Right! / B Fuller (5 day) p 21
July 16–18	Re-Owning Your Power / D Spino (weekend) p 21
July 16–18	Exploring the Mind / C Feldmann O'Reilly (weekend) p 21
July 16–18	God, Sexual Energy & Your Body / G Roth (weekend) p 21
July 16–18	Re-mythologizing Religion & Psychology / J Raphael Staude (weekend) p 21

WEEK OF JULY 18

July 18–23	On Being Up–Right! / B Fuller (5 day) p 21
July 18–23	Basic Training in Gestalt / G & J Brown (5 day) p 22
July 18–23	Personal Style & Personal Gestalt / J Downing (5 day) p 22
July 18–23	The Hero's Journey / P Rebillot (5 day) p 22
July 18–25	Rites of Passage: A Seven Day Pilgrimage Through the Big Sur Wilderness / D Schiffman & D Mundschenk (7 day) p 22
July 23–25	A Choice Workshop: The Act of Willing / L Lefer (weekend) p 24
July 23–25	Centering, Self-Awareness, & the Spirit of Play / B Kriegel (weekend) p 24
July 23–25	Opening the Feelings: A Neo-Reichian Radix Workshop / S Mishler, D Sherman, & J Mikesell (weekend) p 24
July 23–25	Self Hypnosis, Selective Awareness, & Movement / E & N Miller (weekend) p 24

ESALEN CALENDAR

PROGRAMS IN Big Sur

WEEK OF JULY 25

July 25–30	A Stone-Carving Gestalt Workshop / F Rubenfeld & E Rapp (5 day) p 24
July 25–30	Experiencing Esalen / Esalen Staff (5 day) p 24
July 25–30	You & Universal Motion / R Nadeau (5 day) p 24
July 25–30	Massage Intensive / Massage Crew (5 day) p 24
July 30–Aug 1	Open Psychodrama Encounter / W & M Anderson (weekend) P 24
July 30–Aug 1	Experiencing Esalen / Esalen Staff (weekend) p 24
July 30–Aug 1	To Be Alive is a Very Moving Experience / P Orlando (weekend) p 24
July 30–Aug 1	Yoga, Massage, & Movement / D Medow (weekend) p 24

WEEK OF AUGUST 1

Aug 1–6	Woman to Woman / Man to Man / D Mundschenk & D Schiffman (5 day) p 25
Aug 1–6	Gestalt Practice / R & C Price (5 day) p 25
Aug 1–6	Music & the Healing Arts / C Lloyd, G Kelly, M Ratcliffe, & others (5 day) p 25
Aug 1–6	Group Process for Professionals / J & A Heider (5 day) p 25
Aug 6–8	Growth Through Risk Taking / D Schiffman & D Mundschenk (weekend) p 25
Aug 6–8	Men in a Changing World / J Lederman (weekend) p 25
Aug 6–8	Turning In / P Lowe (weekend) p 25
Aug 6–8	Body Awareness, Moving, Relaxation, & Vitality / B Clemans (weekend) p 25

WEEK OF AUGUST 8

Aug 8–13	Contact, Communication, & Relationship: A Workshop for Professionals / J & B Silverman (5 day) p 26
Aug 8–13	Psychomotor Workshop / A & D Pesso (5 day) p 26
Aug 8–13	Living Centered / R DeLong Miller (5 day) p 26
Aug 8–13	An Integrative Approach to Self Actualization / I Rubenfeld (5 day) p 26
Aug 13–15	Innerspaces of Running / M Spino (weekend) p 26
Aug 13–15	Opening to Your Inner Self Through Body-Energetics / H Prestera (weekend) p 26
Aug 13–15	Ways of Being / G Leonard (weekend) p 26
Aug 13–15	Expansion of Being Through Yoga / J & K Jain (weekend) p 26

WEEK OF AUGUST 15

Aug 15–20	Experiencing Esalen / Esalen Staff (5 day) p 27
Aug 15–20	Pleasure, Intimacy, & Grace / S Resnick (5 day) p 27
Aug 15–20	Turning In / P Lowe (5 day) p 27
Aug 15–20	Energy: Meditation Self Regulation Synthesis / B Gunther (5 day) p 27
Aug 20–22	Energy & Wholearity / B Gunther (weekend) p 28
Aug 20–22	Energy Release & Integration Through Bioenergetics / A Schwartz (weekend) p 28
Aug 20–22	The Feldenkrais Method / J Stransky (weekend) p 28
Aug 20–22	Experiencing Esalen / Esalen Staff (weekend) p 28

WEEK OF AUGUST 22

Aug 22–27	The Energetic Foreground: A Synthesis of Bioenergetics & Gestalt / A Schwartz (5 day) p 28
Aug 22–27	A Workshop with John & Toni Lilly (5 day) p 28
Aug 22–27	Trance & Dance: Selective Awareness, Movement, & Self Hypnosis / E & N Miller (5 day) p 28
Aug 22–29	Open Gestalt Week / F Rubenfeld (7 day) p 28
Aug 27–29	One Body: Massage for Couples / J Morton & M Ratcliffe (weekend) p 29
Aug 27–29	Centering / R Nadeau (weekend) p 29
Aug 27–29	Self Hypnosis, Selective Awareness, & Movement / E & N Miller (weekend) p 29

WEEK OF AUGUST 29

Aug 29–Sept 3	Basic Training in Gestalt / G & J Brown (5 day) p 29
Aug 29–Sept 3	Psychosynthesis: Choosing to Change / H Sloan (5 day) p 29
Aug 29–Sept 3	Opening the Feelings: A Neo-Reichian Radix Workshop / C Kelley, L Amber, & E Perkinson (5 day) p 29
Aug 29–Sept 3	Gestalt Practice / R & C Price (5 day) p 29
Sept 3–5	Growth Through Risk Taking / D Schiffman & D Mundschenk (weekend) p 29
Sept 3–5	Tuning In / J Zuckerman (weekend) p 29
Sept 3–5	God, Sexual Energy, & Your Body / G Roth (weekend) p 29
Sept 3–5	Quantum Psychology Workshop / (weekend) p 29

ESALEN CALENDAR

WEEK OF SEPTEMBER 5

Sept 5–10	Exploring Self Acceptance / D Schiffman & D Mundschenk (5 day) p 30
Sept 5–10	Experiencing Esalen / Esalen Staff (5 day) p 30
Sept 5–10	Contact & Intimacy / B Clemans & K Schrage (5 day) p 30
Sept 5–10	Unfolding the Inner Self / M Butler (5 day) p 30
Sept 10–12	A Weekend with Will Schutz (weekend) p 30
Sept 10–12	On Being Up (Right): A Celebration / B Fuller (weekend) p 30
Sept 10–12	Introduction to the Fischer-Hoffman Process / B Hoffman & M Pastor (weekend) p 30

WEEK OF SEPTEMBER 12

Sept 12–17	A Week with Will Schutz (5 day) p 30
Sept 12–17	On Being Up (Right): A Celebration / B Fuller (weekend) p 30
Sept 12–17	Contact & Communication / J & B Silverman (5 day) p 30
Sept 17–19	Adding More to Your Relationship—Couples Workshop / G Smith & B Hand (weekend) p 30
Sept 17–19	Experiencing Esalen / Esalen Staff (weekend) p 31
Sept 17–19	Opening the Feelings: A Neo-Reichian Workshop / L Dillon (weekend) p 31

WEEK OF SEPTEMBER 19

Sept 19–24	Massage Intensive / Massage Crew (5 day) p 31
Sept 19–24	You & Universal Motion / R Nadeau (5 day) p 31
Sept 19–24	Experiencing Esalen / Esalen Staff (5 day) p 31
Sept 19–24	Gestalt Practice / R & C Price (5 day) p 31
Sept 24–26	Yoga, Massage, & Movement / D Medow (weekend) p 31
Sept 24–26	Experiencing Esalen / Esalen Staff (weekend) p 31
Sept 24–26	Massage Intensive / Massage Crew (weekend) p 31

WEEK OF SEPTEMBER 26

Sept 26–Oct 1	Your Personal Resurrection / P Rebillot (5 day) p 32
Sept 26–Oct 1	Skills Workshop for Group Leaders / J Doyle (5 day) p 32
Sept 26–Oct 1	Opening the Feelings: A Neo-Reichian Workshop / L Dillon (5 day) p 32
Sept 26–Oct 29	The Inner Road to Health: Approaches to Natural Healing & Self Healing / A Drucker & R Price (5 week) p 31
Oct 1–3	Exploring Self Acceptance / D Schiffman & D Mundschenk (weekend) p 32
Oct 1–3	Experiencing Esalen / Esalen Staff (weekend) p 32
Oct 1–3	Gestalt Awareness / J Lederman (weekend) p 32

WEEK OF OCTOBER 3

Oct 3–8	Self Acceptance—The Freedom to Be / D Schiffman & D Mundschenk (5 day) p 32
Oct 3–8	Take A Second Look at Yourself / J Zuckerman (5 day) p 32
Oct 3–8	A Workshop with John & Toni Lilly (5 day) p 32
Oct 8–10	Massage Intensive / Massage Crew (weekend) p 32
Oct 8–10	Opening the Feelings: A Neo-Reichian Workshop / L Dillon (weekend) p 32
Oct 8–10	Quantum Psychology Workshop (weekend) p 32

WEEK OF OCTOBER 10

Oct 10–15	Energy / B Gunther (5 day) p 33
Oct 10–15	Experiencing Esalen / Esalen Staff (5 day) p 33
Oct 10–15	God, Sexual Energy, & Your Body / G Roth (5 day) p 33
Oct 15–17	Medicine for the Nonmedical (or even the Medical) / D Lindsay (weekend) p 33
Oct 15–17	Meltingintwone / B Gunther (weekend) p 33

WEEK OF OCTOBER 17

Oct 17–22	Unfolding the Inner Self / M Butler (5 day) p 33
Oct 17–22	Contact & Communication / J & B Silverman (5 day) p 33
Oct 17–22	Bio-Energy & the Gestalt Adventure / L Johnson & M Merksamer (5 day) p 33
Oct 22–24	A Choice Workshop: The Act of Willing / L Lafer (weekend) p 33
Oct 22–24	Experiencing Esalen / Esalen Staff (weekend) p 33
Oct 22–24	Meditation Weekend / R Nadeau (weekend) p 33

WEEK OF OCTOBER 24

Oct 24–29	Yoga, Meditation, Movement, Massage / D Medow (5 day) p 33
Oct 24–29	Experiencing Esalen / Esalen Staff (5 day) p 33
Oct 24–29	Opening the Feelings: A Neo-Reichian Radix Workshop / E Warburton, B Meyers, & R Sercarz (5 day) p 33

PROGRAMS IN Big Sur

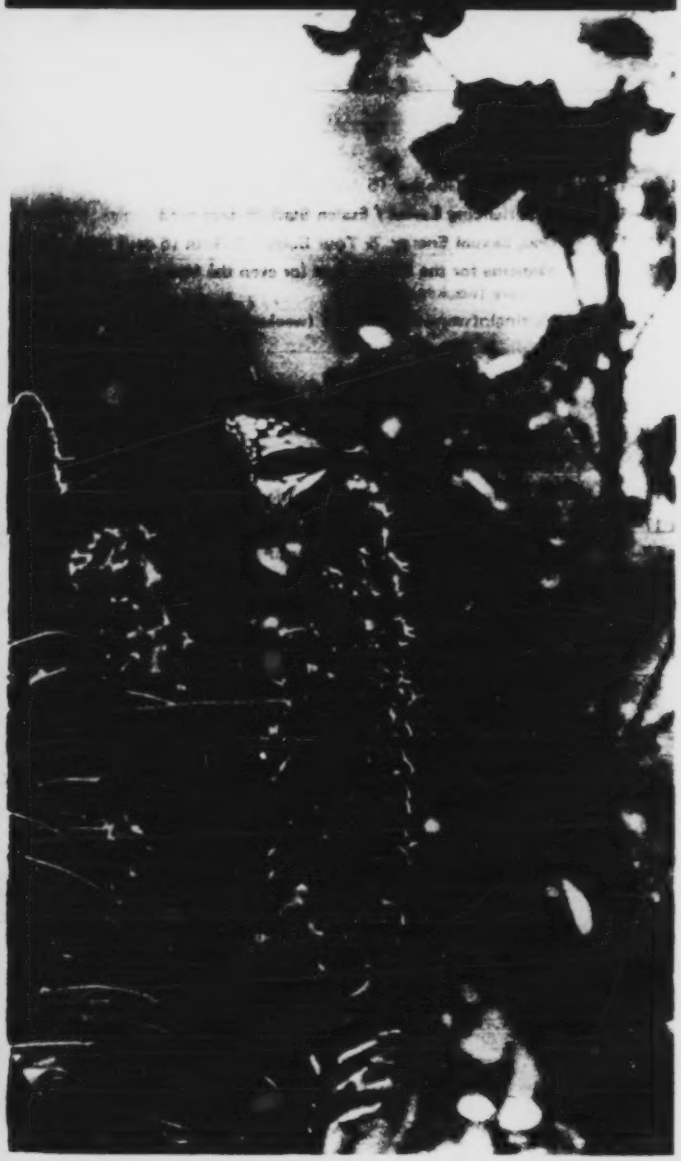

Photo: Neil Dunlop

Week of July 4-9

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Growth Through Risk-Taking
David Schiffman & Dee Mundschenk

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. $290 + $2 *video fee.*

Change: The Dynamic of Being Who You Are
Gabrielle Roth

In everything is the seed of its apparent opposite. In stillness there is motion; in man there is woman. Balance comes when we experience, express and embrace our total BEING. From the center of our bodies we will develop our willingness to be present for ourselves and others in a way that is a spontaneous and free flowing expression of our uniqueness. Rooted in our own experience we will explore balance and change in our relationships. $290 + $2 *video fee.*

Advanced Gestalt / Donald Barenfeld

It is possible to increase awareness and thereby discover how we block our excitement, nourishment, contact, and creativity. From this awareness might flow suggestions of new ways to experiment with being in the world, and hopefully an awakening of appreciation for how we are. This focus will allow participants to re-identify with their energy lost to disowned parts and should provide a nourishing context for their reclamation.

This workshop is open to those with prior gestalt experience. $290 + $2 *video fee.*

July 4-11

Gestalt Practice / Richard & Christine Price

Perfect like Great Space
the Way has nothing lacking, nothing in excess.
Truly because of our accepting and rejecting
We have not the suchness of things.
—Sengtsan (3rd Zen Patriarch)

What is, is.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than "adjustment," "cure," or "accomplishment."

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanaponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce). $370

Weekend of July 9-11

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $110

Massage Intensive / The Esalen Massage Crew

The Esalen massage crew, with its unique variety of approaches and styles, will teach basic techniques for giving and receiving massage, both for immediate relaxation of tension and as a way of caring. Emphasis here is on deepening the quality of touch-communication and heightening awareness of the energy flow between the body in motion and the body at rest.

The group will meet daily at the mineral baths. Limited to 16. $120

Gestalt Awareness / Janet Lederman

Lecture / Demonstration / Training
Focus: Perception / Reception / Deception $120

Week of July 11-16

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $260

Contact & Communication / Julian & Beverly Silverman

$290

Body Energy—A Path to Entrapment or Freedom Hector Prestera

This workshop will focus on the use of insights gained from Reich, Rolf, gestalt, basic encounter, body exercises, self encounter, color therapy, and acupuncture to find a window to the inner real self. Body work and energy flow will be the central core of the week. $290

July 11-16 & July 18-23

On Being Up—Right! / Betty Fuller

Physical and mental posture—our attitudes or ways we hold ourselves in the world—are matters of choice once we liberate our selves from the dead weight, blocks and barriers we have around in "shoulds," "oughts," and "have to's." In this workshop we'll complete some of the unfinished business of the past, get clear on what we want and handle the soap opera of the present with some good humored editing and re-writes! Among the tools to be used are gestalt, psychodrama, theater games, psychosynthesis and encounter. We'll also make friends with gravity and befriend our aching backs and joints with daily sessions of feldenkrais, movement, Trager mentastics, dance, music, meditation, and laughter. Participants may attend either or both July five-day workshops; the weekend in between is open for taking other workshops at the regular workshop fee. $290 per five-day period.

Weekend of July 16-18

Re-Owning Your Power: Renewal & Personal Awakening Through the Physical Experience / Dyveke Spino

As cycles of change press upon us, we need tools to develop our inner power of endurance, flexibility, and sense of self-transcendence. This workshop will reawaken your natural physical spirit through five areas of conditioning of mind/body/spirit. Daily activities will be appropriate for people at all levels of fitness, blended with meditations and massage at the Esalen baths.

Each person will receive a personalized training consultation to allow continuing use of these techniques upon leaving. $120

Exploring the Mind / Chris Feldmann O'Reilly

This workshop will explore the uses and limitations of the mind for greater consciousness. One approach will be working towards discrimination between different types of non-conceptual mental experience. Such discrimination can give you clear information on whether your mind is working for you or against you. The mind can be an ally. Group participants will be given feedback on their mind states and processes through the leader's direct perceptions. $120 + $2 *video fee.*

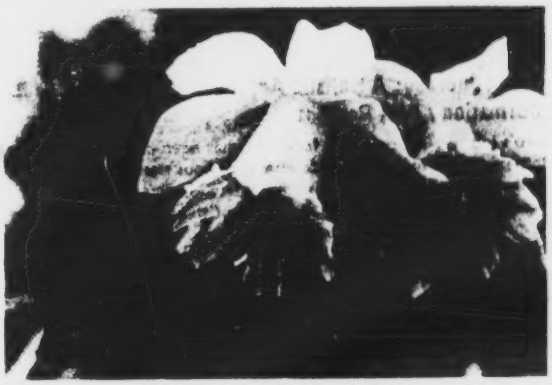

Photo: Jack Kidder

God, Sexual Energy & Your Body / Gabrielle Roth

Sexual energy is the key which opens the door for us between spirit and matter. This workshop is designed to penetrate the religious / sexual gap as it exists in our consciousness, attitudes and actions. We will use sound, movement, breathing, massage, and music as meditation tools to awaken our experience of the self. We will be working on a very deep level—please be prepared to spend the weekend in celibacy. In order to move through the barriers we have about making deep and meaningful contact with our selves and others we need to have the security of exploring our selves without the pressure of sexual performance. This work is rooted in shamanism and springs from a psychic source through Gabrielle. $120 + $2 *video fee.*

Re-mythologizing Religion & Psychology A Workshop in Archetypal Psychology John Raphael Staude

Drawing on recent developments in Jungian and transpersonal psychology as well as comparative mythology, I will present a way of using classical mythology (western and eastern) to find meaning in our life experience and culture.

Recommended reading before the workshop: Edith Hamilton, *Mythology* or James Hillman, *Revisioning Psychology* (Harper & Row, 1975) $120 + $2 *video fee.*

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Week of July 18-23

Basic Training in Gestalt / George & Judith Brown

Basic gestalt skills are essential for a productive growth relationship and can be highly useful for any interpersonal relationship. These skills include awareness, contact functions, stating the obvious, contact-withdrawal, polarities and, to some degree, making the implicit explicit. All people-helping professionals (social workers, doctors, nurses, teachers, as well as psychotherapists) along with lawyers, businessmen, etc. can make use of these skills. There will be both demonstrations and opportunity to work in the trainer role under supervision. $290

Personal Style & Personal Gestalt / Jack Downing

Each of us has our own individual life style, our personal gestalt characterizing each phase of our life. We can be aware of the way movement relates to interpersonal relationship, of how body chemistry determines our life goals. Drawing our own major life portrait will be the object of this workshop, using techniques newly invented for this purpose, as well as traditional methods such as behavioral feedback, group interaction, and gestalt uncovering and integrating methods. In order that the group can develop as fast as possible, please come only if you have had previous group experience. $320

The Hero's Journey: A Holistic Approach to Personal Transformation / Paul Rebillot

The hero's journey is a dynamic form that has been developed to help facilitate people through major life changes. Your personal world is viewed through the lens of fantasy, dramatized, interpreted, and experienced in a rite of passage based on one of the most universal structures mankind has found to express this metamorphosis: the myth of the hero.

Your hero is structured from the absolute yes, and your demon from the absolute no of your personality, externalizing your inner conflict. The two confront each other on the hero's journey; a dramatic struggle ensues until a synthesis of the previously opposing forces is reached.

Bring musical instruments, costumes, or anything else you would like to help intensify the festive aspects of the workshop. $290

July 18-25

Rites of Passage: A Seven Day Pilgrimage Through the Big Sur Wilderness David Schiffman & Dee Mundschenk

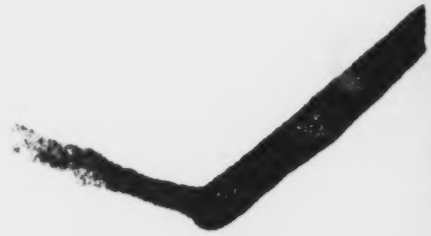
The workshop is intended to create an experience which will support and intensify the simplification and cleansing necessary for a greater sense of personal clarity and grace.

We will pay attention to and take care of ourselves through a variety of disciplines and forms, including meditation, gestalt, intuitional sensing, as well as the more traditional wilderness skills. The emphasis will be on creating a richer, more harmonious balance between the mental, physical, and spiritual realms of existence.

Registration for the workshop should be at least two weeks in advance so that proper advance preparations and information can be sent regarding equipment and exercise. $220

Food for Thought

What happens in an Esalen group? Below we present a partial transcription of a group session with Gabrielle Roth. On page three Beverly Silverman describes her experience of the first three days of a five day group.



Let's begin with just taking a look at some of the basic attitudes that I am dealing with and from there we can move into new spaces. If we look at ourselves as a circle, a unity, a necklace . . . , we see that's simply what we are. If we look around, we'll see that everybody has a body. Just notice that you are the same, that you are "like" everybody else. Just look around and see that. You have the same type of apparatus; the same type of physical instrument. So, we're all alike. We all have hair, eyes, hands . . . we all have bodies. We have that in common. The structure is basically the same: two arms, two legs . . . there are some very clear similarities. We really are alike. We're not strangers in a strange land.

Now then, shift your awareness and look around and see how different everybody is from you; how totally different each person here is. Look at that. Each person here is very, very different. Each person here has a form which is totally unique. We all have a form and each form is totally unique. Notice that. Have you ever seen one just like you anywhere? I would surmise that each one of us is completely unique. It's not a thing that we're achieving or moving toward, it's something that we're starting with. We're starting from a point of being completely the same and totally different.

As we begin to accept these differences then we begin to accept life. Life is a moving and changing experience and we're never going to KNOW anybody. The ultimate is that we can expect to know ourselves. So, primarily what we're dealing with is allowing the acceptance of that uniqueness and that sameness to move into experience: into our experience of ourselves, into our experience of each other and into our experience of our surroundings. We'll allow our uniqueness and our sameness to move through our experience. When it's do-

Illustration: Red Dog Preface

ing that, then we're coming from a place of relative security. We are secure in the realization that we will be constantly changing and secure in the realization that everything around us will be constantly changing. That is the only security that we will find. So a lot of what we're doing in this room is familiarizing ourselves with change and our attitudes and resistance towards change. Change and life are almost synonymous.

Here I am. This is my body. I am not my body. I can look at my body as the glove that fits over my consciousness. This body is simply a physical manifestation of all my thoughts, attitudes and expectations about life. That's all this body is. It is the form of me. It is the form of my substance. It is my mind in living form. It would be ridiculous to talk about the mind or the body separately, because it's simply a unit. This is my mind in form. I have, in this body, just now created an attitude. I can close my attitude. I can open my attitude. I can tense my attitude. I can relax my attitude. You will see it. Whatever I do, you will see it if you choose to see it. If you listen, you will hear it. We cannot lie about who we are because who we are is constantly going on. We can pretend that we can lie about who we are, but no-body has ever successfully done that to you, have they? You always know when someone is lying to you because the truth is evident always. So we see, there is no reason to do that. It is unsuccessful and it does not work. We may as well constantly start from a position of truth. You see, it's OK to be screwed up. Everybody is. These are the little problems and barriers we create so that we can keep expanding and moving our consciousness toward more life. If we start off from a position of "I'm afraid" or "I'm shy", . . . if we start off allowing that, then it changes. If we don't ever allow space for ourselves, to be who we are, then we just get stuck. Pretending doesn't work. If I'm shy and I pretend that I'm aggressive, then that aggressive pretense is going to take me into another pretense and another pretense. My shyness is going to keep getting pushed back in the corner and pretty soon I'll find myself doing something I NEVER wanted to do, all because of that beginning point. If I had just become my shyness then I could move to a new position. A lot of the space we're going to create is just an opportunity for you to experience who you are.

The fascinating thing that I would like to bring up at this moment is that it does not take 15 years to change. It does not take a system. There is no one who has a form that will work faster than your willingness to let go of all that goddamn bullshit that you're holding on to. If it's really worth being the victim, then stay the victim. If you're really attached to the position that life is doing it to you; that you are in fact the victim of circumstance, your mother, your father, your own judgmental system, etc., etc., etc., then that's your choice. Or we can move through all that stuff. See, I know who you are. I know that you're not the victim, so there would be no sense in even presenting that one to me. I, absolutely, with all certainty, know that that is not who you are. I also know that you can change with the snap of a finger. I am absolutely living proof of it. It's like this whole thing about dance and form. I swear to God that when I realized that I really wanted to dance and I made that choice about who was going to dance, me or you, I decided that you were and that I was going to be here to change the records. I chose to do that rather than take 8 or 9 hours of dance classes a day which is one of my favorite loves. I see now that I have enough life experience to review myself. It's amazing that we're inside out. I made the choice to move towards substance as opposed to form and I dance more freely in life than I ever would have even if I'd had a million lessons and a billion teachers and total dedication to working on it every day. I didn't know that when I invested my energy in this way. It's just the way it turned out. You can do tai chi without ever taking a tai chi class. You can be a mime just by being who you are. You can be a mover just by moving as you are. We are all these things. Form is simply a stepping stone to substance. My method is to go directly to substance. None of the forms work any better than any other. If you want to, you can go to the source of who you are instantaneously. That's the name of the game that we'll play and we will call it movement.

—Gabrielle Roth

Weekend of July 23-25

A Choice Workshop: The Act of Willing / Lenore Lefer

Many of us tend to make our life choices without full awareness. We sometimes wait, decide impulsively, reactively, hastily, or without purpose. The more conscious we are of the act of choosing, the more we open ourselves to the experience of joy and freedom. Using the framework of psychosynthesis, we will explore how we can choose using our will. The aim is towards learning the process of making conscious choices, thereby taking responsibility for our life's purpose and direction. $120

Centering, Self-Awareness, & the Spirit of Play
Bob Kriegel

This workshop will teach centering: the process of finding that calm place within ourselves that is in balance and harmony. Active games of all types—including energy games, street and playground games, theater games, new games, and new approaches to traditional sports—will be used for experiencing "center" and for exploring self-awareness. We will explore how game behavior magnifies our reaction patterns, giving us a clearer, more vivid picture of ourselves. We will also use gestalt, role playing, guided fantasy, and psychosynthesis techniques to bring our new awareness to a more conscious level. $120

Opening the Feelings: A Neo-Reichian Radix Workshop
Siri Mishler, David Sherman, & Jay Mikesell

For workshop description see page 28. $120

Self Hypnosis, Selective Awareness & Movement
Emmett & Nitza Miller

For workshop description see August 27-29. $120 + $2 *video fee.*

Week of July 25-30

A Stone-Carving Gestalt Workshop
Frank Rubenfeld & Elaine Rapp

Stone is the most "here & now" art medium since it cannot be programmed. Shuttling from your process to the stones' reality and back, your own myths and metaphors emerge before you. Gestalting your becoming and finished creations, you gain the opportunity to expand your consciousness, and increase your response-ability. No talent or previous art experience is necessary to participate in this workshop.

Stone and tools will be provided. Bring comfortable work clothing. $290 + $10 *materials fee.*

You & Universal Motion / Robert Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement. $290

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $260

Massage Intensive / The Esalen Massage Crew

For workshop description see July 9-11. $290

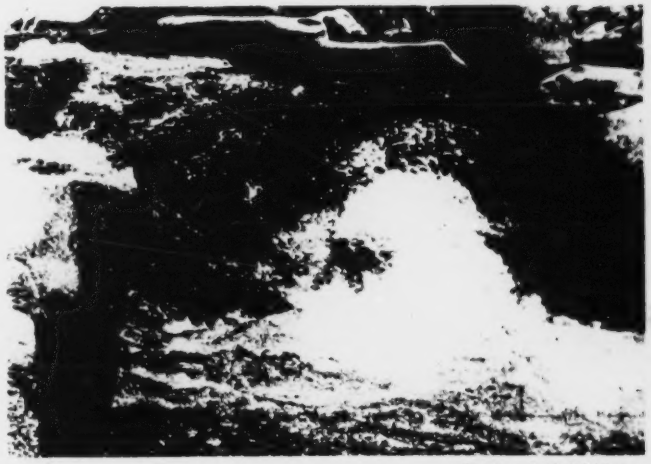


Photo: Jack Kidder

Weekend of July 30 - August 1

Open Psychodrama Encounter / Walt & Maurica Anderson

This workshop is a flexible weekend's work and play using a variety of encounter, gestalt, and body-movement approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing more openness and spontaneity, and having fun. The degree of active involvement is up to the individual. $120

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $110

To Be Alive is a Very Moving Experience / Poldi Orlando

No matter how still you are, there is movement and pulsation within and around you. The aim of this workshop is to explore the rhythm and vibration of aliveness. The vehicle is movement—motion and emotion expressed through the body, through art media, and the word. It is not necessary to be an artist to express oneself through art. Gestalt will be utilized to process what emerges. $120

Yoga, Massage, & Movement / Deborah Sulochana Medow

come and M O V E
your body / mind / spirit . . .
s-t-r-e-t-c-h-i-n-g
grOWING
moving
FLOWING

$120

Week of August 1-6

Woman to Woman / Man to Man
Dee Mundschenk David Schiffman

"The woman that most needs liberating is the woman in every man, and the man that most needs liberating is the man in every woman."
—Rev. William Sloan Coffin

Taking advantage of the natural affinity and support that people of the same sex can afford one another, the men and women in this workshop will meet separately as well as together. We will create an ambience of tenderness and support to provide opportunities to clarify the nature of who we are as men in the absence of women and who we are as women in the absence of men and what happens when we come together. The themes we will explore are our sexuality, our friendships, our body images, our coupling, our creativity, our relationship to power, our expectations of each other. The workshop will be grounded in the techniques of gestalt, encounter, fantasy, massage, and bioenergetics. $290 + $2 *video fee*.

Gestalt Practice / Richard & Christine Price

For workshop description see July 4-11. $290

Music & the Healing Arts / Charles Lloyd, Georgia Kelly & other guest leaders / Co-ordinated by Myrtle Ratcliffe

Several musicians whose similarity lies in the use of their music in healing will present their approaches to health through music, toning, tuning as well as meditation, diet, exercise, astrology and massage. The week will also include performances from the artists and will appeal to teachers and musicians as well as those who appreciate the processes of creativity and healing. $290

Group Process for Professionals / John & Ann Heider

This workshop will explore the role of the group leader. Experiential work will be followed by discussion of what the leader has done and how he has done it. Emphasis will be placed on

- formation of the group field
- how to follow individual process
- how to cope with catharsis
- how to ground the group
- maintenance of leader's sanity

The format will be experiential and will include encounter, gestalt, body work and meditation. $290

Weekend of August 6-8

Growth Through Risk-Taking
David Schiffman & Dee Mundschenk

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. $120

Turning In / Poonam Lowe

The emphasis in this weekend will be on opening up our bodies and getting in touch with the reality of who we are. We shall be using the meditation methods of Bhagwan Rajneesh which are designed to penetrate into the unconscious. We shall also spend time integrating, talking and where necessary, working individually to help participants go deeper into the meditations. In Bhagwan's work we are not interested in miracles, instant highs or trips. We are interested in deep and basic growth, in that change of perspective which opens up your vast potential. If you are ready to take the jump, to risk, that is what this weekend will mean to you. $120

Body Awareness, Moving, Relaxation & Vitality
Barbara Clemans

Fixed patterns of movement create tension in the body and rigidity in the mind. We will experience new ways to move which are functional with constant focus on breath and directed awareness of body sensation. Massage with directed energy will heighten our sensation of ourselves and others, allowing for dissolution of stress and increased vitality. We will use feldenkrais movement, sensing, meridian awareness, touch and visualization with music. $120

Men in a Changing World / Janet Lederman

Through new and perhaps unfamiliar behaviors and responses we may experience greater flexibility and harmony in being with ourselves and in relating to a changing world. $120

Experiencing Esalen

Experiencing Esalen Staff

Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theater games, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *The New Education* (Kelley).

SCHEDULE:

		Sept 5–10	$240
July 9–11	$110	Sept 17–19	$100
July 11–16	$260	Sept 19–24	$240
July 25–30	$260	Sept 24–26	$100
July 30–Aug 1	$110	Oct 1–3	$100
Aug 15–20	$260	Oct 22–24	$100
Aug 20–22	$110	Oct 24–29	$240

Week of August 8-13

Contact, Communication & Relationship: A Workshop for Professionals
Julian & Beverly Silverman

Our emphasis is on the relationship between individual process and group process. Our concern is with developing a way of being in which one's senses are open and one's contacting of others flexible. The learning which takes place occurs with a group of individuals who share and change in relation to each other. Emphasis is placed upon body in relationship to mind. $290

Psychomotor Workshop / Albert & Diane Pesso

Psychomotor is an action-oriented form of emotional re-education that is based on the theory that a major route to the unconscious is through the body. Feelings, emotions and states of mind affect the way we move, act and hold ourselves. The Pessos have found it possible, using PSP (Pesso System Psychomotor) techniques, to enter deeply into the memory and facilitate the re-experiencing of essential past events. Positive accommodators as ideal good parents offer new emotional experiences which permit new behaviors. One can then transcend one's past without denying or forgetting it.

Participants will be familiarized with the theoretical and experiential levels of Psychomotor therapy as well as with Psychomotor exercises. $290

Living Centered / Roberta DeLong Miller

Most of us have experienced our center at one time or another: the feeling of joy, fullness, peace, knowledge, power, and authenticity. But we lose it in the context of our daily lives, and most noticeably, in relationships. This workshop will teach how to hold your center in any given situation with people. It will outline patterns of healthy and unhealthy energy flow. It will show how the environment mirrors your own ego choices, reflecting qualities you believe have substance but which, in fact, do not. It will, most importantly, help you develop a love force within your body that dissolves the ego and enables you to find a new kind of truth and freedom.

Methods are body oriented. Each session begins with guided meditation, based on the vibrations of group members. Normally that is followed by pair exercises, moving and still, which teach alternatives for the use of body energy. There will be both group and individual work, with some psychic help from the leader. $290

An Integrative Approach to Self Actualization
Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the dea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander technique, and feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $290

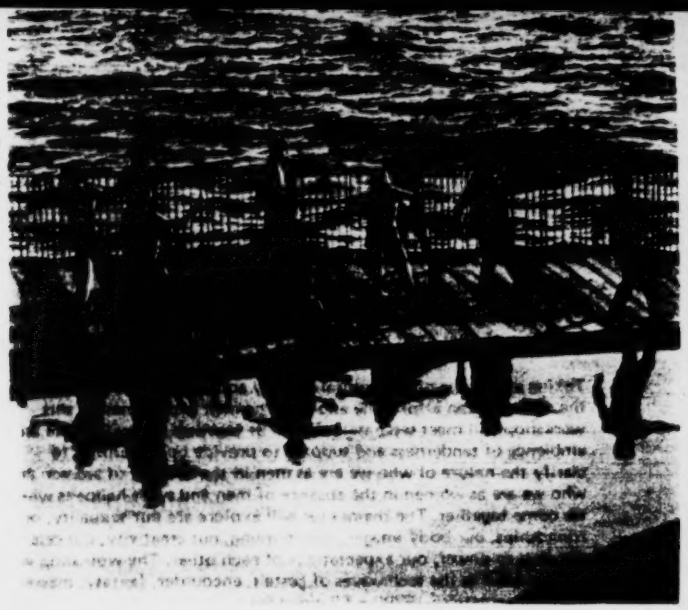


Photo: Tony Fletcher

Weekend of August 13-15

The Innerspaces of Running / Mike Spino

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and the philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, inner space development, and creativity in quest for extraordinary experiences. Each person will receive an individual consultation and have the opportunity to continue towards personal goals on an ongoing basis. $120

Opening to Your Inner Self Through Body-Energetics
Hector Prestera

Using techniques from Reich, gestalt, direct core encounter, acupuncture and energy release systems, such as vital center mantras the individual will be helped to open to himself and others. $120

Ways of Being / George Leonard

Rarely, in a society dedicated to *doing*, are we offered instruction in ways of *being*. Yet, our inner state (centering, breathing, energy awareness) has profound influence on the outcome of all our action. In this workshop, participants will experience alternative ways of *being*. Through simple mental and physical exercises derived from the art of aikido, they will practice centering, relaxation and heightened awareness, and will be introduced to useful ways of dealing with everyday life situations—especially those involving tension and expectation. There will also be discussion of these experiences as they relate to education, sports and social tranformation. $120

Expansion of Being Through Yoga
Jinendra Jain & Katherine Da Silva Jain

We need to use all our inner resources to live more satisfying lives. Yoga both enhances our existing powers and unfolds our latent potentials. This workshop is designed to cover a holistic program in yoga. It will impart a philosophy as well as a technique to discover and utilize resilience of body, quietness of mind, joy of heart, refinement of intelligence and creativity of soul. $120

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Weekend of August 15-20

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $260

Pleasure, Intimacy & Grace / Stella Resnick

This workshop will focus on making friends with self and other selves through gestalt, meditating, touching, breathing, moving and music. $290

Turning In / Poonam Lowe

For workshop description see August 6-8. $290

Energy: Meditation Self Regulation Synthesis
Bernard Gunther

We are all almost unlimited sources of joyous energy; we squander many of these resources. Blocked by fear, habit, and limitation, we dam ourselves in destructive energy expression: various forms of mental-physical-emotional symptoms and illness. In this workshop we will learn to release, redirect, and reintegrate behavior patterns through the use of breathing, guided fantasies, chakra meditation, awareness, and hypnosis. The experience will be a synthesis of gestalt, yoga, psychosynthesis, and movement with emphasis on an individual program of these methods that can be used in daily life. $290

Ways of Being at Esalen

Work-Study Program

A residential program within the working context of the Esalen Community.

The focus:
- Time, space and energy
- Perception/Reception
- Sense (and non-sense) awareness
- The self as a sensory system
- Relatedness (relativity)
- Contact and communication
- Exploring language

Group sessions with Janet Lederman, Christine Price, Richard Price, Beverly Silverman, Julian Silverman and Janet Zuckerman will be held using the working program as a launching pad to "un-cover your self."

Participants work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements.

Housing is at the South Coast Living Center, one and a half miles north of the Hot Springs property, with shared accommodations of up to three persons to a room. The program lasts 28 days beginning on a Sunday: four weeks and four weekends at a basic cost of $300. A new program begins every four weeks.

If interested, please apply as early as possible to Elaine Simon; only a limited number of applicants are accepted.

Professional services such as massage, Rolfing and acupuncture are available at staff rates. Arrangements can be made through the office.

Ongoing Residential Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs will also be open to residents. Cost: $960 per 26-day period.

South Coast Center

The living center is slowly evolving into a participatory environment

- vital
- changing
- designing, redesigning inner and outer space with residents responsible for their own evolution.

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (room, balcony, and bath) are available for $350 per month. A monthly meal ticket may be purchased at Esalen for $200 and residents may set up light cooking facilities in their rooms for preparing their own meals. As part of our program of integrating residents into the working community, South Coast residents are asked to contribute eight hours per week of work to the community. In addition, due to the large number of people who want to be at South Coast, we have put a limit of three months on all South Coast residencies. South Coast studios may be reserved through the Esalen/Big Sur office.

Sleeping Bag Group Weekends

The sleeping bag group is another way of being at Esalen—it has a life of it's own.

Experience the place—with it's hidden moments of beauty and surprise, the baths, the people, YOU. Members of the staff will accompany and share with you some of what they have learned living here at Esalen.

These weekends are offered from September through May. The charge is $60 per person for 10-14 people. You will be living together in one room. Bring your sleeping bags. Meals are provided starting Friday dinner through Sunday lunch. Send inquiries to: Janet Zuckerman, Sleeping Bag Groups, Esalen Institute, Big Sur, CA 93920.

Week of August 20-22

Energy & Wholearity / Bernard Gunther

Come and experience a weekend to be / with you / me / poetry / the sun / the sky / the sea / the baths / songs / chants touch the energy body / in playful / joy / us / bliss / we / inner outer harmony $120

Energy Release & Integration Through Bioenergetics
Alan Schwartz

Read the description of the weeklong workshop (see August 22-27). This weekend will concentrate on releasing blocked energy and integrating resulting awareness on the emotional and mental levels against the gestalt foreground. The weekend should be thought of as an introduction to the concept of energy flow and its relation to a stronger sense of self. $120

Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix *Intensive,* a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Work Shop. The *Intensive,* like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. Groups will be kept small—never more than eight per leader—so that significant individual attention can be given. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

July 23–25	Siri Mishler, David Sherman, & Jay Mikesell
Aug 29–Sept 3	Charles Kelley, Lara Amber, & Ed Parkinson
Oct 24–29	Elaine Warburton, Bob Meyers, & Renan Sercerz

The Feldenkrais Method:
A Psychophysical Education Through Body Movements
Judith Stransky

Dr Moshe Feldenkrais has originated and developed an impressive method of re-educating the total being and tapping our unused potential through the means of body exercises and movement that lead to an expansion of awareness, and to a body-mind oriented to, and capable of, a greater range of experience. The exercises also involve integration of the physical and the mental, release of fixed habits that restrict us, differentiation of parts of the body, relaxation and balance, improvement in alignment, and lead to a suppleness beyond what one would believe is possible. The approach is through pleasure, not strain, combined with breathing techniques. $120

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $110

Week of August 22-27

The Energetic Foreground:
A Synthesis of Bioenergetics & Gestalt
Alan Schwartz

The energetic foreground synthesizes the philosophies of bioenergetic and gestalt therapies. Energy is movement. When movement is blocked, the organism *cannot* fuction to nourish the person towards a mature sense of self. This workshop will move in the direction of awareness by attempting to work through energy blocks. This release will provide a person with the opportunity to integrate body-feelings-mind into a total sense of what he / she is as an organism. Recommended for teachers, those in mental health professions, and all who are committed to growing. $290 + $2 *video fee.*

A Workshop with John & Toni Lilly

$290

Trance & Dance:
Selective Awareness, Movement & Self Hypnosis
Emmett & Nitza Miller

An experiential workshop for professionals and for non professionals who have already begun their excursions into the world of imagery and movement, this workshop will include further explorations of inner and outer spaces. We will focus on the resolution of personal blocks and the development of means to increase sensitivity, heighten awareness and produce desirable states of consciousness. We will also work with dyads and explore ways of applying the techniques of hypnosis and movement in everyday life. $290 + $2 *video fee.*

August 22-29
Open Gestalt Week / Frank Rubenfeld

Guided fantasies, "hot-seat" work, and structured exercises will all be part of this week-long gestalt experience. Participants will also learn massage as another way of "keeping in touch" with themselves and others. $410

Weekend of August 27-29

One Body: Massage for Couples
Jaime Morton & Myrtle Ratcliffe

We will explore the concept of one body: the creative/receptive, the male/female, the giving/receiving polarities all becoming one in the energy exchange during massage. We will work with the energy body using deep relaxation, breath awareness and integrated massage techniques. $120 per person.

Centering / Robert Nadeau

Being centered is working in harmony with yourself. It is applicable in everything—movement, sports, working, teaching, meditation—all aspects of living. We'll learn to recognize and function from center in the midst of daily activities and pressures. $120

Self-Hypnosis, Selective Awareness & Movement
Emmett & Nitza Miller

Movement requires the use of muscular activity in varying degrees of intensity. So, too, thought processes and interpersonal communication proceed through stages of higher and lower energy. Most of our personal and social difficulties (symptoms, unwanted emotions, maladaptive habit patterns) can be eased when we learn to react in accordance with and in response to our internal and external environment.

In this workshop we will learn and apply the principles of self-hypnosis and selective awareness, as well as those of dance and movement therapy, to expand our self-awareness and the ability to adjust our minds and bodies to changing experiences. $120 + $2 *video fee.*

Week of August 29 - September 3

Basic Training in Gestalt / George & Judith Brown

For workshop description see July 18-23. $290

Psychosynthesis: Choosing to Change / Harry Sloan

At the core of the process of change is discovering that something new is trying to emerge and choosing to integrate this new energy into our daily lives. Frequently, in the process there are parts of us that do not nourish change. They are resistant, retarding movement towards what is emerging. This program will combine individual work within the group setting and discussion of principles and concepts inherent in nourishing the process of change. Personal work will stress learning to allow change by exploring the implications of our choices and how they catalyze or retard the expression of our emerging self. $290

Opening the Feelings: A Neo-Reichian Radix Workshop
Charles Kelley, Lara Amber, & Ed Perkinson

For workshop description see page 28. $320

Gestalt Practice / Richard & Christine Price

For workshop description see July 4-11. $290

Weekend of September 3-5

Growth Through Risk-Taking
David Schiffman & Dee Mundschenk

For workshop description see August 6-8. $120

Tuning In / Janet Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and thinking. Once we are aware of our tapes, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness, and other techniques to tune in to ourselves and each other. $120

God, Sexual Energy & Your Body / Gabrielle Roth

For workshop description see July 16-18. $120 + $2 *video fee.*

Quantum
Psychology
Workshop

Psychology and models for consciousness have been largely formulated in terms of metaphors originating in the seventeenth century mechanics of Newton and the nineteenth century electro-magnetic field theory of Maxwell. The time is long overdue for the integration of the expanded world view of post-Einsteinian quantum physics into the everyday world of people exploring the nature of consciousness.

We shall present the basic ideas of quantum and relativity physics in imaginative and entertaining ways. Relativity is based on a particular way of communicating. Quantum mechanics arises out of fundamental limitations placed on our control of the world. The second law of thermodynamics places a price in free energy on every bit of knowledge we acquire. A new kind of non-Boolean "quantum logic" applies to the actions of atoms and, perhaps, to the actions of human beings. Why does time appear to flow from past to future? What is the physics of life? How does form arise out of chaos? Are there deep archetypal structures acting as generative principles common both to physics and to psychologies of consciousness? These are the kinds of questions to be discussed and experienced in the workshop.

The workshop is recommended for physicists, psychologists, ministers, and teachers (high school and above) and all laymen with a serious interst in an intellectual understanding of the seminal problems at the "epistemic edge" between mind and matter.

Leaders:

Dr. Nick Herbert	*CORE, Boulder Creek, CA*
Dr. John King	*Professor of Physics, San Diego State University*
Dr. Jack Sarfatti	*Director, Physics/Consciousness Research Group, San Francisco*
Saul-Paul Sirag	*Institute for Study of Consciousness, Berkeley*
Dr. Peter Flessel	*Professor of Molecular Biology, University of San Francisco*
Dr. Fred Wolf	*Professor of Physics, San Diego State University*

$120

Week of September 5-10

Exploring Self-Acceptance
David Schiffman & Dee Mundschenk

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning.
$270 + $2 *video fee.*

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $240

Contact & Intimacy / Barbara Clemans & Ken Schrage

In this workshop we will combine our individual dynamics; Barbara emphasizing somatic process; Ken, psychological process in one environment. The focus on the body will be one of ease, using feldenkrais movement, sensing, massage and energy awareness to melt and dissolve impasses within us and between us.

Greater physical spontaneity will heighten our exploration of the interpersonal and intrapersonal psychological process: capacity for contact, withdrawal, receptivity, connectedness, responsiveness and our willingness to feel and express emotions. We will work with both individual and group process. Through this format we will be able to *experience* the integration of ongoing awareness as a continuum. This workshop is suitable for professionals and non-professionals alike. $270

Photo: Jack Kidder

Unfolding the Inner Self / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy which can be the source of great creativity, peace and joy in our life. All of us have moments in touch with it, and those are times when we are especially aware of our own unique beauty and strength. Sometimes this seed is called the "inner self."

There are methods, some age-old, some new, that can directly tap into the inner self and help a person live in touch with it in everyday life. We will use tools which are designed to be gentle, yet go deep—music and chanting to open the heart, meditation practices, a form of dance which strengthens the emotional center, theoretical sessions on unity consciousness, gentle physical exercises—and other techniques for unfolding.

The workshop is limited to 14 participants and is appropriate for beginners as well as those with previous group experience. $270

Weekend of September 10-12

A Weekend with Will Schutz

$110

On Being UP (Right!): A Celebration / Betty Fuller

This workshop will be a weekend adaptation of the workshop described for September 12-17. $110

Introduction to the Fischer-Hoffman Process
Bob Hoffman & Marion Pastor

The Fischer-Hoffman process is an intense and directed experience in uncovering, understanding, and growing beyond childhood programming, thus restoring our inherent human capacity to love ourselves and others. This weekend will be an experiential introduction to this process which was psychically received by Bob Hoffman from the late Dr Siegried Fischer. $110

Week of September 12-17

A Week with Will Schutz

$300

On Being UP (Right!): A Celebration / Betty Fuller

This workshop will include time by the sea to discover; communicate and experience fixed and rigid attitudes, beliefs, and postures—physical, mental and spiritual—that keep us bogged down and stuck in self-limiting and self-defeating behaviors that turn our lives into soap operas. As we complete the past's unfinished business and let go of tomorrow's fantasies that "Maybe . . . someday . . . ," we'll create space to be here now and author our life scripts by choice instead of custom. Based on cooperation, support, good will and plenty of laughter, this gestalt/encounter group also includes daily meditation, alone time, body work (feldenkrais, Trager mentastics and massage) and participation in the work and play of Esalen's community. $270

Contact & Communication / Julian & Beverly Silverman

$270

Weekend of September 17-19

Adding More to Your Relationship—Couples Workshop
Gerald Smith & Betsy Hand

The goal of this workshop is to develop more skill in expressing what you feel—in being close—in getting distance—in fighting fairly. It is not for couples in serious trouble, but instead for prevention and growth. Non-verbal as well as gestalt and family therapy approaches will be used. $110 + $2 *video fee.*

Opening the Feelings: A Neo-Reichian Workshop
Laura Dillon

The aim of this workshop is to help participants free up their capacity to experience and express deep feelings. Emotions are held in the body through muscular tensions which Wilhelm Reich called muscular armoring. Through the use of Radix emotional release techniques developed by Charles Kelley and other body oriented approaches we will work to soften these tensions and release the feelings held there. The group will provide a supportive nurturing atmosphere to enhance the process of emotional release. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Week of September 19-24

Massage Intensive / The Esalen Massage Crew

For workshop description see July 9-11. $270

You & Universal Motion / Robert Nadeau

For workshop description see July 25-30. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $240

Gestalt Practice / Richard & Christine Price

For workshop description see July 4-11. $270

Weekend of September 24-26

Yoga, Massage & Movement / Deborah Sulochana Medow

For workshop description see July 30-August 1. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Massage Intensive / The Esalen Massage Crew

For workshop description see July 9-11. $110

September 26–October 29

The Inner Road to Health
Approaches to Natural Healing & Self-Healing
Coordinated by Al Drucker & Richard Price

This is a workshop for staying well and helping others to stay well. The subjects covered will be an introduction and synthesis of many of the health and healing approaches taught at Esalen. The basic premise is that as we immerse ourselves in a nourishing environment, as we clear out the load of excess baggage and attachments that we carry around in our lives, as we engage in a daily spiritual and physical practice, and as we learn to live in a state of love and grace, our body-mind comes into harmony and order. Then we find ourselves on an inner spiritual journey of expanding consciousness. It is on this path, within the deepest wellsprings of our being, that we experience the healing current that permits us to heal ourselves and to guide others to health.

The workshop will be held in the Big House and many of the participants will be housed there. This is a beautiful mansion located on cypress-covered cliffs overlooking the rocky coastline of Big Sur, across the Hot Springs Creek from the main Esalen grounds.

This present program is the fourth time this experience has been offered. The previous programs filled quickly, so interested individuals are encouraged to enroll early.

Some partial scholarships will be available and awarded on the basis of need; for this a weekly work committment is required. Apply for scholarships by writing to Chris Price at the address given below.

Because of the intensity of the previously given 4 week workshops we have gone to a 5 week format, permitting a final week of integration and synthesis of the material presented. Principal subjects covered and guest leaders have changed somewhat from program to program, reflecting the group's and individual's interest. In the past the topics have included:

- Rolfing and Deep Tissue Work
- Acupuncture and Acupressure
- Herbal Systems of Healing
- Gestalt Process and Training
- Interpersonal Process Work
- Esalen Massage and Self Massage
- Shiatsu and Polarity Massage
- Bioenergetics and Body Release
- Anatomy and Physiology Subjects
- Nutrition and Diet
- Homeopathic Healing Systems
- Energy and Color Healing Systems
- Dance and Movement, Sufi Dancing, Folk Dancing
- Spiritual Practice, including meditation, chanting
- Physical Practice, including yoga, Tai Chi, feldenkrais, Arica gym
- Gardening and Work Projects

Obtain additional information by writing to Chris Price, Esalen Institute, Big Sur, California 93920.
Tuition: $1280 Deposit: $400

Week of September 26 - October 1

Your Personal Resurrection / Paul Rebillot

"To suffer one's death and be reborn is not easy."
—Fritz Perls

The Time: Harvest Time
The Place: Big Sur
The Theme: Death and dying; life and living
The Cast: You and me
The Script: Confronted with the immanence of your own death, you have the chance to delve deeply into how you feel about yourself, your past, your present, your future, your life and death. The process allows you to take care of any unfinished business that you feel is important.

Once you have said good-bye to all your attachments and faced your death, you awaken the next morning to a new beginning . . . a beginning that allows you to create your own life, since you now have the possibility of choice.

Bring anything you might want to help intensify the experience. (Clothing, objects, etc.) $270

Skills Workshop for Group Leaders
Jacqueline Larcombe Doyle

The focus of this workshop will be on providing an intensive group experience, introducing group techniques, and enhancing the transfer of these skills for persons already leading groups in various settings. Techniques will be drawn from psychodrama, encounter, gestalt, bioenergetics, psychomotor, and fantasy. We will also deal with communication skills in the area of sexuality. $270

Opening the Feelings: A Neo-Reichian Workshop
Laura Dillon

For workshop description see September 17-19. $270

Week of October 3-8

Self-Acceptance—The Freedom To Be
David Schiffman & Dee Mundschenk

Each of has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $270 + $2 *video fee.*

A Workshop with John & Toni Lilly

$270

Take a Second Look at Yourself / Janet Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter, and sensory awareness. $270 + $2 *video fee.*

Weekend of October 1-3

Exploring Self-Acceptance
David Schiffman & Dee Mundschenk

For workshop description see September 5-10. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Gestalt Awareness / Janet Lederman

For workshop description see July 9-11. $110

Weekend of October 8-10

Massage Intensive / The Esalen Massage Crew

For workshop description see July 9-11. $110

Opening the Feelings: A Neo-Reichian Workshop
Laura Dillon

For workshop description see September 17-19. $110

Quantum Psychology Workshop

For workshop description see September 3-5. $110

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Week of October 10-15

Energy / Bernard Gunther

We are all fields of energy living in an energy field. Our potential is limitless, yet we frequently find ourselves operating in fatigue and limitation. This damming of the Self is caused by excessive tension, shallow breathing, toxic relationships, and nonfocused thought, which rob the organism of vitality and pleasure. How to tap this infinite supply of energy, how to rechannel and raise sexual energy, and how to apply this knowledge in everyday activity will be the task of this seminar. In this work we will explore aspects of hypnosis, yoga, gestalt, psychosynthesis, and color sound chakra meditation to experience more fully our flow of vital and psychic energy. $270

God, Sexual Energy & Your Body / Gabrielle Roth

For workshop description see July 16-18. $270

Weekend of October 15-17

Medicine for the Nonmedical (or even the Medical) Don Lindsay

In this workshop the conventional scientific medical model is presented. We will discuss its philosophy, its strengths, weaknesses, mystiques, fears and snobbery, together with what the public fears and expects of it. We will share and experience our feelings, beliefs, and knowledge. Persons militantly antimedical are especially invited.

Suggested reading: *Panic in the Pantry*. $110

Meltingintwone / Bernard Gunther

Often we have sex when what we are really seeking is an open closeness, caring, energy sharing to quiet an intense underlying sense of tension, anxiety, and emptiness. Intimate relationships are most rewarding when they are not only pleasurable but uplifting, continually new and renewing. In this workshop for couples we will explore the physical mundane to a higher plane of consciousness, intimacy, and awareness. In this experience we will explore transmutation, polar therapy, and nonverbal communication; moving from intensity toward ecstatic bliss. $110 per person.

Week of October 17-22

Unfolding the Inner Self / Michael Butler

For workshop description see September 5-10. $270

Contact & Communication / Julian & Beverly Silverman

$270

Bio-Energy & the Gestalt Adventure Leland Johnson & Mary Ann Merksamer

Bio-Energy: Your body released through bioenergetics, chakra sound, meditation, and t'ai chi ch'uan . . .

The Gestalt Adventure: The discovery of your *now* self and allowing what is obvious in you to emerge. Through dialogue you allow integration and feeling whole . . . getting to know all of your selves.

This workshop will focus on clarity, expression, and movement. Many of the experiences you will take home with you are contained in *Bioenergetics—Body Contact Work* and a forthcoming book, *The Gestalt Adventure*, by Leland and Mary Ann. $270

Weekend of October 22-24

A Choice Workshop: The Act of Willing / Lenore Lefer

For workshop description see July 23-25. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Meditation Weekend / Robert Nadeau

We will explore centering and energy awareness in relationship to meditation. $110

Week of October 24-29

Yoga, Meditation, Movement, Massage Deborah Sulochana Medow

Through the regular practice of healing asanas and integrative movement, hatha yoga seeks to develop and maintain awareness of self. Meditation, a vehicle for inwardly focusing this awareness, quiets the mind and allows the spirit to grow and flower. The outward expression of this self awareness is movement: how we move in this world reflects who we are and how we feel about ourselves. Free form movement becomes a way to explore and creatively expand our ways of being. Massage, a means by which aware individuals can share with each other, serves both to heal and help people more fully experience each other. In this workshop, we will use yoga, meditation, movement, and massage to explore and expand our ways of feeling and seeing, relating and being. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $240

Opening the Feelings: A Neo-Reichian Radix Workshop Elaine Warburton, Bob Meyers, & Renan Sercarz

For workshop description see page 28. $300

Program for the Study of Culture and Consciousness

October 31—November 26, 1976

Realms of the Human Unconscious: Toward an Integration of Approaches
Coordinated by Stanislav Grof

Under the direction of Stanislav Grof, Esalen is gathering some twenty-five faculty members to offer 150 hours of practical and theoretical sessions for mental health professionals and students in various experiential techniques. The main objective of this workshop is to develop effective eclectic approaches to self-expression and work with clients acknowledging and utilizing psychodynamic experiences, as well as the process of psychological death and rebirth, and transpersonal phenomena. An experiential learning form will be used combining cognitive and experiential elements; intrapsychic, interpersonal and group techniques; film and slide material; and non-drug technology for consciousness exploration.

The approaches examined in this program will include gestalt practice, psychosynthesis, Jungian psychotherapy, Kalff's diagnostic and therapeutic sand play, neo-Reichian techniques, encounter, hatha yoga, meditation, Esalen massage, rolfing, Feldenkrais, acupuncture, and therapeutic use of music. Practitioners of these approaches will give a theoretical introduction and conduct individual and group work with participants. Mythological, anthropological and objective perspectives will be explored in regard to their relevance to comprehensive psychotherapy.

The program will include a systematic course on clinical work with psychedelic drugs and its implications for psychiatric theory and this practice of psychotherapy, including crisis intervention in situations related to unsupervised use of psychedelics.

FACULTY:

Tom Brenner
Cecil Barney, PhD
Joseph Campbell
Al Drucker
Betty Fuller
Stanislav Grof, MD
Michael Harner, PhD
Christina Healy
Barklie Henry
Hidden Mountain
Richard Horan
John Horler
Janet Lederman
Antoinette Lilly
John Lilly, MD
Peggy Morrison
Jaime Morton
Christine Price
Richard Price
William Schutz, PhD
Leni Schwartz, PhD
Beverly Silverman
Julian Silverman, PhD
Daniel Stat, PhD
Rick Tarnas

The program is limited to twenty-eight participants selected from applicants. The fee is $1,150 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute, Big Sur, California 93920.

If you wish to enroll in the program, send a letter containing biographical information and current photograph to Hidden Mountain, Esalen Institute, Big Sur, California 93920.

November 28—December 26, 1976

Paths of Transformation
Coordinated by Joan Halifax-Grof
Led by Paul Rebillot & Jean Lanier

"When you see, there are no longer familiar features in the world. Everything is new. Everything has never happened before. The world is incredible!"

—Don Juan, through Carlos Castaneda

"Make it new."

—Confucius, through Ezra Pound

This is an experiential and intellectual celebration of the light that emerges in the midst of our darkest Winter Solstice. In the process of this four week program, we will engage what Jung has termed "our own mythology" and the 2,000,000 year old human being residing within us all. This we will do through story, magic, image, word, deed, and dance.

In the first week of the program, the eminent mythologist, Joseph Campbell, will share with us the mythological cartographies of archaic and preliterate peoples in order to show us the universal and particular aspects of materials of all visionary experience, and arrive at some notion of how we may discover in the contexts of our own activated imaginations creative sources for the enrichment of our lives.

In the second week, we will explore these archaic maps through enactment with Paul Rebillot, Jean Lanier, and Joan Halifax-Grof. The hero's perilous journey, the spirit's quest for light, the grail, the mysteries of death and rebirth, these inspired human processes, universal in nature, will become a means of personal and transpersonal investigation of our own deepest selves.

The third week will be an exploration of the human unconscious, the shamanic world, and rites of transformation. Stanislav Grof will present his extended cartography of the human mind emerging from psychedelic research. Julian Silverman will share his unique research in the areas of shamanism and the shizophrenic process; Prem Das will guide us through the visionary world of the Huichol Indians; and Joan Halifax-Grof will summarize the week with a seminar on rites of passage. The conclusion of this third week with Gabrielle Roth will give us the opportunity to experience the mysteries of our own temple, the body as we work with imaginative, inspirational, and intuitive levels of our physical consciousness.

The final week of the program, the week of the birth of Christ, will be a time of metamorphosis. The music of Charles Loyd and others will be the energy field for the experience of Christmas. Paul Rebillot, Jean Lanier, Joan Halifax-Grof, and the Esalen staff will join us for this time of precious transformation.

Throughout the entire program, we will be doing individual as well as group work. The spectrum of experiential techniques will include: gestalt practice, body work, meditation, self-exploration with mandalas, shamanic proceedures, and laboratory equipment for inducing unusual states of consciousness. Nondrug technology, including the isolation tank, lotus cradle, and photic driver, will be available for use by participants.

This program is limited to 28 participants. The tuition is $1200. If you wish to apply, send a letter containing biographical information and a current photograph to Joan Halifax-Grof, Esalen Institute, Big Sur, CA 93920.

DEFINITIONS

Of Some Approaches to Human Growth Used in this Catalog

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man/woman within an evolving universe. Starting with each person's existential situation as he or she perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

MASSAGE

Massage is a healing art. It is practiced to help the body relax, to release tensions, to balance the energy flow, and to soothe the being with gentle caring. Massages are given individually; workshops, classes, and private lessons are available.

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow, and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

SHIATSU MASSAGE

Shiatsu massage is the oriental healing art in which the hands are used to apply pressure to acupuncture points over the entire body, allowing the springs of life to flow.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling, and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative, and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement, and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement*—to have life energy freely available and flowing, not blocked. *Awareness*—to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility*—to know and act on the principle that I am the one who acts, thinks, and feels whatever it may be that I act, think, or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participants. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

STRUCTURAL INTEGRATION (ROLFING)

Structural Integration or Rolfing is a method of deep manipulation of the musculo-skeletal system that aims at balancing the major segments of the body. We have learned that connective tissue (fascia, tendons, ligaments) can be lengthened by palpation and direct manipulation; this makes it possible to reorganize the basic body lines. A properly organized body will be subject to less stress and will move in a more economical way. Structural Integration has a second principle: posture is behavior. Humans are psychophysical organisms; one cannot divorce their physical from their psychological functions. When you change the structure, you change the function.

BIOGRAPHICAL INFORMATION

A

JEANNE ACHTERBERG received her training as an experimental psychologist with her major interest in physiology. She is primarily responsible for the administration of the training and for coordination of research design and data analysis at the Cancer Counseling and Research Center. Her most recent research has been in the area of correlation between psychological parameters and immunological response and examining the psychological characteristics of those patients who significantly outlive their life expectancy. (p 13)

PAUL AIKIN is a clinical psychologist in private practice in Davis. He has spent the past eight years in training and practice in gestalt, bioenergetics, and psychophysical approaches. He has taught at Michigan State University and the University of California, Davis, where he was a senior staff member and training consultant at the Counseling Clinic. (p 15)

LARA AMBER, staff trainee, leads classes and workshops and gives individual instruction in neo-Reichian emotional release at the Radix Institute. She is developing a practice in Denver, CO, and has co-led workshops at Esalen Institute and for the AHP Conferences. Before joining the Radix Institute in 1974, Lara instructed classes at the Denver Free University and the Denver Learning Center, and for three years worked with emotionally disturbed children. (p 29)

MAURICA ANDERSON has co-led the Esalen High Sierra mountain encounter for the past five years, in addition to working extensively in psychodrama and encounter with various diverse organizations. She enjoys a good grin. (pp 8, 24)

WALT ANDERSON teaches psychodrama at the California School of Professional Psychology in San Francisco and is a contributing editor of *Human Behavior* magazine. His latest book, *A Place of Power*, will be published this fall. (pp 8, 24)

B

ANNE LIEF BARLIN was a concert dancer with Doris Humphrey, Charles Weidman, Helen Tamis, and Lester Horton. She founded and for many years was director of the Dance Center, Inc., Los Angeles. Some of her works include "Dance-a-Story" (RCA & Ginn & Co) and *The Art of Learning Through Movement* (Ward Richie Press). (p 7)

DONALD BARENFELD is in private practice with Gestalt Associates in Santa Monica and is a member of the Gestalt Therapy Institute of Los Angeles. Don's work most recently has been blending Reichian body work with gestalt. (p 20)

GREGORY BATESON, author of *Steps to an Ecology of Mind*, is a world-famous ecologist and ethnologist. He originated the "double bind" theory which explains some of the causes of schizophrenia. His most recent interests join the workings of the human mind and emotions to the problem of ecology. (p 14)

GEORGE ISAAC BROWN has worked in gestalt for ten years, having trained with and served as co-therapist with Fritz Perls. He is Director of the Confluent Education Program at the University of California, Santa Barbara, where he teaches gestalt in the graduate school. He is the author of *Human Teaching for Human Learning* and, recently published, *The Live Classroom: Innovation through Confluent Education and Gestalt*, Viking Press. (pp 22, 29)

JUDITH BROWN trained with and served as co-therapist with Fritz Perls. She is a specialist in marriage and other primal relationships and is interested in families as systems and the effect they have on the individual family member. (pp 22, 29)

MICHAEL BUTLER has been leading workshops at Esalen for the past five years. He was trained in group process by John Heider and has been a roifer. Currently he is studying siddha yoga and meditation with Baba Muktananda. (pp 30, 33)

C

FRITJOF CAPRA took his PhD at the University of Vienna and has done research in theoretical high-energy physics at the University of Paris, the University of California Santa Cruz, Stanford University and the University of London. He is presently working at the Lawrence Berkeley Laboratory of the University of California. Besides his technical research papers, Dr Capra has published several articles about the parallels between modern physics and Eastern mysticism and has lectured extensively on this subject to European and American audiences. He is the author of *The Tao of Physics* on which his workshop will be based. (pp 10, 12)

RAY CASTELLINO has trained in polarity with Dr Randolph Stone and Dr Pierre Pannetier. He has been the director of the Polarity Center of Lafayette, California and co-director of the Polarity Center of Mill Valley, California. Currently he is the director of the Polarity Center of Berkeley, California where he teaches and gives individual polarity sessions. (p 8)

FRANCES CLARK, a clinical psychologist, practices psychotherapy in Marin County. She is on the faculty of the California School of Professional Psychology in San Francisco and is associate editor of the *Journal of Transpersonal Psychology*. (p 14)

BARARA CLEMANS was in residence at Big Sur during 1975 and 1976, teaching feldenkrais movement daily and using her approach to body awakening in individual and group work with the month long residence programs. Her trainings include: Arica institute, massage, polarity, dance, creative movement, sensing with Charlotte Selver, individual and group work with Moshe Feldenkrais, and a recent three month residency program with John Heider. She is a founder of The Massage Guild of California, and her work is featured in *Getting Clear, Body Work for Women*. (pp 5, 25, 30)

MICHAEL CONANT, director of the Institute for Bioenergetics and Gestalt in Berkeley, maintains a private practice with individuals and groups. He directs training for the Institute for Bioenergetic Analysis in Northern California and is on the board of directors of the Gestalt Institute of San Francisco. (p 10)

ELEANOR CRISWELL is the president-elect of the Association for Humanistic Psychology and associate of Novato Institute for Somatic Research and Training. She is also an associate professor of psychology at Sonoma State College. (pp 7, 14)

D

KATHY DICKMAN has been a massage therapist for six years, specializing in shiatsu, which she learned by apprenticeship with Toniyo Tashiro. Her appreciation of the body as consciousness has been enriched by experiencing and teaching the Arica training. At present, her interest lies in the development of sensing and instinct in massage. (pp 5, 11)

LAURA DILLON joined the Radix Institute more than four years ago. She led workshops at growth centers in the U S and Europe and currently lives and works at Esalen, Big Sur. She is a qualified masseuse. (pp 31, 32)

JACK DOWNING's living experience as a doctor, specializing in psychiatry, has been enlarged by spiritual development in Arica, work with Dr Ida Rolf in structural integration, experience with the contemporary drug culture, public administration in community mental health programs, research, and personal search and study, beginning with psychoanalysis in 1950. (p 22)

JACQUELINE LARCOMBE DOYLE is a psychologist, feminist therapist in private practice, teacher, consultant to industry, to school and prison drug programs, and supervisor to radical therapists. She co-founded a center for personal and social change, *Greenhouse, Inc*, in Cambridge, Massachusetts, where she has served as director of group training. She was formerly on the faculty of the Department of Psychiatry at the University of New Mexico medical school. She was an Esalen resident fellow in 1969. (p 32)

AL DRUCKER is a resident teacher at Esalen, where he has lived for the past ten years. He trained in various health and healing systems, including rolfing and acupuncture. Recently he returned from his third trip to India to be with his spiritual guide, Satya Sai Baba. At Esalen, Al's interest is in developing long-term programs which combine personal growth work with spiritual practice, community work projects, and instruction in various natural healing modalities. (pp 31, 34)

ADELE CHU DRUMMOND is a dancer and choreographer from Panama, presently living in the Bay Area. She is a soloist at St Paulist Church and some of her choreography has been performed at Galeria de la Taza and Lone Mountain College. Her dance training includes ballet, modern, jazz Afro-Haitian, Panamanian folk dance, Kabuki, t'ai chi, and Indonesian. She is now teaching privately in San Francisco. (p 8)

E

WERNER ERHARD is the founder of *est* (Erhard Seminar Training). (p 14)

F

ANN FARADAY is a psychologist who has pioneered self interpretation of dreams throughout the world. Her experience includes several years of experiential dream research in the laboratory, as well as training in Freudian and Jungian analysis, hypnotherapy, and gestalt. She is the author of *Dream Power* and *The Dream Game* and is currently experimenting with expansion of consciousness through dreams. (pp 5, 13)

MOSHE FELDENKRAIS, the developer of Functional Integration and visiting professor at the Humanistic Psychology Institute, is distinguished for his work in psycho-physical rehabilitation. His books include *Awareness Through Movement* and *Body and Mature Behavior*. (p 8)

BIOGRAPHICAL INFORMATION

KATE FITZMAURICE studied at the Central School of Speech and Drama in London. She has taught voice there as well as at the London University; the Academy of Dramatic Art in Rochester, Michigan; Juliard School; and American Conservatory Theaters. She has been actively involved in bioenergetics, yoga, and silva mind control. (p 7)

PETER FLESSEL is a professor of biology at the University of San Francisco. (pp 12, 29)

ARTHUR FOX is an organizational consultant and a group leader. He was a 1969 resident fellow at Esalen and has been a leader there ever since. Formerly the director of the Esalen College Program, he is currently developing a humanistic sports program for Union School of San Francisco. (p 10)

JANICA FOX did research in groups at Harvard and was a 1969 Esalen resident fellow. For the oast eight years she has been leading groups at Esalen, around the country, and in Europe. She has a private practice in the San Francisco Bay Area, including ongoing women's groups. (p 10)

BETTY FULLER is a Humanist Counselor whose lifescript includes roles as Esalen resident fellow, *est* seminar leader, theater-radio-TV professional, teacher-trainer, healer, athlete, counselor, consultant, organic gardener, faster, and dieter among others. She is currently celebrating the Year of the Body following two long fasts, considerable weight loss and a fresh outlook on everything. Betty teaches feldenkrais and Trager methods in addition to counseling couples and leading gestalt/encounter groups around the world. (pp 13, 21, 30, 34)

G

DICK GALLAND is a husband and father, a mountaineer, kayaker and trout fisherman. He was the founder and director of the Texas Outward Bound School. He is now the co-director, with his wife, China, of Peak Experiences, Inc., a non-profit, educational organization which combines the challenges of the wilderness environment with a deliberate focus on personal and organizational processes. (p 5)

WILLIAM GLOVER is certified in massage and has extensive experience and training in different approaches to the body. Among the persons with whom he has studied are Doris Breyer and Marion Rosen, a physical therapist. (p 9)

RAYMOND GOTTLIEB is a practicing optometrist and a specialist in sensory integration and the development of consciousness. He is a research fellow of the Humanistic Psychology Institute and a consultant at the Sonoma State Hospital and other agencies in perceptual training and learning disabilities. Dr Gottlieb has taught the Bates System since 1970. He believes that visual problems are stress-induced and are reversible. He currently practices in Cotati, California. (p 10)

IAN GRAND studies at the Center for Energetic Studies with Stanley Keleman, and has an individual and group practice in Berkeley. He has served as coordinator of the Experimental College and director of the Center for Educational Alternatives at California State University, San Francisco. (p 15)

TAMARA GREENBERG utilizes dance/movement as a body oriented approach to further emotional and physical integration in the individual. She leads workshops for The Center for Energetic Studies, Esalen Institute, and ongoing programs in Berkeley and Sacramento. She has worked for twenty years as a dance therapist in clinical institutions. (p 15)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over fifty articles in professional journals and books. He was a research psychiatrist at the Psychiatric Research Institute in Prague until 1967, clinical and research fellow at Johns Hopkins University Henry Phipps Clinic until 1969, and chief of psychiatric research at the Maryland Psychiatric Research Center and assistant professor at the Department of Psychiatry and Behavioral Sciences, Johns Hopkins University and is a resident scholar at Esalen/Big Sur where he authored *Realms of the Human Unconscious*. (pp 14, 34)

BERNARD GUNTHER is one of the pioneers in the use of awareness, relaxation, meditation and non-verbal communication in the total growth process. For seven years he was a staff member of the Esalen Institute in Big Sur where he helped develop the Esalen Massage. In recent years he has been involved in the study of psychosynthesis, breathing, alchemy, energy, acupuncture, healing, and hypnosis as they relate to personal, interpersonal, transpersonal consciousness. He is the author or many works including *Sense Relaxation, High Cards*, and *What to do Til the Messiah Comes*. (pp 27, 28, 33)

H

MARY ELLEN HAIGHT has had three years experience in biofeedback research. She teaches biofeedback at California State College of Sonoma and is a clinical associate at Novato Institute for Somatic Research. (pp 7, 14)

JOAN HALIFAX-GROF is a medical anthropologist specializing in psychiatry and religion. Her dissertation, "Indigenous Healing Systems and Contemporary Medicine: Toward an Integration of Approaches," reflects her crosscultural studies at Columbia University and subsequent field work in Africa and the Caribbean Islands, the study of the Afro-cuban religion "Santeria," and her work as anthropologist for the University of Miami School of Medicine in the Department of Psychiatry and Pediatrics. In 1972–1973, she was a research associate at the Maryland Psychiatric Research Institute, working primarily as a therapist and anthropological consultant in LSD psychotherapy with terminal cancer patients. She is currently a scholar in residence at Esalen/Big Sur. (pp 14, 34)

STEVEN HALPERN works with musical alchemy as a transformational vehicle. He composes, performs, and teaches practical applications of "sound principles" related to relaxation, health, and meditation. Toward this goal, he recently produced an album of music suitable for such use at home. (p 8)

BETSY HAND, is a family therapist in private practice in the San Francisco Bay Area. Her training was with Virginia Satir at Mental Research Institute. She was on the resident staff of Gestalt Institute of Canada and has been in practice for fifteen years. She is married and has two children. (pp 7, 30)

MICHAEL HARNER is an anthropologist known for his research on shamanism, primitive use of psychedelics, and human cultural evolution. His field work has been among North and South American Indians and includes five expeditions to Amazonian tribes. He is a professor and chairman of the anthropology program at the Graduate Faculty of the New School for Social Research in New York City. He is the author of *The Jivaro: People of the Sacred Waterfalls* and editor of *Hallucinogens and Shamanism*. (pp 14, 34)

ARTHUR HASTINGS is a researcher in consciousness and communication. He has taught at Stanford University and California Institute of Transpersonal Psychology and has directed the Esalen Human Consciousness Institute for the past two years. (p 14)

ANN HEIDER received a bachelor's degree in music history and theory and a master's degree in musicology. From 1967 to 1971 she lived and worked at Esalen Big Sur, where she studied and taught chanting, massage, tai chi chuan, and other moving meditations. (p 25)

JOHN HEIDER lives in Mendocino, California with his wife Anne and daughter Dove. The Heiders are helping to build the Human Potential School of Mendocino where they give training to human potential practitioners. John has also taught at Esalen/Big Sur and at Menninger Foundation and served as staff psychologist for the Veterans Administration. (p 25)

BARKLIE HENRY's current interests include drumming and developing a contemporary alchemy and disease typology. (pp 14, 34)

NICK HERBERT is a freelance industrial physicist presently working on the physics of ordinary consciousness. He is especially interested in quantum inseparability, conscious automata, and experiential approaches to "spiritual" phenomena. (pp 12, 29)

JAMES L HICKMAN is a psychology graduate student at California State College, Sonoma. He has traveled extensively in Eastern Europe visiting with scientists in the Soviet Union, Czechoslovakia, and Poland. He is consulting editor to *Psychoenergetic Systems*, has taught courses on parapsychology for four years, and has contributed to many publications on biological energy field research. He is currently a research consultant to H S Dakin Company in San Francisco. (p 14)

HIDDEN MOUNTAIN is a former student of theater and dance whose interests now center on transformations, initiations, and the personal vision quest (pp 14, 34)

BILLIE JEAN HOBART is a communications instructor at the College of Marin, a teacher and lecturer on innerspace and a tarot counselor in the bay area. She has also written several books: *Natural Sweet/Tooth Breakfast Dessert and Candy Cookbook, Expansion*, and *Expanded Task*. (p 7)

BOB HOFFMAN was a businessman who used his psychic abilities as a hobby until 1967, when he psychically experienced what has come to be known as the Fischer-Hoffman Process. Since that time he has devoted his life to developing and refining the Process. He is the director of the Hoffman Quadrinity Center and author of a book about the process being published by E P Dutton this fall. (p 30)

BIOGRAPHICAL

AL CHUNG-LIANG HUANG is director of the Lan T'ing Institute at the Alan Watts' Society for Comparative Philosophy in Sausalito, California. Master of T'ai Chi, dance/theater, brush calligraphy and other Asian fine and martial arts, he is the author of *Embrace Tiger, Return to Mountain* (Real People Press) and the collaborator with Alan Watts in *Tao: The Watercourse Way* (Pantheon Books.) He is currently working on two books: *T'ai Chi For All Seasons: A photo essay with Ko Si Chi;* and *The Original Faces Before You Were Born: I Ching Mandalas based on the Peking Opera Face Paintings.* (Viking Press-Gressman Publishers). (p 13)

JINENDRA JAIN. After obtaining his Master's degree in 1959, Jinendra taught English literature for ten years at the Deshbandu College of Delhi University. Seven years later, while still a lecturer, he was initiated into Transcendental Meditation and worked with Maharishi Mahesh Yogi. The next year he met his Master, Baba Muktananda Parahans, and received initiation in Siddha Yoga. In 1969 Jinendra resigned from the college in order to join his teacher full time and intensify the study and experience of Indian philosophy and different aspects of yoga. He has worked as an interpreter for Swami Muktananda, led meditation and chanting, lectured and counseled, in India and abroad. (p 26)

KATHERINE DA DILVA JAIN Katherine's knowledge of yoga is based on six years spent in Paramahansa Yogananda's ashram in California and continuing studies in yoga and philosophy. She received a B A in psychology from Montclair State College in New Jersey. For three years Katherine was a yoga therapist in the psychiatric unit of St. Joseph's Hospital in New Jersey and has worked with drug addicts and alcoholics. A yoga teacher and lecturer, she founded and was the president of the Yoga Organization for Research and Education in New Jersey. She has made a record and written instructional books of yoga. (p 26)

LELAND JOHNSON has worked with gestalt, bioenergetics, and meditation over the past eight years. Recently he has trained with Ida Rolf and Emmet Hutchins in structural integration. He is the author of *Bioenergetics—Body Contact Work* and co-author of *The Gestlat Adventure.* He is the founder of the Espiritu Centre for Human Potential, where he conducts his rolfing practice. He has led training workshops for professionals in Syria, Virginia, Mexico, and Houston. (p 33)

IRV KATZ is a professor of psychology at the University of Nevada and an adjunct faculty member of Antioch College West. He is also on the field faculty of HPI and Fielding Institute. Irv uses a wide variety of methods in his workshops, including psychodrama, bioenergetics, and psychosynthesis. (p 10)

LYNNE KAUFMAN has taught theater games for the past seven years at University of California Extension, Berkeley, and University of California Extension, San Diego. She has directed and performed in the Revue Theater and studied theater games with Viola Spolin, Alan Meyerson, and Paul Sills. Currently, she creates special educational programs for University of California Extension and is a short story writer. (pp 5, 9)

ANNA KAYE studied reflexology or "zone therapy" with Eunice D Ingham, author of *Stories the Feet Can Tell,* and related approaches with Dr Houston and Dr Randolph Stone. She has taught reflexology and the Bates eye method for many years as well as having a private practice in San Francisco. (p 7)

STANLEY KELEMAN heads the Center for Energetic Studies, runs professional training groups for psychotherapists, and maintains a private and group practice. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. He is the author of *Your Body Speaks Its Mind* (Simon & Schuster, fall 1975). *The Human Ground: Sexuality, Self and Survival, Living Your Dying,* and *Todtmoos.* (p 15)

CHARLES KELLEY, director of The Radix Institute in California, is a scientist who has specialized in vision training and human factors research for twenty-five years. In 1950 he became a student of Wilhelm Reich, contributing to Reich's journals during his life and to the development of his theories in the years since Reich died. He is a qualified masseur, Bates instructor, and writer. He and the staff he has trained are noted for their adaptation of Reichian techniques in the small-group process Kelley terms the "Radix Intensive." (p 29)

DOROTHY KELLY is a co-leader of Stress Awareness Seminars and a staff member of Devta where she teaches Hatha Yoga. (p 12)

GEORGIA KELLY, a concert harpist and astrologer, lives in Big Sur and is interested in the healing process using sound and music. (p 25)

LORLE KRANZLER KENNEDY is a movement therapist in private practice in Berkeley and is on the staff of the San Francisco Conservatory of Music and the San Francisco Merola Opera Company. (p 10)

JOHN KING is a faculty member of the physics department at the University of San Francisco. (p 29)

BOB KRIEGEL was the co-founder and co-director of the Esalen Sports Center, and the director of the Esalen Consulting Service. He has been a special consultant to the Texas Outward Bound School and 6th Army Drug and Alcohol Abuse Unit. He has led encounter and gestalt groups at Esalen and other growth centers around the country, and has conducted special programs for universities, social change agencies, and mental health centers, both in a new view of sports and awareness and on various aspects of humanistic psychology. He is currently the director of the SAGAS Project (Self-development thru Active Games and Sports) and is a research fellow at the Humanistic Psychology Institute. (pp 5, 24)

JEAN LANIER has an extensive background in psychological and theological studies which came to focus through her gestalt experiences at Esalen Institute. She has been doing workshops in London, Spain, and the U S. She is author of *The Evolution of Eve, The Awakening of Adam,* and *Diagnosis,* a book of poems. She is Visiting Scholar and Instructor of experiential theology at Union Seminary in New York City, and she teaches at Wilfred Laurier University in Canada. (p 34)

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair,* a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen/Big Sur. (pp 21, 25, 32, 34)

LENORE LEFER, an associate of the Psychosynthesis Institute, is a former executive director of the Bridgeport, Connecticut Mental Health Association, research scientist, psychological examiner, teacher, Esalen resident fellow, and organizational consultant. She has completed advanced training at the Psychosynthesis Institute in Palo Alto, California. She leads groups, works with individuals and couples using psychosynthesis, and is presently involved in the training of professionals. (pp 7, 9, 24, 33)

NORMA LEISTIKO, an actress and dancer, is in the Humanistic Psychology Institute's Feldenkrais residential training program and is working on her master's degree at Lone Mountain College in creative arts therapy. She has worked with Anna Halprin for fifteen years and teaches at Dancers' Workshop and the Gamman School of Massage. (p 9)

GEORGE LEONARD has led workshops in various disciplines at Esalen and elsewhere over the past decade. He holds a black belt in aikido, his major field of study since 1970. He is author of *Education and Ecstasy, The Man & Woman Thing, The Transformation,* and *The Ultimate Athlete.* (pp 11, 12, 26)

ANTOINETTE LILLY is a psychotherapist with training in Eastern mystical tradition and contemporary methods of freeing the self. She has had many hours of tank work, done at the Lillys' research center, "Human Software Inc." Her first book is *Dyadic Cyclone* (co-authored with John Lilly). (pp 28, 32, 34)

JOHN C LILLY is a teacher-scientist-mystic on the path of examining the depths and far reaches of human consciousness. Dr Lilly began with pioneering research into the mind of the dolphin and continued his explorations deep into the mind of man. A scientist and psychoanalyst, Dr Lilly uses himself as his subject. His investigations have led him through experiments in solitude, isolation, and confinement to LSD research. His books include *The Center of the Cyclone, Dyadic Cyclone,* and *Simulations of God: The Science of Belief* (May 1975). (pp 28, 32, 34)

DON LINDSAY began his career as an army psychiatrist. Thereafter, he spent a short time as a general physician and then did post graduate training in dermatology which he practised. He is presently assistant clinical professor of medicine at U S/C and a member of the Los Angeles County Hospital attending staff. In 1965 Dr Lindsay started the Foundation for Research in Aging. In 1970-72 he returned to UCLA full time and took most of the freshman year of medical school over again. Following this he completed a two year post doctoral fellowship in endocrinology and endocrine research at UCLA. He has spent the past year in residence at Esalen where he has been looking at alternatives to the scientific model. (p 33)

CHARLES LLOYD is a musician whose instruments are primarily flute and saxophone. His range extends from jazz-avant garde and contemporary classical through rock and traditional forms of American music. He has been a student and is currently an instructor and initiator of Transcendental Meditation. His interest in various methods of natural healing include periodic fasts using mucousless diet techniques. (pp 25, 34)

POONAM LOWE is English but regards California as the place where her own personal revolution started. That was eight years ago when she trained in gestalt and encounter work here. Since then she has founded the first and largest growth center in Europe—Quaesitor—and has been working as a therapist and group leader in London. Two years ago she left Quaesitor to spend more time with her teacher Bhagwan Rajneesh. She is now running a meditation center in London for Bhagwan as well as continuing her therapy work. (pp 25, 27)

INFORMATION

TOBY LURIE is an experimental poet, musician, author, and teacher. He is a kind of minstrel in the oral tradition of poetry. His publications include three books of poetry, a textbook on vocal poetry and two recordings. (p 11)

JULIA LYNN is a co-leader of Stress Awareness Seminars. She has studied at the San Francisco Gestalt Institute, has led verbal communication skills groups and is currently in training at the San Francisco Dancers' Workshop. (p 12)

MANN "CRICKET" MACKINLAY is the first woman to climb all the 14,000 foot peaks on the West Coast. She teacher winter wilderness and backpacking/survival classes and leads life work planning workshops. (p 9)

STEPHANIE MATTHEWS has worked as a therapist for three years, facilitating group therapy sessions with cancer patients. She is responsible for the development and implementation of an intensive psychotherapy program, which has become a model for the development of other programs in the country. Ms Matthews lectures and consults frequently on the emotional aspects of cancer. (p 13)

ED MAUPIN is a body-oriented psychologist. He did his doctoral research at the University of Michigan on zen meditation, was an associate in residence at Esalen Institute from 1966-1970 and has been with the Arica School since 1971. (p 8)

BARRY MCWATERS is a clinical psychologist and Oriental rug dealer living in Mill Valley with two children and other friends. He is especially interested in groups and the relationship between nature and inner space. (p 8)

DEBORAH SULOCHANA MEDOW is a student and teacher of yoga, diet and nutrition, movement, meditation, zone therapy, massage, and related healing arts. A former Esalen resident fellow trained by John Heider and Seymour Carter, Deborah has supplemented her studies with workshops in polarity therapy with both Dr Randolph Stone and Pierre Pannetier, and in iridology with Bernard Jenson. This past year she has also been guided along the spiritual path by her teacher Hari Das Baba. In addition, Esalen's "yogini in residence" has been teaching and leading groups at Esalen and various other centers around the country for the past six years. Deborah is also a member of the massage crew at Esalen/Big Sur, where she gives both Esalen style and polarity masrages. (pp 24, 31, 33)

MARY ANN MERKSAMER has worked with gestalt for five years and has trained with Da Liu in t'ai chi ch'uan. She conducts professional training workshops and is the co-director of the Espiritu Centre for Human Potential and also a founding member of the Gestalt Institute of Houston. (p 33)

BOB MEYERS joined the Radix Institute's Training Program in Santa Monica, CA in 1975, where he has given private instruction and co-led groups and workshops. His interests include the physical Radix functions as well as its functioning in emotional release work. (p 33)

JAY MIKESELL has been associated with the Radix Institute for four years. He has been interested in energy research for five years and has done amateur scientific research with Reichian devices such as the orgone energy accumulator and Reich's weather control apparatus. Jay is receiving his B A in psychology in May, 1975 from Johnston College, where his work with various therapies has included extensive work in gestalt. (p 24)

EMMETT E MILLER holds degrees in mathematics and medicine and currently practices hypnotherapy, movement therapy, and selective awareness in the San Francisco Bay Area. He teaches and leads workshops for both lay and professional groups. He has developed Selective Awareness, a technique of self healing, and coherency theory, a psychophysiological approach to the relationship of mind and body in health and disease. He is the author of the book *Selective Awareness*, an introduction to his work. (pp 14, 24, 28, 29)

NITZA BROIDE MILLER is a registered dance/movement therapist and clinical psychologist with extensive experience in both verbal and nonverbal techniques. She is a professional folk dancer and teacher of classical, modern, primitive, and creative dance. She has studied dance and movement therapy with Marion Chase, Mary Whitehouse, and Alma Hawkins, and has used and taught these modalities in her private practice in Menlo Park, California, as well as in numerous schools and hospitals in the United States and in Israel. (pp 24, 28, 29)

ROBERTA DELONG MILLER was formerly a staff member at Esalen and head of the massage crew in 1970-71. Her work with body energy through massage is recorded in her book, *Psychic Massage* (Harper, 1975). She currently lives in Boulder, where she teaches self-healing through meditation and awareness of energy processes. (p 26)

SIRI MISHLER, senior trainee, teaches Education in Feeling and also vision improvement to groups and individuals at the Radix Institute. Siri has taught workshops at the AHP conferences and at Esalen Institute, and she will be leading monthly weekend workshops in the San Diego area. She has had substanital work in bio-energetics, and before coming to California has taught at the University of Minnesota. (p 24)

FREDA MORRIS is a hypnotherapist, former professcr of Medical Psychology at UCLA and author of the book, *Self-Hypnosis in Two Days* and numerous magazine and journal articles. (p 10)

JAIME MORTON, a four year student of massage techniques and body work, currently lives in Big Sur and is working on the Esalen staff massage crew. (pp 29, 34)

DEE MUNDSCHENK has experience in neuropharmacological research, social work, counseling, group processing, coordinating an experimental mental health center, and teaching oriental art appreciation. Her Masters is in art and anthropology and she is currently working on a PhD integrating psychology and the creative and meditative arts. In addition to western therapy techniques, she has studied t'ai chi, yoga, sumie in a Zen monestary in Japan, karnatic music in India, and various socializing art forms in Europe, Israel, Africa, S and SE Asia, and S America. (pp 11, 14, 22, 25, 29, 30, 32)

MICHAEL MURPHY is co-founder of Esalen Institute and a long time student of Eastern religion and philosophy. He is the author of *Golf in the Kingdom*. (pp 11, 12, 13)

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. Bob also teaches aikido. (pp 7, 9, 11, 24, 29, 31, 33)

Audio Cassette Recordings

The following tape recordings in cassette form are available from the Joan & Stanislav Grof *Culture and Consciousness* Spring 1975 program. Each cassette is priced at $5 per hour of recording:

Will Schutz: Interpersonal Psychodynamics
Speaking to a newly formed group interested in mystical experience, Will Schutz gives an excellent presentation of his work at the lower chakra levels: three basic interpersonal needs *(inclusion/control/affection)* and three principles of encounter and life *(truth/choice/awareness)*—with extra thoughts on the great cosmic joke, the only human fear, the three kinds of medicine, the idea of total responsibility, and our human need to feel aliveness. 90 minutes $7.50

Gregory Bateson: Metaphors and Butterflies
Someone has said that when you ask Gregory a question, he will likely give you an answer that causes you to question all the assumptions behind that question. During this Grof workshop session, Alice in Wonderland's "bread-and-butterflies" provides one of the metaphors in a non-linear, analogic discussion of psychedelic experience, dreams, realities and other bits and pieces of the stuff of which we are made. 90 minutes $7.50

Please make check payable to: WORKSHOP CASSETTES, c/o Hot Springs Lodge, Big Sur, California 93920. Tapes from many other Esalen events can be developed if there is sufficient interest. Please indicate the specific areas of your interest for such recordings, and mail to the above address.

BIOGRAPHICAL

O

BRENDAN O'REGAN is Director of Research at the Institute of Noetic Sciences, Menlo Park, California, founded by former astronaut Edgar Mitchell. He is a contributor to *Changing Images of Man* (Stanford Research Institute) Mitchell's *Psychic Exploration*, and was research coordinator for R Buckminister Fuller at Southern Illinois University. His research interests are in neurochemistry, physics and consciousness, and scientific paradigms. (p 14)

CHRIS FELDMANN O'REILLY has been a researcher and explorer in consciousness for several years. She is interested in developing a new language for different states and processes of consciousness and in teaching people how they can tune into their own inspirations and awarenesses. She teaches classes in consciousness in San Francisco, New York, and Boston, and has a private counseling practice under the auspices of the Community for Conscious Evolution. She studied with George Simon for two years and became his partner. She has also taken the *est* training. She is currently working on a book concerning individual process. (p 21)

POLDI ORLANDO was born in Vienna, Austria and was a member of the dance company of the Vienna State Opera. Since childhood, movement and body expression was her major interest. Since coming to the United States her interests widened to include art and gestalt. She is now a movement and gestalt practitioner in private practice and on the training staff of the Gestalt Institute of Florida. (p 24)

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique. He teaches the Alexander technique at the American Conservatory Theater, and is in private practice in San Francisco. (p 5)

P

ROZ PARENTI, a former communications therapist at the University of California Medical Center, is presently a staff member of the Family Therapy Center. (p 10)

MARION PASTOR is a gestaltist and trainer, hypnotherapist, and group leader. She has taken extensive training in a number of different methods of body work and of meditation. She took the Process in 1973 and is now a teacher and coordinator at the center. (p 30)

JOSEPH CHILTON PEARCE, former humanities teacher and author of *Crack in the Cosmic Egg* and *Exploring the Crack in the Cosmic Egg*, devotes his time to writing in a rustic cabin in the Santa Cruz mountains. When not writing he is presenting seminars on the Magical Child based on the forthcoming book *Magical Child: Revolution in Mind-Brain Development* (E P Dutton, 1976). (p 13)

ED PERKINSON is a clinical member and clinical provisional teaching member of the ITAA. He is a clinical member of the American Association of Marriage and Family Counselors, and has been in training with Charles Kelley of the Radix Institute in Santa Monica, CA in the Radix Extension Teacher Training Program where he has been studying and applying neo-Reichian techniques and theory since January of 1975. (p 29)

ALBERT PESSO is president of the Psychomotor Institute, co-founder of Psychomotor Therapy, consultant to the staff of the Adolescent Day Center at McLean Hospital and presently an adjunct professor for the Fielding Institute and the Union Graduate School. Al is the author of two books on PSP *Movement in Psychotherapy* and *Experience in Action*. (p 26)

DIANE PESSO is co-founder of Psychomotor Therapy, executive director of the Psychomotor Institute and director of Psychomotor Therapy at New England Rehabilitation Hospital. Diane is a former faculty member of Emerson College and Sargent College of BU. She has been a Psychomotor therapist at McLean Hospital, the Psychomotor Institute and in private practice. She is currently involved in the application of Psychomotor techniques for chronic atypical pain patients. (p 26)

GIORA PINKAS was trained as a dancer and teacher of physical education and sensory awareness in Israel before training in London as an Alexander teacher. He has taught the Alexander technique in England, Germany, and Israel and for the past three years has been practicing in the Bay Area. (p 5)

PREM DAS, "Servant to the God of Love," received training in kundalini and ashtanga yoga from Hari Das Baba while in India five years ago. For the past four years he has been living in Mexico among an isolated tribe of Indians called Huichol—"healers"—extending his study of yoga into the realm of shamanism and traditional life styles. (pp 14, 34)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is currently practicing acupuncture in Monterey. His prior training includes Arica Institute, gestalt, Reichian energetics, and structural integration. He has studied and led workshops with Richard Price, John Heider, John Lilly, Will Schutz, Ida Rolf, and Jack Worsley. He is the co-author (with Ron Kurtz) of *The Body Reveals*. He is currently interested in fusing these teachings to develop a new humanistic model for healing the whole person (body-mind-spirit). (pp 21, 26)

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 20, 25, 29, 31, 34)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 12, 20, 25, 29, 31, 34)

LEE PULOS is a clinical psychologist in private practice and director of the Center of Parapsychological Studies in Vancouver, B C. He has held teaching appointments at the University of British Columbia, Wisconsin, and Indiana. In addition to his extensive academic-clinical background, he is a "down to earth" pragmatist as the owner-director of a business corporation. (pp 8, 14)

R

ELAINE RAPP is a sculptor and registered art therapist who teaches in the graduate art therapy programs of NYU, University of New Mexico, and Pratt Institute. She has led training workshops in art therapy at growth centers throughout the US, and has pioneered in bringing together gestalt and sculpting. Elaine lives in New York, where she is director of Creative Growth Workshops and is on the faculty of the Eastern Institute of Gestalt Therapy. (p 24)

MYRTLE RATCLIFFE is currently a member of the Esalen Conference Team and is also interested in music, massage and cooking. She lives in Big Sur. (pp 25, 29)

PAUL REBILLOT has spent the last four years integrating a large variety of experiential techniques into a holistic approach to the growth process. He is an actor, director, writer, and has taught at San Francisco State College and Stanford University. He was founding director of the Gestalt Fool Theater Family in San Francisco, originator of the Gestalt Tarot process, and has been a resident group leader at Esalen Institute, Big Sur. He has trained mental health professionals in gestalt and encounter at Emanuel Hospital, Turlock, California, and Contra Costa Community Hospital in Martinez. It was out of this work that the Hero's Journey and Your Personal Resurrection processes evolved. Besides his private and group work, he recently completed a tour of Europe where he worked with and trained professionals in his approach. (pp 8, 22, 32, 34)

STELLA RESNICK is a clinical psychologist and gestaltist who trained with Fritz Perls. She studies meditation, health, yoga, and dance, is the author of *Gestalt Therapy as a Meditative Practice* in the new book *Gestalt Is*, and is an editor of the catalog of sexual consciousness. (p 27)

JEANNE ROSE is an herbalist and educator who has taught extensively on the use of plants for healing. She is an active member of the Herb Society of America, and has written several books on herbs: *Herbs & Things, The Herbal Body Book*, and *Kitchen Cosmetics*. She is currently conducting research for her next book which will deal with herbal first aid for humans and animals. (pp 7, 11)

GABRIELLE ROTH is the founder and director of the Moving Center, a service organization created to present, serve and support the artist as healer. The primary focus of Gabrielle's work has been with people who serve people. She has conducted seminars and trainings for the staff and faculties of universities, churches, hospitals, mental health facilities, and major growth centers both in the United States and Europe. Her work with groups and individuals springs from a psychic base, enabling her to channel the precise data and experience which open a person up to the next level of self awareness. She currently lives and works in Marin County. (pp 7, 14, 20, 21, 29, 33)

FRANK A RUBENFELD is a clinical psychologist who trained with Fritz Perls at Esalen. He has led gestalt workshops at Esalen since 1969, and is on the faculty of the Gestalt Institute of San Francisco and the California School of Professional Psychology. His residence is in Berkeley, where he practices group and individual psychotherapy. (pp 24, 28)

ILANA RUBENFELD trained with Fritz and Laura Perls, integrating the Alexander Technique and gestalt therapy. She is a certified teacher and board member of the American Center for the Alexander Technique, and has trained with Moshe Feldenkrais. She is on the faculties of New York University Graduate School of Social Work and Eastern Institute of Psychotherapy. (p 26)

S

JACK SARFATTI is a physicist and the leading theoretician of the Physics Consciousness Research Group, San Francisco, California. Dr Sarfatti has been a faculty member in the physics department of San Diego State and honorary research fellow of Birkbeck College, University of London. He has recently returned to the U S from UNESCO's international center for theoretical physics in Trieste, Italy. Dr Sarfatti is co-author of *Space, Time and Beyond* with Bob Toben and Fred Wolf. (pp 12, 29)

DAVID SCHIFFMAN, a former director of Anthos, a growth center in New York City, was founder and coordinator of the Humanistic Psychology Program at New York University's School of Continuing Education. He has lectured at the University of California, Princeton, and other schools, and has conducted special programs for industry and social agencies. He is currently a leader in residence at Esalen/Big Sur, where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 11, 14, 20, 22, 25, 29, 30, 32)

INFORMATION

KENNETH SCHRAGE has had experience training clinicians, educators, and counselors who work in the fields of mental health, secondary education, and penal rehabilitation. He has been on the faculty of the University of Miami, Department of Psychiatry and has taught at Florida International University. He has been consultant for the US Office of Education and has been director of a therapeutic community for substance abusers. He has trained extensively both with John Heider as a human potential practitioner, and with the Gestalt Institute of Florida. His approach to psychological process combines both interpersonal and intrapersonal awareness. (p 30)

WILLIAM SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais, and *est*. He is the author of *Firo, Joy, Here Comes Everybody,* and most recently *The Elements of Encounter*. (pp 30, 34)

ALAN SCHWARTZ practices privately in New York City. He studied gestalt with Laura Perls and for three years was a member of the training program at the Institute for Bioenergetic Analysis in New York City. His special interest is training professionals in the synthesis of gestalt with bioenergetics. He is known for his adaptation of the energetic philosophy to education and counseling. (p 28)

RENAN SERCARZ, staff trainee, teaches "Education in Feeling" in workshops and with individuals at the Radix Institute. Renan also teaches problem solving skills and development of personal power in women's groups as well as mixed groups. (p 33)

DAVID SHERMAN, staff trainee, co-leads classes and workshops in Santa Monica, where he also gives individual instruction in Education in Feeling. He has been an instructor at the AHP conferences, and is scheduled for Esalen Institute and the mid-west. He is a licensed masseur, and uses this knowledge effectively with his neo-Reichian work at the Radix Institute and in his own practice. (p 24)

JIM SHERE studied extensively with Dane Rudhyar, is former director of the International Committee for Humanistic Astrology, and currently has a private practice in humanistic astrology. (p 10)

BEVERLY SILVERMAN is a gestaltist and a senior rolf practitioner. She has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the U S Army at Fort Ord. (pp 14, 21, 26, 30, 33, 34)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His training includes gestalt, encounter, psychosynthesis, and organizational development. He is involved in teaching group process work to therapists and other health and business professionals and is the author of many experimental and theoretical articles on sensory and perceptual funtioning and on so-called altered states of consciousness. His theory of attention dis-function in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the field of psychiatric research. He has also been involved in the creation of psycho-physical environments that encompass Fritz Perls' and R D Laing's conceptions of the nature of human growth and dis-ease. (pp 14, 21, 26, 30, 33, 34)

O CARL SIMONTON is Medical Director at the Cancer Counseling and Research Center. Formerly chief of radiation therapy at Travis Air Force Base, and a radiation oncologist, Dr Simonton instituted an approach to the cancer patient combining meditation and biofeedback principles with standard medical management in the treatment of the cancer patient. For the past four and one half years, Dr Simonton has researched and evaluated various modalities for influencing the course of malignancy by intimately involving the patient as a whole in an exploration of psychological factors which both enhance and inhibit the growth of this disease. (p 13)

SAUL PAUL SIRAG is a physicist and is vice president of the Physics Consciousness Research Group. He is also research associate for the Institute for the Study of Consciousness in Berkeley and is a novelist and playwright. (pp 12, 29)

HARRY SLOAN is an associate of the Psychosynthesis Institute. He is a former dentist, and Esalen Resident Fellow, and playwright. He is in private practice in San Francisco and is currently interested in teaching principles and techniques for broadening perspective—"seeing oneself beyond the impasse." He is presently in advanced training at the Psychosynthesis Institute, and is working with individuals and groups in psychosynthesis. (p 29)

GERALD SMITH, family therapist, has a doctorate in counseling from the University of Pennsylvania. His approach combines family therapy and gestalt. He has authored *Couple Therapy* (47 communication experiences for couples) and *Hidden Meanings*. He has a family therapy practice in Belmont, California, and has led Esalen since 1966. He is married and has three children. (pp 7, 30)

ZOE SNYDER is a member and trainer at the San Francisco Gestalt Institute and is in private practice in Berkeley. (p 10)

DYVEKE SPINO is a community health consultant and formerly a fellow at Columbia University in organizational analysis. She is presently conceiving and designing a new Sports Cluster College at Sonoma State and teaches courses on new directions of sport at U C Berkeley, Davis, and for the psychology department at Sonoma State. Currently she is designing transformation physical fitness programs for business and industry and educational institutions. She is a tennis pro, ski instructor, and classical pianist. (p 21)

MIKE SPINO is director of the Esalen Sports Center and is in private practice as a physical fitness counselor. He has created an integral mind/body training focused in the running experience based on the work of Percy Cerutty and Mihlay Igloi. He is presently studying with Michael Murphy and is the author of *Poems of a Long Distance Runner,* and *Beyond Jogging: the Innerspaces of Running.* (pp 7, 9, 11, 13, 26)

JOHN RAPHAEL STAUDE is a Humanistic Social Psychologist. He has just returned from 3½ years of study of Jungian psychology in Zurich and London. His books include *Max Schuler* (1967), *Consciousness and Change in Self and Society* (AT Press) and *C G Jung and His World* (forthcoming) (p 21)

BILL STEWART is a black singer and poet who was born in Mississippi. Throughout his life, friendship has been his koan and primary myth. He is currently working as an administrator at University of California. (p 8)

JUDITH STRANSKY studied the Feldenkrais method in Israel and has more recently trained with Dr Feldenkrais in his special training programs in California. She is also a qualified teacher of the Alexander Technique in Santa Monica. Her background includes intensive Reichian therapy, gestalt, and other psychophysical approaches, as well as t'ai chi and psychic healing. She teaches the Feldenkrais method and the Alexander Technique in Santa Monica, California and is on the faculty of UCLA. (p 28)

DICK STRONG has climbed in the United States, Canada, Norway, and Europe. He has been a mountain guide and cattle rancher and currently is an agricultural consultant. (p 9)

RAY STUBBS was trained in massage through Esalen and the Massage Institute of California. He is on the staff of Devta, a center for the body, and teaches massage workshops in several states. (pp 7, 11)

T

YANNI TOUSSULIS studied counseling psychology at Lone Mountain College, has trained in gestalt counseling with John Enright, and has taught through the Esalen College Program. (p 10)

W

JANE WALTER is a certified masseuse in private practice in San Francisco. She trained in massage with Gunver Jackson, Margaret Elke, and Kathy Dickmann (shiatsu), and has been teaching massage for three years. Currently she is training to become a physical therapist. (p 10)

ELAINE WARBURTON, Workshop Coordinator and a certified teacher of Radix "Education in Feeling," joined the Institute in 1971 and became a member of the training staff in 1975. Elaine received her master's degree in counseling at the University of California at Santa Barbara, and has done counseling both privately and with groups. A qualified masseuse, she has also had substantial experience in bio-energetics and gestalt, as well as in Radix Education. (p 33)

RUSSELL WILLS, is a Palo Alto psychologist and consciousness philosopher. He has done extensive research applying Senoi techniques to children's groups and is co-author of the recently published *The Centering Book: Awareness Activities for Children and Adults* (Prentice Hall). (p 14)

FRED WOLF, a physicist, is devising ways to teach the experiences behind the physics theories, even to people who formerly could not "get" physics. Professor Wolf is director of education and communications of the Physics/Consciousness Research Group, and is also professor of physics at San Diego State University. He has recently returned to the U S from the University of Paris where he was a visiting professor. He is co-author of *Space, Time and Beyond*. (pp 12, 29)

JOHN WREN-LEWIS, internationally known as a writer on psychology, science and religion, is now co-director with Ann Faraday of the Ragged Mountain Center for Dream Research. His special interest is in the transformation of personal consciousness and the light this throws upon our understanding of the world, our relations with each other and our approach to death. (pp 5, 13)

Z

JANET ZUCKERMAN, a former New York advertising executive, wife, and mother, came to Esalen in 1971 as a resident fellow. She has trained in group process with Julian and Beverly Silverman, Betty Fuller, Janet Lederman, and Will Schutz. She has been leading groups for four years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 25, 29, 32)

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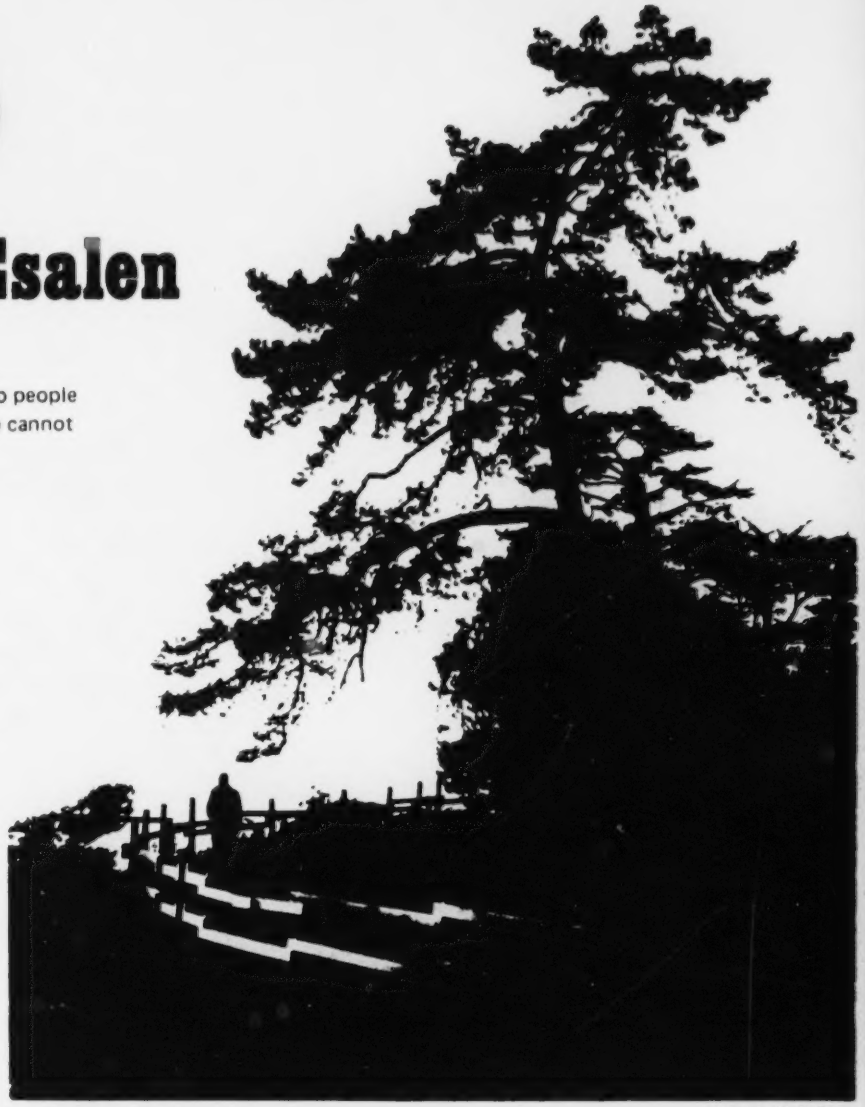

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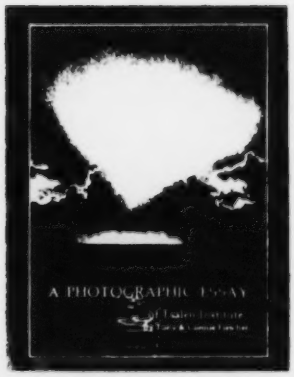

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ACCREDITATION and the USE OF ESALEN'S NAME: Some individuals and groups have involved Esalen's name to imply that we have given some sort of accreditation to their activities. We have told everyone to stop using our name in such a manner. Of course people use insights and techniques they bring from our programs, but we confer no certificates, diplomas, or other symbols of formal status such as those conferred by professional associations and schools.

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen / San Francisco programs contact Big Sur Recordings, 2015 Bridgeway, Sausalito, California 94965. They also have Big Sur programs prior to 1973.

Commercial use of Esalen program tapes is prohibited; all rights are reserved.

FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street San Francisco, CA 94103.

RECORDING OF WORKSHOP IN GESTALT THERAPY BY FRITZ PERLS

One hour audio cassette in which Fritz talks about gestalt therapy and demonstrates hot seat work. To order, send $6.25 to the Media Center, Esalen Institute, Big Sur, CA 93920.

A Conference in La Jolla, California

SOUND, MOVEMENT, & HEALING ARTS

Co-sponsored by the University of California, San Diego School of Medicine and Esalen Institute, this conference will include Esalen group leaders Al Huang, Gabrielle Roth, Emmett & Nitza Miller, Charles Lloyd, David Schiffman, Dee Mundschenk, and Janet Lederman.

Time: July 17–18
Price: $60 including lunches
For more information contact: Conferences, Esalen Institute, Big Sur, CA 93920

Photo: Jack Kidder

Directory

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Richard Price*
Andrew Gagarin*
Janet Lederman*
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If no asterisk appears, address mail care of: Esalen Institute, 1793 Union Street, San Francisco, California 94123.

** Asterisk denotes that correspondence should be addressed care of: Esalen Institute, Big Sur, California 93920.*

ADMINISTRATIVE DIRECTORY

Please address inquiries about programs and business activities to the appropriate offices listed below:

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Big Sur Information

For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 4 every day;
10 to 8 Sunday & Friday.

In Los Angeles call:
Nancy Lunney
(213) 820-5511
for general information.

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Deposit Information: Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. Deposits are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen/Big Sur. Do not mail Big Sur reservations to Esalen/San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen/Big Sur program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15–August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen/Big Sur by notifying the Big Sur office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5–5:30 pm each Sunday and Friday. The cost is $10 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence for five days or longer at Esalen are asked to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

San Francisco Information

For reservations, literature, tickets, and information, write or call:
Esalen Institute, 1793 Union Street, San Francisco, California 94123.
Phone: (415) 771-1710; 9:30–5:30 Monday through Saturday.

Reservations: Reservations close five days prior to the program, in order to facilitate planning and for the convenience of participants' time plans. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to Esalen Institute, 1793 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express. U S currency only, please.

Information literature and tickets for lectures may be obtained Monday through Saturday 9:30–5:00 pm at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

Workshop schedules: One day workshops generally meet from 10 am to 6 pm. Saturday and Sunday weekend workshops meet from 10 am to 6 pm each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 pm on Friday, from 10 am through the afternoon and/or evening on Saturday, and from 10 am to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

Accommodations: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

Location: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs, including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

Recommended dress: Workshops are informal. Slacks and flat shoes are recommended for women, sport clothes for men.

Bookstore: Esalen's Bookshop provides a comprehensive selection of books ranging from general psychology, life sciences, and education to the Eastern philosophies, Jung, and the mystics. It is open Monday through Saturday, 9:30–5:30 pm, and Sundays when workshops are in process (On Sundays call before dropping in).

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in reserving a space at Esalen workshops and lectures. You may use it for San Francisco or Big Sur programs. (Please make reservations at each location independently rather than place a "mixed" order.) In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)

Check location of program (s):

☐ **Esalen/San Francisco**

(Mail to Esalen Institute, 1793 Union Street, San Francisco, California 94123.)

☐ **Esalen/Big Sur** **(Mail to Esalen Institute, Big Sur, California 93920.)**

Check whether you wish: ☐ shared room ☐ single room on a space-available basis ($7 per night additional charge). *(Lodging may be assigned at either Big Sur Hot Springs or South Coast Center at the discretion of Esalen.)*

Do you smoke? _____ Will you bring a car to Esalen/Big Sur? _____

Name of person registering	Date (s)	Leader's Name/Title of Workshop	Deposit

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Total amount enclosed: $ _____

Your deposit can be charged to:

Master Charge ☐ American Express ☐

Card No. _____

Expiration date _____

Checks payable to Esalen Institute.

PAYMENT: All San Francisco and Big Sur workshops require nonrefundable deposits. Consult information section on page 46 for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

BEST COPY AVAILABLE

Photo: Jack Kidder

the esalen catalog

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Esalen Institute
1793 Union Street
San Francisco
California 94123

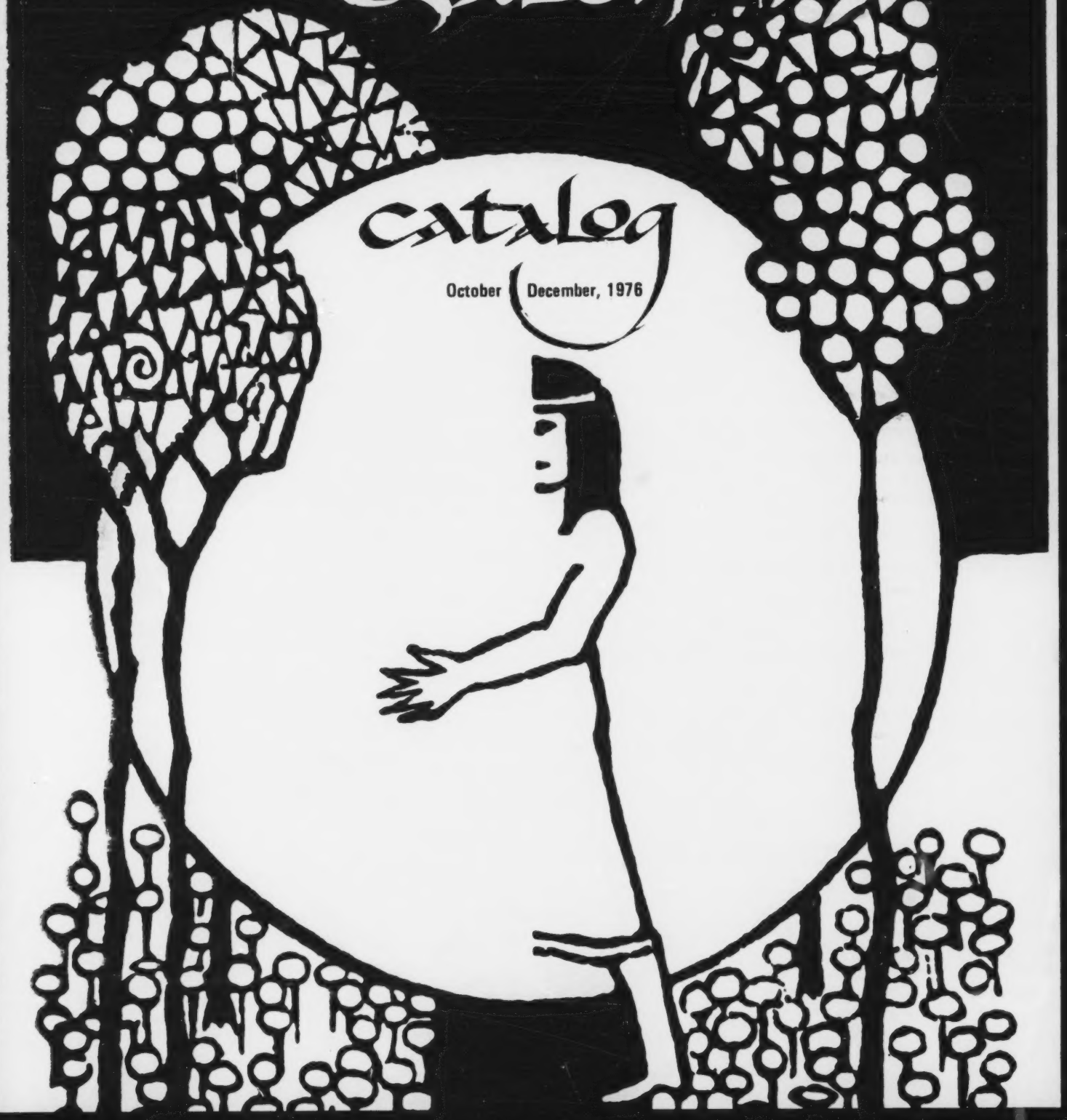
DATED MATTER

To assure that you will continue to receive the Esalen Catalog, notify us immediately of any change of address. THIRD CLASS MAIL. Address correction requested. Forwarding and return postage guaranteed.

Cover Photo: Neil Dunlop

the esalen catalog

October December, 1976



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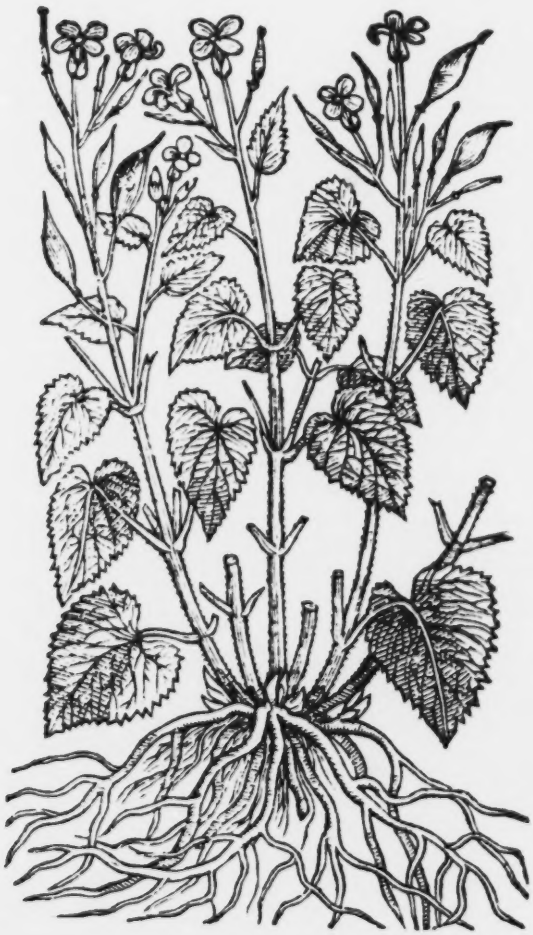
Joan Halifax	Feb 27-Mar 25	37
Al Drucker	Mar 27-April 29	37
Stanislav Grof	May 1-27	37

ESALEN INSTITUTE

–Big Sur, CA 93920. Phone (408) 667-2335;
10 to 3:30 every day; 10 to 8 Sunday and Friday.

–1793 Union Street, San Francisco, CA 94123.
Phone (415) 771-1710;
9:30-5:30 Monday through Saturday.

Who's Responsible at Esalen?



We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility." However re-presented and operationalized in the past, by us or by others, this ethic continues to be the basis for our world view, and following from this, our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty dis-illusioning social and political events—all connected by a common reminder:

> Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness). "Take responsibility for your every thought, your every feeling, your every action," said our beloved friend and teacher, Fritz Perls.

We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures . . . and so on—and to be aware, whenever possible, what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. In effect, we are asking that this self-responsibility attitude be present in the initial contact with Esalen. Ideally, the same attitude will pervade after a workshop when our seminarians go back to the community and seek out others—physicians, teachers, counselors, mental health professionals, etc.

As we have become more thoughtful and self-critical about the overall direction of Esalen we have begun to concentrate on enhancing our basic commodity—the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life; rather our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness—the consciousness of self-awareness/self-responsibility.

Programs in San Francisco

October 2–3

Massage–A Step Deeper / Judy McKinnon

Weekend workshop $50

This workshop is designed for people who have already had basic massage. Our goal will be to develop various approaches that expand massage and make it more satisfying, spontaneous and individual. We will explore ways of using energy, visualization and gentle breath work to release blocked areas. The receiver will sometimes be encouraged to take an active part in the process. Body reading will be incorporated to expediate our work.

October 3

Centering Through Creative Expression / Sidra Tankersley

One-day workshop $30

The inspiration for creating often comes at the peak of accumulated tension. If the tension is not released, a static and sometimes painful state occurs. For some, the act of creating serves a two-fold purpose: to express the center in oneself, and to release the built-up tension. Today, we will use body work, breathing and meditation to get in touch with the energy, and then channel its release into creative expression.

October 4–13

The Philosophy of Choice, Truth & Joy
Will Schutz

Two Monday & Wednesday evenings, 6–11 pm $75

This workshop will be a broad look at the sweep of the human potential movement which includes interpersonal, intrapsychic, body, energy, and mystical trends, and an integration of these approaches into a simple framework. The principles of this framework will be described along with the implications and applications to today's society. We will find time for some demonstrations, a bit of experiencing and some in-depth explorations. Humor is allowed.

1793 Union Street, San Francisco

October 8

Take a Walk on the Wild Side: A Journey Through Madness to the Center / William Pennell Rock

Evening workshop, 6–11 pm, $8 general admission

It is generally perceived that we are entering individually and collectively into an age of madness. Chaotic though it may seem our collective and individual selves must enter madness before the true center, the true self may be manifest. And this is what is happening.

The workshop is designed to show experientially the nature of this process. It is highly intensive and strenuous, designed to send you away with your head turned around and your heart in peace.

Participants are advised to have nothing to eat for two hours prior to starting time.

1793 Union Street, San Francisco

October 9
Biofeedback & Altered States of Consciousness
Eleanor Criswell & Maryellen Haight

One-day workshop $30

This workshop will focus on biofeedback as it relates to self-exploration, self-development, and altering consciousness. An understanding of biofeedback, how to experience it and how to use your own body signals as feedback, will be included. Participants will experience several different kinds of biofeedback machines.

October 9–10
You & Universal Motion / Robert Nedeau

Weekend workshop $60

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement.

October 10
Reflexology / Anna Kaye

One-day workshop $30

Reflexology is based on the theory that energy travels in the body in "zones" or patterns which connect reflexes in the feet to organs in the body. In this theoretical and experiential workshop Anna Kaye will demonstrate methods of stimulating these reflexes by specialized massage work on the feet.

October 13
Iasos in Concert / A Multi-Sensory Experience for Inter-Dimensional Music & Visuals

Single evening event, 8–10:30 pm $3 general admission

Iasos is a musical messenger, bringing forth inter-dimensional music designed to purify, sensitize, and uplift the listener to the higher frequencies of the incoming Golden-Age earth reality. This evening will be a multi-sensory experience, combining live music with pre-recorded music and a glorious visual presentation, including the Crystal-Vision.

International Student Center, 70 Oak Street, San Francisco

October 14–November 18
Body Experience / William Glover

Six Thursday evenings, 7:30–9:30 pm $60

Through experiencing and owning our bodily existence we can learn to live more fully. In this series we will work with ourselves through group exercises, homework, journal keeping, sharing and discussion. Physical techniques will be drawn from bioenergetics, sensory awareness, movement, and related body approaches.

1793 Union Street, San Francisco

The Transformative Sound of Music: Concerts for the New Age

A five part musical series, 8–10:30 pm $3 general admission

October 13	**Iasos in Concert–A Multi-Sensory Experience For Interdimensional Music & Visuals**
October 20	**Balinese Shadow Play / Larry Reed Kristina Melcher & John Badanes**
October 27	**The Cosmic Beam Experience Francisco Lupica**
November 3	**Astro & Chroma Environments Willard Van De Bogart**
November 10	**Tibetan Bells– The Sound of the Void Henry Wolff, Nancy Hennings, Drew Gladstone, & Sandy Sawyer**

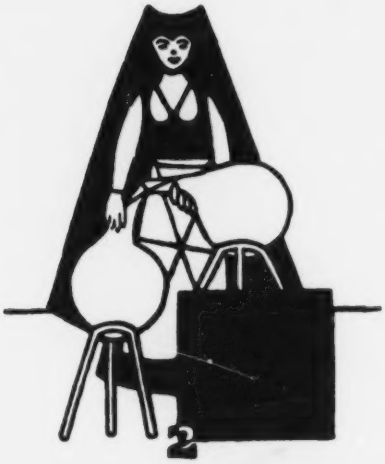
International Student Center, 70 Oak Street, San Francisco. This series is presented in cooperation with Artist's Embassy.

October 16

Hellos & Goodbyes / Janica Fox

One-day workshop $30

We all share a basic need to have people in our lives: friends, acquaintances, lovers, and mates. We share the need to be liked and loved. This workshop will explore through gestalt, encounter, and fantasy the obstacles we put in the way of initiating, establishing, and deepening relationships. We will also explore our obstacles in saying goodbye and our ability to cope with ending our relationships.



The sorceress, the nurse or alchemist pouring forth in work done for love, not money or personal gain.

October 16–23

October Extended Growth Program
Woman to Woman / Man to Man
David Schiffman & Dee Mundschenk

$150

"The woman that most needs liberating is the woman in every man, and the man that most needs liberating is the man in every woman."

Taking advantage of the natural affinity and support that people of the same sex can afford another, the men and women in this workshop will meet separately as well as together over a period of two weekends and four evenings. We will create an ambience of tenderness and support to provide opportunities to clarify the nature of who we are as men in the absence of women and who we are as women in the absence of men and what happens when we come together. The themes we will explore are our sexuality, our friendships, our body images, our coupling, our creativity, our relationship to power, our expectations of each other and ourselves. The workshop will be grounded in the techniques of gestalt, encounter, fantasy, massage, bioenergetics, journal work and psychosynthesis. It is especially suitable for people with previous group experience who are interested in the enduring aspects of personal growth.

The workshop will consist of two weekend workshops and four evening sessions: Monday—Thursday.

October 16–17

That the People May Live / Bebes Medicine-Eagle

Weekend workshop $60

This workshop will be a brief, modern quest for vision to guide us personally, and through us to influence the direction of our society and world. Indian people seeking guidance and vision generally end their prayer with the title phrase—"not only for myself do I ask, but that I may help others to live well and happily." By immersing ourselves in American Indian Form, through stillness, quiet talking, myth, dance, joyful prayerfulness, contact with the earth and possible fasting, we will explore the psychic ecology underlying physical ecology so that we may close the widening rupture between our hearts and minds, ourselves and others.

Recommended reading: *Seven Arrows & Black Elk Speaks*

October 17

Sex Dreams & the Spiritual Quest
Ann Faraday & John Wren-Lewis

One-day workshop $30

This workshop will be a unique opportunity to share and explore with Ann and John some exciting new discoveries, arising from their work with dreams, concerning the use of sexual energy in personal integration and spiritual growth. Shortly after this workshop they will disappear to write their new book on this subject. We shall discuss and demonstrate the various levels of meaning to be found in sexual dreams and contributions from participants will be welcomed. Dreamers concerned about the intensity or even apparent perversity of sexuality in their dreams may be surprised to discover they have deep religious significance when their symbolism is understood. The function of sexual energy in lucid dreams and out-of-body experiences will also be discussed.

October 18—December 11

Ways of Deep Massage: Shiatsu & Related Techniques
Kathy Dickman & Ray Stubbs

An 8 Evening training with 2 one day workshops $200.00

Deep muscle massage has its own sensuality, and letting go of chronic tension areas becomes pleasure when the giver's hands communicate trust and sensitivity. This training will aim at developing that sensitivity to the tissues beneath the surface of the body, along with a knowledge of pressure points and some anatomy. A whole shiatsu massage will be taught, with compatible techniques from polarity massage, the Arican Ch'ua K'a and others.

8 Monday evenings, 7–11 pm and all day, 10–6 pm November 20 and December 11, 1793 Union Street, San Francisco.

October 20

Balinese Shadow Play
Larry Reed, Kristina Melcher & John Badanes

Single evening event $3 general admission

This evening will be an introduction to the shadow play, a form of theater filled with myth, romance, and satire. A world in itself, the shadow play expresses, through storytelling, the central themes and philosophies of Balinese culture. Still strongly tied to its ritual beginnings, it has also attained the stage of a sophisticated theater art. Enhancing this evening's mood, accompanying music will be played on bronze keyed xylophone-like instruments called gender wayang. The shimmering sounds of the genders and the intricate songs of its repertoire follow the story closely, playing varied compositions for scenes of tenderness, battle, sorrow, and clowning.

International Student Center, 70 Oak Street, San Francisco

October 22–24

Inner Visions & Explorations with Hypnosis / Lee Pulos

Weekend workshop $60

The theme of this workshop will be both educational and exploratory. Participants will be taught a variety of hypnotic and self-hypnosis techniques that can be used on an ongoing basis after the workshop is over. Each person will experience hypnosis and the opportunity to hypnotically induce dreams, program for habit changes, and to get in touch with subconscious motivation through automatic writing and ideo-motor questioning. The exploratory aspects will deal with extending our consciousness into paranormal and psychic dimensions.

October 23

Healing for a New Age / Mark Kramer, MD

One day workshop $30

We can learn to heal ourselves of our body-mind dis-ease by coming home to who we really are and what we really want. Our symptoms tell us that all is not so good with our particular way of being in the world; they tell us we have lost touch with our physiological, emotional and spiritual essence. In this workshop we will explore the extraordinary healing power-of loving energy and the dis-ease producing effects of self-denial and negativity. We will learn to feel our imbalances and take responsibility for them before we get sick. And hopefully, we will experience the sense of well-being which comes as we surrender to our innermost vibrations.

October 24

Mantra & Chanting
Jinendra Jain & Katherine DaSilva Jain

One day workshop $30

Mantra and chanting have been used for centuries as powerful tools to reach pre-verbal and pre-thought levels where one grows and expands, where freedom and gladness are. In this workshop we will experience our voices vibrating with classical mantras and share mantra energy with the group. This practice will be combined with breathing, movement, dance, yoga postures, and relaxation. Our focus will be the incorporation of mantra into our work-a-day consciousness to transform moment to moment life into meditation.

Saturday Night Authors Series

8 pm to 10 pm at the Esalen Bookstore
1793 Union Street, San Francisco

Please join us for a free evening of discussion with the authors. Wine and cheese will be served.

October 2: **Will Schutz**
author of *Evy, Elements of Encounter, Joy,* and *Here Comes Everybody*

October 9: **Arthur Deikman**
author of *Personal Freedom*

October 16: **Hector Prestera**
author of *The Body Reveals*

October 23: **James Fadiman**
author of *Personality & Personal Growth, Transpersonal Education,* and *Relax*

October 30: **George Downing**
author of *The Massage Book* and *Massage and Meditation*

November 6: **Jeffrey Mishlove**
author of *Roots of Consciousness*

November 13: **Tom Pinkson**
author of *A Quest for Vision*

November 20: **Stanley Krippner**
author of *Realms of Healing*

November 27: **Tony Fletcher**
author of *A Photographic Essay of Esalen*

December 4: **Jeanne Rose**
author of *Herbal Body Book* and *Herbs and Things*

December 11: **Kenneth Pelletier**
author of *Consciousness East & West* and *Mind as Healer, Mind as Slayer*

October–May

Esalen Sports Center

Six Month Program in Mind/Body Development

An intensive 6 month training program focused on running, flexibility exercises, energy (or ki work), visualization and meditation will begin in October.

Every participant will have two private sessions a month with Mike Spino, the program co-ordinator; in these sessions the training routines presented during the program will be individualized to suit the participants needs and present physical condition. Theoretical aspects of the program and various training methods will be presented in bi-monthly day long sessions (there will be 12 in all). There will also be two optional group sessions every week in which participants may work out together. The Institute of Health Research, which is a federally funded research program studying the long term blood chemical and hematological as well as physiological profiles of healthy people over a long period of time, is especially interested in following participants in this project. It will be recommended that individuals continue to update their profiles after completion of the six month program.

Program deaders will include:

1. Meditation and visualization—Michael Murphy and Mike Spino
2. Flexibility, stretching and body awareness—Barbara Hazilla
3. Energy awareness—Robert Nadeau
4. Theoretical aspects—George Leonard and Michael Murphy
5. Running gaits, tempos, visualization, aerobic, anaerobic and resistance running—Mike Spino

The program will include 30 hours of work each month of private consultations, workshops, and supervised training routines over the six month period. The cost of the entire program will be $500.00.

October 24

The Innerspaces of Running: A New Approach to Running

Mike Spino

One day workshop $30

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participants will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, inner space development, and creativity in quest for extraordinary experiences. Each person will receive an individual consultation and have the opportunity to continue towards personal goals on an ongoing basis.

October 26

The Body's Biomechanics / Judy Aston & Will Schutz

Single evening event, 8–10:30 pm $5 general admission

This dialogue will cover vital areas of body awareness and various approaches to biomechanical organistic functioning. Definitions of and the ramifications for physical activities of such disciplines as feldenkrais exercises, rolfing (structural integration), encounter, bioenergetics, and structural patterning will be explored.

1793 Union Street, San Francisco

October 27

Cosmic Beam Experience / Francisco Lupica

Single evening event, 8–10:30 pm $3 general admission

This evening will be a cosmic voyage for all of us who have ever dreamed of space travel.

"If you are one of the people who establishes far out states of being and domains of consciousness through listening to music, then Francisco's music is the best prescription I know."

—John Lilly

International Student Center, 70 Oak Street, San Francisco

October 29–31

The Vision Quest—A Healing Journey / Tom Pinkson

Residential weekend workshop $70

This weekend will be an experiential journey blending humanistic-transpersonal psychology with rituals and belief systems of Native American Indian culture. We will spend the workshop on the Mother Earth in a natural, secluded setting in Marin learning how to "See" as natural beings in a natural world. We will each find our power spot and spend one night and part of the following day within that sacred spot, fasting and in solitude, as we experience the vision quest. Sunday noon we will reassemble our "medicine wheel" to share and integrate our "visions." Information sheets sent out upon registration.

Recommended reading: *A Quest for Vision* (Pinkson), *Rolling Thunder* (Boyd), *Lame Deer: Seeker of Visions* (Lame Deer & Erdoes).

Expanding the Horizons of Sports

A four part lecture/dialogue series, 8–10:30 pm $5 general admission

October 26

The Body's Biomechanics / Judy Aston & Will Schutz

November 4

The Innerworld of Sports & Games

Tim Gallwey & Michael Murphy

First Unitarian Church, Geary & Franklin Streets, San Francisco.

November 9

Medical Aspects of Aerobic Sports

Joan Ullyot, MD & Peter Wood, MD

November 16

Inside Running / Mike Spino & Joe Henderson

1793 Union Street, San Francisco

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Consciousness Sport and Physical Fitness

October 29–30

Consciousness, Sport & Physical Fitness

A conference sponsored by the Esalen Sports Center and Foothill College in Los Altos Hills.

The theme of this conference is the joining of psychological and spiritual disciplines with sport and physical education. In recent years there has been an increasing appreciation by athletes, coaches, and sports participants of the ways in which mental and emotional attitudes affect physical performance, enjoyment, and health. Many athletes practice hypnosis and meditation; clinics are held on the inner game of tennis; tai chi and yoga appear in physical education courses; the martial arts are enjoying a world-wide renascence.

The Esalen Sports Center is working to develop an integral mind-body approach to sport and physical education and will present some of its work in this conference. This will include innovative physical fitness regimens, various kinds of energy or "ki" work, explorations into the extraordinary powers that emerge both in sport and the practice of yoga, an approach to the "inner game" of tennis, body therapies in relation to sport, the "inner spaces of running" and others.

Guest leaders will include:

George Leonard
Will Schutz
Michael Murphy
Tim Gallwey
Jim Fadiman
Mike Spino
Andrea Giacomini-Rossia
Judith Aston
David Meggyesey

Consciousness, Sport and Physical Fitness will be held at Foothill College in Los Altos. The conference will be held Friday evening and all day Saturday. For further information feel free to contact us at Esalen Institute, 1793 Union Street, San Francisco, California 94123. Reservations, however, should be sent to:

Consciousness, Sport and Physical Fitness
Foothill College Box Office
Los Altos Hills, California 94022

Please include your name, address, and telephone number along with your check. The cost for the conference is $25.

October 30

Music & Your Mind / Michael Lindemann

One day workshop $30

This workshop is based on the acclaimed guided imagery and music process of Helen Bonny. This process combines carefully programmed taped music with verbally induced altered states of consciousness, which promotes heightened awareness of our inner and outer circumstances through vivid imagery and other sersory experience. We will also draw from other methods, including psychosynthesis, *est*, and meditation. This workshop will include two guided music excursions plus background information and group sharing.

October 30–31

The Battle for a New Human Race / Eva Reich, MD

Weekend workshop $60

Focusing on prevention, this workshop will draw on the practical experience of participants in analyzing how we can protect the children of humanity from injury to their full growth potential and how to maintain a free bioenergetic flow from birth. The experiential method of "emotional first aid" will be demonstrated. We shall revue the historical discoveries of Wilhelm Reich and build an orgone energy accumulator. Audio-visual material will include the film, *Birth Without Violence*.

October 31

A Loving, Energy Experience / Patricia Sun

One day workshop $30

This workshop will give you the opportunity to experience your own energy. Patricia Sun is a psychic/spiritual teacher who uses her own psychic abilities as a catalyst to facilitate others in actualizing their capabilities. She will deal with sound, movement, breathing, meditation and ways of unblocking our energy. Through validation and psychic processes as well as self-love, self-integration, gentleness and the recognition of our beuty we will create space for another level of experience.

November 3

Astro & Chroma Environments
Willard Van De Bogart

Single evening event $3 general admission

When sound and light are blended and interwoven in proper harmonic proportions, they effect in the human body certain vibratory patterns which induce health and extra-dimensional states of consciousness. This evening we will work with various techniques to achieve these states including sound synthesizers for astrosonic vibrations and colored lights in various hues. Astrosonics is the science of producing sounds that are mathematically proportional to planetary positions within a person's zodiac. We will also use bio-feedback machines to demonstrate how body responses can be converted into sound and light and then interfaced with an audio synthesizer for a bio-music experience. The goal of this evening's presentation is to generate an awareness of consciousness and how it can be enhanced by changing light and sound environments.

November 4

Spiritual Creativity in Tibetan Mandala Symbolism
Detlef I Lauf

Single evening event $4 general admission

The Tibetan mandalas are one of the most profound creations of Buddhist art. The deep impression that we can get from meditation on these mandalas is based on the great importance of archetypal structures from which the mandalas have been created. As tantric patterns of powerful symbols of religion, philosophy, psychology, cosmology, and ethics, mandalas can serve as a path to our own experience of reality and consciousness. This evening's lecture will include slides.

1793 Union Street, San Francisco

November 4

The Innerworld of Sports & Games
Tim Gallwey & Michael Murphy

Single evening event, 8–10:30 pm $5 general admission

This exchange will explore states of consciousness that appear during athletic and physical activities and the relationship among mysticism, peak functioning, and the utilization of siddhi's or extraordinary powers. Conversations as to ways of viewing sport as a western yoga, and a methodology for inner harmony in the game of tennis will be included.

First Unitarian Church, Geary & Franklin Streets, San Francisco

November 5

The Innergame of Tennis: A Lecture/Demonstration
Tim Gallwey

November 5, 10–4 at the Golden Gateway Tennis Club, 370 Drumm Street, San Francisco. $20

This lecture/demonstration will focus on the principles of the innergame, the consciousness of the player. Topics include the art of relaxed concentration, competition, and the will to win, the mental causes of errors in tennis and other sports, and playing the inner game off the court. The instinct to learn and grow is the "standard equipment" of all organisms. Human beings have a unique way of interferring with and limiting this natural process. The Inner Game Workshop introduces and demonstrates methods for overcoming some of our habitual ways. We tend to interfere with both our innate capacity to learn and our ability to excel on the tennis court. For many people there is a useful carryover of these methods for their lives off the tennis court.

"Any sport can be a medium for exploring the human potential at all levels—physical, mental, and spiritual. The real game is played in the consciousness of the player, where the real prize sought is true freedom."

November 6–7

Shiva & Shakti: A Jungian-Gestalt Approach to Self-Integration / Ed Elkin & Kim McKell

Weekend workshop $60

Shiva represents masculine, receptive consciousness. Shakti represents feminine, active energy. In this workshop, gestalt and Jungian approaches to self integration are blended through a tantric weaving of the opposing forces in the psychi. We will bring unconscious energy into consciousness and integrate through color, guided fantasy, male/female personality dynamic and intensive dream work.

November 6–7

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

Weekend workshop $60

In an increasingly alienated world where mechanical ease often makes communication less substantial, many of us are eager to find more meaningful contact both with ourselves and with others. We would like really to get in touch. But the conventional approaches we have learned, our social and intellectual conditioning, lie like callouses over our living nerve ends and, though occasionally useful, act as effective barriers between the perceiver and the perceived. The reality both of ourselves and of those we meet can only be discovered and explored when we begin to sense and discard the techniques and defenses we have come to rely on—when we become again consciously living organisms, open, as we were in childhood, to the unedited messages of our senses.

In this workshop, which will be devoted to practice rather than theory, a beginning will be made toward exploring anew our natural capacities for clearly perceiving and relating to those around us and to the life within us, and to the many tasks which life presents.

Recommended reading: *Sensory Awareness: The Rediscovery of Experiencing* by Charles Brooks.

November 7

Trail Running & the Archetypes of Sport
Mike Murphy & Mike Spino

One day workshop $30

Participants will experience some of the most beautiful and dramatic running trails in the Mount Tamalpais area of Marin County and will be introduced to some of the lore of trail running for enjoyment and physical conditioning. This workshop is open to the novice as well as the experienced jogger or runner. There will also be discussions of the psychological, mystical, and archetypal aspects of the sport. Bring picnic lunches—and wear good running shoes.

November 8–29

Breath Workshop / Gail Williams

Four Monday evenings, 7:30–9 pm $30

These evenings will focus on the breath and offer some beginning experiments in becoming acquainted with our individual patterns of inner rhythm and movement and how this may relate to our way of being in the world.

1793 Union Street, San Francisco

Single Evening Events

All programs will be held at Esalen, 1793 Union Street, San Francisco, unless otherwise noted. Tickets are available at the door as space permits.

Friday, October 8
Take a Walk on the Wild Side: A Journey Through Madness to the Center / William Pennell Rock
$8 general admission; 6–11 pm

Wednesday, October 13
Iasos in Concert: A Multi-Sensory Experience for Inter-Dimensional Music & Visuals
$3 general admission; 8–10:30 pm
International Student Center, 70 Oak Street, San Francisco

Wednesday, October 20
Balinese Shadow Play
Larry Reed, Kristina Melcher & John Badanes
$3 general admission; 8–10:30 pm
International Student Center, 70 Oak Street, San Francisco

Monday, October 26
The Body's Biomechanics
Judy Aston & Will Schutz
$5 general admission; 8–10:30 pm

Wednesday, October 27
Cosmic Beam Experience / Francisco Lupico
$3 general admission; 8–10:30 pm
International Student Center, 70 Oak Street, San Francisco

Wednesday, November 3
Astro & Chroma Environments
Willard Van De Bogart
$3 general admission; 8–10:30 pm
International Student Center, 70 Oak Street, San Francisco

November 4
The Inner World of Sports & Games
Tim Gallwey & Michael Murphy
$5 general admission; 8–10:30 pm
First Unitarian Church, Geary & Franklin Streets, San Francisco

Thursday, November 4
Spiritual Creativity in Tibetan Mandala Symbolism
Dellef–I Lauf
$4 general admission; 8–10:30 pm

Monday, November 9
Medical Aspects of Aerobic Sports
Joan Ullyot, MD & Peter Wood, MD
$5 general admission; 8–10:30 pm

Wednesday, November 10
Tibetan Bells–The Sound of the Void
Henry Wolff, Drew Gladstone, Nancy Hennings, & Sandy Sawyer
$3 general admission; 8–10:30 pm
International Student Center, 70 Oak Street, San Francisco

Friday, November 12
Mountain Consciousness & the Fate of Adventure
Michael Tobias
$4 general admission; 8–10:30 pm

Monday, November 16
Inside Running / Joe Henderson & Mike Spino
$5 general admission; 8–10:30 pm

Thursday, December 2
The Natural Skier / Bob Kriegel
$4 general admission; 8–10:30 pm

Wednesday, December 8
Experiencing Color Nutrition
Franziska Gehrig
$3.50 general admission; 8–10:30 pm

Friday, December 10
I Move & Extraordinary Powers / Michael Wiese
$4 general admission; 8–10:30 pm

November 9

Medical Aspects of Aerobic Sports
Joan Ullyot, MD & Peter Wood, MD

Single evening event, 8–10:30 pm $5 general admission

This will be a discussion of the many aspects of the physiology of the very active individual's health status. There will be special interest concentrated on body composition (fat content) and blood lipids (cholesterol, triglycerides, and various lipoprotensin). Dr Wood of the Stanford Heart Disease Prevention Program and Dr Ullyot of the Health Research Institute are distinguished in the field of aerobic exercise physiology.

1793 Union Street, San Francisco

November 10

Tibetan Bells—The Sound of the Void
Henry Wolff, Nancy Hennings, Drew Gladstone, & Sandy Sawyer

Single evening event, 8–10:30 pm $3 general admission

The bells of Tibet were unknown to the outside world before the 1950's. Composed of subtle alloys of Himalayan metals, the secret of which has been lost, they produce tones of the utmost purity, touching frequencies at the furthest limits of hearing, traversing psychic spaces which have hitherto been beyond the reach of music as commonly experienced.

The Tibetan bells used in this evening's performance are probably the largest collection ever assembled in the Western world.

International Student Center, 70 Oak Street, San Francisco

November 12

Mountain Consciousness & the Fate of Adventure
Michael Tobias

Single evening event, 8–10:30 pm $4

This evening slide-seminar will treat, as a model, one man's search for a harmonious life-style in and out of wilderness. Slides from the Sierra, Rockies, Alps, and transHimalaya (Tibet, Nepal, Sikkim, and Bhutan) of adventure in the 20th century. We will treat the impulse for balancing civilization with private wilderness in the light of a radical activism and attempt to develop a useful way of being courageous.

1793 Union Street, San Francisco

November 13

Gestalt & Other Self Development Approaches
Muriel Schiffman

One day workshop $30

When something hits us in our vulnerable areas we react in inappropriate, self-defeating ways: seeking love we invite rejection, craving approval we elicit disapproval, trying to bolster self-esteem we goof. These are situations where we have been unable to feel our true emotions. The false feelings (defenses) mislead us. This workshop teaches practical means for everyday living. Here are concrete tools for experiencing the genuine feelings hidden under the pseudo-emotions so that we can then see reality and change self-defeating behavior patterns. This is *not* an encounter group but simply an opportunity to experience and/or observe some of Muriel Schiffman's approaches. *Self Therapy* and *Gestalt Self Therapy* are required reading. This group is limited to twelve participants. Bring a lunch.

The EMPRESS is Earth Mother, Faery Queen, full moon, the first myth. Hers is the way of women, of nature. To know the Empress is to know the flow, harmony and cycles of nature.

November 13–14

Smoothing Your Path to Higher Consciousness with Self-Hypnosis / Freda Morris

Weekend workshop $60

This workshop will focus on opening creative channels. Methods that will be used include the ecology of psychic energy, hypnosis, and self-hypnosis to enrich the fertility of the mind, and reprogramming the triggers to negative emotions. Each person will learn self-hypnosis, will pinpoint areas of emotional vulnerability and develop skills in rapid re-programming. These procedures are based on the idea that psychic energy, not wasted on negative emotions, is available for growth into higher consciousness.

November 14

A Day with Will Schutz & John Heider

One day workshop $30

November 16

Inside Running / Joe Henderson & Mike Spino

Single evening event, 8–10:30 pm $5 general admission

There is an enormous amount of information about running which does not reach the ears of a large majority of people who use running as a significant form of physical expression. This dialogue will focus on ways to go beyond customary jogging into physiological variations, spiritual possibilities, and practical research.

1793 Union Street, San Francisco

November 19–21
Wilderness Encounter / Dick & China Galland

Residential weekend workshop $65

This weekend is an adventure in doing: an exploration of our physical and emotional boundaries, and an opportunity to extend personal limits. We will camp among the redwoods of Marin for two nights, preparing our own meals and sleeping beneath the stars. During the days we will climb rock faces, practice ropework in the trees, cross imaginary rivers and other feats of daring. At night we may tell tales, play and make music. No experience is required. All equipment will be provided. A clothing list and other pertinent information will be mailed to you upon registration.

November 20–21
Applied Parapsychology /James L Hickman & Jeffrey Mishlove

Weekend workshop $60

Psychic skills have demonstrated usefulness in business administration, crime detection, archaeology, medical diagnosis, healing, gambling, behavior modification, personal development, education, and scientific exploration. Applications are promising in international relations. Research indicates that the potential for the practical application of psychic ability is within every person. Psychic abilities can be developed through systems of self-awareness, concentration, and meditation, relaxation, mind-body coordination, social reinforcement, and ecological attunement. Most important is actual practice and feedback with parapsychological experimentation. This workshop will inform you of the scientific research in parapsychology and allow you to experience the dimensions of holistic psychic development in a practical and verifiable fashion.

November 20
Developing Chutzpah: Assertiveness Training
Zoe Snyder, Lorle Kranzler Kennedy & Roz Parenti

One day workshop $30

Assertiveness is the ability to get what you want and make room for yourself in the world. Chutzpah, to us, means taking a risk with flair. We often limit ourselves by holding back from risks and remaining unaware of our potential. This workshop will focus on exploring and developing our strengths and finding the style of expression uniquely suited to each of us. Gestalt, psychodrama, and movement will be used to facilitate more direct communication with others, leading to better contact.

November 21
Where Do I Stand? A Workshop in Alexander Technique
Frank Ottiwell & Gioa Pinkas

One day workshop $30

Standing, sitting, walking—even lying—are activities most of us carry our in an habitually thoughtless and haphazard manner. This workshop will introduce the principles of the Alexander Technique and provide an opportunity for individual work on the body/self in everyday actions. It is our year-in, year-out daily habits which have the greatest accumulative effect on us. Our aim will be to bring a degree of conscious control to these actions and to every act of our lives.

November 27–28
Improving Eyesight Through Conscious Vision
Raymond Gottlieb & Mier Schneider

Weekend workshop $60

Vision is not only eyeball, just as posture is not bones and muscle, nor thinking just brain. Vision is a collection of interrelated, functional, and changing processes which are learned on the basis of individual adaption to life experience. The inherent flexibility necessary for adaption can be inhibited by emotional, unconscious attitudes. Often this is the basis for poor vision, posture, and thinking-learning behavior. When vision becomes conscious, it becomes integrated and flexible and can flow creatively with the demands of the environment. This weekend will be devoted to work with the Bate's system and a special system of body work to help participants feel and use their bodies and eyes in new ways.

November 27–28
Energy Transmutation & Massage / Robin Merrifield

Weekend workshop $60

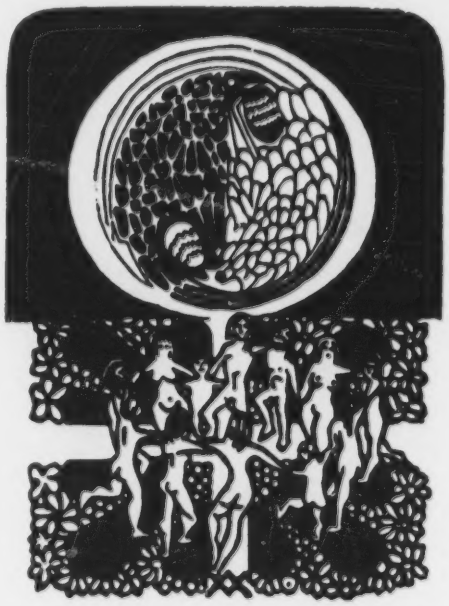
This weekend we will be working with states of being beyond the bounds of our everyday consciousness. Our focus will be the transmutation of energy from the physical to the transphysical dimensions. We will expand our awareness through the gentle art of massage, music, diatic meditation, contemporary alchemy, and Arica body techniques.

November 30—December 21
The Future of the Human Potential / Michael Murphy

Four evening seminars, 8–10:30 pm $40

These evening seminars will examine the past, present and future of "the human potential movement" in relation to the larger cultural transformation we are experiencing, including possibilities for further explorations of consciousness and transformations of the human mind and body.

1793 Union Street, San Francisco



JUDGMENT, REBIRTH of life and love. The Lady returned, nature's rhythm restored. Karma cleared. The Phoenix reborn in balance. All the tribes dance the Rites of Spring. Joy to the World!

December 2

The Natural Skier / Bob Kriegel

Single evening event, 8–10:30 pm $4 general admission

The purpose of this workshop is to help skiers find the natural skier within them. Through the use of centering, balance, awareness, movement, visualization, and relaxation exercises, we will discover a natural, effortless, and joyful way of skiing. We will learn the basics of a carved turn, a natural position on skis and pole planting. We will also discuss ways of transcending fear, of overlearning and how each of us prevents ourselves from experiencing our own natural skier. Many of this evening's techniques were developed in a three month training program for ski instructors of the Sun Valley Ski School under the direction of Bob Kriegel.

1793 Union Street, San Francisco

December 3–5

Psychic Massage: The Spirit & The Body
Ray Stubbs & Billie Jean Hobart

Weekend workshop $60

During this weekend of physical and non-physical massage, we will explore relationships between touching and energy through meditation, breathing, and other innerspace techniques. We'll also examine responsibility and the role of the healer. Bring bathing suits or loose clothing.

Suggested reading: *Psychic Massage*, Roberta DeLong Miller; *Journeys Out of the Body*, Robert Monroe; Seth Books.

December 3–5

Initiations: The Psychology of Symbolic Forms
Joseph Campbell

Residential weekend workshop $120

This will be a weekend of slide-illustrated lectures and discussions dealing with the relationship of the symbolic forms of myth, dream, and creative art to archetypal psychological structures. Illustrations will be drawn from Oriental and Occidental religious art, as well as from the fantasies of psychological patients and modern creative artists.

December 4–5

Interacting: A Body Work Experience / Judith Binder

Weekend workshop $50

This weekend will be devoted to work in body alignment, centering, breathing, sensory awareness, and control of energy. We will meet in a beautiful studio and private garden to explore our group process as we act out our dreams, personal journals, and poetry.

December 8

Experiencing Color Nutrition / Franziska Gehrig

Single evening event, 8–10:30 pm $3.50 general admission

This evening we will experience color as an energy force in the world and in ourselves. This deep experience of color triggers soul images which are the prerequisite for thoughts and imagination. We will learn to sense this trigger and to use color as an energizing power.

1793 Union Street, San Francisco

December 10

I Move & Extraordinary Powers
Films by Michael Wiese

Single evening event, 8–10 pm $4 general admission

I Move is a new 58 minute film exploring the transformation of the body in the martial arts, dance, Western sports and body disciplines. *Extraordinary Powers* is a short film of the fastest runners in the world which probes belief systems, limitations and performance. Discussion with the filmmaker will follow.

1793 Union Street, San Francisco

December 11

Centering in Action / Bob Kriegel

One day workshop $30

The purpose of this workshop is to show that there need be nothing mysterious, mystical, or devotional about centering—the process of tuning into that place of inner strength and wisdom from which we experience more of our possibilities and potential.

To experience centering we will play active games of all types, invent new ones, and practice exercises from yoga, aikido, t'ai chi, and sensory awareness.

We will use gestalt awareness, visualization, and psychosynthesis techniques to bring the insights gained in these activities to a more conscious level and to transfer them into our daily lives.

December 11–12

Growth Through Risk-Taking
David Schiffman & Dee Mundschenk

Weekend workshop $60

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Emphasis will be placed on the expression of anger, affection, sexuality, and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience.

December 12

Discovering the Voice / Kate Fitzmaurice

One day workshop $30

We will work on freeing the flow of breath and releasing the tension that inhibits resonance and expressiveness. We will use relaxation methods from yoga and bioenergetics and explore how the voice expresses personality.

December 12

The Innerspaces of Running: A New Approach to Running
Mike Spino

One day workshop $30

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, inner space development, and creativity in quest for extraordinary experiences. Each person will receive an individual consultation and have the opportunity to continue towards personal goals on an ongoing basis.

December 18–19

Giving & Receiving & Blessing: A Christmas Celebration
Betty Fuller

Weekend workshop $60

Experiences in sharing and accepting, of letting go and letting be. A time to acknowledge what works and what doesn't; to affirm what works and make life-positive choices. We'll celebrate changes and angels in bread, wine, song, and dance and Saturday evening communion with a pot-luck picnic supper. Come and give of yourself—receive of others in sweet, sweet surrender.

"It is your own heart and the level of your consciousness that determines all."

—Emmet Fox

December 18–19

Human Life Styling / John Coston McCamy, MD

Weekend workshop $60

Human Life Styling is a simple, workable system whereby we can learn to take total charge of our lives. Combining movement, personal ecology, nutrition, stress reduction and relaxation techniques, we will design a health care system and a personal life style based on a new ethic. This workshop is designed for all those interested in wholistic health and is particularly useful for those in the healing professions.

Recommended reading: *Human Life Styling* (McCamy)

Future Workshop Announcement

February—May

Exploring Pathways to High Level Wellness
Coordinated by John Travis, MD
& the Esalen Staff

The idea of measuring wellness and assisting people to attain high levels of wellness is relatively new. Most of us have thought in terms of illness and assumed that the absence of illness indicates wellness. We are becoming increasingly aware of a broad continuum of potentiality where "not ill" still leaves a vast field for developing ourselves within and without.

During this four month course we will take a good look at where we are on the wellness continuum, determine the areas we could develop further and explore together many techniques in a balanced program of "well medicine." Recognizing stress reduction, nutrition, self responsibility, and physical awareness as components of "well medicine," we will be covering such areas as meditation/visualizations; massage; body work, including—aikido, feldenkrais, patterning, etc.; Chinese and Tibetan medicine; biofeedback and group process work.

Each participant will receive a wellness evaluation which includes the following: health hazard appraisal, wellness inventory, nutritional survey, eating habits survey, tension measurements, life change index, purpose in life survey, and a creativity sample (does not include physical exam or lab work).

Guest leaders will include:

Ken Pelletier	**Ellen Guenther, MD**
Hector Prestera	**Bill Gray, MD**
Mike Spino	**Patricia Sun**
Jeanne Rose	**Anna Kaye**
Jerry Green	**Ray Castellino**
Robert Nadeau	

The course will consist of an introductory weekend Feb. 5 & 6, 15 Wednesday evenings, 3 Saturdays, and will conclude with a three day residential weekend at Westerbeke Ranch in Sonoma (Memorial Day Weekend).

Tuition: $475.00 Non-refundable deposit: $100.00

Center for Energetic Studies

The Center for Energetic Studies, under the direction of Stanley Keleman, is a program of teaching, workshops and seminars concerning body process as the basis for how individuals form both themselves and their worlds.

The Center seeks to understand the life of the body. We are evolving ways to help persons gain experience and re-education in basic biological learning. This learning enhances emotional and psychological perception and expression. Individual identity as well as the very power of living lies in the continual forming and reforming of our bodies, and therefore ourselves.

For information and registration concerning Center programs contact:
Center for Energetic Studies
1645 Virginia Street, Berkeley, CA 94703
(415) 647-4011

October—December
A Program of Supervised Studies
Stanley Keleman & Peter Koestenbaum

Most persons adopt, without much examination, a philosophy of life rather than developing one out of personal experience. In this advanced study group, persons will become better acquainted with the philosophical assumptions governing their work and life and then explore the relationship of these assumptions to their biological process. The program will offer skills to better formulate a personal philosophy of life and a deepened understanding of the clinical uses of existential philosophy and phenomenology.

These seminars, limited to 12 persons, consist of readings, lectures, discussions, experiences, and work with the body. The program meets for six all-day sessions, on the following Fridays: October 8, 15, 29, November 12, 19, December 10, 9:30 am to 5:00 pm, in Berkeley. Tuition is $220. Apply by letter to the Center, including educational or experiential background and a brief statement about yourself.

October 5—28
Excitation & Its Expression / Ian Grand

Tuesday and Thursday evenings, 7:30—10 pm $100

Twice weekly work with the body, emphasizing each person's unique process of generating, containing, and forming excitation and feeling.

October 5, 7, 12, 14, 19, 21, 26, 28.

October 13—December 1
Theories of "Psychotherapy" / Joseph Lyons

Wednesday evenings, 7:30—10:30 pm $100
No meeting on November 24

"Psychotherapy" is a way of talking about the way we talk about ourselves, a way of feeling directly the way we feel at odds with ourselves. One way or another, it has marked most of us as professionals who may now be ready to consider some of the issues that it raises. We will begin to learn how we learn by considering some problems of human subjectivity that are posed by these theories—problems concerning power between people, and the parapsychology of consciousness, and knowing what is true and real about ourselves, and the life of the body in its relation to persistence and character and change. A seminar format, limited to 15 persons.

October 23
Tutorial with Stanley Keleman

One day workshop, 10 am—5 pm $40

This one day program looks at the role of the body in feeling and thinking. Enrollment is limited; register early.

October 30—31
Couples' Workshop / Paul Aikin & Nancy Jungerman

Weekend workshop in Davis, California $100

Participants will explore the energetic, bodily experience of the intimate, man-woman relationship. Emphasis will be on process—how we form ourselves and are formed by the relationship.

November 4, 11, 18, December 2
Opening / Movement—Dance / Tamara Greenberg

Four Thursday evenings, 7:30—10 pm $30

We will encourage a fuller range of expressive movements—to experience and develop quietness, imagination, emotions, playfullness and excitement.

November 13 & 14
Music & Movement / Tamara Greenberg & Dorothy Lyons

Weekend workshop $50

Using movement together with Orff Instrumentarian, the group will develop new paths of self-expression. We will play with sounds from street games, poetry, the blues, and chants to explore improvisation and musical experimentation. These experiences will be related personally and also for use professionally.

December 4—5
Open Bioenergetic Workshop / Paul Aikin

Weekend workshop in Davis, California $50

Through working individually and in a group with procedures developed at the Center, this workshop will deal with the way we live in our bodies and express our emotions.

December 6—10
Concepts & Images of the Body
Stanley Keleman & Joseph Campbell

Five day residential seminar $240

With examples from art, symbol, myth, literature, this seminar will look at changing concepts of the human form and its idealized types through history and from culture to culture, East and West. A limited number of nonresidential participants can be accepted (tuition, $140). To be held at a conference center near Santa Cruz. Advance deposit of $50

ESALEN CALENDAR

PROGRAMS IN
San Francisco

MONTH OF OCTOBER

Oct 2–3	Massage / McKinnon p 4
Oct 3	Centering / Tannersley p 4
Oct 4–13	Choice, Truth, Joy / Schutz p 4
Oct 5–28	Excitation / Grand p 16
Oct 8	Madness / Rock p 4
Oct 8–Dec 10	Supervised Studies / Keleman p 16
Oct 9	Biofeedback / Criswell p 5
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Food for Thought

The New Medicine & Holistic Healing

The following excerpt is taken from an article in NEW WEST magazine, May 10, 1976. Persons interested in the entire article are referred there.

The nation's health is not improving due to our extravagant investment in the present medical system. Life expectancy for American adults has improved little or none since the 1920s and in many ways we are becoming more sickly than ever. Something simply doesn't make sense.

In his often-quoted book, *The Structure of Scientific Revolutions,* Thomas Kuhn argues that every dominant science eventually oversteps itself. Its very successes take it out to extreme positions and practices that hasten its fall, its replacement by another approach. In its final stages, according to Kuhn, the old science enters a period of crisis and anomaly. In other words, things don't work and things don't make sense. Could it be that our present medical science—the provenance of miracle drugs and heart transplants, the habitat of *Marcus Welby, M D*—has entered just such a period? And if so, what is the New Medicine that will take its place?

Conventional modern medicine, the Old Medicine, must be given its due. The miracles are real, the triumphs truly dramatic. For what it's good at, the Old Medicine is superb. If you are hit by a truck or contract a severe bacterial infection or have an attack of appendicitis, you are fortunate indeed to be in the hands of a Marcus Welby. But the Old Medicine has little to offer in the way of promising good health. And its practices are now *causing* a great deal of sickness and suffering—more, according to some critics, than they are curing.

Doctor-prescribed drugs, for example, have become one of the nation's major causes of death. Adverse drug reactions probably total at least 3 million a year. Estimates of hospital deaths due to drugs range up to 140,000 a year. Taking the rather conservative figure of 29,000 deaths from the Boston Collaborative Drug Study, you will have adverse drug reactions as the eleventh most deadly killer in the United States, just behind bronchitis, emphysema, and asthma. Combine these drug reactions *in* hospitals with the estimated 300,000 people *admitted* to hospitals every year because of doctor-prescribed drugs,* and you have an added hospital care cost of $4.5 *billion* annually.

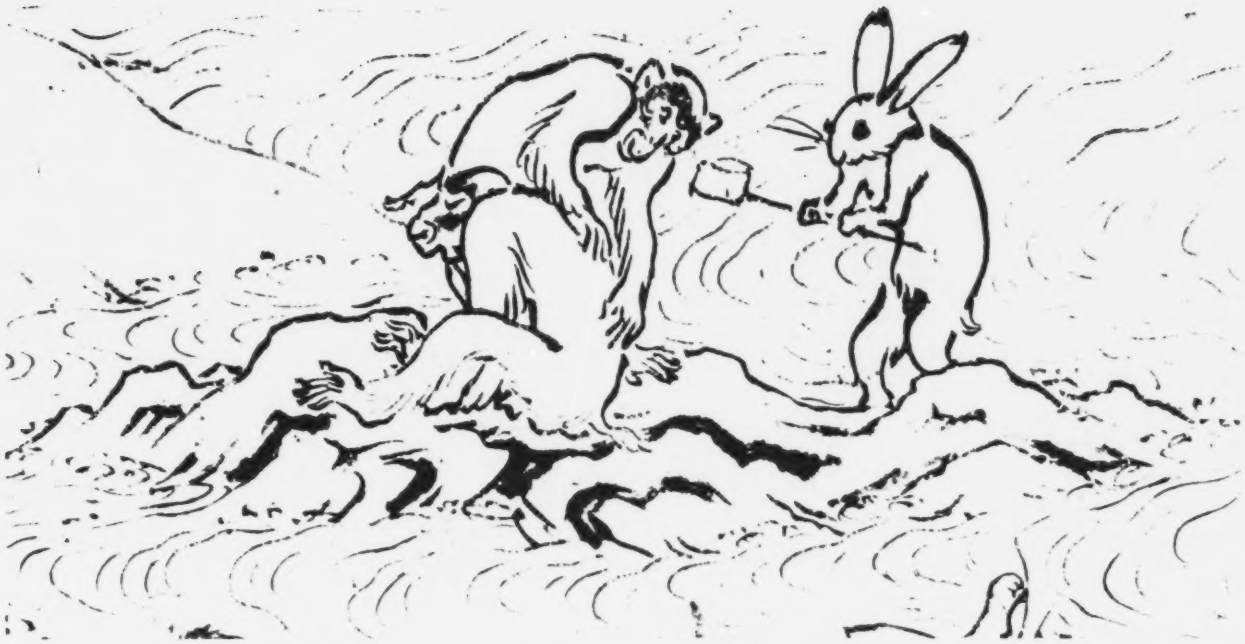
The Old Medicine has created its own Frankenstein's monster. Potent drugs, futuristic technology, and heroic procedures now exist, and thus, in the name of "saving" even the hopelessly ill, must be used. The cost is staggering; the results are questionable. Dr. Alexander Leaf of Harvard Medical School has cited one study group of 40 patients with ruptured aortic aneurysms. The combined hospital bills of these people came to more than a million dollars, an average of better than $25,000 each. Only one of the 40 left the hospital alive. Such expensive exercises in futility are naturally reflected in our health insurance bills.

More of the same—more drugs, more hospitals, more technology, more spectacular operations—is obviously not the answer. Under present conditions, medical science has probably gone about as far as it can go. This once-radical point of view is now reverberating in academic and professional circles. "No one is saying that medicine is good for nothing," observed Professor Aaron Wildavsky of the Graduate School of Public Policy at Berkeley, "only that it is not good for everything."

As the Old Medicine grinds painfully toward the end of the era of "modern medical miracles," a New Medicine is in the process of being born. This New Medicine, sometimes known as "holistic health," is the creation of a large and colorful cast of characters, ranging from established medical professionals to psychic healers and Indian shamans. Like most experimental movements, it is centered on the West Coast, though its practitioners are scattered around the nation. Its growth is spectacular (a symposium on healing at the University of California, Santa Cruz, last spring drew an unexpected overflow crowd of 1,500), and its results are already promising enough to attract substantial academic, foundation and government support. Though New Medicine practitioners are a diverse lot, most of them share common assumptions:

1 *Positive wellness, not just the absence of disease, is the goal.* The conventional physician considers a person well if he has no symptoms and falls within the normal range in a series of diagnostic tests. Yet, this "well" person might smoke heavily, take no exercise, eat a bland, sweet, starchy diet, and impress all who meet him as glum, antisocial, and emotionally repressed. To a New Medicine practitioner, such a person is quite sick, the carrier of what biologist Rene Dubos calls *"submerged potential illness."* In the New Medicine, the absence of overt disease is only the starting point, beyond which a whole world of *good health* beckons.

**See Agnews study in Esalen Catalog Spring 1976 for strong evidence of destructive use of "tranquilizing" drugs in mental hospitals.*



2 *The causes of most illness are to be found in environment, life-style, and emotional/sensory balance.* This assumption of the New Medicine is only partly new. The environmental origin of many diseases has long been known, but the true dimensions of the problem are only now coming to light. Recent studies suggest that 80 to 90 percent of all cancers may be triggered by environmental factors, especially the pesticides, plastics, food additives, and other pollutants that have flooded our environment since World War II. One distinguished biochemist, who asked that his name not be used, fears that we may be in for a veritable plague of cancer, during which up to one out of four adults in the United States would be stricken. Such a plague would be particularly insidious, since the lead-time for environmentally caused cancer is ten to twenty years.

Life-style, as a crucial factor in sickness and health—a cornerstone of New Medicine belief and practice—is also gaining impressive validation. Some of the venerable truisms of good, clean living, in fact, are now popping up in large-scale health surveys. Dr Lester Breslow, Dean of UCLA's School of Public Health, compared the actual health of 7,000 California adults with seven old-fashioned "health habits":

No smoking
Moderate drinking
Seven or eight hours sleep per night
Regular meals with no snacks in between
Breakfast every day
Normal weight
Moderate, regular exercise

The survey showed, with amazing consistency, that the health of people with seven of the habits was better than the health of those with six, those with six better than those with five, and so on down the line. A study of 2,000 long-lived people conducted by Dr Robert Samp of the University of Wisconsin came up with similar results, and with additional findings that related good health with personaltiy traits such as moderation, serenity, optimism, interest in others, and interest in the future.

The connection between disease and personality is a bit more controversial. There's no question about the emotional factors involved in such ailments as ulcers and spastic colon. But New Medicine practitioners go much further, arguing that *all* disease is related to personality, with the way you handle your emotions. Environmental causes may trigger cancer, they feel, but the person with a fluid, well-balanced personality is far more likely to ward it off. A number of researchers, in fact, have independently arrived at what might be called a "cancer personality," observing that cancer patients tend to be rather rigid, self-sacrificing people, who repress their feelings and hold onto resentments. More conventional researchers reject this thesis. They may agree with the environmental genesis of cancer, but tend to believe, with curious disregard for scientific causation, that pure chance, the roll of the dice, determines who actually develops the disease. In any case, the link between personality type and a variety of serious ills is becoming increasingly well-defined. The driven, aggressive, goal-oriented personality, for example, is rather clearly associated with increased risk of heart attack.

3 *Prevention of illness, according to the New Medicine, lies less in the annual physical than in the transformation of your life.* "Subjecting people with no medical complaints to a complete battery of screening procedures every twelve months is probably ridiculous," Dr Stuart O Schweitzer was quoted as saying in a recent interview in *Family Practice News.* Dr Schweitzer, who is doing a federally funded study on the cost-effectiveness of routine medical tests, points out that the chances of finding something wrong during an annual checkup on a person without symptoms is very, very low—and extremely costly.

The most effective and least expensive preventive measures have little or nothing to do with medical science as we have known it. "Health care in the future will be based on a far broader base," Dr Phillip R Lee said. "Changes in lifestyle, for example, can make truly fantastic improvements in the nation's health." Dr Lee, Professor of Social Medicine and one of the nation's most distinguished health-care experts, suggested a thought experiment to dramatize the possible effects of social and personal transformation. "If all abuse of tobacco, alcohol, and automobiles could be magically erased with the snap of a finger," he said, "at least half of all hospital beds in this country would suddenly be empty."

The New Medicine concerns itself not just with the abuse of tobacco, alcohol, and cars, but with all the tragic and ingenious ways we have learned to abuse the gift of life.

4 *Healing of many chronic diseases, which are only ameliorated by the Old Medicine, may be possible after all.* We rarely stop to consider how many of our common ills are beyond the power of our present medicine to heal. Potentially dangerous drugs are often used just to mask symptoms and provide temporary relief. Television commercials offer us aspirin and stomach remedies and backache salves, but don't promise that the headache or indigestion or backache won't be back tomorrow or next month or next year. In the same way, certain prescription remedies may arrest or slow the course of arthritis, diabetes, emphysema, and the like, but lack the power to improve the situation. New Medicine practitioners believe, to a greater or lesser degree, that long-term healing may take place in the case of some otherwise hopeless chronic ailments, without the use of powerful drugs.

5 *Illness is not necessarily bad.* According to New Medicine practitioners, every outbreak of illness is an expression of some imbalance in your life. Thus, it provides important information that can be used for creative growth. Rather than attacking every disease with all the force that can be mustered, the New Medicine practitioner is prepared, in noncritical cases, to let the malady run its course, allowing the body, mind, and spirit (the three aren't seen as separate) to achieve balance, perhaps at a higher level than before the illness.

6 *Responsibility for your health lies not with your physician, but with yourself.* The New Medicine holds that you are not a mere physical object, vulnerable to random attacks by germs and viruses and other mysterious agents of disease. You are a capable, self-aware being with considerable command of all your interactions in this world. Doctors and medical technicians may assist you in your quest for good health, but *the buck stops with you.*

This simple, radical shift of responsibility, and power, underlies every aspect of the New Medicine. It also points the way toward a solution to the current crisis in the Old Medicine. The precise role of traditional medicine in the emerging field is yet to be defined. In the words of Dr Leonard Duhl of the Health and Medical Sciences Program at Berkeley: "Doctors haven't been trained for health, but somehow have been held responsible for it. That's not right. Health is the responsibility of the society. Doctors should be connected to holistic health, but shouldn't control it."

The New Medicine will draw its share of charlatans. Trivial, faddist practices will masquerade under the name "holistic." But the energy behind this movement comes from a need—perhaps a historical necessity—that will outlast any fad. It is simply that we have given too much of our time and money to sickness. At best, the New Medicine turns us toward something we may have almost forgotten: the tingling feeling of being totally alive and aware and at home in the world.

—George Leonard

Medical Nemesis

The following quote is taken from the book **Medical Nemesis** *by Ivan Illich published and copyrighted by Pantheon Books, a division of Random House.*

The level of public health corresponds to the degree to which the means and responsibility for coping with illness are distributed among the total population. This ability to cope can be enhanced but never replaced by medical intervention or by the hygienic characteristics of the environment. That society which can reduce professional intervention to the minimum will provide the best conditions for health. The greater the potential for autonomous adaptation to self, to others, and to the environment, the less management of adaptation will be needed or tolerated.

A world of optimal and widespread health is obvioulsy a world of minimal and only occasional medical intervention. Healthy people are those who live in healthy homes on a healthy diet in an environment equally fit for birth, growth, work, healing, and dying; they are sustained by a culture that enhances the conscious acceptance of limits to population, of aging, of incomplete recovery and ever-imminent death. Healthy people need minimal bureacratic interference to mate, give birth, share the human condition, and die.

Man's consciously lived fragility, individuality, and relatedness make the experience of pain, of sickness, and of death an integral part of his life. The ability to cope with this trio autonomously is fundamental to his health. As he becomes dependent on the management of his instinct, he renounces his autonomy and his health *must* decline. The true miracle of modern medicine is diabolical. It consists in making not only individuals but whole populations survive on inhumanly low levels of personal health. Medical nemesis is the negative feedback of a social organization that set out to improve and equalize the opportunity for each man to cope in autonomy and ended by destroying it.

ESALEN CALENDAR

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- Truth About Self / Lilly p 23

October 8–10
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- Neo-Reichian / Dillon p 23
- Quantum Psychology p 23

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- Energy / Gunther p 24
- God, Sexual Energy & Body / Roth p 24
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- Look at Yourself / Zuckerman p 24

October 15–17
- Medicine / Lindsay p 24
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October 17–22
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- Experiencing Esalen / Staff p 25

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- Yoga & Meditation / Medow p 25
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October 31–November 26
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- Jungian Psychology / Perry p 28
- Selective Awareness / Miller p 28

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November 12–14
- Experiencing Esalen / Staff p 29
- Ecology of Mind / Bateson p 29
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- Sun / Ratcliffe p 34

December 24–26
- Sun / Ratcliffe p 34

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December 31–January 2
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- Holiday Celebration / Fuller p 34

January

January 2–7
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- Confluent Education / Marcus p 35
- Feldenkrais & Massage / Clemans p 35
- Gestalt / Price p 35

January 2–28
- Natural Healing & Self Healing / Drucker p 35

January 7–9
- Couples / Schiffman p 35
- Tao of Movement / Huang p 35
- Selective Awareness / Miller p 35

January 9–14
- Rest & Renewal / Medow p 36
- Selective Awareness & Gestalt / Miller & Price p 36
- Tao of Movement / Huang p 36
- Woman/Man / Schiffman/Mundschenk p 36

January 14–16
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- Psychosynthesis / Lefer p 36
- Universal Motion / Nadeau p 36

January 16–21
- Experiencing Esalen / Staff p 36
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January 23–28
- Week with Will Schutz p 37
- Gestalt / Price p 37
- Joy / Roth p 37

PROGRAMS IN Big Sur

Week of October 3-8

Self-Acceptance—The Freedom To Be
David Schiffman & Dee Mundschenk

Each of has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $270 + $2 *video fee.*

Truth About Self: One's Dyad, One's Body, One's Beliefs
John & Toni Lilly with Helen Costa, Bernice Danylchuck, & Lika Yandall

Self truth is one's own. Scientific truth is social. Dyad truth is in a couple. Body truth is to be learned. One's beliefs about these are to be experienced/experimented upon in this workshop. The narcissistic preoccupation of all humans with humans generates man's/woman's "interspecies deprivation." With the help of Bernice Danylchuck, Helen Costa, and Lika Yandall we see body truth. With Toni we see dyad truth. With dolphins we see interspecies truth. $270

Weekend of October 8-10

Massage Intensive / The Esalen Massage Crew

The Esalen massage crew, with its unique variety of approaches and styles, will teach basic techniques for giving and receiving massage, both for immediate relaxation of tension and as a way of caring. Emphasis here is on deepening the quality of touch-communication and heightening awareness of the energy flow between the body in motion and the body at rest.

The group will meet daily at the mineral baths. Limited to 16. $110

Opening the Feelings: A Neo-Reichian Workshop
Laura Dillon

The aim of this workshop is to help participants free up their capacity to experience and express deep feelings. Emotions are held in the body through muscular tensions which Wilhelm Reich called muscular armoring. Through the use of Radix emotional release techniques developed by Charles Kelley and other body oriented approaches we will work to soften these tensions and release the feelings held there. The group will provide a supportive nurturing atmosphere to enhance the process of emotional release. $110

October 8-10

Quantum Psychology Workshop

Psychology and models for consciousness have been largely formulated in terms of metaphors originating in the seventeenth century mechanics of Newton and the nineteenth century electro-magnetic field theory of Maxwell. The time is long overdue for the integration of the expanded world view of post-Einsteinian quantum physics into the everyday world of people exploring the nature of consciousness.

We shall present the basic ideas of quantum and relativity physics in imaginative and entertaining ways. Relativity is based on a particular way of communicating. Quantum mechanics arises out of fundamental limitations placed on our control of the world. The second law of thermodynamics places a price in free energy on every bit of knowledge we acquire. A new kind of non-Boolean "quantum logic" applies to the actions of atoms and, perhaps, to the actions of human beings. Why does time appear to flow from past to future? What is the physics of life? How does form arise out of chaos? Are there deep archetypal structures acting as generative principles common both to physics and to psychologies of consciousness? These are the kinds of questions to be discussed and experienced in the workshop.

The workshop is recommended for physicists, psychologists, ministers, and teachers (high school and above) and all laymen with a serious interest in an intellectual understanding of the seminal problems at the "epistemic edge" between mind and matter.

Leaders:

Dr Nick Herbert	*CORE, Boulder Creek, CA*
Dr John King	*Professor of Physics, San Diego State University*
Dr Jack Sarfatti	*Director, Physics/Consciousness Research Group, San Francisco*
Saul-Paul Sirag	*Institute for Study of Consciousness, Berkeley*
Dr Peter Flessel	*Professor of Molecular Biology, University of San Francisco*
Dr Fred Wolf	*Professor of Physics, San Diego State University*

$110

Scorpio, Queen of Cups, love, desure, awakened emotion. Mab, Morgana, lady of the enchanted wood, moon-mist, rainbow's end. A happy, alluring, teasing woman, mysterious to many, following her desires oriented towards life . . . and death.

Week of October 10-15

Energy / Bernard Gunther

We are all fields of energy living in an energy field. Our potential is limitless, yet we frequently find ourselves operating in fatigue and limitation. This damming of the Self is caused by excessive tension, shallow breathing, toxic relationships, and nonfocused thought, which rob the organism of vitality and pleasure. How to tap this infinite supply of energy, how to rechannel and raise sexual energy, and how to apply this knowledge in everyday activity will be the task of this seminar. In this work we will explore aspects of hypnosis, yoga, gestalt, psychosynthesis, and color sound chakra meditation to experience more fully our flow of vital and psychic energy. $270

God, Sexual Energy & Your Body / Gabrielle Roth

Sexual energy is the key which opens the door for us between spirit and matter. This workshop is designed to penetrate the religious / sexual gap as it exists in our consciousness, attitudes, and actions. We will use sound, movement, breathing, massage, and music as meditation tools to awaken our experience of the self. We will be working on a very deep level—please be prepared to spend the week in celibacy. In order to move through the barriers we have about making deep and meaningful contact with our selves and others we need to have the security of exploring our selves without the pressure of sexual performance. This work is rooted in shamanism and springs from a psychic source through Gabrielle. $270 + $2 *video fee.*

Massage Intensive / The Esalen Massage Crew

Everyone has felt the magic of a caring touch, but most of us know how to rub our pets better than we do our friends and lovers. For five days the members of the massage crew, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of our own spiritual machinery.

The group meets daily in the mineral baths. $270

Take a Second Look at Yourself / Janet Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter, and sensory awareness. $270 + $4 *video fee.*

Weekend of October 15-17

Medicine for the Nonmedical (or even the Medical)
Don Lindsay

In this workshop the conventional scientific medical model is presented. We will discuss its philosophy, its strengths, weaknesses, mystiques, fears, and snobbery, together with what the public fears and expects of it. We will share and experience our feelings, beliefs, and knowledge. Persons militantly antimedical are especially invited.

Suggested reading: *Panic in the Pantry.* $110

Meltingintwone / Bernard Gunther

Often we have sex when what we are really seeking is an open closeness, caring, energy sharing to quiet an intense underlying sense of tension, anxiety, and emptyness. Intimate relationships are most rewarding when they are not only pleasurable but uplifting, continually new and renewing. In this workshop for couples we will explore the physical mundane to a higher plane of consciousness, intimacy, and awareness. In this experience we will explore transmutation, polarity therapy, and nonverbal communication; moving from intensity toward ecstatic bliss. $110 per person.

Centering in Action / Bob Kriegel

The purpose of this workshop is to show that there is nothing mysterious, mystical, or devotional about centering—the process of tuning into that place of inner strength and wisdom from which we experience more of our possibilities and potential.

To experience centering we will play active games of all types, invent new ones, and practice exercises from yoga, aikido, t'ai chi, and sensory awareness.

We will use gestalt awareness, visualization, and psychosynthesis techniques to bring the insights gained in these activities to a more conscious level and to transfer them into our daily lives. $110

Week of October 17-22

Unfolding the Inner Self / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy which can be the source of great creativity, peace, and joy in our life. All of us have moments in touch with it, and those are times when we are especially aware of our own unique beauty and strength. Sometimes this seed is called the "inner self."

There are methods, some age old, some new, that can directly tap into the inner self and help a person live in touch with it in everyday life. We will use tools which are designed to be gentle, yet go deep—music and chanting to open the heart, meditation practices, a form of dance which strengthens the emotional center, theoretical sessions on unity consciousness, gentle physical exercises—and other techniques for unfolding.

The workshop is limited to 14 participants and is appropriate for beginners as well as those with previous group experience. $270

Contact & Communication / Julian & Beverly Silverman

$270

Bio-Energy & the Gestalt Adventure
Leland Johnson & Mary Ann Merksamer

Bio-Energy: Your body released through bioenergetics, chakra sound, meditation, and t'ai chi ch'uan . . .

The Gestalt Adventure: The discovery of your *now* self and allowing what is obvious in you to emerge. Through dialogue you allow integration and feeling whole . . . getting to know all of your selves.

This workshop will focus on clarity, expression, and movement. Many of the experiences you will take home with you are contained in *Bioenergetics—Body Contact Work* and a forthcoming book, *The Gestalt Adventure,* by Leland and Mary Ann. $270

Experiencing Esalen

Experiencing Esalen Staff

Coordinated by
Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theater games, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *The New Education* (Kelley).

SCHEDULE:

		Dec 10–12	$100
		Dec 17–19	$100
Oct 22–24	$100	Dec 19–24	$240
Oct 24–29	$240	Dec 31–Jan 2	$100
Nov 12–14	$100	Jan 14–16	$100
Nov 19–21	$100	Jan 16–21	$240
Nov 28–Dec 3	$240	Jan 21–23	$100

Pisces, Princess, Lorelei, siren, water-nymph, Aphrodite, mother of Eros, waterfront whore, all that lures us to adventure, success, destruction. Charming and seductive, given to oracular powers, changes focus like a two-tailed fish.

Weekend of October 22-24

Meditation Weekend / Robert Nadeau

We will explore centering and energy awareness in relationship to meditation. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Week of October 24-29

Yoga, Meditation, Movement, Massage
Deborah Sulochana Medow

Through the regular practice of healing asanas and integrative movement, hatha yoga seeks to develop and maintain awareness of self. Meditation, a vehicle for inwardly focusing this awareness, quiets the mind and allows the spirit to grow and flower. The outward expression of this self awareness is movement: how we move in this world reflects who we are and how we feel about ourselves. Free form movement becomes a way to explore and creatively expand our ways of being. Massage is a means by which aware individuals can share with each other and more fully experience each other. In this workshop, we will use yoga, meditation, movement, and massage to explore and expand our ways of feeling and seeing, relating, and being. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $240

Opening the Feelings: A Neo Reichian Radix Workshop
Laura Dillon, Bob Meyers, & Renan Sercarz

For workshop description see page 28. $300

Weekend of October 29-31

Growth Through Risk-Taking
David Schiffman & Dee Mundschenk

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. $110

Psychic Aspects of Muscular Tension / Lillemor Johnson

In this workshop we will explore the synthesis of the mind-body work of Wilhelm Reich and of Nic Waal which has been developed by Lillemor Johnson. Her theory and method, developed in 1953, first obtains a complete body picture demonstrating areas of tension and hypotonia as related to respiration. Her experience shows that spontaneous activity is not promoted by concentrating on the treatment of tense muscles, which are seen as the patient's defense. Hypotonic muscle groups are seen representing repression with affects held in check.

The approach is gentle, involving the light touch of hypotonic muscle groups while the person lies quietly. Against the background of the total pattern of tonus, respiration, and posture, it will be possible to mobilize the repressed expressions and thereby reintegrate the total muscular pattern. The respiratory and emotional components will be released at the same time.

Theoretical and practical demonstration of the method will be provided. Individual private sessions will be available during the following week upon request. $110

Awareness Through Movement: The Feldenkrais Method / Ruth Alon

This workshop is for people who are willing to introduce awareness through expanded patterns of movement for improving their functioning in life.

Exploring processes of movement, we are gradually led to experience a wide variety of unused potential, while guided to meditate on the subtle qualities of our inner dynamics. Our vocabulary of possibilities widens together with our self image.

We relearn natural coordination and fluency, reviewing the primal evolution of the developing baby.

The style of pleasant effortless movement in the game of observed experiments, opens us to a nurturing attitude towards ourselves and our growth.

The new kinesthetic freedom creates space for transformed states of mind. $110

Sex Dreams & the Spiritual Quest
Ann Faraday & John Wren-Lewis

This workshop provides a unique opportunity to share and explore with Ann and John some exciting new discoveries, arising from their work with dreams, concerning the use of sexual energy in personal integration, spiritual growth, and mind/body transformation. Shortly after this workshop they will disappear to write their new book on this subject. In the workshop we shall discuss and demonstrate the various levels of meaning to be found in sexual dreams, and contributions of dreams from participants will be welcomed. Dreamers who are concerned about the intensity or even apparent perversity of sexuality in their dreams may find that they have deep religious significance when their symbolism is understood. The function of sexual energy in lucid dreams and out-of-the-body experiences will also be discussed.

To make the most of this workshop, participants should read Ann Faraday's *Dream Power* (Berkeley Medallion Books) and *The Dream Game* (Harper Perennial Library) beforehand. $110

Week of October 31-November 5

Growth Through Risk Taking
David Schiffman & Dee Mundschenk

For workshop description see October 29–31. $270 + $2 *video fee.*

Put Your Memories, Fantasies & Dreams to Work For You: A Reichian / Gestalt Approach to Energy Release
Joan Fiore

"To understand is to tremble. To recollect is to reenter and be riven."
—Harold Brodkey

This workshop focuses on releasing the energy locked in our memories, fantasies, and dreams so that this energy can be made available for present relationships and life situations in a way that makes our existence in the present less encumbered by unfinished business of the past as well as self-programmed, self-fulfilling prophecies of doom for the future. First priority is on intensive intrapersonal work in a supportive group setting. There will also be opportunities to explore the nature of our interpersonal relating through group interactions. $270

The Gentle Way to Wholeness: Feldenkrais & T'ai Chi Ch'uan
Ruth Alon & Kenneth Cohen

Through t'ai chi and the movement patterns developed by Dr Feldenkrais, we will explore gentle ways to reach quality and efficiency of movement. We will look for the "neutral," that openness and readiness of body-mind which allows movement in any direction without rehearsal.

We will work alone and with partners. Differentiating the various processes involved in simple, everyday movements, we become aware of blockages and learn to be centered in ourselves. Through the playful aspects of t'ai chi—"push hands" and self-defense—we learn to share this centeredness with another and to explore together a sense of free-flowing, creative energy.

There will be time for the sharing of words, silence, and ceremonial tea. $270

Taurus, Earth Queen, Lillith, daughter of the Great Mother, a heavy broad who rules the Garden of Eden, its fruits and flowers. She is a good sex partner, loves children, useful things and a quiet good time.

Program for the Study of Culture and Consciousness

October 31—November 26, 1976

Realms of the Human Unconscious
Coordinated by Stanislav Grof, MD

A four-week, interdisciplinary residential program for professionals and students in the fields of psychiatry, psychology, and psychotherapy.

Under the direction of Stanislav Grof, Esalen is gathering 34 faculty members to offer over 150 curriculum hours of didactic and experiential sessions of training in new approaches to psychotherapy and self-exploration. The resources within the group of participants will be combined with those of Esalen staff and guest faculty to explore the new cartography of the human mind emerging from experiential techniques of psychotherapy and laboratory consciousness research. The main objective of this workshop is to develop an effective eclectic approach to self-exploration and work with clients acknowledging and utilizing autobiographical material, as well as the dynamics of the death-rebirth process and transpersonal phenomena. The material presented during this workshop will fall into four major thematic groups:

I. New Techniques of Psychological and Psychosomatic Self-Exploration and Psychotherapy.

The approaches examined in this program will include gestalt practice, psychosynthesis, Jungian psychotherapy, encounter, neo-Reichian techniques, music and dance therapy, mandala work, feldenkrais, rolfing, and acupuncture. Practitioners of these methods will give a theoretical introduction and conduct individual and group sessions with participants. Special sessions will be dedicated to the problems of psychotherapeutic help in pregnancy, childhood, and incurable disease.

II. A Systematic Course on Psychedelic Drugs and Altered States of Consciousness.

Individual sessions of this program will cover the historical and cross-cultural aspects of altered states of consciousness; recent laboratory research in this area; principles of LSD psychotherapy with psychiatric patients and dying individuals; birth trauma and its significance for the understanding of mental disorders, suicide and ecstasy; phenomenology and dynamics of transpersonal states; outline of psychedelic cosmology and ontology; and convergence of mysticism and science. The emphasis will be on the implications of LSD research for the theory and practice of non-drug psychotherapy and for interventions in crises related to psychedelic drug use.

III. Exploration of Ancient and Aboriginal Healing Techniques and Their Relation to Modern Psychotherapy.

Parallels between archaic and modern therapeutic techniques will be discussed by visionary anthropologists and experimental psychiatrists. There will be demonstrations and experiential sessions in which participants will explore various shamanic practices. In addition, guided sessions in hatha yoga, tai chi, and chanting meditation will be available on a regular basis. Illustrated lectures will be presented to examine the symbolic and mythological basis of healing practices.

IV. Laboratory Approaches to Self-Exploration.

Non-drug technology for altering consciousness, including a sensory isolation tank, clinical stroboscope, sonic driver, and lotus cradle will be available for participants.

This workshop will take place in the Esalen Study Center, an old Big Sur mansion located on cypress-covered cliffs overlooking the Pacific Ocean. The learning format will combine didactic seminars, illustrated lectures, experiential sessions, group process, individual help in self-exploration, and selected film material.

The program is limited to twenty-eight participants selected from applicants. The fee is $1,150 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute, Big Sur, California 93920.

If you wish to enroll in the program, send a letter containing biographical information and current photograph to Hidden Mountain, Esalen Institute, Big Sur, California 93920.

Faculty:

Tom Brenner
Cecil Burney, PhD
Joseph Campbell
Al Drucker
Betty Fuller
Stanislav Grof, MD
Michael Harner, PhD
Christina Healy
John Heider, PhD
Berklie Henry
Hidden Mountain
Dick Horan
John Horler
Elizabeth Kubler-Ross, MD
Janet Lederman
Emmett Miller, MD
Nitza Broide Miller
Peggy Morrison
Jaime Morton
Dee Mundschenk
John Perry, MD
Prem Das
Christine Price
Dick Price
Virginia Satir
David Schiffman
William Schutz, PhD
Leni Schwartz, PhD
Beverly Silverman
Julian Silverman, PhD
June Singer, PhD
David Statt, PhD
Rick Tarnas

The card above represents the STAR, Lady Bountiful, pours from bottomless cornucopias.
With the Tower destroyed, hopes and wishes fulfilled, the bird of the spirit flies.

Weekend of November 5-7

A Weekend with Will Schutz
$110

Jungian Psychology / John Perry
Jungian psychology is analytic and synthetic. It follows the natural moves of the psyche in the whole context of its emotional involvements, with no set expectations or program. The archetypal psyche is encountered in this emotional field, activated only in periods of stress when new values and meanings are replacing former ones. At these times, various dimensions of the transpersonal psyche may be brought into play. The objective is a strong, open ego that is heedful to the directives of the archetypal Self. $110

Introduction to Selective Awareness & Self-Hypnosis
Emmett Miller
The present-day student of health is confronting the possibility that the vast majority of physical disease patterns and essentially all psychological problems are the result of faulty programming of the "Human Biocomputer." Yet seldom can either physician or patient make use of this theory. The reason for the paradox is simple: you must know the language in order to talk to a computer (garbage in; garbage out). Selective awareness is self-applied, using your conscious mind—in a state of deep relaxation and concentration—to systematically explore and experience your world of experience and memory within. We will investigate selective consciousness through auto-suggestion; the elimination of unwanted symtoms, habits, and emotional response patterns; effective learning, listening, and communication; and body awareness. $110

Week of November 7-12

A Week with Will Schutz
$300

Time: Warps & Woofs / Seymour Carter & Sam Keen
An authentic life is a weaving together of a rich awareness of the present moment with tattered elements of the past to create an informed hope. Sensation is always being intermeshed with the mythical warps we bring to experience.

This playshop will use sensory awareness, gestalt, and explorations in personal mythology to probe the ways we combine the opposites. Its aim is to increase the ability to surrender to the flow of the present moment and the ability to forge that meaningful coherence between past-present and future (memory-awareness-anticipation) that is the mark of an integrated personal life.

Bring photographs from childhood and the present. This workshop is limited to 20 participants.

Suggested homework: *Neurosis & Human Growth,* Karen Horney; *Telling Your Story,* Keen & Fox. $300

Selective Awareness, Self-Hypnosis & Movement
Emmett & Nitza Miller
To us, therapy is a means for capturing the spirit and momentum of enjoyable experiences in the past and projecting them into the future. Further, it allows us to trace maladaptive patterns—symptoms, habits, emotions, and blocks—to their source, as far back as infancy or further, and extinguish them.

Participants will learn to enter and use the hypnotic state for relaxation, imagery, and age regression. Movement will be used to help intensify emotional experiences, to transmit desirable self-concepts to the body, and to develop means of truly enjoying the body. Of special interest will be multiple experiences of going from a desirable mental image in hypnosis directly into a full movement experience, without pausing at the "waking" level. $270 + $4 *video fee.*

Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix *Intensive,* a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Work Shop. The *Intensive,* like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. Groups will be kept small—never more than eight per leader—so that significant individual attention can be given. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

Oct 24–29	**Laura Dillon, Bob Meyers, & Renan Sercarz**
Dec 12–17	**Gregor Barnum, Connie Cossette, Anne MacKenzie**
Jan 16–21	**Siri Mishler, Mark Dunlap, & Clair Killen**

Weekend of November 12-14

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Steps to an Ecology of Mind / Gregory Bateson

In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to new ways of looking at the living world, including everything from biology to poetry and politics. The workshop will explore these ways of perceiving and thinking. $110

Lighten Up: Body / Mind / Spirit / Betty Fuller

Many of us carry around enormous burdens of yesterday's regrets, resentments, and other unfinished business through which we screen our experience of today's here-now daily life. Frequently we made decisions "back then" which determine today's posture—physical, mental-emotional, and spiritual—and the choices we made about tomorrow's possibilities.

In this body-mind-spirit workshop we lighten the load using gestalt, encounter, psychosynthesis combined with feldenkrais and Trager body work, massage, meditation, song, dance, and laughter. As we experience greater flexibility, increased energy, expanded consciousness, and enhanced self image we can choose NOW to live now—viewing the soap opera of our life simply as the story of what happened along the way. $110

Week of November 14-19

Unfolding the Inner Self / Michael Butler

For workshop description see October 17—22. $270

Pleasure, Intimacy, & Grace / Stella Resnick

This workshop will focus on making friends with self and other selves through gestalt, meditating, touching, breathing, moving, and music. $270

Psychophysical Integration & Mentastics: A Training Workshop / Milton Trager

Psychophysical Integration and Mentastics, the innovative body work of Dr Milton Trager, was introduced here last year when he trained members of the Esalen staff and other professionals in body work. Dr Trager's work influences deep-seated patterns in the body/mind which inhibit, block and distort free-flowing movement and full self-expression. Since these blocks are released at the source, participants can experience long-lasting release of fixed patterns resulting in greater flexibility, increased energy and vigor and a more joyful, vibrant, complete sense of self. The body/mind becomes a well-tuned instrument capable of full self expression. Participants will all experience Dr Trager's work personally and will work on each other under his supervision. For professionals in body work only. $270

Weekend of November 19-21

A Weekend of Energy Release & Integration with Bioenergetics & Gestalt / Alan Schwartz

Read the description of the weeklong workshop (see November 21—26). This weekend should be thought of as an opportunity to become aware of blocks to the free flow of human energy in the body's musculature. The synthesis of bioenergetic analysis and gestalt therapy which is the energetic dimension provides the environment. Release and integration via grounding concepts will be the focus. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Week of November 21-26

Contact, Communication & Relationship: A Workshop for Professionals / Julian & Beverly Silverman

Our emphasis is on the relationship between individual process and group process. Our concern is with developing a way of being in which one's senses are open and one's contacting of others flexible. The learning which takes place occurs with a group of individuals who share and change in relation to each other. Emphasis is placed upon body in relationship to mind. $270

Communication Sesshin / Mark Ederer & Staff

Using inquiry as a tool through questions such as: Who am I?; What am I?; What is life?; What is another?; we will attempt to experience our true nature. This process has its roots in Rinzai Zen Buddhism; however, the workshop will utilize the western relating technique of "conscious relationship," the method of exploring oneself with the conscious presence of a partner. Participants will be asked to refrain from shaving, wearing makeup, smoking, gossiping, sex, and over-indulgence in food. We ask that you bring with you a willingness to commit yourself to the task of directly experiencing who you are. Bring a sleeping bag, flashlight, and comfortable clothing. Participants will be working on the question 18 waking hours per day, including walking contemplation and use of the baths. Sleeping and eating will be done in the meeting room.

Suggested reading: *The Three Pillars of Zen,* Phillip Kapleau. $220

The Energetic Foreground: A Bioenergetic-Gestalt Synthesis Alan Schwartz

Working with the energetic foreground synthesizes the philosophies of bioenergetic analysis and gestalt. The central dynamic of the organism is the energy that makes up the whole person. Energy flow is body flow, emotional flow, and mental flow. Energy is *movement.* When such movement is blocked on any of the above levels, the organism *cannot* function to nourish the person towards a mature sense of self. This workshop will move in the direction of such awareness by providing participants an opportunity to work and play through energy blocks, concentrating on those which restrict the expression of the body. This release will provide the insight necessary for participants to glimpse a more total sense of self. $270 + $2 *video fee.*

STRENGTH, an essential fusion of physical power, perception from the center and radiant mental energy. Serene in the midst of chaos, infinity is her womb.

Weekend of November 26-28

Arthurian Romance, Courtly Love, & the Grail
Joseph Campbell

A weekend of talks and discussions, illustrated with slides, dealing with the basic themes of medieval romance and their possible relevance to the refreshment of life today. The "Waste Land" theme of T.S. Eliot, traced to its source in the twelfth and early thirteenth century grail legends; the influence of oriental themes on medieval poetry; the mystical lore of the Courts of Love; spirituality as an individual adventure; woman as a vehicle of grace; love and loyalty as forces more powerful than death; these and the like will be our topics. Legends of the Celtic fairy hills, of Arabian and Sufi lore, and of medieval crusade will be our texts. $110

The Tao of Movement: For all Dancers of Life
Al Chung-liang Huang

Dance the "Watercourse Way," flow like the wind, like the water, effortlessly. To identify with and explore the egoless spontaneity of the motion/stillness in nature. To be in harmony with the Universal dance in everyday living. To begin to meditate kinesthetically our "Beginners' Mindbody"—that is the way (TAO)!

—Fishes swim in the water, but do not think of it;
Birds fly in the wind, but are not aware of it.—

Vegetable Roots Musings by Kojisei (1575-1619)

$110

On Dreams / Morton Schatzman

What if you slept, and what if in your sleep you dreamed, and what if in your dream you went to heaven and there plucked a strange and beautiful flower, and what if when you awoke you had the flower in your hand? Ah, what then?

—Samuel Taylor Coleridge

Many persons have awakened from dreams with the flower in their hands. The flower has been a song, a poem, a solution to a problem, a new outlook or insight or some other dream gift.

In this group we will consider our dreams as chances to "wake up." We will discuss lucid dreams, how to direct dreams and how to use dreams creatively. $110

Program for the Study of Culture and Consciousness

November 28—December 26, 1976
Paths of Transformation
Coordinated by Joan Halifax
Led by Paul Rebillot & Jean Lanier

"When you see, there are no longer familiar features in the world. Everything is new. Everything has never happened before. The world is incredible!"

—Don Juan, through Carlos Castaneda

"Make it new."

—Confucius, through Ezra Pound

This is an experiential and intellectual celebration of the light that emerges in the midst of our darkest Winter Solstice. In the process of this four week program, we will engage what Jung has termed "our own mythology" and the 2,000,000 year old human being residing within us all. This we will do through story, magic, image, word, deed, and dance.

In the first week of the program, the eminent mythologist, Joseph Campbell, will share with us the mythological cartographies of archaic and preliterate peoples in order to show us the universal and particular aspects of materials of all visionary experience, and arrive at some notion of how we may discover in the contexts of our own activated imaginations creative sources for the enrichment of our lives.

In the second week, we will explore these archaic maps through enactment with Paul Rebillot, Jean Lanier, and Joan Halifax. The hero's perilous journey, the spirit's quest for light, the grail, the mysteries of death and rebirth, these inspired human processes, universal in nature, will become a means of personal and transpersonal investigation of our own deepest selves.

The third week will be an exploration of the human unconscious, the shamanic world, and rites of transformation. Stanislav Grof will present his extended cartography of the human mind emerging from psychedelic research. Julian Silverman will share his unique research in the areas of shamanism and the shizophrenic process; Prem Das will guide us through the visionary world of the Huichol Indians; and Joan Halifax will summarize the week with a seminar on rites of passage. The conclusion of this third week with Gabrielle Roth will give us the opportunity to experience the mysteries of our own temple, the body, as we work with imaginative, inspirational, and intuitive levels of our physical consciousness.

The final week of the program, the week of the birth of Christ, will be a time of metamorphosis. The music of Charles Lloyd and others will be the energy field for the experience of Christmas. Paul Rebillot, Jean Lanier, Joan Halifax, and the Esalen staff will join us for this time of transformation.

Tuition is $1,200 for this 28 day program. Send a letter containing biographical information and a current photograph to Joan Halifax, Esalen Institute, Big Sur, CA 93920.

Faculty:
Joseph Campbell
Stanislav Grof, MD
Joan Halifax, PhD
Georgia Kelly
Jean Lanier
Janet Lederman
Charles Lloyd
Prem Das
Christine Price
Richard Price
Myrtle Ratcliffe
Paul Rebillot
Gabrielle Roth
Julian Silverman, PhD

Week of November 28- December 3

Gestalt Practice / Richard & Christine Price

Perfect like Great Space
the Way has nothing lacking, nothing in excess.
Truly because of our accepting and rejecting
We have not the suchness of things.
—Sengtsan (3rd Zen Patriarch)

What is, is.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than "adjustment," "cure," or "accomplishment."

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanaponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelley). $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $240

The Tao of Movement: For All Dancers of Life
Al Chung-liang Huang

For workshop description see November 26—28. $270

Perhaps this liberated lady is offering herself. Can you accept or give the gift?

Weekend of December 3- 5

Tuning In / Janet Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and thinking. Once we are aware of our tapes, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness, and other techniques to tune in to ourselves and each other. $110

Exploring Self-Acceptance
David Schiffman & Dee Mundschenk

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning.

$110

The Miracle of Perception
Charlotte Selver & Charles Brooks

We usually associate perception only with what we see. However, the organism is marvellously provided with organs of perception and the sensory nervous system which can come into play both in quiet and in action. Awakening these rich sources brings about a much wider spectrum upon which we can build our life and our connection with all that happens within and around us.

Recommended reading: *Sensory Awareness: The Rediscovery of Experiencing* by Charles Brooks. $110

Week of December 5-10

Self Acceptance—The Freedom to Be
David Schiffman & Dee Mundschenk

For workshop description see October 3—8. $270 + $2 *video fee.*

Massage Intensive / The Esalen Massage Crew

For workshop description see October 10—15. $270

You & Universal Motion / Robert Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement. $270

South Coast Center

The living center is slowly evolving into a participatory environment
vital
changing
designing, redesigning inner and outer space with residents responsible for their own evolution.

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (room, balcony, and bath) are available for $350 per month. A monthly meal ticket may be purchased at Esalen for $200 and residents may set up light cooking facilities in their rooms for preparing their own meals. As part of our program of integrating residents into the working community, South Coast residents are asked to contribute eight hours per week of work to the community. In addition, due to the large number of people who want to be at South Coast, we have put a limit of three months on all South Coast residencies. South Coast studios may be reserved through the Esalen/Big Sur office.

Ways of Being at Esalen

Statement of Purpose & Objectives of Esalen as an Educational Institution

Esalen Institute is a nonprofit organization. Our primary purpose, in the broadest sense, is an educational one.

In order to support the unique educational form which we are continually developing, we require well functioning support systems (administrative, financial, legal, lodging, food preparation, etc.), which maintain and enhance the basic thrust of the Esalen educational program.

Our main contribution is in areas of knowledge and experience which ordinarily are not considered in traditional educational settings. "Confluent education," "affective education," "energy awareness," and various other types of experiential programs are a major concern at Esalen. At the same time we collaborate with established universities on educational programs. We believe that the natural environment at Esalen/Big Sur is a primary educational aspect of our programs. At Esalen, each student-seminarian finds and defines his own path to learning, taking his education from the total environment available—psychic, geographical, emotional, spiritual, and intellectual. The place and the people are the background and foreground of the ever-changing gestalt.

Our philosophy of education is simple; it is derived from the Latin meaning of the word *educere*—to lead out that which is within. We are not primarily interested in indoctrination or in instruction. We believe in the natural unfolding of a "student's" creative abilities in a *supportive, natural environment.*

We view the Esalen staff as developing into a faculty which is unique to educational institutions. We believe in the evolution of an educational form in which teaching and support functions are indistinguishable—where basic aspects of growth are taught by those who *take care* of the Esalen environment.

We see ourselves as working at being an "open educational system" responsive to changing conditions in society which are intrinsically related to changes in personal and social experience.

Ongoing Residential Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs will also be open to residents. Cost: $960 per 26-day period.

Work-Study Program

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our potence (our com-petence) primarily in relation to others; we lose touch with the potence of our Selves—with our essence.

The growing interest of the western world in eastern spiritual disciplines and in the now-called "human potential movement" implies a yearning for *dis*-covering the SELF. The task for we western men and women is to integrate this dis-covering of SELF into the *center* of our technological, work-oriented civilization. It is with this task in view that we present the Work-Study program.

The Work-Study program is a residential program within the working context of the Esalen community.

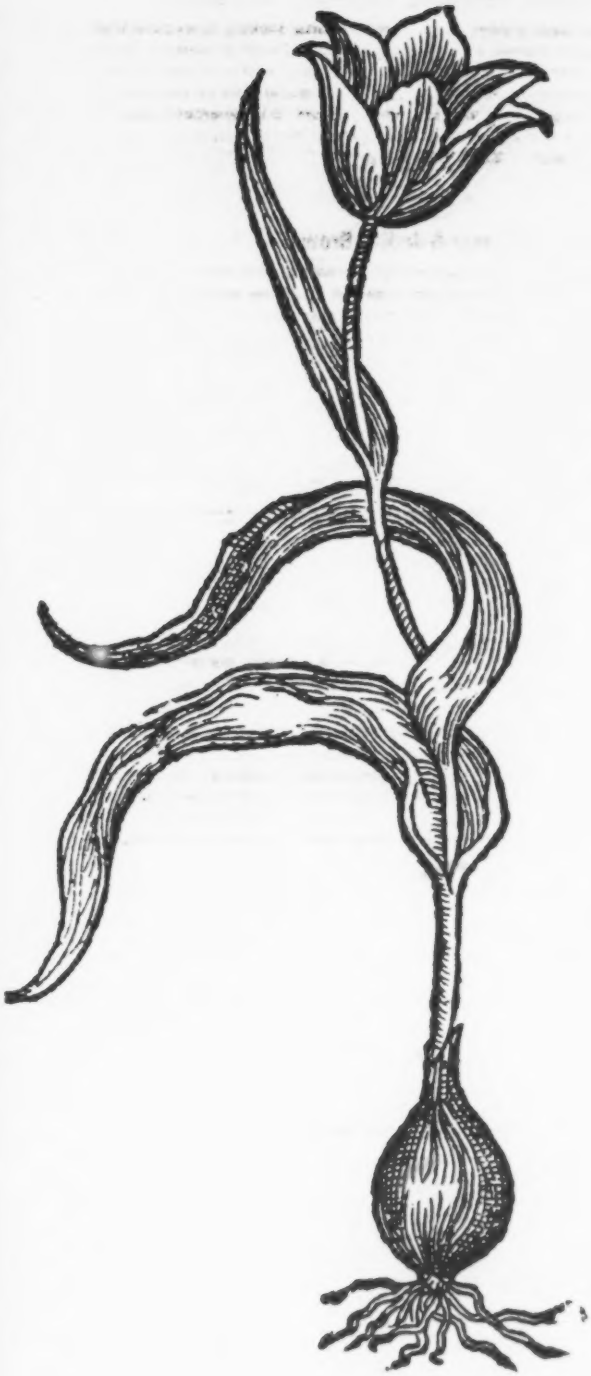
The Focus: Learning/*dis*-covering the use of your own energy in work . . .
For your SELF.
Living together (close to others) operatively and cooperatively in a unique, high intensity environment.
Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.
An opportunity for:
SELF-regulation
SELF-examination
SELF-contemplation
and if you choose
SELF-reevaluation
Facilitated by removal from your ordinary living context.

Group sessions with Esalen staff leaders are one kind of *background* for the program. Staff leaders include Janet Lederman, Christine Price, Richard Price, Beverly Silverman, Julian Silverman, and Janet Zuckerman.

Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. (Flexibility is one of the watchwords of life at Esalen). The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program (emotionally and physically) and only rarely is it restful.

Housing is at the South Coast Living Center, one and a half miles north of the Hot Springs property, with shared accommodations of up to three persons to a room. The program lasts 28 days beginning on a Sunday: four weeks and four weekends at a basic cost of $300. A new program begins every four weeks.

If interested, please apply as early as possible to Work-Study Program, Esalen Institute, Big Sur, CA 93920. Only a limited number of applicants are accepted. Professional services such as massage and rolfing are available at *staff rates.* Arrangements are made through the office.



Weekend of December 10-12

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Body Awareness, Moving, Relaxation & Vitality
Barbara Clemans

Fixed patterns of movement create tension in the body and rigidity in the mind. We will experience new ways to move which are functional with constant focus on breath and directed awareness of body sensation. Massage with directed energy will heighten our sensation of ourselves and others, allowing for dissolution of stress and increased vitality. We will use feldenkrais movement, sensing, meridian awareness, touch, and visualization with music. $110

Week of December 12-17

Unfolding the Inner Self / Michael Butler

For workshop description see October 17–22. $270

Opening the Feelings: A Neo-Reichian Radix Workshop
Gregor Barnum, Connie Cossette, Anne MacKenzie

For workshop description see page 28. $300

Weekend of December 17-19

Open Psychodrama Encounter / Maurica Anderson

A flexible weekend of work and play using a variety of encounter, gestalt, and body movement approaches, with emphasis on psychodrama—the spontaneous dramatization of life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing more openness and spontaneity, and (why not?) having fun. The degree of active involvement is up to the individual. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Dance of Shiva / Gabrielle Roth

Each gesture is from
our own nature
born
spontaneous
beyond form
beyond purpose
being moved by
life
we are divinity dancing.

This weekend is being created for you to experience that part of yourself that wants to live deeply and fully. Be prepared for vigorous, intensive sessions of movement alternated with periods of deep meditation. $110 + $2 *video fee.*

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Week of December 19-24

December 19–26
Gestalt Practice / Richard & Christine Price
For workshop description see November 28–December 3. $370

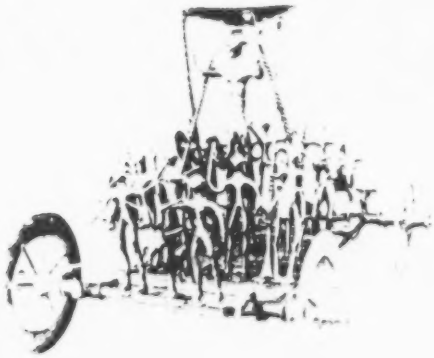
Experiencing Esalen / Experiencing Esalen Staff
For workshop description see page 25. $240

December 19–26
The Birth of the Sun
Georgia Kelly, Charles Lloyd, Gabrielle Roth, & Myrtle Ratcliffe

The winter solstice is a time for restful introspection as the earth's outer darkness allows the inner sun of the soul to regenerate and find expression. Traditional cultures the world over have rested, fasted, and feasted during this time of the year in celebration of the turning point, the cyclic return.

We will join with artists, musicians, and for several sessions with members of the group, "Paths of Transformation," to create our own ritual and pageant for the staff and guests of Esalen during this holiday week. Using a variety of techniques such as toning, tuning, massage, movement, gestalt awareness, and meditation, we will integrate our personal rituals into a group presentation.

Participants may come for the entire seven days or may join the group for the weekend. $370



Weekend of December 24-26

The Birth of the Sun
(See December 19–24). This weekend group will join with the others, who, during the previous five days will develop a holiday ritual and celebration involving music, movement, and other forms of creative expression. Early arrival is encouraged with the first meeting at 3 pm Friday afternoon. $110

Week of December 26-31

A Week of Training in the Energetic Dimension For Therapists, Counselors, Educators / Alan Schwartz
This introductory week is designed for those seeking to expand their knowledge of human energy systems and add such knowledge to their work. Elements of characterology, grounding, and basic techniques of synthesizing bioenergetic analysis with gestalt will be explored. Participants should have had some exposure to bioenergetic and gestalt work and should have read some of the literature of Lowen, Perls, and Reich. $270 + $2 *video fee.*

I'm Entitled! / George & Judith Brown
This workshop *teaches the process* of owning what each of us has available in both our inner world and in our outer world, and appreciating the ways we interrupt our own natural growth and personal and interpersonal development. Then we can recognize what is and what isn't and what could (not "should") be and relish the choices, challenges, adventures, and peace to which we are all entitled. Suitable for couples or individuals. Limited to 20. $270

Lighten Up: Body / Mind / Spirit / Betty Fuller
For workshop description see November 12–14. $270

An Integrative Approach to Self Actualization Ilana Rubenfeld
The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander technique, and feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $270

Weekend of December 31- January 2

Celebrating the New Year with the Energetic Dimension Alan Schwartz
This weekend will focus entirely on positive energy. Using the philosophy and techniques of the energetic dimension, we will focus through grounding on expressing core feelings. A weekend of excitment, risk, and NO NEGATIVITY. $110

Experiencing Esalen / Experiencing Esalen Staff
For workshop description see page 25. $100

New Year: A Holiday Celebration / Betty Fuller
For workshop description see the Lighten Up: Body / Mind / Spirit workshop description for November 12–14. $110

Week of January 2-7

Take a Second Look at Yourself / Janet Zuckerman

For workshop description see October 10–15. $270 + $4 *video fee.*

An Introductory Workshop in Confluent Education
Stephen Marcus

We'll celebrate your gestalt poet (and put your gestalt censor on hold). We'll also utilize right hemisphere, intuitive, metaphoric thinking skills to develop body-knowing and emotional literacy. We'll undermine intellectual fastidiousness and erect an eclectic foundation for "being smart." Participants will be encouraged to make direct applications to their specific work and life settings. Bring a journal with unlined pages.

Credit in Education is available for this workshop through the Extension Division of the University of California, Santa Barbara. All arrangements will be made during the workshop. $270

Feldenkrais & Massage / Barbara Clemans

Moshe Feldenkrais is the originator of a simple yet powerful new body technique. The exercises are pleasant and relaxed, each fifty minute segment being a different lesson. The work allows for the experience of integration, relaxation, and balance, improvement in fluidity, and ease in movement.

Carrying the awareness gained from the exercises to our experience with each other in massage, we will heighten our awareness of self-image and experience the relationship of body, mind, and psyche. $270

Gestalt Practice / Richard & Christine Price

For workshop description see November 28–December 3. $270

The WORLD of the New Age in the circle of Brotherhood beyond the beasts of Ezekial, beyond the battle of the sexes. Yin and Yang united in the ultimate perfection of the androgyne.

Weekend of January 7-9

The Gentle Art of Becoming—Together: A Workshop for Couples / David Schiffman & Dee Mundschenk

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness techniques. $110 per person

The Tao of Movement: For All Dancers of Life
Al Chung-liang Huang

For workshop description see November 26–28. $110

Selective Awareness, Self Hypnosis & Movement
Emmett & Nitza Miller

For workshop description see November 7–12. $110 + $4 *video fee.*

January 2–28

Inner Road to Health Practicum: Natural Healing & Self-Healing
Al Drucker & Staff

A month-long training workshop for 8 to 10 participants, covering some of the health arts taught at Esalen. The last workshop of this type given in May 1976 had ten class sessions per week and included training in massage, deep tissue restructuring, acupuncture theory, herbal and homeopathic systems, gestalt practice, and energy healing work. We also had a daily spiritual practice of devotional chanting and meditation, as well as tai chi, feldenkrais, yoga, and other physical practices. We expect that this present workshop will follow the same general format although the actual material covered will depend on group interest and availability of outside leaders. The program includes an eight-hour weekly work commitment in the garden, kitchen, or on the grounds. There will be time to attend regular brochure weekend programs for the catalog price minus $50. Classes will be held in Fritz's house, high on the hill overlooking the baths and the Big Sur coastline.

The fee of $800 covers tuition, shared accomodations at South Coast Center, two to a room, and meals for the month. A previous qualifying experience, such as the 4 or 5 week Inner Road to Health workshop is required for attendance. To register send a $200 deposit, your name, address, phone number, and a note giving the previous workshop experience. Mail to Esalen Institute, Reservations, Big Sur, California 93920. Acceptance is on a first come basis.

The PRIESTESS is the young moon (Isis, Ishtar). Hers are all the arts of love. The way is along the path of study and learning in all the arts and sciences.

Week of January 9-14

Rest & Renewal for the New Year
Deborah Sulochana Medow

dawns
a NEW year
come
beNEW
YoU
s-t-r-e-t-c-h-i-n-g
grOWING MOVING
flowing $270

Selective Awareness & Gestalt Practice
Emmett Miller & Richard Price

Selective Awareness provides a means for identifying and unlearning undesirable characteristics of body/mind and rapidly learning desirable patterns. This takes place in a state of mind related to those of meditation and hypnosis. Like gestalt practice, selective awareness aims at the development of internal guidance free of externally imposed conditioning.

For more information about gestalt practice, see November 28–December 3. $300

The Tao of Movement: For All Dancers of Life
Al Chung-liang Huang

For workshop description see November 26–28. $270

Woman to Woman / Man to Man
Dee Mundschenk David Schiffman

"The woman that most needs liberating is the woman in every man, and the man that most needs liberating is the man in every woman."
—Rev. William Sloan Coffin

Taking advantage of the natural affinity and support that people of the same sex can afford one another, the men and women in this workshop will meet separately as well as together. We will create an ambience of tenderness and support to provide opportunities to clarify the nature of who we are as men in the absence of women and who we are as women in the absence of men and what happens when we come together. The themes we will explore are our sexuality, our friendships, our body images, our coupling, our creativity, our relationship to power, our expectations of each other. The workshop will be grounded in the techniques of gestalt, encounter, fantasy, massage, and bioenergetics. $270 + $2 *video fee.*

Weekend of January 14-16

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

A Weekend of Psychosynthesis / Lenore Lefer

Psychosynthesis is a practical approach to personal growth which helps us develop, balance, and integrate the physical, emotional, mental, and spiritual aspects of our experience. The purpose of this weekend will be to facilitate the awareness and understanding necessary to begin to consciously cooperate with the natural tendency towards harmony in each of us. Some of the themes to be explored will include choice, responsibility, and freedom of the personal and transpersonal will, inner dialogue, and wisdom, meditation, and exploring parts of ourselves as they relate to and express the *whole* of who we truly are. Guided imagery will be a major focus for this exploration. In addition we will look at some of the theoretical constructs as they relate to themes we will be experiencing. $110

You & Universal Motion / Robert Nadeau

For workshop description see December 5–10. $110

Week of January 16-21

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $240

Contact, Communication & Relationship
A Workshop for Professionals
Julian & Beverly Silverman

For workshop description see November 21–26. $270

Opening the Feelings: A Radix Neo-Reichian Workshop
Siri Mishler, Mark Dunlap, & Claire Killen

For workshop description see page 28. $300

Weekend of January 21-23

A Weekend with Will Schutz

$110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Week of January 23-28

A Week with Will Schutz
$300

Gestalt Practice / Richard & Christine Price
For workshop description see November 28–December 3. $270

The Joy of Sadness / Gabrielle Roth
The purpose of this workshop is to dissolve the wall between you and your divinity—the barrier between your mind/body and your heart. These five days of deep personal processing will include breathing, movement, music, sound, and massage meditations. Gabrielle will support us in going deeply within ourselves to rediscover the magnitude of our own heart energy, thus infusing our life experience with dimension, depth, meaning and purpose. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. $270 + $2 *video fee.*

Future Workshop Announcements

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

January 16 - February 11, 1977
Physics/Consciousness 1977
This program will be an expansion of the Quantum Psychology Workshop described for October 8-10 in this catalog.

January 30–February 18, 1977
Lighten Up: Body/Mind/Spirit / Betty Fuller
This program will be an expansion of the five day program of the same name described for November 12–14. For participation in this program completion of the basic *est* training is recommended but not required.

March 27–April 29, 1977
Inner Road to Health / Al Drucker

May 1–27, 1977
Birth, Sex, & Death: Contemporary Revolution in Medicine & Society / Stanislav Grof

February 27–March 25, 1977
Shamanism & the Mystic Quest
Coordinated by Joan Halifax
Since the dawn of history, humankind has experienced itself as visionary and dreamer. It has learned that certain states of being create a psychic opening where vision is cleansed and the mirror-mind opens itself to the infinite possibilities of itself. This program is designed to explore those techniques of transformation and illumination emerging from ancient shamanic knowledge. Participants will be experientially introduced to basic methods of shamanic power and healing used by North and South American Indian shamans as reinterpreted for application within our own lives. The accumulation and utilization of shamanic power will be related to the processual nature of consciousness.

The faculty includes four anthropologists (Halifax, Harner, Munn, Myerhoff) who have had extensive experience with the visionary aspects of shamanism and/or shamanic cultures themselves, including Huichol, Mazatec, Jivaro, and Shipibo. Joseph Campbell will provide us with the historical, mythological, psychological and conceptual basis of shamanism and mysticism. Prem Das, having completed the five year training period necessary to become a shaman in the Huichol world, will work daily with the group in the areas of cosmology, shamanic worldview, function and method of ritual and ceremony, healing practices, techniques of purification and transformation of consciousness, and use of dreams and visions. With him will be Matsua, an 86 year old Huichol shaman from the Western Sierra Madre of Nayarit, Mexico. Matsua is the principle shaman of his village and the surrounding area and is renowned for his knowledge of Huichol mythology, ceremony, healing, and chanting. Ruturi, another Huichol shaman, is a visionary yarn painter who will also be conducting ceremonies with us as well as teaching the techniques of his art.

Music is another dimension occuring in shamanic training. Kathleen Mullin, an ethnomusicologist, with Charles Lloyd and Barklie Henry, will explore with us the channel of music as a means transforming consciousness. The relationship between the body, movement, sound, and consciousness will be brought into focus by Gabrielle Roth.

Other areas to be covered will be: biochemistry and consciousness (Shulgin) and shamanism and schizophrenia (Silverman).

Tuition is $1,150 for this 26 day program.

Leaders: Michael Harner, PhD, Prem Das

Faculty: **Joseph Campbell**, **Barklie Henry**, **Janet Lederman**, **Charles Lloyd**, **Matsua**, **Kathleen Mullin, MA**, **Henry Munn, PhD**, **Barbara Myerhoff, PhD**, **Richard Price**, **Christine Price**, **Gabrielle Roth**, **Ruturi**, **Alexander Shulgin, PhD**, **Beverly Silverman**, **Julian Silverman, PhD**

Esalen Conferences
Esalen has scheduled the following conferences for the remainder of 1976.

October 16–17 St. Louis, MO	"Expanding Awareness"
November 6–7 Sacramento, CA	"A Re-Newed Sense Ability"
November 20–21 Toronto, Canada	"Expanding Awareness"

For more information on any of these programs, write Conferences, Esalen Institute, Big Sur, CA 93920.

BIOGRAPHICAL

A

PAUL AIKIN is a clinical psychologist in private practice in Davis. He has spent the past eight years in training and practice in gestalt, bioenergetics, and psychophysical approaches. (p 16)

RUTH ALON is a graduate of the Feldenkrais Institute in Israel and teaches his method at the Tel-Aviv University. (p 26)

MAURICA ANDERSON has been conducting workshops for Esalen and other organizations for the past five years and has come to believe that personal growth can and should be fun as well as hard work. (p 33)

JUDITH ASTON developed Structural Patterning, based on Ida Rolf's concepts of alignment. Currently she is director of the Structural Patterning Institute and on the training staff of the Rolf Institute. (pp 8, 9)

B

JOHN BADANES studied a variety of musical traditions and has served as the assistant director of the Center for World Music for the past two years. He learned to play gender wayang in Bali from I Made Grindem. (p 6)

GREGOR BARNUM teaches classes, workshops, and individual sessions in Radix Neo-Reichian Emotional Release and is a qualified masseur. (p 33)

GREGORY BATESON, author of *Steps to an Ecology of Mind*, is a world famous ecologist and ethnologist. He originated the "double bind" theory which explains some of the causes of schizophrenia. (p 29)

JUDITH BINDER has been a director, actress, and writer for fifteen years. Her traditional acting and dance training has been expanded with study of feldenkrais movement, tai chi, Jungian psychology and meditation. (p 14)

CHARLES BROOKS, author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963. (pp 10, 31)

GEORGE ISAAC BROWN is director of the Confluent Education Program at the University of California, Santa Barbara. He is the author of *The Live Classroom: Innovation through Confluent Education and Gestalt*. (p 34)

JUDITH BROWN is a gestaltist who is a specialist in marriage and other primal relationships and is interested in families as systems and the effect they have on the individual family member. (p 34)

MICHAEL BUTLER has been leading workshops at Esalen for the past five years. He was trained in group process by John Heider and has been a rolfer. Currently he is studying siddha yoga and meditation with Baba Muktananda. (pp 24, 29, 33)

C

JOSEPH CAMPBELL is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero with a Thousand Faces*, *The Masks of God*, and *Myths to Live By*. (pp 14, 16, 27, 30)

SEYMOUR CARTER trained in gestalt with John Heider and Richard Price, in sensory awareness with Charlotte Selver, and rolfing with Ida Rolf. (p 29)

RAY CASTELLINO has trained in polarity with Dr Randolph Stone and Dr Pierre Pannetier. Currently he is the director of the Polarity Center of Berkeley, California where he teaches and gives individual polarity sessions. (p 15)

BARBARA CLEMANS is a movement and feldenkrais teacher also schooled in a number of other human potential practices. (pp 33, 35)

KENNETH COHEN is a poet-scholar of classical Chinese language and culture. He has a teaching certificate in tai chi ch'uan from Master William Ch'en. (p 26)

CONNIE COSSETTE leads groups and gives individual instruction at the Radix Institute in Santa Monica. (p 33)

HELEN COSTA studied with Clara Spring, Robert Nadeau, John and Toni Lilly, and Bernice Danylchuk. Her work highlights the physio-dynamics of Bernice Danylchuk. (p 23)

ELEANOR CRISWELL is the president-elect of the Association for Humanistic Psychology. (p 5)

D

BERNICE DANYLCHUK is the innovator of the physio-dynamics method. She is the founder of the studio of body improvement in La Jolla and Beverly Hills. (p 23)

ARTHUR DEIKMAN is a pioneer in the scientific investigation of the psychological effects of meditation. He is a psychiatrist in private practice in San Francisco, where he is an associate clinical professor at the University of California. (p 7)

KATHY DICKMAN has been in massage for six years specializing in shiatsu. At present, her interest lies in the development of sensing and instinct in massage. (p 6)

LAURA DILLON joined the Radix Institute more than four years ago. She led workshops at growth centers in the U S and Europe and currently lives and works at Esalen, Big Sur. She is a qualified masseuse. (pp 23, 25)

GEORGE DOWNING is a member of the teaching faculties of Family Therapy Institute of Marin and Langley Porter Neuropsychological Institute. He is the author of *The Massage Book* and *Massage and Meditation*. (p 7)

AL DRUCKER is trained in various health and healing systems, including rolfing and acupuncture. Recently he returned from his third trip to India to be with his spiritual guide, Satya Sai Baba. (pp 27, 35, 37)

MARK DUNLAP teaches Radix "feeling" education in Santa Barbara, California. (p 36)

E

MARK EDERER has studied with the Institute of Ability and served as director of their Los Angeles Branch. He has also studied with psychic George Simon. (p 29)

ED ELKIN is developing a transpersonal gestalt approach. He is vice-president of the Quest Center for Human Growth (Washington, DC) and a member of the Gestalt Institute of Washington. (p 10)

F

JAMES FADIMAN is director of the Association for Transpersonal Psychology and is a faculty member at Stanford University. He is also a member of the Executive Council of the Center for Integral Medicine. (pp 7, 9)

ANN FARADAY is a psychologist who has pioneered self-interpretation of dreams throughout the world. She is author of *Dream Power* and *The Dream Game* and is currently experimenting with expansion of consciousness through dreams. (pp 6, 26)

JOAN FIORE is treatment coordinator at the Contra Costa County Hospital Psychiatric Ward. During two years at Esalen she studied with Will Schutz, Richard Price, and others. (p 26)

KATE FITZMAURICE has taught voice at the London University; the Academy of Dramatic Art in Rochester, Michigan; Juliard School; and American Conservatory Theaters. (p 15)

PETER FLESSEL is a professor of biology at the University of San Francisco. (p 23)

TONY FLETCHER is a photographer and manager of security at Esalen/Big Sur. He and his wife Connie have recently published a book entitled *A Photographic Essay of Esalen Institute*. (p 7)

JANICA FOX was a 1969 Esalen resident fellow. For the past eight years she has been leading groups at Esalen, around the country, and in Europe. (p 6)

BETTY FULLER teaches feldenkrais and Trager mentastics and counsels individuals and couples. Betty's background includes over thirty years of theater production, an Esalen resident fellowship, and training with Werner Erhard to lead *est* graduate seminars. (pp 15, 27, 29, 34, 37)

G

CHINA GALLAND is a director of Peak Experiences and has eight years of wilderness experience. (p 13)

DICK GALLAND is a director of Peak Experiences and has twenty years of wilderness experience. He was the founder and the director of the Texas Outward Bound school. (p 13)

TIMOTHY GALLWEY is the author of *The Innergame of Tennis*. As a tennis professional, he is a teacher of the mental control approach to tennis. (pp 8, 9, 10)

FRANZISKA GEHRIG is a painter, designer, color coordinator, and lecturer. She is a lecturer at California Polytechnic and State University of San Luis Obispo and a free lance color consultant. (p 14)

WILLIAM GLOVER is interested in the living body. He is a Research Fellow at the Humanistic Psychology Institute and a counselor on the staff of Fort Help in San Francisco. (p 5)

RAYMOND GOTTLIEB is an optometrist practicing in Sonoma County. In 1970 he became interested in the Bates' method and subsequently corrected his own myopia. He has been teaching the Bates' system since that time. (p 13)

IAN GRAND studies at the Center for Energetic Studies with Stanley Keleman, and has an individual and group practice in Berkeley. (p 16)

BILL GRAY received his medical training at Stanford Medical School and Highland Hospital in Oakland. His practice specializes in nutrition and homeopathy in Mill Valley. (p 15)

INFORMATION

TAMARA GREENBERG utilizes dance/movement as a body oriented approach to further emotional and physical integration in the individual. (p 16)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over fifty articles in professional journals and books. (pp 27, 30, 37)

ELLEN GUENTHER is interested in holistic medicine and the healing aspects of energy flow. She has studied acupuncture and Tibetan medicine and meditation in the Far East. (p 15)

BERNARD GUNTHER is involved in the study of psychosynthesis, breathing, alchemy, energy, acupuncture, healing, and hypnosis. He is the author of many works including *Sense Relaxation* and *What to do Til the Messian Comes.* (p 24)

HMARY ELLEN HAIGHT has had three years experience in biofeedback research. She teaches biofeedback at California State College of Sonoma. (p 5)

JOAN HALIFAX is a medical anthropologist specializing in psychiatry and religion. She is currently a scholar in residence at Esalen/Big Sur. (pp 30, 37)

MICHAEL HARNER is an anthropologist known for his research on shamanism, primitive use of psychedelics, and human cultural evolution. He is the author of *The Jivaro: People of the Sacred Waterfalls* and *Hallucinogens and Shamanism.* (p 27)

BARBARA HAZILLA is the assistant director of SAGAS, a project whose focus is developing self-awareness through active games and sports. (p 8)

JOHN HEIDER lives in Mendocino, California with his wife Anne and daughter Dove. The Heiders are helping to build the Human Potential School of Mendocino where they give training to human potential practitioners. (pp 12, 27)

JOE HENDERSON has been a staff writer for *Track & Field News* and is presently editor for *Runner's World Magazine.* He is the author of eight books on running, which includes *The Long Run Solution.* (pp 8, 12)

BARKLIE HENRY's current interests include drumming and developing a contemporary alchemy and disease typology. (p 27)

NICK HERBERT is a freelance industrial physicist working on the physics of ordinary consciousness. He is interested in quantum inseparability, conscious automata, and experiential approaches to "spiritual" phenomena. (p 23)

JAMES L HICKMAN is consulting editor to *Psychoenergetic Systems,* has taught courses on parapsychology for four years, and has contributed to many publications on biological energy field research. (p 13)

HIDDEN MOUNTAIN is a former student of theater and dance whose interests now center on transformation, initiations, and the personal vision quest. (p 27)

BILLIE JEAN HOBART is a communications instructor at the College of Marin, a teacher and lecturer on innerspace and a tarot counselor in the bay area. (p 14)

DICK HORAN is an artist potter masseur, residing in Big Sur for the past eight years. (p 27)

JOHN HORLER is a multi-media artist/craftsman and co-designer of the New Tarot Deck. (pp 27, 45)

AL CHUNG–LIANG HUANG, Master of tai chi, dance/theater, brush calligraphy and other Asian fine and martial arts, is the author of *Embrace Tiger, Return to Mountain* (Real People Press) and the collaborator with Alan Watts in *Tao: The Watercourse Way* (Pantheon Books). (pp 30, 31, 35, 36)

JACK & RAE HURLEY are co-designers of the New Tarot. (p 45)

IIASOS is a musical alchemist synthesizing unusual blends of music that uplift and transport the listener onto higher dimensions. (p 5)

JINENDRA JAIN has worked as an interpreter for Swami Muktananda, led meditation and chanting, lectured and counseled, in India and abroad. In addition, he has studied Western thought and psychology. (p 7)

KATHERINE DA SILVA JAIN's knowledge of yoga is based on six years spent in the ashrams of Paramahansa Yogananda in California and on continuing studies in yoga and philosophy. (p 7)

LELAND JOHNSON has worked with gestalt, bioenergetics, and meditation over the past eight years. He is the founder of the Espiritu Centre for Human Potential, where he conducts his rolfing practice. (p 24)

LILLEMOR JOHNSEN is a Norwegian physiotherapist who has blended the creative mind-body work of Wilhelm Reich and of Nic Waal. (p 26)

NANCY K JUNGERMAN is a counseling psychologist in private practice and senior member of the Counseling Center, University of California, Davis. (p 16)

KANNA KAYE studied reflexology with Eunice D Ingham, author of *Stories the Feet Can Tell,* and related approaches with Dr Houston and Dr Randolph Stone. She has taught relexology and the Bates eye method. (pp 5, 15)

SAM KEEN is the author of *Beginnings Without End, Voices & Visions, To a Dancing God, Apology for Wonder,* and co-author with Anne Fox of *Telling Your Story.* He is a consulting editor of *Psychology Today.* (p 29)

STANLEY KELEMAN heads the Center for Energetic Studies. He is interested in the energetic expressions of the body, their relationship to the feeling life, and the proper functioning of the organism. (p 16)

GEORGIA KELLY, a concert harpist and astrologer, lives in Big Sur and is interested in the healing process using sound and music. (pp 30, 34)

LORLE KRANZLER KENNEDY is a movement practitioner in Berkeley and is on the staff of the San Francisco Conservatory of Music and the San Francisco Merola Opera Company. (p 13)

CLAIRE KILLEN joined the Radix Institute training program in Santa Monica in January 1976 where he gives individual and class instruction in Radix "Education in Feeling." (p 36)

JOHN KING is a faculty member of the physics department at the University of San Francisco. (p 23)

PETER KOESTENBAUM is known for his application of existential philosophy to the understanding and solving of questions in personal development and social issues. (p 16)

MARK KRAMER is Associate Medical Director of the Wholistic Health and Nutrition Institute in Mill Valley. In private practice he uses movement, music, meditation, and color to catalyze the process of rediscovering the highest, innermost self-essence-vibration. (p 7)

BOB KRIEGEL is currently the director of the SAGAS Project (Self-development thru Active Games and Sports). (pp 14, 24)

STANLEY KRIPPNER, author and scientist, is program coordinator for the Humanistic Psychology Institute and Director of the Dream Laboratory at Maimonides Medical Center in New York. (p 7)

LJEAN LANIER has an extensive background in psychological and theological studies which came to focus through her gestalt experience at Esalen Institute. She is author of *The Evolution of Eve* and *The Awakening of Adam.* (p 30)

DETLEF-I LAUF studied Indology, art, Indian and Central Asian religion as well as psychology in Europe. Currently he is professor for comparative religions and psychology of religions at the C G Jung Institute. (p 10)

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair,* a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen/Big Sur. (pp 27, 30, 32)

LENORE LEFER, an associate of the Psychosynthesis Institute, is a former executive director of the Bridgeport, Connecticut Mental Health Association, teacher, Esalen resident fellow, and organizational consultant. (p 36)

GEORGE LEONARD holds a black belt in aikido. He is author of *Education and Ecstasy, The Man & Woman Thing, The Transformation,* and *The Ultimate Athlete.* (pp 8, 9, 18)

ANTOINETTE LILLY has training in Eastern mystical tradition and contemporary methods of freeing the self. Her first book is *Dyadic Cyclone* (co-authored with John Lilly). (p 23)

JOHN C LILLY is a teacher-scientist-mystic on the path of examining the depths and far reaches of human consciousness. His books include *The Center of the Cyclone,* and *Simulations of God: The Science of Belief* (May 1975). (p 23)

MICHAEL LINDEMANN has studied and used the guided imagery and music process for three years. He is a trained musician with over ten years' performance experience. (p 9)

DON LINDSAY is a humanist, a physician, a teacher, and a research scientist. He is assistant clinical professor of medicine at USC medical school and president of the Foundation for Research in Aging. (p 24)

BIOGRAPHICAL

CHARLES LLOYD is a musician whose instruments are primarily flute and saxaphone. His range extends from jazz-avant garde and contemporary classical through rock and traditional forms of American music. (pp 30, 34)

FRANCISCO LUPICA is a musician, composer, arranger, and a singer-songwriter. At present he is designing a sound and color environment involving music with orchestra, choir, accoustical electronics, laser lighting and pyramids. (p 8)

DOROTHY LYONS is a music teacher trained in Orff and Kodaly methods which she uses in clinical and educational settings. (p 16)

JOSEPH LYONS is a professor of psychology at University of California, Davis, where he is also a member of the faculty of the Medical School. (p 16)

M

ANNE MACKENZIE supplements her Radix teaching with learnings from gestalt, polarity, nutrition, physiology, and environmental studies. (p 33)

STEPHEN MARCUS is a vice-president, and co-ordinator for college and university programs, of the Confluent Education Development and Research Center (CEDARC). (p 35)

JOHN COSTON McCAMY is a physician in St Petersburg, Florida, where he specilizes in preventive medicine. He has studied and worked with Linus Pauling, Roger Williams, Kenneth Cooper, and Emanuel Cheraskin. He has also studied with meditation teachers and humanistic psychologists. (p 15)

KIM McKELL is assistant professor of Oriental-Western comparative psychology, myths, and symbols in art and oriental philosophy at the California Institute of Asian Studies. (p 10)

JUDITH McKINNON trained in massage with Gunver Ingeborg Jackson and is currently teaching massage at her school in Berkeley. Her work has been influenced by visualization, energy awareness, movement, bioenergetics, and family practice. (p 4)

BEBES MEDICINE-EAGLE is a modern medicine-woman of Sioux, Crow, and Nez Perce blood who blends native American tradition with modern wholistic somatic practice. (p 6)

DEBORAH SULOCHANA MEDOW teaches yoga, movement, massage, polarity therapy, and related healing arts. Among her teachers are Baba Hari Das, Dr Stone, and Pierre Pannetier. (pp 25, 36)

KRISTINA MELCHER is a composer whose interest in Indonesian music started when she performed with the Javanese orchestra. Since then, she has continued her study of Javanese music and learned the gender wayang repertoire from I Nyoman Sumandhi at the Center for World Music in Berkeley. (p 6)

MARY ANN MERKSAMER has worked with gestalt for five years and has trained with Da Liu in tai chi ch'uan. She is the co-director of the Espiritu Centre for Human Potential and a founding member of the Gestalt Institute of Houston. (p 24)

ROBIN MERRIFIELD has worked as a staff masseur at Esalen/Big Sur for the past four years. He is now in dual residence as the director of Maitreya Mountain Retreat in Big Sur and a founding director of the Guild for Growth in Palo Alto. (p 13)

BOB MEYERS joined the Radix Institute's Training Program in Santa Monica, CA in 1975, where he has given private instruction and co-led groups and workshops. (p 25)

EMMETT E MILLER is a physician who practices hypnotherapy, movement, selective awareness, a technique of self healing, and coherency theory, a psychophysical approach to the relationship of mind and body in health and disease. (pp 27, 28, 29, 35, 36)

NITZA BROIDE MILLER is a dance/movement teacher with extensive experience in both verbal and nonverbal techniques. She is a professional folk dancer and teacher of classical, modern, primitive, and creative dance. (pp 27, 29, 35)

SIRI MISHLER has been with the Radix Institute since January, 1974 and teaches classes and workshops at Radix, Santa Monica. (p 36)

JEFFREY MISHLOVE has produced more than three hundred radio programs, approaching psychic consciousness from scientific, social, experiential, artistic, spiritual, and humorous perspectives. He is the author of *Roots of Consciousness.* (pp 7, 13)

FREDA MORRIS is a former professor of Medical Psychology at UCLA and author of the book, *Self-Hypnosis in Two Days* and numerous magazine and journal articles. (p 12)

PEGGY MORRISON, a student of the body, has been an Esalen masseuse for five years. (p 27)

JAIME MORTON, a four year student of massage techniques and body work, currently lives in Big Sur and is working on the Esalen staff massage crew. (p 27)

DEE MUNDSCHENK has experience in neuropharmacological research, social work, counseling, group processing, coordinating an experimental mental health center, and teaching oriental art appreciation. (pp 6, 14, 23, 26, 27, 31, 35, 36)

MICHAEL MURPHY is co-founder of Esalen Institute and a long time student of Eastern religion and philosophy. He is the author of *Golf in the Kingdom.* (pp 8, 9, 10, 13)

N

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. Bob also teaches aikido. (pp 5, 8, 15, 25, 31, 36)

O

FRANK OTTIWELL is a director and co-founder of the American Center for the Alexander Technique. He teaches the Alexander technique at the American Conservatory Theater, and is in private practice in San Francisco. (p 13)

P

ROZ PARENTI, a former communications therapist at the University of California Medical Center, is presently a staff member of the Family Therapy Center. (p 13)

KENNETH PELLETIER is an Assistant Clinical Professor at Langley Porter. He is director of the Psychosomatic Medicine Center of Gladman Memorial Hospital in Oakland and in private practice in Berkeley. (pp 7, 15)

JOHN WEIR PERRY is a Jungian analyst, co-founder of Diabasis (a residence for acute schizophrenics) and author of *The Self in Psychotic Process, Lord of the Four Quarters,* and *The Far Side of Madness.* (pp 27, 28)

GIORA PINKAS was trained as a dancer and teacher of physical education and sensory awareness in Israel before training in London as an Alexander teacher. (p 13)

TOM PINKSON is a wholistic psychologist. He is a co-founder of the Marin Open House Drug Treatment Program where he served an Clinical Treatment Director until he created the Wilderness Project, an experientially based treatment modality. (pp 7, 8)

PREM DAS lives in Mexico among an isolated tribe of Indians called Huichol—"healers"—extending his study of yoga into the realm of shamanism and traditional life styles. (pp 27, 30)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is currently practicing acupuncture in Monterey. His prior training includes Arica Institute, gestalt, Reichian energetics, and structural integration. (pp 7, 15)

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 27, 30, 31, 32, 34, 35, 37)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 27, 30, 31, 32, 34, 35, 36, 37)

LEE PULOS is a clinical psychologist in private practice and director of the Center of Parapsychological Studies in Vancouver, B C. He is a "down to earth" pragmatist as the owner-director of a business corporation. (p 7)

R

MYRTLE RATCLIFFE is currently a member of the Esalen Conference Team and is also interested in music, massage, and cooking. She lives in Big Sur. (pp 30, 34)

PAUL REBILLOT was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen, Big Sur. (p 30)

LARRY REED is a filmmaker and theater director who has been specializing in the Balinese shadow play for the past three years. He has studied puppetry with I Nyoman Sumandhi in this country and with I Nyoman Radjeg in Bali. (p 6)

EVA REICH is a graduate of the Women's Medical College of Pennsylvania. She was a research assistant to her father, Wilhelm Reich. Her experience includes general practice of medicine in rural Maine, sex education, home deliveries, and birth control. (p 9)

STELLA RESNICK is a gestaltist trained with Fritz Perls. She has published several articles on gestalt and is an editor of the *Catalog of Sexual Consciousness.* (p 29)

WILLIAM PENNELL ROCK spent several years in India working on a new interpretation of the *Upanishads* and has taught at several universities. (p 4)

JEANNE ROSE is an herbalist and educator who has taught extensively on the use of plants for healing. She is currently conducting research for her next book which will deal with herbal first aid for humans and animals. (pp 7, 15)

GABRIELLE ROTH is the founder of the Moving Center, a spiritual organism devoted to the movement of heart energy in the world, and co-director of Playground, a training facility for members of the performing arts. (pp 24, 30, 33, 34, 37)

INFORMATION

ILANA RUBENFELD studied with Fritz and Laura Perls, is a teacher and board member of the American Center for the Alexander Technique, and has trained with Moshe Feldenkrais. (p 34)

S

JACK SARFATTI is a physicist and director of the Physics Consciousness Research Group, San Francisco. Dr Sarfatti is co-author of *Space, Time, and Beyond* with Bob Toben and Fred Wolf. (p 23)

MORTON SCHATZMAN is a psychiatrist who has worked with R D Laing. He is director of the Arbours Association in London, which provides communal living outside mental hospitals for emotionally distressed persons. His first book, *Soul Murder: Persecution in the Family,* is a study of paranoia. (p 30)

DAVID SCHIFFMAN is currently a leader in residence at Esalen/Big Sur, where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 6, 14, 23, 26, 27, 31, 35, 36)

MURIEL SCHIFFMAN has been practicing her self development techniques for thirty years, teaching them for twenty and leading workshops for ten. (p 12)

MIER SCHNEIDER, from Israel, was born blind from cataracts. At sixteen years, he learned the Bates' system and improved his vision and became able to read and write. In the process, he combined Bates' method with other body disciplines to form his own unique style of body work. (p 13)

WILLIAM SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais, and *est*. He is the author of *Firo, Joy, Here Comes Everybody,* and most recently *The Elements of Encounter.* (pp 4, 7, 8, 9, 12, 27, 28, 29, 36, 37)

ALAN J SCHWARTZ practices privately in New York City. He has developed the concept of the energetic foreground—the use of the bioenergetic-gestalt synthesis in education and counseling. (pp 29, 34)

LENI SCHWARTZ is an environmental psychologist, birth counsellor and author of *The Environment of Birth* (Pantheon 1976). (p 27)

CHARLOTTE SELVER teaches sensory awareness, perception, and nonverbal and verbal communication. A new center is being built for her at Green Gulch Farm in connection with Zen Center, San Francisco. (pp 10, 31)

RENAN SERCARZ, staff trainee, teaches "Education in Feeling" in workshops and with individuals at the Radix Institute. Renan also teaches problem solving skills and development of personal power in women's groups. (p 25)

BEVERLY SILVERMAN is a gestaltist and a senior rolf practitioner. She has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the U S Army at Fort Ord. (pp 24, 27, 29, 30, 32, 36)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His work on attention disfunction in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the field of mental dis-ease. (pp 24, 27, 29 30, 32, 36)

SAUL PAUL SIRAG is a physicist and is vice president of the Physics Consciousness Research Group. He is also research associate for the Institute for the Study of Consciousness in Berkeley and is a novelist and playwright. (p 23)

ZOE SNYDER is a member and trainer at the San Francisco Gestalt Institute and is in private practice in Berkeley. (p 13)

MIKE SPINO is director of the Esalen Sports Center and is in private practice as a physical fitness counselor. He has created an integral mind/body training focused in the running experience based on the work of Cerutty and Igloi. (pp 8, 9, 10, 12, 15)

RAY STUBBS is on the staff of Devta, a center for the body, and teaches massage workshops. (pp 6, 14)

PATRICIA CASSIN SUN is teaching psychic development and demonstrated the use of psychic energy in seminars and in personal consultations. (pp 9, 15)

T

SIDRA TANKERSLEY teaches at Napa College and Sonoma State Extension. As director of Sonoma Training and Research, STAR, she currently leads groups focused on dreams and body consciousness. (p 4)

RICK TARNAS is a member of the Esalen staff and is a student of Stanislav Grof (p 27)

MICHAEL TOBIAS has made innumerable ascents in Yosemite, the Rockies, the Alps, in Greece, the Kashmiri Himalaya, and in the Sinai. He has invented and vanguarded the art of bouldering. (p 12)

MILTON TRAGER is a medical doctor. His original approach to body work, which reaches the subconscious through the body, was introduced about a year ago at Esalen where he is training a group of practitioners. (p 29)

JOHN TRAVIS is a medical doctor who combined human potential practices with nutrition and physical awareness training to create the field of Well Medicine and found the Wellness Resource Center in Mill Valley. (p 15)

U

JOAN ULLYOT is an aerobic physiologist, and a world class marathon runner. Presently she is associated with the Health Research Institute and the Institutes of Medical Sciences at San Francisco and is author of *Women Running.* (pp 8, 12)

V

WILLARD VAN DeBOGART's laser light environments have been done with the Los Angeles Philharmonic Orchestra and the American Cultural Center in Paris, France. (p 9)

W

MICHAEL WIESE has independently produced fifteen films including *Messages Messages, Silver Box, Extraordinary Powers,* and *I Move.* His films explore aspects of the psyche, shadow play and mythology, the autobiographical process and transformation of the body. (p 14)

GAIL WILLIAMS is a former administrator at Esalen/San Francisco. Her interests in the relationship of biological functioning to psychological orientation and expression have developed in the study with Magda Proskauer and Stanley Keleman. (p 10)

FRED WOLF, a physicist, is devising ways to teach the experiences behind the physics theories, even to people who formerly could not "get" physics. He is co-author of *Space, Time, and Beyond.* (p 23)

HENRY WOLFF is a musician, writer, and poet. With his discovery of Tibetan music, and particularly Tibetan bells, he forsook Western instruments in search for the sound between the spaces. The record, "Tibetan Bells," which has come to be considered an underground classic, was completed in London in 1971. (p 12)

PETER WOOD is the Deputy Director of the Stanford Heart Disease Program. He has extensive background in the study of the physiology changes associated with aerobic exercises, and is a world class, over 40 middle distance runner. (pp 8, 12)

JOHN WREN-LEWIS is co-director with Ann Faraday of the Ragged Mountain Center for Dream Research. His special interest is in the transformation of personal consciousness and the light this throws upon our understanding of the world. (pp 6, 26)

Y

LIKA YANDALL trained under Bernice Danylchuk in the Physio Dynamic method. (p 23)

Z

JANET ZUCKERMAN has been leading groups for four years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 24, 25, 31, 32, 35)

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Our office in San Francisco at 1793 Union Street features a bookstore stocking many of the latest publications in the areas of humanistic psychology, gestalt, psychosynthesis, Eastern philosophy and religion, body therapies, and other books of interst to Esalen participants.

ESALEN BOOKSHOP / San Francisco hours: Monday—Saturday, 9:30—5:30; closed Sunday. Our shop stocks many more titles than we list here.

BOOKSHOP ORDER FORM

To order any book listed on this page or elsewhere in this catalog, return this coupon with your check (made payable to Esalen Institute) to: Esalen Bookshop, 1793 Union Street, San Francisco, CA 94123. Please add $1.25 to all orders of UP TO 5 books, for more than 5 books, add 10¢ per book. (These prices include insurance).

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RECORDING OF
WORKSHOP IN GESTALT THERAPY
BY FRITZ PERLS

One hour audio cassette in which Fritz talks about gestalt therapy and demonstrates hot seat work. To order, send $6.25 to the Media Center, Esalen Institute, Big Sur, CA 93920.

Credits

The tarot cards which appear on the cover and as illustrations elsewhere throughout this issue are taken from the New Tarot Deck designed by Jack Hurley, Rae Hurley, & John Horler.

The tarot card depicted on the front cover represents ACE OF CIRCLES. Money, ideas, magic and spirituality. The magic portal in the enchanted garden through which we step outside our earthly limits of time and space into other dimensions. The card depicted on the back cover represents THE WORLD of the New Age in the circle of Brotherhood beyond the bests of Ezekiel, beyond the battle of the sexes. Yin and Yang united in the ultimate perfection of the androgyne.

This new Tarot Deck is available through the Bookshop.

CATALOG DESIGN is by Red Dog Pieface.

Special Information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2 for the United States, $4 for Canada and Mexico and $12 for all other countries. Those attending Esalen workshops and conferences are automatically added to the mailing list for one year. A single inspection copy of the current issue is available free upon request from the San Francisco office. Do not direct subscription inquiries to Big Sur.

CONTRIBUTIONS to Esalen Institute are tax deductible.

ACCREDITATION and the USE OF ESALEN'S NAME: At present, we *do not* offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen / San Francisco programs contact Big Sur Recordings, 2015 Bridgeway, Sausalito, California 94965. They also have Big Sur programs prior to 1973.

Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Big Sur Information

For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 4 every day;
10 to 8 Sunday & Friday.

In Los Angeles call:
Nancy Lunney
(213) 820-5511
for general information.

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Deposit Information: Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. Deposits are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen/Big Sur. Do not mail Big Sur reservations to Esalen/San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen/Big Sur program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15–August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

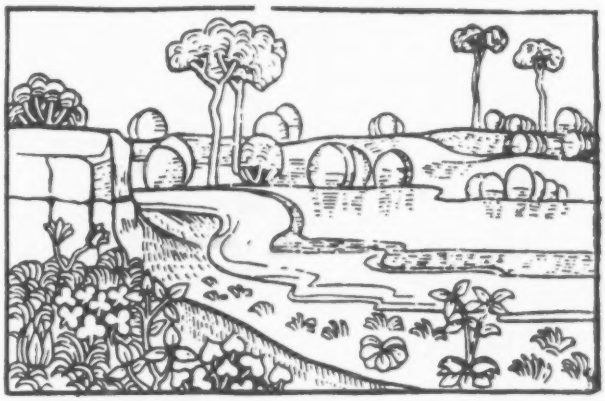
Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen/Big Sur by notifying the Big Sur office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5–5:30 pm each Sunday and Friday. The cost is $10 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence for five days or longer at Esalen are asked to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.



San Francisco Information

For reservations, literature, tickets, and information, write or call:
Esalen Institute, 1793 Union Street, San Francisco, California 94123.
Phone: (415) 771-1710; 9:30–5:30 Monday through Saturday.

Reservations: Reservations close five days prior to the program, in order to facilitate planning and for the convenience of participants' time plans. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to Esalen Institute, 1793 Union Street, San Francisco 94123. Balance is payable at the first session of the program. Do not send San Francisco reservations to Big Sur. Esalen accepts Master Charge and American Express. U S currency only, please.

Information literature and tickets for lectures may be obtained Monday through Saturday 9:30–5:00 pm at 1793 Union Street, San Francisco 94123. Tickets obtained by mail will indicate the exact location and time of events; when not sold out in advance, tickets may be purchased at the door.

Workshop schedules: One day workshops generally meet from 10 am to 6 pm. Saturday and Sunday weekend workshops meet from 10 am to 6 pm each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 pm on Friday, from 10 am through the afternoon and/or evening on Saturday, and from 10 am to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

Accommodations: Most San Francisco programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

Location: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs, including its own building at 1793 Union Street, San Francisco. Call the San Francisco office for advance information on program location.

Recommended dress: Workshops are informal. Slacks and flat shoes are recommended for women, sport clothes for men.

Bookstore: Esalen's Bookshop provides a comprehensive selection of books ranging from general psychology, life sciences, and education to the Eastern philosophies, Jung, and the mystics. It is open Monday through Saturday, 9:30–5:30 pm, and Sundays when workshops are in process (On Sundays call before dropping in).

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in reserving a space at Esalen workshops and lectures. You may use it for San Francisco or Big Sur programs. (Please make reservations at each location independently rather than place a "mixed" order.) In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)

Check location of program(s):

☐ **Esalen/San Francisco**

(Mail to Esalen Institute, 1793 Union Street, San Francisco, California 94123.)

☐ **Esalen/Big Sur** **(Mail to Esalen Institute, Big Sur, California 93920)**

Check whether you wish: ☐ shared room ☐ housing as a couple
☐ single room on a space-available basis ($7 per night additional charge).
Do you smoke? _____

For our information: How many times have you been to Esalen? ☐ first ☐ several ☐ many
How did you first hear about Esalen? _____
☐ From a person who had been to Esalen
☐ Publication / media ☐ Professional contacts

Name of person registering	Date(s)	Leader's Name/Title of Workshop	Deposit

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Total amount enclosed: $ _____
Your deposit can be charged to:
Master Charge ☐ American Express ☐
Card No. _____
Expiration date _____
Checks payable to Esalen Institute.

PAYMENT: All San Francisco and Big Sur workshops require nonrefundable deposits. Consult information section on page 46 for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen the Catalog

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

Esalen Institute
Big Sur
California 93920

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the earth catalog

JANUARY–MARCH 1977

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ESALEN INSTITUTE

–Big Sur, CA 93920. Phone (408) 667-2335;
10 to 3:30 every day; 10 to 8 Sunday and Friday.

–PO Box 23, Mill Valley, CA 94941.
Phone (415) 383-8670;
9:30-5:30 Monday through Friday.

Who's Responsible at Esalen?

We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility." However re-presented and operationalized in the past, by us or by others, this ethic continues to be the basis for our world view, and following from this, our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty dis-illusioning social and political events—all connected by a common reminder:

> Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness). "Take responsibility for your every thought, your every feeling, your every action," said our beloved friend and teacher, Fritz Perls.

We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures . . . and so on—and to be aware, whenever possible, what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. In effect, we are asking that this self-responsibility attitude be present in the initial contact with Esalen. Ideally, the same attitude will pervade after a workshop when our seminarians go back to the community and seek out others—physicians, teachers, counselors, mental health professionals, etc.

As we have become more thoughtful and self-critical about the overall direction of Esalen we have begun to concentrate on enhancing our basic commodity—the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life; rather our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness—the consciousness of self-awareness/self-responsibility.

PROGRAMS IN THE BAY AREA

In January Esalen's office in the Bay Area is being moved from San Francisco to Mill Valley. With this change in location we are simplifying our programming. We will focus on those programs which are unique to Esalen rather than duplicating the programs offered by other centers. Summer workshops at the Westerbeke Ranch will continue as before; there will be continuing development of our Sports Center; various symposia, colloquia, and seminars will be held to explore salient issues in our areas of interest.

February 19

Introduction to Aikido with Emphasis on Centering & Energy Awareness Robert Nadeau

One day workshop $20

Aikido is the Japanese art of self-defense with the emphasis placed on centering, harmony, and blending. It is presented as a physical manifestation of the energy and spiritual laws of the universe. We will start with the centering practices in the physical dimension, move to centering as mental awareness, and culminate in meditation with centering as a focus for spiritual unfolding. The workshop will emphasize the relationship between all three levels.

Saturday, 12:30-4:30 pm

February 20

The Innerspaces of Running: A New Approach to Running Mike Spino

One day workshop $30

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, inner space development, and creativity in quest for extraordinary experiences. Each person will receive an individual consultation and have the opportunity to continue towards personal goals on an ongoing basis.

March 18–20

Castaneda, Power & Healing: An Experiential Workshop Michael Harner

Residential weekend at the Westerbeke Ranch $125

The writings of Carlos Castaneda will be the point of departure for an intensive exploration of ancient shamanic knowledge. Participants will be taught the basic techniques of shamanic power used by North and South American Indian shamans as reinterpreted by the workshop leader for application within our own lives. The accumulation and utilization of shamanic power will be related to such subjects as altered states of consciousness and the natural environment Exercises will be conducted in classic visionary methods used by shamans to heal the sick, weak, and dispirited in primitive cultures.

March 19–20

Sports & Consciousness: New Ideas & Training Routines Mike Spino

Weekend workshop $60

Focusing on running and meditation, this workshop will introduce methods of mind/body development being explored by Mike Spino. These methods will include various running gaits and tempos, muscle/skeletal exercises, breathing techniques, visualization and meditation exercises and some of the lore of mystical experience in sport. Ways in which these elements can be integrated into various training routines will be presented. There will also be discussions of altered states that occur in sport and conceptual frameworks with which to interpret them.

February–May

Exploring Pathways to High Level Wellness Coordinated by John Travis, MD & the Esalen Staff

The idea of measuring wellness and assisting people to attain high levels of wellness is relatively new. Most of us have thought in terms of illness and assumed that the absence of illness indicates wellness. We are becoming increasingly aware of a broad continuum of potentiality where "not ill" still leaves a vast field for developing ourselves within and without.

During this four month course we will take a good look at where we are on the wellness continuum, determine the areas we could develop further and explore together many techniques in a balanced program of "well medicine." Recognizing stress reduction, nutrition, self responsibility, and physical awareness as components of "well medicine," we will be covering such areas as meditation/visualizations; massage; body work, including—aikido, feldenkrais, patterning, etc.; Chinese and Tibetan medicine; biofeedback and group process work.

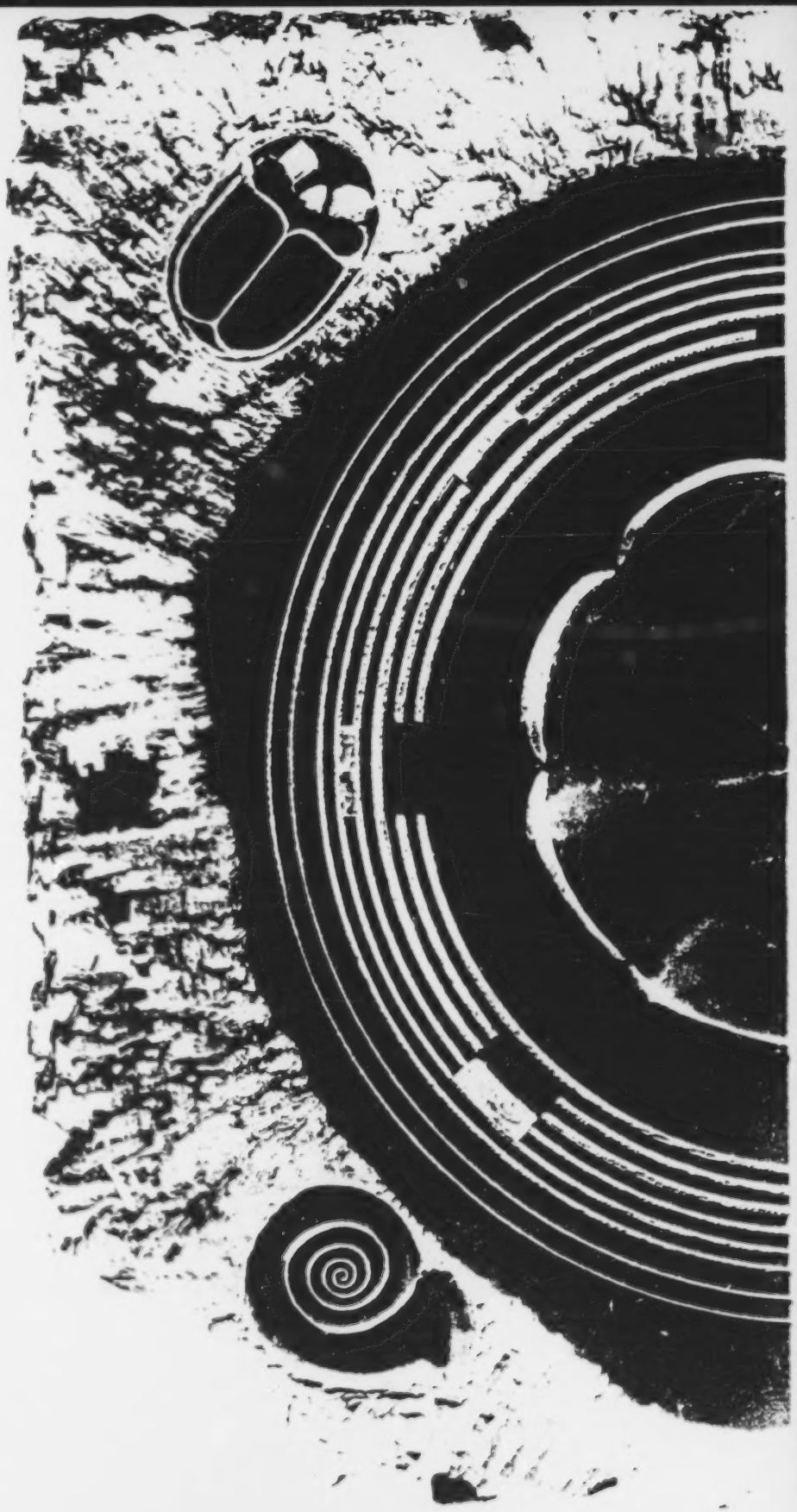
Each participant will receive a wellness evaluation which includes the following: health hazard appraisal, wellness inventory, nutritional survey, eating habits survey, tension measurements, life change index, purpose in life survey, and a creativity sample (does not include physical exam or lab work).

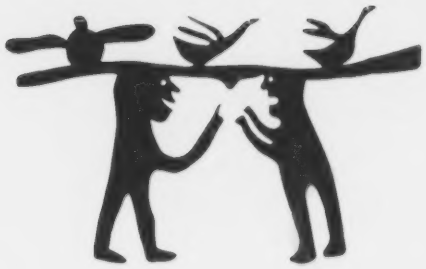
Guest leaders will include:

Ken Pelletier	**Ellen Guenther, MD**
Hector Prestera	**Bill Gray, MD**
Mike Spino	**Patricia Sun**
Jeanne Rose	**Anna Kaye**
Jerry Green	**Ray Castellino**
Robert Nadeau	

The course will consist of an introductory weekend Feb. 5 & 6, 15 Wednesday evenings, 3 Saturdays, and will conclude with a three day residential weekend at Westerbeke Ranch in Sonoma (Memorial Day Weekend).

Tuition: $475.00 Non-refundable deposit: $100.00





Food for Thought

Marcel Engel, a university graduate student from Belgium, was a participant in the Esalen/Big Sur work-study program. He and his wife, Lieve, of two years stayed at Esalen for three consecutive months. He wrote these personal impressions at the end of his stay.

After a period of uncertainty, searching and questioning, Esalen became a real focus point for me, a point of concentration. Before coming to Esalen I felt I was ready for something. I didn't know if I was ready for Esalen, although what I had read about it interested me.

It is hard for me to define the exact time I decided to accept the uncertainties in my life. One thing I realized later, is that I wanted other people to come along with me and share my experiences. This was, for me, a way to prevent relationships from happening spontaneously; it served to control and limit me . . .

I have to go through life on my own—the responsibilities, the risks, the pain are mine alone. Much about this responsibility became clear in my relationship to my wife while staying at Esalen. Everything that put me out of balance served to bring me back to my own world of experiences. There is nothing I can blame others for; it is all my "adventure." I have a hard time dealing with that.

I got in touch with Esalen as a child would, more than as a grownup. I was amazed by so many new things, the beauty of it . . . , not knowing where to look first, excited and restless to be part of it, and then all of a sudden scared by crazy and overloading impressions. Everything impressed me deeply and I felt it.

Luckily I could work in the garden. The work put me back into my body and brought me back to a form of communication that I seemed to have forgotten. I started to communicate on a non-verbal level. Consciously I avoided people and went into the garden.

The garden was my safe place and in a way a familiar place. But there too something happened: I started to interact with nature. The work in the garden taught me about my own energy, my sensitivity, how I related to my environment. When I felt lousy, I weeded; when I was angry, excited, or aggressive, I did some digging, or worked the soil with the pick; when I felt calm and full of love, I transplanted or harvested vegetables or flowers.

One morning I decided to go to the meditation class before going to the garden. On my way to the class, I passed the garden. I stopped and began watering the plants, here and there I pulled a weed . . . and I completely forgot the meditation class. All of a sudden I saw myself walking through the garden and for a second I felt very alone. I looked up and was struck by an incredibly beautiful play of colors and light and I heard pieces of symphony music. There was no sense of time, no up or down, only a flowing feeling with a strong consciousness of "I am here and I am there." I was intensely happy with so much beauty. I felt the energy rise in my body. What I was experiencing was only feeling, movement, sound, light. I was nothing more than the plants, the trees, the sound . . .

The process I went through was my own changing process. Once I realized this clearly, it was easier for me to let go. I could see the changes that I brought about, once I really went my own way. I could see myself change—to let go was as if I stepped out of the communication system I had lived in before. I could easily see how the whole system formed a

Photo: Neil Dunlop

coherent unity—parents, family, friends, lovers, work, health problems; it was one coherent entity for me. And a change in one of these affects the others. Every change in my behavior that "went too far" immediately brought about control mechanisms, absorption, defense, or destruction.

It took me some time to see that my fighting this system and my trying to bring about changes (in others), was another game I played. I played "change the world" and it was only another way to blindfold myself.

Now I can see that my reference point is not out there; it is not with the others from whom I expected approval or disapproval. I no longer try to influence or change other people in their ways, because of myself.

I didn't feel the turning away from my old environment as a breaking or running away. It was a turning movement, that makes you stand—that places you behind the reality of your daily life. I felt the reality of that movement during a tai-chi class; when somebody pushes you in the back, you don't push back, but turn in the direction you are pushed, so that you end by standing behind the one who pushed.

The workshops didn't attract me too much during the first month of my stay, except for the massage workshop, where I could express myself with my body. I could communicate with somebody. Later somebody told me something that made me very happy: "What you say is not always clear, but you are always present." And that is how I felt. The moment I tried to relate my experiences in words, I lost contact with the other person. There was no need to talk or to explain. To be with people, to listen to them and see them was enough for me. It was my way of being with people; it is a feeling of together-ness. At that time I really started to trust my body.

The work in the garden not only brought me back into myself, but also brought me to others. The working with other people was a very intensive form of communicating for me. We didn't need many words to express ourselves or to explain something. When working in one place in the garden, I was present in the whole garden, and I felt the presence of the others. I would look up from my work and see the others, knowing that they were there, and at the same time one of them would look up and we saw each other. The next moment we were both working again.

In the past I had tried to be with people in an "acceptable" way. At Esalen I realized that I could be with myself and still be with the others: it is a feeling of being together at the same place. I don't have to be with people in any special way. But that is not the point. The point is that I feel calm now in myself, and from that space I see the world around me; from that space I contact the world—the people. ■

FANTASY &

by Fritz Perls

Awareness covers, so to speak, three layers or three zones: awareness of the *self*, awareness of the *world*, and awareness of what's between—the intermediate zone of fantasy that prevents a person from being in touch with either himself or the world. This is Freud's great discovery—that there is comething between you and the world. There are so many processes going on in one's fantasies. A complex is what he calls it, or a prejudice. If you have prejudices, then your relationship to the world is very much disturbed and destroyed. If you want to approach a person with a prejudice, you can't get to the person. You will contact only the prejudice, the fixed idea. So Freud's idea that the intermediate zone, the DMZ, this no-man's land between you and the world should be eliminated, emptied out, brainwashed or whatever you want to call it, was perfectly right. The only trouble is that Freud stayed in that zone and analyzed this intermediate thing. He didn't consider the self-awareness or world-awareness; he didn't consider what we can do to be in touch again.

This loss of contact with our authentic self, and loss of contact with the world, is due to this intermediate zone, the big area of *maya* that we carry with us. That is, there is a big area of fantasy activity that takes up so much of our excitement, of our energy, of our life force, that there is very little energy left to be in touch with reality. Now, if we want to make a person whole, we have first to understand what is merely fantasy and irrationality, and we have to discover where one is in touch, and with what. And very often if we work, and we empty out this middle zone of fantasy, this *maya*, then there is the experience of *satori*, of waking up. Suddenly the world is *there*. You wake up from a trance like you wake up from a dream. You're all there again. And the aim in therapy, the growth aim, is to lose more and more of your "mind" and come more to your *senses*. To be more and more in touch, to be in touch with yourself and in touch with the world, instead of only in touch with the fantasies, prejudices, apprehensions, and so on.

> The enemy of development is pain phobia: the unwillingness to do a tiny bit of suffering. Pain is a signal of nature.
>
> Fritz Perls

Fantasy can be creative, but it's creative only if you have the fantasy, whatever it is, in the *now*. In the *now*, you use what is available, and you are bound to be creative. Just watch children in their play. What's available is usable and then something happens, something comes out of the being in touch with what is *here* and *now*.

Now what's the technique we are using in Gestalt Therapy? The technique is to establish a *continuum of awareness*. This continuum of awareness is required so that the organism can work on the healthy gestalt principle: that the most important unfinished situation will always emerge and can be dealt with. If we prevent ourselves from achieving this gestalt formation, we function badly and we carry hundreds and thousands of unfinished situations with us, that always demand completion.

This continuum of awareness seems to be very simple, just to be aware from second to second what's going on. Unless we are asleep, we are always aware of something. However, as soon as this awareness becomes unpleasant, most people will interrupt it. Then suddenly they start intellectualizing, bullshitting, the flight into the past, the flight into expectations, good intentions, or schizophrenically using free associations, jumping like a grasshopper from experience to experience, and none of these experiences are ever *experienced*, but just a kind of a flash, which leaves all the available material unassimilated and unused.

Now how do we proceed in Gestalt Therapy? What is nowadays quite fashionable was very much pooh-poohed when I started this idea of *everything is awareness*. The purely verbal approach, the Freudian approach in which I was brought up, barks up the wrong tree. Freud's idea was that by a certain procedure called free-association, you can liberate the disowned part of the personality and put it at the disposal of the person and then the person will develop what he called a strong ego. What Freud called association, I call *dis*sociation, schizophrenic dissociation to avoid the experience. It's a computer game, an interpretation-computer game, which is exactly an avoidance of the experience of what *is*. You can talk 'til doomsday, but nothing will change. You can associate—or dissocaite—a hundred things to one event, but you can only experience one reality. ■

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REALITY

by Chögyam Trungpa

If we are to plant the complete Buddhist teachings in American soil we must first understand the fundamental principles of Buddhism and work through its basic meditation practices. Many people respond to Buddhism as if it were a new cult which might save them, which might enable them to deal with the world in the manner of picking flowers in a beautiful garden. But if we wish to pick flowers from a tree, we must first cultivate the roots and trunk, which means that we must work with our fears, frustrations, disappointments and irritations, the painful aspects of life.

People complain that Buddhism is an extremely gloomy religion because it emphasizes suffering and misery. Usually religions speak of beauty, song, ecstasy, bliss. But according to Buddha, we must begin by seeing the experience of life as it is. We must see the truth of suffering, the reality of dissatisfaction. We cannot ignore it and attempt to examine only the glorious, pleasurable aspects of life. If one searches for a promised land, a Treasure Island, then the search only leads to more pain. We cannot reach such islands, we cannot attain enlightenment in such a manner. So all sects and schools of Buddhism agree that we must begin by facing the reality of our living situations. We cannot begin by dreaming. That would be only a temporary escape; real escape is impossible.

In Buddhism, we express our willingness to be realistic through the practice of meditation. Meditation is not a matter of trying to achieve ecstasy, spiritual bliss or tranquility, nor is it attempting to become a better person. It is simply the creation of a space in which we are able to expose and undo our neurotic games, our self-deceptions, our hidden fears and hopes. We provide space through the simple discipline of doing nothing. Actually, doing nothing is very difficult. At first we must begin by approximating doing nothing, and gradually our practice will develop. So meditation is a way of churning out the neuroses of mind and using them as part of our practice. Like manure, we do not throw our neuroses away, but we spread them on our garden; they become part of our richness.

In meditation practice, we neither hold the mind very tightly nor let it go completely. If we try to control the mind, then its energy will rebound back on us. If we let the mind go completely, then it will become very wild and chaotic. So we let the mind go, but at the same time there is some discipline involved. The techniques used in the Buddhist tradition are extremely simple. Awareness of bodily movement, breath and one's physical situation are techniques common to all traditions. The basic practice is to be present, right here. The goal is also the technique. Precisely being in this moment, neither suppressing nor wildly letting go, but being precisely aware of what you are. Breath, like bodily existence, is a neutral process which has no "spiritual" connotations. We simply become mindful of its natural functioning. This is called *shamatha* practice. With this practice we begin to tread the *hinayana* or narrow path. This is not to say that the hinayana approach is simplistic or narrow-minded. Rather, because the mind is so complicated, so exotic, craving all sorts of entertainment constantly, the only way to deal with it is to channel it into a disciplined path without sidetracks. The hinayana is a vehicle which does not speed, one which is tight on the point, a vehicle which does not get sidetracked. We have no opportunity to run away; we are right here and cannot step out. It is a vehicle without a reverse gear. And the simplicity of narrowness also brings an open attitude toward life situations, because we realize that there is no escape of any kind and give in to being right on the spot.

So we acknowledge what we are rather than try to hide from our problems and irritations. Meditation should not help you forget your commitment at the office. In fact, in the practice of sitting meditation you relate to your daily life all the time. Meditation practice brings our neuroses to the surface rather than hiding them at the bottom of our minds. It enables us to relate to our lives as something workable. I think people have the idea that, if only they could get away from the hustle and bustle of life, then they could really get into some sort of contemplative practice up in the mountains or at the seashore. But escaping the mundanity of our lives is to neglect the food, the actual nourishment which exists between two layers of bread. When you order a sandwich, you do not order two layers of bread. You have something in the middle which is chunky, eatable, delicious, and the bread comes along with it.

Then becoming more clearly aware of emotions and life situations and the space in which they occur might open

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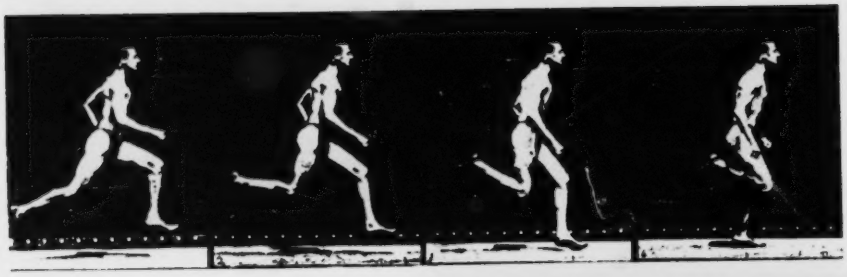


Illustrations: E. Muybridge, The Human Figure in Motion (1889)

Radix and the "New Education"

Charles Kelley

I found it difficult to establish the identity of Radix Education. What is the true significance of Radix work? What are its proper objectives? How does it relate to Reichian therapy, from which it descends, and to other new education programs, such as bioenergetics, etc., which somewhat resemble it? The identity of Radix work was made especially hard to establish as a result of the serious errors made by Reich in establishing the identity of his own work, errors which I had to discover for myself. I learned about the problems of mystical expectations, in-group chauvanism, and the medical model of new education processes by difficult and painful experience in the Reichian movement. My problems were typical of certain new education programs—including some of the most powerful, and so worth recounting here.

Reich discovered his deep emotional release techniques in the mid-30's. They were a natural outgrowth of his character analytic work, which had led him to find the bodily basis of the subject's defenses in chronic muscular tension. Release of the chronic tension by simultaneous work on mind and body resulted in the eruption of involuntary emotion that came to typify Reichian work. Reich called his technique "vegetotherapy" because it resulted in spontaneous discharges of feeling governed by the vegetative (autonomic) nervous system. (The term "vegetotherapy" was coined when Reich was writing in German, and the German is less awkward.)

Reich separated from psychoanalysis and developed vegetotherapy in the years 1933-35. The deep emotional release techniques of Reich showed profound effects, both physical and psychological. Neurotic symptoms disappeared, the patient became more open and direct. Disease processes were altered, often dramatically, and individual appearance changed. The sexual experience changed, as the patient developed a capacity for complete surrender in the genital experience, i.e., "orgastic potency" in Reich's terminology. The result:

> . . . the whole being of the patient changed so rapidly and so basically that at first I could not understand it. It was difficult to see how the tenacious neurotic process could admit of such a sudden change . . . *(The Function of the Orgasm,* p 130)

Reich described the great changes that took place when patients were stripped of their armor, not as tendencies or directions, but as the natural and established result of successful Reichian therapy.

And what was the result of Reich's claims on the development of the Reichian movement? Patients flocked in to have their armor stripped from them so they could shed their neuroses and become "genital characters" in terms of Reich's description. In 1950 I arrived in New York to enter Reichian therapy and to study Reich's work. I found the Reichian movement to be structured hierarchically around Reich's "genital character" concept. At the pinnacle was Reich, viewed almost as a God. His close associates and the therapists trained by him served as angels, for they were surely genital characters, freed of armor and neurosis by Reich himself. Those who had completed therapy successfully also had angel status, but somehow we saw very few of these. However, there were therapists in training and advanced students, apprentice angels, and below them the mass of

novitiates, patients like myself, the bottom of the hierarchy, although its financial base. We were surely a cut above the balance of armored humanity, because we had seen the light, and had taken the necessary steps to put ourselves on the path toward an unarmored genital character structure.

And this hierarchy based on the mystique of the genital character persists to this day in the orthodox Reichian movement, predominantly among those who call themselves "medical orgone therapists" and their patients. Only a few of Reich's therapists have had the courage to correct Reich's concept of the "genital character."

It is time that this be said in print. Reich's concept of the unarmored genital character is a fiction, based on an unwarranted extrapolation of trends and tendencies he saw in his patients. Reich was not an unarmored genital character, nor are the doctors he trained, nor are the patients concluding their Reichian therapy. There are no genital characters, not in the real world. The concept of the unarmored genital character has exactly the same kind of reality as the Scientology "clear," or Janov's "Post-Primal" who is completely devoid of defenses. It is time that such notions be recognized for what they are, mystical fictions.

Reich represented himself as unarmored in seminars that I attended. He was accepted as the prototype genital character within the Reichian movement. But Reich, the "number one" genital character, developed serious paranoid trends in his later years. These were, I believe, shy of psychosis, but were certainly also shy of good mental health. In 1957 Reich died of cardiovascular disease, a condition reflecting chronic tension, i.e., muscular armoring, in Reich's own terminology. Autopsy indicated a severe cardiac disease condition.

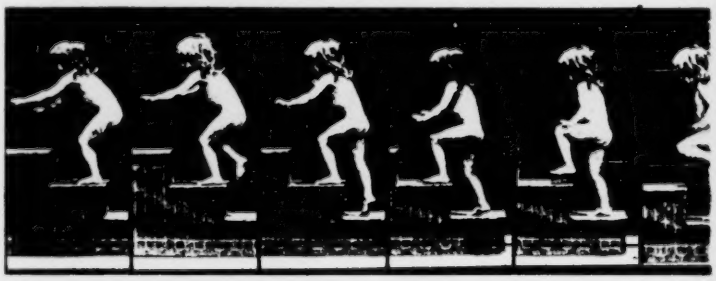
Reich's death ought to have been used by the leaders of orgonomy to put the myth of the genital character to bed, but that would have destroyed much of the mystical force of the movement. Instead, the myth was perpetuated by Reich's inheritors. The announcement mailed to us by the leading figure in medical orgonomy after Reich's death informed us that Reich had died of "oranur sickness." This mysterious pronouncement, for which no evidence was or has ever been published, had the function of reassuring the believers that Reich really wasn't armored after all.

And what of Reich's "angels," the "genital characters" trained by Reich (and later by a successor) to do his therapy? With the powerful techniques and the profound and germinal scientific concepts of Reich as a starting point, Reich's disciples have done not one thing to indicate that they have superior thought processes or character structures to ordinary "non-genital" characters. The Reichian movement has been characterized by unproductiveness, backbiting, jealousies and pettiness. Lawsuits and threats of lawsuits, crank letters containing attacks on each other's work and characters and motives, and other forms of factionalism have abounded. There have been only two books written by medical orgone therapists in the two decades since Reich died, authored by Reich's number one and number two disciples respectively.[1] Book number two consists entirely of an attack on book number one. The factions of medical orgonomy are in a desperate and silly contest to convince themselves and the world that they are the truly true disciples of the master, the only ones who really understand and are carrying out his work.[2]

Actually, Reich saw the smallness of his followers. In *Listen Little Man* he likens himself to an eagle condemned to hatching little chickens. The brave hopes for turning patients into genital characters that he had expressed in *The Function of the Orgasm*, he renounced. He quit practising therapy, saying:

> . . . Nothing can be done with grownups. I am rather experienced in psychiatry and biology, human biology. Nothing can be done. Once a tree didn't grow straight, but crooked, you can't straighten it out.[3]

Quite a change from the brave hopes offered the readers of *Character Analysis* and *The Function of the Orgasm*! Only Reich's excessive and unreal hope for his therapeutic technique brought this uncalled for disillusion. He became discouraged with a truly great achievement because it fell short of the miraculous.



However, Reich never abandoned his dream of the unarmored genital character; he merely decided that it had to be reached by raising children free of armor rather than by therapy with adults. In 1949 he launched a research project on the rearing of armor-free healthy children, at a meeting attended by forty professionals. When Reich died in 1957 he left his estate "The Wilhelm Reich Infant Trust Fund," to this and related aims.

To my knowledge, no one in orgonomy has yet succeeded in raising his child as an armor-free "genital character." I have met dozens of children raised according to Reichian principles by Reichian therapists and other parents who have had extensive Reichian therapy. When intelligently applied by healthy and living parents, I judge the Reichian techniques to have been of real value, and the children to have benefited greatly. But every child has had his problems and hang-ups, and every child past the age of four or five has his defenses, his armor.

[1] Baker, Elsworth. *Man in the Trap.* New York: Macmillan, 1967, and Raphael, Chester. *Wilhelm Reich, Misconstrued, Misesteemed.* New York: Institute for Orgonomic Studies, 1970.

[2] See Kelley, C R Orgonomy Since the Death of Reich. *The Creative Process,* Volume 5, 1965; and Boadella, David. On Doctrinaire Movements. *Energy and Character,* Volume 2, Number 1, January 1971.

[3] Reich, Wilhelm. The Source of the Human No! *Orgonomic Medicine,* Volume 1, Number 2, November 1955, p 105.

The unarmored child is as much a myth as the unarmored, defense-free adult.

What is the problem here? Reich's techniques of deep emotional release are enormously powerful. When used in a directed way, they can and do bring about profound changes in personality and the body, in character and physique. Reich's statement that the "whole being changes" is not an exaggeration: it happens,—not always, but often. I have seen it again and again. The voice drops, the body structure changes, the person becomes more open and expressive emotionally. What does *not* happen is that he becomes unarmored, free of his defenses, "cured." He does not change into some new and different kind of human being that is "real" and "well" or a "genital character" instead of "unreal" and "neurotic" or armored. To allege that he does only establishes an unreal hope for the newcomer that must bring eventual disillusionment or worse, self-deception. Pity most those unfortunates who wear the mantle of a title such as "genital character" or "post primal" or "clear," and are thus forced to pretend, over the years of their lives, to a non-existent state of being, superior to that of ordinary humans.

genuinely sick. The super-well state of the "genital character" have been invented to fit the medical model, to make it appear that a "cure" is really accomplished. The "cured" individual, the genital character is nothing more than the fictional outcome of the process of "therapy" applied to people who are not genuinely sick in the first place.

Of course certain people coming in to Reichian or other forms of work are genuinely sick, and in need of treatment for their disease—real disease—for which real cure is possible. These are a distinct minority, however; most people come because they are unahppy, distressed, dissatisfied with themselves and their lives, or else simply searching for a path for growth. They may be aware that blocks to feeling, necessary to their survival as a child, have remained to restrict their potential as an adult. They may be curious, and accept the label of illness in order to undergo an experience which they hope will change them, make them freer, more effective, happier. And in many cases it can, not by a mythical cure of a metaphorical disease, but by techniques that provide a significant new avenue for change. Reichian "therapy" is, in fact, a powerful form of education. Often useful as

> The word "neurosis" is very bad. I use it too, but actually it should be called *growth disorder*. So in other words, the whole neurosis question shifts more and more from the medical to the educational field.
>
> Fritz Perls

A major part of the problem is the use of a medical model to describe a non-medical problem. Reich, like Freud and most of Freud's successors, have employed medical concepts to describe their work. They have thus spoken of curing the sick, of diagnosis and treatment, disease and therapy. These terms have been applied whether or not those they dealt with had a real disease to give therapy to. In point of fact, the great majority of those going to Reich and Janov (and to Freud's present day exponents) are not sick; they have no real disease of which to be cured. Neurosis is only a metaphorical sickness. The disease has been manufactured in order to apply the therapy.

This is not to say that patients in Reichian therapy are not sometimes troubled, nor that they should not be going to their "therapists,"—in most cases they should. What they stand to gain is not "cure" of "neurosis." Instead, they stand to undergo a significant growth experience, a change in themselves that can sometimes be as needed, as rewarding and important as cure of a disease can be to a sick man. However, the kind of change they go through is not of disease and its cure.

Because of the medical model they have adopted, psychiatrists and psychologists have been forced to think in terms of unreal diseases and unreal cures. Thus we have the paradox of doctors who are not "well" by their own criteria endeavoring to "cure" "patients" who are not

an adjunct to therapy, it is not, properly speaking, therapy in itself. The advantage of using an educational rather than a medical model is that the process of change can be viewed in the context of human development and growth, rather than the context of disability and disease.

The medical model also takes advantage of the transference phenomenon. In this society man is systematically rendered weak and dependent by family structure, social institutions and government. The longing for a strong parental figure is therefore present in most people. This role is easily assumed by the "doctor" or "therapist" who, like a loving parent, understands the "patient's" hurt and tribulation, and is going to "make it better."

The transference emphasizes the elitist nature of the medical model. Dependence on daddy is replaced by dependence on the doctor. The "special elite group of the cured" is associated with the doctor, the adult, the parent, and the "sick" masses of mankind are associated with the patient, the child. Those who identify with the elite claim a status that sets them above and apart from ordinary men.

But in this area of life, where man is struggling for knowledge, there is no "elite" who have discovered "the way," only cultists who pretend, who kid themselves that they have. The medical model, bolstered by the transference, institutionalizes this pretense. And one

tragic result is that the techniques of Reich, which form one of the major educational breakthroughs of our time, can become misunderstood, distorted, misapplied, mystified, and eventually discredited because they are not viewed in perspective from the start.

The deep emotional release techniques discovered by Reich are at least as exciting when viewed as an educational breakthrough as when viewed as "therapy." Viewed as education, they provide a new method for change, for realizing a potentiality, rather than for treating disease. They belong in the forefront of the new education, where ways of growth are the objective, and new approaches and techniques are much sought after.

The medical model was created and given its power by pioneers of new education techniques operating within the medical-professional framework, men such as Wilhelm Reich, MD, Fritz Perls, MD, PhD, and the grandfather of them all, Sigmund Freud, MD. These men would probably not have become known had they not attained professional status, and it is natural that they lived and worked within the confines of the model upon which their profession was based. But the professional who wishes to identify with and truly advance the new education in the future must first be willing to climb down from his professional pedestal, to be a human being with the rest, to throw away his government licenses, certifications, and special privilege, and to function solely on the basis of the knowledge, skill, and leadership he can offer.

It is the power of new education programs that creates extreme loyalties among devotees. This power makes it possible to hold out the concept that a program provides the exclusive road to a super-state of mental health or consciousness. Programs that open the deepest feelings readily generate powerful mystical expectations among followers. Devotion to the program easily becomes excessive. The problem of identity of the program is then made much more difficult. Jealousies and antagonisms toward other programs abound. Students have great difficulty in maintaining perspective towards other groups when a revered leader has not achieved such perspective himself. Frequently the leaders expect exclusive devotion to their program from their students. For a follower of a Reich, Janov, or L Ron Hubbard, to have one of his clients become involved in another program constitutes a heresy, liable to result in excommunication if discovered. The tendency exists to a lesser extent in many, perhaps most new education programs.

One unfortunate effect of this narrowness of attitude is an inability of those within to consider and make use of what is discovered outside of the group. Orthodox members of a program are unable to see their group as part of the larger whole which is the new education. Instead, in each case, the in-group is believed to be the exclusive agency possessing special new knowledge and skills that will transform mankind. With this conviction often goes a demand for orthodoxy in belief and behavior, and (most objectionable of all) a surrender of autonomy to a practitioner, who may decide for his student questions not only of what other new education programs, if any, he may enter, but also such personal decisions as marriage, separation, abortion, political and economic decisions and beliefs, etc., based on the practitioner's interpretation of the collective values governing the program.

Of course, many students want a strong figure to take over responsibility for them. New educators are often pressured by their students to assume a parental role in their lives. Few realize the degree of helplessness that prevails among people in deep emotional questions. Greatest respect is due the new educator who requires each student to assume responsibility himself for decisions on which his life depends.

The student may find he has to fight to preserve his self-autonomy in a new education program that is in major respects just what he needs. The new education is not education to many, but instead religion, philosophy, or therapy or some kind of mixture that requires a surrender of autonomy.

Mystical and chauvinistic attitudes are widespread within new education programs because they are based on mass psychological factors that are widespread in the population. It is the same deep self-doubt and longing to be taken care of on the part of the masses of people that brings about religious cults and government-fostered professional establishments. The wise "new educator" will require his students to take care of themselves. ■

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Fantasy and Reality by Chogyam Trungpa

(continued from p11)

us to a still more panoramic awareness. A compassionate attitude of fundamental acceptance of oneself while still retaining critical intelligence. We appreciate the joyful aspect of life along with the painful aspect. Relating to emotions ceases to be a big deal. Emotions are as they are, neither suppressed nor indulged but simply acknowledged. So the precise awareness of details leads into an openness to the complex totality of situations. Like a great river that runs down toward the ocean, the narrowness of discipline leads into the openness of panoramic awareness. Meditation is not purely sitting alone in a particular posture attending to simple processes, but is also an openness to the environment in which these processes take place. The environment becomes a reminder to us, continually giving us messages, teaching, insights.

So before we indulge in any exotic techniques, playing with energies, playing with sense perceptions, playing with visions in terms of religious symbolism, we must sort out our minds fundamentally. We must begin our practice by walking the narrow path of simplicity, the hinayana path, before we can walk upon the open highway of compassionate action, the *mahayana* path. And only after our highway journey is well on its way need we concern ourselves about how to dance in the fields—the *vajayana* or *tantric* teachings. The simplicity of the hinayana is the foundation for appreciating the splendor of the mahayana and the tremendous color of tantra. So before we relate with heaven we must relate to earth and work on our basic neuroses. The whole approach of Buddhism is to develop transcendental common sense, seeing things as they are, without magnifying what is or dreaming about what we would like to be. ■

ESALEN CALENDAR

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- Gestalt / Price p 18

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- Inner Road to Health / Drucker p 18

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January 9–14
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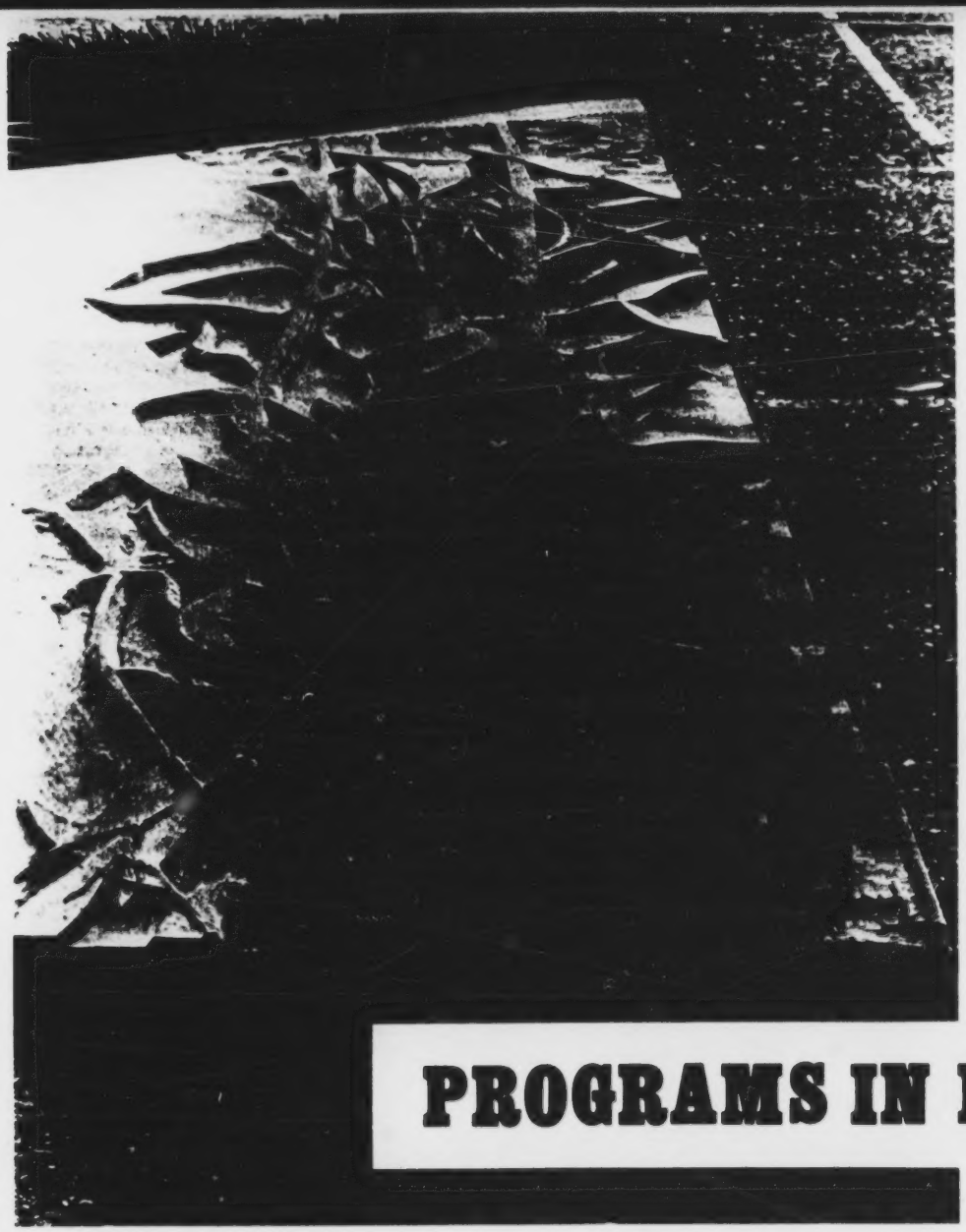


PROGRAMS IN BIG SUR

Week of January 2-7

Take a Second Look at Yourself / Janet Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter, and sensory awareness. $270+ $4 *video fee.*

An Introductory Workshop in Confluent Education Stephen Marcus

We'll celebrate your gestalt poet (and put your gestalt censor on hold). We'll also utilize right hemisphere, intuitive, metaphoric thinking skills to develop body-knowing and emotional literacy. We'll undermine intellectual fastidiousness and erect an eclectic foundation for "being smart." Participants will be encouraged to make direct applications to their specific work and life settings. Bring a journal with unlined pages.

Credit in Education is available for this workshop through the Extension Division of the University of California, Santa Barbara. All arrangements will be made during the workshop. $270

Feldenkrais & Massage / Barbara Clemans

Moshe Feldenkrais is the originator of a simple yet powerful new body technique. The exercises are pleasant and relaxed, each fifty minute segment being a different lesson. The work allows for the experience of integration, relaxation, and balance, improvement in fluidity, and ease in movement.

Carrying the awareness gained from the exercises to our experience with each other in massage, we will heighten our awareness of self-image and experience the relationship of body, mind, and psyche. $270

Week of January 2-7 continued

Gestalt Practice / Richard & Christine Price

Perfect like Great Space
the Way has nothing lacking, nothing in excess.
Truly because of our accepting and rejecting
We have not the suchness of things.
—Sengtsan (3rd Zen Patriarch)

What is, is.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than "adjustment," "cure," or "accomplishment."

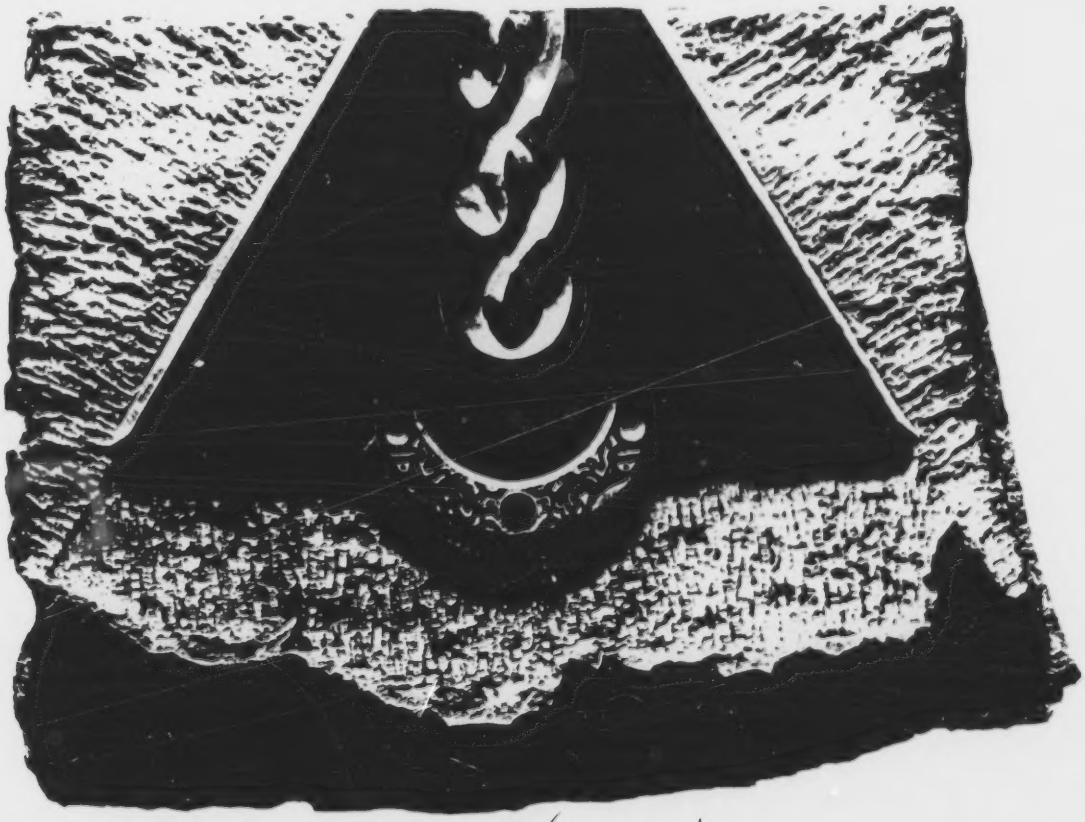
Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanaponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelley). $270

January 2—28

Inner Road to Health Practicum
Al Drucker & Staff

A month-long training workshop for 8 to 10 participants, covering some of the health arts taught at Esalen. The last workshop of this type given in May 1976 had ten class sessions per week and included training in massage, deep tissue restructuring, acupuncture theory, herbal and homeopathic systems, gestalt practice, and energy healing work. We also had a daily spiritual practice of devotional chanting and meditation, as well as tai chi, feldenkrais, yoga, and other physical practices. We expect that this present workshop will follow the same general format although the actual material covered will depend on group interest and availability of outside leaders. The program includes an eight-hour weekly work commitment in the garden, kitchen, or on the grounds. There will be time to attend regular brochure weekend programs for the catalog price minus $50. Classes will be held in Fritz's house, high on the hill overlooking the baths and the Big Sur coastline.

The fee of $800 covers tuition, shared accommodations at South Coast Center, two to a room, and meals for the month. A previous qualifying experience, such as the 4 or 5 week Inner Road to Health workshop is required for attendance. To register send a $200 deposit, your name, address, phone number, and a note giving the previous workshop experience. Mail to Esalen Institute, Reservations, Big Sur, California 93920. Acceptance is on a first come basis.



Weekend of January 7-9

The Gentle Art of Becoming—Together: A Workshop for Couples / David Schiffman & Dee Mundschenk

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness techniques.
$110 per person

The Tao of Movement: For All Dancers of Life
Al Chung-liang Huang

Dance the "Watercourse Way," flow like the wind, like the water, effortlessly. To identify with and explore the egoless spontaneity of the motion/stillness in nature. To be in harmony with the Universal dance in everyday living. To begin to meditate kinesthetically our "Beginners' Mindbody"—that is the way (TAO)!

—Fishes swim in the water, but do not think of it;
Birds fly in the wind, but are not aware of it.—

Vegetable Roots
Musings by Kojisei
(1575—1619)

$110

Selective Awareness, Self-Hypnosis & Movement
Emmett & Nitza Miller

To us, this practice is a means for capturing the spirit and momentum of enjoyable experiences in the past and projecting them into the future. Further, it allows us to trace maladaptive patterns—symptoms, habits, emotions, and blocks—to their source, as far back as infancy or further, and extinguish them.

Participants will learn to enter and use the hypnotic state for relaxation, imagery, and age regression. Movement will be used to help intensify emotional experiences, to transmit desirable self-concepts to the body, and to develop means of truly enjoying the body. Of special interest will be multiple experiences of going from a desirable mental image in hypnosis directly into a full movement experience, without pausing at the "waking" level. $110 + $4 *video fee*

Week of January 9-14

Rest & Renewal for the New Year
Deborah Sulochana Medow

dawns
a NEW year
come
beNEW
YoU
s-t-r-e-t-c-h-i-n-g
grOWING MOVING
flowing
$270

Selective Awareness & Gestalt Practice
Emmett Miller & Richard Price

Selective Awareness provides a means for identifying and unlearning undesirable characteristics for body/mind and rapidly learning desirable patterns. This takes place in a state of mind related to those of meditation and hypnosis. Like gestalt practice, selective awareness aims at the development of internal guidance free of externally imposed conditioning.

For more information about gestalt practice, see January 2—7. $300

The Tao of Movement: For All Dancers of Life
Al Chung-liang Huang

For workshop description see January 7—9. $270

Woman to Woman / Man to Man
Dee Mundschenk David Schiffman

"The woman that most needs liberating is the woman in every man, and the man that most needs liberating is the man in every woman."
—Rev. William Sloan Coffin

Taking advantage of the natural affinity and support that people of the same sex can afford one another, the men and women in this workshop will meet separately as well as together. We will create an ambience of tenderness and support to provide opportunities to clarify the nature of who we are as men in the absence of women and who we are as women in the absence of men and what happens when we come together. The themes we will explore are our sexuality, our friendships, our body images, our coupling, our creativity, our relationship to power, our expectations of each other. The workshop will be grounded in the techniques of gestalt, encounter, fantasy, massage, and bioenergetics. $270 + $2 *video fee*

Weekend of January 14-16

A Weekend of Psychosynthesis / Lenore Lefer

Psychosynthesis is a practical approach to personal growth which helps us develop, balance, and integrate the physical, emotional, mental, and spiritual aspects of our experience. The purpose of this weekend will be to facilitate the awareness and understanding necessary to begin to consciously cooperate with the natural tendency towards harmony in each of us. Some of the themes to be explored will include choice, responsibility, and freedom of the personal and transpersonal will, inner dialogue, and wisdom, meditation, and exploring parts of ourselves as they relate to and express the *whole* of who we truly are. Guided imagery will be a major focus for this exploration. In addition we will look at some of the theoretical constructs as they relate to themes we will be experiencing. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

You & Universal Motion / Robert Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement. $110

PHYSICS AND CONSCIOUSNESS

January 16—February 11

Second Annual Physics Consciousness Month

Esalen Institute and the Physics Consciousness Research Group of San Francisco are joining to present the second annual month-long seminar in Big Sur in January and February. The seminar will continue exploration of the conceptual gaps and breakthrough possibilities found in theoretical physics and the other sciences for consciousness exploration and transformation.

Invited participants will also be asked to engage in experiences intended to continue the development, validation and revision of metaphors and experiences which will reliably communicate the counter-intuitive concepts of the new science to the public. Leading theoreticians and practitioners from the scientific community, the consciousness movement, business and government will share in these experiences, which have the potential for radically altering our views of consciousness and the universe.

To apply for participation in this program, contact Dr Jack Sarfatti, PCRG, 1155 Jones, Suite 506, San Francisco, CA 94109, telephone (415) 441-8720. The cost of this 26 day program is $1150.

Two weekend workshops featuring scientists from the month-long seminar have been included in the Big Sur programming for January 21—23 and February 11—13. Reservations for the weekend programs may be made through the Esalen/Big Sur office.

Faculty:

Peter Flessel, PhD
Nick Herbert, PhD
Michael Karnov, PhD
John King, PhD
George Koopman
Jack Sarfatti, PhD
Saul Paul Sirag

January 21—23, February 11—13

The New Natural Philosophy: Science & Consciousness

"Quantum theory asserts that the world acts as a single indivisible unit, in which the very nature of each part depends on its relationship to the whole."

—David Bohm

Psychology and models for consciousness have been largely formulated in terms of metaphors originating in the seventeenth century mechanics of Newton and the nineteenth century electro-magnetic field theory of Maxwell. The time is long overdue for the integration of the expanded world view of post-Einsteinian quantum physics into the everyday world of people exploring the dimensions of consciousness, including communication, control, and the cost of information.

Relativity is based on a particular way of communicating. Quantum mechanics arises out of fundamental limitations placed on our control of the world. The second law of thermodynamics places a price in free energy on every bit of knowledge we acquire. A new kind of non-Boolean "quantum logic" applies to the actions of atoms and, perhaps, to the actions of human beings. Why does time appear to flow from past to future? What is the physics of life? How does form arise out of chaos? Are there deep archetypal structures acting as generative principles common both to physics and to psychologies of consciousness?

Participants in the weekend workshops will experience both a presentation of these basic questions and an overview of the material under study at the Physics Consciousness month long seminar. $110

Week of January 16-21

Experiencing Esalen / Experiencing Esalen Staff

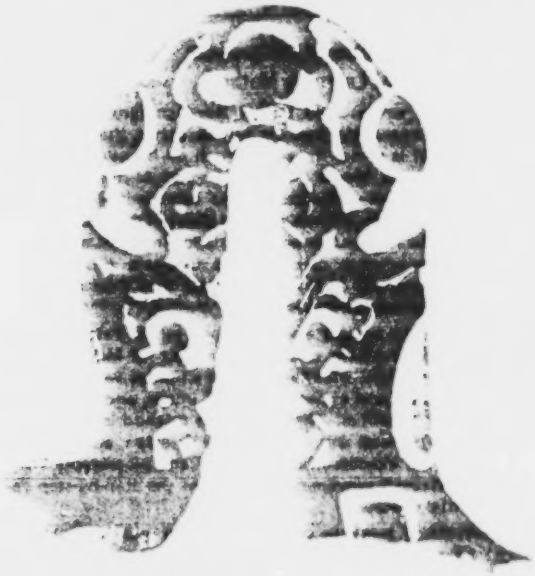
For workshop description see page 25. $240

Contact, Communication & Relationship: A Workshop for Professionals
Julian & Beverly Silverman

We will work with the relationship between individual process and group process. Our concern is with developing a way of being in which one's senses are open and one's contacting of others flexible. The learning which takes place occurs with a group of individuals who share and change in relation to each other. Emphasis is placed upon body in relationship to mind. $270

Opening the Feelings: A Radix Neo-Reichian Workshop
Siri Mishler, Mark Dunlap, & Claire Killen

For workshop description see page 28. $300



Weekend of January 21-23

The New Natural Philosophy: Science & Consciousness

For workshop description see the physics consciousness month description for January 16—February 11. $110

A Weekend with Will Schutz

$110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Week of January 23-28

A Week with Will Schutz

$300

Gestalt Practice / Richard & Christine Price

For workshop description see January 2—7. $270

The Joy of Sadness / Gabrielle Roth

The purpose of this workshop is to dissolve the wall between you and your divinity—the barrier between your mind/body and your heart. These five days of deep personal processing will include breathing, movement, music, sound, and massage meditations. Gabrielle will support us in going deeply within ourselves to rediscover the magnitude of our own heart energy, thus infusing our life experience with dimension, depth, meaning and purpose. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. $270 + $2 *video fee*

Weekend of January 28-30

Massage Weekend for Beginners / The Esalen Massage Crew

In our two days together we will establish a basic road map for a full-body massage: where to start, what to work towards as an end, and some ideas about what to do in between. Part of our emphasis is upon specific instruction in sensory awareness and body manipulation, and another larger part is upon practice with one another, experiencing the structure and energy of our bodies, using the map only as a back-pocket guide for our own much more interesting explorations.

The group meets daily in the baths. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

The Physics of Wilhelm Reich / Eva Reich

This workshop will focus on the scientific discoveries of Wilhelm Reich including a review of his published work from 1940 to 1957, correlations and discrepancies with present day physics theory, and implications of the discovery of the life energy for the future of mankind. Medical and technical applications will be included. $110

Unfolding the Inner Self / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy which can be the source of great creativity, peace, and joy in our life. All of us have moments in touch with it, and those are times when we are especially aware of our own unique beauty and strength. Sometimes this seed is called the "inner self."

There are methods, some age old, some new, that can directly tap into the inner self and help a person live in touch with it in everyday life. We will use tools which are designed to be gentle, yet go deep—music and chanting to open the heart, meditation practices, a form of movement which strengthens the emotional center, theoretical sessions on unity consciousness, gentle physical exercises—and other techniques for unfolding.

The workshop is limited to 14 participants and is appropriate for beginners as well as those with previous group experience. $110

Feldenkrais Functional Integration: An Experiential Learning Method

John Dewey wrote: "No matter how ignorant any person is, there is one thing that he knows better than anybody else; and that is where the shoes pinch on his own feet . . ." The teaching of Moshe Feldenkrais—and of Ida Rolf and Fritz Perls as well—resonates to this statement. Feldenkrais is adamant that the individual must discover for himself/herself what is so for him/her and experience freedom to explore and experiment with new ways to facilitate this self discovery. His method of teaching creates that kind of space. Truly it is educating—leading out.

The body work created and developed by Dr Feldenkrais is grounded in movement as the main means for individuals to educate themselves, improve their function as whole human beings, enhance and expand their self image, and more fully realize their potential. The feldenkrais method is meditative movement—physical and mental. In each lesson, sequences of movement are executed slowly, gently and pleasurably with sharply increased awareness here/now of the step-by-step developmental process.

The individual learns to correct inefficient and faulty movement by attending to his/her own feedback—physical and mental. By this means, one experiences the essential unity of the body/mind aspects of the central nervous system. Frequently a lesson is experienced on one side of the body by means of physical movement and on the other side in the mind only—the student creating the sequence mentally "as if" it were happening. Invariably, when the student actually moves, the side "exercised" only in the mind surpasses the other in function.

Feldenkrais lessons *gradually* eliminate from one's mode of action most parasitic or superfluous movement and behavior which blocks or interferes with movement. Participants experience their bodies operating with the reduced friction, increased tonus and optimum function of an organism correctly aligned in the gravitational field. The feldenkrais method further results in increased sensitivity, heightened awareness, and expanded real sense of self. Unlike many exercise methods which promote unconsciousness by rapid, repeated, strenuous effort, feldenkrais lessons require full consciousness every moment, resulting in individuals who are able fully to experience their experiences and take responsibility for them. Gains achieved in feldenkrais lessons are retained. No "warm-up" is necessary. When repeating any given lesson, participants begin at or beyond where they left off the previous time.

The feldenkrais lessons begin with participants lying on the floor, scanning their bodies until they become aware of where and how they contact the floor. By directing their attention in response to instructions, they become aware that whole areas of their bodies are unfamiliar and unknown to them. Gradually these "blanks" in the self-concept are filled in and one's experience of one's self is expanded.

—Betty Fuller

January 30—February 18

Lighten Up: Body / Mind / Spirit / Betty Fuller

Many of us carry around enormous burdens of yesterday's regrets, resentments, and other unfinished business through which we screen our experience of today's here-now daily life. Frequently we made decisions "back then" which determine today's posture—physical, mental-emotional, and spiritual—and the choices we made about tomorrow's possibilities.

In this body-mind-spirit workshop we lighten the load using gestalt, encounter, psychosynthesis combined with feldenkrais, and Trager body work, massage, meditation, song, dance, and laughter. As we experience greater flexibility, increased energy, expanded consciousness, and enhanced self image we can choose NOW to live now—viewing the soap opera of our life simply as the story of what happened along the way.

For participation in this program, completion of the basic *est* training is recommended but not required. $890

January 30—February 18

Western Roundup / Margaret Conway

This is the third annual happening of what started out as the Montana Group in conjunction with Montana Learning Unlimited, a growth center in Helena, Montana. This year we invite people from other states to join us in this opportunity to explore the developing human awareness disciplines, to joyfully discover your best self, and enhance your relationships with others. In past years group members have returned with new skills and inspiration that has benefited both themselves and their communities.

Our three weeks in residence will include two sessions daily with Esalen leaders in gestalt, bioenergetics, psychosynthesis, massage, meditation, and movement. Evening meetings with Margaret Conway will stress open communication and integration of the whole experience. We will also make some music around the fire.

Esalen leaders will include Richard Price, Bernard Gunther, Laurie Phelan, Dee Mundschenk, David Schiffman, Nowell Delevett, Janet Zuckerman, and others not confirmed at catalog time. The group may also choose to have workshops with any leaders who may be at Esalen during this period. Weekends are free to explore San Francisco, roam the magnificent Big Sur Coast (or just soak up sun while your friends at home enjoy the long winter!). You may also attend weekend workshops at a reduced rate.

Some small partial work scholarships are available. Please address inquires and registration to Margaret Conway c/o Esalen Institute, Big Sur, California 93920. $800

Week of January 30- February -4

Health Whole Holy / Bernard Gunther

We are all almost unlimited sources of joyous energy; we squander many of these resources. Blocked by fear, habit, and limitation, we dam ourselves in destructive energy expression: various forms of mental-physical-emotional imbalance. In this workshop we will explore our behavior patterns through the use of breathing, guided fantasies, awareness, and hypnosis. Special emphasis will be placed on the energy centers (chakras) as a system for self regulation, wholeness, and health. The experience will be a synthesis of gestalt, yoga, psychosynthesis, and movement with emphasis on a practical individual program of these methods that can be used in daily life. $270

Antagonist Psychology / Nicolas Sokoloff

This workshop will focus on antagonist psychology inspired by the work of physician and philosopher Stephan Lupasco. In antagonist psychology, the Cartesian logic of identity and non-contradiction is related to the other two logics of energy—the biological and psychological—both of which follow different laws. Comprehension of what Lupasco calls "the antagonist game of the three matters" can lead one on the path to Samadhi. The workshop will include oriental practices such as tantric meditations and exercises. $270

Weekend of February 4-6

Meltingintwone / Bernard Gunther

Often we have sex when what we are really seeking is an open closeness, caring, energy sharing to quiet an intense underlying sense of tension, anxiety, emptyness, and separation. Intimate relationships are most rewarding when they allow for appropriate times of individuality and unity, that are not only pleasurable but continually new and renewing. In this workshop for couples we will move from the physical mundane to a higher plane of consciousness, intimacy, and awareness. In this experience we will explore transmutation, mutual meditation, tantric yoga, polar therapy, and nonverbal communication, moving from separation and intensity toward union and ecstatic bliss. $110

Exploring Self-Acceptance
David Schiffman & Dee Mundschenk

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $110

Week of February 6-11

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $240

Self-Acceptance—The Freedom To Be
David Schiffman & Dee Mundschenk

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $270 + $2 *video fee*

Weekend of February 11-13

A Dance Workshop / Anna & Daria Halprin

Ever since Fritz Perls introduced Anna and dance to Esalen programs she has been returning to do an annual workshop. In each workshop Anna evokes a joyful and dynamic spirit of movement and ritual drawing from the uniqueness of each group and the special natural environment at Big Sur. This year she will be co-leading with her daughter Daria who will bring her special expertise in leading women's groups, couples, and dream workshops integrating movement and gestalt. $110

Flowering—Learning How to Take It Home with You
Alexis Johnson

That first expansion into truly feeling alive is glorious. The trick is then to have both the experience and the conceptual framework to maintain the expansion and not be dismayed by the contradictions. We want to extend our area of personal responsibility to include both the rational and irrational, the positive and the nagative, the pleasureable and even the painful—we have it all! This workshop will use ourselves and the tools of bioenergetics, gestalt, and meditation to explore our emotional depths, our self-defeating attitudes and our unlimited possibilities. $110

The New Natural Philosophy: Science & Consciousness

For workshop description see the physics consciousness month description for January 16—February 11. $110

Week of February 13-18

Radix Feeling & Vision Improvement Workshop
Laura DeNuccio & Mark Dunlap

Most people with defective vision and many with "perfect" vision have serious blocks to feeling in the form of eye blocks, chronic patterns of muscular tension in or affecting the eyes. The Radix vision improvement program combines the deep emotional release work derived from Reich with some vision improvement drills of the ophthalmologist William H Bates in an original synthesis. The freeing of an eye block contributes significantly to the process of emotional release, and it can halt and often reverse the progressive effects of visual defects such as nearsightedness, farsightedness, astigmatism and squint. Bates techniques for vision improvement take advantage of the freeing of the eye block to improve visual function. Each participant will receive at least two Radix "intensives" along with group feeling work and vision drills. $270

Contact, Communication & Relationship
Julian & Beverly Silverman

We will work with the relationship between individual process and group process. Our concern is with developing a way of being in which one's senses are open and one's contacting of others flexible. The learning which takes place occurs with a group of individuals who share and change in relation to each other. Emphasis is placed upon body in relationship to mind. $270

Massage Intensive / The Esalen Massage Crew

Everyone has felt the magic of a caring touch, but most of know how to rub our pets better than we do our friends and lovers. For five days the members of the massage crew, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of our own spiritual capacity.

The group meets daily in the mineral baths. $270

Weekend of February 18-20

Introduction to Gestalt Practice / Joan Fiore

After introducing the "language" of gestalt and various gestalt experiments in breath, body, and feeling awareness, this workshop concentrates on providing the opportunity for intensive individual gestalt work in a supportive group setting. Suitable for novices as well as veterans. $110

The Miracle of Perception
Charlotte Selver & Charles Brooks

We usually associate perception only with what we see. However, the organism is marvellously provided with organs of perception and the sensory nervous system which can come into play both in quiet and in action. Awakening these rich sources brings about a much wider spectrum upon which we can build our life and our connection with all that happens within and around us. $110

Me-ssage (Total Body Self-Massage) & Body Sensing
Judy Unell

The body is a flexible and resilient organism and given the slightest encouragement and self-help will move toward natural and efficient functioning.

"Me-ssage" is a simple, very effective method of full body self-massage leading to release of muscular tensions, heightened awareness of the total self, and most satisfying, an appreciation of "I" being at all times available to "Me" instead of the usual helpless reliance on outside sources.

In this workshop we will learn "Me-ssage" and also become acquainted with how we live in our bodies and ways to change if we wish. $110

A Weekend with Ann Armstrong

We are all psychics but we usually don't recognize the subtle information we receive. You will be taught to trust your own psychic abilities and move into a heightened state of awareness. This will be done through a variety of exercises that are specifically tailored to the dynamics of the individual group. Anne will use her psychic abilities to give members of the group examples of the practical benefits that can be derived from this sensitivity. $110

Week of February 20-25

Esalen/Big Sur will be closed for this five day period.

Weekend of February 25-27

Friends of Esalen Weekend

This weekend is for people who want to BE at Esalen, people who have been at Esalen before or who have contributed to Esalen through the Friends of Esalen program. No formal groups will be scheduled. We will be here together; participants will live their own script with the Esalen grounds as their stage. $60

Week of February 27- March 4

Death as an Existential Problem / Leo Matos

This workshop will deal with the existence of death in one's lifetime and various problems developed by the concepts of death and dying. With a transpersonal gestalt approach and with certain techniques developed by Tibetan Buddhist psychology, the participants will have facilitated experiences with death and rebirth.

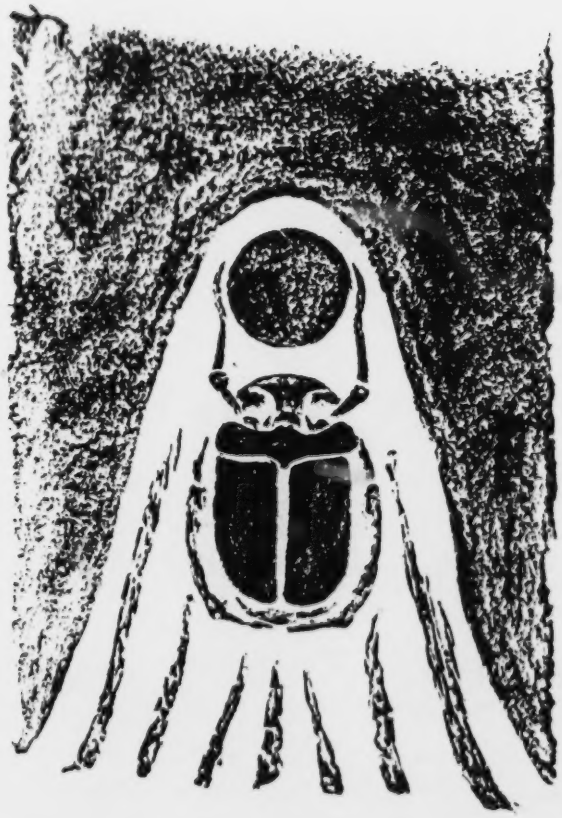
We will explore different aspects of death as, for example, fear of physical death, the presence of death in daily life, and the issue of psychological ego-death-rebirth (which is here facilitated by a non-drug technique developed by Leo Matos.) $270

You & Universal Motion / Robert Nadeau

For workshop description see January 14–16. $270

Gestalt Practice / Richard & Christine Price

For workshop description see January 2–7. $270



Experiencing Esalen

Experiencing Esalen Staff

Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theater games, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *The New Education* (Kelley).

SCHEDULE:

		Mar 20–25	$240
Jan 14–16	$100	Mar 25–27	$100
Jan 16–21	$240	Apr 8–10	$100
Jan 21–23	$100	Apr 10–15	$240
Jan 28–30	$100	Apr 15–17	$100
Feb 6–11	$240	Apr 22–24	$100

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Program for the Study of Culture and Consciousness

February 27–March 25, 1977

Shamanism & the Mystic Quest

Coordinated by Joan Halifax

Since the dawn of history, humankind has experienced itself as visionary and dreamer. It has learned that certain states of being create a psychic opening where vision is cleansed and the mirror-mind opens itself to the infinite possibilities of itself. This program is designed to explore those techniques of transformation and illumination emerging from ancient shamanic knowledge. Participants will be experientially introduced to basic methods of shamanic power and healing used by North and South American Indian shamans as reinterpreted for application within our own lives. The accumulation and utilization of shamanic power will be related to the processual nature of consciousness.

The faculty includes four anthropologists (Halifax, Harner, Munn, Myerhoff) who have had extensive experience with the visionary aspects of shamanism and/or shamanic cultures themselves, including Huichol, Mazatec, Jivaro, and Shipibo. Joseph Campbell and Joseph Chilton Pearce will provide us with the historical, mythological, psychological and conceptual basis of shamanism and mysticism. Prem Das, having completed the five year training period necessary to become a shaman in the Huichol world, will work daily with the group in the areas of cosmology, shamanic worldview, function and method of ritual and ceremony, healing practices, techniques of purification and transformation of consciousness, and use of dreams and visions. With him will be Matsua, an 86 year old Huichol shaman from the Western Sierra Madre of Nayarit, Mexico. Matsua is the principle shaman of his village and the surrounding area and is renowned for his knowledge of Huichol mythology, ceremony, healing, and chanting. Ruturi, another Huichol shaman, is a visionary yarn painter who will also be conducting ceremonies with us as well as teaching the techniques of his art.

Music is another dimension occuring in shamanic training. Kathleen Mullin, an ethnomusicologist, with Charles Lloyd and Barklie Henry, will explore with us the channel of music as a means transforming consciousness. The relationship between the body, movement, sound, and consciousness will be brought into focus by Gabrielle Roth.

Other areas to be covered will be: biochemistry and consciousness (Shulgin) and shamanism and schizophrenia (Silverman).

This workshop will take place in the Esalen Study Center, an old Big Sur mansion located on cypress-covered cliffs overlooking the Pacific Ocean. The learning format will combine didactic seminars, illustrated lectures, experiential sessions, group process, individual help in self-exploration, and selected film material.

The program is limited to twenty-eight participants selected from applicants. The fee is $1,150 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute, Big Sur, California 93920.

If you wish to enroll in the program, send a letter containing biographical information and current photograph to Joan Halifax, Esalen Institute, Big Sur, California 93920.

•

Leaders: Michael Harner, PhD, Prem Das

Faculty:

Joseph Campbell	**Richard Price**
Barklie Henry	**Christine Price**
Janet Lederman	**Gabrielle Roth**
Charles Lloyd	**Ruturi**
Matsua	**Alexander Shulgin, PhD**
Kathleen Mullin, MA	**Beverly Silverman**
Henry Munn, PhD	**Julian Silverman, PhD**
Barbara Myerhoff, PhD	

Weekend of March 4-6

Growth Through Risk-Taking
David Schiffman & Dee Mundschenk

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Emphasis will be placed on the expression of anger, affection, sexuality, and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. $110

The Mid-Life Pilgrim—Dante & Ourselves: A Workshop on Dante's Divine Comedy
Claudio Naranjo & John Raphael Staude

Dante's mid-life journey provides us with a mode for our own spiritual quest. In this workshop each of us will have an opportunity to follow Dante the pilgrim in exploring our own personal hell, purgatory, paradise, and heaven. $110

Greek Mysteries of the Great Goddess / Joseph Campbell

A weekend of slide-illustrated lectures and discussions, on the Greek myths and rites of the Great Goddess of Many Names, who appeared as Artemis, Aphrodite, Hera, Athene, Demeter and Persephone, Hekate, the Graces, the Muses, and the Furies; Egyptian Isis and Babylonian Ishtar, to mention but a few of her known forms.

The talks will begin with discussions of her earliest documented appearances in the Neolithic and Early Bronze Ages, before the entry upon the scene of the patriarchal warrior races, dealing next with the meeting and conflict of the two religious systems—of the Goddess and of the God—and with the evidences in myths and legends of the resolutions achieved. The Iliad, the Odyssey, and the legend of Theseus and Minotaur will be reviewed in relation to this context. $110

Week of March 6-11

Woman to Woman / Man to Man
Dee Mundschenk David Schiffman

For workshop description see January 9—14. $270 + $2 *video fee*

Sexism & Sexuality: For Men & Women / Jacqueline Doyle

We will explore through experience and action the social and cultural influences shaping our choices in sexual attraction to others, and the blocks to our sense of joy in each other. We will focus on the capitalistic assumptions in our use of sexuality, on how we establish our power relationships to others, the effects of initiatory action, and the roles of competition and jealousy. We will address ourselves to the clarification and repair of the communication problem between the sexes. $270

Contact, Communication & Relationship
Julian & Beverly Silverman

For workshop description see February 13—18. $270

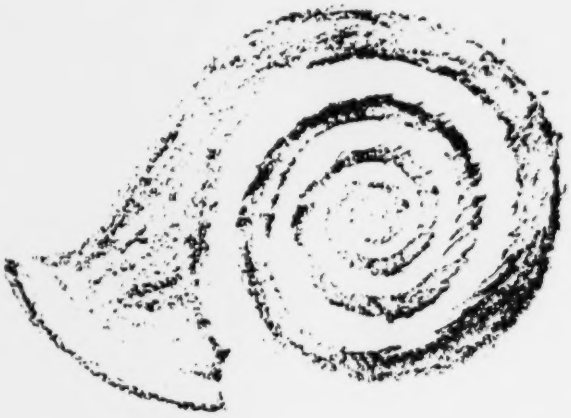
Weekend of March 11-13

Men in a Changing World / Janet Lederman

Through new and perhaps unfamiliar behaviors and responses we may experience greater flexibility and harmony in being with ourselves and in relating to a changing world. $110

Opening the Feelings: A Neo-Reichian Radix Workshop
Connie Cossette, David Grill, Merri Goldenson

For workshop description see page 28. $110



Week of March 13-18

Take a Second Look at Yourself / Janet Zuckerman

For workshop description see January 2—7. $270 + $4 *video fee*

Hypnosis & Movement / Emmett & Nitza Miller

To us our practice is a means for capturing the spirit and momentum of enjoyable experiences in the past and projecting them into the future. Further, it allows us to trace maladaptive patterns—symptoms, habits, emotions, and blocks—to their source, as far back as infancy or further, and extinguish them.

Participants will learn to enter and use the hypnotic state for relaxation, imagery, and age regression. Movement will be used to help intensify emotional experiences, to transmit desirable self-concepts to the body, and to develop means of truly enjoying the body. Of special interest will be multiple experiences of going from a desirable mental image in hypnosis directly into a full movement experience, without pausing at the "waking" level. $270

Body Awareness, Moving, Relaxation & Vitality
Barbara Clemans

Fixed patterns of movement create tension in the body and rigidity in the mind. We will experience new ways to move which are functional with constant focus on breath and directed awareness of body sensation. Massage with directed energy will heighten our sensation of ourselves and others, allowing for dissolution of stress and increased vitality. We will use feldenkrais movement, sensing, meridian awareness, touch, and visualization with music. $270

Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix *Intensive,* a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Work Shop. The *Intensive,* like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. Groups will be kept small—never more than eight per leader—so that significant individual attention can be given. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

January 16–21	**Siri Mishler, Mark Dunlap, & Claire Killen**
February 13–18	**Laura DeNuccio & Mark Dunlap**
March 11–13	**Connie Cossette, David Grill, Merri Goldenson**
April 10–15	**Charles Kelley, Will David, Laura DeNuccio, Sharon Henry, & Ron Andes**

Weekend of March 18-20

Music, Dance, Trance, & Celebration
Emmett & Nitza Miller

In cultures which are less dominated by technology and industry, music, dance, and celebration are not spectator sports. These activities, along with "trance" states such as meditation, deep relaxation, and hypnosis have been traditionally initiated cross-culturally for physical and emotional balance—release of tension, clearing of the mind, joy and ecstacy, and for interpersonal and transpersonal communication; and *everyone* participates!

This will be an *experiential* weekend where participants will be invited to share several deep relaxation ("trance") experiences to help intensify sound and movement and the natural body rhythms.

The lovely sounds of the harp, the stirring flute and the passion of drums will facilitate spontaneous movement to stimulate the evolution of your own body rhythms towards freedom, pleasure, and joy. $110

Unfinished Animal: An Exploration of the Evolutionary Image of Human Potentiality
Theodore Roszak & Joan Halifax

In his most recent book, *Unfinished Animal,* Theodore Roszak suggests that we are involved in a transformation of the human personality which is of evolutionary proportions, a shift of consciousness fully as epic-making as the appearance of speech and the tool-making talents of our cultural repertory. His argument is that the popular mythology of evolving consciousness, now so awkwardly overlaid with scientific and psychotherapeutic trappings echoes another, far older myth, a story of redemption and transcendence which carries us back to the dawn of religious awareness. With author, Roszak, and anthropologist, Halifax, this workshop will be an exploration of the mythic and psychic ground of transformation. $110

Week of March 20-25

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $240

Life is a Sexual Experience / Gabrielle Roth

"When sex comes from the physical center, it is a necessity. When it comes from the mental center, it is a fantasy. When sex comes from the heart center, it is a deep, total, and profound experience of our own divinity. Sex is meaningless without the heart."

The purpose of this workshop is to heal the separation between our divinity and our sexuality as it exists in our consciousness, attitudes and actions. These five days will include breathing, movement, music, sound and massage meditation. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. Gabrielle will support us in going within ourselves to rediscover the magnitude of our own heart energy, thus infusing our sexuality, and our entire life experience with depth and purpose. $270 + $4 *video fee*

Gestalt Practice / Richard & Christine Price

For workshop description see January 2–7. $270

Statement of Purpose & Objectives of Esalen as an Educational Institution

Esalen Institute is a nonprofit organization. Our primary purpose, in the broadest sense, is an educational one.

In order to support the unique educational form which we are continually developing, we require well functioning support systems (administrative, financial, legal, lodging, food preparation, etc.): these support systems maintain and enhance the basic thrust of the Esalen educational program.

Our main contribution is in areas of knowledge and experience which ordinarily are not considered in traditional educational settings. "Confluent education," "affective education," "energy awareness," and various other types of experiential programs are a major concern at Esalen. At the same time we collaborate with established universities on educational programs. We believe that the natural environment at Esalen/Big Sur is a primary educational aspect of our programs. At Esalen, each student-seminarian finds and defines his own path to learning, taking his education from the total environment available—psychic, geographical, emotional, spiritual, and intellectual. The place and the people are the background and foreground of the ever-changing gestalt.

Our philosophy of education is simple; it is derived from the Latin meaning of the word *educere*—to lead out that which is within. We are not primarily interested in indoctrination or in instruction. We believe in the natural unfolding of a "student's" creative abilities in a *supportive, natural environment.*

We view the Esalen staff as developing into a faculty which is unique to educational institutions. We believe in the evolution of an educational form in which teaching and support functions are indistinguishable—where basic aspects of growth are taught by those who *take care* of the Esalen environment.

We see ourselves as working at being an "open educational system" responsive to changing conditions in society which are intrinsically related to changes in personal and social experience.

South Coast Center

The living center is slowly evolving into a participatory environment
vital
changing
designing, redesigning inner and outer space with residents responsible for their own evolution.

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (room, balcony, and bath) are available for $350 per month. A monthly meal ticket may be purchased at Esalen for $200 and residents may set up light cooking facilities in their rooms for preparing their own meals. As part of our program of integrating residents into the working community, South Coast residents are asked to contribute eight hours per week of work to the community. In addition, due to the large number of people who want to be at South Coast, we have put a limit of three months on all South Coast residencies. South Coast studios may be reserved through the Esalen/Big Sur office.

Ongoing Residence Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs will also be open to residents. The cost is $960 per 26-day period.

Ways of Being at Esalen

Sleeping Bag Group Weekends

The sleeping bag group is another way of being at Esalen—it has a life of its own.

Experience the place—with its hidden moments of beauty and surprise, the baths, the people, YOU. Members of the staff will accompany and share with you some of what they have learned living here at Esalen.

These weekends are offered from September through May. The charge is $60 per person for 10-14 people. You will be living together in one room. Bring your sleeping bags. Meals are provided starting Friday dinner through Sunday lunch. Send inquiries to Janet Zuckerman, Sleeping Bag Groups, Esalen Institute, Big Sur, CA 93920.

The Esalen Work-Study Program

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our potence (our com-petence) primarily in relation to others; we lose touch with the potence of our Selves—with our essence.

The growing interest of the western world in eastern spiritual disciplines and in the now-called "human potential movement" implies a yearning for *dis*-covering the SELF. The task for we western men and women is to integrate this dis-covering of SELF into the *center* of our technological, work-oriented civilization. It is with this task in view that we present the Work-Study program.

The Work-Study program is a residential program within the working context of the Esalen community.

The Focus: Learning/*dis*-covering the use of your own energy in work . . .
For your SELF.
Living together (close to others) operatively and co-operatively in a unique, high intensity environment.
Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.
An opportunity for:
SELF-regulation
SELF-examination
SELF-contemplation
and if you choose
SELF-reevaluation
Facilitated by removal from your ordinary living context.

Group sessions with Esalen staff leaders are one kind of ***background*** for the program. Staff leaders include Janet Lederman, Christine Price, Richard Price, Beverly Silverman, Julian Silverman, and Janet Zuckerman.

Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. (Flexibility is one of the watchwords of life at Esalen). The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program (emotionally and physically) and only rarely is it restful.

Housing is at the South Coast Living Center, one and a half miles north of the Hot Springs property, with shared accommodations of up to three persons to a room. The program lasts 28 days: four weeks and four weekends at a basic cost of $350 (this price is effective with the program beginning January 23; until then the price is $300). Depending on your work schedule, weekend workshops may be available for an additional fee. Professional services such as massage and rolfing are available at *staff rates.* Arrangements are made through the office.

Available dates: December 26—January 23; January 23—February 20; February 25—March 27; March 27—April 24; April 24—May 22; May 22—June 19.

If interested, please apply as early as possible to Work-Study Program, Esalen Institute, Big Sur, CA 93920. Only a limited number of applicants are accepted.

Application to the Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____ City _____

State _____ ZIP _____ Age _____ Your occupation _____

Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st _____ to _____

2nd _____ to _____

3rd _____ to _____

Have you been to Esalen workshops? Please list program titles and dates, if any. _____

_____

_____

On a separate page, please make a personal statement about your interest in the Work-Study program, and any skills available.

Please return this application with a deposit of $150 to Work-Study Program, Esalen Institute, Big Sur, CA 93920. Your deposit will hold a place for you if there is space during the dates you request. If there is no space, we will refund your deposit or hold it for the next available space of your choice. If your deposit is accepted and you cancel more than two weeks before the start of the program, we will hold your deposit in suspense for one year for your future use at Esalen. If you cancel less than two weeks before the program begins, your deposit is forfeited.

Weekend of March 25 - 27

A Weekend with Will Schutz
$110

From the Energy Dimension
Wendy Palmer & Richard K Heckler
Everyday, every moment, we are receiving messages from the energy dimension. Becoming familiar with this language enhances our creativity and ability to operate at maximum efficiency in the world.

Using the principles of aikido, energy awareness, centering, and gestalt we will learn to interpret pressure situations in terms of energy activity which can enrich rather than inhibit our life. $110

Experiencing Esalen / Experiencing Esalen Staff
For workshop description see page 25. $100

Lomi Work: An Exploration of the Body / Mind / Spirit Through Awareness
David Kessler & Bill Prang
Using the Lomi approach to gestalt, conscious movement, breath awareness, aikido energy techniques, hatha yoga, body work, polarity massage, and meditation, we will explore and enhance our body/mind/spirit process. The focus of this work is cultivation of awareness at all levels of existence. A session of Lomi body work will be available to each participant. Lomi body work is an integrative form of deep body manipulations whereby tensions in the body are brought to awareness and released. Basically this work speaks of a trust for the human organism and the higher forces that guide it. $110

Being PATIENT with Schizophrenia: A Different Way of Treatment
Julian Silverman & Bette Dingman
This workshop is concerned with a different way to "treat" acute-dis-ease in consciousness. It involves an approach of *not* interfering with a person's struggle. It involves being *patient* until the right moment—the moment when the struggle ceases and there is momentary ease. It involves the "therapist's" use of him/her SELF rather than therapeutic techniques. It involves an advance in the training of therapists. It involves a different way of understanding so-called schizophrenia dis-ease. $110

Week of March 27 - April 1

A Week with Will Schutz
$300

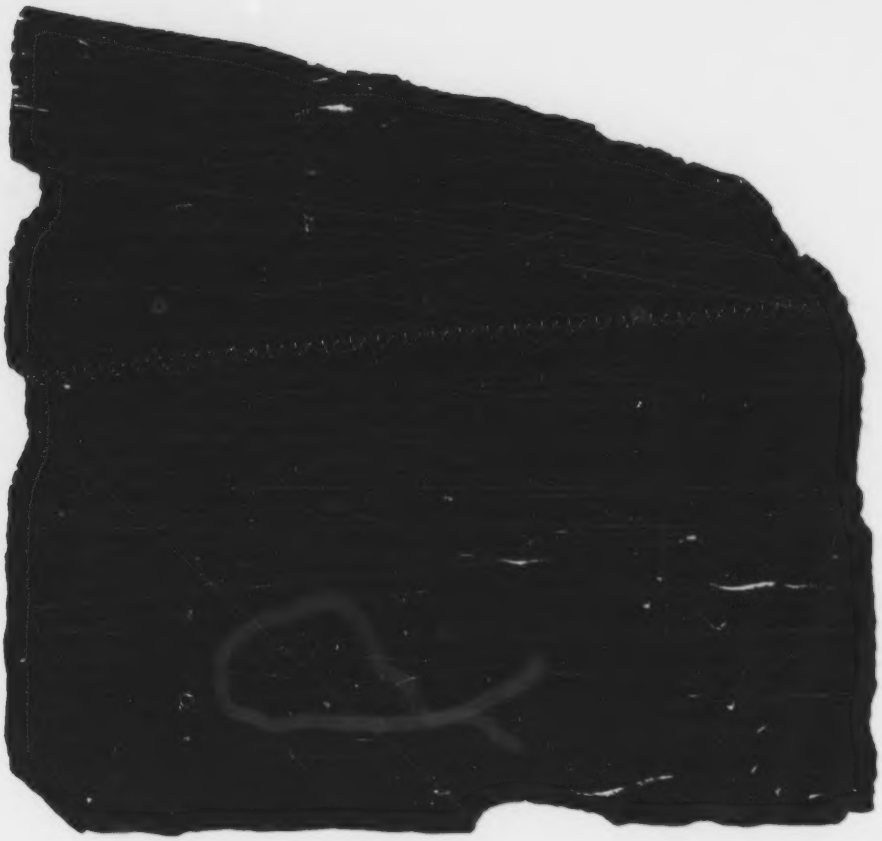
Opening to Your Inner Self Through Body-Energetics
Hector Prestera
Using techniques from Reich, gestalt, direct encounter, acupuncture and energy release systems, such as vital center mantras, the individual will grow toward opening to himself and others. $270

Lomi Work: An Exploration of the Body / Mind / Spirit Through Awareness
David Kessler & Bill Prang
For workshop description see March 25–27. $270

Weekend of April 1 - 3

The Gentle Art of Becoming—Together: A Workshop for Couples / David Schiffman & Dee Mundschenk
For workshop description see January 7–9. $110 per person

Mind as Healer, Mind as Slayer / Kenneth Pelletier
This weekend explores the neurophysiology of stress and human consciousness; the interaction between states of mind and physical health or illness; psychological factors in cancer and hypertension; and applications of biofeedback and meditation in self healing. Participants will engage in meditative practices, visualization techniques, and use biofeedback instruments with emphasis on health maintenance. $110



March 27—April 29

Inner Road to Health

Coordinated by Al Drucker

This is a workshop for staying well and helping others to stay well. The subjects covered include many of the health approaches taught at Esalen. Past programs have included:

- Gestalt Process and Training
- Interpersonal Process Work
- Acupuncture, Rolfing, & Deep Tissue Work
- Herbal & Homeopathic Systems
- Shiatsu, Polarity, & other Massage Methods
- Nutrition, Diet, & Organic Gardening
- Music, Dance, Movement, & Energy Awareness
- Yoga, Tai Chi, Arica, & Feldenkrais Exercises
- Meditation, Chanting, & other Spiritual Practices

The workshop staff of about 15 includes outside leaders as well as resident Esalen teachers. Underlying the many approaches is a central unifying theme—that the body-mind will naturally come into a state of harmony and order when we immerse ourselves in a nourishing environment, engage in a daily physical and spiritual practice, and clear out the mental emotional and physical clutter that clogs our lives.

Most of the sessions will be experiential. The first week will begin with a purification routine that consists of an organic juice fast and sessions concentrating on individual process work. Then we will explore ways of preparing herbs and food and using our hands, minds, and bodies to promote health.

Throughout the five-week program the main emphasis will be on discovering and awakening inner resources. In this connection, regular meditation, yoga, tai chi, massage, and other quieting practices will help still the mind and relax the body, permitting new awareness and sensitivity to emerge. Our eventual goal is to integrate and make whole all the diverse aspects of our being; physical, mental, social, emotional, energetic, and spiritual. This result may not come for many years, but the process leading towards wholeness can be well on the way by the end of this workshop.

The group will meet in the Big House and many of the participants will be housed there. The Big House is a beautiful old mansion located on cypress-covered cliffs overlooking the rocky coastline of Big Sur. The workshop is offered twice yearly. Enrollment is on a first-come basis, confirmed upon receipt of the deposit. Some partial scholarships will be available and awarded on the basis of need; for this a weekly work committment is required. Our available scholarship fund is frequently exhausted as the program draws near, so applicants are encouraged to apply early by writing to Chris Price, Esalen, Big Sur, CA 93920. Also please write to us before enrolling if you have a health problem. We will try to accomodate your needs or suggest alternative possibilities.

Tuition: $1280 Deposit: $400

Please note that an advanced month-long workshop entitled "Inner Road to Health Practicum" at reduced tuition cost but requiring a weekly work committment, is scheduled twice yearly. This is limited to 10 participants and requires a previous qualifying experiance. This workshop is further described under January 2—28.

Week of April 3-8

Self-Acceptance—The Freedom to Be
David Schiffman & Dee Mundschenk

For workshop description see February 6—11. $270 + $2 *video fee*

Varieties of Sexual Experiences & Behaviors (Observations from LSD Research) / Stanislav Grof

Using the extended cartography of the human unconscious based on observations from clinical LSD research, we will discuss the nature of sexual energy and the many specific forms it assumes. Special attention will be paid to new understanding of the psychodynamics of sexual variations, disorders, and deviations, and to transpersonal dimensions of sex (satanic, oceanic, and tantric). We will use a combination of discussion, group interaction, experiential exercises, mandala drawings, slide and film projection, and non-drug technology for altering consciousness. Participants will have the opportunity to confront their feelings about sexuality and gain deeper insight into the nature of their experiences in this area. $270

Weekend of April 8-10

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Yoga, Massage, & Movement
Deborah Sulochana Medow

come and MOVE
your body / mind / spirit . . .
s-t-r-e-t-c-h-i-n-g
grOWING
moving
FLOWING
$110

The Body & the Energy Body / George Leonard

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of energy flows in and around the bodies of living things. Using techniques derived from the art of aikido, George Leonard will present his approach to the human biofield or "energy body." Through simple mental and physical exercises, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness. They will be introduced to alternative ways of dealing with everyday life situations—especially those involving tension and expectation—and will explore ways of getting in touch with their own hidden powers. There will also be discussion of these experiences as they relate to education, sports, healing, and social transformation. $110

Week of April 10-15

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $240

The Radix Experience: A Neo-Reichian Workshop
Charles Kelley with Will David, Laura DeNuccio, Sharon Henry, & Ron Andes

The Radix experience is a direct body approach to deep emotional release, rooted in the work of Wilhelm Reich and his students. By concentrating on breaking patterns of breathing and muscular tension, feeling which has been blocked by chronic unconscious patterns of muscular tension called "muscular armor," is freed. As the armor softens and the student allows emotions—fear, anger, pain—to emerge, he realizes a new capacity for trust, love, and joy.

Half of the workshop sessions will be in large group with Chuck Kelley who will present Radix group techniques. Chuck will also describe the concepts which underlie Radix and give an in-depth description of his unique training program. The other half of the sessions will be in small groups, and will include two individual Radix intensive sessions for each participant. $300

April 10–17

Rites of Passage: A Seven Day Pilgrimage Through the Big Sur Wilderness
David Schiffman & Dick Galland

The workshop is intended to create an experience which will support and intensify the simplification and cleansing necessary for a greater sense of personal clarity and grace.

We will pay attention to and take care of ourselves through a variety of disciplines and forms, including meditation, gestalt, intuitional sensing, as well as the more traditional wilderness skills. The emphasis will be on creating a richer, more harmonious balance between the mental, physical, and spiritual realms of existence.

Registration for the workshop should be at least two weeks in advance so that proper advance preparations and information can be sent regarding equipment and exercise. $220

Weekend of April 15-17

The Pragmatics of Change / Jack Gaines

This workshop is designed for those who are no longer willing to look for their identity in an endless string of shiny new possessions and who are experiencing or considering drastic changes in their lives.

We will work on getting in touch with our bodies so we can find out what our body is telling us. From there we can explore some of our conflicts between mind and body. We will examine the priorities that have been running us and refocus that energy so we are indeed the runners of our own lives. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Celebration / Betty Fuller

This will be a weekend of movement, massage, and meditation featuring mentastics, the effortless exercise created by Dr Milton Trager. We'll experience practical, simple ways to lengthen and align our bodies, relieve our aching backs and joints and achieve greater flexibility, richer consciousness, and expanded self-image. There will be time in Big Sur simply to dance, laugh, live, love, and be. $110

Week of April 17-22

Getting in Touch—Open Gestalt / Frank Rubenfeld

Hot-seat work, massage, and group exercises will serve to facilitate participants in experiencing and expressing the alive parts of themselves. Suitable for those in the helping professions. $270

Lighten Up: Let Go—Let Be / Betty Fuller

Emmet Fox wrote: "It is your heart and the level of your consciousness that determines all." This week we'll get clear and release many of those attitudes, beliefs and postures—body, mind, spirit—which keep us stuck in self limiting and self defeating behaviors making soap operas of our lives. As we handle some of yesterday's unfinished business and tomorrow's fantasies, we'll make room *today* to live each moment, choosing our way as we go. In a supportive atmosphere of good will and good humor, this gestalt-psychosynthesis-encounter group also includes daily body work (feldenkrais, Trager, and massage), quiet time, music, dance, laughter, and participation in the work and play of Esalen's community. $270

Weekend of April 22-24

Gestalt Theater / John Argue

Definition: Gestalt theater is a dramatization of the processes of consciousness in now time, whereas psychodrama is a dramatization of crucial episodes in one's personal history.

We will use gestalt to generate improvisations for a theater of self-presentation that truly celebrates and educates in the art of being human.

Work will be based on each person's everyday process, dreams, fantasies, and relationships.

This group is for people who wish to learn theatrical uses of gestalt language and process as a means of dealing creatively with everyday life. It is open to anyone and I want especially to work with teachers, helpers, and healers. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 25. $100

Sound & Movement / David Mancini & The Esalen Musicians

If all sound is composed primarily of movement, in the form of waves, then movement must possess sound and the qualities of sound vibration. We will use music, massage, dance, theater, sonic walks, deep relaxation, and disco to explore our own connections to sound vibration and body movement. In an attempt to deal with the fragmentation of modern life we will look into the tapestry of sound vibrations as they overlap and mingle, cross and merge, hopefully achieving a new vision of life as more connected, more unified, more related, and entwined. $110

Contact with Earth / The Esalen Garden Crew

This is a workshop of spiritual and body communion with plants and our EARTH through practical learning experience.

The days will be spent in our vegetable garden, where we will focus our energy on daily gardening activities integrated with meditation, body awareness and informative discussions on topics such as companion planting, composting methods, our soil, and herbs.

Evenings will be devoted to body movement, meditations, guided fantasy, and discussion. $110

In Celebration of the Consciousness of Ida Rolf on the 80th Year of Her Body's Life

Some people are, in their consciousness, possessed
by an image, a form, which they
must ex-press—a point of view with
a "spirit" which they must demon-strate.
In such people, when they articulate in their
ex-pression, they tend to be experienced as
extra-ordinary.
In a few, their consciousnesses become "signposts" or
"turning points" in the evolution of the
collective consciousness of human beings.
The dominating central image in such individuals'
consciousnesses become a fulcrum,
in relation to which changes take place
in collective consciousness.
Such was the case with Einstein, with Columbus
with Galileo, with others.
When an individual's ex-pression in consciousness is concerned
directly with people's well-being,
then it becomes whole-ly work.
We believe all of this to be so in the case of Ida Rolf.
Her work is extra-ordinary, a turning point,
a whole-ly work.
It is concerned, fundamentally, with well-being in
the consciousness of others.

From her view-point in consciousness, she saw evolve
a practice or method, an in-struction
for reducing dis-comfort in the body
and thus
for reducing dis-comfort in consciousness
for facilitating the building of ease in consciousness.
Her view-point and her work are a gift:
in her consciousness to her SELF
and from her consciousness to US.

Week of April 24-29

Put Your Memories, Fantasies & Dreams to Work For You: A Reichian / Gestalt Approach to Energy Release
Joan Fiore

"To understand is to tremble. To recollect is to reenter and be riven."
—Harold Brodkey

This workshop focuses on releasing the energy locked in our memories, fantasies, and dreams so that this energy can be made available for present relationships and life situations in a way that makes our existence in the present less encumbered by unfinished business of the past as well as self-programmed, self-fulfilling prophecies of doom for the future. First priority is on intensive intrapersonal work in a supportive group setting. There will also be opportunities to explore the nature of our interpersonal relating through group interactions. $270

You & Universal Motion / Robert Nadeau

For workshop description see January 14–16. $270

Advanced Massage Week / The Esalen Massage Crew

The soothing release of everyday tensions is really only the beginning of the sensations and revelations possible through massage. The release of chronic energy blocks can produce dramatic results in our physical and emotional well-being; awarenesses and memories may be triggered which begin a process that goes far beyond the massage itself. The crew would like to demonstrate and practice together some of our own explorations in massage and manipulation of the energy-bodys and to share our experiences of the sometimes surprising results of these techniques. $270

Getting Out of Your Trap / Neil Lamper

"Gestalt is a way of life. Participants in this workshop can expect to experience their here-and-now and discuss their what-and-how. I am interested in people learning how to use their what—at work, play, in families, couples, and as singles. At times our entire group will be active and at times one person will wrestle with the impasse. I cannot force, will not coerce and have no neat package of salvation. People maintain their own momentum, work in their own way. I invite people to this workshop who want to experience Esalen and themselves anew and who expect to express this in their lives." $270

Future Workshop Announcements

Workshops of more than one week require special plannning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

May 1–27, 1977
Birth, Sex & Death: Contemporary Revolution in Medicine & Society / Coordinated by Stanislav Grof

A four-week interdisciplinary residential program for professionals and students in the fields of psychiatry, psychology, psychotherapy, medicine, anthropology, philosophy, and religion. Under the direction of Stanislav Grof, Esalen in gathering 30 faculty members to offer over 150 curriculum hours of didactic and experiential sessions exploring three basic aspects of human existence. The resources within the group of the participants will be combined with those of guest faculty to study new approaches to birth, sex, and death, as well as the biological, psychological, philosophical, and spiritual significance of these areas. The material presented during this workshop will fall into four major thematic groups:

I. New Developments in Medicine, Pregnancy, Birth, Sex, Terminal Disease, Aging, and Death.
II. Ancient and Modern Insights into the Psychological, Philosophical, and Spiritual Significance of Birth, Sex, and Death.
III. Therapeutic Techniques Utilizing the Healing Potential of the Birth Experience and the Death-Rebirth Process.
IV. Self-Exploration and Group Process.

The program is limited to 30 participants selected from applicants. The fee is $1150 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute, Big Sur, California 93920.

If you wish to enroll in the program, send a letter of biographical information to Hidden Mountain, Esalen Institute, Big Sur, California 93920.

Faculty:

Cecil Burney, PhD	Jaime Morton
Joseph Campbell	Dee Mundschenk
Patrick Douce	Leonard Orr
Al Drucker	Prem Das
Andrew Feldmar, MD	Christine Price
Joyce Frazee	Richard Price
Stanislav Grof, MD	David Schiffman
Christina Healy	Leni Schwartz, PhD
Hidden Mountain	Robert Schwartz
Richard Horan	Stephanie Simonton
John Horler	Carl Simonton
Jean Houston, PhD	June Singer, PhD
Elizabeth Kubler-Ross, MD	Beverly Silverman
Janet Lederman	Julian Silverman, PhD
Gay Luce, PhD	Rick Tarnas
Peggy Morrison	

June 1–30
Inner Road to Health Practicum / Al Drucker

June 5–12
A Practicum in Preventive Medicine Coordinated by Joan Halifax, PhD Led by Kenneth Pelletier, PhD

This seven-day workshop is designed as an intensive practicum for physicians and other health care professionals. We will look at the nature of health and how to maintain optimum levels of well-being. The areas of focus are: acupuncture, stress, body work, biofeedback, yoga and meditative techniques, psycho-social factors of disease, preventive medicine, dietary considerations.

September 4–30
Permutations of the One Coordinated by Joan Halifax & Barbara Braunstein

The enduring essence of each individual comes forth in the seed of dreams and visions. The awakening of the seed in the ground of conscious awareness becomes the return from exile. From the beginning, the search for identity takes us many places until finally we turn the awkward glance within. The pathways are many—the sources, permutations of the One. In the Vedas, it is said: "Truth is one, the sages call it by many names." Through body, mind and spirit, we will endeavor to continue together these explorations of our common self. The entries chosen will be gentle.

BIOGRAPHICAL

A

RON ANDES is a Radix trainee in Santa Monica. (p 34)

JOHN ARGUE is a teacher, actor, director, and playwright. He has done extensive work in gestalt, meditation, t'ai chi, bioenergetics, and jungian psychology. (p 36)

ANNE ARMSTRONG, a clairvoyant from Sacramento, uses her abilities for deep level analysis of personal problems and for guidance in the growth of the inner life. (p 24)

B

CHARLES BROOKS, author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963. (p 24)

MICHAEL BUTLER has been leading workshops at Esalen for the past five years. He was trained in group process by John Heider and has been a rolfer. Currently he is studying siddha yoga and meditation with Baba Muktananda. (p 21)

C

JOSEPH CAMPBELL is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero with a Thousand Faces, The Masks of God,* and *Myths to Live By.* (pp 26, 27)

RANDY CHERNER is a Lomi School Associate and a student of aikido. He is a member of the Esalen San Francisco Staff.

BARBARA CLEMANS is a teacher of awareness utilizing the techniques of feldenkrais, massage, creative movement, guided fantasy, and energy. She is a counselor at the Santa Cruz Community Counseling Center. (pp 17, 27)

MARGARET NAGLE CONWAY is director of Montana Learning Unlimited. She has been a psychiatric nurse and an associate of the Psychosynthesis Institute. (p 23)

CONNIE COSSETTE is a staff Radix trainee in Santa Monica and has co-led workshops at Esalen Institute and AHP Conferences. (p 27)

D

WILL DAVIS is a Radix staff trainee in Seattle, Washington where he has a private practice. Will has had training in gestalt and joined the Radix training program in January, 1976. (p 34)

LAURA DE NUCCIO, staff Radix trainee in Santa Monica, combines her training in the Bates Method of Vision Improvement with her "feeling" work. (p 34)

BETTE DINGMAN has had intensive first hand experience in the California State hospital system. She has been in residence at Esalen, Big Sur for three years where she is currently the director of Friends of Esalen and co-leading groups. (p 32)

JACQUELINE DOYLE is in private practice and a consultant to industry, to school and prison drug programs. She was an Esalen resident fellow in 1969. (p 27)

AL DRUCKER is a resident teacher at Esalen. He trained in various health and healing systems, including acupuncture and rolfing. Recently he returned from his fourth trip to India to be with his spiritual master, Sri Satya Sai Baba. (pp 18, 33, 37)

MARK DUNLAP is a staff Radix trainee in Santa Barbara, California. He studied gestalt with Phil Smith, led groups for high school students, and explored various mind-body approaches while in the Esalen College Program. (p 21)

F

JOAN FIORE is treatment coordinator at the Contra Costa County Hospital Psychiatric Ward, where she incorporates the teachings of Laing, Perls, and Reich in her work with individuals, families, and staff. (pp 24, 37)

KATE FITZMAURICE has taught voice at the Central School of Speech and Drama in London and the Juliard School and American Conservatory Theaters. She has also been actively involved in bioenergetics and yoga.

PETER FLESSEL teaches biology at the University of San Francisco and is doing work in the biology of consciousness. (p 20)

BETTY FULLER is a humanist counselor whose training includes working with Werner Erhard, Moshe Feldenkrais, Janet Lederman, Fritz Perls, Will Schutz, and Milton Trager. She is featured in *Here Comes Everybody* a film account of a group she co-led with Will Schutz. (pp 22, 35)

INFORMATION

G

JACK GAINES, a student of esoteric teaching, was formerly a corporation president and is now a writer. (p 35)

DICK GALLAND is a director of Peak Experiences and has twenty years of wilderness experience. He was the founder and the director of the Texas Outward Bound school. (p 35)

MERRI GOLDENSON, staff Radix trainee in Santa Monica, has done counseling in groups with alcoholics and addicts, is a student of chiropractic, and has experience in bio-energetics and gestalt, as well as in the Bates Method of Vision Improvement. (p 27)

JOSEPH GOLDSTEIN has practiced vipassana meditation in Thailand and India. He has taught numerous meditation retreats and is the author of the book *The Experience of Insight: A Natural Unfolding.*

DAVID GRILL, Radix trainee in Ojai, is completing his psychology degree at Lindenwood College after studying in the field, living in Europe, the Orient, Asia and Islands of the Pacific. He also spent a year in residence at Esalen. (p 27)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over fifty articles in professional journals and books. (pp 34, 37)

BERNARD GUNTHER is involved in the study of psychosynthesis, the chakras, breathing, energy, and hypnosis as they relate to personal—transpersonal consciousness. His latest book, *Up Your Chakras,* will be published this spring. (p 23)

H

JOAN HALIFAX is a medical anthropologist specializing in psychiatry and religion. She is currently a scholar in residence at Esalen/Big Sur. (pp 28, 37)

ALYSSA HALL, trained in breathing awareness with Magda Proskauer, gestalt with Fritz Perls and Robert Hall. She is a founding member of the Lomi School and in private practice in Mill Valley.

ANNA HALPRIN is the founder of the San Francisco Dancers' Workshop. She is an innovator in redefining the meaning of dance as the natural way that people communicate with their bodies. (p 24)

DARIA HALPRIN is currently working as a gestalt facilitator using a synthesis of movement, gestalt, visualization, and active fantasy as a means of awakening and integrating feeling processes. (p 24)

MICHAEL HARNER is an anthropologist known for his research on shamanism, primitive use of psychedelics, and human cultural evolution. He is the author of *The Jivaro: People of the Sacred Waterfalls* and *Hallucinogens and Shamanism.* (pp 6, 26)

CATHERINE HECKLER is a gestalt facilitator and the developer of the Lomi approach to conscious movement. She is a founding member of the Lomi School.

RICHARD HECKLER is a founding member of the Lomi School and co-developer of Lomi Body Work. He is a Shodan in aikido and author of *The Mind/Body Interface* and *Lomi Papers.* (pp 6, 32)

BARKLIE HENRY's current interests include drumming and developing a contemporary alchemy and disease typology. (p 26)

SHARON HENRY, staff Radix trainee in Santa Monica, has been an empathy trainer and a medical and research assistant. She has trained in voice and theater, and is currently a student of psychology. (p 34)

NICK HERBERT is a freelance industrial physicist working on the physics of ordinary consciousness. He is interested in quantum inseparability, conscious automata, and experiential approaches to "spiritual" phenomena. (p 20)

AL CHUNG-LIANG HUANG, Master of tai chi, dance/theater, brush calligraphy and other Asian fine and martial arts, is the author of *Embrace Tiger, Return to Mountain* (Real People Press) and the collaborator with Alan Watts in *Tao: The Watercourse Way* (Pantheon Books). (pp 19,

BIOGRAPHICAL

JALEXIS JOHNSON lived at Esalen for nearly a year, participating in two residence programs and leading Experience of Esalen workshops. She now has a private practice in New York city and is studying with John Pierrakos at his Institute for the New Age of Man. (p 24)

KMICHAEL KARNOV is a mathematician and an associate of the PCRG. (p 20)

CHARLES KELLEY, director of The Radix Institute in California, is a scientist who has specialized in vision training and human factors research for twenty-five years. (pp 12, 34)

DAVID KESSLER is a Lomi practitioner with training in gestalt, aikido, meditation, breath awareness, and body work. He is a founding member of the Fort Worth Gestalt Institute and an Esalen resident fellow. (p 32)

CLAIR KILLEN, Radix trainee in Santa Monica, brings to his teaching a wealth of ideas and energies from experiential work at Esalen, Elysium, Sandstone and *est*. (p 21)

JOHN KING is doing research in the physics of consciousness. (p 20)

GEORGE KOOPMAN is a facilitator and transformationalist who dreams that everyone can experience the unity and delight of all human exploration. He is also president of Instructional Systems Group in Huntington Beach, California. (p 20)

JACK KORNFIELD has spent considerable time as a Buddhist monk at Tai, Laotian, and Burmese monasteries. Under the name of Sunno Bhikku he has published *Meditation Temples of Thailand* and *Living Buddhist Meditation*.

LNEIL LAMPER, a gestalt teacher, is founder of Tuwagachi, a gestalt learning center in Michigan. (p 37)

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen/Big Sur. (pp 26, 27, 30)

LENORE LEFER, an associate of the Psychosynthesis Institute, is a former executive director of the Bridgeport, Connecticut Mental Health Association, teacher, Esalen resident fellow, and organizational consultant. (p 20)

GEORGE LEONARD is author of *Education and Ecstasy, The Transformation, The Man & Woman Thing*, and *The Ultimate Athlete*. He holds a black belt in aikido. (pp 6, 34)

CHARLES LLOYD is a musician whose instruments are primarily flute and saxaphone. His range extends from jazz-avant garde and contemporary classical through rock and traditional forms of American music. (p 26)

M

ANN "CRICKET" MACKINLAY has climbed and skied extensively in the US, Canada, and the Alps. She was a National Womens Veterans champion in all three Alpine events and is currently teaching backpacking and cross country skiing.

DAVID MANCINI is a musician who has lived and worked at Esalen. (p 36)

STEPHEN MARCUS is a vicepresident, and coordinator for college and university programs, of the Confluent Education Development and Research Center (CEDARC). (p 17)

LEO MATOS, is co-director of GONPO Transpersonal Institute in Helsinki; and practices clinical psychology in Denmark and Finland. He has conducted research on drugs, meditation and has been in India with the Tibetans investigating and learning about death. (p 25)

SULOCHANA MEDOW is interested in directing and rechanneling energy. She studies and teaches Ashtanga yoga, movement, massage, and polarity. For the past 7½ years, she has also been on the Esalen massage crew. (pp 19, 34)

EMMETT MILLER is a physician who developed selective awareness, a self applied process of using hypnoidal states to unlearn maladaptive emotional and habit patterns. (pp 19, 27, 28)

NITZA BROIDE MILLER is a dance/movement teacher with extensive experience in both verbal and nonverbal techniques. She is a professional folk dancer and teacher of classical, modern, primitive, and creative dance. (pp 19, 27, 28)

SIRI MISHLER, certified Radix teacher in Santa Monica, has had substantial work in bioenergetics, and formerly taught at the University of Minnesota. (p 21)

DEE MUNDSCHENK has experience in neuropharmacological research, social work, counseling, group processing, coordinating an experimenal mental health center, and teaching oriental art appreciation. 19, 23, 27, 32, 34)

MICHAEL MURPHY is co-founder of Esalen Institute and a long time student of Eastern religion and philosophy. He is the author of *Golf in the Kingdom*.

BARBARA MYERHOFF has written numerous articles on symbolic curing, shamanism, Huichol mysticism, and secular and sacred ritual, and is the author of *Peyote Hunt: Religion Pilgrimage of the Huichol Indians*. (p 26)

INFORMATION

N

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. Bob also teaches aikido. (pp 5, 6, 20, 25, 37)

CLAUDIO NARANJO is a psychiatrist and author of *The One Quest* and *The Healing Journey*. (p 27)

P

WENDY PALMER, a first degree black belt in aikido, conducts classes in aikido, energy awareness, and self-defense, with special interest in people who feel they have delicate systems. (pp 6, 32)

KENNETH PELLETIER is an Assistant Clinical Professor at Langley Porter. He is director of the Psychosomatic Medicine Center of Gladman Memorial Hospital in Oakland and is in private practice in Berkeley. (pp 5, 32)

WILLIAM PRANGE studied Lomi body work with Robert K Hall, and Richard K Heckler and polarity with Dr Pierre Pannetier. (p 32)

PREM DAS lives in Mexico among an isolated tribe of Indians called Huichol—"healers"—extending his study of yoga into the realm of shamanism and traditional life styles. (p 26)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is currently practicing acupuncture in Monterey. His prior training includes Arica Institute, gestalt, Reichian energetics, and structural integration. (pp 5, 32)

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 18, 19, 21, 25, 26, 28, 30,

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 18, 19, 21, 25, 26, 28, 30,

LEE PULOS is a clinical psychologist in private practice and director of the Human Dynamics Center in Vancouver, BC. (p 6)

R

EVA REICH served as a research assistant to her father, Dr Wilhelm Reich and witnessed many of his experiments. She was trained in medicine and has focused on prevention of bioenergetic disturbances, and therefore has been active in birth control, natural home birthing, and sex education. (p 21)

THEODORE ROSZAK is a professor of history and chairman of general studies at California State University, Hayward. He is the author of *The Making of the Counter Culture* and *Unfinished Animal*. (p 28)

GABRIELLE ROTH is the founder and director of The Moving Center, an organization devoted to the movement of heart energy in the world, which supports artists and performers and produces musical and dance events. (pp 21, 26, 28)

FRANK A RUBENFELD, a clinical psychologist who trained with Fritz Perls at Esalen, has led workshops at Esalen since 1969, and is on the faculty of the Gestalt Institute of San Francisco and the California School of Professional Psychology. (p 35)

S

JACK SARFATTI is a physicist and director of the Physics Consciousness Research Group, San Francisco. He is co-author of *Space, Time and Beyond* with Bob Toben and Fred Wolf. (p 20)

DAVID SCHIFFMAN is currently a leader in residence at Esalen/Big Sur, where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 19, 23, 27, 32, 34, 35)

WILLIAM SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais, and *est*. He is the author of *Firo, Joy, Here Comes Everybody*, and most recently *The Elements of Encounter*. (pp 21, 32)

JACQUIE SCHWARTZ has practiced Vipassana meditation in India and Burma. She has also done intensive work with the Lomi School.

CHARLOTTE SELVER teaches sensory awareness, perception, and nonverbal and verbal communication. A new center is being built for her at Green Gulch Farm in connection with Zen Center, San Francisco. (p 24)

ALEXANDER SHULGIN is a biochemist and pharmacologist trained in psychiatry who has worked during the last two decades as an independent scientific researcher and explorer of various psychedelic drugs. (p 26)

BEVERLY SILVERMAN is a gestaltist and a senior rolf practitioner. She has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the US Army at Fort Ord. (pp 21, 24, 26, 27, 30, 32)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His work on attention disfunction in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the field of mental dis-ease. (pp 21, 24, 26, 27, 30, 32)

SAUL PAUL SIRAG is a physicist and is vice president of the Physics Consciousness Research Group. He is also research associate for the Institute for the Study of Consciousness in Berkeley and is a novelist and playwright. (p 20)

NICOLAS SOKOLOFF has been a student of tantrism for twenty years and is the founder of the Triangle Association, a European association related to the Poona Rajneesh Foundation in India. (p 23)

MIKE SPINO is the director of the Esalen Sports Center and the author of *Beyond Jogging: Inner Spaces of Running*. (pp 5, 6,)

JOHN RAPHAEL STAUDE is a humanistic social psychologist who has studied jungian psychology in Zurich and London. His books include *Max Schuler* and *Consciousness and Change in Self and Society*. (p 27)

DICK STRONG has climbed in the US, Canada, Norway, and throughout Europe. He is also an agricultural consultant. He has ski toured in the Sierras since 1947 and has taught cross country skiing for the last three years.

&

T **JOHN TRAVIS** is a medical doctor who combined human potential practices with nutrition and physical awareness training to create the field of Well Medicine and found the Wellness Resource Center in Mill Valley. (p 5)

U **JUDY UNELL** is the originator of T'ai Chi Massage and *"Message."* Formerly a Radix Institute teacher, she now maintains a private practice in Neo-Reichian emotion releasing and massage instruction. (p 24)

Z

JANET ZUCKERMAN has been leading groups for four years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 17, 25 27, 30)

Audio Cassette Recordings

Esalen long-term and special workshops have recently produced unusual and informative audio recordings. These are recorded in stereo and are available on cassettes only:

The January 1976 *Physics and Consciousness* group brought together spokesmen of the new counter-culture physics, sharing viewpoints and findings in the interplay of mind with matter:

John King: *Introductory Discussions of Quantum Theory*	1½ hours	$7.50
Peter Flessel: *Molecular Biology and Modern Physics*	1 hour	6.00
Fritjof Capra: *Quantum Paradoxes and Eastern Mysticism*	1½ hours	7.50
David Finkelstein: *A New Quantum Logic*	1½ hours	7.50

The May 1976 Grof workshop on *Schizophrenia & the Visionary Mind* gathered early explorers of the mind and of psychotic and religious experience:

John Perry: *Psychosis and Visionary States*	1½ hours	7.50
Humphrey Osmond: *Early Psychedelic History*	1 hour	6.00
Julian Silverman: *Shamanism & Schizophrenia*	1½ hours	7.50
Gregory Bateson: *Double Binds & Levels of Thinking*	1 hour	6.00

And, in addition, there is now an introductory recording of Al Huang's workshops, and the most recent from John Lilly, added to previously listed tapes:

Al Chung-Liang Huang: *The Watercourse Way T'ai Chi*	1½ hours	7.50
John C Lilly: *About Whales and Dolphins*	1 hour	6.00
Will Schutz: *Interpersonal Psychodynamics*	1½ hours	7.50
Gregory Bateson: *Metaphors and Butterflies*	1½ hours	7.50

Please address your order and make check payable to: Workshop Cassettes c/o Hot Springs Lodge, Big Sur, CA 93920. Suggestions regarding future recordings will be appreciated.

DEFINITIONS

Of Some Approaches to Human Growth Used in this Catalog

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man/woman within an evolving universe. Starting with each person's existential situation as he or she perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

MASSAGE

Massage is a healing art. It is practiced to help the body relax, to release tensions, to balance the energy flow, and to soothe the being with gentle caring. Massages are given individually; workshops, classes, and private lessons are available.

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow, and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

SHIATSU MASSAGE

Shiatsu massage is the oriental healing art in which the hands are used to apply pressure to acupuncture points over the entire body, allowing the springs of life to flow.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling, and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative, and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement, and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement*—to have life energy freely available and flowing, not blocked. *Awareness*—to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility*—to know and act on the principle that I am the one who acts, thinks, and feels whatever it may be that I act, think, or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participants. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

STRUCTURAL INTEGRATION (ROLFING)

Structural Integration or Rolfing is a method of deep manipulation of the musculo-skeletal system that aims at balancing the major segments of the body. We have learned that connective tissue (fascia, tendons, ligaments) can be lengthened by palpation and direct manipulation; this makes it possible to reorganize the basic body lines. A properly organized body will be subject to less stress and will move in a more economical way. Structural Integration has a second principle: posture is behavior. Humans are psychophysical organisms; one cannot divorce their physical from their psychological functions. When you change the structure, you change the function.

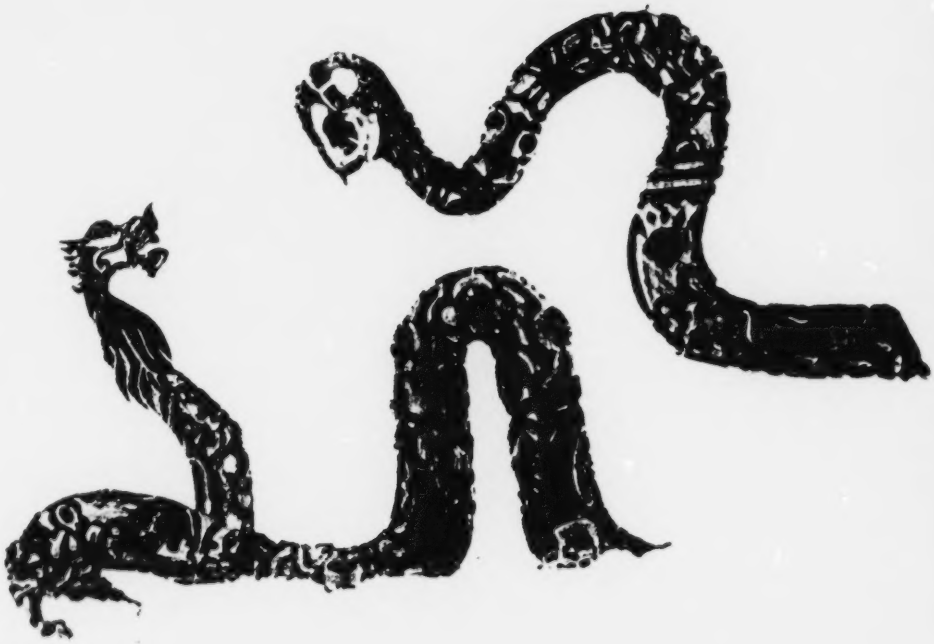
WE
invite **YOU**
to join us
in our organization . . .

Friends of Esalen

FRIENDS OF ESALEN provides financial aid to people who are eager to attend our workshops but who cannot afford them.

WE BELIEVE that one of our **FIRST** priorities is to make our programs available to a broader basis. We have therefore decided to use membership contributions to fund such **SCHOLARSHIPS.**

In addition to the **KNOW**ing that **YOU** have given someone else the opportunity to experience **ESALEN,** you will receive regular mailings of the **ESALEN CATALOG. WE** hope you feel your experience at Esalen was worth the **SHARING** and that you will join us in extending Esalen into the lives of other people.



☐ I wish to become a Friend of Esalen and I enclose my check for the category I have circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student . . . . . $5 **One Year Donor . . . . . $50** **One Year Patron $500**
One Year Individual . . . . . 25 **One Year Sponsor . . . . . 100** **(Contributions are tax-deductible.)**

Name _____ Student Affiliation _____

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Please mail to: Friends of Esalen, Big Sur, California 93920

Credits

The illustrations in this issue of the catalog (with the exception of editorial pages 8 through 15) are photographs and rubbings of slate bas-reliefs by Richard Lambert, Marin County sculptor. The photographs of the pieces are by Stevan Nordstrom

Catalog designer: Red Dog Pieface

Special Information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2 for the United States, $4 for Canada and Mexico, $8 for Europe and South America and $10 for all other countries. Those attending Esalen workshops and conferences are automaticlaly added to the mailing list for one year. A single inspection copy of the current issue is available free upon request from Esalen Institute, Big Sur, CA 93920.

CONTRIBUTIONS to Esalen Institute are tax deductible.

ACCREDITATION and the USE OF ESALEN'S NAME: at present, we *do not* offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen / San Francisco programs contact Big Sur Recordings, 2015 Bridgeway, Sausalito, California 94965. They also have Big Sur programs prior to 1973.

Commercial use of Esalen program tapes is prohibited; all rights are reserved.

FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103.

RECORDING OF WORKSHOP IN GESTALT THERAPY BY FRITZ PERLS

One hour audio cassette in which Fritz talks about gestalt and demonstrates hot seat work. To order, send $6.25 to the Media Center, Esalen Institute, Big Sur, CA 93920.

Directory

BOARD OF TRUSTEES

Julian Silverman*
Richard Price*
Michael Murphy
Dulce Murphy
Janet Lederman*
Andrew Gagarin*

If no asterisk appears, address mail care of: Esalen Institute, PO Box 23, Mill Valley, California 94941.

**Asterisk denotes that correspondence should be addressed care of: Esalen Institute, Big Sur, California 93920.*

ADMINISTRATIVE DIRECTORY

Please address inquiries about programs and business activities to the appropriate offices listed below:

Esalen Institute, Big Sur, CA 93920

Janet Lederman, *Co-director, Education*
Julian Silverman, *Co-director, Research*
Ione Blaine, *Kitchen*
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Shara Miller
Randy Cherner

Big Sur Information

For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 4 every day;
10 to 8 Sunday & Friday.

In Los Angeles call:
Nancy Lunney
(213) 820-5511
for general information.

Esalen/Big Sur lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Deposit Information: Big Sur programs require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. Deposits are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail Big Sur reservations to Esalen/Big Sur. Do not mail Big Sur reservations to Esalen/San Francisco. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen/Big Sur program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15–August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

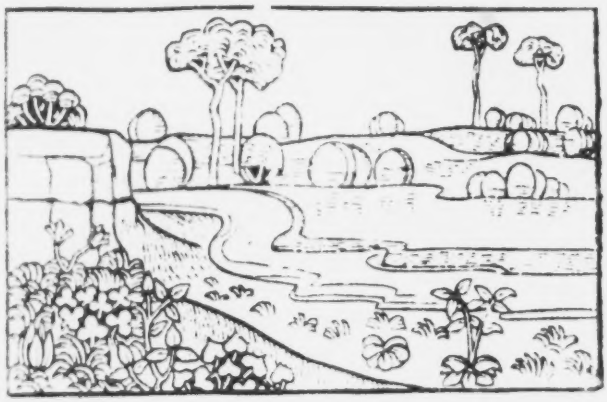
Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen/Big Sur has no child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen/Big Sur by notifying the Big Sur office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5–5:30 pm each Sunday and Friday. The cost is $10 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence for five days or longer at Esalen are asked to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.



Bay Area Information

For reservations, literature, tickets, and information, write or call: Esalen Institute, PO Box 23, Mill Valley, California 94941. Phone: (415) 383-8670; 9:30-5:30 Monday through Friday.

Reservations: Reservations close five days prior to the program, in order to facilitate planning and for the convenience of participants' time plans. A non-refundable deposit must accompany registration as follows: $10 per person for programs costing under $35; $20 for programs costing under $100; $50 for those over $100, unless otherwise noted. Mail reservation form with check to Esalen Institute, PO Box 23, Mill Valley, California 94941. Balance is payable at the first session of the program. Do not send Bay Area reservations to Big Sur. Esalen accepts Master Charge and American Express. US currency only, please.

Workshop schedules: One day workshops generally meet from 10 am to 6 pm. Saturday and Sunday weekend workshops meet from 10 am to 6 pm each day. Friday through Sunday weekend workshops meet approximately from 8 to 11 pm on Friday, from 10 am through the afternoon and/or evening on Saturday, and from 10 am to early afternoon on Sunday. Schedules are not rigid, however, and exact meeting times are discussed at the first session.

Accommodations: Most Bay Area programs are non-residential. Participants in these programs must reserve their own accommodations at local hotels or motels. Unless stated otherwise, meals are not provided at such workshops.

Location: Participants will be informed of workshop location prior to the workshop date. Esalen uses several facilities in the Bay Area for its programs. Call the Bay Area office for advance information on program location.

Recommended dress: Workshops are informal. Slacks and flat shoes are recommended for women, sport clothes for men.

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in reserving a space at Esalen workshops and lectures. You may use it for San Francisco or Big Sur programs. (Please make reservations at each location independently rather than place a "mixed" order.) In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)

Check location of program(s):

☐ **Esalen/Bay Area**

(Mail to Esalen Institute, PO Box 23, Mill Valley, California 94941)

☐ **Esalen/Big Sur** **(Mail to Esalen Institute, Big Sur, California 93920)**

Check whether you wish: ☐ shared room ☐ housing as a couple
☐ single room on a space-available basis ($7 per night additional charge).

Do you smoke? _____

For our information: How many times have you been to Esalen? ☐ first ☐ several ☐ many
How did you first hear about Esalen? _____
☐ From a person who had been to Esalen
☐ Publication / media ☐ Professional contacts

Name of person registering	Date(s)	Leader's Name/Title of Workshop	Deposit

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

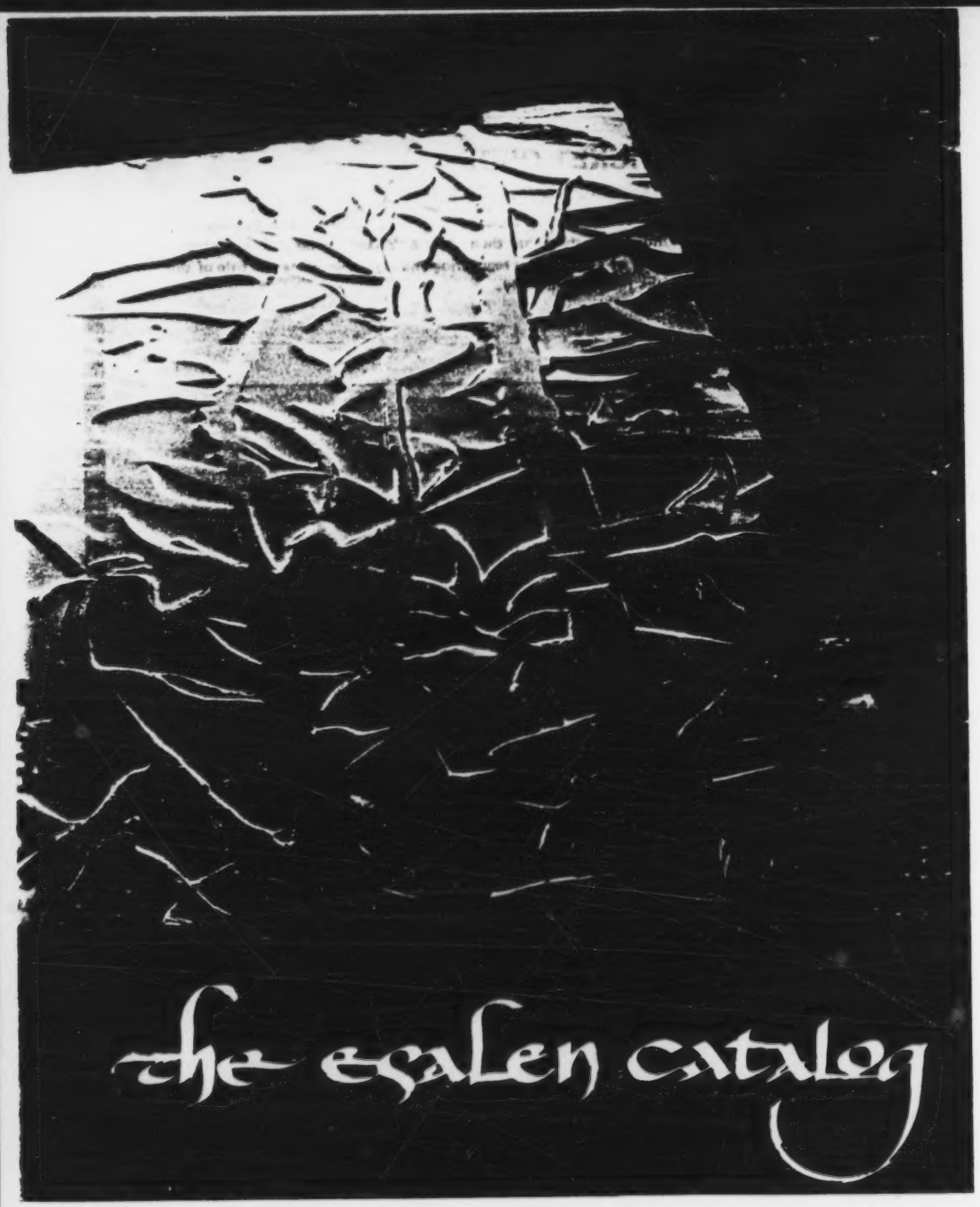
Total amount enclosed: $ _____
Your deposit can be charged to:
Master Charge ☐ American Express ☐

Card No. _____

Expiration date _____
Checks payable to Esalen Institute.

PAYMENT: All San Francisco and Big Sur workshops require nonrefundable deposits. Consult information section on page 46 for deposit information. The balance of program fees becomes payable at the time of check-in. Tickets for single-evening events are sold in advance at full price; refunds may be made up until 24 hours before an event.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)



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Esalen Institute
Big Sur
California 93920

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To assure that you will continue to receive the Esalen Catalog, notify us immediately of any change of address. THIRD CLASS MAIL. Address correction requested.

APRIL - JUNE 1977

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ESALEN INSTITUTE

–Big Sur, CA 93920. Phone (408) 667-2335;
10 to 3:30 every day; 10 to 8 Sunday and Friday.

Today

It is Saturday
It is April
It is a day
Of a different life.
A dramatic change.
I revel in ecstasy
And grind in agony
I have experienced
A better place.
No things have changed
Performances continue
I have gathered closer
My senses.
So the focus is clearer
The feelings more alive
Reality more insistent
My movement exults me.
Where I live, despairs me.
In my exquisite happiness
And in my pain
I see quite well
It's no big deal
It's all OK.

A couple of years ago in the spring, Ed Dreessen, a bay area business man, attended a five day Contact & Communication workshop. He wrote this poem shortly afterward.

Who's Responsible at Esalen?

Owl is guardian spirit of the Great Sequoias.

We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility." However re-presented and operationalized in the past, by us or by others, this ethic continues to be the basis for our world view, and following from this, our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty dis-illusioning social and political events—all connected by a common reminder:

> Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness). "Take responsibility for your every thought, your every feeling, your every action," said our beloved friend and teacher, Fritz Perls.

We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures . . . and so on—and to be aware, whenever possible, what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. In effect, we are asking that this self-responsibility attitude be present in the initial contact with Esalen. Ideally, the same attitude will pervade after a workshop when our seminarians go back to the community and seek out others—physicians, teachers, counselors, mental health professionals, etc.

As we have become more thoughtful and self-critical about the overall direction of Esalen we have begun to concentrate on enhancing our basic offering—the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life; rather our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness—the consciousness of self-awareness/self-responsibility.

The Esalen SPORT CENTER

The Esalen Sport Center was established in 1972 as a center within Esalen Institute. Its primary purpose is the development of new approaches to physical education, health, sports, and recreation and their application to programs in schools, industry, professional and amateur athletics, medicine, and other fields. To date we have held five major conferences on experiencing the human potential through physical activity, three summer institutes, a number of seminars and workshops and a six-month program which combines running, meditation, yoga, and other disciplines. Our work emphasizes the integration of mind, emotion, body, and spirit in athletic activity rather than competition and achievement per se. We regard health not simply as relief from malady and disease but as a positive state which can be cultivated through a wise balance of mental and physical disciplines.

We are now offering a six month mind/body development program in the San Francisco Bay Area. It emphasizes the integration of running, flexibility systems, meditation, visualization, guided imagery, and centering. Mike Spino, the Esalen Sport Center Director, is the program co-ordinator. He and Barbara Hazilla are the teaching team for the ongoing program sessions. This program meets twice a week for physical workouts and has twelve one day workshops in which new approaches, such as energy awareness with Robert Nadeau, meditation and Eastern thought with Michael Murphy, and theoretical perspectives with George Leonard are introduced and hopefully combined with individual training regimens. Smaller segments of the group meet each week for individual consultations. A similar program will be offered during May and June in the Bay area.

In a description of their project on bodily transformation, Michael Murphy and James Hickman state, "It is our thesis that evolutionary transformation of the human body can be effected by appropriate psycho-physical discipline. The purpose of this project is to gather evidence in support of this thesis, identify ways in which such transformations already occur and develop disciplines to support and reinforce them."

On the drawing board is a year-long program to train recreation teachers. It is our hope that these teachers will make our approaches available to more people than we can reach directly. There is considerable excitement about the use of expanded awareness in the training of amateur and professional athletes. Information recently released from East Germany outlines Olympic preparations which resemble work familiar at Esalen. Similar reports suggest that the Soviet Union has been using these types of approaches (including meditation, visualization, hypnosis, autogenic training, etc.) for over ten years in an effort to improve athletic performance. We are developing a plan to work with American athletes in their preparation for the 1980 Moscow Olympic Games. Training routines that emphasize consciousness and the integration of spirit and body might improve these athletes' performances, we feel, while helping them enhance the quality of their lives.

May 1—June 25

The Esalen Sport Center
Mind/Development Program

This two month program will include two group sessions each week, four one day workshops, and one weekly small group during which time Mike Spino, the program co-ordinator, and Barbara Hazilla will be available for individual consultations.

The program leaders specialties include:
Cardio-respiratory techniques with Mike Spino
—various gaits and tempos for running
—specific styles of movement
—various breathing and visualization practices
—individualized training routines

A systematic approach to body awareness through flexibility techniques with Barbara Hazilla.
—Extending the range of flexibility and skeletal suppleness
—hatha yoga, free form stretches, and breathing
—learning to respond to sensory feedback

Throughout the program, we will integrate with the areas listed above, the following approaches.
—meditation—the process of observing one's thoughts and connecting with a quiet place within.
—visualization and guided imagery—creating and utilizing images which increase awareness and enhance physical experiences.
—centering—the process of tuning into a place of inner balance and harmony.

Other areas of interest and leaders will include: *Michael Murphy*—meditation, Eastern thought, *George Leonard*—theoretical overview and energy awareness, *Robert Nadeau*—centering and energy awareness, *Judith Aston*—structural patterning and body locomotion, *Will Schutz*—interpersonal and psychodynamics.

The cost of the program is $200. Deposit $50. This is a non-residential program in San Francisco.

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The following pages provide a perspective for viewing our changing organization structure, some of our accomplishments and some aspirations for the future.

A Perspective on a Direction for Esalen

"The growing interest of the western world in eastern spiritual disciplines and in the now-called "human potential movement" implies a yearning for dis-covering the self. The task for we western men and women is to integrate this dis-covering of self into the center of our technological, work-oriented civilization."

(From the Esalen Catalog, October, 1976)

During the past several years Esalen's unique contribution to the outside world has been principally as a retreat or out-of-the-way place with an emphasis on experiential workshops—"individual and group process work" and "body work"—and didactic seminars on various "human potential" issues. Our format has been adopted by many "growth" centers; it has become an increasingly familiar part of contemporary life in America and in Europe.

Meanwhile, we have gone on working—refining our workshop techniques, enhancing the quality of our facilities and maintaining our natural environment with its extra-ordinary beauty, and building an innovative and dynamic business-community organization.

In addition to doing our regular workshops, we now see the need for Esalen to move in an outward direction. This direction is based upon two essential concerns:

1. Where are the areas of greatest influence in society today; and
2. What areas are more likely to financially support the continuation and growth of the Institute?

Using these two questions as baseline criteria, it seems to us that the areas to move into that meet both of these criteria are those different from ones which have been given major consideration by Esalen in the past. Although work already has been done for industry and government and for various professional associations, we see now as the time to initiate a major involvement with these organizations, with the end in mind of Esalen providing them with unique services:

a. Providing a retreat setting wherein an institution or organization comes to Esalen and uses the facilities but provides their own instruction or other means of professional development.
b. Using Esalen as a retreat setting where the visiting groups provide their own instruction and Esalen also contributes its expertise.
c. Providing packages of specific content: organizational development and/or personal growth-oriented; educational and/or communication facilitation; designed and co-ordinated by Esalen under contract with the visiting group or organization.

Esalen as an Environment

The mountains, the ocean, the clean air,
the baths, the grounds, the lodge,
the wholesome food;
The people;
A facility for groups of 75 to 80 people
(sometimes more);
You can be affected in this kind of environment,
experience yourself . . .
touch your Self here.

The people who live and work here
are allowing of each other,
less concerned about how others
are supposed to be,
concerned with developing their own
self-consciousness and self-directedness—
in their work, in their love,
in their re-creation.

Programs for People in Business and Professional Organizations

In the course of our work with business management personnel, we have become sensitized to the needs of individuals who work in complex organizations.* Out of our experiences has emerged a program geared to various personal and interpersonal aspects of business life. The program utilizes:

1. Energy awareness and various types of sitting and moving meditation. Techniques are used to teach people how to work under pressure, to employ pressure in order to facilitate self-composure.
2. Play, martial art, and athletic fitness. Techniques are designed to evoke co-ordinated physical movement, to develop body-awareness and a sense of competence and sportsmanship.
3. Group process designed to facilitate personal awareness and interpersonal communication.
4. Organization development designed to facilitate communication and capacity for adaptive change within business organizations.

The integration of these techniques into a comprehensive program, on (and off) the Esalen grounds, involves the participation of the entire Esalen staff (50-60 people), as well as selected outside faculty.

It involves a uniquely balanced blend of "frontier" approaches—gestalt, encounter, psychosynthesis, energy awareness, sensory awareness, etc.—with traditional approaches to organizational development.

It involves pre-planning meetings with key management people in the client organization.

It involves follow-up contacts geared to facilitating those growth components which have been set in motion at Esalen.

Our aim is to provide a context for enriching the client organization and the individuals who work in it. Every organizational issue is approached with a double-focus methodology. There are techniques specifically designed to consider different levels of organizational communication. There are other techniques concerned with developing individual well-being and self-reference.

When individuals experience themselves—sense their selves, their boundaries, their limits—then they can feel the real excitement of their lives.

**In addition to staffs of business organizations, we have worked with lawyers, hospital administrators, army dentists, educators, psychiatrists, and other professional groups.*

A SAMPLE OF MEMORABLE EVENTS

The Army in Big Sur*
(March, 1972)

Heliocopters landing on the lawn, bathing suits in the baths. Rumors were rampant; fantasies were flying as Esalen's Big Sur community prepared for an "invasion" by the Sixth Army's Drug and Alcoholic Abuse Control Program for a seven day event in March. Conferees ranged from colonels to civilian staff members; they came from places as far apart as Fort Lewis in Washington State, Fort Carson in Colorado, and Fort Ord in California. Army bases from a nine-state area were represented.

As the week began there seemed to be some tension and a gap between "us" and "them." On the first day representatives of the different Army facilities presented the work being done in their programs. Throughout the day there was still a little uneasiness among the "troops"—both ours and theirs—but that night there was a microlab; everyone participated, both the conferees and the Esalen community. The energy was as high as it has ever been at Esalen Hot Springs. The "we" and "they" melted into a big "us," and the tone was set for the whole week.

Each day began with breakfast at 7:00 am (revielle at 6:00 wasn't such a far-off rumor; there was no bugle, however, only a flute sounding melodiously in the distance.) The symposium schedule designed jointly by Army and Esalen administrative staff combined didactic and experiential lectures, demonstrations and group experiences. (Lectures included: David Deitch, a founder of Daytop Village, a New York drug rehabilitation center; Steve Lewis from the Yale University Drug Abuse Program; Jeff Donfeld of the National Drug Abuse Program; Steve Pittell from the Haight-Ashbury Clinic; and Allen Cohen, a consulting psychiatrist from the University of California at Hayward.)

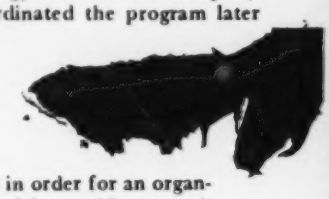
The experiential part of the program included lecture-demonstrations in gestalt, psychosynthesis, sensory awareness, energy awareness, martial arts, meditation, massage, tai chi, yoga, and a rolfing demonstration. The cream of the core of Esalen teachers and facilitators were selected for this work. In between sessions were talks by General Gard, Leahy and Tolson discussing the Army's role in dealing with social problems.

At the end of each day there were small-group sessions. Each small group was comprised of a melange of all the people and positions represented at the conference. For most of the conferees the quality of contact in these groups was the high point of the day, following up a kind of mental basic training for the previous fourteen hours. It was moving to see and experience feelings of compassion and openess built up between as diverse a population as high-ranking officers, chaplains, Army and civilian psychiatrists and psychologists, enlisted men, military police, newly returned Vietnam veterans, and civilian staff members.

*Edited and reprinted from the Esalen catalog, June, 1972.

Experiencing Esalen at the Organizational Level*

In February, 1975, 112 computer equipment personnel representing a large corporation came to Esalen for three days to do organizational development work complemented by sports and body work aimed at enhancing employee cooperation and awareness of body energy. One of the company management personnel who coordinated the program later wrote:



"We arrived at an agreement that in order for an organization to become more aware of its problems, each individual in that organization must become more aware of his own capabilities, restrictions, and limitations. Out of this understanding grew the belief, 'if each member of the marketing team can increase his awareness of his own boundless potential by any measurable degree, then the effectiveness of the team he contributes to, has to be enhanced drastically.' We then set our theme for the rally . . . From this theme grew other slogans such as Experience Teamwork, Experience Loyalty, Experience Pride.

"Our initial fears were:

1. Spartan accommodations—60 miles from civilization, no TV, no room service, no hard liquor supply, no bars, etc.
2. Menu—no selection, cafeteria style.
3. People—none of us had ever met any of the staff—long hairs.
4. Drugs—we heard rumors and, of ignorance, chose to believe them.

"Our reflections after the experience are these:

1. Accommodations are quite nice. The lack of TV, radio, booze, room service only serves to improve one's own perception of those sounds, smells, sights which form our basic environment.
2. Wide selection of entrees is not required when the food offered is so delicious.
3. We are all people.
4. The only drug we found was love.

"In short, the environment is conducive to getting back to the basics and experiencing yourself. We feel

*Reprinted from the Esalen catalog, October, 1975.

that we successfully accomplished our goal beyond all expectations. The feedback from all those who participated is very positive and extremely gratifying to those who helped plan the rally. Every man in the force got something tangible from the experience (particularly the organizational development) and the sales force is now united toward achieving their goal as never before. Many will return on their own time."

Love,
Michael Mann
Manager of Systems Engineering
Memorex Corporation

Statement of Purposes & Objectives of Esalen as an Educational Institution*

Esalen Institute is a nonprofit organization. Our primary purpose, in the broadest sense, is an educational one.

In order to support the unique educational form which we are continually developing, we require well functioning support systems (administrative, financial, legal, lodging, food preparation, etc.): these support systems maintain and enhance the basic thrust of the Esalen educational program.

One of our main contributions is in areas of knowledge and experience which ordinarily are not considered in traditional educational settings. "Confluent education," "affective education," "energy awareness," and various other types of experiential programs are a major concern at Esalen. At the same time we collaborate with established universities on educational programs. We believe that the natural environment at Esalen/Big Sur is a primary educational aspect of our programs. At Esalen, each student-seminarian finds and defines his own path to learning, taking his education from the total environment available—psychic, geographical, emotional, spiritual, and intellectual. The place and the people are the background and foreground of the ever-changing gestalt.

Our philosophy of education is simple; it is derived from the Latin meaning of the word *educere*—to lead out that which is within. We are not primarily interested in indoctrination or in instruction. We believe in the natural unfolding of an individual's creative abilities in a supportive, natural environment.

We see ourselves as working at being an "open educational system" responsive to changing conditions in society which are intrinsically related to changes in personal and social experience.

*Reprinted from Esalen catalog, October, 1976.

We CHOOSE to use our authority as directors of ESALEN INSTITUTE, BIG SUR, to create an environment that has as a FOCUS

The expanded PARTICIPATION of our managerial staff
COUPLED with a
RESPONSIBILITY for decision making,
REFLECTING
EVALUATING,
and
CHANGING

Our work, our style of life, and our form of managerial/social structure foster a unique kind of environment context for a business/community

From our two dimensional seminars and workshops we have expanded to a three dimensional "living out" of ways of being in RELATIONSHIP to

our physical surroundings
and to
each other in a non-violating APPROACH
appreciating
skills and differences

We move through the re-ordering of our own structures
de-structuring
re-structuring
finding ways of giving and
taking support from systems foreign to our own.

The energy of our movement
creates new forms of living and working
in an environment still containing elements
of yesterday.

We wrestle with

COMMITMENT
RESPONSIBILITY
TIME
BONDS
HUMANNESS
VITALITY

and a

NEW FORM OF "SUCCESSFUL"
business organization.

**Reprinted and edited from the Esalen catalog, April, 1975.*

A Form of Esalen*

A form is 'right' when it re-presents—in a moment of time—a process of natural development.

Natural is that which structures and de-structures according to the dominant energies in the 'field of action' (however circumscribed).

'Right action' is knowing-and-doing in relationship to the dominant energies in the field.

Right action is an appreciation of these energies.

Right action is the harmonious formulation of these energies.

A form is more or less efficient, or viable or workable only in relation to a given objective.

State your objective and you begin to create a form.

When a number of individuals share a similar objective(s), their form is a basis for group action(s).

Here, at Esalen the energies of a number of individuals—our staff/community—continue to form in relation to two principal objectives:

Maintaining and enhancing a very beautiful place where people, who stay a while, may learn to care for them selves.

Evolving a form of community organization which is based on attitudes of co-operation, self-regulation, and self-responsibility.

Our work and our form of social structure are integrally related.

In the ways we regulate ourselves and co-operate with our environment and with each other we ex-press our form—Es

We are what we do.

We move within a constantly changing environment.

A WORKING community
a living organization.

**Reprinted from the Esalen catalog, April, 1975.*

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ESALEN PROGRAMS

But try as she would, Butterfly Woman could not catch a single one.

March 27—April 29

Inner Road to Health

Coordinated by Al Drucker

This is a workshop for staying well and helping others to stay well. The subjects covered include many of the health approaches taught at Esalen. Past programs have included:

- Gestalt Process and Training
- Interpersonal Process Work
- Acupuncture, Rolfing, & Deep Tissue Work
- Herbal & Homeopathic Systems
- Shiatsu, Polarity, & other Massage Methods
- Nutrition, Diet, & Organic Gardening
- Music, Dance, Movement, & Energy Awareness
- Yoga, Tai Chi, Arica, & Feldenkrais Exercises
- Meditation, Chanting, & other Spiritual Practices

The workshop staff of about 15 includes outside leaders as well as resident Esalen teachers. Underlying the many approaches is a central unifying theme—that the body-mind will naturally come into a state of harmony and order when we immerse ourselves in a nourishing environment, engage in a daily physical and spiritual practice, and clear out the mental emotional and physical clutter that clogs our lives.

Most of the sessions will be experiential. The first week will begin with a purification routine and sessions concentrating on individual process work. Then we will explore ways of using our hands, minds, and bodies to promote health.

Throughout the five-week program the main emphasis will be on discovering and awakening inner resources. In this connection, regular meditation, yoga, tai chi, massage, and other quieting practices will help still the mind and relax the body, permitting new awareness and sensitivity to emerge. Our eventual goal is to integrate and make whole all the diverse aspects of our being; physical, mental, social, emotional, energetic, and spiritual. This result may not come for many years, but the process leading towards wholeness can be well on the way by the end of this workshop.

The group will meet in the Big House and many of the participants will be housed there. The Big House is a beautiful old mansion located on cypress-covered cliffs overlooking the rocky coastline of Big Sur. The workshop is offered twice yearly. Enrollment is on a first-come basis, confirmed upon receipt of the deposit. Some partial scholarships will be available and awarded on the basis of need; for this a weekly work committment is required. Our available scholarship fund is frequently exhausted as the program draws near, so applicants are encouraged to apply early by writing to Chris Price, Esalen, Big Sur, CA 93920. Also please write to us before enrolling if you have a health problem. We will try to accomodate your needs or suggest alternative possibilities.

Tuition: $1280 Deposit: $400

Please note that an advanced month-long workshop entitled "Deep Tissue Workshop" at reduced tuition cost but requiring a weekly work committment, is scheduled twice yearly. This is limited to 10 participants and requires a previous qualifying experience. This workshop is further described under June 1—30.

Weekend of April 1-3

The Gentle Art of Becoming—Together: A Workshop for Couples / David Schiffman & Dee Mundschenk

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness techniques.
$110 per person

Mind as Healer, Mind as Slayer / Kenneth Pelletier

This weekend explores the neurophysiology of stress and human consciousness; the interaction between states of mind and physical health or illness; psychological factors in cancer and hypertension; and applications of biofeedback and meditation in self healing. Participants will engage in meditative practices, visualization techniques, and use biofeedback instruments with emphasis on health maintenance. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Week of April 3-8

Self-Acceptance—The Freedom To Be
David Schiffman & Dee Mundschenk

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $270

Varieties of Sexual Experiences & Behaviors (Observations from LSD Research) / Stanislav Grof

Using the extended cartography of the human unconscious based on observations from clinical LSD research, we will discuss the nature of sexual energy and the many specific forms it assumes. Special attention will be paid to new understanding of the psychodynamics of sexual variations, disorders, and deviations, and to transpersonal dimensions of sex (satanic, oceanic, and tantric). We will use a combination of discussion, group interaction, experiential exercises, mandala drawings, slide and film projection, and non-drug technology for altering consciousness. Participants will have the opportunity to confront their feelings about sexuality and gain deeper insight into the nature of their experiences in this area. $270

Weekend of April 8-10

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Yoga, Massage, & Movement
Deborah Sulochana Medow

come and MOVE
your body / mind / spirit . . .
s-t-r-e-t-c-h-i-n-g
grOWING
moving
FLOWING

$110

The Body & the Energy Body / George Leonard

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of energy flows in and around the bodies of living things. Using techniques derived from the art of aikido, George Leonard will present his approach to the human biofield or "energy body." Through simple mental and physical exercises, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness. They will be introduced to alternative ways of dealing with everyday life situations—especially those involving tension and expectation—and will explore ways of getting in touch with their own hidden powers. There will also be discussion of these experiences as they relate to education, sports, and social transformation. $110

Week of April 10-15

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

The Radix Experience: A Neo-Reichian Workshop
Charles Kelley with Will David, Laura DeNuccio, Sharon Henry, & Ron Andes

The Radix experience is a direct body approach to deep emotional release, rooted in the work of Wilheim Reich and his students. By concentrating on breaking patterns of breathing and muscular tension, feeling which has been blocked by chronic unconscious patterns of muscular tension called "muscular armor," is freed. As the armor softens and the student allows emotions—fear, anger, pain—to emerge, he realizes a new capacity for trust, love, and joy.

Half of the workshop sessions will be in large group with Chuck Kelley who will present Radix group techniques. Chuck will also describe the concepts which underlie Radix and give an in-depth description of his unique training program. The other half of the sessions will be in small groups, and will include two individual Radix intensive sessions for each participant. $300

Coyote proceeded cautiously, looking in all directions.

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Experiencing Esalen

Experiencing Esalen Staff

Coordinated by
Janet Sachson Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theater games, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: ***Gestalt Therapy Verbatim*** **(Perls) and** ***The New Education*** **(Kelley).**

SCHEDULE:

April 1–3	$100	May 22–27	$240
April 8–10	$100	June 12–17	$240
April 10–15	$240	June 17–19	$100
April 15–17	$100	June 26–July 1	$260
April 22–24	$100	July 1–3	$110
May 13–15	$100	July 8–10	$110
May 20–22	$100	July 10–15	$260

April 10–17

Rites of Passage: A Seven Day Pilgrimage Through the Big Sur Wilderness
David Schiffman & Dick Galland

The workshop is intended to create an experience which will support and intensify the simplification and cleansing necessary for a greater sense of personal clarity and grace.

We will pay attention to and take care of ourselves through a variety of disciplines and forms, including meditation, gestalt, intuitional sensing, as well as the more traditional wilderness skills. The emphasis will be on creating a richer, more harmonious balance between the mental, physical, and spiritual realms of existence.

Registration for the workshop should be at least two weeks in advance so that proper advance preparations and information can be sent regarding equipment and exercise. $220

Weekend of April 15-17

The Pragmatics of Change / Jack Gaines

This workshop is designed for those who are no longer willing to look for their identity in an endless string of shiny new possessions and who are experiencing or considering drastic changes in their lives.

We will work on getting in touch with our bodies so we can find out what our body is telling us. From there we can explore some of our conflicts between mind and body. We will examine the priorities that have been running us and refocus that energy so we are indeed the runners of our own lives. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see above. $100

Celebration / Betty Fuller

This will be a weekend of movement, massage, and meditation featuring mentastics, the effortless exercise created by Dr Milton Trager. We'll experience practical, simple ways to lengthen and align our bodies, relieve our aching backs and joints and achieve greater flexibility, richer consciousness, and expanded self-image. There will be time in Big Sur simply to dance, laugh, live, love, and be. $110

Week of April 17-22

Getting in Touch—Open Gestalt / Frank Rubenfeld

Hot-seat work, massage, and group exercises will serve to facilitate participants in experiencing and expressing the alive parts of themselves. Suitable for those in the helping professions. $270

Lighten Up: Let Go—Let Be / Betty Fuller

Emmet Fox wrote: "It is your heart and the level of your consciousness that determines all." This week we'll get clear and release many of those attitudes, beliefs and postures—body, mind, spirit—which keep us stuck in self limiting and self defeating behaviors making soap operas of our lives. As we handle some of yesterday's unfinished business and tomorrow's fantasies, we'll make room *today* to live each moment, choosing our way as we go. In a supportive atmosphere of good will and good humor, this gestalt-psychosynthesis-encounter group also includes daily body work (feldenkrais, Trager, and massage), quiet time, music, dance, laughter, and participation in the work and play of Esalen's community. $270

Massage Intensive / The Esalen Massage Crew

For five days the members of the massage crew, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of our own spiritual capacity.

The group meets daily in the mineral baths. $270

"Ha ha!" cried Coyote thrusting the fireblankets in his ears and running back to Earth.

Weekend of April 22-24

Gestalt Theater / John Argue

Definition: Gestalt theater is a dramatization of the processes of consciousness in now time, whereas psychodrama is a dramatization of crucial episodes in one's personal history.

We will use gestalt to generate improvisations for a theater of self-presentation that truly celebrates and educates in the art of being human.

Work will be based on each person's everyday process, dreams, fantasies, and relationships.

This group is for people who wish to learn theatrical uses of gestalt language and process as a means of dealing creatively with everyday life. It is open to anyone and I want especially to work with teachers, helpers, and healers. $110

Sound & Movement / David Mancini & The Esalen Musicians

If all sound is composed primarily of movement, in the form of waves, then movement must possess sound and the qualities of sound vibration. We will use music, massage, dance, theater, sonic walks, deep relaxation, and disco to explore our own connections to sound vibration and body movement. In an attempt to deal with the fragmentation of modern life we will look into the tapestry of sound vibrations as they overlap and mingle, cross and merge, hopefully achieving a new vision of life as more connected, more unified, more related, and entwined. $110

Contact with Earth / The Esalen Garden Crew

This is a workshop of spiritual and body communication with plants and our EARTH through practical learning experience.

The days will be spent in our vegetable garden, where we will focus our energy on daily gardening activities integrated with meditation, body awareness and informative discussions on topics such as companion planting, composting methods, our soil, and herbs.

Evenings will be devoted to body movement, meditations, guided fantasy, and discussion. $110

Experiencing Esalen—Part II / Janet Sachson Zuckerman

During the past several years the Experiencing Esalen workshops have offered people an opportunity to sample, taste, and touch on a variety of nourishing and unique experiences intrinsic to Esalen.

Now for the first time we have designed a weekend to continue this process—to bring you MORE.

Prerequisite for this weekend is that you have already taken a regular Experiencing Esalen workshop.

We will focus on allowing feelings to be opened up and explored. $100

Week of April 24 - 29

Put Your Memories, Fantasies & Dreams to Work For You: A Reichian / Gestalt Approach to Energy Release
Joan Fiore

"To understand is to tremble. To recollect is to reenter and be riven."
—Harold Brodkey

This workshop focuses on releasing the energy locked in our memories, fantasies, and dreams so that this energy can be made available for present relationships and life situations in a way that makes our existence in the present less encumbered by unfinished business of the past as well as self-programmed, self-fulfilling prophecies of doom for the future. First priority is on intensive intrapersonal work in a supportive group setting. There will also be opportunities to explore the nature of our interpersonal relating through group interactions. $270

You & Universal Motion / Robert Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement. $270

Advanced Massage Week / The Esalen Massage Crew

The soothing release of everyday tensions is really only the beginning of the sensations and revelations possible through massage. The release of chronic energy blocks can produce dramatic results in our physical and emotional well-being; awarenesses and memories may be triggered which begin a process that goes far beyond the massage itself. The crew would like to demonstrate and practice together some of our own explorations in massage and manipulation of the energy-bodies and to share our experiences of the sometimes surprising results of these techniques. $270

Getting Out of Your Trap / Neil Lamper

"Gestalt is a way of life. Participants in this workshop can expect to experience their here-and-now and discuss their what-and-how. I am interested in people learning how to use their what—at work, play, in families, couples, and as singles. At times our entire group will be active and at times one person will wrestle with the impasse. I cannot force, will not coerce and have no neat package of salvation. People maintain their own momentum, work in thier own way. I invite people to this workshop who want to experience Esalen and themselves anew and who expect to express this in their lives." $270

Weekend of April 29 - May 1

Exploring Self-Acceptance
David Schiffman & Dee Mundschenk

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $110

The Kiva: Experiment in Male Friendship
Ed Maupin & Bill Stewart

The more comfortable men are with radical non-sexual intimacy with other men, the more easily their energy flow can result in unified action and creativity. In some traditional societies the kiva is a lodge in which men establish strong ties, develop skills and are initiated into the mysteries. In this workshop the mysteries include working through the anxieties about energy flow between men and learning to attend to our dreams as meaningful communications from deeper levels of the self. $110

Meltingintwone / Bernard Gunther

Often we have sex when what we are really seeking is an open closeness, caring, energy sharing to quiet an intense underlying sense of tension, anxiety, emptyness, and separation. Intimate relationships are most rewarding when they allow for appropriate times of individuality and unity, that are not only pleasurable but continually new and renewing. In this workshop for couples we will move from the physical mundane to a higher plane of consciousness, intimacy, and awareness. In this experience we will explore transmutation, mutual meditation, tantric yoga, and nonverbal communication, moving from separation and intensity toward union and ecstatic bliss. $110

Body Awareness & Sensuality / Barbara Clemans

"Words were invented by man, the body and feelings are a creation of God" . . . Enjoy the only home you have—your body—tune your instrument to feel and experience the pleasures of creation. Know what it is to breathe completely, taste fully and move with *total* presence. We will utilize all the tools of awakening the senses: breathing, tasting, stretching, meditating, relaxation, massage, music, feldenkrais, integration, expressive movement, sound and laughter. Beginners are welcome. $110

The Esalen Work-Study Program

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our selves primarily in relation to others; we lose touch with our essence.

From this perspective, we offer an opportunity to return to our Selves within the working context of the Esalen community. Our faculty for this program is our environment—staff—community.

Learning/dis-covering the use of your own energy in work . . .
For your SELF.
Living together (close to others) operatively and co-operatively in a unique, high intensity environment.
Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.
An opportunity for:
SELF-regulation
SELF-examination
SELF-contemplation
and if you choose
SELF-reevaluation
Facilitated by removal from your ordinary living context.

Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. (Flexibility is one of the watchwords of life at Esalen). The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program (emotionally and physically) and only rarely is it restful. There will be a coming together in the evenings to share—contact—play/alone-together.

Accommodations are shared with up to 3 persons in a room. The program lasts 28 days; four weeks and four weekends at a basic cost of $350. Depending on your work schedule, weekend workshops may be available for an additional fee. Professional services such as massage and rolfing are available at staff rates. Arrangements are made through the office.

It is possible to be in the work-study program up to three months, by invitation, after the first month.

Available dates:
February 25—March 27; March 27—April 24; April 24—May 22; May 22—June 19; June 19—July 17; July 17—August 14; August 14—September 11; September 11—October 9.

If interested, please apply as early as possible to Work-Study program, Esalen Institute, Big Sur, CA 93920. Only a limited number of applicants are accepted.

Application to the Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____ City _____

State _____ ZIP _____ Age _____ Your occupation _____

Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st _____ to _____

2nd _____ to _____

3rd _____ to _____

Have you been to Esalen workshops? Please list program titles and dates, if any. _____

_____

_____

In the space below, please make a personal statement about your interest in the Work-Study program, and any skills available.

_____

_____

Please return this application with a deposit of $150 to Work-Study Program, Esalen Institute, Big Sur, CA 93920. Your deposit will hold a place for you if there is space during the dates you request. If there is no space, we will refund your deposit or hold it for the next available space of your choice. If your deposit is accepted and you cancel more than two weeks before the start of the program, we will hold your deposit in suspense for one year for your future use at Esalen. If you cancel less than two weeks before the program begins, your deposit is forfeited.

Sept. 3, 1976

Dear Reservations,

I'm really disappointed that Oct. 3-31 is filled. Although the waiting list is long, please add my name. Perhaps there will be a mass flu epidemic and I'll be the only survivor. As my mother always said "if you can't hope for good news, you might as well hope for the worse." – Tear up the check when it's obvious that all is lost as I am, at present, unable to come at an alternative date.

I might suggest, in the interests of kindness, that in the future you send applications which have updated available dates, as considerable planning went into this incompletted gestalt. The time elapsing between getting the application and applying was minimal.

Sincerely,
Susan

Dec. 5, 1976

Dear Beverly,

Well, a month has gone by – and I still feel the same about my month as when I left. Ever cautious, I thought perhaps with time my feelings might change. It was the best month of my life. I'm embarrassed when I say it. I keep rummaging around thinking surely at some time I must have felt better; after all, I hardly cared for one of my roommates and shredding lettuce is not something I'd like to do all my life. Yet being here isn't that bad.

Actually, John and I are getting on better than before because I've stopped blaming him for my unhappiness. I have been trying to do some things just for me and haven't felt guilty about it as I had before. Still, I decided to look for part-time work, and when after writing, calling and interviewing with some 37 different organizations without one taker, I really felt bad. To top the whole thing off, I realized I wasn't even sure I wanted to work. Again, not knowing what I really want worries me, and I know about staying with the confusion.

Honestly, I'm like Bob with his Babas except that deep down I've found that it's true. I also think that down deep I really would like to live alone, but I won't. I wonder how I'd make a living or if it's not just because I'm schizoid and have difficulty making a deep human relationship. What I do know is that my back is killing me – something I never really noticed before until I'd finally get a headache – and I'm crying again. Oh well, sometimes I have good dreams about being there with you all. I think of you all often. Perhaps someday I'll get in my car and just keep driving until I visit with you again.

John and the boys managed very well while I was gone, as much as John would like me to think otherwise. The boys put on weight. Clyde tells me he's addicted to T.V. dinners and Ron complains that I don't do the wash on Saturdays the way his father does. They're all complaining that ever since I went to <u>that</u> place I'm not the same old Mom. Frankly, I don't see that anything much has changed except I know now there is a different way to live and a place that I feel good at.

So, will be thinking of you.

Love,
Susan

South Coast Center

The living center is slowly evolving into a participatory environment
vital
changing
designing, redesigning inner and outer space with residents responsible for their own evolution.

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (room, balcony, and bath) are available for $350 per month. A monthly meal ticket may be purchased at Esalen for $200 and residents may set up light cooking facilities in their rooms for preparing their own meals. As part of our program of integrating residents into the working community, South Coast residents are asked to contribute eight hours per week of work to the community. In addition, due to the large number of people who want to be at South Coast, we have put a limit of three months on all South Coast residencies. South Coast studios may be reserved through the Esalen/Big Sur office.

Ongoing Residence Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs will also be open to residents. The cost is $960 per 26-day period.

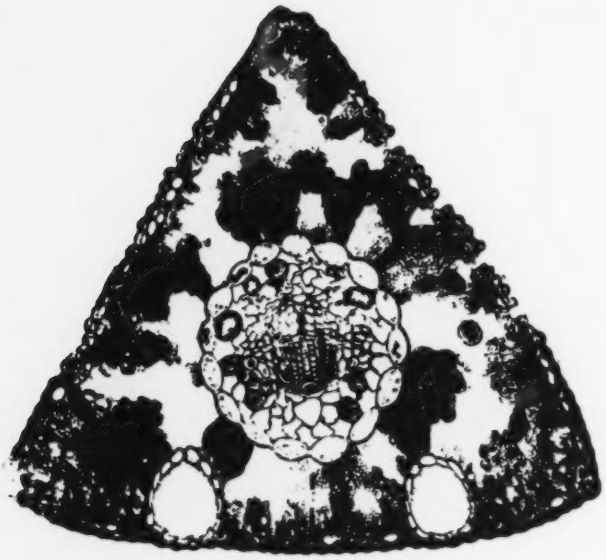
Ways of Being at Esalen

Sleeping Bag Group Weekends

The sleeping bag group is another way of being at Esalen—it has a life of its own.

Experience the place—with its hidden moments of beauty and surprise, the baths, the people, YOU. Members of the staff will accompany and share with you some of what they have learned living here at Esalen.

These weekends are offered from September through May. The charge is $60 per person for 10-14 people. You will be living together in one room. Bring your sleeping bags. Meals are provided starting Friday dinner through Sunday lunch. Send inquiries to Janet Zuckerman, Sleeping Bag Groups, Esalen Institute, Big Sur, CA 93920.



Acorn Woman had found great wealth right at her feet and went to tell the People

Week of May 1-6

Growth Through Risk-Taking
David Schiffman & Dee Mundschenk

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Emphasis will be placed on the expression of anger, affection, sexuality, and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. $270

The Kiva: Experiment in Male Friendship
Ed Maupin & Bill Stewart

For workshop description see April 29—May 1. $270

Energy Loves Bliss / Bernard Gunther

We are all fields of energy living in an energy field. Our potential is limitless, yet we frequently find ourselves operating in fatigue and limitation. This damming of the Self is caused by excessive tension, shallow breathing, toxic relationships, and nonfocused thought, which rob the organism of vitality and pleasure. How to tap this infinite supply of energy, how to rechannel and raise sexual energy, and how to apply this knowledge in everyday activity will be the task of this seminar. In this work we will explore aspects of hypnosis, yoga, gestalt, psychosynthesis, and color sound chakra meditation to experience more fully our flow of vital and psychic energy. $270

Weekend of May 6-8

Steps to an Ecology of Mind / Gregory Bateson

In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to new ways of looking at the living world, including everything from biology to poetry and politics. The workshop will explore these ways of perceiving and thinking. $110

Gestalt Awareness / Janet Lederman

Lecture / Demonstration / Training
Focus: Perception / Reception / Deception $110

Awareness Through Movement:
The Feldenkrais Method / Ruth Alon

This workshop is for people who are willing to introduce awareness through expanded patterns of movement for improving their functioning in life.

Exploring processes of movement, we gradually experience a wide variety of unused potential, while guided to meditate on the subtle qualities of our inner dynamics. Our vocabulary of possibilities widens together with our self image.

We relearn natural coordination and fluency, reviewing the primal evolution of the developing baby.

The style of pleasant effortless movement in the game of observed experiments, opens us to a nurturing attitude towards ourselves and our growth.

The new kinesthetic freedom creates space for transformed states of mind. $110

May 1–27, 1977

Birth, Sex, & Death: Contemporary Revolution in Medicine & Society / Coordinated by Stanislav Grof

Under the direction of Stanislav Grof, Esalen is gathering 30 faculty members to offer over 150 curriculum hours of didactic and experiential sessions exploring three basic aspects of human existence. The resources within the group of the participants will be combined with those of guest faculty to study new approaches to birth, sex, and death, as well as the biological, psychological, philosophical, and spiritual significance of these areas. The material presented during this workshop will fall into four major thematic groups:

I. New Developments in Medicine Regarding Pregnancy, Birth, Sex, Terminal Disease, Aging, and Death.

The approaches explored in this context will involve comprehensive work with couples expecting a child; techniques of delivery respecting emotional needs of the mother, child, and father; recent developments in treatment of sexual disorders; complex therapy of cancer; a program for revitalization of the aging; and work with the dying.

II. Ancient and Modern Insights into the Psychological Philosophical, and Spiritual Significance of Birth, Sex, and Death.

The frameworks examined in this seminar will range from shamanic practices, rites of passage of various cultures, ancient temple mysteries and oriental spiritual systems to psychedelic approaches. A series of illustrated lectures will focus on the mythological aspects of the death-rebirth process.

III. Practices Utilizing the Healing Potential of the Birth Experience and the Death-Rebirth Process.

The theory and practice of psychedelic use will be presented in a series of illustrated lectures and discussions. The approaches explored both theoretically and experientially will include Jean Houston's "mind games," R D Laing's birth techniques, and Leonard Orr's rebirthing process.

IV. Self-Exploration and Group Process.

During their stay participants will have the opportunity for self-exploration in sessions of gestalt practice, psychosynthesis, Dora Kalff's therapeutic sand-play, and encounter. Non-drug technology will be available on a continuous basis.

This workshop will take place in the Esalen Study Center, an old Big Sur mansion located on cypress covered cliffs overlooking the Pacific Ocean. The learning format will combine didactic seminars, illustrated lectures, experiential sessions, group process, individual help in self-exploration, and selected film material.

The program is limited to 30 participants selected from applicants. The fee is $1150 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute, Big Sur, CA 93920.

If you wish to enroll in the program, send a letter of biographical information to Stanislav Grof, Esalen Institute, Big Sur, California 93920.

Faculty:

Gregory Bateson
Cecil Burney, PhD
Patrick Douce
Ed Dreessen
Al Drucker
Catherine Elber
Andrew Feldmar, MD
Joyce Frazee
Stanislav Grof, MD
Christina Healy
Richard Horan
John Horler
Jean Houston, PhD
Elizabeth Kubler-Ross, MD
Janet Lederman
Gay Luce, PhD
Peggy Morrison
Jaime Morton
Dee Mundschenk
Leonard Orr
Prem Das
Christine Price
Richard Price
David Schiffman
Leni Schwartz, PhD
Robert Schwartz
June Singer, PhD
Beverly Silverman
Julian Silverman, PhD
Daniel Statt, PhD
Rick Tarnas, PhD

Higher and higher up the Sky-Pole she carried the precious Seed.

Week of May 8-13

Gestalt Practice / Richard & Christine Price

Perfect like Great Space
the Way has nothing lacking, nothing in excess.
Truly because of our accepting and rejecting
We have not the suchness of things.
—Sengtsan (3rd Zen Patriarch)

What is, is.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than "adjustment," "cure," or "accomplishment."

Suggested reading: ***Gestalt Therapy Verbatim*** (Perls); ***Tao Te Ching*** (Lao Tzu); ***Cutting Through Spiritual Materialism*** (Chogyam Trungpa); ***The Power of Mindfulness*** (Nyanponika Thera); ***Exploring the Crack in the Cosmic Egg*** (J C Pearce); ***Education in Feeling and Purpose*** (Kelley). $270

Imagination, Courage & Survival / John & Toni Lilly

In this workshop we will delve into the survival, the imagination and the courage of each member of the group. Through participation of each member of the group we will examine our basic beliefs about the limits of imagination, the limits of courage and the necessities of our survival in the human consensus reality in the ecology of the planet Earth. One possible orientation of the participation will involve problems of our assumptions about other species, especially dolphins and whales. The imagined preeminence of the human species upon this planet will be analyzed in the light of recent events. The individual survival of each member of the group and what he or she believes to be true in this area will be shared with the group. Various exercises to elicit the truth of self will be taught. The realization of the total interdependence of all life on the planet Earth will be the backdrop, the context in which the individual survival of each member of the group will be dealt with. The open-minded, open-ended nature of the human mind limited only by its own repertory of beliefs and assumptions will be presented and alternatives to the current beliefs developed. $300

Weekend of May 13-15

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Birth—Rebirth / Andrew Feldmar & Joyce Frazee

"After all, it is no more surprising to be born twice than it is to be born once."
—Voltaire

Birth simulation or simply "birthing" was first developed by Elizabeth Fehr in New York. She noticed the correlation between adult emotional patterns and the kind of birth one suffered. Birthing attempts to re-enact the original birth.

Otto Rank in 1929 observed that all successful therapy "finally turns out to be a belated accomplishment of the incompleted mastery of the birth trauma." Not until recently has this view gained support and acceptance as a result of Stan Grof's LSD research, Frederick Leboyer, ***Birth Without Violence*** and Laing's ***Facts of Life.***

Using gestalt, bioenergetics, psychosynthesis, fantasy, art, dreams, and birthing, we will pay passionate attention to the origins of who we are now and will discover that the process of rebirth gives us a fresh start, an opportunity to change. $110

Massage Weekend / The Esalen Massage Crew

This will be a weekend adaptation of the Massage Intensive described for April 17—22. $110 per person

Loon Woman danced her strange dance at the water's edge.

Week of May 15·20

Take a Second Look at Yourself / Janet Sachson Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter, and sensory awareness. $270

Exploration & Integration / Arthur & Janica Fox

Come and experience encounter, gestalt, sensory awareness, and massage surrounded by the richness of Big Sur and the Esalen grounds. We will explore ways of retaining and integrating our experiences so that we have access to them not just at Esalen, but also when we return home. $270

Opening the Feelings: A Neo-Reichian Radix Workshop Laura DeNuccio, Connie Cossette, & David Grill

For workshop description see below. $300

Weekend of May 20·22

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

God, Sexual Energy & Your Body / Gabrielle Roth

"When sex comes from the physical center, it is a necessity. When it comes from the mental center, it is a fantasy. When sex comes from the heart center, it is a deep, total, and profound experience of our own divinity. Sex is meaningless without the heart."

The purpose of this workshop is to heal the separation between our divinity and our sexuality as it exists in our consciousness, attitudes and actions. This weekend will include breathing, movement, music, sound and massage meditation. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. Gabrielle will support us in going within ourselves to rediscover the magnitude of our own heart energy, thus infusing our sexuality, and our entire life experience, with depth and purpose. $110

Selective Awareness: Mind-Body Relationships in Psychosomatic Medicine / Emmett Miller

When we teach ourselves to act in response to our internal as well as external environment, most of our difficulties (symptoms, unwanted emotions, maladaptive habits) can be eased. The ability to resolve personal blocks, develop increased sensitivity, heighten awareness, and produce desirable states of consciousness lies within each of us. Our processing of the world and our communicating with it proceeds throughout varying stages of higher and lower energy; as the mind-body becomes attuned, it acts in accord with its changing experience. In this workshop we will apply the principles of selective awareness and self-hypnosis to learn to expand awareness and to adjust to changing experiences. $110

Opening the Feelings

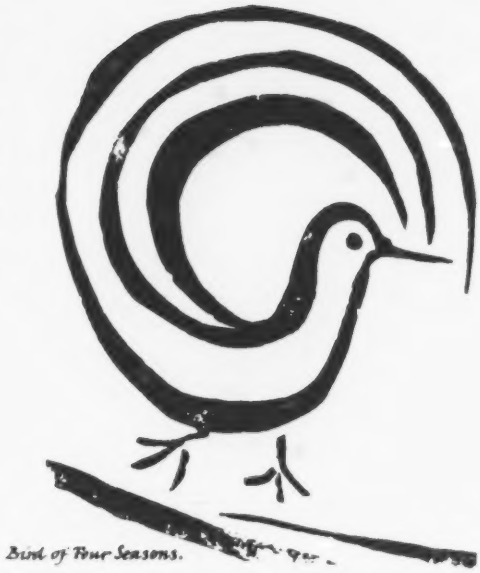
RADIX NEO-REICHIAN WORKSHOPS (formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix *Intensive*, a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Work Shop. The *Intensive*, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. Groups will be kept small—never more than eight per leader—so that significant individual attention can be given. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

April 10–15	Charles Kelley, Will David, Laura DeNuccio, Sharon Henry, & Ron Andes
May 15–20	Laura DeNuccio, Connie Cossette, & David Grill
June 3–5	Laura DeNuccio, Anne MacKenzie, & Ron Andes



Woodcut by Marius Roy

Week of May 22 - 27

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Body Awareness & Sensuality / Barbara Clemans

For workshop description see April 29–May 1. $270

Weekend of May 27 - 29

Growth Through Risk-Taking
David Schiffman & Dee Mundschenk

For workshop description see May 1–6. $110

Working on Open Marriage / Walt & Maurica Anderson

Marriage is whatever you make it, and can be a great resource for personal growth. In the workshop we will share experiences, work on individual problems, and consider some humanistic guidelines for changing relationships to meet the needs of changing people. Attendance by both partners is recommended but not required.
$110 per person

Introduction to Shiatsu Massage / Patricia Caldwell

Shiatsu is the oriental art in which the hands are used to apply pressure to points on the body. Emphasis will be on self-awareness for both the receiver and the giver, providing the experience of expanding shiatsu practice into one's life as the experience of moving in the world without effort, and with the flow. A working knowledge of shiatsu in both theory and practice will be given. $110 per person

Exploring Dimensions of Movement
Joan Erikson & Wendy Palmer

Dance as an intrinsic aspect of everyday life will be the focus of this experience. Movement arising from a physical and psychic center can transform the mundane into the ritualized transcendence of the essential qualities of dance and form.

We will explore how these potentials which are already there, given and available to all—children, adults, and the elderly—can be heightened, expanding awareness and openness to the dimensions of the self.
$110

Week of May 29 - June 3

Self-Acceptance—The Freedom To Be
David Schiffman & Dee Mundschenk

For workshop description see April 3–8. $270

A Week with Will Schutz

$300

You & Universal Motion / Robert Nadeau

For workshop description see April 24–29. $270

June 1–30
Deep Tissue Workshop / Al Drucker

A training workshop for 8 to 10 participants concentrating on deep tissue work and acupuncture principles. Classes will meet 4 days per week and include theory and personalized instruction in manipulative work. One day per week will be devoted to working in the garden, kitchen, or other Esalen department. There will be daily tai chi sessions. Gestalt and other process sessions will be scheduled informally in the evenings as group or individual need for process work arises. Any ongoing evening and early morning special events at Esalen, such as feldenkrais or yoga classes, will be open to workshop members. Since weekends are free, regularly scheduled weekend brochure programs can be attended for the catalog price minus $50. Classes will be held in Fritz's house high on the hill overlooking the baths and the Big Sur coastline.

This is an advanced workshop providing thorough grounding in all aspects of deep tissue massage and restructuring with emphasis on acupuncture points, meridians and energy balance. It is open to anyone having a previous qualifying experience such as participants in the Inner Road to Health workshops, medical professionals, massage practitioners, etc. The intent is not to train for a new profession based on this work, but to synthesize and incorporate the skills learned here with already established health and healing practices.

The total fee of $800 covers tuition, shared accomodations two to a room at the South Coast Center and meals for the month. To register send a $200 deposit, your name, address, phone number, and a note giving previous experience. Mail to Chris Price, Esalen Institute, Big Sur, California 93920. Acceptance is on a first-come basis. In case of non-acceptance the deposit will be returned in full.

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Weekend of June 3-5

Adding More to Your Relationship—Couples Workshop
Gerald Smith & Betsy Hand

The goal of this workshop is to develop more skill in expressing what you feel—in being close—in getting distance—in fighting fairly. It is not for couples in serious trouble, but instead for prevention and growth. Non-verbal as well as gestalt and family therapy approaches will be used. $110 per person

A Weekend with Will Schutz

$110

Opening the Feelings: A Radix Neo-Reichian Workshop
Laura DeNuccio, Anne MacKenzie & Ron Andes

For workshop description see page 21. $110

June 5—12

A Practicum in Preventive Medicine

This seven-day workshop is designed as an intensive practicum for physicians and other health care professionals. We will be looking at the nature of health and how to maintain optimum levels of well-being. The areas of focus are: acupuncture, stress reduction, body work, biofeedback, relaxation, and meditation procedures, psychosocial factors of disease, orthomolecular and dietary medicine, and preventive medicine. $380

Faculty:

Alvin Drucker
Acupuncture, Nutrition
Esalen Institute

Joan Halifax, PhD
Anthropology
Esalen Institute

Gay Gaer Luce, PhD
Revitalization of the Elderly
SAGE Project

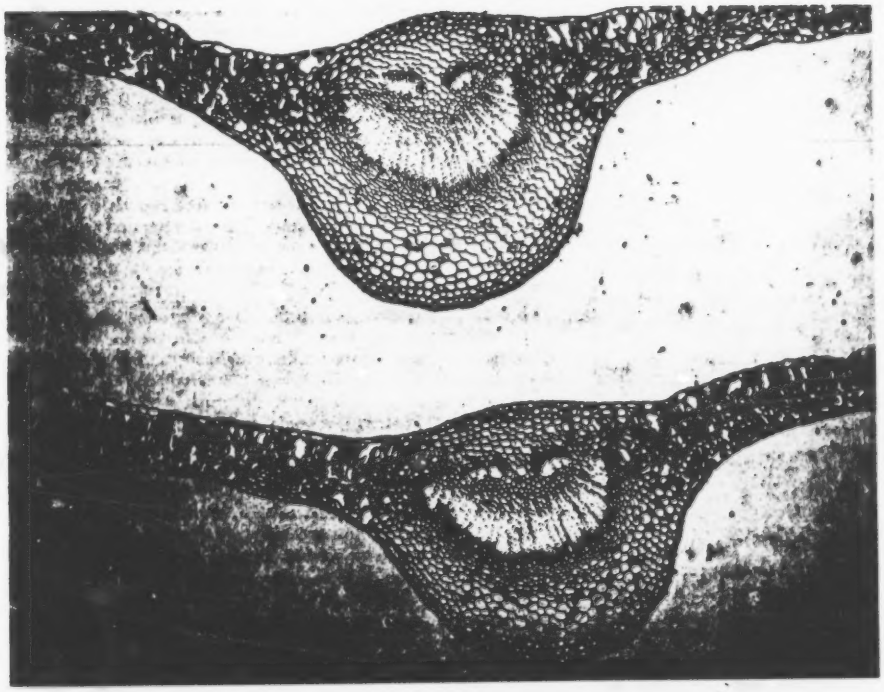
Kenneth Pelletier, PhD
Psychosomatic Medicine
University of California School of Medicine

Mark Rosenberg, MD
Cancer Counseling
Stanford University School of Medicine

John Travis, MD
Preventive Medicine
Wellness Resource Center

and Esalen staff, including:
David Schiffman
Dee Mundschenk
Patrick Douce
Dean Juhan

Owl is guardian spirit of the Great Sequoias.



Week of June 5-10

Personal Style & Personal Gestalt / Jack Downing

Each of us has our own individual life style, our personal gestalt characterizing each phase of our life. We can be aware of the way movement relates to interpersonal relationship, of how body chemistry determines our life goals. Drawing our own major life portrait will be the object of this workshop, using techniques newly invented for this purpose, as well as traditional methods such as behavioral feedback, group interaction, and gestalt uncovering and integrating methods. In order that the group can develop as fast as possible, please come only if you have had previous group experience. $300

Psychosynthesis: Choosing to Change / Ann Gila Russell

At the core of the process of change is discovering that something new is trying to emerge and choosing to integrate this new energy into our daily lives. Frequently, in the process there are parts of us that do not nourish change. They are resistant, retarding movement towards what is emerging. This program will combine individual work within the group setting and discussion of principles and concepts inherent in nourishing the process of change. Our work together will stress learning to allow change by exploring the implications of our choices and how they catalyze or retard the expression of our emerging self. $270

Growing Up Right: A Workshop for Human Plants
Betty Fuller

Many of us carry around enormous burdens of regret, resentment, incomplete cycles and other unfinished business from yesterday which turn today's life into a soap opera—tiring and trying. Frequently we made decisions "back then" which determine not only today's outlook but the choices we make about tomorrow's possibilities. This intensive, experiential workshop is designed to lighten the load—"empty the cup"—by completing the past and clearing space to create purposeful, joyful, and satisfying living here/now. Participants function solo, in dyads and in large and small groups using art, theater games, integrative movement work (feldenkrais and other), humor, fantasy, concentration and meditation exercises, sharing, gestalt awareness training and elements from encounter and psychosynthesis. $270

With his very life, Raccoon Man guarded the glowing coal on its way to the People.

Weekend of June 10-12

Tuning In / Janet Sachson Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and thinking. Once we are aware of our tapes, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness, and other techniques to tune in to ourselves and each other. $110

You & Universal Motion / Robert Nadeau

For workshop description see April 24–29. $110

Opening to Your Inner Self Through Body-Energetics
Hector Prestera

Using techniques from Reich, gestalt, direct encounter, acupuncture and energy release systems, such as vital center mantras, the individual will grow toward opening to himself and others. $110

Then Deer Man wept and the forest wept with him.

Week of June 12-17

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Massage Intensive / The Esalen Massage Crew

For workshop description see April 17–22. $270

The Energetic Foreground: A Bioenergetic-Gestalt Synthesis
Alan Schwartz

Working with the energetic foreground synthesizes the philosophies of bioenergetic analysis and gestalt. The central dynamic of the organism is the energy that makes up the whole person. Energy flow is body flow, emotional flow, and mental flow. Energy is *movement.* When such movement is blocked on any of the above levels, the organism *cannot* function to nourish the person towards a mature sense of self. This workshop will move in the direction of such awareness by providing participants an opportunity to work and play through energy blocks, concentrating on those which restrict the expression of the body. This release can provide the insight necessary for participants to glimpse a more total sense of self. $270

Group Process for Professionals / John Heider

This workshop will explore the role of the group leader. Experiential work will be followed by discussion of what the leader has done and how he has done it. Emphasis will be placed on:

- formation of the group field
- how to follow individual process
- how to cope with catharsis
- how to ground the group
- maintenance of leader's sanity $300

Weekend of June 17-19

The Innerspaces of Running / Mike Spino

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and the philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, inner space development, and creativity in quest for extraordinary experiences. Each person will receive an individual consultation and have the opportunity to continue towards personal goals on an ongoing basis. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Outer & Inner Awareness / Daniel Sheehy

With relationship to our theme, we will adventure into the mountains, streams, and beaches of Big Sur. By sensing the natural environment and experiencing our internal process, we will explore our individual relationship to nature. $110

Week of June 19-24

An Integrative Approach to Group Process & Individual Growth / A Workshop for Professional Development / David Schiffman & Dee Mundschenk

The focus of this workshop will be on learning to recognize and create the most effective entry points for intensive work with individuals as well as groups.

From a psychosynthetic perspective we will examine methods and strategies used in existing disciplines such as gestalt, bioenergetics, encounter, sensory awareness t'ai chi, and meditation. Participants will have the opportunity to clarify and develop their own ability, style, and artfulness. Group members will be given the opportunity to lead the group and receive evaluation, support, and video tape feedback.

We will touch on some of the following themes: How to witness pain without becoming it; intuitional development, auric reading, and their applications; the use of sound, imagery, and visualization for clarity and nourishment; creative risk-taking; and journal work for on-going growth and clarity. $290

God, Sexual Energy & Your Body / Gabrielle Roth

For workshop description see May 20–22 $290

Yoga, Meditation, Movement, Massage Deborah Sulochana Medow

Through the regular practice of healing asanas and integrative movement, hatha yoga seeks to develop and maintain awareness of self. Meditation, a vehicle for inwardly focusing this awareness, quiets the mind and allows the spirit to grow and flower. The outward expression of this self awareness is movement: how we move in this world reflects who we are and how we feel about ourselves. Free form movement becomes a way to explore and creatively expand our ways of being. Massage is a means by which aware individuals can share with each other and more fully experience each other. In this workshop, we will use yoga, meditation, movement, and massage to explore and expand our ways of feeling and seeing, relating, and being. $290

Gestalt & Meditation / Stella Resnick

Meditation helps to develop the stillness of mind and the power of concentration to use gestalt awareness process more effectively.

This workshop will focus on love, pleasure, and higher consciousness and is particularly recommended for people who have had experience with gestalt and are interested in expanding their sense of the spiritual or for people in spiritual practices who want to move with gestalt to increase primal awareness. $290

Weekend of June 24-26

The Fate of Adventure in the Modern World– A Gestalt of Nature & Psyche / Michael Tobias

This workshop will explore our immense, inner relationship to nature, utilizing the Esalen landscape, an award winning mountaineering documentary, slides (from Bangladesh, Bhutan, Tibet, the Alps, the Rockies, Sierra, and the Soviet Union), and an informal combination of discussion, group movement interaction and analysis, relying on a variety of visionary moments and writings from history. Much of our time will be spent outdoors, wandering along the ocean and doing 'bouldering process exercises.' The seminar will focus in on a study of Mountain Aesthetics and should provide an intense and novel experience for everyone who loves the 'outside.' $120

Centering in Action / Bob Kriegel

The purpose of this workshop is to show that there is nothing mysterious, mystical, or devotional about centering—the process of tuning into that place of inner strength and wisdom from which we experience more of our possibilities and potential.

To experience centering we will play active games of all types, invent new ones, and practice exercises from yoga, aikido, t'ai chi, and sensory awareness.

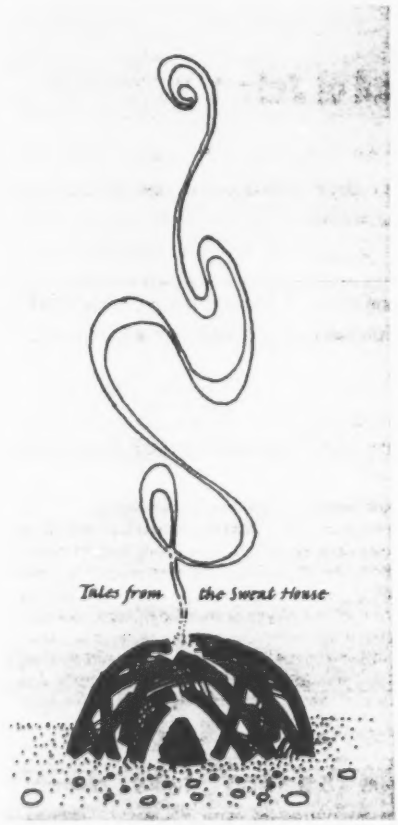
We will use gestalt awareness, visualization, and psychosynthesis techniques to bring the insights gained in these activities to a more conscious level and to transfer them into our daily lives. $120

Tai Chi Chih / Catherine Elber

Tai Chi Chih is an ancient secret of china's imperial class which was first presented to the public three years ago. It is easier than Tai Chi Chuan and its nineteen gentle movements allow one to connect with his/her own life force. This practice provides the peaceful serenity of meditation while cultivating body, mind, and soul. The inner calmness developed through this practice can have a deep effect on your life. $120

Introduction to Gestalt Practice / Joan Fiore

After introducing the "language" of gestalt and various gestalt experiments in breath, body, and feeling awareness, this workshop concentrates on providing the opportunity for intensive individual gestalt work in a supportive group setting. Suitable for novices as well as veterans. $120



Week of June 26 - July 1

A Gateway—Core-Energetics / Alexis Johnson

This is a workshop for spiritual seekers who have found that their own fulfillment comes from owning their negatives, claiming their joy and greatness and using their bodies . . . and want to do more of all of these. Our tools will range from the movement associated with bio-energetics to meditation. Each participant will have an individual session with the leader within the context of the group work; this work will be either conceptual, energetical, or both. $290

Gestalt as Higher Consciousness / Donald Barenfeld

Gestalt will be used as the basic framework for this workshop. Meditation, sound vibration, fantasy, and body/energy work will be integrated to shift our ordinary consciousness to a higher, more expanded level that will permit perspective change from the psychological to 4th chakra heart level energy. We will learn to mobilize and direct this creative power and thereby transform our vision of the world. $290

You & Universal Motion / Robert Nadeau

For workshop description see April 24—29. $290

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $260

Weekend of July 1 - 3

The Gentle Art of Becoming—Together: A Workshop for Couples / David Schiffman & Dee Mundschenk

For workshop description see April 1—3. $120 per person

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

The Feldenkrais Method: A Psycho-physical Education Through Body Movements Judith Stransky

Dr Moshe Feldenkrais has originated and developed an impressive method of re-educating the total being and tapping our unused potential through the means of body exercises and movement that lead to an expansion of awareness, and to a body-mind oriented to, and capable of, a greater range of experience. The exercises also involve integration of the physical and the mental, release of fixed habits that restrict us, differentiation of parts of the body, relaxation and balance, improvement in alignment, and lead to a suppleness beyond what one would believe is possible. The approach is through pleasure, not strain, combined with breathing techniques. $120

Body Awareness & Sensuality / Barbara Clemans

For workshop description see April 29—May 1. $120

Week of July 3 - 8

Woman to Woman / Man to Man Dee Mundschenk David Schiffman

"The woman that most needs liberating is the woman in every man, and the man that most needs liberating is the man in every woman."
—Rev William Sloan Coffin

Taking advantage of the natural affinity and support that people of the same sex can afford one another, the men and women in this workshop will meet separately as well as together. We will create an ambience of tenderness and support to provide opportunities to clarify the nature of who we are as men in the absence of women and who we are as women in the absence of men and what happens when we come together. The themes we will explore are our sexuality, our friendships, our body images, our coupling, our creativity, our relationship to power, our expectations of each other. The workshop will be grounded in the techniques of gestalt, encounter, fantasy, massage, and bioenergetics. $290

Growing Up Right: A Workshop for Human Plants Betty Fuller

For workshop description see June 5—10. $290

Opening to Your Inner Self Through Body-Energetics Hector Prestera

For workshop description see June 10—12. $290

Self Re-parenting / Joan Fiore

This workshop focuses on finding and opening paths in the present that allow us to re-turn to places in the past where we got stuck. Rather than acting out and cutting off these experiences from awareness, we re-awaken and act through the old horror shows, giving ourselves a new opportunity to clean up the unfinished business of early life that controls and rips off our aliveness and our power in the here and now. Experiments progress from re-wombing to re-birthing to re-infanting to re-adolescing to re-owning and replenishing as we go along. Modes of exploring are drawn from gestalt practice, neo-Reichian energy release, primal work, family work, guided fantasy, and Fiore re-parenting methods. Take your favorite cuddly toy, security blanket, or other such pacifier out of hiding and bring it along. $290

Weekend of July 8-10

Men in a Changing World / Janet Lederman

Through new and perhaps unfamiliar behaviors and responses we may experience greater flexibility and harmony in being with ourselves and in relating to a changing world. $120

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

Growing Up Right: A Workshop for Human Plants
Betty Fuller

For workshop description see June 5–10. $120

Selective Awareness, Self-Hypnosis & Movement
Emmett & Nitza Miller

To us, our practice is a means for capturing the spirit and momentum of enjoyable experiences in the past and projecting them into the future. Further, it allows us to trace maladaptive patterns—symptoms, habits, emotions, and blocks—to their source, as far back as infancy or further, and extinguish them.

Participants will learn to enter and use the hypnotic state for relaxation, imagery, and age regression. Movement will be used to help intensify emotional experiences, to transmit desirable self-concepts to the body. Of special interest will be multiple experiences of going from a desirable mental image in hypnosis directly into a full movement experience, without pausing at the "waking" level. $120

Week of July 10-15

Contact, Communication & Relationship
Julian & Beverly Silverman

For workshop description see June 12–17. $290

Massage Intensive / The Esalen Massage Crew

For workshop description see April 17–22. $290

Health Whole Holy / Bernard Gunther

We are all almost unlimited sources of joyous energy; we squander many of these resources. Blocked by fear, habit, and limitation, we dam ourselves in destructive energy expression: various forms of mental-physical-emotional imbalance. In this workshop we will explore our behavior patterns through the use of breathing, guided fantasies, awareness, and hypnosis. Special emphasis will be placed on the energy centers (chakras) as a system for self regulation, wholeness, and health. The experience will be a synthesis of gestalt, yoga, psychosynthesis, and movement with emphasis on a practical individual program of these methods that can be used in daily life. $290

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $260

"When the lights are on,
the darks are on, too,"
Old Man said.

Drawing by Barbara Adamson

Future Workshop Announcements

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

October 2—November 4

Inner Road to Health—
Approaches to Natural Healing & Self-Healing

This is a five week workshop with Al Drucker, Dee Mundschenk, David Schiffman, and Esalen staff. It includes both didactic and experiential sessions providing an in-depth introduction to many wholistic health practices, such as acupuncture, rolfing, massage, herbal and homeopathic systems, shiatsu, nutrition, fasting, yoga, tai chi, and meditation. Evenings, throughout the month, will focus on individual and inter-personal process work, based on gestalt and psychosynthesis approaches.

September 4—30

Ancient Maps of Consciousness
& Modern Approaches to Self-Exploration
Co-ordinated by Rick Tarnas & Stanislav Grof

A four-week interdisciplinary program exploring the relevance of ancient cartographies of consciousness for the development of self-awareness and their relation to recent developments in psychology and psychotherapy. Evenings will be generally devoted to didactic seminars, lectures, and discussions, while daytime sessions will be conducted by Esalen faculty members guiding participants in various experiential approaches to personal growth. The material presented in this workshop will fall into four major thematic groups:

I. Ancient Maps of Consciousness. The ancient systems of thought covered in this workshop will include astrology, alchemy, Kabbala, Tarot cards, Indian spiritual practices, and the books of the dead (Egyptian, Tibetan, and Ars Moriendi). We will discuss the relevance of these systems as cartographies of personal development and of the spiritual journey.

II. Modern Psychotherapeutic Techniques. We will explore theoretically and experientially several modern growth methods such as gestalt practice, psychosynthesis, encounter, Reichian, and neo-Reichian approaches, Jungian psychology, and Dora Kalff's sandplay.

III. Psychedelic Therapy & Its Implications for Psychiatric Theory. In a series of illustrated discussions, we will explore the principles of drug-assisted psychotherapy with psychiatric patients and dying individuals, the healing potential of altered states of consciousness, and the cartography of the human unconscious emerging from psychedelic research.

IV. Self-Exploration & Group Process. Esalen staff and guest leaders will act as facilitators of an ongoing process of intra-psychic and interpersonal exploration of the participants all through the workshop. An experienced resident astrologer will assist the group members individually in exploring the relevance of transit astrology for their personal process.

The program is limited to 30 participants selected from applicants. The fee is $1150 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute, Big Sur, California 93920.

If you wish to enroll in the program, send a letter of biographical information to Rick Tarnas, Esalen Institute, Big Sur, California 93920.

November 6—December 2

An Integrative Approach to Group Process
& Individual Growth / David Schiffman, Dee Mundschenk,
Dick & Chris Price, with the Esalen Staff

This month-long community workshop will provide the opportunity for participants to clarify and develop their own ability, style, and artfulness as facilitators, as well as to do in-depth personal work and training in gestalt, body work, psychosynthetic techniques, journal processing, and meditative practices.

The workshop will be structured to include: intensive individual work, supervised observations, practicum work in group leading and individual counseling skills, video feedback, journal keeping and didactic-theoretical sessions. The emphasis throughout will be on creating a personally integrated perspective on the nature and process of evolution.

BIOGRAPHICAL

A

RUTH ALON is a graduate of the Feldenkrais Institute in Israel and teaches this method at the Tel-Aviv University. (p 21)

MAURICA ANDERSON led the Esalen High Sierra mountain encounter in addition to working extensively in psychodrama and encounter with various organizations. (p 25)

WALT ANDERSON is a contributing editor of *Human Behavior* magazine and a student of any number of things including karate, Tibetan Buddhism and California politics. His most recent book is *Therapy and the Arts.* (p 25)

RON ANDES is a staff Radix Trainee in Santa Monica. (pp 14, 26)

JOHN ARGUE is a teacher, actor, director, and playwright. He has done extensive work in gestalt, tai chi, and bioenergetics. (p 16)

JUDITH ASTON developed Structural Patterning, based on Ida Rolf's concepts of alignment. Currently she is director of the Structural Patterning Institute and on the training staff of the Rolf Institute. (p 5)

B

DONALD BARENFELD is in private practice with the Gestalt Association of Santa Monica. (p 30)

GREGORY BATESON, author of *Steps to an Ecology of Mind,* originated the "double bind" theory which explains some of the causes of schizophrenia. (pp 21, 22)

C

PATRICIA CALDWELL has been practicing and teaching shiatsu for several years. (p 25)

BARBARA CLEMANS has been an Esalen seminar leader for six years. Recently, she has been training counselors who work in the field of substance abuse. Her work is featured in *Getting Clear, Body Work for Women.* (pp 17, 25, 30)

CONNIE COSSETTE is an advanced Staff Radix Trainee in Santa Monica. She developed the intimacy and marathon workshops at Radix. (p 24)

D

WILL DAVID is a Staff Radix Trainee in Seattle, Washington where he has a private practice. (p 14)

LAURA DE NUCCIO is a Staff Radix Trainee. She now lives at Esalen, Big Sur leading groups in Radix work. Laura combines her training in the Bates method of vision improvement with her "feeling" work. (pp 14, 24, 26)

JACK DOWNING's living experience as a doctor, specializing in psychiatry, has been enlarged by spiritual development in Arica, work with Dr Ida Rolf in structural integration, and experience with the contemporary drug culture. (p 27)

EDWARD DREESEN has been a practitioner of aikido and jujitsu for the past twelve years. (p 22)

AL DRUCKER is a resident teacher at Esalen. He trained in numerous health and healing systems including acupuncture and rolfing. He has devoted the past three years to spiritual practice, spending about a year in India to be with his teacher, Sai Baba. (pp 13, 22, 25, 26, 32)

E

CATHERINE ELBER attended the first teachers training course given in tai chi chuan and is grateful for this simple means of sharing the awareness of spirit. (pp 22, 29)

JOAN ERIKSON has been a teacher of dance movement for many years. She is the author of *The Universal Bead, Saint Francis and his Four Ladies,* and *Activity—Recovery—Growth.* (p 25)

F

ANDREW FELDMAR is a psychologist in private practice in Vancouver. He completed an apprenticeship with R D Laing in London. (pp 22, 23)

JOAN FIORE currently practices gestalt, Neo-Reichian energy release work and her own self re-parenting methods in Berkeley. She has been a resident leader at Esalen and furthered her education working on an in-patient psychiatric ward. (pp 17, 29, 30)

ARTHUR FOX is director of the humanistic athletic program at Urban School. (p 24)

JANICA FOX leads groups at Esalen and around the country. (p 24)

JOYCE FRAZEE is a gestaltist whose other training includes art, encounter, bio-energetics, body awareness, and psychosynthesis. She is presently on the staff of Cold Mountain Institute. (pp 22, 23)

BETTY FULLER is a humanist counselor whose training includes working with Werner Erhard, Moshe Feldenkrais, Janet Lederman, Fritz Perls, Will Schutz, and Milton Trager. (pp 15, 16, 27, 30, 31)

G

JACK GAINES, a student of esoteric teaching, was formerly a corporation president and is now a writer. (p 15)

DICK GALLAND is a director of Peak Experiences and has twenty years of wilderness experience. He was the founder and the director of the Texas Outward Bound school. (p 15)

DAVID GRILL is a junior Radix Trainee in Ojai. He spent a year in residence at Esalen during which time he participated in workshops in psychosynthesis, gestalt, massage, meditation, and yoga. (p 24)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over fifty articles in professional journals and books. (pp 14, 22, 32)

BERNARD GUNTHER has just returned from India where he studied tantric yoga with Bhagawan Shree Rajneesh. His latest book, *Up Your Chakras,* will be published this spring. (pp 17, 21, 31)

H

JOAN HALIFAX is a medical anthropologist specializing in psychiatry and religion. She has been a scholar in residence at Esalen, Big Sur. (p 26)

BETSY HAND is a family therapist who trained with Virginia Satir at Mental Research Institute. She was on the resident staff of Gestalt Institute of Canada and has been in practice for fifteen years. She is married and has two children. (p 26)

INFORMATION

BARBARA HAZILLA is the assistant director of SAGAS, a project whose focus is developing self-awareness through active games and sports. (p 5)

CHRISTINA HEALY is a teacher of hatha yoga and of various techniques of self-exploration through visual arts. (p 22)

SHARON HENRY, staff Radix Trainee in Santa Monica, has been an empathy trainer and a medical and research assistant. She has trained in voice and theater, and is currently a student of psychology. (p 14)

JOHN HEIDER is the director of the Human Potential School of Mendocino. John has also taught at Esalen/Big Sur and at Menninger Foundation and served as staff psychologist for the Veterans Administration. (p 28)

JEAN HOUSTON, is a phenomenologist and researcher of consciousness. She is co-author of *Varieties of Psychedelic Experience, Psychedelic Art* and *Mind Games*. (p 22)

J

ALEXIS JOHNSON studies with John Pierrakos and his Institute for the New Age of Man, has a private practice in New York City, and is experiencing her own receptivity and movement. (p 30)

K

CHARLES KELLEY, director of The Radix Institute in California, is a scientist who has specialized in vision training and human factors research for twenty-five years. (p 14)

BOB KRIEGEL was the co-founder and director of the Esalen Sports Center. He has been training for the past three years in psychosynthesis and his current work involves using physical activities as a means of exploring self awareness and self expression. (p 29)

L

NEIL LAMPER, a gestalt teacher, is founder of Tuwagachi, a gestalt learning center in Michigan. (p 17)

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen, Big Sur. (pp 21, 22, 31)

GEORGE LEONARD is author of *Education and Ecstasy, The Transformation, The Man & Woman Thing,* and *The Ultimate Athlete*. He holds a black belt in aikido. (pp 5, 14)

ANTOINETTE LILLY has training in Eastern mystical tradition and contemporary methods of freeing the self. Her first book is *Dyadic Cyclone* (co-authored with John Lilly). (p 23)

JOHN C LILLY is a teacher-scientist-mystic on the path of examining the depths and far reaches of human consciousness. His books include *The Center of the Cyclone* and *Simulations of God: The Science of Belief* (May, 1975). (p 23)

GAY LUCE is the author of *Sleep* and *Body Time*. She is presently co-director of the SAGE Project, a highly successful growth center for senior citizens in Berkeley. (pp 22, 26)

M

ANNE MACKENZIE, Staff Radix Trainee in Santa Monica, brings to her Radix teaching learnings from gestalt, polarity, nutrition, physiology and environmental studies. (p 26)

DAVID MANCINI is a musician who has lived and worked at Esalen. (p 16)

ED MAUPIN is a body-oriented psychologist. He did his doctoral research on zen meditation, was an associate in residence at Esalen Institute from 1966-1970 and has been with the Arica School since 1971. (pp 17, 21)

SULOCHANA MEDOW is interested in directing and rechanneling energy. She studies and teaches Ashtanga yoga, movement, massage, and polarity. For the past eight years, she has also been on the Esalen massage crew. (pp 14, 29)

EMMETT MILLER is a physician who developed selective awareness, a self applied process of using hypnoidal states to unlearn maladaptive emotional and habit patterns. (pp 24, 31)

NITZA BROIDE MILLER is a dance/movement teacher. She is a professional folk dancer and teacher of classical, modern, primitive, and creative dance. (p 31)

PEGGY MORRISON is an Esalen masseuse. (p 22)

DEE MUNDSCHENK has experience in social work, group processing, coordinating an experimental mental health center, and teaching oriental art appreciation. (pp 13, 14, 17, 21, 22, 25, 26, 29, 30, 32)

MICHAEL MURPHY is co-founder of Esalen Institute and a student of Eastern philosophy. He is the author of *Golf in the Kingdom*. (p 5)

N

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. Bob also teaches aikido. (pp 5, 17, 25, 27, 30)

P

WENDY PALMER, a student and teacher of aikido, conducts classes in aikido energy awareness and self defense, with special interest in people who feel they have delicate systems. (p 25)

KENNETH PELLETIER is an Assistant Clinical Professor at Langley Porter. He is director of the Psychosomatic Medicine Center of Gladman Memorial Hospital in Oakland. (pp 13, 26)

PREM DAS lives in Mexico among an isolated tribe of Indians called Huichol—"healers"—extending his study of yoga into the realm of shamanism and traditional life styles. (p 22)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is currently practicing acupuncture in Monterey. His prior training includes Arica Institute, gestalt, Reichian energetics, and structural integration. (pp 27, 30)

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 22, 23, 32)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 22, 23, 32)

R

STELLA RESNICK is a clinical psychologist who trained with Fritz Perls. She is the author of the article "Gestalt Therapy as Meditative Practice" which appears in the book *Gestalt Is*. (p 29)

GABRIELLE ROTH is the founder and director of The Moving Center, an organization devoted to the movement of heart energy in the world, which supports artists and performers and produces musical and dance events. (pp 24, 29)

BIOGRAPHICAL

FRANK A RUBENFELD, a clinical psychologist who trained with Fritz Perls at Esalen, is on the faculty of the Gestalt Institute of San Francisco and the California School of Professional Psychology. (p 16)

ANN GILA RUSSELL is an Associate of the Psychosynthesis Institute in San Francisco. (p 27)

S

DAVID SCHIFFMAN is currently a leader in residence at Esalen/Big Sur, where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 13, 14, 15, 17, 21, 22, 25, 26, 29, 30, 32)

WILLIAM SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais, and *est*. He is the author of *Firo, Joy, Here Comes Everybody*, and most recently *The Elements of Encounter*. (pp 5, 25, 26)

INFORM

ALAN J SCHWARTZ practices privately in New York City. He has developed the concept of the energetic foreground—the use of the bioenergetic-gestalt synthesis in education and counseling. (p 28)

LENI SCHWARTZ is an environmental psychologist, birth counsellor, and author of *The Environment of Birth* (Pantheon 1976). (p 22)

DANIEL SHEEHY, a rolf practitioner in Big Sur, is the director of Camp Mendocino, a family growth camp. (p 28)

BEVERLY SILVERMAN is a gestaltist and a senior rolf practitioner. She has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the US Army at Fort Ord. (pp 22, 31)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His work on attention disfunction in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the field of mental dis-ease. (pp 22, 31)

GERALD SMITH has a family therapy practice in Belmont, California. (p 26)

MIKE SPINO is the director of the Esalen Sports Center and the author of *Beyond Jogging: Inner Spaces of Running*. (pp 5, 28)

ATION

BILL STEWART is a black singer and poet who was born in Mississippi. Throughout his life, friendship has been his koan and primary myth. He is currently working as an adminsitrator at University of California. (pp 17, 21)

JUDITH STRANSKY studied the feldenkrais method in Israel. She is also a qualified teacher of the Alexander Technique in Santa Monica. (p 30)

T

RICK TARNAS is a member of the Esalen staff and is a student of Stanislav Grof. (p 22, 32)

MICHAEL TOBIAS has been intensely active in the mountaineering world for ten years. He is a professional photographer and writer and is currently editing an anthology entitled *A Mountain Aesthetic*. (p 29)

Z

JANET SACHSON ZUCKERMAN has been leading groups for five years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 15, 16 24, 27)

Audio Cassette Recordings

Esalen long-term and special workshops have recently produced unusual and informative audio recordings. These are recorded in stereo and are available on cassettes only:

The January 1976 *Physics and Consciousness* group brought together spokesmen of the new counter-culture physics, sharing viewpoints and findings in the interplay of mind with matter:

John King: *Introductory Discussions of Quantum Theory*	1½ hours	$7.50
Peter Flessel: *Molecular Biology and Modern Physics*	1 hour	6.00
Fritjof Capra: *Quantum Paradoxes and Eastern Mysticism*	1½ hours	7.50
David Finkelstein: *A New Quantum Logic*	1½ hours	7.50

The May 1976 Grof workshop on *Schizophrenia & the Visionary Mind* gathered early explorers of the mind and of psychotic and religious experience:

John Perry: *Psychosis and Visionary States*	1½ hours	7.50
Humphrey Osmond: *Early Psychedelic History*	1 hour	6.00
Julian Silverman: *Shamanism & Schizophrenia*	1½ hours	7.50
Gregory Bateson: *Double Binds & Levels of Thinking*	1 hour	6.00

And, in addition, there is now an introductory recording of Al Huang's workshops, and the most recent from John Lilly, added to previously listed tapes:

Al Chung-Liang Huang: *The Watercourse Way T'ai Chi*	1 hour	6.00
John C Lilly: *About Whales and Dolphins*	1 hour	6.00
Will Schutz: *Interpersonal Psychodynamics*	1½ hours	7.50
Gregory Bateson: *Metaphors and Butterflies*	1½ hours	7.50

Please address your order and make check payable to: Workshop Cassettes c/o Hot Springs Lodge, Big Sur, CA 93920. Suggestions regarding future recordings will be appreciated.

WE
invite **YOU**
to join us
in our organization . . .

Friends of Esalen

FRIENDS OF ESALEN provides financial aid to people who are eager to attend our workshops but who cannot afford them.

Drawings by Barbara Adamson

WE BELIEVE that one of our **FIRST** priorities is to make our programs available to a broader basis. We have therefore decided to use membership contributions to fund such **SCHOLARSHIPS.**

In addition to the **KNOW**ing that **YOU** have given someone else the opportunity to experience **ESALEN,** you will receive regular mailings of the **ESALEN CATALOG. WE** hope you feel your experience at Esalen was worth the **SHARING** and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category I have circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student . . . . . $5 **One Year Donor . . . . . $50** **One Year Patron $500**
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Special Information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2 for the United States, $4 for Canada and Mexico, $8 for Europe and South America and $10 for all other countries. Those attending Esalen workshops and conferences are automatically added to the mailing list for one year. A single inspection copy of the current issue is available free upon request from Esalen Institute, Big Sur, CA 93920.

CONTRIBUTIONS to Esalen Institute are tax deductible.

ACCREDITATION and the USE OF ESALEN'S NAME: at present, we *do not* offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen / San Francisco programs contact Big Sur Recordings, 2015 Bridgeway, Sausalito, California 94965. They also have Big Sur programs prior to 1973.

Commercial use of Esalen program tapes is prohibited; all rights are reserved.

FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103.

Credits

Most of the illustrations in this Esalen Catalog are based on California Indian mythology; there is no attempt to be "authentically" Indian, but rather to bring myth material into modern sensibilities we all share. Captions indicate dramatic highlights in stories for which the viewer may improvise a supply of beginnings and endings. Myths stay alive in this way.

Catalog design and original illustrations, except as otherwise noted, are by Red Dog Pieface, who is not an Indian.

We are pleased to present this issue printed on recycled paper.

Big Sur Information

For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 4 every day;
10 to 8 Sunday & Friday.

In Los Angeles call:
Nancy Lunney
(213) 820-5511
for general information.

Except for the Sport Center program described on page 5, all programs listed in this brochure are residential programs in Big Sur. Send reservations for all programs to Esalen Institute, Big Sur, California 93920.

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Deposit Information: We require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. Deposits are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail all reservations to Esalen/Big Sur. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15—August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

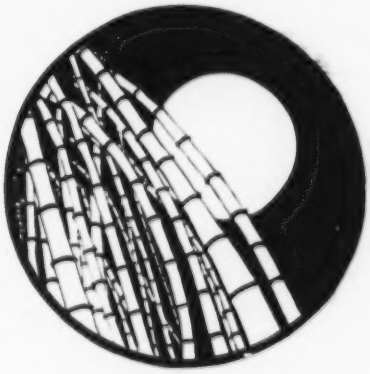
Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen has no child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5—5:30 pm each Sunday and Friday. The cost is $10 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence for five days or longer at Esalen are asked to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.



San Francisco Information

We have decided to close our offices in San Francisco and Mill Valley. All administrative activities will be handled by the Big Sur office.

To obtain future issues of the Esalen Catalog & occasional mailings for one year, please send a check or money order for $2 to:
Esalen Institute, Big Sur, CA 93920

(Note: People who attend an Esalen workshop or conference will receive a free subscription).

Name

Address

City State Zip

Subscription rates for foreign countries are given on page 37.

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in reserving a space at Esalen workshops and lectures. You may use it for San Francisco or Big Sur programs. (Please make reservations at each location independently rather than place a "mixed" order.) In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)

Check location of program(s): **(Mail all reservations to Esalen Institute, Big Sur, California 93920.)**

☐ **San Francisco**
(Program on page 5 only)

☐ **Big Sur**
Check whether you wish: ☐ shared room ☐ housing as a couple
☐ single room on a space-available basis ($7 per night additional charge).
Do you smoke? _____

How many times have you been to Esalen? ☐ first ☐ several ☐ many
How did you first hear about Esalen? _____
☐ From a person who had been to Esalen
☐ Publication / media ☐ Professional contacts

Name of person registering	Date (s)	Leader's Name / Title of Workshop	Deposit

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Total amount enclosed: $ _____
Your deposit can be charged to:
Master Charge ☐ American Express ☐
Card No. _____
Expiration date _____
Checks payable to Esalen Institute.

PAYMENTS: All workshops require nonrefundable deposits. Consult information section on page 38 for deposit information. The balance of program fees becomes payable at the time of check-in.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

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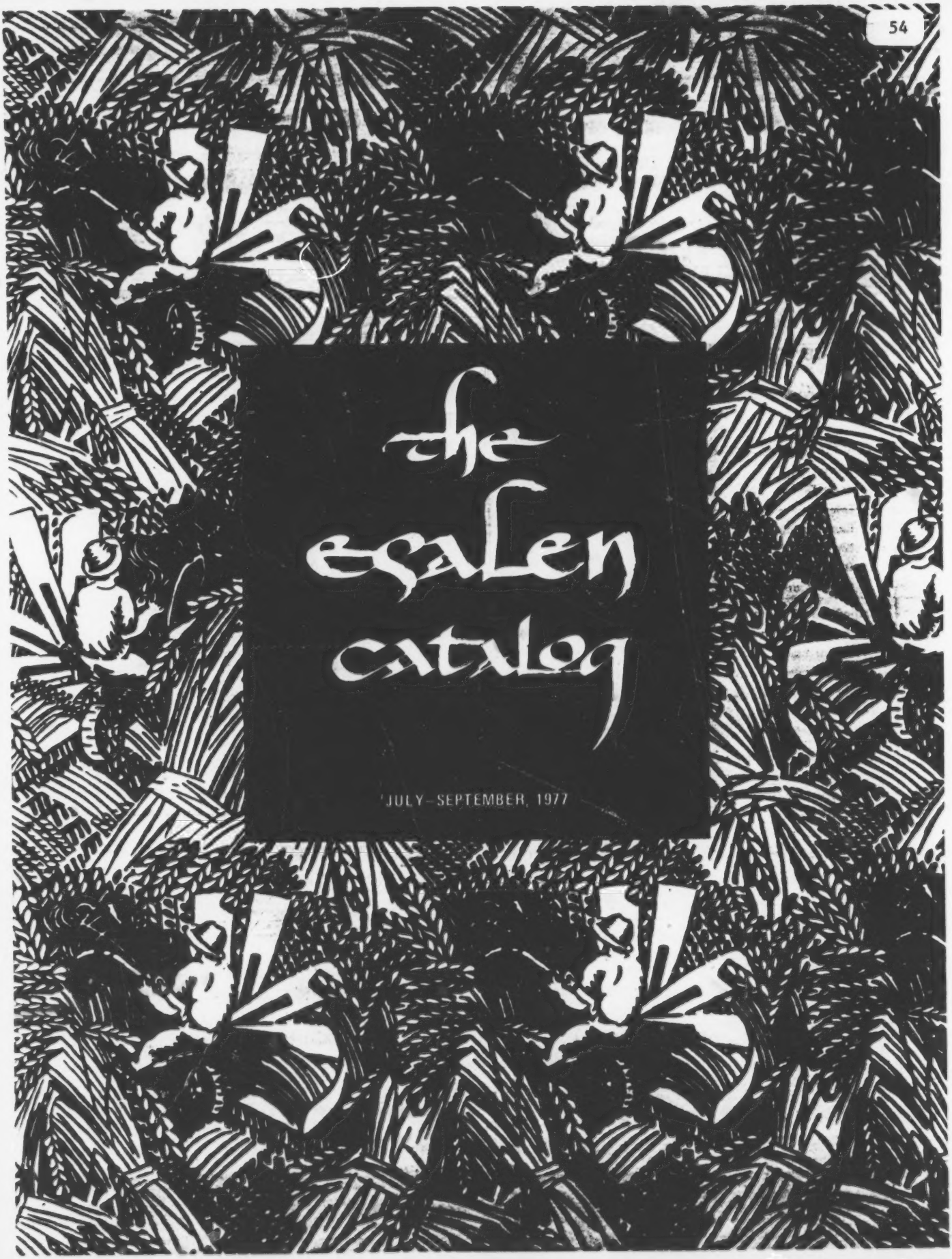
Esalen Institute
Big Sur
California 93920

DATED MATTER

To assure that you will continue to receive the Esalen Catalog, notify us immediately of any change of address.
THIRD CLASS MAIL: .Address correction requested.



the esalen catalog

JULY–SEPTEMBER, 1977

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David Schiffman	Nov 6-Dec 2	31
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ESALEN INSTITUTE

–Big Sur, CA 93920. Phone (408) 667-2335;
10 to 3:30 every day; 10 to 8 Sunday and Friday.

The theme of this catalog's illustrations is: Working.

Who's Responsible at Esalen?

We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility." However re-presented and operationalized in the past, by us or by others, this ethic continues to be the basis for our world view, and following from this, our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty dis-illusioning social and political events—all connected by a common reminder:

> Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness). "Take responsibility for your every thought, your every feeling, your every action," said our beloved friend and teacher, Fritz Perls.

We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

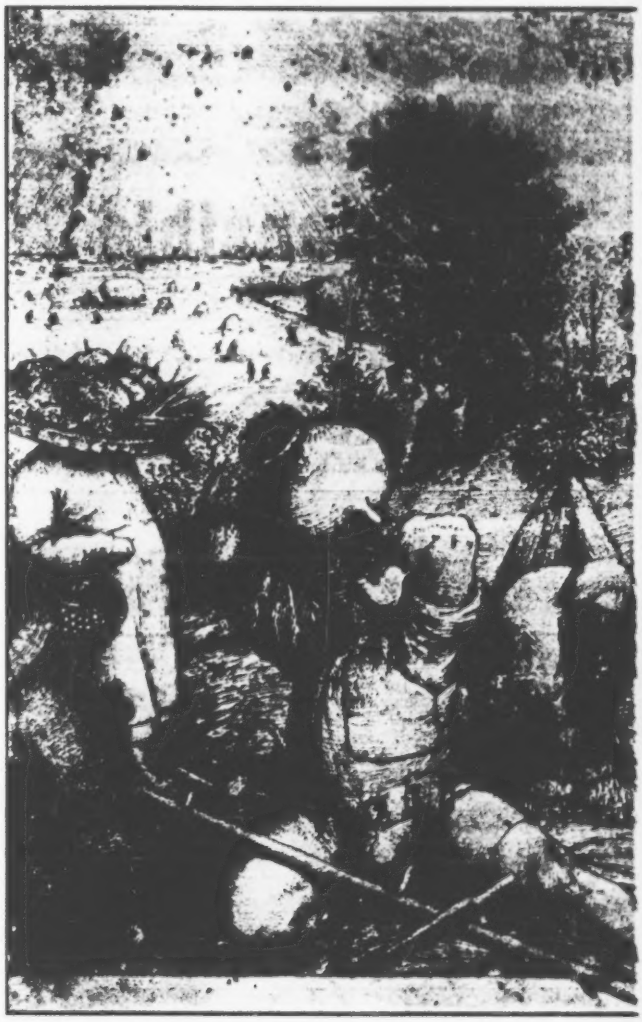
In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures . . . and so on—and to be aware, whenever possible, what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. In effect, we are asking that this self-responsibility attitude be present in the initial contact with Esalen. Ideally, the same attitude will pervade after a workshop when our seminarians go back to the community and seek out others—physicians, teachers, counselors, mental health professionals, etc.

As we have become more thoughtful and self-critical about the overall direction of Esalen we have begun to concentrate on enhancing our basic offering—the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life; rather our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness—the consciousness of self-awareness/self-responsibility.

Food for Thought

EMOTION AND RESPONSIBILITY

FRITZ PERLS



Now normally the *elan vital,* the life force, energizes by sensing, by listening, by scouting, by describing the world—how is the world there. Now this life force apparently first mobilizes the center—*if* you have a center. And the center of the personality is what used to be called the soul: the emotions, the feelings, the spirit. Emotions are not a nuisance to be discharged. The emotions are the most important motors of our behavior: emotions in the widest sense—whatever you feel—the waiting, the joy, the hunger. Now these emotions, or this basic energy, this life force is apparently differentiated in the organism by what I would like to call the hormonic differentiation. This basic excitement is differentiated, let's say by the adrenal glands, into anger and fear: by the sex glands into libido. It might, in the case of adjustment to a loss, be turned into grief. Then this emotional excitement mobilizes the muscles, the motoric system. Every emotion, then, expresses itself in the muscular system. You can't imagine joy, which is more or less identical with dancing, without muscular movement. In grief there is sobbing and crying, and in sex there are also certain movements, as you all know. And these muscles are used to move about, to take from the world, to touch the world, to be in contact, to be in touch.

Any disturbance of this excitement metabolism will diminish your vitality. If these excitements cannot be transformed into their specific activities but are stagnated, then we have the state called anxiety, which is a tremendous excitement held up, bottled up. *Angoustia* is the Latin word for narrowness. You narrow the chest, to go through the narrow path; the heart speeds up in order to supply the oxygen needed for the excitement, and so on. If excitement cannot flow into activity through the motoric system, then we try to desensitize the sensoric system to reduce this excitement. So we find all kinds of desensitization: frigidity, blocking of the ears, and so on—all these holes in the personality that I talked about earlier.

So, if we are so disturbed in our metabolism, and have no center from which we can live, we have to do something. we want to do something to collect again the wellspring, the foundation of our being. Now there is not such a thing as total integration. Integration is never completed; maturation is never completed. It's an ongoing process for ever and ever. You

Pieter Brueghel: *Summer*

can't say, "Now I've eaten a steak and now I am satisfied: now I'm no more hungry," and for the rest of your life there is no more hunger. There's always something to be integrated; always something to be learned. There's always a possibility of richer maturation—of taking more and more responsibility for yourself and for your life. Of course, taking responsibility for your life and being rich in experience and ability is identical. And this is what I hope to do here in this short seminar—to make you understand how much you gain by taking responsibility for every emotion, every movement you make, every thought you have—and shed responsibility for *anybody* else. The world is not there for your expectation, nor do you have to live for the expectation of the world. We touch each other by honestly being what we are, not by intentionally *making* contact.

Responsibility, in one context, is the idea of obligation. If I take responsibility for somebody else, I feel omnipotent: I have to interfere with his life. All it means is, I have a duty—I believe I have the duty to support this person. But responsibility can also be spelled *response-ability:* the ability to respond, to have thoughts, reactions, emotions in a certain situation. Now, this responsibility, the ability to *be* what one *is,* is expressed through the word "I." Many agree with Federn, a friend of Freud, who maintained that the ego, the *I,* is merely a symbol of identification. If I say that I am hungry now, and in an hour's time I say I am not hungry, this is not a contradiction. It is not a lie, because in between I have eaten lunch, I identify with my state right now, and I identify with my state afterward.

Responsibility means simply to be willing to say "I am I" and "I am what I am—I'm Popeye, the sailor man." It's not easy to let go of the fantasy or concept of being a child in need, the child that wants to be loved, the child that is afraid to be rejected, but all those events are those for which we are not taking responsibility. Just as I said in regard to self-consciousness, we are not willing to take the responsibility that we are critical, so we project it outside and then we live in eternal demands to be accepted, or the fear of being rejected. And one of the most important responsibilities—this is a *very* important transition—is to take responsibility for our projections, re-identify with these projections, and become what we project.

The difference between Gestalt Therapy and most other types of psychotherapy is essentially that we do *not* analyze. We *integrate.* The old mistake of mixing up understanding and explanatoriness is what we hope to avoid. If we explain, interpret, this might be a very interesting intellectual game, but it's a dummy activity, and a dummy activity is worse than doing nothing. If you do nothing, at least you *know* you do nothing. If you engage in a dummy activity you just invest time and energy in unproductive work and possibily get more and more conditioned to doing these futile activities—wasting your time, and if anything getting deeper and deeper into the morass of the neurosis.

It would be wonderful if we could be so wise and intelligent that our rationality could domineer our biological life. And this polarity of mind vs. body is not the only polarity. There are other things to the human being than these two instruments. This identification with the intellect, with explanation, leaves out the total organism, leaves out the body. You *use* your body instead of *being* some-body. And the more all the thinking goes into the computing, into manipulation, the less energy is left for the total self. Since you have bracketed off your body, the result is that you feel like being nobody, because you have no body. There's no body in your life. No wonder so many people, if they are out of the routine of their daily work, get their "Sunday neurosis" when they are really faced with their boredom and the emptiness of their lives.

The above article was reprinted with the permission of Real People Press, Box F, Moab, Utah 84532. It is taken from the book Gestalt Therapy Verbatim *by Fritz Perls, copyright Real People Press.*

Food for Thought

RADIX TEACHER TRAINING*

CHARLES R. KELLEY

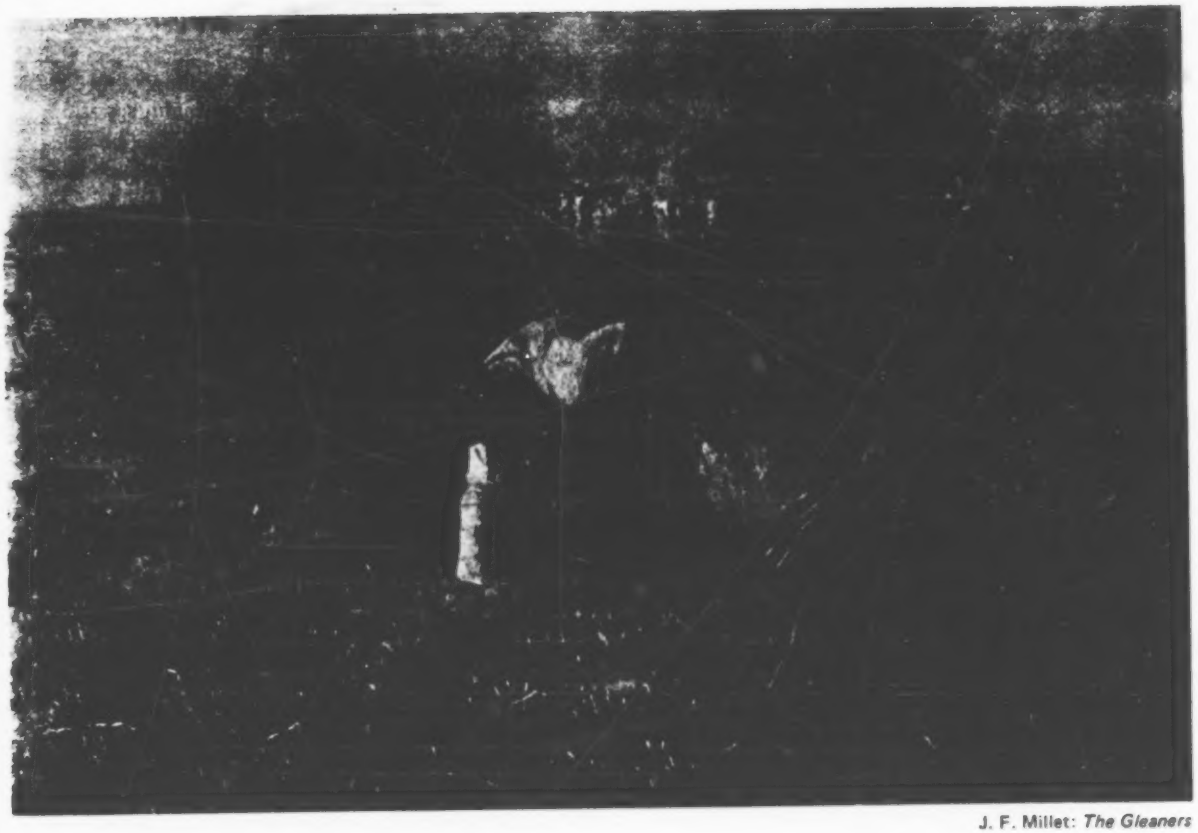
Director, Radix Institute

Reichian work is work with body and feelings. It is rooted in two major discoveries of Wilhelm Reich. The first is the muscular armor, the chronic patterns of tension in the body that are responsible for blocked emotion. The second is the life force, existing tangibly in the body, and serving as a bridging concept between the armor and the emotion that is blocked. I call the life force the *radix*, whereas Reich called it *orgone energy*. Radix is a rare word meaning root, source, or primary cause. I see it not as energy, but as a substratum of nature from which energy and feeling emerge. Spelled with a capital, Radix refers to the educational program and techniques of the Radix Institute, and is protected by service mark from use by others. Thus at the Radix Institute, we teach *Radix* new education work, rooted in my understanding of the nature and properties of the *radix*.

One of the most challenging tasks of Radix work has been to build a program that would train prospective teachers to a high level of competence in the difficult and demanding new skills of Radix education. Consistent with the philosophy of education expressed in my monograph, *The New Education*, our training program has been developed with virtually complete independence from the educational establishment. There are no degrees or diplomas required for admission, though most of our trainees are mental health professionals. The only prerequisite is enough Radix work with us that we are convinced that an applicant has the potential to become a good teacher, usually 50 sessions, a year of work.

Because we are not encumbered with the deadwood of bureaucracy and governmentalization that prevails in the educational establishment, we have been able to eliminate the useless drudgery required to become a competent professional. We have thrown away the endless sequences of irrelevant requirements, courses, degrees, and licenses that form the union cards and means of limiting entry into a field of most professions. As a result, our teacher training program has been able to focus on the vital central content of this work, the concepts and skills required to be an effective Radix teacher. One can become an effective Radix teacher in about 3 years.

The Radix training program includes four categories of work: 1) *personal experiential Radix work;* 2) *concepts and techniques;* 3) *practice teaching;* and 4) *outside work.* We have found over the years that serious problems in any area of the training program were always traceable to problems in *personal experiential work.* Students come to grief in the training program because they encounter problems in their own character structure they are unwilling or unable to handle in their Radix personal growth work. Students moving well in their personal work take every sort of problem in the other areas of work in stride. Students hung up in their personal work often come to grief in other areas, eg, completing assignments, passing examinations, or doing practice teaching. *Concepts and techniques* of Radix education are taught in training seminars and workshops. Radix work owes its power to our ability to teach the nature and properties of the life force, especially the origin, blocking and release of emotion. There are 60 training sessions in the 2 years of the program. Cassette tape sessions play an especially important role in the work of the extension trainees, who take much of the training hundreds or thousands of miles from our California facility. Concepts are more important than techniques. Those who master concepts become able to develop their own techniques. In *practice teaching* the concepts and techniques of Radix education are put to work. Like most new education work, Radix education skills are mastered by doing them. The nominal practice teaching requirement is 200 Radix practice teaching sessions. Preferred format is a group of 4 to 6 students, committed to a year of work with the trainee. This year of work includes classes, workshops and private sessions, planned and supervised by the training staff of the Radix Institute. Advanced trainees may teach workshops and classes, not only at the Radix Institute but also at Esalen Institute and other growth centers across the country and abroad



J. F. Millet: *The Gleaners*

as part of their practice teaching experience. Lastly, every Radix teacher trainee is required to take *outside work* in new education programs other than Radix. The power of Radix work is such that the inexperienced easily go overboard and wish to live, eat and sleep Radix education. We want Radix trainees to keep their Radix work in perspective. We encourage them to go to Esalen, to join Synanon, to do work in Transactional Analysis, to work with Nathaniel Branden, to take Alexander or Feldenkrais lessons, to graduate from a good school of training in massage.

Traditional programs of instruction in psychology, psychiatry, and related professions do little to equip graduates to do Radix work well. The capacity to become a good Radix teacher depends much more on what a person is than what degrees he has earned. Related is the fact that advanced degrees and impressive titles are the least useful indices of competence in the whole Reichian field. Reichian work is practiced under the guise of medicine, psychology, social work, counseling, osteopathy, the ministry, and chiropractic. These guises can be a gentle fraud, as none of the professional schools for any of these professions equip students for this work. Qualified training in Reichian work can be obtained through the training programs of Elsworth Baker and the American College of Orgonomy or Alexander Lowen and the Institute for Bioenergetic Analysis as well as through the Radix Institute.

I react strongly when I see Radix and other sound Reichian work bastardized and exploited by training program drop-outs and even less qualified Reichian pretenders. We have recently instituted training contracts and a signed Radix Teacher's Code designed to limit the abuse of Radix work by trainees and teachers. I note with interest that Ida Rolf has adopted similar measures to protect her work. I believe in such private means, and am strongly opposed to government control or licensing of new education teachers. It is up to each new education organization to set its own standards and conditions of training and to make it known how is trained to do its work.

*Excerpted from a longer article by permission of the author. To receive a copy of the complete article and a list of Qualified Radix Teachers, send a self-addressed envelope to the Radix Institute, Box 3218 Santa Monica, CA 90403. Radix Esalen Workshops are described on page 24.

Taktsang Monastery, Bhutan. Photo by author.

THE PSYCHOLOGICAL METACENTER:

IMAGINATION IN WILDERNESS

MICHAEL TOBIAS

St Augustine first challenged us to psychoanalysis by positioning consciousness in direct opposition to wilderness. "Men go out to wonder at the mountain heights, and the tides of the sea . . . but they ignor (sic) themselves," he mused in his *Confessions* (AD 399). In a radically evolved, technological perspective, Thoreau stated that wilderness must take root "inside" ourselves, if it is to exist at all. Today, we share in wilderness only to the extent that it serves us as a metaphor for ourselves. The recognition of this cycle—from the bold, unthinking adventures of a Gilgamesh, to the interior, mental maelstrom of modern self-preoccupation—now confronts us in a stirring, about face of dialectical suggestiveness.

Ancient consciousness *was* inner wilderness. But what of the twentieth century psyche, as congested and intricate as its cities? We have shifted the central issue of existence from Paleolithic forests, the veneration of female fertility and bisons, to a metropolitan network of the split-second and of a linguistic mania for the possessive case. We speak of "our" wilderness areas with bewildering conviction and oblivion. In an age that has come to suspect all preservatives, how is one to assess the ultimate values of a Sierra Club whose express purpose is the 'preservation of all wilderness?'

We conserve our symbols. Simple, searing images are most meaningful to us. And the natural world is out-of-control with an allusiveness of such symbols. Our contemporary infatuations with travel and 'chic exile,' with verticle skylines, earthshoes and organic foods, indicate a comprehensive urban habituation we have come to assume is biological—but it is in fact a broadening spectrum of contradictions, a tantalyzing, unresolvable dilemma which is our penchant for compromise between wilderness and civilization. As we accelerate the loss of wonder, of the captivation which other centuries felt in the wake of exploration, and of the values nourished on its exemplary mystique, we also lose, in this habituation, the capacity to forge such spirit.

How to reacquire the instincts of hunter-gatherers who traversed the earth for millennia like whales? How to simplify our lives in a reacquisition of the musculature, the state of mind, and the reunion with original things that more consistently marked our rural forebearers?

Luminaries in an avant-garde of solitude throughout many centuries have satisfied those two conjectures for themselves by a process of psycho-sensory immersion into wilderness. And the one spectacular discovery of this abundant daring—of ascetics, mountain climbers, roving diplomats of the spirit, farmers in the outback of consciousness—is that while the mind is frought with turmoil, with conflicting desires, is plagued by a contradiction which molests it on the condition of living, the body, the physical world, contains no paradox, no such contradiction.

From the period of Moses' ascent of Mount Sinai, to the lyrical disappearance of T'ang Dynasty forest hermits; from the Indian Buddhist "Abhidharma Triloka" philosophy in which the 'cerebral escarpments' of meditation were actively equated with the successive ranges of the Himalayas, to Percy Shelley, immersed, with a pen in hand, atop the rocky 'wilderness' ruins of the Baths of Caracalla; or of Nikos Kazantzakis nourishing his extraordinary poem, *The Odyssey—A Modern Sequel*, at the Monastery of Mount Athos—we can trace the dramatic import of sublime and urgent inspiration whose extravagant health derived solely from the invigoration of contact, real contact, with wilderness.

BEST COPY AVAILABLE

July 10–15

Running, Meditation & Gestalt Awareness at Westerbeke Ranch / Michael Murphy, Richard Price & Mike Spino

This workshop will feature two training sessions per day, one emphasizing physical activity (running, flexibility exercises, and energy work) and one emphasizing meditation and visualization. Gestalt sessions with Richard Price will be held in the evening. The chief aim of the program is the blending of methods for spiritual and physical growth, including running gaits and tempos, muscle/skeletal exercises, breathing techniques, guided fantasy sessions and meditation. There will also be discussions of altered states of consciousness in sport and conceptual frameworks with which to interpret them. This is a residential program at the Westerbeke Ranch. $290

July 30–31

The Innerspaces of Running: A New Approach to Running Mike Spino

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and philosophy and lore related to optimum physical fitness. There will be special emphasis on guided imagery, inner space development, and creativity in quest for extraordinary experiences. Each person will receive an individual consultation and have opportunity to continue towards personal goals on an ongoing basis. This is a non residential program in San Francisco. $60

July 9

Introduction to Mind/Body Development Program Mike Spino & Barbara Hazilla

This one day workshop will be an introduction to the Mind/Body development Program for October and November described below. $30

FUTURE WORKSHOP IN SAN FRANCISCO

October 3–November 28, 1977

Mind/Body Development Program / Mike Spino

This two month program will combine methods of examining inner senses and emotions with innovative physical fitness tools. The basic approaches include:

Overall aerobic fitness

1. various gaits and tempos in running
2. specific styles of body movement
3. varied breathing patterns and techniques

Flexibility & skeletal suppleness

1. extending the range of flexibility and skeletal suppleness
2. hatha yoga, free form stretches
3. learning to respond to body signals such as stress

Inner space techniques

1. meditation—the process of observing one's thoughts
2. visualization & guided imagery—creating and utilizing images which increase awareness and enhance physical experience
3. centering—the process of developing a sense of inner balance and harmony

Special one day workshops will be taught by Will Schutz, Judith Aston and Michael Murphy.

This program includes two weekly meetings of group training each week and two one day workshops each month. Individual consultations are also available components of the program. The entire course is $200.

ESALEN CALENDAR

JULY

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- Inner Contact / Surpin p 11
- Experiencing Esalen p 11
- Feldenkrais / Stransky p 11
- Body Awareness / Clemans p 11

July 3–8
- Man/Woman / Schiffman & Mundschenk p 11
- Growing / Fuller p 11
- Body-Energetics / Prestera p 11
- Re-parenting / Fiore p 11

July 8–10
- Men / Lederman p 12
- Experiencing Esalen p 12
- Growing / Fuller p 12
- Selective Awareness / Miller p 12

July 9
- Mind/Body Development / Spino p 9

July 10–15
- Contact, Communication / Silverman p 12
- Massage / Massage Crew p 12
- Experiencing Esalen p 12
- Running, Meditation & Gestalt / Murphy p 9
- Awareness / Nadeau p 12

July 15–17
- Radix Neo-Reichian / Cossette p 13
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July 22–24
- Black Dance / Nash p 14
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- Childbirth / Price p 14

July 24–29
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July 29–31
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- Rhythm / Leonard p 15
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- Self & Beyond / Zeigler p 15

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- Body Awareness / Clemans p 16
- Self Actualization / Rubenfeld p 16
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AUGUST

August 5–7
- Letting Go / Weaver p 17
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- Psychosynthesis / Becchetti p 17
- Lomi Work / Kessler p 17
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- T'ai Chi / Huang p 21
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- Gestalt / Fiore p 21
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- Experiencing Esalen p 22
- Gestalt / Rosner p 22
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- Psychodrama / Anderson p 23
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- Risk Taking / Schiffman p 23
- Dreams / Schatzman p 23

September 4–30
- Maps of Consciousness / Grof p 25

September 4–9
- Body / Roth p 24
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- Woman/Man / Mundschenk & Schiffman p 24

September 9–11
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September 11–16
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- Look at Yourself / Zuckerman p 26
- Couples / Silverman p 26
- Hero's Journey / Rebillot p 26
- Yosemite Meditation / Tobias p 24

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- Body-Energetics / Prestera p 27
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- Radix Neo-Reichian / Sercarz p 27
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OCTOBER

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- Radix Neo-Reichian / MacKenzie p 29
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- Sexual Energy / Roth p 29
- Experiencing Esalen p 29
- Gestalt / Silverman p 29
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October 14–16
- Growing / Fuller p 29
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- Centering / Kriegel p 30
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- Massage / Massage Crew p 30

ESALEN PROGRAMS

Weekend of July 1-3

The Gentle Art of Becoming—Together: A Workshop for Couples / David Schiffman & Dee Mundschenk

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness techniques. $120 per person

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

The Feldenkrais Method: A Psycho-physical Education Through Body Movements Judith Stransky

Dr Moshe Feldenkrais has originated and developed an impressive method of re-educating the total being and tapping our unused potential through the means of body exercises and movement that lead to an expansion of awareness, and to a body-mind oriented to, and capable of, a greater range of experience. The exercises also involve integration of the physical and the mental, release of fixed habits that restrict us, differentiation of parts of the body, relaxation and balance, improvement in alignment, and lead to a suppleness beyond what one would believe is possible. The approach is through pleasure, not strain, combined with breathing techniques. $120

Body Awareness & Sensuality / Barbara Clemans

"Words were invented by man, the body and feelings are a creation of God" . . . Enjoy the only home you have—your body—tune your instrument to feel and experience the pleasures of creation. Know what it is to breathe completely, taste fully and move with *total* presence. We will utilize all the tools of awakening the senses: breathing, tasting, stretching, meditating, relaxation, massage, music, feldenkrais, integration, expressive movement, sound and laughter. Beginners are welcome. $120

Inner Contact & Consciousness / Simone Surpin

Inner contact can be understood as a time when we "have ourselves," when we are stabilized inside our being, like a tree is rooted to the ground. From this place our exchanges with others can be clean, clear, and heartful. This weekend we will focus on how we can allow this inner contact and maintain it while experiencing and communicating with each other.

Our group process toward this awareness will involve inner practices such as gentle body work, chanting, moving and sitting meditation and silent walks. Our outer practices will include listening to the vibrational statements and exchanges emerging within our circle as a tool for making our contact more and more conscious. Each session will be a blend of didactic and experiential work.

Enrollment is limited to 14 people. No previous group experience is required. $120

Week of July 3-8

Woman to Woman / Man to Man Dee Mundschenk David Schiffman

"The woman that most needs liberating is the woman in every man, and the man that most needs liberating is the man in every woman."
—Rev William Sloan Coffin

Taking advantage of the natural affinity and support that people of the same sex can afford one another, the men and women in this workshop will meet separately as well as together. We will create an ambience of tenderness and support to provide opportunities to clarify the nature of who we are as men in the absence of women and who we are as women in the absence of men and what happens when we come together. The themes we will explore are our sexuality, our friendships, our body images, our coupling, our creativity, our relationship to power, our expectations of each other. The workshop will be grounded in the techniques of gestalt, encounter, fantasy, massage, and bioenergetics. $290

Growing Up Right: The Greening of Human Plants Betty Fuller

Many of us carry around enormous burdens of regret, resentment, incomplete cycles and other unfinished business from yesterday which turn today's life into a soap opera—tiring and trying. Frequently we made decisions "back then" which determine not only today's outlook but the choices we make about tomorrow's possibilities. This intensive, experiential workshop is designed to lighten the load—"empty the cup"—by completing the past and clearing space to create purposeful, joyful, and satisfying living here/now. Participants function solo, in dyads and in large and small groups using art, theater games, integrative movement work (feldenkrais and other), humor, fantasy, concentration and meditative exercises, sharing gestalt awareness training and elements from encounter and psychosynthesis. $290

Opening to Your Inner Self Through Body-Energetics Hector Prestera

Using techniques from Reich, gestalt, direct encounter, acupuncture, and energy release systems, such as vital center mantras, the individual will grow toward opening to himself and others. $290

Self Re-parenting / Joan Fiore

This workshop focuses on finding and opening paths in the present that allow us to re-turn to places in the past where we got stuck. Rather than acting out and cutting off these experiences from awareness, we re-awaken and act through the old horror shows, giving ourselves a new opportunity to clean up the unfinished business of early life that controls and rips off our aliveness and our power in the here and now. Experiments progress from re-wombing to re-birthing to re-infanting to re-adolescing to re-owning and replenishing as we go along. Modes of exploring are drawn from gestalt practice, neo-Reichian energy release, primal work, family work, guided fantasy, and Fiore re-parenting methods. Take your favorite cuddly toy, security blanket, or other such pacifier out of hiding and bring it along. $290

Weekend of July 8-10

Men in a Changing World / Janet Lederman

Through new and perhaps unfamiliar behaviors and responses we may experience greater flexibility and harmony in being with ourselves and in relating to a changing world. $120

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

Growing Up Right: The Greening of Human Plants
Betty Fuller

For workshop description see July 3–8. $120

Selective Awareness, Self-Hypnosis & Movement
Emmett & Nitza Miller

To us, our practice is a means for capturing the spirit and momentum of enjoyable experiences in the past and projecting them into the future. Further, it allows us to trace maladaptive patterns—symptoms, habits, emotions, and blocks—to their source, as far back as infancy or further, and extinguish them.

Participants will learn to enter and use the hypnotic state for relaxation, imagery, and age regression. Movement will be used to help intensify emotional experiences, to transmit desirable self-concepts to the body. Of special interest will be multiple experiences of going from a desirable mental image in hypnosis directly into a full movement experience, without pausing at the "waking" level. $120

Chores: from a 50's postcard by David Allen

Week of July 10-15

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $260

States of Awareness, Shifts of Identity / Robert Nadeau

For workshop description see August 14-19. $290

Massage Intensive / The Esalen Massage Crew

For five days the members of the massage crew, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of ourselves.

The group meets daily in the mineral baths. $290

Contact, Communication & Relationship
Julian & Beverly Silverman

The ways we contact and communicate with ourselves and with others determine the kind of world that we live in. When we change these ways we can actually change our world. This is what the workshop is about.

Our emphasis is on the relationship between individual process and group process. Our concern is with developing a way of being in which one's senses are open and one's contacting of others is flexible. The learning which takes place occurs with a group of individuals who share and change in relation to each other. Emphasis is placed upon body in relation to mind. $290

Weekend of July 15-17

Opening the Feelings: A Neo-Reichian Radix Workshop
Connie Cossette, Dale Cummings & Merri Goldenson

For workshop description see page 24. $120

A Weekend with Will Schutz

$120

Hypnotic Visions & Hypnotic Realities / Lee Pulos

There are many myths about hypnosis and the introductory portion of the workshop will be spent in de-mystifying the hypnotic process. Participants will be taught self-hypnosis and will experience a variety of hypnotic techniques ranging from progressive relaxation to rapid induction. The main theme will be to teach how one can use hypnosis to open up the flow between the conscious and the subconscious. Each person will have the opportunity to program for personal habit changes, to get in touch with subconscious motivation through automatic writing and ideo-motor questioning—and to extend awareness into psychic dimensions. $120

Week of July 17-22

A Week with Will Schutz

$320

Getting in Touch—Open Gestalt / Frank Rubenfeld

Hot-seat work, massage, and group exercises will serve to facilitate participants in experiencing and expressing the alive parts of themselves. Suitable for those in the helping professions. $290

Growth Through Risk-Taking
David Schiffman & Dee Mundschenk

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Emphasis will be placed on the expression of anger, affection, sexuality, and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. $290

Yoga, Meditation, Movement, Massage
Deborah Sulochana Medow

Through the regular practice of healing asanas and integrative movement, hatha yoga seeks to develop and maintain awareness of self. Meditation, a vehicle for inwardly focusing this awareness, quiets the mind and allows the spirit to grow and flower. The outward expression of this self awareness is movement: how we move in this world reflects who we are and how we feel about ourselves. Free form movement becomes a way to explore and creatively expand our ways of being. Massage is a means by which aware individuals can share with each other and more fully experience each other. In this workshop, we will use yoga, meditation, movement, and massage to explore and expand our ways of feeling and seeing, relating, and being. $290

William Blake's eulogy to the power of the mind: *Newton*, 1795

Weekend of July 22-24

Black Dance / James Xavier Nash & Jasmine Nash

This weekend will include dancing and exploring the rituals of Black disco dancing in contemporary American society. High-low energy, sensual and sexual, rhythm and syncopation, hand clapping, foot stomping, using African drums, we will use our voices and pre-recorded popular Black music. $120

Tuning In / Janet Sachson Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and feeling. Once we are aware of our feelings, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness, and other techniques to tune in to ourselves and each other. $120

Yoga: A Method of Integration / Vijayendra Pratap

This workshop will teach meditative poses, pranayama-breathing techniques, focusing, and relaxation. The program is carefully designed to instruct both beginners and advanced students. Certain advanced techniques, such as cleansing processes will also be taught to deeply interested hatha yoga students. Discussion and questions on various types of yoga will be encouraged. Dress in loose comfortable clothing and bring a mat of your size (beach towel, small rug). $120

Awakening & Siddha Meditation / Michael Butler

Within each person there is a beautiful form of energy. Usually this energy is "sleeping," but when it is activated it begins to transform a person, working from inside out. It increases one's self-understanding, joy, and especially the ability to love. This workshop seeks to awaken this energy and teach about its unfolding.

The methods are designed to nurture each individual's "essence"—there will be gentle bodywork for grounding, talks on unity consciousness, chanting to open the heart, sharing, and a kind of meditation which integrates into everyday life. $120

Preparation for Conscious Childbirth
Chris Price, Peggy Morrison & Honey Rose

In this workshop you will explore how you can give your children their natural birthright—the best possible beginning from the time of conception through delivery. We will teach massage, gestalt awareness exercises, breathing techniques, sound and color meditation, nutrition, special physical exercises, and provide practical information from modern and folk sources on preparing for home or hospital delivery. You will learn to nourish yourself and the life you carry. Obviously suited for pregnant women, the group is also open to couples and any person interested in the birthing process. $120 per person

Week of July 24-29

God, Sexual Energy & Your Body / Gabrielle Roth

"When sex comes from the physical center, it is a necessity. When it comes from the mental center, it is a fantasy. When sex comes from the heart center, it is a deep, total, and profound experience of our own divinity. Sex is meaningless without the heart."

The purpose of this workshop is to heal the separation between our divinity and our sexuality as it exists in our consciousness, attitudes and actions. This weekend will include breathing, movement, music, sound, and massage meditation. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. Gabrielle will support us in going within ourselves to rediscover the magnitude of our own heart energy, thus infusing our sexuality, and our entire life experience, with depth and purpose. $290

I'm Entitled! / George & Judith Brown

This workshop *teaches the process* of owning what each of us has available in both our inner world and in our outer world, and appreciating the ways we interrupt our own natural growth and personal and interpersonal development. Then we can recognize what is and what isn't and what could (not "should") be and relish the choices, challenges, adventures, and peace to which we are all entitled. Suitable for couples or individuals. Limited to 20.
$290 per person

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $260

Gestalt Practice / Richard & Christine Price & Diana Becchetti

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustable.
—Lao Tzu c. 2500 BC

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure, or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelley); *Meditation: The Art of Ecstasy* (Bhagwan Rajneesh). $290

Weekend of July 29 - 31

Massage Intensive / The Esalen Massage Crew

For workshop description see July 10—15. $120

Finding Your Natural Rhythm / George Leonard

All of life—from single-celled organism to human individual to great civilization—is held together by a series of rhythmic patterns. There is a "right" or "natural" rhythm for every action and every situation. Finding your own rhythm, your unique inner pulse, is the first step towards what is commonly called "happiness." This workshop will use exercises from aikido, energy awareness, dance and games to help participants experience their inner pulse or natural rhythm. $120

Exploring Self-Acceptance
David Schiffman & Dee Mundschenk

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $120

Self & Beyond / John Zeigler

Emphasis will be on self-responsibility, self-discovery, and self-awareness through individual gestalt work, and through "No-Fault Communication," a positive and supportive encounter technique. Since an emerging theme of our being together will be that "life is not to be taken seriously, it is simply to be taken," experiments from psychosynthesis, fantasy and Eastern perspectives will heighten contact with the group, the Esalen environment, and the universe. $120

Experiencing Esalen

Experiencing Esalen Staff

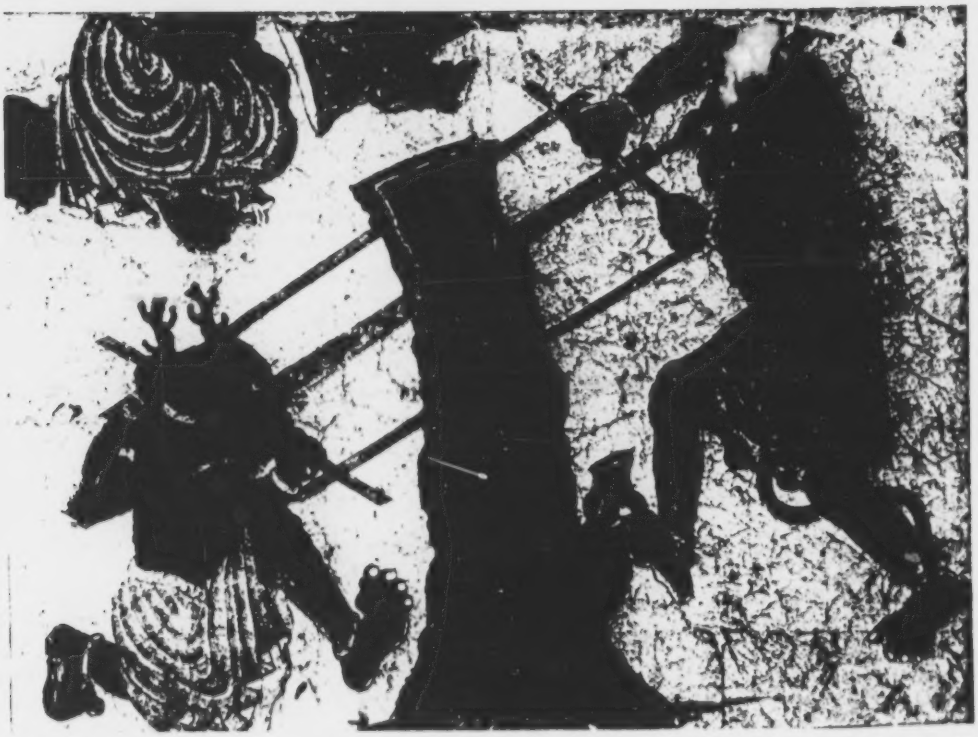
Coordinated by
Janet Sachson Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theater games, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *Education in Feeling and Purpose* (Kelley).

SCHEDULE:

July 1-3	$110	August 26-28	$110
July 8-10	$110	September 2-4	$110
July 10-15	$260	September 9-11	$100
July 24-29	$260	September 18-23	$240
August 5-7	$110	September 23-25	$100
August 7-12	$260	October 7-9	$100
August 21-26	$260	October 9-14	$240
		October 21-23	$100



Beneficent demons from *The Faith Leaves,* 15th C. Turkic

Week of July 31- August 5

Body Awareness, Sensuality & Vitality / Barbara Clemans

"Words were invented by man, the body and feelings are a creation of God . . . " In this workshop we will utilize various body awakening experiences which enhance awareness, pleasure, regeneration and vitality. These tools can be integrated into a routine of self help and maintenance in our daily lives. We will utilize the tools of awakening the senses: breathing, tasting, stretching, meditating, relaxation, massage, music, feldenkrais integration, jazz aerobics, expressive movement, sound, and laughter. Beginners are welcome. $290

An Integrative Approach to Self Actualization
Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander technique, and feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $290

Self-Acceptance—The Freedom To Be
David Schiffman & Dee Mundschenk

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $290

Your Characters in Search of an Author / John Argue

Each of us is many people. Some of these people are authentic—that is, true expressions of our essence. Some are phony, merely roles we play. We will attempt to learn the difference, to dis-identify with our phony roles (or to keep them and frankly play them with more gusto), and to treasure the true characters, giving each and all room to live and grow. $290

Weekend of August 5-7

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

The Psychosynthesis of Daily Life / Diana Becchetti

Psychosynthesis is a practical approach to both psychological and spiritual growth which encourages us to take greater responsibility for our own development. We have all experienced times in our lives when we have felt one with ourselves, when we have a clearer sense of who we are, where we are going and how we fit into the greater scheme of things. What prevents us from experiencing such moments more often? How do we stop ourselves? Each day is filled with polarities and conflicts which often confuse us; yet can help us to grow. There is a place within each of us that can consciously cooperate with our growth process. This introductory workshop in psychosynthesis will include both experiential and theoretical tools and how they can be applied to daily life. $120

Lomi Work: An Exploration of the Body / Mind / Spirit Through Awareness David Kessler

Using the Lomi approach to gestalt, conscious movement, breath awareness, aikido energy techniques, hatha yoga, body work, polarity massage, and meditation, we will explore and enhance our body/mind/spirit process. The focus of this work is cultivation of awareness at all levels of existence. Lomi body work is an integrative form of deep body manipulations whereby tensions in the body are brought to awareness and released. Basically this work speaks of a trust for the human organism and the higher forces that guide it. $120

Awakening & Siddha Meditation / Michael Butler

For workshop description see July 22–24. $120

On Letting Go / Judyth Weaver

Working from the assumption that we are all holding on more than we know, this workshop will use Reichian breathing, sensory awareness, and t'ai chi exercises to get more understanding of what and how we hold on and how to let go for more relaxed, balanced, energetic and enjoyable living. $120

August 6–13

Encountering in the High Sierra Maurica Anderson & Joe Liggett

During this eight-day workshop we will hike into a campsite by a clear mountain lake off the main trails in the High Sierra. Mules will carry in all of the food and most of the camping equipment and personal gear. We will camp by the lake for six days, eating outrageously good food (fresh or frozen rather than freeze dried) and working with body awareness, meditation, yoga, psychodrama and encounter, laughing a lot and getting to know the high country, one another, and ourselves.

Mountaineering experience is not required, but applicants should be capable of hiking. A detailed information sheet will be supplied upon request. Participants will meet in the Sierras on August 6. $240

"Working Hands"—these are those of Amelia Earhart

Week of August 7-12

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $260

A Psychosynthesis Workshop: From Personal Integration to Transpersonal Realization Diana Becchetti

More and more people are experiencing an increasing need to explore the "further reaches of human nature," those regions full of mystery and wonder which are beyond our ordinary consciousness. In *Transpersonal Psychosynthesis,* appropriate psycho-spiritual techniques are used for this purpose—meditation, visualization, psychological mountain climbing, inner dialogue, silence and others. On the other hand, the aim of *personal psychosynthesis* is to reach an integrated personality, needed to rightly handle the power and beauty of these energies without distortion and imbalance, as well as dealing with blocks, conflicts and obstacles to our being who we fully are. Attention will be given to the tools of these two fields of psychosynthesis and their application and understanding for use in daily life. $290

Lomi Work: An Exploration of the Body / Mind / Spirit Through Awareness / David Kessler

For workshop description see August 5–7. $290

Massage Intensive / The Esalen Massage Crew

For workshop description see July 10–15. $290

The Esalen Work-Study Program

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our selves primarily in relation to others; we lose touch with our essence.

From this perspective, we offer an opportunity to return to our Selves within the working context of the Esalen community. Our faculty for this program is our environment—staff—community.

Learning/dis-covering the use of your own energy in work . . .
For your SELF.
Living together (close to others) operatively and co-operatively in a unique, high intensity environment.
Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.
An opportunity for:
SELF-regulation
SELF-examination
SELF-contemplation
and if you choose
SELF-reevaluation
Facilitated by removal from your ordinary living context.

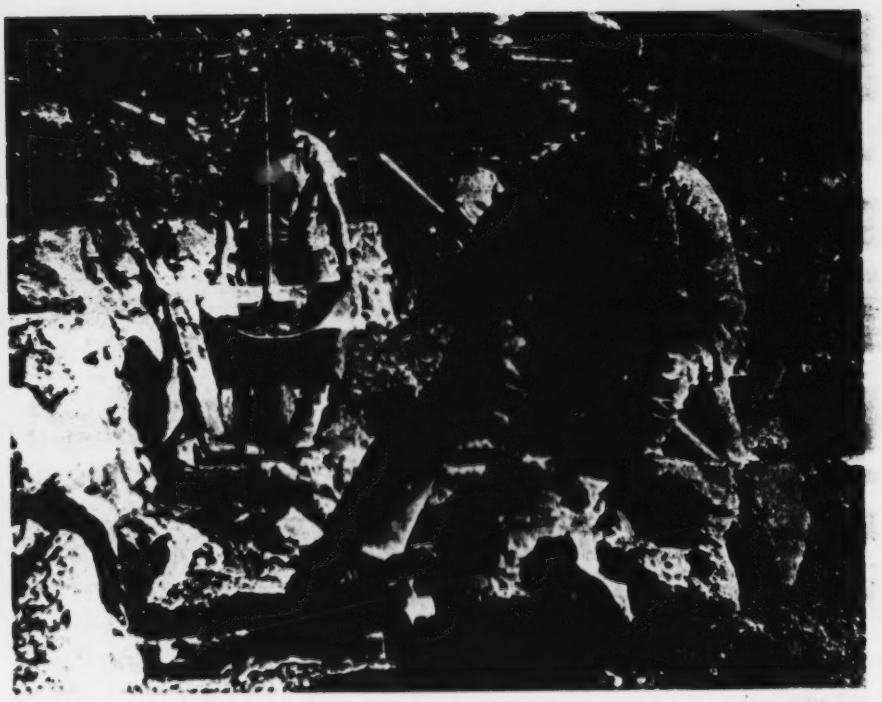
Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. (Flexibility is one of the watchwords of life at Esalen). The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program (emotionally and physically) and only rarely is it restful. There will be a coming together in the evenings to share—contact—play/alone-together.

Accommodations are shared with up to 3 persons in a room. The program lasts 28 days; four weeks and four weekends at a basic cost of $350. Depending on your work schedule, weekend workshops may be available for an additional fee. Professional services such as massage and rolfing are available at staff rates. Arrangements are made through the office.

It is possible to be in the work-study program up to three months, by invitation, after the first month.

Available dates:
May 22—June 19; June 19—July 17; July 17—August 14; August 14—September 11; September 11—October 9; October 9—November 6; November 6—December 4.

If interested, please apply as early as possible to Work-Study program, Esalen Institute, Big Sur, CA 93920. Only a limited number of applicants are accepted.



photographs by Neil Dunlop

Application to the Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____ City _____

State _____ ZIP _____ Age _____ Your occupation _____

Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st _____ to _____

2nd _____ to _____

3rd _____ to _____

Have you been to Esalen workshops? Please list program titles and dates, if any. _____

_____

_____

In the space below, please make a personal statement about your interest in the Work-Study program, and any skills available.

_____

_____

Please return this application with a deposit of $150 to Work-Study Program, Esalen Institute, Big Sur, CA 93920. Your deposit will hold a place for you if there is space during the dates you request. If there is no space, we will refund your deposit or hold it for the next available space of your choice. If your deposit is accepted and you cancel more than two weeks before the start of the program, we will hold your deposit in suspense for one year for your future use at Esalen. If you cancel less than two weeks before the program begins, your deposit is forfeited.

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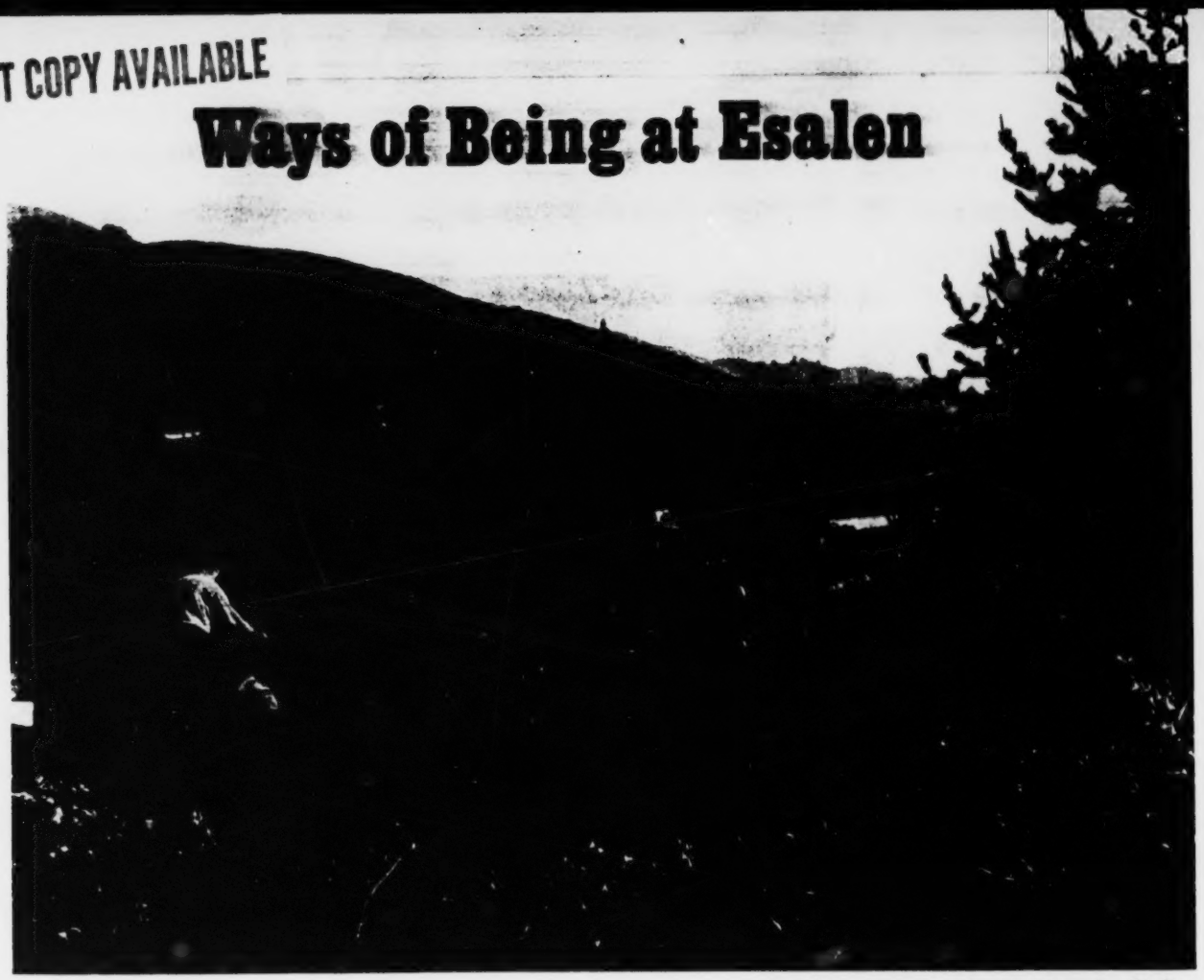
Ways of Being at Esalen



Field and ground in the vegetable garden, Big Sur

South Coast Center

The living center is slowly evolving into a participatory environment
vital
changing
designing, redesigning inner and outer space with residents responsible for their own evolution.

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (room, balcony, and bath) are available for $350 per month. A monthly meal ticket may be purchased at Esalen for $200 and residents may set up light cooking facilities in their rooms for preparing their own meals. As part of our program of integrating residents into the working community, South Coast residents are asked to contribute eight hours per week of work to the community. In addition, due to the large number of people who want to be at South Coast, we have put a limit of three months on all South Coast residencies. South Coast studios may be reserved through the Esalen/Big Sur office.

Ongoing Residence Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $960 per 26-day period.

Sleeping Bag Group Weekends

The sleeping bag group is another way of being at Esalen—it has a life of its own.

Experience the place—with its hidden moments of beauty and surprise, the baths, the people, YOU. Members of the staff will accompany and share with you some of what they have learned living here at Esalen.

These weekends are offered from September through May. The charge is $60 per person for 10-14 people. You will be living together in one room. Bring your sleeping bags. Meals are provided starting Friday dinner through Sunday lunch. Send inquiries to Sleeping Bag Groups, Esalen Institute, Big Sur, CA 93920. Applications will be accepted from groups only, not from individuals.

Weekend of August 12-14

Embrace Tiger, Return to Mountain: The Essence of T'ai Chi
Al Chung-liang Huang

An introduction to t'ai chi and creative Taoism as explained and exemplified in the book *Tao: The Watercourse Way* by the late Alan Watts and Al Chung-liang Huang. The meeting of East and West will be explored in terms of everyday living, of transforming intellectual understanding of the East into action, and of making useful applications to the way of life in the West. $120

The Power of Mantra Chanting
Jinendra & Katherine Jain

This workshop will teach the control of energy and the dissolving of tension through proper posture, breath control, and voice toning. Processes will be taught to deepen meditative awareness and to enable you to incorporate inner sound into everyday consciousness so as to transform life into a form of meditation. $120

Inner Love / Simone Surpin

In each of us exists a place where we can merge in and with a certain kind of love: a love that is the source of our inner being; a love that is not dependent on something outside of itself for sustenance; a love that renews and clears our vision of ourselves and of others.

As purely and as simply as possible, we will attempt to explore and experience this state; to touch these experiences with our minds and share them outside ourselves.

We will meditate, chant, do gentle body work practices, and learn about energy flows. Each session will be a blend of both didactic and experiential work. Some time will also be spent working in the garden together and on silent walks in the country. $120

Introduction to Gestalt Practice / Joan Fiore

After introducing the "language" of gestalt and various gestalt experiments in breath, body, and feeling awareness, this workshop concentrates on providing the opportunity for intensive individual gestalt work in a supportive group setting. Suitable for novices as well as veterans. $120

Week of August 14-19

States of Awareness, Shifts of Identity / Robert Nadeau

We are capable of experiencing various states of awareness—off center, centered, pure energy (universal or spiritual). When we are in one of these states we view life from that state's perspective. In this workshop we will experience and study the process of moving from state to state. $290

Five Days with the Four of Us
Julian & Beverly Silverman / George & Judith Brown

$290

Personal Style & Personal Gestalt / Jack Downing

Each of us has our own individual life style, our personal gestalt characterizing each phase of our life. We can be aware of the way movement relates to interpersonal relationship, of how body chemistry determines our life goals. Drawing our own major life portrait will be the object of this workshop, using techniques newly invented for this purpose, as well as traditional methods such as behavioral feedback, group interaction, and gestalt uncovering and integrating methods. In order that the group can develop as fast as possible, please come only if you have had previous group experience. $320

A Stone-Carving Gestalt Workshop
Frank Rubenfeld & Elaine Rapp

Stone is the most "here & now" art medium since it cannot be programmed. Shuttling from your process to the stones' reality and back, your own myths and metaphors emerge before you. Gestalting your becoming and finished creations, you gain the opportunity to expand your consciousness, and increase your response-ability. No talent or previous art experience is necessary to participate in this workshop. Stone and tools will be provided. Bring comfortable work clothing. $290 + $10 *materials fee.*

Weekend of August 19-21

Growing Up-Right: The Greening of Human Plants
Betty Fuller

For workshop description see July 3–8. $120

Sport & Consciousness: New Ideas & Training Routines
Mike Spino

Focusing on running and meditation, this workshop will introduce methods of mind/body development being explored by Mike Spino. These methods include various running gaits and tempos, muscle/skeletal exercises, breathing techniques, visualization and meditation exercises, and some of the role of mystical experiences in sport. Ways in which these elements can be integrated into various training routines will be presented. There will also be discussions of altered states that occur in sport and conceptual frameworks with which to interpret them. $120

Gestalt Process / Jorge Rosner

We can all stop our growth and limit our freedom by fear, internal conflicts, and fantasy. In this workshop we will explore the ways in which we inhibit ourselves from living a full, exciting, and joyous life. Depending upon the needs of the group, the work may include art, theater, and body work, all with gestalt process as the central focus. $120

A Weekend of Energy Release & Integration with Bioenergetics & Gestalt / Alan Schwartz

Read the description of the weeklong workshop (see August 21–26). This weekend will be an opportunity to become aware of blocks to the free flow of energy in the body's musculature. The synthesis of bioenergetic analysis and gestalt which is the energetic dimension provides the environment. Release and integration via grounding concepts will be the focus. $120

Week of August 21-26

Growing Up-Right: The Greening of Human Plants
Betty Fuller

For workshop description see July 3–8. $290

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $260

Gestalt Process / Jorge Rosner

For workshop description see August 19–21. $290

Sexism & Sexuality: For Men & Women
Jacqueline Larcombe Doyle

Esalen has long been experienced as a permission-giving environment, sought by many as context in the quest or re-discovery of thier sexuality. This training group provides an opportunity for a renewing personal experience coupled with professional enrichment for those interested in increasing basic sex counseling skills. The group will provide safety and support for an exploration toward resolution of these issues in our own lives, paying particular attention to the impact of sexist attitudes on sexuality. We will focus on the establishment of power relationships; on the roles of competition, jealousy, time and space. Through experience and action, we will explore the social and cultural influences on choices in the expression of this creative life force. $290

The Energetic Foreground: A Bioenergetic-Gestalt Synthesis
Alan Schwartz

Working with the energetic foreground synthesizes the philosophies of bioenergetic analysis and gestalt. The central dynamic of the organism is the energy that makes up the whole person. Energy flow is body flow, emotional flow, and mental flow. Energy is *movement.* When such movement is blocked on any of the above levels, the organism *cannot* function to nourish the person towards a mature sense of self. This workshop will move in the direction of such awareness by providing participants an opportunity to work and play through energy blocks, concentrating on those which restrict the expression of the body. This release will provide the insight necessary for participants to glimpse a more total sense of self. $290

Weekend of August 26-28

An Integrative Approach to Self Actualization
Ilana Rubenfeld

This workshop will be a weekend adaptation of the workshop of the same name described for July 31—August 5. $120

Experiencing Esalen / Experiencing Esalen Staff

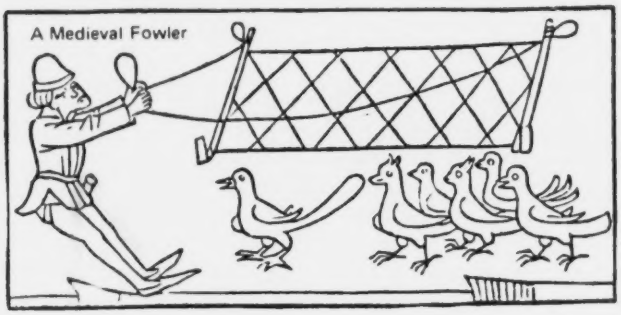
For workshop description see page 15. $110

Open Psychodrama Encounter / Walt & Maurica Anderson

This workshop is a flexible weekend's work and play using a variety of encounter, gestalt, and body-movement approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing more openness and spontaneity, and having fun. The degree of active involvement is up to the individual. $120

Awareness Through Movement: The Feldenkrais Method
Mia Segal

Through a series of simple, gentle exercises devised by Moshe Feldenkrais we will learn more about how our bodies work and explore new possibilities of movement. $120


A Medieval Fowler

Week of August 28- September 2

The Radix Experience: A Neo-Reichian Workshop
Charles Kelley with Siri Mishler, Renan Sercarz, Dale Cummings, Merri Goldenson, & David Grill

The Radix experience is a direct body approach to deep emotional release, rooted in the work of Wilhelm Reich and his students. By concentrating on breaking patterns of breathing and muscular tension, feeling which has been blocked by chronic unconscious patterns of muscular tension called "muscular armor," is freed. As the armor softens and the student allows emotions—fear, anger, pain—to emerge, he realizes a new capacity for trust, love, and joy.

Half of the workshop sessions will be in large group with Chuck Kelley who will present Radix group techniques. Chuck will also describe the concepts which underlie Radix and give an in-depth description of his unique training program. The other half of the sessions will be in small groups, and will include two individual Radix intensive sessions for each participant. $320

Gestalt Principles & Methods / Seymour Carter

This workshop is an opportunity for persons interested in gestalt to experience through practice and concept a number of the important principles and methods in the application of this approach. Focus will be on the awareness continuum, the impasse, contact boundaries, risk taking and sensory awareness. There will be time for working with others under supervision. $290

Gestalt & Meditation / Stella Resnick

Meditation helps to develop the stillness of mind and the power of concentration to use gestalt awareness process more effectively.

This workshop will focus on love, pleasure, and higher consciousness and is particularly recommended for people who have had experience with gestalt and are interested in expanding their sense of the spiritual or for people in spiritual practice who want to move with gestalt to increase personal awareness. $290

Weekend of September 2-4

Dance of Shiva / Gabrielle Roth

Each gesture is from
our own nature
born
spontaneous
beyond form
beyond purpose
being moved by
life
we are divinity dancing.

This weekend is being created for you to experience that part of yourself that wants to live deeply and fully. Be prepared for vigorous, intensive sessions of movement alternated with periods of deep meditation. $120

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

Massage Intensive / The Esalen Massage Crew

For workshop description see July 10—15. $120

Growth Through Risk Taking
David Schiffman & Dee Mundschenk

For workshop description see July 17—22. $120

On Dreams / Morton Schatzman

What if you slept, and what if in your sleep you dreamed, and what if in your dream you went to heaven and there plucked a strange and beautiful flower, and what if when you awoke you had the flower in your hand? Ah, what then?

—Samuel Taylor Coleridge

Many persons have awakened from dreams with the flower in their hands. The flower has been a song, a poem, a solution to a problem, a new outlook or insight or some other dream gift.

In this group we will consider our dreams as chances to "wake up." We will discuss lucid dreams, how to direct dreams and how to use dreams creatively. $120

Week of September 4-9

Woman to Woman / Man to Man
Dee Mundschenk David Schiffman

For workshop description see July 3–8. $270

Gestalt Can Be a Gentle, Playful, Loving Way
John O Stevens

For me, gestalt is a way of living, something I do *with* others, not *to* them. Individual gestalt awareness work—in which I will be a guide as you explore your experiencing—will be our principal focus. There will also be some time for discussion of gestalt theory and the relationship between gestalt practice and other approaches to personal growth. $270

God, Sexual Energy & Your Body / Gabrielle Roth

For workshop description see July 24–29. $270

Weekend of September 9-11

Yoga, Massage & Movement
Deborah Sulochana Medow

come and MOVE
your body / mind / spirit . . .
s-t-r-e-t-c-h-i-n-g
GROWING
MOVING
$110 FLOWING
$110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

States of Awareness, Shifts of Identity / Robert Nadeau

For workshop description see August 14–19. $110

September 11–16
Yosemite Meditation
Michael Tobias & Gretel Johnston

Yosemite Valley is the womb of the world. Camping together in a secluded part of the valley, we will leisurely explore its labyrinth of beauty. Fundamental mountaineering and rock climbing and survival skills will be studied as well as the domain of 'wall-meditation'—an ancient zen form initiated by the Bodhidharma, the 28th patriarch to succeed the Buddha. Participants are expected to bring their own food (which can also be easily purchased in the valley) and camping gear. Advice on useful equipment, best driving routes to the valley, and meeting time and place will be sent out to all participants two weeks in advance.

We will engage in numerous group processes all combining the inner and outer worlds to massage that mirror of nature we possess in our consciousness. We will treat basic elements of fear and our inhibitions to really giving ourselves away to nature. Bouldering, spectacular hikes, tai chi, and group dialogue by campfire late into the starry nights will assist us in the opening of our hearts. $145

Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

SCHEDULE:

July 15-17	Connie Cossette, Dale Cummings, & Merri Goldenson
August 28-September 2	Charles Kelley, Siri Mishler, Renan Sercarz, Dale Cummings, Merri Goldenson, & David Grill
September 25-30	Renan Sercarz, Anne MacKenzie, Ron Andes
October 7-9	Anne MacKenzie, Claire Killen, Mark Dunlap
October 23-28	Siri Mishler, Dale Cummings, Sharon Henry

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix *Intensive*, a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Work Shop. The *Intensive*, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. Groups will be kept small—never more than eight per leader—so that significant individual attention can be given. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

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September 4—30

Ancient Maps of Consciousness
& Modern Approaches to Self-Exploration
Co-ordinated by Rick Tarnas & Stanislav Grof

A four-week interdisciplinary program exploring the relevance of ancient cartographies of consciousness for the development of self-awareness and their relation to recent developments in psychology and psychotherapy. Evenings will be generally devoted to didactic seminars, lectures, and discussions, while daytime sessions will be conducted by Esalen faculty members guiding participants in various experiential approaches to personal growth. The material presented in this workshop will fall into four major thematic groups:

I. Ancient Maps of Consciousness. The ancient systems of thought covered in this workshop will include astrology, alchemy, Kabbala, Tarot cards, Indian spiritual practices, and the books of the dead (Egyptian, Tibetan, and Ars Moriendi). We will discuss the relevance of these systems as cartographies of personal development and of the spiritual journey.

II. Modern Psychotherapeutic Techniques. We will explore theoretically and experientially several modern growth methods such as gestalt practice, psychosynthesis, encounter, Reichian, and neo-Reichian approaches, Jungian psychology, and Dora Kalff's sandplay.

III. Psychedelic Therapy & Its Implications for Psychiatric Theory. In a series of illustrated discussions, we will explore the principles of drug-assisted psychotherapy with psychiatric patients and dying individuals, the growth potential of altered states of consciousness, and the cartography of the human unconscious emerging from psychedelic research.

IV. Self-Exploration & Group Process. Esalen staff and guest leaders will act as facilitators of an ongoing process of intra-psychic and interpersonal exploration of the participants all through the workshop. An experienced resident astrologer will assist the group members individually in exploring the relevance of transit astrology for their personal process.

The program is limited to 30 participants selected from applicants. The fee is $1150 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute, Big Sur, California 93920.

If you wish to enroll in the program, send a letter of biographical information to Rick Tarnas, Esalen Institute, Big Sur, California

Faculty:
- Cecil Burney, PhD
- Patrick Douce
- Al Drucker
- Stanislav Grof, MD
- Robert Hand
- Christina Healy
- Richard Horan
- John Horler
- Deane Juhan
- Rabbi William Kramer
- Janet Lederman
- Ralph Metzner, PhD
- Peggy Morrison
- Dee Mundschenk
- David Schiffman
- Beverly Silverman
- Julian Silverman, PhD
- Rick Tarnas, PhD
- Arne Trettevik

Week of September 11-16

The Gestalt Adventure
Leland Johnson & Mary Ann Merksamer

The experience of being totally here and now, aware and involved leads to the opening of many dimensions . . . increased effectiveness and expressing the meaning, joy and power of the self in the world.

We will combine meditation (yoga and t'ai chi), bioenergetics, sound and body movement with gestalt to connect with our energy toward creative growth. $270

Take a Second Look at Yourself / Janet Sachson Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter, and sensory awareness. $270

A Workshop for Couples
Beverly & Julian Silverman

We've been through a lot—together (for many years), separate, separate-together. We've raised children (3), been (and are) business partners, had a lot of good times and some rough times . . . and we know how to work with people who are uncomfortable in their lives or who are just plain going through changes. $270

The Hero's Journey
A Holistic Approach to Personal Transformation
Paul Rebillot

The "Hero's Journey" is a dynamic form that has been developed to facilitate people through major life changes. Your personal world is viewed through the lens of fantasy, dramatized, interpreted, and experienced in a rite of passage based on one of the most universal structures mankind has found to express the metamorphosis; the myth of the hero.

Your hero is structured from the absolute yes, and your demon from the absolute no of your personality, externalizing your inner conflict. The two confront each other on the Hero's Journey, a dramatic struggle ensues until a synthesis of the previously opposing forces is reached. $270

Weekend of September 16-18

Journey into Inner Space:
Exploring the Psychology of C G Jung / Edward Crowther

We will interpret the conscious self by examining personality attitudes and functions—introvert, extravert, thinking, feeling, sensation, intuition. The Myers-Briggs personality test will be available to participants.

Through dream interpretation assisted by hypnosis and guided fantasy, we will try to recognize such figures as animus, anima and shadow, who live within us. $110

Massage for Couples / Peggy Morrison & Richard Horan

$110 per person

Your Personal Resurrection / Paul Rebillot

"To suffer one's death and be reborn is not easy."
—Fritz Perls

Confronted with the immanence of your own death, you have the chance to delve deeply into how you feel about yourself, your past, your present, your future, your life and death. This is your chance to take care of any unfinished business that you feel is important.

Once you have said good-bye to all your attachments, and faced your death, your process of rebirth begins. You awake to a new beginning . . . a beginning that allows you to create your own life, since you now have the possibility of choice.

Bring sleeping bags, etc, since Saturday night is an all night vigil used to plan and dramatize your funeral. Also, bring anything else you might want to help intensify the experience. (Clothing, objects, etc) $110

Awakening & Siddha Meditation / Michael Butler

For workshop description see July 22—24. $110

Week of September 18-23

Dance Workshop / Anna Halprin, Daria Halprin, Julian Silverman & the Dancer's Workshop

This workshop will explore dance as a process for integrating body, feelings, mind, and spirit, leading towards health and creativity. This will include natural movement, visualizations, creating and performing movement rituals. Participants may look forward to an experience of expanded self and group awareness, as well as developing tools to use in interpersonal and daily life experiences. Time will be set aside for gestalt work with Julian Silverman. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Higher Consciousness Through Core-Energetics
Alexis Johnson & Michael Talbot

This is a workshop for spiritual seekers who have found that their own fulfillment comes from owning their negativities, claiming their joy and greatness and using their bodies. We will use movements associated with bioenergetics, an active form of meditation, and ourselves to explore both our defenses and our inner core or being. The format will involve both group work and individual work with the leaders. $270

Weekend of September 23-25

Awareness Through Movement: The Feldenkrais Method / Ruth Alon

This workshop is for people who are willing to introduce awareness through expanded patterns of movement for improving their functioning in life.

Exploring processes of movement, we gradually experience a wide variety of unused potential, while guided to meditate on the subtle qualities of our inner dynamics. Our vocabulary of possibilities widens together with our self image.

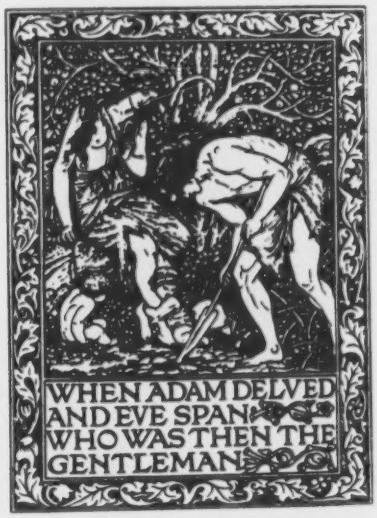
We relearn natural coordination and fluency, reviewing the primal evolution of the developing baby.

The style of pleasant effortless movement in the game of observed experiments, opens us to a nurturing attitude towards ourselves and our growth.

The new kinesthetic freedom creates space for transformed states of mind. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100



Opening to Your Inner Self Through Body-Energetics Hector Prestera

Using techniques from Reich, gestalt, direct encounter, acupuncture, and energy release systems, such as vital center mantras, the individual will grow toward opening to himself and others. $110

Flowering—Learning How to Take It Home with You Alexis Johnson & Michael Talbot

That first expansion into truly feeling alive is glorious. The trick is then to have both the experience and the conceptual framework to maintain the expansion and not be dismayed by the contradictions. We want to extend our area of personal responsibility to include both the rational and irrational, the positive and the negative, the pleasureable and even the painful—we have it all! This workshop will use ourselves and the tools of bioenergetics, gestalt, and meditation to explore our emotional depths, our self-defeating attitudes and our unlimited possibilities. $110

Week of September 25-30

Opening the Feelings: A Radix Neo-Reichian Workshop Renan Sercarz, Anne MacKenzie & Ron Andes

For workshop description see page 24. $300

Self Re-parenting / Joan Fiore

For workshop description see July 3—8. $270

Body Awareness, Sensuality & Vitality / Barbara Clemans

For workshop description see July 31—August 5. $270

Weekend of September 30 - October 2

The Body & the Energy Body / George Leonard

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of energy flows in and around the bodies of living things. Using techniques derived from the art of aikido, George Leonard will present his approach to the human biofield or "energy body." Through simple mental and physical exercises, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness. They will be introduced to alternative ways of dealing with everyday life situations—especially those involving tension and expectation—and will explore ways of getting in touch with their own hidden powers. There will also be discussion of these experiences as they relate to education, sports, healing, and social transformation. $110

A Weekend with Will Schutz

$110

Inner Contact & Consciousness / Simone Surpin

For workshop description see July 1—3. $110

The Lawyer—A New Perspective A Weekend for Lawyers presented by the Humanistic Law Institute

"Like mounds in a sandy desert, intellectual knowledge is mounting up without provision for the expression of the heart."

—Meher Baba

As lawyers we were trained to use our heads and not our hearts—to make choices and decisions based upon "reason," "principles," and "issues" and not to trust feelings, intuition or compassion—often with less than satisfying results in our "professional" and/or "private" lives.

During this weekend we will explore and share with other lawyers, in the peaceful, reflective, nourishing, and evocative setting of Esalen, ways of using and integrating all aspects of ourselves—our bodies, our minds, our feelings, our "hearts" to see if we can make our work and our "private" lives more effective and more integrated, flowing, meaningful, and enjoyable—or for some of us look more "clearly" at whether we want to continue working as lawyers.

The program will be conducted by a lawyer member of the HLI staff and another experienced group leader and will be largely experiential, using approaches and methods of gestalt awareness, psychosynthesis, massage, meditation, and bioenergetics. $110

Week of October 2-7

States of Awareness, Shifts of Identity / Robert Nadeau

For workshop description see August 14–19. $270

A Week with Will Schutz

$300

Creating Personal Space– A History of Imagination in Wilderness / Michael Tobias

Mornings will be spent in the study and practice of "Rock Meditation," the original form of zen. Our afternoons will see us out-of-doors on a hidden beach and within some magnificent rocky gorges of redwood and waterfall where we'll explore the joyous media of "Bouldering": the physical ascension, embodied in an easy, but exhilarating vertical tai chi through which our horizontal relationship to the world is graphically replaced by a vertical one. It is this reversal of our most basic posture and mental framework that will provide us profound access into an enriching mystery of nature.

Utilizing a diversity of slides and film, we will then trace the mountain-wilderness image throughout history, relating the anthropology of ascent to the inner domain of harmony envisioned by Thoreau. $270

Massage Intensive / The Esalen Massage Crew

For workshop description see July 10–15. $270

October 2–28

Inner Road to Health / Al Drucker, Dee Mundschenk, David Schiffman & the Esalen Staff

This workshop will focus on two principal themes: health and personal process. Sessions during the day will be devoted primarily to the study of wholistic health practices, whose aim is the prevention of illness and the maintenance of health by natural means. Evening sessions will focus on individual and interpersonal process work based on gestalt and psychosynthesis models; there will also be didactic sessions on the theory of personal evolution and on creative journal keeping.

Included in the health approaches to be covered are: various systems of massage, such as shiatsu, polarity, Esalen massage, and deep tissue massage; acupuncture, acupressure, and the theory of traditional Chinese medicine; structural integration (rolfing); herbal and homeopathic systems of healing; nutrition, diet, fasting, organic gardening.

The workshop faculty of about 15 includes outside visiting teachers as well as resident Esalen staff members. With this workshop we are returning to a lower cost and somewhat more concentrated four-week format. A principal emphasis throughout the month will be on discovering and awakening inner resources. In this connection regular meditation, chanting, yoga, tai chi, massage, and other quieting practices will help still the mind and relax the body, permitting new sensitivities to emerge. We will also have dance, movement, and various forms of energy awareness sessions for the sheer enjoyment of learning to move freely and spontaneously in response to inner rhythms.

The group will meet in the Big House and many of the participants will be housed there. The workshop is offered twice yearly. Enrollment is on a first-come basis, confirmed upon receipt of the deposit. Some partial scholarships will be available and awarded on the basis of need; for this a weekly work committment is required. Our available scholarship fund is frequently exhausted as the program draws near, so applicants are encouraged to apply early by writing to Chris Price, Esalen, Big Sur, CA 93920. Also please write to us before enrolling if you have a health problem. We will try to accommodate your needs or suggest alternative possibilities.

Tuition: $1150 Deposit: $400

Stonemasoning on the Big Sur grounds, *Photograph by Neil Dunlop*

Rembrandt van R.: *Saskia with her child*

Week of October 9-14

God, Sexual Energy & Your Body / Gabrielle Roth

For workshop description see July 24–29. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Gestalt Awareness / Julian & Beverly Silverman

How we orient ourselves to the world, how we contact others, depends upon our balance between sensory and muscular functions. Constriction in muscular action tends to constrict the senses and vice-versa, resulting in a limiting of awareness.

In gestalt awareness group work, our concern is with developing a way of being in which one's senses are open and one's style of contacting is flexible. The learning which takes place occurs in the context of a group of individuals who share and change in relation to each other. Emphasis is placed upon body in relation to mind. $270

Exploring Self-Acceptance
David Schiffman & Dee Mundschenk

For workshop description see July 29–31. $270

Weekend of October 7-9

Opening the Feelings: A Neo-Reichian Radix Workshop
Anne MacKenzie, Claire Killen & Mark Dunlap

For workshop description see page 24. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Change / Jack Gaines

Most of us resist change and prevent ourselves from growth and the very joy of life we seek. There is an important connection between ancient and current teachings that has valuable application in our contemporary daily lives. In this course we will explore our resistance to change by re-viewing these teachings. Our purpose is to get beyond the resistance to the enjoyment of the fullness of life. $110

Being PATIENT with Schizophrenia:
A Different Way of Treatment
Julian Silverman & Bette Dingman

This workshop is concerned with a different way to "treat" acute-dis-ease in consciousness. It involves an approach of *not* interfering with a person's struggle. It involves being *patient* until the right moment—the moment when the struggle ceases and there is momentary ease. It involves the "therapist's" use of him/her SELF rather than therapeutic techniques. It involves an advance in the training of therapists. It involves a different way of understanding so-called schizophrenia dis-ease. $110

Weekend of October 14-16

Growing Up-Right: The Greening of Human Plants
Betty Fuller

For workshop description see July 3–8. $110

Healthy Survival: Health Works / Don Lindsay

This will be a workshop in holistic medicine emphasizing prevention, health maintenance and experiential learning about body-psyche interrelations. The workshop includes body work at the Esalen baths. $110

The Innerspaces of Running / Mike Spino

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and the philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, inner space development, and creativity in quest for extraordinary experiences. Each person will receive an individual consultation and have the opportunity to continue towards personal goals on an ongoing basis. $110

Self-Acceptance: The Freedom to Be
David Schiffman & Dee Mundschenk

For workshop description see July 31—August 5. $110

Week of October 16-21

Growing Up-Right: The Greening of Human Plants
Betty Fuller

For workshop description see July 3–8. $270

Varieties of Sexual Experiences & Behaviors (Observations from LSD Research) / Stanislav Grof

Using the extended cartography of the human unconscious based on observations from clinical LSD research, we will discuss the nature of sexual energy and the many specific forms it assumes. Special attention will be paid to new understanding of the psychodynamics of sexual variations, disorders, and deviations, and to transpersonal dimensions of sex (satanic, oceanic, and tantric). We will use a combination of discussion, group interaction, experiential exercises, mandala drawings, slide and film projection, and non-drug technology for altering consciousness. Participants will have the opportunity to confront their feelings about sexuality and gain deeper insight into the nature of their experiences in this area. $270

Gestalt & Meditation / Stella Resnick

For workshop description see August 28–September 2. $270

Growth Center Administration

This will be a five day workshop with the trustees and managers of Esalen Institute reviewing our working styles and sharing the information we have learned through the years about administering a growth center. Depending upon the interests of the group, the subjects covered may include accounting, insurance, promotion, programming, personnel policies, work relationships, etc. $270

Weekend of October 21-23

States of Awareness, Shifts of Identity / Robert Nadeau

For workshop description see August 14–19. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

A Dialogue of Dreams / Maurice Friedman & Jan Clanton

This workshop is concerned with the meeting between the "inner world" and the "life of dialogue" through sharing dreams. After the facilitators have laid the groundwork and set the tone, the members of the group will be asked to bring recent and immediate dreams into the realm of the "between" by telling them to the group, responding to them, and inviting others to respond with interpretation, affect, events and situations in their own lives, and/or dreams of their own. Interpretations, Jungian or Buberian, will be used not as ends in themselves but as means to enriching and enlivening the dialogue between members of the group. $110

Awakening & Siddha Meditation / Michael Butler

For workshop description see July 22–24. $110

Week of October 23-28

Opening the Feelings: A Neo-Reichian Radix Workshop
Siri Mishler, Dale Cummings & Sharon Henry

For workshop description see page 24. $300

Gestalt Principles & Methods / Seymour Carter

For workshop description see August 28–September 2. $270

Yoga, Meditation, Movement, Massage
Deborah Sulochana Medow

For workshop description see July 17–22. $270

Weekend of October 28-30

Centering in Action / Bob Kriegel

The purpose of this workshop is to show that there is nothing mysterious, mystical, or devotional about centering—the process of tuning into that place of inner strength and wisdom from which we experience more of our possibilities and potential.

To experience centering we will play active games of all types, invent new ones, and practice exercises from yoga, aikido, t'ai chi, and sensory awareness.

We will use gestalt awareness, visualization, and psychosynthesis techniques to bring the insights gained in these activities to a more conscious level and to transfer them into our daily lives. $110

I'm Entitled / George & Judith Brown

For workshop description see July 24–29. $110 per person

Gestalt Awareness / Janet Lederman

Lecture / Demonstration / Training
Focus: Perception / Deception / Reception $110

Massage Intensive / The Esalen Massage Crew

For workshop description see July 10–15. $110

Reunion of the Class of '68

A reunion of the 1967–1968 Residence Program is being planned. Interested members please contact John Heider, Box 1129, Mendocino, CA 95460.

Future Workshop Announcements

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

November 6—December 2

An Integrative Approach to Group Process & Individual Growth (A four week internship program for personal & professional growth) David Schiffman, Dee Mundschenk, Richard & Christine Price with the Esalen staff

Over the years Esalen has functioned as a major clearing house for a wide variety of approaches and means for facilitating personal evolution and expression. One's journey could begin with any realm—mental, physical, emotional, or transpersonal—each path serving to create a wealth of information and energetic access.

What are the common experiential and conceptual threads that underlie each of these paths? How can these treads of experience be best woven together to create a fabric whose qualities are simultaneously exquisite in their delicacy while still remaining strong enough to sustain the wear and tear of worldly existence? And how best might this very personal process of self-discovery and integration be taught and shared with others?

The exploration and resolution of these and other basic questions pertaining to the process of change and growth will serve as the basis of our work together during this month long institute program.

During the month each participant will have the opportunity to clarify and develop his/her own ability, style, and artfulness both as individual guide and group facilitator, as well as to do in-depth personal work and training in gestalt practice, body work, psychosynthetic techniques, and the meditative arts.

The program will be structured to include: intensive individual work, supervised observations, practicum work in group leading and individual counseling skills, video feedback, illustrated lectures and didactic theoretical sessions. The emphasis throughout will be on creating a personally integrated perspective linking human potential practices with traditional psychological and counseling modalities.

Curriculum

The curriculum will include 150 contact hours. Session time will be divided into seminars, individual observation-supervision sessions, and group sessions. Seminars will consist of conceptual presentations, guided exercises and discussions done by core as well as visiting faculty.

Observation and supervision sessions will involve individual counseling among group members with supervision by core faculty. Included in these will be video replays and discussions pertinent to the work being done.

Group sessions will provide the participants with the opportunity to do in-depth work on their own process with core faculty as well as explore practical applications of material presented in seminars. In addition a major portion of the last week will be used for polishing leadership skills with each person in the group being given the opportunity to lead. Video feedback will again be employed. Some of the major areas and practices to be explored during this program include:

A. Physiological maps and entries to experience

Beginning from the assumption that the human body is a metaphor which holds and reflects how we have been shaped by past experience and habits, we will explore the effects of these patterns and their possible transcendence. Sessions in t'ai chi, bio-energetics, shiatsu, and massage will be scheduled to provide tools and perspectives relating to physically rooted patterns of holding and diminishment.

B. Gestalt Practice

The emphasis in this phase of our work together will be in creating a stance to facilitation which is non-analytic, non-coercive, and non-judgmental. We'll focus on the use of the awareness continuum, the nature of the impasse, contact and boundaries, ways of visualization and meditation and the development of leadership skills which reflect clarity and flow from whatever emerges in process.

C. Psychosynthetic Techniques

Using the over-arching perspective created by Psychosynthesis we'll examine reference points and specific experiences which include discerning different levels of the unconscious, basic personality organization, choice and the development of will, resolving inner conflicts, reflective and receptive meditation, dis-identification and self-identification, the use of ideal models, the nature of purpose, developing desired qualities, aligning with the transpersonal, guided imagery, journal work and music.

D. The Psycho-dynamics of Group Structure

Drawing on techniques based primarily in encounter we'll look into the formation of the group, ascertaining its energy field, the stages of group evolution, inclusion, power and affection, grounding cathartic experience in the group context, as well as examining the differences and effects of counseling, teaching and encounter modalities.

The program is designed both for professionals and students and those interested in the fields of psychiatry, psychology, religion, education, and philosophy. A few partial scholarships are available for this program. For scholarship applications write Esalen Institute, Big Sur, CA 93920. The program will have an enrollment limited to eighteen people. $1150 Deposit: $400

December 25, 1977—January 13, 1978

The Bodymind of Gestalt Theory & Practice A Three Week Intensive Training / Ilana Rubenfeld

This workshop is designed as an intensive three week training program for those people who want to incorporate gestalt theory and practice into their own work. We will be learning the basic tools of the gestalt approach and working with them in relationship to our own personal growth, as well as in supervised practice sessions with each other. We will explore the roles of practitioner, client, and observer, learning from these different perspectives the means of clearer facilitation of the Gestalt process.

Since Ilana Rubenfeld's approach to her own work includes the totality of body/mind, she will use and teach some principles of the bodymind work derived from the F M Alexander Technique and the Feldenkrais method. This she will do in relationship to each person's own development. In addition, part of the third week will be devoted to the question of using touch and of integrating non-verbal with verbal work.

The faculty includes Ilana Rubenfeld, Richard and Christine Price, Julian Silverman, Beverly Silverman, Janet Lederman, Paul Rebillot, Janet Zuckerman, and the Esalen massage crew.

This program will take place in the Big House which provides a unique situation for the creation of a community of work, humor, and self-exploration.

If you wish to apply, please send a letter containing personal and professional interests and a photograph to: Ilana Rubenfeld, 115 Waverly Place, New York, NY 10011.

DEFINITIONS

Of Some Approaches to Human Growth Used in this Catalog

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man/woman within an evolving universe. Starting with each person's existential situation as he or she perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

MASSAGE

Massage is a healing art. It is practiced to help the body relax, to release tensions, to balance the energy flow, and to soothe the being with gentle caring. Massages are given individually; workshops, classes, and private lessons are available.

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow, and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

SHIATSU MASSAGE

Shiatsu massage is the oriental healing art in which the hands are used to apply pressure to acupuncture points over the entire body, allowing the springs of life to flow.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling, and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative, and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement, and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement*—to have life energy freely available and flowing, not blocked. *Awareness*—to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility*—to know and act on the principle that I am the one who acts, thinks, and feels whatever it may be that I act, think, or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participants. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

STRUCTURAL INTEGRATION (ROLFING)

Structural Integration or Rolfing is a method of deep manipulation of the musculo-skeletal system that aims at balancing the major segments of the body. We have learned that connective tissue (fascia, tendons, ligaments) can be lengthened by palpation and direct manipulation; this makes it possible to reorganize the basic body lines. A properly organized body will be subject to less stress and will move in a more economical way. Structural Integration has a second principle: posture is behavior. Humans are psychophysical organisms; one cannot divorce their physical from their psychological functions. When you change the structure, you change the function.

A

RUTH ALON is a graduate of the Feldenkrais Institute in Israel and teaches this method at the Tel-Aviv University. (p 27)

MAURICA ANDERSON regularly conducts psychodrama and encounter workshops for Esalen Institute. She has co-led the Esalen High Sierra encounter for the past six years. (pp 17, 23)

WALT ANDERSON is a contributing editor of *Human Behavior* magazine and a student of any number of things including karate, Tibetan Buddhism and California politics. His most recent book is *Therapy and the Arts.* (p 23)

RON ANDES is a Staff Radix Trainee in Santa Monica. (p 27)

JOHN ARGUE is a teacher, actor, director, and playwright. He has done extensive work in gestalt, meditation, t'ai chi, bioenergetics, and jungian psychology. (p 16)

B

DIANA BECCHETTI completed advanced training with the Psychosynthesis Institute of California and trained in gestalt with Richard Price. (pp 14, 17)

GEORGE ISAAC BROWN is director of the Confluent Education Program at the University of California, Santa Barbara. He is the author of *The Live Classroom: Innovation through Confluent Education and Gestalt.* (pp 14, 22, 30)

MICHAEL BUTLER was trained in group process by John Heider and has been a rolfer. Currently he is studying with Baba Muktananda. (pp 14, 17, 26, 30)

C

SEYMOUR CARTER trained in gestalt with John Heider and Richard Price, in sensory awareness with Charlotte Selver, and rolfing with Ida Rolf. (pp 23, 30)

JAN CLANTON is finishing her analytic training at the Los Angeles Jung Institute. (p 30)

BARBARA CLEMANS has used her soft supportive allowing style for teaching movement and body awakening for the past seven years. (pp 11, 16, 27)

CONNIE COSSETTE is a Senior Radix Trainee in Santa Monica. (p 13)

EDWARD CROWTHER is a bishop in the Episcopal church, deported from South Africa in 1967 and currently is Assistant Bishop of California. He is a Diplomate of the American Association of Pastoral Counselors. (p 26)

DALE CUMMINGS, advanced Staff Radix Trainee in Santa Monica, is also a Licensed Marriage, Family and Child Counselor. (pp 13, 23, 30)

D

BETTE DINGMAN has had intensive first hand experience in the California State hospital system. She has been in residence at Esalen, Big Sur for three years. (p 29)

JACK DOWNING's living experience as a doctor, specializing in psychiatry, has been enlarged by spiritual development in Arica, work with Dr Ida Rolf in structural integration, and experience with the contemporary drug culture. (p 22)

JACQUELINE LARCOMBE DOYLE, a psychologist and former Esalen Resident Fellow, is currently involved with the Human Sexuality Program, UC School of Medicine, San Francisco. (p 22)

AL DRUCKER trained in numerous health and healing systems including acupuncture and rolfing. He has devoted the past three years to spiritual practice, spending about a year in India to be with his teacher, Sai Baba. (pp 25, 28)

MARK DUNLAP is a staff Radix trainee in Santa Barbara, California. (p 29)

F

JOAN FIORE currently practices gestalt, Neo-Reichian energy release work and her own self re-parenting methods in Berkeley. She has been a resident leader at Esalen and furthered her education working on an in-patient psychiatric ward. (pp 11, 21, 27)

MAURICE FRIEDMAN is Professor of Religious Studies, Philosophy, and Comparative Literature at San Diego State University and is author of *Contemporary Images of Man* and *The Hidden Human Image.* (p 30)

BETTY FULLER is a humanist counselor whose training includes working with Werner Erhard, Moshe Feldenkrais, Janet Lederman, Fritz Perls, Will Schutz, and Milton Trager. (pp 11, 12, 22, 29, 30)

G

JACK GAINES, a student of esoteric teaching, was formerly a corporation president and is now a writer. (p 29)

MERRI GOLDENSON, Staff Trainee in Santa Monica, is a registered nurse and licensed masseuse. (pp 13, 23)

DAVID GRILL is a Staff Radix Trainee in Ojai. (p 23)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over fifty articles in professional journals and books. (pp 25, 30)

H

ANNA HALPRIN is the founder of the San Francisco Dancers' Workshop. She is an innovator in redefining the meaning of dance as the natural way that people communicate with their bodies. (p 26)

DARIA HALPRIN is currently working as a gestalt facilitator using a synthesis of movement, gestalt, visualization, and active fantasy as a means of awakening and integrating feeling processes. (p 26)

ROBERT HAND, a professional astrologer, is the author of *Planets in Transit.* (p 25)

BARBARA HAZILLA is the assistant director of SAGAS, a project whose focus is developing self-awareness through active games and sports. (p 9)

CHRISTINA HEALY is a teacher of hatha yoga and of various techniques of self-exploration through visual arts. (p 25)

SHARON HENRY, Staff Radix Trainee in Santa Monica, has been an empathy trainer and a Medical & Research Assistant. (p 30)

DICK HORAN is an artist-potter-masseur, residing in Big Sur for the past eight years. (pp 25, 26)

JOHN HORLER is a multi-media artist/craftsman and co-designer of the New Tarot Deck. (p 25)

AL CHUNG-LIANG HUANG, Master of tai chi, dance/theater, brush calligraphy and other Asian fine and martial arts, is the author of *Embrace Tiger, Return to Mountain* (Real People Press). (p 21)

THE HUMANISTIC LAW INSTITUTE is an educational center in Los Angeles created by Stan Levy and Stan Keller both of whom have been practicing law in California for many years. (p 27)

J

KATHERINE JAIN is a yoga teacher and is the founder and president of the Yoga Organization for Research and Education in New Jersey. (p 21)

JINENDRA JAIN was interpreter for Baba Muktananda for six years during which time he lead meditations and chanting as well as lecturing and counseling. (p 21)

BIOGRAPHICAL

ALEXIS JOHNSON is a clinical psychologist. She has studied with the Institute for the New Age of Man founded by John Pierrakos. (pp 26, 27)

LELAND JOHNSON is the founder of the Espiritu Institute for Human Potential and a faculty member of the Gestalt Institute of Houston. He is the author of *Bio-Energetics: Body Contact Work, Gestalt Pillow-talk,* and *The Gestalt Adventure.* (p 26)

DEANE JUHAN has been a member of the Esalen massage crew for three years. He has a degree in English literature and has been a teaching fellow in the English department at Berkeley. (p 25)

K

CHARLES KELLEY, director of the Radix Institute, is a student of Wilhelm Reich noted for his teaching and training of teachers of Radix neo-Reichian groups designed for opening the feelings. (p 23)

DAVID KESSLER is a Lomi practitioner with training in gestalt, aikido, meditation, breath awareness, and body work. He is a founding member of the Fort Worth Gestalt Institute. (p 17)

CLAIR KILLEN is a Staff Radix Trainee in Santa Monica. (p 29)

BOB KRIEGEL's work is currently involved in using sports and games as vehicles for individuals to learn how to realize more of their possibilities. He is the co-author of *Inner Skiing, an Inner Game Approach* to be published this fall. (p 30)

L

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair,* a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen, Big Sur. (pp 12, 25, 30)

GEORGE LEONARD is author of *Education and Ecstasy, The Transformation,* and *The Ultimate Athlete.* He holds a black belt in aikido, from which he derives his present work. (pp 15, 27)

JOE LIGGETT has been a student of Zen for six years. He works as a child psychologist and is currently a research fellow at the Humanistic Psychology Institute. (p 17)

DON LINDSAY is a humanist, a physician, a teacher, and a research scientist. He is assistant clinical professor of medicine at USC medical school and president of the Foundation for Research in Aging. (p 29)

M

ANNE MACKENZIE, advanced Staff Radix Trainee in Santa Monica, brings to her Radix teaching learnings from gestalt, polarity, nutrition, physiology, and environmental studies. (pp 27, 29)

SULOCHANA MEDOW is interested in directing and rechanneling energy. She studies and teaches Ashtanga yoga, movement, massage, and polarity. She is on the Esalen massage crew. (pp 13, 24, 30)

MARY ANN MERKSAMER has worked with gestalt for eight years and has trained with Da Liu in T'ai Chi Ch'uan. She is the co-director of the Espiritu Institute for Human Potential. (p 26)

RALPH METZNER is the co-author of *The Psychedelic Experience* with Timothy Leary and Richard Alpert, the author of *Maps of Consciousness,* and is a staff teacher in the School of Actualism. (p 25)

EMMETT MILLER is a physician who developed selective awareness, a self applied process of using hypnoidal states to unlearn maladaptive emotional and habit patterns. (p 12)

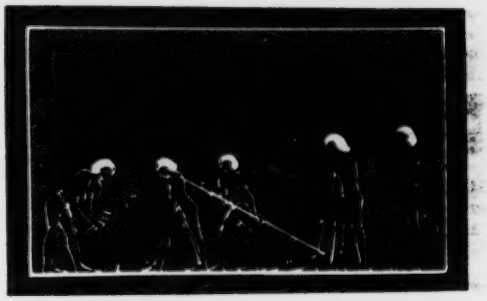
NITZA BROIDE MILLER is a dance/movement teacher. She is a professional folk dancer and teacher of classical, modern, primitive, and creative dance. (p 12)

SIRI MISHLER, Certified Radix Teacher in Santa Monica, has had substantial work in bio-energetics and transactional analysis. (pp 23, 30)

PEGGY MORRISON is an Esalen masseuse. (pp 14, 25, 26)

DEE MUNDSCHENK has experience in social work, group processing, coordinating an experimental mental health center, and teaching oriental art appreciation. (pp 11, 13, 15, 16, 23, 24, 28, 29, 31)

MICHAEL MURPHY is co-founder of Esalen Institute and a student of Eastern philosophy. He is the author of *Golf in the Kingdom.* (p 9)



N

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. Bob also teaches aikido. (pp 12, 22, 24, 28, 30)

JAMES XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has worked with Robert Hall in gestalt and body work. (p 14)

JASMINE NASH is a teacher, dancer, and facilitator who has been teaching black dance at the San Francisco Dancers' Workshop for the past two years. (p 14)

P

VIJAYENDRA PRATAP was born and educated in India. He is founder/director of SKY (Swami Kuvalayananda Yoga) Foundation in Philadelphia. (p 14)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is currently practicing acupuncture in Monterey. His prior training includes Arica Institute, gestalt, Reichian energetics, and structural integration. (pp 11, 27)

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 14, 31)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 9, 14, 31)

LEE PULOS is a clinical psychologist whose career has ranged from a traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing. (p 13)

R

ELAINE RAPP is a sculptor who has pioneered in bringing together gestalt and sculpting. She is director of Creative Growth Workshops and is on the faculty of the Eastern Institute of Gestalt. (p 22)

PAUL REBILLOT was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen, Big Sur. (p 26)

INFORMATION

STELLA RESNICK is a clinical psychologist who trained with Fritz Perls. She is the author of the article "Gestalt Therapy as Meditative Practice" which appears in the book *Gestalt Is.* (pp 23, 30)

JORGE ROSNER is chairman and training director of the Gestalt Institute of Toronto and Amsterdam, Holland, and founding fellow and staff member of the Gestalt Institute of Chicago. (p 22)

GABRIELLE ROTH is the founder and director of The Moving Center, an organization devoted to the movement of heart energy in the world, which supports artists and performers and produces musical and dance events. (pp 14, 23, 24, 29)

FRANK A RUBENFELD, a clinical psychologist who trained with Fritz Perls at Esalen, is on the faculty of the Gestalt Institute of San Francisco and the California School of Professional Psychology. (pp 13, 22)

ILANA RUBENFELD studied with Fritz and Laura Perls, is a teacher and board member of the American Center for the Alexander Technique, and has trained with Moshe Feldenkrais. (pp 16, 23, 31)

S

MORTON SCHATZMAN is a psychiatrist who has worked with R D Laing. He is director of the Arbours Association in London, which provides communal living outside mental hospitals for emotionally distressed persons. (p 23)

DAVID SCHIFFMAN is currently a leader in residence at Esalen, Big Sur, where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 11, 13, 15, 16, 23, 24, 25, 28, 29, 31)

WILLIAM SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais, and *est.* He is the author of *Joy, Here Comes Everybody,* and *The Elements of Encounter.* (pp 9, 13, 27, 28)

ALAN J SCHWARTZ practices privately in New York City. He has developed the concept of the energetic foreground—the use of the bioenergetic-gestalt synthesis in education and counseling. (p 22)

MIA SEGAL has been Moshe Feldenkrais's assistant for twenty years. She is also a teacher of the Alexander method and a black-belt in Judo. (p 23)

RENAN SERCARZ is a Senior Radix Trainee in Santa Monica. (pp 23, 27)

BEVERLY SILVERMAN is a gestaltist and a senior rolf practitioner. She has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the US Army at Fort Ord. (pp 12, 22, 25, 26, 29)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His work on attention disfunction in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the field of mental dis-ease. (pp 12, 22, 25, 26, 29)

MIKE SPINO is the director of the Esalen Sports Center and the author of *Beyond Jogging: Inner Spaces of Running.* (pp 9, 22, 29)

JOHN O STEVENS is author of *Awareness: Exploring, Experimenting, Experiencing;* and editor of *Gestalt Therapy Verbatim,* by Fritz Perls, and *Gestalt Is.* (p 24)

JUDITH STRANSKY studied the feldenkrais method in Israel. She is also a qualified teacher of the Alexander Technique in Santa Monica. (p 11)

SIMONE SURPIN is a former rolf practitioner and teaches body disciplines. During the past two years, she spent time with Baba Muktananda on his US tour, conducted meditation intensives and started the Muktananda Meditation Center in Palo Alto, California. She has just returned from a visit to India. (pp 11, 21, 27)

T

MIKE TALBOT is a psychologist in private practice in Vancouver, B C and a group leader with Cold Mountain Institute. (pp 26, 27)

RICK TARNAS, a member of the Esalen staff, received his PhD from the Humanistic Psychology Institute for his dissertation on LSD psychotherapy. (p 25)

MICHAEL TOBIAS has been intensely active in the mountaineering world for ten years. He is a professional photographer and writer and is currently editing an anthology entitled *A Mountain Aesthetic.* (pp 24, 28)

ARNE TRETTEVIK is a professional astrologer who practices in the Bay Area. His expertise is in the field of transit astrology. (p 25)

W

JUDITH WEAVER's main teachers have been Charlotte Selver, Magda Proskauer, the tai chi chuan form of Prof Cheng Man-Ching, and Phil Curcuruto. (p 17)

Z

JOHN ZEIGLER is in private practice in New York. He is editor of the *Journal of Self Management* and a faculty member of the New School for Social Research. (p 15)

JANET SACHSON ZUCKERMAN has been leading groups for five years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 14, 15, 26)

Audio Cassette Recordings

Esalen long-term and special workshops have produced a number of unusual audio recordings. The following were recorded in stereo and are available on cassettes only. All cassettes are $7.50 each and are 1 to 1½ hours in length:

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In May 1976 the Grof workshop on *Schizophrenia and the Visionary Mind* gathered recent explorers of the mind and of psychotic and religious experience:

John Weir Perry: *Psychosis & Visionary States*
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Gregory Bateson: *Double Binds & Context Levels*
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ACCREDITATION and the USE OF ESALEN'S NAME: at present, we *do not* offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen / San Francisco programs contact Big Sur Recordings, 2015 Bridgeway, Sausalito, California 94965. They also have Big Sur programs prior to 1973.

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FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103.

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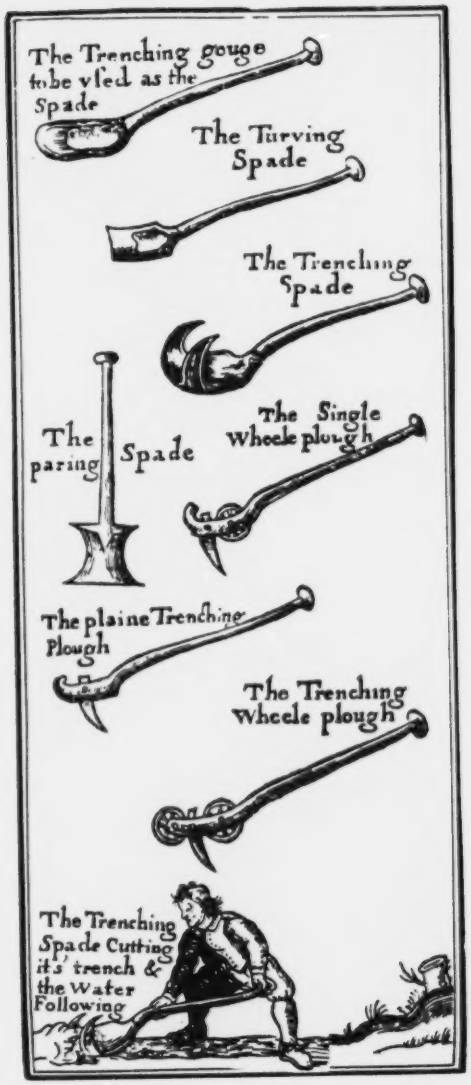

Big Sur Information

For reservations and information, write or call:
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Phone: (408) 667-2335, 10 to 3:30 every day;
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In Los Angeles call:
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Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Deposit Information: We require an advance deposit of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. Deposits are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail all reservations to Esalen/Big Sur. Balance of payment is due on arrival. Esalen accepts Master Charge and American Express. U S currency only, please.

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General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

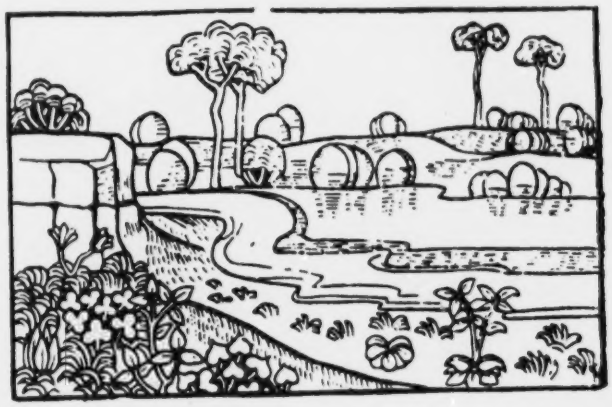
Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen has no child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5—5:30 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.



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This form is for your convenience in reserving a space at Esalen workshops. In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

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(Pages 9, 17, 24)

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Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

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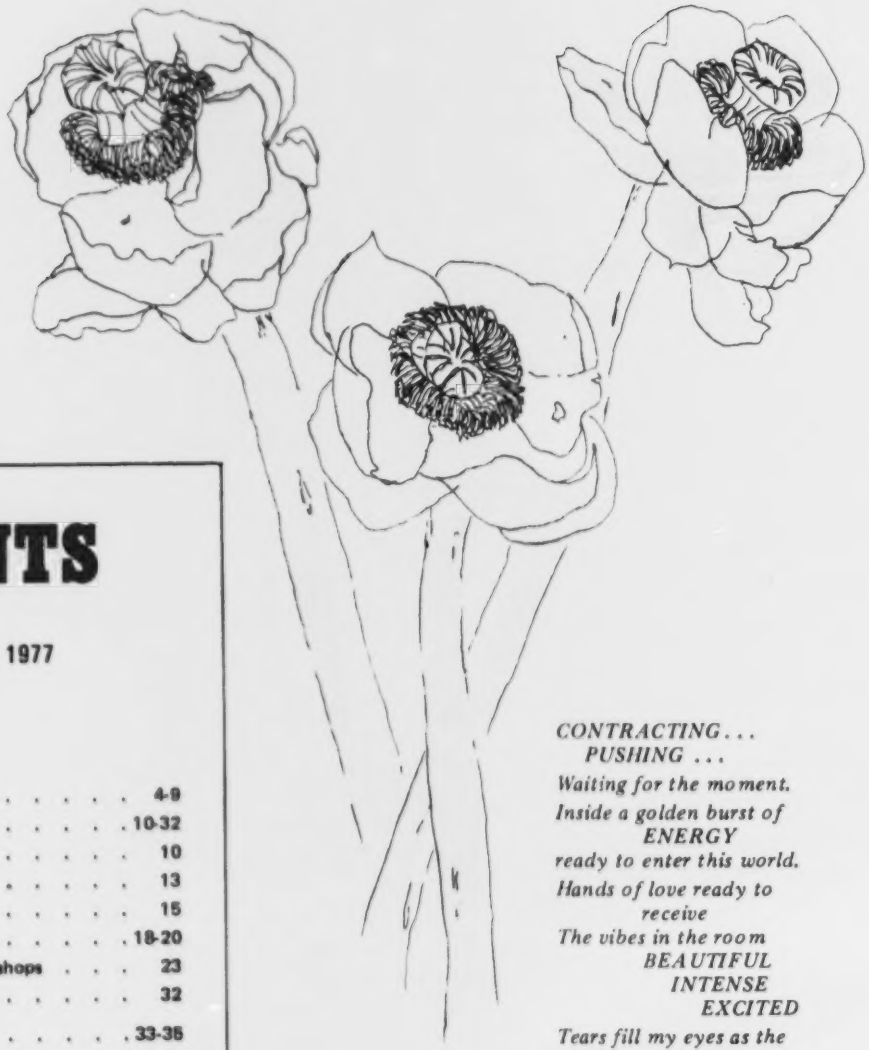
OCTOBER–DECEMBER 1977



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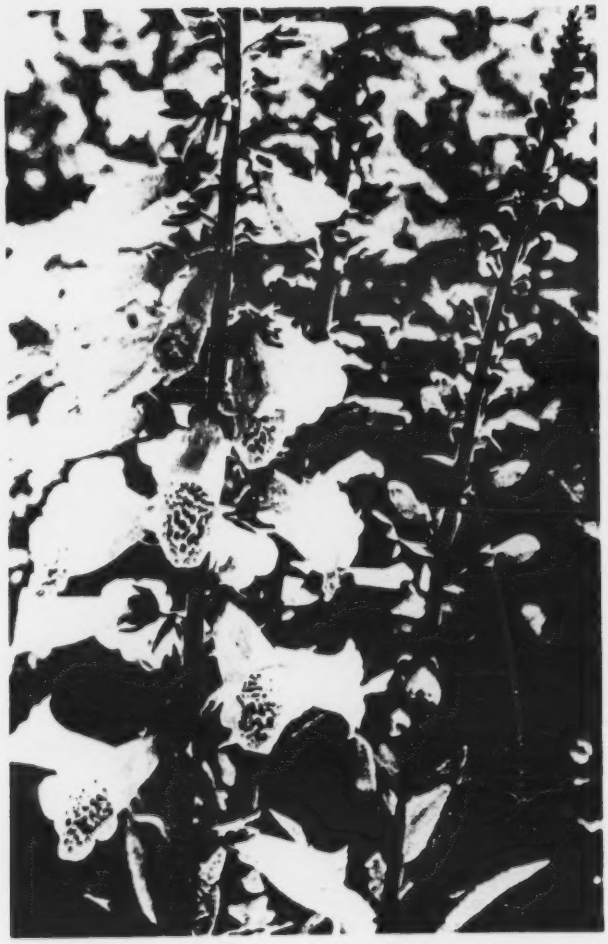
LIFE.

—Gayle Silverman
February 2, 1977

Early this year a baby was born at Esalen. It was delivered by a midwife with a physician in attendance. The birth of the baby boy, Alexander, to Monika Mueller was an important event for many of us. This poem was written about the birth itself by a fifteen year old girl.

Who's Responsible at Esalen?



We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility." However re-presented and operationalized in the past, by us or by others, this ethic continues to be the basis for our world view, and following from this, our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty dis-illusioning social and political events—all connected by a common reminder:

> Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness). "Take responsibility for your every thought, your every feeling, your every action," said our beloved friend and teacher, Fritz Perls.

We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures . . . and so on—and to be aware, whenever possible, what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. In effect, we are asking that this self-responsibility attitude be present in the initial contact with Esalen. Ideally, the same attitude will pervade after a workshop when our seminarians go back to the community and seek out others—physicians, teachers, counselors, mental health professionals, etc.

As we have become more thoughtful and self-critical about the overall direction of Esalen we have begun to concentrate on enhancing our basic offering—the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life; rather our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness—the consciousness of self-awareness/self-responsibility.

Food for Thought

TWO MEDICAL

The two articles in this section represent the begin ning of a forum on the role of medicine in contem porary society. The opinions presented in these arti cles do not necessarily represent the views of Esale Institute; what they do represent is our belief tha various viewpoints on the role of medicine need t

The following communication was written by a senior medical faculty member to the chairman of the department of medicine of a prominent medical school. For publication purposes the original communication has been shortened and edited to maintain anonymity of the author and of the medical school.

Directions In Medical Education

I do think that there is a problem in our medical educational system. The ultimate products, i.e., the physicians we produce, are not related to the health care needs of the people. We are creating a "cure for which there is no disease." There are, of course, other fruits produced by the Medical Center activity; these are research and service. I think the jury is out on whether or not we do a good job at these activities. I'm in no position to judge the quality of research here; I feel in a better position looking at the kinds of service we deliver, and it is my opinion that we come off poorly. However, a critique of our Medical Center health care delivery system is not the purpose of this note. It is important, however, to emphasize that we do tertiary care[1], and that the surrounding community looks to us to do certain kinds of specialized technological endeavors which frequently relate to the complex and unusual health afflictions of our society. It is apparent then, that the activities here, i.e., the research and the tertiary care, are our clinical base and are, of necessity, the fodder of our educational activities. Basing our educational system on material of this sort is, in my opinion, quite inappropriate. I feel it is largely because of this inappropriate education process that we are faced with our widely acclaimed crisis in medical health care. Yes, I would include the costs of medical care, increasing dissatisfaction by the public, and even the malpractice crises.

Attempts have been made, especially by the family practice movement, to develop a compendium of skills needed for the family physicians. We are doing the same sort of thing in the division of internal medicine concerning the internist. I think this is a worthwhile step, but even this approach has considerable bias. On the surface, it would seem logical to look at the kinds of problems being seen in the primary care[2] environment and from this one can gain an intuition into the skills which are needed to deal with these problems. However, there really is a danger here, because problems are defined by the individual whom we have trained. This is not only the result of our organic[3], physiologic and biochemical orientation we give our students, but is also aggravated by incentives forced upon us by insurance companies who try to avoid payment for conditions which are not organically and disease related. In my experience, it is almost routine to see a musculoskeletal or GI conversion reaction[4] called osteoarthritis or gastritis by worthy members of the profession and treated accordingly. When I see these long lists of primary care problems they usually don't fit with my experience, and I am arrogant enough to be skeptical.

---

[1]Tertiary care means highly specialized care for rare diseases.

[2]Primary care is the first physician contact.

[3]Organ related

[4]Psychosomatic reaction

(continued on page 7)

PERSPECTIVES

be presented. We invite your comments on our Food for Thought section or any other aspect of our catalog or programming. Address letters to Food for Thought, Esalen Institute, Big Sur, CA 93920. While we may not be able to respond to each letter, we will be sure to read all of them.

The following article was written by a medical doctor who has been in the private practice of dermatology for 15 years and who is an assistant clinical professor of medicine at the University of Southern California.

A Physician Discovers His Own Body

It is now fashionable to deprecate the tremendous advances and accomplishments of medical technology. There are those who would refute all technology, naively attributing the human misuse of technology to technology itself. If one carries such reasoning back far enough, one ends up in a natural cave without a fire.

On the other hand, medicine is far from perfect and sure to profit from the fruition of some of the changes for which the public is clamoring. Should these changes be in the direction of, "You physicians must take better care of me, the patient"? Is this what we really want? Perhaps many of the criticisms of medicine revert to the exaggerated authoritarian-dependent nature of the present physician-patient relationship. The patient wants to be taken care of, yet he resents the weaknesses implicit in the very dependent relationship he desires. After all, isn't it the patient, the public who have given the physician his power? A way to counter this would be for the patient to become more responsible for his own care. This puts the power back to where it originated, with the patient, rather than diverting it to some authority figure who is going to make physicians do what they are supposed to do.

Two desirable changes in the present health care system, then, might be to give some attention to the humanness of the nurse and physician, and for the patient himself to assume more responsibility for his own care.

How can the patient, the physician and the nurse take care of themselves better? Perhaps physicians are not as kind, as loving, as human as their patients would want because they have diverted away from taking care of their own needs. Many physicians see the world as a competitive striving, long term goal-oriented situation where they survive by studying, thinking, and working more. Their lives have become a struggle toward something rather than an expression of being. The paradox is that they of all people are often the least aware of their own bodies. Awareness of one's own body sensations and the entree this gives to basic comfort, serenity and joy has been lost in the struggle. Many simply have never had time for these things. Thus deprived, it is no wonder they begin to ignore the same things in their patients and to act as if all there is for them is to deliver the technology they have learned and so to get ahead.

The physician can hardly expect to learn this awareness from the institutions that may well be abetting it. Perhaps Esalen is in a unique position to offer this alternative.

In my own experience, a chance vacation from a busy practice, enforcing rest, made me aware of being bone tired. A visit to Esalen showed me, after some resistance, that with all my intellectual commitment to the care of human bodies, I was not aware of my own. Knowing about bodies was vastly different than experiencing. I could only experience

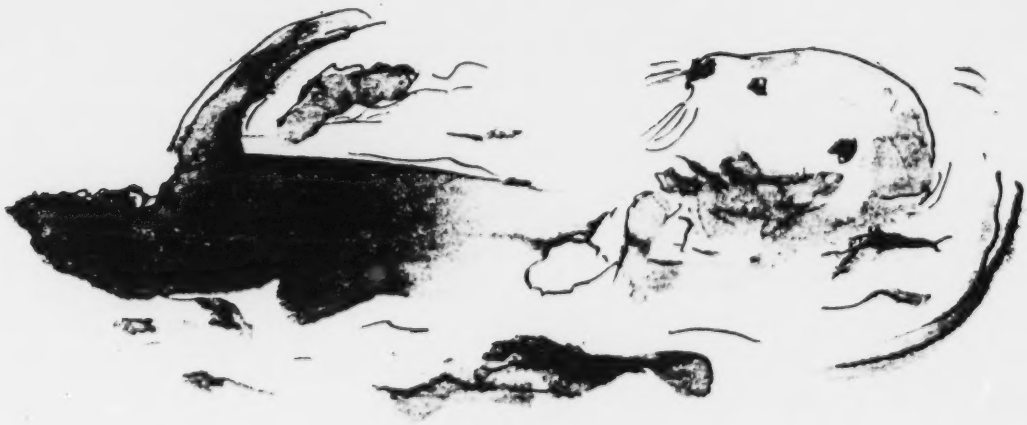
(continued on page 6)

Food for Thought

my own. I had never even noticed that when I was startled I held my breath. I had never realized I could counter fear and cause muscle relaxation simply by causing myself to breathe. I soon realized that being alienated from my body in some way deprived me of a basic sense of well being. Such deprivation engendered feelings of insecurity and survival fears. These I attempted to counter by accumulating more things and by patterns of self-indulgence. Self-indulgence here means deriving comfort from repeating familiar experiences, even though they may be harmful. Thus I was narrowing my adaptive capacitv

It was different from the heavy athletics I had pushed on myself. This gentle, sensitive body awareness I contacted at Esalen, requiring, as it did, periods of quiet, developed a spiritual awareness. This, in some inexplicable, gut level way, softened my certainty. The word spiritual had always made me defensive. Yet I didn't have to believe anything. One day I became aware of a sense of serenity and joy welling up in me. It was unreasonable, therefore I resisted it and deprecated it for some time. ■

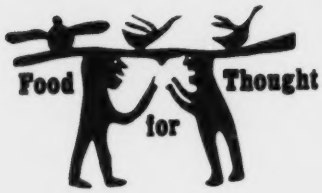
—Donald G Lindsay, MD



One might argue that it is quite appropriate to train people to do complicated things on complex patients. With this knowledge they can go out into the world and learn how to do the easy things on their own. This is a philosophy which has many proponents around the Medical Center. There are several problems with this approach. First off, people who voice this approach can't have tried to manage psychophysiologic problems which are far from easy. Some of the worst disasters I've seen in our Diagnostic Clinic have been given this approach to their conversion reaction, a tremendous waste of resources, assault and battery in the form of

unneeded surgery, and a resultant emotional and physical cripple. Secondly, the approach is wasteful. Third, the physicians we train will be unhappy; they expect to do one thing, and are expected to do another. Fourth, my experience would lead me to believe that a skill imparted to a trainee when mastered will be applied with regularity, *whether needed or not.* I am personally convinced that much of what we do here is quite unnecessary, and, as a matter of fact, meddlesome. The fact that it is fifty times as likely to get one's cranium opened here as it is in the Soviet Union is such supporting evidence. I think the assumptions that skills learned would be applied "only when needed" is quite cavalier. This is easiest to conceptualize when dealing with surgical specialties. It is more subtle and equally the case with medical subspecialties. I believe there is a tendency for each of us to generalize one's experience and apply it to the specific. When the skills learned in an institution like this one are applied in the real world, we have a definite problem. The cadence of information gathering on an acutely ill patient with an unusual disease here at the Medical Center may not be applicable to the patient drawn from a more representative community. The number of tests needed, risk procedures, performed here may not be appropriate outside this institution. However, this is the only experience our trainees have and "in our images" they will apply these techniques with great vigor. I was interested recently in talking to colleagues about their research, attempting to reduce the laboratory work done on patients on a particular service and trying to relate this to outcome. Their tentative preliminary findings would suggest that there is at least no change in the outcomes of patients on whom less lab work is done, and as a matter of fact, the outcomes may have improved. Although it is quite an interesting and noble effort, nobody seems to question the process which has occurred down the line, somewhere, which causes physicians to act in this manner, i.e., doing all that laboratory work.

There is a dissatisfaction syndrome I have seen in young physicians moving into the practice setting after their training. They frequently are contemptuous of the patient population of their colleagues and complain because they're bothered with what they think are inconsequential problems. Not infrequently, they bounce a couple of times from one practice to another before settling down to a realistic attitude. I see the same syndrome almost daily in the Clinic with our residents. The kinds of problems we see in General Medical



Clinic are much more representative than anything else around this place. Our young physicians trained in rare conditions and technologic medicine are not interested in ordinary problems.

It was interesting to me after going through residency that, when I moved into my office in the area, I was looked upon with great respect, was asked to do C.P.C.'s (clinical pathological conferences) and asked to run the coronary care unit, and I was quite valued by my peers because of my technological skills. It was apparent to me, however, that what I did well for my patients had nothing to do with what I had learned at the Mecca. Most of what I was doing as a physician was just what I had been doing as a small town GP and had been learned in the school of hard knocks. My patients valued me for one reason and my peers for another. I proceeded, however, because of skills imparted to me, to develop an unneeded catheterization lab at the hospital, and opened the first CCU (Coronary Care Unit) in the area with all its "benefits." It was recently with great interest that I read Mather's article which seemed to show that a randomized study of individuals with acute myocardial infarction fare just as well at home as they did with the benefits of the CCU treatment. It seems very easy for me to accept now, whereas in 1966 and 1967 I was quite enthusiastic about what I was doing, "whether it was needed or not."

I'd like to comment some more about the prevailing feeling around this institution which is sort of an accepted axiom, and that is that our job should rightfully be to teach people how to do the hard things and they can learn for themselves how to do the easy things. One would hope that providers would be most capable when the situation is most critical and if you have to slight your training, slight it toward knowledge and skills relating to conditions which are probably not life-threatening and will disappear spontaneously. This kind of thinking is based on the problem of the relevance of the experience here. Most academicians really worry about the generalizability of their results in experimental process. Few people here ever question the generalizability of our medical school experience to the educational needs of the students and trainees. A graphic characterization would be that we "do our damnedest to train people here for what they are not going to do." I am basing this on my experience as a practitioner. In all of my time on the front lines, I saw two patients who had leukemia. In my practice, which was slanted toward cardiac disease, I carried possibly five patients with heart disease and two patients with other rare diseases. Even if I spent a lot of time during my residency training seeing these kinds of problems, with the frequency with which they appear in the practice setting, I would find it necessary to refer my patients off in any event. An interesting figure is that the average practitioner sees one and one-half new cases of cancer per year (including skin cancer) and when I ask our students and incoming interns their estimate of this number, I usually get a figure between twenty and fifty.

There are many areas, even with the State of California, where doctors trained as we train them would be very useful. For instance, Merced County, with a population of 110,000 has two internists, both hospital based, acting almost entirely as consultants, seeing critically ill and unusual problems. Unfortunately, I don't see many of our students going to areas of need. Our elitest system recruits individuals who have cultural interests which preclude their moving away from the urban center where they can partake of the ballet, symphony, and good restaurants. They can always come to grand rounds or attend on the wards to see "interesting cases."

I see the General Medical Clinic as a real effort on your part to beef up the stature of general medicine here and try and get some primary care activities going. It is certainly more than a token effort, but there are many barriers to a success. As I see our educational activities "improve," I see us looking more and more like the rest of the institution. The topics chosen by students, residents and faculty to discuss are the same tertiary care topics which are discussed in the subspecialty areas. This occurs, of course, because these topics are the vogue. In order to really develop a meaningful program, one has to make a more fundamental change in the system, in order for it to be effectual. Even if we do put out general internists from this kind of a program, they are still going to

have the same inherent defects that characterize our products. They will be turned on by the weird and wonderful biochemical or physiologic abnormality. They will be disinterested and put upon by ordinary human problems; they will be ill-equipped to manage psychosocial issues and they will feel they *have a right* to be intellectually stimulated by the disease process.

My suggestions are fairly long-range and fairly drastic, so I don't expect much to happen. However, were I in a position of power and influence, I would certainly push for what I consider are these reforms:

1. *Medical School Requirements*
   I think we should de-emphasize hard science in our Medical School requirements and give emphasis to behavioral science rather than "physics and calculus." I would feel that behavioral science, communication techniques, cultural studies, anthropology, humanistic psychology and ethics would be more appropriate. It also seems ridiculous to have language requirements which are inappropriate to the local area. If there is a language requirement, it would seem logical, in our setting, to have it be Spanish.
2. *Recruitment*
   We should try to find "people-oriented" recruits rather than persons oriented toward intellectual perturbation. When molecular biology fails, their inherent interest in people will keep them going. Recruitment should be programmed to relate to the health care service needs of society, present and future; for instance, if, in reality, the Medical School produces eighty-five percent practicing clinicians, it is ridiculous to recruit people who voice an interest in "research."

   If there is a need over the next ten years or so for primary care physicians, it would seem appropriate to program the Admissions Committee to relate to this need in their recruitment efforts.
3. *Basic Science*
   My scheme would be to de-emphasize the molecular biology and the basic sciences moving toward an approach such as that discussed for premedical studies. Equal time would be given to social systems and behavioral sciences in our basic first two years with an emphasis early on in family-oriented care.
4. *Clinical Education*
   The most drastic changes would occur in the clinical education base which I feel should be a representative experience. I would feel the Medical School should be decentralized in community settings and the primary clinical education, including clerkships, should be based in primary, ambulatory care. Experiences at the Medical Center in teritary care would be elective and de-emphasized. This would have an added beneficial effect in that, if the amount of training done at the Medical Center is reduced, it would improve the efficiency of the operation to allow the cadre of people delivering care at the Medical Center to concentrate on service and research and would considerably replace the continued production of unneeded hyperspecialized providers. Residency training programs at the Medical Center should be considerably reduced and programmed according to need as determined at a national level. As you are aware, each of the health regions in the country is to have a high-level committee to determine the number of specialized providers needed, so these limitations will be imposed some future time in any event.

This arrangement will have a salutary effect on the institution. Service delivery and research could be done at the Medical Center. Teaching faculty largely based in primary care would develop and flourish at the community level and act as role models for our budding physicians. Many of the problems associated with definition of scholarly activity, appointments, tenure, and the like, would in all likelihood disappear. ■

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Wilderness / Tobias p 11
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October 7–9
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Change / Gaines p 11
Schizophrenia / Silverman p 11

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October 14–16
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Health / Lindsay p 12
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February 12–17
Radix Neo-Reichian / Killen p 32
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ESALEN PROGRAMS

Week of October 2-7

Massage Intensive / The Esalen Massage Crew

For workshop description see October 28–30. $270

States of Awareness, Shifts of Identity / Robert Nadeau

For workshop description see October 21–23. $270

A Week with Will Schutz

$300

October 2–28

Inner Road to Health / Al Drucker, Dee Mundschenk, David Schiffman & the Esalen Staff

This workshop will focus on two principal themes: health and personal process. Sessions during the day will be devoted primarily to the study of wholistic health practices, whose aim is the prevention of illness and the maintenance of health by natural means. Evening sessions will focus on individual and interpersonal process work based on gestalt and psychosynthesis models; there will also be didactic sessions on the theory of personal evolution and on creative journal keeping.

Included in the health approaches to be covered are: various systems of massage, such as shiatsu, polarity, Esalen massage, and deep tissue massage; acupuncture, acupressure, and the theory of traditional Chinese medicine; structural integration (rolfing); herbal and homeopathic systems of healing; nutrition, diet, fasting, organic gardening.

The workshop faculty of about 15 includes outside visiting teachers as well as resident Esalen staff members. With this workshop we are returning to a lower cost and somewhat more concentrated four-week format. A principal emphasis throughout the month will be on discovering and awakening inner resources. In this connection regular meditation, chanting, yoga, tai chi, massage, and other quieting practices will help still the mind and relax the body, permitting new sensitivities to emerge. We will also have dance, movement, and various forms of energy awareness sessions for the sheer enjoyment of learning to move freely and spontaneously in response to inner rhythms.

The group will meet in the Big House and many of the participants will be housed there. The workshop is offered twice yearly. Enrollment is on a first-come basis, confirmed upon receipt of the deposit. Some partial scholarships will be available and awarded on the basis of need; for this a weekly work committment is required. Our available scholarship fund is frequently exhausted as the program draws near, so applicants are encouraged to apply early by writing to Chris Price, Esalen, Big Sur, CA 93920. Also please write to us before enrolling if you have a health problem. We will try to accommodate your needs or suggest alternative possibilities.

Tuition: $1150 Deposit: $400

Creating Personal Space– A History of Imagination in Wilderness / Michael Tobias

Mornings will be spent in the study and practice of "Rock Meditation," the original form of zen. Our afternoons will see us out-of-doors on a hidden beach and within some magnificent rocky gorges of redwood and waterfall where we'll explore the joyous media of "Bouldering": the physical ascension, embodied in an easy, but exhilarating vertical tai chi through which our horizontal relationship to the world is graphically replaced by a vertical one. It is this reversal of our most basic posture and mental framework that will provide us profound access into an enriching mystery of nature.

Utilizing a diversity of slides and film, we will then trace the mountain-wilderness image throughout history, relating the anthropology of ascent to the inner domain of harmony envisioned by Thoreau. $270

Weekend of October 7-9

Opening the Feelings: A Neo-Reichian Radix Workshop Anne MacKenzie, Clair Killen & Mark Dunlap

For workshop description see page 23. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Change / Jack Gaines

Most of us resist change and prevent ourselves from growth and the very joy of life we seek. There is an important connection between ancient and current teachings that has valuable application in our contemporary daily lives. In this course we will explore our resistance to change by re-viewing these teachings. Our purpose is to get beyond the resistance to the enjoyment of the fullness of life. $110

Being PATIENT with Schizophrenia: A Different Way of Treatment Julian Silverman & Bette Dingman

This workshop is concerned with a different way to "treat" acute-dis-ease in consciousness. It involves an approach of *not* interfering with a person's struggle. It involves being *patient* until the right moment—the moment when the struggle ceases and there is momentary ease. It involves the "therapist's" use of him/her SELF rather than therapeutic techniques. It involves an advance in the training of therapists. It involves a different way of understanding so-called schizophrenia dis-ease. $110

Week of October 9-14

God, Sexual Energy & Your Body / Gabrielle Roth

For workshop description see November 6–11. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Gestalt Awareness / Julian & Beverly Silverman

How we orient ourselves to the world, how we contact others, depends upon our balance between sensory and muscular functions. Constriction in muscular action tends to constrict the senses and vice-versa, resulting in a limiting of awareness.

In gestalt awareness group work, our concern is with developing a way of being in which one's senses are open and one's style of contacting is flexible. The learning which takes place occurs in the context of a group of individuals who share and change in relation to each other. Emphasis is placed upon body in relation to mind. $270

Exploring Self-Acceptance
David Schiffman & Dee Mundschenk

For workshop description see January 6–8. $270

Week of October 16-21

Growing Up Right: The Greening of Human Plants
Betty Fuller

Many of us carry around enormous burdens of regret, resentment, incomplete cycles and other unfinished business from yesterday which turn today's life into a soap opera—tiring and trying. Frequently we made decisions "back then" which determine not only today's outlook but the choices we make about tomorrow's possibilities. This intensive, experiential workshop is designed to lighten the load—"empty the cup"—by completing the past and clearing space to create purposeful, joyful, and satisfying living here/now. Participants function solo, in dyads and in large and small groups using art, theater games, integrative movement work (feldenkrais and other), humor, fantasy, concentration and meditative exercises, sharing gestalt awareness training and elements from encounter and psychosynthesis. $270

Weekend of October 14-16

Growing Up-Right: The Greening of Human Plants
Betty Fuller

For workshop description see October 16–21. $110

Healthy Survival: Health Works / Don Lindsay

This will be a workshop in holistic medicine emphasizing prevention, health maintenance and experiential learning about body-psyche interrelations. The workshop includes body work at the Esalen baths. $110

The Innerspaces of Running / Mike Spino

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and the philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, inner space development, and creativity in quest for extraordinary experiences. Each person will receive an individual consultation and have the opportunity to continue towards personal goals on an ongoing basis. $110

Self-Acceptance: The Freedom to Be
David Schiffman & Dee Mundschenk

For workshop description see January 8–13. $110

Varieties of Sexual Experiences & Behaviors (Observations from LSD Research) / Stanislav Grof

Using the extended cartography of the human unconscious based on observations from clinical LSD research, we will discuss the nature of sexual energy and the many specific forms it assumes. Special attention will be paid to new understanding of the psychodynamics of sexual variations, disorders, and deviations, and to transpersonal dimensions of sex (satanic, oceanic, and tantric). We will use a combination of discussion, group interaction, experiential exercises, mandala drawings, slide and film projection, and non-drug technology for altering consciousness. Participants will have the opportunity to confront their feelings about sexuality and gain deeper insight into the nature of their experiences in this area. $270

Gestalt & Meditation / Stella Resnick

Meditation helps to develop the stillness of mind and the power of concentration to use gestalt awareness process more effectively.

This workshop will focus on love, pleasure, and higher consciousness and is particularly recommended for people who have had experience with gestalt and are interested in expanding their sense of the spiritual or for people in spiritual practice who want to move with gestalt to increase personal awareness. $270

Growth Center Administration

This will be a five day workshop with the trustees and managers of Esalen Institute reviewing our working styles and sharing the information we have learned through the years about administrating a growth center. Depending upon the interests of the group, the subjects covered may include accounting, insurance, promotion, programming, personnel policies, work relationships, etc. $270

Weekend of October 21-23

States of Awareness, Shifts of Identity / Robert Nadeau

We are capable of experiencing various states of awareness—off center, centered, pure energy (universal or spiritual). When we are in one of these states we view life from that state's perspective. In this workshop we will experience and study the process of moving from state to state. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

A Dialogue of Dreams / Maurice Friedman & Jan Clanton

This workshop is concerned with the meeting between the "inner world" and the "life of dialogue" through sharing dreams. After the facilitators have laid the groundwork and set the tone, the members of the group will be asked to bring recent and immediate dreams into the realm of the "between" by telling them to the group, responding to them, and inviting others to respond with interpretation, affect, events and situations in their own lives, and/or dreams of their own. Interpretations, Jungian or Buberian, will be used not as ends in themselves but as means to enriching and enlivening the dialogue between members of the group. $110

Awakening & Siddha Meditation / Michael Butler

Within each person there is a beautiful form of energy. Usually this energy is "sleeping," but when it is activated it begins to transform a person, working from inside out. It increases one's self-understanding, joy, and especially the ability to love. This workshop seeks to awaken this energy and teach about its unfolding.

The methods are designed to nurture each individual's "essence"—there will be gentle bodywork for grounding, talks on unity consciousness, chanting to open the heart, sharing, and a kind of meditation which integrates into everyday life. $110

The Esalen SPORT CENTER

October 17—December 16

Mind/Body Development Program
Mike Spino & Barbara Hazilla

This two month program will combine methods of examining inner senses and emotions with innovative physical fitness tools. The basic approaches include:

Overall aerobic fitness
1. various gaits and tempos in running
2. specific styles of body movement
3. varied breathing patterns and techniques

Flexibility & skeletal suppleness
1. extending the range of flexibility and skeletal suppleness
2. hatha yoga, free form stretches
3. learning to respond to body signals such as stress

Inner space techniques
1. meditation—the process of observing one's thoughts
2. visualization & guided imagery—creating and utilizing images which increase awareness and enhance physical experience
3. centering—the process of developing a sense of inner balance and harmony

Special one day workshops will be taught by Will Schutz, Judith Aston and Michael Murphy.

This program includes two weekly meetings of group training each week and two one day workshops each month. Individual consultations are also available components of the program. This is a non-residential program in San Francisco. The entire course is $200.

November 6, December 11 & January 14

Running Home: A Personalized Way to Faster, More Pleasureful Running / Mike Spino

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and the philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, meditation and visualizations towards the quest for extraordinary experiences. Each person will receive a 6 week program to enhance their physical and spiritual lives. This is a non-residential program in San Francisco. $30 for each one day workshop.

Week of October 23-28

Opening the Feelings: A Neo-Reichian Radix Workshop
Siri Mishler, Dale Cummings & Sharon Henry

For workshop description see page 23. $300

Gestalt Principles & Methods / Seymour Carter

This workshop is an opportunity for persons interested in gestalt to experience through practice and concept a number of the important principles and methods in the application of this approach. Focus will be on the awareness continuum, the impasse, contact boundaries, risk taking and sensory awareness. There will be time for working with others under supervision. $270

Yoga, Meditation, Movement, Massage
Deborah Sulochana Medow

Through the regular practice of asanas and integrative movement, hatha yoga seeks to develop and maintain awareness, quiets the mind and allows the spirit to grow and flower. The outward expression of this self awareness is movement: how we move in this world reflects who we are and how we feel about ourselves. Free form movement becomes a way to explore and creatively expand our ways of being. Massage is a means by which aware individuals can share with each other and more fully experience each other. In this workshop, we will use yoga, meditation, movement, and massage to explore and expand our ways of feeling and seeing, relating, and being. $270

Weekend of October 28-30

Centering in Action / Bob Kriegel

The purpose of this workshop is to show that there is nothing mysterious, mystical, or devotional about centering—the process of tuning into that place of inner strength and wisdom from which we experience more of our possibilities and potential.

To experience centering we will play active games of all types, invent new ones, and practice exercises from yoga, aikido, t'ai chi, and sensory awareness.

We will use gestalt awareness, visualization, and psychosynthesis techniques to bring the insights gained in these activities to a more conscious level and to transfer them into our daily lives. $110

I'm Entitled! / George & Judith Brown

This workshop *teaches the process* of owning what each of us has available in both our inner world and in our outer world, and appreciating the ways we interrupt our own natural growth and personal and interpersonal development. Then we can recognize what is and what isn't and what could (not "should") be and relish the choices, challenges, adventures, and peace to which we are all entitled. Suitable for couples or individuals. Limited to 20.
$110 per person

Experiencing Connections . . . A Gestalt Workshop
Janet Lederman

Dissolving boundaries . . . Creating different forms for living/working.
$110

Massage Intensive / The Esalen Massage Crew

The members of the massage crew, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of ourselves.

The group meets daily in the mineral baths. $110

Week of October 30 - November 4

Expanding One's Limits: Belief in the Stable Self
John & Toni Lilly

One may conceive of one's self as limited. Limits are placed upon one by one's immediate family, friends, associates, financial necessities, "paper realities," one's past, one's present and one's imagined future. One's choices are projected as limited.

Alternatively one may conceive of one's self as more than one can currently imagine one's self to be. Conceived limits are not limiting. Unknowns are present, not yet seen.

If I believe what I believe is a trap limiting me, I am trapped. If I believe that what I believe is really unknown, then I am free to explore the trap. I do not know my limits. My imagined future is not my real future.

This workshop introduces experimental exercises based on ways of moving towards new knowledge of self and other participants, widening shared limits in the group. $300

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Five Days with Jack Rosenberg

My current focus is on enjoying life to the fullest and bringing the clearest expression of my self to each moment. Many people describe what I do as gestalt body work with a transpersonal bend.

During the workshop we will cover many aspects of my energetic approach to sexuality as well as working with the body energy field and the belief systems which keep us locked in obsolete behavior patterns. Where you are is where we will start. $270

Gestalt Theater / John Argue

Definition: Gestalt theater is a dramatization of the processes of consciousness in now time, whereas psychodrama is a dramatization of crucial episodes in one's personal history.

We will use gestalt to generate improvisations for a theater of self-presentation that truly celebrates and educates in the art of being human.

Work will be based on each person's everyday process, dreams, fantasies, and relationships.

This group is for people who wish to learn theatrical uses of gestalt language and process as a means of dealing creatively with everyday life. It is open to anyone and I want especially to work with teachers, helpers, and healers. $270

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Weekend of November 4-6

Awake, Tune In: Unfold / Charlotte Selver & Charles Brooks

To awake means to alert one's energies—neuromuscular and perceptive—to greater moveability psychologically and physically and to more fully use one's senses and intuitive powers. For this to occur one must become more peaceful and quiet so that sensations can become clearer and fuller. In becoming tuned in by another person, by a task, or by a given situation one comes face to face with the creative nature of the organism: powers arise and come into play which correspond exactly to the demands of the occasion at hand. The cultivation of these functions can lead to an unfolding into a richer life—a restoring of the delight of every new experiencing which was our birthright in childhood. $110

Introduction to Gestalt Practice / Joan Fiore

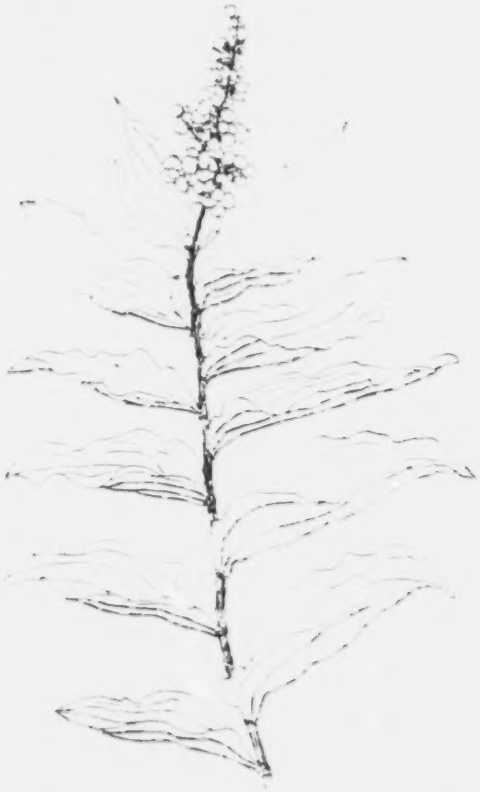
After introducing the "language" of gestalt and various gestalt experiments in breath, body, and feeling awareness, this workshop concentrates on providing the opportunity for intensive individual gestalt work in a supportive group setting. Suitable for novices as well as veterans. $110

Gestalt, Psychosynthesis & Encounter: An Experiential Training Workshop for Professionals Beverly Silverman

We will work with basic simple concepts and techniques. The emphasis is on the integral relationship between individual process and group process. My concern is with developing a way of being in which one's senses are open and one's style of contacting others is flexible. $110

Reunion of the Class of '68

A reunion of the 1967–1968 Residence Program is being planned. Interested members please contact John Heider, Box 1129, Mendocino, CA 95460.



Experiencing Esalen

Experiencing Esalen Staff

Coordinated by Janet Sachson Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theater games, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *Education in Feeling and Purpose* (Kelley).

SCHEDULE:

		November 25-27*	$100
October 7-9	$100	December 23-25	$100
October 9-14	$240	December 25-30	$240
October 21-23	$100	Dec 30-Jan 1	$100
Oct 30-Nov 4	$240	January 15-20	$240
November 20-25	$240	Jan 29-Feb 3	$240

*Experiencing Esalen II—prerequisite is one regular Experiencing Esalen program.

November 6—December 2

An Integrative Approach to Group Process & Individual Growth (A four week internship program for personal & professional growth)
David Schiffman, Dee Mundschenk, Richard & Christine Price with the Esalen staff

Over the years Esalen has functioned as a major clearing house for a wide variety of approaches and means for facilitating personal evolution and expression. One's journey could begin with any realm—mental, physical, emotional, or transpersonal—each path serving to create a wealth of information and energetic access.

What are the common experiential and conceptual threads that underlie each of these paths? How can these treads of experience be best woven together to create a fabric whose qualities are simultaneously exquisite in their delicacy while still remaining strong enough to sustain the wear and tear of worldly existence? And how best might this very personal process of self-discovery and integration be taught and shared with others?

The exploration and resolution of these and other basic questions pertaining to the process of change and growth will serve as the basis of our work together during this month long institute program.

During the month each participant will have the opportunity to clarify and develop his/her own ability, style, and artfulness both as individual guide and group facilitator, as well as to do in-depth personal work and training in gestalt practice, body work, psychosynthetic techniques, and the meditative arts.

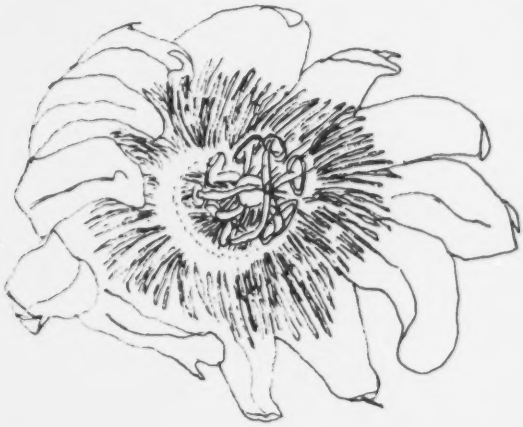
The program will be structured to include: intensive individual work, supervised observations, practicum work in group leading and individual counseling skills, video feedback, illustrated lectures and didactic theoretical sessions. The emphasis throughout will be on creating a personally integrated perspective linking human potential practices with traditional psychological and counseling modalities.

Curriculum
The curriculum will include 150 contact hours. Session time will be divided into seminars, individual observation-supervision sessions, and group sessions. Seminars will consist of conceptual presentations, guided exercises and discussions done by core as well as visiting faculty.

Observation and supervision sessions will involve individual counseling among group members with supervision by core faculty. Included in these will be video replays and discussions pertinent to the work being done.

Group sessions will provide the participants with the opportunity to do in-depth work on their own process with core faculty as well as explore practical applications of material presented in seminars. In addition a major portion of the last week will be used for polishing leadership skills with each person in the group being given the opportunity to lead. Video feedback will again be employed. Some of the major areas and practices to be explored during this program include:

A. Physiological maps and entries to experience
Beginning from the assumption that the human body is a metaphor which holds and reflects how we have been shaped by past experience and habits, we will explore the effects of these patterns and their possible transcendence. Sessions in t'ai chi, bio-energetics, shiatsu, and massage will be scheduled to provide tools and perspectives relating to physically rooted patterns of holding and diminishment.



B. Gestalt Practice
The emphasis in this phase of our work together will be in creating a stance to facilitation which is non-analytic, non-coercive, and non-judgmental. We'll focus on the use of the awareness continuum, the nature of the impasse, contact and boundaries, ways of visualization and meditation and the development of leadership skills which reflect clarity and flow from whatever emerges in process.

C. Psychosynthetic Techniques
Using the over-arching perspective created by Psychosynthesis we'll examine reference points and specific experiences which include discerning different levels of the unconscious, basic personality organization, choice and the development of will, resolving inner conflicts, reflective and receptive meditation, dis-identification and self-identification, the use of ideal models, the nature of purpose, developing desired qualities, aligning with the transpersonal, guided imagery, journal work and music.

D. The Psycho-dynamics of Group Structure
Drawing on techniques based primarily in encounter we'll look into the formation of the group, ascertaining its energy field, the stages of group evolution, inclusion, power and affection, grounding cathartic experience in the group context, as well as examining the differences and effects of counseling, teaching and encounter modalities.

The program is designed both for professionals and students and those interested in the fields of psychiatry, psychology, religion, education, and philosophy. A few partial scholarships are available for this program. For scholarship applications write Esalen Institute, Big Sur, CA 93920. The program will have an enrollment limited to eighteen people. $1150 Deposit: $400

Week of November 6-11

God, Sexual Energy & Your Body / Gabrielle Roth

"When sex comes from the physical center, it is a necessity. When it comes from the mental center, it is a fantasy. When sex comes from the heart center, it is a deep, total, and profound experience of our own divinity. Sex is meaningless without the heart."

The purpose of this workshop is to heal the separation between our divinity and our sexuality as it exists in our consciousness, attitudes and actions. This weekend will include breathing, movement, music, sound, and massage meditation. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. Gabrielle will support us in going within ourselves to rediscover the magnitude of our own heart energy, thus infusing our sexuality, and our entire life experience, with depth and purpose. $270

A Psychic Training Program / Anne Armstrong

This workshop is open to professionals or others interested in learning to recognize and use their own Psi abilities. Anne will use exercises and her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only to learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $270

Psychophysical Integration & Mentastics: A Training Workshop / Milton Trager

Psychophysical Integration and Mentastics, the innovative body work of Dr Milton Trager, was introduced here two years ago when he trained members of the Esalen staff and other professionals in body work. Dr Trager's work influences deep-seated patterns in the body/mind which inhibit, block and distort free-flowing movement and full self-expression. Since these blocks are released at the source, participants can experience long-lasting release of fixed patterns resulting in greater flexibility, increased energy and vigor and a more joyful, vibrant, complete sense of self. The body/mind becomes a well-tuned instrument capable of full self expression. Participants will all experience Dr Trager's work personally and will work on each other under his supervision. For professionals in body work only. $270

Weekend of November 11-13

Opening the Feelings: A Neo-Reichian Radix Workshop Clair Killen, Mark Dunlap & Merri Goldenson

For workshop description see page 23. $110

Couples Workshop / Janet Zuckerman & Fred Boeve

So you did your thing and I did mine.
So you didn't live up to my expectations
And I didn't live up to yours.
So you are you and I am I.
So we didn't meet—so what?
Now let's do our thing together. $110

Loving My "Self" / Phyllis Shankman

We will take time together to experience and appreciate the uniqueness and loveliness of our inner "selves" in the beauty and peace of the Esalen, Big Sur environment—through music, movement, meditation, massage, hot baths, yoga, dance and gestalt awareness games. $110

Week of November 13-18

You & Universal Motion / Robert Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement. $270

Contact & Communication / Julian & Beverly Silverman

The ways we contact and communicate with ourselves and with others determine the kind of world that we live in. When we change these ways we can actually change our world. This is what the workshop is about. $270

An Athletic Retreat / Mike Spino

This five day retreat brings together leaders in the sports and consciousness field to present various disciplines for personal growth through physical, athletic endeavors. The chief aim of the program is the blending of methods for spiritual and physical growth: among these will be various running gaits and tempos, muscle/skeletal and flexibility routines, breathing techniques, guided fantasy sessions and meditation.

A special emphasis will be on the beginner and the particular needs of women. Leaders include: *Joan Ullyot*—noted marathon runner and exercise physiologist, *Olga Connolly*—former five time Olympian and expert in strength and awareness exercises, *Mike Spino*—assessment and individualization of running and spiritual disciplines, and *Joe Henderson*—editor of *Runner's World* magazine, and author of eight books on running.

Most days will feature two training sessions a day, one emphasizing physical activity, and one emphasizing meditation and visualization. $270

The Esalen Work-Study Program

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our selves primarily in relation to others; we lose touch with our essence.

From this perspective, we offer an opportunity to return to our Selves within the working context of the Esalen community. Our faculty for this program is our environment—staff—community.

Learning/dis-covering the use of your own energy in work . . .
For your SELF.
Living together (close to others) operatively and co-operatively in a unique, high intensity environment.
Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.
An opportunity for:
SELF-regulation
SELF-examination
SELF-contemplation
and if you choose
SELF-reevaluation
Facilitated by removal from your ordinary living context.

Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. (Flexibility is one of the watchwords of life at Esalen). The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program (emotionally and physically) and only rarely is it restful. There will be a coming together in the evenings to share—contact—play/alone-together.

Accommodations are shared with up to 3 persons in a room. The program lasts 28 days; four weeks and four weekends at a basic cost of $350. Depending on your work schedule, weekend workshops may be available for an additional fee. Professional services such as massage and rolfing are available at staff rates. Arrangements are made through the office.

It is possible to be in the work-study program up to three months, by invitation, after the first month

Available dates:
August 14—September 11; September 11—October 9; October 9—November 6; November 6—December 4; December 4—January 1; January 1—29; January 29—February 26; February 26—March 26.

If interested, please apply as early as possible to Work-Study program, Esalen Institute, Big Sur, CA 93920. Only a limited number of applicants are accepted. Scholarships are not available for the Work-Study program.

Application to the Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____ City _____

State _____ ZIP _____ Age _____ Your occupation _____

Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st _____ to _____

2nd _____ to _____

3rd _____ to _____

Have you been to Esalen workshops? Please list program titles and dates, if any. _____

_____

_____

In the space below, please make a personal statement about your interest in the Work-Study program, and any skills available.

_____

_____

Please return this application with a deposit of $150 to Work-Study Program, Esalen Institute, Big Sur, CA 93920. Your deposit will hold a place for you if there is space during the dates you request. If there is no space, we will refund your deposit or hold it for the next available space of your choice. If your deposit is accepted and you cancel more than two weeks before the start of the program, we will hold your deposit in suspense for one year for your future usr at Esalen. If you cancel less than two weeks before the program begins, your deposit is forfeited.

Ways of Being at Esalen

South Coast Center

The living center is slowly evolving into a participatory environment
vital
changing
designing, redesigning inner and outer space with residents responsible for their own evolution.

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (room, balcony, and bath) are available for $350 per month. A monthly meal ticket may be purchased at Esalen for $200 and residents may set up light cooking facilities in their rooms for preparing their own meals. As part of our program of integrating residents into the working community, South Coast residents are asked to contribute eight hours per week of work to the community. In addition, due to the large number of people who want to be at South Coast, we have put a limit of three months on all South Coast residencies. South Coast studios may be reserved through the Esalen/Big Sur office.

Scholarship Information

If you need scholarship assistance for an Esalen program of five days or longer, write for a scholarship form *before* making a reservation. Allow at least three weeks for processing. If your application is approved, please make a reservation as soon as possible after receiving the notification. No scholarship assistance is available for June 15–August 31 programs or for weekend workshops.

Ongoing Residence Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $960 per 26-day period.

Sleeping Bag Group Weekends

The sleeping bag group is another way of being at Esalen—it has a life of its own.

Experience the place—with its hidden moments of beauty and surprise, the baths, the people, YOU. Members of the staff will accompany and share with you some of what they have learned living here at Esalen.

These weekends are offered from September through May. The charge is $60 per person for 10-14 people. You will be living together in one room. Bring your sleeping bags. Meals are provided starting Friday dinner through Sunday lunch. Send inquiries to Sleeping Bag Groups, Esalen Institute, Big Sur, CA 93920. Applications will be accepted from groups only, not from individuals.

Weekend of November 18-20

The Energetic Foreground: A Weekend of Energy Release with Bioenergetics & Gestalt / Alan Schwartz

Read the description of the weeklong workshop (see November 20–25). This weekend should be thought of as an opportunity to become aware of blocks to the free flow of human energy in the body's musculature. The energetic foreground concept provides the environment. *Integration* via bioenergetic grounding and gestalt support concepts will be the focus. $110

Unfolding the Inner Self / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy which can be the source of great creativity, peace, and joy in our life. All of us have moments in touch with it, and those are times when we are especially aware of our own unique beauty and strength. Sometimes this seed is called the " inner self."

There are methods, some age old, some new, that can directly tap into the inner self and help a person live in touch with it in everyday life. We will use tools which are designed to be gentle, yet go deep—music and chanting to open the heart, meditation practices, a form of movement which strengthens the emotional center, theoretical sessions on unity consciousness, gentle physical exercises—and other techniques for unfolding.

The workshop is limited to 14 participants and is appropriate for beginners as well as those with previous group experience. $110

Body Awareness, Sensuality & Vitality / Barbara Clemans

"Words were invented by man, the body and feelings are a creation of God . . ." In this workshop we will utilize various body awakening experiences which enhance awareness, pleasure, regeneration and vitality. These tools can be integrated into a routine of self help and maintenance in our daily lives. We will utilize the tools of awakening the senses: breathing, tasting, stretching, meditating, relaxation, massage, music, feldenkrais integration, jazz aerobics, expressive movement, sound, and laughter. Beginners are welcome. $110

Week of November 20-25

The Energetic Foreground Concept: A Bioenergetic-Gestalt Synthesis / Alan Schwartz

Working with the energetic foreground synthesizes the philosophies of bioenergetic analysis and gestalt. The central dynamic of the organism is the energy that makes up the whole person. Energy flow is body flow, emotional flow, and mental flow. Energy is *movement.* When such movement is blocked on any of the above levels, the organism *cannot* function to nourish the person towards a mature sense of self. This workshop will move in the direction of such awareness by providing participants an opportunity to work and play through energy blocks, concentrating on those which restrict the expression of the body. This release can provide the insight necessary for participants to glimpse a more total sense of self. $270

Five Days with Will Schutz

$300

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Weekend of November 25-27

Letting Go & Getting Everything / Judyth Weaver

This workshop will use Reichian breathing techniques, sensing, meditation, movement, and tai chi exercises to bring us more understanding of what and how we hold on and to enable us to let go and allow a more relaxed, balanced, energetic, enjoyable living. $110

A Weekend with Will Schutz

$110

Experiencing Esalen—Part II / Janet Sachson Zuckerman

During the past several years the Experiencing Esalen workshops have offered people an opportunity to sample, taste, and touch on a variety of nourishing and unique experiences intrinsic to Esalen.

Now for the first time we have designed a weekend to continue this process—to bring you MORE.

Prerequisite for this weekend is that you have already taken a regular Experiencing Esalen workshop.

We will focus on allowing feelings to be opened up and explored. $100

Being PATIENT with Schizophrenia: A Different Way of Treatment Julian Silverman & Bette Dingman

This workshop is concerned with a different way to "treat" acute-dis-ease in consciousness. It involves an approach of *not* interfering with a person's struggle. It involves being *patient* until the right moment—the moment when the struggle ceases and there is momentary ease. It involves the "therapist's" use of him/her SELF rather than therapeutic techniques. It involves an advance in the training of therapists. It involves a different way of understanding so-called schizophrenia dis-ease. $110

December 4–16

Dimensions of Consciousness / Stanislav Grof

Under the direction of Stanislav Grof Esalen is offering a comprehensive course on altered states of consciousness and psychedelics for professionals and students in the fields of general medicine, psychiatry, psychology, anthropology, and philosophy. This residential workshop will include over 75 hours of didactic and experiential sessions.

The core of this program will be a series of lectures which Dr Grof presented at the Donwood Institute in Toronto last fall. Slide-illustrated discussions, experiential exercises, and selected film material of this series cover the following topics:

I Altered States of Consciousness and Human Culture;
II Psychedelic Drugs in the History of Mankind;
III Laboratory and Clinical Research of Altered States of Consciousness and of Psychedelic Drugs;
IV LSD-Assisted Psychotherapy;
V Cartography of the Inner Spaces;
VI Dynamics of the Death-Rebirth Process;
VII Birth Trauma and Its Relation to Mental Illness, Suicide, and Ecstasy;
VIII Transpersonal Experiences and Their Significance for Psychiatry;
IX LSD and the Human Encounter with Death;
X LSD and the Cosmic Game: Outline of Psychedelic Cosmology.

The experiential parts of these sessions will combine the effect of sound and music, fantasy exercises, mandala drawing, group interaction and individual work when indicated. Contributions of the Esalen staff to this program will involve sessions on shamanism and schizophrenia, gestalt practice, encounter, Esalen and polarity massage, shiatsu, feldenkrais, rolfing, hatha yoga, aikido, acupuncture, and psychoceramics.

The program is limited to 30 participants selected from applicants. The fee is $575 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute, Big Sur, California 93920.

Faculty:
Daniel Bianchetta
Patrick Douce
Ed Dreessen
Al Drucker
Stanislav Grof, MD
Christina Healy
Richard Horan
John Horler
Deane Juhan
Janet Lederman
Bill Lyles
Peggy Morrison
Dee Mundschenk
Christine Price
Richard Price
David Schiffman
Beverly Silverman
Julian Silverman, PhD
Rick Tarnas, PhD

Week of November 27- December 2

*Gestalt Body Awareness & Health Practices For Health Professionals & Companions
Janet Lederman & Donald Lindsay, MD

Experience your own body, learn how to better care for yourself and others. Explore patient-nurse-physician professional relationships in the setting of the Esalen grounds and baths. Enrollment is limited.

*Esalen has applied for continuing medical and nursing education accreditation for physicians and for nurses. $270

Put Your Memories, Fantasies & Dreams to Work For You: A Reichian / Gestalt Approach to Energy Release
Joan Fiore

"To understand is to tremble. To recollect is to reenter and be riven."
—Harold Brodkey

This workshop focuses on releasing the energy locked in our memories, fantasies, and dreams so that this energy can be made available for present relationships and life situations in a way that makes our existence in the present less encumbered by unfinished business of the past as well as self-programmed, self-fulfilling prophecies of doom for the future. First priority is on intensive intrapersonal work in a supportive group setting. There will also be opportunities to explore the nature of our interpersonal relating through group interactions. $270

Massage Intensive / The Esalen Massage Crew

For workshop description see October 28–30. $270

Weekend of December 2-4

Lomi Work: An Exploration of the Body / Mind / Spirit Through Awareness
David Kessler & Bill Prange

Using the Lomi approach to gestalt, conscious movement, breath awareness, aikido energy techniques, hatha yoga, body work, polarity massage, and meditation, we will explore and enhance our body/mind/spirit process. The focus of this work is cultivation of awareness at all levels of existence. We will explore Lomi body work, an integrative form of deep body manipulations whereby tensions in the body are brought to awareness and released. Basically this work speaks of a trust for the human organism and the higher forces that guide it. $110

The Fertile Void: Paradox of Freedom / Jack Gaines

Though we act as though we are outer-directed, most of us are learning that we write our own scripts. In one way or another our teachers—Biblical as well as contemporary—point out that each of us chooses whether our lives will be melodramatic or a mellow drama.

In our fear of emptiness, we evade the fertility of the void. Yet it is in the void—allowing life to unfold—that our happiness lies dormant. We will examine the synthesis between the fertile void, which is the antithesis of the scripts we write, and the teachings of Ram Dass, Krishnamurti, Muktananda, Alan Watts, Fritz Perls, Freud, Eric Berne, Gurdjieff, Assagioli, Oscar Ichazo, Ron Hubbard, and Werner Erhard among others. Each uses a different metaphor. It is in the application of these seemingly diverse paths that the self-created obstructions to our own growth are dissolved. $110

The Language of Dreams / Leo Matos

This is an experiential seminar on different approaches to dreaming and psychological work with dreams. The emphasis in the seminar will be on cross-cultural comparison of the use of dreams; typical Occidental approaches such as Sigmund Freud's psychoanalysis, C G Jung's analytical psychology, and Fritz Perls' gestalt practice will be complemented by the techniques used by the Senoi in Malaysia, North American Indians and by Tantric tradition in Tibetan Buddhism. Participants will have the opportunity to learn how they can use dream work for enhancing their lives. $110

Core Dynamics / Hector Prestera

Core Dynamics is a process for opening the inner self using high energy techniques involving physical release, body awareness, body energetics all opening to intra-being. We will also use color reading and body reading to explore emotional-physical holdings.

Recommended reading: *The Body Reveals,* Prestera & Kurtz (Harper & Row and Bantam). $110

Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feelings, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix *Intensive,* a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Workshop. The *Intensive,* like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. Groups will be kept small—never more than eight per leader—so that significant individual attention can be given. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

October 7-9	Anne MacKenzie, Clair Killen, Mark Dunlap
October 23-28	Siri Mishler, Dale Cummings, Sharon Henry
November 11-13	Clair Killen, Mark Dunlap, Merri Goldenson
December 11-16	Lara Amber, Clair Killen, Sharon Henry
January 15-20	Siri Mishler, Clair Killen, Julie Wright
February 12-17	Clair Killen, Anne MacKenzie, Brian Killen

Week of December 4-9

Lomi Work: An Exploration of the Body / Mind / Spirit Through Awareness
David Kessler & Bill Prange

For workshop description see December 2–4. $270

Contact & Communication / Julian & Beverly Silverman

For workshop description see November 13–18. $270

Body Awareness, Sensuality & Vitality / Barbara Clemans

For workshop description see November 18–20. $270

Weekend of December 9-11

A Dance Workshop / Anna Halprin & Daria Halprin of the San Francisco Dancers' Workshop

In this workshop you will have a chance to explore the dancer in you. We will do this through movement, the creation of our own dances and rituals and the use of visualizations as a way of becoming conscious of our experiences. Our theme will be the integration of artistic and personal growth. $110

Prayer Without Belief / David & Helen Jacobsen

All of us pray as a natural act. Spiritual experiences are common to each of us. Sometimes these experiences have been covered over or denied.

This workshop explores the communication process called prayer in some aspects of the western tradition.

Experience oriented processes, specific communication techniques and guided meditation are part of the workshop. It offers an opportunity to complete your own dialogue with your personal religious heritage. $110

The Gentle Art of Becoming—Together: A Workshop for Couples / David Schiffman & Dee Mundschenk

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness techniques. $110 per person

Week of December 11-16

Opening the Feelings: A Neo-Reichian Radix Workshop
Lara Amber, Clair Killen & Sharon Henry

For workshop description see page 23. $300

Gestalt Principles & Methods / Seymour Carter

For workshop description see October 23–28. $270

Growth Through Risk-Taking
David Schiffman & Dee Mundschenk

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Emphasis will be placed on the expression of anger, affection, sexuality, and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. $270

Weekend of December 16-18

The Lawyer—A New Perspective
A Weekend for Lawyers presented by the Humanistic Law Institute

"Like mounds in a sandy desert, intellectual knowledge is mounting up without provision for the expression of the heart."
—Meher Baba

As lawyers we were trained to use our heads and not our hearts—to make choices and decisions based upon "reason," "principles," and "issues" and not to trust feelings, intuition or compassion—often with less than satisfying results in our "professional" and/or "private" lives.

During this weekend we will explore and share with other lawyers, in the peaceful, reflective, nourishing, and evocative setting of Esalen, ways of using and integrating all aspects of ourselves—our bodies, our minds, our feelings, our "hearts" to see if we can make our work and our "private" lives more effective and more integrated, flowing, meaningful, and enjoyable—or for some of us look more "clearly" at whether we want to continue working as lawyers.

The program will be conducted by a lawyer member of the HLI staff and another experienced group leader and will be largely experiential, using approaches and methods of gestalt awareness, psychosynthesis, massage, meditation, and bioenergetics. $110

Dance of Shiva / Gabrielle Roth

Each gesture is from
our own nature
born
spontaneous
beyond form
beyond purpose
being moved by
life
we are divinity dancing.

This weekend is being created for you to experience that part of yourself that wants to live deeply and fully. Be prepared for vigorous, intensive sessions of movement alternated with periods of deep meditation. $110

Unfolding the Inner Self / Michael Butler

For workshop description see November 18–20. $110

Tai Chi Chih / Catherine Elber

Tai chi chih is an ancient secret of China's imperial class which was first presented to the public three years ago. Easier than tai chi chuan, the simplicity and potency of these nineteen gentle movements is a beautiful experience of connecting with one's own life force. The inner calmness developed through this practice can have a deep effect on one's life as it provides the peaceful serenity of meditation while cultivating endless benefits for body, mind and soul. $110

December 18–23
Gestalt Practice / Richard & Christine Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustable.
—Lao Tzu c. 2500 BC

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure, or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelley); *Meditation: The Art of Ecstasy* (Bhagwan Rajneesh). $270

The patriarchal, authoritarian era in human history has attempted to keep the secondary antisocial drives in check with the aid of compulsive moral restrictions. Thus, what is called the cultured human came to be a living structure *composed of three layers*. On the surface he carries the artificial mask of self-control, of compulsive, insincere politeness and of artificial sociality. With this layer, he covers up the second one, the Freudian "unconscious," in which sadism, greediness, lasciviousness, envy, perversions of all kinds, etc., are kept in check, without, however, having in the least lost their power. This second layer is the artifact of a sex-negating culture; consciously, it is mostly experienced only as a gaping inner emptiness. Behind it, in the depths live and work *natural* sociality and sexuality, spontaneous enjoyment of work, capacity for love. This third and deepest layer, representing the *biological nucleus* of the human structure, is unconscious and dreaded. It is at variance with every aspect of authoritarian education and regime. It is, at the same time, man's only real hope of ever mastering social misery.

Wilhelm Reich
Function of the Orgasm

You can be moral while fully asleep. There is no problem. Rather it is better to be moral if you want to be fully asleep because the society will not disturb you.

You can be moral without being meditative, but the immorality will always be just behind you. Just like a shadow it will follow, and your morality will be just skin deep because your morality can only be imposed from without when you are asleep. It can only be pseudo, false, a facade. It cannot become your being. You will become moral outwardly, but inwardly you will remain immoral. And the more moral you become outwardly, the more immoral you will be within—in the same proportion because your morality is bound to be nothing but a deep suppression. You cannot do anything else while asleep; you can only suppress.

And through this morality you will also become false. You will not be a person, but simply a "persona"—just a pseudo entity. Misery will follow, and you will consequently be on the verge of explosion—explosion of all that you have suppressed. It is there waiting for you.

This so-called morality leaves only two alternatives. If honest, you will become insane. If dishonest, you will become a hypocrite.

While asleep, real morality cannot happen to you. And what do I mean by "real morality"? Something which is a spontaneous flowering out of your being, not imposed from without. And real morality is not in opposition to immorality. A real morality is just an absence of immorality. It is not in opposition! For example, you can be taught to love your neighbors, to love everyone, to be loving. It can become a moral attitude, but the hate remains within. You force yourself to be loving, and a forced love cannot be real, cannot be authentic. It is not going to fulfill either you or the other person. No one is to be fulfilled by this false love.

A real morality happens to a person who has gone deep within himself—and the deeper you go the more loving you become. It is not something forced against hatred; it is not something antagonistic to hatred. The deeper you move, the more love flows out of you. It has nothing to do with hatred at all. The moment you reach to your center, you are loving without any moral imposition: you may not even be aware that you are loving. How can you be aware? This love will just be so natural, that it will be just like breathing, just like your shadow following you. You will simply be loving.

—Bhagawan Shree Rajneesh
The Book of Secrets III

Week of December 18-23

You & Universal Motion / Robert Nadeau

For workshop description see November 13–18. $270

Dreams, Creativity & Altered States of Consciousness Stanley Krippner

An "altered state of consciousness" simply means moving to a different and heretofore unknown space in one's consciousness and seeing how the world and oneself look from this new place.

This workshop will utilize dream recall, body movement, massage, guided imagery and group hypnosis, to enter altered states of consciousness. In these states, workshop members will be trained to gain access to the personal and universal symbols which encourage creative development. $270

December 18–25

The Birth of the Sun / Paul Rebillot

The winter solstice is a time for restful introspection as the earth's outer darkness allows the inner sun of the soul to regenerate and find expression. Traditional cultures the world over have rested, fasted, and feasted during this time of the year in celebration of the turning point, the cyclic return.

We will join together to create our own ritual and pagent for the staff and guests of Esalen during this holiday week. Using a variety of techniques such as gestalt, guided fantasy, movement, massage, and more, we will integrate our personal rituals into a group presentation.

Participants may come for the entire seven days or join the group for the weekend. $380

Weekend of December 23-25

Celebration / Betty Fuller

Using movement, massage, and meditation we will experience practical, simple ways to lengthen and align our bodies, relieve our aching backs and joints and experience greater flexibility in body, mind, and spirit. We will have time to dance, laugh, rejoice, live, love, let go and let be. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Massage Weekend for Beginners / The Esalen Massage Crew

In our two days together we will establish a basic road map for a full-body massage: where to start, what to work towards as an end, and some ideas about what to do in between. Part of our emphasis is upon specific instruction in sensory awareness and body manipulation, and another larger part is upon practice with one another, experiencing the structure and energy of our bodies, using the map only as a back-pocket guide for our own much more interesting explorations.

The group meets daily in the baths. $110

The Birth of the Sun / Paul Rebillot

(See December 18–25.) This weekend group will join with the others, who, during the previous five days will develop a holiday ritual and celebration involving music, movement, and other forms of creative expression. $110

Week of December 25-30

Celebration / Betty Fuller

For workshop description see December 23–25. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Massage Intensive / The Esalen Massage Crew

For workshop description see October 28–30. $270

BEST COPY AVAILABLE

December 25–January 13

Integrating Gestalt, F M Alexander Technique, & Feldenkrais Method–A Three Week Training Program–Phase I / Ilana Rubenfeld & Esalen Staff

This intensive workshop is designed for professionals and those interested in psychology, psychiatry, education, expressive arts (drama, music, art and dance) and body/mind philosophies. It is focused for those who wish to integrate gestalt theory and practice and body/mind approaches into their own work/life journey.

In this workshop participants will learn the basic tools of the gestalt approach while working with them in relationship to personal/professional growth.

The blending of gestalt with Alexander Technique and feldenkrais exercises is used as a gateway to contacting, expressing and working through the deep feelings which often become stored in our body/mind and result in tension and imbalance. Trainees explore how the body/mind "speaks" and how we can learn to "listen" to ourselves and others in a flowing, integrative, congruent manner.

Every day will be divided into several sessions–morning, afternoon and evening. These sessions will include theory, demonstration and experimentation; practicum–supervised practice sessions where trainees take the roles of client, observer and gestalt leader; body/mind appraoches and the use of touch. Sessions concerning group process will be woven into the tapestry of the training. Several guest leaders will work and share their appraoch in individual and group facilitation.

The major themes of this workshop emerge from the following modalities:

1 Gestalt Theory and Practice generally encompasses such central issues as awareness, contact boundary, impasse, foreground and background, polarities and their integration, dream work and appropriate use of time in verbal and non verbal intervention.

2 The Alexander Technique & Feldenkrais Exercises–a psychophysical modality. This includes the relationship of posture to emotions and emotions to posture–how changes of inner and outer space affect our intellectual and emotional capacities. These methods deal with body posture, kinesthetic sense and a re-education of the brain's neural system.

3 Use of Touch: Attention will be given to the use of touch. To learn where, when, how and whom to touch requires sensing where the other person is. The leader/trainee can learn to protect himself/herself from toxic energies and open themselves for nourishment. Trainees will learn how to use themselves–their whole being–as an instrument.

4 Group Process: Part of this training will address itself to the subtleties of group process. An experienced group facilitator will be available to guide trainees in the processing of group dynamics.

When each one of us works on our own process we can then learn how to bring out total self into the "therapeutic" situation, transforming it into a collaborative effort which fosters acceptance, caring, humour and continual growth.

This program is the first phase of a three part program which will take place at Esalen. It is limited to thirty participants and will take place in the Big House which provides a unique situation for the creation of a community. The fee is $960 including room and board. If you wish to enroll send a letter containing personal and professional interests and a recent photograph to Ilana Rubenfeld, 115 Waverly Place, New York, New York 10011.

Faculty:

Ilana Rubenfeld
Janet Lederman
Esalen Massage Crew
Richard & Christine Price
Paul Rebillot
Beverly Silverman
Julian Silverman
Janet Zuckerman

Weekend of December 30 - January 1

Greeting the New Year with an Energetic Explosion
Alan Schwartz

The focus of this weekend will be on excitement. Through exercises designed to free the *excitation* in the organism, we will attempt to bring to awareness the New Year's possibilities—all that we want to confront and are capable of confronting. A risk environment will be available. The extent of risk will be yours. The point of departure will be the energetic foreground concept. Read the description of the January 1–6 workshop. $110

A Weekend with Jack Downing

$110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Week of January 1-6

The Energetic Foreground Concept: The Physical Dimension to Gestalt / Alan Schwartz

A *learning week* for those in the helping professions as well as those committed to exploring self-actualization. Through deep group involvement within the synthesized gestalt-bioenergetic environment, members will have the opportunity to understand clearly how energy is blocked to inhibit awareness and what is necessary to dissolve those expressions of fear. Though heavily experiential, specific data will be discussed relating to uses of such knowledge. Some reading of Lowen, Reich, and gestalt is suggested. $270

Five Days with Jack Downing

$300

Practices for a New Year—Yoga & T'ai Chi
Deborah Sulochana Medow & Ryan Kopperud

Developing and maintaining awareness can be stimulated by practices designed to heighten body/mind synthesis. Hatha yoga and t'ai chi are two practices which energize and harmonize the physical and energetic beings. This workshop will center on daily practice of hatha yoga and t'ai chi interspersed with massage, meditation, movement, and group interaction.

Experiencing internal/external movement connects our flow with others and our universe. As we come to recognize this intrinsic movement we expand our ways of feeling, flowing, being. $270

Weekend of January 6-8

Music, Dance, Trance & Celebration
Emmett & Nitza Miller

In cultures which are less dominated by technology and industry, music, dance, and celebration are not spectator sports. These activities, along with "trance" states such as meditation, deep relaxation, and hypnosis have been traditionally initiated cross-culturally for physical and emotional balance—release of tension, clearing of the mind, joy and ecstacy, and for interpersonal and transpersonal communication; and *everyone* participates!

This will be an *experiential* weekend where participants will be invited to share several deep relaxation ("trance") experiences to help intensify sound and movement and the natural body rhythms.

The lovely sounds of the harp, the stirring flute and the passion of drums will facilitate spontaneous movement to stimulate the evolution of your own body rhythms towards freedom, pleasure, and joy. $110

Introduction to Shiatsu Massage / Patricia Caldwell

Shiatsu is the oriental art in which the hands are used to apply pressure to points on the body. Emphasis will be on self-awareness for both the receiver and the giver, providing the experience of expanding shiatsu practice into one's life as the experience of moving in the world without effort, and with the flow. A working knowledge of shiatsu in both theory and practice will be given. $110 per person

Exploring Self-Acceptance
David Schiffman & Dee Mundschenk

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $110

Week of January 8-13

Living Tao: The Watercourse Way—Embrace Tiger, Return to Mountain / Al Chung-liang Huang

Erase the Fu Man Chu look from the stereotyped face of t'ai chi, debunk the myth of secrecy and the antiquity of its origin, drop the rigidity and confinement of man-made structures, so that we can begin sharing life's learning process as humble beginners. Play t'ai chi.

Al Huang has written three books and made two films about the TAO. Read all the titles in a sequence, they become a circle, interconnecting. This seminar is to be shared as the essence in practice. Come to participate in the living Tao and leave all speculations of intellectual burdens behind. $270

Contact & Communication / Julian & Beverly Silverman

For workshop description see November 13—18. $270

Self-Acceptance—The Freedom To Be David Schiffman & Dee Mundschenk

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $270

Weekend of January 13-15

You & Universal Motion / Robert Nadeau

For workshop description see November 13—18. $110

Massage for Couples / The Esalen Massage Crew

$110 per person

Tuning In / Janet Sachson Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and feeling. Once we are aware of our feelings, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness, and other techniques to tune in to ourselves and each other. $110

Running Home: A Personalized Way to Faster, More Pleasureable Running / Mike Spino

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various running gaits and tempos, muscle/skeletal exercises, breathing techniques, and the philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, meditation and visualizations towards the quest for extraordinary experiences. Each person will receive a six week program to enhance their physical and spiritual lives. $110

Week of January 15-20

Opening the Feelings: A Neo-Reichian Radix Workshop Siri Mishler, Clair Killen & Julie Wright

For workshop description see page 23. $300

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Put Your Memories, Fantasies & Dreams to Work For You: A Reichian / Gestalt Approach to Energy Release Joan Fiore

For workshop description see November 27—December 2. $270

Weekend of January 20-22

Finding Your Natural Rhythm / George Leonard

All of life—from single-celled organism to human individual to great civilization—is held together by a series of rhythmic patterns. There is a "right" or "natural" rhythm for every action and every situation. Finding your own rhythm, your unique inner pulse, is the first step towards what is commonly called "happiness." This workshop will use exercises from aikido, energy awareness, dance and games to help participants experience their inner pulse or natural rhythm. $110

Unfolding the Inner Self / Michael Butler

For workshop description see November 18–20. $110

What is Sensory Awareness? / Ellen Stevens

Sensory awareness is a series of subtle experiments allowing the awakening of our senses and intuitive powers, thereby creating a greater ease in our ability to move through our daily patterns of existence. In this weekend we will experience a coming to quiet—tuning into our inner self with the possibility of greater sensitivity to our selves and others. Using experiments calling for subtle permissiveness we come to a fuller presence, psychologically and physically. Special attention will be given to personal needs. $110

The Kiva: Experiment in Male Friendship
Ed Maupin & Bill Stewart

For workshop description see January 22–27. $110

Evolutionary Relationships Between Mind & Body
Michael Murphy & Jim Hickman

Michael Murphy and Jim Hickman are gathering examples of extraordinary bodily transformations from various fields—from the yogic and contemplative literature, psychiatric records, hypnosis and drug research, sport, the arts and everyday life—in an attempt to learn more about the range of such changes and the ways in which they happen. In this seminar they will present their work to date and speculate with the participants about the implications of their findings. Two questions for discussion are: (1) Do these bodily changes reveal an evolutionary possibility? (2) How do they relate to notions of "enlightenment"? $110

Week of January 22-27

God, Sexual Energy & Your Body / Gabrielle Roth

For workshop description see November 6–11. $270

Gestalt Practice / Richard & Christine Price

For workshop description see December 18–23. $270

The Human Encounter with Death: Psychedelic & Anthropological Perspectives
Stanislav Grof, MD

This workshop will focus on new approaches to individuals facing death and a new understanding of the experience of dying based on anthropological observations and LSD psychotherapy with psychiatric patients and persons dying of cancer. The areas explored will involve cross-cultural analysis of death-rebirth mysteries and rituals; the books of the dead (Egyptian, Tibetan, Ars Moriendi); experiential cartography of the "post-humous journey of the soul" of various ancient and preliterate cultures; rites of passage, death-rebirth experiences of schizophrenic patients, and accounts of survivors of clinical death and near-fatal accidents. We will use a combination of slide-illustrated lectures, discussions, and experiential exercises. Participants will have the opportunity to explore and confront their own feelings, attitudes and beliefs concerning death through the use of music meditation, mandala drawing, and group interaction. $270

The Kiva: Experiment in Male Friendship
Ed Maupin & Bill Stewart

The more comfortable men are with radical non-sexual intimacy with other men, the more easily their energy flow can result in unified action and creativity. In some traditional societies the kiva is a lodge in which men establish strong ties, develop skills and are initiated into the mysteries. In this workshop the mysteries include working through the anxieties about energy flow between men and learning to attend to our dreams as meaningful communications from deeper levels of the self. Bring a journal for recording dreams. $270

Weekend of January 27-29

Dance of Shiva / Gabrielle Roth

For workshop description see December 16–18. $110

A Weekend with Will Schutz

$110

Getting Your Act Together / Nancy Lunney

All the world's a stage and the current production can be a soap opera, musical comedy, tragedy, or three-ring circus. Since we choose our parts, finding new ways to express ourselves can open up a variety of options on how to play our lives. Utilizing music, theater games, drawing techniques, and gestalt we will explore getting our "act" together. $110

Steps to an Ecology of Mind / Gregory Bateson

In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to new ways of looking at the living world, including everything from biology to poetry and politics. The workshop will explore these ways of perceiving and thinking. $110

Week of January 29 - February 3

Coming Back into Balance / Judyth Weaver

In our everyday lives of go, goals, and competition we often become unbalanced physically, mentally, emotionally. This workshop will deal with ways in which we can return closer to our natural balance. We will work with meditation, Reichian breathing, movement, sensing, and an ancient form for balance and relaxation, tai chi chuan, for deeper understanding of where we are in relation to our center and how to come back into and maintain our balance. $270

Five Days with Will Schutz

$300

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Advanced Massage Week / The Esalen Massage Crew

The soothing release of everyday tensions is really only the beginning of the sensations and revelations possible through massage. The release of chronic energy blocks can produce dramatic results in our physical and emotional well-being; awareness and memories may be triggered which begin a process that goes far beyond the massage itself. The crew would like to demonstrate and practice together some of our own explorations in massage and manipulation of the energy bodies and to share our experiences of the sometimes surprising results of these techniques. $270

February 5—March 3

Deep Tissue Workshop
Al Drucker & Ryan Kopperud

A training workshop for 12 to 14 participants concentrating on deep tissue work and acupuncture principles. Classes will meet 5 days per week and include theory and personalized instruction in manipulative work. There will be daily tai chi sessions. Gestalt and other process sessions will be scheduled informally in the evenings as group or individual need for process work arises. Any ongoing evening and early morning special events at Esalen, such as feldenkrais or yoga classes or meditation and chanting sessions, will be open to workshop members. Since weekends are free, regularly scheduled weekend brochure programs can be attended for the catalog price minus $50. Classes will be held in the Big House, a beautiful Big Sur mansion high on the cypress-covered bluffs overlooking the Big Sur coastline; most participants will also be housed there. Except for a weekly family-style meal together at the Big House, meals will be taken at the Esalen lodge.

This is an advanced workshop providing thorough grounding in all aspects of deep tissue massage and restructuring with emphasis on acupuncture points, meridians and energy balance. There will also be classes on iridology, nutrition, herbs, homeopathy, flower remedies, and Esalen massage, depending on group interest. The workshop is open to anyone having a previous qualifying experience such as participants in the Inner Road to Health workshops, medical professionals, massage practitioners, or serious students with previously completed courses in the health and healing arts. The intent is not to train for a new profession based on this work, but to synthesize and incorporate the skills learned here with already established health and healing practices.

The total fee of $1150 covers tuition, shared accommodations two or three to a room and meals for the month. To register send a $200 deposit, your name, address, phone number, and a note giving previous experience. Mail to Chris Price, Esalen Institute, Big Sur, California 93920. Acceptance is on a first-come basis. In case of non-acceptance the deposit will be returned in full. Some partial scholarships will be available and awarded on the basis of need; for this a weekly work committment is required. Scholarship applications will be sent on request.

Weekend of February 3-5

Esalen for English Teachers / The Esalen Staff

To feel and speak the astonishing beauty of things—
earth, stone and water,
Beast, man and woman, moon and stars—
—Robinson Jeffers

Different THAN your typical English conference. Small, in air as fresh as the experiences generated. No name badges. No publishers' displays. No "celebrities." Leave your notebooks home. Recharge your mind/body/spirit. Experience sensory awareness, theater games, guided fantasy, bioenergetics, massage. English teachers only—all levels. Give the right side of your brain a chance. Limited to 80. $110

Send registration inquiries to Larry O'Hanlon, PO Box 3611, Fullerton, CA 92634.

Week of February 5-10

Take a Second Look at Yourself / Janet Sachson Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter, and sensory awareness. $270

Body Awareness, Sensuality & Vitality / Barbara Clemans

For workshop description see November 18–20. $270

Awake, Tune In: Unfold / Charlotte Selver & Charles Brooks

For workshop description see November 4–6. Scholarships are available for this workshop. $270

Weekend of February 10-12

Awake, Tune In: Unfold / Charlotte Selver & Charles Brooks

For workshop description see November 4–6. $110

Core Dynamics / Hector Prestera

For workshop description see December 2–4. $110

Week of February 12-17

Opening the Feelings: A Neo-Reichian Radix Workshop
Clair Killen, Anne MacKenzie & Brian Killen

For workshop description see page 23. $300

Contact & Communication / Julian & Beverly Silverman

For workshop description see November 13–18. $270

Future Workshop Announcements

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

April 9—May 5, 1978
Inner Road to Health / Al Drucker

May 7—June 2, 1978
Frontiers of Science / Stanislav Grof

A variety of extraordinary and controversial phenomena that have the potential to revolutionize modern science will be explored from the point of view of their relevance for opening new possibilities of self-exploration.

A

LARA AMBER is a certified teacher at the Radix Institute in Santa Monica. (p 24)

JOHN ARGUE is a teacher, actor, director, and playwright. He has done extensive work in gestalt, meditation, t'ai chi, bioenergetics, and jungian psychology. (p 14)

ANNE ARMSTRONG has been doing transpersonal counseling for over 16 years. (p 17)

JUDITH ASTON developed Structural Patterning, based on Ida Rolf's concepts of alignment. Currently she is director of the Structural Patterning Institute and on the training staff of the Rolf Institute. (p 13)

B

GREGORY BATESON, author of *Steps to an Ecology of Mind*, originated the "double bind" theory which explains some of the causes of schizophrenia. (p 30)

DANIEL BIANCHETTI is a shiatsu teacher in residence at Esalen. (p 22)

FRED BOEVE has been a staff member for the past three years and lives with Janet Zuckerman. (p 17)

CHARLES BROOKS, author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963. (pp 15, 32)

GEORGE ISAAC BROWN is director of the Confluent Education Program at the University of California, Santa Barbara. He is the author of *The Live Classroom: Innovation through Confluent Education and Gestalt.* (p 14)

JUDITH BROWN is a gestaltist who is a specialist in marriage and other primal relationships and is interested in families as systems and the effect they have on the individual family member. (p 14)

MICHAEL BUTLER was trained in group process by John Heider and has been a rolfer. Currently he is studying with Baba Muktananda. (pp 13, 21, 24, 30)

C

PATRICIA CALDWELL has been practicing and teaching shiatsu for several years. (p 28)

SEYMOUR CARTER trained in gestalt with John Heider and Richard Price, in sensory awareness with Charlotte Selver, and rolfing with Ida Rolf. (pp 14, 24)

JAN CLANTON is a Jungian analyst. (p 13)

BARBARA CLEMANS has used her soft supportive allowing style for teaching movement and body awakening for the past several years. (pp 21, 24, 32)

DALE CUMMINGS, advanced Staff Radix Trainee in Santa Monica, is also a Licensed Marriage, Family and Child Counselor. (p 14)

D

BETTE DINGMAN has had intensive first hand experience in the California State hospital system. She has been in residence at Esalen, Big Sur for three years. (pp 11, 21)

PATRICK DOUCE is a feldenkrais teacher in residence at Esalen. (p 22)

JACK DOWNING, a medical doctor, has moved to New York City where he contributes to the Center for the Healing Arts, a medically-oriented wholistic health center. (p 28)

AL DRUCKER trained in numerous health and healing systems including acupuncture and rolfing. He has devoted the past three years to spiritual practice, spending about a year in India to be with his teacher, Sai Baba. (pp 11, 22, 31, 32)

MARK DUNLAP is a staff Radix trainee in Santa Barbara, California. (pp 11, 17)

E

CATHERINE ELBER attended the first teacher's training course given in tai chi chih and is indeed honored to share such a beautiful gift of life. (p 24)

F

JOAN FIORE currently practices gestalt, neo-Reichian energy release work and her own self re-parenting methods in Berkeley. She has been a resident leader at Esalen and furthered her education working on an in-patient psychiatric ward. (pp 15, 22, 29)

MAURICE FRIEDMAN is Professor of Religious Studies, Philosophy, and Comparative Literature at San Diego State University and is author of *Contemporary Images of Man* and *The Hidden Human Image.* (p 13)

BETTY FULLER is a humanist counselor whose training includes working with Werner Erhard, Moshe Feldenkrais, Janet Lederman, Fritz Perls, Will Schutz, and Milton Trager. (pp 12, 26)

G

JACK GAINES, a student of esoteric teaching was formerly a corporation president and is now a writer. (pp 11, 23)

MERRI GOLDENSON has been in training at the Radix Institute for almost two years and is a registered nurse and licensed masseuse. (p 17)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over fifty articles in professional journals and books. (pp 12, 22)

H

ANNA HALPRIN is the founder of the San Francisco Dancers' Workshop. She is an innovator in redefining the meaning of dance as the natural way that people communicate with their bodies. (p 24)

DARIA HALPRIN is currently working as a gestalt facilitator using a synthesis of movement, gestalt, visualization, and active fantasy as a means of awakening and integrating feeling processes. (p 24)

CHRISTINA HEALY is a teacher of hatha yoga and of various techniques of self-exploration through visual arts. (p 22)

BIOGRAPHICAL

SHARON HENRY, Staff Radix Trainee in Santa Monica, has been an empathy trainer and a Medical & Research Assistant. (pp 14, 24)

JAMES L HICKMAN is currently a research associate with the Transformation Project exploring the role of contemplative and physical discipline in the evolutionary development of the spiritual and physical nature of the human species. (p 30)

DICK HORAN is an artist-potter-masseur, residing in Big Sur for the past eight years. (p 22)

JOHN HORLER is a multi-media artist/craftsman and co-designer of the New Tarot Deck. (p 22)

AL CHUNG-LIANG HUANG, Master of tai chi, dance/theater, brush calligraphy and other Asian fine and martial arts, is the author of *Embrace Tiger, Return to Mountain* (Real People Press). (p 29)

J

DAVID JACOBSEN, a clergyperson, leads "Prayer Renewal Workshops" and is in practice as a counselor. He is the author of *Clarity in Prayer.* (p 24)

HELEN JACOBSEN is a credentialed teacher and *est* graduate. (p 24)

DEANE JUHAN has been a member of the Esalen massage crew for three years. He has a degree in English literature and has been a teaching fellow in the English department at Berkeley. (p 22)

K

DAVID KESSLER is a Lomi practitioner with training in gestalt, aikido, meditation, breath awareness, and body work. He is a founding member of the Fort Worth Gestalt Institute. (pp 23, 24)

BRIAN KILLEN is a staff Radix trainee. (p 32)

CLAIR KILLEN is an advanced staff Radix trainee in Santa Monica where he has been in training for two years and is the resident Radix teacher at Esalen, Big Sur. (pp 11, 17, 24, 29, 32)

BOB KRIEGEL's work is currently involved in using sports and games as vehicles for individuals to learn how to realize more of their possibilities. He is the co-author of *Inner Skiing, an Inner Game Approach* to be published this fall. (p 14)

STANLEY KRIPPNER is Program Planning Coordinator for the Humanistic Psychology Institute in San Francisco, and the former Director of the Maimonides Dream Laboratory in New York City. (p 26)

L

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen, Big Sur. (pp 14, 22, 27)

GEORGE LEONARD is the author of *Education and Ecstasy, The Transformation,* and *The Ultimate Athlete.* He holds a black belt in aikido, from which he derives his present work. (p 30)

ANTOINETTE LILLY has training in Eastern mystical tradition and contemporary methods of freeing the self. Her first book is *Dyadic Cyclone* (co-authored with John Lilly). (p 14)

JOHN C LILLY is a teacher-scientist-mystic on the path of examining the depths and far reaches of human consciousness. His books include *The Center of the Cyclone* and *Simulations of God: The Science of Belief* (May, 1975). (p 14)

DON LINDSAY is a humanist, a physician, a teacher, and a research scientist. He is assistant clinical professor of medicine at USC medical school and president of the Foundation for Research in Aging. (pp 12, 22)

NANCY LUNNEY is a gestaltist in private practice in Los Angeles, where she specializes in work with professionals in the creative arts. (p 30)

M

ANNE MACKENZIE, advanced Staff Radix Trainee in Santa Monica, brings to her Radix teaching learnings from gestalt, polarity, nutrition, physiology, and environmental studies. (pp 11, 32)

LEO MATOS is a psychologist and director of the Gonpo Transpersonal Institute in Helsinki and practices transpersonal psychotherapy in Finland and Denmark. (p 23)

ED MAUPIN is a body-oriented psychologist. He did his doctoral research on zen meditation, was an associate in residence at Esalen Institute from 1966-1970 and has been with the Arica School since 1971. (p 30)

DEBORAH MEDOW is interested in directing and rechanneling energy. She studies and teaches Ashtanga yoga, movement, massage, and polarity. She is on the Esalen massage crew. (pp 14, 28)

EMMETT MILLER is a physician who developed selective awareness, a self applied process of using hypnoidal states to unlearn maladaptive emotional and habit patterns. (p 28)

NITZA BROIDE MILLER is a dance/movement teacher. She is a professional folk dancer and teacher of classical, modern, primitive, and creative dance. (p 28)

SIRI MISHLER, Certified Radix Teacher in Santa Monica, has had substantial work in bio-energetics and transactional analysis. (pp 14, 29)

PEGGY MORRISON is an Esalen masseuse. (p 22)

DEE MUNDSCHENK has experience in social work, group processing, coordinating an experimental mental health center, and teaching oriental art appreciation. (pp 11, 12, 16, 22, 24, 28, 29)

MICHAEL MURPHY is co-founder of Esalen Institute and the author of two novels, *Golf in the Kingdom* (1972) and *Jacob Atabet* (1977). (pp 13, 30)

N

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. Bob also teaches aikido. (pp 11, 13, 17, 26, 29)

P

WILLIAM PRANGE studied Lomi body work with Robert K Hall, and Richard K Heckler and polarity with Dr Pierre Pannetier. (pp 23, 24)

HECTOR PRESTERA, a doctor of internal medicine and cardiology, is currently practicing acupuncture in Monterey. His prior training includes Arica Institute, gestalt Reichian energetics, and structual integration. (pp 23, 32)

CHRISTINE PRICE is a student of polarity massage and other body approaches to awareness. (pp 16, 22, 25, 27, 30)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 16, 22, 25, 27, 30)

INFORMATION

R

PAUL REBILLOT was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen, Big Sur. (pp 26, 27)

STELLA RESNICK is a clinical psychologist who trained with Fritz Perls. She is the author of the article "Gestalt Therapy as Meditative Practice" which appears in the book *Gestalt Is.* (p 12)

JACK ROSENBERG, author of *Total Orgasm*, has trained in gestalt and Reichian work. He is currently working with cancer research and the transformation of consciousness at the Center of the Healing Arts in West Los Angeles. (p 14)

GABRIELLE ROTH is the founder and director of The Moving Center, an organization devoted to the movement of heart energy in the world, which supports artists and performers and produces musical and dance events. (pp 12, 17, 24, 30)

ILANA RUBENFELD studied with Fritz and Laura Perls, is a teacher and board member of the American Center for the Alexander Technique, and has trained with Moshe Feldenkrais. (p 27)

S

DAVID SCHIFFMAN is currently a leader in residence at Esalen, Big Sur, where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 11, 12, 16, 22, 24, 28, 29)

WILL SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais, and *est.* He is the author of *Joy, Here Comes Everybody,* and *The Elements of Encounter.* (pp 11, 13, 21, 30, 31)

ALAN J SCHWARTZ practices privately in New York City. He has developed the concept of the energetic foreground—the use of the bioenergetic-gestalt synthesis in education and counseling. (pp 21, 28)

CHARLOTTE SELVER teaches sensory awareness, perception, and nonverbal and verbal communication. A new center is being built for her at Green Gulch Farm in connection with Zen Center, San Francisco. (pp 15, 32)

PHYLLIS SHANKMAN has done extensive training at Esalen, and creates a synthesis of love, movement, experiential gestalt work, and body work. (p 17)

BEVERLY SILVERMAN is a gestaltist and a senior rolf practitioner. She has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the US Army at Fort Ord. (pp 12, 15, 17, 22, 24, 27, 29, 32)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His work on attention disfunction in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the field of mental dis-ease. (pp 11, 12, 17, 21, 22, 24, 27, 29, 32)

MIKE SPINO is the director of the Esalen Sports Center and the author of *Beyond Jogging: Inner Spaces of Running.* (pp 12, 13, 17, 29)

ELLEN STEVENS, a student of Charlotte Selver, completed the long term study group and is an approved teacher of sensory awareness. (p 30)

BILL STEWART is a black singer and poet who was born in Mississippi. Throughout his life, friendship has been his koan and primary myth. He is currently working as an administrator at University of California. (p 30)

T

RICK TARNAS, a member of the Esalen staff, received his PhD from the Humanistic Psychology Institute for his dissertation on LSD psychotherapy. (p 22)

MICHAEL TOBIAS has been intensely active in the mountaineering world for ten years. He is a professional photographer and writer and is currently editing an anthology entitled *A Mountain Aesthetic.* (p 11)

MILTON TRAGER is a medical doctor. His original approach to body work, which reaches the subconscious through the body, was introduced about two years ago at Esalen. (p 17)

W

JUDYTH WEAVER's main teachers have been Charlotte Selver, Magda Proskauer, the tai chi chuan form of Prof Cheng Man-Ching, and Phil Curcuruto. (pp 21, 31)

JULIE WRIGHT has been in training at the Radix Institute for one year and is a certified masseuse with a background in acupressure, Swedish and Esalen massage. (p 29)

Z

JANET SACHSON ZUCKERMAN has been leading groups for five years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 15, 17, 21, 27, 29, 32)

Audio Cassette Recordings

Recent years have produced unusual tape recordings. The following were recorded in stereo and are available on cassettes only. Each cassette is $7.50 and is from 1 to 1½ hours in length:

Janet Lederman: *Gestalt Awareness—Tape I*
Bob Schwartz: *Entrepreneurship—Tape I*
John Lilly: *Biocomputer Systems & Dolphins*
Anne Armstrong: *Training Psychic Abilities*

From the Spring 1977 Grof workshops on "Shamanism":

Henry Munn: *Mushrooms & Culture—Tape I*
Prem Das: *The Huichol Cosmology—Tape I*
Don Jose: *Huichol Ceremony Chanting*
Bhagavan Das: *Singing Meditation*

And the May 1976 workshop "Schizophrenia & The Visionary Mind":

John Weir Perry: *Psychosis & Visionary States*
Julian Silverman: *Shamanism & Schizophrenia*
Gregory Bateson: *Story of the Double Bind (retitled)*
Humphrey Osmond: *Early Psychedelic History*

From the January 1976 Physics/Consciousness group:

John King: *Introduction to Quantum Theory*
Peter Flessel: *Molecular Biology & Physics*
Fritjof Capra: *Quantum Paradoxes & Mysticism*
David Finkelstein: *A New Quantum Logic*

And from various other workshops and occasions:

Seung Sahn: *The Zen Circle Dharma Talk*
Al Chung-liang Huang: *Watercourse Way T'ai Chi*
John Lilly: *Dolphin Behavior*
Will Schutz: *Interpersonal Psychodynamics*
Gregory Bateson: *Metaphors & Butterflies*

Please address your order and make check payable to: WORKSHOP CASSETTES, Hot Springs Lodge, Big Sur, CA 93920. Your suggestions regarding future recordings will be appreciated.

WE
invite **YOU**
to join us
in our organization . . .

Friends of Esalen

FRIENDS OF ESALEN provides financial aid to people who are eager to attend our workshops but who cannot afford them.

WE BELIEVE that one of our **FIRST** priorities is to make our programs available to a broader basis. We have therefore decided to use membership contributions to fund such **SCHOLARSHIPS.**

In addition to the **KNOW**ing that **YOU** have given someone else the opportunity to experience **ESALEN,** you will receive regular mailings of the **ESALEN CATALOG. WE** hope you feel your experience at Esalen was worth the **SHARING** and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category I have circled.

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Special Information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2 for the United States, $4 for Canada and Mexico, $8 for Europe and South America and $10 for all other countries. Please make all payments in U S currency. Those attending Esalen workshops and conferences are automatically added to the mailing list for one year. A single inspection copy of the current issue is available free upon request from Esalen Institute, Big Sur, CA 93920.

CONTRIBUTIONS to Esalen Institute are tax deductible.

ACCREDITATION: At present, we *do not* offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen / San Francisco programs contact Big Sur Recordings, 2015 Bridgeway, Sausalito, California 94965. They also have Big Sur programs prior to 1973.

Commercial use of Esalen program tapes is prohibited; all rights are reserved.

FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103.

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The photographs in this issue are by Neil Dunlop. The drawings are by Lucille Harris, San Francisco artist. Her most recent exhibitions have included a "Tassajara Sketchbook Show" featuring work done when she was a student at Tassajara and a show of flower drawings at the Russell Botanical Library in Golden Gate Park. All drawings are copyright 1977 by Lucille Harris.

Big Sur Information

For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 3:30 every day;
10 to 8 Sunday & Friday.

In Los Angeles call:
Nancy Lunney
(213) 820-5511
for general information.

Unless otherwise indicated, all programs listed in this brochure are residential programs in Big Sur. Send reservations for all programs to Esalen Institute, Big Sur, California 93920.

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Fee Information: We require a reservation fee of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail all reservations to Esalen/Big Sur. Balance of payment is due on arrival. Esalen accepts Mastercharge, Bankamericard, and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15—August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen has no child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5—5:30 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in reserving a space at Esalen workshops. In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)

Check location of program(s): **(Mail all reservations to Esalen Institute, Big Sur, California 93920.)**

☐ **San Francisco**
(Page 13)

☐ **Big Sur**
Check whether you wish: ☐ shared room ☐ housing as a couple
☐ single room on a space-available basis ($7 per night additional charge).
Do you smoke? _____

How many times have you been to Esalen? ☐ first ☐ several ☐ many
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☐ Publication / media ☐ Professional contacts

Name of person registering	Date (s)	Leader's Name / Title of Workshop	Reservation Fee

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Total amount enclosed: $ _____
Your reservation fee can be charged to:
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Expiration date _____
Checks payable to Esalen Institute.

PAYMENTS: All workshops require nonrefundable reservation fees. Consult fee information section on page 38. The balance of program fees becomes payable at the time of check-in.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

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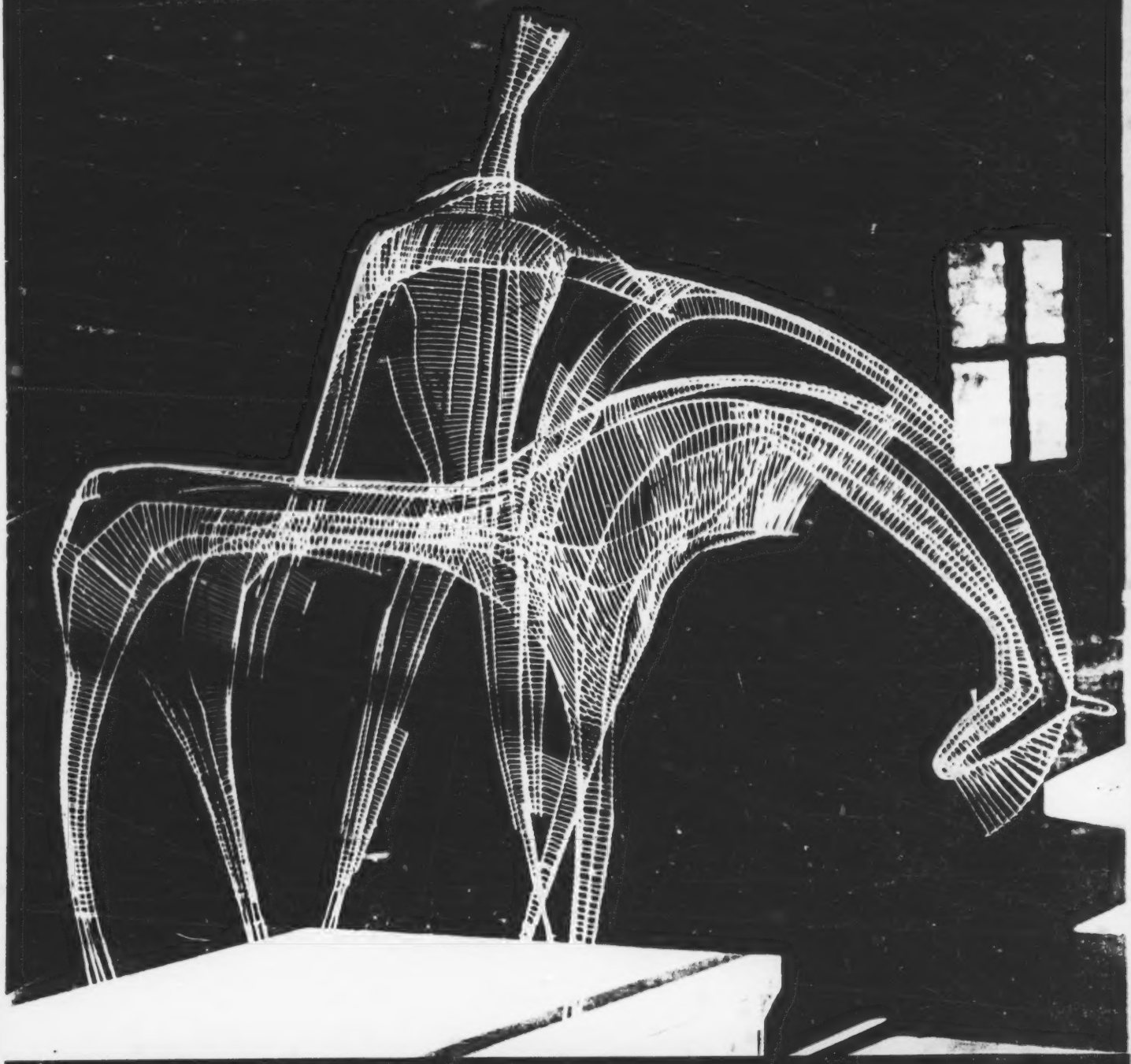

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Gabrielle Roth	March 5-17	22
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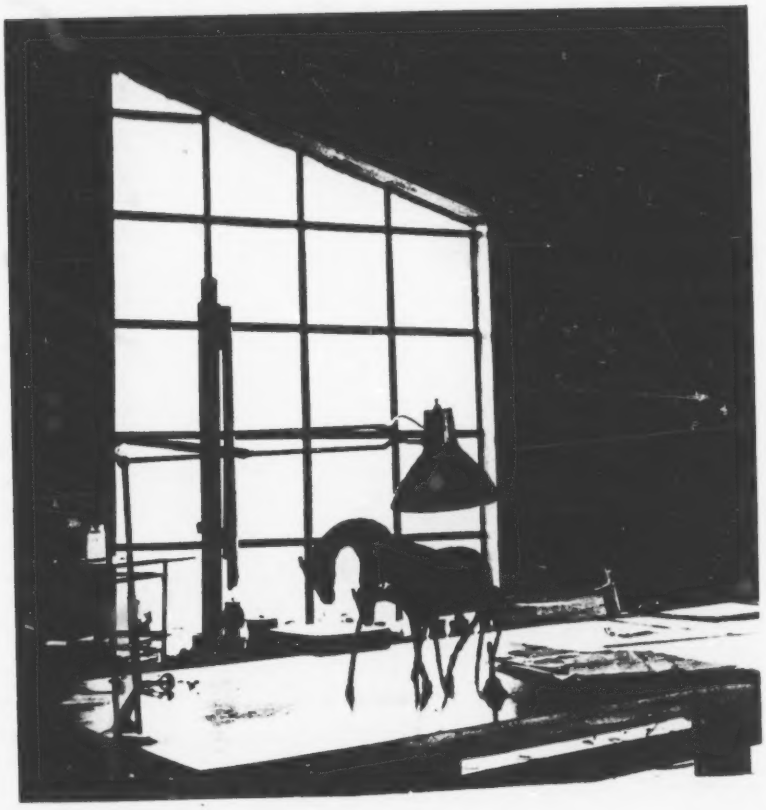


This issue of the Esalen catalog is dedicated to Selig Morgenrath, the designer of the Esalen grounds. Selig died of a heart attack on August 14 at the age of 68.

In the early and middle sixties the Esalen grounds were largely barren of vegetation except for grass and a few trees (photos pages 4, 6, 7, 29, 36). Under Selig's direction the property was landscaped and buildings designed to enhance the natural beauty of the land (photos pages 5, 11, 16, 31). During this period Selig developed a close friendship with Fritz Perls (photo page 25). He also continued his work with metal sculpture (photos front and back covers and page 21) and filigree work (photo page 21) as well as building his own house and studio (photos page 2, 27).

This catalog is the beginning of our tribute to Selig and his great contribution to Esalen.

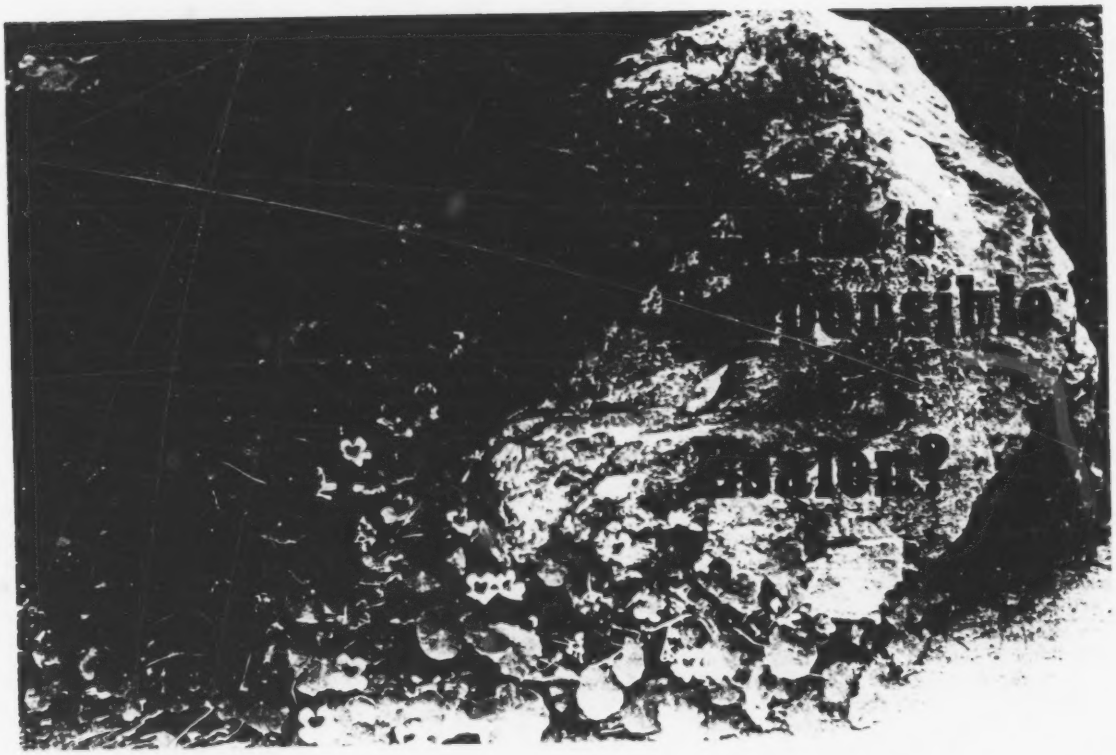


Photo: Nell Dunlop

We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility." However re-presented and operationalized in the past, by us or by others, this ethic continues to be the basis for our world view, and following from this, our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty dis-illusioning social and political events—all connected by a common reminder:

> Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness). "Take responsibility for your every thought, your every feeling, your every action," said our beloved friend and teacher, Fritz Perls.

We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures . . . and so on—and to be aware, whenever possible, what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. In effect, we are asking that this self-responsibility attitude be present in the initial contact with Esalen. Ideally, the same attitude will pervade after a workshop when our seminarians go back to the community and seek out others—physicians, teachers, counselors, mental health professionals, etc.

As we have become more thoughtful and self-critical about the overall direction of Esalen we have begun to concentrate on enhancing our basic offering—the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life; rather our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness—the consciousness of self-awareness/self-responsibility.

Food for Thought

The Diabasis Approach to Psychosis

Diabasis is Classical Greek for "crossing over." It is the name for a center where individuals can make a crossing that has become extremely difficult in our culture—a crossing that involves tremendous pain, disruption and disorientation from usual space and time and from the usual state of relatedness to people—but which offers renewal, growth and self-realization to the psyche. This crossing involves a psychosis which is called schizophrenia.

Traditional medicine treats schizophrenia as a disease of the mind—a permanent crippling of the personality requiring constant medication. For the majority of the two to four million persons who will be labeled "schizophrenic" by society, the core of treatment consists of antipsychotic drugs, based on a simplistic rationale: "the more psychotic, the heavier the dose." Despite the good intentions of almost any hospital staff, patients are denied the right to decide for themselves to take or not to take these calming drugs. And for many, irreversible minor disorders develop as side effects of the drugs. Though treatment allows patients to be dismissed from psychiatric hospitals after short periods of time, they leave to function at a disappointingly low level in society; isolated and lonely, feeding off welfare support, draining energy from medical and mental health outpatient clinics, social and rehabilitation agencies, family and friends.

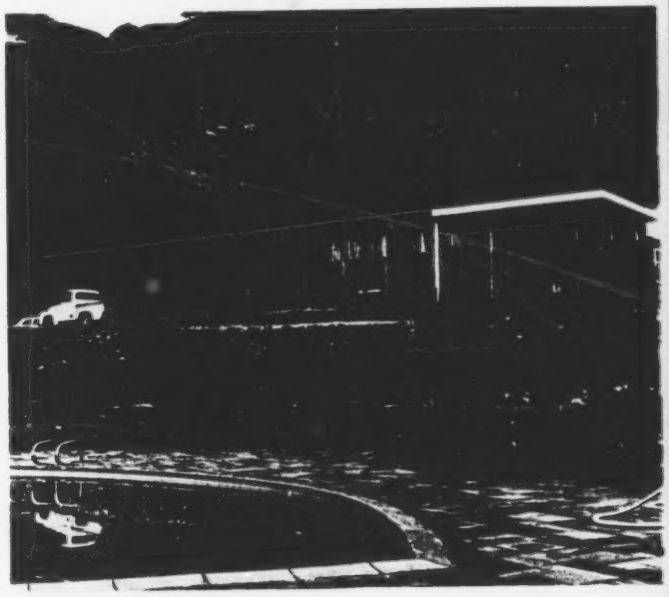
An insidious pattern is revealed: at least half of these persons are rehospitalized and will continue to be rehospitalized.[1] The irony is that even those that treat psychosis by the medical model freely acknowledge that the treatment does nothing to the psychotic process, but only controls symptoms and behavior. State and community institutions are filled with individuals who have received this treatment—the so-called chronic schizophrenics. They vegetate on back wards or sit all day in front of the television in depressing rooming houses. Many recent scientific investigations of this problem have shown that this chronic debilitation is produced by the hospital treatment itself. Our culture is saying to itself: *"Diseases desperate grown, by desperate means are relieved, or not at all."* But this is not Shakespeare's time; it is a time of new understandings and new syntheses of what we know.

Diabasis views schizophrenic psychosis not as an illness but as a journey inward through psychological realms that, if creatively supported, can be extraordinarily meaningful and ultimately healing to the individual involved. The psychosis has the same qualities of mystery, peril and confusion that any journey into unknown and previously forbidden territory might have. Whether persons embarked on this journey will see it through to a satisfying conclusion depends on whether they can find safety when they are in danger, hope when they are desperate, and meaning when they are confused. Diabasis has a sense of the meaning of psychosis, a sense of its forms, its language, its symbols, a sense of its beginning, its shape and its end. The staff have felt and have witnessed its enormous reconstitutive potential. Diabasis offers the individual making this journey a safe environment, with access to people who have helped others in their crossings or who have made meaningful crossings themselves. In this environment Diabasis believes that the unnecessary tragedies and failures now so widespread in the treatment of psychosis can be prevented.

In 1973 Diabasis opened in San Francisco as a sanctuary and alternative to hospitalization for young adults experiencing an acute psychotic episode. Founded by John Weir Perry, MD and Howard Levene, MD, the Diabasis approach is based on the theory that the psychotic experience is not strictly pathological, but is a valid altered state of consciousness that can be profoundly meaningful and offers the potential for positive growth. Diabasis currently operates as a private agency whose basic income source is fee-for-service. In an unlocked, homelike environment six clients receive two months of residential care, followed by one month of day treatment and three to six months of weekly, follow-up counseling. Those persons admitted to Diabasis must be experiencing an acute psychotic episode.

The Diabasis program is drug-free. Because the psychotic content—fantasies, dreams and delusions—is valued, no effort is made to suppress or discourage its occurrence with medication. Although antipsychotic drugs are kept on hand for emergencies, there has been only one occasion when they have been used in the history of Diabasis.

At Diabasis a special milieu is established that avoids the



Esalen Lodge in the middle sixties

Photo: Neil Dunlop

Esalen Lodge, 1977

devastating effects of diagnostic labeling. At every point clients are regarded as being in a legitimate altered state of consciousness and are in no way compelled to accept the judgement of insanity and the consequent role of patienthood. Clients are encouraged to accept their process as nature's own attempt to heal, and are persuaded to take seriously the flood of fantasy and dream material which they are experiencing. Staff and clients jointly try to uncover and understand the symbolism of the imagery which emerges, and clients are supported in integrating this fantasy material into their inner and outer lives.

The attitude toward psychosis at Diabasis is perhaps best described by the following excerpt from one staff person's recollection of his experiences working there:

> . . . as the hours wear on, something happens. I begin to feel in my bones that our whole approach to madness resides in the assumption that we must do something when 'it' happens. And here I am with A–, in some perplexing deep dark night of the soul, seeing at last that perhaps the entire psychiatric approach to schizophrenia is based on this lie—the strictly enforced deception that one must stop, change, twist, sedate, control—in some way put an end to deviant experience and behavior, dangerous or not. And those five hours seem a magic time for me, a time to recognize that like the winds of the sea which can be used, but not tamed, madness can be gone through most productively by having people around who are empathetically available, but who do nothing to change its course unless some clear and present danger exists.[2]

The non-medical approach to madness is one that needs support. Because it exemplifies a new concept in mental health, immediate and wide-ranging support is slow to be realized. Although the President's Commission on Mental Health is calling for alternatives to hospitalization, and the Diabasis model is being replicated in Fresno, San Diego and New Mexico, Diabasis itself is struggling to stay alive. Further, persons who cannot afford the fees at Diabasis or at similar facilities will be turned away because both private and government insurance programs are not yet willing to reimburse for non-hospital treatment alternatives. Within the general field of health, the Diabasis approach reflects the values of a community which has gone beyond the conventional medical model. If such alternatives are to survive and flourish, they need the support of that innovating community which gave them birth.

Diabasis is a drug-free alternative to hospitalization for acutely psychotic young adults (ages 18–35). Accepting clients nationwide on a fee-for-service basis, Diabasis also has a contract for services with San Francisco County. Questions and/or referrals can be directed to Diabasis: 1128 Pine Street, San Francisco, CA 94109, (415) 928–1078.

[1] See *The Esalen Catalog*, April–June, 1976; "Schizophrenics for Whom Phenothiazines are Contraindicated or Unnecessary." by Rappaport, Silverman, et al.

[2] from "The Diabasis Experience" by Jules Burstein, *San Francisco Sunday Examiner & Chronicle*, Oct. 12, 1975.

Esalen Grounds, 1966

Photo: Paul Herb

Esalen Work·Study Experience

Ellen Rosenau spent three months in the Esalen Work-Study program as part of an ongoing journey of self-discovery. Two years ago she left a marriage of twenty years and four children. She lives in Berkeley, California where whe has rejoined her youngest daughter.

I came to Esalen to look at how I am in the world—how I am with people. I either had to accept it or make some kind of change so that I could live with myself a little more easily. I came feeling that I had been very passive all my life and that maybe it would be a good idea to overcome some of that—to be assertive—even though I liked my passivity and believed that it was an intrinsic part of me.

Since I was going to try to be a new way I challenged the job I was given the first night, got nowhere, and worked on the lowly cabin crew. I loved it. I could get up very early in the morning and be by myself. I could have an incredible walk from South Coast and clean the baths at my own rate, totally alone. Alone is one of the important things for me. That's how I'm comfortable in the world. I could work alone more easily than having to work in a group or on a team. I made sure that I was not part of a working team. I did it all by myself.

This is how I like to be in the world—working on my own. I could immerse myself in it. I could annihilate all kinds of feelings just by working and I really caught onto that; by doing that day after day; by pushing down any feelings that were coming up. I could get up in the morning and work without thinking about all the things I wasn't dealing with—all my discomforts with people. I am very agreeable and I'm often uncomfortable underneath the agreeable pose. They needed someone to paint bathrooms and I volunteered to do it. I realized that I could set myself up as almost an independent contractor that way. I could make my own hours. I could start painting the bathroom even before it was time to clean the baths and never have to work with anybody else. That wasn't being passive—I was taking control and I was setting up a work situation the way I wanted it. I have done things my way; I haven't been so passive. And I was also starting to realize that we all do things in our own ways, and that my way is a good one.

The problems came with other people. There was my anger at the way other people worked. I worked with a friend who, from time to time, got loaded, didn't show up for work, and the rest of us would do his job. Of course I'd do it very agreeably because I am this loving, helpful, serene person. The thing I learned about my friend's style of work was that when he was really into it, he'd do things in a very creative way. While cleaning the baths one morning, he noticed that the trough where the water comes in was filled with red sediment. I was furious. There he was an hour late and he's looking at the sea otters playing and showing me the troughs which were not even part of the job. He made siphons out of old hoses, siphoned all the water out of the troughs, spent two hours cleaning them, missed breakfast, had a great time, and I was furious. Why was I furious? It never occurred to me to make anything more out of the job. I just buried myself in the tubs with the Comet and worked to obliterate dirt.

The second month I used the work experience differently for myself. I worked on the construction-maintenance crew. An unanticipated advantage in construction-maintenance was that I didn't know a thing about it, so I wasn't able to go in there as this marvelous creature who already knew how to do everything. I had to go in there helpless (and dumb). The other people I was working with also knew next to nothing. We became a comedy act—the three stooges. We learned together, became a group (not alone this month), and I was able to share with them all the troubles I was having on that job rather than keeping it all inside and going it alone. I also learned the fun of just bitching and complaining with other people when the work was menial and mindless—like sorting nails on rainy days or rearranging piles of scrap lumber.

For the last month's job assignment I decided to build on my group-on-the-job experience. I chose to work in the kitchen where I had to be with people all the time. I wanted to discover how to deal with them differently. I had decided to do it in my last month when I thought I was strong enough not to have to "come from an agreeable place." I took the job on the serving line where I could be exposed to people and seminarians. Maybe, just maybe, I could be myself and not have to be smiling all the time. I was also giving a lot of attention to my image of myself as female, how I looked, how I wanted to be in the world and the serving line seemed like an especially appropriate job. I had gotten close to Sandy, who had this job the month before; she represented a lot of female qualities that were important to me. I took that job to see how I would do "her job" in my way. What I admired about Sandy was that she would stand up there some days looking like hell, sometimes even angry, and it was perfectly okay. She was just being herself. That's how I did it too—as myself. Myself was not Sandy. Myself was usually pretty happy and still involved in detailed work like cleaning counter tops, noticing when things aren't there; I like to be careful about things.

I learned how to work around authority. Each day a different person is in charge of the lodge and each one told me to do things in a different way. I caught onto the fact that if I decided on the best way to do things I could do them that way. I could start from the basic assumption that I knew how to do it, and that I would do it well so it didn't matter how that particular person wanted it done. They would very happily go along with the way I did it. Clearly I was onto something. I was learning how to be my own boss on the job and I think that's something I will take with me from this place. I am learning to be in charge of myself.

Social structures and power structures did not have an immediate impact on me when I first got here. It was very much the physical aspect of the place—just nature—the way it was; that was really important. The first time I went to Esalen I went down to the baths at night under the stars and knew that if I just tuned into myself and into nature, there would never be anymore questions that I couldn't resolve. This place represented that for me. I forgot it sometimes momentarily, but those answers were always there and they are in me, just as they were out there in the landscape.

During my first month I wandered into a party given for a staff member's birthday. I usually didn't go to parties. I was uncomfortable. I was just wandering around that night, rather unhappy, and it ended up being a very important place for me. There was drum music and people dancing which was something I always wanted to do but had never done. I found myself dancing in a way that was beyond my wildest imaginings—primitive, atavistic, at a level beyond words. I lost the sense of onlookers and was totally into my dance. That party was part of the permission-giving atmosphere that I've always found here—do whatever makes you feel good as long as you don't violate other people's space.

I leave here believing that whatever I am experiencing inside is okay; whether it's powerful, weak, passive, assertive; they are all just feelings in me and they don't require any struggling against or changing. Besides the beautiful landscape, a heavy impact at Esalen has been the way the staff works in this place. Often there was a grace and harmony in them that I want for myself. It's more than the physical beauty of the people; it is a quality of being, a kind of excellence. On many a working day, when I looked out at the garden, with its beautiful landscape with figures, I took in a timeless picture of people connected to nature through work in harmony and beauty; that's the way people are here sometimes. I want to be able to live with that kind of presence all the time.

I have been able to find a lot of direction for myself in this very non-directed atmosphere.

Path to the Baths, 1965

Photo: Nell Dunlop

The Big House, 1977

Research on Bodily Transformations

In a seminar they are giving at Esalen this January 20–22, Michael Murphy and Jim Hickman will present the results of their research on extraordinary bodily transformations. They are working with Mike Spino and others to incorporate some of their findings into body-mind workshops sponsored by the Esalen Sport Center. Here is their description of this research and the thinking behind it:

We are exploring the possibility that human beings can achieve far more control of their bodily processes through a combination of mental and physical disciplines. To this end we are conducting a literature search to collect examples of dramatic physical transformations which occur in various realms of human experience: for example, in yoga, and contemplative discipline, in shamanism, sport, hypnosis, some forms of psychosis and drug experience, and spiritual healing. Because there are intuitions and prefigurations of these transformational processes in dreams, myths, legends, and fairytales, we are collecting those as well. Library computer retrieval systems at the University of California, Berkeley and other search strategies are being utilized in this survey.

We are also conducting interviews with athletes, meditators, spiritual "healers", and others who have experienced radical physical changes. For five years we have collected such material from the world of sport. As we collect these anecdotes we are looking at the environmental conditions, personality characteristics, and mental frameworks which accompany them.

Drawing from our literature survey and interviews, from established disciplines, and from our own personal experience, we are compiling a list of fundamental processes or modalities by which these dramatic transformations are mediated and relating them to the dynamics of personal growth. We believe that to the degree to which these essential modalities can be identified they can be reinforced and guided in practice.

To test these ideas we are conducting preliminary experiments in workshops sponsored by Esalen Institute and other educational organizations. We are exploring combinations of mental and physical discipline consistent with our theoretical research, collecting reports of participant's experiences and monitoring some of their physiological responses. In addition, we are pursuing our own personal disciplines which incorporate discoveries from the theoretical data. And finally, we speculate that one aspect of radical physical transformation involves a psychokinetic relationship between the mind and the body. (This particular mind-body interplay has been postulated by John Eccles, Wilder Penfield and Charles Sherrington, three of the greatest theorists of the brain). We will investigate this relationship using an electronic device which generates a random sequence of events. As reported in the parapsychological literature, human observers can learn to significantly decrease the randomness through appropriate mental processes. We are also studying spontaneous psychokinetic effects which accompany intense mental or physical change.

Michael Murphy's novel, *Jacob Atabet*, which will be published this November by Celestial Arts, contains much of the thinking behind this project. It is in part a scenario of how we might explore these unknown territories in the future.

If you are interested in this research we will send you a progress report on it. (Write to Box 67, Mill Valley, California, 94941.) And if you have anecdotes or insights along these lines, we would be glad to have them.

Photo: Paul Herbert

The Big Sur Coast

ESALEN CALENDAR

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ESALEN PROGRAMS

Photo: Barbara Adamson

December 25—January 13

Integrating Gestalt, F M Alexander Technique, & Feldenkrais Method—A Three Week Training Program—Phase I / Ilana Rubenfeld & Esalen Staff

This intensive workshop is designed for professionals and those interested in psychology, psychiatry, education, expressive arts (drama, music, art and dance) and body/mind philosophies. It is focused for those who wish to integrate gestalt theory and practice and body/mind approaches into their own work/life journey.

In this workshop participants will learn the basic tools of the gestalt approach while working with them in relationship to personal/professional growth.

The blending of gestalt with Alexander Technique and feldenkrais exercises is used as a gateway to contacting, expressing and working through the deep feelings which often become stored in our body/mind and result in tension and imbalance. Trainees explore how the body/mind "speaks" and how we can learn to "listen" to ourselves and others in a flowing, integrative, congruent manner.

Every day will be divided into several sessions—morning, afternoon and evening. These sessions will include theory, demonstration and experimentation; practicum—supervised practice sessions where trainees take the roles of client, observer and gestalt leader; body/mind appraoches and the use of touch. Sessions concerning group process will be woven into the tapestry of the training. Several guest leaders will work and share their appraoch in individual and group facilitation.

The major themes of this workshop emerge from the following modalities:

1 Gestalt Theory and Practice generally encompasses such central issues as awareness, contact boundary, impasse, foreground and background, polarities and their integration, dream work and appropriate use of time in verbal and non verbal intervention.

2 The Alexander Technique & Feldenkrais Exercises—a psychophysical modality. This includes the relationship of posture to emotions and emotions to posture—how changes of inner and outer space affect our intellectual and emotional capacities. These methods deal with body posture, kinesthetic sense and a re-education of the brain's neural system.

3 Use of Touch: Attention will be given to the use of touch. To learn where, when, how and whom to touch requires sensing where the other person is. The leader/trainee can learn to protect himself/herself from toxic energies and open themselves for nourishment. Trainees will learn how to use themselves—their whole being—as an instrument.

4 Group Process: Part of this training will address itself to the subtleties of group process. An experienced group facilitator will be available to guide trainees in the processing of group dynamics.

When each one of us works on our own process we can then learn how to bring out total self into the "therapeutic" situation, transforming it into a collaborative effort which fosters acceptance, caring, humour and continual growth.

This program is the first phase of a three part program which will take place at Esalen. It is limited to thirty participants and will take place in the Big House which provides a unique situation for the creation of a community. The fee is $960 including room and board. If you wish to enroll send a letter containing personal and professional interests and a recent photograph to Ilana Rubenfeld, 115 Waverly Place, New York, New York 10011.

Faculty:

Ilana Rubenfeld
Janet Lederman
Esalen Massage Crew
Richard & Christine Price
Paul Rebillot
Beverly Silverman
Julian Silverman
Janet Zuckerman

Week of January 1-6

The Energetic Foreground Concept: The Physical Dimension to Gestalt / Alan Schwartz

A *learning week* for those in the helping professions as well as those committed to exploring self-actualization. Through deep group involvement within the synthesized gestalt-bioenergetic environment, members will have the opportunity to understand clearly how energy is blocked to inhibit awareness and what is necessary to dissolve those expressions of fear. Though heavily experiential, specific data will be discussed relating to uses of such knowledge. Some reading of Lowen, Reich, and gestalt is suggested. $270

Five Days with Jack Downing

$300

Practices for a New Year—Yoga & T'ai Chi
Deborah Sulochana Medow & Ryan Kopperud

Developing and maintaining awareness can be stimulated by practices designed to heighten body/mind synthesis. Hatha yoga and t'ai chi are two practices which energize and harmonize the physical and energetic beings. This workshop will center on daily practice of hatha yoga and t'ai chi interspersed with massage, meditation, movement, and group interaction.

Experiencing internal/external movement connects our flow with others and our universe. As we come to recognize this intrinsic movement we expand our ways of feeling, flowing, being. $270

Weekend of January 6-8

Music, Dance, Trance & Celebration
Emmett & Nitza Miller

In cultures which are less dominated by technology and industry, music, dance, and celebration are not spectator sports. These activities, along with "trance" states such as meditation, deep relaxation, and hypnosis have been traditionally initiated cross-culturally for physical and emotional balance—release of tension, clearing of the mind, joy and ecstacy, and for interpersonal and transpersonal communication; and *everyone* participates!

This will be an *experiential* weekend where participants will be invited to share several deep relaxation ("trance") experiences to help intensify sound and movement and the natural body rhythms.

The lovely sounds of the harp, the stirring flute and the passion of drums will facilitate spontaneous movement to stimulate the evolution of your own body rhythms towards freedom, pleasure, and joy. $110

Introduction to Shiatsu Massage / Patricia Caldwell

Shiatsu is the oriental art in which the hands are used to apply pressure to points on the body. Emphasis will be on self-awareness for both the receiver and the giver, providing the experience of expanding shiatsu practice into one's life as the experience of moving in the world without effort, and with the flow. A working knowledge of shiatsu in both theory and practice will be given. $110 per person

Exploring Self-Acceptance
David Schiffman & Dee Mundschenk

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $110

Week of January 8-13

Contact & Communication / A Gestalt Workshop
Beverly Silverman

How we contact and communicate with ourselves and with others determines the kind of world we live in. Working with simple concepts we can actually change our world. Focus will be on self-reference and opening our senses. $270

Living Tao: The Watercourse Way—
Embrace Tiger, Return to Mountain / Al Chung-liang Huang

Erase the Fu Man Chu look from the stereotyped face of t'ai chi, debunk the myth of secrecy and the antiquity of its origin, drop the rigidity and confinement of man-made structures, so that we can begin sharing life's learning process as humble beginners. Play t'ai chi.

Al Huang has written three books and made two films about the TAO. Read all the titles in a sequence, they become a circle, interconnecting. This seminar is to be shared as the essence in practice. Come to participate in the living Tao and leave all speculations of intellectual burdens behind. $270

Self-Acceptance—The Freedom To Be
David Schiffman & Dee Mundschenk

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $270

Weekend of January 13-15

You & Universal Motion / Robert Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement. $110

Massage for Couples / The Esalen Massage Crew

$110 per person

Tuning In / Janet Sachson Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seem repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and feeling. Once we are aware of our feelings, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness, and other techniques to tune in to ourselves and each other. $110

Running Home: A Personalized Way to Faster, More Pleasureable Running / Mike Spino

Focusing on the running experience, this workshop will introduce a holistic method of mind/body development. Each participant will be taught various runnings gaits and tempos, muscle/skeletal exercises, breathing techniques, and the philosophy and lore related to optimum physical fitness. There will be special emphasis on guided fantasy, meditation and visualizations towards the quest for extraordinary experiences. Each person will receive a six week program to enhance their physical and spiritual lives. $110

Week of January 15-20

Opening the Feelings: A Neo-Reichian Radix Workshop Siri Mishler, Clair Killen & Julie Wright

For workshop description see page 23. $300

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Put Your Memories, Fantasies & Dreams to Work For You: A Reichian / Gestalt Approach to Energy Release Joan Fiore

"To understand is to tremble. To recollect is to reenter and be riven."
—Harold Brodkey

This workshop focuses on releasing the energy locked in our memories, fantasies, and dreams so that this energy can be made available for present relationships and life situations in a way that makes our existence in the present less encumbered by unfinished business of the past as well as self-programmed, self-fulfilling prophecies of doom for the future. First priority is on intensive intrapersonal work in a supportive group setting. There will also be opportunities to explore the nature of our interpersonal relating through group interactions. $270

Weekend of January 20-22

Finding Your Natural Rhythm / George Leonard

All of life—from single-celled organism to human individual to great civilization—is held together by a series of rhythmic patterns. There is a "right" or "natural" rhythm for every action and every situation. Finding your own rhythm, your unique inner pulse, is the first step towards what is commonly called "happiness." This workshop will use exercises from aikido, energy awareness, dance and games to help participants experience their inner pulse or natural rhythm. $110

Unfolding the Inner Self / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy which can be the source of great creativity, peace, and joy in our life. All of us have moments in touch with it, and those are times when we are expecially aware of our own unique beauty and strength. Sometimes this seed is called the "inner self."

There are methods, some age old, some new, that can directly tap into the inner self and help a person live in touch with it in everyday life. We will use tools which are designed to be gentle, yet go deep—music and chanting to open the heart, meditation practices, a form of movement which strengthens the emotional center, theoretical sessions on unity consciousness, gentle physical exercises—and other techniques for unfolding.

The workshop is limited to 14 participants and is appropriate for beginners as well as those with previous group experience. $110

What is Sensory Awareness? / Ellen Stevens

Sensory awareness is a series of subtle experiments allowing the awakening of our senses and intuitive powers, thereby creating a greater ease in our ability to move through our daily patterns of existence. In this weekend we will experience a coming to quiet—tuning into our inner self with the possibility of greater sensitivity to our selves and others. Using experiments calling for subtle permissiveness we come to a fuller presence, psychologically and physically. Special attention will be given to personal needs. $110

The Kiva: Experiment in Male Friendship Ed Maupin & Bill Stewart

For workshop description see January 22–27. $110

Evolutionary Relationships Between Mind & Body Michael Murphy & Jim Hickman

Michael Murphy and Jim Hickman are gathering examples of extraordinary bodily transformations from various fields—from the yogic and contemplative literature, psychiatric records, hypnosis and drug research, sport, the arts, and everyday life—in an attempt to learn more about the range of such changes and the ways in which they happen. In this seminar they will present their work to date and speculate with the participants about the implications of their findings. Two questions for discussion are: (1) Do these bodily changes reveal an evolutionary possibility? (2) How do they relate to notions of "enlightenment"? $110

Week of January 22-27

The Human Encounter with Death: Psychedelic & Anthropological Perspectives
Stanislav Grof, MD

This workshop will focus on new approaches to individuals facing death and a new understanding of the experience of dying based on anthropological observations and LSD psychotherapy with psychiatric patients and persons dying of cancer. The areas explored will involve cross-cultural analysis of death-rebirth mysteries and rituals; the books of the dead (Egyptian, Tibetan, Ars Moriendi); experiential cartography of the "post-humous journey of the soul" of various ancient and pre-literate cultures; rites of passage, death-rebirth experiences of schizophrenic patients, and accounts of survivors of clinical death and near-fatal accidents. We will use a combination of slide-illustrated lectures, discussions, and experiential exercises. Participants will have the opportunity to explore and confront their own feelings, attitudes and beliefs concerning death through the use of music meditation, mandala drawing, and group interaction. $270

The Kiva: Experiment in Male Friendship
Ed Maupin & Bill Stewart

The more comfortable men are with radical non-sexual intimacy with other men, the more easily their energy flow can result in unified action and creativity. In some traditional societies the kiva is a lodge in which men establish strong ties, develop skills and are initiated into the mysteries. In this workshop the mysteries include working through the anxieties about energy flow between men and learning to attend to our dreams as meaningful communications from deeper levels of the self. Bring a journal for recording dreams. $270

Gestalt Practice / Richard & Christine Price & Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustable.
—Lao Tzu c. 2500 BC

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure, or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelley); *Meditation: The Art of Ecstasy* (Bhagwan Rajneesh). $270

God, Sexual Energy & Your Body / Gabrielle Roth

"When sex comes from the physical center, it is a necessity. When it comes from the mental center, it is a fantasy. When sex comes from the heart center, it is a deep, total, and profound experience of our own divinity. Sex is meaningless without the heart."

The purpose of this workshop is to heal the separation between our divinity and our sexuality as it exists in our consciousness, attitudes, and actions. This weekend will include breathing, movement, music, sound, and massage meditation. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. Gabrielle will support us in going within ourselves to rediscover the magnitude of our own heart energy, thus infusing our sexuality, and our entire life experience, with depth and purpose. $270

Photo: Neil Duntop

A Master creates trust, not obedience—if somebody asks for obedience, escape from that person . . .

A Master cannot make you a cripple, he cannot give you crutches to lean upon. When you come to a Master you have already too many crutches—he takes them away. He helps you stand on your feet. A Master helps you to be yourself and nothing else.
—Bhagwan Shree Rajneesh

Between the scylla of conditioning and the charybdis of turning on, there is something—a person that is real, a person who takes a stand.
—Fritz Perls

Ione Blane has spent a month and a half at the Rajneesh Ashram in Poona, India. She returns with a new name—Ma Anand Neehar (Blissful Chaos) and is in charge of the Esalen Rajneesh Center (Batohl).

Neehar will serve as a center of information for Rajneesh activities here and elsewhere. Many Rajneesh groups are forming growth centers and the main ashram will probably move from Poona to the state of Gujirat by the end of winter.

Weekend of January 27 - 29

Dance of Shiva / Gabrielle Roth

Each gesture is from
our own nature
born
spontaneous
beyond form
beyond purpose
being moved by
life
we are divinity dancing.

This weekend is being created for you to experience that part of yourself that wants to live deeply and fully. Be prepared for vigorous, intensive sessions of movement alternated with periods of deep meditation. $110

A Weekend with Will Schutz

$110

Getting Your Act Together / Nancy Lunney

All the world's a stage and the current production can be a soap opera, musical comedy, tragedy, or three-ring circus. Since we choose our parts, finding new ways to express ourselves can open up a variety of options on how to play our lives. Utilizing music, theater games, drawing techniques, and gestalt we will explore getting our "act" together. $110

Steps to an Ecology of Mind / Gregory Bateson

In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to new ways of looking at the living world, including everything from biology to poetry and politics. The workshop will explore these ways of perceiving and thinking. $110

Experiencing Esalen

Experiencing Esalen Staff Coordinated by Janet Sachson Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, theater games, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *Education in Feeling and Purpose* (Kelley).

Photo: Nell Dunlop

SCHEDULE:

January 15-20	$240
Jan 29-Feb 3	$240
February 12-17	$240
February 17-19	$100
March 10-12	$100
March 12-17	$240
March 31-April 2	$100
April 2-7	$240
April 21–23	$100

Photo: Barbara Adamson

Firo Units, 1977

Deep Tissue Workshop
Al Drucker & Ryan Kopperud

Part 1: February 5–24,

Part 2: February 24–March 10

This is a training workshop for 12 to 14 participants concentrating on deep tissue work, following general rolfing and acupuncture principles. Classes will meet during the week and include theory and personalized instruction in manipulative work. There will also be daily tai chi sessions. Gestalt and other process sessions will be scheduled informally in the evenings as group or individual need for process work arises. Any ongoing evening and early morning special events at Esalen, such as feldenkrais or yoga classes, or meditation and chanting sessions, will be open to workshop members. Since weekends are free, regularly scheduled weekend brochure programs can be attended for the catalog price minus $50. Classes will be held in the Big House, overlooking the Big Sur coastline and most participants will also be housed there. Except for a weekly family-style meal together at the Big House, meals will be taken at the Esalen lodge.

This is an advanced workshop providing thorough grounding in all aspects of deep tissue massage and restructuring with emphasis on acupuncture points, meridians and energy balance. There will also be classes on iridology, nutrition, herbs, homeopathy, flower remedies, and Esalen massage, depending on group interest. The workshop is open to anyone having a previous qualifying experience such as participants in the Inner Road to Health workshops, medical professionals, massage practitioners, or serious students in the health and healing arts. The intent is not to train for a new profession based on this work, but to synthesize and incorporate the skills learned here with already established health and healing practices.

The workshop will be given in two parts. Part 1 will last 3 weeks and provide training in the basic five process sessions of the deep tissue work. Part 2 will last 2 weeks and provide training in more advanced process sessions, including integrative work balancing body elements in accordance with the extra meridians of acupuncture. The total cost of $1350 covers tuition, shared accommodations and meals, for the five weeks which includes Parts 1 and 2. Part 1 (3 weeks) taken alone will cost $875. Part 2 (2 weeks) taken alone (for those who qualify by having previously completed Part 1 or another Deep Tissue Workshop with Al Drucker) will cost $590. To register send $300 deposit, your name, address, and phone number and a short note indicating your interest to Esalen Institute, Big Sur, CA 93920. Acceptance is on a first-come basis. If we do not accept you this time, the deposit will be refunded in full. For those who can't afford the full workshop fee, we grant a limited number of partial scholarships for which a weekend work committment is required. Write for a scholarship application.

Week of January 29 - February 3

Coming Back into Balance / Judyth Weaver

In our everyday lives of go, goals, and competition we often become unbalanced physically, mentally, emotionally. This workshop will deal with ways in which we can return closer to our natural balance. We will work with meditation, Reichian breathing, movement, sensing, and an ancient form for balance and relaxation, tai chi chuan, for deeper understanding of where we are in relation to our center and how to come back into and maintain our balance. $270

Five Days with Will Schutz

$300

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Advanced Massage Week / The Esalen Massage Crew

The soothing release of everyday tensions is really only the beginning of the sensations and revelations possible through massage. The release of chronic energy blocks can produce dramatic results in our physical and emotional well-being; awareness and memories may be triggered which begin a process that goes far beyond the massage itself. The crew would like to demonstrate and practice together some of our own explorations in massage and manipulation of the energy bodies and to share our experiences of the sometimes surprising results of these techniques. $270

Weekend of February 3-5

Esalen for English Teachers / The Esalen Staff

To feel and speak the astonishing beauty of things—
earth, stone and water,
Beast, man and woman, moon and stars—
—Robinson Jeffers

Different THAN your typical English conference. Small, in air as fresh as the experiences generated. No name badges. No publishers' displays. No "celebrities." Leave your notebooks home. Recharge your mind/body/spirit. Experience sensory awareness, theater games, guided fantasy, bioenergetics, massage. English teachers only—all levels. Give the right side of your brain a chance. Limited to 80. $110

Send registration inquiries to Larry O'Hanlon, PO Box 3611, Fullerton, CA 92634.

Week of February 5-10

Take a Second Look at Yourself / Janet Sachson Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter, and sensory awareness. $270

Awake, Tune In: Unfold / Charlotte Selver & Charles Brooks

To awake means to alert one's energies—neuromuscular and perceptive—to greater moveability psychologically and physically and to more fully use one's senses and intuitive powers. For this to occur one must become more peaceful and quiet so that sensations can become clearer and fuller. In becoming tuned in by another person, by a task, or by a given situation one comes face to face with the creative nature of the organism: powers arise and come into play which correspond exactly to the demands of the occasion at hand. The cultivation of these functions can lead to an unfolding into a richer life—a restoring of the delight of every new experiencing which was our birthright in childhood. Scholarships are available for this workshop. $270

Body Awareness & Sensuality / Barbara Clemans

"Words were invented by man, the body and feelings are a creation of God . . ." In this workshop we will utilize various body awakening experiences which enhance awareness, pleasure, regeneration and vitality. These tools can be integrated into a routine of self help and maintenance in our daily lives. We will utilize the tools of awakening the senses: breathing, tasting, stretching, meditating, relaxation, massage, music, feldenkrais integration, jazz aerobics, expressive movement, sound, and laughter. Beginners are welcome. $270

Weekend of February 10-12

An Introduction to Gestalt & Feldenkrais in Business Kolman Korentayer

In this workshop experiential based learning through actions in the present will be a constant focus. Gestalt awareness approaches to personal and business development will be utilized. The feldenkrais method of awareness through movement will be used in the areas of body image and stress reduction. $110

Awake, Tune In: Unfold / Charlotte Selver & Charles Brooks

For workshop description see February 5–10. $110

Core Dynamics / Hector Prestera

Core Dynamics is a process for opening the inner self using high energy techniques involving physical release, body awareness, body energetics; all opening to intra-being. We will also use color reading and body reading to explore emotional-physical holdings.

Recommended reading: *The Body Reveals,* Prestera & Kurtz (Harper & Row and Bantam). $110

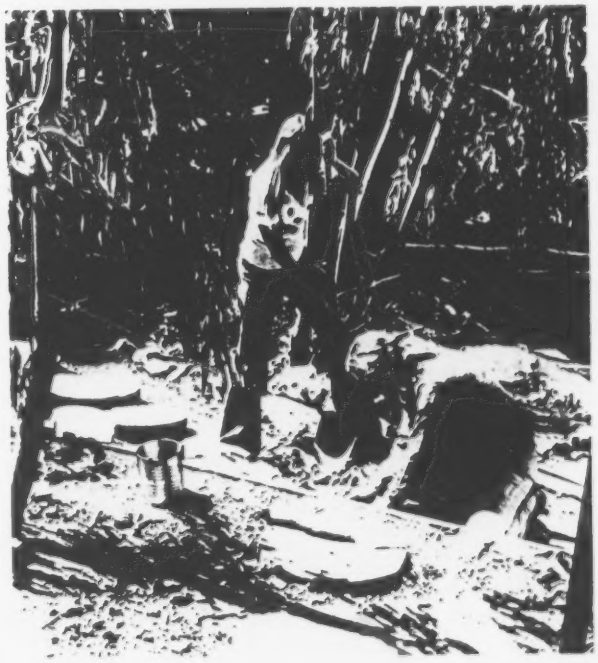


Photo: Barbara Adamson

Week of February 12-17

Opening the Feelings: A Neo-Reichian Radix Workshop Clair Killen, Anne MacKenzie & Brian Killen

For workshop description see page 23. $300

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Photo: Barbara Adamson

Photo: Neil Dunlop

Photo: Benj Langdon

The Esalen Work-Study Program

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our selves primarily in relation to others; we lose touch with our essence.

From this perspective, we offer an opportunity to return to our Selves within the working context of the Esalen community. Our faculty for this program is our environment—staff—community.

Learning/dis-covering the use of your own energy in work . . .
For your SELF.
Living together (close to others) operatively and co-operatively in a unique, high intensity environment.
Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.
An opportunity for:
SELF-regulation
SELF-examination
SELF-contemplation
and if you choose
SELF-reevaluation
Facilitated by removal from your ordinary living context.

Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. (Flexibility is one of the watchwords of life at Esalen). The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program (emotionally and physically) and only rarely is it restful. There will be a coming together in the evenings to share—contact—play/alone-together.

Accommodations are shared with up to 3 persons in a room. The program lasts 28 days; four weeks and four weekends at a basic cost of $350. Depending on your work schedule, weekend workshops may be available for an additional fee. Professional services such as massage and rolfing are available at staff rates. Arrangements are made through the office.

It is possible to be in the work-study program up to three months, by invitation, after the first month.

Available dates:
December 4—January 1; January 1—29; January 29—February 26; Febbruary 26—March 26; March 26—April 23; April 23—May 21; May 21—June 18; June 18—July 16.

If interested, please apply as early as possible to Work-Study program, Esalen Institute, Big Sur, CA 93920. Only a limited number of applicants are accepted. Scholarships are not available for the Work-Study program.

Photo: Nail Dunlop

Application to the Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____ City _____

State _____ ZIP _____ Age _____ Your occupation _____

Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st _____ to _____

2nd _____ to _____

3rd _____ to _____

Have you been to Esalen workshops? Please list program titles and dates, if any. _____

_____

_____

In the space below, please make a personal statement about your interest in the Work-Study program, and any skills available.

_____

_____

Please return this application with a deposit of $150 to Work-Study Program, Esalen Institute, Big Sur, CA 93920. Your deposit will hold a place for you if there is space during the dates you request. If there is no space, we will refund your deposit or hold it for the next available space of your choice. If your deposit is accepted and you cancel more than two weeks before the start of the program, we will hold your deposit in suspense for one year for your future use at Esalen. If you cancel less than two weeks before the program begins, your deposit is forfeited.

Photo: Barbara Adamson

Photo: Neil Dunlop

Ways of Being at Esalen

South Coast Center

The living center is slowly evolving into a participatory environment

vital
changing
designing, redesigning inner and outer space with residents responsible for their own evolution.

The South Coast Center, located a mile and a half north of Esalen, is a living center for people who would like to be in contact with Esalen and its facilities but who are not interested in an intensive workshop program. Studios (room, balcony, and bath) are available for $350 per month. A monthly meal ticket may be purchased at Esalen for $200 and residents may set up light cooking facilities in their rooms for preparing their own meals. As part of our program of integrating residents into the working community, South Coast residents are asked to contribute eight hours per week of work to the community. In addition, due to the large number of people who want to be at South Coast, we have put a limit of three months on all South Coast residencies. South Coast studios may be reserved through the Esalen/Big Sur office.

Scholarship Information

If you need scholarship assistance for an Esalen program of five days or longer, write for a scholarship form *before* making a reservation. Allow at least three weeks for processing. If your application is approved, please make a reservation as soon as possible after receiving the notification. No scholarship assistance is available for June 15–August 31 programs or for weekend workshops.

Ongoing Residence Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $960 per 26-day period.

Sleeping Bag Group Weekends

The sleeping bag group is another way of being at Esalen—it has a life of its own.

Experience the place—with its hidden moments of beauty and surprise, the baths, the people, YOU. Members of the staff will accompany and share with you some of what they have learned living here at Esalen.

These weekends are offered from September through May. The charge is $60 per person for 10-14 people. You will be living together in one room. Bring your sleeping bags. Meals are provided starting Friday dinner through Sunday lunch. Send inquiries to Sleeping Bag Groups, Esalen Institute, Big Sur, CA 93920. Applications will be accepted from groups only, not from individuals.

Filigree work by Selig

Sculpture by Selig

Photo: Neil Dunlop

Weekend of February 17-19

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Opening / Michael Butler

Everybody's beautiful in their own way.
song by Ray Stevens

This workshop is to teach ways of opening up to the loving "center" of yourself. In that center is a reservoir of self-awareness, joy, and connectedness to other people. We will study how to systematically nurture that center and stay in touch with it amidst the hustle and bustle of everyday living.

We will use ways of opening which are gentle, yet go deep. There will be "positive" encounter, gestalt, guided fantasy work, and chanting which opens the heart. We will learn a simple method of meditation with which to replenish ourselves.

This workshop is appropriate for beginners as well as for those with experience in groups. Esalen's natural beauty will support us in our process of opening. $110

Growth Through Risk-Taking
David Schiffman & Dee Mundschenk

This workshop provides the opportunity for the group members to come to terms with the definitions by which they live. Through a series of structured risk-taking situations, the use of gestalt, role playing, fantasy, and encounter techniques, the participants can accept or transcend the boundaries from which they approach the world. Emphasis will be placed on the expression of anger, affection, sexuality, and the transcending of roles. This workshop is especially useful for people who have had previous encounter experience. $110

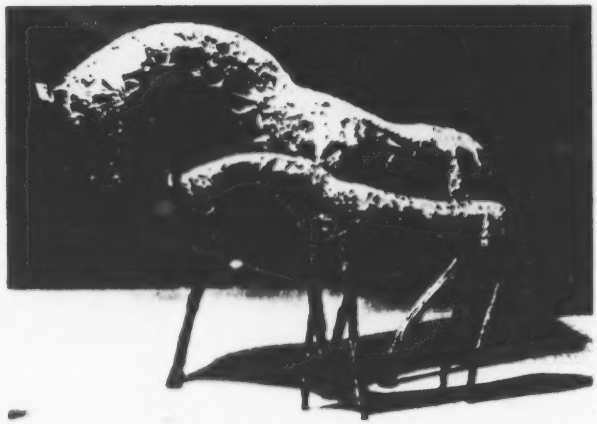


Photo: Lew Porter

Week of February 19-24

You & Universal Motion / Robert Nadeau

For workshop description see January 13–15. $270

Love, Sex & Relationship / Phyllis Shankman

In this gentle workshop for people who wish to explore and experience the power of their heart energy, the work will be on self acceptance and self-love as well as developing our awareness of how we make contact with others. We will meditate, massage, dance, and move together as well as play with gestalt awareness, soft-encounter, and whatever else is present in the moment for us to work with. $270

Gestalt Practice / Richard & Christine Price & Staff

For workshop description see January 22–27. $270

Exploring Self-Acceptance
David Schiffman & Dee Mundschenk

For workshop description see January 6–8. $270

Weekend of February 24-26

Recent Developments in Nurse Healing Practices
Donald Lindsay, MD & Polly Kirby, RN

This workshop gives an overview of recent developments in non-traditional methods of holistic healing, presenting alternative methods to the practicing nurse. Using experiential methods the nurse explores herself as healer, discovering her preferences and potential for healing. Various healing models will be discussed including the present scientific medical model. Concepts of health and disease will be developed within their historical and conceptual contexts demonstrating differences, similarities and limitations. $110

Black Dance / James Xavier Nash & Jasmine Nash

This weekend will include dancing and exploring the rituals of Black disco dancing in contemporary American society. High-low energy, sensual and sexual, rhythm and syncopation, hand clapping, foot stomping, using African drums, we will use our voices and pre-recorded popular Black music. $110

Weekend of February 24–26 Continued

Inner Contact & Consciousness / Simone Surpin

Inner contact can be understood as a time when we "have ourselves," when we are stabilized inside our being, like a tree is rooted to the ground. From this place our exchanges with others can be clean, clear, and heartful. This weekend we will focus on how we can allow this inner contact and maintain it while experiencing and communicating with each other.

Our group process toward this awareness will involve inner practices such as gentle body work, chanting, moving and sitting meditation and silent walks. Our outer practices will include listening to the vibrational statements and exchanges emerging within our circle as a tool for making our contact more and more conscious. Each session will be a blend of didactic and experiential work.

Enrollment is limited to 14 people. No previous group experience is required. $110

Massage Weekend for Beginners / The Esalen Massage Crew

In our two days together we will establish a basic road map for a full-body massage: where to start, what to work towards as an end, and some ideas about what to do in between. Part of our emphasis is upon specific instruction in sensory awareness and body manipulation, and another larger part is upon practice with one another, experiencing the structure and energy of our bodies, using the map only as a back-pocket guide for our own much more interesting explorations.

The group meets daily in the baths. $110

Week of February 26- March 3

Self Re-parenting / Joan Fiore

This workshop focuses on finding and opening paths in the present that allow us to re-turn to places in the past where we got stuck. Rather than acting out and cutting off these experiences from awareness, we give ourselves a new opportunity to clean up the unfinished business of early life that controls and rips off our aliveness and our power in the here and now. Experiments progress from re-wombing, re-birthing, and re-infanting to re-adolescing. Modes of exploring are drawn from gestalt practice, neo-Reichian energy release, primal work, family process, guided fantasy and Fiore re-parenting methods. First priority is on intensive individual work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. $270

Massage Intensive / The Esalen Massage Crew

The members of the massage crew, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of ourselves.

The group meets daily in the mineral baths. $270

Growing Up Right: The Greening of Human Plants
Betty Fuller

Unfinished business from yesterday can turn today's life into a soap opera—tiring and trying. Frequently we made decisions "back then" which determine not only today's outlook but the choices we make about tomorrow's possibilities. In this spirit/body/mind workshop you will have an opportunity to complete some of the past and to clear more space for purposeful, joyful, and satisfying living here/now. $270

Weekend of March 3-5

Communication for Couples / Betty Fuller

In this workshop couples, lovers, partners, family members, friends, and enemies will have an opportunity to clear some of the barriers and blocks to clarity and completion in communication. Through verbal methods, bodywork and massage we'll take responsibility for getting what we want for ourselves and having others get what we put out. $110 per person

Tuning In / Janet Sachson Zuckerman

For workshop description see January 13–15 $110

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

In this workshop we will draw on recent developments in sport physiology, preventive medicine, the mental training of athletes in East Germany and the Soviet Union, Eastern philosophy, yoga, and the martial arts as well as research on bodily transformations at the Esalen Sport Center. We will work with gaits and tempos for running, muscle/skeletal exercises, flexibility exercises, training routines, visualization exercises and meditation techniques. $110

I Don't Know the Words, But I Can Hum a Few Bars
Nancy Lunney

This is a gestalt workshop in awareness and creativity. Music will be used to find our own songs; the emphasis is on self expression and process. $110

March 5–17
The Moving Meditation
Gabrielle Roth & Musicians

In this two week committment to the celebration of existence, we will dance until the dancer disappears and only the dance remains. This experience, if you fully bring yourself to it, can awaken, energize, and focus your right hemisphere and give birth to the intuitive, mystical capacities within you. Through such diverse techniques as psychic explorations and video feedback, dance and meditation, Gabrielle will catalyze you to let go, move inside and tap into that part of yourself that is unique and authentic.

You must be willing to surrender to the flow of your innermost heart energy and allow it to create and define this experience for you. Please bring a journal and a set of felt tip pens.

Recommended Reading: *Initiations*, Elisabeth Haisch; *Gifts of Unknown Things*, Lyall Watson; and any books by Bhagwan Shree Rajneesh. $590

Week of March 5-10

Shiatsu Massage—The Full Treatment / Patricia Caldwell

Shiatsu is the oriental art in which the thumbs and hands are used to press certain points over the entire body. A working knowledge of a full shiatsu treatment for personal or professional use will be given. Emphasis will be on seeing and treating people as wholes, centering techniques, and shiatsu as a self-awareness practice and spiritual discipline. Charts will be provided. $270 per person

Gestalt, Body Awareness & Health Practices—For Health Professionals / Janet Lederman & Donald Lindsay, MD

Experiential teaching is emphasized in this workshop. The student will be a participant-observer. Recent developments in experiential aspects of body awareness will be developed followed by practical applications to patient care such as exploring what a nurse communicates when she touches a patient. Aspects of inner awareness wil be used to enhance professionalism, self confidence, professional autonomy as well as improved interprofessional relations. $270

Weekend of March 10-12

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

More / Michael Butler

This workshop is to teach ways of tuning into the "more" of what is inside you. The goal is more self awareness, everyday happiness and ease in life.

This method of awareness is based on self discovery. We will use a variety of tools which are gentle and yet go deep. There will be a form of positive encounter, chanting to open the heart, structured fantasies and individual gestalt work. Esalen's natural beauty will support the process.

A form of meditation will be taught which can replenish you in day to day life and help you increase the "more" of your life. $110

Gestalt Theater / John Argue

Definition: Gestalt theater is a dramatization of the processes of consciousness in now time, whereas psychodrama is a dramatization of crucial episodes in one's personal history.

We will use gestalt to generate improvisations for a theater of self-presentation that truly celebrates and educates in the art of being human.

Work will be based on each person's everyday process, dreams, fantasies, and relationships.

This group is for people who wish to learn theatrical uses of gestalt language and process as a means of dealing creatively with everyday life. It is open to anyone and I want especially to work with teachers, helpers, and healers. $110

Week of March 12-17

A Week with Will Schutz

$300

Contact & Communication / A Gestalt Workshop Beverly Silverman

For workshop description see January 8—13. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS (formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix Intensive, a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Work Shop. The Intensive, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. The participant/teacher ratio is kept small, never more than 10/1. Each weekend participant who wishes will receive an Intensive, while 5-day workshop participants receive two. By meeting sometimes in small groups and sometimes together in large groups, Radix combines the intimacy and individual attention of the small group with the energy and dynamism of the large. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

January 15-20	Siri Mishler, Clair Killen & Julie Wright
February 12-17	Clair Killen, Anne MacKenzie & Brian Killen
March 26-31	Clair Killen, Merri Goldenson (Devarani) & Joel Dweck
April 9-14	Charles Kelley, Clair Killen, Mark Dunlap, Renan Sercarz, Dale Cummings & Lawanna Skaggs

Weekend of March 17-19

A Weekend with Will Schutz

$110

The Gentle Art of Becoming—Together: A Workshop for Couples / David Schiffman & Dee Mundschenk

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness techniques.
$110 per person

Hypnosis & Movement / Emmett & Nitza Miller

To us our practice is a means for capturing the spirit and momentum of enjoyable experiences in the past and projecting them into the future. Further, it allows us to trace maladaptive patterns—symptoms, habits, emotions, and blocks—to their source, as far back as infancy or further, and extinguish them.

Participants will learn to enter and use the hypnotic state for relaxation, imagery, and age regression. Movement will be used to help intensify emotional experiences, to transmit desirable self-concepts to the body, and to develop means of truly enjoying the body. Of special interest will be multiple experiences of going from a desirable mental image in hypnosis directly into a full movement experience, without pausing at the "waking" level. $110

March 17—24
A Weeklong T'ai Chi Experience of the Watercourse Way / Al Chung-liang Huang

$380

March 19—31
Dimensions of Consciousness / Stanislav Grof & Esalen Staff

Under the direction of Stanislav Grof Esalen is offering a comprehensive course on altered states of consciousness and psychedelics for professionals and students in the fields of general medicine, psychiatry, psychology, anthropology, and philosophy. This residential workshop will include over 75 hours of didactic and experiential sessions.

The core of this program will be a series of lectures which Dr Grof presented at the Donwood Institute in Toronto last fall. Slide-illustrated discussions, experiential exercises, and selected film material of this series cover the following topics:

I Altered States of Consciousness and Human Culture;
II Psychedelic Drugs in the History of Mankind;
III Laboratory and Clinical Research of Altered States of Consciousness and of Psychedelic Drugs;
IV LSD-Assisted Psychotherapy;
V Cartography of the Inner Spaces;
VI Dynamics of the Death-Rebirth Process;
VII Birth Trauma and Its Relation to Mental Illness, Suicide, and Ecstasy;
VIII Transpersonal Experiences and Their Significance for Psychiatry;
IX LSD and the Human Encounter with Death;
X LSD and the Cosmic Game: Outline of Psychedelic Cosmology.

The experiential parts of these sessions will combine the effect of sound and music, fantasy exercises, mandala drawing, group interaction and individual work when indicated. Contributions of the Esalen staff to this program will involve sessions on shamanism and schizophrenia, gestalt practice, encounter, Esalen and polarity massage, shiatsu, feldenkrais, rolfing, hatha yoga, aikido, acupuncture, and psychoceramics.

The program is limited to 30 participants selected from applicants. The fee is $575 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute, Big Sur, California 93920.

Week of March 19-24

The Kiva: Experiment in Male Friendship
Ed Maupin & Bill Stewart

The more comfortable men are with radical non-sexual intimacy with other men, the more easily their energy flow can result in unified action and creativity. In some traditional societies the kiva is a lodge in which men establish strong ties, develop skills and are initiated into the mysteries. In this workshop the mysteries include working through the anxieties about energy flow between men and learning to attend to our dreams as meaningful communications from deeper levels of the self. Bring a journal for recording dreams. $270

Woman to Woman / Man to Man
Dee Mundschenk David Schiffman

"The woman that most needs liberating is the woman in every man, and the man that most needs liberating is the man in every woman."
—Rev William Sloan Coffin

Taking advantage of the natural affinity and support that people of the same sex can afford one another, the men and women in this workshop will meet separately as well as together. We will create an ambience of tenderness and support to provide opportunities to clarify the nature of who we are as men in the absence of women and who we are as women in the absence of men and what happens when we come together. The themes we will explore are our sexuality, our friendships, our body images, our coupling, our creativity, our relationship to power, our expectations of each other. The workshop will be grounded in the techniques of gestalt, encounter, fantasy, massage, and bioenergetics. $270

Photo: Paul Herbert

Fritz Perls in the lodge

Weekend of March 24-26

Friendship for Men & Women
Ed Maupin & Bill Stewart

Based on the leaders' experience with friendship, this workshop will focus on all aspects of friendship including the fears and assumptions which do not allow deep friendship to develop, techniques for moving into total intimacy with a friend without resorting to sex, and methods for directing the friendship towards creativity rather than complications. $110

Inner Love / Simone Surpin

In each of us exists a place where we can merge in and with a certain kind of love: a love that is the source of our inner being; a love that is not dependent on something outside of itself for sustenance; a love that renews and clears our vision of ourselves and of others.

As purely and as simply as possible, we will attempt to explore and experience this state; to touch these experiences with our minds and share them outside ourselves.

We will meditate, chant, do gentle body work practices, and learn about energy flows. Each session will be a blend of both didactic and experiential work. Some time will also be spent working in the garden together and on silent walks in the country. $110

You & Universal Motion / Robert Nadeau

For workshop description see January 13–15. $110

The Lawyer—A New Perspective
A Weekend for Lawyers presented by the Humanistic Law Institute

"Like mounds in a sandy desert, intellectual knowledge is mounting up without provision for the expression of the heart."

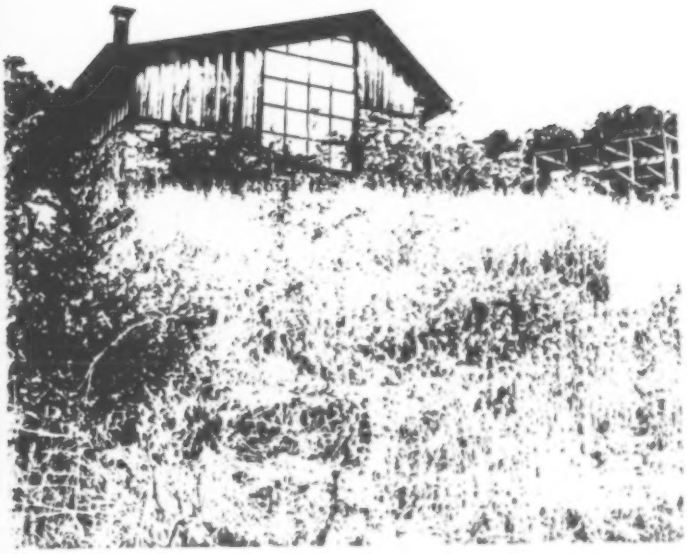
—Meher Baba

As lawyers we were trained to use our heads and not our hearts—to make choices and decisions based upon "reason," "principles," and "issues" and not to trust feelings, intuition or compassion—often with less than satisfying results in our "professional" and/or "private" lives.

During this weekend we will explore and share with other lawyers, in the peaceful, reflective, nourishing, and evocative setting of Esalen, ways of using and integrating all aspects of ourselves—our bodies, our minds, our feelings, our "hearts" to see if we can make our work and our "private" lives more effective and more integrated, flowing, meaningful, and enjoyable.

The program will be conducted by a lawyer member of the HLI staff and another experienced group leader and will be largely experiential, using approaches and methods of gestalt awareness, psychosynthesis, massage, meditation, and bioenergetics. $110

Photo: Lew Porter



Selig's Studio

Weekend of April 7-9

The Body & the Energy Body / George Leonard

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of energy flows in and around the bodies of living things. Using techniques derived from the art of aikido, George Leonard will present his approach to the human biofield or "energy body." Through simple mental and physical exercises, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness with special attention to stress reduction and good health. They will be introduced to alternative ways of dealing with everyday life situations—especially those involving tension and expectation—and will explore ways of getting in touch with their own hidden powers. There will also be discussion of these experiences as they relate to education, sports, healing, and social transformation. $110

Fear, Panic & Vulnerability to Crisis
Janet Lederman & Donald Lindsay, MD

This course is a study of action in panic or fearful situations. It demonstrates to the student his vulnerability to crisis. The workshop explores the effectiveness of the student's personal fear reaction patterns and the student's ability to recognize the innate patterns of patients and others involved in a crisis. $110

Couples Workshop / Hector Prestera & Bob Hutchins

In this workshop for couples the emphasis will be on freeing reciprocal blocks in the body/mind. We will explore how the mechanism of living together can further blocks or be used as a tool for freedom.
$110 per person.

April 7—14
Seven Day Massage Intensive
The Esalen Massage Crew

The members of the massage crew, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of ourselves.

The group meets daily in the mineral baths. $380

April 9—May 5, 1978
Inner Road to Health / Al Drucker
Dee Mundschenk, David Schiffman, Patricia Caldwell, Michael Tierra, Ryan Kopperud, Richard & Christine Price, & the Esalen Staff

This is a workshop about health—learning how to get well and stay well, and helping others to do the same, all by natural means. Sessions held during the day will focus on a variety of wholistic health practices. We will cover acupuncture and acupressure, herbal systems, homeopathic systems, rolfing, nutrition and diet, different forms of massage such as shiatsu, polarity, Esalen massage and deep-tissue massage, and topics in anatomy, physiology, organic gardening etc. The sessions will be both experiential and didactic. As different systems are introduced we'll explore ways of experiencing and embodying this knowledge, using our hands as well as minds. For example, we'll gather our own herbs to prepare powders, salves, infusions, tinctures, and herbal baths while at the same time learning the medicinal uses of various American, Chinese and Indian herbs.

Evening sessions will focus on individual and interpersonal process work, based on gestalt and psychosynthesis approaches. Weekends will generally be free and participants in the workshop may sign up for regularly scheduled weekend brochure programs, for the catalog price minus $50.

A principal emphasis throughout the month will be on discovering and awakening inner resources. In this connection, regular meditation, chanting, yoga, tai chi, massage, and other quieting practices will help still the mind and relax the body, permitting new sensitivities to emerge. We will also have dance, movement, and various forms of energy awareness sessions for the sheer enjoyment of learning to move freely and spontaneously in response to inner rhythms.

The group will meet in the Big House and many of the participants will be housed there. This provides a unique opportunity and setting for evolving this month-long group experience into a family experience. For those who cannot afford the full tuition cost, a limited number of partial scholarships are available, for which a weekly work committment is required. For scholarship information write to Esalen, Big Sur, CA 93920. Also please write to us if you have a health problem. We will try to accommodate your needs or suggest alternative possibilities. Tuition: $1150 Deposit: $400

For future planning purposes, please note that the above workshop is offered twice yearly. In addition, an advanced training workshop entitled *Deep Tissue Work* is also scheduled twice yearly. This is limited to twelve participants and requires a previous qualifying experience. This is further described under February 5—24.

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Week of March 26-31

Opening the Feelings: A Neo-Reichian Radix Workshop
Clair Killen, Merri Goldenson (Devarani), Joel Dweck

For workshop description see page 23. $300

Come to Your Senses: Gestalt, Art & Massage
Frank Rubenfeld

In this workshop you'll have the opportunity to experiment with various art media, learn Esalen massage, and do gestalt exercises and hot-seat work. These ways of playing and working can facilitate your awakening to yourself and your environment. No artistic talent or experience is needed. $270

Weekend of March 31- April 2

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Easing into Autobiography—
Private Revelations & the Word / Michael Tobias

Everyone has a life to tell. But few of us ever have the urgency or discipline to do it effectively. We will look at the art of the journal and diary, analyzing a variety of writers from Montaigne to Norman Mailer. Sharing our own insights and dilemmas, we'll study the anthropology of self-revelation in an effort to bring out our latent expressive options. Everyone is an artist with personal legends. We'll try and make that a pressing reality. $110

Gestalt Workshop / Esalen Gestalt Staff

$100

Tai Chi Chih / Catherine Elber

Tai chi chih is an ancient secret of China's imperial class which was first presented to the public three years ago. Easier than tai chi chuan, the simplicity and potency of these nineteen gentle movements is a beautiful experience of connecting with one's own life force. The inner calmness developed through this practice can have a deep effect on one's life as it provides the peaceful serenity of meditation while cultivating endless benefits for body, mind and soul. $110

Body Awareness & Sensuality / Barbara Clemans

For workshop description see February 5—10. $110

Week of April 2-7

Balance, Blending & Blessing / Jack Downing & Betty Fuller

In this spirit/body/mind workshop we will work with gestalt, feldenkrais, Trager bodywork, meditation, music, and laughter. $300

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

For workshop description see March 3—5. $270

Photo: Nell Dunlop

Esalen Institute—An Approved Provider

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of Continuing Education for Registered Nurses. Provider Number 01152

In accordance with Section 2811.5 of the California Nurse Practice Act, previously referred to as AB 3017, Registered Nurses must submit proof of attendance of continuing education to obtain license renewal. Thirty hours of continuing education are required every two years. For instance, if a nursing license expires April, 1978, the nurse must attend 30 hours of continuing education before March 30, 1980. Esalen is offering nurses the opportunity to meet this requirement in an evolving and attuned environment.

A certificate will be given to each nurse completing the approved workshops. The following workshops will be offered for Continuing Education Units:

February 24–26
Recent Developments in Nurse Healing Practices
Donald Lindsay, MD & Polly Kirby, RN
See page 21 for workshop description. 10 units

March 12–17
Gestalt, Body Awareness & Health Practices—For Health Professionals / Janet Lederman & Donald Lindsay, MD
For workshop description see page 23. 30 units

April 7–9
Fear, Panic & Vulnerability to Crisis / Janet Lederman & Donald Lindsay, MD
For workshop description see page 27. 10 units

Week of April 9-14

The Radix Experience: A Neo-Reichian Workshop
Charles Kelley, Clair Killen, Mark Dunlap, Renan Sercarz, Dale Cummings, & Lawanna Skaggs

The Radix experience is a direct body approach to deep emotional release, rooted in the work of Wilhelm Reich and his students. By concentrating on breaking patterns of breathing and muscular tension, feeling which has been blocked by chronic unconscious patterns of muscular tension called "muscular armor," is freed. As the armor softens and the student allows emotions—fear, anger, pain—to emerge, he realizes a new capacity for trust, love, and joy.

Half of the workshop sessions will be in large group with Chuck Kelley who will present Radix group techniques. Chuck will also describe the concepts which underlie Radix and give an in-depth description of his unique training program. The other half of the sessions will be in small groups, and will include two individual Radix intensive sessions for each participant. $300

Weekend of April 14-16

Introduction to Shiatsu Massage / Patricia Caldwell

For workshop description see January 6–8. $110 per person

Unfolding the Inner Self / Michael Butler

Within each of us is a seed of emotional and spiritual energy which can be the source of insight, love and joy. This workshop is to teach ways to tune into and systematically nurture that seed center of yourself.

We will use methods that are gentle, yet go deep—a form of "positive" encounter, gestalt, chanting and music to open the heart, guided fantasy—and other tools for opening. Esalen's natural beauty will support the process.

We will learn how to replenish ourselves with meditation. A kind of meditation will be taught which allows you to continue the process of unfolding yourself in everyday life. $110

Hypnosis & Parapsychology / Lee Pulos

All participants will be taught and experience beginning and advanced techniques of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering techniques such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and de-mystifying hypnosis, the 'fun' part of the workshop will be the exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $110

Exploring Self-Acceptance
David Schiffman & Dee Mundschenk

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, indivudal capacities, and latent powers as a means of achieving productive, creative functioning. $110

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Photo: Paul Herbert

Week of April 16-21

You & Universal Motion / Robert Nadeau

For workshop description see January 13–15. $270

Take A Second Look At Yourself / Janet Sachson Zuckerman

For workshop description see February 5–10. $270

Lomi Work: An Exploration of the Body / Mind / Spirit Through Awareness David Kessler

Using the Lomi approach to gestalt, conscious movement, breath awareness, aikido energy techniques, hatha yoga, body work, polarity massage, and meditation, we will explore and enhance our body/mind/spirit process. The focus of this work is cultivation of awareness at all levels of existence. We will explore Lomi body work, an integrative form of deep body manipulations whereby tensions in the body are brought to awareness and released. Basically this work speaks of a trust for the human organism and the higher forces that guide it. $270

Self-Acceptance—The Freedom to Be David Schiffman & Dee Mundschenk

For workshop description see January 8–13. $270

Weekend of April 21-23

Selective Awareness: Mind-Body Relationships in Psychosomatic Medicine / Emmett Miller

When we teach ourselves to act in response to our internal as well as external environment, most of our difficulties (symptoms, unwanted emotions, maladaptive habits) can be eased. The ability to resolve personal blocks, develop increased sensitivity, heighten awareness, and produce desirable states of consciousness lies within each of us. Our processing of the world and our communicating with it proceeds throughout varying stages of higher and lower energy; as the mind-body becomes attuned, it acts in accord with its changing experience. In this workshop we will apply the principles of selective awareness and self-hypnosis to learn to expand awareness and to adjust to changing experiences. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Lomi Work: An Exploration of the Body / Mind / Spirit Through Awareness David Kessler

For workshop description see April 16–21. $110

Introduction to Gestalt Practice / Joan Fiore

After introducing the "language" of gestalt and various gestalt experiments in breath, body, and feeling awareness, this workshop concentrates on providing the opportunity for intensive indivudal gestalt work in a supportive group setting. Suitable for novices as well as veterans. $110

Week of April 23-28

God, Sexual Energy & Your Body / Gabrielle Roth

For workshop description see January 22–27. $270

A Psychic Training Program / Anne Armstrong

This workshop is open to professionals or others interested in learning to recognize and use their own Psi abilities. Anne will use exercises and her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only to learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $270

Gestalt Practice / Richard & Christine Price & Staff

For workshop description see January 22–27. $270

Weekend of April 28-30

Dance of Shiva / Gabrielle Roth

For workshop description see January 27–29. $110

Adding More to Your Relationship—Couples Workshop Gerald Smith & Betsy Hand

The goal of this workshop is to develop more skill in expressing what you feel—in being close—in getting distance—in fighting fairly. It is not for couples in serious trouble, but instead for prevention and growth. Non-verbal as well as gestalt and family therapy approaches will be used. $110 per person

Without Parachutes / Jack Gaines

Let's look at how we choose to make a ping-pong game into a crisis; how we clutter up our lives with catastrophic expectations. It's as easy and sensible to be in the exciting and challenging and glorious present as it is to regret yesterday or fear tomorrow. Easier. Come. Learn what you already know: that you were not put on this universe to suffer.

This workshop is open only to those who are willing to consider flying through life without parachutes. $110

Self Exploration Through Yoga / Christina Healy

Participants will have the opportunity to explore their physical and mental energies using a combination of hatha yoga, music, mandala drawing, and group interaction. We will pay special attention to energy blockages and to problems related to the activation of kundalini that can occur spontaneously or during spiritual practice. $110

May 7—June 2

Frontiers of Science / Stanislav Grof, Christina Healy & Rick Tarnas

A four-week interdisciplinary program for professionals and students in the areas of psychiatry, psychology, parapsychology, general medicine, physics, philosophy, and religion. This workshop will focus on a variety of extraordinary and controversial phenomena that have the potential to revolutionize modern science. Special emphasis will be put on the relevance of such phenomena for the understanding of human nature and for self-exploration. The material of this workshop falls into three major thematic groups:

1. Boundaries of Fact and Fiction. The phenomena explored in this context will include telepathy, clairvoyance, astral projection, psychokinesis, psychic diagnosis, development of various supernormal physical abilities, enigmatic energetic phenomena, UFO's, revolutionary astronomical observations, and theories of modern physics. Special sessions will be dedicated to the parallels between theoretical speculations of modern physics, consciousness research, and various mystical traditions.

2. Ancient and Modern Techniques of Psychotherapy. We will explore theoretically and experientially shamanic practices and several modern approaches, such as gestalt, encounter, bioenergetics, and psychosynthesis. In a series of slide-illustrated discussions we will focus on LSD psychotherapy, altered states of consciousness, and the implications of psychedelic research for the philosophy of science. A special session will be dedicated to the cosmological system of Kashmir Shaivism and the teachings of Swami Muktananda.

3. Self-Exploration and Group Process. Esalen staff and guest leaders will act as facilitators of an ongoing process of intrapsychic and interpersonal exploration of the participants throughout the workshop.

The workshop is limited to 30 participants selected from applicants. The fee is $1150 including room and board. Some working scholarships are available to students on the basis of need; scholarship forms can be obtained from Esalen Institute. If you wish to enroll in the program, send a letter of application with biographical information to: Frontiers of Science, Esalen Institute, Big Sur, California 93920.

Faculty:

Gregory Bateson
Joseph Campbell
Fritjof Capra, PhD
Al Drucker
Stanislav Grof, MD
Arthur Hastings, PhD
Christina Healy
Jim Hickman, PhD
Catherine da Silva Jain
Jinandra Jain
Olaf Johnson
Deane Juhan
Stanley Krippner, PhD
Janet Lederman
Lila
Bill Liles
Peggy Morrison
Michael Murphy
Prem Das
Christine Price
Richard Price
Beverly Silverman
Julian Silverman, PhD
Rick Tarnas, PhD
Jacques Valee

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Future Workshop Announcements

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

June 4–30

An Integrative Approach to Group Process & Individual Growth / David Schiffman, Dee Mundschenk, Richard & Christine Price, with the Esalen Staff

This month-long community workshop will provide the opportunity for participants to clarify and develop their own ability, style, and artfulness as facilitators, as well as to do in-depth personal work and training in gestalt, body work, psychosynthetic techniques, journal processing, and meditative practices.

The workshop will be structured to include: intensive individual work, supervised observations, practicum work in group leading and individual counseling skills, video feedback, journal keeping and didactic-theoretical sessions. The emphasis throughout will be on creating a personally integrated perspective on the nature and process of evolution.

Photo: Neil Dunlop

DEFINITIONS

Of Some Approaches to Human Growth Used in this Catalog

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man/woman within an evolving universe. Starting with each person's existential situation as he or she perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

MASSAGE

Massage is a healing art. It is practiced to help the body relax, to release tensions, to balance the energy flow, and to soothe the being with gentle caring. Massages are given individually; workshops, classes, and private lessons are available.

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow, and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

SHIATSU MASSAGE

Shiatsu massage is the oriental healing art in which the hands are used to apply pressure to acupuncture points over the entire body, allowing the springs of life to flow.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling, and relationship. The body is viewed as an energetic process that participates *as* the world *in* the world of instinctual, social, imaginative, and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement, and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement*—to have life energy freely available and flowing, not blocked. *Awareness*—to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility*—to know and act on the principle that I am the one who acts, thinks, and feels whatever it may be that I act, think, or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participants. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

STRUCTURAL INTEGRATION (ROLFING)

Structural Integration or Rolfing is a method of deep manipulation of the musculo-skeletal system that aims at balancing the major segments of the body. We have learned that connective tissue (fascia, tendons, ligaments) can be lengthened by palpation and direct manipulation; this makes it possible to reorganize the basic body lines. A properly organized body will be subject to less stress and will move in a more economical way. Structural Integration has a second principle: posture is behavior. Humans are psychophysical organisms; one cannot divorce their physical from their psychological functions. When you change the structure, you change the function.

BIOGRAPHICAL INFORMATION

A

JOHN ARGUE is a teacher, actor, director, and playwright. He has done extensive work in gestalt, meditation, t'ai chi, bioenergetics, and jungian psychology. (p 23)

ANNE ARMSTRONG has been doing transpersonal counseling for over 16 years and has trained many professionals to use their own intuitive abilities. (p 30)

B

GREGORY BATESON, author of *Steps to an Ecology of Mind*, originated the "double bind" theory which explains some of the causes of schizophrenia. (pp 15, 30)

CHARLES BROOKS, author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963. (p 17)

MICHAEL BUTLER has broad experience teaching encounter, gestalt, and ways of meditation. He has studied intensively with Baba Muktananda and has been certified by Muktananda to teach Sidda Meditation. (pp 13, 21, 23, 28)

C

PATRICIA CALDWELL has been practicing and teaching shiatsu for several years. (pp 12, 16, 23, 28)

JOSEPH CAMPBELL is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero with a Thousand Faces, The Masks of God,* and *Myths to Live By*. (p 30)

BARBARA CLEMANS has used her soft supportive allowing style for teaching movement and body awakening for the past several years. (pp 17, 26)

DALE CUMMINGS, Senior Radix Trainee in Santa Monica, is also a Marriage, Family and Child Counselor. (p 28)

D

BETTE DINGMAN sees her work as a synthesis of softness, awareness and body appreciation in a supportive environment. She has lived and worked at Esalen for four years. (p 37)

JACK DOWNING, a medical doctor, has moved to New York City where he contributes to the Center for the Healing Arts, a medically-oriented wholistic health center. (pp 12, 26)

AL DRUCKER is resident teacher of wholistic health, acupuncture, rolfer, lay homeopath, iridologist and herbalist. He recently spent a year in India devoted to spiritual practice. (pp 16, 27, 30, 31)

MARK DUNLAP is a staff Radix trainee in Santa Barbara, California. (p 28)

JOEL DWECK, Staff Trainee, is a freelance builder and has studied clinical psychology. (p 26)

E

CATHERINE ELBER attended the first teacher's training course given in tai chi chih and is indeed honored to share such a beautiful gift of life. (p 26)

F

JOAN FIORE currently practices gestalt, neo-Reichian energy release work and her own self re-parenting methods in Berkeley. She has been a resident leader at Esalen and furthered her education working on an in-patient psychiatric ward. (pp 13, 22, 29)

BETTY FULLER, a humanist counselor, is a teacher/consultant and director of the Chapel Counseling Center in San Francisco. (pp 22, 26)

G

JACK GAINES, a student of esoteric teaching was formerly a corporation president and is now a writer. (p 30)

MERRI GOLDENSON (DEVARANI), Advanced Staff Trainee in Santa Monica, is a registered nurse and licensed masseuse. (p 26)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over fifty articles in professional journals and books. (pp 14, 24, 30)

H

BETSY HAND trained with Virginia Satir at Mental Research Institute and was on the resident staff of Gestalt Institute of Canada. She is married and has two children. (p 30)

CHRISTINA HEALY is a teacher of hatha yoga and of various techniques of self-exploration through visual arts. (p 30)

JAMES L HICKMAN is currently a research associate with the Transformation Project exploring the role of contemplative and physical discipline in the evolutionary development of the spiritual and physical nature of the human species. (p 13, 30)

AL CHUNG-LIANG HUANG, Master of tai chi, dance/theater, brush calligraphy and other Asian fine and martial arts, is the author of *Embrace Tiger, Return to Mountain* (Real People Press). (pp 12, 24)

THE HUMANISTIC LAW INSTITUTE is an educational center in Los Angeles created by Stan Levy and Stan Keller both of whom have been practicing law in California for many years. (p 25)

BIOGRAPHICAL

J

DEANE JUHAN has been a member of the Esalen massage crew for three years. He has a degree in English literature and has been a teaching fellow in the English department at Berkeley. (p 30)

K

CHARLES KELLEY, director of the Radix Institute, is a student of Wilhelm Reich noted for his teaching and training of teachers of Radix neo-Reichian groups designed for opening the feelings. (p 28)

DAVID KESSLER is a Lomi practitioner with training in gestalt, aikido, meditation, breath awareness, and body work. He is a founding member of the Fort Worth Gestalt Institute. (p 29)

BRIAN KILLEN ia a staff Radix trainee. (pp 17, 28)

CLAIR KILLEN, Senior Trainee in Santa Monica, is now the residential Radix teacher at Esalen. (pp 13, 17, 26, 28)

POLLY KIRBY is a nurse presently living at Esalen. She has taught nursing the past four years. (p 21)

RYAN KOPPERUD has concentrated the past two years on tai chi and deep tissue work. (pp 12, 16, 27)

KOLMAN KORENTAYER trained with Fritz Perls and Moshe Feldenkrais. He has been in the world of business for over twenty years. (p 17)

L

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen, Big Sur. (pp 11, 23, 27, 30)

GEORGE LEONARD is the author of *Education and Ecstasy, The Transformation*, and *The Ultimate Athlete*. He holds a black belt in aikido, from which he derives his present work. (pp 13, 27)

DON LINDSAY is a humanist, a physician, a teacher, and a research scientist. He is assistant clinical professor of medicine at USC medical school and president of the Foundation for Research in Aging. (pp 21, 23, 27)

NANCY LUNNEY is a gestaltist in private practice in Los Angeles, where she specializes in work with professionals in the creative arts. (pp 15, 22)

M

ANNE MACKENZIE, advanced Staff Radix Trainee in Santa Monica, brings to her Radix teaching learnings from gestalt, polarity, nutrition, physiology, and environmental studies. (p 17)

ED MAUPIN is a body-oriented psychologist. He did his doctoral research on zen meditation, was an associate in residence at Esalen Institute from 1966–1970 and has been with the Arica School since 1971. (pp 13, 14, 24, 25)

DEBORAH MEDOW is interested in directing and rechanneling energy. She studies and teaches Ashtanga yoga, movement, massage, and polarity. She is on the Esalen massage crew. (p 12)

EMMETT MILLER is a physician who developed selective awareness, a self applied process of using hypnoidal states to unlearn maladaptive emotional and habit patterns. (pp 12, 24, 29)

NITZA BROIDE MILLER is a dance/movement teacher. She is a professional folk dancer and teacher of classical, modern, primitive, and creative dance. (pp 12, 24)

SIRI MISHLER is a Certified Radix Teacher and assistant trainer in Santa Monica. (p 13)

PEGGY MORRISON is an Esalen masseuse. (p 30)

DEE MUNDSCHENK has experience in social work, group processing, coordinating an experimental mental health center, and teaching oriental art appreciation. (pp 12, 16, 21, 24, 27, 28, 29, 31)

MICHAEL MURPHY is co-founder of Esalen Institute and the author of two novels, *Golf in the Kingdom* (1972) and *Jacob Atabet* (1977). (pp 13, 30)

N

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. Bob also teaches aikido. (pp 12, 21, 25, 29)

JAMES XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has worked with Robert Hall in gestalt and body work. (p 21)

JASMINE NASH is a teacher, dancer, and facilitator who has been teaching black dance at the San Francisco Dancers' Workshop for the past two years. (p 21)

P

HECTOR PRESTERA, acupuncturist and internist, is co-author of *The Body Reveals*. (pp 17, 27)

CHRISTINE PRICE combines gestalt practice with various body approaches. (pp 11, 14, 16, 21, 27, 30, 31)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 11, 14, 16, 21, 27, 30, 31)

LEE PULOS is a clinical psychologist whose career has ranged from a traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing. (p 28)

R

PAUL REBILLOT was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen, Big Sur. (p 11)

GABRIELLE ROTH is an American Shamaness who catalyzes moving experiences. (pp 14, 15, 22, 30)

FRANK A RUBENFELD, a clinical psychologist who trained with Fritz Perls at Esalen, is on the faculty of the Gestalt Institute of San Francisco and the California School of Professional Psychology. (p 26)

ILANA RUBENFELD studied with Fritz and Laura Perls, is a teacher and board member of the American Center for the Alexander Technique, and has trained with Moshe Feldenkrais. (p 11)

INFORMATION

S

DAVID SCHIFFMAN is currently a leader in residence at Esalen, Big Sur, where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 12, 16, 21, 24, 27, 28, 29, 31)

WILL SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais, and *est.* He is the author of *Joy, Here Comes Everybody,* and *The Elements of Encounter.* (pp 16, 23, 24)

ALAN J SCHWARTZ practices privately in New York City. He has developed the concept of the energetic foreground—the use of the bioenergetic-gestalt synthesis in education and counseling. (p 12)

CHARLOTTE SELVER teaches sensory awareness, perception, and nonverbal and verbal communication. A new center is being built for her at Green Gulch Farm in connection with Zen Center, San Francisco. (p 17)

RENAN SERCARZ is a Certified Radix Teacher in Santa Monica. She also works with problem solving skills and development of personal power in women's as well as mixed groups. (p 28)

PHYLLIS SHANKMAN has trained at Esalen and creates a working synthesis of love, gestalt, body work, meditation, and movement. (p 21)

BEVERLY SILVERMAN is a gestaltist and a senior rolf practitioner. She has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the US Army at Fort Ord. (pp 11, 12, 23, 30)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His work on attention disfunction in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the field of mental dis-ease. (pp 11, 30)

LAWANNA SKAGGS is a staff Radix trainee in Santa Monica. (p 28)

GERALD SMITH is a psychologist and author in Belmont, California. He is married and has three children. (p 30)

MIKE SPINO is director of the Esalen Sports Center and is author of *Beyond Jogging: The Inner Spaces of Running* and *Running Home: The M/B Family Fitness Book.* (pp 13, 22, 26)

SIMONE SURPIN, a former rolf practitioner and teacher of body disciplines, has studied with Baba Muktananda and started the Muktananda Meditation Center in Palo Alto. (pp 22, 25)

ELLEN STEVENS, a student of Charlotte Selver, completed the long term study group and is an approved teacher of sensory awareness. (p 13)

BILL STEWART is a black singer and poet who was born in Mississippi. Throughout his life, friendship has been his koan and primary myth. He is currently working as an administrator at University of California. (pp 13, 14, 24, 25)

T

RICK TARNAS, a member of the Esalen staff, received his PhD from the Humanistic Psychology Institute for his dissertation on LSD psychotherapy. (p 30)

MICHAEL TIERRA is a herbalist, iridologist, and acupuncturist, who has his own school of natural health, called the Garden of Sanjivani in Santa Cruz. (pp 16, 27)

MICHAEL TOBIAS has been intensely active in the mountaineering world for ten years. He is a professional photographer and writer and is currently editing an anthology entitled *A Mountain Aesthetic.* (p 26)

W

JUDYTH WEAVER's main teachers have been Charlotte Selver, Magda Proskauer, the tai chi chuan form of Prof Cheng Man-Ching, and Phil Curcuruto. (p 16)

JULIE WRIGHT has been in training at the Radix Institute for one year and is a certified masseuse with a background in acupressure, Swedish and Esalen massage. (p 13)

Z

JANET SACHSON ZUCKERMAN has been leading groups for five years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 11, 13, 15, 17, 22, 29)

Audio Cassette Recordings

Recent years have produced unusual tape recordings. The following were recorded in stereo and are available on cassettes only. Each cassette is $7.50 and is from 1 to 1½ hours in length:

Fritjof Capra: *New Physics as Model for New Medicine*
Nitza & Emmett Miller: *Awareness, Hypnosis & Movement*
Rafiel: *Mystical Romantic Baroque Music*
Al Drucker: *Group Chanting with Tamboura*
Tom Brenner: *Flute Music by the Waterfall*
Janet Lederman: *Gestalt Awareness—Tape 1*
Seung Sahn: *The Zen Circle Dharma Talk*
John Lilly: *Biocomputer Systems & Dolphins*
Anne Armstrong: *Training our Psychic Abilities*
Fritjof Capra: *Beyond Space & Time*
Stanislav Grof: *The Inner Journey*

From the March 1977 workshop "Shamanism & the Mystic Quest":

Henry Munn: *Mushrooms & Culture*
Prem Das: *The Huichol Cosmology—Tape 1*
Don Jose: *Huichol Ceremony Chanting*
Bhagavan Das: *Singing Meditation*

From the May 1977 workshop "Schizophrenia & the Visionary Mind":

John Weir Perry: *Psychosis & Visionary States*
Julian Silverman: *Shamanism & Schizophrenia*
Gregory Bateson: *Story of the Double Bind (retitled)*
Humphrey Osmond: *Early Psychedelic History*

From the January 1976 Physics/Consciousness group:

John King: *Introduction to Quantum Theory*
Peter Flessel: *Molecular Biology & Physics*
Fritjof Capra: *Quantum Paradoxes & Mysticism*
David Finkelstein: *A New Quantum Logic*

And from various other workshops and occasions:

Al Chung-liang Huang: *The Watercourse Way T'ai Chi*
John Lilly: *Dolphin Behavior with Humans*
Will Schutz: *Interpersonal Psychodynamics*
Gregory Bateson: *Metaphors & Butterflies*

Special series; available as complete set only:

Ruth Alon: *Awareness Through Movement; The Feldenkrais Method* (six cassettes; twelve lesson experiences) $60

Please address your order and make check payable to: WORKSHOP CASSETTES, c/o Hot Springs Lodge, Big Sur, CA 93920. Your suggestions regarding future recordings will be appreciated.

WE
invite **YOU**
to join us
in our organization . . .

Friends of Esalen

FRIENDS OF ESALEN provides financial aid to people who are eager to attend our workshops but who cannot afford them.

WE BELIEVE that one of our **FIRST** priorities is to make our programs available to a broader basis. We have therefore decided to use membership contributions to fund such **SCHOLARSHIPS.**

In addition to the **KNOW**ing that **YOU** have given someone else the opportunity to experience **ESALEN,** you will receive regular mailings of the **ESALEN CATALOGS. WE** hope you feel your experience at Esalen was worth the **SHARING** and that you will join us in extending Esalen into the lives of other people.

Photo: Paul Herbert

☐ I wish to become a Friend of Esalen and I enclose my check for the category I have circled.

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Special Information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2 for the United States, $4 for Canada and Mexico, $8 for Europe and South America and $10 for all other countries. Please make all payments in U S currency. Those attending Esalen workshops and conferences are automatically added to the mailing list for one year. A single inspection copy of the current issue is available free upon request from Esalen Institute, Big Sur, CA 93920.

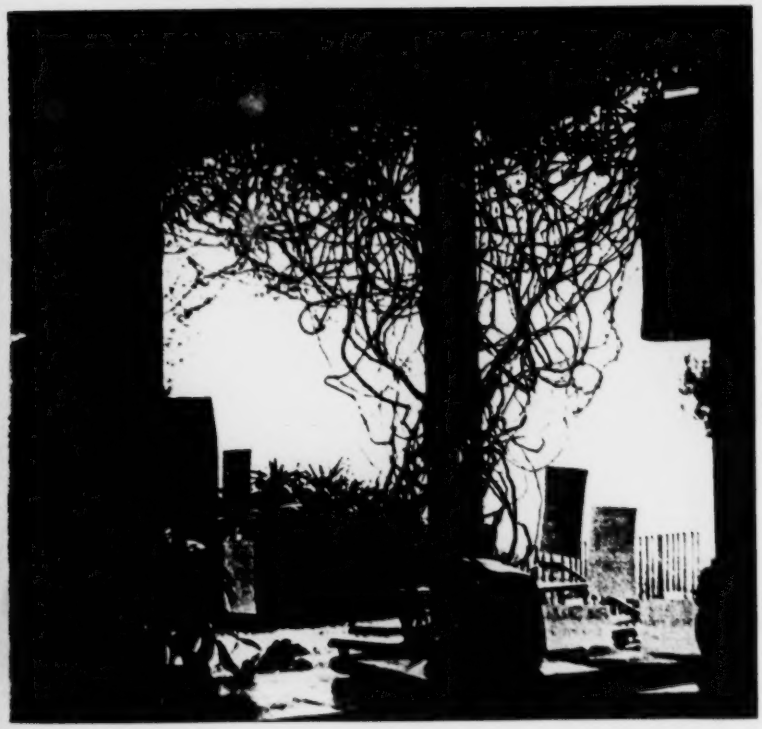
CONTRIBUTIONS to Esalen Institute are tax deductible.

ACCREDITATION: At present, we *do not* offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen / San Francisco programs contact Big Sur Recordings, 2015 Bridgeway, Sausalito, California 94965. They also have Big Sur programs prior to 1973.

Commercial use of Esalen program tapes is prohibited; all rights are reserved.

FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103.



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Big Sur Information

For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 3:30 every day;
10 to 8 Sunday & Friday.

Unless otherwise indicated, all programs listed in this brochure are residential programs in Big Sur. Send reservations for all programs to Esalen Institute, Big Sur, California 93920.

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Fee Information: We require a reservation fee of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail all reservations to Esalen/Big Sur. Balance of payment is due on arrival. Esalen accepts Mastercharge, Bankamericard, and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15—August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen has no short term child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5—5:30 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

☐ To obtain future issues of the Esalen Catalog & occasional mailings for one year, please send a check or money order for $2 to:
Esalen Institute, Big Sur, CA 93920
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year)

☐ Please send a complimentary copy of the Esalen catalog to the person listed below:

Name

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City State Zip

Subscription rates for Canada, Mexico, and other foreign countries are given on page 37.

Esalen Institute RESERVATIONS & TICKET ORDER

This form is for your convenience in reserving a space at Esalen workshops. In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)

(Mail all reservations to Esalen Institute, Big Sur, California 93920.)

Big Sur

Check whether you wish: ☐ shared room ☐ housing as a couple

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The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us.

How many times have you been to Esalen? first ☐ several ☐ many ☐

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☐ From a person who had been to Esalen

☐ Publication / media

☐ Professional contacts

Name of person registering	Date (s)	Leader's Name / Title of Workshop	Reservation Fee

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Total amount enclosed: $ _____

Your reservation fee can be charged to:

Master Charge ☐ Bankamericard ☐

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Expiration date _____

Checks payable to Esalen Institute.

PAYMENTS: All workshops require nonrefundable reservation fees. Consult fee information section on page 38. The balance of program fees becomes payable at the time of check-in.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

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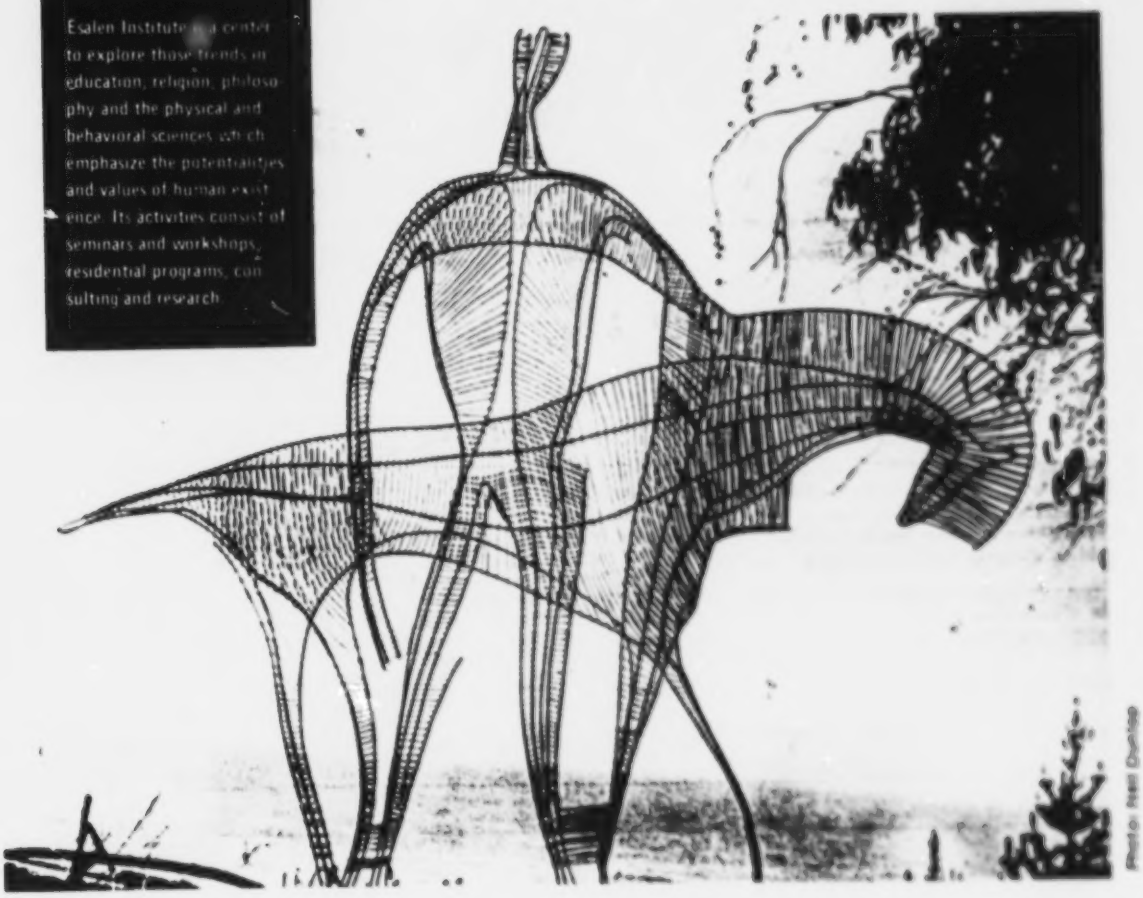
Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.



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the esalen catalog

APRIL–JUNE, 1978

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ESALEN INSTITUTE

–Big Sur, CA 93920. Phone (408) 667-2335;
10 to 3:30 every day; 10 to 8 Sunday and Friday.

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In this issue of the Esalen catalog we continue our tribute to Selig Morgenrath, designer of the Esalen grounds. In addition to photographs showing Selig's work, the illustrations include photographs of paintings by Emil White, a friend of Selig and long time Big Sur resident and artist. Both artists worked with the rhythms and shapes of the land: Selig Morgenrath working directly on the land and Emil White depicting on canvas what he saw. In this catalog we show the relationship between the work of these two artists and the land which was the source of their art.

Who's Responsible at Esalen?

Photo: Benj Langdon

We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility." However re-presented and operationalized in the past, by us or by others, this ethic continues to be the basis for our world view, and following from this, our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty dis-illusioning social and political events—all connected by a common reminder:

> Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness). "Take responsibility for your every thought, your every feeling, your every action," said our beloved friend and teacher, Fritz Perls.

We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

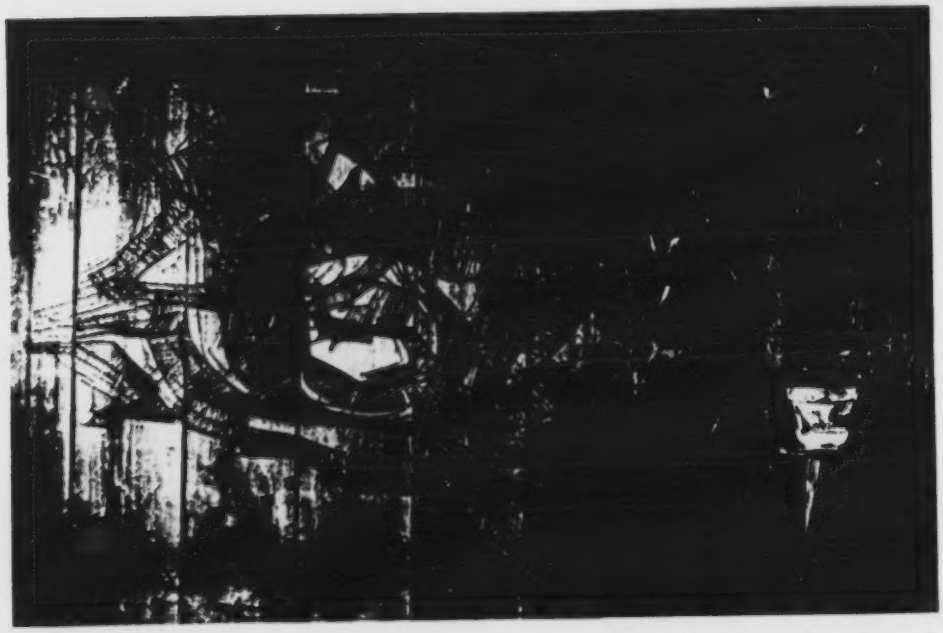
In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures . . . and so on—and to be aware, whenever possible, what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. In effect, we are asking that this self-responsibility attitude be present in the initial contact with Esalen. Ideally, the same attitude will pervade after a workshop when our seminarians go back to the community and seek out others—physicians, teachers, counselors, mental health professionals, etc.

As we have become more thoughtful and self-critical about the overall direction of Esalen we have begun to concentrate on enhancing our basic offering—the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life; rather our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness—the consciousness of self-awareness/self-responsibility.

Selig Morganrath's physical body left us in the summer of 1977. He was the designer, architect and principal sculptor of Esalen Institute at Big Sur. The physical beauty of Esalen unfolded predominantly through his vision and creative expression. He also was an important teacher for many of us.

His legacy to Esalen is an imposing one. It accents and glorifies the Esalen grounds. It remains after Selig to be enjoyed—simply, with one's senses, and when one "opens oneself" to it, with a feeling of reverence for nature.

Gate by Selig (photo: Benj Langdon)



Sculpture by Selig (photo: Benj Langdon)

Photos: Benj Langdon

Food for Thought

Charismatic Leader or Guru?

What is the difference between a charismatic leader and a guru? The difference is tremendous. The difference is: when you are pulled towards a guru you suddenly feel as if you are being pulled inwards, not outwards.

When you are pulled towards Kabir, Nanak, Buddha, you have a strange feeling. The feeling is that you are being pulled towards them and at the same time you are being pulled inwards. A very strange, paradoxical phenomenon: the more you become independent; the more you become surrendered to the guru, the more you feel that you have freedom that you never had before.

So it is a very subtle difference: remember it. If you are pulled towards a man and that pull creates a slavery, that man is not the guru. That man may have charisma, may have magnetic power—be his great intelligence, his physical beauty, or his sheer vitality pulls you—but you will be going away from yourself. It will be an infatuation. You will be obsessed with this man, and you will be off your center. Avoid such people; these are the greatest mischief-mongers in the world. Adolf Hitler, Napoleon, Alexander—these are the people who have created great havoc, because people feel tremendously attracted and people feel like surrendering.

Remember, if your surrendering gives you freedom, then the man is a guru, a Master. If your surrendering makes you a slave, makes you a robot—as all the followers of Adolf Hitler were turned into robots, mechanical: they lost their souls . . . He simply exploited their souls; they lost all their awareness.

This happens in the spiritual world also, because these charismatic people are everywhere. So make it a criterion inside: if by the presence of your guru, of your Master, you are becoming more and more free, more and more independent; by surrendering, the paradox is happening that by surrendering you are gaining more willpower; by surrendering you are becoming more powerful, not impotent—then you are near the guru. The guru is one who pulls you towards himself just to throw you back into your own being. He functions as a mediator; via the guru you arrive to your own self. Because you cannot go directly, he helps you via himself. But his whole effort is to make you yourself.

A true guru will never impose himself upon you. He will never impose his lifestyle on you. He will never give you any rigid discipline. He will not force you, regiment you. He will not try to create soldiers of you. No, he will help you to become yourself. He will help you to be yourself, whatsoever that is. He will help you to get more and more understanding about yourself. You will become more and more centered, rooted, near him. More and more you will feel that he has given you back to yourself—that which was lost or forgotten, he has made you aware of.

—Bhagwan Shree Rajneesh

Esalen's Focus on Health & Work with Health Professionals

My primary concern for this board meeting is to focus upon a direction that Esalen will take during the next several years. My formulation of this direction embraces the essentials of our current operation and begins to articulate the next step.

The new program, involving construction of buildings and new programming, would take effect upon approval by the trustees and have a date of full operation of January, 1980.

I. Esalen as a Multi-Level Structure: A Vision of an Educational Institution of the Future.

Level 1: Workshops & Seminars.
Continually developing high quality experiential workshops—individual and group process, "body work"—and didactic seminars on various "human potential" issues. An emphasis on workshops which educate (and instruct) in the fundamentals of human awareness; of contact with self and others, of communication, of people *beginning* to come alive, to wake-up, to climb out of the play pen of unfulfilling relationships, to grow-*up*.

Level 2: Programs of Social Value.
Developing programs which apply wholistic notions of awareness and self-responsibility to current issues in such fields as medicine, psychiatry, law, education of the young, etc. (e.g. coordinating the Stanford Medical School student project, Donald Lindsay's and Polly Kirby's nursing project, and Dick Price's psychiatric personnel training projects—building a Wholistic Medical Education Program).

Level 3: Laboratories for Personal-Social Experimentation.
1) Experimenting with different approaches in Janet Lederman's Gazebo-school. The Gazebo program is an attempt to develop an educational environment where "learning becomes exploring." (We are replacing the word school with the word Gazebo.) This project is currently being coordinated with George Brown's pro-

gram at the University of California, Santa Barbara. One of the aims of the program is the articulation and teaching of educational principles developed in this environment.

2) Experimenting with group process techniques in our own in-house groups (such as organizational development groups, work-scholar groups).

3) Management Training Laboratory: developing and articulating a style of co-ordinating group process work with traditional management approaches.

4) Working with individual physicians who learn things through experiences in our unique community.

The above levels are supported by the base structure, the "Village" community (people from maintenance, kitchen; resident facilitators; administrators; garden & grounds, etc.). A core of staff who care for the place (the Sextons—a la the Beefeaters of London Tower). A community of people: who form the "familiar" part of the Esalen operation, who represent the *enduring* aspect of the Esalen educational scene, who set the emotional/spiritual tone of the place by their ways of being while at work.

During the past several years Esalen's unique contribution to the outside world has been principally as a retreat or out-of-the-way place with an emphasis on experiential workshops—"individual and group process work" and "body work"—and didactic seminars on various "human potential" issues. Our format has been adopted by many "growth" centers; it has become an increasingly familiar part of contemporary life in America and in Europe.

Meanwhile, we have gone on working—refining our workshop techniques, enhancing the quality of our facilities and maintaining our natural environment with its extra-ordinary beauty, and building an innovative and dynamic business-community organization.

II. Wholistic Health & Well-Being: a developing direction for Esalen during the next several years.

In addition to doing regular workshops, we now see the need for Esalen to move in an outward direction. The creation of a Wholistic Health Program is a natural development out of the myriad of workshops and seminars which Esalen has offered or sponsored in the past. Numerous doctors of internal medicine, psychiatry and neurology and psychologists have worked at Esalen (e.g. Stanislav Grof, John Lilly, R.D. Laing, John Perry, Emmett Miller, Milton Trager, Karl Pribram, Elizabeth Kubler-Ross, the Humanistic Medicine group, William Fowkes and the Stanford Medical School group).

Body manipulation techniques such as rolfing and Feldenkrais work, as well as a variety of body manipulators have been given a strong consideration here. Acupuncture (Jack Worsley, Al Drucker and others) also has had a significant exposure here. Herbal remedies, homeopathy and other natural healing forms have been taught here. Gestalt and bioenergetics have been popularized here. Health related workshops such as jogging, moving meditations, breath awareness, energy awareness, body awareness, and sensory awareness have become popular here.

Attitudes toward the medical field have been changing in the past several years. These changes are reflected in such areas as malpractice insurance problems of physicians, the increasing popularity of non-allopathic treatments and an increasing awareness of the importance of nutrition and ecology on health. Prominent individuals in the field of medicine have begun to cast a receptive glance at what Esalen has to offer. New "Continuing Education" requirements in the medical field have opened up vast possibilities of contact between Esalen and the medical community. A number of projects have been started in conventional medical treatment settings which explicitly use Esalen techniques and Esalen-trained personnel.

Esalen's next steps in this direction should be obvious. They involve the expansion of our program in wholistic health education 1) to coordinate and consolidate the various approaches and teaching faculty, 2) to develop further special projects and continuing education training of physicians and other health professionals and 3) to develop health education for anyone interested in their own health and well-being.

A General Curriculum for Health Professionals:

1. Caring for your body (e.g. body/sensory awareness, movement, meditation, exercises in jogging, other sports, nutrition and diet, other forms of health care such as massage: Esalen, shiatsu, polarity; rolfing, Feldenkrais, acupuncture, Alexander, homeopathy).

2. Intra/inter-personal awareness (e.g. gestalt, encounter/group process, meditation, "team building"/organization development) for day to day living, routine professional contacts, living and dying (being aware of working with death rather than simply of working with disease).

3. Conceptual/metaphysical issues in the field of medical care (e.g. anxiety in illness: positive and negative aspects, dying, perspectives about health, guilt over lack of control of health; malpractice insurance problems and responsibility).

—Julian Silverman

Presentation Adopted by the Esalen Trustees at their meeting of July 16, 1977.

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Food for Thought

The Human·Dolphin Dilemma

The current dilemma of humans versus other animals such as cetaceans (dolphins, whales and porpoises) and elephants is a result of differing human beliefs, generated to fill in human ignorances maintained by lack of communication with other species. The human killing/exploitation/owning of other species is anthropocentrically generated over-valuation of things/thoughts human.

One could become involved emotionally in this dilemma: it is seductive to compassionate humans with a reverence for all life. A number of us decided to attempt a long-term evolutionary path to a probable solution of the dilemma, interspecies communication. In order to realize this program, two years ago we organized the Human/Dolphin Foundation in Malibu, California. This organization is publically supported, non-profit, IRS approved educational and research entity. The work is supported by donations from individuals and grants from foundations.

So far, the program has been successfully funded sufficiently to purchase the necessary computer to begin the work. It is planned to develop equipment called JANUS (joint-analog-numerical-understanding-system) centered on the computer. Like the Italic god, Janus, JANUS has two faces, a human one facing humans and a delphinic one facing dolphins. In brief summary, JANUS converts human communication signals into delphinic ones and simultaneously dolphin's signals into human ones.

Once completed JANUS (a mobile system) is taken to the dolphins and tests begun. It is expected that codes for human/dolphins will be devised by co-operation between both species. In our past experience (1955–1968) the dolphins are quite as eager as we are to communicate.

If you wish to learn more, join us as a member of the Foundation; write us at P.O. Box 4172, Malibu, CA 90265. If you wish to find out more about how you can participate/help/donate, send us your particular desires/qualifications. An Esalen workshop by John and Toni Lilly can give you details in greater depth.

The trustees of the foundation are Burgess Meredith, Victor di Servero, Georgia Tanner, Antoinette Lilly, and John Lilly.

Education for Healing

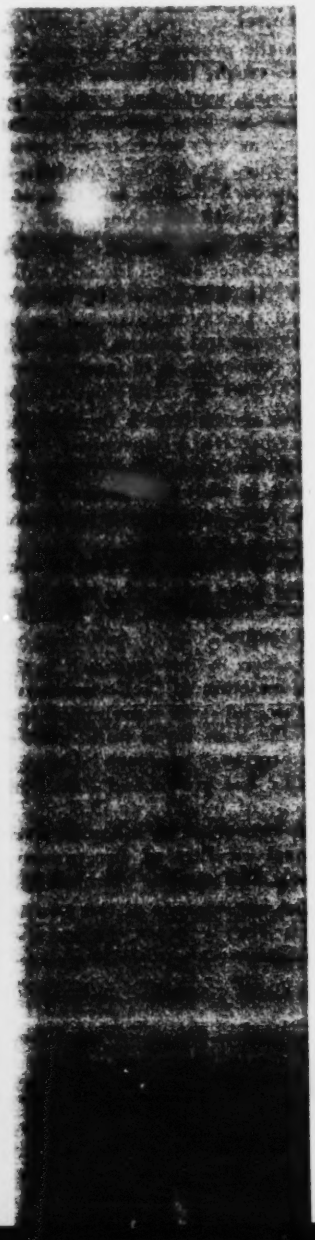
The following article presents one fantasy of a direction for health care. It proposes incorporating both oriental health practices and ways of educating the whole person into our concept of health care.

Presented here are some suggestions for training future healers and natural physicians. This education would also be appropriate for lay individuals who are interested in learning how to manage their own health and that of their family, or, in the case of those who have been ill a great deal, are ready to make significant changes in their life patterns in

Door by Selig (photo: Benj Langdon)

order to get well. These concepts come out of the experience of the Inner Road to Health programs at Esalen, where seminarians from all walks of life, including doctors and other medical professionals, come together for a month or more to learn about alternative approaches to healing. Subjects studied include herbal, homeopathic, nutritional, body-oriented, psychologically-oriented, and traditional systems of healing, such as the Chinese system of Acupuncture and the Indian system of Ayurveda. Only a very small fraction of these topics are treated in conventional medical education; yet they provide a complete health-care alternative for those individuals who want to free themselves from dependence on chemical medicine and instead choose to follow more natural and traditional approaches to health.

The primary focus in all these natural systems is on the health of the total person rather than on the malaise of some of his parts. With this orientation the natural physician becomes a teacher as well as a healer, as much concerned with keeping the different physical, mental, and emotional elements of the nonailing individual in balance, as treating the ailing individual after the vital force has become deranged. Although diagnosis would be an important area of study, the main emphasis in this education for healers would shift from concentration on pathology and disease processes to concentration on health and well-being; in other words, promoting the positive forces and life energies in whose presence disease cannot flourish. For the individual "patient" this means learning to recognize habits and life styles that lead to ill health, and undertaking a program of purification for gently clearing these out; then, irrespective of the disease, healing will naturally follow, (provided there is sufficient vital reserve and a favorable environment for health to blossom).



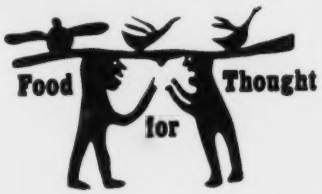
Going beyond even these considerations of disease-prevention and health-maintenance, the natural physician need also be concerned with raising the whole level of functioning of the individual, not just the physical and mental, but also the deeper spiritual and evolutionary consciousness of the inner being. To function effectively at this level the physician must continue to purify himself and attend to his own development, even as he is attending to the well-being of his patients. For this, inner meditational practices and other spiritual practices are important and would form a vital part of the healing curriculum. In time, these practices develop the deepest and loftiest capacities of the human being, namely compassion, equanimity, humility, patience, forebearance, love, inner peace, and wisdom. In a healing situation, these qualities in the physician, particularly his love and caring, may make the difference when other treatment methods and modalities fail.

One possible direction for Esalen's evolution as an educational center and developing community is to move towards longer-term programs providing training in the healing arts as well as opportunities for working on health. In herbology a typical herbal formula used for curing the effects of an illness, consists of three major constituents: a *catalyzing* herb which breaks up blockages and holdings, an *elimination* herb which cleans the system of the released toxins and impurities, and a *restoration* or *tonic* herb which nourishes, noramlizes, and builds up the weakened system to the full glow of vital functioning. This could also serve as a general model for a health-restoration community. At Esalen, we have long been associated with the psychologically and physically oriented approaches of Perls, Reich, and Rolf, which concentrate on releasing locked-in blocks and pathology which hamper the full natural expression of the individual. These methods together with various group processes and body-oriented modalities serve as the catalyzing and eliminative phase of the health-restoration process. We have yet to fully develop the tonifying and nourishing aspects of the healing process. Here the focus shifts from past traumas and holdings that have left their scars in body, mind, and psyche, to purifying and strengthening the environment, both inner and outer, which together with these relics from the past shapes our present experience. Through herbs, vitalizing foods, various homeopathic preparations, massage, the baths, yoga, tai chi, and other body-harmonizing practices, on the one hand, and spiritual practices such as chanting, movement, and meditation, on the other hand, the internal environment is uplifted. At the same time, the student is immersed in an outer environment where all factors support positive change, emphasizing balance, wholesome living, and protection from interference with his unfoldment process. Each flower is encouraged to bloom when it's ready. In such a supportive environment new, healthier living patterns will naturally emerge

as old toxic ones lose their potency and fall away from disuse.

Of course in serious illness, accidents and other emergency situations, the needs of the patient are generally best served by the existing system of health-care. But for other health problems and for individuals desiring to embark on a health-restoration program, an alternative choice could be made available involving special teaching communities and healing centers, as has been outlined above. In such a center, devoted primarily to health education, the healer/physician is part of the faculty, together with other teachers of organic living. Much of the mechanistic aspects of modern medicine and the high financial compensation for medical service prevailing today would be inappropriate in such a health-centered service community.

Many natural and wholistic systems of healing have been developed and practiced in different parts of this country and the world. Some are thoroughly grounded in natural law and scientific principles, while others have come about from a long history of folk usage. Some involve conceptual maps of the energetic organization of the subtle and physical bodies, while others are primarily physical in character. Others are psychologically-oriented, still others are psychically-oriented, and still others are spiritually-oriented. The natural physician should familiarize himself with all of these, as well as the salient features of the prevailing western medical system. Then he can eclectically choose that combination of disciplines which best reflects his own talents, preferences, and inner resonances. This will require many years of study and preparation. He needs to be fully acquainted with western knowledge of physiology, anatomy, biochemistry, etc., as well as eastern mysticism and energetic concepts. He must



develop practical healing experience while at the same time going through his own deeper healing and purification process. He must develop his heart as well as his head; for he will be called upon to render a truly unique service.

As recognized in many ancient healing tradition, the physician must play the role of both mother and father—attending to the negative factors of the disease process and thereby nurturing the ill patient, while at the same time using the illness and its attendant bodily preoccupation by the patient as an opportunity to teach the principles of wholesome, harmonious living and the deeper truths of life and health. In other words, teach the elements of the Tao, the Way, the Dharma, the Noble Path, the Golden Rule, etc.—all different names for the same teachings of the great physicians and seers of the past. For at some time during the illness the suffering patient becomes a student, a particular apt even if unsuspecting student; for he becomes strongly motivated to learn about his condition and anxious for a complete recovery. To the natural physician this is a special teaching opportunity; to him, complete recovery means something more than the recovery of full bodily, mental, or emotional functioning desired by the patient/student. Recovery and cure in the larger sense means that the individual has come to understand his life's purpose and has organized himself to function joyously in the world in harmony with that purpose. This then becomes the principal direction for the physician's healing and teaching efforts.

— Al Drucker

The Physician as Whole Person: Some Basic Considerations

The following was written as an introduction for a course outline to be given at a university medical school.

Basic attitudes in and about the field of medicine have been changing subtly during the past several years. These changes have been associated with such issues as: major technological advances leading to greater and greater specialization, growing impersonality, serious malpractice insurance problems, and an increasing concern with ecology and nutrition in relation to health and disease. Along with these changes has been a gnawing awareness among many of the limitations of contemporary ways of being physicians in a society which has so fragmented the health care of its individuals (including the health care of its physicians).

The problem is not just in the field of medicine. It is more general.

In the process of becoming educated in our civilization, we are taught (conditioned) to become more involved with the outside world than with our selves. We are taught to experience our lives primarily in relation to others. So we learn to become ego-involved—involved with manipulating things and people. We become specialized, cerebral, fragmented in our approach to life, un-balanced. We lose touch with our essence, with our selves.

The growing interest of the western world in eastern spiritual disciplines and in the now-called "human potential technology" implies a yearning for *dis*-covering the self, the center, and thereby re-balancing the person-ality. The task of western men and women, in general, and of medical professionals, in particular, is to integrate the dis-covering of self into the center of our technological approach to health care.

This necessitates a fundamental re-orientation, a change in perspective, a movement *toward* wholism and *away* from fragmentation. Numerous issues have to be *re*-considered. This is what this course is about. Using a combination of didactic and experiential approaches, basic issues related to health care (caring, caring for, care-ful, etc.) are examined. The physician's ways of contacting, experiencing others, sensing one's own body, regarding one's self in relation to one's basic convictions, are scrutinized and a re-formulation is developed.

Implicit in this approach is the evolution (or re-evolution) of an ethic of "self-awareness and self-responsibility." This ethic, however represented and operationalized in the past, is the basis for a world view and, following from it, of an educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty dis-illusioning social and political events—all connected by a common reminder: Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness).

The implications of this position are social as well as political. They concern the ways we relate to ourselves and to others.

—Julian Silverman

ESALEN CALENDAR

April

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April 2–7
- Balance / Downing & Fuller p 12
- Experiencing Esalen p 12
- Running / Spino p 12

April 7–9
- Energy Body / Leonard p 13
- Panic, Crisis / Lederman & Lindsay p 13
- Couples / Prestera p 13

April 7–14
- Massage Intensive / Massage Crew p 13

April 9–May 5
- Inner Road to Health / Drucker p 13

April 9–14
- Radix Neo-Reichian / Kelley p 13

April 14–16
- Shiatsu / Caldwell p 14
- Inner Self / Butler p 14
- Hypnosis / Pulos p 14
- Self-Acceptance / Schiffman p 14

April 16–21
- Universal Motion / Nadeau p 14
- Second Look / Zuckerman p 14
- Lomi / Kessler p 14
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April 21–23
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- Experiencing Esalen p 15
- Lomi / Kessler p 15
- Gestalt / Fiore p 15

April 23–28
- Sexual Energy / Roth p 16
- Psychic Training / Armstrong p 16
- Gestalt / Price p 16

April 28–30
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- Couples / Smith & Hand p 16
- Parachutes / Gaines p 16
- Yoga / Grof p 16

April 30–May 5
- Rajneesh / Gunther p 16
- Experiencing Esalen p 16
- Your Act / Lunney p 16

May

May 5–7
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- Inner Contact / Surpin p 21
- Advanced Massage / Massage Crew p 21
- Ecology / Bateson p 21

May 7–12
- Oriental Art / Campbell p 21
- Experiencing Esalen p 21

May 7–June 2
- Frontiers of Science / Grof p 17

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- Couples / Schiffman p 23

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- Cetacean-Human Cyclone / Lilly p 24
- Re-parenting / Fiore p 24

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- Group Process / Schiffman & Price p 25

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- Experiencing Esalen p 26
- Lomi / Kessler p 26

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- Opening / Butler p 26
- Weekend with Max Lerner p 26

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- Second Look / Zuckerman p 28
- Massage, Movement / Massage Crew p 28

June 30–July 2
- Universal Motion / Nadeau p 28
- Gestalt / Fiore p 28
- Movement / Miller p 28
- Lawyers p 28
- Taoism / Blofeld p 28

July

July 2–7
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- Sensuality / Clemans p 28
- Reichian, Gestalt / Fiore p 28
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July 9–14
- Black Dance / Nash p 29
- Gestalt / Price p 29
- Self-Exploration / Grof p 29

July 9–16
- Self-Acceptance / Schiffman p 29

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July 16–21
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July 23–28
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July 28–30
- Feldenkrais / Segal p 32
- Couples / Schutz p 32
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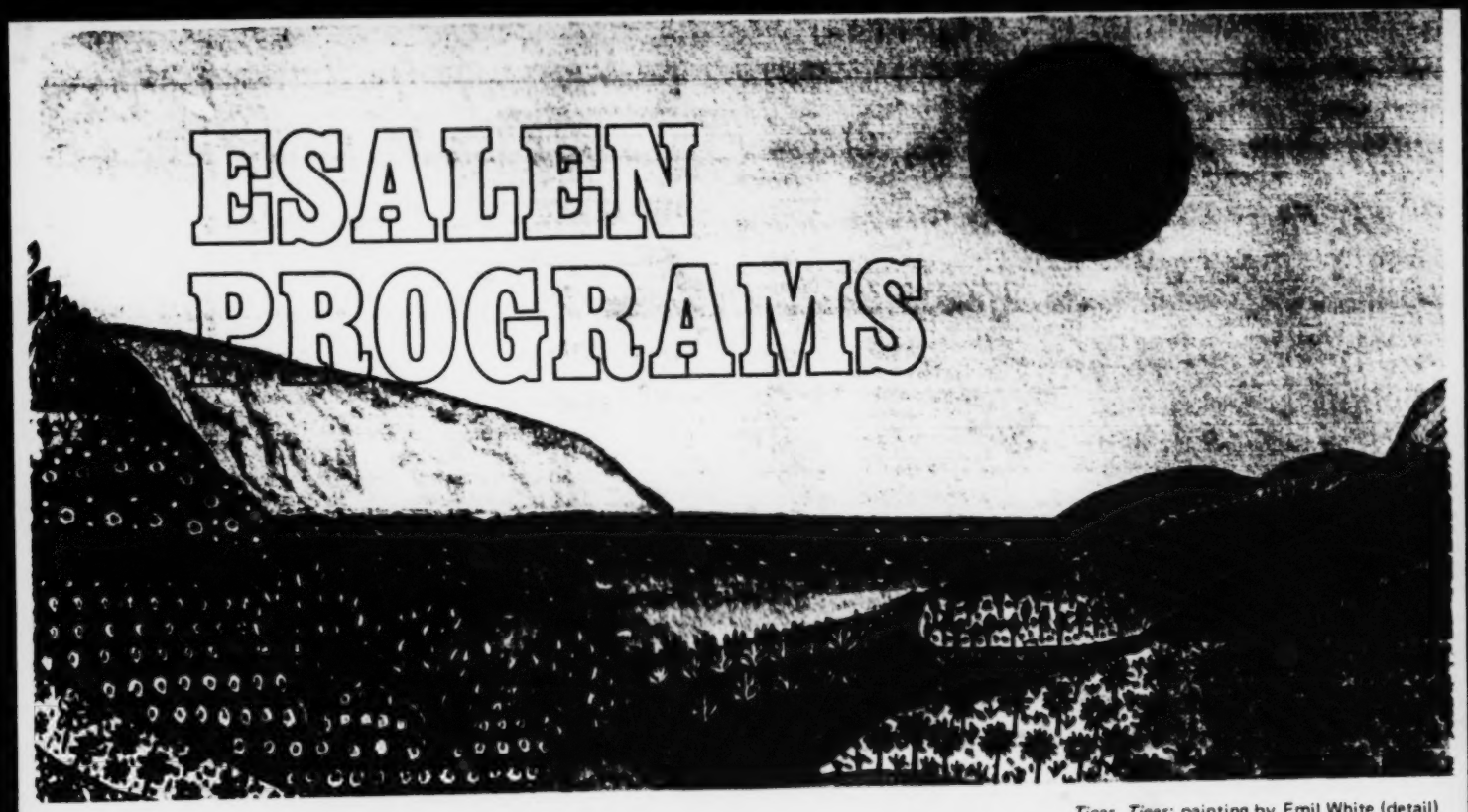
- Characters / Argue p 32



Tiger, Tiger: painting by Emil White (detail)
Photo: Bill Webb

March 19–31

Dimensions of Consciousness / Stanislav Grof & Esalen Staff

Under the direction of Stanislav Grof Esalen is offering a comprehensive course on altered states of consciousness and psychedelics for professionals and students in the fields of general medicine, psychiatry, psychology, anthropology, and philosophy. This residential workshop will include over 75 hours of didactic and experiential sessions.

The core of this program will be a series of lectures which Dr Grof presented at the Donwood Institute in Toronto last fall. Slide-illustrated discussions, experiential exercises, and selected film material of this series cover the following topics:

I Altered States of Consciousness and Human Culture;
II Psychedelic Drugs in the History of Mankind;
III Laboratory and Clinical Research of Altered States of Consciousness and of Psychedelic Drugs;
IV LSD-Assisted Psychotherapy;
V Cartography of the Inner Spaces;
VI Dynamics of the Death-Rebirth Process;
VII Birth Trauma and Its Relation to Mental Illness, Suicide, and Ecstasy;
VIII Transpersonal Experiences and Their Significance for Psychiatry;
IX LSD and the Human Encounter with Death;
X LSD and the Cosmic Game: Outline of Psychedelic Cosmology.

The experiential parts of these sessions will combine the effect of sound and music, fantasy exercises, mandala drawing, group interaction and individual work when indicated. Contributions of the Esalen staff to this program will involve sessions on shamanism and schizophrenia, gestalt practice, encounter, Esalen and polarity massage, shiatsu, feldenkrais, rolfing, hatha yoga, aikido, acupuncture, and psychoceramics.

The program is limited to 30 participants selected from applicants. The fee is $575 including room and board. Some working scholarships are available to students on the basis of need. Scholarship forms can be obtained from Esalen Institute, Big Sur, California 93920.

Week of April 2-7

Balance, Blending & Blessing / Jack Downing & Betty Fuller

In this spirit/body/mind workshop we will work with gestalt, feldenkrais, Trager bodywork, meditation, music, and laughter. $300

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

In this workshop we will draw on recent developments in sport physiology, preventive medicine, the mental training of athletes in East Germany and the Soviet Union, Eastern philosophy, yoga, and the martial arts as well as research on bodily transformations at the Esalen Sport Center. We will work with gaits and tempos for running, muscle/skeletal exercises, flexibility exercises, training routines, visualization exercises and meditation techniques. $270

Weekend of April 7-9

The Body & the Energy Body / George Leonard

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of energy flows in and around the bodies of living things. Using techniques derived from the art of aikido, George Leonard will present his approach to the human biofield or "energy body." Through simple mental and physical exercises, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness with special attention to stress reduction and good health. They will be introduced to alternative ways of dealing with everyday life situations—especially those involving tension and expectation—and will explore ways of getting in touch with their own hidden powers. There will also be discussion of these experiences as they relate to education, sports, and social transformation. $110

Fear, Panic & Vulnerability to Crisis
Janet Lederman & Donald Lindsay, MD

This course is a study of action in panic or fearful situations. It demonstrates to the student his vulnerability to crisis. The workshop explores the effectiveness of the student's personal fear reaction patterns and the student's ability to recognize the innate patterns of patients and others involved in a crisis. $110

Couples Workshop / Hector Prestera

In this workshop for couples the emphasis will be on freeing reciprocal blocks in the body/mind. We will explore how the mechanism of living together can further blocks or be used as a tool for freedom.
$110 per person.

April 7—14
Seven Day Massage Intensive
The Esalen Massage Crew

The members of the massage crew, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of ourselves.

The group meets daily in the mineral baths. $380

Pt. Sur Lighthouse III: painting by Emil White (detail)

April 9—May 5, 1978
Inner Road to Health / Al Drucker
Dee Mundschenk, David Schiffman, Patricia Caldwell, Jeanne Rose, Ryan Kopperud, Richard & Christine Price, & the Esalen Staff

This is a workshop about health—learning how to get well and stay well, and helping others to do the same, all by natural means. Sessions held during the day will focus on a variety of wholistic health practices. We will cover acupuncture and acupressure, herbal systems, homeopathic systems, rolfing, nutrition and diet, different forms of massage such as shiatsu, polarity, Esalen massage and deep-tissue massage, and topics in anatomy, physiology, organic gardening, etc. The sessions will be both experiential and didactic. As different systems are introduced we'll explore ways of experiencing and embodying this knowledge, using our hands as well as minds. For example, we'll gather our own herbs to prepare powders, salves, infusions, tinctures, and herbal baths while at the same time learning the medicinal uses of various American, Chinese and Indian herbs.

Evening sessions will focus on individual and interpersonal process work, based on gestalt and psychosynthesis approaches. Weekends will generally be free and participants in the workshop may sign up for regularly scheduled weekend brochure programs, for the catalog price minus $50.

A principal emphasis throughout the month will be on discovering and awakening inner resources. In this connection, regular meditation, chanting, yoga, tai chi, massage, and other quieting practices will help still the mind and relax the body, permitting new sensitivities to emerge. We will also have dance, movement, and various forms of energy awareness sessions for the sheer enjoyment of learning to move freely and spontaneously in response to inner rhythms.

The group will meet in the Big House and many of the participants will be housed there. This provides a unique opportunity and setting for evolving this month-long group experience into a family experience. For those who cannot afford the full tuition cost, a limited number of partial scholarships are available, for which a weekly work committment is required. For scholarship information write to Esalen, Big Sur, CA 93920. Also please write to us if you have a health problem. We will try to accommodate your needs or suggest alternative possibilities. Tuition: $1150 Deposit: $400

For future planning purposes, please note that the above workshop is offered twice yearly. In addition, an advanced training workshop entitled *Deep Tissue Work* is also scheduled twice yearly. This is limited to twelve participants and requires a previous qualifying experience. This is further described under February 5—24.

Week of April 9-14

The Radix Experience: A Neo-Reichian Workshop
Charles Kelley, Clair Killen, Mark Dunlap, Renan Sercarz, Dale Cummings, & Lawanna Skaggs

The Radix experience is a direct body approach to deep emotional release, rooted in the work of Wilhelm Reich and his students. By concentrating on breaking patterns of breathing and muscular tension, feeling which has been blocked by chronic unconscious patterns of muscular tension called "muscular armor," is freed. As the armor softens and the student allows emotions—fear, anger, pain—to emerge, he realizes a new capacity for trust, love, and joy.

Half of the workshop sessions will be in a large group with Chuck Kelley who will present Radix group techniques. Chuck will also describe the concepts which underlie Radix and give an in-depth description of his unique training program. The other half of the sessions will be in small groups, and will include two individual Radix intensive sessions for each participant. $300

Weekend of April 14-16

Introduction to Shiatsu Massage / Patricia Caldwell

Shiatsu is the oriental art in which the hands are used to apply pressure to points on the body. Emphasis will be on self-awareness for both the receiver and the giver, providing the experience of expanding shiatsu practice into one's life as the experience of moving in the world without effort, and with the flow. A working knowledge of shiatsu in both theory and practice will be given. $110 per person

Unfolding the Inner Self / Michael Butler

Within each of us is a seed of emotional and spiritual energy which can be the source of insight, love and joy. This workshop is to teach ways to tune into and systematically nurture that seed center of yourself.

We will use methods that are gentle, yet go deep—a form of "positive" encounter, gestalt, chanting and music to open the heart, guided fantasy—and other tools for opening. Esalen's natural beauty will support the process.

We will learn how to replenish ourselves with meditation. A kind of meditation will be taught which allows you to continue the process of unfolding yourself in everyday life. $110

Hypnosis & Parapsychology / Lee Pulos

All participants will be taught and experience beginning and advanced techniques of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering techniques such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and de-mystifying hypnosis, the 'fun' part of the workshop will be the exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $110

Exploring Self-Acceptance
David Schiffman & Dee Mundschenk

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $110

Week of April 16-21

You & Universal Motion / Robert Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement. $270

Take a Second Look at Yourself / Janet Sachson Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter, and sensory awareness. $270

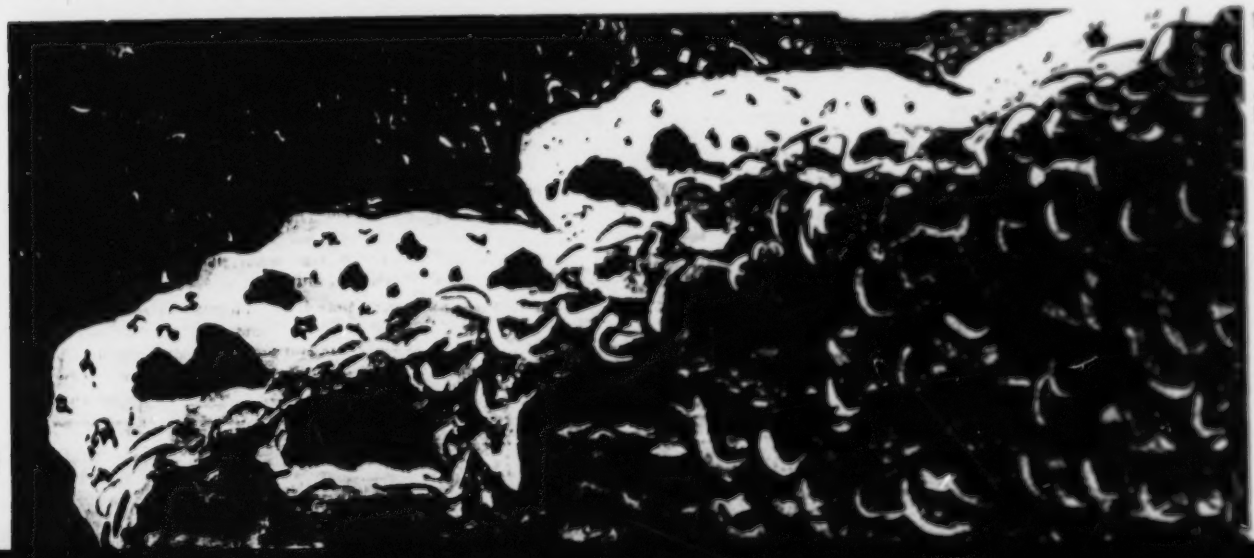
Lomi Work: An Exploration of the Body/Mind/Spirit Through Awareness
David Kessler

Using the Lomi approach to gestalt, conscious movement, breath awareness, aikido energy techniques, hatha yoga, body work, polarity massage, and meditation, we will explore and enhance our body/mind/spirit process. The focus of this work is cultivation of awareness at all levels of existence. We will explore Lomi body work, an integrative form of deep body manipulations whereby tensions in the body are brought to awareness and released. Basically this work speaks of a trust for the human organism and the higher forces that guide it. $270

Self-Acceptance—The Freedom To Be
David Schiffman & Dee Mundschenk

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $270



A Bar Lighthouse III: painting by Enid White Harsell

Weekend of April 21-23

Selective Awareness: Mind-Body Relationships in Psychosomatic Medicine / Emmett Miller

When we teach ourselves to act in response to our internal as well as external environment, most of our difficulties (symptoms, unwanted emotions, maladaptive habits) can be eased. The ability to resolve personal blocks, develop increased sensitivity, heighten awareness, and produce desirable states of consciousness lies within each of us. Our processing of the world and our communicating with it proceeds throughout varying stages of higher and lower energy; as the mind-body becomes attuned, it acts in accord with its changing experience. In this workshop we will apply the principles of selective awareness and self-hypnosis to learn to expand awareness and to adjust to changing experiences. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Lomi Work: An Exploration of the Body/Mind/Spirit Through Awareness David Kessler

For workshop description see April 16–21. $110

Introduction to Gestalt Practice / Joan Fiore

After introducing the "language" of gestalt and various gestalt experiments in breath, body, and feeling awareness, this workshop concentrates on providing the opportunity for intensive individual gestalt work in a supportive group setting. Suitable for novices as well as veterans. $110

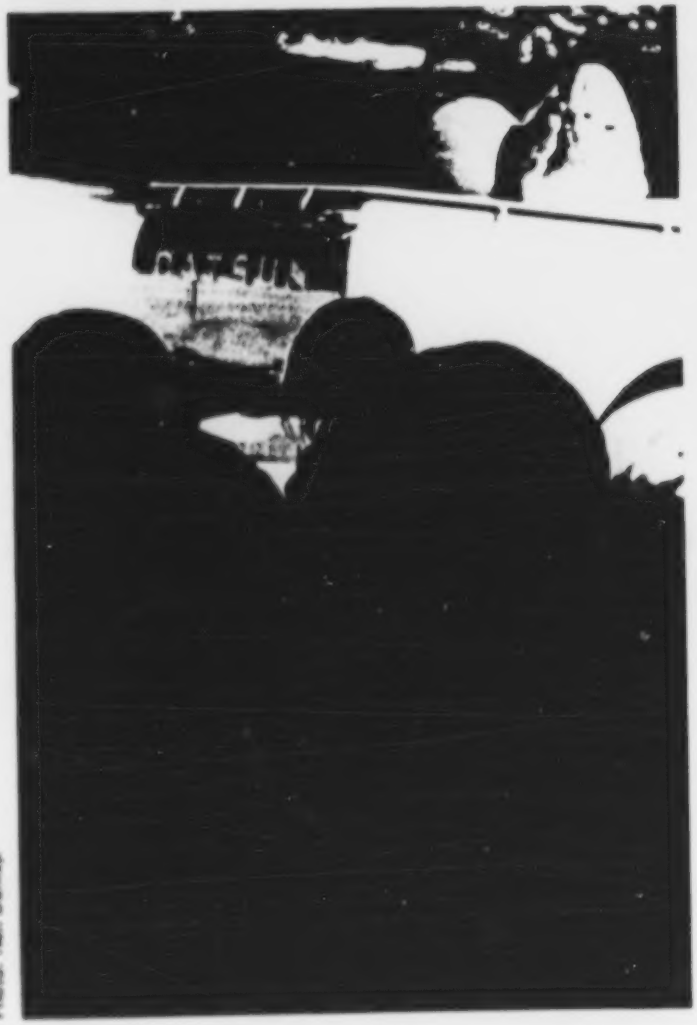


Photo: Neil Dunlop

Experiencing Esalen

Experiencing Esalen Staff

Coordinated by Janet Sachson Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificance of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *Anger and the Rocking Chair* (Lederman).

SCHEDULE:

April 2–7	$240
April 21–23	$100
April 30–May 5	$240
May 7–12	$240
May 21–26	$240
June 2–4	$100
June 11–16	$240
June 23–25	$100
July 7–9	$110
July 16–21	$260
July 28–30	$110

Week of April 23-28

God, Sexual Energy & Your Body / Gabrielle Roth

"When sex comes from the physical center, it is a necessity. When it comes from the mental center, it is a fantasy. When sex comes from the heart center, it is a deep, total, and profound experience of our own divinity. Sex is meaningless without the heart."

The purpose of this workshop is to heal the separation between our divinity and our sexuality as it exists in our consciousness, attitudes, and actions. This weekend will include breathing, movement, music, sound, and massage meditation. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. Gabrielle will support us in going within ourselves to rediscover the magnitude of our own heart energy, thus infusing our sexuality, and our entire life experience, with depth and purpose. $270

A Psychic Training Program / Anne Armstrong

This workshop is open to professionals or others interested in learning to recognize and use their own Psi abilities. Anne will use exercises and her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only to learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $270

Gestalt Practice
Richard & Christine Price & the Esalen Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustable.
—Lao Tzu c. 2500 BC

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "Leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure, or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelley); *Meditation: The Art of Ecstasy* (Bhagwan Rajneesh). $270

Weekend of April 28-30

Adding More to Your Relationship—Couples Workshop
Gerald Smith & Betsy Hand

The goal of this workshop is to develop more skill in expressing what you feel—in being close—in getting distance—in fighting fairly. It is not for couples in serious trouble, but instead for prevention and growth. Non-verbal as well as gestalt and family approaches will be used. $110 per person

Without Parachutes / Jack Gaines

Let's look at how we choose to make a ping-pong game into a crisis; how we clutter up our lives with catastrophic expectations. It's as easy and sensible to be in the exciting and challenging and glorious present as it is to regret yesterday or fear tomorrow. Easier. Come. Learn what you already know: that you were not put on this universe to suffer.

This workshop is open only to those who are willing to consider flying through life without parachutes. $110

Self Exploration Through Yoga / Christina Grof

Participants will have the opportunity to explore their physical and mental energies using a combination of hatha yoga, music, mandala drawing, and group interaction. We will pay special attention to energy blockages and to problems related to the activation of kundalini that can occur spontaneously or during spiritual practice. $110

Dance of Shiva / Gabrielle Roth

Each gesture is from
our own nature
born
spontaneous
beyond form
beyond purpose
being moved by
life
we are divinity dancing.

This weekend is being created for you to experience that part of yourself that wants to live deeply and fully. Be prepared for vigorous, intensive sessions of movement alternating with periods of deep meditation. $110

Week of April 30 - May 5

A Rajneesh Intensive / Bernard Gunther (Amit Prem)

Bhagwan Rajneesh is a Tantric-Taoist master who has created a number of penatrating processes for letting go and directly experiencing your ecstatic unconditioned self. In this workshop we will listen to Bhagwan's lectures and use quiet/active meditations to release restricting body tension, residual emotional patterns and verbal mind intervention. By giving vent to suppressed feelings and balancing the chakras (energy centers) we flow towards a whole: joy, love, orgasmic dimension. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Getting Your Act Together / Nancy Lunney

In this workshop we will explore the relationship between who we are and who we would like to be. We will use gestalt and guided fantasy to contact our inner selves. In a non-judgmental, supportive atmosphere we will experiment with music, drawing and theater games to open up and to express our natural creativity. No special talent or previous group experience is required to begin "getting your act together." $270

May 7—June 2

Frontiers of Science / Stanislav Grof, Christina Grof & Rick Tarnas

A four-week interdisciplinary program for professionals and students in the areas of psychiatry, psychology, parapsychology, general medicine, physics, philosophy, and religion. This workshop will focus on a variety of extraordinary and controversial phenomena that have the potential to revolutionize modern science. Special emphasis will be put on the relevance of such phenomena for the understanding of human nature and for self-exploration. The material of this workshop falls into three major thematic groups:

1. Boundaries of Fact and Fiction. The phenomena explored in this context will include telepathy, clairvoyance, astral projection, psychokinesis, psychic diagnosis, development of various supernormal physical abilities, enigmatic energetic phenomena, UFO's, revolutionary astronomical observations, and theories of modern physics. Special sessions will be dedicated to the parallels between theoretical speculations of modern physics, consciousness research, and various mystical traditions.

2. Ancient and Modern Techniques of Psychotherapy. We will explore theoretically and experientially shamanic practices and several modern approaches, such as gestalt, encounter, bioenergetics, and psychosynthesis. In a series of slide-illustrated discussions we will focus on LSD psychotherapy, altered states of consciousness, and the implications of psychedelic research for the philosophy of science. A special session will be dedicated to the cosmological system of Kashmir Shaivism and the teachings of Swami Muktananda.

3. Self-Exploration and Group Process. Esalen staff and guest leaders will act as facilitators of an ongoing process of intrapsychic and interpersonal exploration of the participants throughout the workshop.

The workshop is limited to 30 participants selected from applicants. The fee is $1150 including room and board. Some working scholarships are available to students on the basis of need; scholarship forms can be obtained from Esalen Institute. If you wish to enroll in the program, send a letter of application with biographical information to: Frontiers of Science, Esalen Institute, Big Sur, California 93920.

Stone work designed by Selig (photo: Benj Langdon)

Faculty:

- Gregory Bateson
- Joseph Campbell
- Fritjof Capra, PhD
- Al Drucker
- Christina Grof
- Stanislav Grof, MD
- Arthur Hastings, PhD
- Jim Hickman, PhD
- Catherine da Silva Jain
- Jinandra Jain
- Olaf Johnson
- Deane Juhan
- Stanley Krippner, PhD
- Janet Lederman
- Lilly
- Bill Lilles
- Peggy Morrison
- Michael Murphy
- Prem Das
- Christine Price
- Richard Price
- Beverly Silverman
- Julian Silverman, PhD
- Rick Tarnas, PhD
- Jacques Valee

Photo: Neil Dunlop

The Esalen Work-Study Program

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our selves primarily in relation to others; we lose touch with our essence.

From this perspective, we offer an opportunity to return to our Selves within the working context of the Esalen community. Our faculty for this program is our environment—staff—community.

Learning/dis-covering the use of your own energy in work . . .
For your SELF.
Living together (close to others) operatively and co-operatively in a unique, high intensity environment.
Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.
An opportunity for:
SELF-regulation
SELF-examination
SELF-contemplation
and if you choose
SELF-reevaluation
Facilitated by removal from your ordinary living context.

Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. (Flexibility is one of the watchwords of life at Esalen). The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program (emotionally and physically) and only rarely is it restful. There will be a coming together in the evenings to share—contact—play/alone-together.

Accommodations are shared with up to 3 persons in a room. The program lasts 28 days; four weeks and four weekends at a basic cost of $350. Depending on your work schedule, weekend workshops may be available for an additional fee. Professional services such as massage and rolfing are available at staff rates. Arrangements are made through the office.

It is possible to be in the work-study program up to three months, by invitation, after the first month.

Available dates:

February 26—March 26; March 26—April 23; April 23—May 21; May 21—June 18; June 18—July 16; July 16—August 13; August 13—September 10; September 10—October 8.

If interested, please apply as early as possible to Work-Study program, Esalen Institute, Big Sur, CA 93920. Only a limited number of applicants are accepted. Scholarships are not available for the Work-Study program.

Photo: Neil Dunlop

Application to the Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____ City _____

State _____ ZIP _____ Age _____ Your occupation _____

Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st _____ to _____

2nd _____ to _____

3rd _____ to _____

Have you been to Esalen workshops? Please list program titles and dates, if any. _____

_____

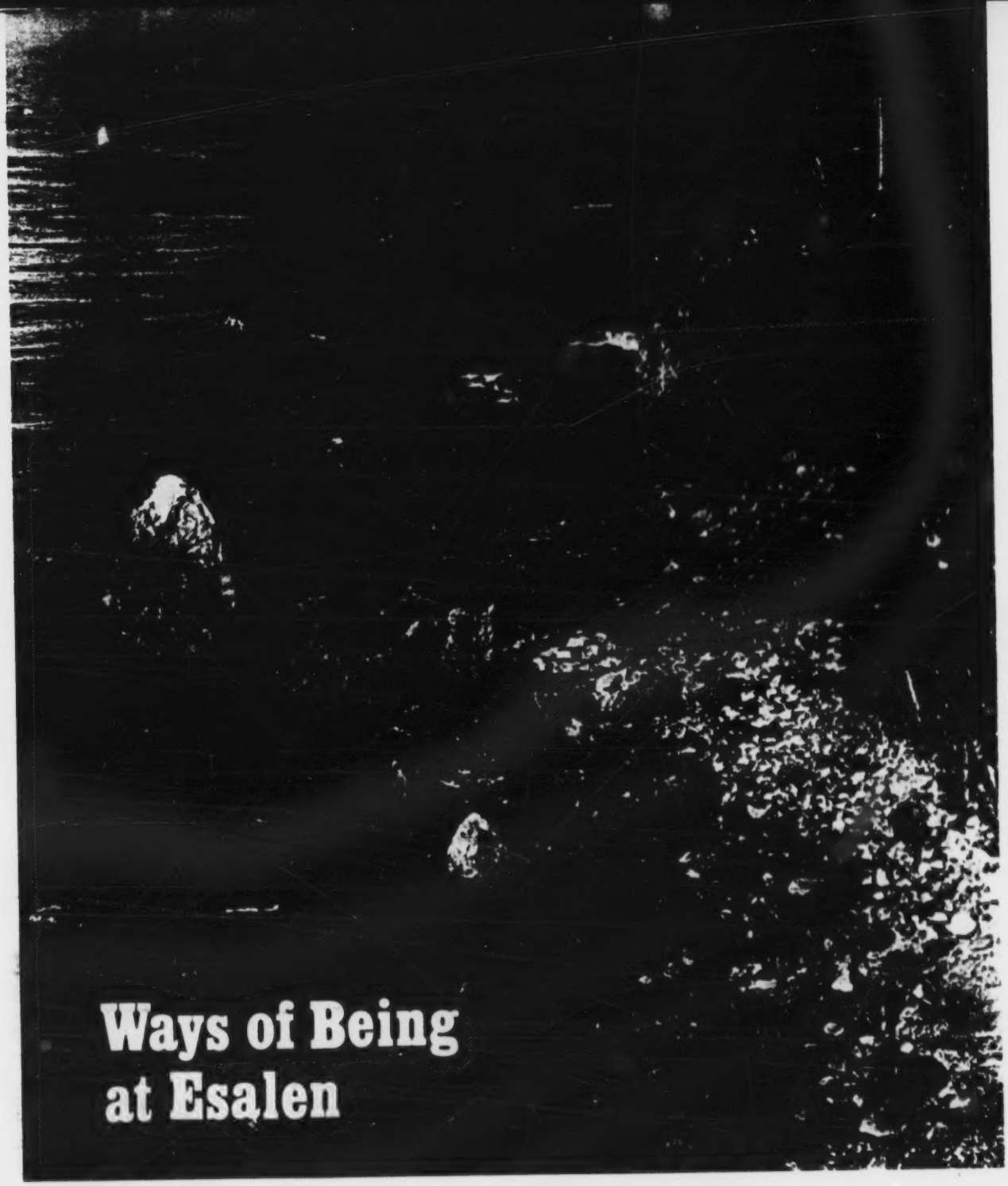
_____

In the space below, please make a personal statement about your interest in the Work-Study program, and any skills available.

_____

_____

Please return this application with a deposit of $150 to Work-Study Program, Esalen Institute, Big Sur, CA 93920. Your deposit will hold a place for you if there is space during the dates you request. If there is no space, we will refund your deposit or hold it for the next available space of your choice. If your deposit is accepted and you cancel more than two weeks before the start of the program, we will hold your deposit in suspense for one year for your future use at Esalen. If you cancel less than two weeks before the program begins, your deposit is forfeited.



Ways of Being at Esalen

Photo: Neil Dunlop

Scholarship Information

If you need scholarship assistance for an Esalen program of five days or longer, write for a scholarship form *before* making a reservation. Allow at least three weeks for processing. If your application is approved, please make a reservation as soon as possible after receiving the notification. No scholarship assistance is available for June 15–August 31 programs or for weekend workshops.

Ongoing Residence Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $960 per 26-day period.

Weekend of May 5-7

Introduction to Bhagwan Rajneesh
Bernard Gunther (Amit Prem)

For workshop description see April 30—May 5. $110

Inner Contact / Simone Surpin

Inner contact can be understood as a time when we "have ourselves," when we are stabilized inside our being, like a tree rooted to the ground. From this place our exchanges with others can be clean, clear, and heartful. This weekend we will focus on how we can allow this inner contact and maintain it while experiencing and communicating with each other.

In opening to this awareness, we will meditate, chant, do gentle body work practices, and learn about energy flows. Each session will be a blend of didactic and experiential work. Some time will also be taken for silent walks together in the country. $110

Advanced Massage Workshop / The Esalen Massage Crew

The soothing release of everyday tensions is really only the beginning of the sensations and revelations possible through massage. The release of chronic energy blocks can produce dramatic results in our physical and emotional well-being; awareness and memories may be triggered which begin a process that goes far beyond the massage itself. The crew would like to demonstrate and practice together some of our own explorations in massage and manipulation of the energy bodies and to share our experiences of the sometimes surprising results of these techniques. $110

Steps to an Ecology of Mind / Gregory Bateson

In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to new ways of looking at the living world, including everything from biology to poetry and politics. The workshop will explore these ways of perceiving and thinking. $110

Week of May 7-12

Hinduism & Buddhism in Oriental Art / Joseph Campbell

Five days of slide lectures and relevant discussions illustrating the course of development of these two dominant religions of the Orient, from ancient to recent times. The first days will be devoted largely to the history, arts, and doctrines of the two in ancient and medieval India and the later sessions will be devoted to Buddhism in its regional developments throughout Asia. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

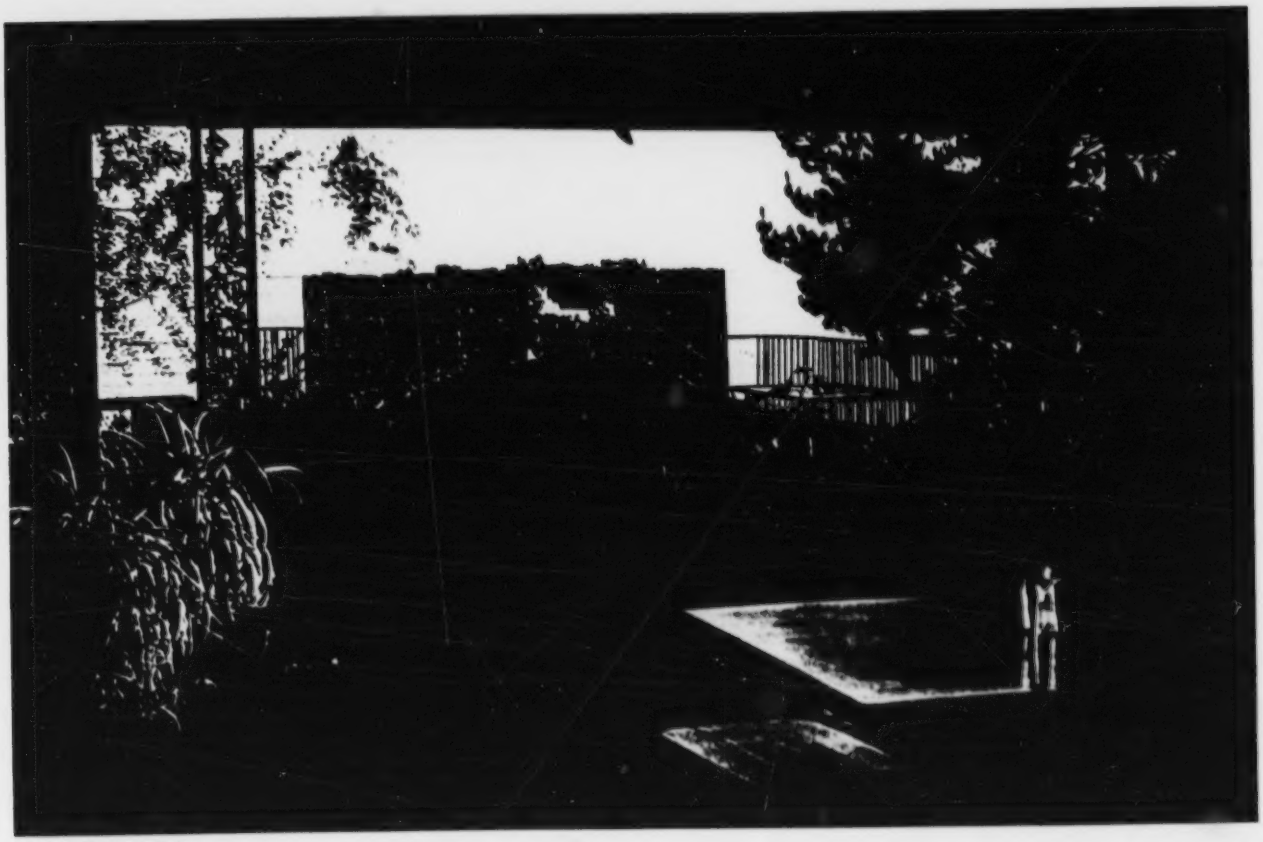


Photo: Benj Langdon

Weekend of May 12-14

Arthurian Romance: The Holy Grail & the Medieval Tarot
Joseph Campbell

A weekend of slides, lectures, and relevant discussions illustrating the great twelfth and thirteenth century flowering of gothic literature, romance and the arts. The symbolism of courtly love, the Tristan and Grail Romances, cathedral architecture and the Marseilles Tarot will be treated, not as historic curiosities, but as clues to the essential character of a European spirituality distinct from all oriental types which is evident to this day in the works of our leading creative minds. $110

Running Home: A Personalized Way to Faster, More Pleasurable Running / Mike Spino

For workshop description see April 2–7. $110

Training for Self Recognition
Jinendra Jain & Katherine Da Silva Jain

The purpose of this workshop is to communicate an inclusive perspective which can allow you to recognize who you are on the different planes of your being, without feeling threatened. From self-recognition you can move to self acceptance to self celebration.

The methods used will include a mode of meditation without suppression of thought, a creative way to deal with sense experience and emotional states, a discovery of your own sound, a way of coping with self-destructive cravings, and relaxing and centering exercises. $110

Week of May 14-19

Opening the Feelings: A Neo-Reichian Radix Workshop
Clair Killen, Sharon Henry, & Ann Harwood

For workshop description see page 23. $300

Gestalt Practice
Richard & Christine Price & the Esalen Staff

For workshop description see April 23–28. $270

Yoga, Tai Chi, Movement, Massage
Deborah Sulochana Medow

Through the regular practice of asanas and integrative movement, hatha yoga seeks to develop and maintain awareness, quiets the mind, and allows the spirit to grow and flower. The outward expression of this self awareness is movement: how we move in this world reflects who we are and how we feel about ourselves. Free form movement becomes a way to explore and creatively expand our ways of being. Massage is a means by which aware individuals can share with and more fully experience each other. Tai Chi, a moving meditation, helps us to harmonize and energize our beings. This workshop will center on a daily practice of yoga and tai chi interspersed with massage, movement, chanting, and auric and yogic cleansing techniques to help us explore and expand our ways of feeling and seeing, relating and being. $270

Weekend of May 19-21

Black Dance / James Xavier Nash & Jasmine Nash

This weekend will include dancing and exploring the rituals of Black disco dancing in contemporary American society. High-low energy, sensual and sexual, rhythm and syncopation, hand clapping, foot stomping, using African drums, we will use our voices and pre-recorded popular Black music. $110

Research in Parapsychology / Stanley Krippner

Parapsychology studies the interaction between organisms and their environment which cannot be explained by orthodox models of reality. Contemporary research will be surveyed to determine what efforts are being made to understand and to explain these phenomena. Special emphasis will be placed upon psychic phenomena in relation to dreams, hypnosis, remote viewing, and metal bending. Research on psychic healing will also be explored as well as reports of field explorations of such shamans as Rolling Thunder of Nevada and the spiritists of the Phillipines and Brazil. $110

Unfolding the Inner Self / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy which can be the source of great creativity and joy in our life. All of us have moments in touch with it, and those are times when we are especially aware of our own beauty and strength. This workshop will teach ways to discover and nurture this "seed center" of yourself.

The methods of opening used are gentle, yet go deep—music and chanting to open the heart, encounter, theoretical sessions on unity consciousness—and other techniques for unfolding. Participants will be taught a simple form of meditation to continue the process at home.

The workshop is appropriate both for those with group experience as well as for beginners. $110

To Be is To Be Related: A Workshop for Head & Heart
Stephen Schoen

Integration and interdependence are the same. An important corollary for me is that, in each of us, thought and feeling belong together. This workshop is for those who wish to work with both head and heart. My approach to "heart" is through gestalt and Buddhist meditation. My approach to "head" is through the ideas of Chogyam Trungpa, Martin Buber, and Gregory Bateson. The workshop is organized in sequences of meditation, gestalt work, and discussion. The aim of our work together is the perennial spiritual goal: that we, as individuals, be at one with our experience. $110

Week of May 21-26

You & Universal Motion / Robert Nadeau

For workshop description see April 16–21. $270

Self-Acceptance—The Freedom To Be
David Schiffman & Dee Mundschenk

For workshop description see April 16–21. $270

Loving / Stella Resnick

A little bit of loving goes a long way. Loving is a five-day workshop designed to focus on cultivating and sustaining, and fulfilling relationships. We will deal with such issues as intimacy, jealousy, communication, sensuality, sexuality, pleasure, and play. Loving includes gestalt communication processes, meditation on the body, guided fantasy, massage, movement, and breathing exercises. Come with a partner or alone and be prepared to have a good time. $270 per person

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Weekend of May 26-28

Motion & E Motion / Betty Fuller

For workshop description see May 28–June 2. $110

A Weekend with Will Schutz

$110

The Gentle Art of Becoming—Together: A Workshop for Couples / David Schiffman & Dee Mundschenk

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness techniques. $110 per person

Week of May 28- June 2

Motion & E Motion / Betty Fuller

We will explore movement—emotional, physical and spiritual—using methods drawn from Feldenkrais, Trager, Rolf-Nolte alignment work, massage, meditation, music and dancing. We will explore ways to experience our barriers to full self expression, release chronic holding and tension and reduce stress and get the juices flowing again. $270

A Week with Will Schutz

$300

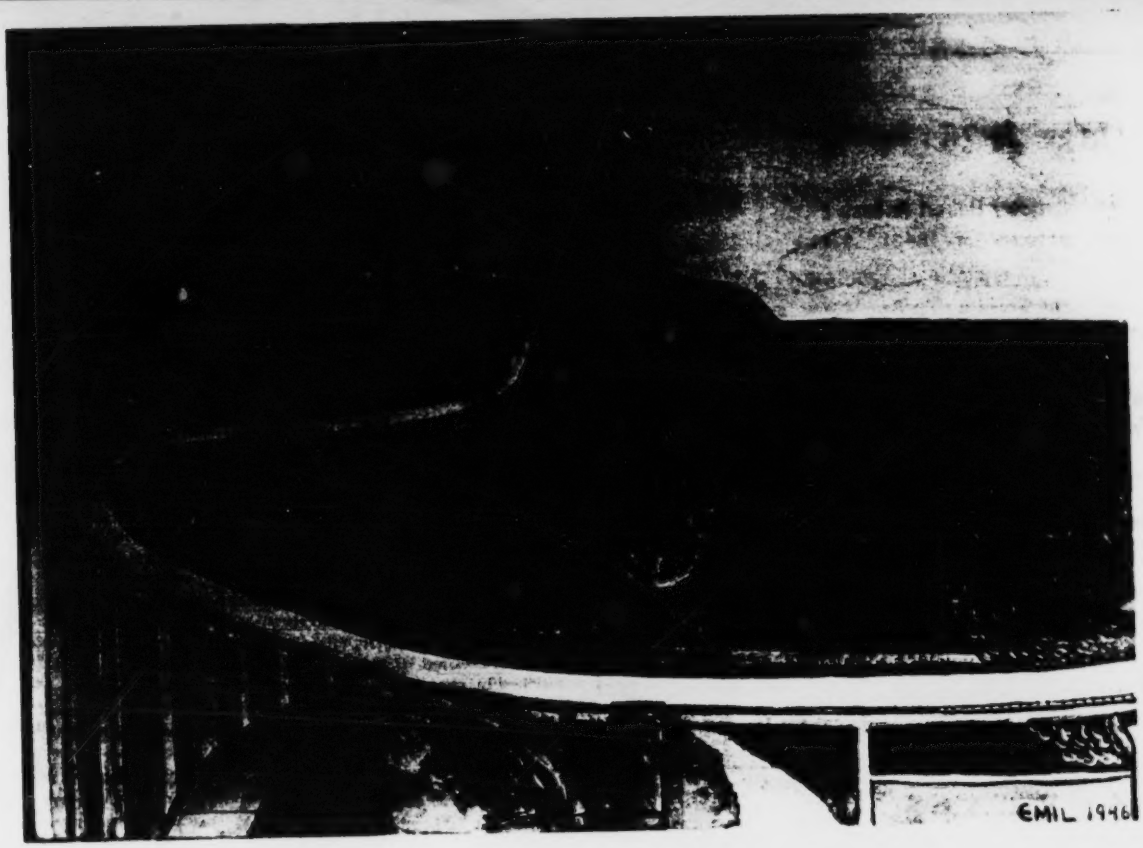
Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix Intensive, a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Work Shop. The Intensive, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion. In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. The participant/teacher ratio is kept small, never more than 10/1. Each weekend participant who wishes will receive an Intensive, while 5-day workshop participants receive two. By meeting sometimes in small groups and sometimes together in large groups, Radix combines the intimacy and individual attention of the small group with the energy and dynamism of the large. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

April 9–14	Charles Kelley, Clair Killen, Mark Dunlap, Renan Sercarz, Dale Cummings & Lawanna Skaggs
May 14–19	Clair Killen, Sharon Henry, Ann Harwood
June 2–4	Renan Sercarz, Clair Killen, David Grill
July 7–9	Mark Dunlap, Calir Killen, Sandy Thomas



Painting by Emil White

Weekend of June 2-4

Opening the Feelings: A Neo-Reichian Radix Workshop
Renan Sercarz, Clair Killen, David Grill

For workshop description see page 23. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Interior Design Awareness / Don Busch

Many women and men feel a lack of confidence and the inability to design (create) their own environment. "Home" is a vital element of our energy and potential. We allow others (friends, relatives, "shelter" magazines, decorators and contractors) to tell us how and in what we shall live. Thus, our homes lack not only ourselves but abundant energy to sustain the joy of living here and now. This is a denial of ourselves and our future.

Using techniques from gestalt, sensory awareness and art, we will attempt to find what you really want and facilitate you to an awareness of your vast potential for creativity and imagination. You can design your own environment. This workshop is experiential. I will not deal with participants' specific problems but rather give them tools to solve their own. $110

Psychosynthesis & Our Willingness to Change / Lenore Lefer

At the core of the process of change is the discovery that something new is trying to emerge into our daily lives. Frequently in this process there are parts of us that do not invite or nourish change; parts in fact that are unwilling to cooperate with what is emerging.

In this weekend we will explore our process of willing in relation to change and what blocks that process. We will focus on how to facilitate the holistic and natural outflowing of true will that comes from a center of identity that is our essential Self. $110

Week of June 4-9

Five Days with Jack Rosenberg

My current focus is on enjoying life to the fullest and bringing the clearest expression of my self to each moment. Many people describe what I do as gestalt body work with a transpersonal bend.

During the workshop we will cover many aspects of my energetic approach to sexuality as well as working with the body energy field and the belief systems which keep us locked in obsolete behavior patterns. Where you are is where we will start. $270

The Cetacean-Human Cyclone / John & Toni Lilly

Spend five days with John and Toni Lilly discussing dolphin research and self programming.

Suggested reading: *Man & Dolphin* (1961); *Mind of the Dolphin* (1967) *Human Biocomputer* (1967); *Center of the Cyclone* (1972); *Simulations of God* (1974); *Dyadic Cyclone* (1976); *The Deep Self* (1977); *Lilly on Dolphins* (1975); *The Scientist* (1978); *Origins of Interspecies Communication* (1978). $300

Self Re-parenting / Joan Fiore

This workshop focuses on finding and opening paths in the present that allow us to re-turn to places in the past where we got stuck. Rather than cutting off these experiences from awareness, we give ourselves a new opportunity to clean up the unfinished business of early life that controls and rips off our aliveness and our power in the here and now. Experiments progress from re-wombing, re-birthing, and re-infanting to re-adolescing. Modes of exploring are drawn from gestalt practice, neo-Reichian energy release, primal work, family process, guided fantasy, and Fiore re-parenting methods. First priority is on intensive individual work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. $270

June 4—30

An Integrative Approach to Group Process & Individual Growth (A four week internship program for personal & professional growth)

David Schiffman, Dee Mundschenk, Richard & Christine Price with the Esalen staff

Over the years Esalen has functioned as a major clearing house for a wide variety of approaches and means for facilitating personal evolution and expression. One's journey could begin with any realm—mental, physical, emotional, or transpersonal—each path serving to create a wealth of information and energetic access.

What are the common experiential and conceptual threads that underlie each of these paths? How can these threads of experience be best woven together to create a fabric whose qualities are simultaneously exquisite in their delicacy while still remaining strong enough to sustain the wear and tear of worldly existence? And how best might this very personal process of self-discovery and integration be taught and shared with others?

The exploration and resolution of these and other basic questions pertaining to the process of change and growth will serve as the basis of our work together during this month long institute program.

During the month each participant will have the opportunity to clarify and develop his/her own ability, style, and artfulness both as individual guide and group facilitator, as well as to do in-depth personal work and training in gestalt practice, body work, psychosynthetic techniques, and the meditative arts.

The program will be structured to include: intensive individual work, supervised observations, practicum work in group leading and individual counseling skills, video feedback, illustrated lectures and didactic theoretical sessions. The emphasis throughout will be on creating a personally integrated perspective linking human potential practices with traditional psychological and counseling modalities.

Tiger, Tiger: Painting by Emil White
Photo: Bill Webb

Curriculum

The curriculum will be divided into seminars, observation-supervision sessions, and group sessions. Seminars will consist of conceptual presentations, guided exercises and discussions done by core as well as visiting faculty.

Observation and supervision sessions will involve individual counseling among group members with supervision by core faculty. Included in these will be video replays and discussions pertinent to the work being done.

Group sessions will provide the participants with the opportunity to do in-depth work on their own process with core faculty as well as explore practical applications of material presented in seminars. In addition a major portion of the last week will be used for polishing leadership skills with each person in the group being given the opportunity to lead. Video feedback will again be employed. Some of the major areas and practices to be explored during this program include:

A. Physiological maps and entries to experience

Beginning from the assumption that the human body is a metaphor which holds and reflects how we have been shaped by past experience and habits, we will explore the effects of these patterns and their possible transcendence. Sessions in bio-energetics, neo-Reichian work, shiatsu, and various styles of massage will be scheduled to provide tools and perspectives relating to physically rooted patterns of holding and diminishment.

B. Gestalt Practice

The emphasis in this phase of our work together will be in creating a stance to facilitation which is non-analytic, non-coercive, and non-judgmental. We'll focus on the use of the awareness continuum, the nature of the impasse, contact and boundaries, ways of visualization and meditation and the development of leadership skills which reflect clarity and flow from whatever emerges in process.

C. Psychosynthetic Techniques

Using the over-arching perspective created by Psychosynthesis we'll examine reference points and specific experiences which include discerning different levels of the unconscious, basic personality organization, choice and the development of will, resolving inner conflicts, reflective and receptive meditation, dis-identification and self-identification, the use of ideal models, the nature of purpose, developing desired qualities, aligning with the transpersonal, guided imagery, journal work and music.

D. The Psycho-dynamics of Group Structure

Drawing on techniques based primarily in encounter we'll look into the formation of the group, ascertaining its energy field, the stages of group evolution, inclusion, power and affection, grounding cathartic experience in the group context, as well as examining the differences and effects of counseling, teaching and encounter modalities.

The program is designed both for professionals and students and those interested in the fields of psychiatry, psychology, religion, education, and philosophy. A few partial scholarships are available for this program. For scholarship applications write Esalen Institute, Big Sur, CA 93920. $1150 Deposit: $400

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Weekend of June 9-11

The Rhythms of Health & Power / George Leonard

In this workshop, you will be introduced to new ways of getting in touch with and using your own best and truest power. (*Power* goes back to a French root, "to be able.") The mind/body exercises offered by George Leonard are derived from the art of aikido and require no previous experience. They are aimed at reducing stress, achieving mind/body harmony and dealing with everyday problems through the practice of centering and blending. You will also be offered experiences that involve extraordinary powers of sensing. $110

Body Energy & Emotional Release / Hector Prestera

This workshop will focus on physical and emotional energy release via body techniques using group energy, body reading, body language, and body energetics.

Our bodies contain our life attitude—contacting and freeing any tied energy, and enable us to live more consciously—living "loose and naturally." $110

Dream Discovery / Joyce Frazee

"A dream that is not understood
is like a letter that is not opened."
—Talmud

Each night we receive brilliant, insightful, creative communiques disguised in poetic imagery. In this workshop we will explore how to use our dreams for personal growth, insight, creativity, and problem solving. Participants will discover that any dream, however fragmentary or prosaic can offer entry to a new world of insight. Methods for dream discovery will include exercises in dream recall, Senoi dream practices, mandala drawing, gestalt dream work and psychosynthesis. $110

Tuning In / Janet Sachson Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and feeling. Once we are aware of our feelings, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness, and other techniques to tune in to ourselves and each other. $110

Week of June 11-16

God, Sexual Energy & Your Body / Gabrielle Roth

For workshop description see April 23–28. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Lomi Work: An Exploration of the Mind/Body/Spirit Through Awareness David Kessler

For workshop description see April 16–21. $270

Weekend of June 16-18

The Energetic Dimension: A Weekend of Energy Release with Bioenergetics & Gestalt / Alan Schwartz

Read the description of the weeklong workshop (see June 18–23). This weekend should be thought of as an opportunity to become aware of blocks to the free flow of human energy in the body's musculature. *Integration* via bioenergetic grounding and gestalt support concepts will be the focus. $110

Opening / Michael Butler

Everybody's beautiful in their own way.
—song by Ray Stevens

This workshop is to teach ways of opening up to the loving "center" of yourself. In that center is a reservoir of self-awareness, joy, and connectedness to other people. We will study how to nurture that place in ourself and stay in touch with it amidst the hustle and bustle of everyday living.

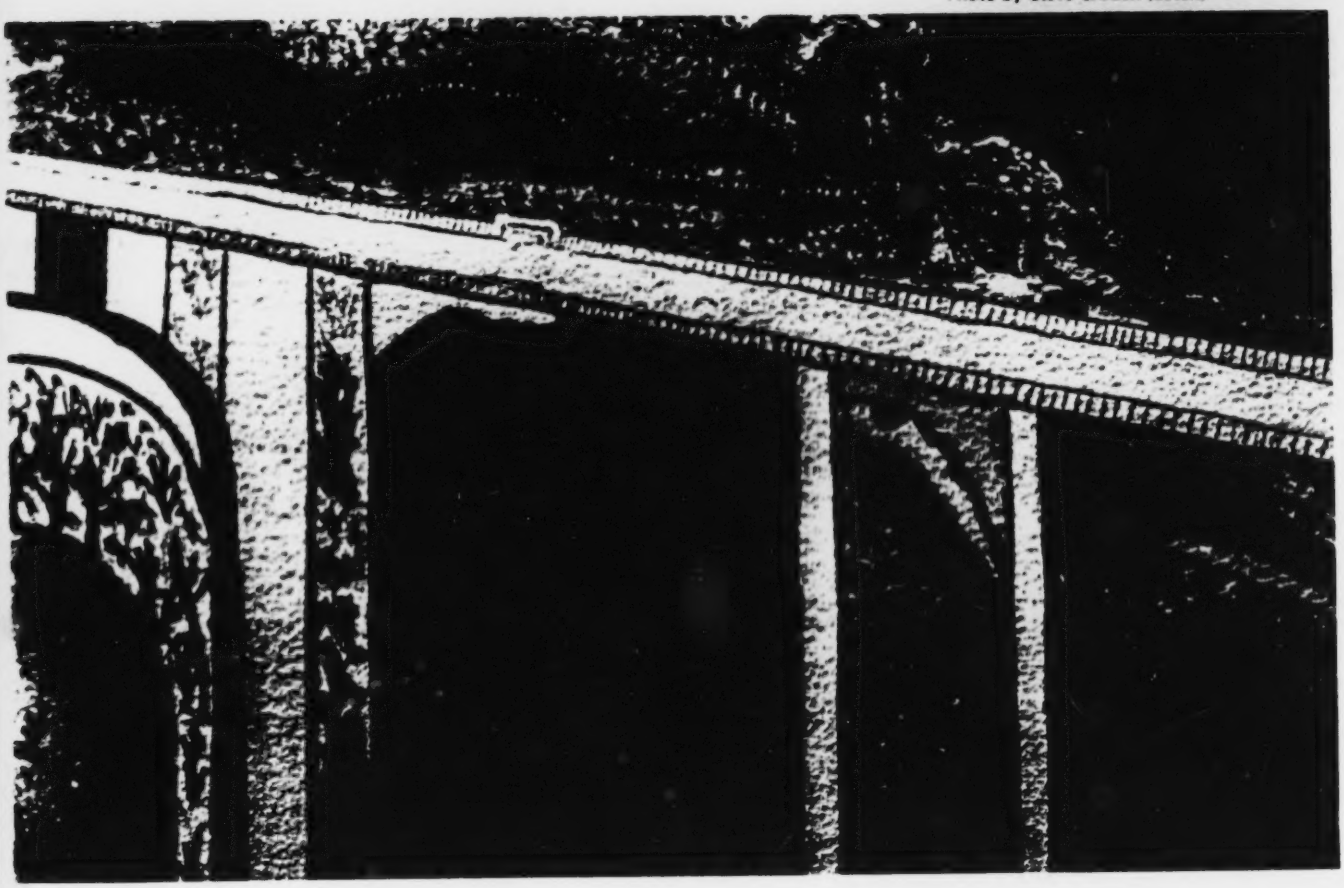
We will use ways of opening which are gentle, yet go deep—music and chanting to open the heart, encounter, gestalt, theoretical sessions on unity consciousness—and other techniques for unfolding. Participants will be taught a simple form of meditation to continue the process at home.

The workshop is appropriate both for beginners and for those with group experience. $110

A Weekend with Max Lerner

This is a weekend with an eminent journalist, professor and scholar of political science who has been both a critic and supporter of the "human potential movement." The workshop can encompass any aspect of the American life style, more importantly, it is a weekend with a delightful man and an opportunity to share his intense enthusiasm. $110

Bixby Creek Bridge, Painting by Emil White
Photo by Steve Crouch (detail)



Week of June 18-23

Gestalt, Bioenergy & Human Contact / Alan Schwartz

There is an energetic dimension to human behavior which is often locked behind habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *movement. Allowing energy* means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self. The workshop should be thought of as a *learning* week. Appropriate didactic material will be covered. $270

Getting Your Act Together / Nancy Lunney

For workshop description see April 30–May 5. $270

Live Better Longer / Donald Lindsay, MD

This will be a workshop in wholistic medicine emphasizing prevention, nutrition, health maintenance and experiential learning about body-psyche relationships. It is about joyous living and includes body work at the Esalen baths. The student will learn to use new advances in health care. There will be sessions on medical consumerism, on interacting with physicians. Enrollment is limited. Nurses taking this course will receive 30 hours of continuing education credits. $270

Weekend of June 23-25

Introduction to Bhagwan Rajneesh Bernard Gunther (Amit Prem)

For workshop description see April 30–May 5. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

For workshop description see April 2–7. $110

Inner Road to Health: A Weekend Primer on Alternative Health Systems / Al Drucker

This workshop is intended as a first short introduction to some of the approaches of wholistic health, which are currently gaining favor as natural alternatives to the more orthodox medical practices dominating the health field in this country. Included will be such diverse topics as herbs, flowers, acupuncture, iridology, homeopathy, rolfing, diet, etc. Early morning sessions will be devoted to chanting and meditation followed by yoga or tai chi. We will also schedule an afternoon massage session with herbal bath for which we pick our own herbs. Meals will be largely organic and natural, much of the produce coming from our own garden. $110

Week of June 25-30

Tantra: A Rajneesh Intensive
Bernard Gunther (Amit Prem)

For workshop description see April 30—May 5. $270

Take a Second Look at Yourself / Janet Sachson Zuckerman

For workshop description see April 16—21. $270

Massage & Movement / The Esalen Massage Crew

The massage crew will teach basic massage. Equal time will be spent in music and movement including some structured movement designed to open the body and some free flowing dance. Bring your musical instruments. $270

Weekend of June 30 - July 2

Tune Your Body—A Movement Adventure
Nitza Broide Miller

The process of growing up provides us with many experiences—sensations, impulses, desires which express themselves spontaneously. Our body generates energy. We enjoy the pleasures of body movements, the touch, the magic of exploration and the joy of discovery.

At times, this growth process is cut off by rules and taboos or by other obstacles that are hard to conquer. We begin to listen more to the surroundings than to ourselves!

In this workshop we will listen to the excitement of our own rhythms; we'll tune into the internal voice of our body, and to the sensual flow and pleasure in recreating and reconnecting with ourselves. We will learn to let go of unnecessary tension in our body through dynamic relaxation, using imagery and visualization, and through the magic of dance. $120

The Lawyer—A New Perspective
A Weekend for Lawyers presented by the Humanistic Law Institute

"like mounds in a sandy desert, intellectual knowledge is mounting up without provision for the expression of the heart."

—Meher Baba

As lawyers we were trained to use our heads and not our hearts—to make choices and decisions based upon "reason," "principles," and "issues" and not to trust feelings, intuition or compassion—often with less than satisfying results in our "professional" and/or "private" lives.

During this weekend we will explore and share with other lawyers, in the peaceful, reflective, nourishing, and evocative setting of Esalen, ways of using and integrating all aspects of ourselves—our bodies, our minds, our feelings, our "hearts" to see if we can make our work and our "private" lives more effective and more integrated, flowing, meaningful, and enjoyable.

The program will be conducted by a lawyer member of the HLI staff and another experienced group leader and will be largely experiential, using approaches and methods of gestalt awareness, psychosynthesis, massage, meditation, and bioenergetics. $120

Weekend of June 30—July 2 continued

You & Universal Motion / Robert Nadeau

For workshop description see April 16—21. $120

Introduction to Gestalt Practice / Joan Fiore

For workshop description see April 21—23. $120

Taosim & the I Ching / John Blofeld

For workshop description see July 2—7. $120

Week of July 2-7

Taoism & the I Ching / John Blofeld

In his first North American tour, John Blofeld will come to Esalen to lecture and discuss his more than forty years of studying and living in Asia and writing about Far Eastern religions. $290

Pleasure, Sensuality & Your Body / Barbara Clemens

The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feeling of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact, and nurturing, sensitive giving and relaxed receiving. We will explore new patterns of moving and being together, Feldenkrais awareness, and vital explorations in movement to music. The baths, the rhythm of the ocean and massage will heighten our awareness of the pleasure inherent in simplicity. $290

Holiday Fireworks: A Reichian/Gestalt Intensive
Joan Fiore

Bring your own explosives—your resentments, your hungers, your passions, your frustrations, your tensions, your hopes, your fears, your open wounds, your hidden scars, your confusions, your restlessness, your best suit of armor, your assorted somatic ailments, along with any of your other potentially combustible material, and, together, we shall create from these a glorious Fourth of July week opportunity to ignite your own fuse, to release imprisoned energy, to integrate unrealized power, to discover and appreciate independence. First priority is on intensive intrapersonal work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. Humor (explosive or inert) is admitted at no extra fee. $290

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

For workshop description see April 2—7. $290

Photo: Benj Langdon

Weekend of July 7-9

Opening the Feelings: A Neo-Reichian Radix Workshop
Mark Dunlap, Clair Killen, Sandy Thomas

For workshop description see page 23. $120

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

Centering in Action / Bob Kriegel

The purpose of this workshop is to show that there is nothing mysterious, mystical, or devotional about centering—the process of tuning into that place of inner strength and wisdom from which we experience more of our possibilities and potential.

To experience centering we will play active games of all types, invent new ones, and practice exercises from yoga, aikido, t'ai chi, and sensory awareness.

We will use gestalt awareness, visualization, and psychosynthesis techniques to bring the insights gained in these activities to a more conscious level and to transfer them into our daily lives. $120

Hypnosis & Parapsychology / Lee Pulos

All participants will be taught to experience beginning and advanced techniques of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering techniques such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and de-mystifying hypnosis, the 'fun' part of the workshop will be the exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $120

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Week of July 9-14

Black Dance / James Xavier Nash & Jasmine Nash

This workshop will include massage and dancing, exploring the rituals of Black disco dancing in contemporary American society. High-low energy, sensual and sexual, rhythm and syncopation, hand clapping, foot stomping, using African drums, we will use our voices and prerecorded popular Black music. $290

Gestalt Practice
Richard & Christine Price & the Esalen Staff

For workshop description see April 23–28. $290

Adventures in Self-Exploration
Stanislav Grof & Christina Grof

Focused self-exploration in this workshop will be based on the model of the unconscious that emerged from psychedelic research. It includes not only biographically determined areas but also the dynamics of the death-rebirth process and transpersonal experiences. We will use a combination of music and guided affective imagery, mandala drawing, yoga, massage and individual work when indicated. $290

July 9–16
Self-Acceptance—The Freedom To Be
David Schiffman

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $410

Weekend of July 14-16

Gestalt, Psychosynthesis & Encounter: An Experiential Training Workshop / Beverly Silverman

We will work with basic simple concepts and techniques. The emphasis is on the integral relationship between individual process and group process. My concern is with developing a way of being in which one's senses are open and one's style of contacting others is flexible. $120

Inner Love / Simone Surpin

In each of us exists a place where we can merge in and with a certain kind of love: a love that is the source of our inner being; a love that is not dependent on something outside of itself for sustenance; a love that renews and clears our vision of ourselves and of others.

As purely and as simply as possible, we will attempt to explore and experience this state; to touch these experiences with our minds and share them outside ourselves.

We will meditate, chant, do gentle body work practices, and learn about energy flows. Each session will be a blend of both didactic and experiential work. Some time will also be taken for silent walks together in the country. $120

Fear, Panic & Vulnerability to Crisis / Donald Lindsay, MD

This workshop is about handling fear in ourselves and in others in emergency and crisis situations. It is for nurses, physicians and other health professionals. There will be a session at the Esalen baths. Participation earns 10 hours continuing education credit. Enrollment is limited. $120

Dance of Shiva / Gabrielle Roth

For workshop description see April 28–30. $120

Week of July 16-21

God, Sexual Energy & Your Body / Gabrielle Roth

For workshop description see April 23–28. $290

Experiencing Esalen / Experiencing Esalen Staff

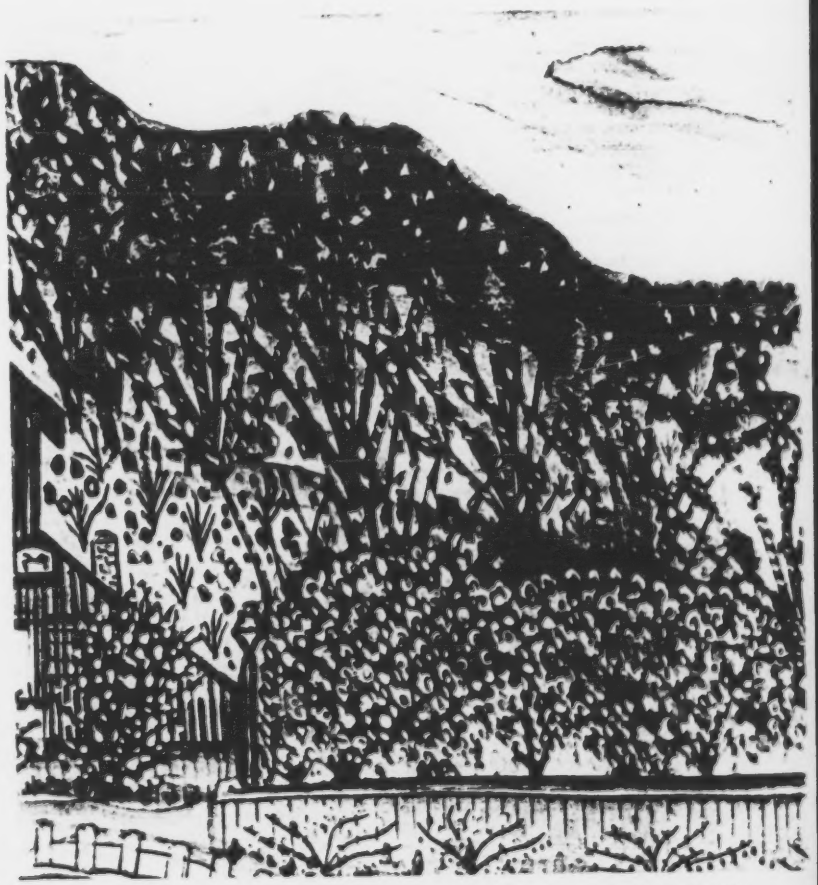
For workshop description see page 15. $260

Loving / Stella Resnick

For workshop description see May 21–26. $290

Lomi Work: An Exploration of the Body/Mind/Spirit Through Awareness David Kessler

For workshop description see April 16–21. $290



Big Sur Inn II: painting by Emil White (detail)

Esalen Institute—An Approved Provider

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of Continuing Education for Registered Nurses. Provider Number 01152

In accordance with Section 2811.5 of the California Nurse Practice Act, previously referred to as AB 3017, Registered Nurses must submit proof of attendance of continuing education to obtain license renewal. Thirty hours of continuing education are required every two years. For instance, if a nursing license expires April, 1978, the nurse must attend 30 hours of continuing education before March 30, 1980. Esalen is offering nurses the opportunity to meet this requirement in an evolving and attuned environment.

A certificate will be given to each nurse completing the approved workshops. The following workshops will be offered for Continuing Education Units:

April 7—9
Fear, Panic & Vulnerability to Crisis / Janet Lederman & Donald Lindsay, MD
For workshop description see page 13. 10 units

June 18—23
Live Better Longer / Donald Lindsay, MD
For workshop description see page 27. 30 units

July 14—16
Fear, Panic & Vulnerability to Crisis
Donald Lindsay, MD
For workshop description see page 30. 10 units

Esalen has also filed application with the California Medical Association to provide programs offering continuing education credit for physicians. If you have any questions about Esalen's medical or nursing program, contact Donald Lindsay, MD, Coordinator of Continuing Medical Education, Esalen Institute, Big Sur, CA 93920.

Weekend of July 21-23

A Workshop for Couples of All Kinds / Betty Fuller

For workshop description see July 23—28. $120 per person

Opening / Michael Butler

For workshop description see June 16—18. $120

Massage Intensive / The Esalen Massage Crew

For workshop description see April 7—14. $120

Lomi Work: An Exploration of the Body/Mind/Spirit Through Awareness David Kessler

For workshop description see April 16—21. $120

Week of July 23-28

A Workshop for Couples of All Kinds / Betty Fuller

This is a workshop for couples to enhance the quality of their relationships: to experience alienation, estrangement, distrust, domination and suspicion; to explore verbal and non-verbal ways to nurture, support, assist and grant space for each other to be as natural results of love and trust. We deal specifically with emotion, sex, communication, money, power, children, other partners, and mom and dad. This workshop is so designed that participants may do the weekend *and* the five day or either one. The longer workshop allows time for massage at the baths. $290 per person

A Week with Will Schutz

$320

Self & Beyond / John Zeigler

A body/mind/spirit integration can emerge when you experience the polarities of your personality and question all beliefs and attachments. Self-discovery, self-awareness and self-responsibility are the workshop themes since, if you know your self, you will know the universe. Intensive individual gestalt and body work for deep emotional/energy release, massage, and "No-Fault Communication," a positive and supportive encounter technique, will heighten contact with the self, the group, and the natural wonders of the Esalen environment. $290

Sexism & Sexuality: For Men & Women Jacqueline Larcombe Doyle

Esalen has long been experienced as a permission-giving environment, sought by many as context in the quest or re-discovery of their sexuality. This training group provides an opportunity for a renewing personal experience coupled with professional enrichment for those interested in increasing basic sex counseling skills. The group will provide safety and support for an exploration toward resolution of these issues in our own lives, paying particular attention to the impact of sexist attitudes on sexuality. We will focus on the establishment of power relationships; on the roles of competition, jealously, time and space. Through experience and action, we will explore the social and cultural influences on choices in the expression of this creative life force. $290

The Celebration of Nature / Michael Tierra (Ananta)

The emphasis will be on using the methods of herbs, massage, chanting, movement, meditation, and balanced diet for physical cleansing and balancing. We will demonstrate the use of herbs as generators of health and creativity. We will learn how to make special teas, soups, baths, and fomentations using herbs which we will gather. In addition we will use clay and herbal oils to anoint ourselves, helping to free old blocks and tensions. As a rhythmic and melodic complement we will utilize the sounds and chants of nature from the African, East Indian and American Indian traditions with appropriate dance-like movements to give fuller expression to our being. We will take walks together to discover the wild herbs and trees which we can use, if we so desire, as both medicine and food. $290

Weekend of July 28-30

Awareness Through Movement & Functional Integration: The Feldenkrais Method / Mia Segal

Through a series of simple, gentle exercises devised by Moshe Feldenkrais we will learn more about how our bodies work and explore new possibilities of movement. $120

Couples Group / Will Schutz

This workshop is for couples who wish to clarify their relationship—that is, either make it more joyful or terminate it. Each member of each couple should be prepared to be completely truthful or else there is not much point to attending. Humor is allowed. $120 per person

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

Your Characters in Search of an Author / John Argue

Each of us is many people. Some of these people are authentic—that is, true expressions of our essence. Some are phony, merely roles we play. We will attempt to learn the difference, to dis-identify with our phony roles (or to keep them and frankly play them with more gusto), and to treasure the true characters, giving each and all room to live and grow.

$120

Future Workshop Announcements

We are currently making plans for sponsoring a series of workshops at Westerbeke Ranch in Sonoma county during the month of August. Below is a listing of tentative workshop leaders and dates. More details will follow in the next catalog.

August 6–11	David Schiffman & Dee Mundschenk
August 11–13	Michael Murphy & Jim Hickman
August 13–18	Michael Murphy & Mike Spino
August 20–23	Betty Fuller
August 27–September 1	Will Schutz
September 1–4	Werner Erhard This will be a benefit for the *est* sponsored hunger project. (In past years Werner Erhard has donated the proceeds from his seminars at Esalen to us.)

Filigree work by Selig Photo: Benj Langdon

BIOGRAPHICAL INFORMATION

A

JOHN ARGUE is a teacher, actor, director, and playwright. He has done extensive work in gestalt, meditation, t'ai chi, bioenergetics, and jungian psychology. (p 32)

ANNE ARMSTRONG has been doing transpersonal counseling for over 16 years and has trained many professionals to use their own intuitive abilities. (p 16)

B

GREGORY BATESON, author of *Steps to an Ecology of Mind*, originated the "double bind" theory which explains some of the causes of schizophrenia. (pp 17, 21)

JOHN BLOFELD is a philosopher and Taoist scholar. His translations include *The Zen Teaching of Huang Po*, the *I Ching*, and *Tantric Mysticism of Tibet*. (p 28)

DON BUSCH, humanist architect and gestaltist, is founder of Entayant Institute in New York City. He combines architecture, interior design and gestalt. (p 24)

MICHAEL BUTLER teaches methods of using one's own inner energy to enrich everyday life. He has wide experience leading seminars using encounter, gestalt and meditation and is currently studying with Baba Muktananda. (pp 14, 22, 26, 31)

C

PATRICIA CALDWELL has been practicing and teaching shiatsu for several years. (pp 13, 14)

JOSEPH CAMPBELL is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero with a Thousand Faces*, *The Masks of God*, and *Myths to Live By*. (pp 17, 21, 22)

BARBARA CLEMANS is a massage and movement specialist who has been associated with Esalen Institute for the past six years. (p 28)

DALE CUMMINGS, advanced Staff Radix Trainee in Santa Monica, is also a Licensed Marriage, Family and Child Counselor. (p 13)

D

JACQUELINE LARCOMBE DOYLE, a psychologist and former Esalen Resident Fellow, is currently involved with the Human Sexuality Program, UC School of Medicine, San Francisco. (p 31)

JACK DOWNING, a medical doctor, has moved to New York City where he contributes to the Center for the Healing Arts, a medically-oriented wholistic health center. (p 12)

AL DRUCKER is a resident teacher of health subjects and a student of spiritual practice. (pp 13, 17, 27)

MARK DUNLAP is a staff Radix trainee in Santa Barbara, California. (pp 13, 29)

F

JOAN FIORE currently practices gestalt, neo-Reichian energy release work and her own self re-parenting methods. She has been a resident leader at Esalen and furthered her education working on an in-patient psychiatric ward. (pp 15, 24, 28)

JOYCE FRAZEE is a gestaltist whose training includes art, encounter, bio-energetics, body awareness, and psychosynthesis. She is presently on the staff of Cold Mountain Institute. (p 26)

BETTY FULLER, a humanist counselor, is a teacher/consultant and director of the Chapel Counseling Center in San Francisco. (pp 12, 23, 31, 32)

G

JACK GAINES, a student of esoteric teaching was formerly a corporation president and is now a writer. (p 16)

DAVID GRILL, senior trainee in Santa Monica, spent a year in residence at Esalen Institute. (p 24)

CHRISTINA GROF is a teacher of hatha yoga and of various techniques of self-exploration through visual arts. (pp 16, 17, 29)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over fifty articles in professional journals and books. (pp 12, 17, 29)

BERNARD GUNTHER has for the past 8 months been deep within himself, Bhagwan Rajneesh and India. His latest work/play is the book, *Energy, Ecstasy and Your Seven Vital Chakras*. (pp 16, 21, 27, 28)

H

BETSY HAND trained with Virginia Satir at Mental Research Institute and was on the resident staff of Gestalt Institute of Canada. She is married and has two children. (p 16)

ANN HARWOOD, is a staff trainee in Santa Monica. (p 22)

SHARON HENRY, senior trainee in Santa Monica, has been an empathy trainer and a medical research assistant and is presently a student at the Biocentric Institute with Nathaniel Branden. (p 22)

JAMES L HICKMAN is currently a research associate with the Transformation Project exploring the role of contemplative and physical discipline in the evolutionary development of the spiritual and physical nature of the human species. (pp 17, 32)

THE HUMANISTIC LAW INSTITUTE is an educational center in Los Angeles which presents programs for lawyers, judges, law students and other members of the legal profession. (p 26)

BIOGRAPHICAL

J

JINENDRA JAIN is founder/director of the Center for Self-Recognition, and teacher of meditation and Indian philosophy. (pp 17, 22)

KATHERINE JAIN is a yoga teacher and is the founder and president of the Yoga Organization for Research and Education in New Jersey. (pp 17, 22)

DEANE JUHAN has been a member of the Esalen massage crew for three years. He has a degree in English literature and has been a teaching fellow in the English department at Berkeley. (p 17)

K

CHARLES KELLEY, director of the Radix Institute, is a student of Wilhelm Reich noted for his teaching and training of teachers of Radix neo-Reichian groups designed for opening the feelings. (p 13)

DAVID KESSLER is a Lomi practitioner with training in gestalt, aikido, meditation, breath awareness, and body work. He is a founding member of the Fort Worth Gestalt Institute. (pp 14, 15, 26, 30, 31)

CLAIR KILLEN is the resident Radix teacher at Esalen and is a senior trainee in Santa Monica. (pp 13, 22, 24, 29)

RYAN KOPPERUD has concentrated the past two years on tai chi and deep tissue work. (p 13)

BOB KRIEGEL's work involves using games and sports as a vehicle for self discovery and expression. He is the co-author, with Timothy Gallway of *Inner Skiing* (Random House). (p 29)

STANLEY KRIPPNER is a Program Planning Coordinator for the Humanistic Psychology Institute in San Francisco, and the former Director of the Maimonides Dream Laboratory in New York City. (pp 17, 22)

L

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen, Big Sur. (pp 13, 17)

LENORE LEFER is a Senior Associate of the Psychosynthesis Institute of San Francisco, a member of its training staff and coordinator of its counseling service. (p 24)

GEORGE LEONARD is the author of *Education and Ecstasy, The Transformation,* and *The Ultimate Athlete.* He holds a black belt in aikido, from which he derives his present work. (pp 13, 26)

MAX LERNER is a political scientist and nationally syndicated columnist. His books include *America as a Civilization* and *Education and a Radical Humanism.* (p 26)

ANTOINETTE LILLY has training in Eastern mystical tradition and contemporary methods of freeing the self. Her first book is *Dyadic Cyclone* (co-authored with John Lilly). (p 24)

JOHN C LILLY is a teacher-scientist-mystic on the path of examining the depths and far reaches of human consciousness. His books include *The Center of the Cyclone* and *Simulations of God: The Science of Belief* (May, 1975). (p 24)

DON LINDSAY is a humanist, a physician, a teacher, and a research scientist. He is assistant clinical professor of medicine at USC medical school and president of the Foundation for Research in Aging. (pp 13, 27, 30)

NANCY LUNNEY is a gestaltist and musician on Esalen's faculty, and is in private practice in Los Angeles, where she specializes in work with professionals in the creative arts. (pp 16, 27)

M

DEBORAH MEDOW is interested in directing and rechanneling energy. She studies and teaches Ashtanga yoga, movement, massage, and polarity. She is on the Esalen massage crew. (p 22)

EMMETT MILLER is a physician who developed selective awareness, a self applied process of using hypnoidal states to unlearn maladaptive emotional and habit patterns. (p 15)

NITZA BROIDE MILLER, a clinical psychologist, teacher, counselor, dancer, founder and member of ADTA, teaches in Menlo Park, California, and at Tel Aviv University. (p 28)

DEE MUNDSCHENK has experience in social work, group processing, coordinating an experimental mental health center, and teaching oriental art appreciation. (pp 13, 14, 23, 25, 32)

MICHAEL MURPHY is co-founder of Esalen Institute and the author of two novels, *Golf in the Kingdom* (1972) and *Jacob Atabet* (1977). (pp 17, 32)

N

ROBERT NADEAU is a spiritual teacher. He utilizes Universal Law to aid his students in self-realization. Bob also teaches aikido. (pp 14, 23, 28)

JAMES XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has worked with Robert Hall in gestalt and body work. (pp 22, 29)

JASMINE NASH is a teacher, dancer, and facilitator who has been teaching black dance at the San Francisco Dancers' Workshop for the past two years. (pp 22, 29)

P

HECTOR PRESTERA, acupuncturist and internist, is co-author of *The Body Reveals.* (pp 13, 26)

CHRISTINE PRICE combines gestalt practice with various body approaches. (pp 13, 16, 17, 22, 25, 29)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 13, 16, 17, 22, 25, 29)

LEE PULOS is a clinical psychologist whose career has ranged from a traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing. (pp 14, 29)

INFORMATION

R

STELLA RESNICK trained with Fritz Perls and is the author of several articles on gestalt, meditation and sexuality. (pp 23, 30)

JACK ROSENBERG, author of *Total Orgasm*, has trained in gestalt and Reichian work. He is currently working with cancer research and the transformation of consciousness at the Center of the Healing Arts in West Los Angeles. (p 24)

GABRIELLE ROTH is an American Shamaness who catalyzes moving experiences. (pp 16, 26, 30)

S

DAVID SCHIFFMAN is currently a leader in residence at Esalen, Big Sur, where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 13, 14, 23, 25, 29, 32)

STEPHEN SCHOEN is a teaching member of the Gestalt Institute of San Francisco. (p 22)

WILL SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais, and *est*. He is the author of *Joy, Here Comes Everybody*, and *The Elements of Encounter*. (pp 23, 31, 32)

ALAN J SCHWARTZ practices privately in New York City. He has developed the concept of the energetic foreground—the use of the bioenergetic-gestalt synthesis in education and counseling. (pp 26, 27)

MIA SEGAL has been Moshe Feldenkrais's assistant for twenty years. She is also a teacher of the Alexander method and a black-belt in Judo. (p 32)

RENAN SERCARZ is a certified Radix teacher in Santa Monica. She works with problem solving skills and development of personal power in women's as well as mixed groups. (pp 13, 24)

BEVERLY SILVERMAN is a gestaltist and a senior rolf practitioner. She has trained at the Psychosynthesis Institute in Redwood City. She also does organizational development work and is a consultant to the US Army at Fort Ord. (pp 17, 30)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His work on attention disfunction in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the field of mental dis-ease. (p 17)

LAWANNA SKAGGS is a staff Radix trainee in Santa Monica. (p 13)

GERALD SMITH is a psychologist and author in Belmont, California. He is married and has three children. (p 16)

MIKE SPINO is director of the Esalen Sports Center and is author of *Beyond Jogging: The Inner Spaces of Running* and *Running Home: The M/B Family Fitness Book*. (pp 12, 22, 27, 28, 32)

SIMONE SURPIN, a former rolf practitioner and teacher of body disciplines, has studied with Baba Muktananda and started the Muktananda Meditation Center in Palo Alto. (pp 21, 30)

T

RICK TARNAS, a member of the Esalen staff, received his PhD from the Humanistic Psychology Institute for his dissertation on LSD psychotherapy. (p 17)

MICHAEL TIERRA (ANANTA) is a herbalist, musician and yogi. He is director of the Garden of Sanjivani center for the study of herbs and wholistic healing in Santa Cruz. (pp 13, 31)

SANDY THOMAS is an advanced staff Radix trainee in Santa Monica. She is a public school teacher and has worked with Nathaniel Branden for four years. (p 29)

Z

JOHN ZEIGLER's path through eight professional careers, including artist, writer, musician, executive, social activist, and psychotherapist, has now led him to teaching "Livelihood Without Tears" at several Eastern colleges. (p 31)

JANET SACHSON ZUCKERMAN has been leading groups for five years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 14, 15 26, 28)

Audio Cassette Recordings

Recent years have produced unusual tape recordings. The following were recorded in stereo and are available on cassettes only. Each cassette is $7.50 and is from 1 to 1½ hours in length:

Don Lindsay: *The Live Longer Now Talk*
Fritjof Capra: *New Physics as Model for New Medicine*
Nitza & Emmett Miller: *Awareness, Hypnosis & Movement*
Rafiel: *Music to be Alone With*
Al Drucker: *Group Chanting with Tamboura*

Fritjof Capra: *Beyond Space and Time*
Stanislav Grof: *The Inner Journey*
Seung Sahn: *The Zen Circle Dharma Talk*
Anne Armstrong: *Training our Psychic Abilities*
Janet Lederman: *Gestalt Awareness—Tape I*

Henry Munn: *Mushrooms and Culture*
Prem Das: *The Huichol Cosmology—Tape I*
Don Jose: *Huichol Ceremony Chanting*
Bhagavan Das: *Singing Meditation*

John Weir Perry: *Psychosis and Visionary States*
Julian Silverman: *Shamanism and Schizophrenia*
Gregory Bateson: *Story of the Double Bind*
Humphrey Osmond: *Early Psychedelic History*

John King: *Introduction to Quantum Theory*
Peter Flessel: *Molecular Biology and Modern Physics*
Fritjof Capra: *Quantum Paradoxes and Mysticism*
David Finkelstein: *A New Quantum Logic*

Al Chung-liang Huang: *The Watercourse Way T'ai Chi*
John Lilly: *Dolphin Behavior with Humans*
Will Schutz: *Interpersonal Psychodynamics*
Gregory Bateson: *Metaphors and Butterflies*

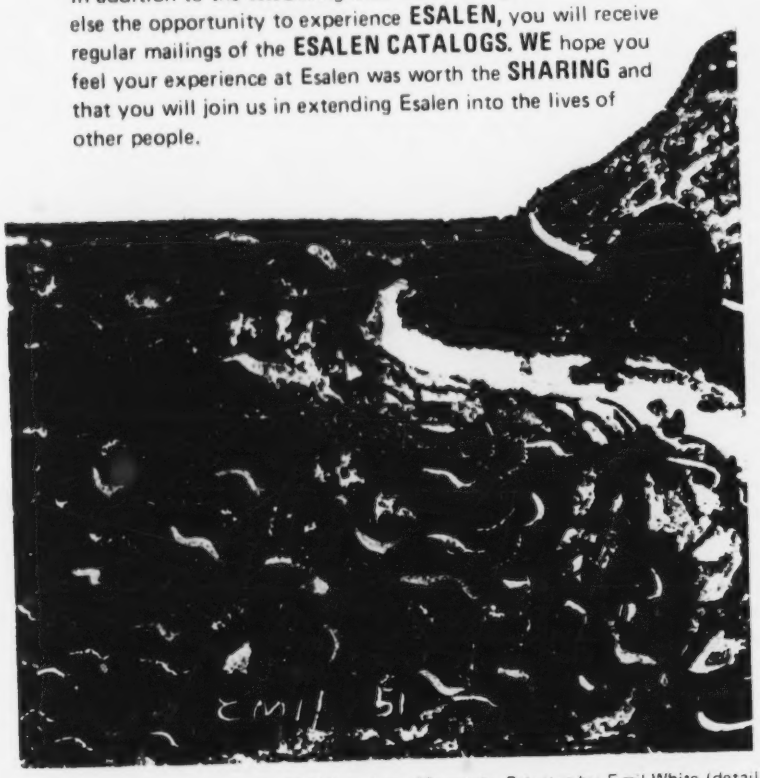
Special series; available as complete set only:
Ruthy Alon: (6 cassettes; 12 lesson experiences: $60)
Awareness Through Movement; The Feldenkrais Method

Please address your order and make check payable to: WORKSHOP CASSETTES, c/o Hot Springs Lodge, Big Sur, CA 93920. Your suggestions regarding future recordings will be appreciated.

FRIENDS OF ESALEN provides financial aid to people who are eager to attend our workshops but who cannot afford them.

WE BELIEVE that one of our **FIRST** priorities is to make our programs available to a broader basis. We have therefore decided to use membership contributions to fund such **SCHOLARSHIPS.**

In addition to the **KNOW**ing that **YOU** have given someone else the opportunity to experience **ESALEN,** you will receive regular mailings of the **ESALEN CATALOGS. WE** hope you feel your experience at Esalen was worth the **SHARING** and that you will join us in extending Esalen into the lives of other people.



Old Man of the Mountain, Painting by Emil White (detail)

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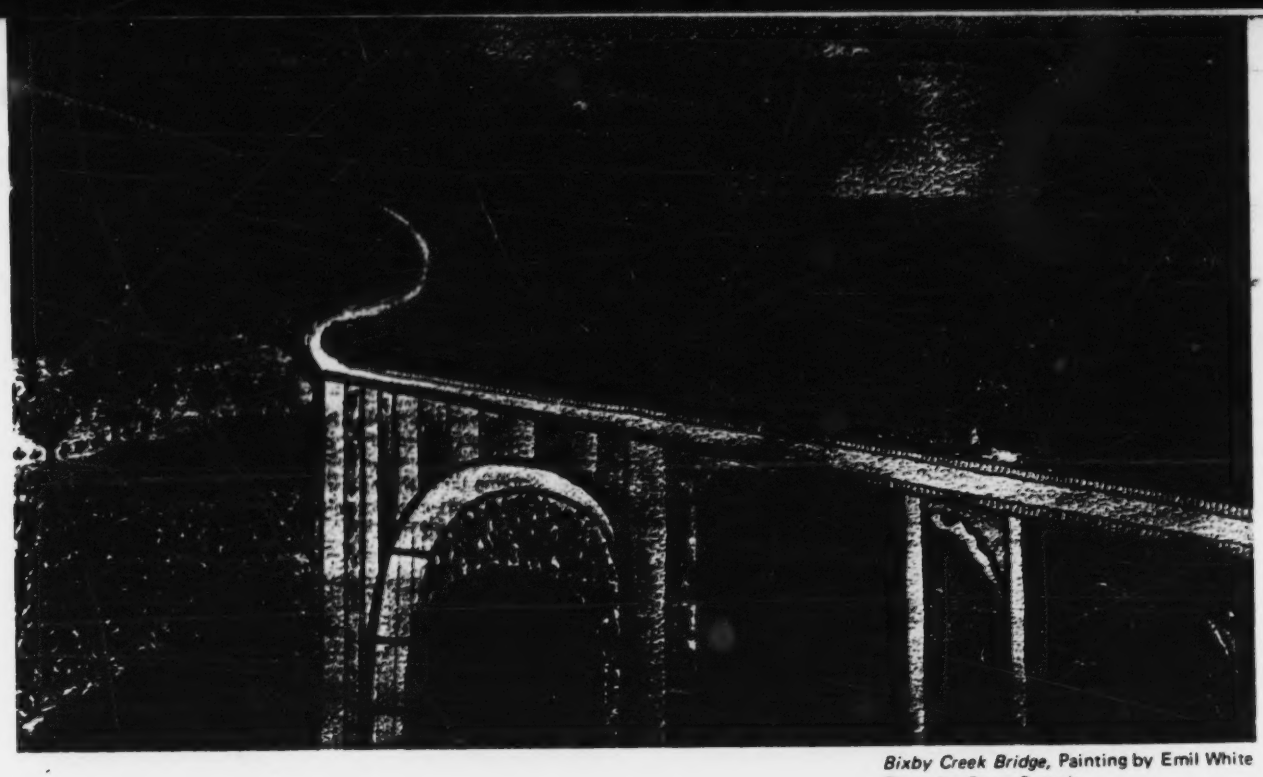

Bixby Creek Bridge, Painting by Emil White
Photo by Steve Crouch

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CONTRIBUTIONS to Esalen Institute are tax deductible.

ACCREDITATION: At present, we *do not* offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen / San Francisco programs contact Big Sur Recordings, 2015 Bridgeway, Sausalito, California 94965. They also have Big Sur programs prior to 1973.

Commercial use of Esalen program tapes is prohibited; all rights are reserved.

FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103.

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Big Sur Information

For reservations and information, write or call:
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Phone: (408) 667-2335, 10 to 3:30 every day;
10 to 8 Sunday & Friday.

Unless otherwise indicated, all programs listed in this brochure are residential programs in Big Sur. Send reservations for all programs to Esalen Institute, Big Sur, California 93920.

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Fee Information: We require a reservation fee of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail all reservations to Esalen/Big Sur. Balance of payment is due on arrival. Esalen accepts Mastercharge, Bankamericard, and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15—August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen has no short term child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5—5:30 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Photo: Paul Lundgren

☐ To obtain future issues of the Esalen Catalog & occasional mailings for one year, please send a check or money order for $2 to:
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Subscription rates for Canada, Mexico, and other foreign countries are given on page 37.

Esalen Institute RESERVATIONS

This form is for your convenience in reserving a space at Esalen workshops. In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)

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Name of person registering	Date (s)	Leader's Name / Title of Workshop	Reservation Fee

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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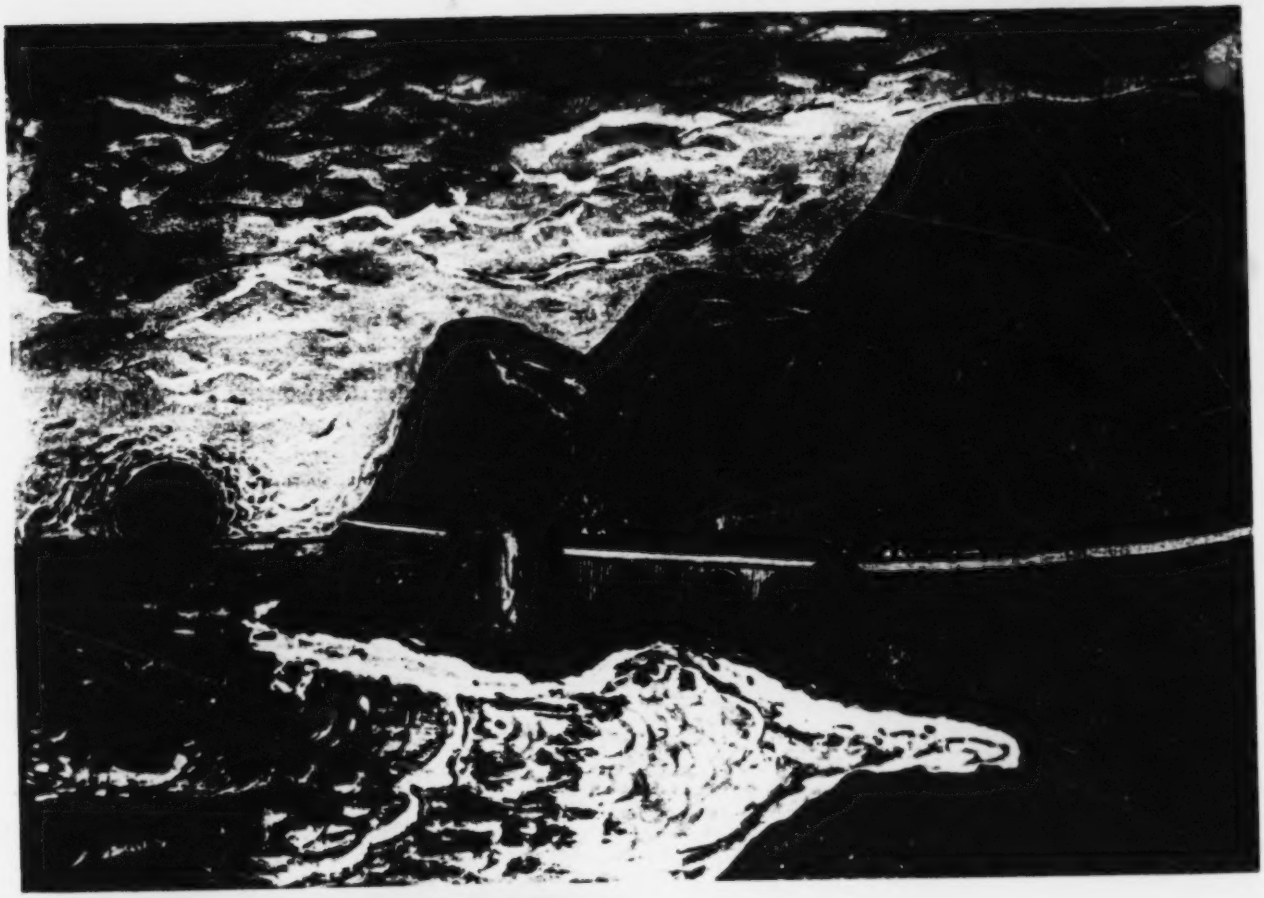
PAYMENTS: All workshops require nonrefundable reservation fees. Consult fee information section on page 38. The balance of program fees becomes payable at the time of check-in.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Covers: *Big Creek Bridge:* painting by Emil White (photo: Bill Webb)



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Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

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JULY–OCTOBER, 1978

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ESALEN INSTITUTE

–Big Sur, CA 93920. Phone (408) 667-2335;
10 to 3:30 every day; 10 to 8 Sunday and Friday.

Who's Responsible at Esalen?

We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility." However re-presented and operationalized in the past, by us or by others, this ethic continues to be the basis for our world view, and following from this, our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty dis-illusioning social and political events—all connected by a common reminder:

> Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness). "Take responsibility for your every thought, your every feeling, your every action," said our beloved friend and teacher, Fritz Perls.

We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures . . . and so on—and to be aware, whenever possible, what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. In effect, we are asking that this self-responsibility attitude be present in the initial contact with Esalen. Ideally, the same attitude will pervade after a workshop when our seminarians go back to the community and seek out others—physicians, teachers, counselors, mental health professionals, etc.

As we have become more thoughtful and self-critical about the overall direction of Esalen we have begun to concentrate on enhancing our basic offering—the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life; rather our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness—the consciousness of self-awareness/self-responsibility.

Food for Thought

The Dissolution of the Order of the Star

J Krishnamurti

I maintain that truth is a pathless land, and you cannot approach it by any path whatsoever, by any religion, by any sect. That is my point of view, and I adhere to that absolutely and unconditionally. Truth, being limitless, unconditioned and unapproachable by any path whatsoever, cannot be organized; nor should any organization be formed to lead or coerce people along any particular path. If you first understand that, then you will see how impossible it is to organize a belief. A belief is purely an individual matter, and you cannot and must not organize it. If you do, it becomes dead, crystallized, it becomes a creed, a sect, a religion, to be imposed on others. This is what everyone throughout the world is attempting to do. Truth is narrowed down and made a plaything for those who are weak, for those who are only momentarily discontented. Truth cannot be brought down, rather the individual must make the effort to ascend to it. You cannot bring the mountain-top to the valley. If you attain to the mountain-top you must pass through the valley, climb the steeps, unafraid of the dangerous precipices. You must climb towards the truth, it cannot be "stepped down" or organized for you. Interest in ideas is mainly sustained by organizations, but organizations only awaken interest from without. Interest, which is not born out of love of truth for its own sake, but aroused by an organization, is of no value. The organization becomes a framework into which its members can conveniently fit. They no longer strive after truth or the mountain-top, but rather carve for themselves a convenient niche into which they put themselves, or let the organization place them, and consider that the organization will thereby lead them to truth.

If an organization be created for this purpose, it becomes a crutch, a weakness, a bondage, and must cripple the individual, and prevent him from growing, from establishing his uniqueness, which lies in the discovery for himself of that absolute, unconditioned truth.

The moment you follow someone you cease to follow truth. I am not concerned whether you pay attention to what I say or not. I want to do a certain thing in the world and I am going to do it with unwavering concentration. I am concerning myself with only one essential thing: to set man free. I desire to free him from all cages, all fears, and not to found religions, new sects, nor to establish new theories and new philosophies. Then you will naturally ask me why I go the world over, continually speaking. I will tell you for what reason I do this: not because I desire a following, not because I desire a special group of disciples. (How men love to be different from their fellow men, however ridiculous, absurd or trivial their distinctions may be! I do not want to encourage that absurdity.) I have no disciples, no apostles, either on earth or in the realm of spirituality.

If there are only five people who will listen, who will *live*, who have their faces turned toward eternity, it will be sufficient. Of what use is it to have thousands who do not understand, who are fully embalmed in prejudice, who do not want the new, but would rather translate the new to suit their own sterile, stagnant selves?

I desire those who seek to understand me, to be free; not to follow me, not to make out of me a cage which will become a religion, a sect. Rather should they be free from all fears—from the fear of religion, from the fear of salvation, from the fear of spirituality, from the fear of love, from the fear of death. From the fear of life itself.

You are accustomed to authority, or to the atmosphere of authority, which you think will lead you to spirituality. You think and hope that another can, by his extraordinary powers—a miracle—transport you to this realm of eternal freedom which is happiness. Your whole outlook on life is based on that authority.

You have listened to me for three years now, without any change taking place except in the few. Now analyze what I

am saying, be critical, so that you may understand thoroughly, fundamentally. When you look for an authority to lead you to spirituality, you are held in a cage. You are bound automatically to build an organization around that authority. By the very creation of that organization, which, you think, will help this authority to lead you to spirituality, you are held in a cage.

Organizations cannot make you free. No man from outside can make you free; nor can organized worship, nor the immolation of yourselves for a cause, make you free. You use a typewriter to write letters, but you do not put it on an altar and worship it. But that is what you are doing when organizations become your chief concern. "How many members are there in it?" This is the first question I am asked by newspaper reporters. "How many followers have you? By their number we shall judge whether what you say is true or false." I do not know how many others there are. I am not concerned with that. As I said, if there were even one man who had been set free, that would be enough.

Again, you have the idea that only certain people hold the key to the Kingdom of Happiness. No one holds it. No one has the authority to hold that key. That key is your own self, and in the development and the purification and in the incorruptibility of that self alone is the Kingdom of Eternity.

You are accustomed to being told how far you have advanced, what is your spiritual status. How childish! Who but yourself can tell you if you are ugly or beautiful within? Who but yourself can tell you if you are incorruptible?

At the time this statement was made, Krishnamurti was 34 years old. He had been chosen at the age of ten as the New World Teacher by Dr Annie Besant, and the Order of the Star in the East was founded in 1911 by those who shared her belief and hope. At the time it was dissolved, its membership was around 70,000. The speech was given at Omneii Star Camp, Holland, August, 1929.

Buddhist Studies

The American Institute of Buddhist Studies, with the cooperation of the Esalen Institute and the hospitality of the University of California at Santa Cruz, announces the offering of a four week intensive program of Buddhist and Asian Studies, running from August 7 to September 1 on the campus of the University of California at Santa Cruz. Course offerings will range from the Buddhist meditational disciplines through the Sanskrit, Chinese, Tibetan, and Japanese languages all the way to cross-cultural studies of Buddhist and Western medicines and healing systems, psychologies and contemplative techniques, and the poetry of enlightenment.

The faculty will include Japanese meditation masters, Tibetan Lama scholars, and Asian and American University-trained scholars of Indian, Chinese, Tibetan, and Japanese Dharmas, cultures, histories and civilizations.

Distinguished speakers such as Lama Govinda, Gary Snyder, and others, will visit during the session for week-end seminars bringing together a number of central themes, such as the study-practice relation, Zen and Tantra, the Flower Garland multi-universe, the evolution of an American Buddhism, and so forth. For further information and catalog, write to AIBS, 300 Page Street, San Francisco, CA 94102.

Partial List of Courses & Instructors

Comparative Courses

1. The Psychology of Mahamudra
2. Cross-cultural Perspectives on Medicine & Healing
3. Padma Sambhava & the Mahasiddha Tradition: Super Natural History
4. The Nyingma Tantras
5. The Vajra Songs of Milarepa
6. The Buddhist Contribution to Psychological & Neurological Research
7. Vitalism, Materialism & the Contemporary Confusion
8. Koans: The Living Word of Zen
9. Buddhist Ecology & Sociology: The Revolution of Consciousness
10. Humanistic Psychology & the Tantras

Weekend Seminars

1. Buddhism & Christianity: Agape & Karuna
2. Other Realities & Intermediary Realms: The Lotus Garland Universe, The Jewel Net of Indra, The Tower of Maitreya, The Bardo Plane, The Transformation Body, UFO's, and other incongruities
3. The Dharma in America: Maitrya on Turtle Island

Partial List of Staff

Tenshin Harold Anderson, Zentatsu Baker-roshi, Daniel Brown, PhD, Kobun Chino-roshi, Christopher Cleary, Thomas Cleary, PhD, Professor Francis Cook, PhD, Brian Cutillo, Professor C S George, PhD, Lama Anagarika Govinda, Professor Jeffrey Hopkins, PhD, Professor Michael Kahn, PhD, Sam Keen, PhD, Geshe Khentrul Rimpoche, Professor Lewis Lancaster, PhD, Professor Paul Lee, PhD, Michael Murphy, Professor Nagatomi, PhD, Professor John Reynolds, PhD, Gary Snyder, Professor William Stablein, PhD, Professor Robert Tenzing Thurman, PhD, Professor Taitetsu Unno, PhD, Philip Whalen.

Food for Thought

Photo: Benj Langdon

The Gazebo

The Gazebo represents a
quality, taste, touch
as well as a
form, shape, structure.

It is a learning environment growing from and interacting with the nature of its "home" ground. As Gazebos spring up across the nation some will take the form of, "*The Ark*" floating down our rivers, some will take the form of "*The Igloo*" in states of deep snow. The Gazebo is where education is "*exploration,*" learning is *exciting,* and the teacher is a *guide.* History, science, and geography is "felt" so that living/learning is integrated into a joyful bond.

Four generations moving into uncharted space. The Gazebo is a healthful place—full with trees, earth (gravel and mud), sun and rain. The Gazebo is a place where children relate to the energies of large animals and small. Where the word "respect" translates to *awareness,* to being present for an experience in "*relationship.*" The Gazebo is a place where teacher/student are fluid and neither has a fixed form. The Gazebo is a place where "grown-ups" come to learn about and with children.

In the spirit of the Universe, the Gazebo is ever changing. The goals and purposes of the Gazebo: A world environment that is healthy for all children.

The Gazebo
Esalen Institute
Big Sur, California 93920

Dreamer—Janet Lederman (known as JL)
Custodians—Vivian Clerx (known as Vivian)
Arther Munyer (known as Arfer)
Tenured Faculty—Dylan Miller (2 years old)
Lucia Horan (2 years old)
Flash Tarnas (3 years old)
Jennifer Price (3 years old)
Pony—Susie Peyote
Puppies—Arora, Denver
Dogs—Jigs, Artie
Children's rolfer—Beverly Silverman
(known as Beferly)
Children's feldenkrais—Patrick Douce
(known as Patrick)

The following article is excerpted from a proposal for a PhD dissertation by a graduate student at the School of Education, University of California, Santa Barbara. The proposal is addressed to Janet Lederman.

I propose to investigate the functioning of your unusually designed and creatively formed school, the Gazebo. The general focus of my research will be to find out under what conditions the Gazebo or Gazebo-type school does and can exist. I'll also be trying to find out what, apparently, is the critical resource, or maybe several critical resources—that special quality, person, or combination that gives the Gazebo its particular style and character—that part of the school without which the school couldn't exist, or couldn't exist in the same way.

After I gather all this information and look at it, I hope to find what can be abstracted and synthesized into theory. I'll be looking to see if there are any new theories established in education by what you're doing at the Gazebo; I expect to find questions raised by the Gazebo idea that we can ask about education as it is now being practiced and I expect to begin to construct, some new hypotheses regarding educational institutions.

Photo: Benj Landgon

Some particularly interesting research areas are, to begin with, (1) the context—I would like to collect and analyze information on the impact of the environment on the school and the interrelationship between the Gazebo and its environment. (2) role innovation—The second component that I intend to analyze carefully is 'roles.' I suspect and expect that there is a lot of role innovation going on, encouraged, or required at the Gazebo—I may learn of roles that I hadn't even thought of or that are not typical at all. (3) the process of innovation—Not only is the Gazebo an innovation (noun),

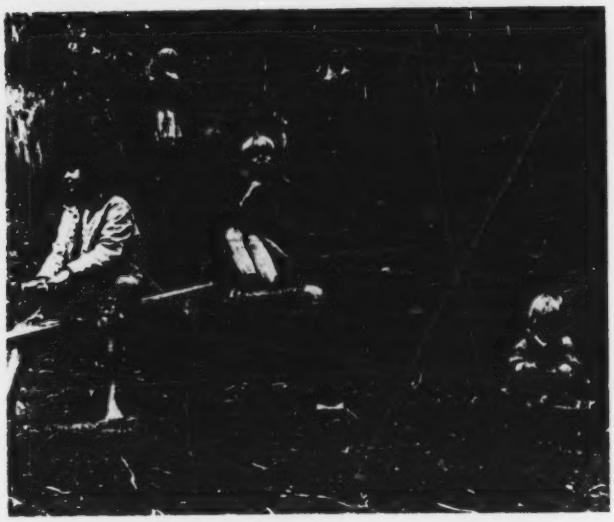


Photo: Benj Langdon

but also the *process of innovation* (verb) is seemingly protected or built into the Gazebo idea. I would like to find what implications this has for education in general and other innovators and innovative situations in particular. I expect to find ideas, questions and contributions for educational theory as well as for organizational and sociological theory. For example, a sociological question might be "what is the apparent interaction between an innovation/deviation like this and 'the norm?' " How does an organization with open-ended goals exist? These are only tentative questions, but studying the Gazebo, you, Arthur, Vivian, and maybe the pony, will, I imagine, be rich in information and possibilities to be shared with professionals, parents, and others interested in and with children,

I propose to be a participant observer and keep a journal in the traditional methods described in the literature on the field of educational/anthropological observation. I would like to use the media of film as another method. I propose to make these films a significant part of my data collection to be analyzed at the end by me and also to be available to anybody else who would like to see with their own eyes some of what I will be seeing—in other words, the film will not only be a data collection method, but also a descriptive method. I also plan to use tape, or the tape-recorded interview.

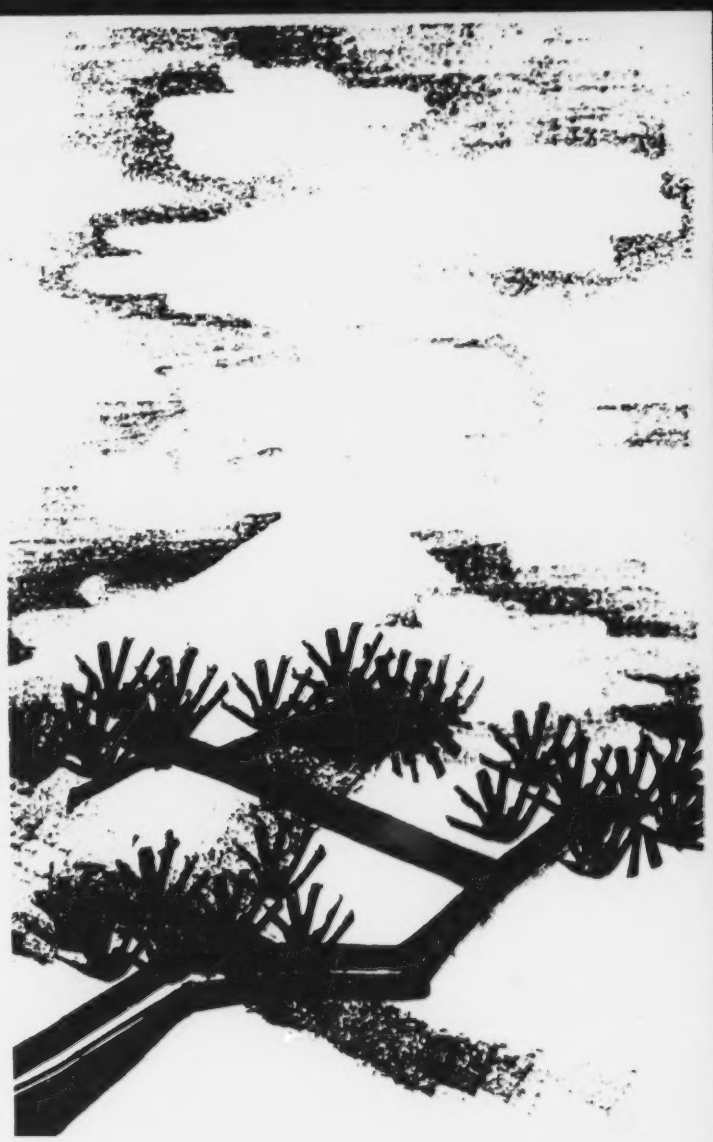
What I will be doing here is to have three viewpoints. I'll have my own viewpoint as an observer; then there will be the film which anyone can look at and see (that's my second viewpoint); and then the third viewpoint will, hopefully, come over the tapes as the people participating in the Gazebo project will tell what and how they see it and what they hope for. I think that that will turn out to be an interesting combination of data-collection.

When we come this weekend, we'll be hoping to do the first of the filming—an introduction and a general description of the Gazebo. Hopefully, it will give a first picture of what the Gazebo is like.

—Sharlene Ferris

Photo: Barbara Adamson

Summer Programs At Westerbeke Ranch



This series of programs sponsored by Esalen will be held at the Westerbeke Ranch in Sonoma County, which is about an hour's drive north of San Francisco. These residential workshops will be held in an intimate setting which includes rustic cabins, home cooked meals, a sauna and Japanese tub, a large swimming pool, and beautiful scenery. Weekend workshops begin on Friday evening and end Sunday at noon. Five day workshops begin on Sunday evening and end Friday at noon.

A reservation fee of $70 is required for five day programs, $50 for the September 1–4 program, and $20 for all other weekend programs. Reservation fees are not refundable, but with five days notice they can be transferred to other Esalen seminars. Full payment for all Westerbeke workshops is due five days in advance of the beginning of the program. Send all reservations and payments to Esalen Institute, Big Sur, CA 93920.

August 4–6

The Architecture of Awareness / F Lanier Graham

An intensive workshop on the transpersonal psychology of sacred symbol systems and their functional role in the structure of bicameral consciousness designed as an intellectual/intuitive "journey" through the three great ages of human history.

Friday: The Stone Age of the Sacred Tribe
The "journey" starts at "the beginning of time" when humanity first became aware of itself, within the space and time of earth, and began to tell sacred stories about the nature of creation.

We will explore the fundamental assumptions of this planetary culture from a psychological and cosmological point of view.

Saturday: The Bronze Age of the Sacred City-State
After the Neolithic revolution, animal hunting was replaced by herding and farming, and a sphere-of consciousness that has a very different structure. As society became more complex, the simple paleolithic and neolithic concepts of earth mother and sky father were replaced by more complex cosmologies in which a vast multitude of "spirits" took on the personal names of gods and goddesses. We will use authentic artifacts and sacred words to give us a glimpse of what it was like to emerge from the labyrinth of individuated awareness.

Sunday: The Iron Age of the Secular Individual
This third planetary metaculture began to take shape between 3000 and 2500 years ago. We will examine the symbol-systems of Taoism, Hinduism, Buddhism, Zoroastrianism, Judaism, Christianity and Islam.
$120

August 6–11

A Very Moving Week / Jasmine Nash & the San Francisco Dancers' Workshop Associates

During this workshop we will use our own natural movements:
- to explore ourselves and others
- to tune our bodies as well as our lives
- to create rituals for and about ourselves and our environment
- to give ourselves permission to have fun, be silly, and take risks
- to experience reality and change

This workshop will include Movement Ritual I developed by Anna Halprin, artistic director of Dancers' Workshop, visualization, meditation, massage, and high and low energy Black dance with live conga drums. Bring clothes to play dress up for fantasy and instruments to make music. $290

Summer Programs At Westerbeke Ranch

August 11–13
Evolutionary Relationships Between Mind & Body
Michael Murphy & Jim Hickman

Michael Murphy and Jim Hickman are gathering examples of extraordinary bodily transformations from various fields—from the yogic and contemplative literature, psychiatric records, hypnosis and drug research, sport, the arts, and everyday life—in an attempt to learn more about the range of such changes and the ways in which they happen. Through discussions, multi-media presentations and exercises they will present their work to date and speculate with the participants about its relevance to daily life. Two questions for discussion are: 1) Do these bodily changes reveal an evolutionary possibility? 2) How can we develop a practice to support them?

Suggested reading: *Jacob Atabet* by Michael Murphy published by Celestial Arts. $120

August 13–18
Sports & Consciousness: New Ideas & Training Routines
Michael Murphy & Mike Spino

Focusing on running and meditation, this workshop will introduce methods of mind/body development being explored by Mike Spino and Michael Murphy. These methods will include various running gaits and tempos, muscle/skeletal exercises, breathing techniques, visualization and meditation exercises and some of the lore of mystical experience in sport. Ways in which these elements can be integrated into various training routines will be presented. There will also be discussions of altered states that occur in sport and conceptual frameworks with which to interpret them (including a scenario of bodily transformations suggested by a study of the traditional Indian *siddhis* or yogic powers). $290

August 18–20
A Psychic Training Program / Anne & Jim Armstrong

This workshop is open to professionals and others interested in learning to recognize and use their own Psi abilities. Anne and Jim will use exercises and training techniques to accomplish this goal. During the training exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only to learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $120

August 20–25
Emotion, Experience & Expression in the Body, Mind & Spirit / Betty Fuller

We will work holistically with the body, mind and spirit in the following ways:

Body: Alignment, relaxation, tension and stress reduction exercises including massage, Trager, feldenkrais, gestalt awareness and laughter.

Mind: Reprogram for high energy affirmative living. Clear emotional log jams and harness the juices of emotional experience by giving free rein to choice and response-ability.

Spirit: Fine tune the instrument of the bodymind to the power of "the Force" through guided imagery, meditation, music, movement, laughter and dance.

Bring musical instruments and shoes for running and dancing. $290

August 25–27
Experiencing Esalen at the Westerbeke Ranch

A restful weekend in a beautiful setting: The Westerbeke Ranch is built on the site of an old Miwok Indian village. Come and enjoy the fresh spring water, oak trees, rolling hills, peacocks, gardens, and pools in the Valley of the Moon. The Westerbeke Ranch family offers a daily ritual of running, yoga, meditation, dream-work, and art, as well as massage and good home-cooked meals. Come join us! $110

Wendy Westerbeke, Art
Lane Tietgen, Meditation & Music
Patricia Westerbeke, Massage & Yoga
Susan Westerbeke, Massage & Running

August 25–27
Easy Does It / Gail Stewart Worth

A weekend of movement, body meditations, relaxation and massage. The first invitation is to make yourself at home—in your own body. The second is to touch, rock and rub each other, with ease. This is not body work only because it's not work. The trick we will practice is to be easy. $120

August 27–September 1
Self-Acceptance—The Freedom To Be / David Schiffman

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $290

September 1–4
A Weekend Conversation with Werner Erhard, George Leonard & Stewart Emery

Werner Erhard has asked George Leonard and Stewart Emery to join him for an intensive discussion of personal and social transformation. The net proceeds of the weekend will be donated to the Hunger Project. (In past years Werner Erhard has donated the proceeds from his seminars at Esalen to us.) $225

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August

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October 13–15
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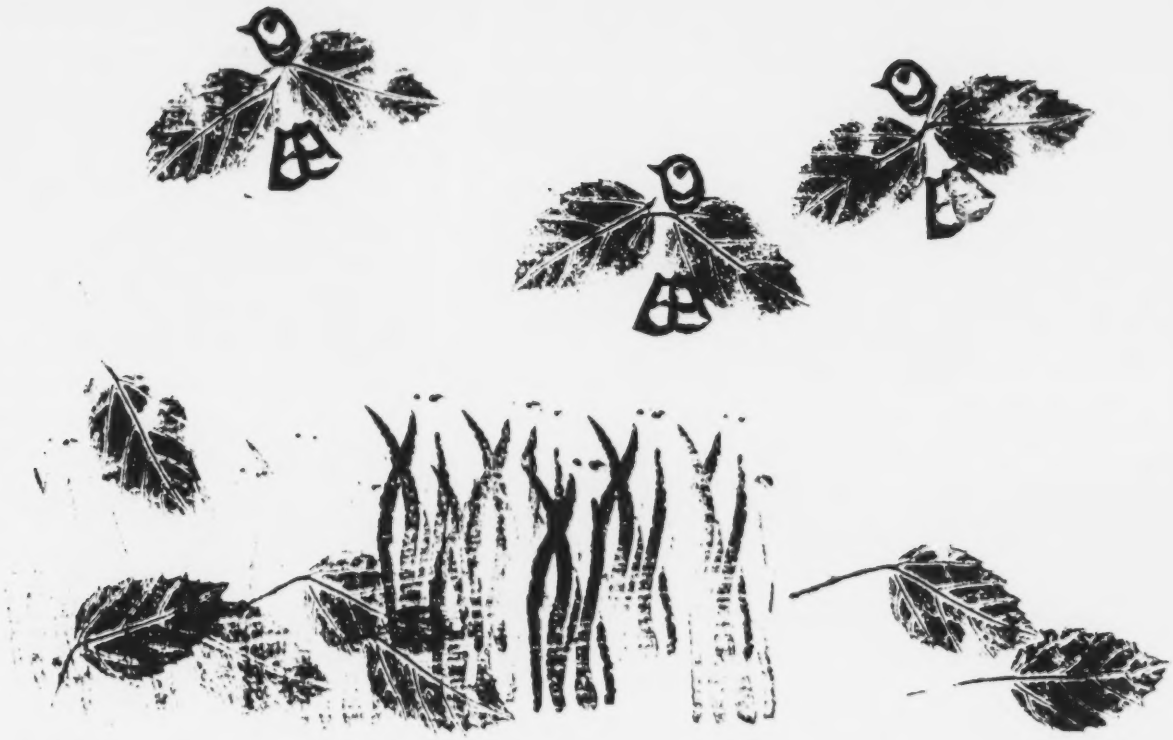
ESALEN PROGRAMS



Week of July 2-7

Taoism / John Blofeld

In his first North American tour, John Blofeld will come to Esalen to lecture and discuss his more than forty years of studying and living in Asia and writing about Far Eastern religions. Topics will include Taoism, Chinese Buddhism, Tibetan Buddhism, and the application of Eastern beliefs, feelings, and ways of doing things to modern life in the West. $290

Pleasure, Sensuality & Your Body / Barbara Clemans

The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feeling of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact, and nurturing, sensitive giving and relaxed receiving. We will explore new patterns of moving and being together, Feldenkrais awareness, and vital explorations in movement to music. The baths, the rhythm of the ocean and massage will heighten our awareness of the pleasure inherent in simplicity. $290

Holiday Fireworks: A Reichian/Gestalt Intensive Joan Fiore

Bring your own explosives—your resentments, your hungers, your passions, your frustrations, your tensions, your hopes, your fears, your open wounds, your hidden scars, your confusions, your restlessness, your best suit of armor, your assorted somatic ailments, along with any of your other potentially combustible material, and, together, we shall create from these a glorious Fourth of July week opportunity to ignite your own fuse, to release imprisoned energy, to integrate unrealized power, to discover and appreciate independence. First priority is on intensive intrapersonal work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. Humor (explosive or inert) is admitted at no extra fee. $290

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

In this workshop we will draw on recent developments in sport physiology, preventive medicine, the mental training of athletes in East Germany and the Soviet Union, Eastern philosophy, yoga, and the martial arts as well as research on bodily transformations at the Esalen Sport Center. We will work with gaits and tempos for running, muscle/skeletal exercises, flexibility exercises, training routines, visualization exercises and meditation techniques. $290

BEST COPY AVAILABLE

Weekend of July 7-9

Opening the Feelings: A Neo-Reichian Radix Workshop
Mark Dunlap, Clair Killen, Sandy Thomas

For workshop description see page 23. $120

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

Centering in Action / Bob Kriegel

The purpose of this workshop is to show that there is nothing mysterious, mystical, or devotional about centering—the process of tuning into that place of inner strength and wisdom from which we experience more of our possibilities and potential.

To experience centering we will play active games of all types, invent new ones, and practice exercises from yoga, aikido, t'ai chi, and sensory awareness.

We will use gestalt awareness, visualization, and psychosynthesis techniques to bring the insights gained in these activities to a more conscious level and to transfer them into our daily lives. $120

Hypnosis & Parapsychology / Lee Pulos

All participants will be taught to experience beginning and advanced techniques of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering techniques such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and de-mystifying hypnosis, the 'fun' part of the workshop will be the exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $120

July 9–16

Self-Acceptance—The Freedom To Be
David Schiffman

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $410

Week of July 9-14

Adventures in Self-Exploration
Stanislav Grof & Christina Grof

Focused self-exploration in this workshop will be based on the model of the unconscious that emerged from psychedelic research. It includes not only biographically determined areas but also the dynamics of the death-rebirth process and transpersonal experiences. We will use a combination of music and guided affective imagery, mandala drawing, yoga, massage and individual work when indicated. $290

Black Dance / James Xavier Nash & Jasmine Nash

This workshop will include massage and dancing, exploring the rituals of Black disco dancing in contemporary American society. High-low energy, sensual and sexual, rhythm and syncopation, hand clapping, foot stomping, using African drums, we will use our voices and prerecorded popular Black music. $290

Gestalt Practice
Richard & Christine Price & the Esalen Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustable.
—Lao Tzu c. 2500 BC

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "Leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure, or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelley); *Meditation: The Art of Ecstasy* (Bhagwan Rajneesh). $290

Weekend of July 14-16

Gestalt, Psychosynthesis & Encounter: An Experiential Training Workshop / Beverly Silverman

We will work with basic simple concepts and techniques. The emphasis is on the integral relationship between individual process and group process. My concern is with developing a way of being in which one's senses are open and one's style of contacting others is flexible. $120

Inner Love / Simone Surpin

In each of us exists a place where we can merge in and with a certain kind of love: a love that is the source of our inner being; a love that is not dependent on something outside of itself for sustenance; a love that renews and clears our vision of ourselves and of others.

As purely and as simply as possible, we will attempt to explore and experience this state; to touch these experiences with our minds and share them outside ourselves.

We will meditate, chant, do gentle body work practices, and learn about energy flows. Each session will be a blend of both didactic and experiential work. Some time will also be taken for silent walks together in the country. $120

Fear, Panic & Vulnerability to Crisis / Donald Lindsay, MD

This workshop is about handling fear in ourselves and in others in emergency and crisis situations. It is for nurses, physicians and other health professionals. There will be a session at the Esalen baths. Nurses will earn 10 hours continuing education credit. Enrollment is limited. $120

Dance of Shiva / Gabrielle Roth

Each gesture is from
our own nature
born
spontaneous
beyond form
beyond purpose
being moved by
life
we are divinity dancing.

This weekend is being created for you to experience that part of yourself that wants to live deeply and fully. Be prepared for vigorous, intensive sessions of movement alternating with periods of deep meditation. $120

Week of July 16-21

God, Sexual Energy & Your Body / Gabrielle Roth

"When sex comes from the physical center, it is a necessity. When it comes from the mental center, it is a fantasy. When sex comes from the heart center, it is a deep, total, and profound experience of our own divinity. Sex is meaningless without the heart."

The purpose of this workshop is to heal the separation between our divinity and our sexuality as it exists in our consciousness, attitudes, and actions. This weekend will include breathing, movement, music, sound, and massage meditation. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. Gabrielle will support us in going within ourselves to rediscover the magnitude of our own heart energy, thus infusing our sexuality, and our entire life experience, with depth and purpose. $290

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $260

Loving / Stella Resnick

A little bit of loving goes a long way. Loving is a five-day workshop designed to focus on cultivating and sustaining, and fulfilling relationships. We will deal with such issues as intimacy, jealousy, communication, sensuality, sexuality, pleasure, and play. Loving includes gestalt communication processes, meditation on the body, guided fantasy, massage, movement, and breathing exercises. Come with a partner or alone and be prepared to have a good time. $290 per person

Lomi Work: An Exploration of the Body/Mind/Spirit Through Awareness David Kessler

Using the Lomi approach to gestalt, conscious movement, breath awareness, aikido energy techniques, hatha yoga, body work, polarity massage, and meditation, we will explore and enhance our body/mind/spirit process. The focus of this work is cultivation of awareness at all levels of existence. We will explore Lomi body work, an integrative form of deep body manipulations whereby tensions in the body are brought to awareness and released. Basically this work speaks of a trust for the human organism and the higher forces that guide it. $290

Weekend of July 21-23

A Workshop for Couples of All Kinds / Betty Fuller

This is a workshop for couples to enhance the quality of their relationships: to experience alienation, estrangement, distrust, domination and suspicion; to explore verbal and non-verbal ways to nurture, support, assist and grant space for each other to be as natural results of love and trust. We deal specifically with emotion, sex, communication, money, power, children, other partners, and mom and dad. $120 per person

Opening / Michael Butler

Everybody's beautiful in their own way.
—song by Ray Stevens

This workshop is to teach ways of opening up to the loving "center" of yourself. In that center is a reservoir of self-awareness, joy, and connectedness to other people. We will study how to nurture that place in ourself and stay in touch with it amidst the hustle and bustle of everyday living.

We will use ways of opening which are gentle, yet go deep—music and chanting to open the heart, encounter, gestalt, theoretical sessions on unity consciousness—and other techniques for unfolding. Participants will be taught a simple form of meditation to continue the process at home.

The workshop is appropriate both for beginners and for those with group experience. $120

Massage Intensive / The Esalen Massage Crew

The members of the massage crew, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of ourselves.

The group meets daily in the mineral baths. $120

Lomi Work: An Exploration of the Body/Mind/Spirit Through Awareness David Kessler

For workshop description see July 16–21. $120

Week of July 23-28

Motion & E Motion / Betty Fuller

We will explore movement—emotional, physical and spiritual—using methods drawn from Moshe Feldenkrais, Trager, Rolf-Nolte alignment work, massage, meditation, music and dancing. We will explore ways to experience our barriers to full self expression, release chronic holding and tension and reduce stress and get the juices flowing again. $290

Self & Beyond / John Zeigler

A body/mind/spirit integration can emerge when you experience the polarities of your personality and question all beliefs and attachments. Self-discovery, self-awareness and self-responsibility are the workshop themes since, if you know your self, you will know the universe. Intensive individual gestalt and body work for deep emotional/energy release, massage, and "No-Fault Communication," a positive and supportive encounter technique, will heighten contact with the self, the group, and the natural wonders of the Esalen environment. $290

Week of July 23-28 *Continued*

A Week with Will Schutz

$320

Sexism & Sexuality: For Men & Women Jacqueline Larcombe Doyle

Esalen has long been experienced as a permission-giving environment, sought by many as context in the quest or re-discovery of their sexuality. This training group provides an opportunity for a renewing personal experience coupled with professional enrichment for those interested in increasing basic sex counseling skills. The group will provide safety and support for an exploration toward resolution of these issues in our own lives, paying particular attention to the impact of sexist attitudes on sexuality. We will focus on the establishment of power relationships; on the roles of competition, jealousy, time and space. Through experience and action, we will explore the social and cultural influences on choices in the expression of this creative life force. $290

The Celebration of Nature / Michael Tierra (Ananta)

The emphasis will be on using the methods of herbs, massage, chanting, movement, meditation, and balanced diet for physical cleansing and balancing. We will demonstrate the use of herbs as generators of health and creativity. We will learn how to make special teas, soups, baths, and fomentations using herbs which we will gather. In addition we will use clay and herbal oils to anoint ourselves, helping to free old blocks and tensions. As a rhythmic and melodic complement we will utilize the sounds and chants of nature from the African, East Indian and American Indian traditions with appropriate dance-like movements to give fuller expression to our being. We will take walks together to discover the wild herbs and trees which we can use as food. $290

Weekend of July 28-30

Awareness Through Movement & Functional Integration: The Feldenkrais Method / Mia Segal

Through a series of simple, gentle exercises devised by Moshe Feldenkrais we will learn more about how our bodies work and explore new possibilities of movement. $120

Couples Group / Will Schutz

This workshop is for couples who wish to clarify their relationship—that is, either make it more joyful or terminate it. Each member of each couple should be prepared to be completely truthful or else there is not much point to attending. Humor is allowed. $120 per person

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

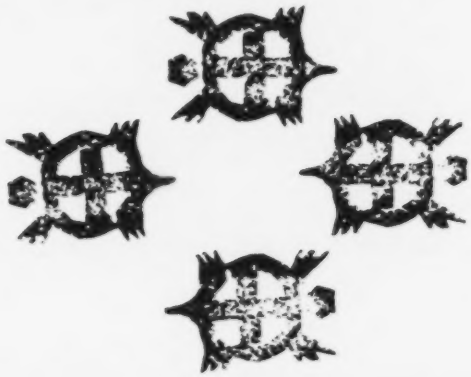
Your Characters in Search of an Author / John Argue

Each of us is many people. Some of these people are authentic—that is, true expressions of our essence. Some are phony, merely roles we play. We will attempt to learn the difference, to dis-identify with our phony roles (or to keep them and frankly play them with more gusto), and to treasure the true characters, giving each and all room to live and grow. $120

Experiencing Esalen

Experiencing Esalen Staff

Coordinated by Janet Sachson Zuckerman



These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificance of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *Anger and the Rocking Chair* (Lederman).

SCHEDULE:

July 7–9	$110	August 27–Sept 1	$260
July 16–21	$260	September 15–17	$100
July 28–30	$110	September 17–22	$240
August 4–6	$110	September 24–29	$240
August 6–13	$370	October 13–15	$100
August 18–20	$110	October 22–27	$240

Week of July 30 - August 4

Five Days with Jack Downing

$320

Advanced Massage / The Esalen Massage Crew

The soothing release of everyday tensions is really only the beginning of the sensations and revelations possible through massage. The release of chronic energy blocks can produce dramatic results in our physical and emotional well-being; awareness and memories may be triggered which begin a process that goes far beyond the massage itself. The crew would like to demonstrate and practice together some of our own explorations in massage and manipulation of the energy bodies and to share our experiences of the sometimes surprising results of these techniques. $290

Living Your Own Tao / Al Chung-liang Huang

This is the age of popular Taoism. Tao books and techniques are mushrooming everywhere. What is TAO? How do we transform this ineffable philosophical concept into our day to day living? This seminar is to be shared as the essence of the Tao in practice. Come to participate in the living Tao. Play t'ai chi, enjoy being simple and clear with others. Share laughter, music and movement flow. Discover the dancer in you, and the dance of everyday living. $290

Letting Go & Getting Everything / Judyth Weaver

This workshop will utilize Reichian breathing and movement techniques, sensing, meditation, movement, and an ancient form of balance and relaxation, t'ai chi chuan, to help bring us to more understanding of what and how we hold on and to enable us to let go and allow a more relaxed, naturally balanced, energetic and enjoyable living. $290

Weekend of August 4-6

Opening the Feelings: A Neo-Reichian Radix Workshop
Clair Killen, Fay Marie & Marsha Graham

For workshop description see page 23. $120

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

Pleasure, Sensuality & Your Body / Barbara Clemans

For workshop description see July 2–7. $120

Tune Your Body—A Movement Adventure
Nitza Broide Miller

The process of growing up provides us with many experiences—sensations, impulses, desires which express themselves spontaneously. Our body generates energy. We enjoy the pleasures of body movements, the touch, the magic of exploration and the joy of discovery.

At times, this growth process is cut off by rules and taboos or by other obstacles that are hard to conquer. We begin to listen more to the surroundings than to ourselves!

In this workshop we will listen to the excitement of our own rhythms; we'll tune into the internal voice of our body, and to the sensual flow and pleasure in recreating and reconnecting with ourselves. We will learn to let go of unnecessary tension in our body through dynamic relaxation, using imagery and visualization, and through the magic of dance. $120

Week of August 6-11

An Integrative Approach to Self Actualization
Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander technique and feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $290

Gestalt Workshop / Esalen Gestalt Staff

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure, or accomplishment. $290

States of Awareness, Shifts of Identity / Robert Nadeau

Who are we *really?*

On a "bad day" we approach life feeling anxious, incompetent, unloved, unloving—basically negative and small. At other times we're like a different person—calm, squared away, loving, open. And then there are those extraordinary moments of opening to larger, finer, dimensions where we *experience* the oneness, the totality of our philosophies.

These are shifts of identity, and the shifting process is a natural one. But most of us stumble from identity to identity, getting "stuck" in smaller states and only rarely touching finer ones.

In this workshop we'll experience the shifting process and learn to apply it to our jobs, our relationships, the ordinary and extraordinary times in our lives. We'll use meditation, imagery, centering, and body movement. $290

August 6—13
Experiencing Esalen / Experiencing Esalen Staff

This seven day Experiencing Esalen program is designed for people who have not previously been to Esalen. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. See page 15 for more information. $370

Esalen Wilderness Trips

August 5—12
Encountering in the High Sierra
Maurica Anderson & Roger Smith

During this seven-day workshop we will hike into a campsite by a clear mountain lake off the main trails in the High Sierra. Mules will carry in all of the food, camping equipment, and personal gear. We will camp by the lake for six days, eating outrageously good food (fresh or frozen rather than freeze dried) and working with body awareness, meditation, psychodrama, gestalt, and encounter, laughing a lot and getting to know the high country, one another, and ourselves.

Mountaineering experience is not necessary, but applicants should be capable of hiking. A detailed information sheet will be supplied upon request. Participants will meet in the Sierra on August 5. $240

August 19—28
Rites of Passage: A Ten Day Mountain/River Adventure / Dick Galland & Annie Callaway

At various times in our lives, we come to a point of stasis: a moment between the passing of the old and the birth of the new. In these moments, we may take time to consider new ways of defining ourselves and our relationship to our world and the people in it.

As in rock climbing, when we move from balance through imbalance into balance again, this program will be an opportunity to pause and take stock, to reflect on where we have been and where we wish to go. It will be a time for relaxation, for stretching limits, for extending ourselves, for seeking a new and revitalized sense of who we are.

For seven days we will explore the remote and spectacular Marble Mountains wilderness in northern California. Carrying everything we need in our packs, we will hike through broad green forests, lush meadows, and camp by crystal mountain lakes. From a base camp in a small alpine basin, we will experience rock climbing and rappelling, ascend a nearby peak, and each spend 24 hours completely alone in reflection and contemplation.

At the end of these seven days we will move to the nearby Klamath River and embark on two days of whitewater rafting. Guiding our twelve foot rubber rafts with paddles, we will each have a chance to captain our boat through the rapids and delight in the exhilaration and timeless grandeur of the river experience. Woven throughout the program will be a focus on individual awareness and group process using techniques from psychosynthesis, gestalt, yoga, and meditation.

This workshop is grounded in the notion that a person's responses to the challenges of the mountain and river reflect their responses to the challenges of daily life. From the very real and immediate lessons of the wilderness, we can come to see ourselves more clearly and thus act with a greater sense of purpose.

No previous experience is required. You should be in reasonably good physical condition. Complete information on clothing, equipment, and travel will be sent to you upon registration. $325

Weekend of August 11-13

From Sex to Superconsciousness / Bernard Gunther

Bhagwan Rajneesh is an enlightened Taoist/Tantric master who utilizes love, sex, humor, creativity, chaos, and every form-level of energy. He has created a number of profound, playful processes for letting go, centering and directly experiencing your ecstatic unconditioned self.

In this workshop we will listen to some of Bhagwan's recent lectures on tape and use many new, different forms of quiet, active meditation. The sessions will be enhanced by various joyous, spontaneous, zen-like happenings which will emerge out of our being together. Through contacting our irrational chaos, releasing automatic behavior, and balancing our energy centers we will learn to flow in a new, whole, mind-body-soul, a total, orgasmic dimension. $120

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

For workshop description see July 2–7. $120

Getting Your Act Together / Nancy Lunney

In this workshop we will explore the relationship between who we are and who we would like to be. We will use gestalt and guided fantasy to contact our inner selves. In a non-judgmental, supportive atmosphere we will experiment with music, drawing and theater games to open up and to express our natural creativity. No special talent or previous group experience is required to begin "getting your act together." $120

Inner Road to Health: A Weekend Primer on Alternative Health Systems / Al Drucker

This workshop is intended as a first short introduction to some of the approaches of holistic health, which are currently gaining favor as natural alternatives to the more orthodox medical practices dominating the health field in this country. Included will be such diverse topics as herbs, flowers, acupuncture, iridology, homeopathy, rolfing, diet, etc. Early morning sessions will be devoted to chanting and meditation followed by yoga or tai chi. We will also schedule an afternoon massage session with herbal bath for which we pick our own herbs. Meals will be largely organic and natural, much of the produce coming from our own garden. $120

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our selves primarily in relation to others; we lose touch with our essence.

From this perspective, we offer an opportunity to return to our Selves within the working context of the Esalen community. Our faculty for this program is our environment—staff—community.

Learning/dis-covering the use of your own energy in work . . .
For your SELF.
Living together (close to others) operatively and co-operatively in a unique, high intensity environment.
Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.
An opportunity for:
SELF-regulation
SELF-examination
SELF-contemplation
and if you choose
SELF-reevaluation
Facilitated by removal from your ordinary living context.

The Esalen Work-Study Program

Photos: Benj Langdon

Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. (Flexibility is one of the watchwords of life at Esalen). The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program (emotionally and physically) and only rarely is it restful. There will be a coming together in the evenings to share—contact—play/alone-together.

Accommodations are shared with up to 3 persons in a room. The program lasts 28 days; four weeks and four weekends at a basic cost of $350. Depending on your work schedule, weekend workshops may be available for an additional fee. Professional services such as massage and rolfing are available at staff rates. Arrangements are made through the office.

It is possible to be in the work-study program up to three months, by invitation, after the first month.

Available dates:

May 21—June 18; June 18—July 16; July 16—August 13; August 13—September 10; September 10—October 8; October 8—November 5; November 5—December 3; December 3—31.

If interested, please apply as early as possible to Work-Study program, Esalen Institute, Big Sur, CA 93920. Only a limited number of applicants are accepted. Scholarships are not available for the Work-Study program.

Photo: Benj Langdon

Photo: Barbara Adamson

Application to the Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____ City _____

State _____ ZIP _____ Age _____ Your occupation _____

Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st _____ to _____

2nd _____ to _____

3rd _____ to _____

Have you been to Esalen workshops? Please list program titles and dates, if any. _____

_____

_____

In the space below, please make a personal statement about your interest in the Work-Study program, and any skills available.

_____

_____

Please return this application with a deposit of $150 to Work-Study Program, Esalen Institute, Big Sur, CA 93920. Your deposit will hold a place for you if there is space during the dates you request. If there is no space, we will refund your deposit or hold it for the next available space of your choice. If your deposit is accepted and you cancel more than two weeks before the start of the program, we will hold your deposit in suspense for one year for your future use at Esalen. If you cancel less than two weeks before the program begins, your deposit is forfeited.

Ways of Being at Esalen

Scholarship Information

If you need scholarship assistance for an Esalen program of five days or longer, write for a scholarship form *before* making a reservation. Allow at least three weeks for processing. If your application is approved, please make a reservation as soon as possible after receiving the notification. No scholarship assistance is available for June 15–August 31 programs or for weekend workshops.

Ongoing Residence Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $960 per 26-day period.

Week of August 13-18

From Sex to Superconsciousness / Bernard Gunther

For workshop description see August 11–13. $290

Be Your Own Author-ity / Beverly Silverman

Be the author of your own life. You don't have to live someone else's plot. Life is a continuous process and we can make our path smoother. The style of contact we use will be gestalt and psychosynthesis and anything else that works. $290

A Gestalt Workshop / Pat & Neil Lamper

Experience your own relating: how to better care for yourself in relationships with those you love. Using gestalt, fantasy, breathing and awareness of body stress, we will work with memories and dreams to re-experience past choices and to bring more energy into the present. We will work on contacting our inner self, our central vigor. $290

August 13–25

Gestalt, Rolfing & Feldenkrais Method
Dub Leigh & Richard Price

This workshop is structured around the teachings of Fritz Perls, Ida Rolf and Moshe Feldenkrais. Days will be devoted to bodywork with Dub Leigh and in the evenings there will be gestalt sessions with Richard Price. Each participant will receive three rolfings as part of the workshop fee. $735

August 13–20

Personal Integrity / Exploring Self Esteem
David Schiffman

In this workshop we will join together to build a community whose foundation is trust, good will and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength and self-respect. Our task together will be to discover how best to express these qualities both in and out of the workshop. We will explore the boundaries of our emotional, physical and mental potentials and how they effect out sexuality, our relation to power, our friendships, our creativity, and our expectations of ourselves and of others.

To this end we will employ a variety of focuses including music, movement, meditation, guided fantasies, as well as intensive individual work using bio-energetic, gestalt, and psychosynthetic techniques.

Our emphasis will be on discovering and affirming the qualities each person values most inside him or her self and in sensing whether it is worth taking the risk to share these qualities with others. $410

Weekend of August 18-20

The Body & the Energy Body / George Leonard

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of energy flows in and around the bodies of living things. Using techniques derived from the art of aikido, George Leonard will present his approach to the human biofield or "energy body." Through simple mental and physical exercises, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness with special attention to stress reduction and good health. They will be introduced to alternative ways of dealing with everyday life situations—especially those involving tension and expectation—and will explore ways of getting in touch with their own hidden powers. There will also be discussion of these experiences as they relate to education, sports, and social transformation. $120

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

Celebrative Awareness
Jinendra Jain & Katherine Da Silva Jain

We can either be saddened by, or just endure, or let be, or we can *celebrate* the way we manifest ourselves in our lives. In this workshop we shall explore a festive paradigm, examine our barriers, and experience processes to celebrate our emotions, thoughts, sounds, bodies —ourselves, and the Self encompassing our selves.

The methods we will use include meditation, chanting, and meditative processes for experiencing sensation and emotion. $120

Week of August 20-25

Gestalt Bodywork / Frank Rubenfeld & Mari Krieger

Frank and Mari combine Richard Olney's self-acceptance training with more traditional gestalt techniques. Visualizations, pressure massage, and energy charging and discharging exercises will all be utilized as means of enabling participants to experience and accept their feelings and energy. Gestalt art, Esalen massage, and improvisational theater will also be integrated into the workshop experience. $290

Alchemy of Body/Mind / Patricia Caldwell & Bill Liles

Beginning with the elemental crucible of the alchemist's pot (the dense body), we will teach several body methods (polarity, shiatsu massage, deep tissue and manipulative work) to demonstrate how gross energy may be raised to new levels of vibration and consciousness.

Centering, sound vibration, exercise, and inner awareness techniques, as well as information on purification and nutrition will be combined with body work. $290

August 20—27

Self Re-parenting / Joan Fiore & Jeffrey Kent

This workshop focuses on finding and opening paths in the present that allow us to re-turn to places in the past where we got stuck. Rather than cutting off these experiences from awareness, we give ourselves a new opportunity to clean up the unfinished business of early life that controls and rips off our aliveness and our power in the here and now. Experiments progress from re-wombing, re-birthing, and re-infanting to re-adolescing. Modes of exploring are drawn from gestalt practice, neo-Reichian energy release, primal work, family process, guided fantasy, and Fiore re-parenting methods. First priority is on intensive individual work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. $410

August 20—27

An Extended Experience in the Energetic Dimension to Gestalt Process / Alan Schwartz

Energy is synonymous with movement and process. Gestalt has taught us to be acutely aware of what and who we are and to allow this continuum of awareness to fuel our decision-making process. This process is incomplete without an understanding of how energy is restricted in a person's physical structure and how such restriction helps to keep us frustrated and out of touch with our process.

This extended workshop will be held in the synthesized gestalt/bioenergy environment. We will explore didactically the composition of human energy systems and the integration of the contributions of Reich, Fritz and Laura Perls, Lowen, Pierrakos, and those who are expanding their work today.

We will mobilize individual and group energy and use the experience to explore awareness and self-image on deeper, more organic levels. An important focus will be the achieving of stability (body, emotion, mental) and the application of this stability to life situations. $410

Weekend of August 25-27

Opening-Experiencing the Joy of Your Inner Self
Michael Butler

Everybody's beautiful in their own way.
—song by Ray Stevens

This workshop is to teach a way of opening up to the loving center of yourself. In that center is a reservoir of joy, understanding, and connectedness to other people. Everybody has moments in touch with it —those are times of feeling whole and complete. We will study how to systematically nurture that center and hold on to it in everyday life.

We will use ways of opening which are gentle, yet go deep. There will be music and chanting to open the heart, gentle physical exercises, talks, and sharing with each other. We will learn ways to grow through regular meditation, and participants will be taught a simple, natural way of meditating to continue the process of opening at home.

This workshop is appropriate for beginners as well as for those with experience in groups. Esalen's natural beauty will support us in our process of opening. $120

Awareness Through Movement & Functional Integration: The Feldenkrais Method / Mia Segal

For workshop description see July 28–30. $120

Week of August 27 - September 1

God, Sexual Energy & Your Body / Gabrielle Roth

For workshop description see July 16–21. $290

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $260

Gestalt Practice
Richard & Christine Price & the Esalen Staff

For workshop description see July 9–14. $290

Healthy Survival: Health Works / Donald Lindsay, MD

This will be a workshop in holistic medicine emphasizing prevention, health maintenance and experiential learning about body-psyche interrelations. The workshop includes body work at the Esalen baths. Bring sport clothes. Nurses will earn 30 units of Continuing Education credit for this workshop. $290

Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix Intensive, a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Work Shop. The Intensive, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion.

In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. The participant/teacher ratio is kept small, never more than 10/1. Each weekend participant who wishes will receive an Intensive, while 5-day workshop participants receive two. By meeting sometimes in small groups and sometimes together in large groups, Radix combines the intimacy and individual attention of the small group with the energy and dynamism of the large. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

July 7–9	Mark Dunlap, Clair Killen, Sandy Thomas
August 4–6	Clair Killen, Fay Marie, Marsha Graham
September 3–8	Charles Kelley, Clair Killen, David Grill, Merri (Deverani) Goldenson, Laura DeNuccio
October 8–13	Dale Cummings, Siri Mishler, Ellen Jacobs

Weekend of September 1-3

✓ **Awareness Through Movement**
The Feldenkrais Method / Ruth Alon

This workshop is for people who are willing to introduce awareness through expanded patterns of movement for improving their functioning in life.

Exploring processes of movement, we gradually experience a wide variety of unused potential, while guided to meditate on the subtle qualities of our inner dynamics. Our vocabulary of possibilities widens together with our self image.

We relearn natural coordination and fluency, reviewing the primal evolution of the developing baby.

The style of pleasant effortless movement in the game of observed experiments, opens us to a nurturing attitude towards ourselves and our growth.

The new kinesthetic freedom creates space for transformed states of mind. $120

Tuning In / Janet Sachson Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and feeling. Once we are aware of our feelings, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness, and other techniques to tune in to ourselves and each other. $120

Massage Intensive / The Esalen Massage Crew

For workshop description see July 21–23. $120

Awakening the Magician Within / Emmett Miller

Whether or not we have as yet learned it, there is a magician within each of us. His magic wand is belief. If we believe we are sick, we are sick; if we believe we are afraid, we are afraid; if we believe we are stuck, we are stuck. But all coins, even magic ones, have two sides. If we believe we are growing stronger everyday, we are; if we believe we are free, we discover freedom all around us, if we believe in our creativity, our problems can joyfully solve themselves. In this seminar we will investigate and discover what truth there is in each of these statements for us, individually. Our explorations will be experiential, using techniques of deep relaxation, visualization, movement and selective awareness. As we learn to tap the wellsprings of our belief systems we will begin to write our own movie—and to deprogram negative future expectations. $120

Week of September 3-8

The Radix Experience: A Neo-Reichian Workshop
Charles Kelley, Clair Killen, David Grill, Merri (Deverani) Goldenson & Laura DeNuccio

The Radix experience is a direct body approach to deep emotional release, rooted in the work of Wilhelm Reich and his students. By concentrating on breaking patterns of breathing and muscular tension, feeling which has been blocked by chronic unconscious patterns of muscular tension called "muscular armor" is freed. As the armor softens and the student allows emotions—fear, anger, pain—to emerge, he realizes a new capacity for trust, love, and joy.

Half of the workshop sessions will be in a large group with Chuck Kelley who will present Radix group techniques. Chuck will also describe the concepts which underlie Radix and give an in-depth description of his training program. The other half of the sessions will be in small groups, and will include two individual Radix intensive sessions for each participant. $300

Creative Journaling: A Workshop for Honoring Personal Integrity & Consciousness / Dee Mundschenk

"Your treasure house is within
It contains all you will ever need.
Use it fully instead of seeking vainly outside yourself."
—Hui Hai

Creative journaling is designed for on-going self discovery. The vital self to be discovered is a personally unique center of clarity and creativity. Often as we go along creating our lives, that inner source of clarity is obscured by habits, assumptions, acquired appetites, past lessons, and the clamor of activities and expectations that vie for attention.

Through creative journaling, tai chi, meditations, body awareness, gestalt and psychosynthetic techniques, participants will use their own experiences to develop that stream of awareness and expression which reflects their individual integrity and potential. Whether participants are devoted seekers or casual explorers in the realm of personal integrity, the journal workshop will provide extensive opportunities for individual realization in the vast creative and receptive dimensions of personal evolution. Please bring a large loose leaf notebook. $270

✓ **Deep Tissue Workshop / Al Drucker, Ryan Kopperud & Barbara Braunstein**

This is an introduction to a deep form of body manipulation based on rolfing and acupuncture principles. It is part of an integrative approach to health and well-being. In addition to deep-tissue and acupuncture theory and practice sessions, there will also be sessions on nutrition, herbs, iridology, and homeopathy, depending on class interest. A spiritual practice of chanting and meditation will start the morning classes. An early morning tai chi, yoga, or feldenkrais class will also be available. Several evenings will be devoted to group process. Previous training in massage is advisable.

This is the last such workshop offered before Al's year-long sabbatical to India; a two month training program with Al in the natural healing arts, is tentatively scheduled for the late fall of 1979. $270

Weekend of September 8-10

States of Awareness, Shifts of Identity / Robert Nadeau

For workshop description see August 6–11. $110

Kinetic Awareness / Judith Binetter

Moving teaches us to be alive to every moment. In this workshop we will explore how the living power of the circle appears in our movements and shapes our actions. The circle may appear as a curve, arc, or spiral labyrinth. In playing with the circular form, we will find out how we can surrender ourself to forces which shape our moving. $110

Presence: The Art of Being / Simone Surpin

Being can be seen as that inner source, still and full, from which all action springs. Like the silence that follows on the footsteps of a sound, our being continually is. It is the backdrop for all activity, complete knowledge and love rise from it and rest within it.

We will attend to this state of inner presence this weekend with meditation. We will bridge the inner space to the outer through our hearts with chanting. We will reflect, share experiences, practice gentle bodywork, take walks together and bask in that inner glow that comes from touching the Self. $110

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

For workshop description see July 2–7. $110

The Many Faces of the Self / Bette Dingman

Using guided fantasy, psychosynthesis exercises, and gestalt practice, we will explore the different "selves" within us in a safe environment. $110

Week of September 10-15

Awareness Through Movement: The Feldenkrais Method / Ruth Alon

For workshop description see September 1–3. $270

Getting Your Act Together / Nancy Lunney

For workshop description see August 11–13. $270

Self-Centering / Leland Johnson & Mary Ann Merksamer

Self-centering is an intrapsychic life process much like a stone cast into a pond whose waters ripple outward in ever-widening circles. New concepts of learning/ways of being include body-mind integration methods, gestalt, intuitive problem solving, guided fantasy, yoga, meditation, breathing and music. We will use gestalt as the stone to integrate these experiences into our life process. The circle widens. Join us! $270

September 10–24

Health Practices & Medical Self Care
Donald Lindsay, MD

This workshop is about medical self care taught through lectures, discussion, demonstrations, and experiential sessions designed to evoke new patterns of healthful behavior.

I. Lectures, Discussion & Demonstrations

Participants will be taught to evaluate medical information and literature. Topics will include common causes of death, diagnostic decisions, medical judgment, holistic medicine, health and prevention as well as recognition and, where possible, self-treatment of the common illnesses of man. There will be training in physical self examination procedures, the use by the medical profession of laboratory tests, X-rays, and pathology slides will be demonstrated. Emergencies, hospitalization, surgery, medical insurance and medical costs will be topics for discussion.

II. Health Practices

Participants will be offered preventive health practices, yoga, meditation, daily jogging, massage, weight reduction, body work, diet, and exercises for strengthening the will and for increasing the capacity for self responsibility. There will be group process work and gestalt sessions with Richard Price and gestalt practice staff.

This program is the first phase of an ongoing program which will take place at Esalen. Recent discoveries in the prevention and treatment of our biggest killer arteriosclerosis point toward prevention and treatment methods that any person can do himself/herself. This discovery comes at a time when many people are demanding a voice in their own medical care and provides a sound foundation for the teaching of medical self care.

The workshop will take place at the Big House which provides a unique situation for diet, food preparation and close group interaction, plus an exquisite setting. Many of the participants will be housed there.

Enrollment is limited. Participants will be accepted and housed on a first come basis. To register, send a $200 deposit, your name, address, phone number, a recent photo and a note telling of your interests and any health problems to Dr Don Lindsay, MD, Esalen Institute, Big Sur, California 93920. All applications will be answered promptly. Early enrollment is advised. In case of non-acceptance, the deposit will be returned in full. The total fee of $575.00 covers tuition, shared accommodations and meals. Some partial scholarships will be available and awarded on the basis of need, for which a weekly work commitment is required. Scholarship applications will be sent on request. RN's and nurse practitioners will receive 60 contact hours of continuing education credit on completion. A complete tentative lesson plan will be sent on request. Nurses may take a single five day segment (September 10–15 or 17–22) of this workshop for 30 hours of continuing education credit at a cost of $270.

Faculty:
Tom Ferguson
Richard Price

Weekend of September 15-17

Let Go / Let Be / Betty Fuller

This workshop will include physical and mental stress reduction exercises, guided imagery, simple meditations and body methods such as feldenkrais, Trager and massage. For each approach, methods for daily practice and individual follow up will be presented. The workshop schedule allows time for rest and relaxation at the baths. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Core Dynamics / Hector Prestera

Core Dynamics is a process for opening the inner self using high energy techniques involving physical release, body awareness, body energetics; all opening to intra-being. We will also use color reading and body reading to explore emotional-physical holdings.

Recommended reading: *The Body Reveals*, Prestera & Kurtz (Harper & Row and Bantam). $110

The Lawyer—A New Perspective
A Weekend for Lawyers presented by the Humanistic Law Institute

"like mounds in a sandy desert, intellectual knowledge is mounting up without provision for the expression of the heart."

—Meher Baba

As lawyers we were trained to use our heads and not our hearts—to make choices and decisions based upon "reason," "principles," and "issues" and not to trust feelings, intuition or compassion—often with less than satisfying results in our "professional" and/or "private" lives.

During this weekend we will explore and share with other lawyers, in the peaceful, reflective, nourishing, and evocative setting of Esalen, ways of using and integrating all aspects of ourselves—our bodies, our minds, our feelings, our "hearts" to see if we can make our work and our "private" lives more effective and more integrated, flowing, meaningful, and enjoyable.

The program will be conducted by a lawyer member of the HLI staff and another experienced group leader and will be largely experiential, using approaches and methods of gestalt awareness, psychosynthesis, massage, meditation, and bioenergetics. $110

Esalen Institute—An Approved Provider

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of Continuing Education for Registered Nurses. Provider Number 01152

In accordance with Section 2811.5 of the California Nurse Practice Act, previously referred to as AB 3017, Registered Nurses must submit proof of attendance of continuing education to obtain license renewal. Thirty hours of continuing education are required every two years. For instance, if a nursing license expires April, 1978, the nurse must attend 30 hours of continuing education before March 30, 1980. Esalen is offering nurses the opportunity to meet this requirement in an evolving and attuned environment.

A certificate will be given to each nurse completing the approved workshops. The following workshops will be offered for Continuing Education Units:

July 14—16
Fear, Panic & Vulnerability to Crisis
Donald Lindsay, MD
For workshop description see page 13. 10 units

August 27—September 1
Healthy Survival: Health Works
Donald Lindsay, MD
For workshop description see page 23. 30 units

September 10—24
Health Practices & Medical Self Care
Donald Lindsay, MD
For workshop description see page 25. 60 units

October 6—8
Recent Developments in Nurse Healing Practices
Donald Lindsay, MD & Polly Kirby, RN
For workshop description see page 29. 10 units

Esalen has also filed application with the California Medical Association to provide programs offering continuing education credit for physicians. If you have any questions about Esalen's medical or nursing program, contact Donald Lindsay, MD, Coordinator of Continuing Medical Education, Esalen Institute, Big Sur, CA 93920.

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Week of September 17-22

Emotion, Experience & Expression in the Body, Mind & Spirit / Betty Fuller

We will work holistically with the body, mind and spirit in the following ways:

Body: Alignment, relaxation, tension and stress reduction exercises including massage, Trager, feldenkrais, gestalt awareness and laughter.

Mind: Reprogram for high energy affirmative living. Clear emotional log jams and harness the juices of emotional experience by giving free rein to choice and response-ability.

Spirit: Fine tune the instrument of the bodymind to the power of "the Force" through guided imagery, meditation, music, movement, laughter and dance. Bring musical instruments. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Gestalt Practice
Richard & Christine Price & the Esalen Staff

For workshop description see July 9–14. $270

Lomi Work: An Exploration of the Body/Mind/Spirit Through Awareness
David Kessler

For workshop description see July 16–21. $270

Weekend of September 22-24

Pleasure, Sensuality & Your Body / Barbara Clemans

For workshop description see July 2–7. $110

Being PATIENT with Schizophrenia: A Different Way of Treatment
Julian Silverman & Bette Dingman

This workshop is concerned with a different way to "treat" acute-dis-ease in consciousness. It involves an approach of *not* interfering with a person's struggle. It involves being *patient* until the right moment—the moment when the struggle ceases and there is momentary ease. It involves the "therapist's" use of him/her SELF rather than therapeutic techniques. It involves an advance in the training of therapists. It involves a different way of understanding so-called schizophrenia dis-ease. $110

Lomi Work: An Exploration of the Body/Mind/Spirit Through Awareness
David Kessler

For workshop description see July 16–21. $110

Week of September 24-29

Everything You Ever Wanted To Have, But Were Afraid To Let Go Enough To Get / Judyth Weaver

This workshop will deal with ways in which we can learn how we are holding on and throwing ourselves off center and how we can let go and return closer to our natural balance. We will utilize Reichian breathing and movement techniques, sensing, meditation, movement, and an ancient form of balance and relaxation: tai chi chuan, to help us arrive closer to getting everything we've ever wanted but were holding on too tightly to let go to get! $270

Experiencing the Joy of Your Inner Self / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy which can be the source of great joy and love in our life—our own "inner self." All of us have moments in touch with it, and those are times when we are especially aware of our own beauty and strength. This workshop will teach ways to discover and nurture this loving center of yourself.

The methods of opening used are gentle, yet go deep—music and chanting to open the heart, gentle physical exercises, sharing our experiences with each other, meditation. We will study ways to grow through regular meditation, and participants will be taught a simple, natural way of meditating to continue the process of opening at home.

The workshop is appropriate both for those with group experience as well as for beginners. $270

Contact & Communication / A Gestalt Workshop
Beverly Silverman

How we contact and communicate with ourselves and with others determines the kind of world we live in. Working with simple concepts we can actually change our world. Focus will be on self-reference and opening our senses. $270

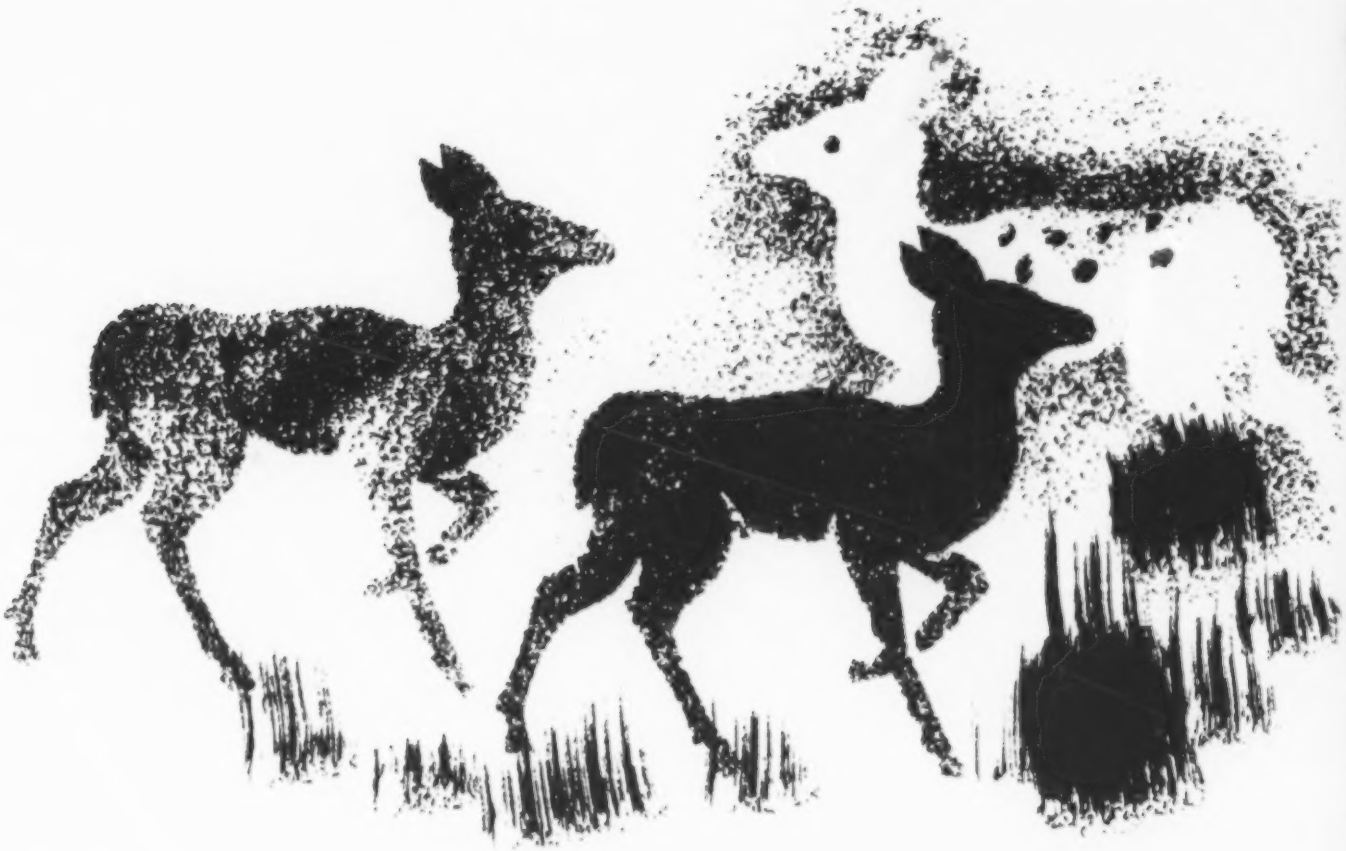
Massage & Deep Tissue Work—A Synthesis
Ryan Kopperud & Deborah Medow

This workshop will combine massage with principles of deep tissue work: a deep tissue massage. As we work together, participants will experience body restructuring and increased body awareness. To enhance our understanding and experience of body/mind/spirit in this work, daily morning yogic practices and late afternoon tai chi sessions will be offered.

Recommended reading: *Rolfing* by Ida Rolf. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240



October 1–27

Mind & Body: Techniques of Exploration and Transformation / Stanislav Grof, Christina Grof & Rick Tarnas

A four-week interdisciplinary program for professionals and students in the areas of psychiatry, psychology, general medicine, and philosophy. This workshop will focus on various ancient and modern approaches to body mind exploration with the aim of developing holistic understanding. We will explore the following areas:

Ancient Systems Suggesting Unity of Mind & Body
We will review the historical material on transpersonal physical feats, body transformation, and "mind-over-body" phenomena and compare these with some striking contemporary observations. Shamanic techniques of altering consciousness will be explored theoretically and experientially. We will also examine the system of Chinese philosophy and medicine, acupuncture, tai chi, shiatsu and aikido.

Modern Experiential Techniques of Psychosomatic Exploration
The approaches that will be examined in this context involve rolfing, feldenkrais, the Alexander method, neo-Reichian techniques, polarity and Esalen massage, gestalt, encounter and psychosynthesis. In a series of slide-illustrated discussions we will focus on LSD psychotherapy and the applications of psychedelic research for the understanding of body-mind relations.

Holistic Trends in Contemporary Medicine
We will focus on biofeedback techniques and voluntary control of internal states, Kundalini research, comprehensive work with cancer, and new approaches to birth and death. A special session will be dedicated to a discussion of modern physics as a basis for holistic medicine.

Self-Exploration and Group Process
Esalen staff and guest leaders will act as facilitators for an on-going process of intra-psychic and interpersonal exploration throughout the workshop.

The program is limited to 30 participants selected from applicants. The fee is $1150 including room and board. Some working scholarships are available for students on the basis of need. Scholarship forms can be obtained from Esalen Institute. If you wish to enroll in the workshop, send a letter of biographical information to: Mind and Body, Esalen Institute, Big Sur, California 93920.

Faculty:

Angeles Arrien
Cecil Burney, PhD
Gregory Bateson
Daniel Bianchetta
Fritjof Capra, PhD
Ed Dreesen
Christina Grof
Stanislav Grof, MD
Robert Hand
Jim Hickman, PhD
Polly Kirby, RN
Janet Lederman
Bill Liles
Ralph Metzner, PhD
Dulce Murphy
Michael Murphy
Mary Payne
Christine Price
Richard Price
Leni Schwartz, PhD
Beverly Silverman
Julian Silverman, PhD
Rick Tarnas, PhD

Week of October 1-6

Awareness & Freedom Through Movement & Dance: Feldenkrais Method & Dance
Ruth Alon & Nitza Broide Miller

This workshop is for people who are willing to expand their patterns of movement and dance for improving their feeling of well being in body and spirit.

The group will experience many feldenkrais processes that are like the grammar of spontaneity. In meditative exploration through various options, you will have an opportunity to restore organic motions, coordination and grace.

A natural flow of motion will facilitate relaxation and images. Through effortless movement and dance we'll let our images be restored and create a dance, allowing our body to free itself gently from old patterns. We'll learn to release tensions through movement and change postures that were created as a result of inhibited expressions within our environment.

We'll relearn the natural fluency, reviewing the primal evolution of the developing baby—enjoying its body sensations and pleasures, and its relationships to others through dance. $270

Take a Second Look at Yourself / Janet Sachson Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter, and sensory awareness. $270

Massage Intensive / The Esalen Massage Crew

For workshop description see July 21–23. $270

Weekend of September 29 - October 1

Dance Rituals / Anna & Daria Halprin
San Francisco Dancers' Workshop

We will explore ways to create our own personal and group rituals out of dance and our own life themes. The body will be our focus and we will use the creative process to bring into harmony and balance the thinking, feeling and moving body. The outdoor setting of Esalen will provide settings for some of our sessions. We will include visualizations in relation to movement, group interplay and sharing. $110

A Weekend with Will Schutz

$110

Introduction to Shiatsu Massage / Patricia Caldwell

Shiatsu is the oriental art in which the hands are used to apply pressure to points on the body. Emphasis will be on self-awareness for both the receiver and the giver, providing the experience of expanding shiatsu practice into one's life as the experience of moving in the world without effort, and with the flow. A working knowledge of shiatsu in both theory and practice will be given. $110 per person

Getting Your Act Together / Nancy Lunney

For workshop description see August 11–13. $110

Weekend of October 6 - 8

Awakening the Magician Within / Emmett Miller

For workshop description see September 1–3. $110

Recent Developments in Nurse Healing Practices
Donald Lindsay, MD & Polly Kirby, RN

This workshop gives an overview of recent developments in non-traditional methods of holistic healing, presenting alternative methods to the practicing nurse. Using experiential methods the nurse explores herself as healer, discovering her preferences and potential for healing. Various healing models will be discussed including the present scientific medical model. Concepts of health and disease will be developed within their historical and conceptual contexts demonstrating differences, similarities and limitations. Nurses earn 10 continuing education units. $110

Introduction to Gestalt Practice / Joan Fiore

After introducing the "language" of gestalt and various gestalt experiments in breath, body, and feeling awareness, this workshop concentrates on providing the opportunity for intensive individual gestalt work in a supportive group setting. Suitable for novices as well as veterans. $110

Week of October 8-13

Opening the Feelings: A Neo-Reichian Radix Workshop
Dale Cummings, Siri Mishler & Ellen Jacobs

For workshop description see page 23. $300

Symbols in Personal Growth
Ralph Metzner & Angie Arrien

This seminar is an intensive experiential study of symbols as tools of personal growth. Symbols can expand one's perception of self and others, increase insight and stimulate new areas of self-expression and creativity. We will consider a variety of symbols: psychologically, as archetypes of individuation, and cross-culturally, as universal constants. The symbols to be studied and experienced include: sun and moon, trees, flowers, circles/wheels/mandalas, totem animals, light and fire, the elements, sacred mountains, the body and its parts, the journey/path, and others. Some of the sources of symbolism that we will draw on are astrology, alchemy, the tarot, mythology and folklore of all cultures. Special attention will be given to the uses and significance of symbols in dreams, art and the helping professions. Special symbolic creative projects will be part of the seminar. $270

Gestalt Intensive / Joan Fiore & Jeffrey Kent

This workshop provides the time, the space, the license, the opportunity to move forward at your own pace along your own path—from dis-ease to ease, from fragmented to whole, from self-discounting to self-validating, from role-playing to authentic self-expression, from helpless victim of, to active participant in, your personal destiny—or from wherever you happen to be coming to wherever you're growing. You might explore your dreams, your tensions, your madness or your options; take room to breathe or to explode, soak in nurture or exorcise demons, finish past unfinished business or examine present concerns. First priority is on intensive individual work in a supportive group setting. There are also opportunities to experiment with the quality of interpersonal contact through group interactions. $270

Weekend of October 13-15

Dance of Shiva / Gabrielle Roth

For workshop description see July 14–16. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Inner Love / Simone Surpin

In each of us exists a place where we can merge in and with a certain kind of love: a love that is the source of our inner being; a love that is not dependent on something outside of itself for sustenance; a love that renews itself and clears our vision of ourselves and of others.

As purely and as simply as possible, we will attempt to explore and experience this state; to touch these experiences with our minds and share them outside ourselves.

We will meditate, chant, do gentle body work practices, and learn about energy flows. Each session will be a blend of both didactic and experiential work. Some time will also be taken for silent walks together in the country. $110

Week of October 15-20

God, Sexual Energy & Your Body / Gabrielle Roth

For workshop description see July 16–21. $270

Five Days with Jack Rosenberg

My current focus is on enjoying life to the fullest and bringing the clearest expression of my self to each moment. Many people describe what I do as gestalt body work with a transpersonal bend.

During the workshop we will cover many aspects of my energetic approach to sexuality as well as working with the body energy field and the belief system which keeps us locked in obsolete behavior patterns. Where you are is where we will start. $270

Gestalt Practice
Richard & Christine Price & the Esalen Staff

For workshop description see July 9–14. $270

Weekend of October 20-22

Astrology: A Map of the Psyche / Robert Hand

Carl Jung once stated that astrology contained within its teachings the sum total of the psychological knowledge of the ancients. The point of this workshop will be to show the validity of this statement expressed in modern terms.

Many people have tried to make astrology fit into various systems of modern psychology. Here we will explore the extent to which astrology is, in itself, a complete system of psychology, which makes its own statements about human nature, and which suggests rather surprising consequences for ideas of human life and behavior.

Little or no previous knowledge of astrology will be required in this workshop. We will be concerned largely with the symbolism and its psychological import, not especially with the techniques of horoscope analysis. Any material of a technical nature that is needed in the workshop will be introduced as we go along. $110

Experiencing the Joy of Your Inner Self / Michael Butler

For workshop description see September 24–29. $110

Exploring Self-Acceptance / David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $110

Week of October 22 - 27

Be Your Own Author-ity / Beverly Silverman
For workshop description see August 13–18. $270

Experiencing Esalen / Experiencing Esalen Staff
For workshop description see page 15. $240

Personal Integrity / Exploring Self Esteem
David Schiffman
For workshop description see August 13-20. $270

Weekend of October 27 - 29

Sport & the Human Potential / Michael Murphy, Bob Kriegel & Al Lewis

Sport often evokes levels of consciousness and performance that go far beyond our ordinary everyday experience. These extraordinary athletic experiences have given many people glimpses of a larger aspect of mind or self. The three leaders of this seminar have been exploring this aspect of sport. Bob Kriegel is the author of the bestselling *Inner Skiing* (with Tim Galway). Al Lewis has translated and studied Russian work with psychic self-regulation. Michael Murphy has been exploring the psychological and spiritual sides of sport and has just finished a book on the subject. They will discuss their own research and introduce the seminar participants to methods of visualization, meditation and self-hypnosis, and to various Russian techniques of self-control that can be applied to sports in general. Bob Kriegel will also lead "inner game" sessions that he and Tim Galway have developed which have direct application to everyday life. $110

Family Circles / Paul Rebillot

Family Circles is a process that provides a ritual setting to help counter and destroy negative programs subconsciously operating in our lives and replace them with positive, supportive experiences.

During the workshop you will be able to protest and feel your full power against all the "you can'ts" and "no's" you were taught as a child. With the support of the group you will have an opportunity to "beat down" the negative images that hold you back and plant in their place new affirmations of yourself that will support your expansion. $110

Future Workshop Announcements

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

November 5 - December 1

An Integrative Approach to Group Process & Individual Growth / David Schiffman with the Esalen Staff

This month-long community workshop will provide the opportunity for participants to clarify and develop their own ability, style, and artfulness as facilitators, as well as to do in-depth personal work and training in gestalt, body work, psychosynthesis techniques, journal processing, and meditative practices.

The workshop will be structured to include: intensive individual work, supervised observations, practicum work in group leading and individual counseling skills, video feedback, journal keeping and didactic-theoretical sessions. The emphasis throughout will be on creating a personally integrated perspective on the nature and process of evolution.

December 3–15

Gestalt Practice / Richard & Christina Price with the Esalen Gestalt Staff

DEFINITIONS

Of Some Approaches to Human Growth Used in this Catalog

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man/woman within an evolving universe. Starting with each person's existential situation as he or she perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

MASSAGE

Massage is a healing art. It is practiced to help the body relax, to release tensions, to balance the energy flow, and to soothe the being with gentle caring. Massages are given individually; workshops, classes, and private lessons are available.

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practiced for health, meditation, energy flow, and self-defense. The slow, flowing movements of this "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

SHIATSU MASSAGE

Shiatsu massage is the oriental healing art in which the hands are used to apply pressure to acupuncture points over the entire body, allowing the springs of life to flow.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling, and relationship. The body is viewed as an energetic process that participates as the world in the world of instinctual, social, imaginative, and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practiced at Esalen, has evolved into a broad approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement, and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness* and to develop *responsibility*. *Excitement*—to have life energy freely available and flowing, not blocked. *Awareness*—to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility*—to know and act on the principle that I am the one who acts, thinks, and feels whatever it may be that I act, think, or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism: a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participants. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

STRUCTURAL INTEGRATION (ROLFING)

Structural Integration or Rolfing is a method of deep manipulation of the muscuio-skeletal system that aims at balancing the major segments of the body. We have learned that connective tissue (fascia, tendons, ligaments) can be lengthened by palpation and direct manipulation; this makes it possible to reorganize the basic body lines. A properly organized body will be subject to less stress and will move in a more economical way. Structural Integration has a second principle: posture is behavior. Humans are psychophysical organisms; one cannot divorce their physical from their psychological functions. When you change the structure, you change the function.

a

RUTHY ALON has 18 years experience in the feldenkrais method and is a graduate of the Feldenkrais Institute in Tel Aviv. (pp 24, 25, 29)

MAURICA ANDERSON regularly conducts psychodrama and encounter workshops. She has co-led the Esalen High Sierra encounter for the past seven years. (p 16)

JOHN ARGUE is a teacher, actor, director, and playwright. He has done extensive work in gestalt, meditation, t'ai chi, bioenergetics, and jungian psychology. (p 14)

ANNE ARMSTRONG has been doing transpersonal counseling for over 16 years and has trained many professionals to use their own intuitive abilities. (p 9)

JIM ARMSTRONG, a former engineer, is a life long student of esoteric studies. (p 9)

ANGIE ARRIEN is an anthropologist and Basque folklore specialist who has made an intensive seven-year study of the Egyptian Tarot. (pp 28, 30)

b

JUDITH BINETTER trained as a movement education teacher. In Israel, where she has lived for the past four years, she formed a collective for movement teachers. (p 25)

JOHN BLOFELD is a philosopher and Taoist scholar. His translations include *The Zen Teaching of Huang Po*, the *I Ching*, and *Tantric Mysticism of Tibet*. (p 11)

MICHAEL BUTLER teaches ways of opening up to the "inner self". For the past three years he has been studying intensively with Baba Muktananda, both in this country and in India. (pp 14, 23, 27, 30)

c

PATRICIA CALDWELL has been practicing and teaching shiatsu for several years. (pp 22, 29)

ANNIE CALLAWAY has ten years of wilderness experience. She has completed basic training in psychosynthesis and teaches yoga. (p 16)

BARBARA CLEMANS is a massage and movement specialist who has been associated with Esalen Institute for the past six years. (pp 11, 15, 27)

DALE CUMMINGS, a certified Radix teacher and assistant trainer, is also a marriage, family and child counselor. (p 30)

d

LAURA DE NUCCIO is a certified Radix teacher. She now lives at Esalen leading groups in Radix work. Laura combines her training in the Bates method of vision improvement with her "feeling" work. (p 24)

BETTE DINGMAN sees her work as a synthesis of softness, awareness and body appreciation, using the third chair to be your own observer in a supportive environment. She has been on the Esalen staff for four years. (pp 25, 27)

JACK DOMINING, a medical doctor, has moved to New York City where he contributes to the Center for the Healing Arts, a medically-oriented holistic health center. (p 15)

JACQUELINE LARCOMBE DOYLE, a psychologist and former Esalen Resident Fellow, is currently involved with the Human Sexuality Program, UC School of Medicine, San Francisco. (p 14)

AL DRUCKER is a resident teacher of health subjects and a student of spiritual practice. (p 17)

MARK DURALAP is a staff Radix trainee in Santa Barbara, California. (p 12)

e

STEWART EMERY was the first person other than Werner Erhard to lead the *est* training. In 1975 he co-founded Actualizations, a 3½ day workshop in the experience of communication. (p 9)

WERNER ERHARD is the founder of *est* (Erhard Seminar Training). (p 9)

f

TOM FERGUSON is the editor of *Medical Self Care: Access to Medical Tools*. (p 25)

JOAN FIORE currently practices gestalt, neo-Reichian energy release work and her own self re-parenting methods. She has been a resident leader at Esalen and furthered her education working on an in-patient psychiatric ward. (pp 11, 22, 29, 30)

BETTY FULLER, a humanist counselor, is a body worker, teacher, counselor and consultant in holistic education and communications. She directs the Functional Dynamics Center in Marin and is a certified instructor of Trager psychophysical integration. (pp 9, 14, 26, 27)

g

DICK GALLAND is an accomplished mountaineer and kayaker. Founding director of the Texas Outward Bound School, he has led wilderness programs through Esalen for the past five years. (p 16)

MERRI GOLDENSON (DEVARANI), senior Radix trainee, is a registered nurse and licensed masseuse. (p 24)

F LANIER GRAHAM, executive director of the Institute for Aesthetic Development and former chief curator of the Fine Arts Museums of San Francisco, is editor of *The Rainbow Book* and the Random House/Shambala *Library of Sacred Art*. (p 8)

DAVID GRILL, senior Radix trainee, has spent over one year in residence at Esalen Institute. (p 24)

CHRISTINA GROF is a teacher of hatha yoga and of various techniques of self-exploration through visual arts. (pp 12, 28)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for the last seventeen years and has published over fifty articles in professional journals and books. (pp 12, 28)

BERNARD GUNTHER (AMIT PREM) has, for eight months, been with Bhagwan Rajneesh in India. He is author of *Sense Relaxation*, *What To Do Till The Messiah Comes* and *Energy, Ecstasy and Your Seven Vital Chakras*. (pp 17, 21)

h

ANNA HALPRIN is the founder of the San Francisco Dancers' Workshop. She is an innovator in redefining the meaning of dance as the natural way that people communicate with their bodies. (p 29)

DARIA HALPRIN is currently working as a gestalt facilitator using a synthesis of movement, gestalt, visualization, and active fantasy as a means of awakening and integrating feeling processes. (p 29)

ROBERT HAND, astrological counselor and author, is primarily interested in developing astrology as a tool for human growth. (pp 28, 30)

JAMES L HICKMAN is a research associate with the Transformation Project exploring the role of contemplative and physical discipline in the evolutionary development of the spiritual and physical nature of the human species. (pp 8, 28)

BIOGRAPHICAL INFORMATION

AL CHUNG-LIANG HUANG is author of *Embrace Tiger, Return To Mountain* and *Living Tao*. He teaches the Tao as a way to synthesize East-West cultural heritages and is the founder-teacher of Living Tao Foundation. (p 15)

THE HUMANISTIC LAW INSTITUTE is an educational center in Los Angeles which presents programs for lawyers, judges, law students and other members of the legal profession. (p 26)

j

ELLEN JACOBS, staff Radix trainee, is a social worker from Holland and a licensed masseuse. (p 30)

JINENDRA JAIN teaches at John F Kennedy University, Dominican College and the California Institute of Asian Studies. He is founder/director of the Center for Self-Recognition. (p 21)

KATHERINE DA SILVA JAIN has taught meditation and yoga for 10 years. (p 21)

LELAND JOHNSON is a rolfer, rebirther, gestalt teacher and student of Muktananda. (p 25)

k

CHARLES KELLEY, director of the Radix Institute, is a student of Wilhelm Reich noted for his teaching and training of teachers of Radix neo-Reichian groups designed for opening the feelings. (p 24)

DAVID KESSLER is a Lomi practitioner with training in gestalt, aikido, meditation, breath awareness, and body work. He is a founding member of the Fort Worth Gestalt Institute. (pp 13, 14, 27)

CLAIR KILLEN is the residential Radix teacher at Esalen and is a senior trainee in Santa Monica. (pp 12, 15, 24)

POLLY KIRBY is a nurse presently living at Esalen. She has taught nursing for the past four years. (pp 28, 29)

RYAN KOPPERUD has concentrated the past two years on tai chi and deep tissue work. (p 24)

BOB KRIEGEL's work involves using games and sports as a vehicle or self discovery and expression. He is the co-author, with Timothy Gallway of *Inner Skiing*. (pp 12, 31)

MARI KRIEGER is a feminist who has been learning and teaching gestalt since 1967. She continues her gestalt work with techniques and theory drawn from Reich, Lowen, and Richard Olney. (p 22)

l

NEIL LAMPER teaches at a university and has a private practice in gestalt. He is author of *The Village Idiot*. (p 21)

PAT LAMPER is involved in community action programs and finishing graduate work in counseling psychology. (p 21)

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning groups of which she is the originator. She is currently co-director of Esalen, Big Sur. (p 28)

DUB LEIGH is a rolfing practitioner and has trained in structural integration with Moshe Feldenkrais. (p 21)

GEORGE LEONARD is the author of *Education and Ecstasy*, *The Transformation*, and *The Ultimate Athlete*. He holds a black belt in aikido, from which he derives his present work. (pp 8, 21)

AL LEWIS has done extensive studies of Soviet research in psychic self regulation and psychoenergetics. (p 21)

BILL LILES has been teaching and practicing polarity massage for more than five years. His major interest is the energetic aspects of body/mind and how they relate to health. He currently lives and works in Big Sur. (pp 22, 28)

FAY MARIE, advanced staff trainee, has a background in health, science, and massage. (p 15)

DEBORAH MEDOW studies and teaches Ashtanga yoga, movement, massage and polarity. She has been on the Esalen massage crew for the past nine years. (p 27)

MARY ANN MERKSAMER is a faculty member of the Gestalt Institute of Houston. She blends her experience with t'ai chi chuan, jin shin jyutsu, body/movement/sound, yoga and meditation. (p 25)

RALPH METZNER is former editor of the *Psychedelic Review*, author of *Maps of Consciousness*, teacher of Actualism, astrologer and psychologist in private practice in San Francisco. (pp 28, 30)

EMMETT MILLER is a physician who developed selective awareness, a self applied process of using hypnoidal states to unlearn maladaptive emotional and habit patterns. (pp 24, 29)

NITZA BROIDE MILLER, a clinical psychologist, teacher, counselor, dancer, founder and member of ADTA, teaches in Menlo Park, California, and at Tel Aviv University. (pp 15, 29)

SIRI MISHLER, certified Radix teacher and trainer, also leads Radix presentations and workshops nationwide. (p 30)

DEE MUNDSCHENK, psychologist and anthropologist, has evolved her life/work through her experiences and learning with the unique peoples of five continents. (p 24)

MICHAEL MURPHY is co-founder of Esalen Institute and the author of two novels, *Golf in the Kingdom* (1972) and *Jacob Atabet* (1977). (pp 9, 28, 31)

n

ROBERT NADEAU is a spiritual teacher whose work in energy and levels of awareness has given direction to many people. He is one of the major aikido teachers in the bay area. (pp 16, 25)

JAMES XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has worked with Robert Hall in gestalt and body work. (p 12)

JASMINE NASH is a teacher, dancer, and facilitator who has been teaching black dance at the San Francisco Dancers' Workshop for the past two years. (pp 8, 12)

p

HECTOR PRESTERA, acupuncturist and internist, is co-author of *The Body Renewal*. (p 26)

CHRISTINE PRICE combines gestalt practice with various body approaches. (pp 13, 23, 27, 28, 30, 31)

RICHARD PRICE, a student of Fritz Perls, is a founder and director of Esalen Institute. (pp 12, 21, 23, 25, 27, 28, 30, 31)

LEE PULOS is a clinical psychologist whose career has ranged from a traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing. (p 12)

BIOGRAPHICAL INFORMATION

P

PAUL REBILLOT was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen, Big Sur. (p 31)

STELLA RESNICK trained with Fritz Perls and is the author of several articles on gestalt, meditation and sexuality. (p 13)

JACK ROSENBERG, author of *Total Orgasm*, has trained in gestalt and Reichian work. He is currently working with cancer research and the transformation of consciousness at the Center of the Healing Arts in West Los Angeles. (p 30)

GABRIELLE ROTH is an American Shamaness who catalyzes moving experiences. (pp 13, 23, 30)

FRANK RUBENFELD trained with Fritz Perls. He is president of the Gestalt Institute of San Francisco, and teaches at the California School of Professional Psychology. (p 22)

ILANA RUBENFELD studied with Fritz and Laura Perls, is a teacher and board member of the American Center for the Alexander Technique, and has trained with Moshe Feldenkrais. (p 16)

S

DAVID SCHIFFMAN is currently a leader in residence at Esalen where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 9, 12, 30, 31)

WILL SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais, and *est*. He is the author of *Joy, Here Comes Everybody*, and *The Elements of Encounter*. (pp 14, 29)

ALAN SCHWARTZ is a teacher of gestalt and energy process and director of the Gestalt Center for Energy Research in New York City. He is currently completing a book titled *The Psychology of Energy*. (p 22)

MIA SEGAL has been Moshe Feldenkrais's assistant for twenty years. She is also a teacher of the Alexander method and a black-belt in Judo. (pp 14, 23)

BEVERLY SILVERMAN is a rolfer and gestaltist whose principal concern is the enrichment of the life process through a positive and accepting approach. (pp 13, 21, 27, 28, 31)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His work on attention disfunction in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the field of mental dis-ease. (pp 27, 28)

ROGER SMITH is a practicing family counselor who has studied gestalt, meditation, bioenergetics, message and magic. (p 16)

MIKE SPINO is director of the Esalen Sports Center and is author of *Beyond Jogging: The Inner Spaces of Running* and *Running Home: The M/B Family Fitness Book*. (pp 9, 11, 17, 25)

SIMONE SURPIN, a former rolf practitioner and teacher of body disciplines, has studied with Baba Muktananda and started the Muktananda Meditation Center in Palo Alto. (pp 13, 25, 30)

t

RICK TARNAS, a member of the Esalen staff, received his PhD from the Humanistic Psychology Institute for his dissertation on LSD psychotherapy. (p 28)

SANDY THOMAS is an advanced staff Radix trainee in Santa Monica. She is a public school teacher and has worked with Nathaniel Branden for four years. (p 12)

MICHAEL TIERRA (ANANTA) is a herbalist, musician and yogi. He is director of the Garden of Sanjivani center for the study of herbs and wholistic healing in Santa Cruz. (p 14)

LANE TIETGEN has taught and lectured on tarot, astrology, numerology, meditation, and music. (p 9)

W

JUDYTH O WEAVER is an authorized teacher of tai chi chuan from the Shr Jung School of Grandmaster Gheng Man-Ching. She trained in Reichian work with Dr Phillip Curcuruto. (pp 15, 27)

PATRICIA WESTERBEKE practices the art of therapeutic touch as taught by Dolores Kreiger. Patricia is an energetic student of life. (p 9)

SUSIE WESTERBEKE is a certified massage practitioner. She is an accomplished runner and has trained with Mike Spino in the Esalen six-month sports program. (p 9)

WENDY WESTERBEKE uses art as a tool for self growth, exploration, and also as a joyful expression of life. She has trained in gestalt and jungian approaches to art. (p 9)

GAIL STEWART WORTH is owner of the Berkeley Massage Studio. She has been an instructor for the Gamma School of Massage and has studied Reichian methods. (p 9)

Z

JOHN ZEIGLER's path through eight professional careers, including artist, writer, musician, executive, social activist, and psychotherapist, has now led him to teaching "Livelihood Without Tears" at several Eastern colleges. (p 14)

JANET SACHSON ZUCKERMAN has been leading groups for five years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 15, 24, 29)

Audio Cassette Recordings

Recent years have produced unusual tape recordings. The following were recorded in stereo and are available on cassettes only. Each cassette is $7.50 and is from 1 to 1½ hours in length:

Don Lindsay: *The 'Live Longer Now' Talk*
Mark Lovendale: *Some Longevity Research Findings*
Fritjof Capra: *New Physics as Model for a New Medicine*
Al Drucker: *Group Chanting with Tambours*
Rafiel: *Music to Disappear In*
Nitza & Emmett Miller: *Awareness, Hypnosis & Movement*

Fritjof Capra: *Beyond Space and Time*
Stanislav Grof: *The Inner Journey*
Seung Sahn: *The Zen Circle Dharma Talk*
Anne Armstrong: *Training our Psychic Abilities*
Janet Lederman: *Gestalt Awareness—Tape I*

Henry Munn: *Mushrooms and Culture*
Prem Das: *The Huichol Cosmology—Tape I*
Don Jose: *Huichol Ceremony Chanting*
Bhagavan Das: *Singing Meditation*

John Weir Perry: *Psychosis and Visionary States*
Julian Silverman: *Shamanism and Schizophrenia*
Gregory Bateson: *Story of the Double Bind*
Humphrey Osmond: *Early Psychedelic History*

John King: *Introduction to Quantum Theory*
Peter Fiessel: *Molecular Biology and Modern Physics*
Fritjof Capra: *Quantum Paradoxes and Mysticism*
David Finkelstein: *A New Quantum Logic*

Al Chung-liang Huang: *The Watercourse Way T'ai Chi*
John Lilly: *Dolphin Behavior with Humans*
Will Schutz: *Interpersonal Psychodynamics*
Gregory Bateson: *Metaphors and Butterflies*

Special series, available as complete set only:
Ruthy Alon: 16 cassettes: 12 lesson experiences $60!
Awareness Through Movement: The Feldenkrais Method

Please address your order and make check payable to: WORKSHOP CASSETTES, c/o Hot Springs Lodge, Big Sur, CA 93920. Your suggestions regarding future recordings will be appreciated.

FRIENDS OF ESALEN provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available to a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to the knowing that you have given someone else the opportunity to experience Esalen, you will receive regular mailings of the Esalen catalogs. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

We
invite you
to join us
in our organization . . .

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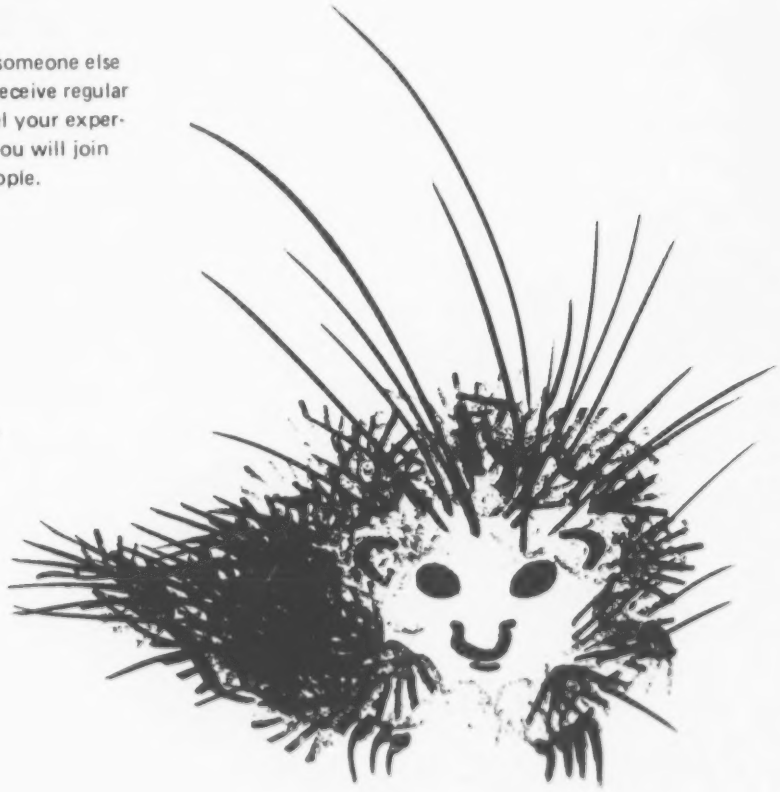

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CONTRIBUTIONS to Esalen Institute are tax deductible.

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RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen / San Francisco programs contact Big Sur Recordings, 2015 Bridgeway, Sausalito, California 94965. They also have Big Sur programs prior to 1973.

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FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103. A film of Al Huang's work, *Tai Chi: The Watercourse Way,* is available through Kai de Fontenay, c/o Esalen Institute, Big Sur, CA 93920.

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Bette Dingman, *Work Study I & Fund Raising*
Neil Dunlop, *Programming*
Brian Lake, *Kitchen*
Clyde Malden, *Grounds*
Martin Price, *Security*
Beverly Silverman, *Work Study II & Management Coordinator*
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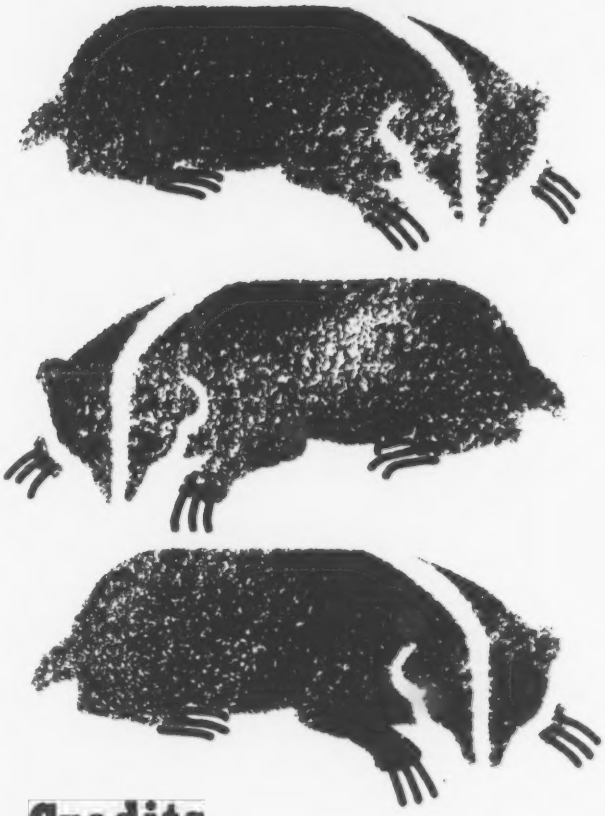
James Thurston, *Financial Officer*



Credits

The rubber stamp and stencil prints in this issue are based on California Indian myths and totem animals. The sequence on pages 8, 11, 13, 15 and the cover illustrate the following myth: Long ago, Old-Man-Above could not see through the dark to the new earth. Nor could he step down to it, it was so far below. He bored a hole in the sky with a large stone. Then he shoved ice and snow through the hole till it piled up in a great cone on the flat earth (Mt. Shasta). Then stepping down from cloud to cloud, he reached the earth. The sun shone through the hole in the sky and began to melt the snow. Old-Man poked holes in the snow with his fingers and then shook himself hard. The feathers that fell out of his cape landed in the finger holes and became trees, and the melting snows became rivers and nourished the trees. Then Old-Man blew on the leaves and they became the birds. He took a stick and broke it into pieces. From the small end, the pieces became fish. From the middle the pieces became all the other animals except Grizzly, who was made from the big end of the stick. He was the strongest of all and walked on two feet and carried a club. Old-Man became afraid of what he had created, so he hollowed out the inside of the big cone of ice and snow and made himself a house. There he stayed for many snows — the Indians know this because of the smoke that used to come out of the smokehole of the house. But there has been no smoke for a long time. Old-Man has gone back to the sky.

On page 20 we see Coyote in a story telling of how the Indians were so hot in the daytime they persuaded Coyote to take his bow and arrow and wait for the sun to rise and then to shoot it. He did this nine times. Then the Indians were so cold at night they got Coyote to shoot the cold moon. He did this nine times. Then the Indians were satisfied.

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Catalog Design: Rad Dog Parlors

Registration Information

For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 3:30 every day;
10 to 8 Sunday & Friday.

Unless otherwise indicated, all programs listed in this brochure are residential programs in Big Sur. Send reservations for all programs to Esalen Institute, Big Sur, California 93920.

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Fee Information: We require a reservation fee of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail all reservations to Esalen/Big Sur. Balance of payment is due on arrival. Esalen accepts Mastercharge, Bankamericard, and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15—August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen has no short term child care facilities. Please do not plan to bring children. We also ask workshop participants not to have guests. Alas, no pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5—5:30 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

☐ To obtain future issues of the Esalen Catalog & occasional mailings for one year, please send a check or money order for $2 to:
Esalen Institute, Big Sur, CA 93920
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year)

☐ Please send a complimentary copy of the Esalen catalog to the person listed below:

Name

Address

City State Zip

Subscription rates for Canada, Mexico, and other foreign countries are given on page 37.

Esalen Institute RESERVATIONS

This form is for your convenience in reserving a space at Esalen workshops. In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)
(Mail all reservations to Esalen Institute, Big Sur, California 93920.)

☐ **Big Sur**

Check whether you wish: ☐ shared room ☐ housing as a couple

☐ single room on a space-available basis ($7 per night additional charge).

Do you smoke? _____

Limousine Service
I want limousine service from
Monterey Airport _____
Monterey Greyhound Bus Station _____ (check one)
at 5:00 pm on _____ (date of arrival: Friday and Sundays only)
The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us.

☐ **Westerbeke Ranch**
(pages 8 & 9)

☐ **Wilderness Trips**
(page 16)

Name of person registering	Date (s)	Leader's Name / Title of Workshop	Reservation Fee

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Total amount enclosed: $ _____

Your reservation fee can be charged to:
Master Charge ☐ Bankamericard ☐
American Express ☐

Card No. _____

Expiration date _____

Checks payable to Esalen Institute.

PAYMENTS: All workshops require nonrefundable reservation fees. Consult fee information section on page 38. The balance of program fees becomes payable at the time of check-in.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

the esalen catalog

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

Photo: Benj Langdon

DATED MATTER

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Big Sur
California 93920
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THIRD CLASS MAIL

Esalen Faculty Members:
Karina Rogers-Lyke, born 1978
Gregory Bateson, born 1904

Photo: Benj Langdon

the esalen catalog

OCTOBER–DECEMBER, 1978

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ESALEN INSTITUTE

–Big Sur, CA 93920. Phone (408) 667-2335;
10 to 3:30 every day; 10 to 8 Sunday and Friday.

The theme of this issue is the process of maturing and the ways we can reestablish vital connections between our generations. We would especially like to draw your attention to the illustrations on pages 4 through 8. They are taken from **Balinese Character**, *the pioneering cultural study by Gregory Bateson and Margaret Mead, done in 1928 and 1929.*

Who's Responsible at Esalen?

We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility." However re-presented and operationalized in the past, by us or by others, this ethic continues to be the basis for our world view, and following from this, our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty dis-illusioning social and political events—all connected by a common reminder:

> Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness). "Take responsibility for your every thought, your every feeling, your every action," said our beloved friend and teacher, Fritz Perls.

We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures . . . and so on—and to be aware, whenever possible, what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. In effect, we are asking that this self-responsibility attitude be present in the initial contact with Esalen. Ideally, the same attitude will pervade after a workshop when our seminarians go back to the community and seek out others—physicians, teachers, counselors, mental health professionals, etc.

As we have become more thoughtful and self-critical about the overall direction of Esalen we have begun to concentrate on enhancing our basic offering—the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life; rather our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness—the consciousness of self-awareness/self-responsibility.

Food for Thought

SYMPTOMS, SYNDROMES AND SYSTEMS

Gregory Bateson

There is a proverb that those who live in glass houses—and especially those who share glass houses—should hesitate to throw stones at each other; and I think it is appropriate to remind every occidental reader of this essay that he lives in the same glass house with the medical profession, along with the Christian religion, the Industrial Revolution and the educational system of which the others are products.

In other words, we all share in a tangle of presuppositions many of which have ancient origins. As I see it our troubles have their roots in this tangle of presuppositions many of which are nonsense. Rather than point the finger of blame at one or another of the parts of our whole system—the wicked doctors, the wicked industrialists, the wicked professors—we should take a look at the foundations and nature of the system itself.

It makes but little sense to accuse the doctors of not using holistic spectacles when they look at their patients, if we shirk the holistic vision at the very moment of our accusation.

Under the holistic lens, our criticism of the doctors becomes clearly an ignoring of the total system within which we and the doctors have our existence, and that system includes the whole of our contemporary civilization. It would not be "holistic" to concentrate all our attention upon the *symptoms* of something wrong and, at the same time, to accuse the doctors of seeing only symptoms.

I ask then what is it—what sort of habit of mind is it—that

leads to paying too much attention to symptoms and too little to system? And I ask this question knowing surely that I have two places in which to look for an answer. One of these is in the natural history of medical institutions, doctors and patients, and the other is in the remainder of the civilization. Can we recognize "*symptomatophobia*" in our universities, our churches, our economic institutions and our family relations?

Let me examine first a social symptom where we can see what's happening. After that we can look at a physiological symptom where what is happening is hidden inside the body. Think of traffic. There are too many cars on the roads and too many restless people; and too much pollution of the atmosphere by the cars. Altogether that makes up what the doctors call a "syndrome," a sort of symptoms.

Of course this syndrome really has its roots in over-population and unwisely applied engineering skill, and in medical victories over epidemics. Public health, just like individual medicine is symptom-activated. We all share in the pathology which we would blame on the doctors.

At the social level, what happens is simple: *somebody gets paid to make the pathological trend more comfortable.* We treat the symptoms—we make more roads for the more cars, and we make more and faster cars for the restless people; and when people (very properly) die of over-eating or pollution, we try to strengthen their stomachs or their lungs (insurance companies hate death). For over-population, we build more houses. And so on.

That is the paradigm: treat the symptom to make the world safe for the pathology. But, it's a little worse than that: we even look into the future and try to see the symptoms and discomforts coming. We predict the jamming of traffic on the highways and invite bids for government contracts to enlarge the roads for cars that do not yet exist. In this way, millions of dollars get committed to the hypotheses of future increase in pathology.

So, the doctor who concentrates upon the symptoms runs the risk of protecting or fostering the pathology of which the symptoms are parts.

So—what about pain? There are several answers to the problem of pain, several strategies for dealing with it: (1) Get a local anaesthetic and get rid of it; or, more radically cut the sensory nerve serving the painful part. But these methods of symptomatic treatment make sense—if at all—only if the *message* of the pain is being heard and attended to. (2) Grin and bear it. Again, this could only make sense after the message has been assimilated. (3) Attend to—and perhaps *treat*—this systematic context in which the pain was generated, i.e. act upon the *message* of the pain.

I have often wondered why pain is so persistent—why does it go on after its existence has been noted? I think the answer is that the message of pain changes as the pain persists. A new pain simply calls attention to the part which hurts, and if this were the only message of pain, the owner of the pain would simply be influenced by the pain in the direction of curing only the symptom. But pain can go on and on—and then the message changes. The owner is forced (or should be forced) to examine and perhaps treat larger areas of relevance. He should be driven from symptom consciousness to attend to the larger system.

But the problem is still how to jump from thinking about the part to thinking about the whole.

In biology there are no values which have this characteristic that if something is good, then more of that something will be better. Economists seem to think that this is true of money but, if they are right, money is thereby shown to be certainly unbiological and perhaps antibiological. For the rest, good things come in optima, not maxima. For every desirable substance or experience there is an optimum amount such that more than optimum is toxic. This is obviously true of such good things as oxygen, calcium, food, entertainment, clothes, psychotherapy, rage and perhaps even love. All become toxic when consumed in excessive quantities.

Any part of any biological whole must stay in proportinate size; if it becomes bigger, the part must always be a threat or a danger to the whole. So it begins to look as if the difficulty may be related to the almost unimaginable change of sign.

It is easy to see that if there are too many automobiles, a lot more roads will make matters worse. It is not so easy to see that *more automobiles* might make people see the larger gestalt more clearly.

During World War II, I was able to do one interesting thing—I was able to establish in Chittagong a small radio station aimed at the enemy-occupied areas of Burma, Thailand and Malaya. The station was planned to neutralize enemy propaganda. So the propagandic policy was simple: we listened to the enemy's nonsense and we professed to be a Japanese official station. Every day we simply *exaggerated* what the enemy was telling people. We argued that the enemy would probably tell lies as big as he dared and therefore that it would be a good idea (from our point of view) to have him appear to tell still bigger lies. Exaggerating the symptom . . .

Food for Thought

I always suspect that patients in psychotherapy exaggerate their traumatic histories and their symptoms by a factor of about three; and that this is good for them.

And then there is the very interesting theory which lies behind homeopathic medicine. If you suffer from a syndrome of symptoms, x, y, and z; you should find a poison which would in normal doses cause the same set of symptoms. This drug you should take in microscopic doses to get a reversed effect.

I am suggesting, you see, that we and the doctors are not merely hooked on the habit of over-attention to symptoms, we are also hooked on the habit of thinking in material terms. We all think that pharmacology and the science of traffic limitation are quantitative sciences; that if much is bad than a little more will be worse. But, in truth, this is often not so. We live, rather, in a world of pattern and communication, a world of ideas, and in that world all theories of dosage are partly upside-down. In the purely material world there could be no irony and a monstrous lack of humor of all kinds. But in the world of patterns and ideas, irony is everywhere; and by irony you may (perhaps) reach that small enlightenment which is a moment of seeing the larger gestalt. ■

CONSCIOUSNESS:

An Interview with Julian Jaynes by Sam Keen

This interview is excerpted from the November, 1977 issue of Psychology Today. It is reprinted by permission of Sam Keen.

Sam Keen: Your theory about the origin of consciousness is at least audacious and perhaps preposterous. It is hard to believe that human consciousness is a mere 3,000 years old, that the ancient Greeks did not introspect, had no volition, and did not make self-conscious decisions. And it strains common sense to think that whole civilizations were directed by auditory hallucinations, by what appeared to be the voices of the gods. How did you come to such conclusions?

Julian Jaynes: By weaving different strands of evidence together to form a picture. There are three basic ideas that can be separated from each other, and can be independently true or false. The first is the idea of consciousness as an analogy of the world built up on the basis of metaphor, which is a means of understanding an unknown thing by comparing it to something else with which we are more familiar. The second is the idea of the bicameral mind, namely, that the minds of ancient peoples were in two parts, an executive part called a god and a follower part called man. And the third is the idea that the neurology of the two parts of the bicameral mind is rooted in differences between the right and left hemispheres of the brain.

Keen: Let's begin with consciousness. Where did it come from? What is it? And where did your ideas come from?

Jaynes: For as long as I can remember, I have been on a quest for the origin of consciousness, as one might seek the source of the Nile, and I made a lot of false starts. I first

went into philosophy with the hope that I could understand this interior space we call consciousness. But after going through Kant's *Critique of Pure Reason* and various epistemologies, I felt that we had to be out in the world gathering data to get anywhere. And that was, and is, psychology. Looking at the physiological and biological basis of mind quickly led me to ideas of its evolution. So I began the study of the evolution of consciousness by studying the evolution of learning. In my graduate training at Yale, where I went for that purpose, the faculty didn't know quite what to do with me. The mood of academic psychology at that time was behavioristic, not really biological, and I was determined to study the whole evolution of mind. I began running paramecia and protozoa through little T mazes, all in the blissfully absurd notion that I was researching consciousness.

It was only much later that I realized what a false trail that was, and that the problem of consciousness required a great deal more thinking out than simply having fun in a laboratory with the first experiment that came to mind. Studying history showed me that every age had a different metaphor for consciousness, and that the metaphors for what goes on within the mind come from the "external" world. Consciousness has been seen as a microcosm of the macrocosm, as a blank slate on which experience writes, as a camera that copies reality, as a computer. And it has been widely assumed that consciousness was necessary for learning, reasoning, forming concepts, making judgments, and that it was somehow located somewhere in the head.

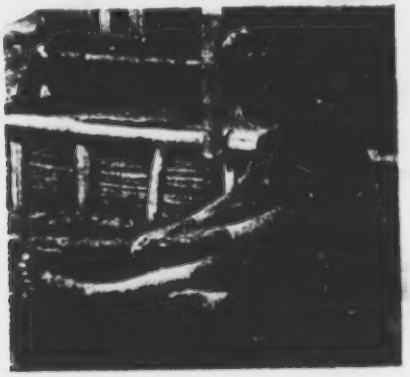
I began to suspect that consciousness is a much smaller part of our mental life than we have assumed.

Keen: What is consciousness *not?*

Jaynes: It is not the mere response to a stimulus, nor is it the "sum total of mental processes occurring now," as E B Titchener was wont to say. It is not necessarily involved in learning, in forming concepts, nor even in creative reasoning. Often consciousness is a hindrance to learning and performing skills. We are conscious much less of the time than we think we are. It is difficult to realize this because we cannot be conscious of times when we are not conscious. Consciousness knits itself over the gaps and gives us the illusion of continuity. Discovering how much we are unconscious is like asking a flashlight in a dark room to discover something that has no light shining on it. Nor does consciousness photograph experience and store pictures which memory later retrieves. And it does not have a location.

Keen: What remains after the strip-tease? Is consciousness merely reflecting on ourselves? Is it reduced to self-consciousness? *Cogito ergo sum?*

Jaynes: Consciousness is a space in the mathematical sense. As one can have operator functions in mathematics, so one can have operator functions in this space we call consciousness. When we talk about what goes on in this mind-space, we use metaphors taken from physical behavior in actual space. We speak of "seeing clearly," of "deep" or "shallow" minds, of "pursuing" a problem or "grasping" a solution. Just as the words we use to describe what goes on in consciousness are metaphors, so the mind-space in which these functions take place is likewise metaphorical. The subjective, conscious mind is an analog of the real world that is generated by metaphors.



When I am asked to define consciousness, I get quite academic. In defining anything, there are logically two parts: a denotative definition, in which you point at something like this chair, and a constitutive definition, in which you describe the function of the chair and how it is made. The denotative definition of consciousness is introspection. The constitutive definition is the theory I present about the features and functions of consciousness.

Keen: One minute, please! I just felt my "self" disappear down the cosmic drain. The thinking self suddenly has been swallowed by its functions. Consciousness is a metaphorical mind-space in which things happen in a metaphorical way that reflect the world we understand only by metaphor. It is a mirror we hold up in which we simultaneously see ourselves and the world through the medium of metaphor. Now my question: Who is Julian Jaynes? Who is the "I" doing the thinking? What's in back of your mirror?

Jaynes: The "I" doing my conscious thinking is a point in a relationship, like a mathematical point. It is not the self, which is a quite different construction. This is what I call an "Analog I" that can move around in imagination and do things my body is not actually doing. Coming to a fork in a road, this Analog I can imagine itself traveling in either direction; I can vicariously observe my imagined self drinking from a stream or struggling along the high road, and can make a decision about which road to take. This Analog I is the agent my mind has created by metaphor who does the internal spectating.

Keen: You made the point earlier that every age has its favorite metaphors for understanding consciousness. When you want to understand consciousness, you go immediately to language. In the beginning is the word. We are the stuff of which poetry is made.

Jaynes: I have tried to show how consciousness is constructed out of language and metaphor. Take, for instance, the abstract concepts of science. Originally, the word "inertia" referred to an indolent person and "acceleration" to increasing one's steps. And now we even have concepts like charm and black holes. Even the verb "to be" was generated from a metaphor. It comes from the Sanskrit *bhu*—"to grow

(Continued on page 19)

Food for Thought

You Are Your Own Feedback

Julian Silverman

Some of the best contemporary thought on human consciousness has arrived on the intellectual scene with a revolutionary message. Never in our history have the implications been so clear. In essence the message says:

The way you experience the world depends
Upon the way you "make sense" out of it,
Upon your point of view,
Upon the way you organize the in-formation,
Upon the way you pay attention to what you do.

Whether you turn to the holographic theory of the neurologist Karl Pribram, the "cartography of inner space" formulations of the cyberneticist Roland Fischer, or the spiritual teachings of the highly intelligent mystic Krishnamurti, the message is the same. And what a ponderous, difficult message it is—at least for now!

At the intellectual, theoretical level, it is presently an exciting and relatively new form. The scientific research is fascinating, the ideas formidable in their implications, the framework open and all encompassing. A new image of being is taking shape, one that may at last co-ordinate, in a coherent pattern, the scientific and the mystical.

At the non-intellectual, experiential, "nitty-gritty" level, the approach is less acceptable, more difficult to grasp. This is because there are fundamental implications here that most of us are not yet ready to acknowledge: to take in as our own.

The notion that "you are your own feedback"/"you are the world" implies that you are responsible for the whole of your life:

There is no one else to blame for everything, good or bad, that happens to you.
Good or bad depends upon your interpretation,
Your point of view,
On what you do to make "it" good or bad.
If I "want things to be better," it is "my" wanting.
The ways I express my wanting, what I do about my wanting, with ease or dis-ease, are my choices.
My experiences are the feedback from my choices, my doings, my perceptions.
My experience is, to a large extent, my creation.

Even if this realization leads to peace, freedom, wholeness—at present, this is too much to accept for all but the most advanced.

—*From* **Notes from an Esalen Director's Handbook** *by Julian Silverman with Wendy Ovaitt (in press)*

CHILDHOOD AND OLD AGE

Cynthia Scott

The following represents a fantasy for program evolution at Esalen. It focuses on the integration of the "whole family" approach, including children and elders in the ongoing program design.

Historically the human potential movement has focused on people in their mid years, twenties to fifties. On either side spreads the psychic abyss of the non-people—the children, teens and elders who comprise a healthy proportion of our society.

There is need for serious re-thinking of our approach as a society to the needs of these groupings. We, as a culture, have paid little attention to the two major events that herald the inaguration and cessation of these developmental times: birth and death. Traditionally we have approached these states with trepidation and fear. The societal mechanism that we have evolved to contain these events, the hospital, has proven lacking in the provision of compassionate care for these times of transition. The family unit has, in many instances, lost its control of these times, surrounded by medical mystic and malpractice necessity.

The next step in our evolution seems to be a refocusing of energy on the two ends of our human continuum and creating some new models and rituals for these times.

This is occurring simultaneously at both ends of the spectrum as can be seen in the increasing interest in Leboyer style non-violent birthing and Hospice approach to terminal illness. Both of these approaches contain a similar focus on increased sensitivity to the person, with their interpersonal and spiritual needs highlighted. We are beginning to see that the process of birthing and dying are intimately intertwined and require structures of similar sensitivity to facilitate the important transitions these events demarcate.

(Continued on page 37)

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November 17–19

Movement / Miller p 21
Feeling / Zuckerman p 21
Presence / Surpin p 21

November 19–24

No five day workshops.

November 24–26

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November 26–December 1

Perception / Salver & Brooks p 22
Re-parenting / Fiore & Kent p 22
Dying / Walmsley & Kirby p 22
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December

December 1–3

Moving / gabrielle p 22
Consciousness / Jaynes p 22
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December 3–8

Sexual Energy / gabrielle p 23
Birth, Sex & Death / Grof p 23
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December 10–15

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Sexuality / Lindsay p 25
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December 10–22

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December 15–17

Awareness / Nadeau p 25
Loving / Shankman p 25
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December 17–22

Movement, Music / Nash p 25
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Self-Acceptance / Schiffman p 25

December 22–24

Let Go / Fuller p 26
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Inner Self / Butler p 26

December 22–29

Birth of the Sun / Rebillot p 26

December 24–29

Celebration / Fuller p 28
Yoga, Massage / Medow p 28
Birth of the Sun / Rebillot p 28

December 24–January 12

Gestalt Synergy / Rubenfeld p 27

December 29–31

Bioenergetics, Gestalt / Schwartz p 28
New Year's Workshop / Downing p 28
Sensuality / Clemans p 28

December 31–January 5

Bioenergy, Gestalt / Schwartz p 29
New Year's Workshop / Downing p 29
Gestalt / Price p 29

January

January 5–7

Aikido / Heckler, Leonard, Palmer p 29
Self / Dingman p 29
Nurse Healing / Kirby p 29

January 7–12

Living Tao / Huang p 29
Sexual Experience / Grof p 29
Feeling / Zuckerman p 29

January 12–14

Dance, Trance / Miller p 29
Experiencing Esalen p 29
Running / Spino p 29
Self-Acceptance / Schiffman p 29

January 14–19

Myth / Campbell p 31
Live Better Longer / Lindsay p 31
Gestalt / Price & Bearne p 31
Integrity / Schiffman p 31

January 19–21

Black Dance / Nash p 31
Your Act / Lunney p 31
Lawyers / Humanistic Law Institute p 31
Mind & Body / Murphy & Hickman p 31

January 21–26

Radix Neo-Reichian / Sercarz p 32
Authority / Silverman p 32
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January 26–28

Awareness / Nadeau p 32
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More / Butler p 32
Couples / Schiffman p 32

ESALEN PROGRAMS

Stones at the Yuba River: photo courtesy Jack Kidder

October 1–27

Mind & Body: Techniques of Exploration and Transformation / Stanislav Grof, Christina Grof & Rick Tarnas

A four-week interdisciplinary program for professionals and students in the areas of psychiatry, psychology, general medicine, and philosophy. This workshop will focus on various ancient and modern approaches to body-mind exploration with the aim of developing holistic understanding. We will explore the following areas:

Ancient Systems Suggesting Unity of Mind & Body

We will review the historical material on supernormal physical feats, body transformation, and "mind-over-body" phenomena and compare these with some striking contemporary observations. Shamanic techniques of altering consciousness will be explored theoretically and experientially. We will also examine astrology, the system of Chinese philosophy and medicine, acupuncture, tai chi, shiatsu and aikido.

Modern Experiential Techniques of Psychosomatic Exploration

The approaches that will be examined in this context involve rolfing, feldenkrais, the Alexander method, neo-Reichian techniques, polarity and Esalen massage, gestalt, encounter, psychosynthesis, and Dora Kalff's sandplay. In a series of slide-illustrated discussions we will focus on LSD psychotherapy and the applications of psychedelic research for the understanding of body-mind relations.

Holistic Trends in Contemporary Medicine

We will focus on biofeedback techniques and voluntary control of internal states, Kundalini research, comprehensive work with cancer, and new approaches to birth and death. A special session will be dedicated to a discussion of modern physics as a basis for holistic medicine.

Self-Exploration and Group Process

Esalen staff and guest leaders will act as facilitators for an on-going process of intra-psychic and interpersonal exploration throughout the workshop.

The program is limited to 30 participants selected from applicants. The fee is $1150 including room and board. Some working scholarships are available for students on the basis of need. Scholarship forms can be obtained from Esalen Institute. If you wish to enroll in the workshop, send a letter of biographical information to: Mind and Body, Esalen Institute, Big Sur, California 93920.

Faculty:

Angeles Arrien
Cecil Burney, PhD
Daniel Bianchetta
Fritjof Capra, PhD
Ed Dreesen
Christina Grof
Stanislav Grof, MD
Robert Hand
Jim Hickman, PhD
Polly Kirby, RN
Janet Lederman
Bill Liles
Ralph Metzner, PhD
Ajit Mookerjee
Dulce Murphy
Michael Murphy
Mary Payne
Christina Price
Richard Price
Lee Sannella, MD
Leni Schwartz, PhD
Beverly Silverman
Julian Silverman, PhD
Rick Tarnas, PhD

Week of October 1-6

Awareness & Freedom Through Movement & Dance
Feldenkrais Method & Dance
Ruth Alon & Nitza Broide Miller

This workshop is for people who are willing to expand their patterns of movement and dance for improving their feeling of well being in body and spirit.

The group will experience many feldenkrais processes that are like the grammar of spontaneity. In meditative exploration through various options, you will have an opportunity to restore organic motions, coordination and grace.

A natural flow of motion will facilitate relaxation and images. Through effortless movement and dance we'll let our images be restored and create a dance, allowing our body to free itself gently from old patterns. We'll learn to release tensions through movement and change postures that were created as a result of inhibited expressions within our environment.

We'll relearn the natural fluency, reviewing the primal evolution of the developing baby — enjoying its body sensations and pleasures, and its relationships to others through dance. $270

Take a Second Look at Yourself / Janet Sachson Zuckerman

We will focus on taking a good look at what is going on behind the masks we wear and what is underneath the expressions we put on our faces to confront the world. "Who are you?" and "Who do you pretend to be?" are the polarities we will be working with. Every one of us has a great deal of unused potential and I see the group experience as a safe place to begin to tap into this energy. This week will be entirely experiential using mirrors, gestalt, soft-encounter, and sensory awareness. $270

Massage Intensive / The Esalen Massage Crew

The members of the massage crew, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of ourselves.

The group meets daily in the mineral baths. $270

Weekend of October 6-8

Awakening the Magician Within / Emmett Miller

Whether or not we have as yet learned it, there is a magician within each of us. His magic wand is belief. If we believe we are sick, we are sick; if we believe we are afraid, we are afraid; if we believe we are stuck, we are stuck. But all coins, even magic ones, have two sides. If we believe we are growing stronger every day, we are; if we believe we are free, we discover freedom all around us, if we believe in our creativity, our problems can joyfully solve themselves. In this seminar we will investigate and discover what truth there is in each of these statements for us, individually. Our explorations will be experiential, using techniques of deep relaxation, visualization, movement and selective awareness. As we learn to tap the wellsprings of our belief systems we will begin to write our own movie — and to deprogram negative future expectations. $110

Recent Developments in Nurse Healing Practices
Donald Lindsay, MD & Polly Kirby, RN

This workshop gives an overview of recent developments in non-traditional methods of holistic healing, presenting alternative methods to the practicing nurse. Using experiential methods the nurse explores herself as healer, discovering her preferences and potential for healing. Various healing models will be discussed including the present scientific medical model. Concepts of health and disease will be developed within their historical and conceptual contexts demonstrating differences, similarities and limitations. Nurses earn 10 continuing education units. $110

Introduction to Gestalt Practice / Joan Fiore

After introducing the "language" of gestalt and various gestalt experiments in breath, body, and feeling awareness, this workshop concentrates on providing the opportunity for intensive individual gestalt work in a supportive group setting. Suitable for novices as well as veterans. $110

A Chinese bronze, the man seen as a child being protected from evil forces by his totem animal, the tiger

Week of October 8-13

Opening the Feelings: A Neo-Reichian Radix Workshop
Dale Cummings, Siri Mishler & Ellen Jacobs

For workshop description see page 23. $300

Symbols in Personal Growth
Ralph Metzner & Angie Arrien

This seminar is an intensive experiential study of symbols as tools of personal growth. Symbols can expand one's perception of self and others, increase insight and stimulate new areas of self-expression and creativity. We will consider a variety of symbols: psychologically, as archetypes of individuation, and cross-culturally, as universal constants. The symbols to be studied and experienced include: sun and moon, trees, flowers, circles/wheels/mandalas, totem animals, light and fire, the elements, sacred mountains, the body and its parts, the journey/path, and others. Some of the sources of symbolism that we will draw on are astrology, alchemy, the tarot, mythology and folklore of all cultures. Special attention will be given to the uses and significance of symbols in dreams, art and the helping professions. Special symbolic creative projects will be part of the seminar. $270

Gestalt Intensive / Joan Fiore & Jeffrey Kent

This workshop provides the time, the space, the license, the opportunity to move forward at your own pace along your own path—from dis-ease to ease, from fragmented to whole, from self-discounting to self-validating, from role-playing to authentic self-expression, from helpless victim of, to active participant in, your personal destiny—or from wherever you happen to be coming to wherever you're growing. You might explore your dreams, your tensions, your madness or your options; take room to breathe or to explode, soak in nurture or exorcise demons, finish past unfinished business or examine present concerns. First priority is on intensive individual work in a supportive group setting. There are also opportunities to experiment with the quality of interpersonal contact through group interactions. $270

Weekend of October 13-15

Dance of Shiva / Gabrielle Roth

Each gesture is from
our own nature
born
spontaneous
beyond form
beyond purpose
being moved by
life
we are divinity dancing.

This weekend is being created for you to experience that part of yourself that wants to live deeply and fully. Be prepared for vigorous, intensive sessions of movement alternating with periods of deep meditation. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Inner Love / Simone Surpin

In each of us exists a place where we can merge in and with a certain kind of love: a love that is the source of our inner being; a love that is not dependent on something outside of itself for sustenance; a love that renews itself and clears our vision of ourselves and of others.

As purely and as simply as possible, we will attempt to explore and experience this state; to touch these experiences with our minds and share them outside ourselves.

We will meditate, chant, do gentle body work practices, and learn about energy flows. Each session will be a blend of both didactic and experiential work. Some time will also be taken for silent walks together in the country. $110

Week of October 15-20

God, Sexual Energy & Your Body / Gabrielle Roth

"When sex comes from the physical center, it is a necessity. When it comes from the mental center, it is a fantasy. When sex comes from the heart center, it is a deep, total, and profound experience of our own divinity. Sex is meaningless without the heart."

The purpose of this workshop is to heal the separation between our divinity and our sexuality as it exists in our consciousness, attitudes, and actions. This week will include breathing, movement, music, sound, and massage meditation. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. Gabrielle will support us in going within ourselves to rediscover the magnitude of our own heart energy, thus infusing our sexuality, and our entire life experience, with depth and purpose. $270

Five Days with Jack Rosenberg

My current focus is on enjoying life to the fullest and bringing the clearest expression of my self to each moment. Many people describe what I do as gestalt body work with a transpersonal bend.

During the workshop we will cover many aspects of my energetic approach to sexuality as well as working with the body energy field and the belief system which keeps us locked in obsolete behavior patterns. Where you are is where we will start. $270

Gestalt Practice: Dream Work
Richard & Christine Price & the Esalen Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustable.
—Lao Tzu c. 2500 BC

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "Leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure, or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelley); *Meditation: The Art of Ecstasy* (Bhagwan Rajneesh). $270

Weekend of October 20-22

Astrology: A Map of the Psyche / Robert Hand

Carl Jung once stated that astrology contained within its teachings the sum total of the psychological knowledge of the ancients. The point of this workshop will be to show the validity of this statement expressed in modern terms.

Many people have tried to make astrology fit into various systems of modern psychology. Here we will explore the extent to which astrology is, in itself, a complete system of psychology, which makes its own statements about human nature, and which suggests rather surprising consequences for ideas of human life and behavior.

Little or no previous knowledge of astrology will be required in this workshop. We will be concerned largely with the symbolism and its psychological import, not especially with the techniques of horoscope analysis. Any material of a technical nature that is needed in the workshop will be introduced as we go along. $110

Experiencing the Joy of Your Inner Self / Michael Butler

Within each of us is an untapped seed of emotional and spiritual energy which can be the source of great joy and love in our life—our own "inner self". All of us have moments in touch with it, and those are times when we are especially aware of our own beauty and strength. This workshop will teach ways to discover and nurture this loving center of yourself.

The methods of opening used are gentle, yet go deep—music and chanting to open the heart, gentle physical exercises, sharing our experiences with each other, meditation. We will study ways to grow through regular meditation, and participants will be taught a simple, natural way of meditating to continue the process of opening at home.

The workshop is appropriate both for those with group experience as well as for beginners. $110

Exploring Self-Acceptance / David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $110

A Mayan "laughing" dancer evokes both youth and age.

Week of October 22 - 27

Be Your Own Author-ity / Beverly Silverman

Be the author of your own life. You don't have to live someone else's plot. Life is a continuous process and we can make our path smoother. The style of contact we use will be gestalt and psychosynthesis and anything else that works. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Personal Integrity / Exploring Self Esteem
David Schiffman

In this workshop we will join together to build a community whose foundation is trust, good will and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength and self-respect. Our task together will be to discover how best to express these qualities both in and out of the workshop. We will explore the boundaries of our emotional, physical and mental potentials and how they effect our sexuality, our relation to power, our friendships, our creativity, and our expectations of ourselves and of others.

To this end we will employ a variety of focuses including music, movement, meditation, guided fantasy, as well as intensive individual work using bio-energetic, gestalt, and psychosynthetic techniques.

Our emphasis will be on discovering and affirming the qualities each person values most inside him or her self and in sensing whether it is worth taking the risk to share these qualities with others. $270

Traditional respect for the ageing in the East leads to perceptive drawings such as this one by Hokusai

Weekend of October 27 - 29

Sport & the Human Potential / Michael Murphy, Bob Kriegel & Al Lewis

Sport often evokes levels of consciousness and performance that go far beyond our ordinary everyday experience. These extraordinary athletic experiences have given many people glimpses of a larger aspect of mind or self. The three leaders of this seminar have been exploring this aspect of sport. Bob Kriegel is the author of the bestselling *Inner Skiing* (with Tim Galway). Al Lewis has translated and studied Russian work with psychic self-regulation. Michael Murphy has been exploring the psychological and spiritual sides of sport and has just finished a book on the subject. They will discuss their own research and introduce the seminar participants to methods of visualization, meditation and self-hypnosis, and to various Russian techniques of self-control that can be applied to sports in general. Bob Kriegel will also lead "inner game" sessions that he and Tim Galway have developed which have direct application to everyday life. $110

Family Circles / Paul Rebillot

Family Circles is a process that provides a ritual setting to help counter and destroy negative programs subconsciously operating in our lives and replace them with positive, supportive experiences.

During the workshop you will be able to protest and feel your full power against all the "you can'ts" and "no's" you were taught as a child. With the support of the group you will have an opportunity to "beat down" the negative images that hold you back and plant in their place new affirmations of yourself that will support your expansion. $110

Week of October 29 - November 3

Thinking Body / Moving Mind
Betty Fuller & Milton Trager

A workshop to rehabilitate the safety valves of bodymind to reduce stress, dissolve barriers to full self-expression, reprogram for high energy affirmative living and get the juices flowing again. This age-reversing process includes Trager psychophysical integration and mentastics (dance like "exercises") and feldenkrais and gestalt awareness training, rolf-nolte alignment patterns, massage, meditation, music, and dancing, dancing, dancing! $270

A Psychic Training Program / Anne & Jim Armstrong

This workshop is open to professionals and others interested in learning to recognize and use their own Psi abilities. Anne and Jim will use exercises and training techniques to accomplish this goal. During the training exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only to learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $270

The Hero's Journey / Paul Rebillot

The Hero's Journey is a dynamic form designed to facilitate people through life changes. Your world is viewed through the lens of fantasy, dramatized and experienced in a rite of passage based on a universal ritual used to celebrate this metamorphisis: the myth of the hero.

Your hero is structured from the absolute "yes", your demon from the absolute "no" of your personality, externalizing your inner conflict. The two confront each other on The Hero's Journey, a dramatic struggle ensues until a synthesis of the opposing forces is reached. $270

The child as deity: an Olmec "baby" sculpture

Weekend of November 3-5

Let Go / Let Be / Betty Fuller

This workshop will include physical and mental stress reduction exercises, guided imagery, simple meditations and body methods such as feldenkrais, Trager and massage. For each approach, methods for daily practice and individual follow up will be presented. The workshop schedule allows time for rest and relaxation at the baths. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Tantra Art: A Talk Illustrated by Slides / Adjit Mookerjee

Tantra developed a system of thought and practice to help us see the universe as if it were within ourselves and ourselves within the universe. This belief in cosmic order led the tantric artist to make himself a part of the mystery, to live in it as well as with it. In this spiritual process, a new sign language symbolizing the man/universe relation was discovered and used. Thus the method of yoga assumed a great importance in art; tantric art itself can be considered as one of the essential forms of yoga.

Seeing, knowing, discovering, enjoying—if these faculties, according to tantra, are to be realized, certain external practices are imperative. The tantric artist realized that these practices are necessary because they open up a new understanding of the forces at work in the universe in which we live. Tantra-yoga art attempted to interpret through art not a world of proximate visual appearance, but the world beyond. That is why tantra-yoga art seems to have such relevance for contemporary art. $110

Group Counseling: The Existential Model / Galvin Jackson

The existential model is based on a philosophical rather than a psychological view of man. Each person is seen as existing with no "givens" and his/her task is to define himself/herself through his/her creations (actions).

Each group member makes statements about himself or herself through interfacing with others as authentically as possible. The leader will return consistently to the existent moment, will reflect both feelings and ideas, will link, clarify, make risk-taking statements which center risk in himself and constantly share himself with group members.

The group leader will make frequent use of confrontation, but will not attack. He attempts to help members clarify alternatives which pave the way for action choices outside the group. He uses interaction methods to generate immediate, productive experiences for group members.

The group members' goals are to clarify self-definitions to expand potentials and to extend abilities to sustain intimacy. $110

Experiencing Esalen

Experiencing Esalen Staff

Coordinated by Janet Sachson Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificance of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *Anger and the Rocking Chair* (Lederman).

SCHEDULE:

October 13–15	$100
October 22–27	$240
November 3–5	$100
November 5–10	$240
December 17–22	$240
December 22–24	$100
January 12–14	$100

Week of November 5-10

Moving Together Naturally
Jasmine Nash & Phyllis Shankman

We are two unique women that come from opposite sides of the track. Our intention is to merge our energies with yours by moving together to create a pleasurable, intensely nourishing, and very possibly downright outrageous experience. This workshop will also include gestalt, visualizations and meditation. Bring clothes and accessories to play dress-up and musical things to make music. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Massage Intensive / The Esalen Massage Crew

For workshop description see October 1–6. $270

Loving / Stella Resnick

A little bit of loving goes a long way. Loving is a five-day workshop designed to focus on self-love, pleasuring, and cultivating fulfilling relationships. We will deal with such issues as intimacy, jealousy, communication, sensuality, sexuality, pleasure, and play. Loving includes gestalt, communication processes, meditation on the body, guided fantasy, massage, movement, and breathing exercises. Come with a partner or alone and be prepared to have a good time. $270 per person

Weekend of November 10-12

States of Awareness, Shifts of Identity / Robert Nadeau

Who are we *really?*

On a "bad day" we approach life feeling anxious, incompetent, unloved, unloving—basically negative and small. At other times we're like a different person—calm, squared away, loving, open. And then there are those extraordinary moments of opening to larger, finer dimensions where we *experience* the oneness, the totality of our philosophies.

These are shifts of identity, and the shifting process is a natural one. But most of us stumble from identity to identity, getting "stuck" in smaller states and only rarely touching finer ones.

In this workshop we'll experience the shifting process and learn to apply it to our jobs, our relationships, the ordinary and extraordinary times in our lives. We'll use meditation, imagery, centering, and body movement. $110

I'm Entitled! / George & Judith Brown

This workshop *teaches the process* of owning what each of us has available in both our inner world and in our outer world, and appreciating the ways we interrupt our own natural growth and personal and interpersonal development. Then we can recognize what is and what isn't and what could (not "should") be and relish the choices, challenges, adventures, and peace to which we are all entitled. Suitable for couples or individuals. Limited to 20.
$110 per person

Weekend of November 10-12, continued

Humanistic Medicine / Leo Matos

Humanistic medicine is an approach to the art and science of medicine where body and mind are seen in the holistic context of collaboration between doctor and patient. Here the participants will learn methods from humanistic and transpersonal psychology to enable the patient to experience the full potential of health—not just with the symptoms of disease, but with the body as a whole, and with the feelings and the mind. The participants of this workshop will have the opportunity to integrate new skills in their own practices and to enhance their own lives.

This workshop is especially recommended for physicians, nurses, medical students and all in the health care professions. $110

Getting Your Act Together / Nancy Lunney

In this workshop we will explore the relationship between who we are and who we would like to be. We will use gestalt and guided fantasy to contact our inner selves. In a non-judgmental, supportive atmosphere we will experiment with music, drawing and theater games to open up and to express our natural creativity. No special talent or previous group experience is required to begin "getting your act together."
$110

Week of November 12-17

Opening the Feelings: A Neo-Reichian Radix Workshop
Merri (Deverani) Goldenson, Clair Killen, David Silverstein

For workshop description see page 23. $300

The Language of Dreams / Leo Matos

This is an experiential seminar on different approaches to dreaming and psychological work with dreams. The emphasis in the seminar will be on cross-cultural comparison of the use of dreams; typical Occidental approaches such as Sigmund Freud's psychoanalysis, C G Jung's analytical psychology, and Fritz Perl's gestalt practice will be complemented by the techniques used by the Senoi in Malaysia, North American Indians and by Tantric tradition in Tibetan Buddhism. Participants will have the opportunity to learn how they can use dream work for enhancing their lives. $270

Gestalt, Psychosynthesis & Encounter: An Experiential Workshop / Beverly Silverman & Lona Gorges-Siebel

We will work with basic, simple concepts and techniques. The emphasis is on the integral relationship between individual process and group process. My concern is with developing a way of being in which one's senses are open and one's style of contacting others is flexible. $270

Fear, Panic & Vulnerability to Crisis / Donald Lindsay, MD

This course is a study of action in panic or fearful situations. It demonstrates the student's vulnerability to crisis. The workshop explores the effectiveness of the student's personal fear reaction patterns and the student's ability to recognize the innate patterns of patients and others involved in a crisis. Nurses will earn 30 hours continuing education credit. $270

A Romanesque capital

November 12—December 8

An Integrative Approach to Group Process & Individual Growth (A four week internship in energetic studies for personal & professional growth) / David Schiffman, Gabrielle Roth, Alan Schwartz & the Esalen Staff

Over the years Esalen has functioned as a major clearing house for a wide variety of approaches and means for facilitating personal evolution and expression. One's journey could begin with any realm—mental, physical, emotional, or transpersonal—each path serving to create a wealth of information and energetic access.

What are the common experiential and conceptual threads that underlie each of these paths? How can these threads of experience be best woven together to create a fabric whose qualities are simultaneously exquisite in their delicacy while still remaining strong enough to sustain the wear and tear of worldly existence? And how best might this very personal process of self-discovery and integration be taught and shared with others?

The exploration and resolution of these and other basic questions pertaining to the process of change and growth will serve as the basis of our work together during this month long institute program.

During the month each participant will have the opportunity to clarify and develop his/her own ability, style, and artfulness both as individual guide and group facilitator, as well as to do in-depth personal work and training in gestalt practice, body work, psychosynthetic techniques, and the meditative arts.

The program will be structured to include: intensive individual work, supervised observations, practicum work in group leading and individual counseling skills, video feedback, illustrated lectures and didactic theoretical sessions. The emphasis throughout will be on creating a personally integrated perspective linking human potential practices with traditional psychological and counseling modalities.

Curriculum

The curriculum will be divided into seminars, individual observation-supervision sessions, and group sessions. Seminars will consist of conceptual presentations, guided exercises and discussions done by core as well as visiting faculty.

Observation and supervision sessions will involve individual counseling among group members with supervision by core faculty. Included in these will be video replays and discussions pertinent to the work being done.

Group sessions will provide the participants with the opportunity to do in-depth work on their own process with core faculty as well as to explore practical applications of material presented in seminars. In addition a major portion of the last week will be used for polishing leadership skills with each person in the group being given the opportunity to lead. Video feedback will again be employed. Some of the major areas and practices to be explored during this program include:

A The Energetic Foreground Concept

Beginning from the assumption that the human body is a metaphor which holds and reflects how we have been shaped by past experience and habits, we will explore these patterns and their possible transcendence.

Working with the energetic foreground concept, a process which synthesizes the philosophies of gestalt and bioenergetics, we will investigate the organismic use of the energy flow that creates the potential for the whole person. Particular emphasis will be placed on the removal of blocks which restrict the expression of the body.

B Gestalt Practice

The emphasis in this phase of our work together will be in creating a stance to facilitation which is non-analytic, non-coercive, and non-judgmental. We'll focus on the use of the awareness continuum, the nature of the impasse, contact and boundaries, ways of visualization and meditation and the development of leadership skills which reflect clarity and flow from whatever emerges in process.

C Psychosynthetic Methods

Using the over-arching perspective created by psychosynthesis we'll examine reference points and specific experiences which include discerning different levels of the unconscious, basic personality organization, choice and the development of will, resolving inner conflicts, reflective and receptive meditation, dis-identification and self-identification, the use of ideal models, the nature of purpose, developing desired qualities, aligning with the transpersonal, guided imagery, and music.

D The Moving Center Approach

The moving center work focuses on the human body—how to discover it, tune it, move it and celebrate it. All moving center tools, whether music, movement, or meditation, are designed to harmonize the mental, emotional, and physical energies into a grounded foundation for experiencing and communicating our uniqueness and creativity. The work will focus on the nature of inspiration, safety and intimacy.

E The Psycho-dynamics of Group Structure

Drawing on techniques based primarily in encounter we'll look into the formation of the group, ascertaining its energy field, the stages of group evolution, inclusion, power and affection, grounding cathartic experience in the group context, as well as examining the differences and effects of counseling, teaching and encounter modalities.

The program is designed both for professionals and students and those interested in the fields of psychiatry, psychology, religion, education, and philosophy. A few partial scholarships are available for this program. For scholarship applications write Esalen Institute, Big Sur, CA 93920. The program will have an enrollment limited to eighteen people. $1150 Deposit: $400

The Esalen Work-Study Program

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our selves primarily in relation to others; we lose touch with our essence.

From this perspective, we offer an opportunity to return to our Selves within the working context of the Esalen community. Our faculty for this program is our environment—staff—community.

Learning/dis-covering the use of your own energy in work . . .
For your SELF.
Living together (close to others) operatively and co-operatively in a unique, high intensity environment.
Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.
An opportunity for:
SELF-regulation
SELF-examination
SELF-contemplation
and if you choose
SELF-reevaluation
Facilitated by removal from your ordinary living context.

Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duries, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. (Flexibility is one of the watchwords of life at Esalen). The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program (emotionally and physically) and only rarely is it restful. There will be a coming together in the evenings to share—contact—play/alone-together.

Accommodations are shared. The program lasts 28 days; four weeks and four weekends at a basic cost of $350. Depending on your work schedule, weekend workshops may be available for an additional fee. Professional services such as massage and rolfing are available at staff rates. Arrangements are made through the office.

It is possible to be in the work-study program up to three months, by invitation, after the first month.

Available dates:

September 10—October 8; October 8—November 5; November 5—December 3; December 3—31; December 31—January 28; January 28—February 25; February 25—March 25; March 25—April 22.

If interested, please apply as early as possible to Work-Study program, Esalen Institute, Big Sur, CA 93920. Only a limited number of applicants are accepted. Scholarships are not available for the Work-Study program.

Application to the Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____ City _____

State _____ ZIP _____ Age _____ Your occupation _____

Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st _____ to _____

2nd _____ to _____

3rd _____ to _____

Have you been to Esalen workshops? Please list program titles and dates, if any. _____

_____

_____

In the space below, please make a personal statement about your interest in the Work-Study program, and any skills available.

_____

_____

Please return this application with a deposit of $150 to Work-Study Program, Esalen Institute, Big Sur, CA 93920. Your deposit will hold a place for you if there is space during the dates you request. If there is no space, we will refund your deposit or hold it for the next available space of your choice. If your deposit is accepted and you cancel more than two weeks before the start of the program, we will hold your deposit in suspense for one year for your future use at Esalen. If you cancel less than two weeks before the program begins, your deposit is forfeited.

(Continued from page 7)

or make grow"—and the English forms, "is" and "am," have evolved from the same root as the Sanskrit *asmi*—"to breathe." Of course, we are no longer conscious that the concept of being is generated from a metaphor about growing and breathing. We simply can't get away from metaphors.

Keen: When did consciousness begin?

Jaynes: If we accept the proposition that consciousness is based on linguistic analogy, then the problem of when it first occurred is brought down to size. It had to be some time after the evolution of language. In my view, language evolved very late, approximately from 100,000 BC up to 10,000 BC, and that means that consciousness began sometime from 10,000 BC up to the present. We can gather evidence about the origins of consciousness by examining the earliest writings—which began around 3000 BC. Before 1000 BC they do not show any trace of an interior mind-space in which a person could imagine himself doing things or having dialogues with the self the way you and I do.

Keen: Let's get back to language and consciousness.

Jaynes: The earliest written languages we know of are in hieroglyphics or cuneiform, and these are difficult to translate unless they are very concrete. But when we come to ancient Greek and the *Iliad*, we have early writing we can translate with some accuracy.

The remarkable thing about the *Iliad* is that in general people are not conscious. They don't sit down and decide to have a Trojan war. They don't plan strategy. It is quite obvious that there are two kinds of beings that figure in the *Iliad:* there are people like Achilles, and there are a group of beings called gods. Who and what are they? The gods come into the story whenever there is a new decision to be reached. As soon as there is a novel situation to be dealt with, someone hears a voice or sees a god who tells him what to do.

For instance, when Agamemnon takes away Achilles's girl friend, Achilles takes out his sword and starts to go at Agamemnon. Suddenly the goddess Athena twists him around and tells him no. And then, in grief, Achilles goes down to the beach and hallucinates another goddess, Thetis, who consoles him and tells him something else to do.

These auditory and visual hallucinations, occurring whenever a novel situation arose, show us the structure of the bicameral mind. Achilles, like all bicameral people, had a split mind. One part, the executive or god part, stored up all admonitory experience and fitted things into a pattern and told the follower or person part what to do through an auditory hallucination.

Keen: Are you suggesting that all ancient peoples were schizophrenic?

Jaynes: In a way, yes. You could say that before the second millennium BC, everybody was schizophrenic. Look what happens in schizophrenia. We hear voices impelling us to do something, or criticizing us. We lose our boundaries. We become automatons. Time crumbles and our mental space vanishes. These are all characteristics of the bicameral mind.

The problem of schizophrenia is complex. There is the question of diagnosis and the degree to which it is genetically determined by the lack of an enzyme which prevents the biochemical products of stress from being excreted. But let's leave these problems aside for the moment. The modern schizophrenic relapses into the bicameral mind but struggles to get back into consciousness. He is between worlds

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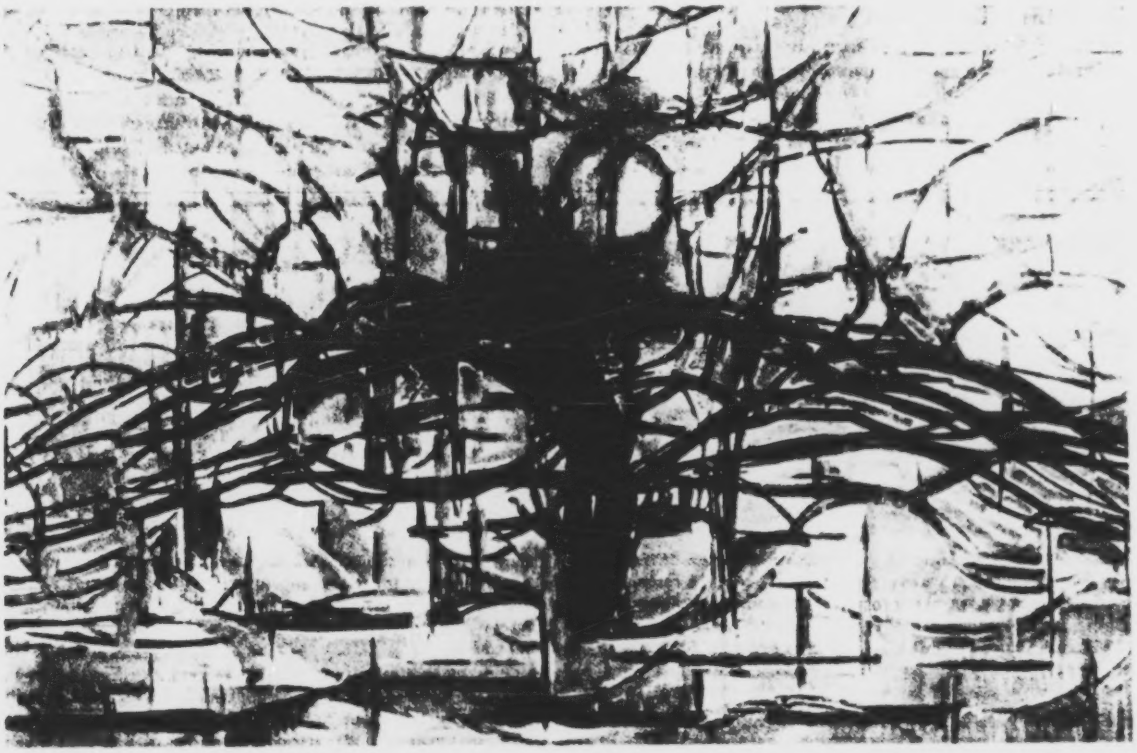


(Continued from page 19)

and has lost the capacity to be comfortable either in consciousness or in schizophrenia. The bicameral person fitted perfectly into a bicameral kingdom. He never learned anything different. The bicameral person was an absolutely social individual, whereas the modern schizophrenic, having learned consciousness and being habituated to using introspection to find "himself," is cut off from both the self and society.

Keen: Nobody would deny that there were some bicameral or schizophrenic persons in ancient civilizations. Or even that shamans and priests encouraged hallucinated voices as a means of exercising social control. Why shouldn't we assume that the Marxist critique is correct: a mystical, or perhaps purely Machiavellian, elite controlled the theocratic structure and used the "fiction" of the voices of gods as means of maintaining power and control?

Jaynes: That is a very modern way of viewing things. Just because the voices function as a social control doesn't mean they can be reduced to that. Let's take a specific example: the Oracle at Delphi. There is no evidence that the priestess was used by an elite to keep everybody in line. To the contrary. In Plutarch's day, she was the daughter of a poor farmer, and even kings went to the oracles for advice. Even Plato had tremendous reverence for the Oracle, and he was a cynical man. If there was trickery, he would have smelled it out.

You have to realize that there wasn't much trickery in the bicameral world. Duplicity requires consciousness, and planning. When you hear of a trick, in ancient literature, like the Trojan horse, it is almost laughably naive. Who would ever be deceived by a big wooden horse being given by one's enemies? But that is about the level of trickery that anybody could use before 1000 BC. The data just doesn't support the Marxist critique.

You ask how I know that everybody was hallucinating? In most of these civilizations, everybody had his own personal god. In the Neolithic site uncovered at Catalhuyuk, in Turkey, dating from at least 6000 BC, almost every house had four or five rooms nestled around a god's room, which contained idols and statues of stone. To me, by definition, these little statues or idols were the gods that cued hallucinations that told people what to do.

Keen: Why did consciousness develop? What were the events leading to the breakdown of the bicameral mind?

Jaynes: Many factors. Catastrophes, too much chaos and novelty. Sometime around 1470 BC the volcano on the island of Thera, or Santorini, erupted. A major part of Crete was suddenly under 1,000 feet of water. The air shock waves have been estimated as 350 times more powerful than a hydrogen bomb. A tidal wave 700 feet high, traveling at 350 miles per hour, smashed into the coasts of the bicameral kingdoms along the Aegean. In a single day, whole populations were destroyed or became refugees. This started a series of migrations and a huge game of musical chairs, with peoples all around the Near East intermeshing.

This, plus the fact that writing and trading had already weakened the authority of the auditory hallucinations, led to the breakdown of the bicameral mind. People couldn't get the right directives from their voices. Ripped out of the context in the larger hierarchical group where neither habit nor the bicameral voice could support him, the refugee was forced into consciousness. Refugees and conquered people had to learn deceit to survive. They had to learn to be one thing on the inside and another on the outside, and that requires the development of imagination and the Analog I. These primitive operations of consciousness probably began in Assyria and were developed very speedily in a more intellectual way in Greece from 900 BC to 600 BC. This was about the same time the Hebrews were also beginning to move out of a bicameral period and were lamenting the lost voice of Yahweh.

Keen: Were the brains of bicameral people different from those of modern people with subjective consciousness? Or was consciousness merely a trick we learned, a product of a different kind of social conditioning?

Jaynes: Consciousness is learned on the basis of language and taught to others. It is a cultural invention rather than a biological necessity. However, it does have survival value, since it allows people to deal with stressful and novel situations. So there is a modicum of natural selection at work in the emergence of consciousness. ■

Ways of Being at Esalen

Scholarship Information

If you need scholarship assistance for an Esalen program of five days or longer, write for a scholarship form *before* making a reservation. Allow at least three weeks for processing. If your application is approved, please make a reservation as soon as possible after receiving the notification. No scholarship assistance is available for June 15–August 31 programs or for weekend workshops.

Ongoing Residence Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $960 per 26-day period.

Weekend of November 17-19

Tune Your Body—A Movement Adventure
Nitza Broide Miller

The process of growing up provides us with many experiences—sensations, impulses, desires which express themselves spontaneously. Our body generates energy. We enjoy the pleasures of body movements, the touch, the magic of exploration and the joy of discovery.

At times, this growth process is cut off by rules and taboos or by other obstacles that are hard to conquer. We begin to listen more to the surroundings than to ourselves!

In this workshop we will listen to the excitement of our own rhythms; we'll tune into the internal voice of our body, and to the sensual flow and pleasure in recreating and reconnecting with ourselves. We will learn to let go of unnecessary tension in our body through dynamic relaxation, using imagery and visualization, and through the magic of dance. $110

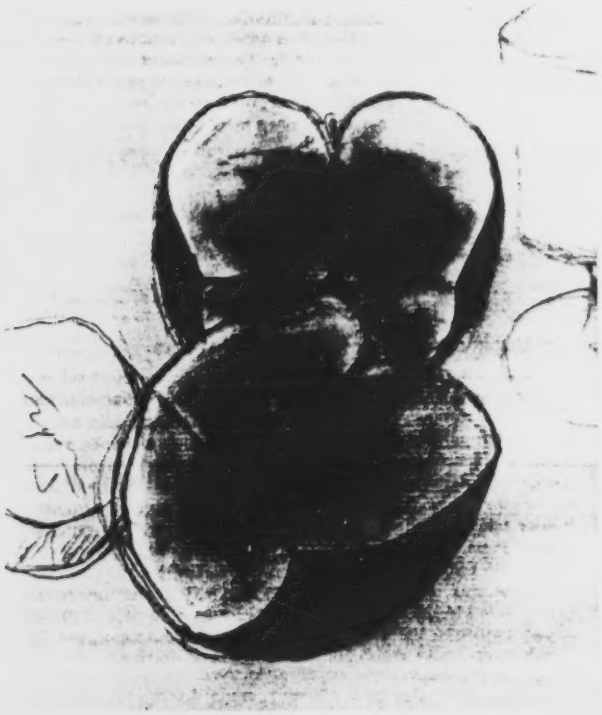
The Feeling Process / Janet Sachson Zuckerman

Some of the steps involved in learning to experience your feeling process in a way that increases your personal effectiveness in the world will be the focus of this workshop. Separating feelings from thoughts —sensitizing your body to your own rhythms and sensations and recognizing that *your* feelings—*your* discoveries are your truth without needing outside validation. The process is then the choice of expression or depression. An experiential workshop. $110

Presence: The Art of Being / Simone Surpin

Being can be seen as that inner source, still and full, from which all action springs. Like the silence that follows on the footsteps of a sound, our being continually is. It is the backdrop for all activity, complete knowledge and love rise from it and rest within it.

We will attend to this state of inner presence this weekend with meditation. We will bridge the inner space to the outer through our hearts with chanting. We will reflect, share experiences, practice gentle bodywork, take walks together and bask in that inner glow that comes from touching the Self. $110



Drawing by Dan Pistorio

Week of November 19-24

Esalen will not hold any five day workshops during this period.

Weekend of November 24-26

The Miracle of Perception / Charlotte Selver & Charles Brooks

On this Thanksgiving weekend we will gather to dig out and celebrate our true and abiding blessings: the inborn faculties of perception, movement, action and expression through which we are able to participate in a feast that is always there, when we discover it and are there for it.

Charlotte brought her first workshop to Esalen fifteen years ago this fall. Now you are invited to share with her and with Charles a study which opens us all to the offerings on the table of life and enables us to distinguish what is really there from what we just talk and fantasize about. $110

Introduction to Gestalt Practice / Joan Fiore

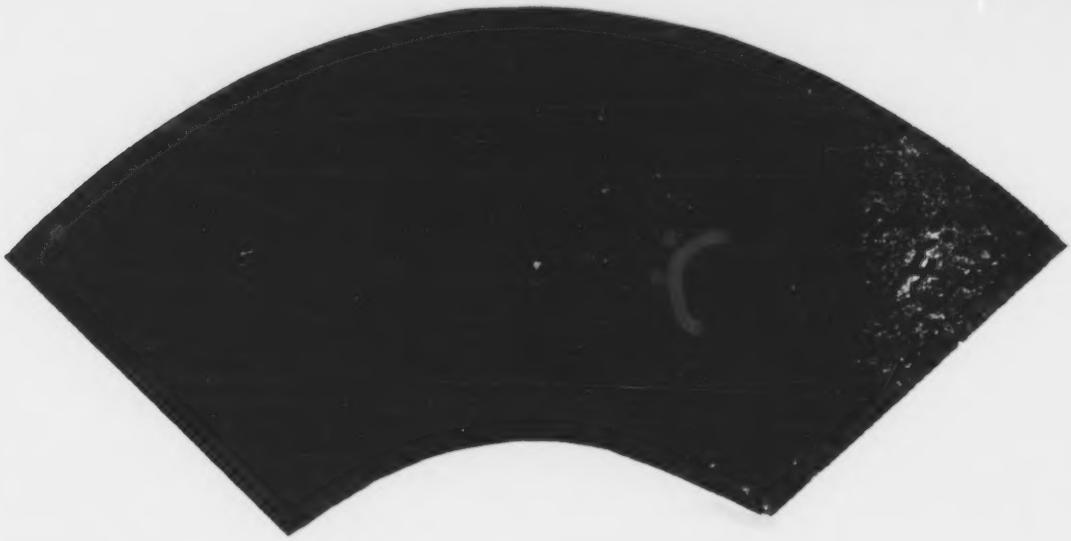
For workshop description see October 6–8. $110

More / Michael Butler

This workshop is to teach ways of tuning into the "more" of what is inside you. The goal is more self awareness, more joy, and more ease in life.

This method of awareness is based on self discovery. We will use a variety of tools which are gentle, yet go deep. There will be music and chanting to open the heart, work with intuition, sharing experiences with each other, and teaching sessions to relate our experiences to everyday life.

We will study meditation as a tool for growth—to overcome blocks and to get in touch with the perfection inside. A form of meditation will be taught which can replenish you day to day and help you increase the "more" of your life. $110



On this fan, an old woman in the guise of a bodhissatva is nurturing an infant

Week of November 26 · December 1

The Miracle of Perception / Charlotte Selver & Charles Brooks

For workshop description see November 24–26. $270

Self Re-parenting / Joan Fiore & Jeffrey Kent

This workshop focuses on finding and opening paths in the present that allow us to re-turn to places in the past where we got stuck. Rather than cutting off these experiences from awareness, we give ourselves a new opportunity to clean up the unfinished business of early life that controls and rips off our aliveness and our power in the here and now. Experiments will progress from re-wombing, re-birthing, and re-infanting to re-adolescing. Modes of exploring are drawn from gestalt practice, neo-Reichian energy release, primal work, family process, guided fantasy, and Fiore re-parenting methods. First priority is on intensive individual work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. $270

Care of the Dying: Traditional vs. Alternative
Star Walmsley, Polly Kirby, RN, Steve Connor & Steve Levine

This workshop will explore alternative ways of dealing with dying patients. The focus will be on the hospises movement and other options open to those seeking a more holistic approach to care of the dying. Participants will become aware of how dying is seen as a potential in awakening the spirituality in the person. Through various holistic approaches as meditation, yoga, gestalt and massage, we will experience how holistic care of the dying involves the physical, mental and spiritual realm. 30 hours of continuing education credit is available to nurses. $270

The Hero's Journey / Paul Rebillot

For workshop description see October 29–November 3. $270

Weekend of December 1 · 3

The Moving Center / gabrielle

The Moving Center method is an intuitive, imaginative, inspirational approach to self-awareness which is grounded in movement and sound experiences designed for every body. This weekend is being created for you to experience that part of yourself that wants to live deeply, fully and creatively. Be prepared for vigorous, intensive sessions of movement alternating with periods of deep meditation. Music by Rafiel.

Each gesture is from
our own nature
born
spontaneous
beyond form
beyond purpose
being moved by
life
we are divinity dancing
a moving center.

$110

The Origin of Consciousness / Julian Jaynes

In this workshop Julian Jaynes will discuss his theories of the origin of consciousness. At one time nature was split into an executive part called a god and a follower part called man. Neither was consciousness. The earliest writing that we can comprehend reveals a different mentality from our own. In the bicameral mind volition, planning, and iniative is organized with no consciousness and then "told" to the individual in his familiar language, sometimes with the visual aura of a friend or authority figure or sometimes simply as a voice alone. The individual obeyed these hallucinated voices because he would not see what to do by himself. Catastrophes that had to be dealt with and increased trade among nations tended to weaken the authority of auditory hallucinations and led to the breakdown of the bicameral mind and the origin of consciousness: the invention of an interior mind space, the "Analog I," which can move around in imagination and do things the body is not actually doing.

For more information on Julian Jaynes's theories, see the Food For Thought section. Recommended reading: Jaynes, *The Origin of Consciousness in the Breakdown of the Bicameral Mind* (Houghton-Mifflin). $110

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

In this workshop we will draw on recent developments in sport physiology, preventive medicine, the mental training of athletes in East Germany and the Soviet Union, Eastern philosophy, yoga, and the martial arts as well as research on bodily transformations at the Esalen Sport Center. We will work with gaits and tempos for running, muscle/skeletal exercises, flexibility exercises, training routines, visualization exercises and meditation techniques. $110

Week of December 3-8

God, Sexual Energy & Your Body / gabrielle

For workshop description see October 15–20. $270

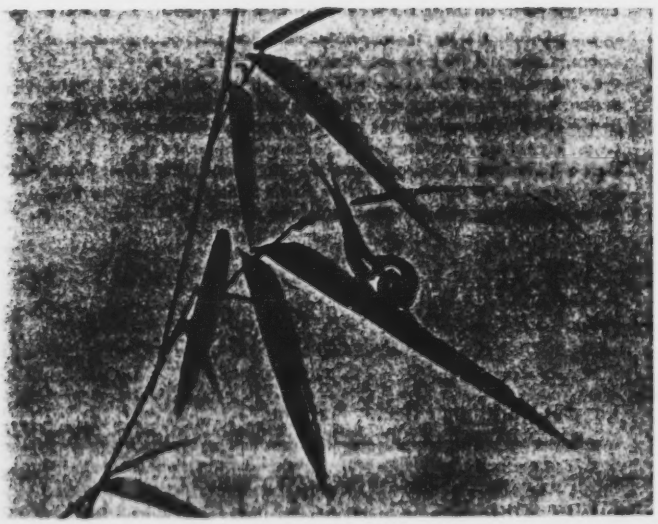
Approaches to Birth, Sex & Death
Stanislav & Christina Grof

In this workshop we will explore the implications of modern consciousness research for the understanding of the three basic aspects of human existence and their mutual interrelations; their significance for mental health and illness. We will focus on such issues as the relevance of the birth trauma for psychiatry and psychotherapy; new understandings of emotional, sexual, and psychosomatic disturbances; the Kundalini syndrome; revolutionary approaches to psychotherapy; and insights into the experience of clinical death. The format of the workshop combines slide illustrated discussions, guided fantasy with music, mandala drawing, an audiovisual experiential slide show, and individual work if indicated. The participants will have an opportunity to explore their experiences and feelings in the above three areas. $270

Stress: How to Avoid it, Prevent it and Dissolve it
Ken Dychtwald

"No one ever said that it was going to be too easy!"
—my grandfather, 1974

In this workshop, we will examine the physical as well as psychological dynamics and characteristics of stress. With the help of daily massage sessions at the Esalen baths, relaxation techniques and a wide variety of pleasurable bodymind awareness exercises, we will examine ways to become more aware of our own psycho-physical stress patterns while we learn methods for avoiding, preventing and dissolving the negative and deteriorating impact that stress can have on our daily lives. Particular emphasis will be placed on exploring ways to increase health, well-being and total bodymind fitness within the context of relationships, home and work environments. $270



Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix Intensive, a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Work Shop. The Intensive, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion. In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. The participant/teacher ratio is kept small, never more than 10/1. Each weekend participant who wishes will receive an Intensive, while 5-day workshop participants receive two. By meeting sometimes in small groups and sometimes together in large groups, Radix combines the intimacy and individual attention of the small group with the energy and dynamism of the large. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

October 8–13	Dale Cummings, Siri Mishler, Ellen Jacobs
November 12–17	Merri (Deverani) Goldenson, Clair Killen, David Silverstein
December 10–15	Clair Killen, Sharon Henry, Brian Killen
January 21–26	Renan Sercarz, Ron Andes, Julie Wright

At the age of 82, Hokusai drew this amazingly vigorous study of himself

December 10—22

Gestalt Practice / Richard & Christine Price, Joan Fiore & the Esalen Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustable.
—Lao Tzu c. 2500 BC

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that ***awareness*** is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but ***persons consenting actively*** to work (or play) in awareness. The "Leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure, or accomplishment.

The second half of this program will have participants working primarily with each other, relating whatever is being learned (or unlearned) to the development of their own styles. Thus this program might be especially useful to those wishing to utilize a gestalt approach in their professions (e.g. counselors, teachers, ministers, mothers, doctors and nurses).

There will be some experiential and didactic sessions involving other related procedures such as Radix and Neurolinguistic Programming.

Suggested reading: ***Gestalt Therapy Verbatim*** (Perls); ***Tao Te Ching*** (Lao Tzu); ***Cutting Through Spiritual Materialism*** (Chogyam Trungpa); ***The Power of Mindfulness*** (Nyanponika Thera); ***Exploring the Crack in the Cosmic Egg*** (J C Pearce); ***Education in Feeling and Purpose*** (Kelley); ***Meditation: The Art of Ecstasy*** (Bhagwan Rajneesh). **$575**

Weekend of December 8-10

Energy Awareness & the Crystalline State / George Leonard

In the crystalline state, there is no expectation nor any prejudgment. Concentration on the past and future gives way to primary focus on the present. Action taken while in the crystalline state is not *considered action* but rather *appropriate action*. When fully achieved, this state permits you to experience the harmony and connectedness of all existence. This energy awareness workshop will emphasize the crystalline state as described in George Leonard's latest book, *The Silent Pulse: A Search for the Perfect Rhythm that Exists in Each of Us*, and will also involve centering, balancing and stress reduction. $110

A Weekend with Will Schutz

$110

Couples Workshop / Hector Prestera

In this workshop for couples the emphasis will be on freeing reciprocal blocks in the body/mind. We will explore how the mechanism of living together can further blocks or be used as a tool for freedom.
$110 per person

Week of December 10-15

Opening the Feelings: A Neo-Reichian Radix Workshop
Clair Killen, Sharon Henry, Brian Killen

For workshop description see page 23. $300

Human Sexuality / Donald Lindsay, MD

This workshop for health professionals and their companions will cover the following topics: (1) anatomy, physiology, endocrinology and sexual performance; (2) body awareness and birth control; (3) humanism, depersonalization and sex; (4) health and sensuality (including non-genital sensuality); (5) sexual pathology within the cultural context.

There will be didactic and experiential sessions in the classroom and at the Esalen baths. Participants will earn 30 hours category I physician credit or 30 hours nurse continuing education units. $270

Massage Intensive / The Esalen Massage Crew

For workshop description see October 1–6. $270

Weekend of December 15-17

States of Awareness, Shifts of Identity / Robert Nadeau

For workshop description see November 10–12. $110

Simply Loving My "Self" / Phyllis Shankman

The simple experiences of self-love and self-acceptance are the keys to peace, joy and creative living. As individuals we will slow down, relax and enjoy our "selves" with quiet meditations and breathing. As a group we will talk, play, massage, move, dance and experience ourselves in relation to others as open, caring, sharing human beings. $110

Exploring Self-Acceptance / David Schiffman

For workshop description see October 20–22. $110

Self Hypnosis, Selective Awareness & Movement
Emmett Miller

Movement requires the use of muscular activity in varying degrees of intensity. So, too, thought processes and interpersonal communication proceed through stages of higher and lower energy. Most of our personal and social difficulties (symptoms, unwanted emotions, maladaptive habit patterns) can be eased when we learn to react in accordance with and in response to our internal and external environment.

In this workshop we will learn and apply principles of self-hypnosis, selective awareness, feldenkrais, tai chi, dance and movement . . . to expand our self awareness and ability to allow our minds and bodies to flow with our changing experiences. $110

Week of December 17-22

Gestalt Workshop / Marty Fromm

This workshop is designed for professionals who are interested in further personal growth and professional training in the practice of gestalt, as well as for others who are simply interested in their own personal growth through gestalt. While the sessions will be mostly experiential, ample time will be provided for didactic sessions of theory and practice.

The focus is on awareness: the discovery of what is, rather than on what was, might be or should be. We will concentrate on "how and now" rather than on "why and because" of past and future, and will attend to body language and feelings. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Self-Acceptance—The Freedom To Be / David Schiffman

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics and journal work. $270

Movement, Music, Massage, Dance
James Xavier Nash & Jasmine Nash

"Free your body and your mind will follow.
Free your mind and your body will follow."
—Last Poets

This workshop will be a fun filled exciting five days of joy and delight in the celebration of life through dance, creating a safe space for participants to do their thing while learning from others.

Morning movement sessions will be slow meditative "movement ritual one" developed by Anna Halprin, San Francisco Dancers Workshop.

Afternoon sessions will be massage and hot baths. Working in groups of twos and threes, utilizing methods adapted from Esalen, shiatsu, Lomi body work, polarity and reflexology, we will discover ways to care for and nurture ourselves and others.

Evening sessions will be high energy movement and dance developed by James Xavier Nash and Jasmine Nash.

Music will be live and pre-recorded, some of which you have never heard before. Video tape feedback and portrait study will also be incorporated as well as a costume ball. $270

From a study by Tiepolo

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Weekend of December 22-24

Let Go / Let Be / Betty Fuller

For workshop description see November 3–5. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Experiencing the Joy of Your Inner Self / Michael Butler

For workshop description see October 20–22. $110

December 22–29

The Birth of the Sun / Paul Rebillot

The winter solstice is a time for restful introspection as the earth's outer darkness allows the inner sun of the soul to regenerate and find expression. Traditional cultures the world over have rested, fasted, and feasted during this time of the year in celebration of the turning point, the cyclic return.

We will join together to create our own ritual and pegent for the staff and guests of Esalen during this holiday week. Using a variety of techniques such as gestalt, guided fantasy, movement, massage, and more, we will integrate our personal rituals into a group presentation.

Participants may come for the entire seven days or join the group for the weekend. $380

December 24—January 12

Gestalt Synergy—Integrating Gestalt, F M Alexander Technique & Feldenkrais Method

Ilana Rubenfeld & the Esalen Staff

This intensive workshop is designed for professionals and those interested in psychology, psychiatry, education, expressive arts (drama, music, art and dance) and body/mind philosophies. It is focused for those who wish to integrate gestalt theory and practice and body/mind approaches into their own work/life journey.

In this workshop participants will learn the basic tools of the gestalt approach while working with them in relationship to personal/professional growth.

The blending of gestalt with Alexander Technique and feldenkrais exercises is used as a gateway to contacting, expressing and working through the deep feelings which often become stored in our body/mind and result in tension and imbalance. Trainees explore how the body/mind "speaks" and how we can learn to "listen" to ourselves and others in a flowing, integrative, congruent manner.

Every day will be divided into several sessions—morning, afternoon and evening. These sessions will include theory, demonstration and experimentation; practicum—supervised practice sessions where trainees take the roles of client, observer and gestalt leader; body/mind approaches and the use of touch. Sessions concerning group process will be woven into the tapestry of the training. Several guest leaders will work and share their approach in individual and group facilitation.

The major themes of this workshop emerge from the following modalities:

1 *Gestalt Theory & Practice* generally encompasses such central issues as awareness, contact boundary, impasse, foreground and background, polarities and their integration, dream work and appropriate use of time in verbal and non verbal intervention.

2 *The Alexander Technique & Feldenkrais Exercises*—a psychophysical modality. This includes the relationship of posture to emotions and emotions to posture—how changes of inner and outer space affect our intellectual and emotional capacities. These methods deal with body posture, kinesthetic sense and a re-education of the brain's neural system.

3 *Use of Touch:* Attention will be given to the use of touch. To learn where, when, how and whom to touch requires sensing where the other person is. The leader/trainee can learn to protect himself/herself from toxic energies and open themselves for nourishment. Trainees will learn how to use themselves—their whole being—as an instrument.

4 *Group Process:* Part of this training will address itself to the subtleties of group process. An experienced group facilitator will be available to guide trainees in the processing of group dynamics.

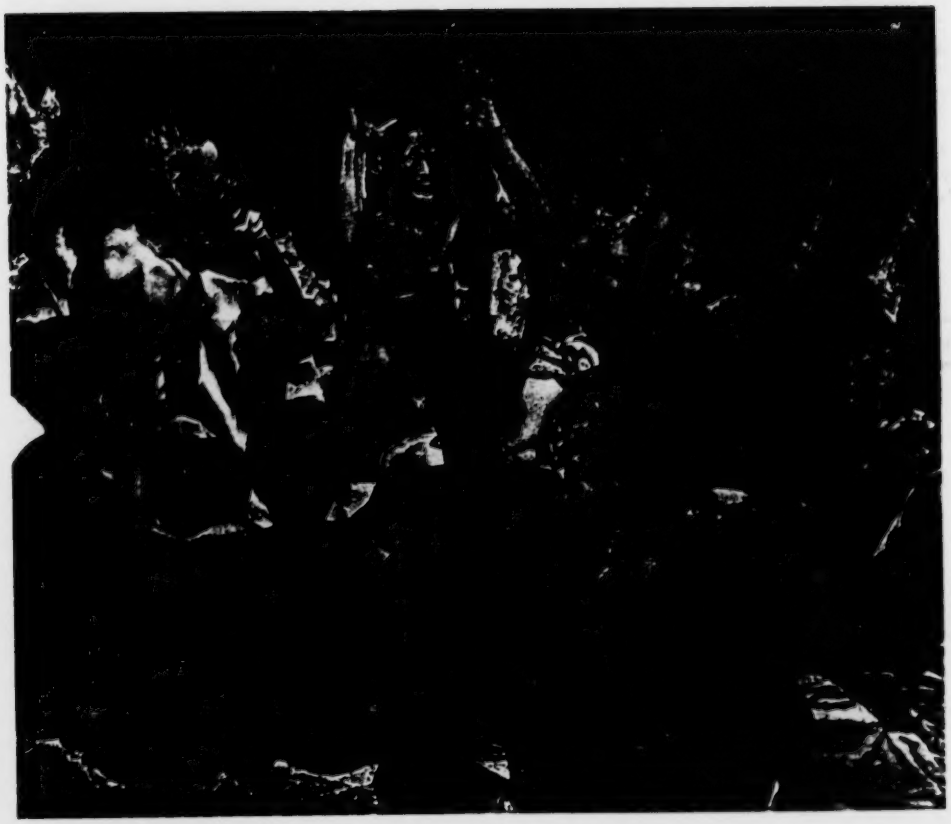
When each one of us works on our own process we can then learn how to bring out total self into the "therapeutic" situation, transforming it into a collaborative effort which fosters acceptance, caring, humour and continual growth.

This workshop is part of an ongoing program which takes place at Esalen. Those who have participated before need only send in their registration and deposit. Those who are interested in joining the group must send a letter containing personal and professional interests, a recent photo and deposit to Ilana Rubenfeld, 115 Waverly Place, New York, New York 10011. In order to allow time to review and evaluate your application we have set a deadline of November 1 for ALL applications and registrations. A few partial scholarships are available for this program. For scholarship applications write Esalen Institute, Big Sur, CA 93920. $1000 Deposit: $400

Faculty:

Ilana Rubenfeld
Moshe Davidowitz
Dawna Markova
Esalen Massage Crew
Richard & Christine Price
Paul Rebillot
Beverly Silverman
Julian Silverman
Janet Zuckerman

Tangaroa, a South Seas god, in a great burst of creativity, gives birth to many new gods



Week of December 24-29

Celebration / Betty Fuller

'Tis the season for year-end accounting—body, mind and spirit; for weeding self-negating weed beliefs and planting self expanding and self enhancing seed beliefs; for awareness through feldenkrais, Trager gestalt and massage; for clearing emotional log jams to give free rein to choice and self-response-ability; for balance and energy in the fine-tuning of bodymind to the power of "the Force" through guided imagery, meditation, music, dance and laughter. Rejoice! Bring musical instruments. $270

New Year's Tune Up—Yoga & Massage / Deborah Medow

Let's bring the old year to a close with a body/mind tune up!

With Ashtanga yoga in the mornings . . . massage, movement and various body/mind purification practices in the afternoon . . . a light diet . . . and good vibrations, we'll tune ourselves to an optimal pitch for the coming year—1979. $270

The Birth of the Sun / Paul Rebillot

(See December 22—29.) This five day group will join with the others, who, during the previous weekend will develop a holiday ritual and celebration involving music, movement, and other forms of creative expression. $270

Weekend of December 29-31

The Energetic Dimension: A Weekend of Energy Release with Bioenergetics & Gestalt / Alan Schwartz

Read the description of the five day workshop (see December 31—January 5). This weekend can be thought of as an opportunity to become aware of blocks to the free flow of energy in the body's musculature. *Integration* via bioenergetic grounding and gestalt support concepts will be the focus. $110

New Year's Workshop / Jack Downing

Based on our experience at last New Year's workshop, we'll again say goodbye to the old year, welcome the new, and arrive in the eternal now, all with appropriate ceremonies. Using our well-stocked kit of psychic, gestalt, and body integration tools, we'll accentuate our positive, eliminate the negative, and gain some experience in staying that way. Old friends and new, come enjoy our celebration of life. $110

Pleasure, Sensuality & Your Body / Barbara Clemans

The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feeling of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact, and nurturing, sensitive giving and relaxed receiving. We will explore new patterns of moving and being together, feldenkrais awareness, and vital explorations in movement to music. The baths, the rhythm of the ocean and massage will heighten our awareness of the pleasure inherent in simplicity. $110

Week of December 31- January 5

Gestalt, Bioenergy & Human Contact / Alan Schwartz

There is an energetic dimension to human behavior which is often locked behind habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *movement. Allowing energy* means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self. The workshop can be thought of as a *learning* week. Appropriate didactic material will be covered. $270

New Year's Workshop / Jack Downing

For workshop description see December 29–31. $300

Gestalt Practice / Richard & Christine Price & the Esalen Staff

For workshop description see October 15–20. $270

Week of January 7-12

Living Tao: Re-Discover a Singing & Dancing Body in You! Al Chung-Liang Huang

Explore heaven-earth—the moving forces in our bodies, in the watercourse ways of t'ai chi. To become your own living practice; to be healthy, joyful and alive!

Recommended non-reading: *Living Tao: Still Visions and Dancing Brushes* by Huang with photographs by Sichi Ko (Celestial Arts) $270

Varieties of Sexual Experiences & Behaviors (Observations from LSD Research) / Stanislav Grof

Using the extended cartography of the human unconscious based on observations from clinical LSD research, we will discuss the nature of sexual energy and the many specific forms it assumes. Special attention will be paid to new understanding of the psychodynamics of sexual variations, disorders, and deviations, and to transpersonal dimensions of sex (satanic, oceanic, and tantric). We will use a combination of discussion, group interaction, experiential exercises, mandala drawings, slide and film projection, and non-drug technology for altering consciousness. Participants will have the opportunity to confront their feelings about sexuality and gain deeper insight into the nature of their experiences in this area. $270

The Feeling Process / Janet Sachson Zuckerman

For workshop description see November 17–19. $270

Weekend of January 5-7

The Tamalpais Experience Richard Heckler, George Leonard & Wendy Palmer

Aikido is the most sophisticated of the major martial arts. It is also a means for reducing stress, a guide to solving problems of everyday life, and a way of being in the world. Richard Heckler, George Leonard and Wendy Palmer will present the unique approach to aikido and energy awareness they have developed at their Marin County school, Aikido of Tamalpais. No previous training is needed to experience the essence of the art. $110

The Many Faces of the Self / Bette Dingman

Using guided fantasy, psychosynthesis exercises, and gestalt practice, we will explore the different "selves" within us in a safe environment. $110

Recent Developments in Nurse Healing Practices Polly Kirby, RN

This workshop gives an overview of recent developments in non-traditional methods of holistic healing, presenting alternative methods to the practicing nurse. Using experiential methods the nurse explores herself as healer, discovering her preferences and potential for healing. Various healing models will be discussed including the present scientific medical model. Concepts of health and disease will be developed within their historical and conceptual contexts demonstrating differences, similarities and limitations. Nurses earn 10 continuing education units. $110

Weekend of January 12-14

Music, Dance, Trance & Celebration Nitza Miller

In cultures which are less dominated by technology and industry, music, dance, and celebration are not spectator sports. These activities, along with "trance" states such as meditation, deep relaxation, and hypnosis have been traditionally initiated cross-culturally for physical and emotional balance—release of tension, clearing of the mind, joy and ecstasy, and for interpersonal and transpersonal communication; and *everyone* participates!

This will be an *experiential* weekend where participants will be invited to share several deep relaxation ("trance") experiences to help intensify sound and movement and the natural body rhythms.

The lovely sounds of the keyboard, the stirring flute and the passion of drums will facilitate spontaneous movement to stimulate the evolution of your own body rhythms towards freedom, pleasure, and joy. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

For workshop description see December 1–3. $110

Exploring Self-Acceptance / David Schiffman

For workshop description see October 20–22. $110

Esalen Institute—An Approved Provider for Registered Nurses and Physicians

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of continuing education for registered nurses. Provider Number 01152.

The following programs are approved for continuing education credit for registered nurses. See regular program listings for workshop descriptions.

October 1—27
Mind & Body: Techniques of Exploration & Transformation
Stanislav & Christina Grof & Rick Tarnas
120 hours.

October 6—8
Awakening the Magician Within / Emmett Miller
10 hours.

October 6—8
Recent Developments in Nurse Healing Practices
Donald Lindsay, MD & Polly Kirby, RN
10 hours.

October 15—20
Five Days with Jack Rosenberg
30 hours.

October 15—20
Gestalt Practice: Dream Work
Richard & Christine Price & the Esalen Staff
30 hours.

October 22—27
Personal Integrity/Exploring Self Esteem / David Schiffman
30 hours.

October 27—29
Sport & the Human Potential
Michael Murphy, Bob Kriegel & Al Lewis
10 hours.

November 10—12
Humanistic Medicine / Leo Matos
10 hours

November 10—12
Getting Your Act Together / Nancy Lunney
10 hours

November 12—December 8
An Integrative Approach to Group Process & Individual Growth
David Schiffman
120 hours.

November 12—17
Gestalt, Psychosynthesis & Encounter: An Experiential Workshop
Beverly Silverman & Lona Gorges-Siebel
30 hours.

November 12—17
Fear, Panic & Vulnerability to Crisis / Donald Lindsay, MD
30 hours.

November 26—December 1
Care of the Dying: Traditional vs Alternative
Star Walmsley, Polly Kirby, RN, Steve Connor & Steve Levine
30 hours.

December 3—8
Approaches to Birth, Sex & Death / Stanislav & Christina Grof
30 hours.

December 3—8
Stress: How to Avoid It, Prevent It & Dissolve It / Ken Dychtwald
30 hours.

December 10—15
Human Sexuality / Donald Lindsay, MD
30 hours

December 10—22
Gestalt Practice / Richard & Christine Price, Joan Fiore & Esalen Staff
60 hours.

December 15—17
Self Hypnosis, Selective Awareness & Movement / Emmett Miller
10 hours

December 29—31
The Energetic Dimension: A Week-end of Energy Release with with Bioenergetics & Gestalt / Alan Schwartz
10 hours.

December 31—January 5
Gestalt, Bioenergy & Human Contact / Alan Schwartz
30 hours.

January 5—7
Recent Developments in Nurse Healing Practices / Polly Kirby, RN
10 hours

January 7—12
Varieties of Sexual Experience & Behaviors (Observations from LSD Research) / Stanislav Grof
30 hours.

January 14—19
Live Better Longer / Donald Lindsay, MD
30 hours.

January 14—19
Gestalt Practice / Richard Price, Leonard Bearne & Esalen Staff
30 hours.

January 19—21
Getting Your Act Together / Nancy Lunney
10 hours.

The California Medical Association has granted Esalen Institute Category I approval so that physicians attending courses may receive credit toward the California Medical Association Certificate in Continuing Education.

The following workshops are approved for Category I credit for physicians. See regular program listings for workshop descriptions.

October 1—27
Mind & Body: Techniques of Exploration & Transformation
Stanislav & Christina Grof & Rick Tarnas
120 hours.

October 15—20
Five Days with Jack Rosenberg
30 hours.

October 15—20
Gestalt Practice: Dream Work
Richard & Christine Price & the Esalen Staff
30 hours.

October 27—29
Sport & the Human Potential
Michael Murphy, Bob Kriegel & Al Lewis
10 hours.

November 12—17
Fear, Panic & Vulnerability to Crisis / Donald Lindsay, MD
30 hours.

November 26–December 1
Care of the Dying: Traditional vs Alternative
Star Walmsley, Polly Kirby, RN, Steve Connor & Steve Levine
30 hours.

December 3–8
Approaches to Birth, Sex & Death / Stanislav & Christina Grof
30 hours.

December 10–15
Human Sexuality / Donald Lindsay, MD
30 hours.

December 10–22
Gestalt Practice / Richard & Christine Price, Joan Fiore & Esalen Staff
60 hours.

December 15–17
Self Hypnosis, Selective Awareness & Movement / Emmett Miller
10 hours.

December 29–31
The Energetic Dimension: A Weekend of Energy Release with Bioenergetics & Gestalt / Alan Schwartz
10 hours.

December 31–January 5
Gestalt, Bioenergy & Human Contact / Alan Schwartz
30 hours.

January 7–12
Varieties of Sexual Experience & Behaviors (Observations from LSD Research / Stanislav Grof
30 hours.

January 14–19
Live Better Longer / Donald Lindsay, MD
30 hours.

January 14–19
Gestalt Practice / Richard Price, Leonard Bearne & Esalen Staff
30 hours.

If you have any questions about Esalen's medical or nursing program, contact Donald Lindsay, MD or Polly Kirby, RN, Esalen Institute, Big Sur, CA 93920.

Weekend of January 19-21

Black Dance / James Xavier Nash & Jasmine Nash

For workshop description see December 17–22. $110

Getting Your Act Together / Nancy Lunney

For workshop description see November 10–12. $110

The Lawyer–A New Perspective
A Weekend for Lawyers presented by the Humanistic Law Institute

"Like mounds in a sandy desert, intellectual knowledge is mounting up without provision for the expression of the heart."
–Meher Baba

As lawyers we were trained to use our heads and not our hearts–to make choices and decisions based upon "reason," "principles," and "issues" and not to trust feelings, intuition or compassion–often with less than satisfying results in our "professional" and/or "private" lives.

During this weekend we will explore and share with other lawyers, in the peaceful, reflective, nourishing, and evocative setting of Esalen, ways of using and integrating all aspects of ourselves–our bodies, our minds, our feelings, our "hearts" to see if we can make our work and our "private" lives more effective and more integrated, flowing, meaningful, and enjoyable.

The program will be conducted by a lawyer member of the HLI staff and another experienced group leader and will be largely experiential, using approaches and methods of gestalt awareness, psychosynthesis, massage, meditation, and bioenergetics. $110

Evolutionary Relationships Between Mind & Body
Michael Murphy & James L Hickman

Michael Murphy and Jim Hickman are gathering examples of extraordinary bodily transformations from various fields–from the yogic and contemplative literature, psychiatric records, hypnosis and drug research, sport, the arts, and everyday life–in an attempt to learn more about the range of such changes and the ways in which they happen. In this seminar they will present their work to date and speculate with the participants about the implications of their findings. Two questions for discussion are: (1) Do these bodily changes reveal an evolutionary possibility? (2) How do they relate to notions of "enlightenment"? $110

Week of January 14-19

Live Better Longer / Donald Lindsay, MD

This will be a workshop in holistic medicine emphasizing prevention, nutrition, health maintenance and experiential learning about body-psyche relationships. It is about joyous living and includes body work at the Esalen baths. The student will learn to use new advances in health care. There will be sessions on medical consumerism, on interacting with physicians. Enrollment is limited. Nurses taking this course will receive 30 hours of continuing education credits. $270

Gestalt Practice / Richard Price, Leonard Bearne & the Esalen Staff

For workshop description see October 15–20. $270

Your Own Myth-Body to Live By!
Joseph Campbell & Al Chung-Liang Huang

We will explore and re-create ancient myths in our daily lives–in our thoughts and in our bodies–as we integrate intellect and movement into one harmonious living practice.

Recommended readings:
by Campbell–*Myths to Live By* (Bantam), *The Flight of the Wild Gander* (Gateway), *The Complete Grimm Fairytales* (Pantheon)
by Huang–*Embrace Tiger, Return to Mountain* (Real People), *Tao: The Watercourse Way* (with Alan Watts, Pantheon), *Living Tao* (Celestial Arts). $300

Personal Integrity / Exploring Self Esteem
David Schiffman

For workshop description see October 22–27. $270

Week of January 21-26

Opening the Feelings: A Neo-Reichian Radix Workshop
Renan Sercarz, Ron Andes, Julie Wright
For workshop description see page 23. $300

Be Your Own Author-ity / Beverly Silverman
For workshop description see October 22–27. $270

Massage Intensive / The Esalen Massage Crew
For workshop description see October 1–6. $270

Weekend of January 26-28

States of Awareness, Shifts of Identity / Robert Nadeau
For workshop description see November 10–12. $110

A Weekend with Will Schutz
$110

More / Michael Butler
For workshop description see November 24–26. $110

The Executive Couple / The Gentle Art of Blending Separate, Busy Lives / David Schiffman

The ability to create and maintain the delicate balance between autonomy and commitment is central to the success of any couple relationship. This is especially true in relationships where both partners are deeply committed to their own individual careers as well as each other. This workshop will focus on the reawakening and development of the positive mutual supports that are at the root of satisfying relationships. Our time together will be spent exploring the most effective means for expressing the ability to be loving, while maintaining a sense of personal integrity. We will look at the beliefs and habits that we use to celebrate or diminish the growth and joy we allow for ourselves as well as for our partners. Some of the practices we will be using include guided imagery, meditation, intuitional sensing, massage, bio-energetics, gestalt and psychosynthesis. $110 per person

Future Workshop Announcements

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

February 4–March 2, 1979
Gestalt Practice / Richard & Christine Price & Esalen Staff

March 4–30, 1979
Inner Road to Health / Barbara Braunstein, Ryan Kopperud & David Schiffman

April 1–27, 1979
Sport & Consciousness / Mike Spino with Michael Murphy & George Leonard

a **RUTHY ALON** has 18 years experience in the feldenkrais method and is a graduate of the Feldenkrais Institute in Tel Aviv. (p 11)

RON ANDES is a certified Radix teacher in Santa Monica. (p 32)

ANNE ARMSTRONG has been doing transpersonal counseling for over 16 years and has trained many professionals to use their own intuitive abilities. (p 14)

JIM ARMSTRONG, a former engineer, is a life long student of esoteric studies. (p 14)

ANGLE ARRIEN is an anthropologist and Basque folklore specialist who has made an intensive seven-year study of the Egyptian Tarot. (pp 10, 12)

b **LEONARD BEARNE** studies gestalt, Reichian and deep tissue work. His interests are in issue-oriented workshops and in combining growth forms. (p 31)

CHARLES BROOKS, author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963. (pp 21, 22)

GEORGE ISAAC BROWN is director of the Confluent Education Program at the University of California, Santa Barbara. He is the author of *The Live Classroom: Innovation Through Confluent Education and Gestalt*. (p 16)

JUDITH BROWN is a gestaltist who is a specialist in marriage and other primal relationships and is interested in families as systems and the effect they have on the individual family member. (p 16)

MICHAEL BUTLER teaches ways of opening up to the "inner self" For the past three years he has been studying intensively with Baba Muktananda, both in this country and in India. (pp 13, 21, 26, 32)

c **JOSEPH CAMPBELL** is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero with a Thousand Faces, The Masks of God*, and *Myths to Live By*. (p 31)

BARBARA CLEMANS is a massage and movement specialist who has been associated with Esalen Institute for the past six years. (p 28)

STEPHEN CONNOR is currently director of Hospice of the Monterey Peninsula, a non-profit corporation providing support to patients with live threatening illness. (p 22)

DALE CUMMINGS, a certified Radix teacher and assistant trainer, is also a marriage, family and child counselor. (p 12)

d **BETTE DINGMAN** sees her work as a synthesis of softness, awareness and body appreciation, using the third chair to be your own observer in a supportive environment. She has been on the Esalen staff for four years. (p 29)

JOSEPH (JACK) DOWNING has completed his New York City experience and is joining the San Francisco Healing Arts group, to continue to practice his holistic synthesis of psychiatry, applied kinesiology, gestalt and rolfing. (pp 28, 29)

KEN DYCHTWALD, psychologist, author of *Bodymind, Paper Thin* and numerous articles on issues of human transformation, is codirector of the SAGE Project. (p 23)

f **JOAN FIORE** currently moves between the Esalen faculty and her work as treatment coordinator for Phoenix Programs, (settings to facilitate transition from psychiatric hospitalization to independent living). (pp 11, 12, 21, 22, 24)

MARTY FROMM trained with Fritz Perls for three years. Some aspects of their relationship are described in *In and Out the Garbage Pail*. (p 25)

BETTY FULLER, humanist counselor, is a body worker, teacher, counselor and consultant in holistic education and communications. She directs the Functional Dynamics Center in Marin and is a certified instructor of Trager psychophysical integration. (pp 14, 15, 26, 28)

g **GABRIELLE** is an inspirational dancer. She is the creator of the moving center method of catalyzing natural movements. (pp 12, 13, 17, 22, 23)

MERRI GOLDENSON (DEVARANI), certified Radix teacher, is a registered nurse and licensed masseuse. (p 16)

CHRISTINA GROF is a teacher of hatha yoga and of various methods of self exploration through visual arts. (pp 10, 23, 29)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for twenty years and has published over sixty articles in professional journals and books. (pp 10, 23, 29)

h **ROBERT HAND**, astrological counselor and author, is primarily interested in developing astrology as a tool for human growth. (pp 10, 13)

RICHARD HECKLER is a founding member of the Lomi School and co-developer of Lomi Body Work. He is a Shodan in aikido and author of *The Mind/Body Interface* and *Lomi Papers*. (p 29)

SHARON HENRY, certified Radix teacher, has been an empathy trainer and a medical research assistant. (p 25)

JAMES L HICKMAN, research psychologist who specializes in the study of psycho-physical interactions, has published articles concerning parapsychology, sport, contemplative life, and the physics of consciousness. (pp 10, 31)

AL CHUNG-LIANG HUANG is the founder-president of the Living Tao Foundation, an international family network dedicated to the integration of ancient wisdom and modern living. (pp 29, 31)

THE HUMANISTIC LAW INSTITUTE is an educational center in Los Angeles which presents programs for lawyers, judges, law students and other members of the legal profession. (p 31)

j **GALVIN JACKSON**, a former music teacher, has extensive education and experience in counseling. (p 15)

ELLEN JACOBS, staff Radix trainee, is a social worker from Holland and a licensed masseuse. (p 12)

JULIAN JAYNES teaches psychology at Princeton University. He is author of *The Origin of Consciousness in the Breakdown of the Bicameral Mind*. (p 22)

BIOGRAPHICAL INFORMATION

BRIAN KILLEN, advanced staff trainee in Santa Monica, has had extensive experience teaching didactic and experiential psychology courses, recently including assertion training. (p 25)

CLAIR KILLEN is the residential Radix teacher at Esalen and is a certified teacher in Santa Monica. (pp 16, 25)

POLLY KIRBY is a nurse presently living at Esalen. She has taught nursing for the past four years. (pp 10, 11, 22, 29)

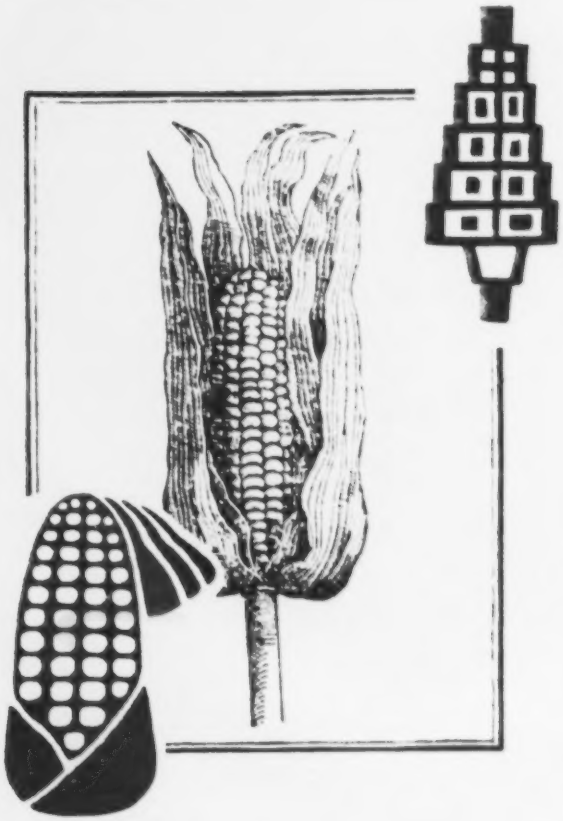
BOB KRIEGEL's work involves using games and sports as a vehicle for self discovery and expression. He is the co-author, with Timothy Gallway of *Inner Skiing*. (p 14)

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen, Big Sur. (p 10)

GEORGE LEONARD is the author of *Education and Ecstasy*, *The Transformation*, and *The Ultimate Athlete*. He holds a black belt in aikido, from which he derives his present work. (pp 24, 29)

STEVE LEVINE is director of the Dying Project of the Hanuman Foundation in Santa Cruz and has studied intensively with Elizabeth Kubler Ross. (p 22)

AL LEWIS has done extensive studies of Soviet research in psychic self regulation and psychoenergetics. (p 14)



DON LINDSAY is a humanist, a physician, a teacher, and a research scientist. He is assistant clinical professor of medicine at USC medical school and president of the Foundation for Research in Aging. (pp 11, 16, 25, 31)

NANCY LUNNEY is a gestaltist and musician on Esalen's faculty, and is in private practice in Los Angeles, where she specializes in work with professionals in the creative arts. (pp 16, 31)

LEO MATOS is a psychologist and director of the Gonpo Transpersonal Institute in Helsinki and practices transpersonal psychotherapy in Finland and Denmark. (p 16)

DEBORAH MEDOW, an Esalen masseuse for the past 9 years, teaches Ashtanga yoga, massage, movement, and various body/mind disciplines directed at controlling and rechanneling energy. (p 28)

RALPH METZNER is former editor of the *Psychedelic Review*, author of *Maps of Consciousness*, teacher of Actualism, astrologer and psychologist in private practice in San Francisco. (pp 10, 12)

EMMETT MILLER, a physician, specializing in hypnosis and psychosomatic medicine, explorer in the use of music and movement for growth, is author of *Feeling Good—How to Stay Healthy* (Spectrum). (pp 11, 25, 29)

NITZA BROIDE MILLER, a clinical psychologist, teacher, counselor, dancer, founder and member of ADTA, teaches in Menlo Park, California, and at Tel Aviv University. (pp 11, 21

SIRI MISHLER, certified Radix teacher and trainer, also leads Radix presentations and workshops nationwide. (p 12)

AJIT MOOKERJEE, former director of the Indian Institute of Art in Industry, is author of *Art of India*, *Modern Art in India*, and *Indian Primitive Art* among other books. (pp 10, 15)

MICHAEL MURPHY is co-founder of Esalen Institute and the author of two novels, *Golf in the Kingdom* (1972) and *Jacob Atabet* (1977). (pp 10, 14, 31)

ROBERT NADEAU is a spiritual teacher whose work in energy and levels of awareness has given direction to many people. He is one of the major aikido teachers in the bay area. (pp 16, 25, 32)

JASMINE NASH is a movement catalyst whose polarities stem from Watts to Marin County. She is a teaching associate of the San Francisco Dancers' Workshop and the Lomi School. (pp 16, 25, 31)

JAMES XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has worked with Robert Hall in gestalt and body work. (pp 25, 31)

WENDY PALMER, a first degree black belt in aikido, conducts classes in aikido, energy awareness, and self-defense, with special interest in people who feel they have delicate systems. (p 29)

CHRISTINE PRICE combines gestalt practice with various body approaches. (pp 10, 13, 24, 27, 29, 32)

DICK PRICE, a student of Fritz Perls, is a founder of Esalen Institute. (pp 10, 13, 24, 27, 29, 31, 32)

HECTOR PRESTERA, acupuncturist and internist, is co-author of *The Body Reveals*. (p 24)

BIOGRAPHICAL INFORMATION

PAUL REBILLOT was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen, Big Sur. (pp 14, 22, 26, 27, 28)

STELLA RESNICK, clinical psychologist, trained with Fritz Perls and is the author of several articles on gestalt, meditation and sexuality, (p 16)

JACK ROSENBERG, author of *Total Orgasm*, has trained in gestalt and Reichian work. He is currently working with cancer research and the transformation of consciousness at the Center of the Healing Arts in West Los Angeles. (p 13)

GABRIELLE ROTH. See gabrielle

ILANA RUBENFELD, gestaltist and certified teacher of the Alexander Technique and feldenkrais method, trained with Drs Fritz and Laura Perls and Moshe Feldenkrais. (p 27)

DAVID SCHIFFMAN is currently a leader in residence at Esalen where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 13, 14, 17, 25, 29, 31, 32)

WILL SCHUTZ has had extensive training in the fields of encounter, gestalt, bioenergetics, rolfing, feldenkrais, and *est*. He is the author of *Joy, Here Comes Everybody*, and *The Elements of Encounter*. (pp 24, 32)

ALAN J SCHWARTZ practices privately in New York City. He has developed the concept of the energetic foreground—the use of the bioenergetic-gestalt synthesis in education and counseling. (pp 17, 28, 29)

CHARLOTTE SELVER teaches sensory awareness, perception, and nonverbal and verbal communication. A new center is being built for her at Green Gulch Farm in connection with Zen Center, San Francisco. (pp 21, 22)

RENAN SERCARZ is a certified Radix teacher. She works with problem solving skills and development of personal power in women's as well as mixed groups. (p 32)

PHYLLIS SHANKMAN is a teacher in West Los Angeles and for UCLA Extension. She has trained at Esalen and is interested in love, creativity and expansion. (pp 16, 25)

BEVERLY SILVERMAN is a rolfer and gestaltist whose principal concern is the enrichment of the life process through a positive and accepting approach. (pp 10, 14, 16, 27, 32)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His work on attention disfunction in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the fields of mental dis-ease. (pp 10, 27)

DAVID SILVERSTEIN, advanced staff trainee in Santa Monica, has had extensive experience in group dynamics. (p 16)

MIKE SPINO is director of the Esalen Sports Center and is author of *Beyond Jogging: The Inner Spaces of Running* and *Running Home: The M/B Family Fitness Book*. (pp 22, 29, 32)

SIMONE SURPIN, a former rolf practitioner and teacher of body disciplines, has studied with Baba Muktananda and started the Muktananda Meditation Center in Palo Alto. (pp 12, 21)

RICK TARNAS, a member of the Esalen staff, received his PhD from the Humanistic Psychology Institute for his dissertation on LSD psychotherapy. (p 10)

MILTON TRAGER is a medical doctor. His original approach to body work, which reaches the subconscious through the body, was introduced about three years ago at Esalen. (p 14)

STAR WALMSLEY, former Esalen program coordinator, is developing a center for the dying. (p 22)

JULIE WRIGHT, advanced staff trainee in Santa Monica, is a certified masseuse with a background in acupressure and Swedish and Esalen massage. (p 32)

JANET SACHSON ZUCKERMAN has been leading groups for five years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 11, 15, 21, 27, 29)

Audio Cassette Recordings

Recent years have produced unusual tape recordings. The following were recorded in stereo and are available on cassettes only. Each cassette is $7.50 and is from 1 to 1½ hours in length:

Karl Pribram: *Holographic Model of the Mind*
Julian Silverman: *Consciousness & The World Out There*
Itzak Bentov: *The Wild Pendulum—Part I*
Gregory Bateson: *The Limits of Science*
Fritjof Capra: *(A) Beyond Space & Time*
Stanislav Grof: *(B) The Inner Journey*

Don Lindsay: *The "Live Better Longer" Talk*
Mark Lovendale: *Nutritional Approach to Longevity*

Nitza & Emmett Miller: *Awareness, Hypnosis & Movement*
Rafiel: *Music to Disappear In*
Rafiel: *The Gabrielle & Stella Music*
Seung Sahn: *The Zen Circle Dharma Talk*
Anne Armstrong: *Training Our Psychic Abilities*
Janet Lederman: *Gestalt Awareness—Tape I*

Henry Munn: *Mushrooms and Culture*
Prem Das: *The Huichol Cosmology—Tape I*
Don Jose: *Huichol Ceremony Chanting*
Bhagavan Das: *Singing Meditation*

John Weir Perry: *Psychosis and Visionary States*
Julian Silverman: *Shamanism and Schizophrenia*
Gregory Bateson: *Story of the Double Bind*
Humphrey Osmond: *Early Psychedelic History*

John King: *Introduction to Quantum Theory*
Peter Flessel: *Molecular Biology and Modern Physics*
Fritjof Capra: *Quantum Paradoxes and Mysticism*
David Finkelstein: *A New Quantum Logic*

Al Chung-liang Huang: *The Watercourse Way T'ai Chi*
John Lilly: *Dolphin Behavior with Humans*
Will Schutz: *Interpersonal Psychodynamics*
Gregory Bateson: *Metaphors and Butterflies*

Special series; available as complete set only:
Ruthy Alon: (6 cassettes; 12 lesson experiences: $60)
Awareness Through Movement; The Feldenkrais Method

Please address your order and make check payable to: WORKSHOP CASSETTES, c/o Hot Springs Lodge, Big Sur, CA 93920. Your suggestions regarding future recordings will be appreciated.

We
invite you
to join us
in our organization . . .

Friends of Esalen

FRIENDS OF ESALEN provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available to a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to the knowing that you have given someone else the opportunity to experience Esalen, you will receive regular mailings of the Esalen catalogs. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category I have circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student $5
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Please mail to: Friends of Esalen, Big Sur, California 93920

Special Information

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2 for the United States, $4 for Canada and Mexico, $8 for Europe and South America and $10 for all other countries. Please make all payments in US currency. Those attending Esalen workshops and conferences are automatically added to the mailing list for one year. A single inspection copy of the current issue is available free upon request from Esalen Institute, Big Sur, CA 93920.

CONTRIBUTIONS to Esalen Institute are tax deductible.

ACCREDITATION: At present, we *do not* offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen/San Francisco programs contact Big Sur Recordings, Big Sur, CA 93920. They also have Big Sur programs prior to 1973.

Commercial use of Esalen program tapes is prohibited; all rights are reserved.

FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103. A film of Al Huang's work, *Tai Chi: The Watercourse Way,* is available through Cornerstone, 470 Park Avenue South, Suite N-3, New York City 10016.

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(Continued from page 8)

The periods after birth and before death have not received as much focus as the identifiable events themselves, but are nonetheless important times for growth and exploration. There is a need to evolve new structures for these times as well. The Gazebo program at Esalen is pioneering a model for this space for younger people, providing a structure for experiential learning in a healthy environment, where teacher and student participate confluently.

A possible extension of the "gazebo approach" would be to incorporate the elders in this learning environment to create their own structure of transition. This could be likened to the sannyasi phase in Hindu culture, where the elders free from household responsibilities, begin their search for spiritual re-awakening. At present we lack, as a society, positive models for this self rediscovery to occur. Esalen could provide the gathering focus of energy where people involved in similar developmental quests could participate in a confluent setting. After the incorporation of the elders within this environment there would be multiple avenues to involve professionals who are involved with elders and children to experience this setting for their own personal and professional growth.

The Gazebo area could be the focus of this process. "Work," in the form of intentional environment creation with the children and "play," in the art form that children know best would provide the grounding for the exploration of the limitlessness of growth and development. The children and elders would be the co-participants, with staff facilitation, of the environment of transition and boundary testing. At the same time a natural climate would be created for the passage of cultural learning between the elders and children providing a conduit for a more richly embroidered fabric of exchange. ■

Credits

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Registration Information

For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 3:30 every day;
10 to 8 Sunday & Friday.

Unless otherwise indicated, all programs listed in this brochure are residential programs in Big Sur. Send reservations for all programs to Esalen Institute, Big Sur, California 93920.

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Fee Information: We require a reservation fee of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail all reservations to Esalen/Big Sur. Balance of payment is due on arrival. Esalen accepts Mastercharge, Bankamericard, and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15—August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen has limited child care facilities. If you are interested in bringing a child while you are attending a workshop of five days or longer, contact the office well in advance for information on availability of child space.

We ask workshop participants not to have guests. Please do not bring pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5—5:30 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

☐ To obtain future issues of the Esalen Catalog & occasional mailings for one year, please send a check or money order for $2 to:
Esalen Institute, Big Sur, CA 93920
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year)

☐ Please send a complimentary copy of the Esalen catalog to the person listed below:

Name

Address

City State Zip

Subscription rates for Canada, Mexico, and other foreign countries are given on page 37.

Esalen Institute RESERVATIONS

This form is for your convenience in reserving a space at Esalen workshops. In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)
(Mail all reservations to Esalen Institute, Big Sur, California 93920.)

Check whether you wish: ☐ shared room ☐ housing as a couple
☐ single room on a space-available basis ($7 per night additional charge).

Do you smoke? _____

Limousine Service
I want limousine service from Monterey Airport _____
Monterey Greyhound Bus Station _____ (check one)
at 5:00 pm on _____ (date of arrival: Friday and Sundays only)
The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us.

License Number (for registered nurses wanting CEU's) _____

Name of person registering	Date (s)	Leader's Name / Title of Workshop	Reservation Fee

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Total amount enclosed: $ _____
Your reservation fee can be charged to:
Master Charge ☐ Bankamericard ☐
American Express ☐

Card No. _____

Expiration date _____
Checks payable to Esalen Institute.

PAYMENTS: All workshops require nonrefundable reservation fees. Consult fee information section on page 38. The balance of program fees becomes payable at the time of check-in.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Photo: Benj Langdon

the esalen catalog

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

DATED MATTER

Esalen Institute
Big Sur
California 93920

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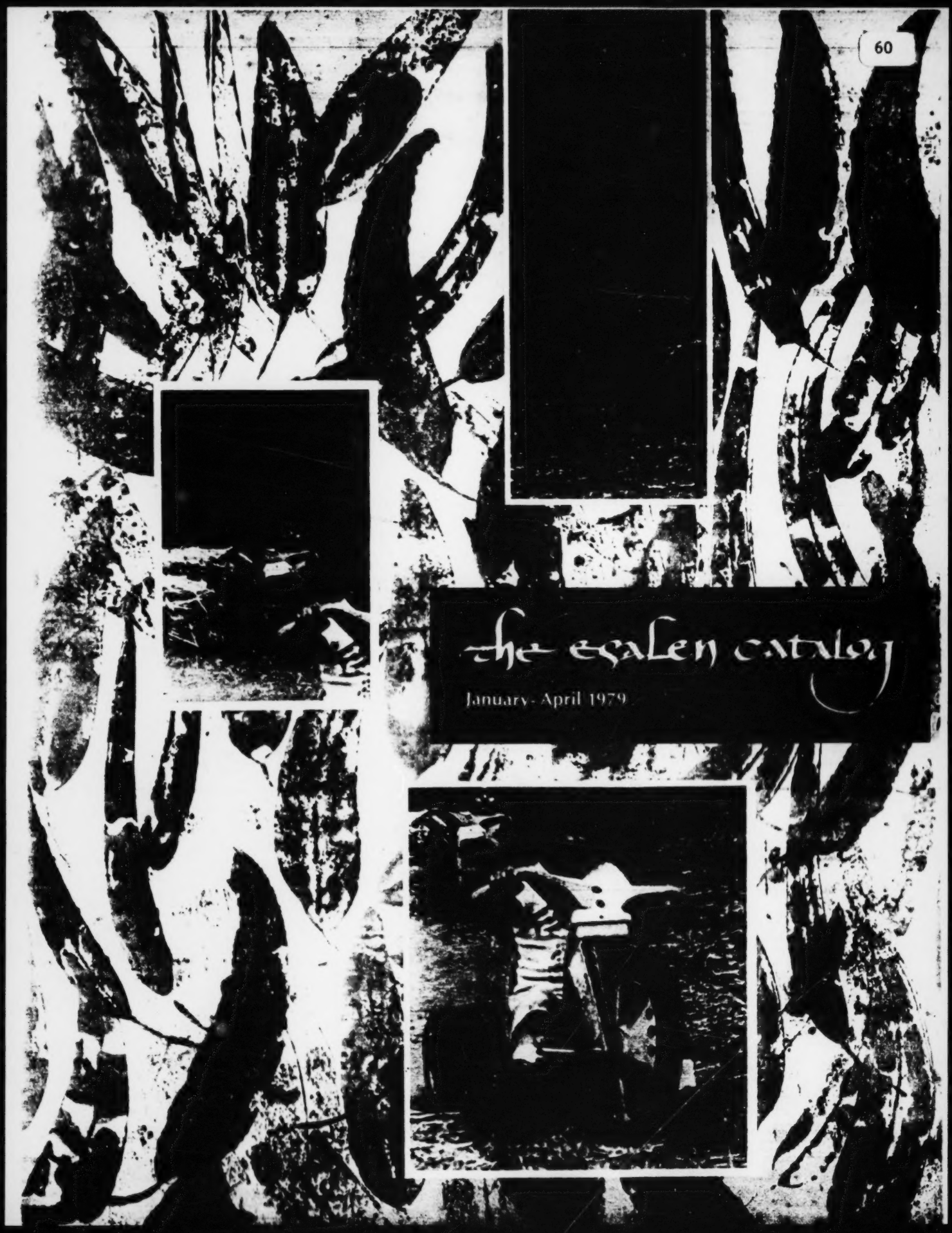

the esalen catalog

January - April 1979

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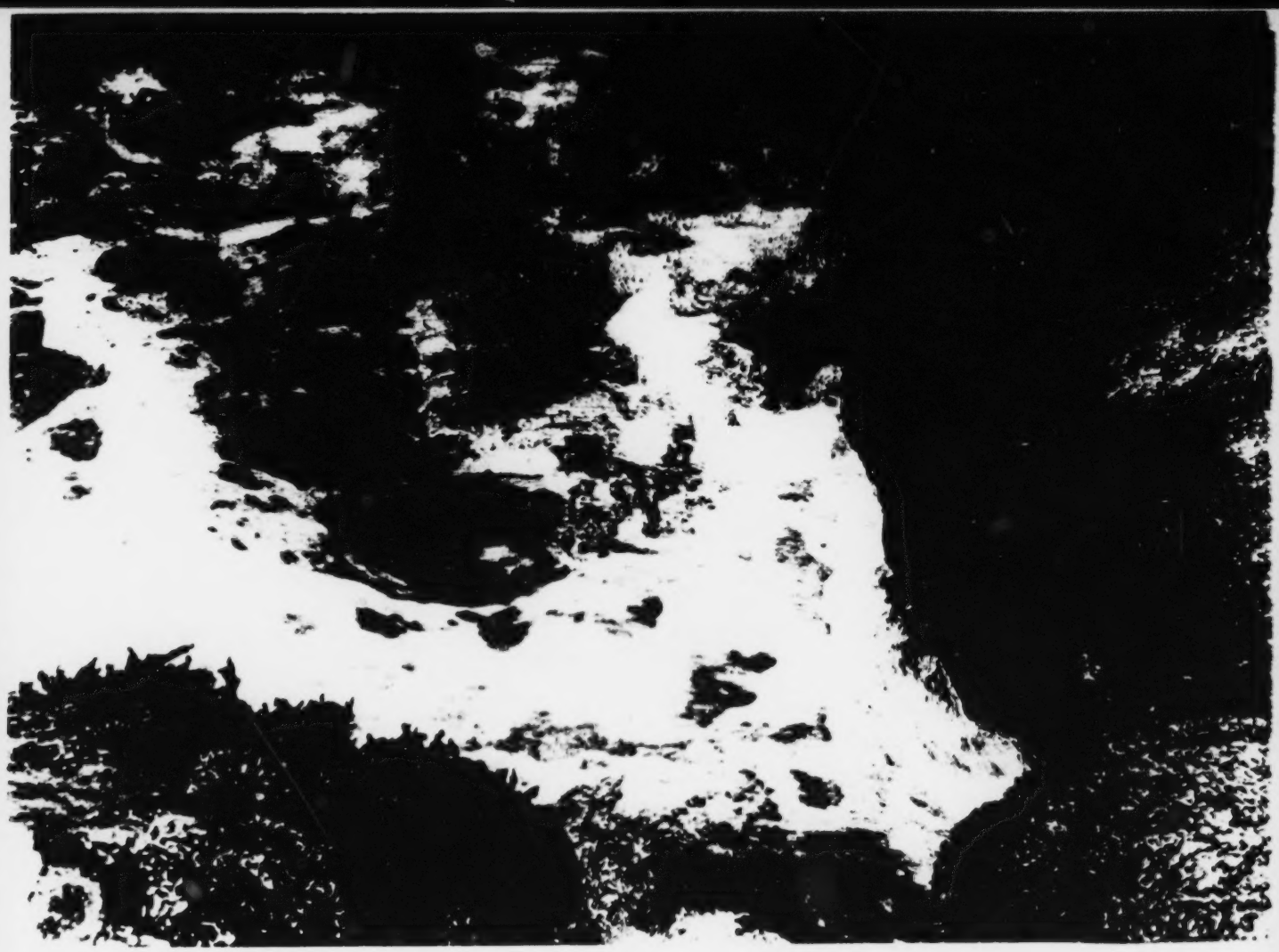
ESALEN INSTITUTE

—Big Sur, CA 93920. Phone (408) 667-2335;
10 to 3:30 every day; 10 to 8 Sunday and Friday.

Who's Responsible at Esalen?

We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility." However re-presented and operationalized in the past, by us or by others, this ethic continues to be the basis for our world view, and following from this, our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty dis-illusioning social and political events—all connected by a common reminder:

> Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness). "Take responsibility for your every thought, your every feeling, your every action," said our beloved friend and teacher, Fritz Perls.



We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures . . . and so on—and to be aware, whenever possible, what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. In effect, we are asking that this self-responsibility attitude be present in the initial contact with Esalen. Ideally, the same attitude will pervade after a workshop when our seminarians go back to the community and seek out others—physicians, teachers, counselors, mental health professionals, etc.

As we have become more thoughtful and self-critical about the overall direction of Esalen we have begun to concentrate on enhancing our basic offering—the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life; rather our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness—the consciousness of self-awareness/self-responsibility.

Food for Thought

HEALTH CARE FOR HEALTH PROFESSIONALS

(The following is excerpted from "Notes From an Esalen Director's Handbook" by Julian Silverman with Wendy Ovaitt, in press.)

ON THE HEALTH CARE OF HEALTH CARE PROFESSIONALS

Resistance to really innovative changes in health care is built into a system which often makes health a "conceptual issue" divorced from bodily experience, sensory awareness of low-level chronic stress living patterns, diet, and other ecological considerations.

Health care professionals share with their patients an attitude about the body as "an object of study", something that is prone to malfunction, something that is not intrinsically enjoyable for its own sake (except in sex and sports). We don't educate for health with anywhere the energy that we educate against disease.

Further, the health care of health care professionals themselves is a problem at present. For example, a search of the medical literature indicates a significant, uncomfortably high incidence of documented dis-ease among physicians—alcoholism, drug use, suicides, chronic stress levels, physical diseases, and other "social breakdown" syndromes.

Programs obviously are needed for enhancing the personal care of these individuals.

EDUCATION & VALUES

The field is in the process of going through some important changes. Innovations in the training and development of health care professionals are occurring in response to public demands for more advances in quality of health care.

Education is not only a matter of technological information giving, but is also the shaping of attitudes and values. There is a growing desire for a value system which re-establishes the primacy of "primary" health care as compared with the larger and larger emphasis on specialized, fragmented "secondary" and "tertiary" (health) care.

Implicit in the idea of primary care is the idea of "direct patient care."

The idea of "direct patient care" involves becoming related to patients "directly." "Directly" means straight forward, without evasiveness, it implies contacting an other "with whole-heartedness," "with spontaneity," with competence.

Direct patient care also implies being capable of "being direct" with one's self so as to be direct with others,
of "having a direct line" to one's self,
of "knowing where one is" at "a moment's notice."

It implies therefore a specific type of training of health professionals which is not foreground in today's educational system.

Our schools do not yet emphasize in their training programs the importance of the self as a fully participating instrument in the health care of others.

We train health care providers to be professional/mechanical in their contacts with patients; they tend to lose touch with their selves when they are in their professional work situations. In this way they inadvertantly limit their capacity for healing, for wholeness.

ON CERTAIN MAL-CONCEPTIONS IN THE HEALTH CARE FIELD

Our conception of what health care people do is unbalanced. We are doers to patients. As treaters of disease, we take responsibility for our patients, "take over" for our patients.
in this way we mis-inform,
take away,
(rob) from our patients,
a major part of their involvement in their own health care.

In doing so, we interfere with the healing process,
limit the healing power of the patient,
create iatrogenic diseases
which then require additional treatment.
Our treatments not uncommonly cause side effects
which are really additional diseases.

We don't emphasize teaching health care professionals
about caring for their own beings.
We don't provide a healthy environment for them.
We are one-sided in our concerns about health.
Thus we tend to make prestige, larger salaries, and other fringe benefits the preferred considerations.
We don't provide/emphasize the most important of health benefits —
an orientation to caring for one's self,
a value system for caring for one's self.

SELF CARE

Training in self-care is at a minimum. Health professionals are not educated to develop
self-centering,
self-awareness,
self-reference,
early in their training which would sensitize them to others while concurrently insulating them ("innoculating them") against diseases . . . when they go "out in the field."

Health professionals routinely contact individuals with diseases. Daily they have numerous opportunities to be in relation to toxicity, negativity, sadness, depression, unhappiness. To imagine that such continual exposure has no significant affect on their well-being is a serious misunderstanding of how individuals affect each other. The germ theory of medicine is only one formulation about ways that negative life conditions are communicated from individual to individual.

It is certainly no surprise that, under such conditions even the most dedicated should resort to preparations such as alcohol or other drugs that reduce their awareness of chronically unpleasant life conditions. It is further not surprising that the home adjustments of significant numbers of these

individuals are unsatisfactory. Their extra-ordinary occupational situations simply add on to any problems that already exist.

Our traditional emphasis is not as much in keeping fit, enjoying being alive (in health giving food, air, exercise) but with treating mal-functioning parts of the body. Enjoying being healthy is an "untaught."

PHYSICIANS & METAPHYSICIANS

There is a need to identify potential teachers (educators) in the health care field who are by temperament and interest sensitized to the problems and potential solutions of the above-mentioned issues.

We need to develop a program for identifying and training professionals who teach about *being in the world* as compared with only practicing health care, people who are whole beings as compared with people who are emersed in the role of physician, nurse, social worker, attendant, psychiatrist, psychologist, physiotherapist, etc., etc., etc.

In the planning stage—a research program for identifying physicians and other categories of health professionals who are comfortable with people and who have the capacity of being doctors (teachers)* of being-in-the-world as professional and as whole persons.

Approach:

To establish criteria for identifying such individuals by (a) constructing ideal prototypes of desirable and undesirable qualities of health care specialists and (b) carrying out pre-post measurements and follow-up measurements on groups of these individuals (temperament, personality, and attitude measurements, cognitive style measurements).

To develop and evaluate a format during professional training and during continuing education:

for enhancing sensitivity to stress (whether patients, colleagues or intimate associates)
and to their selves, to their own needs,
for clearly recognizing their own imbalances;
for learning techniques for dealing with negativity, which are "healthier" than using drugs, alcohol or getting sick themselves, and which will enhance their personal lives outside of their health care work.

Then health professionals would have something to "teach" their patients that has to do with more than managing disease.

Such a plan is unfolding at present.

---

*doctor from the latin *docere* which means to teach.

Food for Thought

THE GAZEBO EXPERIENCE

FOUR GENERATIONS
Connections
Dimensions
Structures
Textures

CONTINUITY
The patterns and forms of life
the realities / the fantasies.

THE GAZEBO FIELD EXPERIENCE ... A WORLD FOR ALL SEASONS
celebrating natures cycles through folkloric dance and song.
Four generations, many decades
Moving together into uncharted space.

Connecting one decade to the other,
weightless, floating
easy motion
sometimes up-side down.

SOARING into the Gazebo Galactic Field.

Exploring avenues of expression
with conscious awareness
leading to an expanding and
contracting harmonic.
The juxtaposition of seasonal energy.
The cycles of life in motion.

Creating A (or many)
GAZEBO PLAYING FIELD

The GAZEBO game may be played indoors or out, standing still, walking, or running. It can be a soft-ball game, or a volley ball ... as long as there are three or more generations, or four or more decades.

A GAZEBO PLAYING FIELD can be created at MacDonald's or the fanciest eatery in town. It can be a sail boat ride or a talk under a pine tree, or an organically grown, old fashioned, new age hoe-down (American word for tribal dance). It can be concrete, abstract, physical or spiritual. Every city part or country acre provides a GAZEBO PLAYING FIELD. The GAZEBO GAME has to do with a point of view. And the GAZEBO is a metaphor that brings together the human seasons and cycles of life within a harmonious context.

BEST COPY AVAILABLE

Players: GREAT GRAND
GRAND
MA, PA, UNCLE, AUNT
COUSINS - KIDS
You don't have to be one to play one.
if you play one, it doesn't mean you aren't one.
You can play more than one.

Can include animals friendly to humans, humans friendly to humans.

OBJECT: Connecting
Linking

. . . and in the park is a little house, formally called a BIRTHING CENTER'

It is a small park . . . "close by",
where people meet to talk, to walk.
Where FOLKS participate in the caring,
planting, weeding, and watering.
Where old and young meet
to enjoy performing a common task,
and friendly animals walk about
freely.

Where birds build their nests
and butterflies come to mate
and ponies trot with children
on their backs.
There are places to nap under trees,
and hammocks for others to rest,
or together, they look at the sky.

A carrot can be plucked from the ground
to savor the color as well as the texture
and taste.
Apples, oranges, peaches and tangerines,
available, fresh from their trees.
When the temperature heats from the warming sun,
there are ponds for swimming . . . and clothing
can be dropped.

It's Alice In Wonderland, Peter Pan, Pinocchio,
A Mid-Summer Night's Dream.
There's a magic castle,
a tree house that's secret and high.
Musicians visit and play.
It's a drag race,
a farm,
a place to experience substance, color, and sound.

. . . and when we die,
our ashes are USED
in a GAZEBO PLAYING FIELD
for a tree to grow,
a rose to bloom,
or maybe under a drinking fountain.
". . .what a very special world," said Alice!
". . .Strange," said Peter.
". . .Specially strange," said Pinocchio.

. . .and the music goes round and round
and there's stompin' and clappin'
after rockin' and rollin'
it's
organically home grown, old fashioned,
new age hoe-down music . . .
where every body's dancin'
and everybody's got a dance
(using everything that's able.)

Alice and the Rabbit danced and the turtle
beat on
his bongo
drums.

© Janet Lederman

Photo: Jack Kidder

Inter-Generational Conference
On March 17–18, 1979, Esalen and the University of Michigan will co-sponsor an inter-generational conference embodying some of the concepts presented on these pages. Faculty will include Gregory Bateson, Laura Huxley, Maggie Kuhn, Director of the Grey Panthers, Janet Lederman, the Esalen Rock and Roll Band and assorted children. More information about the conference can be obtained by contacting the University of Michigan, Conferences & Institutes, 950 South Thayer, Ann Arbor, Michigan.

Photo: Jack Kidder

Food For Thought

We invite your comments on our Food for Thought section. Address letters to Food for Thought, Esalen Institute, Big Sur, CA 93920. While we may not be able to respond to each letter, we will be sure to read all of them.

March 16–18

Arthurian Romance: The Holy Grail & the Medieval Tarot
Joseph Campbell

A weekend of slides, lectures, and relevant discussions illustrating the great twelfth and thirteenth century flowering of gothic literature, romance and the arts. The symbolism of courtly love, the Tristan and Grail Romances, cathedral architecture and the Marseilles Tarot will be treated, not as historic curiosities, but as clues to the essential character of a European spirituality distinct from all oriental types which is evident to this day in the works of our leading creative minds. $110

PROGRAMS AT WESTERBEKE RANCH

This series of programs sponsored by Esalen will be held at the Westerbeke Ranch in Sonoma County, which is about an hour's drive north of San Francisco. These residential workshops will be held in an intimate setting which includes rustic cabins, home cooked meals, a sauna and Japanese tub, a large swimming pool, and beautiful scenery. Weekend workshops begin on Friday evening and end Sunday at noon. Five day workshops begin on Sunday evening and end Friday at noon. A reservation fee of $70 is required for five day programs, and $20 for weekend programs. Reservation fees are not refundable, but with five days notice they can be transferred to other Esalen seminars. Full payment for all Westerbeke workshops is due five days in advance of the beginning of the program. Send all reservations and payments to Esalen Institute, Big Sur, CA 93920.

March 18–23

Hinduism & Buddhism in Oriental Art / Joseph Campbell

Five days of slide lectures and relevant discussions illustrating the course of development of these two dominant religions of the Orient, from ancient to recent times. The first days will be devoted largely to the history, arts, and doctrines of the two in ancient and medieval India and the later sessions will be devoted to Buddhism in its regional developments throughout Asia. $270

March 11–16

Languages & Models for Medicine
Beverly Silverman & Alan Gutman, MD

In this experiential and didactic workshop for health professionals, we will draw on the roots of our medical knowledge and practice to renew the inspirations that led us into our healing professions. We will reconsider how the language and models we use in medicine profoundly organize how we perceive and thereby respond. We will explore how seeing and experiencing the bodymind as a cybernetic system deepens our understanding and increases our ability to positively influence health and life. Nurses and physicians will earn 30 hours continuing education units. $270

March 23–25

Ways of Nourishing the Helping Professionals
Polly Kirby, RN, Jean Rossiter, & Maureen Christine

In the everyday working situation, whether it be hospital, school, or another environment, helping professionals are continually being asked to give of themselves. To be able to give to others, you must be able to give to yourself. (Healer heal thyself.) This workshop will help the participants provide ways of giving continual nourishment to themselves. Various approaches such as meditation, massage, use of physical environment, and time structuring will be used to show participants ways of continually restoring themselves. A climate where participants can have direct experience of spontaneity, enthusiasm and harmony will be established. Nurses and physicians will receive 10 hours of continuing education credit for participation in the workshop. $110

Programs at Westerbeke Ranch

March 23–25

The Many Faces of the Self / Bette Dingman

Within each of us are many other "selves" who demand expression. By not recognizing them we dis-own those qualities that we dis-like about our "self". Using psychosynthesis methods, fantasy imagery, soft body work and gestalt, we will integrate towards the "whole" personality creating vital avenues of expression. $110

April 1–6

Human Sexuality / Donald Lindsay, MD & Jack Rosenberg

This workshop reviews and relates the fields of human sexuality and humanistic psychology for the health professional. Both the medical and psychological aspects of sexuality will be covered, as well as a body energy approach to sexual counseling. Nurses and physicians will earn 30 hours of continuing education units. $270

April 6–8

Hypnosis & Parapsychology / Lee Pulos

All participants will be taught to experience beginning and advanced techniques of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering techniques such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and de-mystifying hypnosis, the 'fun' part of the workshop will be the exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $110

April 15–20

Motion & E-Motion: A Moving Celebration
Betty Fuller, Milton Trager, MD & Janet Sachson Zuckerman

An interdisciplinary training program for professionals and interested lay persons in counseling, education, health care, performing arts and sports. In these fields which utilize movement as a primary means to self-learning, self-realization and self-expression, learning to use one's own bodymind as a biofeedback instrument is critical.

Bodymind approaches include daily Trager Mentastics and feldenkrais awareness through movement lessons as well as other movement work which results in heightened consciousness, reduced stress, increased flexibility and greatly expanded self image. Emotional release and communications flow generated by the movement work and transforming experience of self will be processed in regular (small and whole) group sessions using gestalt, encounter, psychosynthesis and other visualization methods.

In addition to training in combining movement work and group process, each participant will have some experience of Trager Psychophysical Integration, his innovative one-to-one learning method which Dr. Trager will demonstrate.

Wear clothes suitable for movement and floor work and bring musical instruments for dancing and celebrating the flow. $270

April 20–22

Conscious Living/Dying / Stephen Levine

We will directly explore our attitudes and reactions to the process of dying and death through discussion and meditation. Our focus will include working through the heart with the dying, keeping death as an advisor, and working with the dying as a means of working on ourselves. $110

For a listing of Westerbeke Programs see 9 & 10

January

January 5–7

Aikido / Heckler, Leonard, Palmer p 13
Self / Dingman p 13
Nurse Healing Practices / Kirby p 13

January 7–12

Living Tao / Huang p 13
Sexual Experience / Grof p 13
Feeling / Zuckerman p 13

January 12–14

Music, Dance / Miller p 13
Experiencing Esalen p 13
Running / Spino p 13
Self-Acceptance / Schiffman p 13

January 14–19

Live Better / Lindsay p 14
Gestalt / Price p 14
Myth-Body / Campbell & Huang p 14
Integrity / Schiffman p 14

January 19–21

Black Dance / Nash p 15
Your Act / Lunney p 15
Lawyers p 15
Mind & Body / Murphy & Hickman p 15

January 21–26

Radix / Sercarz, Andes, Wright p 15
Author-ity / Silverman p 15
Massage / Massage Crew p 15

January 26–28

Awareness / Nadeau p 16
Weekend with Will Schutz p 16
More / Butler p 16
Couples / Schiffman & Lodge p 16

January 28–February 2

Fluidity / Lodge p 16
Experiencing Esalen p 16
Radix / Killen & Goldenson p 16
Transformations / Murphy & Hickman p 16

February

February 2–4

Experiencing Esalen p 17
Mind / Bateson p 17
Family Circles / Rebillot p 17

February 4–March 2

Gestalt / Price p 17

February 4–9

Psychic Training / Armstrong p 20
Hero's Journey / Rebillot p 20

February 9–11

Hypnosis / Miller p 20
Massage / Massage Crew p 20
Self-Acceptance / Schiffman p 20

February 11–16

Radix / Dunlap, Grill & Harwood p 20
Health Practices / Lindsay p 20
Self-Acceptance / Schiffman p 20

February 16–18

Your Act / Lunney p 21
Inner Love / Surpin p 21
Running / Spino p 21

February 18–23

Sensuality / Clemans p 21
Resistance / Silverman p 21
Experiencing Esalen p 21

February 23–25

Energy / Leonard p 21
Inner Self / Butler p 21
Vision / DeNuccio p 21

February 25–March 2

Movement / Mangrove p 22
Self / Shankman p 22
Nurse Healing Practices / Kirby p 22

March

March 2–4

Sensory Awareness / Selver & Brooks p 22
Agelessness / Lodge p 22
Experiencing Esalen p 22
Contacting / Fiore & Kent p 22

March 4–9

Sensory Awareness / Selver & Brooks p 24
Live Better / Lindsay p 24
Experiencing Esalen p 24
Reichian, Gestalt / Fiore & Kent p 24

March 4–30

Inner Road to Health / Schiffman, Braunstein, Kopperud p 23

March 9–11

Movement / Miller p 24
Body Energetics / Prestera p 24
Self-Acceptance / Schiffman p 24

March 11–16

Radix / Andes, Marie & Skaggs p 24
Self-Exploration / Grof p 24
Integrity / Schiffman p 24

March 16–18

Awareness / Nadeau p 25
Feeling / Zuckerman p 25
Running / Spino p 25
Neurolinguistic Programming / Dilts p 25

March 18–23

Living Tao / Huang p 25
Neurolinguistic Programming / Dilts p 25
Shiatsu / Caldwell p 25

March 23–25

Celebration / Fuller p 25
More / Butler p 25
Spring / Medow p 25

March 25–30

Celebration / Fuller p 27
Gestalt / Price p 27
Massage / Massage Crew p 27

March 30–April 1

Sexual Energy / Roth p 27
Panic, Crisis / Lindsay p 27
Lawyers p 27
Innerstanding / Bianchetta p 27
Contacting / Fiore & Kent p 27

April

April 1–6

Cycles / Roth p 28
Feeling / Zuckerman p 28
Herbs / Rose & Kopperud p 28
Re-parenting / Fiore & Kent p 28

April 1–27

Sport & Consciousness / Spino p 28

April 6–8

Black Dance / Nash p 29
Experiencing Esalen p 29
Couples / Schiffman p 29

April 8–13

Radix / Grill, Thompson, Killen p 29
Author-ity / Silverman p 29
Self-Acceptance / Schiffman p 29

April 13–15

Movement / Miller p 29
Bodymind / Dychtwald p 29
Tai Chi Chih / Elber p 29

April 15–20

Awareness / Nadeau p 29
Gestalt Triangle / Rubenfeld p 29
Massage / Massage Crew p 29

April 20–22

Energy Body / Leonard p 30
Fertile Void / Gaines p 30
Creative Process / Lunney p 30

April 22–27

Movement, Dance / Halprin p 30
Experiencing Esalen p 30
Gestalt / Price p 30

April 27–29

Sensuality / Clemans p 30
Couples / Smith & Hand p 30
Inner Self / Butler p 30
Feldenkrais, Gestalt / Korentayer p 30

May 6–June 1

Holistic Medicine / Grof p 31

Esalen Programs

December 24–January 12

Gestalt Synergy–Integrating Gestalt, F M Alexander Technique & Feldenkrais Method
Ilana Rubenfeld & the Esalen Staff

This intensive workshop is designed for professionals and those interested in psychology, psychiatry, education, expressive arts (drama, music, art and dance) and body/mind philosophies. It is focused for those who wish to integrate gestalt theory and practice and body/mind approaches into their own work/life journey.

In this workshop participants will learn the basic tools of the gestalt approach while working with them in relationship to personal/professional growth.

The blending of gestalt with Alexander Technique and feldenkrais exercises is used as a gateway to contacting, expressing and working through the deep feelings which often become stored in our body/mind and result in tension and imbalance. Trainees explore how the body/mind "speaks" and how we can learn to "listen" to ourselves and others in a flowing, integrative, congruent manner.

Every day will be divided into several sessions–morning, afternoon and evening. These sessions will include theory, demonstration and experimentation; practicum–supervised practice sessions where trainees take the roles of client, observer and gestalt leader; body/mind approaches and the use of touch. Sessions concerning group process will be woven into the tapestry of the training. Several guest leaders will work and share their approach in individual and group facilitation.

The major themes of this workshop emerge from the following modalities:

1 Gestalt Theory & Practice generally encompasses such central issues as awareness, contact boundary, impasse, foreground and background, polarities and their integration, dream work and appropriate use of time in verbal and non verbal intervention.

2 The Alexander Technique & Feldenkrais Exercises–a psychophysical modality. This includes the relationship of posture to emotions and emotions to posture–how changes of inner and outer space affect our intellectual and emotional capacities. These methods deal with body posture, kinesthetic sense and a re-education of the brain's neural system.

3 Use of Touch: Attention will be given to the use of touch. To learn where, when, how and whom to touch requires sensing where the other person is. The leader/trainee can learn to protect himself/herself from toxic energies and open themselves for nourishment. Trainees will learn how to use themselves–their whole being–as an instrument.

4 Group Process: Part of this training will address itself to the subtleties of group process. An experienced group facilitator will be available to guide trainees in the processing of group dynamics.

When each one of us works on our own process we can then learn how to bring out total self into the "therapeutic" situation, transforming it into a collaborative effort which fosters acceptance, caring, humour and continual growth.

This workshop is part of an ongoing program which takes place at Esalen. Those who have participated before need only send in their registration and deposit. Those who are interested in joining the group must send a letter containing personal and professional interests and deposit to Ilana Rubenfeld, 115 Waverly Place, New York, New York 10011. A few partial scholarships are available for this program. For scholarship applications write Esalen Institute, Big Sur, CA 93920. $1000 Deposit: $400

Faculty:
Ilana Rubenfeld
Moshe Davidowitz
Dawna Markova
Esalen Massage Crew
Richard & Christine Price
Paul Rebillot
Beverly Silverman
Julian Silverman
Janet Zuckerman

Weekend of January 5-7

The Tamalpais Experience
Richard Heckler, George Leonard & Wendy Palmer

Aikido is the most sophisticated of the major martial arts. It is also a means for reducing stress, a guide to solving problems of everyday life, and a way of being in the world. Richard Heckler, George Leonard and Wendy Palmer will present the unique approach to aikido and energy awareness they have developed at their Marin County school, Aikido of Tamalpais. No previous training is needed to experience the essence of the art. $110

The Many Faces of the Self / Bette Dingman

Using guided fantasy, psychosynthesis exercises, and gestalt practice, we will explore the different "selves" within us in a safe environment. $110.

Recent Developments in Nurse Healing Practices
Polly Kirby. RN

This workshop gives an overview of recent developments in non-traditional methods of holistic healing, presenting alternative methods to the practicing nurse. Using experiential methods the nurse explores herself as healer, discovering her preferences and potential for healing. Various healing models will be discussed including the present scientific medical model. Concepts of health and disease will be developed within their historical and conceptual contexts demonstrating differences, similaritites and limitations. Nurses earn 10 continuing education units. $110

Week of January 7-12

Living Tao: Re-Discover a Singing & Dancing Body in You!
Al Chung-Liang Huang

Explore heaven-earth—the moving forces in our bodies, in the watercourse ways of t'ai chi. To become your own living practice; to be healthy, joyful and alive!

Recommended non-reading: *Living Tao: Still Visions and Dancing Brushes* by Huang with photographs by Sichi Ko (Celestial Arts) $270

Varieties of Sexual Experiences & Behaviors (Observations from LSD Research)
Stanislav Grof & Christina Grof

Using the extended cartography of the human unconscious based on observations from clinical LSD research, we will discuss the nature of sexual energy and the many specific forms it assumes. Special attention will be paid to new understandings of the psychodynamics of sexual variations, disorders, and deviations, and to transpersonal dimensions of sex (satanic, oceaninc, and tantric). We will use a combination of discussion, group interaction, experiential exercises, mandala drawings, slide and film projection, and non-drug technology for altering consciousness. Participants will have the opportunity to confront their feelings about sexuality and gain deeper insight into the nature of their experiences in this area. $270

The Feeling Process / Janet Sachson Zuckerman

Some of the steps involved in learning to experience your feeling process in a way that increases your personal effectiveness in the world will be the focus of this workshop. Separating feelings from thoughts —sensitizing your body to your own rhythms and sensations and recognizing that *your* feelings—*your* discoveries are your truth without needing outside validation. The process is then the choice of expression or depression. An experiential workshop. $270

Weekend of January 12-14

Music, Dance, Trance & Celebration
Nitza Miller

In cultures which are less dominated by technology and industry, music, dance, and celebration are not spectator sports. These activities, along with "trance" states such as meditation, deep relaxation, and hypnosis have been traditionally initiated cross-culturally for physical and emotional balance—release of tension, clearing of the mind, joy and ecstasy, and for interpersonal and transpersonal communication; and *everyone* participates!

This will be an *experiential* weekend where participants will be invited to share several deep relaxation ("trance") experiences to help intensify sound and movement and the natural body rhythms.

The lovely sounds of the keyboard, the stirring flute and the passion of drums will facilitate spontaneous movement to stimulate the evolution of your own body rhythms towards freedom, pleasure, and joy. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

In this workshop we will draw on recent developments in sport physiology, preventive medicine, the mental training of athletes in East Germany and the Soviet Union, Eastern philosophy, yoga, and the martial arts as well as research on bodily transformations at the Esalen Sport Center. We will work with gaits and tempos for running, muscle/skeletal exercises, flexibility exercises, training routines, visualization exercises and meditation techniques. $110

Exploring Self-Acceptance / David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter techniques, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $110

Week of January 14-19

Live Better Longer / Donald Lindsay, MD

This will be a workshop in holistic medicine emphasizing prevention, nutrition, health maintenance and experiential learning about body-psyche relationships. It is about joyous living and includes body work at the Esalen baths. The student will learn to use new advances in health care. There will be sessions on medical consumerism, on interacting with physicians. Enrollment is limited. Nurses taking this course will receive 30 hours of continuing education credits. $270

Your Own Myth-Body to Live By!
Joseph Campbell & Al Chung-Liang Huang

We will explore and re-create ancient myths in our daily lives—in our thoughts and in our bodies—as we integrate intellect and movement into one harmonious living practice.

Recommended readings:

by Campbell—*Myths to Live By* (Bantam). *The Flight of the Wild Gander* (Gateway), *The Complete Grimm Fairytales* (Pantheon)

by Huang—*Embrace Tiger, Return to Mountain* (Real People), *Tao: The Watercourse Way* (with Alan Watts, Pantheon). *Living Tao* (Celestial Arts). $300

Personal Integrity / Exploring Self Esteem
David Schiffman

In this workshop we will join together to build a community whose foundation is trust, good will and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength and self-respect. Our task together will be to discover how best to express these qualities both in and out of the workshop. We will explore the boundaries of our emotional, physical and mental potentials and how they effect our sexuality, our relation to power, our friendships, our creativity, and our expectations of ourselves and of others.

To this end we will employ a variety of focuses including music, movement, meditation, guided fantasy, as well as intensive individual work using bio-energetic, gestalt, and psychosynthetic techniques.

Our emphasis will be on discovering and affirming the qualities each person values most inside him or her self and in sensing whether it is worth taking the risk to share these qualities with others. $270

Gestalt Practice
Richard Price, Leonard Bearne & the Esalen Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustible.
—Lao Tzu c. 2500

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "Leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelley); *Illusions* (Richard Bach). $270

Weekend of January 19-21

Black Dance / James Xavier Nash & Jasmine Nash

This workshop will include massage and dancing, exploring the rituals of Black disco dancing in contemporary American society. High-low energy, sensual and sexual, rhythm and syncopation, hand clapping, foot stomping, using African drums, we will use our voices and pre-recorded popular Black music. $110

Getting Your Act Together / Nancy Lunney

In this workshop we will explore the relationship between who we are and who we would like to be. We will use gestalt and guided fantasy to contact our inner selves. In a non-judgmental, supportive atmosphere we will experiment with music, drawing and theater games to open up and to express our natural creativity. No special talent or previous group experience is required to begin "getting your act together." $110

The Lawyer—A New Perspective
A Weekend for Lawyers presented by the Humanistic Law Institute

"Like mounds in a sandy deset, intellectual knowledge is mounting up without provision for the expression of the heart."
—Meher Baba

As lawyers we were trained to use our heads and not our hearts—to make choices and decisions based upon "reason," "principles," and "issues" and not to trust feelings, intuition or compassion—often with less than satisfying results in our "professional" and/or "private" lives.

During this weekend we will explore and share with other lawyers, in the peaceful, reflective, nourishing, and evocative setting of Esalen, ways of using and integrating all aspects of ourselves—our bodies, our minds, our feelings, our "hearts" to see if we can make our work and our "private" lives more effective and more integrated, flowing, meaningful, and enjoyable.

The program will be conducted by a lawyer member of the HLI staff and another experienced group leader and will be largely experiential, using approaches and methods of gestalt awareness, psychosynthesis, massage, meditation, and bioenergetics. $110

Evolutionary Relationships Between Mind & Body
Michael Murphy & James L Hickman

Michael Murphy and Jim Hickman are gathering examples of extraordinary bodily transformations from various fields—from the yogic and contemplative literature, psychiatric records, hypnosis and drug research, sport, the arts, and everyday life—in an attempt to learn more about the range of such changes and the ways in which they happen. In this seminar they will present their work to date and speculate with the participants about the implications of their findings. Two questions for discussion are: (1) Do these bodily changes reveal an evolutionary possibility? (2) How do they relate to notions of "enlightenment"? $110

EXPERIENCING ESALEN

Experiencing Esalen Staff

Coordinated by Janet Sachson Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificance of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *Anger and the Rocking Chair* (Lederman).

SCHEDULE:

January 12–14	$100
January 28–Feb 2	$240
February 2–4	$100
February 18–23	$240
March 2–4	$100
March 4–9	$240
March 25–30	$240
April 6–8	$100
April 22–27	$240

Week of January 21-26

Opening the Feelings: A Neo-Reichian Radix Workshop
Renan Sercarz, Ron Andes, Julie Wright

For workshop description see page 23. $300

Be Your Own Author-ity / Beverly Silverman

Be the author of your own life—write down your own script. You don't have to live someone else's plot. Life is a continuous process and we can be in charge of our own movement. The style of contact we use will be gestalt and psychosynthesis and anything else that works. $270

Massage Intensive / The Esalen Massage Crew

The members of the massage crew, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: Sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of ourselves.

The group meets daily in the mineral baths. $270

Weekend of January 26-28

States of Awareness, Shifts of Identity / Robert Nadeau

Who are we *really?*

On a "bad day" we approach life feeling anxious, incompetent, unloved, unloving—basically negative and small. At other times we're like a different person—calm, squared away, loving, open. And then there are those extraordinary moments of opening to larger, finer dimensions where we *experience* the oneness, the totality of our philosophies.

These are shifts of identity, and the shifting process is a natural one. But most of us stumble from identity to identity, getting "stuck" in smaller states and only rarely touching finer ones.

In this workshop we'll experience the shifting process and learn to apply it to our jobs, our relationships, the ordinary and extraordinary times in our lives. We'll use meditation, imagery, centering, and body movement. $110

A Weekend with Will Schutz

$110

The Executive Couple / The Gentle Art of Blending Separate, Busy Lives / David Schiffman & Elisa Lodge

The ability to create and maintain the delicate balance between autonomy and commitment is central to the success of any couple relationship. This is expecially true in relationships where both partners are deeply committed to their own individual careers as well as each other.

This workshop will focus on the reawakening and development of the positive mutual supports that are at the root of satisfying relationships. Our time together will be spent exploring the most effective means for expressing the ability to be loving, while maintaining a sense of personal integrity. We will look at the beliefs and habits that we use to celebrate or diminish the growth and joy we allow for ourselves as well as for our partners. Some of the practices we will be using include guided imagery meditation, intuitional sensing, massage, bio-energetics, gestalt and psychosynthesis. $110 per person

More / Michael Butler

This workshop is to teach ways of tuning into the "more" of what is inside you. The goal is more self awareness, more joy, and more ease in life.

This method of awareness is based on self discovery. We will use a variety of tools which are gentle, yet go deep. There will be music and chanting to open the heart, work with intuition, sharing experiences with each other, and teaching sessions to relate our experiences to everyday life.

We will study meditation as a tool for growth—to overcome blocks and to get in touch with the perfection inside. A form of meditation will be taught which can replenish you day to day and help you increase the "more" of your life. $110

Week of January 28 - February 2

Fluidity of Being / Elisa Lodge

In this workshop we will explore through physical awareness and expression the basic principles of movement and breath that allow us to maximize our potential for balanced effortless movement.

We will apply these concepts not only to our daily activities such as sitting, standing and walking, but to specialized activities such as jogging, tennis, playing a musical instrument and massage.

Some of the practices we will touch on include structural patterning, meditation, creative sound and movement, and theater games. The emphasis will be on evoking grace and harmony throughout all our expression. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Concentrated Radix Feeling Work
Clair Killen & Merri (Devarani) Goldenson

Under the sponsorship of the Radix Institute this workshop will provide an environment for deep feeling work. We will work as a group to experience the connection between our body armor, the ways we block our feelings and how we control our lives. As we become aware of how we control our feelings and our lives, we can consider letting go of control that stands in the way of greater experience of love, pleasure and trust. Each participant will receive four individual intensives. The enrollment will be limited to twelve participants who have experienced at least a previous five day Radix workshop. $300

Supernormal Transformations of the Body
Michael Murphy & James L Hickman

In this workshop, Michael Murphy and Jim Hickman will present the results of their research on supernormal bodily changes that occur in yoga, sport, psychosis, hypnosis and other kinds of activity. Questions for discussion are: the relationship of psychokinesis and intentionality to deliberate bodily change; ways in which these changes occur; what a transformed body might look like and how it might function; the ethics of extraordinary powers; the implications of such research for the culture at large; the relations between internally mediated bodily change, genetic engineering and mind-machine entities (cyborgs). There will also be sessions of meditation and running, energy awareness exercises, experiments with "inner seeing" and "inner hearing", and yoga exercises that are related to physical transformation. Slide shows illustrating various aspects of these topics will be presented at some of the sessions. $270

February 4–March 2

Gestalt Practice / Richard & Christine Price, Janet Sachson Zuckerman, Joan Fiore, Leonard Bearne & the Esalen Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear–
And used–is inexhaustable.
–Lao Tzu c 2500 BC

Gestalt is as old as the world.
–Fritz Perls

Gestalt practice is a form–nonanalytic, noncoercive, nonjudgmental–evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness growth rather than adjustment, cure, or accomplishment. The second half of this program will have participants working primarily with each other, relating whatever is being learned (or unlearned) to the development of their own styles. Thus this program might be especially useful to those wishing to utilize a gestalt approach in their professions (e.g. counselors, teachers, ministers, mothers, doctors and nurses). There will be some experiential and didactic sessions involving other related procedures such as Radix and neurolinguistic programming.

Suggested reading: *Gestalt Therapy Verbatim* (Perls);*Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelley); *Illusions* (Richard Bach). $1150

Weekend of February 2-4

Family Circles / Paul Rebillot

Family Circles is a process that provides a ritual setting to help counter and destroy negative programs subconsciously operating in our lives and replace them with positive, supportive experiences.

During the workshop you will be able to protest and feel your full power against all the "you can'ts" and "no's" you were taught as a child. With the support of the group you will have an opportunity to "beat down" the negative images that hold you back and plant in their place new affirmations of yourself that will support your expansion. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Steps to an Ecology of Mind / Gregory Bateson

In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to new ways of looking at the living world, including everything from biology to poetry and politics. The workshop will explore these ways of perceiving and thinking. $110

THE ESALEN WORK-STUDY PROGRAM

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our selves primarily in relation to others; we lose touch with our essence.

From this perspective, we offer an opportunity to return to our Selves within the working context of the Esalen community. Our faculty for this program is our environment—staff—community.

Learning/dis-covering the use of your own energy in work . . .
For your SELF.
Living together (close to others) operatively and co-operatively in a unique, high intensity environment.
Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.
An opportunity for:
SELF-regulation
SELF-examination
SELF-contemplation
and if you choose
SELF-reevaluation
Facilitated by removal from your ordinary living context.

Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duries, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. (Flexibility is one of the watchwords of life at Esalen). The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program (emotionally and physically) and only rarely is it restful. There will be a coming together in the evenings to share—contact—play/alone-together.

Accommodations are shared. The program lasts 28 days; four weeks and four weekends at a basic cost of $350. Depending on your work schedule, weekend workshops may be available for an additional fee. Professional services such as massage and rolfing are available at staff rates. Arrangements are made through the office.

It is possible to be in the work-study program up to three months, by invitation, after the first month.

Available dates:

December 3—31; December 31—January 28; January 28—February 25; February 25—March 25; March 25—April 22; April 22—May 20; May 20—June 17; June 17—July 15.

If interested, please apply as early as possible to Work Study Program, Esalen Institute, Big Sur, CA 93920. Only a limited number of applicants are accepted. Scholarships are not available for the Work-Study program.

Application to the Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____ City _____

State _____ ZIP _____ Age _____ Your occupation _____

Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st _____ to _____

2nd _____ to _____

3rd _____ to _____

Have you been to Esalen workshops? Please list program titles and dates, if any. _____

_____

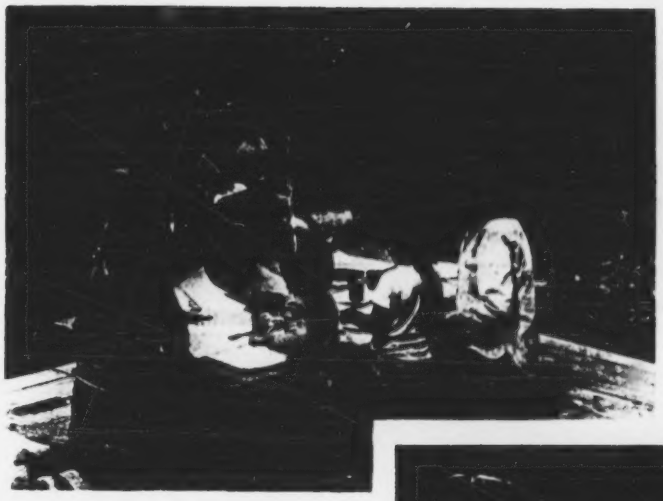
_____

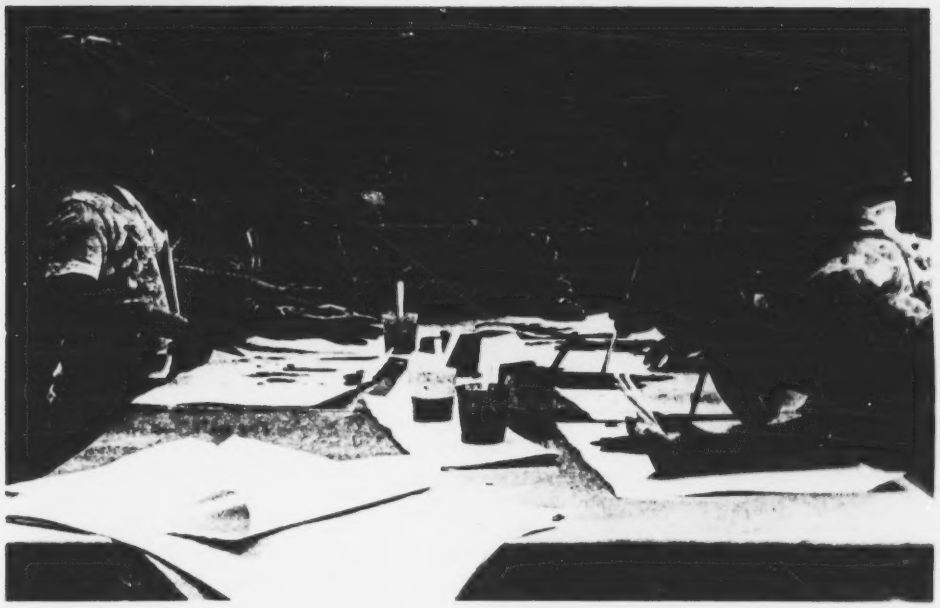
In the space below, please make a personal statement about your interest in the Work-Study program, and any skills available.

_____

_____

Please return this application with a deposit of $150 to Work-Study Program, Esalen Institute, Big Sur, CA 93920. Your deposit will hold a place for you if there is space during the dates you request. If there is no space, we will refund your deposit or hold it for the next available space of your choice. If your deposit is accepted and you cancel more than two weeks before the start of the program, we will hold your deposit in suspense for one year for your future use at Esalen. If you cancel less than two weeks before the program begins, your deposit is forfeited.





WAYS OF BEING AT ESALEN

Scholarship Information

If you need scholarship assistance for an Esalen program of five days or longer, write for a scholarship form *before* making a reservation. Allow at least three weeks for processing. If your application is approved, please make a reservation as soon as possible after receiving the notification. No scholarship assistance is available for June 15–August 31 programs or for weekend workshops.

Ongoing Residence Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $960 per 26-day period.

Week of February 4-9

A Psychic Training Program / Anne & Jim Armstrong

This workshop is open to professionals and others interested in learning to recognize, trust, and use their own Psi abilities. Anne and Jim will use exercises and training techniques to accomplish this goal. During the training exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $270

The Hero's Journey / Paul Rebillot

The Hero's Journey is a dynamic form designed to facilitate people through life changes. Your world is viewed through the lens of fantasy, dramatized and experienced in a rite of passage based on a universal ritual used to celebrate this metamorphisis: the myth of the hero.

Your hero is structured from the absolute "yes", your demon from the absolute "no" of your personality, externalizing your inner conflict. The two confront each other on The Hero's Journey, a dramatic struggle ensues until a synthesis of the opposing forces is reached. $270

Weekend of February 9-11

Zen & the Art of Self Hypnosis / Emmett Miller

Selective Awareness and self hypnosis form a link between the Eastern and Western approaches. The principles of relaxation, imagery, being here now, and letting go with the flow underly changes in health, habits and happiness.

We will start from where the group is "at" and flow through silence and sound, through stillness and movement, learning methods which can help us actualize our philosophical beliefs and life goals. Self hypnosis, music, dance and celebration will be part of this experience. $110

Massage Intensive / The Esalen Massage Crew

For workshop description see January 21-26. $110

Exploring Self-Acceptance / David Schiffman

For workshop description see January 12-14. $110

Week of February 11-16

Opening the Feelings: A Neo-Reichian Radix Workshop Mark Dunlap, David Grill & Ann Harwood

For workshop description see page 23. $300

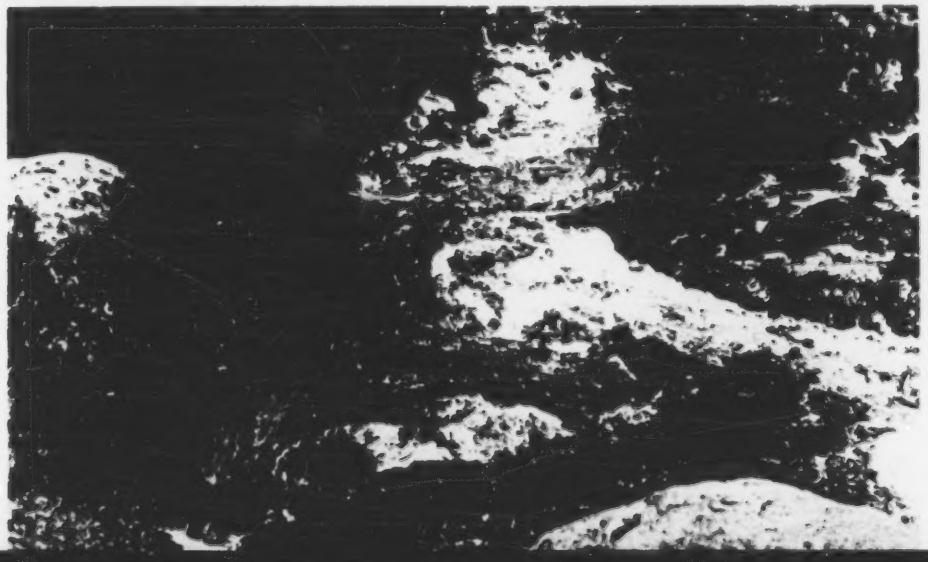
Body Awareness & Health Practices—For Health Professionals / Donald Lindsay, MD

Experiential teaching is emphasized in this workshop. The student will be a participant-observer. Recent developments in experiential aspects of body awareness will be developed followed by practical applications to patient care. Aspects of inner awareness will be used to enhance professionalism, self confidence, professional autonomy as well as improved interprofessional relations. Nurses and physicians will receive 30 hours of continuing education credits. $270

Self-Acceptance—The Freedom To Be / David Schiffman

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics and journal work. $270



Weekend of February 16-18

Getting Your Act Together / Nancy Lunney

For workshop description see January 19-21. $110

Inner Love / Simone Surpin

In each of us exists a place where we can merge in and with a certain kind of love: a love that is the source of our inner being; a love that is not dependent on something outside of itself for sustenance; a love that renews itself and clears our vision of ourselves and of others.

As purely and as simply as possible, we will attempt to explore and experience this state; to touch these experiences with our minds and share them outside ourselves.

We will meditate, chant, do gentle body work practices, and learn about energy flows. Each session will be a blend of both didactic and experiential work. Some time will also be taken for silent walks together in the country. $110

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

For workshop description see January 12-14. $110

Week of February 18-23

Pleasure, Sensuality & Your Body / Barbara Clemans

The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feeling of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact, and nurturing, sensitive giving and relaxed receiving. We will explore new patterns of moving and being together, feldenkrais awareness, and vital explorations in movement to music. The baths, the rhythm of the ocean and massage will heighten our awareness of the pleasure inherent in simplicity. $270

Positive Resistance / Beverly Silverman

In the human potential movement we have come to think of resistance as a negative quality, something to do something about—get rid of. Resistance for most of us has served a useful protective purpose and also balanced physical resistance is a way of experiencing positive energy in the system. Learn to contact your resistance and salute it. If it is obsolete and gets in your way you can say goodbye to it. If it serves a useful purpose you can learn how to use it. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Weekend of February 23-25

Energy Awareness & the Crystalline State / George Leonard

In the crystalline state, there is no expectation nor any prejudgment. Concentration on the past and future gives way to primary focus on the present. Action taken while in the crystalline state is not *considered action* but rather *appropriate action.* When fully achieved, this state permits you to experience the harmony and connectedness of all existence. This energy awareness workshop will emphasize the crystalline state as described in George Leonard's latest book, *The Silent Pulse: A Search for the Perfect Rhythm that Exists in Each of Us,* and will also involve centering, balancing and stress reduction. $110

Experiencing the Joy of Your Inner Self / Michael Butler

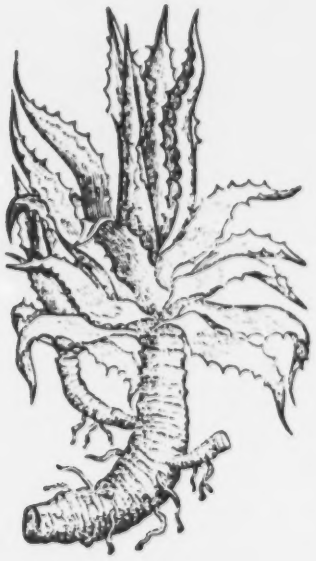
Within each of us is an untapped seed of emotional and spiritual energy which can be the source of great joy and love in our life—our own "inner self". All of us have moments in touch with it, and those are times when we are especially aware of our own beauty and strength. This workshop will teach ways to discover and nurture this loving center of yourself.

The methods of opening used are gentle, yet go deep—music and chanting to open the heart, gentle physical exercises, sharing our experiences with each other, meditation. We will study ways to grow through regular meditation, and participants will be taught a simple, natural way of meditating to continue the process of opening at home.

The workshop is appropriate both for those with group experience as well as for beginners. $110

Vision Improvement—Our Willingness to See Laura DeNuccio

This weekend will focus primarily on the awareness continuum. Exploring various methods and systems, we can discover how we distort our perceptions in the here and now and how we are able to clear and re-educate our eyes and our Selves to see. Utilizing deep emotional release, bioenergetics, gestalt, the Bates system, nutrition and various other body/mind approaches, we will have the opportunity to explore, discover, contact, experience and expand—enabling us to look newly at our Selves and our world in which we live. Limited to ten participants. $110



Week of February 25 - March 2

A Movement Approach to Individual Growth and Group Process / In Contact with Mangrove

Mangrove is a community and performance collective of seven men from San Francisco. We work in an improvisational life process originating in organic movement flow.

We begin with our most basic dances of lying, sitting, standing, walking, and running. Each person explores the dynamics of his moving/thinking body in relation to balance, momentum and gravity. We use the tools of nonverbal communication: the dynamics of pressure, immediate responsiveness and the give and take of weight. To play with each other in the present moment, we let go of expectations, projections and static images of ourselves.

This everchanging dance constantly asks for our presence and support, physically, emotionally and spiritually. We dance alone, in pairs and as a group, and we use voice and music to support and extend the contact improvisation. $270

Simply Loving My "Self" / Phyllis Shankman

The simple experiences of self-love and self-acceptance are the keys to peace, joy and creative living. As individuals we will slow down, relax, and be our "selves" with quiet meditations, breath work, yoga, walks, and special time for solitude. As a group we will come together and create a safe place to explore and expand our ability to experience ourselves with others as open, caring, sharing human beings. Group activities will include gestalt work, massage, music, dance-movement, art-imagery and whatever else presents itself in the moment for our attention. Come alone or with a partner.
$270 per person

Recent Developments in Nurse Healing Practices Polly Kirby, RN

For workshop description see January 5–7. $270

Weekend of March 2-4

The Miracle of Perception / Charlotte Selver & Charles Brooks

We gather to dig out and celebrate our true and abiding blessings, the inborn faculties of perception, movement, action and expression through which we are able to participate in a feast that is always there, when we discover it and are there for it.

Charlotte brought her first workshop to Esalen fifteen years ago this fall. Now you are invited to share with her and with Charles a study which opens us all to the offerings on the table of life and enables us to distinguish what is really there from what we just talk and fantasize about. $110

Agelessness / Elisa Lodge

The inner experience of grace, ease and vitality need not be diminished by age. We can maintain a vibrant, open state of loving and sharing if we take the time to tune and cleanse our bodies. The spirit we open to through this tuning and cleansing is ageless. It is the source of our enthusiasm, excitement and strength.

In this workshop we will use a synthesis of structural patterning, self massage, color, sound and nutritional practices, each serving to evoke and maintain a vivid sense of living fully in the present. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Close Encounters of a Balanced Kind / An Experiment In Meeting & Contacting Other Human Beings Joan Fiore & Jeffrey Kent

This workshop provides an opportunity for you to pay attention to the quality of your interpersonal contact, and, particularly, to your ability to stay tuned in to yourself while meeting and contacting others.

You may discover your own rhythm of contact and withdrawal; you may discover how you sabotage yourself from having more satisfying personal relationships; you may discover you're getting exactly what you want from your relationships. You may discover anything; you may discover nothing. You're in charge. $110

March 4–30

Inner Road to Health / David Schiffman, Barbara Braunstien, Patricia Caldwell, Jeanne Rose, Ryan Kopperud, Elisa Lodge & the Esalen Staff

This is a training workshop about health—learning how to get well and stay well, and helping others to do the same, all by natural means. Sessions held during the day will focus on a variety of holistic health practices. We will cover herbal systems, nutrition and diet, different forms of massage such as shiatsu, polarity, Esalen massage and deep-tissue massage. The sessions will be both experiential and didactic. As different systems are introduced we'll explore ways of experiencing and embodying this knowledge, using our hands as well as minds. For example, we'll gather our own herbs to prepare powders, salves, infusions, tinctures, and herbal baths while at the same time learning the medicinal uses of various herbs.

Evening sessions will focus on individual and interpersonal process work, based on gestalt and psychosynthesis approaches. Weekends will generally be free and participants in the workshop may sign up for regularly scheduled weekend brochure programs, for the catalog price minus $50.

A principal emphasis throughout the month will be on discovering and awakening inner resources. In this connection, regular meditation, patterning, chanting, yoga, tai chi, massage, and other quieting practices will help still the mind and relax the body, permitting new sensitivities to emerge. We will also have dance, movement, and various forms of energy awareness sessions for the sheer enjoyment of learning to move freely and spontaneously in response to inner rhythms.

The group will meet in the Big House and many of the participants will be housed there. This provides a unique opportunity and setting for evolving this month-long group experience into a family experience. For those who cannot afford the full tuition cost, a limited number of partial scholarships are available, for which a weekly work commitment is required. For scholarship information write to Esalen, Big Sur, CA 93920. This is an educational program, it is not for the treatment of disease. Tuition: $1150 Deposit: $400

Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS

(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix Intensive, a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Institute. The intensive, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion. In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. The participant/teacher ratio is kept small, never more than 10/1. Each weekend participant who wishes will receive an Intensive, while 5-day workshop participants receive two. By meeting sometimes in small groups and sometimes together in large groups, Radix combines the intimacy and individual attention of the small group with the energy and dynamism of the large. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

January 21–26	Renan Sercarz, Ron Andes, Julie Wright
January 28–Feb 2	Clair Killen & Merri (Deverani) Goldenson
February 11–16	Mark Dunlap, David Grill & Ann Harwood
March 11–16	Ron Andes, Fay Marie, & Lawanna Skaggs
April 8–13	David Grill, Sandy Thompson, & Brian Killen

Week of March 4-9

The Miracle of Perception / Charlotte Selver & Charles Brooks

For workshop description see March 2-4. $270

Live Better Longer / Donald Lindsay, MD

This workshop will emphasize prevention, nutrition, health maintenance and experiential learning about body-psyche relationships. It is about joyous living and includes body work at the Esalen baths. The student will learn to use new advances in health care. Nurses and physicians will receive 30 hours of continuing education credits. $270

Experiencing Esalen / Experience Esalen Staff

For workshop description see page 15. $240

Put Your Memories, Fantasies & Dreams to Work For You: A Reichian / Gestalt Approach to Energy Release Joan Fiore & Jeffrey Kent

"To understand is to tremble. To recollect is to reenter and be riven."
—Harold Brodkey

This workshop focuses on releasing the energy locked in our memories, fantasies, and dreams so that this energy can be made available for present relationships and life situations in a way that makes our existence in the present less encumbered by unfinished business of the past as well as self-programmed, self-fulfilling prophecies of doom for the future. First priority is on intensive intrapersonal work in a supportive group setting. There will also be opportunities to explore the nature of our interpersonal relating through group interactions. $270

Weekend of March 9-11

Tune Your Body—A Movement Adventure Nitza Broide Miller

The process of growing up provides us with many experiences—sensations, impulses, desires which express themselves spontaneously. Our body generates energy. We enjoy the pleasures of body movements, the touch, the magic of exploration and the joy of discovery.

At times, this growth process is cut off by rules and taboos or by other obstacles that are hard to conquer. We begin to listen more to the surroundings than to ourselves!

In this workshop we will listen to the excitement of our own rhythms; we'll tune into the internal voice of our body, and to the sensual flow and pleasure in recreating and reconnecting with ourselves. We will learn to let go of unnecessary tension in our body through dynamic relaxation, using imagery and visualization, and through the magic of dance. $110

Body Energetics and Primal Imprints / Hector Prestera

This workshop will include body reading, color-auric energy fields, imprinted body emotions and emotional-energetic release methods.

Recommended Reading: *Selected Writings* (Reich), *The Body Reveals* (Kurtz & Prestera, published by Bantam & Harper & Row). $110

Exploring Self-Acceptance / David Schiffman

For workshop description see January 12-14. $110

Week of March 11-16

Opening the Feelings: A Neo-Reichian Radix Workshop Ron Andes, Fay Marie & Lawanna Skaggs

For workshop description see page 23. $300

Adventures in Self-Exploration Stanislav Grof & Christina Grof

Focused self-exploration in this workshop will be based on the model of the unconscious that emerged from psychedelic research. It includes not only biographically determined areas but also the dynamics of the death-rebirth process and transpersonal experiences. We will use a combination of music and guided affective imagery, mandala drawing, yoga, massage and individual work when indicated. $270

Personal Integrity / Exploring Self Esteem David Schiffman

For workshop description see January 14-19. $270

Weekend of March 16-18

States of Awareness, Shifts of Identity / Robert Nadeau

For workshop description see January 26-28. $110

The Feeling Process / Janet Sachson Zuckerman

For workshop description see January 7–12. $110

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

For workshop description see January 12-14. $110

Neurolinguistic Programming Workshop Robert Dilts & Terrence McClendon

Neurolinguistic programming is based on the premise that "the map is not the territory"; that is, that we do not operate directly on the world around us but through maps or models of the world that we develop from the information we receive through our senses or representational systems (i.e., seeing, hearing, feeling, tasting and smelling). Neurolinguistic programming (NLP) is a way to work with this modelling process—how behavioral programs become established and changed. The purpose of NLP is to help people enrich potentially empoverished models of the world by working directly with the perceptual strategies that they have for organizing their experience.

The workshop will provide the participant with a set of conceptual tools and operational procedures that are powerful, effective, and at the same time gentle. The NLP techniques, which may also be applied successfully with families and organizations as well as individuals, are designed to increase the potentials of our models for behavior in all aspects, including creativity, decision-making, remembering and motivation. The focus of the workshop will be on the elicitation and utilization of cognitive strategies for change, and on the process of re-framing—a method of turning behavioral blocks into resources by changing the way they fit into a particular model of the world. $110

Week of March 18-23

Living Tao: Re-Discover a Singing & Dancing Body in You! Al Chung-Liang Huang

For workshop description see January 7-12. $270

Neurolinguistic Programming Workshop Robert Dilts & Terrence McClendon

For workshop description see March 16-18. $270

Shiatsu Massage—The Full Treatment / Patricia Caldwell

Shiatsu is the oriental art in which the thumbs and hands are used to press certain points over the entire body. A working knowledge of a full shiatsu treatment for personal or professional use will be given. Emphasis will be on seeing and treating people as wholes, centering techniques, and shiatsu as a self-awareness practice and spiritual discipline. Charts will be provided. $270

Weekend of March 23-25

Motion & E-Motion: A Moving Celebration / Betty Fuller

Bodymind approaches will include daily Trager Mentastics and feldenkrais awareness through movement lessons as well as other movement work which result in heightened consciousness, reduced stress, increased flexibility and greatly expanded self image. Emotional release and communications flow generated by the movement work and transforming experience of self will be processed in regular group sessions using gestalt, encounter, psychosynthesis and other visualization methods.

Wear clothes suitable for movement and floor work and bring musical instruments for dancing and celebrating the flow. $110

More / Michael Butler

For workshop description see January 26–28. $110

Spring Be-ings / Deborah Medow

Let's WELCOME the
SPRING
S-T-R-T-C-H o-u-r L-I-M-B-S
FREE our body/minds
yoga massage movement
singing laughing crying dancing loving
sitting
quietly together
together
and
a part
$110

Esalen Institute—— Approved Provider for Registered Nurses and Physicians

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of continuing education for registered nurses. Provider Number 01152.

The following programs are approved for registered nurses. See regular program listings for workshop descriptions.

January 5–7
Recent Developments in Nurse Healing Practices
Polly Kirby, RN
10 hours

January 7–12
Varieties of Sexual Experiences & Behaviors (Observations from LSD Research)
Stanislav Grof, MD & Christina Grof
30 hours

January 12–14
Running Home: Recent Developments in the Mind/Body Approach to Running/
Mike Spino
10 hours

January 14–19
Live Better Longer / Donald Lindsay, MD
30 hours

January 14–19
Gestalt Practice
Richard Price, Leonard Bearne & the Esalen Staff
30 hours

January 21–26
Massage Intensive / The Esalen Massage Crew
30 hours

January 28–February 2
Supernormal Transformations of the Body
Michael Murphy & James L Hickman
30 hours

February 9–11
Zen and the Art of Self Hypnosis
Emmett Miller
10 hours

February 9–11
Massage Intensive
The Esalen Massage Crew
10 hours

February 11–16
Body Awareness & Health Practices-- For Health Professionals / Donald Lindsay, MD
30 hours

February 16–18
Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino
10 hours

February 23–25
Energy Awareness & the Crystalline State
George Leonard
10 hours

February 25–March 2
Recent Developments in Nurse Healing Practices
Polly Kirby, RN
30 hours

March 4–9
Live Better Longer / Donald Lindsay, MD
30 hours

March 11–16
Adventures in Self-Exploration
Stanislav Grof, MD & Christina Grof
30 hours

March 11–16 Westerbeke
Languages & Models for Medicine
Beverly Silverman & Alan Gutman, MD
30 hours

March 16–18
Running Home: Recent Developments in the Mind/Body Approach to Running
Mike Spino
10 hours

March 16–18
Neurolinguistic Programming Workshop
Robert Dilts & Terrence McClendon
10 hours

March 18–23
Neurolinguistic Programming Workshop
Robert Dilts & Terrence McClendon
30 hours

March 23–25 Westerbeke
Ways of Nourishing the Helping Professionals / Polly Kirby, RN, Jean Rossiter, & Maureen Christine
10 hours

March 25–30
Gestalt Practice
Richard & Christine Price & the Esalen Staff
30 hours

March 25–30
Massage Intensive / The Esalen Massage Crew
30 hours

March 30–April 1
Fear, Panic & Vulnerability to Crisis
Donald Lindsay, MD
10 hours

April 1–6 Westerbeke
Human Sexuality / Donald Lindsay, MD & Jack Rosenberg
30 hours

April 1–27
Sport & Consciousness / Mike Spino
120 hours

April 6–8 Westerbeke
Hypnosis & Parapsychology / Lee Pulos
10 hours

April 13–15
Bodymind / Ken Dychtwald
10 hours

April 15–20 Westerbeke
Motion & E-Motion: A Moving Celebration / Betty Fuller, Milton Trager, MD & Janet Zuckerman
30 hours

April 22–27
Gestalt Practice
Richard & Christine Price & the Esalen Staff
30 hours

May 6–June 1
Holistic Medicine & Healing Practices
Stanislav Grof, MD & Christina Grof
120 hours

The California Medical Association has granted Esalen Institute Category I approval so that physicians attending courses may receive credit toward the California Medical Association Certificate in Continuing Education.

The following workshops are approved for Category I credit for physicians. See regular program listings for workshop descriptions.

January 7–12
Varieties of Sexual Experiences & Behaviors (Observations from LSD Research) / Stanislav Grof, MD & Christina Grof
30 hours

January 12–14
Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino
10 hours

January 14–19
Live Better Longer / Donald Lindsay, MD
30 hours

January 14–19
Gestalt Practice
Richard Price, Leonard Bearne & the Esalen Staff
30 hours

January 21–26
Massage Intensive / The Esalen Massage Crew
30 hours

February 11–16
Body Awareness & Health Practices – For Health Professionals / Donald Lindsay, MD
30 hours

February 16–18
Running Home: Recent Developments in the Mind/Body Approach to Running
Mike Spino
10 hours

February 23–25
Energy Awareness & the Crystalline State / George Leonard
10 hours

March 11–16
Adventures in Self-Exploration
Stanislav Grof, MD & Christina Grof
30 hours

March 11–16 Westerbeke
Languages & Models for Medicine
Beverly Silverman & Alan Gutman, MD
30 hours

March 16–18
Running Home: Recent Developments in the Mind/Body Approach to Running
Mike Spino
10 hours

March 16–18
Neurolinguistic Programming Workshop
Robert Dilts & Terrence McClendon
10 hours

March 18–23
Neurolinguistic Programming Workshop
Robert Dilts & Terrence McClendon
30 hours

March 25–30
Gestalt Practice
Richard & Christine Price & the Esalen Staff
30 hours

March 25–30
Massage Intensive / The Esalen Massage Crew
30 hours

March 30–April 1
Fear, Panic & Vulnerability to Crisis
Donald Lindsay, MD
10 hours

April 1–6 Westerbeke
Human Sexuality / Donald Lindsay, MD & Jack Rosenberg
30 hours

April 1–27
Sport & Consciousness / Mike Spino
120 hours

April 22–27
Gestalt Practice
Richard & Christine Price & the Esalen Staff
30 hours

If you have any questions about Esalen's medical or nursing program, contact Donald Lindsay, MD, Esalen Institute, Big Sur, CA 93920.

Week of March 25-30

Motion & E-Motion: A Moving Celebration / Betty Fuller

For workshop description see March 23-25. $270

Gestalt Practice
Richard & Christine Price & the Esalen Staff

For workshop description see January 14-19. $270

Massage Intensive / The Esalen Massage Crew

For workshop description see January 21-16. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Weekend of March 30 - April 1

God, Sexual Energy & Your Body / Gabrielle Roth

"When sex comes from the physical center, it is a necessity. When it comes from the mental center, it is a fantasy. When sex comes from the heart center, it is a deep, total, and profound experience of our own divinity. Sex is meaningless without the heart."

The purpose of this workshop is to heal the separation between our divinity and our sexuality as it exists in our consciousness, attitudes, and actions. This weekend will include breathing, movement, music sound, and massage meditation. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. Gabrielle will support us in going within ourselves to rediscover the magnitude of our own heart energy, thus infusing our sexuality, and our entire life experience, with depth and purpose. $110

Fear, Panic & Vulnerability to Crisis / Donald Lindsay, MD

This workshop is about handling fear in ourselves and in others in emergency and crisis situations. It is for nurses, physicians and other health professionals. There will be a session at the Esalen baths. Participation earns 10 hours continuing education credit. Enrollment is limited. $110

Close Encounters of a Balanced Kind / An Experiment In Meeting & Contacting Other Human Beings
Joan Fiore & Jeffrey Kent

For workshop description see March 2–4. $110

The Lawyer—A New Perspective
A Weekend for Lawyers Presented by the Humanistic Law Institute

For workshop description see January 19–21. $110

Innerstanding / Daniel Bianchetta

This weekend we will gently explore and share our thinking (mind) feeling (body), and intuitive (spirit) processes. Experientially we will be using gestalt practices, meditation, movement and massage. Emphasis will be on being able to "take it home" with you. $110

BEST COPY AVAILABLE

Esalen Sport Center Residential Program

April 1—27
Sport & Consciousness
Coordinated by Mike Spino

There are many connections between consciousness and mental function on the one hand and athletic performance and enjoyment on the other. This workshop will explore some of these connections.

Mike Spino will individualize his mind/body approach to running as well as act as the co-ordinator of the various practices taught during the month.

Michael Murphy will discuss the role of altered states in sports-extraordinary perceptions, out-of-body experiences, moments of illuminations.

Frank Zane, the 1977 Mr. Olympia, will guide the seminar participants through a program of body building and will present many methods of physical and mental training that he has used to become the world's leading body builder.

George Leonard will introduce various methods of energy work that he has developed, and will discuss the relevance sports has for personal and social transformation.

A. J Lewis will introduce workshop participants to several approaches developed by Russian psychologists that have relevance for athletic training.

Ken Dychtwald will introduce a yoga stretching set for each participant as well as provide information relating to the understanding of proper physical functioning.

George Pferrier, Director of Xerox Fitness Center and clinical researcher in sport and awareness, will survey the recent research in sports medicine and methods to attain high levels of fitness and relaxation.

Dr Joan Ullyot will present results of her medical research into optimum fitness and will discuss various aspects of training for women.

Dr Donald Lindsay will discuss health aspects of sport including exercise physiology.

Deborah Medow will provide instruction in various types of massage practices.

Jim Hickman will present results of research on super normal bodily transformations.

Each workshop participant will receive an individualized training routine based on his or her level of fitness. The training will include running, stretching, mental exercises, and optional strength exercises based on a gradual progression of difficulty. If you have any questions about your ability to participate in a physical training program, please consult your physician prior to the workshop. A few partial scholarships are available for this program. For scholarship applications write Esalen Institute, Big Sur, CA 93920. The program will have an enrollment limited to eighteen people. $1150 Deposit $400

Week of April 1-6

Cycles / Gabrielle Roth

This is a five day Moving Center ritual designed to inspire and channel the religious, sexual and creative aspects of life energy into unity and expression. Through movement, sound, music and writing meditations, we will explore and present our unique experiences of life's waves, rhythms and cycles. Life is theater and we will dance both as we stretch to our full beauty and power in a safe, comfortable and challenging atmosphere. $270

The Feeling Process / Janet Sachson Zuckerman

For workshop description see January 7—12. $270

Herbal Intensive / Jeanne Rose & Ryan Kopperud

This is a workshop about well-being and unity: how to get there and stay there; using plants for food/medicine and integrating health disciplines—jogging, yoga, tai chi, chanting and meditations incorporating both the spiritual and plant world.

We will gather, eat, rub, massage, smell, prepare in all ways (tinctures, elixirs, poultices) and contemplate plants in the natural Big Sur environs, making soups, cleansing both internally and externally, absorbing herbal baths and flower eating.

Our purifications will continue daily and these practices will enhance the unification of the body/mind/spirit. Our week in the glorious Big Sur will culminate in composing and eating The Herbal Feast. $270

Self Re-parenting / Joan Fiore & Jeffrey Kent

This workshop focuses on finding and opening paths in the present that allow us to re-turn to places in the past where we got stuck. Rather than cutting off these experiences from awareness, we give ourselves a new opportunity to clean up the unfinished business of early life that controls and rips off our aliveness and our power in the here and now. Experiments will progress from re-wombing, re-birthing, and re-infanting to re-adolescing. Modes of exploring are drawn from gestalt practice, neo-Reichian energy release, primal work, family process, guided fantasy, and Fiore re-parenting methods. First priority is on intensive individual work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. $270

Weekend of April 6-8

Black Dance / James Xavier Nash & Jasmine Nash

For workshop description see January 19-21. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

The Gentle Art of Becoming—Together: A Workshop for Couples / David Schiffman

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness techniques. $110 per person

Week of April 8-13

Opening the Feelings: A Neo-Reichian Radix Workshop David Grill, Sandy Thompson & Brian Killen

For workshop description see page 23. $300

Be Your Own Author-ity / Beverly Silverman

For workshop description see January 21-26. $270

Self-Acceptance—The Freedom to Be / David Schiffman

For workshop description see February 11-16. $270

Weekend of April 13-15

An Emotional and Sensual Flow through Movement Nitza Broide Miller

Movement and rhythm are the essence of life. Experience the rhythm of breathing and dancing; the joy of the sensations of our body and the excitement of its energy.

In this workshop we'll learn to become more aware of feelings, desires, motivations, and body sensitivity through movement. We'll learn to *accept* the gifts our body offers us; we'll experience our emotional and sensual flow of energy and become more integrated human beings. $110

Bodymind / Ken Dychtwald

The human potential movement has given birth to a variety of methods and practices that suggest direct and holistic relationships between the body and mind. During this workshop we will examine the basic principles and tenets that underly a holistic approach to bodymind development, health and fitness. In addition, drawing from the works of Reich, Perls, Rolf, Feldenkrais and several of the yoga schools, we will explore ways that the personality and health/dis-ease conditions can be read directly from the flows and form of the body. Through discussion, demonstration and a variety of bodymind awareness exercises, participants will have an opportunity to explore some of the many relationships between body and mind.

Required reading: *Bodymind* (Jove HBJ, 1978). $110

Tai Chi Chih—A Gift of Life / Catherine Elber

First presented to the public in 1974, Tai Chi Chih is based on ancient movements that were a closely guarded secret of the Chinese emporers and their clansmen for over a thousand years.

Easier than Tai Chi Chuan, these 19 gentle movements are becoming one of the simplest and most effective methods available for realizing within one's self how truely beautiful the gift of life really is.

By adding the principles of these motions to your life, you can experience a continual unfoldment of your potential while providing an enrichment to your life on every level. The effects of these movements enable you to experience the beauty and honor of personal transformation as your body, mind and soul reap the benefits of harmony and balance—physical health and grace, mental peace and clarity, spiritual infinity. $110

Week of April 15-20

States of Awareness, Shifts of Identity / Robert Nadeau

For workshop description see January 26-28. $270

The Gestalt Triangle: Right-Brain, Left-Brain, & Body Energy / Frank Rubenfeld

In this workshop we will work and play with our left and right brains and with our body sensations and energy. Hot seat work will alternate with guided fantasies, use of art materials, energy massage and whatever else arises out of our context. $270

Massage Intensive / The Esalen Massage Crew

For workshop description see January 21-26. $270

Weekend of April 20-22

The Body & the Energy Body / George Leonard

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of energy flows in and around the bodies of living things. Using techniques derived from the art of aikido, George Leonard will present his approach to the human biofield or "energy body." Through simple mental and physical exercises, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness with special attention to stress reduction and good health. They will be introduced to alternative ways of dealing with everyday life situations—especially those involving tension and expectation—and will explore ways of getting in touch with their own hidden powers. There will also be discussion of these experiences as they relate to education, sports, and social transformation. $110

The Fertile Void: Paradox of Freedom / Jack Gaines

Though we act as though we are outer-directed, most of us are learning that we write our own scripts. In one way or another our teachers—biblical as well as contemporary—point out that each of us chooses whether our lives will be melodramatic or a mellow drama.

In our fear of emptiness, we evade the fertility of the void. Yet it is in the void—allowing life to unfold—that our happiness lies dormant. We will examine the synthesis between the fertile void, which is the teachings of Ram Dass, Krishnamurti, Muktananda, Alan Watts, Fritz Perls, Freud, Eric Berne, Assagioli, Ron Hubbard and Werner Erhard among others. Each uses a different metaphor. It is in the application of these seemingly diverse paths that the self-created obstructions to our own growth are dissolved. $110

Exploring Your Creative Process / Nancy Lunney

Through gestalt, imagery, music, writing, drawing, and videotape, we will investigate aspects of the creative experience, from blocking and stagefright to euphoria. Focus will be on self awareness and on developing the confidence and freedom necessary for the creative journey.

Individual projects can be developed during the workshop based on each person's major interest. This workshop is suitable for non-professionals as well as professionls in the creative and performing arts. $110

Week of April 22-27

A Workshop in Movement & Dance / Anna & Daria Halprin

This workshop is designed to explore with movement from the perspective of one's own life resources. The process the participants will experience is a physical one, utilizing movement and spontaneous dances. Mind/Body relationships will be an important focus. The workshop leaders will also incorporate gestalt principles, visualizations, music, and sharing as a way to enjoy, broaden and assimilate our experiences together. The natural and magnificent outdoor environment and facilities at Esalen will be a further enhancement. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Gestalt Practice
Richard & Christine Price & the Esalen Staff

For workshop description see January 14-19. $270

Weekend of April 27-29

Pleasure, Sensuality & Your Body / Barbara Clemans

For workshop description see February 18-23. $110

Adding More to Your Relationships—Couples Workshop
Gerald Smith & Betsy Hand

The goal of this workshop is to develop more skill in expressing what you feel—in being close—in getting distance—in fighting fairly. It is not for couples in serious trouble, but instead for prevention and growth. $110 per person

Experiencing the Joy of Your Inner Self / Michael Butler

For workshop description see February 23-25. $110

Feldenkrais Process & Gestalt / Kolman Korentayer

Kolman Korentayer has created and evolved a blending of the teachings and philosophies of Fritz Perls and Moshe Feldenkrais to form his own style of gestalt practice work. He has lived and worked with both Perls and Feldenkrais and is both a gestaltist and a graduate feldenkrais practitioner.

This workshop will involve the use of the gestalt process with an emphasis on "body-mind" techniques. In addition, the relationship of the gestalt and feldenkrais processes will be explored. $110

FUTURE WORKSHOP ANNOUNCEMENTS

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

May 6—June 1

Holistic Medicine & Health Practices
Stanislav & Christina Grof

This workshop will focus on approaches to emotional, psychosomatic and physical disorders, as well as the events of birth and death, that are based on holistic understanding of the organism in its interpersonal, social, environmental, and cosmic context. We will explore the following areas:

Ancient & Non-Western Systems Based on the Unity of Mind & Body
We will review the historical material on supernormal physical feats, body transformation and "mind-over-body" manifestations as well as some extraordinary contemporary examples of these phenomena (the Murphy—Hickman transformation project). We will explore shamanic practices, psychic healing, Chinese philosophy and medicine, shiatsu, aikido, and the yogic disciplines.

Holistic Trends in Contemporary Medicine
The areas examined in this context will include comprehensive approaches to pregnancy and delivery (psychological, philosophical and spiritual significance of birth; work with pregnant couples; alternative methods of delivery; politics of birth); holistic approach to the treatment of cancer; revolution in the attitudes toward death and dying; and modern kundalini research. Special sessions will be dedicated to the theoretical models for holistic medicine emerging from the work of Karl Pribram and modern consciousness research. Donald Lindsay will conduct a comprehensive course on the principles of self-care based on most recent medical findings.

Self-Exploration & Group Process
Esalen staff and guest leaders will act as facilitators in an ongoing process of intrapsychic and interpersonal self-exploration of the participants. An important aspect of the programs of this series is a new approach to learning that combines information input with personal experience. We will experiment with gestalt practice, encounter, neo-Reichian approaches, guided imagery with music, mandala work, psychosynthesis, polarity and Esalen massage.

This is an educational program, it is not for the treatment of disease. Some weekend programs related to the subject matter of this workshop will be available to workshop participants at a reduced rate. The program is limited to 30 participants selected from applicants. The fee is $1150 including room and board. Some working scholarships are available for students on the basis of need. Scholarship forms can be obtained from Esalen Institute. If you wish to enroll in the workshop, send a letter of biographical information to: Holistic Medicine, Esalen Institute, Big Sur, California 93920.

Faculty:

Susanne Arms
Anne Armstrong
Angeles Arrien
Gregory Bateson
Joseph Campbell
Donald Cheevy, MD
Steve Connor, MD
Ed Dreessen
Luiz Gasparetto
Christina Grof
Stanislav Grof, MD
Jim Hickman, PhD
Deane Juhan
Jay Kaplan, MD
Stanley Krippner, PhD
Raven Laing
Janet Laderman
Diane McGuinness, PhD
Donald Lindsay, MD
Ralph Metzner, PhD
Peggy Morrison
Mary Payne
Karl Pribram, MD
Christina Price
Richard Price
Lee Sannella, MD
Leni Schwartz, PhD
Beverly Silverman
Julian Silverman, PhD
Rick Tarnas, PhD
Star Walmsley

DEFINITIONS

Of Some Approaches to Human Growth Used in this Catalog

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man/woman within an evolving universe. Starting with each person's existential situation as he or she perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

MASSAGE

Massage is practiced to help the body relax, to release tensions, to balance the energy flow, and to soothe the being with gentle caring. Massages are given individually; workshops, classes, and private lessons are available.

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practised for health, meditation, energy flow, and self-defense. The slow, flowing movements of the "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling, and relationship. The body is viewed as an energetic process that participates as the world in the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practised at Esalen, has evolved into a direct approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement, and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness and to develop responsibility*. *Excitement*—to have life energy freely available and flowing, not blocked. *Awareness*—to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility*— to know and act on the principle that I am the one who acts, thinks, and feels whatever it may be that I act, think, or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participants. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

STRUCTURAL INTEGRATION (ROLFING)

Structural Integration or Rolfing is a method of deep manipulation of the musculo-skeletal system that aims at balancing the major segments of the body. We have learned that connective tissue (fascia, tendons, ligaments) can be lengthened by palpation and a second principle: posture is behavior. Humans are psychophysical organisms; one cannot divorce their physical from their change the function.

SHIATSU MASSAGE

Shiatsu massage is the oriental art in which the hands are used to apply pressure to acupuncture points over the entire body, allowing the springs of life to flow.

BIOGRAPHIES

A

ARON ANDES, certified Radix teacher, has a private practice at the Radix Center of Santa Monica. (pp 15, 24)

ANNE ARMSTRONG has been doing transpersonal counseling for over 16 years and has trained professionals to use their own intuitive abilities. (pp 20, 31)

JIM ARMSTRONG, a former engineer, is a life long student of esoteric studies. (pp 20, 31)

ANGIE ARRIEN is an anthropologist and Basque folklore specialist who has made an intensive seven-year study of the Egyptian Tarot. (p 31)

B

GREGORY BATESON, author of *Steps to an Ecology of Mind*, originated the "double bind" theory which explains some of the causes of schizophrenia. (pp 17, 31)

LEONARD BEARNE studies gestalt, Reichian and deep tissue work. His interests are in issue-oriented workshops and in combining growth forms. (pp 14, 17)

DANIEL BIANCHETTA practices shiatsu, rebirthing, deep tissue massage, gestalt and intuitive readings. He has studied extensively with Swami Muktananda in India. (p 27)

BARBARA BRAUNSTEIN has been a student of Al Drucker for five years. Presently she is in private practice in New Orleans. Her spiritual teacher is Sathya Sai Baba. (p 23)

CHARLES BROOKS, author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963. (pp 22, 24)

MICHAEL BUTLER teaches ways of opening up to the "inner self". For the past three years he has been studying intensively with Baba Muktananda, both in this country and in India. (pp 16, 21, 25, 30)

C

PATRICIA CALDWELL has been practicing and teaching shiatsu for several years. (pp 23, 25)

JOSEPH CAMPBELL is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero with a Thousand Faces, The Masks of God,* and *Myths to Live By*. (pp 9, 14, 31)

MAUREEN CHRISTINE conducts workshops for health professionals focusing on self nourishment, transpersonal relationship and vipassana meditation. (p 9)

BARBARA CLEMANS is a massage and movement specialist who has been associated with Esalen Institute for the past six years. (pp 21, 30)

STEPHEN CONNOR is currently director of Hospice of the Monterey Peninsula, a non-profit corporation providing support to patients with life threatening illness. (p 31)

D

LAURA DENUCCIO (MA PRITA) is a certified Radix practitioner now doing Radix work at Esalen. She combines her training in the Bates system of vision improvement with her "feeling" work. (p 21)

ROBERT DILTS, author of *Neurolinguistic Programming: A New Psychotherapy* trained with John Grinder and Richard Bandler and with Milton Erickson. (p 25)

BETTE DINGMAN sees her work as a synthesis of softness, awareness and body appreciation, using the third chair to be your own observer in a supportive environment. She has been on the Esalen staff for four years. (pp 10, 13)

MARK DUNLAP, certified Radix teacher, is director of the Radix Workshop of Santa Barbara. (p 20)

KEN DYCHTWALD, psychologist, author of *Bodymind, Paper Thin* and numerous articles on issues of human transformation, is codirector of the SAGE Project. (pp 28, 29)

E

CATHERINE ELBER attended the first teacher's training course given for Tai Chi Chih in 1975 and is indeed honored and grateful to share such a beautiful gift of life. (p 29)

F

JOAN FIORE currently moves between the Esalen faculty and her work as treatment coordinator for Phoenix Programs (settings to facilitate transition from psychiatric hospitalization to independent living). (pp 17, 22, 24, 27, 28)

BETTY FULLER, a humanist counselor, is a certified instructor of Trager psychophysical integration and feldenkrais awareness through movement. She is associate director of the Center for Holistic Studies, Antioch University. (pp 10, 25, 27)

G

JACK GAINES, a student of esoteric teaching, was formerly a corporation president and is now a writer. His book on Fritz Perls is being published this year. (p 30)

MERRI GOLDENSON (DEVARANI), certified Radix teacher, is a registered nurse and licensed masseuse. (p 16)

DAVID GRILL, certified Radix teacher, has a private practice in Los Angeles. (pp 20, 29)

CHRISTINA GROF is a teacher of hatha yoga and of various methods of self exploration through visual arts. (pp 13, 24, 31)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for twenty years and has published over sixty articles in professional journals and books. (pp 13, 24, 31)

ALAN GUTMAN relates body work, consciousness and psychophysiology to the practice of medicine. He is a physician specializing in internal medicine and hematology. (p 9)

BIOGRAPHICAL INFORMATION

H

ANNA HALPRIN is the founder of the San Francisco Dancers' Workshop. She is an innovator in redefining the meaning of dance as the natural way that people communicate with their bodies. (p 30)

DARIA HALPRIN is currently working as a gestalt facilitator using a synthesis of movement, gestalt, visualization, and active fantasy as a means of awakening and integrating feeling processes. (p 30)

BETSY HAND trained with Virginia Satir at Mental Research Institute and was on the resident staff of Gestalt Institute of Canada. She is married and has two children. (p 30)

ANN HARWOOD, a Radix advanced staff trainee, practices in Santa Monica. (p 20)

RICHARD HECKLER is a founding member of the Lomi School and co-developer of Lomi Body Work. He is a Shodan in aikido and author of *The Mind/Body Interface* and *Lomi Papers*. (p 13)

JAMES L HICKMAN, research psychologist who specializes in the study of psycho-physical interactions, has published articles concerning parapsychology, sport, contemplative life, and the physics of consciousness. (pp 15, 16, 28, 31)

AL CHUNG-LIANG HUANG is the founder-president of the Living Tao Foundation, an international family network dedicated to the integration of ancient wisdom and modern living. (pp 13, 14, 25)

THE HUMANISTIC LAW INSTITUTE is an educational center in Los Angeles which presents programs for lawyers, judges, law students and other members of the legal profession. (pp 15, 27)

K

BRIAN KILLEN, Radix advanced staff trainee, has a private practice at the Radix center of Santa Monica. (pp 16, 29)

CLAIR KILLEN is the residential Radix teacher at Esalen and is a certified teacher in Santa Monica. (p 16)

POLLY KIRBY is a nurse presently living at Esalen. She has taught nursing for the past four years. (pp 9, 13, 22)

RYAN KOPPERUD has been an apprentice to Al Drucker and has studied tai chi chuan and deep tissue work for the past four years. (pp 23, 28)

KOLMAN KORENTAYER is a gestaltist and a certified feldenkrais practitioner. He trained with Fritz Perls and Moshe Feldenkrais. (p 30)

STANLEY KRIPPNER is a Program Planning Coordinator for the Humanistic Psychology Institute in San Francisco, and the former Director of the Maimonides Dream Laboratory in New York City. (p 31)

L

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair*, a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen, Big Sur. (p 31)

GEORGE LEONARD is the author of *Education and Ecstasy, The Transformation*, and *The Ultimate Athlete*. He holds a black belt in aikido, from which he derives his present work. (pp 13, 21, 28, 30)

STEVE LEVINE is director of the Dying Project of the Hanuman Foundation in Santa Cruz and has studied intensively with Elizabeth Kubler Ross. (p 10)

AL LEWIS has done extensive studies of Soviet research in psychic self regulation and psychoenergetics. (p 28)

DON LINDSAY is a humanist, a physician, a teacher, and a research scientist. He is assistant clinical professor of medicine at USC medical school and president of the Foundation for Research in Aging. (pp 10, 14, 20, 24, 27, 28, 31)

ELISA LODGE trained in structural integration with Ida Rolf and is an advanced teacher of structural patterning. She has been a professional actress for ten years. (pp 16, 22, 23)

NANCY LUNNEY is a gestaltist and musician on Esalen's faculty. She has specialized in work with professionals in the creative arts and teaches classes in creativity at Soledad prison. (pp 15, 21, 30)

M

MANGROVE is a teaching/performing community of seven men based in San Francisco. Through contact improvisation the collective develops and shares relationships of personal support in creative work. (p 22)

FAY MARIE, senior Radix teacher, has a background in health science and massage. (p 24)

TERRENCE McCLENDON trained with John Grinder and Richard Bandler in neurolinguistic programming. (p 25)

DEBORAH MEDOW, an Esalen masseuse for the past 10 years, teaches Ashtanga yoga, massage, movement, and various body/mind disciplines directed at controlling and rechanneling energy. (pp 25, 28)

RALPH METZNER is former editor of the *Psychedelic Review*, author of *Maps of Consciousness*, teacher of Actualism, astrologer and psychologist in private practice in San Francisco. (p 31)

EMMETT MILLER, a physician, specializing in hypnosis and psychosomatic medicine, explorer in the use of music and movement for growth, is author of *Feeling Good—How to Stay Healthy* (Spectrum). (p 20)

NITZA BROIDE MILLER, a clinical psychologist, teacher, counselor, dancer, founder and member of ADTA, teaches in Menlo Park, California, and at Tel Aviv University. (pp 13, 24, 29)

MICHAEL MURPHY is co-founder of Esalen Institute and the author of two novels, *Golf in the Kingdom* (1972) and *Jacob Atabet* (1977) and co-author (with Rhea White) of *The Psychic Side of Sports* (1978). (pp 15, 16, 28)

N

ROBERT NADEAU is a spiritual teacher whose work in energy and levels of awareness has given direction to many people. He is one of the major aikido teachers in the bay area. (pp 16, 25, 29)

JASMINE NASH is a movement catalyst whose polarities stem from Watts to Marin County. She is a teaching associate of the San Francisco Dancers' Workshop and the Lomi School. (pp 15, 29)

JAMES XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has worked with Robert Hall in gestalt and body work. (pp 15, 29)

P

WENDY PALMER, a first degree black belt in aikido, conducts classes in aikido, energy awareness, and self-defense, with special interest in people who feel they have delicate systems. (p 13)

HECTOR PRESTERA, physician and acupuncturist, integrates Eastern and Western methods in his medical practice. He is co-author of *The Body Reveals* (Bantam, Harper & Row). (p 24)

CHRISTINE PRICE combines gestalt practice with various body approaches. (pp 17, 27, 30, 31)

RICHARD PRICE, a student of Fritz Perls, is a founder of Esalen Institute. (pp 14, 17, 27, 30, 31)

LEE PULOS is a clinical psychologist whose career has ranged from a traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing. (p 10)

BIOGRAPHICAL INFORMATION

R

PAUL REBILLOT was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen. (pp 17, 20)

JEANNE ROSE is a consulting herbalist, lecturer and author of four encyclopedic herbals detailing the uses of plants. (pp 23, 28)

JACK ROSENBERG, author of *Total Orgasm*, has trained in gestalt and Reichian work. He is currently working with cancer research and the transformation of consciousness at the Center of the Healing Arts in West Los Angeles. (p 10)

JEAN ROSSITER works with people experiencing life threatening illnesses and life transitions and teaches vipassana meditation. (p 9)

GABRIELLE ROTH is an American Shamaness. She is the creator of the moving center method of catalyzing natural movements. (pp 27, 28)

FRANK RUBENFELD has led gestalt workshops at Esalen for the past decade. He is a psychologist who enjoys learning and teaching. (p 29)

ILANA RUBENFELD, gestaltist and certified teacher of the Alexander Technique and feldenkrais method, trained with Drs Fritz and Laura Perls and Moshe Feldenkrais. (p 12)

S

DAVID SCHIFFMAN is currently a leader in residence at Esalen where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 13, 14, 16, 20, 23, 24, 29)

WILL SCHUTZ is director of the Center for Holistic Studies, Antioch University. He is the author of *Joy, Here Comes Everybody*, and *The Elements of Encounter*. (p 16)

CHARLOTTE SELVER teaches sensory awareness, perception, and nonverbal and verbal communication. A new center is being built for her at Green Gulch Farm in connection with Zen Center, San Francisco. (pp 22, 24)

RENAN SERCARZ is a certified Radix teacher. She works with problem solving skills and development of personal power in women's as well as mixed groups. (p 15)

PHYLLIS SHANKMAN is a teacher in West Los Angeles and for UCLA Extension. She has trained at Esalen and is interested in love, creativity and expansion. (p 22)

BEVERLY SILVERMAN is a rolfer and gestaltist whose principal concern is the enrichment of the life process through a positive and accepting approach. (pp 9, 15, 21, 29, 31)

JULIAN SILVERMAN is co-director of Esalen/Big Sur. His work on attention disfunction in schizophrenia and his perceptual-cognitive style approach to the study of psychopathology are well known in the fields of mental dis-ease. (p 31)

LAWANNA SKAGGS is a staff Radix trainee in Santa Monica. (p 24)

GERALD SMITH is a psychologist and author of *Couple Therapy* and *Hidden Meanings*. He is married and has three children. (p 30)

MIKE SPINO is director of the Esalen Sport Center and is author of *Beyond Jogging: The Inner Spaces of Running* and *Running Home: The M/B Family Fitness Book. (pp 13, 21, 25, 28)*

SIMONE SURPIN, a former rolf practitioner and teacher of body disciplines, has studied with Baba Muktananda and started the Muktananda Meditation Center in Palo Alto. (pp 21)

T

RICK TARNAS, a member of the Esalen staff, received his PhD from the Humanistic Psychology Institute for his dissertation on LSD psychotherapy. (p 31)

SANDY THOMPSON, senior Radix trainee, has a private practice at the Radix Center of Santa Monica. (p 29)

MILTON TRAGER, now devotes full-time to teaching Trager psychophysical integration and mentastics, training teachers and writing journal articles and books about his work. (p 10)

W

STAR WALMSLEY, former Esalen program coordinator, is developing a center for the dying. (p 31)

JULIE WRIGHT, advanced staff trainee in Santa Monica, is a certified masseuse with a background in acupressure and Swedish and Esalen massage. (p 15)

Z

JANET SACHSON ZUCKERMAN has been leading groups for five years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 10, 13, 15, 17, 25, 28)

Audio Cassette Recordings

Recent years have yielded unusual tape recordings. Most of the following were produced in stereo from live events at Esalen and they are available on cassettes only. Each cassette is $7.50 and is from 1 to 1½ hours in length:

Don Lindsay, MD: The *"Live Better Longer"* Talk
Mark Lovendale: *Nutritional Approach to Longer Life*
Joe D. Goldstrich, MD: *Patient Experience with Nutrition*

Nitza & Emmett Miller: *I–Awareness, Hypnosis & Movement*
Nitza & Emmett Miller: *II–Dissolving Inhibiting Blocks*
Nitza & Emmett Miller: *III–Exploration & Celebration*
Rafiel: *Music to Disappear In*
Rafiel: *Gestalt for Fritz, Gabrielle and Other Shamans*
Esalen Rock Band: *July 4th Dance Celebration 1978*
Big Sur Drums (1968): *Esalen Encounter Celebration*

Karl Pribram: *Preface to Holographic Mind*
Seung Sahn: *The Zen Circle Dharma Talk*
Anne Armstrong: *Training Our Psychic Abilities*
Janet Lederman: *Gestalt Awareness–Tape I*

John Weir Perry: *Psychosis and Visionary States*
Julian Silverman: *Shamanism and Schizophrenia*
Gregory Bateson: *Story of the Double Bind*
Humphrey Osmond: *Early Psychedelic History*

John King: *Introduction to Quantum Theory*
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Al Chung-liang Huang: *The Watercourse Way T'ai Chi*
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Will Schutz: *Interpersonal Psychodynamics*
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Please add $1.00 to your complete order for mailing. (California residents include 6% tax.) Address your order and make check payable to: WORKSHOP CASSETTES, c/o Hot Springs Lodge, Big Sur, CA 93920. Your suggestions regarding future recordings will be appreciated.

We
invite you
to join us
in our organization . . .

FRIENDS OF ESALEN provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available to a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to the knowing that you have given someone else the opportunity to experience Esalen, you will receive regular mailings of the Esalen catalogs. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

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ACCREDITATION: At present, we *do not* offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen/San Francisco programs contact Big Sur Recordings, Big Sur, CA 93920. They also have Big Sur programs prior to 1973.

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FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103. A film of Al Huang's work, *Tai Chi: The Watercourse Way,* is available through Cornerstone, 470 Park Avenue South, Suite N-3, New York City 10016.

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For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 3:30 every day;
10 to 8 Sunday & Friday.

Unless otherwise indicated, all programs listed in this brochure are residential programs in Big Sur. Send reservations for all programs to Esalen Institute, Big Sur, California 93920.

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Fee Information: We require a reservation fee of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail all reservations to Esalen/Big Sur. Balance of payment is due on arrival. Esalen accepts Mastercharge, Bankamericard, and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15—August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen has limited child care facilities. If you are interested in bringing a child while you are attending a workshop of five days or longer, contact the office well in advance for information on availability of child space.

We ask workshop participants not to have guests. Please do not bring pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5—5:30 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

☐ To obtain future issues of the Esalen Catalog & occasional mailings for one year, please send a check or money order for $2 to:
Esalen Institute, Big Sur, CA 93920
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year)

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Name

Address

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Subscription rates for Canada, Mexico, and other foreign countries are given on page 37.

ESALEN INSTITUTE RESERVATIONS

This form is for your convenience in reserving a space at Esalen workshops. In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)
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☐ **Big Sur**

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☐ **Westerbeke Ranch**
(pages 9 & 10)

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Name of person registering	Date (s)	Leader's Name / Title of Workshop	Reservation Fee

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Total amount enclosed: $ _____
Your reservation fee can be charged to:
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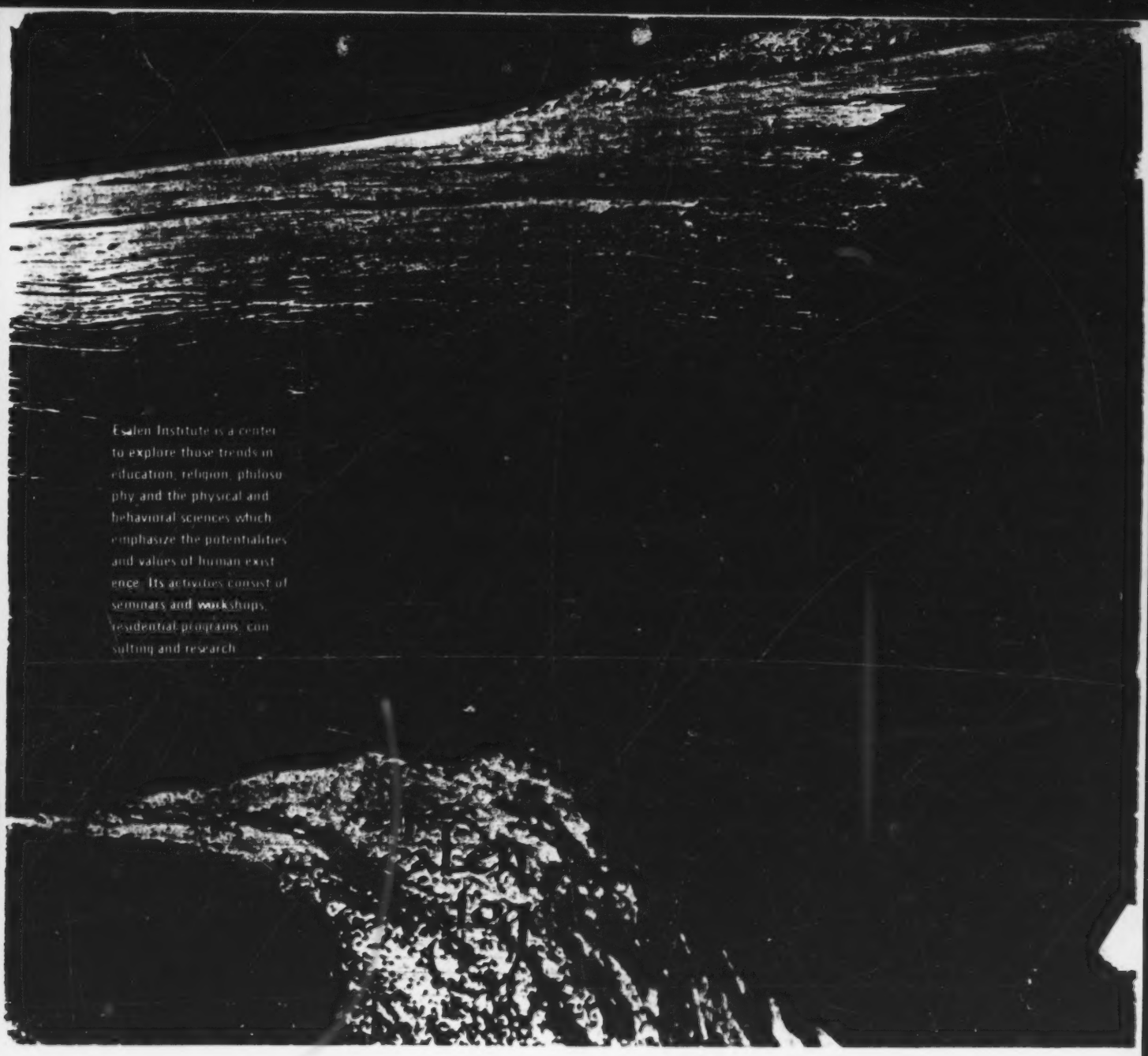
Checks payable to Esalen Institute.

PAYMENTS: All workshops require nonrefundable reservation fees. Consult fee information section on page 38. The balance of program fees becomes payable at the time of check-in.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)



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April-July 1979

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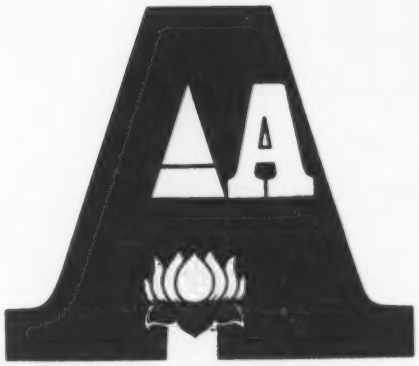

The photographs on pages 6–9 are by Benj Langdon and are taken from **Phases: A Calendar of 1979.** *This calendar emerged from the spirit of the Gazebo at Esalen. The calendar may be ordered by sending $7.00 per copy to Calendar, Esalen Institute, Big Sur, CA 93920*

Who's Responsible at Esalen?

We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility." However re-presented and operationalized in the past, by us or by others, this ethic continues to be the basis for our world view, and following from this, our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty dis-illusioning social and political events—all connected by a common reminder:

> Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness). "Take responsibility for your every thought, your every feeling, your every action," said our beloved friend and teacher, Fritz Perls.

We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures . . . and so on—and to be aware, whenever possible, what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. In effect, we are asking that this self-responsibility attitude be present in the initial contact with Esalen. Ideally, the same attitude will pervade after a workshop when our seminarians go back to the community and seek out others—physicians, teachers, counselors, mental health professionals, etc.

As we have become more thoughtful and self-critical about the overall direction of Esalen we have begun to concentrate on enhancing our basic offering—the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life; rather our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness—the consciousness of self-awareness/self-responsibility.

THE PSYCHIC SIDE OF SPORTS

The following excerpts are taken from *The Psychic Side of Sports* by Michael Murphy and Rhea White published by Addison-Wesley

For the last six years, we have been investigating extraordinary psychic events in sport—moments of illumination, out-of-body experiences, altered perceptions of time and space, exceptional feats of strength and endurance, states of ecstasy. From personal interviews, books, magazines, letters and dissertations, we have gathered more than 4,500 of these incidents from famous and not-so-famous athletes. These tales are part of a sports underground—stories that athletes sometimes tell each other but that rarely appear in the sports pages. It's no wonder. Many of the experiences they reveal are surpassingly strange, and the athletes themselves often have trouble accepting them.

The many reports we have collected show us that sport has enormous power to sweep us beyond the ordinary sense of self, to evoke capacities that have generally been regarded as mystical, occult, or religious. This is not to say that athletes are yogis or mystics. Very few of us approach games with the lifelong dedication and conscious aspiration for enlightenment that the mystical path requires. It is simply to recognize the similarities that exist between the two fields of activity, both in their methods and in the states of mind they both evoke. The great seers of the contemplative traditions have explored the inner life more deeply than most of us, have opened up spiritual territories that we may or may not enter. But many athletes and adventurers have followed part way, however inadvertently, through the doorways of sport.

Yet we have found that athletes can be as shy or frightened about these things as our Victorian relatives supposedly were about sex. Some athletes have even denied stories that they had told us on previous occasions. Experiences of dramatically altered perception can be traumatic—and understandably so. Anyone would have trouble accepting these startling powers and strange states of mind if he or she had no context for them, no language or philosophy to support them. We hope to resolve that dilemma somewhat in this book. Chapters 2, 3, and 4 describe various psychic events, including mystical feelings and sensations, altered perceptions, and

athletic feats that seem to defy normal explanations. In the last three chapters we examine some of the ways in which the timeless truths of our religious heritage, East and West, provide a framework for understanding such experiences as they appear in sports.

* * * * *

Given the similarities between sport and religious practice, the question arises whether training programs could deliberately cultivate the spiritual elements in athletics. Could the kinds of experience we have described in the preceding chapters be more fully evoked and nourished? Part of the answer is clear: coaches and athletes all over the world are already using methods from yoga, the martial arts, hypnosis, meditation, and other disciplines to enrich their training programs. For example:

During the 1960s a field of applied psychology called "psychic self regulation" was developed in the Soviet Union. It is based on laboratory studies of our human ability to control various physiological processes, including pulse, muscular relaxation, blood pressure, and breathing. The methods developed in this new discipline are being used in sport now by some Russians and East Europeans. The immensely effective sports training program in East Germany includes meditation, autogenic training, hypnosis, methods of "self-regeneration," dance, and various kinds of group process.

The United States Olympic Committee, while not making the effort that Russia and East Germany are in these areas, has recently instituted a few programs in biofeedback training and mental practice at their training centers at Squaw Valley, California, and elsewhere. The Buffalo Bills football team has worked with clinical psychologist Robert Nideffer on methods of mental practice, relaxation, and concentration.

In baseball, the Detroit Tigers have worked with biofeedback, and the Philadelphia Phillies have used transcendental meditation. Ken Norton has employed hypnosis before several of his fights, including the one in which he beat Muhammad Ali.

Lee Pulos, a Canadian clinical psychologist, has helped the Canadian National Women's Volleyball team and many other world-class athletes by getting them to practice their sports both mentally and physically. Like other sports psychologists Pulos has found that mental practice enhances physical performance, that when the mind and body are simultaneously trained the best results usually follow. His general method is simple. In volleyball, for example, he might have the player imagine a particular shot several hundred times until he or she sees it vividly. Then, when the image is powerfully established, the athlete will begin to practice that shot on the court, bringing his body into alignment with his inner vision. Periods of physical practice alternate with periods of mental practice until the athlete clearly sees what he wants to do—and then does it to his or his coach's satisfaction. Billie Jean King, Olympic 400 meters champion Lee Evans, high jumper Dwight Stones, and bodybuilder Arnold Schwartzenegger have all used mental techniques. The list could go on and on. The point we want to make is clear, however, many coaches and athletes pay attention to the mental aspects of their training. The question is: How far might this be developed? What could be done to bring the spiritual dimensions of games and training out into the open and nurture them more fully?

THE SCIENCE OF KNOWING

GREGORY BATESON

If you want to know—to understand—what's the matter with contemporary education, established medicine, holistic medicine, parent-child relations, conservatism, radicalism, government, religion, and the international scene, you will do well to study biology, and especially that branch of biology which is called *epistemology*.

Even this scientific discipline will not help you much because all the sciences together contain rather little knowledge of education and the rest, but it will help a little.

Epistemology is that science whose subject matter is itself. It is the name of a species of scientific study and talk. We set out to study the nature of study itself, the process of the aquisition of information and its storage.

The conventional definitions of epistemology would place it in philosophy and regard it as beyond empirical research—the discussion only of how we can know anything.

But how we acquire knowledge or information is a matter of observation and even experiment: how do the monarch butterflies find their way to the butterfly tree in the Esalen canyon? Not one of them has ever been here before.

The study of physics and how physics is done and the study of the language of physics in which the resulting knowledge is ordered and stored. All that can be a matter of empirical knowledge. It is a science as much as it is a branch of philosophy. It is not physics; it is a realm of knowledge where mathematics and logic and linguistics should meet to work on a common mass of data.

The study of art and poetry and of how these things are done and how history is done—all these are epistemology, *along with the study of how epistemology is done.*

It follows that epistemology is the great bridge between all branches of the world of experience—intellectual, emotional, observational, theoretical, verbal and wordless. Knowledge, wisdom, art, religion, sport and science are bridged from the stance of epistemology. We stand off from all these disciplines to study them and yet stand in the very center of each.

Epistemology is inductive and experimental and, like any true science, it is deductive and, above all *abductive*, seeking to put side by side similar chunks of phenomena. It notes that the structure of the mammalian face with a so-called "nose" between two so-called "eyes" is formally to be compared with the structure of a sentence whose so-called "subject" has a certain positional relation to so-called "verb" and

so-called "object". We know that the thing in the middle of an elephant's face is its "nose" because it is located between two eyes.

Of course, there are no *things* for the science of epistemology to study—we study only ideas—only the ideas of things. No *noses* but only "noses".

When the elephant was still a fetus, long before its nose was useful for smelling or for lifting heavy logs, that incipient organ was somehow a "nose"—a relational, positional nose—in the organisational system of information upon which the embryology hinges.

"What the Frog's Eye Told the Frog's Brain" and "What is a Number that a Man may Know It and What is a Man that he may Know a Number?" These are titles of essays from Warren McCulloch's wonderful book *Embodiments of Mind.* These are essays fundamental to epistemology as a science. In the living of the frog the only input that can reach the

frog's mind (it's total organisation) through the frog's eye is input about *moving* objects. It cannot see the stationary. The experiments are simple at least in principle. When an electrode attached to a galvanometer is placed on the frog's optic nerve, it becomes at once evident that *motion* in front of the eye is necessary in order to create an impulse in the nerve.

By the same token, our human machinery for perceiving—our sense organs—can receive news only of difference. And within the wide category of difference, we can perceive only those differences which are either already events in time or which can be converted into events in time. We can do a little better than the frog. She sees only the moving fly but we can see the fly which is not moving. We do this by converting the external static difference between fly and background into an event on our retina. The eye vibrates in its socket to create a scanning. The image of the fly moves relative to the rods and cones and thereby triggers their action.

So, epistemology insists that the stuff of knowledge is always made of the news of difference. But what's wrong with contemporary education? And the international scene? And all that?

Well, the next step from news of single differences is to the building up of *patterns* or configurations. Quite a step! And one which cannot be filled in here. Suffice it to say that notions like "aggression," "crime," "wealth"—and even "god"—are highly abstract patterns which continually provide the tramlines upon which our thought travels forward to decisions of all kinds.

If we have wrong ideas of how our abstractions are built—if, in a word, we have poor epistemological habits, we shall be in trouble—and we are.

Consider "crime". This is a word used by lawyers, a bunch of highly trained and intellectual men who should know better than to use it the way they do. They seem to think that "crime" is the name of an act or set of actions, and that this act if punished will disappear. That is, they act as if they believed—that "crime" will obey the same rules of reinforcement as the behavior of a rat in a learning experiment. (And, I suppose some criminals may share this crazy belief—and therefore be cured of "crime" by the negative reinforcements which the law provides.)

For the most part, "crime" is not at all what the law supposes. As Dr. Johnson observed "The Law, sir, is an ass".

"Crime" is an abstraction rather like "play" or "exploration". When grown-ups try to punish "play," they commonly discover that their threats and other procedures get incorporated into the play. To risk the punishment becomes part of the game. Likewise if you try to extinguish "exploration" in a rat by having him get an electric shock when he pokes his nose into a box, he will stop exploring that box, which he now knows to be dangerous, but he will continue to explore all other boxes because they *might* be dangerous and he needs to know!

Similarly with "crime". A large proportion of "criminals" will become better criminals under threat of punishment.

Epistemology will tell you that the name of the thing is not the thing named. A simple motto which current education will not regularly teach—because it is not "English Lit." or "Sociology" or "Citizenship" or "Bio," but more basic than any of them.

VALUES & OBJECTIVES IN HEALTH CARE

In August of 1978, a group of faculty from Stanford and the University of California, Davis, Medical School (Departments of Family Medicine) met at Esalen on two consecutive weekends.

One of the outcomes of these meetings was the drafting of a unique Statement of Values and Objectives for Health Care Workers – a set of guidelines for the education and practice of medicine, nursing and allied health professions.

At present, we are seeking to correct what we believe is a major defect in professional health care education—the inclination to emphasize technological factors while de-emphasizing attitudinal, interpersonal and self-care factors. The development of a corrective strategy in regard to this one-sided, unbalanced educational approach is a fundamental objective of our own educational program.

E.F. Schumacher, a prominent social critic, stated the problem this way: "Science and engineering produce 'know how' but 'know how' is nothing by itself; it is a means without an end, a mere potentiality, an unfinished sentence. . .Can education help us to finish the sentence, to turn the potentiality into a reality to the benefit of man?

"To do so the task of education would be, first and foremost, the transmission of ideas of value, of what to do with our lives. . . More education can help us only if it produces more wisdom. (p 82)

". . .Whether the subjects taught are subjects of science or of the humanities, if the teaching does not lead to a clarification of our fundamental convictions, it cannot educate a person and consequently cannot be of real value to society. (p 93)

"*The essence of education is the transmission of values,* but values do not help us to pick our way through life unless they have become our own, a part, so to say, of our mental make-up. This means that they are more than mere formulae or dogmatic assertions; that we think and feel *with them, that they are the very instruments through which we look at, interpret, and experience the world.* (p 82)

". . .Education which fails to clarify our central convictions is mere training or indulgence. For it is our central convictions which are in disorder. . . (p 101)"

—*Small is Beautiful*
Harper & Row, 1973

Without an explicitly stated core of convictions—a guiding image, or *leitbild* as the Germans say—we have ventured on a problem-filled course:

greater and greater specialization (almost for its own sake)
growing impersonality
serious mal-practice cases
ecological and nutritional imbalances
and more.

A gnawing awareness has developed among many people of the limitations of contemporary ways of being health care professionals in a society which has so fragmented the health care of its individuals (including that of its health care professionals).

The problem is not just in the field of health care. It is more general. It is at the very roots of our educational system. The words education and educate come from the latin *educere* which means "to lead out that which is within".

This meaning of the word is not appreciated by too many professional educators who tend to operate principally as in-structors of methods and of techniques, with minimal appreciation of the importance of *self*-awareness and the awareness of other *selves.* It is our aim to correct this deficiency in our own training program. As educators we view our task as two-fold: (1) provision of the best technical training possible, and (2) "the transmission of ideas of value," to quote Schumacher again, "of what to do with their lives," the articulation of a "guiding image" with which health care professionals can clarify central convictions and thus facilitate their own overall education—their own "leading out from within" of their own health care potential.

In order to accomplish our task we have undertaken to articulate a core of "ideas of value," as well as the primary objectives which stem from them and which together constitute the *leitbild* of our co-operative training program.

"All subjects, no matter how specialized, are connected with a centre; . . .the centre is constituted by our most basic convictions, by those ideas which really have the power to move us. In other words, the centre consists of metaphysics and ethics, of ideas that—whether we like it or not—transcend the world of facts." (Schumacher, p 94)

SELF-DETERMINATION

The following article was prepared by the staff of Self-Determination

A professor at the University of California at Santa Cruz began a special lecture last October with the question: "How many of you here think power is corrupting?" It was "Open House" at UCSC, and his audience was an unusually diverse group of parents, professors, and prospective students. All hands went up.

If the unanimity of response was surprising, it only reflected a truth about us as a society: we are uncomfortable about the use of power. The irony of this phenomenon is that democracy requires that citizens naturally assume and use power constructively. The same is true for us as persons: to be both responsible and caring, we need to be able to feel our own power and self-limit it by sharing it with others in healthy ways.

The values of self-awareness and personal responsibility are intimately tied to the issue of power. In order to develop self-awareness, we need the power to express and actualize our needs as we clarify them. Conversely, to use power constructively requires an awareness of our own motivations. Responsibility—the concern about and accountability for the effects of our use of power—develops only as a consequence of our commanding it. Learning to handle power is as much a part of our personal growth as it is a requisite for a healthy political system.

In the middle of 1974, John Vasconcellos, a California Assemblyman who was experiencing this personal/political connection and exploring its implications, met Stan Commons and Steve Reed, both of whom were campaign organizers with similar perceptions. All three were frustrated with attempts to effect social changes through traditional political processes. They reasoned that healthier people, with a stronger, clearer sense of themselves and their own power, were needed in order to effect meaningful social change. They also saw that social institutions can either enhance or inhibit personal growth. Institutional changes had to occur as well.

From this premise, a rough idea for a new organization began to take shape. Others soon joined Stan, Steve, and John. Through the first half of 1975, this small band held some 135 meetings throughout California with other groups, the result of which was a unique, non-profit organization which they called "SELF DETERMINATION: A Personal/Political Network".

The first SD'ers felt like pioneers. Not that the idea of a personal-political integration was new: as John, Stan, and Steve found on their travels, many people were thinking astoundingly alike. Rather, SD was a new realization of the idea in organizational form. The trips around California were like the first contacts of random molecules in the primal sea. The molecules, each autonomous and with different qualities, connected to form a new organism.

The group set about formulating a structure and process which would correspond to its philosophical base—and soon identified a "network" as an appropriate framework. The members *are* the network. Within the network, support and action can be initiated at any point. There is room for both cooperation and self-reliance. Individuals interact within the network according to their interests and needs:

- in issue areas of their own choosing;
- in core groups organized by geographical area;
- as participants in one or more of the network programs.

The staff facilitates participation by working to bring together individuals and organizations with common purposes and interests. This process is called networking (and, characteristically, this process is also one in which individual members can participate).

Now an organization of over 2000 members, the Self Determination Network's program to provide practical support for personal/political growth and change is threefold:

*The *Self Determination Quarterly Journal*, which is a forum for activists and writers to explore personal experiences and social theories, to describe creative community projects and institutional alternatives, and to promote community-based resources. Each *Journal* addresses a contemporary issue of our culture, with an emphasis on discovering hopeful alternatives for the future.

*The Network Exchange, which is a statewide program to locate, disseminate information about, and facilitate use of resources which assist persons and groups in becoming more active and effective in personal and/or community exchange activities. Resource information is available through a resource directory (NEX*US), a cross-referenced listing of personal and community resources augmented by descriptions of techniques for accomplishing cooperative goals, and an on-call computerized resource bank, an efficient source of up-to-date resource information throughout California.

*A Skills Workshops Program, which brings to local communities workshops which fuse personal growth and interaction with political skills and processes. The intention of these workshops is the widespread distribution of effective interpersonal, technical and political skills—with an emphasis on network processes.

People involved in Self Determination see the realization of the values of individual power, self-awareness, and responsibility as an evolutionary process, analogous to the recent revolution in our understanding of the human body. For some 300 years, the paradigm for the body was a machine commanded by a rational brain. Recently, work in a variety of disciplines has indicated that the functioning of organisms is not only—or even primarily—cognitive, but is emotional, physical, and spiritual as well. Accordingly, we now model the body as a biological system in equilibrium. SD's purpose is to extend this model to our understanding of personal/political relationships. Politics can no longer be viewed as a function of a few cells at the top: it is an integral part of every cell's activity to be pursued solely for its own merits, but as an inseparable function of our search for better ways of living in the world.

None of us has a master plan for a humanistic society. If one is to be found, we must arrive at it together. Self Determination will be conducting a workshop on networking at Esalen on June 29—July 1. Much of the workshop will be experiential, involving clarification of values and formulation of personal frustrations into political issues, in addition to practicing skills such as facilitation and information processing. As we learn to experience power and use it responsibly, we become active participants in creating our own future. The S D staff invites you to join them in this process.

If you wish to contact S D, call or write: Self Determination, 2431 Forest Ave., San Jose, CA 95128 (408) 984-8134

We invite your comments on our Food for Thought section. Address letters to Food for Thought, Esalen Institute, Big Sur, CA 93920. While we may not be able to respond to each letter, we will be sure to read all of them.

PROGRAMS AT WESTERBEKE RANCH

This series of programs sponsored by Esalen will be held at the Westerbeke Ranch in Sonoma County, which is about an hour's drive north of San Francisco. These residential workshops will be held in an intimate setting which includes rustic cabins, home cooked meals, a sauna and Japanese tub, a large swimming pool, and beautiful scenery. Weekend workshops begin on Friday evening and end Sunday at noon. Five day workshops begin on Sunday evening and end Friday at noon. A reservation fee of $70 is required for five day programs, and $20 for weekend programs. Reservation fees are not refundable, but with five days notice they can be transferred to other Esalen seminars. Full payment for all Westerbeke workshops is due five days in advance of the beginning of the program. Send all reservations and payments to Esalen Institute, Big Sur, CA 93920.

April 1–6

Human Sexuality / Donald Lindsay, MD & Jack Rosenberg

This workshop reviews and relates the fields of human sexuality and humanistic psychology for the health professional. Both the medical and psychological aspects of sexuality will be covered, as well as a body energy approach to sexual counseling. Nurses and physicians will earn 30 hours of continuing education units. $270

April 6–8

Hypnosis & Parapsychology / Lee Pulos

All participants will be taught to experience beginning and advanced techniques of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering techniques such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and de-mystifying hypnosis, the 'fun' part of the workshop will be the exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possiblity of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $110

April 15–20

Motion & E-Motion: A Moving Celebration
Betty Fuller, Milton Trager, MD & Janet Sachson Zuckerman

An interdisciplinary training program for professionals and interested lay persons in counseling, education, health care, performing arts and sports. In these fields which utilize movement as a primary means to self-learning, self-realization and self-expression, learning to use one's own bodymind as a biofeedback instrument is critical.

Bodymind approaches include daily Trager Mentastics and feldenkrais awareness through movement lessons as well as other movement work which results in heightened consciousness, reduced stress, increased flexibility and greatly expanded self image. Emotional release and communications flow generated by the movement work and transforming experience of self will be processed in regular (small and whole) group sessions using gestalt, encounter, psychosynthesis and other visualization methods.

In addition to training in combining movement work and group process, each participant will have some experience of Trager Psychophysical Integration, his innovative one-to-one learning method which Dr. Trager will demonstrate.

Wear clothes suitable for movement and floor work and bring musical instruments for dancing and celebrating the flow. $270

April 20–22

Conscious Living/Dying / Stephen Levine

We will directly explore our attitudes and reactions to the process of dying and death through discussion and meditation. Our focus will include working through the heart with the dying, keeping death as an advisor, and working with the dying as a means of working on ourselves. $110

May 18–20

Accepting the Many Sounds of Our Miraculous Dancing Body / Nitza Miller

In this adventure of exploration of the natural space and beauty surrounding us as well as the richness of the miracle inside us, we shall tune in and listen to the myriad of sounds, rhythms, voices, and flowing movements expressed in our bodies which make us the miraculous and unique human beings we are.

Through effortless movement and the excitement and magic of dance, we'll experience the sensual flow of our energy with which we connect with ourselves and with others.

We'll use dance, music, sounds, art, dynamic relaxation, imagery and visualization to rediscover the many sounds of our dancing body. $110

May 18–20

Introduction to Shiatsu Massage / Patricia Caldwell

Shiatsu is the oriental art in which the hands are used to apply pressure to points on the body. Emphasis will be on self-awareness for both the receiver and the giver, providing the experience of expanding shiatsu practice into one's life as the experience of moving in the world without effort, and with the flow. A working knowledge of shiatsu in both theory and practice will be given. $110 per person

May 20–23

Care of the Hospice Worker and the Hospice Freestanding Facility / Stephen Connor, Becky Allen & Sandol Stoddard

Much focus is placed today on the "how to" of hospice care and the many approaches to providing care to the terminally ill. This three day workshop is planned for those who already are involved in providing hospice care. Discussion and exercises will center on taking care of ourselves when we are involved in taking care of others. This is an opportunity for peers to come together and share their common experiences while learning valuable self-help methods. We will also cover the use and care of volunteers. In addition there will be a workshop on the implementation of hospice freestanding facilities. This workshop will offer an opportunity for those involved in hospice work to come together for growth knowledge and enjoyment. $165

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Programs at Westerbeke Ranch

May 20–25

Massage & Deep Tissue Work–A Synthesis
Ryan Kopperud & Deborah Medow

This workshop for massage and health practitioners will combine massage with principles of deep tissue work: a deep tissue massage. As we work together, participants will experience body restructuring and increased body awareness. To enhance our understanding and experience of body/mind/spirit in this work, daily morning yoga sessions will be offered.

Some massage experience is necessary. Review of structural anatomy is also recommended for the training. $270

June 15–17

Massage for Couples / Gail Stewart Worth

This group is for partners (spouses, friends, lovers or good neighbors) who would like a weekend to melt down, cool out and lighten up with each other. We will ease into ourselves with massage, tantra, dance, chanting and other effortless delights. Leave behind your schedules and duties and bring along someone you trust. $110 per person

June 15–17

Self-Care for Helping Professionals / Tom Ferguson, MD

People in the helping professions frequently pay a great personal price in trying to live up to internalized models of what they should be. In this workshop we will join together to create a supportive peer community of sharing, trust, and good will. With the support of the group, we will each have an opportunity to explore conflicts between our professional lives and our own personal health and growth, and to work toward our own solutions to these problems.

Topics to be explored include: how rescuing leads to burnout, helping professionals as self-care role models, new kinds of worker-client interactions, creating peer support groups, a self-administered self-care skills inventory, and the self-care movement. $110

June 17–22

Perception, Change and Movement / Emmett Miller

A multi-dimensional experience of the inner and outer self. Meditation and self hypnosis for relaxation of the belief system, opening to perception and intuition, and for catalyzing desirable changes; massage and touch for awakening the body and for deeper personal communication; music, movement and dance for release of tension, expanding communication and joyful celebration; verbal and nonverbal experiences for the development of open, honest, direct sensitive communication patterns. Health professionals attending will be offered an opportunity to learn or to improve skills in hypnosis, psycholinguistics, and touch throughout the week. Nurses and physicians will earn continuing education units. $270

July 20–22

Awakening the Magician Within / Emmett Miller

Whether or not we have as yet learned it, there is a magician within each of us. His magic wand is belief. If we believe we are sick, we are sick; if we believe we are afraid, we are afraid; if we believe we are stuck, we are stuck. But all coins, even magic ones, have two sides. If we believe we are growing stronger every day, we are; if we believe we are free, we discover freedom all around us; if we believe in our creativity, our problems can joyfully solve themselves. In this seminar we will investigate and discover what truth there is in each of these statements for us, individually. Our explorations will be experiential, using methods of deep relaxation, visualization, movement and selective awareness. As we learn to tap the wellsprings of our belief systems we will begin to write our own movie—and to deprogram negative future expectations. $130

July 22–27

Gestalt Practice
Richard & Christine Price & The Esalen Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustable.
—Lao Tzu c. 2500

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelley); *Illusions* (Richard Bach). $300

July 22–27

Self Re-parenting / Joan Fiore & Jeffrey Kent

This workshop focuses on finding and opening paths in the present that allow us to re-turn to places in the past where we got stuck. Rather than cutting off these experiences from awareness, we give ourselves a new opportunity to clean up the unfinished business of early life that controls and rips off our aliveness and our power in the here and now. Experiments will progress from re-wombing, re-birthing, and reinfanting to re-adolescing. Modes of exploring are drawn from gestalt practice, neo-Reichian energy release, primal work, family process, guided fantasy, and Fiore re-parenting methods. First priority is on intensive individual work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. $300

ESALEN CALENDAR

For a listing of Westerbeke Programs see 10 & 11

April

April 1–6
- Cycles / Roth p 14
- Feeling Process / Zuckerman p 14
- Herbal Intensive / Rose & Kopperud p 14
- Re-parenting / Fiore & Kent p 14

April 1–27
- Sport & Consciousness / Spino p 13

April 6–8
- Black Dance / Nash p 14
- Experiencing Esalen p 14
- Couples / Schiffman p 14

April 8–13
- Radix / Grill, Thompson & Killen p 14
- Your Own Author-ity / Silverman p 14
- Self-Acceptance / Schiffman p 14

April 13–15
- Flow Thru Movement / Miller p 15
- Creative Process / Lunney p 15
- Tai Chi Chih / Elber p 15

April 15–20
- Awareness / Nadeau p 15
- Gestalt Triangle / Rubenfeld p 15
- Massage Intensive / Staff p 15

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- Energy Body / Leonard p 16
- Fertile Void / Jack Gaines p 16
- Bodymind / Dychtwald p 16

April 22–27
- Movement & Dance / Halprin p 16
- Experiencing Esalen p 16
- Gestalt / Price & Bearne p 16

April 27–29
- Pleasure / Clemans p 17
- Couples / Smith & Hand p 17
- Feldenkrais & Gestalt /Korentayer p 17

April 29–May 4
- Body Awareness / Silverman & Nadeau p 17
- Psychic Training / Armstrong p 17
- Memories & Dreams / Fiore & Kent p 17

May

May 4–6
- Selective Awareness / Miller p 20
- I'm Entitled / Brown p 20
- Close Encounters / Fiore & Kent p 20
- Lomi / Kessler p 20

May 6–11
- Radix / Cummings & Goldenson p 20
- Experiencing Esalen p 20
- Lomi / Kessler p 20

May 6–June 1
- Holistic Medicine / Grof p 20

May 11–13
- Mysteries / Campbell p 21
- Self-Acceptance / Schiffman P 21
- Dreams / Krippner P 21

May 13–18
- Visionary Journey / Campbell p 21
- Your Act / Lunney p 21
- Self-Acceptance / Schiffman p 21

May 18–20
- Awareness / Nadeau p 21
- Ecology of Mind / Bateson p 21
- Kundalini / Sannella p 21

May 20–25
- Gestalt / Schwartz p 21
- Massage Intensive / Staff p 21

May 25–27
- Energy & Gestalt / Schwartz p 22
- Running Home / Spino p 22

May 27–June 1
- Awareness Thru Movement / Segal p 22
- Zero Balancing / Smith p 22
- Experiencing Esalen p 22

June

June 1–3
- Theater / Lodge p 22
- Health Care / Kaplan p 22
- Psychodrama / Anderson p 22
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June 3–8
- Radix / Goldenson, Dweck & Bernhardt p 23
- Creative Journal / Mundschenk p 23
- Heal Thy Self / Andres & Devereaux p 23

June 3–29
- Group Process / Price & Schiffman p 24

June 8–10
- Energy Awareness / Leonard p 25
- Body Energetics / Prestera p 25
- The Lawyer / Humanistic Law Institute p 25

June 10–15
- Five Days with Jack Rosenberg p 25
- Psychosynthesis / Sloan p 25
- Concentrated Radix / Killen & Goldenson p 25

June 15–17
- Experiencing Esalen p 27
- Gestalt / Fiore p 27
- Inner Love / Surpin p 27

June 17–22
- Spontaneity / Alon p 28
- Advanced Massage / Staff p 28
- Gestalt / Fiore & Kent p 28

June 22–24
- Sexual Energy / Roth p 28
- Experiencing Esalen p 28

June 24–29
- Cycles / Roth p 28
- Experiencing Esalen p 28
- Moving Experience / Medow p 28

June 29–July 1
- Live Longer / Lindsay p 29
- Awareness / Nadeau p 29
- Experiencing Esalen p 29
- Networking / Vasconcellos p 29

July

July 1–6
- Massage & Movement / Morrison p 30
- Health Care / Kaplan p 30
- Gestalt / Staff p 30

July 1–20
- Education / Lederman p 29

July 6–8
- Let Go / Fuller p 30
- Experiencing Esalen p 30
- Centering / Kriegel p 30

July 8–13
- Running Home / Spino p 30
- Gestalt Practice / Price p 30

July 8–15
- Self-Acceptance / Schiffman p 30

July 13–15
- Radix / Goldenson, Killen & Thompson p 31
- Experiencing Esalen p 31

July 15–20
- Pleasure / Clemans p 31
- Cetacean-Human Cyclone / Lily p 31
- Feeling / Zuckerman p 31

July 20–22
- Black Dance / Nash p 31
- Your Act / Lunney p 31
- Massage Intensive / Staff p 31

July 22–27
- Letting Go / Weaver p 31
- Self-Exploration / Grof p 31
- Self & Beyond / Zeigler p 31
- Celebration / Tierra p 31

July 27–29
- Be Your Own Child / Miller p 32
- Gestalt / Lamper p 32
- Experiencing Esalen p 32

Sept 30–Oct 26
- Energy / Grof p 32

ESALEN PROGRAMS

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March 4–30

Inner Road to Health / David Schiffman, Barbara Braunstien, Patricia Caldwell, Jeanne Rose, Ryan Kopperud, Elisa Lodge & the Esalen Staff

This is a training workshop about health—learning how to get well and stay well, and helping others to do the same, all by natural means. Sessions held during the day will focus on a variety of holistic health practices. We will cover herbal systems, nutrition and diet, different forms of massage such as shiatsu, polarity, Esalen massage and deep-tissue massage. The sessions will be both experiential and didactic. As different systems are introduced we'll explore ways of experiencing and embodying this knowledge, using our hands as well as minds. For example, we'll gather our own herbs to prepare powders, salves, infusions, tinctures, and herbal baths while at the same time learning the medicinal uses of various herbs.

Evening sessions will focus on individual and interpersonal process work, based on gestalt and psychosynthesis approaches. Weekends will generally be free and participants in the workshop may sign up for regularly scheduled weekend brochure programs, for the catalog price minus $50.

A principal emphasis throughout the month will be on discovering and awakening inner resources. In this connection, regular meditation, patterning, chanting, yoga, tai chi, massage, and other quieting practices will help still the mind and relax the body, permitting new sensitivities to emerge. We will also have dance, movement, and various forms of energy awareness sessions for the sheer enjoyment of learning to move freely and spontaneously in response to inner rhythms.

The group will meet in the Big House and many of the participants will be housed there. This provides a unique opportunity and setting for evolving this month-long group experience into a family experience. For those who cannot afford the full tuition cost, a limited number of partial scholarships are available, for which a weekly work commitment is required. For scholarship information write to Esalen, Big Sur, CA 93920. This is an educational program, it is not for the treatment of disease. Tuition: $1150 Deposit: $400

Esalen Sport Center Residential Program

April 1–27

Sport & Consciousness

Coordinated by Mike Spino

There are many connections between consciousness and mental function on the one hand and athletic performance and enjoyment on the other. This workshop will explore some of these connections.

Mike Spino will individualize his mind/body approach to running as well as act as the co-ordinator of the various practices taught during the month.

Michael Murphy will discuss the role of altered states in sports-extraordinary perceptions, out-of-body experiences, moments of illuminations.

Frank Zane, the 1977 Mr. Olympia, will guide the seminar participants through a program of body building and will present many methods of physical and mental training that he has used to become the world's leading body builder.

George Leonard will introduce various methods of energy work that he has developed, and will discuss the relevance sports has for personal and social transformation.

Ken Dychtwald will introduce a yoga stretching set for each participant as well as provide information relating to the understanding of proper physical functioning.

George Pferrier, Director of Xerox Fitness Center and clinical researcher in sport and awareness, will survey the recent research in sports medicine and methods to attain high levels of fitness and relaxation.

Dr Donald Lindsay will discuss health aspects of sport including exercise physiology.

Deborah Medow will provide instruction in various types of massage practices.

Jim Hickman will present results of research on super normal bodily transformations.

Each workshop participant will receive an individualized training routine based on his or her level of fitness. The training will include running, stretching, mental exercises, and optional strength exercises based on a gradual progression of difficulty. If you have any questions about your ability to participate in a physical training program, please consult your physician prior to the workshop. A few partial scholarships are available for this program. For scholarship applications write Esalen Institute, Big Sur, CA 93920. The program will have an enrollment limited to eighteen people. $1150 Deposit $400

Week of April 1-6

Cycles / Gabrielle Roth

This is a five day Moving Center ritual designed to inspire and channel the religious, sexual and creative aspects of life energy into unity and expression. Through movement, sound, music and writing meditations, we will explore and present our unique experiences of life's waves, rhythms and cycles. Life is theater and we will dance both as we stretch to our full beauty and power in a safe, comfortable and challenging atmosphere. $270

The Feeling Process / Janet Sachson Zuckerman

Some of the steps involved in learning to experience your feeling process in a way that increases your personal effectiveness in the world will be the focus of this workshop. Separating feelings from thoughts—sensitizing your body to your own rhythms and sensations and recognizing that *your* feelings—*your* discoveries are your truth without needing outside validation. The process is then the choice of expression or depression. An experiential workshop. $270

Herbal Intensive / Jeanne Rose & Ryan Kopperud

This is a workshop about well-being and unity: how to get there and stay there; using plants for food/medicine and integrating health disciplines—jogging, yoga, tai chi, chanting and meditations incorporating both the spiritual and plant world.

We will gather, eat, rub, massage, smell, prepare in all ways (tinctures, elixirs, poultices) and contemplate plants in the natural Big Sur environs, making soups, cleansing both internally and externally, absorbing herbal baths and flower eating.

Our purifications will continue daily and these practices will enhance the unification of the body/mind/spirit. Our week in the glorious Big Sur will culminate in composing and eating The Herbal Feast. $270

Self Re-parenting / Joan Fiore & Jeffrey Kent

This workshop focuses on finding and opening paths in the present that allow us to re-turn to places in the past where we got stuck. Rather than cutting off these experiences from awareness, we give ourselves a new opportunity to clean up the unfinished business of early life that controls and rips off our aliveness and our power in the here and now. Experiments will progress from re-wombing, re-birthing, and re-infanting to re-adolescing. Modes of exploring are drawn from gestalt practice, neo-Reichian energy release, primal work, family process, guided fantasy, and Fiore re-parenting methods. First priority is on intensive individual work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. $270

Weekend of April 6-8

Black Dance / James Xavier Nash & Jasmine Nash

This workshop will include massage and dancing, exploring the rituals of Black disco dancing in contemporary American society. High-low energy, sensual and sexual, rhythm and syncopation, hand clapping, foot stomping, using African drums, we will use our voices and prerecorded popular Black music. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

The Gentle Art of Becoming—Together: A Workshop for Couples / David Schiffman

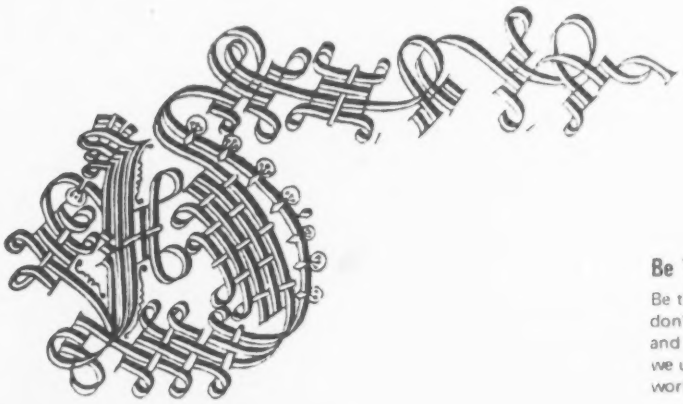
This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness methods. $110 per person

Week of April 8-13

Self-Acceptance—The Freedom To Be / David Schiffman

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the methods of gestalt, encounter, guided fantasy, massage, bioenergetics and journal work. $270



Opening the Feelings: A Neo-Reichian Radix Workshop
David Grill, Sandy Thompson & Brian Killen

For workshop description see page 23. $300

Be Your Own Author-ity / Beverly Silverman

Be the author of your own life—write down your own script. You don't have to live someone else's plot. Life is a continuous process and we can be in charge of our own movement. The style of contact we use will be gestalt and psychosynthesis and anything else that works. $270

Weekend of April 13-15

An Emotional and Sensual Flow Through Movement
Nitza Broide Miller

Movement and rhythm are the essence of life. Experience the rhythm of breathing and dancing; the joy of the sensations of your body and the excitement of its energy.

In this workshop we'll learn to become more aware of feelings, desires, motivations, and body sensitivity through movement. We'll learn to *accept* the gifts our body offers us; we'll experience our emotional and sensual flow of energy and start to become more integrated human beings. $110

Exploring Your Creative Process / Nancy Lunney

Through gestalt, imagery, music, writing, drawing, and videotape, we will investigate aspects of the creative experience, from blocking and stagefright to euphoria. Focus will be on self awareness and on developing the confidence and freedom necessary for the creative journey.

Individual projects can be developed during the workshop based on each person's major interest. This workshop is suitable for non-professionals as well as professionals in the creative performing arts. $110

Tai Chi Chih—A Gift of Life / Catherine Elber

First presented to the public in 1974, Tai Chi Chih is based on ancient movements that were a closely guarded secret of the Chinese emporers and their clansmen for over a thousand years.

Easier than Tai Chi Chuan, these 19 gentle movements are becoming one of the simplest and most effective methods available for realizing within one's self how truly beautiful the gift of life really is.

By adding the principles of these motions to your life, you can experience a continual unfoldment of your potential while providing an enrichment to your life on every level. The effects of these movements enable you to experience the beauty and honor of personal transformation as your body, mind and soul reap the benefits of harmony and balance—physical health and grace, mental peace and clarity, spiritual infinity. $110

Week of April 15-20

States of Awareness, Shifts of Identity / Robert Nadeau

Who are we *really?*

On a "bad day" we approach life feeling anxious, incompetent, unloved, unloving—basically negative and small. At other times we're like a different person—calm, squared away, loving, open. And then there are those extraordinary moments of opening to larger, finer dimensions where we *experience* the oneness, the totality of our philosophies.

These are shifts of identity, and the shifting process is a natural one. But most of us stumble from identify to identity, getting "stuck" in smaller states and only rarely touching finer ones.

In this workshop we'll experience the shifting process and learn to apply it to our jobs, our relationships, the ordinary and extraordinary times in our lives. We'll use meditation, imagery, centering, and body movement. $270

The Gestalt Triangle: Right-Brain, Left-Brain & Body Energy / Frank Rubenfeld

In this workshop we will work and play with our left and right brains and with our body sensations and energy. Hot seat work will alternate with guided fantasies, use of art materials, energy massage and whatever else arises out of our context. $270

Massage Intensive / Esalen Massage Staff

The members of the massage staff, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of ourselves.

The group meets daily in the mineral baths. $270

EXPERIENCING ESALEN

Experiencing Esalen Staff

Coordinated by Janet Sachson Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificance of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *Anger and the Rocking Chair* (Lederman).

SCHEDULE:

April 6–8	$100
April 22–27	$240
May 6–11	$240
May 27–June 1	$240
June 1–3	$100
June 15–17	$100
June 22–24	$100
June 24–29	$240
June 29–July 1	$120
July 6–8	$120
July 13–15	$120
July 27–29	$120

Weekend of April 20-22

The Body & the Energy Body / George Leonard

Many ancient and modern disciplines of personal health, growth and change depend upon concepts of energy flows in and around the bodies of living things. Using methods derived from the art of aikido, George Leonard will present his approach to the human biofield or "energy body." Through simple mental and physical exercises, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness with special attention to stress reduction and good health. They will be introduced to alternative ways of dealing with everyday life situations—especially those involving tension and expectation—and will explore ways of getting in touch with their own hidden powers. There will also be discussion of these experiences as they relate to education, sports, and social transformation. $110

The Fertile Void: Paradox of Freedom / Jack Gaines

Though we act as though we are outer-directed, most of us are learning that we write our own scripts. In one way or another our teachers—biblical as well as contemporary—point out that each of us chooses whether our lives will be melodramatic or a mellow drama.

In our fear of emptiness, we evade the fertility of the void. Yet it is in the void—allowing life to unfold—that our happiness lies dormant. We will examine the synthesis between the fertile void, which is the teachings of Ram Dass, Krishnamurti, Muktananda, Alan Watts, Fritz Perls, Freud, Eric Berne, Assagioli, Ron Hubbard and Werner Erhard among others. Each uses a different metaphor. It is in the application of these seemingly diverse paths that the self-created obstructions to our own growth are dissolved. $110

Bodymind / Ken Dychtwald

The human potential movement has given birth to a variety of methods and practices that suggest direct and holistic relationships between the body and mind. During this workshop we will examine the basic principles and tenets that underly a holistic approach to bodymind development, health and fitness. In addition, drawing from the works of Reich, Perls, Rolf, Feldenkrais and several of the yoga schools, we will explore ways that the personality and health/dis-ease conditions can be read directly from the flows and form of the body. Through discussion, demonstration and a variety of bodymind awareness exercises, participants will have an opportunity to explore some of the many relationships between body and mind.

Required reading: *Bodymind* (Jove HBJ, 1978). $110

Week of April 22-27

A Workshop in Movement & Dance / Anna & Daria Halprin

This workshop is designed to explore with movement from the perspective of one's own life resources. The process the participants will experience is a physical one, utilizing movement and spontaneous dances. Mind/Body relationships will be an important focus. The workshop leaders will also incorporate gestalt principles, visualizations, music, and sharing as a way to enjoy, broaden and assimilate our experiences together. The natural and magnificent outdoor environment and facilities at Esalen will be a further enhancement. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Gestalt Practice
Richard Price, Leonard Bearne & the Esalen Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustable.
—Lao Tzu c. 2500

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *Cutting Through Spiritual Materialism* (Chogyam Trungpa); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelley); *Illusions* (Richard Bach). $270

Weekend of April 27-29

Pleasure, Sensuality & Your Body / Barbara Clemans

The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feelings of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact, and nurturing, sensitive giving and relaxed receiving. We will explore new patterns of moving and being together, feldenkrais awareness, and vital exploration in movement to music. The baths, the rhythm of the ocean and massage will heighten our awareness of the pleasure inherent in simplicity. $110

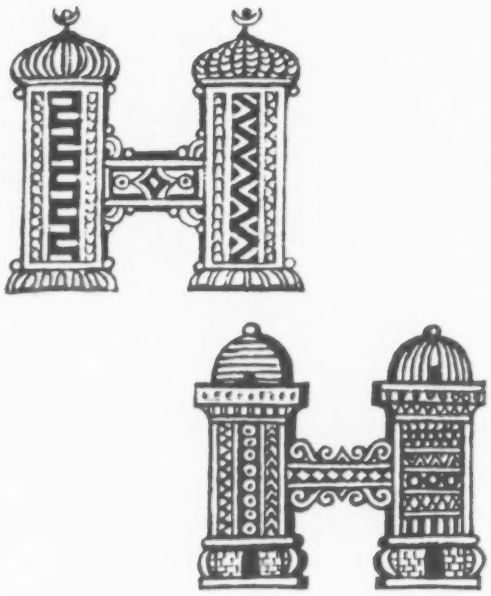
Adding More to Your Relationships—Couples Workshop Gerald Smith & Betsy Hand

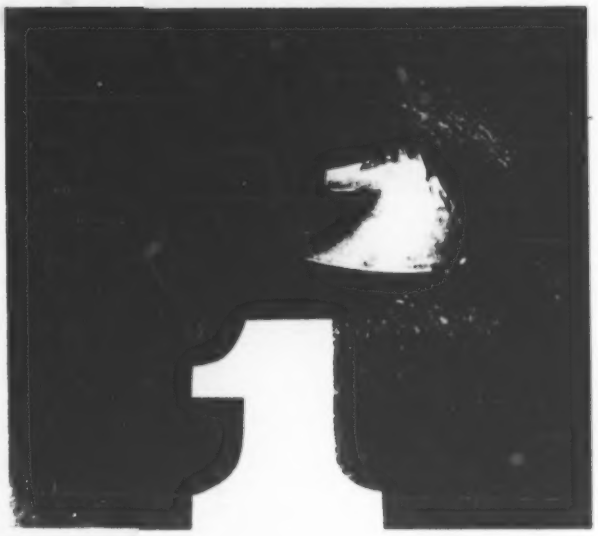
The goal of this workshop is to develop more skill in expressing what you feel—in being close—in getting distance—in fighting fairly. It is not for couples in serious trouble, but instead for prevention and growth. $110 per person

Feldenkrais Process & Gestalt / Kolman Korentayer

Kolman Korentayer has created and evolved a blending of the teachings and philosophies of Fritz Perls and Moshe Feldenkrais to form his own style of gestalt practice work. He has lived and worked with both Perls and Feldenkrais and is both a gestaltist and a graduate feldelkrais practitioner.

This workshop will involve the use of the gestalt process with an emphasis on "body-mind" techniques. In addition, the relationship of the gestalt and feldenkrais processes will be explored. $110





Week of April 29-May 4

Body Awareness & Health Care Julian Silverman & Robert Nadeau

Most of us have more energy available to us than we are aware of:
more health,
more vibrance,
more balance.

This workshop is aimed:
at connecting with that "more",
at educating how to be more CARE-FUL with one's self and with others,
at learning how to use one's self in health care work.

We will use methods derived from aikido, various moving and sitting meditations, gestalt, psychosynthesis and other systems. $270

A Psychic Training Program / Anne & Jim Armstrong

This workshop is open to professionals and others interested in learning to recognize and use their own Psi abilities. Anne and Jim will use exercises and training techniques to accomplish this goal. During the training exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only to learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $270

Put Your Memories, Fantasies & Dreams to Work For You: A Reichian / Gestalt Approach to Energy Release Joan Fiore & Jeffrey Kent

"To understand is to tremble. To recollect is to reenter and be riven."
—Harold Brodkey

This workshop focuses on releasing the energy locked in our memories, fantasies, and dreams so that this energy can be made available for present relationships and life situations in a way that makes our existence in the present less encumbered by unfinished business of the past as well as self-programmed, self-fulfilling prophecies of doom for the future. First priority is on intensive intrapersonal work in a supportive group setting. There will also be opportunities to explore the nature of our interpersonal relating through group interactions. $270

THE ESALEN WORK-STUDY PROGRAM

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our selves primarily in relation to others; we lose touch with our essence.

From this perspective, we offer an opportunity to return to our Selves within the working context of the Esalen community. Our faculty for this program is our environment—staff—community.

Learning/dis-covering the use of your own energy in work . . .
For your SELF.
Living together (close to others) operatively and co-operatively in a unique, high intensity environment.
Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.
An opportunity for
SELF-regulation
SELF-examination
SELF-contemplation
and if you choose
SELF-reevaluation
Facilitated by removal from your ordinary living context.

Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. (Flexibility is one of the watchwords of life at Esalen). The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program (emotionally and physically) and only rarely is it restful. There will be a coming together in the evenings to share—contact—play/alone-together.

Accommodations are shared. The program lasts 28 days; four weeks and four weekends at a basic cost of $350. Depending on your work schedule, weekend workshops may be available for an additional fee. Professional services such as massage and rolfing are available at staff rates. Arrangements are made through the office.

It is possible to be in the work-study program up to three months, by invitation, after the first month.

Available dates:

March 25–April 22; April 22–May 20; May 20–June 17; June 17–July 15; July 15–August 12; August 12–September 9; September 9–October 7.

If interested, please apply as early as possible to Work Study Program, Esalen Institute, Big Sur, CA 93920. Only a limited number of applicants are accepted. Scholarships are not available for the Work-Study program.

Application to the Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____ City _____

State _____ ZIP _____ Age _____ Your occupation _____

Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st _____ to _____

2nd _____ to _____

3rd _____ to _____

Have you been to Esalen workshops? Please list program titles and dates, if any. _____

In the space below, please make a personal statement about your interest in the Work-Study program, and any skills available.

Please return this application with a deposit of $150 to Work-Study Program, Esalen Institute, Big Sur, CA 93920. Your deposit will hold a place for you if there is space during the dates you request. If there is no space, we will refund your deposit or hold it for the next available space of your choice. If your deposit is accepted and you cancel more than two weeks before the start of the program, we will hold your deposit in suspense for one year for your future use at Esalen. If you cancel less than two weeks before the program begins, your deposit is forfeited.

WAYS OF BEING AT ESALEN

Scholarship Information

If you need scholarship assistance for an Esalen program of five days or longer, write for a scholarship form *before* making a reservation. Allow at least three weeks for processing. If your application is approved, please make a reservation as soon as possible after receiving the notification. No scholarship assistance is available for June 15–August 31 programs or for weekend workshops.

Ongoing Residence Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (for four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $960 per 26-day period.

Weekend of May 4-6

Selective Awareness: Mind-Body Relationships in Psychosomatic Medicine / Emmett Miller

When we teach ourselves to act in response to our internal as well as external environment, many of our difficulties (unwanted emotions, maladaptive habits) can be eased. The ability to resolve personal blocks, develop increased sensitivity, heighten awareness, and produce desirable states of consciousness lies within each of us. Our processing of the world and our communicating with it proceeds throughout varying stages of higher and lower energy; as the mind-body becomes attuned, it acts in accord with its changing experience. In this workshop we will apply the principles of selective awareness and self-hypnosis to learn to expand awareness and to adjust to changing experiences. $110

I'm Entitled! / George & Judith Brown

This workshop *teaches the process* of owning what each of us has available in both our inner world and in our outer world, and appreciating the ways we interrupt our own natural growth and personal and interpersonal development. Then we can recognize what is and what isn't and what could (not "should") be and relish the choices, challenges, adventures, and peace to which we are all entitled. Suitable for couples or individuals. Limited to 20.
$110 per person

Close Encounters of a Balanced Kind / An Experiment In Meeting & Contacting Other Human Beings Joan Fiore & Jeffrey Kent

This workshop provides an opportunity for you to pay attention to the quality of your interpersonal contact, and particularly, to your ability to stay tuned in to yourself while meeting and contacting others.

You may discover your own rhythm of contact and withdrawal; you may discover how you sabotage yourself from having more satisfying personal relationships; you may discover you're getting exactly what you want from your relationships. You may discover anything; you may discover nothing. You're in charge. $110

Lomi: An Exploration of the Body / Mind / Spirit Through Awareness / David Kessler

"Knowing others is wisdom
Knowing the self is enlightenment."
—Lao Tzu

Using tools from the Lomi tradition; gestalt, conscious movement, breath awareness, aikido, body work, polarity massage, meditation, and Neurolinguistic Programming. We will explore and enhance our body/mind/spirit processes. The focus is cultivation of awareness at all levels of existence and development of tools for self-care. $110

May 6—June 1

Holistic Medicine & Health Practices Stanislav & Christina Grof

This workshop will focus on approaches to emotional, psychosomatic and physical disorders, as well as the events of birth and death, that are based on holistic understanding of the organism in its interpersonal, social, environmental, and cosmic context. We will explore the following areas:

Ancient & Non-Western Systems Based on the Unity of Mind & Body
We will review the historical material on supernormal physical feats, body transformation and "mind-over-body" manifestations as well as some extraordinary contemporary examples of these phenomena (the Murphy—Hickman transformation project). We will explore shamanic practices, psychic healing, Chinese philosophy and medicine, shiatsu, aikido, and the yogic disciplines.

Holistic Trends in Contemporary Medicine
The areas examined in this context will include comprehensive approaches to pregnancy and delivery (psychological, philosophical and spiritual significance of birth; work with pregnant couples; alternative methods of delivery; politics of birth); holistic approach to the treatment of cancer; revolution in the attitudes toward death and dying; and modern kundalini research. Special sessions will be dedicated to the theoretical models for holistic medicine emerging from the work of Karl Pribram and modern consciousness research. Donald Lindsay will conduct a comprehensive course on the principles of self-care based on most recent medical findings.

Self-Exploration & Group Process
Esalen staff and guest leaders will act as facilitators in an ongoing process of intrapsychic and interpersonal self-exploration of the participants. An important aspect of the programs of this series is a new approach to learning that combines information input with personal experience. We will experiment with gestalt practice, encounter, neo-Reichian approaches, guided imagery with music, mandala work, psychosynthesis, polarity and Esalen massage.

This is an educational program, it is not for the treatment of disease. Some weekend programs related to the subject matter of this workshop will be available to workshop participants at a reduced rate. The program is limited to 30 participants selected from applicants. The fee is $1150 including room and board. Some working scholarships are available for students on the basis of need. Scholarship forms can be obtained from Esalen Institute. If you wish to enroll in the workshop, send a letter of biographical information to: Holistic Medicine, Esalen Institute, Big Sur, California 93920.

Faculty:

Susanne Arms
Anne Armstrong
Angeles Arrien
Gregory Bateson
Joseph Campbell
Donald Cheevy, MD
Steve Connor
Ed Dreesen
Christina Grof
Stanislav Grof, MD
Jim Hickman, PhD
Deane Juhan
Jay Kaplan, MD
Stanley Krippner, PhD
Raven Lang
Janet Lederman
Donald Lindsay, MD
Diane McGuinness, PhD
Ralph Metzner, PhD
Peggy Morrison
Mary Payne
Karl Pribram, MD
Christine Price
Richard Price
Lee Sannella, MD
Leni Schwartz, PhD
Beverly Silverman
Julian Silverman, PhD
Carl Simonton, MD
Rick Tarnas, PhD
Star Walmsley

Week of May 6-11

Opening the Feelings: A Neo-Reichian Radix Workshop Siri Mishler, Dale Cummings & Merri Goldenson

For workshop description see page 23. $300

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Lomi: An Exploration of the Body / Mind / Spirit Through Awareness / David Kessler

For workshop description see May 4—6. $270

Weekend of May 11-13

Classical Mysteries of the Goddess / Joseph Campbell

A weekend of slide-illustrated lectures and discussions, dealing with the goddess cults of the Ancient World, from circa 7000 B C to the rise of the Christian cult of the Virgin. Contrasts with the Old Testament and Olympian mythologies will be analyzed, and their relevance recognized to some of our modern sociological problems. Is the Great Goddess of Many Names, known in India as Maya-Shakti-Devi, again coming, for example, into her own? $110

Exploring Self-Acceptance / David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $110

Dreams and Your Personal Mythology
Stanley Krippner & David Feinstein

Examining one's dreams is a powerful mode for assuming increased conscious and active participation in the ongoing development of one's personal mythology. This workshop will introduce the concept of personal mythology, explore the processes in personal myth development, survey approaches for increasing conscious participation in one's myth life, and examine the state of one's own personal mythology with techniques from gestalt, psychosynthesis and the exploration of dream material. A substantial portion of the workshop will be devoted to intense personal exploration that will support participants in assessing their current life space and to intentionally focus energy in new directions. Participants are encouraged to bring a journal and to record their dreams in it prior to the workshop.

Suggested reading: *The Realms of Healing* (S Krippner & A Villoldo) (Millbrae, CA: Celestial Arts, 1976); *The Dream Game* (A Faraday) (New York: Harper, 1975); *Myths to Live By* (J Campbell) (New York: Viking, 1972); *The Quest: History and Meaning in Religion*, (M Eliade) (Chicago: Univ. of Chicago Press, 1969). $110

Week of May 13-18

The Visionary Journey / Joseph Campbell

The universally recognized "Stations of the Mystic Way" will be the concern of this five day series of slide-illustrated lectures and discussions. The differing imageries of a Navaho version of the Journey, Dante's *Divine Comedy*, the medieval Grail and Tristan romances, the Marseilles Tarot deck, Tibetan Book of the Dead, and Chakra system of the Kundalini, will be compared and interpreted in terms of the Jungian theory of psychological archetypes. The inward journeys of two twentieth-century women will bring the whole to a modern focus. $270

Self-Acceptance—The Freedom To Be / David Schiffman

For workshop description see April 8–13. $270

Getting Your Act Together / Nancy Lunney

All the world's a stage and the current production can be a soap opera, musical comedy, tragedy, or three-ring circus. Since we choose our parts, finding new ways to express ourselves can open up a variety of options on how to play our lives. Using gestalt, music, drawing, and video tape in a non-judgmental environment, we will explore getting our "act" together. No special talent or previous group experience is necessary. $270

Weekend of May 18-20

States of Awareness, Shifts of Identity / Robert Nadeau

For workshop description see April 15–20. $110

Steps to an Ecology of Mind / Gregory Bateson

In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to new ways of looking at the living world, including everything from biology to poetry and politics. The workshop will explore these ways of perceiving and thinking. $110

Kundalini Awakening / Lee Sannella & Harold Streitfeld

There exists a growth process that imitates, particularly in its early stages, familiar clinical symptoms. However, this process itself is not pathological.

Those who experience this process display a variety of unusual manifestations occurring at any or all levels of functioning: sensory, motor, emotional and mental. Strange bodily sensations and pains make them worry that they may be coming down with some dread disease. Mental disturbances make them wonder whether they may be losing control of their minds. Inexplicable outbursts of crying or anger are thought to be hysteria. The basis of this unusual condition is the arising in the body of a special non-physical "life" energy. A commonly used name for this energy is kundalini.

In this workshop kundalini awakening will be approached from an enlightened psychiatric point of view through lectures, case material from the files of the Kundalini Clinic, meditation enhanced by energy transmission *(shaktipat)* and a unique set of Taoist exercises for stabilizing the kundalini flow. This workshop is for professionals and students in the areas of psychiatry, psychology, general medicine and the healing professions. $110

Week of May 20-25

Gestalt, Bioenergy & Human Contact / Alan Schwartz

There is an energetic dimension to human behavior which is often locked behind habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *movement*. *Allowing energy* means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self. The workshop can be thought of as a *learning* week. Appropriate didactic material will be covered. $270

Massage Intensive / Esalen Massage Staff

For workshop description see April 15–20. $270

Weekend of May 25-27

Energy Systems and Gestalt Process / Alan Schwartz

Read the weeklong description (May 20–25). This will be a weekend to explore and understand our *individual* energy systems and their relation to how we both make contact and inhibit contact. One focus will be on integration via energy release techniques. Another will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our consistent awareness process and the autonomous expression of who we are. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

In this workshop we will draw on recent developments in sport physiology, preventive medicine, the mental training of athletes in East Germany and the Soviet Union, Eastern philosophy, yoga, and the martial arts as well as research on bodily transformations at the Esalen Sport Center. We will work with gaits and tempos for running, muscle/skeletal exercises, flexibility exercises, training routines, visualization exercises and meditation techniques. $110

Week of May 27-June 1

Awareness Through Movement & Functional Integration: The Feldenkrais Method / Mia Segal

Through a series of simple, gentle exercises devised by Moshe Feldenkrais we will learn more about how our bodies work and explore new possibilities of movement. $270

Zero Balancing / Fritz Smith

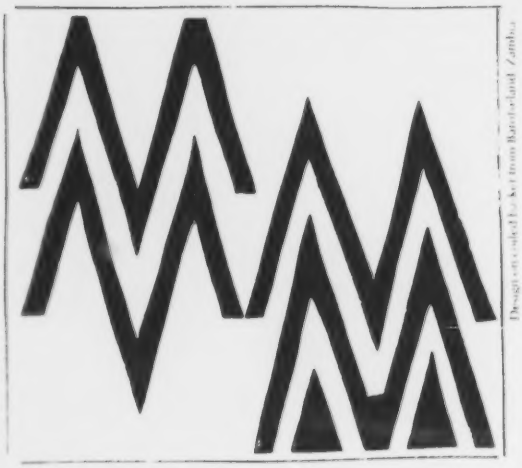
Zero balancing is a body handling system utilizing structural acupressure to deal directly with the interface between body structure and energy flow. The workshop will be both didactic and experiential.

Traditional anatomy, physiology, and kinesiology will be reviewed and then reinterpreted from an alternative viewpoint indicating the often overlooked imbalances which occur within our foundation joints. These imbalances may lead to chronic body pain, and frequently represent an ongoing energy drain from the body. Based on laws of nature Zero Balancing is both a pleasure to give and to receive, and results seen are immediate, gratifying and often inspiring, with seemingly little effort on our part. While there will be both theoretical presentations and practical demonstrations, the main emphasis of the workshop will be toward individual instruction.

The workshop is designed for persons in the healing professions. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240



Weekend of June 1-3

The Theater of Being / Elisa Lodge

The stage is set: the ocean, the sky, the mountains and ourselves.

The plot: the manner in which we move, live and love.

In this weekend of creative exploration we will touch into the inner sources where our beauty and power begins.

The tools: structural patterning, acting methods, visualization, meditation with sound, movement, music and massage.

All for the benefit of releasing ourselves; our heart and soul into the world. $110

Experiencing Esalen for Health Care Professionals Coordinated by Jay Kaplan, MD

This workshop is designed for health care professionals who have not previously been to Esalen/Big Sur. The emphasis is on experiencing a variety of approaches to self awareness and self care. Some of the following experiences will be available: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, rolfing, feldenkrais, yoga, polarity massage and shiatsu. Nurses and physicians will earn continuing education units. $110

Open Psychodrama Encounter / Walt & Maurica Anderson

This workshop is a flexible weekend's work and play using a variety of encounter, gestalt, and body-movement approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing more openness and spontaneity, and having fun. The degree of active involvement is up to the individual. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Week of June 3-8

Opening the Feelings: A Neo-Reichian Radix Workshop
Merri Goldenson, Joel Dweck & Peter Bernhardt

For workshop description see page 23. $300

The Creative Journal: A Path to Personal Integrity & Enthusiasm / Dee Mundschenk

This workshop will focus on a journal-keeping process for searching out and honoring our singular strengths and individual capabilities. With a personal journal we have an instrument to use in our search for balance, harmony and growth. It aids in formulating insights into visible, useful expressions; releasing powerful emotions creatively; strengthening personal integrity; and illuminating the body/mind processes.

In non-analytical, non-coercive, non-judgmental modes drawn from Eastern and Western practices for self-realization, we will begin developing the discipline and perspectives useful in honoring our vast mental, physical, and emotional prowess. Whether participants are devoted seekers or occasional explorers in the realm of personal integrity, this journal workshop will be of sufficient scope to provide extensive individual insights into personal power, compassion, humor, and new directions.

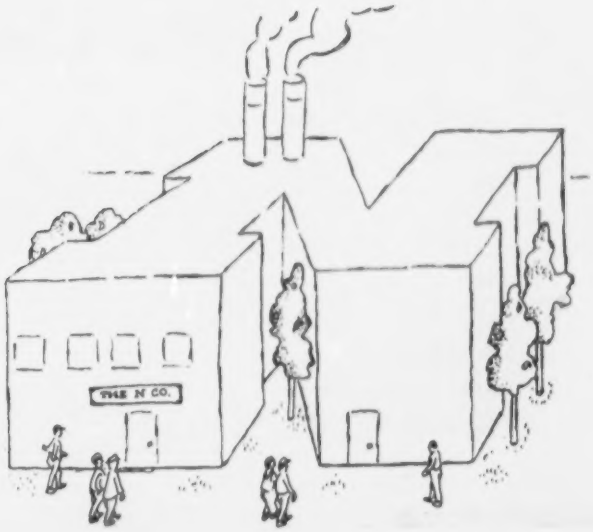
Please bring loose leaf notebooks with dividers, if possible, favorite pens, a small mirror, an open mind, and good and playful will for yourself. $270

Heal Thy Self: A Workshop for Health Professionals
Hughes Andres, MD & Mary O'Hara Devereaux, FNP

This workshop focuses on our behavior as health care practitioners and how this behavior affects our own health as well as the health of our patients. It emphasizes:

- Self-responsibility for each practitioners health;
- Techniques for enhancing the sensitivity of practitioners in ways which make them more "tuned-in" to each patient-consumer;
- *Caring and being careful*—applying sound judgment and knowledge in relation to patients and simultaneously not taking health-care responsibility away from patients.

Nurses and physicians will receive 30 hours of continuing education credits. $270



Opening the Feelings

RADIX NEO-REICHIAN WORKSHOPS

(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix Intensive, a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Institute. The intensive, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion. In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. The participant/teacher ratio is kept small, never more than 10/1. Each weekend participant who wishes will receive an Intensive, while 5-day workshop participants receive two. By meeting sometimes in small groups and sometimes together in large groups, Radix combines the intimacy and individual attention of the small group with the energy and dynamism of the large. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE

April 8–13	David Grill, Sandy Thompson & Brian Killen
May 6–11	Siri Mishler, Dale Cummings & Merri Goldenson
June 3–8	Merri Goldenson, Joel Dweck & Peter Bernhardt
July 13–15	Merri Goldenson, Brian Killen & Sandy Thompson

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June 3–29

An Integrative Approach to Group Process & Individual Growth (A four week internship program for personal & professional growth)

David Schiffman, Elisa Lodge
Richard & Christine Price with the Esalen Staff

Over the years Esalen has functioned as a major clearing house for a wide variety of approaches and means for facilitating personal evolution and expression. One's journey could begin with any realm—mental, physical, emotional, or transpersonal—each path serving to create a wealth of information and energetic access.

What are the common experiential and conceptual threads that underlie each of these paths? How can these threads of experience be best woven together to create a fabric whose qualities are simultaneously exquisite in their delicacy while still remaining strong enough to sustain the wear and tear of worldly existence? And how best might this very personal process of self-discovery and integration be taught and shared with others?

The exploration and resolution of these and other basic questions pertaining to the process of change and growth will serve as the basis of our work together during this month long institute program.

During the month each participant will have the opportunity to clarify and develop his/her own ability, style, and artfulness both as individual guide and group facilitator, as well as to do in-depth personal work and training in gestalt practice, body work, psychosynthetic techniques, and the meditative arts.

The program will be structured to include: intensive individual work, supervised observations, practicum work in group leading and individual counseling skills, video feedback, illustrated lectures and didactic theoretical sessions. The emphasis throughout will be on creating a personally integrated perspective linking human potential practices with traditional psychological and counseling modalities.

Curriculum

The curriculum will be divided into seminars, observation-supervision sessions, and group sessions. Seminars will consist of conceptual presentations, guided exercises and discussions done by core as well as visiting faculty.

Observation and supervision sessions will involve individual counseling among group members with supervision by core faculty. Included in these will be video replays and discussions pertinent to the work being done.

Group sessions will provide the participants with the opportunity to do in-depth work on their own process with the faculty as well as explore practical applications of material presented in seminars. In addition, a major portion of the last week will be used for polishing leadership skills with each person in the group being given the opportunity to lead. Video feedback will again be employed. Some of the major areas and practices to be explored during this program include:

A. Physiological maps and entries to experience

Beginning from the assumption that the human body is a metaphor which holds and reflects how we have been shaped by past experience and habits, we will explore the effects of these patterns and their possible transcendence. Sessions in bio-energetics, neo-Reichian work, shiatsu, and various styles of massage will be scheduled to provide tools and perspectives relating to physically rooted patterns of holding and diminishment.

B. Gestalt Practice

The emphasis in this phase of our work together will be in creating a stance to facilitation which is non-analytic, non-coercive, and non-judgmental. We'll focus on the use of the awareness continuum, the nature of the impasse, contact and boundaries, ways of visualization and meditation and the development of leadership skills which reflect clarity and flow from whatever emerges in process.

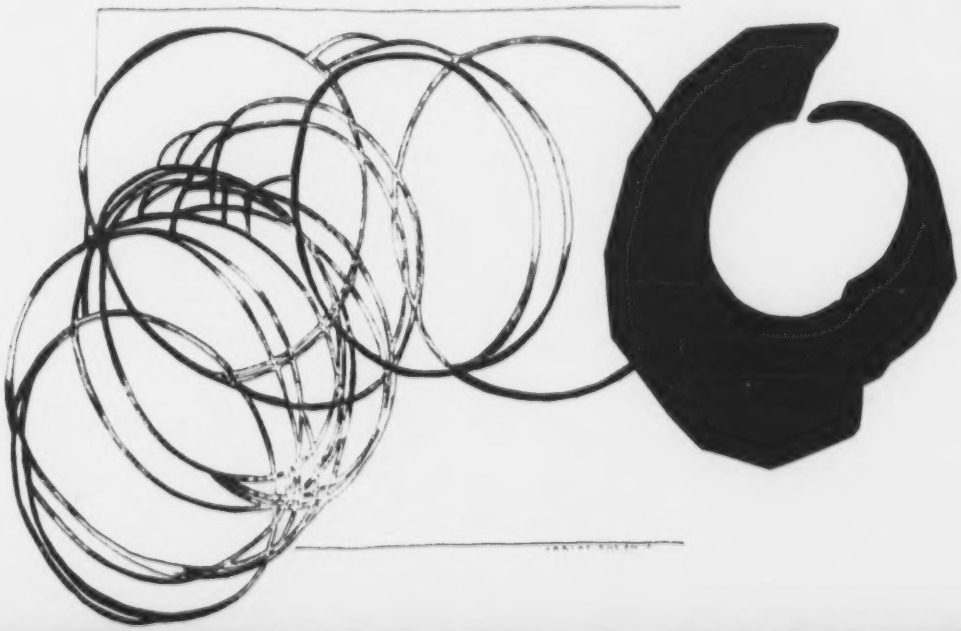
C. Psychosynthetic Techniques

Using the over-arching perspective created by Psychosynthesis we'll examine reference points and specific experiences which include discerning different levels of the unconscious, basic personality organization, choice and the development of will, resolving inner conflicts, reflective and receptive meditation, dis-identification and self-identification, the use of ideal models, the nature of purpose, developing desired qualities, aligning with the transpersonal, guided imagery, journal work and music.

D. The Psycho-dynamics of Group Structure

Drawing on techniques based primarily in encounter we'll look into the formation of the group, ascertaining its energy field, the stages of group evolution, inclusion, power and affection, grounding cathartic experience in the group context, as well as examining the differences and effects of counseling, teaching and encounter modalities.

The program is designed both for professionals and students and those interested in the fields of psychiatry, psychology, religion, education, and philosophy. A few partial scholarships are available for this program. For scholarship applications write Esalen Institute, Big Sur, CA 93920. $1150 Deposit $400



Weekend of June 8-10

Energy Awareness & the Crystalline State / George Leonard

In the crystalline state, there is no expectation nor any prejudgment. Concentration on the past and future gives way to primary focus on the present. Action taken while in the crystalline state is not *considered action* but rather *appropriate action.* When fully achieved, this state permits you to experience the harmony and connectedness of all existence. This energy awareness workshop will emphasize the crystalline state as described in George Leonard's latest book, *The Silent Pulse: A Search for the Perfect Rhythm that Exists in Each of Us,* and will also involve centering, balancing and stress reduction. $110

Body Energetics and Primal Imprints / Hector Prestera

This workshop will include body reading, color-auric energy fields, imprinted body emotions and emotional-energetic release methods.

Recommended reading: *Selected Writings* (Reich), *The Body Reveals* (Kurtz & Prestera, published by Bantam and Harper & Row). $110

The Lawyer—A New Perspective
A Weekend for Lawyers presented by the Humanistic Law Institute

"Like mounds in a sandy desert, intellectual knowledge is mounting up without provision for the expression of the heart."
—Meher Baba

As lawyers we were trained to use our heads and not our hearts—to make choices and decisions based upon "reason," "principles," and "issues" and not to trust feelings, intuition or compassion—often with less than satisfying results in our "professional" and/or "private" lives.

During this weekend we will explore and share with other lawyers, in the peaceful, reflective, nourishing, and evocative setting of Esalen, ways of using and integrating all aspects of ourselves—our bodies, our minds, our feelings, our "hearts" to see if we can make our work and our "private" lives more effective and more integrated, flowing, meaningful, and enjoyable.

The program will be conducted by a lawyer member of the HLI staff and another experienced group leader and will be largely experiential, using approaches and methods of gestalt awareness, psychosynthesis, massage, meditation, and bioenergetics. $110

Week of June 10-15

Five Days with Jack Rosenberg

My current focus is on enjoying life to the fullest and bringing the clearest expression of my self to each moment. Many people describe what I do as gestalt body work with a transpersonal bend.

During the workshop we will cover many aspects of my energetic approach to sexuality as well as working with the body energy field and the belief system which keeps us locked in obsolete behavior patterns. Where you are is where we will start. $270

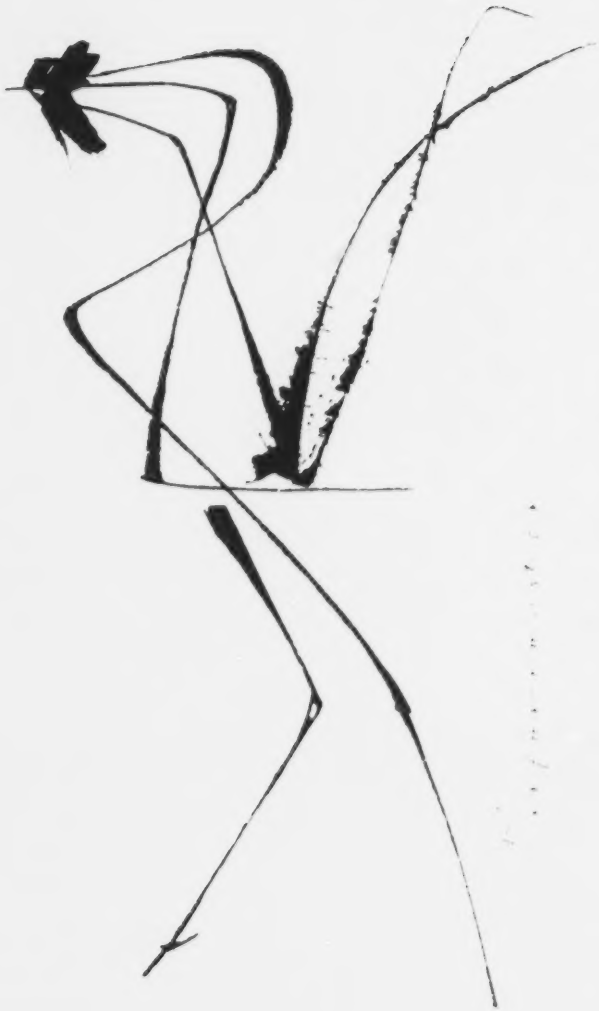
The Process of Psychosynthesis / Harry Sloan

Rooted within each of us is a deep tending toward wholeness and an inherent urge to make more sense and meaning of our lives. However, much of what we experience as we grow up slows this purpose within us and we often become painfully distracted from the process of realizing our true and full selves in the world. The principles and practices of psychosynthesis enable a person to work with these difficulties in whatever dimension of experience they exist and to learn gradually how to cooperate with, and be released again to, the natural process of maturation and integration.

This workshop will focus on participants gaining an experiential and conceptual understanding of the major principles and practices of psychosynthesis. $270

Concentrated Radix Feeling Work
Clair Killen & Merri Goldenson

Under the sponsorship of the Radix Institute this workshop will provide an environment for deep feeling work. We will work as a group to experience the connection between our body armor, the ways we block our feelings and how we control our lives. As we become aware of how we control our feelings and our lives, we can consider letting go of control that stands in the way of greater experience of love, pleasure and trust. Each participant will receive four individual intensives. The enrollment will be limited to twelve participants who have experienced at least a previous five day Radix workshop. $300



Esalen Institute—— Approved Provider for Registered Nurses and Physicians

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of continuing education for registered nurses. Provider Number 01152

The California Medical Association has granted Esalen Institute Category I approval so that physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education.

The following programs are approved for registered nurses and for Category I credit for physicians. See regular program listings for workshop descriptions.

April 1–6 Westerbeke
Human Sexuality / Donald Lindsay & Jack Rosenberg
30 hours

April 6–8 Westerbeke
Hypnosis & Parapsychology / Lee Pulos
10 hours

April 15–20 Westerbeke
Motion & E-Motion: A Moving Celebration / Betty Fuller, Milton Trager, MD & Janet Zuckerman
30 hours

April 15–20
Massage Intensive
Esalen Massage Staff
30 hours

April 20–22 Westerbeke
Conscious Living / Dying
Stephen Levine
10 hours

April 22–27
Gestalt Practice
Richard Price, Leonard Bearne & the Esalen Staff
30 hours

April 29–May 4
Body Awareness & Health Care
Julian Silverman & Robert Nadeau
30 hours

May 4–6
Selective Awareness: Mind-Body Relationships in Psychosomatic Medicine
Emmett Miller
10 hours

May 6–June 1
Holistic Medicine & Healing Practices
Stanislav Grof & Christina Grof
120 hours

May 18–20 Westerbeke
Introduction to Shiatsu Massage
Patricia Caldwell
10 hours

May 20–23 Westerbeke
Care of the Hospice Worker and the Hospice Freestanding Facility
Stephen Connor, Becky Allen & Sandol Stoddard
15 hours

June 1–3
Experiencing Esalen for Health Professionals / Coordinated by Jay Kaplan
10 hours

June 3–8
Heal Thy Self: A Workshop for Health Professionals / Hughes Andres & Mary O'Hara Devereaux
30 hours

June 10–15
Five Days With Jack Rosenberg
30 hours

June 10–15
The Process of Psychosynthesis
Harry Sloan
30 hours

June 15–17 Westerbeke
Self Care for Helping Professionals
Tom Ferguson
10 hours

June 17–22
Advanced Massage
Esalen Massage Staff
30 hours

June 30–July 1
Live Better Longer / Donald Lindsay
10 hours

July 1–6
Experiencing Esalen for Health Professionals / Coordinated by Jay Kaplan
30 hours

July 20–22
Massage Intensive / Esalen Massage Staff
10 hours

July 22–27
Gestalt Practice
Richard & Christine Price
30 hours

If you have any questions about Esalen's medical or nursing program, contact Julian Silverman, Esalen Institute, Big Sur, CA. 93920.

Weekend of June 15-17

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Introduction to Gestalt Practice / Joan Fiore

After introducing the "language" of gestalt and various gestalt experiments in breath, body, and feeling awareness, this workshop concentrates on providing the opportunity for intensive individual gestalt work in a supportive group setting. Suitable for novices as well as veterans. $110

Inner Love / Simone Surpin

In each of us exists a place where we can merge in and with a certain kind of love: a love that is the source of our inner being; a love that is not dependent on something outside of itself for sustenance; a love that renews itself and clears our vision of ourselves and of others.

As purely and as simply as possible, we will attempt to explore and experience this state; to touch these experiences with our minds and share them outside ourselves.

We will meditate, chant, do gentle body work practices, and learn about energy flows. Each session will be a blend of both didactic and experiential work. Some time will also be taken for silent walks together in the country. $110

Week of June 17-22

Grammar of Spontaneity / Ruthy Alon

In this experiential workshop you will participate in guided processes of organic motions from the feldenkrais method, Awareness Through Movement.

In a supportive space, free of rightness or effort, you will explore a variety of alternative movement options, meditate on their inner qualities and nurture your body intelligence to choose more gratifying ways of day to day functioning, like enjoying lightness and grace in your moving, tuning into your personal rhythm, coordinating your organism to avoid pain and allowing sex to flow effortlessly.

In the early mornings, a special out of doors experience will be extended to link the grammar of explorations with your spontaneity, through a ritual of 12 swinging natural motions inspired by the need to move and celebrate liveliness in the fresh Esalen air over-looking the ocean. $270

Advanced Massage / Esalen Massage Staff

The soothing release of everyday tensions is really only the beginning of the sensations and revelations possible through massage. The release of chronic energy blocks can produce dramatic results in our physical and emotional well-being; awareness and memories may be triggered which begin a process that goes far beyond the massage itself. We would like to demonstrate and practice together some of our own explorations in massage and manipulation of the energy bodies and to share our experiences of the sometimes surprising results of these techniques. $270

Gestalt Intensive / Joan Fiore & Jeffrey Kent

This workshop provides the time, the space, the license, the opportunity to move forward at your own pace along your own path—from dis-ease to ease, from fragmented to whole, from self-discounting to self-validating, from role-playing to authentic self-expression, from helpless victim of, to active participant in, your personal destiny—or from wherever you happen to be coming to wherever you're growing. You might explore your dreams, your tensions, your madness or your options; take room to breathe or to explode, soak in nurture or exorcise demons, finish past unfinished business or examine present concerns. First priority is on intensive individual work in a supportive group setting. There are also opportunities to experiment with the quality of interpersonal contact through group interactions. $270

Weekend of June 22-24

God, Sexual Energy & Your Body / Gabrielle Roth

"When sex comes from the physical center, it is a necessity. When it comes from the mental center, it is a fantasy. When sex comes from the heart center, it is a deep, total, and profound experience of our own divinity. Sex is meaningless without the heart."

The purpose of this workshop is to heal the separation between our divinity and our sexuality as it exists in our consciousness, attitudes, and actions. This weekend will include breathing, movement, music sound, and massage meditation. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. Gabrielle will support us in going within ourselves to rediscover the magnitude of our own heart energy, thus infusing our sexuality, and our entire life experience, with depth and purpose. $110

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $100

Week of June 24-29

Cycles / Gabrielle Roth

For workshop description see April 1–6. $270

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $240

Life is a Moving Experience / Deborah Sulochana Medow

Let's explore and expAND
our self eXPressION
creAtively

the basis: yoga meditation massage
adding: music movement
laughing crying
singing sighing
the outcome: feeeeeeeeeeling LIFE flowing

musical instruments and people who play and don't play are welcome. $270

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July 1–20

Education: Its Effects on Learning
Janet Lederman, Gregory Bateson, Joan Fiore & David Schiffman

In other words . . .
How do the rules of behavior
from past generations and different tribes,
fit with the more inclusive and flexible
life styles of today . . . spiritually, physically –
the abstract and the concrete.

What kinds of confusion are generated?
What kinds of creativity have already emerged in patterns and structures, both legal and extra-legal?

Exploring the conflicting areas and the absorption with form.

How do we communicate information, the sending and receiving, from one decade to the next, one tribe to the other, one system to the next?

. . . and who is WE?

$1000

Weekend of June 29-July 1

States of Awareness, Shifts of Identity / Robert Nadeau

For workshop description see April 15–20. $130

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $120

Self-Reliance and Cooperation: The Ethics and Techniques of Networking / John Vasconcellos and the Staff of Self-Determination

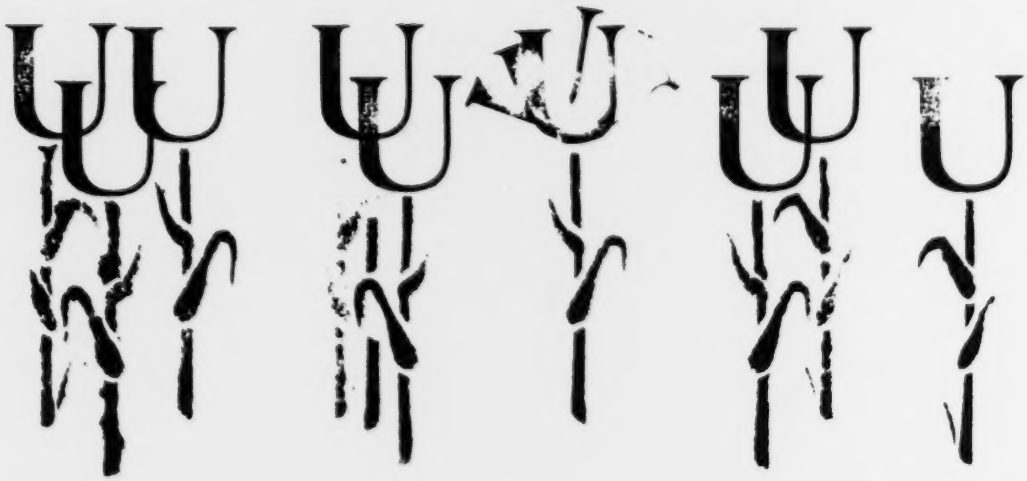
Networking, in its most general sense, is bringing together persons who share values, needs, tasks, goals and/or kinship, through a lateral and mutually-supportive framework or activity. This workshop is devoted to exploring networking: what it is, how it is done, and its potential for transforming cultural assumptions and political systems.

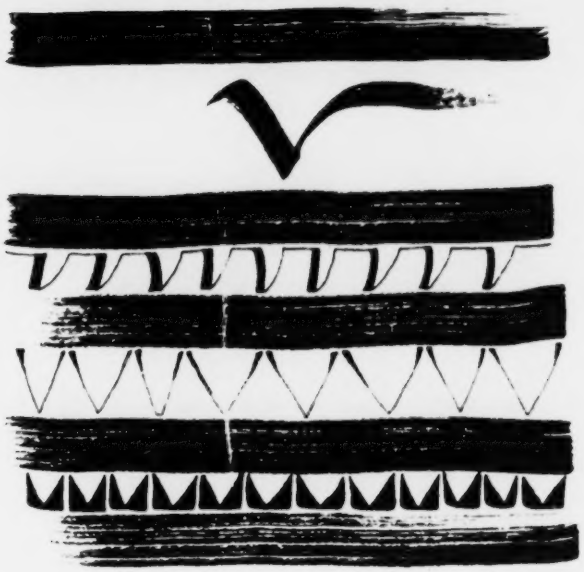
Based upon the practical experience of four-year-old, California-based Self Determination: A Personal-Political Network, the workshop will include discussion of the ethics/values/assumptions of networking vis-a-vis present-day culture as well as experiential awareness of networking and cooperation, and lectures/exercises will explore the practicalities of community networking.

This workshop is especially recommended for persons seriously interested in applying the principles and techniques of networking to their own lives/communities. $130

Live Better Longer / Donald Lindsay, MD

This will be a workshop in holistic medicine emphasizing prevention, nutrition, health maintenance and experiential learning about body-psyche relationships. It is about joyous living and includes body work at the Esalen baths. The student will learn to use new advances in health care. There will be sessions on medical consumerism, on interacting with physicians. Enrollment is limited. Nurses and physicians taking this course will receive 10 hours of continuing education credits. $130





Weekend of July 6-8

Let Go / Let Be / Betty Fuller

This workshop will include physical and mental stress reduction exercises, guided imagery, simple meditations and body methods such as feldenkrais, Trager and massage. For each approach, methods for daily practice and individual follow up will be presented. The workshop schedule allows time for rest and relaxation at the baths. $130

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $120

Centering in Action / Bob Kriegel

The purpose of this workshop is to show that there is nothing mysterious, mystical, or devotional about centering—the process of tuning into that place of inner strength and wisdom from which we experience more of our possibilities and potential.

To experience centering we will play active games of all types, invent new ones, and practice exercises from yoga, aikido, t'ai chi, and sensory awareness.

We will use gestalt awareness, visualization, and psychosynthesis techniques to bring the insights gained in these activities to a more conscious level and to transfer them into our daily lives. $130

Week of July 1-6

Massage and Movement / Peggy Morrison

This workshop will provide the space for self exploration through massage and movement. Our focus will be on releasing tension and experiencing our aliveness and creativity. There will be time at the hot baths massaging each other, time in structured movement and time celebrating in music and dance. $300

Experiencing Esalen for Health Care Professionals Coordinated by Jay Kaplan, MD

For workshop description see June 1–3. $270

Gestalt Practice / Esalen Gestalt Staff

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure, or accomplishment. $300

Week of July 8-13

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

For workshop description see May 25–27. $300

Gestalt Practice
Christine Price & the Esalen Staff

For workshop description see April 22–27. $300

July 8–15

Self-Acceptance—The Freedom To Be
David Schiffman

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics and journal work. $430

Weekend of July 13-15

Opening the Feelings: A Neo-Reichian Radix Workshop
Merri Goldenson, Brian Killen & Sandy Thompson
For workshop description see page 23. $130

Experiencing Esalen / Experiencing Esalen Staff
For workshop description see page 15. $120

Week of July 15-20

Pleasure, Sensuality & Your Body / Barbara Clemans
For workshop description see April 27–29. $300

The Cetacean-Human Cyclone / John & Toni Lilly
Spend five days with John and Toni Lilly discussing dolphin research and self programming.
Suggested reading: *Man & Dolphin* (1961); *Mind of the Dolphin* (1967); *Human Biocomputer* (1967); *Center of the Cyclone* (1972); *Simulations of God* (1974); *Dyadic Cyclone* (1976); *The Deep Self* (1977); *Lilly on Dolphins* (1975); *The Scientist* (1978); *Origins of Interspecies Communication* (1978). $320

July 15–22
The Feeling Process / Janet Sachson Zuckerman
Some of the steps involved in learning to experience your feeling process in a way that increases your personal effectiveness in the world will be the focus of this workshop. Separating feelings from thoughts—sensitizing your body to your own rhythms and sensations and recognizing that *your* feelings—*your* discoveries are your truth without needing outside validation. The process is then the choice of expression or depression. An experiential workshop. $430

Weekend of July 20-22

Black Dance / James Xavier Nash & Jasmine Nash
For workshop description see April 6–8 $130

Getting Your Act Together / Nancy Lunney
For workshop description see May 13–18. $130

Massage Intensive / Esalen Massage Staff
For workshop description see April 15–20. $130

Week of July 22-27

On Letting Go / Judyth Weaver
I propose that we are all holding on more than we know. This workshop will use Reichian breathing and movement methods, sensing, meditation, dance, and an ancient form of balance and relaxation: tai chi chuan, to bring us to more understanding of what and how we hold on and how to let go and allow more fully our spontaneous feelings and energy which can lead to a more naturally balanced and enjoyable way of living. $300

Adventures in Self-Exploration
Stanislav Grof & Christina Grof
Focused self-exploration in this workshop will be based on the model of the unconscious that emerged from psychedelic research. It includes not only biographically determined areas but also the dynamics of the death-rebirth process and transpersonal experiences. We will use a combination of music and guided affective imagery, mandala drawing, yoga, massage and individual work when indicated. $300

Self and Beyond / John Zeigler
". . . the key is to open a way whence the imprisoned splendor can escape." —Browning
This will be an occasion to celebrate the restoration of the *original* you: loveable, capable, trouble-free and unscarred by destructive parental/societal beliefs and indoctrinations that are at the root of most emotional upsets.

The awakening of this serene and perfect inner self can give expression to a natural clarity, aliveness and creativity. We will use a synthesis of intensive body and gestalt work for deep emotional release, supportive group interaction, tai chi, movement, massage and other ancient and modern body/mind/spirit methods. Through it you will have an opportunity to experience conflicts for what they really are; opportunities that can create a spontaneous unconditional love of self, others, and an abundant universe. $300

The Celebration of Nature / Michael Tierra (Ananta)
The emphasis will be on using the methods of herbs, massage, chanting, movement, meditation, and balanced diet for physical cleansing and balancing. We will demonstrate the use of herbs as generators of health and creativity. We will learn how to make special teas, soups, baths, and fomentations using herbs which we will gather. In addition we will use clay and herbal oils to anoint ourselves, helping to free old blocks and tensions. As a rhythmic and melodic complement we will utilize the sounds and chants of nature from the African, East Indian and American Indian traditions with appropriate dance-like movements to give fuller expression to our being. We will take walks together to discover the wild herbs and trees which we can use as food. $300

FUTURE WORKSHOP ANNOUNCEMENTS

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

Weekend of July 27-29

Be Your Own Child—A Movement Journey
Nitza Broide Miller

Discover the child in you—its joy, sadness, fear, excitement, anger, curiosity, wondering, fun, sensuality, loneliness, playfulness.

Reconnect with the child in you so that it is nurtured, loved, cared for and allowed to grow.

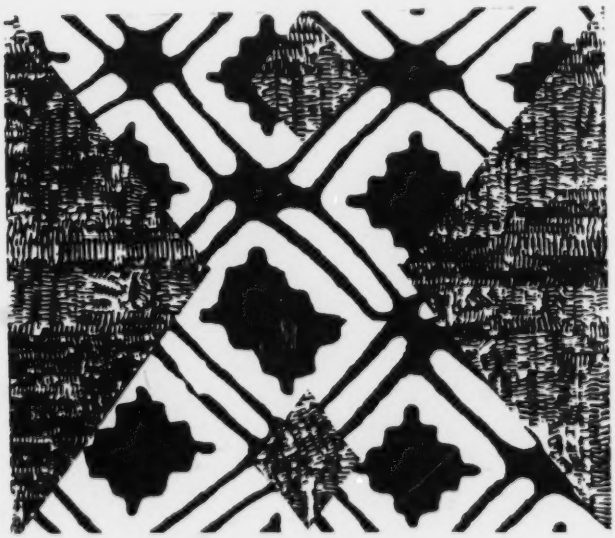
In this workshop we'll learn to give the child in ourselves permission to be. Through dance, energy flow, touch, imagery, relaxation and dynamic breathing we shall tap on our hidden and forgotten desires and secret wants and allow them to be expressed. We shall nurture them in loving-caring movement adventure. Touch and movement rituals of self care will be learned and practiced. $130

A Gestalt Workshop / Pat & Neil Lamper

Experience your own relating: how to better care for yourself in relationships with those you love. Using gestalt, fantasy, breathing and awareness of body stress, we will work with memories and dreams to re-experience past choices and to bring more energy into the present. We will work on contacting our inner self, our central vigor. $130

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $120



SEPTEMBER 30—OCTOBER 26

Energy: Physical, Emotional and Spiritual
Stanislav & Christina Grof

A four-week interdisciplinary program for professionals and students in the areas of psychiatry, psychology, general medicine, anthropology, physics, philosophy, and religion. This workshop will focus on various manifestations of energy and on techniques of channeling them for the purpose of self-exploration and spiritual growth. Special attention will be paid to the problems of interrelations between consciousness, energy and matter. The program will cover three thematic areas:

1. Ancient Spiritual Systems and Techniques of Dealing With Energy.
We will explore, theoretically and practically, Tantric art and ritual, the Tibetan vajrayana, kundalini yoga, Agni yoga, Basque mysticism, astrology and alchemy.

2. Consciousness Research and Modern Physics.
We will focus on revolutionary findings from experiential psychotherapy, psychedelic research, parapsychology, anthropology and modern physics. The controversies about the pioneering research of Wilhelm Reich will be reviewed by his prominent former co-worker, Bernard Grad. Special sessions will be dedicated to the striking convergence between mysticism, consciousness research, and modern physics.

3. Self-Exploration and Group Process
The workshops of this series use an experimental educational format that combines didactic input with personal experience. Esalen staff and guest leaders will act as facilitators of an ongoing process of intrapsychic and interpersonal exploration of the participants throughout the program. In this context, we will use gestalt practice, encounter, neo-Reichian approaches, dance, fantasy exercises with music, mandala drawing, psychosynthesis, and different forms of body work. $1200

Faculty:

Anne Armstrong
Jim Armstrong
Angeles Arrien
Gregory Bateson
Fritjof Capra
Dhyan Yogi
Ed Dreesen
Al Drucker
Bernard Grad
Christina Grof
Stanislav Grof
Arthur Hastings
Jim Hickman
Deane Juhan
Claire Killen
Janet Lederman
Bill Liles
Leo Matos
Ralph Metzner
Peggy Morrison
Ajit Mookerjee
Dulce Murphy
Michael Murphy
Mary Payne
Christine Price
Richard Price
Gabrielle Roth
Beverly Silverman
Julian Silverman
Rick Tarnas
Tarab Tulku Rimpoche

A

BECKY ALLEN is Nursing Director of the Hospice of the Monterey Peninsula. (p 10)

RUTHY ALON has 18 years experience in the feldenkrais method and is a graduate of the Feldenkrais Institute in Tel Aviv. (p 28)

WALT ANDERSON is a writer, political scientist, and practitioner of psychodrama. His most recent book *Open Secrets: A Western Introduction to Tibetan Buddhism,* was published this summer by Viking. (p 22)

MAURICA ANDERSON has been leading psychodrama and encounter groups for Esalen and other organizations since 1969. (p 22)

LEN HUGHES ANDRES is a physician and professor of family medicine at the School of Medicine, U C Davis. He is co-director of the Family Nurse Practitioner Program. (p 23)

ANNE ARMSTRONG has been doing transpersonal counseling for over 16 years and has trained professionals to use their own intuitive abilities. (pp 17, 20, 32)

JIM ARMSTRONG, a former engineer, is a life long student of esoteric studies. (pp 17, 32)

ANGIE ARRIEN is an anthropologist and Basque folklore specialist who has made an intensive seven-year study of the Egyptian Tarot. (pp 20, 32)

B

GREGORY BATESON, author of *Steps to an Ecology of Mind,* originated the "double bind" theory which explains some of the causes of schizophrenia. (pp 20, 21, 29, 32)

LEONARD BEARNE studies gestalt, Reichian and deep tissue work. His interests are in issue-oriented workshops and in combining growth forms. (p 16)

PETER BERNHARDT, staff Radix trainee, has a private practice in Santa Barbara. (p 23)

BARBARA BRAUNSTEIN has been a student of Al Drucker for five years. Presently she is in private practice in New Orleans. Her spiritual teacher is Sathya Sai Baba. (p 13)

GEORGE ISAAC BROWN is director of the Confluent Education Program at the University of California, Santa Barbara. He is the author of *The Live Classroom: Innovation Through Confluent Education and Gestalt.* (p 20)

JUDITH BROWN is a gestaltist who is a specialist in marriage and other primal relationships and is interested in families as systems and the effect they have on the individual family member. (p 20)

C

PATRICIA CALDWELL has been practicing and teaching shiatsu for several years. (pp 10, 13)

JOSEPH CAMPBELL is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero With a Thousand Faces, The Masks of God,* and *Myths to Live By. (pp 20, 21)*

BARBARA CLEMANS is a massage and movement specialist who has been associated with Esalen Institute for the past six years. (pp 17, 31)

STEPHEN CONNOR is Executive Director of the Hospice of the Monterey Peninsula. (pp 10, 20)

DALE CUMMINGS, certified Radix teacher and trainer, has a private practice in Santa Monica. (p 20)

D

KEN DYCHTWALD , psychologist, author of *Bodymind, Paper Thin,* and numerous articles on issues of human transformation, is co-director of the SAGE Project. (pp 13, 16)

JOEL DWECK, senior Radix trainee, has a private practice in Santa Monica. (p 23)

E

CATHERINE ELBER attended the first teacher's training course given for Tai Chi Chih in 1975 and is indeed honored and grateful to share such a beautiful gift of life. (p 15)

F

DAVID FEINSTEIN is a clinical-community psychologist with the San Diego County Mental Health Services. (p 21)

TOM FERGUSON is the editor of *Medical Self-Care Magazine* (PO Box 717, Inverness CA 94937) and medical editor of the *Co-Evolution Quarterly.* (p 11)

JOAN FIORE currently moves between the Esalen faculty and her work as treatment coordinator for Phoenix Programs (settings to facilitate transition from psychiatric hospitalization to independent living). (pp 11, 14, 17, 20, 27, 28, 29)

BETTY FULLER, a humanist counselor, is a certified instructor of Trager psychophysical integration and feldenkrais awareness through movement. She is associate director of the Center for Holistic Studies, Antioch University. (p 10, 30)

G

JACK GAINES, a student of esoteric teaching, was formerly a corporation president and is now a writer. His book on Fritz Perls is being published this year. (p 16)

GESTALT PRACTICE STAFF includes Joan Fiore, Janet Zuckerman, Richard Price, Christine Price, & Laura DeNuccio. (p 30)

MERRI GOLDENSON, certified Radix teacher, is a Bates instructor and chiropractic intern. (pp 20, 23, 25, 31)

DAVID GRILL, certified Radix teacher, has a private practice in Los Angeles. (p 14)

CHRISTINA GROF is a teacher of hatha yoga and of various methods of self exploration through visual arts. (pp 20, 31, 32)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for twenty years and has published over sixty articles in professional journals and books. (pp 20, 31, 32)

H

ANNA HALPRIN is the founder of the San Francisco Dancer's Workshop. She is an innovator in redefining the meaning of dance as the natural way that people communicate with their bodies. (p 16)

DARIA HALPRIN is currently working as a gestalt facilitator using a synthesis of movement, gestalt, visualization, and active fantasy as a means of awakening and integrating feeling processes. (p 16)

BETSY HAND trained with Virginia Satir at Mental Research Institute and was on the resident staff of Gestalt Institute of Canada. She is married and has two children. (p 17)

JAMES L HICKMAN, research psychologist who specializes in the study of psycho-physical interactions, has published articles concerning parapsychology, sport, contemplative life, and the physics of consciousness. (pp 13, 20, 32)

THE HUMANISTIC LAW INSTITUTE is an educational center in Los Angeles which presents programs for lawyers, judges, law students and other members of the legal profession. (p 25)

K

JAY KAPLAN is a family physician in Sacramento and is presently doing a fellowship in Wholistic Health at U C, Davis. (pp 20, 22, 30)

DAVID KESSLER is certified in Lomi and neurolinguistic programming with training in gestalt, meditation, and body work. (p 20)

BRIAN KILLEN, senior Radix trainee, has a private practice in Santa Monica. (pp 14, 31)

CLAIR KILLEN is a certified Radix teacher. He was 1978 resident Radix teacher at Esalen. (pp 25, 32)

RYAN KOPPERUD has been an apprentice to Al Drucker and has studied tai chi chuan and deep tissue work for the past four years. (pp 11, 13, 14)

KOLMAN KORENTAYER is a gestaltist and a certified feldenkrais practitioner. He trained with Fritz Perls and Moshe Feldenkrais. (p 17)

BOB KRIEGEL's work involves using games and sports as a vehicle for self discovery and expressic He is the co-author, with Timothy Gallway , of *Inner Skiing.* (p 30)

STANLEY KRIPPNER is a Program Planning Coordinator for the Humanistic Psychology Institute in San Francisco, and the former Director of the Maimonides Dream Laboratory in New York City. (pp 20, 21)

L

NEIL LAMPER teaches at a university and has a private practice in gestalt. He is author of *The Village Idiot.* (p 32)

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair,* a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen, Big Sur. (pp 20, 29, 32)

GEORGE LEONARD is the author of *Education and Ecstasy, The Transformation,* and *The Ultimate Athlete.* He holds a black belt in aikido, from which he derives his present work. (pp 13, 16, 25)

STEVE LEVINE is director of the Dying Project of the Hanuman Foundation in Santa Cruz and has studied intensively with Elizabeth Kubler-Ross. (p 10)

ANTOINETTE LILLY has training in Eastern mystical tradition and contemporary methods of freeing the self. Her first book is *Dyadic Cycline* (co-authored with John Lilly). (p 31)

JOHN C LILLY is a teacher-scientist-mystic on the path of examining the depths and far reaches of human consciousness. His books include *The Center of the Cyclone* and *Simulations of God: The Science of Belief* (May, 1975). (p 31)

DON LINDSAY is a humanist, a physician, a teacher, and a research scientist. He is assistant clinical professor of medicine at USC medical school and president of the Foundation for Research in Aging. (pp 10, 13, 20, 29)

ELISA LODGE trained in structural integration with Ida Rolf and is an advanced teacher of structural patterning. She has been a professional actress for ten years. (pp 13, 22, 24)

NANCY LUNNEY is a gestaltist and musician on Esalen's faculty. She has specialized in work with professionals in the creative arts and teaches classes in creativity at Soledad prison. (pp 15, 21, 31)

M

MASSAGE STAFF includes Deborah Medow, Peggy Morrison, Vicki Topp, Dean Juhan, Brita Ostrom, Laurie Muller and Lila Daniels. (pp 15, 21, 28, 31)

DEBORAH MEDOW, an Esalen masseuse for the past 10 years, teaches Ashtanga yoga, massage, movement, and various body/mind disciplines directed at controlling and rechanneling energy. (pp 11, 13, 28)

RALPH METZNER is former editor of the *Psychedelic Review,* author of *Maps of Consciousness,* teacher of Actualism, astrologer and psychologist in private practice in San Francisco. (pp 20, 32)

EMMETT MILLER, a physician, specializing in hypnosis and psychosomatic medicine, explorer in the use of music and movement for growth, is author of *Feeling Good—How to Stay Healthy* (Spectrum). (pp 11, 20)

NITZA BROIDE MILLER, a clinical psychologist, teacher, counselor, dancer, founder and member of ADTA, teaches in Menlo Park, California, and at Tel Aviv University. (pp 10, 15, 32)

SIRI MISHLER , certified Radix teacher and trainer, has a private practice in Santa Monica. (p 20)

PEGGY MORRISON, Esalen resident, masseuse and teacher, is currently interested in the evolution of a birth center and exploring personal growth through movement and dance. (pp 20, 30, 32)

DEE MUNDSCHENK, psychologist and anthropologist, has evolved her life/work through her experiences and learning with the unique peoples of five continents. (p 23)

MICHAEL MURPHY is co-founder of Esalen Institute and the author of two novels, *Golf in the Kingdom* (1972) and *(Jacob Atabet* (1977) and co-author (with Rhea White) of *The Psychic Side of Sports* (1978). (pp 13, 32)

N

ROBERT NADEAU is a spiritual teacher whose work in energy and levels of awareness has given direction to many people. He is one of the major aikido teachers in the bay area. (pp 15, 17, 21, 29)

JASMINE NASH is a movement catalyst whose polarities stem from Watts to Marin County. She is a teaching associate of the San Francisco Dancers' Workshop and the Lomi School. (pp 14, 31)

JAMES XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has worked with Robert Hall in gestalt and body work. (pp 14, 31)

O

MARY O'HARA DEVEREAUX is a family nurse practitioner and a health care consultant. She is co-director of the Family Nurse Practitioner Program at U C Davis School of Medicine. (p 23)

P

HECTOR PRESTERA, physician and acupuncturist, integrates Eastern and Western methods in his medical practice. He is co-author of *The Body Reveals* (Bantam, Harper & Row). (p 25)

CHRISTINE PRICE combines gestalt practice with various body approaches. (pp 11, 20, 24, 30, 32)

RICHARD PRICE, a student of Fritz Perls, is a founder of Esalen Institute. (pp 11, 16, 20, 24, 32)

LEE PULOS is a clinical psychologist whose career has ranged from a traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing. (p 10)

R

JACK ROSENBERG, author of *Total Orgasm,* has trained in gestalt and Reichian work. He is currently working with cancer research and the transformation of consciousness at the Center of the Healing Arts in West Los Angeles. (pp 10, 25)

BIOGRAPHICAL INFORMATION

JEANNE ROSE is a consulting herbalist, lecturer and author of four encyclopedic herbals detailing the uses of plants. (pp 13, 14)

GABRIELLE ROTH is an American Shamaness. She is the creator of the moving center method of catalyzing natural movements. (pp 14, 28, 32)

FRANK RUBENFELD has led gestalt workshops at Esalen for the past decade. He is a psychologist who enjoys learning and teaching. (p 15)

S

DAVID SCHIFFMAN is currently a leader in residence at Esalen where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 13, 14, 21, 24, 29, 30)

LEE SANNELLA is an ophthalmologist and psychiatrist, author of *Kundalini—Psychosis or Transcendence?* and Chief of Clinical Services of the Kundalini Clinic of San Francisco. (pp 20, 21)

ALAN SCHWARTZ is a teacher of gestalt, a college professor and writer. His article *"Energy Systems and Gestalt Process"* will appear later this year in an anthology of gestalt writing. (pp 21, 22)

MIA SEGAL has been Moshe Feldenkrais's assistant for twenty years. She is also a teacher of the Alexander method and a black-belt in Judo. (p 22)

BEVERLY SILVERMAN is a rolfer and gestaltist whose principal concern is the enrichment of the life process through a positive and accepting approach. (pp 14, 20, 32)

JULIAN SILVERMAN is President of Esalen Institute and director of its new department of Health Care Programs For Health Care Professionals. His current major interest is in the articulation of a new kind of behavioral sciences curriculum for medical and nursing training. (pp 17, 20, 32)

HARRY SLOAN is a member of the faculty of the Synthesis Graduate School for the Study of Man and a Senior Associate for the Psychosynthesis Institute. (p 25)

FRITZ SMITH is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is in a private practice of holistic health in Watsonville, California. (p 22)

GERALD SMITH is a psychologist and author of *Couple Therapy* and *Hidden Meanings*. He is married and has three children. (p 17)

MIKE SPINO is director of the Esalen Sport Center and is author of *Beyond Jogging: The Inner Spaces of Running* and *Running Home: The M/B Family Fitness Book*. (pp 13, 22, 30)

SANDOL STODDARD is author of *The Hospice Movement / A Better Way of Caring For the Dying*. (p 10)

HAROLD STREITFELD is a clinical psychologist, co-author of *Growth Games*, Director of the Kundalini Clinic of San Francisco and a student of Raja Yoga. (p 21)

SIMONE SURPIN, a former rolf practitioner and teacher of body disciplines, has studied with Baba Muktananda and started the Muktananda Meditation Center in Palo Alto. (p 27)

T

RICK TARNAS, a member of the Esalen staff, received his PhD from the Humanistic Psychology Institute for his dissertation on LSD psychotherapy. (pp 20, 32)

SANDY THOMPSON, senior Radix trainee, has a private practice in Santa Monica. (pp 14, 31)

MICHAEL TIERRA (ANANTA) is a herbalist, musician and yogi. He is director of the Garden of Sanjivani center for the study of herbs and holistic health in Santa Cruz. (p 13)

MILTON TRAGER, now devotes full-time to teaching Trager psychophysical integration and mentastics, training teachers and writing journal articles and books about his work. (p 10)

V

JOHN VASCONCELLOS, a California Assemblyman, is one of the founders of Self Determination. (p 29)

W

STAR WALMSLEY, former Esalen program coordinator, is developing a home care program for the elderly and the dying. (p 20)

JUDYTH O WEAVER is an authorized teacher of Tai Chi Chuan from the Shr Jung School of Grandmaster Cheng Man-Ching. She trained in Reichian work with Dr. Philip Curcuruto. (p 31)

GAIL STEWART WORTH is owner of the Berkeley Massage Studio. She has been an instructor for the Gamma School of Massage and has studied Reichian methods. (p 11)

Z

JOHN ZEIGLER is in private and group practice and teaches psychology at New York University and at several other universities on the East and West coast. (p 31)

JANET SACHSON ZUCKERMAN has been leading groups for five years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 10, 14, 15, 31)

Audio Cassette Recordings

Recent years have yielded unusual tape recordings. Most of the following were produced in stereo from live events at Esalen and they are available on cassettes only. Each cassette is $7.50 and is from 1 to 1½ hours in length:

Gregory Bateson: *The Pattern Which Connects*
Fritjof Capra: (A) *Beyond Space and Time*
Stanislav Grof: (B) *The Inner Journey*
Trevor Ravenscroft: *Spear of Destiny*

Don Lindsay, MD: The *"Live Better Longer"* Talk
Joe D. Goldstrich, MD: *Patient Experience With Nutrition*

Nitza & Emmett Miller: *I—Awareness, Hypnosis & Movement*
Nitza & Emmett Miller: *II—Dissolving Inhibiting Blocks*
Nitza & Emmett Miller: *III—Exploration & Celebration*

Rafiel: *Music to Disappear In*
Rafiel: *Gestalt for Fritz, Gabrielle and Other Shamans*

The Big Sur Drums 1968: *Esalen Encounter Celebration*
Esalen Rock Band 1978: *July 4th Dance Celebration*

Anne Armstrong: *Training Our Psychic Abilities*
Janet Lederman: *Gestalt Awareness—Tape I*

John Weir Perry: *Psychosis and Visionary States*
Julian Silverman: *Shamanism and Schizophrenia*
Gregory Bateson: *Story of the Double Bind*
Humphrey Osmond: *Early Psychedelic History*

John King: *Introduction to Quantum Theory*
Peter Flessel: *Molecular Biology and Modern Physics*
Fritjof Capra: *Quantum Paradoxes and Mysticism*
David Finkelstein: *A New Quantum Logic*

Al Chung-liang Huang: *The Watercourse Way T'ai Chi*
John C Lilly: *Dolphin Behavior With Humans*
Will Schutz: *Interpersonal Psychodynamics*
Gregory Bateson: *Metaphors and Butterflies*

Special series: available as complete set only:
Ruthy Alon: (6 cassettes; 12 lesson experiences: $60)
Awareness Through Movement: The Feldenkrais Method

Please add $1.00 to your complete order for mailing. (California residents include 6% tax.) Address your order and make check payable to: WORKSHOP CASSETTES, c/o Hot Springs Lodge, Big Sur, CA 93920. Your suggestions regarding future recordings will be appreciated.

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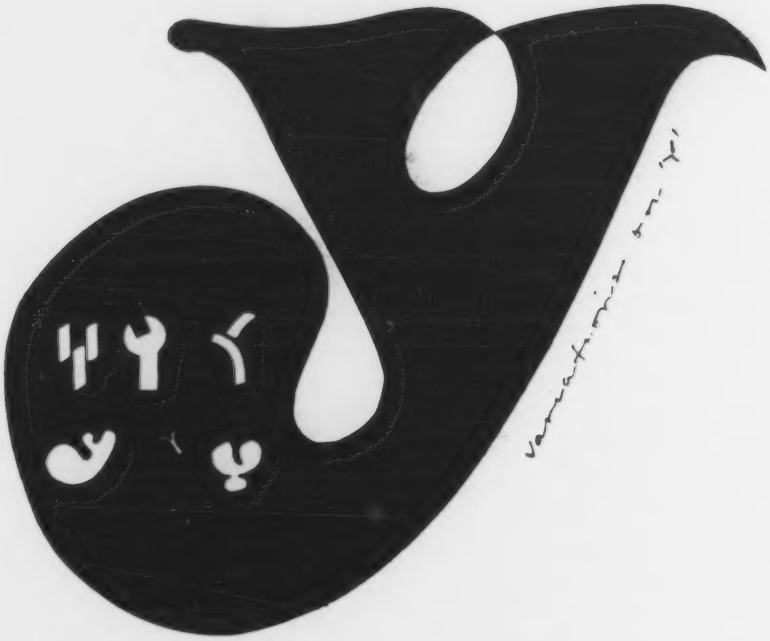

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SPECIAL INFORMATION

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RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen/San Francisco programs contact Big Sur Recordings, Big Sur, CA 93920. They also have Big Sur programs prior to 1973.

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FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103. A film of Al Huang's work, *Tai Chi: The Watercourse Way,* is available through Cornerstone, 470 Park Avenue South, Suite N-3, New York City 10016.

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Martin Price, *Security*
Beverly Silverman, *Work Study II & Management Coordinator*
Rick Tarnas, *Educational Liaison*
Janet Thurston, *Financial Officer*

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REGISTRATION INFORMATION

For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 3:30 every day;
10 to 8 Sunday & Friday.

Unless otherwise indicated, all programs listed in this brochure are residential programs in Big Sur. Send reservations for all programs to Esalen Institute, Big Sur, California 93920.

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Fee Information: We require a reservation fee of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail all reservations to Esalen/Big Sur. Balance of payment is due on arrival. Esalen accepts Mastercharge, Bankamericard, and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15—August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen has limited child care facilities. If you are interested in bringing a child while you are attending a workshop of five days or longer, contact the office well in advance for information on availability of child space.

We ask workshop participants not to have guests. Please do not bring pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5—5:30 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

☐ To obtain future issues of the Esalen Catalog & occasional mailings for one year, please send a check or money order for $2 to:
Esalen Institute, Big Sur, CA 93920
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year)

☐ Please send a complimentary copy of the Esalen catalog to the person listed below:

Name

Address

City State Zip

Subscription rates for Canada, Mexico, and other foreign countries are given on page 37.

ESALEN INSTITUTE RESERVATIONS

This form is for your convenience in reserving a space at Esalen workshops. In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ____ No. _____ No. of males ____ females ____ in group.

(On additional paper please repeat the above information for every person in your party making a reservation.)
(Mail all reservations to Esalen Institute, Big Sur, California 93920.)

☐ **Big Sur**

Check whether you wish: ☐ shared room ☐ housing as a couple

☐ single room on a space-available basis ($7 per night additional charge).

Do you smoke? ____

Limousine Service
I want limousine service from
Monterey Airport _____
Monterey Greyhound Bus Station _____ (check one)
at 5:00 pm on _____ (date of arrival: Fridays and Sundays only)
The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us.

☐ **Westerbeke Ranch**
(pages 10 & 11)

License Number
(for registered nurses wanting CEU's) _____ (for physicians wanting CEU's) _____

Name of person registering	Date (s)	Leader's Name / Title of Workshop	Reservation Fee

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Total amount enclosed: $ _____
Your reservation fee can be charged to:
Master Charge ☐ Bankamericard ☐
American Express ☐

Card No. _____

Expiration date _____
Checks payable to Esalen Institute.

PAYMENTS: All workshops require nonrefundable reservation fees. Consult fee information section on page 38. The balance of program fees becomes payable at the time of check-in.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

Esalen Institute
Big Sur
California 93920

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the egalen catalog

JULY–OCTOBER, 1979

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ESALEN INSTITUTE

–Big Sur, CA 93920. Phone (408) 667-2335;
10 to 3:30 every day; 10 to 8 Sunday and Friday.

Front cover: Medieval Garden of Herbs from an herbal book of 1500.

Who's Responsible at Esalen?

We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility." However re-presented and operationalized in the past, by us or by others, this ethic continues to be the basis for our world view, and following from this, our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty dis-illusioning social and political events—all connected by a common reminder:

> Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness). "Take responsibility for your every thought, your every feeling, your every action," said our beloved friend and teacher, Fritz Perls.

We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures . . . and so on—and to be aware, whenever possible, what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. In effect, we are asking that this self-responsibility attitude be present in the initial contact with Esalen. Ideally, the same attitude will pervade after a workshop when our seminarians go back to the community and seek out others—physicians, teachers, counselors, mental health professionals, etc.

As we have become more thoughtful and self-critical about the overall direction of Esalen we have begun to concentrate on enhancing our basic offering—the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life; rather our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness—the consciousness of self-awareness/self-responsibility.

In Memory of Ida Rolf

(1896-1979)

Photos by Betty Fuller

Some people are, in their consciousness, possessed
by an image,
a form which they must express,
a point of view with a spirit which they must demonstrate.

Such people,
when they express this aspect,
when they bring it into being,
tend to be experienced as extraordinary.

In a few, their consciousnesses become "signposts" or
"turning points" in the evolution of our
collective consciousness.

The dominating central image in such individuals' consciousness
becomes a fulcrum,
in relation to which major changes take place
in the collective consciousness.

Such was the case with Einstein, with Columbus
with Galileo, with others.

When an individual's expression in consciousness is concerned
directly with people's well-being,
then it becomes holy (whole-ly) work.

We believe all of this to be so in the case of Ida Rolf.
Her work was extra-ordinary, a turning point,
a whole-ly work.

It was concerned, fundamentally, with well-being in
the consciousness of others.

From her viewpoint in consciousness, she saw evolve
a practice or method, an instruction
for reducing discomfort in the body
and thus
for reducing discomfort in consciousness
for facilitating the building of ease in consciousness.

Her viewpoint and her work are a gift;
in her consciousness to her SELF
and from her consciousness to US.

And of this work and its effects
she said, time and time again,
"Praise the Lord."

Food for Thought

On One Way to Look at Diseases in Consciousness

(Excerpted from the book *Stormy Journey Towards The Self*)

–by Julian Silverman

OVERVIEW

I am troubled by the possibility that there is real evil in the world that cannot be cured,
forms of schizophrenia that cannot be resolved.

I do not want to believe that there are truly fatal dis-eases.
But why not?

Why should there not be forms of dis-ease that persist in spite of all earthly ministrations?

For some dis-eases are unconsciously welcomed and nourished by their hosts.

The sufferings of some may be almost gladly endured when they are for certain mysterious purposes most often only dimly understood by them or us.

And then the question occurs to me:
Is there really anything "fatal" in a fully human consciousness?

The word "fatal" has a limited connotation;
it applies only to the material world.

It has no terrible meaning in an individual who is aware of the "more-than-ness" of his or her consciousness, of the "no-thing-ness" which supports every one of us, of the invisible, infinite, nourishing-ness which surrounds each of us.

In individuals who grasp the extent of their human consciousness,
"fatal" is a "boogey-man" word, a scary word, a childish word.

The problem for me, then, is to be able
to define the limitations of such thoughts about diseases of the material world,
to get out of that limitation of consciousness.

I want to describe a view of human consciousness which makes clear that what we now regard as disease is more appropriately regarded as dis-ease,
that it is a natural part of an on-going balancing process.

I want to make understandable to afflicted individuals that various forms of schizophrenic disease are in no way hopeless;
rather, they are dis-eases which contain constructive possibilities.

I want to "clear" an area in consciousness for the balancing process
to occur more effectively–
the area where fear and terror breed more fear and terror– and lead to psychic paralysis.

I want to provide a theory
a mental construct,
a "story"
which is acceptable to so-called patients: constructive, not destructive
which is usable by individuals with so-called mental disease,
which explains and consoles rather than refutes and negates their extra-ordinary "balancing act".

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Food for Thought

I want to provide the barest outlines of a "map" for individuals
who leave their familiar worldly "places,"
who break out of their "containers,"
and journey into an unfamiliar realm.

I want to make available information about the possibilities for
a "re-turn" journey to
a new center of consciousness,
a place of Self,
a place of equipoise balance,
a place of peace.

I want to make available information about these things to
health care professionals who mis-guidedly take
responsibility for
the re-balancing of afflicted persons.

I want to contribute to the dawning of a broader appreciation of
the scope of human consciousness—of the "more-than-ness"
of being human.

These are my aims.

This book concerns
human beings who disconnect
from their ordinary waking awareness,
and engage in an awesome struggle.

Their struggle is a struggle-in-consciousness.

It is a struggle without an articulated purpose.

Ask them during their struggle and you will find out.

They do not know how to tell you
what they are struggling about.

They dis-connect from their personally limiting life situation,
with extra-ordinary energy,
and then they are without moorings.

They become ex-plorers searching for another stable
reference point in consciousness.

Ordinary waking reality is no longer an acceptable
reference point.

Such individuals often wind up being "treated" by
well intentioned mental health professionals.

Treatment objective: to re-connect the dis-connected
with the reference base of ordinary waking consciousness.

For to dis-connect from ordinary waking consciousness
means usually to have a "mental disease".

In psychiatric terms, "full recovery" involves
more than this;
"Full recovery" involves dis-covery of a connection to another
stable reference base,
the Self,
a personal center of consciousness.

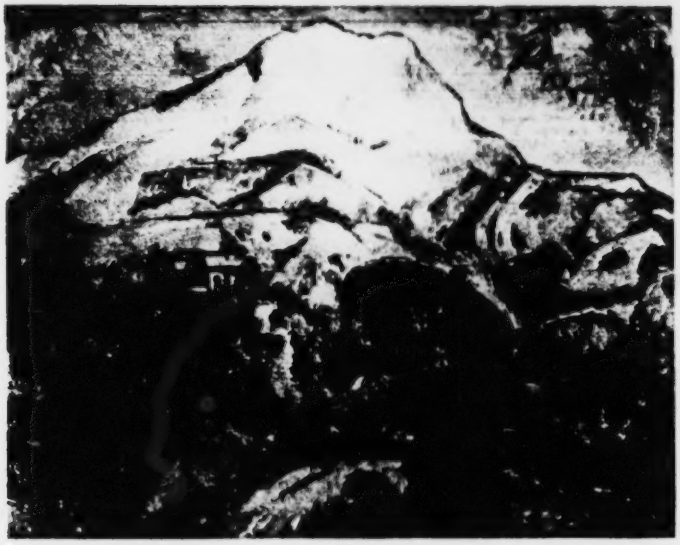
Thesis
Unless dis-covery of the point of self-reference occurs,
recovery is limited.
Only with dis-covery of the Self
can recovery occur and be sustained.

In the main, modern clinical science interferes with
rather than facilitates full recovery.

Dis-covery of the Self
has a physical basis as well as a mental basis;
is a neurological – biochemical pattern of events as well
as an emotional experience;
is a spiritual movement in consciousness as well as a mental/
physical one;
is essential for balancing one's life.

We invite your comments on our Food for Thought section. Address letters to Food for Thought, Esalen Institute, Big Sur, CA 93920. While we may not be able to respond to each letter, we will be sure to read all of them.

Cezanne: Mont Ste.-Victoire.



PROGRAMS AT WESTERBEKE RANCH

This series of programs sponsored by Esalen will be held at the Westerbeke Ranch in Sonoma County, which is about an hour's drive north of San Francisco. These residential workshops will be held in an intimate setting which includes rustic cabins, home cooked meals, a sauna and Japanese tub, a large swimming pool, and beautiful scenery. Weekend workshops begin on Friday evening and end Sunday at noon. Five day workshops begin on Sunday evening and end Friday at noon. A reservation fee of $70 is required for five day programs, and $20 for weekend programs. Reservation fees are not refundable, but with five days notice they can be transferred to other Esalen seminars. Full payment for all Westerbeke workshops is due five days in advance of the beginning of the program. Send all reservations and payments to Esalen Institute, Big Sur, CA 93920.

July 20–22

Awakening the Magician Within / Emmett Miller

Whether or not we have as yet learned it, there is a magician within each of us. His magic wand is belief. If we believe we are sick, we are sick; if we believe we are afraid, we are afraid; if we believe we are stuck, we are stuck. But all coins, even magic ones, have two sides. If we believe we are growing stronger every day, we are; if we believe we are free, we discover freedom all around us; if we believe in our creativity, our problems can joyfully solve themselves. In this seminar we will investigate and discover what truth there is in each of these statements for us, individually. Our explorations will be experiential, using methods of deep relaxation, visualization, movement and selective awareness. As we learn to tap the wellsprings of our belief systems we will begin to write our own movie—and to deprogram negative future expectations. $130

July 20–22

Extending Human Capacity
Jim Hickman

In this workshop we will explore a variety of mental and physical conditioning techniques to open dormant capacities of body, mind, spirit. These techniques have been synthesized from numerous body/mind development systems as part of an extensive study of supernormal bodily changes that occur in yoga, sport, psychosis, hypnosis and other kinds of activity. There will be sessions of meditation and running, energy awareness exercises and experiments with "inner seeing" and "inner hearing". Michael Murphy will give a guest lecture presenting his current research into extraordinary human functioning. $130

July 22–27

Gestalt Practice
Richard & Christine Price & The Esalen Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustable.
—Lao Tzu c. 2500

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Illusions* (Richard Bach). $300

Programs at Westerbeke Ranch

July 22–27

Self Re-parenting / Joan Fiore & Jeffrey Kent

This workshop focuses on finding and opening paths in the present that allow us to re-turn to places in the past where we got stuck. Rather than cutting off these experiences from awareness, we give ourselves a new opportunity to clean up the unfinished business of early life that controls and rips off our aliveness and our power in the here and now. Experiments will progress from re-wombing, re-birthing, and reinfanting to re-adolescing. Modes of exploring are drawn from gestalt practice, neo-Reichian energy release, primal work, family process, guided fantasy, and Fiore re-parenting methods. First priority is on intensive individual work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. $300

August 5–10

A Psychic Training Program / Anne & Jim Armstrong

This workshop is open to professionals and others interested in learning to recognize and use their own Psi abilities. Anne and Jim will use exercises and training techniques to accomplish this goal. During the training exercises, Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only to learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $300

August 10–12

Tuning In / Janet Sachson Zuckerman

Many of us are operating as tape recorders. We switch on in the morning at "high" or "low" speed and play our tapes in response to the buttons being pushed by people or events. We are vaguely aware that life seems repetitive, or dull, that time is often something to be gotten through instead of savored, but this awareness is lost in the "noise" and business of day to day living.

This weekend will be devoted to bringing our attention to what we are doing—how we are really acting and feeling. Once we are aware of our feelings, we can go off automatic and begin to enjoy our interactions with one another. We will be using gestalt process, encounter, sensory awareness, and other techniques to tune in to ourselves and each other. $130

August 10–12

The Awakening of Creativity / Michell Cassou

This workshop is designed to develop an experiential understanding of the nature of intuitive action using the tool of creative painting. Emphasis will be put upon making the discrimination between painting from thought or preconception and painting directly from feeling. As the natural movement of the creative process unfolds, the painting experience becomes a powerful tool for exploring deeply into oneself. A sense of interest and trust in spontaneous action is developed that overflows into other aspects of life and relationships.

On the first evening of the workshop there will be a showing of "Eternal Return," an audio-visual presentation of Michell's work depicting the inner process of death and rebirth. $130

August 12–17

The Feeling Process / Janet Sachson Zuckerman

Some of the steps involved in learning to experience your feeling process in a way that increases your personal effectiveness in the world will be the focus of this workshop. Separating feelings from thoughts —sensitizing your body to your own rhythms and sensations and recognizing that *your* feelings—*your* discoveries are your truth without needing outside validation. The process is then the choice of expression or depression. An experiential workshop. $300

August 12–17

Symbols of Transformation
Ralph Metzner & Angie Arrien

This seminar is an intensive experiential study of symbols as tools of personal growth. Symbols can expand one's perception of self and others, increase insight and stimulate new areas of self-expression and creativity. We will consider a variety of symbols: psychologically, as archetypes of individuation, and cross-culturally, as universal constants. The symbols to be studied and experienced include: sun and moon, trees, flowers, circles/wheels/mandalas, totem animals, light and fire, the elements, sacred mountains, the body and its parts, the journey/path, and others. Some of the sources of symbolism that we will draw on are astrology, alchemy, the tarot, mythology and folklore of all cultures. Special attention will be given to the uses and significance of symbols in dreams, art and the helping professions. Special symbolic creative projects will be part of the seminar. $300

Programs at Westerbeke Ranch

September 21–23
Couples Workshop for Health Professionals
Hughes Andrus, MD & Mary O'Hara-Devereaux, FNP

This weekend is for couples, one or both of whom are in the health professions. Themes include exploring the stress of working in health care and its impact on our personal lives and intimate relationships. A second theme is the importance of self-reference and self-care as essential to effective career and intimacy experiences. The program is primarily experiential, focusing on various processes to discover self and clarify and enhance relationships. $120 per person

September 21–23
Vision Improvement–Our Willingness to See
Laura DeNuccio

This weekend will focus primarily on the awareness continuum. Exploring various methods and systems, we can discover how we distort our perceptions in the here and now and how we are able to clear and re-educate our eyes and ourselves to see. Utilizing deep, emotional release, bioenergetics, gestalt, the Bates system, nutrition and various other body/mind approaches, we will have the opportunity to explore, discover, contact, experience and expand—enabling us to look newly at ourselves and our world in which we live. Limited to ten participants. $120

September 23–28
The Experience of Integration / Jack Downing

As we look at our thoughts and feelings about what is going on in our lives, we will use gestalt and body awareness tools to gain experience in the process of integrating ourselves and our relations with others. $280

October 19–21
Hypnosis & Parapsychology / Lee Pulos

All participants will be taught to experience beginning and advanced techniques of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering techniques such as automatic writing and ideo-motor questioning. In addition to brief lectures explaining and de-mystifying hypnosis, the 'fun' part of the workshop will be the exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $120

Programs at Burklyn in Vermont

An Educational, Recreational Conference Center

This series of programs is co-sponsored by Esalen and will be held during the Fall foliage in September and October at Burklyn in Vermont. Burklyn is considered to be one of New England's regional treasures. It is the legacy left to the world by Elmer Darling, a hotel executive who, in 1908, completed construction of his 35 room mansion, Burklyn Hall. This magnificent structure crowns a hill which commands a breathtaking 360° view. The 750 acre site includes: the mansion, a New England Inn, a restaurant, conference facilities and stables. There are also hot tubs, sauna, swimming and ski touring. Weekend workshops begin on Friday evening and end Sunday at noon. Five day workshops begin on Sunday evening and end Friday after lunch. A reservation fee of $70 is required for five day programs, and $20 for weekend programs. Reservation fees are not refundable, but with five days notice they can be transferred to other Esalen seminars. Full payment for all Burklyn workshops is due five days in advance of the beginning of the program. Send all reservations and payments to Esalen Institute, Big Sur, CA 93920.

September 16–21

The Feeling Process / Janet Sachson Zuckerman

Some of the steps involved in learning to experience your feeling process in a way that increases your personal effectiveness in the world will be the focus of this workshop. Separating feelings from thoughts –sensitizing your body to your own rhythms and sensations and recognizing that *your* feelings—*your* discoveries are your truth without needing outside validation. The process is then the choice of expression or depression. An experiential workshop. $385

September 23–28

Supernormal Transformations of the Body
Michael Murphy & Jim Hickman

In this workshop, Michael Murphy and Jim Hickman will present the results of their research on supernormal bodily changes that occur in yoga, sport, psychosis, hypnosis and other kinds of activity. Questions for discussion are: the relationship of psychokinesis and intentionality to deliberate bodily change; ways in which these changes occur; what a transformed body might look like and how it might function; the ethics of extraordinary powers; the implications of such research for the culture at large; the relationship between internally mediated bodily change, genetic engineering and mind-machine entities (cyborgs).

There will also be sessions of meditation and running, energy awareness exercises, experiments with "inner seeing" and "inner hearing," and yoga exercises that are related to physical transformation. Slide shows illustrating various aspects of these topics will be presented at some of the sessions. $385

September 30–October 5

God, Sexual Energy & Your Body / Gabrielle Roth

"When sex comes from the physical center, it is a necessity. When it comes from the mental center, it is a fantasy. When sex comes from the heart center, it is a deep, total, and profound experience of our own divinity. Sex is meaningless without the heart."

The purpose of this workshop is to heal the separation between our divinity and our sexuality as it exists in our consciousness, attitudes, and actions. This workshop will include breathing, movement, music, sound and massage meditation. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. Gabrielle will support us in going within ourselves to rediscover the magnitude of our own heart energy, thus infusing our sexuality, and our entire life experience, with depth and purpose. $385

October 7–12

Money and You / Marshall Thurber

The intent of this workshop is to explore your relationship with money. Marshall will share some of the techniques and experiences that have directly contributed to his personal and financial success; these include

- A system for self management
- Creating a context in business
- Lateral thinking
- Creative problem solving
- Certainty in decision making

You will have an opportunity to experience the effectiveness of synergy in a group process and look at your beliefs and attitudes about money. $400

October 12–14

Self-Acceptance—The Freedom To Be
David Schiffman & Elisa Lodge Schiffman

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics and journal work. $225

ESALEN CALENDAR

For a listing of Westerbeke & Burklyn Programs see 6–9

July

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- Awareness & Identity / Nadeau p 12
- Experiencing Esalen p 12
- Networking / Vasconcellos p 12
- Live Better Longer / Lindsay p 12

July 1–6
- Massage & Movement / Morrison p 13
- Experiencing Esalen for Health Care Professionals / Kaplan p 13
- Gestalt / Esalen Gestalt Staff p 13

July 1–20
- Education / Lederman, Bateson, Fiore & Schiffman p 13

July 6–8
- Let Go / Fuller p 14
- Experiencing Esalen p 14
- Centering in Action / Kriegel p 14

July 8–13
- Running Home / Spino p 14
- Gestalt Practice / Price p 14

July 8–15
- Self-Acceptance / Schiffman p 14

July 13–15
- Radix / Goldenson, Killen & Thompson p 15
- Experiencing Esalen p 15

July 15–20
- Pleasure & Your Body / Clemans p 15
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August 19–24
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August 26–September 2

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Body/Mind/Heart / Fuller p 30
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Sexual Energy / Roth p 32
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Exercises from a Chinese manual demonstrating various postures for increasing a person's longevity.

Asklepios, one of the founders of Greek medicine, treating a young woman.

Weekend of June 29-July 1

States of Awareness, Shifts of Identity / Robert Nadeau

Who are *we really?*

On a "bad day" we approach life feeling anxious, incompetent, unloved, unloving—basically negative and small. At other times we're like a different person—calm, squared away, loving, open. And then there are those extraordinary moments of opening to larger, finer dimensions where we *experience* the oneness, the totality of our philosophies.

These are shifts of identity, and the shifting process is a natural one. But most of us stumble from identity to identity, getting "stuck" in smaller states and only rarely touching finer ones.

In this workshop we'll experience the shifting process and learn to apply it to our jobs, our relationships, the ordinary and extraordinary times in our lives. We'll use meditation, imagery, centering, and body movement. $130

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $120

Self-Reliance and Cooperation: The Ethics and Techniques of Networking / John Vasconcellos and the Staff of Self-Determination

Networking, in its most general sense, is bringing together persons who share values, needs, tasks, goals and/or kinship, through a lateral and mutually-supportive framework or activity. This workshop is devoted to exploring networking: what it is, how it is done, and its potential for transforming cultural assumptions and political systems.

Based upon the practical experience of four-year-old, California-based Self Determination: A Personal-Political Network, the workshop will include discussion of the ethics/values/assumptions of networking vis-a-vis present-day culture as well as experiential awareness of networking and cooperation, and lectures/exercises will explore the practicalities of community networking.

This workshop is especially recommended for persons seriously interested in applying the principles and techniques of networking to their own lives/communities. $130

Live Better Longer / Donald Lindsay, MD

This will be a workshop in holistic medicine emphasizing prevention, nutrition, health maintenance and experiential learning about body-psyche relationships. It is about joyous living and includes body work at the Esalen baths. The student will learn to use new advances in health care. There will be sessions on medical consumerism, on interacting with physicians. Enrollment is limited. Nurses and physicians taking this course will receive 10 hours of continuing education credits. $130

Week of July 1-6

Massage and Movement / Peggy Morrison

This workshop will provide the space for self exploration through massage and movement. Our focus will be on releasing tension and experiencing our aliveness and creativity. There will be time at the hot baths massaging each other, time in structured movement and time celebrating in music and dance. $300

Experiencing Esalen for Health Care Professionals Coordinated by Jay Kaplan, MD

This workshop is designed for health care professionals who have not previously been to Esalen/Big Sur. The emphasis is on experiencing a variety of approaches to self awareness and self care. Some of the following experiences will be available: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, rolfing, feldenkrais, yoga, polarity massage and shiatsu. Nurses and physicians will earn continuing education units. $270

Gestalt Practice / Esalen Gestalt Staff

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure, or accomplishment. $300

July 1–20

Education: Its Effects on Learning
Janet Lederman, Gregory Bateson, Joan Fiore & David Schiffman

In other words . . .

How do the rules of behavior
from past generations and different tribes,
fit with the more inclusive and flexible
life styles of today . . . spiritually, physically —
the abstract and the concrete

What kinds of confusion are generated?
What kinds of creativity have already emerged in patterns and structures, both legal and extra-legal?

Exploring the conflicting areas and the absorption with form.

How do we communicate information, the sending and receiving, from one decade to the next, one tribe to the other, one system to the next?

. . . and who is WE?

$1000

Shen Nong, one of the three Chinese gods of medicine. From a Japanese scroll, 15th century.

Weekend of July 6-8

Let Go / Let Be / Betty Fuller

This workshop will include physical and mental stress reduction exercises, guided imagery, simple meditations and body methods, such as feldenkrais, Trager and massage. For each approach, methods for daily practice and individual follow up will be presented. The workshop schedule allows time for rest and relaxation at the baths. $130

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $120

Centering in Action / Bob Kriegel

The purpose of this workshop is to show that there is nothing mysterious, mystical, or devotional about centering—the process of tuning into that place of inner strength and wisdom from which we experience more of our possibilities and potential.

To experience centering we will play active games of all types, invent new ones, and practice exercises from yoga, aikido, t'ai chi, and sensory awareness.

We will use gestalt awareness, visualization, and psychosynthesis techniques to bring the insights gained in these activities to a more conscious level and to transfer them into our daily lives. $130

Week of July 8-13

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

In this workshop we will draw on recent developments in sport physiology, preventive medicine, the mental training of athletes in East Germany and the Soviet Union, Eastern philosophy, yoga, and the martial arts as well as research on bodily transformations at the Esalen Sport Center. We will work with gaits and tempos for running, muscle/skeletal exercises, flexibility exercises, training routines, visualization exercises and meditation techniques. $300

Gestalt Practice
Christine Price & the Esalen Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustable.
—Lao Tzu c. 2500

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Illusions* (Richard Bach). $300

July 8—15
Self-Acceptance—The Freedom To Be
David Schiffman

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support, we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics and journal work. $430

BEST COPY AVAILABLE

Weekend of July 13-15

Opening the Feelings: A Neo-Reichian Radix Workshop
Merri Goldenson, Brian Killen & Sandy Thompson

For workshop description see page 23. $130

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $120

Week of July 15-20

Pleasure, Sensuality & Your Body / Barbara Clemans

The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feelings of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact, and nurturing, sensitive giving and relaxed receiving. We will explore new patterns of moving and being together, feldenkrais awareness, and vital exploration in movement to music. The baths, the rhythm of the ocean and massage will heighten our awareness of the pleasure inherent in simplicity. $300

The Cetacean-Human Cyclone / John & Toni Lilly

Spend five days with John and Toni Lilly discussing dolphin research and self programming.

Suggested reading: *Man & Dolphin* (1961); *Mind of the Dolphin* (1967); *Human Biocomputer* (1967); *Center of the Cyclone (1972); Simulations of God* (1974); *Dyadic Cyclone* (1976); *The Deep Self* (1977); *Lilly on Dolphins* (1975); *The Scientist* (1978); *Origins of Interspecies Communication* (1978). $320

July 15–22

The Feeling Process / Janet Sachson Zuckerman

Some of the steps involved in learning to experience your feeling process in a way that increases your personal effectiveness in the world will be the focus of this workshop. Separating feelings from thoughts—sensitizing your body to your own rhythms and sensations and recognizing that *your* feelings—*your* discoveries are your truth without needing outside validation. The process is then the choice of expression or depression. An experiential workshop. $430

EXPERIENCING ESALEN

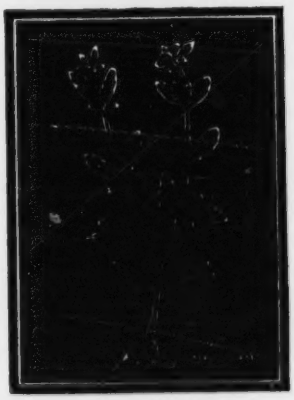
Experiencing Esalen Staff
Coordinators: Janet Zuckerman & Betty Fuller

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificance of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *Anger and the Rocking Chair* (Lederman).

SCHEDULE:

June 29–July 1	$120
July 6–8	$120
July 13–15	$120
July 27–29	$120
July 29–August 3	$270
August 3–5	$120
August 5–10	$270
August 10–12	$130
August 17–19	$120
August 19–24	$270
September 9–14	$250
September 14–16	$110
September 23–28	$250
September 30–October 5	$250
October 19–21	$110



Weekend of July 20-22

Getting Your Act Together / Nancy Lunney

All the world's a stage and the current production can be a soap opera, musical comedy, tragedy, or three-ring circus. Since we choose our parts, finding new ways to express ourselves can open up a variety of options on how to play our lives. Using gestalt, music, drawing, and video tape in a non-judgmental environment, we will explore getting our "act" together. No special talent or previous group experience is necessary. $130

Black Dance / James Xavier Nash & Jasmine Nash

This workshop will include massage and dancing, exploring the rituals of Black disco dancing in contemporary American society. High-low energy, sensual and sexual, rhythm and syncopation, hand clapping, foot stomping, using African drums, we will use our voices and recorded popular Black music. $130

Massage Intensive / Esalen Massage Staff

The members of the massage staff, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of ourselves.

The group meets daily in the mineral baths. $130

Trager Psychophysical Integration

Trager Psychophysical Integration or simply "Trager Work" is an experiential learning method combining gentle body work, mental imagery and meditation. This holistic movement re-education approach is the innovation of Milton Trager, MD, a physician living in Hawaii. Dr. Trager has been developing his approach for over 50 years and has been training practitioners and instructors since introducing his work at Esalen Institute in 1975.

The purpose of Trager work is to influence deep-seated patterns in spiritbodymind which inhibit, block and/or distort free-flowing movement and full self-expression. Dr. Trager's work provides a context in which the client-student may learn: 1) to recognize and let go of unconscious holding patterns—physical, mental, emotional—and to reduce stress, friction and chronic tension; 2) to increase resiliency, flexibility and mobility by dissolving old, limiting patterns of movement and perceptions of self; 3) to support and expand capacities for vibrant, radiant and appropriate self-expression and 4) to enhance conscious awareness of and holistic integration of body, mind, spirit.

Trager work holds that the attributes of body and mind are holistically interrelated in the whole electro-magnetic force field that is living matter. Thus mental and emotional patterns are intimately related to movement and expression patterns in the physical body. Old, limiting mental images of the self and one's capacities maintain and reinforce tension patterns and rigidities in the body which result in restriction, pain and loss—or impairment—of function. These physical manifestations in turn reinforce the self-limiting mental images in a vicious feedback loop.

These restrictive patterns are the result of out-dated or faulty learnings from past experiences. The process of restriction may be reversed by re-education in an atmosphere of support and trust. This type of learning on the deepest levels of consciousness is exactly the function of Trager work.

Trager work itself consists of a systematic set of gentle shaking, stretching, and rhythmic rocking movements that suggest ever deeper states of letting go, releasing and lengthening. No forceful pressure is ever involved and no oils or lotions are used. The practitioner generally works with the whole body in each Trager learning session, consciously directing each movement and touch to invite the recipient to be aware of and to "taste" new or forgotten possibilities for openness, lightness and liveliness. The atmosphere is light and meditative which allows a close connection on the energetic level between giver and receiver. In this atmosphere, it is the receiver who sets the pace for each learning session by choosing how much he or she will experience and release at the moment.

Mentastics is a dance "exercise" form abstracted from his table work that Dr. Trager created for his trainees and clients to maintain and enhance their new lightness, grace, organization and balance. A profoundly simple approach to consciousness in movement, Mentastics consists of playful, bouncy, gentle motions which may be accomplished successfully by anyone of any age or ability. Mentastics resembles the new warm-up exercises recently adopted by athletic coaches and trainers and may be learned in conjunction with the table work or separately.

The Trager Association and Institute was formed to support the development, teaching and research of Dr. Trager's work. Membership is open to interested persons as well as trainees and practitioners, and includes a quarterly newsletter. For information about trainings, or to arrange demonstrations and trainings in your area, write to Betty Fuller, Esalen Institute, Big Sur, CA 93920.

July 22–29 & September 2–9

Trager Psychophysical Integration and Mentastics Basic Training / Betty Fuller

In each professional training workshop, participants are instructed in Trager table work, receiving directly from the instructors and giving and receiving from each other under supervision. In addition, participants learn to practice and teach Mentastics, learn basic communication skills, clearing exercises, simple meditations and have time in group to share and process their experience. These trainings are open to professionals in education, body work, holistic health care, counseling, psychology, medicine, chiropractic, sports, performing arts and other disciplines which see movement as a primary means of learning. Applications must specify professional background. $570

Week of July 22-27

On Letting Go / Judyth Weaver

I propose that we are all holding on more than we know. This workshop will use Reichian breathing and movement methods, sensing, meditation, dance, and an ancient form of balance and relaxation, *tai chi chuan,* to bring us to more understanding of what and how we hold on and how to let go and allow more fully our spontaneous feelings and energy which can lead to a more naturally balanced and enjoyable way of living. $300

Adventures in Self-Exploration
Stanislav Grof & Christina Grof

Focused self-exploration in this workshop will be based on the model of the unconscious that emerged from psychedelic research. It includes not only biographically determined areas but also the dynamics of the death-rebirth process and transpersonal experiences. We will use a combination of music and guided affective imagery, mandala drawing, yoga, massage and individual work when indicated. $300

Self and Beyond / John Zeigler

". . .the key is to open a way whence the imprisoned splendor can escape." —Browning

This will be an occasion to celebrate the restoration of the *original* you: loveable, capable, trouble-free and unscarred by destructive parental/societal beliefs and indoctrinations that are at the root of most emotional upsets.

The awakening of this serene and perfect inner self can give expression to a natural clarity, aliveness and creativity. We will use a synthesis of intensive body and gestalt work for deep emotional release, supportive group interaction, tai chi, movement, massage and other ancient and modern body/mind/spirit methods. Through it you will have an opportunity to experience conflicts for what they really are; opportunities that can create a spontaneous unconditional love of self, others, and an abundant universe. $300

The Celebration of Nature / Michael Tierra (Ananta)

The emphasis will be on using the methods of herbs, massage, chanting, movement, meditation, and balanced diet for physical cleansing and balancing. We will demonstrate the use of herbs as generators of health and creativity. We will learn how to make special teas, soups, baths, and fomentations using herbs which we will gather. In addition we will use clay and herbal oils to anoint ourselves, helping to free old blocks and tensions. As a rhythmic and melodic complement we will utilize the sounds and chants of nature from the African, East Indian and American Indian traditions with appropriate dance-like movements to give fuller expression to our being. We will take walks together to discover the wild herbs and trees which we can use as food. $300

Weekend of July 27-29

Be Your Own Child—A Movement Journey
Nitza Broide Miller

Discover the child in you—its joy, sadness, fear, excitement, anger, curiosity, wondering, fun, sensuality, loneliness, playfulness.

Reconnect with the child in you so that it is nurtured, loved, cared for and allowed to grow.

In this workshop we'll learn to give the child in ourselves permission to be. Through dance, energy flow, touch, imagery, relaxation and dynamic breathing we shall tap into our hidden and forgotten desires and secret wants and allow them to be expressed. We shall nurture them in loving-caring movement adventure. Touch and movement rituals of self care will be learned and practiced. $130

A Gestalt Workshop / Pat & Neil Lamper

Experience your own relating: how to better care for yourself in relationships with those you love. Using gestalt, fantasy, breathing and awareness of body stress, we will work with memories and dreams to re-experience past choices and to bring more energy into the present. We will work on contacting our inner self, our central vigor. $130

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $120

THEN HE STRETCHED HIMSELF AT LENGTH AND CUT WITH THE KNIFE THE SHARP ARROW FROM HIS THIGH AND WITH WARM WATER WASHED FROM IT THE DARK BLOOD · AND THEREON HE CAST A BITTER ROOT · RUBBING IT BETWEEN HIS HANDS · AND ENDED ALL HIS ANGUISH · AND THE WOUND BEGAN TO DRY · AND THE BLOOD CEASED · THE ILIAD · HOMER

THE ESALEN WORK-STUDY PROGRAM

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our selves primarily in relation to others; we lose touch with our essence.

From this perspective, we offer an opportunity to return to our Selves within the working context of the Esalen community. Our faculty for this program is our environment—staff—community.

Learning/dis-covering the use of your own energy in work . . .
For your SELF.
Living together (close to others) operatively and co-operatively in a unique, high intensity environment.
Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.
An opportunity for:
SELF-regulation
SELF-examination
SELF-contemplation
and if you choose
SELF-reevaluation
Facilitated by removal from your ordinary living context.

Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. (Flexibility is one of the watchwords of life at Esalen). The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program (emotionally and physically) and only rarely is it restful. There will be a coming together in the evenings to share—contact—play/alone-together.

Accommodations are shared. The program lasts 28 days; four weeks and four weekends at a basic cost of $350. Depending on your work schedule, weekend workshops may be available for an additional fee. Professional services such as massage and rolfing are available at staff rates. Arrangements are made through the office.

It is possible to be in the work-study program up to three months, by invitation, after the first month.

Available dates: June 17—July 15; July 15—August 12; August 12—September 9; September 9—October 7; October 7—November 4; November 4—December 2; December 2—December 30.

If interested, please apply as early as possible to Work Study Program, Esalen Institute, Big Sur, CA 93920. Only a limited number of applicants are accepted. Scholarships are not available for the Work-Study program.

Application to the Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____ City _____

State _____ ZIP _____ Age _____ Your occupation _____

Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st _____ to _____

2nd _____ to _____

3rd _____ to _____

Have you been to Esalen workshops? Please list program titles and dates, if any. _____

_____

_____

In the space below, please make a personal statement about your interest in the Work-Study program, and any skills available.

_____

_____

Please return this application with a deposit of $150 to Work-Study Program, Esalen Institute, Big Sur, CA 93920. Your deposit will hold a place for you if there is space during the dates you request. If there is no space, we will refund your deposit or hold it for the next available space of your choice. If your deposit is accepted and you cancel more than two weeks before the start of the program, we will hold your deposit in suspense for one year for your future use at Esalen. If you cancel less than two weeks before the program begins, your deposit is forfeited.

"A Bathe Medicinable" for 'Regimen Sanitatis' (Strasbourg, 1513).

WAYS OF BEING AT ESALEN

Scholarship Information

If you need scholarship assistance for an Esalen program of five days or longer, write for a scholarship form *before* making a reservation. Allow at least three weeks for processing. If your application is approved, please make a reservation as soon as possible after receiving the notification. No scholarship assistance is available for June 15–August 31 programs or for weekend workshops.

Ongoing Residence Program

Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $960 per 26-day period.

Otuku's Moxibustions by Hakuin

Week of July 29-August 3

States of Awareness, Shifts of Identity / Robert Nadeau

For workshop description see June 29–July 1. $300

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $270

Advanced Massage / Esalen Massage Staff

The soothing release of everyday tensions is really only the beginning of the sensations and revelations possible through massage. The release of chronic energy blocks can produce dramatic results in our physical and emotional well-being; awareness and memories may be triggered which begin a process that goes far beyond the massage itself. We would like to demonstrate and practice together some of our own explorations in massage and manipulation of the energy bodies and to share our experiences of the sometimes surprising results of these techniques. $300

July 29–August 10

Gestalt, Rolfing & Feldenkrais Method
Dub Leigh & Richard Price

This workshop is structured around the teachings of Fritz Perls, Ida Rolf and Moshe Feldenkrais. Days will be devoted to bodywork with Dub Leigh and in the evenings there will be gestalt sessions with Richard Price. Each participant will receive three rolfings as part of the workshop fee. $750

Weekend of August 3-5

Massage Intensive / Esalen Massage Staff

For workshop description see July 20–22. $130

Experiencing Esalen / Experience Esalen Staff

For workshop description see page 15. $120

Energy Systems and Gestalt Process / Alan Schwartz

Read the August 5–10 description. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we both make contact and inhibit contact. One focus will be on integration via energy release techniques. Another will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our consistent awareness process and the autonomous expression of who we are. $130

Week of August 5-10

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $270

Shiatsu Massage—The Full Treatment /Patricia Caldwell

Shiatsu is the oriental art in which the thumbs and hands are used to press certain points over the entire body. A working knowledge of a full shiatsu treatment for personal or professional use will be given. Emphasis will be on seeing and treating people as wholes, centering techniques, and shiatsu as a self-awareness practice and spiritual discipline. Charts will be provided. $300

Gestalt, Bioenergy & Human Contact / Alan Schwartz

There is an energetic dimension to human behavior which is often locked behind habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *movement. Allowing energy* means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self. The workshop can be thought of as a *learning* week. Appropriate didactic material will be covered. $300

Weekend of August 10-12

Heal Thy Self: A Workshop for Health Professionals
Hughes Andrus, MD & Mary O'Hara-Devereaux, FNP

This workshop focuses on our behavior as health care practitioners and how this behavior affects our own health as well as the health of our patients. It emphasizes:

Self-responsibility for each practitioners health;
Techniques for enhancing the sensitivity of practitioners in ways which make them more "tuned–in" to each patient-consumer;
Caring and being careful–applying sound judgment and knowledge in relation to patients and simultaneously not taking health-care responsibility away from patients.

We will use methods of self-discovery derived from psychosynthesis, gestalt, meditation and other systems, in addition to lecture and discussion on the several themes surrounding self care. Each participant will have an opportunity to make an assessment of their own health status and consider changes for themselves and changes in their clinical practice styles.

Nurses and physicians will receive 10 hours of continuing education credits. $130

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $130

A Celebration of Life / Emmett Miller

A weekend of deep relaxation, music, movement and song. Finding the silent source through the approaches of hypnosis and meditation. Emerging gently into movement guided by soft melodies that sing of the beauty around us. Chanting and joining in the song of life, the pulse of Brazilian and Latin rhythm lifting our weightless bodies and spirits into spontaneous movement. Experiencing the fullness of being in silence and in sound, in stillness and in movement. A time of joy, celebration and sharing. $130

August 10–17
Self-Acceptance–The Freedom to Be
David Schiffman & Elisa Lodge Schiffman

For workshop description see July 8–15. $430

Wilderness Programs

August 11–18
Encountering in the High Sierra
Maurica Anderson & Victor Daniels

During this seven-day workshop we will hike into a campsite by a clear mountain lake off the main trails in the High Sierra. Mules will carry in all of the food, camping equipment, and personal gear. We will camp by the lake for six days, eating outrageously good food (fresh or frozen rather than freeze-dried) and working with body awareness, meditation, yoga, psychodrama, gestalt, and encounter, laughing a lot and getting to know the high country, one another, and ourselves.

Mountaineering experience is not necessary, but applicants should be capable of moderate hiking. A detailed information sheet will be supplied upon request. Participants will meet in the Sierra on August 11. $265

August 18–27
Rites of Passage: A Mountain/River Adventure
Dick Galland & Annie Callaway

This workshop is grounded in the notion that a person's responses to the challenges of the mountain and river reflect their responses to the challenges of daily life. From the very real and immediate lessons of the wilderness, we can come to see ourselves more clearly and thus act with a greater sense of purpose.

As in rock climbing, when we move from balance, through imbalance, into balance again, this program will be an opportunity to pause and take stock, to reflect on where we have been and where we wish to go. It will be a time for relaxation, for stretching limits, for extending ourselves, for seeking a new and revitalized sense of who we are.

For seven days we will explore the remote and spectacular Marble Mountains wilderness in northern California. Carrying everything we need in our packs, we will hike through broad green forests, lush meadows, and camp by crystal mountain lakes. From a base camp in a small alpine basin, we will experience beginning rock climbing and rappelling, ascend a nearby peak, relax in a sweat house, and each spend 24 hours completely alone in reflection and contemplation. We will learn a variety of mountain skills including camp craft, map and compass travel, wilderness medicine, and mountain ecology.

At the end of these seven days we will move to the nearby Klamath River and embark on two days of whitewater rafting. Guiding our twelve foot rubber rafts with paddles, we will each have a chance to captain our boat through the rapids and delight in the exhilaration and timeless grandeur of the river experience.

While this workshop is an adventure in doing, we will use techniques from psychosynthesis, yoga, and meditation, as well as journal writing to help us ground our experiences so we may incorporate them into our daily lives.

No previous experience is required. You should be in reasonably good physical condition. Complete information on clothing, equipment, and travel will be sent to you upon registration. $325

Week of August 12-17

Pleasure, Sensuality & Your Body / Barbara Clemans

For workshop description see July 15–20. $300

The Gestalt Triangle: Right-Brain, Left-Brain, & Body Energy / Frank Rubenfeld

In this workshop we will work and play with our left and right brains and with our body sensations and energy. Hot seat work will alternate with guided fantasies, use of art materials, energy massage and whatever else arises out of our context. $300

August 12–19

An Integrative Approach to Self-Actualization
Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander technique and feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact ourselves and each other with joy, sadness, compassion, humor, ideas, and with the body —the whole person. $430

Esalen Institute—— Approved Provider for Registered Nurses and Physicians

The following programs are approved for continuing education credit either through Esalen's provider number or through that of the individual group leader.

June 29–July 1
Live Better Longer / Donald Lindsay, MD 10 hours

July 1–6
Experiencing Esalen for Health Professionals
Jay Kaplan, MD 30 hours

August 10–12
Heal Thy Self: A Workshop for Health Professionals
Hughes Andrus, MD & Mary O'Hara-Devereaux, FNP
30 hours

August 31–September 1
Self Awareness & Health Practices for Professionals
Janet Mentick, RN & Phil Mac, MD 10 hours

October 5–7
From Stress to High Level Wellness
Prevent Burn-Out in the Helping Professions
John Travis, MD 10 hours

October 7–12
Heal Thy Self: A Workshop for Health Professionals
Hughes Andrus, MD & Mary O'Hara-Devereaux, FNP
30 hours

If you have any questions about Esalen's medical or nursing program, contact Polly Kirby, RN, Esalen Institute, Big Sur, CA 93920

Weekend of August 17-19

Opening the Feelings: A Neo-Reichian Radix Workshop
Merri Goldenson, Mark Dunlap, & Sandy Ebrahimi

For workshop description see page 23. $130

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $120

Exploring Your Creative Process / Nancy Lunney

Through gestalt, imagery, music, writing, drawing, and videotape, we will investigate aspects of the creative experience, from blocking and stagefright to euphoria. Focus will be on self awareness and on developing the confidence and freedom necessary for the creative journey.

Individual projects can be developed during the workshop based on each person's major interest. This workshop is suitable for non-professionals as well as professionals in the creative performing arts. $130

Week of August 19-24

Living Tao Now—Synthesis and Applications of Ancient Wisdom in Modern Living
Al Chung-liang Huang with Jay Goldfarb

A new China opens her mysterious gate to embrace the West. New possibilities of giving and receiving in global friendship and genuine understanding are available. Al Huang, who grew up in mainland China, will share his insights and visions within his own personal East/West integration with t'ai chi, scholarship classics and the living arts of brush calligraphy, music and dance.

Recommended reading:

Lin, Yu-tang, *The Importance of Living* (Putnam)
Huang, Al; *Embrace Tiger, Return to Mountain* (Real People)
Watts, Alan; *Tao: The Watercourse Way* (Pantheon)

$300

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $270

The Ecstasy of Surrender—Tyranny or Liberation
David Schiffman & Richard Price

Every teaching aimed toward actualizing human potential has a dimension of surrender. Surrender yourself to the moment, the guru, the energy, your feelings, and you will be liberated from the constraints of negative conditioning, karma, character armor, etc. The promise is always freedom, the effect can be its opposite. In this seminar we will look into the experience of surrender from an experiential as well as ethical perspective. We will use methods drawn from gestalt, psychosynthesis, bioenergetics, and meditative practices.

Our aim will be to distinguish the teaching from the teacher. The need to liberate from the need to control.

Suggested reading: *The Authoritarian Personality,* Adorno; *Escape From Freedom,* Eric Fromm; *The True Believer,* Eric Hoffer. $300

August 19—26

Self Re-Parenting / Joan Fiore & Jeffrey Kent

This workshop focuses on finding and opening paths in the present that allow us to re-turn to places in the past where we got stuck. Rather than cutting off these experiences from awareness, we give ourselves a new opportunity to clean up the unfinished business of early life that controls and rips off our aliveness and our power in the here and now. Experiments will progress from re-wombing, re-birthing, and re-infanting to re-adolescing. Modes of exploring are drawn from gestalt practice, neo-Reichian energy release, primal work, family process, guided fantasy, and Fiore re-parenting methods. First priority is on intensive individual work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. $430

Opening the Feelings

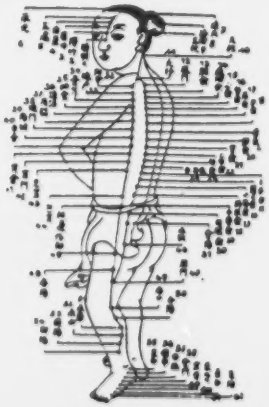
RADIX NEO-REICHIAN WORKSHOPS

(formerly Interscience Workshops)

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-Reichian techniques of emotional release. The Radix Intensive, a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Institute. The intensive, like other neo-Reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion. In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. The participant/teacher ratio is kept small, never more than 10/1. Each weekend participant who wishes will receive an Intensive, while 5-day workshop participants receive two. By meeting sometimes in small groups and sometimes together in large groups, Radix combines the intimacy and individual attention of the small group with the energy and dynamism of the large. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE

July 13—15	Merri Goldenson, Brian Killen & Sandy Thompson
August 17—19	Merri Goldenson, Mark Dunlap & Sandy Ebrahimi
September 2—7	Charles Kelley, Merri Goldenson, Joel Dweck, Anne Ruderman & Shaffia Richards
September 16—21	Clair Killen & Merri Goldenson
October 14—19	Dale Cummings, Siri Mishler & Merri Goldenson



Acupuncture points.

Weekend of August 24-26

The Many Faces of the Self / Bette Dingman

Within each of us are many other "selves" who demand expression. By not recognizing them we dis-own those qualities that we dis-like about our "self". Using psychosynthesis methods, fantasy imagery, soft body work and gestalt, we will integrate towards the "whole" personality creating vital avenues of expression. $130

Accepting the Many Sounds of Our Miraculous Dancing Body / Nitza Broide Miller

In this adventure of exploration of the natural space and beauty surrounding us as well as the richness of the miracle inside us, we shall tune in and listen to the myriad of sounds, rhythms, voices, and flowing movements expressed in our bodies which make us the miraculous and unique human beings we are.

Through effortless movement and the excitement and magic of dance, we'll experience the sensual flow of our energy with which we connect with ourselves and with others.

We'll use dance, music, sounds, art, dynamic relaxation, imagery and visualization to rediscover the many sounds of our dancing body. $130

Thinking Body / Moving Mind / Understanding Heart Betty Fuller

Movement is a primary means to learning: learning about one's self, one's relationship to others, one's place in the universe. Happy side effects of such learning can include an enriched and enhanced self image and spontaneous and appropriate self expression along with greatly reduced stress, friction, tension, and effort. The workshop includes Trager and feldenkrais body-mind approaches, guided imagery, simple meditations and massage at the baths. Feelings, encounters, understanding, and realizations generated in the workshop may be shared and processed in the group. $130

Hippocrates.

Week of August 26-31

Massage Intensive / Esalen Massage Staff

For workshop description see July 20–22. $300

Tai Chi Chih—A Gift of Life / Catherine Elber

First presented to the public in 1974, tai chi chih is based on ancient movements that were a closely guarded secret of the Chinese emporers and their clansmen for over a thousand years.

Easier than tai chi chuan, these 19 gentle movements are becoming one of the simplest and most effective methods available for realizing within one's self how truly beautiful the gift of life really is.

By adding the principles of these motions to your life, you can experience a continual unfoldment of your potential while providing an enrichment to your life on every level. The effects of these movements enable you to experience the beauty and honor of personal transformation as your body, mind and soul reap the benefits of harmony and balance—physical health and grace, mental peace and clarity, spiritual infinity. $300

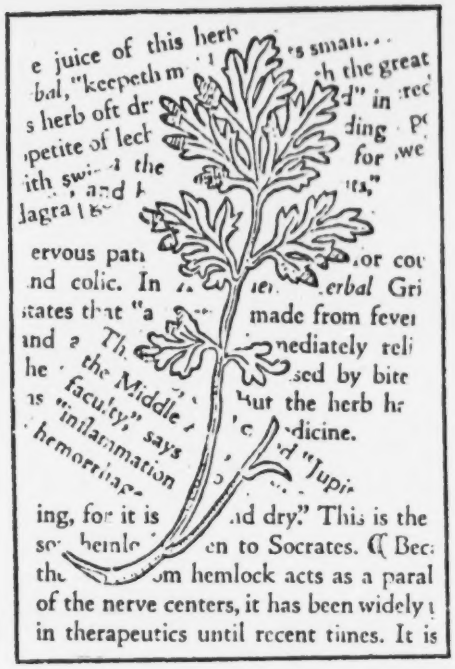
Body Politic / From Body Movement to Political Movement Betty Fuller & Milton Friedman

Esalen offers a new concept to those who sense that the breakdown of society can mean breakthrough—nationally and individually. As we face economic and political crises, a new vision of humanity can evolve. For the first time, a former White House official joins with a leading humanist counselor to present an experiential approach to national evolution through inner awareness. Using body movement, gestalt, dreams and other approaches to create a transpersonal community, the workshop will explore emerging lifestyles, values, and alternatives as we make new choices about how to be with ourselves, others, our community, nation, and universe. We will explore world transformation beginning with personal choices and changes. The workshop will use individual, dyadic, and group processes to offer a higher vision of human unity and tools you can utilize to make a difference. $300

August 26–September 2

Cycles / Gabrielle Roth

This is a seven day Moving Center ritual designed to inspire and channel the religious, sexual and creative aspects of life energy into unity and expression. Through movement, sound, music and writing meditations, we will explore and present our unique experiences of life's waves, rhythms and cycles. Life is theater and we will dance both as we stretch to our full beauty and power in a safe, comfortable and challenging atmosphere. $430



Weekend of August 31-September 2

Running Home: Recent Developments in the Mind/Body Approach to Running / Mike Spino

In this workshop styles of motion, gaits and tempos practiced by world class runners will be taught. Breathing patterns and relaxation methods will be used to ease body fatigue and strain. Also included will be yoga-based stretching exercises and muscle/skeletal exercises that reduce risk of injury and increase performance. Meditation and visualizations will be explored to increase running performance. Sport physiology, cardiovascular research, and nutrition will be discussed in relation to running. $130

Open Psychodrama Encounter / Walt & Maurica Anderson

This workshop is a flexible weekend's work and play using a variety of encounter, gestalt, and body-movement approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing more openness and spontaneity, and having fun. The degree of active involvement is up to the individual. $130

Self-Awareness & Health Practices For Professionals Janet Mentink & Phil Mac

This workshop for health care professionals will include both didactic and experiential aspects emphasizing experiential learning about body/mind relationships, body awareness and self awareness. Massage, centering, and visual imagery will be included so that the group can experience enthusiasm and support for change and self growth.

The workshop will allow "helpers" to explore previous decisions and concepts about themselves as a helping professional, and in the areas of health and dis-ease and self care. Aspects of self awareness and redecisioning may be used to enhance personal and professional well being. $130

Week of September 2-7

The Radix Experience: A Neo-Reichian Workshop Charles Kelley, Merri Goldenson, Joel Dweck, Anne Ruderman, & Shaffia Richards

The Radix experience is a direct body approach to deep emotional release, rooted in the work of Wilhelm Reich and his students. By concentrating on breaking patterns of breathing and muscular tension, feeling which has been blocked by chronic unconscious patterns of muscular tension called "muscular armor" is freed. As the armor softens and the student allows emotions—fear, anger, pain—to emerge, he realizes a new capacity for trust, love, and joy.

Half of the workshop sessions will be in a large group with Chuck Kelley, who will present Radix group techniques. Chuck will also describe the concepts which underlie Radix and give an in-depth description of his training program. The other half of the sessions will be in small groups, and will include two individual Radix intensive sessions for each participant. $310

Personal Integrity / Exploring Self Esteem David Schiffman & Elisa Lodge Schiffman

In this workshop we will join together to build a community whose foundation is trust, good will and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength and self-respect. Our task together will be to discover how best to express these qualities both in and out of the workshop. We will explore the boundaries of our emotional, physical and mental potentials and how they affect our sexuality, our relation to power, our friendships, our creativity, and our expectations of ourselves and of others. $280

September 2–9

Trager Psychophysical Integration and Mentastics Basic Training / Betty Fuller

For workshop description see July 22–29. $570

Weekend of September 7-9

Black Dance / James Xavier Nash & Jasmine Nash

For workshop description see July 20–22. $120

Exploring Self-Acceptance David Schiffman & Elisa Lodge Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $120

The Feeling Process / Janet Sachson Zuckerman

For workshop description see July 15–22. $120

BEST COPY AVAILABLE

Week of September 9-14

States of Awareness, Shifts of Identity / Robert Nadeau

For workshop description see June 29–July 1. $280

Massage Intensive / Esalen Massage Staff

For workshop description see July 20–22. $280

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $250

September 14–23

Gestalt Practice / Richard & Christine Price & the Esalen Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustable.
—Lao Tzu c 2500 BC

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, and growth rather than adjustment, cure, or accomplishment. The second half of this program will have participants working primarily with each other, relating whatever is being learned (or unlearned) to the development of their own styles. Thus this program might be especially useful to those wishing to utilize a gestalt approach in their professions (e.g. counselors, teachers, ministers, mothers, doctors and nurses).

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Illusions* (Richard Bach). $450

Weekend of September 14-16

Energy Awareness & the Crystalline State / George Leonard

In the crystalline state, there is no expectation nor any prejudgment. Concentration on the past and future gives way to primary focus on the present. Action taken while in the crystalline state is not *considered action* but rather *appropriate action.* When fully achieved, this state permits you to experience the harmony and connectedness of all existence. This energy awareness workshop will emphasize the crystalline state as described in George Leonard's latest book, *The Silent Pulse: A Search for the Perfect Rhythm that Exists in Each of Us,* and will also involve centering, balancing and stress reduction. $120

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

The Lawyer—A New Perspective
A Weekend for Lawyers Presented by the Humanistic Law Institute

"Like mounds in a sandy desert, intellectual knowledge is mounting up without provision for the expression of the heart."
—Meher Baba

As lawyers we were trained to use our heads and not our hearts—to make choices and decisions based upon "reason," "principles," and "issues" and not to trust feelings, intuition or compassion—often with less than satisfying results in our "professional" and/or "private" lives.

During this weekend we will explore and share with other lawyers, in the peaceful, reflective, nourishing, and evocative setting of Esalen, ways of using and integrating all aspects of ourselves—our bodies, our minds, our feelings, our "hearts"—to see if we can make our work and our "private" lives more effective and more integrated, flowing, meaningful, and enjoyable.

The program will be conducted by a lawyer member of the HLI staff and another experienced group leader and will be largely experiential, using approaches and methods of gestalt awareness, psychosynthesis, massage, meditation, and bioenergetics. $120

Week of September 16-21

The Creative Journal: A Path to Personal Integrity & Enthusiasm / Dee Mundschenk

This workshop will focus on a journal-keeping process for searching out and honoring our singular strengths and individual capabilities. With a personal journal we have an instrument to use in our search for balance, harmony and growth. It aids in formulating insights into visible, useful expressions; releasing powerful emotions creatively; strengthening personal integrity; and illuminating the body/mind processes.

In non-analytical, non-coercive, non-judgmental modes drawn from Eastern and Western practices for self-realization, we will begin developing the discipline and perspectives useful in honoring our vast mental, physical, and emotional prowess. Whether participants are devoted seekers or occasional explorers in the realm of personal integrity, this journal workshop will be of sufficient scope to provide extensive individual insights into personal power, compassion, humor, and new directions.

Please bring loose leaf notebooks with dividers, if possible, favorite pens, a small mirror, an open mind, and good and playful will for yourself. $280

Adventures in Self-Exploration
Stanislav Grof & Christina Grof

For workshop description see July 22–27. $280

Concentrated Radix Feeling Work
Clair Killen & Merri Goldenson

Under the sponsorship of the Radix Institute this workshop will provide an environment for deep feeling work. We will work as a group to experience the connection between our body armor, the ways we block our feelings and how we control our lives. As we become aware of how we control our feelings and our lives, we can consider letting go of control that stands in the way of greater experience of love, pleasure and trust. Each participant will receive four individual intensives. The enrollment will be limited to twelve participants who have experienced at least a previous five day Radix workshop. $310

Weekend of September 21-23

Steps to an Ecology of Mind / Gregory Bateson

In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to new ways of looking at the living world, including everything from biology to poetry and politics. The workshop will explore these ways of perceiving and thinking. $120

A Weekend with Will Schutz

$120

Religious Values in Awareness
Donald Sandner & Stephen Schoen

In this workshop we are concerned with increased awareness through religious experience; our own conviction, in fact, is that the two are the same. The workshop is organized in sequences of meditation, dream work, and interpersonal response within the group. We shall look at all these processes in both Jungian and gestalt perspectives. The aim of our work together is the perennial spiritual goal: that we as individuals be at one with our experience. $120

Rembrandt drawing: "Saskia."

Week of September 23-28

Gestalt Practice / Esalen Gestalt Staff

For workshop description see July 1–6. $280

Massage Intensive / Esalen Massage Staff

For workshop description see July 20–22. $280

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $250

Taoist charm for curing all diseases.

Weekend of September 28-30

Aikido Weekend / Robert Nadeau

We'll use the Japanese art of aikido to experience centering and energy awareness. This form will help make tangible, through physical movement, our relationship with the energy available to us and give direction for its use in daily life. Wear loose clothing. $120

Core Dynamics—Body Energetics / Hector Prestera

Using body release methods, body reading, color reading and psychic intuition, each participant will have an opportunity to contact areas of body armoring which prevent the core self from spontaneous release. Freeing the "core self" is the object of this weekend.

Suggested reading: Kurtz & Prestera, *The Body Reveals* (Bantam and Harper & Row). $120

Group Counseling: The Existential Model / Galvin Jackson

The existential model is based on a philosophical rather than a psychological view of man. Each person is seen as existing with no "givens" and his/her task is to define himself/herself through his/her creations (actions).

Each group member makes statements about himself or herself through interfacing with others as authentically as possible. The leader will return consistently to the existent moment, will reflect both feelings and ideas, will link, clarify, make risk-taking statements which center risk in himself and constantly share himself with group members.

The group leader will make frequent use of confrontation, but will not attack. He attempts to help members clarify alternatives which pave the way for action choices outside the group. He uses interaction methods to generate immediate, productive experiences for group members.

The group members' goals are to clarify self-definitions to expand potentials and to extent abilities to sustain intimacy. $120

Getting Your Act Together / Nancy Lunney

For workshop description see July 20–22. $120

Above: Liver & Gall Bladder.
Below: Spirit of liver and gall bladder.
(From an old Chinese folk medicine pamphlet).

Week of September 30-October 5

Thinking Body/Moving Mind/Understanding Heart
Betty Fuller

For workshop description see August 24–26. $280

Autumn Changes / Deborah Medow

Leaves falling shedding ex / cess

Leaves essential BEing (leaving off / stress

Inward/outward feelings
FREE to express

Yoga meditation movement massage
–musical instruments, voices, people who play and don't play are welcome– $280

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $250

SEPTEMBER 30–OCTOBER 26

Energy: Physical, Emotional and Spiritual
Stanislav & Christina Grof

A four-week interdisciplinary program for professionals and students in the areas of psychiatry, psychology, general medicine, anthropology, physics, philosophy, and religion. This workshop will focus on various manifestations of energy and on techniques of channeling them for the purpose of self-exploration and spiritual growth. Special attention will be paid to the problems of interrelations between consciousness, energy and matter. The program will cover three thematic areas:

1. Ancient Spiritual Systems and Techniques of Dealing With Energy.
We will explore, theoretically and practically, Tantric art and ritual, the Tibetan vajrayana, kundalini yoga, Agni yoga, Basque mysticism, astrology and alchemy.

2. Consciousness Research and Modern Physics.
We will focus on revolutionary findings from experiential psychotherapy, psychedelic research, parapsychology, anthropology and modern physics. The controversies about the pioneering research of Wilhelm Reich will be reviewed by his prominent former co-worker, Bernard Grad. Special sessions will be dedicated to the striking convergence between mysticism, consciousness research, and modern physics.

3. Self-Exploration and Group Process
The workshops of this series use an experimental educational format that combines didactic input with personal experience. Esalen staff and guest leaders will act as facilitators of an ongoing process of intrapsychic and interpersonal exploration of the participants throughout the program. In this context, we will use gestalt practice, encounter, neo-Reichian approaches, dance, fantasy exercises with music, mandala drawing, psychosynthesis, and different forms of body work.
$1200

Faculty:

Anne Armstrong
Jim Armstrong
Angeles Arrien
Gregory Bateson
Fritjof Capra
Dhyan Yogi
Ed Dreesen
Al Drucker
Bernard Grad
Christina Grof
Stanislav Grof
Arthur Hastings
Jim Hickman
Deane Juhan
Claire Killen
Janet Lederman
Bill Liles
Leo Matos
Ralph Metzner
Peggy Morrison
Ajit Mookerjee
Dulce Murphy
Michael Murphy
Mary Payne
Christine Price
Richard Price
Gabrielle Roth
Beverly Silverman
Julian Silverman
Rick Tarnas
Tarab Tulku Rinpoche

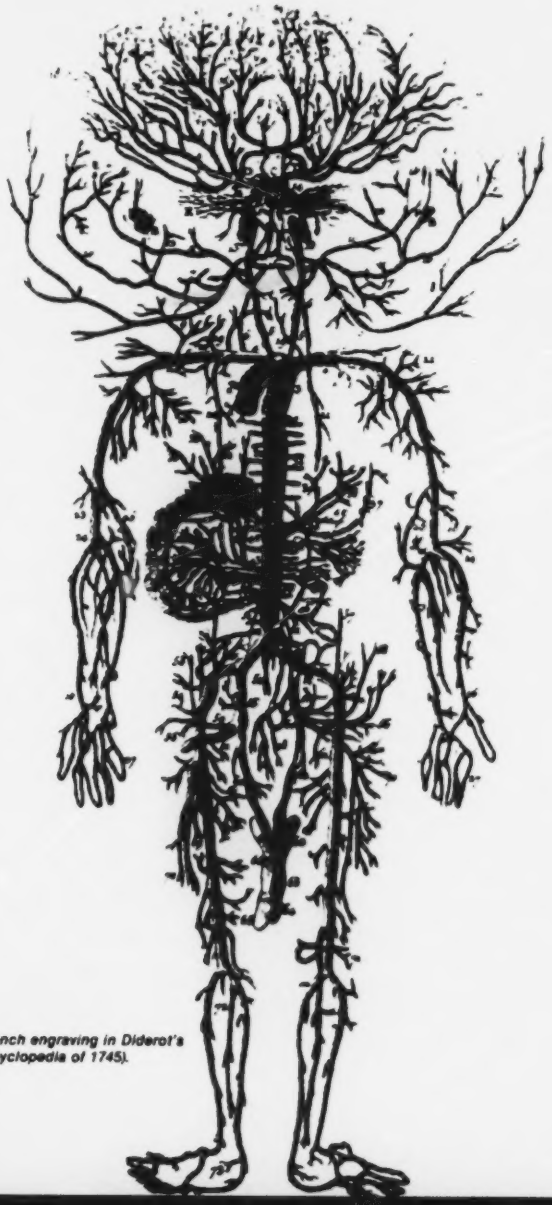
Weekend of October 5-7

Thinking Body/Moving Mind/Understanding Heart
Betty Fuller

For workshop description see August 24–26. $120

From Stress to High Level Wellness
Preventing Burn-Out in the Helping Professions
John W Travis, MD, Joy Holloway & Barbara McNeill

An experiential approach to high level wellness. Learn what high level wellness is about. We will assist you in developing skills in the areas of self-responsibility, stress control, nutrition and physical activity, and in promoting the excellence and vitality which are synonymous with optimum health. We will create our own wellness plans and, through personal experience, learn the importance of self-responsibility in active health and well-being. We will also encourage the shifting of beliefs towards a new paradigm—one in which we are no longer rescuing patients, clients, friends from dis-ease, but rather teaching self-responsibility by our personal examples. $120



(French engraving in Diderot's Encyclopedia of 1745).

Week of October 7-12

Five Days with Jack Rosenberg

My current focus is on enjoying life to the fullest and bringing the clearest expression of my self to each moment. Many people describe what I do as gestalt body work with a transpersonal bend.

During the workshop we will cover many aspects of my energetic approach to sexuality as well as working with the body energy field and the belief system which keeps us locked in obsolete behavior patterns. Where you are is where we will start. $280

Heal Thy Self: A Workshop for Health Professionals
Hughes Andrus, MD & Mary O'Hara-Devereaux, FNP

For workshop description see August 10–12. $280

The Feeling Process / Janet Sachson Zuckerman

For workshop description see July 15–22. $280

Weekend of October 12-14

Music, Dance, Trance & Celebration / Emmett Miller

In cultures less dominated by technology than ours, music, dance and celebration are not spectator sports, but are used together with "trance" states by *everyone* present, for physical, emotional and spiritual health, for release of tension from mind and body, for enjoyment and ecstasy, and for interpersonal and transpersonal communication.

We will leave the "cultural trance" and develop our own, explore it in stillness and in movement, in silence and in sound. Chanting, music, massage, singing, drumming and sharing; a time of joy, celebration and sharing. $120

Astrology: A Map of the Psyche / Robert Hand

Carl Jung once stated that astrology contained within its teachings the sum total of the psychological knowledge of the ancients. The point of this workshop will be to show the validity of this statement expressed in modern terms.

Many people have tried to make astrology fit into various systems of modern psychology. Here we will explore the extent to which astrology is, in itself, a complete system of psychology, which makes its own statements about human nature, and which suggests rather surprising consequences for ideas of human life and behavior.

Little or no previous knowledge of astrology will be required in this workshop. We will be concerned largely with the symbolism and its psychological import, not especially with the techniques of horoscope analysis. Any material of a technical nature that is needed in the workshop will be introduced as we go along. $120

Being Together, Being Ourselves / Paul Rebillot

". . . Let there be spaces in your togetherness and let the winds of the heavens dance between you."

—Kahlil Gibran, *The Prophet*

Laughing and crying, dancing and touching, we will come together for a weekend of improvisation and play. Gestalt process and theater games will help us to open doors to new ways of being together while being ourselves. We will explore the delicate balance of communication and separateness, of closeness and distance in our relationships with one another. $120

Week of October 14-19

Opening the Feelings: A Neo-Reichian Radix Workshop
Dale Cummings, Siri Mishler & Merri Goldenson

For workshop description see page 23. $310

Family Circles / Paul Rebillot

"If you get rid of the pain before you have answered its questions, you get rid of the self along with it."

—C.G. Jung

In order to survive and win approval in our childhood situations, most of us had to develop an "act"—a set of acceptable behaviors that required the painful suppression of our own spontaneous energies. The first step toward recovery of the authentic self is to purge ourselves of the inhibiting programs delivered to us in childhood. *Family Circles* offers a safe, supportive environment in which to answer the questions of our childhood inhibitions and finally destroy them through dramatic ritual action. Through a process of reparenting by ideal parents, psychodynamically enacted, we then create for ourselves the childhood of our heart's desire. $280

Symbols of Transformation
Ralph Metzner & Angie Arrien

This seminar is an intensive experiential study of symbols as tools of personal growth. Symbols can expand one's perception of self and others, increase insight and stimulate new areas of self-expression and creativity. We will consider a variety of symbols: psychologically, as archetypes of individuation, and cross-culturally, as universal constants. The symbols to be studied and experienced include: sun and moon, trees, flowers, circles/wheels/mandalas, totem animals, light and fire, the elements, sacred mountains, the body and its parts, the journey/path, and others. Some of the sources of symbolism that we will draw on are astrology, alchemy, the tarot, mythology and folklore of all cultures. Special attention will be given to the uses and significance of symbols in dreams, art and the helping professions. Special symbolic creative projects will be part of the seminar. $280

Weekend of October 19-21

Inner Road to Health: A Weekend Primer on Alternative Health Systems / Al Drucker

This workshop is intended as a first short introduction to some of the approaches of holistic health, which are currently gaining favor as natural alternatives to the more orthodox medical practices dominating the health field in this country. Included will be such diverse topics as herbs, flowers, acupuncture, iridology, homeopathy, rolfing, diet, etc. Early morning sessions will be devoted to chanting and meditation followed by yoga or tai chi. We will also schedule an afternoon massage session with herbal bath for which we pick our own herbs. Meals will be largely organic and natural, much of the produce coming from our own garden. $120

Experiencing Esalen / Experiencing Esalen Staff

For workshop description see page 15. $110

Dream Discovery / Joyce Frazee

"A dream that is not understood is like a letter that is not opened."

—Talmud

Each night we receive brilliant, insightful, creative communiques disguised in poetic imagery. In this workshop we will explore how to use our dreams for personal growth, insight, creativity, and problem solving. Participants will discover that any dream, however fragmentary or prosaic, can offer entry to a new world of insight. Methods for dream discovery will include exercises in dream recall, Senoi dream practices, mandala drawing, gestalt dream work and psychosynthesis. $120

Week of October 21-26

Dream Consciousness and the Experience of Death: Ancient and Modern Approaches
Tarab Tulku Rinpoche & Léo Matos

In this seminar we will explore a variety of approaches to the phenomena encountered in dreams and their relationship to the experience of death. The methods used in the Tibetan Tantric tradition will be complemented by and compared with the dream work developed by the Senoi of Malaysia, North American Indians and Western depth psychology (Freud's psychoanalysis, Jung's analytical psychology, and Fritz Perls' gestalt practice). We will also use experiential techniques developed by the two of us for examining various levels of dream consciousness and their relationship to the experience of death, and the death-rebirth process. Special attention will be paid to the importance of these areas for the practice of meditation. $280

Self-Acceptance—The Freedom to Be
David Schiffman & Elisa Lodge Schiffman

For workshop description see July 8—15. $280

Gestalt Practice / Richard & Christine Price & the Esalen Staff

For workshop description see July 8—13. $280

Weekend of October 26-28

God, Sexual Energy & Your Body / Gabrielle Roth

"When sex comes from the physical center, it is a necessity. When it comes from the mental center, it is a fantasy. When sex comes from the heart center, it is a deep, total, and profound experience of our own divinity. Sex is meaningless without the heart."

The purpose of this workshop is to heal the separation between our divinity and our sexuality as it exists in our consciousness, attitudes, and actions. This weekend will include breathing, movement, music, sound, and massage meditation. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. Gabrielle will support us in going within ourselves to rediscover the magnitude of our own heart energy, thus infusing our sexuality, and our entire life experience, with depth and purpose. $120

The Gentle Art of Becoming—Together: A Workshop for Couples / David Schiffman & Elisa Lodge Schiffman

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness techniques. $120 per person.

Massage Intensive / Esalen Massage Staff

For workshop description see July 20—22. $120

FUTURE WORKSHOP ANNOUNCEMENTS

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions—and any changes—will appear in the catalog covering the period in which the workshop is scheduled.

October 28—November 23

An Integrative Approach to Group Process & Individual Growth (A four week internship program for personal & professional growth) David Schiffman, Elisa Lodge Schiffman & Ian Baker with the Esalen Staff

Over the years Esalen has functioned as a major clearing house for a wide variety of approaches and means for facilitating personal evolution and expression. One's journey could begin with any realm—mental, physical, emotional, or transpersonal—each path serving to create a wealth of information and energetic access.

What are the common experiential and conceptual threads that underlie each of these paths? How can these threads of experience be best woven together to create a fabric whose qualities are simultaneously exquisite in their delicacy while still remaining strong enough to sustain the wear and tear of worldly existence? And how best might this very personal process of self-discovery and integration be taught and shared with others?

The exploration and resolution of these and other basic questions pertaining to the process of change and growth will serve as the basis of our work together during this month long institute program.

During the month each participant will have the opportunity to clarify and develop his/her own ability, style, and artfulness both as individual guide and group facilitator, as well as to do in-depth personal work and training in gestalt practice, body work, psychosynthetic techniques, Jungian and archetypal psychologies, and the meditative arts.

The program will be structured to include: intensive individual work, supervised observations, practicum work in group leading and individual counseling skills, video feedback, illustrated lectures and didactic theoretical sessions. The emphasis throughout will be on creating a personally integrated perspective linking human potential practices with traditional psychological and counseling modalities.

Thot, Egyptian god of magic and of medical secrets.

December 9—28

Gestalt Practice / Richard & Christine Price & the Esalen Staff

DEFINITIONS

Of Some Approaches to Human Growth Used in this Catalog

PSYCHOSYNTHESIS

Psychosynthesis is a psychological and educational approach for recognizing and harmonizing the many, often conflicting, elements of our inner lives. It is a developmental process based on a positive conception of man/woman within an evolving universe. Starting with each person's existential situation as he or she perceives it, personal growth is organized into a process aiming at the integration of personality and the emergence of an effective unifying center of being and awareness, the Self. The practical work of psychosynthesis chooses in each situation the *appropriate* progressive activities among many techniques and methods available. Some of these are: guided imagery, movement, self-identification, creativity, gestalt, meditation, training of the will, symbolic art work, journal keeping, ideal models, and development of intuition. The emphasis is on fostering an ongoing process of growth that can gain momentum and bring about a more joyful, balanced actualization of one's life.

MASSAGE

Massage is practiced to help the body relax, to release tensions, to balance the energy flow, and to soothe the being with gentle caring. Massages are given individually; workshops, classes, and private lessons are available.

T'AI CHI CHUAN

T'ai Chi Chuan is an ancient Chinese exercise discipline practised for health, meditation, energy flow, and self-defense. The slow, flowing movements of the "shadow boxing" comprise the oldest and "softest" of the Asian martial arts. Developed from the Chinese practice of *nei kung*, or inner exercise, it is part of the system of Taoist yoga. The term t'ai chi can be translated as "grand ultimate" and is expressed by the familiar symbol of yang and yin. It is thus rooted in the Chinese philosophy of change as expressed in the I Ching.

STRUCTURAL INTEGRATION (ROLFING

Structural Integration or Rolfing is a method of deep manipulation of the musculo-skeletal system that aims at balancing the major segments of the body. We have learned that connective tissue (fascia, tendons, ligaments) can be lengthened by palpation and a second principle: posture is behavior. Humans are psychophysical organisms: one cannot divorce their physical from their change the function.

ENCOUNTER

The ground rules of encounter are that participants be open and honest in a group setting, that they avoid mere theorizing and instead talk about their feelings and perceptions. There is often an emphasis on eliciting emotions which lead to positive or negative confrontations rather than away from them. The focus of encounter is to explore interpersonal relations. Over the past years encounter, as practised at Esalen, has evolved into a direct approach incorporating several related disciplines to achieve its aims. Techniques and insights gained from gestalt, sensory awareness, bioenergetics, massage, movement, and structural integration are all part of Esalen's encounter groups today.

GESTALT

Gestalt Awareness Training is a theory and approach to personality integration first developed by Fritz and Laura Perls, though new styles and methods are being developed by other leaders. The goal of the training is to assist the participants to utilize *excitement* and *awareness and to develop responsibility*. *Excitement*—to have life energy freely available and flowing, not blocked. *Awareness*—to be conscious of my energy as and where it flows; to have action accessible to consciousness, not happening mechanically. *Responsibility*— to know and act on the principle that I am the one who acts, thinks, and feels whatever it may be that I act, think, or feel. No one else or no event influences me except with my consent. At times, everyone in the workshop may work simultaneously with some awareness exercise, or in interaction with each other. More traditionally, a fair amount of time will be spent with participants working individually with the leader. The starting point for such individual work is whatever is here and now of most involving concern for the organism; a fantasy or dream, an interaction with another person, a memory, or a physical posture. "Problems" are welcome as starting points, if they are truly present and not merely verbally presented. In keeping with the gestalt emphasis on personal responsibility, the leader usually leaves the initiative for such work with the participants. The assumption is made that participants are not "patients" but are persons responsible for their own life decisions.

BIOENERGETIC ANALYSIS

Bioenergetic analysis attempts to understand the life of the body through its expression of vitality, gesture, emotion, feeling, and relationship. The body is viewed as an energetic process that participates as the world in the world of instinctual, social, imaginative and creative realms. Bioenergetics seeks to develop an individual's range of expression by working through this process.

SHIATSU MASSAGE

Shiatsu massage is the oriental art in which the hands are used to apply pressure to acupuncture points over the entire body, allowing the springs of life to flow.

A **MAURICA ANDERSON** regularly conducts psychodrama and encounter workshops. She has co-led the Esalen High Sierra encounter for the past eight years. (pp 21, 25)

WALT ANDERSON is a writer, political scientist, environmentalist, and longtime Esalen group leader. He is currently writing a history of Esalen. (p 25)

HUGHES ANDRUS is a physician and professor of family medicine at the School of Medicine, U C Davis. He is co-director of the Family Nurse Practitioner Program. (pp 8, 21, 30)

ANNE ARMSTRONG has been doing transpersonal counseling for over 16 years and has trained professionals to use their own intuitive abilities. (pp 7, 29)

JIM ARMSTRONG, a former engineer, is a life long student of esoteric studies. (pp 7, 29)

ANGIE ARRIEN is an anthropologist and Basque folklore specialist who has made an intensive seven-year study of the Egyptian Tarot. (pp 7, 29, 31)

B **GREGORY BATESON,** author of *Steps to an Ecology of Mind,* originated the "double bind" theory which explains some of the causes of schizophrenia. (pp 13, 27, 29)

C **PATRICIA CALDWELL** has been practicing and teaching shiatsu for several years. (p 20)

ANNIE CALLAWAY has ten years of wilderness experience. She has trained in psychosynthesis and teaches hatha yoga, meditation, and relaxation techniques. (p 21)

MICHELL CASSOU, artist and teacher, is the founder of The Painting Experience Studio in San Francisco, and is a faculty member of Holistic Life University. (p 7)

BARBARA CLEMANS is a massage and movement specialist in private practice in West Palm Beach, Florida (pp 15, 22)

DALE CUMMINGS, certified Radix teacher and trainer, has a private practice in Santa Monica. (p 31)

D **VICTOR DANIELS** does gestalt work and has a background in social psychology, behavior modification, and Asian psychology. (p 21)

LAURA DENUCCIO (MA PRITA) is a certified Radix practitioner now doing Radix work at Esalen. She combines her training in the Bates system of vision improvement with her "feeling" work. (p 8)

BETTE DINGMAN sees her work as a synthesis of softness, awareness and body appreciation, using the third chair to be your own observer in a supportive environment. She has been on the Esalen staff for four years. (p 24)

JACK DOWNING, a physician, practices his holistic synthesis of psychiatry, applied kinesiology, gestalt and rolfing at the San Francisco Healing Arts group. (p 8)

AL DRUCKER is a resident teacher of health subjects and a student of spiritual practice. (pp 29, 31)

MARK DUNLAP is a certified Radix teacher and director of the Radix Workshop in Santa Barbara. (p 22)

JOEL DWECK, certified Radix teacher, has a private practice in Santa Monica. (p 25)

E **SANDY EBRAHIMI** is a Radix advanced staff trainee and a psychiatric social worker. (p 22)

CATHERINE ELBER attended the first teacher's training course given for Tai Chi Chih in 1975. (p 24)

ESALEN GESTALT STAFF includes Joan Fiore, Janet Zuckerman, Richard Price, Christine Price, Laura DeNuccio and others. (pp 13,28)

ESALEN MASSAGE STAFF includes Deborah Medow, Peggy Morrison, Vicki Topp, Deane Juhan, Brita Ostrom, Laurie Muller and Lila Daniels. (pp 16, 20, 24, 26, 28, 32)

F **JOAN FIORE** currently moves between the Esalen faculty and her work as treatment coordinator for Phoenix Programs (settings to facilitate transition from psychiatric hospitalization to independent living). (pp 7, 13, 23)

JOYCE FRAZEE is a gestaltist whose training includes art, encounter, bio-energetics, body awareness, and psychosynthesis. She is presently on the staff of Cold Mountain Institute. (p 31)

MILTON FRIEDMAN, now a member of the senior professional staff of the U S Congress, has led groups in dream awareness, visualization, and intuitive growth. (p 24)

BETTY FULLER, a humanist counselor, is a certified instructor of Trager Psychophysical Integration and Mentastics, and of feldenkrais Awareness Through Movement. (pp 14, 15, 16, 24, 25, 29, 30)

G **DICK GALLAND** is the founding Director of Texas Outward Bound School and a professional experiential educator. (p 21)

MERRI GOLDENSON is a certified Radix teacher, Bates instructor and chiropractic intern. (pp 15, 22, 25, 27, 31)

JAY GOLDFARB has been a long time student of Ram Dass, Sri Chimoy, Chogyam Trungpa and Al Chung-liang Huang, and is the executive director of Living Tao Foundation. (p 23)

CHRISTINA GROF is a teacher of hatha yoga and of various methods of self exploration through visual arts. (pp 17, 27, 29)

STANISLAV GROF has done clinical research with LSD and other psychedelic drugs for twenty years and has published over sixty articles in professional journals and books. (pp 17, 27, 29)

H **ROBERT HAND,** astrological counselor and author, is primarily interested in developing astrology as a tool for human growth. (p 30)

JAMES L HICKMAN, research psychologist who specializes in the study of psycho-physical interactions, has published articles concerning parapsychology, sport, contemplative life, and the physics of consciousness. (pp 6, 9, 29)

JOY J HOLLOWAY is an educator at the Wellness Resource Center in Mill Valley, and teaches communication skills through the School for Advanced Perception and Intelligence. (p 30)

AL CHUNG-LIANG HUANG is the founder-president of Living Tao Foundation, an international family network dedicated to the integration of ancient wisdom and modern living. (p 23)

THE HUMANISTIC LAW INSTITUTE is an educational center in Los Angeles which presents programs for lawyers, judges, law students and other members of the legal profession. (p 26)

J

GALVIN JACKSON, a former music teacher, has extensive education and experience in counseling. (p 28)

K

JAY KAPLAN is a family physician in Sacramento and is presently doing a fellowship in Wholistic Health at U C, Davis. (p 13)

CHARLES KELLEY, director of the Radix Institute, is a student of Wilhelm Reich noted for his teaching and training of teachers of Radix neo-Reichian groups designed for opening the feelings. (p 25)

BRIAN KILLEN, Radix advanced staff trainee, has a private practice at the Radix center of Santa Monica. (p 15)

CLAIR KILLEN is a certified Radix teacher and was a resident faculty member at Esalen. (pp 27, 29)

BOB KRIEGEL's work involves using games and sports as a vehicle for self discovery and expression. He is the co-author, with Timothy Gallway, of *Inner Skiing. (p 14)*

L

NEIL LAMPER teaches at a university and has a private practice in gestalt. He is author of *The Village Idiot.* (p 17)

PAT LAMPER is involved in community action programs and finishing graduate work in counseling psychology. (p 17)

JANET LEDERMAN is an artist, teacher, and author of *Anger and the Rocking Chair,* a poetic account of the use of the gestalt learning process of which she is the originator. She is currently co-director of Esalen, Big Sur. (pp 13, 29)

DUB LEIGH is a rolfing practitioner and has trained in structural integration with Moshe Feldenkrais. (p 20)

GEORGE LEONARD is the author of *Education and Ecstasy, The Transformation,* and *The Ultimate Athlete.* He holds a black belt in aikido, from which he derives his present work. (p 26)

JOHN C LILLY is a teacher and scientist on the path of examining the depths and far reaches of human consciousness. His books include *The Center of the Cyclone* and *Simulations of God: The Science of Belief* (May, 1975). (p 15)

TONI LILLY has training in Eastern mystical tradition and contemporary methods of freeing the self. Her first book is *Dyadic Cyclone* (co-authored with John Lilly). (p 15)

DON LINDSAY is a humanist, a physician, a teacher, and a research scientist. He is assistant clinical professor of medicine at USC medical school and president of the Foundation for Research in Aging. (p 12)

NANCY LUNNEY is a gestaltist and musician on Esalen's faculty. She has specialized in work with professionals in the creative arts and has taught classes in creativity at Soledad prison. (pp 16, 22, 28)

M

PHILLIP MAC is a board certified family physician who has trained family physicians and physicians' assistants. His special interest is the health and ill health of health care providers. (p 25)

LÉO MATOS is a Brazilian psychologist director of Gonpo Transpersonal Institute in Helsinki and has studied and lived with Tibetan masters for 7 years. (pp 29, 31)

BARBARA MC NEILL is an educator at Wellness Resource Center in Mill Valley, CA, specializing in nutrition, wellness problem-solving, and intuitive transformation. (p 30)

DEBORAH MEDOW, an Esalen masseuse for the past 10 years, teaches Ashtanga yoga, massage, movement, and various body/mind disciplines directed at controlling and rechanneling energy. (p 29)

JANET MENTINK is a registered nurse, family nurse practitioner, and teacher. (p 25)

RALPH METZNER is former editor of the *Psychedelic Review,* author of *Maps of Consciousness,* teacher of Actualism, astrologer and psychologist in private practice in San Francisco. (pp 7, 29, 31)

EMMETT MILLER, a physician, specializing in hypnosis and psychosomatic medicine, explorer in the use of music and movement for growth, is author of *Feeling Good—How to Stay Healthy* (Spectrum). (pp 6, 21, 30)

NITZA BROIDE MILLER, a counselor, dancer, founder and member of ADTA, teaches in Menlo Park, California, and at Tel Aviv University. (pp 17, 24)

SRI MISHLER, a certified Radix teacher and trainer, has a private practice in Santa Monica. (p 31)

PEGGY MORRISON, Esalen resident, masseuse and teacher, is currently interested in the evolution of a birth center and exploring personal growth through movement and dance. (pp 13, 29)

DEE MUNDSCHENK, psychologist and anthropologist, has evolved her life/work through her experiences and learning with the unique peoples of five continents. (p 27)

MICHAEL MURPHY is co-founder of Esalen Institute and the author of two novels, *Golf in The Kingdom* (1972) and *Jacob Atabet* (1977) and co-author (with Rhea White) of *The Psychic Side of Sports* (1978). (pp 9, 29)

N

ROBERT NADEAU is a spiritual teacher whose work in energy and levels of awareness has given direction to many people. He is one of the major aikido teachers in the bay area. (pp 12, 20, 26, 28)

JAMES XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has worked with Robert Hall in gestalt and body work. (pp 16, 25)

JASMINE NASH is a movement catalyst whose polarities stem from Watts to Marin County. She is a teaching associate of the San Francisco Dancers' Workshop and the Lomi School. (pp 16, 25)

O

MARY O'HARA-DEVEREAUX is a Family Nurse Practitioner, a health care consultant, and co-director of the Family Nurse Practitioner Program at the University of California, Davis School of Medicine. (pp 8, 21, 30)

P

HECTOR A PRESTERA, an acupuncturist, physician and rolfer, integrates Eastern and Western energy techniques in his medical practice in Monterey, CA (p 28)

CHRISTINE PRICE combines gestalt practice with various body approaches. (pp 6, 14, 26, 29, 31, 32)

RICHARD PRICE, a student of Fritz Perls, is a founder of Esalen Institute. (pp 6, 20, 23, 26, 29, 31, 32)

LEE PULOS is a clinical psychologist whose career has ranged from a traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing. (p 8)

R

PAUL REBILLOT was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen. (p 30, 31)

SHAFFIA RICHARDS, Radix staff trainee, has a private practice in Santa Monica. (p 25)

TARAB TULKU NGAWANG LOSANG RINPOCHE was the Head Lama of the Tarab Monastery in Konpo, Tibet and teaches at the University of Copenhagen. (pp 29, 31)

JACK ROSENBERG, author of *Total Orgasm,* has trained in gestalt and Reichian work. He is currently working with cancer research and the transformation of consciousness at the Center of the Healing Arts in West Los Angeles. (p 30)

GABRIELLE ROTH is the creator of the moving center method of catalyzing natural movements. (pp 9, 24, 29, 32)

BIOGRAPHICAL INFORMATION

FRANK RUBENFELD has led gestalt workshops at Esalen for the past decade. He is a psychologist who enjoys learning and teaching. (p 22)

ILANA RUBENFELD trained with Fritz and Laura Perls and Moshe Feldenkrais, and is the originator of her own integration called Gestalt Synergy. (p 22)

ANNE RUDERMAN, a Radix advanced staff trainee, is located in Santa Monica. (p 25)

S

DONALD SANDNER is a training analyst of the Society of Jungian Analysts of Northern California and is the author of *Navajo Symbols of Healing,* (1979). (p 27)

DAVID SCHIFFMAN is currently a leader in residence at Esalen where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being. (pp 9, 13, 14, 21, 23, 25, 31, 32)

ELISA LODGE SCHIFFMAN trained in structural integration with Ida Rolf and is an advanced teacher of structural patterning. (pp 9, 21, 25, 31, 32)

STEPHEN SCHOEN is a teaching member of the Gestalt Institute of San Francisco and is on the summer psychology faculty at Naropa Institute. (p 27)

WILL SCHUTZ is director of the Center for Holistic Studies, Antioch University. He is the author of *Joy, Here Comes Everybody,* and *The Elements of Encounter.* (p 27)

ALAN SCHWARTZ is a teacher of gestalt, a college professor and writer. (p 20)

BEVERLY SILVERMAN is a rolfer and gestaltist whose principal concern is the enrichment of the life process through a positive and accepting approach. (p 29)

JULIAN SILVERMAN is President of Esalen Institute and director of its new department of Health Care Programs for Health Care Professionals. His current major interest is in the articulation of a new kind of behavioral sciences curriculum for medical and nursing training. (p 29)

MIKE SPINO is director of the Esalen Sport Center and running professional at Sea Pines Resort at Hilton Head Island, South Carolina. He is author of *Beyond Jogging, Running Home,* and co-author with Jeffery Earl Warren of *Mike Spino's Mind/Body Running Program.* (pp 14, 25)

T

SANDY THOMPSON, senior Radix trainee, has a private practice in Santa Monica. (p 15)

MARSHALL THURBER is the founder of the Burklyn World Center in Vermont. He is a general partner in Burklyn Enterprises, a San Francisco based investment and management team. (p 9)

MICHAEL TIERRA (ANANTA) is an herbalist, musician and yogi. He is director of the Garden of Sanjivani center for the study of herbs and holistic health in Santa Cruz. (p 17)

JOHN W TRAVIS, a physician/educator, is the founder and director of the Wellness Resource Center in Mill Valley, CA, and author of *The Wellness Workbook for Health Professionals.* (p 30)

V

JOHN VASCONCELLOS, a California Assemblyman, is one of the founders of Self Determination. (p 12)

W

JUDYTH O WEAVER is an authorized teacher of Tai Chi Chuan from the Shr Jung School of Grandmaster Cheng Man-Ching. She trained in Reichian work with Dr. Philip Curcuruto. (p 17)

Z

JOHN ZEIGLER is in private and group practice and teaches psychology at New York University and at several other universities on the East and West coast. (p 17)

JANET SACHSON ZUCKERMAN has been leading groups for five years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support. (pp 7, 9, 15, 25, 30)

Audio Cassette Recordings

Recent years have yielded unusual tape recordings. Most of the following were produced in stereo from live events at Esalen and they are available on cassettes only. Each cassette is $8.50 and is from 1 to 1½ hours in length:

Gregory Bateson: *The Pattern Which Connects*
Trevor Ravenscroft: *The Spear of Destiny*

John Weir Perry: *Psychosis and Visionary States*
Julian Silverman: *Shamanism and Schizophrenia*
Gregory Bateson: *Story of the Double Bind*
Humphrey Osmond: *Early Psychedelic History*

John King: *Introduction to Quantum Theory*
Peter Flessel: *Molecular Biology and Modern Physics*
Fritjof Capra: *Quantum Paradoxes and Mysticism*
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Al Chung-liang Huang: *The Watercourse Way T'ai Chi*
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Responding to requests, we are adding meditation background music on cassette tapes, for quiet relaxation, and a few for dynamic energy. These tapes are priced at $8.50 each, also, and are generally stereo:

Georgia Kelly: *Seapeace* (harp)
Steven Halpern: *Starborn Suite* (electic)
G. S. Sachdev: *North Indian Ragas* (bamboo flute)
Iasos: *Interdimensional Music* (instrumental)
Steven Halpern: *Peruvian Whistling Vessels*
Emmett Miller with Rafiel: *Healing Journey* (voice and music)

If desired, others will be added, and nature sounds as well. Please make requests and recommendations.

Please add $1.00 to your complete order for mailing. (California residents include 6% tax.) Address your order and make check payable to: WORKSHOP CASSETTES, c/o Hot Springs Lodge, Big Sur, CA 93920. Your suggestions regarding future recordings will be appreciated.

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ACCREDITATION: At present, we *do not* offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

RECORDINGS OF ESALEN PROGRAMS: For a catalog of recordings of Esalen/San Francisco programs contact Big Sur Recordings, Big Sur, CA 93920. They also have Big Sur programs prior to 1973.

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FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103. A film of Al Huang's work, *Tai Chi: The Watercourse Way,* is available through Cornerstone, 470 Park Avenue South, Suite N-3, New York City 10016.

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For reservations and information, write or call:
Esalen Institute, Big Sur, California 93920.
Phone: (408) 667-2335, 10 to 3:30 every day;
10 to 8 Sunday & Friday.

Unless otherwise indicated, all programs listed in this brochure are residential programs in Big Sur. Send reservations for all programs to Esalen Institute, Big Sur, California 93920.

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Fee Information: We require a reservation fee of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs. Please mail all reservations to Esalen/Big Sur. Balance of payment is due on arrival. Esalen accepts Mastercharge, Bankamericard, and American Express. U S currency only, please.

Scholarship Information: If you need scholarship assistance for a long term Esalen program, write for a scholarship application form *before* making a reservation (allow at least 3 weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15—August 31 programs or for weekend programs.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen has limited child care facilities. If you are interested in bringing a child while you are attending a workshop of five days or longer, contact the office well in advance for information on availability of child space. Esalen does not supply babysitters.

We ask workshop participants not to have guests. Please do not bring pets.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5–5:30 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

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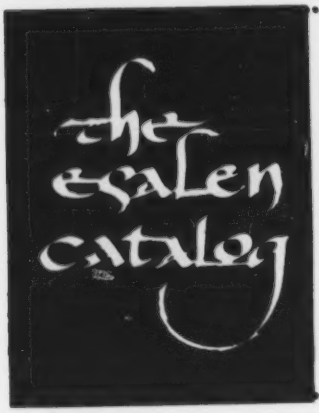

☐ To obtain future issues of the Esalen Catalog & occasional mailings for one year, please send a check or money order for $2 to: Esalen Institute, Big Sur, CA 93920

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ESALEN INSTITUTE RESERVATIONS

This form is for your convenience in reserving a space at Esalen workshops. In completing the form, please include the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

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☐ **Westerbeke Ranch**
(Pages 6–8)

☐ **Wilderness Trips**
(Page 21)

☐ **Burklyn**
(Pages 8 & 9)

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Name of person registering	Date (s)	Leader's Name / Title of Workshop	Reservation Fee

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Total amount enclosed: $ _____
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PAYMENTS: All workshops require nonrefundable reservation fees. Consult fee information section on page 38. The balance of program fees becomes payable at the time of check-in.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

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19th century ritual carving, Indian Ocean islands.

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October 1979 – January 1980

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Food for Thought

Esalen's Energy Path: Toward the Utilization of Renewable Resources

Leon Trice

The world is in the grip of an energy crisis, a crisis that has come into being because the energy sources we depend upon are limited in that they cannot be renewed. Recently in California we have been experiencing the first results of this crisis in the shortage of gasoline/oil supplies needed to power our transportation vehicles. Cheap and accessible supplies of oil and natural gas meeting a large majority of our energy demands are running out and, as these non-renewable sources of fuel become more scarce, the cost of producing them continues to rise exponentially. This continuing process is obviously highly inflationary, with ominous economic ramifications. Yet, if we look at this crisis as an opportunity for change, an alternative path emerges from the present course of rapid depletion of non-replaceable sources of energy, i.e., oil, natural gas, coal, and uranium. Rather than continuing in the present dependent way of thinking about non-renewable energy and our addictive way of using it in a high production and consumption oriented way of life, we can turn to a path of utilizing those energy resources that *are* renewable. Following such a course means tapping those energy flows that are always here whether we use them or not, such as the sun, wind, and vegetation. This "soft" and sane technological approach can work as a simple replacement for those "hard" and environmentally disruptive technologies centered around the use of nuclear power and the massive consumption of fossil fuels. The result: a less wasteful, more rational, and more humane future; a future certainly sustainable and more profoundly satisfying in human terms than the present course of depleting our fuel supplies.

(continued on next page)

Food for Thought

In 1979, the Esalen Board of Directors allocated funds supporting a program creating a path of energy conservation geared toward the utilization of our Esalen/Big Sur resources. In formulating this program, Julian Silverman stated, "Instead of considering the energy problem piecemeal, we propose a gestalt (wholistic) viewpoint. It is based on what Fritz Perls termed the movement 'from outside support to self support'—a concept applicable not only to our personal lives, but also to the way we utilize our energy resources. In this context, energy conservation as a total way of life is simply the intelligent utilization of all our natural resources—personal, psychological, and material." Given such an energy path, and given Esalen's unique geographical location in relation to both abundant and renewable resources, we are making the transition from a fossil fuel age to a new age energy consciousness.

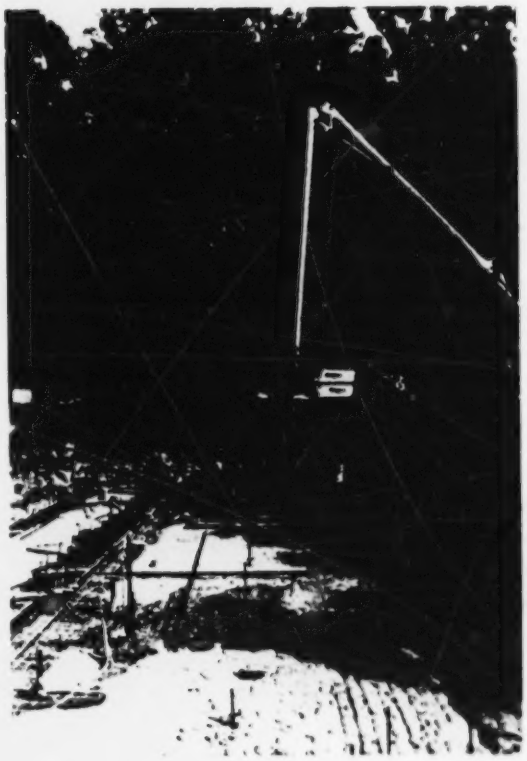
Located at a northern latitude of 36°, with the Pacific Ocean on one side and California's Los Padres mountains on the other, Esalen is fortunate to have access to several sources of energy. This energy is available in the form of sunlight and solar radiation, and in the potentials of Esalen's creek, the hot springs, and the ocean.

Use of the sun's energy to meet both space and hot water heating requirements of Esalen's buildings will considerably lower our dependence on outside fuel/energy supplies. Esalen experiences first hand the results of utilizing this solar power-potential in the design and con-

BEST COPY AVAILABLE

struction of the new laundry building. Architect Richard Stratman designed the laundry as an underground structure to maximize the earth's capacity to insulate the building and to minimize its visual impact on the environment. Water used by the laundry is first pre-heated by 400 square feet of solar panels located on an adjacent building and stored in a 500 gallon tank in the laundry. With this system, less butane is required to raise the temperature of the solar-heated water to the required 140 degrees necessary for washing; consequently, there is reduced fuel consumption and less reliance on a non-renewable source of energy. Such successful use of the sun as an energy source gives impetus to continue developing our potential solar capacity. Whether the sun is used in meeting energy demands of newly-constructed buildings or is adapted to alleviate the fuel consumption in existing structures, the result is the same: we recognize, identify, and make good use of part of the spectrum of our renewable potential—solar energy.

Water-energy potential from our creek is one of the purest forms of energy available to Esalen. Converting the potential power of water to electrical energy is almost pollution free; the generation of electricity produces no waste products and is relatively easy to control. Such conversion of potential water energy to electrical power has from 80-90 percent efficiency—high compared to the 25-45 percent efficiency of solar, chemical, and thermal energy systems. With this readily available potential, we are studying the feasibility of a small, electrical, generating hydro-power system. Under the guidance of Richard



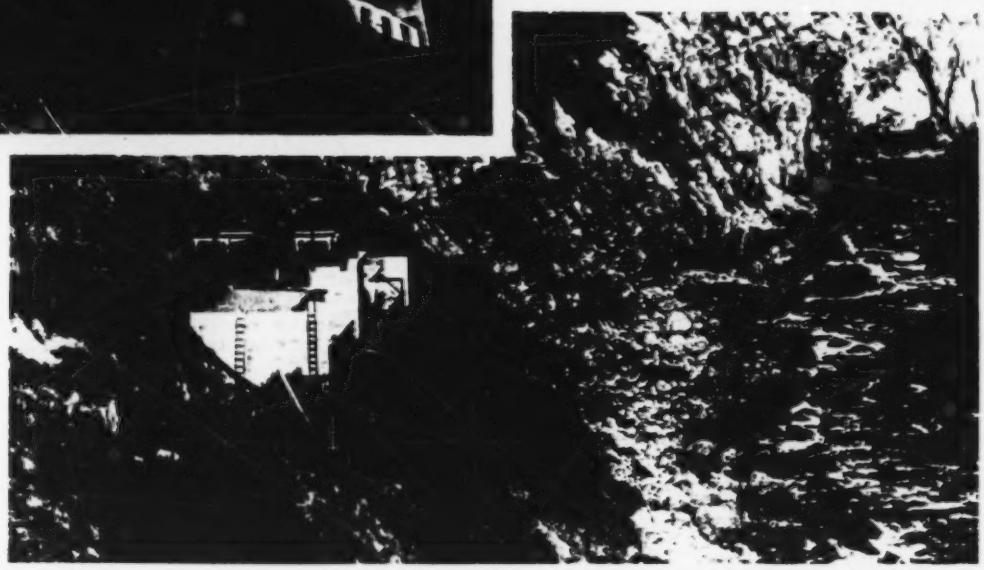
Photos: Leon Trice

Food for Thought

Lee, a mechanical engineer, Esalen is looking at possible designs and their environmental effects on the Hot Springs Canyon's ecology. If the long-term ecological balance of the stream is not infringed upon, the worth of a hydro-power system is immeasurable; we can provide electricity to meet Esalen's minimum energy requirements and at the same time take another step towards utilizing those available resources which are renewable.

Esalen's hot springs supply water of 117 degrees to the baths and have long been known for therapeutic potential. Recently they have been recognized as a possible available energy source. José Mozic, a physicist in residence at Esalen, has developed a system utilizing hot springs heat to provide the necessary B.T.U.s to heat the swimming pool. This system, quite simple in theory, takes water downhill from the pool to a heat exchanger at the baths. At this point the heat from the hot springs water is transferred by convection to the swimming pool water, which then returns up the path and back into the pool. With the implementation of this unique design, Esalen's dependence on outside fuel supplies has again been lessened. Now that hot springs geothermal potential is indeed a reality, a second phase utilizing the same heat-exchanger principle is being developed. This next step will provide hot water to showers at the baths, preheat hot water used in the kitchen, and provide shower and tap hot water for the motel-row living units. In these ways, we are taking new steps toward reducing our overall fuel consumption.

Wind is created by the reaction between our atmosphere and incoming solar energy. Given the unpredictability of wind, we have chosen not to pursue wind energy as a possible power source at this time.



Photos: Leon Trice

The use of vegetation or biofuels as an energy source offers another alternative to our present path. Biofuels differ from fossil fuels in that they ultimately derive from living things, such as plants which take the sun's energy and convert it to chemical energy by the process of photosynthesis. This chemical energy is then available to us, for example, in the food we eat, and then is passed as a waste product back into the energy cycle. In this sense, plant, animal, and fish life and their by-products and wastes are all storehouses of solar energy.

Biofuels are readily available to the Esalen community and can be categorized under the headings of agriculture, wood, methane systems, and aquaculture. Steve Beck is investigating agriculture as a means of harnessing solar energy to meet our food needs, and thus increase Esalen's capacity as a self-sustaining community. He has also initiated a program of supplementing our conventional heating methods with heat supplied by wood burning stoves. These wood fueled units burn firewood gathered and cut from our neighboring Los Padres National Forest by Esalen community members. This renewed interest in wood as a fuel gives us an added energy source and another means by which we, as a community, can become more self-sufficient.

Methane systems and aquacultures are ideas which involve the use of abundant and readily available resources. The most promising source of methane for Esalen is ocean-grown seaweed. Kelp collected from the Pacific can be used to power a methane generator producing electricity; it can also be used as a special food supplement, providing a healthy salt and natural iodine substitute. Culturing fish for food is a centuries-old tradition in Asian countries. Making fish ponds, using simple materials, ecological techniques, and local resources such as kitchen scraps to feed the fish, offers Esalen an alternative source of food protein and another way to provide for our own community.

Channelling the sun's energy as a source of power is not a new notion. Evidence exists that ancient civilizations knew much more about the sun's potential than we presently do. The Mayans oriented their temples and ziggurats in such a way that we cannot help but suppose that they had access to a knowledge of the solar system and its relationship to the earth that enabled them to develop such a highly evolved culture. Given the tremendous scientific and technological developments of the twentieth century, it is ironic that we as a culture are just beginning to realize the potential available from the most basic and primeval creator of life—the sun. In a very archetypal sense we are indeed returning to a way of being that not only connects us to the very source of our existence, but also integrates us with our environment and moves us toward a more harmonious relationship with the universe.

Leon Trice
Coordinator of Energy Programs

Food for Thought

What Physicians Should Know About Nuclear Power

Helen Caldicott, MD

Dr. Caldicott is President of Physicians for Social Responsibility. The following article was published in the March 1979 *Physician East*.

The fuel cycle of nuclear power plants is complex, but not too difficult to understand. It has many biological and medical implications which must be understood by physician and patient, as well as by the politicians who make most important decisions for society. In this article, I will describe the fuel cycle step-by-step and explain the medical dangers arising from each step.

Mining

When uranium—the fuel for atomic reactors—is mined from the ground it emits the radioactive gas called *radon*. Often inhaled into the lungs of miners, after four days radon converts to *lead 210* which remains radioactive for more than 100 years. Because radiation in the body is carcinogenic, it has been discovered in the United States that up to 20 percent of uranium miners die of lung cancer over a 20-year period of mining.

Milling

After the uranium ore is mined, it is then milled and refined. Thousands of tons of waste ore (tailings) are discarded and left lying in huge heaps on the ground. The gas radon is continually emitted from the waste uranium in the tailings. The tailings generated to provide uranium for nuclear power in the United States over the next twenty-four years may produce, through the causative agent radon, 45 cases of lung cancer in the world per year for tens of thousands of years.

Enrichment and Fuel Fabrication

The uranium is then enriched and fabricated into fuel rods which are transported to the nuclear reactor and placed in the reactor core. A typical 1,000 megawatt reactor contains 526 bundles, each bundle consisting of 12 rods. The radioactive uranium produces heat by fission which is utilized to generate electricity. But during this process uranium is converted to many radioactive by-products which are the ashes or wastes of nuclear power. Once a year one-quarter of the rods are removed from the reactor core because their generating life has ceased. The rods are both thermally and radioactively very hot and must be stored on racks in cooling ponds

(continued on next page)

containing water. They now contain a very large number of biologically dangerous radioactive materials including strontium 90, iodine 131, cesium 137 and plutonium. Eventually it is hoped that these rods will be transported in caskets to a reprocessing plant where they will be dissolved in nitric acid.

Reprocessing

The plutonium is purified and removed from the solution in powder form as plutonium dioxide. It will then be used as either fuel for atomic bombs or fuel for "breeder nuclear reactors" (reactors which breed plutonium). It is at this point in the fuel cycle that the greatest dangers arise once the plutonium is separated.

Plutonium is an extremely potent cancer-producing material, appropriately named after Pluto, the God of the dead and ruler of the underworld. It enters the body by inhalation of contaminated air which is deposited in the lung. Because of its potent cancer-producing properties, the acceptable body dose has been set at less than 1 millionth of a gram (an invisible particle). There is some evidence this level has been set too high. Cancer will not appear until 15 to 20 years after inhalation. By extrapolation, 1 lb. of plutonium, universally dispersed, would be adequate to kill every man, woman and child on earth.

Most of the plutonium manufactured in the fuel cycle will be in powdered form and by the year 2,020 in the United States the industry will have produced 30,000 tons of plutonium and there will be 100,000 shipments of material annually on American highways. Because plutonium is the basic material of atomic bombs, it is more valuable than heroin on the black market, therefore vulnerable to theft by terrorists, racketeers, non-nuclear nations and deranged individuals.

Reactor grade plutonium makes inefficient but dirty bombs. It also has a curious physical property of igniting spontaneously when exposed to air, thereby producing tiny aerosolised particles which are dispersed by wind currents and available for inhalation by humans and animals. One could envisage disastrous consequences if a truck were to crash and discharge some of its deadly contents. Plutonium must be transported very carefully, packed in small quantities in separate containers because only 10 lbs. is "critical mass" which means that a spontaneous atomic explosion could occur if 10 lbs. or more were compacted together in a finite space.

The most awesome property of plutonium is its half life of 24,400 years, (half life of a radioactive substance being the period of time for half of a given quantity to decay, and a similar period for half of the remaining radioactivity to decay, *ad infinitum*.) Therefore radiation from man-made plutonium will exist on earth for at least half a million years. To illustrate the enormous medical problems arising from the physical properties of plutonium, if an individual dies of lung cancer engendered by plutonium, his body will return to dust, but the plutonium lives on to produce cancer in another human being.

Although it will be used as "fuel" in breeder reactors, more plutonium will be produced than will be utilized. So there will be a continual net increase in plutonium manufactured. The nuclear industry has not yet decided what to do with all this plutonium—there are no safe methods of disposal and storage available at this point in time.

Waste Storage

After the plutonium is extracted from the radioactive waste, very dangerous biological elements remain, which have no further use and are pure waste products. This remaining solution contains some plutonium, radioactive iodine, strontium 90, cesium and many other highly toxic radio-nuclides. Because it is extremely hot, it must be stored in tanks which are cooled continuously for years. Every month numerous leaks of radioactive wastes are reported in the United States in quantities from several gallons to 200,000 gallons. When this dangerous fluid leaks it will inevitably contaminate the water system of the planet, and the various elements will be taken up by the food cycle. Radioactive iodine, strontium 90, and cesium are absorbed by roots of grass and vegetables and are further concentrated in the flesh and milk of animals when they eat the grass.

Iodine 131, strontium 90 and plutonium are concentrated in both human and animal milk. Cesium is concentrated in muscle (meat) and plutonium is also concentrated 1,000 times in fish compared to the background water concentration. These substances are invisible, because they are tasteless and odorless and it is impossible to know when one is eating or drinking or inhaling radioactive elements.

Biological Properties of Radioactive Waste

Genes are changed by radioactive particles. Cells and genes which are actively dividing (as in fetuses, babies and young children) are most susceptible to the effects of radiation. If a gene which controls the rate of cell division is altered by radiation, the cell may divide in an uncontrolled fashion to produce cancer and leukemia. It may take from 15-30 years before cancer appears after the cell is exposed to radiation. If a gene in the sperm or egg is altered by a radioactive particle, the young may be born either with an inherited disease, or the baby may appear normal but will transmit the damaged gene to future generations, to become manifest in later years.

Radioactive iodine is absorbed through the bowel wall, and migrates in the blood to the thyroid gland where it may produce thyroid cancer.

Strontium 90 is also absorbed through the bowel after being ingested in contaminated milk, and is incorporated in bone because it chemically resembles calcium. This element causes osteogenic sarcoma—a highly malignant, lethal bone tumour, and leukemia. The blood cells formed in the bone marrow are subjected to the effects of radiation from strontium 90 in the adjacent bone.

(concluded on page 33)

Food for Thought

Physicians for Social Responsibility

Howard Kornfeld, MD

The following letter is from a physician who has spent several months at Esalen in the last few years.

April 20, 1979

Dear Friends,

It has become evident to me that unless radioactive and chemical pollution is brought under control in the near future, we face an epidemic of cancer and genetic disease unrivaled in human history. If the governments of the world continue developing, manufacturing, and storing more nuclear weapons, this ultimate destiny will come to pass. My involvement with the human potential and holistic movement has impressed me with the joy and fulfillment inherent in human life. I feel now it is time to act to preserve the chance for our children and all future generations to share this possibility. We must now join together to nurture the current non-violent environmental movement sweeping this and other countries, and with all our skills and perspectives contribute to the goal of the clean and safe planet in which true growth is possible.

Sincerely,
Howard Kornfeld, M.D.

Dr. Kornfeld is a member of a newly formed group (PSR) who present themselves as follows:

PHYSICIANS FOR SOCIAL RESPONSIBILITY

As physicians in a complex technological society, we feel a deep responsibility to educate the public about the prevention of disease and the promotion of health. One serious health hazard is environmental pollution by radioactive substances. The proliferation of nuclear power plants and nuclear weaponry presents an unparalleled threat to human survival.

The purpose of Physicians for Social Responsibility is to educate physicians and health care providers about the medical dangers of nuclear radiation, so that they might in turn educate their patients and the public at large. Our goal is the realization of the following recommendations:

1. A moratorium on building nuclear power plants and the phasing out of existing ones
2. Termination of our policy of exporting nuclear technology to other countries
3. Extensive studies of populations exposed to nuclear radiation
4. Nuclear weapons disarmament
5. The development of conservation policies and renewable energy resources

We intend to distribute relevant information and to create a number of educational events for physicians and health care providers. Your support is crucial to the success of this effort.

FOR MEMBERSHIP OR MORE INFORMATION:

Physicians for Social Responsibility

I wish to become a member of PSR in the following category:
☐ **Practicing Physician - $25/year;** ☐ **House Staff - $14/year;** ☐ **Medical Student - $5/year**

☐ **I wish more information about your organization.**

Name (please print) _____ **Title** _____

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Send this form and your tax-deductible check to:
PSR, P.O. Box 39, Hanover Street Station, Boston, Mass. 02113
(Bay Area Chapter: 1409 Addison St., #108, Berkeley, CA 94702)

Food for Thought

The Future of Bodily Transformation

Michael Murphy and James L. Hickman

One of the central themes of *Jacob Atabet: A Speculative Fiction** is that a coming stage of human evolution may involve purposeful bodily transformation through an integration of spiritual and physical disciplines. One of the book's protagonists, Darwin Fall, hypothesizes that this evolutionary frontier is foreshadowed in various bodily events which have been described for centuries in diverse fields. Though *Jacob Atabet* is largely a work of fiction, we believe that a significant frontier is revealed by the kinds of supernormal functioning it describes. To explore this possibility we have established a research project within Esalen Institute to examine the nature of extraordinary bodily capacities. We are gathering anecdotes and research material from every field of human experience that seems fertile in this regard. To date we have collected several thousand examples of supernormal bodily change—some of it spontaneous, some of it consciously self-directed—from the lore of yoga and contemplative practice the world over; from work with hypnosis, autogenic training and Russian psychical self-regulation; from sport and athletic training; from research with hallucinogenic drugs; from spiritual or "mind-assisted" healing; from the reports of artists; and from many other fields. As far as we know, this is the first systematic attempt to collect evidence from a variety of fields for the human capacity to achieve extraordinary bodily function.

From this data base we are developing an analysis of the basic, universal elements involved in such high level change. Those elements include the natural talents, belief systems, personality structures and environmental conditions of the people involved; they also include certain fundamental processes that often accompany a breakthrough to new levels of physical function. While training, for example, some athletes have images of internal organs like lungs or bursting capillaries. Some of them believe that such experience helps mediate awareness of their body's functioning. "Inner seeing" of this kind closely resembles powers described in various yogic and Buddhist scriptures; we speculate that athletes sometimes stumble inadvertently onto such capacities in the course of their training. Evidence for this proposition is presented in *The Psychic Side of Sports*. Other little known processes accompany high level physical functioning frequently enough for us to study them systematically. From that analysis we are developing a list of "transformational modalities," consisting of phenomena like "inner seeing." Such an inventory might contribute to the development of more efficient disciplines for awareness and performance in many fields. If "inner seeing," for example, contributes to an athlete's self-awareness, it might be cultivated in his or her training. Indeed, some athletes

*Michael Murphy: *Jacob Atabet: A Speculative Fiction*. (Celestial Arts, 1977).

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working with visualization techniques have told us that our research along these lines has helped illuminate their practice. In the years to come, we believe, there will be more research like ours and more programs to incorporate these discoveries.

The Near Future

What might we expect in the next ten or twenty years if more efforts are made in these directions? Part of the answer is already forming around us. Pollster George Gallup says that the physical fitness boom of the last five or six years is "one of the most dramatic changes in lifestyle" he has ever measured in the American public. This enthusiastic movement may have contributed already to a decline in the incidence of heart disease in the United States. And it has its heroes and heroines to inspire the reluctant. Walt Stack, at 71, has become a legend for his daily seventeen-mile runs and morning swims in San Francisco Bay. Since he started running in his fifties, he has completed over 70 marathons and at least two runs of a hundred miles. Mavis Lindgren, also running marathons in her seventies, now appears in ads for Blue Cross as an example of someone who is eliminating the need for medical care. Such stories are multiplying. Thomas Pagan of Hillsboro, Florida, completed his first marathon at the age of 80, having taken up running just two years before after finding that he had serious heart and lung disease. People like these are inspiring thousands more to venture into the terra incognita of high level fitness, not only through running but in swimming, cycling, cross-country skiing and many other sports.

Breakthroughs in performance that open the way for many to follow is an old story in athletics; witness the effect of Roger Bannister's four-minute mile or John Thomas' first high jump over seven feet. A recent *Scientific American* article presents data on the performance of male amateur runners who set world records at distances of from 100 yards to thirty kilometers over the past fifty years. The rate of improvement has averaged about .75 meter per minute per year. The authors of this article maintain that continued improvement in performance is likely to continue for an indefinite number of years.

We can expect a similar process for many kinds of bodily self-surpassing. Within the next ten or twenty years, we predict, some man over forty will come close to a four-minute mile, and someone in their forties will do exceptionally well in the Olympics. (Jack Foster of New Zealand has already run a two-hour and eleven minute marathon—one of the best times ever—when he was 41.) More prodigies like Walt Stack and Mavis Lindgren will amaze us. And the continuing effect of the physical fitness boom will contribute to further declines in heart disease, thus increasing the average American life expectancy.

During the next two decades, athletes and coaches in the United States and Europe will incorporate mental disciplines into their training as the Russians and the East Germans are doing now. The influence of such methods will inevitably spread to colleges and high schools and will cause recreational sport to become more oriented toward spiritual values.

But contagious effects like these will not be limited to athletics. The current interest in biofeedback, meditation for health, and various methods of self-suggestion will continue to grow, contributing to the alleviation of pain and sickness. These methods of self-control will be taught in more clinics, hospitals, schools, churches and independent learning centers. Methods to enhance relaxation, increase sensory awareness and stimulate imaginative thinking will be taught and practiced in homes and recreational centers. Interest in humanistic psychology and holistic health will develop as it has for the last fifteen years, under increasingly diverse rubrics. Rigorous explorations into the further reaches of human capacities, through pioneering projects like Robert Masters' Psychenaut Program, will provide knowledge and methods of education that will expand our understanding of supernormal functioning. All of these trends will inevitably lead to: (1) a growing interest in psychophysical transformation; (2) more research and dissemination of information in these fields; (3) increasingly imaginative proposals for programs to develop these leadings, including novels, paintings, works of science fiction and television documentaries that dramatize adventures in high level change; (4) more exemplars of healing and surpassing performance; (5) more surprising and compelling exploration into the uncharted realms of supernormal experience. Such developments are possible in part because physical excellence so easily captures our imagination. Because we all have been sick, new ways toward health will attract us. Because we have eyes for physical beauty, we will notice programs that show ways to increase it. Because an increase in physical capacity of any kind is so rewarding, we will always be vulnerable to methods that bring it about.

The More Distant Future

In fifty or a hundred years from now, when meditation, physical fitness, spiritual healing and voluntary control of our autonomic systems are commonly taught and practiced—when millions of us recognize the frontiers that exist in the further reaches of our minds and bodies, there will be many groups working to achieve the seemingly miraculous capacities we catch sight of in the stories of certain saints and yogis. By then we will have mounted several projects of this kind that in their scope and enterprise will resemble the explorations of space. There will be organizations and networks to exchange information concerning the complexities of such high level change (indeed, the Associations of Humanistic and Transpersonal Psychology and centers like Esalen Institute serve in this

(concluded on page 33)

Underground houses carved into ancient silt plains in China

There are a variety of ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The week-end and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are particularly valuable as a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose that approach which feels most appropriate, and then pursue it in subsequent seminars. For those who wish an extended stay of a month or more, the Ongoing Residence Program is ideal and is described on page 38. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof, Al Drucker, and David Schiffman, which frequently involve didactic seminars as well as experiential workshops, and can be particularly useful for professionals and graduate students.

WAYS OF BEING AT ESALEN

A very popular way of being at Esalen and one that allows a much greater involvement with the place and its community at a lower expense is the Work-Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 13 for more information and an application form.

In addition, besides all the catalog programs, there are a large number of other events which enrich life at Esalen. There is a regular Tuesday Night Forum where various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there are films, dance performances, choirs, puppet shows, boogies, and other forms of creative entertainment. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

THE ESALEN WORK-STUDY PROGRAM

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our selves primarily in relation to others; we lose touch with our essence.

From this perspective, we offer an opportunity to return to our Selves within the working context of the Esalen community. Our faculty for this program is our environment — staff — community.

— Learning/dis-covering the use of your own energy in work . . . for your SELF.
— Living together (close to others) operatively and co-operatively in a unique, high intensity environment.
— Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.

An opportunity for:
— SELF-regulation
— SELF-examination
— SELF-contemplation

and if you choose
— SELF-reevaluation
— Facilitated by removal from your ordinary living context.

Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program, emotionally and physically, and only rarely is it restful. There will be a coming together in the evenings to share—contact—play/alone-together. Professional services such as massage and rolfing are available at staff rates. Arrangements are made through the office.

Accommodations are shared, with up to three people to a room, at South Coast Center, a staff living complex which is 1½ miles north of Esalen. The Work-Study Program, lasting 28 days, is a full time workshop in itself. The work commitment to the community, group process work, and teaching seminars make up a busy schedule for participants. Enrolling in the Esalen catalog workshops is therefore discouraged, since the extra involvements tend to interfere with the fulfillment of the Work-Study Program.

Available dates: October 7-November 4; November 4-December 2; December 2-30; December 30-January 27; January 27-February 24; February 24-March 23; March 23-April 20; April 20-May 18; May 18-June 15.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with $150 deposit to:

Work-Study Program, Esalen Institute, Big Sur, California 93920. Telephone: (408) 667-2335

ESALEN INSTITUTE Application for the WORK-STUDY PROGRAM

Date of application _____ Daytime telephone _____

Name _____ Address _____

City _____ State _____ Zip _____

Age _____ Your occupation _____

Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work-scholars may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. If such an invitation is extended, please indicate your availability:

☐ no extension ☐ one month extension ☐ two month extension

Have you been to Esalen workshops? Please list program titles and dates: _____

Please make a personal statement about your interest in the Work-Study program. Include any skills you may have available. _____

ESALEN PROGRAMS

Week of September 23-28

Stress: Harnessing Its Energy for Health

Keynote Scholars: *Hans Selye, MD &*
Meyer Friedman, MD

Program Leaders
Hughes Andrus, MD
Philip Mac, MD
Janet Mentink, FNP
Robert Nadeau
Mary O'Hara-Devereaux, FNP, PhD
Julian Silverman, PhD

A conference on improving the quality of care of your patients—AND you.

Co-sponsored by The Foundation for Comprehensive Health Services and Esalen Institute

This conference, led by two internationally known experts on stress and a group of highly skilled health professional program leaders, presents an educational emphasis on how we health care providers can better handle stress and how that might directly affect both us and our patients. The program combines a series of technical scholarly presentations on aspects of stress management with a unique experiential learning format, developed by a team of health care educators at Stanford University and the University of California/Davis Medical School's Department of Family Medicine.

Program topics to covered by the conference faculty include:
— Learning to *utilize* stress to facilitate self-composure
— Teaching specifics of self-care and stress tolerance
— Attitudes, belief systems, and stress tolerance
— Who's responsible for patients' health? — Re-educating patients *and* health professionals
— Iatrogenic disease: causes, treatments, cures
— Body awareness, bio-feedback, and attention
— Personality types and stress tolerance: do we have control over whether we are type A or type B?
— *Re*-viewing the physiology of stress — general effects, individual differences
— The brain and human values: cause and effect
— Stress and identity.

Nurses and physicians will receive 30 hours of continuing education credit. $550

Required deposit: $150.
For scholarship information write to Esalen Institute, Big Sur, CA 93920, or phone (408) 667-2335.

September 30 - October 26

Energy: Physical, Emotional and Spiritual
Stanislav & Christina Grof

A four-week interdisciplinary program for professionals and students in the areas of psychiatry, psychology, general medicine, anthropology, physics, philosophy, and religion. This workshop will focus on various manifestations of energy and on techniques of channeling them for the purpose of self-exploration and spiritual growth. Special attention will be paid to the problems of interrelations between consciousness, energy and matter. The program will cover three thematic areas:

1. *Ancient Spiritual Systems and Techniques of Dealing with Energy.* We will explore, theoretically and practically, Tantric art and ritual, the Tibetan vajrayana, kundalini yoga, Agni yoga, Basque mysticism, astrology and alchemy.

2. *Consciousness Research and Modern Physics.* We will focus on revolutionary findings from experiential psycho-therapy, psychedelic research, parapsychology, anthropology and modern physics. The controversies about the pioneering research of Wilhelm Reich will be reviewed by his prominent former co-worker, Bernard Grad. Special sessions will be dedicated to the striking convergence between mysticism, consciousness research, and modern physics.

3. *Self-Exploration and Group Process.* The workshops of this series use an experimental educational format that combines didactic input with personal experience. Esalen staff and guest leaders will act as facilitators of an ongoing process of intrapsychic and interpersonal exploration of the participants throughout the program. In this context, we will use gestalt practice, encounter, neo-reichian approaches, dance, fantasy exercises with music, mandala drawing, psychosynthesis, and different forms of body work. $1200

Faculty:

Anne Armstrong	**Stanislav Grof**	**Dulce Murphy**
Jim Armstrong	**Arthur Hastings**	**Michael Murphy**
Angie Arrien	**Jim Hickman**	**Mary Payne**
Gregory Bateson	**Deane Juhan**	**Christine Price**
Fritjof Capra	**Claire Killen**	**Richard Price**
Dhyan Yogi	**Janet Lederman**	**Tarab Tulku Rinpoche**
Lila Daniels	**Bill Liles**	**Gabrielle Roth**
Ed Dreesen	**Leo Matos**	**Beverly Silverman**
Al Drucker	**Ralph Metzner**	**Julian Silverman**
Bernard Grad	**Peggy Morrison**	**Rick Tarnas**
Christina Grof	**Ajit Mookerjee**	

Week of September 30-October 5

Thinking Body/Moving Mind/Understanding Heart
Betty Fuller

Movement is a primary means to learning: learning about one's self, one's relationship to others, one's place in the universe. Happy side effects of such learning can include an enriched and enhanced self image and spontaneous and appropriate self expression along with greatly reduced stress, friction, tension, and effort. The workshop includes trager and feldenkrais body-mind approaches, guided imagery, simple meditations, and massage at the baths. Feelings, encounters, understanding, and realizations generated in the workshop may be shared and processed in the group. $280

Autumn Changes / *Deborah Medow*

Leaves falling, shedding excess,
Leaves essential Being, leaving off stress.
Inward/outward feelings
Free to express.
Yoga meditation movement massage.
Musical instruments, voices, people who play and who don't play
Are welcome. $280

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $250

Weekend of October 5-7

Thinking Body/Moving Mind/Understanding Heart
Betty Fuller

For workshop description see September 30-October 5. $120

From Stress to High Level Wellness
Preventing Burn-Out in the Helping Professions
John Travis, Joy Holloway & Barbara McNeill

An experiential approach to high level wellness. Learn what high level wellness is about. We will assist you in developing skills in the areas of self-responsibility, stress control, nutrition and physical activity, and in promoting the excellence and vitality which are synonymous with optimum health. We will create our own wellness plans and, through personal experience, learn the importance of self-responsibility in active health and well-being. We will also encourage the shifting of beliefs towards a new paradigm—one in which we are no longer rescuing patients, clients, friends from disease, but rather teaching self-responsibility by our personal examples. $120

The Gazebo: An Alternative Education
Janet Lederman

The Gazebo is a model for restructuring educational systems, both physically and philosophically. It is a new concept of "school," involving the inviting of children back into society, the integration of generations, and the re-introduction of life into the content of learning.

The workshop will be both didactic and experiential. We will investigate alternative ways of financing education and plan ways to revitalize neighborhoods as viable teaching resources by generating community involvement. The form, structure, and activities of the Gazebo will be available to participants. So far our youngest student is 9 months old and our oldest is 75. Esalen's Gazebo is more than an idea. It is an actuality. Limited to 12 participants. $120

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Week of October 7-12

Five Days with Jack Rosenberg

My current focus in on enjoying life to the fullest and bringing the clearest expression of my self to each moment. Many people describe what I do as gestalt body work with a transpersonal bend.

During the workshop we will cover many aspects of my energetic approach to sexuality as well as working with the body energy field and the belief system which keeps us locked in obsolete behavior patterns. Where you are is where we will start. $280

Heal Thy Self: A workshop for Health Professionals
Hughes Andrus & Mary O'Hara-Devereaux

This workshop focuses on our behavior as health care practitioners and how this behavior affects our own health as well as the health of our patients. It emphasizes:

Self-responsibility for each practioner's health;

Techniques for enhancing the sensitivity of practitioners in ways which make them more "tuned-in" to each patient-consumer;

(Weekend of October 12-14, continued)

Caring and being careful—applying sound judgment and knowledge in relation to patients and simultaneously not taking health-care responsibility away from patients.

We will use methods of self-discovery derived from psychosynthesis, gestalt, meditation, and other systems, in addition to lecture and discussion on the several themes surrounding self care. Each participant will have an opportunity to make an assessment of their own health status and consider changes for themselves and changes in their clinical practice styles.

Nurses and physicians will receive 30 hours of continuing education credits. $280

The Feeling Process / *Janet Zuckerman*

Some of the steps involved in learning to experience your feeling process in a way that increases your personal effectiveness in the world will be the focus of this workshop. Separating feelings from thoughts—sensitizing your body to your own rhythms and sensations and recognizing that *your* feelings—*your* discoveries are your truth without needing outside validation. The process is then the choice of expression or depression. An experiential workshop. $280

Weekend of October 12-14

Music, Dance & Celebration / *Emmett Miller*

In cultures less dominated by technology than ours, music, dance, and celebration are not spectator sports, but are used together with "trance" states by *everyone* present, for physical, emotional and spiritual health, for release of tension from mind and body, for enjoyment and ecstasy, and for interpersonal and transpersonal communication.

We will leave the "cultural trance" and develop our own, explore it in stillness and in movement, in silence and in sound. Chanting, music, massage, singing, and drumming; a time of joy, celebration and sharing. $120

Astrology: A Map of the Psyche / *Robert Hand*

Carl Jung once stated that astrology contained within its teachings the sum total of the psychological knowledge of the ancients. The point of this workshop will be to show the validity of this statement expressed in modern terms.

Many people have tried to make astrology fit into various systems of modern psychology. Here we will explore the extent to which astrology is, in itself, a complete system of psychology, which makes its own statements about human nature, and which suggests rather surprising consequences for ideas of human life and behavior.

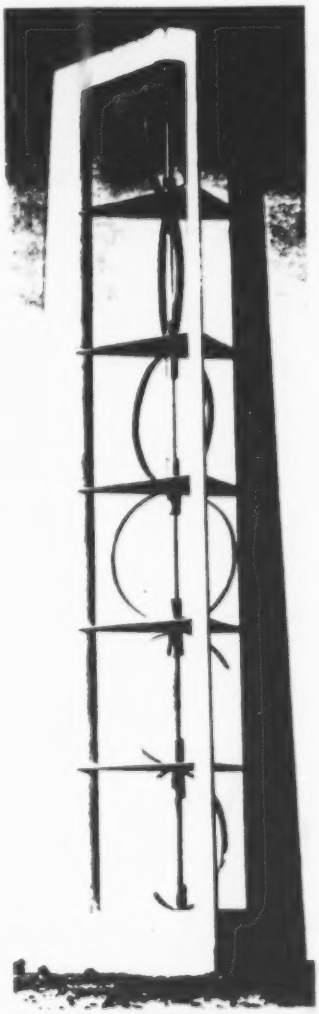
Little or no previous knowledge of astrology will be required in this workshop. We will be concerned largely with the symbolism and its psychological import, not especially with the techniques of horoscope analysis. Any material of a technical nature that is needed in the workshop will be introduced as we go along. $120

Being Together, Being Ourselves / *Paul Rebillot*

". . . Let there be spaces in your togetherness and let the winds of the heavens dance between you."

—Kahlil Gibran, *The Prophet*

Laughing and crying, dancing and touching, we will come together for a weekend of improvisation and play. Gestalt process and theater games will help us to open doors to new ways of being together while being ourselves. We will explore the delicate balance of communication and separateness, of closeness and distance in our relationships with one another. $120



Wind-turbine tower design

EXPERIENCING ESALEN

Experiencing Esalen Staff
Coordinated by Janet Zuckerman & Joan Fiore

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *Anger and the Rocking Chair* (Lederman).

SCHEDULE

September 30-October 5	$250
October 19-21	$110
November 2-4	$110
November 18-23	$250
November 30-December 2	$110
December 14-16	$110
January 11-13	$110
January 25-27	$110
January 27-February 1	$250

Week of October 14-19

Opening the Feelings: A Neo-Reichian Radix Workshop
Dale Cummings, Siri Mishler & Merri Goldenson

For workshop description see page 23. $310

Family Circles / *Paul Rebillot*

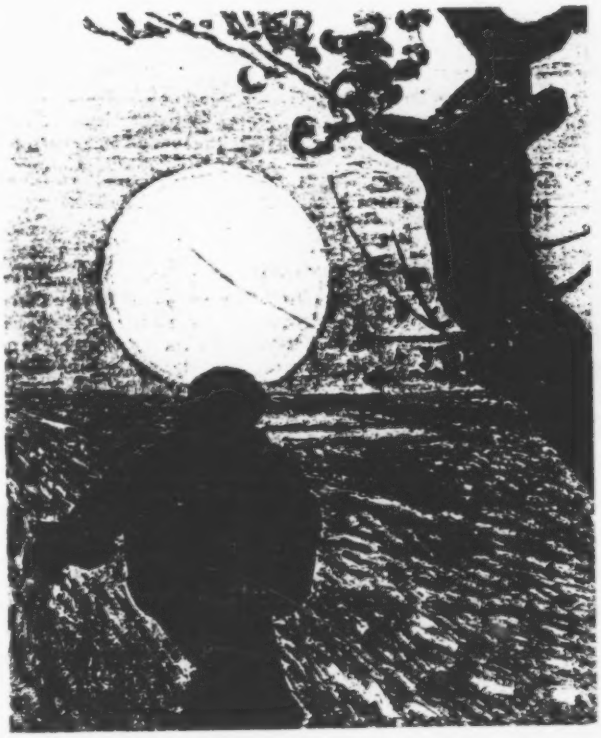
"If you get rid of the pain before you have answered its questions, you get rid of the self along with it."

—C. G. Jung

In order to survive and win approval in our childhood situations, most of us had to develop an "act"—a set of acceptable behaviors that required the painful suppression of our own spontaneous energies. The first step toward recovery of the authentic self is to purge ourselves of the inhibiting programs delivered to us in childhood. *Family Circles* offers a safe, supportive environment in which to answer the questions of our childhood inhibitions and finally destroy them through dramatic ritual action. Through a process of reparenting by ideal parents, psychodynamically enacted, we then create for ourselves the childhood of our heart's desire. $280

Symbols of Transformation
Ralph Metzner & Angie Arrien

This seminar is an intensive experiential study of symbols as tools of personal growth. Symbols can expand one's perception of self and others, increase insight, and stimulate new areas of self-expression and creativity. We will consider a variety of symbols: psychologically, as archetypes of individuation, and cross-culturally, as universal constants. The symbols to be studied and experienced include: sun and moon, trees, flowers, circles/wheels/mandalas, totem animals, light and fire, the elements, sacred mountains, the body and its parts, the journey/path, and others. Some of the sources of symbolism that we will draw on are astrology, alchemy, the tarot, mythology, and folklore of all cultures. Special attention will be given to the uses and significance of symbols in dreams, art, and the helping professions. Special symbolic creative projects will be part of the seminar. $280



Weekend of October 19-21

Inner Road to Health: A Weekend Primer on Alternative Health Systems
Al Drucker

This workshop is intended as a first short introduction to some of the approaches of holistic health, which are currently gaining favor as natural alternatives to the more orthodox medical practices dominating the health field in this country. Included will be such diverse topics as herbs, flowers, acupuncture, iridology, homeopathy, rolfing, diet, etc. Early morning sessions will be devoted to chanting and meditation followed by yoga or tai chi. We will also schedule an afternoon massage session with herbal bath for which we pick our own herbs. Meals will be largely organic and natural, much of the produce coming from our own garden. $120

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $110

Dream Discovery / *Joyce Frazee*

"A dream that is not understood is like a letter that is not opened."
—Talmud

Each night we receive brilliant, insightful, creative communiques disguised in poetic imagery. In this workshop we will explore how to use our dreams for personal growth, insight, creativity, and problem solving. Participants will discover that any dream, however fragmentary or prosaic, can offer entry to a new world of insight. Methods for dream discovery will include exercises in dream recall, Senoi dream practices, mandala drawing, gestalt dream work, and psychosynthesis. $120

Westerbeke Ranch Program

October 19-21

Hypnosis & Parapsychology / *Lee Pulos*

All participants will be taught to experience beginning and advanced techniques of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering techniques such as automatic writing and ideo-motor questioning. In addition to brief lectures explaining and de-mystifying hypnosis, the 'fun' part of the workshop will be the exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $120

This program sponsored by Esalen will be held at the Westerbeke Ranch in Sonoma County, an hour's drive north of San Francisco. Full payment is due five days in advance of the beginning of the program. Send reservation and payment direct to Esalen Institute, Big Sur, CA 93920.

Week of October 21-26

Dream Consciousness and the Experience of Death: Ancient and Modern Approaches
Tarab Tulku Rinpoche & Leo Matos

In this seminar we will explore a variety of approaches to the phenomena encountered in dreams and their relationship to the experience of death. The methods used in the Tibetan Tantric tradition will be complemented by and compared with the dream work developed by the Senoi of Malaysia, North American Indians, and Western depth psychology (Freud's psychoanalysis, Jung's analytical psychology, and Fritz Perls' gestalt practice). We will also use experiential techniques developed by the two of us for examining various levels of dream consciousness and their relationship to the experience of death and the death-rebirth process. Special attention will be paid to the importance of these areas for the practice of meditation. $280

Self-Acceptance—The Freedom To Be
David Schiffman & Elisa Lodge

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $280

Gestalt Practice
Christine Price & the Esalen Gestalt Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear–
And used–is inexhaustable.
—Lao Tzu c. 2500

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Paricipants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is enfoldment, wholeness, growth rather than adjustment, cure or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J. C. Pearce); *Illusions* (Richard Bach). $280

Weekend of October 26-28

God, Sexual Energy & Your Body / *Gabrielle Roth*

"When sex comes from the physical center, it is a necessity. When it comes from the mental center, it is a fantasy. When sex comes from the heart center, it is a deep, total, and profound experience of our own divinity. Sex is meaningless without the heart."

The purpose of this workshop is to heal the separation between our divinity and our sexuality as it exists in our consciousness, attitudes, and actions. This weekend will include breathing, movement, music, sound, and massage meditation. We will come together to dance, to sing, to worship, to cry—to celebrate our vulnerability and our strength, our heights and our depths. Gabrielle will support us in going within ourselves to rediscover the magnitude of our own heart energy, thus infusing our sexuality, and our entire life experience, with depth and purpose. $120

The Gentle Art of Becoming—Together: A Workshop for Couples
David Schiffman & Elisa Lodge

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness techniques. $120 per person.

Massage Intensive / *Esalen Massage Staff*

The members of the massage staff, each with their own unique style, will give instruction and help the group to practice basic techniques of massage upon one another: sensory awareness, deep muscular massage, joint articulation, polarity. As we learn to feel with our hands how the body and the life-force within it works, we learn to release tensions in others and to be more fully aware of ourselves.

The group meets daily in the mineral baths. $120

October 28—November 23

An Integrative Approach to Group Process & Individual Growth

(A four-week internship program for personal & professional growth)

David Schiffman, Elisa Lodge & Esalen Staff

Over the years Esalen has functioned as a major clearing house for a wide variety of approaches and means for facilitating personal evolution and expression. One's journey could begin with any realm—mental, physical, emotional, or transpersonal—each path serving to create a wealth of information and energetic access.

What are the common experiential and conceptual threads that underlie each of these paths? How can these threads of experience be best woven together to create a fabric whose qualities are simultaneously exquisite in their delicacy while still remaining strong enough to sustain the wear and tear of worldly existence? And how best might this very personal process of self-discovery and integration be taught and shared with others?

The exploration and resolution of these and other basic questions pertaining to the process of change and growth will serve as the basis of our work together during this month long institute program.

During the month each participant will have the opportunity to clarify and develop his/her own ability, style, and artfulness both as individual guide and group facilitator, as well as to do in-depth personal work and training in gestalt practice, body work, psychosynthetic techniques, and the meditative arts.

The program will be structured to include: intensive individual work, supervised observations, practicum work in group leading and individual counseling skills, video feedback, illustrated lectures and didactic theoretical sessions. The emphasis throughout will be on creating a personally integrated perspective linking human potential practices with traditional psychological and counseling modalities. $1200

Week of October 28-November 2

A Psychic Training Program / *Anne & Jim Armstrong*

This workshop is open to professionals and others interested in learning to recognize, trust, and use their own Psi abilities. Anne and Jim will use exercises and training techniques to accomplish this goal. During the training exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $280

Cycles / *Gabrielle Roth*

This is a five day moving center ritual designed to inspire and channel the religious, sexual and creative aspects of life energy into unity and expression. Through movement, sound, music, and writing meditations, we will explore and present our unique experiences of life's waves, rhythms and cycles. The moving center tools are designed to release our gifts, talents, and potentials to be the most of who we are. $280

Weekend of November 2-4

Heal Thy Self: A Workshop for Health Professionals
Hughes Andrus & Mary O'Hara-Devereaux

For workshop description see October 7-12. $120

Experiencing Esalen / *Experience Esalen Staff*

For workshop description see page 17. $110

Bodymind Health, Fitness, and Wellbeing
Ken Dychtwald

The converging fields of holistic health, psychotherapy, human potential research, and physical fitness have given birth to a variety of practices and philosophies that suggest a new image of the human bodymind and its developmental potentials. Inherent in this approach to well-being and personal growth is a deep appreciation for the unity of mind and body, an emphasis on preventive education and health care, and the realization that growth, exercise, self-awareness, and meaningful interpersonal involvement are necessary ingredients in the healthy lifestyle.

In this workshop, using lecture, demonstration, massage instruction, and a variety of bodymind awareness exercises, special emphasis will be placed on learning how to understand the many ways in which the body and mind interact. Recommended reading prior to workshop: *Bodymind* by Ken Dychtwald. $120

Week of November 4-9

A Movement Approach to Individual Growth and Group Process / *Mangrove*

Mangrove is a community and performance collective of seven men from San Francisco. We work in an improvisational life process originating in organic movement flow.

We begin with our most basic dances of lying, sitting, standing, walking, and running. Each person explores the dynamics of his moving/thinking body in relation to balance, momentum, and gravity. We use the tools of nonverbal communication: the dynamics of pressure, immediate responsiveness, and the give and take of weight. To play with each other in the present moment, we let go of expectations, projections, and static images of ourselves.

This everchanging dance constantly asks for our presence and support, physically, emotionally, and spiritually. We dance alone, in pairs, and as a group, and we use voice and music to support and extend the contact improvisation. $280

Un-Covering Creative Energy / *Myrtle Franklin*

As children we were closer to the source of our creativity and were free enough to express it informally. Over the years we gradually found barriers to inhibit it. Now, through various awareness exercises, we can un-cover and express this energy through whatever medium is naturally our own: sound, color, writing, movement. We will focus on the process of expression-appreciation. $280

The Feeling Process / *Janet Zuckerman*

For workshop description see October 7-12 $280

Weekend of November 9-11

Aikido Weekend / *Robert Nadeau*

We'll use the Japanese art of aikido to experience centering and energy awareness. This form will help make tangible, through physical movement, our relationship with the energy available to us and give direction for its use in daily life. Wear loose clothing. $120

Reichian Gestalt: A Workshop for Contact & Release
Laura DeNuccio

This weekend provides a safe environment to consciously experience our rhythm and expression through our own unfolding process—physically, emotionally, and energetically. There will be opportunities to contact how little or how much we hold ourselves back or let ourselves go. Through the awareness continuum we can witness our process and contact *what is* in each of us.

Utilizing reichian emotional release, gestalt practice, bioenergetics, feldenkrais, massage, reflexology, dance, meditation, and various other bodymind approaches, we can move toward expanding our capacity for trust and fulfillment. $120

Massage and Health Practice
Esalen Massage Staff & Guest Teachers

Esalen's massage staff is offering this workshop in order to share various health practices centering around and embellishing the work we do. The focus is on you and on helping you to develop a good, solid home health program while you are with us.

We will work experientially with tools that will help you to develop your own personal health awareness, maintenance, and enrichment, and which will offer you a sense of how to share this work when you return home.

We will be exploring different forms of diet, body work, meditation, exercise programs, yoga, use of herbs indigenous to the area, polarity, energy balancing, acupressure, and the use of movement as a way to free and express vital life energies. Please feel free to bring musical instruments. $120

Weekend of November 16-18

Black Dance / *James Xavier Nash & Jasmine Nash*

This workshop will include massage and dancing, exploring the rituals of Black disco dancing in contemporary American society. High-low energy, sensual and sexual, rhythm and syncopation, hand clapping, foot stomping, using African drums, we will use our voices and recorded popular Black music. $120

Knowing Thyself: An Existential Self-Esteem Workshop
Galvin Jackson & John Alston

We will focus on learning positive ways of thinking about ourselves and practice communicating more openly, spontaneously, and genuinely, from a position of strength and self-acceptance. We will experiment with alternative ways of presenting ourselves to the world, letting go of self-defeating behavior patterns. Exercises will be introduced to help us to experience ourselves and others in a more positive light. One group session will be a massage class. $120

Exorcising the Demon "Should" / *Paul Rebillot*

Within each of us there lives a demon—our own personalized critic whose greatest joy seems to be to criticize, denigrate, and destroy every experience we have. We're either too fat or too thin, and when we fall in love we're never good enough. This demon who commands us to be who we aren't in order to satisfy someone we can never satisfy is the demon that we will seek to exorcise during this weekend.

What if you actually tried to be everything you think you should be? We will build up that image, helped along by our own sense of humor, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously, simply allowing whatever happens in similar situations.

With the help of this experience in contrasts, we will explore our possibilities of movement between the two, and in this way open up our options to the full range of our own authentic being. $120

Week of November 11-16

Experiencing the Esalen Garden
Sherry Ackerson, Steven Harper, & the Esalen Garden

The focus of this workshop will be the experience of nurturing and being nurtured by the earth and her plant life. During the day, specific methods for gardening, including plantings, bed preparations, and composting, will be taught. We will also learn the healing aspects of herbs, and enjoy an herbal bath. Our evenings will include guided fantasy, meditation, drawings, and movement. Come and celebrate the gentle dance of earth, air, sunlight, water, and our bodies in our year-round organic vegetable garden.

Since much emphasis is on experiencing what we learn, make sure to bring overalls and workboots. $280

Five-day Massage Intensive / *Esalen Massage Staff*

An introduction to the language of the body, this course will attempt to view the human interior through various windows: yoga, feldenkrais, movement, demonstration and work sessions, and evening lectures and discussions. Every major portion of the body will be given detailed attention, and your instructors will acquaint you with their individualized styles. In the morning and afternoon practice sessions the focus will be on your integrating this information in your own manner and evolving your own style of working with the body. Our intent is not to teach you to imitate, but to help you learn to become *effective*; the rest you will teach yourselves. $280

Opening the Feelings: A Neo-Reichian Radix Workshop
Renan Sercarz, Joe Freeman, & Merri Goldenson

For workshop description see page 23. $310

Week of November 18-23

Death and Resurrection / *Paul Rebillot*

This workshop offers the opportunity to experience, rather than avoid, one of life's most real situations and its only inevitability: your own death. On a wider scale, it explores ways to move creatively through life's many transitions, letting go of the old and welcoming the new.

We will prepare to experience our deaths by reviewing our lives, completing unfinished business, writing wills. We will plan and celebrate our own funerals. Attachments to persons, things, and self-images are gradually severed until, surrendering all to the ultimate unknown, we are able to experience the birth of the truly new. Reborn, we can begin to create a new life the way we want it. $280

Body-Feelings-Consciousness / *Clair Killen*

This will be a full participation, experiential week. It is based on Clair Killen's extensive radix group work. The workshop will be limited to 12 individuals joining in a non-confrontive program of movement and body work, and allowing opening of deep feelings. Each time we witness and experience what is real for us about our bodies, our self-esteem, and the ways we control our lives, we extend our consciousness. $280

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $250

Weekend of November 23-25

Health Practices for the New Age
Polly Kirby with Julian Silverman

This workshop will give an overview of the new age health practices, including alternative healing modes, that are presently being integrated into the Western medical model. An atmosphere where participants can examine their own healing modes and discover new alternatives for themselves and others will be created. The workshop will focus on connecting with oneself and others and using this connection in one's own health care work. Nurses and physicians will receive 10 hours of continuing education credit. $120

Let Go/Let Be / *Betty Fuller*

This workshop will include physical and mental clearing, communication and stress reduction exercises, guided imagery, simple meditations, and body methods such as feldenkrais, trager, and massage. For each approach, methods for daily practice and individual follows-up will be presented. The workshop schedule allows time for rest and relaxation at the baths. $120

The Feeling Process / *Janet Zuckerman*

For workshop description see November 4-9. $120

Week of November 25-30

Esalen Staff Week.

We will have no public programs during this period.

Weekend of November 30-December 2

Awakening the Magician Within / *Emmett Miller*

Whether or not we have as yet learned it, there is a magician within each of us. His magic wand is belief. If we believe we are sick, we are sick; if we believe we are stuck, we are stuck. But all coins, even magic ones, have two sides. If we believe we are growing stronger every day, we are; if we believe in our creativity, our problems joyfully solve themselves. In this seminar we will investigate experientially and discover what truth there is in each of these statements for us, individually. Our explorations will be experiential, using deep relaxation, visualization, music, movement, and selective awareness. $120

Going Beyond Jogging / *Mike Spino*

This workshop will expand your running ability and pleasure. In it you will be introduced to various gaits and tempos and styles of motion practiced by world class runners, breathing patterns and relaxation techniques that remove body fatigue and strain, yoga-based stretching exercises and muscle/skeletal exercises that reduce chances of injury and increase performance, meditation techniques, Eastern philosophy and energy systems, visualization utilizing images which enhance physical abilities and increase running performance, sports physiology including preventive health approaches, the latest cardiovascular research, and nutrition. $120

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $110

The Integrated Mind / *Janet Lederman*

Learning and attention contract, as does the ability to deal with frustration and struggle, when the environment threatens the nervous system. Through the Gazebo experience it is possible to be present for content learning in a way that doesn't occur in the usual educational environment. Within the context of this workshop you can increase and expand your intelligence beyond the crisis of your education, through a balanced and spontaneous use of stereophonic brain power. This is an experiential workshop. $120

RADIX NEO-REICHIAN WORKSHOPS
(formerly Interscience Workshops)

Opening the Feelings

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this series of workshops which employ neo-reichian techniques of emotional release. The Radix Intensive, a period of individual work within a small group setting, is practiced by Charles and Erica Kelley and their staff at the Radix Institute. The intensive, like other neo-reichian techniques used in these workshops, grew from the discovery by Charles Kelley's teacher, Wilhelm Reich, of the way in which feeling is rooted in the flow of energy in the body, and is blocked by chronic muscular contractions which Reich called the muscular armor. Freeing the armor enables the student to open feeling that is buried and to soften and free feeling that is too strong and has been held in for fear of explosion. In these workshops armor is softened by simultaneous work on the character and body, using techniques not only from Reich, but also from bioenergetics, sensory awareness, and other body-oriented approaches. The participant/teacher ratio is kept small, never more than 10/1. Each weekend participant who wishes will receive an Intensive, while 5-day workshop participants receive two. By meeting sometimes in small groups and sometimes together in large groups, Radix combines the intimacy and individual attention of the small group with the energy and dynamism of the large. Grief or pain, fear, and rage that have been held in since childhood emerge in these workshops. As the participant accepts and works through these negative feelings, he/she discovers a new capacity for pleasure, trust, and love. In time the sexual experience changes profoundly as tender and sexual feelings for the mate intensify and merge.

SCHEDULE:

October 14-19 — Dale Cummings, Siri Mishler, & Merri Goldenson

November 11-16 — Renan Sercarz, Joe Freeman, & Merri Goldenson

December 9-14 — Merri Goldenson, David Silverstein, & Laura Kay

Week of December 2-7

Positive Resistance / *Beverly Silverman*

In the human potential movement we have come to think of resistance as a negative quality, something to do something about—get rid of. Resistance for most of us has served a useful protective purpose and also balanced physical resistance is a way of experiencing positive energy in the system. Learn to contact your resistance and salute it. If it is obsolete and gets in your way you can say goodbye to it. If it serves a useful purpose you can learn how to use it. $280

Coming Home: An Invitation to Remember Your Self
Laura DeNuccio & Daniel Bianchetta

Providing a safe environment for you to be holy/wholly who you are, we will begin with deep emotional release work, continuing then to the subtler realms of energy and intuitive awareness, exploring, experiencing, and expanding Self. Our complementary approaches:

neo-reichian work	intuitive awareness
movement	meditation
gestalt	play
t'ai chi	aikido

massage

$280

The Spiritual Path: Promises and Pitfalls
Stanislav & Christina Grof

We will combine observations from modern consciousness research and from various traditional practices to explore the process of spiritual awakening. The participants will have the opportunity to confront transpersonal areas within themselves in various experiential exercises, combining evocative slide-shows, music, controlled breathing, mandala drawing, and individual work if appropriate. Special attention will be paid to the understanding of and approach to "spiritual emergencies" which can occur in the context of the kundalini process and other forms of personal evolution. $280

Mike Spino's Mind/Body Running Program

This workshop is designed for individual development of a mind/body practice focused on the running experience. It will include and integrate the practices mentioned in *Going Beyond Jogging*, November 30 - December 2, into a holistic personal program. Each person will leave with a 6 week training program for distance running excellence, designed for beginners or recreational runners at all levels of fitness. The book *Mike Spino's Mind/Body Running Program*, by Mike Spino and Jeffrey Earl Warren, is recommended reading. $280

Week of December 9-14

Opening the Feelings:
A Neo-Reichian Radix Workshop
Merri Goldenson, David Silverstein, & Laura Kay

For workshop description see this page. $310

Self-Acceptance—The Freedom To Be
David Schiffman & Elisa Lodge

For workshop description see October 21-26. $280

DECEMBER 9-21

Gestalt Practice / ***Christine Price, Joan Fiore & the Esalen Gestalt Staff***

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear–
and used–is inexhaustable.
—Lao Tzu c 2500 BC

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, and growth rather than adjustment, cure, or accomplishment. The second half of this program will have participants working primarily with each other, relating whatever is being learned (or unlearned) to the development of their own styles. Thus this program might be especially useful to those wishing to utilize a gestalt approach in their professions (e.g. counselors, teachers, ministers, mothers, doctors and nurses).

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J. C. Pearce); *Illusions* (Richard Bach). $680

Weekend of December 7-9

Energy Awareness & the Crystalline State
George Leonard

In the crystalline state, there is no expectation nor any prejudgment. Concentration on the past and future gives way to primary focus on the present. Action taken while in the crystalline state is not *considered action* but rather *appropriate action*. When fully achieved, this state permits you to experience the harmony and connectedness of all existence. This energy awareness workshop will emphasize the crystalline state as described in George Leonard's latest book, *The Silent Pulse: A Search for the Perfect Rhythm that Exists in Each of Us*, and will also involve centering, balancing, and stress reduction. $120

Exploring Self-Acceptance
David Schiffman & Elisa Lodge

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $120

From Stress to High Level Wellness
Preventing Burn-Out in the Helping Professions
John Travis, Joy Holloway, & Barbara McNeill

For workshop description see October 5-7. $120

Weekend of December 14-16

States of Awareness, Shifts of Identity
Robert Nadeau

Who are we *really?*

On a "bad day" we approach life feeling anxious, incompetent, unloved, unloving—basically negative and small. At other times we're like a different person—calm, squared away, loving, open. And then there are those extraordinary moments of opening to larger, finer dimensions where we *experience* the oneness, the totality of our philosophies.

These are shifts of identity, and the shifting process is a natural one. But most of us stumble from identity to identity, getting "stuck" in smaller states and only rarely touching finer ones.

In this workshop we'll experience the shifting process and learn to apply it to our jobs, our relationships, the ordinary and extraordinary times in our lives. We'll use meditation, imagery, centering, and body movement. $120

Weekend Massage Intensive / *Esalen Massage Staff*

We will assist you in acquiring the basic tools you will need to begin to explore massage. By demonstrating for you and practicing with you it is our intent to introduce you to the major muscle sets of the body and to help you to establish a sense of an effective beginning, development, and closing of a full-body massage. Emphases will be on our own grounding and internal awareness, on learning to recognize the areas in ourselves and others that need relief, and on learning to be aware of the quality of our own touch. $120

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $110

Week of December 16-21

Awareness & Freedom Through Feldenkrais Method & Dance
Ruthy Alon & Nitza Broide Miller

This workshop is for people who are willing to expand their patterns of movement and dance for improving their feeling of well being in body and spirit.

The group will experience many feldenkrais processes that are like the grammar of spontaneity. In meditative exploration through various options, you will have an opportunity to restore organic motions, coordination, and grace.

A natural flow of motion will facilitate relaxation and images. Through effortless movement and dance we'll let our images be restored and create a dance, allowing our body to free itself gently from old patterns. We'll learn to release tensions through movement and change postures that were created as a result of inhibited expressions within our environment.

We'll relearn the natural fluency, reviewing the primal evolution of the developing baby—enjoying its body sensations and pleasures, and its relationships to others through dance. $280

(Week of December 16-21, continued)

Gestalt Workshop / *Marty Fromm*

This workshop is designed for professionals who are interested in further personal growth and professional training in the practice of gestalt, as well as for others who are simply interested in their own personal growth through gestalt. While the sessions will be mostly experiential, ample time will be provided for didactic sessions of theory and practice.

The focus is on awareness: the discovery of what is, rather than on what was, might be, or should be. We will concentrate on "how and now" rather than on "why and because" of past and future, and will attend to body language and feelings. $280

Massage and Health Practice
Esalen Massage Staff and Guest Teachers

For workshop description see November 9-11. $280.

Weekend of December 21-23

"Seeing" the World / *Benj Langdon*

"Drink liquid lightning from the sacred river while it is before you. Don't miss a drop. No one sees it twice."
—Minor White

"We don't know who discovered water, but we're certain it wasn't a fish."
—John Culkin

The natural state of man is ecstatic wonder. We all experienced the perceptual innocence of childhood and its joyful unity with the world. Then, as we learned to name and manipulate concepts of things "out there," we erected verbal barriers between ourselves and direct experience.

In this workshop, we will play with ways of letting go of the verbal chatter and tensions that impoverish our perceptions, through breathing, movement, massage, and visual meditations to rediscover the paradise that surrounds us. $120

The Birth of the Sun / *Paul Rebillot*

The winter solstice is a time for restful introspection as the earth's outer darkness allows the inner sun of the soul to regenerate and find expression. Traditional cultures the world over have rested, fasted, and feasted during this time of the year in celebration of the turning point, the cyclic return.

We will join together to create our own ritual and pageant. Using a variety of practices, such as gestalt, guided fantasy, movement, massage, and more, we will integrate our personal rituals into a group presentation. $120

Thinking Body/Moving Mind/Understanding Heart
Betty Fuller

For workshop description see September 30-October 5. $120

Week of December 23-28

Re-New You / *Deborah Medow*

The old year dies;
a new one is born.
The old patterns break;
new ones are formed.
A time of change and growth,
A time for renewal.
yoga massage theatre dance
rhythms flowing moving trance.
$280

Christmas Present / *Paul Rebillot & Richard Horan*

"It is not pots we are forming but ourselves."
—M. C. Richards, *The Crossing Point*

Following the process of the ancient art of raku pottery we will create raku sculptures as the unifying symbol of the workshop. Each afternoon we will meet with Richard Horan in the barn at Esalen. As we shape, dry, glaze, fire, and use our sculptures, we will, through gestalt and other disciplines, experience these same processes in relation to our own personal transformation. How do we form ourselves? How do we cleanse ourselves, rid ourselves of excess moisture—tears and other emotions, especially around Christmas? How do we decorate ourselves? What risks are we willing to take? And how does the fire of our being influence that form we've made of ourselves?

Our raku pieces will symbolize the present we are making of ourselves and for ourselves for Christmas. In our sculptures, as in ourselves, we will seek to complete the business of the closing year by giving it a form that will also serve to focus and direct our energies into the new year. $280

Celebration / *Betty Fuller*

'Tis the seaon for year-end accounting—body, mind and spirit; for weeding self-negating weed beliefs and planting self expanding and self enhancing seed beliefs; for awareness through feldenkrais, trager, gestalt, and massage; for clearing emotional log jams to give free rein to choice and self-response-ability; for balance and energy in the fine-tuning of bodymind to the power of "the Force" through guided imagery, meditation, music, dance and laughter. Rejoice! Bring musical instruments. $280

December 28-January 4

Gestalt Synergy: An Integrative Approach to Self Actualization
Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion–so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, alexander technique, and feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $400

Weekend of December 28-30

Pleasure, Sensuality & Your Body / *Barbara Clemans*

The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feeling of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact, and nurturing, sensitive giving and relaxed receiving. We will explore new patterns of moving and being together, feldenkrais awareness, and vital explorations in movement to music. The baths, the rhythm of the ocean, and massage will heighten our awareness of the pleasure inherent in simplicity. $120

Your Human Energy System / *Alan Schwartz*

Read the weeklong description (December 30-January 4). This will be a weekend to explore and understand our *individual* energy systems and their relation to how we both make contact and inhibit contact. One focus will be on integration via energy release techniques. Another will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our consistent awareness process and the autonomous expression of who we are. $120

Risking Close Encounters at the Eleventh Hour: An Experiment in Meeting & Contacting Other Human Beings / *Joan Fiore & Jeffrey Kent*

In these last hours of 1979, this workshop provides an opportunity for you to pay attention to the quality of your interpersonal contact, particularly to your willingness to take risks and to your ability to stay true to your own feelings while meeting and contacting others.

You may discover your own rhythm of contact and withdrawal; you may discover how you sabotage yourself from having more satisfying relationships; you may discover you're getting exactly what you want from your relationships. You may discover anything; you may discover nothing. You may discover how to give yourself a happy new year. You may even discover that you're in charge. $120

Week of December 30-January 4

Gestalt, Bioenergy & Human Contact
Alan Schwartz

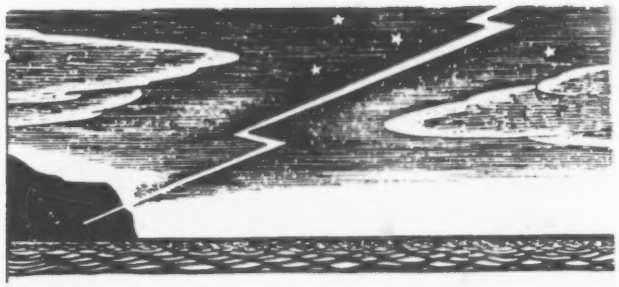
There is an energetic dimension to human behavior which is often locked behind habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *movement. Allowing energy* means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self. The workshop can be thought of as a *learning* week. Appropriate didactic material will be covered. $280

Shamanism & Survival in the Twentieth Century
Joan Halifax & Prem Das

For five days we will explore the potentials of ancient healing practices and their value for people living in the transindustrial age; the world wide context of shamanism; rituals, ceremonies, and belief systems of shamanic peoples; and the holistic approach of visionary healers in relation to contemporary health care. We will work with chants and resonances, the body in relation to nature, herbs, power objects, natural power spots, dream techniques, and astrology. On the 31st of December, the last day of the year, there will be a gentle ceremony to celebrate cosmic and personal renewals. Recommended reading: *Shamanic Voices* (E. P. Dutton) by Joan Halifax. $280

Clearing the Slate for a New Decade: A Reichian/Gestalt Intensive
Joan Fiore & Jeffrey Kent

In this five-day period in which 1979 comes to an end and the 1980's begin, this workshop provides the time and the space to take stock of the past decade(s)—its bitters and its sweets—to indulge in nostalgia and to finally come to terms with our business of the past and to release the energy we've locked there, so that we can move on, truly new, to the new years ahead. We'll take some time to explore how our fantasies for our futures might actually affect our futures, some time to celebrate, some time to re-create, some time to charge and discharge, and lots of time to contact ourselves and each other. First priority is on intensive individual work in a supportive group setting. $280



Weekend of January 4-6

Getting Your Act Together / *Nancy Lunney*

All the world's a stage and the current production can be a soap opera, musical comedy, tragedy, or three-ring circus. Since we choose our parts, finding new ways to express ourselves can open up a variety of options on how to play our lives. Using gestalt, music, drawing, and movement in a non-judgmental environment, we will explore getting our "act" together. No special talent or previous group experience is necessary. $120

Self-Awareness & Health Practices For Professionals
Janet Mentink & Philip Mac

This workshop for health care professionals will include both didactic and experiential aspects emphasizing experiential learning about body/mind relationships, body awareness, and self awareness. Massage, centering, and visual imagery will be included so that the group can experience enthusiasm and support for change and self growth.

The workshop will allow "helpers" to explore previous decisions and concepts, about themselves as helping professionals, and in the areas of health and dis-ease and self care. Aspects of self awareness and re-decisioning may be used to enhance personal and professional well being. $120

Grammar of Spontaneity / *Ruthy Alon*

In this experiential workshop you will participate in guided processes of organic motions from the feldenkrais method, awareness through movement.

In a supportive space, free of rightness or effort, you will explore a variety of alternative movement options, meditate on their inner qualities, and nurture your body intelligence to choose more gratifying ways of day to day functioning, like enjoying lightness and grace in your moving, tuning into your personal rhythm, coordinating your organism to avoid pain, and allowing sex to flow effortlessly.

In the early mornings, a special out of doors experience will be extended to link the grammar of explorations with your spontaneity, through a ritual of 12 swinging natural motions inspired by the need to move and celebrate liveliness in the fresh Esalen air overlooking the ocean. $120

Shamanism and the Mystic Quest / *Joan Halifax*

"It is one, it is a unity, it is ourselves."
—Ramon Medina Silva

The archaic sacred traditions that have given access to the body, mind, and spirit—the totality of the human organism in relation to the cosmos—need to be recognized, remembered, and reconciled within our psyche and present culture in order to bring about an abundant lifeway of the future. We will explore ancient and contemporary rituals and mythologies through maps of proto-historical transformative rites, the poetry and art of mystics and visionaries, and religious traditions from shamanism to Buddhism. There will be slide-illustrated lectures, films, and direct experiential work to facilitate our exploration.

Recommended reading: *Shamanic Voices* (E. P. Dutton) by Joan Halifax. $120

Sailwing windmill at Green Gulch Farm

Week of January 6-11

Experiencing Esalen for Health Care Professionals
Coordinated by Jay Kaplan, MD

This workshop is designed for health care professionals who have not previously been to Esalen/Big Sur. The emphasis is on experiencing a variety of approaches to self awareness and self care. Some of the following experiences will be available: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, rolfing, feldenkrais, yoga, polarity massage and shiatsu. Nurses and physicians will earn continuing education units. $280

Giant Dancing Steps Toward an Ecology of Body/Mind and Nature
Gregory Bateson & Al Huang

Gregory and Al Chung-liang wish to share the joy and excitement that they have been exploring in transforming "mental process" into dancing motifs ("the pattern which connects" as in t'ai chi) and back to the process of organic unity of Body/Mind and Nature. $310

The Feeling Process / *Janet Zuckerman*

For workshop description see October 7-12. $280

Esalen Institute— Approved Provider for Registered Nurses and Physicians

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of continuing education for registered nurses. Provider Number 01152.

The California Medical Association has granted Esalen Institute Category I approval so that physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education.

The following programs are approved for registered nurses and for Category I credit for physicians. See regular program listings for workshop descriptions.

September 23-28
Stress: Harnessing its Energy for Health
Hans Selye, MD, Meyer Friedman, MD et al *30 hours*

October 5-7
From Stress to High Level Wellness:
Preventing Burn-Out in the Helping Professions
John Travis, MD *10 hours*

October 7-12
Heal Thy Self: A Workshop for Health Professionals
Hughes Andrus, MD & Mary O'Hara-Devereaux, FNP
30 hours

November 2-4
Heal Thy Self: A Workshop for Health Professionals
Hughes Andrus, MD & Mary O'Hara-Devereaux, FNP
10 hours

November 23-25
Health Practices of the New Age
Polly Kirby, RN with Julian Silverman *10 hours*

December 7-9
From Stress to High Level Wellness:
Preventing Burn-Out in the Helping Professions
John Travis, MD, Joy Holloway & Barbara McNeill *10 hours*

January 4-6
Self Awareness and Health Practices for Professionals
Philip Mac, MD & Janet Metink, FNP *10 hours*

January 6-11
Experiencing Esalen for Health Care Professionals
Coordinated by Jay Kaplan, MD *30 hours*

If you have any questions about Esalen's medical or nursing program, contact Polly Kirby, RN, Esalen Institute, Big Sur, CA 93920.

Transformative Science:
A 3-Weekend Series integrated by Saul-Paul Sirag, David Deamer & Michael Murphy

Science is the process of testing the limits of the unknown and pushing those boundaries back. As a result, scientific knowledge transforms us—not only by providing new techniques for getting things done (or generating new problems), but, more importantly, by transforming our view of ourselves in the world.

The purpose of these programs is to experience something of the fundamental work being done in three different areas having great potential for human transformation.

Weekend of January 11-13
Physics: The nature of reality as clarified by Bell's theorem.

Weekend of January 18-20
Social History: The nature of social organization as influenced by scientific and cultural paradigm shifts.

Weekend of January 25-27
Psychology: The nature of human ability as it is extended by transformative practices.

These quite different forces for change can readily provide grounds for speculation on the future of human development, and thus afford the opportunity for an integration of this information with whatever knowledge and wisdom the participant possesses.

In addition to these public seminars, there will be working sessions involving physicists, biochemists, social historians, psychologists, and other scientists who will explore these subjects during the month of January. These private sessions are part of a new program at Esalen Institute to facilitate interdisciplinary discussions and research in areas of emerging significance. Saul-Paul Sirag will be available for tutoring those who participate in the entire series.

Please refer to the dates listed above for further information on the individual weekends.

Weekend of January 11-13

Music, Dance, Trance & Celebration / *Nitza Miller*

In cultures which are less dominated by technology and industry, music, dance, and celebration are not spectator sports. These activities, along with "trance" states such as meditation, deep relaxation, and hypnosis have been traditionally initiated cross-culturally for physical and emotional balance—release of tension, clearing of the mind, joy and ecstasy, and for interpersonal and transpersonal communication; and *everyone* participates!

This will be an *experiential* weekend where participants will be invited to share several deep relaxation ("trance") experiences to help intensify sound and movement and the natural body rhythms.

The lovely sounds of the keyboard, the stirring flute, and the passion of drums will facilitate spontaneous movement to stimulate the evolution of your own body rhythms towards freedom, pleasure, and joy. $120

The Gentle Art of Becoming—Together: A Workshop for Couples
David Schiffman & Elisa Lodge

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness methods. $120 per person

Physics Weekend: Bell's Theorem and the Nature of Reality
Nick Herbert & Saul-Paul Sirag

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what this current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation. $120

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $110

Week of January 13-18

Integrity / *David Schiffman & Elisa Lodge*

In this workshop we will join together to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Our task together will be to discover how best to express these qualities both in and out of the workshop. We will explore the boundaries of our emotional, physical, and mental potentials and how they affect our sexuality, our relation to power, our friendships, our creativity, and our expectations of ourselves and of others. $280

The Spiritual Path: Promises & Pitfalls
Stanislav & Christina Grof

For workshop description see December 2-7. $280

Living Tao: Ancient Wisdom-Modern Living
with Al Chung-liang Huang & Lee Chih-chang

Movement meditation, t'ai chi dancing, philosophical discourse, brush calligraphy, music, and laughter with Al and his mother. $280

Weekend of January 18-20

Personal & Cultural Transformation in the 1980's
Theodore Roszak, William Irwin Thompson & Michael Murphy

This seminar will explore some of the crises and opportunities that face us in the 1980's. Topics for discussion will include: the fundamental connections between lifestyle and consciousness on the one hand and the energy, pollution, and monetary crises; the relationships between personal and social transformation; the excesses (and hopeful new beginnings) of the 1960's and 70's; and contemporary examples of cultural innovation we can learn from. $120

Black Dance / *James Xavier Nash & Jasmine Nash*

For workshop description see November 16-18. $120

Vision Improvement—Our Willingness to See
Laura DeNuccio

This weekend will focus primarily on the awareness continuum. Exploring various methods and systems, we can discover how we distort our perceptions in the here and now and how we are able to clear and re-educate our eyes and our selves to see. Utilizing reichian deep emotional release, bioenergetics, gestalt, the bates system, nutrition and various other body/mind approaches, we will have the opportunity to explore, discover, contact, experience and expand—enabling us to look newly at our selves and our world in which we live. Limited to 12 participants. $120

Week of January 20-25

Gestalt Practice Plus
Christine Price & the Esalen Staff

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure or accomplishment.

Although the major body of this workshop will be gestalt practice, other experiences such as massage and improvisational theatre will be included to encourage inner contact and allow playful forms of expression.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelley); *Illusions* (Richard Bach). $280

The Tamalpais Experience
Richard Heckler, George Leonard, & Wendy Palmer

Aikido is the most sophisticated of the major martial arts. It is also a means for reducing stress, a guide to solving problems of everyday life, and a way of being in the world. Richard Heckler, George Leonard and Wendy Palmer will present the unique approach to aikido and energy awareness they have developed at their Marin County school, Aikido of Tamalpais. No previous training is needed to experience the essence of the art. $280

Advanced Massage Intensive / *Esalen Massage Staff*

Whether your massage experience is professional or avocational, our aims in this course are to take you deeper into your own work and to provide whatever instruction we can to add to your understanding of the body and to your repertoire of techniques. In addition to morning and afternoon practice sessions with various instructors, we will use yoga, movement, evening lectures and discussions, and demonstrations of specific practices to stimulate ourselves out of our old patterns of working and increase the range of conditions with which we can deal effectively.

The following concerns will receive emphasis: how to sustain your energy through a day of treatments, how to clear yourself of the negative energy released by your client, how to use weight and leverage to your advantage, and so on. As we reach more and more deeply into one another, emotional changes are triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide us with some first-hand practice in productive ways of moving through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five-day intensive or its equivalent in your own practice. $280

The Healing Power of Music & Movement
Emmett Miller

Music has been used for untold centuries by races and cultures throughout the world. It has been used to quicken men's pulses and calm them, to help bring them into the world, and to help deliver them from it; it has been used to promote war and promote love. Life is a dance of body, mind, and emotion seeking spirit. After learning the fundamentals of selective awareness, we will experience the relaxing, healing, and energizing influence of music in the deeply relaxed state of selective awareness and in movement. Tapes will be available for continued work following the weekend. Musicians are invited to bring their instruments. $120

The Gazebo: An Alternative Education
Janet Lederman

For workshop description see November 5-7. $120

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $110

Weekend of January 25-27

Evolutionary Relationships Between Mind & Body
Michael Murphy, James L. Hickman, & Saul-Paul Sirag

Michael Murphy and Jim Hickman are gathering examples of extraordinary bodily transformations from various fields—from the yogic and contemplative literature, psychiatric records, hypnosis and drug research, sport, the arts, and everyday life—in an attempt to learn more about the range of such changes and the ways in which they happen. In this seminar they will present their work to date and speculate with the participants about the implications of their findings. Two questions for discussion are: (1) Do these bodily changes reveal an evolutionary possibility? (2) How do they relate to notions of "enlightenment"?

Saul-Paul Sirag will discuss the implications of recent work in physics for this research. His discussions will include the relationship of Bell's theorem and David Bohm's explicate-implicate order to certain facts of extraordinary human functioning. $120

Week of January 27—February 1

Sound & Movement as a Healing Art: A Winter Celebration
with Elisa Lodge, Esalen Musicians, & Staff

Coming Together
In stillness, in motion.
Celebrating our joyfulness and harmony.
Moving freely,
Opening to the pleasures of our bodies
Gently shedding tears,
Carried by our voices, and our movements
To the richness of our feelings,
Creating Ourselves
With music, dance, and the
Healing use of touch.
$280

Positive Resistance / *Beverly Silverman*

For workshop description see December 2-7. $280

A Psychic Training Program / *Anne & Jim Armstrong*

For workshop description see October 28-November 2. $280

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $250

BEST COPY AVAILABLE

Future Workshop Announcements

Workshops of more than one week require special planning for participants. Whenever possible we will announce such workshops well in advance. More detailed descriptions–and any changes– will appear in the catalog covering the period in which the workshop is scheduled.

March, April, and May, 1980

Healing Practices for the New Age Health Practitioner

Al Drucker & Polly Kirby

This workshop will be a three month residential training program for 6-10 health practitioners (nurses, physicians, and other interested parties). Classes will meet 3 days a week and a work commitment of 2 days within the Esalen Community will be required.

The focus will be on holistic models where mind, body, and spirit are treated as one entity. A variety of healing systems will be covered during the program including traditional Chinese acupuncture theory, deep tissue massage, Bach flower remedies, nutrition, herbology, homeopathy, and various other systems of health enhancement. Gestalt and other intrapsychic and interpersonal process work will be available as part of community scheduled sessions.

The goal of this workshop is to give participants tools that they can take out into the world and use in their own health practices.

A principal emphasis throughout the program will be on discovering and awakening inner resources through spiritual practice. Meditation, chanting, yoga, t'ai chi, massage, and other quieting methods will be used to help still the mind and relax the body, permitting new sensitivities to emerge.

Cost for the 3 month program, including tuition, room, and board, is $1800. To register for the program, please send a $200 deposit with a short description of your interests to Al Drucker, Esalen Institute, Big Sur, CA 93920. The deposit is refundable.

Who's Responsible at Esalen?

We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility." However represented and operationalized in the past, by us or by others, this ethic continues to be the basis for our world view, and following from this, our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty disillusioning social and political events—all connected by a common reminder:

Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity (your wholeness). "Take responsibility for your every thought, your every feeling, your every action," said our beloved friend and teacher, Fritz Perls.

We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures, and so on, and to be aware, whenever possible, of what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. In effect, we are asking that this self-responsibility attitude be present in the initial contact with Esalen. Ideally, the same attitude will pervade after a workshop when our seminarians go back to the community and seek out others—physicians, teachers, counselors, mental health professionals, etc.

As we have become more thoughtful and self-critical about the overall direction of Esalen we have begun to concentrate on enhancing our basic offering: the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life. Our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness: the consciousness of self-awareness/self-responsibility.

Food for Thought

Future of Bodily Transformation

(continued from page 11)

way already). Countless private groups—circles of friends study projects in schools and churches, funded research centers—will be venturing forth in many ways to achieve physical and spiritual excellence. As in the natural sciences during the past four hundred years, there will be a culture-wide transmission of knowledge about the possibilities, dangers and hidden byways of such enterprises. There will be an ever-growing cooperation between the natural sciences and this kind of exploration, a joining of biology and physics with the subjective arts of transformation. Biofeedback has helped show us the way in this regard, and we can expect more combinations of instrumentally mediated with organismically mediated ways toward self-awareness and control. (In the novel, *Jacob Atabet*, the protagonist joins the insights he gains through "inner seeing" with images of his own body provided by the electron microscope.)

Because these frontiers will have caught the public's imagination in the coming decades, there will be financial support for groups that want to develop the ecstatic and luminous states which often accompany supernormal functioning. Certain gifted individuals may have broken through into states in which they can partially control entropy, gravity and aging; and from their new mastery, they will be able to bring others along with them. We believe that there will be two movements in the culture at large in respect to these leadings then: one to disseminate knowledge and practical applications to more and more people, and another to move further into uncharted spaces.

In the far-distant future there may appear several paths of transformation. We can imagine that some will learn to form the subtle luminous body suggested in various Neo-platonic, Islamic, Buddhist, Taoist and Hindu scripture. The concluding verses of the Taittriya Upanishad describe the liberated soul "going up and down the worlds of existence, assuming any form he desires and chanting: Oh Wonderful! Oh Wonderful! Oh Wonderful!"

This article appeared in the May 1979 *AHP Newsletter*. © by Michael Murphy and James L. Hickman.

What Physicians Should Know About Nuclear Power

(continued from page 8)

Cesium 137 is deposited in muscles of the body where it can produce malignant changes.

Plutonium is one of the most carcinogenic substances known. It is not absorbed through the bowel wall, except in infants in the first four weeks of life when it is ingested in milk. As previously described, infants are extremely sensitive to the toxic effects of radiation. The route of entry of plutonium is by inhalation of contaminated air into the lungs. Small particles of plutonium are deposited deep in the respiratory passages, where they tend to remain for years. It is accepted that one millionth of 1 gram of plutonium is sufficient to produce lung cancer 15-30 years after initial inhalation of the element. Plutonium is also absorbed from the lungs into the blood stream where it is carried to the liver (to produce a very malignant liver cancer), to bone (where like strontium 90, it causes osteogenic sarcoma and leukemia), and it is selectively taken up from the circulation by the testes and ovaries where, because of its incredible gene-changing properties, it may cause an increased incidence of deformed and diseased babies, both now and in future generations.

Plutonium also crosses the placenta, from the mother's blood into the blood of the fetus, where it may kill a cell responsible for development of part of an organ, e.g. heart, brain, etc., causing gross deformities to occur in the developing fetus. Production of fetal deformities is different from the deformities caused by genetic mutation in the egg or sperm, because although the basic gene structure of the cells of the fetus is normal, an important cell in the developing fetus has been killed leading to a localized deformity. (Similar to the action of the drug thalidomide.)

Massive quantities of radioactive wastes are being and will be produced in the future. The safe storage of waste is unsolved, and even if there were a present-day solution, we could not predict a stable society or world for half a million years. We could not guarantee incorruptible guards or moral politicians and we certainly can not prevent earthquakes, cyclones or even wars. As waste is leaking now, so inevitably will it leak in the future. We could therefore predict epidemics of cancer and leukemia in children and young adults, and an increased incidence of inherited disease (there are 2,000 described inherited diseases). It is also inevitable that plutonium will be stolen and utilized for atomic weapon production; 2 tons of plutonium are presently unaccounted for in the United States.

It has been claimed that 80-90% of all cancers may be caused by environmental pollutants. There was a 5% increase in cancer in the United States in the first seven months of 1975, and a total 3% rise in 1975.

Governments spend millions of dollars researching the causes of cancer, leukemia and inherited disease, but simultaneously spend billions of dollars in an industry that will directly propagate these diseases.

As a doctor, I appeal to my fellow medical colleagues to investigate this enormous present and potential threat to our patients, and to urgently initiate programs of prophylactic medicine.

From *Nuclear Madness: What You Can Do*, Caldicott. Reprinted with permission of Autumn Press.

BIOGRAPHICAL

A

SHERRY ACKERSON has been a staff member working and supervising the Esalen garden for the last five years.

RUTHY ALON has 18 years' experience in the feldenkrais method and is a graduate of the Feldenkrais Institute in Tel Aviv.

JOHN ALSTON is currently the director of the American Institute for Stress Management. He has trained in biofeedback and other practices.

HUGHES ANDRUS is a physician and professor of family medicine at the School of Medicine, U.C. Davis. He is co-director of the Family Nurse Practitioner Program.

ANNE ARMSTRONG has been doing transpersonal counseling for over 16 years and has trained professionals to use their own intuitive abilities.

JIM ARMSTRONG, a former engineer, is a life-long student of esoteric studies.

ANGIE ARRIEN is an anthropologist and Basque folklore specialist who has made an intensive seven-year study of the Egyptian Tarot.

B

GREGORY BATESON, author of *Steps to an Ecology of Mind,* originated the "double bind" theory which explains some of the causes of schizophrenia.

DANIEL BIANCHETTA practices shiatsu, rebirthing, deep tissue massage, gestalt, and intuitive readings at Esalen. He has studied extensively with Swami Muktananda.

C

LEE CHIH-CHANG is a poet-calligrapher who illustrated Alan Watts' last book and who practices t'ai chi and kung fu.

BARBARA CLEMANS is a massage and movement specialist in private practice in West Palm Beach, Florida.

DALE CUMMINGS, certified radix teacher and trainer, has a private practice in Santa Monica.

D

LILA DANIELS, a staff member at Esalen for the past five years, is presently doing and teaching massage. She has trained in polarity, deep tissue, and trager psychomentastics.

DAVID DEAMER is professor of biology at U.C. Davis; he is an expert in molecular biology and has conducted research on the influence of psychokinesis on living organisms.

LAURA DENUCCIO (MA PRITA), a certified radix practitioner, has trained in gestalt, the bates system of vision improvement, and other body mind approaches. She is resident faculty at Esalen.

AL DRUCKER is a resident teacher of health subjects and a student of spiritual practice.

KEN DYCHTWALD, psychologist, author of *Human Potential: Glimpses into the 21st Century,* serves as a consultant on health, bodymind fitness, aging, and healthy life-styling to government and industry.

E

ESALEN GESTALT STAFF includes Leonard Bearne, Laura DeNuccio, Joan Fiore, Jeffrey Kent, Nancy Lunney, the NINE, Jenny O'Connor, Christine Price, Richard Price, and Janet Zuckerman.

ESALEN MASSAGE STAFF includes Lila Daniels, Deane Juhan, Deborah Medow, Peggy Morrison, Laurie Muller, Brita Ostrom, and Vicki Topp.

F

JOAN FIORE is resident faculty at Esalen where she practices and teaches gestalt, encounter, self-reparenting and self-repairing on a group and individual basis.

MYRTLE FRANKLIN, an artist, having experienced Berkeley, Bangladesh, Esalen, and New York City, continues to synthesize her work in the creative and healing arts.

JOYCE FRAZEE is a gestaltist whose training includes art, encounter, bio-energetics, body awareness, and psychosynthesis. She is presently on the staff of Cold Mountain Institute.

JOE FREEMAN, radix advanced staff trainee, has a private practice in Derby, Conn., where he incorporates gestalt with his radix work.

MEYER FRIEDMAN, a physician, is well known in medical research as the formulator of the type A and type B personality distinction as it relates to stress and cardiovascular disease.

MARTY FROMM trained with Fritz Perls for three years. Some aspects of their relationship are described in *In and Out the Garbage Pail.*

BETTY FULLER, a humanist counselor, is a certified instructor of trager psychophysical integration and mentastics, and of feldenkrais. She is director of the Trager Association.

G

MERRI GOLDENSON, certified radix teacher, is a bates vision instructor and chiropractic intern, and is developing her practice in northern California.

STANISLAV GROF, psychiatrist with over twenty years' experience in consciousness research with and without psychedelics, is author of *Realms of the Human Unconscious* and *The Human Encounter with Death.*

CHRISTINA GROF, hatha yoga teacher and student of Swami Muktananda, has special interest in the kundalini process and the problem of "spiritual emergency." Co-author of *Beyond Death.*

H

JOAN HALIFAX, medical anthropologist and author of *Shamanic Voices* (Dutton), is working with Joseph Campbell on an historical atlas of world mythology.

ROBERT HAND, astrological counselor and author, is primarily interested in developing astrology as a tool for human growth.

STEVEN HARPER has grown and worked in the Esalen garden for the last year and a half.

RICHARD HECKLER is a founding member of the Lomi School and co-developer of Lomi Body Work. He is a Shodan in aikido and author of *The Mind Body Interface* and *Lomi Papers.*

NICK HERBERT, PhD in nuclear physics and optics, primarily interested in the physics of consciousness, has published two papers on Bell's theorem, and authored *Mind Science, a Primer of Consciousness Physics.*

JAMES L HICKMAN, research psychologist who specializes in the study of psycho-physical interactions, has published articles concerning parapsychology, sport, contemplative life, and the physics of consciousness.

JOY HOLLOWAY is an educator at the Wellness Resource Center in Mill Valley, and teaches communication skills through the School for Advanced Perception and Intelligence.

RICHARD HORAN is an artist and musician in residence at Esalen, leader of personal creativity workshops, and founder of the Esalen farm.

INFORMATION

AL CHUNG-LIANG HUANG is the founder-president of Living Tao Foundation, an international family network dedicated to the integration of ancient wisdom and modern living.

J GALVIN JACKSON is a counseling consultant, teacher, musician, and businessman with extensive experience in individual and group counseling.

DEANE JUHAN has lived at Esalen for six years. For five of those he has been a masseur, and for four of them an instructor.

K JAY KAPLAN is a family physician in Sacramento and is presently doing a fellowship in Wholistic Health at U.C. Davis.

LAURA KAY, radix advanced staff trainee, has a private practice in Santa Monica, Calif.

JEFFREY KENT is the founder-director of a program that combines physical labor with music, gestalt, and whatever works for adolescent boys and girls in trouble.

CLAIR KILLEN is a certified radix teacher and was a resident faculty member at Esalen.

POLLY KIRBY is a nurse presently living at Esalen where she is studying and practicing alternative healing modes.

L BENJ LANGDON (SHADOWCATCHER) uses photography as a meditational tool for *seeing* the beauty in the *ordinary*. He currently catches shadows of the dance of life that is Esalen, Big Sur.

JANET LEDERMAN is an artist and teacher and is the creator of the Gazebo. She is currently co-director of Esalen, Big Sur.

GEORGE LEONARD, author of *Education and Ecstasy*, *The Transformation*, *The Ultimate Athlete*, and *The Silent Pulse*, holds a black belt in aikido, from which he derives his present work.

BILL LILES has been practicing and teaching polarity massage for more than seven years. He is a writer, photographer, and student of nature and the healing arts.

ELISA LODGE trained in structural integration with Ida Rolf and is an advanced teacher of structural patterning.

NANCY LUNNEY is a gestaltist and musician on Esalen's faculty. She has specialized in work with professionals in the creative arts and has taught classes in creativity at Soledad prison.

M PHILIP MAC is a board certified family physician who has trained family physicians and physicians' assistants. His special interest is the health and ill health of health care providers.

MANGROVE is a teaching/performing community of seven men based in San Francisco. Through contact improvisation the collective develops and shares relationships of personal support in creative work.

LEO MATOS is a Brazilian psychologist director of Gonpo Transpersonal Institute in Helsinki and has studied and lived with Tibetan masters for seven years.

BARBARA MC NEILL is an educator at Wellness Resource Center in Mill Valley, Calif., specializing in nutrition, wellness problem-solving, and intuitive transformation.

DEBORAH MEDOW, an Esalen masseuse and group leader for over ten years, teaches ashtanga yoga, massage, movement, and related disciplines directed toward rechanneling and harmonizing energy.

JANET MENTINK is a registered nurse, family nurse practitioner, and teacher.

RALPH METZNER is former editor of the *Psychedelic Review*, author of *Maps of Consciousness*, teacher of Actualism, astrologer, and psychologist in private practice in San Francisco.

EMMETT MILLER, physician, musician, poet, and dancer, works with hypnosis, meditation, imagery, music, and movement. His books describe selective awareness, the approach he originated.

NITZA BROIDE MILLER, a counselor, dancer, founder and member of ADTA, teaches in Menlo Park, Calif., and at Tel Aviv University.

SIRI MISHLER, a certified radix teacher and trainer, has a private practice in Santa Monica.

PEGGY MORRISON, Esalen resident, masseuse and teacher, is currently interested in the evolution of a birth center and exploring personal growth through movement and dance.

MICHAEL MURPHY is a founder of Esalen Institute. He is the author of *Golf in the Kingdom*, *Jacob Atabet*, and *The Psychic Side of Sports*.

N ROBERT NADEAU is a spiritual teacher whose work in energy and levels of awareness has given direction to many people. He is one of the major aikido teachers in the bay area.

JAMES XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has worked with Robert Hall in gestalt and body work.

JASMINE NASH is a movement catalyst whose polarities stem from Watts to Marin County. She is a teaching associate of the San Francisco Dancers' Workshop and the Lomi School.

THE NINE describe themselves as "giant reflectors of your selves, gestalt practitioners, marriage counselors—pure energy of emergence quality available to all." They are the center of the Esalen Paranormal Intelligence project.

O JENNY O'CONNOR is a psychic from England, and is a channel for "The NINE."

MARY O'HARA-DEVEREAUX is a Family Nurse Practitioner, a health care consultant, and co-director of the Family Nurse Practitioner Program at the U.C. Davis School of Medicine.

P WENDY PALMER, a first degree black belt in aikido, conducts classes in aikido, energy awareness, and self-defense, with special interest in people who feel they have delicate systems.

PREM DAS completed a six-year apprenticeship with don Jose Matsuwa, a Huichol Indian shaman. He lives in Berkeley, teaching groups and individuals techniques of practical shamanism.

CHRISTINE PRICE combines gestalt practice with various body approaches.

RICHARD PRICE, a student of Fritz Perls, is a founder of Esalen Institute.

R PAUL REBILLOT was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.

TARAB TULKU NGAWANG LOSANG RINPOCHE was the Head Lama of the Tarab Monastery in Konpo, Tibet and teaches at the University of Copenhagen.

JACK ROSENBERG, author of *Total Orgasm*, has trained in gestalt and reichian work. He is currently working with cancer research and the transformation of consciousness at the Center of the Healing Arts in West Los Angeles.

THEODORE ROSZAK, an historian and social critic, is the author of *The Making of a Counter Culture*, *Where the Wasteland Ends*, and *Person/Planet*.

GABRIELLE ROTH is the creator of the moving center method of catalyzing natural movements.

ILANA RUBENFELD is the originator of her own integration called "gestalt synergy." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.

S DAVID SCHIFFMAN is currently a leader in residence at Esalen where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being.

ALAN SCHWARTZ is a teacher of gestalt, a college professor and writer.

HANS SELYE, a physician, is a world renowned expert on stress. He is the director of the International Institute of Stress at the University of Montreal in Canada.

RENAN SERCARZ, radix certified teacher and trainer, has a private practice in Santa Monica, Calif.

BEVERLY SILVERMAN is a rolfer and gestaltist whose principal concern is the enrichment of the life process through a positive and accepting approach.

JULIAN SILVERMAN is an Esalen Trustee and is director of its new department of Health Care Programs for Health Care Professionals.

DAVID SILVERSTEIN, radix senior trainee, practices in Santa Monica, Calif., and has training in gestalt, psychosynthesis, massage, and various other body disciplines.

SAUL-PAUL SIRAG, has published two physics papers in *Nature* and has authored a theory on the size of the universe. In 1977 he founded the Consciousness Theory Group, which he directs.

MIKE SPINO has been director of the Esalen Sports Center and is running professional at Sea Pines Resort, Hilton Head Island, S.C. His latest book is *Mike Spino's Mind/Body Running Program*.

T WILLIAM IRWIN THOMPSON founded the Lindisfarne Association in New York. He is the author of *At the Edge of History*, *Passages About Earth*, *Darkness and Scattered Light*, and *Evil and World Order*.

JOHN TRAVIS, a physician/educator, is the founder and director of the Wellness Resource Center in Mill Valley, Calif., and author of *The Wellness Workbook for Health Professionals*.

Z JANET ZUCKERMAN has been leading groups for five years and sees this work as creating a "safe place" where participants allow themselves to experience change and receive support.

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Films and Tapes

RECORDINGS OF ESALEN PROGRAMS

Recent years have yielded unusual tape recordings. Most of the following were produced in stereo from live events at Esalen and they are available on cassettes only. Each cassette is $8.50 and is from 1 to 1½ hours in length.

Gregory Bateson: ***The Pattern Which Connects***
Trevor Ravenscroft: ***The Spear of Destiny***
John Weir Perry: ***Psychosis and Visionary States***
Julian Silverman: ***Shamanism and Schizophrenia***
Gregory Bateson: ***Story of the Double Bind***
Humphrey Osmond: ***Early Psychedelic History***
John King: ***Introduction to Quantum Theory***
Peter Flessel: ***Molecular Biology and Modern Physics***
Fritjof Capra: ***Quantum Paradoxes and Mysticism***
David Finkelstein: ***A New Quantum Logic***
Al Chung-liang Huang: ***The Watercourse Way T'ai Chi***
John C. Lilly: ***Dolphin Behavior with Humans***
Will Schutz: ***Interpersonal Psychodynamics***
Gregory Bateson: ***Metaphors and Butterflies***

Special series; available as complete sets only:
Ruthy Alon: (6 cassettes; 12 lesson experiences: $60) ***Awareness Through Movement: The Feldenkrais Method***

Responding to requests, we are adding meditation background music on cassette tapes, for quiet relaxation, and a few for dynamic energy. These tapes are priced at $8.50 each, also, and are generally in stereo:

Georgia Kelly: ***Seapeace*** **(harp)**
Steven Halpern: ***Starborn Suite*** **(electric)**
G. S. Sachdev: ***North Indian Ragas*** **(bamboo flute)**
Iasos: ***Interdimensional Music*** **(instrumental)**
Steven Halpern: ***Peruvian Whistling Vessels***
Emmett Miller with Rafiel: ***Self Healing*** **(voice and music)**
If desired, others will be added, and nature sounds as well. Please make requests and recommendations.

Please add $1.00 to your complete order for mailing. (California residents include 6% tax.) Address your order and make check payable to: WORKSHOP CASSETTES, c/o Hot Springs Lodge, Big Sur, CA 93920. Your suggestions regarding future recordings will be appreciated.

For a catalog of recordings of the early years of Esalen's history as well as the human potential movement in general, contact: Big Sur Recordings, Big Sur, CA 93920. Commercial use of Esalen program tapes is prohibited; all rights are reserved.

FILMS of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103. A film of Al Huang's work, ***T'ai Chi: The Watercourse Way,*** **is available through Cornerstone, 470 Park Avenue South, Suite N-3, New York City 10016.**

the esalen catalog

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $2 for the United States, $4 for Canada and Mexico, $8 for Europe and South America and $10 for all other countries. Please make all payments in U.S. currency. Those attending Esalen workshops and conferences are automatically added to the mailing list for one year. A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, CA 93920.

☐ To obtain future issues of the Esalen Catalog & occasional mailings for one year, please send a check or money order for $2 U.S. currency to: Esalen Institute, Big Sur, CA 93920.

(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

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Subscription rates for Canada, Mexico, and other foreign countries are given above.

We
invite you
to join us
in our organization

FRIENDS OF ESALEN

FRIENDS OF ESALEN provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available to a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to the knowing that you have given someone else the opportunity to experience Esalen, you will receive regular mailings of the Esalen catalogs. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

Friends of Esalen

☐ I wish to become a Friend of Esalen and I enclose my check for the category circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student $5	**One Year Donor** $50	**One Year Patron** $500
One Year Individual .. 25	**One Year Sponsor** ... 100	**(Contributions are tax-deductible)**

Name Student Affiliation

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Please mail to: Friends of Esalen, Big Sur, California 93920

Registration Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop, we require a reservation fee of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, payable in U.S. currency only. Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs.

Please mail all reservations to:
Reservations, Esalen Institute, Big Sur, CA 93920

Reservations by telephone: You may make reservations by phone if you use your Mastercharge, BankAmericard, or American Express credit card number to charge your reservation fee.
Phone: (408) 667-2335
Hours: Monday, Tuesday, Thursday, Friday,
Saturday: — 9 am to 3 pm
Wednesday: 9 am to 12 noon
Sunday: 12 noon to 5 pm

Scholarship Information: If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation (allow at least three weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15—September 30 programs or for weekend programs.

Ongoing Residence Program: Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $1100 per 26-day period.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen has limited child care facilities. If you are interested in bringing a child while you are attending a workshop of five days or longer, contact the office well in advance for information on availability of child space. Esalen does not supply babysitters.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pick-ups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen. Esalen limousine service is not available after 5 pm.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: At present, we do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Directory

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ESALEN INSTITUTE RESERVATIONS

This form is for your convenience in reserving a space at Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservation early.

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ( ) _____

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, California 93920.)

Do you wish housing as a couple? _____

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Limousine Service:
I want limousine service from (check one):
_____ Monterey Airport
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at 5:00 p.m. on _____ (date of arrival, Fridays and Sundays only)

The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us. Esalen limousine service is not available after 5:00 p.m.

License Number:
(for registered nurses wanting CEU's) _____ (for physicians wanting CEU's) _____

Name of Person Registering	Date(s)	Leader's Name / Title of Workshop	Reservation Fee

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Total amount enclosed: $ _____
Your reservation can be charged to:
Master Charge ☐ BankAmericard ☐
American Express ☐

Card No. _____

Expiration date _____

Checks payable to Esalen Institute.

PAYMENTS: All workshops require nonrefundable reservation fees. See page 38. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

Esalen Institute
Big Sur
California 93920

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The Esalen Catalog

January 1980-June 1980

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Esalen Institute
Big Sur,
California 93920

Phone (408) 667-2335

Monday, Tuesday, Thursday & Saturday 9AM-3PM
Wednesday 9AM-12Noon
Friday 9AM-8PM
Sunday 12Noon-8PM

Cover photograph by Joyce Rogers

Photograph by Joyce Rogers

"Contact is the appreciation of differences"

Fritz Perls

Photograph by Steve Beck

Photograph by Steve Beck

Esalen

Esalen is a state of consciousness as much as it is a physical place. It is a pagan monastery, where seekers of every description come to find light. Breaking out of the crumbling structures of their past, they come to find themselves. At this poignant moment in their lives, Esalen stands like the Temple at Delphi, where paths inward are offered, where they come to discover again their bodies, their feelings, their pain, their knowledge, their happiness at being alive. For many, Esalen is where the tide turns in their private revolution against the inner tyrants of their past.

But Esalen is Hell as much as Paradise. It is a climate only for those who are both vigorous and capable of total defeat. The air is rarefied, the energy from the mountains, the creek, the ocean is powerful and prone to dramatic shifts. Underneath Esalen's sign at the top of the hill is an unwritten dictum: Give up hope all ye who enter here. For here your nightmares must come true in order to fulfill your dreams. Here you are forced to fall flat on your face before you can drink the cool, sweet waters of joy. Many do not enjoy too long a stay, for here is where the mirror is ruthlessly turned around to face inward: the demons, flushed to the surface, are no longer "out there." The pace of karma quickens and comes home.

The ocean at its feet, extending immensely into the distance, lets us breathe, expands our inspiration, absorbs our poisons, promises the infinite. The mountains and cliffs converge to form a tightrope for our existence — it is a land of the warrior. And at the heart of this temple of Nature, the springs pour forth warmth from the womb of the earth; in this sanctuary, our bodies and souls are nourished, made supple and young, healed after the armorings of the cities. The baths are literally a Fountain of Youth.

Esalen is a Renaissance Court, with its geniuses and fools, its royalty and peasants, its knights and ladies, its musicians and scholars, its astrologers and ministers, its rogues and lovers. Here, at this Westernmost frontier of the continent (and therefore both outlaw country and yet closest to the East) lies a center of learning, of culture, of energy. A threshold for change, it is both an incarnation of the ancient and a gateway for the yet unsung.

Esalen is where the archetypal realm breathes itself more visibly — somehow the magnificence of its beauty draws out the full power of the human spirit. Esalen is a Kingdom of Death and Rebirth. It is a place inside each of us.

Rick Tarnas

Photograph by Joyce Rogers

Esalen

Looking back on Esalen's seventeen years, I am pleased with some of the things that have happened here, disappointed and occasionally horrified by others. That we have stayed open to diverse ideas and approaches, however, maintaining a forum for exploration rather than a dogmatic teaching school, is especially satisfying. In 1961, when Dick Price and I conceived the place, we wanted to avoid the university's fear of the Mysteries on the one hand and the rigidity of many gurus and esoteric circles. We have mainly succeeded in this regard though our own parochialisms develop from time to time. Experiments have been tried here that couldn't have been tried in many other places. Some of these were failures. We hosted certain programs in the late sixties I wouldn't get anywhere near again, some of them featuring hard confrontation for its own sake — a kind of macho, Wild West approach to insight in which you could practice your abilities as a bully and verbal gunslinger. We have tried others that were just plain silly, some of which turn up in *current* schedules. I wince when I see them listed but have to concede that if you're going to keep the place open, such experiments wcll be considered worthwhileee them listed but have to concede that if you're going to keep the place open, such experiments will be considered worthwhile by someone in the Esalen orbit. If we are going to entertain diversity, some of the programs will diverge from what I consider valuable.

Because we were more interested in experiment than management in the sixties, we ran up debts that almost sank us. For a while we thought about closing down the whole operation. But in 1971 we began to re-organize. Though we did not raise prices for five years, we paid off most of our debts, improved the facilities and increased the efficiency of our operation. Some of these changes have been dramatic. There have been some heroes at Esalen in this regard during the past eight years, among them Julian Silverman, Janet Thurston and Neil Dunlop. But our chief teacher in the skills of management has been a man named Andy Gagarin; without him the place would have floundered. Why he worked so hard in what often seemed an impossible situation — with little praise and no pay — is amazing to me. Because of him and the people he worked with, we are in good shape for the years ahead.

Esalen seems to go by decades. If the sixties were mainly innovation and experiment and the seventies largely a time for community and re-organization, Esalen is blossoming now in several directions. Our programs in physics and biology (see pages 17, 18, 19 & 36) are more ambitious than ever and will continue to develop; there are many fertile connections between awareness disciplines and the natural sciences, and we are intent to explore them. Another new series — on social and political concerns — begins in 1980, with seminar leaders from the U.S. Congress, State Assembly, business, and networks like Self-Determination. From the beginning it has been apparent to us that Esalen's concerns with awareness, responsibility, and innovation had social and political consequences. In these programs, we will explore those connections more systematically than we have before. (see pages 11, 23 & 27)

While these and other programs develop, our Big Sur center is going through important changes. People can join our work-scholar program for several months at a time to learn about awareness and community. We have built a solar-powered laundry and heat exchange systems between swimming pool, hot springs and showers as part of an ongoing program to develop alternate energies. The Gazebo school — Janet Lederman's creation — is our first major program for children. And pioneering scholars like Stan Grof and Gregory Bateson continue to take up residence. It is a privilege to support their work.

All in all, the 1980's look to be Esalen's most fruitful decade yet.

Michael Murphy

Photograph by Steve Beck

The Gazebo

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A school without classrooms? A pony that is a teacher? Classes in "Carrots" and "Flowers"?

It sounds like a make-believe school but it really exists. Called the Gazebo, it is a pre-school and day care center that has been operating for about two years at Esalen Institute in Big Sur.

Designed and directed by former elementary school teacher Janet Lederman, who is also a director and member of the board of trustees at Esalen, the school offers children a place to learn as well as have fun.

Janet is proud of the low cost of the school, which has been carefully designed to offer children "a little secrecy and a little danger. In addition to lots of fresh air, dirt, water, and living things — flowers, decorative plants, a garden, a pony, and people of all ages.

There are about 12 children, between 9 months and 5 years old, who attend the school on a regular basis. This summer, a grassy area was added for crawling infants, and the program was expanded to include children up to 14. Their parents are Esalen staff members or seminar participants, and Big Sur neighbors.

The main structure of the school is the gazebo, basically a deck and loft, joined by thick beams. The

Photograph by Joyce Rogers

wood for the gazebo was taken from an old redwood wine barrel that Janet bought for $2,000. Books, toys and musical instruments are stored in the gazebo. Older children climb up to the loft when they want to be alone.

The school started with only the gazebo and a sandbox but has expanded into an educational fantasyland which includes a teepee, boat, castle, raceway, treehouse, al fresco dining area, several swings, and a mini solar-heated shower. ("We're adding a little hot tub soon.") It is spread across a hillside overlooking the Pacific and shaded by eucalyptus trees.

Designed to offer the children a variety of experiences, primarily dealing with the elements of water, dirt and air, as well as people and animals, the emphasis is on learning by doing.

"One of our best teachers is Karina," said Janet, pointing to a small pony inside a split-rail corral. Karina came from a divorcing family and cost only $50. The children not only ride the pony during the day, but they are responsible for feeding her, brushing her, and keeping her corral clean. Nearby, in a little shed, brushes, bridles and other pony-paraphernalia are kept, each in its own labeled spot.

"The children learn about personal hygiene by taking care of Karina," explained Janet. "They also learn to put things where they belong and how to deal with this energy that is larger than they are."

The children have helped to clear the ground for each new area as the school has expanded. They also prepared the soil and planted a small vegetable garden which they maintain — and harvest.

"Carrots are our best crop; next time we'll plant more," Janet pointed out. "They grow well, and they can be picked anytime, whether they are two inches or ten inches long — and they always taste good."

Flowers and small shrubs are growing around the gazebo and the children, depending on their age, help to care for them.

"The little ones love to play in the water, so they water the plants — and usually themselves, too," Janet explained.

"Some of the older children are spending the summer working on our 'living classroom'," she continued. "We bought an old fishing boat in Monterey for $1,000. It cost $2,000 and lots of muscle to get it back here on the hillside. The children are helping a boat builder restore the boat, almost rebuilding it piece by piece. They started out just handing him tools, but now he lets them use the tools themselves. When it is finished it will provide an indoor structure to use on damp and chilly days."

Just as these older children are learning skills by watching a craftsman, the younger children learn new skills by watching the older kids. One example, Janet points out, is the "two holer," the decoratively carved miniature outhouse a few steps from the gazebo.

"The toddlers don't wear diapers while they are here during the day. They see the older children using the outhouse, and pretty soon, they want to use it too — it's a very natural lesson in toilet training."

The ideas for the gazebo were developed by Janet after teaching school in Los Angeles for 14 years. "Normal" schools which "keep kids inside, and don't teach children to relate to themselves" don't appeal to her. Nursery schools and kindergartens intrude on children's learning, she feels, by forcing them to follow rigid schedules; telling them when to eat, when to sleep and what to play with.

The gazebo, on the other hand, ideally involves members of the community, particularly older members who share their knowledge with the younger members. Children are allowed to learn at their own pace, primarily by an apprenticeship or learning by doing method.

In addition to a core of three teachers, there are usually about six or more volunteers around to watch and help the children.

Janet, who has presented this innovative educational plan to professional groups, is eager to see similar schools start in other communities. There are six people now in a work-study training program at the gazebo learning how they can start others.

She stresses the low cost of the school and the flexibility of the plan. The children could raise chickens, have a bigger garden, or even a greenhouse. "It could happen on a donated lot," she said, "or a farm, or even in a city."

Looking at a photograph of school children playing on an asphalt playground between a brick building and a chain link fence, Janet admits that one of her goals is to start a gazebo in New York City. "There's no reason why a school has to be like a prison," she said.

— Jane Firth

Photograph by Steve Beck

This article is reprinted from
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August 26, 1979

Hydroelectric Energy, A Future Direction

Esalen has long been known for its unusual relationship with the environment of Big Sur. The fact that we are blessed with an abundance of natural resources increases our responsibility to utilize those energy sources with an awareness equal to the environment.

We are presently exploring the Hot Springs Canyon, which offers us an opportunity to meet our minimum electrical requirements by the utilization of the creek's hydro-potential. The electricity generated by a small hydroelectric generator can supply the power necessary to run a minimum food storage facility and can provide the power needed within the shop and laundry buildings. With the implementation of such a system Esalen will be assured of a constant source of power to those buildings which provide basic support services in the daily operation of the facility.

Our approach is one of generating energy to meet our minimum needs. The ecological balance of the canyon is just as vital to us as the potential electricity generated from the creek. The ultimate success of this hydroelectric system depends not only on the availability of the creek as an energy source, but also on the awareness and respect with which we continue to maintain the ecosystem of the canyon.

Leon Trice
Coordinator of Energy Programs

Drawing by Richard Stratman

An Era of Limits, An Era of Possibilities

In March, Esalen will inaugurate an ongoing series of seminars on social and political transformation. The series will focus on the emerging synthesis of personal and planetary concerns manifesting in diverse quarters: among sixties radicals who now speak of a "crisis on the left"; among conservatives in search of authentic models for decentralization; among economists of all persuasions who see new convergences beyond the constraints of traditional ideologies; and in magazines and journals exploring themes more subtle and profound than those caricatured in the East versus West Coast "paradigm wars."

When Esalen was founded in 1961, no one foresaw the convergence of ideas and practice in education, comparative religion, psychology, and the behavioral sciences which came into view in the 1960's and 70's. Twenty years later, no single thinker or system has a firm grasp on the complexities of political, economic, ecological, and social issues, yet there are ideas and visions afoot which point toward more comprehensive understanding. We believe that the broadest shape of things to come can be seen in the dialectic of the decades just passed: the outward expansion of consciousness in the sixties represented by the free speech, anti-war, civil rights, women's and gay liberation movements, with a complementary turn toward inner experience evidenced by the interest in psychedelics, Eastern religion, and esoteric psychologies; followed by a movement toward solidity of practice in the seventies, a consolidation into form with an emphasis on creating social contexts to support new insights. The central theme of these workshops is the meeting of these two tendencies — individual development and social change, self-realization and social justice, personal quest and political action.

We are not trying to create an easy synthesis out of complex variables nor some safe middle ground; we seek rather to encourage a wide range of expression of often contradictory ideas and beliefs, bearing in mind the aberrations which can stem from the *idee fixe* — the obsessional pursuit of some part-truth regarded as if it were the whole truth. We begin this series uncommitted to any single doctrine, be it "small is beautiful" or "sing the praises of productivity," but to the sense of complex discourse and understandings toward which these insights point.

We will be conducting both public seminars (March 7-9, March 28-30, April 4-6, May 2-4, June 6-8) and private working sessions for various groups interested in these issues.

Keith Thompson
Coordinator of Seminar Series
on Political and Social Concerns

New Political Alliances
April 4-6

This workshop features three individuals — Charlie Rose, Milton Friedman, and Stan Commons — whose political efforts aim at a convergence of individual inner awareness with the concerns of action-at-large in social and political processes. They will join with workshop participants to track developments which point to the emergence of new coalitions and alliances for social, economic, political, and personal transformation in the 1980's.

Rep. Charlie Rose, Democrat from North Carolina, is founder of the Congressional Clearing House on the Future, an informal caucus of U.S. senators and representatives which familiarizes members of Congress with ideas and works pointing to alternative national values and potentials. The Clearing House has sponsored lectures for members of Congress and the Executive Branch featuring Moshe Feldenkrais, Buckminster Fuller, and E.F. Schumacher, among others. Rose has been an advocate for public hearings to explore the degree to which psychic powers are being studied for intelligence purposes by both the United States and the Soviet Union.

Milton Friedman, presently a member of the Senior Professional Staff of Congress, served as special assistant to President Gerald Ford and has worked as a consultant for both the Democratic and Republican parties. He lectures widely on the development of new paradigms which link individual and national transformation.

Stan Commons is co-founder and director of Self-Determination, a grass-roots California organization based on developing relationships between personal awareness and interpersonal/community/political involvement.

Questions for discussion are: What are the "patterns that connect" the disparate movements of the 60's and 70's: civil rights, New Left, anti-war, women's issues, gay rights, environmental appropriate technology, human potential, voluntary simplicity, and new-conservative? Can we see the shape of new alliances for personal and political change? How do we stay open to multiple scenarios of the future? How do we deal with the downside of societal breakdown — fear, selfishness, despair, impasse — and use these qualities to break through into new options and possibilities? Can we develop alternatives to top-down, patriarchal social forms, not only in government but in the very processes for change in which we engage ourselves?

Marin Solar Village
June 6-8

The proposed Marin Solar Village at the sight of Hamilton Air Force Base in Novato, California represents the assemblage in one place of a variety of concepts which have been tried and proved elsewhere, ranging from homes heated and cooled by the sun to intensive gardening, fish farming, and the recycling of water and sewage. As the first modern community in the world designed specifically for ecological stability and energy balance, the key concept of Solar Village is *sustainability*, which can be achieved be designing life support systems to use renewable forms of energy; by restoring and maintaining the health of natural ecosystems; and through social and economic diversity.

In recent months Marin Solar Village has moved from the idea stage to a project underway at many levels. Planning subcommittees are at work on numerous Village components, including a community truck farm, community gardens, solar thermal electric generator, sewage conversion plant, small business and research complex, commercial aquaculture ponds, and sports and recreation center. Solar Village represents the integration of practical, economic technologies into a place where work, home, and play are rejoined, where a diversity of ages, races, and incomes will share in community life. Perhaps most important, Solar Village is a leading example of new models which combine a realization of future energy and economic scarcity with a sense of the possible: out of new limitations can come new visions of life on the planet.

Planning and design director Sim Van der Ryn will join community activist Lillie Leonard and others in a comprehensive review of community participation in the planning process, including an update of the project's status, and explore a wide range of issues relating to creating urban villages.

On "Right" Feedback

To you who plays with mirrors (and)
with images reflected,
Know whatever that you "see"
is just EGO BITS,
Projected.

And since your essence
(your real beauty)
is with mirrors
UNCONNECTED

To ever "see" a junky part,
you have merely to
correct it,
by
"sending out" your LOVINGNESS,
then quickly,
INTROJECT IT.

Julian Silverman

dedicated to J.Z.

Photograph by Steve Beck

Ways of Being at Esalen

There are a variety of ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The week-end and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are particularly valuable as a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.): from such a sampling, the participant can then choose that approach which feels most appropriate, and then pursue it in subsequent seminars. For those who wish an extended stay of a month or more, the Ongoing Residence Program is ideal. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof, Al Drucker, and David Schiffman, which frequently involve didactic seminars as well as experiential workshops, and can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen and one that allows a much greater involvement with the place and its community at a lower expense is the Work-Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 14 for more information and an application form.

In addition, besides all the catalog programs, there are a large number of other events which enrich life at Esalen. There is a regular Tuesday Night Forum where various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there are films, dance performances, choirs, puppet shows, boogies, and other forms of creative entertainment. Bodywork of various kinds is available by appointment with individual practitioners, including massage, deep-tissue, polarity, and rolfing. Individual sessions are also available for various types of process work, including gestalt, neo-reichian emotional release, vision-improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Photograph by Joyce Rogers

The Work-Study Program

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our selves primarily in relation to others; we lose touch with our essence.

From this perspective, we offer an opportunity to return to our Selves within the working context of the Esalen community. Our faculty for this program is our environment — staff — community.

— Learning/dis-covering the use of your own energy in work . . . for your SELF.
— Living together (close to others) operatively and cooperatively in a unique, high intensity environment.
— Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.

An opportunity for:
— SELF-regulation
— SELF-examination
— SELF-contemplation
and if you choose
— SELF-reevaluation
— Facilitated by removal from your ordinary living context.

Participants make a commitment to work 32 hours per week at such jobs as gardening, maintenance, office, kitchen duties, etc. Scheduling consideration is given to the community labor needs and work assignments are made according to these requirements. The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program, emotionally and physically, and only rarely is it restful. There will be a coming together in the evenings to share—contact—play/alone-together. Professional services such as massage and rolfing are available at staff rates.

Accommodations are shared, with up to three people to a room, at South Coast Center, a staff living complex which is 1½ miles north of Esalen. The Work-Study Program, lasting 28 days, is a full time workshop in itself. The work commitment to the community, group process work, and teaching seminars make up a busy schedule for participants. Enrolling in the Esalen catalog workshops is therefore discouraged, since the extra involvements tend to interfere with the fulfillment of the Work-Study Program.

Available dates: December 2-30; December 30-January 27; January 27-February 24; February 24-March 23; March 23-April 20; April 20-May 18; May 18-June 15; June 15-July 13; July 13-August 10; August 10-September 7.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with $150 deposit to:
Work-Study Program, Esalen Institute, Big Sur, California 93920. Telephone: (408) 667-2335

Esalen Institute Application for the Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____

City _____ State _____ Zip _____

Age _____ Your occupation _____ Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st:_____ to _____ 2nd:_____ to _____ 3rd:_____ to _____

Work-scholars may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. If such an invitation is extended, please indicate your availability:

☐ no extension ☐ one month extension ☐ two month extension

Have you been to Esalen workshops? Please list program titles and dates: _____

Please make a personal statement about your interest in the Work-Study program. Include any skills you may have available. _____

Esalen Seminars

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman & Joan Fiore

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

SCHEDULE

January 11-13	$110
January 25-27	$110
January 27-February 1	$250
February 1-3	$150
February 22-24	$150
March 16-21	$330
March 28-30	$150
April 4-6	$150
May 11-16	$330
May 30-June 1	$150
June 1-6	$330
June 13-15	$150

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Joan Fiore, Christine Price & Richard Price

The Esalen Gestalt Staff includes Leonard Bearne, Laura DeNuccio, Joan Fiore, Jeffrey Kent, Nancy Kaye Lunney, the NINE, Jenny O'Connor, Christine Price, Richard Price, Paul Rebillot, Janet Zuckerman, and others.

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear–
And used–is inexhaustable.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some reichian work is close.

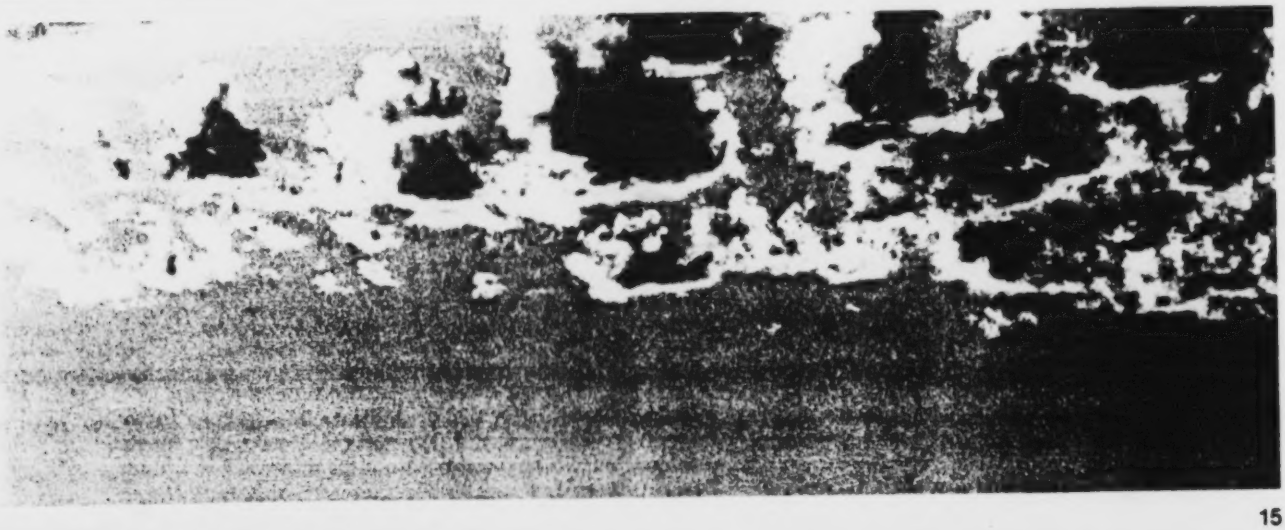
The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is enfoldment, wholeness, growth rather than adjustment, cure, or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J. C. Pearce); *Illusions* (Richard Bach).

SCHEDULE

March 23-28	$330
April 27-May 2	$330
May 25-30	$330
June 8-13	$330



Weekend of January 4-6

Getting Your Act Together

Nancy Kaye Lunney

All the world's a stage and the current production can be a soap opera, musical comedy, tragedy, or three-ring circus. Since we choose our parts, finding new ways to express ourselves can open up a variety of options on how to play our lives. Using gestalt, music, drawing, and movement in a non-judgmental environment, we will explore getting our "act" together. Individual work in a supportive group setting will be stressed. No special talent or previous group experience is necessary. $120

Self Awareness & Health Practices for Professionals

Janet Mentink & Phillip Mac

This workshop for health care professionals will include both didactic and experiential aspects emphasizing experiential learning about body/mind relationships, body awareness, and self awareness. Massage, centering, and visual imagery will be included so that the group can experience enthusiasm and support for change and self growth.

The workshop will allow "helpers" to explore previous decisions and concepts about themselves as helping professionals, and in the areas of health and disease and self care. Aspects of self awareness and re-decisioning may be used to enhance personal and professional well being $120

Shamanism and the Mystic Quest

"It is one, it is a unity, it is ourselves."—Ramon Medina Silva

Joan Halifax

The archaic sacred traditions that have given access to the body, mind, and spirit—the totality of the human organism in relation to the cosmos—need to be recognized, remembered, and reconciled within our psyche and present culture in order to bring about an abundant lifeway of the future. We will explore ancient and contemporary rituals and mythologies through maps of proto-historical transformative rites, the poetry and art of mystics and visionaries, and religious traditions from shamanism to Buddhism. There will be slide-illustrated lectures, films, and direct experiential work to facilitate our exploration.

Recommended reading: *Shamanic Voices* (Halifax) $120

Is Your Neck the Bottleneck of Your Energy?

Ruthy Alon

We introduce processes of mindful movements from the feldenkrais method that nurture the body intelligence and make available choices and qualities of coordination that are obscured from us in our culture of pressures and demands.

We re-educate the function of the neck by exploring the relationships of movement patterns throughout the whole body. In its process of ever-needing to adjust, the neck may lose its freedom, compensating for and absorbing tensions and expressions from toe to head. The healing of the neck takes place when a family therapy of the toal organism clarifies its interactions in order to bring relief to the sensitive member.

You will experiment with many practical ideas to take home that will support you on a self-care path of gratifying ways of using your body so that your neck may work for you and not against you. $120

Week of January 6-11

Experiencing Esalen for Health Care Professionals

Coordinated by Jay Kaplan, MD

This workshop is designed for health care professionals who have not previously been to Esalen/Big Sur. The emphasis is on experiencing a variety of approaches to self awareness and self care. Some of the following experiences will be available: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bio-energetics, rolfing, feldenkrais, yoga, polarity massage and shiatsu. Nurses and physicians will earn continuing education units. $280

Giant Dancing Steps Toward an Ecology of Body/Mind and Nature

Gregory Bateson
Al Huang

Gregory and Al Chung-liang wish to share the joy and excitement that they have been exploring in transforming "mental process" into dancing motifs ("the pattern which connects" as in t'ai chi) and back to the process of organic unity of Body/Mind and Nature. $310

The Feeling Process

Janet Zuckerman

Some of the steps involved in learning to experience your feeling process in a way that increases your personal effectiveness in the world will be the focus of this workshop. Separating feeling from thoughts—sensitizing your body to your own rhythms and sensations and recognizing that *your* feelings—*your* discoveries are your truth without needing outside validation. The process is then the choice of expression or depression. An experiential workshop. $280

Weekend of January 11-13

Music, Dance, Trance & Celebration

Nitza Broide Miller

In cultures which are less dominated by technology and industry, music, dance, and celebration are not spectator sports. These activities, along with "trance" states such as meditation, deep relaxation, and hypnosis have been traditionally initiated cross-culturally for physical and emotional balance—release of tension, clearing of the mind, joy and ecstasy, and for interpersonal and transpersonal communication; and *everyone* participates!

This will be an *experiential* weekend where participants will be invited to share several deep relaxation ("trance") experiences to help intensify sound and movement and the natural body rhythms.

The lovely sounds of the keyboard, the stirring flute, and the passion of drums will facilitate spontaneous movement to stimulate the evolution of your own body rhythms towards freedom, pleasure, and joy. $120

Photograph by Steve Beck

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness methods. $120 per person

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert
Saul-Paul Sirag

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what this current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation. $120

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 15. $110

Week of January 13-18

Integrity *David Schiffman*

In this workshop we will join together to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Our task together will be to discover how best to express these qualities both in and out of the workshop. We will explore the boundaries of our emotional, physical, and mental potentials and how they affect our sexuality, our relation to power, our friendships, our creativity, and our expectations of ourselves and of others. $280

The Spiritual Path: Promises and Pitfalls
Stanislav & Christina Grof

We will combine observations from modern consciousness research and from various traditional practices to explore the process of spiritual awakening. The participants will have the opportunity to confront transpersonal areas within themselves in various experiential exercises, combining evocative slide-shows, music, controlled breathing, mandala drawing, and individual work if appropriate. Special attention will be paid to the understanding of and approach to "spiritual emergencies" which can occur in the context of the kundalini process and other forms of personal evolution. $280

Living Tao: Ancient Wisdom-Modern Living
with Al Chung-liang Huang & Lee Chih-Chang

Movement meditation, t'ai chi dancing, philosophical discourse, brush calligraphy, music, and laughter with Al and his mother. $280

Weekend of January 18-20

Personal & Cultural Transformation in the 1980's
Theodore Roszak, William Irwin Thompson & Michael Murphy

This seminar will explore some of the crises and opportunities that face us in the 1980's. Topics for discussion will include: the fundamental connections between lifestyle and consciousness on the one hand and the energy, pollution, and monetary crises; the relationships between personal and social transformation; the excess (and hopeful new beginings) of the 1960's and 70's; and contemporary examples of cultural innovation we can learn from. $120

Black Dance
James Xavier Nash & Jasmine Nash-Lutes

This workshop will include massage and dancing, exploring the rituals of Black disco dancing in contemporary American society. High-low energy, sensual and sexual, rhythm and syncopation, hand clapping, foot stomping, using African drums, we will use our voices and recorded popular Black music. $120

Vision Improvement—Our Willingness to See
Laura DeNuccio (Ma Prita)

This weekend will focus primarily on the awareness continuum. Exploring various methods and systems, we can discover how we distort our perceptions in the here and now and how we are able to clear and re-educate our eyes and our selves to see. Utilizing reichian deep emotional release, bioenergetics, gestalt, the bates system, nutrition, and various other body/mind approaches, we will have the opportunity to explore, discover, contact, experience and expand—enabling us to look newly at our selves and our world in which we live. Limited to 12 participants. $120

Week of January 20-25

Gestalt Practice Plus
Christine Price & the Esalen Staff

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) at awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure or accomplishment.

Although the major body of this workshop will be gestalt practice, other experiences such as massage and improvisational theatre may be included.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Exploring the Crack in the Cosmic Egg* (J C Pearce); *Education in Feeling and Purpose* (Kelly); *Illusions* (Richard Bach). $280

The Tamalpais Experience
Richard Heckler, George Leonard & Wendy Palmer

Aikido is the most sophisticated of the major martial arts. It is also a means for reducing stress, a guide to solving problems of everyday life, and a way of being in the world. Richard Heckler, George Leonard and Wendy Palmer will present the unique approach to aikido and energy awareness they have developd at their Marin County school, Aikido of Tamalpais. No previous training is needed to experience the essence of the art. $280

Advanced Massage Intensive
Esalen Massage Staff

Whether your massage experience is professional or avocational, our aims in this course are to take you deeper into your own work and to provide whatever instruction we can to add to your understanding of the body and to your repertoire of techniques. In addition to morning and afternoon practice sessions with various instructors, we will use yoga, movement, evening lectures and discussions, and demonstrations of specific practices to stimulate ourselves out of our old patterns of working and increase the range of conditions with which we can

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deal effectively.

The following concerns will receive emphasis: how to sustain your energy through a day of treatments, how to clear yourself of the negative energy released by your client, how to use weight and leverage to your advantage, and so on. As we reach more and more deeply into one another, emotional changes are triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide us with some first-hand practice in productive ways of moving through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five-day intensive or its equivalent in your own practice. $280

Weekend of January 25-27

Evolutionary Relationships Between Mind & Body

Michael Murphy, James Hickman & Saul-Paul Sirag

Michael Murphy and Jim Hickman are gathering examples of extraordinary bodily transformations from various fields—from the yogic and contemplative literature, psychiatric records, hypnosis and drug research, sport, the arts, and everyday life—in an attempt to learn more about the range of such changes and the ways in which they happen. In this seminar they will present their work to date and speculate with the participants about the implications of their findings. Two questions for discussion are: (1) Do these bodily changes reveal an evolutionary possibility? (2) How do they relate to notions of "enlightenment"?

Saul-Paul Sirag will discuss the implications of recent work in physics for this research. His discussions will include the relationship of Bell's theorem and David Bohm's explicate-implicate order to certain facts of extraordinary human functioning. $120

The Healing Power of Music & Movement

Emmett Miller

Music has been used for untold centuries by races and cultures throughout the world. It has been used to quicken men's pulses and calm them; to help bring them into the world, and to help deliver them from it; it has been used to promote war and promote love. Life is a dance of body, mind, and emotion seeking spirit. After learning the fundamentals of selective awareness, we will experience the relaxing, healing, and energizing influence of music in the deeply relaxed state of selective awareness and in movement. Tapes will be available for continued work following the weekend. Musicians are invited to bring their instruments. $120

The Gazebo*: An Alternative Education

Janet Lederman

The Gazebo is a model for restructuring educational systems, both physically and philosophically. It is a new concept of "school," involving the inviting of children back into society, the integration of generations, and the re-introduction of life into the content of learning.

The workshop will be both didactic and experiential. We will investigate alternative ways of financing education and plan ways to revitalize neighborhoods as viable teaching resources by generating community involvement. The form, structure, and activities of the Gazebo will be available to participants. So far our youngest student is 9 months old and our oldest is 75. Esalen's Gazebo is more than an idea. It is an actuality. Limited to 12 participants. $120

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 15. $110

Week of January 27 - February 1

Sound & Movement as a Healing Art: A Winter Celebration

with Elisa Lodge, Esalen Musicians & Staff

Coming Together
In stillness, in motion
Celebrating our joyfulness and harmony.
Moving freely.
Opening to the pleasures of our bodies
Gently shedding fears,
Carried by our voices, and our movements
To the richness of our feelings,
Creating Ourselves
With music, dance, and the
Healing use of touch. $280

A Psychic Training Program

Anne & Jim Armstrong

This workshop is open to professionals and others interested in learning to recognize, trust, and use their own Psi abilities. Anne and Jim will use exercises and training techniques to accomplish this goal. During the training exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in helping professions are already using their sensitivity and need only learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $280

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 15. $250

*Service Mark of Janet Lederman

Weekend of February 1-3

The Art of Yoga: A Mind/Body Approach
Joel Kramer

This workshop is for beginners or anyone interested in experiencing an approach to yoga which involves exploring the edge or frontier of the self, both mentally and physically. Yoga is presented not as a removal from life, but as an adventure in living. In a short time this approach can provide a powerful mode of exploration—no matter what your flexibility—in the physical, psychological, and spiritual domains of life. $150

Getting Healthier
Carl Simonton

A combination experiential and didactic workshop looking at the interrelatedness of the mind and the body in health and illness, drawing upon experiences with cancer patients and applying the principles learned in dealing with life crisis to the basically healthy person for the purpose of enhancing life. $150

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 15 $150

Week of February 3-8

The NINE and Gestalt Practice
The NINE, Jenny O'Connor & Richard Price

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) at awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth rather than adjustment, cure or accomplishment.

The NINE, a paranormal intelligence channeled by Jenny O'Connor, enter in to facilitate the gestalt process. Rather than "telling your fortune," they provide an energized means to find and make your own. $330

Photograph by Steve Beck

Experiencing Esalen for Health Care Professionals

Coordinated by Jay Kaplan, MD

For workshop description see January 6-11. $330

Tai Chi Chih—A Gift of Life

Catherine Elber

First presented to the public in 1974, tai chi chih is based on ancient movements that were a closely guarded secret of the Chinese emperors and their clansmen for over a thousand years.

Easier than tai chi chuan, these 19 gentle movements are becoming one of the simplest and most effective methods available for realizing within one's self how truly beautiful the gift of life really is.

By adding the principles of these motions to your life, you can experience a continual unfoldment of your potential while providing an enrichment to your life on every level. The effects of these movements enable you to experience the beauty and honor of personal transformation as your body, mind, and soul reap the benefits of harmony and balance—physical health and grace, mental peace and clarity, spiritual infinity. $330

Approaches to Birth, Sex & Death

Stanislav & Christina Grof

In this workshop we will explore the implications of modern consciousness research for the understanding of the three basic aspects of human existence and their mutual interrelations; their significance for mental health and illness. We will focus on such issues as the relevance of the birth trauma for psychiatry and psychotherapy; new understandings of emotional, sexual, and psychosomatic disturbances; the kundalini syndrome; revolutionary approaches to psychotherapy; and insights into the experience of clinical death. The format of the workshop combines slide illustrated discussions, guided fantasy with music, mandala drawing, an audiovisual experiential slide show, and individual work if indicated. The participants will have an opportunity to explore their experiences and feelings in the above three areas. $330

Weekend of February 8-10

Steps to an Ecology of Mind

Gregory Bateson

In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to new ways of looking at the living world, including everything from biology to poetry and politics. The workshop will explore these ways of perceiving and thinking. $150

Couples Workshop: Intimacy and Personal Growth

Betsy Hand & Gerald Smith

This workshop will focus on deepening contact and strengthening mutual support while expanding as individuals. Some of the time will be spent using structured approaches for enhancing communication, being separate, trusting, and fighting fairly. The approaches will be tailored to what each of you brings to the weekend. $150

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings

Joan Fiore & Jeffrey Kent

This workshop provides an opportunity for you to pay attention to the quality of your interpersonal contact, particularly to your willingness to take risks and to your ability to stay true to your own feelings while meeting and contacting others.

You may discover your own rhythm of contact and withdrawal; you may discover how you sabotage yourself from having more satisfying relationships; you may discover you're getting exactly what you want from your relationships. You may discover anything; you may discover nothing. You may even discover that you're in charge. $150

Week of February 10-15

Pleasure, Sensuality & Your Body

Barbara Clemans

The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feeling of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact, and nurturing, sensitive giving, and relaxed receiving. We will explore new patterns of moving and being together, feldenkrais awareness, and vital explorations in movement to music. The baths, the rhythm of the ocean, and massage will heighten our awareness of the pleasure inherent in simplicity. $330

Reichian/Gestalt Intensive

Joan Fiore & Jeffrey Kent

This workshop combines neo-reichian breath and body work, to facilitate physical/emotional release, with gestalt work, to facilitate contact, integration, and self-responsibility.

We provide the time, the space, the opportunity to move at your own pace from dis-ease to ease, from fragmented to whole, from self-discounting to self-validating, from role-playing to authentic self-expression, from helpless victim to active participant in your personal destiny, or from wherever you happen to be coming to wherever you're growing. You might explore your dreams, your tensions, your madness, or your options; take room to breathe or to explode, soak in nurture or exorcise demons, finish past unfinished business, or examine present concerns.

First priority is on intensive individual work in a supportive group setting. There are also opportunities to experiment with the quality of interpersonal contact through group interactions. $330

Opening the Feelings

Renan Sercarz, Ron Andes & Julie Wright

The aim of this neo-reichian workshop is to free the body's capacity for feeling expression and aliveness. As deeply held emotions of pain, anger, and fear are experienced and expressed, chronic unconscious patterns of tension can soften and the participant can allow deeper contact with his own aliveness and with others. This can bring a new capacity for love, trust, and joy. We mainly work with the breathing, asking the student to accept and allow whatever comes up. We will work with no more than ten students to one teacher, and each participant will receive two intensive sessions. $330

Weekend of February 15-17

Is Your Neck the Bottleneck of Your Energy?
Ruthy Alon For workshop description see January 4-6. $150

Exploring Self-Acceptance
David Schiffman The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $150

The Gazebo℠: An Alternative Education
Janet Lederman For workshop description see January 25-27. $150

Weekend Massage Intensive
Esalen Massage Staff We will assist you in acquiring the basic tools you will need to begin to explore massage. By demonstrating for you and practicing with you it is our intent to introduce you to the major muscle sets of the body and to help you to establish a sense of an effective beginning, development, and closing of a full-body massage. Emphasis will be on our own grounding and internal awareness, on learning to recognize the areas in ourselves and others that need relief, and on learning to be aware of the quality of our own touch. $150

Week of February 17-22

Self-Acceptance—The Freedom to Be
David Schiffman Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $330

Living in Balance
Phyllis Shankman Living is a creative, ever-changing, cyclic experience. As we acknowledge the basic principles and rhythms of this universal process, we realize that the most obvious principle is polarity—the yin and yang, light and dark, open and closed, falling and rising, feminine and masculine. The art of living can then be viewed as keeping the two forces in balance, because there cannot be one without the other; they are mutually supportive and generative.

In this workshop we will use meditation and breathing, gestalt process work, massage, movement, music, and art to experience our selves in balance and off, in stillness and motion, touching and withdrawing, working and playing, crying and laughing. We will support each other at every stage of the cycle and move together toward a full awareness of our one-ness with the universe. $330

The Spiritual Path: Promises and Pitfalls
Stanislav & Christina Grof For workshop description see January 13-18. $330

Weekend of February 22-24

A Celebration of Life
Emmett Miller A weekend of deep relaxation, music, movement, and song. Finding the silent source through the approaches of hypnosis and meditation. Emerging gently into movement guided by soft melodies that sing of the beauty around us. Chanting and joining in the song of life, the pulse of Brazilian and Latin rhythm lifting our weightless bodies and spirits into spontaneous movement. Experiencing the fullness of being in silence and in sound, in stillness and in movement. A time of joy, celebration and sharing. $150

Experiencing Esalen
Experiencing Esalen Staff For workshop description see page 15. $150

Core Dynamics - Body Energetics
Hector Prestera Using body release methods, body reading, color reading, and psychic intuition, each participant will have an opportunity to contact areas of body armoring which prevent the core self from spontaneous release. Freeing the "core self" is the object of this weekend.

Suggested reading: *The Body Reveals* (Kurtz & Prestera). $150

Week of February 24-29

The Hero's Journey
Paul Rebillot The Hero's Journey is a dynamic form designed to facilitate people through life changes. Your world is viewed through the lens of fantasy, dramatized and experienced in a rite of passage based on a universal ritual used to

celebrate this metamorphosis: the myth of the hero.

Your hero is structured from the absolute "yes," your demon from the absolute "no" of your personality, externalizing your inner conflict. The two confront each other on The Hero's Journey, a dramatic struggle ensues until a synthesis of the opposing forces is reached. $330

A Week with Will Schutz $330

Make it Happen
Marilyn Kriegel & Ann Russell

This workshop is a unique combination of exercises, discussion, and consciousness created to give you the opportunity to experience and express yourself. Each of us wants to lead a full and satisfying life. In this week we will offer you ways to make it happen: to go for it, take risks, embrace challenge, and to live with courage, vitality, and enthusiasm. $330

Surrender to Self
Merri Goldenson (Deverani)

Deep inside each of us is the person we were created to be. Our life struggle is to free this person and feel the love, music, and harmony of life in our beings. We will learn ways to soften and surrender our body armor and allow our life force to flow. We will explore our feelings of grief, guilt, anxiety, anger, love, trust, joy, and pleasure. Holistically we will use the principles of chiropractic reich, bates vision, massage, kinesiology, meditation, and dance. $330

Weekend of February 29 - March 2

Being Together, Being Ourselves
Paul Rebillot

"Let there be spaces in your togetherness and let the winds of the heavens dance between you."
—Kahlil Gibran, The Prophet

Laughing and crying, dancing and touching, we will come together for a weekend of improvisation and play. Gestalt process and theater games will help us to open doors to new ways of being together while being ourselves. We will explore the delicate balance of communication and separateness, of closeness and distance in our relationships with one another. $150

Adventures in Self-Exploration
Stanislcv & Christina Grof

Focused self-exploration in this workshop will be based on the model of the unconscious that emerged from psychedelic research. It includes not only biographically determined areas but also the dynamics of the death-rebirth process and transpersonal experiences. We will use a combination of music and guided affective imagery, mandala drawing, yoga, massage, and individual work when indicated. $150

On the Way to Health: A Guide for Health Practitioners
Phillip Mac

This workshop is designed to look at the stresses of the health provider in training and in practice. We will work toward developing greater personal health consciousness though self-awareness and self-responsibility, and creating a healing environment within ourselves. Body awareness, centering, and visualization will be some of the methods employed. $150

Week of March 2-7

Esalen Staff Week

We will have no public programs during this period.

Weekend of March 7-9

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings
Joan Fiore & Jeffrey Kent

For workshop description see February 8-10. $150

The Gentle Art of Becoming—Together: A Workshop for Couples
David Schiffman & Elisa Lodge

For workshop description see January 11-13. $150

The Emergent Paradigm
Jay Ogilvy & Peter Schwartz

How do you filter the information you need to live? Like contact lenses you can't take off, a paradigm effects the way you see—and the way you think and feel. More universal than a model, less conscious than an explicit worldview, a paradigm colors one's entire experience of self and world. We believe our culture is undergoing a shift of paradigms. Traditional patterns of meaning and order are crumbling. We have been exploring common patterns of change across thirteen different disciplines from art to chemistry, philosophy to biology. We see a new pattern emerging, one that makes sense and gives coherence to apparently fragmented lives. Chemical and biological systems generate higher order from apparent disorder. Political and religious systems sometimes function better with several centers. We will summarize evidence for a polycentric paradigm, then explore its meaning for relationships, for work, for play, for the business of being human. $150

March 7-14
Trager Psychophysical Integration and Mentastics Basic Training
Betty Fuller, Sheila Merle Johnson & Gail Stewart

For workshop description see Special Programs, pages 36 & 37. $690

Week of March 9-14

Put Your Memories, Fantasies & Dreams to Work for You—A Reichian/Gestalt Approach to Energy Release

Joan Fiore & Jeffrey Kent

"To understand is to tremble. To recollect is to reenter and to be riven."—Harold Brodkey

This workshop focuses on releasing the energy locked in our memories, fantasies, and dreams so that this energy can be made available for present relationships and life situations in a way that makes our existence in the present less encumbered by unfinished business of the past as well as self-programmed, self-fulfilling prophecies of doom for the future. First priority is on intensive intrapersonal work in a supportive group setting. There will also be opportunities to explore the nature of our interpersonal relating through group interactions. $330

Self-Acceptance—The Freedom to Be

David Schiffman

For workshop description see February 17-22 $330

Five-day Massage Intensive

Esalen Massage Staff

An introduction to the language of the body, this course will attempt to view the human interior through various windows: yoga, feldenkrais, movement, demonstration and work sessions, and evening lectures and discussions. Every major portion of the body will be given detailed attention, and your instructors will acquaint you with their individualized styles. In the morning and afternoon practice sessions the focus will be on your integrating this information in your own manner and evolving your own style of working with the body. Our intent is not to teach you to imitate, but to help you learn to become *effective*: the rest you will teach yourselves. $330

Weekend of March 14-16

Energy Awareness & The Crystalline State

George Leonard

In the crystalline state, there is no expectation nor any prejudgment. Concentration on the past and future gives way to primary focus on the present. Action taken while in the crystalline state is not *considered action* but rather *appropriate action*. When fully achieved, this state permits you to experience the harmony and connectedness of all existence. This energy awareness workshop will emphasize the crystalline state as described in George Leonard's latest book, *The Silent Pulse: A Search for the Perfect Rhythm that Exists in Each of Us*, and will also involve centering, balancing and stress reduction. $150

From Stress to High Level Wellness—Preventing Burn-Out in the Helping Professions

John Travis, Joy Holloway, Barbara McNeill & Skip Andrew

An experiential approach to high level wellness. Learn what high level wellness is about. We will assist you in developing skills in the areas of self-responsibility, stress control, nutrition and physical activity, and in promoting the excellence and vitality which are synonymous with optimum health. We will create our own wellness plans and, through personal experience, learn the importance of self-responsibility in active health and well-being. We will also encourage the shifting of beliefs towards a new paradigm—one in which we are no longer rescuing patients, clients, friends from disease, but rather teaching self-responsibility by our personal examples. $150

Androgyny

Ralph Metzner & Angie Arrien

An intensive exploration of the meaning and value of blending and harmonizing the male and female energies with the psyche. Ancient mythic symbolism of androgyny will be presented—e.g., the taoist yin/yang, the tantric siva/sakti, the alchemical sol/luna, the Basque sun/moon. Various traditional and modern experiential methods will be demonstrated and practiced. Emphasis is on the application of the androgyny process to personal growth, creativity, and interpersonal relationship balance. $150

Week of March 16-21

Living Tao: A New Way of Self Cultivation

Al Chung-Liang Huang

To be in touch with the true teacher—your own bodymind; the true learning—nature itself; and to combine nature and self in one flowing dance of life—the living tao t'ai chi dancing.

Recommended reading: *Embrace Tiger, Return to Mountain* (Huang), *Tao: The Watercourse Way* (Watts), *Mind and Nature* (Bateson), *The Dancing Wuli Masters* (Zukav). $330

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 15. $330

Inner Game/Outer Game: A Trial Practice Intensive

Skip (aka Francis E.) Andrew & Dawn Nelson

While lawyers often emphasize the cerebral, react as computers, and depend on rationality, jurors decide cases based on their experiences and emotions in the courtroom. Unpersuasive counsel rely only on lawyertalk (e.g., form, foundation, objections, decorum, logic). We will introduce you to your own unique energy, excitement, spontaneity, and confidence. You can suffocate and stifle that energy with fear and preconception, or you can learn to use your inner game to persuade jurors in the outer game. In the context of trial practice exercises, we will use theatre games, gestalt, video, imagery, and play to enable each of us to discover our own unique power to persuade by creating experience and emotion in the trial setting. $330

Weekend of March 21-23

Black Dance

James Xavier Nash & Jasmine Nash-Lutes

For workshop description see January 18-20. $150

The Gazebo℠: An Alternative Education
Janet Lederman For workshop description see January 25-27. $150

Weekend Massage Intensive
Esalen Massage Staff For workshop description see February 15-17. $150

Health, Ecology, and Consciousness in the Nuclear Age
Howard Kornfeld & Carol Wolman The need has arisen for those in the holistic health and human potential movements to bring their unique experience and knowledge into a greater political context by joining with other organized movements to overcome the great problems and danger to man and the earth posed by environmental pollution, nuclear arms proliferation, and oppressive political structures throughout the world. In this workshop we will explore how we can individually and collectively begin working towards this synthesis. Both experiential and didactic sessions will be included. $150

Photograph by Steve Beck

Photograph by Steve Beck

Week of March 23-28

Your Own Myth-Body to Live By!

Joseph Campbell & Al Chung-Liang Huang

We will explore and re-create ancient myths in our daily lives—in our thoughts and in our bodies—as we integrate intellect and movement into one harmonious living practice.

Recommended readings:

by Campbell—*Myths to Live By* (Bantam), *The Flight of the Wild Gander* (Gateway), *The Complete Grimm Fairytales* (Pantheon)

by Huang—*Embrace Tiger, Return to Mountain* (Real People), *Tao: The Watercourse Way* (with Alan Watts, Pantheon), *Living Tao* (Celestial Arts). $350

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 15. $330

Meditation and Prayer Workshop

Daniel O'Hanlon

This workshop provides introductory instruction and guidance in a variety of practices, drawn from the Christian traditions of East and West, from Hindu and Buddhist disciplines, and from the recent explorations of the human potential movement.

The workshop will encourage and assist each participant to discover his or her own path. The work will move in two states:

1) Guided experience in a variety of ways of deepening contemplation: breathing awareness, breath as gesture of prayer, body awareness meditations, mantras, the Jesus prayer, chanting, hatha yoga, visualization and fantasy, etc.

2) Under personal direction, more intense work with that practice or those practices most suited to each individual.

Suggested reading: *New Seeds of Contemplation* (Merton), and *Zen Mind, Beginner's Mind* (Suzuki). $330

Weekend of March 28-30

The Moving Center
Gabrielle Roth

An American shamanic ritual using music, poetry, sacred dance, and ritual theatre experiences to mirror the mind, catalyze the heart, and open the body as a channel for creative energies. Through collective rituals which ground us in our sameness we explore our individual dreams and visions and learn to share our differences. $150

Birthing: A Weekend with the Midwives
Raven Lang, Honey Rose, Peggy Morrison & Jane Miletich

This workshop is about birth in our society today. Some of the topics for discussion will be home birth, hospital birth, the physical and spiritual aspects of the birth ritual, bonding, and the family. Parents, prospective parents, grandparents, health professionals, and all interested in birth are welcome. Bring your feelings, thoughts, and concerns. The style of this workshop will be an open forum, a place to exchange information and ideas. $150

The Politics of Healing: The Resurrection of the Body Politic
Sam Keen & Rick Carlson

Questions for discussion: To what extent was the creation of the modern medical care system in the early 1900's more a function of political and economic rather than therapeutic considerations? To what extent does economic necessity—the requirement that new pathologies be found to keep providers busy—preclude approaches that would contribute significantly to the health of the population?

We will also focus on recent breakthroughs in biology and their implications for health and healing, and consider the social and economic impact of the growing preventive medicine/holistic health movement. The larger issues are these: What political visions and economic value choices shape our notions of disease and technologies of healing? How do we create a more healthy body politic? $150

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 15. $150

Week of March 30 - April 4

Shiatsu Massage—The Full Treatment
Patricia Caldwell

Shiatsu is the oriental art in which the thumbs and hands are used to press certain points over the entire body. A working knowledge of a full shiatsu treatment for personal or professional use will be given. Emphasis will be on seeing and treating people as wholes, centering techniques, and shiatsu as a self-awareness practice and spriritual discipline. Charts will be provided. $330

The Hero's Journey
Paul Rebillot

For workshop description see February 24-29. $330

Mind and Nature, Heart and Soul
Gregory Bateson & Gabrielle Roth

Creating rituals of unity for dancing minds, Gabrielle catalyzes the creative energies of the imagination, intuition, and inspiration into physical form, while Gregory moves the mind through "patterns which connect" as they both explore the living world of change. We will experience the mind moving the body and the body dancing the mind toward a revelation of the poetry of the heart. $350

Weekend of April 4-6

Be Your Own Child—A Movement Journey
Nitza Broide Miller

Discover the child in you—its joy, sadness, fear, excitement, anger, curiosity, wondering, fun, sensuality, loneliness, playfulness.

Reconnect with the child in you so that it is nurtured, loved, cared for and allowed to grow.

In this workshop we'll learn to give the child in ourselves permission to be. Through dance, energy flow, touch, imagery, relaxation, and dynamic breathing we shall tap into our hidden and forgotten desires and secret wants and allow them to be expressed. We shall nurture them in loving-caring movement adventure. Touch and movement rituals of self care will be learned and practiced. $150

Death and Resurrection
Paul Rebillot

This workshop offers the opportunity to experience, rather than avoid, one of life's most real situations and its only inevitability: your own death. On a wider scale, it explores ways to move creatively through life's many transitions, letting go of the old and welcoming the new.

We will prepare to experience our deaths by reviewing our lives, completing unfinished business, writing wills. We will plan and celebrate our own funerals. Attachments to persons, things, and self-images are gradually severed until, surrendering all to the ultimate unknown, we are able to experience the birth of the truly new. Reborn, we can begin to create a new life the way we want it. $150

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 15. $150

New Political Alliances
Charlie Rose, Milton Friedman & Stan Commons

For workshop description see Food for Thought, page 11. $150.

Week of April 6-11

Heal Thy Self: A Workshop for Health Professionals

Hughes Andrus, Mary O'Hara-Devereaux & Cynthia Rogers

This workshop focuses on our behavior as health care practitioners and how this behavior affects our own health as well as the health of our patients. It emphasizes:

Self-responsibility for each practitioner's health;

Techniques for enhancing the sensitivity of practitioners in ways which make them more "tuned-in" to each patient-consumer;

Applying sound judgment and knowledge in relation to patients and simultaneously not taking health-care responsibility away from patients.

We will use methods of self-discovery derived from psychosynthesis, gestalt, meditation, and other systems, in addition to lecture and discussion on the several themes surrounding self care. Each participant will have an opportunity to make an assessment of their own health status and consider changes for themselves and changes in their clinical practice styles. $330

Body-Feelings-Consciousness

Clair Killen

This will be a full participation, experiential week. It is based on Clair Killen's extensive neo-reichian group work. The workshop will be limited to 12 individuals joining in a non-confrontive program of movement and body work, and allowing opening of deep feelings. Each time we witness and experience what is real for us about our bodies, our self-esteem, and the ways we control our lives, we extend our consciousness. $330

The Eighties: Time to Expand Your Experience

Frank Rubenfeld & Mari Krieger

From me-centeredness to social and cosmic consciousness; from left-brain linearity to right-brain body experiencing; from gender typing to androgyny. In this workshop we will use social gestalt and body therapy to facilitate a fuller participation in both inner and outer experience. $330

Photograph by Joyce Rogers

April 6-18

Gestalt Practice

Christine Price, Joan Fiore & the Esalen Gestalt Staff

For workshop description see Special Programs, pages 36 & 37. $810

Weekend of April 11-13

Steps to an Ecology of Mind

Gregory Bateson

For workshop description see February 8-10. $150

The Gazebo$_{SM}$: An Alternative Education

Janet Lederman

For workshop description see January 25-27. $150

Towards a More Sensitive Relating

Charlotte Selver & Charles Brooks

An introduction to *sensing*, for more meaningful contact with our own nature and with the world around us.

How we relate to our deep inner needs, to other people, or to different tasks and situations depends on how we *perceive them* and how we trust our own findings. When perception is clear and full, we cannot make mistakes. Our whole organism is geared to respond appropriately. We have come, however, to see through a fog of preconceptions, a bewildering fabric of the ideas and judgments of others. Our own experience has been belittled; our perceptive faculties have lost their edge. The true I and the true you no longer meet. Both life and death have become often threatening fantasies.

Sensory awareness is a practice for rediscovering and reviving full sensory functioning. Through the gradual quieting of premature and inappropriate intellectual activity, it directs our attention both inwards and outwards to the actuality of the present moment. As perceptivity revives, true relationship becomes possible. Each everyday occasion in living gains its own freshness, its own uniqueness. We can become content again, like healthy children, as quality begins to make quantity unimportant.

The few hours of a weekend workshop may, and often do, permit a glimpse of something so exciting, so enriching, that a person may wish to change his life in order to follow it up. $150

Week of April 13-18

The Feeling Process

Janet Zuckerman

For workshop description see January 6-11. $330

Massage and Movement

Esalen Massage Staff

This week we will enlarge the scope of our massage workshop format and explore our own structural moods and movements. We add basic t'ai chi exercises to ground our energies, and movement sessions with video playback to explore our rhythm and flow in space and to give us a firsthand look at those unspoken messages our bodies broadcast with every gesture we make and every step we take.

We will evolve different, more responsive ways of contacting each other which reflect our developing awareness of being at home in our bodies, an awareness which is naturally heightened by relaxing massage sessions in the mineral hot spring baths, led by senior members of the massage staff.

As we develop each individual's approach to working with another's body, we will share our favorite methods—the relaxation process and how to work within it, pressure points, structural movement within the massage, the deeper body. $330

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

This workshop provides a safe environment to experience consciously the process of our own unfolding—physically, emotionally, energetically, sexually, spiritually.

As we become aware of the ways we hold back our self-expression (flow of life energy) we then have the *choice* to let go. By *contacting* tension (stuck, accumulated energy) and *allowing* emotions which have been locked and frozen in our bodies, often since early infancy, we then have the opportunity to open ourselves to the creative flow of life energy within each of us. As we contact and allow our hurts and pain, we can then increase our capacity for pleasure and joy. As we allow our expression of anger, which is a powerfully expansive, outward directed energy, we can open and deepen our capacity for love and compassion. As we contact and allow our expression of fear, we can then move toward expanding our capacity for trusting—ourselves and others. Learning to trust our bodies, our responsiveness and movement, is a liberating experience.

Utilizing reichian emotional release, gestalt practice, bioenergetics, feldenkrais, massage, reflexology, dance, meditation, and various other bodymind approaches, we can move toward expanding our capacity for trust and fulfillment. $330

Weekend of April 18-20

A Weekend at Esalen

This weekend has been set aside for individuals who wish to enjoy the Esalen grounds and community without the structure of participating in a specific workshop. Massage and other work offered by individual practitioners will be available by appointment as usual. $150

Week of April 20-25

Integrity *David Schiffman*
For workshop description see January 13-18. $330

A Psychic Training Program
Anne & Jim Armstrong
For workshop description see January 27 - February 1. $330

Going Beyond Jogging
Mike Spino
This workshop will expand your running ability and pleasure. In it you will be introduced to various gaits and tempos and styles of motion practiced by world class runners, breathing patterns and relaxation techniques that remove body fatigue and strain, yoga-based stretching exercises and muscle/skeletal exercises that reduce chances of injury and increase performance, meditation techniques, Eastern philosophy and energy systems, visualization utilizing images which enhance physical abilities and increase running performance, sports physiology including preventive health approaches, the latest cardiovascular research, and nutrition. $330

Feldenkrais Process & Gestalt
Kolman Korentayer
Kolman Korentayer has created and evolved a blending of the teachings and philosophies of Fritz Perls and Moshe Feldenkrais to form his own style of gestalt practice work. He has lived and worked with both Perls and Feldenkrais and is both a gestaltist and a graduate feldenkrais practitioner.

This workshop will involve the use of the gestalt process with an emphasis on "body-mind" techniques. In addition, the relationship of the gestalt and feldenkrais processes will be explored. $330

Weekend of April 25-27

Self-Awareness & Health Practices for Professionals
Janet Mentink & Phillip Mac
For workshop description see January 4-6. $150.

The Gazebo$_{SM}$: An Alternative Education
Janet Lederman
For workshop description see January 25-27. $150.

Exploring Self-Acceptance
David Schiffman
For workshop description see February 15-17. $150

Going Beyond Jogging
Mike Spino
For workshop description see April 20-25. $150

Week of April 27 - May 2

Gestalt Practice
Esalen Gestalt Staff
For workshop description see page 15. $330

A Workshop in Creative Movement
Anna Halprin & Daria Halprin
"The fact that there has always been dance compels us to accept it as an old, deeply rooted human activity whose foundations reside in the nature of human beings. It will continue as long as the rhythmic flow of energy operates, and until man/woman ceases to respond to the forces of life and the universe. As long as there is life, there will be dance."—Margaret H. Doubler

This workshop is designed to inspire and guide an exploration through movement and dance of one's own life resources and themes. The learning process will be aimed at integrating emotional and physical expression, utilizing dance and also incorporating gestalt principles and visualization exercises. Mind/body relationships will be a primary focus. The development and expansion of personal and group creativity as a way of promoting health, increasing communication skills, and facilitating change is the intention of this workshop. $330

Massage, Yoga, and Movement
Deborah Medow
Massage: a way for aware individuals to share with and heal each other.

Meditation and yoga: vehicles for focusing the mind inward, allowing us to more fully experience, expand, and harmonize our inner/outer limits.

Movement: reflections of who we are and how we experience our body/-minds in action.

This week through massage, meditation and yoga, creative moving, and sound we will explore and expand our self-expression, our life experience. $330

Experiencing Astrology
Robert Hand
The basis of astrological symbols lies within the psyche, and every symbol in astrology can be experienced in terms of feelings and sensations. Being in touch with the symbols of astrology at this level gives one knowledge of what the horoscope means at much more than an intellectual level.

The workshop is aimed at persons who have anywhere from a minimal to an advanced level of astrological knowledge. The object of the workshop will be to get an inner experience of the symbolism of one's individual

horoscope through guided meditation exercises. In these the participant will gain, through visions and fantasies, a non-intellectual knowledge of the symbolism in his or her own chart, and what it signifies.

The only requirement for this workshop is that the individual know his or her own birthdate, and, if at all possible, time and place as well. Each individual will be working with his or her own horoscope as well as sharing the horoscopes of others.

When applying, please send the office your birth date, and time and place, if possible, well in advance of the workshop dates so that your chart may be cast before the workshop. $330

Weekend of May 2-4

Weekend Massage Intensive
Esalen Massage Staff For workshop description see February 15-17. $150

Thinking Body/Moving Mind/Understanding Heart
Betty Fuller Movement is a primary means to learning: learning about one's self, one's relationship to others, one's place in the universe. Happy side effects of such learning can include an enriched and enhanced self image and spontaneous and appropriate self expression along with greatly reduced stress, friction, tension, and effort. The workshop includes trager and feldenkrais body-mind approaches, guided imagery, simple meditations and massage at the baths. Feelings, encounters, understanding, and realizations generated in the workshop may be shared and processed in the group. $150

Visions and Economics
George Leonard & Paul Hawken With conventional social policies in disarray, new approaches to national and international problems are urgently needed, and it now appears that ideas that have come out of the human potential movement over the past 15 years are becoming highly relevant. During this weekend, George Leonard, a long-time human potential activist and visionary, will lead participants in proposing transformational approaches to the challenges of the day; Paul Hawken, an economist and writer, will discuss their economic, political, and social costs.

How do specific visionary alternatives in such areas as energy, health care, tax reform, economic planning, and education relate to realities of the existing political climate, economic structures, and matrix of social consensus? We will explore the dynamic interplay between a variety of new age ideas and their practical applications in a number of fields. $150

Week of May 4-9

Exploring Your Creative Process
Nancy Kaye Lunney Through gestalt, imagery, music, writing, drawing, videotape and spontaneity we will investigate aspects of the creative experience, from blocking and stagefright to euphoria. Focus will be on self awareness and on developing the confidence and freedom necessary for the creative journey. Individual projects can be developed during the workshop based on each person's major interest, and individual work in a supportive group setting will be stressed. Please bring whatever special materials you think you might want to play with. Piano accompaniment will be available. This workshop is suitable for non-professionals as well as professionals in the creative and performing arts. $330

Health, Longevity, and Optimal Well-Being
Ken Dychtwald In this workshop, a comprehensive "six point" program for health, longevity, and optimal well-being will be presented. Drawing from the latest information and techniques from the holistic health, physical fitness, and human potential fields, this innovative program includes practical methods for 1) strengthening and vitalizing the bodymind; 2) enhancing bodymind flexibility and limberness; 3) heightening aerobic fitness and endurance; 4) improving relaxation and reducing stress; 5) enforcing the body's natural resistance to disease; and 6) heightening mental and emotional functioning. Through a comfortable blend of lectures, demonstrations, experiential exercises, and daily massage sessions at the Esalen baths, each participant will learn ways to develop a personalized program for lifelong health and well-being. $330

May 4-30

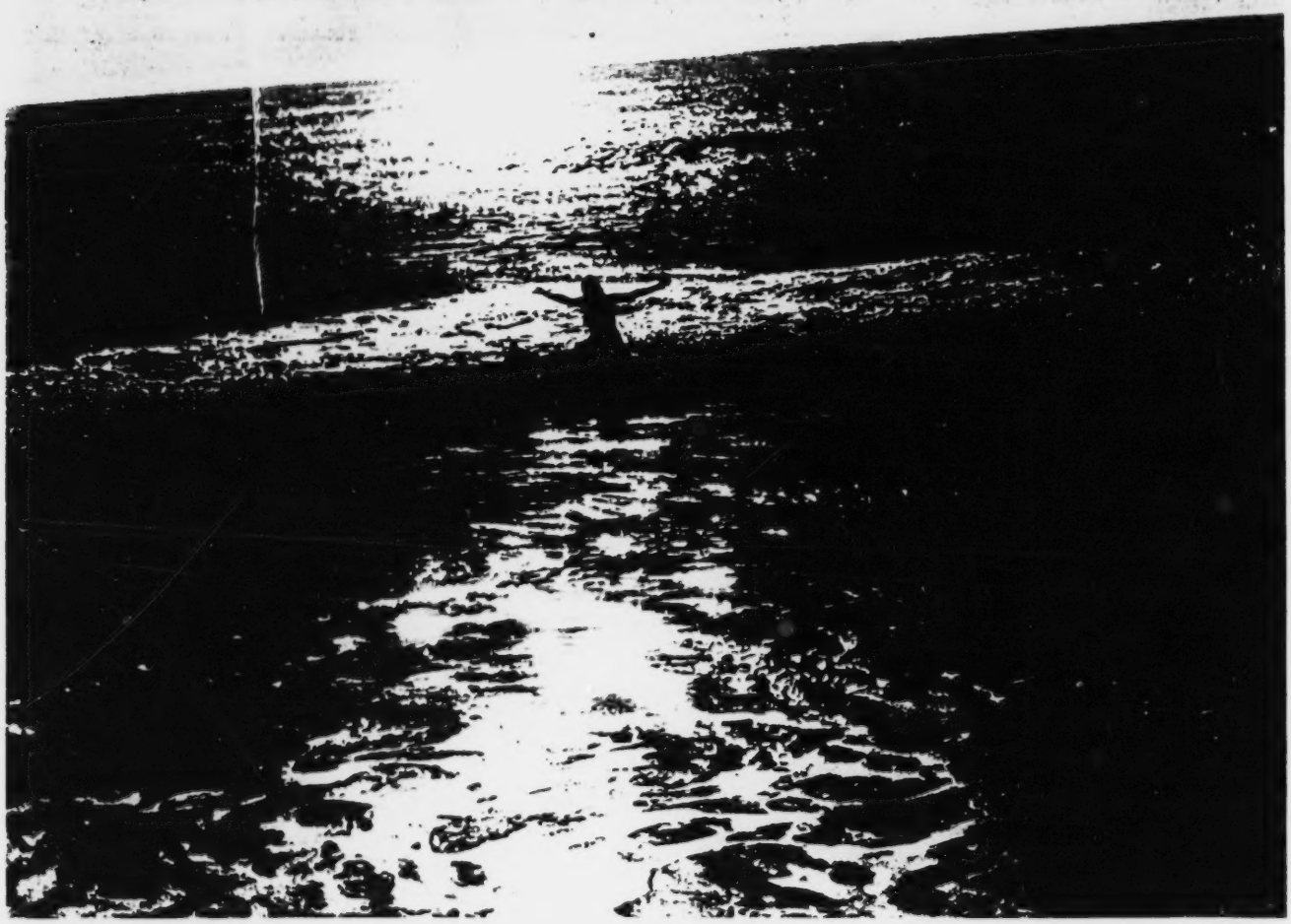
Alternative Futures
Stanislav and Christina Grof For workshop description see Special Programs, pages 36 & 37. $1,250

Weekend of May 9-11

Awakening the Magician Within
Emmett Miller Whether or not we have as yet learned it, there is a magician within each of us. His magic wand is belief. If we believe we are sick, we are sick; if we believe we are stuck, we are stuck. But all coins, even magic ones, have two sides. If we believe we are growing stronger every day, we are; if we believe in our creativity, our problems joyfully solve themselves. In this seminar we will investigate and discover what truth there is in each of these statements for us, individually. Our explorations will be experiential, using deep relaxation, visualization, music, movement, and selective awareness. $150

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings
Joan Fiore & Jeffrey Kent For workshop description see February 8-10. $150

Photograph by Steve Beck



Week of May 11-16

Reichian/Gestalt Intensive
Joan Fiore & Jeffrey Kent — For workshop description see February 10-15. — $330

Experiencing Esalen
Experiencing Esalen Staff — For workshop description see page 15. — $330

Sound & Movement as a Healing Art
Elisa Lodge, Esalen Musicians & Staff — For workshop description see January 27 - February 1. — $330

Weekend of May 16-18

Steps to an Ecology of Mind
Gregory Bateson — For workshop description see February 8-10. — $150

Couples Workshop: Intimacy and Personal Growth
Betsy Hand & Gerald Smith — For workshop description see February 8-10. — $150

Week of May 18-23

Self-Acceptance—The Freedom to Be
David Schiffman For workshop description see February 17-22. $330

Gestalt, Bioenergy & Human Contact
Alan Schwartz There is an energetic dimension to human behavior which is often locked behind habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *movement. Allowing energy* means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self. The workshop can be thought of as a *learning* week. Appropriate didactic material will be covered. $330

Weekend of May 23-25

Energy Systems and Gestalt Process
Alan Schwartz Read the May 18-23 description. This will be a weekend to explore and understand our individual energy systems and their relation to how we both make contact and inhibit contact. One focus will be on integration via energy release techniques. Another will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our consistent awareness process and the autonomous expression of who we are. $150

Exploring Self-Acceptance
David Schiffman For workshop description see February 15-17. $150

The Gazebo$_{SM}$: An Alternative Education
Janet Lederman For workshop description see January 25-27. $150

Week of May 25-30

Symbols of Transformation
Ralph Metzner & Angie Arrien This seminar is an intensive experiential study of symbols as tools of personal growth. Symbols can expand one's perception of self and others, increase insight, and stimulate new areas of self-expression and creativity. We will consider a variety of symbols: psychologically, as archetypes of individuation, and cross-culturally, as universal constants. The symbols to be studied and experienced include: sun and moon, trees, flowers, circles/wheels/-mandalas, totem animals, light and fire, the elements, sacred mountains, the body and its parts, the journey-path, and others. Some of the sources of symbolism that we will draw on are astrology, alchemy, the tarot, mythology, and folklore of all cultures. Special attention will be given to the uses and significance of symbols in dreams, art, and the helping professions. Special symbolic creative projects will be part of the seminar. $330

Gestalt Practice
Esalen Gestalt Staff For workshop description see page 15. $330

Un-Covering Creative Energy
Myrtle Franklin As children we were closer to the source of our creativity and were free enough to express it informally. Over the years we gradually found barriers to inhibit it. Now, through various awareness exercises, we can un-cover and express this energy through whatever medium is naturally our own: sound, color, writing, movement. We will focus on the process of expression-appreciation. $330

Weekend of May 30 - June 1

Experiencing Esalen
Experiencing Esalen Staff For workshop description see page 15. $150

Black Dance
James Xavier Nash & Jasmine Nash-Lutes For workshop description see January 18-20. $150

Many Dimensional Self
Jay Ogilvy & Heather Maycock Ogilvy The question, "Who am I?" may have more than one answer. During this weekend we'll explore both the theory and practice of multiple selfhood. What is the self? What does it mean to allow several selves per person? What are the social implications, e.g., when one self makes promises that a person's other selves have to keep? Must there be one "captain of the ship?" What is the price of a well developed ego, a single identity? Do we bring on our identity crises, mid-life crises, dying relationships, over-consuming careers by such one-dimensionality? Might we instead evoke the many gods within us and free the energy of our shadow selves? We will approach these questions both cognitively and experientially using body, mind and heart. Remembering myths other than monotheism, playing with theories other than ego psychology, working to hear more of our voices, we hope to find integration through communication rather than subordination.

Recommended Reading: *Many Dimensional Man: Decentralizing Self, Society and the Sacred* (Ogilvy). $150

Week of June 1-6

Experiencing Esalen
Experiencing Esalen Staff — For workshop description see page 15. $330

Advanced Massage Intensive
Esalen Massage Staff — For workshop description see January 20-25. $330

Zero Balancing
Fritz Smith — Zero balancing is a body handling system utilizing structural acupressure to deal directly with the interface between body structure and energy flow. The workshop will be both didactic and experiential.

Traditional anatomy, physiology, and kinesiology will be reviewed and then reinterpreted from an alternative viewpoint indicating the often overlooked imbalances which occur within our foundation joints. These imbalances may lead to chronic body pain, and frequently represent an ongoing energy drain from the body. Based on laws of nature, Zero Balancing is both a pleasure to give and to receive, and results seen are immediate, gratifying and often inspiring, with seemingly little effort on our part. While there will be both theoretical presentations and practical demonstrations, the main emphasis of the workshop will be toward individual instruction. This workshop is limited to persons certified in the healing professions. $330

June 1-27
An Integrative Approach to Group Process & Individual Growth
(A four-week internship program for personal & professional growth)
David Schiffman, Elisa Lodge & Esalen Staff — For workshop description see Special Programs, pages 36 & 37. $1,250

Weekend of June 6-8

Awareness Through Movement & Functional Integration: The Feldenkrais Method
Mia Segal — Through a series of simple, gentle exercises devised by Moshe Feldenkrais we learn to know ourselves and find many new choices of behavior to enrich our lives. $150

Marin Solar Village
Sim Van der Ryn, Lillie Leonard & Friends of Solar Village — For workshop description see Food for Thought, page 11. $150

Week of June 8-13

Awareness Through Movement & Functional Integration: The Feldenkrais Method
Mia Segal — For workshop description see June 6-8. $330

Gestalt Practice
Esalen Gestalt Staff — For workshop description see page 15. $330

Five Days with Jack Rosenberg

My current focus is on enjoying life to the fullest and bringing the clearest expression of my self to each moment. Many people describe what I do as gestalt body work with a transpersonal bend.

During the workshop we will cover many aspects of my energetic approach to sexuality as well as working with the body energy field and the belief system which keeps us locked in obsolete behavior patterns. Where you are is where we will start. $330

Weekend of June 13-15

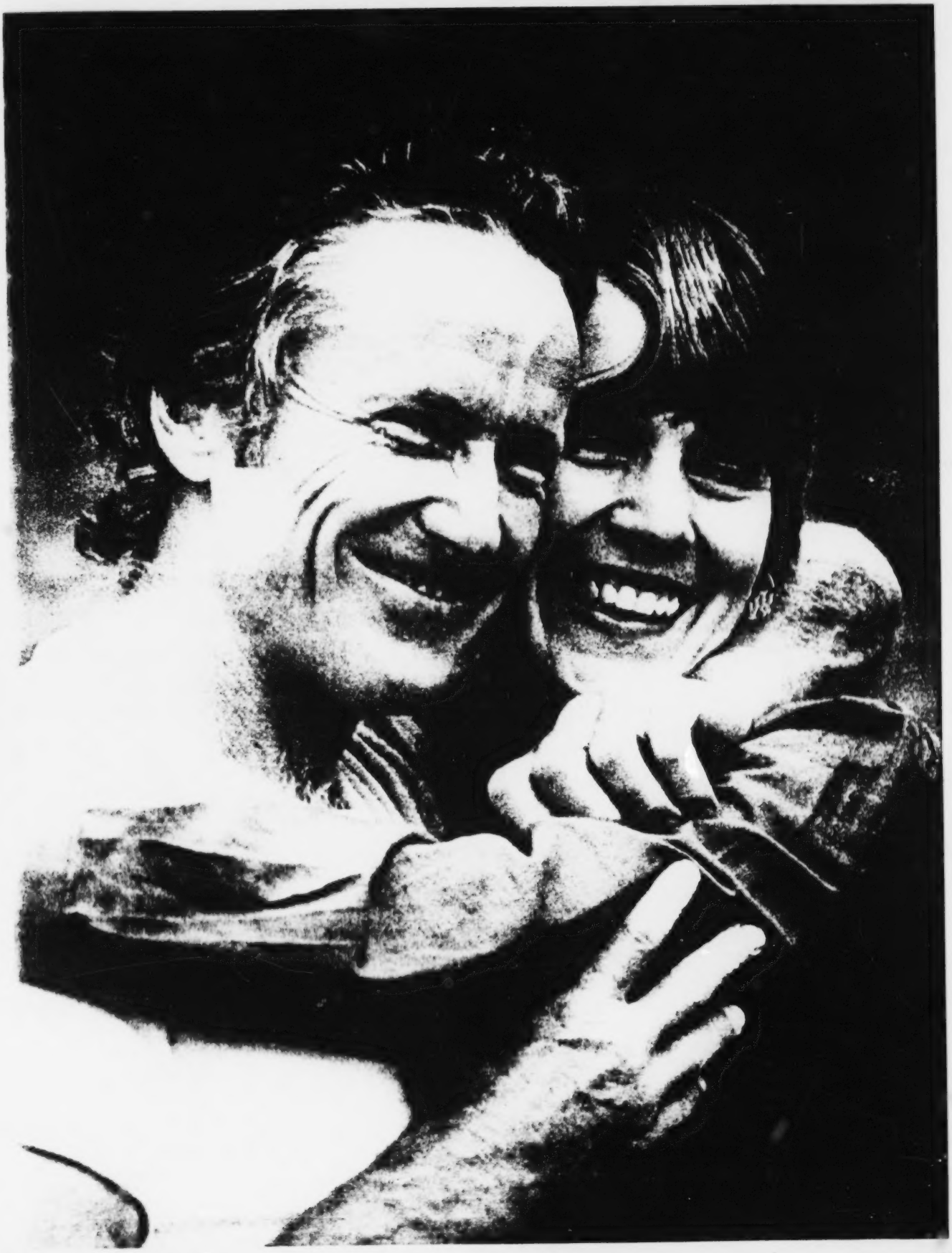
Experiencing Esalen
Experiencing Esalen Staff — For workshop description see page 15. $150

Experiencing Esalen for Health Care Professionals
Coordinated by Jay Kaplan, MD — For workshop description see January 6-11. $150

The Gazebo$_{SM}$: An Alternative Education
Janet Lederman — For workshop description see January 25-27. $150

You Don't Have to Feel Good to Suffer
Rick Tarnas & the Esalen Staff — Many of us are programmed in childhood to believe that in order to experience happiness one must undergo difficult, painful "growth" experiences. This workshop will explore various methods of self-awareness which will show us that there is no need for a human being ever to feel good and that constant depression, guilt, and free-floating anxiety can be a reality for you for the rest of your life. We will examine evidence from both ancient and modern civilizations concerning long-standing and intractable neuroses and psychoses, "lives of quiet desperation," and successful suicides. Just bring yourselves and your problems. $150

Photograph by Joyce Rogers



Special Programs

Holistic Health Classes

A program of holistic health classes for staff and long term residents was started during the summer of 1979. Regular weekly classes and practicums are given in Chinese traditional acupuncture, deep tissue work, Bach flower remedies, and homeopathy. A weekly anatomy and physiology class and other related topics are included in the curriculum. The spring, 1980 term of classes will go from February 10-May 9; the fall, 1980 term will go from the middle of August to November. These are primarily ongoing classes open only to individuals who have previously arranged for a long term stay at Esalen of at least three months through the work-scholar program or the residency program. Coordinator: Al Drucker.

Transformation Science: A 3-Weekend Series

integrated by Saul-Paul Sirag, David Deamer & Michael Murphy

Science is the process of testing the limits of the unknown and pushing those boundaries back. As a result, scientific knowledge transforms us—not only by providing new techniques for getting things done (or generating new problems), but, more importantly, by transforming our view of ourselves in the world.

The purpose of these programs is to experience something of the fundamental work being done in three different areas having great potential for human transformation.

Weekend of January 11-13
Physics: The nature of reality as clarified by Bell's theorem.

Weekend of January 18-20
Social History: The nature of social organization as influenced by scientific and cultural paradigm shifts.

Weekend of January 25-27
Psychology: The nature of human ability as it is extended by transformative practices.

These quite different forces for change can readily provide grounds for speculation on the future of human development, and thus afford the opportunity for an integration of this information with whatever knowledge and wisdom the participant possesses.

In addition to these public seminars, there will be working sessions involving physicists, biochemists, social historians, psychologists, and other scientists who will explore these subjects during the month of January. These private sessions are part of a new program at Esalen Institute to facilitate interdisciplinary discussions and research in areas of emerging significance. Saul-Paul Sirag will be available for tutoring those who participate in the entire series.

Please refer to the dates listed above for further information on the individual weekends.

March 7-14

Betty Fuller, Sheila Merle Johnson & Gail Stewart

Trager Psychophysical Integration and Mentastics Basic Training

In each professional training workshop, participants are instructed in trager table work, receiving directly from the instructors and giving and receiving from each other under supervision. In addition, participants learn to practice and teach mentastics, learn basic communication skills, clearing exercises, simple meditations and have time in group to share and process their experience. These trainings are open to professionals in education, body work, holistic health care, counseling, psychology, medicine, chiropractic, sports, performing arts and other disciplines which see movement as a primary means of learning. Applications must specify professional background. $690

April 6-18

Christine Price, Joan Fiore & the Esalen Gestalt Staff

Gestalt Practice

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustable.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, and growth rather than adjustment, cure, or accomplishment. The second half of this program will have participants working primarily with each other, relating whatever is being learned (or unlearned) to the development of their own styles. Thus this program might be especially useful to those wishing to utilize a gestalt approach in their professions (e.g. counselors, teachers, ministers, mothers, doctors and nurses).

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J. C. Pearce); *Illusions* (Richard Bach). $810

May 4-30
Stanislav and Christina Grof

Alternative Futures

A four-week interdisciplinary program for professionals and students in the areas of psychiatry, psychology, medicine, anthropology, philosophy, religion, economy, ecology, and politics. This workshop will focus on the present global crisis and explore the dangerous and promising alternatives for future development of the human condition. The program will cover the following thematic areas:

1) Analysis of the Contemporary Situation in the World.
Visiting specialists from various disciplines will analyze the existing crises in politics, economy, ecology, medicine, psychology, and psychiatry. Special emphasis will be put on the limitations of the present paradigms of science and the urgent need for their drastic revision.

2) Alternatives for Future Development: Promises and Dangers.
In this context we will explore such issues as the techniques for radical change of consciousness, body transformation and enhancement of human mental capacities, reforms of the existing educational system, holistic approaches to medicine and health care, urban architecture of the future, voluntary simplicity, space colonies, genetic engineering, and others. Special attention will be paid to the convergence of modern consciousness research, mysticism, and quantum-relativistic physics and the emergence of a new paradigm for science.

3) Self-Exploration and Group Process
The workshops of this series use an experimental educational format that combines didactic input with personal experience. The Esalen staff and guest leaders will act as facilitators for an ongoing process of intrapsychic and interpersonal exploration throughout the program. We will experiment with techniques of personality transformation that seem to be relevant from the point of view of the future of the planet. The participants will also have the opportunity to explore the alternatives for their own future. In this context, we will use gestalt practice, encounter, neo-reichian approaches, dance, fantasy exercises with music, mandala drawings, and different forms of body work. Jack Kornfield will conduct a systematic course in Vipassana meditation during the entire four weeks of the workshop. The faculty will be announced in the next catalog. $1250

June 1-27
David Schiffman, Elisa Lodge & Esalen Staff

An Integrative Approach to Group Process & Individual Growth (A four-week internship program for personal & professional growth)

Over the years Esalen has functioned as a major clearing house for a wide variety of approaches and means for facilitating personal evolution and expression. One's journey could begin with any realm—mental, physical, emotional, or transpersonal—each path serving to create a wealth of information and energetic access.

What are the common experiential and conceptual threads that underlie each of these paths? How can these threads of experience be best woven together to create a fabric whose qualities are simultaneously exquisite in their delicacy while still remaining strong enough to sustain the wear and tear of worldly existence? And how best might this very personal process of self-discovery and integration be taught and shared with others?

The exploration and resolution of these and other basic questions pertaining to the process of change and growth will serve as the basis of our work together during this month long institute program.

During the month each participant will have the opportunity to clarify and develop his/her own ability, style, and artfulness both as individual guide and group facilitator, as well as to do in-depth personal work and training in gestalt practice, body work, psychosynthetic techniques, and the meditative arts.

The program will be structured to include: intensive individual work, supervised observations, practicum work in group leading and individual counseling skills, video feedback, illustrated lectures and didactic theoretical sessions. The emphasis throughout will be on creating a personally integrated perspective linking human potential practices with traditional psychological and counseling modalities. $1,250

Photograph by Steve Beck

Photograph by Steve Beck

Esalen Institute ~ Approved Provider for Registered Nurses and Physicians

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of continuing education for registered nurses. Provider Number 01152.

The California Medical Association has granted Esalen Institute Category I approval so that physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education.

The following programs are approved for registered nurses and for Category I credit for physicians. See regular program listings for workshop descriptions.

If you have any questions about Esalen's medical or nursing program, contact Julian Silverman, Esalen Institute, Big Sur, CA 93920.

January 4-6
Self Awareness and Health Practices for Professionals
Phillip Mac, MD & Janet Mentink, FNP 10 hours

January 6-11
Experiencing Esalen for Health Care Professionals
Coordinated by Jay Kaplan, MD 30 hours

February 1-3
Getting Healthier
Carl Simonton, MD 10 hours

February 3-8
Experiencing Esalen for Health Care Professionals
Coordinated by Jay Kaplan, MD 30 hours

February 29-March 2
On the Way to Health: A Guide for Health Practitioners
Phillip Mac, MD 10 hours

March 14-16
From Stress to High Level Wellness
Preventing Burn-Out in the Helping Professions
John Travis, MD, Joy Holloway, Barbara McNeill & Skip Andrew 10 hours

April 6-11
Heal Thy Self: A Workshop for Health Professionals
Hughes Andrus, MD, Mary O'Hara-Devereaux, FNP & Cynthia Rogers 30 hours

April 25-27
Self-Awareness & Health Practices for Professionals
Phillip Mac, MD & Janet Mentink, FNP 10 hours

June 13-15
Experiencing Esalen for Health Care Professionals
Coordinated by Jay Kaplan, MD 10 hours

Biographical Information

A

Ruthy Alon
p. 16, 22
has 18 years' experience in the feldenkrais method and is a graduate of the Feldenkrais Institute in Tel Aviv.

Ron Andes,
p. 21,
certified radix teacher, has a private practice at the Radix Center of Santa Monica.

Skip Andrew
p. 24
is a criminal trial lawyer, a law school teacher at Northwestern University, a bar seminar lecturer, and a gestaltist.

Hughes Andrus
p. 28
is a physician and professor of family medicine at the School of Medicine, U.C. Davis. He is co-director of the Family Nurse Practitioner Program.

Anne Armstrong
p. 19, 30
has been doing transpersonal counseling for over 16 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong,
p. 19, 30
a former engineer, is a life-long student of esoteric studies.

Angie Arrien
p. 24, 33
is an anthropologist, a Basque folklore specialist, a tarot counselor, and on the faculty of the California Institute of Asian Studies.

B

Gregory Bateson,
p. 16, 21, 27, 29, 32
author of *Steps to an Ecology of Mind*, originated the "double bind" theory which explains some of the causes of schizophrenia.

Charles Brooks,
p. 29
author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963.

Patricia Caldwell
p. 27
has been practicing and teaching shiatsu for several years.

C

Joseph Campbell
p. 26
is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero With a Thousand Faces, The Masks of God*, and *Myths to Live By*.

Rick Carlson
p. 27
is a lawyer active in the formulation of public policy on health. He is the author of *The End of Medicine* and *Frontiers of Science and Medicine*.

Lee Chih-Chang
p. 18
is a poet-calligrapher who illustrated Alan Watts' last book and who practices t'ai chi and kung fu.

Barbara Clemans
p. 21
is a massage and movement specialist in private practice in San Francisco.

Stan Commons
p. 27
is co-founder and director of Self Determination: A Personal-Political Network.

D

Lila Daniels
See Esalen Massage Staff
is presently doing and teaching massage. She has trained in polarity, deep tissue, and trager psychomentastics.

David Deamer
p. 36
is professor of biology at U.C. Davis; he is an expert in molecular biology and has conducted research on the influence of psychokinesis on living organisms.

Laura DeNuccio (Ma Prita),
p. 18, 29,
See Esalen Gestalt Staff
a certified radix practitioner, has trained in gestalt, the bates system of vision improvement, and other body/mind approaches. She is resident faculty at Esalen.

Ken Dychtwald,
p. 31
psychologist, is president of the Association for Humanistic Gerontology. He is the author of *Body-mind*, Human Potential: Glimpses Into the 21st Century, and *Lifelong Health and Well-Being*.

E

Catherine Elber
p. 21
attended the first teacher's training course given for Tai Chi Chih in 1975.

Esalen Gestalt Staff
p. 26, 30, 33, 34, 36
includes Leonard Bearne, Laura DeNuccio, Joan Fiore, Jeffrey Kent, Nancy Kaye Lunney, the NINE, Jenny O'Connor, Christine Price, Richard Price, Paul Rebillot, Janet Zuckerman, and others.

Esalen Massage Staff
p. 18, 22, 24, 25, 29, 31, 34
includes Lila Daniels, Deane Juhan, George King, Lars Larson, Bill Liles, Deborah Medow, Peggy Morrison, Laurie Muller, Brita Ostrom, and Vicki Topp.

F

Joan Fiore
p. 15, 21, 23, 24, 31, 32, 36,
See Esalen Gestalt Staff
is resident faculty at Esalen where she practices and teaches gestalt, encounter, self-reparenting, and self-repairing on a group and individual basis.

Myrtle Franklin,
p. 33
an artist, having experienced Berkeley, Bangladesh, Esalen, and New York City, continues to synthesize her work in the creative and healing arts.

Milton Friedman
p. 27
is a member of the Senior Professional Staff of the U.S. Congress. He served as special assistant to President Gerald Ford, and has led groups in dream awareness, intuitive growth, visualization, and body awareness.

Betty Fuller,
p. 31, 36
a humanist counselor, is a group leader, a certified instructor of trager work, and a teacher of feldenkrais awareness through movement.

G

Merri Goldenson (Devarani)
p. 23
is a chiropractor, certified radix teacher, bates vision instructor, and masseuse.

Christina Grof,
p. 18, 21, 22, 23, 37
hatha yoga teacher and student of Swami Muktananda, has special interest in the kundalini process and the problem of "spiritual emergency." Co-author of *Beyond Death*.

Stanislav Grof,
p. 18, 21, 22, 23, 37
psychiatrist with over twenty years' experience in consciousness research with and without psychedelics, is author of *Realms of the Human Unconscious* and *The Human Encounter with Death*.

H

Joan Halifax
p. 16
is a medical anthropologist and author of *Shamanic Voices*.

Anna Halprin
p. 30
is the founder of the San Francisco Dancers' Workshop. She is an innovator in redefining the meaning of dance as the natural way that people communicate with their bodies.

H

Daria Halprin
p. 30
is currently working as a gestalt facilitator using a synthesis of movement, gestalt, visualization, and active fantasy as a means of awakening and integrating feeling processes.

Betsy Hand
p. 21, 32
trained with Virginia Satir and was on the resident staff of the Gestalt Institute of Canada. She is in private practice in Kentfield, California.

Robert Hand
p. 30
is an astrological teacher, author, consultant, and researcher in Cape Cod. He is currently working on *Planets in Synthesis*, an in-depth reinterpretation of astrology from a psychological perspective.

Paul Hawken
p. 31
is author of *The Magic of Findhorn* and *Right Livelihood*, and co-author of the forthcoming *Everybody's Business Almanac*.

Richard Heckler
p. 18
is a founding member of the Lomi School and co-developer of lomi body work. He is a shodan in aikido and author of *The Mind/Body Interface* and *Lomi Papers*.

Nick Herbert,
p. 17
PhD in nuclear physics and optics, primarily interested in the physics of consciousness, has published two papers on Bell's theorem, and authored *Mind Science, a Primer of Consciousness Physics*.

James Hickman,
p. 19
research psychologist who specializes in the study of psycho-physical interactions, has published articles concerning parapsychology, sport, contemplative life, and the physics of consciousness.

Joy Holloway
p. 24
is an educator at the Wellness Resource Center in Mill Valley, and teaches communication skills through the School for Advanced Perception and Intelligence.

Al Chung-Liang Huang
p. 16, 18, 24, 26
is the founder-president of *The Living Tao*, an international learning/sharing network with ongoing t'ai chi dance workshops.

J

Deane Juhan
See Esalen Massage Staff
has lived at Esalen for six years. For five of those he has been a masseur, and for four of them an instructor.

K

Jay Kaplan,
p. 16, 21, 34
family physician associated with U.C. Davis Medical Center, is studying movement as a healing art with Gabrielle Roth.

Sam Keen
p. 27
is a contributing editor of *Psychology Today* and author of *Voices and Visions*, *To a Dancing God*, and the forthcoming *What To Do When You're Bored and Blue*.

Jeffrey Kent
p. 21, 23, 24, 31, 32.
See Esalen Gestalt Staff
is the founder/director of a program that combines physical labor with music, gestalt, and whatever works for adolescent boys and girls in trouble.

Clair Killen
p. 28
is a certified radix teacher and was a resident faculty member at Esalen.

Kolman Korentayer
p. 30
is a gestaltist and a certified feldenkrais practitioner. He trained with Fritz Perls and Moshe Feldenkrais.

Howard Kornfeld
p. 25
is a physician practicing emergency medicine and serving on the steering committee of Physicians for Social Responsibility.

Joel Kramer
p. 20
is an adept of physical and mental yoga who combines Eastern thought with modern Western perspectives. He is the author of *The Passionate Mind*.

Marilyn Kriegel
p. 23
has been an educator for the past 17 years. Currently she is a counselor and consultant in private practice.

Mari Krieger
p. 28
is a feminist counselor in private practice in Berkeley, and is co-director of the Berkeley Feminist Gestalt-Bodywork training program.

Raven Lang
p. 27
is a mother, wife, artist, midwife, author, and teacher at the Institute of the Feminine Arts.

L

Janet Lederman
p. 19, 22, 25, 29, 30, 33, 34
is an artist and teacher and is the creator of the Gazebo. She is currently an Esalen trustee.

George Leonard,
p. 18, 24, 31
author of *Education and Ecstasy*, *The Transformation*, *The Ultimate Athlete*, and *The Silent Pulse*, holds a black belt in aikido, from which he derives his present work.

Lillie Leonard
p. 34
is a board member of Marin Solar Village Corporation. A former journalist, she now works in the field of learning disabilities, particularly in sensory-motor remediation.

Bill Liles
See Esalen Massage Staff
has been practicing and teaching polarity massage for more than seven years. He is a writer, photographer, and student of nature and the healing arts.

Elisa Lodge
p. 17, 19, 23, 32, 37
trained in structural integration with Ida Rolf and is an advanced teacher of structural patterning.

Nancy Kaye Lunney
p. 16, 31
See Esalen Gestalt Staff
is a gestaltist and musician on Esalen's faculty. She has specialized in work with professionals in the creative arts and has taught classes in creativity at Soledad prison.

M

Phillip Mac
p. 16, 23, 30
is a board certified family physician who has trained family physicians and physicians' assistants. His special interest is the health and ill health of health care providers.

Barbara McNeill
p. 24
is an educator at Wellness Resource Center in Mill Valley, Calif., specializing in nutrition, wellness problem-solving, and intuitive transformation.

Deborah Medow,
p. 30
an Esalen masseuse and group leader for over ten years, teaches ashtanga yoga, massage, movement, and related disciplines directed toward rechanneling and harmonizing energy.

Janet Mentink
p. 16, 30
is a registered nurse, family nurse practitioner, and teacher.

Ralph Metzner
p. 24, 33
is a psychologist and astrologer practicing in San Francisco, former editor of the *Psychedelic Review*, and author of *Maps of Consciousness* and *Know Your Type*.

Jane Miletich
p. 27
is a masseuse, yoga practitioner, nutritionist, and student of midwifery.

Emmett Miller,
p. 19, 22, 31
physician, musician, poet, and dancer, works with hypnosis, meditation, imagery, music, and movement. His books describe selective awareness, the approach he originated.

Nitza Broide Miller,
p. 16, 27
a counselor, dancer, and founder of ADTA, teaches in Menlo Park, Calif., and at Tel Aviv University.

M

Peggy Morrison
p. 27,
See Esalen Massage Staff
is an Esalen resident teacher of massage and movement and an apprentice midwife.

Laurie Muller
See Esalen Massage Staff
is currently involved in body work, health teaching, and dance as a means of total expression.

Michael Murphy
p. 18, 19, 36
is a founder of Esalen Institute. He is the author of *Golf in the Kingdom, Jacob Atabet,* and *The Psychic Side of Sports.*

N

James Xavier Nash
p. 18, 24, 33
is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has worked with Robert Hall in gestalt and body work.

Jasmine Nash-Lutes
p. 18, 24, 33
is a movement catalyst whose work has extended from Watts to Marin County. She is a teaching associate of the San Francisco Dancers' Workshop and the Lomi School.

Dawn Nelson
p. 24
combines the careers of professional actress-producer, body worker, and teacher.

The NINE
p. 20,
See Esalen Gestalt Staff
describe themselves as "giant reflectors of your selves, gestalt practitioners, marriage counselors—pure energy of emergence quality available to all." They are the center of the Esalen Paranormal Intelligence project.

O

Jenny O'Connor
p. 20,
See Esalen Gestalt Staff
is a psychic from England, and is a channel for "The NINE."

Heather Maycock Ogilvy
p. 33
is a holistic health educator, masseuse, and mother. She is currently in private practice in Palo Alto.

Jay Ogilvy
p. 23, 33
has taught philosophy at Yale, The University of Texas, and Williams College. He is the author of *Many Dimensional Man: Decentralizing Self* and *Society and the Sacred.*

Daniel J. O'Hanlon
p. 26
is a Jesuit priest and theologian who has extensive experience with practices of meditation and prayer in ashrams, monasteries, and meditation centers.

Mary O'Hara-Devereaux
p. 28
is a family nurse practitioner, a health care consultant, and co-director of the Family Nurse Practitioner Program at the U.C. Davis School of Medicine.

Brita Ostrom
See Esalen Massage Staff
has been a member of the Esalen massage staff for 8 years. In her teaching she stresses energy awareness and the development of the individual's intuitive approach to massage.

P

Wendy Palmer,
p. 18
a first degree black belt in aikido, conducts classes in aikido, energy awareness, and self-defense, with special interest in people who feel they have delicate systems.

Hector Prestera,
p. 22
an acupuncturist, physician, and rolfer, integrates Eastern and Western energy techniques in his medical practice in Monterey, California.

Christine Price
p. 18, 36,
See Esalen Gestalt Staff
combines gestalt practice with various body approaches.

Richard Price,
p. 20,
See Esalen Gestalt Staff
a student of Fritz Perls, is a founder of Esalen Institute.

R

Paul Rebillot
p. 22, 23, 27,
See Esalen Gestalt Staff
was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.

Cynthia Rogers
p. 28
is a member of the Behavioral Sciences faculty of U.C. Davis Medical School Nurse Practitioner Program. She is also a teacher of movement and a practitioner of deep tissue massage.

Charlie Rose,
p. 27
a member of Congress from North Carolina, is founder of the Congressional Clearing House on the Future, and chairs the evaluations subcommittee of the House Select Committee on Intelligence.

Honey Rose
p. 27
is a wife, mother of five children, and midwife whose main interest is natural healing.

Jack Rosenberg,
p. 34
author of *Total Orgasm,* has trained in gestalt and reichian work. He is currently working with cancer research and the transformation of consciousness at the Center of the Healing Arts in West Los Angeles.

Theodore Roszak,
p. 18
an historian and social critic, is the author of *The Making of a Counter Culture, Where the Wasteland Ends,* and *Person/Planet.*

Gabrielle Roth
p. 27
is the creator of the moving center method of catalyzing natural movements. She lives on the east coast where she directs and performs with her own theatre/dance company.

Frank Rubenfeld,
p. 28
past president of the Gestalt Institute of San Francisco, is active in the development of the theory and practice of social gestalt.

Ann Russell
p. 23
is in the import business and travels frequently to Asia. She teaches seminars in consciousness and personal growth.

S

David Schiffman
p. 17, 18, 22, 23, 24, 30, 33, 37
is currently a leader in residence at Esalen where he is involved in developing a synthesis and teaching for the full expression of mental, physical, and spiritual states of being.

Will Schutz
p. 23
is director of the Center for Holistic Studies, Antioch University, San Francisco, and author of *The Elements of Encounter* and *Profound Simplicity.*

Alan Schwartz
p. 33
is a teacher of gestalt, a college professor, and a writer.

Peter Schwartz
p. 23
is a senior policy analyst at the Center for the Study of Social Policy at SRI International. He is the co-author of an SRI report, *The Emergent Paradigm: Changing Patterns of Thought and Belief.*

Mia Segal
p. 34
is Moshe Feldenkrais' first assistant. She taught the Feldenkrais Guild teachers in San Francisco, teaches the alexander technique, and is a black belt in judo.

S

Charlotte Selver *p. 29* — teaches sensory awareness, perception, and nonverbal and verbal communication. A new center is being built for her at Green Gulch Farm in connection with the Zen Center, San Francisco.

Renan Sercarz *p. 21* — is a certified radix trainer. She practices in Santa Monica.

Phyllis Shankman *p. 22* — teaches for UCLA Extension and has been leading groups for 12 years.

Julian Silverman *p. 38* — is an Esalen trustee and is a director of its new department of Health Care Programs for Health Care Professionals.

Carl Simonton, *p. 20* — medical director of the Cancer Counseling and Research Center in Fort Worth, Texas, is co-author of *Stress, Psychological Factors, and Cancer* and *Getting Well Again.*

Saul-Paul Sirag, *p. 17, 19, 36* — has published two physics papers in *Nature* and has authored a theory on the size of the universe. In 1977 he founded the Consciousness Theory Group, which he directs.

Fritz Smith *p. 34* — is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is in a private practice of holistic health in Watsonville, California.

Gerald Smith *p. 21, 32* — is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy.*

Mike Spino *p. 30* — has been director of the Esalen Sports Center. His latest book is *Mike Spino's Mind/Body Running Program.*

Gail Stewart *p. 36* — has been teaching and practicing massage and body work for 7 years. She teaches in Berkeley, both privately and at the Gefion School.

T

Rick Tarnas *p. 34* — is manager of programs and education at Esalen.

William Irwin Thompson *p. 18* — founded the Lindisfarne Association in New York. He is author of *At the Edge of History, Passages About Earth, Darkness and Scattered Light,* and *Evil and World Order.*

Vicki Topp *See Esalen Massage Staff* — joined the Esalen massage staff in 1968 and is currently part of the teaching staff.

John Travis, *p. 24* — a physician/educator, is the founder and director of the Wellness Resource Center in Mill Valley, Calif., and author of *The Wellness Workbook for Health Professionals.*

V

Sim Van der Ryn, *p. 34* — former California State Architect, is planning and design director for Marin Solar Village, and director of Farallones Institute.

W

Carol Wolman *p. 25* — is a psychiatrist who has been studying the effects on people's consciousness of living in the nuclear age. She is president of the California bay area chapter of Physicians for Social Responsibility.

Julie Wright, *p. 21* — a certified radix teacher, lives and works in New York and Connecticut.

Z

Janet Zuckerman *p. 16, 29, See Esalen Gestalt Staff* — is resident faculty at Esalen and teacher of the feeling process, a blend of gestalt and emotional release methods.

Films and Tapes

Recordings of Human Potential Programs

The human potential movement continues to have unusual events and therefore unusual recordings. This issue of the Esalen Catalog lists ten new titles. Most are in stereo, and all are recorded from live events. They are available on cassettes only. Each cassette is $8.50 and is from 1 to 1½ hours in length:

Angeles Arrien: *Journey Into Basque Mysticism*
Ralph Metzner: *Symbolism of The Four Elements*
Ralph Metzner: *Life Energy and Self-Transformation*
John & Toni Lilly: *The Cetacean-Human Cyclone-I*
Silverman & Nadean: *Body Awareness & Health Care*
Gregory Bateson: *Living*
Gregory Bateson: *Tautology and Biological Fact*
Carl Simonton MD: *Mind and Cancer—Mind and Health*
John Blofeld: *On the I Ching*
John Blofeld: *Performing the I Ching Ritual*
(For additional titles see previous catalogs.)

Special series; available on complete sets only:
Ruthy Alon: (6 cassettes; 12 lesson experience: $60)
Awareness Through Movement: The Feldenkrais Method

Responding to requests, we are adding meditation background music on cassette tapes, for quiet relaxation, and a few for dynamic energy. These tapes are priced at $8.50 each, also, and are generally in stereo:

Georgia Kelly: *Seapeace* (harp)
Steven Halpern: *Starborn Suite* (electric)
G. S. Sachdev: *North Indian Ragas* (bamboo flute)
Iasos: *Interdimensional Music* (instrumental)
Steven Halpern: *Peruvian Whistling Vessels*
Emmett Miller with Rafiel: *Self Healing* (voice and music)
If desired, others will be added, and nature sounds as well. Please make requests and recommendations.

Please add $1.00 to your complete order for mailing. (California residents include 6% tax.) Address your order and make check payable to: WORKSHOP CASSETTES, c/o Hot Springs Lodge, Big Sur, CA 93920. Your suggestions regarding future recordings will be appreciated.

For a catalog of recordings of the early years of Esalen's history as well as the human potential movement in general, contact: Big Sur Recordings, Big Sur, CA 93920. Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from Psychological Films, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: Hartley Productions, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to Association for Humanistic Psychology, 325 Ninth Street, San Francisco, CA 94103. A film of Al Huang's work, *T'ai Chi: The Watercourse Way,* is available through Cornerstone, 470 Park Avenue South, Suite N-3, New York City 10016.

Photograph by Steve Beck

The Esalen Catalog

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $3 for the United States, $5 for Canada and Mexico, $8 for Europe and South America and $10 for all other countries. **Please make all payments in U.S. currency.** Those attending Esalen workshops and conferences are automatically added to the mailing list for one year. A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, CA 93920.

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Subscription rates for Canada, Mexico, and other foreign countries are given above.

We
invite you
to join us
in our organization

Friends of Esalen

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive regular mailings of the Esalen catalogs. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student	$5	One Year Donor	$50	One Year Patron	$500
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This catalog is dedicated
to the Esalen Family
with the greatest love and respect

Barbara Adamson
Graphic Design

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Registration Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop, we require a reservation fee of $20 for weekend groups, $70 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only.** Balance of payment is due on arrival. These fees are not refundable, but with five days' notice, may be transferred to other Esalen programs.

Please mail all reservations to:
Reservations, Esalen Institute, Big Sur, CA 93920

Reservations by telephone: You may make reservations by phone if you use your Mastercharge, BankAmericard, or American Express credit card number to charge your reservation fee.

Phone: (408) 667-2335
Hours: Monday, Tuesday, Thursday, Friday,
Saturday: — 9 am to 3 pm
Wednesday: 9 am to 12 noon
Sunday: 12 noon to 5 pm

Scholarship Information: If you need scholarship assistance for an Esalen program, write for a scholarship form before making a reservation (allow at least three weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15—September 30 programs or for weekend programs.

Ongoing Residence Program: Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $1100 per 26-day period.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen has limited child care facilities. If you are interested in bringing a child while you are attending a workshop of five days or longer, contact the office well in advance for information on availability of child space. Esalen does not supply babysitters.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen. Esalen limousine service is not available after 5 pm.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: At present, we do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute Reservations

This form is for your convenience in reserving a space at Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservations early.

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ( ) _____

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, California 93920.)

Check if you want: ☐ shared room ☐ shared room with friend ☐ housing as a couple

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I want limousine service from (check one):
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The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us. Esalen limousine service is not available after 5:00 p.m.

License Number:
(for registered nurses wanting CEU's) _____ (for physicians wanting CEU's) _____

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Reservation Fee

Total amount enclosed: $ _____
Your reservation can be charged to:
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Checks payable to Esalen Institute.

Payments: All workshops require nonrefundable reservation fees. See page 46. The balance of program fees becomes payable at the time of check-in.

U.S. currency only, please.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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Esalen Institute
Big Sur
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ESALEN INSTITUTE
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Monday, Tuesday, Thursday, & Saturday 9 to 3
Wednesday 9 to 12 Noon
Friday 9 to 8 PM
Sunday 12 Noon to 8

"Contact is
the appreciation
of differences"

—Fritz Perls

Health: Whose Responsibility?

Excerpted from a keynote speech by Gregory Bateson, Governor's Conference, Berkeley, California, 3 May 1979

Going back to classical undertones, what has happened is that the riddle of the Sphinx has been restructured. "What is it that walks on four legs and then on two legs and then on three?" And the answer is "man." The Psalmist's question: "Lord what is man that Thou regardest him?" is the same question on the ancient Hebrew side. That question is, at this very moment, in almost complete flux. And the flux concerns the question of the relationship between Mind and Body, a very ancient problem in the West but one that doesn't seem to perplex the East so much.

The position of medicine is right in the middle of that pull and push between mind and body. The superstition with which we here are most familiar is, I suppose, the superstition that material causes in lineal sequence will provide a sufficient theoretical background for describing human health and ill health and human behavior in general. But that seems to me to be a very unsatisfactory superstition, and not very old. It goes back in full strength to about the seventeenth century and dominates the field of established medicine. It leads to a whole philosophy of diagnosis. You look to find a cause; you look to find a remedy for that cause. And you know—every doctor knows—that that's at least twenty-five percent nonsense. Doctors will vary as to how much nonsense they think there is in that superstition.

It is not satisfactory for human beings to try to model themselves on lineal material cause as a description of what goes on. If you deny to *mind* an effective position in your explanatory system—in your understanding of what it's all about—you also deny humor, you deny religion, you deny poetry and art. You even deny the existence of placebos. Placebos only work because mind happens to be an effective and necessary part of the explanatory system. Doctors and the public often think of placebos as salt pills and sugar pills—little approximate nothings. I got over that idea a long time ago in New Guinea when I discovered that one of the best placebos was "analgesic balm" that you rub into the patient. He can feel it, it's hot! It's not a matter of a neutral placebo, it's a matter of an effective placebo. And if you extend that thought, all the experimental work with placebos shows that they have about 30 percent of the effectiveness of physically active drugs, and that all medication owes 30 percent to a placebo effect, which is not stressed in textbooks but obviously must be so.

I think that what I went through in my bout with cancer was an enormous placebo running over two to three months in which, incidentally, I lost a rib and they went in and took a good look. You know, this was quite a dramatic thing. They gave me less than 24 hours to live at one stage. They didn't tell me but they told my good wife and we've been living on bonus time ever since, and there is much to be said for that because, in spite of fashionable desires to forget it, death is right in the middle of the picture. It's one thing that is responsible for human health. It is part of the territorial and temporal definition of "self."

I went through a sort of a placebo. They were unable to operate, so they can't claim a "surgical" success. But it was in a sense a medical success. The operation was a failure but the patient lived. But perhaps, you see, the operation was not a failure. And, if that be so, then I have opened up to you an enormous field of reality which is normally and conventionally forgotten in the discussion of health and sickness. It means that what you and I and the entire medical services, and indeed many people outside medical services, are responsible to is some sort of integration of culture hinging upon what we think is the answer to the mind-body problem.

It is one thing, you see, for me to say, "All right, I went through a large placebo." But this means that not only that sequence but the whole world of physiological experience, health, illness—call it what you will—which is netted together in a sort of vast hypnosis, must move over to assimilate a change of philosophy.

There is, or used to be, an integration of the world in which we live. It got broken up, as far as I can see, somewhere about the beginning of the nineteenth century with the rise of the industrial revolution when the philosophies of Locke and Newton from the seventeenth century really started to take over. To become dominant in our thinking took them a century. And since then what we've had is many scattered bursts of a sense of integration. There was Claude Bernard's *Milieu Interne,* there was Clark Maxwell with the analysis of a steam engine with a governor, Russel Wallace's discovery of natural selection, and so on. Perhaps the most interesting is the story of Still, the "Old Doctor." It was in the 1880's or so that Still got an idea, at least a hundred years ahead of his time, that the workings of the body were *holistic* and that that holism was essentially a communicational holism. He got the further idea that the communication whereby the body was integrated passed through the spinal cord. He therefore argued, and here he went a little too far, that any condition of the body should be modifiable by manipulation of the spinal cord. So he founded the science of osteopathy and got read out of the medical church very quickly. He had his big idea 100 years too soon. The idea was a dreadfully powerful one and, like many others who have ideas that are too powerful, he overinflated the idea and went, I think, a little insane. But he trained his students with grueling discipline to a very highly detailed knowledge of neuromuscular and spinal anatomy.

Now it seems to me that what we are responsible to is a holism, a way of thinking, not just about the body but the body-hyphenated-mind as not two separate things but as a single organization. We're responsible to the holism of the relationship between doctor and patient which is not then a one-way causal system but an interactive system. We now know that you breach a holistic structure when you say—or do it without saying it—"I am only going to attend to this end of the relationship. I am going to study the role of the doctor." Role is a half-ass relationship. It's one end of a relationship and you cannot study one end of a relationship. If you attend, for more than a few minutes, to only one end of an interactive system, what you will create is a runaway. That's a system which is addictive, expanding or escalating. It's that simple, there is a mass of mathematical research to back up this statement. The resulting runaway will propose catastrophe. What we have to learn is to attend briefly to the part and then to correct this analytic thinking by attending to the whole. The disastrous and escalating systems are the product of analytic thought uncorrected by attention to the whole.

We have, for example, an ongoing battle between feelings and intellect. There is no choice between rigor and imagination: if you specialize in rigor you end up dead and if you specialize in imagination, you end up in the mental hospital. The integration of those two is one of the things we need, and we imagine "balance" between feeling and intellect. It is an advance to see that a dispute of emphasis between two necessary components, one analytic and one on the whole synthetic, is nonsense. It is better to keep swinging rather than try to hold a single position. The pendulum must be free to swing in the middle between these two. Get stuck at one end and you get a vast supernaturalism which puts the causes of human behavior outside the human individual either in supernaturals or external minds. At the other end, if you get stuck, you create a materialism which is intolerably reductionistic. And the ends propose each other till "miracles" become the materialist's dream of how to escape from his prison.

We are beginning to feel a heaving discomfort about the dispute between holistic medicine and the establishment, between supernaturalisms and materialism. But while the dispute escalates, there is also the beginning of a synthesis. When you combine three very general ideas — (a) the properties of circular trains of causation; (b) the notion of mental life as being composed of differences and news of differences; (c) the fact that, in all mental life and communication, the component notions are related as steps in branching (hierarchies of abstraction)—when these three are combined, you will find that both "materialism" and "supernaturalism" have dissolved away. □

Food
For
Thought

Electro Shock

The following is taken from *The History of Shock Treatment* edited by Leonard Roy Frank. Contact him at 2300 Webster Street, San Francisco, CA 94115 for copies.

Since its development as a modern psychiatric procedure in the 1930s, millions of people throughout the world have undergone various forms of shock "treatment," especially electro-convulsive treatment (ECT). Psychiatrists have written thousands of articles and books recording and purporting to explain the nature, techniques, and effects of shock treatment, and why and under what circumstances it is used. Most of these writings appear in professional journals and reflect a positive attitude toward the procedure. Someone reading them would get little sense of its seriously disabling effects and the horror and outrage experienced by many who have been shocked. Nor would it be apparent from these materials that there has emerged a small but growing number of professional and lay people who are highly critical of the procedure on moral, legal, and medical grounds.

The major portion of *The History of Shock Treatment* is comprised of chronologically arranged selections, expressing these conflicting perspectives. The remainder of the book consists of four original articles, a survey of ECT-related deaths as reported in the literature, a roster of psychiatrists who presently employ shock treatment, a glossary of psychiatric terms, and an extensive bibliography. I have assembled these materials in the hope that their dissemination will lead the public to demand an end to the administration of shock treatment and all other psychiatric procedures to individuals against their will or without their informed consent.

BEST COPY AVAILABLE

My own interest in the subject stems from my having been an involuntary psychiatric inmate for eight months in 1962-1963. Labeled a "paranoid schizophrenic," I was forcibly subjected to a course of combined insulin coma-convulsive treatment (50 insulin coma and 35 electroconvulsive treatments) at Twin Pines Hospital in Belmont, California, a peninsula suburb of San Francisco.

The procedure resulted in a total and permanent amnesia for the two-year period preceding the last shock treatment. What I did and what was done to me while I was institutionalized was hardly discussed with me by the psychiatrists who authorized and administered the procedure, Dr. Norman Reider and Dr. Robert E. James, respectively. What knowledge I have of myself during this time comes mostly from reading of my psychiatric records, which, with the assistance of an attorney, I obtained in 1974.

My recollections of the few weeks immediately following the shock treatment are very sparse. I do recall, however, the intense fear, hunger, and feelings of suffocation I experienced while coming out of the last coma. There were four or five people hovering about my bed as Dr. James asked me to repeat certain childish words and phrases, which I did. Several times I slipped in and out of consciousness and, while barely awake, struggled to free myself from the mechanical restraints I found myself in. Greedily I swallowed a heavily sweetened orange drink.

Another memory I have from this time stands out. About a week later, at the request of one of the nurses, I agreed to talk favorably with Mike Mack, a 20-year-old fellow inmate, about the procedure I had just undergone, and for which he had been scheduled. One morning, soon after my talk with him, I was sitting in the dayroom. I heard his piercing screams coming from the shock treatment section. A nurse hurried over to close the heavy door separating us, thereby shutting out his screams.

After a month's convalescence from the shock treatment, I was released from Twin Pines.

The next five years of my life were spent in regaining the knowledge that I believed the shock treatment had destroyed. In addition to my general readings, I began to study a great deal about psychiatry, and it was not long before I saw that shock treatment was only a small part of a much larger picture of psychiatric inhumanity.

Early in 1964 I ran across an article by Dr. Thomas S. Szasz in *Harper's Magazine*. I was surprised and encouraged to find brilliantly articulated in this article a number of my own views on psychiatry, which were then only loosely formed. Since that time I have read many of Dr. Szasz's writings and have come to know him personally. I now wish to acknowledge with deep gratitude his influence on my thinking, not only about psychiatry, but also about personal and political liberty.

In recent years, while continuing my studies, I have become heavily committed to working with other people who share my convictions about involuntary psychiatry. In 1972 I joined the staff of *Madness Network News (MNN)*, which had been inaugurated by Sherry Hirsch and Dr. David L. Richman earlier that year. In late 1973 Wade Hudson, who was also on the *MNN* staff, perceived the need for an organization that would work politically for the goals *MNN* had been striving to achieve by educational means. In early 1974 Hudson and I co-founded the Network Against Psychiatric Assault (NAPA) in San Francisco.

During the remainder of 1974 NAPA conducted a successful campaign against electroconvulsive treatment at Langley Porter Neuropsychiatric Institute and a partially successful campaign for legislation prohibiting forced shock treatment, forced psychosurgery, and forced drugging in California.

In May 1975 NAPA began distributing 950 copies of *The History of Shock Treatment*, which I had edited. The booklet sold out within a year. Over the next two years I revised and expanded the original version. This book is the culmination of those labors.

To this day I often recall Mike Mack's screams. He probably has no memory of them, just as I have no memory of my own.

INTRODUCTION

by Lee Coleman, a psychiatrist in private practice in Berkeley, California. In 1973 he co-founded the Committee Opposing Abuse of Psychiatry.

Science is the religion of our age. Given the magnificent achievements of the natural sciences, it is not surprising that we have seen the rise of the social, or "unnatural," sciences. Their practitioners seek legitimacy, usually with success, by taking on the trappings of the scientific method.

Psychiatrists, historically identified with physicians because both were given roles formerly priest-like in nature, have unfortunately been unwilling to say "no thanks" to this link with medicine, and instead they have steadfastly maintained that they could diagnose and treat "diseases" of the mind. They have also seldom recognized that the priestly function includes not only spiritual healing but also social control and the legitimization of the status quo.

It is against this background that the current vogue of biological psychiatry, with its emphasis on physical treatments, should be viewed. The last twenty years or so have seen the psychiatrists pushed out of their preeminent position as psychotherapists; they now find themselves uncomfortably challenged by many new competitors. This threat both to their personal identity and to financial security could not help but provoke a reaction. The resurgence of organic treatments in psychiatry offers its medical practitioners a haven from nonmedical interlopers.

Mind-altering drugs are the mainstay of biological psychiatry. Powerful, social, political, and economic forces share responsibility for their massive use. The pharmaceutical and medical industries, for example, are financially dependent on each other, because the drug manufacturers need the doctor's signature on the prescription pad in order to maintain their huge profits, while medical journals are largely supported by advertisements placed by drug companies.

The resurgence of electroconvulsive treatment (ECT) should therefore not be seen in isolation, but as part of a growing trend to consider emotional distress as symptomatic of brain disease, for which doctors will have a prescription. The rationale for electroshock was formerly couched in psychoanalytic terms, with punitive superegos sometimes requiring repeated shocks of 110 volts for appeasement. Only then could guilt be assuaged and discontent be relieved. It is much more common now to hear equally absurd neuro-physiological explanations, this time the idea being that these electrical assaults somehow rearrange brain chemistry for the better. Most theorists readily agree, however, that these are speculations; in fact, they seem to take a certain satisfaction in shock treatment's supposedly unknown mode of action. They quickly point out, and quite rightly, that many bona-fide medical treatments have been empirically helpful despite the failure of physicians to understand why or how.

The truth is, however, that electroshock "works" by a mechanism that is simple, straightforward, and understood by many of those who have undergone it and anyone else who has truly wanted to find out. Unfortunately, the advocates of electroshock (particularly those who administer it) refuse to recognize what it does, because to do so would make them feel bad.

Electroshock works by damaging the brain. Proponents insist that this damage is negligible and transient—a contention that is disputed by many who have been subjected to the procedure. Furthermore, its advocates want to see this damage as a "side effect." In fact, the changes one sees when electroshock is administered are completely consistent with any acute brain injury, such as a blow to the head from a hammer. In essence, what happens is that the individual is dazed, confused, and disoriented, and therefore cannot remember or appreciate current problems. The shocks are then continued for a few weeks (sometimes several times a day) to make the procedure "take," that is, to damage the brain sufficiently so that the individual will not remember, at least for several months, the problems that led to his being shocked in the first place. The greater the brain damage, the more likely that certain memories and abilities will never return. Thus memory loss and confusion secondary to brain injury are not side effects of electroshock; they are the means by which families (perhaps unwittingly) and psychiatrists sometimes choose to deal with troubled and troublesome persons.

Many of us would question such a dubious means of obliterating, rather than dealing with, emotional distress. We should also consider the moral horror of adding force to an already deceitful situation. Not only are shock candidates fed a mixture of deception and sweet talk about its benefits and risks; they are often coerced into "voluntarily" accepting it. This ultimately stems from the fact that, among medical practitioners, only psychiatrists have the legal authority to incarcerate their "patients" and force "treatments" on them. Force is routinely used in the administration of shock treatment, but nowadays more surreptitiously than in the past, when most subjects were inmates in state mental hospitals. That, fortunately, happens much less often now; instead more and more ostensibly voluntary patients in well-appointed private psychiatric hospitals are being subjected to the same abuse.

Let us examine how this happens. While it is true that the vast majority of people who get shocked are said to be, and technically are, voluntary, many of them are coerced into the hospital by being told that, if they do not sign in "voluntarily," they will be detained under the local emergency commitment law. In other cases, patients go to the hospital freely assuming that they have the fundamental right every other medical patient has to leave at will. But psychiatric patients learn that the psychiatrist may at any time place them on an involuntary status. In fact, the psychiatrist may never have had any intention of allowing the patient to leave, but this awkward disclosure will not be offered the patient upon "voluntary" admission. One is voluntary, in other words, as long as one is willing to stay.

Bearing this hypocrisy and deceit in mind, the hollowness of the psychiatrists' response to recent legislative attempts to regulate shock treatment becomes very apparent. They argue for noninterference in the private relationship between doctor and patient, when the truth is that psychiatrists use state-delegated power to do things that no other physicians are allowed to do. Virtually none of those who are subjected to shock are free to leave the hospital, whether or not they are categorized as voluntary. They are truly psychiatric prisoners, special citizens whom we allow psychiatrists to assault because we carelessly accept the notion that anything labeled treatment and administered by doctors should be left to their discretion.

It is my hope that this collection of writings will encourage at least some psychiatrists to reject such state-delegated power. A few years ago I decided never again to participate in any form of involuntary psychiatry. I believe that this was a crucial moment in my own growth as a human being and as a therapist. The fact that I can truthfully pledge to my clients that I will never under any circumstances use my position as a psychiatrist to force anything on them encourages a trust in our relationship that otherwise would be impossible to achieve. For some, this knowledge is crucial in allowing them to participate at all; they quite justifiably distrust psychiatrists after what they have seen and experienced in psychiatric hospitals. It is psychiatry's state-authorized power, granted in the name of helping those too "sick" to know they need help, that drives away thousands of people who otherwise might wish to develop a therapeutic relationship.

More important than possibly influencing a few psychiatrists, however, is the struggle to arm psychiatric inmates with the knowledge and the will to resist assault by the psychiatric system. I believe that this book, with its demystifying message, will further that struggle. The goal is *liberation from psychiatry*—the day when no psychiatrist may force anything on anyone. Ultimately it is a movement in which we must all participate. Psychiatrists will never willingly give up their power to force themselves on patients. Such power must be denied them by fundamental changes in our laws, primarily the abolition of civil commitment. In that effort, every reader of this book is a potential participant. ■

From the Gazebo

"We need to find out what nature is doing so we can be in harmony with her."
*Buckminster Fuller**

Five year old Mandy spent three months with us. She came to us under pressure, a mass of labels including "autistic," a sloppy catch-all word having little meaning. Her primary contact had been with people who themselves feel pressure to "do something." Often children such as Mandy are literally tortured by those who focus continually on what a child can NOT do and ignore what a child is ABLE to do. Often children such as Mandy with special needs are removed from nature's environment and placed in rooms away from trees, animals, and a variety of children and adults. And yet it was the element of water that opened the door for Helen Keller. As water splashed all over her and she had direct emotional contact with Annie Sullivan she made her connection with the Universe.

With her father, Mandy walked to Gazebo each morning. She didn't like the struggle at first. Soon Mandy and her dad walked hand in hand, without struggle, down the big hill over the little bridge above the creek. There was no pressure of time. I saw Mandy stop on the bridge and listen to the sounds of the creek. At Gazebo Mandy's shoes were taken off and she walked barefoot on grass and gravel, and in mud. Other children asked why Mandy couldn't talk. Before there was a chance for "explanations" I said we didn't know why. "Oh," said the children, who then went about their business contacting Mandy in their own unique styles. Mandy became part of Gazebo. Beverly Silverman, a children's rolfer, came to Gazebo and played with Mandy and worked with her body, sometimes in the sandbox or on the grass, and sometimes in the Gazebo. Patrick did feldenkrais exercises with Mandy in the same places. Other children gathered around and they wanted their turn too! And walking became easier. I heard Mandy laugh and scream with delight when she and five other children played in the little hot tub. She was part of and not apart from. The play was sometimes a bit rough, as children and puppies seem to be, yet Mandy did not

cry—I saw Mandy have a good time. I remember one day Mandy waking up from a nap. She was sitting up on a blanket on the grass under a eucalyptus tree. She listened to the sounds of birds singing and leaves rustling, turning her head toward the sounds. Denver, a great big pup, came over and sniffed and, deciding he liked her, began to lick her face. Mandy didn't like that. She fussed and frowned. I watched. Soon she disconnected her clasped hands, raised her arms. She had had enough of this. With all her being she pushed the dog away.

She loved drums. With deliberation and conscious thought Mandy always walked straight for the drums whenever Arthur played them, and she danced as SHE danced, and her excitement showed as did her joy. I saw other children sharing their food and making sure that Mandy ate. I saw other children learning about caring for another. I saw Vivian taking Mandy to the pony and Mandy touching, hugging, and riding upon the pony—interacting with nature; again, her excitement showed. I also saw Mandy crying, loud and clear; and each time she blasted out her clasped hands disconnected, her arms outstretched, and she connected to the universe around her. She played outside all day, bundled up on cold days and naked on warm days. The outside is much better able to handle the energies of children, better than any room that is designed to exclude nature and the universe of which children ARE a part. Over the three month period that Mandy shared herself with us I saw her soul emerge from hiding. She surfaced to be with us. She came to trust us and we *"thank you Mandy."* Her learning took place within a context to which she could relate. The other children never stopped learning for one minute. ■

Janet Lederman

**Buckminster Fuller to Children of Earth*, Doubleday & Co. Inc. N.Y. 1972

On Being By Myself

To be by myself is not only to be alone, though that is the primary meaning of the phrase. Solitude, to be sure, is a condition in which it is eminently possible to remain in the neighborhood of one's self, but no guarantee. And sometimes the company of others is a distraction away from self, but not always. Intimacy may be an entry into the neighborhood of the self. It's possible to be near one's self with another, as when two people separate themselves from others in the Narcissism *a deux* known as romantic love. But that is a special case, another story. For now let's stay with the more obvious though hardly well known case of being by one's self alone.

Is it an inward turning? We often think of it according to a geography of exterior and interior, as if the self were somehow *inside* the embodied person. We might do better to characterize this being by one's self in terms of the images that occur to a person when a person is actually alone. We might find that the images themselves are not of caves or interiors, but of quite another kind. Sometimes it is as if one enters a space that is not a space at all, where there is neither inside nor outside, but something like a light, or a sound, or a smell that suffuses consciousness.

Some meditators say that if you do nothing but watch your mind, you will see the most amazing associations. The mind is a kind of maze. One can get lost in it . . . without ever coming closer to self. Coming closer to self may require more than mental meditation, which is a marvelous avenue into the mind, but, at least in some forms, far too internalizing an enterprise to be adequate as an approach to self.

The self expresses itself not *in* but *as* our actions—and our non-actions. The self not only thinks but also acts. Being by one's self may include meditation, but it also includes what one does before meditating and after meditating, as long as one is not distracted away from self. It is possible to be distracted away from self in the very act of meditating.

And the spiritual: there too, however contemplatively one worships, if it is the ultimate Other that one worships, one is likely to be distracted away from self. This is not to say that the spiritual disciplines are always distractions from self. On the contrary, the Gnostic and Buddhist paths begin and end in the neighborhood of the self. But there are some very long detours along the way, some spurs from which many never return.

The question is this: Who or what is by whom or what when I am by myself? Who is the possessor of my self other than the self that is possessed? Who is the owner, the subject of the possessive 'my'? There might be several nominees: the *person* might own a self, or the *body* might own both personality and a self. Or is there some other candidate for the role of subject? Some other substratum to which all of these terms may be appended like so many predicates in a grammatically compound, complex sentence? What is the chain of grammatical command among these concepts? How are we to diagram the sentences of subjectivity?

Is there one, unambiguous, fundamental substratum? Or a network as subtle as the interlocking

directorates among the Fortune 500? Who bosses whom? Do persons have bodies? Do bodies have selves? Do selves have moods? Do moods have personalities? Do personalities have bearers, bodies, moods? Perhaps our moods have moods. And this is the life of the self that seems so simple in the expression, "to be by myself."

We could dodge the embarrassment of these questions by a linguistic analysis of the way people use the phrase, "by myself." We could reduce obscurity like the famous drunk who lost his keys in the middle of the block but hunted for them near the corner, "because it's lighter here." We could illuminate the issue by noting that people use the phrase as a way of saying that no one else is around. Quite simply, they are alone. But if we stop here we would miss those middle of the block obscurities, those absorbing ambiguities of reflection that some of us drift into when no one else is around.

First of all, each *stance*, whether named a mood or a self, is a stance of the whole self. Just as a bodily stance involves the whole body, from facial expression down to how one holds one's spoon, so each so-called mood pervades the entire self, sufficiently so that each so-called mood represents a self quite distinct from the self represented by the previous "mood."

Of course there is a more or less common attribute these several selves possess, namely the body of a single person. But be not deceived by the name over the door. This "body," while it may properly be the underlying chassis and the substance-subject of the biological animal, is nevertheless not the substance-subject of the self. It is the self that has a body, not a body that has a self. The point will be clearer by looking more closely at the experience of moods.

So let's leave the corner of ordinary language analysis, for that is not where we lost our keys. Let's return to the darkness, to the shadows, and to the shadows within the shadows where several lights glimmer, but each from a different corner. To recall an earlier metaphor, as is only appropriate for a polymorphous obscurity, let's sleuth through the corporate headquarters in the economy of subjectivity. Let's trace down the interlocking directorships among Bodyco, Selfon, Subjectoil, Person International, and Mood Industries. And let's not be surprised to be surprised at which is a wholly owned subsidiary of which while others share controlling interest in the parent company.

Our moods carry our bodies differently. Each different mood is a different self in the sense that each experiences body differently. Just because there is a continuity of matter—skin and bones—it does not follow that the experience of embodiment is the same. And it is a continuity of *experience*, not the material continuity, that serves as criterion for the existence of a self. No one ever claimed to be able to locate the self with a scalpel. The self is of zero dimension. The self is not a continuity of chemicals, but the self does somehow involve the continuity of body.

Bodily continuity between one action and the next, between one time and another time, might seem to be the subject of properties that are like the properties of a material substance: the body "becomes cold," or "starts to run." But the body that is experienced as a continuant is, for Aphrodisiac moods, a different body-as-experienced from the body-as-experienced when one is saturnine. Thus the succession of so-called moods is a succession of different subjects or substrata. A saturnine self experiences body very differently from the way an Aphrodite experiences body. Differently experienced bodies in different stances are the continuant substrata of what then deserve to be called different substances: not material substances, not the abiding referrents of spatio-temporal designations, but the abiding referrents for a network of information—biographies.

To look at selves this way, as the informational referrents of biographies, is to see several things. First, it explains the curious attractiveness of the metaphor so much used by Ken Kesey and the Merry Pranksters. As Tom Wolfe tells it, they often talked about who was in whose movie. The metaphor has the advantage of offering the phenomena of selfhood in an always already edited form. There may be several different editings of the "same" event. Or there may be several different ways of seeing a given person. The interesting thing is that these different editings, these different movies, are produced and directed not only by different people—as in the four tellings of the "same" events by the different characters in *Rashomon*. Different movies are also produced and directed by the same person. I interpret my own past differently depending on which self is in the director's chair.

Here lies the difference between the concept of a person and the concept of a self: a person is a legal unit. The person is a reidentifiable agent in society. Persons make promises. The person is held responsible for actions, and if a person is found guilty of breaking the law, that person is bodily incarcerated. But the concept of the self is not so socially defined.

The reidentification of a continuant *self* is a more subjective matter than the objective location of a person's body. The reidentification of a self is a matter of a continuity of *experience*, and this is precisely the continuity that a look at selfhood finds only in discontinuous chunks—one morning Aphrodite, another morning Saturn. So it is that the same person contains several selves, several subjects of experience, several bodily substrata who direct and star in distinctly different movies. The several selves are different readings of the events in a single person's life.

Aside from helping to explain the peculiar attractiveness of movies as a metaphor for parallel biographies, the idea of several selves per person sheds light on the experience of ambiguous identity. In recent years the phrase "identity crisis" has entered the everyday vocabulary. The experience of the babble of several selves within a single person is not uncommon. But our tolerance for crosstalk is low. As heirs to a monotheistic culture, we are inclined to believe that one voice must command all others. As above, so below: one lord of lords, one self in charge, each of us an Ahab over the ship's crew of impulses. If we countenance any plurality of command, we prefer to speak of "sub-personalities," Starbucks who preserve the illusion of a neatly ordered hierarchy.

When I am by my self—or should I now say selves—I (we) experience no such neat order. Often there's a kind of peace, but it is the peace of concord rather than command. And sometimes, of course, there's mutiny.

What is the remedy? Or is a remedy what's wanted? As with any group, there's talk of exile for the rabble rousers, or an imposition of law'n'order by some strong leader. But the solution, such as it is, usually involves letting everyone speak his or her piece. It takes time. Sometimes it's boring. Some of my selves are so appallingly predictable. But the group process isn't. The outcome is almost never what any single self would have foreseen. So being by myself is seldom dull. In so populated a solitude I hardly feel that to be by myself is to be alone. ■

—Jay Ogilvy

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Ways of Being at Esalen

There are a variety of ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The week-end and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are particularly valuable as a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose that approach which feels most appropriate, and then pursue it in subsequent seminars. For those who wish an extended stay of a month or more, the Ongoing Residence Program is ideal. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grot, Al Drucker, and David Schiffman, which frequently involve didactic seminars as well as experiential workshops, and can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen and one that allows a much greater involvement with the place and its community at a lower expense is the Work-Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 15 for more information and an application form.

In addition, besides all the catalog programs, there are a large number of other events which enrich life at Esalen. There is a regular Tuesday Night Forum where various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there are films, dance performances, choirs, puppet shows, boogies, and other forms of creative entertainment. Bodywork of various kinds is available by appointment with individual practitioners, including massage, deep-tissue, polarity, and rolfing. Individual sessions are also available for various types of process work, including gestalt, neo-reichian emotional release, vision improvement, music gestalt, etc. Finally there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new appraches to human growth.

Work-Study Program

In the process of becoming educated, we are taught that it is more important to be involved with the outside world than with our Selves. We are taught to become Ego-involved—involved with manipulating things and people. We are taught to experience our selves primarily in relation to others; we lose touch with our essence.

From this perspective, we offer an opportunity to return to our Selves within the working context of the Esalen community. Our faculty for this program is our environment — staff — community.

— Learning/discovering the use of your own energy in work . . . for your SELF.
— Living together (close to others) operatively and co-operatively in a unique, high intensity environment.
— Contact/communication with the people of Esalen via group work and in day-to-day Esalen happenings.

An opportunity for:
— SELF-regulation
— SELF-examination
— SELF-contemplation
and if you choose
— SELF-reevaluation
— Facilitated by removal from your ordinary living context.

Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, maintenance, kitchen, and cabins. Scheduling consideration is given to the community labor needs, and work assignments are made according to these requirements. The cost of the program is $350 for the first month, $250 for the second, and $200 for the third month.

The Work-Study program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program, emotionally and physically, and only rarely is it restful. There will be a coming together in the evenings to share—contact—play/alone-together. Professional services such as massage and rolfing are available at staff rates.

Accommodations are shared, with up to three people to a room, at South Coast Center, a staff living complex which is 1½ miles north of Esalen. The Work-Study Program, lasting 28 days, is a full time workshop in itself. The work commitment to the community, group process work, and teaching seminars make up a busy schedule for participants. Enrolling in the Esalen catalog workshops is therefore discouraged, since the extra involvements tend to interfere with the fulfillment of the Work-Study Program.

Available dates: May 18-June 15; June 15-July 13; July 13-August 10; August 10-September 7; September 7-October 5; October 5-November 2; November 2-November 30; November 30-December 28.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with $150 deposit to:

Work-Study Program, Esalen Institute,
Big Sur, California 93920.
Telephone: (408) 667-2335

Esalen Institute Application for Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____

City _____ State _____ Zip _____

Age _____ Your occupation _____

Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work-scholars may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. If such an invitation is extended, please indicate your availability:

☐ no extension ☐ one month extension ☐ two month extension

Have you been to Esalen workshops? Please list program titles and dates: _____

Please make a personal statement about your interest in the Work-Study program. Include any skills you may have available. _____

Esalen Institute

Approved Provider for Registered Nurses & Physicians

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of continuing education for registered nurses. Provider Number 01152.

The California Medical Association has granted Esalen Institute Category I approval so that physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education.

The following programs are approved for registered nurses and for Category I credit for physicians. See regular program listings for workshop descriptions.

June 13-15
Experiencing Esalen for Health Care Professionals
Coordinated by Jay Kaplan, MD *10 hours*

June 22-27
Self-Care & Professional Competence:
A Workshop for Health Professionals
Jan McCann, FNP, MHS, Cynthia Rogers & Julian Silverman
30 hours

June 27-29
From Stress to High Level Wellness:
Preventing Burn Out in the Helping Professions
Joy Holloway & Barbara McNeill *10 hours*

July 4-6
A Weekend Primer on Constitutional Holistic Medicine
Al Drucker *10 hours*

July 18-20
Experiencing Esalen for Health Care Professionals
Coordinated by Polly Kirby, RN *10 hours*

August 8-10
A Weekend Primer on Constitutional Holistic Medicine
Al Drucker *10 hours*

August 22-24
Self Awareness & Health Practices for Professionals
Janet Mentink, RN, FNP, Phillip Mac, MD *10 hours*

August 24-29
Homeopathy & Holistic Health Bill Gray, MD *30 hours*

September 14-19
2nd Annual Esalen Conference on Stress:
Harnessing its Energy for Health
Coordinated by Julian Silverman *30 hours*

October 10-12
On the Way to Health: A Guide for Health Practices
Phillip Mac, MD *10 hours*

If you have any questions about Esalen's medical or nursing program, contact Julian Silverman, Esalen Institute, Big Sur, CA 93920.

ESALEN SEMINARS

Experiencing Esalen

Experiencing Esalen Staff

Coordinated by Janet Zuckerman Boeve & Joan Fiore

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls) and *Anger and the Rocking Chair* (Lederman).

SCHEDULE

May 11-16	$330
May 30-June 1	$150
June 1-6	$330
June 13-15	$150
June 15-20	$350
June 20-22	$170
July 4-6	$170
July 25-27	$170
August 3-8	$350
August 17-22	$350
August 22-24	$170
September 7-12	$350
September 14-19	$350
September 19-21	$170
October 3-5	$170

Experiencing Esalen — The Body

Similar in format to Experiencing Esalen, but with a focus on the wide variety of body oriented approaches.

SCHEDULE

August [illegible]	$[illegible]	September [illegible]	$[illegible]
August [illegible]	$[illegible]	October [illegible]	$[illegible]

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Joan Fiore, Christine Price & Richard Price

The Esalen Gestalt Staff includes Leonard Bearne, Janet Zuckerman Boeve, Laura deNuccio, Joan Fiore, Jeffrey Kent, Nancy Kaye Lunney, the NINE, Jenny O'Connor, Christine Price, Richard Price and others.

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Paricipants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is enfoldment, wholeness, growth rather than adjustment, cure or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J. C. Pearce); *Illusions* (Richard Bach). $280

May 25-30	$330
June 8-13	$330
July 13-18	$350
August 24-29	$350
August 31-September 12	$870
September 12-14	$170
September 21-26	$350
October 5-10	$350

Weekend of May 2-4

Weekend Massage Intensive / *Esalen Massage Staff*

We will assist you in acquiring the basic tools you will need to begin to explore massage. By demonstrating for you and practicing with you it is our intent to introduce you to the major muscle sets of the body and to help you to establish a sense of an effective beginning, development, and closing of a full-body massage. Emphasis will be on our own grounding and internal awareness, on learning to recognize the areas in ourselves and others that need relief, and on learning to be aware of the quality of our own touch. $150

Thinking Body/Moving Mind/Understanding Heart
Betty Fuller

Movement is a primary means to learning: learning about one's self, one's relationship to others, one's place in the universe. Happy side effects of such learning can include an enriched and enhanced self image and spontaneous and appropriate self expression along with greatly reduced stress, friction, tension, and effort. The workshop includes trager and feldenkrais body-mind approaches, guided imagery, simple meditations and massage at the baths. Feelings, encounters, understanding, and realizations generated in the workshop may be shared and processed in the group. $150

Visions and Economics
George Leonard & Paul Hawken

With conventional social policies in disarray, new approaches to national and international problems are urgently needed, and it now appears that ideas that have come out of the human potential movement over the past 15 years are becoming highly relevant. During this weekend, George Leonard, a long-time human potential activist and visionary, will lead participants in proposing transformational approaches to the challenges of the day; Paul Hawken, an economist and writer, will discuss their economic, political, and social costs.

How do specific visionary alternatives in such areas as energy, health care, tax reform, economic planning, and education relate to realities of the existing political climate, economic structures, and matrix of social consensus? We will explore the dynamic interplay between a variety of new age ideas and their practical applications in a number of fields. $150

Week of May 4-9

Exploring Your Creative Process
Nancy Kaye Lunney

Through gestalt, imagery, music, writing, drawing, videotape and spontaneity we will investigate aspects of the creative experience, from blocking and stagefright to euphoria. Focus will be on self awareness and on developing the confidence and freedom necessary for the creative journey. Individual projects can be developed during the workshop based on each person's major interest, and individual work in a supportive group setting will be stressed. Please bring whatever special materials you think you might want to play with. Piano accompaniment will be available. This workshop is suitable for non-professionals as well as professionals in the creative and performing arts. $330

Health, Longevity, and Optimal Well-Being
Ken Dychtwald

In this workshop, a comprehensive "six point" program for health, longevity, and optimal well-being will be presented. Drawing from the latest information and techniques from the holistic health, physical fitness, and human potential fields, this innovative program includes practical methods for 1) strengthening and vitalizing the bodymind; 2) enhancing bodymind flexibility and limberness; 3) heightening aerobic fitness and endurance; 4) improving relaxation and reducing stress; 5) enforcing the body's natural resistance to disease; and 6) heightening mental and emotional functioning. Through a comfortable blend of lectures, demonstrations, experiential exercises, and daily massage sessions at the Esalen baths, each participant will learn ways to develop a personalized program for lifelong health and well-being. $330

May 4-30

Alternative Futures / *Stanislav and Christina Grof*

For workshop description, see Special Programs, pp. 36-37. $1,250

Weekend of May 9-11

Awakening the Magician Within / *Emmett Miller*

Whether or not we have as yet learned it, there is a magician within each of us. His magic wand is belief. If we believe we are sick, we are sick; if we believe we are stuck, we are stuck. But all coins, even magic ones, have two sides. If we believe we are growing stronger every day, we are; if we believe in our creativity, our problems joyfully solve themselves. In this seminar we will investigate and discover what truth there is in each of these statements for us, individually. Our explorations will be experiential, using deep relaxation, visualization, music, movement, and selective awareness. $150

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings
Joan Fiore & Jeffrey Kent

This workshop provides an opportunity for you to pay attention to the quality of your interpersonal contact, particularly to your willingness to take risks and to your ability to stay true to your own feelings while meeting and contacting others.

You may discover your own rhythm of contact and withdrawal; you may discover how you sabotage yourself from having more satisfying relationships; you may discover you're getting exactly what you want from your relationships. You may discover anything; you may discover nothing. You may even discover that you're in charge. $150

Week of May 11-16

Sound & Movement as a Healing Art: A Celebration
with Elisa Lodge, Esalen Musicians & Staff

Coming together
In stillness, in motion. . .
Celebrating our joyfulness and harmony.
Moving freely,
Opening to the pleasures of our bodies
Gently shedding fears,
Carried by our voices, and our movements
To the richness of our feelings,
Creating ourselves
With music, dance, and the
Healing use of touch.
$330

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $330

Reichian/Gestalt Intensive
Joan Fiore & Jeffrey Kent

This workshop combines neo-reichian breath and body work, to facilitate physical/emotional release, with gestalt work, to facilitate contact, integration, and self-responsibility.

We provide the time, the space, the opportunity to move at your own pace from dis-ease to ease, from fragmented to whole, from self-discounting to self-validating, from role-playing to authentic self-expression, from helpless victim to active participant in your personal destiny, or from wherever you happen to be coming to wherever you're growing. You might explore your dreams, your tensions, your madness, or your options; take room to breathe or to explode, soak in nurture or exorcise demons, finish past unfinished business, or examine present concerns.

First priority is on intensive individual work in a supportive group setting. There are also opportunities to experiment with the quality of interpersonal contact through group interactions. $330

Weekend of May 16-18

Steps to an Ecology of Mind / *Gregory Bateson*

In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to new ways of looking at the living world, including everything from biology to poetry and politics. The workshop will explore these ways of perceiving and thinking. $150

Couples Workshop: Intimacy and Personal Growth
Betsy Hand & Gerald Smith

This workshop will focus on deepening contact and strengthening mutual support while expanding as individuals. Some of the time will be spent using structured approaches for enhancing communication, being separate, trusting, and fighting fairly. The approaches will be tailored to what each of you brings to the weekend. $150

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Week of May 18-23

Gestalt, Bioenergy & Human Contact; Old & New Learning Integrated / *Alan Schwartz*

There is an energetic dimension to human behavior which is often locked behind habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *movement*. *Allowing energy* means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self and our interdependence with *physical* and *social environments*. The workshop can be thought of as a *learning* week. Appropriate didactic material will be covered. $330

Self-Acceptance—The Freedom to Be / *David Schiffman*

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in the techniques of gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $330

Weekend of May 23-25

The Gazebo ™: An Alternative Education
Janet Lederman

The Gazebo is a model for restructuring educational systems, both physically and philosophically. It is a new concept of "school," involving the inviting of children back into society, the integration of generations, and the re-introduction of life into the content of learning.

The workshop will be both didactic and experiential. We will investigate alternative ways of financing education and plan ways to revitalize neighborhoods as viable teaching resources by generating community involvement. The form, structure, and activities of the Gazebo will be available to participants. So far our youngest student is 9 months old and our oldest is 75. Esalen's Gazebo is more than an idea. It is an actuality. Limited to 12 participants. $150

Exploring Self-Acceptance / *David Schiffman*

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $150

Energy Systems and Gestalt Process / *Alan Schwartz*

Read the May 18-23 description. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we both make contact and inhibit contact. One focus will be on integration via energy release techniques. Another will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our consistent awareness process and the autonomous expression of who we are. $150

*Service mark of Janet Lederman.

Week of May 25-May 30

Symbols of Transformation
Ralph Metzner & Angie Arrien

This seminar is an intensive experiential study of symbols as tools of personal growth. Symbols can expand one's perception of self and others, increase insight, and stimulate new areas of self-expression and creativity. We will consider a variety of symbols: psychologically, as archetypes of individuation, and cross-culturally, as universal constants. The symbols to be studied and experienced include: sun and moon, trees, flowers, circles/wheels/mandalas, totem animals, light and fire, the elements, sacred mountains, the body and its parts, the journey path, and others. Some of the sources of symbolism that we will draw on are astrology, alchemy, the tarot, mythology, and folklore of all cultures. Special attention will be given to the uses and significance of symbols in dreams, art, and the helping professions. Special symbolic creative projects will be part of the seminar. $330

Un-Covering Creative Energy / *Myrtle Franklin*

As children we were closer to the source of our creativity and were free enough to express it informally. Over the years we gradually found barriers to inhibit it. Now, through various awareness exercises, we can uncover and express this energy through whatever medium is naturally our own: sound, color, writing, movement. We will focus on the process of expression-appreciation. $330

Gestalt Practice / *Esalen Gestalt Staff*

For workshop description see page 17. $330.

Weekend of May 30-June 1

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $150

Many Dimensional Self
Jay Ogilvy & Heather Maycock Ogilvy

The question, "Who am I?" may have more than one answer. During this weekend we'll explore both the theory and practice of multiple selfhood. What is the self? What does it mean to allow several selves per person? What are the social implications, e.g., when one self makes promises that a person's other selves have to keep? Must there be one "captain of the ship?" What is the price of a well developed ego, a single identity? Do we bring on our identity crises, mid-life crises, dying relationships, over-consuming careers by such one-dimensionality? Might we instead evoke the many gods within us and free the energy of our shadow selves? We will approach these questions both cognitively and experientially using body, mind and heart. Remembering myths other than monotheism, playing with theories other than ego psychology, working to hear more of our voices, we hope to find integration through communication rather than subordination.

Recommended Reading: *Many Dimensional Man: Decentralizing Self, Society and the Sacred* (Ogilvy). $150

Black Dance / *James Xavier Nash & Jasmine Nash-Lutes*

This workshop will include massage and dancing, exploring the rituals of Black disco dancing in contemporary American society. High-low energy, sensual and sexual rhythm and syncopation, hand clapping, foot stomping, using African drums, we will use our voices and recorded popular Black music. $150

Week of June 1-6

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $330

Advanced Massage Intensive
Esalen Massage Staff

Whether your massage experience is professional or avocational, our aims in this course are to take you deeper into your own work and to provide whatever instruction we can to add to your understanding of the body and to your repertoire of techniques. In addition to morning and afternoon practice sessions with various instructors, we will use yoga, movement, evening lectures and discussions, and demonstrations of specific practices to stimulate ourselves out of our old patterns of working and increase the range of conditions with which we can deal effectively.

The following concerns will receive emphasis: how to sustain your energy through a day of treatments, how to clear yourself of the negative energy released by your client, how to use weight and leverage to your advantage, and so on. As we reach more and more deeply into one another, emotional changes are triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide us with some first-hand practice in productive ways of moving through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five-day intensive or its equivalent in your own practice. $330.

Zero Balancing / *Fritz Smith*

Zero balancing is a body handling system utilizing structural acupressure to deal directly with the interface between body structure and energy flow. The workshop will be both didactic and experiential.

Traditional anatomy, physiology, and kinesiology will be reviewed and then reinterpreted from an alternative viewpoint indicating the often overlooked imbalances which occur within our foundation joints. These imbalances may lead to chronic body pain, and frequently represent an ongoing energy drain from the body. Based on laws of nature, Zero Balancing is both a pleasure to give and to receive, and results seen are immediate, gratifying and often inspiring, with seemingly little effort on our part. While there will be both theoretical presentations and practical demonstrations, the main emphasis of the workshop will be toward individual instruction. This workshop is limited to persons certified in the healing professions. $330

Grammar of Spontaneity / *Ruthy Alon*

For description see Westerbeke Ranch Programs, pp. 38-39. $330

June 1-27

An Integrative Approach to Group Process & Individual Growth (a four-week internship program for personal & professional growth)
David Schiffman, Elisa Lodge & Esalen Staff

For workshop description see Special Programs, page 36. $1,25

Weekend of June 6-8

Awareness Through Movement & Functional Integration: The Feldenkrais Method / *Mia Segal*

Through a series of simple, gentle exercises devised by Moshe Feldenkrais we learn to know ourselves and find many new choices of behavior to enrich our lives. $150

Designing a Sustainable Society: The Solar Village
Sim Van der Ryn, Lillie Leonard & Friends of Solar Village

In the next generations, society will be physically transformed from today's total dependence on depletable fossil fuels to reliance on continuously available "income" energy from the sun.

This workshop will explore how the solar transition can come about in your community through the use of solar and conservation concepts in buildings, local food production, transportation, and waste recycling. A paradigm for the solar transition is the Solar Village concept first developed for the re-use of a large federally owned site in Marin County.

The Solar Village concept will be presented as a model whose features can be applied in cities and suburbs everywhere. We will explore the connection between sustaining personal balance and energy balance in our homes and communities. $150

Week of June 8-13

Awareness Through Movement & Functional Integration: The Feldenkrais Method / *Mia Segal*

For workshop description see June 6-8. $330

Gestalt Practice / *Esalen Gestalt Staff* / For workshop description see page 17. $330

Five Days with Jack Rosenberg

My current focus is on enjoying life to the fullest and bringing the clearest expression of my self to each moment. Many people describe what I do as gestalt body work with a transpersonal bend.

During the workshop we will cover many aspects of my energetic approach to sexuality as well as working with the body energy field and the belief system which keeps us locked in obsolete behavior patterns. Where you are is where we will start. $330

Weekend of June 13-15

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $150

Experiencing Esalen for Health Care Professionals
Coordinated by Jay Kaplan, MD

This workshop is designed for health care professionals who have not previously been to Esalen/Big Sur. The emphasis is on experiencing a variety of approaches to self awareness and self care. Some of the following experiences will be available: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, rolfing, feldenkrais, yoga, polarity, massage, and shiatsu. For additional information see page 16. $150

The Gazebo : An Alternative Education
Janet Lederman & Gazebo Staff

For workshop description see May 23-25. $150

Week of June 15-20

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $350

New Perspectives in Psychotherapy and Self-Exploration / *Stanislav & Christina Grof*

We will focus on the observations from modern consciousness research that have revolutionary implications for the theory and practice of psychotherapy. The suggested revisions include an expanded model of the human mind, new techniques and strategies of self-exploration, and powerful unconventional mechanisms of personality change. The participants will have the opportunity to explore the new principles in experiential sessions combining pranayama breathing, evocative music, body work, and mandala drawing. Special attention will be paid to the problems of handling spiritual emergencies as part of an effort to create a network of professionals offering help in transpersonal crises. $350

Weekend of June 20-22

Experiencing Esalen / ***Experiencing Esalen Staff*** / For workshop description see page 17. $170

The American Way of Birth and Death / *Jessica Mitford, Bob Treuhaft, Suzanne Arms & Don Creevy*

Jessica Mitford and Bob Treuhaft wrote *The American Way of Death* in 1963, giving us our first sustained look at what they called the funeral industry's "grotesque cloud-cuckooland where the trappings of Gracious Living are transformed, as in a nightmare, into the trappings of Gracious Dying." In 1975, Suzanne Arms wrote *Immaculate Deception*, an expose of the "machine age of birth" based on invasive medical procedures and technological assumptions which "treat normal birth as a risky, dangerous, painful, and *abnormal* process in which pregnant women have no other choice than to submit graciously." Both of these best-sellers challenge the myth of expertise that has grown up around birth and dying. In cataloging the abuses of the funeral and hospital birth industries, both books have helped inspire alternatives to the control these monopolies have over dying and being born in America. The home birth movement, the proliferation of midwives, the development of community homes for birth and dying, and the regulation of the funeral industry, are among a number of reforms which figure prominently in the current revisioning of the American way(s) of birth and death. Author and long-time political activist Jessica Mitford and her husband Bob Treuhaft (appointed by Governor Jerry Brown to chair California's State Board of Funeral Directors) will join with Suzanne Arms and Don Creevy (co-founders of The Birth Place, a community birth home in Menlo Park), for a wide-ranging discussion of these and related issues. $170

The Moving Center / *Gabrielle Roth*

An American shamanic ritual using music, poetry, sacred dance, and ritual theatre experiences to mirror the mind, catalyze the heart, and open the body as a channel for creative energies. Through collective rituals which ground us in our sameness we explore our individual dreams and visions and learn to share our differences. $170

Week of June 22-27

Self Care and Professional Competence: A Workshop for Health Professionals
Jan McCann, Cynthia Rogers & Julian Silverman

This workshop is concerned with teaching/learning a point of view and a method for being at ease in one's day-to-day health care work environment:

—contacting and communicating with others comfortably
—being careful with one's self so as to able to care for others more effectively. For additional information see page 16. $350

Unity / *Gabrielle Roth*

This is a five-day shamanic healing ritual designed to inspire and channel the religious, sexual, and creative aspects of life energy into unity and expression. Through music, sacred dance, poetry, and ritual theatre processes, we will explore and present our unique experiences of life's waves, rhythms, and cycles. The moving center tools are designed to release our gifts, talents, and potentials to be the most of who we are. $350

Vital Signs / *Pat & Neil Lamper*

The Surgeon General has determined that vital signs are important to our health. Medical doctors have scopes to chart them. We will use gestalt, imagery, breathing, movement, sound, and fun to detect these vital signs, which are right under our noses anyway. Thus we can own these signs, and enhance them, and use them. Thus we can be more present for ourselves and those we love. Thus our lives can be more vital. And we can be at peace and vibrant at the same time. No special jargon, skills, knowledge, or masks needed. Just the miracle of being here. $350

Weekend of June 27-29

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings
Joan Fiore & Jeffrey Kent For workshop description see May 9-11. $170

Steps to an Ecology of Mind *Gregory Bateson*
In the last twenty years, the theoretical advances in cybernetics and advances in the study of personal interaction have led to new ways of looking at the living world, including everything from primary biology to mind and politics. The workshop will explore these ways of perceiving and thinking. $170

From Stress to High Level Wellness Preventing Burn-Out in the Helping Professions
Joy Holloway & Barbara McNeill
An experiential approach to high level wellness. Learn what high level wellness is about. We will assist you in developing skills in the areas of self responsibility, stress control, nutrition and physical activity, and in promoting the excellence and clarity which are synonymous with optimum health. We will create our own wellness plans and, through personal experience, learn the importance of self responsibility in active health and well being. We will also encourage the shifting of beliefs towards a new paradigm, one in which we are no longer rescuing patients, clients, friends from disease, but rather teaching self-responsibility by our personal examples. $170

Week of June 29-July 4

Feelings and Consciousness / *Clair Killen*

A non-confrontive group experience of movement, emotional release, and cognitive integration. Using radix practices, music, massage, and vision work we will explore our beliefs, muscular armor, and self-esteem. $350

Lower Back Syndrome / *Ruthy Alon*

In our over-tense and under-moving culture, lower back discomfort is a common issue. This workshop offers self-healing processes for kinesthetic functioning from the feldenkrais method, awareness through movement.

As we experiment with the patterns of primal evolution by which nature has prepared us for mature movement, we arrive at healing insights. We relearn the grammar of flow and grace as we reconstruct our development through early infancy.

We train our organism into pain-free, lively coordination as we experience a range of mindful alternative movements selected from our natural vocabulary. We challenge our body intelligence to make new choices in the way we use ourselves. In this autonomous learning process the search for ease is our guide to well-being. The re-education of the lower back function is explored in the context of its interactions with the whole body. The style of movement is gentle and moderated to personal pace, which encourages listening to inner quality rather than performing mechanically. Emphasis is placed on our relationship to gravity and its effect on alignment, as well as on our ability, on the organic level, to accept being held and to allow love in. $350

The Eighties: Time to Expand Your Experience
Frank Rubenfeld & Mari Krieger

From me-centeredness to social and cosmic consciousness; from left-brain linearity to right-brain body experiencing; from gender typing to androgyny. In this workshop we will use social gestalt and body therapy to facilitate a fuller participation in both inner and outer experience. $350

Five-day Massage Intensive / *Esalen Massage Staff*

An introduction to the language of the body, this course will attempt to view the human interior through various windows: yoga, feldenkrais, movement, demonstration and work sessions, and evening lectures and discussions. Every major portion of the body will be given detailed attention, and your instructors will acquaint you with their individualized styles. In the morning and afternoon practice sessions the focus will be on your integrating this information in your own manner and evolving your own style of working with the body. Our intent is not to teach you to imitate, but to help you learn to become *effective*; the rest you will teach yourselves. $350

Weekend of July 4-6

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $170

Transpersonal Psychology: The CITP Experience
Bob Frager, David Zeller & CITP Faculty and Students

At the California Institute of Transpersonal Psychology, we have developed a Ph.D. program focused on individual and group transformation. Our emphasis is on balanced development of body, intellect, emotions, and spirit. This weekend will provide an intensive and joyful introduction to the CITP curriculum, including work in aikido, interpersonal process, Jungian psychology, major spiritual traditions, chanting, meditation, and play. $170

A Weekend Primer on Constitutional Holistic Medicine/focusing on homeopathy, acupuncture, & deep tissue work) / *Al Drucker*

This workshop will examine energetic medicine, that which deals directly with the energy field and the vital force. The three principal systems that will be discussed and demonstrated are different healing paths with a common curative goal—the complete restoration of health through the Law of Cure. We will study the subtle transforming role of disease in the spiritual evolutionary development of the individual, seeing it as the catalytic agent that puts us back on track with our deeper life's purpose and mission. But we will also explore ways of pure healthful and heartful living and sensitive attunement which permits us to achieve our life's goals without illness. Early morning sessions will be devoted to chanting and meditation followed by yoga or t'ai chi. We will also schedule a massage session with herbal bath and learn about herbs and flowers. Meals will consist largely of natural living foods, coming mostly from our own organic garden. For additional information see page 16. $170

July 4-13

The Compleat Spa/A Feelingbodymind Approach to Health, Beauty, and Vitality / *Joan Fiore, Jeffrey Kent, Susan Altenbach & Alan Dolit*

For workshop description, see Special Programs, page 37. $690

Week of July 6-11

A Week with Will Schutz

$350

Reichian Gestalt: A Workshop for Contact and Release / *Laura DeNuccio (Ma Prita)*

This workshop provides a safe environment to experience consciously the process of our own unfolding—physically, emotionally, energetically, sexually, spiritually.

As we become aware of the ways we hold back our self-expression (flow of life energy) we then have the *choice* to let go. By *contacting* tension (stuck, accumulated energy) and allowing emotions which have been locked and frozen in our bodies, often since early infancy, we then have the opportunity to open ourselves to the creative flow of life energy within each of us. As we contact and allow our hurts and pain, we can then increase our capacity for pleasure and joy. As we allow our expression of anger, which is a powerfully expansive, outward directed energy, we can open and deepen our capacity for love and compassion. As we contact and allow our expression of fear, we can then move toward expanding our capacity for trusting—ourselves and others. Learning to trust our bodies, our responsiveness and movement, is a liberating experience.

Utilizing reichian emotional release, gestalt practice, bioenergetics, feldenkrais, massage, reflexology, dance, meditation, and various other bodymind approaches, we can move toward expanding our capacity for trust and fulfillment. $350

The Theatre of Being / *Elisa Lodge*

The stage is set:
the Ocean, the sky, the mountains, and ourselves . . .
The plot:
the manner in which we move, live, and love . . .
In this experience of creative exploration, we will touch into the inner sources where our beauty and power begin.
The tools:
structural patterning, acting techniques, visualization, meditation with sound, movement, music, and massage. All for the benefit of releasing ourselves, our hearts and souls into the world. $350

Weekend of July 11-13

The Psychology and Politics of Cults
Arthur Deikman, Zev Putterman & Daphne Greene

Against the backdrop of 916 deaths at Jonestown, the battle between Scientology and the I.R.S., the legal disputes surrounding Synanon, and the world-wide influence of the Rev. Moon, the issue of religious cults raises questions of many kinds—psychological, political, spiritual, and moral. A central dilemma involves definition: what *is* a cult? What are the aims and methods of various contemporary religious groups? What are appropriate standards for addressing questions of group tyranny and abuse of members without denying our traditions of dissent, non-conformity, and freedom? Psychiatrist Arthur Deikman proposes that the proliferation of cults stems in part from Western culture's naivete in its approach to mysticism. Zev Putterman contends that the cult situation must be viewed with compassion as a metaphor for the collective search for values in our society. Daphne Green is active in the movement to expose the Unification Church as a fraudulent, authoritarian front using fear and indoctrination to maintain its membership. This workshop offers a neutral and open forum for these group leaders to join with participants in considering the nature of various religious groups and the psychology of their leaders and members; the question of "brainwashing" as it relates to initiation practices of various kinds; the functions cults fulfill for members; and the more abstract question of whether ordinary institutions (public education, organized religion, the medical establishment, political parties, the military) can be considered cults in terms of their influence in the life of our culture. $170

Open Psychodrama Encounter
Walt & Maurica Anderson

This workshop is a flexible weekend's work and play using a variety of encounter, gestalt, and body-movement approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing more openness and spontaneity, and having fun. The degree of active involvement is up to the individual. $170

Core Dynamics—Body Energetics / *Hector Prestera*

Using body release methods, body reading, color reading, and psychic intuition, each participant will have an opportunity to contact areas of body armoring which prevent the core self from spontaneous release. Freeing the "core self" is the object of this weekend.

Suggested reading: *The Body Reveals* (Kurtz & Prestera). $170

July 12-21 | **Rites of Passage: A Mountain/River Adventure**
Dick Galland & Annie Callaway
For description, see Wilderness Programs, page 40. $375

Week of July 13-18

Gestalt Practice / *Esalen Gestalt Staff*

For workshop description see page 17. $350

Wisdom and the Magic of Transformation
Huston Smith

The great historical traditions—Hinduism, Buddhism, Taoism, Sufism, and the West—will be combed for insights that bear directly on the living of our daily lives. Our search is for wisdom *and* method; theory that connects with the heart so that it is not just a head trip. We will consider body (elementary yoga), mind (reflection on life's meaning and purpose), soul (approached aesthetically through films in the evenings), and spirit (basic meditation, kindergarten zen). $350

The Uses of Personal Power / *Jack Downing*

Personal power is the power to act. When we finish our private, unfinished business, we return to our social orientation again. We find that we have new powers and abilities. How do we use our new freedom? What is worth having and doing? What personal powers do we actually have? Looking at these and other topics will be the subject of our workshop. Limited to 15 intermediate and advanced seekers. $350

The Centered Equestrian
David Schiffman & Elisa Lodge

For workshop description see Westerbeke Ranch Programs, page 38. $390

July 13-20

Trager Psychophysical Integration and Mentastics Basic Training
Betty Fuller, Sheila Merle Johnson & Gail Stewart

In each professional training workshop, participants are instructed in trager table work, receiving directly from the instructors and giving and receiving from each other under supervision. In addition, participants learn to practice and teach mentastics, learn basic communication skills, clearing exercises, simple meditations, and have time in group to share and process their experience. These trainings are open to professionals in education, body work, holistic health care, counseling, psychology, medicine, chiropractic, sports, performing arts, and other disciplines which see movement as a primary means of learning. Applications must specify professional background. $730

Weekend of July 18-20

Weekend Massage Intensive / *Esalen Massage Staff*

For workshop description see May 2-4. $170

Experiencing Esalen for Health Care Professionals / *Coordinated by Polly Kirby, RN*

For workshop description see June 13-15. $170

Healing the Myth of Separation: A Celebration of Our Divinity
Maitreya Stillwater & Maloah Devi-Stillwater

"When you have accepted your mission to extend peace you will find peace, for by making it manifest you will see it."

A Course In Miracles

This weekend will be set aside for remembering who we are behind our illusions. We will join together for healing the idea of separation, studying the principles of *A Course in Miracles*, and attuning to our inner guidance. The experience will include meditation, sharing, and singing the songs of Maitreya. $170

Week of July 20-25

The Spiritual Path: Promises and Pitfalls
Stanislav & Christina Grof

We will combine observations from modern consciousness research and from various traditional practices to explore the process of spiritual awakening. The participants will have the opportunity to confront transpersonal areas within themselves in various experiential exercises, combining evocative slide-shows, music, controlled breathing, mandala drawing, and individual work if appropriate. Special attention will be paid to the understanding of and approach to "spiritual emergencies" which can occur in the context of the kundalini process and other forms of personal evolution. $350

Emerging Awareness and Love, Humans and Dolphins / *John & Toni Lilly*

Spend five days with John and Toni Lilly; dolphin research and self programming; the JANUS program on communication with dolphins is under way as of December, 1979. Progress to date plus tapes and movies . . . Your beliefs and their consequences and revisions. Suggested reading: *Man & Dolphin* (1961); *Mind of the Dolphin* (1967); *Human Biocomputer* (1967); *Center of the Cyclone* (1972); *Simulations of God* (1974); *Dyadic Cyclone* (1976); *The Deep Self* (1977); *Lilly on Dolphins* (1975); *The Scientist* (1978); *Communication Between Man and Dolphin* (1978). $350

The Celebration of Nature
Michael Tierra (Ananta)

Wild herbs, massage, chanting, movement, yoga, meditation, balanced diet, and fasting to integrate body, mind, and spirit. We will explore the special uses of herbs and foods and how to use them to influence positive states of being. We will engage in the ancient "simpler's art" of gathering and using herbs in teas, anointing oils, salves, and baths to ease and free old tensions and blocks, and to reveal new pathways to creativity and wholeness.

As a rhythmic and melodic complement, we will utilize the sounds and chants of nature from the traditions of Africa, India, America, and throughout the planet with appropriate dances to give fuller expression to our being. We will take gentle walks through the garden and surrounding forests to discover the wild herbs and trees which we can use for food and medicine. $350

Weekend of July 25-27

The Gazebo$_{SM}$: An Alternative Education / ***Janet Lederman & Gazebo Staff***
For workshop description see May 23-25. $170

Experiencing Esalen / ***Experiencing Esalen Staff*** / For workshop description see page 17. $170

Transformations: An Energy Release Workshop / ***Maureen Lavender***

We will focus in this workshop on freeing our musculature from emotional reactiveness. Then the energy tied up in holding patterns of "cannot" and "have not" can be transformed into responsible action. We will look at ways in which we misuse energy and explore the power inherent in conscious ways of breathing, moving, and thinking. In trying to avoid pain—or pleasure—we frequently shrink from or impulsively discharge our energy. Overcontracted or extended we make poor containers for the life force. To restore potency we will use emotional release, bioenergetic, rebirthing, and yogic breath movements, symbolic imagery, and connective tissue massage. $170

Steps to an Ecology of Mind / ***Gregory Bateson*** / For workshop description see May 16-18. $170

Vision Improvement—Our Willingness to See / ***Laura DeNuccio (Ma Prita)***
For workshop description see Westerbeke Ranch Programs, page 39. $170

The Awakening of Creativity / ***Michell Cassou***
For description see Westerbeke Ranch Programs, page 39. $170 + $9 materials fee

Week of July 27-August 1

Exploring Your Creative Process
Nancy Kaye Lunney

For workshop description see May 4-9. $350

Surrender to Self
Merri Goldenson (Devarani) & John Majuri

Deep inside each of us is the person we were created to be. Our life struggle is to free this person and feel the love, music, and harmony of life in our being. We will learn ways to soften and surrender our body armor and allow our life force to flow. We will explore our feelings of grief, guilt, anxiety, anger, love, trust, joy, and pleasure. Holistically we will use the principles of chiropractic radix intensive, emotional release, bates vision, massage, meditation, and dance. $350

Be Your Own Child—A Movement Journey
Nitza Broide Miller

Discover the child in you—its joy, sadness, fear, excitement, anger, curiosity, wondering, fun, sensuality, loneliness, playfulness.

Reconnect with the child in you so that it is nurtured, loved, cared for and allowed to grow.

In this workshop we'll learn to give the child in ourselves permission to be. Through dance, energy flow, touch, imagery, relaxation and dynamic breathing we shall tap on our hidden and forgotten desires and secret wants and allow them to be expressed. We shall nurture them in loving-caring movement adventure. Touch and movement rituals of self care will be learned and practiced. $350

A Psychic Training Program
Anne & Jim Armstrong

For description see Westerbeke Ranch Programs, page 39. $350

Massage and Deep Tissue Work—A Synthesis
Deborah Medow

For description see Westerbeke Ranch Programs, page 39. $350

July 27-August 3

Integrity / ***David Schiffman & Elisa Lodge***

In this workshop we will join together to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Our task together will be to discover how best to express these qualities both in and out of the workshop. We will explore the boundaries of our emotional, physical, and mental potentials and how they affect our sexuality, our relation to power, our friendships, our creativity, and our expectations of ourselves and of others. $520

Weekend of August 1-3

Experiencing Esalen: The Body
Coordinated by Benj Langdon

For workshop description see page 17. $170

Findhorn Today / ***John Syer and Nick & Henrietta Rose***

In this introduction to the Findhorn community in northern Scotland, Findhorn members use audio-visual presentation, group meditation, and discussion to share its spiritual vision of itself as a planetary center within a growing network of Light. $170

Integrating Knowledge with Being / ***Earl Ettienne***

We are developing a greater understanding of a universe that is constantly making itself apparent to us. This evolving knowledge is not only bringing us insights into the predominant harmonious interplays apparent throughout the cosmos, but also enables us to more fully comprehend how we can bring ourselves and our imperiled planetary society in line with the creative supportive interplay of nature. This seminar will explore charting a plan or path of personal and group survival, using as a basis the knowledge inherent in the organization and dynamic flexibility of biological systems. Examples from the processes of biological energy and resource management will be used to model systems that we can live by. Topics to be discussed range from the evolution of living systems from "cosmic dust" to their organization into self-contained energy-efficient conscious aesthetic entities. $170

Week of August 3-8

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $350

Vision Improvement—Our Willingness to See
Laura DeNuccio (Ma Prita)

This weekend will focus primarily on the awareness continuum. Exploring various methods and systems, we can discover how we distort our perceptions in the here and now and how we are able to clear and re-educate our eyes and our selves to see. Utilizing deep emotional release, bioenergetics, gestalt, the bates system, nutrition, and various other body/mind approaches, we will have the opportunity to explore, discover, contact, experience and expand—enabling us to look newly at our selves and our world in which we live. Limited to 12 participants. $350

Findhorn: A Vision of Wholeness
John Syer and Nick & Henrietta Rose

Started in 1962, the Findhorn Foundation in northern Scotland has been a point of inspiration for many thousands of members and guests. The essence of Findhorn is the power of its vision of wholeness, where individuals experience a process of transformation which reveals their true identity as spiritual beings. Findhorn members will share through audio-visuals, meditation, work, and play, elements of the Findhorn experience: the nature kingdom, group meditation and attunement, working the laws of manifestation, building the network of Light, and nourishing the seeds of a New Age. $350

Sensory Awareness / *Seymour Carter*

"What was the nature of your face before you were born?"

—Zen Koan

We have to learn to feel, taste, look, and speak without the restrictive authority of an idealized self-image, an overlay of do's and don'ts dulling our senses and confusing our minds.

We will focus on bringing into the foreground of consciousness an awareness of our basic functioning, unclouded by habits, ambitions, or fears. Being in direct contact with our own naturalness opens us to a fuller connection with our innate talents and capacities, freeing us for new delight and depth in living and being. $350

Weekend of August 8-10

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings
Joan Fiore & Jeffrey Kent

For workshop description see May 9-11. $170

A Weekend Primer on Constitutional Holistic Medicine / *Al Drucker*

For workshop description see July 4-6. $170

Let Go/Let Be / *Betty Fuller*

Movement is a primary means to learning about my self, about my relationships with others, and about my place in the universe. This workshop includes physical and mental stress reduction and alignment exercises, guided imagery, nutritional information, and moving meditations, as well as the integrative bodymind approaches of trager, feldenkrais, and rolf-nolte. For each approach, methods for daily practice and individual followup are presented. The schedule allows time for rest and relaxation at the baths and participation in the work of the Esalen community. $170

August 9-16

Encountering in the High Sierras
Maurica Anderson & Tom Moore

For workshop description, see Wilderness Programs, page 40. $295

August 10-17

Inner and Outer Paths to Adventure: A seven-day Wilderness Experience in Volcano National Park, Hawaii / *Dick Galland, Annie Callaway, David Schiffman & Elisa Lodge*

For workshop description, see Wilderness Programs, page 40. $525 plus airfare

Week of August 10-15

Reichian/Gestalt Intensive / *Joan Fiore & Jeffrey Kent*

For workshop description see May 11-16. $350

I Ching as Visual and Kinetic Dance of Life
Al Chung-Liang Huang, Chih-chang Lee & Jay Goldfarb

A new way of perceiving and cultivating the self. We will experience the teachings of I Ching through brush calligraphy, writing, and dancing the Chinese characters of each core hexigram, and polarize them in the yin/yang harmony of t'ai chi. We will also learn the Yarrow Stalk Ritual, and meditate the everchanging human psyche through classic Chinese theatre style face paintings. Bring a basic calligraphy set with at least one large size brush, a bottle of ink, and a pad of newsprint.

Recommended reading: *Embrace Tiger, Return to Mountain* (Huang), *Tao: The Watercourse Way* (Watts, Huang & Lee), *I Ching* (translated by Blofeld), *The Portable Dragon* (Siu). $350

August 10-17

Gestalt Synergy:
An Integrative Approach to Self Actualization
Ilana Rubenfeld

The sea has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, alexander technique, and feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $520.

Weekend of August 15-17

Songs of Innocence, Songs of Experience / *Nancy Kaye Lunney*

This weekend is a voyage into song for people who want to sing but are afraid or worried about what others will think, for shower singers and choir members who dream of hitting the big time, as well as for accomplished singers who want to improve their performance. Piano accompaniment, hand-held microphones, and video feedback will be part of a supportive environment for self-expression. Bring your own favorite song titles or choose from a variety at Esalen. Most important, bring your own styles, your voices, and a willingness to explore your creative potential. Each of us has a song to sing and the courage to share it with others. $170

Shifting Paradigms and Social Change / *Fritjof Capra*

We shall explore the fundamental paradigm shift that is going to dominate the eighties—a shift from a fragmented, mechanistic world view to an organic, holistic, and ecological view. Adopting a dynamic and global perspective, we shall recognize our current multi-faceted crisis as a manifestation of profound social and cultural change. Our discussion of the various aspects of this change will focus on the individual, social, and ecological dimensions of health, and will include the role of modern physics in shaping the new paradigm. $170

Pleasure, Sensuality & Your Body / *Barbara Clemans*

The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feeling of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact, and nurturing, sensitive giving, and relaxed receiving. We will explore new patterns of moving and being together, feldenkrais awareness, and vital explorations in movement to music. The baths, the rhythm of the ocean, and massage will heighten our awareness of the pleasure inherent in simplicity. $170

August 16-29

The Experience of Wilderness: High Sierra Journey / *Robert Greenaway & Steven Harper*

For workshop description see Wilderness Programs, page 40. $375

Week of August 17-22

Experiencing Esalen / ***Experiencing Esalen Staff*** / For workshop description see page 17. $350

Ways of Balance—East and West / ***Judyth Weaver***

In the past years there has been much interest in the Orient with the hope that Eastern wisdom can help us out of the predicaments our Western technology has led us to. This workshop will delve into the correlations and contradictions of the eastern and western ways. We will explore methods of meditation—oriental and occidental; western therapies such as reichian and gestalt, and the eastern practices of "just being"; movement disciplines such as ancient t'ai chi ch'uan and modern expressive dance; deep sensing inside and relating outward to others; the merits of active and passive, contact and withdrawal, freedom and structure, yin and yang. The goal is an understanding of a balanced use of aspects of each culture that can aid us on our paths of healthy, useful, and pleasurable lives. $350

Adventures in Self-Exploration / ***Stanislav & Christina Grof***

Focused self-exploration in this workshop will be based on the model of the unconscious that emerged from psychedelic research. It includes not only biographically determined areas but also the dynamics of the death-rebirth process and transpersonal experiences. We will use a combination of music and guided affective imagery, mandala drawing, yoga, massage, and individual work when indicated. $350

Gestalt, Bioenergy & Human Contact: Old and New Learnings Integrated / ***Alan Schwartz***

For workshop description see May 18-23. $350

Weekend of August 22-24

Experiencing Esalen / ***Experiencing Esalen Staff***

For workshop description see page 17. $170

The Gazebo: An Alternative Education
Janet Lederman & Gazebo Staff

For workshop description see May 23-25. $170

Self Awareness & Health Practices for Professionals / ***Janet Mentink & Phillip Mac***

This workshop for health care professionals will include both didactic and experiential aspects emphasizing experiential learning about body/mind relationships, body awareness, and self awareness. Massage, centering, and visual imagery will be included so that the group can experience enthusiasm and support for change and self growth.

The workshop will allow "helpers" to explore previous decisions and concepts about themselves as helping professionals, and in the areas of health and disease and self care. Aspects of self awareness and re-decisioning may be used to enhance personal and professional well being. For additional information see page 16. $170

Energy Systems and Gestalt Process
Alan Schwartz

For workshop description see May 23-25. $170

The Art of Rejuvenation
Jack Downing & Jocelyn Olivier

For description see Westerbeke Ranch Programs, page 39. $170

Massage for Couples / ***Gail Stewart***

For description see Westerbeke Ranch Programs, page 39. $170

Week of August 24-29

Gestalt Practice / ***Esalen Gestalt Staff***

For workshop description see page 17. $350

Homeopathy and Holistic Health / ***Bill Gray***

Homeopathy is a highly systematic scientific method of stimulating the body's healing forces. Its 200 year history is founded upon fundamental laws and principles of cure, which are applicable to all healing disciplines. We will use a lecture/discussion format to elucidate these laws and principles and to demonstrate their application to clinical cases. For additional information see page 16. $350

Self-Acceptance—The Freedom to Be
David Schiffman

For workshop description see May 18-23. $350

Opening the Feelings
Joel Dweck & Anne Ruderman

In this neo-reichian workshop, participants will learn to deepen their capacity to experience and express feelings. Using radix emotional release techniques, participants rediscover themselves and contact others in a deeper way.

Body awareness and verbal techniques for integration will be complemented by two intensives. The intensive is a period of individual work within a smaller supportive group. Feelings that have been held in since childhood—grief or pain, fear and rage—begin to emerge in these workshops. As participants learn to surrender to and accept these feelings, they in turn discover a new capacity for pleasure, trust, and love. $350

Sports & Consciousness: New Ideas & Training Routines / ***Michael Murphy & Mike Spino***

For description see Westerbeke Ranch Programs, page 39. $350

Weekend of August 29-31

Experiencing Esalen: The Body
Coordinated by Benj Langdon

For workshop description see page 17. $170

The Moving Center / ***Gabrielle Roth***

For workshop description see June 20-22. $170

Soft Energy Paths / ***Amory Lovins & L. Hunter Lovins***

You can change your energy future. An energy policy based on very efficient use of appropriate renewable sources ("soft tech") is cheaper, faster, surer, safer, nicer, and easier to implement than conventional policies. It can be kind to both the earth and our expectations. Professionals and lay people with interest and basic background in soft energy policies, and with a desire to advance them in practice, have this unusual opportunity to explore them informally—in such technical, economic, political, and social detail as they may wish—with two leading analysts/advocates. $170

A Weekend with Max Lerner

Wide-ranging discussion of love, sexuality, psychohistory, presidents, politics, power, education, erotic literature, philosophy, value systems, myths. The chief focus will be on a developmental overview of the phases of the life-cycle as a frame for sexuality, love, and creativeness. Dr. Lerner will draw on his current books in progress, *Ted and the Kennedy Legend*, *Eros in America*, and on his psychohistorical studies of American Presidents from Franklin Roosevelt to Jimmy Carter. $170

BEST COPY AVAILABLE

September 1-5

Meditation and Bodily Transformation
Michael Murphy and James Hickman

A workshop at the Lindisfarne Association at Crestone, Colorado
For further information, telephone [303] 256-4695

Michael Murphy and Jim Hickman are gathering examples of extraordinary bodily transformations from various fields—from the yogic and contemplative literature, psychiatric records, hypnosis and drug research, sport, the arts, Soviet work with psychical self-regulation and from many other fields—in an attempt to learn more about the range of such changes and the ways in which they happen. In this seminar they will present their work to date and speculate with the participants about the implications of their findings. Two questions for discussion are: (1) Do these bodily changes reveal an evolutionary possibility? (2) How do they relate to notions of enlightenment?

They will also lead the seminar participants in daily sessions of meditation, running, visualization, and other exercises that support the kinds of high level change their research involves. The daily schedule will begin with sitting and walking meditation before breakfast, continue with a three hour session of running and visualization exercises from 9:30 until 12:30, and conclude with evening presentations and discussions. In one of the evening sessions, Jim Hickman will discuss his recent studies of parapsychology and altered states research during a two month trip through the Soviet Union.

Week of August 31- September 5

Experiencing the Esalen Garden
Sherry Ackerson, Steven Harper & the Esalen Garden

The focus of this workshop will be the experience of nurturing and being nurtured by the earth and her plant life. During the day, specific methods for gardening, including plantings, bed preparations, and composting, will be taught. We will also learn the healing aspects of herbs, and enjoy an herbal bath. Our evenings will include guided fantasy, meditation, drawings, and movement. Come and celebrate the gentle dance of earth, air, sunlight, water, and our bodies in our year-round organic vegetable garden.

Since much emphasis is on experiencing what we learn, make sure to bring overalls and workboots. $350

Advanced Massage Intensive
Esalen Massage Staff

For workshop description see June 1-6. $350

Unity / ***Gabrielle Roth***

For workshop description see June 22-27. $350

August 31-September 12

Gestalt Practice / ***Richard Price, Christine Price, Joan Fiore & the Esalen Gestalt Staff***

For workshop description see Special Programs, page 37. $870

Weekend of September 5-7

Being Healthy is More Than Not Being Sick: A Workshop in Holistic Health / *Emmett Miller*

A modern attitude toward health and wellness involves recognizing the interplay between our self-image, our emotional state, our relationships, and our health. Symptoms are thus used as guides to direct our awareness to aspects of our lifestyles which need attention.

High level wellness can be said to have been reached when symptoms become fewer and fewer. Wellness is maintained through regular applications of the principles of selective awareness, deep relaxation, aerobic exercise, rest, and proper nutrition. Moreover, these principles are used in such a manner as to produce continuous personal growth—mentally, physically, emotionally, and spiritually.

We'll begin by using simple techniques for evaluation of our present level of wellness. We will then explore the concepts of high level wellness, and learn ways to develop and maintain it through balancing and attuning mind, body, emotions, and spirit. We'll also explore the use of deep relaxation, mental imagery, and movement therapy to unstress and to project a positive self-image and a lifestyle of high level wellness. This workshop is designed for those who enjoy guided imagery and dance movement. $170

From Despair to Empowerment
Joanna Macy & Joseph Havens

Given threats of nuclear holocaust and environmental destruction, the survival of our species has become questionable for the first time in history. This awareness creates in many a deep sense of despair, a dread too grim to name. Because of social taboos and fear of pain, we tend to hide this despair from ourselves and others—a repression which numbs us and saps the energy we need for an imaginative response. This workshop will confront our deep concerns for our planet and its people, letting them surface in us in ways that release our energy and creativity. Awareness exercises using imaging, meditations, and ritual will be combined with demonstrations of strategies in organizing support groups for personal and social change—so that participants can return to their life situations empowered with some effective tools for action, and with a deeper trust in the collective adventure of our time. $170

Week of September 7-12

I to Thou: An Existential Growth Group
Galvin Jackson

Through a variety of activities we will build a support group for the nurturance of self-awareness, trust, risking, relations with others, sexual identity, sensual expression, and the freedom necessary to attain a comfort with these areas that will permit a carry-over to each participant's own life style. $350

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $350

A Psychic Training Program / *Anne & Jim Armstrong*

This workshop is open to professionals and others interested in learning to recognize, trust, and use their own Psi abilities. Anne and Jim will use exercises and training techniques to accomplish this goal. During the training exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $350

The Rites of Passage: A five-day Pilgrimage on Horseback through the Big Sur Wilderness
David Schiffman, Skip Utterback & Rick Jensen

For workshop description, see Wilderness Programs, page 40. $525

Weekend of September 12-14

Experiencing Esalen: The Body
Coordinated by Benj Langdon

For workshop description see page 17. $170

Steps to an Ecology of Mind
Gregory Bateson

For workshop description see June 27-29. $170

Gestalt Practice / *Esalen Gestalt Staff*

For workshop description see page 17. $170

Hypnosis & Parapsychology / *Lee Pulos*

For workshop description see Westerbeke Ranch Programs, page 39. $170

The Gentle Art of Becoming—Together: A Workshop for Couples
David Schiffman & Elisa Lodge

For workshop description see Westerbeke Ranch Programs, page 39. $170

Week of September 14-19

2nd Annual Esalen conference on Stress:
Harnessing its Energy for Health
Coordinated by Julian Silverman, Director,
Health Care Programs for Health Professionals

A conference on improving the quality of care of your patients [illegible]

This conference is being led by nationally known experts [illegible] highly skilled health professional leaders [illegible] how health care providers can better handle stress [illegible] affects both us and our patients. The program [illegible] series of technical scholarly presentations on aspects of the [illegible] with a strong experiential learning format. [illegible] health care educators at Stanford University and [illegible] Medical Center, Medical Psychiatry, Department of Medicine.

Program topics to be covered by the conference faculty [illegible]

- Learning to utilize stress to facilitate and [illegible]
- Reading specifics of self-care and stress tolerance
- Attitudes, belief systems, and stress tolerance
- Who is responsible for patients' health? [illegible] health professionals
- Iatrogenic disease: causes, treatments, [illegible]
- Body awareness: biofeedback and attention
- Reviewing the physiology of stress: [illegible] differences
- Stress and identity

Nurses and physicians will receive [illegible] hours of continuing [illegible] credit. $350

Exploring Your Creative Process
Nancy Kane Lunney

[illegible]

Experiencing Esalen *Experiencing Esalen Staff*

[illegible]

Weekend of September 19-21

Experiencing Esalen / ***Experiencing Esalen Staff*** / For workshop description see page 17. $170

Weekend Massage Intensive / ***Esalen Massage Staff*** / For workshop description see May 2-4. $170

Let Go/Let Be / ***Betty Fuller*** / For workshop description see August 8-10. $170

Week of September 21-26

Gestalt Practice / ***Esalen Gestalt Staff*** / For workshop description see page 17. $350

Integrity / ***David Schiffman*** / For workshop description see July 27-August 3. $350

Movement Around Center: The Rolfed Body T'ai Chi / ***Jason Mixter & Catherine Elber***

Open to individuals who have received at least five sessions of rolfing. For five days participants will learn how to integrate newly discovered movement patterns into their daily lives. In addition to practices which increase body sensitivity, awareness, and energy flow, the entire course of 19 movements of t'ai chi will be experienced. Jason and Catherine look forward to a gentle week of concentrated work, outrageous expansion, and playful ease into movement around center. $350

Weekend of September 26-28

The Gazebo$_{SM}$: An Alternative Education / *Janet Lederman & Gazebo Staff*

For workshop description see May 23-25. $170

Psychiatry & Anti-Psychiatry: An International Perspective
Franco Basaglia, Mony El Kaim, Wade Hudson & Sylvia Marcos

The movement for humane alternatives to traditional psychiatric treatment methods has become international in scope. In fact, many of the most creative and encouraging efforts have developed outside the United States. In this country, the medical model and the medical monopoly of "treatment" services remain solidly entrenched. The Bay Area Committee for Alternatives to Psychiatry (BACAP) is affiliated with an international network and will be organizing this workshop to explore issues related to transforming the public mental health system.

The workshop will also include the presentation of a 25 minute slide show, "The Politics of Psychiatric Drugs," and screenings of two powerful documentaries, *Do No Harm*, an analysis of the drug industry, and *Hurry Tomorrow*, filmed behind the locked doors of a California State Hospital. (For more information about BACAP write to them at 344 Market St., Rm. 701, San Francisco, CA 94102.) $170

Massage, Movement, Yoga / *Deborah Medow*

During this weekend, through massage, creative moving, and sound, we will explore and expand our self-expressions, our life experience. $170

Thymos: "The Courage to Be" / *Paul Lee with Rolf & Elsa VonEckartsberg*

The Greek word *thymos* (as in the herb thyme and the human thymus gland) is translated as "vital root" or, by Paul Tillich, as the "courage to be." In this workshop Paul Lee will explore the "roots" or consciousness in *thymos* and discuss the assistance provided by thyme, considered to be a vitalizing herb, strongly germicidal, yet a classic for culinary use; and the role of the thymus gland, the center of the immune system where DNA was first found and originally called thymonucleic acid. In addition to discussing the relationship of *thymos* to molecular biology and immunology, we will examine its significance in terms of one of the deepest conflicts of our culture, the physicalist/vitalist debate in the biological sciences. We can see the re-emergence of vitalism in the environmental and holistic health movements, of which the current herb renaissance is a prime constituent.

Participants will be able to sample a variety of herbs, including thyme. Paul Lee will be assisted by his colleagues, Rolf and Elsa VonEckartsberg, in leading a series of exercises and rituals drawn from herbal practice, including ancient Egyptian "Star Rituals." $170

Week of September 28- October 3

Five Days with Jack Rosenberg

For workshop description see June 8-13. $350

Five-day Massage Intensive / *Esalen Massage Staff*

For workshop description see June 29-July 4. $350

The Feeling Process / *Janet Zuckerman Boeve*

Some of the steps involved in learning to experience your feeling process in a way that increases your personal effectiveness in the world will be the focus of this workshop. Separating feeling from thoughts—sensitizing your body to your own rhythms and sensations and recognizing that *your* feelings—*your* discoveries are your truth without needing outside validation. The process is then the choice of expression or depression. An experiential workshop. $350

Shiatsu Massage—The Full Treatment
Patricia Caldwell

Shiatsu is the oriental art in which the thumbs and hands are used to press certain points over the entire body. A working knowledge of a full shiatsu treatment for personal or professional use will be given. Emphasis will be on seeing and treating people as wholes, centering techniques, and shiatsu as a self-awareness practice and spiritual discipline. Charts will be provided. $350

Weekend of October 3-5

Experiencing Esalen / *Experiencing Esalen Staff*

For workshop description see page 17. $170

Beyond Self-Growth: Awareness Training for Political Being / *Walt Anderson & Abe Levitsky*

There are no apolitical beings. There are only those who are blind to the full sense of membership in the human family, the political order, the ecosystem. The process of growth leads beyond the narrowly defined self to wider awareness and engagement.

Using group dynamics, psychodrama, and gestalt, we will explore the evolutionary political ecological dimensions of your personal struggle to survive and be fully human. $170

French Intensive/Biodynamic Gardening / *David Field*

Based on the belief that a fuller understanding of nature will yield fertility in the garden, French Intensive Biodynamic techniques approach plants and soil through a balance of spiritual and practical points of view. Supreme drainage and abundance are realized through careful cultivation, fertilization, and propagation in conjunction with cyclic forces. The flow of life is encouraged. Workshop participants will actively engage in all processes which lead to health of the soil, including double-digging, tilthing, and dressing of raised beds; preparation of seed flats, sowing of seeds, and transplanting; composting; the importance of herbs; and specifics of climate and plant variety selection for various geography. $170

Self-Hypnosis, Selective Awareness & Movement
Emmett Miller

Movement requires the use of muscular activity in varying degrees of intensity. So, too, thought processes and interpersonal communication proceed through stages of higher and lower energy. Most of our personal and social difficulties (symptoms, unwanted emotions, maladaptive habit patterns) can be eased when we learn to react in accordance with and in response to our internal and external environment.

In this workshop we will explore principles of self-hypnosis, selective awareness, feldenkrais, t'ai chi, dance, and movement therapy—to expand our self-awareness and ability to allow our minds and bodies to flow with our changing experiences. The explorations offered will be especially good for people who have had experience in these fields before. $170

Week of October 5-10

Gestalt Practice / *Esalen Gestalt Staff*

For workshop description see page 17. $350

Experiencing Esalen: The Body
Coordinated by Benj Langdon

For workshop description see page 17. $350

The Trager Approach / *Betty Fuller & Milton Trager*

Dr. Milton Trager will demonstrate his holistic movement re education approach and teach mentastics©, his unique and pleasurable bodymind movement sequences for flexibility, stress reduction, and comprehensive well being. Betty Fuller will work with Dr. Trager, as well as lead sessions in communications and emotional clearing, gestalt awareness training, and other complementary approaches. Some sessions will meet at the baths and outdoors, and there will be dancing. (This is not a trager training workshop. See July 13-20.) $370

October 5-31

An Integrative Approach to Group Process & Individual Growth
(A four-week internship program for personal & professional growth)
David Schiffman, Elisa Lodge & Esalen Staff

For workshop description, see June 1-27. $1400

Weekend of October 10-12

Steps to an Ecology of Mind / *Gregory Bateson*

For workshop description see May 16-18. $170

On the Way to Health: A Guide for Health Practitioners / *Phillip Mac*

This workshop is designed to look at the stresses of the health provider in training and in practice. We will work toward developing greater personal health consciousness through self-awareness and self-responsibility, and creating a healing environment within ourselves. Body awareness, centering, and visualization will be some of the methods employed. For additional information see page 16.

90

May 4-30

Alternative Futures / *Stanislav & Christina Grof*

A four-week interdisciplinary program for professionals and students in the areas of psychiatry, psychology, medicine, anthropology, philosophy, religion, economy, ecology, and politics. This workshop will focus on the present global crisis and explore the dangerous and promising alternatives for future development of the human condition. The program will cover the following thematic areas:

(1) Analysis of the Contemporary Situation in the World
Visiting specialists from various disciplines will analyze the existing crises in politics, economy, ecology, medicine, psychology, and psychiatry. Special emphasis will be put on the limitations of the present paradigms of science and the urgent need for their drastic revision.

(2) Alternatives for Future Development: Promises and Dangers
In this context we will explore such issues as the techniques for radical change of consciousness, body transformation and enhancement of human mental capacities, reforms of the existing educational system, holistic approaches to medicine and health care, urban architecture of the future, voluntary simplicity, space colonies, genetic engineering, and others. Special attention will be paid to the convergence of modern consciousness research, mysticism, and quantum-relativistic physics and the emergence of a new paradigm for science.

(3) Self-Exploration and Group Process
The workshops of this series use an experimental educational format that combines didactic input with personal experience. The Esalen staff and guest leaders will act as facilitators for an ongoing process of intrapsychic and interpersonal exploration throughout the program. We will experiment with techniques of personality transformation that seem to be relevant from the point of view of the future of the planet. The participants will also have the opportunity to explore the alternatives for their own future. In this context, we will use gestalt practice, encounter, neo-reichian approaches, dance, fantasy exercises with music, mandala drawings, and different forms of body work. Jack Kornfield will conduct a systematic course in Vipassana meditation during the entire four weeks of the workshop.
$1250

The Faculty:
Anne Armstrong
Jim Armstrong
Angie Arrien
Gregory Bateson
Fritjof Capra
Lila Daniels
Ed Dreessen
Al Drucker
Duane Elgin
Christina Grof
Stanislav Grof
Willis Harman
Jim Hickman
Deane Juhan
Jack Kornfield
Janet Lederman
Ralph Metzner
Dulce Murphy
Michael Murphy
Mary Payne
Richard Price
Rosita Rodriguez
Julian Silverman
Peter Schwartz
Robert Schwartz
Rick Tarnas
Keith Thompson
Francis Vaughan

June 1-27

An Integrative Approach to Group Process & Individual Growth

(A four-week internship program for personal & professional growth)

David Schiffman, Elisa Lodge & Esalen Staff

Over the years Esalen has functioned as a major clearing house for a wide variety of approaches and means for facilitating personal evolution and expression. One's journey could begin with any realm—mental, physical, emotional, or transpersonal—each path serving to create a wealth of information and energetic access.

What are the common experiential and conceptual threads that underlie each of these paths? How can these threads of experience be best woven together to create a fabric whose qualities are simultaneously exquisite in their delicacy while still remaining strong enough to sustain the wear and tear of worldly existence? And how best might this very personal process of self-discovery and integration be taught and shared with others?

The exploration and resolution of these and other basic questions pertaining to the process of change and growth will serve as the basis of our work together during this month long institute program.

During the month each participant will have the opportunity to clarify and develop his/her own ability, style, and artfulness both as individual guide and group facilitator, as well as to do in-depth personal work and training in gestalt practice, body work, psychosynthetic techniques, and the meditative arts.

The program will be structured to include: intensive individual work, supervised observations, practicum work in group leading and individual counseling skills, video feedback, illustrated lectures and didactic theoretical sessions. The emphasis throughout will be on creating a personally integrated perspective linking human potential practices with traditional psychological and counseling modalities.

$1250

July 4-13

The Compleat Spa/A Feelingbodymind Approach to Health, Beauty & Vitality / *Joan Fiore, Jeffrey Kent, Susan Altenbach & Alan Dolit*

This intensive nine-day workshop combines physical conditioning and diet with various intra interpersonal, mental emotional clearing processes for the purpose of learning, and learning to enjoy, those practices that make up the foundation of attaining and maintaining optimal health, vitality, morale, and beauty.

Each participant, with the help of a physical education specialist, works out an individual movement, exercise, swimming and jogging program designed for whatever levels of personal tolerance and needs are present.

We will also teach a gestalt approach to eating that puts you in contact with your body and its appetites and the desirable amount of weight for you to carry on your frame, encourages respect for food, enhances the satisfaction and enjoyment of eating, eliminates the built-in defeat system of should-eat, should-not-eat deprivation-type diets, and moves from the first step of conscious eating to the natural outcome of organic self-regulation.

As we become tuned in to how we nurture and or abuse our bodies, our appetites, our energies, we work with gestalt practice, visualization, encounter, psychodrama, emotional release breath and body methods to uncover, explore, and give expression to whatever feelings may emerge around related issues—such as the profound life repercussions that often arise from a changed body image or greater body awareness. $690

August 31-September 12

Gestalt Practice / *Richard Price, Christine Price Joan Fiore & the Esalen Gestalt Staff*

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, and growth rather than adjustment, cure, or accomplishment. The second half of this program will have participants working primarily with each other, relating whatever is being learned (or unlearned) to the development of their own styles. Thus this program might be especially useful to those wishing to utilize a gestalt approach in their professions (e.g. counselors, teachers, ministers, mothers, doctors and nurses).

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J. C. Pearce); *Illusions* (Richard Bach). $870

October 5-31

An Integrative Approach to Group Process & Individual Growth

(A four-week internship program for personal & professional growth)

David Schiffman, Elisa Lodge & Esalen Staff

For description, see Special Programs, June 1-27. $1,400

Westerbeke Ranch Programs

This series of programs sponsored by Esalen will be held at the Westerbeke Ranch in Sonoma County, which is about an hour's drive north of San Francisco. These residential workshops will be held in an intimate setting which includes rustic cabins, home cooked meals, a sauna and Japanese tub, a large swimming pool, and beautiful scenery. Weekend workshops begin on Friday evening and end Sunday at noon. Five day workshops begin on Sunday evening and end Friday at noon. A reservation fee of $100 is required for five day programs and $50 for weekend programs. Reservation fees are not refundable, but with five days notice they can be transferred to other Esalen seminars. Full payment for all Westerbeke workshops is due five days in advance of the beginning of the program. Send all reservations and payments to Esalen Institute, Big Sur, CA 93920.

June 1-6

Grammar of Spontaneity / *Ruthy Alon*

In this experiential workshop you will participate in guided processes of organic motions from the feldenkrais method, awareness through movement.

In a supportive space, free of rightness or effort, you will explore a variety of alternative movement options, meditate on their inner qualities, and nurture your body intelligence to choose more gratifying ways of day to day functioning, like enjoying lightness and grace in your moving, tuning into your personal rhythm, coordinating your organism to avoid pain, and allowing sex to flow effortlessly.

In the early mornings, a special out of doors experience will be extended to link the grammar of explorations with your spontaneity, through a ritual of 12 swinging natural motions inspired by the need to move and celebrate liveliness. $330

July 13-18

The Centered Equestrian
David Schiffman & Elisa Lodge

The relationship between horse and rider is a remarkable combination of emotional poise, physical courage, skillful use of the will, and just plain old "horse sense."

Our focus together will be on how to deepen our mastery of these qualities.

Using a variety of practices including structural patterning, creative movement and visualisation, basic riding skills, and group process, we will spend the week finding ways to deepen the experience of pleasure and harmony between ourselves as a group, with our horses, and with the beauty of our natural surroundings.

No previous riding experience is necessary. $390

July 25-27

Vision Improvement—Our Willingness to See
Laura DeNuccio (Ma Prita)

This weekend will focus primarily on the awareness continuum. Exploring various methods and systems, we can discover how we distort our perceptions in the here and now and how we are able to clear and re-educate our eyes and our selves to see. Utilizing reichian deep emotional release, bioenergetics, gestalt, the bates system, nutrition, and various other body/mind approaches, we will have the opportunity to explore, discover, contact, experience, and expand—enabling us to look newly at our selves and our world in which we live. Limited to 12 participants. $170

The Awakening of Creativity / *Michell Cassou*

This workshop is designed to develop an experiential understanding of intuitive expression using the tool of creative painting. Emphasis will be placed upon making the discrimination between painting from thought or preconception and painting directly from feeling. As the movement of the creative process evolves, the painting experience becomes a natural vehicle for exploring deeply into oneself. A sense of confidence and trust in spontaneous expression can be developed, which can overflow into other aspects of life and relationships.

On one evening of the workshop there will be a showing of "Eternal Rerun," an audio-visual presentation of Michell's work depicting the inner process of death and rebirth. $170 plus $9 materials fee.

July 27-August 1

A Psychic Training Program / *Anne & Jim Armstrong*

This workshop is open to professionals and others interested in learning to recognize, trust, and use their own Psi abilities. Anne and Jim will use exercises and training techniques to accomplish this goal. During the training exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in helping professions are already using their sensitivity and need only learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $350

Massage & Deep Tissue Work: A Synthesis
Deborah Medow

This workshop for massage and health practitioners will combine massage with principles of deep tissue work: a deep tissue massage. As we work together, participants will experience body restructuring and increased body awareness. To enhance our understanding and experience of body/mind/spirit in this work, some movement and sensory awareness sessions will be offered along with daily morning yoga sessions.

Review of structural anatomy and acupuncture principles is recommended for this training. $350

August 22-24

The Art of Rejuvenation
Jack Downing & Jocelyn Olivier

A light hearted and meaningful look at the scientific and mythical reality of the fountain of youth. Using gestalt, a number of body work approaches, and a little magic, you will learn to interpret your body's symptoms and discover ways to de-stress and invigorate your self. $170

Massage for Couples / *Gail Stewart*

This group is for partners (spouses, friends, lovers, or good neighbors) who would like a weekend to melt down, cool out, and lighten up with each other. We will ease into ourselves with massage, tantra, dance, chanting, and other effortless delights. Leave behind your schedules and duties and bring along someone you trust. $170 per person

August 24-29

Sports & Consciousness: New Ideas & Training Routines / *Michael Murphy & Mike Spino*

Focusing on running and meditation, this workshop will introduce methods of mind/body development being explored by Mike Spino and Michael Murphy. These methods will include various running gaits and tempos, muscle/skeletal exercises, breathing techniques, visualization and meditation exercises, and some of the lore of mystical experience in sport. Ways in which these elements can be integrated into various training routines will be presented. There will also be discussions of altered states that occur in sport and conceptual frameworks with which to interpret them (including a scenario of bodily transformations suggested by a study of the traditional Indian *siddhis* or yogic powers). $350

September 12-14

Hypnosis & Parapsychology / *Lee Pulos*

All participants will be taught to experience beginning and advanced techniques of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering techniques such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and de-mystifying hypnosis, the 'fun' part of the workshop will be the exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $170

The Gentle Art of Becoming – Together: / A Workshop for Couples / *David Schiffman & Elisa Lodge*

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness methods. $170 per person

Wilderness Programs

July 12-21

Rites of Passage: A Mountain/River Adventure
Dick Galland & Annie Callaway

This workshop is grounded in the notion that a person's responses to the challenges of the mountain and river reflect their responses to the challenges of daily life. From the very real and immediate lessons of the wilderness, we can come to see ourselves more clearly and thus act with a greater sense of purpose.

As in rock climbing, when we move from balance, through imbalance, into balance again, this program will be an opportunity to pause and take stock, to reflect on where we have been and where we wish to go. It will be a time for relaxation, for stretching limits, for extending ourselves, for seeking a new and revitalized sense of who we are.

For seven days we will explore the remote and spectacular Marble Mountains wilderness in northern California. Carrying everything we need in our packs, we will hike through broad green forests, lush meadows full of wildflowers, and camp by crystal mountain lakes. From a base camp in a small alpine basin, we will experience beginning rock climbing and rappelling, ascend a nearby peak, run, relax in a sweat house, and each spend 24 hours completely alone in reflection and contemplation. We will learn a variety of mountain skills including camp craft, map and compass travel, wilderness medicine, gourmet cooking, and mountain ecology.

At the end of these seven days we will move to the nearby Klamath River and embark on two days of whitewater rafting. Guiding our twelve-foot rubber rafts with paddles, we will each have a chance to captain our boat through the rapids and delight in the exhilaration and timeless grandeur of the river experience.

Though this workshop is an adventure in doing, we will use techniques from psychosynthesis, yoga, and meditation, as well as journal writing to help us ground our experiences so we may incorporate them into our daily lives.

No previous experience is required. You should be in reasonably good physical condition. Complete information on clothing, equipment, and travel will be sent to you upon registration. $375

August 9-16

Encountering in the High Sierras
Maurica Anderson & Tom Moore

This seven-day workshop will begin with a six mile ferry ride to the end of Lake Thomas Edison (7200') in the John Muir Wilderness Area. From there we will hike into a High Sierra basin containing many lakes, streams, and snowfields. Mules will carry in all of the food, camping equipment, and personal gear. We will camp by the main lake for six days, taking side hikes, eating outrageously good food (fresh or frozen rather than freeze dried), and working with body awareness, meditation, psychodrama, gestalt, and encounter, laughing a lot, and getting to know the high country, one another, and ourselves.

Mountaineering experience is not necessary, but applicants should be capable of moderate hiking. A detailed information sheet will be supplied upon request. Participants will meet in the Sierra on August 9. $295

August 10-17

Inner & Outer Paths to Adventure:
A 7-day Wilderness Experience in Volcano National Park, Hawaii / ***Dick Galland, Annie Callaway, David Schiffman & Elisa Lodge***

Perhaps no place on earth offers such an exquisite variety of geographic features, plant, and animal life as the big island of Hawaii.

During this seven-day adventure we will explore the edge of a four thousand foot live volcano. We'll camp under the stars (seeing the major constellations of the northern and southern hemispheres) in Kapukas-islands of ancient forest surrounded by lava. We will also descend to the sea, where we will swim among brightly colored reef fish and each spend twenty-four hours alone in reflection and contemplation.

This will be an experience of challenge and contrast, combining traditional wilderness skills and group process work with a variety of human potential practices. Applications must be received by July 27. $525 (plus airfare)

August 16-29

The Experience of Wilderness: High Sierra Journey
Robert Greenway & Steven Harper

Evolutionarily, we are but moments from our tribal/native past—a time when cultures were relatively integrated with the natural environment. This two-week workshop will explore and provide space for regaining some of the healing aspects of a full encounter with nature, as found relatively pristine in the wilderness setting. We will live lightly on the land, emphasizing skills essential for preservation of the earth's wilderness. There will be basic training in minimum impact camping, outdoor living skills, survival techniques, along with a basic orientation to the ecology, geography and cultural history of the Sierras. We will explore ritual, tribal consciousness, and ancient Native American methods of resolving group differences. We will cook simple organic meals communally, travel as lightly as possible, swim in cold streams, and chant native songs from many cultures. There will be time, space, and preparation for a personal "solo" or alone "vision quest" time, with techniques for integration and preparation for return towards the end of the wilderness journey. We will attempt to join "the inside" with "the outside" wilderness.

Participants do not have to be experienced back-packers, but should be in good health, and ready to undertake vigorous physical activity. The group will meet in the Sierra on August 16. Complete information will be sent upon registration. Registration deadline July 16. $375

September 7-12

The Rites of Passage: A 5-day Pilgrimage On Horseback through the Big Sur Wilderness
David Schiffman, Skip Utterback & Rick Jensen

Turning the clock back to a more gently paced time, we will share a profoundly simple style of life together.

Beginning our journey from a remote beautiful ranch on the river's edge in Arroyo Seco, we'll travel along winding canyon trails through the unspoiled back country of the Ventana Wilderness.

We'll carry all our essentials with us, making stops in some of the loveliest spots in the Ventana.

The trip will combine elements from human potential practices, group process work, and traditional equestrian and wilderness skills. It will be a time of simplification and cleansing.

The group will be limited to ten participants. $525

BIOGRAPHICAL INFORMATION

A SHERRY ACKERSON has been a staff member working and supervising the Esalen garden for the last five years. p. 31.

RUTHY ALON has 18 years' experience in the feldenkrais method and is a graduate of the Feldenkrais Institute in Tel Aviv. pp. 24, 38.

MAURICA ANDERSON regularly conducts psychodrama at various alcoholism treatment centers. She has co-led the Esalen High Sierra Encounter for the past nine years. pp. 25, 40.

WALT ANDERSON is a writer, political scientist, environmentalist, and longtime Esalen group leader. He is currently writing a history of Esalen. pp. 25, 35.

SUZANNE ARMS is author of *Immaculate Deception* and *A Season to Be Born*. A consumer advocate and community organizer, she is co-founder of The Birth Place, a state licensed, free-standing community birth home in Menlo Park, California. p. 23.

ANNE ARMSTRONG has been doing transpersonal counseling for over 16 years and has trained professionals to use their own intuitive abilities. pp. 32, 39.

JIM ARMSTRONG, a former engineer, is a life-long student of esoteric studies. pp. 32, 39.

ANGIE ARRIEN is an anthropologist, a Basque folklore specialist, a tarot counselor, and on the faculty of the California Institute of Asian Studies. p. 21.

B GREGORY BATESON, author of *Steps to an Ecology of Mind* and the recent *Mind and Nature*, originated the "double bind" hypothesis, a formal description of schizophrenia. pp. 20, 24, 27, 32, 35.

FRANCO BASAGLIA, Italian psychiatrist, director of the Rome mental health system, and author of *The Institution in Negation*, is a leading figure in the democratic psychiatry movement, which has closed mental hospitals in Italy. p. 34.

JANET ZUCKERMAN BOEVE is resident faculty at Esalen and teacher of the feeling process, a blend of gestalt and emotional release methods. pp. 17, 34. See Esalen Gestalt Staff.

C PATRICIA CALDWELL has been practicing and teaching shiatsu for several years. p. 34.

ANNIE CALLAWAY is a professional wilderness guide, writer, teacher of hatha yoga, and has trained in psychosynthesis. She has been leading wilderness trips with Esalen for the past three years. pp. 28, 40.

FRITJOF CAPRA, Ph.D., is the author of *The Tao of Physics*, and has written a new book, to be published by Simon & Schuster, on which this workshop will be based. pp. 29.

SEYMOUR CARTER is a teacher of gestalt and sensory awareness, in his 12th year of studies with Charlotte Selver. p. 28.

MICHELL CASSOU is the founder of The Painting Experience Studio in San Francisco, and is a faculty member of Holistic Life University. p. 39.

BARBARA CLEMANS is a massage and movement specialist in private practice in San Francisco. p. 29.

DON CREEVY is a clinical assistant professor of obstetrics and gynecology at Stanford University Medical Center and co-founder of The Birth Place, a state licensed, free-standing community birth home in Menlo Park, California. p. 23.

D ARTHUR DEIKMAN is a psychiatrist in private practice in Mill Valley, California. He is a pioneer in the scientific investigation of meditation, mystical experience, psychedelics, and consciousness, and has written numerous articles in these areas. He is the author of *Personal Freedom: On Finding Your Way to the Real World*. p. 25.

LAURA DeNUCCIO (MA PRITA), a certified radix practitioner, combines emotional release work with gestalt and bates vision improvement. She does individual sessions at Esalen, in addition to group work. pp. 25, 28,39. See Esalen Gestalt Staff.

MALOAH DEVI-STILLWATER is a counselor and teacher of spiritual awareness, and is the co-founder of Heavensong, an organization offering events for healing. p. 26.

ALAN DOLIT conceived, developed, and published the "Fat Liberation" Process. pp. 24, 37.

JACK DOWNING is a comprehensive psychiatrist practicing in San Francisco. pp. 26, 39.

AL DRUCKER is a resident teacher living at Esalen for the past 14 years. He is an acupuncturist, homeopath, rolfer, and ex-engineer-physicist. pp. 24, 28.

JOEL DWECK is a certified radix teacher, and was formerly both a physicist and a free-lance builder. p. 30.

KEN DYCHTWALD, psychologist, is president of the Association for Humanistic Gerontology. He is the author of *Bodymind, Human Potential: Glimpses Into the 21st Century*, and *Lifelong Health and Well-Being*. p. 18.

E CATHERINE ELBER is one of the first and few people in the world teaching t'ai chi chih. p. 33.

MONY EL KAIM, Coordinator of the international Network: Alternatives to Psychiatry, works with community-based alternative support services in Brussels, Belgium. p. 34.

ESALEN GESTALT STAFF includes Leonard Bearne, Janet Zuckerman Boeve, Laura DeNuccio (Ma Prita), Joan Fiore, Jeffrey Kent, Nancy Kaye Lunney, the NINE, Jenny O'Connor, Christine Price, Richard Price, and others. pp. 17, 22, 26, 30, 32, 33, 35, 37.

ESALEN MASSAGE STAFF includes Lila Daniels, Deane Juhan, George King, Lars Larson, Bill Liles, Deborah Meadow, Peggy Morrison, Laurie Muller, Brita Ostrom, and Vicki Topp. pp. pp. 18, 21, 24, 26, 31, 33, 34.

EARL ETTIENNE is an associate professor of physiology at the University of Massachusetts Medical Center, adjunct research scientist at the National Magnet Lab at M.I.T., and a Guggenheim Fellow at Lawrence Berkeley Lab. His research interests involve the differentiation of molecules and membranes and the effects of externally applied electromagnetic radiation on their biological function and genetic expression. p. 27.

F DAVID FIELD served on the staff of the Round Valley Garden Project under the direction of Alan Chadwick, and has been working at the Tree Crop Nursery in Covilo. p. 35.

JOAN FIORE is resident faculty at Esalen where she practices and teaches gestalt, encounter, self-reparenting, and self-repairing on a group and individual basis. pp. 17, 19, 24, 28, 29, 37.

BOB FRAGER, director of the California Institute of Transpersonal Psychology, is the author of *Personality and Personal Growth*, and is a senior aikido instructor. p. 24.

MYRTLE FRANKLIN, an artist, having experienced Berkeley, Bangladesh, Esalen, and New York City, continues to synthesize her work in the creative and healing arts. p. 21.

BETTY FULLER, a humanist counselor and director of the Trager Institute, is a certified instructor of trager psychophysical integration and mentastics©, and of feldenkrais awareness through movement. pp. 18, 26, 28, 33, 35.

G DICK GALLAND founded and directed the Southwest Outward Bound School. He has been leading trips for Esalen for 7 years. p. 40.

MERRI GOLDENSON (DEVARANI) is a chiropractor, certified radix teacher, bates vision instructor, and masseuse. p. 27.

JAY GOLDFARB is the executive administrator of the Living Tao Foundation, and is a longtime student of Eastern religion and philosophy. p. 29.

BILL GRAY is a graduate of Stanford Medical School who has recently completed 2 years of homeopathic training with George Vithoulkas. p. 30.

DAPHNE GREENE is a writer and lecturer on the practices of the Rev. Moon and a deprogrammer of Unification Church members. p. 25.

ROBERT GREENWAY is a professor of Wilderness Psychology at Sonoma State University. p. 40.

CHRISTINA GROF, hatha yoga teacher and student of Swami Muktananda, has special interest in the kundalini process and the problem of "spiritual emergency." Co-author of *Beyond Death*. pp. 22, 26, 30, 36.

STANISLAV GROF, psychiatrist with over twenty years' experience in consciousness research with and without psychedelics, is the author of *Realms of the Human Unconscious* and *The Human Encounter with Death*. pp. 22, 26, 30, 36.

H

BETSY HAND trained with Virginia Satir and was on the resident staff of the Gestalt Institute of Canada. She is in private practice in Kentfield, California. p. 20.

STEVEN HARPER has been an instructor guide for outdoor and mountaineering schools, and is presently co-creator of the Esalen Hot Springs Farm. pp. 31, 40.

JOSEPH HAVENS is affiliated with the Movement for a New Society. He is founder of Temenos, a retreat center in Western Massachusetts whose concern is for the relevance of spiritual practice in social action. p. 32.

PAUL HAWKEN is author of *The Magic of Findhorn* and *Right Livelihood*, and co-author of the forthcoming *Everybody's Business Almanac*. p. 18.

JAMES HICKMAN, research psychologist who specializes in the study of psycho-physical interactions, has published articles concerning parapsychology, sport, contemplative life, and the physics of consciousness. p. 31.

JOY HOLLOWAY is an educator at the Wellness Resource Center in Mill Valley, and teaches communication skills through the School for Advanced Perception and Intelligence. p. 24.

AL CHUNG-LIANG HUANG is the founder-president of *The Living Tao*, an international learning/sharing network with ongoing t'ai chi dance workshops. p. 29.

WADE HUDSON is a community organizer and co-coordinator of the Bay Area Committee for Alternatives to Psychiatry (BACAP)—affiliated with the international Network: Alternatives to Psychiatry. p. 34.

GEORGE LEONARD, author of *Education and Ecstasy*, *The Transformation*, *The Ultimate Athlete*, and *The Silent Pulse*, holds a black belt in aikido, from which he derives his present work. p. 18.

LILLIE LEONARD is a board member of Marin Solar Village Corporation. A former journalist, she now works in the field of learning disabilities, particularly in sensory-motor remediation p. 22.

MAX LERNER is a well-known author, professor, syndicated columnist, and lecturer. p. 31.

ABE LEVITSKY, a leader at the San Francisco Gestalt Institute for 10 years, has conducted seminars in psycho-political action. With Fritz Perls he co-authored *The Rules and Games of Gestalt Therapy*. p. 35.

JOHN LILLY is a teacher and scientist on the path of examining the depths and far reaches of human consciousness. His books include *The Center of the Cyclone* and *Simulations of God: The Science of Belief* (May, 1975). p. 26.

TONI LILLY has training in Eastern mystical tradition and contemporary methods of freeing the self. Her first book is *Dyadic Cyclone* (co-authored with John Lilly). p. 26.

ELISA LODGE trained in structural integration with Ida Rolf and is an advanced teacher of structural patterning. pp. 19, 25, 27, 36, 37, 38, 39, 40.

AMORY LOVINS is a consultant physicist and British representative of Friends of the Earth, Inc. p. 31.

L. HUNTER LOVINS is a sociologist, political scientist, cowboy, lawyer, and forester. p. 31.

NANCY KAYE LUNNEY, a gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, has taught creativity at Soledad prison, and does individual as well as group work at Esalen. pp. 18, 27, 29, 33. See Esalen Gestalt Staff.

J

GALVIN JACKSON is a counseling consultant, teacher, musician, and businessman, with extensive experience in individual and group counseling. p. 32.

RICK JENSEN has had extensive experience leading pack trips on horseback in the Ventana wilderness. p. 40.

K

JAY KAPLAN, family physician associated with U.C. Davis Medical Center, is studying movement as a healing art with Gabrielle Roth. p. 22.

JEFFREY KENT is the founder director of a program that combines physical labor with music, gestalt, and whatever works for adolescent boys and girls in trouble. pp. 19, 24, 28, 29, 37. See Esalen Gestalt Staff.

CLAIR KILLEN is a certified radix teacher and was a resident faculty member at Esalen. p. 24.

MARI KRIEGER is a feminist counselor in private practice in Berkeley, and is co-director of the Berkeley Feminist Gestalt-Bodywork training program. p. 24.

POLLY KIRBY is a nurse presently living at Esalen where she is studying and practicing alternative healing modes. p. 26.

L

PAT & NEIL LAMPER have spent many years working at a university, with groups around the world, and at the farm they own and operate as a holistic environment. p. 23.

BENJ LANGDON (SHADOWCATCHER) uses photography as a meditational tool for *seeing* the beauty in the *ordinary*. He currently catches shadows of the dance of life that is Esalen, Big Sur. pp. 27, 31, 32, 35.

MAUREEN LAVENDER is a trainer for The Center for Release and Integration, where she teaches postural integration, reichian release, rebirthing, and polarity. p. 27.

JANET LEDERMAN is an artist and teacher and is the creator of the Gazebo. She is currently an Esalen trustee. pp. 20, 22, 27, 30, 34.

CHIH-CHANG LEE graduated from Shanghai's Huang-Pu Military Academy in the 1930's. She is a poet-calligrapher who practices t'ai chi and kung fu. p. 29.

PAUL LEE holds a Ph.D. in philosophy from Harvard where he was an assistant to Paul Tillich. He is founder of the Platonic Academy of the Herb Renaissance, an affiliate of the William James Association. p. 34.

M

PHILLIP MAC is a board certified family physician who has trained family physicians and physicians' assistants. His special interest is the health and ill health of health care providers. pp. 30, 35.

JOANNA MACY holds a Ph.D. in comparative religion and is interested in ways people can break through to deeper spiritual awareness while becoming more effective agents of social change. She is spending a year in Sri Lanka working with monks and lay people in a Buddhist movement for non-violent social action. p. 32.

JOHN MAJURI has been an eclectic counselor for 12 years in Los Angeles. p. 27.

SYLVIA MARCOS, Mexican coordinator of the international Network: Alternatives to Psychiatry, lives in Cuernavaca, has worked with Ivan Illich, and is a clinical psychologist working in the barrios of Mexico. p. 34.

JAN McCANN is a family nurse practitioner, a lecturer, and a member of the Behavioral Science Faculty with UC Davis' Family Nurse Practitioner/Physical Assistant Program. p. 16.

BARBARA McNEILL is an educator at Wellness Resource Center in Mill Valley, Calif., specializing in nutrition, wellness problem-solving, and intuitive transformation. p. 24.

DEBORAH MEDOW, Esalen masseuse and group leader, teaches ashtanga yoga, massage, creative movement, and related healing disciplines directed toward rechanneling and harmonizing energy. pp. 34, 39. See Esalen Massage Staff.

JANET MENTINK is a registered nurse, family nurse practitioner, and teacher. p. 30.

RALPH METZNER is a psychologist and astrologer practicing in San Francisco, former editor of the *Psychedelic Review*, and author of *Maps of Consciousness* and *Know Your Type*. p. 21.

EMMETT MILLER, physician, musician, poet, and dancer, works with hypnosis, meditation, imagery, music, and movement. His books describe selective awareness, the approach he originated. pp. 19, 32, 35.

NITZA BROIDE MILLER, a counselor, dancer, and founder of ADTA, teaches in Menlo Park, Calif., and at Tel Aviv University. p. 27.

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JESSICA MITFORD is a long-time political activist and social critic. She is the author of *The American Way of Death*, *Kind and Usual Punishment*, *Poison Penmanship: The Gentle Art of Muckraking*, and *A Fine Old Conflict*. p. 23.

JASON MIXTER has been associated with Esalen since 1971, and is a practicing rolfer in Carmel Valley. p. 33.

TOM MOORE has extensive experience with encounter groups and is presently on the board of Alcom Foundation. p. 40.

MICHAEL MURPHY is a founder of Esalen Institute. He is the author of *Golf in the Kingdom*, *Jacob Atabet*, and *The Psychic Side of Sports*. pp. 30, 39.

N

JAMES XAVIER NASH is a black member of the multi-racial community of artists at the San Francisco Dancers' Workshop. He is a performing artist in movement and theater and has worked with Robert Hall in gestalt and body work. p. 21.

JASMINE NASH-LUTES is a movement catalyst whose work has extended from Watts to Marin County. She is a teaching associate of the San Francisco Dancers' Workshop and the Lomi School. p. 21.

THE NINE describe themselves as "giant reflectors of your selves, gestalt practitioners, marriage counselors—pure energy of emergence quality available to all." They are the center of the Esalen Paranormal Intelligence project. p. 17.

O

JENNY O'CONNOR is a psychic from England, and is a channel for "The NINE." p. 17. See Esalen Massage Staff.

HEATHER MAYCOCK OGILVY is a holistic health educator, masseuse, and mother. She is currently in private practice in Palo Alto. p. 21.

JAY OGILVY has taught philosophy at Yale, The University of Texas, and Williams College. He is the author of *Many Dimensional Man: Decentralizing Self* and *Society and the Sacred*. p. 21.

JOCELYN OLIVIER is a masseuse currently in private practice. Her studies include polarity, applied kinesiology, anatomy, and physiology. p. 38.

P

HECTOR PRESTERA, an acupuncturist, physician, and rolfer, integrates Eastern and Western energy techniques in his medical practice in Monterey, California. p. 25.

CHRISTINE PRICE combines gestalt practice with various body approaches. pp. 17, 37.

RICHARD PRICE, a student of Fritz Perls, is a founder of Esalen Institute. pp. 17, 37.

LEE PULOS is a clinical psychologist whose career has ranged from a traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing. p. 39.

ZEV PUTTERMAN is an independent television producer whose current projects include an eight-part series for the Public Broadcasting Service and a 90 minute film for NBC, both on the issue of cults. p. 25.

R

CYNTHIA ROGERS is a member of the Behavioral Sciences faculty of U.C. Davis Medical School Nurse Practitioner Program. She is also a teacher of movement and a practitioner of deep tissue massage. p. 23.

NICK & HENRIETTA ROSE are members of Findhorn Foundation, where they have lived for five years. pp. 27, 28.

JACK ROSENBERG, author of *Total Orgasm*, has trained in gestalt and reichian work. He has worked with cancer research and the transformation of consciousness, and is currently in private practice in Venice, Ca. pp. 22, 34.

GABRIELLE ROTH is the creator of the moving center method of catalyzing natural movements. She lives on the east coast where she directs and performs with her own theatre dance company. pp. 23, 31.

FRANK RUBENFELD, past president of the Gestalt Institute of San Francisco, is active in the development of the theory and practice of social gestalt. p. 24.

ILANA RUBENFELD is the originator of her own integration called "gestalt synergy." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University. p. 29.

ANNE RUDERMAN is a certified radix teacher and a clinical social worker, and has a private practice in Santa Monica. p. 30.

S

DAVID SCHIFFMAN is currently a leader in residence at Esalen where he is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being. pp. 20, 27, 30, 32, 33, 36, 37, 38, 39, 40.

WILL SCHUTZ is director of the Center for Holistic Studies, Antioch University, San Francisco, and author of *The Elements of Encounter* and *Profound Simplicity*. p. 25.

ALAN SCHWARTZ is a teacher of gestalt and a college professor whose latest article in print is "Energy Systems and Gestalt Process." He is currently writing a book titled *The Psychology of Energy*. pp. 20, 30.

MIA SEGAL is Moshe Feldenkrais' first assistant. She taught the Feldenkrais Guild teachers in San Francisco, teaches the alexander technique, and is a black belt in judo. p. 22.

JULIAN SILVERMAN is an Esalen trustee and is a director of its new department of Health Care Programs for Health Care Professionals. pp. 16, 23, 33.

FRITZ SMITH is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is in a private practice of holistic health in Watsonville, California. p. 21.

GERALD SMITH is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*. p. 20.

HUSTON SMITH, born and raised in China, formerly professor of philosophy at M.I.T., is currently chair of Philosophy & Religions at Syracuse University, and author of *The Religions of Man* and *Forgotten Truth*. p. 26.

MIKE SPINO has been director of the Esalen Sports Center. His latest book is *Mike Spino's Mind Body Running Program*. p. 39.

GAIL STEWART has been teaching and practicing massage and body work for 7 years. She teaches in Berkeley, both privately and at the Gehon School. pp. 26, 39.

MAITREYA STILLWATER is a musician, singer, songwriter, and artist. He has studied and taught both Eastern and Western approaches to spiritual growth. p. 26.

JOHN SYER has been a member of Findhorn Foundation since 1976, and has led guest groups and workshops. pp. 27, 28.

T

MICHAEL TIERRA (ANANTA) is an herbalist, musician and yogi. He is director of the Garden of Sanjivani center for the study of herbs and holistic health in Santa Cruz. p. 26.

MILTON TRAGER, MD, is creator of trager psychophysical integration and mentastics. At present he devotes full time to research, teacher training, and writing about his work. p. 35.

BOB TREUHAFT chairs the California State Board of Funeral Directors. He is a civil rights and labor lawyer and co-author of *The American Way of Death*. p. 23.

U

SKIP UTTERBACK has spent his life raising and training horses. He has been a rancher in the Salinas valley for 40 years. p. 40.

V

SIM VAN DER RYN, former California State Architect, is planning and design director for Marin Solar Village, and director of Farallones Institute. p. 22.

ROLF VON ECKARTSBERG holds a Ph.D. in psychology from Harvard and is a professor of psychology at Duquesne University in Pittsburg. He was the founding editor of the *Psychedelic Review* and is author of the forthcoming *Metaphors of Consciousness*. p. 34.

ELSA VON ECKARTSBERG holds a Ph.D. in German literature from Harvard and teaches at the University of Pittsburg. p. 34.

W

JUDYTH WEAVER is an authorized teacher of t'ai chi ch'uan. She also maintains a private practice in reichian work. p. 30.

Z

DAVID ZELLER is the associate director of the California Institute of Transpersonal Psychology. He is a story teller, singer, and rabbi who has been teaching and leading workshops in psychology, education, and religion. p. 24.

JANET ZUCKERMAN is now listed as Janet Zuckerman BOEVE.

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Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen and others are available from PSYCHOLOGICAL FILMS, 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell and Margaret Mead, write: HARTLEY PRODUCTIONS, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to ASSOCIATION FOR HUMANISTIC PSYCHOLOGY, 325 Ninth Street, San Francisco, CA 94103. A film of Al Huang's work, *T'ai Chi: The Watercourse Way*, is available through CORNERSTONE, 470 Park Avenue South #N-3, New York City 10016.

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Tape No.	Speaker	Title
DAY ONE . . . Introduction		
11	James Fadiman	*From the Fringe to the Center*
12	Arthur Hastings	*Transpersonal Realities*
14	Huston Smith	*The Nature of Reality*
DAY TWO . . . Models of Reality		
21	Lawrence Le Shan	*Organization of Alternate Realities*
22	Stanley Krippner	*Shamanic and Spiritist Models of Healing*
23	Tarab Tulku & Leo Matos	*The Tibetan Image of Reality*
24	Jack Kornfield	*The Sword of Wisdom*
25	Richard Tarnas	*Astrology, Psychedelics, and the Archetypes*
28	Agit Mookergee	*Ancient Indian Concepts of Love and Sex*
DAY THREE . . . Models of the Mind		
31	Stanislav Grof	*Quest for a New Consciousness Paradigm*
32	Saul-Paul Sirag	*Physics and Consciousness*
33	Ralph Metzner	*Maps, Models and Metaphors of Consciousness*
34	Dora Kalff	*Transpersonal Development of a Woman*
35	Thomas Roberts	*Consciousness Education: Theory & Research*
36	Judith Skutch & William Whitson	*NOVUS: New Options for a Vital United States*
37	Cecil Burney	*Sandplay as Transpersonal Psychotherapy*
38	Prem Das	*The Singing Earth: A Huichol Apprenticeship*
310	Charles Tart	*Transpersonal: Interesting Illusion or Fact?*
DAY FOUR . . . Healing and Therapy		
41	Carl Simonton	*Stress Management in Cancer and Superhealth*
42	Frances Vaughan	*Transpersonal Psychotherapy*
43	June Singer	*Androgyny: Revisioning Sexuality*
45	Julian Silverman	*Schizophrenia & Other Dis-eases in Consciousness*
46	Anthony Velonis	*A Personal Transpersonal Panorama - and Pendulum*
47	Benjamin Westheimer	*Guided Imagery: Education and Therapy Update*
48	Bernard Grad	*Reich's Orgonomic View of Reality*
49	John Weir Perry	*Acute Psychosis as Transition in Outlook*
410	Richard Yensen	*Transpersonal Technology and Computers*
411	Karl Pribram	*Transcending Dualisms*
412	Al Huang & Karl Pribram	*Taoist and Holographic Celebration*
DAY FIVE . . . Human Capacities		
51	Jim Hickman & Mary Payne	*Evidence for Supernormal Bodily Functioning*
52	Angeles Arrien	*Basque Mysticism*
53	Pierre Weil	*Cosmodrama*
57	Christina Grof	*Kundalini Awakening and Spiritual Emergency*
58	Rick Ingrasci & Lee Sannella	*Kundalini and Transcendence*
511	Milton Friedman	*Report on Transformation in Government*
512	Robert Hand	*Astrology: Mind, Body & Environment Symbolism*
513-1	Jean Houston	*The Possible Human – I*
513-2	Jean Houston	*The Possible Human – II*
DAY SIX . . . Transpersonal Psychology and the Future		
61	Robert Schwartz	*Consciousness Evolution and American Business*
62	Peter Schwartz	*Qualities of Life*
63	Hazel Henderson	*Politics of Reconceptualization*

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Sunday 12 Noon to 8

Scholarship Information: If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation (allow at least three weeks for processing as we have many applications). If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15—September 30 programs or for weekend programs.

Ongoing Residence Program: Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $1400 per 26-day period.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive anytime after lunch.

Esalen has limited child care facilities. If you are interested in bringing a child while you are attending a workshop of five days or longer, contact the office well in advance for information on availability of child space. Esalen does not supply babysitters.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Catalog design: Red Dog Pieface

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pick-ups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen. Esalen limousine service is not available after 5 pm.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: At present, we do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

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Esalen Institute Reservations

This form is for your convenience in reserving a space at Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservation early.

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ( ) _____

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, California 93920.)

Check if you want: ☐ shared room, ☐ shared room with friend, ☐ housing as a couple. Do you smoke? _____

Check whether this workshop will be held in Big Sur ☐, at Westerbeke Ranch ☐, or as a Wilderness Program ☐.

Limousine Service:
I want limousine service from (check one):
_____ Monterey Airport
_____ Monterey Greyhound Bus Station
at 5:00 p.m.on _____ (date of arrival, Fridays and Sundays only)

The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us. Esalen limousine service is not available after 5:00 pm.

License Number:
(for registered nurses wanting CEU's) _____ (for physicians wanting CEU's) _____

Name of Person Registering	Date(s)	Leader's Name / Title of Workshop	Reservation Fee

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some persons, particularly those with a history of psychiatric problems, may find some programs difficult, trying or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Total amount enclosed: $ _____
Your reservation can be charged to:
Master Charge ☐ BankAmericard ☐
American Express ☐

Card No. _____

Expiration date _____

Checks payable to Esalen Institute.

Payments: All workshops require nonrefundable reservation fees. See page 46. The balance of program fees becomes payable at the time of check-in.

U.S. currency only, please.

Esalen Institute is a center to explore those trends in education, religion, philosophy and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting and research.

The Esalen Catalog

Esalen Institute
Big Sur
California 93920

The Esalen Catalog

September 1980 - February 1981

One Dollar

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Esalen Institute
Big Sur, CA 93920

Phone (408) 667-2335

Monday, Tuesday, Thursday & Saturday 9 to 3
Wednesday 9 to 12 Noon
Friday 9 to 8 PM
Sunday 12 Noon to 8 PM

"Contact is the appreciation of differences"
Fritz Perls

Big Sur

These are excerpts from a statement by Brian Lyke entered into the record of the hearings of the U.S. Senate Subcommittee on Parks, Recreation, and Renewable Resources, Washington, D.C., April 24, 1980.

Think of Big Sur as if it were another country. Think of it as if it had its own language and customs, its own unique heritage, its own norms of social conduct, its own goals and values, its own pace of life. Think of it as far away and somewhat out of step with the rest of mainland America, and leave unanswered the question as to whether it is a step ahead, or a step behind, because the wheel goes round and round, and what seems quaint and old fashioned in one moment, is called progress in the next.

The first settlers came to the Santa Lucia Coast of California around the middle of the last century. They were preceded here by the Spanish explorers and the Indians who were the first human inhabitants of the area. These early settlers were bold spirits who came because they loved independence, seclusion, and the beauty of the mountains and sea more than the dubious benefits of civilization, and their descendants, both natural and spiritual, live here for similar reasons.

Much has been said about the majesty and grandeur of Big Sur which sets it apart from any other place. For over fifty years poets, painters, photographers, and storytellers have been trying to capture and convey its magic and inspiration. But not enough has been said about the people of Big Sur.

If you agree that the existing character of the coast and its unique social fabric should be maintained, then please recognize that Big Sur is *people* as well as land. It's woodcutters and ranchers, artists and writers, farmers and scientists, sculptors, dancers, psychologists, musicians, architects, carpenters, and the Benedictine Hermits of Camaldodi. It's the wealthy and the poor, the straight and the eccentric all woven together into an exquisite tapestry.

We who live in Big Sur hold the land in trust. We do not possess it; it possesses us. We do not want to keep tourists out as did those who sixty years ago fought against the construction of the Coast Highway. Last year nearly three million visitors traveled that highway and some of them stopped to enjoy the hot springs at Esalen.

What we *do* want is for you to realize that one of the unforeseen probable consequences of the designation of Big Sur as a National Scenic Area is the destruction of its native culture, of which Esalen is a part, and the creation of a social and political climate that is inimical to freedom, creative self-expression, spontaneity, and self-responsibility. The proposed land acquisition plan will spell doom to private ownership of the land and will sever the symbiotic relationship between the land and its inhabitants that has sparked artistic creativity and provided a rich heritage for all the world to enjoy. If the resident population is uprooted from this coast, as has happened in scores of National Parks and Recreation Areas throughout this country in spite of guarantees and promises from the government, a natural resource as valuable and rare as the sea otter and the redwood will be lost, and the character of Big Sur will be forever diminished.

If you agree that Big Sur must be protected from development, then please first consider the fact that local residents, who themselves have fled developed areas, do not wish to see Big Sur developed with more restaurants, or motels, or homes in the viewshed, or public sanitation facilities, or parking lots, or trailers to house additional government employees, or obtrusive chainlink fences, or new trails through the wilderness, or signs which tell you where to take a picture or redundantly point out that this is,

indeed, a scenic area. Development for recreational purposes, in the name of protection and preservation, is an inscrutable logic, indeed, and that is what this bill promises.

If you agree that Big Sur must be preserved, then please honor the fact that her citizens have been working together for over four years to create a Local Coastal Plan. It is a process which has required everyone's patience, humor, energy, trust, goodwill, and intelligence. It is a plan which has very stringent restrictions against new development, and *it*, rather than a comprehensive federal plan, should be the governing plan for Big Sur.

Don't allow control over this area to be taken from local hands out of some mistaken notion either that Washington knows best,

Steve Beck

or that local citizens lack the will or the ability to manage their land in the public interest. Don't throw out the hard work of people who have given so much of themselves, and though they have not always agreed on specifics, at least they are united in their love for Big Sur. Will those who write the Government's comprehensive plan be able to say that?

If you agree that Highway One is the most beautiful two-lane, rural scenic highway in the United States, and must remain that way, then don't turn Big Sur into a huge outdoor museum for tourists to look at through the windows of a bus. Don't destroy the wonder and majesty of this coast for people who have never seen it by regulating how and when they can experience it, as will happen if a visitor transportation system, which this bill calls for, is created.

Big Sur has a wild, unspoiled grandeur, and we intend to keep it that way. With the ocean at our feet and the mountains at our back, there is a sense of peace and freedom, of reverence and praise and thanksgiving that there is still a place such as this where people can come for renewal and refreshment, yes, and perhaps even to live. But if you organize and program the experience of Big Sur, if you label it, and name it, and structure it and limit it, if you put Forest Service green to it and signs to explain it, if you publicize it and commercialize it, then at best you have succeeded only in putting an ugly, ill-conceived frame around a masterpiece, and at worst you have offered it up to be vandalized by those who neither think nor care. ■

In July, 1979... the Regents of the University of California were approaching a vote on a motion, proposed by Governor Brown, to terminate as soon as possible the contractual relationship with Government to run and supervise the Lawrence Livermore and the Los Alamos Laboratories researching and testing atomic weaponry. The two documents here reproduced were part of my personal efforts to clarify and promote my feeling on this subject.

Regent Gregory Bateson

Esalen Institute,
Big Sur, Ca. 93920
June 24, 1979

Regent Vilma S. Martinez,
28 Geary St., 6th floor,
San Francisco, Ca. 94108

Dear Vilma,

You asked me to spell out my ideas about the "evil" nature of our atomic commitment. Let me do this in writing so that you and our fellow regents may consider the arguments with more care than is possible in open meeting.

First, let me say that I am not talking about individual death or even the death of great national or cultural systems. I know well that these deaths are a normal and necessary part of the ecology within which all life is framed. Only I suggest that if you have difficulties in hearing what I have to say about more total death, you should try — perhaps in meditation — to grasp and assimilate the premise that individual death of person or nation is irrelevant to the present issue.

I am talking not about individual or national deaths but about tearing that larger fabric within which death of the individual person or nation is continually necessary. As long as you are tormented by ideas of personal and individual death, it will be difficult to see straight. To kill the Russians and even the whole biosphere will be preferable to risking your own skin. It's that simple.

I can see only two ends of an arms race. One is the use of the accumulated weapons in warfare and the probable destruction of the mammalian way of life. The other involves that deliberate risk which we call *trust*.

First, I will consider the matter of nuclear weapons in terms of learning theory and what Bertrand Russell called the "logical types." To make the matter more vivid for you, a lawyer, I will give you an example of my way of thinking taken from the field of law.

As I understand it, the law defines crime as a class of action. "Such and such act or action is a 'crime'." But to an anthropologist it is uncomfortable to leave the words "act or action" without some definition. What begins or ends a sequence so that that particular sequence is to be called an "act"? And what of *context* and the closely related notion "intent"?

So let me define an act or action as that unit of behavior which follows the ordinary laws or rules of reinforcement. If rewarded, the "act" will be positively learned and probably repeated; if punished, the "act" will be avoided or extinguished.

But this definition won't do. "Crime," as everybody knows and has known for centuries, does not follow the simple rules of reinforcement. Sometimes yes — but on the whole punishment results, as often as not, in teaching the "criminal" how to be a better criminal.

In other words, the category "crime" is not of the same *logical type* as the category "act or action." Evidently there is something askew in the whole way of thinking about "crime." The solution, of course, is that "crime" implies *a way of seeing* the context and meaning of certain sequences of acts and interaction. A crime is a *sequence* shaped within a certain system of motivation.

Chalk up then the distinction between the act of hurting somebody, which may be subject to simple negative reinforcement, and a habit of offense such that each act springs from a philosophy which prefers harm in this second case. I shall say that the *process* which led to this philosophy is *evil*. In the first case the act is merely bad. And the difference between the two is related to the notion of addiction — progressive and partly irreversible habit formation.

What I am saying is, of course, not new. St. Thomas Aquinas knew long ago that not action but generality of action was evil. The Seven Deadly Sins were pride, covetousness, lust, envy, gluttony, anger, and accidie (apathy). The Saint is very clear that these are not names of action. A sin is classified as "deadly" if it "gives rise to others especially in the manner of a final cause." With the decay of theology our thinking has become sloppy but I see justification for the old theological word "evil."

The question is whether fooling around with atomic weaponry is merely in itself an offense or does it give rise to other offenses "in the manner of a final cause." A serious university should concern itself with such distinctions.

Now the parallel is close between the muddled way in which people think about crime and the muddled way in which they think about the armaments race. In both cases, there are theories of deterrence and in both cases the theories of deterrence contain a little truth — enough truth so that politicians, journalists, and armaments people can appeal to that modicum of truth to prevent others from thinking the whole matter through.

First, it has to be clearly seen that the message of deterrence is limited and specific. It is *not* "you shall not attack me" and it is *not* "you shall not make to yourself more arms."

The message is very simple: "You shall not attack me *tomorrow*" and it is "if you are frightened (and I am indeed trying to frighten you), you should arm youself as soon as possible."

(There is a silly paradox connected with *secrecy* in this business. The real secret is not about the weapons which we have. The secret is about the weapons which we do not have!)

But the gimmick in the whole business which identifies what we are doing as "evil" and "deadly," in the sense in which the seven sins are deadly, is the linkage to time. It is perhaps a bad action to make weapons — it is an evil action to make weapons and to participate in a process which leads to distrust and war.

"Do not make war today or tomorrow" is all very well but this message always must carry with it the underlying jab of distrust and the long time suggestion — "*make war more effectively next week or next year.*" The sin of armament-making gives rise to others *in the manner of a final cause* and it is this that makes it deadly.

Beyond time, of course, there is the matter of scale — the sheer quantity of human pain that these machines can generate and the danger of their toxic effects spreading from the killing of a few millions of people to the upsetting of world ecological process. The fact that there is no likelihood of discovering any permanently safe way of disposing of waste products. And no likelihood that the people who are participating in this monstrous — cancerous — industry will ever learn to tell the simple truth about their actions or the probable effects of their actions.

All this I need not remind you of. We see enough of it around the Regents table.

In sum — NO — I think that the University of California should not continue to be mixed up in this miserable business. Our task is education, not the promition of cynicism and the aiding of destruction.

I must apologize in the delay of this letter — I guess I postponed writing because this matter is distasteful and frustrating. But in the end, we must all stand and be counted.

Yours,

Gregory Bateson

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Esalen Institute
Big Sur, Ca. 93920
February 15, 1980

Regent William A. Wilson,
Chairman,
Committee on Special Research Projects,
10475 Bellagio Road,
Los Angeles, California 90024

Dear Bill,

Thank you for your letter of February 8, which forces me to face some unpleasant issues and to take action which I had been postponing.

You know, I am sure, that I am totally out of sympathy with the whole business of nuclear weaponry. I believe that a university should have no connection with such folly, such evil. It's like a church or a hospital. The munitions of war should never be stored in such places or shipped in hospital ships, etc. not just because churches are ancient monuments or to save the wounded but *because* the civilization which puts materials of war in its hospital ships and attacks hospital ships with torpedoes, bombs churches, etc. is precisely a civilization which is not worth fighting for.

You will say that in this case, there is no contemporary civilization that is worth dying for — and you may be right — or that our standard of ethics should always be set by the conduct of our enemies. (And in such a case may God forgive the wretched propagandist who lies about the conduct of the enemy!)

In the particular matter of atomic weaponry, perhaps it does not now matter to the planet that we and the Russians are busily increasing our destructive potential. It is already so gross that only a small part will probably be used in Armageddon. The folly was in getting into the armaments race and staying in it.

But there is no sense in *losing* an armaments race. I warned Teller the other day that a government which was stupid enough to get into an arms race could also be stupid enough to lose it.

The weakness of Salt II which so frightens Teller is expectably an effect of our knowledge of our own continued armament and the Russians' knowledge of theirs. I continually hear behind the argument of deterrence the assumption that the next war will be an atomic holocaust and that we shall lose it; and I hear the sick need to make these prophesies come true.

Anyhow, it is surely wrong and probably fatal to engage half heartedly in *either* the pursuit of war or of peace. If you elect the pathway of "deterrence," you must go whole hog down that pathway until you discover the hopelessness of it. W. Blake has a bitter proverb: "If the fool would persist in his folly, he would become wise."

So even if the philosophy of deterrence is empty, and a threatening stance is in the long run totally futile; even so, if the powers that be elect that course, then they should not be *hampered* in it. Surely nothing less than total commitment can work!

And the same is surely true of the business of getting *out* of the arms race. Only total honesty and total commitment to the path of peace will do. Participation in Salt meetings makes sense only with complete realization that the escalation is bigger than we are. To get out of the arms race is not so difficult or complex. All it requires is, in Eliot's heartbreaking words:

"A condition of complete simplicity. (Costing not less than everything). And all shall be well."

So how can I vote on your committee? I cannot join you in wholehearted commitment to the path of "deterrence" and war. I cannot manoeuver to make your chosen courses half-hearted or inefficient. I am in what somebody once called a "double bind."

So, I have to make my position clear to myself and to you all and, since I do not expect you to see it my way, I must then get out.

Will you please accept my resignation from your committee and inform the Nominations Committee of your need for another member?

Yours sincerely,

Gregory Bateson, Regent

Esalen Special Projects, 1980

Joyce Rogers

The Farm Project

The Esalen Farm Project has been established to work toward raising and supplying enough natural foodstuffs from the local environment to sustain the Esalen community and to teach people how to do this for themselves. At present we have cleared over two acres of land, purchased a small tractor, and planted nearly one hundred trees on a three acre parcel north of the Gazebo. The programs in this project include orcharding, truck farming, fishing, aquaculture (fish farming), greenhouse production, food storage and preservation, beekeeping, ornamental food plants, and small animal raising. By developing greater independence from outside commercial food sources, we help broaden the concept of responsibility.

The Energy Program

Esalen's Energy Program was established to study and implement alternative technologies to create a more self reliant community. Geothermal and hydroelectric projects have been initiated as ways to utilize our own renewable resources and lessen our dependence on nonrenewable energy sources. Both passive and active solar heating systems are being developed at Esalen, including a solar powered laundry which uses flat plate collectors to heat the hot water for the washing machines. A solarium greenhouse has been designed to augment the heating of the lodge dining room as a passive collector. Esalen is turning to a future based on utilizing those resources which are both plentiful and renewable.

The Meditation Pavilion

There has been a growing realization that those who live and work at Esalen, as well as those who come as guests, need a place for silence and meditation. A master plan for a meditation pavilion was created by the late Selig Morganrath, Esalen's architect-designer, to be located in the area just south of Fritz's. Now, three years after Selig's death, a design-concept for the structure itself has been created by Ray Sanborn, Selig's son-in-law. The Meditation Pavilion will be a memorial to Selig, and will be built by the members and friends of the Esalen community. Toward this end, the Selig Morganrath Memorial Fund has been established.

Joyce Rogers

Esalen Special Projects, 1980

The Transformation Project

The Transformation Project, begun in 1976, is systematically studying extraordinary bodily transformations that occur in such areas as religious practice, mind assisted healing, hypnosis, biofeedback, sensory isolation, sports, acupuncture, physical therapy, and mental illness. To this end, four activities are underway: developing the first computerized data base of evidence for the human organism's transformative capacities; analyzing the ways and circumstances in which high level bodily change occurs; developing disciplines to support such change; conducting seminars, and publishing articles and books to disseminate the project's findings. To date, the project has been supported by Esalen; Laurance Rockefeller; McDonnell Foundation, Inc.; Ferdinand Eberstadt Foundation; Mona Bronfman Scheckman Foundation; Qume Foundation; various individuals, and numerous volunteers.

Soviet-American Exchange Program

For the past several years Esalen has been exploring the research efforts in the Soviet Union that relate to concepts of human potential. In our judgment these efforts represent a significant cultural development in the U.S.S.R., one that is similar to the emergence of a "human potential movement" in the United States, Europe, and Latin America. Esalen is initiating a Soviet-American Exchange Program to encourage the dissemination of information and the sponsorship of seminars among scientists from the Soviet Union and America. Upon its completion, The Transformation Project computer archive will be made available to the Soviet Academy of Sciences, and Soviet studies in these areas will be exchanged with American researchers. Because good Soviet-American relations are crucial to world peace, we feel that this kind of mutual person-to-person exploration is urgently needed.

Steve Beck

The projects described are originated at and funded by Esalen. To encourage a broad base of support, we invite outside contributions for them. Gifts to Esalen are tax-deductible. They can be made to the Esalen general fund or to any of the individual projects.

Steve Beck

Gazebo Thoughts

Kramer vs. Kramer received five Academy Award Oscars. What was that all about?

Norma Rae was up there in the top five and also received an Academy Award Oscar for the best actress in a *leading* role. What was that all about? . . .and in the corner of the Academy there was an Oscar for a film that could not be overlooked. A film that celebrated contact, trust, and bonding. It was *The Black Stallion*.

Today many parents are single parents, or parents who live in separate places, or parents who are both working — because they *must* within our changing economy, or because they choose to do so based on a changing relationship of women to all levels of the labor market, industry, and government. There have always been these parents — but today there is a difference in attitude, feeling, and action. Fathers as well as mothers are truly interested in being available to their children — whether the parents are getting along with each other or not. Men are participating in the structuring of the family and women are participating in the structuring of the larger social and political environment. Egos are courageously being set aside, replaced by a new vision of birthing, parenting, and community. I have witnessed men and women *deciding* to focus their attention on ways to best provide a feeling of well being, confidence, and strength for the child they *see* and *hear*. *They are also aware of the gift of learning and love they receive in return.* This new group of adults see that within industry, small business, and community there *is* an extended family available to support the fledgling generation into untried areas of cooperation and collaboration — on a larger-than-thought-of scale. This new generation of young parents is also beginning to demand a quality of education that is different from past models or new models provided by automatic, robot producing corporations such as can be found in the fast food industry.

Without movement no *system* can maintain balance. By truly focusing on movement, change, healthful living, and learning the little ones will be cared for and the problem of the "older worker" and the "unmotivated teen-ager" can be addressed and redesigned.

". . . for want of a nail, the Kingdom was lost."
Coming from the Kingdom to the nail — whether a child is with papa or mama — quality child caring should be demanded at each one's business site — one that is in appreciation of different environments, and respectful of history, tradition, and the nature of time.

Structured custody and designated weekends do not allow for varied interactions and intimacy. Parents are finding more organic ways of sharing custodianship — ways which offer parents a richness of experience with their child, and offer a rhythm of exchange which maximises the quality of time spent alone and together.

The children's center at Esalen is called Gazebo. Gazebo is a design of flexibility and neutrality so that it may be fully used by multiple points of view. It works for the traditional family structure as well as for the many special family structures which exist today.

Janet Lederman

From *The Gazebo Book*, on sale at the Esalen Book Store, $5 including the cost of mailing.

Deep-Tissue Sessions

Over the past several years we have been training practitioners of the deep-tissue work at Esalen. This is a manipulative work done on the connective tissues and other structural elements of the body. Its purpose is to realign and strengthen the physical body while at the same time vitalizing and organizing the energy body. The conceptual roots of the deep-tissue sessions lie in the work of Ida Rolf and in acupuncture, combining the physical and energetic understandings of both approaches.

A typical deep-tissue session takes approximately 1½ hours to complete. The whole course of deep-tissue work may take 10 to 12 sessions, depending on the individual. Ideally sessions should be scheduled once a week, and not more often than twice a week. In any given session we concentrate the focus of our work on a different segment or layer within the body, endeavoring to bring order and organization into the core structure of the being. Each session can be considered complete in itself and designed to leave the person physically and energetically balanced. The work is holistic, treating the whole person. Hence, there should be no adverse effect from discontinuing the work at some point and resuming it at a later time, continuing where the previous session left off.

As is true for many other holistic growth practices, the long-term effects of the deep-tissue work can be transformative to the individual, sometimes creating significant changes in life patterns. The work is compatible with and complementary to other growth practices like gestalt, yoga, t'ai chi, aikido, acupuncture, homeopathy, the softer versions of reichian work, and most physical conditioning programs. Although the deep-tissue sessions are also compatible with other systems of body manipulative work available at Esalen, such as massage, polarity, trager, and feldenkrais work, it is best not to mix in too many other body modalities when going through the deep-tissue course. If in doubt check with the practitioner. The reason for this is that in any deep work an important objective is the balancing of the body's energy field and the development of a close trust relationship with the practitioner. When this happens we usually see a progressive freeing of stress and tensions held in the body and the unlayering of holdings and traumas in the feelings. With trust and proper preparation the release can occur gently and naturally, without extensive pain or emotional upheaval. New grace of movement and functioning are frequently reported as body and energy field come into order and become aligned to the gravity direction. Sessions usually continue to act for days afterwards with freeing of held energies and reorganization of body functioning. Sometimes there may be a period of readjustment following a session before the body settles into a stable state of balance and well-being.

Deep-tissue practitioners undergo a training program at Esalen involving 300 hours of classes, covering anatomy and the basic ten deep-tissue sessions. This is followed by an internship period. A current list of deep-tissue practitioners working at Esalen is available in the Esalen office.

The next deep-tissue class, combined with a gestalt practicum, acupuncture, homeopathy, and other holistic health classes, will be held during the period February 20 through June 14, 1981, and again from September 4 through December 27, 1981. For further information see page 38.

Al Drucker

Ways of Being at Esalen

There are a variety of ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The week-end and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose that approach which feels most appropriate and pursue it in subsequent seminars. For those who wish an extended stay of a month or more, there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof, Al Drucker, and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work-Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 14 for more information and an application form.

In addition, besides programs, there are other events which enrich life at Esalen. There is a regular Tuesday Night Forum where various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesdy nights, there are films, dance performances, choirs, puppet shows, and other forms of entertainment. Bodywork of various kinds is available by appointment with individual practitioners, including massage, deep-tissue, polarity, and rolfing. Individual sessions are also available for various types of process work, including gestalt, neo-reichian emotional release, vision-improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Esalen Institute - Approved Provider for Registered Nurses and Physicians

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of continuing education for registered nurses. Provider Number 01152.

The California Medical Association has granted Esalen Institute Category I approval so that physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education.

The following programs are approved for registered nurses and for Category I credit for physicians. See regular program listings for workshop descriptions.

If you have any questions about Esalen's medical or nursing program, contact Julian Silverman, Esalen Institute, Big Sur, CA 93920.

September 14-19
2nd Annual Esalen Conference on Stress: Harnessing its Energy for Health
Coordinated by Julian Silverman — 30 hours

October 10-12
On the Way to Health: A Guide for Health Practices
Phillip Mac, MD — 10 hours

October 19-24
Experiencing Esalen for Health Care Professionals
Coordinated by Polly Kirby, RN — 30 hours

November 9-14
The Healing Community: A Workshop and Seminar for Health Care Professionals
Kathleen Keating, RN — 30 hours

November 23-28
Heal Thy Self. A Workshop for Health Professionals
Hughes Andrus, MD, Mary O'Hara-Devereaux, FNP & Cynthia Rogers — 30 hours

January 2-4
Integrating Total Life Experience into Medical History: The Global Life Assessment
Jack Downing, MD — 10 hours

January 23-25
From Burnout to Personal Growth: Increasing Effectiveness and Enjoyment in Work and Life
Elliot Aronson & Ayala Pines — 10 hours

January 30-February 1
On the Way to Health: A Guide for Health Practitioners
Phillip Mac, MD — 10 hours

If you have any questions about Esalen's medical or nursing program, contact Julian Silverman, Esalen Institute, Big Sur, CA 93920.

The Work-Study Program

The Work-Study Program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program, emotionally and physically, and only rarely is it restful. There will be a coming together in the evenings to share, contact, play — alone/together. Professional services such as massage and rolfing are available at staff rates.

Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. No participants will be accepted as work scholars in Gazebo until they have fulfilled a minimum of one month in one of the aforementioned departments. Scheduling consideration is given to the community labor needs, and work assignments are made according to these requirements. Before December 28 the cost of the program is $350 for the first month, $250 for the second, and $200 for the third month. Beginning December 28, the cost of the program will be $400 for the first month, $350 for the second month, and $300 for the third. A $150 deposit is required with your application.

Accommodations are shared, with up to three people to a room, at South Coast Center, a staff living complex which is 1½ miles north of Esalen. The Work-Study Program, lasting 28 days, is a full time workshop in itself. The work commitment to the community, group process work, and teaching seminars makes up a busy schedule for participants. Enrolling in the Esalen catalog workshops is therefore discouraged, since the extra involvement tends to interfere with the fulfillment of the Work-Study Program.

In addition to the regular program, Esalen is now offering an intensive three-month course in basic organic horticulture. The cost of the program will be $1050. A $250 deposit is required. In filling out the Work-Study application, please indicate your preference of landscaping, gardening, or small scale farming.

Available dates: November 2-30; November 30-December 28; December 28-January 25, January 25-February 22; February 22-March 22; March 22-April 19; April 19-May 17; May 17-June 14; June 14-July 12; July 12-August 9; etc.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with $150 (or $250) deposit to:

Work-Study Program, Esalen Institute, Big Sur, California 93920. Telephone: (408) 667-2335

The balance of the fee is due on arrival. $75 of the original deposit is non-refundable, and may be transferred to other Esalen programs within one year of receipt of deposit.

Esalen Institute Application for the Work-Study Program

Date of application _____ Daytime telephone _____

Name _____ Address _____

City _____ State _____ Zip _____

Date of birth _____ Occupation _____ Place of employment _____

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice. You may list three choices.

1st:_____ to _____ 2nd:_____ to _____ 3rd:_____ to _____

Work-scholars may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. If such an invitation is extended, please indicate your availability:

☐ no extension ☐ one month extension ☐ two month extension

I am applying for the three-month organic horticultural program. ☐ yes ☐ no

Have you been to Esalen workshops? Please list program titles and dates: _____

_____

_____

Please make a personal statement about your interest in the Work-Study program. Include any skills you may have available. _____

_____

_____

_____

_____

_____

_____

Esalen Seminars

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman Boeve

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls).

Schedule

September 7-12	$350
September 14-19	$350
September 19-21	$170
October 3-5	$170
October 10-12	$170
October 12-17	$350
October 24-26	$170
November 2-7	$350
November 21-23	$170
November 23-28	$350
December 12-14	$170
December 28-January 2	$350
January 9-11	$170
January 16-18	$170
February 8-13	$350
February 13-15	$170

Experiencing Esalen: The Body

Coordinated by Benj Langdon

Similar in format to Experiencing Esalen, but with a greater focus on the wide variety of body oriented approaches.

Schedule

September 12-14	$170
October 5-10	$350
October 31-November 2	$170
November 28-30	$170
January 2-4	$170
January 30-February 1	$170

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Price & Richard Price

The Esalen Gestalt Staff includes Leonard Bearne, Janet Zuckerman Boeve, Laura DeNuccio (Ma Prita), Joan Fiore, Jeffrey Kent, Nancy Kaye Lunney, the NINE, Jenny O'Connor, Christine Price, Richard Price, and others.

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is enfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J.C. Pearce); *Illusions* (Richard Bach).

Schedule

September 12-14	$170
September 21-26	$350
October 5-10	$350
November 2-7	$350
November 30-December 5	$350
December 19-21	$170
January 11-16	$350
February 1-6	$350

BEST COPY AVAILABLE

Experiencing the Esalen Garden

Sherry Ackerson
Steven Harper
& the Esalen Garden

The focus of this workshop will be the experience of nurturing and being nurtured by the earth and her plant life. During the day, specific methods for gardening, including plantings, bed preparations, and composting, will be taught. We will also learn the healing aspects of herbs, and enjoy an herbal bath. Our evenings will include guided fantasy, meditation, drawings, and movement. Come and celebrate the gentle dance of earth, air, sunlight, water, and our bodies in our year-round organic vegetable garden.

Since much emphasis is on experiencing what we learn, make sure to bring overalls and workboots. $350

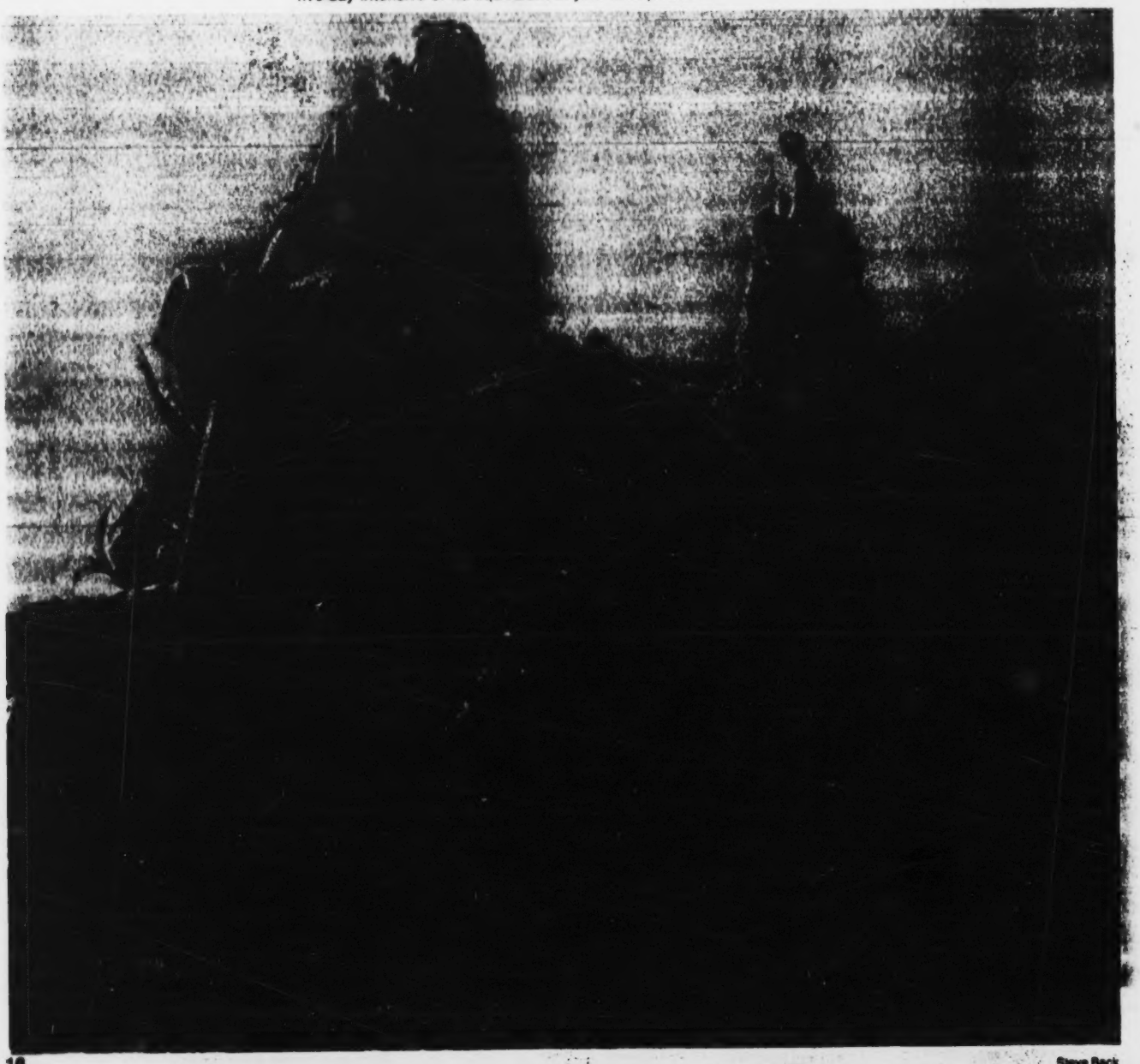
Advanced Massage Intensive

Esalen Massage Staff

Whether your massage experience is professional or avocational, our aims in this course are to take you deeper into your own work and to provide whatever instruction we can to add to your understanding of the body and to your repertoire of techniques. In addition to morning and afternoon practice sessions with various instructors, we will use yoga, movement, evening lectures and discussions, and demonstrations of specific practices to stimulate ourselves out of our old patterns of working and increase the range of conditions with which we can deal effectively.

The following concerns will receive emphasis: how to sustain your energy through a day of treatments; how to clear yourself of the negative energy released by your client; how to use weight and leverage to your advantage; and so on. As we reach more and more deeply into one another, emotional changes can be triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide us with some first-hand practice in productive ways of moving through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five-day intensive or its equivalent in your own practice. $350



Steve Beck

Unity *Gabrielle Roth*

This is a five-day shamanic healing ritual designed to inspire and channel the religious, sexual, and creative aspects of life energy into unity and expression. Through music, sacred dance, poetry, and ritual theatre processes, we will explore and present our unique experiences of life's waves, rhythms, and cycles. The moving center tools are designed to release our gifts, talents, and potentials to be the most of who we are. $350

August 31-September 12

Gestalt Practice

Richard Price, Christine Price, Joan Fiore & the Esalen Gestalt Staff

For workshop description see Special Programs, page 37. $870

September 1-5

Meditation and Bodily Transformation
A workshop at the Lindisfarne Association at Crestone, Colorado

Michael Murphy & James Hickman

Michael Murphy and Jim Hickman are gathering examples of extraordinary bodily transformations from various fields—from the yogic and contemplative literature, psychiatric records, hypnosis and drug research, sport, the arts, Soviet work with physical self-regulation and from many other fields—in an attempt to learn more about the range of such changes and the ways in which they happen. In this seminar they will present their work to date and speculate with the participants about the implications of their findings. Two questions for discussion are: (1) do these bodily changes reveal an evolutionary possibility? (2) How do they relate to notions of enlightenment?

Seminar participants will be led in daily sessions of meditation, running, visualization, and other exercises that support the kinds of high level change this research involves. The daily schedule will begin with sitting and walking meditation before breakfast, continue with a three hour session of running and visualization exercises from 9:30 until 12:30, and conclude with evening presentations and discussions. In one of the evening sessions, Michael Murphy and Jim Hickman will discuss their recent trip through the Soviet Union. For further information, telephone (303) 256-4695.

Weekend of September 5-7

Being Healthy is More Than Not Being Sick: A Workshop in Holistic Health

Emmett Miller

A modern attitude toward health and wellness involves recognizing the interplay between our self-image, our emotional state, our relationships, and our health. Symptoms are thus used as guides to direct our awareness to aspects of our lifestyles which need attention.

High level wellness can be said to have been reached when symptoms become fewer and fewer. Wellness is maintained through regular applications of the principles of selective awareness, deep relaxation, aerobic exercise, rest, and proper nutrition. Moreover, these principles are used in such a manner as to produce continuous personal growth—mentally, physically, emotionally, and spiritually.

We'll begin by using simple techniques for evaluation of our present level of wellness. We will then explore the concepts of high level wellness, and learn ways to develop and maintain it through balancing and attuning mind, body, emotions, and spirit. We'll also explore the use of deep relaxation, mental imagery, and movement therapy to unstress and to project a positive self-image and a lifestyle of high level wellness. This workshop is designed for those who enjoy guided imagery and dance movement. $170

From Despair to Empowerment

Joanna Macy & Joseph Havens

Given threats of nuclear holocaust and environmental destruction, the survival of our species has become questionable for the first time in history. This awareness creates in many a deep sense of despair, a dread too grim to name. Because of social taboos and fear of pain, we tend to hide this despair from ourselves and others—a repression which numbs us and saps the energy we need for an imaginative response. This workshop will confront our deep concerns for our planet and its people, letting them surface in us in ways that release our energy and creativity. Awareness exercises using imaging, meditations, and ritual will be combined with demonstrations of strategies in organizing support groups for personal and social change—so that participants can return to their life situations empowered with some effective tools for action, and with a deeper trust in the collective adventure of our time. $170

Week of September 7-12

I to Thou: An Existential Growth Group

Galvin Jackson

Through a variety of activities we will build a support group for the nurturance of self-awareness, trust, risking, relations with others, sexual identity, sensual expression, and the freedom necessary to attain a comfort with areas that will permit a carry-over to each participant's own life style. $350

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 15. $350

A Psychic Training Program

Anne & Jim Armstrong

This workshop is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities. Anne and Jim will use exercises and training techniques to accomplish this goal. During the training exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $350

The Rites of Passage: A five-day Pilgrimage on Horseback through the Big Sur Wilderness
David Schiffman, Skip Utterback & Rick Jensen
For workshop description, see Wilderness Programs, page 38. $525

Weekend of September 12-14

Experiencing Esalen: The Body
Coordinated by Benj Langdon
For workshop description see page 15 $170

Gestalt Practice
Esalen Gestalt Staff
For workshop description see page 15 $170

Exploring Your Creative Process
Nancy Kaye Lunney
Through gestalt, imagery, music, writing, drawing, videotape, and spontaneity we will investigate aspects of the creative experience, from blocking and stagefright to euphoria. Focus will be on self awareness and on developing the confidence and freedom necessary for the creative journey. Individual projects can be developed during the workshop based on each person's major interest, and individual work in a supportive group setting will be stressed. *Please bring whatever special materials you think you might want to play with.* Piano accompaniment will be available. This workshop is suitable for non-professionals as well as professionals in the creative and performing arts. $170

Hypnosis & Parapsychology
Lee Pulos
For workshop description see Westerbeke Ranch Programs, page 39 $170

The Gentle Art of Becoming—Together: A Workshop for Couples
David Schiffman & Elisa Lodge
For workshop description see Westerbeke Ranch Programs, page 39 $170

Week of September 14-19

2nd Annual Esalen conference on Stress: Harnessing its energy for Health
Coordinated by Julian Silverman, Director, Health Care Programs for Health Professionals
A conference on improving the quality of care of your patients—AND for your *self*.

This conference, to be led by nationally known experts on stress and a group of highly skilled health professional leaders, focuses upon how we health care providers can better handle stress, and this directly affects both us and our patients. The program combines a series of technical scholarly presentations on aspects of stress management with a unique experiential learning format, developed by a team of health care educators at Stanford University and the University of California/Davis Medical School's Department of Family Medicine.

Program topics to be covered by the conference faculty include:
- Learning to utilize stress to facilitate self-composure
- Teaching specifics of self-care and stress tolerance
- Attitudes, belief systems, and stress tolerance
- Who's responsible for patients' health? *Re*-educating patients and health professionals
- Iatrogenic disease: causes, treatments, cures
- Body awareness, bio-feedback, and attention
- Re-viewing the physiology of stress—general effects, individual differences
- Stress and identity

Nurses and physicians will receive 30 hours of continuing education credit. $550

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 15 $350

Weekend of September 19-21

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 15 $170

Weekend Massage Intensive
Esalen Massage Staff
We will assist you in acquiring the basic tools you will need to begin to explore massage. By demonstrating for you and practicing with you it is our intent to introduce you to the major muscle sets of the body and to help you to establish a sense of an effective beginning, development, and closing of a full-body massage. Emphasis will be on our own grounding and internal awareness, on learning to recognize the areas in ourselves and others that need relief, and on learning to be aware of the quality of our own touch. $170

Let Go/Let Be *Betty Fuller*
Movement is a primary means to learning about my self, about my relationships with others, and about my place in the universe. This workshop includes physical and mental stress reduction and alignment exercises, guided imagery, nutritional information, and moving meditations, as well as the integrative bodymind approaches of trager, feldenkrais, and rolf-nolte. For each approach, methods for daily practice and individual followup are presented. The schedule allows time for rest and relaxation at the baths and participation in the work of the Esalen community. $170

Week of September 21-26

Gestalt Practice
Esalen Gestalt Staff
For workshop description see page 15 $350

Integrity *David Schiffman*
In this workshop we will join together to build a community whose foundation is trust, good will, and authenticity.

This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Our task together will be to discover how best to express these qualities both in and out of the workshop. We will explore the boundaries of our emotional, physical, and mental potentials and how they affect our sexuality, our relation to power, our friendships, our creativity, and our expectations of ourselves and of others. $350

Movement Around Center: The Rolfed® Body T'ai Chi

Jason Mixter & Catherine Elber

Open to individuals who have received at least five sessions of rolfing. For five days participants will learn how to integrate newly discovered movement patterns into their daily lives. In addition to practices which increase body sensitivity, awareness, and energy flow, the entire course of 19 movements of t'ai chi will be experienced. Jason and Catherine look forward to a gentle week of concentrated work, outrageous expansions, and playful ease into movement around center. $350

Weekend of September 26-28

The Gazebo$_{SM}$: An Alternative Education

Janet Lederman & Gazebo Staff

The Gazebo is a model for restructuring educational systems, both physically and philosophically. It is a new concept of "school," involving the inviting of children back into society, the integration of generations, and the re-introduction of life into the content of learning.

The workshop will be both didactic and experiential. We will investigate alternative ways of financing education and plan ways to revitalize neighborhoods as viable teaching resources by generating community involvement. The form, structure, and activities of the Gazebo will be available to participants. So far our youngest student is 9 months old and our oldest is 75. Esalen's Gazebo is more than an idea. It is an actuality. Limited to 12 participants. $170

Psychiatry & Anti-Psychiatry: An International Perspective

Franco Basaglia, Mony El Kaim, Wade Hudson & Sylvia Marcos

The movement for humane alternatives to traditional psychiatric treatment methods has become international in scope. In fact, many of the most creative and encouraging efforts have developed outside the United States. In this country, the medical model and the medical monopoly of "treatment" services remain solidly entrenched. The Bay Area Committee for Alternatives to Psychiatry (BACAP) is affiliated with an international network and will be organizing this workshop to explore issues related to transforming the public mental health system.

The workshop will also include the presentation of a 25 minute slide show, "The Politics of Psychiatric Drugs," and screenings of two powerful documentaries, *Do No Harm*, an analysis of the drug industry, and *Hurry Tomorrow*, filmed behind the locked doors of a California State Hospital. (For more information about BACAP write to them at 344 Market St., Rm. 701, San Francisco, CA 94102.) $170

Massage, Movement, Yoga

Deborah Medow

During this weekend, through massage, creative moving, and sound, we will explore and expand our self-expression, our life experience. $170

***Thymos*: "The Courage to Be"**

Paul Lee with Rolf & Elsa VonEckartsberg

The Greek word *thymos* (as in the herb thyme and the human thymus gland) is translated as "vital root" or, by Paul Tillich, as the "courage to be." In this workshop Paul Lee will explore the "roots" or consciousness in *thymos* and discuss the assistance provided by thyme, considered to be a vitalizing herb, strongly germicidal, yet a classic for culinary use; and the role of the thymus gland, the center of the immune system where DNA was first found and originally called thymonucleic acid. In addition to discussing the relationship of *thymos* to molecular biology and immunology, we will examine its significance in terms of one of the deepest conflicts of our culture, the physicalist/vitalist debate in the biological sciences. We can see the re-emergence of vitalism in the environmental and holistic health movements, of which the current herb renaissance is a prime constituent.

Participants will be able to sample a variety of herbs, including thyme. Paul Lee will be assisted by his colleagues, Rolf and Elsa VonEckartsberg, in leading a series of exercises and rituals drawn from herbal practice, including ancient Egyptian "Star Rituals." $170

Week of September 28- October 3

Five Days with Jack Rosenberg

My current focus is on enjoying life to the fullest and bringing the clearest expression of my self to each moment. Many people describe what I do as gestalt body work with a transpersonal bend.

During the workshop we will cover many aspects of my energetic approach to sexuality and work with the body energy field and the belief system which keeps us locked in obsolete behavior patterns. Where you are is where we will start. $350

Five-day Massage Intensive

Esalen Massage Staff

An introduction to the language of the body, this course will attempt to view the human interior through various windows: yoga, feldenkrais, movement, demonstration and work sessions, and evening lectures and discussions. Every major portion of the body will be given detailed attention, and your instructors will acquaint you with their individualized styles. In the morning and afternoon practice sessions the focus will be on your integrating this information in your own manner and evolving your own style of working with the body. Our intent is not to teach you to imitate, but to help you learn to become *effective*; the rest you will teach yourselves. $350

The Feeling Process

Janet Zuckerman Boeve

For many people, feelings are something mysterious, something to keep to yourself, or something to go up into your head to think about. This workshop is about all the steps involved in learning to experience, respect, and honor your own feeling process in a way that will increase your own vitality and personal effectiveness in the world. You can learn to separate feelings from thoughts, learn your own body rhythms, learn to contact your own place of wisdom, and participate, in a safe environment, in the exploration of expression or depression. An experiential workshop. $350

Shiatsu Massage—The Full Treatment

Patricia Caldwell

Shiatsu is the oriental art in which the thumbs and hands are used to press certain points over the entire body. A working knowledge of a full shiatsu treatment for personal or professional use will be given. Emphasis will be on seeing and treating people as wholes, centering techniques, and shiatsu as a self-awareness practice and spiritual discipline. Charts will be provided. $350

Weekend of October 3-5

Beyond Self-Growth: Awareness Training for Political Being

Walt Anderson & Abe Levitsky

There are no apolitical beings. There are only those who are blind to the full sense of membership in the human family, the political order, the ecosystem. The process of growth leads beyond the narrowly defined self to wider awareness and engagement.

Using group dynamics, psychodrama, and gestalt, we will explore the evolutionary/political/ecological dimensions of your personal struggle to survive and be fully human. $170

Joyce Rogers

Experiencing Esalen
Experiencing Esalen Staff For workshop description see page 15. $170

French Intensive/Biodynamic Gardening
David Field Based on the belief that a fuller understanding of nature will yield fertility in the garden, French intensive/biodynamic techniques approach plants and soil through a balance of spiritual and practical points of view. Supreme drainage and abundance are realized through careful cultivation, fertilization, and propagation in conjunction with cyclic forces. The flow of life is encouraged. Workshop participants will actively engage in all processes which lead to health of the soul, including double-digging, tilthing, and dressing of raised beds; preparation of seed flats, sowing of seeds, and transplanting; composting; the importance of herbs; and specifics of climate and plant variety selection for various geography. $170

Self-Hypnosis, Selective Awareness & Movement
Emmett Miller Movement requires the use of muscular activity in varying degrees of intensity. So, too, thought processes and interpersonal communication proceed through stages of higher and lower energy. Most of our personal and social difficulties (symptoms, unwanted emotions, maladaptive habit patterns) can be eased when we learn to react in accordance with and in response to our internal and external environment.

In this workshop we will explore principles of self-hypnosis, selective awareness, feldenkrais, t'ai chi, dance, and movement therapy—to expand our self-awareness and ability to allow our minds and bodies to flow with our changing experiences. The explorations offered will be especially good for people who have had experience in these fields before. $170

Week of October 5-10

Gestalt Practice
Esalen Gestalt Staff For workshop description see page 15. $350

Experiencing Esalen: The Body
Coordinated by Benj Langdon For workshop description see page 15. $350

The Trager Approach
Betty Fuller & Milton Trager Dr. Milton Trager will demonstrate his holistic movement re-education approach and teach mentastics® his unique and pleasurable bodymind movement sequences for flexibility, stress reduction, and comprehensive well being. Betty Fuller will work with Dr. Trager, as well as lead sessions in communications and emotional clearing, gestalt awareness training, and other complementary approaches. Some sessions will meet at the baths and outdoors, and there will be dancing. This is not a trager training workshop. $370

October 5-31

An Integrative Approach to Group Process & Individual Growth (a four-week internship program for personal & professional growth)
David Schiffman, Elisa Lodge & Esalen Staff For workshop description see Special Programs, page 37 $1400

Weekend of October 10-12

Weekend Massage Intensive
Esalen Massage Staff For workshop description see September 19-21. $170

Experiencing Esalen
Experiencing Esalen Staff For workshop description see page 15. $170

On the Way to Health: A Guide for Health Practitioners
Phillip Mac, MD This workshop is designed to look at the stresses of the health provider in training and in practice. We will work toward developing greater personal health consciousness through self-awareness and self-responsibility, and creating a healing environment within ourselves. Body awareness, centering, and visualization will be some of the methods employed. For additional information see page 13. $170

Week of October 12-17

Five-day Massage Intensive
Esalen Massage Staff For workshop description see September 28-October 3. $350

Experiencing Esalen
Experiencing Esalen Staff For workshop description see page 15. $350

Opening the Feelings
Siri Mishler & Dale Cummings To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this workshop. We will be employing radix neo-reichian methods of emotional release, the most important of which is the radix intensive, a period of individual work within a small group setting, which can provide a lot of emotional support among participants. Grief or pain, fear and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time the sexual experience may change as feelings of tenderness and sexual feelings intensify and merge. $350

October 17-27

Journeying

Dick Galland
Sam Keen
& Marilyn Mason

For workshop description see Wilderness Programs, page 38 $475

Weekend of October 17-19

Work/Play: Practical Group Creativity in the Changing World of Business

Cavas Gobhai

Business techniques are often perceived as lacking in creativity and human values. However, innovation-minded managers have long recognized the value of using nonrational insights and cooperative accomplishment in place of the usual linear and competitive modes. This workshop will explore several such techniques that have withstood the test of reality in the marketplace. The medium of learning will be actual topics brought by workshop participants. Among the issues addressed will be:

How to invite and generate new ideas from your brain's right hemisphere.
How to generate involvement and commitment to change.
How to treat ideas in ways that lead to successful implementation.
How to develop a working understanding of soft concepts like conflict, commitment, consensus, cooperation, individual responsibility, and others relevant to becoming successful change agents. $170

The Body and the Energy Body

George Leonard

Many ancient and modern disciplines of personal health, growth, and change depend upon concepts of energy flows in and around the bodies of living things. Using methods derived from the art of aikido, George Leonard will present his approach to the human biofield or "energy body." Through simple mental and physical exercises, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness with special attention to stress reduction and good health. They will be introduced to alternative ways of dealing with everyday life situations—especially those involving tension and expectation—and will explore ways of getting in touch with their own hidden powers. There will also be discussion of these experiences as they relate to education, sports, and social transformation. $170

Vision Improvement—Our Willingness to See

Laura DeNuccio (Ma Prita)

This weekend will focus primarily on the awareness continuum. Exploring various methods and systems, we can discover how we distort our perceptions in the here and now and how we are able to clear and re-educate our eyes and our selves to see. Utilizing deep emotional release, bioenergetics, gestalt, the bates system, nutrition, and various other body/mind approaches, we will have the opportunity to explore, discover, contact, experience and expand—enabling us to look newly at our selves and our world in which we live. $170

Week of October 19-24

Experiencing Esalen for Health Care Professionals

Coordinated by
Polly Kirby, RN

This workshop is designed for health care professionals who have not previously been to Esalen/Big Sur. The emphasis is on experiencing a variety of approaches to self awareness and self care. Some of the following experiences will be available: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, bioenergetics, rolfing, feldenkrais, yoga, polarity, massage, and shiatsu.

For additional information see page 13. $350

Meditation and Prayer Workshop

Daniel O'Hanlon

This workshop provides introductory instruction and guidance in a variety of practices, drawn from the Christian traditions of East and West, from Hindu and Buddhist disciplines, and from the recent explorations of the human potential movement.

The workshop will encourage and assist each participant to discover his or her own path. The work will move in two states:

1) Guided experience in a variety of ways of deepening contemplation: breathing awareness, breath as gesture of prayer, body awareness meditations, mantras, the Jesus prayer, chanting, hatha yoga, visualization and fantasy, etc.

2) Under personal direction, more intense work with that practice or those practices most suited to each individual.

Suggested reading: *New Seeds of Contemplation* (Merton), and *Zen Mind, Beginner's Mind* (Suzuki). $350

Sensory Awareness

Seymour Carter

"What was the nature of your face before you were born?" —Zen Koan

We have to learn to feel, taste, look, and speak without the restrictive authority of an idealized self-image, an overlay of do's and don'ts dulling our senses and confusing our minds.

We will focus on bringing into the foreground of consciousness an awareness of our basic functioning, unclouded by habits, ambitions, or fears. Being in direct contact with our own naturalness opens us to a fuller connection with our innate talents and capacities, freeing us for new delight and depth in living and being. $350

Weekend of October 24-26

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 15. $170

The Gazebo$_{SM}$: An Alternative Education

Janet Lederman
& Gazebo Staff

For workshop description see September 26-28. $170

The Moving Center
Gabrielle Roth

An American shamanic ritual using music, poetry, sacred dance, and ritual theatre experiences to mirror the mind, catalyze the heart, and open the body as a channel for creative energies. Through collective rituals which ground us in our sameness we explore our individual dreams and visions and learn to share our differences. $170

Week of October 26-31

Unity *Gabrielle Roth*

For workshop description see August 31- September 5. $350

Dream Discovery
Joyce Frazee

"A dream that is not understood is like a letter that is not opened." —Talmud

Each night we receive brilliant, insightful, creative communiqués disguised in poetic imagery. In this workshop we will explore how to use our dreams for personal growth, insight, creativity, and problem solving. Participants will discover that any dream, however fragmentary or prosaic, can offer entry to a new world of insight. Methods for dream discovery will include exercises in dream recall, Senoi dream practices, mandala drawing, gestalt dream work, and psychosynthesis. $350

October 26- November 21

Transpersonal Psychology: New Approaches to Therapy and Self-Exploration
Stanislav Grof & Christina Grof

For workshop description see Special Programs, page 37 & 38. $1400

Weekend of October 31- November 2

Experiencing Esalen: The Body
Coordinated by Benj Langdon

For workshop description see page 15. $170

Sexual Health and Psychic Circumstance
Jack Downing

A gestalt workshop using the individual life inventory form to delineate the relationships between past events and present sexual health. $170

Taoism and Buddhism
John Blofeld

In his second North American tour, John Blofeld will again come to Esalen to lecture and discuss his more than forty years of studying and living in Asia and writing about Far Eastern religions. $170

Week of November 2-7

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 15. $350

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 15. $350

Surrender to Self
Merri Goldenson (Devarani) & John Majuri

Inside each of us there lives a free, loving, creative, and spontaneous child. Our life histories and repressed feelings of anger, fear, sorrow, and pain are locked in our body armor. Our focus in this workshop will be to discover new ways we can soften, let go, and surrender to ourselves.

In a supportive and safe environment we will utilize individual reichian intensives, group interaction, bio-energetics, imagery, hypnosis, dance, and massage. We can, once again, feel the flow of our sexual energy and the harmony of our being. $350

Weekend of November 7-9

Facilitating High Level Performance
Jerry Fletcher & John Williamson

The common critique of the human potential movement as narcissistic assumes an incompatibility between high levels of personal performance and fulfillment on the one hand, and the requirements of social and corporate stability or the larger social good. Yet people reflecting on their times of maximum performance usually regard them as times of significantly constructive social good. Bringing such evidence to bear to resolve the apparent paradox between high levels of personal fulfillment and the larger social good remains one of the major tasks of those in the consciousness movement who seek to have broad social and political impact. This seminar will present an intellectual basis for resolving this apparent paradox, and provide a variety of experiences for individuals to explore their own processes for achieving high levels of performance, to identify and deal with both personal barriers and external barriers to achieving high levels of performance, and to practice various methods of facilitating high levels of performance in others, either individually or in groups. $170

Principles of Self-Healing and Self Evolution
Rick Ingrasci

This workshop will be an experiential introduction to the basic principles of self-healing and self-evolution, with special emphasis on the role of the healing crisis and spiritual emergencies in the evolutionary process. Itzhak Bentov's psychophysiological model of kundalini will provide a framework for understanding transpersonal crises, and a variety of techniques for enhancing the self-healing process will be explored. Health professionals interested in working with spiritual emergencies and self-care will find this workshop of particular value. $170

Astrology: A Map of the Psyche
Robert Hand

Carl Jung once stated that astrology contained within its teachings the sum total of the psychological knowledge of the ancients. The point of this workshop will be to show the validity of this statement expressed in modern terms.

Many people have tried to make astrology fit into various systems of modern psychology. Here we will explore the extent to which astrology is, in itself, a complete system of psychology, which makes its own statements about human nature, and which suggests rather surprising consequences for ideas of human life and behavior.

Little or no previous knowledge of astrology will be required in this workshop. We will be concerned largely with the symbolism and its psychological import, not especially with the techniques of horoscope analysis. Any material of a technical nature that is needed in the workshop will be introduced as we go along. $170

The Heart of the Matter
Donald Sandner & Stephen Schoen

The "matter" of our title is the content of our lives: our bodies, our dreams, our waking problems, our pleasures, griefs, and aspirations. The "heart of the matter" is our psychological center, often called personal or spiritual truth. We shall make use of meditation, jungian dream work, and gestalt individual and group work. Our concern in the workshop is to feel, and thus, know, the heart of our lives as we are living them. $170

Week of November 9-14

Advanced Massage Intensive
Esalen Massage Staff

For workshop description see August 31- September 5. $350

The Healing Community: A Workshop and Seminar for Health Care Professionals
Kathleen Keating, RN

We will experience living together as an intentional community as we explore the theory and dynamics of roles and behaviors which are healing, for ourselves as well as for our clients and patients. We will pay particular attention to the powerful healing energy that is created by the total group. There will be special emphasis on the healing modalities and techniques in the wellness and wholistic health revolution and also on group dynamics, communication, and methods for uncovering creative solutions. Individuals will have an opportunity to explore individual power and leadership within the group. Any group, whether it is the staff and patients of a medical unit of a general hospital, the staff and patients of a locked psychiatric ward, or the administrative staff of any health care facility, is potentially a healing community. For additional information see page 13. $350

T'ai Chi Chih—A Gift of Life
Catherine Elber

First presented to the public in 1974, t'ai chi chih is based on ancient movements that were a closely guarded secret of the Chinese emperors and their clansmen for over a thousand years.

Easier than t'ai chi chuan, these 19 gentle movements are becoming one of the simplest and most effective methods available for realizing within one's self how truly beautiful the gift of life really is.

By adding the principles of these motions to your life, you can experience a continual unfoldment of your potential while providing an enrichment to your life on every level. The effects of these movements enable you to experience the beauty and honor of personal transformation as your body, mind, and soul reap the benefits of harmony and balance—physical health and grace, mental peace and clarity, spiritual infinity. $350

The Singing Earth
Prem Das & Rutuima Das

For five days we will explore shamanic methods of communicating with the earth, sun, stars, and the deeper levels of our own being. Singing and dancing together we will open the channels of healing energy which surround us, and thus vitalize our physical, emotional, mental, and spiritual self. Through a review of belief systems (Huichol Indian, Hindu-Gyan, and Vedanta, as well as our own transindustrial-technological), we will study the possibilities of remote viewing, out of the body experience, time travel, and opening the inner doorway to experiencing higher levels of consciousness and intelligence. In culmination, we will have a ceremony/celebration focusing upon positive thoughts, prayers, and songs dedicated to the earth and all of her children, of all nationalities and species.

Recommended reading: *Art of the Huichol; Shamanic Voices* (Halifax); *The Ohlone Way* (Margolin). $350

Weekend of November 14-16

Esalen's Energy Path: Toward the Utilization of Renewable Resources
Leon Trice, Jose Mozic & the Esalen Energy Team

This workshop is intended to bring together both the philosopher and the technician of energy related ideas. We will explore in detail how Esalen is making the transition from an energy dependant state to one of independence, where responsibility is the keynote of a consciousness based on the use of those energy sources which are abundant and renewable. A new energy paradigm will be outlined, using the Esalen community as a case in study and as a model in developing an ecological path toward a more holistic approach in the utilization of our natural resources. $170

Symbols of Personal Growth: The Tarot
Angeles Arrien & Sharon Jeffrey

Tarot symbols provide a visual map which contains specific symbolic tools for aiding personal growth and transformation. During the seminar these ancient visual symbols will be examined with an emphasis on how they can be applied in personal, sociological, psychological, educational, and managerial situations. The significance and meaning of the symbols, myths, colors, numbers, and astrological aspects found within the Thoth deck will be explored and related to personal growth processes. Individual consultations will be a part of the weekend experience. $170

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks

An introduction to *sensing*, for more meaningful contact with our own nature and with the world around us.

How we relate to our deep inner needs, to other people, or to different tasks and situations depends on how we *perceive them* and how we trust our own findings. When perception is clear and full, we cannot make mistakes. Our whole organism is geared to respond appropriately. We have come, however, to see through a fog of

preconceptions, a bewildering fabric of the ideas and judgments of others. Our own experience has been belittled; our perceptive faculties have lost their edge. The true I and the true you no longer meet. Both life and death have become often threatening fantasies.

Sensory awareness is a practice for rediscovering and reviving full sensory functioning. Through the gradual quieting of premature and inappropriate intellectual activity, it directs our attention both inwards and outwards to the actuality of the present moment. As perceptivity revives, true relationship becomes possible. Each everyday occasion in living gains its own freshness, its own uniqueness. We can become content again, like healthy children, as quality begins to make quantity unimportant.

The few hours of a weekend workshop may, and often do, permit a glimpse of something so exciting, so enriching, that a person may wish to change his life in order to follow it up. $170

Week of November 16-21

Bodymind Health, Longevity, and Optimal Performance
Ken Dychtwald & Staff

In this five day experiential workshop, we will combine the beauty of Big Sur and the Esalen facilities with some of the most successful methods for enhancing health and optimizing bodymind functioning gathered from the holistic health, human potential, and physical fitness fields. This comprehensive program has been especially designed to allow each participant and opportunity to rest, refresh, and renew mental and physical functioning while simultaneously learning practical stress-management, self-care, and life planning skills.

The daily fourteen hour (optional) program will include: running, stretching and aerobic dancing clinics; meditation, relaxation, and stress-reducing classes; health walks/hikes; sensory awareness and creative visualization instruction; massage classes at the Esalen baths; healthy and nutritious meals prepared in the Esalen kitchen; and evening seminars on such topics as life planning, longevity, time management, optimal fitness, diet and nutrition, stress-management, and holistic health care. $350

Self-Acceptance—The Freedom to Be
David Schiffman

Each of us has unique capacities to feel and express: tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $350

Weekend of November 21-23

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 15. $170

Weekend Massage Intensive
Esalen Massage Staff

For workshop description see September 19-21. $170

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings
Joan Fiore & Jeffrey Kent

This workshop provides an opportunity for you to pay attention to the quality of your interpersonal contact, particularly to your willingness to take risks and to your ability to stay true to your own feelings while meeting and contacting others.

You may discover your own rhythm of contact and withdrawal; you may discover how you sabotage yourself from having more satisfying relationships; you may discover you're getting exactly what you want from your relationships. You may discover anything; you may discover nothing. You may even discover that you're in charge. $170

On Beyond Newton
Nick Herbert & April Burns

Fifty years ago, physicists became aware that the world is not a great machine. Yet old mechanistic mythologies still dominate our thoughts and actions. We will examine recent experiences that have moved physicists to change their minds about nature. Acknowledging our natural connections through play and t'ai chi based movement we can begin to stretch our beliefs about reality to fit the facts. Suggested reading: Bernard d'Espagnat's *Quantum Theory & Reality* (Nov. 1979 *Scientific American*) and Susan Griffin's *Woman & Nature*. $170

Circle of Damage-Circle of Grace: Being With Your Child and Being Your Child
A Weekend for Children and Their Parents
Mira Rothenberg

Whenever any of us are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of the walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes.

In this workshop we will look at the process by which we as parents, children, and the family unit, constrict intimacy and fortify these citadels. We will explore safe ways to begin to dissolve these blocks and re-establish a basis for the exchange of feelings, needs, and perceptions.

We can give up blame and guilt and each take responsibility for stopping the circle of damage and restoring our own childlike grace which is the birthright of us all.

Recommended reading: *Children with Emerald Eyes* (Pocket Books, N.Y.) by Mira Rothenberg.

$170 per participant

Week of November 23-28

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 15. $350

Heal Thy Self: A Workshop for Health Professionals
Hughes Andrus, MD
Mary O'Hara-Devereaux, FNP
& Cynthia Rogers

This workshop focuses on our behavior as health care practitioners and how this behavior affects our own health as well as the health of our patients. It emphasizes:

Self-responsibility for each practitioner's health;

Techniques for enhancing the sensitivity of practitioners in ways which make them more "tuned-in" to each patient-consumer;

Applying sound judgment and knowledge in relation to patients and simultaneously not taking health-care responsibility away from patients.

We will use methods of self-discovery derived from psychosynthesis, gestalt, meditation, and other systems, in addition to lecture and discussion on the several themes surrounding self care. Participants will have an opportunity to make an assessment of their own health status and consider changes for themselves and changes in their clinical practice styles. For additional information see page 13. $350

Self Re-Parenting
Joan Fiore
& Jeffrey Kent

This workshop focuses on finding and opening paths in the present that allow us to return to places in the past where we got stuck. Rather than cutting off these experiences from awareness, we give ourselves a new opportunity to clean up the unfinished business of early life that controls and rips off our aliveness and our power in the here and now. Experiments will progress from re-wombing, re-birthing, and re-infanting to re-adolescing. Modes of exploring are drawn from gestalt practice, neo-reichian energy release, primal work, family process, guided fantasy, and Fiore re-parenting methods. First priority is on intensive individual work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. $350

A Movement Approach to Individual Growth and Group Process
Mangrove

Mangrove is a community and performance collective of seven men from San Francisco. We work in an improvisational life process originating in organic movement flow.

We begin with our most basic dances of lying, sitting, standing, walking, and running. Each person explores the dynamics of his moving/thinking body in relation to balance, momentum, and gravity. We use the tools of nonverbal communication: the dynamics of pressure, immediate responsiveness, and the give and take of weight. To play with each other in the present moment, we let go of expectations, projections, and static images of ourselves.

This everchanging dance constantly asks for our presence and support, physically, emotionally, and spiritually. We dance alone, in pairs, and as a group, and we use voice and music to support and extend the contact improvisation. $350

Weekend of November 28-30

Experiencing Esalen: The Body
Coordinated by Benj Langdon

For workshop description see page 15. $170

A Weekend with Will Schutz $170

The Painting Experience
Michell Cassou
& Stewart Cubley

This workshop is designed to develop an experiential understanding of spontaneous expression using the tool of creative painting. Emphasis will be placed upon making the discrimination between painting from thought and painting directly from feeling. As the creative process unfolds, the painting experience becomes a natural vehicle for discovering intuitive action as it occurs in painting and in life. A sense of confidence in personal expression can be developed, as well as a style unique to each individual. No experience in painting is necessary.

On one evening of the workshop there will be a showing of *Eternal Return*, an audio-visual presentation of Michell's work depicting the inner process of creative evolution. $170 plus $10 materials fee.

Body Work: A Workshop for Body Workers & Their Clients
Peter Levine

Central to all body work forms, regardless of their theoretical underpinning, is the concept of a vital force — a life energy that frequently is blocked from its natural expression in our daily lives. Body workers are trained to observe the restrictions of this vital energy in the body and assist clients in unblocking it. Yet training often fails to provide us with appropriate knowledge and experience to deal with physiological and emotional responses that frequently accompany a body work session, such as trembling, vibrations, tingling, numbness, lightness, immobilization, crying, anger, and laughter.

Since the understanding of these phenomena are outside the framework of many body work systems, these sensations may be confusing to client and practitioner alike, and response to the sensations may be inadequate. Yet if handled appropriately and facilitated when necessary, these emotional and physiological expressions can provide integrating experiences that assist the body in letting go of long-held stress patterns.

Individuals' experiences during body work will be used as case demonstrations to explore particular techniques and approaches that work more effectively in dissolving body armor and releasing accumulated stress and energy. Ways of adapting these methods to individuals' work will be examined. $170

Week of November 30- December 5

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 15. $350

A Psychic Training Program
Anne & Jim Armstrong

For workshop description see September 7-12. $350

Living and Loving . . . Fully
Phyllis Shankman

Using gestalt awareness processes, meditation, movement, and massage, we will explore, individually and as a group, our willingness/resistance to feel and express our power, our tenderness, our anger and sadness, our fears, our joy, and our creativity. We will support each other and move together toward a clearer, more complete sense of ourselves and the ways in which we can live and love more fully and naturally. $350

Rolfing®-Movement Integration: A Fluidity of Being
Elisa Lodge

As we are, so we move and relate . . .
spontaneous-restricted flowing-tense open-inhibited

In this workshop we will experience a process of movement education based on the principles of Ida Rolf. This work correlated the relationship between the body's structure, emotional attitudes, and kinesthetic experience. Everyday movements and specialized activities (jogging, playing musical instruments, etc.) become more effortless and graceful when we are balanced to gravity. The spirit we open to through awareness is ageless. It is the source of our enthusiasm, excitement, and strength.

Group and individual work will be done, using gestalt, dance, and the healing use of touch — all for the benefit of becoming more present. $350

Psychic Work and Spiritism
Luiz Gasparetto & Esalen Staff

This workshop is for those who have been involved with psychic experiences and want to develop more of their potential. We will guide you by using popular Brazilian methods to develop contact with your spiritual guide. The workshop includes training in "spiritual massage," which is a form of body work recently developed at Esalen, following spirit instructions. We will explore means of developing mediumship, including spiritual cleansing and how to deal with different kinds of energy that naturally emerge with this kind of work. $350

Weekend of December 5-7

Songs of Innocence, Songs of Experience
Nancy Kaye Lunney

This weekend is a voyage into song for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, as well as for accomplished singers who want to improve their performance. Piano accompaniment, hand-held microphones, and video feedback will be part of a supportive environment for self-expression. Bring your own favorite song titles or choose from a variety at Esalen. Most important, bring your own styles, your voices, and a willingness to explore your creative potential. Each of us has a song to sing and the courage to share it with others. $170

Couples Workshop: Intimacy and Personal Growth
Betsy Hand & Gerald Smith

This workshop will focus on deepening contact and strengthening mutual support while expanding as individuals. Some of the time will be spent using structured approaches for enhancing communication, being separate, trusting, and fighting fairly. The approaches will be tailored to what each of you brings to the weekend. $170 per person

Sexuality and Spirituality
Sam Keen

All of us in Western culture are heirs to dualistic ways of thinking, feeling, and being in the world. We suffer from a schizophrenic vision which posits a necessary civil war between:

mind and body
spirit and matter
reason and emotion
ego and id
spirituality and sexuality
culture and nature
man and woman.

This playshop, consisting of lectures, guided journeys in memory and imagination, kindergarten drawing, and care/ful touch, will seek to analyze and find ways to heal these conflicts, bring an end to the civil war, and discover how we may make a rich marriage between sexuality and spirituality which will allow us to fully inhabit and transcend the flesh. $170

Aikido
Wendy Palmer & Richard Heckler

Aikido is a Japanese martial art that emphasizes neutralizing an opponent's energy rather than fighting back or causing injury. The art teaches the principles of centering, blending, energy flows, and natural movement. No previous experience is necessary. $170

Week of December 7-12

Getting Clear for the Holiday Season and a New Year: A Reichian-Gestalt Intensive
Joan Fiore & Jeffrey Kent

In this last month of 1980, with the pressures of the holiday season ahead, this workshop provides the time and the space to take stock of the past year — its satisfactions and its disappointments; to share the memories, fantasies, dreams we've entertained; to come to terms with our business of the past; and to release the energy we've locked there so that we can move on, truly new, to the new days ahead. We'll take some time to re-search our families, to explore how our expectations of the future might actually affect our future. We'll take some time to charge, discharge, and re-charge, some time to re-experience, and lots of time to contact ourselves and each other. First priority is on intensive individual work in a supportive group setting. $350

Sound Body/Sound Mind: An Introduction to Ohashi-atsu
Wataru Ohashi

By utilizing the entire body energy of the giver upon the receiver, ohashi-atsu helps to restore a feeling of well-being and good health through touch. This workshop will teach basic ohashi-atsu techniques, including knowledge of tsubos (pressure points) and meridians (energy channels), how to utilize the essential ki energy, and how to apply body weight rather than muscular pressure for a more continuous, gentle, touching motion. $350

Five-day Massage Intensive
Esalen Massage Staff For workshop description see September 28-October 3. $350

Coming Home: An Invitation to Remember Your Self
Laura DeNuccio (Ma Prita) & Daniel Bianchetta Providing a safe environment for you to be holy/wholly who you are, we will begin with deep emotional release work, continuing then to the subtler realms of energy and intuitive awareness, exploring, experiencing, and expanding self. Our complementary approaches:

neo-reichian work — intuitive awareness
movement — meditation
gestalt — play
t'ai chi — aikido
massage

$350

December 12-19

Integrity
David Schiffman & Elisa Lodge For workshop description see September 21-26. $520

Weekend of December 12-14

Experiencing Esalen
Experiencing Esalen Staff For workshop description see page 15. $170

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings
Joan Fiore & Jeffrey Kent For workshop description see November 21-23. $170

Focusing: An Integrative Process of Change
John Welwood Focusing is a simple experiential method for untangling life problems, emotional blockages, or fixed mental habits, and opening up the natural wisdom of the body/mind. It developed out of many years of research into the core process of change in psychotherapy and creativity by Eugene Gendlin, John Welwood, and others at the University of Chicago.

Focusing teaches people how to pay attention to a bodily "felt sense," which contains what they need to know about their lives, allowing new words and images to arise from it. This process integrates mind and body, intellect and intuition, resulting in a "felt shift," a bodily-felt release which allows a person to discover new ways of being and doing, which inspires forward movement in one's life. Focusing also facilitates stress reduction, the ability to listen and communicate more effectively, creativity, and physical healing.

Recommended background reading: *Focusing* by Eugene Gendlin (Everest House, 1978). $170

Week of December 14-19

Feelings of Consciousness
Clair Killen A non-confrontive group experience of movement, emotional release, and cognitive integration. Using radix practices, music, massage, and vision work we will explore our beliefs, muscular armor, and self-esteem. $350

Gestalt Workshop
Marty Fromm This workshop is designed for professionals who are interested in further personal growth and professional training in the practice of gestalt, as well as for others who are simply interested in their own personal growth through gestalt. While the sessions will be mostly experiential, ample time will be provided for didactic sessions of theory and practice.

The focus is on awareness: the discovery of what is, rather than on what was, might be, or should be. We will concentrate on "how and now" rather than on "why and because" of past and future, and will attend to body language and feelings. $350

Psyche as Dream and Body Image
Robert Bosnak, Deanne Lemle & Earl Ettienne Since the beginnings of depth psychology it has been noticed that psyche exists in mythical images. This workshop will deal with two living homegrounds of myth: the dream and the body image.

Jung discovered that the unconscious psyche consists of autonomous forces he called the complexes. These complexes have their own direction, intention and character, and are best imagined as independent people sharing soul with the ego. Our workshop will be a tribute to the autonomy of these multiple people of the unconscious psyche.

We will attempt to let them flourish as they present themselves in our dreams and body images so that we may learn about the perspectives that live with us in our soul. The individuation process may begin at the point where the ego discovers that she or he is not the only inhabitant of psyche and that the other is not only an outer person, but one who lives with us in our own soul as well. The workshop will include both experiential and didactic sessions. $350

Weekend of December 19-21

Experiencing Esalen
Experiencing Esalen Staff For workshop description see page 15. $170

Let Go/Let Be *Betty Fuller* For workshop description see September 19-21. $170

The Birth of the Sun
Paul Rebillot

The winter solstice is a time for restful introspection as the earth's outer darkness allows the inner sun of the soul to regenerate and find expression. Traditional cultures the world over have rested, fasted, and feasted during this time of the year in celebration of the turning point, the cyclic return.

We will join together to create our own ritual and pageant. Using a variety of practices, such as gestalt, guided fantasy, movement, massage, and more, we will integrate our personal rituals into a group presentation. $170

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 15. $170

Week of December 21-26

Celebration *Betty Fuller*

'Tis the season for year-end accounting—body, mind and spirit; for weeding self-negating weed beliefs and planting self expanding and self enhancing seed beliefs; for awareness through feldenkrais, trager, gestalt, and massage; for clearing emotional log jams to give free rein to choice and self-response-ability; for balance and energy in the fine-tuning of bodymind to the power of "the Force" through guided imagery, meditation, music, dance, and laughter. Rejoice! Bring musical instruments. $350

New Beginnings
Deborah Medow

The old year dies; another is born . . . a time to shake old patterns and welcome being in a new way. Meditation and yoga, massage, gestalt practice, music and sound, movement and dance are the modes of transit we will use. Let's breathe out the old, inhale the new, and celebrate new beginnings for the coming year! $350

Christmas Present
Paul Rebillot

We've idealized birth in the Christmas story—the newborn child surrounded by adoring parents, singing angels, comforting animals; worshipped by the wise and the simple, welcomed into the world and loved for nothing that he does, but for simply being who he is. Most of us were not welcomed in the same way, and at Christmastime our disillusionment peaks, our despondency and regrets based on unfulfilled ideals, promises, and fairy tales. Using gestalt, guided fantasy, theatre games, and rituals, we will seek to release ourselves from the excess baggage of past regrets and future expectations in order to return to the divine simplicity of our own present being. Out of that simplicity, we will create our own Christmas Present, a celebration in which each of us singly and all of us together can give ourselves our self for Christmas. $350

Self and Beyond *John Zeigler*

". . . *the key is to open a way whence the imprisoned splendor can escape.*" —Browning

Come celebrate your limitlessness and restore the *original* you: loveable, capable, and unscarred by destructive parental/societal belief systems. Invoke a serene and perfect inner self that can give expression to a natural clarity, aliveness, and creativity. We will use a synthesis of intensive body and gestalt work for deep emotional release, self-hypnosis for reprogramming a negative consciousness, and other ancient and modern body/mind/spirit methods. Through supportive group interaction you can experience problems for what they really are: opportunities that can create a spontaneous and unconditional love of self, others, and an abundant universe. Through massage, movement, t'ai chi, music, singing, improvisation, and laughter you will awaken to the miracle of what you already are. $350

Weekend of December 26-28

Weekend Massage Intensive
Esalen Massage Staff

For workshop description see September 19-21 $170

Energy Systems and Gestalt Process
Alan Schwartz

Read the December 28-January 2 description. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we both make contact and inhibit contact. One focus will be on integration via energy release techniques. Another will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our consistent awareness process and the autonomous expression of who we are. $170

The Elements: States of Consciousness and Healing Energies
Ralph Metzner

The "elements" (four in the European tradition, five in Indian and China) represent fundamental principles of life and nature. Their meanings extend into psychosomatic illness/wellness, personality types (Jung's functions, the humors, astrology), the alchemy of relationships, ecological awareness, and planetary unity. In this workshop we study their symbolic expressions in various traditions and experience how they can further the integration of body, psyche, spirit, and nature. Methods used will include meditation, guided symbolic imagery, audio-visual media, breath and movement, body and field energy awareness, polarity balancing, and sensory attunement. $170

Pleasure, Sensuality & Your Body
Barbara Clemans

The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feeling of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact and nurturing, sensitive giving, and relaxed receiving. We will explore new patterns of moving and being together, feldenkrais awareness, and vital explorations in movement to music. The baths, the rhythm of the ocean, and massage will heighten our awareness of the pleasure inherent in simplicity. $170

Week of December 28-January 2

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 15. $350

Gestalt, Bioenergy & Human Contact; Old & New Learning Integrated

Alan Schwartz

There is an energetic dimension to human behavior which is often locked behind habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *movement*. *Allowing energy* means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self and our interdependence with *physical* and *social environments*. The workshop can be thought of as a *learning* week. Appropriate didactic material will be covered. $350

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

This workshop provides a safe environment to experience consciously the process of our own unfolding—physically, emotionally, energetically, sexually, spiritually.

As we become aware of the ways we hold back our self-expression (flow of life energy) we then have the *choice* to let go. By *contacting* tension (stuck, accumulated energy) and allowing emotions which have been locked and frozen in our bodies, often since early infancy, we then have the opportunity to open ourselves to the creative flow of life energy within each of us. As we contact and allow our hurts and pain, we can then increase our capacity for pleasure and joy. As we allow our expression of anger, which is a powerfully expansive, outward directed energy, we can open and deepen our capacity for love and compassion. As we contact and allow our expression of fear, we can then move toward expanding our capacity for trusting—ourselves and others. Learning to trust our bodies, our responsiveness and movement, is a liberating experience.

Utilizing reichian emotional release, gestalt practice, bioenergetics, feldenkrais, massage, reflexology, dance, meditation, and various other bodymind approaches, we can move toward expanding our capacity for trust and fulfillment. $350

December 28- January 4

Gestalt Synergy: An Integrative Approach to Self Actualization

Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, alexander technique, and feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $520

Weekend of January 2-4

Experiencing Esalen: The Body

Coordinated by Benj Langdon

For workshop description see page 15. $170

Integrating Total Life Experience into Medical History: The Global Life Assessment

Jack Downing, MD

Valid holistic medical practice requires comprehensive examination of both the historical and current aspects of the patient's life experience. This program has a threefold emphasis: informational; removal of significant empathic blocks in awareness; and teaching simple tools for enhancing observation and interpretation of body language. The participants will examine their own life experience in detail, including the presentation of a written, structured historical form to the group. Thereby they can enhance objective self-awareness and learn to use effectively these tools in patient care. Observation and interpretation of body language and selective therapeutic intervention during history taking and clinical examination will be taught. Bodily fears and responses to touching as a method of stress reduction will be elucidated. For additional information see page 13. $170

Applied Vulnerability: New Competence for Learning Our Way into the Future

Donald Michael

This workshop will explore the personal, organizational, and societal consequences of *acknowledging our well disguised ignorance* about the processes and directions of societal change in today's and tomorrow's turbulent world. Acknowledging ignorance can encourage and sustain responsibility and compassion and it is the prerequisite for true learning. Acknowledging ignorance also makes persons and organizations vulnerable, which can encourage the creation and appreciation of new options. However, to apply vulnerability creatively and effectively to critical societal tasks, new competences are needed. These include error embracing, being future-responsive, acknowledging uncertainty, interpersonal competence, and boundary spanning. We will examine the characteristics of these new competences and apply them to our own situations. The workshop is relevant for and will benefit from the participation of both new age activists and those in conventional organizations seeking more meaningful and effective engagement with an unfamiliar and uncertain world. $170

Week of January 4-9

Five-Day Massage Intensive

Esalen Massage Staff

For workshop description see September 28-October 3. $350

Exploring Your Creative Process

Nancy Kaye Lunney

For workshop description see September 12-14. $350

A Life Stress Review: Personal Circumstance and Optimal Health

Jack Downing

Using the individual life inventory form, we define our personal life patterns. The workshop will include relationships between life experience and levels of being, and continue with the three functions of sex, money, and power. $350

Joyce Rogers

Lower Back Syndrome
Ruthy Alon

In our over-tense and under-moving culture, lower back discomfort is a common issue. This workshop offers self-healing processes for kinesthetic functioning from the feldenkrais method, awareness through movement.

As we experiment with the patterns of primal evolution by which nature has prepared us for mature movement, we arrive at healing insights. We relearn the grammar of flow and grace as we reconstruct our development through early infancy.

We train our organism into pain-free, lively coordination as we experience a range of mindful alternative movements selected from our natural vocabulary. We challenge our body intelligence to make new choices in the way we use ourselves. In this autonomous learning process the search for ease is our guide to well-being. The re-education of the lower back function is explored in the context of its interactions with the whole body. The style of movement is gentle and moderated to personal pace, which encourages listening to inner quality rather than performing mechanically. Emphasis is placed on our relationship to gravity and its effect on alignment, as well as on our ability, on the organic level, to accept being held and to allow love in. $350

Weekend of January 9-11

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 15. $170

A Celebration of Life
Emmett Miller

Greeting the return of the light, a time of quiet relaxation, music, movement, dance, and song. Touching the silent source within, and emerging gently into movement, guided by soft melodies that sing of the beauty that surrounds us. With sound and voice joining in the song of life, the pulse of rhythm lifting our weightless bodies and spirits into spontaneous movement. Experiencing the fullness of being in silence and in sound, in stillness and in movement. A time of joy, celebration, and play. $170

Core Dynamics—Body Energetics
Hector Prestera

Using body release methods, body reading, color reading, and psychic intuition, each participant will have an opportunity to contact areas of body armoring which prevent the core self from spontaneous release. Freeing the "core self" is the object of this weekend.

Suggested reading: *The Body Reveals* (Kurtz & Prestera). $170

Woman and Nature: A New Vision
Susan Griffin

Western culture has pictured both woman and nature as wild, unreasonable beings, or forces, which must be tamed and controlled by more reasonable God-like minds. Not only are women and the earth exploited and dominated by this ideology, but the emotional life of men is also sacrificed to this way of thinking. We are distorted and made less than ourselves. We are in danger of losing our capacity to know and love other beings. Behind the doctrine of control lies a psyche afraid of the power of nature to change our lives, afraid of both life and death. (Because a woman's body symbolizes life and death, in this view, women are hated and feared.) We can find another way of seeing and being in feminism and ecology, a vision of nature and of woman as the intelligent other, the subject and not the object, the one-in-whom-we-see-ourselves, in whom both spirit and matter combine to speak to us of a deeper "reason." In this workshop we will discuss these two ideas of the nature of the world both historically and in the context of our own lives, the decisions we have made or are making, our fears, our dreams, the processes of our work, ways of knowing and loving others. Together we will conceive not only utopian ideas, but also small events in our own lives which lead to transformation. $170

Week of January 11-16

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 15. $350

Touchstones of Reality
Maurice Friedman & Elijah David Herschler

Touchstones of reality are glimpses of a way at once uniquely personal and human that we experience in our meetings with persons, situations, characters of literature, religious scriptures, nature, art, or music. They are events that yield meaning and insight and help us in forming our life-stances and basic attitudes, and our understanding. They may arise out of mystical experiences, dreams, conflicts, making or creating a poem or a work of art.

When two people really touch each other as persons, whether physically, emotionally, mentally, or spiritually, it is a mutual revelation of life-stances. Maurice Friedman, philosopher and writer, and Elijah Herschler, sculptor, architect, photographer, writer, and poet, will share some of their own touchstones of reality with the group and then invite the members to five days of active sharing and dialogue of one another's ways of touching life. There is no one form for such sharing. Each person should bring an event, a poem, a dream, a song, a photograph, or a Zen, Sufi, or a Hasidic tale, to share. $350

Living Tao: A New Way of Self Cultivation
Al Chung-liang Huang & Jay Goldfarb

To be in touch with the true teacher—your own bodymind; the true learning—nature itself; and to combine nature and self in one flowing dance of life—the living tao t'ai chi dancing.

Recommended reading: *Embrace Tiger, Return to Mountain* (Huang), *Tao: The Watercourse Way* (Watts), *Mind and Nature* (Bateson), *The Dancing Wuli Masters* (Zukav), *Taoism: The Quest for Immortality* (Blofeld), and *Forgotten Truth* (Huston Smith). $350

Self Acceptance—The Freedom to Be
David Schiffman

For workshop description see November 16-21. $350

Weekend of January 16-18

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 15. $170

Creative Pattern and Experience
Coeleen Kiebert

An in-depth exploration of the creative process. Participants will identify their own unique form of creative expression. Individual pattern and experience will evolve through color, paint, clay, and music. Art will become a vehicle of communication, both inward and outward. This workshop is for persons looking for new creations and creatives looking for new inspirations. $170

Is Your Neck the Bottleneck of Your Energy?
Ruthy Alon

We introduce processes of mindful movements from the feldenkrais method that nurture the body intelligence and make available choices and qualities of coordination that are obscured from us in our culture of pressures and demands.

We re-educate the function of the neck by exploring the relationships of movement patterns throughout the whole body. In its process of ever-needing to adjust, the neck may lose its freedom, compensating for and absorbing tensions and expressions from toe to head. The healing of the neck takes place when a family therapy of the total organism clarifies its interactions in order to bring relief to the sensitive member.

You will experiment with many practical ideas to take home that will support you on a self-care path of gratifying ways of using your body so that your neck may work for you and not against you. $170

A Gathering of Midwives
Terry Calhoune, Raven Lang, Jane Miletich, Peggy Morrison & Honey Rose

This workshop is a coming together of midwives and others interested in birth. Our time together will be spent in discussion of our birth work, exchanging ideas and information, sharing songs, dances, and rituals, and massaging at the hot baths. $170

Week of January 18-23

Advanced Massage Intensive
Esalen Massage Staff

For workshop description see August 31-September 5. $350

The Feeling Process
Janet Zuckerman Boeve

For workshop description see September 28-October 3. $350

Steve Beck

Inside/Living Tao: Fluting and t'ai chi dancing with whales, butterflies,

Paul Horn
& Al Chung-liang Huang

Paul and Al will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, and China experiences!

Recommended reading and listening: *Embrace Tiger, Return to Mountain* (Real People Press), Huang; *Tao: The Watercourse Way* (Pantheon), Watts; Paul Horn's albums: *Inside, Nexus,* and *Dream Machine.* $370

Cosmodrama: Experiencing the Relationship Between Consciousness and Reality

Pierre Weil

The experience of reality is a function of the state of consciousness we are in. Cosmodrama was created and based on the concept that man is, above all, a cosmic being. A new holistic model is developed as a circular network in which states of consciousness (sleep, dream, relaxed, awake, cosmic) are related with the two aspects of reality: inside reality (physical, emotional, mental, psi, and self) and outside reality (personal, interpersonal, social, earth, and the universe).

You will be shown how to manage your own drama and get more inner peace and freedom. This network for a new age integrates formal and intellectual education with psychodrama, gestalt, psychoanalysis, psychosynthesis, bodywork, meditation, yoga, tantric approach, etc. $350

Steve Beck

Weekend of January 23-25

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings

Joan Fiore & Jeffrey Kent

For workshop description see November 21-23. $170

A Weekend with Peter Caddy, Co-Founder of Findhorn

This workshop will provide an introduction to the founding, growth, and development of Findhorn, the principles of creating a New Age community, the cooperation with nature, the laws of manifestation, relationships and the balance between male and female, and the roles of individuals, groups, and communities in world transformation. $170

From Burnout to Personal Growth: Increasing Effectiveness and Enjoyment in Work and Life

Elliot Aronson & Ayala Pines

This workshop is designed for people who work with people and who have experienced or are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive techniques of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and joyousness of their relationships with clients, colleagues, family, and friends. For additional information see page 13. $170

Feeling and Movement

Heidi Schaffer David Silverstein & Sandra Thompson

Through the combination of radix and neo-reichian methods with dance and movement, we will emphasize loosening and opening the body to the natural flow of its own energy. Participants can become aware of attitudes and muscular tensions that inhibit spontaneity and confine individual movement to a set or particular pattern. Radix intensives and deep feeling exercises will provide opportunities to release some of these tensions. Dance and movement experiences will offer a means of expressing the flow of energy that is freed by this release. $170

Week of January 25-30

A Week with Peter Caddy, Co-Founder of Findhorn

For workshop description see January 23-25. $350

Self Re-Parenting

Joan Flore & Jeffrey Kent — For workshop description see November 23-28. $350

The Possible Human in the Possible Society

Jean Houston — The course will be for those deeply committed to social, personal, and spiritual transformation and willing to take the risks needed when they journey with such intention to the very edges of their lives. Together we will undertake a depth exploration of our cultural and spiritual heritage and then look to the evolutionary possibilities inherent for present culture and consciousness. We will seek the *pattern* that *connects*, thus finding ways to discover meaning, give impetus to our growth, and illumine our transitions. We will try to determine ways in which the possible human can help to create the possible society. $350

January 25- February 2

Inner and Outer Paths to Adventure: Hawaii

Dick Galland, Annie Callaway, David Schiffman & Elisa Lodge — For workshop description see Wilderness Programs, page 38. $525 plus airfare.

Weekend of January 30- February 1

Experiencing Esalen: The Body

Coordinated by Benj Langdon — For workshop description see page 15. $170

On the Way to Health: A Guide for Health Practitioners

Phillip Mac, MD — For workshop description see October 10-12. $170

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert, Saul-Paul Sirag — Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what this current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation. $170

January 30- February 6

Trust Your Process—A Raku Sculpture Workshop

Paul Rebillot & Richard Horan — *"It is not pots we are forming but ourselves."* —M.C. Richards, *The Crossing Point*

For seven days, we will follow the process of the ancient art of raku pottery as a symbol of our own inner process of self-transformation. Each afternoon we will meet with Richard Horan in the barn at Esalen. As we shape, dry, glaze, fire, and use our sculptures, we will, through gestalt and other disciplines, experience these same processes in relation to our lives. How do we form ourselves? How do we cleanse ourselves, rid ourselves of excess moisture—tears and other emotions? How do we decorate ourselves? What risks are we willing to take? How does the fire of our being influence the form we've made of ourselves? And what use—what expression—do we give to that form and fire, once united? The workshop will culminate in a final ritual in which we use the objects we've created, reflecting on the discoveries that we've made.

Trust in process is the secret of every art—whether it is pots we are making, or ourselves. $520

Week of February 1-6

Gestalt Practice

Esalen Gestalt Staff — For workshop description see page 15. $350

New Perspectives in Psychotherapy and Self-Exploration

Stanislav & Christina Grof — We will focus on the observations from modern consciousness research that have revolutionary implications for the theory and practice of psychotherapy. The suggested revisions include an expanded model of the human mind, new techniques and strategies of self-exploration, and powerful unconventional mechanisms of personality change. The participants will have the opportunity to explore the new principles in experiential sessions combining pranayama breathing, evocative music, body work, and mandala drawing. Special attention will be paid to the problems of handling spiritual emergencies as part of an effort to create a network of professionals offering help in transpersonal crises. $350

Transpersonal Practice

Léo Matos — In this workshop the participants will be introduced to psychological approaches developed by C.G. Jung, gestalt therapy, Tibetan Buddhist psychology, the psychology of the Mexican Indians, and various methods developed by ancient as well as "primitive" cultures. These methods have been studied and researched by transpersonal psychology and adapted to a scientific psychological context. Here in this experiential workshop we will explore different aspects of human existence, such as the experience of birth, and the psychological issues of rebirthing. $350

Weekend of February 6-8

The Gazebo$_{SW}$: An Alternative Education
Janet Lederman & Gazebo Staff
For workshop description see September 26-28. $170

The Body and the Energy Body
George Leonard
For workshop description see October 17-19. $170

Couples Workshop: Intimacy and Personal Growth
Betsy Hand & Gerald Smith
For workshop description see December 5-7. $170 per person

Beyond Biofeedback
Elmer and Alyce Green
Biofeedback means getting immediate ongoing information about one's own biological processes or conditions, such as heart behavior, temperature, brain-wave activity, blood pressure, or muscle tension. Information is usually fed back by a meter, by a light or sound, or subjects simply watch the physiological record as it emerges from the monitoring equipment. Biofeedback training means using the information to change and control voluntarily the specific process or response being monitored. Contemporary biofeedback research suggests that any aspect of a person's chemistry or physiology that can be brought to awareness directly or through instruments can become accessible to conscious control. Our biofeedback investigations at the Menninger Foundation lead us to believe that humankind has more talents and more potential for self-regulation than we use or take credit for. This weekend seminar will not involve training exercises with biofeedback equipment but rather will be an inquiry into the realms of human possibility beyond biofeedback. We will discuss the relationship between biofeedback and parapsychology, holistic medicine, and bodily transformation. A particular focus will be the deepening understandings of human consciousness and spiritual awareness toward which biofeedback practice points. $170

Week of February 8-13

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 15. $350

Opening the Feelings
Ron Andes, Renan Sercarz & Julie Wright
We will use radix (neo-reichian) methods to free the body's capacity for feeling expression and aliveness. As deeply held emotions of pain, anger, and fear are experienced and expressed, chronic unconscious patterns of tension can soften and the participant can allow deeper contact both with himself and others. With this can come a new capacity for love, trust, and joy. We mainly work with breathing and movement, asking the participant to allow whatever comes up. We will work with no more than ten participants to one facilitator, and each participant will receive two intensives. $350

Beyond the Physicalist-Vitalist Conflict: Toward a New Philosophy of Nature
Paul Lee
The physicalist-vitalist conflict in science is one of the deepest conflicts in our culture and helps account for the rise, triumph, and self-destructive collapse of industrial society, a "world above the given world of nature" and therefore lacking in vital roots. Vitalism holds that the processes of life are not explicable by the laws of physics and chemistry alone and that life is in some part self-determining. The defeat and rejection of this doctrine, it can be argued, began in 1828, the year of the artificial synthesis of urea. Biochemistry brought about the alliance of chemistry and biology on the foundations of Cartesian and Newtonian mechanics and mathematical physics, preparing the way for the discovery of DNA, genetic engineering, and the ability to manipulate the secret of life. In a series of consecutive steps, it is possible to document the physicalist takeover in the development and formation of the sciences and to see how each step exemplifies the structure of the physicalist scientific revolution and the overthrow of vitalism. This workshop will examine how, since 1970, this nearly exclusive trend has come under a critical check based on the revival of vitalism in the ecology/environmental and holistic health movements and allied movements. The remaining two decades of this century may witness radical paradigm shifts in the sciences as the physicalist hegemony is undermined by the collapse of industrial society as we know it in the fossil-fuel economy. This workshop will explore various movements from molecular biology to homeopathy in order to ascertain the significance of a revived vitalism for a new philosophy of nature. $350

February 8-15

Integrity *David Schiffman*
For workshop description see September 21-26. $520

Weekend of February 13-15

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 15. $170

Weekend Massage Intensive
Esalen Massage Staff
For workshop description see September 19-21. $170

The Politics of Mind Control and Consciousness
John Marks
This workshop will explore the possible uses and abuses of mind control and consciousness techniques. It will trace the U.S. government's, particularly the CIA's, covert involvement with LSD, mushrooms, electroshock, hypnosis, and personality assessment research. From there the workshop will move into a more generalized discussion of the overt impact that this technology is having on today's world.

Recommended reading: *The Search for the Manchurian Candidate* by John Marks (McGraw paperback, $4.95.)
The ABC Television documentary, *Mission: Mind Control*, based on this book, will be shown. $170

Special Programs

August 31-September 12

Richard Price
Christine Price
Joan Fiore
& the Esalen Gestalt Staff

Gestalt Practice

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, and growth rather than adjustment, cure, or accomplishment. The second half of this program will have participants working primarily with each other, relating whatever is being learned (or unlearned) to the development of their own styles. Thus this program might be especially useful to those wishing to utilize a gestalt approach in their professions (e.g., counselors, teachers, ministers, mothers, doctors, and nurses).

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); Exploring the Crack in the Cosmic Egg (J. C. Pearce); *Illusions* (Richard Bach). $870

October 5-31

David Schiffman
Elisa Lodge
& Esalen Staff

An Integrative Approach to Group Process & Individual Growth
(A four-week internship program for personal & professional growth)

Over the years Esalen has functioned as a major clearing house for a wide variety of approaches and means for facilitating personal evolution and expression. One's journey could begin with any realm—mental, physical, emotional, or transpersonal—each path serving to create a wealth of information and energetic access.

What are the common experiential and conceptual threads that underlie each of these paths? How can these threads of experience be best woven together to create a fabric whose qualities are simultaneously exquisite in their delicacy while still remaining strong enough to sustain the wear and tear of worldly existence? And how best might this very personal process of self-discovery and integration be taught and shared with others?

The exploration and resolution of these and other basic questions pertaining to the process of change and growth will serve as the basis of our work together during this month-long institute program.

During the month each participant will have the opportunity to clarify and develop his/her own ability, style, and artfulness as an individual guide and group facilitator, doing in-depth personal work and training in gestalt practice, body work, psychosynthetic techniques, and the meditative arts.

The program will be structured to include: intensive individual work, supervised observations, practicum work in group leading and individual counseling skills, video feedback, illustrated lectures, and didactic theoretical sessions. The emphasis throughout will be on creating a personally integrated perspective linking human potential practices with traditional psychological and counseling modalities. $1400

October 26-November 21

Stanislav Grof
& Christina Grof

Transpersonal Psychology

A four-week interdisciplinary training program organized jointly by the Esalen Institute and the International Association for Transpersonal Psychology (ITA). This workshop is designed for professionals and students of psychiatry, psychology, anthropology, religion, and philosophy interested in theoretical and practical foundations of transpersonal psychology and its application to psychotherapy. Special attention will be paid to new understanding of the psychotic process and to the problems related to transpersonal crisis intervention. This program is part of a systematic effort to create an international network of individuals trained to facilitate the process of personal transformation and to assist in spiritual emergencies. It will focus on the following four areas:

1. Foundations of Transpersonal Psychology and Psychotherapy. The participants will be introduced to history, theory, and practice of transpersonal psychology by individuals who have played a pioneering role in its development. Prominent exponents of jungian psychology and psychosynthesis will acquaint the group with their particular disciplines. Special emphasis will be put on spectrum approach to psychology and the recent convergence of quantum-relativistic physics and consciousness research as a scientific basis for the transpersonal orientation.

2. Psychosis: Disease or Transpersonal Crisis? We will discuss new understanding of the psychotic process emerging from psychedelic therapy, jungian analysis, kundalini research, and modern clinical and laboratory findings. In this context we will explore the shamanic model of transformation, discuss John Perry's Diabasis and the laingian approach, consider the promises and pitfalls of the spiritual path, and experiment with techniques of constructive assistance in transpersonal crises.

3. Techniques of Transpersonal Psychotherapy. We will explore theoretically and experientially the use of guided imagery with music, pranayama breathing, mandala drawing, gestalt practice, cultivation of psychic abilities, active imagination, and the jungian sandplay (Dora Kalff). The role of body work, acupuncture, and transit astrology in TP crisis intervention will be taught by experienced practitioners of these approaches.

4. Self-Exploration and Group Process. The workshops of this series use an experimental educational format

that combines didactic input with personal experience. The Esalen staff and guest leaders will act as facilitators of the participants throughout the program. $1400

The Faculty:

Anne Armstrong	*Andrew Feldman*	*Polly Kirby*	*Swami Shankarananda*
Jim Armstrong	*John Firman*	*Deane Juhan*	*Julian Silverman*
Cecil Burney	*Christina Grof*	*Janet Lederman*	*June Singer*
Fritjof Capra	*Stanislav Grof*	*John Perry*	*Rick Tarnas*
Ed Dreessen	*Arthur Hastings*	*Christine Price*	*Vicki Topp*
Jim Fadiman	*Rick Ingrasci*	*Richard Price*	*Ken Wilber*

Deep Tissue, Gestalt, and Holistic Health Classes

Spring Semester: February 20, 1981 - June 14, 1981
Fall Semester: September 4, 1981 - December 27, 1981

We are scheduling a residential training program for 12 participants to gain new knowledge and skills in various holistic health and healing practices. The goal of the program is to give participants tools they can use in their own health care settings. Identical curricula will be offered during the spring and fall semesters. During each 4-month period, participants will receive in-depth training in the 10 deep-tissue sessions. (See deep-tissue description in the Food for Thought section of the catalog.) In addition to the deep-tissue classes held on twelve 3-day weekends, an ongoing gestalt practicum will be offered during four other weekends, focusing on training in gestalt process. A variety of other healing systems will also be covered as part of the program, including weekly classes in traditional acupuncture, homeopathy, anatomy, t'ai chi, bach flower remedies, and nutrition. A regularly scheduled community health clinic will meet weekly where participants can observe the integration of these holistic practices. The program will commence with a massage training weekend which is preparatory to the deep-tissue classes. Massage sessions will also be scheduled at intervals throughout the semester. Cost of the program, including tuition, room, and board, is $5200. Included in this fee are the cost of four 5-day catalog workshops of the participant's choice.

A reduced fee of $3000 is available. This fee requires a 16-hour weekly work commitment in the Esalen community and does not include any additional catalog workshops. Nurses and physicians taking this program will receive continuing education credit. A $500 deposit is required to reserve a place in the program. Early registration is recommended. A course outline may be obtained by writing to Al Drucker, Esalen Institute, Big Sur, Ca., 93920.

Conscious Childbirth

We are beginning a series of weekend workshops for pregnant couples interested in exploring conscious childbirth. Issues and themes to be covered in the series include conception and pregnancy, nutrition and exercises for pregnant mothers, labor, delivery, and post partem. Emphasis will be on education, responsibility, and awareness of choices. Workshop sessions will include pre-natal yoga, massage, and psychological process work. The use of ritual will be explored as a way to honor birth as a rite of passage. For further information, write or telephone Peggy Morrison Horan, Esalen Institute, Big Sur, Ca., 93920, (408) 667-2464.

Wilderness Progams

September 7-12
David Schiffman
Skip Utterback
& Rick Jensen

The Rites of Passage: A 5-day Pilgrimage On Horseback through the Big Sur Wilderness

Turning the clock back to a more gently paced time, we will share a profoundly simple style of life together.

Beginning our journey from a remote beautiful ranch on the river's edge in Arroyo Seco, we'll travel along winding canyon trails through the unspoiled back country of the Ventana Wilderness.

We'll carry all our essentials with us, making stops in some of the loveliest spots in the Ventana.

The trip will combine elements from human potential practices, group process work, and traditional equestrian and wilderness skills. It will be a time of simplification and cleansing.

The group will be limited to ten participants. $525

October 17-27, 1980
Dick Galland
Sam Keen
& Marilyn Mason

Journeying

This adventure will be an interplay between an inner and outer journey. The notion that each person's life is a quest, pilgrimage, journey, is the heart of the myth of the hero. As we trek through the Paria canyon we will move deep into the actuality and metaphor of wilderness and journey. You will learn about making and reading maps of unknown territory, locating yourself in time and space, dealing with demons and monsters, developing a vision to guide your personal journey, exploring limits, identifying sources of courage, strength, and nourishment.

The Paria canyon in the rimrock country of northern Arizona is a labyrinth carved by water and wind. Canyon walls rise a thousand feet and sometimes narrow to 15 inches. We will spend 8 days winding our way through the 40 miles, often walking in water, carrying our supplies, camping. We will spend hours telling stories, rock climbing and rappelling, and a day in silence and solitude. We will meet in Page, Arizona on October 17. $475

January 25-February 2
Dick Galland
Annie Callaway
David Schiffman
& Elisa Lodge

Inner and Outer Paths to Adventure: Hawaii

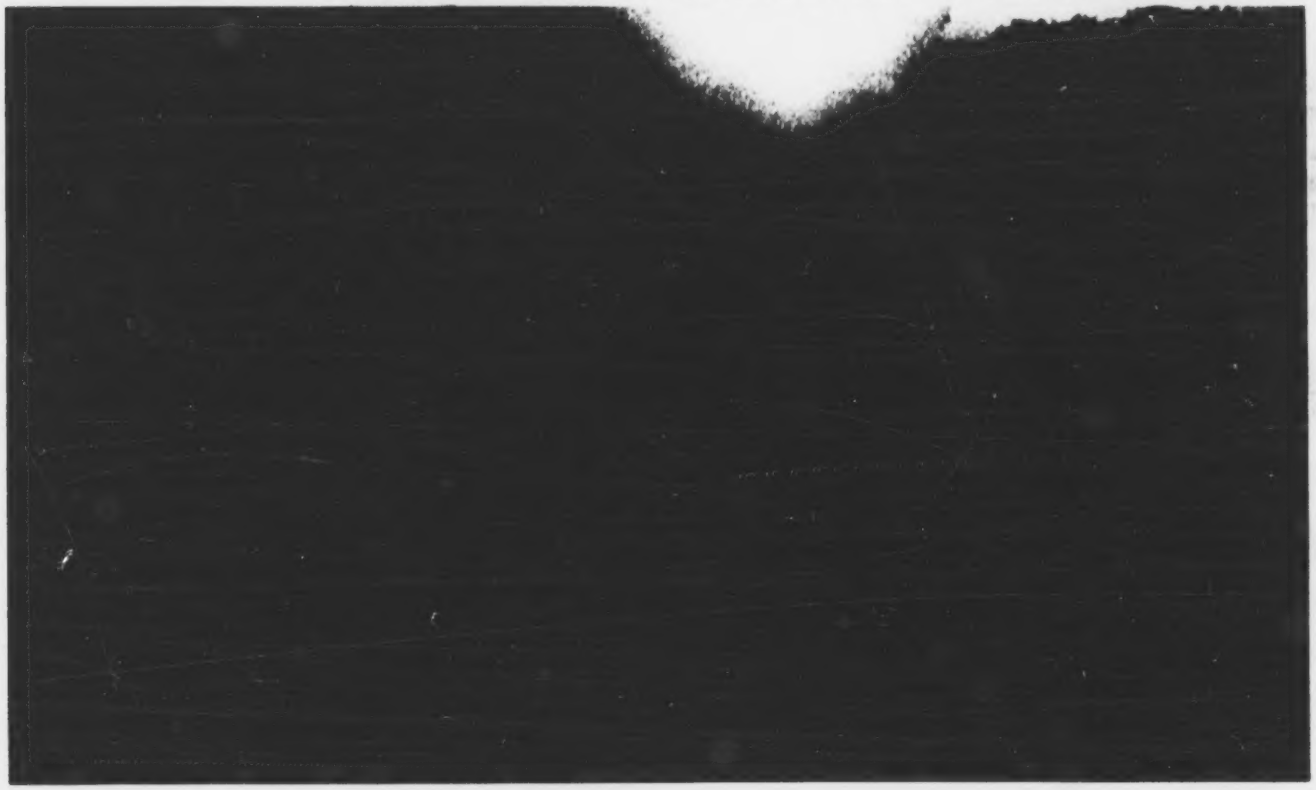
During this seven day adventure, we explore the largest of the chain of the Hawaiian Islands — Hawaii, sometimes called the "Orchid Island." We begin our journey in the Hawaiian Volcanoes National Park at the 4000 foot summit of the active shield volcano, Kilave, in whose caldera Pele, the legendary and mischievous goddess of volcanoes, is said to reside.

Leaving the smouldering volcano, with its lava tubes, we descend through lush, tree fern forests, cross deserts of hard-crusted lava, soft volcanic ash and cinder, and pass through low shrub and grasslands on our way to the beautiful sandy beach of Halape, where we swim in the warm, transparent waters, marveling at the fantastic marine life.

Camping at night in simple trail shelters, we learn all the skills needed to live comfortably in the wilderness. Woven into our week adventure will be group process work, combining a variety of human potential practices. There will be time for relaxing, journal and photography work, natural history and ecology study, Hawaiian history and mythology, and simply enjoying the incredible variety of terrain, plants, and animals. Applications must be received by January 5. $525 (plus airfare).

Westerbeck Programs

This series of programs sponsored by Esalen will be held at the Westerbeke Ranch in Sonoma County, which is about an hour's drive north of San Francisco. These residential workshops will be held in an intimate setting which includes rustic cabins, home cooked meals, a sauna and Japanese tub, a large swimming pool, and beautiful scenery. Weekend workshops begin on Friday evening and end Sunday at noon. Five day workshops begin on Sunday evening and end Friday at noon. A reservation fee of $100 is required for five day programs and $50 for weekend programs. Reservation fees are not refundable, but with five days notice they can be transferred to other Esalen seminars. Full payment for all Westerbeke workshops is due five days in advance of the beginning of the program. Send all reservations and payments to Esalen Institute, Big Sur, CA. 93920.



Steve Beck

September 12-14
Lee Pulos

Hypnosis & Parapsychology
All participants will be taught to experience beginning and advanced techniques of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering techniques such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and de-mystifying hypnosis, the 'fun' part of the workshop will be the exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $170

September 12-14
David Schiffman & Elisa Lodge

The Gentle Art of Becoming — Together: A Workshop for Couples
This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery as well as gestalt awareness methods.
$170 per person

November 14-16
Laura DeNuccio (Ma Prita)

Vision Improvement—Our Willingness to See
This weekend will focus primarily on the awareness continuum. Exploring various methods and systems, we can discover how we distort our perceptions in the here and now and how we are able to clear and re-educate our eyes and our selves to see. Utilizing deep emotional release, bioenergetics, gestalt, the bates system, nutrition, and various other body/mind approaches, we will have the opportunity to explore, discover, contact, experience, and expand—enabling us to look newly at our selves and our world in which we live. $170

November 14-16

A Weekend with Jack Rosenberg
My current focus is on enjoying life to the fullest and bringing the clearest expression of my self to each moment. Many people describe what I do as gestalt body work with a transpersonal bend.

During the workshops we will cover many aspects of my energetic approach to sexuality and work with the body energy field and the belief system which keeps us locked in obsolete behavior patterns. Where you are is where we will start. $170

November 28-30
David Schiffman & Elisa Lodge

The Gentle Art of Becoming—Together: A Workshop for Couples
For workshop description see Westerbeke Ranch Programs, September 12-14. $170 per person

Biographical Information

A

Sherry Ackerson ..... has been a staff member working and supervising the Esalen garden for the last five years.
p. 16

Ruthy Alon ..... has 18 years' experience in the feldenkrais method and is a graduate of the Feldenkrais Institute in Tel Aviv.
p. 31, 32

Walt Anderson ..... is a writer, political scientist, environmentalist, and longtime Esalen group leader. He is currently writing a history of Esalen.
p. 20

Ron Andes, ... certified radix teacher, has a private practice at the Radix Center of Santa Monica.
p. 36

Hughes Andrus ..... is a physician and professor of family medicine at the School of Medicine, U.C. Davis. He is co-director of the family nurse practitioner program.
p. 26

Anne Armstrong ..... has been doing transpersonal counseling for over 16 years and has trained professionals to use their own intuitive abilities.
p. 17, 27

Jim Armstrong, ... a former engineer, is a life-long student of esoteric studies.
p. 17, 27

Elliot Aronson ..... is a professor of psychology at the University of California, Santa Cruz. He has published over 60 articles on interpersonal relations and authored 10 books, including *The Social Animal*.
p. 34

Angeles Arrien ..... is an anthropologist, a Basque folklore specialist, a tarot counselor, and on the faculty of the California Institute of Asian Studies.
p. 24

B

Franco Basaglia, ... Italian psychiatrist, director of the Rome mental health system, and author of *The Institution in Negation*, is a leading figure in the democratic psychiatry movement, which has closed mental hospitals in Italy.
p. 19

Gregory Bateson ..... author of *Steps to an Ecology of Mind* and the recent *Mind and Nature*, originated the "double bind" hypothesis, a formal description of schizophrenia.
p. 6

Daniel Bianchetta ..... practices shiatsu, rebirthing, deep tissue massage, gestalt, and intuitive readings at Esalen. He has studied extensively with Swami Muktananda.
p. 28

John Blofeld ..... is a world-renowned authority on Zen and Tibetan Buddhism and Taoism. His translations include *The Zen Teaching of Huang Po*, the *I Ching*, and *Tantric Mysticism of Tibet*.
p. 23

Janet Zuckerman Boeve ..... has been on the teaching staff at Esalen for the past 7 years. Her work includes gestalt practice, encounter, and emotional release work. She is currently a trager trainee.
p. 15, 19, 32

Robert Bosnak ..... is a jungian analyst in private practice in Cambridge, Mass.
p. 28

Charles Brooks, ... author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963.
p. 24

April Burns ..... works with pregnancy/post-partem in Santa Cruz, California, and is a long-time student of Al Chung-liang Huang.
p. 25

C

Peter Caddy ..... is the co-founder of the Findhorn Foundation, and is presently engaged in visiting and assisting in the link-up of communities, groups, and movements for the process of planetary transformation.
p. 34

Patricia Caldwell ..... has been practicing and teaching shiatsu for several years.
p. 20

Seymour Carter ..... is a teacher of gestalt and sensory awareness, in his 13th year of studies with Charlotte Selver.
p. 22

Michell Cassou ..... is the founder of an original approach to painting for stimulating and unblocking creativity. She leads classes and workshops at The Painting Experience Studio in San Francisco.
p. 26

Barbara Clemans ..... is a massage and movement specialist in private practice in San Francisco.
p. 29

Stewart Cubley, ... artist and scientist, is co-founder and director of The Painting Experience Studio in San Francisco.
p. 26

Dale Cummings, ... MFCC and certified radix teacher, is in private practice at the Radix Center in Santa Monica, and is also a trainer for the Radix Institute in Ojai.
p. 21

D

Prem Das ..... studied ashtang yoga in India with Baba Hari Das, completed a 6-year apprenticeship with don Jose Matsuwa, a Huichol shaman, and teaches practical techniques of shamanism.
p. 24

Rutuima Das (Silve), ... Prem Das' wife and don Jose's brother's (don Carlos') granddaughter, is a mother and teacher of Huichol.
p. 24

Laura DeNuccio (Ma Prita), ... a certified radix practitioner, combines emotional release work with gestalt and bates vision improvement. She does individual sessions at Esalen, in addition to group work. See Esalen Gestalt Staff.
p. 15, 22, 28, 30

Jack Downing ..... is a comprehensive psychiatrist practicing in San Francisco.
p. 23, 30

Al Drucker ..... is a resident teacher living at Esalen for the past 14 years. He is an acupuncturist and homeopath. Trained by Ida Rolf, he is the principal developer of the Esalen deep-tissue sessions.
p. 37

Ken Dychtwald, ... psychologist, is author of *Bodymind*, *Millenium: Glimpses into the 21st Century*, and *The Aging of America* (forthcoming).
p. 25

E

Catherine Elber ..... is one of the first and few people in the world teaching t'ai chi chih.
p. 19, 24

Mony El Kaim, ... Coordinator of the international Network: Alternatives to Psychiatry, works with community-based alternative support services in Brussels, Belgium.
p. 19

Esalen Gestalt Staff ..... includes Leonard Bearne, Janet Zuckerman Boeve, Laura DeNuccio (Ma Prita), Joan Fiore, Jeffrey Kent, Nancy Kaye Lunney, the NINE, Jenny O'Connor, Christine Price, Richard Price, and others.
p. 17, 18, 21, 23, 26, 29, 35

Esalen Massage Staff ..... includes Lila Daniels, Deane Juhan, George King, Lars Larson, Bill Liles, Deborah Medow, Dianne Sue Miller, Peggy Morrison, Laurie Muller, Brita Ostrom, and Vicki Topp.
p. 16, 18, 19, 21, 24, 25, 28, 29, 30,32, 36

Earl Ettienne ..... is an associate professor of physiology at the University of Massachusetts Medical Center, adjunct research scientist at the National Magnet Lab at M.I.T., and a Guggenheim Fellow at Lawrence Berkeley Lab.
p. 28

F

David Field ..... served on the staff of the Round Valley Garden Project under the direction of Alan Chadwick, and has been working at the Tree Crop Nursery in Covilo.
p. 21

Joan Fiore ..... is resident faculty at Esalen where she practices and teaches gestalt, encounter, self-reparenting, and self-repairing on a group and individual basis.
p. 15, 17 25, 26, 27, 28, 34, 35

Jerry Fletcher ..... is Vice-President of Manifest Learning Systems, Inc., of Tiburon, California, a firm that specializes in the design of education and training programs for high levels of performance.
p. 23

Joyce Frazee ..... is a gestaltist whose training includes art, encounter, bio-energetics, body awareness, and psychosynthesis. She is presently on the staff of Cold Mountain Institute.
p. 23

Maurice Friedman, ... professor of religious studies, philosophy, and comparative literature, is the author of *Touchstones of Reality: Existential Trust and the Community of Peace* and *The Hidden Human Image.*
p. 32

Marty Fromm ..... trained with Fritz Perls for three years. Some aspects of their relationship are described in *In and Out the Garbage Pail.*
p. 28

Betty Fuller, ... a humanist counselor and director of the Trager Institute, is a certified instructor of trager psychophysical integration and mentastics©, and of feldenkrais awareness through movement.
p. 18, 21, 28, 29

G

Dick Galland ..... was the founding director of the Texas Outward Bound School and has designed and guided wilderness programs for individuals, schools, and corporations.
p. 22, 35

Luiz Gasparetto ..... is a psychologist and psychic involved in psychic painting and Brazilian spiritism.
p. 27

Cavas Gobhai ..... is an [illegible] engineer, innovation consultant, entrepreneur, and past president of Synectics, Inc., consultants to business in creative group techniques.
p. 22

Merri Goldenson (Devarani) ... is a chiropractor, certified radix teacher, bates vision instructor, and masseuse.
p. 23

Jay Goldfarb ..... is the executive administrator of the Living Tao Foundation, and is a longtime student of Eastern religion and philosophy.
p. 32

Alyce Green ..... is a leading biofeedback researcher at the Menninger Foundation in Topeka, Kansas. She is co-author with Elmer Green of *Beyond Biofeedback.*
p. 36

Elmer Green ..... is a leading biofeedback researcher at the Menninger Foundation in Topeka, Kansas. He is co-author with Alyce Green of *Beyond Biofeedback.*
p. 36

Susan Griffin ..... is a feminist, poet, and author of *Woman and Nature: The Roaring Inside Her, Like the Iris of an Eye,* and *Rape: The Power of Consciousness.*
p. 32

Christina Grof, ... hatha yoga teacher and student of Swami Muktananda, has special interest in the kundalini process and the problem of "spiritual emergency." Co-author of *Beyond Death.*
p. 23, 35

Stanislav Grof, ... psychiatrist with over twenty years' experience in consciousness research with and without psychedelics, is the author of *Realms of the Human Unconscious* and *The Human Encounter with Death.*
p. 23, 35

H

Betsy Hand ..... trained with Virginia Satir and was on the resident staff of the Gestalt Institute of Canada. She is in private practice in Kentfield, California.
p. 27, 36

Robert Hand ..... is an astrological teacher, author, consultant, and researcher in Cape Cod. His latest book is *Horoscope Symbols.*
p. 24

Steven Harper ..... has been an instructor/guide for outdoor and mountaineering schools, and is presently co-creator of the Esalen Hot Springs Farm.
p. 16

Joseph Havens ..... is affiliated with the Movement for a New Society. He is founder of Temenos, a retreat center in Western Massachusetts whose concern is for the relevance of spiritual practice in social action.
p. 17

Richard Heckler ..... is a founding member of the Lomi School and co-developer of lomi body work. He is a nidan in aikido and author of *The Mind/Body Interface* and *Lomi Papers.*
p. 27

Nick Herbert ..... is an independent researcher in the foundations of physics. He is currently interested in Bell's Theorem and its applications to ordinary life.
p. 25, 35

Elijah David Herschler ..... is a mystical artist, inventor of "ribbons in space," a whole new language. Photographs of his sculpture and accompanying poems are collected in his book *Ribbons in Space, 1967-77: A Personal View.*
p. 32

James Hickman, ... research psychologist who specializes in the study of psycho-physical interactions, has published articles concerning parapsychology, sport, contemplative life, and the physics of consciousness.
p. 17

Peggy Morrison Horan ..... is an Esalen resident teacher of massage and movement and an apprentice midwife.
p. 32

Richard Horan ..... is an artist and musician in residence at Esalen, leader of personal creativity workshops, and founder of the Esalen farm.
p. 35

Paul Horn ..... is a flutist, a jazz musician, creator of the *Inside* albums, and a teacher of meditation.
p. 33

Al Chung-liang Huang ..... is the founder-president of *The Living Tao,* an international learning/sharing network with ongoing t'ai chi dance workshops.
p. 32, 33

Wade Hudson ..... is a community organizer and co-coordinator of the Bay Area Committee for Alternatives to Psychiatry (BACAP)—affiliated with the international Network: Alternatives to Psychiatry.
p. 19

Jean Houston ..... is director of The Foundation for Mind Research, editor of *Dromenon,* a journal of new ways of being, co-author of *Mind Games: The Guide to Inner Space,* and author of the forthcoming *Life Force: The Psychohistorical Recovery of Self.*
p. 35

I

Rick Ingrasci ..... is a physician/healer in private practice in Newton, Mass. He is health editor of *New Age* magazine and health director of *Interface*.
p. 23

Galvin Jackson ..... is a counseling consultant, teacher, lecturer, and writer.
p. 17

Sharon Jeffrey ..... tarot-symbology consultant, teacher, lecturer, and writer, has a business consultant firm in San Francisco, S.R. Jeffrey & Associates.
p. 24

Rick Jensen ..... has had extensive experience leading pack trips on horseback in the Ventana wilderness.
p. 18

K

Kathleen Keating ..... is a holistic health educator, a nurse practitioner in mental health, and director of inservice education for a private psychiatric hospital.
p. 24

Sam Keen ..... is an explorer of inner space, a psychonaut and philosopher, editor of *Psychology Today*, author of *Apology for Wonder, To a Dancing God, Beginnings Without End*.
p. 22, 27

Jeffrey Kent ..... is the founder/director of a program that combines physical labor with music, gestalt, and whatever works for adolescent boys and girls in trouble. See Esalen Gestalt Staff.
p. 15, 25, 26, 27, 28, 34, 35

Coeleen Kiebert ..... is a sculptor, art therapist, and long-time explorer of creativity and creative personality.
p. 32

Clair Killen ..... is a certified radix teacher and was a resident faculty member at Esalen.
p. 28

Polly Kirby ..... is a nurse presently living at Esalen where she is studying and practicing alternative healing modes.
p. 22

L

Benj Langdon ..... uses photography as a meditational tool for *seeing* the beauty in the *ordinary*. He currently catches shadows of the dance of life that is Esalen, Big Sur.
p. 18, 21, 23, 26, 30, 35

Janet Lederman ..... is an artist and teacher and is the creator of the Gazebo. She is currently an Esalen trustee.
p. 19, 22, 36

Paul Lee ..... holds a Ph.D. in philosophy from Harvard, where he was an assistant to Paul Tillich. He is founder of the Platonic Academy of the Herb Renaissance, an affiliate of the William James Association.
p. 19, 36

Deanne Lemle ..... served on the staff of the jungian training clinic in Zurich as a movement therapist.
p. 28

George Leonard, ... author of *Education and Ecstasy, The Transformation, The Ultimate Athlete*, and *The Silent Pulse*, holds a black belt in aikido, from which he derives his present work.
p. 22, 36

Peter Levine ..... has practiced reichian body work for 10 years and has taught therapists for 4 years. He is currently working on 3 books in the areas of stress resolution and reichian vegito therapy.
p. 26

Abe Levitsky, ... a leader at the San Francisco Gestalt Institute for 10 years, has conducted seminars in psychopolitical action. With Fritz Perls he co-authored *The Rules and Games of Gestalt Therapy*.
p. 20

Elisa Lodge ..... trained in structural integration with Ida Rolf and is an advanced teacher of rolf®—movement integration.
p. 18, 21, 27, 28, 35

Nancy Kaye Lunney, ... a gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts and does individual as well as group work at Esalen. See Esalen Gestalt Staff.
p. 15, 18, 27, 30

M

Phillip Mac ..... is a board certified family physician who has trained family physicians and physicians' assistants. His special interest is the health and ill health of health care providers.
p. 21, 35

Joanna Macy ..... holds a Ph.D. in comparative religion and is interested in ways people can break through to deeper spiritual awareness while becoming more effective agents of social change. She is spending a year in Sri Lanka working with monks and lay people in a Buddhist movement for non-violent social action.
p. 17

John Majuri ..... has been an eclectic counselor for 12 years in Los Angeles.
p. 23

Mangrove ..... is a teaching/performing community of seven men based in San Francisco. Through contact improvisation the collective develops and shares relationships of personal support in creative work.
p. 26

Sylvia Marcos, ... Mexican coordinator of the international Network: Alternatives to Psychiatry, lives in Cuernavaca, has worked with Ivan Illich, and is a clinical psychologist working in the barrios of Mexico.
p. 19

John Marks ..... is the author of *The Search for the Manchurian Candidate* and co-author of *The CIA and the Cult of Intelligence*. He has been a fellow of Harvard's Institute of Politics and an Associate of Harvard's Department of Psychology and Social Reforms.
p. 36

Marilyn Mason, ... a psychologist and group leader, is the founder and director of the Wilderness Institute of Learning in Minneapolis.
p. 22

Léo Matos ..... is a Brazilian psychologist, director of Gonpo Transpersonal Institute in Helsinki and has studied and lived with Tibetan masters for seven years.
p. 35

Deborah Medow, ... Esalen masseuse and group leader for over 11 years, teaches ashtanga yoga, massage, creative movement, and related healing disciplines directed toward rechanneling and balancing energy.
p. 19, 29

Ralph Metzner ..... is a psychologist in practice in San Francisco, and on the faculty of the California Institute of Asian Studies. He has done research with psychedelics, taught actualism for several years, and wrote *Maps of Consciousness* and *Know Your Type*.
p. 29

Donald Michael ..... is professor of planning on public policy, professor of psychology, and a program director in the Center for Research on Utilization of Scientific Knowledge, Institute for Social Research, at the University of Michigan. He is the author of *On Learning to Plan and Planning to Learn*.
p. 30

Jane Miletich ..... is a masseuse, yoga practitioner, nutritionist, and student of midwifery.
p. 32

Emmett Miller, ... physician, musician, poet, and dancer, works with hypnosis, meditation, imagery, music, and movement. His books describe selective awareness, the approach he originated.
p. 17, 21, 31

Siri Mishler, ... certified radix teacher, is in private practice at the Radix Center in Santa Monica, and is also a trainer for the Radix Institute in Ojai.
p. 21

Jason Mixter ..... has been asociated with Esalen since 1971, and is a practicing rolfer® in Carmel Valley.
p. 19

Jose Mozic, ... physicist in residence and staff mechanical engineer at Esalen, is presently directing the Esalen energy study and geothermal/hydroelectric development.
p. 24

Michael Murphy ..... is a founder of Esalen Institute. He is the author of *Golf in the Kingdom, Jacob Atabet,* and *The Psychic Side of Sports.*
p. 17

The NINE ..... describe themselves as "giant reflectors of your selves, gestalt practitioners, marriage counselors—pure energy of emergency quality available to all." They are the center of the Esalen Paranormal Intelligence project.
p. 15

Jenny O'Connor ..... is a psychic from England, and is a channel for "The NINE." See Esalen Gestalt Staff.
p. 15

Daniel O'Hanlon ..... is a jesuit priest and theologian who has extensive experience with practices of meditation and prayer in ashrams, monasteries, and meditation centers.
p. 22

Mary O'Hara-Devereaux ..... is a family nurse practitioner, a health care consultant, and co-director of the family nurse practitioner program at the U.C. Davis School of Medicine.
p. 26

Wataru Ohashi ..... is one of the first teachers to extensively promote the understanding of shiatsu in the United States. He is the founder and director of the shiatsu Education Center in New York City.
p. 27

Wendy Palmer, ... a first degree black belt in aikido, conducts classes in aikido, energy awareness, and self-defense, with special interest in people who feel they have delicate systems.
p. 27

Ayala Pines ..... is a lecturer and research associate at the psychology department, U.C. Berkeley. Her special research interest is job burnout, life tedium, and the social, psychological double-bind of professional women. She has published a book entitled *Experiencing Social Psychology.*
p. 34

Hector Prestera, ... an acupuncturist and physician, integrates Eastern and Western energy techniques in his medical practice in Monterey, California.
p. 31

Christine Price ..... combines gestalt practice with various body approaches.
p. 15, 17

Richard Price, ... a student of Fritz Perls, is a founder of Esalen Institute.
p. 15, 17

Lee Pulos ..... is a clinical psychologist whose career has ranged from a traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on prarnormal healing.
p. 18

Paul Rebillot ..... was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.
p. 29, 35

Cynthia Rogers ..... is a member of the behavioral sciences faculty of U.C. Davis Medical School nurse practitioner program. She is also a teacher of movement and a practitioner of deep tissue massage.
p. 26

Honey Rose ..... is a wife, mother of five children, and midwife whose main interest is natural healing.
p. 32

Jack Rosenberg, ... author of *Total Orgasm,* has trained in gestalt and reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.
p. 19

Gabrielle Roth ..... is the creator of the moving center method of catalyzing natural movements. She lives on the east coast where she directs and performs with her own theatre/dance company.
p. 17, 23

Mira Rothenberg ..... is the co-founder of the Blueberry Treatment Centers in New York City. She has pioneered an intuitive approach of intimate contact in treating severe childhood mental illness.
p. 25

Ilana Rubenfeld ..... is the originator of her own integration called "gestalt synergy." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.
p. 30

Donald Sandner ..... is a training analyst of the Socity of Jungian Analysts of Northern California and is the author of *Navajo Symbols of Healing,* (1979).
p. 24

Heidi Schaffer ..... is a dance/movement practitioner in Santa Monica.
p. 34

David Schiffman ..... is currently a leader in residence at Esalen where he is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being.
p. 17, 21, 25, 28, 32, 35, 36

Stephen Schoen ..... is a teaching member of the Gestalt Institute of San Francisco and is one the summer psychology faculty at Naropa Institute.
p. 24

Will Schutz ..... is director of the Center for Holistic Studies, Antioch University, San Francisco, and author of *The Elements of Encounter* and *Profound Simplicity.*
p. 26

Alan Schwartz ..... is a teacher of gestalt and a college professor whose latest article in print is "Energy Systems and Gestalt Process." He is currently writing a book titled *The Psychology of Energy.*
p. 29, 30

Charlotte Selver ..... teaches sensory awareness, perception, and nonverbal and verbal communication. A new center is being built for her at Green Gulch Farm in connection with the Zen Center, San Francisco.
p. 24

Renan Sercarz ..... is a certified radix trainer. She practices in Santa Monica.
p. 36

Phyllis Shankman ..... is in private practice in West Los Angeles. She also teaches at UCLA Extension.
p. 27

Julian Silverman ..... is an Esalen trustee and is a director of its new department of health care programs for health care professionals.
p. 18

David Silverstein ..... is a certified radix teacher in private practice at the Radix center in Santa Monica.
p. 34

Saul-Paul Sirag ..... has published two physics papers in *Nature* and has authored a theory on the size of the universe. In 1977 he founded the Consciousness Theory Group, which he directs.
p. 35

Gerald Smith ..... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy.*
p. 27, 34, 36

Sandra Thompson ..... is a certified radix teacher in private practice at the Radix Center in Santa Monica.
p. 34

Milton Trager, ... MD, is creator of trager psychophysical integration and mentastics©. At present he devotes full time to research, teacher, training, and writing about his work.
p. 21

Leon Trice ..... is resident faculty at Esalen where he focalizes architectural and energy related problems.
p. 24

U

Skip Utterback ..... has spent his life raising and training horses. He has been a rancher in the Salinas valley for 40 years.
p. 18

V

Elsa Von Eckartsberg ..... holds a Ph.D. in German literature from Harvard and teaches at the University of Pittsburg.
p. 19

Rolf Von Eckartsberg ..... holds a Ph.D. in psychology from Harvard and is a professor of psychology at Duquesne University in Pittsburg. He was the founding editor of the *Psychedelic Review* and is author of the forthcoming *Metaphors of Consciousness*.

W

Pierre Weil ..... is the vice president of the International Transpersonal Association, professor of transpersonal psychology in Brazil, and author of *The Sphinx* and *Mystic of Sex*.
p. 33

John Welwood ..... is a therapist who has researched Focusing for the past 15 years. He is an editor and frequent contributor to the *Journal of Transpersonal Psychology*, and editor of *The Meeting of the Ways: Explorations in East/West Psychology*.
p. 28

John Williamson ..... is president of Manifest Learning Systems, Inc. He is a former senior trainer for Lifespring, Inc., a policy analyst for the Rand Corporation, and director of policy development and planning for the National Institute of Education.
p. 23

Julie Wright, ... a certified radix teacher, practices in Santa Monica and leads workshops at the Wainwright House, Rye, New York.
p. 36

Z

John Zeigler, ... in private practice in New York City, is also directing *Winners*, an all-improvised Off-Off Broadway drama/comedy that combines theatre and gestalt.
p. 29

The Esalen Catalog

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $4 for the United States, $6 for Canada and Mexico, $9 for Europe and South America, and $10 for all other countries. **Please make all payments in U.S. currency.** Those attending Esalen workshops and conferences are automatically added to the mailing list for one year. A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, CA 93920.

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invite you
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Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive regular mailings of the Esalen catalogs. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

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The human potential movement continues to have unusual events and therefore unusual recordings. Each issue of the Esalen Catalog lists a few new titles. Most are stereo, and all are recorded from live events. They are available on cassettes only. Each tape is $8.50 and is from 1 to 1½ hours in length.

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John Marks and Panel: *LSD/Behavioral Research and the CIA*
Roszak & Thompson: *Cultural Transformation in the 80's*
Theodore Roszak: *Personal Transformation through History*
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Sam Keen & Rick Carlson: *Politics of Healing* (2 tapes)
Saul-Paul Sirag & Nick Herbert: *Bell's Theorem & Reality* (2 tapes)

Gregory Bateson: *It Used To Matter*
Gregory Bateson: *Simple Thinking*

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Archive Recordings
For a catalog of recordings of the early years of Esalen's History as well as the human potential movement in general, contact: **Big Sur Recordings,** P.O. Box 91, Big Sur, CA. 93920. Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Films
Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from **Psychological Films,** 205 West 20th Street, Santa Ana, California 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, and Margaret Mead, write: **Hartley Productions,** Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources write to **Association For Humanistic Psychology,** 325 Ninth Street, San Francisco, CA. 94103. A film of Al Huang's work, *T'ai Chi: The Watercourse Way,* is available through Cornerstone, 470 Park Avenue South #N-3, New York, N.Y. 10016.

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Registration Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt.

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Reservations by telephone: You may make reservations by phone if you use your Mastercharge, BankAmericard, or American Express credit card number to charge your reservation fee.
Phone (408) 667-2335

Monday, Tuesday, Thursday & Saturday 9 to 3
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Scholarship Information: If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15-September 15 programs or for weekend programs.

Ongoing Residence Program: Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $1400 per 26-day period.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive any time after lunch.

Esalen has limited child care facilities. If you are interested in bringing a child while you are attending a workshop of five days or longer, contact the office well in advance for information on availability of child space. Esalen does not supply babysitters.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen. Esalen limousine service is not available at any other time.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: At present, we do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

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Esalen Institute Reservations

This form is for your convenience in reserving a space at Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservation early.

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ( ) _____

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, California 93920.)

Check if you want: ☐ shared room with friend _____ ☐ housing as a couple

Check whether this workshop will be held in Big Sur ☐ at Westerbeke Ranch ☐ or as a Wilderness Program ☐

Do you smoke? _____

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I want limousine service from (check one):
_____ Monterey Airport
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The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us. Esalen limousine service is not available at any time other than 5 p.m.

License Number
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Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Reservation Fee

Total amount enclosed: $ _____
Your reservation can be charged to:
Master Charge ☐ Bank Americard ☐ American Express ☐

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Expiration date _____

Checks payable to Esalen Institute.

Payments: All workshops require nonrefundable reservation fees. See page 46. The balance of program fees becomes payable at the time of check-in.

U.S. currency only, please.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

The Esalen Catalog

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Esalen Institute
Big Sur
California 93920

DATED MATTER

The Esalen Catalog

January 1981 - June 1981

ONE DOLLAR

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Catalog Editor: Nancy Kaye Lunney
Graphic Design: Barbara Adamson

Wildlife Photography by Gregory Bateson

Barbara Honeyman Roll

Gregory Bateson
May 9, 1904 - July 4, 1980

Gregory Bateson

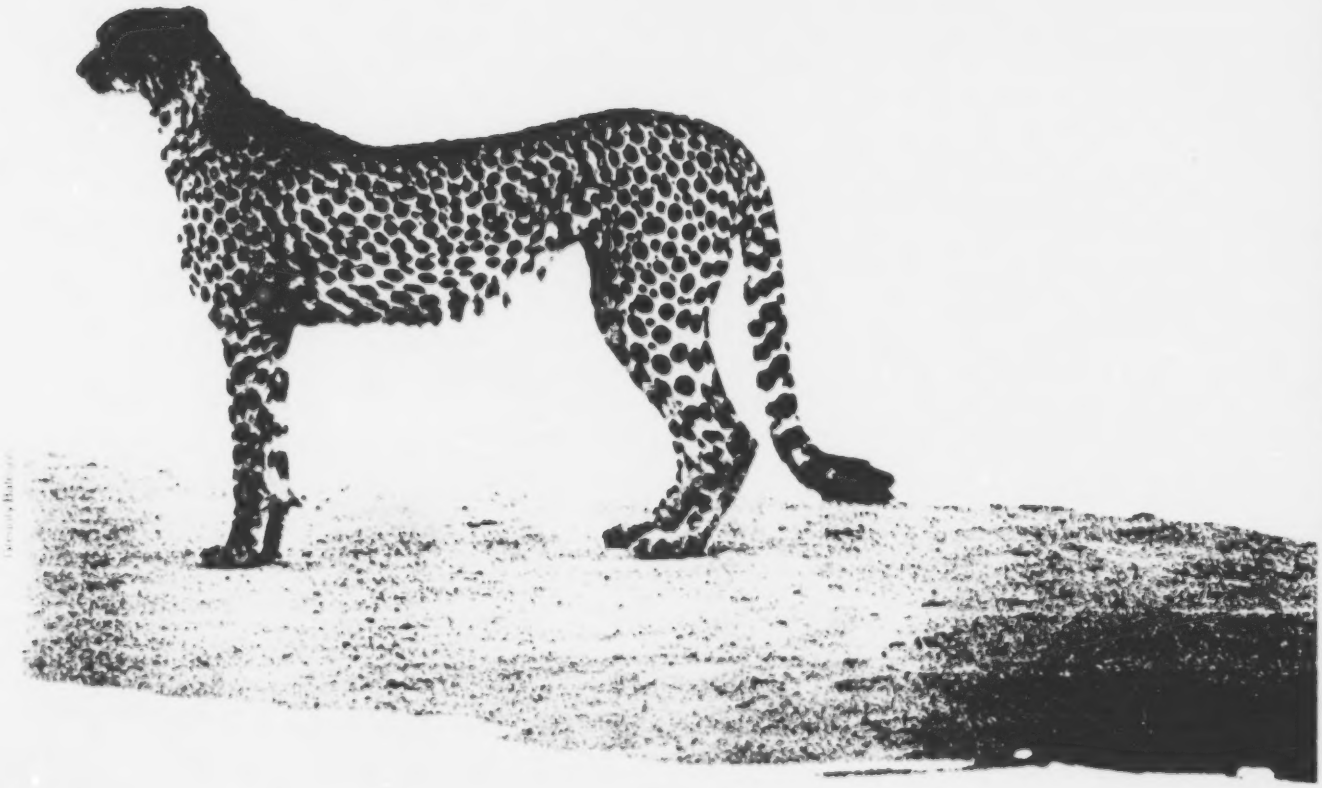
Gregory Bateson grew up in Cambridge, England, where his father, William Bateson, one of the pioneers of genetics, was Master of St. John's College. After studying natural history, Bateson took his M.A. in Anthropology. His early fieldwork in New Guinea led to the publication of his first book, *Naven* (1936), which has, in the last twenty years, become widely appreciated as providing a bridge from social anthropology to cybernetics. During his New Guinea field work, Bateson met Margaret Mead, to whom he was married for 14 years, and with whom he went on to do field work in Bali. During this collaboration, photography was used for the first time to document behavior in an ethnographic context, as described in the work they co-authored, *Balinese Character* (1942).

After World War II Bateson moved to California, where he studied alcoholism and schizophrenia at the Veterans Administration Hospital in Palo Alto. His work there provided keys to understanding these disorders as embedded in ongoing relationships. Until recently he has been most famous for the "double bind" hypothesis, which describes how individuals may be sent contradictory messages of love and rejection by parents, creating a dilemma which some resolve by schizophrenia.

Bateson spent some years in research on mammalian communication with dolphins in St. Thomas and Hawaii, taught for a period of time at the University of California at Santa Cruz, and, after his near death from cancer in 1978, was invited to become scholar-in-residence at the Esalen Institute in Big Sur, which was his home until his final illness.

Bateson's anthropological field research, his work in mental hospitals, and his study of marine mammals was perceived by him as unified, and indeed, exemplifies his basic perception of the natural and social worlds as joined by the "pattern that connects," the underlying structure of all communicational and mental phenomena. His sense of the need for a disciplined and reverent tracing of this pattern from field to field provided for him a sense of continuity with his father's works in genetics. As his ideas developed he collected his essays published in different research contexts in *Steps to an Ecology of Mind* (1971) and then wrote a philosophical synthesis of his thinking, *Mind and Nature: A Necessary Unity* (1979).

In 1976, Bateson was named Regent of the University of California, where he pressed for the University's withdrawal from nuclear weapons research. In recent years he became increasingly sensitive to the need for spiritual metaphors and a sense of the sacred in the human response to the complexity of the natural world.



Courtesy of Lois Bateson

Roger Corvell

Gregory Bateson

Gregory Bateson lived at Esalen for the last two years of his life. It was a privilege to have him here. To see him making his way to the baths early in the morning or trudging up the long path to the lodge for breakfast was strangely heartwarming. To participate in his monthly seminars was a challenge and a pleasure. And to see him dancing on the deck with visitors and staff alike was sometimes astonishing. His six foot six inch frame moved with surprising grace. That droll look of his was unforgettable.

This last period of his life was amazingly fruitful. He edited *Mind and Nature*, saw its publication and reviews, responded to his critics, and entertained the many visitors (and pilgrims) who came to see him. He wrote a book on art that is being edited now by Mary Catherine Bateson, his daughter. He traveled widely, attending conferences and seminars in Europe, Britain, and America on subjects like the double bind that he had originated or helped illuminate. And he counseled more people on their spiritual and intellectual problems than any of us could count. All of this after he had been given just a few weeks to live following his operation for cancer in the winter of 1978. He was an incredible combination of mind and heart.

He left his friends and students a permanent legacy in his work and personal example. Esalen is a kinder, wiser place because of him.

Michael Murphy

The Pattern Which Connects

(spoken at Gregory Bateson's funeral, Esalen, July 11, 1980)

Many of you knew Gregory much better, personally, than I did. I spent quite a bit of time with him here at Esalen; I had long discussions with him in the lodge and also up in his house, but I did not know him all that well. What I do know well, though, are his thoughts; his way of thinking and his concepts and ideas. My own thinking was very close to Gregory's before I met him and before I read his books, and it has become even closer under his influence.

I think the closest I ever got to Gregory was during the week he died. This may sound strange because I did not see him during that week, but I was working very intensely on some of his ideas, and while I was working on my notes—notes that I had taken while reading Gregory's books and also after some of our discussions—I not only absorbed his ideas but also heard his characteristic voice and felt his presence. It was a very intimate dialogue, much more intimate than any of our actual discussions.

The ideas that brought me so close to Gregory were his ideas about the nature of mind. In Gregory's view, mind is an essential property of living systems. In fact, as he told me once, "Mind is the essence of being alive." In his books he listed and discussed a set of criteria which systems have to satisfy for mind to occur. Any system that satisfies those criteria will develop various processes which we associate with mind—thinking, learning, memory, etc.

Bateson's criteria for mind represent a set of relationships, and these relationships can be realized not only by individual organisms but also by social and ecological systems. Mind, therefore, is inherent not only in the body but also in the pathways and messages outside the body. As we sit here, as a group of people, we not only have individual minds but also a collective mind, and this collective mind is embedded in the larger mind of our planetary ecosystem.

I find this concept of mind extremely liberating, and I have no doubt that it will have a strong impact on future thinking, as so many other of Gregory's ideas have had. It will help us to overcome the dualism of mind and matter which has dominated Western thinking ever since the seventeenth century; and it will help us to understand the teachings of mystical traditions which are often so hard to grasp for us Westerners.

At the same time, Gregory's concept of mind may help us to cope with his death and with our own deaths. Part of his mind has certainly disappeared with his body, but a large part is still around and will be around for a long time. It is the part that participates in our relationships with each other and with the environment; relationships which have been profoundly influenced by Gregory's personality.

As you know, one of Gregory's favorite phrases is "the pattern which connects." I believe that Gregory himself has become such a pattern. He will continue to connect us with each other and with the cosmos, and in this way he will live on in each of us and in the cosmos.

Fritjof Capra

Jacqueline Capra

BEST COPY AVAILABLE

By Gregory Bateson

(From a speech given at Governor Jerry Brown's annual Prayer Breakfast, January 1976.)

Courtesy of Lois Bateson

I am an anthropologist. And the task of an anthropologist causes him to land himself in strange places. That is, places which are strange to him but of course not strange to the people who belong in those places. So, here I am at the Governor's Breakfast in what is for me a strange place but what is for many of you a place where you belong and have your natural being. I am here to relate this strange place to other strange places in the world where men gather together perhaps in prayer, perhaps in celebration, perhaps simply to affirm that there is something bigger in the world than money and pocket knives and automobiles.

One of the things children have to learn about prayer is that you do not pray for pocket knives. Some learn it and some don't.

If we're going to talk about such matters as prayer and religion, we need an example, a specimen, about which to talk. The trouble, you see, is that words like "religion" and "prayer" get used in many different senses at different times and different parts of the world. And what I would ask you is for a moment's agreement that what I'm talking about is that which is illustrated by the following example.

A well-known anthropologist, Sol Tax, was working with a group of American Indians outside Iowa City some twenty or more years ago. They invited him to the National Convention of the Native American Church, which was to be held quite close to Iowa City within a very few days. This is the church whose central sacrament is peyote—the little psychedelic cactus button which helps to determine the religious state. Now, the church was under attack for using what would be called a drug; and it occurred to Sol Tax, the anthropologist, that he would be helping these people if he made a film of the convention and of the very impressive rituals which would go with it. Such a film might serve as evidence that this worship is in fact religious and therefore entitled to the freedom which constitutionally this country grants to religion. He therefore dashed to Chicago (his home base) and was able to get a movie truck and some technicians and a stock of film and cameras. He told his people to wait in Iowa City while he went and talked to the Indians to get their approval of the project. What I'm going to read you is a statement about the discussion which ensued between the anthropologist and the Indians. (This account comes from a book called *Man's Role In Changing The Face Of The Earth*, which was a conference symposium from the Wenner-Gren Foundation, published in 1956.)

They could not picture themselves engaged in the very personal matter of prayer in front of a camera. As one after another expressed his views, pro and con, the tension heightened. To defile a single ritual to save the church became the stated issue, and none tried to avoid it. Not a person argued that perhaps the church was not in as great danger as

they thought . . . . They seemed to accept the dilemma as posed as though they were acting out a Greek tragedy. As he [Sol Tax] sat in front of the room, together with the president of the church, and as he listened with fascination to the speeches, gradually the realization came that they were choosing their integrity over their existence. Although these were the more politically oriented members of the church, they could not sacrifice a longed-for and a sacred night of prayer. When everyone had spoken, the president rose and said that, if the others wished to have the movie made, he had no objections; but then he begged to be excused from the ceremony. Of course, this ended any possibility for making the movie; the sense of the meeting was clear.

There's a curious paradox in that story. That, indeed, the truly religious nature of the peyote sacrament is proven by leaders' refusal to accept the pragmatic compromise of having their church validated by a method alien to the reverence in which they held it.

This example, however, does not define the word "religion." It only defines the hedging which is necessary to preserve religion from that changing of its context—that reframing which will turn it into the temporal and the secular. Perhaps only too easily into entertainment.

Let me give you another example to come a little closer to what I mean by religion, to show what is to be protected from various kinds of defilement. The following poem is probably well known to many of you. It is part of the story of a ship in terrible straits. The decks are littered with corpses who have died of thirst and one sailor, the "Ancient Mariner," survives to tell the tale. This piece is the central fulcrum—the turning point of the whole poem. I've always found it singularly moving.

The moving moon went up the sky,
And no where did abide:
Softly she was going up,
And a star or two beside—

Her beams bemocked the sultry main,
Like April hoar-frost spread;
But where the ship's huge shadow lay,
The charmed water burnt a way
A still and awful red.

Beyond the shadow of the ship,
I watched the water-snakes:
They moved in tracks of shining white,
And when they reared, the elfish light
Fell off in hoary flakes.

Within the shadow of the ship
I watched their rich attire:
Blue, glossy green, and velvet black,
They coiled and swam; and every track
Was a flash of golden fire.

O happy living things! no tongue
Their beauty might declare:
A spring of love gushed from my heart,
And I blessed them unaware:
Sure my kind saint took pity on me,
And I blessed them unaware.

The selfsame moment I could pray;
And from my neck so free
The Albatross fell off, and sank
Like lead into the sea.

Oh sleep! It is a gentle thing,
Beloved from pole to pole!
To Mary Queen the praise be given!
She sent the gentle sleep from heaven,
That slid into my soul.

The silly buckets on the deck,
That had so long remained,
I dreamt that they were filled with dew;
And when I awoke, it rained.

Of course I am not suggesting that blessing the water snake made the rain come. That would be another logic from another more secular language. What I am suggesting is that the nature of this matter which we are discussing—prayer, religion and the like—is most evident at moments of *change*—at moments of what the Buddhists call Enlightenment. And while Enlightenment may have many sorts of content, and while it may be triggered by many sorts of experience, I think it important here where we are discussing religion as related to government to notice how often Enlightenment is a sudden realization of the biological nature of the world in which we live. It is a sudden discovery or realization of LIFE.

Already the water snakes give us a hint of that. And another example which is even more vivid—perhaps less familiar, alas—is the case of Job.

Job, you will remember, is like Little Jack Horner. He sticks his finger in the pie and gives to the poor, and says, "What a good boy am I." He has a God who is exactly like himself and who therefore boasts to Satan about Job's virtues. Satan is perhaps the most real part of Job's person deep hidden and repressed within him and sets to work to demonstrate that Job's pietism is really no good. Finally, after infinite sufferings a God who is much less pious and pedantic speaks out of the whirlwind and gives Job three chapters of the most extraordinary sermon ever written, which consists simply in telling him that he does not know any natural history.

KNOWEST though the time
when the wild goats of the
rock bring forth? or canst thou
mark when the hinds do calve?

Canst thou number the months
that they fulfill? or knowest thou
the time when they bring forth?

They bow themselves, they
bring forth their young ones, they
cast out their sorrows.

Their young ones are in good liking . . .

(Job XXXIX, 1-4)

In conclusion I would like to say that I would be much happier about the world in which I live, about how my civilization is going to treat that world—the sorts of pollution and exploitation it is going to engage in and all the rest of that—if I felt really sure that my governors and my representatives know how many months the hinds fulfill and how they bring forth their young.

Gregory Bateson

Roger Coryell

Gregory Bateson

In his introduction to *Steps to an Ecology of Mind* Bateson tells us of some of the difficulties he had making his points visible to his students or, as others may say, his students had seeing his points. These difficulties, he writes, were expressed in vague complaints that came to him as rumors: "There is something behind what Bateson says, but he never says what it is."

I say these students are right, only they don't understand that if he were to say what it is, there would be again something behind that of which he could not have said what it is, and so on. . . .

I know why that is so. Because of his understanding of language he can make his points extraordinary clear and transparent, and, of course, what is transparent cannot be seen!

Not long ago in a meeting, with Bateson in the audience, I mentioned this and proposed that in order to make his ideas visible I would now make them more opaque. While I was talking I watched through my peripheral vision how Gregory would take it. To my delight I saw him laughing so that tears came to his eyes.

Courtesy of Lois Bateson

When and where did I see him laughing that way before? Later it came to my mind that it was at another meeting, perhaps thirty years ago, where an extraordinary group of people was to discuss "circular causal and feedback mechanisms in biological and social systems," a theme that was to become "cybernetics." Gregory had the floor and his topic was "The Position of Humor in Human Communication." In retrospect one can recognize in his presentation an early glimpse of Batesonian visions of later: the central positon of paradox as the source of freedom in contrast to the rigidity of orthodox logic, as the doubly-weaved fabric of language that appears to speak about things while speaking about itself, and as the driving force in humor, the cause for the most species specific convulsion in homo sapiens: laughter.

As all theoreticians of humor are tempted to do, Gregory too felt he had to provide an example by telling a joke. However, he hardly had begun when, seeing in his mind's eye the end of the story, he started to laugh. He tried to continue the story, but with increasing difficulties, particularly because his laughter became so contagious that everybody began laughing with Bateson until tears came to our eyes. Perhaps it is irrelevant that it was a lousy joke.

The Janus face of paradox, humor, and language was speaking through Gregory in his Metalogues of a father with his daughter: "Daddy, what is an instinct?"

Most of us who know would have gladly answered that instinct is the innate aspect of behavior that is unlearned, complex, etc. . . . But Gregory doesn't fall for that. He leaves the telling of the semantic significance of this notion to somebody else. A dictionary can do it. He switches at once to the functional significance in a dialogue when appeal is made to this notion: "An instinct, my dear, is an explanatory principle." Of course, daughter is not satisfied with this, and insists now having "explanatory principle" explained. Eventually she gets father to say: ". . . . an explanatory principle . . . . is a sort of conventional agreement between scientists to stop trying to explain things at a certain point."

Should I ever be asked who is Gregory Bateson, I shall say: Gregory Bateson is an Explanatory Principle.

Heinz Von Foerster
August 25, 1980

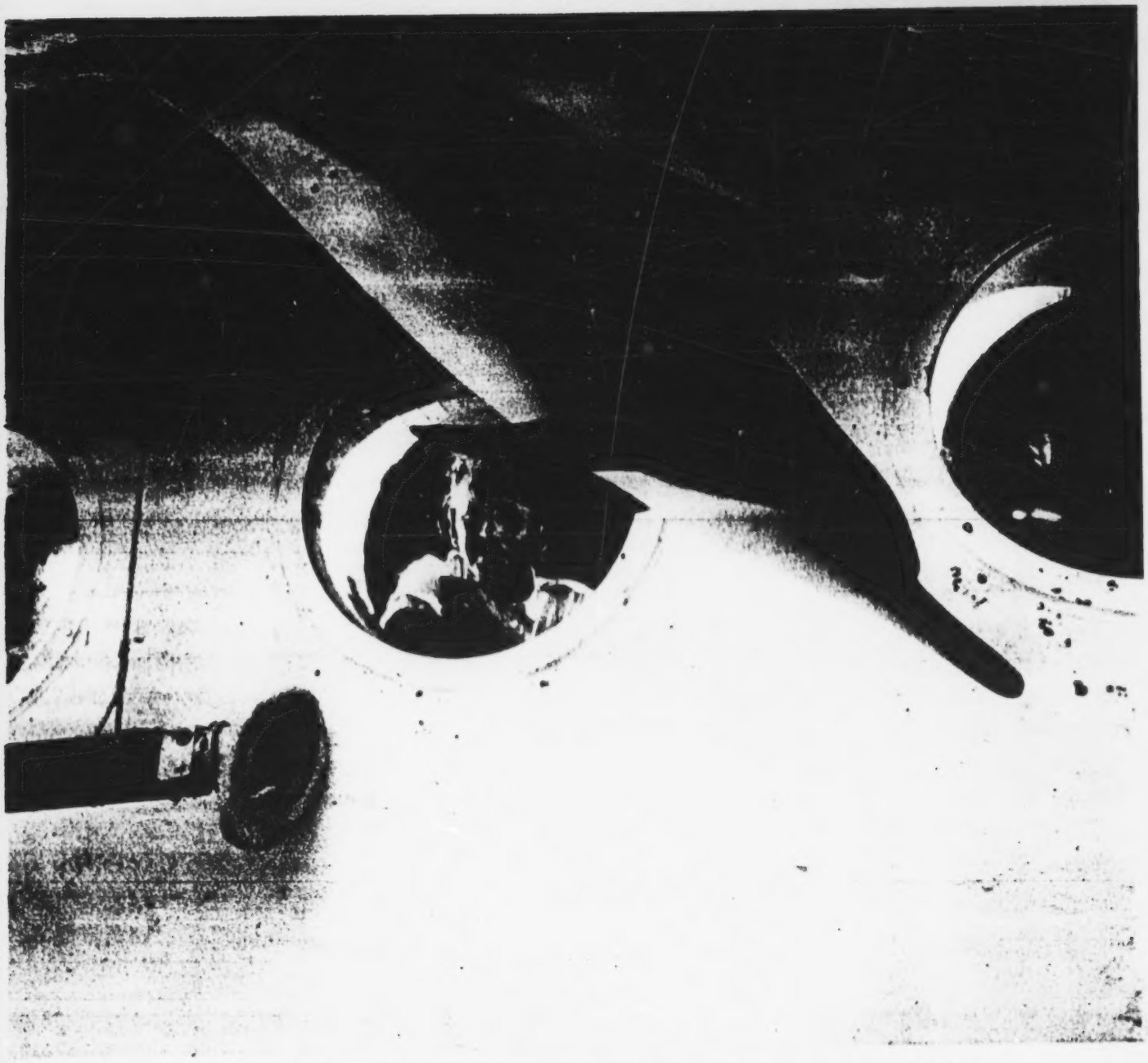
In Memory of Gregory Bateson

Gregory (or as he preferred, "Bateson") was one of the leading theorists of this century. He was appreciated for the power of his thinking along unconventional lines chosen by himself. He rarely took on the "unconventional lines" of another person. His opinions were expressed in ruthlessly truthful, authoritative ways, not allowing for disagreement. He was primarily an observer (in the anthropological sense of the term). His methods with dolphins, otters, octopuses and persons were those of ethology and anthropology rather than those of experimental biology, psychology, biophysics, or cybernetics. His impact in philosophy, ethology, and psychiatry was and is primarily in the clarity and conciseness of his theoretical formulations. His impact in the experimental disciplines was also in terms of formulations rather than experiments per se. He made contributions to the founding of the new field of cybernetics at its beginnings in the 1950s.

In his areas of expertise Gregory was excellent, the best. In fields not in his expertise he could be dogmatically critical and embarrassingly candid.

I first met Gregory in the beginning of the 60s and invited him to come to the Communication Research Institute laboratory in the Virgin Islands to work with dolphins. He spent 18 months there and then moved on to the Oceanics Institute on Oahu.

Henry Groskinsky



I found it very difficult to maintain support for Gregory. His well-known "Peck's Bad Boy" would pop out at critical times with project site visitors and turn them off. The form it usually took was an uncompromising high level intellectual explanation of his work without the clarity he was famous for with students. Support for him in the Virgin Islands was cut off by the NIH project site visitors; they specified that the laboratory support could continue but not for Bateson.

He had found Margaret Howe on the island and trained her in ethological observations of dolphins in the few months before he left. She did her now well-known work with Peter the male dolphin in the two years after Gregory left. He did not have the opportunity to share in those experiments on Peter matching the human voice sounds. He missed seeing and hearing this new and different dolphin behavior. That work could not start until he left the laboratory; his "trained disbelief" would not allow this exploratory type of research in this direction to be undertaken.

It does not surprise me that Gregory has often said that dolphins do not have language. My working hypothesis that the large-brained dolphins have the equivalent of a strange and alien language was stated before Gregory started with dolphin observations. During our time together and in the later years he stated that he did not think it likely that we would communicate with the dolphins on that high a level. I respected that as his opinion of an hypothesis and did not consider it more than his "trained disbelief," similar to that of Ken Norris, with whom he worked at Oceanics Institute.

I am sorry that Gregory died before we could show him the new work on communication research with dolphins. In the last year he was beginning to entertain the ideas counter to his trained disbelief. I personally believe that if we can realize communication with the dolphins, and if he had survived, that he would have become our ally with the first real demonstrations. Maybe not, but that is my belief. I miss him. Goodbye, Gregory.

John Lilly

The Manuscript

Courtesy of Lois Bateson

So there it is in words
Precise
And if you read between the lines
You will find nothing there
There should be nothing there
For that is the discipline I ask
Not more, not less

Not the world as it is
Nor ought to be —
Only the precision
The skeleton of truth
I do not dabble in emotion
Hint at implications
Evoke the ghosts of old forgotten creeds

All that is for the preacher
The hypnotist, therapist and missionary
They will come after me
And use the little that I said
To bait more traps
For those who cannot bear
The lonely
Skeleton
of Truth

Gregory Bateson
Esalen
October 5, 1978

Allegory

May 12, 1979 At The Hermitage

There was once a beautiful lady, whose habit it was to sleep on disused railroad tracks.

In that same country there lived also a brutal surveyor who ran the trains up and down the tracks. He was at heart an explorer and therefore was particularly attracted by those branches of the railroad system where no trains had passed within living memory. These were precisely those tracks where the lady delighted to slumber.

So it happened over and over again that she would be disturbed in her sleep and compelled to retreat hastily while a powerful and smelly engine dashed over the very place where she had been happily resting.

Every time this happened there was a falling out between the lady and the gentleman. He maintained that she was an old-fashioned, trivial, and superstitious thing. She, in return, would spit out insults in a quite unladylike manner, saying that he was indeed a thing, sub-human, and nothing but a small boy interested only in silly noisy toys.

And so it went on. For about two thousand years she would always be finding new and unexplored parts of the railroad system upon which to sleep and he always choosing those very branches of the tracks for the exercise of his monstrous vehicles.

He asserted that it was his right—and even duty—to map the railroad system and that the *whole* system was entirely his—especially the unexplored parts of it. He argued that the system was a single, entirely logical-causal network of tracks.

She averred that the tracks were designed for the rest and peace of the human soul and cared nothing for his dreams of causality and logic.

He mapped every detail of the tracks along which he ran his engines. She continually found other parts of the system not yet mapped.

One day the engineer carelessly left one of his maps beside the track and the lady found it. Gingerly, holding it only with the tips of her fingers, she picked it up. She handled it as if it had been left there by the devil.

It was curiosity that led her to open the map, unwilling to see what it might contain and therefore not really looking at its details. Looking at it thus from a distance through half-shut eyes, she was surprised to find that thus half-seen, the document was in itself beautiful.

Courtesy of Lois Bateson

At the next confrontation between herself and the engineer she said without thinking "And you don't even know that your own maps are beautiful."

At this the surveyor was amazed. He gruffly replied that he was not interested in *that*.

She said to herself "Ah, then there is something in the universe in which he is not interested. That something belongs to me."

"For ever," she said.

After they parted, each considered what had been said. The surveyor was forced to agree that indeed the beauty of his maps and correspondingly the beauty of the railroad tracks were not within his province. She, on the other hand, was delighted and hugged to herself the secret knowledge that he would never invade what she most valued—the elegance and symmetry of the total system. Not its details but its foundations.

At their next meeting he asked whether she was still interested in the so-called beauty of maps. When she rather defensively replied in the affirmative, he said in an offhand manner that he had perhaps something to show her.

He then confessed that while she slept upon the railroad tracks he had come quietly and had made a careful drawing of her body. It was this drawing that he wanted to show her.

He unfolded and placed side by side before her his map of the railroad tracks and his drawing. He said it was "scientifically interesting" that the map and the drawing appeared to resemble each other in many "formal" characteristics. He specially wanted her to see this strange resemblance between the two documents.

She briefly dismissed the matter. She said she had always known *that*. But, saying this, she looked away and smiled.

Gregory Bateson

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Ceremony of Crossing Over for Gregory Bateson at the Green Gulch Farm and Zen Buddhist Meditation Center

Eighteen hits of the big bell were followed by a procession into the Meditation and Buddha Hall, where the ceremony began with an offering of incense and food for Gregory Bateson. Wallace Stevens' "Blue Guitar" and passages from William Blake and T.S. Eliot were ready by members of the family and friends. Governor Brown read the Twenty-third Psalm. During the ceremony, Gregory's family and many others spoke directly to Gregory. And Zentatsu Baker-roshi addressed Gregory:

"Gregory, you were intellectual history itself. The descendant of a family which, with great courage and daring, prepared the way for you. And then you yourself brought us over into, led us into this century from the ecclesiastical Victorian world into our contemporary world, and then further thrust us into an age we don't yet understand—a world where dualisms are resolved and oneness is the sign of being. Your own life was an answer to entropy—heat itself passing heat to us—a sacrament for our true life.

"Gregory Bateson gave his life over to science, to understanding being, to a science of trust and not of interference: and at the end he trusted life to end in its own way, within his own consideration, and with his family and friends, July 4, 1980 at noon, Independence Day."

During the ceremony Baker-roshi repeated three times—"Gregory, all your ancient karma from beginningless time, born of body, speech, and mind, is now fully resolved. All you ancient. . . .

"Although the bonds of attachment are hard to break in our past, present, and future; you are freed from karma now, from worldly attachments, from form and color. Unsupported anywhere, please take refuge in the unconditioned.

"Speech and mind have been freed. You have gone beyond, returned to your original nature. Your light and truth of leadership is all about us.

"If I were to name you in the traditional way, the name would translate as Wisdom-Emptiness/Vastness/Shining Rose.

"You have passed through the golden net of culture, escaped the explanations of science and society, and all attempts to explain or obscure the vast darkness.

"Philosopher, scientist, anthropologist, biologist, cybernetician, educator—reforming education like your grandfather, psychologist, lover of life and of us—the boundaries, the edges, softly moving, shimmering, reflecting, dissolving, a difference, we call it Dharma, joining, connecting.

"Stretched over the void—we have offered this ceremony and ourselves to your light, to your heart, to your sweetness, to your flights of intelligence, to your courage and compassion that illuminate this often bitter world, to your passing on to us life itself, to your flashing in the utter darkness.

"Let us be mindful of this great man within us, of our new existence." ■

Courtesy of Lois Bateson

What I recall

most vividly about Gregory Bateson is the quality of delighted presence he had when he was at his most abstract. He seemed more *with* you during those times when his thought was most *in* that region he sought to chart and describe, though he often joked that it was unchartable and could only be described by poets.

I remember particularly how I felt during one moment in our four day dialogue at the Westerbeke Ranch. We were discussing the responsibilities of contemporary epistemology. Gregory leaned forward—with childlike delight and a kind of mischievous smile—and said, "Well,

Courtesy of Lois Bateson

it *tis* a kind of brooming operation, you know," clearly looking forward to the opportunity to clean out a few more of the obsolete cobwebs he found particularly unfreeing.

I liked that abstraction was delightful for him, and human, and a job that needed doing. I liked that he took it on and did it well and stayed at it and let it fulfill him.

We have a lot more work to do now, now that he'd done his. And it's good hard work, real, and genuinely satisfying, and contributory.

When I remember Gregory I feel taller.

Werner Erhard
October 9, 1980
San Francisco

Courtesy of Lois Bateson

Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.), from such a sampling, the participant can then choose that approach which feels most appropriate and pursue it in subsequent seminars. For those who wish an extended stay of a month or more, there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof, Al Drucker, and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work-Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 16 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums where various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there are films, dance performances, choirs, puppet shows, or other forms of entertainment. Bodywork of various kinds is available by appointment with individual practitioners, including massage, deep-tissue, polarity, and rolfing. Individual sessions are also available for various types of process work, including gestalt, neo-reichian emotional release, vision-improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Esalen Institute - Approved Provider for Registered Nurses and Physicians

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of continuing education for registered nurses. Provider Number 01152.

The California Medical Association has granted Esalen Institute Category I approval so that physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education.

The following programs are approved for registered nurses and for Category I credit for physicians. See regular program listings for workshop descriptions.

If you have any questions about Esalen's medical or nursing program, contact Polly Kirby, Esalen Institute, Big Sur, Ca. 93920.

January 2-4
Integrating Life Experience into Medical History: The Global Life Assessment
Jack Downing, MD — 10 hours

January 23-25
From Burnout to Personal Growth: Increasing Effectiveness and Enjoyment in Work and Life
Elliot Aronson & Ayala Pines — 10 hours

January 30-February 1
On the Way to Health: A Guide for Health Practitioners
Phillip Mac, MD — 10 hours

February 20-June 14
Deep Tissue, Gestalt, and Holistic Health Classes
Coordinated by Al Drucker & Polly Kirby, RN — 92 hours

February 27-March 1
Getting Healthier
Carl Simonton, MD — 10 hours

March 8-13
Self-Care and Professional Competence: A Workshop for Health Professionals
Julian Silverman & Cynthia Rogers — 30 hours

March 13-15
Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care
Tom Ferguson, MD & David Sobel, MD — 10 hours

March 15-20
Healing: Rites and Ways
Phillip Mac, MD & Polly Kirby, RN — 30 hours

April 10-12
A Weekend Primer on Constitutional Holistic Medicine/ Focusing on Homeopathy, Acupuncture, and Deep Tissue Work
Al Drucker & Staff — 10 hours

April 19-24
Integrating Life Experience into Medical History: The Global Life Assessment
Jack Downing, MD — 30 hours

May 17-22
Managing Your Life in Purpose: A Workshop for Business and Health Professionals
Julian Silverman — 30 hours

June 14-19
Experiencing Esalen for Health Care Professionals
Coordinated by Polly Kirby, RN — 30 hours

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The Work-Study Program

The Work-Study Program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program, emotionally and physically, and only rarely is it restful. There will be a coming together in the evenings to share, contact, play — alone/together. Professional services such as massage and rolfing are available at staff rates.

Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. No participants will be accepted as work scholars in Gazebo until they have fulfilled a minimum of one month in one of the aforementioned departments. Scheduling consideration is given to the community labor needs, and work assignments are made according to these requirements. The cost of the program is $400 for the first month, $350 for the second month, and $300 for the third. A $150 deposit is required with your application.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex which is 1½ miles north of Esalen. The Work-Study Program, lasting 28 days, is a full time workshop in itself. The work commitment to the community, group process work, and teaching seminar makes up a busy schedule for participants. Enrolling in the Esalen catalog workshops is therefore discouraged, since the extra involvement tends to interfere with the fulfillment of the Work-Study Program.

In addition to the regular program, Esalen is now offering an intensive three-month course in basic organic horticulture. The cost of the program will be $1050. A $250 deposit is required. In filling out the Work-Study application, please indicate your preference of landscaping, gardening, or small scale farming.

Available dates: January 25-February 22; February 22-March 22; March 22-April 19; April 19-May 17; May 17-June 14; June 14-July 12; July 12-August 9; August 9-September 6; September 6-October 4; October 4-November 1; November 1-November 29 etc.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with $150 (or $250) deposit to:

Work-Study Program, Esalen Institute, Big Sur, California 93920
Telephone: (408) 667-2335

The balance of the fee is due on arrival. $75 of the original deposit is non-refundable, and may be transferred to other Esalen programs within one year of receipt of deposit.

Esalen Institute Application for the Work-Study Program

date of application _____ daytime telephone _____

name _____ address _____

city _____ state _____ zip _____

date of birth _____ occupation _____ place of employment _____

smoker ☐ non-smoker ☐

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work-scholars may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. If such an invitation is extended, please indicate your availability:

☐ no extension ☐ one month extension ☐ two month extension

I am applying for the three-month organic horticultural program. ☐ yes ☐ no

Have you been to Esalen workshops? Please list program titles and dates: _____

Please make a personal statement about your interest in the Work-Study program. Include any skills you may have available. _____

Esalen Seminars

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman Boeve

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls).

Schedule

January 9-11	$170
January 16-18	$170
February 8-13	$350
February 13-15	$170
February 27-March 1	$170
March 8-13	$350
March 13-15	$170
March 22-27	$350
April 5-10	$350
April 24-26	$170
April 26-May 1	$350
May 10-15	$350
May 22-24	$170
May 31-June 5	$350

Experiencing Esalen: The Body

Coordinated by Benj Langdon

Similar in format to Experiencing Esalen, but with a greater focus on a wide variety of body oriented approaches.

Schedule

January 2-4	$170
January 30-February 1	$170
March 6-8	$170
March 29-April 3	$350
May 15-17	$170
May 29-31	$170
June 12-14	$170

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Price & Richard Price

The Esalen Gestalt Staff includes Leonard Bearne, Janet Zuckerman Boeve, Laura DeNuccio (Ma Prita), Joan Fiore, Jeffrey Kent, Nancy Kaye Lunney, the NINE, Jenny O'Connor, Christine Price, Richard Price, and others.

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not "patients" but *persons consenting actively* to work (or play) in awareness. The "leader" functions to reflect, clarify, and flow with whatever emerges in this process. The aim is enfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J.C. Pearce); *Illusions* (Richard Bach).

Schedule

January 11-16	$350
January 16-18	$170
February 1-6	$350
February 27-March 1	$170
March 8-13	$350
April 3-5	$170
May 3-8	$350
May 22-24	$170
June 14-19	$350

Weekend of January 2-4

Experiencing Esalen: The Body
Experiencing Esalen Staff
For workshop description see page 17. $170

Integrating Life Experience into Medical History: The Global Life Assessment
Jack Downing, MD
Valid holistic medical practice requires comprehensive examination of both the historical and current aspects of the patient's life experience. This program has a threefold emphasis: informational; removal of significant empathic blocks in awareness; and teaching simple tools for enhancing observation and interpretation of body language. The participants will examine their own life experience in detail, including the presentation of a written, structured historical form to the group. Thereby they can enhance objective self-awareness and learn to use effectively these tools in patient care. Observation and interpretation of body language and selective therapeutic intervention during history taking and clinical examination will be taught. Bodily fears and responses to touching as a method of stress reduction will be elucidated. For additional information see page 15. $170

Applied Vulnerability: New Competence for Learning Our Way into the Future
Donald Michael
This workshop will explore the personal, organizational, and societal consequences of *acknowledging our well disguised ignorance* about the processes and directions of societal change in today's and tomorrow's turbulent world. Acknowledging ignorance can encourage and sustain responsibility and compassion and it is the prerequisite for true learning. Acknowledging ignorance also makes persons and organizations vulnerable, which can encourage the creation and appreciation of new options. However, to apply vulnerability creatively and effectively to critical societal tasks, new competences are needed. These include error embracing, being future-responsive, acknowledging uncertainty, interpersonal competence, and boundary spanning. We will examine the characteristics of these new competences and apply them to our own situations. The workshop is relevant for and will benefit from the participation of both new age activists and those in conventional organizations seeking more meaningful and effective engagement with an unfamiliar and uncertain world. $170

Week of January 4-9

Five-Day Massage Intensive
Esalen Massage Staff
An introduction to the language of the body, this course will attempt to view the human interior through various windows: yoga, feldenkrais, movement, demonstration and work sessions, and evening lectures and discussions. Every major portion of the body will be given detailed attention, and your instructors will acquaint you with their individualized styles. In the morning and afternoon practice sessions the focus will be on your integrating this information in your own manner and evolving your own style of working with the body. Our intent is not to teach you to imitate, but to help you learn to become *effective*; the rest you will teach yourselves. $350

A Life Stress Review: Personal Circumstance and Optimal Health
Jack Downing
Using the individual life inventory form, we define our personal life patterns. The workshop will include relationships between life experience and levels of being, and continue with the three functions of sex, money, and power. $350

Opening to Creativity: A Gestalt Workshop
Nancy Kaye Lunney
This workshop is for those who have a desire to create something, yet are stopped by self-criticism, frustration, or fear. The focus of these five days will be on developing the awareness and confidence which are necessary for free flowing creativity. Using gestalt process we can uncover negative programs which may be inhibiting creative expression. Individual projects in music, writing, drawing, or movement can be developed during the workshop based on each person's major interest. The emphasis, however, is not on "production," but on self-awareness; not on the project, but on the person doing it. $350

Surrender to Self
Merri Goldenson (Devarani)
John Majuri
& Vivian Gary
Inside each of us there lives a free, loving, creative, and spontaneous child. Our life histories and repressed feelings of anger, fear, sorrow, and pain are locked in our body armor. Our focus in this workshop will be to discover new ways we can soften, let go, and surrender to ourselves.

In a supportive and safe environment we will utilize individual reichian intensives, group interaction, bioenergetics, imagery, hypnosis, dance, and massage. We can, once again, feel the flow of our sexual energy and the harmony of our being. $350

Weekend of January 9-11

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 17. $170

A Celebration of Life
Emmett Miller
Greeting the return of the light, a time of quiet relaxation, music, movement, dance, and song. Touching the silent source within, and emerging gently into movement, guided by soft melodies that sing of the beauty that surrounds us. With sound and voice joining in the song of life, the pulse of rhythm lifting our weightless bodies and spirits into spontaneous movement. Experiencing the fullness of being in silence and in sound, in stillness and in movement. A time of joy, celebration, and play. $170

Core Dynamics—Body Energetics
Hector Prestera
Using body release methods, body reading, color reading, and psychic intuition, each participant will have an opportunity to contact areas of body armoring which prevent the core self from spontaneous release. Freeing the "core self" is the object of this weekend.

Suggested reading: *The Body Reveals* (Kurtz & Prestera). $170

G. Frederick Roll

Woman and Nature: A New Vision
Susan Griffin

Western culture has pictured both woman and nature as wild, unreasonable beings, or forces, which must be tamed and controlled by more reasonable God-like minds. Not only are women and the earth exploited and dominated by this ideology, but the emotional life of men is also sacrificed to this way of thinking. We are distorted and made less than ourselves. We are in danger of losing our capacity to know and love other beings. Behind the doctrine of control lies a psyche afraid of the power of nature to change our lives, afraid of both life and death. (Because a woman's body symbolizes life and death, in this view, women are hated and feared.) We can find another way of seeing and being in feminism and ecology, a vision of nature and of woman as the intelligent other, the subject and not the object, the one-in-whom-we-see-ourselves, in whom both spirit and matter combine to speak to us of a deeper "reason." In this workshop we will discuss these two ideas of the nature of the world both historically and in the context of our own lives, the decisions we have made or are making, our fears, our dreams, the processes of our work, ways of knowing and loving others. Together we will conceive not only utopian ideas, but also small events in our own lives which lead to transformation. $170

Week of January 11-16

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 17 $350

Touchstones of Reality
Maurice Friedman
& Elijah David Herschler

Touchstones of reality are glimpses of a way at once uniquely personal and human that we experience in our meetings with persons, situations, characters of literature, religious scriptures, nature, art, or music. They are events that yield meaning and insight and help us in forming our life-stances and basic attitudes, and our understanding. They may arise out of mystical experiences, dreams, conflicts, making or creating a poem or a work of art.

When two people really touch each other as persons, whether physically, emotionally, mentally, or spiritually, it is a mutual revelation of life-stances. Maurice Friedman, philosopher and writer, and Elijah Herschler, sculptor, architect, photographer, writer, and poet, will share some of their own touchstones of reality with the group and then invite the members to five days of active sharing and dialogue of one another's ways of touching life. There is no one form for such sharing. Each person should bring an event, a poem, a dream, a song, a photograph, or a Zen, Sufi, or a Hasidic tale to share. $350

Living Tao: A New Way of Self Cultivation

Al Chung-liang Huang & Jay Goldfarb

To be in touch with the true teacher—your own bodymind; the true learning—nature itself; and to combine nature and self in one flowing dance of life—the living tao t'ai chi dancing.

Recommended reading: *Embrace Tiger, Return to Mountain* (Huang), *Tao: The Watercourse Way* (Watts), *Mind and Nature* (Bateson), *The Dancing Wuli Masters* (Zukav), *Taoism: The Quest for Immortality* (Blofeld), and *Forgotten Truth* (Huston Smith). $350

Self Acceptance—The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $350

Weekend of January 16-18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 17. $170

Creative Pattern and Experience

Coeleen Kiebert

An in-depth exploration of the creative process. Participants will identify their own unique form of creative expression. Individual pattern and experience will evolve through color, paint, clay, and music. Art will become a vehicle of communication, both inward and outward. This workshop is for persons looking for new creations and creatives looking for new inspirations. $170

A Gathering of Midwives

Terry Calhoune
Peggy Morrison Horan
Raven Lang
Jane Miletich
& Honey Rose

This workshop is a coming together of midwives and others interested in birth. Our time together will be spent in discussion of our birth work, exchanging ideas and information, sharing songs, dances, and rituals, and massaging at the hot baths. $170

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 17. $170

Stress Management and Optimal Performance

Ken Dychtwald

In this workshop we will explore and examine the physical as well as psychological dynamics and characteristics of stress with particular attention to ways in which stress can seriously hamper health and all aspects of personal and professional functioning. Through the use of lectures, demonstrations, and a broad range of experiential exercises, participants will have an opportunity to rest, refresh, and renew while simultaneously learning practical methods and tactics for managing stress and increasing overall health and well-being. $170

Week of January 18-23

Advanced Massage Intensive

Esalen Massage Staff

Whether your massage experience is professional or avocational, our aims in this course are to take you deeper into your own work and to provide whatever instruction we can to add to your understanding of the body and to your repertoire of techniques. In addition to morning and afternoon practice sessions with various instructors, we will use yoga, movement, evening lectures and discussions, and demonstrations of specific practices to stimulate ourselves out of our old patterns of working and increase the range of conditions with which we can deal effectively.

The following concerns will receive emphasis: how to sustain your energy through a day of treatments; how to clear yourself of the negative energy released by your client; how to use weight and leverage to your advantage; and so on. As we reach more and more deeply into one another, emotional changes can be triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide us with some first-hand practice in productive ways of moving through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five-day intensive or its equivalent in your own practice. $350

The Feeling Process

Janet Zuckerman Boeve

For many people, feelings are something mysterious, something to keep to yourself, or something to go up into your head to think about. This workshop is about all the steps involved in learning to experience, respect, and honor your own feeling process in a way that will increase your own vitality and personal effectiveness in the world. You can learn to separate feelings from thoughts, learn your own body rhythms, learn to contact your own place of wisdom, and participate, in a safe environment, in the exploration of expression or depression. An experiential workshop. $350

Inside/Living Tao: Fluting and t'ai chi dancing with whales, butterflies,

Paul Horn & Al Chung-liang Huang

Paul and Al will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, and China experiences!

Recommended reading and listening: *Embrace Tiger, Return to Mountain* (Real People Press), Huang; *Tao: The Watercourse Way* (Pantheon), Watts; Paul Horn's albums: *Inside, Nexus,* and *Dream Machine.* $370

Cosmodrama: Experiencing the Relationship Between Consciousness and Reality

Pierre Weil

The experience of reality is a function of the state of consciousness we are in. Cosmodrama was created and based on the concept that man is, above all, a cosmic being. A new holistic model is developed as a circular network in which states of consciousness (sleep, dream, relaxed, awake, cosmic) are related with the two aspects of reality: inside reality (physical, emotional, mental, psi, and self) and outside reality (personal, interpersonal, social, earth, and the universe).

You will be shown how to manage your own drama and get more inner peace and freedom. This network for a new age integrates formal and intellectual education with psychodrama, gestalt, psychoanalysis, psychosynthesis, bodywork, meditation, yoga, tantric approach, etc. $350

Weekend of January 23-25

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings

Joan Fiore & Jeffrey Kent

This workshop provides an opportunity for you to pay attention to the quality of your interpersonal contact, particularly to your willingness to take risks and to your ability to stay true to your own feelings while meeting and contacting others.

You may discover your own rhythm of contact and withdrawal; you may discover how you sabotage yourself from having more satisfying relationships; you may discover you're getting exactly what you want from your relationships. You may discover anything, you may discover nothing. You may even discover that you're in charge. $170

A Weekend with Peter Caddy, Co-Founder of Findhorn

This workshop will provide an introduction to the founding, growth, and development of Findhorn, the principles of creating a new age community, the cooperation with nature, the laws of manifestation, relationships and the balance between male and female, and the roles of individuals, groups, and communities in world transformation. $170

From Burnout to Personal Growth: Increasing Effectiveness and Enjoyment in Work and Life

Elliot Aronson & Ayala Pines

This workshop is designed for people who work with people and who have experienced or are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive techniques of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and joyousness of their relationships with clients, colleagues, family, and friends. For additional information see page 15. $170

Feeling and Movement

Heidi Schaffer, David Silverstein & Sandra Thompson

Through the combination of radix and neo-reichian methods with dance and movement, we will emphasize loosening and opening the body to the natural flow of its own energy. Participants can become aware of attitudes and muscular tensions that inhibit spontaneity and confine individual movement to a set or particular pattern. Radix intensives and deep feeling exercises will provide opportunities to release some of these tensions. Dance and movement experiences will offer a means of expressing the flow of energy that is freed by this release. $170

Week of January 25-30

A Week with Peter Caddy, Co-Founder of Findhorn

For workshop description see January 23-25. $350

Self Re-Parenting

Joan Fiore & Jeffrey Kent

This workshop focuses on finding and opening paths in the present that allow us to return to places in the past where we got stuck. Rather than cutting off these experiences from awareness, we give ourselves a new opportunity to clean up the unfinished business of early life that controls and rips off our aliveness and our power in the here and now. Experiments will progress from re-wombing, re-birthing, and re-infanting to re-adolescing. Modes of exploring are drawn from gestalt practice, neo-reichian energy release, primal work, family process, guided fantasy, and Fiore re-parenting methods. First priority is on intensive individual work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. $350

The Possible Human in the Possible Society

Jean Houston

The course will be for those deeply committed to social, personal, and spiritual transformation and willing to take the risks needed when they journey with such intention to the very edges of their lives. Together we will undertake a depth exploration of our cultural and spiritual heritage and then look to the evolutionary possibilities inherent for present culture and consciousness. We will seek the *pattern* that *connects*, thus finding ways to discover meaning, give impetus to our growth, and illumine our transitions. We will try to determine ways in which the possible human can help to create the possible society. $350

January 25- February 2

Inner and Outer Paths to Adventure: Hawaii

Dick Galland, Annie Callaway & David Schiffman

For workshop description see Wilderness Programs, page 43. $525 (plus airfare).

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Courtesy of Lois Bateso

Weekend of January 30- February 1

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 17

$170

On the Way to Health: A Guide for Health Practitioners
Phillip Mac, MD

This workshop is designed to look at the stresses of the health provider in training and in practice. We will work toward developing greater personal health consciousness through self-awareness and self-responsibility, and creating a healing environment within ourselves. Body awareness, centering, and visualization will be some of the methods employed. For additional information see page 15. $170

Physics Weekend: Bell's Theorem and the Nature of Reality
Nick Herbert
Saul-Paul Sirag

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what this current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation. $170

January 30- February 6

Trust Your Process—A Raku Sculpture Workshop
Paul Rebillot
& Richard Horan

"It is not pots we are forming but ourselves." —M.C. Richards, *The Crossing Point*

For seven days, we will follow the process of the ancient art of raku pottery as a symbol of our own inner process of self-transformation. Each afternoon we will meet with Richard Horan in the barn at Esalen. As we shape, dry, glaze, fire, and use our sculptures, we will, through gestalt and other disciplines, experience these same processes in relation to our lives. How do we form ourselves? How do we cleanse ourselves, rid ourselves of excess moisture—tears and other emotions? How do we decorate ourselves? What risks are we willing to take? How does the fire of our being influence the form we've made of ourselves? And what use—what expression—do we give to that form and fire, once united? The workshop will culminate in a final ritual in which we use the objects we've created, reflecting on the discoveries that we've made.

Trust in process is the secret of every art—whether it is pots we are making, or ourselves. $520

Week of February 1-6

Gestalt Practice
Esalen Gestalt Staff
For workshop description see page 17. $350

New Perspectives in Psychotherapy and Self-Exploration
Stanislav & Christina Grof
We will focus on the observations from modern consciousness research that have revolutionary implications for the theory and practice of psychotherapy. The suggested revisions include an expanded model of the human mind, new techniques and strategies of self-exploration, and powerful unconventional mechanisms of personality change. The participants will have the opportunity to explore the new principles in experiential sessions combining pranayama breathing, evocative music, body work, and mandala drawing. Special attention will be paid to the problems of handling spiritual emergencies as part of an effort to create a network of professionals offering help in transpersonal crises. $350

Transpersonal Practice
Léo Matos
In this workshop the participants will be introduced to psychological approaches developed by C.G. Jung, gestalt therapy, Tibetan Buddhist psychology, the psychology of the Mexican Indians, and various methods developed by ancient as well as "primitive" cultures. These methods have been studied and researched by transpersonal psychology and adapted to a scientific psychological context. Here in this experiential workshop we will explore different aspects of human existence, such as the experience of birth, and the psychological issues of rebirthing. $350

Weekend of February 6-8

The Gazebo$_{SM}$: An Alternative Education
The Gazebo Staff
The Gazebo is a model for restructuring educational systems, both physically and philosophically. It is a new concept of "school," involving the inviting of children back into society, the integration of generations, and the re-introduction of life into the content of learning.

The workshop will be both didactic and experiential. We will investigate alternative ways of financing education and plan ways to revitalize neighborhoods as viable teaching resources by generating community involvement. The form, structure, and activities of the Gazebo will be available to participants. So far our youngest student is 9 months old and our oldest is 75. Esalen's Gazebo is more than an idea. It is an actuality. Limited to 12 participants. $170

The Body and the Energy Body
George Leonard
Many ancient and modern disciplines of personal health, growth, and change depend upon concepts of energy flows in and around the bodies of living things. Using methods derived from the art of aikido, George Leonard will present his approach to the human biofield or "energy body." Through simple mental and physical exercises, participants will experience their energy bodies in interaction with nature and other people, and will practice centering and heightened awareness with special attention to stress reduction and good health. They will be introduced to alternative ways of dealing with everyday life situations—especially those involving tension and expectation—and will explore ways of getting in touch with their own hidden powers. There will also be discussion of these experiences as they relate to education, sports, and social transformation. $170

Couples Workshop: Intimacy and Personal Growth
Betsy Hand & Gerald Smith
This workshop will focus on deepening contact and strengthening mutual support while expanding as individuals. Some of the time will be spent using structured approaches for enhancing communication, being separate, trusting, and fighting fairly. The approaches will be tailored to what each of you brings to the weekend. $170 per person.

Beyond Biofeedback
Elmer and Alyce Green
Biofeedback means getting immediate ongoing information about one's own biological processes or conditions, such as heart behavior, temperature, brain-wave activity, blood pressure, or muscle tension. Information is usually fed back by a meter, by a light or sound, or subjects simply watch the physiological record as it emerges from the monitoring equipment. Biofeedback training means using the information to change and control voluntarily the specific process or response being monitored. Contemporary biofeedback research suggests that any aspect of a person's chemistry or physiology that can be brought to awareness directly or through instruments can become accessible to conscious control. Our biofeedback investigations at the Menninger Foundation lead us to believe that humankind has more talents and more potential for self-regulation than we use or take credit for. This weekend seminar will not involve training exercises with biofeedback equipment but rather will be an inquiry into the realms of human possibility beyond biofeedback. We will discuss the relationship between biofeedback and parapsychology, holistic medicine, and bodily transformation. A particular focus will be the deepening understandings of human consciousness and spiritual awareness toward which biofeedback practice points. $170

Week of February 8-13

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 17. $350

Opening the Feelings
Ron Andes, Renan Sercarz & Julie Wright
We will use radix (neo-reichian) methods to free the body's capacity for feeling expression and aliveness. As deeply held emotions of pain, anger, and fear are experienced and expressed, chronic unconscious patterns of tension can soften and the participant can allow deeper contact both with himself and others. With this can come a new capacity for love, trust, and joy. We mainly work with breathing and movement, asking the participant to allow whatever comes up. We will work with no more than ten participants to one facilitator, and each participant will receive two intensives. $350

Beyond the Physicalist-Vitalist Conflict: Toward a New Philosophy of Nature

Paul Lee

The physicalist-vitalist conflict in science is one of the deepest conflicts in our culture and helps account for the rise, triumph, and self-destructive collapse of industrial society, a "world above the given world of nature" and therefore lacking in vital roots. Vitalism holds that the processes of life are not explicable by the laws of physics and chemistry alone and that life is in some part self-determining. The defeat and rejection of this doctrine, it can be argued, began in 1828, the year of the artificial synthesis of urea. Biochemistry brought about the alliance of chemistry and biology on the foundations of Cartesian and Newtonian mechanics and mathematical physics, preparing the way for the discovery of DNA, genetic engineering, and the ability to manipulate the secret of life. In a series of consecutive steps, it is possible to document the physicalist takeover in the development and formation of the sciences and to see how each step exemplifies the structure of the physicalist scientific revolution and the overthrow of vitalism. This workshop will examine how, since 1970, this nearly exclusive trend has come under a critical check based on the revival of vitalism in the ecology/environmental and holistic health movements and allied movements. The remaining two decades of this century may witness radical paradigm shifts in the sciences as the physicalist hegemony is undermined by the collapse of industrial society as we know it in the fossil-fuel economy. This workshop will explore various movements from molecular biology to homeopathy in order to ascertain the significance of a revived vitalism for a new philosophy of nature. $350

February 8-15

Integrity *David Schiffman*

In this workshop we will join together to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Our task together will be to discover how best to express these qualities both in and out of the workshop. We will explore the boundaries of our emotional, physical, and mental potentials and how they affect our sexuality, our relation to power, our friendships, our creativity, and our expectations of ourselves and of others. $520

Weekend of February 13-15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 17. $170

Weekend Massage Intensive

Esalen Massage Staff

We will assist you in acquiring the basic tools you will need to begin to explore massage. By demonstrating for you and practicing with you it is our intent to introduce you to the major muscle sets of the body and to help you to establish a sense of an effective beginning, development, and closing of a full-body massage. Emphasis will be on our own grounding and internal awareness, on learning to recognize the areas in ourselves and others that need relief, and on learning to be aware of the quality of our own touch. $170

The Politics of Mind Control and Consciousness

John Marks

This workshop will explore the possible uses and abuses of mind control and consciousness techniques. It will trace the U.S. government's, particularly the CIA's, covert involvement with LSD, mushrooms, electroshock, hypnosis, and personality assessment research. From there the workshop will move into a more generalized discussion of the overt impact that this technology is having on today's world.

Recommended reading: *The Search for the Manchurian Candidate* by John Marks (McGraw paperback, $4.95.) The ABC Television documentary, *Mission: Mind Control*, based on this book, will be shown. $170

February 15-22

Bodymind Health, Longevity, and Optimal Performance

Ken Dychtwald & Staff

In this seven day experiential workshop we will combine the beauty of Big Sur and the Esalen facilities with some of the most successful methods for enhancing health and optimizing bodymind functioning gathered from the holistic health, human potential, and physical fitness fields. This comprehensive program has been especially designed to allow each participant an opportunity to rest, refresh, and renew mental and physical functioning while simultaneously learning practical stress-management, self-care, and life planning skills.

The daily fourteen hour (optional) program will include: running, stretching, and aerobic dancing clinics; meditation, relaxation, and stress-reducing classes; health walks/hikes; sensory awareness and creative visualization instruction; massage classes at the Esalen baths; nutritious meals prepared in the Esalen kitchen; and evening seminars on such topics as life planning, longevity, time management, optimal fitness, diet and nutrition, stress-management, and holistic health care. $520

Week of February 15-20

Reichian/Gestalt Intensive

Joan Fiore & Jeffrey Kent

This workshop combines neo-reichian breath and body work to facilitate physical/emotional release, with gestalt work to facilitate contact, integration, and self-responsibility.

We provide the time, the space, the opportunity to move at your own pace from dis-ease to ease, from fragmented to whole, from self-discounting to self-validating, from role-playing to authentic self-expression, from helpless victim to active participant in your personal destiny, or from wherever you happen to be coming to wherever you're growing. You might explore your dreams, your tensions, your madness, or your options; take room to breathe or to explode, soak in nurture or exorcise demons, finish past unfinished business or examine present concerns.

First priority is on intensive individual work in a supportive group setting. There are also opportunities to experiment with the quality of interpersonal contact through group interactions. $350

The Hero's Journey
Paul Rebillot

The hero's journey is a dynamic form designed to facilitate people through life changes. Your world is viewed through the lens of fantasy, dramatized and experienced in a rite of passage based on a universal ritual used to celebrate this metamorphosis: the myth of the hero.

Your hero is structured from the absolute "yes," your demon from the absolute "no" of your personality, externalizing your inner conflict. The two confront each other on the hero's journey, a dramatic struggle ensues until a synthesis of the opposing forces is reached. $350

Working With Dreams
Montague Ullman

Based on the mastery of a few essential principles, getting close to one's own dreams is both possible and useful. The purpose of the workshop is to engage the dreamer in a process of self-discovery through the connections one can make between dreams and waking life.

The dreamer and the group will interact in working through the personal meaning of the dream. We will explore the language of the dream through a series of exercises designed to illustrate how the dreamer uses imagery to express feelings, how to identify events in waking life that trigger the dream, and how past memories are integrated into present concerns. In the course of this the participants can acquire an appreciation of the artistry of the images they create, the accuracy with which these images can light up long hidden aspects of their own past, and the way in which these processes come together to shed light on their waking experiences. Dreams are exquisitely sensitive instruments for helping us recognize and respond to novelty in our lives. $350

Weekend of February 20-22

Leading the Symbolic Life:
On the Transforming Power of Symbols to Enrich Life's Meaning
Alice Howell

A participatory experience devoted to new ways of thinking and practical means of living richly what Jung called the "symbolic life." Archetypal symbols speak through a silent language of image and magic connecting the outer world of event with the inner world of meaning as they represent processes at work in nature and in the individual psyche. An adventure joining wisdom and humor with attacks of insight. $170

The Passions
Jay Ogilvy & Robert Solomon

How can we control our emotions? In what sense are we responsible for them? Can one choose to fall in love? Is it better to just let it out or hold in our feelings? Most views of emotions—including many popular guidebooks and therapies—are based on a tragic misunderstanding of feelings and emotions. Two philosophers will help sort out these issues in a way that relates to participant's own experiences. Jay Ogilvy is author of *Many Dimensional Man* (Harper Colophon, 1979), and Robert Solomon is author of *The Passions* (Doubleday, 1976). $170

Core Dynamics—Body Energetics
Hector Prestera

For workshop description see January 9-11. $170

Being Together, Being Ourselves
Paul Rebillot

"Let there be spaces in your togetherness and let the winds of the heavens dance between you."
—Kahlil Gibran, The Prophet

Laughing and crying, dancing and touching, we will come together for a weekend of improvisation and play. Gestalt process and theatre games will help us to open doors to new ways of being together while being ourselves. We will explore the delicate balance of communication and separateness, of closeness and distance in our relationships with one another. $170

February 20-June 14

Deep Tissue, Gestalt, and Holistic Health Classes
Coordinated by Al Drucker & Polly Kirby

For workshop description see Special Programs, page 41. $5200

Week of February 22-27

Five-day Massage Intensive
Esalen Massage Staff

For workshop description see January 4-9. $350

A Week with Will Schutz $350

Reichian Gestalt: A Workshop for Contact and Release
Ma Prita (Laura De Nuccio)

This workshop provides a safe environment to experience consciously the process of our own unfolding—physically, emotionally, energetically, sexually, spiritually.

As we become aware of the ways we hold back our self-expression (flow of life energy) we then have the *choice* to let go. By *contacting* tension (stuck, accumulated energy) and allowing emotions which have been locked and frozen in our bodies, often since early infancy, we then have the opportunity to open ourselves to the creative flow of life energy within each of us. As we contact and allow our hurts and pain, we can then increase our capacity for pleasure and joy. As we allow our expression of anger, which is a powerfully expansive, outward directed energy, we can open and deepen our capacity for love and compassion. As we contact and allow our expression of fear, we can then move toward expanding our capacity for trusting ourselves and others. Learning to trust our bodies, our responsiveness and movement, is a liberating experience.

Utilizing reichian emotional release, gestalt practice, bioenergetics, feldenkrais, massage, reflexology, dance, meditation, and various other bodymind approaches, we can move toward expanding our capacity for trust and fulfillment. $350

The Spiritual Path: Promises and Pitfalls
Stanislav & Christina Grof

We will combine observations from modern consciousness research and from various traditional practices to explore the process of spiritual awakening. The participants will have the opportunity to confront transpersonal areas within themselves in various experiential exercises, combining evocative slide-shows, music, controlled breathing, mandala drawing, and individual work if appropriate. Special attention will be paid to the understanding of and approach to "spiritual emergencies" which can occur in the context of the kundalini process and other forms of personal evolution. $350

Weekend of February 27-March 1

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 17. $170

Preparing for Conscious Childbirth: A Workshop for Pregnant Couples
Honey Rose
Peggy Morrison Horan
Jane Miletich
& the Esalen Mothers

Come prepared to share your hopes, fears, experience, and expectations with other pregnant couples. By recognizing and owning the joys possible through conscious childbirth, we will explore the birthing possibilities available today. With the use of forum, film, exercise, massage, nutrition, and ritual, we will bring self-reliance back into our primal experience. $170

Getting Healthier
Carl Simonton, MD

A combination experiential and didactic workshop looking at the interrelatedness of the mind and the body in health and illness, drawing upon experiences with cancer patients and applying the principles learned in dealing with life crisis to the basically healthy person for the purpose of enhancing life. For additional information see page 15. $170

Massage and Movement
Esalen Massage Staff

In our daily massage sessions we gently nudge our bodies and hands back to sense-ability, clearing up old energy blockages, restoring spontaneity. We share with you the tools that have worked for us in our many years of massage practice.

Through movement we explore our dynamic support structures and how we relate to our environment as we move more freely into our own life dance. We blend the basics of t'ai chi, structural awareness, and contact improvisation to stretch our self-perception. $170

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 17. $170

Week of March 1-6

Esalen Staff Week

We will have no public programs during this period.

Weekend of March 6-8

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 17. $170

Life Change, Career Change
John Caple
& Mary Harper

Most of what we are taught about changing careers springs from the poverty mentality of the thirties; little of it relates to our unfolding as human beings. In this workshop we will integrate career change processes and personal growth processes. We will explore ways to achieve success in the world without sacrificing wholeness. We will use guided imagery and communication exercises, centering strategies, and role playing. Some time will be spent on individual career/life problems. $170

The New Vision of Reality
Fritjof Capra

We shall explore the fundamental paradigm shift that is going to dominate the eighties—a shift from a fragmented, mechanistic world view to an organic, holistic, and ecological view. The new paradigm, or vision of reality, includes: the new concepts of space, time, matter, and energy developed in subatomic physics; the emerging systems view of life, mind, consciousness, and evolution; the integration of western and eastern approaches to psychology and psychotherapy; and an ecological perspective which is spiritual in its ultimate essence and will lead to profound changes in our technology and our economic and political structures. $170

Let Go/Let Be *Betty Fuller*

Movement is a primary means to learning about my self, about my relationships with others, and about my place in the universe. This workshop includes physical and mental stress reduction and alignment exercises, guided imagery, nutritional information, and moving meditations, as well as the integrative bodymind approaches of trager, feldenkrais, and rolf-nolte. For each approach, methods for daily practice and individual followup are presented. The schedule allows time for rest and relaxation at the baths and participation in the work of the Esalen community. $170

Couples Workshop: Intimacy and Personal Growth
Betsy Hand
& Gerald Smith

For workshop description see February 6-8. $170

Week of March 8-13

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 17. $350

Gestalt Practice
Esalen Gestalt Staff
For workshop description see page 17. $350

A Psychic Training Program
Anne & Jim Armstrong
This workshop is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities. Anne and Jim will use exercises and training techniques to accomplish this goal. During the training exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professios are already using their sensitivity and need only learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $350

Self Care and Professional Competence: A Workshop for Health Professionals
Julian Silverman & Cynthia Rogers
This workshop is concerned with teaching/learning a point of view and a method for being at ease in one's day-to-day health care work environment:
—contacting and communicating with others comfortably
—being careful with one's self so as to be able to care for others more effectively. For additional information see page 15. $350

Your Own Myth-Body to Live By!
Joseph Campbell & Al Chung-liang Huang
We will explore and recreate ancient myths in our daily lives—in our thoughts and in our bodies—as we integrate intellect and movement into one harmonious living practice.

Recommended readings:

by **Campbell**—*Myths to Live By* (Bantam), *The Flight of the Wild Gander* (Gateway), *The Complete Grimm Fairytales* (Pantheon)

by **Huang**—*Embrace Tiger, Return to Mountain* (Real People), *Tao: The Watercourse Way* (with Alan Watts, Pantheon), *Living Tao* (Celestial Arts). $370

Weekend of March 13-15

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 17. $170

Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care
Tom Ferguson, MD & David Sobel, MD
About 80% of illness care—and an even higher percentage of preventive care—is self-provided, yet this most important part of our health care system is largely ignored by many health care professionals. Health workers are trained to rely almost entirely on expert-provided interventions.

This workshop will provide an overview of the field of self-care. Topics will include the present extent of self-care, what people can learn to do for themselves, self-care classes, self-diagnostic tests, self-help groups, social support systems, health promotion, self-care in the schools, the literature of self-care, the effectiveness and safety of self-care, self-care in the clinic, dealing with the sophisticated medical consumer, the developing technology of self-care, special problems health professionals have in taking care of *themselves*, and more. Participants will have an opportunity to meet others with similar interests and to share their personal and professional experiences in self-care. For additional information see page 15. $170

The Art of Yoga: A Mind/Body Approach
Joel Kramer
This workshop is for beginners or anyone interested in experiencing an approach to yoga which involves exploring the edge or frontier of the self, both mentally and physically. Yoga is presented not as a removal from life, but as an adventure in living. In a short time this approach can provide a powerful mode of exploration—no matter what your flexibility—in the physical, psychological, and spiritual domains of life. $170

Holomovement: T'ai Chi and Hologram
Karl Pribram & Al Chung-liang Huang
A dialogue and experience of the tao of movement in the holographic universe through synthesis of science and mysticism, the philosophy of paradox, t'ai chi dance, and the music of J. S. Bach. $180

Week of March 15-20

Living Tao: The Joy of Self-Cultivation
Al Chung-liang Huang
The art of successful living is a personal and individual process in the joy and spontaneity of continuous self-cultivation. We shall explore and digest this perennial philosophy in terms of everyday living, and learn to move with ease in the t'ai chi simplicity and delight. $350

Feelings or Consciousness
Clair Killen
A non-confrontive group experience of movement, emotional release, and cognitive integration. Using radix practices, music, massage, and vision work we will explore our beliefs, muscular armor, and self-esteem. $350

The Tamalpais Experience
Richard Heckler, George Leonard & Wendy Palmer
Aikido is the most sophisticated of the major martial arts. It is also a means for reducing stress, a guide to solving problems of everyday life, and a way of being in the world. Richard Heckler, George Leonard, and Wendy Palmer will present the unique approach to aikido and energy awareness they have developed at their Marin County school, Aikido of Tamalpais. No previous training is needed to experience the essence of the art. $350

Healing: Rites and Ways
Phillip Mac, MD & Polly Kirby, RN
A week-long experience for health care providers, focusing on each individual's healing ability through centering, awareness, and visualization. In addition, we will experiment with various forms of healing including acupuncture, massage, deep tissue work, homeopathy, and psychic healing. An atmosphere will be created in which we can examine our present healing modes and discover new alternatives. For additional information see page 15. $350

Weekend of March 20-22

Play/Work: Taking the Game of Your Life Into the Arena of Your Work
Skip Andrew

The more I become clearer about who I am, the more I touch my true center, the more I describe my whole self, the more I need to recreate work befitting the real me. All of us uniquely combine our own values, skills, special knowledges, people preferences, environmental choices, and monetary aspirations. Much of the so-called job market claims we cannot be our unique, powerful, special, and humanistic selves in the "real world." In this weekend we will explore ways to deal with and overcome this concept and to encourage our true selves to emerge in work as well as in play. Suggested reading: *What Color is Your Parachute? A Practical Manual for Job-Hunters and Career Changers* (Bolles); *Bernard Haldane Associates' Job and Career Building* (Germann); and *Skillful Means* (Tulku). $170

The Art of Living
John Pentland & Jacob Needleman

This workshop is conceived as a study of what we can know about the order and meaning of human life and of how far this knowledge is reconcilable with life in the modern world. $170

Exploring Self-Acceptance
David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $170

Weekend Massage Intensive
Esalen Massage Staff

For workshop description see February 13-15. $170

Kopavi Dance: The Open Door
Gael Thompson-Kindler

Head for that which you might resist the most, and dance, dance, dance it till you can hardly dance at all, and then . . . keep on dancing!

Our inspiration is the belief that we are all holding power that is calling to be released and utilized. From this premise Kopavi explores body mantra, vital presence, and the union of music and dance. $170

Week of March 22-27

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 17. $350

New Directions in Body Work
Esalen Massage Staff

Exploring the gentle ways of contacting our inner selves through massage integrated with body/mind approaches will be the focus this week. Gestalt awareness, emotional release work, breath meditation, visualization, and mandala will be incorporated in a basic context of body work as we chart the anatomy of our emotions in their many guises. $350

Meditation and Prayer Workshop
Daniel O'Hanlon

This workshop provides introductory instruction and guidance in a variety of practices, drawn from the Christian traditions of East and West, from Hindu and Buddhist disciplines, and from the recent explorations of the human potential movement.

The workshop will encourage and assist each participant to discover his or her own path. The work will move in two stages:

1) Guided experience in a variety of ways of deepening contemplation: breathing awareness, breath as gesture of prayer, body awareness meditations, mantras, the Jesus prayer, chanting, hatha yoga, visualization and fantasy, etc.

2) Under personal direction, more intense work with that practice or those practices most suited to each individual.

Suggested reading: *New Seeds of Contemplation* (Merton), and *Zen Mind, Beginner's Mind* (Suzuki). $350

Self-Acceptance—The Freedom to Be
David Schiffman

For workshop description see January 11-16. $350

Myth and the Body
Joseph Campbell & Sam Keen

The human animal gives birth to myths and symbols which shape bodily life. We are myth-making animals. We live the myths we create, and the myths create our humanity. They touch every aspect of our lives: religion, sexuality, politics, economics.

The relation of myth and the body will be approached from three perspectives: a) The pivotal myth of East and West about the body; the way that soul and body, mind and matter, and resurrection have shaped Western culture. b) The personal myths emerging out of our life process that are expressed as our biographies and body form. c) The possibility emerging from contemporary philosophy and psychology that biological and symbolic experience are interdependent expressions of a common process.

The workshop will center on the theme of how one participates in the personal and cultural world of mythology as both symbol-maker and body simultaneously. $370

Weekend of March 27-29

Experiencing Esalen for Couples
Coordinated by Nancy Kaye Lunney & Bruce Neeb

An experiential workshop incorporating verbal and nonverbal contact, massage, and creative expression. There will be time together and time apart to experience yourselves individually and in relation to each other.
$170 per person

Horst Mayer

The Spiritual Bases of Management: A Workshop for Business Professionals
Julian Silverman
This workshop re-formulates some traditional management concerns in the language of ancient and modern spiritual teachings and practices. Such issues as designing work environments, management by objectives, crisis management, planning and decision making, and communication skills are considered from a non-materialistic, self-fulfilling point of view. $170

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings
Joan Fiore & Jeffrey Kent
For workshop description see January 23-25. $170

A Celebration of Life
Emmett Miller
For workshop description see January 9-11. $170

Week of March 29-April 3

Experiencing Esalen: The Body
Experiencing Esalen Staff
For workshop description see page 17. $350

French Intensive/Biodynamic Gardening
David Field
Based on the belief that a fuller understanding of nature will yield fertility in the garden, French intensive/biodynamic techniques approach plants and soil through a balance of spiritual and practical points of view. Supreme drainage and abundance are realized through careful cultivation, fertilization, and propagation in conjunction with cyclic forces. The flow of life is encouraged. Workshop participants will actively engage in all processes which lead to health of the soil, including double-digging, filthing, and dressing of raised beds; preparation of seed flats, sowing of seeds, and transplanting; composting; the importance of herbs; and specifics of climate and plant variety selection for various geography. $350

Put Your Memories, Fantasies, and Dreams to Work for You: A Reichian/Gestalt Approach to Energy Release
Joan Fiore & Jeffrey Kent
"To understand is to tremble. To recollect is to reenter and to be riven."—Harold Brodkey
This workshop focuses on releasing the energy locked in our memories, fantasies, and dreams so that this energy can be made available for present relationships and life situations in a way that makes our existence in the present less encumbered by unfinished business of the past as well as self-programmed, self-fulfilling prophecies of doom for the future. First priority is on intensive intrapersonal work in a supportive group setting. There will also be opportunities to explore the nature of our interpersonal relating through group interactions. $350

Experiencing Astrology
Robert Hand

The basis of astrological symbols lies within the psyche, and every symbol in astrology can be experienced in terms of feelings and sensations. Being in touch with the symbols of astrology at this level gives one knowledge of what the horoscope means at much more than an intellectual level.

The workshop is aimed at persons who have anywhere from a minimal to an advanced level of astrological knowledge. The object of the workshop will be to get an inner experience of the symbolism of one's individual horoscope through guided meditation exercises. In these the participant will gain, through visions and fantasies, a non-intellectual knowledge of the symbolism in his or her own chart, and what it signifies.

The only requirement for this workshop is that the individual know his or her own birthdate, and, if at all possible, time and place as well. Each individual will be working with his or her own horoscope as well as sharing the horoscopes of others.

When applying, please send the office your birth date, and time and place, if possible, well in advance of the workshop dates so that your chart may be cast before the workshop. $350

The Hero's Journey
Paul Rebillot

For workshop description see February 15-20. $350

Weekend of April 3-5

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 17. $170

Thinking Body/Moving Mind: A Soft-Systems Approach to Psychophysical Fitness and Training
Betty Fuller & Russell Nichols

This innovative workshop skillfully combines trager mentastics, feldenkrais, stretching/strengthening, and numerous other anti-exercises designed to increase self-awareness, prevent injuries, and enhance athletic performance (open to all levels of physical fitness). There will also be guided opportunities to integrate these creative systems through walking and running in Esalen/Big Sur. The emphasis throughout the weekend will be on creating a truly integrated thinking body/moving mind. Here is a unique learning experience for getting in touch while getting in shape while having fun. $170

Hypnosis and Parapsychology
Lee Pulos

All participants will be taught to experience beginning and advanced techniques of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering techniques such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and de-mystifying hypnosis, the "fun" part of the workshop will be the exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's vision inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $170

Flesh Consciousness
Michael McClure & Frank Wildman

This workshop will be an experience in the liberation of our verbal imagination working in harmony with the sensing of our personal anatomy of feelings and physique. The evolution of biological structure, tissue, and movement will be explored in coordination with a set of "alchemical" verbal methods and writing experiments.

Workshop members will enact in graduated steps the evolution of movement. By exploring the human skeleton from a phenomenological perspective we can discover a meaning in the human frame—a history of bone, meat, and motion blending into imagination. Our focus will be to demonstrate that tissue, structure, and body *are* consciousness and that we do not need the language of duality to express our images and feelings. $170

Week of April 5-10

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 17. $350

Reichian Gestalt: A Workshop for Contact and Release
Ma Prita (Laura DeNuccio)

For workshop description see February 22-27. $350

Transpersonal Psychology: New Approaches to Therapy and Self-Exploration
Christina & Stanlislav Grof

We will explore theoretically and experientially the rapidly developing area of transpersonal psychology. Using a combination of controlled breathing, evocative music, body work, and mandala drawing, the participants will have the opportunity to confront various unfinished biographical issues, elements of the death-rebirth process, and the spectrum of transpersonal experiences. This experimentation with powerful new approaches to personality change will be complemented by discussion of a conceptual framework based on modern consciousness research and the world-view emerging from modern physics. Special attention will be paid to the process of kundalini awakening, the concept of spiritual emergency, and to techniques of assistance in transpersonal crises. $350

Yoga, Movement, and Massage
Deborah Medow

Spring is a time for growth. You are invited to share five nurturing days devoted to enlivening body, mind, and spirit.

mornings: basic yogic theory, meditation, and asanas followed by special yogic breakfasts

afternoons: massage instruction and practice at the baths with one refreshing massage picnic beach day.

evenings: music, dance, and theatre games encouraging creative group and self expression

People of all ages are welcome. $350

Courtesy of Lois Bateson

Weekend of April 10-12

A Weekend Primer on Constitutional Holistic Medicine
Focusing on Homeopathy, Acupuncture, and Deep Tissue Work

Al Drucker
& Staff

This workshop will examine energetic medicine, that which deals directly with the energy field and the vital force. The three principal systems that will be discussed and demonstrated are different healing paths with a common curative goal—the complete restoration of health through the law of cure. We will study the subtle transforming role of disease in the spiritual evolutionary development of the individual, seeing it as the catalytic agent that puts us back on track with our deeper life's purpose and mission. But we will also explore ways of pure healthful and heartful living and sensitive attunement which permits us to achieve our life's goals without illness. For additional information see page 15.

$170

Successful Business Behavior for Women, or "Act like a lady, think like a man, and work like a dog."

Victoria Elliot

In this workshop we will learn about the social issues vs. the business issues of being a woman. How to make decisions better and faster, how to get to the bottom line, and how to communicate to get what you want from the people you work with. $170

Transformations: An Energy Release Workshop

Maureen Lavender

In this workshop we will focus on freeing our musculature from emotional reactiveness. Then the energy tied up in holding patterns of "cannot" and "have not" can be transformed into responsible action. We will look at ways in which we misuse energy and explore the power inherent in conscious ways of breathing, moving, and thinking. In trying to avoid pain or pleasure we frequently shrink from or impulsively discharge our energy. Overcontracted or extended, we make poor containers for the life force. To restore potency we will facilitate emotional release through bioenergetic, reichian, and rebirthing breath-movements. We will also experiment with tantric encounter, chakra balancing, and purification through symbolic rites. $170

Energy Awareness and Creative Sexuality

George Leonard & Annie Styron

We begin with a modern dilemma. How is it that sex, which is allied with creation itself, can so easily fall into stereotype and predictability? Must we keep switching partners to stay erotically alive? Or is it possible to discover a way of loving that is both creative and enduring?

In this workshop, we use the simple movement exercises and visualizations of energy awareness to explore communications and creativity in the erotic realm. The purpose here is not to prescribe new methods or techniques but rather to transform the way you experience your sexuality, as inspired by George Leonard's forthcoming book, *Love and Creation: An Exploration of Sex Beyond Ideology*. The workshop is appropriate for individuals as well as couples. $170 per participant

Weekend Massage Intensive

Esalen Massage Staff

For workshop description see February 13-15. $170

Week of April 12-17

Gestalt, Bioenergy, and Human Contact; Old and New Learning Integrated

Alan Schwartz

There is an energetic dimension to human behavior which is often locked behind habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to allow more movement in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as movement. Allowing energy means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self and our interdependence with *physical* and *social* environments. The workshop can be thought of as a *learning* week. Appropriate didactic material will be covered. $350

Choosing to Change

Harry Sloan

Changing is discovering that something new is trying to emerge and integrating that next step into our daily lives. In this process we often encounter parts of ourselves that do not nourish change. We resist, either by preventing ourselves from seeing beyond where we are, or by blocking ourselves from integrating and expressing the next step.

In an atmosphere of tenderness and humor, this workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Personal work will stress deepening awareness of our own unique sense of direction and the obstacles in the way. We will focus on learning to allow change through exploring the implications of our choices and seeing how we retard or encourage the expression of our emerging self.

The basic approach will include psychosynthesis and transpersonal and cathartic methods which emphasize learning, and developing skills and tools to release and transform blocked energies. Our purpose together will be to align our motivation and will with the natural process of change and integration. $350

Five Days with Dan Casriel: The New Identity Process

The new identity process has been evolving for the last fifteen years. The core of this system is the rediscovery and reunderstanding of emotions, focusing on their biological and psychological significance as well as biochemical and neurophysiological implications. The workshop will be both experiential and didactic, with screaming used as a tool to reach deep seated feelings. Verbal-emotional expression (bonding) between individuals will be stressed. $350

Body Harmony

Gary Holtzman

Our bodies are continually harassed by tensions and toxins in our environment. The subtle rhythms of our bodily functions become inharmonious. This discord affects the tone of our muscles and the health of our skin and hair. The workshop is designed to restore the harmony in our bodies and encourage its presence throughout our daily routine.

Each morning we will exercise to awaken centers, align body structure, and tone and stretch the muscles. The exercises are choreographed to various types of music to soothe and encourage while we work.

An afternoon at the hot sulphur baths will be enhanced by the application of Dr. R. Hauschka homeopathic skin preparations. These remedies were developed under the philosophies of Dr. Rudolph Steiner. They encourage the skin to function as a coherent organ through self-correction. A series of kinesiological tests will determine the specific preparations to suit your individual needs.

The evenings will be devoted to body movement designed to harmonize the relationship with our surroundings and others to our environment. Leotards and tights or sweat clothes are required for exercise and movement. $350

April 12-19

Woman's Challenge: A Dance of Adventure

Elise Lodge & Annie Calleway

For workshop information see Wilderness Programs, page 43. $350

Weekend of April 17-19

Weekend Massage Intensive
Esalen Massage Staff
For workshop description see February 13-15. $170

Death and Rebirth for Couples
Joan Fiore & Jeffrey Kent
This workshop is for couples who feel willing to risk relationship for the possibility of enriching and deepening it. In this very intense weekend we use gestalt, encounter, and family process to uncover and differentiate the specific interactions that deaden and depress the energy of relationship from contact that enlivens and excites, so that couples can begin to make enlightened choices for themselves on an ongoing, moment to moment basis. $170 per participant

Energy Systems and Gestalt Process
Alan Schwartz
Read the April 12-17 description. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we both make contact and inhibit contact. One focus will be on integration via energy release techniques. Another will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our consistent awareness process and the autonomous expression of who we are. $170

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks
An introduction to *sensing*, for more meaningful contact with our own nature and with the world around us.

How we relate to our deep inner needs, to other people, or to different tasks and situations depends on how we *perceive them* and how we trust our own findings. When perception is clear and full, we cannot make mistakes. Our whole organism is geared to respond appropriately. We have come, however, to see through a fog of preconceptions, a bewildering fabric of the ideas and judgments of others. Our own experience has been belittled; our perceptive faculties have lost their edge. The true I and the true you no longer meet. Both life and death have become often threatening fantasies.

Sensory awareness is a practice for rediscovering and reviving full sensory functioning. Through the gradual quieting of premature and inappropriate intellectual activity, it directs our attention both inwards and outwards to the actuality of the present moment. As perceptivity revives, true relationship become possible. Each everyday occasion in living gains its own freshness, its own uniqueness. We can become content again, like healthy children, as quality begins to make quantity unimportant.

The few hours of a weekend workshop may, and often do, permit a glimpse of something so exciting, so enriching, that a person may wish to change his life in order to follow it up. $170

Week of April 19-24

Integrating Life Experience into Medical History: The Global Life Assessment
Jack Downing, MD
For workshop description see January 2-4. $350

Reichian/Gestalt Intensive
Joan Fiore & Jeffrey Kent
For workshop description see February 15-20. $350

Let Go/Let Be
Betty Fuller
For workshop description see March 6-8. $350

The Hero's Journey
Paul Rebillot
For workshop description see February 15-20. $350

Weekend of April 24-26

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 17. $170

Core Dynamics—Body Energetics
Hector Prestera
For workshop description see January 9-11. $170

Death and Resurrection
Paul Rebillot
This workshop offers the opportunity to experience, rather than avoid, one of life's most real situations and its only inevitability: your own death. On a wider scale, it explores ways to move creatively through life's many transitions, letting go of the old and welcoming the new.

We will prepare to experience our deaths by reviewing our lives, completing unfinished business, writing wills. We will plan and celebrate our own funerals. Attachments to persons, things, and self-images are gradually severed until, surrendering all to the ultimate unknown, we are able to experience the birth of the truly new. Reborn, we can begin to create a new life the way we want it. $170

The Moving Center
Gabrielle Roth & the Moving Center Staff
An American shamanic ritual using music, poetry, sacred dance, and ritual theatre experiences to mirror the mind, catalyze the heart, and open the body as a channel for creative energies. Through collective rituals which ground us in our sameness we explore our individual dreams and visions and learn to share our differences. $170

Week of April 26-May 1

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 17. $170

Unity
Gabrielle Roth & the Moving Center Staff

This is a five-day shamanic healing ritual designed to inspire and channel the religious, sexual, and creative aspects of life energy into unity and expression. Through music, sacred dance, poetry, and ritual theatre processes, we will explore and present our unique experiences of life's waves, rhythms, and cycles. The moving center tools are designed to release our gifts, talents, and potentials to be the most of who we are. $350

Five-day Massage Intensive
Esalen Massage Staff

For workshop description see January 4-9. $350

Sight and Insight
Daniel Bianchetta

Seeing with the eyes is sight.
Seeing with the heart is insight.

We will use meditation, energy and intuitive awareness, gestalt, and play to re-discover the wisdom of our subtler senses.

Emphasis will be on the gentle unfolding of our inner intuitive senses. $350

Weekend of May 1-3

Movement and Transformation
Nitza Broide Miller

Movement is change and change requires movement. In this workshop we will experience movement as a process of becoming and accepting fully who we are. We can begin to sense the impasses in our bodies. We will explore ways to appreciate the ancient wisdom of our body memory and to utilize its knowledge to release energy and restore strength. Movement can facilitate transformation through time and space and can teach us how to channel our energies toward meeting life's demands more effectively. Through guided movement, music, and imagery, we can learn to become more sensitive to the internal freedom of our bodies and to become more attuned to our interactions with the outer reality. $170

Exploring Self-Acceptance
David Schiffman

For workshop description see March 20-22. $170

The Emergent Paradigm
Jay Ogilvy & Peter Schwartz

How do you filter the information you need to live? Like contact lenses you can't take off, a paradigm effects the way you see—and the way you think and feel. More universal than a model, less conscious than an explicit worldview, a paradigm colors one's entire experence of self and world. We believe our culture is undergoing a shift of paradigms. Traditional patterns of meaning and order are crumbling. We have been exploring common patterns of change across thirteen different disciplines from art to chemistry, philosophy to biology. We see a new pattern emerging, one that makes sense aid gives coherence to apparently fragmented lives. Chemical and biological systems generate higher orde from apparent disorder. Political and religious systems sometimes function better with several centers. We will summarize evidence for a polycentric paradigm, then explore its meaning for relationships, for work, fo play, for the business of being human. $170

Spiritual Healing
Alan Young

This workshop will be experiential, and will explore such questions as:

What is spiritual healing? How does it vork?
Why isn't everyone healed? What are he inner causes of disease?
How can we discover the underlying caus in each case?
How can I help my own healing? How can I develop the ability to be a channel for the healing of others?

It will include exercises in sensing the energy adiating from your own body, and from that of others. It will culminate in a demonstration healing in which al will be invited to participate.

The workshop is designed to interest: (a) Those wno want to learn about healing themselves, or at least assist in the healing process; (b) Those who wish to become a channel for the healing of others; and (c) Those who want to learn more about spiritual healing as a matter if interest or personal growth. $170

Week of May 3-8

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 17. $350

Experiencing the Esalen Garden
Sherry Ackerson, Steve Harper & the Esalen Garden

The focus of this workshop will be the experiencof nurturing and being nurtured by the earth and her plant life. During the day, specific methods for gardening, ncluding plantings, bed preparations, and composting, will be taught. We will also learn the healing aspects f herbs, and enjoy an herbal bath. Our evenings will include guided fantasy, meditation, drawings, and movment. Come and celebrate the gentle dance of earth, air, sunlight, water, and our bodies in our year-roun organic vegetable garden.

Since much emphasis is on experiencing what wlearn, make sure to bring overalls and workboots. $350

Attachment and Separation: Loving and Letting Go
George Kohlrieser

Life involves a series of attachments and separations. This experiential workshop will focus on attachments—parents, family, children, spouses, lvers, places, things—and the corresponding grief reactions to separation. Life energy is connected to the quity and depth of emotional contact. Depression is a signal that something is wrong in the attachment system, nd burn-out occurs when people are negatively attached or cannot attach to either people or goals.

Joy is the physiological and psychological outcome of positive emotional attachments, and the unresolved grief of past separations can interfere with making ne attachments and the experience of joy. Saying hello can only occur after saying goodbye. Patterns of attachment and separation learned in childhood, including symbiotic relationships, will be identified and related to how participants make attachments and separate in the here and now. The formation and celebration of positive emotional attachments and the emotional resolution of past separations will be encouraged within the supportive atmosphere of the group. $350

Integrity
David Schiffman For workshop description see February 8-15 $350

May 3-29

The Spiritual Path: Promises and Pitfalls
Christina & Stanislav Grof For workshop description see Special Programs, pages 41 and 42 $1400

Weekend of May 8-10

Weekend Massage Intensive
Esalen Massage Staff For workshop description see February 13-15 $170

A Course in Miracles: A New Thought Form for Our Time
Julian Silverman This seminar is concerned with an understanding of *A Course in Miracles*—a formulation of a wholesome way to be in the world.

without attack and defense,
without negative emotions,
without the feeling of being separated from one's source

The Course specifies a practice as well as a conceptual model. It elevates one's self worth by teaching *total* self-responsibility.

It teaches health. $170

Being Healthy is More Than Not Being Sick: A Workshop in Holistic Health
Emmett Miller A modern attitude toward health and wellness involves recognizing the interplay between our self-image, our emotional state, our relationships, and our health. Symptoms are thus used as guides to direct our awareness to aspects of our lifestyles which need attention.

High level wellness can be said to have been reached when symptoms become fewer and fewer. Wellness is maintained through regular applications of the principles of selective awareness, deep relaxation, aerobic exercise, rest, and proper nutrition. Moreover, these principles are used in such a manner as to produce continuous personal growth—mentally, physically, emotionally, and spiritually.

We'll begin by using simple techniques for evaluations of our present level of wellness. We will then explore the concepts of high level wellness, and learn ways to develop and maintain it through balancing and attuning mind, body, emotions, and spirit. We'll also explore the use of deep relaxation, mental imagery, and movement to unstress and to project a positive self-image and a lifestyle of high level wellness. This workshop is designed for those who enjoy guided imagery and dance movement. $170

Tools for Transformation of Self and Society
Donald Keys In this workshop we will use group discussion, guided fantasy, lecture presentations, and meditation to bring to our awareness specific ways in which we can begin and continue the process of personal transformation and the transformation of our society. Among the topics we will discuss are: the ways of transforming society; the role of communities and new age organizations such as the Findhorn Foundation, and the special role of the United Nations in the world community. **$170 + $5 for reading material**

Week of May 10-15

Experiencing Esalen *Experiencing Esalen Staff*	For workshop description see page 17	$350
Surrender to Self *Merri Goldenson (Devarani)* *John Majuri* *& Vivian Gary*	For workshop description see January 4-9	$350
Massage and Movement *Esalen Massage Staff*	For workshop description see February 27-March 1	$350

Courtesy of Lois Bateson

Beyond Ego: Transpersonal Dimensions in Psychology

Frances Vaughan & Roger Walsh

Transpersonal psychology is concerned with the farther reaches of human nature, especially optimum health and wellbeing. As concepts of mental health have expanded, the study of consciousness has assumed a central place in the theory of human behavior. A comprehensive transpersonal framework is now emerging for the first time. Since an intellectual understanding of the field is dependent upon an adequate experiential basis, this workshop will offer participants a combination of theoretical and experiential approaches to consciousness research. Personal practice in consciousness disciplines is stressed as essential to both self-knowledge and conceptualization in transpersonal realms.

In this five day period we will explore the roots of wellbeing in consciousness, seeking a balance between inner and outer experience, utilizing both Eastern and Western techniques for deepening awareness. We will examine the process of transformation from both philosophical and practical standpoints, giving participants an opportunity to practice and apply mindfulness and other skills that facilitate assuming responsibility and relinquishing limiting beliefs in both personal meditation and interpersonal communication and interaction. $350

May 10-17

The Rites of Passage: A Five-day Pilgrimage on Horseback Through the Big Sur Wilderness

David Schiffman, Skip Utterback & Rick Jensen

For workshop description see Wilderness Programs, page 43. $820

May 15-22

Meet the Wilderness, Your Self, and Each Other: A Seven-day Wilderness Experience from Esalen to the Tassajara Zen Center

Steve Harper, Jessica Britt & Jeffrey Kent

For workshop description see Wilderness Programs, page 43. $325

Weekend of May 15-17

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 17. $170

Space and Intelligence: A Fundamental Practice of Meditation for Living and Dying

Sogyal Rinpoche

In the nature of mind, which is the all-encompassing space, like the clear, limitless sky, a complete realization arises that enlightenment is naturally self-existing within us. As this basic intelligence spontaneously awakens, one recognizes that thoughts are but the play of clouds, simply happening there. Free.

This is the perspective of Dzogchen, the ultimate teaching of Buddha, the heart essence of Padmasambhava, which even welcomes chaos and neuroses as nourishment for its indestructible sanity. $170

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney

This weekend is a voyage into song for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, as well as for accomplished singers who want to improve their performance. Piano accompaniment, hand-held microphones, and video feedback will be part of a supportive environment for self-expression. Bring your own favorite song titles or choose from a variety at Esalen. Most important, bring your own styles, your voices, and a willingness to explore your creative potential. Each of us has a song to sing and the courage to share it with others. $170

Week of May 17-22

Managing Your Life on Purpose: A Workshop for Business and Health Professionals

Julian Silverman

"The test of everything on earth is simply this: 'What is it for?' The answer makes it what it is for you. It has no meaning of itself, yet you can give reality to it, according to the purpose that you serve. Here you are but means along with it." from *A Course in Miracles*, vol. 1, p. 479

The format of this workshop is based upon a model of well being which has three essential components:

The identification and experience of one's point of self—a point of easiness, of no-struggle,

Communication with others through one's point of self, and

The identification of one's core values and the translation of these values into goals and then into programs for attaining these goals.

The workshop is limited to business executives and health professionals who manage fairly large groups of people. Please send resume along with workshop application. For additional information see page 15. $350

Pleasure, Sensuality, and Your Body

Barbara Clemens

The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feeling of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact and nurturing, sensitive giving, and relaxed receiving. We will explore new patterns of moving and being together, tenderness awareness, and vital explorations in movement to music. The baths, the rhythm of the ocean, and massage will heighten our awareness of the pleasure inherent in simplicity. $350

Feelings or Consciousness
Clair Killen — For workshop description see March 15-20. $350

T'ai Chi Chih—A Gift of Life
Catherine Elber

First presented to the public in 1974, t'ai chi chih is based on ancient movements that were a closely guarded secret of the Chinese emperors and their clansmen for over a thousand years.

Easier than t'ai chi chuan, these 19 gentle movements are becoming one of the simplest and most effective methods available for realizing within one's self how truly beautiful the gift of life really is.

By adding the principles of these motions to your life, you can experience a continual unfoldment of your potential while providing an enrichment to your life on every level. The effects of these movements enable you to experience the beauty and honor of personal transformation as your body, mind, and soul reap the benefits of harmony and balance—physical health and grace, mental peace and clarity, spiritual infinity. $350

Weekend of May 22-24

Experiencing Esalen
Experiencing Esalen Staff — For workshop description see page 17. $170

Gestalt Practice
Esalen Gestalt Staff — For workshop description see page 17. $170

Preparing for Conscious Childbirth: A Workshop for Pregnant Couples
Honey Rose
Peggy Morrison Horan
Jane Miletich
& the Esalen Mothers
For workshop description see February 27-March 1. $170

The Shamanic Journey and Healing: An Experiential Workshop
Michael Harner

The shamanic journey is one of the most ancient visionary methods used by humankind to enter nonordinary reality and explore the hidden universe otherwise known mainly through myth and dream. Participants will undergo an experiential initiation into the journey, aided by traditional drumming and [illegible]ing. Using the spirit dance and other methods, they will learn how the shaman's journey can be used to re[illegible]ver and health, to acquire knowledge, and to solve personal problems. Participants will be introduced [illegible]anic seeing, to shamanic interaction with the powers of nature, and to the practical application of [illegible] in their daily lives. $170

May 22-25 at Westerbeke Ranch

The Gentle Art of Becoming—Together: A Workshop for Couples
David Schiffman

This workshop will focus on the reawakening and development of positive and mutual [illegible] that are at the root of satisfying couple relationships. The emphasis will be on creating clear and [illegible]ns of the essential sense of loving and personal integrity. We will look at the patterns and habits [illegible] or lose the state of grace and presence which allows growth and joy for our partners and ourselves [illegible] use of intuitional sensing, risk-taking structures, and guided imagery, as well as gestalt awareness methods.

Full payment for this program is due May 17. For more information call 408 667-2335. [illegible]210 per person

Week of May 24-29

Put Your Memories, Fantasies, and Dreams to Work for You—A Reichian/Gestalt Approach to Energy Release
Joan Fiore
& Jeffrey Kent
For workshop description see March 29-April 3. $360

A Workshop in Creative Movement
Anna Halprin
& Daria Halprin-Khaligi

"The fact that there has always been dance compels us to accept it as an old, deeply rooted human activity whose foundations reside in the nature of human beings. It will continue as long as the rhythmic flow of energy operates, and until man/woman ceases to respond to the forces of life and the universe. As long as there is life, there will be dance."—Margaret H. Doubler

This workshop is designed to inspire and guide an exploration through movement and dance of one's own life resources and themes. The learning process will be aimed at integrating emotional and physical expression, utilizing dance, and also incorporating gestalt principles and visualization exercises. Learning principles of movement ritual will be an important focus. The development and expansion of personal and group creativity as a way of promoting health, increasing communication skills, and facilitating change is the intention of this workshop.

Recommended Readings: *Movement Ritual I*, by Anna Halprin, available at Esalen bookstore. *Collected Writings II*, by Anna Halprin, available by writing the San Francisco Dancers' Workshop, 321 Divisadero Street, San Francisco, CA 94117. $350

Choosing to Change
Harry Sloan — For workshop description see April 12-17. $350

Weekend of May 29-31

Experiencing Esalen: The Body
Experiencing Esalen Staff — For workshop description see page 17. $170

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A Feelings Intensive for Couples Only

Janet Zuckerman Boeve & Fred Boeve

This workshop is designed to encourage both of you to express all the pent-up negative, hostile, and abrasive energies you have bottled up in your bodies—*non-verbally*—so that you can make room for all the joy, caring, and nurturing you're entitled to as a couple sharing some of your life together. $170 per participant

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings

Joan Fiore & Jeffrey Kent

For workshop description see January 23-25. $170

The Esselens

Malcolm Margolin

The Esselens were the Indian people whose villages once dotted the Big Sur Coast. In this seminar we will imaginatively reconstruct life in these villages. We will visualize living in rush-covered houses among grizzly bears, antelopes, bald eagles, and wolves. We will imagine relating to a world in which trees, stones, and other "objects" had power and intelligence, and in which the deer we hunted were seen as a kind of "people." We will imagine growing up in a society almost without strangers and in a landscape so intimately known that every large rock and prominent tree had a name and story attached to it. We will tell the stories and sing the songs that once moved the Indian people of Central California. We will also discuss religion, shamanism, art, population control, tribal politics, humor, games, childrearing, and the question of how a quarrelsome people managed to live for hundreds of years without major warfare. $170

Week of May 31-June 5

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 17. $350

Opening to Creativity: A Gestalt Workshop

Nancy Kaye Lunney

For workshop description see January 4-9. $350

Zero Balancing

Fritz Smith

Zero balancing is a body handling system utilizing structural acupressure to deal directly with the interface between body structure and energy flow. The workshop will be both didactic and experiential.

Traditional anatomy, physiology, and kinesiology will be reviewed and then reinterpreted from an alternative viewpoint indicating the often overlooked imbalances which occur within our foundation joints. These imbalances may lead to chronic body pain, and frequently represent an ongoing energy drain from the body. Based on laws of nature, zero balancing is both a pleasure to give and to receive, and results seen are immediate, gratifying and often inspiring, with seemingly little effort on our part. While there will be both theoretical presentations and practical demonstrations, the main emphasis of the workshop will be toward individual instruction. This workshop is limited to persons certified in the healing profession. $350

May 31-June 26

Still Points, Turning Points: A New Curriculum for Change

David Schiffman & the Esalen Staff

For workshop description see Special Programs, page 42. $1400

Weekend of June 5-7

Weekend Massage Intensive

Esalen Massage Staff

For workshop description see February 13-15. $170

Energy Awareness and Personal Transformation

George Leonard

In the world of energy awareness, problems become opportunities and pain becomes a gift of energy. Through simple movement exercises, we practice centering, relaxation, and blending, and learn alternative ways of dealing with conflict and stress. To quote *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet: sensing the energy field of a friend or a tree, making connections that defy conventional space and time . . . We realize, with the sorcerer don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short." $170

Couples Workshop: Intimacy and Personal Growth

Betsy Hand & Gerald Smith

For workshop description see February 6-8. $170 per participant

Week of June 7-12

A Psychic Training Program

Anne & Jim Armstrong

For workshop description see March 8-13. $350

Advanced Massage Intensive

Esalen Massage Staff

For workshop description see January 18-23. $350

Opening the Feelings
Siri Mishler & Dale Cummings

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this workshop. We will be employing radix neo-reichian methods of emotional release, the most important of which is the radix intensive, a period of individual work within a small group setting, which can provide a lot of emotional support among participants. Grief or pain, fear and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time the sexual experience may change as feelings of tenderness and sexual feelings intensify and merge. $350

Awareness and Freedom Through Feldenkrais Method and Dance
Ruthy Alon & Nitza Broide Miller

This workshop is for people who are willing to expand their patterns of movement and dance for improving their feeling of well being in body and spirit.

The group will experience many feldenkrais processes that are like the grammar of spontaneity. In meditative exploration through various options, you will have an opportunity to restore organic motions, coordination, and grace.

A natural flow of motion will facilitate relaxation and images. Through effortless movement and dance we'll let our images be restored and create a dance, allowing our body to free itself gently from old patterns. We'll learn to release tensions through movement and change postures that were created as a result of inhibited expressions within our environment.

We'll relearn the natural fluency, reviewing the primal evolution of the developing baby—enjoying its body sensations and pleasures, and its relationships to others through dance. $350

Weekend of June 12-14

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 17 $170

Open Psychodrama Encounter
Walt & Maurica Anderson

This workshop is a flexible weekend's work and play using a variety of encounter, gestalt, and body-movement approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing more openness and spontaneity, and having fun. The degree of active involvement is up to the individual. $170

The Reality of the Self: Eastern and Western Perspectives on Human Identity
Theodore Roszak & Philip Whalen

One of the most puzzling questions dividing Eastern and Western thought is the reality of the self. The differences seem to be radical and irreconcilable. Western philosophy, religion, and psychotherapy teach that there is a unique and immortal soul—or person—in each of us which is meant to be discovered, asserted, and saved. In the Eatern cultures, the self is spoken of as a tragic illusion from which we must be liberated.

Is there a common ground between these views? Where does egotism leave off and authenticity begin? What is the value of originality and creativity? Is the uniqueness of people a delusion or a precious virtue? Does the "story of life" have any important meaning? Does real self-knowledge lead us *into* the self or *beyond* the self? $170

Week of June 14-19

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 17 $350

Experiencing Esalen for Health Care Professionals
Coordinated by Polly Kirby, RN

This workshop is designed for health care professionals who have not previously been to Esalen. The emphasis is on experiencing a variety of approaches to self awareness, self care, and new healing modalities. Experience may be grouped in three broad areas: A) Caring for the body, including work in sensory and body awareness, movement, nutrition, and different methods of body work, such as massage, rolfing, deep tissue work, and shiatsu; B) Intra/interpersonal awareness, including exercises in meditation and centering, and gestalt awareness training; and C) Specific health care related issues, including values and attitudes about the nature of health and disease, the importance of self-reference and self-responsibility, and the understanding of the nature of human interactions. For additional information see page 15 $350

Kopavi Dance: The Open Door
Gael Thompson-Kindler

For workshop description see March 20-22 $350

June 14-July 3

Body, Self, and Soul
Jack Rosenberg

For workshop description see Special Programs, page 42 $1050

The Gazebo's music, song, and dance program is in need of a piano. If you have one you might like to give us as a tax deductible donation, please write or phone Lia Thompson, Esalen Institute, Big Sur, Ca. 93920 (408) 667-2335.

Special Programs

Gazebo Visitor Program

Esalen's Gazebo, an alternative educational environment, invites parents, grandparents, children, and teachers to come together on a multigenerational common ground. Visitor rates are $50 per day, which includes room, board, and access to all Esalen community activities. Arrangements are flexible, including sleeping bag accommodations and reduced rates for those over 65 years old. This can be a time for families, whether traditional, single parent, or extended, to relax and renew. For information and reservations please contact Bette Dingman, (408) 667-2335.

Conscious Childbirth

We are beginning a series of weekend workshops for pregnant couples interested in exploring conscious childbirth. Issues and themes to be covered in the series include conception and pregnancy, nutrition and exercises for pregnant mothers, labor, delivery, and post partem. Emphasis will be on education, responsibility, and awareness of choices. Workshop sessions will include pre-natal yoga, massage, and psychological process work. The use of ritual will be explored as a way to honor birth as a rite of passage. For further information, write or telephone Peggy Morrison Horan, Esalen Institute, Big Sur, Ca. 93920, (408) 667-2464.

Deep Tissue, Gestalt, and Holistic Health

This residential training program will be offered at Esalen during two identical four-month periods:

February 20, 1981 thru June 14, 1981
September 4, 1981 thru December 27, 1981

The coordinators are Al Drucker and Polly Kirby. A part-time faculty of about twenty will be involved in different aspects of the teaching program.

The workshop is designed primarily for health care professionals and students in the health field. It is intended to give participants new knowledge and skills in various holistic health and healing practices which they can use in their own health care settings.

The program will focus on 10 major areas of study and practice. These are:

- massage
- gestalt
- homeopathy
- t'ai chi
- bach flowers
- deep tissue
- acupuncture
- anatomy
- nutrition
- community health

During each 4-month period, participants will receive in-depth training in the 10 deep-tissue sessions. (See deep-tissue description in the Sept. 1980-Feb. 1981 Esalen catalog.) In addition to the deep-tissue classes held on twelve 3-day weekends, an ongoing gestalt practicum will be offered during four other weekends, focusing on training in gestalt process. The program will commence with a massage training weekend which is preparatory to the deep-tissue classes. Massage sessions will also be scheduled at intervals throughout the semester. The t'ai chi form will be taught during the deep-tissue weekends. All other classes will be held during the week at times so as not to interfere with work resdents' work schedules. Regularly scheduled community health sessions will meet weekly where participants can observe the integration of these holistic practices. There will be frequent opportunities for meditation, chanting, and contemplative practices. These will not concentrate on any given spiritual motif. The intention is to deepen the participant's own inner awareness.

During this time there will also be regular ongoing community sessions, which are open to all residents in the Esalen community. In the past these have included morning yoga practice, zazen meditations, feldenkrais exercises, various forms of energetic release work, movement and dance, body-stretching exercises, intra and inter-personal process work, and video-tape and movie presentations. For further information on this deep-tissue, gestalt, and holistic health program, a course outline may be obtained by writing to Esalen Institute, Big Sur, Ca. 93920.

Cost of the program, including tuition, room, and board, is $5200 for the 4-month period. Rooms will be shared. Included in this fee are the cost of four 5-day catalog workshops of the participant's choice which can be used any time during the program. An arrangement whereby participants become work residents and pay $3000 is also available. This requires a 16-hour weekly work commitment in the Esalen community. First priority in acceptance to the program will be given to full-paying individuals. The number of work residents, whose participation is considered a work scholarship, will be limited and will be assigned on the basis of need. Please write a letter outlining your situation if you are applying for this part of the program. Also please indicate any special work skills you may have.

A $500 deposit is required to reserve a place in the pogram. Early registraton is recommended. The deposit is refundable in full if you are not accepted into the program.

Esalen is not a degree, diploma, or certificate granting institution. This program is offered for professional and educational enrichment. Participants must make their own arrangements to assure compliance with their respective state license requirements. Verification of attendance will be given to nurses and physicians in the program desiring continuing education credit for thisworkshop.

May 3-29
Stanislav and Christina Grof

The Spiritual Path: Promises and Pitfalls

A four-week interdisciplinary training program organized jointly by the Esalen Institute and the International Transpersonal Association (ITA), this workshop is designed for professionals and students in psychiatry, psychology, anthropology, religion, and philosophy interested in exploring the transpersonal realms and the techniques of reaching them. Special attention wi be paid to the similarities and differences between psychosis and mysticism and to the problems relatd to the evolution of consciousness and its vicissitudes. This program is part of a systematic effort to createin international network of individuals trained to facilitate the process of personal evolution and to assist in spitual emergencies. The program will focus on the following thematic areas:

1. Ancient Technologies of the Sacred: Shamanism and the Great Spiritual Traditions

The participants will have the opportunity to explore the shamanic techniques under the guidance of Dr. Michael Harner, an anthropologist who combines Western scholarship and first-hand training with South American shamans. Visiting shamans will share the knowledge with the group and conduct sacred rituals. Other spiritual traditions will be represented by t'ai chi, hatha and siddha yoga, Vipassana Buddhism, aikido, and the kundalini tradition.

2. Techniques of Transpersonal Psychology

We will explore theoretically and experientially a spectrum of modern techniques that can mediate access to the transpersonal realms: guided imagery with music, controlled breathing, mandala drawing, gestalt practice,

exploration of psychic abilities, jungian psychology, Dora Kalff's sandplay, massage, acupuncture, and transit astrology.

3. Psychosis: Disease or Transpersonal Crisis?
We will discuss new understanding of the psychotic process emerging from psychedelic therapy, jungian analysis, kundalini research, and modern clinical and laboratory studies. An attempt will be made to distinguish psychosis from a spiritual emergency. We will experiment with techniques of constructive assistance in transpersonal crises. The recent convergence of quantum-relativistic physics, modern consciousness research, and mysticism will be explored as a possible scientific basis for the transpersonal orientation.

4. Self-Exploration and Group Process
The workshops of this series use an experimental educational format that combines didactic input with personal experience. The Esalen staff and guest leaders will act as facilitators for the participants throughout the program. $1400

May 31-June 26
David Schiffman & the Esalen Staff

Still Points, Turning Points: A New Curriculum for Change

"Anything which is forced or misunderstood can never be beautiful." —Xenophon

People, like plants, need special care and attention to thrive and blossom. To naturally grow beyond what we've been requires strength, sensitivity, and a deeply compassionate awareness. What are the most important elements that support this transformation and renewal? And how might this process be effectively shared with others? Out of the answers to these basic questions has emerged the dream of combining the best of Esalen's human potential practice work with the spirit of adventure found in Outward Bound's wilderness programs along with the gracious informality of living and working together in one of the most beautiful and peaceful settings in the world.

The aim of this unique curriculum will be to explore and develop a new model for learning, one that not only deepens the experience of traditional therapeutic process, but also breaks new ground in erasing the line between intensive group and individual work and the ordinary world of everyday life.

Among the areas we will touch on during this month are:

The Body and its Functions: As a temple for the spirit; as a reflection, and as a turning point from past habits, fears, and attitudes; as a source of grace, ease, and fluidity in movement and in contact; as a kinetic homebase for exuberance, playfulness, and balance; and as a healing source of touch.

The Emotional Realm: Exploring and opening the limits of our temperament; redirecting negative feelings for inspiration and power; cultivating passion and strength as the core of our integrity; resolving inner and outer turmoil simply and peacefully.

The Mind: Developing the powers of the imagination for self-affirmation and creativity; deepening our ability to see, hear, and understand so that we can range easily from the practical to the transcendental; strengthening our sense of fair-witness and developing the skillful use of the will; using the perspective of humor to heal separation.

Coming together in the spirit of being simply and lovingly at home in ourselves, we will create a community whose foundation is based on trust, goodwill, and authenticity.

During the month each participant will have the opportunity to clarify and develop his/her own style and artfulness as an individual guide and group facilitator doing in-depth training in gestalt practice, body work, psychosynthetic methods, and the meditative arts. The program will be structured to include intensive individual work; creative music and movement; wilderness and equestrian experiences; group rituals and celebrations; and supervised observations; practicum work in group leading and individual counselling skills; video feedback; and illustrated lectures and didactic theoretical sessions.

The emphasis throughout will be on creating a personally integrated perspective that will bring buoyancy and lightness into our life and work. The group is designed for people from all walks of life. $1400

June 14-July 3
Jack Rosenberg

Body, Self, and Soul: An Experimental Training Workshop
This workshop will start wherever you are in your inner journey. The work is an in-depth integration of body therapies, gestalt practice, and the transformative process of consciousness.

The course will cover:

Psychology of the Self: working with early unfinished situations that interrupt our sense of well-being and interfere with our relationships in the present. Sexual implications of this work will be dealt with in body work and in lecture.

Body Work (Gestalt Body Approach): theoretic and practical application, combining classical reichian work, yoga, and bio-energetics with psychological process.

Transformative Process of Consciousness: As our inner journey progresses our figure/ground awareness is shifted from "doing" and "having" to "being" and to our relationship with the eternal, and we will explore ways to integrate and sustain these new awarenesses in our everyday life. $1050

August 26 through September 8, 1981
Stanislav & Christina Grof

Mysteries of Death and Rebirth
12 day Mediterranean Cruise
Historical and anthropological literature presents ample evidence about the cultural significance of psychological death and rebirth. Throughout ages, every major ancient and pre-industrial culture has offered its members a structured, supportive, and socially sanctioned framework in which they could experience the healing and transformative power of the confrontation with death and subsequent transcendence.

On this 12 day Mediterranean cruise aboard the luxurious M. S. Golden Odyssey we will visit areas that were known in antiquity for their traditions of death and rebirth mysteries.

Our journey begins in Athens, Greece with the rites of Dionysus, Attis, and Adonis, and continues to Istanbul and the converging rites of the Byzantine empire. We then sail south to Ephesus, Turkey, and the Holy Lands of Israel where the Christian version of the death-rebirth process is seen through Christ's suffering, death, and resurrection. At the pyramids of Egypt we see the journey of the soul through the eyes of the Egyptian Book of the Dead and the temple mysteries of Isis and Osiris. Visits to the Greek islands of Mykonos, Hydra, and Rhodes are also part of our incredible journey.

Seminars at sea will explore cross-culturally the death-rebirth process and will include a review of modern con-

sciousness research, particularly psychedelic work and jungian psychology as it relates to psychopathology and its relevance to human life.

Total cost of this 12 day Mediterranean cruise aboard the Golden Odyssey, including round trip air fare from the west coast to Athens and all seminars, is $2598 to $3498 per person, depending on choice of cruise accommodation. Participation limited to 40.

For further information write **Timeless Travels**, 323 Geary St., Suite 413, San Francisco, Ca. 94102. Or phone weekdays 10 to 3 PST (415) 981-8518.

Wilderness Progams

January 25-February 2

Dick Galland
Annie Callaway
& David Schiffman

Inner and Outer Paths to Adventure: Hawaii

During this seven day adventure, we explore the largest of the chain of the Hawaiian Islands—Hawaii, sometimes called the "Orchid Island." We begin our journey in the Hawaiian Volcanoes National Park at the 4000 foot summit of the active shield volcano, Kilauea, in whose caldera Pele, the legendary and mischievous goddess of volcanoes, is said to reside.

Leaving the smouldering volcano, with its lava tubes, we descend through lush, tree fern forests, cross deserts of hard-crusted lava, soft volcanic ash, and cinder, and pass through low shrub and grasslands on our way to the beautiful sandy beach of Halape, where we swim in the warm, transparent waters, marveling at the fantastic marine life.

Camping at night in simple trail shelters, we learn all the skills needed to live comfortably in the wilderness. Woven into our week adventure will be group process work, combining a variety of human potential practices. There will be time for relaxing, journal and photography work, natural history and ecology study, Hawaiian history and mythology, and simply enjoying the incredible variety of terrain, plants, and animals. Applications must be received by January 5. $525 (plus airfare)

April 12-19

Elisa Lodge
& Annie Callaway

Woman's Challenge: A Dance of Adventure

Easter is a time of renewal in the Ventana/Big Sur wilderness—a time of joyous new life, spring's bright songs and colors. During this seven-day adventure, starting at Arroyo Seco, we hike westward with the sun through chapparal, spreading oaks, and fields of wild flowers, emerging from the redwoods on the edge of the continent—the spectacular Big Sur coast.

During our journey we explore our inner world, our feminine roles and archetypes, the dominant and shadowy parts of ourselves, our vulnerability and strengths, our heroism and our adventurousness. Woven into our week are group process work, traditional wilderness skills, rock climbing, rappelling, and rolfing movement integration, designed to open ourselves to balance, grace, and fluidity. Each of us spends 24 hours alone in reflection and contemplation near the end of the trip.

The full moon, bright stars, and crackling campfires make for evenings of storytelling, rituals, dance, and laughter.

We can emerge from this exploration at a new place of inner power and wisdom.

We will camp out at Esalen our first night and return Easter morning to spend time in the baths. Lunch will be our final meal together. No previous experience necessary. Complete equipment list will be sent on registration. $350

May 10-17

David Schiffman
Skip Utterback
& Rick Jensen

The Rites of Passage: A 5-day Pilgrimage On Horseback through the Big Sur Wilderness

Turning the clock back to a more gently paced time, we will share a profoundly simple style of life together.

Beginning our journey from a remote beautiful ranch on the river's edge in Arroyo Seco, we'll travel along winding canyon trails through the unspoiled back country of the Ventana Wilderness.

We'll carry all our essentials with us, making stops in some of the loveliest spots in the Ventana.

The trip will combine elements from human potential practices, group process work, and traditional equestrian and wilderness skills. It will be a time of simplification and cleansing.

The group will be limited to ten participants. $650

May 15-22

Steve Harper
Jessica Britt
& Jeffrey Kent

Meet the Wilderness, Yourself, and Each Other:
A Seven-day Wilderness Experience from Esalen to the Tassajara Zen Center

Nature can provide us with opportunities to stretch our mind and, paradoxically, explore our internal wilderness. By doing what is most risky, even uncomfortable, we can give ourselves the greatest potential for personal growth. By living without the conveniences that remove us from our source, giving priority to feeling and honest exchanges, we can greatly and dramatically expand our sense of self and depth of being.

We spend a day and night at Esalen, joining ourselves as a group, preparing for the wilderness, building the foundation for spontaneity, trust, and self-responsibility. We leave the next morning hiking through the rugged Ventana wilderness, travelling as "light" as possible. There is basic training in minimum impact camping and outdoor living, along with a simple orientation to the ecology, geography, and cultural history of the Big Sur coast and Ventana. We cook simple, organic meals and eat communally. Throughout the seven days we give whatever time is necessary to working with any feelings that may emerge. Our experience together, sometimes nudging personal boundaries, encountering ourselves, each other, and nature, culminates in a 24-hour period completely alone and without food. We reunite on the seventh day to celebrate and share our discoveries. We also spend some time on this day at the Tassajara Zen Center for a communal bath and meal, and drive back to Esalen to finish whatever personal business we may still have to complete together.

Back packing experience is not necessary, but participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $325

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Biographical Information

A

Sherry Ackerson ..... has been a staff member working and supervising the Esalen garden for the last six years.
p. 34

Ruthy Alon ..... has 18 years' experience in the feldenkrais method and is a graduate of the Feldenkrais Institute in Tel Aviv.
p. 40

Maurica Anderson ..... regularly conducts psychodrama at various alcoholism treatment centers. She has co-led the Esalen High Sierra encounter for the past ten years.
p. 40

Walt Anderson ..... is a writer, political scientist, and environmentalist. His most recent book is a history of Esalen entitled *The God in the Baths: Esalen, Big Sur and the Human Potential Movement in Two Decades*.
p. 40

Ron Andes, ... certified radix teacher, has a private practice at the Radix Center of Santa Monica.
p. 23

Skip Andrew ..... is a career changer, gestalt practitioner, and life/work planning consultant.
p. 28

Anne Armstrong ..... has been doing transpersonal counseling for over 16 years and has trained professionals to use their own intuitive abilities.
p. 27, 39

Jim Armstrong, ... a former engineer, is a life-long student of esoteric studies.
p. 27, 39

Elliot Aronson ..... is a professor of psychology at the University of California, Santa Cruz. He has published over 60 articles on interpersonal relations and authored ten books, including *The Social Animal*.
p. 21

B

Daniel Bianchetta ..... practices shiatsu, rebirthing, deep tissue massage, gestalt, and intuitive readings at Esalen. He has studied extensively with Swami Muktananda.
p. 34

Fred Boeve ..... is a trager and emotional release practitioner. He has lived and worked at Esalen for the past six years.
p. 39

Janet Zuckerman Boeve ..... has been on the teaching staff at Esalen for the past seven years. Her work includes gestalt practice, encounter, and emotional release work. She is currently a trager trainee.
p. 17, 20, 39.
See Esalen Gestalt Staff

Jessica Britt ..... is a registered nurse who is a student and practitioner of gestalt and reichian approaches to well-being.
p. 37

Charles Brooks, ... author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963.
p. 33

C

Peter Caddy ..... is the co-founder of the Findhorn Foundation, and is presently engaged in visiting and assisting in the link-up of communities, groups, and movements for the process of planetary transformation.
p. 21

Annie Callaway ..... is a professional wilderness guide, naturalist, writer, and hatha yoga teacher.
p. 31, 32

Joseph Campbell ..... is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero With a Thousand Faces*, *The Masks of God*, and *Myths to Live By*.
p. 27, 28

John Caple ..... is a [illegible] professor (after a 14 year career in business), career counselor, and consultant.
p. 26

Fritjof Capra, ... Ph.D., is the author of *The [illegible] Physics*, and has written a new book, to be published by Simon & Schuster, on which this workshop w[illegible] based.
p. 26

Dan Casriel ..... is psychiatric director of the Casriel Institute in [illegible] York City.
p.32

Barbara Clemans ..... is a massage and movement specialist in private practice in San Fr[illegible]
p. 37

Dale Cummings, ... MFCC and certified radix teacher, is in private practice at the Radix Center in Santa Mo[illegible] and is also a trainer for the Radix Institute in Oak[illegible]
p. 40

D

Jack Downing ..... is a comprehensive psychiatrist practicing in San Francisco.
p. 18, 33

Al Drucker ..... has been a resident teacher at Esalen for the past 15 years, where he has been involved in developing a synthesis of alternative healing practices, particularly acupuncture, homeopathy, deep-tissue, and gestalt.
p. 25, 31

Ken Dychtwald, ... psychologist and international consultant to government, industry, and media on health, life design, and longevity/aging, is the author of *Bodymind*, *Millenium: Glimpses into the 21st Century*, and *The Aging of America* (forthcoming).
p. 20, 24

E

Catherine Elber ..... is one of the first and few people in the world teaching T'ai Chi Ch'ih.
p. 38

Victoria Elliot ..... is vice president of Norman H. Gershman Consultants, executive recruiters and management consultants to the securities business, and leads seminars for the American Management Association.
p. 32

Esalen Gestalt Staff ..... includes Leonard Bearne, Janet Zuckerman Boeve, Laura DeRuccio/Ma Prita L. Joan Fiore, Jeffrey Kent, Nancy Kaye Lumley, the NINE, Jenny O'Connor, Christine Price, Richard Price, and others.
p. 19, 20, 23, 26, 27, 30, 34, 38, 40

Esalen Massage Staff ..... includes Lia Daniels, Peggy Morrison Horan, Dwane Julian, George King, Lars Larsen, Bill Lyles, Deborah Meadow, Jane Meirich, Dianne Sue Miller, Laurie Muren, Brita Osmon, Vicki Tripp, and Anna Vass.
p. 18, 20, 24, 25, 26, 28, 32, 33, 34, 35, 36, 39

F

Tom Ferguson, ... M.D., is editor of the Journal of Medical Self-Care, medical editor of the Whole Earth Catalog/Co-Evolution Quarterly, and editor of the book Medical Self-Care: Access to Health Tools.
p. 27

David Field ..... served on the staff of the Round Valley Garden Project under the direction of Alan Chadwick, and has been working at the Tree Crop Nursery in Davis.
p. 29

Joan Fiore ..... is resident faculty at Esalen where she practices and teaches gestalt, encounter, self-reparenting, and self-repairing on a group and individual basis.
p. 21, 24, 29, 33, 38, 39.
See Esalen Gestalt Staff

Maurice Friedman, ... professor of religious studies, philosophy, and comparative literature, is the author of *Touchstones of Reality: Existential Trust and the Community of Peace*, and *The Hidden Human Image*.
p. 19

Betty Fuller, ... a humanist counselor and director of the Trager Institute, is a certified instructor of trager psychophysical integration and mentastics, and of feldenkrais awareness through movement.
p. 26, 30, 33

Dick Galland ..... was the founding director of the Texas Outward Bound School and has designed and guided wilderness programs for individuals, schools, and corporations.
p. 21

G

Vivian Gary ..... is a psychologist and reichian practitioner in private practice in Los Angeles.
p. 18, 36

Merri Goldenson (Devarani) ... is a chiropractor, certified radix teacher, bates vision instructor, and masseuse.
p. 18, 36

Jay Goldfarb ..... is the executive administrator of the Living Tao Foundation, and is a longtime student of Eastern religion and philosophy.
p. 20

Alyce Green ..... is a leading biofeedback researcher at the Menninger Foundation in Topeka, Kansas. She is co-author with Elmer Green of *Beyond Biofeedback*.
p. 23

Elmer Green ..... is a leading biofeedback researcher at the Menninger Foundation in Topeka, Kansas. He is co-author with Alyce Green of *Beyond Biofeedback*.
p. 23

Susan Griffin ..... is a feminist, poet, and author of *Woman and Nature: The Roaring Inside Her*, *Like the Iris of an Eye*, and *Rape: The Power of Consciousness*.
p. 19

Christina Grof, ... hatha yoga teacher and student of Swami Muktananda, has special interest in the kundalini process and the problem of "spiritual emergency." Co-author of *Beyond Death*.
p. 23, 26, 30, 35

Stanislav Grof, ... psychiatrist with over twenty years' experience in consciousness research with and without psychedelics, is the author of *Realms of the Human Unconscious* and *The Human Encounter with Death*.
p. 23, 26, 30, 35

Anna Halprin ..... is the founder of the San Francisco Dancers' Workshop, and is co-founder and teacher at the Tamalpa Training Institute in Marin County. She is also the author of *Movement Ritual I* and *Collected Writings*.
p. 38

H

Daria Halprin-Khalighi ..... is a gestalt movement facilitator and is co-founder and teacher at the Tamalpa Institute in Marin County.
p. 38

Betsy Hand ..... trained with Virginia Satir and was on the resident staff of the Gestalt Institute of Canada. She is in private practice in Kentfield, California.
p. 23, 26, 39

Robert Hand ..... is an astrological teacher, author, consultant, and researcher in Cape Cod. His latest book is *Horoscope Symbols*.
p. 30

Michael Harner ..... is an anthropologist who has trained in shamanism among North and South American Indians for two decades. His books include *The Way of the Shaman: A Guide to Power and Healing*, *Hallucinogens and Shamanism*, and the novel *Cannibal*, which he co-authored.
p. 38

Mary Harper ..... is a career counselor and president of the Women's Career Resources Center in Mill Valley.
p. 26

Steve Harper ..... has been an instructor/guide for outdoor and mountaineering schools, and is co-creator of the Esalen Hot Springs Farm.
p. 34, 37

Richard Heckler ..... is a founding member of the Lomi School and teaches aikido at Tamalpais Aikido.
p. 27

Nick Herbert ..... is an independent researcher in the foundations of physics. He is currently interested in Bell's Theorem and its applications to ordinary life.
p. 22

Elijah David Herschler ..... is a mystical artist and inventor of "ribbons in space," a new language. Photographs of his sculpture and accompanying poems are collected in his book *Ribbons in Space, 1967-77: A Personal View*.
p. 19

Gary Holtzman ..... has trained in yoga, modern dance, movement, and ballet at California Institute of the Arts, and in aerobics at Jane Fonda's Workout and at the Anatomy Asylum.
p. 32

Peggy Morrison Horan ..... is an Esalen resident teacher of massage and movement and an apprentice midwife.
p. 20, 26, 38.
See Esalen Massage Staff

Richard Horan ..... is an artist and musician in residence at Esalen, leader of personal creativity workshops, and founder of the Esalen farm.
p. 22

Paul Horn ..... is a flutist, a jazz musician, creator of the *Inside* albums, and a teacher of meditation.
p. 20

Jean Houston ..... is director of The Foundation for Mind Research, editor of *Dromenon*, a journal of new ways of being, co-author of *Mind Games: The Guide to Inner Space*, and author of the forthcoming *Life Force: The Psychohistorical Recovery of Self*.
p. 21

Alice Howell ..... is an analytical astrologer working professionally with psychiatrists and analysts. She is currently on the faculty of the C. G. Jung Institute of Los Angeles.
p. 25

Al Chung-liang Huang ..... is the founder-president of *The Living Tao*, an international learning/sharing network with ongoing t'ai chi dance workshops.
p. 20, 27

Rick Jensen ..... has had extensive experience leading pack trips on horseback in the Ventana wilderness.
p. 37

JK

Sam Keen ..... is an explorer of inner space, a psychonaut and philosopher, editor of *Psychology Today*, author of *Apology for Wonder*, *To a Dancing God*, *Beginnings Without End*.
p. 28

Jeffrey Kent ..... is the founder/director of a program that combines physical labor with music, gestalt, and whatever works for adolescent boys and girls in trouble.
p. 21, 24, 29, 33, 37, 38, 39.
See Esalen Gestalt Staff

Donald Keys ..... is President of Planetary Citizens, which he co-founded with former UN Secretary General U Thant and Norman Cousins. He is author of *The United Nations and Planetary Consciousness*.
p. 35

Coeleen Kiebert ..... is a sculptor, art therapist, and long-time explorer of creativity and creative personality.
p. 20

Clair Killen ..... is a certified radix teacher and was a resident faculty member at Esalen.
p. 27, 38

Polly Kirby ..... is a registered nurse and former nursing educator who is presently living at Esalen, where she is working toward integrating traditional and alternative healing modes.
p. 25, 27, 40

George Kohlrieser ..... is director of Shiloah, Center for Human Growth in Dayton, Ohio, where he works with individuals, families, and groups.
p. 34

Joel Kramer ..... is an adept of physical and mental yoga who combines Eastern thought with modern Western perspectives. He is the author of *The Passionate Mind*.
p. 27

Raven Lang ..... is a wife, mother, designer, author, and midwife.
p. 20

Benj Langdon ..... uses photography as a meditational tool for *seeing* the beauty in the *ordinary*. He currently catches shadows of the dance of life that is Esalen, Big Sur.
p. 17

Maureen Lavender ..... is a trainer for The Center for Release and Integration, where she teaches postural integration, reichian release, rebirthing, and polarity.
p. 32

Paul Lee ..... holds a Ph.D. in philosophy from Harvard, where he was an assistant to Paul Tillich. He is founder of the Platonic Academy of the Herb Renaissance, an affiliate of the William James Association.
p. 24

George Leonard ..... author of *Education and Ecstasy*, *The Transformation*, *The Ultimate Athlete*, and *The Silent Pulse*, holds a black belt in aikido, from which he derives his present work.
p. 23, 27, 32, 39

Elisa Lodge ..... trained in structural integration with Ida Rolf and is an advanced teacher of rolf®—movement integration.
p. 32

Nancy Kaye Lunney, ... a gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, and does individual as well as group work at Esalen.
p. 18, 28, 37, 39,
See Esalen Gestalt Staff

Phillip Mac ..... is a board certified family physician who has trained family physicians and physicians' assistants. His special interest is the health and ill health of health care providers.
p. 22, 27

John Majuri ..... is an eclectic counselor incorporating gestalt, transactional analysis, neo-reichian work, and hypnosis.
p. 18, 36

Ma Prita (Laura DeNuccio) ..... certified radix practitioner, combines reichian emotional release, gestalt, the bates system of eye relaxation, and various other bodymind approaches.
p. 25, 30,
See Esalen Gestalt Staff

Malcolm Margolin, ... who lives in Berkeley, is the author of *The Ohlone Way: Indian Life in the San Francisco-Monterey Bay Area*.
p. 39

John Marks ..... is the author of *The Search for the Manchurian Candidate* and co-author of *The CIA and the Cult of Intelligence*. He has been a fellow of Harvard's Institute of Politics and an Associate of Harvard's Department of Psychology and Social Reforms.
p. 24

Léo Matos ..... is a Brazilian psychologist, director of Gonpo Transpersonal Institute in Helsinki and has studied and lived with Tibetan masters for seven years.
p. 23

Michael McClure ..... is a prize winning playwright and poet and a professor at California College of Arts and Crafts.
p. 30

Deborah Medow, ... Esalen masseuse and group leader for over 12 years, teaches ashtanga yoga, massage, creative movement, and related healing disciplines directed toward rechanneling and balancing energy.
p. 30,
See Esalen Massage Staff

Donald Michael ..... is professor of planning on public policy, professor of psychology, and a program director in the Center for Research on Utilization of Scientific Knowledge, Institute for Social Research, at the University of Michigan. He is the author of *On Learning to Plan and Planning to Learn*.
p.18

Jane Miletich ..... is a masseuse, yoga practitioner, nutritionist, and student of midwifery.
p. 20, 26, 38,
See Esalen Massage Staff

Emmett Miller, ... physician, musician, poet, and dancer, works with hypnosis, meditation, imagery, music, and movement. His books describe selective awareness, the approach he originated.
p. 18, 29, 35

Nitza Broide Miller, ... a counselor, dancer, and founder of ADTA, teaches in Menlo Park, Calif., and at Tel Aviv University.
p. 34, 40

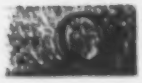
Siri Mishler, ... certified radix teacher, is in private practice at the Radix Center in Santa Monica, and is also a trainer for the Radix Institute in Ojai.
p. 40

Bruce Neeb, ... a long term resident of Esalen, is experienced in gestalt, bioenergy, and encounter.
p. 28

Jacob Needleman, ... a long-time student of the Gurdjieff ideas, is professor of philosophy at San Francisco State University and author of *The New Religions*, *A Sense of the Cosmos*, and *Lost Christianity*.
p. 28

Russell Nichols ..... is a psychologist specializing in psychophysical integration. He is director of health guidance resources at the Institute for Creative Living in La Jolla, and a representative of *World Runners*.
p. 30

The NINE ..... describe themselves as "giant reflectors of your selves, gestalt practitioners, marriage counselors—pure energy of emergence quality available to all." They are the center of the Esalen Paranormal Intelligence Project.
See Esalen Gestalt Staff



Jenny O'Connor ..... is a psychic from England, and is a channel for "The NINE."
See Esalen Gestalt Staff

Jay Ogilvy ..... has taught philosophy at Yale, The University of Texas, and Williams College. He is the author of *Many Dimensional Man: Decentralizing Self* and *Society and the Sacred*.
p. 25, 34

Daniel O'Hanlon ..... is a jesuit priest and theologian who has extensive experience with practices of meditation and prayer in ashrams, monasteries, and meditation centers.
p. 28

P

Wendy Palmer, *p. 27* ..... a black belt in aikido, is co-founder of Tamalpais Aikido, an international movement arts center.

John Pentland, *p. 28* ..... retired New York engineering executive and director of Far West Institute in San Francisco, has for many years been a student of Gurdjieff's teaching.

Ayala Pines *p. 21* ..... is a lecturer and research associate at the psychology department, U.C. Berkeley. Her special research interest is job burnout, life tedium, and the social, psychological double-bind of professional women. She has published a book entitled *Experiencing Social Psychology*.

Hector Prestera, *p. 18, 25, 33* ..... an acupuncturist and physician, integrates Eastern and Western energy techniques in his medical practice in Monterey, California.

Karl Pribram *p. 27* ..... is a professor of psychiatry at Stanford University Medical School. An eminent neurophysiologist, he is the author of several books, including *Languages of the Brain*.

Christine Price *p. 17* ..... combines gestalt practice with various body approaches.

Richard Price, *p. 17* ..... a student of Fritz Perls, is a founder of Esalen Institute.

Lee Pulos *p. 30* ..... is a clinical psychologist whose career has ranged from a traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing.

R

Paul Rebillot *p. 22, 25, 30, 33* ..... was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.

Sogyal Rinpoche *p. 37* ..... is a lama, scholar, and meditation master from Tibet.

Cynthia Rogers *p. 27* ..... is a member of the behavioral sciences faculty of U.C. Davis Medical School nurse practitioner program. She is also a teacher of movement and a practitioner of deep tissue massage.

Honey Rose *p. 20, 26, 38* ..... is a wife, mother of six children, and midwife whose main interest is natural healing.

Jack Rosenberg, *p. 40* ..... author of *Total Orgasm*, has trained in gestalt and reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.

Theodore Roszak *p. 40* ..... is professor of humanities at San Francisco State University and the author of *The Making of a Counter Culture*, *Where the Wasteland Ends*, and *Person/Planet*.

Gabrielle Roth *p. 33, 34* ..... is the creator of the moving center method of catalyzing natural movements. She lives on the east coast, where she directs and performs with her own theatre/dance company.

Heidi Schaffer *p. 21* ..... is a dance/movement practitioner in Santa Monica.

S

David Schiffman *p. 20, 21, 24, 28, 34, 35, 37, 38, 39* ..... is currently a leader in residence at Esalen, where he is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being.

Will Schutz *p. 25* ..... is director of the Center for Holistic Studies, Antioch University, San Francisco, and author of *The Elements of Encounter* and *Profound Simplicity*.

Alan Schwartz *p. 32, 33* ..... is a teacher of gestalt and a college professor whose latest article in print is "Energy Systems and Gestalt Process." He is currently writing a book titled *The Psychology of Energy*.

Peter Schwartz *p. 34* ..... is a senior policy analyst at the Center for the Study of Social Policy at SRI International, he is the co-author of an SRI report, *The Emergent Paradigm: Changing Patterns of Thought and Belief*.

Charlotte Selver *p. 33* ..... teaches sensory awareness, perception and nonverbal and verbal communication. A new center is being built for her at Green Gulch Farm in connection with the Zen Center, San Francisco.

Renan Sercarz *p. 23* ..... is a certified radix trainer. She practices in Santa Monica.

Julian Silverman *p. 27, 29, 35, 37* ..... is an Esalen trustee and a director of its new department of health care programs for health care professionals.

David Silverstein *p. 21* ..... is a certified radix teacher in private practice at the Radix center in Santa Monica.

Carl Simonton, *p. 26* ..... medical director of the Cancer Counseling and Research Center in Fort Worth, Texas, is co-author of *Stress, Psychological Factors, and Cancer* and *Getting Well Again*.

Saul-Paul Sirag, *p. 22* ..... has published two physics papers in *Nature* and has authored a theory on the size of the universe. In 1977 he founded the Consciousness Theory Group, which he directs.

Harry Sloan, *p. 32, 38* ..... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Robert Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.

Fritz Smith *p. 39* ..... is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is in a private practice of holistic health in Watsonville, California.

Gerald Smith *p. 23, 26, 39* ..... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*.

David Sobel, *p. 27* ..... M.D., M.P.H., is acting chief of preventive medicine at the Kaiser-Permanente Medical Center in the Bay area. He is editor of *Ways of Health: Holistic Approaches to Ancient and Contemporary Medicine*.

Robert Solomon *p. 25* ..... is a professor of philosophy at the University of Texas, Austin. He is the author of *The Passions, History and Human Nature*, and the forthcoming book, *What Love Is*.

Annie Styron *p. 32* ..... is an associate director of Wellness Associates of Mill Valley, Ca., where she teaches workshops and classes in energy awareness and its application to wellness.

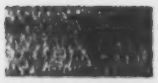
T

Sandra Thompson *p. 21* ..... is a certified radix teacher in private practice at the Radix Center in Santa Monica.

U

Gael Thompson-Kindler *p. 28, 40* ..... is a dance and movement facilitator who has taught extensively in California and Hawaii.

Montague Ullman, *p. 25* ..... is a psychiatrist and psychoanalyst who founded the Dream Laboratory at the Maimonides Medical Center in Brooklyn, N.Y. He is the author of *Dream Telepathy*.



Skip Utterback ..... has spent his life raising and training horses. He has been a rancher in the Salinas valley for 40 years.
p. 37

Frances Vaughan ..... is a transpersonal psychologist in private practice in Mill Valley, Ca., professor of psychology at the California Institute of Transpersonal Psychology, and author of *Awakening Intuition*.
p.37

Roger Walsh ..... is a psychiatrist on the faculty of the medical school at U.C. [illegible]e and author of *Towards an Ecology of Brain*.
p. 37

Pierre Weil ..... is the vice president of the International Transpersonal Association, professor of transpersonal psychology in Brazil, and author of *The Sphinx* and *Mystic of Sex*.
p. 21

Philip Whalen ..... is a Zen Buddhist priest at Zen Center, San Francisco. A writer and poet, he is the author of *On Bear's Head, Severance Pay*, and the forthcoming *Enough Said*.
p. 40

Frank Wildman ..... is a movement educator and a teacher of the sciences of the body. He is on the faculty of the University of California extension and Antioch University West.
p. 30

Julie Wright, ... a certified radix teacher, practices in Santa Monica and leads workshops at the Wainwright House, Rye, New York.
p. 23

Alan Young ..... is a spiritual healer in private practice in Carmel, Ca.
p. 34

The Esalen Catalog

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Ruthy Alon: (6 tapes; 12 lessons $60) *AWARENESS THROUGH MOVEMENT; The Feldenkrais Method*
Barbara Clemans: (3 tapes; 6 lessons $30) *EXPLORATIONS IN MOVEMENT*
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For a catalog of recordings of the early years of Esalen's history as well as the human potential movement in general, send $1.00 to: **Big Sur Recordings**, PO Box 91, Big Sur, Ca. 93920. *Commercial use of Esalen program tapes is prohibited; all rights are reserved.)*

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from **Psychological Films**, 205 West 20th Street, Santa Ana, Ca. 92706. For color film documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write: **Hartley Productions**, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources, write: Association for Humanistic Psychology, 325 Ninth Street, San Francisco, Ca. 94103. A film of Al Huang's work, *T'ai Chi: The Watercourse Way*, is available through **KLB Productions**, 490 Redwood Road, Corralitos, Ca. 95076.

The Pattern That Connects

The natural history of Gregory Bateson's mind. A two year project of filmmaker Kai de Fontenay and Gregory Bateson. This work is now in the editing state and will be completed this next spring. Inquiries should be addressed to *The Pattern That Connects*, P.O. Box 8, Forest Knolls, Ca. 94933, (415) 488-0135.

The Gregory Bateson Tape Recordings

When a great man dies, his recorded thoughts, those that were spoken and those that were written, become a legacy for the ages.

Gregory Bateson was somewhat lenient as far as the spoken word was concerned, considering it relatively evanescent and subject to all kinds of error; but he was very much concerned about the importance of exactness of meaning and truth in the printed word. He gave permission for recording — but not for transcription: time was precious and transcriptions always needed revision and correction.

Nevertheless, during his years when first he visited Esalen and then came to live here, he was very generous with his time and his energy, sharing his thinking in informal seminar groups, or with staff and community in the living room of his home. He usually spoke about what he was most concerned with at the time, rather than any prepared subject. And sometimes he found himself talking with individuals who only partly grasped what was happening or who went to sleep in the process. Always he was gracious.

The recordings that he left us become now part of the archives and belong to his estate. Material from these tapes may not be transcribed, broadcast by radio, or prepared for printed publication in any form without prior permission from the estate.

Gregory Bateson Archive Tape Recordings Informal Talks (1975-1980)

With Gregory's passing, these recordings are now part of his estate. Radio broadcast, transcription, or publication of material from the tapes is expressly forbidden without permission from the estate.

Metaphors and Butterflies	Grof Workshop	May 1975
Story of the Double Bind	Grof Workshop	May 1976
The Pattern Which Connects	Work Study Group	Dec 1978
What Is Epistemology?	Work Study Group	Sep 1979
Civilization and Addiction (2 tapes)	Work Study Group	Nov 1979
Interfaces — Boundaries Which Connect	Tues Night Forum	Feb 1980
It Used To Matter	Tues Night Forum	Mar 1980
Neither Mechanical Nor Supernatural	Work Study Group	Apr 1980
It Takes Two To Know One (2 tapes)	Grof Workshop	May 1980

For cassette copies of the above recordings, make check payable to: **Dolphin Tapes**, Hot Springs Lodge, Big Sur, Ca. 93920. Cost per tape is $9 ($10 by purchase order); complete set is $88 ($98 by purchase order). Add $2 to total order for handling. In California include 6% tax.

Food for the Senses

The book **FOOD FOR THE SENSES, Recipes and Artwork from the Esalen Community**, is now available. To order by mail send $6.80 per book (includes postage) with your name and address to Food For The Senses, Esalen Institute, Big Sur, Ca. 93920. California residents add 36¢ tax per book ($7.16). Make checks payable to Esalen Institute. Allow 6 weeks for delivery. Orders of five books or more are available at wholesale prices. Write for further information.

Registration Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esalen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt.

Please mail all reservations to:
Reservations, Esalen Institute, Big Sur, Ca. 93920

Reservations by telephone: You may make reservations by phone if you use your Mastercharge, BankAmericard, or American Express credit card number to charge your reservation fee.
Phone (408) 667-2335

Monday, Tuesday, Thursday, and Saturday 9 to 3
Wednesday 9 to 12 Noon
Friday 9 to 8 PM
Sunday 12 Noon to 8

Scholarship Information: If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15-September 15 programs or for weekend programs.

Ongoing Residence Program: Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $1400 per 26-day period.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $40 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms for couples are sometimes available at $75 per day per couple. Please phone the office for additional information.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen. Esalen limousine service is not available at any other time.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: At present, we do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

The Esalen Community

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Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservation early.

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Daytime Telephone: Area Code ( ) _____

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend _____ ☐ housing as a couple

Check whether this workshop will be held in Big Sur ☐ at Westerbeke Ranch ☐ or as a Wilderness Program ☐

Do you smoke? _____

Limousine Service: (Fee [illegible])
I want limousine service from (check one):
_____ Monterey Airport
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at 5:00 p.m. on _____ (date of arrival, Fridays and Sundays only)

The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us. Esalen limousine service is not available at any time other than 5 p.m.

License Number _____
(for registered nurses wanting CEU's) _____ (for physicians wanting (CEU's) _____

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Reservation Fee

Total amount enclosed: $ _____
Your reservation can be charged to:
Master Charge ☐ Bank Americard ☐ American Express ☐

Card No. _____

Expiration date _____

Checks payable to Esalen Institute.

Payments: All workshops require nonrefundable reservation fees. See page 50. The balance of program fees becomes payable at the time of check-in.

U.S. currency only, please.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

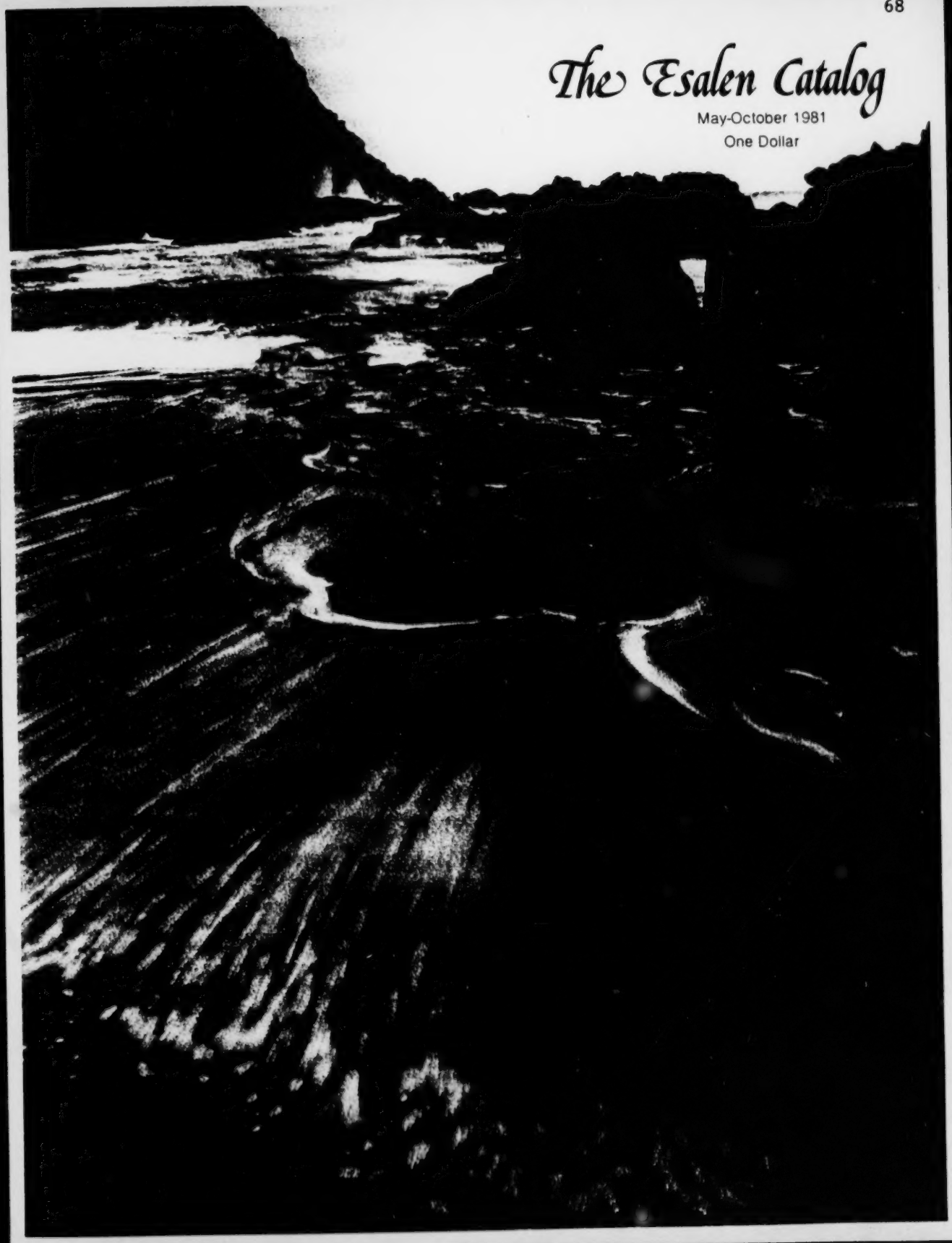
We exist to stimulate, encourage, synthesize, and attempt evaluation of these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one with a psychiatric problem, whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find our programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

The Esalen Catalog

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting, and research.

The Esalen Catalog

May-October 1981
One Dollar



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Steve Beck

"Contact is the appreciation of differences"
Fritz Perls

Attitudes, Understanding, and the Perception of Mental Disorder

In principle, most of us regard as "true" that which has been confirmed in a scientific or otherwise orderly fashion. In actuality, what is believed by someone to be "true" depends upon that person's point of view. A point of view is based upon attitudes; attitudes are presuppositions which we use to think with; they are critical determiners of what is perceived to be "true." A person's basic attitudes about life constitute a *position*. (Webster's Seventh Collegiate Dictionary includes this definition of attitude: "The position of something in relation to a frame of reference.") To have a point of view—a position—in regard to something means to have an attitude in relation to it. All too often, we regard it as a waste of time or as burdensome to examine our core attitudes. E.F. Schumacher explains it this way:

"There is nothing more difficult than to become critically aware of the presuppositions of one's thought. Everything can be seen directly except the eye through which we see. Every thought can be scrutinized directly except the thought by which we scrutinize. A special effort, an effort of self-awareness, is needed: that almost impossible feat of thought recoiling upon itself—almost impossible but not quite. In fact, this is the power that makes man human and also capable of transcending his humanity." (Schumacher, 1977, p. 44)

Routinely what we do we do on the basis of attitudes of which we are only dimly aware, at best; yet we shape our lives by what we do.

Kathy Thornod

"For it all depends upon how we look at things and not how they really are."

The consequences of having particular attitudes about the nature of mental disorder are especially broad. They affect the ways in which we behave toward and evaluate both significant and nonsignificant people in our lives, the ways in which we make sense of our personal dis-eases, and the particular adjustments we choose during periods of our own marked imbalances.

A study by two University of Connecticut psychologists, Jeffrey Fisher and Amerigo Farina, is most interesting in this regard. The report of their research, entitled "Consequences of Beliefs About the Nature of Mental Disorders," was published in 1979 in the *Journal of Abnormal Psychology*. The subjects in the study were 81 undergraduate students who were enrolled in two Abnormal Psychology classes. The two classes were chosen because the professors teaching them presented markedly different viewpoints.

In one class, the conception of mental disorder as essentially a *biologically* (and, in part, socially) determined disease was presented throughout the semester; in the other class the viewpoint espoused throughout was that mental disorders were the *result of socially learned patterns of behavior*.

For example, in the class with the social learning point of view, the "abnormal" individual was characterized as a person who does not fit comfortably into society (i.e. as a misfit with maladaptive behavior patterns). In analyzing the cause of such problems, the instructor focused upon the individual's social system (e.g. family). In comparison, although the role of learning was considered in the biologically-oriented class, major emphasis was placed upon genetic factors and upon the relationships between somatic states and behavior. Further, and in contrast to the social-learning class, substantial value was attached to The American Psychiatric Association diagnostic categories in the biologically-oriented class.

It was important to note that the scientists capitalized on *pre-existing* differences in point of view between the instructors and no attempt was made to influence the conduct of the classes. The professors were not aware of the experimental hypothesis being tested, and since the classroom experience of the subject was not affected by the study, it was deemed unnecessary (and possibly inadvisable) to inform students that they were "participating in an experiment."

Pre-existing differences in the professors' points of view were measured by having them respond to a specially designed questionnaire. On those questionnaire items in which differences were found, the two instructors differed in the expected manner. Specifically, the biologically-oriented instructor reported mental disorders "to be more like an illness" and indicated that mental disorders tended to be more degrading, less under personal control, and more responsive to medical intervention than did the social-learning instructor.

To test the effects of exposure to the two different points of view, both classes were administered a questionnaire during the last meeting of the semester. The questionnaire was presented to the students as an inquiry by the University Mental Health Clinic. The students were requested to fill out the questionnaire in order to provide information that would be useful to mental health professionals at the university. The data was, in fact, made available to the mental health professional staff at the university. The primary use of the data was not disclosed to the students at that time, although they were subsequently informed about the experiment and its results at the final examination. "It was felt by all concerned that withholding this information would in no way constitute any harm to the participants. Finally, the students were guaranteed and afforded complete confidentiality, and were specifically assured that their instructors would not view the data."

Significant differences between the two student classes were found as follows:

- Students in the biologically-oriented class tended to view emotional problems more as diseases than students in the social-learning class.
- Students in the biologically-oriented class were less likely to admit that they might seek help at the University Clinic.
- Students in the biologically-oriented class were less likely to feel that it was valuable for them to expend effort on identifying causes and solutions for their emotional problems.
- Students in the biologically-oriented class were more likely to have used drugs and/or alcohol to relieve their emotional upsets during the semester.
- Students in the biologically-oriented class were more likely to believe that increased availability of over-the-counter calmatives was a constructive aid for the relief of emotional problems.
- Students in the biologically-oriented class were more likely to believe that the cure to mental health problems is, in general, out of the individual's control.

These results, as well as the results of earlier research by the same investigators, led them to formulate the following conclusions:

"A social-learning orientation to mental disorders is more likely to lead to attitudes conducive to active attempts to improve one's situation than is an orientation incorporating medically related factors." Further, students with social-learning points of view tended "more to believe that they could do a great deal to help themselves when experiencing emotional distress."

In effect the social learning condition appeared to leave individuals "with a feeling of having a great deal of internal, personal control, whereas the bio-social condition may make them externally oriented and personally helpless."

"For it all depends upon how we look at things and not on how they really are."—C.G. Jung

Julian Silverman

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Any substance which produces a spectrum of symptoms in a healthy person will cure those symptoms in a sick person.

Kathy Thormod

Homeopathy and the Future of Medicine

As many of us have discovered, modern medicine leaves much to be desired in terms of holistic and humanistic values. For over a century the materialistic, technological, cause-effect worldview has held sway in the field of medicine, producing its most noticeable successes in bacterial diseases, childbirth, physiochemical and radiological diagnosis, surgery, and anesthesia. In attempting to deal with many chronic diseases facing our advanced societies, however, modern medicine is often inadequate. Many of us know from painful experience about rising costs, therapeutic toxicity, over-specialization, and dehumanization of care.

As a consequence of these disappointments a revolution is occurring in public, corporate, and even governmental attitudes toward health and disease. Common sense is returning people to a health-oriented, holistic view emphasizing natural, nurturing, gentle modalities such as nutrition, body therapies, detoxification, etc. These approaches have proven highly useful for general well-being and prevention of disease, but many people receive only partial relief from the nurturing therapies without reversing the degenerative process itself. After two decades of frustrating experience with these disorders in the holistic and humanistic movements, we find ourselves looking for a solidly-based, scientific, yet natural and gentle therapeutic system which is actually effective in curing chronic diseases.

It is against this background that holistic practitioners and patients alike are turning to the science of homeopathy, a nearly two centuries old method of specifically stimulating healing forces in order to bring about cure of whatever ailment may be present. In the homeopathic system, all symptoms of "dis-ease"—on not only physical but emotional and mental levels as well—are understood to be manifestations of the defense mechanism trying to return to a balanced state of health.

Throughout human history two therapeutic approaches have been recognized: the method of contraries (the basis of standard medicine) which applies treatments to *counteract* or suppress symptoms, and the methods of similars (the basis of homeopathy) which administers medicines designed to enhance the healing processes reflected by symptoms. The underlying principle in homeopathy is: *Any substance which produces a spectrum of symptoms in a healthy person will cure those symptoms in a sick person.* In nearly two centuries, the homepathic profession has developed over 2000 remedies (mostly herbs, earth salts, and animal products) by administering minute amounts of substance to human volunteers, and recording in painstaking detail every nuance of physical, emotional, and mental symptoms produced. The total collection of these symptoms then becomes the basis for choosing which specific remedy will bring about a curative response in a particular patient.

In classical terms, the homeopathic remedy is understood to be directly stimulating the *vital force* of the patient—the very life force which makes the difference between a moment of life and the next moment of death, and which is also responsible for animating and balancing our organism under all circumstances. When the vital force has been weakened through hereditary factors, improper life styles, excessive stresses, or other causes, disease on physical, emotional, or mental levels results. Symptoms, then, are manifestations of the vital force *trying* to heal itself within its own limited strength and through the stresses placed upon it. A properly selected homeopathic remedy, based upon the totality of symptom expressions on all levels, directly stimulates the vital force. The disease process is thereby eliminated naturally—according to the wisdom of the strengthened vital force itself.

To use a more modern analogy, homeopathy can be viewed as the therapeutic science of *resonance*. Each of us is completely unique, with peculiar responses to various conditions of life. Some of us are bothered by heat, some by cold; some crave salt, others sweets; some are elated by sunny days, others feel best on cloudy days; some are sociable, open, and cry easily, while others are more closed, self-contained, and expressive through ideas; some are anxious, others angry; some sleep on their right side with their feet sticking out from the covers, while others sleep on their left side fully covered. Each of us as individuals resonates either harmoniously or disharmoniously with all of the infinite physical, social, and mental/spiritual stimuli he or she encounters in each moment.

The task of the trained homeopathic prescriber, then, is to record in great detail all the unique resonances of the individual patient (regardless of the specific diagnosis that patient may carry) and then find a single homeopathic remedy that most precisely fits that unique patient at that moment in time. Considering the complexity and subtlety of people you can imagine the enormity of the task confronting the homeopath—and the extent of supervised training required to become a competent homeopathic practitioner. Nevertheless, the rewards of homeopathic training are great for its practitioners, since chronic disease cures occur without direct toxicity or harm to the patient, without the use of standard medicines or surgery, and at a fraction of the total cost of standard medical care!

The rejuvenation of homeopathy in its most effective, modern form has been sparked by George Vithoulkas, founder of a homeopathic school in Athens, Greece, and author of *The Science of Homeopathy*, a modern text. In October 1980 he conducted a one-month intensive seminar for American doctors at Esalen, the ramifications of which will be felt for decades to come. This group of doctors from all over the U.S. (and a few European countries) have committed themselves not only to the personal discipline of learning homeopathy, but also to the public activism required to create full-time professional schools for the training of future homeopaths.

George Vithoulkas founded the International Foundation for the Promotion of Homeopathy (IFPH), a non-profit, tax-deductible organization designed to create a professional school, carry out public educational activities, publish books and journals, conduct seminars and congresses, etc. Top priority is the creation by 1982 of a full-time, five-year, professional homeopathic school in the San Francisco Bay Area. A faculty has been trained, student interest identified, texts written, curriculum planned, and physical plant located. Funding is the primary remaining obstacle. Tax-deductible donations and/or further inquiries are welcome: IFPH, Cynthia Lanahan (Executive Director) 4 Sherman Ave., Fairfax, CA 94930.

Bill Gray, MD
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Rolfing

Ida Rolf came to Esalen at a time when the human potential movement was finding its feet and taking the first solid steps toward an expanded understanding of human development. New ideas of what is normal were being articulated and the emphasis was shifting from "what is wrong" to "what is possible." This atmosphere provided a receptive environment for Dr. Rolf's work.

Joyce Rogers

It was at the invitation of Fritz Perls, who had experienced the release made possible by her work, that Ida Rolf first came to Big Sur. She was in her late 60's and had worked quietly and diligently for 40 years developing the theory and techniques that would come to be known as "Rolfing." At Esalen she found the audience she had been looking for and began training students in her work.

Ida Rolf was fond of pointing out that, "aiming at new solutions may involve beginning with new assumptions," and her work is an expression of this. She was not interested in walking further down the road that modern medicine had defined. Educated as a biochemist, she appreciated medicine but wanted a technology that was not oriented toward the treatment of symptoms. She was interested in promoting individual, conscious evolution or, as she discovered in Big Sur, human potential.

The vehicle for her work was the structure and geometry of the body. She saw that accumulated injuries and inhibited expression are accompanied by contraction in the body which, in turn, produces thickening in the web of connective tissue that holds the body's parts together. This thickening distorts the body's structure and puts it at a disadvantage in gravity which, acting continuously to shape the body, further distorts it. By carefully and systematically releasing this thickening in the connective tissue with her hands, she was able to release the contractions, allowing the body to assume a more balanced posture. Graceful and upright posture, she maintained, is a sign of a harmonious relationship to the environment. When accumulated contractions are systematically released, the body moves naturally into accord with gravity and, she maintained, is uplifted by it.

Shortly before her death in 1979, Dr. Rolf was asked what she regarded as her major accomplishment. After thinking a moment, she replied, "creating productive, intelligent work for people to do." Her vision and the interest of her students have combined to create the work currently known as "Rolfing."

After three years, Dr. Rolf had trained enough students and attracted enough interest to necessitate some formal structure for her work. Together with her students, she founded the Rolf Institute, a non-profit educational corporation. The Rolf Institute was incorporated in 1971 and by 1974 had moved into permanent quarters in Boulder, Colorado.

The Rolf Institute has become the training and certifying organization for practitioners of "Rolfing" or "Rolfers" as they are known. Because the work of Rolfing was unique and outside existing categories of state licensing, Dr. Rolf and her students agreed to control their work and their professional standards themselves. To accomplish this, the names "Rolfing" and "Rolfer" were registered with the U.S. patent office as descriptive of the work developed by Ida Rolf and controlled by the Rolf Institute. A community of her students carry on her work, both within and outside of the Rolf Institute. They continue to develop her ideas, to refine their techniques, and, as a community and as individuals, to further explore what can be done to promote the conscious evolution of our bodies.

Dr. Rolf preserved her scientific orientation throughout her career and through the Rolf Institute conducted research into the effects of "Rolfing." Research done at Agnews State Hospital with Dr. Julian Silverman, at Rancho De Los Amigos Hospital in Los Angeles with Dr. Margaret Jones, and at U.C.L.A. with Dr. Valerie Hunt all evidence that her work produces demonstrable, beneficial change. She was known for her commitment to the concrete during a period when the energies of expansion threatened to loosen many from their moorings.

The accomplishments of Ida Rolf and Rolfing are significant. 250 practitioners have been trained and they have "Rolfed" over 150,000 people throughout the United States and Europe. An organization has been created that provides a creative learning community for Rolfers and upholds their professional standards. Preliminary research has been done to demonstrate and explore the effects of Rolfing. All this has been initiated and inspired by a woman who, after working largely unnoticed for 40 years, began this process in her 7th decade.

The reputation of Rolfing has been colorful and the press has done much to emphasize the dramatic aspects of the work. Throughout it all, however, there has seldom been a question as to the efficacy of Rolfing. Dr. Moshe Feldenkrais wrote to Dr. Rolf on her 81st birthday, "You are a woman of your word. What you have said you would do, you have done."

There is still much to do. As many of the techniques and theories of the human potential movement are assimilated into the culture and put to use, there is a need to be mindful of first principles and to assure that the knowledge gained is put to good use. As we make yet another cultural transition, it is important that we place these useful techniques in an appropriate cultural setting that will preserve their integrity and encourage their use by as many as will benefit from them.

There is now the opportunity of carrying these ideas and techniques into the more broadly based social context of preventive health care that seems to be the outgrowth of the human potential movement. It is here that the idea of conscious evolution, personal responsibility, and non-symptom oriented care can make a contribution. This is a process in which we are all involved.

THE ROLF INSTITUTE,
a non-profit tax exempt corp.
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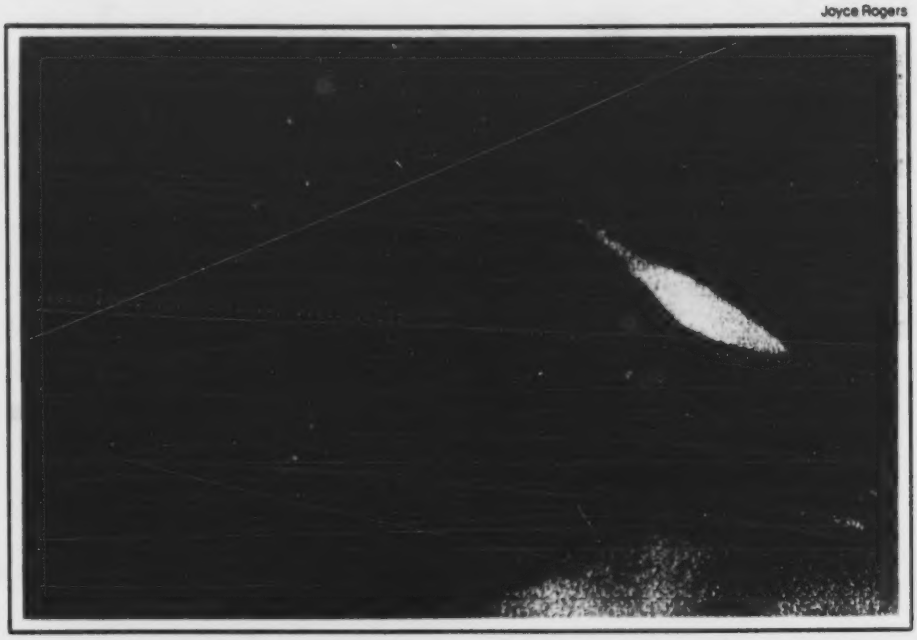
Boulder, Colorado 80306

Michael Salveson

Joyce Rogers

Joyce Rogers



. . .somatic platonism perceives, evaluates, and works with the individual human body by comparison to some idealized design.

Somatic Platonism

Platonism refers to a way of thinking about the world which has permeated human history at all levels of society from the peasant thinking about the significance of his life to the rulers of nations plotting the manipulation of world politics. Classically formulated by Plato (who was a radical critic of his own position), it is a tendency to consider the concrete, singular, tangible objects of our experience to be deficient, "unreal" instances of a more perfect world which transcends our senses. The location of this world was uncertain for Plato; existed in the creative mind of God for the medieval theologians; and, since Immanuel Kant, has been more popularly located in the minds of idealistic human beings.

The specific form of somatic platonism perceives, evaluates, and works with the individual human body by comparison to some idealized design. This type of thinking pervades most of the contemporary schools of somatic therapy, including some, like bioenergetics, which claim to reject it.

One day during a class for senior Rolfers some years ago, Ida Rolf asked us to strip to our underwear and stand together in front of her. As she looked at the ten of us, her shoulders began to droop and her expression became sad. "What a mess," she said, "there's not a one of you in this room whose feet are right." I remember sharing her sadness, feeling depressed that after all the years of working on my body and of being a successful therapist, I still wasn't anywhere near being "correct." At that moment it mattered little to the ten of us that we had all lived relatively fulfilling lives (most of us were over 40) and that our bodies worked unusually well. And it mattered little to Dr. Rolf that she had made a profound contribution to our lives, and, through us, to the lives of our clients. We were all sad because our feet just weren't right.

Our feet were not right because they did not look like the ideal developed by Dr. Rolf symbolized by the "blocked boy" which is the logo of the Rolf Institute. This abstract design does not exist anywhere in the world of fleshy, sweaty feet: a fact which displeases somatic platonists. It exists only in pen-and-ink drawings and in the mental activity of people thinking about this ideal. Other abstract designs exist in relation to which faithful disciples judge themselves and others to be "right," "balanced," "sexually responsive," or, by contrast, "blocked," "out of line," "a mess," "not really human." Sharing with Dr. Rolf the attempt to develop a precise design for an upright body integrated with gravity, one finds such people as F. Matthias Alexander and Bess Mensendieck. Finding these spines too rigid, the founders of bioenergetics, Lowen and Keleman, developed another ideal based on the infantile body: protruding abdomen, loose jaw, bent knees, tilted pelvis. Each metaphysical tradition in the East—the different forms of yoga, Taoism, Zen Buddhism, etc.—teaches a characteristic model towards which its somatic practices are oriented.

These various ideals, though different from each other, sometimes radically and contentiously, are based on a characteristic mode of thinking about the body which has these qualities: (1) the ideal is the same for all, (2) the ideal is a specifically designed, visual representation. It is what might be called an idealism of content or image, in contrast to a healthy idealism of process or function. One can have as his goal, say, the ideal spine as designed by Alexander, or simply the goal of having a more flexible spine. The first goal is visually oriented, external to the person; the second is more internal, coming from a person's experience of his or her unused possibilities.

Somatic platonism in current therapeutic practice is subject to several criticisms:

(1) Like its religious and moral counterparts, somatic idealism provides a constant backdrop of invalidation for human life. We are never quite right: there's always a vertebra out here, a hip slightly out there. Life is not thought of as a sloppy process involving stress, nourishment, anger, joy, depression, pleasure. It's rather thought of as an ever more futile attempt to become like X, to act like Y, with gravity, indolence, and egoistic passion winning the day. The experience of lack is so strong that it blinds one, like Ida Rolf looking at our feet, to the rich complexity of modest achievement.

(2) At the level of practice, somatic platonism hinders perception. Rolfers, Alexander teachers, bioenergeticists, and others see not *my* body, but *the* body as defined by their particular viewpoint. Even to approach a purified perception of what is requires a long discipline in clarifying the egoistic barriers that separate us from the other person. An idea of how the other person should look is a major barrier to this process.

(3) The narrowing of perception which flows from somatic platonism is coupled with a rigidity of therapeutic practice. A creative, unpredictable response to *this* person's unique being here and now is replaced by a recipe applicable to all.

(4) In a similar way, these approaches contribute to rigidity of behavior. In place of immediate organic responses to new situations, one's behavior is constantly mediated by ideas of how one should look. Bioenergetic disciples are careful not to lock their knees or tighten their bellies. Rooms of Rolfers convey the stillness and rigidity of a group of people trying to be as tall and symmetrical as they possibly can. Even the responses to deep energy release during therapeutic sessions are mediated by the somatic ideal: there are predictable responses of people in primal therapy which differ from those involved in co-counseling, different again from practitioners of zazen.

(5) At its most dangerous limit, somatic platonism, like its more generalized form, is a tool both for political and personal power. The somatic ideal divides an elite who understand and work towards it from those who don't, especially from those who can't.

The founder of a contemporary school of body movement has designed a model of the body which is specific to the point of dictating an ideal location in space for each part of the body for each movement. One day I proposed to him this case of a young girl with whom I've worked for several years, who has cerebral palsy. When she first came to me at seven years old, she had great difficulty doing the simplest things: writing, walking, playing simple games. Her teachers frequently complained about her behavior in school. I sensed in her an unusually loving and brilliant spirit. Over a period of four years of working with me and a number of other therapists, she skis, skate-boards, plays the piano, and does well in school. But, I say to the founder of this school of body movement, she doesn't look anything like your ideal, nor will she ever. He looked at me with a poignant smile and replied, "We must realize that certain people are not fully human."

In the somatics community we have outstanding examples of a different epistemology. Moshe Feldenkrais teaches not how *the* body should look, but how to discover what the range of possibilities are for *this* body. The tradition originated by Elsa Gindler, spread by her pupils Charlotte Selver, Magda Proskauer, and Carola Speads, is a monument to the innate wisdom of the organism and its abilities to discover and heal itself. At a time when the very existence of the planet is threatened by the clash of various ideologies, these men and women stand with those who witness the beauty of simplicity of perception and modesty of goal against the various manifestations of megalomania. For centuries powerful minorities have manipulated the mass of humanity in the name of exalted moral and religious ideals. Our own life-span contains a long list of results of the attempts to create some sort of superior race. It is no service to humanity to participate in this madness even at the basic level of moving connective tissue.

Don Johnson

Changing Education ~ Let's Do It!

Fantasy Headline:
Chrysler Corporation Turned Into A Family University

The Chrysler Corporation will be turned into a University of All Ages. The corporation will become the "UNIVERSITY FOR INVENTIVE MECHANICS." Many of the former Chrysler employees will become the faculty for the University. The products, forms, and structures of UFIM are among the basics of the curriculum. For its first five years of life it will be funded by the Rockefeller Foundation, the est Hunger Project, several very generous private donations, and tuition. At the end of the first five-year period it will then be evaluated as to whether it will remain a non-profit establishment or change to profit making. It may incorporate both.

Can you visualize the above? Can you visualize walking into the plant? Everything is still—nothing turned on. Tools and furnishings are in a ready position. Former employees, with skill and patience, await your questions and are available for skill counseling and guidance. Can you imagine all the different departments? Where would you go? What would capture your imagination, your spirit to explore what you have never done before? How does it work?

In attempting to make school interesting, all sorts of things were jammed into the classroom and ripped from their context. The situation gradually became distorted and expensive as well as exclusive of the resources of the surrounding community. These resources were not only excluded but in time became invisible. NOW is the time to SEE the many sources existing in the local communities that can provide learning with substance, content, and a context.

Technology is not going away, but certainly it can be used differently. The community as an ACTIVE, VIABLE learning field is there to be seen and used; children and young adults moving in and out as apprentices—a very respectful way to learn. There is a local center to coordinate schedules and transportation. There is a local center to be used for abstracting and researching. Reading is not a difficult skill to acquire. It is difficult and harmful when we create blocks and inhibitors, when the content and context is irrevelent to the experiential knowledge of the child learning.

The ways in which children receive information in public schools is very often boring, for most of those ways are not immediate. The information cannot be returned to expressive energy, it is put on HOLD. Many children have difficulty with the "hold" pattern. It is a constipating system. (Think of the billions of dollars spent on "Preparation H" and "Ex-Lax.")

Children need to translate information immediately, exploring it, taking it apart, shaking it, banging it, tasting it, and touching it. They need to then return to the local center for digesting time, assimilation time, reflection/selection. After abstracting experiences, it's back to the action of more direct exploration. In all the schedules, time is provided for struggling with concepts, context, and content.

Children learn to read in many different ways.

Within the last few decades more and more areas of learning have been removed from their living context and put into "the classroom." Children were confined, incapsulated, and some incarcerated. The dreamer was punished and the energetic labled for "cure." They were gradually NOT welcomed into the community. Shortly after birth they were put away into the nursery. Strangers abounded.

ISOLATION BECOMES A PROBLEM AMONG TEENAGERS. Children protected out of "life," contained, detained, retained in "school." Some learned to be controlled. Some fought their way out and became addicted to fighting. Some spent a great deal of time looking for control in some bizarre ways. Some would do anything to belong, to be held.

There was a time when children learned by working along side adults. They saw, they experienced, and felt the abilities of skilled people. Then there were abuses to children in sweatshops, with few choices for the children. Some imagined choices, stored their anger, and used it later, some for "good" and some for "bad." Our "solution" to the abuses of schedules: children should not work, they should go to school, come home, do more school work or take special lessons, take out the garbage, set the table, and get allowances.

Removing direct experience removes the ability to evaluate, reflect, select, elect. Many young people without these abilities follow strange paths to gain "experience." Young people with no experience in selection are highly susceptable to suggestion. They have no background for healthy skepticism and questioning. We made school a place where the student was to "know" instead of LEARN. We made school pure and safe.

Some children have ended up with no ability to evaluate, following strange and tragic paths, and parents who had imagined "doing all the right things" have ended in grief and confusion. Experience relates to the "self" and we are now coming out of the "self-only search" period. The time has come to put that "self" into a context that contains life. Children are always in relationship to an environment. As long as we refuse to respect differences in living approaches and abilities we will continue a tacit support of violence.

Discipline is learned side by side with children experiencing themselves as PART of the picture and not in isolation within a "holding tank."

The socialization process of children is the context for the content and the major process in the creation of the quality of the future.

Gently teaching the use of the word "NO."
The giving and the receiving.
It is a very valid word
Without no
The yes—eludes and deludes.

Janet Lederman

Ben Langdon

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Kathy Thormod

Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.), from such a sampling, the participant can then choose that approach which feels most appropriate and pursue it in subsequent seminars. For those who wish an extended stay of a month or more, there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof, Al Drucker, and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work-Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 12 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums where various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there are lectures, films, dance performances, choirs, puppet shows, or other forms of entertainment. Bodywork of various kinds is available by appointment with individual practitioners, including massage, deep-tissue, polarity, and rolfing. Individual sessions are also available for various types of process work, including gestalt, neo-reichian emotional release, vision-improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Esalen Institute - Approved Provider for Registered Nurses and Physicians

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of continuing education for registered nurses, provider number 01152.

The California Medical Association has granted Esalen Institute Category I approval so that physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education.

The following programs are approved for registered nurses and for Category I credit for physicians. See regular program listings for workshop descriptions.

If you have any questions about Esalen's medical or nursing program, contact Polly Kirby, Esalen Institute, Big Sur, Ca. 93920.

June 14-19
Experiencing Esalen for Health Care Professionals
Coordinated by Polly Kirby, RN — 30 hours

June 26-28
Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care
Tom Ferguson, MD — 10 hours

June 28-July 3
Massage for Health Professionals
Deane Juhan, Brita Ostrom & Esalen Massage Practitioners — 30 hours

July 3-5
Managing Your Life on Purpose: A Workshop for Business and Health Professionals
Julian Silverman — 10 hours

July 19-24
Healing: Rites and Ways
Phillip Mac, MD & Polly Kirby, RN — 30 hours

July 24-26
From Burnout to Personal Growth: Increasing Effectiveness and Enjoyment in Work and Life
Elliot Aronson & Ayala Pines — 10 hours

August 7-9, August 28-30
A Weekend Primer on Constitutional Holistic Medicine Focusing on Homeopathy, Acupuncture, and Deep Tissue Work
Al Drucker & Staff — 10 hours

September 6-11
Massage for Health Professionals
Deane Juhan, Brita Ostrom & Esalen Massage Practitioners — 30 hours

September 25-27
On the Way to Health: A Guide for Health Practitioners
Phillip Mac, MD — 10 hours

October 30-February 21, 1982
Holistic Health Four-Month Residential Training Program
Coordinated by Al Drucker & Polly Kirby, RN — 92 hours

The Bateson Seminars Series

The uniqueness of Gregory Bateson's thought came from its broad range and its generality. In an age characterized by fragmentation and over-specialization, Bateson challenged the basic assumptions and methods of several sciences by looking for patterns behind patterns and for processes beneath structures. He declared that relationship should be the basis of all definition and his main aim was to discover the principles of organization in all the phenomena he observed—"the pattern which connects," as he would put it. The seminar leaders in this series share and express in their own work Gregory's holistic and dynamic vision of reality, his ecological perspectives, and his social concerns. Each of them knew Gregory and his work in a unique way, and each has brought original insights to bear on the questions and issues which were at the center of Gregory's life. More such seminars are planned and ideas are welcomed.

In his poem "The Manuscript," Gregory said: "And if you read between the lines/You will find nothing there/There should be nothing there/For that is the discipline I ask/Not more, not less." He saw it as inevitable that the ramifications of his thought would be considered and debated by those who came after him. Yet he called upon us to bear "the lonely Skeleton of Truth" in its precision and stark simplicity. This workshop series is dedicated to the kind of clear-headed exploration which Gregory embodied and which his legacy demands.

July 17-19 *Fritjof Capra*

Mind, Matter, and Consciousness

What is matter made of? What is the relation between mind and matter? What is consciousness? This seminar will discuss some new concepts provided by modern science to answer these age-old questions. The discussion will begin with the holistic and dynamic view of matter implied by subatomic physics and will then be expanded to include the emerging systems view of living organisms and some recent developments in psychology. Gregory Bateson's concept of mind will be central to the whole discussion. $200

August 21-23 *Stanislav Grof*

Nature, Mind, and Consciousness: Gregory Bateson and the New Paradigm

In this seminar, we will explore the scientific contributions and personal philosophy of Gregory Bateson, one of the most original thinkers of our time. After reviewing his "double bind" theory of schizophrenia and analysis of psychotherapy, hypnosis, and ritual, we will focus on his more recent ideas about nature and evolution. Special attention will be paid to those aspects of Gregory's work in which he formulated concepts that are now being supported by new developments in quantum-relativistic physics and modern consciousness research. We will use material from Gregory's books, his contributions to our Esalen month-long seminars, and insights gained from several years of personal friendship. $200

September 25-27 *John Lilly*

Biocomputers and the Human Spiritual Strivings

The nature of man, of animals, of the planet which spawned all species, was [illegible] inquiry. His background in classical evolution, biology, ethology, and anthropology dictated [illegible] written in his books. Though he was credited with involvement in cybernetics, he did [illegible] computers, hands-on, nor master software.

Here we wish to pursue an extension that we have been involved in for many years: the application of computer-type thinking to our own brains, minds, biocomputers, and to non-human biocomputers. This mapping, this modelling can be made as detailed or as general as we have time for; from the networks of neuronal processing up through the greater-than-self [illegible] our restless spirit. In this framework we pay attention to operations of the mind which generate [illegible] programs for action, thinking, and feeling. Bibliography: *Programming and Metaprogramming in the Human Bio-Computer; Center of the Cyclone; Lilly on Dolphins; Communication between Man and Dolphin; Dyadic Cyclone.* $200

October 16-18 *George Leonard*

The Rhythms of Relationship

"At the heart of each of us," George Leonard writes in *The Silent Pulse*, "there exists a silent pulse of perfect rhythm, a complex of wave forms and resonances, which is absolutely individual and unique, and yet which connects us to everything in the universe. The act of getting [illegible] with this pulse can transform our personal experience and in some way alter the world around us." In this workshop, Leonard will explore the Batesonian concept of *relationship* in terms of *polonomy* (that which is discrete and unique in every individual) and *holonomy* (that which is universal to every individual). Discussion of this subject will be augmented by visualization exercises and simple movement experiences. $200

The Work-Study Program

The Work-Study Program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program, emotionally and physically, and only rarely is it restful. There will be a coming together in the evenings to share, contact, play — alone/together. Professional services such as massage and rolfing are available at staff rates.

Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. No participants will be accepted as work scholars in Gazebo until they have fulfilled a minimum of one month in one of the aforementioned departments. Scheduling consideration is given to the community labor needs, and work assignments are made according to these requirements. The cost of the program is $500 for the first month, $450 for the second month, and $400 for the third. A $250 deposit is required with your application.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex which is 1½ miles north of Esalen. The Work-Study Program, lasting 28 days, is a full time workshop in itself. The work commitment to the community, group process work, and teaching seminar makes up a busy schedule for participants. Enrolling in the Esalen catalog workshops is therefore discouraged, since the extra involvement tends to interfere with the fulfillment of the Work-Study Program.

Available dates: October 4-November 1; November 1-November 29; November 29-December 27; December 27-January 24; January 24-February 21; February 21-March 21; March 28-April 25; April 25-May 23; May 23-June 20; June 20-July 18; July 18-August 15; etc.

In addition to the regular program, Esalen is now offering an intensive three-month course in basic organic horticulture. The cost of the program will be $1350. A $350 deposit is required. In filling out the Work-Study application, please indicate your preference of landscaping, gardening, or small scale farming.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with $250 (or $350) deposit to:

Work-Study Program, Esalen Institute, Big Sur, California 93920. Telephone: (408) 667-2335.

The balance of the fee is due on arrival. $75 of the original deposit is non-refundable, and may be transferred to other Esalen programs within one year of receipt of deposit.

Esalen Institute Application for the Work-Study Program

date of application _____ daytime telephone _____

name _____ address _____

city _____ state _____ zip _____

date of birth _____ occupation _____ place of employment _____

smoker ☐ non-smoker ☐

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work-scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community.* If such an invitation is extended, please indicate your availability.

☐ no extension ☐ one month extension ☐ two month extension

To avoid disappointment, please do not come with the *expectation* of staying for longer than one month.

I am applying for the three-month organic horticultural program. ☐ yes ☐ no

Have you been to Esalen workshops? Please list program titles and dates: _____

_____

_____

Please make a personal statement about your interest in the Work-Study program. Include any skills you may have available. _____

_____

_____

_____

_____

_____

_____

Esalen Seminars

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman Boeve

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls).

Schedule

May 10-15	$350
May 22-24	$170
May 31-June 5	$350
June 21-26	$350
June 26-28	$170
July 19-24	$400
July 31-August 2	$200
August 9-14	$400
August 28-30	$200
September 11-13	$200
September 20-25	$400
October 2-4	$200
October 11-16	$400

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Benj Langdon

Similar in format to Experiencing Esalen, but with a greater focus on a wide variety of body oriented approaches.

Schedule

May 15-17	$170
May 29-31	$170
June 12-14	$170
July 3-5	$200
July 5-10	$400
August 14-16	$200
August 23-28	$400
September 4-6	$200
September 25-27	$200
October 9-11	$200

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls*

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is enfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. Other leaders may be involved in single sessions.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J.C. Pearce); *Illusions* (Richard Bach).

Schedule

May 3-8	$350
May 22-24	$170
June 14-19	$350
July 5-10	$400
August 2-7	$400
August 14-16	$200
August 30-September 4	$400
September 18-20	$200
September 27-October 2	$400

Esalen Seminars

Weekend of May 1-3

The Emergent Paradigm
Jay Ogilvy & Peter Schwartz

How do you filter the information you need to live? Like contact lenses you can't take off, a paradigm effects the way you see—and the way you think and feel. More universal than a model, less conscious than an explicit worldview, a paradigm colors one's entire experience of self and world. We believe our culture is undergoing a shift of paradigms. Traditional patterns of meaning and order are crumbling. We have been exploring common patterns of change across thirteen different disciplines from art to chemistry, philosophy to biology. We see a new pattern emerging, one that makes sense and gives coherence to apparently fragmented lives. Chemical and biological systems generate higher order from apparent disorder. Political and religious systems sometimes function better with several centers. We will summarize evidence for a polycentric paradigm, then explore its meaning for relationships, for work, for play, for the business of being human. $170

Movement and Transformation
Nitza Broide Miller

Movement is change and change requires movement. In this workshop we will experience movement as a process of becoming and accepting fully who we are. We can begin to sense the impasses in our bodies. We will explore ways to appreciate the ancient wisdom of our body memory and to utilize its knowledge to release energy and restore strength. Movement can facilitate transformation through time and space and can teach us how to channel our energies toward meeting life's demands more effectively. Through guided movement, music, and imagery, we can learn to become more sensitive to the internal freedom of our bodies and to become more attuned to our interactions with the outer reality. $170

Exploring Self-Acceptance
David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $170

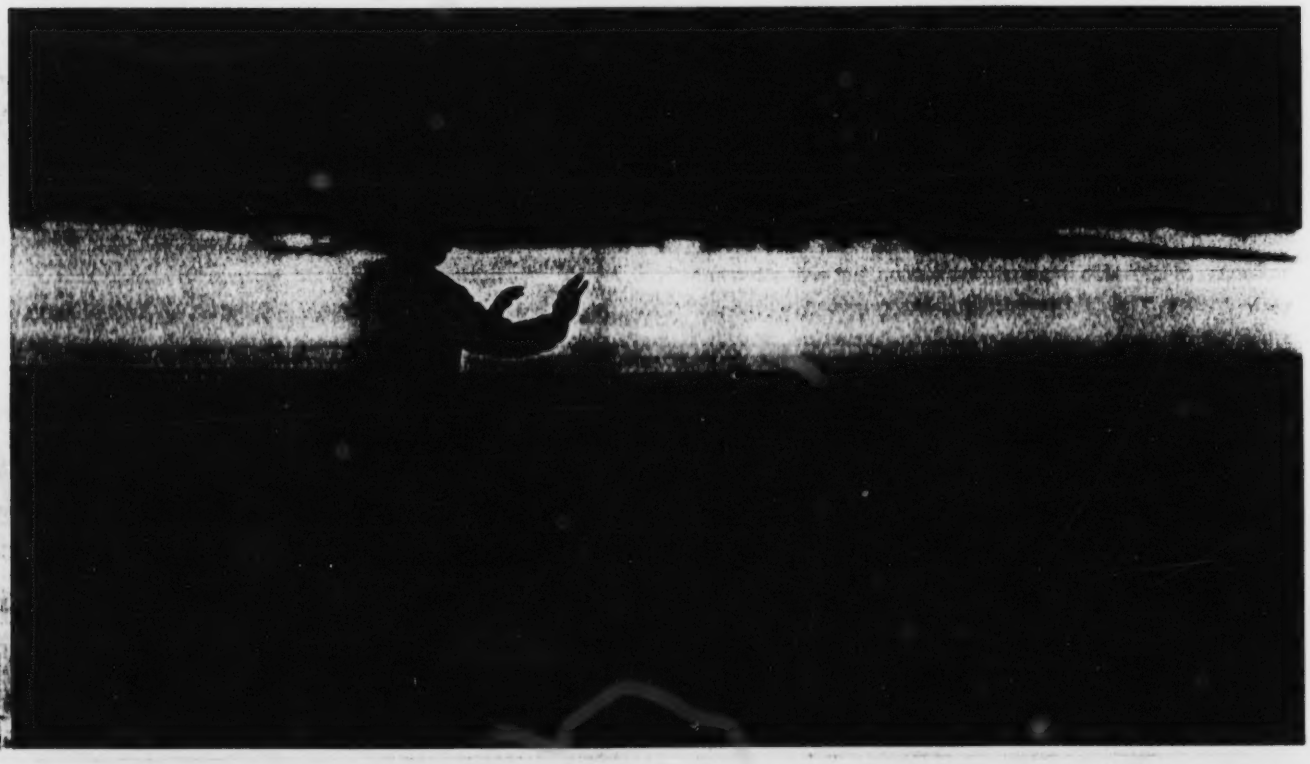
Spiritual Healing
Alan Young

This workshop will be experiential, and will answer such questions as:

What is spiritual healing? How does it work?
Why isn't everyone healed? What are the inner causes of disease?
How can we discover the underlying cause in each case?
How can I help my own healing? How can I develop the ability to be a channel for the healing of others?

It will include exercises in sensing the energy radiating from your own body, and from that of others. It will culminate in a demonstration healing in which all will be invited to participate.

The workshop is designed to interest: (a) Those who want to learn about healing themselves, or at least assist in the healing process; (b) Those who wish to become a channel for the healing of others; and (c) Those who want to learn more about spiritual healing as a matter of interest or personal growth. $170



Kathy Thornod

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May 3-29

The Spiritual Path: Promises and Pitfalls
Christina & Stanislav Grof For workshop description see Special Programs, pages 38 & 39. $1400

Week of May 3-8

Gestalt Practice
Esalen Gestalt Staff For workshop description see page 13. $350

Integrity *David Schiffman* In this workshop we will join together to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Our task together will be to discover how best to express these qualities both in and out of the workshop. We will explore the boundaries of our emotional, physical, and mental potentials and how they affect our sexuality, our relation to power, our friendships, our creativity, and our expectations of ourselves and of others. $350

Experiencing the Esalen Garden
Sherry Ackerson & the Esalen Garden The focus of this workshop will be the experience of nurturing and being nurtured by the earth and her plant life. During the day, specific methods for gardening, including plantings, bed preparations, and composting, will be taught. We will also learn the healing aspects of herbs, and enjoy an herbal bath. Our evenings will include guided fantasy, meditation, drawings, and movement. Come and celebrate the gentle dance of earth, air, sunlight, water, and our bodies in our year-round organic vegetable garden.

Since much emphasis is on experiencing what we learn, make sure to bring overalls and workboots. $350

Attachment and Separation: Loving and Letting Go
George Kohlrieser Life involves a series of attachments and separations. This experiential workshop will focus on attachments—parents, family, children, spouses, lovers, places, things—and the corresponding grief reactions to separation. Life energy is connected to the quality and depth of emotional contact. Depression is a signal that something is wrong in the attachment system, and burn-out occurs when people are negatively attached or cannot attach to either people or goals.

Joy is the physiological and psychological outcome of positive emotional attachments, and the unresolved grief of past separations can interfere with making new attachments and the experience of joy. Saying hello can only occur after saying goodbye. Patterns of attachment and separation learned in childhood, including symbiotic relationships, will be identified and related to how participants make attachments and separate in the here and now. The formation and celebration of positive emotional attachments and the emotional resolution of past separations will be encouraged within the supportive atmosphere of the group. $350

Weekend of May 8-10

Weekend Massage Intensive
Esalen Massage Practitioners We will assist you in acquiring the basic tools you will need to begin to explore massage. By demonstrating for you and practicing with you it is our intent to introduce you to the major muscle sets of the body and to help you to establish a sense of an effective beginning, development, and closing of a full-body massage. Emphasis will be on our own grounding and internal awareness, on learning to recognize the areas in ourselves and others that need relief, and on learning to be aware of the quality of our own touch. $170

A Course in Miracles: A New Thought Form for Our Time
Julian Silverman This seminar is concerned with an understanding of *A Course in Miracles*—a formulation of a wholesome way to be in the world:

without attack and defense,
without negative emotions,
without the feeling of being separated from one's source.

The Course specifies a practice as well as a conceptual model. It elevates one's self worth by teaching *total* self-responsibility. $170

It teaches health.

Being Healthy is More Than Not Being Sick: A Workshop in Holistic Health
Sandra & Emmett Miller A modern attitude toward health and wellness involves recognizing the interplay between our self-image, our emotional state, our relationships, and our health. Symptoms are thus used as guides to direct our awareness to aspects of our lifestyles which need attention.

High level wellness can be said to have been reached when symptoms become fewer and fewer. Wellness is maintained through regular applications of the principles of selective awareness, deep relaxation, aerobic exercise, rest, and proper nutrition. Moreover, these principles are used in such a manner as to produce continuous personal growth—mentally, physically, emotionally, and spiritually.

We'll begin by using simple techniques for evaluations of our present level of wellness. We will then explore the concepts of high level wellness, and learn ways to develop and maintain it through balancing and attuning mind, body, emotions, and spirit. We'll also explore the use of deep relaxation, mental imagery, and movement to unstress and to project a positive self-image and a lifestyle of high level wellness. This workshop is designed for those who enjoy guided imagery and dance movement. $170

Tools for Transformation of Self and Society
Donald Keys In this workshop we will use group discussion, guided fantasy, lecture presentations, and meditation to bring to our awareness specific ways in which we can begin and continue the process of personal transformation and the transformation of our society. Among the topics we will discuss are: the ways of transforming society; the role of communities and new age organizations such as the Findhorn Foundation; and the special role of the United Nations in the world community. $170 + $5 for reading material

Week of May 10-15

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 13. $350

Massage and Movement
Esalen Massage Practitioners

In our daily massage sessions we gently nudge our bodies and hands back to sense-ability, clearing up old energy blockages, restoring spontaneity. We share with you the tools that have worked for us in our many years of massage practice.

Through movement we explore our dynamic support structures and how we relate to our environment as we move more freely into our own life dance. We blend the basics of t'ai chi, structural awareness, and contact improvisation to stretch our self-perception. $350

Surrender to Self
Merri Goldenson (Devarani)
John Majuri
& Vivian Gary

Inside each of us there lives a free, loving, creative, and spontaneous child. Our life histories and repressed feelings of anger, fear, sorrow, and pain are locked in our body armor. Our focus in this workshop will be to discover new ways we can soften, let go, and surrender to ourselves.

In a supportive and safe environment we will utilize individual reichian intensives, group interaction, bioenergetics, imagery, hypnosis, dance, and massage. We can, once again, feel the flow of our sexual energy and the harmony of our being. $350

Beyond Ego: Transpersonal Dimensions in Psychology
Frances Vaughan
& Roger Walsh

Transpersonal psychology is concerned with the farther reaches of human nature, especially optimum health and wellbeing. As concepts of mental health have expanded, the study of consciousness has assumed a central place in the theory of human behavior. A comprehensive transpersonal framework is now emerging for the first time. Since an intellectual understanding of the field is dependent upon an adequate experiential basis, this workshop will offer participants a combination of theoretical and experiential approaches to consciousness research. Personal practice in consciousness disciplines is stressed as essential to both self-knowledge and conceptualization in transpersonal realms.

In this five day period we will explore the roots of wellbeing in consciousness, seeking a balance between inner and outer experience, utilizing both Eastern and Western techniques for deepening awareness. We will examine the process of transformation from both philosophical and practical standpoints, giving participants an opportunity to practice and apply mindfulness and other skills that facilitate assuming responsibility and relinquishing limiting beliefs in both personal meditation and interpersonal communication and interaction. $350

May 10-17

The Rites of Passage: A Seven-day Pilgrimage on Horseback Through the Big Sur Wilderness
David Schiffman
Skip Utterback
& Rick Jensen

For workshop description see Wilderness Programs, page 41. $820

Weekend of May 15-17

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 13. $170

Space and Intelligence: A Fundamental Practice of Meditation for Living and Dying
Sogyal Rinpoche

In the nature of mind, which is the all-encompassing space, like the clear, limitless sky, a complete realization arises that enlightenment is naturally self-existing within us. As this basic intelligence spontaneously awakens, one recognizes that thoughts are but the play of clouds, simply happening there. Free.

This is the perspective of Dzogchen, the ultimate teaching of Buddha, the heart essence of Padmasambhava, which even welcomes chaos and neuroses as nourishment for its indestructible sanity. $170

Songs of Innocence, Songs of Experience
Nancy Kaye Lunney

This weekend is a voyage into song for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, as well as for accomplished singers who want to improve their performance. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Bring your own favorite song titles or choose from a variety at Esalen. Most important, bring your own styles, your voices, and a willingness to explore your creative potential. Each of us has a song to sing and the courage to share it with others. $170

May 15-22

Meet the Wilderness, Your Self, and Each Other:
A Seven-day Wilderness Experience from Esalen to the Tassajara Zen Center

Jessica Britt
& Jeffrey Kent

For workshop description see Wilderness Programs, page 41. $325

Week of May 17-22

Opening Feelings: A Path to Consciousness
Clair Killen

As individuals in a group we watch each other, we project, we displace, we watch ourselves, we identify, we play, and we create an environment of relative trust.

Using radix neo-reichian emotional release methods, movement, meditation, and massage we experience our body armor, we discover ways we control our lives, we feel alive, we have fun, and we consider new choices for living. $350

Pleasure, Sensuality, and Your Body
Barbara Clemans

The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feeling of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact and nurturing, sensitive giving, and relaxed receiving. We will explore new patterns of moving and being together, feldenkrais awareness, and vital explorations in movement to music. The baths, the rhythm of the ocean, and massage will heighten our awareness of the pleasure inherent in simplicity. $350

T'ai Chi Chih
Catherine Elber

T'ai chi chih was first presented to the public in 1974. Easier than t'ai chi ch'uan, these simple motions allow us to recreate in ourselves the essence of an ancient gift long practiced in secrecy. The essence of balancing and blending our inner and outer life allows qualities to bloom. The beneficial effects of this motion encompass our existence in a deeply personal unfoldment, encouraging physical health and grace, and mental peace and clarity. $350

Weekend of May 22-24

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 13. $170

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 13. $170

Preparing for Conscious Childbirth: A Workshop for Pregnant Couples
Honey Rose
Peggy Morrison Horan
Jane Miletich
& the Esalen Mothers

Come prepared to share your hopes, fear, experience, and expectations with other pregnant couples. By recognizing and owning the joys possible through conscious childbirth, we will explore the birthing possibilities available today. With the use of forum, film, exercise, massage, nutrition, and ritual, we will bring self-reliance back into our primal experience. $170

The Shamanic Journey and Healing: An Experiential Workshop
Michael Harner

The shamanic journey is one of the most ancient visionary methods used by humankind to enter nonordinary reality and explore the hidden universe otherwise known mainly through myth and dream. Participants will undergo an experiential initiation into the journey, aided by traditional drumming and dancing. Using the spirit canoe and other methods, they will learn how the shaman's journey can be used to restore power and health, to acquire knowledge, and to solve personal problems. Participants will be introduced to shamanic seeing, to shamanic interaction with the powers of nature, and to the practical application of shamanism in their daily lives. $170

Week of May 24-29

Put Your Memories, Fantasies, and Dreams to Work for You: A Reichian/Gestalt Approach to Energy Release
Joan Fiore
& Jeffrey Kent

"To understand is to tremble. To recollect is to reenter and to be riven."—Harold Brodkey

This workshop focuses on releasing the energy locked in our memories, fantasies, and dreams so that this energy can be made available for present relationships and life situations in a way that makes our existence in the present less encumbered by unfinished business of the past as well as self-programmed, self-fulfilling prophecies of doom for the future. First priority is on intensive intrapersonal work in a supportive group setting. There will also be opportunities to explore the nature of our interpersonal relating through group interactions. $350

A Workshop in Creative Movement
Anna Halprin
& Daria Halprin-Khaligi

"The fact that there has always been dance compels us to accept it as an old, deeply rooted human activity whose foundations reside in the nature of human beings. It will continue as long as the rhythmic flow of energy operates, and until man/woman ceases to respond to the forces of life and the universe. As long as there is life, there will be dance."—Margaret H. Doubler

This workshop is designed to inspire and guide an exploration through movement and dance of one's own life resources and themes. The learning process will be aimed at integrating emotional and physical expression, utilizing dance, and also incorporating gestalt principles and visualization exercises. Learning principles of movement ritual will be an important focus. The development and expansion of personal and group creativity as a way of promoting health, increasing communication skills, and facilitating change is the intention of this workshop.

Recommended Readings: *Movement Ritual I*, by Anna Halprin, available at Esalen bookstore. *Collected Writings II*, by Anna Halprin, available by writing the San Francisco Dancers Workshop, 321 Divisadero Street, San Francisco, Ca. 94117. $350

Choosing to Change
Harry Sloan

Changing is discovering that something new is trying to emerge and integrating that next step into our daily lives. In this process we often encounter parts of ourselves that do not nourish change. We resist, either by preventing ourselves from seeing beyond where we are, or by blocking ourselves from integrating and expressing the next step.

In an atmosphere of tenderness and humor, this workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Personal work will stress deepening awareness of our own unique sense of direction and the obstacles in the way. We will focus on learning to allow change through exploring the implications of our choices and seeing how we retard or encourage the expression of our emerging self.

The basic approach will include psychosynthesis and transpersonal and cathartic methods which emphasize learning, and developing skills and tools to release and transform blocked energies. Our purpose together will be to align our motivation and will with the natural process of change and integration. $350

May 24-31

Journeying: Whitewater Rafting the Owyhee River
Sam Keen
Annie Callaway
& Dick Galland

For workshop description see Wilderness Programs, page 41. $475

Weekend of May 29-31

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 13. $170

A Feelings Intensive for Couples Only
Janet Zuckerman Boeve
& Fred Boeve

This workshop is designed to encourage both of you to express all the pent-up negative, hostile, and abrasive energies you have bottled up in your bodies—*non-verbally*—so that you can make room for all the joy, caring, and nurturing you're entitled to as a couple sharing some of your life together. $170 per participant

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings
Joan Fiore
& Jeffrey Kent

This workshop provides an opportunity for you to pay attention to the quality of your interpersonal contact, particularly to your willingness to take risks and to your ability to stay true to your own feelings while meeting and contacting others.

You may discover your own rhythm of contact and withdrawal; you may discover how you sabotage yourself from having more satisfying relationships; you may discover you're getting exactly what you want from your relationships. You may discover anything; you may discover nothing. You may even discover that you're in charge. $170

The Esselens
Malcolm Margolin

The Esselens were the Indian people whose villages once dotted the Big Sur Coast. In this seminar we will imaginatively reconstruct life in these villages. We will visualize living in rush-covered houses among grizzly bears, antelopes, bald eagles, and wolves. We will imagine relating to a world in which trees, stones, and other "objects" had power and intelligence, and in which the deer we hunted were seen as a kind of "people." We will imagine growing up in a society almost without strangers and in a landscape so intimately known that every large rock and prominent tree had a name and story attached to it. We will tell the stories and sing the songs that once moved the Indian people of Central California. We will also discuss religion, shamanism, art, population control, tribal politics, humor, games, childrearing, and the question of how a quarrelsome people managed to live for hundreds of years without major warfare. $170

Week of May 31-June 5

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 13. $350

Opening to Creativity: A Gestalt Workshop
Nancy Kaye Lunney

This workshop is for those who have a desire to create something, yet are stopped by self-criticism, frustration, or fear. The focus of these five days will be on developing the awareness and confidence which are necessary for free flowing creativity. Using gestalt process we can uncover negative programs which may be inhibiting creative expression. Individual projects in music, writing, drawing, or movement can be developed during the workshop based on each person's major interest. The emphasis, however, is not on "production," but on self-awareness; not on the project, but on the person doing it. $350

Zero Balancing *Fritz Smith*

Zero balancing is a body handling system utilizing structural acupressure to deal directly with the interface between body structure and energy flow. The workshop will be both didactic and experiential.

Traditional anatomy, physiology, and kinesiology will be reviewed and then reinterpreted from an alternative viewpoint indicating the often overlooked imbalances which occur within our foundation joints. These imbalances may lead to chronic body pain, and frequently represent an ongoing energy drain from the body. Based on laws of nature, zero balancing is both a pleasure to give and to receive, and results seen are immediate, gratifying, and often inspiring, with seemingly little effort on our part. While there will be both theoretical presentations and practical demonstrations, the main emphasis of the workshop will be toward individual instruction. This workshop is limited to persons certified in the healing profession. $350

May 31-June 26

Still Points, Turning Points: A New Curriculum for Change
David Schiffman
& the Esalen Staff

For workshop description see Special Programs, page 39. $1400

Weekend of June 5-7

Weekend Massage Intensive
Esalen Massage Practitioners

For workshop description see May 8-10. $170

Energy Awareness and Personal Transformation
George Leonard

In the world of energy awareness, problems become opportunities and pain becomes a gift of energy. Through simple movement exercises, we practice centering, relaxation, and blending, and learn alternative ways of dealing with conflict and stress. To quote *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet: sensing the energy field of a friend or a tree, making connections that defy conventional space and time . . . We realize, with the sorcerer don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short." $170

Couples Workshop: Intimacy and Personal Growth
Betsy Hand & Gerald Smith

This workshop will focus on deepening contact and strengthening mutual support while expanding as individuals. Some of the time will be spend using structured approaches for enhancing communication, being separate, trusting, and fighting fairly. The approaches will be tailored to what each of you brings to the weekend. $170 per person

Week of June 7-12

Advanced Massage Intensive
Esalen Massage Practitioners

Whether your massage experience is professional or avocational, our aims in this course are to take you deeper into your own work and to provide whatever instruction we can to add to your understanding of the body and to your repertoire of techniques. In addition to morning and afternoon practice sessions with various instructors, we will use yoga, movement, evening lectures and discussions, and demonstrations of specific practices to stimulate ourselves out of our old patterns of working and increase the range of conditions with which we can deal effectively.

The following concerns will receive emphasis: how to sustain your energy through a day of treatments; how to clear yourself of the negative energy released by your client; how to use weight and leverage to your advantage; and so on. As we reach more and more deeply into one another, emotional changes can be triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide us with some first-hand practice in productive ways of moving through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five-day intensive or its equivalent in your own practice. $350

Body Memory: Your Historical, Unique Dance
Nitza Broide Miller

Each one of us is born with a unique body, with which we perceive the world. All our experiences are stored in our bodies. Experiences of joy, pain, fear, anger, sadness, excitement are an integral part of our daily life. Some of these feelings are expressed freely while others are hidden and become part of our repressed history.

In this workshop we'll renew the dialogue with our history. Through visualization, effortless movement, and gentle touch we shall draw on the body memory; we'll allow this stored energy to move through us, enriching our lives and enhancing our tender, sensual, playful selves in a joyful and trusting way. $350

Opening the Feelings
Dale Cummings

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this workshop. We will be employing radix neo-reichian methods of emotional release, the most important of which is the radix intensive, a period of individual work within a small group setting, which can provide a lot of emotional support among participants. Grief or pain, fear and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time the sexual experience may change as feelings of tenderness and sexual feelings intensify and merge. $350

A Psychic Training Program
Anne & Jim Armstrong

This workshop is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities. Anne and Jim will use exercises and training methods to accomplish this goal. During the training exercises Anne will use her own "tracking" abilities acquired from over twenty years' experience in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the psychic input they normally receive. One of the basic objectives of the workshop is to de-mystify the intuitive/psychic process and train you to use it in all areas of your life—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $350

Weekend of June 12-14

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 13. $170

The Reality of the Self: Eastern and Western Perspectives on Human Identity
Theodore Roszak & Philip Whalen

One of the most puzzling questions dividing Eastern and Western thought is the reality of the self. The differences seem to be radical and irreconcilable. Western philosophy, religion, and psychotherapy teach that there is a unique and immortal soul—or person—in each of us which is meant to be discovered, asserted, and saved. In the Eastern cultures, the self is spoken of as a tragic illusion from which we must be liberated.

Is there a common ground between these views? Where does egotism leave off and authenticity begin? What is the value of originality and creativity? Is the uniqueness of people a delusion or a precious virtue? Does the "story of life" have any important meaning? Does real self-knowledge lead us *into* the self or *beyond* the self? $170

Open Psychodrama Encounter
Walt & Mauricia Anderson

This workshop is a flexible weekend's work and play using a variety of encounter, gestalt, and body-movement approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing more openness and spontaneity, and having fun. The degree of active involvement is up to the individual. $170

Week of June 14-19

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 13 $350

Experiencing Esalen for Health Care Professionals
Coordinated by Polly Kirby

This workshop is designed for health care professionals who have not previously been to Esalen. The emphasis is on experiencing a variety of approaches to self awareness, self care, and new healing modalities. Experience may be grouped in three broad areas: A) Caring for the body, including work in sensory and body awareness, movement, nutrition, and different methods of body work, such as massage, rolfing, deep tissue work, and shiatsu; B) Intra/interpersonal awareness, including exercises in meditation and centering, and gestalt awareness training, and C) Specific health-care-related issues, including values and attitudes about the nature of health and disease, the importance of self-reference and self-responsibility, and the understanding of the nature of human interactions. For additional information see page $350

Let Go/Let Be *Betty Fuller*

Movement is a primary means to learning about my self, about my relationships with others, and about my place in the universe. This workshop includes physical and mental stress reduction and alignment exercises, guided imagery, nutritional information, and moving meditations, as well as the integrative bodymind approaches of trager, feldenkrais, and rolf-nolte. For each approach, methods for daily practice and individual followup are presented. The schedule allows time for rest and relaxation at the baths and participation in the work of the Esalen community. $350

June 14-July 3

Body, Self, and Soul
Jack Rosenberg

For workshop description see Special Programs, page 39. $1050

Weekend of June 19-21

A Gathering of Midwives
Teri Calhoun
Peggy Morrison Horan
Jane Miletich
& Honey Rose

This workshop is a coming together of midwives and others interested in birth. Our time together will be spent in discussion of our birth work, exchanging ideas and information, sharing songs, dances, and rituals, and massaging at the hot baths. $170

Family Encounters: A Weekend of Family Process for Families in the Process of . . .

Joan Fiore
Jeffrey Kent
& Karin Powlen

This workshop gives each family its own time to explore intrafamilial relationships in a support group of other families similarly engaged. Families participate collectively in an introductory meeting, followed by sessions, each one of which focuses a period of time exclusively on one or another of the families and its process. Limited to 6 families of any persuasion (traditional, single-parent, joint custodied, etc.). See June 21-26 for description of working methods. For scholarship information, contact the Esalen office. $170 per person

Is Your Neck the Bottleneck of Your Energy?

Ruthy Alon

We introduce processes of mindful movements from the feldenkrais method that nurture the body intelligence and make available choices and qualities of coordination that are obscured from us in our culture of pressures and demands.

We re-educate the function of the neck by exploring the relationships of movement patterns throughout the whole body. In its process of ever-needing to adjust, the neck may lose its freedom, compensating for and absorbing tensions and expressions from toe to head. The healing of the neck takes place when a family therapy of the total organism clarifies its interactions in order to bring relief to the sensitive member.

You will experiment with many practical ideas to take home that will support you on a self-care path of gratifying ways of using your body so that your neck may work for you and not against you. $170

Week of June 21-26

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 13. $350

You in Your Family/Your Family in You: Five Days of Family Process for Families in the Process of . . .

Joan Fiore
& Jeffrey Kent

This workshop gives each family maximum opportunity to explore intra-familial relationships in a support group of other families similarly engaged. There is time allotted for each family member to work individually and in various combinations within the family, and to relate to, share with, confer with, play with, other families. We address with great respect traditional family structures as well as the many varieties of new forms brought about by divorce, remarriage, step-parenting, single-parenting, joint custody, and by the changing value systems of a changing culture. We use family process, gestalt, encounter, psychodrama, and whatever else works to move toward increasing tolerance, setting limits, and cleaning up communications. We make no issue sacred, including the examination of love as gift or weapon. Limited to 10 families. For scholarship information, contact the Esalen office. $350 per person

Herbs: The Sacraments of Love

Michael Tierra

This seminar is designed to help you learn how to better love and care for yourself and others in a world of increasingly rapid change. You will be shown how to administer herbal therapies, massage, baths, and other purifications for body, mind, and spirit. During leisurely walks through the lush gardens of Esalen and the surrounding forested wilderness we will focus on learning to identify the many common herbs and plants which can be found growing in abundance here. Demonstrations will illustrate traditional methods of gathering, drying, and preparing them for use both as food and medicine. We will share the magic of herbs through storytelling and mythology, and explore the mysteries of herbal preparations: elixirs, aphrodisiacs, extracts, oils, syrups, balms, salves, cosmetics, tinctures, etc. The workshop is appropriate for both the interested lay person and the holistic practitioner. $350

Weekend of June 26-28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 13. $170

Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care

Tom Ferguson

About 80% of illness care—and an even higher percentage of preventive care—is self-provided, yet this most important part of our health care system is largely ignored by many health care professionals. Health workers are trained to rely almost entirely on expert-provided interventions.

This workshop will provide an overview of the field of self-care. Topics will include the present extent of self-care, what people can learn to do for themselves, self-care classes, self-diagnostic tests, self-help groups, social support systems, health promotion, self-care in the schools, the literature of self-care, the effectiveness and safety of self-care, self-care in the clinic, dealing with sophisticated medical consumer, the developing technology of self-care, special problems health professionals have in taking care of *themselves*, and more. Participants will have an opportunity to meet others with similar interests and to share their personal and professional experiences in self-care. For additional information see page 10. $170

Aikido

Wendy Palmer
& Richard Heckler

Aikido is a Japanese martial art that emphasizes neutralizing an oponent's energy rather than fighting back or causing injury. The art teaches the principles of centering, blending, energy flows, and natural movement. No previous experience is necessary. $170

Sexual Jealousy and Personal Growth

Ayala Pines
& Elliot Aronson

What is sexual jealousy? Is it a sign of love or an indication of insecurity? What are the reasons for it? How prevalent is it? What are some of the emotional, physiological, and attitudinal reactions to it? What people and what situations are likely to elicit jealousy? What are its negative and positive effects, and—most important—how can it be coped with more effectively? How can we learn more about ourselves by examining our jealous feelings?

These are some of the questions addressed in this workshop. Through lectures, discussions, personal exploration, and role playing, we will explore critical issues related to jealousy, share current information about this subject, and gain a better understanding of it.

This workshop is intended for couples who wish to deal with the issues of jealousy in their relationship, for therapists and marriage counselors, and for individuals who experience jealousy as a personal problem. $170

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Week of June 28-July 3

Pleasure, Sensuality, and Your Body
Barbara Clemans
For workshop description see May 17-22. $350

Massage for Health Professionals
Deane Juhan
Brita Ostrom &
Esalen Massage Practitioners
This workshop is for people who touch the lives of others who are in dis-ease. It has several objectives: to cultivate the awareness of touching and being touched; to provide experiences of contacting others without words; to demonstrate methods of touching and massage; and to demonstrate the relationship between simple physical contact and the reduction of bodily stress. For additional information see page 10. $350

The Way of the Breath: The Gentle Way
Judyth Weaver
Our breath is the deepest, purest, most vital connection to our core. It is the process that links our consciousness to deeper, more subtle levels, and is the key to many of our emotional, mental, and physical blocks. The breath can also be our most sensitive teacher and our means for understanding and releasing energy blocks and stress patterns.

This workshop will teach a section of the t'ai chi ch'uan form, and focus on how to utilize t'ai chi principles in everyday life as a way of learning the possibilities of gentle exercise. Reichian breathing, jin shin jyutsu, deep sensing, meditations, movement, and massage will also help bring us to a better understanding of our organism's present needs, and allow us balanced use of our own resources. $350

Spirit, Sense, and Sensuality
Jack Downing
& Murray Korngold
Relations between these anchors of the morally responsible life are discussed as they apply to personal life and professional practice. Specific exercises in sexual attitudes, power relations, self-revelation, and self-delusion are integrated into the group experience. $350

Weekend of July 3-5

Experiencing Esalen: The Body
Experiencing Esalen Staff
For workshop description see page 13. $200

Managing Your Life on Purpose: A Workshop for Business and Health Professionals
Julian Silverman
"The test of everything on earth is simply this: 'What is it for?' The answer makes it what it is for you. It has no meaning of itself, yet you can give reality to it, according to the purpose that you serve. Here you are but means along with it." from *A Course in Miracles*, vol. 1, p. 479

The format of this workshop is based upon a model of well being which has three essential components:

The identification and experience of one's point of self—a point of easiness, of no-struggle,

Communication with others through one's point of self, and

The identification of one's core values and the translation of these values into goals and then into programs for attaining these goals.

The workshop is limited to business executives and health professionals who manage fairly large groups of people. For additional information see page 10. $200

The Wisdom of the Body
Peter Levine
Whenever any of us are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of these walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes.

We try to break out of these citadels often with intense, even violent force. This can help to restore some sense of feeling, bringing us "out of our heads" and more into our bodies. These emotional explosions can, however, become habitual, even mechanical ways of releasing tension. In this workshop we will explore other avenues toward re-discovering deep softer feelings, pleasure, and self-esteem. So rather than storming our citadels, we will look at softening the body armor, at allowing the body to express itself in its own language within its own rhythm. This return toward grace, which is our birthright, is the wisdom of the body. $200

Self and Beyond
John Zeigler
"... the key is to open a way whence the imprisoned splendor can escape."—Browning
"Love is nature's psychotherapy."—Eric Berne

Come celebrate your limitlessness and restore the *original* you: loveable, capable, and unscarred by destructive parental/societal belief systems. Invoke a serene and perfect inner self that can give expression to a natural clarity, aliveness, and creativity. We will use a synthesis of intensive body and gestalt work for deep emotional release, self-hypnosis for reprogramming a negative consciousness, and other ancient and modern body/mind/spirit methods. Through supportive group interaction you can experience problems for what they really are: opportunities that can create a spontaneous and unconditional love of self, others, and an abundant universe. Through the options of massage, movement, t'ai chi, music, singing, improvisation, and laughter you can awaken to the miracle you already are. $200

Intimate Relationships: Meeting the Challenge
John Welwood
& Joanne Martin
How can we salvage long-term relationships in a world where their traditional rationale has disintegrated? How can two people continue to grow with each other over a lifetime? We need a new vision of the meaning and challenge of the man/woman relationship for our times—one that includes both Eastern and Western wisdom and that understands love as an unending process of discovering our genuine humanness. This workshop will include both talks and experiential work to explore and clarify what is going on in our relationships and what we really want from them. We will study the dynamics of intimacy—passion, surrender, ambivalence, vulnerability, resonance, struggle, need, compassion, polarity, discipline, mindful sexuality—within a context of relationship as a transformative journey of self-knowledge and wisdom. $200

July 4-13

Rites of Passage: A Mountain/River Adventure
Dick Galland & Annie Callaway
For workshop description see Wilderness Programs, page 41. $425

Week of July 5-10

Experiencing Esalen: The Body
Experiencing Esalen Staff
For workshop description see page 13. $400

Gestalt Practice
Esalen Gestalt Staff
For workshop description see page 13. $400

Transpersonal Psychology: New Approaches to Therapy and Self-Exploration
Christina & Stanislav Grof
We will explore theoretically and experientially the rapidly developing area of transpersonal psychology. Using a combination of controlled breathing, evocative music, body work, and mandala drawing, the participants will have the opportunity to confront various unfinished biographical issues, elements of the death-rebirth process, and the spectrum of transpersonal experiences. This experimentation with powerful new approaches to personality change will be complemented by discussion of a conceptual framework based on modern consciousness research and the world-view emerging from modern physics. Special attention will be paid to the process of kundalini awakening, the concept of spiritual emergency, and to methods of assistance in transpersonal crises. $400

July 5-12

The Feeling Process
Janet Zuckerman Boeve & Fred Boeve
For many people, feelings are something mysterious, something to keep to yourself, or something to go up into your head to think about. This workshop is about all the steps involved in learning to experience, respect, and honor your own feeling process in a way that will increase your own vitality and personal effectiveness in the world. You can learn to separate feelings from thoughts, learn your own body rhythms, learn to contact your own place of wisdom, and participate, in a safe environment, in the exploration of expression or depression. An experiential workshop. $600

Weekend of July 10-12

Weekend Massage Intensive
Esalen Massage Practitioners
For workshop description see May 8-10. $200

Let Go/Let Be *Betty Fuller*
For workshop description see June 14-19. $200

Core Dynamics—Body Energetics
Hector Prestera
Using body release methods, body reading, color reading, psychic intuition, and interpersonal interaction, each participant will have an opportunity to contact areas of body armoring which prevent the core self from spontaneous release. Freeing the "core self" is the object of this weekend.
Suggested reading: *The Body Reveals* (Kurtz & Prestera). $200

Innerstanding
Daniel Bianchetta
As we move from the periphery of our lives to the center, a deeper knowing emerges. Using intuitive and energy awareness, meditation, and play we will gently explore and nourish this inner place.
Emphasis will be on cultivating this center within you—taking you home with you. $200

Week of July 12-17

A Week with Will Schutz $400

Opening Feelings: A Path to Consciousness
Clair Killen
For workshop description see May 17-22. $400

The Shamanic Journey and Healing. An Experiential Workshop
Michael Harner
For workshop description see May 22-24. $400

Gestalt and the Organism
Seymour Carter
This workshop will address the awakening of dormant potentials which have been set aside or misused in the quest to shape ourselves into an idealized self-image.
As we explore our innate qualities more fully we can gain a fresh perspective as new possibilities open to us. Participants will be considered as unique individuals in their own process of development, a process to be honored and encouraged for further growth.
The gestalt method is the basis of the work, supported by various body oriented disciplines including sensory awareness, bioenergetics, rolfing, and aikido. $400

A Workshop in Shiatsu Massage: A Holistic Approach to Change

Patricia Caldwell

Shiatsu is the oriental massage art in which the thumbs and hands are used to apply deep, gentle pressure to certain acupuncture points and meridians over the entire body.

We will focus on seeing and treating people as wholes, expanding body awareness through centering practices, and using the body itself as a living portrait, learn to look at, recognize, and take responsibility for the condition (patterning) of one's own body and life experience. Through self-help methods and work with partners we can learn to let go of old physical / emotional / mental patterns and open to the experience of alternative, more flexible ways of being in our bodies and minds.

This workshop will give the student both theoretical and practical knowledge of a complete shiatsu balancing treatment suitable for both personal and professional use. Charts will be provided. $400

Weekend of July 17-19

Mind, Matter, and Consciousness

Fritjof Capra

For workshop description see the Bateson Seminar Series, page 11. $200

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see May 8-10. $200

Experiencing Remote Viewing

Jeffrey Mishlove & Janelle Barlow Mishlove

"Remote-viewing" is a demystified version of what is sometimes called traveling clairvoyance or out-of-body experience. It is a natural extrasensory perceptual skill which appears to be widely distributed throughout the population. The essence of the remote viewing experience is to form mental images of target situations which are separated from normal sensory contact. Feedback from the targets enable us to begin to distinguish between mental imagery which is mediated by ESP and that which is mediated by memory, fantasy, or noise sources. $200

Exploring Self-Acceptance

David Schiffman

For workshop description see May 1-3. $200

Surrender to Self

Merri Goldenson (Devarani) John Majuri & Vivian Gary

For workshop description see May 10-15. $200

Week of July 19-24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 13. $400

Healing Rites and Ways

Phillip Mac & Polly Kirby

A week-long experience for health care providers, focusing on each individual's healing ability through centering, awareness, and visualization. In addition, we will experiment with various forms of healing including acupuncture, massage, deep tissue work, homeopathy, and psychic healing. An atmosphere will be created in which we can examine our present healing modes and discover new alternatives. For additional information see page 10. $400

Gestalt Synergy: An Integrative Approach to Self Actualization

Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, alexander technique, and feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $400

Self Acceptance—The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $400

Reichian Gestalt: A Workshop for Contact and Release

Ma Prita (Laura De Nuccio)

This workshop provides a safe environment to experience consciously the process of our own unfolding—physically, emotionally, energetically, sexually, spiritually.

As we become aware of the ways we hold back our self-expression (flow of life energy) we then have the *choice* to let go. By *contacting* tension (stuck, accumulated energy) and allowing emotions which have been locked and frozen in our bodies, often since early infancy, we then have the opportunity to open ourselves to the creative flow of life energy within each of us. As we contact and allow our hurts and pain, we can then increase our capacity for pleasure and joy. As we allow our expression of anger, which is a powerfully expansive, outward directed energy, we can open and deepen our capacity for love and compassion. As we contact and allow our

expression of fear, we can then move toward expanding our capacity for trusting ourselves and others. Learning to trust our bodies, our responsiveness and movement, is a liberating experience.

Utilizing reichian emotional release, gestalt practice, bioenergetics, feldenkrais, massage, reflexology, dance, meditation, and various other bodymind approaches, we can move toward expanding our capacity for trust and fulfillment. $400

Weekend of July 24-26

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings
Joan Fiore & Jeffrey Kent
For workshop description see May 29-31. $200

Body Memory: Your Historical, Unique Dance
Nitza Broide Miller
For workshop description see June 7-12. $200

From Burnout to Personal Growth: Increasing Effectiveness and Enjoyment in Work and Life
Elliot Aronson & Ayala Pines
This workshop is designed for people who work with people and who have experienced or are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive techniques of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and joyousness of their relationships with clients, colleagues, family, and friends. For additional information see page 10. $200

Buddhist Psychology
Kendra & Huston Smith
Fritz Perls, Ernest Becker, and other writers in humanistic and transpersonal psychology often refer to Buddhism. This workshop will describe in Western idiom the Buddhist view of the self/Self and its dynamics. The way it relates to existential and gestalt therapy and psychosynthesis will be noted, as well as differences with the historical greats (Freud, Rank, Jung).

Huston Smith's filmed interview with Daisetz Suzuki will be shown. $200

Adventures in Self-Exploration
Christina & Stanislav Grof
Focused self-exploration in this workshop will be based on the model of the unconscious that emerged from psychedelic research. It includes not only biographically determined areas but also the dynamics of the death-rebirth process and transpersonal experiences. We will use a combination of music and guided affective imagery, mandala drawing, yoga, massage, and individual work when indicated. $200

Week of July 26-31

Self Re-Parenting
Joan Fiore & Jeffrey Kent
This workshop focuses on finding and [illegible]pening paths in [illegible] turn to places in the past where we got stuck. Rather than cutting off these e[illegible] ive ourselves a new opportunity to clean up the unfinished business of early li[illegible] aliveness and our power in the here and now. Experiments will progress from re-[illegible] re-infanting to re-adolescing. Modes of exploring are drawn from gestalt practice, p[illegible]e, primal work, family process, guided fantasy, and Fiore re-parenting methods. First [illegible] intensive individual work in a supportive group setting. There are also opportunities to explore the [illegible] of our interpersonal relating through group interactions. $400

Approaches to Birth, Sex [illegible] Death
Christina & Stanisl[illegible] Grof
[illegible]his workshop we will explore the implications of modern consciousness research for the understanding of [illegible]ree basic aspects of human existence and their mutual interrelations; their significance for mental health and [illegible]ss. We will focus on such issues as the relevance of the birth trauma for psychiatry and psychotherapy; new [illegible]derstandings of emotional, sexual, and psychosomatic disturbances; the kundalini syndrome; revolu[illegible] [illegible]proaches to psychotherapy; and insights into the experience of clinical death. The format of the [illegible]bines slide illustrated discussions, guided fantasy with music, mandala drawing, an audiovisual [illegible] show, and individual work if indicated. The participants will have an opportunity to explore [illegible] and feelings in the above three areas. $400

Artists of Our Being
Elisa Lodge
"[illegible]ved a short distance from his body."—James Joyce

[illegible]kshop provides a creative environ[illegible] to explore the concepts of movement [illegible] based on the [illegible]s of Ida Rolf—a process of fine tuning [illegible] our unique instrument fr[illegible]tricted to spon[illegible] [illegible] kinesthetic a[illegible]ss of the relation[illegible] [illegible] movements [illegible]ecialized activities [illegible]g musical in[illegible] [illegible] when we are balanced [illegible]e open to through [illegible] [illegible] of our enthusiasm, excite[illegible] Group and individual work will be [illegible]ce, and the healing use of [illegible] of becoming more present. Video feedback [illegible] $400

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The Necessity of Heightened Awareness of Human Beliefs: Religious, Scientific, Concensual, Self, and Non-Human

John & Toni Lilly

Each of us seems to be motivated by beliefs, either outspoken or hidden from others and even from self. Tours of one's inner realities are belief-limited. The belief defines the territory and the domain.

In the internal reality the map is the territory. In the external reality the map is not the territory. In general, maps are generated by beliefs, and maps generate beliefs. In the isolation tank, for example, after the initial adaptation periods, one can explore the maps of beliefs and the beliefs about maps in the religious, scientific, concensual, non-human, and self domains.

Beliefs about one's mind and self: is our mind a product of brain activity only? Is the mind contained in the brain? If so, how did it evolve, under what orders? Is the mind uncontained by a brain? Are brains leaky, allowing information to go out and in, without the use of the known twenty-or-so senses? Is a human mind only a node in a network of universal minds interconnected across a species as well as with other human minds?

We intend, with the help of the group and its interactions, to explore these questions and to relate them to the problem of communication with dolphins.

Books for suggested readings: *Simulations of God: The Science of Belief; The Center of the Cyclone; The Human Biocomputer; The Scientist; Communication Between Man and Dolphin; The Dyadic Cyclone; Lilly on Dolphins; The Deep Self.* These books can be obtained from the Human/Dolphin Foundation, Box 4172, Malibu, Ca. 90265. (213) 457-4384. $400

Weekend of July 31-August 2

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 13. $200

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney

For workshop description see May 15-17. $200

Core Dynamics—Body Energetics

Hector Prestera

For workshop description see July 10-12. $200

Metalanguage

Heinz Von Foerster & John Lilly

If we were ignorant about our ontogeny, i.e., how we came about, our navel would remain an inexplicable curlicue on our body: ontologically the navel makes no sense. Ontogenetically, however, it is a necessity. Something similar takes place when we use the word "language," for this word speaks about itself. Because one needs language to explain language, language remains an inexplicable curlicue in our body of behavior: ontologically, language makes no sense.

In tracing the ontogeny of language in the broadest sense, i.e., the root of all communicating, conversing, discoursing, etc., we shall take the epistemological position of a constructivist, that is, one who takes the unpopular position that the world as we know it is of our making, hence is our responsibility. $200

Week of August 2-7

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 13. $400

Pleasure, Sensuality, and Your Body

Barbara Clemans

For workshop description see May 17-22. $400

The Singing Earth: The Art and Practice of Shamanism

Prem Das & Rutuima Das

For five days we will explore shamanic methods of communicating with the earth, sun, stars, and the deeper levels of our own being. Singing and dancing together we will open the channels of healing energy which surround us, and thus vitalize our physical, emotional, mental, and spiritual self. Through a review of belief systems (Huichol Indian, Hindu-Gyan, and Vedanta, as well as our own transindustrial-technological), we will study the possibilities of remote viewing, out of the body experience, time travel, and opening the inner doorway to experiencing higher levels of consciousness and intelligence. In culmination, we will have a ceremony/celebration focusing upon positive thoughts, prayers, and songs dedicated to the earth and all of her children, of all nationalities and species.

Recommended reading: *Art of the Huichol; Shamanic Voices* (Halifax); *The Ohlone Way* (Margolin). $400

Serpent Power and the Holy Spirit: An Energy Transformation Workshop

Maureen Lavender

We tend to experience tension, the polarity between opposing forces, as conflict. Yet we can, if we will, use this energy as fuel for transformation. In this workshop our choice is freedom through intention to tolerate charge, and a faith in the healing power of the breath/spiritus.

We will go directly to the "core" to release pelvic congestion and chakra blocks through spinal undulation, fire breath, and connective tissue work. Purification with pranayama, polarity, silence, primal dance, and symbolic rites of death and rebirth aid in directing the kundalini force to higher centers.

Previous deep body release, intensive breath work, and responsible devotion are required for attendance. Maximum participants: 8. $400

Rolfing and Feldenkrais: The Release of Pain

Dub Leigh

A two-fold program for those who have back, shoulder, or neck pain due to chronic tension or muscle spasms and are willing to look at and give up their pain; and for the professional body worker interested in learning more about how to work clients who have chronic pain problems. $400

Joyce Rogers

Weekend of August 7-9

Weekend Massage Intensive
Esalen Massage Practitioners
For workshop description see May 8-10. $200

Possible Futures and Human Choices
Peter Schwartz
This weekend workshop will focus on possible future scenarios, dealing with complex choices among difficult alternatives, and effective action in an almost incomprehensibly immense technoeconomic system. $200

A Weekend Primer on Constitutional Holistic Medicine Focusing on Homeopathy, Acupuncture, and Deep Tissue Work
Al Drucker & Staff
This workshop will examine energetic medicine, that which deals directly with the energy field and the vital force. The three principal systems that will be discussed and demonstrated are different healing paths with a common curative goal—the complete restoration of health through the law of cure. We will study the subtle transforming role of disease in the spiritual evolutionary development of the individual, seeing it as the catalytic agent that puts us back on track with our deeper life's purpose and mission. But we will also explore ways of pure healthful and heartful living and sensitive attunement which permits us to achieve our life's goals without illness. For additional information see page $200

The Painting Experience
Michell Cassou & Stewart Cubley
In this workshop we will focus on the process, what happens between us and the painting, not what we get as a result. It is very rare for most people to dare to see if they want to do something, and then to do it. We have lost contact with this daring, this desire to connect with oneself in a way that's deeper than thought.

During the weekend the emphasis will be upon the practical experience of creative painting where people will be given the support and stimulation to touch deeper in themselves and dissolve creative blocks. We will explore the mechanisms and patterns that prevent creative expression in order to discover a natural experience of painting based directly upon feeling. The work will take place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. An audio-visual program will illustrate the development of inner expression during the painting process. No prior experience in painting is necessary. $200 plus $10 materials fee paid to leaders

Facilitating High Level Performance
Jerry Fletcher
Everyone can remember times when their personal performance was at a very high level. These peak periods are deeply satisfying, and they often contribute to the social good. Yet, since people do not know how to recapture or create anew the conditions and state of mind that allowed high level performance, they spend much of their lives operating with diminished capacity. This seminar will provide a broad variety of experiences for individuals to explore their own processes for achieving high levels of performance, to identify and deal with internal and external barriers, and to practice methods of facilitating high level performance in others. As many people are inhibited by the belief that high levels of personal performance and fulfillment are incompatible with the requirements of a competitive corporate environment, or a successful intimate relationship, or the larger social good, this seminar will present an intellectual basis for resolving this apparent paradox. $200

August 8-15

Encountering in the High Sierra
Maurica Anderson & Tom Moore
For workshop description see Wilderness Programs, page 42. $335

Week of August 9-14

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 13. $400

Integrity
David Schiffman
For workshop description see May 3-8. $400

Reichian Gestalt: A Workshop for Contact and Release
Ma Prita (Laura De Nuccio)
For workshop description see July 19-24. $400

Families at Esalen
Robert Hunt & Janet Lederman
This workshop will combine many of the group experiences of Experiencing Esalen with special opportunities for dialogue and shared experiences within families. We will address issues of work and play in the family. Time will be allowed for individual reflection, for family communication, and for couples' renewal.

The workshop provides a vehicle for reviewing and enriching family experience through sharing daily experiences of Esalen, and through reflection on the family processes which occur at home. Supervised family meetings will be held daily with a focus on improving intimacy and communication between family members. Multi-family groups will also be provided daily which will enable families to benefit from each other's experiences in family process. There will also be an opportunity for role play and psychodrama. Music, dance, and art will enhance contact. Some scholarships will available for children under 18. Call or write to the Esalen office for scholarship information. $400 per participant

August 9-16

Living Tao: New Ways of Self-Cultivation
Al Chung-liang Huang, Jay Goldfarb & Lee Chih-chang
We will share ways of learning to live according to the universal moving patterns of nature as open channels for our moment-to-moment "Dance of Life" in personal growth and reflection. Through the original t'ai chi essence in dance movement, meditative quiescence, and in spiritual and practical discourses applied directly to the individual's life style, living tao is a creative and joyous way of fostering the continuity in cultivating our innermost well-being. $600

Wilderness Encounter: Seven Days in the Mountains of Northern Yosemite
Jeffrey Kent, Don Hackett & Susan Hackett
For workshop description see Wilderness Programs, page 42. $325

Weekend of August 14-16

Experiencing Esalen: The Body
Experiencing Esalen Staff
For workshop description see page 13. $200

Gestalt Practice
Esalen Gestalt Staff
For workshop description see page 13. $200

Exploring Self-Acceptance
David Schiffman
For workshop description see May 1-3. $200

A Weekend with Jack Rosenberg
My current focus is on enjoying life to the fullest and bringing the clearest expression of my self to each moment. Many people describe what I do as gestalt body work with a transpersonal bend.

During the workshop we will cover many aspects of my energetic approach to sexuality and work with the body energy field and the belief system which keeps us locked in obsolete behavior patterns. Where you are is where we will start. $200

Week of August 16-21

Opening Feelings: A Path to Consciousness
Clair Killen
For workshop description see May 17-22. $400

Transactional Analysis and Bioenergetics
Jean-Michel Fourcade & Vincent Lenhardt
An integrative approach will be presented. Participants will be offered an opportunity to work with their bodies, emotions, and behavior. Cognitive aspects of growth will be discussed. $400

Five-Day Massage Intensive
Esalen Massage Practitioners
An introduction to the language of the body, this course will attempt to view the human interior through various windows: yoga, feldenkrais, movement, demonstration and work sessions, and evening lectures and discussions. Every major portion of the body will be given detailed attention, and your instructors will acquaint you with

their individualized styles. In the morning and afternoon practice sessions the focus will be on your integrating this information in your own manner and evolving your own style of working with the body. Our intent is not to teach you to imitate, but to help you learn to become *effective*; the rest you will teach yourselves. $400

New Perspectives in Psychotherapy and Self-Exploration
Christina & Stanislav Grof

We will focus on the observations from modern consciousness research that have revolutionary implications for the theory and practice of psychotherapy. The suggested revisions include an expanded model of the human mind, new methods and strategies of self-exploration, and powerful unconventional mechanisms of personality change. The participants will have the opportunity to explore the new principles in experiential sessions combining pranayama breathing, evocative music, body work, and mandala drawing. Special attention will be paid to the problems of handling spiritual emergencies as part of an effort to create a network of professionals offering help in transpersonal crises. $400

The Wellness Community Experience
Jackie Doyle
Torkin Hibbard
Rick Ingrasci
David LaChappelle
Chuck Steinberg
& Peggy Taylor

The wellness community is a five-day residential experience in forming an intentional community to work together on a holistic approach to personal health. The wellness community is designed to create a caring, supportive community in a beautiful, natural setting where participants can learn to experience their own potential for self-healing and personal fulfillment. We will pay particular attention to the powerful healing energy that is created by a group of loving and caring people.

The wellness community experience will help you identify areas of imbalance in your own life and construct a plan to move toward full health. Health partnerships will be formed to focus on specific personal goals. Healing circles, in which many healing disciplines will be represented, will give participants an opportunity to gain experience in the use of their own healing energy.

Workshop sessions will be led by qualified professionals in the following fields: relationships, sexuality, personal health, and health in the workplace and in the environment. During the week you will have an opportunity to experience spiritual attunement, visualization, relaxation, movement, music, ritual, laughter, friendship, and healing. We will take advantage of the beautiful natural surroundings and hold many activities outdoors. $400

Weekend of August 21-23

Weekend Massage Intensive
Esalen Massage Practitioners

For workshop description see May 8-10. $200

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings
Joan Fiore
& Jeffrey Kent

For workshop description see May 29-31. $200

Energy Awareness and Personal Transformation
George Leonard
& Annie Styron

For workshop description see June 5-7. $200

The Principles of Self-Healing and Self-Evolution
Rick Ingrasci
& Peggy Taylor

This weekend will provide an experiential introduction to the basic principles of self-healing, including self-responsibility, stress reduction, nutrition, physical fitness, and environmental awareness. The central role of attitudes, values, and beliefs in self-healing will be explored as they relate to personal relationships and creative self-expression. Participants will experience guided imagery and music, the bates method for vision improvement, group healing, and numerous other self-healing methods. The role of the healing crisis and spiritual emergencies in the process of self-evolution will also be explored. $200

Nature, Mind, and Consciousness: Gregory Bateson and the New Paradigm
Stanislav Grof

For workshop see the Bateson Seminar Series, page 11. $200

Week of August 23-28

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 13. $400

T'ai Chi Chih
Catherine Elber

For workshop description see May 17-22. $400

I to Thou: An Existential Growth Group
Galvin Jackson

Through a variety of activities we will build a support group for the nurturance of self-awareness, trust, risking, relations with others, sexual identity, sensual expression, and the freedom necessary to attain a comfort with areas that will permit a carry-over to each participant's own life style. $400

Reichian/Gestalt Intensive
Joan Fiore
& Jeffrey Kent

This workshop combines neo-reichian breath and body work to facilitate physical/emotional release, with gestalt work to facilitate contact, integration, and self-responsibility.

We provide the time, the space, the opportunity to move at your own pace from dis-ease to ease, from fragmented to whole, from self-discounting to self-validating, from role-playing to authentic self-expression, from helpless victim to active participant in your personal destiny, or from wherever you happen to be coming to wherever you're growing. You might expore your dreams, your tensions, your madness, or your options; take room to breathe or to explode, soak in nurture or exorcise demons, finish past unfinished business or examine present concerns.

First priority is on intensive individual work in a supportive group setting. There are also opportunities to experiment with the quality of interpersonal contact through group interactions. $400

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You Don't Have to Suffer to Feel Good
Harry Sloan

Frequently, people approach change with the attitude that you have to suffer to grow. The experience of growth becomes heavy and humorless. What is lacking is a creative perspective which could help solve the problems we feel stuck in.

In an atmosphere of tenderness and humor, this workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Personal work will stress deepening awareness of our own unique sense of direction and the obstacles in the way. We will focus on learning to allow change, using humor as a vehicle for developing a spontaneous, flexible, and playful view of life and ourselves.

The basic approach will include psychosynthesis, transpersonal psychology, and cathartic methods which emphasize releasing and transforming blocked energies. Our purpose together will be to develop a creative perspective which aligns our will and motivation with the natural process of change and integration. $400

August 26-September 8

Mysteries of Death and Rebirth: 12-day Mediterranean Cruise
Stanislav & Christina Grof

For workshop information see Special Programs, pages 39 & 40

Weekend of August 28-30

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 13 $200

A Weekend Primer on Constitutional Holistic Medicine Focusing on Homeopathy, Acupuncture, and Deep Tissue Work
Al Drucker & Staff

For workshop description see August 7-9 $200

Energy Systems and Gestalt Process
Alan Schwartz

Read the August 30-September 4 description. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we both make contact and inhibit contact. One focus will be on integration via energy release methods. Another will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our consistent awareness process and the autonomous expression of who we are. $200

The Moving Center
Gabrielle Roth & the Moving Center Staff

An American shamanic ritual using music, poetry, sacred dance, and ritual theatre experiences to mirror the mind, catalyze the heart, and open the body as a channel for creative energies. Through collective rituals which ground us in our sameness we explore our individual dreams and visions and learn to share our differences. $200

Achieving Peak Performance: Skills and Applications
Charles Garfield

Research and clinical applications in the human sciences conducted in the U.S., U.S.S.R., and Western Europe have dramatized the need for a serious reappraisal of our conceptions of human capabilities. Whether working more effectively with individual clients and organizations, mastering a body of knowledge, improving personal health and lifestyle, or enhancing creativity, we can all achieve and maintain heightened levels of performance. This seminar will focus on the skills necessary to develop maximum physical and mental performance. Charles Garfield will share his extensive clinical and consulting experience in applying these approaches to clients in the helping professions, organizations we work and consult with, and ourselves. The seminar will emphasize practical, proven "how-to" methods for teaching and applying performance enhancement skills. $200

August 29-September 6

River of Solitude: The Lower Canyons of the Rio Grande
Dick Galland & Annie Callaway

For workshop description see Wilderness Programs, page 42 $500

Week of August 30-September 4

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 13 $400

Advanced Massage Intensive
Esalen Massage Practitioners

For workshop description see June 7-12 $400

The Way of the Breath: The Gentle Way
Judyth Weaver

For workshop description see June 28-July 3 $400

Unity
Gabrielle Roth & the Moving Center Staff

This is a five-day shamanic healing ritual designed to inspire and channel the religious, sexual, and creative aspects of life energy into unity and expression. Through music, sacred dance, poetry, and ritual theatre processes, we will explore and present our unique experiences of life's waves, rhythms, and cycles. The moving center tools are designed to release our gifts, talents, and potentials to be the most of who we are. $400

Gestalt, Bioenergy, and Human Contact; Old and New Learning Integrated
Alan Schwartz

There is an energetic dimension to human behavior which is often locked behind habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *movement*. *Allowing energy* means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self and our interdependence with *physical* and *social environments*. The workshop can be thought of as a *learning* week. Appropriate didactic material will be covered. $400

Weekend of September 4-6

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 13. $200

Open Psychodrama Encounter
Maurica and Walt Anderson

For workshop description see June 12-14. $200

Songs of Innocence, Songs of Experience
Nancy Kaye Lunney

For workshop description see May 15-17. $200

Introduction to Meditation
Daniel O'Hanlon

Sometimes we experiment with many growth processes, excellent in themselves, yet succeed in remaining opaque to ourselves. The breakthrough does not occur. This may mean that it is time to take on the challenge of silent work with ourselves—meditation. This brief introductory weekend will provide instruction and guidance in a variety of meditation practices, drawn from Hindu and Buddhist disciplines, from the Christian traditions of East and West, and from the recent explorations of transpersonal psychology.

Suggested readings: *Journey of Awakening* (Ram Dass) and *Sadhana: A Way to God* (Anthony de Mello). $200

Vision Improvement—Our Willingness to See
Ma Prita (Laura DeNuccio)

This weekend will focus primarily on the awareness continuum. Exploring various methods and systems, we can discover how we distort our perceptions in the here and now and how we are able to clear and re-educate our eyes and our selves to see. Utilizing deep emotional release, bioenergetics, gestalt, the bates system, nutrition, and various other body/mind approaches, we will have the opportunity to explore, discover, contact, experience and expand—enabling us to look newly at our selves and our world in which we live. $200

Week of September 6-11

Massage for Health Professionals
Deane Juhan
Brita Ostrom &
Esalen Massage Practitioners

For workshop description see June 28-July 3. $400

A Workshop in Creative Movement
Anna Halprin
& Daria Halprin-Khaligi

For workshop description see May 24-29. $400

Symbols of Personal Growth: The Tarot
Angeles Arrien
& Sharon Jeffrey

Tarot symbols provide a visual map which contains specific symbolic tools for aiding personal growth and transformation. During the seminar these ancient visual symbols will be examined with an emphasis on how they can be applied in personal, sociological, psychological, educational, and managerial situations. The significance and meaning of the symbols, myths, colors, numbers, and astrological aspects found within the Thoth deck will be explored and related to personal growth processes. Individual consultations will be a part of the week's experience. $400

Couples Workshop: Open the Experiences and Feelings
Meri[illegible]olderson (Devarani)
[illegible] & Jo[illegible]

This is a workshop for couples in which we will explore ways of deepening our relationships into a state of greater intimacy. Utilizing the strength and mutual support of that intimate contact can [illegible] in our exploration and expansion as individuals.

The workshop will provide a supportive, safe environment to [illegible] us rediscover [illegible] help us [illegible] and surrender to ourselves and [illegible] will also pre[illegible] rial [illegible] be [illegible] rstanding the structure and [illegible] s of relationship[illegible] will utilize [illegible] neo-reichian intensives, grou[illegible] bioenergetics [illegible] sac- [illegible] al analysis, [illegible] ance, and ma[illegible] $400

Life E[illegible]ractice: An Int[illegible]n
[illegible]tephand Sabe[illegible]

[illegible] energy practi[illegible] East/We[illegible] based on the [illegible] sonal [illegible] ergy, frequenc[illegible] our potential [illegible] ge and [illegible] wth. In our wo[illegible] ione [illegible] retically and [illegible] the va[illegible] ls and [illegible] nergy upon w[illegible] ll as [illegible] nd channe[illegible] ough which [illegible] wholen[illegible] eveloped.

[illegible] ch specic[illegible] light and [illegible] roup [illegible] ments all du[illegible] pant[illegible] eek [illegible] rge. Th[illegible] be [illegible] ienced [illegible] pr[illegible] al co[illegible] through [illegible] visu[illegible] or [illegible] y as [illegible] g. Indiv[illegible] ll work [illegible] focus o[illegible] ergy [illegible] portan[illegible] lessons, [illegible] energy p[illegible] s, and [illegible] cess [illegible] ities a[illegible] the path. [illegible] mm[illegible] ations will [illegible] given fo[illegible] ther self [illegible] possibl[illegible] $400

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Kathy Thormod

Weekend of September 11-13

Experiencing Esalen
Experiencing Esalen Staff — For workshop description see page 13. — $200

Preparing for Conscious Childbirth: A Workshop for Pregnant Couples
Honey Rose
Peggy Morrison Horan
Jane Miletich
& the Esalen Mothers
For workshop description see May 22-24. — $200

Exploring Self-Acceptance
David Schiffman — For workshop description see May 1-3. — $200

The Elements: Archetypes of Transformation and Healing
Ralph Metzner — The "elements" (four in the European tradition, five in Indian and Chinese) represent fundamental principles of life and nature. Their meanings extend into psychosomatic illness/wellness, personality types (Jung's functions, the humors, astrology), the alchemy of relationships, ecological awareness, and planetary unity. In this workshop we study their symbolic expressions in various traditions and experience how they can further the integration of body, psyche, spirit, and nature. Methods used will include meditation, guided symbolic imagery, audio-visual media, breath and movement, body and field energy awareness, polarity balancing, and sensory attunement. — $200

Opening . . . Changing
Sandra & Emmett Miller

For change to occur, we must allow ourselves to be aware of new information, either from the outside or from within. Openness and receptivity allow this new information to create, almost magically, desirable changes.

After eliminating obstacles to this process, through deep relaxation of the body and mind, our exploration of new possibilities will take place in stillness and in imagery, in movement and in touch, and in incorporating and echoing the environment around us. Finally, as desirable changes emerge, we may choose to reinforce them and to discover ways to integrate them into our lives. Music, dance, massage, and playful communication will be part of this workshop. $200

Week of September 13-18

A Psychic Training Program
Anne & Jim Armstrong

For workshop description see June 7-12. $400

Opening the Feelings
Siri Mishler

For workshop description see June 7-12. $400

Gestalt and the Organism
Seymour Carter

For workshop description see July 12-17. $400

Motion and Emotion: A Week of Gestalt Practice and Improvisational Theatre
Christine Price & Susan Tanner

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. With the use of guided meditations and individual open seat work participants have the opportunity to contact and explore their present experience, including unfinished situations from the past and fantasies of the future. Improvisational theatre provides an environment in which the players can bring their experience and life into creative expression through movement, music, and the creation of characters. By combining these two forms we hope to have a situation where the improvisation can be an expression, affirmation, and celebration of the experiences discovered in the gestalt process. $400

Still Point, Turning Point: A "Good Medicine Show" for Mind, Heart, and Body
David Schiffman

"Anything which is forced or misunderstood can never be beautiful."—Xenophon

People, like plants, need special care and attention to thrive and blossom. To naturally grow beyond what we've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of the self-defeating patterns of the past; the willingness to master fresh skills and create new dreams for the future; these are the turning points that nourish and sustain us. No matter how difficult or frightening they may seem initially, the felt sense that they share as we pass through them is that they are "good medicine" for our souls.

In this workshop we will come together in the spirit of being simply and lovingly at home in ourselves. We will create a community whose aim is to explore and move through our individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. The emphasis throughout will be on creating a personally integrated perspective that will bring buoyancy and lightness into our life and work. $400

September 13-20

Woman's Challenge: A Dance of Adventure
Elisa Lodge & Annie Callaway

For workshop description see Wilderness Programs, page 42. $350

Weekend of September 18-20

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 13. $200

Weekend Massage Intensive
Esalen Massage Practitioners

For workshop description see May 8-10. $200

Couples Workshop: Intimacy and Personal Growth
Betsy Hand & Gerald Smith

For workshop description see June 5-7. $200

Introduction to Vipassana Meditation
Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, and all aspects of life with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion. The seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate vipassana practice in daily life after the workshop is over. $200

See Yourself Release
Gael Switzer & Wendy Oser

See yourself as others see you and bring your physical manifestation into alignment with your inner sense of who you are. This is a workshop which leads to an expanded self-image and a freer, more graceful body. We use facilitated video feedback and integrated movement education to gently guide you toward releasing patterns of holding that contribute to tension, pain, and awkwardness, and a limited view of yourself. You may experience subtle yet powerful shifts, first in ordinary activities (breathing, walking, sitting), then in more sophisticated areas such as how you use your body in work, play, or any other movement discipline. You will be taught skills that will continue to enhance your elegance and allow you to see yourself with greater objectivity and compassion. $200

Week of September 20-25

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 13 $400

Opening Feelings: A Path to Consciousness
Clair Killen

For workshop description see May 17-22 $400

Yoga, Massage, and Dance
Deborah Medow

You are invited to share five nurturing days devoted to rediscovering and enlivening body, mind, and spirit. We will spend our mornings learning basic yoga philosophy and theory, methods of meditation, and asanas (yoga postures), along with sharing yogic breakfast meals together. In the afternoons massage instruction and practice will take place at the baths with one special massage and picnic day at the beach. Our evenings will be filled with singing, dancing, laughing, crying, contact improvisation, playing theatre games, making music together, and helping each other uncover and express our creative selves. $400

Connecting with Our Hearts
Mari Krieger & Frank Rubenfeld

Connecting with our minds and with our hearts is essential. Most of us have mastered making contact with our minds, and have forgotten the ability we all had as children to come from our hearts. In the process of growing up, we learned to close our hearts, since that is what we imagined we had to do in order to survive. In this workshop, through gestalt and gentle bioenergetics, we will open our hearts and minds, and awaken our spirits. This will help us to contact the essence of our being and, from that place deep within ourselves, to connect with others. $400

Nuclear Nightmare
Howard Kornfeld

"Be here now, be here tomorrow to talk about it."—Ann-Marie Hogan, Berkeley, January 2, 1981

We have reached the point in human evolution at which a significant shift in human consciousness seems to be necessary for human survival. An element of this shift is manifest in various trends in which a segment of American society has embraced more natural, quiet, meditative lifestyles as a response to the more complex and dangerous domestic and global situation. Another needed element in this shift will be an awareness of the rising risk of nuclear conflict. To this end we will consider the objective and subjective elements of this paradigm shift. Recommended reading: *Nuclear Nightmare* (Nigel Calder), *Mind and Nature* (Gregory Bateson). $400

September 20-27

The Rites of Passage: A Seven-day Pilgrimage on Horseback Through the Big Sur Wilderness
David Schiffman, Skip Utterback & Rick Jensen

For workshop description see Wilderness Programs, page 42 $820

Weekend of September 25-27

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 13 $200

Biocomputers and the Human Spiritual Strivings
John Lilly

For workshop description see the Bateson Seminar Series, page 11 $200

Perceptual Dysfunction: A Professional Workshop for Educators of the Learning-Disabled
Lawrence Greene

This workshop is oriented toward teacher, school psychologists, and learning disabilities specialists. It will examine specific methods designed to help children process sensory information more efficiently. Criteria for diagnosing and ways of treating perceptual learning disabilities will be presented. The workshop will focus on establishing sensory-motor and behavior modification protocols which address such symptoms as poor reading comprehension, auditory and visual decoding deficits, hyperactivity, letter reversals, poor concentration, and gross and fine-motor coordination deficits. The workshop will also emphasize the emotional components of a learning disability and will explore methods for identifying and reducing stress and anxiety in children. Participants in the workshop are eligible to apply for one unit of graduate credit at San Jose University. $200

On the Way to Health: A Guide for Health Practitioners
Phillip Mac

This workshop is designed to look at the stresses of the health provider in training and in practice. We will work toward developing greater personal health consciousness through self-awareness and self-responsibility, and creating a healing environment within ourselves. Body awareness, centering, and visualization will be some of the methods employed. For additional information see page 10. $200

Dream Discovery
Joyce Frazee

"A dream that is not understood is like a letter that is not opened."—Talmud

Each night we receive brilliant, insightful, creative communiques disguised in poetic imagery. In this workshop we will explore how to use our dreams for personal growth, insight, creativity, and problem solving. Participants will discover that any dream, however fragmentary or prosaic, can offer entry to a new world of insight. Methods for dream discovery will include exercises in dream recall, Senoi dream practices, mandala drawing, gestalt dream work, and psychosynthesis. $200

Week of September 27-October 2

Gestalt Practice
Christine Price & the Esalen Gestalt Staff

For workshop description see page 13. $400

Massage and Movement
Esalen Massage Practitioners

For workshop description see May 10-15. $400

Five Days with Jack Rosenberg

For workshop description see August 14-16. $400

Stress-Management and Optimal Performance
Ken Dychtwald & Staff

In this workshop we will explore and examine the physical and psychological dynamics and characteristics of stress, with particular attention to ways in which stress can seriously hamper health and all aspects of personal and professional performance.

The daily program will include: running, stretching, and aerobic dancing classes; meditation, relaxation, and stress-reduction sessions; health walks/hikes; massage classes at the Esalen baths; healthy and nutritious meals prepared in the Esalen kitchen; and evening seminars on such topics as stress-management, life planning, time management, total fitness, diet and nutrition, and longevity. This comprehensive program has been designed to allow each participant an opportunity to rest, refresh, and renew while simultaneously learning practical stress-management, self-care, and life-planning skills. $400

Your Psychic Self
Joan Steffy

In an experiential workshop we will contact and explore our psychic or spiritual self and will learn to practically apply psychic energy to our life in the physical world. Participants will receive a series of exercises to begin *prior* to the workshop in preparation for the expanded states of consciousness we will experience during the week. Some areas to be explored are self-hypnosis for health maintenance, spiritual healing, cleansing and protection, dowsing, telepathy, automatic writing, and mediumistic trance states. Participants will be given take-home methods to enable them a continuing expansion of their psychic awareness and spiritual consciousness. $400

Weekend of October 2-4

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 13. $200

I to Thou: An Existential Growth Group
Galvin Jackson

For workshop description see August 23-28. $200

The Gentle Art of Becoming—Together: A Workshop for Couples
David Schiffman

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery, as well as gestalt awareness methods. $200 per participant

Many Dimensional Self
Jay Ogilvy & Heather Maycock Ogilvy

The question "Who am I?" may have more than one answer. During this weekend we'll explore both the theory and practice of multiple selfhood. What is the self? What does it mean to allow several selves per person? What are the social implications, e.g., when one self makes promises that a person's other selves have to keep? Must there be one "captain of the ship?" What is the price of a well developed ego, a single identity? Do we bring on our identity crises, mid-life crises, dying relationships, over-consuming careers by such one-dimensionality? Might we instead evoke the many gods within us and free the energy of our shadow selves? We will approach these questions both cognitively and experientially using body, mind, and heart. Remembering myths other than monotheism, playing with theories other than ego psychology, working to hear more of our voices, we hope to find integration through communication rather than subordination.

Recommended Reading: *Many Dimensional Man: Decentralizing Self, Society and the Sacred* (Ogilvy) $200

Our Future, Our Health: An Invitational Colloquiem
Rick Carlson & Ken Dychtwald

To some, our health as individuals and as a society has never been better. To others, it has never been worse. Of course, it depends on your point of view. But two things are certain: there is a future, and we will either be healthy or not. This seminar, designed as a colloquiem, will look to the future within a context of alternative futures, and raise issues and questions about our health in the future. What will the critical factors related to health be? Will greater assumption of responsibility for health by more and more people lead to a healthier future? What about bio-hazards and environmental contamination? What about self-regulation? What will the medicine of the future look like? And finally, will the future belong to the sick or the well? These and other issues will be raised in the seminar. As enrollment will be limited, please send a letter stating your background and interests to Rick Carlson, P.O. Box 426, Mill Valley, Ca. 94942. $160

Week of October 4-9

Self Acceptance—The Freedom to Be
David Schiffman For workshop description see July 19-24 $400

Reichian Gestalt: A Workshop for Contact and Release
Ma Prita (Laura DeNuccio) For workshop description see July 19-24 $400

Self and Beyond
John Zeigler For workshop description see July 3-5 $400

October 4-11

Trager Psychophysical Integration and Mentastics Basic Training
Betty Fuller In this professional training workshop, participants are instructed in trager table work, receiving directly from the instructor and giving to and receiving from each other under supervision. In addition, participants learn to practice and teach mentastics, learn basic communication skills, clearing exercises, and simple meditations, and have time in group to share and process their experience. This training is open to professionals in education, body work, holistic health care, counseling, psychology, medicine, chiropractic, sports, performing arts, and other disciplines which see movement as a primary means of learning. $630

October 4-30

East and West: Ancient Wisdom and Modern Science
Christina & Stanislav Grof For workshop description see Special Programs, page 40 $1600

Weekend of October 9-11

Experiencing Esalen: The Body
Experiencing Esalen Staff For workshop description see page 13 $200

Expressing Your Attractiveness
James Oldham By finding the ways in which you inhibit your natural attractiveness, you can change how you feel and move. We will focus on specific ways people block themselves from enjoyment. Letting go of these inhibitions allows a wide variety of spontaneous attractive behavior to emerge naturally. This workshop will not attempt to provide formulas or predetermined strategies, rather, it will allow you to find your gifts. The approach will be gestalt, utilizing theatre awareness and special methods of movement awareness.

You may find at the end of this workshop that you are bringing people closer and evoking more interest in the people around you, without your understanding how you are doing it. $200

Back to the Beanstalk: Enchantment and Reality for Couples
Judith & George Brown Folk tales have been a traditional source for cultural wisdom on the essence of relationship. In this seminar we will apply the recurring motifs of folk tale relationships to what is happening today. Both experiential and discussion approaches will be used to discover alternatives for the stuck relationships which we so often program for ourselves. The themes of fears and expectations, fantasy vs. reality, communication, and control will be explored for singles, couples, and professionals. Suggested reading: *Back to the Beanstalk* by Judith Brown (available through PCA Press, PO Box 1837, La Jolla, Ca. 92037) $200

Week of October 11-16

Experiencing Esalen
Experiencing Esalen Staff For workshop description see page 13 $400

Serpent Power and the Holy Spirit: An Energy Transformation Workshop
Maureen Lavender For workshop description see August 2-7 $400

A Fellowship of Caring: The Volunteers
Charles Garfield *"Volunteers are like ships. They could stay moored where it's safe and still justify their being, but they choose to cut through the rough waters, ride out the storms, and take their chances."—Erma Bombeck*

Volunteers are the social conscience of the nation. The civil rights, women's, environmental and conservation movements, neighborhood improvement coalitions, and ethnic and religious organizations are all essentially volunteer efforts. They are good examples of human compassion, unselfishness, caring, patience, and just plain loving one another. Ghandi, Schweitzer, and Mother Theresa are examplars of the tradition of volunteerism. Using the SHANTI Project's experience with patients and families facing life-threatening illnesses as a model for all volunteer efforts, and beginning with the proposition that "none of us makes it unless we all make it," we will explore ways for ending citizen impotence through the dynamics of personal change. Topics include: understanding planetary problems on community, neighborhood, and personal levels; taking personal responsibility for human problems which move us as individual; selecting, training, and motivating volunteers; structuring and implementing volunteer and self-help services; examining the limits of mutual help and citizen participation; and asking the question of when a problem is "solved." As traditional political, social, and religious organizations face increasing difficulty in a more complex world, channeling our energies into effective grassroots action becomes a more potent force for changing the world—as well as one of the most passionate expressions of love. $400

Joyce Rogers

Weekend of October 16-18

The Rhythms of Relationship
George Leonard
For workshop description see the Bateson Seminar Series, page 11 — $200

Massage Weekend Intensive
Esalen Massage Practitioners
For workshop description see May 8-10 — $200

Songs of Innocence, Songs of Experience
Nancy Kaye Lunney
For workshop description see May 15-17 — $200

The Body: Imagined, Sensed, and Observed
Don Johnson & Dennis Jaffe
We have certain images of how big or small we are, how fat or thin, how straight or curved, how attractive or repulsive, how strong or weak. We have certain ideals of how our bodies should be and notions of how others see us. We also have an "objective" body whose weight, height, muscular tensions, and range of movement can be measured in relation to others' bodies. The conflicts which often exist among these various modes of self-perception can muddle our intelligent activity in the world; in the extreme, they can produce illness. Using guided imagery, movement exercises, methods of perceiving body structure, and group process, we will work to achieve more harmony. — $200

Special Programs

Joyce Rogers

Conscious Childbirth

We are sponsoring a series of weekend workshops for pregnant couples interested in exploring conscious childbirth. Issues and themes to be covered in the series include conception and pregnancy, nutrition and exercises for pregnant mothers, labor, delivery, and post partem. Emphasis will be on education, responsibility, and awareness of choices. Workshop sessions will include pre-natal yoga, massage, and psychological process work. The use of ritual will be explored as a way to honor birth as a rite of passage. For further information, write or telephone Peggy Morrison Horan, Esalen Institute, Big Sur, Ca. 93920, (408) 667-2464

May 3-29
Stanislav and Christina Grof

The Spiritual Path: Promises and Pitfalls

A four-week interdisciplinary training program organized jointly by the Esalen Institute and the International Transpersonal Association (ITA), this workshop is designed for professionals and students in psychiatry, psychology, anthropology, religion, and philosophy interested in exploring the transpersonal realms and the methods of reaching them. Special attention will be paid to the similarities and differences between psychosis and mysticism and to the problems related to the evolution of consciousness and its vicissitudes. This program is part of a systematic effort to create an international network of individuals trained to facilitate the process of personal evolution and to assist in spiritual emergencies. The program will focus on the following thematic areas:

1. Ancient Technologies of the Sacred: Shamanism and the Great Spiritual Traditions

The participants will have the opportunity to explore the shamanic practices under the guidance of Michael Harner, an anthropologist who combines Western scholarship and first-hand training with South American shamans. Visiting shamans will share their knowledge with the group and conduct sacred rituals. Other spiritual traditions will be represented by t'ai chi, hatha and siddha yoga, Vipassana Buddhism, aikido, and the kundalini tradition.

2. Transpersonal Psychology

We will explore theoretically and experientially a spectrum of modern techniques that can mediate access to the transpersonal realms: guided imagery with music, controlled breathing, mandala drawing, gestalt practice, exploration of psychic abilities, jungian psychology, Dora Kalff's sandplay, massage, acupuncture, and transit astrology.

3. Psychosis: Disease or Transpersonal Crisis?

We will discuss new understandings of the psychotic process emerging from psychedelic therapy, jungian analysis, kundalini research, and modern clinical and laboratory studies. An attempt will be made to distinguish psychosis from a spiritual emergency. We will experiment with methods of constructive assistance in transpersonal crises. The recent convergence of quantum-relativistic physics, modern consciousness research, and mysticism will be explored as a possible scientific basis for the transpersonal orientation.

4. Self-Exploration and Group Process

The workshops of this series use an experimental educational format that combines didactic input with personal experience. The Esalen staff and guest leaders will act as facilitators for the participants throughout the program.

Faculty:

Anne Armstrong	*Ed Dreessen*	*Janet Lederman*	*Swami Shankarananda*	*Vickie Topp*
Jim Armstrong	*Al Drucker*	*Prem Das*	*Julian Silverman*	
Cecil Burney	*Michael Harner*	*Christine Price*	*Sogyol Rinpoche*	
Fritjof Capra	*Jack Kornfield*	*Richard Price*	*Rick Tarnas*	

$1400

May 31-June 26
David Schiffman & the Esalen Staff

Still Points, Turning Points: A New Curriculum for Change

"Anything which is forced or misunderstood can never be beautiful." —Xenophon

People, like plants, need special care and attention to thrive and blossom. To naturally grow beyond what we've been requires strength, sensitivity, and a deeply compassionate awareness. What are the most important elements that support this transformation and renewal? And how might this process be effectively shared with others? Out of the answers to these basic questions has emerged the dream of combining the best of Esalen's human potential practice work with the spirit of adventure found in Outward Bound's wilderness programs, along with the gracious informality of living and working together in one of the most beautiful and peaceful settings in the world.

The aim of this unique curriculum will be to explore and develop a new model for learning, one that not only deepens the experience of traditional therapeutic process, but also breaks new ground in erasing the line between intensive group and individual work and the ordinary world of everyday life.

Among the areas we will touch on during this month are:

The Body and its Functions: As a temple for the spirit, as a reflection, and as a turning point from past habits, fears, and attitudes, as a source of grace, ease, and fluidity in movement and in contact; as a kinetic homebase for exuberance, playfulness, and balance, and as a healing source of touch.

The Emotional Realm: Exploring and opening the limits of our temperament; redirecting negative feelings for inspiration and power; cultivating passion and strength as the core of our integrity; resolving inner and outer turmoil simply and peacefully.

The Mind: Developing the powers of the imagination for self-affirmation and creativity; deepening our ability to see, hear, and understand so that we can range easily from the practical to the transcendental; strengthening our sense of fair-witness and developing the skillful use of the will; using the perspective of humor to heal separation.

Coming together in the spirit of being simply and lovingly at home in ourselves, we will create a community whose foundation is based on trust, goodwill, and authenticity.

During the month each participant will have the opportunity to clarify and develop his/her own style and artfulness as an individual guide and group facilitator doing in-depth training in gestalt practice, body work, psychosynthesis methods, and the meditative arts. The program will be structured to include: intensive individual work; creative music and movement; wilderness and equestrian experiences; group rituals and celebrations; and supervised observations; practicum work in group leading and individual counseling skills; video feedback; and illustrated lectures and didactic theoretical sessions.

The emphasis throughout will be on creating a personally integrated perspective that will bring buoyancy and lightness into our life and work. The group is designed for people from all walks of life. $1400

June 14-July 3
Jack Rosenberg

Body, Self, and Soul: An Experimental Training Workshop

This workshop will start wherever you are in your inner journey. The work is an in-depth integration of body therapies, gestalt practice, and the transformative process of consciousness.

The course will cover:

Psychology of the Self: working with early unfinished situations that interrupt our sense of well-being and interfere with our relationships in the present. Sexual implications of this work will be dealth with in body work and in lecture.

Body Work (Gestalt Body Approach): theoretic and practical application, combining classical reichian work, yoga, and bio-energetics with psychological process.

Transformative Process of Consciousness: As our inner journey progresses our figure/ground awareness is shifted from "doing" and "having" to "being" and to our relationship with the eternal, and we will explore ways to integrate and sustain these new awarenesses in our everyday life. $1050

August 26-September 8
Stanislav & Christina Grof

Mysteries of Death and Rebirth 12-day Mediterranean Cruise

Historical and anthropological literature presents ample evidence about the cultural significance of psychological death and rebirth. Throughout the ages, every major ancient and pre-industrial culture has offered its members a structured, supportive, and socially sanctioned framework in which they could experience the healing and transformative power of the confrontation with death and subsequent transcendence.

On this 12-day Mediterranean cruise aboard the luxurious M. S. Golden Odyssey we will visit areas that were known in antiquity for their traditions of death and rebirth mysteries.

Our journey begins in Athens, Greece with the rites of Dionysus, Attis, and Adonis, and continues to Istanbul and the converging rites of the Byzantine empire. We then sail south to Ephesus, Turkey, and the Holy Lands of Israel where the Christian version of the death-rebirth process is seen through Christ's suffering, death, and

resurrection. At the pyramids of Egypt we see the journey of the soul through the eyes of the Egyptian Book of the Dead and the temple mysteries of Isis and Osiris. Visits to the Greek islands of Mykonos, Hydra, and Rhodes are also part of our incredible journey.

Seminars at sea will explore cross-culturally the death-rebirth process and will include a review of modern consciousness research, particularly psychedelic work and jungian psychology as it relates to psychopathology and its relevance to human life.

Total cost of this 12-day Mediterranean cruise aboard the Golden Odyssey, including round trip air fare from the west coast to Athens and all seminars, is $2598 to $3498 per person, depending on choice of cruise accommodation. Participation limited to 40.

For further information write **Timeless Travels**, 323 Geary St., Suite 413, San Francisco, Ca. 94102. Or phone weekdays 10 to 3 PST (415) 981-8518.

October 4-30 81
Christina & Stanislav Grof

East and West: Ancient Wisdom and Modern Science

A four-week interdisciplinary training program organized jointly by the Esalen Institute and the International Transpersonal Association (ITA). This workshop is designed for professionals and students of psychiatry, psychology, anthropology, religion, and philosophy interested in the interface and recent convergence of mysticism and science. Special attention will be paid to a new understanding of the psychotic process and transpersonal crisis intervention. This training program is part of a systematic effort to create an international network of individuals qualified to facilitate the process of personal transformation and to assist in spiritual emergencies. It will focus on the following four areas.

1. Great Spiritual Traditions of the East and Ancient Shamanic Practices.
We will explore theoretically and practically siddha yoga, hatha yoga, the Tibetan vajrayana, the Buddhist vipassana meditation, and the shamanic methods of Mexican, North American, and South American Indians.

2. Revolutionary Paradigms in Western Science.
Participants will be introduced to modern developments in consciousness studies, brain research, and quantum-relativistic physics that make it possible to integrate ancient wisdom and modern science. Particular emphasis will be placed on spectrum psychology, psychedelic research, relationship between consciousness and matter, and the holonomic theory of David Bohm and Karl Pribram.

3. Psychosis: Disease or Spiritual Emergence?
We will discuss new understanding of the psychotic process, emerging from psychedelic research and modern laboratory and clinical studies. In this context, the focus will be on the shamanic process of transformation, kundalini awakening, John Perry's Diabasis, and the laingian approach. We will also consider the promises and pitfalls of the spiritual path and experiment with methods of constructive assistance in transpersonal crises.

4. New Approaches to Therapy and Self-Exploration.
The workshops of this series use an experimental educational format that combines didactic input with deep personal experience and group process. The Esalen staff and guest leaders will act as facilitators for the participants throughout the program. We will use evocative music, controlled breathing, mandala drawing, jungian sandplay (Dora Kalff), cultivation of psychic abilities, body work, and gestalt practice. $1600

October 30, 1981-
February 21, 1982
Coordinated by Al Drucker & Polly Kirby

Holistic Health Four-Month Residential Training Program

The workshop is designed primarily for health care professionals and students in the health field. It is intended to give participants new knowledge and skills in various holistic health and healing practices which they can use in their own health care settings. A part-time faculty of about twenty will be involved in different aspects of the teaching program.

The program will focus on 10 major areas ot study and practice. These are:

•massage •gestalt •homeopathy •t'ai chi •bach flowers
•deep tissue •acupuncture •anatomy •nutriton •community health

During each 4-month period, participants will receive in-depth training in the 10 deep-tissue sessions. (See deep-tissue description in the Sept. 1980-Feb. 1981 Esalen catalog.) In addition to the deep-tissue classes held on twelve 3-day weekends, an ongoing gestalt practicum will be offered during four other weekends, focusing on training in gestalt process. The program will commence with a massage training weekend which is preparatory to the deep-tissue classes. Massage sessions will also be scheduled at intervals throughout the semester. The t'ai chi form will be taught during the deep-tissue weekends. All other classes will be held during the week. Regularly scheduled community health sessions will meet weekly where participants can observe the integration of these holistic practices.

There will be frequent opportunities for meditation, chanting, and contemplative practices. These will not concentrate on any given spiritual motif. The intention is to deepen the participant's own inner awareness. During this time there will also be regular ongoing community sessions, which are open to all residents in the Esalen community. In the past these have included morning yoga practice, zazen meditations, feldenkrais exercises, various forms of energetic release work, movement and dance, body-stretching exercises, intra and interpersonal process work, and video-tape and movie presentations. For further information on this program, a course outline may be obtained by writing to Esalen Institute, Big Sur, Ca. 93920.

Cost of the program, including tuition, room, and board, is $6300 for the 4-month period. Rooms will be shared. In addition to the scheduled classes, a four-hour per week work commitment is required in various community projects. A work-scholarship fund is available for this program and will be assigned on the basis of need. Since scholarship funds are limited kindly apply as early as possible, detailing your situation, if this is a consideration for enrolling in the program. Participants in the program may wish to sign up for one or more regularly scheduled five-day or weekend catalog programs during the period of their four-month stay. This will be possible on a space-available basis by payment of the leader's fee.

A $500 deposit is required to reserve a place in the program. Early registration is recommended. The deposit is refundable in full only if you are not accepted into the program.

Esalen is not a degree, diploma, or certificate granting institution. This program is offered for professional and educational enrichment. Participants must make their own arrangements to assure compliance with their respective state license requirements. Verification of attendance will be given to nurses and physicians in the program desiring continuing education credit for this workshop.

The program will be repeated in the fall of 1982, with additional emphasis on gestalt and homeopathy, during the five-month period October 1 through February 20, 1983.

Wilderness Programs

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May 10-17 — *David Schiffman, Skip Utterback & Rick Jensen*

The Rites of Passage: A Seven-day Pilgrimage on Horseback Through the Big Sur Wilderness

Turning the clock back to a more gently paced time, we will share a profoundly simple style of life together.

Beginning our journey from a remote beautiful ranch on the river's edge in Arroyo Seco, we'll travel along winding canyon trails through the unspoiled back country of the Ventana Wilderness.

We'll carry all our essentials with us, making stops in some of the loveliest spots in the Ventana.

The trip will combine elements from human potential practices, group process work, and traditional equestrian and wilderness skills. It will be a time of simplification and cleansing.

The group will be limited to ten participants. $820

May 15-22 — *Jessica Britt & Jeffrey Kent*

Meet the Wilderness, Yourself, and Each Other:
A Seven-day Wilderness Experience from Esalen to the Tassajara Zen Center

Nature can provide us with opportunities to stretch our limit and, paradoxically, explore our internal wilderness. By doing what is most risky, even uncomfortable, we can give ourselves the greatest potential for personal growth. By living without the conveniences that remove us from our source, giving priority to feeling and honest exchanges, we can greatly and dramatically expand our sense of self and depth of being.

We spend a day and night at Esalen, defining ourselves as a group, preparing for the wilderness, building the foundation for spontaneity, trust, and self-responsibility. We leave the next morning hiking through the rugged Ventana wilderness, travelling as "light" as possible. There is basic training in minimum impact camping and outdoor living, along with a simple orientation to the ecology, geography, and cultural history of the Big Sur coast and Ventana. We cook simple, organic meals and eat communally. Throughout the seven days we give whatever time is necessary to working with any feelings that may emerge. Our experience together, sometimes nudging personal boundaries, encountering ourselves, each other, and nature, culminates in a 24-hour period completely alone and without food. We reunite on the seventh day to celebrate and share our discoveries. We also spend some time on this day at the Tassajara Zen Center for a communal bath and meal, and drive back to Esalen to finish whatever personal business we may still have to complete together.

Back packing experience is not necessary, but participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $325

May 24-31 — *Sam Keen, Annie Callaway & Dick Galland*

Journeying: Whitewater Rafting the Owyhee River

The warm spring sun melts the snow pack in southeastern Oregon's mountains and for six to eight weeks the Owyhee River runs full and lively. It is a time of new beginnings and discovery, a time of wonderment and rebirth, a time to stretch our bodies and shake off the stiffness of winter.

For seven days we float the flats and rapids of the Owyhee in six person rubber rafts, sharing in the exhilaration of paddling and captaining our boats through rushing whitewater and drifting through sun-dappled calm stretches of quiet water. At night we camp on grassy river banks cooking together over campfires, recounting the ancient myths of the starry heavens while spinning our own stories.

As we float deep into the heart of the canyon our adventure becomes an interplay between the inner and outer journey. The notion that each person's life is a quest, journey, or pilgrimage is the heart of the myth of the hero. The wilderness journey becomes a profound metaphor of human experience as we chart the stars, rapids, rocks, and calms of our own lives. We learn about making and reading maps of unknown territory, locating ourselves in time and space, dealing with demons and monsters, developing a vision to guide our personal journey, and identifying sources of courage, strength, humor, and nourishment.

No previous experience required. You need to be in good physical health. We will meet in Ontario, Oregon May 24. Complete information on clothing, equipment, and travel will be sent upon registration. $475

July 4-13 — *Dick Galland & Annie Callaway*

Rites of Passage: A Mountain/River Adventure

This workshop is grounded in the notion that people's responses to the challenges of the mountain and river reflect their responses to the challenges of daily life. From the very real and immediate lessons of the wilderness, we come to see ourselves more clearly, enabling us to act with a greater sense of clarity, purpose, and direction.

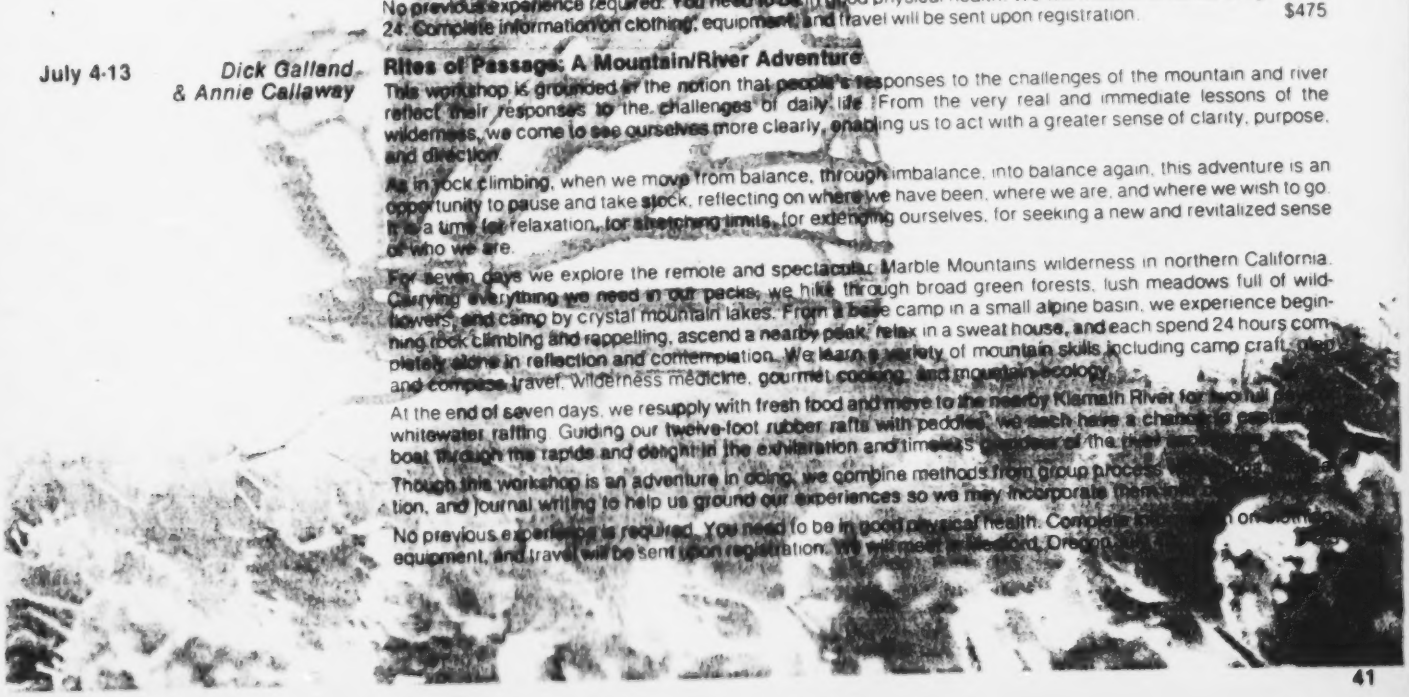
As in rock climbing, when we move from balance, through imbalance, into balance again, this adventure is an opportunity to pause and take stock, reflecting on where we have been, where we are, and where we wish to go. It is a time for relaxation, for stretching limits, for extending ourselves, for seeking a new and revitalized sense of who we are.

For seven days we explore the remote and spectacular Marble Mountains wilderness in northern California. Carrying everything we need in our packs, we hike through broad green forests, lush meadows full of wildflowers, and camp by crystal mountain lakes. From a base camp in a small alpine basin, we experience beginning rock climbing and rappelling, ascend a nearby peak, relax in a sweat house, and each spend 24 hours completely alone in reflection and contemplation. We learn a variety of mountain skills including camp craft, [illegible] and compass travel, wilderness medicine, gourmet cooking, and mountain ecology.

At the end of seven days, we resupply with fresh food and move to the nearby Klamath River for two hal[illegible] whitewater rafting. Guiding our twelve-foot rubber rafts with paddles, we each have a chance to [illegible] boat through the rapids and delight in the exhilaration and timeless [illegible] of the river.

Though this workshop is an adventure in doing, we combine methods from group process [illegible] tion, and journal writing to help us ground our experiences so we may incorporate them [illegible]

No previous experience is required. You need to be in good physical health. Complete [illegible] on clothing, equipment, and travel will be sent upon registration. We will meet in Redding, Oregon [illegible]



August 8-15
Maurica Anderson & Tom Moore

Encountering in the High Sierra

During this seven-day workshop we will hike eight miles to a clear mountain lake (9600') off the main trails in the Minarets Wilderness Area of the High Sierra. *Mules will carry in all of the food, camping equipment, and personal gear.* We will camp by the lake for six days, eating outrageously good food (fresh or frozen rather than freeze dried) and working with body awareness, meditation, psychodrama, gestalt, and encounter, laughing a lot and getting to know the high country, one another, and ourselves. There will also be some time for doing nothing.

Mountaineering experience is not necessary, but applicants should possess a good sense of humor and be capable of hiking uphill at altitudes of up to 10,000 feet. A detailed information sheet will be supplied upon request or registration. Participants will meet in the Sierra on August 8. $335

August 9-16
Jeffrey Kent, Don Hackett & Susan Hackett

Wilderness Encounter: Seven Days in the Mountains of Northern Yosemite

We go to the wilderness to get closer to its beauty; we go to face ourselves, to simplify, to have fun, certainly to empower ourselves; we go because we can greatly and dramatically expand our sense of self and depth of being. We believe that by doing whatever is most risky—even uncomfortable—we can give ourselves the greatest potential for personal growth. Explore with us, from the Hetch-Hetchy reservoir to the very remote and spectacular Lake Edith region. We will hike, fish, be challenged by beginning rock climbing, camp, tell stories, and sing songs. Throughout the seven days, we give whatever time is necessary to working with any feelings that may emerge. Our experience together, sometimes nudging personal boundaries and limits, encountering ourselves, each other, and nature, includes a 24-hour period completely alone.

No experience is necessary, but participants should be prepared for the challenge of vigorous physical activity. More information on request and complete fact sheet sent upon registration. $325

August 29-September 6
Dick Galland & Annie Callaway

River of Solitude: The Lower Canyons of the Rio Grande

This nine-day raft trip is the finest desert river experience in the United States. Through broad vistas and beneath soaring canyon walls, we float nearly 50 miles of the Rio Grande as it winds through the Big Bend country, forming the border between Texas and Mexico. We feel ourselves slowing, adjusting our pace to the river, floating in the warm water and shedding our cares as easily as we shed our clothing, to become a part of this timeless land of sun and rock and water. We camp at night on the riverbank to cook over campfires and sleep in the warm sand, beneath the brilliant canopy of the desert stars. We explore sinuous limestone side canyons and visit ancient Indian shelter caves. In six person rafts we paddle past stands of bright green river cane and we drink from crystal springs. We may make music, invent rituals, and tell stories of other journeys. We use relaxation, yoga, and process work to savor the days, breathing deeply and relaxing fully, to emerge at the end of the trip refreshed and renewed. We will meet in Midland, Texas on August 29th. Complete clothing, equipment, and travel information will be sent upon registration. $500

September 13-20
Elisa Lodge & Annie Callaway

Woman's Challenge: A Dance of Adventure

Autumn is a time of gathering our unique gifts and vibrant colors, a time of renewing our personal power and fluidity of being. During this seven-day adventure, starting at Arroyo Seco, we hike westward with the sun through chapparal, spreading oaks, and fields of wild flowers, emerging from the redwoods on the edge of the continent—the spectacular Big Sur coast.

During our journey we explore our inner world: our feminine roles and archetypes, the dominant and shadowy parts of ourselves, our vulnerability and strengths, our heroism and our adventurousness. Woven into our week are group process work, traditional wilderness skills, rock climbing, rappelling, and rolfing movement integration, designed to open ourselves to balance, grace, and fluidity. Each of us spends 24 hours alone in reflection and contemplation near the end of the trip.

The full moon, bright stars, and crackling campfires make for evenings of storytelling, rituals, dance, and laughter.

We can emerge from this exploration at a new place of inner power and wisdom.

We will camp out at Esalen our first night and return Easter morning to spend time in the baths. Lunch will be our final meal together. No previous experience necessary. Complete equipment list will be sent on registration. $350

September 20-27
David Schiffman, Skip Utterback & Rick Jensen

The Rites of Passage: A Seven-Day Pilgrimage on Horseback Through the Big Sur Wilderness

For workshop description see Wilderness Programs, May 10-17. $820

Westerbeke Ranch Programs

This series of programs sponsored by Esalen will be held at the Westerbeke Ranch in Sonoma County, which is about an hour's drive north of San Francisco. These residential workshops will be held in an intimate setting which includes rustic cabins, home cooked meals, a sauna and Japanese tub, a large swimming pool, and beautiful scenery. Weekend workshops begin on Friday evening and end Sunday at noon. Five day workshops begin on Sunday evening and end Friday at noon. A reservation fee of $100 is required for five day programs and $50 for weekend programs. Reservation fees are not refundable, but with five days notice they can be transferred to other Esalen seminars. *Full payment for all Westerbeke workshops is due five days in advance of the beginning of the program.* Send all reservations and payments to Esalen Institute, Big Sur, Ca. 93920.

May 22-25
David Schiffman

The Gentle Art of Becoming—Together: A Workshop for Couples

This workshop will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery, as well as gestalt awareness methods.

$250 per person

July 24-26 *Harry Sloan*

Humor and the Creative Process

All of us at one time or another become so identified with a role or concept we have of ourselves that we become stuck and unable to see beyond where we are. We lose perspective. Salting our lives with humor brings us into a balanced relation to conflict and problems.

The dynamics of humor intimately parallel the creative process and our ability to create. Those humorous moments that extricate us from a stuck situation are similar to the creative insight or "aha" experience, in which we see the whole or larger context. In this workshop we will penetrate into the nature of humor, using humor as both a metaphor to deepen our understanding of the creative process, and as a vehicle to further develop the qualities of perspective, wisdom, joy, and spontaneity.

The format of this intensive program will be geared for those who are willing to play, risk, and penetrate into the restrictive elements in their process that would tend to retard the "ha ha" or "aha." $200

July 24-26 *Gail Stewart*

Massage for Couples

This group is for partners (spouses, friends, lovers, or good neighbors) who would like a weekend to melt down, cool out, and lighten up with each other. We will ease into ourselves with massage, tantra, dance, chanting, and other effortless delights. Leave behind your schedules and duties and bring along someone you trust. $200 per person

August 21-23 *David Schiffman*

The Gentle Art of Becoming—Together: A Workshop for Couples

For workshop description see Westerbeke Ranch Programs, May 22-25. $200 per person

August 21-23 *Jack Downing*

The Life of Joy: New Attitudes for Health and Sanity

Whatever your past has been, if you wish you can determine what you are now, and will be in the future. With greater awareness you have greater choice. The program will include methods for reprogramming your own biocomputer, moderate exercise, and meditation. $200

August 23-28
Anne & Jim Armstrong

A Psychic Training Program

This workshop is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities. Anne and Jim will use exercises and training methods to accomplish this goal. During the training exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their style and trust the psychic input they normally receive. The workshop will include personal psychic scans and practice on selected cases. $400

August 23-28 *David Schiffman*

The Centered Equestrian: Riding from the Heart

The relationship between horse and rider is a remarkable combination of emotional poise, physical courage, skillful use of the will, and just plain old "horse sense." Our focus together will be on how to deepen our mastery of these qualities. Using a variety of practices including structural patterning, creative movement and visualization, basic riding skills, and group process, we will spend the week finding ways to deepen the experience of pleasure and harmony between ourselves as a group, with our horses, and with the beauty of our natural surroundings. No previous riding experience is necessary. $600

September 4-7 *Harry Sloan & David Schiffman*

A Light and Gentle Approach to Group Process and Individual Growth

In this three-day weekend celebration, two old and dear friends will rejoin forces to share with you what they have learned during 25 years of combined experience doing human potential practice work. Using a light touch and lots of laughter, they will bring together elements from psychosynthesis, gestalt, and bioenergetics, along with movement, music, and guided imagery. The group will have the opportunity to explore exercises and meditations that will open and deepen us to the experience of what we find meaningful.

It will be a time to explore the boundaries of our emotional, physical, and mental potentials and how they effect our sexuality, our relations to power, our friendships, our creativity, and our expectations of our selves and others. The emphasis throughout will be on how to create a gently buoyant perspective that will bring lightness and humor into our life and work. $250

September 13-18
Maggie Creighton
Jim Creighton
Emmett Miller
David Silverstein
& Loretta Motis

Getting Well Again:
A Workshop for Cancer Patients and People with Other Life-Threatening Illnesses

This workshop is designed to help cancer patients, persons with other life-threatening illnesses, and significant others in their lives explore the role of attitudes, beliefs, and emotions in the onset and outcome of their disease. Processes will be taught linking the participants' reactions to stressful events in their lives and the course of their illness, as well as self-help methods utilizing the power of their minds in aiding their bodies' ability to vitalize their own healing energies, as well as increase the potency of medical treatment which they are already receiving.

The fear of death and dying and important relationships will also be explored openly, honestly, and in depth. Radix practices will be utilized to aid exploration of feelings, and regular massage will be administered to deepen and enhance the relaxation methods being taught. Self-help workbooks and tapes will be available to enable participants to continue reinforcing the processes learned in the workshop as they reenter life united in mind, body, spirit, and emotions. Reading requirements: *Getting Well Again* (Simonton & Creighton) and *Feeling Good—How to Stay Healthy* (Emmett Miller). $400

October 2-4 *Lee Pulos*

Hypnosis & Parapsychology

All participants will be taught to experience beginning and advanced methods of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering practices such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and de-mystifying hypnosis, the 'fun' part of the workshop will be the exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $200

Biographical Information

A

Sherry Ackerson ..... has been a staff member working and supervising the Esalen garden for many years.
p. 15

Ruthy Alon ..... has many years' experience in the feldenkrais method and is a graduate of the Feldenkrais Institute in Tel Aviv.
p. 21

Maurica Anderson ..... regularly conducts psychodrama and support groups at various alcoholism treatment centers. She has co-led the Esalen High Sierra encounter for more than ten years.
p. 20, 28, 31

Walt Anderson ..... is a writer, political scientist, environmentalist, and longtime Esalen group leader. He is currently writing a history of Esalen.
p. 20, 31

Anne Armstrong ..... has been doing transpersonal counseling for over 16 years and has trained professionals to use their own intuitive abilities.
p. 20, 33, 43

Jim Armstrong, ... a former engineer, is a life-long student of esoteric studies.
p. 20, 33, 43

Elliot Aronson ..... is a professor of psychology at the University of California, Santa Cruz. He has published over 60 articles on interpersonal relations and authored ten books, including *The Social Animal*.
p. 21, 25

Angeles Arrien ..... is an anthropologist, a Basque folklore specialist, a tarot counselor, and on the faculty of the California Institute of Asian Studies.
p. 31

B

Jamie Baraz ..... has studied meditation with Joseph Goldstein, Ram Dass, Jack Kornfield, and others in the United States and Asia. He has led classes and retreats in the Bay Area for four years.
p. 33

Daniel Bianchetta ..... practices shiatsu, rebirthing, deep tissue massage, gestalt, and intuitive readings at Esalen. He has studied extensively with Swami Muktananda.
p. 23

Fred Boeve ..... is a trager and emotional release practitioner. He has lived and worked at Esalen for several years.
p. 18, 23

Janet Zuckerman Boeve ..... has been on the teaching staff at Esalen for more than seven years. Her work includes gestalt practice, encounter, and emotional release work. She is currently a trager trainee.
p. 13, 18, 23

Jessica Britt ..... is a registered nurse who is a student and practitioner of gestalt and reichian approaches to well-being.
p. 16

Judith Brown ..... is author of *Back to the Beanstalk*. She spends half the year leading training groups in Europe and America and the remainder in private practice and teaching.
p. 36

George Brown ..... founded the confluent education program at the University of California, Santa Barbara School of Education. He works with his wife in Europe and teaches gestalt at U.C.S.B.
p. 36

C

Patricia Caldwell ..... has practiced and taught shiatsu for more than eight years at growth centers and colleges in the United States and Europe. She is in private practice in Los Gatos, California.
p. 24

Terri Calhoun ..... is a mother, wife, and lay midwife, and has been an associate of Monterey Peninsula Birth Center for more than five years.
p. 20

Annie Callaway, ... professional wilderness guide, group leader, hatha yoga teacher, and writer, has been leading Esalen trips for several years.
p. 18, 23, 30, 33

Fritjof Capra, ... Ph.D., is the author of *The Tao of Physics*, and has written a new book, to be published by Simon & Schuster.
p. 24

Rick Carlson ..... chairs the California Governor's Council on Wellness and Physical Fitness. A lawyer active in the formulation of public policy on health, he is the author of *The End of Medicine* and *Frontiers of Science and Medicine*.
p. 35

Seymour Carter ..... has taught gestalt at Esalen and other growth centers in the United States and Europe for over 12 years.
p. 23, 33

Michell Cassou ..... is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of The Expressive Painting Studio in San Francisco.
p. 27

Barbara Clemans ..... is a massage and movement specialist in private practice in San Francisco.
p. 17, 22, 26

Maggie Creighton ..... has worked with people for 20 years in the areas of encounter, body movement and awareness, psychic healing, meditation, communication and problem-solving skills, participative management, public involvement, stress management, and cancer self-help.
p. 43

Jim Creighton ..... has pioneered, led groups, and developed materials for courses in the fields of body awareness, movement, discovery of self through use of creative media, and corporate and governmental responsibility in creating processes for mutual decision-making.
p. 43

Stewart Cubley ..... artist and scientist, is co-founder of the Expressive Painting Studio in San Francisco.
p. 27

Dale Cummings, ... MFCC and certified radix teacher, is in private practice at the Radix Center in Santa Monica, and is also a trainer for the Radix Institute in Ojai.
p. 20, 33

D

Prem Das ..... studied ashtanga yoga in India with Baba Hari Das, completed a six-year apprenticeship with don Jose Matsuwa, a Huichol shaman, and teaches shamanism at J.F.K., Antioch West, and Sonoma State Universities.
p. 26

Rutuima Das (Silve), ... Prem Das' wife and don Jose's brother's (don Carlos') granddaughter, is a mother and teacher of Huichol.
p. 26

Jack Downing ..... is a wholistic psychiatrist who has been a student of Ida Rolf, gestalt, applied kinesiology, and the Arica School. He is in private practice in San Francisco.
p. 22, 43

Jackie Doyle ..... is the president-elect of the Association for Humanistic Psychology, was one of the founders of Greenhouse in Cambridge, Mass., and is in private practice in the Bay Area.
p. 29

Al Drucker ..... has been a resident teacher at Esalen for many years, where he has been involved in developing a synthesis of alternative healing practices, particularly acupuncture, homeopathy, deep-tissue, and gestalt.
p. 27, 30

Ken Dychtwald, *p. 35* ..... psychologist and international consultant to government, industry, and media on health, life design, and longevity/aging, is the author of *Bodymind, Millenium: Glimpses into the 21st Century*, and *The Aging of America* (forthcoming).

E

Catherine Elber *p. 17, 29* ..... is one of the first and few people in the world teaching t'ai chi chih.

Esalen Massage Practitioners *p. 15, 16, 19, 22, 23, 24, 27, 28, 29, 30, 31, 33, 35, 37* ..... include Lila Daniels, Peggy Morrison Horan, Deane Juhan, George King, Lars Larson, Bill Liles, Deborah Medow, Jane Miletich, Dianne Sue Miller, Laurie Muller, Brita Ostrom, Vicki Topp, and Attila Vass.

F

Tom Ferguson, *p. 21* ..... M.D., is editor of the *Journal of Medical Self-Care*, medical editor of the *Whole Earth Catalog/Co-Evoluton Quarterly*, and editor of the book *Medical Self-Care: Access to Health Tools*.

Joan Fiore *p. 17, 18, 21, 25, 29* ..... practices and teaches gestalt, encounter, self-reparenting, and self-repairing on a group and individual basis.

Jerry Fletcher *p. 27* ..... is President of Manifest Learning Systems, Inc., of Tiburon, California, a firm that specializes in the design of education and training programs for high levels of performance.

Jean-Michel Fourcade, *p. 28* ..... founder of C.D.P.H. (Centre de Developpement du Potentiel Humain), the oldest growth center in France, practices bioenergetics in an integrative approach.

Joyce Frazee *p. 35* ..... is a gestaltist whose training includes art, encounter, bio-energetics, body awareness, and psychosynthesis. She is presently on the staff of Cold Mountain Institute.

Betty Fuller, *p. 20, 23, 36* ..... a humanist counselor and director of the Trager Institute, is a certified instructor of trager psychophysical integration and mentastics , and of feldenkrais awareness through movement.

G

Dick Galland *p. 18, 23, 30* ..... was the founding director of the Southwest Outward Bound School, designs and guides wilderness programs for individuals, schools, and corporations, and has been leading Esalen trips for many years.

Charles Garfield *p. 30, 36* ..... is the founder and director of the SHANTI Project, an international prototype for volunteer human services programs, is on the faculty of the U.C. School of Medicine and School of Nursing in San Francisco. He is author of *Stress and Survival*.

Vivian Gary *p. 16, 24* ..... is a reichian practitioner in private practice in Los Angeles.

Merri Goldenson (Devarani) *p. 16, 24, 31* ..... is a chiropractor, certified radix teacher, bates vision instructor, and masseuse.

Jay Goldfarb *p. 28* ..... is the executive administrator of the Living Tao Foundation, and is a longtime student of Eastern religion and philosophy.

Lawrence Greene *p. 34* ..... is the executive director of the Developmental Learning Center in Saratoga, California. He is a consultant and diagnostician.

Christina Grof, *p. 15, 23, 25, 29, 30, 36* ..... hatha yoga teacher and student of Swami Muktananda, has special interest in the kundalini process and the problem of "spiritual emergency." Co-author of *Beyond Death*.

Stanislav Grof, *p. 15, 23, 25, 29, 30, 36* ..... psychiatrist with over twenty years' experience in consciousness research with and without psychedelics, is the author of *Realms of the Human Unconscious* and *The Human Encounter with Death*.

H

Don Hackett *p. 28* ..... has spent many years exploring various healing methods. He has backpacked to the Sierras, Cascades, and Himalayas.

Susan Hackett *p. 28* ..... has had many years of wilderness experience. She is an artist and student of gestalt who works with elderly and disabled adults.

Anna Halprin *p. 17, 31* ..... is the founder of the San Francisco Dancers' Workshop, and is co-founder and teacher at the Tamalpa Training Institute in Marin County. She is also the author of *Movement Ritual I* and *Collected Writings*.

Daria Halprin-Khalighi *p. 17, 31* ..... is a gestalt movement facilitator and is co-founder and teacher at the Tamalpa Institute in Marin County.

Betsy Hand *p. 19, 33* ..... trained with Virginia Satir and was on the resident staff of the Gestalt Institute of Canada. She is in private practice in Kentfield, California.

Michael Harner *p. 17, 23* ..... is an anthropologist who has trained in shamanism among North and South American Indians for two decades. His books include *The Way of the Shaman: A Guide to Power and Healing*, *Hallucinogens and Shamanism*, and the novel *Cannibal*, which he co-authored.

Richard Heckler *p. 21* ..... is a founding member of the Lomi School and teaches aikido at Tamalpais Aikido.

Torkin Hibbard *p. 29* ..... is the director of People's Clinic in Boulder, Colorado.

Peggy Morrison Horan *p. 17, 20, 32* ..... is an Esalen resident teacher of massage and movement and an apprentice midwife.

Al Chung-liang Huang *p. 28* ..... is the founder-president of *The Living Tao*, an international learning/sharing network with ongoing t'ai chi dance workshops.

Robert Hunt *p. 28* ..... is a family and child psychiatrist on the faculty at Yale University.

I J

Rick Ingrasci *p. 29* ..... is a physician/healer in private practice in Newton, Mass. He is health editor of *New Age* magazine and health director of *Interface*.

Galvin Jackson *p. 29, 35* ..... is a counseling consultant, teacher, lecturer, and writer.

Dennis Jaffe, *p. 37* ..... a family facilitator, teaches at U.C.L.A. Medical School. He is the author of *Healing from Within*.

Sharon Jeffrey *p. 31* ..... tarot-symbology consultant, teacher, lecturer, and writer, has a business consultant firm in San Francisco, S.R. Jeffrey & Associates.

Rick Jensen *p. 16, 34* ..... has had extensive experience leading pack trips on horseback in the Ventana wilderness.

Don Johnson, *p. 37* ..... author of *The Protean Body*, teaches at Antioch West.

K

Sam Keen ..... is an explorer of inner space, a psychonaut and philosopher, editor of *Psychology Today*, author of *Apology for Wonder, To a Dancing God, Beginnings Without End.*
p. 18

Jeffrey Kent ..... is the founder/director of a program that combines physical labor with music, gestalt, and whatever works for adolescent boys and girls in trouble.
p. 16, 17, 18, 21, 25, 28, 29

Donald Keys ..... is president of Planetary Citizens, which he co-founded with former UN Secretary General U Thant and Norman Cousins. He is author of *The United Nations and Planetary Consciousness.*
p. 15

Clair Killen, ... a certified radix teacher, is building his home in the mountains of southern Oregon.
p. 17, 23, 28, 34

Polly Kirby ..... is a registered nurse and former educator who is presently living at Esalen, where she is working toward integrating traditional and alternative healing modes.
p. 20, 24

George Kohlrieser ..... is director of Shiloah, Center for Human Growth in Dayton, Ohio, where he works with individuals, families, and groups.
p. 15

Howard Kornfeld ..... is a physician practicing emergency medicine and serving on the steering committee of Physicians for Social Responsibility.
p. 34

Murray Korngold ..... has a private practice in clinical psychology and acupuncture in San Francisco and Los Angeles, and is founder of the L.A. Free Clinic.
p. 22

Mari Krieger ..... is part of a feminist group practice in Berkeley and teaches gestalt at Antioch West University.
p. 34

L

David LaChapelle ..... is an artist and clairvoyant, trained in polarity, yoga, and meditation. He has taught at the Rocky Mountain Healing Arts Institute.
p. 29

Benj Langdon ..... uses photography as a meditational tool for *seeing* the beauty in the *ordinary*. He currently catches shadows of the dance of life that is Esalen, Big Sur.
p. 13

Maureen Lavender ..... is a trainer for The Center for Release and Integration, where she teaches postural integration, reichian release, rebirthing, and polarity.
p. 25, 36

Janet Lederman ..... is an artist and teacher and is the creator of the Gazebo. She is currently an Esalen trustee.
p. 28

Chih-chang Lee ..... is one of the few women who have graduated from the Chinese West Point, Huang-pu Military Academy in Shanghai. She is 71 years old.
p. 28

Dub Leigh ..... is a humanist counselor, an advanced rolfer®, and a practitioner of both feldenkrais and trager methods.
p. 26

Vincent Lenhardt, ... Ph.D., is a provisional teaching member of I.T.A.A. (International Transactional Analysis Association). He is in private practice.
p. 28

George Leonard ..... author of *Education and Ecstasy, The Transformation, The Ultimate Athlete,* and *The Silent Pulse,* holds a black belt in aikido, from which he derives his present work.
p. 19, 29, 37

Peter Levine ..... has practiced and taught reichian body work for many years. He is currently working on three books in the area of stress resolution and reichian vegito therapy.
p. 22

John Lilly ..... is a teacher and scientist on the path of examining the depths and far reaches of human consciousness. His books include *The Center of the Cyclone* and *Simulations of God: The Science of Belief* (May, 1975).
p. 26, 34

Toni Lilly ..... has training in Eastern mystical tradition and contemporary methods of freeing the self. Her first book is *Dyadic Cyclone* (co-authored with John Lilly).
p. 26

Elisa Lodge ..... trained in structural integration with Ida Rolf and is an advanced teacher of rolf®—movement integration.
p. 25, 33

Nancy Kaye Lunney, ... a gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, and does individual as well as group work at Esalen.
p. 16, 18, 26, 31, 37

M

Phillip Mac ..... is a board certified family physician who has trained family physicians and physicians' assistants. His special interest is the health and ill health of health care providers.
p. 24, 34

John Majuri ..... is an eclectic counselor incorporating gestalt, transactional analysis, neo-reichian work, and hypnosis.
p. 16, 24, 31

Ma Prita (Laura DeNuccio), ... certified radix practitioner, combines reichian body work, emotional release, gestalt practice, bates vision improvement, and other approaches in group and private instruction.
p. 24, 28, 31, 36

Malcolm Margolin, ... who lives in Berkeley, is the author of *The Ohlone Way: Indian Life in the San Francisco-Monterey Bay Area.*
p. 18

Joanne Martin ..... is in private practice, specializing in imagery and energetic processes.
p. 22

Deborah Medow, ... Esalen masseuse and group leader for many years, teaches ashtanga yoga, massage, creative movement, and related healing disciplines directed toward rechanneling and balancing energy.
p. 34

Ralph Metzner ..... is a psychologist in practice in San Francisco, and on the faculty of the California Institute of Asian Studies. He has done research with psychedelics, taught actualism for several years, and wrote *Maps of Consciousness* and *Know Your Type.*
p. 32

Jane Miletich ..... is a masseuse, yoga practitioner, nutritionist, and student of midwifery.
p. 17, 20, 32

Emmett Miller, ... physician, musician, poet, and dancer, works with hypnosis, meditation, imagery, music, and movement. His books describe selective awareness, the approach he originated.
p. 15, 33, 43

Nitza Broide Miller, ... a counselor and originator of movement transformation, teaches at Hayward and C.S.P.P. She is in private practice in Palo Alto.
p. 14, 19, 25

Sandra Miller ..... has been a bodywork and massage practitioner and instructor for many years, incorporating shiatsu, acupressure, tragering, and other approaches.
p. 15, 33

Siri Mishler, ... certified radix teacher, is in private practice at the Radix Center in Santa Monica, and is also a trainer for the Radix Institute in Ojai.
p. 20, 33

Janelle Barlow Mishlove ..... is a stress management and a parapsychological trainer.
p. 24

Jeffrey Mishlove, ... author of *The Roots of Consciousness,* is a parapsychologist associated with the Washington Research Center in San Francisco and J.F.K. University in Orinda, Ca.
p. 24

Tom Moore ..... has co-led the Esalen High Sierra Encounter, and is currently a resident member of the Harbin Community.
p. 28

Loretta Motis ..... administrates and directs activities of Cognetics, Inc., which tapes and distributes self-awareness methods and philosophic orientations in metaphysics, parapsychology, psychology, medicine, etc.
p. 43

NO

The NINE ..... describe themselves as "giant reflectors of your selves, gestalt practitioners, marriage counselors—pure energy of emergent quality available to all." They are the center of the Esalen Paranormal Intelligence Project.

Jenny O'Connor ..... is a psychic from England, and is a channel for "The NINE."

Heather Ogilvy ..... is currently working with women on ways to balance the contradictions of being many dimensional. She is in private practice in Palo Alto.
p. 35

Jay Ogilvy ..... has taught philosphy at Yale, The University of Texas, and Williams College. He is the author of *Many Dimensional Man: Decentralizing Self* and *Society and the Sacred.*
p. 14, 35

Daniel O'Hanlon ..... is a Jesuit priest and theologian who has had extensive experience with meditation practices in India, Sri Lanka, Thailand, and Japan.
p. 31

James Oldham, ... author of *Risking Being Alive*, psychiatrist, and founder of the Gestalt Institute of Melbourne, is presently working in theatre and dance with Anna Halprin.
p. 36

Wendy Oser ..... is founder and director of Video Feedback Service of Berkeley, specializing in transpersonal, professional, and presentational applications of video, and creator of *Video Insight.*
p. 34

P

Wendy Palmer, ... a black belt in aikido, is co-founder of Tamalpais Aikido, an international movement arts center.
p. 21

Ayala Pines ..... is a lecturer and research associate at the psychology department, U.C. Berkeley. She has published a book entitled *Experiencing Social Psychology.*
p. 21, 25

Karin Powlen ..... works as a counselor in an adolescent psychiatric ward and at a half-way house.
p. 21

Hector Prestera, ... an acupuncturist and physician, integrates Eastern and Western energy techniques in his medical practice in Monterey, California.
p. 23, 26

Christine Price ..... combines gestalt practice with creative visualizations and body meditations.
p. 13, 33, 35

Lee Pulos ..... is a clinical psychologist whose career has ranged from a traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing.
p. 43

R

Sogyal Rinpoche ..... is a lama, scholar, and meditation master from Tibet.
p. 16

Honey Rose ..... is a wife, mother of six children, and midwife whose main interest is natural healing.
p. 17, 20, 32

Jack Rosenberg, ... author of *Total Orgasm*, has trained in gestalt and reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.
p. 20, 28, 35

Theodore Roszak ..... is professor of humanities at San Francisco State University and the author of *The Making of a Counter Culture, Where the Wasteland Ends*, and *Person/Planet.*
p. 20

Gabrielle Roth ..... is the creator of the moving center method of catalyzing natural movements. She lives on the east coast, where she directs and performs with her own theatre/dance company.
p. 30

Frank Rubenfeld, ... past president of the Gestalt Institute of San Francisco, has been leading Esalen groups since 1969. He is in private practice in Berkeley.
p. 34

Ilana Rubenfeld ..... is the originator of her own integration called "gestalt synergy." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.
p. 24

S

Stephano Sabetti, ... director of the Institute for Life Energy in Munich, is the author of *Life Energy: A Psychotherapeutic Evolution.*
p. 31

David Schiffman ..... is currently a leader in residence at Esalen, where he is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being.
p. 14, 15, 16, 18, 24, 28, 32, 33, 34, 35, 36, 42, 43

Will Schutz ..... is director of the Center for Holistic Studies, Antioch University, San Francisco, and author of *The Elements of Encounter* and *Profound Simplicity.*
p. 23

Alan Schwartz ..... is a teacher of gestalt and a college professor whose latest article in print is "Energy Systems and Gestalt Process." He is currently writing a book titled *The Psychology of Energy.*
p. 30, 31

Peter Schwartz ..... is director of the Strategic Environment Center, SRI International (formerly Stanford Research Institute).
p. 14, 27

Julian Silverman ..... is an Esalen trustee and an organizational and management consultant.
p. 15, 22

David Silverstein ..... is a certified radix teacher in private practice at the Radix center in Santa Monica.
p. 43

Harry Sloan, ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Robert Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 17, 30, 43

Fritz Smith ..... is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is in a private practice of holistic health in Watsonville, California.
p. 18

Gerald Smith ..... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy.*
p. 19, 33

Huston Smith ..... is professor of philosophy and religion at Syracuse University and author of *The Religions of Man* and *Forgotten Truth.*
p. 25

Kendra Smith ..... is a psychiatric social worker who is completing her doctoral degree on Buddhist psychology.
p. 25

Joan Steffy ..... has developed her abilities as a psychic and medium through methods learned in Europe, Brazil, and North America.
p. 35

Chuck Steinberg ..... is a holistic physician at the University of Colorado, where he specializes in behavioral medicine and health promotion.
p. 29

Gail Stewart ..... has been teaching and practicing massage and body work for several years. She teaches in Berkeley, both privately and at the Gefion School.
p. 43

Annie Styron ..... is an associate director of Wellness Associates of Mill Valley, Ca., where she teaches workshops and classes in energy awareness and its application to wellness.
p. 29

Gael Switzer ..... is a rolfer® and teacher of rolfing®-movement integration. She has studied movement with Judith Aston.
p. 34

T

Susan Tanner ..... is an actress, director, and teacher of improvisational theatre. She is based in Los Angeles and affiliated with the Living Stage Co. in Washington, D.C.
p. 33

Peggy Taylor ..... is the editor and publisher of *New Age* magazine. She has been teaching the bates method of vision improvement for several years.
p. 29

Michael Tierra ..... is a naturopathic doctor and state licensed acupuncturist in private practice in Santa Cruz, California.
p. 21

UV

Skip Utterback ..... has spent his life raising and training horses. He has been a rancher in the Salinas valley for 40 years.
p. 16, 34

Frances Vaughan ..... is a transpersonal psychologist in private practice in Mill Valley, Ca., professor of psychology at the California Institute of Transpersonal Psychology, and author of *Awakening Intuition*.
p. 16

Heinz Von Foerster, ... professor emeritus of the departments of biophysics and physiology and of electrical engineering at the University of Illinois in Urbana, now lives in California.
p. 26

W

Roger Walsh ..... is a psychiatrist on the faculty of the medical school at U.C. Irvine and author of *Towards an Ecology of Brain*.
p. 16

Judyth Weaver ..... has studied Buddhism for more than 25 years, and spent 1½ years in a Zen monastery in Japan. She is an authorized teacher of t'ai chi ch'uan.
p. 22, 30

John Welwood ..... is a teacher, editor of *The Meeting of the Ways: Explorations in East/West Psychology*, and author of a new book on relationships, *Passion and Surrender: The Challenge of Modern Relationships*.
p. 22

Philip Whalen ..... is a Zen Buddhist priest at Zen Center, San Francisco. A writer and poet, he is the author of *On Bear's Head, Severance Pay*, and the forthcoming *Enough Said*.
p. 20

YZ

Alan Young ..... is a spiritual healer in private practice in Carmel, California.
p. 14

John Ziegler, ... in private practice in New York City, is also directing *Winners*, an all-improvised Off-Off Broadway drama/comedy that combines theatre and gestalt.
p. 22, 36

Films and Tapes

Tape Recordings of Human Potential Programs

The human potential movement continues to have unusual events which produce unusual recordings. Each issue of the Esalen Catalog lists a number of new titles and several from earlier years. Most are stereo, and all are recorded from live events. Available on cassettes only, each tape is $9.00 ($10.00 by purchase order) and length of recordings is normally 1 to 1½ hours.

David Schiffman: *Group Process: Gestalt Etiquette*
Alan Schwartz: *Introjection and Our Energy Systems*
Ken Dychtwald: *Strategies for Stress Management*
Franklin Merrell-Wolff: *A Primitive View of the World*
Daniel Bianchetta: *A Story for Dylan*

Rollo May & Daniel Ellsberg: *Good and Evil*
Ram Dass: *Hang On Tightly, Let Go Lightly*
Andrew Weil: *Altered States Without Drugs*
Linus Pauling: *Vitamin C and Cancer*
Al Drucker: *Homeopathic Medicine*

Huston Smith: *The Nature of Reality*
Jean Houston: *(2 tapes) The Possible Human I-II*
Peter Schwartz: *Qualities of Life*
Hazel Henderson: *Politics of Reconceptualization*
Bob Schwartz: *Consciousness Evolution & American Business*

Jack Kornfield: *The Sword of Wisdom*
Prem Das: *The Singing Earth: A Huichol Apprenticeship*
Christina Grof: *Kundalini Awakening and Spiritual Emergency*
James Fadiman: *Sufi Stories*
Fritjof Capra: *Matter, Mind, and Energy*

Please add $2.00 to your order for mailing. California residents include 6% tax. Mail order with check payable: WORKSHOP CASSETTES, Hot Springs Lodge, Big Sur, California 93920. Suggestions regarding recordings are appreciated.

The Dolphin Tapes (complete sets in vinyl albums)

Barbara Clemans: *Explorations In Movement* (3 tapes 6 lessons) $30 ($34 by purchase order)
Joseph Campbell & Al Huang: *Movement And Myth To Live By* (4 tapes 6 hours) $40 ($44)
Esalen *1979-1980 Stress And Caring Conferences* (10 tapes 14 hours) $80 ($88)
Fritz Perls: *The Perls Encounter: A Complete Weekend Seminar* (6 tapes 9 hours) $60 ($66)
Moshe Feldenkrais: *Awareness Through Movement; The Feldenkrais Method* (6 tapes 10 lessons) $72 ($80)
Ruthy Alon: *Awareness Through Movement; The Feldenkrais Method* (6 tapes 12 lessons) $60 ($66)
Ken Dychtwald: *Bodymind Health, Longevity, and Optimal Performance* (8 tapes 8 hours) $80 ($88)
Julian Silverman: *Commentaries on A Course In Miracles* (8 tapes 10 hours) $72 ($80)
Buckminster Fuller: *The Pajaro Dunes Tapes: A Weekend Seminar* (8 tapes 12 hours) $80 ($88)
Joseph Campbell: *World Mythology And The Individual Adventure* (10 tapes 15 hours) $80 ($88)

Please add $2.00 to your order for mailing. California residents include 6% tax. Mail order with check payable: **DOLPHIN TAPES**, Hot Springs Lodge, Big Sur, California 93920.

Gregory Bateson Archive Tapes: "The Informal Esalen Lectures" (1975-1980)

With Gregory Bateson's passing, these recordings are now part of his estate. Radio broadcast, transcription, or publication of material from the tapes is expressly forbidden without permission from the estate.

Metaphors and Butterflies	May 1975	*Interfaces: Boundaries Which connect*	Feb 1980
The Story of the Double Bind	May 1976	*It Used To Matter*	Mar 1980
The Pattern Which Connects	Dec 1978	*Simple Thinking*	Apr 1980
What Is Epistemology?	Sep 1979	*Neither Mechanical Nor Supernatural*	Apr 1980
(2 tapes) Civilization and Addiction	Nov 1979	*(2 tapes) It Takes Two To Know One*	May 1980

The above complete set of twelve tapes comes in a vinyl album, accompanied by a summary of the contents of each recording prepared by a Bateson

scholar and friend, plus a few other pages. Titles may be ordered separately at $9 per tape ($10 by purchase order), but the complete set of 12 is $88 ($98 by purchase order). Please add $2 to your order for mailing. In California include 6% tax. Write check payable: **Dolphin Tapes**, Hot Springs Lodge, Big Sur, California 93920.

Recordings from the Early Years

A catalog of tapes from the early years of Esalen's history as well as the human potential movement generally, is available for $1.00 from: **Big Sur Recordings**, PO Box 91, Big Sur, California 93920. Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others are available from **Psychological Films**, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write to **Hartley Productions**, Cat Rock Road, Cos Cob, Connecticut 06807. For a list of other humanistic film sources, write **Association for Humanistic Psychology**, 325 Ninth Street, San Francisco, California 94103. A film of Al Huang's work, *T'ai Chi: The Watercourse Way*, is available through **KLB Productions**, 490 Redwood Road, Corralitos, California 95076. Regarding the forthcoming documentary on Gregory Bateson, address inquiries to *The Pattern Which Connects*, PO Box 8, Forest Knolls, California 94933: (415) 488-0135.

The Esalen Catalog

THE ESALEN CATALOG is published quarterly. Subscription cost for one year is $6 for the United States, $9 for Canada and Mexico, $12 for Europe and South America, and $14 for all other countries. **Please make all payments in U.S. currency.** A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, Ca. 93920.

☐ To obtain future issues of the Esalen Catalog and occasional mailings for one year, please send a check or money order in **U.S. currency only** to: Esalen Institue, Big Sur, Ca. 93920.

(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

☐ Please send a complimentary copy of the Esalen Catalog to the person listed below:

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We
invite you
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Friends of Esalen

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive regular mailings of the Esalen catalogs. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

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Registration Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: in order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt.

Please mail all reservations to: Reservations, Esalen Institute, Big Sur, Ca. 93920

Reservations by telephone: You may make reservations by phone if you use your Mastercharge, BankAmericard, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335 **Monday, Tuesday, Thursday, and Saturday 9 to 3**
Wednesday 9 to 12 Noon
Friday 9 to 8 PM
Sunday 12 Noon to 8

Senior Citizens' Discount Information: For individuals over 60 years of age, Esalen will be offering a special discount beginning July 1, 1981. The price of a weekend workshop will be $185, and a five-day will be $370. Please telephone or write the Esalen office for further information.

Scholarship Information: If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15-September 15 programs or for weekend programs.

Ongoing Residence Program: Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $1600 per 26-day period.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $55 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $70 per day, or $105 per day per couple. Please phone the office for additional information.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen. Esalen limousine service is not available at any other time.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: At present, we do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

The Esalen Community

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Esalen Institute Reservations

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This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. Please make reservation early.

(Please Print)

Name_____ Sex M ☐ F ☐ Age_____

Address _____

City, State_____ Zip_____ Occupation_____

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend:_____ ☐ housing as a couple

Check whether this workshop will be held in Big Sur ☐ at Westerbeke Ranch ☐ or as a Wilderness Program ☐

Do you smoke?_____

Limousine Service:
I want limousine service from (check one):
_____Monterey Airport
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at 5:00 p.m. on _____ (date of arrival, Fridays and Sundays only)

The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us. Esalen limousine service is not available at any time other than 5 p.m.

License Number:
(for registered nurses wanting CEU's_____ (for physicians wanting (CEU's)_____

Name of person Registering	Date(s)	Leader's Name/Title of Workshop	Reservation Fee

Total amount enclosed: $_____
Your reservation can be charged to:
Master Charge ☐ Bank Americard ☐ American Express ☐

Card No. _____

Expiration date_____

Checks payable to Esalen Institute.

Payments: All workshops require nonrefundable reservation fees. See page 50. The balance of program fees becomes payable at the time of check-in.

U.S. currency only, please.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and prompt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

The Esalen Catalog

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting, and research.

Esalen Institute
Big Sur
California 93920

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Esalen Institute
Big Sur, Ca. 93920

Phone (408) 667-2335

Monday, Tuesday, Thursday & Saturday 9 to 3
Wednesday 9 to 12 Noon
Friday 9 to 8 PM
Sunday 12 Noon to 8 PM

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"Contact is the appreciation of differences"
Fritz Perls

THE SULPHUR BATHS

Henry Miller lived in Big Sur from 1944-1962 and described his life there in BIG SUR AND THE ORANGES OF HIERONYMUS BOSCH. Here follows another Miller piece written during his Big Sur Years.

When you are planning that trip from the wilds of Alaska to the wilds of Patagonia, along international route No. 1., be sure to make provision for a stop-off at Slate's (sic) Hot Springs, about three miles south of Anderson Creek where the editor of this Guide lives. Here you will find a spa which has not yet become internationally famous, chiefly because it has not been commercially exploited. (Founded some 50 years ago by Dr. H. C. Murphy of Salinas, it remains to-day almost the way it was when that wise physician made use of its therapeutic value in treating his patients.) Physicians themselves have come here to cure themselves of rheumatism, arthritis and kindred ailments — by drinking and bathing in the hot mineral waters.

William Webb

The bath-tubs are situated on a platform a few feet above the sea, protected only by a shed above. One can bathe thus, outdoors, any time of the year without the slightest risk of catching cold. Sleeping benches are provided for sun baths after a thorough soaking. To right and left stretches an incomparable panorama of mountain, forest and sea. The relaxation induced by the warm waters and the solar rays accounts for much of the cures which are effected.

An added factor, and a most important one, is the almost complete privacy which one is privileged to enjoy. There are no attendants, no masseurs, no swimming pool, no miniature golf course. And seldom any one to share your siesta with. You are alone with nature and your own thoughts; you can dream to your heart's content or idle away the time watching the gulls, the seals, or the ubiquitous kelp. If you wish to stay overnight, cabins and meals are available at modest rates. The cooking is especially good and has the home touch. There are no radios or television sets in the cabins. You will have no need of them either, for when you retire after a day at the baths you fall off immediately and sleep a dreamless sleep.

Some people come merely to get rid of a hang-over; some because they are fed up, sick of it all. But no matter for what reason one comes one leaves feeling like a new being and ready to face the new day with vigor and confidence. Some return to spend their vacation at the baths, knowing from experience that here they may really enjoy peace and solitude. One thing is certain, if you can stay a month and take the waters, you are almost certain never to visit a doctor again. The real danger is that, having once enjoyed a full measure of health, inner and outer, you may never return to your old ways.

As every one knows, the Greeks and the Romans, who were addicted, so to speak, to open air baths, were convinced that the waters not only healed and rejuvenated but increased one's virility. Even when, out of boredom, they committed suicide in the warm baths one must agree that they did it in the most delicious way. Not that we recommend the baths as a way out but only to contrast the art of living and dying as practised by the ancients with our own crude ways.

To the best of our knowledge no one has even thought of opening his veins at the Hot Springs, nor has any one been bitten by a rattlesnake, nor has a loosened boulder come crashing through the shed and squashed him like a bed-bug. At the worst one may find a tick or two in his clothes on retiring, but when one is thoroughly relaxed and at peace with the world, even a blood-sucking leech seems like less than a trifle.

We urge you to visit the baths before any grand improvements are made. Every year there is a rumor that the establishment will be completely renovated, but to date nothing has happened. The chances are that the baths will remain in their present state long after you are dead, long after the whole white race is extinguished. But before you die, before you concede that your problems are insoluble, try a week at Slate's Springs. It may alter the course of your whole life. It may not only cure your complaints, real or imaginary, but it may push you into a new way of life based on relaxation, tolerance and purposelessness.

Henry Miller

THE SOVIET-AMERICAN EXCHANGE PROGRAM

By Michael Murphy & James Hickman

Mary Payne

Joseph Goldin (with microphone) and Jim Hickman respond to questions from the audience.

Since 1971, we have been interested in Soviet research programs that relate to human potentials. In our judgement these programs form a significant cultural development in the USSR, one that is similar to the human potential movement in the United States, Europe, and Latin America. Because this movement in the West has not been adequately understood by social historians, its counterpart in the Soviet Union goes largely unnoticed. Yet it is growing and we feel it should be appreciated. We feel it is a hopeful development because Soviet research of this kind will contribute to our understanding of the higher human possibilities. In addition, their work and ours can lead to cultural and scientific exchanges that might help to promote understanding and friendship between our nations.

Recently, Esalen initiated a Soviet-American exchange program to encourage the dissemination of information, the sponsorship of seminars, and the promotion of dialogues among scientists in these areas. Four of us have traveled to the USSR to attend scientific conferences and initiate future programs. In October, 1979, Jim Hickman and Mary Payne attended a conference on the unconscious in Tbilisi, Georgia. There they met Joseph Goldin, Scientific Secretary of the USSR Academy of Sciences' Commission for the Complex Study of Man, who is coordinating investigations into those human potentials the Soviets call "hidden reserves." Goldin arranged that we represent Esalen Institute at the International Conference on Sports and Modern Society that was held in conjunction with the 1980 Olympic Games. As guests of the Soviet Sports Committee, we were featured speakers at the conference, discussing the role of mind in exceptional physical performance. With Dulce Murphy and Mary Payne, we stayed in the Soviet Union for six weeks during July and August, 1980, meeting with scientists, journalists, artists, athletes, and political analysts who want to cooperate in a variety of Soviet-American projects.

There is a remarkable symmetry, we discovered, between Soviet and American interests in these fields. The Soviet term "hidden reserves," for example, is almost identical to the American "human potential" as a guiding idea. Soviet concern with "maximum performance" resembles American studies of "peak experience." Soviet research on "bioplasma," "biophysical effects," and "distant bioinformation interactions" resemble American studies of "energy fields," "dowsing," and "remote viewing." Here are some further examples of this symmetry:

- A significant portion of the medical community is actively pursuing a variety of alternatives to traditional health care. Their interests include homeopathy, acupuncture, psychic healing, biofeedback, physiological self control, and herbal medicine. In a recent editorial, the Minister of Health of the USSR emphasized the importance of studying healthy individuals to better understand disease.

- Interest in spiritual (or "mind-assisted") healing is widespread. A recent television special on this subject (in which Hickman appeared) was broadcast through the Soviet Union. Under sponsorship of the Ministry of Health a clinic is being constructed in Moscow where citizens can be treated by spiritual healers.

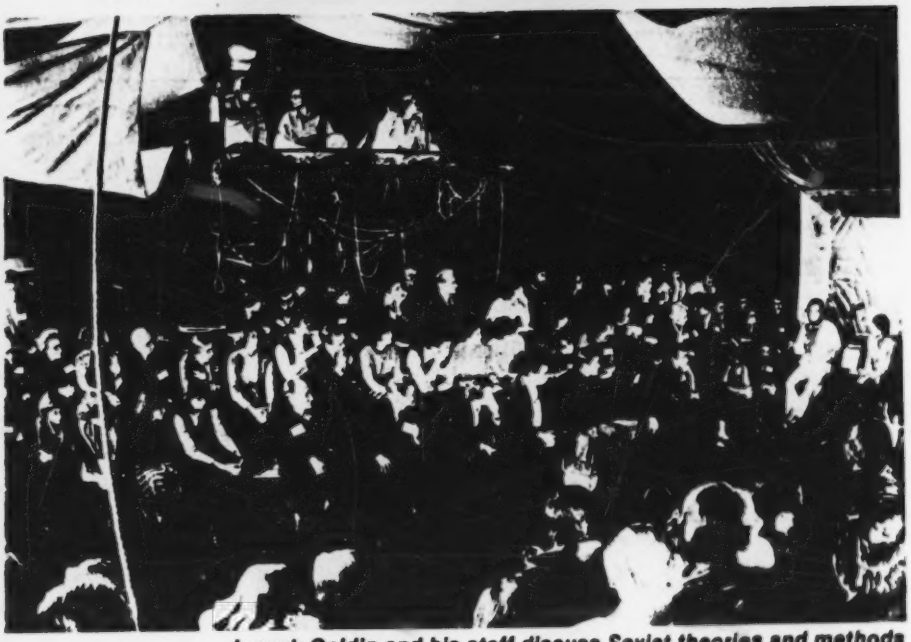
- The USSR Academy of Sciences' Commission for the Complex Study of Man recently sponsored a series of eight lectures on the relationship between sports and hidden human reserves. The speakers included atheletes, coaches, and scientists. Each lecture was attended by more than one thousand people.

- Several institutes are studying clairvoyance and psychokinesis. At Kazakh State University, Victor Inyushin and his colleagues are applying their studies of the "bio-field" to various agricultural and medical projects with apparent success. Some 5,000 people are treated at one of their centers each year. Inyushin links his work with the research of Alexander Romen, a pioneer in Psychical Self Regulation (PSR). PSR is defined by Romen as "a direct, purposeful regulation of the various actions, reactions, and processes of an organism realized by means of its own psychic (mental) activity." His system is a synthesis of yoga, hypnosis, autogenic training, and the martial arts.

- In Moscow, Dr. Igor Charkovsky teaches infants to swim. He believes that newborn children are natural swimmers and that through regular swimming exercises they will live longer and healthier

Mary Payne

Russian children enjoy Goldin's "Expedition to Hidden Human Reserves."



Joseph Goldin and his staff discuss Soviet theories and methods in the field of human reserves.

lives than their nonaquatic counterparts. A recent study conducted by the Moscow Public Health Office showed that 18 out of 100 baby swimmers had slight colds during a particular year as compared with 82 nonswimmers who experienced heavy colds.

• *Life After Life*, Raymond Moody's bestselling American book on near-death experiences, has become a national bestseller in the USSR. The experience of continued consciousness after clinical death has been widely reported in the Soviet Union by patients who are brought back to life. Apparently the attending physicians and nurses are fascinated with the similarities between Moody's reports and their own observations.

• Thousands of Soviet citizens are reading such contemporary Western literature of transcendence and human potential as the books of Carlos Castaneda, John Lilly, Abraham Maslow, and Fritz Perls. Literature on yoga, Sufism, Cabala, lost knowledge of ancient civilizations, and other esoteric subjects finds a wide audience. We met several hundred people interested in these ideas and occasionally stayed up through the night in conversation with them. We were surprised by their relative freedom to explore such subjects, a dramatic change from visits we made to the USSR in 1971 and 1972.

UPDATE

James Hickman

As director of the Esalen Institute Soviet-American Exchange Program, I traveled to Moscow in January, 1981, to meet with personnel from several Soviet research institutes to discuss the possibility of an exchange over the next five years. My visit coincided with an educational experiment that took 200 Muscovites on an "Expedition to the Hidden Human Reserves." This event was a 12 hour experience to explore the dimensions of human physical, mental, and psychic capacities. Sponsored by the Cultural Department of the Municipality of Moscow and organized by Joseph Goldin, Scientific Secretary of the USSR Academy of Sciences' Commission for the Complex Study of Man, the "expedition" was conceived as the launching of an international exploration of neglected human potentials.

Formally the "expedition" constituted a series of dramatic events. Children demonstrated their athletic prowess by maneuvering through a rope "jungle" and exhibited their creativity with music, painting, and architectural designs. This stimulated a lively discussion on guidelines for developing a child's psychic and physical abilities and how to apply this particular experience to everyday life.

Several scientists gave short lectures about theoretical and practical approaches to developing hidden reserves. The audience's favorite was Cosmonaut Gretchko, Soviet Commander of the Appollo-Soyuz Space Flight, who emphasized the importance of developing "hidden human reserve capacities" in such fields as creativity, accelerated learning, non-traditional healing, stress management, and sports. I presented a slide-lecture about Esalen and, with Joseph Goldin, answered questions from the audience. At regular intervals a Moscow psychologist led relaxation exercises to relieve the group's fatigue.

In reflecting on that day I feel that I witnessed a unique moment in Soviet cultural history. A journalist, writing in the Soviet magazine *Weekly*, described the event as follows: "To evoke physical and psychic abilities doesn't infer turning every man into a genius. There are no tools or methods available to achieve that. . .But when hidden capacities reveal themselves in millions of people at one time, Humankind will acquire a new quality. I like to think that when, many years after, somebody asks what happened on that winter Saturday in 1981 a knowledgable person will answer: On January 17, 1981, this Moscow expedition started man on the voyage to his own self."

ESALEN AND ENERGY INDEPENDENCE

Jane English

Planning, engineering, and analyzing the Esalen Energy Program.

Esalen has developed and embarked on a cost effective energy program designed to drastically reduce outside energy purchases over the next several years while preserving the exquisite environmental specialness that is Esalen. Following a six-month study period, during which electric watt meters were installed on various buildings and appliances to measure electric power consumption, and propane gas meters were installed to measure propane consumption, a composite tabulation of all Esalen's energy requirements was obtained. An engineering analysis and exploration was then conducted to examine the economics and feasibility of alternative methods of supplying this energy, including solar, geothermal, wind, conservation methods, reduced consumption through insulation, and hydroelectric power generation. That investigation resulted in a four-element program approved in principle by the managers and trustees of Esalen. These four elements are as follows:

1) Geothermal space heating and hot shower needs.
All space heating and hot shower needs would be provided geothermally by excess hot springs water overflowing from the hot baths. The hot springs would flow through a heat exchanger, transferring heat to fresh water which in turn would be circulated by a small pump around the entire Esalen property. This hot water would enter each building and heat the rooms by means of a fin-and-tube heat exchanger. Since the hot springs are 117°F leaving the ground, and after all pipe losses are considered, a minimum water temperature of 100°F became the design criteria. Technical people familiar with heat transfer will recognize that this is far too low a temperature for practical room heating using conventional water fin-and-tube heaters. Enter a gifted Esalen work-scholar, David Pilati, with a Ph.D. in nuclear engineering. Working with a labor of love, a new fin-and-tube room heat exchanger was designed specifically for the low temperature water existing at Esalen and thus has made possible a practical means to heat all the buildings at Esalen. To verify the correctness of the design, a test laboratory was constructed in the Esalen swimming pool pump house, and various models of the new, quiet, low temperature fin-and-tube room heaters are presently being tested. At this writing, all systems look "go" for successful completion of testing by early summer, 1981.

The same circulating fresh hot water will supply the shower needs for all the rooms at Esalen.

Basically, the hot springs heat exchanger concept has been successfully utilized for the past three years in heating the Esalen swimming pool. Extension of that principle to space heating awaited only the development of a low temperature fin-and-tube room heater.

2) Solar hot water space heating for South Coast.
The space heating for South Coast would be converted to solar heated hot water, backed up by the existing propane system when the sun is obscured. The solar panels used in the system would be constructed by work-scholars assigned to the energy project approximately one year hence. Energy will be stored in the form of hot water in an insulated tank and extracted at night. A three-day energy supply can be stored in this manner.

3) Propane-powered, six-month electrical power generator.
With all space and hot water energy needs supplied geothermally on the Esalen property, the remaining small electrical needs for lights and motors can be supplied by an engine-driven electric generator fueled by stored propane.

The existing propane tanks on the Esalen property have sufficient capacity to provide six months of electricity even if all outside sources of electricity are interrupted. It is planned to continue to purchase the small amount of electricity required and maintain the stored propane for emergency use.

4) Optional hydro-generated electricity.
The engineering design to generate electric power by means of a hydraulic turbine (pelton wheel) driving an electric generator has been completed. The Esalen creek would supply the hydraulic power. Data has been taken for the past 1½ years on water flow rate and that data indicates all our electrical power needs can be net from this source. The water flow rate varies, however, by a factor of 10 to 1 from the winter, when it rains, to the summer, when rain is a rarity and the creek flow rate is at a minimum.

Two system designs are possible. The first is a minimum power design which would operate all year by diverting 50% of the creek water flow into a plastic pipe, approximately 12 inches in diameter, and delivering this water to the hydroelectric generator. The generator would be located below the Big House at the creek-bed level and be contained in a totally foliage-hidden, small building approximately 6 × 10 × 8 feet. Operation of the generator would be entirely noiseless. The discharge water from the turbine would be returned to the creek bed at this point and would proceed naturally to the ocean, its original destination, with no chemical change or contamination of any kind. Only the falling or potential energy has been extracted to generate the electricity. The pipe would begin approximately 800 feet upstream from the creek bridge and would be anchored into the canyon wall, well above the creek bed on the south side. Every attempt would be made to camouflage the pipe with natural vegetation, and it is felt that the pipe, as it emerges from the canyon and proceeds to its termination below the Big House, would be covered with ivy and rendered totally invisible within 12 months. Indeed, the only noticeable environmental impact of the system would be the reduction, by half, of the creek water level and waterfall flow rate during the summer months.

The second system design is a maximum power design which would operate only during the winter months when the creek flow rate is very high and the creek is in essentially a flood stage. The system would be shut off from approximately April to November, thereby eliminating any impact on the creek or waterfall during the low flow summer months. While in operation, however, the system would produce 3-4 times more electricity than required for current consumption, the balance being sold to Pacific Gas and Electric (PG & E), and credited to our account. During the summer months, when the system is inoperative, electricity would be supplied by PG & E and our account debited. Should PG & E power be interrupted for any reason, the propane-powered generator would automatically take up the load.

The discussions of the merits of each system or even whether the creek should be altered in any way to produce electricity will make for a lively discussion among the residents of Esalen. In any event, the soft technology approach using the bountiful resources existing at Esalen give rise to an exciting future for Esalen and its possible energy independence. Raman (Jose Mozic)

Raman (Jose Mozic) is the Esalen staff electrical engineer.

PREDICTABLE AND UNPREDICTABLE EFFECTS OF NUCLEAR WAR

The following piece is from the proceedings of the first congress of the International Physicians for the Prevention of Nuclear War, Airlie, Virginia, March 20-25, 1981.

The consequences of the nuclear attack on Hiroshima and Nagasaki were disastrous. Yet even they do not serve as adequate precedents for the amount of death and destruction that would follow nuclear warfare today. Given any scenario of a massive nuclear strike in present conditions, the fate of the inhabitants of those two cities would be shared by tens to hundreds of millions of people. Even a single one-megaton nuclear bomb explosion (80 times more powerful than that dropped on Hiroshima) over an urban area would cause death and injury to people on a scale unprecedented in the history of mankind and would present any remaining medical services with insoluble problems. In the event of a major nuclear war there would be thousands of such explosions.

We must distinguish between the immediate and the delayed effects of nuclear war. Among the immediate effects are mass deaths in the first hours, days and weeks after an explosion. These are caused by the simultaneous effects of blast, heat, and large doses of penetrating radiation. The numbers of such deaths would be magnified catastrophically by the destruction of buildings, by secondary fires, by disruption of all life-support systems including electric power, communication, and transportation, and by the destruction and contamination of the water supply and of foodstocks.

It is difficult for us, as physicians, to describe adequately the human suffering that would ensue. Hundreds of thousands would suffer third-degree burns, multiple crushing injuries and fractures, hemorrhage, secondary infection, and combinations of all of these. When we contemplate disasters, we often assume that abundant medical resources and personnel will be available. But contemporary nuclear war would inevitably destroy hospitals and other medical facilities, kill and disable most medical personnel, and prevent surviving physicians from coming to the aid of the injured because of widespread radiation dangers. The hundreds of thousands of burned and otherwise wounded people would not have any medical care as we now conceive of it: no morphine for pain, no intravenous fluids, no emergency surgery, no antibiotics, no dressings, no skilled nursing, and little or no food or water. The survivors will envy the dead.

It is known from the Japanese experience that in the immediate aftermath of an explosion, and for many months thereafter, the survivors suffer not only from their physical injuries — radiation sickness, burns, and other trauma — but also from profound psychological shock caused by their exposure to such overwhelming destruction and mass death. The problem is social as well as individual. The social fabric upon which human existence depends would be irreparably damaged.

Those who did not perish during the initial attack would face serious — even lifelong — dangers. Many exposed persons would be at increased risk, throughout the remainder of their lives, of leukemia and a variety of malignant tumors. The risk is emotional as well as physical. Tens of thousands would live with the fear of developing cancer or of transmitting genetic defects, for they would understand that nuclear weapons, unlike conventional weapons, have memories — long, radioactive memories. Children are known to be particularly susceptible to most of these effects. Exposure of fetuses would result in the birth of children with small head size, mental retardation, and impaired growth and development. Many exposed persons would develop radiation cataracts and chromosomal aberrations.

Delayed radioactive fallout from multiple nuclear detonations would render large areas of land uninhabitable for prolonged periods of time, making it impossible to produce the food upon which the survival of whole populations would depend. Aside from the severe effects in the areas most immediately affected by explosion or local fallout, there would occur effects from both ground and air bursts throughout the world. Fallout would increase the incidence of cancers and of genetic defects in nations and populations far from the target areas. These and other effects are difficult to quantify, but it is known that they would occur.

The use of nuclear weapons with an aggregate yield greatly exceeding that of all the explosions (including atomic explosions) in human history poses dangers to the entire planet, and to all of mankind. Among these are profound disruptions of the ecological balance: disturbances to all living organisms, crops, and the atmosphere, with consequences of a nature and magnitude we can only guess at. For example, the release into the atmosphere of large quantities of oxides of nitrogen, formed during multiple nuclear explosions, could disturb the ozone layer of the atmosphere, which protects the surface of the earth from the penetrating component of ultraviolet radiation, and this would probably cause the death of vegetation and animals, and injury to people. In the magnitude, duration, and variety of the dangers it poses to biological and social survival, nuclear war has no precedent in the experience of mankind. The survival of civilized life is at stake.

In one likely and specific scenario that we have considered, an all-out nuclear war between the United States and the Soviet Union in the mid-1980's, it is likely that

1) the population will be devastated.
   - Over 200,000,000 men, women, and children will be killed immediately.
   - Over 60,000 will be injured.
   - Among the injured, 30,000,000 will experience radiation sickness

Steve Beck

20,000,000 will experience trauma and burns.
10,000,000 will experience trauma, burns, and radiation sickness.

2) Medical resources will be incapable of coping with those injured by blast, thermal energy, and radiation.
   - 80% of physicians will die.
   - 80% of hospital beds will be destroyed.
   - Stores of blood plasma, antibiotics, and drugs will be destroyed or severely compromised.
   - Food and water will be extensively contaminated.
   - Transportation and communication facilities will be destroyed.

3) The effect on adjacent countries is incalculable.

4) Civil defense will be unable to alter the death and devastation described above to any appreciable extent.

5) The disaster will have continuing consequences.
   - Food production will be profoundly altered.
   - Fallout will constitute a continuing problem.
   - Survivors with altered immunity, malnutrition, an unsanitary environment, and severe exposure problems will be subject to lethal enteric infections.

6) Profound changes in weather caused by particulates and reduction of atmospheric ozone with attendant alterations in man, animal, and plant species may be anticipated.

7) Among long-term survivors, a striking increase in leukemia and other malignancies will be observed, most severe in those who are children at the time of exposure.

For further information write to Physicians for Social Responsibility, Inc. P.O. Box 144, 56 North Beacon St., Watertown, Massachussetts 02172.

WHO'S RESPONSIBLE AT ESALEN

We have long regarded Esalen Institute as an educational laboratory. Our evolving philosophical and operational positions reflect this regard. Underlying it all is a baseline ethic of "self-awareness and self-responsibility," the basis for our world view and our educational approach. The self-awareness/self-responsibility ethic has grown and stabilized out of at least two generations of weighty disillusioning social and political events—all connected by a common reminder: Give away your personal faculties of discernment, of evaluation, of self-reference, and you lose your integrity, your wholeness. "Take responsibility for your every thought, your every feeling, your every action," said Fritz Perls. We view the implications of this position as being social as well as personal. They concern the ways we relate to ourselves and others.

In our position as educators, we invite people to take responsibility for their whole life situation while at Esalen. This includes taking responsibility for who they select as their teachers, their leaders, their gurus, their authority figures, and so on—and to be aware, whenever possible, of what effect this has on them. We, of necessity, are setting up a situation for our seminarians to learn the practice of self-responsibility from the time they consider selecting a workshop, not just during the workshop. Ideally the same attitude will pervade after a workshop when our seminarians go back to the community.

As we have become more thoughtful and self-critical about the overall direction of Esalen, we have begun to concentrate on enhancing our basic offering—the Esalen environment and life style. Our primary emphasis is not on teaching particular truths or personal and interpersonal techniques for daily life; rather our primary concern is with a particular consciousness and developing an environment to support the evolution of that consciousness—the consciousness of self-awareness/self-responsibility.

Joyce Rogers

Esalen Seminars

Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose that approach which feels most appropriate and pursue it in subsequent seminars. For those who wish an extended stay of a month or more, there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work-Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 37 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there are lectures, films, dance performances, choirs, puppet shows, or other forms of entertainment. Bodywork of various kinds is available by appointment with individual practitioners, including massage, deep-tissue, polarity, and rolfing. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman Boeve

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls).

Schedule

September 11-13
September 20-25
October 2-4
October 11-16
October 23-25
November 6-8
November 15-20
November 27-29
December 13-18
December 25-27
January 15-17
January 24-29
February 7-12

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Benj Langdon

Similar in format to Experiencing Esalen, but with a greater focus on a wide variety of body oriented approaches.

Schedule

September 25-27
October 9-11
October 30-November 1
November 20-22
November 29-December 4
December 18-20
January 8-10
January 22-24
February 12-14

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Schedule

September 18-20
September 27-October 2
November 8-13
January 3-8
February 14-19

Gestalt practice is a form — nonanalytic, noncoercive, non-judgmental — evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. Other leaders may be involved in single sessions.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J.C. Pearce); *Illusions* (Richard Bach).

Esalen Seminars

Weekend of September 6-11

Massage for Health Professionals

Deane Juhan
Brita Ostrom &
Esalen Massage Practitioners

This workshop is for people who touch the lives of others who are in dis-ease. It has several objectives: to cultivate the awareness of touching and being touched; to provide experiences of contacting others without words; to demonstrate methods of touching and massage; and to demonstrate the relationship between simple physical contact and the reduction of bodily stress. For additional information see page 38. $400

A Workshop in Creative Movement

Anna Halprin
& Daria Halprin-Khaligi

"The fact that there has always been dance compels us to accept it as an old, deeply rooted human activity whose foundations reside in the nature of human beings. It will continue as long as the rhythmic flow of energy operates, and until man/woman ceases to respond to the forces of life and the universe. As long as there is life, there will be dance." — Margaret H. Doubler

This workshop is designed to explore through movement and dance one's own life resources and themes. It will encourage the integration of emotional and physical expression, utilizing dance, gestalt principles, and visualization exercises. Principles of movement ritual will be an important focus.

Recommended Readings: *Movement Ritual I*, by Anna Halprin, and *Collected Writings II*, by Anna Halprin, available by writing the San Francisco Dancers' Workshop, 321 Divisadero Street, San Francisco, Ca. 94117.
$400

Symbols of Personal Growth: The Tarot

Angeles Arrien
& Sharon Jeffrey

The tarot provides a visual map for aiding personal growth and transformation. During this seminar visual symbols will be examined, with an emphasis on how they can be applied in personal, psychological, educational, and managerial situations. The signficance and meaning of the myths, colors, numbers, and astrological aspects found within the Thoth deck will be explored and related to personal growth processes. Individual consultations will be a part of the week's experience. $400

Couples Workshop: Open the Experiences and Feelings

Merri Goldenson (Devarani)
& John Majuri

This workshop for couples will explore ways of deepening relationships into a state of greater intimacy. Utilizing the strength and mutual support of intimate contact can aid us in our exploration and expansion as individuals.

The workshop will provide a supportive, safe environment for the lost child within all of us, helping us soften, let go, and surrender to ourselves and to the other. We will also present some didactic material which will be useful in understanding the structure and mechanisms of relationships.

We will utilize methods of neo-Reichian intensive, group interaction, bioenergetics, guided imagery, transactional analysis, hypnosis, dance, and massage. $400

Life Energy Practice: An Introduction

Stephano Sabetti

"Life energy practice" is an East/West body oriented development process based on the uniqueness of the individual. This seminar will explore theoretically and experientially the various levels and patterns of energy upon which disturbances as well as healing channels exist.

Through specially designed light and intensive group energy movements, all discrepant vibrations may seek discharge. This can be experienced emotionally, as physical coldness, through color visualization, or simply as shaking. Individual work will focus on energy diagnosis, important life lessons, key energy patterns, and process difficulties. $400

Weekend of September 11-13

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $200

Preparing for Conscious Childbirth: A Workshop for Pregnant Couples

Honey Rose
Peggy Morrison Horan
Jane Miletich
& the Esalen Mothers

Come prepared to share your hopes, fear, experience, and expectations with other pregnant couples. By recognizing and owning the joys possible through conscious childbirth, we will explore the birthing possibilities available today. Film, exercise, massage, nutrition, and ritual, will be included in the seminar. $200

Exploring Self-Acceptance

David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $200

The Elements: Archetypes of Transformation and Healing

Ralph Metzner

The "elements" (four in the European tradition, five in Indian and Chinese) represent fundamental principles of life and nature. Their meanings extend into psychosomatic illness/wellness, personality types (Jung's functions, the humors, astrology), the alchemy of relationships, ecological awareness, and planetary unity. In this workshop we study their symbolic expressions in various traditions, and experience how they can further the integration of body, psyche, spirit, and nature. Methods used will include meditation, guided symbolic imagery, audio-visual media, breath and movement, body and field energy awareness, polarity balancing, and sensory attunement. $200

George Ehrlich

Opening. . .Changing

Emmett & Sandra Ferreira Miller

For change to occur, we must allow ourselves to be aware of new information, either from the outside or from within. Openness and receptivity allow this new information to create desirable changes.

After eliminating obstacles to this process, through deep relaxation of the body and mind, our exploration of new possibilities will take place in stillness and in imagery, in movement and in touch, and in incorporating and echoing the environment around us. Finally, as desirable changes emerge, we may choose to reinforce them and to discover ways to integrate them into our lives. Music, dance, massage, and playful communication will be part of this workshop.

$200

September 13-20

Woman's Challenge: A Dance of Adventure

Elisa Lodge & Annie Callaway

During this seven-day adventure, starting at Arroyo Seco, we hike westward with the sun through chapparal, spreading oaks, and fields of wild flowers, emerging from the redwoods on the edge of the continent — the spectacular Big Sur coast.

During our journey we explore our inner world: our feminine roles and archetypes; the dominant and shadowy parts of ourselves; our vulnerability and strengths; our heroism and our adventurousness. Woven into our week are group process work, traditional wilderness skills, rock climbing, rappelling, and Rolfing movement integration, designed to open ourselves to balance, grace, and fluidity. Each of us spends 24 hours alone in reflection and contemplation near the end of the trip.

We will camp out at Esalen our first night and return Sunday morning to spend time in the baths. Lunch will be our final meal together. No previous experience necessary. Complete equipment list will be sent on registration.

$350

Week of September 13-18

Motion and Emotion: A Week of Gestalt Practice and Improvisational Theatre

Christine Price & Susan Tanner

Gestalt practice is a form — nonanalytic, noncoercive, nonjudgmental — evolving out of the work of Fritz Perls. With the use of guided meditations and individual open seat work, participants have the opportunity to contact and explore their present experience, including unfinished situations from the past and fantasies of the future. Improvisational theatre provides an environment in which the players can bring their experience and life into creative expression through movement, music, and the creation of characters. Improvisation can be an expression, affirmation, and celebration of the experiences discovered in the gestalt process.

$400

Gestalt and the Organism
Seymour Carter

This workshop will address the awakening of dormant potentials which have been set aside or misused in the quest to shape ourselves into an idealized self-image.

As we explore our innate qualities more fully we can gain a fresh perspective as new possibilities open to us. Participants will be considered as unique individuals in their own process of development, a process to be honored and encouraged for further growth.

The gestalt method is the basis of the work in this seminar, supported by various body oriented disciplines including sensory awareness, bioenergetics, Rolfing, and aikido. $400

Still Point, Turning Point: A "Good Medicine Show" for Mind, Heart, and Body
David Schiffman

"Anything which is forced or misunderstood can never be beautiful." — Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what we've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of the selfdefeating patterns of the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us. No matter how difficult or frightening they may seem initially, the felt sense that they share as we pass through them is that they are "good medicine" for our souls.

In this workshop we will come together in the spirit of being simply and lovingly at home in ourselves. We will create a community whose aim is to explore and move through our individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $400

Opening the Feelings
Siri Mishler

To grow in the capacity to experience and express deep feeling, to connect up with oneself, and to contact others is the aim of this workshop. We will use Radix® neo-Reichian methods of emotional release, the most important of which is the Radix® intensive, a period of individual work within a small group setting. Grief or pain, fear and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. $400

A Psychic Training Program
Anne & Jim Armstrong

This workshop is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities. During the training exercises Anne Armstrong will use her own "tracking" abilities, acquired from over twenty years' experience in this field, to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the psychic input they normally receive. One of the basic objectives of the workshop is to de-mystify the intuitive/psychic process and train you to use it in all areas of your life — personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $400

Weekend of September 18-20

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 11. $200

Weekend Massage Intensive
Esalen Massage Practitioners

This seminar gives basic instruction in massage. Through demonstration and practice, participants are taught the location of major muscle groups. They are also shown how to begin, develop, and close a session of full-body massage. The emphasis in this instruction is upon awareness of the quality of one's touch and of those areas in ourselves and others that need relief. $200

Couples Workshop: Intimacy and Personal Growth
Betsy Hand & Gerald Smith

This workshop seeks to join the strengthening of mutual support and individual expression. Some of the time will be spent using structured approaches for enhancing communication, being separate, trusting, and fighting fairly. $200 per participant

See Yourself Release
Gael Switzer & Wendy Oser

This workshop seeks to expand self-image and promote a freer, more graceful body. We use facilated video feedback and integrated movement education to gently guide you toward releasing patterns of holding that contribute to tension, pain, and awkwardness, and a limited view of yourself. You may experience subtle yet powerful shifts, first in ordinary activities (breathing, walking, sitting), then in more sophisticated areas such as how you use your body in work, play, or any other movement discipline. You will be taught skills that will continue to enhance your elegance and allow you to see yourself with greater objectivity and compassion. $200

Introduction to Vipassana Meditation
Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion. The seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate vipassana practice in daily life after the workshop is over. $200

Week of September 20-25

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 11. $400

Open Feelings: A Path to Consciousness
Clair Killen & Jenny Windsor

Using Radix® neo-Reichian emotional release methods, movement, meditation, and massage we experience our body armor, we discover ways we control our lives, we feel alive, we have fun, and we consider new choices for living. $400

Nuclear Nightmare
Howard Kornfeld

"Be here now, be here tomorrow to talk about it." — Ann-Marie Hogan, Berkeley, January 2, 1981

We have reached the point in human evolution at which a significant shift in human consciousness seems to be necessary for human survival. An element of this shift is manifest in various trends in which a segment of American society has embraced more natural, quiet, meditative lifestyles as a response to the more complex and dangerous domestic and global situation. Another needed element in this shift will be an awareness of the rising risk of nuclear conflict. To this end we will consider the objective and subjective elements of this paradigm shift. Recommended reading: *Nuclear Nightmare* (Nigel Calder), *Mind and Nature* (Gregory Bateson). $400

Yoga, Massage, and Dance
Deborah Medow

You are invited to share five nurturing days devoted to rediscovering and enlivening body, mind, and spirit. We will spend our mornings learning basic yoga philosophy and theory, methods of meditation, and asanas (yoga postures), along with sharing yogic breakfast meals together. In the afternoons massage instruction and practice will take place at the baths, with one special massage and picnic day at the beach. Our evenings will be filled with singing, dancing, laughing, crying, contact improvisation, playing theatre games, making music together, and helping each other uncover and express our creative selves. $400

Connecting with Our Hearts
Mari Krieger & Frank Rubenfeld

Connecting with our minds and with our hearts is essential. Most of us have mastered making contact with our minds, and have forgotten the ability we all had as children to come from our hearts. In the process of growing up, we learned to close our hearts, since that is what we imagined we had to do in order to survive. In this workshop, through gestalt and gentle bioenergetics, we will open our hearts and minds, and awaken our spirits. This will help us to contact the essence of our being and, from that place deep within ourselves, to connect with others. $400

September 20-27

The Rites of Passage: A Seven-day Pilgrimage on Horseback Through the Big Sur Wilderness
David Schiffman, Skip Utterback & Rick Jensen

Turning the clock back to a more gently paced time, we will share a profoundly simple style of life together.

Beginning our journey from a remote, beautiful ranch on the river's edge in Arroyo Seco, we'll travel along winding canyon trails through the unspoiled back country of the Ventana Wilderness.

The trip will combine elements from human potential practices, group process work, and traditional equestrian and wilderness skills. It will be a time of simplification and cleansing.

The group will be limited to ten participants. $820

Weekend of September 25-27

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 11. $200

Biocomputers and the Human Spiritual Strivings
John Lilly

Here we wish to pursue an extension that we have been involved in for many years: the application of computer-type thinking to our own brains, minds, biocomputers, and to non-human biocomputers. This mapping, this modelling can be made as detailed or as general as we have time for: from the networks of neurona! processing up through the greater-than-self strivings of our restless spirit. In this framework we pay attention to operations of the mind which generate successful programs for action, thinking, and feeling. Bibliography: *Programming and Metaprogramming in the Human Bio-Computer; Center of the Cyclone; Lilly on Dolphins; Communication Between Man and Dolphin; Dyadic Cyclone.* $200

Perceptual Dysfunction: A Professional Workshop for Educators of the Learning-Disabled
Lawrence Greene

This workshop is oriented toward teachers, school psychologists, and learning disabilities specialists. It will examine specific methods designed to help children process sensory information more efficiently. Criteria for diagnosing and ways of treating perceptual learning disabilities will be presented. The workshop will focus on establishing sensory-motor and behavior modification protocols which address such symptoms as: poor reading comprehension; auditory and visual decoding deficits; hyperactivity; letter reversals; poor concentration; and gross and fine-motor coordination deficits. The workshop will also emphasize the emotional components of a learning disability, and will explore methods for identifying and reducing stress and anxiety in children. Participants in the workshop are eligible to apply for one unit of graduate credit at San Jose University. $200

On the Way to Health: A Guide for Health Practitioners
Phillip Mac

This workshop is designed to look at the stresses of the health provider in training and in practice. We will work toward developing greater personal health consciousness through self-awareness and self-responsibility, and creating a healing environment within ourselves. Body awareness, centering, and visualization will be some of the methods employed. For additional information see page 38. $200

Dream Discovery
Joyce Frazee

"A dream that is not understood is like a letter that is not opened." — Talmud

Each night we receive brilliant, insightful, creative communiques disguised in poetic imagery. In this workshop we will explore how to use our dreams for personal growth, insight, creativity, and problem solving. Participants

will discover that any dream, however fragmentary or prosaic, can offer entry to a new world of insight. Methods for dream discovery will include exercises in dream recall, Senoi dream practices, mandala drawing, gestalt dream work, and psychosynthesis. $200

Week of September 27-October 2

Gestalt Practice
Christine Price & the Esalen Gestalt Staff
For workshop description see page 11. $400

Massage and Movement
Esalen Massage Practitioners
This workshop will include basic massage instruction and awareness exercises, focusing on the qualities of touch. Movement exercises will include the basics of t'ai chi, awareness of body structure, and contact improvisation. $400

A Week with Jack Rosenberg
During this workshop participants will explore many aspects of Jack Rosenberg's energetic approach to sexuality and work with the energy field and the belief systems which keep us locked in obsolete behavior patterns. $400

Stress-Management and Optimal Performance
Ken Dychtwald & Staff
In this workshop we will explore and examine the physical and psychological dynamics and characteristics of stress, with particular attention to ways in which stress can seriously hamper health and all aspects of personal and professional performance.

The daily program will include: running, stretching, and aerobic dancing classes; meditation, relaxation, and stress-reduction sessions; health walks/hikes; massage classes at the Esalen baths; healthy and nutritious meals prepared in the Esalen kitchen; and evening seminars on such topics as stress-management, life planning, time management, total fitness, diet and nutrition, and longevity. This comprehensive program has been designed to allow each participant an opportunity to rest, refresh, and renew while simultaneously learning practical stress-management, self-care, and life-planning skills. $400

Your Psychic Self
Joan Steffy
In an experiential workshop we will contact and explore our psychic or spiritual self and will learn to practically apply psychic energy to our life in the physical world. Participants will receive a series of exercises to begin *prior* to the workshop, in preparation for the expanded states of consciousness we will experience during the week. Some areas to be explored are self-hypnosis for health maintenance, spiritual healing, cleansing and protection, dowsing, telepathy, automatic writing, and mediumistic trance states. Participants will be given take-home methods to enable them a continuing expansion of their psychic awareness and spiritual consciousness. $400

Weekend of October 2-4

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 11. $200

Our Future, Our Health: An Invitational Colloquiem
Rick Carlson & Ken Dychtwald
To some, our health as individuals and as a society has never been better. To others, it has never been worse. Of course, it depends on your point of view. But two things are certain: there is a future, and we will either be healthy or not. This seminar, designed as a colloquiem, will look to the future within a context of alternative futures, and raise issues and questions about our health in the future. What will the critical factors related to health be? Will greater assumption of responsibility for health by more and more people lead to a healthier future? What about bio-hazards and environmental contamination? What about self-regulation? What will the medicine of the future look like? And finally, will the future belong to the sick or the well? These and other issues will be raised in the seminar. As enrollment will be limited, please send a letter stating your background and interests to Rick Carlson, P.O. Box 426, Mill Valley, Ca. 94942. $160

Many Dimensional Self
Jay Ogilvy & Heather Maycock Ogilvy
The question "Who am I?" may have more than one answer. During this weekend we'll explore both the theory and practice of multiple selfhood. What is the self? What does it mean to allow several selves per person? What are the social implications, e.g., when one self makes promises that a person's other selves have to keep? Must there be one "captain of the ship?" What is the price of a well developed ego, a single identity? Do we bring on our identity crises, mid-life crises, dying relationships, over-consuming careers by such one-dimensionality? Might we instead evoke the many gods within us and free the energy of our shadow selves? We will approach these questions both cognitively and experientially using body, mind, and heart. Remembering myths other than monotheism, playing with theories other than ego psychology, working to hear more of our voices, we hope to find integration through communication rather than subordination.

Recommended Reading: *Many Dimensional Man: Decentralizing Self, Society and the Sacred* (Ogilvy) $200

I to Thou: An Existential Growth Group
Galvin Jackson
Through a variety of activities we will build a support group for the nurturance of self-awareness, trust, risking, relations with others, sexual identity, sensual expression, and the freedom necessary to attain a comfort with areas that will permit a carry-over to each participant's own life style. $200

The Gentle Art of Becoming — Together: A Workshop for Couples
David Schiffman
This workship will focus on the reawakening and development of positive and mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of the essential sense of loving and personal integrity. We will look at the beliefs and habits used to celebrate or lose the state of grace and presence which allows growth and joy for our partners and ourselves through the use of intuitional sensing, risk-taking structures, and guided imagery, as well as gestalt awareness methods.
$200 per participant

Week of October 4-9

Self and Beyond
John Zeigler

". . .the key is to open a way whence the imprisoned splendor can escape." — Browning
"Love is nature's psychotherapy." — Eric Berne

Come celebrate your limitlessness and restore the *original* you: loveable, capable, and unscarred by destructive parental/societal belief systems. Invoke a serene and perfect inner self that can give expression to a natural clarity, aliveness, and creativity. We will use a synthesis of intensive body and gestalt work for deep emotional release, self-hypnosis for reprogramming a negative consciousness, and other ancient and modern body/mind/spirit methods. Through supportive group interaction you can experience problems for what they really are: opportunities that can create a spontaneous and unconditional love of self, others, and an abundant universe. Through the options of massage, movement, t'ai chi, music, singing, improvisation, and laughter, you can awaken to the miracle you already are. $400

Self Acceptance: The Freedom to Be
David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop we will focus on how we diminish or affirm these essential qualities as they are expressed through our bodies, our sexuality, our creativity, our relationships to power, our friendships, and our expectations of ourselves and others. In an atmosphere of tenderness and support we will clarify the nature of who we are and how we can best take care of ourselves, both here and on returning home. The workshop will be grounded in gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $400

Reichian Gestalt: A Workshop for Contact and Release
Ma Prita (Laura De Nuccio)

This workshop provides a safe environment to experience consciously the process of our own unfolding — physically, emotionally, energetically, sexually, spiritually.

By *contacting* tension (stuck, accumulated energy) and allowing emotions which have been locked and frozen in our bodies, often since early infancy, we have the opportunity to open ourselves to the creative flow of life energy within us. As we contact and allow our hurts and pain, we can then increase our capacity for pleasure and joy. As we allow our expression of anger, which is a powerfully expansive energy, we can deepen our capacity for love and compassion. As we contact and allow our expression of fear, we move toward trusting ourselves and others.

Utilizing Reichian emotional release, gestalt practice, bioenergetics, Feldenkrais, massage, reflexology, dance, meditation, and various other bodymind approaches, we can move toward expanding our capacity for trust and fulfillment. $400

October 4-11

Trager Psychophysical Integration and Mentastics© Basic Training
Betty Fuller

In this professional training workshop, participants are instructed in Trager table work, receiving directly from the instructor and giving to and receiving from each other under supervision. In addition, participants learn to practice and teach mentastics, learn basic communication skills, clearing exercises, and simple meditations, and have time in group to share and process their experience. This training is open to professionals in education, body work, holistic health care, counseling, psychology, medicine, chiropractic, sports, performing arts, and other disciplines which see movement as a primary means of learning. $630

October 4-30

East and West: Ancient Wisdom and Modern Science
Christina & Stanislav Grof

For workshop description see Special Programs, page 39. $1600

Weekend of October 9-11

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 11. $200

Expressing Your Attractiveness
James Oldham

By finding the ways in which you inhibit your natural attractiveness, you can change how you feel and move. We will focus on specific ways people block themselves from enjoyment. Letting go of these inhibitions allows a wide variety of spontaneous attractive behavior to emerge naturally. This workshop will not attempt to provide formulas or predetermined strategies; rather, it will allow you to find your gifts. The approach will be gestalt, utilizing theatre awareness and special methods of movement awareness.

You may find at the end of this workshop that you are bringing people closer and evoking more interest in the people around you, without your understanding how you are doing it. $200

Back to the Beanstalk: Enchantment and Reality for Couples
Judith & George Brown

Folk tales have been a traditonal source of cultural wisdom on the essence of relationship. In this seminar we will apply the recurring motifs of folk tale relationships to what is happening today. Both experiential and discussion approaches will be used to discover alternatives for the stuck relationships which we so often program for ourselves. The themes of fears and expectations, fantasy vs. reality, communication, and conrol will be explored for singles, couples, and professionals. Suggested reading: *Back to the Beanstalk* by Judith Brown (available through PCA Press, P.O. Box 1837, La Jolla, Ca. 92037). $200

Joyce Rogers

Week of October 11-16

Experiencing Esalen

Experiencing Esalen Staff For workshop description see page 11. $400

A Fellowship of Caring: The Volunteers

Charles Garfield *"Volunteers are like ships. They could stay moored where it's safe and still justify their being, but they choose to cut through the rough waters, ride out the storms, and take their chances."* — Erma Bombeck

Volunteers are the social conscience of the nation. The civil rights, women's, environmental and conservation movements, neighborhood improvement coalitions, and ethnic and religious organizations are all essentially volunteer efforts. They are good examples of human compassion, unselfishness, caring, patience, and just plain loving one another. Ghandi, Schweitzer, and Mother Teresa are exemplars of the tradition of volunteerism. Using the SHANTI Project's experience with patients' and families' life-threatening illnesses as a model for all volunteer efforts, and beginning with the proposition that "none of us makes it unless we all make it," we will explore ways for ending citizen impotence through the dynamics of personal change. Topics include: understanding planetary problems on community, neighborhood, and personal levels; taking personal responsibility for human problems which move us as individuals; selecting, training, and motivating volunteers; structuring and implementing volunteer and self-help services; examining the limits of mutual help and citizen participation; and asking the question of when a problem is "solved." As traditional political, social, and religious organizations face increasing difficulty in a more complex world, channeling our energies into effective grassroots action becomes a more potent force for changing the world — as well as one of the most passionate expressions of love. $400

Serpent Power and the Holy Spirit: An Energy Transformation Workshop

Maureen Lavender We tend to experience tension, the polarity between opposing forces, as conflict. Yet we can, if we will, use this energy as fuel for transformation. In this workshop, we will go directly to the "core" through fire breath, connective tissue work, purification with pranayama, polarity, silence, and symbolic rites of death and rebirth.

Maximum participants: 8. $400

Weekend of October 16-18

Massage Weekend Intensive
Esalen Massage Practitioners
For workshop description see September 18-20. $200

The Rhythms of Relationship
George Leonard
"At the heart of each of us," George Leonard writes in *The Silent Pulse*, "there exists a silent pulse of perfect rhythm, a complex of wave forms and resonances, which is absolutely individual and unique, and yet which connects us to everything in the universe. The act of getting in touch with this pulse can transform our personal experience and in some way alter the world around us." In this workshop, Leonard will explore the concept of *relationship* in terms of *identity* (that which is discrete and unique in every individual) and *holonomy* (that which is universal in every individual). Discussion of this subject will be augmented by visualization exercises and simple movement experiences. $200

The Body: Imagined, Sensed, and Observed
Don Johnson & Dennis Jaffe
We have certain images of how big or small we are, how fat or thin, how straight or curved, how attractive or repulsive, how strong or weak. We have certain ideals of how our bodies should be and notions of how others see us. We also have an "objective" body whose weight, height, muscular tensions, and range of movement can be measured in relation to others' bodies. The conflicts which often exist among these various modes of self-perception can muddle our intelligent activity in the world; in the extreme, they can produce illness. Using guided imagery, movement exercises, methods of perceiving body structure, and group process, we will work to achieve more harmony. $200

Songs of Innocence, Songs of Experience
Nancy Kaye Lunney
This weekend is a voyage into song for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, as well as for accomplished singers who want to improve their performance. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Bring your own favorite song titles or choose from a variety at Esalen. Most important, bring your own styles, your voices, and a willingness to explore your creative potential. $200

Week of October 18-23

Lomi Work
Randy Cherner & Al Bauman
Using the disciplines of aikido, gestalt, Reichian work, and hands-on manipulation, we will develop skills in the expressive and energetic processes as practiced at the Lomi School. $400

Preventing Burnout and Dealing with Medical Impairment: A Workshop for Health Care Professionals
John-Henry Phifferling & Jeffrey Blum
This will be an experiential workshop designed to help health care professionals and their spouses look at ways of preventing impairment and promoting wellness. Health professionals have a high risk of developing disabilities that can threaten the quality of both their personal and professional functions. The workshop will give an overview of risk factors that lead to burnout in the health professional's life style, and review problem solving processes and coping strategies. For additional information see page 38. $400

Self-Discovery Through Meditation
Daniel O'Hanlon
The process of coming to really know ourselves, to get in touch with and transform those places in ourselves which we often unconsciously hide from ourselves, is a lifetime task. For some of us, at certain moments in our growth, practices of quiet meditation drawn from time-tested traditions are precisely what we need for a genuine breakthrough. To meet this need, this workshop will provide introductory instruction and guidance in a variety of meditative practices, drawn from Hindu and Buddhist disciplines, from the Christian traditions of the East and West, and from the recent explorations of the human potential movement.

Suggested readings: *New Seeds of Contemplation* (Merton) and *Zen Mind Beginner's Mind* (Suzuki). $400

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks
An introduction to *sensing*, for more meaningful contact with our own nature and with the world around us.

How we relate to our deep inner needs, to other people, or to different tasks and situations depends on how we *perceive them* and how we trust our own findings. When perception is clear and full, we cannot make mistakes. Our whole organism is geared to respond appropriately. We have come, however, to see through a fog of preconceptions, a bewildering fabric of the ideas and judgments of others. Our own experience has been belittled; our perceptive faculties have lost their edge. The true I and the true you no longer meet. Both life and death have become often threatening fantasies.

Sensory awareness is a practice for rediscovering and reviving full sensory functioning. Through the gradual quieting of premature and inappropriate intellectual activity, it directs our attention both inwards and outwards to the actuality of the present moment. At perceptivity revives, true relationship becomes possible. Each everyday occasion in living gains its own freshness, its own uniqueness. We can become content again, like healthy children, as quality begins to make quantity unimportant.

For additional information see page 38. $400

Weekend of October 23-25

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 11. $200

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks
For workshop description see October 18-23. $200

The Wisdom of the Body

Peter Levine

Whenever any of us are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of these walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes.

We try to break out of these citadels, often with intense, even violent force. This can help to restore some sense of feeling, bringing us "out of our heads" and more into our bodies. These emotional explosions can, however, become habitual, even mechanical, ways of releasing tension. In this workshop we will explore other avenues toward re-discovering deep softer feelings, pleasure, and self-esteem. So, rather than storming our citadels, we will look at softening the body armor; at allowing the body to express itself in its own language within its own rhythm. This return toward grace, which is our birthright, is the wisdom of the body. $200

The Search for Extraterrestrial Intelligence

Gerrit Verschuur

We will look at the stars in the beautiful Big Sur skies and learn to recognize some of the basic constellations. By way of introduction to the search for extraterrestrial intelligence (SETI), the workshop will examine what searches are now being made, why and where extraterrestrial intelligence may reside in our galaxy or elsewhere, and ways of establishing contact with "them." There is already evidence to suggest that such contacts are common, but are they "real"? How can we test for their truth? The time for contact with extraterrestrial intelligence may well be upon us. SETI could involve the general public as well as specialists using radio telescopes. The workshop will include a night of stargazing, so bring warm clothes in case we move to a high elevation and, if possible, bring binoculars. The group leader was the first scientist in the United States to conduct a serious astronomical search for extraterrestrials, and has since explored other ways of learning whether there is anyone out there. $200

Week of October 25-30

The Healing Community: A Workshop and Seminar for Health Care Professionals

Kathleen Keating

We will experience living together as an intentional community as we explore the theory and dynamics of roles and behaviors which are healing, for ourselves as well as for our clients and patients. We will pay particular attention to the powerful healing energy that is created by the total group. There will be special emphasis on the healing modalities and methods in the wellness and holistic health revolution, and also on group dynamics, communication, and methods for uncovering creative solutions. Individuals will have an opportunity to explore individual power and leadership within the group. Any group, whether it is the staff and patients of a medical unit of a general hospital, the staff and patients of a locked psychiatric ward, or the administrative staff of any health care facility, is potentially a healing community. For additional information see page 38. $400

Midwifery and Womanhood Intensive

Raven Lang

This workshop focuses on the arts and skills of the practicing midwife, looking at the complex role of woman and/or mother and/or mate. We will discuss some of the philosophical, political, empirical, and psychological issues surrounding our vocation. We will also cover some of the practical and technical aspects of our craft. All are encouraged to bring and share the wisdom and experiences already gained. Together we will talk, watch videos, teach, sing, dance, and celebrate. Come with a song in your heart, a story to tell, and one skein of wool in your basket. The workshop is limited to 25 women who are practicing, apprenticing, or student midwives. Some scholarships are available. $400

Celebration of Self

Daniel Bianchetta

Our focus this week will be on gently cultivating and nourishing our center within. We will explore our attitudes (ways of re-minding) and actions (ways of re-membering), helping us to move from the periphery of our lives to our core. This place — calm, competent, creative, and compassionate — sometimes is forgotten as we allow our externals to overshadow ourselves.

We will explore ways of uncluttering our external and internal environments. Intuitive and energy awareness, music, meditation, massage, play, and the moment will be a few of our tools. Emphasis will be on taking this quiet place home with you. $400

Movement, Feeling, and Dance

David Silverstein
Heidi Rorick-Schaeffer
& Regina Kerr

In this workshop, we will look at attitudes toward movement, and how they relate to dance. Muscular tensions often limit emotional expression, which in turn can limit our range of movement. Our intention is to loosen the body armor, experience feelings, and expand the range of movement in dance. To assist in this process, we will use neo-Reichian body work, movement exercises, visualizations, and hypnosis.

Join us in exploring and sharing the magic of our dance. $400

Weekend of October 30-November 1

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $200

A Weekend with Will Schutz $200

The Herb Renaissance

Paul Lee

The rebirth of interest in herbs, both culinary and medical, as well as herb gardening, will be the focus of this seminar, introducing many of the major themes and issues of the herb movement in America. Herbs from garlic to thyme, from ginseng and echinacea, will be studied — along with a new view of herbs as immunopotentiating agents on our constitutional defense against illness and disease. Identification of herbs, their chemistry, how to make medical preparations, and how to grow your own supply and thereby lower health costs, will be discussed. As a special feature, Dr. Lee will unveil his work on the Voynich Manuscript, an undeciphered herbal in code from the 13th century by Roger Bacon, thought to contain the Elixir of Life. A basic collection of herbs ready to plant will be made available to all participants, and an herb tea tasting will also be featured. $200

The Use of Anti-Psychotic Drugs (Neuroleptics) in Psychiatry

William Carpenter
Michael Goldstein
Herbert Meltzer
& Julian Silverman

This workshop is concerned with the effects produced in patients by the systematic use of anti-psychotic drugs (neuroleptics). It brings together four individuals whose researches in the field of schizophrenia are known internationally. Each of them has been involved in studies which have evaluated different facets of neuroleptic drug use. This use, which for years was generally positively regarded, has recently created some serious concerns among scientists and clinicians. During the weekend, the four will review their work with neuroleptics and then, in concert, will examine issues which currently are of major importance. The format for the weekend is mainly a series of round table working sessions. At the end of each working session, there will be opportunities for questions and comments. Some of the issues to be considered are: how the neuroleptics clarify and how they interfere with our understanding of mental disorder; implications of recent drug studies for the care of acutely diseased individuals; how drug treatments create disease; how drugs affect different types of patients; relationships between biological factors and personality factors; controlling symptoms vs. caring for patients; revisioning our points of view, our methodologies.

This program is being co-sponsored by Esalen Institute and Aspen Research Institute. It is being offered for health professionals only. Please send a vita wth your application. For additional information see page 38. $200

October 30, 1981 — February 21, 1982

Holistic Health Training Program

Coordinated by Polly Kirby

For workshop description see page 38. $6300

Week of November 1-6

A Psychic Training Program

Anne & Jim Armstrong

For workshop description see September 13-18. $400

Five-Day Massage Intensive

Esalen Massage Practitioners

An introduction to the language of the body, this course will explore the human interior through various windows: yoga, Feldenkrais, movement, demonstration and work sessions, and evening lectures and discussions. Every major portion of the body will be given detailed attention, and your instructors will acquaint you with their individualized styles. In the morning and afternoon practice sessions, the focus will be on integrating this information in your own manner and evolving your own style of working with the body. $400

Choosing to Change

Harry Sloan

Changing is discovering that something new is trying to emerge, and integrating that next step into our daily lives. In this process, we often encounter parts of ourselves that do not nourish change. We resist, either by preventing ourselves from seeing beyond where we are, or by blocking ourselves from integrating and expressing the next step.

In an atmosphere of tenderness and humor, this workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Personal work will stress deepening awareness of our own unique sense of direction and the obstacles in the way. We will focus on learning to allow change through exploring the implications of our choices and seeing how we retard or encourage the expression of our emerging self.

The basic approach will incorporate psychosynthesis with transpersonal and cathartic methods which emphasize releasing and transforming blocked energies. Our purpose together will be to align our will and motivation with the natural process of change and integration. $400

Weekend of November 6-8

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $200

Exploring Self-Acceptance

David Schiffman

For workshop description see September 11-13. $200

Astrology: A Map of the Psyche

Robert Hand

Carl Jung once stated that astrology contained within its teachings the sum total of the psychological knowledge of the ancients. The point of this workshop will be to show the validity of this statement expressed in modern times.

Many people have tried to make astrology fit into various systems of modern psychology. Here we will explore the extent to which astrology is, in itself, a complete system of psychology, which makes its own statements about human nature, and which suggests rather surprising consequences for ideas of human life and behavior.

Little or no previous knowledge of astrology will be required in this workshop. We will be concerned largely with the symbolism and its psychological import, not especially with the techniques of horoscope analysis. Any material of a technical nature that is needed in the workshop will be introduced as we go along. $200

Taking Control of Your Brain and Health

Howard Miller

Lectures and discussions will center on discoveries concerning the brain. For maximum health and disease resistance, we will learn how to use this knowledge to broaded awareness to the point of choosing our emotional and physical states. We will work with the environment in relationship to hypnosis and cellular consciousness. Participants, individually and/or collectively, will have the opportunity to create activities and to develop an experiment. Optional movement and massage will be available. This course is designed to reach far beyond hypnosis and autosuggestion.

Recommended reading: *The Secret Life of Plants* (Baxter); *As Man Becomes Machine* (Rorvik); *Frankenstein's Castle* (Wilson). $200

Week of November 8-13

Gestalt Practice
Esalen Gestalt Staff
For workshop description see page 11. $400

Self Acceptance: The Freedom to Be
David Schiffman
For workshop description see October 4-9. $400

Sexuality and Spirituality
Sam Keen & Marilyn Mason
All of us in Western culture are heirs to dualistic ways of thinking, feeling, and being in the world. We suffer from a schizophrenic vision which posits a necessary civil war between:

mind and body
spirit and matter
reason and emotion
ego and id
spirituality and sexuality
culture and nature
man and woman.

This playshop, consisting of lectures, guided journeys in memory and imagination, kindergarten drawing, and careful touch, will seek to analyze and find ways to heal these conflicts, bring an end to the civil war, and discover how we may make a rich marriage between sexuality and spirituality which will allow us to inhabit fully and transcend the flesh. $400

Opening the Feelings
Joel Dweck & Anne Ruderman
The aim of this Radix®, neo-Reichian workshop is to help participants to grow in their capacity to experience and express deep feeling, to rediscover themselves, and to contact others in a deeper way. Using emotional release methods, the most important being the intensive, which is a period of individual work within a small, supportive group, deeply held emotions of pain, fear, and rage can emerge. This release can soften chronic unconscious patterns of tension, and a new and deeper capacity for pleasure, trust, and love can follow. Each participant will receive two intensives, and the workshop will be limited to ten participants for each facilitator. $400

Weekend of November 13-15

A Feelings Intensive for Couples Only
Janet Zuckerman Boeve & Fred Boeve
This workshop is designed to encourage both of you to express all the pent-up negative, hostile, and abrasive energies you have bottled up in your bodies — *non-verbally* — so that you can make room for all the joy, caring, and nurturing you're entitled to as a couple sharing some of your life together. $200 per participant

Adventures in Self-Exploration
Christina & Stanislav Grof
Focused self-exploration in this workshop will be based on the model of the unconscious that emerged from psychedelic research. It includes not only biographically determined areas but also the dynamics of the death-rebirth process and transpersonal experiences. We will use a combination of music and guided affective imagery, mandala drawing, yoga, massage, and individual work when indicated. $200

The Jungian-Senoi Actualization Approach to Dreams
Strephon Kaplan Williams, Terran Harcort Daily & Harriet Jasik Skibbins
The Jungian-Senoi approach to dreamwork is a dynamic form designed to put us in contact with our own deepest sources. Our world is viewed through the creative mirroring of our dream, the voice of center which includes fearful as well as joyful dynamics. The weekend approach offers the central methods of objectifying the dream, following the dream ego, dialogue, dream reentry, incubation, and the dreamwork actualization task.

By evoking our creative depths, using methodology, meditation, mythic drama, and ritual, we will build a dream community together in the tradition of the Senoi peoples of Malaya. We will create the whole, within which each of us can individuate some basic aspect of our being. $200

The Hypnotherapy of Milton Erickson: A Workshop for Professionals
Jane Parsons
Because he believed that trance seems "to provide a special psychological state in which the patient can reassociate and reorganize his inner psychological complexities," Milton Erickson taught hypnosis by putting his students in trance. This experiential workshop will utilize color videotapes of Dr. Erickson's training workshops taken in October, 1979, to explore his ideas and methods. Some of the themes we will investigate are: "My unconscious is smarter than I am." "Do something to make their symptom undesirable and they'll give it up." "Using their language, join their metaphor." "Change the frame of reference; transform a bitter childhood memory into an adult accomplishment." "Never say the expected thing. When you say the unexpected, the other person has to rearrange his thinking."

This workshop is for professionals in the health field. Non-professionals who wish to participate on a space-available basis may send a letter stating their background and interest in attending to Mrs. Jane A. Parsons, 275 Central Park West, Apt. 4B, New York, N.Y. 10024, or telephone her at (212) 873-4557.

Recommended reading: *Uncommon Therapy* (Haley).

For additional information see page 38. $200

Week of November 15-20

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 11. $400

Opening Feelings: A Path To Consciousness
Clair Killen & Jenny Windsor
For workshop description see September 20-25. $400

George Ehrlich

Pleasure, Sensuality, and Your Body

Barbara Clemans

The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feeling of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact and nurturing, sensitive giving, and relaxed receiving. We will explore new patterns of moving and being together. Feldenkrais awareness, and vital explorations in movement to music. The baths, the rhythm of the ocean, and massage will heighten our awareness of the pleasure inherent in simplicity. $400

Intimate Relationships and Sexual Jealousy

Ayala Pines & Elliot Aronson

What is sexual jealousy? Is it a sign of love or an indication of insecurity? What are the reasons for it? How prevalent is it? What are some of the emotional, physiological, and attitudinal reactions to it? What people and what situations are likely to elicit jealousy? What are its negative and positive effects, and — most important — how can it be coped with more effectively? How can we learn more about ourselves by examining our jealous feelings?

These are some of the questions addressed in this workshop. Through lectures, discussions, personal exploration, and role playing, we will explore critical issues related to jealousy, share current information about this subject, and gain a better understanding of it.

This workshop is intended for couples who wish to deal with the issues of jealousy in their relationship, for therapists and marriage counselors, and for individuals who experience jealousy as a personal problem. $400

Weekend of November 20-22

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $200

Enriching Your Relationship

Emmett & Sandra Ferreira Miller

A weekend for joyful sharing: awakening and reawakening the special beauty and flavor of your relationship as a couple, identifying your strengths and goals as individuals and as a couple, and discovering how these can be harmonious and mutually supportive; learning to use selective awareness methods to maximize effective communication and transform negative patterns of interaction. Our exploration will include massage, movement, music, deep relaxation, and dyadic imagery. $200 per participant

Close Encounters: Experiments in Meeting and Contacting Other Human Beings

Joan Fiore & Jeffrey Kent

This encounter group provides an opportunity for you to pay attention to the quality of your contact with others, particularly to your willingness to invest yourself in relationship, and to your ability to stay true to your own feelings while engaged in relationship. You may discover how you sabotage yourself from having more satisfying relationships; you may discover you're getting exactly what you want from your relationships. You may discover anything; you may discover nothing. You may even discover that you're in charge. $200

Patterns in Islamic Tradition

Andre Patsalides & Irene Abizaid

In this multi-faceted workshop we will combine a scholarly and knowledgeable approach to understanding Islam with the joy of participating in some of its rituals and activities. By presenting a glimpse of the Arab world of the Middle East we hope to show some of the vast richness of the Islamic paradigm. We will explore some aspects of Islamic thought and Sufi mystic tradition as embodied in music, dance, calligraphy, and geometric patterns. $200

Week of November 22-27

Giving Thanks For, With, and To Our Bodies: An Advanced Massage Intensive

Esalen Massage Practitioners

Whether your massage experience is professional or avocational, our aim in the course is to take you deeper into your own work and to provide whatever instruction we can to add to your understanding of the body and to your repertoire of methods. In addition to morning and afternoon practice sessions with various instructors, we will use yoga, movement, evening lectures and discussions, and demonstrations of specific practices to move ourselves out of our old patterns of working.

The following concerns will receive emphasis: how to sustain your energy through a day of treatments; how to use weight and leverage to your advantage; and so on. As we reach more and more deeply into one another, emotional changes can be triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide us with some first-hand practice in productive ways of moving through them.

The format and pace of this course will presume some previous massage experience — at least an introductory five-day intensive or its equivalent in your own practice. $400

Five Days with Jenny O'Connor and the NINE

The NINE describe themselves as being "atoms of pure conscious thought — energizers and giant reflectors of your own instincts and creative imagination."

> *"We take the grit from your eye; you blink yourself." "There is a saying, 'He who hesitates is lost.' This is not quite true, however. He who hesitates the longest is lost the longest." "We are the energy of change through chaos. Chaos is the opposition factor to peace. Both are operational in evolution."*
>
> — The NINE

This week will be spent in dialogue with Jenny and the NINE. $400

Self-Reparenting

Joan Fiore & Jeffrey Kent

As the subtle and not-so-subtle family/cultural pressures of the holiday season begin to make themselves felt this Thanksgiving (and no-Thanks-giving) week, we begin to assemble our survival kits by finding and opening paths in the present that allow us to return to those places in the past where we got stuck. Rather than cut off painful memories from awareness, we give ourselves a fresh opportunity to clean up the unfinished business of early life that can control and rip off our aliveness and our power in the here and now.

Experiments progress from re-wombing and re-birthing to re-searching our families. Modes of exploring are drawn from gestalt practice, neo-Reichian energy release, primal work, family process, guided fantasy, and Fiore re-parenting methods. First priority is on intensive individual work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating through group interactions. $400

Let Go/Let Be *Betty Fuller*

Movement is a primary means to learning about my self, about my relationships with others, and about my place in the universe. This workshop includes physical and mental stress reduction and alignment exercises, guided imagery, nutritional information, and moving meditations, as well as the integrative bodymind approaches of Trager, Feldenkrais, and Rolf-Nolte. For each approach, methods for daily practice and individual followup are presented. The schedule allows time for rest and relaxation at the baths and participation in the work of the Esalen community. $400

Weekend of November 27-29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $200

Alternatives to Traditional Health Practices

Polly Kirby

This workshop gives an overview of recent developments in non-traditional methods of holistic healing, presenting alternative methods to interested participants. Using experiential methods, the participants will explore themselves as healers, discovering preferences and potentials for healing. Various healing modalities will be discussed, including Chinese acupuncture systems, therapeutic touch, homeopathy, and Bach flowers. For additional information see page 38. $200

The Shamanic Journey and Healing: An Experiential Workshop

Michael Harner

The shamanic journey is one of the most ancient visionary methods used by humankind to enter nonordinary reality and explore the hidden universe otherwise known mainly through myth and dream. Participants will undergo an experiential initiation into the journey, aided by traditional drumming and dancing. Using the spirit canoe and other methods, they will learn how the shaman's journey can be used to restore power and health, to acquire knowledge, and to solve personal problems. Participants will be introduced to shamanic seeing, to shamanic interaction with the powers of nature, and to the practical application of shamanism in their daily lives.

Recommended reading: *The Way of the Shaman: A Guide to Power and Healing* (Harner). $200

Fluidity of Being: Rolfing® Movement Integration
Elisa Lodge

"Mr. Dufy lived a short distance from his body." — James Joyce

This workshop provides a creative environment to explore the concepts of movement education based on the principles of Ida Rolf — a process of fine tuning and harmonizing our unique instrument from restricted to spontaneous, tense to flowing, inhibited to open. We focus on deepening our kinesthetic awareness of the relationship between our body's structure and emotional attitudes. Everyday movements and specialized activities such as jogging, playing musical instruments, etc., become more effortless and graceful when we are balanced to gravity. The spirit we open to through this awareness is ageless. It is the source of our enthusiasm, excitement, and strength. Group and individual work will be offered, using gestalt, dance, and the healing use of touch, all for the benefit of becoming more present. Video feedback will be used. $200

Joyce Rogers

Week of November 29-December 4

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 11 $400

Body Changes: Feldenkrais and Rolfing®
Dub Leigh & Michael Joyce

This workshop is designed for those who want to begin or accelerate their process of body change toward comfort and awareness, with increasing ability in movement and relaxation. We will focus on resolution of individual functional problems in neuromuscular and connective tissue organization of the body. Group sessions will use gentle exercises for increasing awareness while relating parts of the body together in a more harmoniously integrated movement. We will learn to recognize our body signals of discomfort or awkwardness as opportunities to explore and improve how we are in our bodies. This workshop will include individual work in Feldenkrais and Rolfing®. Participants will be guided in the development of a personal program for continuing improvement at home. $400

Earth Born
Prem Das & Rutuima

For millenia, shamans worldwide have been inspired and healed by their journeys into transpersonal/ecstatic states of consciousness. As a result of these profound experiences, they declare that the fabric of reality is woven with visions from our collective Heart/Mind. Personal and planetary healing or destruction may be our collective decision, a decision influenced by the thoughts, beliefs, and actions of each individual.

In this workshop we will experience shamanic healing methods, take journeys into the Heart/Mind, and discover our own songs, dances, and visions of earth born wisdom and life force power. $400

November 29, 1981-February 21, 1982

Work-Study Program in Gestalt Studies
Coordinated by Joan Fiore

For workshop description see Special Programs, page 39 $1350

Weekend of December 4-6

Weekend Massage Intensive
Esalen Massage Practitioners For workshop description see September 18-20. $200

The Gentle Art of Becoming — Together: A Workshop for Couples
David Schiffman For workshop description see October 2-4 $200 per participant

Lomi School Approach to Energetic Studies
Richard Heckler & Wendy Palmer Using aikido, energy awareness, body readings, and breath work, we will look at how attuning to the wisdom of our bodies increases our ability to live with confidence, integrity, and power. $200

Body Insights *Hector Prestera* Hector Prestera shares his views of body energy and personality blocks from both descriptive and intuitive levels. Personal and group process will be allowed room as they naturally emerge. Only individuals willing to share their energy should participate. $200

Week of December 6-11

Motion and Emotion: A Week of Gestalt Practice and Improvisational Theatre
Christine Price & Susan Tanner For workshop description see September 13-18. $400

Transpersonal Psychology: New Approaches to Therapy and Self-Exploration
Christina & Stanislav Grof We will explore theoretically and experientially the rapid developing area of transpersonal psychology. Using a combination of controlled breathing, evocative music, body work, and mandala drawing, the participants will have the opportunity to confront various unfinished biographical issues, elements of the death-rebirth process, and the spectrum of transpersonal experiences. This experimentation with powerful new approaches to personality change will be complemented by discussion of a conceptual framework based on modern consciousness research and the world-view emerging from modern physics. Special attention will be paid to the process of kundalini awakening, the concept of spiritual emergency, and to methods of assistance in transpersonal crises. $400

Integrity *David Schiffman* In this workshop we will join together to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Our task together will be to discover how best to express these qualities both in and out of the workshop. We will explore the boundaries of our emotional, physical, and mental potentials and how they affect our sexuality, our relation to power, our friendships, our creativity, and our expectations of ourselves and of others. $400

Weekend of December 11-13

Experiencing Esalen for Couples
Nancy Kaye Lunney Bruce Neeb & Experiencing Esalen Staff An experiential workshop incorporating verbal and nonverbal contact, massage, and creative expression. There will be time together and time apart to experience yourselves individually and in relation to each other. $200 per participant

Circle of Damage-Circle of Grace: Being With Your Child and Being Your Child
A Weekend for Children and Their Parents
Mira Rothenberg & Peter Levine Whenever any of us are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of the walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes.

In this workshop we will look at the process by which we as parents, children, and the family unit, constrict intimacy and fortify these citadels. We will explore safe ways to begin to dissolve these blocks and re-establish a basis for the exchange of feelings, needs, and perceptions.

We can give up blame and guilt and each take responsibility for stopping the circle of damage and restoring our own childlike grace which is the birthright of us all.

Recommended reading: *Children with Emerald Eyes* (Pocket Books, N.Y.) by Mira Rothenberg.
$200 per participant

Passions of the Mind
Don Johnson & Sam Keen A workshop to help free the long-repressed primal need for straight thinking and intellectual clarity. We will explore different cognitive postures (asanas of thought) and modes of knowing necessary to experience the full range of ecstatic reason. We will study the art of testing ideas, collecting evidence, verifying visions, and arriving at responsible beliefs. There will be daily exercises in undressing the promiscuous relationships among experience, belief, and mystical vision. Every participant is to bring to the workshop a statement of a philosophy of life, a credo. This may be a written statement, a favorite book or passage from a book, a play, a poem, a checkbook, a song (Is "freedom just another word for nothing left to lose?"), or a work of art. We will try to find out how much or how little we may believe with a clear mind and a full heart. $200

Self-Hypnosis, Selective Awareness, and Movement
Emmett & Sandra Ferreira Miller Movement requires the use of muscular activity in varying degrees of intensity. So, too, thought processes and interpersonal communication proceed through stages of higher and lower energy. Most of our personal and

George Ehrlich

Esalen 11/18/79

if birthday
is to be born
then
I have been birthed
not like the first time
-filled with rage
the catastrophic unsettling
of a perfect universe
this time I have been
welcomed into the
universal womb
of perfect balance
earth air fire water
spinning unity into infinity
I dance the dance
into the myself
into the universe
into the I
of
the
hurricane.

Margaret Karbon

social difficulties (symptoms, unwanted emotions, maladaptive habit patterns) can be eased when we learn to react in accordance with and in response to our internal and external environment.

In this workshop we will explore principles of self-hypnosis, selective awareness, Feldenkrais, t'ai chi, dance, and movement therapy — to expand our self-awareness and ability to allow our minds and bodies to flow with our changing experiences. The explorations offered will be especially good for people who have had experience in these fields before. $200

Week of December 13-18

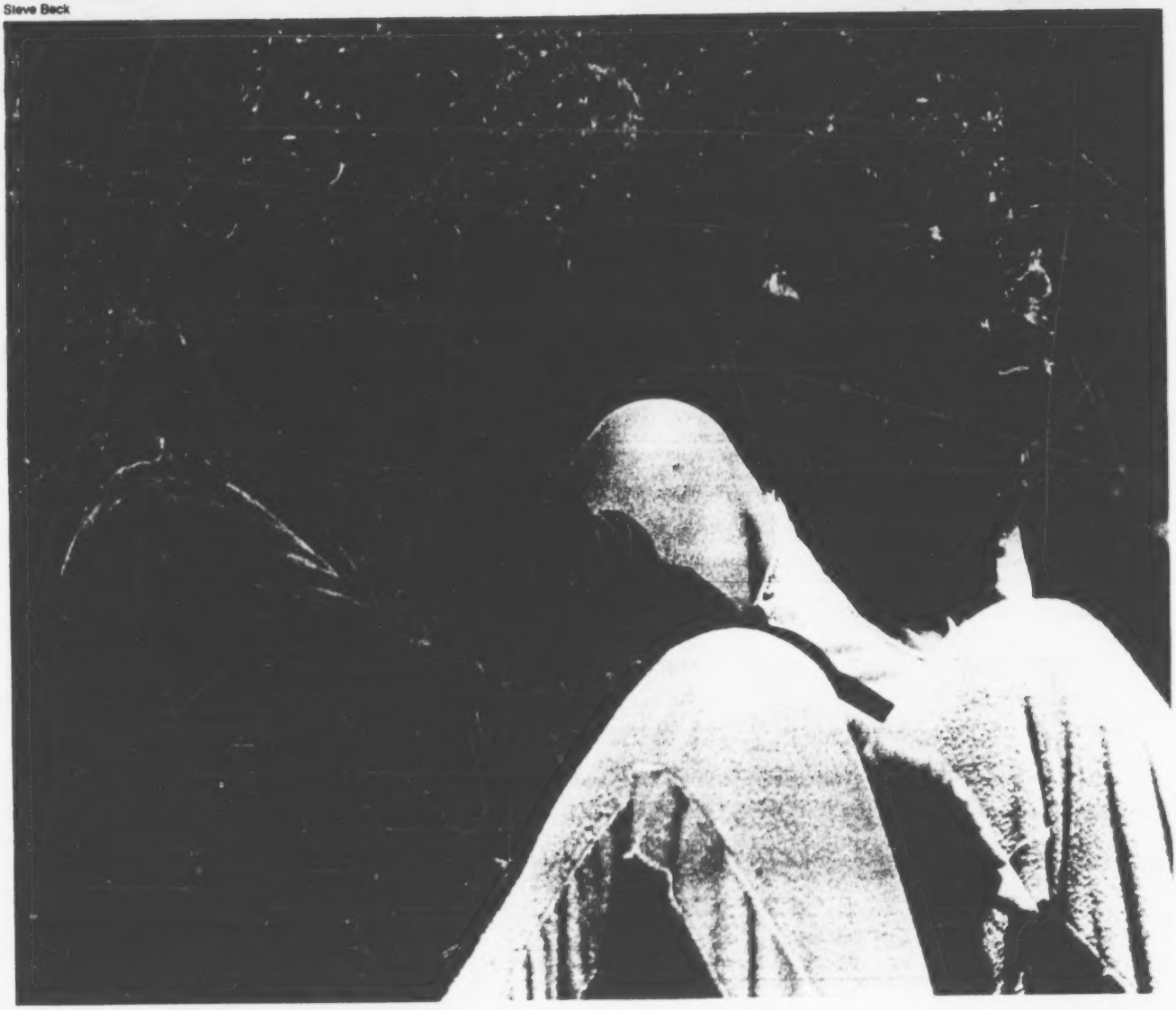
Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 11. $400

Self and Beyond
John Zeigler
For workshop description see October 4-9. $400

From Burnout to Personal Growth: Increasing Effectiveness and Enjoyment in Work and Life
Elliot Aronson & Ayala Pines
This workshop is designed for people who work with people who have experienced or are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and joyousness of their relationships with clients, colleagues, family, and friends. For additional information see page 38. $400

Contact with Bodysongs
Mangrove
An intuitive learning process created through movement and voice play. An active, challenging exploration of the physical and vocal possibilities of personal interaction. From the basics of breathing, walking, and contact improvisation arises a wide-ranging vocabulary of spontaneous activities. From breathing comes humming, chanting, calling and responding, talking, and singing. From walking comes running, leaping, turning upsidedown, falling, rolling, and dancing. From contact comes leaning, supporting, lifting, embracing, leading, and following. Imagery, impulse, dynamics, and trance establish contexts for individual, duet, and group improvisations. Come and rediscover the adventurous, fearless child you can be in play. $400

Steve Beck



Weekend of December 18-20

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 11. $200

The Birth of the Sun
Paul Rebillot & Stanford Eugene Cates

The winter solstice is a time for restful introspection as the earth's outer darkness allows the inner sun of the soul to regenerate and find expression. Traditional cultures the world over have rested, fasted, and feasted during this time of the year in celebration of the turning point, the cyclic return.

We will join together to create our own ritual and pageant. Using a variety of practices, such as gestalt, guided fantasy, movement, massage, and more, we will integrate our personal rituals into a group presentation. $200

Gestalt Workshop
Marty Fromm

This workshop is designed for professionals who are interested in further personal growth and professional training in the practice of gestalt, as well as for others who are simply interested in their own personal growth through gestalt. While the sessions will be mostly experiential, ample time will be provided for didactic sessions of theory and practice.

The focus is on awareness: the *discovery* of what is, rather than on what was, might be, or should be. We will concentrate on "how and now" rather on "why and because" of past and future, and will attend to body language and feelings. $200

Life Change, Career Change
John Caple

Most of what we are taught about changing careers springs from the poverty mentality of the thirties; little of it relates to our unfolding as human beings. In this workshop we will integrate career change processes and personal growth process using movement, art, guided imagery, and networking methods. Designed for career changers, potential career changers, re-entry persons, and those who guide others in career change, this workshop will include some time for work on individual career/life problems.

Suggested reading: *Three Boxes of Life* (Bolles). $200

Week of December 20-25

A Week with Will Schutz — $400

Christmas Present

Paul Rebillot & Stanford Eugene Cates

We've idealized birth in the Christmas story — the newborn child surrounded by adoring parents, singing angels, comforting animals; worshipped by the wise and the simple, welcomed into the world and loved for nothing that he does, but for simply being who he is. Most of us were not welcomed in the same way, and at Christmastime our disillusionment peaks. Our despondency and regrets are based on unfulfilled ideals, promises, and fairy tales. Using gestalt, guided fantasy, theatre games, and rituals, we will seek to release ourselves from the excess baggage of past regrets and future expectations in order to return to the divine simplicity of our own present being. Out of that simplicity, we will create our own Christmas Present, a celebration in which each of us singly and all of us together can give ourselves our self for Christmas. $400

A Year-End Week of Renewal

Deborah Medow

Mornings will be spent learning basic yoga philosophy and theory, methods of meditation, and asanas (yoga postures), along with sharing yogic breakfast meals together. In the afternoons, massage instruction and practice will take place at the baths, with one special massage and picnic day at the beach. In the evenings there will be singing, dancing, contact improvisation and theatre games. $400

Weekend of December 25-27

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $200

Pleasure, Sensuality, and Your Body

Barbara Clemans

For workshop description see November 15-20. $200

Close Encounters Betwixt the Perils of Mistletoe Fallout and Rushing Sands of Time: Experiments in Meeting and Contacting Other Human Beings

Joan Fiore & Jeffrey Kent

In this last weekend of 1981, we offer an encounter group for the purpose of looking at the quality of our contact with others, particularly our willingness to invest ourselves in relationship, and our ability to stay true to our own feelings while engaged in relationship.

You may discover how you sabotage yourself from having more satisfying relationships; you may discover you're getting exactly what you want from your relationships. You may possibly discover how to enrich your new year. You may discover anything; you may discover nothing. You may even discover that you're in charge. $200

Week of December 27-January 1

Five-day Massage Intensive

Esalen Massage Practitioners

For workshop description see November 1-6. $400

Gestalt, Bioenergy, and Human Contact; Old and New Learning Integrated

Alan Schwartz

There is an energetic dimension to human behavior which is often locked behind the habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *movement*. *Allowing energy* means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self and our interdependence with *physical* and *social environments*. The workshop can be thought of as a *learning* week. Appropriate didactic material well be covered. $400

Clearing the Slate for a New Year: A Reichian/Gestalt Intensive

Joan Fiore & Jeffrey Kent

During this five-day period when 1981 comes to an end and a new year begins, this workshop provides the time and space to take stock of the past year(s) — the bitters and the sweets — to indulge in nostalgia, to come to terms with our business of the past, and to release the energy we've locked there so that we can move on, truly new, to the new years ahead. We'll take some time to explore how our fantasies for our future might actually effect our futures, some time to celebrate, some time to re-create, some time to charge and discharge, and lots of time to contact ourselves and each other. We especially welcome reunion with friends and participants from groups of yesteryears. First priority is on intensive individual work in a supportive group setting. $400

December 27-January 3

Gestalt Synergy: An Integrative Approach to Self Actualization

Ilana Rubenfeld

The sea always has waves. . .waves are the sea. . .sea and waves are one. To speak of waves apart from the sea is a delusion — so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander technique, and Feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body — the whole person. $600

Weekend of January 1-3

Creative Pattern and Experience

Coeleen Kiebert An in-depth exploration of the creative process. Participants will identify their own unique form of creative expression. Individual pattern and experience will evolve through color, paint, clay, and music. Art will become a vehicle of communication, both inward and outward. This workshop is for persons looking for new creations and creatives looking for new inspirations. $200

The Human Energy System and Gestalt Process

Alan Schwartz Read the December 27-January 1 description. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we both make contact and inhibit contact. One focus will be on integration via energy release methods. Another will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our consistent awareness process and the autonomous expression of who we are. $200

Steve Beck

Humor and the Creative Process: The "Ha Ha" and the "Aha!"

Harry Sloan The dynamics of humor intimately parallel the creative process. Those humorous moments that extricate us from a stuck situation are similar to "aha," or creative insight, which spontaneously resolves a problem with which we have been wrestling. In both cases there is often an experience of freedom, joy, perspective, and connection with a deeper sense of self.

The purpose of this program is not necessarily to become a stand-up comic, but to use humor as a vehicle toward developing a playful view of life and ourselves. The format will blend experiential exercises with discussion of the nature of humor and the creative process. Some of the themes that we will be focusing on are: the imagination as a bridge between conflict and resolution, self-affirmation and our ability to create, humor and spontaneity, the archetype of the wise old fool, and methods to enhance the quality of humor in our daily life. This intensive program will be geared for those who are willing to be *silly*, play, risk, and penetrate into the restrictive elements in their process that tend to retard the "Ha Ha" or "Aha!" $200

Week of January 3-8

Gestalt Practice

Esalen Gestalt Staff For workshop description see page 11 $400

The Spiritual Path: Promises and Pitfalls
Christina & Stanislav Grof

We will combine observations from modern consciousness research and from various traditional practices to explore the process of spiritual awakening. The participants will have the opportunity to confront transpersonal areas within themselves in various experiential exercises, combining evocative slide-shows, music, controlled breathing, mandala drawing, and individual work if appropriate. Special attention will be paid to the understanding of and approach to "spiritual emergencies" which can occur in the context of the kundalini process and other forms of personal evolution. $400

The Feeling Process
Janet Zuckerman Boeve & Fred Boeve

For many people, feelings are something mysterious, something to keep to yourself, or something to go up into your head to think about. This workshop is about all the steps involved in learning to experience, respect, and honor your own feeling process in a way that will increase your own vitality and personal effectiveness in the world. You can learn to separate feelings from thoughts, learn your own body rhythms, learn to contact your own place of wisdom, and participate, in a safe environment, in the exploration of expression or depression. An experiential workshop. $400

Weekend of January 8-10

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 11 $200

Exploring Self-Acceptance
David Schiffman

For workshop description see September 11-13 $200

A Weekend with Peter Caddy: The Findhorn Experience

Experience the Findhorn spirit, the spirit of cooperating with God, nature, and man. Come together with a group of people who approach life from the inspiration that starts with the unique divinity within each of us. The stress will be on what is right with you and the universe. We will explore the example of the founding and development of Findhorn, and use meditation and discussion to create a community of consciousness for the week. $200

Optimal Health and Normalcy in Childbirth
Don Creevy & Suzanne Arms

This workshop is open to anyone with an interest in birth, in the way children are born, and the issues facing today's parents and professionals, as birth practices evolve and transform our images of what is safe, what is necessary, and what is ideal.

Included in this weekend will be presentation of new and exciting research and alternative styles of birth, films, discussions, and group and individual exercises. Some topics to be covered include: what is normal; minimizing risk; use of non-interventive aids in pregnancy, labor, and with infants; the place of birth; the role of the professional; neighborhood support systems; feminism and mothering; men and childbirth; self care; the relationship of attitude to physiology.

This workshop is of special value for nurses, midwives, physicians, birth educators, therapists, and teachers of human sexuality or women's studies. $200

Week of January 10-15

A Week with Peter Caddy: The Findhorn Experience

For workshop description see January 8-10 $400

Self Acceptance: The Freedom to Be
David Schiffman

For workshop description see October 4-9 $400

Living Tao: The Joy of Self-Cultivation
Al Chung-liang Huang

The art of successful living is a personal and individual process in the joy and spontaneity of continuous self-cultivation. We shall explore and digest this perennial philosophy in terms of everyday living, and learn to move with ease in the t'ai chi simplicity and delight. $400

Week of January 15-17

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 11 $200

Songs of Innocence, Songs of Experience
Nancy Kaye Lunney

For workshop description see October 16-18 $200

Inside/Living Tao: Fluting and t'ai chi dancing with whales, butterflies,
Paul Horn & Al Chung-liang Huang

Paul and Al will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, and China experiences.

Recommended reading and listening: *Embrace Tiger, Return to Mountain* (Real People Press), Huang: *Tao: The Watercourse Way* (Pantheon), Watts, Paul Horn's albums: *Inside, Nexus,* and *Dream Machine*. $210

Esalen: A Sustainable Village
Leon Burry-Trice

We will look at the ideals, principles, and underlying concepts that bond together the vision of the Esalen village. We will focus on the Esalen community as an example and model of the village plan: from ecological design to energy self-sufficiency; from agricultural stewardship to solar architecture. This workshop is intended for anyone interested in viable ecological communities for the future. $200

Week of January 17-22

Five-day Massage Intensive
Esalen Massage Practitioners For workshop description see November 1-6. $400

Inside/Living Tao: Fluting and t'ai chi dancing with whales, butterflies
Paul Horn & Al Chung-liang Huang For workshop description see January 15-17. $420

Weekend of January 22-24

Experiencing Esalen: The Body
Experiencing Esalen Staff For workshop description see page 11. $200

A Weekend with R. D. Laing: A Bateson Seminar

1. Personal recollections and theoried considerations of Gregory Bateson.
2. Discussions of Bateson's and others' (e.g., Stanislav Grof's) work in relation to Laing's work.
3. Account of the Philadelphia Association household, theory and practice: London, 1965-1981. $200

Week of January 24-29

Experiencing Esalen
Experiencing Esalen Staff For workshop description see page 11. $400

Opening Feelings: A Path to Consciousness
Clair Killen & Jenny Windsor For workshop description see September 20-25. $400

Healing Rites and Ways
Phillip Mac & Polly Kirby

A week-long experience for health care providers, focusing on each individual's healing ability through centering, awareness, and visualization. In addition, we will experiment with various forms of healing including acupuncture, massage, deep tissue work, homeopathy, and psychic healing. An atmosphere will be created in which we can examine our present healing modes and discover new alternatives. For additional information see page 38. $400

The Lovers' Journey: Awakening Androgyny
Paul Rebillot & Stanford Eugene Cates

This workshop offers participants an opportunity to discover the masculine and feminine polarities within their own being. Inner energies as well as outer, cultural images of male and female roles will be explored, with the purpose of awakening the androgyne within, that state of being in which the psyche is released from the opposition of fixed positions into a vital and flowing consciousness, attuned to the natural rhythms of the universe. The workshop includes both individual open seat work and group process. $400

January 24-February 1

Rediscovering Paradise: Kauai, the Garden Isle of Hawaii
Dick Galland & Annie Callaway

Kauai is the crown jewel of the Hawaiian Islands. On the Na Pali, Kauai's north coast, an ancient trail winds along the ocean to the remote valley of Kalalau. Here, traces of early Hawaiian civilization blend with tropical foliage, creating a setting of unsurpassed beauty. Among the Na Pali's razor-edged spires and flower-choked gorges, the producers of the movie *South Pacific* found their "Bali H'ai." Along the trail, fluted cliffs rise 3000 feet from the sea, and waterfalls cascade into deep pools, inviting swimming and sunning. The warm weather, brilliant white beaches, and gardenlike campsites make this a truly extraordinary adventure into the loveliest part of the Garden Isle.

Beginning our seven-day adventure at the Lihue Airport, we travel by van 25 miles through the lush patchwork of tropical agriculture to the road's end near the white sands and emerald sea bay of Hanalei. Carrying everything we need in our packs, cooking our food, and sleeping under the same stars the Polynesians charted their voyages by, we come to sense the timeless ebb and flow of life interwoven and in harmony with nature. We swim in crystal pools, camp on secluded beaches, and snorkel in the warm ocean. We pick guava and mango, and learn the history and myths of the early Hawaiians. Woven into the week are practices from psychosynthesis, yoga, group process work, natural history, photography, and journal keeping as well as time for solitude, making our journey through paradise a profound experience of inner and outer discovery and wonder. Previous experience not required. You should be in reasonably good physical condition. Complete equipment/travel information sent on registration. This is Dick & Annie's second Hawaiian trip through Esalen. Registration deadline January 11. $550 (plus airfare)

Weekend of January 29-31

Close Encounters: Experiments in Meeting and Contacting Other Human Beings
Joan Fiore & Jeffrey Kent For workshop description see November 20-22. $200

Alternative Futures

Paul Hawken
Jay Ogilvy
& Peter Schwartz

What lies in store for us in the coming decades? How can we orient ourselves toward a future that is uncertain? The authors of *Seven Tomorrows* (Bantam, 1981) will join with workshop participants in generating alternative scenarios for the 80's and 90's. The aim is to inform present decisions with a new stance toward the future. $200

Our Creative Core

Susan Tanner

"Each of us is an artist. All that is needed is a non-judgmental environment where we may use our creative selves and experience the power of our imagination." — Living Stage Credo

Imagination is our birthright, and the freedom to play is as essential to humans as breathing. Through improvisational theatre exercises, dance, visualization, poetry writing, and drawing, we will explore the many roles and characters within our organism in order to contact ourselves and find expression for our creativity. This form of theatre work is strongly influenced by gestalt and neo-Reichian practices. $200

Exorcising the Demon "Should"

Paul Rebillot
& Stanford Eugene Cates

Within each of us there lives a demon — our own personalized critic — whose greatest joy seems to be to criticize, denigrate, and destroy every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously, simply allowing whatever happens in similar situations. With the help of this experience in contrasts, we will explore our possibilities of movement between the two, and in this way open up our options to the full range of our own authentic being. $200

George Ehrlich

Week of January 31-February 5

A Psychic Training Program

Anne & Jim Armstrong

For workshop description see September 13-18. $400

Joyce Rogers

Let Go/Let Be

Betty Fuller For workshop description see November 22-27 $400

Reichian/Gestalt Intensive

Joan Fiore & Jeffrey Kent

This workshop combines neo-Reichian breath and body work to facilitate physical/emotional release, with gestalt work to facilitate contact, integration, and self-responsibility.

We provide the time, the space, the opportunity to move at your own pace from dis-ease to ease, from fragmented to whole, from self-discounting to self-validating, from role-playing to authentic self-expression, from helpless victim to active participant in your personal destiny, or from wherever you happen to be coming, to wherever you're growing. You might explore your dreams, your tensions, your madness, or your options; take room to breath or to explode, soak in nuture or exorcise demons, finish past unfinished business or examine present concerns.

First priority is intensive individual work in a supportive group setting. There are also opportunities to experiment with the quality of interpersonal contact through group interactions. $400

Weekend of February 5-7

Weekend Massage Intensive

Esalen Massage Practitioners For workshop description see September 18-20 $200

On the Way to Health: A Guide for Health Practitioners

Phillip Mac For workshop description see page 38. $200

Dreams and Your Personal Mythology

Stanley Krippner & David Feinstein

Examining one's dreams is a powerful mode for assuming increased conscious and active participation in the ongoing development of one's personal mythology. This workshop will introduce the concept of personal mythology, explore the process in personal myth development, survey approaches for increasing conscious participation in one's myth life, and examine the state of one's own personal mythology with methods from gestalt, psychosynthesis, and the exploration of dream material. A substantial portion of the workshop will be devoted to personal exploration that will support participants in assessing their current life space and to inten-

tionally focus energy in new directions. Participants are encouraged to bring a journal and to record their dreams in it prior to the workshop.

Suggested reading: *The Realms of Healing* (S Krippner & A Villoldo); *The Dream Game* (A Faraday); *Myths to Live By* (J Campbell); *Working With Dreams* (M Ullman & N Zimmerman). $200

Mind/Body Harmony
Emmett & Sandra Ferreira Miller

High level wellness, synergy, flow, balance, harmony — process surrounding us which we all recognize and see and which, at least occasionally, bring joy to our lives. In this workshop we will explore the experience of harmony within, through deep relaxation of the mind and body, through gentle muscle stretching, and through imagery and massage. Opening ourselves to the discovery of harmony around us, we will experience playful movement, music, and massage, and will explore harmony as the essence of high level wellness and peak performance that can help us optimize our personal and business lives and our health. $200

Week of February 7-12

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 11. $400

Massage and Movement
Esalen Massage Practitioners

For workshop description see September 27-October 2. $400

Reichian Gestalt: A Workshop for Contact and Release
Ma Prita (Laura DeNuccio)

For workshop description see October 4-9. $400

Choosing to Change
Harry Sloan

For workshop description see November 1-6. $400

Weekend of February 12-14

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 11. $200

Couples Workshop: Intimacy and Personal Growth
Betsy Hand & Gerald Smith

For workshop description see September 18-20. $200 per participant

Focusing: An Integrative Process of Change
John Welwood

Focusing is a simple experimental method for untangling life problems, emotional blockages, or fixed mental habits, and opening up the natural wisdom of the body/mind. It developed out of many years of research into the core process of change in psychotherapy and creativity by Eugene Gendlin, John Welwood, and others at the University of Chicago.

Focusing teaches people how to pay attention to bodily "felt sense," which contains what they need to know about their lives, allowing new words and images to arise from it. This process integrates mind and body, intellect and intuition, resulting in a "felt shift," a bodily-felt release which allows a person to discover new ways of being and doing, which inspires forward movement in one's life. Focusing also facilitates stress reduction, the ability to listen and communicate more effectively, creativity, and physical healing.

Recommended background reading: *Focusing* by Eugene Gendlin (Everest House, 1978). $200

Risk Aliveness
Jeffrey Kent & Michael Klaybor

We spend our lives collaborating with our culture and colluding with our families and friends in suppressing, repressing, and depressing our energy, our feelings, our humanity. This workshop is designed to help us begin to reconnect with our personal potency, experimenting with changing avoidance to confrontation, anxiety to excitement, and depression to expression. We will borrow from the disciplines of gestalt, encounter, and kyokushin karate, to create a challenging and non-coercive milieu in which to explore our potential for aliveness. $200

Week of February 14-19

Gestalt Practice
Esalen Gestalt Staff

For workshop description see page 11. $400

Integrity
David Schiffman

For workshop description see December 6-11. $400

Somewhere Between Freedom and Security
Phillis Shankman

Living is often experienced as a delicate balance between one's ongoing desire for personal freedom or growth, and the equally strong need for security and attachment. In this workshop, we will explore the issues of independence/dependence, self-esteem, trust, risk-taking, work, love, and relationship, which effect our ability to successfully discover and maintain the right balance for ourselves at any given time. During the week, we will use meditation, massage, music, movement, and the Esalen/Big Sur environs to slow down, relax, open, and experience ourselves as we are. We will use gestalt process work in the group to explore and develop our awareness of our own unique potential for balance and joy. $400

Steve Beck

Opening the Feelings

Renan Sercarz-Suhl
Julie Wright
& Joe Freeman

This is a Radix® neo-Reichian workshop, aimed at helping every participant grow in the capacity to experience and express deep feeling, to rediscover him/herself, and to contact others. Feeling is rooted in the flow of the life force in the body, and is blocked by chronic muscular contractions, which Reich called the muscular armor. Freeing the armor can enable us to open feeling that has been buried, and to gain a new capacity for love, trust, and joy. We work mainly with breathing, sound, and movement, asking the participant to allow whatever comes up. We will work with no more than ten participants to one teacher; each participant will receive two intensives.

$400

Work-Study Program

The Work-Study Program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program, emotionally and physically, and only rarely is it restful. There will be a coming together in the evenings to share, contact, play — alone/together. Professional services such as massage and rolfing are available at staff rates.

Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. No participants will be accepted as work scholars in Gazebo until they have fulfilled a minimum of one month in one of the aforementioned departments. Scheduling consideration is given to the community labor needs, and work assignments are made according to these requirements. The cost of the program is $500 for the first month, $450 for the second month, and $400 for the third. A $250 deposit is required with your application.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex which is 1½ miles north of Esalen. The Work-Study Program, lasting 28 days, is a full time workshop in itself. The work commitment to the community, group process work, and teaching seminars make up a busy schedule for participants. Enrolling in the Esalen catalog workshops is therefore discouraged, since the extra involvement tends to interfere with the fulfillment of the Work-Study Program.

Available dates: December 27-January 24; January 24-February 21; February 21-March 21; March 28-April 25; April 25-May 23; May 23-June 20; June 20-July 18; July 18-August 15; August 15-September 12; September 12-October 10; October 10-November 7; November 7-December 5.

In addition to the regular program, Esalen is now offering an intensive three-month course in basic organic horticulture. The cost of the program will be $1350. A $350 deposit is required. In filling out the Work-Study application, please indicate your preference of landscaping, gardening, or small scale farming.

For information on a special work scholar Gestalt Studies Program see Special Programs, page 39.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with $250 (or $350) deposit to:

Work-Study Program, Esalen Institute, Big Sur, California 93920. Telephone: (408) 667-2335.

The balance of the fee is due on arrival. $75 of the original deposit is non-refundable, and may be transferred to other Esalen programs within one year of receipt of deposit.

Application for the Work-Study Program

date of application _____ daytime telephone _____

name _____ address _____

city _____ state _____ zip _____

date of birth _____ occupation _____ place of employment _____

smoker ☐ non-smoker ☐

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work-scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community*. If such an invitation is extended, please indicate your availability.

☐ no extension ☐ one month extension ☐ two month extension

To avoid disappointment, please do not come with the *expectation* of staying for longer than one month.

I am applying for the three-month organic horticultural program. ☐ yes ☐ no

I am applying for the Gestalt Studies Program (see Special Programs, page 39). ☐ yes ☐ no

Have you been to Esalen workshops? Please list program titles and dates: _____

_____

_____

Please make a personal statement about your interest in the Work-Study program. Include any skills you may have available. _____

_____

_____

_____

_____

_____

Medical Programs

Esalen Institute — Approved Provider for Registered Nurses and Physicians

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of continuing education for registered nurses, provider number 01152.

The California Medical Association has granted Esalen Institute Category I approval so that physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education.

The following programs are approved for registered nurses and for Category I credit for physicians. See regular program listings for workshop descriptions.

If you have any questions about Esalen's medical or nursing program, contact Polly Kirby, Esalen Institute, Big Sur, Ca. 93920.

September 6-11
Massage for Health Professionals
Deane Juhan, Brita Ostrom & Esalen Massage Practitioners — 30 hours

September 25-27
On the Way to Health: A Guide for Health Practitioners
Phillip Mac, MD — 10 hours

October 18-23
Preventing Burnout and Dealing with Medical Impairment
John-Henry Pfifferling, PhD & Jeffrey Blum, MD — 30 hours

Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks — 30 hours

October 23-25
Towards a More Sensitive Relating
Charlotte Selver & Charles Brooks — 10 hours

October 25-30
The Healing Community:
A Workshop and Seminar for Health Care Professionals
Kathleen Keating, RN — 30 hours

October 30-November 1
The Use of Anti-Psychotic Drugs (Neuroleptics) in Psychiatry
William Carpenter, MD, Michael Goldstein, MD, Herbert Meltzer, MD & Julian Silverman, PhD — 10 hours

October 30, 1981-February 21, 1982
Holistic Health Training Program
Coordinated by Polly Kirby, RN — 92 hours

November 13-15
The Hypnotherapy of Milton Erickson:
A Workshop for Professionals
Jane Parsons — 10 hours

November 27-29
Alternatives to Traditional Health Practices
Polly Kirby, RN — 10 hours

December 13-18
From Burnout to Personal Growth:
Increasing Effectiveness and Enjoyment in Work and Life
Elliot Aronson, PhD & Ayala Pines, PhD — 30 hours

January 24-29
Healing Rites and Ways
Phillip Mac, MD & Polly Kirby, RN — 30 hours

February 5-7
On the Way to Health: A Guide for Health Practitioners
Phillip Mac, MD — 10 hours

Holistic Health Training Program

October 30, 1981-February 21, 1982
Coordinated by Polly Kirby

This program is designed for those seeking information and training in alternative health and healing approaches. For health care professionals this program will provide new knowledge and skills in holistic healing practices which they can use in their own health care settings. For lay persons and students this program will provide an in-depth introduction into the holistic health field, as well as the necessary training to maintain a high level of wellness in their own home environments. In addition to the emphasis on healing, the participants will receive complete training and personal experience in the ten deep-tissue sessions, and also will take part in on-going practicums focusing on training in gestalt and group process. There will be a weekly acupuncture clinic exclusively for the participants' own health enhancement, as well as regularly scheduled community health sessions where participants can observe the integration of the various holistic practices being taught. A part-time faculty of about twenty will be involved in different aspects of the teaching program. Based on our experience of the last four-month program, the workshop will be expanded to include fifteen areas of study and practice. These are:

- deep tissue
- gestalt
- community health
- organic gardening
- acupuncture
- homeopathy
- group process
- movement integration
- nutrition
- herbology
- anatomy
- massage
- t'ai chi
- Bach flower remedies
- healing meditations

A course outline describing each of the areas covered can be obtained by writing to Esalen Institute, Big Sur, Ca. 93920. Classes will be held six days per week, with three meetings usually being scheduled for each day. Included in this time will be a four-hour per week work commitment in various community projects. Only Wednesdays will be off-days, although all classes are considered optional, leaving the intensity of the learning experience completely up to the choice and capacity of the individual participants. During this four-month period there will also be on-going community sessions which are open to all residents in the Esalen community. In the past these have included morning yoga practice, zazen meditation, Feldenkrais exercises, body-stretching exercises, movement and dance, various forms of energetic release work, intra and inter-personal process work, chanting and different spiritual and contemplative practices, video tape and movie presentations, astrology sessions, and evening lectures on a host of subjects. During the four-month stay, participants in the program are also free to sign up for any of the regularly scheduled Esalen catalog programs on a space available basis by payment of the leader's fee. To provide some recreation and diversion, occasional outings into the magnificent Big Sur countryside and along the coastline will be planned throughout the program.

Cost of the program including tuition, room, and board is $6300. Rooms will be shared. A $500 deposit is required to reserve a place in the program. Early registration is recommended. The deposit is refundable in full if you are not accepted into the program. A limited scholarship fund is available for this program and will be assigned on the basis of need; kindly apply as early as possible detailing your situation, if this is a consideration for enrolling in the program.

Esalen is not a degree, diploma, or certificate granting institution. This program is offered for professional and educational enrichment. Participants must make their own arrangements to assure compliance with respective state licensing requirements for professionally applying any skills acquired in this program. Verification of attendance will be given to nurses and physicians in the program desiring continuing education credit for this experience.

The program will be repeated in an extended version in the fall of 1982, during the six-month period of October 8-March 27, 1983.

Special Programs

Childbirth and Midwifery

Esalen's Childbirth Education Program has begun offering workshops in birth and midwifery. The program includes weekend workshops for pregnant couples interested in exploring conscious childbirth, presented by midwives and families from the community. Other workshops are for midwives, birth educators, and doctors to come together. For information contact Peggy Horan at Esalen Institute, Big Sur, Ca. 93920, (408) 667-2335.

October 4-30
Christina & Stanislav Grof

East and West: Ancient Wisdom and Modern Science

A four-week interdisciplinary training program organized jointly by the Esalen Institute and the International Transpersonal Association (ITA). This workshop is designed for professionals and students of psychiatry, psychology, anthropology, religion, and philosophy interested in the interface and recent convergence of mysticism and science. Special attention will be paid to a new understanding of the psychotic process and transpersonal crisis intervention. This training program is part of a systematic effort to create an international network of individuals qualified to facilitate the process of personal transformation and to assist in spiritual emergencies. It will focus on the following four areas.

1. Great Spiritual Traditions of the East and Ancient Shamanic Practices.
We will explore theoretically and practically siddha yoga, hatha yoga, the Tibetan vajrayana, the Buddhist vipassana meditation, and the shamanic methods of Mexican, North American, and South American Indians.

2. Revolutionary Paradigms in Western Science.
Participants will be introduced to modern developments in consciousness studies, brain research, and quantum-relativistic physics that make it possible to integrate ancient wisdom and modern science. Particular emphasis will be placed on spectrum psychology, psychedelic research, relationship between consciousness and matter, and the holonomic theory of David Bohm and Karl Pribram.

3. Psychosis: Disease or Spiritual Emergence?
We will discuss a new understanding of the psychotic process emerging from psychedelic research and modern laboratory and clinical studies. In this context, the focus will be on the shamanic process of transformation, kundalini awakening, John Perry's Diabasis, and the Laingian approach. We will also consider the promises and pitfalls of the spiritual path and experiment with methods of constructive assistance in transpersonal crises.

4. New Approaches to Therapy and Self-Exploration.
The workshops of this series use an experimental educational format that combines didactic input with deep personal experience and group process. The Esalen staff and guest leaders will act as facilitators for the participants throughout the program. We will use evocative music, controlled breathing, mandala drawing, Jungian sandplay (Dora Kalff), cultivation of psychic abilities, body work, and gestalt practice. $1600

November 29-February 21
Coordinated by Joan Fiore

Work-Study Program in Gestalt Studies

For this period of time only, we are accepting a limited number of work-study participants as students in gestalt practice. These must make the full 32 hour per week work commitment as detailed on page 37, plus commit to four evenings per week and five weekends per three-month period of seminars, practicums, and group process work, with a strong emphasis on self-exploration in the gestalt form. Participants are also expected to initiate practice sessions of their own on a regular basis. Participation past the first month is BY INVITATION ONLY. Some second and third month students will get apprenticeship opportunities.

We are particularly interested in involving you if you are already working with people in some capacity (i.e., teaching, counseling, working in mental health or a ministry), and if you have at least as much commitment to self-healing and self-responsibility as to these processes in the populations you work with. We concourage you not to apply if a major focus on personal clearing is not a priority for you. Applicants may expect screening beyond initial application. Please use the information, instructions, and application form on page 37 when you apply. The fees and necessary deposit are the same as for the regular Work-Study Program described on that page.

April 4-30
Coordinated by Joan Fiore

Gestalt Practicum:

A course of experiential/didactic instruction in gestalt practice for those wishing to enhance professional skills and personal well-being, led by Joan Fiore, members of the Esalen gestalt staff, and interns in gestalt practice.

Admission by invitation only.

Week 1: Focuses on the process of group formation and introduces basic gestalt practice, concepts of gestalt, and the language of gestalt, as well as visualization, breath, and body work, to facilitate contact and release. We examine the gestalt form and its focus on integration and self-responsibility. We begin intensive individual gestalt sessions on participants' specific, personal issues.

Week 2: Continues didactic/experiential instruction in gestalt practice by introducing the initiative model of working with one another, both with and without faculty supervision, and continues intensive personal work.

Week 3: Continues practice sessions with video feedback as well as with faculty feedback, and re-focuses on group process, with participants leading group sessions as well as working with one another on an individual basis. Participants begin to create experiments for integrating their learning from this program into their professional/personal lives with their own methods and styles of working and being in the world.

Week 4: We are available to work with the feasibility and application of each participant's experiment and to continue to work with other individual and group issues. Partipants will also practice gestalt work in the Esalen community, with the supervision of more experienced interns and practitioners, as well as with one another. Requests for special application for invitation to this program should be addressed to Joan Fiore, Esalen Institute, Big Sur, Ca. 93920. $1600

Biographical Information

A

Irene Abizaid ..... linguist, lived for 19 years in the Middle East. She currently teaches intercultural communication.
p. 24

Suzanne Arms ..... is an author (*Immaculate Deception: A New Look at Childbirth*), filmmaker (*Five Women, Five Births: A Film About Choices*), public advocate, and futurist.
p. 31

Anne Armstrong ..... has been doing transpersonal counseling for over 16 years and has trained professionals to use their own intuitive abilities.
p. 14, 21, 33

Jim Armstrong ..... a former engineer, is a life-long student of esoteric studies.
p. 14, 21, 33

Elliott Aronson ..... is a professor of psychology at the University of California, Santa Cruz. He has published over 60 articles on interpersonal relations and authored ten books, including *The Social Animal*.
p. 23, 27

Angeles Arrien ..... is an anthropologist, a Basque folklore specialist, a tarot counselor, and on the faculty of the California Institute of Asian Studies.
p. 12

B

Jamie Baraz ..... has studied meditation with Joseph Goldstein, Ram Dass, Jack Kornfield, and others in the United States and Asia. He has led classes and retreats in the Bay Area for four years.
p. 14

Al Bauman ..... studied with Wilhelm Reich. He is a Reichian trainer, musician, and actor.
p. 19

Daniel Bianchetta ..... practices shiatsu, rebirthing, deep tissue massage, gestalt, and intuitive readings at Esalen. He has studied extensively with Swami Muktanada.
p. 20

Jeffrey Blum, ... MD, a radiologist and internist, is the co-founder of the Center for the Well-Being of Health Professionals in Chapel Hill, North Carolina.
p. 19

Fred Boeve ..... is a Trager and emotional release practitioner. He has lived and worked at Esalen for several years.
p. 22, 31

Janet Zuckerman Boeve ..... has been on the teaching staff at Esalen for more than seven years. Her work includes gestalt practice, encounter, and emotional release work. She is currently a Trager trainee.
p. 11, 22, 31

Charles Brooks, ... author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963.
p. 19

Judith Brown ..... is author of *Back to the Beanstalk*. She spends half the year leading training groups in Europe and America and the remainder in private practice and teaching.
p. 17

George Brown ..... founded the confluent education program at the University of California, Santa Barbara School of Education. He works with his wife in Europe and teaches gestalt at U.C.S.B.
p. 17

Leon Burry-Trice ..... is resident architect and designer for the Esalen community.
p. 31

C

Peter Caddy ..... is the co-founder of the Findhorn Foundation, and is presently engaged in visiting and assisting in the link-up of communities, groups, and movements for the process of planetary transformation.
p. 31

Annie Callaway, ... professional wilderness guide, group leader, hatha yoga teacher, and writer, has been leading Esalen trips for several years.
p. 13, 32

John Caple ..... is a college professor (after 14 years in management), career counselor, consultant, and leader of seminars for industry.
p. 28

Rick Carlson ..... chairs the California Governor's Council on Wellness and Physical Fitness. A lawyer active in the formulation of public policy on health, he is the author of *The End of Medicine* and *Frontiers of Science and Medicine*.
p. 16

William Carpenter, Jr., ... MD, is director, Maryland Psychiatric Research Center, and professor of psychiatry, University of Maryland School of Medicine in Baltimore.
p. 21

Seymour Carter ..... has taught gestalt at Esalen and other growth centers in the United States and Europe for over 12 years.
p. 14

Stanford Eugene Cates, ... a minister on sabbatical from his official duties in San Francisco, is in gestalt training with Paul Rebillot.
p. 28, 29, 32, 33

Randy Cherner ..... is co-director of the Lomi School in Mill Valley, is trained in Lauren Berry work, and holds the rank of shodan in aikido.
p. 19

Barbara Clemans ..... is massage and movement specialist in private practice in San Francisco.
p. 23, 29

Don Creevy, ... MD, FACOG, clinical obstetrician/gynecologist, Stanford University Medical Center, is medical director of The Birth Place, Palo Alto.
p. 31

D

Terran Harcort Daily ..... is staff member and one of the dreamwork leaders of the Jungian-Senoi Institute.
p. 22

Joel Dweck, ... formerly a physicist and freelance builder, is a certified Radix® teacher in private practice in Santa Monica, California
p. 22

Ken Dychtwald, ... psychologist and international consultant, is the author of *Bodymind, Millenium: Glimpses into the 21st Century*, and *The Aging of America* (forthcoming).
p. 16

E

Esalen Massage Practitioners include Lila Daniels, Peggy Morrison Horan, Deane Juhan, George King, Lars Larson, Bill Liles, Deborah Medow, Jane Miletich, Dianne Sue Miller, Laurie Muller, Brita Ostrom, Vicki Topp, and Attila Vass.
p. 12, 14, 16, 19, 21, 24, 26, 29, 32, 34, 35

F

David Feinstein ..... is a clinical-community psychologist with the San Diego County Mental Health Services.
p. 34

Joan Fiore ..... practices and teaches gestalt, encounter, self-reparenting, and self-repairing on a group and individual basis.
p. 24, 25, 29, 32, 34

Joyce Frazee ..... is a gestaltist whose training includes art, encounter, bioenergetics, body awareness, and psychosynthesis. She is presently on the staff of Cold Mountain Institute.
p. 15

Joe Freeman ..... lives in Derby, Connecticut where he combines Radix® education with gestalt.
p. 36

Marty Fromm ..... trained with Fritz Perls for three years. Some aspects of their relationship are described in *In and Out of the Garbage Pail.*
p. 28

Betty Fuller, ... a humanist counselor and director of the Trager Institute, is a certified instructor of Trager psychophysical integration and mentastics©, and of Feldenkrais awareness through movement.
p. 17, 24, 34

G

Dick Galland ..... was the founding director of the Southwest Outward Bound School. He designs and guides wilderness programs for individuals, schools, and corporations.
p. 32

Charles Garfield ..... is the founder and director of the SHANTI Project, an international prototype for volunteer human services programs, and is on the faculty of the U.S. School of Medicine and School of Nursing in San Francisco. He is author of *Stress and Survival.*
p. 18

Merri Goldenson (Devarani) ... is a chiropractor, certified Radix® teacher, Bates vision instructor, and masseuse.
p. 12

Michael Goldstein, ... MD, is professor of psychology at U.C.L.A.
p. 21

Lawrence Greene ..... is the executive director of the Developmental Learning Center in Saratoga, California. He is a consultant and diagnostician.
p. 15

Christina Grof, ... hatha yoga teacher and student of Swami Muktananda, has special interest in the kundalini process and the problem of "spiritual emergency." Co-author of *Beyond Death.*
p. 17, 22, 26, 31

Stanislav Grof ..... psychiatrist with over twenty years' experience in consciousness research with and without psychedelics, is the author of *Realms of the Human Unconscious* and *The Human Encounter with Death.*
p. 17, 22, 26, 31

H

Anna Halprin, ... founder of the San Francisco Dancers' Workshop and co-founder and teacher at the Tamalpa Training Institute in Marin County, is the author of *Movement Ritual I* and *Collected Writings.*
p. 12

Daria Halprin-Khalighi ..... is a gestalt movement facilitator and is co-founder and teacher at the Tamalpa Institute in Marin County.
p. 12

Betsy Hand ..... trained with Virginia Satir and was on the resident staff of the Gestalt Institute of Canada. She is in private practice in Kentfield, California.
p. 14, 35

Robert Hand ..... is an astrological teacher, author, consultant, and researcher in Cape Cod. His latest book is *Horoscope Symbols.*
p. 21

Michael Harner ..... is an anthropologist whose books include *The Way of the Shaman: A Guide to Power and Healing, Hallucinogens and Shamanism,* and the novel *Cannibal,* which he co-authored.
p. 24

Paul Hawken ..... is co-founder of Smith & Hawken Tools and co-author of *Seven Tomorrows.*
p. 33

Richard Heckler, ... Ph.D., is a founding member of the Lomi School, a student and teacher of aikido, and author of the *Mind/Body Interface.*
p. 26

Peggy Morrison Horan ..... is an Esalen resident teacher of massage and movement and an apprentice midwife.
p. 12

Paul Horn ..... is a flutist, a jazz musician, creator of the *Inside* albums, and a teacher of meditation.
p. 31, 32

Al Chung-liang Huang ..... is the founder-president of *The Living Tao,* an international learning/sharing network with ongoing t'ai chi dance workshops.
p. 31, 32

J

Galvin Jackson ..... is a counseling consultant, teacher, lecturer, and writer.
p. 16

Dennis Jaffe, ... a family facilitator, teaches at U.C.L.A. Medical School. He is the author of *Healing from Within.*
p. 19

Sharon Jeffrey, ... tarot-symbology consultant, teacher, lecturer, and writer, has a business consultant firm in San Francisco, S.R. Jeffrey & Associates.
p. 12

Rick Jensen ..... has had extensive experience leading pack trips on horseback in the Ventana wilderness.
p. 15

Don Johnson, ... author of *The Protean Body,* teaches at Antioch West.
p. 19, 26

Michael Joyce, ... a somatologist and Feldenkrais teacher in private practice in Reno, Nevada and Dutch Flat, California, has written articles on the physiological learning process.
p. 25

Deane Juhan, ... a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.
p. 12

K

Kathleen Keating ..... is a holistic health educator, a nurse practitioner in mental health, and director of inservice education for a private psychiatric hospital.
p. 20

Sam Keen ..... is an explorer of inner space, a psychonaut and philosopher, editor of *Psychology Today,* author of *Apology for Wonder, To a Dancing God, Beginnings Without End.*
p. 22, 26

Jeffrey Kent, ... an ongoing student and practitioner of gestalt, uses methods drawn from encounter and Reichian emotional release work.
p. 24, 29, 32, 34, 35

Coeleen Kiebert ..... is a sculptor, art therapist, and long-time explorer of creativity and creative personality.
p. 30

Clair Killen, ... a certified Radix® teacher and former resident teacher at Esalen, is building his home in the mountains of Oregon.
p. 15, 22, 32

Polly Kirby ..... is a registered nurse and former educator who is presently living at Esalen, where she is working toward integrating traditional and alternative healing modes.
p. 21, 24, 32

Michael Klaybor, ... a third degree black belt in kyokushin karate, is a gestalt practitioner specializing in hypnosis, and co-author of *Women: Resist and Win.*
p. 35

Howard Kornfeld ..... is a physician practicing emergency medicine and serving on the steering committee of Physicians for Social Responsibility.
p. 15

Mari Krieger ..... is part of a feminist group practice in Berkeley and teaches gestalt at Antioch West University.
p. 15

Stanley Krippner, ... dean of faculty at the Humanistic Psychology Institute in San Francisco, was director of the Maimonides Dream Laboratory in New York City.
p. 34

L

R. D. Laing ..... is a psychiatrist whose books *The Politics of Experience* and *The Divided Self* had a profound impact on contemporary attitudes toward mental illness and psychiatry.
p. 32

Raven Lang ..... is the author of *Birth Book* and a founding member of the Santa Cruz Birth Center, the Vancouver, B.C. Birth Center, and the Institute of Feminine Arts.
p. 20

Benj Langdon ..... uses photography as a meditational tool for *seeing* the beauty in the *ordinary*. He currently catches shadows of the dance of life that is Esalen, Big Sur.
p. 11

Maureen Lavender ..... is a trainer for The Center for Release and Integration, where she teaches postural integration, Reichian release, rebirthing, and polarity.
p. 18

Paul Lee, ... Ph.D., is director of the Platonic Academy of Herb Studies in Santa Cruz.
p. 20

Dub Leigh ..... is a humanist counselor, an advanced Rolfer®, and a practitioner of both Feldenkrais and Trager methods.
p. 25

George Leonard, ... author of *Education and Ecstasy, The Transformation, The Ultimate Athlete*, and *The Silent Pulse*, holds a black belt in akido, from which he derives his present work.
p. 19

Peter Levine ..... has practiced and taught Reichian body work for many years. He is currently working on three books in the area of stress resolution and Reichian vegito therapy.
p. 19, 26

John Lilly ..... is a teacher and scientist. His books include *the Center of the Cyclone* and *Simulations of God: The Science of Belief* (May, 1975).
p. 15

Elisa Lodge ..... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf®-movement integration.
p. 13, 25

Nancy Kaye Lunney, ... a gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, and does individual as well as group work at Esalen.
p. 19, 26, 31

M

Phillip Mac ..... is a board certified family physician who has trained family physicians and physicians' assistants. His special interest is the health and ill health of health care providers.
p. 15, 32, 34

John Majuri ..... is an eclectic counselor incorporating gestalt, transactional analysis, neo-Reichian work, and hypnosis.
p. 12

Mangrove ..... is an association of teaching and performing artists based in San Francisco, collaborating to explore contact improvisation and the collective creative process.
p. 27

Ma Prita (Laura DeNuccio), ... certified Radix® practitioner, combines Reichian body work, emotional release, gestalt practice, Bates vision improvement, and other approaches in group and private instruction.
p. 17, 35

Marilyn Mason, ... founder/director of the Wilderness Learning Institute in Minneapolis, is a family and sex counselor in private practice.
p. 22

Deborah Medow, ... Esalen masseuse and group leader for many years, teaches ashtanga yoga, massage, creative movement, and related healing disciplines directed toward rechanneling and balancing energy.
p. 15, 29

Herbert Meltzer, ... MD, is professor of psychiatry at the University of Chicago, and director of the Laboratory of Biological Psychiatry, Illinois State Psychiatric Institute, Chicago.
p. 21

Ralph Metzner, ... a psychologist in practice in San Francisco and on the faculty of the California Institute of Asian Studies, is the author of *Maps of Consciousness* and *Know Your Type*.
p. 12

Jane Miletich ..... is a masseuse, yoga practitioner, nutritionist, and student of midwifery.
p. 12

Emmett Miller, ... physician, musician, poet, and dancer, works with hypnosis, meditation, imagery, music, and movement. His books describe selective awareness, the approach he originated.
p. 13, 23, 26, 35

Howard Miller, ... MD, is a board certified surgeon, one of the founders of the American Society of Clinical Hypnosis, and a member of the International Society of Hypnosis.
p. 21

Sandra Ferreira Miller ..... has been a bodywork and massage practitioner and instructor for many years, incorporating shiatsu, acupressure, Tragering, and other approaches.
p. 13, 23, 26, 35

Siri Mishler, ... certified Radix® teacher, is in private practice at the Radix® Center in Santa Monica, and is also a trainer for the Radix® Institute in Ojai.
p. 14

N

Bruce Neeb, ... a long term resident of Esalen, is experienced in gestalt, bioenergy, and encounter.
p. 26

The NINE ..... describe themselves as "giant reflectors of your selves, gestalt practitioners, marriage counselors—pure energy of emergent quality available to all." They are the center of the Esalen Paranormal Intelligence Project.
p. 24

O

Jenny O'Connor ..... is a psychic from England, and is a channel for "The NINE."
p. 24

Heather Maycock Ogilvy ..... is currently working with women on ways to balance the contradictions of being many dimensional. She is in private practice in Palo Alto.
p. 16

Jay Ogilvy ..... is author of *Many Dimensional Man: Decentralizing Self* and *Society and the Sacred*, and co-author of *Seven Tomorrows*.
p. 16, 33

Daniel O'Hanlon ..... is a Jesuit priest and theologian who has had extensive experience with meditation practices in India, Sri Lanka, Thailand, and Japan.
p. 19

James Oldham, ... author of *Risking Being Alive*, psychiatrist, and founder of the Gestalt Institute of Melbourne, is presently working in theatre and dance with Anna Halprin.
p. 17

Wendy Oser ..... is founder and director of Video Feedback Service of Berkeley, specializing in transpersonal, professional, and presentational applications of video, and creator of *Video Insight*.
p. 14

Brita Ostrom, ... a longtime Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.
p. 12

P

Wendy Palmer, ... a black belt in aikido, is co-founder of Tamalpais Aikido, an international movement arts center.
p. 26

Jane Parsons ..... was a facilitator in individual, group, and family treatment in the department of psychiatry at Mount Sinai Hospital for 12 years, and is in private practice in New York City.
p. 22

Andre Patsalides ..... is a psychoanalyst, professor of humanistic psychology and Arab studies at the University Catholique de Louvain, Belgium, and guest lecturer at U.C. Berkeley.
p. 24

John-Henry Pfifferling, ... Ph.D., is a medical anthropologist and co-founder of the Center for the Well-Being of Health Professionals in Chapel Hill, North Carolina.
p. 19

Ayala Pines, ... research associate in the psychology department, U.C. Berkeley, is the author of *Experiencing Social Psychology* in *Burnout: From Tedium to Personal Growth.*
p. 23, 27

Prem Das ..... completed a six-year apprenticeship with don Jose Matsuwa and is the founder and director of Mishakai, Center for the Study of Shamanism, Covelo, California.
p. 25

Hector Prestera, ... an acupuncturist and physician, integrates Eastern and Western energy methods in his medical practice in Monterey, California.
p. 26

Christine Price ..... combines gestalt practice with creative visualizations and body meditations.
p. 11, 13, 16, 26

R

Paul Rebillot ..... was founding director of the Gestalt Fool Theatre Family in San Francisco and has been a resident group leader at Esalen.
p. 28, 29, 32, 33

Heidi Rorick-Schaeffer ..... is a dance/movement practitioner in Santa Monica, California.
p. 20

Honey Rose ..... is a wife, mother of six children, and midwife whose main interest is natural healing.
p. 12

Jack Rosenberg, ... author of *Total Orgasm*, has trained in gestalt and Reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.
p. 16

Mira Rothenberg ..... is the co-founder of the Blueberry Treatment Centers in New York City. She has pioneered in intuitive approach of intimate contact in treating severe childhood mental illness.
p. 26

Frank Rubenfeld, ... past president of the Gestalt Institute of San Francisco, has been leading Esalen groups since 1969. He is in private practice in Berkeley.
p. 15

Ilana Rubenfeld ..... is the originator of her own integration called "gestalt synergy." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.
p. 29

Anne Ruderman, ... a certified Radix® teacher and clinical social worker, is in private practice in Santa Monica, California.
p. 22

Rutuima, ... Prem Das' wife and don Jose's brother's (don Carlos') granddaughter, is a mother and teacher of Huichol.
p. 25

S

Stephano Sabetti, ... director of the Institute for Life Energy in Munich, is the author of *Life Energy: A Psychotherapeutic Evolution.*
p. 12

David Schiffman ..... is currently a leader in residence at Esalen, where he is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being.
p. 12, 14, 15, 16, 17, 21, 22, 26, 31, 35

Will Schutz ..... is director of the Center for Holistic Studies, Antioch University, San Francisco, and author of *the Elements of Encounter* and *Profound Simplicity.*
p. 20, 29

Alan Schwartz ..... is a teacher of gestalt and a college professor whose latest article in print is "Energy Systems and Gestalt Process." He is currently writing a book titled *The Psychology of Energy.*
p. 29, 30

Peter Schwartz ..... is a senior policy analyst at the Center for the Study of Social Policy at SRI International, and co-author of *Seven Tomorrows.*
p. 33

Charlotte Selver ..... teaches sensory awareness, perception, and nonverbal and verbal communication. A new center is being built for her at Green Gulch Farm in connection with the Zen Center, San Francisco.
p. 19

Renan Sercarz-Suhl, ... a certified Radix® teacher and trainer with the Radix® Institute, practices in Santa Monica and Seattle.
p. 36

Phyllis Shankman, ... a counselor in private practice in West Los Angeles, teaches at U.C.L.A. Extension.
p. 35

Julian Silverman, ... an Esalen Trustee, is a project director for Aspen Research Institute.
p. 21

David Silverstein, ... certified Radix® neo-Reichian teacher, specialized in hypnosis, movement, and dance, and is in private practice in Berkeley.
p. 20

Harriet Jasik Skibbins ..... is a licensed counselor, dreamwork leader, and assistant director of the Jungian-Senoi Institute of Berkeley.
p. 22

Harry Sloan, ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Robert Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 21, 30, 35

Gerald Smith ..... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy.*
p. 14, 35

Joan Steffy ..... has developed her abilities as a psychic and medium through methods learned in Europe, Brazil, and North America.
p. 16

Gael Switzer ..... is a Rolfer® and teacher of Rolfing®-movement integration. She has studied movement with Judith Aston.
p. 14

T

Susan Tanner ..... is an actress, director, and teacher of improvisational theatre. She is based in Los Angeles and affiliated with the Living Stage Company in Washington, D.C.
p. 13, 26, 33

U

Skip Utterback ..... has spent his life raising and training horses. He has been a rancher in the Salinas valley for 40 years.
p. 15

V

Gerrit Verschuur ..... was a research radio astronomer active in the search for extraterrestrial intelligence. He is the author of *The Invisible Universe* and *Cosmic Catastrophe.*
p. 20

W

John Welwood ..... is an editor and frequent contributor to the *Journal of Transpersonal Psychology*, and editor of *The Meeting of the Ways: Explorations in East/West Psychology.*
p. 35

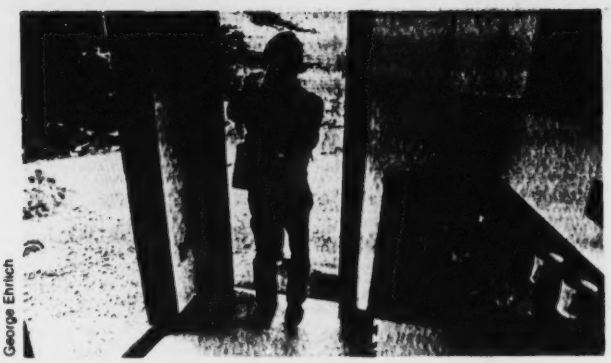
Jenny Windsor, ... a registered nurse, is working with movement and the body as metaphor.
p. 15, 22, 32

Strephon Kaplan Williams ..... is the innovator of the Jungian-Senoi approach, a practicing dreamwork analyst, and author of the *Jungian-Senoi Dreamwork Manual.*
p. 22

Julie Wright, ... a certified Radix® teacher, practices in Santa Monica and does regular workshops in Rye, N.Y.
p. 36

Z

John Ziegler, ... in private practice in New York City, is also directing *Winners*, an all-improvised Off-Off Broadway drama/comedy that combines theatre and gestalt.
p. 17, 27



George Ehrlich

The Esalen media center has produced several audio-visual presentations to be available December, 1981.

They are entitled:

Gazebo — an innovative concept of school where learning replaces knowing; from the three R's to feeding baby goats and swimming with dolphins.

Esalen — an overview of Esalen: its history and the growth of its workshops, projects, and people.

Esalen's Energy Program — Esalen's plan to utilize the geo-thermal energy of its natural hot springs to heat buildings with home built, low temperature room heaters, and to provide domestic hot water.

Films and Tapes

Tape Recordings of Human Potential Programs

The human potential movement continues to have unusual events which in turn produce unusual recordings. Each issue of the Esalen Catalog lists a number of new titles and also includes some from the Big Sur Recordings archives. Nearly all tapes are stereo, from live events, and tape length is normally 1 to 1½ hours. These recordings are available on cassettes only. Single tape titles are $9 ($10 by purchase order); two-tape titles are $16 ($18 by purchase order):

Fritjof Capra: *The Turning Point: Shifting Paradigms*
Willis Harman: *Alternative Futures*
Bob Schwartz: *(2) Entrepreneurship & Human Potential, I-II*
George Leonard & Paul Hawken: *(2) Visions & Economics, I-II*

Ken Dychtwald: *Strategies for Stress Management*
Julian Silverman: *Structural Basis of Body Work*
David Schiffman: *Group Process: Gestalt Etiquette*
Alan Schwartz: *Gestalt and Spirituality Journal Readings*

Duane Elgin: *Voluntary Simplicity*
Reb Anderson: *Zen*
Jack Kornfield: *The Sword of Wisdom*
John & Toni Lilly: *Integrating Science and Mysticism*

Jean Houston: *(2) The Possible Human, I-II*
Stanislav Grof: *(2) The Birth Trauma, I-II*
Charlotte Selver/Charles Brooks: *(2) Sensory Awareness, I-II*
Al Drucker: *(2) Holistic Health and the Five Elements, I-II*

Theodore Roszak: *Personal Transformation through History*
Roszak & Thompson: *Cultural Transformation in the 80's*
Wm. Irwin Thompson: *On the Evolution of Human Culture*
Wm. Irwin Thompson: *Political Transformation*

James Fadiman: *Sufi Stories*
Prem Das: *Shamanic Journey with Drum Ritual*
Sam Keen: *An Erotic Psychology*
Al Drucker: *Creation, Entropy. . .and Deep Tissue Work*

Rollo May & Daniel Ellsberg: *Good and Evil*
Linus Pauling: *Vitamin C and Cancer*
Andrew Weil: *Altered States Without Drugs*
Ram Dass: *Hang on Tightly; Let Go Lightly*

Paul Rebillot: *(2) The Hero's Journey, I-II*
Angeles Arrien: *(2) The Egyptian Tarot, I-II*
Anne & Jim Armstrong: *(2) A Psychic Training Program, I-II*
Sam Keen & Rick Carlson: *(2) The Politics of Healing, I-II*

Please add $2 to your order for mailing. California residents include 6% tax. Please mail order with check payable to: WORKSHOP CASSETTES, Hot Springs Lodge, Big Sur, California 93920. Suggestions regarding recordings are appreciated.

The Dolphin Series: (complete sets in vinyl albums)

Barbara Clemans: *Explorations In Movement* (3 tapes, 6 lessons) $30 ($34 by purchase order)
John & Toni Lilly: *The Cetacean/Human Cyclone* (3 tapes, 4½ hours) $30 ($34)
Joseph Campbell & Al Huang: *Movement And Myth To Live By* (4 tapes, 6 hours) $40 ($44)
Andrew Weil: *Integrated Consciousness And Health* (6 tapes, 6 hours) $60 ($66)
Fritz Perls: *The Perls Encounter: A Complete Weekend Seminar* (6 tapes, 9 hours) $60 ($66)
Ruthy Alon: *Awareness Through Movement: The Feldenkrais Method* (6 tapes, 12 lessons) $60 ($66)
Moshe Feldenkrais: *Awareness Through Movement; The Feldenkrais Method* (6 tapes, 10 lessons) $72 ($80)
Ken Dychtwald: *Bodymind Health, Longevity, and Optimal Performance* (6 tapes, 7 hours) $72 ($80)
Julian Silverman: *Commentaries on A Course In Miracles* (8 tapes, 10 hours) $72 ($80)
Esalen 1979-1980 *Stress and Caring Conferences* (10 tapes, 14 hours) $80 ($88)
Joseph Campbell: *World Mythology And The Individual Adventure* (10 tapes, 15 hours) $80 ($88)
Buckminster Fuller: *The Pajaro Dunes Tapes: A Weekend Seminar* (8 tapes, 12 hours) $80 ($88)

Please add $2 to your order for mailing. California residents include 6% tax. Please mail order with check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Gregory Bateson Archive Tapes: *"The Informal Esalen Lectures"* (1975-1980)

With Gregory Bateson's passing, these recordings are now part of his estate. Radio broadcast, transcription, or publication of material from the tapes is expressly forbidden without prior permission from the estate:

Metaphors and Butterflies	Grof Workshop	May 1975
Schizophrenia and the Double Bind	Grof Workshop	May 1976
The Pattern Which Connects	Work Study	Dec 1978
What is Epistemology?	Work Study	Sep 1979
Civilization and Addiction, I-II	Work Study	Nov 1979
Interfaces—Boundaries Which Connect	Tues Forum	Feb 1980
It Used to Matter	Tues Forum	Mar 1980
Simple Thinking	Tues Forum	Apr 1980
Neither Mechanical or Supernatural	Work Study	Apr 1980
It Takes Two to Know One, I-II	Grof Workshop	May 1980

The complete set of twelve tapes (totaling almost 18 hours) comes in a vinyl album, accompanied by a summary of the contents of each recording for reference, plus additional pages. The set of twelve tapes is $88 ($98 by purchase order). Please add $2 to your order for mailing. In California include 6% tax. Please write check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Recordings from the Early Years

A catalog of tape recordings from the human potential movement, including the early years of Esalen's history, is available for $1 from: BIG SUR

RECORDINGS, PO Box 91, Big Sur, California 93920. Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others, are available from PSYCHOLOGICAL FILMS, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write to HARTLEY PRODUCTIONS, Cat Rock Road, Cos Cob, Connecticut 06807. A film or video cassette of Al Huang's work, entitled *T'ai Chi: The Watercourse Way*, is available through KLB PRODUCTIONS, 490 Redwood Road, Corralitos, California 95076. Regarding the forthcoming documentary on Gregory Bateson, address inquiries to *The Pattern Which Connects*, PO Box 8, Forest Knolls, California 94933 — Phone (415) 488-0135.

The book **FOOD FOR THE SENSES, Recipes and Artwork from the Esalen Community**, is now available. To order by mail send $6.80 per book (includes postage) with your name and address to Food for the Senses, Esalen Institute, Big Sur, Ca. 93920. California residents add 36¢ tax per book ($7.16). Make checks payable to Esalen Institute. Allow 6 weeks for delivery. Orders of five books or more are available at wholesale prices. Write for further information.

The Esalen Catalog

THE ESALEN CATALOG is published tri-annually. Subscription cost for one year is $6 for the United States, $9 for Canada and Mexico, $12 for Europe and South America, and $14 for all other countries. **Please make all payments in U.S. currency.** A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, Ca. 93920.

☐ To obtain future issues of the Esalen Catalog and occasional mailings for one year, please send a check or money order in **U.S. currency only** to: Esalen Institute, Big Sur, Ca. 93920.

(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

☐ Please send a complimentary copy of the Esalen Catalog to the person listed below:

Name

Address

City State Zip

We
invite you
to join us
in our organization

Friends of Esalen

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive regular mailings of the Esalen catalogs. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student	$15	One Year Donor	$50	One Year Patron	$500
One Year Individual	$25	One Year Sponsor	$100	(Contributions are tax-deductible)	

Name Student Affiliation

Street

City, State Zip Code Date

Please mail to: Friends of Esalen, Big Sur, California 93920

Registration Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt.

Please mail all reservations to: Reservations, Esalen Institute, Big Sur, Ca. 93920

Reservations by Telephone: You may make reservations by phone if you use your Mastercharge, BankAmericard, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335 **Monday, Tuesday, Thursday, and Saturday 9 to 3**
Wednesday 9 to 12 Noon
Friday 9 to 8 PM
Sunday 12 Noon to 8

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The price of a weekend workshop will be $165, and a five-day will be $340. Please telephone or write the Esalen office for further information.

Scholarship Information: If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15-September 15 programs or for weekend programs.

Ongoing Residence Program: Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $1600 per 26-day period.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $55 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $70 per day, or $105 per day per couple. Please phone the office for additional information.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen. Esalen limousine service is not available at any other time.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

The Esalen Staff

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Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place.

(Please Print)

Name_____ Sex M ☐ F ☐ Age_____

Address _____

City, State_____ Zip_____ Occupation_____

Telephone Number: Day Area Code ( ) _____ Evening Area Code ( ) _____

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend:_____ ☐ housing as a couple

Check whether this workshop will be held in Big Sur ☐ or as a Wilderness Program ☐

Do you smoke?_____

Limousine Service:
I want limousine service from (check one):
_____Monterey Airport
_____Monterey Greyhound Bus Station
at 5:00 p.m. on _____ (date of arrival, Fridays ar J Sundays only)

The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us. Esalen limousine service is not available at any time other than 5 p.m.

License Number:
(for registered nurses wanting CEU's_____ (for physicians wanting CEU's)_____

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Reservation Fee

[illegible] amount enclosed: $_____

Your reservation can be charged to:
☐ Master Charge ☐ Bank Americard ☐ American Express ☐

Card No. _____

Expiration date_____

Checks payable to Esalen Institute.

Payments: All workshops require nonrefundable reservation fees. See page 46. The balance of program fees becomes payable at the time of check-in.

U.S. currency only, please.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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The Esalen Catalog

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasizes the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting, and research.

Esalen Institute
Big Sur
California 93920

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Catalog Editor: Nancy Kaye Lunney
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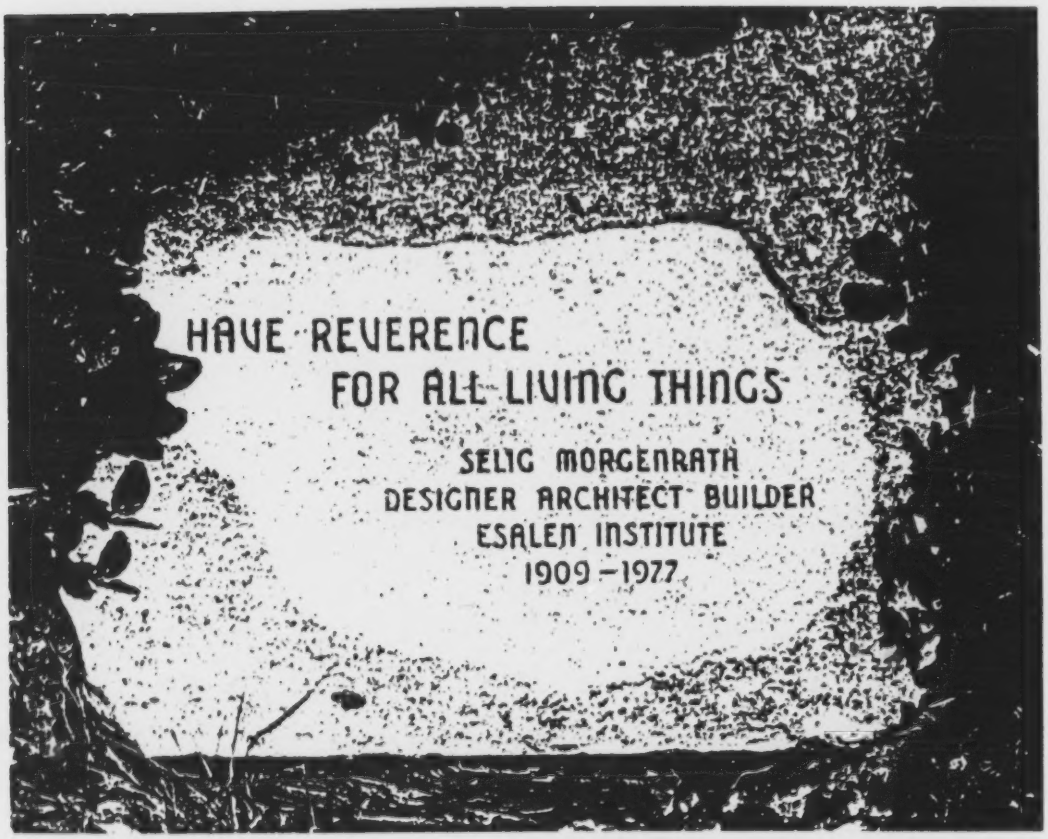
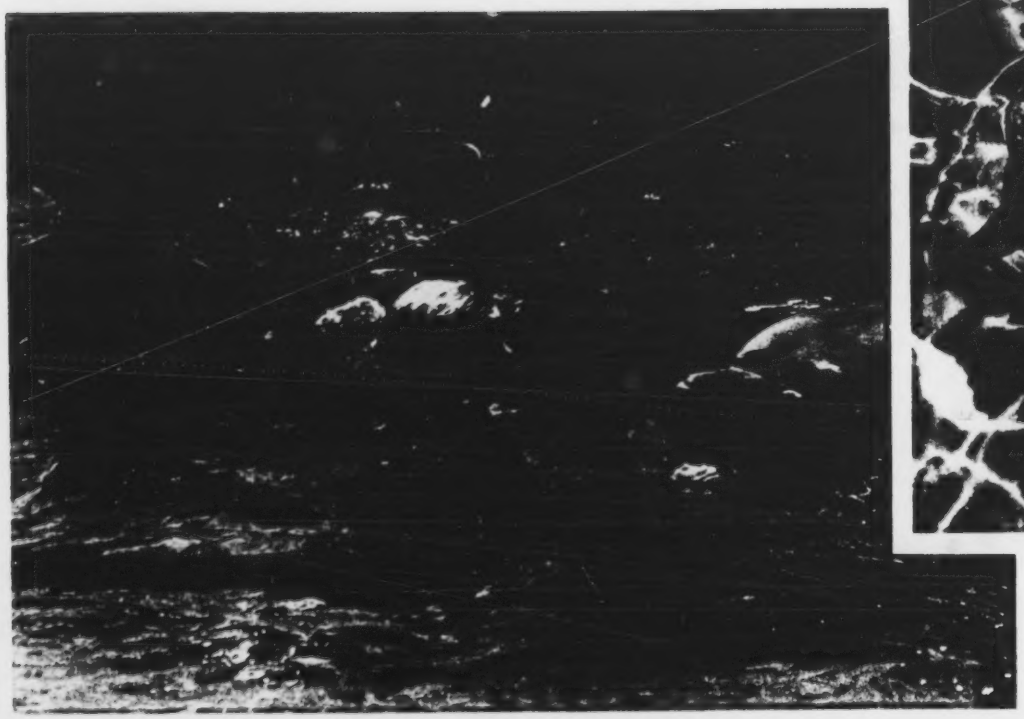
"Contact is the appreciation of differences"
Fritz Perls

Steve Beck



Starting as the vision of one man, Selig Morganrath, Esalen's grounds, gardens, and farm continue to evolve in beauty and fruitfulness. Through the ongoing dedicated efforts of the lands crew and environmentally sound biodynamic and edible landscaping practices, we now have over fifteen varieties of fruit trees and berries, and are starting small scale grain crops. Through the farm-related Food Resource Project, we have started beekeeping, are planning chicken coops, and have the equipment to fish the waters of the coast. This catalog is dedicated to the people of the lands crew, and to the beautiful grounds of Esalen that they maintain and improve.



Gazebo Children Play With Dolphins

. . . thanks to Marine World-Africa, USA, and the Human-Dolphin Foundation.

Photographs by Joyce Rogers, Steve Beck, Keith Thompson, and Heather Malcolm

Hell Of A Way To Run A Universe

To the brain's eye, the same object appears different according to illumination, distance, and point of view. Our mind's eye unites these various viewpoints into a single conceptual image "out there" —a process that psychologists call "object constancy". The story of the blind men and the elephant points to an apparent failure of object constancy: separate impressions of "the elephant" do not coalesce into a single image for the blind men. The elephant appears as a wall, snake, fan, or tree, depending on what part each man has hold of. Each insists exclusively on his own point of view until, in most versions, a child comes along who sees the whole picture.

Because we are surrounded by what appear to be objects, this story amuses us by suggesting the absurd possibility of entities for which the usual conceptual consensus does not occur—the possibility of "non-objects." Many optical illusions qualify as non-objects, as do certain "impossible figures" devised by artists. Fifty years ago—to the consternation of physicists—atoms joined the ranks of non-objects. Atoms are too small to see; physicists probe them with a variety of methods more indirect than vision. Each method of getting in touch with the atomic elephant reveals a different picture. Moreover these separate pictures of the atom refuse to fit together into a single image.

Steve Beck

If atoms are not things and ordinary objects mere assemblies of atoms, why do ordinary objects seem so thinglike?

Some people interpret such observer-dependent phenomena as a breakdown of the distinction between subject and object, but an atom is objective enough. An atom is objective in the sense that different observers, taking the same viewpoint, will see the same picture, but at the same time, an atom is not an object because the pictures resulting from different viewpoints do not correspond to any unique thing. The atom objectively exists—as a non-object. As Heisenberg put it: "An atom is not a thing."

If atoms are not things and ordinary objects mere assemblies of atoms, why do ordinary objects seem so thinglike? Physics doesn't quit with atoms: ordinary objects are not really things either. However, under normal conditions, the thinglessness of ordinary objects is imperceptible.

We never observe a thing "in itself" but only as it appears in a certain experimental context. In each context, certain properties reveal themselves. But for an atom the sum of all such properties exceeds that which a single object can possess. There is *more* to an atom than meets the eye. Heisenberg showed that this "moreness" can be quantified and that it is equal to Planck's Quantum of Action. The Quantum is the unit of ambiguity in the universe. Both an apple and an atom have an "unthinglike extraness" one Quantum wide. An apple can be said to be more objectlike than an atom because an apple is made up of zillions of Quanta. In any context humans can devise. an apple's extraness is lost in its own glare, like stars in daylight. On the other hand, anything as small as an atom is a bundle of ambiguity.

An atom—mere handful of Quanta—is extremely sensitive to context. Atoms are hardly the "solid, massy, impenetrable particles" imagined by Newton; equally unreal: the fuzzy airbrushed clouds in modern physics texts. The truth is that atoms are nothing that anyone can picture; atoms are more like puns.

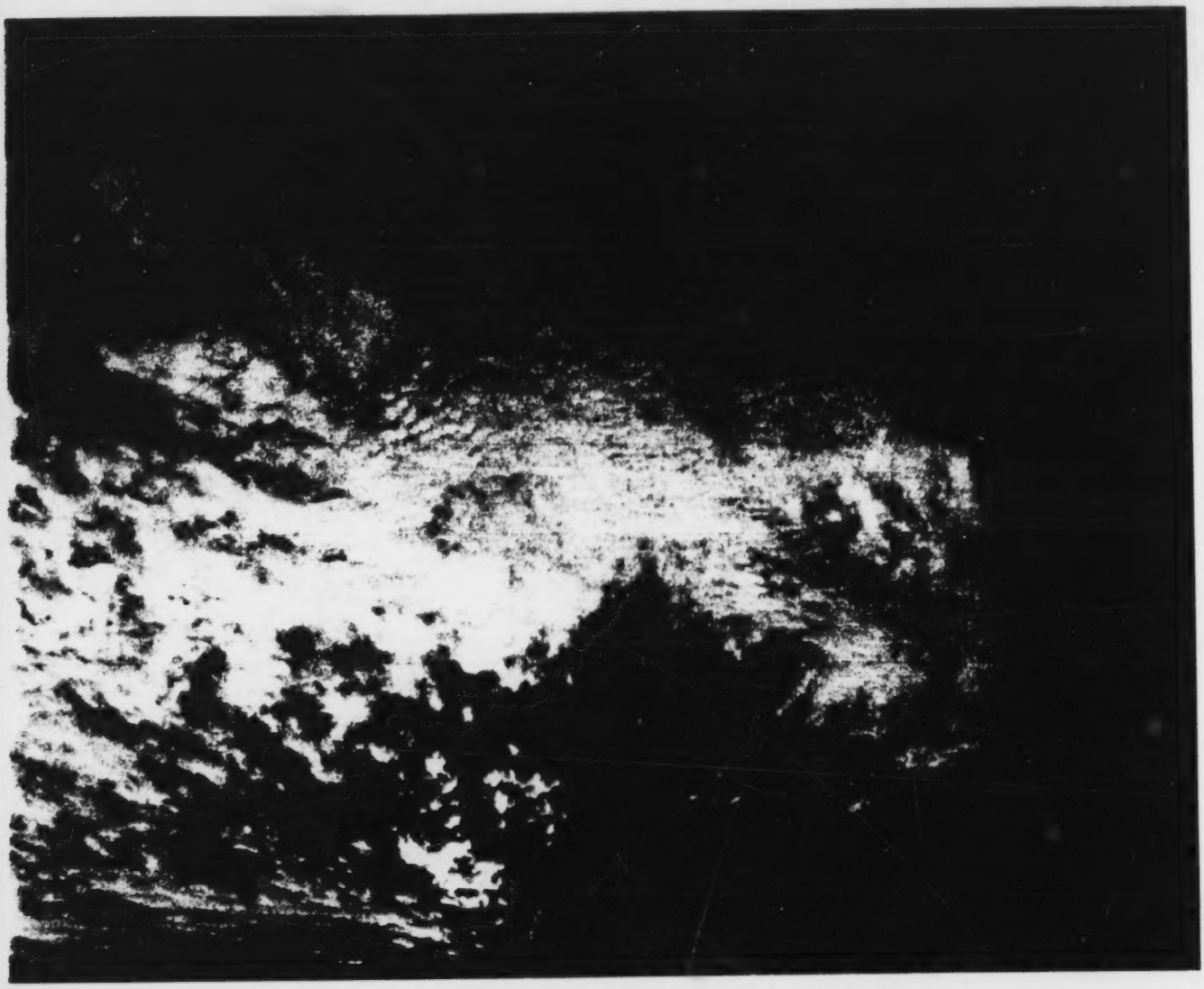
For an atom, even such a fundamental property as *spatial location* is determined by context. If you measure an atom with a crystal grating, it seems to be everywhere at once (wave); if you measure it with a bubble chamber, the same atom leaves a track as fine as a spider's thread (particle). Atoms are creatures of context; they have no properties of their own.

If someone were ingenious enough to devise a metacontext in which an atom appears "as it really is," physicists could slip back into comfortable old thingness. However, Neils Bohr closed off this possibility when he showed that choosing one context always involves giving up another. Yet both contexts are

necessary for a full view of the atom. According to Bohr, nothing but partial contexts are available to humans. You can choose any viewpoint you please; but you cannot choose them all. Object-nostalgic physicists, most notabley Einstein, have attempted to devise contexts which evade Bohr's rule, but none have so far succeeded and hopes are not high.

Unthinglike Moreness and Incompatible Contexts are important features of the new physics. Atoms can display more properties than mere things because of the many sets of mutually exclusive contexts in which they can be observed. But to define a context we must know which parts of the environment really affect the observation and which are irrelevant. Where does a context end? Curiosity about the boundaries of context led to the discovery of the mysterious *quantum connection.*

Consider two systems (A and B) that have interacted in the past, have stopped interacting, and have moved far apart. Two physicists—Albert & Boris—



Jane English

make separate measurements on systems A and B. Albert chooses a (necessarily partial) context in which to look at A. At the same time, far-away Boris selects a context and looks at B.

The results that Albert observes will naturally depend on Albert's context, but will his results also depend on the context chosen by Boris? The answer to this question is very peculiar—peculiar even by the standards of a thingless universe.

The question of the influence of distant contexts on local observations was posed by physicist John Stewart Bell. His answer is known as Bell's Theorem. Bell proved that certain systems which have once interacted continue to be linked by a strange *quantum connection*. "Once connected, always connected," says Bell.

We can appreciate the strangeness of the quantum connection by comparing it to Newton's Law of Gravitation. In Newton's vision every particle in the universe attracts every other. This attraction is mediated by the gravitational field, falls off as the square of the distance, and cannot act faster than the speed of light. Universal gravitation connects everything in the world, but its connection is carried by a field, mitigated by distance, and limited by light speed.

On the other hand, the quantum connection is not carried by any known field—systems A and B are truly not interacting. What seems to be going on here is that, despite their apparent separation, *the very beings* of the two systems never part—an option made possible by their thinglessness.

In contrast to gravity, the quantum connection does not diminish with distance—it is as strong at a million miles as at a millimeter. And since nothing is acting in the space between, the quantum connection cannot be shielded by interposing matter.

The quantum connection is instantaneous. The instant Boris chooses his context, Albert's system feels the effect. The quantum connection is faster than light yet it does not violate relativity because Albert cannot *decode* the message he gets. The quantum connection is Nature's own superluminal hot line—not open to people.

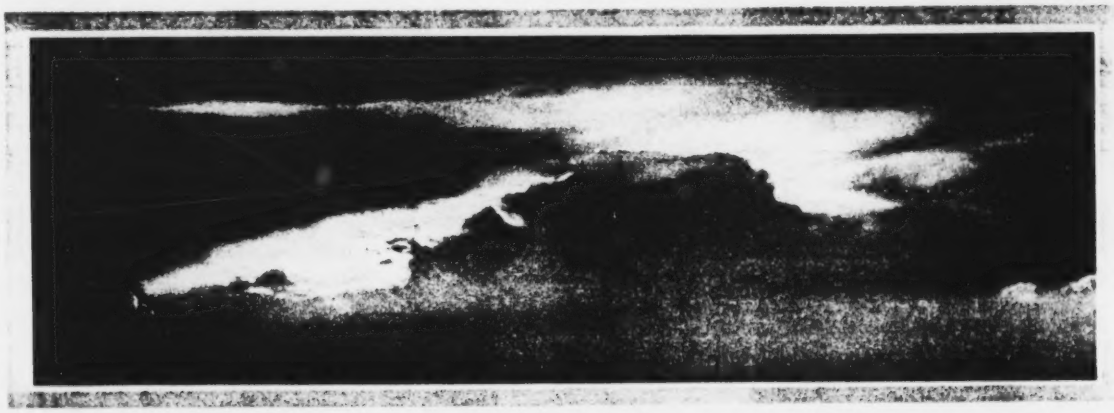
Quantum bond mnémonic: unlike gravity or any other force known to humans, the quantum connection is *unmediated, unmitigated,* and *immediate*.

Bell did not discover the quantum connection but he proved that it is *real*. Physicists were familiar with this connection before Bell was born but believed it to be a mere convention like the International Date Line. Bell showed in 1964 how the reality of the quantum connection could be decided by experiment.

Every object, even the most ordinary, contains a Quantum of thinglessness. Each object, no matter how solitary, has left a part of its being in everything it touched. Physicists have grown used to these facts but not one of us understands what is really going on. Meanwhile we share our world with mystery furniture.

Nick Herbert
May 1981

NOTES FROM THE PHYSICS WORKSHOP



Summary: Physicist John Bell is working on experiments which suggest that particles once connected remain in some sense connected. His work points to the conclusion that reality can be non-local; there may be a kind of communication that exists across space instantaneously.

In January of 1980, Michael Murphy's physics teachers, Nick Herbert and Saul-Paul Sirag, conducted an Esalen workshop titled "Bell's Theorem and the Nature of Reality."

The workshop began with a discussion of quantum mechanics, the system of experimental rules that has dominated the last fifty years of physics. Quantum mechanics have led most modern physicists to the conclusion that ambiguity and randomness are elements of nature.

Ambiguity (two or more valid meanings for one event) is ever-present, for example, in the study of light. Light can be understood as a wave, and it can be understood as a beam of particles (photons). Whether it seems to be a wave or seems to be in particles depends on whether it is measured with a wave counter or a particle counter. This is a case of what you see depends on your point of view.

As this discussion was going on in Esalen's Big House, one could look out the window and see the Pacific Ocean waves splashing into bits of foam as they hit the rocky cliffs. In physics the distinction between matter and field is no longer clear cut; perhaps both are somehow both, depending on how they are measured.

Randomness in nature has become evident from experiments following the rigorous and precise rules of quantum mechanics. What was previously written off as error and equipment failure is now often acknowledged as an element of nature. There is some randomness in everything that happens. Physicists no longer try to predict exactly what will occur in an experiment because events cannot be completely controlled or predicted. Now researchers calculate the probability that a specific event will occur, realizing that the same conditions can lead to different results.

Quantum mechanics is a set of rules for conducting experiments; it does not offer a general theory about the reality underlying the experiments.

Al•Huang commented that the findings of quantum physics are consistent with the ideas of Taoism. The Tao is unpredictable.

BELL'S THEORY

John Bell, of the European Organization for Nuclear Research, has been looking for the hidden variables of quantum physics. His theory is that *any reality underlying what we see is non-local.* With this theory, he is challenging Einstein's theory that no influence of any kind can travel faster than the speed of light. Einstein's position is known as "Einstein separability" or "locality."

In *The Scientific American* (Nov. 79), Bernard d'Espagnat presents the current evidence against Einstein locality. Experiments are still underway. Results thus far appear to support Bell's ideas. As the research progresses, better methods of testing are developing.

To prove that influence can travel faster than light, Bell started with the local experiment done by Einstein, Podolsky, and Rosen (the EPR experiment), which measured the polarization of pairs of photons emitted by decomposing mercury light.

As mercury light decomposes, pairs of photons are emitted. When these pairs of photons are polarized (passed through screens similar to polarized sunglasses), they line up into two beams of light; one blue, one green.

In Bell's hypothetical experiment, these blue and green beams of light are simultaneously passed through two different pieces of calcite, a bi-refracting crystal. Sometimes the photons are refracted up, sometimes down, as measured by photon collectors.

On the basis of the experiments cited in *The Scientific American*, Bell predicts that if the two pieces of calcite are parallel, the action of the paired photons will be perfectly correlated; they will both go up or both go down. As the calcites are set less parallel, the correlation decreases.

The central question is: how do the photons instantaneously know that the two pieces of calcite are parallel? How is the information of parallelness transmitted across the gap between the two photons as they hit the calcite?

John Bell concludes, with the enthusiastic support of Nick Herbert and Saul-Paul Sirag, that reality is non-local: the difference between here and there, is, on some level, unreal. Events can interact faster than the speed of light. As the photons hit the pieces of calcite, each photon seems to know how both calcites are placed. The photons started out together; they seem to continue to know what is happening to the other.

Bell's research may lead to more scientific study of telepathy and the idea that we are all one. All life speaks the same genetic code. Apparently we also have some linkage on the atomic level.

As d'Espagnat concludes in *The Scientific American* (Nov. 79, p. 181), "Most particles or aggregates of particles that are ordinarily regarded as separate objects have interacted at some time in the past with other objects. The violation of separability seems to imply that in some sense all these objects constitute an indivisible whole."

See also: *Quantum Mechanics* by David Bohm, and *A Place For Human Beings* by Pamela Portugal.

Pamela Rainbear Portugal
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Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose that approach which feels most appropriate and pursue it in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work-Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 34 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there are lectures, films, dance performances, choirs, puppet shows, or other forms of entertainment. Bodywork of various kinds is available by appointment with individual practitioners, including massage, deep-tissue, polarity, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Joyce Rogers

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman Boeve

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls).

Schedule

January 15–17
January 24–29
February 7–12
March 5–7
March 7–12
March 26–28
April 11–16
April 23–25
May 9–14
June 4–6
June 6–11

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Benj Langdon

Similar in format to Experiencing Esalen, but with a greater focus on a wide variety of body oriented approaches.

Schedule

January 8–10
January 22–24
February 12–14
March 19–21
April 16–18
May 14–16
May 28–30

Esalen Seminars

Weekend of January 1-3

Creative Pattern and Experience
Coeleen Kiebert

An in-depth exploration of the creative process. Participants will identify their own form of creative expression. Individual pattern and experience will evolve through color, paint, clay, and music. Art will become a vehicle of communication, both inward and outward. $200

The Human Energy System and Gestalt Process
Alan Schwartz

This will be a weekend to explore and understand our *individual* energy systems and their relation to how we make and inhibit contact. One focus will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our consistent awareness process and the autonomous expression of who we are. $200

Humor and the Creative Process: The "Ha Ha" and the "Aha!"
Harry Sloan

The dynamics of humor intimately parallel the creative process. Those humorous moments that extricate us from a stuck situation are similar to creative insight, which spontaneously resolves a problem with which we have been wrestling. In both cases there is often an experience of freedom, joy, perspective, and connection with a deeper sense of self.

The purpose of this program is not to become a stand-up comic, but to use humor as a vehicle for developing a playful view of life and ourselves. The format will blend experiential exercises with discussion of the nature of humor and the creative process. Some of the themes that participants will focus on are: the imagination as a bridge between conflict and resolution; self-affirmation and the ability to create; humor and spontaneity; the archetype of the wise old fool; and methods to enhance the quality of humor in one's daily life. This intensive program will be geared for those who are willing to be *silly*, play, risk, and penetrate into the restrictive elements in their process that tend to retard the "Ha Ha" or "Aha!" $200

Week of January 3-8

Gestalt Practice
Christine Price & Esalen Gestalt Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear
—And used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, non-judgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. Other leaders may be involved in single sessions.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J.C. Pearce); *Illusions* (Richard Bach). $400

The Spiritual Path: Promises and Pitfalls
Christina & Stanislav Grof

We will combine observations from modern consciousness research and from various traditional practices to explore the process of spiritual awakening. The participants will have the opportunity to confront transpersonal areas within themselves in various experiential exercises, combining evocative slide-shows, music, controlled breathing, mandala drawing, and individual work if appropriate. Special attention will be paid to the understanding of and approach to "spiritual emergencies" which can occur in the context of the kundalini process and other forms of personal evolution. $400

The Feeling Process
Janet Zuckerman Boeve & Fred Boeve

For many people, feelings are something mysterious, something to keep to oneself, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that will increase vitality and personal effectiveness. Participants can learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate, in a safe environment, in the exploration of expression or depression. An experiential workshop. $400

Weekend of January 8-10

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 9. $200

Exploring Self-Acceptance
David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter methods, participants can accept

Joyce Rogers

The Lands Crew: (left to right) Bruce Neeb, April Bakaert, John Lallaman, Eve Cohn, Clay Langdon, Steve Williams, Rafael Church, and Christina Tschumi.

or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive, creative functioning. $200

Optimal Health and Normalcy in Childbirth

Don Creevy & Suzanne Arms

This workshop is open to anyone with an interest in birth, in the way children are born, and the issues facing today's parents and professionals, as birth practices evolve and transorm our images of what is safe, what is necessary, and what is ideal.

Included in this weekend will be presentations of new and exciting research and alternative styles of birth, films, discussions, and group and individual exercises. Some topics to be covered include what is normal; minimizing risk; use of non-interventive aids in pregnancy, labor, and with infants; the place of birth; the role of the professional; neighborhood support systems; feminism and mothering; men and childbirth; self care; the relationship of attitude to physiology.

This workshop is of special value for nurses, midwives, physicians, birth educators, therapists, and teachers of human sexuality or women's studies. $200

A Weekend with Peter Caddy: The Findhorn Experience

This workshop will explore the Findhorn spirit, the spirit of cooperating with God, nature, and man. The stress will be on what is right with you and the universe. Participants will explore the example of the founding and development of Findhorn, and use meditation and discussion to create a community of consciousness for the weekend. $200

Week of January 10–15

A Week with Peter Caddy: The Findhorn Experience

For workshop description see January 8-10. $400

Self-Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy

and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $400

Living Tao: The Joy of Self-Cultivation
Al Chung-liang Huang

The art of successful living is a personal and individual process in the joy and spontaneity of continuous self-cultivation. Participants will explore and digest this perennial philosophy in terms of everyday living, and learn to move with ease in the t'ai chi simplicity and delight. $400

Weekend of January 15-17

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 9. $200

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies,
Paul Horn & Al Chung-liang Huang

Paul and Al will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, and China experiences.

Recommended reading and listening: *Embrace Tiger, Return to Mountain* (Real People Press), Huang; *Tao: The Watercourse Way* (Pantheon), Watts; Paul Horn's albums: *Inside, Nexus,* and *Dream Machine.* $210

Esalen: A Sustainable Village
Leon Burry-Trice

Participants will look at the ideals, principles, and underlying concepts that bond together the vision of the Esalen village. They will focus on the Esalen community as an example and model of the village plan: from ecological design to energy self-sufficiency; from agricultural stewardship to solar architecture. This workshop is intended for anyone interested in viable ecological communities for the future. $200

Songs of Innocence, Songs of Experience
Nancy Kaye Lunney

This weekend is for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, and for accomplished singers who want to improve their performance. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Participants are invited to bring their favorite song titles. There will also be a variety of music to choose from at Esalen. $200

Week of January 17-22

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies,
Paul Horn & Al Chung-Liang Huang

For workshop description see January 15-17. $420

Five-Day Massage Intensive
Esalen Massage Practitioners

An introduction to the language of the body, this course will attempt to view the human interior through various windows: massage demonstration and practice, yoga, Feldenkrais, movement, and evening lectures and discussions. Every major portion of the body will be given detailed attention. During morning and afternoon practice session participants will integrate this information in their own manner, evolving their own styles of working with the body. $400

Weekend of January 22-24

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 9. $200

A Weekend with R. D. Laing: A Bateson Seminar

1. Personal recollections and theoried considerations of Gregory Bateson.
2. Discussions of Bateson's and others' (e.g., Stanislav Grof's) work in relation to Laing's work.
3. Account of the Philadelphia Association household, theory and practice: London, 1965-1981. $200

Week of January 24-29

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 9. $400

Healing Rites and Ways
Phillip Mac & Polly Kirby

A week-long experience for health care providers, focusing on each individual's healing ability through centering, awareness, and visualization. In addition, participants will experiment with various forms of healing, including acupuncture, massage, deep tissue work, homeopathy, and psychic healing. An atmosphere will be created in which present healing modes can be examined and new alternatives discovered. For additional information see page 36. $400

Opening Feelings: A Path to Consciousness
Clair Killen & Jenny Windsor

Using various emotional release methods, movement, meditation, and massage, participants will experience their body armor, explore their fear of death and life, look at ways they control their lives, and consider new choices for living. $400

The Lover's Journey: Exploring our Polarities
Paul Rebillot & Stanford Eugene Cates

It is hard to relate to another person realistically if we are unconscious of our own inner process, the kinds of roles we play with ourselves and others, our sexual identities, our shadow and inner opposite selves.

This workshop will try to bring these many aspects of ourselves into awareness, where they can be evaluated and integrated. By dramatizing our own negative and positive polarities, ideal man, ideal woman, negative man, negative woman, our parent figures, and our own sexual identity, we can get a better grasp on who we are and *how* we are in relationship.

By combining playful improvisational theatre methods with gestalt process and emotional release it is possible to experience the humor as well as the profundity of these images and then to bring them into here and now contact with other members of the group, to discover how to relate more effectively. $400

January 24–February 1

Rediscovering Paradise: Kauai, the Garden Isle of Hawaii

Dick Galland & Annie Callaway

For workshop description see Wilderness Programs, pages 37 & 38. $550 (plus airfare)

Weekend of January 29–31

Close Encounters: Experiments in Meeting and Contacting Other Human Beings

Joan Fiore & Jeffrey Kent

This workshop provides an opportunity for participants to pay attention to the quality of their interpersonal contact, particularly to their willingness to take risks and their ability to stay true to their feelings while meeting and contacting others.

You may discover your own rhythm of contacting and withdrawal; you may discover how you sabotage yourself from having more satisfying relationships; you may discover you're getting exactly what you want from your relationships. You may discover anything; you may discover nothing. You may even discover that you're in charge. $200

Our Creative Core

Susan Tanner

"Each of us is an artist. All that is needed is a non-judgmental environment where we may use our creative selves and experience the power of our imagination."—Living Stage Credo

Imagination is our birthright, and the freedom to play is as essential to humans as breathing. Through improvisational theatre exercises, dance, visualization, poetry writing, and drawing, participants in this workshop will explore their many roles and characters to develop creativity. This form of theatre work is strongly influenced by gestalt and neo-Reichian practices. $200

Exorcising the Demon "Should"

Paul Rebillot & Stanford Eugene Cates

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during this weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously. With the help of this experience in contrasts, we will explore our possiblities of movement between the two, and in this way open up our options to the full range of our own authentic being. $200

Alternative Futures

Paul Hawken, Jay Ogilvy & Peter Schwartz

What lies in store for us in the coming decades? How can we orient ourselves toward a future that is uncertain? The authors of *Seven Tomorrows* (Bantam, 1981) will join with workshop participants in generating alternative scenarios for the 80's and 90's. The aim is to inform present decisions with a new stance toward the future. $200

Week of January 31–February 5

A Psychic Training Program

Anne & Jim Armstrong

This workshop is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities. During the training exercises Anne Armstrong will use her own "tracking" abilities, acquired from over twenty years' experience in this field, to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the psychic input they normally receive. One of the basic objectives of the workshop is to de-mistify the intuitive/psychic process and train participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $400

Let Go/Let Be *Betty Fuller*

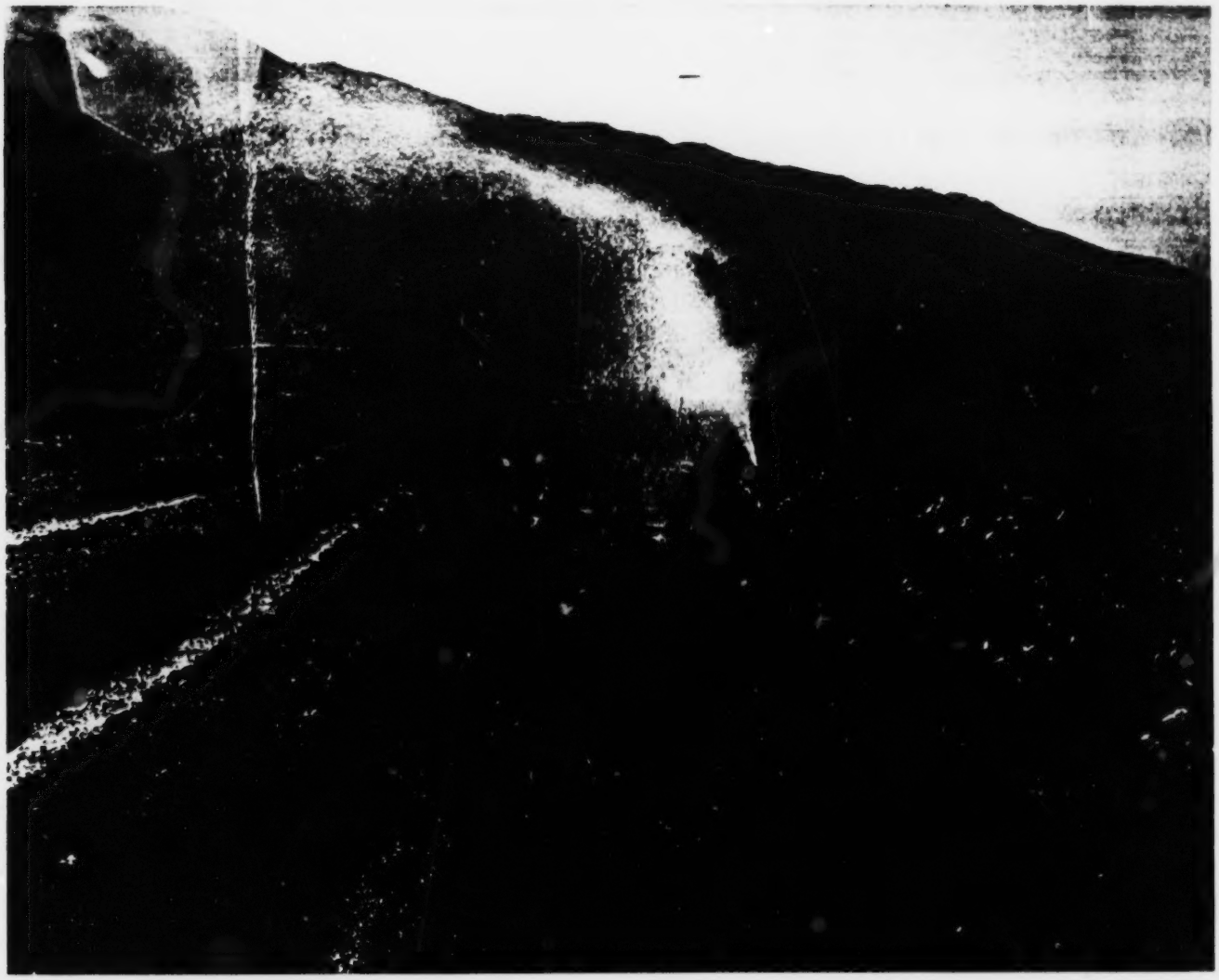
Movement is a primary means to learning about self, relationships with others, and about one's place in the universe. This workshop includes physical and mental stress reduction and alignment exercises, guided imagery, nutritional information, and moving meditations, as well as the integrative bodymind approaches of Trager, Feldenkrais, and Rolf-Nolte. For each approach, methods for daily practice and individual followup are presented. The schedule allows time for rest and relaxation at the baths and participation in the work of the Esalen community. $400

Reichian/Gestalt Intensive

Joan Fiore & Jeffrey Kent

This workshop combines neo-Reichian breath and body work to facilitate physical/emotional release, with gestalt work to facilitate contact, integration, and self-responsibility. It will provide the time, the space, the opportunity to move from dis-ease to ease, from fragmentation to wholeness, from self-discounting to self-validating, from role-playing to authentic self-expression, from helpless victim to active participant. Group members might explore their dreams, tensions, madness, or options; take room to breathe or to explode, soak in nurture or exorcise demons, finish past unfinished business or examine present concerns.

First priority will be on intensive individual work in a supportive group setting. There will also be opportunities to experiment with the quality of interpersonal contact through group interactions. $400



Joyce Rogers

Weekend of February 5--7

On the Way to Health: A Guide for Health Practitioners

Phillip Mac

This workshop is designed to look at the stresses of the health provider in training and in practice. We will work toward developing greater personal health consciousness through self-awareness and self-responsibility, and creating a healing environment within ourselves. Body awareness, centering, and visualization will be some of the methods employed. For additional information see page 36. $200

Weekend Massage Intensive

Esalen Massage Practitioners

This seminar gives basic instruction in massage. Through demonstration and practice, participants are taught the location of major muscle groups. They are also shown how to begin, develop, and close a session of full-body massage. There will be an emphasis on grounding and internal awareness, on the quality of one's touch, and on areas in ourselves and others that need relief. $200

Dreams and Your Personal Mythology

Stanley Krippner & David Feinstein

Examining one's dreams is a powerful mode for assuming increased conscious and active participation in the ongoing development of one's personal mythology. This workshop will introduce the concept of personal mythology, explore the process in personal myth development, survey approaches for increasing conscious participation in one's myth life, and examine the state of one's own personal mythology with methods from gestalt, psychosynthesis, and the exploration of dream material. A substantial portion of the workshop will be devoted to personal exploration that will support participants in assessing their current life space and to intentionally focus energy in new directions. Participants are encouraged to bring a journal and to record their dreams in it prior to the workshop.

Suggested reading: *The Realms of Healing* (S. Krippner & A. Villoldo); *The Dream Game* (A. Faraday); *Myths to Live By* (J. Campbell); *Working With Dreams* (M. Ullman & N. Zimmerman). $200

Mind/Body Harmony

Emmett & Sandra Ferreira Miller

High level wellness, synergy, flow, balance, and harmony are processes which we all recognize and which, at least occasionally, bring joy to our lives. In this workshop participants will explore the experience of harmony within, through deep relaxation of the mind and body, through gentle muscle stretching and through imagery and massage. Participants will experience playful movement, music, and massage, and will explore harmony as the essence of high level wellness and peak performance that can help them optimize their personal and business lives and their health. $200

THE FARM

Joyce Rogers

Steve Beck

Joyce Rogers

Steve Beck

Week of February 7-12

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 9. $400

Massage and Movement
Esalen Massage Practitioners
This workshop will include basic massage instruction and awareness exercises, focusing on the qualities of touch. Movement exercises will include the basics of t'ai chi, awareness of body structure, and contact improvisation. $400

Reichian Gestalt: A Workshop for Contact and Release
Ma Prita (Laura De Nuccio)
This workshop provides a safe environment for participants to consciously experience the process of their own unfolding—physically, emotionally, energetically, sexually, spiritually.

By *contacting* tension (stuck, accumulated energy) and allowing emotions which have been locked and frozen in the body, often since early infancy, we have the opportunity to open ourselves to the creative flow of life energy within. As we contact and allow our hurt and pain, we can increase our capacity for pleasure and joy. As we allow our expression of anger, we can deepen our capacity for love and compassion. As we contact and allow our expression of fear, we move toward trusting ourselves and others.

Utilizing Reichian emotional release, gestalt practice, bioenergetics, Feldenkrais, massage, reflexology, dance, meditation, and various other approaches, participants can move toward expanding their capacity for trust and fulfillment. $400

Choosing to Change
Harry Sloan
This personal workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Individual work will stress deepening awareness of one's sense of direction and personal obstacles. Participants will focus on change through exploring the implications of their choices and the ways they retard or encourage the expression of self.

The workshop will include psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Participants will focus on aligning their motivation and will with the natural process of change and integration. $400

Weekend of February 12-14

Experiencing Esalen: The Body
Experiencing Esalen Staff
For workshop description see page 9. $200

Couples Workshop: Intimacy and Personal Growth
Betsy Hand & Gerald Smith
This workshop will focus on deepening contact and strengthening mutual support while expanding as individuals. Some of the time will be spent using structured approaches for enhancing communication, being separate, trusting, and fighting fairly. The approaches will be tailored to what each participant brings to the weekend. $200 per person

Focusing: An Integrative Process of Change
John Welwood
Focusing is a simple experimental method for untangling life problems, emotional blockages, or fixed mental habits, and opening up the natural wisdom of the body/mind. It developed out of many years of research into the core process of change in psychotherapy and creativity by Eugene Gendlin, John Welwood, and others at the University of Chicago.

Focusing teaches people how to pay attention to bodily "felt sense," which contains what they need to know about their lives, allowing new words and images to arise from it. This process integrates mind and body, intellect and intuition, resulting in a "felt shift," a bodily-felt release which allows a person to discover new ways of being and doing, which inspires forward movement in one's life. Focusing also facilitates stress reduction, the ability to listen and communicate more effectively, creativity, and physical healing.

Recommended background reading: *Focusing* by Eugene Gendlin (Everest House, 1978) $200

Risk Aliveness
Jeffrey Kent & Michael Klaybor
Many of us spend our lives collaborating with our culture and colluding with our families and friends in supressing, repressing, and depressing our energy, our feelings, our humanity. This workshop is designed to help participants reconnect with personal potency, changing avoidance to confrontation, anxiety to excitement, and depression to expression. Methods will be borrowed from gestalt, encounter, and kyokushin karate. $200

Week of February 14-19

Gestalt Practice
Christine Price & Esalen Gestalt Staff
For workshop description see January 3-8. $400

Integrity *David Schiffman*
In this workshop participants will join to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Participants will explore the boundaries of their emotional, physical, and mental potentials and how they affect sexuality, relation to power, friendships, creativity, and expectations of self and others. $400

Somewhere Between Freedom and Security
Phyllis Shankman
Living is often experienced as a delicate balance between one's desire for personal freedom or growth and the need for security and attachment. In this workshop, participants will explore the issues of independence/dependence, self-esteem, trust, risk-taking, work, love, and relationship. During the week, participants will use meditation, massage, music, movement, and the Esalen/Big Sur environs to slow down, relax, open, and experience themselves fully. Gestalt process work will be used to increase self-awareness. $400

Weekend of February 19-21

A Weekend with Joseph Campbell $190

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Exploring Self-Acceptance

David Schiffman For workshop description see January 8-10. $190

Energy Awareness and Body Transformation

George Leonard & Annie Styron

For centuries, yogic literature has described the transformative powers arising from meditative and physical disciplines. Recent years have seen the rise of new theories and research on positive bodily change through intentionality. Using simple mental and physical exercises derived from the art of aikido and from wellness practice, George Leonard and Annie Styron will guide participants along the frontiers of this emerging field. The workshop will begin with balancing and centering, stress reduction, and alternative ways of dealing with conflict, pain, and other problems, then will move into the use of intention and visualization. During the workshop, each participant will be offered the opportunity to create a program for the transformation of his or her own body.

Recommended reading: George Leonard, *The Ultimate Athlete* and *The Silent Pulse*, and Michael Murphy, *Jacob Atabet*. $190

Week of February 21-26

From Burnout to Personal Growth: Increasing Effectiveness and Enjoyment in Work and Life

Elliot Aronson & Ayala Pines

This workshop is designed for people who work with people who have experienced or are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and joyousness of their relationships with clients, colleagues, family, and friends. For additional information see page 36. $390

Sound Body/Sound Mind: An Introduction to Ohashi-atsu

Wataru Ohashi

By utilizing the entire body energy of the giver upon the receiver, Ohashi-atsu helps to restore a feeling of well-being and good health through touch. This workshop will teach basic Ohashi-atsu methods, including knowledge of tsubos (pressure points) and meridians (energy channels), how to utilize the essential ki energy, and how to apply body weight rather than muscular pressure for a more continuous, gentile, touching motion. $390

The Human Journey

Joseph Campbell & Sam Keen

Through lectures, slides, and discussions we will explore one of the oldest metaphors for the meaning of life—life as a journey, pilgrimage, odyssey, ascent. We will range through ancient and modern maps charting the stages on life's way. Guided exercises will aid each participant in recovering personal myths, constructing an autobiography, exploring the interweaving of universal and unique themes that make up a lifetime. Please bring a sampling of photographs from each period of your life. $410

Family Circles

Paul Rebillot & Stanford Eugene Cates

"If you get rid of the pain before you have answered its questions, you get rid of the self along with it."
—C. G. Jung

In order to survive and win approval in our childhood situations, many of us had to develop an "act"—a set of acceptable behaviors that required the painful suppression of our own spontaneous energies. One step toward recovery of the authentic self can be the purging of inhibiting programs delivered in childhood. *Family Circles* offers a safe, supportive environment in which to answer the questions of our childhood inhibitions and destroy them through dramatic ritual action. Through a process of reparenting by ideal parents, psychodynamically enacted, participants will create for themselves the childhood of their heart's desire. $390

Weekend of February 26-28

Close Encounters: An Experiment in Meeting and Contacting Other Human Beings

Joan Fiore & Jeffrey Kent For workshop description see January 29-31. $190

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert & Saul-Paul Sirag

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world. Controversy over the nature of deep reality has been sharpened by Bell's theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Micheison-Morley experiment, which led to Einstein's theory of relativity. Just what this current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation. $190

The Body and Spirituality

Paul Rebillot & Stanford Eugene Cates

The body is the chalice of the spirit,
and must be emptied before it can be filled.

To strive for spiritual awakening without resolving the issues of the body can result in disorientation. These issues can be found in the body armor, those muscular tensions that stand in the way of full physical and emotional expression. Each tension in the body carries with it some unfinished experience of the past or expectation of the future.

In this weekend, participants will explore the various issues held within their bodies. They will create a safe

space in which to express what has been depressed and integrate what has been locked up and fragmented. The group will work with a variety of disciplines, such as Reichian breathing, gestalt process, encounter, meditation, and chanting. $190

Week of February 28–March 5

Five-Day Massage Intensive
Esalen Massage Practitioners — For workshop description see January 17-22. $390

Opening Feelings: A Path to Consciousness
Clair Killen & Jenny Windsor — For workshop description see January 24-29. $390

Put Your Memories, Fantasies, and Dreams to Work for You: A Reichian/Gestalt Approach to Energy Release
Joan Fiore & Jeffrey Kent — *"To understand is to tremble. To recollect is to re-enter and to be riven."*—Harold Brodkey
This workshop focuses on releasing the energy locked in our memories, fantasies, and dreams so that this energy can be made available for present relationships and life situations in a way that makes existence in the present less encumbered by unfinished business of the past, as well as self-programmed, self-fulfilling prophecies of doom for the future. First priority is on intensive intrapersonal work in a supportive group setting. There will also be opportunities to explore the nature of interpersonal relating through group interactions. $390

Pleasure, Sensuality, and Your Body
Barbara Clemans — This workshop is designed to enhance the feeling of aliveness in the body using pleasure to awaken the senses. In a soft, supportive environment, group members will start at the beginning, moving together in unity to learn caring, contact and nurturing, sensitive giving, and relaxed receiving. They will explore new patterns of moving and being together, and vital explorations in movement to music. $390

Weekend of March 5–7

Experiencing Esalen
Experiencing Esalen Staff — For workshop description see page 9. $190

Advanced Massage Intensive
Esalen Massage Practitioners — Participants will use movement, demonstrations of specific practices, and discussions to find new approaches to massage. This workshop is open to those who have taken Esalen's massage intensive or its equivalent. $190

Body Insights *Hector Prestera* — Hector Prestera shares his views of body energy and personality blocks from both descriptive and intuitive levels. Personal and group process will be allowed as they naturally emerge. This workshop is for individuals who are willing to share themselves as part of their process of discovery. $190

Optimum Health
Joe D. Goldstrich — This is a workshop for people who want to increase their level of awareness and assume responsibility for their own health management. The emphasis will be on nutrition, and learning what to eat in order to create vitality, energy, and health in the body. A unique integration of the Pritikin diet, macrobiotics, and live foods will be presented. Cooking classes will provide practical information on health food preparation. Group members will be instructed in the use of guided imagery to support the healing process. An exercise/flexibility program will be developed for each individual. The information presented will then be integrated into a personalized health plan for each participant to work with at home. $190

A Psychohistory of Adolf Hitler
Helm Stierlin — This seminar will draw on the author's psychohistory of Adolf Hitler, focusing particularly on his family dynamics. This will provide a major perspective for looking at political terrorism in post war Germany. At the same time, the origins and consequences of Nazism will be discussed. In this, the author will make use of his experiences as a family therapist of many German families in which older members had been active Nazis. $190

Week of March 7–12

Experiencing Esalen
Experiencing Esalen Staff — For workshop description see page 9. $390

Reichian Gestalt: A Workshop for Contact and Release
Ma Prita (Laura DeNuccio) — For workshop description see February 7-12. $390

T'ai Chi Chih: A Key to Peace and Balance
Catherine Elber — Presented to the public in 1974, t'ai chi chih was a closely guarded secret of China's imperial class for over a thousand years. Easier than t'ai chi ch'uan, these movements are gentle and simple, providing energy, serenity, and balance. $390

Five Days with Jack Rosenberg — This workshop is aimed at awakening and sustaining awareness of body, self, and soul, as well as examining the anatomy and function of intimate relationships. The method can be described as gestalt body work with a distinct leaning toward the transpersonal aspects of life. During the workshop, participants will explore many aspects of Jack Rosenberg's energetic approach to sexuality, the energetic field of the body, and the belief systems which keep us locked in obsolete behavior patterns. $390

Weekend of March 12–14

Exploring Self-Acceptance
David Schiffman — For workshop description see January 8-10. $190

A Psychic Training Workshop
Anne & Jim Armstrong — For workshop description see January 31-February 5. $190

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Love: Emotion, Myth, and Metaphor
Robert Solomon
Jay & Heather Maycock Ogilvy

This workshop is for those who wish to think about and play with the question "What is Love?" Much of what we believe about love is a confusion of myths and metaphors, some quaint, some innocent, some amusing, some insidious. "Love" is a political word. It does not just name an emotion; it is itself emotive. We will jostle our unexamined love myths, both personal and social, in an effort to "re-vision," redefine the selves that give meaning to the word. Our methods will include philosophical discussion, story telling, and guided imagery. $190

Being Together, Being Ourselves
Paul Rebillot
& Stanford Eugene Cates

"Let there be spaces in your togetherness and let the winds of the heavens dance between you."
—Kahlil Gibran

Do you lose yourself when relating with others? Or do you avoid close relationship in order to protect yourself? The integration of these two dimensions of our being—the individual and the social—begins for most of us in experiences of personal relationship. Improvisation, gestalt process, and theatre games will help participants open doors to new awarenesses of self and relationship. This workshop will explore ways to achieve the delicate balance of communion and separateness that characterizes the integrated human being. $190

Week of March 14–19

Self-Acceptance: The Freedom to Be
David Schiffman

For workshop description see January 10-15. $390

Five-Day Massage Intensive
Esalen Massage Practitioners

For workshop description see January 17-22. $390

Manifesting Your Personal Myth
Paul Rebillot
& Stanford Eugene Cates

Within the depths of every person is a story. These stories tell themselves over and over again in the lives of individuals as well as in the myths and rituals of every age and culture. Unaware of our story, we are lived by it, mistaking the gods for mere coincidences, reducing archetypal dramas to personal neuroses. Again and again, we find ourselves in the same situation, struggling with the same issues.

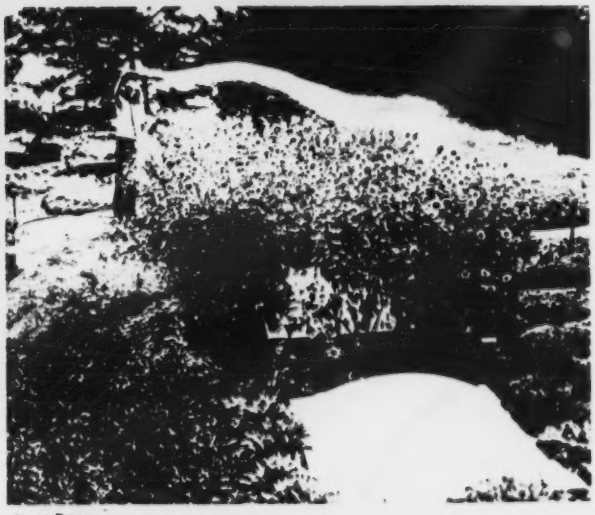
Once aware of our story, however, we can begin to draw on the energies of archetypal patterns, cooperating with them, working with them creatively, living our myth forward to new awakenings.

Working with myths and fairy tales, as well as personal dream material, participants in this workshop will explore their personal stories and experience them through gestalt process, intensive breath work, fantasy, dramatization, and ritual. $390

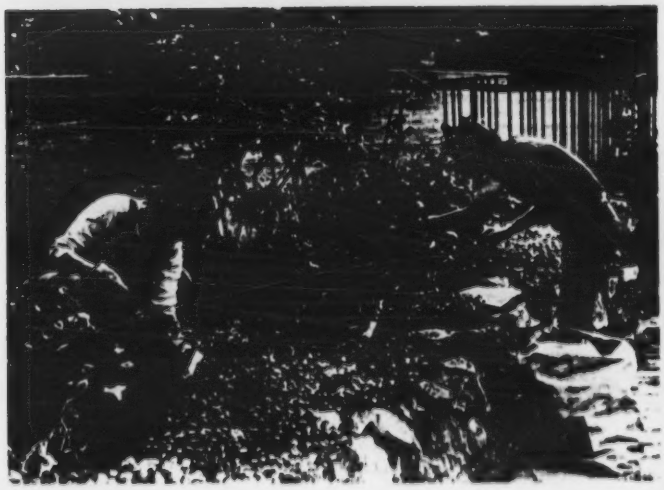
THE GROUNDS

Steve Beck

Steve Beck



Joyce Rogers



Steve Beck

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Weekend of March 19-21

Experiencing Esalen: The Body
Experiencing Esalen Staff — For workshop description see page 9. — $190

A Weekend with Will Schutz — $190

Songs of Innocence, Songs of Experience
Nancy Kaye Lunney — For workshop description see January 15-17. — $190

The Vertical Dance: A Climbing Weekend
Dick Galland & Annie Callaway — For workshop description see Wilderness Programs, page 38. — $175

Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care
Tom Ferguson

About 80% of illness care—and an even higher percentage of preventive care—is self-provided, yet this most important part of our health care system is largely ignored by many health care professionals. Health workers are trained to rely almost entirely on expert-provided interventions.

This workshop will provide an overview of the field of self-care. Topics will include the present extent of self-care, what people can learn to do for themselves, self-care classes, self-diagnostic tests, self-help groups, social support systems, health promotion, self-care in the schools, the literature of self-care, the effectiveness and safety of self-care, self-care in the clinic, dealing with sophisticated medical consumers, the developing technology of self-care, special problems health professionals have in taking care of *themselves*, and more. Participants will have an opportunity to meet others with similar interests and to share their personal and professional experiences in self-care. For additional information see page 36. $190

Week of March 21-26

Esalen Staff Week — We will have no public programs during this period.

Weekend of March 26-28

A Special Weekend at Esalen

Except for one introductory workshop, we have set aside this weekend for all those Esalen friends who would like to spend time at Esalen, enjoying the grounds, the baths, and contact with the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual, and we will have Big Sur musicians and dancers as part of the weekend's activities. $120

Experiencing Esalen
Experiencing Esalen Staff — For workshop description see page 9. — $190

March 27-April 4

Woman's Challenge: A Dance of Adventure
Annie Callaway & Elisa Lodge — For workshop description see Wilderness programs, page 38. — $375

Week of March 28-April 2

The Healing Community: A Workshop and Seminar for Health Care Professionals
Kathleen Keating

Participants will experience living together as an intentional community as they explore the theory and dynamics of roles and behaviors which are healing, for themselves as well as for clients and patients. Particular attention will be paid to the powerful healing energy that is created by the total group. There will be special emphasis on the healing modalities and methods in the wellness and holistic health revolution, and also on group dynamics, communication, and methods for uncovering creative solutions. Individuals will have an opportunity to explore individual power and leadership within the group. For additional information see page 36. $390

Your Own Myth-Body to Live By!
Joseph Campbell & Al Chung-liang Huang

We will explore and recreate ancient myths in our daily lives—in our thoughts and in our bodies—as we integrate intellect and movement into one harmonious living practice.

Recommended readings: by Campbell—*Myths to Live By* (Bantam), *The Flight of the Wild Gander* (Gateway), *The Complete Grimm Fairytales* (Pantheon). By Huang—*Embrace Tiger, Return to Mountain* (Real People), *Tao: The Watercourse Way* (with Alan Watts, Pantheon), *Living Tao* (Celestial Arts). $410

Motion and Emotion: A Week of Gestalt Practice and Improvisational Theatre
Christine Price & Susan Tanner

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. With the use of guided meditations and individual open seat work participants have the opportunity to contact and explore their present experience, including unfinished situations from the past and fantasies of the future. Improvisational theatre provides an environment in which the players can bring their experience into creative expression through movement, music, and the creation of characters. By combining these two forms the improvisation can be an expression, affirmation, and celebration of the experiences discovered in the gestalt process. $390

Contacting Center, Inside and Outside
Deborah Medow

In this workshop participants will focus on alternative ways of contacting themselves—*centering*—and then moving out, contacting and interacting with others, from this *centered* place within. Basic yogic theory and practice, including purification methods, breathing exercises, meditation, and asanas (yogic postures), will be presented. Through the healing and meditative contact of massage, one's inner sensitivity can be shared with

Steve Beck

other members of the group. Through movement, music, improvisational dance, and theatre games, group members can play with the inside/outside balance which makes for more contact in daily interactions with themselves and others. $390

Weekend of April 2-4

The Human Energy System and Gestalt Process
Alan Schwartz For workshop description see January 1-3. $190

Pleasure, Sensuality, and Your Body
Barbara Clemans For workshop description see February 28-March 5. $190

Optimum Health
Joe D. Goldstrich

For workshop description see March 5-7. For additional information, see page 36. $190

Astrology: A Map of the Psyche
Robert Hand

Carl Jung once stated that astrology contained within its teachings the sum total of the psychological knowledge of the ancients. The point of this workshop will be to show the validity of this statement expressed in modern terms.

Many people have tried to make astrology fit into various systems of modern psychology. Here we will explore the extent to which astrology is, in itself, a complete system of psychology, which makes its own statements about human nature, and which suggests rather surprising consequences for ideas of human life and behavior.

Little or no previous knowledge of astrology will be required in this workshop. We will be concerned largely with the symbolism and its psychological import, not especially with the techniques of horoscope analysis. Any material of a technical nature that is needed in the workshop will be introduced as we go along. $190

Is Enlightenment Everything? Rilke's Vision vs. New Age Distortions and Elephant Dung
Robert Bly

It is a proper task, in each decade, to look back at the decade before and think what is to be kept and what is to be left behind. In this workshop, we will try together to sift through the New Age harvest, separating the black grains from the white, as the fairy tales say. A few of the issues are: how far can we go from our own cultural tradition without losing a center? Is enlightenment everything? What about endarkment, the *via negativa*? How useful is the Eastern model of the psyche for a Westerner? As a guide to human growth, the poems and ideas of Rainer Rilke carry massive strength, and rise from our own tradition. We will keep his thought in the discussion as a guide, and go over certain of his poems. Participants should bring with them *Selected Poems of Rainer Maria Rilke* (Harper & Row), translated by Robert Bly, and any other Rilke translations they have, and their own questions. $190

Week of April 4-9

Living Tao Laughters: A Week With Al Chung-liang Huang & Living Tao Staff

Al will present his approach to t'ai chi and movement meditation with an emphasis on jokes and laughter. $390

Circle of Damage, Circle of Grace: A Workshop for Children and Their Parents
Mira Rothenberg & Peter Levine

When most of us are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles and breathing becomes controlled to reduce our level of feeling. The strength of the walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them. Others are deeper and have a life and tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions.

In this workshop participants will look at the process by which they, as parents, children, and family unit, constrict intimacy and fortify citadels. They will explore safe ways to begin to dissolve these blocks and re-establish a basis for the exchange of feelings, needs, and perceptions.

Recommended reading: *Children with Emerald Eyes* (Pocket Books, N.Y.) by Mira Rothenberg. $390

Gestalt, Bioenergy, and Human Contact; Old and New Learning Integrated
Alan Schwartz

There is an energetic dimension to human behavior which is often locked behind the habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *Movement. Allowing energy* means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self and our interdependence with *physical* and *social environments*. The workshop can be thought of as a *learning* week. Appropriate didactic material will be covered. $390

April 4-30

Gestalt Practicum
Coordinated by Joan Fiore

For workshop description see Special Programs, page 35. $1600

Weekend of April 9-11

Weekend Massage Intensive
Esalen Massage Practitioners

For workshop description see February 5-7. $190

Death and Resurrection
Paul Rebillot & Stanford Eugene Cates

This workshop offers the opportunity to experience, rather than avoid, one of life's most real situations and its only inevitability: one's own death. On a wider scale, it explores ways to move creatively through life's many transitions, letting go of the old and welcoming the new.

Participants will prepare to experience death by reviewing their lives, completing unfinished business, writing wills. They will plan and celebrate their own funerals. Attachments to persons, things, and self-images will be gradually severed until, surrendering all to the ultimate unknown, the birth of the truly new may be experienced. $190

Spiritual Healing *Alan Young*

This workshop will be experiential, and will answer such questions as: What is spiritual healing? How does it work? Why isn't everyone healed? What are the inner causes of disease? How can we discover the underlying cause in each case? How can I help my own healing? How can I develop the ability to be a channel for the healing of others? It will include exercises in sensing the energy radiating from your own body, and from that of others. It will culminate in a demonstration healing in which all will be invited to participate.

The workshop is designed to interest: (a) Those who want to learn about healing themselves, or at least assist in the healing process; (b) Those who wish to become a channel for the healing of others; and (c) Those who want to learn more about spiritual healing as a matter of interest or personal growth. $190

Hypnosis and Parapsychology
Lee Pulos

All participants will be taught to experience beginning and advanced methods of self-hypnosis. There will be a

THE
GARDEN

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Joyce Rogers

number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering practices such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and de-mystifying hypnosis, the workshop will include exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance $190

Week of April 11-16

Experiencing Esalen
Experiencing Esalen Staff For workshop description see page 9. $390

Choosing to Change
Harry Sloan For workshop description see February 7-12. $390

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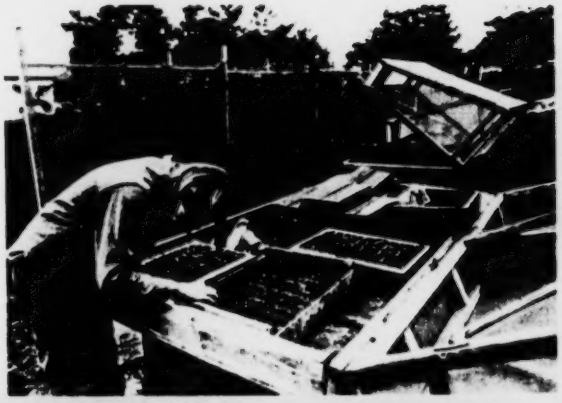

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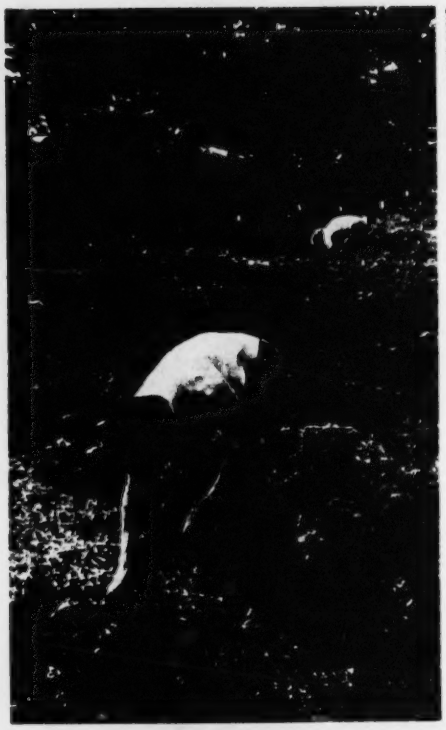

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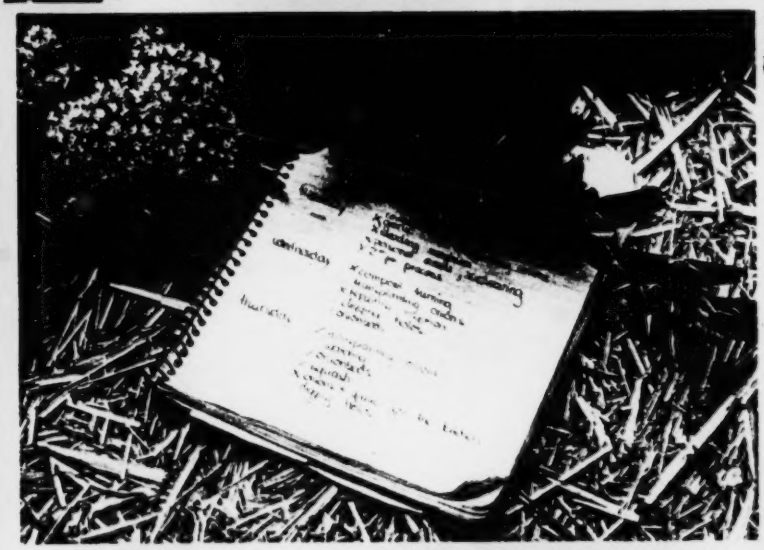


Jane English

Joyce Rogers

Joyce Rogers

Reichian Gestalt: A Workshop for Contact and Release

Ma Prita (Laura DeNuccio) For workshop description see February 7-12 $390

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman *"Anything which is forced or misunderstood can never be beautiful."*—Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of the self-defeating patterns of the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us.

In this workshop the group will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $390

Weekend of April 16-18

Experiencing Esalen: The Body
Experiencing Esalen Staff — For workshop description see page 9. — $190

On the Way to Health: A Guide for Health Practitioners
Phillip Mac — For workshop description see February 5-7. $190

Exploring Self-Acceptance
David Schiffman — For workshop description see January 8-10. $190

When Push Comes to Shove: Fundamentals of Conflict Resolution in Everyday Life
Terry Dobson — Conflict is the opposition of principles, forces, or wills; resolution is the process by which we bring these opposites into agreement. Based on principles derived from the art of aikido, this workshop examines several conflicts of ordinary life—our family quarrels, our lovers' spats, our hassles with the "problem people" we encounter at work, the internal struggles we have with ourselves. It will explore ways to handle resistance and the buttons that trigger our fears and competitiveness. Through lectures, body-movement, role-playing, and individual work, participants will look for ways to gain and regain composure under fire, ways to diffuse the anger and hostility in ourselves and other people. $190

Week of April 18-23

Advanced Massage Intensive
Esalen Massage Practitioners — This workshop will include morning and afternoon practice sessions with various instructors, yoga, movement, evening lectures and discussions, and demonstrations of specific practices designed to increase the range of conditions with which participants can deal effectively. The following concerns will receive emphasis: how to sustain one's energy through a day of treatments; how to clear negative energy released by the client; how to use weight and leverage. As one massages more and more deeply, emotional changes can be triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide group members with some firsthand practice in productive ways to move through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five-day intensive or its equivalent. $390

Hall of Mirrors
Jenny O'Connor & The NINE — *"Black and white have the middle master of transparency."*—The NINE

In this workshop you will not just step into your own reflection, you will step into the fragments of every reflection you have ever lived, and thereby learn *choice*.

"The mystic steps into the revolving door of choice and realizes that he or she is not an apparition of the glass, but a glass for the apparition."—The NINE

Some of the finest teachers of the New Age have made themselves available for this workshop—some traveling from as far afield as Sirius B.

"A lie is just a fumble of the imagination."—The NINE $390

Adventures in Self-Exploration
Christina & Stanislav Grof — Focused self-exploration in this workshop will be based on the model of the unconscious that emerged from psychedelic research. It includes not only biographically determined areas but also the dynamics of the death-rebirth process and transpersonal experiences. Methods will include a combination of music and guided affective imagery, mandala drawing, yoga, massage, and individual work when indicated. $390

Surrender to Self
Merri Goldenson (Devarani) — In a supportive and safe environment participants will utilize individual Reichian intensives, group interaction, bioenergetics, imagery, hypnosis, dance, and massage to discover new ways to soften, let go, and surrender to themselves and others. $390

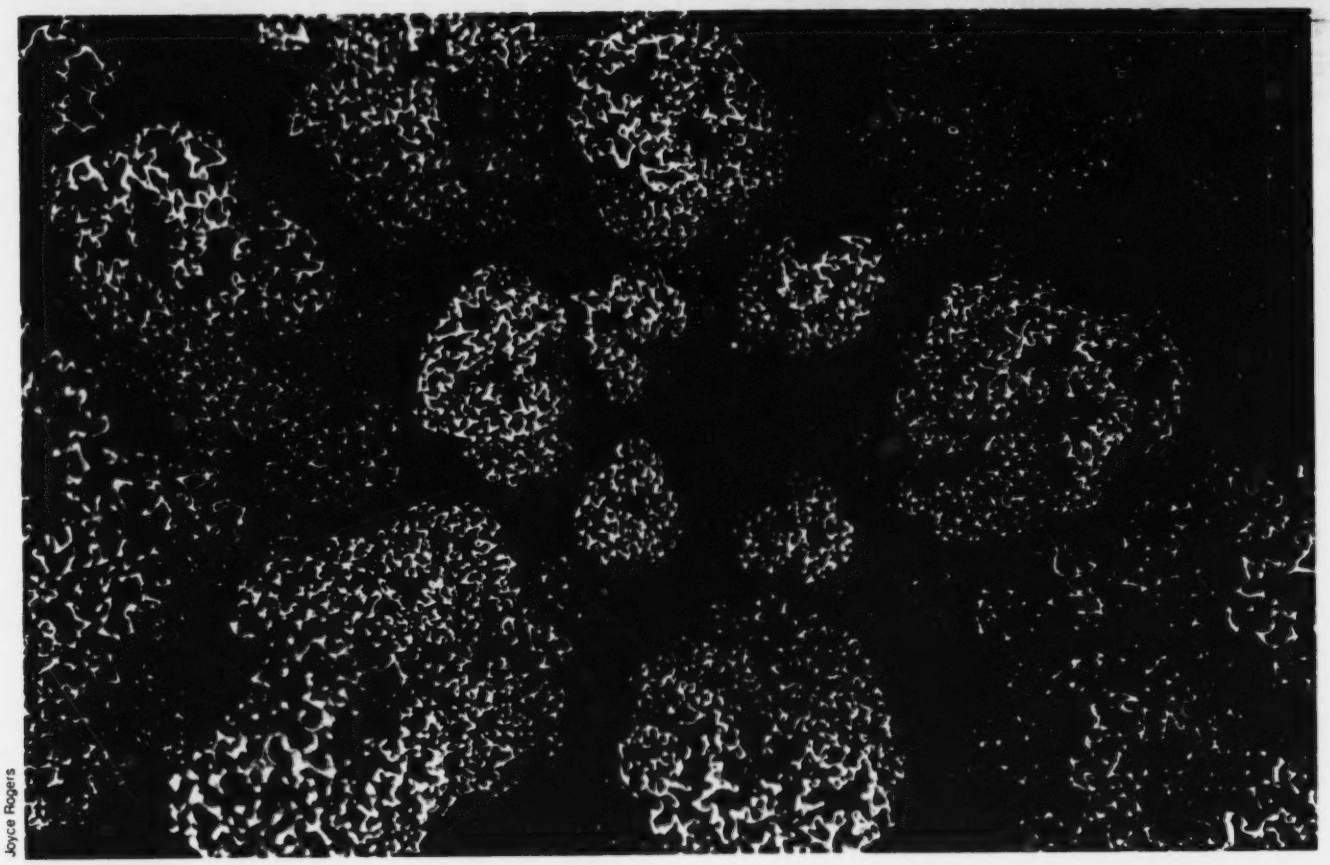
Weekend of April 23-25

Experiencing Esalen
Experiencing Esalen Staff — For workshop description see page 9. $190

The Moving Center
Gabrielle Roth & Moving Center Staff — An American shamanic ritual using music, poetry, sacred dance, and ritual theatre experiences to mirror the mind, catalyze the heart, and open the body as a channel for creative energies. Through collective rituals participants will explore individual dreams and visions and learn to share differences. $190

The Art of Midwifery
Elizabeth Davis — Midwifery is more than medical; it's an art which combines sensitive response with creative facilitation. Designed for aspiring and practicing midwives plus interested parents-to-be, this workshop will explore ways of being with pregnancy and birth that are whole and healing. Participants will look at case histories and share practical methods of handling complications of pregnancy, birthing, and postpartum. Open participation is encouraged; bring stories to share. $190

Ritual Music Practice
Robert Greenway & Eddie Guthman — Since tribal times and before, humans have ridden waves of sound between day-to-day practical living and the most profound spiritual experiences. Much of this has been lost in our time. This workshop is a step toward reclaiming our spiritual music heritage. Participants will practice special ways of listening to inside and outside sounds, alone and together, both improvisationally and in a more structured ritual context. They will be helped to discover their true voices, to explore instinctive rhythms, tribal chanting, heart songs, etc. Group members are encouraged to bring sound-producing instruments (wind, percussive, string, or other), no matter how fancy or ordinary. $190



Joyce Rogers

Week of April 25-30

The Lover's Journey: Exploring Our Polarities

Paul Rebillot & Stanford Eugene Cates

For workshop description see January 24-29. $390

Unity *Gabrielle Roth & Moving Center Staff*

This is a five-day shamanic healing ritual designed to inspire and channel the religious, sexual, and creative aspects of life energy into unity and expression. Through music, sacred dance, poetry, and ritual theatre processes, participants will explore and present their unique experiences of life's waves, rhythms, and cycles. The Moving Center tools are designed to release gifts, talents, and potentials. $390

Attachment and Separation: Loving and Letting Go

George Kohlrieser

Life involves a series of attachments and separations. This experiential workshop will focus on attachments—parents, family, children, spouses, lovers, places, things—and the corresponding grief reactions to separation. Life energy is connected to the quality and depth of emotional contact. Depression is a signal that something is wrong in the attachment system, and burn-out occurs when people are negatively attached or cannot attach to either people or goals.

Joy is the physiological and psychological outcome of positive emotional attachments, and the unresolved grief of past separations can interfere with making new attachments and the experience of joy. Saying hello can only occur after saying goodbye. Patterns of attachment and separation learned in childhood, including symbiotic relationships, will be identified and related to how participants make attachments and separate in the here and now. The formation and celebration of positive emotional attachments and the emotional resolution of past separations will be encouraged within the supportive atmosphere of the group. $390

Weekend of April 30-May 2

Couples Workshop: Intimacy and Personal Growth

Betsy Hand & Gerald Smith

For workshop description see February 12-14. $190

Celebration of the Sensitivity of Self

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through energy awareness, massage, meditation, and movement. Emphasis will be on recognizing and remembering the wisdom and sensitivity of the self. $190

Energy Awareness and Personal Transformation

George Leonard

In the world of energy awareness, problems become opportunities and pain becomes a gift of energy. Through simple movement exercises, participants will practice centering, relaxation, and blending, and learn alternative ways of dealing with conflict and stress. To quote *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet: sensing the energy field of a friend or a tree, making connections that defy conventional space and time. . . . We realize, with the sorcerer, don Juan, that

our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: George Leonard, *The Transformation*, *The Ultimate Athlete*, and *The Silent Pulse*. $190

Applied Vulnerability: Personal and Social Skills for Survival and Well-Being

Donald Michael

The next two decades will be a time of profound transition. The convergence of events, of new technologies (especially in biology), the inadequacy of conventional modes of governance, multiplicity of conflicting values, and the disintegration of the mythic system that has given coherence and direction to our perceptions and purposes over the last 300 years, all point to tumultous and difficult times ahead. If the years ahead are to be a time of transition to a sustainable world by the year 2000, it can only be by adapting a societal and personal posture of becoming learners. Underlying all else is the need to recognize and accept the extent of our ignorance about our situation. By acknowledging our ignorance, we become vulnerable, and by accepting vulnerability it becomes possible for us to feel compassion for our fellows and ourselves. In this workshop participants will explore several skills or "new competences" which follow from this compassionate posture and which open the possibility for humane and just responses to personal and social crises. These skills include acknowledging high levels of uncertainty, error embracing, being future responsive, goal setting, self knowledge, and interpersonal competence. The workshop is appropriate for those who are interested in applying these skills to their personal lives as well as for persons interested in professional and vocational applications. $190

Week of May 2-7

Five-Day Massage Intensive

Esalen Massage Practitioners

For workshop description see January 17-22. $390

The Love Story: A Transformational Theatre Experience

Swami Anand Veereshwar (William Pennell Rock)

This workshop is an experience of transformation through theatrical expression. No theatrical background is necessary. Greatly strengthened by love and mutual support, participants will learn the secrets of surrender in improvisational expression, dance, and music. Participants will explore: the masculine, yang, or active principle; the feminine, yin, or receptive principle; the ego-resistance by which the active and receptive principles are unconsciously separated; the nature spirit by which they are united. The purpose of the entire process is to experience the balanced energies resulting from the inner union of the masculine and feminine in mystical synthesis. There can emerge a new capacity for expression and a new understanding of the whole self and its journey toward individuation. $390

Stress-Management and Optimal Performance

Ken Dychtwald & Staff

In this workshop participants will explore and examine the physical and psychological dynamics and characteristics of stress, with particular attention to ways in which stress can seriously hamper health and all

aspects of personal and professional performance.

The daily program will include: running, stretching, and aerobic dancing classes; meditation, relaxation and stress-reduction sessions; health walks/hikes; massage classes at the Esalen baths; healthy and nutritious meals prepared in the Esalen kitchen; and evening seminars on such topics as stress-management, life planning, time management, total fitness, diet and nutrition, and longevity. This comprehensive program has been designed to allow each participant an opportunity to rest, refresh, and renew while simultaneously learning practical stress-management, self-care, and life-planning skills. $390

May 2-28

Paranormal Intelligence: Explorations of the Limits of Human Capacities
Christina & Stanislav Grof For workshop description see Special Programs, page 35. $1600

Joyce Rogers

Weekend of May 7-9

Advanced Massage Weekend: Introduction to Polarity Massage
Esalen Massage Practitioners

Polarity energy balancing methods integrated with Esalen massage will be explored during this weekend. Previous massage or body work experience is recommended. $190

The Astrological Perspective
Rick Tarnas

This is a workshop for those interested in astrology as a tool for self-understanding. We will discuss the nature of the planetary archetypes and how to interpret one's birth chart. Particular attention will be paid to transits, and how to use them for understanding the ups and downs, the breakthroughs and crises, of our constantly changing lives. We will also discuss how planetary movements coincide with various events of historical importance—scientific breakthroughs, cultural revolutions, political and economic upheavals. There will be a special focus on the dynamics of the twentieth century, including the next two decades. No prior knowledge of astrology is assumed, though the greater your astrological understanding, the more you will probably receive from the workshop. Bring your birth chart if possible. $190

A Course in Miracles
Frances Vaughan & Roger Walsh

A Course In Miracles is a practical and theoretical self-study course for personal transformation. It is a spiritual teaching, but it is not a religion. It offers a universal teaching on the nature of self and the role of perception in shaping experience. It emphasizes self-knowledge, healing, and removing the obstacles to the awareness of love in relationships. At one level, the *Course* consists of a text which discusses theoretical and practical concepts, a workbook for students containing 365 daily lessons for putting the concepts into action, and a manual for teachers which defines our roles as teachers and students on the journey of awakening to the reality of who and what we are. The *Course* emphasizes experience rather than theory and provides practical instructions for spiritual development, especially through relationships.

This workshop will discuss the basic psychological principles of the *Course*, and the methods for putting them

into practice in everyday life. It is open to anyone interested in the *Course*, but is particularly appropriate for those in the helping professions interested in using this form of self-directed transpersonal process. $190

Towards a More Sensitive Relating
Charles Brooks

An introduction to *sensing*, for more meaningful contact with our own nature and with the world around us.

Sensory awareness is a practice for rediscovering and reviving full sensory functioning. Through the gradual quieting of premature and inappropriate activity, it directs our attention both inwards and outwards to the actuality of the present moment. As perceptivity revives, true relationship becomes possible. Each everyday occasion in living gains its own freshness, its own uniqueness. We can become content again, like healthy children, as quality begins to make quantity unimportant. $190

May 7-14

A Seven-Day Wilderness Experience from Esalen to Tassajara Zen Center
Jeffrey Kent & Jessica Britt

For workshop description see Wilderness Programs, page 38. $325

Week of May 9-14

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 9. $390

Gestalt Practice
Christine Price & Esalen Gestalt Staff

For workshop description see January 3-8. $390

Healing Rites and Ways II
Susan Baldi & Phillip Mac

Group members in this workshop for health care providers will experience visualization, massage, and centering in the context of health and its application to others. A focus will be taking a critical look at current health care practices and some alternative methods. Participants will have the opportunity to experience and evaluate these new methods for their own healing and the healing of others. Video taping and review will be used. For additional information see page 36. $390

Weekend of May 14-16

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 9. $190

Encounter for Couples
Joan Fiore & Jeffrey Kent

This workshop is for couples who feel willing to risk relationship for the possibility of enriching and deepening it. In this very intense weekend, participants will utilize gestalt, encounter, and family process to uncover and differentiate the specific interactions that deaden and depress the energy of relationship from contact that enlivens and excites, so that they can begin to make enlightened choices for themselves on an ongoing, moment-to-moment basis. $190 per participant

Beyond the Death of God: The Gnostic Gospels and the Revival of the Spirit
Elaine Pagels & Sam Keen

When orthodox Christianity declared the gnostic movement heretical we lost a sophisticated, mystical religious tradition that might have changed the course of Western culture. In the present time, when the old God of the Patriarchs, the transcendent Father in Heaven, is dead (according to Nietzsche and *Time* magazine), we are experiencing a rebirth of the spiritual quest. Coincidently, the Gnostic Gospels have been rediscovered and seem almost contemporary in their emphasis on the role of imagination in religion, the equality of the feminine, the non-heirarchical and non-authoritarian nature of authentic religious community. Participants will spend the weekend looking at these ancient resources, discussing and exploring the relation of body to spirit. Recommended reading: Pagels, *The Gnostic Gospels*; Keen, *Apology for Wonder*. $190

May 15-24

Rites of Passage: Baja California's Secret Mountains
Dick Galland, Annie Callaway & Marilyn Mason

For workshop description see Wilderness Programs, page 38. $575

Week of May 16-21

Our Creative Core
Susan Tanner

For workshop description see January 29-31. $390

Reichian/Gestalt Intensive
Joan Fiore & Jeffrey Kent

For workshop description see January 31-February 5. $390

May 16-June 4

Sustained Integration: Body, Self, and Soul
Jack Rosenberg

For workshop description see Special Programs, page 35. $1200

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Weekend of May 21-23

Exorcising the Demon "Should"
Paul Rebillot & Stanford Eugene Cates

For workshop description see January 29-31. $190

A Weekend with Rollo May

Rollo May will discuss with the group some of his central ideas, some of which were touched upon in *Love and Will* and his latest book, *Freedom and Destiny*. Among these are:

1. The loss of the American Dream (*The Great Gatsby*) and the need for a sense of tragedy in America.
2. The daimonic as the source of destruction and creativity and our efforts to achieve the latter (Beethoven).
3. Despair and Joy (Demeter and Persephone).
4. The Dark Night of the Soul (St. John of the Cross) and the Holy City of which it is the prelude. $190

Week of May 23-28

Integrity *David Schiffman*

For workshop description see February 14-19. $390

The Hero's Journey
Paul Rebillot & Stanford Eugene Cates

The hero's journey is a dynamic form designed to facilitate people through life changes. Each group member's world will be viewed through the lens of fantasy, dramatized and experienced in a rite of passage based on a universal ritual used to celebrate this metamorphosis: the myth of the hero.

The hero will be structured from the absolute "yes," the demon from the absolute "no" of the participant's personality, externalizing the inner conflict. The two will then confront each other on the hero's journey, creating a dramatic struggle until a synthesis of the opposing forces is reached. $390

Weekend of May 28-30

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 9. $190

Zen and the Art of Fly Fishing
Dick Galland

For workshop description see Wilderness Programs, page 38. $190

Therapeutic Touch in Care of Self and Others
Cookie (Arlene) Jurgens & Lavaughan Wilson

Therapeutic touch is a non-invasive care modality involving energy field intervention. This method, as developed by Dolores Krieger, Ph.D., R.N., will be explored in an experiential manner in this workshop. Therapeutic touch

Joyce Rogers

involves the use of meditation, centering, and visualization in developing an awareness of human energy fields, in perceiving changes and differences within these fields, and in channeling and modulating energy to facilitate healing for self and client. Current research, as well as the application and integration of therapeutic touch into the conventional health care system, will be topics of discussion. For additional information see page 36. $190

The Gentle Art of Becoming—Together: A Workshop for Couples
David Schiffman & Elisa Lodge
This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will look at their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods. $190

Week of May 30-June 4

A Psychic Training Program
Anne & Jim Armstrong
For workshop description see January 31-February 5. $390

The Health Care Contract: Structuring Clinical Relationships by Agreement
Jerry Green
This workshop for health practitioners explores the basic elements of contract as they apply to health care relationships. Participants examine the process of patient/client planning for clarifying goals, expectations, and complementary responsibilities to improve clinical efficacy and minimize the risk of malpractice or licensing problems. A model for defining the responsibilities of each party will be developed based upon the scientific and philosophical objectives of medicine and holistic health practice. Experiential role playing will assist participants to develop skills for initiating patient/client contracts that support their unique clinical abilities. The workshop will also examine how written instruments, including brochures, intake applications, forms for record keeping, correspondence, and patient/client journals, can facilitate working relationships, document their progress, and evidence the nature of the professional responsibility assumed. For additional information see page 36. $390

Opening the Feelings
Dale Cummings
Participants will employ Radix® neo-Reichian methods of emotional release, the most important of which is the Radix® intensive, a period of individual work within a small group setting, which can provide emotional support among participants. Grief or pain, fear and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time the sexual experience may change as feelings of tenderness and sexual feelings intensify and merge. $390

Weekend of June 4-6

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 9. $190

Weekend Massage Intensive
Esalen Massage Practitioners
For workshop description see February 5-7. $190

Body Insights *Hector Prestera*
For workshop description see March 5-7. $190

Preparing for Conscious Childbirth: A Workshop for Pregnant Couples
Honey Rose, Peggy Morrison Horan, Jane Miletich & Esalen Mothers
Participants will share their hopes, fear, experience, and expectations with other pregnant couples. By recognizing and owning the joys possible through conscious childbirth, group members will explore the birthing possibilities available today. There will be discussions, film, exercise, massage, nutrition instruction, and ritual. $190

A Celebration of Life
Emmett & Sandra Ferreira Miller
This workshop will provide a time of quiet relaxation, music, movement, dance, and song, touching the silent source within, and emerging gently into movement, guided by soft melodies that sing of the beauty that surrounds us. With sound and voice joining in the song of life, the pulse of rhythm lifting weightless bodies and spirits into spontaneous dance, one can experience the fullness of being in silence and in sound, in stillness and in movement. A time of joy, celebration, and play. $190

June 4-11

Wilderness Celebration: Emergence in Nature
Jessica Britt & Ruth Leveton
For workshop description see Wilderness Programs, page 38. $325

Week of June 6-11

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 9. $390

Gestalt Practice
Christine Price & Esalen Gestalt Staff
For workshop description see January 3-8. $390

Zero Balancing *Fritz Smith*
Zero balancing is a body handling system utilizing structural acupressure to deal directly with the interface between body structure and energy flow. The workshop will be both didactic and experiential. Traditional anatomy, physiology, and kinesiology will be reviewed and then reinterpreted from an alternative viewpoint indicating the often overlooked imbalances which occur within our foundation joints. These imbalances may lead to chronic body pain, and frequently represent an ongoing energy drain from the body. While there will be both theoretical presentations and practical demonstrations, the main emphasis of the workshop will be toward individual instruction. This workshop is limited to persons certified in the healing professions. $390

June 6–July 2

Still Points, Turning Points: A New Curriculum for Change

David Schiffman
Elisa Lodge
& Esalen Staff

For workshop description see Special Programs, page 36. $1600

Weekend of June 11–13

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney

For workshop description see January 15-17. $190

Close Encounters: Experiments in Meeting and Contacting Other Human Beings

Joan Fiore
& Jeffrey Kent

For workshop description see January 29-31. $190

Energy Awareness and Creative Sexuality

George Leonard
& Annie Styron

How can we escape sexual stereotypes? Does intimacy always have to lead to boredom? Or can we, by recognizing the uniqueness and mystery of each individual, keep our erotic life alive and exciting? In this workshop, we use the simple movement exercises and visualizations of energy awareness to explore communications and creativity in the erotic realm. Our purpose is not to prescribe new methods but rather to transform the way you experience your intimate relationships, as inspired by George Leonard's forthcoming book, *Love, Sex and Creation*. The workshop is appropriate for individuals as well as couples.

Recommended reading: George Leonard, *The Ultimate Athlete* and *The Silent Pulse*. $190

Week of June 13–18

Opening Feelings: A Path to Consciousness

Clair Killen
& Jenny Windsor

For workshop description see January 24-29. $390

Choosing to Change

Harry Sloan

For workshop description see February 7-12. $390

Put Your Memories, Fantasies, and Dreams to Work for You: A Reichian/Gestalt Approach to Energy Release

Joan Fiore
& Jeffrey Kent

For workshop description see February 28-March 5. $390

Massage for Health Professionals

Deane Juhan
Brita Ostrom
& Esalen Massage Practitioners

This workshop is for people who touch the lives of others who are in dis-ease. It has several objectives: to cultivate the awareness of touching and being touched; to provide experiences of contacting others without words; to demonstrate methods of touching and massage; and to demonstrate the relationship between simple physical contact and the reduction of bodily stress. For additional information see page 36. $390

Esalen

A Calendar of 1982

A generation has passed since Richard Price and Michael Murphy came to Big Sur and embarked on an experiment that has evolved under the name of Esalen Institute. It is with this same spirit that we enthusiastically begin our second generation by offering these 12 months and 12 images. These 12 beautifully reproduced black and white photographs are printed on the finest paper, spiral bound, with one photograph for each month. The calendar lists when the sun enters each astrological sign, phases of the moon, and equinoxes, as well as legal and religious holidays. To order by mail, use the following form:

I am ordering _____ calendars at $7.00 apiece, plus an additional $1.55 per calendar for postage and handling in Canada, U.S.A., and Mexico. Other countries include $2.75. I am enclosing a total of $_____ (California residents add 6% tax.)

Name _____ Address _____

City _____ State _____ Zip _____

Please Mail to: Calendar, Esalen Institute, Big Sur, California 93920—Make checks payable to Esalen Institute

Work-Study Program

The Work-Study Program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program, emotionally and physically, and only rarely is it restful. There will be a coming together in the evenings to share, contact, play—alone/together. Professional services such as massage and Rolfing® are available at staff rates.

Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. No participants will be accepted as work scholars in Gazebo until they have fulfilled a minimum of one month in one of the aforementioned departments. Scheduling consideration is given to the community labor needs, and work assignments are made according to those requirements. The cost of the program is $500 for the first month, $450 for the second month, and $400 for the third. A $250 deposit is required with your application.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex which is 1½ miles north of Esalen. The Work-Study Program, lasting 28 days, is a full-time workshop in itself. The work commitment to the community, group process work, and teaching seminars make up a busy schedule for participants. Enrolling in the Esalen catalog workshops is therefore discouraged, since the extra involvement tends to interfere with the fulfillment of the Work-Study Program.

Available dates: March 28–April 25; April 25–May 23; May 23–June 20; June 20–July 18; July 18–August 15; August 15–September 12; September 12–October 10; October 10–November 7; November 7–December 5; December 5–January 2, etc.

In addition to the regular program, Esalen is now offering an intensive three-month course in basic organic horticulture. The cost of the progam will be $1350. A $350 deposit is required. In filling out the Work-Study application, please indicate your preference of landscaping, gardening, or small scale farming.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with $250 (or $350) deposit to:

Work-Study Program, Esalen Institute, Big Sur, California 93920. Telephone: (408) 667-2335.

The balance of the fee is due on arrival. $75 of the original deposit is non-refundable, and may be transferred to other Esalen programs within one year of receipt of deposit.

Application for the Work-Study Program

Date of Application _____ Daytime Telephone _____

Evening Telephone _____

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ occupation _____ Place of Employment _____

Smoker ☐ Non-smoker ☐

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice; listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work-scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community.* If such an invitation is extended, please indicate your availability.

☐ no extension ☐ one month extension ☐ two month extension

To avoid disappointment, please do not come with the *expectation* of staying for longer than one month.

I am applying for the three-month organic horticultural program ☐ yes ☐ no

Have you been to Esalen workshops? Please list program titles and dates: _____

_____

_____

Please make a personal statement about your interest in the Work-Study program. Include any skills you may have available. _____

_____

_____

_____

_____

Special Programs

Childbirth and Midwifery

Esalen's Childbirth Education Program has begun offering workshops in birth and midwifery. The program includes weekend workshops for pregnant couples interested in exploring conscious childbirth, presented by midwives and families from the community. Other workshops are for midwives, birth educators, and doctors to come together. For information contact Peggy Morrision Horan at Esalen Institute, Big Sur, Ca. 93920, (408) 667-2335.

April 4-30
Coordinated by Joan Fiore

Gestalt Practicum

A course of experiential/didactic instruction in gestalt practice for those wishing to enhance professional skills and personal well-being, led by Joan Fiore, members of the Esalen gestalt staff, and interns in gestalt practice.

Admission by invitation only.

Week 1: Focuses on the process of group formation and introduces basic gestalt practice, concepts of gestalt, and the language of gestalt, as well as visualization, breath and body work, to facilitate contact and release. We examine the gestalt form and its focus on integration and self-responsibility. We begin intensive individual gestalt sessions on participants' specific, personal issues.

Week 2: Continues didactic/experiential instruction in gestalt practice by introducing the initiative model of working with one another, both with and without faculty supervision, and continues intensive personal work.

Week 3: Continues practice sessions with video feedback as well as with faculty feedback, and re-focuses on group process, with participants leading group sessions as well as working with one another on an individual basis. Participants begin to create experiments for integrating their learning from this program into their professional/personal lives with their own methods and styles of working and being in the world.

Week 4: The faculty is available to work with the feasibility and application of each participant's experiment and to continue to work with other individual and group issues. Participants will also practice gestalt work in the Esalen community, with the supervision of more experienced interns and practitioners, as well as with one another. Requests for special application for invitation to this program should be addressed to Joan Fiore, Esalen Institute, Big Sur, Ca. 93920 $1600

May 2-28
Christina & Stanislav Grof

Paranormal Intelligence: Explorations of the Limits of Human Capacities

A four-week interdisciplinary training program organized jointly by Esalen Institute and the International Transpersonal Association (ITA). This workshop is designed for professionals and students of psychiatry, psychology, anthropology, religion, and philosophy interested in new paradigms for science and the new image of human nature. Special attention will be paid to the application of new data and concepts to an alternative understanding of certain episodes of unusual states of consciousness currently labeled as psychotic, and to transpersonal crisis intervention. This training program is part of a systematic effort to create an international network of individuals qualified to facilitate the process of personal transformation and to assist others in spiritual emergencies. It will focus on the following areas:

Paranormal Experience and Abilities. The group will explore modern consciousness research, theory of psychedelic practice, and experiential methods of self-exploration that provide convincing evidence about the existence of paranormal intelligence and of the superconscious. Visiting psychics will spend time with participants sharing their special skills, offering insights into their lives and paranormal functioning, and assisting the group members to discover and cultivate their own psychic abilities.

Modern Parapsychological Research: Prominent parapsychologists will present their data on telepathy, remote viewing, psychokinesis, spiritual healing, and other paranormal phenomena. We will show films covering different aspects of parapsychological research. Participants will be introduced to modern developments in consciousness research, brain studies, psychedelic therapy, and quantum-relativistic physics that provide new conceptual frameworks for understanding psychic phenomena, particularly the work of Fritjof Capra, Geoffrey Chew, David Bohm, and Karl Pribram.

Psychosis: Disease or Spiritual Emergency? The group will discuss new understanding of the psychotic process emerging from psychedelic research, historical and anthropological studies, modern clinical and laboratory investigations, and analysis of ancient spiritual traditions. There will be a special focus on the promises and pitfalls of the spiritual path and on methods of constructive assistance in transpersonal crisis.

New Approaches to Self-Exploration, Healing, and Personal Transformation: The workshops of this series use an experimental educational format that combines didactic input with personal experience and group process. The Esalen staff and guest leaders will act as facilitators for the participants throughout the program. Participants will experience controlled breathing, evocative music, mandala drawing, Jungian sandplay (Dora Kalff), cultivation of psychic abilities, and body work.

To apply for this program, please send your deposit and application to Christina Grof, Esalen Institute, Big Sur, Ca. 93920. $1600

May 16-June 4
Jack Rosenberg

Sustained Integration: Body, Self, and Soul

This workshop will start wherever you are in your inner journey. The work is an in-depth integration of body and gestalt practices and the transformative process of consciousness.

The course will cover:

Psychology of the Self: Working with early unfinished situations that interrupt our sense of well-being and interfere with our relationships in the present. Sexual implications of this work will be dealt with in body work and in lecture.

Body Work (Gestalt Body Approach): Theoretic and practical application, combining classical Reichian work, yoga, and aerobics and massage, assisted by Andrea Rosenberg.

Transformative Process of Consciousness: As our inner journey progresses, our figure/ground awareness is shifted from "doing" and "having" to "being" and to our relationship with the eternal. We will explore ways to integrate and sustain these new awarenesses in our everyday life. $1200

June 6-July 2

David Schiffman
Elisa Lodge
& Esalen Staff

Still Points, Turning Points: A New Curriculum for Change

"Anything which is forced or misunderstood can never be beautiful." —*Xenophon*

People, like plants, need special care and attention to thrive and blossom. To naturally grow beyond what we've been requires strength, sensitivity, and a deeply compassionate awareness: What are the most important elements that support this transformation and renewal? And how might this process be effectively shared with others? Out of the answers to these basic questions has emerged the dream of combining the best of Esalen's human potential practice work with the spirit of adventure found in Outward Bound's wilderness programs, along with the gracious informality of living and working together in one of the most beautiful and peaceful settings in the world.

The aim of this unique curriculum will be to explore and develop a new model for learning, one that not only deepens the experience of traditional therapeutic process, but also breaks new ground in erasing the line between intensive group and individual work and the ordinary world of everyday life.

Among the areas we will touch on during this month are:

The Body and its Functions: As a temple for the spirit; as a reflection, and as a turning point from past habits, fears, and attitudes; as a source of grace, ease, and fluidity in movement and in contact; as a kinetic homebase for exuberance, playfulness, and balance; and as a healing source of touch.

The Emotional Realm: Exploring and opening the limits of temperament; redirecting negative feelings for inspiration and power; cultivating passion and strength as the core of integrity; resolving inner and outer turmoil simply and peacefully.

The Mind: Developing the powers of the imagination for self-affirmation and creativity; deepening the ability to see, hear, and understand so that one can range easily from the practical to the the transcendental; strengthening the sense of fair-witness and developing the skillful use of the will; using the perspective of humor to heal separation.

Coming together in the spirit of being simply and lovingly at home in ourselves, the group will create a community whose foundation is based on trust, good will, and authenticity.

During the month each participant will have the opportunity to clarify and develop his/her own style and artfulness as an individual guide and group facilitator doing in-depth training in gestalt practice, body work, psychosynthesis methods, and the meditative arts. The program will be structured to include: intensive individual work; creative music and movement; wilderness and equestrian experiences; group rituals and celebrations; supervised observations; practicum work in group leading and individual counseling skills; video feedback; and illustrated lectures and didactic theoretical sessions.

The emphasis throughout will be on creating a personally integrated perspective that will bring buoyancy and lightness into life and work. This workshop is designed for people from all walks of life. $1600

Medical Programs

Esalen Institute — Approved Provider for Registered Nurses and Physicians

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of continuing education for registered nurses, provider number 01152.

The California Medical Association has granted Esalen Institute Category I approval so that physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education.

The following programs are approved for registered nurses and for Category I credit for physicians. See regular program listings for workshop descriptions.

If you have any questions about Esalen's medical or nursing program, contact Polly Kirby, Esalen Institute, Big Sur, Ca. 93920.

January 24-29
Healing Rites and Ways
Phillip Mac, M.D. & Polly Kirby, R.N. 30 hours

February 5-7
On the Way to Health: A Guide for Health Practitioners
Phillip Mac, M.D. 10 hours

February 21-26
From Burnout to Personal Growth:
Increasing Effectiveness and Enjoyment in Work and Life
Elliot Aronson, Ph.D. & Ayala Pines, Ph.D. 30 hours

March 5-7
Optimum Health
Joe D. Goldstrich, M.D. 10 hours

March 19-21
Medical Self-Care: The Role of Health Professionals
in Supporting Self-Provided Health Care
Tom Ferguson, M.D. 10 hours

March 28-April 2
The Healing Community:
A Workshop and Seminar for Health Care Professionals
Kathleen Keating, R.N. 30 hours

April 2-4
Optimum Health
Joe D. Goldstrich, M.D. 10 hours

April 16-18
On the Way to Health: A Guide for Health Professionals
Phillip Mac, M.D. 10 hours

May 9-14
Healing Rites and Ways
Susan Baldi, R.N. & Phillip Mac, M.D. 30 hours

May 28-30
Therapeutic Touch in Care of Self and Others
Cookie (Arlene) Jurgens, R.N. & Lavaughan Wilson, R.N. 10 hours

May 30-June 4
The Health Care Contract:
Structuring Clinical Relationships by Agreement
Jerry Green, J.D. 30 hours

June 13-18
Massage for Health Professionals
Deane Juhan, Brita Ostrom
& Esalen Massage Practitioners 30 hours

October 8, 1982-January 28, 1983
Holistic Health Training Program
For program description see Future Programs, page 39.
Coordinated by Polly Kirby, R.N. 92 Hours

Steve Beck

Wilderness Programs

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

On one week programs, the deposit is $100. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your non-refundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your $100 deposit is forfeited. The balance of the fee, if already paid, may be applied to other programs within one year.

January 24-February 1
Dick Galland
& Annie Callaway

Rediscovering Paradise: Kauai, the Garden Isle of Hawaii

Kauai is the crown jewel of the Hawaiian Islands. On the Na Pali, Kauai's north coast, an ancient trail winds along the ocean to the remote valley of Kalalau. Here, traces of early Hawaiian civilization blend with tropical foliage, creating a setting of unsurpassed beauty. Among the Na Pali's razor-edged spires and flower-choked gorges, the producers of the movie *South Pacific* found their "Bali H'ai." Along the trail, fluted cliffs rise 3000 feet from the sea, and waterfalls cascade into deep pools, inviting swimming and sunning. The warm weather, brilliant white beaches, and gardenlike campsites make this a truly extraordinary adventure into the loveliest part of the Garden Isle.

Beginning our seven-day adventure at the Lihue Airport, the group will travel by van 25 miles through the lush patchwork of tropical agriculture to the road's end near the white sands and emerald sea bay of Hanalie. Carrying everything we need in our packs, cooking our food, and sleeping under the same stars the Polynesians charted their voyages by, we come to sense the timeless ebb and flow of life interwoven and in harmony with nature. We swim in crystal pools, camp on secluded beaches, and snorkel in the warm ocean. We pick guava and mango, and learn the history and myths of the early Hawaiians. Woven into the week are practices from

psychosynthesis, yoga, group process work, natural history, photography, and journal keeping as well as time for solitude, making our journey through paradise a profound experience of inner and outer discovery and wonder. Previous experience not required. You should be in reasonably good physical condition. Complete equipment/travel information sent on registration. This is Dick & Annie's second Hawaiian trip through Esalen. Registration deadline January 11. $550 (plus airfare)

March 19-21 *Dick Galland & Annie Callaway*

The Vertical Dance: A Climbing Weekend

"There is an art to finding one's direction in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know." —Rene Dumal

Rock climbing is a dance done in a vertical world, a dance of grace, balance, and simplicity. It is an opportunity for stretching limits, for extending ourselves, for exploring our own edges. Rock climbs offer us a profound metaphor for looking at the ways in which we deal with stress and challenge in our daily lives.

Participants will climb the sunny boulders and low rock faces at Pinnacles National Monument, three hours east of Esalen. They will learn basic movements, with safety ropes that enable experiment. They will also learn to rappel and belay. No climbing or camping experience is necessary. A camping equipment package may be rented through the group leaders. Complete information will be sent upon registration. $175

March 27-April 4 *Elisa Lodge & Annie Callaway*

Woman's Challenge: A Dance of Adventure

During this seven-day adventure, starting at Arroyo Seco, the group will hike westward with the sun through chapparal, spreading oaks, and fields of wild flowers, emerging from the redwoods on the spectacular Big Sur Coast. During their hike, participants will explore feminine roles and archetypes, the dominant and shadowy parts of themselves, vulnerability and strength, heroism and adventurousness. There will be group process work, traditional wilderness instruction, rock climbing, rappelling, and Rolfing® movement integration, designed to promote balance, grace, and fluidity. Each participant will spend 24 hours alone in reflection and contemplation near the end of the trip.

The first night will be spent camping out at Esalen, and the last morning will be spent, upon return, at the baths. No previous camping experience necessary. Complete equipment list will be sent upon registration. $375

May 15-24 *Dick Galland Annie Callaway & Marilyn Mason*

Rites of Passage: Baja California's Secret Mountains

The rugged Sierra Nevada, California's mountainous backbone, almost disappears as it crosses the Mexican border into the Baja peninsula. About one hundred miles below the border it rises to form the Sierra San Pedro Martir, a forested plateau about 7500 feet high. On the eastern edge of this plateau, the soaring granite form of Picacho del Diablo, Baja's highest peak, rises to over 10,000 feet. This workshop will take us from a trailhead on the plateau's western edge through pine forests, broad open meadows, and along clear streams to the base of Diablo on the eastern escarpment. From there participants may climb the peak. To the west the green hills slope off into the Pacific. In the east the plateau falls away to the desert and the waters of the Gulf of California. Participants will descend onto the desert through a sinuous granite canyon, pausing to play in waterfalls and deep pools.

Group members will carry everything they need in packs, cook over fires, and learn a range of basic wilderness skills, including basic rock climbing. 24 hours will be spent alone in reflection and contemplation. The workshop will also include psychosynthesis, group process work, yoga, and journal writing. No previous experience is required. You should be healthy and reasonably fit. The program begins and ends in San Diego. Complete information on travel, clothing, and equipment will be sent upon registration. $575

May 7-14 *Jeffrey Kent & Jessica Britt*

A Seven-Day Wilderness Experience from Esalen to Tassajara Zen Center

Nature can provide us with opportunities to stretch our limits and explore our inner wilderness. By living without the routines that remove us from our source, giving priority to feeling and honest exchanges, we can expand our sense of self and depth of being.

The group will spend a day and night at Esalen, leaving the next morning to hike through the Ventana wilderness. They will travel "light," with instruction in minimum impact camping, ecology, geography, and the cultural history of the area. There will be sessions to work with feelings as they emerge, and rites of purification. The hike will conclude with each participant spending a 24-hour period alone. The group will hike on to Tassajara Zen Center, deep in a rugged wilderness valley, with natural hot springs, for the last night together. There, meditation instruction will be available for those who wish it. Backpacking experience is not necessary, and participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $325

May 28-30 *Dick Galland*

Zen and the Art of Fly Fishing

Few pastimes offer the opportunity of so profound a look into the natural world and into ourselves as flyfishing. The tools of the fisherman have more to do with disciplining the body and mind and tuning the senses than with killing trout. There is a focus and subtlety of movement in fly fishing akin to Eastern meditative disciplines. The possibility always exists of entering the trout's world. In fly fishing, the trout are the teachers. They let you know by their actions when you have presented the fly properly.

This weekend, which will be spent at Esalen, is a combination of practical instruction, visualization, physical exercise, and guided fantasy. Participants spend Saturday on the Esalen grounds learning basics. On Sunday, we travel a few miles up the coast to tempt the rainbows of the Big Sur River. Beginners and accomplished fishermen welcome. Complete information on equipment will be sent upon registration. $190

June 4-11 *Jessica Britt & Ruth Leveton*

Wilderness Celebration: Emergence in Nature

During this seven-day trip to the High Sierra, the group will practice ancient and modern methods for clearing and channelling energy, using American Indian purification rites, dream work, gestalt and group process, sound, breath, and music. There will be instruction in minimum impact camping, ecology, geography, and the cultural history of the area. There will also be a "vision quest"—a time alone in the wilderness. No experience is necessary, and participants should be prepared for the challenge of vigorous physical activity. Detailed information sent upon registration. $325

July 4-30 *Jeffrey Kent Helga Kraft & Harry Kent*

Moon Cycle: A Month-Long Wilderness Adventure in Yosemite

Yosemite's wilderness is a world of both spectacular and subtle beauty. There the group will come together to share and integrate learning in a supportive atmosphere. Participants will spend time hiking (packing in everything needed for survival), rock climbing, rappelling, fishing, sunning, learning minimal impact camping, eating delicious and highly nutritious food, processing any feelings that emerge, and building Indian sweat lodges for use in chanting, praying, cleansing, encountering, singing, laughing, grumbling, doing nothing, solo-

ing (for up to three days at one time), confronting fears, learning about strengths, and competing for the best popcorn recipe.

The main focus will be learning to find strength, courage, and playfulness within, reclaiming power, spontaneity, and inner peace. Methods will include the exertion of hiking and mountaineering, gestalt, encounter, and the American Indian circle, as well as guided imagery, meditation, and whatever else may feel appropriate at the moment.

Previous wilderness experience is not necessary. Participants should be in good health and prepared for the challenges of vigorous physical activity. Also highly recommended is a sense of humor and a willingness to "look bad." The group will meet in Yosemite on July 4. A complete travel information and equipment list will be sent to you upon registration.

Future Programs

September 5-26

Coordinated by Christine Price & Jessica Britt

The Primal Circle: Exploring the Roots of Well-Being

The search for physical, emotional, and spiritual well-being can be exciting and challenging. This workshop is a time for sharing those practices which we have found most effective and nourishing for ourselves.

First Week: Personal Roots
This part of the program will focus on physical sensations and feelings, using gestalt practice, Reichian breath work, and massage.

Second Week: Primal Roots
By backpacking in the wilderness, participants will have the opportunity to enrich their connection with nature. Taking inspiration from ancient ceremonies, they will invent rituals relevant to their present lives.

Third Week: Creative Roots
The closing week provides time for creative dance, music, and improvisational theatre. Sessions for personal clearing will again be included.

More information regarding this workshop is available upon request. Write to Christine Price, Esalen Institute, Big Sur, Ca. 93920.

October 3-29

Joe D. Goldstrich & Esalen Staff

Optimum Health

This workshop will have three major components: training in nutrition, exercise with body awareness, and psychological process work. Each group member will have at least one private consultation with Dr. Goldstrich.

Nutrition Training: Participants will learn how to find the most nutritious foods in supermarkets and health food stores, and how to read labels wisely. They will participate in food preparation for the workshop, practicing recipes and methods that promote good health. The food program will integrate the best elements of the Pritikin, macrobiotic, and "live food" diets. Blood will be analyzed at the beginning and end of the workshop to see what progress each participant has made toward optimal health.

Exercise With Body Awareness: After an evaluation of each participant's fitness level, a personalized exercise program will be formulated. Video tape will be used to give insight into body image, enabling a healthier image to be formed. A wide range of flexibility programs will be used.

Psychological Health: Participants will learn relaxation and stress reduction methods, using group process work, gestalt imagery, and gestalt practice.

October 8, 1982-January 28, 1983

Coordinated by Polly Kirby

Holistic Health Training Program

This program is designed for those seeking information and training in alternative health and healing approaches. For health care professionals this program will provide new knowledge and skills in holistic healing practices which they can use in their own health care settings. For lay persons and students this program will provide an in-depth introduction into the holistic health field, as well as the necessary training to maintain a high level of wellness in their own home environments. In addition to the emphasis on healing, the participants will receive complete training and personal experience in the ten deep-tissue sessions, and also will take part in on-going practicums focusing on training in gestalt and group process. There will be a weekly acupuncture clinic exclusively for the participants' own health enhancement, as well as regularly scheduled community health sessions where participants can observe the integration of the various holistic practices being taught. A part-time faculty of about twenty will be involved in different aspects of the teaching program. Based on our experience of the last four-month program, the workshop will be expanded to include fifteen areas of study and practice. These are: deep tissue; acupuncture; nutrition; t'ai chi; gestalt; homeopathy; herbology; Bach flower remedies; community health; group process; anatomy; healing meditations; organic gardening movement integration; massage. A course outline describing each of the areas covered can be obtained by writing to Esalen Institute, Big Sur, Ca. 93920. Classes will be held six days per week, with three meetings usually being scheduled for each day. Included in this time will be a four-hour per week work commitment in various community projects. Only Wednesdays will be off-days, although all classes are considered optional; leaving the intensity of the learning experience completely up to the choice and capacity of the individual participants. During this four-month period there will also be on-going community sessions which are open to all residents in the Esalen community. In the past these have included morning yoga practice, zazen meditation, Feldenkrais exercises, body-strengthening exercises, movement and dance, various forms of energetic release work, intra and inter-personal process work, chanting and different spiritual and contemplative practices, video tape and movie presentations, astrology sessions, and evening lectures on a host of subjects. During the four-month stay, participants in the program are also free to sign up for any of the regularly scheduled Esalen catalog programs on a space available basis by payment of the leader's fee. To provide some recreation and diversion, occasional outings into the magnificent Big Sur countryside and along the coastline will be planned throughout the program.

Esalen is not a degree, diploma, or certificate granting institution. This program is offered for professional and educational enrichment. Participants must make their own arrangements to assure compliance with respective state licensing requirements for professionally applying any skills acquired in this program. Verification of attendance will be given to nurses and physicians in the program desiring continuing education credit for this experience.

For further information write to Polly Kirby, Esalen Institute, Big Sur, Ca. 93920.

Biographical Information

A

Suzanne Arms ..... is an author (*Immaculate Deception: A New Look at Childbirth*), filmmaker (*Five Women, Five Births: A Film About Choices*), public advocate, and futurist.
p. 11

Anne Armstrong..... has been doing transpersonal counseling for over 16 years and has trained professionals to use their own intuitive abilities.
p. 13, 18, 32

Jim Armstrong ..... a former engineer, is a life-long student of esoteric studies.
p. 13, 18, 32

Elliott Aronson..... is a professor of psychology at the University of California, Santa Cruz. He has published over 60 articles on interpersonal relations and authored ten books, including *The Social Animal*.
p. 17

B

Susan Baldi, ... R.N., is director of student health at Santa Rosa Community College.
p. 30

Daniel Bianchetta ..... practices shiatsu, rebirthing, deep tissue massage, gestalt, and intuitive readings at Esalen. He has studied extensively with Swami Muktanada.
p. 27

Robert Bly..... is the author of nine books including National Book Award winner *Light Around the Body*. His translations include the poems of Neruda and Rilke.
p. 23

Fred Boeve ..... is a Trager and emotional release practitioner. He has lived and worked at Esalen for several years.
p. 10

Janet Zuckerman Boeve ..... has been on the teaching staff at Esalen for more than seven years. Her work includes gestalt practice, encounter, and emotional release work.
p. 9, 10

Jessica Britt ..... is a registered nurse who is a student and practitioner of gestalt, Reichian, and wilderness approaches to well-being.
p. 30, 32

Charles Brooks, ... author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963.
p. 30

Leon Burry-Trice ..... is a resident architect and designer for the Esalen community.
p. 12

C

Peter Caddy ..... is the co-founder of the Findhorn Foundation, and is presently engaged in visiting and assisting in the link-up of communities, groups, and movements for the process of planetary transformation.
p. 11

Annie Callaway, ... professional wilderness guide, group leader, hatha yoga teacher, and writer, has been leading Esalen trips for several years.
p. 13, 21, 30

Joseph Campbell..... is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero With a Thousand Faces*, *The Masks of God*, and *Myths to Live By*.
p. 17, 21

Stanford Eugene Cates, ... a minister on sabbatical from his official duties in San Francisco, is in gestalt training with Paul Rebillot.
p. 12, 13, 17, 19, 23, 27, 31

Barbara Clemans ..... is massage and movement specialist in private practice in San Francisco.
p. 18, 22

Don Creevy, ... MD, FACOG, clinical obstetrician/gynecologist, Stanford University Medical Center, is medical director of The Birth Place, Palo Alto.
p. 11

Dale Cummings,..... MFCC and certified Radix® teacher, is in private practice at the Radix® Center in Santa Monica, and is also a trainer for the Radix® Institute in Ojai.
p. 32

D

Elizabeth Davis, ... midwife, instructor at the Holistic Childbirth Institute in San Francisco, is the author of *A Guide to Midwifery, Heart and Hands*.
p. 26

Terry Dobson ..... apprenticed to the founder of aikido for eight years. He is the author of *Giving In To Get Your Way* and *Safe and Alive*.
p. 26

Ken Dychtwald, ... psychologist and international consultant, is the author of *Bodymind*, *Milienium: Glimpses into the 21st Century*, and *The Aging of America* (forthcoming).
p. 28

E

Catherine Elber ..... is one of the first and few people in the world teaching t'ai chi chih.
p. 18

Esalen Massage Practitioners include Lila Daniels, Peggy Morrison Horan, Deane Juhan, George King, Lars Larson, Bill Liles, Deborah Medow, Jane Miletich, Dianne Sue Miller, Laurie Muller, Brita Ostrom, and Vicki Topp.
p. 12, 14, 16, 18, 19, 23, 26, 28, 29, 32, 33

F

David Feinstein ..... is a clinical-community psychologist with the San Diego County Mental Health Services.
p. 14

Tom Ferguson,..... M.D., is editor of the *Journal of Medical Self-Care*, medical editor of the *Whole Earth Catalog/Co-Evolution Quarterly*, and editor of the book *Medical Self-Care: Access to Health Tools*.
p. 21

Joan Fiore, ... an Esalen trustee, practices and teaches gestalt, encounter, self-reparenting, and self-repairing on a group and individual basis.
p. 13, 17, 18, 23, 30, 33

Betty Fuller, ... a humanist counselor and director of the Trager Institute, is a certified instructor of Trager psychophysical integration mentastics©, and of Feldenkrais awareness through movement.
p. 13

G

Dick Galland..... was the founding director of the Southwest Outward Bound School. He designs and guides wilderness programs for individuals, schools, and corporations.
p. 13, 21, 30, 31

Merri Goldenson (Devarani) .. is a chiropracter, certified Radix® teacher, Bates vision instructor, and masseuse.
p. 26

Joe D. Goldstrich, ... Esalen resident faculty member, is former chief cardiologist at Pritikin Longevity Center, and past national director of education and community programs for the American Heart Association.
p. 18, 23

Jerry Green..... is an attorney specializing in medicine and holistic health practices.
p. 32

Robert Greenway ..... is an associate professor of psychology at Sonoma State University, where he is founder of the wilderness-psychology program.
p. 26

Christina Grof, ... hatha yoga teacher and student of Swami Muktananda, has special interest in the kundalini process and the problem of "spiritual emergency." She is co-author of *Beyond Death*.
p. 10, 26, 29

Stanislav Grof, ... psychiatrist with over twenty years' experience in consciousness research with and without psychedelics, is the author of *The Human Encounter with Death* and *LSD Psychotherapy*.
p. 10, 26, 29

Eddie Guthman ..... plays bass for the oceanic jazz groups "Belair" and "Angel Song", and is in his fourth season with the Napa Valley Symphony Orchestra.
p. 26

H

Betsy Hand ..... trained with Virginia Satir and was on the resident staff of the Gestalt Institute of Canada. She is in private practice in Kentfield, California.
p. 16, 27

Robert Hand ..... is an astrological teacher, author, consultant, and researcher in Cape Cod. His latest book is *Horoscope Symbols*.
p. 23

Paul Hawken ..... is co-founder of Smith & Hawken Tools and co-author of *Seven Tomorrows*.
p. 13

Nick Herbert ..... is an independent researcher in the foundations of physics. He is currently interested in Bell's Theorem and its applications to ordinary life.
p. 17

Peggy Morrison Horan ..... is an Esalen resident teacher of massage and movement and an apprentice midwife.
p. 32

Paul Horn ..... is a flutist, a jazz musician, creator of the *Inside* albums, and a teacher of meditation.
p. 12

Al Chung-liang Huang ..... is the founder-president of *The Living Tao*, an international learning/sharing network with ongoing t'ai chi dance workshops.
p. 12, 21, 23

J

Deane Juhan, ... a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.
p. 33

Arlene (Cookie) Jurgens, ... R.N., M.N., and nursing educator, is a member of the board of trustees of the Nurse Healers Professional Association, Inc.
p. 31

K

Kathleen Keating ..... is a holistic health educator, a nurse practitioner in mental health, and director of inservice education for a private psychiatric hospital.
p. 21

Sam Keen ..... is an explorer of inner space, a psychonaut and philosopher, editor of *Psychology Today*, author of *Apology for Wonder, To a Dancing God, Beginnings Without End*.
p. 17, 30

Harry Kent, ... professional mountain guide from Colorado, has climbed and taught extensively in the Alps, Rockies, and Yosemite.
p. 38

Jeffrey Kent, ... an ongoing student and practitioner of gestalt, uses methods drawn from encounter and Reichian emotional release work.
p. 13, 16, 17, 18, 30, 33

Coeleen Kiebert ..... is a sculptor, art therapist, and long-time explorer of creativity and creative personality.
p. 10

Clair Killen, ... a certified Radix® teacher and former resident teacher at Esalen, has been working with cancer patients and building his home in Oregon.
p. 12, 18, 33

Polly Kirby ..... is a registered nurse and former educator who is presently living at Esalen, where she is working toward integrating traditional and alternative healing modes.
p. 12

Michael Klaybor, ... a third degree black belt in kyokushin karate, is a gestalt practitioner specializing in hypnosis, and co-author of *Women: Resist and Win*.
p. 16

George Kohlrieser ..... is director of Shiloah, Center for Human Growth in Dayton, Ohio, where he works with individuals, families, and groups.
p. 27

Helga Kraft, ... longtime Esalen resident, is a student and practitioner of gestalt and sensory awareness.
p. 38

Stanley Krippner, ... dean of faculty at the Humanistic Psychology Institute in San Francisco, was director of the Maimonides Dream Laboratory in New York City.
p. 14

L

R. D. Laing ..... is a psychiatrist whose books *The Politics of Experience* and *The Divided Self* have had a profound impact on contemporary attitudes toward mental illness and psychiatry.
p. 12

Benj Langdon ..... has worked as a brain researcher, drug education consultant, and documentary filmmaker. He is currently exploring transformation through body practices.
p. 9

George Leonard, ... author of *Education and Ecstasy, The Transformation, The Ultimate Athlete*, and *The Silent Pulse*, holds a black belt in aikido, from which he derives his present work.
p. 17, 27, 33

Ruth Leveton, ... co-founder of Medicine Way, Inc., is a wilderness instructor for U.C. Santa Cruz Extension, student of biology and environmental studies, poet, and mask maker.
p. 32

Peter Levine ..... has practiced and taught Reichian body work for many years. He is currently working on three books in the area of stress, resolution and Reichian vegito therapy.
p. 23

Elisa Lodge ..... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf®-movement integration.
p. 21, 32, 33

Nancy Kaye Lunney, ... a gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, and does individual as well as group work at Esalen.
p. 12, 21, 33

M

Phillip Mac ..... is a board certified family physician who has trained family physicians and physicians' assistants. His special interest is the health and ill health of health care providers.
p. 12, 14, 26, 30

Ma Prita (Laura DeNuccio), ... certified Radix® practitioner, combines Reichian body work, emotional release, gestalt practice, Bates vision improvement, and other approaches in group and private instruction.
p. 16, 18, 25

Marilyn Mason, ... founder/director of the Wilderness Learning Institute in Minneapolis, is a family and sex counselor in private practice.
p. 30

Rollo May ..... is the recipient of ten honorary degrees and author of *Love and Will* and *Freedom and Destiny*.
p. 31

NOPRST

Deborah Medow, ... Esalen masseuse and group leader for many years, teaches ashtanga yoga, massage, creative movement, and related healing disciplines directed toward rechanneling and balancing energy.
p. 21

Donald Michael ..... is the author of *On Learning to Plan and Planning to Learn.*
p. 28

Jane Miletich ..... is a masseuse, yoga practitioner, nutritionist, and student of midwifery.
p. 32

Emmett Miller, ... physician, musician, poet, and dancer, works with hypnosis, meditation, imagery, music, and movement. His books describe selective awareness, the approach he originated.
p. 14, 32

Sandra Ferreira Miller ..... has been a bodywork and massage practitioner and instructor for many years, incorporating shiatsu, acupressure, Tragering, and other approaches.
p. 14, 32

The NINE. ..... describe themselves as "giant reflectors of your selves, gestalt practitioners, marriage counselors —pure energy of emergent quality available to all." They are the center of the Esalen Paranormal Intelligence Project.
p. 26

Jenny O'Connor ..... is a psychic from England, and is a channel for "The NINE."
p. 26

Heather Maycock Ogilvy ..... is a counselor in private practice in Menlo Park, California. She also works in the Children's Hospital at Stanford.
p. 19

Jay Ogilvy ..... is author of *Many Dimensional Man: Decentralizing Self* and *Society and the Sacred*, and co-author of *Seven Tomorrows.*
p. 13, 19

Wataru Ohashi ..... is one of the first teachers to extensively promote the understanding of shiatsu in the United States. He is the founder and director of the Shiatsu Education Center in New York City.
p. 17

Brita Ostrom, ... a longtime Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.
p. 33

Elaine Pagels, ... author of *The Gnostic Gospels*, is professor of religion at Barnard College, Columbia University.
p. 30

Ayala Pines ..... research associate in the psychology department, U.C. Berkeley, is the author of *Experiencing Social Psychology* and *Burnout: From Tedium to Personal Growth.*
p. 17

Hector Prestera, ... an acupuncturist and physician, integrates Eastern and Western energy methods in his medical practice in Monterey, California.
p. 18, 32

Christine Price ..... combines gestalt practice with creative visualizations and body meditations.
p. 10, 16, 21, 30, 32

Lee Pulos ..... is a clinical psychologist whose career has ranged from a traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing.
p. 23

Paul Rebillot ..... was founding director of the Gestalt Fool Theatre Family in San Francisco and has been a resident group leader at Esalen.
p. 12, 13, 17, 19, 23, 27, 31

Honey Rose ..... is a wife, mother of six children, and midwife, whose main interest is natural healing.
p. 32

Jack Rosenberg, ... author of *Total Orgasm*, has trained in gestalt and Reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.
p. 18, 30

Gabrielle Roth ..... is the creator of the Moving Center method of catalyzing natural movements. She lives on the east coast, where she directs and performs with her own theatre/dance company.
p. 26, 27

Mira Rothenberg ..... is the co-founder of the Blueberry Treatment Centers in New York City. She has pioneered an intuitive approach of intimate contact in treating severe childhood mental illness.
p. 23

David Schiffman ..... is currently a leader in residence at Esalen, where he is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being.
p. 10, 11, 16, 17, 18, 19, 25, 26, 31, 32, 33

Will Schutz ..... is director of the Center for Holistic Studies, Antioch University, San Francisco, and author of *Elements of Encounter* and *Profound Simplicity.*
p. 21

Alan Schwartz ..... is a college professor and gestaltist in private practice in New York City. His latest article in print is "The Human Energy System and Spirituality."
p. 10, 22, 23

Peter Schwartz ..... is a senior policy analyst at the Center for the Study of Social Policy at SRI International, and co-author of *Seven Tomorrows.*
p. 13

Phyllis Shankman, ... a counselor in private practice in West Los Angeles, teaches at U.C.L.A. Extension.
p. 16

Saul-Paul Sirag ..... has published two physics papers in *Nature* and has authored a theory on the size of the universe. In 1977 he founded the Consciousness Theory Group, which he directs.
p. 17

Harry Sloan, ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Robert Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 10, 16, 24, 33

Fritz Smith ..... is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is in a private practice of holistic health in Watsonville, California.
p. 32

Gerald Smith ..... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy.*
p. 16, 27

Robert Solomon, ... author of *The Passions* and *Love: Emotion, Myth and Metaphor*, is currently teaching at Smith College.
p. 19

Helm Stierlin, ... author of *Adolf Hitler: A Family Perspective*, is director of the Division of Psychoanalysis and Family Therapy at the University of Heidelberg Medical School.
p. 18

Annie Styron ..... is an associate director of Wellness Associates of Mill Valley, California, where she teaches workshops and classes in energy awareness and its application to wellness.
p. 17, 33

Susan Tanner ..... is an actress, director, and teacher of improvisational theatre. She is based in Los Angeles and affiliated with the Living Stage Company in Washington, D.C.
p. 13, 21, 30

V

Rick Tarnas . . . . . is Esalen's director of programs and education.
p. 29

Frances Vaughan . . . . . is a transpersonal psychologist in private practice in Mill Valley, Ca., professor of psychology at the California Institute of Transpersonal Psychology, and author of *Awakening Intuition*.
p. 29

Swami Anand Veereshwar . . . (William Pennell Rock), a disciple of Rajneesh, is founder and director of *Bodhisattva Arts*, a production company in Hollywood.
p. 28

W

Roger Walsh . . . . . is a psychiatrist on the faculty of the medical school at U.C. Irvine and author of *Towards an Ecology of Brain*.
p. 29

John Wellwood . . . . . is an editor and frequent contributor to the *Journal of Transpersonal Psychology*, and editor of *The Meeting of the Ways: Explorations in East/West Psychology*.
p. 16

Lavaughan Wilson . . . . . is a registered nurse, nursing educator, and practitioner and teacher of therapeutic touch.
p. 31

Jenny Windsor, ... a registered nurse whose experience has been mainly in oncology, is a licensed boat captain. She is building a house with her husband.
p. 12, 18, 33

Y

Alan Young . . . . . is a spiritual healer in private practice in Carmel, California.
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The Esalen Catalog

THE ESALEN CATALOG is published tri-annually. Subscription cost for one year is $6 for the United States, $9 for Canada and Mexico, $12 for Europe and South America, and $14 for all other countries. **Please make all payments in U.S. currency.** A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, Ca. 93920.

☐ To obtain future issues of the Esalen Catalog and occasional mailings for one year, please send a check or money order in **U.S. currency only** to: Esalen Institute, Big Sur, Ca. 93920.

(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

☐ Please send a complimentary copy of the Esalen Catalog to the person listed below:

Name _____

Address _____

City _____ State _____ Zip _____

We
invite you
to join us
in our organization

Friends of Esalen

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive regular mailings of the Esalen catalogs. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student $15
One Year Individual $25
One Year Donor $50
One Year Sponsor $100
One Year Patron $500
(Contributions are tax-deductible)

Name _____ Student Affiliation _____

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City, State _____ Zip Code _____ Date _____

Please mail to: Friends of Esalen, Big Sur, California 93920

Special Announcements

The Esalen media center has produced several audio-visual presentations to be available December, 1981. They are entitled:

Gazebo — an innovative concept of school where learning replaces knowing; from the three R's to feeding baby goats and swimming with dolphins.

Esalen — an overview of Esalen: its history and the growth of its workshops, projects, and people.

Esalen's Energy Program — Esalen's plan to utilize the geo-thermal energy of its natural hot springs to heat buildings with home built, low temperature room heaters, and to provide domestic hot water.

For more information contact Media Department, Esalen Institute, Big Sur, Ca. 93920.

Food for the Senses

a book
of recipes and artwork
by people of the Esalen community
is now available.
To order by mail
use the following form.

Please send me _____ copies **Food for the Senses** at $5.95 each, plus an additional $.85 per book for postage and handling, or a total of $6.80 (California residents add 6% tax). I am enclosing a total of $_____

Name _____ Street _____

City _____ State _____ Zip _____

Please mail to: **Food for the Senses**, Esalen Institute, Big Sur, Ca. 93920.
Allow 6 weeks for delivery. Make checks payable to Esalen Institute.

Spiritual Emergency Network

This past fall, the Spiritual Emergency Network at Esalen announced the opening of Aurora House for Spiritual Emergencies. A rural retreat northeast of San Francisco, Aurora provides a supportive learning environment for persons undergoing intense spiritual transformation. Aurora residents are self-referred. For further information, contact the Spiritual Emergency Network, (408) 667-2151.

Nacimiento Ranch and Research Center

The birth of the Nacimiento Ranch and Research Center is taking place in the "golden, rolling hills of California" on the site of a 57-acre former guest ranch, a mile and a half from Lake Nacimiento, near Paso Robles. The new ranch center will have full residential and resort facilities in a setting of natural beauty and will be available for rental by groups in the human potential field by winter of '81-'82.

Directors Linda Tellington-Jones and Eleonora Islinger are assembling staff and organizing the Ranch's own courses in two areas: equine programs and human development programs. The equine program will include research and courses in horsemanship for adults, beginning to advanced, which will be based on Feldenkrais methods that dissolve barriers of tension and fear in the animal and that develop contact and trust between human and horse. The human development program will include special courses for athletes and business professionals, under the direction of Christopher Connolly, co-founder of the "Sporting Bodymind" series in Great Britain.

These workshops will explore frameworks common to the business and sporting worlds, such as competition, teamwork, and performance. They will promote the integration of body, mind, and emotions, recognizing wholeness as an indispensable step toward achieving realization of one's full potential. A variety of practices will be drawn upon, including self-hypnosis, visualization, biofeedback, psychophysical re-education, and meditation.

Cooperative projects with Esalen are under discussion, including wilderness trips, on horseback and on foot, through the thousands of acres of open country between Lake Nacimiento and the Big Sur coast.

For further information please write or call: Nacimiento Ranch and Research Center, 1400 Lakeview Drive, Paso Robles, Ca. 93446, (805) 238-1743.

Films and Tapes

Tape Recordings of Human Potential Programs

The human potential movement continues to have unusual events which in turn produce unusual recordings. Each issue of the Esalen Catalog lists a number of new titles and also includes some from the Big Sur Recordings archives. Nearly all tapes are stereo, from live events, and tape length is normally 1 to 1½ hours. These recordings are available on cassettes only. Single tape titles are $9 ($10 by purchase order); two-tape titles are $16 ($18 by purchase order):

Fritjof Capra: *The Turning Point: Shifting Paradigms*
Willis Harman: *Alternative Futures*
Bob Schwartz: *(2) Entrepreneurship & Human Potential. I-II*
George Leonard & Paul Hawken: *(2) Visions & Economics. I-II*

Ken Dychtwald: *Strategies for Stress Management*
Julian Silverman: *Structural Basis of Body Work*
Davis Schiffman: *Group Process: Gestalt Etiquette*
Alan Schwartz: *Gestalt and Spirituality Journal Readings*

Duane Elgin: *Voluntary Simplicity*
Reb Anderson: *Zen*
Jack Kornfield: *The Sword of Wisdom*
John & Toni Lilly: *Integrating Science and Mysticism*

Jean Houston: *(2) The Possible Human. I-II*
Stanislav Grof: *(2) The Birth Trauma. I-II*
Charlotte Selver/Charles Brooks: *(2) Sensory Awareness. I-II*
Al Drucker: *(2) Holistic Health and the Five Elements. I-II*

Theodore Roszak: *Personal Transformation through History*
Roszak & Thompson: *Cultural Transformation in the 80's*
Wm. Irwin Thompson: *On the Evolution of Human Culture*
Wm. Irwin Thompson: *Political Transformation*

James Fadiman: *Sufi Stories*
Prem Das: *Shamanic Journey with Drum Ritual*
Sam Keen: *An Erotic Psychology*
Joseph Campbell: *Tibetan Book of The Dead*

Rollo May & Daniel Ellsberg: *Good and Evil*
Linus Pauling: *Vitamin C and Cancer*
Andrew Weil: *Altered States Without Drugs*
Ram Dass: *Hang on Tightly: Let Go Lightly*

Paul Rebillot: *(2) The Hero's Journey. I-II*
Angeles Arrien: *(2) The Egyptian Tarot. I-II*
Anne & Jim Armstrong: *(2) A Psychic Training Program. I-II*
Sam Keen & Rick Carlson: *(2) The Politics of Healing. I-II*

Please add $2 to your order for mailing. California residents include 6% tax. Please mail order with check payable to: WORKSHOP CASSETTES, Hot Springs Lodge, Big Sur, California 93920. Suggestions regarding recordings are appreciated.

The Dolphin Series: (complete sets in vinyl albums)

Barbara Clemans: *Explorations in Movement* (3 tapes, 6 lessons) $30 ($34 by purchase order)
John & Toni Lilly: *The Cetacean/Human Cyclone* (3 tapes, 4½ hours) $30 ($34)
Joseph Campbell & Al Huang: *Movement And Myth To Live By* (4 tapes, 6 hours) $40 ($44)
Andrew Weil: *Integrated Consciousness And Health* (6 tapes, 6 hours) $60 ($66)
Fritz Perls: *The Perls Encounter: A Complete Weekend Seminar* (6 tapes, 9 hours) $60 ($66)
Ruthy Alon: *Awareness Through Movement: The Feldenkrais Method* (6 tapes, 12 lessons) $60 (66)
Moshe Feldenkrais: *Awareness Through Movement, The Feldenkrais Method* (6 tapes, 10 lessons) $72 (80)
Ken Dychtwald: *Bodymind Health, Longevity, and Optimal Performance* (6 tapes, 7 hours) $72 ($80)
Julian Silverman: *Commentaries on A Course In Miracles* (8 tapes, 10 hours) $72 ($80)
Joseph Chilton Pearce: *Insight and Ecstasy* (8 tapes, 11 hours) $72 ($80)
Esalen 1979–1980 *Stress and Caring Conferences* (10 tapes, 14 hours) $80 ($88)
Joseph Campbell: *World Mythology And The Individual Adventure* (10 tapes, 15 hours) $80 ($88)
Buckminster Fuller: *The Pajaro Dunes Tapes: A Weekend Seminar* (8 tapes, 12 hours) $80 ($88)

Please add $2 to your order for mailing. California residents include 6% tax. Please mail order with check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Gregory Bateson Archive Tapes: "The Informal Esalen Lectures" (1975-1980)

With Gregory Bateson's passing, these recordings are now part of his estate. Radio broadcast, transcription, or publication of material from the tapes is expressly forbidden without prior permission from the estate.

PART I — Six Tapes

Metaphors and Butterflies	Grof Workshop	May 1975
Schizophrenia and the Double Bind	Grof Workshop	May 1976
The Pattern Which Connects	Work Study	Dec 1978
What is Epistemology?	Work Study	Sep 1979
Civilization and Addiction. I-II	Work Study	Nov 1979

PART II — Six Tapes

Interfaces—Boundaries Which Connect	Tues Forum	Feb 1980
It Used to Matter	Tues Forum	Mar 1980
Simple Thinking	Tues Fourm	Apr 1980
Neither Mechanical or Supernatural	Work Study	Apr 1980
It Takes Two to Know One. I-II	Grof Workshop	May 1980

Part I or Part II may be ordered separately (6 tapes each) for $54 ($60 by purchase order). Either set of six will come in vinyl album accompanied by summary of contents of all twelve for reference, plus additional pages. For Parts I & II combined in one order, send $98 ($110 by purchase order). Please add $2 for mailing ($4 if you wish priority mail). In California include 6% sales tax. Please write check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Recordings from the Early Years

A catalog of tape recordings from the human potential movement, including the early years of Esalen's history, is available for $1 from: BIG SUR RECORDINGS, PO Box 91, Big Sur, California 93920. Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others, are available from PSYCHOLOGICAL FILMS, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write HARTLEY PRODUCTIONS, Cat Rock Road, Cos Cob, Connecticut 06807. A film or video cassette of Al Huang's work, entitled *T'ai Chi: The Watercourse Way*, is available through KLB PRODUCTIONS, 490 Redwood Road, Corralitos, California 95076. Regarding the forthcoming documentary on Gregory Bateson, address inquiries to *The Pattern Which Connects*, PO Box 8, Forest Knolls, California 94933 — Phone (415) 488-0135.

Registration Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt.

Please mail all reservations to: Reservations, Esalen Institute, Big Sur, Ca. 93920

Reservations by Telephone: You may make reservations by phone if you use your Mastercard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335

Office Hours:
Monday, Tuesday, Thursday, and Saturday 9 to 3
Wednesday 9 to 12 Noon
Friday 9 to 8 PM
Sunday 12 Noon to 8

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The price of a weekend workshop will be $165, and a five-day will be $340. Discounts are available only when you make your reservations. Please present proof of age when you register.

Scholarship Information: If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June15–September 15 programs or for weekend programs.

Ongoing Residence Program: Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $1600 per 26-day period.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $55 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $70 per day, or $105 per day per couple. Please phone the office for additional information.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen. Esalen limousine service is not available at any other time.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

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Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See **Reservation Information,** page 46.)

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Telephone Number: Day: Area Code ( ) _____ Evening: Area Code ( ) _____

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend _____ ☐ housing as a couple

Check whether this workshop will be held in Big Sur ☐ or as a Wilderness Program ☐

Do you smoke? _____

Limousine Service:
I want limousine service from (check one):
_____ Monterey Airport
_____ Monterey Greyhound Bus Station
at 5:00 p.m. on _____ (date of arrival, Fridays and Sundays only)

The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us. Esalen limousine service is not available at any time other than 5 p.m.

License Number:
(for registered nurses wanting CEU's) _____ (for physicians wanting CEU's) _____

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Reservation Fee

Total amount enclosed: $ _____
Your reservation can be charged to:
Mastercard ☐ Visa ☐ American Express ☐

Card No. _____

Expiration date _____

Checks payable to Esalen Institute.

Payments: All workshops require nonrefundable reservation fees. See page 46. The balance of program fees becomes payable at the time of check-in.

U.S. currency only, please.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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Esalen Institute
Big Sur
California 93920

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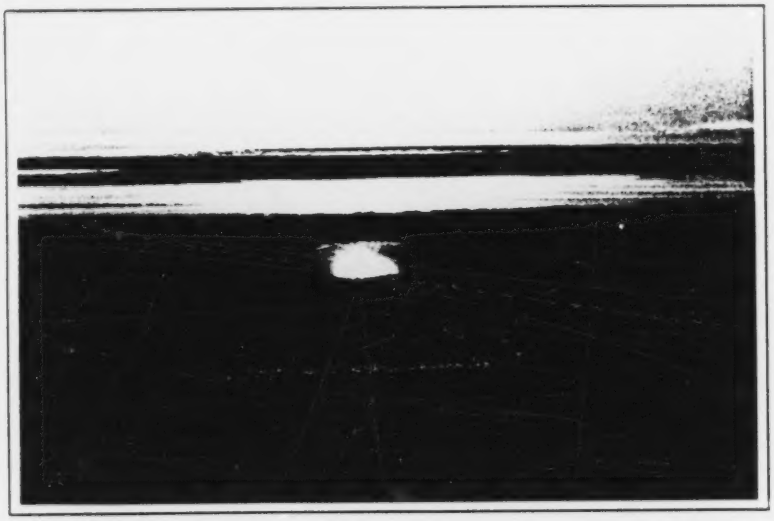

THE ESALEN CATALOG

MAY - OCTOBER, 1982 · ONE DOLLAR

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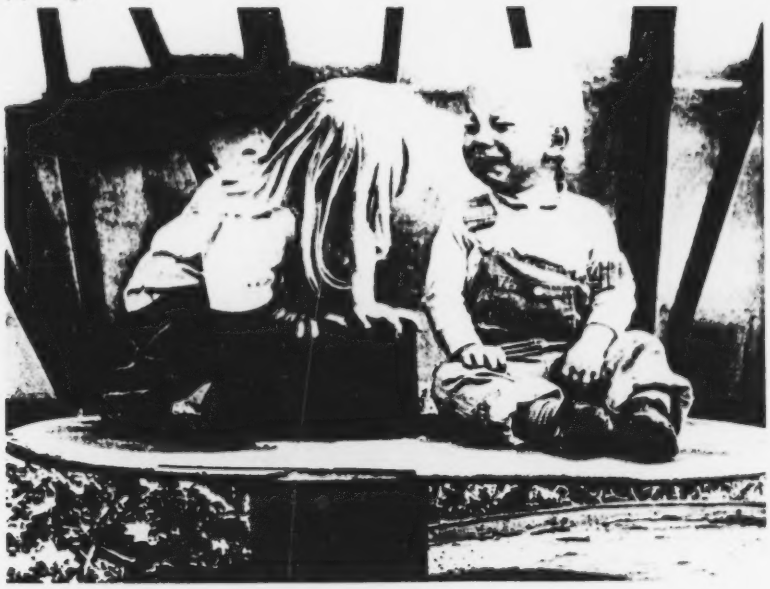
Joyce Rogers



"Contact is the appreciation of differences"

Fritz Perls

From "An End to Ordinary History"

The following is from the introduction to Michael Murphy's novel, *An End to Ordinary History*, which was published this spring by J. P. Tarcher/Houghton-Mifflin.

Kathy Thornod

Michael Murphy and Richard Price, co-founders of Esalen

In the Soviet Union, the Mysteries have not died: so begins a CIA memorandum dated April 19, 1973. The pages that follow tell a fantastic story. A Soyuz spaceship crashed when its two pilots saw an apparition; the Soviet government commissioned a study of the cosmonauts' visions and their relation to UFO reports; and as a result the Soviet Academy of Sciences was torn by controversy. A cousin of Sergei Kirov, Stalin's rival for power in the 1920's, was involved, along with Ivan Strelnikov, Russia's great pioneer of laser research.

The memorandum was released in 1979 under the Freedom of Information Act, with a few sections deleted for security reasons. Across one of its margins are scribbled the words, "file in looney bin with other UFO reports," a phrase that reflects our government's attitude toward the whole affair. Neither the CIA nor State Department has answered my inquiries about it.

In spite of initial skepticism, I have come to believe the story. My judgment is based to some extent upon my travels in the Soviet Union, but also on my faith in Darwin Fall, an American who was involved in the events described by the CIA memo. His detailed account has convinced me that the Soviet peoples' fascination with the Mysteries has not abated during the Communist era.

This fascination is not limited to orthodox faiths, however, and is far deeper and more complex than an interest in UFOs or parapsychology. While embracing wisdoms of the past, it inspires new explorations, some of them highly experimental. The issues it raises are often debated, sometimes in the Soviet press. In 1981, for example, *Komsomol Pravda* proposed that a national institute be formed to study psychic healing, only to be criticized by *Literaturnaya Gazeta* for its promotion of superstitious beliefs. Similar debates go on between scientific institutes and government bodies. Within the labyrinthine structures of the Soviet academic and government bureaucracies, the reality of precognition, clairvoyance, telekinesis and mystical illumination are much discussed. As you will see, even their Academy of Sciences figures in these controversies.

Until 1972, Darwin Fall owned and ran the Greenwhich Press in San Francisco. His central interest, though, has been a comparative study of the human body's supernormal capacities, a project that led to his meeting Jacob Atabet, the strangely gifted artist you will meet in these pages, and to their adventures with Vladimir Kirov, the Soviet Union's leading expert on parapsychology.

Kirov, around whom this story revolves, was an initiate of a mystic school in Central Asia and an agent of the KGB. He introduced Fall to his school's secret doctrine that our planet is part of a "larger Earth," the "Earth of Hurqalya," in which the human body becomes a luminous form of the soul.

During the autumn of 1979, I met Fall twice a week to hear about his adventure. From those conversations I learned that Kirov's passion to join the mystic quest with the ideals of socialism had been awakened and shaped by his broken family. His maternal grandfather, Ali Shirazi, the seer who gave the Way of Hurqalya its modern expression, had been publicly condemned by Kirov's father, a prominent Bolshevik. By showing that spiritual exploration is a part of social progress, Kirov hoped to heal the schism his family exemplified. His strange destiny separated him from both friends and enemies, but joined him paradoxically to most of the Soviet people he knew. For most of his fellow citizens carry a similar chasm in their hearts. Nearly all of them must reconcile the separate worlds they are born to, worlds that come into conflict, it seems, in the halls of the Kremlin itself.

The Limits of Educability

A paper delivered at the annual meetings of the American Association for the Advancement of Science, 1978

Intellectual aptitude is the basic human resource which education in our school seeks to cultivate. And intelligence itself, biologically resident in the human brain and probably unchanged in range, mean, and variability for at least 15,000 years, is an especially interesting case of limits for the psychologist.

It is useful here to distinguish two senses of the term "intelligence": 1) intelligence in the sense of ability to understand and use the fundamental tools of intellect, such as words, numbers, sensory (visual, audial, olfactory, etc.) images, feelings, and demeanor (including gesture); and 2) intelligence in the sense of scope (breadth, depth, range) of what is intellected (seen, heard, felt, acted). In this second sense of the term, recent generations have clearly greatly surpassed their forebears. Intelligence in this sense cannot be circumscribed with any assurance, since whole new realms of possible knowledge are constantly being opened to exploration through scientific discovery and invention.

There have, of course, been many and indeed perhaps most influential efforts outside the schools to increase human scope. These often are not thought of as "education," but I believe they are best understood as methods for learning to actualize performance potentials, i.e., as educational techniques. Some are ancient, some very modern. They include:

1) Psychotherapy, ranging from psychoanalysis and its offshoots to behavior modification and including, in my definition of it, encounter groups, gestalt therapy, and the new therapies using artistic expression as a mode of growth.

2) Conflict-free grace; internal locus of control of impulse leading to appropriate and graceful action; perfect balance of opposites; in terms of sexual differentiation, a psychological androgyny.

3) A permanent, pervasive recognition that loss is inevitable in life, including the loss of life itself; and, with this, a transcendence of loss through reflection and expressive action.

4) Passionate investment in the future, including the future one will not experience personally; to become "an arrow of longing for the other shore."

5) "Supernatural" "powers" of various sorts, such as telepathy, clairvoyance, leaving the body for solo flights through earth and universe, levitation, psychokinesis, extreme spontaneous body heat, luminosity or transfiguration of the body, incorruptibility after death, and various of the familiar Siddhis that are said to follow from Yogic practice, such as bilocation, ability to change size, invisibility, eternal youth.

Oddly enough, prolonged depth psychotherapy aims at producing at least three of these characteristics. The person in that process must re-experience (or experience fully for the first time) the many losses that we all meet in life, going back even to the loss of the mother's womb, our first matrix, upon birth. The source of irrational neurotic, unconscious guilt must be discovered by the strengthened ego, and in effect abolished; i.e., infantile and childhood sources of imagery of good and evil lose their hold on the person. The future is seen as hopeful even though nothing can be expected from it; or, better, because it need furnish nothing to verify our worth for us.

The attainment of grace and of supernatural powers remain beyond psychology, of course, and beyond psychotherapy, however deep. These are spiritual matters, but not matters to be excluded from the question, "What are the limits of man?"

Frank Barron

Thoughts on Regression and Transcendence

(This is a review of an essay entitled "The Pre/Trans Fallacy" by Ken Wilbur, which appeared in ReVISION Journal [Fall, 1980]. As the essay itself is 20 pages in length, this review is an attempt to convey its major points in considerably reduced form.)

One of the big criticisms of human potential therapies and transpersonal theory offered by proponents of more orthodox approaches to psychotherapy is that so-called "higher states" of consciousness are, in fact, merely regressive, infantile impulses dressed up in the fabric of "spirituality." Freud and his followers regularly made this assertion, and continue to do so, reducing the experience of transpersonal union with God to a yearning to return to the mother's breast; explaining mystical reports of samadhi as pre-subject/object narcissism; placing spiritual visions in the same category as prepersonal id-impulses. This world view considers the highest human attainment to be the evolution of rationality—the integration of unconscious, pre-conscious id-impulses into the "highest" level of human nature, that of fully conscious, rational, mental ego. Talk of states "beyond" is considered just so much childish fantasy.

One of the first orders of business, then, for those who seek to show the empirical basis for spiritual experiences of union with the All, self-existent delight, profound inner peace, and similar transpersonal dimensions, has been to challenge the Freudian world view of the personal ego as the crowning human achievement. The transpersonal response often has been that the ego is in fact an *illusion*, the height of alienation from Spirit. In this view ego is a kind of original sin to be absolved by returning to the Source, the Self, God—no matter which words you choose, the goal is usually spoken of as the attainment of non-egoic primal oneness.

These two opposing world views leave us with what Ken Wilbur calls the "pre/trans fallacy." In an article by the same name in the Fall, 1980 edition of *ReVISION*, Wilbur summarizes the fallacy of the Freudian, orthodox view as the reduction of all spiritual or transpersonal insight and experience to regressive or prepersonal fantasy, and the fallacy of the transpersonal view as the elevation of the prepersonal to the transpersonal. By "prepersonal," Wilbur means those primary process impulses, drives, and behaviors which exist in the organism *prior to* the development of ego structures. The emergent secondary process, the sense of person, is the "personal" realm. The "transpersonal," then, in this developmental view of human growth, are those realms *beyond* the ego, beyond the individual self-sense—all the "spiritual stuff." (Of course, Wilbur is not the first to use these terms in this way; they are emphasized in this review to clarify their significance in his argument.)

Wilbur summarizes the half-truth, the glimmer of partial insight, in each fallacy. If the first world view is wrong in denying the reality and validity of transpersonal experience, it is also very correct in maintaining that we possess prepersonal, irrational, and subconscious realms, and that these realms exist prior to the development of the personal, rational, conscious component, and that the higher (or later) personal realm develops out of the lower (or earlier) prepersonal matrix. And, if the second world view is wrong in confusing pre-egoic innocence with trans-egoic insight and freedom, and in equating various modes of infantile, self-centered predifferentiated fusion with the trans-subject/object, transcendent One, it too is correct in maintaining that transpersonal experience represents a greater realization of Spirit which is irreducible to earlier prepersonal and personal realms.

Now, those who have read this far may be wondering: what do these dry, abstract formulations have to do with the price of tea in China or the price of an encounter group at Esalen? Exactly this: Wilbur proposes, and I agree, that both the "right and wrong" halves of the second fallacy have a good deal of bearing on the theories and practices of the human potential movement—especially the tendency to devalue ego or elevate pre-ego. Rather than assigning ego the lot of original sin or ultimate alienation from the Source, Wilbur draws on a solid tradition of religious and philosophical thought which sees the emergence of ego and personhood as an evolutionary advance in the return *to* the Source—a kind of halfway house in the journey *to* the Superconscious All. Wilbur refers to a passage from Salinger's *Franny and Zooey* which signals this whole issue:

> "Franny, becoming deeply drawn to contemplative (transpersonal and mystical) practices, decides that all misery in the world is, in essence, the fault of ego, and that ego consequently must go. As someone sarcastically but accurately explains her views, 'everything's ego, ego, ego, and the only intelligent thing for a girl to do is lie around . . . and beg God for a little mystical experience that'll make her nice and happy.' Finally Zooey reacts: 'You keep talking about *ego*. My God, it would take Christ himself to decide what's ego and what isn't . . . But don't go screaming about egos in general. In my opinion, if you really want to know, half the nastiness in the world is stirred up by people who aren't using their true egos. Take your Professor Tupper. From what you say about him, anyway, I'd lay almost any odds that this thing he's using, the thing you think is his ego, isn't his ego at all but some other, much dirtier, much less *basic* faculty.' "

If ego strength is not a developmental aberration, but a process of centering in self-consciousness and individuation, then, as Wilbur puts it, "the problem is that many, perhaps most, people who seek or need therapy are suffering in large part from prepersonal fixations, dissociations, and obsessions, and haven't the ego-strength to transcend those angers, impulses, and drives which threaten to overwhelm their very existence." Ironically, the ego is often rapped as a self-centered, narcissistic structure. But change the emphasis from ego as ogre to ego as integrator and its emergence in nature can be seen as an evolutionary advance over pre-egoic realms which are far *more* self-centered and narcissistic. It is not a lack of ego-transcendence but lack of ego-esteem that makes body sensation, emotional expression, and experiential immediacy either inaccessible or overwhelming for many people. When the invitations to "get out of your mind and into your senses" and to "let go" are twisted from their original purpose of bringing attention to the here-and-now and

Steve Beck

It is not a lack of ego-transcendence but a lack of ego-esteem, that makes body sensation, emotional expression, and experiential immediacy either unaccessible or overwhelming for many people.

used to denigrate egoic conceptualization and integration, what we end up with, in Wilbur's words, is the "pre-verbal body all by itself, and therefore what is really getting left out is the actual union of verbal-mind and feeling-body—the true body-mind union." All this does is "put the mind back on the lowest rung of the ladder by elevating the pre-verbal body to exalted status and by giving that body a name that makes the whole thing sound holistic." He continues:

> "It is one thing . . . to recontact the body so as to re-integrate it, quite another to recontact the body and stay there. Unless the released body-feelings are taken up and made part of the higher stream of *communicative exchange* and *intersubjective sharing*, they merely re-inforce an isolated I-ness. For it is *only* the mind, via symbol-exchange in communicative discourse, that reaches intersubjective and interpersonal bonding. The body as body is merely subjective; the mind is intersubjective; spirit is transsubjective—and the lower you go on that ladder, the more narcissistic and selfcentric you become."

It's important not to overdraw the distinctions between pre-personal regression and transpersonal progression. That "the map is not the territory" is no less important to remember with the pre/trans fallacy grid than with any other explanatory principle. Even the most conceptually clear and experientially rigorous approaches to human growth seldom admit such clear-cut distinctions within their dynamics. (And to condemn regression in the service of the ego would be to damn the entire enterprise of therapy. To deprecate the power and value of expressing prepersonal energies—anger, fear, jealousy, etc.—in group process or individual therapy, for the purposes of integrating them into consciousness, would be to throw the baby out with the bathwater.) In "The Pre/Trans Fallacy" Wilbur makes it clear, in fact, that the prepersonal *cannot* be transcended without first being integrated. At the same time, he writes, human potential psychologies can and often do encourage wallowing in bodily impulses and emotional process which actually retards the ascent to greater personal and transpersonal integration. Many transpersonal authors and practitioners manage to confuse prepersonal fusion with transpersonal union precisely because:

> "In their understandable haste to move beyond ego, they frequently fail to specify clearly in which direction that movement is or should be occurring. Two things tend to happen: they either elevate pre-egoic license to the status of trans-egoic freedom, or they simply denigrate the role of mind, ego, secondary process and logic, and in its place they argue for a mode that is called simply "non-egoic," "non-role bound," "non-logical," etc. In such cases, this "non-egoism" usually conceals a mixture and confusion of pre-egoic fantasy with trans-egoic vision, of prepersonal desires with transpersonal growth, of pre-egoic whoopee with trans-egoic liberation."

The force of Ken Wilbur's argument, finally, is his insistence that the paradigm clashes between exponents of either half of the pre/trans fallacy will not be resolved by each side simply extending its argument to its logical, linear extreme. The pre/trans fallacy *itself* is an error, but the two world views generated by the fallacy's two sides are half true and half fallacious. Each school—the orthodox Freudian and the transpersonal—has the opportunity to learn from the other. Our choice, Wilbur concludes, is to "take the true from both and discard the false from both."

(For reprints of the unedited text of "The Pre/Trans Fallacy," write to ReVision, PO Box 316, Cambridge, MA 02138).

Keith Thompson

• WAYS OF BEING AT ESALEN •

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose that approach which feels most appropriate and pursue it in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work- Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 10 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, puppet shows, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self- exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls).

Schedule:

May 9–14
June 4–6
June 6–11
June 18–20
June 27–July 2
July 9–11
July 11–16
July 30–August 1
August 8–13
August 27- 29
September 19–24
October 1–3
October 10–15

Experiencing Esalen: The Body

Coordinated by Jeffrey Kent & Andrea Rosenberg

Similar in format to Experiencing Esalen, these workshops will emphasize learning different ways to keep your body healthy and vital. Participants will be introduced to various approaches Esalen offers for fitness, stress reduction, and body awareness. Some of the following practices will be included: dance, aerobic and stretching exercise, yoga, hiking, meditation, massage, and diet and nutritional information. The staff will provide guidance to help you find and select the practices most suitable to your individual needs.

Schedule:

May 28–30
August 6–8
September 24–26
October 15–17

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, non-judgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *Awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Those who primarily wish interpersonal work are advised to attend an encounter rather than a gestalt group.

Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. Other leaders may be involved in single sessions.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); Exploring the Crack in the Cosmic Egg (J. C. Pearce); *Illusions* (Richard Bach).

Schedule:

May 9–14
June 6–11
July 4–9
August 1–6
August 22–27

Ongoing Big Sur Wilderness Experience

Esalen Wilderness Staff
Coordinated by Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, we will walk into the Los Padres Nation-

Steve Beck

al Forest on four day-long hikes (4–10 miles in length). Using Esalen as our base camp we will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. We will practice basic outdoor skills such as map reading and minimum impact concepts. Participants will take home enough skills to begin exploring the wilderness on their own after this week of walks. More information will be sent upon registration.

Schedule:
September 19–24

• WORK-STUDY PROGRAM •

The Work-Study Program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work- oriented program, emotionally and physically, and only rarely is it restful. There will be a coming together in the evenings to share, contact, play—alone/together. Professional services such as massage and Rolfing® are available at staff rates.

Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. No participants will be accepted as work scholars in Gazebo until they have fulfilled a minimum of one month in one of the aforementioned departments. Scheduling consideration is given to the community labor needs, and work assignments are made according to those requirements. The cost of the program is $500 for the first month, $450 for the second month, and $400 for the third. A $250 deposit is required with your application.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex which is 1½ miles north of Esalen. The Work-Study Program, lasting 28 days, is a full-time workshop in itself. The work commitment to the community, group process work, and teaching seminars make up a busy schedule for participants. Enrolling in the Esalen catalog workshops is therefore discouraged, since the extra involvement tends to interfere with the fulfillment of the Work-Study Program.

Available dates: May 23–June 20; June 20–July 18; July 18–August 15; August 15–September 12; September 12–October 10; October 10–November 7; November 7–December 5; December 5–January 2; January 2–30; January 30–February 27.

In addition to the regular program, Esalen is now offering an intensive three-month course in basic organic horticulture. The cost of the progam will be $1350. A $350 deposit is required. In filling out the Work-Study application, please indicate your preference of landscaping, gardening, or small scale farming.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with $250 (or $350) deposit to:

Work-Study Program, Esalen Institute, Big Sur, California 93920. Telephone: (408) 667-2335.

The balance of the fee is due on arrival. $75 of the original deposit is non-refundable, and may be transferred to other Esalen programs within one year of receipt of deposit.

• Application to the Work-Study Program •

Date of Application _____ Daytime Telephone (_____) _____

Evening Telephone (_____) _____

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Smoker ☐ Non-smoker ☐

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work-scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community*. If such an invitation is extended, please indicate your availability.

☐ no extension ☐ one month extension ☐ two month extension

To avoid disappointment, please do not come with the *expectation* of staying for longer than one month.

I am applying for the three-month organic horticultural program ☐ yes ☐ no

Have you been to Esalen workshops? Please list program titles and dates: _____

_____

_____

Please make a personal statement about your interest in the Work-Study program. Include any skills you may have available. _____

_____

_____

_____

_____

_____

• ESALEN SEMINARS •

Weekend of May 7–9

Advanced Massage Weekend: Introduction to Polarity Massage

Esalen Massage Practitioners

Polarity energy balancing methods integrated with Esalen massage will be explored during this weekend. Previous massage or body work experience is recommended. $190

The Astrological Perspective

Rick Tarnas

This is a workshop for those interested in astrology as a tool for self-understanding. We will discuss the nature of the planetary archetypes and how to interpret one's birth chart. Particular attention will be paid to transits and how to use them for understanding the ups and downs, the breakthroughs and crises of our constantly changing lives. We will also discuss how planetary movements coincide with various events of historical importance—scientific breakthroughs, cultural revolutions, political and economic upheavals. There will be a special focus on the dynamics of the twentieth century, including the next two decades. No prior knowledge of astrology is assumed, though the greater your astrological understanding, the more you will probably receive from the workshop. Bring your birth chart if possible. $190

A Course in Miracles

Frances Vaughan & Roger Walsh

A Course In Miracles is a practical and theoretical self-study course for personal transformation. It is a spiritual teaching, but it is not a religion. It offers a universal teaching on the nature of self and the role of perception in shaping experience. It emphasizes self-knowledge, healing, and removing obstacles to the awareness of love in relationships. At one level, the *Course* consists of a text which discusses theoretical and practical concepts, a workbook for students containing 365 daily lessons for putting the concepts into action, and a manual for teachers. The *Course* emphasizes experience rather than theory and provides practical instructions for spiritual development, especially through relationships.

This workshop will discuss the basic psychological principles of the *Course*, and the methods for putting them into practice in everyday life. It is open to anyone interested in the *Course*, but is particularly appropriate for those in the helping professions interested in using this form of self-directed transpersonal process. $190

Towards a More Sensitive Relating

Charles Brooks

An introduction to *sensing*, for more meaningful contact with our own nature and with the world around us.

Sensory awareness is a practice for rediscovering and reviving full sensory functioning. Through the gradual quieting of premature and inappropriate activity, it directs our attention both inwards and outwards to the actuality of the present moment. As perceptivity revives, true relationship becomes possible. Each everyday occasion in living gains its own freshness, its own uniqueness. We can become content again, like healthy children, as quality begins to make quantity unimportant. $190

May 7–14

A Seven-Day Wilderness Experience From Esalen to Tassajara Zen Center

Jeffrey Kent & Jessica Brit:

For workshop description see Wilderness Programs, page 32. $325

Week of May 9–14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $390

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 8. $390

Healing: Rites and Ways

Susan Baldi & Phillip Mac

Group members in this workshop for health care providers will experience visualization, massage, and centering in the context of health and its application to others. A focus will be taking a critical look at current health care practices and some alternative methods. Participants will have the opportunity to experience and evaluate these new methods for their own healing and the healing of others. Video taping and review will be used. For additional information see page 35. $390

Weekend of May 14–16

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed."—M. C. Richards, *Centering*.

Stress related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais, gestalt, Rolf®movement, massage, Reichian breath work, and video feedback. $190

Encounter for Couples

Joan Fiore & Jeffrey Kent

This workshop is for couples who feel willing to risk relationship for the possibility of enriching and deepening it. In this very intense weekend, participants will utilize gestalt, encounter, and family process to uncover and differentiate the specific interactions that deaden and depress the energy of relationship from contact that enlivens and excites, so that they can begin to make enlightened choices for themselves on an ongoing, moment-to-moment basis. $190 per participant

Beyond the Death of God: The Gnostic Gospels and the Revival of the Spirit

Elaine Pagels & Sam Keen

When orthodox Christianity declared the gnostic movement heretical we lost a sophisticated, mystical religious tradition that might have changed the course of Western culture. In the present time, when the old God of the Patriarchs, the transcendent Father in Heaven, is dead (according to Nietzsche and *Time* magazine), we are experiencing a rebirth of the spiritual quest. Coincidently, the Gnostic Gospels have been rediscovered and seem almost contemporary in their emphasis on the role of imagination in religion, the equality of the feminine, the non-heirarchical and non-authoritarian nature of authentic religious community. Participants will spend the weekend looking at these ancient resources, discussing and exploring the relation of body to spirit. Recommended reading: Pagels, *The Gnostic Gospels*; Keen, *Apology for Wonder*. $190

May 15–24

Rites of Passage: Baja California's Secret Mountains

Dick Galland, Annie Callaway & Marilyn Mason

For workshop description see Wilderness Programs, page 32. $575

Week of May 16–21

Our Creative Core

Susan Tanner

"Each of us is an artist. All that is needed is a non-judgmental environment where we may use our creative selves and experience the power of our imagination."—Living Stage Credo

Imagination is our birthright, and the freedom to play is as essential to humans as breathing. Through improvisational theater exercises, dance, visualization, poetry writing, and drawing, participants in this workshop will explore their many roles and characters to develop creativity. This form of theater work is strongly influenced by gestalt and neo-Reichian practices. $390

Reichian/Gestalt Intensive

Joan Fiore & Jeffrey Kent

This workshop combines neo-Reichian breath and body work to facilitate physical/emotional release, with gestalt work to facilitate contact, integration, and self-responsibility. It will provide the time, the space, the opportunity to move from dis-ease to ease, from fragmentation to wholeness, from self-discounting to self- validating, from role-playing to authentic self-expression, from helpless victim to active participant. Group members might explore their dreams, tensions, madness, or options; take room to breathe or to explode; soak in nurture or exorcise demons; finish unfinished business or examine present concerns.

First priority will be on intensive individual work in a supportive group setting. There will also be opportunities to experiment with the quality of interpersonal contact through group interactions. $390

May 16–June 4

Sustained Integration: Body, Self, and Soul

Jack Rosenberg

For workshop description see Special Programs, page 30. $1200

Weekend of May 21–23

Exorcising the Demon "Should"

Paul Rebillot & Stanford Eugene Cates

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously. With the help of this experience in contrasts, we will explore our possibilities of movement between the two, and in this way open up our options to the full range of our own authentic being. $190

A Weekend with Rollo May

Rollo May will discuss his central ideas with the group, some of which were touched upon in *Love and Will* and his latest book, *Freedom and Destiny*. Among these are:

1. The loss of the American Dream (*The Great Gatsby*) and the need for a sense of tragedy in America.

2. The daimonic as the source of destruction and creativity, and our efforts to achieve the latter (Beethoven).

3. Despair and Joy (Demeter and Persephone).

4. The Dark Night of the Soul (St. John of the Cross) and the Holy City of which it is the prelude. $190.

Week of May 23–28

The Hero's Journey

Paul Rebillot & Stanford Eugene Cates

The hero's journey is a dynamic form designed to facilitate people through life changes. Each group member's world will be viewed through the lens of fantasy, dramatized, and experienced in a rite of passage based on a universal ritual used to celebrate this metamorphosis: the myth of the hero.

The hero will be structured from the absolute "yes," the demon from the absolute "no" of the participant's personality, externalizing the inner conflict. The two will then confront each other on the hero's journey, creating a dramatic struggle until a synthesis of the opposing forces is reached. $390

Integrity

David Schiffman

In this workshop participants will join to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Participants will explore the boundaries of their emotional, physical, and mental potentials and how they affect sexuality, relation to power, friendships, creativity, and expectations of self and others. $390

Weekend of May 28–30

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $190

Zen and the Art of Fly Fishing

Dick Galland

For workshop description see Wilderness Programs, page 32. $190

Therapeutic Touch in Care of Self and Others

Cookie (Arlene) Jurgens & Lavaughan Wilson

Therapeutic touch is a non-invasive care modality involving energy field intervention. This method, as developed by Dolores Krieger, will be explored in an experiential manner in this workshop. Therapeutic touch involves the use of meditation, centering, and visualization in developing an awareness of human energy fields, in perceiving changes and differences within these fields, and in channeling and modulating energy to facilitate healing for self and client. Current research, as well as the application and integration of therapeutic touch into the conventional health care system, will be topics of discussion. For additional information see page 35. $190

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge

This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will look at their beliefs and habits through the use of intuitional sensing, risktaking structures, guided imagery, and gestalt awareness methods. $190

Week of May 30–June 4

The Health Care Contract: Structuring Clinical Relationships by Agreement

Jerry Green

This workshop for health practitioners explores the basic elements of contract as they apply to health care relationships. Participants examine the process of patient/client planning for clarifying goals, expectations, and complementary responsibilities to improve clinical efficacy and minimize the risk of malpractice or licensing problems. A model for defining the responsibilities of each party will be developed based upon the scientific and philosophical objectives of medicine and holistic health practice. Experiential role playing will assist participants to develop skills for initiating patient/client contracts that support their unique clinical abilities. The workshop will also examine how written instruments, including brochures, intake applications, forms for record keeping, correspondence, and patient/client journals, can facilitate working relationships, document their progress, and evidence the nature of the professional responsibility assumed. For additional information see page 35. $390

A Psychic Training Program

Anne & Jim Armstrong

This workshop is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities. During the training exercises Anne Armstrong will use her own "tracking" abilities, acquired from over twenty years' experience in this field, to assist participants in developing their own inner sensitivity. She has found through her professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the psychic input they normally receive. One of the basic objectives of the workshop is to de-mystify the intuitive/psychic process and train participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $390

Opening the Feelings

Dale Cummings

Participants will employ Radix® neo-Reichian methods of emotional release, the most important of which is the Radix® intensive, a period of individual work within a small group setting, which can provide emotional support among participants. Grief or pain, fear and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time the sexual experience may change as feelings of tenderness and sexual feelings intensify and merge. $390

Weekend of June 4–6

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $190

Weekend Massage Intensive

Esalen Massage Practitioners

This seminar gives basic instruction in massage. Through demonstration and practice, participants are taught the location of major muscle groups. They are also shown how to begin, develop, and close a session of full body massage. There will be an emphasis on grounding and internal awareness, on the quality of one's touch, and on areas in ourselves and others that need relief. $190

A Celebration of Life

Emmett & Sandra Ferreira Miller

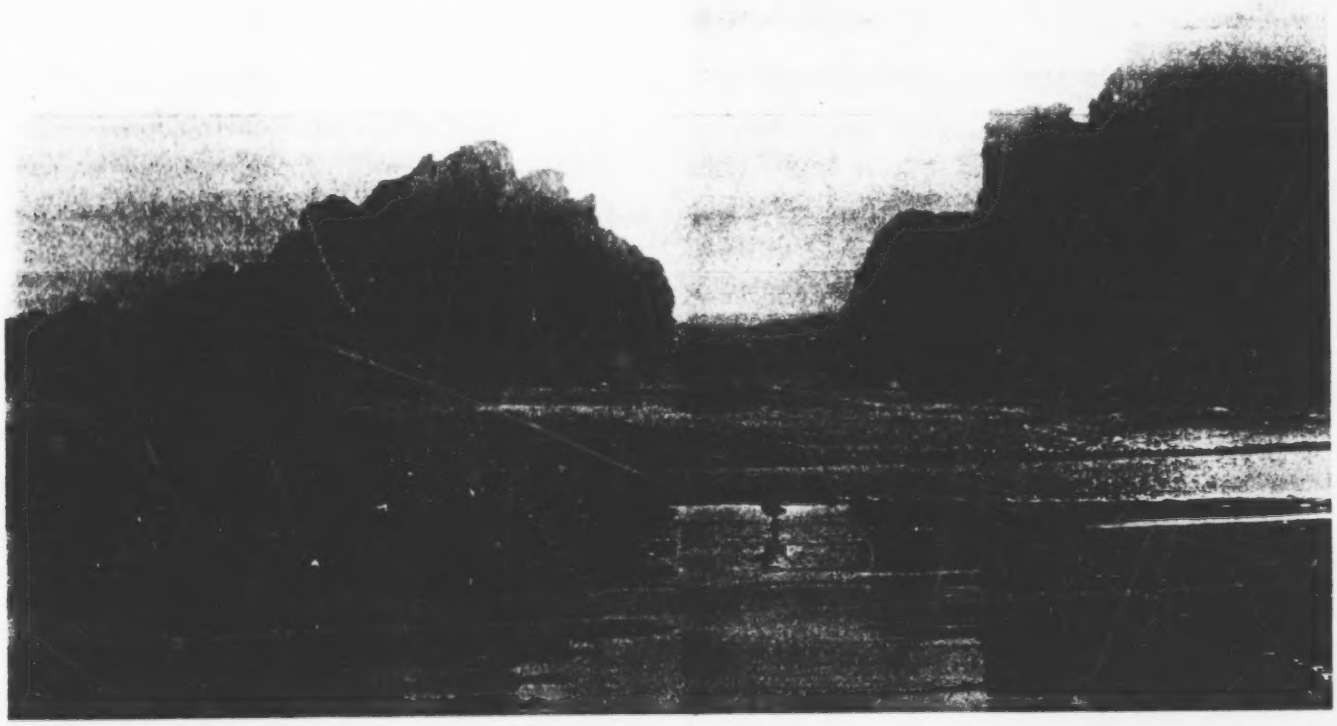
This workshop will provide a time of quiet relaxation, music, movement, dance, and song, touching the silent source within, and emerging gently into movement, guided by soft melodies that sing of the beauty that surrounds us. With sound and voice joining in the song of life, the pulse of rhythm lifting weightless bodies and spirits into spontaneous dance, one can experience the fullness of being in silence and in sound, in stillness and in movement. A time of joy, celebration, and play. $190

June 4–11

Wilderness Celebration: Emergence in Nature

Jessica Britt & Ruth Leveton

For workshop description see Wilderness Programs, page 33. $325



Steve Beck

Week of June 6–11

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $390

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 8. $390

Zero Balancing

Fritz Smith

Zero balancing is a body handling system utilizing structural acupressure to deal directly with the interface between body structure and energy flow. The workshop will be both didactic and experiential. Traditional anatomy, physiology, and kinesiology will be reviewed and then reinterpreted from an alternative viewpoint indicating the often overlooked imbalances which occur within our foundation joints. These imbalances may lead to chronic body pain, and frequently represent an ongoing energy drain from the body. While there will be both theoretical presentations and practical demonstrations, the main emphasis of the workshop will be toward individual instruction. This workshop is limited to persons certified in the healing professions. $390

June 6–July 2

Still Points, Turning Points: A New Curriculum for Change

David Schiffman, Elisa Lodge & Esalen Staff

For workshop description see Special Programs, page 30. $1600

Weekend of June 11–13

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney

This weekend is for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, and for accomplished singers who want to improve their performance. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Participants are invited to bring their favorite song titles. There will also be a variety of music to choose from at Esalen. $190

Energy Awareness and Creative Sexuality

George Leonard & Annie Styron

How can we escape sexual stereotypes? Does intimacy always have to lead to boredom? Or can we, by recognizing the uniqueness and mystery of each individual, keep our erotic life alive and exciting? In this workshop, we use the simple movement exercises and visualizations of energy awareness to explore communications and creativity in the erotic realm. Our purpose is not to prescribe new methods but rather to transform the way you experience your intimate relationships, as inspired by George Leonard's new book, *Love, Sex and Creation*. The workshop is appropriate for individuals as well as couples.

Recommended reading: George Leonard, *The Ultimate Athlete* and *The Silent Pulse*. $190

Close Encounters: Experiments in Meeting and Contacting Other Human Beings

Joan Fiore & Jeffrey Kent

This workshop provides an opportunity for participants to pay attention to the quality of their interpersonal contact, particularly to their willingness to take risks and their ability to stay true to their feelings while meeting and contacting others. The style of the workshop is provocative. It is not for everyone.

You may discover your own rhythm of contact and withdrawal; you may discover how you sabotage yourself from having more satisfying relationships; you may discover you're getting exactly what you want from your relationships. You may discover anything; you may discover nothing. You may even discover that you're in charge. $190

The Vertical Dance: A Rock Climbing Weekend

Dick Galland & Annie Callaway

For workshop description see Wilderness Programs, page 33. $190

Week of June 13–18

Massage for Health Professionals

Deane Juhan, Brita Ostrom & Esalen Massage Practitioners

This workshop is for people who touch the lives of others who are in disease. It has four objectives: to cultivate the awareness of touching and being touched; to provide experiences of contacting others without words; to demonstrate methods of touching and massage; and to demonstrate the relationship between simple physical contact and the reduction of bodily stress. For additional information see page 35. $390

Opening Feelings: A Path to Consciousness

Clair Killen & Jenny Windsor

Using various emotional release methods, movement, meditation, and massage, participants will experience their body armor, explore their fear of death and life, look at ways they control their lives, and consider new choices for living. $390

Put Your Memories, Fantasies, and Dreams to Work for You: A Reichian/Gestalt Approach to Energy Release

Joan Fiore & Jeffrey Kent

"To understand is to tremble. To recollect is to reenter and to be riven."—Harold Brodkey

This workshop focuses on releasing the energy locked in our memories, fantasies, and dreams so that this energy can be made available for present relationships and life situations in a way that makes existence in the present less encumbered by unfinished business of the past, as well as self-programmed, self-fulfilling prophecies of doom for the future. First priority is on intensive intrapersonal work in a supportive group setting. There will also be opportunities to explore the nature of interpersonal relating through group interactions. $390

Choosing to Change

Harry Sloan

This personal workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Individual work will stress deepening awareness of one's sense of direction and personal obstacles. Participants will focus on change through exploring the implications of their choices and the ways they retard or encourage the expression of self.

The workshop will include psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Participants will focus on aligning their motivation and will with the natural process of change and integration. $390

Weekend of June 18–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $190

Gestalt

Seymour Carter

Seymour Carter writes: "As a young art student, I was taught about figure-to-ground relationships and the resolution of their tensions as a graphic problem. In my development as a gestalt teacher, these artistic learnings have gained new potence, becoming basic themes in my quest

for an accurate leverage point in my work.

"This workshop is based on the attempt to evoke and balance psychodymamic polarities such as accepting and rejecting, remembering and forgetting, giving and keeping—dualities that plague and give purpose to human existence. My aim is to set in motion the unconscious processes of the personality, to awaken dormant talents, and to prepare for the intuitive leap.

"Each participant will be treated as a unique individual with his or her own process of development—a process to be honored and encouraged for further growth. The basis of this work is the gestalt method, supported by various body disciplines, including sensory awareness, bioenergetics, Rolfing®, and aikido." $190

From Sanctuary to Society: The Birth of Sacred Civilization

François Duquesne

A new kind of planetary spirituality is being born that seeks expression through many individuals, centers, and communities around the world. A return to sacred civilization is in the making. A task of the 1980's is to bring into focus, through workable, demonstrable models, the main features of a pluralistic world society that is based on a common spiritual heritage and destiny.

This workshop will use the experience of the Findhorn Foundation and other intentional communities to explore the personal and social dimensions of this transition. How do we build planetary eco-villages? How do we apply spiritual principles to finance and economics, decision-making and governance? How do we take the mystical insights of the sanctuary into the forms of industrial civilization and maintain integrity? How do we make our world sacred? $190

Lucid Dreaming

Kenneth Kelzer

A "lucid dream" is one in which the dreamer knows he is dreaming. The lucid state allows the dreamer to see that his consciousness is capable of two, three, or more levels of awareness at once. Lucidity is often marked by great intensity of feelings, ecstasy, archetypal experiences, vivid colors, images or music that seem "out of this world," a delicate sense of inner balance, feelings of highly refined energies moving through the body. Although the lucid state can occur spontaneously, it can also be cultivated. This workshop will demonstrate an intuitive "energy" model for contacting the lucid dream and the ordinary dream. Participants will learn specific tools for opening to higher or mystical states of consciousness in dreams. $190

Humor and the Creative Process: The "Ha Ha" and the "Aha!"

Harry Sloan

The dynamics of humor intimately parallel the creative process. Those humorous moments that extricate us from a stuck situation are similar to creative insight, which spontaneously resolves a problem with which we have been wrestling. In both cases there is often an experience of freedom, joy, perspective, and connection with a deeper sense of self. The purpose of this program is not to become a stand-up comic, but to use humor as a vehicle for developing a playful view of life and ourselves. The format will blend experiential exercises with discussion of the nature of humor and the creative process. Some of the themes that participants will focus on are: the imagination as a bridge between conflict and resolution; self-affirmation and the ability to create; humor and spontaneity; the archetype of the wise old fool; and methods to enhance the quality of humor in one's daily life. This intensive program will be geared for those who are willing to be silly, play, risk, and penetrate into the restrictive elements in their process that tend to retard the "Ha Ha" or "Aha!" $190

Week of June 20–25

The Creative Process in Movement and Dance

Anna Halprin & Rana Halprin-Vassau

"The fact that there has always been dance compels us to accept it as an old, deeply rooted human activity whose foundations reside in the nature of human beings. It will continue as long as the rhythmic flow of energy operates, and until man/woman ceases to respond to the forces of life and the universe. As long as there is life, there will be dance."

—Margaret H. Doubler

This workshop is designed to inspire and guide an exploration through movement and dance of one's own life resources and themes. The learning process will be aimed at integrating emotional and physical expression, utilizing dance, and also incorporating gestalt principles and visualization exercises. Learning principles of movement ritual will be an important focus, as will be the development and expansion of personal and group creativity as a way of promoting health and increasing expressiveness and spontaneity.

Recommended Readings: *Movement Ritual I*, by Anna Halprin, available at the Esalen bookstore. *Collected Writings II*, by Anna Halprin, available by writing the San Francisco Dancers' Workshop, Fort Mason, San Francisco, Ca. 94123. $390

Surrender to Self

Merri Goldenson (Devarani)

In a supportive and safe environment participants will utilize individual Reichian intensives, group interaction, bioenergetics, imagery, hypnosis, dance, and massage to discover new ways to soften, let go, and surrender to themselves and others. $390

Exploring the Limits of Intimate Relationships

Ayala Pines & Gordon Clanton

The way people love is shaped by the culture in which they live. This workshop will address the cultural effects on the way we express and protect our love. Special attention will be given to jealousy as a protective reaction to exploring the limits of intimate relationships.

Through lectures, group discussions, personal explorations, and role playing, we will examine issues related to love and jealousy, share current knowledge about these subjects, and gain better understanding of effectively handling them.

The workshop is intended for couples who wish to explore the limits of their relationship and deal with issues of commitment and jealousy; for researchers interested in studying the subject; for therapists and marriage counselors; and for individuals who experience jealousy as a significant personal issue. $390

Work Choices, Life Choices

Anne & John Caple

"Work and love," Freud said, "are the basic requirements of human existence." In this workshop participants will explore the choices they make about work and the congruence of these decisions with their life directions. Working from a conceptual base, the group will use art, body work, gestalt processes, and video feedback to seek answers and consider life decisions.

This week is for career changers, potential career changers, re-entry persons, and those who influence others in career choice. Some time will be available for individual work/life problems during group meetings and in pre-breakfast runs. $390

Weekend of June 25–27

Massage and Movement

Esalen Massage Practitioners

This workshop will include basic massage instruction and awareness exercises, focusing on the qualities of touch. Movement exercises will include the basics of t'ai chi, awareness of body structure, and contact improvisation. $190

Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care

Tom Ferguson

About 80% of illness care—and an even higher percentage of preventive care—is self-provided, yet this most important part of our health care

system is largely ignored by many health care professionals. Health workers are trained to rely almost entirely on expert-provided interventions.

This workshop will provide an overview of the field of self-care. Topics will include the present extent of self- care, what people can learn to do for themselves, self-care classes, self-diagnostic tests, self-help groups, social support systems, health promotion, self-care in the schools, the literature of self-care, the effectiveness and safety of self-care, self-care in the clinic, dealing with sophisticated medical consumers, the developing technology of self-care, special problems health professionals have in taking care of *themselves*, and more. Participants will have an opportunity to meet others with similar interests and to share their personal and professional experiences in self-care. For additional information see page 35. $190

Couples Workshop: Intimacy and Personal Growth

Betsy Hand & Gerald Smith

This workshop will focus on deepening contact and strengthening mutual support while expanding as individuals. Some of the time will be spent using structured approaches for enhancing communication, being separate, trusting, and fighting fairly. The approaches will be tailored to what each participant brings to the weekend. $190 per person

A Weekend with Ali Akbar Khan

Maestro Ali Akbar Khan his college of music staff will give a weekend-long music lesson appropriate for all music enthusiasts from appreciator to trained musician. This teaching of the fundamentals of the North Indian classical tradition and its instruments (voice, sarod, sitar, flute, tabla, harmonium, tanpura, as well as Western instruments) will provide hands-on experience for all stylistic applications. $190

Week of June 27–July 2

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $400

Healing: Rites and Ways

Susan Baldi & Phillip Mac

For workshop description see May 9-14. $400

The Wisdom of the Body

Peter Levine

When we are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of these walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes.

We try to break out of these citadels, often with intense, even violent force. This can help to restore some sense of feeling, bringing us "out of our heads" and more into our bodies. These emotional explosions can, however, become habitual, even mechanical, ways of releasing tension. In this workshop we will explore other avenues toward re-discovering deep softer feelings, pleasure, and self-esteem. So, rather than storming our citadels, we will look at softening the body armor; at allowing the body to express itself in its own language within its own rhythm. This return toward grace, which is our birthright, is the wisdom of the body. $400

Transpersonal Psychology: New Approaches to Self-Exploration

Christina & Stanislav Grof

We will explore theoretically and experientially the rapidly developing area of transpersonal psychology. Using a combination of controlled breathing, evocative music, body work, and mandala drawing, the participants will have the opportunity to confront various unfinished biographical issues, elements of the death-rebirth process, and the spectrum of transpersonal experiences. This experimentation with powerful new approaches to personality change will be complimented by discussion of a conceptual framework based on modern consciousness research and the world-view emerging from modern physics. Special attention will be paid to the process of kundalini awakening, the concept of spiritual emergency, and to methods of assistance in transpersonal crises. $400

Weekend of July 2–4

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

For workshop description see page May 14–16. $200

Symbols of Personal Growth: The Tarot

Angeles Arrien & Sharon Jeffrey

The tarot provides a visual map for aiding personal growth and transformation. During this seminar visual symbols will be examined, with an emphasis on how they can be applied in personal, psychological, educational, and managerial situations. The significance and meaning of the myths, colors, numbers, and astrological aspects found within the Thoth deck will be explored and related to personal growth processes. Individual consultations will be part of the experience. $200

Open Psychodrama Encounter

Maurica Anderson & Fred Moore

Whatever else a workshop is, it should be enjoyable. This one will be a flexible weekend's work and play using a variety of encounter, gestalt, and body-awareness approaches, with emphasis on psychodrama—the enactment of improvised life scenes as a way of expressing feelings, gaining insight, working through interpersonal conflicts, developing more openness and spontaneity, and having fun. The degree of active involvement is up to the individual. $200

Unfinished Animal

Theodore Roszak

Ted Roszak writes: "Evolution has always seemed to me a fundamentally mysterious process, a baffling marriage of flesh and form, accident and design. How did the great biological-psychological transitions—from the lifeless to the living, from the vegetative to the sentient, from the instinctual to the intelligent—take place? Does the evolutionary story have a discernable shape and climax? What sense are we to make of ourselves at the midpoint between the mythical ape-man and the mythical superman?

"All these questions straddle science and metaphysics. They require us to look beyond Darwin to the great philosophical rhapsodies of Nietzsche, Teilhard de Chardin, Bergson, Gurdjieff. We will also want to explore the human potential methods and holistic approaches to biological form—as in the work of L. L. Whyte and Erich Jantsch.

"Our purpose is to know ourselves as beings enacting a drama of transformation."

Recommended reading: *Unfinished Animal* by Theodore Roszak (available in Harper & Row paperback). $200

Intimate Relationships: Meeting the Challenge

John Welwood & Joanne Martin

How can we salvage long-term relationships in a world where their traditional rationale has disintegrated? How can two people continue to grow with each other over a lifetime? We need a new vision of the meaning and challenge of the man/woman relationship for our times—one that includes both Eastern and Western wisdom and understands love as an unending process of discovering our genuine humanness. This workshop will include both talks and experiential work to explore and clarify what is going on in our relationships and what we really want from them. We will study the dynamics of intimacy—passion, surrender, ambivalence, vulnerability, resonance, struggle, need, compassion, polarity, discipline, mindful sexuality—seeing relationship as a transformative journey of self-knowledge and wisdom. $200 per participant

July 3–12

Rites of Passage: A Mountain/River Adventure

Dick Galland & Annie Callaway

For workshop description see Wilderness Programs, page 33. $475

Kathy Thormod

Week of July 4–9

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $400

A Week with Will Schutz $400

Experiencing Archetypes

Jessica Britt & Howard Levene

Eros, logos, masculine, feminine, shadow, spirit . . . archetypes can be understood as essential forms, metaphors, and behaviors which seed our deeper patterns of psychic functioning. Through gestalt practice, Reichian breath work, the expressive arts, and ritual, participants will explore their archetypal dimensions, seeking individual meanings and expression. The workshop will focus on the ways we embody various archetypes and how our particular patterns affect our communications, values, and daily lives. $400

Developing Psychic Awareness

Joan Steffy

Have you ever had experiences which are beyond the "normal" range of human perception and coincidence— the unexplainable? This workshop is designed to demystify these experiences and show the practical application of psychic awareness in everyday life. Prior to the workshop participants will receive exercises for exploring expanded states of consciousness. Some areas to be covered are: self hypnosis for health maintenance, spiritual healing, cleansing and protection, dowsing, telepathy, automatic writing, and mediumistic trance states. Exercises will also be given for continuing development of psychic awareness after the workshop. $400

July 4–30

Moon Cycle: A Month Long Wilderness Adventure in Yosemite

Jeffrey Kent, Helga Kraft & Harry Kent

For workshop description see Wilderness Programs, pages 33 & 34. $1300

Weekend of July 9–11

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $200

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney

For workshop description see June 11-13. $200

Re-imprinting: A New Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize inner power? Through various approaches including body reading, light trance work, and anchoring (Ericksonian), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in or opening up new doors toward growth and freedom. New models of behavior can become available.

The workshop will feature individual and group processes, including body release approaches. $200

The Turning Point: Crisis and Transformation in Science and Society

Fritjof Capra

This workshop will explore the fundamental paradigm shift that is going to dominate the eighties—a shift from a fragmented, mechanistic world view to an organic, holistic, and ecological view. The new paradigm, or vision of reality, includes the new concepts of space, time, and matter developed in subatomic physics; the emerging systems view of life, mind, consciousness, and evolution; the integration of Western and Eastern approaches to psychology; and an ecological and feminist perspective which is spiritual in its ultimate essence and will lead to profound changes in our technology and our economic and political structures. $200

The Painting Experience

Michell Cassou & Stewart Cubley

It is very rare for most people to use painting purely for its qualities of inner adventure and self-discovery, to do it just for the process of exploration, not for the result. In this workshop we will focus on the painting experience as a powerful tool for uncovering and dissolving blocks to creative expression. Emphasis will be placed on the practical experience of creative painting in which participants are given support and stimulation to discover a natural way of painting based directly on feeling. The mechanisms and patterns that prevent creative action will be discussed in order to integrate understanding with experience. The work will take place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. An audio-visual program will illustrate the development of inner expression during the painting process. No prior experience in painting is necessary.

$200 (plus $10 materials fee paid directly to the leaders)

Week of July 11–16

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $400

On Letting Go

Judyth Weaver

In everything we do we have a choice; we can perform with stress or without it, we can have fun or suffer, we can act economically or wastefully, we can hold on tightly or let go. The more we are in touch with our feelings and abilities, the more choices we have available to us.

This workshop will focus on rediscovering awareness of self—mentally, physically, and spiritually—to develop and integrate as many options as possible. It is through this awareness that we can choose how to live.

T'ai chi ch'uan for relaxed exercise, gentle breathing methods for stress reduction, deep sensing of our organism, gestalt, movement, massage, and meditations, can all work together to integrate a sense of centered grounding and balance that will develop and enhance an economic, energetic, pleasurable, and successful life. $400

The Spiritual Path: Promises and Pitfalls

Christina & Stanislav Grof

We will combine observations from modern consciousness research and from various traditional practices to explore the process of spiritual awakening. The participants will have the opportunity to confront transpersonal areas within themselves in various experiential exercises, combining evocative slide-shows, music, controlled breathing, mandala drawing, and individual work if appropriate. Special attention will be paid to the understanding of and approach to "spiritual emergencies" which can occur in the context of the kundalini process and other forms of personal evolution. $400

Reichian Gestalt: A Workshop for Contact and Release

Ma Prita (Laura DeNuccio)

This workshop provides a safe environment for participants to consciously experience the process of their own unfolding—physically, emotionally, energetically, sexually, spiritually.

By contacting tension (stuck, accumulated energy) and allowing emotions which have been locked in the body, often since early infancy, we have the opportunity to open ourselves to the creative flow of life energy within. As we contact and allow our hurt and pain, we can increase our capacity for pleasure and joy. As we allow our expression of fear, we move toward trusting ourselves and others.

Utilizing Reichian emotional release, gestalt practice, bioenergetics, Feldenkrais, massage, reflexology, dance meditation, and various other approaches, participants can move toward expanding their capacity for trust and fulfillment. $400

Self and Beyond

John Zeigler & Christian Murphy

". . . the key is to open a way whence the imprisoned splendor can escape." —Browning

"Love is nature's psychotherapy."—Eric Berne

Come celebrate your limitlessness and restore the *original* you: loveable, capable, and unscarred by destructive parental/societal belief systems. Invoke a serene and perfect inner self that can give expression to a natural clarity, aliveness, and creativity. We will use a synthesis of intensive body and gestalt work for deep emotional release, self-hypnosis for reprogramming a negative consciousness, and other ancient and modern body/mind/spirit methods. Through supportive group interaction you can experience problems for what they really are: opportunities that can create a spontaneous and unconditional love of self, others, and an abundant universe. Through the options of massage, movement, t'ai chi, music, singing, improvisation, and laughter, you can awaken to the miracle you already are. $400

Weekend of July 16–18

Food for Health

Joe D. Goldstrich

This is a workshop for people who want to assume responsibility for their health care management. The emphasis will be on learning what to eat to create vitality, energy, and health. A unique integration of the Pritikin diet, macrobiotics, and live food will be presented. Participants will learn how to shop with awareness in the supermarket and health food store and how to prepare food in a nutritious way. Each participant will receive a personalized health plan to work with at home. For additional information see page 35. $200

Massage, Movement, and Yoga

Deborah Anne Medow

Participants are invited to spend a weekend utilizing basic massage, movement, and yoga practices as vehicles for nurturing body, mind, and spirit.

mornings: yoga theory and practice sessions
afternoons: massage instruction
evenings: movement and integration $200

Achieving High Performance

Jerry Fletcher

Most people have experienced the surprise of performing at a higher level than they normally attain, without the burnout, stress, and fatigue that usually accompany work binges. Yet until recently little has been known about how people reach high level performance, how they can sustain such times once they happen, or how they can re-create them when needed.

This seminar presents a carefully developed process for individuals to learn what their high performance patterns are, how to arrange their environments to support their high performance patterns, how to sustain high levels of performance once they begin, and how to use their high performance patterns in dealing effectively with new problems or situations. As part of the seminar, participants will focus on developing personal high performance plans for themselves. $200

The Existential Model

Galvin Jackson

Through a variety of activities we will build a support group for the nurturance of self-awareness, trust, risking, relations with others, sexual identity, sensual expression, and the freedom necessary to attain a comfort with areas that will permit a carry-over to each participant's own life style. The workshop will employ an existential model, in which each person is seen as existing with no "givens." The task is for participants to define themselves through creations (actions). Group members will be asked to make statements about themselves through interfacing with others as authentically as possible. The leader's role is to return consistently to the present moment, and to reflect and clarify the feelings and ideas of each individual. Interaction methods will be employed, to generate immediate, productive experiences for group members. The workshop's goals are to clarify self-definitions, to expand potentials, and to extend abilities to sustain intimacy. $200

A Weekend with Timothy Leary

This workshop will focus on the evolution of intelligence in the immediate future. Among the numerous options for personal and social growth to be considered: the intelligent use of drugs; new brain/mind perspectives; scientific breakthroughs in genetics; sociobiology; neuropolitics; personal demographics; psycho-ecology; new hedonic-aesthetic-erotic technologies; the humanization of computers; and life extension and rejuvenation methods. The aim of the seminar is to anticipate and learn how to surf the tidal wave of changes which is now transforming our concepts of human nature. Scientific optimism is the theme of the weekend. The absolute survival necessity of transcending fundamentalist Christian and Islamic doctrines will be demonstrated. The use of humor as a tactic for evolutionary change and personal growth will be reviewed and illustrated. $200

Week of July 18–23

Gestalt

Seymour Carter

For workshop description see June 18-20. $400

Five Day Massage Intensive

Esalen Massage Practitioners

An introduction to the language of the body, this course will attempt to view the human interior through various windows: massage demonstration and practice, yoga, Feldenkrais, movement, and evening lectures and discussions. Every major portion of the body will be given detailed attention. During morning and afternoon practice sessions participants will integrate this information in their own manner, evolving their own styles of working with the body. $400

The Necessity of Heightened Awareness of Human Beliefs: Religious, Scientific, Consensual, Self, and Non-Human

Antionetta & John Lilly

Each of us seems to be motivated by beliefs, either outspoken or hidden from others and even from self. Tours of one's inner realities are belief-limited. The belief defines the territory and the domain.

In the internal reality the map is the territory. In the external reality the map is not the territory. In general, maps are generated by beliefs, and maps generate beliefs. In the isolation tank, for example, after the initial adaptation periods, one can explore the maps of beliefs and the beliefs about maps in the religious, scientific, consensual, non-human, and self domains.

Beliefs about one's mind and self: is our mind a product of brain activity only? Is the mind contained in the brain? If so, how did it evolve, under what orders? Is the mind uncontained by a brain? Are brains leaky, allowing information to go out and in, without the use of the known twenty-or-so senses? Is a human mind only a node in a network of universal minds interconnected across a species as well as with other human minds?

We intend, with the help of the group and its interactions, to explore these questions and to relate them to the problem of communication with dolphins.

Books for suggested readings: *Simulations of God: The Science of Belief; The Center of the Cyclone; The Human Biocomputer; The Scientist; Communication Between Man and Dolphin; The Dyadic Cyclone; Lilly on Dolphins; The Deep Self.* These books can be obtained from the Human/Dolphin Foundation, Box 4172 Malibu, Ca. 90265. (213) 457-4384. $400

Hypnosis and Neo-Reichian Bodywork

David Silverstein & Gottfried Heuer

This workshop will combine neo-Reichian bodywork and hypnosis to enable participants to work on different levels simultaneously. By loosening the body armor through the neo-Reichian approach, participants may become more receptive to exploring their unconscious processes. Hypnosis will be used to gain access to altered states of consciousness, to experience or re-experience fantasies, dreams, unfinished childhood situations, and possible past-life events. By bringing together these two approaches to human development, the workshop's aim is to create a safe environment which respects each individual's natural process of growth. $400

Asian and Western Psychologies

Huston & Kendra Smith

An exploration of the ways in which Asian concepts of the emotions and the levels of mind can contribute to Western understanding of the human self—its nature, its dynamics, and its nurturance. Special attention will be directed to points where Asian psychology connects with (or differs sharply from) existential psychology, gestalt, and psycho- synthesis. Huston Smith's films on Hinduism, Tibetan Buddhism, Sufism, and his *Conversation with Daisetz Suzuki* will be shown. $400

Weekend of July 23–25

Life Not Before, Not After, but Life With Men

Lois Bateson, Antionetta Lilly & Mai von Forster

Three women married to unusual men will talk from their experience about friendship, humor, and respect for self and others, as the basis for enduring relationships. What are the properties in man and woman that can form "the pattern that connects"? $200

Adventures in Self-Exploration

Christina & Stanislav Grof

Focused self-exploration in this workshop will be based on the model of the unconscious that emerged from psychedelic research. It includes not only biographically determined areas but also the dynamics of the death-rebirth process and transpersonal experiences. Methods will include a combination of music and guided affective imagery, mandala drawing, yoga, massage, and individual work when indicated. $200

See Yourself Release

Gael Switzer & Wendy Oser

This workshop seeks to expand self-image and promote a freer, more graceful body. We will use facilitated video feedback and integrated movement education to gently guide you toward releasing patterns of holding that contribute to tension, pain, and awkwardness, and a limited view of yourself. You may experience subtle yet powerful shifts, first in ordinary activities (breathing, walking, sitting), then in more sophisticated areas such as how you use your body in work, play, or any other movement discipline. You will be taught skills that will continue to enhance your elegance and allow you to see yourself with greater objectivity and compassion. $200

Exploring Self-Acceptance

David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and encounter methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive creative functioning. $200

The Dynamic Forces of Love, Eros, and Sexuality

John Pierrakos

In spite of sexual and social advances, modern men and women have lost faith in their innate capacity to sustain and nurture the forces of love, eros, and sexuality. This workshop will explore the obstacles and characterological resistances to these core movements from an historical perspective, as well as their emergence from the human unconscious. We will attempt to discover new pathways toward developing, sustaining, and integrating these dynamic qualities into the personality. The workshop will cover: the nature and main elements of love, eros, and sexuality; their relationship to personality and character structure; their influence in shaping love, marriage, and cultural relations; integration of these forces with ego concepts and the body's energy centers; and human intentionality and the will to love as key creative elements of this process.

This is a workshop for the helping professional and will be both didactic and experiential. $200

Week of July 25–30

Healing Contact

Jessica Britt & Deborah Anne Medow

Harnessing and contracting life energy creates an environment where illness can occur. Disease separates us from our natural life pulsation; healing makes us whole again.

During this week, the group will explore the ingredients and context of

Kathy Thormod

alternative healing approaches as they affect physical, emotional, and spiritual life rhythms. Using themselves as models, participants will be taught to recognize and create a healing environment which can allow life energy to be contacted and rechanneled toward wholeness or well being.

Through the practice of gestalt, Reichian breath work, massage, chanting, dance, meditation, and yoga, the workshop will emphasize developing essential healing skills: listening, sensing, contacting, and focusing attention to life energy and its shifts through breath, sound, touch, movement, and emotion. Using the skills and practices learned during the week, the workshop will culminate in a ritual using the group community as a healing family. For additional information see page 35. $400

Skylight of the Mind

Prem Das & Rutuma

Bliss and ecstasy are described as a daily experience by both shamans and yogins. This workshop will actively explore ancient methods used by shamans and yogins to gain access to the human potential for bliss, ecstasy, and transpersonal insight. Singing, dancing, and dreaming together can reveal how shamanic and yogic approaches can be employed for healing the "extended family." In culmination, the group will gather in a circle for a nocturnal ceremony in celebration of the living potential. $400

Self-Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, encounter, guided fantasy, massage, bioenergetics, and journal work. $400

Attachment and Separation: Loving and Letting Go

George Kohlrieser

Life involves a series of attachments and separations. This experimental workshop will focus on attachments—parents, family, children, spouses, lovers, places, things—and the corresponding grief reactions to separation. Life energy is connected to the quality and depth of emotional contact. Depression is a signal that something is wrong in the

attachment system, and burn-out occurs when people are negatively attached or cannot attach to either people or goals.

Joy is the physiological and psychological outcome of positive emotional attachments, and the unresolved grief of past separations can interfere with making new attachments and the experience of joy. Saying hello can only occur after saying goodbye. Patterns of attachment and separation learned in childhood, including symbiotic relationships, will be identified and related to how participants make attachments and separate in the here and now. The formation and celebration of positive emotional attachments and the emotional resolution of past separations will be encouraged within the supportive atmosphere of the group. $400

The Foundations of Body Image

Deane Juhan & Andrea Rosenberg

This is a course for the improvement of your relationship with the body —your own and those you contact personally and professionally. Each major area of the body will be studied and experienced in turn. The sessions allotted for each area will include: slides and discussion to familiarize the group with the basic anatomical structures; specific stretches and exercises to isolate the muscles and joints in question; movement, dance and visualization to explore the psychological dimensions of each body part; instruction in massage methods designed to locate and alleviate common problems.

The intent is to provide enough concrete experience for each participant to feel a change for the better in self image; to provide enough discussion to understand how the improvements occurred and how they may be sustained; and particularly, to help you contact your images of your physical self—the body you do have, the body you think you have, and the body you could have. $400

Weekend of July 30–August 1

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $200

Encounter for Couples

Joan Fiore & Jeffrey Kent

For workshop description see May 14-16. $200 per participant

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert & Heinz Pagels

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what the current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation. $200

Energy Awareness and Personal Transformation

George Leonard & Annie Styron

In the world of energy awareness, problems become opportunities and pain becomes a gift of energy. Through simple movement exercises, participants will practice centering, relaxation, and blending, and learn alternative ways of dealing with conflict and stress. To quote *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet: sensing the energy field of a friend or a tree, making connections that defy conventional space and time . . . We realize, with the sorcerer, don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short." Recommended reading: George Leonard, *The Transformation*, *The Ultimate Athlete* and *The Silent Pulse*. $200

July 30–August 6

Gestalt Synergy®Methods: Integrating Bodymind Wisdom

Ilana Rubenfeld

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander technique, and Feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice of contacting ourselves and each other with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $600

Week of August 1–6

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $400

From Burnout to Personal Growth: Increasing Effectiveness and Enjoyment in Work and Life

Elliot Aronson & Ayala Pines

This workshop is designed for people who work with people who have experienced or are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and joyousness of their relationships with clients, colleagues, family, and friends. For additional information see page 35. $400

Come to Yourself

Joan Fiore & Jeffrey Kent

". . . and what he said was not often said by the real part of him. It was as if someone stood there bound and gagged while an inferior impersonator spoke for him."—Doris Lessing

This workshop focuses on finding and opening paths in the present that allow us to return to events and interactions in the past where we lost our integration (integrity). We will give ourselves opportunities to contact earlier versions of ourselves and to explore what influences led us to devalue the uniqueness of our as-isness. We will work toward bringing to awareness our own processes of suppression, repression, depression, projection, self- deception, and avoidance, and examine how these processes affect our aliveness and power in the here and now, and what steps we can take to reclaim ourselves. Modes of exploring are drawn from gestalt practice, neo- Reichian energy release work, primal work, family process, and guided fantasy. First priority is on intensive individual work in a supportive group setting. There are also opportunities to explore the nature of our interpersonal relating. $400

Pleasure, Sensuality, and Your Body

Barbara Clemans

This workshop is designed to enhance the feeling of aliveness in the body using pleasure to awaken the senses. In a soft, supportive environment group members will start at the beginning, moving together in unity to

learn caring, contact and nurturing, sensitive giving, and relaxed receiving. They will explore new patterns of moving and being together, Feldenkrais awareness, and vital explorations in movement to music. $400

Weekend of August 6–8

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $200

Experiencing Esalen for Health Care Professionals

Coordinated by Jessica Britt

This workshop is designed for health care professionals who have not previously been to Esalen. The emphasis is on experiencing a variety of approaches to self awareness, self care, and new healing modalities. Experience may be grouped in three broad areas: A) Caring for the body, including work in sensory and body awareness, movement, nutrition, and different methods of body work, such as massage, Rolfing®, deep-tissue work, and shiatsu; B) Intra/interpersonal awareness, including exercises in meditation, centering, and gestalt awareness training; and C) Specific health-care-related issues, including values and attitudes about the nature of health and disease, the importance of self-reference and self-responsibility, and the understanding of the nature of human interactions. For additional information see page 35. $200

Vision Improvement: Our Willingness to See

Ma Prita (Laura DeNuccio)

This weekend will focus primarily on the awareness continuum, emphasizing ways to clear and re-educate the eye and the self to see without distortion in the here and now. With the aid of various approaches including deep emotional release, bioenergetics, gestalt, the Bates system, and nutrition, participants will have the opportunity to create new ways of looking at themselves and the world. $200

Love, Power, and Relationship

Harry Sloan

Power without love and love without power create imbalance within the self and in relationships. The capacity to be both sensitive and strong, caring and independent, enhances the ability to relate in a balanced and meaningful way. The development of these basic qualities is unique for each of us, and often reflects our "growing edge" in relating. This weekend will be a time to explore the strengths and limitations within our relational patterns. Our purpose together will be to become aware of our next steps toward more fulfilling and joyful relationships. $200

Strategies for Creative Living

John Krysko & Nancy Rosanoff

Recent brain research has indicated that the brain is divided into two hemispheres: the right, controlling artistic functions; and the left, controlling analytic functions. Simultaneous use of both sides of the brain allows for the possibility of giving expression to more than what the individual parts perceived. Whole-brain thinking is creative thinking.

This workshop will introduce processes which facilitate such a creative synthesis. There will be practical exercises which may help to develop a natural flow from ideas to actions, excitement to achievement, heart to mind. The aim is to go beyond balance to active involvement. Particular attention will be paid to increasing the participant's range of perception through the development of psychic sensibilities, using attunement exercises with simple approaches designed for grounding this awareness in daily activities. $200

August 7–14

Encountering in the High Sierra: A Gentle Trip

Maurica Anderson & Tom Moore

For workshop description see Wilderness Programs, Page 34. $360

Week of August 8–13

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $400

A Psychic Training Program

Anne & Jim Armstrong

For workshop description see May 30-June 4. $400

Transpersonal Psychology: New Approaches to Self-Exploration

Christina & Stanislav Grof

For workshop description see June 27-July2. $400

Single Parent Families

Robert Hunt

Special issues of single fathers and mothers will be addressed through group discussion, family massage, movement, psychodrama, role play, and video. Participants will explore themes of affection, independence, discipline, and parents' and children's responses to sexuality and dating. Single parents are invited to bring children seven years and older. Some scholarships may be available for children under 18. Please call the Esalen office for scholarship information. $400 per participant

You Don't Have to Suffer to Feel Good

Harry Sloan

Frequently, people approach change with the attitude that you have to suffer to grow. The experience of growth becomes heavy and humorless. What is lacking is a creative perspective which could help solve the problems we feel stuck in.

In an atmosphere of tenderness and humor, this workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Personal work will stress deepening awareness of our own unique sense of direction and the obstacles in the way. We will focus on learning to allow change, using humor as a vehicle for developing a spontaneous, flexible, and playful view of life and ourselves.

The basic approach will include psychosynthesis, transpersonal psychology, and cathartic methods which emphasize releasing and transforming blocked energies. Our purpose together will be to develop a creative perspective which aligns our will and motivation with the natural process of change and integration. $400

Weekend of August 13–15

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see June 4-6. $200

Expressing Your Attractiveness

James Oldham

By finding the ways in which you inhibit your natural attractiveness, you can change how you feel and move. We will focus on specific ways people block themselves from enjoyment. Letting go of these inhibitions allows a wide variety of spontaneous attractive behavior to emerge naturally. This workshop will not attempt to provide formulas or predetermined strategies; rather, it will allow you to find your gifts. The approach will be gestalt, utilizing theater awareness and special methods of movement awareness.

You may find at the end of this workshop that you are bringing people closer and evoking more interest in the people around you, without your understanding how you are doing it. $200

The Human Energy System and Gestalt Process

Alan Schwartz

This will be a weekend to explore and understand our individual energy

systems and their relation to how we make and inhibit contact. One focus will be on integration via energy release methods. Another will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our consistent awareness process and the autonomous expression of who we are. $200

Take the "S" out of Cosmic: The Tao and Zen and Oz of Living

Al Chung-liang Huang & Living Tao Staff

This workshop is "for those who believe in the spiritual transcendance and crystal learning of LAUGHTER, and those who know they are much *too* serious and wish to en-lighten themselves in the DANCE of 'the pattern that connects'." $200

August 15–19

Moving On: A White Water Adventure on "The River of No Return"

David Schiffman & Bob Doppelt

For workshop description see Wilderness Programs, page 34. $565

Joyce Rogers

Week of August 15–20

Symbols of Personal Growth: The Tarot

Angeles Arrien & Sharon Jeffrey

For workshop description see July 2–4. $400

How to Heal Yourself: Tools for Optimum Health

Joe D. Goldstrich

This is a workshop for people who want to increase their level of awareness and assume responsibility for their own health management. The emphasis will be on nutrition, and learning what to eat in order to create vitality, energy, and health in the body. A unique integration of the Pritikin diet, macrobiotics, and live foods will be presented. Cooking classes will provide practical information on healthy food preparation. Group members will be instructed in the use of guided imagery to support the healing process. An exercise/flexibility program will be developed for each individual. The information presented will then be integrated into a personalized health plan for each participant to work with at home. For additional information see page 35. $400

Gestalt, Bioenergy, and Human Contact; Old and New Learning Integrated

Alan Schwartz

There is an energetic dimension to human behavior which is often locked behind the habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *movement*. Allowing energy means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self and our interdependence with *physical* and *social environments*. The workshop can be thought of as a *learning* week. Appropriate didactic material will be covered. $400

Living Tao: Connecting Life's Patterns into Joyous Action

Al Chung-liang Huang & Living Tao Staff

Al Huang invites you to "enjoy and promote a Dancing Mind with a Thinking Body through direct experiences of the pure language of music and dance in J. S. Bach and t'ai chi Watercourse Way." $400

Integrative Body Work

Gael Switzer & Vicki Topp

This is a special massage workshop which utilizes Rolfing-Movement Integration®. Based on the theories of Ida Rolf, Rolfing-Movement Integration® teaches the principles of physical strength, support, grace, and ease. This workshop will begin with specific exercises which promote an easy and open physical structure. Participants will then be shown how to apply these same exercises and principles while learning to give an effective, integrative massage. $400

Weekend of August 20–22

The Gentle Art of Becoming-Together: A Workshop for Couples

David Schiffman & Elisa Lodge

For workshop description see May 28-30. $200 per participant

Open Psychodrama Encounter

Walt & Maurica Anderson

For workshop description see July 2-4. $200

On Letting Go

Judyth Weaver

For workshop description see July 11-16. $200

Adventures in Self-Exploration

Christina & Stanislav Grof

For workshop description see July 23-25. $200

The Shamanic Journey, Power, and Health: An Introductory Workshop

Michael Harner

The shamanic journey is an ancient visionary method used by humankind to enter nonordinary reality and explore the hidden universe otherwise known mainly through myth and dream. Participants will undergo an experiential initiation into the journey, aided by traditional drumming and dancing designed to promote the shamanic state of consciousness. Using the spirit canoe and other methods, they will learn how the shaman's journey can be utilized to restore power and health, to acquire knowledge, and to solve personal problems. Participants will be introduced to shamanic *seeing*, to shamanic interaction with the powers of nature, and to the practical application of shamanism in their daily lives. Bring a pen and notebook. Recommended reading: *The Way of the Shaman: A Guide to Power and Healing* by Michael Harner (Harper & Row; Bantam). $200

August 20–28

Wilderness Encounter: Eight Days in the Mountains of Northern Yosemite

Jeffrey Kent, Don Hackett & Susan Hackett

For workshop description see Wilderness Programs, page 34. $360

Week of August 22–27

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $400

Integrity

David Schiffman

For workshop description see May 23-28. $400

T'ai Chi Yoga

Catherine Elber & Deborah Anne Medow

Two ancient methods which are often practiced for personal evolution are t'ai chi and yoga. Each system combines fluidity with precision, creating a balance of yin and yang, a dance of the sun (ha) and moon (tha)—hatha.

During this week, the basic practices involved in doing t'ai chi and ashtanga yoga will be taught, providing group participants with the opportunity to focus on developing a stronger sense of inner and outer balance. $400

Advanced Massage Intensive

Esalen Massage Practitioners

This workshop will include morning and afternoon practice sessions with various instructors, yoga, movement, evening lectures and discussions, and demonstrations of specific practices designed to increase the range of conditions with which participants can deal effectively. The following concerns will receive emphasis: how to sustain one's energy through a day of treatments; how to clear negative energy released by the client; how to use weight and leverage. As one massages more and more deeply, emotional changes can be triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide group members with some first hand practice in productive ways to move through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five day intensive or its equivalent. $400

Learning to Practice Shamanic Healing: An Introductory and Intermediate Training Workshop

Michael Harner

Shamanism is an ancient human strategy for personal learning and acting on that learning, especially for well- being and healing. In this experiential workshop the participants will practice the methods of the shaman (a type of medicine man or woman) to *see*, and to activate power to resist illness and maintain personal health. Through awakening dormant human capabilities and forgotten connections with the powers of nature, one may discover how the way of the shaman can be pursued in daily life to help oneself and others. With the aid of traditional sonic-driving approaches, the group will engage in archetypal exercises and rituals practiced by North and South American Indian shamans. Special work will include shamanic journeys to both the Lower- and Upperworlds for knowledge and power, work with plant and animal powers, divination, clairvoyance, the death and rebirth experience, and instruction in shamanic methods of helping the terminally ill and their relatives.

This workshop is for both beginners and those who have previously taken a workshop with Michael Harner. The more advanced participants will have training in the work of the shaman as psychopomp and healer of harmful intrusions. There will also be an introduction to the Ghost Dance experience. Please bring a notebook and pen.

Recommended reading: *The Way of the Shaman: A Guide to Power and Healing* by Michael Harner (Harper & Row; Bantam). $400

Weekend of August 27-29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $200

Close Encounters: Experiments in Meeting and Contacting Other Human Beings

Joan Fiore & Jeffrey Kent

For workshop description see June 11-13. $200

Why Me? Why Now? The Meaning of Disease

Jeff Kane

One can fruitfully comprehend disease as an unconscious form of behavior, a physiologically encoded statement about one's life. Understood as such, behavior may be consciously modified to a more adaptive style. Every patient contact is potentially a healing transaction. In learning how a disease fits into the patient's life, the health professional can learn

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how to communicate meaningfully with the person as well as address the disease. For additional information see page 35. $200

Introduction to Meditation

Daniel O'Hanlon

The process of coming to really know ourselves, to get in touch with and transform those places in ourselves which we often unconsciously hide from ourselves, is a lifetime task. For some of us, at certain moments in our growth, practices of quiet meditation drawn from time-tested traditions are precisely what we need for a genuine breakthrough. To meet this need, this workshop will provide introductory instruction and guidance in a variety of meditative practices, drawn from Hindu and Buddhist disciplines, from the Christian traditions of the East and West, and from the recent explorations of the human potential movement.

Suggested readings: *New Seeds of Contemplation* (Merton) and *Zen Mind Beginner's Mind* (Suzuki). $200

The American Future: New Vision Beyond Old Frontiers

Tom Hayden

This workshop will examine ways to create a participatory society in which persons of all lifestyles believe that they matter, instead of an escapist culture which drives millions into irrelevance. Participants will discuss ways to move beyond wasteful, privately oriented existence to a more conserving, caring, and disciplined lifestyle. The focus of the workshop will be on old and new alternatives for our future as a society, and on ways toward a future which works for everyone because it includes everyone. $200

Week of August 29–September 3

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

For workshop description see May 14–16. $400

Put Your Memories, Fantasies, and Dreams to Work for You: A Reichian/Gestalt Approach to Energy Release

Joan Fiore & Jeffrey Kent

For workshop description see June 13-18. $400

The Painting Experience

Michell Cassou & Stewart Cubley

For workshop description see July 9-11.

$400 (plus $20 materials fee paid directly to the leaders)

Celebration of the Sensitivity of Self

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through energy awareness, massage, meditation, and movement. Emphasis will be on recognizing and remembering the wisdom and sensitivity of the self. $400

Five Days with Jack Rosenberg

This workshop is aimed at awakening and sustaining awareness of body, self, and soul, as well as examining the anatomy and function of intimate relationships. The method can be described as gestalt body work with a distinct leaning toward the transpersonal aspects of life. During the workshop, participants will explore many aspects of Jack Rosenberg's energetic approach to sexuality, the energetic field of the body, and the belief systems which keep us locked in obsolete behavior patterns. $400

August 29–September 5

Woman's Challenge: A Dance of Adventure Through the Big Sur Wilderness

Annie Callaway & Elisa Lodge

For workshop description see Wilderness Programs, page 34. $375

Weekend of September 3–5

Food for Health

Joe D. Goldstrich

For workshop description see July 16-18. $2

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see June 4-6. $20

A Journey into Wholeness: The Balancing of Masculine and Feminine in Relationships and Within Oneself

Peter Caddy

As the old and static patterns of relationships become less appropriate and more unworkable, many people are looking for new models and methods to achieve a balance in their business, home, and social relationships. Through personal sharings and drawing upon the collective experience of the group, this workshop will explore the meaning and dimensions of new age relationships, focusing on identifying and working with the masculine and feminine energies, both within each person and in a planetary context. $200

The Moving Center

Gabrielle Roth & Moving Center Staff

An American Shamanic ritual using music, poetry, sacred dance, and ritual theater experiences to mirror the mind, catalyze the heart, and open the body as a channel for creative energies. Through collective rituals participants will explore individual dreams and visions and learn to share differences. $200

The Future of Intelligence

Frank Barron

The most spectacular feature of organic evolution has been the development of intelligence. And we humans seem to be its most spectacular embodiment. Lest such a view be considered human species-centricity at its worst, let's consider for a moment—suppose someone else is in fact out there watching Spaceship Earth. Isn't it likely that "they" might have noticed—seen and heard—that a lot of human commotion has *intention* in it? For our intelligence is a designing design, making marks all over the planet as well as little-big marks throughout the solar system. Where is intelligence going in its development? No one has the answer, but we are thinking about it. We may even have designs on our own intelligence. Can intelligence affect its own evolution? How? Should it?

This symposium will take up topics such as these: the genetics of stability and change in human intelligence; the scope of intelligence and the scope of the intellected; intelligence measurable and immeasurable; communal intelligence; intelligence putty (intelligence face-to-face, back-to-back, horizontal-vertical, dextral-sinistral, sideways, up and down, and other changeable conditions); new software programs for the biocomputer; creativity on the loose; applied creativity; the use, abuse, and fun of intelligence. $200

Week of September 5–10

A Week with Peter Caddy: The Findhorn Experience

This workshop will explore the Findhorn spirit, the spirit of cooperating with God, nature, and man. The stress will be on what is right with you and the universe. Participants will explore the example of the founding and development of Findhorn, and use meditation and discussion to create a community of consciousness for the week. $390

Unity

Gabrielle Roth & Moving Center Staff

This is a five-day shamanic healing ritual designed to inspire and channel the religious, sexual, and creative aspects of life energy into unity and expression. Through music, sacred dance, poetry, and ritual theater

processes, participants will explore and present their unique experiences of life's waves, rhythms, and cycles. The Moving Center tools are designed to release gifts, talents, and potentials. $390

September 5–26

The Primal Circle: Exploring the Roots of Well-Being

Christine Price, Jessica Britt & Visiting Faculty

For workshop description see Special Programs, page 31. $1350

September 5–October 1

The Mystical Quest

Christina & Stanislav Grof

For workshop description see Special Programs, page 31. $1600

Weekend of September 10–12

Surrender to Self

Merri Goldenson (Devarani)

For workshop description see June 20-25. $190

Fluidity of Being: Rolf® Movement

Elisa Lodge

"Mr. Dufy lived a short distance from his body."—James Joyce

This workshop provides a creative environment to explore the concepts of movement education based on the principles of Ida Rolf—a process of fine tuning and harmonizing our unique instrument from restricted to spontaneous, tense to flowing, inhibited to open. We focus on deepening our kinesthetic awareness of the relationship between our body's structure and emotional attitudes. Everyday movements and specialized activities such as jogging, playing musical instruments, etc., become more effortless and graceful when we are balanced to gravity. The spirit we open to through this awareness is ageless. It is the source of our enthusiasm, excitement, and strength. Group and individual work will be offered, using gestalt, dance, and the healing use of touch, all for the benefit of becoming more present. Video feedback will be used. $190

Spiritual Healing

Alan Young

This workshop will be experiential, and will answer such questions as: What is spiritual healing? How does it work? Why isn't everyone healed? What are the inner causes of disease? How can we discover the underlying cause in each case? How can I help my own healing? How can I develop the ability to be a channel for the healing of others? It will include exercises in sensing the energy radiating from your own body, and from that of others. It will culminate in a demonstration healing in which all will be invited to participate.

The workshop is designed to interest: (a) those who want to learn about healing themselves, or at least assist in the healing process; (b) those who wish to become a channel for the healing of others; and (c) those who want to learn more about spiritual healing as a matter of interest or personal growth. $190

High Performance Management in Health Care

Charles Garfield

This workshop is based on "state-of-the-art" concepts currently being used nationally by health care administrators and supervisors as well as highly productive managers in business and industry. It was developed after hundreds of hours of interviewing administrators, supervisors, health professionals, and some of the most successful corporate executives in U.S. industry and abroad. The workshop is designed for all health administrators and supervisors as well as department heads, health educators, program developers and personnel officers. Topics will include: methods of improving productivity; the reduction of blocks to high level performance in organizations; the relationship between creative stress and high level performance; management strategies and styles of high performing healthcare administrators and supervisors; handling difficult people; and the modification of systems that foster stress and burnout. Recommended reading: *Stress and Survival* (Mosby, 1979). $190

September 11–18

Gentle Backpacking, Gentle Encountering in the High Sierra

Maurica Anderson & Tom Moore

For workshop description see Wilderness Programs, page 34. $310

September 11–21

River of Solitude: The Lower Canyons of the Rio Grande

Annie Callaway & Dick Galland

For workshop description see Wilderness Programs, page 34. $550

Week of September 12–17

Gestalt

Seymour Carter

For workshop description see June 18–20. $390

Five Day Massage Intensive

Esalen Massage Practitioners

For workshop description see July 18-23. $390

Reichian Gestalt: A Workshop for Contact and Release

Ma Prita (Laura DeNuccio)

For workshop description see July 11-16. $390

Developing Psychic Awareness

Joan Steffy

For workshop description see July 4-9. $390

Weekend of September 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $190

Couples Workshop: Intimacy and Growth

Betsy Hand & Gerald Smith

For workshop description see June 25-27. $190 per participant

Self-Hypnosis, Selective Awareness, and Movement

Emmett & Sandra Ferreira Miller

Movement requires the use of muscular activity in varying degrees of intensity. So, too, thought processes and interpersonal communication proceed through stages of higher and lower energy. Many personal and social difficulties (symptoms, unwanted emotions, maladaptive habit patterns) can be eased when we learn to react in accordance with and in response to our internal and external environment.

This workshop will explore principles of self-hypnosis, selective awareness, Feldenkrais, t'ai chi, dance, and movement, to expand self-awareness and the ability to allow the mind and body to flow with changing experiences. $190

Week of September 19–24

Experiencing Esalen
Experiencing Esalen Staff
For workshop description see page 8. $390

Ongoing Big Sur Wilderness Experience
Esalen Wilderness Staff
For workshop description see pages 8 & 9. $390

Designing a Healthy Lifestyle
Ken Dychtwald

In this five day experiential workshop, the group will explore and examine the ways in which certain attitudes and lifestyle variables correlate with high levels of health, life-satisfaction, longevity, and professional effectiveness. Particular attention will be placed on having each participant develop a personal approach to altering his or her personal habits and attitudes in order to enhance all aspects of mental and physical functioning within an enjoyable "life plan."

The daily program (all optional) will include: running, stretching, and aerobic exercise sessions; meditation, relaxation, and stress-reduction classes; health walks/hikes; sensory awareness and creative visualization instruction; massage lessons at the Esalen baths; nutritious meals prepared in the Esalen kitchen; and a series of didactic seminars on such topics as life planning, longevity, diet and nutrition, optimal fitness, stress-management, wellness, and peak performance.

Although the material and activities to be covered in this seminar will be of value to all interested participants, graduates of previous Ken Dychtwald workshops are encouraged to attend. $390

Weekend of September 24–26

Experiencing Esalen: The Body
Experiencing Esalen Staff
For workshop description see page 8 $190

Encounter for Couples
Joan Fiore & Jeffrey Kent
For workshop description see May 14-16 $190 per participant

Exploring Self-Acceptance
David Schiffman
For workshop description see July 23-25. $190

Week of September 26–October 1

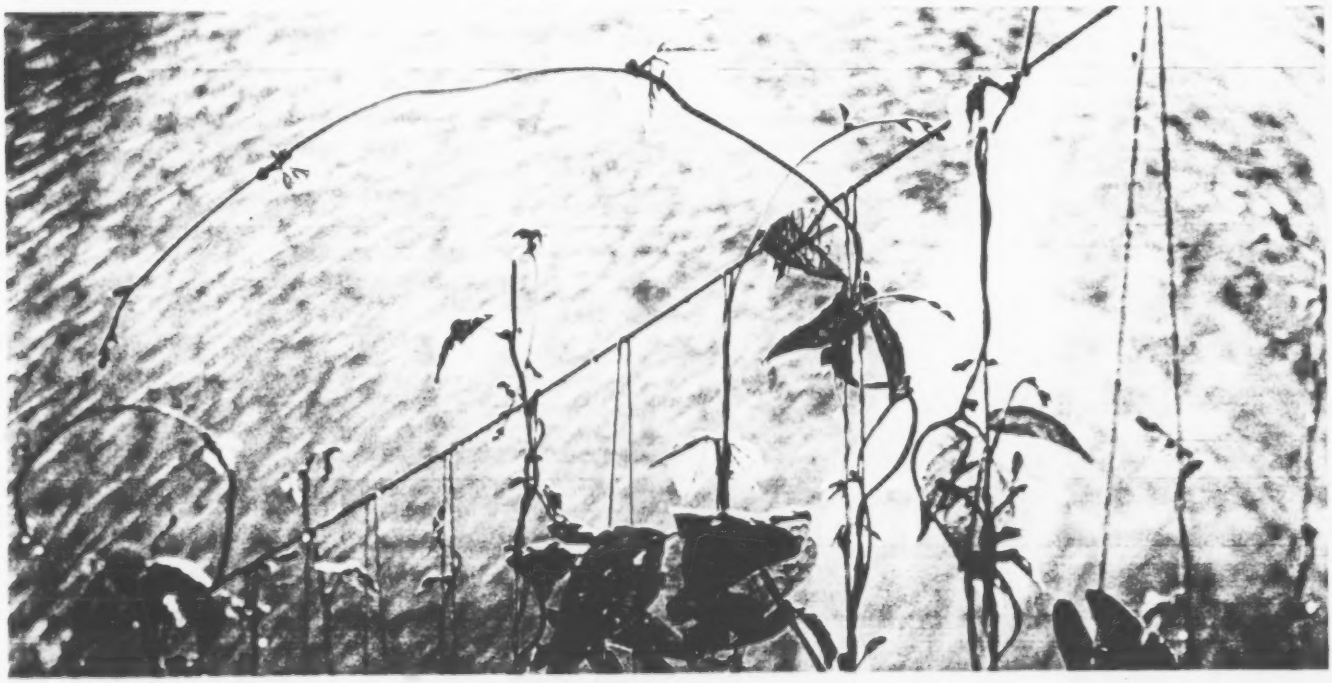
Reichian/Gestalt Intensive
Joan Fiore & Jeffrey Kent
For workshop description see May 16-21. $390

Psychosynthesis: A Professional Training Workshop
Harry Sloan

Harry Sloan writes: "Many of us have experienced those moments in working with clients when we don't have the foggiest idea of what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for what is most familiar—a technique, map, or model. This can lead to the mechanical experience of 'going through the motions' and rote interventions. However, if we could reach for essence and truth instead of falling back on what's most familiar, the dissonance might open to insight. The result of capturing the moment and responding to the need of the client and to the dynamics of the situation can have a decidedly different effect upon both the guide and client. The heart of psychosynthesis is understanding the process of reaching for essence within ourselves and our clients. This practice can lead to developing wisdom and intuition, transcending the methodologies we use.

"The format will combine individual work within the group setting with seminars, group exercises, and practicum. This training program will be useful not only to those who are interested in psychosynthesis, but also to anyone in the helping professions who wants to come into a more creative relationship with his/her discipline.

"Psychosynthesis is the name for the conscious attempt to align and cooperate with the natural process of growth and integration. It recognizes that each human being is spiritual in essence and encourages the realization and expression of this essence, or higher self, as fully as possible in personal and social existence." $390



Joyce Rogers

Kathy Thornod

Mythologist, Joseph Campbell and philosopher, Sam Keen

Hall of Mirrors

Jenny O'Connor & The NINE

"Black and white have the middle master of transparency."—The NINE

In this workshop you will not just step into your own reflection, you will step into the fragments of every reflection you have ever lived, and thereby learn choice.

"The mystic steps into the revolving door of choice and realizes that he or she is not an apparition of the glass, but a glass for the apparition."—The NINE

Some of the finest teachers of the New Age made themselves available for this workshop—some traveling from as far afield as Sirius B.

"A lie is just a fumble of the imagination."—The NINE $390

Weekend of October 1–3

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $190

Energy Awareness and Creative Sexuality

George Leonard & Annie Styron

For workshop description see June 11-13. $190

A Psychic Training Program

Anne & Jim Armstrong

For workshop description see May 30-June 4. $190

Body Snatching: Build-Them-Yourself Characters

Edie McClurg

What would it be like to become a different person with a different past, present, and future? And to make it up as you go along? Through improvisational theater approaches we can learn to discard generalities and zero in on the germ of truth that makes each person different. You must be able to talk in order to improvise; but improvisation is not just talking. Structure, dramatic conflict, and satisfactory resolution will be explored with each new character and situation that pops up in our midst. Actors and comedians are welcome, but acting experience is not required. Being able to listen, observe, and laugh is required. We might be so good we'll want to get a barn and put on a show—or not. We'll make it up as we go along. $190

A Course in Miracles: A New Thought Form for Our Time

Julian Silverman

This seminar is concerned with an understanding of *A Course in Miracles*—a formulation of a wholesome way to be in the world without attack and defense, without negative emotions, without feeling of being separated from one's source.

The *Course* specifies a practice as well as a conceptual model. It elevates one's self worth by teaching *total* self-responsibility.

It teaches health. $190

Week of October 3–8

Body Changes: Feldenkrais and Rolfing®

Dub Leigh, Michael Joyce & Dee Dee Lozier

This workshop is designed for those who want to begin or accelerate their process of body change toward comfort and awareness, with increasing ability in movement and relaxation. We will focus on resolution of individual functional problems in neuromuscular and connective tissue organization of the body. Group sessions will use gentle exercises for in-

creasing awareness while relating parts of the body together in a more harmoniously integrated movement. We will learn to recognize our body signals of discomfort or awkwardness as opportunities to explore and improve how we are in our bodies. This workshop will include individual work in Feldenkrais and Rolfing®. Participants will be guided in the development of a personal program for continuing improvement at home. $390

Opening the Feelings

Joel Dweck & Anne Ruderman

The aim of this Radix® neo-Reichian workshop is to help participants to grow in their capacity to experience and express deep feeling, to rediscover themselves, and to contact others in a deeper way. Using emotional release methods, the most important being the intensive, which is a period of individual work within a small, supportive group, deeply held emotions of pain, fear, and rage can emerge. This release can soften chronic unconscious patterns of tension, and a new and deeper capacity for pleasure, trust, and love can follow. Each participant will receive two intensives, and the workshop will be limited to ten participants for each facilitator. $390

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman

"Anything which is forced or misunderstood can never be beautiful."—Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of the self-defeating patterns of the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us.

In this workshop the group will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $390

October 3–29

Optimum Health

Joe D. Goldstrich & Esalen Staff

For workshop description see Special Programs, Page 31.

$1600 plus $100 lab fees

October 7–10

The Vertical Dance: A Climbing Adventure in Yosemite

Dick Galland & Annie Callaway

For workshop description see Wilderness Programs, page 34. $225

Weekend of October 8–10

Pleasure, Sensuality, and Your Body

Barbara Clemans

For workshop description see August 1–6. $190

Experiencing Esalen for Couples

Nancy Kaye Lunney, Bruce Neeb & Experiencing Esalen Staff

An experiential workshop incorporating verbal and nonverbal contact, massage, and creative expression. There will be time together and time apart to experience yourselves individually and in relation to each other. $190 per participant

The Transformation of Mythology through Time

Joseph Campbell

A slide illustrated survey of the main stages of transformation of myth from paleolithic to modern times. The first hours will deal with prehistoric and non-literate materials, the following talks and discussions with the history of the high traditions. The main stages of our common human history and main provinces of differentiation will be defined and illustrated through a comparative survey of arts and rites. The relevance of all this to an understanding of the conflicts of the contemporary scene will be a topic of discussion throughout. $190

October 8, 1982–January 28, 1983

Holistic Health Four Month Residential Training Program

Coordinated by Polly Kirby

For workshop description see Special Programs, page 32. $6300

Week of October 10–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $390

Massage for Health Professionals

Deane Juhan, Brita Ostrom & Esalen Massage Practitioners

For workshop description see June 13-18. $390

A Feast For Life

Andre Gregory

Andre Gregory writes: "These workshops are an occasion for me to give and take in the sense that I can pass on certain technical skills while using the participants to explore new directions in my own work. Generally, my best workshops are the ones in which I have no idea of what I'm going to do, which is true for this event. I would like to join the creator and the child in everyone to promote a healing process within the confines of professional theater. The workshop will be of most value to those of all ages who are currently involved with theater or are considering the theater as a profession, but who feel that the theater as they see it somehow contributes to the process of death rather than to the process of life." $390

Weekend of October 15–17

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $190

Successful Business Behavior for Women, or "Act like a lady, think like a man, and work like a dog."

Victoria Elliot

In this workshop we will learn about the social issues vs. the business issues of being a woman. How to make decisions better and faster, how to get to the bottom line, and how to communicate to get what you want from the people you work with. $190

On the Way to Health: A Guide for Health Practitioners

Phillip Mac

This workshop is designed to look at the stresses of the health provider in training and in practice. We will work toward developing greater personal health consciousness through self-awareness and self-responsibility, and creating a healing environment within ourselves. Body awareness, centering, and visualization will be some of the methods employed. For additional information see page 35. $190

Joyce Rogers

• SPECIAL PROGRAMS •

May 16–June 4
Sustained Integration: Body, Self, and Soul

Jack Rosenberg

This workshop will start wherever you are in your inner journey. The work is an in-depth integration of body and gestalt practices and the transformative process of consciousness.

The course will cover:

Psychology of the Self: Working with early unfinished situations that interrupt our sense of well-being and interfere with our relationships in the present. Sexual implications of this work will be dealt with in body work and in lecture.

Body Work (Gestalt Body Approach): Theoretic and practical application, combining classical Reichian work, yoga, and aerobics and massage, assisted by Andrea Rosenberg.

Transformative Process of Consciousness: As our inner journey progresses, our figure/ground awareness is shifted from "doing" and "having" to "being" and to our relationship with the eternal. We will explore ways to integrate and sustain these new awarenesses in our everyday life.

$1200

June 6–July 2
Still Points, Turning Points: A New Curriculum for Change

David Schiffman, Elisa Lodge & Esalen Staff

"Anything which is forced or misunderstood can never be beautiful."
—Xenophon

People, like plants, need special care and attention to thrive and blossom. To naturally grow beyond what we've been requires strength, sensitivity, and a deeply compassionate awareness. What are the most important elements that support this transformation and renewal? And how might this process be effectively shared with others? Out of the answers to these basic questions has emerged the dream of combining the best of Esalen's human potential practice work with the spirit of adventure found in Outward Bound's wilderness programs, along with the gracious informality of living and working together in one of the most beautiful and peaceful settings in the world.

The aim of this unique curriculum will be to explore and develop a new model for learning, one that not only deepens the experience of traditional therapeutic process, but also breaks new ground in erasing the line between intensive group and individual work and the ordinary world of everyday life.

Among the areas we will touch on during this month are:

The Body and its Functions: As a temple for the spirit; as a reflection, and as a turning point from past habits, fears, and attitudes; as a source of grace, ease, and fluidity in movement and in contact; as a kinetic homebase for exuberance, playfulness, and balance; and as a healing source of touch.

The Emotional Realm: Exploring and opening the limits of temperament;

redirecting negative feelings for inspiration and power; cultivating passion and strength as the core of integrity; resolving inner and outer turmoil simply and peacefully.

The Mind: Developing the powers of the imagination for self-affirmation and creativity; deepening the ability to see, hear, and understand so that one can range easily from the practical to the transcendental; strengthening the sense of fair-witness and developing the skillful use of the will; using the perspective of humor to heal separation.

Coming together in the spirit of being simply and lovingly at home in ourselves, the group will create a community whose foundation is based on trust, good will, and authenticity.

During the month each participant will have the opportunity to clarify and develop his/her own style and artfulness as an individual guide and group facilitator doing in-depth training in gestalt practice, body work, psychosynthesis methods, and the meditative arts. The program will be structured to include: intensive individual work; creative music and movement; wilderness and equestrian experiences; group rituals and celebrations; supervised observations; practicum work in group leading and individual counseling skills; video feedback; illustrated lectures and didactic theoretical sessions.

The emphasis throughout will be on creating a personally integrated perspective that will bring buoyancy and lightness into life and work. This workshop is designed for people from all walks of life. $1600

September 5–26
The Primal Circle: Exploring the Roots of Well-Being

Christine Price, Jessica Britt & Visiting Faculty

The search for physical, emotional, and spiritual well-being can be exciting and challenging. This workshop is a time for sharing those practices which we have found most effective and nourishing for ourselves.

First Week: Personal Roots: Many ancient disciplines are keyed toward giving up personal identity and entering nirvana, bliss, etc., by recognizing our oneness with all existence. For many people in our culture this is a futile effort because we are not even aware of the "self" which can be surrendered into the "whole." The beginning of this workshop will focus on "coming home" to ourselves. In intensive sessions of gestalt practice and Reichian breath work, our physical sensations and feeling process will be primary. Some moderate fasting, massage practice, and chanting sessions will also be included.

Second Week: Primal Roots: By spending ten days backpacking in the wilderness, participants will have the opportunity to enrich their connection with nature and explore their relationships to each other in a setting devoid of the usual distractions and supports. Taking inspiration from ancient ceremonial practices, we will create and enact rituals relevant to our present lives.

Third Week: Creative Roots: The creative arts are an ancient channel for divine expression as well as self-expression. Trance dancing, moving meditations, mantra, and chanting are ways which have been used for thousands of years to connect to and become an extension of the god/goddess. This final week provides time to explore these practices, both in their original forms and their modern interpretations. Sessions for personal clearing will again be included.

The visiting faculty will include Leonard Bearne, Byron Brown, Steven Harper, Susan Harper, Ruth Leveton, and Gail Stewart. For more information regarding this workshop, write to Christine Price, Esalen Institute, Big Sur, Ca. 93920. $1350

September 5–October 1
The Mystical Quest

Christina & Stanislav Grof

A four week, interdisciplinary training program designed for professionals and students in the fields of psychiatry, psychology, anthropology, religion, and philosophy interested in understanding the mystical quest and approaches to attaining higher consciousness. Special attention will be paid to the similarities and differences between psychosis and mysticism, and to the vicissitudes of consciousness evolution. This program is part of a systematic effort to create an international network of individuals trained to facilitate the process of personal transformation and to assist in spiritual emergencies. The program will focus on the following thematic areas:

Ancient Mystical Traditions. We will explore theoretically and practically the cartographies and technologies of the sacred developed in the context of shamanism, Hinduism, Buddhism, Kabbala, and alchemy.

Ancient Wisdom and Modern Science: Dawning of a New Paradigm. Scientists who have made major contributions to the emerging paradigm will discuss the recent developments in Western science—consciousness research, brain physiology, parapsychology, systems theory, and quantum-relativistic physics—that are rapidly bridging the gap between science and mysticism.

Psychosis: Disease Or Evolutionary Crisis. We will explore new understandings of the psychotic process emerging from psychedelic research, Jungian psychology, Kundalini research, and modern clinical and laboratory studies. An attempt will be made to differentiate psychosis from "spiritual emergency" or evolutionary crisis. Participants will have the opportunity to experiment with methods of constructive assistance in transpersonal crises.

Self-Exploration and Group Process. The workshops of this series use an experimental educational format that combines didactic input with deep personal experience. The Esalen staff and guest leaders will act as facilitators for the process of self-exploration throughout the month. We will use "holonomic integration," developed by the coordinators, which combines controlled breathing, evocative music, focused body work, and mandala drawing. Other methods used in the workshop will be Dora Kalff's sandplay, Gestalt practice, training of psychic abilities, and Esalen massage. $1600

October 3–29
Optimum Health

Joe D. Goldstrich & Staff

This program, led by a former chief cardiologist at Pritikin Longevity Center, is for individuals committed to realizing greater potential for health and well-being. The three main components of the program are nutrition, exercise and movement, and group process work. By combining insights and approaches from various schools and traditions of healing and health care, we can avoid the dogmatism and exclusivity which so often characterize our understanding of issues concerning health.

Nutrition: Blood samples will be analyzed at the beginning and end of the program to track each participant's progress toward greater health. Based on the first blood sample in combination with Dr. Goldstrich's comprehensive life history review index, each participant's diet during the month will be based on a unique synthesis of the Pritikin approach, macrobiotics, and "live food" diets. Participants will also learn how to shop for the most nutritious food in supermarkets and health food stores, and how to prepare food using methods which preserve nutritional value.

Exercise and Movement: Each participant will receive a fitness level review from Dr. Goldstrich as the basis for an individualized approach to exercise and movement. A variety of approaches will be available to participants, including hatha yoga and stretching, t'ai chi, aerobic and jazz dance, and jogging. Massage instruction will be part of the curriculum and sessions will be offered at the baths. In addition, two day-hikes are planned in the surrounding Big Sur wilderness area. Videotape review of movement sessions will be included as a means of body image feedback and self-improvement. The mutual benefits of sound nutrition and regular exercise will be emphasized throughout the program.

Group Process: Most of us have encountered our own mental and emotional resistance to greater well-being. By exploring the roots of our resistance to growth and change, we can gain greater access to inner resources such as courage, strength, patience and determination—all of which help to ensure the success and enjoyment of one's commitment to greater health. Through group interaction, guided imagery, gestalt practice and other approaches to group and individual process, participants will have an ongoing opportunity to contact and integrate deeper parts of themselves. Relaxation and stress reduction approaches will also be introduced.

Overview: Esalen is a unique setting for this residential program in developing optimal health. Much of the food is grown on the property,

including food from the Esalen Farm. Combined with the array of approaches to mental, emotional, spiritual, and physical development offered on a regular basis, and its setting in a supportive community environment, Esalen offers a sense of natural abundance from which to explore good health in this comprehensive program. For additional information see page 35. $1600+$100 lab fees

October 8, 1982–January 28, 1983
Holistic Health Training Program

Coordinated by Polly Kirby

This program is designed for those seeking information and training in alternative health and healing approaches. For health care professionals this program will provide new knowledge and skills in holistic healing practices which they can use in their own health care settings. For lay persons and students this program will provide an in-depth introduction into the holistic health field, as well as the necessary training to maintain a high level of wellness in their own home environments. In addition to the emphasis on healing, the participants will receive complete training and personal experience in the ten deep tissue sessions, and also will take part in ongoing practicums focusing on training in gestalt and group process. There will be a weekly acupuncture clinic exclusively for the participants' own health enhancement, as well as regularly scheduled community health sessions where participants can observe the integration of the various holistic practices being taught. A part-time faculty of about twenty will be involved in different aspects of the teaching program.

The workshop will include fifteen areas of study and practice. These are: deep tissue; acupuncture; nutrition; t'ai chi; gestalt; homeopathy; herbology; Bach flower remedies; community health; group process; anatomy; healing meditations; organic gardening; movement integration; massage. A course outline describing each of the areas covered can be obtained by writing to Esalen Institute, Big Sur, Ca. 93920.

Classes will be held six days per week, with three meetings usually being scheduled for each day. Included in this time will be a four-hour per week work commitment in various community projects. Only Wednesdays will be off-days, although all classes are considered optional, leaving the intensity of the learning experience completely up to the choice and capacity of the individual participants.

During this four month period there will also be on-going community sessions which are open to all residents in the Esalen community. In the past these have included morning yoga practice, zazen meditation, Feldenkrais exercises, body-strengthening exercises, movement and dance, various forms of energetic release work, intra and inter-personal process work, chanting and different spiritual and contemplative practices, video tape and movie presentations, astrology sessions, and evening lectures on a host of subjects.

During the four month stay, participants in the program are also free to sign up for any of the regularly scheduled Esalen catalog programs on a space available basis by payment of the leader's fee. To provide some recreation and diversion, occasional outings into the magnificent Big Sur countryside and along the coastline will be planned throughout the program.

Esalen is not a degree, diploma, or certificate granting institution. This program is offered for professional and educational enrichment. Participants must make their own arrangements to assure compliance with respective state licensing requirements for professionally applying any skills acquired in this program. Verification of attendance will be given to nurses and physicians in the program desiring continuing education credit for this experience.

For further information write to Polly Kirby, Esalen Institute, Big Sur, Ca. 93920. $6300

• WILDERNESS PROGRAMS •

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

On one week programs, the deposit is $100. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your non-refundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your $100 deposit is forfeited. The balance of the fee, if already paid, may be applied to other programs within one year.

May 7–14
A Seven-Day Wilderness Experience From Esalen to Tassajara Zen Center

Jeffrey Kent & Jessica Britt

Nature can provide us with opportunities to stretch our limits and explore our inner wilderness. By living without the routines that remove us from our source, giving priority to feeling and honest exchanges, we can expand our sense of self and depth of being.

The group will spend a day and night at Esalen, leaving the next morning to hike through the Ventana wilderness. They will travel "light," with instruction in minimum impact camping, ecology, geography, and the cultural history of the area. There will be sessions to work with feelings as they emerge, and rites of purification. The hike will conclude with each participant spending a 24-hour period alone. The group will hike on to Tassajara Zen Center, deep in a rugged wilderness valley, with natural hot springs, for the last night together. There, meditation instruction will be available for those who wish it. Backpacking experience is not necessary, and participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $325

May 15–24
Rites of Passage: Baja California's Secret Mountains

Dick Galland, Annie Callaway & Marilyn Mason

The rugged Sierra Nevada, California's mountainous backbone, almost disappears as it crosses the Mexican border into the Baja peninsula. About one hundred miles below the border it rises to form the Sierra San Pedro Martir, a forested plateau about 7500 feet high. On the eastern edge of this plateau, the soaring granite form of Picacho del Diablo, Baja's highest peak, rises to over 10,000 feet. This workshop will take us from a trailhead on the plateau's western edge through pine forests, broad open meadows, and along clear streams to the base of Diablo on the eastern escarpment. From there participants may climb the peak. To the west the green hills slope off into the Pacific. In the east the plateau falls away to the desert and the waters of the Gulf of California. Participants will descend onto the desert through a sinuous granite canyon, pausing to play in waterfalls and deep pools.

Group members will carry everything they need in packs, cook over fires, and learn a range of basic wilderness skills, including basic rock climbing. 24 hours will be spent alone in reflection and contemplation. The workshop will also include psychosynthesis, group process work, yoga, and journal writing. No previous experience is required. You should be healthy and reasonably fit. The program begins and ends in San Diego. Complete information on travel, clothing, and equipment will be sent upon registration. $575

May 28–30
Zen and the Art of Fly Fishing

Dick Galland

Few pastimes offer the opportunity of so profound a look into the natural world and into ourselves as flyfishing. The tools of the fisherman have more to do with disciplining the body and mind and tuning the senses than with killing trout. There is a focus and subtlety of movement in fly fishing akin to Eastern meditative disciplines. The possibility always

Kathy Thormod

exists of entering the trout's world. In fly fishing, the trout are the teachers. They let you know by their actions when you have presented the fly properly.

This weekend, which will be spent at Esalen, is a combination of practical instruction, visualization, physical exercise, and guided fantasy. Participants spend Saturday on the Esalen grounds learning basics. On Sunday, we travel a few miles up the coast to tempt the rainbows of the Big Sur River. Beginners and accomplished fishermen welcome. Complete information on equipment will be sent upon registration. $190

June 4–11
Wilderness Celebration: Emergence in Nature

Jessica Britt & Ruth Leveton

During this seven day trip to the High Sierra, the group will practice ancient and modern methods for clearing and channelling energy, using native purification rites, dream work, gestalt and group process, sound, breath, and music. There will be instruction in minimum impact camping, ecology, geography, and the cultural history of the area. There will also be a "vision quest"—a time alone. The goal is to re-own and empower our natural rhythm of body, voice, heart, and spirit, facilitated by the wilderness. No experience is necessary, and participants should be prepared for the challenge of vigorous physical activity. Detailed information sent upon registration. $325

June 11–13
The Vertical Dance: A Rock Climbing Weekend

Dick Galland & Annie Callaway

"There is an art in finding one's direction in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know."—Rene Dumal

Rock climbing is a dance done in a vertical world, a dance of grace, balance, and simplicity. It is an opportunity for stretching limits, extending ourselves, exploring our own edges. Our responses to the challenges of climbing offer a metaphor for looking at the ways we deal with stress and challenge in our daily lives. During the day we will play on the sunny boulders and low rock faces at Pinnacles National Monument, three hours east of Esalen. We'll learn basic movements, such as how to rappel and belay, building trust in our hands and feet and each other. Safety ropes free us to experiment and to discover our inner heroes.

We'll prepare our meals together over a crackling fire and camp beneath the stars, sharing insights from the day's adventure. This weekend begins Friday evening and ends Sunday evening at the Monterey airport. A shuttle bus operates between the airport and Esalen, and we'll travel by van to and from Pinnacles. No previous climbing or camping experience is necessary. A complete camping equipment package may be rented through the leaders. Complete information will be sent upon registration. $175

July 3–12
Rites of Passage: A Mountain/River Adventure

Dick Galland & Annie Callaway

This workshop is grounded in the notion that a person's responses to the challenges of mountain and river reflect their responses to the challenges of daily life. From the real and immediate lessons of the wilderness, we can come to see ourselves more clearly and act with a greater sense of clarity, purpose, and direction. For seven days we'll explore the remote and spectacular Marble Mountains wilderness in northern California. Carrying everything we need in our packs, we'll hike through forests and meadows, and camp by crystal mountain lakes. From a base camp in a small alpine basin, we'll experience beginning rock climbing and rappelling, ascend a nearby peak, relax in a sweat house, and each spend 24 hours completely alone in reflection and contemplation. We'll learn a variety of mountain skills including camp craft, map and compass travel, wilderness medicine, gourmet cooking, and mountain ecology. At the end of seven days, we'll resupply with fresh food and move to the nearby Klamath River for two full days of whitewater rafting, guiding our twelve-foot rubber rafts with paddles through the rapids. We'll also combine approaches from group process work, yoga, meditation, and journal writing to help us ground our experiences so we may incorporate them into our daily lives. No previous experience is required, though participants should be in good physical health. Complete information on clothing, equipment, and travel will be sent upon registration. We'll meet in Medford, Oregon on July 3. $475

July 4–30
Moon Cycle: A Month-Long Wilderness Adventure in Yosemite

Jeffrey Kent, Helga Kraft & Harry Kent

Yosemite's wilderness is a world of both spectacular and subtle beauty. There the group will come together to share and integrate learning in a supportive atmosphere. Participants will spend time hiking (packing in

everything needed for survival), rock climbing, rappelling, fishing, sunning, learning minimal impact camping, eating delicious and highly nutritious food, processing any feelings that emerge, and building Indian sweat lodges for use in chanting, praying, cleansing, encountering, singing, laughing, grumbling, doing nothing, soloing (for up to three days at one time), confronting fears, learning about strengths, and competing for the best popcorn recipe.

The main focus will be learning to find strength, courage, and playfulness within, reclaiming power, spontaneity, and inner peace. Methods will include the exertion of hiking and mountaineering, gestalt, encounter, and the American Indian circle, as well as guided imagery, meditation, and whatever else may feel appropriate at the moment.

Previous wilderness experience is not necessary. Participants should be in good health and prepared for the challenges of vigorous physical activity. Also highly recommended is a sense of humor and a willingness to "look bad." The group will meet in Yosemite on July 4. A complete travel information and equipment list will be sent to you upon registration. $1300

August 7–14
Encountering in the High Sierra: A Gentle Trip

Maurica Anderson & Tom Moore

During this seven day workshop we will hike in eight miles to a clear mountain lake (10,000 feet) off the main trails in the John Muir Wilderness area of the High Sierra. *Mules will carry in all of the food, camping equipment, and personal gear,* enabling us to have outrageously good food (fresh or frozen meats, fruit and vegetables). You need carry only your lunch and rain poncho on the hike in. We will camp by the lake for six days, taking short day hikes to the surrounding lakes and meadows, working with body awareness, psychodrama, gestalt, and encounter, laughing a lot and getting to know the high country, one another, and ourselves.

Mountaineering experience is not necessary, but applicants should possess a good sense of humor and be capable of hiking uphill at altitudes of up to 11,000 feet. For a detailed information sheet write or call Maurica Anderson, 1112 Curtis Street, Albany, CA 94706 (415-526-5814). Participants will meet in the Sierra on August 7. $360

August 15–19
A White Water Adventure on "The River of No Return"

David Schiffman & Bob Doppelt

The first fifty miles of this expedition are on Idaho's legendary Salmon River and the last fifteen on Oregon's Snake River through Hell's Canyon, the deepest gorge in the United States. Hundreds of feet above us are the vertical rock walls of the Inner Canyons. The focus of the trip is the opportunity to "Row it Yourself"—a concept developed by the Oregon River Experience Staff, which enables each participant, with a partner, to navigate their own boat. Basic wilderness and river skills will be complemented with a variety of approaches to inner development. Along the way there will be opportunities to see and enjoy old mines, Indian pictographs, and remote side canyons. No previous rafting experience is necessary. The group will meet in Lewiston, Idaho. Further information on equipment and transportation is available by writing David Schiffman at Esalen. (Registration deadline: July 15.) $565

August 20–28
Wilderness Encounter: Eight Days in the Mountains of Northern Yosemite

Jeffrey Kent, Don Hackett & Susan Hackett

We will go to the wilderness to get closer to its beauty; we go to face ourselves, to simplify, to have fun, certainly to empower ourselves; we go because we can greatly and dramatically expand our sense of self and depth of being. We believe that by doing whatever is most risky—even uncomfortable—we can give ourselves the greatest potential for personal growth. Explore with us, from the Hetch-Hetchy reservoir to the very remote and spectacular Lake Edith region. We will hike, fish, be challenged by beginning rock climbing, camp, tell stories, and sing songs. Throughout the seven days, we give whatever time is necessary to working with any feelings that may emerge. Our experience together, sometimes nudging personal boundaries and limits, encountering ourselves, each other, and nature, includes a 24-hour period completely alone.

No experience is necessary, but participants should be prepared for the challenge of vigorous physical activity. More information on request and complete fact sheet sent upon registration. $360

August 29–September 5
Women's Challenge: A Dance of Adventure Through the Big Sur Wilderness

Annie Callaway & Elisa Lodge

We will come together in the Big Sur Wilderness to explore our inner world: our feminine roles and archetypes; dominant and shadow parts of ourselves; our vulnerability and strength; our heroism and adventurousness. Woven into our week are group process work, traditional wilderness skills, rappelling, and Rolfing® movement integration, designed to open ourselves to balance, grace, and fluidity. A full moon, crackling fires, and excellent food—much of it fresh—will enhance our journey. Near the end each of us will spend 24 hours alone in reflection and contemplation. We will camp out at Esalen our first night, drive to the trailhead the next morning, and return to Esalen the following Sunday morning to enjoy the hot springs. Lunch will be our final meal together. No previous wilderness experience is necessary. Complete equipment list will be sent on registration. $375

September 11–18
Gentle Backpacking, Gentle Encountering, in the High Sierra

Maurica Anderson & Tom Moore

After Labor Day but before deer hunting season begins is a time of quiet in the Sierra. We will take seven days of this quiet to hike into the John Muir Wilderness area at a leisurely pace, spending each afternoon and evening by a mountain lake or rushing stream. *Several mule-loads of food will be left on the trail for us,* enabling us to keep our pack weight down and to eat outrageously good food. We will spend some time doing massage, body awareness, psychodrama, and encounter, laughing a lot and getting to know the high country, one another, and ourselves. There will be some time for doing nothing or for taking strenuous side hikes.

Mountaineering experience is not necessary, but participants should possess a good sense of humor and be capable of carrying a pack at altitudes up to 10,500′ for distances of 4 to 6 miles a day. For complete information sheet write or call Maurica Anderson, 1112 Curtis St., Albany, Ca. 94706 (415) 526-5814. Participants will meet in the Sierra on September 11. $310

September 11–21
River of Solitude: The Lower Canyons of the Rio Grande

Annie Callaway & Dick Galland

We will float nearly 50 miles of the Rio Grande as it winds through the Big Bend country, forming the border between Texas and Mexico. We feel ourselves slowing, adjusting our pace to the river, floating in the warm water and shedding our cares to become a part of this timeless land of sun, rock, and water. We will camp at night on the riverbank to cook over mesquite campfires and sleep in the warm sand, beneath the brilliant canopy of the desert stars. We will explore sinuous limestone side canyons, visit ancient Indian shelter caves, and marvel at the unique Chihuahuan desert vegetation and geology. In six six-person rafts we will paddle past strands of river cane and swim in crystal springs along the river. We will make music, invent rituals, and tell stories of our own journeys. We will use relaxation, yoga, and group process approaches, breathing deeply and opening our hearts, to emerge at the end of the trip refreshed and renewed. The group will meet in Midland, Texas, on September 11. Information on clothing, equipment, and travel will be sent upon registration. $550

October 7–10
The Vertical Dance: A Yosemite Climbing Adventure

Dick Galland & Annie Callaway

During the days we'll play on the magnificent granite boulders and low

rock faces of the "Incomparable Valley." We'll learn basic movements, such as how to rappel and belay, building trust in our hands and feet and each other. Safety ropes will free us to experiment and to discover our inner heroes. We'll camp in organized campgrounds, cooking together over crackling fires and sharing the day's adventures. One night we will don our city clothes for dinner at the Ahwahnee Hotel, a Valley tradition for nearly 100 years. The weekend begins Thursday afternoon and ends Sunday afternoon at the Fresno airport. We travel by van to and from Yosemite. No previous camping or climbing experience is necessary. Complete information will be sent upon registration. $225

• MEDICAL PROGRAMS •

Esalen Institute — Approved Provider for Registered Nurses

The Board of Registered Nursing in the State of California has approved Esalen Institute as a provider of continuing education for registered nurses, provider number 01152.

The following programs are approved for registered nurses. See regular program listings for workshop descriptions.

May 9–14
Healing Rites and Ways
Susan Baldi, R.N. & Phillip Mac, M.D. — 30 hours

May 28–30
Therapeutic Touch in Care of Self and Others
Cookie (Arlene) Jurgens, R.N. & Lavaughan Wilson, R.N. — 10 hours

May 30–June 4
The Health Care Contract:
Structuring Clinical Relationship by Agreement
Jerry Green, J.D. — 30 hours

June 13–18
Massage for Health Professionals
Deane Juhan, Brita Ostrom
& Esalen Massage Practitioners — 30 hours

June 25–27
Medical Self-Care: The Role of Health Professionals
in Supporting Self-Provided Health Care
Tom Ferguson, M.D. — 10 hours

June 27–July 2
Healing: Rites and Ways
Phillip Mac, M.D. & Susan Baldi, R.N. — 30 hours

July 16–18
Food for Health
Joe D. Goldstrich, M.D. — 10 hours

July 25–30
Healing Contact
Jessica Britt, R.N. & Deborah Anne Medow — 30 hours

August 1–6
From Burnout to Personal Growth:
Increasing Effectiveness and Enjoyment in Work and Life
Elliot Aronson, Ph.D. & Ayala Pines, Ph.D. — 30 hours

August 6–8
Experiencing Esalen for Health Care Professionals
Coordinated by Jessica Britt — 10 hours

August 15–20
How to Heal Yourself: Tools for Optimum Health
Joe D. Goldstrich, M.D. — 30 hours

August 27–29
Why Me? Why Now? The Meaning of Disease
Jeff Kane, M.D. — 30 hours

September 3–5
Food for Health
Joe D. Goldstrich, M.D. — 10 hours

October 10–15
Massage for Health Professionals
Deane Juhan, Brita Ostrom
& Esalen Massage Practitioners — 30 hours

October 15–17
Stress Reduction: A Guide for Physicians
and Other Medical Care Personnel
Phillip Mac, M.D. — 10 hours

October 8, 1982–January 28, 1983
Holistic Health Four Month Residential Training Program
Coordinated by Polly Kirby, R.N. — 92 Hours

Esalen Institute — Approved Provider for Physicians

The California Medical Association has granted Esalen Institute Category I approval so that physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education.

The following programs are approved for Category I credit for physicians. See regular program listings for workshop descriptions.

June 13–18
Massage for Health Professionals
Deane Juhan, Brita Ostrom
& Esalen Massage Practitioners — 30 hours

June 25–27
Medical Self-Care: The Role of Health Professionals
in Supporting Self-Provided Health Care
Tom Ferguson, M.D. — 10 hours

July 16–18
Food for Health
Joe D. Goldstrich, M.D. — 10 hours

August 15–20
How to Heal Yourself: Tools for Optimum Health
Joe D. Goldstrich, M.D. — 30 hours

September 3–5
Food for Health
Joe D. Goldstrich, M.D. — 10 hours

October 10–15
Massage for Health Professionals
Deane Juhan, Brita Ostrom
& Esalen Massage Practitioners — 30 hours

October 15–17
Stress Reduction: A Guide for Physicians
and Other Medical Care Personnel
Phillip Mac, M.D. — 10 hours

October 3–29
Optimum Health
Joe D. Goldstrich, M.D. & Staff — 92 hours

October 8, 1982–January 28, 1983
Holistic Health Four Month Residential Training Program
Coordinated by Polly Kirby, R.N. — 92 hours

If you have any questions about Esalen's medical or nursing program, contact Polly Kirby, Esalen Institute, Big Sur, Ca. 93920.

· BIOGRAPHICAL INFORMATION ·

—A—

Maurica Anderson ..... regularly conducts psychodrama and support groups at various alcoholism treatment centers. She has co-led the Esalen High Sierra encounter for the past eleven years.
p. 16, 22, 24, 26

Walt Anderson ..... is a writer, political scientist, environmentalist, and longtime Esalen group leader. His most recent book is a history of Esalen, entitled *The Upstart Spring*.
p. 24

Anne Armstrong ..... has been doing transpersonal counseling for over 16 years and has trained professionals to use their own intuitive abilities.
p. 13, 22, 28

Jim Armstrong ..... a former engineer, is a life-long student of esoteric studies.
p. 13, 22, 28

Elliott Aronson ..... is a professor of psychology at the University of California, Santa Cruz. He has published over 60 articles on interpersonal relations and authored ten books, including *The Social Animal*.
p. 21

Angeles Arrien ..... is an anthropologist, a Basque folklore specialist, a tarot counselor, and on the faculty of the California Institute of Asian Studies.
p. 16, 23

—B—

Susan Baldi, ... R.N., is director of student health at Santa Rosa Community College.
p. 11, 16

Frank Barron ..... is professor of psychology at the University of California at Santa Cruz and author of several books, including *The Shaping of Personality* (Harper & Row, 1979).
p. 25

Lois Cammack Bateson, ... marriage and family counselor, student of Vedanta and Buddhist traditions, currently lives in the Zen community in San Francisco.
p. 19

Daniel Bianchetta ..... practices shiatsu, rebirthing, deep tissue massage, gestalt, and intuitive readings at Esalen. He has studied extensively with Swami Muktanada.
p. 25

Jessica Britt ..... is a registered nurse who is a student and practitioner of gestalt, Reichian, and wilderness approaches to well-being.
p. 11, 13, 17, 19, 22, 26

Charles Brooks, ... author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963.
p. 11

—C—

Peter Caddy ..... is the co-founder of the Findhorn Foundation, and is presently engaged in visiting and assisting in the link-up of communities, groups, and movements for the process of planetary transformation.
p. 25

Annie Callaway, ... professional wilderness guide, group leader, hatha yoga teacher, and writer, has been leading Esalen trips for several years.
p. 12, 14, 17, 25, 26, 29

Joseph Campbell ..... is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero With a Thousand Faces, The Masks of God*, and *Myths to Live By*.
p. 29

Anne Caple ..... is an editor with previous careers as homemaker and fiber artist; she is skillful in art processes and dreamwork.
p. 15

John Caple ..... is a college professor (with a previous career in business management), career counselor, and leader of seminars for industry.
p. 15

Fritjof Capra ..... is the author of *The Tao of Physics* and has written a new book, *The Turning Point*, published by Simon and Schuster, on which this workshop is based.
p. 17

Seymour Carter ..... has taught gestalt at Esalen and other growth centers in the United States and Europe for over 12 years, and is currently a teacher in residence at Esalen.
p. 14, 19, 26

Michell Cassou ..... is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of The Expressive Painting Studio in San Francisco.
p. 17, 25

Stanford Eugene Cates, ... a minister on sabbatical from his official duties in San Francisco, is in gestalt training with Paul Rebillot.
p. 12

Gordon Clanton ..... teaches sociology at San Diego State University and is the author of *Jealousy* and *Face to Face to Face: An Experiment in Intimacy*.
p. 15

Barbara Clemans ..... is a massage and movement specialist in private practice in San Francisco.
p. 21, 29

Stewart Cubley ..... artist and scientist, is co-founder of the Expressive Painting Studio in San Francisco.
p. 17, 25

Dale Cummings ..... MFCC and certified Radix® teacher, is in private practice at the Radix® Center in Santa Monica, and is also a trainer for the Radix® Institute in Ojai.
p. 13

—D—

Bob Doppelt ..... has been a river guide since 1967, and is a licensed guide in Idaho, Oregon, Utah, and Wyoming.
p. 23

François Duquesne ..... is the executive director of the Findhorn Community in northern Scotland, and an educator and writer on the themes of personal and planetary transformation.
p. 15

Joel Dweck ..... formerly a physicist and freelance builder, is a certified Radix® teacher in private practice in Santa Monica, California.
p. 29

Ken Dychtwald, ... psychologist and international consultant, is the author of *Bodymind, Millenium: Glimpses into the 21st Century*, and *The Aging of America* (forthcoming).
p. 27

—E—

Catherine Elber ..... is one of the first and few people in the world teaching t'ai chi chih. She has taught at Esalen since 1975.
p. 24

Victoria Elliot, ... an Esalen trustee, is vice president of Norman H. Gershman Consultants, executive recruiters and management consultants to the securities business.
p. 29

—F—

Tom Ferguson, ... M.D., is editor of the *Journal of Medical Self-Care*, medical editor of the *Whole Earth Catalog/Co-Evolution Quarterly*, and editor of the book *Medical Self-Care: Access to Health Tools*.
p. 15

Joan Fiore, ... an Esalen trustee, practices and teaches gestalt, encounter, self-reparenting, and self-repairing on a group and individual basis.
p. 11, 12, 14, 21, 24, 25, 27

Jerry Fletcher ..... is president of Manifest International, a Berkeley-based training and management consulting firm specializing in assisting individuals and organizations to reach high levels of performance.
p. 18

—G—

Dick Galland ..... was the founding director of the Southwest Outward Bound School. He designs and guides wilderness programs for individuals, schools, and corporations.
p. 12, 14, 17, 26, 29

Charles Garfield, ... clinician, consultant, researcher, and writer on impro . ing human performance, reducing job stress, and preventing burnout, is author of *Stress and Survival*.
p. 26

Merri Goldenson (Devarani) ..... is a chiropracter, certified Radix® teacher, Bates vision instructor, and masseuse.
p. 15, 26

Joe D. Goldstrich, ... past national director of education and community programs for the American Heart Associaiton, is a physician and author specializing in nutrition and preventive medicine.
p. 18, 23, 25, 29

Jerry Green ..... is an attorney specializing in medicine and holistic health practices.
p. 13

Andre Gregory ..... is co-author and star of *My Dinner With Andre*, creator of the Manhattan Project, and director of it's world famous production of *Alice in Wonderland*.
p. 29

Christina Grof, ... hatha yoga teacher and student of Swami Muktananda, has special interest in the kundalini process and the problem of "spiritual emergency." She is co-author of *Beyond Death*.
p. 16, 18, 19, 22, 24, 26

Stanislav Grof, ... psychiatrist with over twenty years' experience in consciousness research with and without psychedelics, is the author of *The Human Encounter with Death* and *LSD Psychotherapy*.
p. 16, 18, 19, 22, 24, 26

—H—

Don Hackett ..... has spent many years exploring various healing methods. He has backpacked to the Sierras, Cascades, and Himalayas.
p. 24

Susan Hackett ..... has had many years of wilderness experience. She is an artist and student of gestalt who works with elderly and disabled adults
p. 24

Anna Halprin, ... founder of the San Francisco Dancers' Workshop and co-founder and teacher at the Tamalpa Training Institute in Marin County, is the author of *Movement Ritual I* and *Collected Writings*.
p. 15

Rana Halprin-Vassau ..... presents the "Halprin Method" in private practice in Santa Fe, New Mexico, teaching Movement Ritual I and Dance Explorations.
p. 15

Betsy Hand ..... trained with Virginia Satir and was on the resident staff of the Gestalt Institute of Canada. She is in private practice in Kentfield, California.
p. 16, 26

Michael Harner ..... is an anthropologist whose books include *The Way of the Shaman: A Guide to Power and Healing*, *Hallucinogens and Shamanism*, and the novel *Cannibal*, which he co-authored.
p. 24

Steven Harper, ... an instructor/guide for mountaineering and outdoor schools, has returned from a year long journey in the Himalaya and Africa.
p. 8

Tom Hayden ..... chairs the California Campaign for Economic Democracy. His latest book is *The American Future*.
p. 25

Nick Herbert ..... is an independent researcher in the foundations of physics. He is currently interested in Bell's Theorem and its applications to ordinary life.
p. 21

Gottfried Heuer, ... a neo-Reichian specialist at the Gerds Boyesen Institute for Biodynamic Psychology in London, studied hypnosis in Vienna and is a published author on the subject.
p. 18

Al Chung-liang Huang ..... is the founder-president of *The Living Tao*, an international learning/sharing network with ongoing t'ai chi dance workshops, and author of *Embrace Tiger, Return to Mountain*.
p. 23

Robert Hunt ..... is a family and child psychiatrist on the faculty at Yale University.
p. 22

—J—

Galvin Jackson ..... is a counseling consultant, teacher, lecturer, and writer.
p. 18

Sharon Jeffrey, ... tarot-symbology consultant, teacher, lecturer, and writer, has a business consultant firm in San Francisco, S.R. Jeffrey & Associates.
p. 16, 23

Michael Joyce, ... a somatologist and Feldenkrais teacher in private practice in Reno, Nevada and Dutch Flat, California, has written articles on the physiological learning process.
p. 28

Deane Juhan, ... a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.
p. 14, 21, 29

Arlene (Cookie) Jurgens, .. R.N., M.N., and nursing educator, is a member of the board of trustees of the Nurse Healers Professional Association, Inc.
p. 12

—K—

Jeff Kane, ... a physician, is founder of the Center for the Art of Healing in Moraga, California. His main interest is in the philosophy of self-health.
p. 24

Sam Keen ..... is an explorer of inner space, a psychonaut and philosopher, editor of *Psychology Today*, author of *Apology for Wonder*, *To a Dancing God*, *Beginnings Without End*.
p. 11

Kenneth Kelzer ..... works as a transpersonal educator in Marin County and has been teaching classes on dreams for over ten years.
p. 15

Harry Kent, ... professional mountain guide from Colorado, has climbed and taught extensively in the Alps, Rockies, and Yosemite.
p. 17

Jeffrey Kent, ... an ongoing student and practitioner of gestalt, uses methods drawn from encounter and Reichian emotional release work.
p. 8, 11, 12, 14, 17, 21, 24, 25, 27

Ali Akbar Khan ..... is a master performer of sarod, and founder of the Ali Akbar Khan College of Music in Calcutta, India, and San Rafael, California.
p. 16

Clair Killen, ... a certified Radix® teacher and former resident teacher at Esalen, has been working with cancer patients and building his home in Oregon.
p. 14

Polly Kirby ..... is a registered nurse and certified acupuncturist who is presently living at Esalen, where she is working toward integrating traditional and alternative healing modes.
p. 29

George Kohlrieser ..... is director of Shiloah, Center for Human Growth in Dayton, Ohio, where he works with individuals, families, and groups.
p. 20

Helga Kraft, ... longtime Esalen resident, is a student and practitioner of gestalt and sensory awareness.
p. 17

John Krysko ..... is a New York based psychic, specializing in business and stock market consultation. He also does personal and pastoral counseling.
p. 22

—L—

Benj Langdon, ... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.
p. 11, 16, 25

Timothy Leary ..... is a philosopher and scientific optimist.
p. 18

Dub Leigh ..... is a humanist counselor, an advanced Rolfer®, and a practitioner of both Feldenkrais and Trager methods.
p. 28

George Leonard, ... author of *Education and Ecstasy, The Transformation, The Ultimate Athlete,* and *The Silent Pulse,* holds a black belt in aikido, from which he derives his present work.
p. 14, 21, 28

Howard Levene, ... a Jungian analyst practicing in the Bay area, is chairman of the curriculum committee of the C.G. Jung Institute in San Francisco.
p. 17

Ruth Leveton, ... co-founder of Medicine Way, Inc., is a wilderness instructor for U.C. Santa Cruz Extension, leader for Rites of Passage, and student of biology and environmental studies.
p. 13

Peter Levine ..... has practiced and taught Reichian body work for many years. He is currently working on three books in the area of stress, resolution, and Reichian vegito therapy.
p. 16

Antionetta Lilly, ... trustee of the Human/Dolphin Foundation and president of Human Software Corporation, was trained as a counselor and artist, and designs environments to live and work in.
p. 19

John Lilly ..... is a teacher and scientist. His books include *The Center of the Cyclone* and *Simulations of God: The Science of Belief* (May, 1975).
p. 19

Elisa Lodge ..... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf®-movement integration.
p. 12, 14, 24, 25, 26

DeeDee Lozier ..... is a Feldenkrais practitioner who studied with Moshe Feldenkrais in the United States and Israel.
p. 28

Nancy Kaye Lunney, ... a gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, and does individual as well as group work at Esalen.
p. 14, 17, 29

—M—

Phillip Mac ..... is a board certified family physician who has trained family physicians and physicians' assistants. His special interest is the health and ill health of health care providers.
p. 11, 16, 29

Ma Prita (Laura DeNuccio), certified Radix® practitioner, combines Reichian body work, emotional release, gestalt practice, Bates vision improvement, and other approaches in group and private instruction.
p. 18, 22, 26

Joanne Martin ..... is a counselor in private practice who specializes in imagery and energetic processes.
p. 16

Marilyn Mason, ... founder/director of the Wilderness Learning Institute in Minneapolis, is a family and sex counselor in private practice.
p. 12

Esalen Massage Practitioners include Lila Daniels, Peggy Morrison Horan, Deane Juhan, George King, Lars Larson, Bill Liles, Deborah Medow, Jane Miletich, Dianne Sue Miller, Laurie Muller, Brita Ostrom, and Vicki Topp.
p. 11, 13, 14, 15, 19, 22, 24, 25, 26, 29

Rollo May ..... is the recipient of ten honorary degrees and author of *Love and Will* and *Freedom and Destiny.*
p. 12

Edie McClurg ..... is an actress/comedienne/writer who has created improvisational characters on the "The Richard Pryor Show," "The David Letterman Show," and "The Merv Griffin Show."
p. 28

Deborah Medow, ... Esalen masseuse and group leader for many years, teaches ashtanga yoga, massage, creative movement, and related healing disciplines directed toward rechanneling and balancing energy.
p. 18, 19, 24

Emmett Miller, ... physician, musician, poet, and dancer, works with hypnosis, meditation, imagery, music, and movement. His books describe selective awareness, the approach he originated.
p. 13, 26

Sandra Ferreira Miller ..... has been a bodywork and massage practitioner and instructor for many years, incorporating shiatsu, acupressure, Tragering, and other approaches.
p. 13, 26

Fred Moore ..... teaches in the graduate counseling program at Sonoma State University, is supervising psychologist for Azure Acres alcoholic treatment facility, and maintains a private practice in Rohnert Park, Ca.
p. 16

Tom Moore ..... has co-led the Esalen High Sierra encounter for the past two years, and is currently a resident member of the Harbin Community.
p. 22, 26

Christian Murphy, ... a counselor in private practice in New York City, is a professional actress currently starring in the all-improvised play, WINNERS!
p. 18

—N—

Bruce Neeb, ... a long term resident of Esalen, is experienced in gestalt, bioenergy, and encounter.
p. 29

The NINE ..... describe themselves as "giant reflectors of your selves, gestalt practitioners, marriage counselors —pure energy of emergent quality available to all." They are the center of the Esalen Paranormal Intelligence Project.
p. 28

—O—

Jenny O'Connor ..... is a psychic from England, and is a channel for "The NINE."
p. 28

Daniel O'Hanlon ..... is a Jesuit priest and theologian who has had extensive experience with meditation practices in India, Sri Lanka, Thailand, and Japan.
p. 25

James Oldham, ... author of *Risking Being Alive,* and founder of the Gestalt Institute of Melbourne, is presently working in theater and dance with Anna Halprin.
p. 22

Wendy Oser ..... is founder and director of Video Feedback Service of Berkeley, specializing in transpersonal, professional, and presentational applications of video, and creator of *Video Insight.*
p. 19

Brita Ostrom, ... a longtime Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.
p. 14, 29

—P—

Elaine Pagels, ... author of *The Gnostic Gospels*, is professor of religion at Barnard College, Columbia University.
p. 11

Heinz Pagels, ... president of the New York Academy of Sciences, author of *The Cosmic Code*, professes physics in New York City.
p. 21

John Pierrakos, ... student of Wilhelm Reich, is the executive director of the Institute for the New Age, and is in psychiatric private practice in New York City.
p. 19

Ayala Pines ..... research associate in the psychology department, U.C. Berkeley, is the author of *Experiencing Social Psychology* and *Burnout: From Tedium to Personal Growth*.
p. 15, 21

Prem Das ..... completed a six-year apprenticeship with don Jose Matsuwa and is the founder and director of Mishakai, Center for the Study of Shamanism, Covelo, California.
p. 20

Hector Prestera, ... a physician, acupuncturist, Rolfer®, certified neuro-linguistic trainer, and practitioner of Ericksonian hypnotherapy, is in private practice in Monterey.
p. 17

Christine Price ..... combines gestalt practice with creative visualizations and body meditations.
p. 8, 11, 14, 26

—R—

Paul Rebillot ..... was founding director of the Gestalt Fool Theatre Family in San Francisco and has been a resident group leader at Esalen.
p. 12

Nancy Rosanoff ..... pioneered Strategies for Creative Living through personal counseling and workshop formats. She also conducts in-house corporate seminars on creative thinking and creative collaboration.
p. 22

Andrea Rosenberg ..... is an Esalen deep tissue and massage practitioner, has trained with Anna Halprin, and currently conducts Esalen community classes in stretch/exercise, aerobics, and dance.
p. 8, 21

Jack Rosenberg, ... author of *Total Orgasm*, has trained in gestalt and Reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.
p. 12, 25

Theodore Roszak ..... is professor of humanities at San Francisco State University and author of *The Making of a Counterculture, Where the Wasteland Ends, Person/ Planet, Unfinished Animal*, and his first novel, *Bugs*.
p. 16

Gabrielle Roth ..... is the creator of the Moving Center method of catalyzing natural movements. She lives on the east coast, where she directs and performs with her own theater/dance company.
p. 25

Ilana Rubenfeld ..... is the originator of her own integration called "gestalt synergy." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.
p. 21

Anne Ruderman, ... a Certified Radix® teacher and clinical social worker, is in private practice in Santa Monica, California.
p. 29

Rutuima, ... Prem Das' wife and don Jose's brother's (don Carlos') granddaughter, is a mother and teacher of Huichol.
p. 20

—S—

David Schiffman ..... is currently a leader in residence at Esalen, where he is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being.
p. 12, 14, 19, 20, 23, 24, 27, 29

Will Schutz ..... is director of the Center for Holistic Studies, Antioch University, San Francisco, and author of *Elements of Encounter* and *Profound Simplicity*.
p. 17

Alan Schwartz ..... is a college professor and gestaltist in private practice in New York City. His latest article in print is "The Human Energy System and Spirituality."
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Julian Silverman, ... an Esalen trustee, is director of counseling and psychological services at U.C. Santa Cruz.
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David Silverstein ..... is a hypnotherapist and neo-Reichian practitioner in private practice in Berkeley.
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Harry Sloan, ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Robert Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 14, 15, 22, 27

Fritz Smith ..... is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is in a private practice of holistic health in Watsonville, California.
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Gerald Smith ..... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*.
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Huston Smith, ... born and raised in China, is professor of philosophy and religion at Syracuse University, and author of *The Religions of Man* and *Beyond the Post-Modern Mind*.
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Kendra Smith, ... a psychiatric social worker, is a graduate of Nyingma's human development program, and has published on Japan's Morita therapy and Buddhist Psychology.
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Joan Steffy ..... has developed her abilities as a counselor, psychic, and medium through methods learned in Europe, Brazil, and the American shamanic tradition.
p. 17, 26

Annie Styron ..... is an associate director of Wellness Associates of Mill Valley, California, where she teaches workshops and classes in energy awareness and its application to wellness.
p. 14, 21, 28

Gael Switzer ..... is a Rolfer® and teacher of Rolfing®-movement integration. She has studied movement with Judith Aston.
p. 19, 24

—T—

Susan Tanner ..... is an actress, director, and teacher of improvisational theater. She is based in Los Angeles and affiliated with the Living Stage Company in Washington, D.C.
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Rick Tarnas ..... is completing a book on astrology to be published later this year.
p. 11

Vicki Topp ..... joined the Esalen massage staff in 1968, and is currently interested in integrating emotional release work and the transpersonal aspects of body work.
p. 24

—V—

Frances Vaughan ..... is a transpersonal psychologist in private practice in Mill Valley, Ca., professor of psychology at the California Institute of Transpersonal Psychology, and author of *Awakening Intuition*.
p. 11

—W—

Roger Walsh ..... is a psychiatrist on the faculty of the medical school at U.C. Irvine and author of *Towards an Ecology of Brain*.
p. 11

Judyth Weaver, ... student of oriental culture and healing, authorized teacher of t'ai chi, has a private practice in Reichian work, and is on the faculty of California Institute of Integral Studies.
p. 18, 24

John Wellwood ..... is a counselor and teacher, and author of a new book on relationships, *Passion and Surrender: The Challenge of Modern Relationships.*
p. 16

Lavaughan Wilson ..... is a registered nurse, nursing educator, and practitioner and teacher of therapeutic touch.
p. 12

Jenny Windsor, ... a registered nurse whose experience has been mainly in oncology, a licensed boat captain. She is building a house with her husband.
p. 14

—Y—

Alan Young ..... is a spiritual healer in private practice in Carmel, California, and the author of a recently published book, *Spiritual Healing: Miracle or Mirage?*
p. 26

—Z—

John Zeigler ..... is a counselor with individual and group practice in New York City. His all-improvised audience participation Off-Off Broadway play WINNERS! combines theater and gestalt.
p. 18

Janet Zuckerman ..... has been on the teaching staff at Esalen for more than seven years. Her work includes gestalt practice, encounter, and emotional release work.
p. 8

Friends of Esalen

We invite you to join us in our organization—Friends of Esalen

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive regular mailings of the Esalen catalogs. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

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☐ To obtain future issues of the Esalen Catalog and occasional mailings for one year, please send a check or money order in **U.S. currency only** to: Esalen Institute, Big Sur, Ca. 93920.
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

☐ Please send a complimentary copy of the Esalen Catalog to the person listed below:

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

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Recipes and Artwork from the Esalen Community

Food for the Senses

a book of recipes and artwork by people of the Esalen community is now available. To order by mail, use the following form.

Please send me _____ copies of **Food for the Senses** at $5.95 each, plus an additional $1.20 per book for postage and handling, or a total of $7.15 (California residents add $.35 tax.) I am enclosing a total of $_____.

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Please mail to: **Food for the Senses**, Esalen Institute, Big Sur, Ca. 93920. Make checks payable to Esalen Institute. Allow 6 weeks for delivery.

The Media Center

The Esalen media center has produced two audio-visual presentations. They are entitled:

Esalen—An overview of Esalen, its history and the growth of its workshops, projects, and people.

The Ritual of Birth—A 17 minute audio-visual presentation of a home birth, a blessing way ceremony honoring the birthing family, and images of the children from the Esalen community.

The Esalen Media department is establishing a photographic archive of Esalen's history. We need slides and black and white photographs from the 60's and 70's. Persons interested in contributing may send either originals or copies. All slides and photographs will be returned to donors who enclose self-addressed, stamped envelopes. This is an opportunity for photographers to share their memories of Esalen as captured by camera. Please send slides and photographs to Esalen Media Department, Esalen Institute, Big Sur, Ca. 93920. All contributions will be appreciated.

Films & Tapes

Tape Recordings of Human Potential Programs

The human potential movement continues to have unusual events which in turn produce unusual recordings. Each issue of the Esalen Catalog lists a number of new titles and also includes some from the Big Sur Recordings archives. Nearly all tapes are stereo, from live events, and tape length is normally 1 to 1½ hours. These recordings are available on cassettes only. Single tape titles are $9 with check or money order ($10 by purchase order):

Stanislav Grof: *ABC's of Psychiatry*
Stanislav Grof: *Introduction to Spiritual Emergency Work*
John C. Lilly: *Births, Brains, and Beings*
Albert Hofmann: *LSD and The Nature of Reality*
Anna Halprin: *Movement Ritual — Tape I*
Emmett Miller: *Healing Journey*

Ken Dychtwald: *Strategies for Stress Management*
David Schiffman: *Group Process: Maps of Consciousness*
Reb Andersen: *Zen*
Jack Kornfield: *The Sword of Wisdom*
Frank Barr: *On the Evolutionary Bio-Process*
Joe D. Goldstrich: *Nutritional Systems and Belief Syst*

Fritjof Capra: *Turning Point: Shifting Paradigms*
Willis Harman: *Alternative Futures*
Theodore Roszak: *Personal Transformation thru History*
Roszak & Thompson: *Cultural Transformation in the 80's*
Wm. Irwin Thompson: *On the Evolution of Human Culture*
Thompson & Roszak: *Political Transformation*

Rollo May & Daniel Ellsberg: *Good and Evil*
Linus Pauling: *Vitamin C and Cancer*
Andrew Weil: *Altered States Without Drugs*
Ram Das: *Hang on Tightly; Let Go Lightly*
James Fadiman: *Sufi Stories*
Sam Keen: *An Erotic Psychology*

Two-tape titles are $16 with check or money order ($18 by purchase order):

Robert Bly: *(2) An Evening with Robert Bly at Esalen*
George Leonard: *(2) Energy Awareness & Transformation*
Anne & Jim Armstrong: *(2) A Psychic Training Program*
Sam Keen & Rick Carlson: *(2) The Politics of Healing*

Stanislav Grof: *(2) The Birth Trauma*
Jean Houston: *(2) The Possible Human*
Angeles Arrien: *(2) The Egyptian Tarot*
Paul Rebillot: *(2) The Hero's Journey*

Please add $2 to your order for mailing. California residents include 6% tax. Please mail order with check payable to: WORKSHOP CASSETTES, Hot Springs Lodge, Big Sur, California 93920. Suggestions regarding recordings are appreciated.

The Dolphin Series: (complete sets in vinyl albums)

Fritjof Capra: *Mind, Matter & Consciousness* (4 tapes, 6 hours) $40 with check or money order ($44 by purchase order)
Stanislav Grof: *Nature, Mind & Consciousness* (4 tapes, 6 hours) $40 ($44)
Jack Kornfield: *The Art and Practice of Buddhism* (4 tapes, 5 hours) $40 ($44)
Julian Silverman: *Structural Basis of Body Work* (4 tapes, 5 hours) $40 ($44)

Emmett Miller: *Self-Hypnosis and Personal Development* (7 tapes, 8 hours) $60 ($66)
Fritz Perls: *The Perls Encounter: A Complete Weekend Seminar* (6 tapes, 8 hoursns) $60 (66)
Ruthy Alon: *Awareness Through Movement: The Feldenkrais Method* (6 tapes, 12 lessons) $60 (66)
Andrew Weil: *Integrated Consciousness and Health* (6 tapes, 6 hours) $60 ($66)

Moshe Feldenkrais: *Awareness Through Movement: The Feldenkrais Method* (6 tapes, 10 lessons) $72 ($80)
Heinz Von Foerster & John Lilly: *Meta-Language* (6 tapes, 7 hours) $72 ($80)
Ken Dychtwald: *Bodymind Health, Longevity, and Optimal Performance* (6 tapes, 7 hours) $72 ($80)
Joseph Campbell: *Psyche and Symbolism* (8 tapes, 10 hours) $72 ($80)
Julian Silverman: *Commentaries on A Course In Miracles* (8 tapes, 10 hours) $72 ($80)

Jack Rosenberg: *Sustained Integration: Body, Self & Soul* (8 tapes, 10 hours) $80 ($88)
Joseph Chilton Pearce: *Insight and Ecstasy* (8 tapes, 11 hours) $80 ($88)
Buckminster Fuller: *The Pajaro Dunes Tapes: A Weekend Seminar* (8 tapes, 12 hours) $80 ($88)
Esalen 1979–1980 *Stress and Caring Conferences* (10 tapes, 14 hours) $80 ($88)
Joseph Campbell: *World Mythology and The Individual Adventure* (10 tapes, 15 hours) $80 ($88)

Please add $2 to your order for mailing each vinyl album set ($4 if you wish priority mail). California residents include 6% tax. Please address order with check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Gregory Bateson Archive Tapes: "The Informal Esalen Lectures" (1975–1980)

This recorded series of informal talks on twelve tapes is now part of Gregory Bateson's estate. Radio broadcast, transcription, or publication of material from the tapes is expressly forbidden without prior permission from the estate. The complete set may now be purchased in two equal parts: Part I or Part II may be ordered separately (6 tapes each) for $60 ($66 by purchase order). Either set of six tapes will come in a vinyl album accompanied by a summary of contents of all twelve, for reference, plus additional pages. For Parts I & II combined in one order, send $98 ($108 by purchase order). Please add $2 for mailing ($4 if you wish priority mail). In California include 6% sales tax. Please write check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Recordings from the Early Years

A 32-page catalog of tape recordings from the human potential movement, including the early years of Esalen's history, is available for $2 from: BIG SUR RECORDINGS, PO Box 91, Big Sur, California 93920. Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others, are available from PSYCHOLOGICAL FILMS, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write HARTLEY PRODUCTIONS, Cat Rock Road, Cos Cob, Connecticut 06807. A film or video cassette of Al Huang's work, entitled *Tai Chi: The Watercourse Way*, is available through KLB PRODUCTIONS, 490 Redwood Road, Corralitos, California 95076. Regarding the forthcoming documentary on Gregory Bateson, address inquiries to *The Pattern Which Connects*, PO Box 8, Forest Knolls, California 94933 — Phone (415) 488-0135.

· RESERVATION INFORMATION ·

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $200 for two-week groups, $300 for three- week groups, and $400 for month-long groups, payable in U.S. currency only. Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt.

Please mail all reservations to: Reservations, Esalen Institute, Big Sur, Ca. 93920

Reservations by Telephone: You may make reservations by phone if you use your Mastercard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335

Office Hours:
Monday, Tuesday, Thursday, and Saturday 9 to 3
Wednesday 9 to 12 Noon
Friday 9 to 8 PM
Sunday 12 Noon to 8

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The price of a weekend workshop will be $165, and a five-day will be $340. Discounts are available only when you make your reservations. Please present proof of age when you register.

Scholarship Information: If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June15–September 15 programs or for weekend programs.

Ongoing Residence Program: Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $1600 per 26-day period.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $55 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $70 per day, or $105 per day per couple. Please phone the office for additional information.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen. Esalen limousine service is not available at any other time.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

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Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See Reservation Information, page 42.)

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Telephone Number: Day: Area Code ( ) _____ Evening: Area Code ( ) _____

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend: _____ ☐ housing as a couple

Check whether this workshop will be held in Big Sur ☐ or as a Wilderness Program ☐

Do you smoke? _____

Limousine Service:
I want limousine service from (check one):
_____ Monterey Airport
_____ Monterey Greyhound Bus Station
at 5:00 p.m. on _____ (date of arrival, Fridays and Sundays only)

The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us. Esalen limousine service is not available at any time other than 5 p.m.

License Number:
(for registered nurses wanting CEU's) _____ (for physicians wanting CEU's) _____

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Reservation Fee

Total amount enclosed: $ _____
Your reservation can be charged to:
MasterCard ☐ Visa ☐ American Express ☐

Card No. _____

Expiration date _____

Checks payable to Esalen Institute.

Payments: All workshops require nonrefundable reservation fees. See page 42. The balance of program fees becomes payable at the time of check-in.

U.S. currency only, please.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

THE ESALEN CATALOG

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting, and research.

Esalen Institute
Big Sur
California 93920
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Kathy Thormod

"Contact is the appreciation of differences"
Fritz Perls

The Perinatal Period:

Joyce Rogers-Lyke

Interface of Biology and Behavior

This is the description from *Brain/Mind Bulletin* of a five day invitational conference held at Esalen in December, 1981. The two dozen participants included specialists in neurobiology, neuroendocrinology, neuropsychology, anatomy and physiology, obstetrics and gynecology, clinical psychology, hypnotherapy, psychiatry, and philosophy.

We are not born all at once. Birth is more than the physical contractions of the uterus and the propulsion of a fetus from womb to world. Each birth is a continuum of physical and psychological events that begin during gestation and continue through a period of postnatal bonding.

Viewing childbirth within such a "perinatal continuum" was recently proposed at an Esalen conference as a positive alternative to the conventional delivery-room perspective. Equating birth with labor tends to define it as a painful trauma fraught with danger to the well-being of mother and infant.

In the larger perspective of this perinatal continuum, conference co-organizer Peter Levine said, the stress of delivery can be anticipated, lived, and remembered as a positive transformational experience for both mother and child.

The conference frequently focused on birth from the baby's perspective and examined the medical profession's tendency to view birth pathologically.

The stress of birth. Obstetrician Jeffrey Babbitt of Kaiser Hospital, Oakland, described the first five minutes of life. The newborn must clear its lungs of amniotic fluid and redirect its blood flow both to the lungs and to the liver. At the same time, it must accommodate its sudden emergence from a secure, enfolding environment into unbounded surroundings, unfamiliar motions, body positions, handling and other sensations.

The changes are stressful, conferees agreed, but they need not be injurious. "It is not birth that is traumatic," said psychophysiologist Lewis Mehl, "but *traumatic* birth that is traumatic."

Traumatic births are increasing unnecessarily, said Suzanne Arms of the Berkeley (Calif.) Birth Center. The increase of Caesarean births from five per cent in 1970 to 15 percent in 1978 involved mostly healthy, full- term babies of white middle-class mothers, she said. The Caesarean birth rate for obviously 'at-risk' babies of less-well-to-do mothers has not greatly increased.

Potential physical risks to the newborn include brain and central nervous system damage from instrument deliveries and oxygen deprivation from a constricted umbilical cord. Potential psychic risks include the experience of suffocation and lack of emotional support.

Suffocation fear. Blockage of oxygen supply, the most common birth trauma, invokes the greatest of human fears—suffocation. Psychotherapist Stanislav Grof suggested that the unconscious 'castration fear' of Freudian psychology may relate to the cutting of the umbilical cord rather than to potential danger to the genitals.

The first stage of birth is the most unpleasant for the fetus, Grof said. "It's in a 'no- exit' situation when the uterus begins contracting and the cervix is not yet open."

Thousands of Grof's patients in LSD and other therapies have 'relived' the suffocating no-exit trauma of the birth experience. Hypnotic regression also can activate such memories.

For some people, Levine observed, the no-exit birth phase is the "biological root of resignation," the basis for their feeling that "nothing I do makes a difference."

Deprivation of the newborn's emotional needs also can be traumatic, even to the point of disrupting the infant's neuroendocrine proceses, Levine said. But positive emotional support can prevent or offset the effects of other birth trauma.

Self-fulfulling prophecy. "The consensus reality that birth is difficult creates difficult birth situations," John Lilly observed. This

is part of a larger problem in which "almost all of our understanding of neurological systems is based on neuropathology and not on dynamic living tissue."

This self-reinforcing view of birth as an emergency is reflected in the tendency of nurses to have complicted pregnancies and difficult births, Arms said, and in physicians' encountering the obstetrical complications they most fear.

When birth complications were no longer discussed in an ongoing class for expectant mothers, Berkeley therapist Gayle Petersen said, their occurence decreased.

A study cited by psychobiologist Michael Leon, University of California-Irvine, determined that "the most important variable in prenatal classes was the positive enthusiasm of the presenter, no matter who it was or how highly trained."

The birth environment. "A woman becomes increasingly hypersuggestive as pregnancy progresses," commented San Francisco gynecologist David Cheek, "and she receives many negative inputs from the medical system."

Excessive use of drugs was criticized by many. "It's more scary for the newborn when the mother is not conscious," Mehl said. When the mother is drugged, Arms noted, the tissue around the baby feels dead.

To the extent that infants are directly affected by drugs, Grof said, "we may be programming a drug-dependent society by giving newborns a cellular memory of countering stress with drugs."

Birth and intrauterine experiences that threaten a baby's well-being persist in memory. Judging from a growing body of research, it appears they can have a lasting influence.

Under the influence of hypnosis and psychotropic drugs, many people have recalled prenatal and birth experiences that related to current physical and psychological problems: headaches, respiratory disorders, phobias, depression, anxiety. Recalling the experiences frequently relieves or eliminates the symptoms.

A client of San Francisco therapist Jack Downing 'relived' a painful fetal memory of rejection while under hypnosis. The memory: When his mother said she was pregnant, her husband was upset and wanted her to get an abortion. He said, "I've been saving to buy a Chrysler." A bitter argument ensued.

The client related his current feelings of insecurity to the father's rejection. But he found the memory hard to believe because his parents had never argued in his presence. When he questioned they reluctantly acknowledged the incident. The confrontation had so upset them that they agreed never to argue again.

Fetal perception of such events is taken very personally, Downing said. "The knowledge involved in such pre-natal conditioning is extremely literal."

Head pain is frequently associated with birth trauma, said gynecologist David Cheek. Patients' hypnotic recall of painful pressure to the head during birth is often enough to eliminate symptoms of chronic headache, including migraine.

Cheek's patients commonly relate their reported birth experiences to present moods and behavior patterns. Many patients with asthma and emphysema were nearly suffocated during birth.

Ability to recall the details of one's birth under hypnosis is uncanny, Cheek said. His patients can correctly indicate which arm freed first during delivery and which way the head turned as it emerged. He has verified the accuracy of such reports by checking them against obstetrical notes made during delivery.

The Esalen conferees discussed several remedies and preventive measures:

Renegotiating memory. "Memories can be negotiated," Grof said. "If you consciously reconstruct and complete your experience of a physical trauma, you can be rid of its psychological effects."

Reliving traumatic birth memories, he said, may at some point feel like suicide, but it also can free one from the fear of death.

Resetting the nervous system. Fetal deprivation of oxygen, according to conference co-organizer Peter Levine, tends to disorganize the autonomic nervous system, reducing its ability later to cope with stress. This deficit can be remedied via repeated short inhalations of carbon dioxide.

The resulting oxygen deprivations perturb the nervous system slightly, so it tends to rebound to a higher 'set point' for stress response. The therapy also is effective in overcoming nervous-system dysfunction from other insults.

Levine warned against over-generalizing birth trauma. "Some—perhaps many—babies do not experience suffocation at birth."

Changing attitudes. "Many mothers are worried that birth will be traumatic for their child," said California psychophysiologist Lewis Mehl. Cheek said a link may exist between such anxiety and spontaneous abortions. Using hypnosis to determine the unconscious attitudes of expectant mothers, Cheek discovered that many have great fear for themselves or their babies.

Habitual aborters have troubled sleep, Cheek said. Their dreams provide clues to the specifics of their fear, which can then be resolved during counseling or hypnotherapy.

Conscious gestation. Positive imaging of the birth experience for both mother and baby can prevent or minimize birth trauma, according to several conferees. "What we imagine and dream in our hearts, we create in our subsequent experience," Mehl said. "A healthy fantasy in advance can compete with contrary experience."

Mehl, Downing and therapist Ian McNaughton stressed the importance of 'conscious gestation' in which parents communicate directly to the fetus. (See book reviews in *Brain/Mind Bulletin*, Sept. 14, 1981, for a discussion of fetal sensitivity to sound and its psychological overtones.)

In addition to assuring the fetus of parental love, concern and joyful anticipation of its birth, the pregnant woman also can provide specific communications. Thus if she becomes upset with her partner, McNaughton said, she can assure the unborn child, "It's all right, I'm not mad at you."

Professional sensitivity. Physicians' attitudes toward childbirth also must change, said conference co-organizer Stephan Porges. "Documenting the existence of long-term memory of the birth experience would change the way birth takes place."

Currently, Porges said, newborns are believed to have no memory for procedures that give physical or psychological trauma. Thus, for example, circumcision is performed without analgesia. "Physicians would certainly use analgesia if they thought the baby's pain was unconsciously remembered with potentially longterm consequences."

Porges cited professional arrogance of doctors as another source of insensitivity to the newborn's experience.

"Because we live in a period of high technology, we have arrogantly assumed that we also live in a period of wisdom. But anyone at the top of his field realizes how little is known."

Physicians often are familiar only with research of the preceding decade, he said. "The medical profession needs to research the history of its own science instead of assuming that what we know today is all there is."

In looking back, he added, the profession would rediscover a more humane attitude toward facilitating the birth process.

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MAPPING OUT THE LUCID DREAM

An Interview with Stephen LaBerge

That we sometimes become aware that we are dreaming while we are dreaming has been known at least since the time of Aristotle. But as a field of study, lucid dreaming is relatively young and largely unexplored, having been relegated to the closets of hallucination, day-dreaming, and the occult by many sleep researchers.

Stephen LaBerge is a pioneer in the effort to bring lucid dreaming into a more central arena of consciousness research. His work at Stanford University's Sleep Research Center is helping to put lucid dreaming on the map as an important approach to the development of human capacities. As a preview of his December 17–19 seminar at Esalen, Keith Thompson engaged LaBerge in a conversation about his research and asked him to speculate on the significance of lucid dreams for probing the mysteries of the psyche.

Thompson: Lucid dreaming is only beginning to be appreciated as a new frontier of consciousness. Why should it be studied? What are its potentials?

LaBerge: Lucid dreams allow the private language of dreams to be studied scientifically. For the first time we're able to verify that people actually have the experiences they say they have. Because lucid dreamers can remember to perform predetermined actions and signal to the environment while still in the dream, we're now able to validate and verify these once subjective reports in a way that makes it a scientific endeavor. Subjects can go into the dreamworld and do experiments as explorers, and become participant-observers of their dream experience. So it has become much easier to explore the dream world in a methodical way rather than have to rely on the accident that a person will dream something we just happen to see correspondences with. This allows us to map out the dream world in a more powerful way than ever before.

Thompson: What happens in the body during a lucid dream?

LaBerge: We've found that when a person moves his "dream eyes," his physical eyes move or oscillate as well; and when he moves his "dream muscles," his physical muscles show a similar pattern of activity, though somewhat suppressed. There's reason to believe there's direct correspondence between what a person does with his "dream body" and what's actually going on in the brain. In an experiment we did with singing and counting, we found that the shifts in brain activity were the same when people dreamed of singing or counting as when they actually were performing these tasks. When we compared it with when people *imagined* they were singing or counting, there were hardly any shifts of brain activity. So lucid dreaming is a lot more like really doing an activity than imagining is, which fits with the experiential reality of lucid dreaming.

Thompson: If there is indeed this connection between lucid dreaming and brain activity, the potential for working with psychosomatic disorders would seem to be great.

LaBerge: This is an important area of application. If a subject is invited to have a dream in which he sees himself as whole and integrated, would this facilitate healing in just as clear a way as the singing/counting example indicates? This is an area worth studying. It suggests that REM sleep can be used for self-regulation of health and well-being. REM sleep contains the largest physiological variability of any period of one's daily functioning, so this means it has the greatest potential for alterations of one's physiology in a self-directed way. I would call this particular potential application of lucid dreams "psychosomatic integration."

Thompson: How about using lucid dreams for greater psychological integration, for making contact with our many sub-personalities?

LaBerge: This is probably the strongest area for application of lucid dreaming at this point. In gestalt terms, lucid dreams allow you to put on a character, a part of yourself, and accept this part of yourself, thus allowing integration. Lucid dreams allow for self-confrontation and self-integration, giving you a chance to face and accept those parts of yourself you would otherwise reject. Let's say you have an old habit which comes up when you're frightened, which is to run away. In the usual dream state, we act in accord with our habits. But one thing the lucid dream allows is deliberate action, action based on reflection, so we can step back from a given situation and view the larger picture. So in a nightmare in which you were being pursued by a threatening mob, the running away response could be inhibited, and you could face the conflict and resolve it. I've found that simply turning around and asking "Who are you?" is a good way to approach a disturbing dream image, which recontextualizes it from "You're a terrible thing I've got to get awa from" to "You're a part of myself I have curiosity about and am willing to give atte tion to." The attitude changes from fearing an unknown threatening aspect to explorin some part of yourself that needs attention and acceptance. In this way lucid dreaming can be seen as a kind of laboratory or classroom or playground for self-exploratior in which you can try out various kinds of behavior or modes of being and see how they work. It allows an opportunity experi entially to test John Lilly's axiom about inner realities being belief limited.

Thompson: In this same sense, Freud's inte pretation and standardization of dream images—once quite liberating for the new terrains of mind they revealed—now get in the way to the extent that they program and limit our dream experience. We've learned, for example, that every flying dream doesn't have to be about sexual inte course, as Freud claimed, but can represen symbolically any number of possible experiences.

LaBerge: Very much so. When we start of in life, we crawl to get around, but once a new skill is learned walking we no longer need to crawl. Once you can fly, why wal Lucid dreamers gain an additional sense of the possibilities of freedom in flying dream But there's also the issue of responsibility balance the freedom we gain. One of the possible problems with lucid dreaming is th ego's attempt to control the entire field of action in the dream. In a dream in which you're being pursued by an ogre, you coul turn it into a frog or simply turn and run, which is avoiding the confrontation at han It wouldn't resolve the issue of the ogre. Yeats said that in dreams begins responsibi ity. Lucid dreaming allows the dreamer to say, "I'm dreaming; this is all my creation," and it becomes difficult to avoid the sense responsibility for the dream and what it represents. It is no longer possible to fall back on the Freudian explanation of dream as unconscious material beyond our contro So it becomes necessary to work with ever element of the dream as part of yourself, and not to allow the ego to dictate easy solutions which don't resolve the issues at hand.

Thompson: This approach resonates with what Perls called "organismic integrity"—extending the boundaries of what you

accept as yourself to include all of your experience, and with the Buddhist idea of mind as open space in which all experience unfolds, excluding nothing.

LaBerge: Yes, and with this kind of context, it becomes difficult to disown any part of the dream, no matter how disturbing the image might be. People often feel in a lucid dream that some part of the dream experience is not from them, but from the astral plane or some other actual dimension apart from them. These people often try to get rid of these "entities" or aspects of their experience—"Get thee behind me, Satan!"—and the repressed images always return in unexpected ways, often in physical illness.

Thompson: We're touching an important issue here. What do you make of the sophisticated cartographies of inner space of explorers like Swedenborg, whose books are full of reports of journeys to "other dimensions"? Is he simply split-off from his experience, in a grandiose state of denial and projection, or do you think it's possible that he and others might actually, as they claim, enter alternative realities, different time-space dimensions where whole other worlds might exist?

LaBerge: Well, frankly, in the 600 some lucid dreams I've had and recorded, I've not yet had an experience in which I was convinced that any part of it was from anywhere but me. I'm open to the possibility of objective realities being contacted in a lucid dream, but that's an empirical matter that has to be tested out in the dream lab. Experiments in mutual dreaming would be one way to go about this. As for Swedenborg's model, it's important to remember that before the middle of the twentieth century, the idea that we construct our experience with our brain, that the eyes are not simply windows to the world "out there," was simply not understood. It was difficult for people not to assume that because they were seeing something, there must be something actually there. Many people believed that since the things they saw were not in the world when they woke up, they must be in some other world, in the astral world. So one thing perhaps Swedenborg is talking about is the experiential reality of what he saw and heard, which might in fact seem even more real than real. But this still doesn't say anything about objectivity in the physical world of consensus and community, which determines actuality in a way that inner reality, which is a private matter, cannot.

Thompson: I was interested to read that lucid dreams often occur after a person has awakened from one dream, sat up and read for a while or meditated or had sex, and then returned to sleep. The lucid experience seems to be connected with the ability to bridge between different states of consciousness, from sleep to waking to sleep again.

LaBerge: In a lucid dream our brain combines features of the normal waking state of consciousness with the dream state of consciousness. I call it being awake in your sleep. The brain is fully awake, so you're awake to the inner world, but you're totally asleep to the outer world. Evidently having been recently awake helps to activate that kind of waking consciousness. One way we've discovered lucid dreams are initiated is that a person wakes up within a REM sleep period, makes a mental note of being awake, and then goes back to sleep immediately. Then, as you point out, a lucid dream happens. The period of wakefulness is enough to activate the part of the brain that's involved in a level of consciousness sufficient to note, "Oh, I'm dreaming..."

Thompson: Should a person *try* to have lucid dreams?

LaBerge: Most of us dream maybe three to five times a night during REM periods, though few of us remember many of our dreams. Lucid dreams seem to be easier to remember. Would a person want to have lucid dreams all the time? I'd say probably not. The use of consciousness in the dream state is the same as it is in the waking state. In the waking state, habit accounts for much of our lives, making it unnecessary for us to think through each time how to spell the same word or how to start the car every morning. But when you find yourself driving to work when you really want to be going to visit a friend, you come back to yourself and say, "Wait a minute, what am I doing? At that moment of consciousness a more flexible and creative response is possible. It's the same in a dream—there are times when it's valuable just to let your dream unfold, and times when lucidity provides a different and equally useful quality of awareness. When I began to have frequent lucid dreams, I made the agreement with my unconscious to let me know when lucidity would be relevant, so I said to myself, "I want to realize I am dreaming when it's *wise*."

Thompson: Is there a particular application of lucid dreaming that you find the most promising?

LaBerge: One of the potentially most important areas of application is what I call transformation. Once you've been through the self acceptance level of lucid dreams, once you've faced your fears and accepted your ogres, new levels of self are open to exploration. If you were in a dream right now and you knew it was a dream, you would also know that the real dreamer, yourself, would be asleep in bed somewhere in the physical world, and that the person you thought you were in the dream was only a dream image. This is the "dream ego," the person we think we are in the dream, a model of ourselves. It's not, however, who we really are. In the non-lucid dream, the dream ego image is not distinct from the dreamer. But once the dream becomes lucid, the dreamer knows the dream ego is just an image, a working model. Once you've got control through lucidity, it becomes possible to work with surrendering control over to a part of yourself beyond your model of yourself, beyond your usual ego boundaries. In short, it becomes possible to explore what else there is in you beyond what you already know. This opens to the realm of transpersonal experiences where you literally know that the person you were experiencing yourself to be is not the whole you. Your being expands to include more dimensions; often there's the experience of expanding to include the entire cosmos. These kinds of lucid experiences can serve to awaken us to the possibility of higher or deeper levels of consciousness. One thing that prevents us from expanding consciousness is the false assumption that we're already fully developed and fully awake.

Thompson: What do you see as the next stage in lucid dream research?

LaBerge: One of the main tasks is to characterize the psychophysiology of lucid dreaming—the conditions under which it happens normally. We're currently studying half a dozen subjects in the sleep laboratory to understand when and under what conditions lucid dreaming happens. Once we better understand this aspect, we'll be in a position to stimulate lucid dreams technologically. For example, turning on a tape recording automatically saying "this is a dream" at the onset of REM sleep has worked to some extent, and we feel we can refine this approach if we find out exactly when in a REM period the potential for lucidity is there. So our broadest experimental work is the continuing characterization of the phenomenology of lucid dreaming, as well as developing techniques for making the state available to everyone.

Thompson: Being aware of dreaming while dreaming seems a perfectly normal, natural process. Yet for most of us, lucid dreams are rare, and seem exceptional when they do occur. Why do you think this is so?

LaBerge: In one sense, dreaming is analogous to language. All normal adult humans speak and understand at least one language, which is a complex achievement. But how many of us would do so if we weren't taught? And who teaches us to dream? Lucid dreaming is an untapped human capacity which hasn't been developed because we haven't been educated for it. So I believe that with respect to lucid dreaming, we're at the threshold of an exciting world of exploration and discovery.

Esalen Soviet-American Exchange Meeting

James Hickman, director, Soviet-American Exchange; Joseph Monteville, founding member of the International Society for Political Psychology.

Arthur Cox, author and former State Department expert on Soviet affairs; Dorothy Fall, former art director of America Magazine.

The second annual meeting of advisors for the Esalen Soviet-American Exchange was held in March. Participants included scholars in the field Soviet-American relations and psychologists studying problems of diplomacy and conflict resolution.

Annual Physics Conference

L to R: Charles Brandon, The Reality Foundation; Nick Herbert, physicist; Khola Herbert, Boulder Creek Elementary School; Ariadna Chernavska, philosopher; John F. Clauser, physicist; Saul-Paul Sirag, physicist; Bernard d'Espagnat, physicist; Henry P. Stapp, physicist.

The Third Esalen Conference on the Nature (Reality (March 1982) brought together physicists, philosophers, and mathematicians to discuss the quantum-physical basis of conscio ness, proposed experiments along quantum/ classical boundaries, new consequences of Bel interconnectedness theorem, and the use of mathematics to cope with otherwise uncommunicable experiences. At this conference, physicists John S. Bell and John F. Clauser were awarded the Reality Foundation Prize fc their part in establishing *non-locality* as an incontestable fact of nature. Since 1976 the Esalen Physics Program—currently directed b Nick Herbert and Saul-Paul Sirag—has been concerned with exploring the foundations of physics, widening its connections with other disciplines, and communicating new physics ideas to the general public.

L to R: Walter Clemens, professor of Political Science at Boston University and expert in Soviet-American affairs; Steward Brand, publisher of The Whole Earth Catalog and Co-Evolution Quarterly; John Davidson, Sovietologist; Vera Dunham, Fellow of the Kennan Institute and expert on Soviet literature; Dulce Murphy, Soviet-American Exchange.

John F. Clauser, Charles Brandon, and Bernard d'Espagnat (receiving Reality Foundation Prize for John Bell)

ESALEN UPDATE

In 1983, Esalen Institute will bring more teachers into long-term residence. These teachers will explore significant work in the field of human capabilities, and make this work available in a variety of formats for those who wish intensive study over a one or two month period.

The first such program, scheduled for next May and June, will feature George Leonard's Energy Training. Leonard is a long- time Esalen leader, former vice- president, former president of the Association for Humanistic Psychology, and author of numerous books. Energy Training, derived from the Eastern art of aikido and from Western psychology and physical theory, is a comprehensive body of work which teaches practical alternative ways of dealing with life situations and of enhancing the flow of vital energy. Most of the training involves simple movement exercises in which the body itself becomes a learning facility. Since 1973, Leonard, who holds a black belt in aikido, has presented his work to more than 35,000 people. Energy Training has been successfully applied to such diverse fields as education, the arts, sports, sexuality, psychotherapy, management and organizational development.

Leonard will be joined in his two months residency by his colleagues Annie Styron and Drs. Joel and Susan Kirsch. Styron brings a background of wellness education to Energy Training. Joel Kirsch has a special interest in sports, psychotherapy, and management training, Susan Kirsch in organizational development.

While in residency, the Leonard team will present a number of weekend and five-day workshops, including the following:

May 6-8
Energy Training: The State of the Art

May 8-13
Energy Training and the Samurai Game

May 15-20
A Festival of the Happy Martial Arts

May 23-25
The Scientific Investigation of Subtle Energies (an invited conference)

May 27-29
Energy Training in Sports

June 5-8
Innovations in Management Training

June 10-12
The Erotic Connection: Energy Training and Sexuality

June 19-22
A New Approach to Human Resource Development

June 24-26
The Further Reaches of Human Energy

Esalen Work Scholars will be offered a month-long Energy Training program during this period. In addition, a limited number of applicants will be accepted for a rigorous, two- month-long program leading to possible certification by Energy Training Institute International. Several educational institutions have indicated interest in offering college credit for participation in these programs.

A full description of the Leonard Energy Training residency will be carried in the next Esalen brochure. For advance information write Energy Training Institute International, P.O. Box 258, Mill Valley, Ca. 94942.

• WAYS OF BEING AT ESALEN •

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose that approach which feels most appropriate and pursue it in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work- Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 12 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, puppet shows, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self- exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen/Big Sur. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, encounter, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls).

Schedule:

September 17–19	$190
September 19–24	$390
October 1–3	$190
October 10–15	$390
October 22–24	$190
November 12–14	$190
November 21–26	$390
November 26–28	$190
December 19–24	$390
December 24–26	$190
January 14–16	$190
January 23–28	$390
February 4–6	$190

Experiencing Esalen: The Body

Coordinated by Andrea Juhan

Similar in format to Experiencing Esalen, these workshops will emphasize learning different ways to keep your body healthy and vital. Participants will be introduced to various approaches Esalen offers for fitness, stress reduction, and body awareness. Some of the following practices will be included: dance, aerobic and stretching exercise, yoga, hiking, meditation, massage, and diet and nutritional information. The staff will provide guidance to help you find and select the practices most suitable to your individual needs.

Schedule:

September 24–26	$190
October 15–17	$190
October 31–November 5	$390
December 10–12	$190
January 7–9	$190

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, non-judgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. Other leaders may be involved in single sessions.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); Exploring the Crack in the Cosmic Egg (J. C. Pearce); *Illusions* (Richard Bach).

Schedule:

November 7–12	$390
December 5–10	$390
January 16–21	$390
February 6–11	$390

Big Sur Wilderness Experience

Esalen Wilderness Staff
Coordinated by Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the

Kathy Thormod

coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, we will walk into the Los Padres National Forest on four day-long hikes (4–10 miles in length). Using Esalen as our base camp we will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. We will practice basic outdoor skills such as map reading and minimum impact concepts. Participants will take home enough skills to begin exploring the wilderness on their own after this week of walks. More information will be sent upon registration.

Schedule:

September 19–24	$390
October 17–22	$390

• WORK-STUDY PROGRAM •

The Work-Study Program is for those who are interested in immersion in the total environment of Esalen/Big Sur. It is a work-oriented program, emotionally and physically, and only rarely is it restful. There will be a coming together in the evenings to share, contact, play—alone/together. Professional services such as massage and Rolfing® are available at staff rates.

Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. No participants will be accepted as work scholars in Gazebo until they have fulfilled a minimum of one month in one of the aforementioned departments. Scheduling consideration is given to the community labor needs, and work assignments are made according to those requirements. The cost of the program is $500 for the first month, $450 for the second month, and $400 for the third. A $250 deposit is required with your application.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex which is 1½ miles north of Esalen. The Work-Study Program, lasting 28 days, is a full-time workshop in itself. The work commitment to the community, group process work, and teaching seminars make up a busy schedule for participants. Enrolling in the Esalen catalog workshops is therefore discouraged, since the extra involvement tends to interfere with the fulfillment of the Work-Study Program.

Available dates: September 12–October 10; October 10–November 7; November 7–December 5; December 5–January 2; January 2–January 30; January 30–February 27; March 6–April 3; April 3–May 1; May 1–May 29; May 29–June 26; June 26–July 24; July 24–August 21.

In addition to the regular program, Esalen is now offering an intensive three-month course in basic organic horticulture. The cost of the progam will be $1350. A $350 deposit is required. In filling out the Work-Study application, please indicate your preference of landscaping, gardening, or small scale farming.

For information on a three month Work-Study Program in Bodywork (March 6–May 29, 1983), see Special Programs, page 32.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with $250 (or $350) deposit to:

Work-Study Program, Esalen Institute, Big Sur, California 93920. Telephone: (408) 667-2335.

The balance of the fee is due on arrival. $75 of the original deposit is non-refundable, and may be transferred to other Esalen programs within one year of receipt of deposit.

• Application to the Work-Study Program •

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work-scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community*. If such an invitation is extended, please indicate your availability.

☐ no extension ☐ one month extension ☐ two month extension

To avoid disappointment, please do not come with the *expectation* of staying for longer than one month.

I am applying for the three-month organic horticultural program ☐ yes ☐ no

I am applying for the bodywork studies program. ☐ yes ☐ no

Have you been to Esalen workshops? Please list program titles and dates: _____

_____

_____

Please make a personal statement about your interest in the Work-Study program. Include any skills you may have available. _____

_____

_____

_____

_____

• ESALEN SEMINARS •

Week of September 5–10

A Week with Peter Caddy: The Findhorn Experience

This workshop will explore the Findhorn spirit, the spirit of cooperating with God, nature, and man. The stress will be on what is right with you and the universe. Participants will explore the example of the founding and development of Findhorn, and use meditation and discussion to create a community of consciousness for the week. $390

Unity

Gabrielle Roth & Moving Center Staff

This is a five-day shamanic healing ritual designed to inspire and channel the religious, sexual, and creative aspects of life energy into unity and expression. Through music, sacred dance, poetry, and ritual theater processes, participants will explore and present their unique experiences of life's waves, rhythms, and cycles. The Moving Center tools are designed to release gifts, talents, and potentials. $390

September 5–26

The Primal Circle: Exploring the Roots of Well-Being

Christine Price, Jessica Britt & Visiting Faculty

For workshop description see Special Programs, page 32. $1350

September 5–October 1

The Mystical Quest

Christina & Stanislav Grof

For workshop description see Special Programs, pages 32 &33. $1600

Weekend of September 10–12

Surrender to Self

Merri Goldenson (Devarani)

In a supportive and safe environment participants will utilize individual Reichian intensives, group interaction, bioenergetics, imagery, hypnosis, dance, and massage to discover new ways to soften, let go, and surrender to themselves and others. $190

Fluidity of Being: Rolf® Movement

Elisa Lodge

"Mr. Dufy lived a short distance from his body."—James Joyce

Elisa writes, "This workshop provides a creative environment to explore the concepts of movement education based on the principles of Ida Rolf—a process of fine tuning and harmonizing our unique instrument from restricted to spontaneous, tense to flowing, inhibited to open. We focus on deepening our kinesthetic awareness of the relationship between our body's structure and emotional attitudes. Everyday movements and specialized activities such as jogging, playing musical instruments, etc., become more effortless and graceful when we are balanced to gravity. The spirit we open to through this awareness is ageless. It is the source of our enthusiasm, excitement, and strength. Group and individual work will be offered, using gestalt, dance, and the healing use of touch, all for the benefit of becoming more present. Video feedback will be used." $190

Spiritual Healing

Alan Young

This workshop will be experiential, and will answer such questions as: What is spiritual healing? How does it work? Why isn't everyone healed? What are the inner causes of disease? How can we discover the underlying cause in each case? How can I help my own healing? How can I develop the ability to be a channel for the healing of others? It will include exercises in sensing the energy radiating from your own body, and from that of others. It will culminate in a demonstration healing in which all will be invited to participate.

The workshop is designed to interest: (a) those who want to learn about healing themselves, or at least assist in the healing process; (b) those who wish to become a channel for the healing of others; and (c) those who want to learn more about spiritual healing as a matter of interest or personal growth. $190

High Performance Management in Health Care

Charles Garfield

This workshop is based on "state-of-the-art" concepts currently being used nationally by health care administrators and supervisors as well as highly productive managers in business and industry. It was developed after hundreds of hours of interviewing administrators, supervisors, health professionals, and some of the most successful corporate executives in U.S. industry and abroad. The workshop is designed for all health administrators and supervisors as well as department heads, health educators, program developers and personnel officers. Topics will include: methods of improving productivity; the reduction of blocks to high level performance in organizations; the relationship between creative stress and high level performance; management strategies and styles of high performing healthcare administrators and supervisors; handling difficult people; and the modification of systems that foster stress and burnout. Recommended reading: *Stress and Survival* (Mosby, 1979). $190

September 11–18

Gentle Backpacking, Gentle Encountering in the High Sierra

Maurica Anderson & Tom Moore

For workshop description see Wilderness Program, page 34. $310

September 11–21

River of Solitude: The Lower Canyons of the Rio Grande

Annie Callaway & Dick Galland

For workshop description see Wilderness Programs, page 34. $550

Week of September 12–17

Gestalt

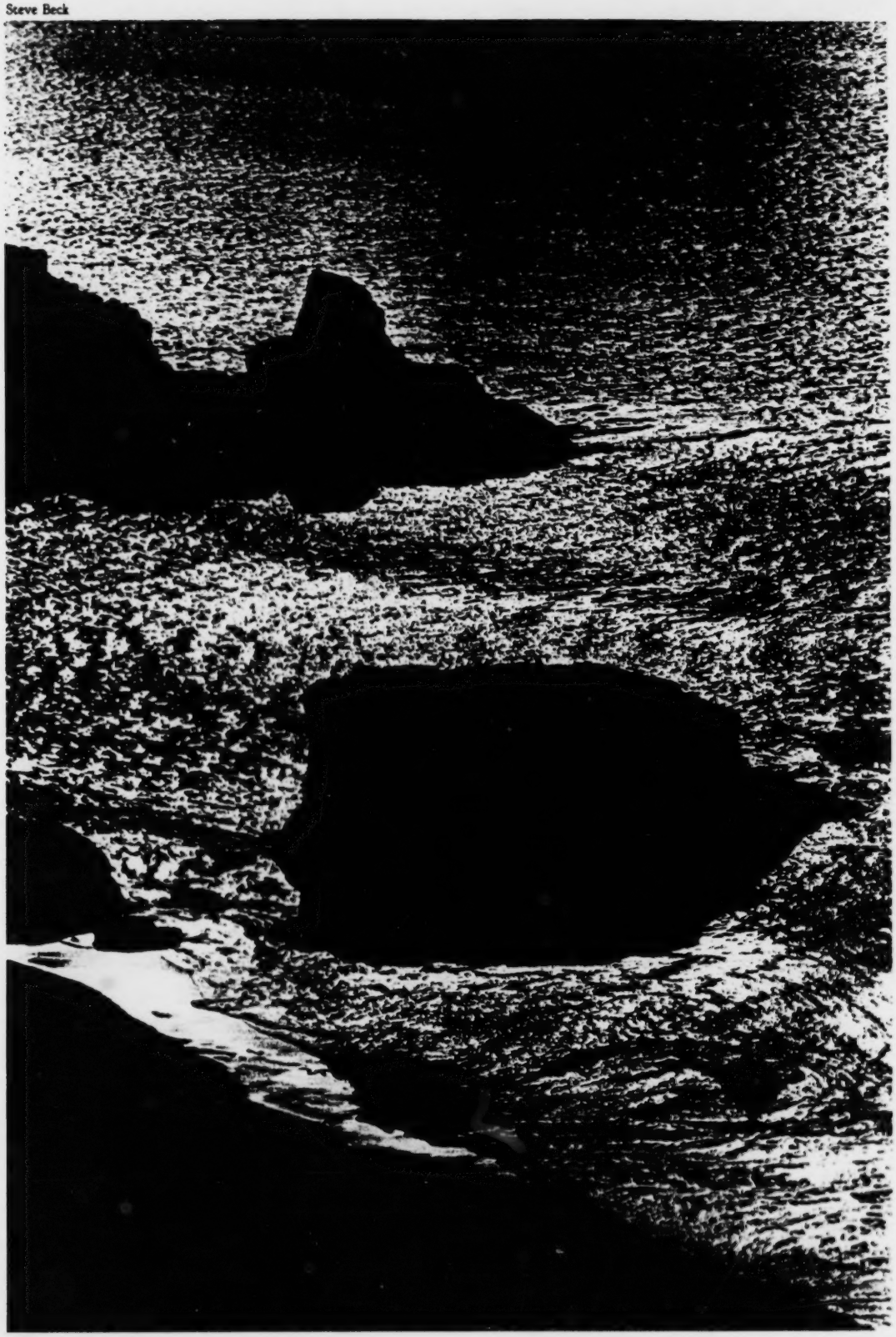
Seymour Carter

Seymour Carter writes: "As a young art student, I was taught about figure-to-ground relationships and the resolution of their tensions as a graphic problem. In my development as a gestalt teacher, these artistic learnings have gained new potence, becoming basic themes in my quest for an accurate leverage point in my work.

"This workshop is based on the attempt to evoke and balance psychodynamic polarities such as accepting and rejecting, remembering and forgetting, giving and keeping—dualities that plague and give purpose to human existence. My aim is to set in motion the unconscious processes of the personality, to awaken dormant talents, and to prepare for the intuitive leap.

"Each participant will be treated as a unique individual with his or her

Steve Beck



own process of development—a process to be honored and encouraged for further growth. The basis of this work is the gestalt method, supported by various body disciplines, including sensory awareness, bioenergetics, Rolfing®, and aikido." $390

Five Day Massage Intensive

Vicki Topp & George King

In this beginning massage course, participants will learn the fundamentals of self-grounding, quality of touch, and sustained contact. Instruction will familiarize participants with general anatomy, a basic understanding of the relationship between stress and muscular tension, and specific methods for working with each part of the body. The seminar's goal is to provide participants with the fundamental elements necessary to give a pleasurable and beneficial full-body massage. $390

Reichian Gestalt: A Workshop for Contact and Release

Ma Prita (Laura DeNuccio)

This workshop focuses on how we may consciously unfold ourselves—physically, emotionally, sexually, mentally, and spiritually. Some of the areas to be touched upon this week include: recognizing tensions which lock emotions in the body; practices for releasing unexpressed hurts, to increase the capacity for pleasure and joy; learning to express anger constructively, opening the way to deeper levels of compassion and love; exploring the nature of fear, moving toward greater trust of self and others; developing a more fluid way of thinking, which can lead to greater resilience and flexibility, physically and emotionally. Participants will be shown ways to listen to and trust their body's responsiveness and inner direction, and move toward mobilizing, directing, and focusing the life force into creative expression. Methods will include Reichian body and breath work, emotional release, gestalt practice, bioenergetics, vision improvement, massage, dance, and meditation. $390

Developing Psychic Awareness

Joan Steffy

Have you ever had experiences which are beyond the "normal" range of human perception and coincidence— the unexplainable? This workshop is designed to demystify these experiences and show the practical application of psychic awareness in everyday life. Prior to the workshop participants will receive exercises for exploring expanded states of consciousness. Some areas to be covered are: self hypnosis for health maintenance, spiritual healing, cleansing and protection, dowsing, telepathy, automatic writing, and mediumistic trance states. Exercises will also be given for continuing development of psychic awareness after the workshop. $390

Weekend of September 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $190

Self-Hypnosis, Selective Awareness, and Movement

Emmett & Sandra Ferreira Miller

Movement requires the use of muscular activity in varying degrees of intensity. So, too, thought processes and interpersonal communication proceed through stages of higher and lower energy. Many personal and social difficulties (symptoms, unwanted emotions, maladaptive habit patterns) can be eased when we learn to react in accordance with and in response to our internal and external environment.

This workshop will explore principles of self-hypnosis, selective awareness, Feldenkrais, t'ai chi, dance, and movement, to expand self-awareness and the ability to allow the mind and body to flow with changing experiences. $190

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

Being close yet also free to grow individually is a most important theme in any intimate relationship. This weekend will be tailored to what each participant brings, and will provide structured experiences designed to enhance communication, help resolve conflict, raise self-esteem, and promote fun. Limited to ten couples. $190 per participant

Week of September 19–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $390

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see pages 10 & 11. $390

Designing a Healthy Lifestyle

Ken Dychtwald

In this five day experiential workshop, the group will explore and examine the ways in which certain attitudes and lifestyle variables correlate with high levels of health, life-satisfaction, longevity, and professional effectiveness. Particular attention will be placed on having each participant develop a personal approach to altering his or her personal habits and attitudes in order to enhance all aspects of mental and physical functioning within an enjoyable "life plan."

The daily program (all optional) will include: running, stretching, and aerobic exercise sessions; meditation, relaxation, and stress-reduction classes; health walks/hikes; sensory awareness and creative visualization instruction; massage lessons at the Esalen baths; nutritious meals prepared in the Esalen kitchen; and a series of didactic seminars on such topics as life planning, longevity, diet and nutrition, optimal fitness, stress-management, wellness, and peak performance.

Although the material and activities to be covered in this seminar will be of value to all interested participants, graduates of previous Ken Dychtwald workshops are encouraged to attend. $390

Weekend of September 24–26

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $190

Exploring Self-Acceptance

David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive creative functioning. $190

Week of September 26–October 1

Hall of Mirrors

Jenny O'Connor & The NINE

"Black and white have the middle master of transparency."—The NINE

In this workshop you will not just step into your own reflection, you will step into the fragments of every reflection you have ever lived, and thereby learn *choice*.

"The mystic steps into the revolving door of choice and realizes that he or she is not an apparition of the glass, but a glass for the apparition."—The NINE

Some of the finest teachers of the New Age made themselves available for this workshop—some traveling from as far afield as Sirius B.

"A lie is just a fumble of the imagination."—The NINE $390

Psychosynthesis: A Professional Training Workshop

Harry Sloan

Harry Sloan writes: "Many of us have experienced those moments in working with clients when we don't have the foggiest idea of what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for what is most familiar—a technique, map, or model. This can lead to the mechanical experience of 'going through the motions' and rote interventions. However, if we could reach for essence and truth instead of falling back on what's most familiar, the dissonance might open to insight. The result of capturing the moment and responding to the need of the client and to the dynamics of the situation can have a decidedly different effect upon both the guide and client. The heart of psychosynthesis is understanding the process of reaching for essence within ourselves and our clients. This practice can lead to developing wisdom and intuition, transcending the methodologies we use.

"The format will combine individual work within the group setting with seminars, group exercises, and practicum. This training program will be useful not only to those who are interested in psychosynthesis, but also to anyone in the helping professions who wants to come into a more creative relationship with his/her discipline.

"Psychosynthesis is the name for the conscious attempt to align and cooperate with the natural process of growth and integration. It recognizes that each human being is spiritual in essence and encourages the realization and expression of this essence, or higher self, as fully as possible in personal and social existence." $390

Weekend of October 1–3

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $190

Energy Awareness and Creative Sexuality

George Leonard & Annie Styron

How can we escape sexual stereotypes? Does intimacy always have to lead to boredom? Or can we, by recognizing the uniqueness and mystery of each individual, keep our erotic life alive and exciting? In this workshop we use the simple movement exercises and visualizations of energy awareness to explore communications and creativity in the erotic realm. Our purpose is not to prescribe new methods but rather to transform the way you experience your intimate relationships, as inspired by George Leonard's new book, *Love, Sex and Creation*. The workshop is appropriate for individuals as well as couples.

Recommended reading: George Leonard, *The Ultimate Athlete* and *The Silent Pulse*. $190

A Psychic Training Program

Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities, Anne and Jim will use special exercises to aid participants in exploring these abilities. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. They have found through their professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the intuitive input they normally receive. One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $190

Body Snatching: Build-Them-Yourself Characters

Edie McClurg

What would it be like to become a different person with a different past, present, and future? And to make it up as you go along? Through improvisational theater approaches we can learn to discard generalities and zero in on the germ of truth that makes each person different. You must be able to talk in order to improvise; but improvisation is not just talking. Structure, dramatic conflict, and satisfactory resolution will be explored with each new character and situation that pops up in our midst. Actors and comedians are welcome, but acting experience is not required. Being able to listen, observe, and laugh is required. We might be so good we'll want to get a barn and put on a show—or not. We'll make it up as we go along. $190

A Course in Miracles: A New Thought Form for Our Time

Julian Silverman

This seminar is concerned with an understanding of *A Course in Miracles*—a formulation of a wholesome way to be in the world without attack and defense, without negative emotions, without feelings of being separated from one's source.

The *Course* specifies a practice as well as a conceptual model. It elevates one's self worth by teaching *total* self-responsibility.

It teaches health. $190

Week of October 3–8

Body Changes: Feldenkrais and Rolfing®

Dub Leigh, Michael Joyce & Dee Dee Lozier

This workshop is designed for those who want to begin or accelerate their process of body change toward comfort and awareness, with increasing ability in movement and relaxation. We will focus on resolution of individual functional problems in neuromuscular and connective tissue organization of the body. Group sessions will use gentle exercises for increasing awareness while relating parts of the body together in a more harmoniously integrated movement. We will learn to recognize our body signals of discomfort or awkwardness as opportunities to explore and improve how we are in our bodies. This workshop will include individual work in Feldenkrais and Rolfing®. Participants will be guided in the development of a personal program for continuing improvement at home. $390

Opening the Feelings

Joel Dweck & Anne Ruderman

The aim of this Radix® neo-Reichian workshop is to help participants to grow in their capacity to experience and express deep feeling, to rediscover themselves, and to contact others in a deeper way. Using emotional release methods, the most important being the intensive, which is a period of individual work within a small, supportive group, deeply held emotions of pain, fear, and rage can emerge. This release can soften chronic unconscious patterns of tension, and a new and deeper capacity for pleasure, trust, and love can follow. Each participant will receive two intensives, and the workshop will be limited to ten participants for each facilitator. $390

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

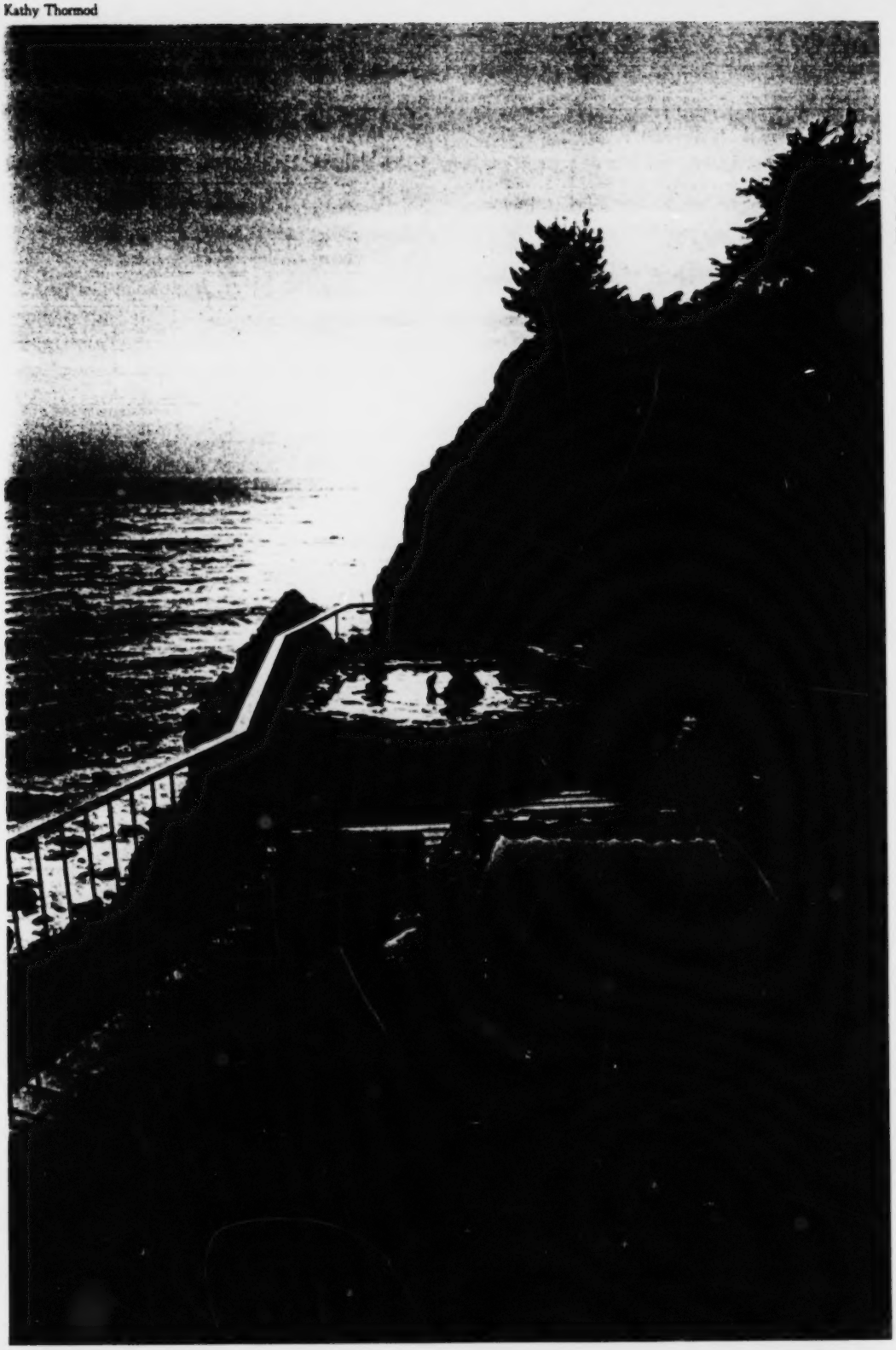
David Schiffman

"Anything which is forced or misunderstood can never be beautiful."—Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of the self-defeating patterns of the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us.

In this workshop the group will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $390

Kathy Thormod



The new outdoor baths

October 3–29

Optimum Health

Joe D. Goldstrich & Esalen Staff

For workshop description see Special Programs, page 33.

$1600 plus $100 lab fees

October 7–10

The Vertical Dance: A Climbing Adventure in Yosemite

Dick Galland & Annie Callaway

For workshop description see Wilderness Programs, page 34.

$225

Weekend of October 8–10

Experiencing Esalen for Couples

Nancy Kaye Lunney, Bruce Neeb & Experiencing Esalen Staff

An experiential workshop incorporating verbal and nonverbal contact, massage, and creative expression. There will be time together and time apart to experience yourselves individually and in relation to each other.

$190 per participant

Pleasure, Sensuality, and Your Body

Barbara Clemans

Barbara Clemans writes, "The language of the body is universal. It transcends the limitations imposed on us by speech. This workshop is designed to enhance the feeling of aliveness in the body using the medium of pleasure to awaken the senses. In a soft, supportive environment we will start at the beginning, moving together in unity. We will learn caring, contact and nurturing, sensitive giving, and relaxed receiving. We will explore new patterns of moving and being together with and without music. The baths, the rhythm of the ocean, and massage will heighten our awareness of the pleasure inherent in simplicity." $190

The Transformation of Mythology Through Time

Joseph Campbell

A slide illustrated survey of the main stages of transformation of myth from paleolithic to modern times. The first hours will deal with prehistoric and non-literate materials, the following talks and discussions with the history of the high traditions. The main stages of our common human history and main provinces of differentiation will be defined and illustrated through a comparative survey of arts and rites. The relevance of all this to an understanding of the conflicts of the contemporary scene will be a topic of discussion throughout. $190

October 8, 1982–January 28, 1983

Holistic Health Four Month Residential Study Program

Coordinated by Polly Kirby

For workshop description see Special Programs, page 33. $6300

Week of October 10–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $390

Massage for Health Professionals

Deane Juhan & Brita Ostrom

Many discomforts, functional difficulties, and degenerative conditions are either precipitated, perpetuated, or exacerbated by stress and the chronic muscular contractions which accompany it. This seminar will focus on the practical application of massage methods to infirmities in which emotional and muscular tension play a significant role. Instruction will include the development of a pleasurable and effective touch, the demonstration and practice of the fundamentals of a full-body massage treatment, a slide-lecture concerning the relationship of massage to anatomical structure and to physiological function, and discussions concerning the use of massage methods in specific situations. For additional information see page 35. $390

A Feast For Life

Andre Gregory

Andre Gregory writes: "These workshops are an occasion for me to give and take in the sense that I can pass on certain technical skills while using the participants to explore new directions in my own work. Generally, my best workshops are the ones in which I have no idea of what I'm going to do, which is true for this event. I would like to join the creator and the child in everyone to promote a healing process within the confines of professional theater. The workshop will be of most value to those of all ages who are currently involved with theater or are considering the theater as a profession, but who feel that the theater as they see it somehow contributes to the process of death rather than to the process of life." $390

Weekend of October 15–17

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $190

Successful Business Behavior for Women, or "Act like a lady, think like a man, and work like a dog."

Victoria Elliot

In this workshop we will learn about the social issues vs. the business issues of being a woman. How to make decisions better and faster, how to get to the bottom line, and how to communicate to get what you want from the people you work with. $190

Stress Reduction: A Guide for Physicians and Other Medical Care Personnel

Phillip Mac

This workshop is designed to look at the stresses of the health provider in training and in practice. We will work toward developing greater personal health consciousness through self-awareness and self-responsibility, and creating a healing environment within ourselves. Body awareness, centering, and visualization will be some of the methods employed. For additional information see page 35. $190

Week of October 17–22

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see pages 10 & 11. $390

Somewhere Between Freedom and Security

Phyllis Shankman

Living is often experienced as a delicate balance between one's desire for personal freedom or growth and the need for security and attachment. In this workshop, participants will explore the issues of independence/dependence, self-esteem, trust, risk-taking, work, love, and relationship. During the week, participants will use meditation, massage, music, movement, and the Esalen/Big Sur environs to slow down, relax, open, and experience themselves fully. Gestalt process work will be used to increase self-awareness. $390

October 17–24

Trager Psychophysical Integration and Mentastics: Beginning Training

Betty Fuller

In this professional training, participants are instructed in Trager table work, receiving sessions from experienced practitioners as well as giving to and receiving from each other under supervision. In addition, participants learn to practice and teach mentastics, learn basic communication skills, clearing exercises, and simple meditations, and have time in group to share and process their experience. This training is open to professionals in education, body work, holistic health care, counselling, psychology, medicine, chiropractic, sports, performing arts, and other disciplines which see movement as a primary means of learning. $630

Weekend of October 22–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $190

Principles of Self-Healing

Rick Ingrasci & Peggy Taylor

All healing is essentially self-healing. This workshop will be an exploration of our innate capacity for healing ourselves. Relaxation, guided imagery, breath, sound, movement, and the healing power of love will be utilized to change the patterns which constrict our lives. A healing circle will provide participants with a safe and supportive environment in which to develop balanced lifestyles, including nutrition, physical fitness, relationships, play, and environmental awareness. $190.

Week of October 24–29

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to one's self, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that will increase vitality and personal effectiveness. Participants can learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate, in a safe environment, in the choice of expression or depression. $390

The Wellness Community Experience

Jackie Doyle, Torkin Hibbard, Rick Ingrasci, David LaChappelle, Chuck Steinberg & Peggy Taylor

The wellness community is a five day residential experience in forming an intentional community to work together on a holistic approach to personal health. The wellness community is designed to create a caring, supportive community in a beautiful, natural setting where participants can learn to experience their own potential for self-healing and personal fulfillment. We will pay particular attention to the powerful healing energy that is created by a group of loving and caring people.

The wellness community experience will help you identify areas of imbalance in your own life and construct a plan to move toward full health. Health partnerships will be formed to focus on specific personal goals. Healing circles, in which many healing disciplines will be represented, will give participants an opportunity to gain experience in the use of their own healing energy.

Workshop sessions will be led by qualified professionals in the following fields: relationships, sexuality, personal health, and health in the workplace and in the environment. During the week you will have an opportunity to experience spiritual attunement, visualization, relaxation, movement, music, ritual, laughter, friendship, and healing. We will take advantage of the beautiful natural surroundings and hold many activities outdoors. $390

Weekend of October 29–31

Exploring Self-Acceptance

David Schiffman

For workshop description see September 24-26. $190

Weekend Massage Intensive

Lila Daniels Klapman & George King

In this introductory seminar, participants will learn to give a competent full-body massage. The emphasis will be on developing a soothing and penetrating contact, on sustaining that contact to create a relaxing and integrating experience, and on centering their own physical and mental energies while they work. The intent of the seminar is to introduce massage as a practical approach to developing greater sensory awareness and bringing relief from stress. $190

Adventures in Self-Exploration

Christina & Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the entire spectrum of transpersonal experiences. All participants will have the opportunity to be in the roles of experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $190

Achieving Maximum Performance in Athletics

Joyce Hanna & Gerald Smith

Within each person's mindset there is a combination of attitudes toward performance which will allow a maximum effort in any athletic event. Since sports uniquely dramatize the human ability to surpass its limits, this workshop will have special emphasis on methods to overcome self-limiting expectations. Recent research in sports psychology, such as the effects of visual-motor behavior rehearsal, relaxation, and imagery on optimal performance, will be reviewed. The primary focus for the workshop will be enhancing your view of what is the best combination of attitudes and disciplines to allow for maximum performance. The following topics will be introduced: tailoring your own goal setting and reward process; handling feelings of boredom, pain, fatigue, and anxiety; dealing with ambivalent feelings toward success; overcoming self-defeating attitudes toward competition; strengthening the capacity for psychological endurance; using pre-match mental preparation; incorporating attentional focusing; preventing burnout. Participants will have an opportunity to design their own personalized maximum performance programs. $190

Week of October 31–November 5

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $390

Five Days with Jack Rosenberg

This workshop is aimed at awakening and sustaining awareness of body, self, and soul, as well as examining the anatomy and function of intimate relationships. The method can be described as gestalt body work with a distinct leaning toward the transpersonal aspects of life. During the workshop, participants will explore many aspects of Jack Rosenberg's energetic approach to sexuality, the energetic field of the body, and the belief systems which keep us locked in obsolete behavior patterns. $390

When Push Comes to Shove: Methods of Conflict Resolution for Everyday Life

Terry Dobson

Conflict is the opposition of principles, forces, or wills. Resolution is the process by which we bring these opposites into agreement. Participants will examine the conflicts of ordinary life—family quarrels, lovers' spats, hassles with the "problem people" we meet on the job—and will explore how the principles of aikido can be used to develop grace under pressure. Through a blend of lecture, body-movement, role-play, and other experiential work, participants will expand the ABC's of conflict resolution: Adaptability—the capacity to be responsive to the situation; Balance—the ability to keep a cool head under fire; Concentration—the power to integrate and focus one's faculties. The result is a system of preparation which is remarkably effective in responding positively to the pressures of modern life. $390

Innertuning: An Introduction to the Chakra System

Shyam Bhatnagar

Chakras are energy centers located throughout the body. This seminar will be an introduction to and presentation of the chakra psychology system. When one or another of the chakras vibrates abnormally, an altered state of consciousness may result. The chakra psychology system presents a new methodology for understanding altered states and their resultant behavioral patterns. Included will be discussion concerning diet, yogic related exercises, and work with some basic chakra sounds. $390

Weekend of November 5–7

Astrology: A Map of the Psyche

Robert Hand

Carl Jung once stated that astrology contained within its teachings the sum total of the psychological knowledge of the ancients. The point of this workshop will be to show the validity of this statement expressed in modern terms.

Many people have tried to make astrology fit into various systems of modern psychology. Here we will explore the extent to which astrology is, in itself, a complete system of psychology, which makes its own statements about human nature, and which suggests rather surprising consequences for ideas of human life and behavior.

Little or no previous knowledge of astrology will be required in this workshop. We will be concerned largely with the symbolism and its psychological import, not especially with the techniques of horoscope analysis. Any material of a technical nature that is needed in the workshop will be introduced as we go along. $190

Dream Discovery

Joyce Frazee

"A dream that is not understood is like a letter that is not opened."—Talmud.

Each night we receive brilliant, insightful, creative communiques disguised in poetic imagery. In this workshop we will explore how to use our dreams for personal growth, insight, creativity, and problem solving. Participants will discover that any dream, howevery fragmentary or prosaic, can offer entry to a new world of insight. Methods for dream discovery will include exercises in dream recall, Senoi dream practices, mandala drawing, gestalt dream work, and psychosynthesis. $190

Training for the Moment of Death

Sogyal Rinpoche

To prepare for death is to become familiar with the nature of mind and its projections. Through a correct practice of meditation, we can recognize these projections as the display of one's own mind, and develop the inner trust and confidence to face death, and develop the compassion and wisdom for helping others effectively in life and death.

In this seminar, Sogyal Rinpoche, a Tibetan lama, will explore what happens at and after the moment of death; how to prepare for one's own death; how to be of service to the dying; how to practice mourning; and how to develop a continuous awareness of the sleep and dreaming state. The material offered is based on ancient Buddhist knowledge, such as is found in *The Tibetan Book of the Dead*. $190

Week of November 7–12

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 10. $390

Five Day Massage Intensive

Bill Liles & Laurie Muller (Lioness)

For workshop description see September 12-17. $390

Towards a More Sensitive Relating

Charlotte Selver

An introduction to *sensing*, for more meaningful contact with our own nature and with the world around us.

How we relate to our deep inner needs, to other people, or to different tasks and situations depends on how we *perceive them* and how we trust our own findings. When perception is clear and full, we cannot make mistakes. Our whole organism is geared to respond appropriately. We have come, however, to see through a fog of preconceptions, a bewildering fabric of the ideas and judgements of others. Our own experience has been belittled; our perceptive faculties have lost their edge. The true I and the true you no longer meet. Both life and death have become often threatening fantasies.

Sensory awareness is a practice for rediscovering and reviving full sensory functioning. Through the gradual quieting of premature and inappropriate intellectual activity, it directs our attention both inward and outward to the actuality of the present moment. As perceptivity revives, true relationship becomes possible. Each everyday occasion in living gains its own freshness, its own uniqueness. We can become content again, like healthy children, as quality begins to make quantity unimportant. $390

Kathy Thornod

The late Richard St. Barbe Baker helping community children plant trees at Esalen

Weekend of November 12–14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $190

Towards a More Sensitive Relating

Charlotte Selver & Charles Brooks

For workshop description see November 7-12. $190

Intuition Practice

Helen Palmer

This seminar teaches the identification of personal intuition systems that can be made accessible by internal focusing practices, or that may already be operating in unrecognized ways. The practices develop the ability to discriminate between personal thoughts, fantasies projected from personal thinking, and impressions received from situations outside the self. The psychic aspect of intuition rests on the ability to shift attention from the self to impressions received from outside the self. $190

Sexuality and Spirituality

Sam Keen

Sam Keen writes: "All of us in Western culture are heirs to a dualistic, schizophrenic, diseased way of thinking, feeling, and being in the world. We suffer from a vision and philosophy of life that posits a civil war between: mind and body; spirit and matter; reason and emotion; ego and id; duty and desire; power and love; man and woman; culture and nature; spirituality and sexuality. As a result, the life of the spirit and the life of the body have been divorced. When God was separated from all that was sensual and natural and feminine "He" died. Institutional religion became repressive of sexuality and mystical ecstasy. Many moderns turned away from religion and hoped to find in sex a replacement for the missing sense of the sacred, only to discover that sex alone could not bear this burden. We now find ourselves in a time when we must re-examine the meaning of both sexuality and spirituality.

"This seminar consists of lectures, guided journeys in memory and imagination, sharing our stories, careful touch, creating maps of our sexual and spiritual pilgrimage, exploring the meaning of erotic at-one-ment."

$190

Week of November 14–19

Reichian Gestalt: A Workshop for Contact and Release

Ma Prita (Laura DeNuccio)

For workshop description see September 12-17. $390

Critiquing Approaches in Medical Care

Phillip Mac & Susan Baldi

Designed for health professionals, this workshop will allow the participant to critically examine non-traditional as well as traditional forms of treatment, including acupuncture, nutrition, and visualization. Integration of physiological, psychological, and emotional aspects as they apply to clinical practice for patient application will be emphasized. The theoretical models, experimental sessions, and video taping will provide a comprehensive approach to a variety of treatment plans. For additional information see page 35. $390

Transpersonal Psychology: New Approaches to Self-Exploration

Christina & Stanislav Grof

This workshop will explore theoretically and experientially the rapidly developing area of transpersonal psychology. The emphasis in experiential work will be on "holonomic integration," a method developed by the leaders, which combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It mediates access not only to unresolved biographical issues, but to powerful death-rebirth experiences and a broad spectrum of transpersonal phenomena. Special attention will be paid to the problem of "spiritual emergencies" and constructive approaches to transpersonal crises. $390

Bonding Through Play, Replay, and Role Play

John Zeigler & Christian Murphy

"The path to deeper bonding with others begins with awareness, and this workshop examines how increased awareness emerges through new dimensions in role playing.

"*Replay*: A primary awareness is the identification of your inner villains and the repetitive scripts they inherited from parents, teachers, and society that block bonding.

"*Role Play*: During the first evening, the self-defeating games of your villains are personified in a demonstration by the leaders of a new role playing method that is a blend of the gestalt principles of Fritz Perls and improvisational theatre. As a thread throughout the workshop, this role playing gives full expression to your natural creativity, clarity, and aliveness, and to the unfolding of the heros and heroines you are becoming. The unique quality of the group interaction created by the role playing process is a paradox: intense and highly charged emotionally (since you may have asked others to help you confront your villains), yet simultaneously supportive, trusting, loving, and, above all, non-threatening and non-coercive. You are free to choose the degree you wish to be involved. You will also have the opportunity to apply role playing to individual self-exploration on the open seat, to body work for deep emotional release, to self-hypnosis, and to your inner work/play when you return home.

"*Play*: In addition, you will have renewal time through the options of theatre games, t'ai chi, music, singing, dancing, laughter, and massage sessions at the baths. The majestic beauty of Big Sur as a backdrop to our workshop stage is a consistent gentle reminder that the role playing parts used to release your imprisoned splendor are part of a greater whole that bonds, mystifies, and inspires." $390

Weekend of November 19–21

A Weekend with Will Schutz

$190

The Esalen Village

Leon Burry-Trice

The land speaks to us in terms of design. Our approach to how we design our homes and communities reflects our understanding of the nature of the land on which we build. The purpose of the seminar is to look at the composition and structure of the Esalen village and to focus on the Esalen community as an example and teaching model of the village plan, from ecological design to energy self-sufficiency, from agricultural stewardship to solar architecture. This seminar is intended for anyone interested in creating a viable and sustainable community for the future.

$190

Body Insights

Hector Prestera

Hector Prestera shares his views of body energy and personality blocks from both descriptive and intuitive levels. Personal and group process will be allowed as they naturally emerge. This workshop is for individuals who are willing to share themselves as part of their process of discovery. $190

The Shamanic Journey, Power, and Healing: An Experiential Exploration

Michael Harner, assisted by Sandra Harner

The shamanic journey is one of humankind's most ancient visionary methods of entering non-ordinary reality and exploring the hidden universe usually glimpsed only through myths and dreams.

In this workshop, participants will undergo an experiential initiation into the journey, aided by traditional drumming and dancing methods designed to achieve the shamanic state of consciousness. The spirit canoe and other modes will be used to journey to both the Lowerworld and the Upperworld. Participants will learn how to use the shaman's journey to heal and maintain health, acquire knowledge, and solve daily problems.

It is recommended that participants read Dr. Harner's book, *The Way of the Shaman: A Guide to Power and Healing*, Harper and Row (hardcover) and Bantam Books (paperback), prior to attending the workshop. Please bring notebooks and pens. $190

Week of November 21–26

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $390

The Psyche and Soma of Health

Jessica Britt & Deborah Anne Medow

Since Freud's work with hysteria and Hans Selye's with stress, the role of the psyche on physical health has become increasingly acknowledged. Conscious and unconscious mental attitudes affect the body through repressed emotional and physical energy. Life stances which initially aid and protect a person become overdeveloped and rigid, which leads to anxiety, stress, tension, and physical illness.

During this week, the group's focus will be awareness, understanding, and experiencing the psyche/soma in relationship to health and illness.

The group's emphasis will be on the role of breath, emotion, and physical self-care to total well-being.

Through basic instruction and practice in gestalt, Reichian breath work, massage, yoga, and meditation, participants will be facilitated in the skills of listening, sensing, contacting, and integrating the psyche/soma phenomena into their health practices. For additional information see page 35. $390

Integrity

David Schiffman

In this workshop participants will join to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Participants will explore the boundaries of their emotional, physical, and mental potentials and how they affect sexuality, relation to power, friendships, creativity, and expectations of self and others. $390

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom. A state of being in which man's relatedness to life is unobstructed."—M. C. Richards, *Centering*.

Stress related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais, gestalt, Rolf® -movement, massage, Reichian breath work, and video feedback. $390

Joyce Rogers-Lyke

Janet Zuckerman (J.Z.)

Weekend of November 26–28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $190

Weekend Advanced Massage Intensive

Deane Juhan & Vicki Topp

This seminar is designed for persons who have had some experience in giving massage. Through demonstrations and practice sessions, participants will learn how to increase the effectiveness and efficiency of their massage skills and have the opportunity to add fresh approaches to their work. The intent is to help participants make deeper and more sensitive contact, and to heighten their awareness of the responses they are creating. $190

Vision Improvement: Our Willingness to See

Ma Prita (Laura DeNuccio)

This weekend will focus primarily on the awareness continuum, emphasizing ways to clear and re-educate the eye and the self to see without distortion in the here and now. With the aid of various approaches including deep emotional release, bioenergetics, gestalt, the Bates system, and nutrition, participants will have the opportunity to create new ways of looking at themselves and the world. $190

Skylight of the Mind

Prem Das & Rutuma

Bliss and ecstasy are described as a daily experience by both shamans and yogins. This workshop will actively explore ancient methods used by shamans and yogins to gain access to the human potential for bliss, ecstasy, and transpersonal insight. Singing, dancing, and dreaming together can reveal how shamanic and yogic approaches can be employed for healing the "extended family." In culmination, the group will gather in a circle for a nocturnal ceremony in celebration of the living potential. $190

Week of November 28–December 3

Pleasure, Sensuality, and Your Body

Barbara Clemans

For workshop description see October 8-10. $390

Mind, Brain, and Unitive Consciousness

John Lilly & Amit Goswami

The following topics will be discussed, all within an integrative paradigm that encompasses physics and psychology: Is mind contained?—the human biocomputer and Godel's theorem; complementarity and reality; hidden variables and alternate realities; neurophysiology and quantum mechanics of the brain-mind; neurochemistry, drug experiences, meditation, and other methods of transcendence. The workshop will also include experiential sessions on: how to program the human biocomputer; the meaning of meditation; psychic explorations. $390

The Health Care Contract: Structuring Clinical Relationships by Agreement

Jerry Green

This workshop for health practitioners explores the basic elements of contract as they apply to health care relationships. Participants examine the process of patient/client planning for clarifying goals, expectations, and complementary responsibilities to improve clinical efficacy and minimize the risk of malpractice or licensing problems. A model for defining the responsibilities of each party will be developed based upon the scientific and philosophical objectives of medicine and holistic health practice. Experiential role playing will assist participants to develop skills for initiating patient/client contracts that support their unique clinical abilities and the specific needs of individual patients or clients. The workshop will also examine how written instruments, including brochures, intake applications, forms for record keeping, correspondence, and patient/client journals, can facilitate working relationships, document their progress, and evidence the nature of the professional responsibility assumed. For additional information see page 35. $390

Weekend of December 3–5

Adventures in Self-Exploration

Christina & Stanislav Grof

For workshop description see October 29-31. $190

Exploring Self-Acceptance

David Schiffman

For workshop description see September 24-26. $190

From Burnout to Personal Growth: Increasing Effectiveness and Enjoyment in Work and Life

Elliot Aronson & Ayala Pines

This workshop is designed for people who work with people who have experienced or are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and joyousness of their relationships with clients, colleagues, family, and friends. For additional information see page 35. $190

Week of December 5–10

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 10. $390

A Psychic Training Program

Anne & Jim Armstrong

For workshop description see October 1-3. $390

Massage for Health Professionals

Deane Juhan, Lila Daniels Klapman & Gary Klapman

For workshop description see October 10-15. $390

Symbols and Myths of Transformation

Angie Arrien

This seminar is an intensive experiential study of symbols as tools of personal growth and facilitators for increased perception and intuition. We will consider a variety of symbols: psychologically, as archetypes of individuation, and cross-culturally, as universal constants. The symbols to be studied and experienced include: sun and moon, trees, flowers, circles/wheels/mandalas, totem animals, masks, light and fire, the elements, sacred mountains, the body and its parts, the journey/path, and others. Some of the sources of symbolism that we will draw on are astrology, alchemy, mythology and folklore of all the cultures, and tarot. Special attention will be given to the uses and significance of symbols in dreams, art and the helping professions. Specific symbolic creative projects and exercises in extending perception and intuition will be part of the seminar. $390

Weekend of December 10–12

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $190

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see September 17-19. $190 per participant

Native American and Other Spiritual Traditions, Rituals, and Ceremonies

Evelyn Eaton

Partly Algonquin by birth, Evelyn Eaton came to the Arapaho and Paiute Medicine Men for healing in 1960. She was included in their ceremonies and Sweat lodges, went through the traditional fasts, and is now a Metis Medicine Woman, Elder, and Grandmother. She will help participants to understand and use ritual and ceremony in their lives, to bring healing and harmony to Our Mother Earth and to all that live upon her. $190

Food for Health and Wellness

Joe D. Goldstrich

This is a workshop for people who want to assume responsibility for their health care management. The emphasis will be on learning what to eat to create vitality, energy, and health. A unique integration of the Pritikin diet, macrobiotics, and live food will be presented. Special attention will be given to increasing complex carbohydrate and fiber while decreasing simple sugar. We will examine the optimum amount of fat and cholesterol needed to both prevent and reverse atherosclerotic cardiovascular disease. Ideal protein intake for various levels of physical activity and health states will be examined and protein combinations to obtain complete sources will be demystified. Participants will learn how to shop with awareness in the supermarket and health food store and how to prepare food in a nutritious way. Each participant will receive a personalized health plan to work with at home. Suggested reading: *The Best Chance Diet* by Joe D. Goldstrich, M.D., F.A.C.C.; published by Humanics Limited, Atlanta, Ga. For additional information see page 35. $190

Week of December 12–17

New Approaches to Birth, Sex, and Death

Christina & Stanislav Grof

This workshop will explore the implications of modern consciousness research for the understanding of the three basic aspects of existence—birth, sex, and death—and their mutual interrelations. The focus will be on such issues as the relevance of the birth trauma for psychiatry and psychotherapy, new understanding of emotional, sexual, and psychosomatic disorders, the Kundalini syndrome, new revolutionary approaches to self-exploration and healing, and constructive handling of spiritual crises. The format of the workshop combines discussion with deep personal experience, and participants will have the opportunity to personally explore their experiences and feelings in the above three areas, using the method of "holonomic integration" which combines evocative music, controlled breathing, facilitative body work, and mandala drawing. $390

The Painting Experience

Michell Cassou & Stewart Cubley

It is very rare for most people to use painting purely for its qualities of inner adventure and self-discovery, to do it just for the process of exploration, not for the result. This workshop will focus on the painting experience as a powerful tool for uncovering and dissolving blocks to creative expression. Emphasis will be placed on the practical experience of creative painting in which participants are given support and stimulation to discover a natural way of painting based directly on feeling. The mechanisms and patterns that prevent creative action will be discussed in order to integrate understanding with experience. The work will take place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. An audio-visual program will illustrate the development of inner expression during the painting process. No prior experience in painting is necessary.

$390 (plus $10 materials fee paid directly to the leaders)

Personal Magnetism at Home and at Work

James Oldham

Each of us has special insights and talents, and at moments we are able to express these attractively, yet at other times it is difficult to be so personally magnetic. Success at work and at play depends on our ability to be attractive to others, and learning how to do this effectively enhances our capacity to live life to the fullest. In our personal life we can expect deeper relationships and at work can increase our productivity, making better presentations to others while working in a more successful team-oriented way.

This workshop will introduce a new method of directed personal management that will allow participants to draw on all their talents and deep insights. It will help to develop the capacity to express these

understandings in a powerful and effective way. Along with the method of directed personal management will go specific tools that can enhance creativity and effectiveness. These will include graphic visualizations and a method of increasing sensitive non-verbal communication. The method, based on gestalt principles, theater awareness, and management by objectives, is a practical results-oriented approach. $390

Coming Home: An Invitation to Remember Your Self

Ma Prita (Laura DeNuccio) & Daniel Bianchetta

Providing a safe environment for you to be wholly who you are, we will begin with deep emotional release work, continuing then to the subtler realms of energy and intuitive awareness, exploring, experiencing, and expanding self. Our complementary approaches are neo-Reichian work; intuitive awareness; movement; meditation; gestalt; play; t'ai chi; aikido; massage. $390

Weekend of December 17–19

The New World of Lucid Dreaming

Stephen LaBerge

Lucid dreaming means dreaming while knowing that we are dreaming. The presence of consciousness during this extraordinary state of consciousness allows us to respond flexibly and creatively to the flow of dream experience. We are in a unique position to control our dreams; this control brings within reach a remarkable range of possibilities from indulging your wildest fantasies to fulfilling your highest spiritual aspirations.

For most of us, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so; workshop participants will learn how to develop the skill of lucid dreaming. The results of recent scientific research will be presented and participants will be exposed to a wide variety of uses to which the world of lucid dreaming can be put, including self-exploration, creative problem solving, healing, adventure, and, perhaps most importantly, a way of self-integration leading to the transpersonal realms.

The emphasis will be on improving the quality of the dreamer's experience while in the dream. This means self-control, not dream control; changing the context rather than the content of the dream. Ann Faraday has called lucid dreaming "one of the most exciting frontiers of human experience." This workshop will provide an opportunity to find out why. $190

Gestalt Workshop

Marty Fromm

This workshop is designed for professionals who are interested in further personal growth and professional training in the practice of gestalt, as well as for others who are simply interested in their own personal growth through gestalt. While the sessions will be mostly experiential, ample time will be provided for didactic sessions of theory and practice.

The focus is on awareness: the discovery of what is, rather than on what was, might be, or should be. We will concentrate on "how and now" rather than on "why and because" of past and future, and will attend to body language and feelings. $190

Guided Meditation Practice: A Quiet Preparation for the Holiday Season

Daniel O'Hanlon

Advent has traditionally been a time of quiet inward preparation for the birth of a new life within. This weekend will be a time for centering, a time of quiet and gathering of energies before the busyness of the holiday season. The time will be given mostly to directed practice, drawing on a variety of sources from different spiritual traditions, East and West. Silence during the weekend is recommended. Suggested readings: *Journey of Awakening* (Ram Das) and *New Seeds of Contemplation* (Thomas Merton). $190

The Hypnotherapy of Milton Erickson: A Workshop for Professionals

Jane Parsons

Because he believed that trance seems "to provide a special psychological state in which the patient can reassociate and reorganize his inner psychological complexities," Milton Erickson taught hypnosis by putting his students in trance. This experiential workshop will utilize color videotapes of Dr. Erickson's training workshops taken in October, 1979, to explore his ideas and methods. Some of the themes we will investigate are: "My unconscious is smarter than I am." "Do something to make their symptom undesirable and they'll give it up." "Using their language, join their metaphor." "Change the frame of reference; transform a bitter childhood memory into an adult accomplishment." "Never say the expected thing. When you say the unexpected, the other person has to rearrange his thinking."

This workshop is for professionals in the health field. Non-professionals who wish to participate on a space-available basis may send a letter stating their background and interest in attending to Mrs. Jane A. Parsons, 275 Central Park West, Apt. 4B, New York, N.Y. 10024, or telephone her at (212) 873-4557.

Recommended reading: *Uncommon Therapy* (Haley).

For additional information see page 35. $190

Week of December 19–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $390

Christmas Present

Paul Rebillot & Stanford Eugene Cates

We've idealized birth in the Christmas story—the newborn child surrounded by adoring parents, singing angels, comforting animals; worshipped by the wise and the simple, welcomed into the world and loved for nothing that he does, but for simply being who he is. Most of us were not welcomed in that way, and at Christmastime our disillusionment peaks. Our despondency and regrets are based on unfulfilled ideals, promises, and fairy tales. Using gestalt, guided fantasy, theater games, and rituals, we will seek to release ourselves from the excess baggage of past regrets and future expectations in order to return to the divine simplicity of our own present being. Out of that simplicity, we will create our own "Christmas present," a celebration in which each of us singly and all of us together can give ourselves our self for Christmas. $390

Self-Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, bioenergetics, and journal work. $390

East Touching West

Deborah Anne Medow

"To Touch and Feel is to Experience. Many people live out their entire lives without ever really Touching or being Touched by anything . . . . They do not live and become one with life." from *Seven Arrows* by Hyemeyohsts Storm.

Deborah writes, "For the past fourteen years, I have been teaching and practicing yoga and various types of bodywork, developing my art of touching and moving, my inner and outer balance. Now, for the past two years, I have begun to work with the Native American medicine ways. The blending of the Eastern Indian yogic tradition and the American Indian medicine ways has enabled me to touch so much more deeply inside myself, inside Mother Earth, and in my relations to all my fellow beings.

"During these five days, classes in yogic cleansing methods, theory,

breath purifications, meditation, and asanas will be integrated with sessions in massage, creative movement, chanting, medicine wheel, and Native American practices. Weather permitting, one afternoon will be spent hiking in the Big Sur hills, consciously making a more meaningful contact with the land. Through the various practices taught during the week, the workshop is designed to help participants move from a deeper, more loving space within themselves, in their relations with the Earth, and all its inhabitants." $390

Weekend of December 24–26

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $190

Exploring Self-Acceptance

David Schiffman

For workshop description see September 24-26. $190

Weekend Massage Intensive

Attila Vaas & Laurie Muller (Lioness)

For workshop description see October 29-31. $190

Humor and the Creative Process: The "Ha Ha" and the "Aha!"

Harry Sloan

The dynamics of humor intimately parallel the creative process. Those humorous moments that extricate us from a stuck situation are similar to creative insight, which spontaneously resolves a problem with which we have been wrestling. In both cases there is often an experience of freedom, joy, perspective, and connection with a deeper sense of self. The purpose of this program is not to become a stand-up comic, but to use humor as a vehicle for developing a playful view of life and ourselves. The format will blend experiential exercises with discussion of the nature of humor and the creative process. Some of the themes that participants will focus on are: the imagination as a bridge between conflict and resolution; self-affirmation and the ability to create; humor and spontaneity; the archetype of the wise old fool; and methods to enhance the quality of humor in one's daily life. This intensive program will be geared for those who are willing to be silly, play, risk, and penetrate into the restrictive elements in their process that tend to retard the "Ha Ha" or "Aha!" $190

Week of December 26–31

Choosing to Change

Harry Sloan

This personal workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Individual work will stress deepening awareness of one's sense of direction and personal obstacles. Participants will focus on change through exploring the implications of their choices and the ways they retard or encourage the expression of self.

The workshop will include psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Participants will focus on aligning their motivation and will with the natural process of change and integration. $390

Perceptual Body

Rosemary Feitis, Owen James & R. Louis Schultz

Perceptual body was created by three advanced Rolf® practitioners as a pre-Rolfing® training. The workshop is a new way of seeing the body, using eyes, ears, nose, throat, hands, and hara. (The hara is an energy center located two fingers below the navel. It is the basic moving center of the body, known as the *tan t'ien* in Zen practice.) The emphasis is on non-linear approaches and unorthodox methods of viewing/integrating the body image (yours and others), through living anatomy, palpation, and Rolf® movement. This introduction to a new kind of percepton is a distillation of the original fourteen day course. $390

December 26–January 2

Gestalt Synergy: An Integrative Approach to Self Actualization

Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander technique, and Feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $580

Weekend of December 31–January 2

Awakening the Healer Within: Dimensions of Psychic Healing

Elizabeth Stratton

Every human being is a potential channel for healing energy. Negative conditioning of our emotions, or unconscious beliefs and behavior, combined with environmental factors such as pollution, can give birth to dissociated parts of self which act as impediments to our natural healing abilities. Studies have shown the reality of psychic awareness, in which a person can not only better understand his/her own functioning, but actually heal and psychicly ward off illness.

This workshop will provide a didactic and experiential model for participants to gain a perspective on psychic healing, and the basic skills necessary to develop healing abilities in themselves. Channeling of energies will be taught, along with methods of dissolving impediments to the healing process. $190

The Human Energy System and Gestalt Process

Alan Schwartz

The human being's movement toward a stable and balanced organism undergoes many adjustments in direct proportion to his/her responses to parental and environmental messages. The result is the formulation of stratified patterns of *visible* physiology *and* behavior. These join to form that which is usually called personality, one's individual energy system. Two common examples of energy system responses to life stress are those personalities who collapse under stress and those who control. There are many more. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we make and inhibit intrapersonal and interpersonal contact. One focus will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our *consistent* awareness process and the autonomous expression of who we are. For additional information read the January 2-7 description. $190

Week of January 2–7

Gestalt, Bioenergy, and Human Contact: Old and New Learning Integrated

Alan Schwartz

There is an energetic dimension to human behavior which is often locked behind the habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *movement*. *Allowing energy* means integrating body, feelings, conceptual process, and spirit. The result is

stability and a deeper awareness of self and our interdependence with *physical* and *social environments*. The workshop can be thought of as a *learning* week. Appropriate didactic material will be covered. $390

Kathy Thornod

Plant physiologist and author Rupert Sheldrake and research psychiatrist Stan Grof at an Esalen conference on paranormal intelligence

The Spiritual Path: Promises and Pitfalls

Christina & Stanislav Grof

This seminar will combine observations from modern consciousness research with various traditional practices to explore the process of spiritual awakening. The participants will have the opportunity to confront transpersonal areas within themselves, using "holonomic integration," a method developed by the workshop leaders, which combines evocative music, controlled breathing, facilitative body work, and mandala drawing. Special attention will be paid to the understanding and management of "spiritual emergencies"—transpersonal crises which can occur in the context of various spiritual practices or spontaneous spiritual awakening. $390

Loss, Grief, and Depression

Joel Kotin

This workshop is for health care professionals who work with people who have experienced losses or depression, or who have experienced losses or depression themselves. It will focus on the experience of loss, grief, and depression from both a theoretical and experiential point of view. Participants will learn some principles of both cause and recovery from these states. For additional information see page 35. $390

Creative Attachment: The Art of Making Affectional Bonds

George Kohlrieser

From cradle to grave life involves a changing script of "affectional bonds." These bonds are different from dependency and essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with particular others; a way to explain many forms of physical, emotional, and spiritual distress including emotional detachment, depression, and burn-out. Life energy is connected to the quality and depth of emotional contact. This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and intense bonding work to understand, create, and celebrate positive emotional attachments. $390

Weekend of January 7–9

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $190

A Weekend with Sim Van der Ryn: Experiences in Ecological Design

Using examples from Sim Van der Ryn's work and those of other designers, participants will explore how their lives, houses, and communities can be revisioned and redesigned to use less energy and resources and be in better balance with locally available resources and natural cycles. $190

A Journey into Wholeness: The Balancing of Masculine and Feminine in Relationships and Within Oneself

Peter Caddy

As the old and static patterns of relationships become less appropriate and more unworkable, many people are looking for new models and methods to achieve a balance in their business, home, and social relationships. Through personal sharings and drawing upon the collective experience of the group, this workshop will explore the meaning and dimensions of new age relationships, focusing on identifying and working with the masculine and feminine energies, both within each person and in a planetary context. $190

Introducing Hands-On Computer at Esalen

Tom Taussig, Wendy Oser & Matthew Litwin

"Hands on at Esalen" no longer refers exclusively to the many bodywork practices available at Esalen. It also means that during this weekend seminar, participants will be introduced to the potentials of the home computer revolution. Specifically, participants can expect to be taught the fundamentals of these computer processes: word processing; text entry and editing; and file manipulation, including copying, storing, retrieving, and printing your work.

This seminar is designed for persons with no hands-on computer experience, for potential computer whizzes of all ages, backgrounds, and educational levels. In fact, one purpose of the workshop is to dispel the common notion about facility with computers, expressed by a New York computer mogul: "If you were born before 1965, boy, you're going to be out of it." ("Here Come the Microkids," *Time*, May 3, 1982.) If anything, the evidence is to the contrary; it appears that most people are quick computer learners, depending on their goals and intentions. The leaders wish to show that far from being miraculous, magical, or demonic, home computers are simply a valuable tool for creating and producing with greater ease and efficiency.

Bring a current project to work with: a letter, journal, chapter of your book, or dissertation. Bring your partner and learn the "intimacies of software" together. Most of all, bring an open mind and a willingness to learn something new. Come prepared to dissipate stress related to your written and organizational work—as well as to your attitude toward computers. By registering 30 days in advance, you can be assured of the use of a portable Osborne computer throughout the workshop. $190

Week of January 9–14

A Week with Peter Caddy The Findhorn Experience

For workshop description see September 5-10. $390

Rhythmic Pattern of the Tao

Chunghiang Al Huang & Staff

"Weaving philosophy, poetry, mythology, quantum physics, t'ai chi dancing, music of J.S. Bach and all that jazz and laughter for an affirmation of the transparent transcendence in everyday living." $390

Work Choices, Life Choices

John Caple

"Work and love," Freud said, "are the basic requirements of human existence." In this workshop participants will explore the choices they make about work and the congruence of these decisions with their life directions. Working from a conceptual base, the group will use art, body work, gestalt processes, and video feedback to seek answers and consider life decisions.

This week is for career changers, potential career changers, re-entry persons, and those who influence others in career choice. Some time will be available for individual work/life problems during group meetings and in pre-breakfast runs. $390

Weekend of January 14–16

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $190

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chungliang Al Huang

Paul and Chungliang will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, and China experiences.

Recommended reading and listening: *Embrace Tiger, Return to Mountain* (Real People Press), Huang; *Tao: The Watercourse Way* (Pantheon), Watts; Paul Horn's albums: *Inside, Nexus,* and *Dream Machine.* $210

Spiritual Authority vs. Spiritual Tyranny: Are Standards Possible?

Dick Anthony & Claudio Naranjo

Human growth sometimes involves the transcendence of conventional morality and invariant rules of conduct. For that reason, charismatic guru-therapists are not always held to traditional professional or moral standards. When does such freedom become license? Complaints of violence, sexual and financial exploitation, narcissistic power-tripping, spiritual tyranny have become commonplace in recent years. Sophistication is no guarantee of protection. Knowledgeable practitioners have themselves become trapped in grandiose group delusions. Leaders are sometimes as vulnerable as followers in this regard. Are guidelines possible for avoiding such difficulties of the path? In the Orient the authority of a religious teacher usually exists within a tradition or lineage which sets limits to the possibility of spiritual fraud. Can we establish such a critical tradition of religious literacy here? The workshop leaders will share their own experiences from a variety of contemporary religious/therapeutic settings, discussing these questions. Is there a valid distinction between the mystical teacher and the transpersonally-oriented therapist? Can we formulate rough standards of accountability for either the guru or therapist with respect to sexual and financial conduct, control over followers' or clients' lives, limitation of violence, level of training, quality of performance? $190

Week of January 16–21

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 10. $390

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chungliang Al Huang

For workshop description see January 14-16. $420

The Turning Point: Crisis and Transformation in Science and Society

Fritjof Capra

This workshop will offer the opportunity of an in-depth exploration of the paradigm shift that is going to dominate this decade—a shift from a fragmented, mechanistic world view to an ecological vision of reality which is spiritual in its ultimate essence. The discussions will include the fields of physics, biology, systems theory, health care, economics, ecology, and politics. There will be ample time for relaxed, informal exchanges of ideas. Contacts will also be made with other Esalen leaders to facilitate experiential approaches to the new vision of reality. $390

Weekend of January 21–23

Adventures in Self-Exploration

Christina & Stanislav Grof

For workshop description see October 29-31. $190

Weekend Advanced Massage Intensive

Deborah Anne Medow & Lila Daniels Klapman

For workshop description see November 26-28. $190

Fairy Tales: The Enduring Stories

Gioia Timpanelli

This seminar includes a performance of fairy tales and a dialogue on the significance of fairy tales in modern life. These ancient, enduring stories, like dreams, deal with vivid, universally understood images of people and events inseparably linked. Possible topics for discussion: the fairy tale as journey literature; the hero and heroine; the dark side or place of failure; the ultimate success; the witch; the giant. The stories told in the Friday evening performance will be used in the discussions on the following days. $190

The Two-Career Couple

Ayala Pines

With a growing number of women choosing a career as an integral part of their adult life, couples are increasingly faced with the challenges involved in balancing two careers and a home.

When both partners are involved in a full time career about which they care deeply, they have to deal with the inherent conflict between the pull of the career and the pull of the relationship about which they care equally deeply. The tight line between career and intimacy often includes such issues as: sharing of household chores; changing sex role stereotypes; time; money; burnout; jealousy; power.

The weekend workshop is intended for two-career couples interested in exploring these and similar issues, and who are committed to increasing intimacy, sharing, and growth in their relationship. $190

Kathy Thormod

Physicists Fritjof Capra and Russell Targ at an Esalen conference on paranormal intelligence

Week of January 23–28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $390

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

For workshop description see November 21-26. $390

Steve Beck

Ilana Rubenfeld and Helen Malcolm

A Course in Miracles

Frances Vaughan & Roger Walsh

A Course In Miracles is a practical and theoretical self-study course for personal transformation. It is a spiritual teaching, but it is not a religion. It offers a universal teaching on the nature of self and the role of perception in shaping experience. It emphasizes self-knowledge, healing, and removing obstacles to the awareness of love in relationships. At one level, the *Course* consists of a text which discusses theoretical and practical concepts, a workbook for students containing 365 daily lessons for putting the concepts into action, and a manual for teachers. The *Course* emphasizes experience rather than theory and provides practical instructions for spiritual development, especially through relationships.

This workshop will discuss the basic psychological principles of the *Course*, and the methods for putting them into practice in everyday life. It is open to anyone interested in the *Course*, but is particularly appropriate for those in the helping professions interested in using this form of self-directed transpersonal process. $390

January 23–30

Shamanic Healing, Journeying, and the Afterlife Experience: Basic and Intermediate Shamanic Practice

Michael Harner, assisted by Sandra Harner

Shamanism is an ancient human strategy for personal learning and acting on that learning, especially for well-being and healing. In this experiential workshop the participants will practice the methods of the shaman (a type of medicine man or woman), to *see* and to activate power to resist illness and maintain personal health. With the aid of traditional sonic-driving and dancing methods, the group will engage in archetypal exercises and rituals practiced by North and South American Indian shamans to awaken dormant human capabilities and forgotten connections with the powers of nature. Training will include shamanic journeys to both the Lower- and Upperworlds for knowledge and power, work with animal and plant powers, divination, clairvoyance, and shamanic methods of healing, including the extraction of spiritual pain and illness. There will be an introduction to the Ghost Dance method and to shamanic ways of exploring the afterlife experience. Participants will be taught shamanic methods of helping the terminally ill and their families, and the work of the shaman as psychopomp or conductor of souls.

This rare seven-day workshop is both for beginners and for those who have previously taken a workshop with Michael Harner.

It is recommended that participants read beforehand Michael Harner's book, *The Way of the Shaman: a Guide to Power and Healing* (Bantam; also Harper & Row), and bring a notebook and pen to preserve their experiences for their own shamanic development. They are also invited to bring drums and rattles. $580

Weekend of January 28–30

Hall of Mirrors

Jenny O'Connor & the NINE

For workshop description see September 26-October 1. $190

Re-printing: A New Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize inner power? Through various approaches including body reading, light trance work, and anchoring (Ericksonian), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in or opening up new doors toward growth and freedom. New models of behavior can become available.

The workshop will feature individual and group processes, including body release approaches. $190

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge

This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will look at their beliefs and habits through the use of intuitional sensing, risktaking structures, guided imagery, and gestalt awareness methods. $190 per participant

Medical Self-Care: New Directions in Patient Education

David Sobel

A new strategy is needed to address current health problems—one which acknowledges the critical importance of individual lifestyle and behavior and equips people to become active agents in their own health care. Lay people and self-help groups are increasingly being recognized as the primary resource in the health care system. Health professionals are entering into partnerships with patients in which traditionally passive patients are encouraged to take an active, responsible, and effective role in their health care. This course will explore the importance of lay people in self-diagnosis, self-treatment, and health promotion. The emphasis will be on how health professionals can learn practical ways to teach self-care skills to patients. Topics will include: the role of lifestyle and individual behavior in health; self-diagnostic tests and skills; self-treatment strategies; self-help and mutual aid groups; use of the media to promote public health education; restructuring periodic health examinations; and how to overcome barriers to effective self-care. The course is intended to assist health professionals gain understanding and skills in self-care education. For additional information see page 35. $190

Week of January 30–February 4

Five Day Massage Intensive

Bill Liles & Brita Ostrom

For workshop description see September 12-17. $390

Self-Acceptance: The Freedom to Be

David Schiffman

For workshop description see December 19-24. $390

Experiencing Archetypes

Jessica Britt & Howard Levene

God/goddess, eros, logos, masculine, feminine, shadow, spirit . . . archetypes can be understood as essential forms, metaphors, and behaviors which seed our deepest patterns of psychic functioning.

Through gestalt practice, dream work, Reichian breath work, and the expressive arts, the group will seek awareness and direct experience of their archetypal realms, getting in touch with individual meanings and expression.

During these five days participants will take a look at how the ways we embody our particular archetypal patterns can effect our communications, values, and daily lives. $390

Waves and Whispers: An Intensive for Beginning and Advanced Participants

Emilie Conrad-Da'oud & Susan Harper

This will be a five day exploration of cellular, fluid, and intrinsic movement. The aim is to establish an intuitive sense of *all* aspects of living *as movement* rather than movement as a separate activity. Within the human organism there exist infinitely fine levels of sensation, as direct as "ordinary" sensory experience, but far more subtle, requiring a willingness to be intimate with currently unknown activities within. There will be exploration of movement through the body, through sound, through different ways of breathing, and through communication. The ability to participate deeply in these ways can enhance understanding of healing, of creativity, and what it means to experience ourselves biologically. Film documentaries will be shown which demonstrate how a sense of "bio-movement" can help healing processes. $390

The Human Potential Goes to College: The Antioch Holistic Studies Program

Will Schutz, Don Johnson, Marilyn Kriegel, Thompson Barton & Judi Bell

Where does the human potential lead? Thousands of people have been through dozens of workshops and wonder what to do next. One direction is to use the learning of the human potential movement to influence the establishment. As Capra has pointed out in *The Turning Point*, what is needed for social effectiveness is a change in perception, an evolution from a mechanistic paradigm to a holistic one. An obvious place to begin influencing social institutions is education. Four years ago, some of the human potential theory and methods were integrated with the best of traditional education into a masters degree program at Antioch University West in San Francisco. The holistic studies program introduced both method and content into traditional education. In content, our aim was to present an integrated program rather than an eclectic one, that is, to interrelate the various aspects of a person—intellectual, physical, spiritual, emotional, aesthetic, and social—rather than simply to deal with each aspect in a separate workshop or class. Our focus was on using experiential human potential methods as the critical teaching techniques to help each student to dissolve blocks and to use themselves more fully.

During this week we shall present a sample of a week at Antioch Holism. Each aspect of the person will be experienced fully and related to the others, i.e., how does the way you dance relate to the way you think? Activities covering the various aspects of the whole person will include: running with Barton; movement, dance, and body awareness with Johnson and Bell; group process with Kriegel and Schutz; Feldenkrais with Schutz; and seminars and lectures with all. The seminars will include discussions of theory, education, bodymind, applications of holism to traditional knowledge and to social issues, and holism as a philosophy and a basis for social policy.

The workshop is designed especially for students, prospective students, educators, philosophers, and for those interested in where to go next with the human potential movement. For further information about this workshop write Esalen Program, Holistic Studies, Antioch University, 650 Pine, San Francisco, CA 94108. $390

Weekend of February 4–6

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $190

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney

This weekend is for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, and for accomplished singers who want to improve their performance. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Participants are invited to bring their favorite song titles. There will also be a variety of music to choose from at Esalen. $190

Exorcising the Demon "Should"

Paul Rebillot

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously. With the help of this experience in contrasts, we will explore our possibilities of movement between the two, and in this way open up our options to the full range of our own authentic being. $190

Joyce Rogers-Lyke

Bixby Bridge as seen from Hurricane Point

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert & Saul-Paul Sirag

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what the current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation. $190

Disease and Self-Healing

Sam Keen

The myths we live by (the economic, political, religious and family value-systems) inform both our minds and our bodies. Our scripts, stories, life-styles predispose us to be vulnerable to stress in unique ways. An urban, competitive way of life, for instance, leads predictably to a high incidence of heart attacks, cancer, respiratory infections, and diabetes. By discovering how we disease ourselves we also recover the power to heal ourselves. This seminar will explore:

Personal history: What disease scripts did you get from your family? What rules about what must you do to remain healthy? What meanings were assigned to special diseases?

Social and political ideology: What religious, economic, and cultural myths are informing your life and death styles? Why will modern men inevitably die eight years earlier than women? What price in health and happiness do you pay by the myth of competition, success, progress?

Somatic cryptology: How do you decipher the messages of your pain and disease? How do you listen to the voices of your illness? What does pleasure say to you?

The art of self-healing: How to use creative imagination, memory, visualization, dreams, meditation, touch, and music to change your disease scripts and enter into a more healing relationship with your many selves.

Healing the body politic: How much disease is a cry of loneliness and despair? What are the unheard voices that speak to us out of violence? How do we recover the communion that is necessary for health? $190

Week of February 6–11

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 10. $390

Zero Balancing: Beginning-Intermediate Workshop

Fritz Smith

Zero balancing is a body-handling system focusing on the interface between body structure and energy flow. Our musculoskeletal function at this level is beneath conscious awareness, and when imbalances occur at this interface the body tends to compensate around them, rather than resolve them directly. This imbalance often leads to loss of vitality, chronic body pain, and lessened potential for vibrant health.

In this program traditional anatomy, physiology, and kinesiology are reviewed: Eastern concepts of ch'i energy, its movement in the body, and the chakra systems are discussed. With this as background, the system of zero balancing is presented, including specific guidelines for evaluating and balancing the structural/energetic interface in the body.

This workshop is both didactic and experiential, with the main emphasis on teaching the participants new skills in body handling.

This is an accredited program toward zero balancing certification. $390

The Wisdom of the Body

Peter Levine

When we are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of these walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes.

We try to break out of these citadels, often with intense, even violent force. This can help to restore some sense of feeling, bringing us "out of our heads" and more into our bodies. These emotional explosions can, however, become habitual, even mechanical, ways of releasing tension. In this workshop we will explore other avenues toward re-discovering deep softer feelings, pleasure, and self-esteem. So, rather than storming our citadels, we will look at softening the body armor; at allowing the body to express itself in its own language within its own rhythm. This return toward grace, which is our birthright, is the wisdom of the body. $390

Open Seat

Paul Rebillot

Paul Rebillot writes, "The concept of 'open seat' is an open space into which people may enter in order to work through their resistances, express their feelings, and reorder their way of being in the world. As a gestalt facilitator I help people find ways of healing themselves by combining the principles of gestalt with concepts of ritual and theater. I assist people in working with their subconscious material, such as dreams and fantasies, in order to augment their ways of living and dealing with day to day problems. I encourage people to become more expressive in all ways: in their personal lives; in their communities; and in the political situations to which they feel committed. I can help people develop a clear sense of responsibility, not only for their own life process, but also for the world." $390

Weekend of February 11–13

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see September 24-26. $190 per participant

Zero Balancing: Advanced Workshop

Fritz Smith

This workshop is for people who have completed at least one introductory zero balancing program. Following a review of basic concepts, time will be spent on answering specific questions and giving individual instruction as needed. New work will focus on exploring the direct perception and assessment of energy currents in the body, refinement of evaluating and balancing the foundation joints, and the discussion of nonfoundation joints, including the small joints of the body. Theory will be clarified by demonstration and individual practice, using each other as models.

This is an accredited program toward zero balancing certification. $190

Russian Roulette: The Superpower Game

Arthur Cox

Arthur Cox is one of the world's most foremost authorities on nuclear armaments. In his book *Russian Roulette: The Superpower Game* (Time Books, 1982), Cox describes the terrifying possibility of accidental nuclear war by computer error, and shows how in a recent 18 month period, there were 3703 false alarms on the early warning system of the North American Air Defense Command. Computer error was the cause of many of these alarms, some so serious that the U.S. Strategic Air Command and nuclear submarines were alerted, as were ICBM launch centers and the president's command center plane at Andrew's Air Force Base. The danger grows daily; the risk is annihilation.

In this seminar, Cox will show that there is no such thing as "politically intelligent" employment of strategic nuclear weapons. "At this stage in history," Cox has said, "it is recklessly irresponsible to take the risk of trying to build the weapons necessary to destroy the Soviet nuclear arsenal and at the same time attempt to ensure our political-social survival and recovery. This is suicidal fantasy. This is Russian Roulette."

Cox will offer a comprehensive, pragmatic strategy to avoid nuclear holocaust, where U.S.-Soviet negotiations are key. The weekend provides an opportunity for participants to join with Cox to brainstorm creative political actions to avoid nuclear war by governments and by people, both in the U.S. and abroad. Together, Arthur Cox believes, we can and must find the way to a stable, peaceful world. $190

Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care

Tom Ferguson

About 70% of illness care—and an even higher percentage of preventive care—is self-provided, yet this most important part of our health care system is largely ignored by many health care professionals.

This workshop will provide an overview of the field of self-care. Topics will include the present extent of self- care, what people can learn to do for themselves, self-care classes, self-diagnostic tests, self-help groups, social support systems, health promotion, self-care in the schools, the literature of self-care, the effectiveness and safety of self-care, self-care in the clinic, dealing with sophisticated medical consumers, the developing technology of self-care, special problems health professionals have in taking care of *themselves*, and how this is related to care of others. Participants will have an opportunity to meet others with similar interests and to share their personal and professional experiences in self-care. For additional information see page 35. $190

The Media Center

The Esalen Media Center has produced two multi-media slide presentations which are now available for rental and purchase.

ESALEN. An 18-minute program which gives an overview of Esalen—its history, the many facets of Esalen today, including workshops, long term programs, special projects, the property and coastline, people, and the daily schedule.

Musical soundtrack by Paul Horn, Joel Andrews, and Pinchey Pete.

Cost: For Sale	Slide Program—includes 129 color slides, cassette tape, and script (pulsed tape for Entre 7610 dissolve unit available on request)	$150.00
	½" VHS color video cassette	$125.00
	¾" U-Matic color video cassette	$135.00
For Rent	½"VHS color video cassette	per week - $ 30.00
	¾"U-Matic color video casette	per week - $ 35.00

THE RITUAL OF BIRTH. A 14-minute program of a home birth, a "blessing way" ceremony honoring the birthing family, and images of the children from the Esalen community.

Musical soundtrack by David Tate and Char Pias Brenner.

Cost: For Sale	Slide Program—includes 74 color slides, cassette tape, and script (pulsed tape for Entre 7610 dissolve unit available on request)	$95.00
	½" VHS color video cassette	$75.00
	¾" U-Matic color video cassette	$65.00
For Rent	½"VHS color video cassette	per week - $ 20.00
	¾"U-Matic color video casette	per week - $ 25.00

• SPECIAL PROGRAMS •

Tutorial Program in Gestalt Body Therapy

This will be a professional training program for licensed or license-eligible psychotherapists and graduate students in gestalt body therapy (GBT). GBT is a complete system of psychotherapy with an emphasis on breathing as a vehicle for the integration of body, mind, emotions, and spirit. The program will consist of approximately one week (five days) at Esalen every five weeks for a period of two years. This program can lead to an M.A. or Ph.D. in psychology through affiliation with an approved degree-granting institution. The program will be didactic and experiential and is based on a tutorial system with Jack Rosenberg and staff. If interested, please contact Jack Rosenberg, 1107 W. Washington Bl., Venice, Ca. 90291. Please include personal and therapeutic history and educational background.

Esalen Massage Practitioner Certificate Program

The Esalen massage practitioners will be offering an Esalen Massage Practitioner Certificate Program through Twin Lakes College of the Healing Arts in Santa Cruz, Ca. The fall, 1982 three month program meets on weekends beginning September 11. For further information phone (408) 476-2152. $550.

September 5-26
The Primal Circle: Exploring the Roots of Well-Being

Christine Price, Jessica Britt & Visiting Faculty

"The search for physical, emotional, and spiritual well-being can be exciting and challenging. This workshop is a time for sharing those practices which we have found most effective and nourishing for ourselves," write Chris and Jessica.

First Week: *Personal Roots:* Many ancient and modern practices have developed to teach people how to be free of conditioning and to move into direct experience of "true nature." For many in our culture this process is a difficult one, because frequently we are not aware of a "self" beyond our personal history. The beginning of this workshop focuses on "coming home" to ourselves. In intensive sessions of gestalt practice and Reichian breath work, our physical sensations and feeling process will be primary. Some moderate fasting, massage practice, and chanting sessions will also be included.

Second Week: *Primal Roots:* By spending ten days backpacking in the wilderness, participants will have the opportunity to enrich their connection with nature and explore their relationships to each other in a setting devoid of the usual distractions and supports. Taking inspiration from ancient ceremonial practices, we will create and enact rituals relevant to our present lives.

Third Week: *Creative Roots:* The creative arts are an ancient channel for divine expression as well as self-expression. Poetry, moving meditation, mantra, and chanting are ways which have been used for thousands of years to connect with and become an extension of the "infinite source." This final week provides time to explore these practices, both in their original forms and their modern interpretations. Sessions for personal clearing will again be included.

The visiting faculty will include Leonard Bearne, Byron Brown, Steven Harper, Susan Harper, Ruth Leveton, and Gail Stewart. For more information regarding this workshop, write to Christine Price, Esalen Institute, Big Sur, Ca. 93920. $1350

September 5-October 1
The Mystical Quest

Christina & Stanislav Grof

A four week, interdisciplinary program designed for professionals and students in the fields of psychiatry, psychology, anthropology, religion, and philosophy interested in understanding the mystical quest and approaches to attaining higher consciousness. Special attention will be paid to the similarities and differences between psychosis and mysticism, and to the vicissitudes of consciousness evolution. This program is part of a systematic effort to create an international network of individuals able to facilitate the process of personal transformation and to assist in spiritual emergencies. The program will focus on the following thematic areas:

Ancient Mystical Traditions. We will explore theoretically and practically the cartographies and technologies of the sacred developed in the context of shamanism, Hinduism, Buddhism, Kabbala, and alchemy.

Ancient Wisdom and Modern Science: Dawning of a New Paradigm. Scientists who have made major contributions to the emerging paradigm will discuss the recent developments in Western science—consciousness research, brain physiology, parapsychology, systems theory, and quantum-relativistic physics—that are rapidly bridging the gap between science and mysticism.

Psychosis: Disease Or Evolutionary Crisis. We will explore new understandings of the psychotic process emerging from psychedelic research, Jungian psychology, kundalini research, and modern clinical and laboratory studies. An attempt will be made to differentiate psychosis from "spiritual emergency" or evolutionary crisis. Participants will have the opportunity to experiment with methods of constructive assistance in transpersonal crises.

Self-Exploration and Group Process. The workshops of this series use an experimental educational format that combines didactic input with deep personal experience. The Esalen staff and guest leaders will act as facilitators for the process of self-exploration throughout the month. We will use "holonomic integration," developed by the coordinators, which combines controlled breathing, evocative music, focused body work, and mandala drawing. Other methods used in the workshop will be Dora Kalff's sandplay, gestalt practice, development of psychic abilities, and Esalen massage. $1600

October 3-29
Optimum Health

Joe D. Goldstrich & Staff

This program, led by a former chief cardiologist at Pritikin Longevity Center, is for individuals committed to realizing greater potential for health and well-being. The three main components of the program are nutrition, exercise and movement, and group process work. By combining insights and approaches from various schools and traditions of healing and health care, we can avoid the dogmatism and exclusivity which so often characterize our understanding of issues concerning health.

Nutrition: Blood samples will be analyzed at the beginning and end of the program to track each participant's progress toward greater health. Based on the first blood sample in combination with Dr. Goldstrich's comprehensive life history review index, each participant's diet during the month will be based on a unique synthesis of the Pritikin approach, macrobiotics, and "live food" diets. Participants will also learn how to shop for the most nutritious food in supermarkets and health food stores, and how to prepare food using methods which preserve nutritional value.

Exercise and Movement: Each participant will receive a fitness level review from Dr. Goldstrich as the basis for an individualized approach to exercise and movement. A variety of approaches will be available to participants, including hatha yoga and stretching, t'ai chi, aerobic and jazz dance, and jogging. Massage instruction will be part of the curriculum and sessions will be offered at the baths. In addition, two day-hikes are planned in the surrounding Big Sur wilderness area. Videotape review of movement sessions will be included as a means of body image feedback and self-improvement. The mutual benefits of sound nutrition and regular exercise will be emphasized throughout the program.

Group Process: Most of us have encountered our own mental and emotional resistance to greater well-being. By exploring the roots of our

resistance to growth and change, we can gain greater access to inner resources such as courage, strength, patience and determination—all of which help to ensure the success and enjoyment of one's commitment to greater health. Through group interaction, guided imagery, gestalt practice and other approaches to group and individual process, participants will have an ongoing opportunity to contact and integrate deeper parts of themselves. Relaxation and stress reduction approaches will also be introduced.

Overview: Esalen is a unique setting for this residential program in developing optimal health. Much of the food is grown on the property, in the garden or at the Esalen Farm. Combined with the array of approaches to mental, emotional, spiritual, and physical development offered on a regular basis, and its setting in a supportive community environment, Esalen offers a sense of natural abundance from which to explore good health in this comprehensive program. For additional information see page 35. $1600+$100 lab fees

Steve Beck

A deep tissue demonstration during the four month holistic health training program

October 8, 1982-January 28, 1983
Holistic Health Residential Program

Coordinated by Polly Kirby

This program is designed for those seeking information and training in alternative health and healing approaches. For health care professionals this program will provide new knowledge and skills in holistic healing practices which they can use in their own health care settings. For lay persons and students this program will provide an in-depth introduction into the holistic health field, as well as the necessary teaching to maintain a high level of wellness in their own home environments. In addition to the emphasis on healing, the participants will receive instruction and personal experience in the ten deep tissue sessions, and also will take part in ongoing practicums focusing on gestalt and group process. There will be a weekly acupuncture clinic exclusively for the participants' own health enhancement, as well as regularly scheduled community health sessions where participants can observe the integration of the various holistic practices being taught. A part-time faculty of about twenty will be involved in different aspects of the teaching program.

The workshop will include several areas of study and practice. Most of the following will be included: deep tissue; acupuncture; nutrition; t'ai chi; gestalt; homeopathy; herbology; Bach flower remedies; community health; group process; anatomy; healing meditations; organic gardening; movement integration; massage. A course outline describing each of the areas covered can be obtained by writing to Esalen Institute, Big Sur, Ca. 93920.

Classes will be held six days per week, with three meetings usually being scheduled for each day. Included in this time will be a four-hour per week work commitment in various community projects. Only Wednesdays will be off-days, although all classes are considered optional, leaving the intensity of the learning experience completely up to the choice and capacity of the individual participants.

During this four month period there will also be on-going community sessions which are open to all residents in the Esalen community. In the past these have included morning yoga practice, zazen meditation, Feldenkrais exercises, body-strengthening exercises, movement and dance, various forms of energetic release work, intra and inter-personal process work, chanting and different spiritual and contemplative practices, video tape and movie presentations, astrology sessions, and evening lectures on a host of subjects.

During the four month stay, participants in the program are also free to sign up for any of the regularly scheduled Esalen catalog programs on a space available basis by payment of the leader's fee. To provide some recreation and diversion, occasional outings into the magnificent Big Sur countryside and along the coastline will be planned throughout the program.

Esalen is not a degree, diploma, or certificate granting institution. This program is offered for professional and educational enrichment. Participants must make their own arrangements to assure compliance with respective state licensing requirements for professionally applying any skills acquired in this program. Verification of attendance will be given to nurses and physicians in the program desiring continuing education credit for this experience.

For further information write to Polly Kirby, Esalen Institute, Big Sur, Ca. 93920. $6300

March 6-May 29
Work-Study Program in Bodywork

Coordinated by Deane Juhan, Deborah Anne Medow & the Esalen Massage Practitioners

This three month course, which includes the regular 32-hour work commitment detailed on page 12, offers intensive instruction in various approaches to massage practice, movement, and self-care. The goals of the program are: to provide information and practical experience that will enrich the participant's knowledge of his/her own body and its functions; to give instruction in a wide range of bodywork methods so that each participant will learn to give an effective massage; and to familiarize the group with the fundamentals of gestalt and group process as they relate to personal growth and massage.

Massage instruction and practice will include Esalen massage, polarity, Rolfing®, deep tissue, Trager, Feldenkrais, acupressure, and psychic massage. The principle movement disciplines introduced will be yoga, aerobics and stretching, patterning, Halprin's movement ritual, mentastics, gestalt movement, contact improvisation, jazz dance, and t'ai chi. Classes in self-care will include diet for nutrition and cleansing, meditation, and energy pacing to avoid burnout. Anatomical and physiological information relevant to massage, movement, and self-care will be presented in a series of slide lectures. Regular gestalt and group process sessions will be scheduled throughout the program, led by the Esalen gestalt staff, to facilitate the group's cohesiveness and the learning process of each individual. Please use the information, instructions, and application form on page 12 when you apply. The fees and necessary deposit are the same as for the regular Work-Study Program described on that page.

Joyce Rogers-Lyke

• WILDERNESS PROGRAMS •

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop we require the following deposit:

Up to 3 days	$ 50
4-7 days	$100
8-14 days	$200
15-21 days	$300
Over 21 days	$400

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your non-refundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip your deposit is forfeited.

September 11–18
Gentle Backpacking, Gentle Encountering, in the High Sierra

Maurica Anderson & Tom Moore

After Labor Day but before deer hunting season begins is a time of quiet in the Sierra. We will take seven days of this quiet to hike into the John Muir Wilderness area at a leisurely pace, spending each afternoon and evening by a mountain lake or rushing stream. *Several mule-loads of food will be left on the trail for us*, enabling us to keep our pack weight down and to eat outrageously good food. We will spend some time doing massage, body awareness, psychodrama, and encounter, laughing a lot and getting to know the high country, one another, and ourselves. There will be some time for doing nothing or for taking strenuous side hikes.

Mountaineering experience is not necessary, but participants should possess a good sense of humor and be capable of carrying a pack at altitudes up to 10,500′ for distances of 4 to 6 miles a day. For complete information sheet write or call Maurica Anderson, 1112 Curtis St., Albany, Ca. 94706 (415) 526-5814. Participants will meet in the Sierra on September 11. $310

September 11–21
River of Solitude: The Lower Canyons of the Rio Grande

Annie Callaway & Dick Galland

We will float nearly 50 miles of the Rio Grande as it winds through the Big Bend country, forming the border between Texas and Mexico. We feel ourselves slowing, adjusting our pace to the river, floating in the warm water and shedding our cares to become a part of this timeless land of sun, rock, and water. We will camp at night on the riverbank to cook over mesquite campfires and sleep in the warm sand, beneath the brilliant canopy of the desert stars. We will explore sinuous limestone side canyons, visit ancient Indian shelter caves, and marvel at the unique Chihuahuan desert vegetation and geology. In six six-person rafts we will paddle past strands of river cane and swim in crystal springs along the river. We will make music, invent rituals, and tell stories of our own journeys. We will use relaxation, yoga, and group process approaches, breathing deeply and opening our hearts, to emerge at the end of the trip refreshed and renewed. The group will meet in Midland, Texas, on September 11. Information on clothing, equipment, and travel will be sent upon registration. $550

October 7–10
The Vertical Dance: A Yosemite Climbing Adventure

Dick Galland & Annie Callaway

During the days we'll play on the magnificent granite boulders and low rock faces of the "Incomparable Valley." We'll learn basic movements, such as how to rappel and belay, building trust in our hands and feet and each other. Safety ropes will free us to experiment and to discover our inner heroes. We'll camp in organized campgrounds, cooking together over crackling fires and sharing the day's adventures. One night we will don our city clothes for dinner at the Ahwahnee Hotel, a Valley tradition for nearly 100 years. The weekend begins Thursday afternoon and ends Sunday afternoon at the Fresno airport. We travel by van to and from Yosemite. No previous camping or climbing experience is necessary. Complete information will be sent upon registration. $225

· MEDICAL PROGRAMS ·

Esalen Institute is a California state approved provider for continuing education for health professionals. The California Medical Association has granted Esalen Category 1 approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

As of June 1982, the following are approved courses. See regular program listing for course description. For additional course approvals in present catalog contact the Esalen office.

Esalen Institute — Approved Provider for Physicians

September 10–12
High Performance Management in Health Care
Charles Garfield — 10 hours

October 10–15
Massage for Health Professionals
Deane Juhan & Brita Ostrom — 30 hours

October 15–17
Stress Reduction: A Guide for Physicians and Other Medical Care Personnel
Phillip Mac, M.D. — 10 hours

November 14–19
Critiquing Approaches in Health Care
Phillip Mac, M.D. & Susan Baldi, R.N. — 30 hours

November 21–26
The Psyche and Soma of Health
Jessica Britt, R.N. & Deborah Anne Medow — 30 hours

November 28–December 3
The Health Care Contract:
Structuring Clinical Relationships by Agreement
Jerry Green, J.D. — 30 hours

December 5–10
Massage for Health Professionals
Deane Juhan, Lila Daniels Klapman & Gary Klapman, M.D. — 30 hours

December 10–12
Food for Health and Wellness
Joe D. Goldstrich, M.D. — 10 hours

December 17–19
The Hypnotherapy of Milton Erickson:
A Workshop for Professionals
Jane Parsons — 10 hours

January 2–7
Loss, Grief, and Depression
Joel Kotin, M.D. — 30 hours

January 28–30
Medical Self-Care:
New Directions in Patient Education
David Sobel, M.D. — 10 hours

February 11–13
Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care
Tom Ferguson, M.D. — 30 hours

Esalen Institute — Approved Provider for Registered Nurses

September 10–12
High Performance Management in Health Care
Charles Garfield — 10 hours

October 3–29
Optimum Health
Joe D. Goldstrich, M.D. — 30 hours

October 8, 1982–January 28, 1983
Holistic Health Four Month Residential Program
Coordinated by Polly Kirby, R.N. — 92 hours

October 10–15
Massage for Health Professionals
Deane Juhan & Brita Ostrom — 30 hours

October 15-17
Stress Reduction: A Guide for Physicians and Other Medical Care Personnel
Phillip Mac, M.D. — 10 hours

November 14–19
Critiquing Approaches in Health Care
Phillip Mac, M.D. & Susan Baldi, R.N. — 30 hours

November 21–26
The Psyche and Soma of Health
Jessica Britt, R.N. & Deborah Anne Medow — 30 hours

November 28–December 3
The Health Care Contract:
Structuring Clinical Relationships by Agreement
Jerry Green, J.D. — 30 hours

December 3–5
From Burnout to Personal Growth:
Increasing Effectiveness and Enjoyment in Work and Life
Elliot Aronson, PhD. & Ayala Pines, Ph.D. — 10 hours

December 5–10
Massage for Health Professionals
Deane Juhan, Lila Daniels Klapman & Gary Klapman, M.D. — 30 hours

December 10–12
Food for Health and Wellness
Joe D. Goldstrich, M.D. — 10 hours

December 17–19
The Hypnotherapy of Milton Erickson:
A Workshop for Professionals
Jane Parsons — 10 hours

January 2–7
Loss, Grief, and Depression
Joel Kotin, M.D. — 30 hours

January 28–30
Medical Self-Care: New Directions in Patient Education
David Sobel, M.D. — 10 hours

February 6-11
Zero Balancing: Beginning–Intermediate Workshop
Fritz Smith, M.D. — 30 hours

February 11–13
Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care
Tom Ferguson, M.D. — 30 hours

· BIOGRAPHICAL INFORMATION ·

—A—

Maurica Anderson p. 13 . . . . . regularly conducts psychodrama and support groups at various alcoholism treatment centers. She has co-led the Esalen High Sierra group for many years.

Dick Anthony p. 27 . . . . . is an associate of the Center for the Study of New Religions in Berkeley and is co-editor of *Conversion, Coercion and Commitment in New Religious Movements*.

Anne Armstrong p. 16, 23 . . . . . has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong, p. 16, 23 . . . . . a former engineer, is a life-long student and teacher of esoteric studies.

Elliott Aronson p. 23 . . . . . is a professor of psychology at the University of California, Santa Cruz. He has published over 60 articles on interpersonal relations and authored ten books, including *The Social Animal*.

Angie Arrien p. 23 . . . . . is a Basque folklore specialist, anthropologist, and a tarot counselor who teaches at the California Institute of Asian Studies.

—B—

Susan Baldi, p. 21 . . . . . R.N., is director of student health at Santa Rosa Community College.

Thompson Barton, p. 29 . . . . . currently teaching the holistic sports course at Antioch West, presents an evolutionary development in the art of teaching sports, fitness, and movement called the integrated awareness method.

Judi Bell p. 29 . . . . . is chair of the creative arts therapy department at Antioch University, San Francisco. She has done pioneering work in integrating movement into family therapy.

Shyam Bhatnagar, p. 19 . . . . . founder of innertuning, which is based on chakra psychology, is director of S.R.I. Centers International and is on the faculty of International University in Lugano, Switzerland.

Daniel Bianchetta p. 24 . . . . . practices shiatsu, rebirthing, deep tissue massage, gestalt, and intuitive readings at Esalen. He has studied extensively with Swami Muktananda.

Jessica Britt p. 13, 21, 29 . . . . . is a registered nurse who is a student and practitioner of gestalt, Reichian, and wilderness approaches to well-being.

Charles Brooks, p. 20 . . . . . author of *Sensory Awareness*, was formerly a woodworker and designer and has been a teacher of sensory awareness with his wife, Charlotte Selver, since 1963.

Leon Burry-Trice p. 21 . . . . . is a builder and an architect on Esalen's staff.

—C—

Peter Caddy p. 13, 26 . . . . . is the co-founder of the Findhorn Foundation, and is presently engaged in visiting and assisting in the link-up of communities, groups, and movements for the process of planetary transformation.

Annie Callaway, p. 13, 17 . . . . . professional wilderness guide, group leader, hatha yoga teacher, and writer, has been leading Esalen trips for several years.

Joseph Campbell p. 18 . . . . . is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero With a Thousand Faces, The Masks of God*, and *Myths to Live By*.

John Caple p. 26 . . . . . is a college professor (with a previous career in business management), career counselor, and leader of seminars for industry.

Fritjof Capra, p. 27 . . . . . Ph.D., is researching theoretical high energy physics at the Lawrence Berkeley Laboratory and is author of two books, *The Tao of Physics* and *The Turning Point*..

Seymour Carter p. 13 . . . . . has taught gestalt at Esalen and other growth centers in the United States and Europe for over 12 years, and is currently a teacher in residence at Esalen.

Michell Cassou p. 23 . . . . . is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.

Stanford Eugene Cates p. 24 . . . . . is working and in training with Paul Rebillot, assisting and co-leading groups. He has trained in Trager psychophysical integration and is a minister.

Barbara Clemans p. 18, 22 . . . . . is a massage and movement specialist in private practice in San Francisco.

Emilie Conrad-Da'oud, p. 29 . . . . . a professional dancer and teacher of movement, has studied and performed ballet, modern jazz, Afro-Cuban, and primitive dance in New York and the West Indies.

Arthur Cox p. 31 . . . . . has had direct experience in all aspects of U.S. policy toward the Soviet Union—including diplomacy, intelligence and covert operations, military affairs and arms control, trade, and information and cultural programs.

Stewart Cubley, p. 23 . . . . . artist and scientist, is co-founder of the Expressive Painting Studio in San Francisco.

—D—

Terry Dobson p. 19 . . . . . apprenticed to the founder of aikido for eight years. He is the author of *Giving In To Get Your Way* and *Safe and Alive*.

Jackie Doyle p. 19 . . . . . is the president-elect of the Association for Humanistic Psychology, was a founder of Greenhouse in Cambridge, Mass., and is in private practice in the Bay Area.

Joel Dweck, p. 16 . . . . . formerly a physicist and freelance builder, is a certified Radix® teacher in private practice in Santa Monica, California.

Ken Dychtwald, p. 15 . . . . . psychologist and international consultant, is the author of *Bodymind, Millenium: Glimpses into the 21st Century*, and *The Aging of America* (forthcoming).

—E—

Evelyn Eaton p. 23 . . . . . is a musician, author, poet, world traveller, lecturer, teacher, and "a mystic with a keen sense of humor."

Victoria Elliot, *p. 18* — an Esalen trustee, is vice president of Norman H. Gershman Consultants, executive recruiters and management consultants to the securities business.

—F—

Tom Ferguson, *p. 31* — M.D., is editor of the *Journal of Medical Self-Care*, medical editor of the *Whole Earth Catalog/ Co-Evolution Quarterly*, and editor of the book *Medical Self-Care: Access to Health Tools*.

Rosemary Feitis, *p. 25* — a certified Rolfer®, editor of *Ida Rolf Talks*, is presently writing two manuscripts: one on consciousness; the other, with Louis Schultz, on anatomy.

Joyce Frazee *p. 20* — is a gestaltist whose training includes art, encounter, bioenergetics, body awareness, and psychosynthesis. She is presently on the staff of Cold Mountain Institute.

Marty Fromm *p. 24* — trained with Fritz Perls for three years. Some aspects of their relationship are described in *In and Out of the Garbage Pail*.

Betty Fuller, *p. 18* — a humanist counselor, A.H.A., is director of the Trager Institute, and a certified instructor of Trager psychophysical integration and mentastics©, and of Feldenkrais awareness through movement.

—G—

Dick Galland. *p. 13, 17* — was the founding director of the Southwest Outward Bound School. He designs and guides wilderness programs for individuals, schools, and corporations.

Charles Garfield, *p. 13* — clinician, consultant, researcher, and writer on improving human performance, reducing job stress, and preventing burnout, is author of *Stress and Survival*.

Merri Goldenson (Devarani) *p. 13* — is a chiropracter, certified Radix® teacher, Bates vision instructor, and masseuse.

Joe D. Goldstrich, *p. 17, 23, 33* — past national director of education and community programs for the American Heart Association, is a physician and author specializing in nutrition and preventive medicine.

Amit Goswami, *p. 22* — Ph.D., is a physics professor researching a quantum theory of consciousness. He is the author of *The Cosmic Dancers* to be published by Harper and Row.

Jerry Green *p. 22* — is an attorney specializing in medicine and holistic health practices.

Andre Gregory *p. 18* — is co-author and star of *My Dinner With Andre*, creator of the Manhattan Project, and director of it's world famous production of *Alice in Wonderland*.

Christina Grof, *p. 13, 19, 21, 22, 23, 26, 27* — hatha yoga teacher and student of Swami Muktananda, has special interest in the kundalini process and the problem of "spiritual emergency." She is co-author of *Beyond Death*.

Stanislav Grof, *p. 13, 19, 21, 22, 23, 26, 27* — psychiatrist with over twenty years' experience in consciousness research with and without psychedelics, is the author of *The Human Encounter with Death* and *LSD Psychotherapy*.

—H—

Betsy Hand, *p. 15, 23, 31* — former resident staff member of the Gestalt Institute of Canada, has 20 years experience with families, couples, and groups. She is in private practice in Kentfield, Ca.

Robert Hand *p. 20* — is an astrological teacher, author, consultant, and researcher. His latest book is *Horoscope Symbols* and he is completing a manuscript tentatively entitled *Essays on Astrology*.

Joyce Hanna *p. 19* — is a behavioral fitness consultant in Palo Alto, California. She is a marathon runner and has competed in the Boston marathon.

Michael Harner, *p. 21, 28* — an anthropologist who has studied shamanism among South and North American Indians for more than two decades, is the author of *The Way of the Shaman*.

Sandra Harner, *p. 21, 28* — textile artist and executive director of the Center for Shamanic Studies, Norwalk, Connecticut, has accompanied her husband, Michael, in studies among Upper Amazon tribes.

Steven Harper *p. 10* — an instructor/guide for mountaineering and outdoor schools, has recently returned from a year long journey in the Himalaya and Africa.

Susan Harper, *p. 29* — a dance teacher in Los Angeles and San Francisco, is co-founder of Continuum Montage, a company which produces and distributes recordings by musicians and composers.

Nick Herbert *p. 30* — is an independent researcher in the foundations of physics. He is currently interested in Bell's Theorem and its applications to ordinary life.

Torkin Hibbard *p. 19* — is the director of People's Clinic in Boulder, Colorado.

Paul Horn. *p. 27* — is a flutist, a jazz musician, creator of the *Inside* albums, and teacher of meditation.

Chungliang Al Huang *p. 26, 27* — is the founder-president of Living Tao Foundation and director of its Lan Ting Institute, an international cultural-arts network for lifelong learning.

—IJ—

Rick Ingrasci *p. 19* — is a physician/healer in private practice in Newton, Mass. He is health editor of *New Age* magazine and health director of *Interface*.

Owen James *p. 25* — is director of the Center for Integral Living, New York and Toronto. He has been a certified Rolfer® and movement teacher for over a decade.

Don Johnson, *p. 29* — Ph.D., is co-chair of the holistic studies department at Antioch University and author of *The Protean Body*. His interest is in social forces that shape the human body.

Michael Joyce, *p. 16* — a somatologist and Feldenkrais teacher in private practice in Reno, Nevada and Dutch Flat, California, has written articles on the physiological learning process.

Andrea Juhan. *p. 10,* — is an Esalen deep tissue and massage practioner, has trained with Anna Halprin, and currently conducts Esalen community classes in stretch/exercise, aerobics, and dance.

Deane Juhan, *p. 18, 22, 23, 33* — a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.

—K—

Sam Keen *p. 21, 30* — is an explorer of inner space, a psychonaut and philosopher, editor of *Psychology Today*, author of *Apology for Wonder*, *To a Dancing God*, *Beginnings Without End*.

George King, *p. 15, 19* — a massage practitioner for 22 years, has worked throughout the U.S., Europe, and South America.

Polly Kirby ..... is a registered nurse and certified acupuncturist who is presently living at Esalen, where she is working toward integrating traditional and alternative healing modes.
p. 18

Gary Klapman ..... has been practicing emergency medicine in Santa Cruz for five years and is a student of medical ecology.
p. 23

Lila Daniels Klapman, ... longtime member of the Esalen massage crew, integrates deep tissue, polarity, and Trager bodywork in her teaching and practice.
p. 19, 23, 27

George Kohlrieser ..... is director of Shiloah, Center for Human Growth in Dayton, Ohio, where he works with individuals, families, and groups.
p. 26

Joel Kotin, ... a psychoanalyst and associate clinical professor of psychiatry and human behavior at U.C. Irvine, is author of numerous publications on both biological and psychological aspects of depression.
p. 26

Marilyn Harris Kriegel, ... former senior associate of the Psychosynthesis Institute of San Francisco, is co-chair of the graduate department of holistic studies at Antioch University West.
p. 29

—L—

Stephen LaBerge, ... Ph.D., is a scientist dedicated to the transformation of human consciousness. He teaches and does research on conscious or "lucid" dreaming at Stanford University.
p. 24

David LaChappelle ..... is an artist and clairvoyant, trained in polarity, yoga, and meditation. He has taught at the Rocky Mountain Healing Arts Institute.
p. 19

Benj Langdon, ... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.
p. 22, 27

Dub Leigh ..... is a humanist counselor, an advanced Rolfer®, and a practitioner of both Feldenkrais and Trager methods.
p. 16

George Leonard, ... author of *Education and Ectasy, The Transformation, The Ultimate Athlete,* and *The Silent Pulse,* holds a black belt in aikido, from which he derives his present work.
p. 9, 16

Howard Levene, ... a Jungian analyst practicing in the Bay area, is chairman of the curriculum committee of the C.G. Jung Institute in San Francisco.
p. 29

Peter Levine ..... has practiced and taught Reichian body work for many years. He is currently working on three books in the area of stress resolution, and Reichian vegito therapy.
p. 31

Bill Liles, ... a member of the Esalen massage crew for many years, integrates polarity with traditional Esalen massage.
p. 20, 29

John Lilly ..... is a teacher and scientist. His books include *The Center of the Cyclone* and *Simulations of God: The Science of Belief* (May, 1975).
p. 22

Matthew Litwin ..... is a 15 year old "computer nerd" (*Time Magazine,* May 3, 1982), creating computer programs supporting a project to eradicate curable blindness in Nepal.
p. 26

Elisa Lodge ..... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf®-movement integration.
p. 13, 29

DeeDee Lozier ..... is a Feldenkrais practitioner who studied with Moshe Feldenkrais in the United States and Israel.
p. 16

Nancy Kaye Lunney, ... a gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, does individual as well as group work, and is manager of programming at Esalen.
p. 18, 29

—M—

Phillip Mac ..... is a board certified family physician who has trained family physicians and physicians' assistants. His special interest is the health and ill health of health care providers.
p. 18, 21

Ma Prita (Laura DeNuccio), certified Radix® practitioner, combines Reichian body work, emotional release, gestalt practice, Bates vision improvement, and other approaches to well being in group and private instruction.
p. 15, 21, 22, 24

Edie McClurg ..... is an actress/comedienne/writer who has created improvisational characters on "The Richard Pryor Show," "The David Letterman Show," and "The Merv Griffin Show."
p. 16

Deborah Medow, ... longtime Esalen bodywork practitioner and group leader, teaches Ashtanga yoga, creative movement, and related healing disciplines; she is also a student of the Native American tradition.
p. 21, 24, 27, 33

Emmett Miller, ... physician, musician, poet, and dancer, works with hypnosis, meditation, imagery, music, and movement. His books describe selective awareness, the approach he originated.
p. 15

Sandra Ferreira Miller ..... has been a bodywork and massage practitioner and instructor for many years, incorporating shiatsu, acupressure, Tragering, and other approaches.
p. 15

Tom Moore ..... has co-led the Esalen High Sierra encounter for the past two years, and is currently a resident member of the Harbin Community.
p. 13

Laurie Muller (Lioness), ... a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches of healing the body, mind, and spirit.
p. 20, 25

Christian Murphy ..... specializes in role playing for personal growth. She applies it to assertiveness training, writer's block, marriage, family, corporate communication, single's workshops, and group process work.
p. 21

—N—

Claudio Naranjo ..... teaches at the Integral Studies Institute and is author of *The One Quest.*
p. 27

Bruce Neeb, ... a long term resident of Esalen, is experienced in gestalt, bioenergy, and encounter, and is currently manager of Esalen's lands crew.
p. 18

The NINE ..... describe themselves as "giant reflectors of your selves, gestalt practitioners, marriage counselors —pure energy of emergent quality available to all." They are the center of the Esalen Paranormal Intelligence Project.
p. 15, 28

—O—

Jenny O'Connor ..... is a psychic from England, and is a channel for "The NINE."
p. 15, 28

Daniel O'Hanlon ..... is a Jesuit priest and theologian who has had extensive experience with meditation practices in India, Sri Lanka, Thailand, and Japan.
p. 24

James Oldham ..... is a psychiatrist who has specialized in modelling human success factors and teaching them to other people. His clients include congressmen, company presidents, and ambitious professionals.
p. 23

Wendy Oser . . . . . is a recent computer learner and a long time leader of self-empowering workshops.
p. 26

Brita Ostrom, ... a longtime Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.
p. 18, 29

—P—

Helen Palmer, ... a clairvoyant counselor, has developed an intuition training that utilizes personality issues as access points to psychic perception and the inner life.
p. 20

Jane Parsons . . . . . was facilitator in individual, group, and family treatment in the department of psychiatry at Mount Sinai Hospital for 12 years, and is in private practice in New York City.
p. 24

Ayala Pines, ... research associate in the psychology department, U.C. Berkeley, is the author of *Experiencing Social Psychology* and *Burnout: From Tedium to Personal Growth*.
p. 23, 27

Prem Das . . . . . completed a six-year apprenticeship with don Jose Matsuwa and is the founder and director of Mishakai, Center for the Study of Shamanism, Covelo, California.
p. 22

Hector Prestera, ... a physician, acupuncturist, Rolfer®, certified neuro-linguistic trainer, and practitioner of Ericksonian hypnotherapy, is in private practice in Monterey.
p. 21, 28

Christine Price . . . . . combines gestalt practice with creative visualizations and body meditations.
p. 10, 13, 20, 23, 27, 30

—R—

Paul Rebillot . . . . . was founding director of the Gestalt Fool Theatre Family in San Francisco and has been a resident group leader at Esalen.
p. 24, 29, 31

Sogyal Rinpoche . . . . . is a scholar and meditation master from Tibet who teaches extensively on death and dying.
p. 20

Jack Rosenberg, ... author of *Total Orgasm*, has trained in gestalt and Reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.
p. 19

Gabrielle Roth . . . . . is the creator of the Moving Center method of catalyzing natural movements. She lives on the east coast, where she directs and performs with her own theater/dance company.
p. 13

Ilana Rubenfeld . . . . . is the originator of her own integration called "gestalt synergy." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.
p. 25

Anne Ruderman, ... a Certified Radix® teacher and clinical social worker, is in private practice in Santa Monica, California.
p. 16

Rutuima, ... Prem Das' wife and don Jose's brother's (don Carlos') granddaughter, is a mother and teacher of Huichol.
p. 22

—S—

David Schiffman . . . . . is currently a leader in residence at Esalen, where he is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being.
p. 15, 16, 19, 22, 23, 24, 25, 29

R. Louis Schultz, ... Ph.D., a certified Rolfer®, Rolf® movement practitioner, and director of the New York School for Rolfing®; has developed a living anatomy course from his teaching experiences.
p. 25

Will Schutz, ... founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity*.
p. 21, 29

Alan Schwartz . . . . . is a college professor and gestaltist in private practice in New York City. His latest article in print is "The Human Energy System and Spirituality."
p. 25

Charlotte Selver . . . . . teaches sensory awareness, perception, and non-verbal and verbal communication. A new center is being built for her at Green Gulch Farm through the Zen Center, San Francisco.
p. 20

Julian Silverman, ... an Esalen trustee, is director of counseling and psychological services at U.C. Santa Cruz.
p. 16

Saul-Paul Sirag . . . . . has published two physics papers in *Nature* and has authored a theory on the size of the universe. In 1977 he founded the Consciousness Theory Group, which he directs.
p. 30

Phyllis Shankman . . . . . is an instructor at U.C.L.A. Extension, counselor in private practice in West Los Angeles, and founder of Women in Transition Seminars.
p. 18

Harry Sloan, ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Robert Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 16, 25

Fritz Smith . . . . . is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is in a private practice of holistic health in Watsonville, California.
p. 30, 31

Gerald Smith . . . . . is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*.
p. 15, 19, 23, 31

David Sobel . . . . . is department chief for preventative medicine, Kaiser-Permanente Medical Center, San Jose; author of *To Your Health*; associate editor of *Medical Self-Care*; conducts *Healthline* on KNTV 11.
p. 29

Joan Steffy . . . . . has developed her abilities as a counselor, psychic, and medium through methods learned in Europe, Brazil, and the American shamanic tradition.
p. 15

Chuck Steinberg . . . . . is a holistic physician at the University of Colorado, where he specilizes in behavioral medicine and health promotion.
p. 19

Elizabeth Stratton, ... a psychic healer and counselor in private practice in New York City, leads workshops in self healing, psychic self-defense, and psychic development for health professionals.
p. 25

Annie Styron . . . . . is an associate director of Wellness Associates of Mill Valley, California, where she teaches workshops and classes in energy awareness and its application to wellness.
p. 16

—T—

Peggy Taylor . . . . . is the editor and publisher of *New Age* magazine. She has been teaching the Bates method of vision improvement for several years.
p. 19

Tom Taussig . . . . . is a computer consultant, taught computer design at U.C. Berkeley, now teaches enlightment psychology at J.F.K. University, and growth workshops in the Bay Area and Europe.
p. 26

Gioia Timpanelli, ... poet, teacher and winner of two Emmy awards for writing, producing, and broadcasting, is completing a P.B.S. pilot on fairy tales for adults.
p. 27

	Vicki Topp *p. 15, 22*	joined the Esalen massage staff in 1968, and is currently interested in integrating emotional release work and the transpersonal aspects of body work.
—V—	Attila Vaas *p. 25*	has been an Esalen massage practitioner for the past six years. His approach combines polarity, acupressure, and the Esalen massage.
	Sim Van der Ryn, *p. 26*	former California State architect, is founder of the Farallones Institute and professor of architecture, U.C. Berkeley; author of *Self Reliant Living in the City* and *The Toilet Papers*.
	Frances Vaughan, *p. 28*	author of *Awakening Intuition* and co-editor of *Beyond Ego*, is in private practice and core faculty at the California Institute of Transpersonal Psychology.
—W—	Roger Walsh *p. 28*	is a psychiatrist on the faculty of the medical school at U.C. Irvine, is co-editor of *Beyond Ego* and *Beyond Health and Normality*.
—Y—	Alan Young *p. 13*	is a spiritual healer in private practice in Carmel, California, and the author of a recently published book, *Spiritual Healing: Miracle or Mirage?*
—Z—	John Zeigler, *p. 21*	in private practice with Christian Murphy in Manhattan, is also her co-producer and co-performer in *Winners*, an all-improvised Off-Off Broadway drama/comedy/gestalt.
	Janet Zuckerman *p. 10, 19*	has been on the teaching staff at Esalen for more than seven years. Her work includes gestalt practice, group process,and emotional release work.

Friends of Esalen

We invite you to join us in our organization—Friends of Esalen.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the Esalen Catalog for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student $15
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One Year Sponsor $100
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Name _____ Student Affiliation _____

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City, State _____ Zip Code _____ Date _____

Please mail to: Friends of Esalen, Big Sur, California 93920

The Esalen Catalog

THE ESALEN CATALOG is published tri-annually. Subscription cost for one year, including postage and handling, is $6 for the United States, $9 for Canada and Mexico, $12 for Europe and South America, and $14 for all other countries. **Please make all payments in U.S. currency.** A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, Ca. 93920.

☐ To obtain future issues of the Esalen Catalog and occasional mailings for one year, please send a check or money order in U.S. currency only to: Esalen Institute, Big Sur, Ca. 93920. A preaddressed envelope is included in this catalog for your convenience.
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

Name _____ Address _____

City _____ State _____ Zip _____

☐ Please send a complimentary copy of the Esalen Catalog to the person listed below:

Name _____ Address _____

City _____ State _____ Zip _____

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

Films & Tapes

Tape Recordings of Human Potential Programs

The human potential movement continues to have unusual events which in turn produce unusual recordings. Each issue of the Esalen Catalog lists a number of new titles and also includes some from the Big Sur Recordings archives. Nearly all tapes are stereo, from live events, and tape length is normally 1 to 1½ hours. These recordings are available on cassettes only. Single tape titles are $9 with check or money order ($10 by purchase order):

Stanislav Grof: *ABC's of Psychiatry*
Stanislav Grof: *Introduction to Spiritual Emergency Work*
John C. Lilly: *Births, Brains, and Beings*
Albert Hofmann: *LSD and The Nature of Reality*
Anna Halprin: *Movement Ritual — Tape I*
Emmett Miller: *Healing Journey*

Ken Dychtwald: *Strategies for Stress Management*
David Schiffman: *Group Process: Maps of Consciousness*
Reb Andersen: *Zen*
Jack Kornfield: *The Sword of Wisdom*
Frank Barr: *On the Evolutionary Bio-Process*
Joe D. Goldstrich: *Nutritional Systems and Belief Systems*

Fritjof Capra: *Turning Point: Shifting Paradigms*
Willis Harman: *Alternative Futures*
Theodore Roszak: *Personal Transformation thru History*
Roszak & Thompson: *Cultural Transformation in the 80's*
Wm. Irwin Thompson: *On the Evolution of Human Culture*
Thompson & Roszak: *Political Transformation*

Rollo May & Daniel Ellsberg: *Good and Evil*
Linus Pauling: *Vitamin C and Cancer*
Julian Silverman: *The Basis of the Healing Relationship*
Ram Das: *Hang on Tightly; Let Go Lightly*
James Fadiman: *Hasidic & Sufi Teaching Stories*
Sam Keen: *An Erotic Psychology*

Two-tape titles are $16 with check or money order ($18 by purchase order):

Robert Bly: *(2) An Evening with Robert Bly at Esalen*
Robert Bly: *(2) Fairy Stores for Men and Women*
Angeles Arrien: *(2) The Story of Basque Mysticism*
George Leonard: *(2) Energy Awareness & Transformation*
Anne & Jim Armstrong: *(2) A Psychic Training Program*
Sam Keen & Rick Carlson: *(2) The Politics of Healing*

Andrew Weil: *(2) The Use and Abuse of Beneficial Plants*
Andrew Weil: *(2) Interplay of Mind and Body Realities*
Stanislav Grof: *(2) The Birth Trauma*
Jean Houston: *(2) The Possible Human*
Angeles Arrien: *(2) The Egyptian Tarot*
Paul Rebillot: *(2) The Hero's Journey*

Please add $2 to your order for mailing. California residents include 6% tax. Please mail order with check payable to: WORKSHOP CASSETTES, Hot Springs Lodge, Big Sur, California 93920. Suggestions regarding recordings are appreciated.

The Dolphin Series: (complete sets in vinyl albums)

Joseph Campbell: *Transformations of Myth through Time* (4 tapes, 4 hours) $40 with check or money order ($44 by purchase order)
R. D. Laing: *Dialogues with James Fadiman and Fritjof Capra* (4 tapes, 4 hours) $40 ($44)
Jack Kornfield: *The Art and Practice of Buddhism* (4 tapes, 5 hours) $40 ($44)
Julian Silverman: *Structural Basis of Body Work* (4 tapes, 5 hours) $40 ($44)
Fritjof Capra: *Mind, Matter & Consciousness* (4 tapes, 6 hours) $40 ($44)
Stanislav Grof: *Nature, Mind & Consciousness* (4 tapes, 6 hours) $40 ($44)

Emmett Miller: *Self-Hypnosis and Personal Development* (7 tapes, 8 hours) $60 ($66)
Fritz Perls: *The Perls Encounter: A Complete Weekend Seminar* (6 tapes, 8 hours) $60 ($66)
Ruthy Alon: *Awareness Through Movement: The Feldenkrais Method* (6 tapes, 12 lessons) $60 ($66)
Andrew Weil: *Integrated Consciousness and Health* (6 tapes, 6 hours) $60 ($66)

Moshe Feldenkrais: *Awareness Through Movement: The Feldenkrais Method* (6 tapes, 10 lessons) $72 ($80)
Heinz Von Foerster & John Lilly: *Meta-Language* (6 tapes, 7 hours) $72 ($80)
Ken Dychtwald: *Bodymind Health, Longevity, and Optimal Performance* (6 tapes, 7 hours) $72 ($80)
Joseph Campbell: *Psyche and Symbolism* (8 tapes, 10 hours) $72 ($80)
Julian Silverman: *Commentaries on A Course In Miracles* (8 tapes, 10 hours) $72 ($80)

Jack Rosenberg: *Sustained Integration: Body, Self & Soul* (8 tapes, 10 hours) $80 ($88)
Joseph Chilton Pearce: *Insight and Ecstasy* (8 tapes, 11 hours) $80 ($88)
Buckminster Fuller: *The Pajaro Dunes Tapes: A Weekend Seminar* (8 tapes, 12 hours) $80 ($88)
Esalen 1979–1980 *Stress and Caring Conferences* (10 tapes, 14 hours) $80 ($88)
Joseph Campbell: *World Mythology and The Individual Adventure* (10 tapes, 15 hours) $80 ($88)

Please add $2 to your order for mailing each vinyl album set ($4 if you wish priority mail). California residents include 6% tax. Please address order with check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Gregory Bateson Archive Tapes: "The Informal Esalen Lectures" (1975–1980)

This recorded series of informal talks on twelve tapes is now part of Gregory Bateson's estate. Radio broadcast, transcription, or publication of material from the tapes is expressly forbidden without prior permission from the estate. The complete set may now be purchased in two equal parts: Part I or Part II may be ordered separately (6 tapes each) for $60 ($66 by purchase order). Either set of six tapes will come in a vinyl album accompanied by a summary of contents of all twelve, for reference, plus additional pages. For Parts I & II combined in one order, send $98 ($108 by purchase order). Please add $2 for mailing ($4 if you wish priority mail). In California include 6% sales tax. Please write check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Meditation Music, Space Age Music

This new music, called by many names (cosmic, celestial, transcedent, new age) covers a wide range and is becoming increasingly known and appreciated. Listed here are several mail order sources for catalogs and information: HALPERN SOUNDS, 620 Taylor Way #14, Belmont, CA 94002; SOURCE, 1307 Buena Vista, Pacific Grove, CA 93940; HEARTS OF SPACE, PO Box 31321, San Francisco, CA 94131; VITAL BODY MARKETING, 77-41A Vleigh Place, Flushing NY 11367; YES! BOOKSTORE, 1035 31st Street NW, Washington DC 20007.

Recordings from the Early Years

A 32-page catalog of tape recordings from the human potential movement, including the early years of Esalen's history, is available for $2 from: BIG SUR RECORDINGS, PO Box 91, Big Sur, California 93920. Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others, are available from PSYCHOLOGICAL FILMS, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write HARTLEY PRODUCTIONS, Cat Rock Road, Cos Cob, Connecticut 06807. A film or video cassette of Al Huang's work, entitled *Tai Chi: The Watercourse Way*, is available through KLB PRODUCTIONS, 490 Redwood Road, Corralitos, California 95076. Regarding the forthcoming documentary on Gregory Bateson, address inquiries to *The Pattern Which Connects*, PO Box 8, Forest Knolls, California 94933 — Phone (415) 488-0135.

· RESERVATION INFORMATION ·

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $200 for two-week groups, $300 for three- week groups, and $400 for month-long groups, **payable in U.S. currency only.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt.

Please mail all reservations to: Reservations, Esalen Institute, Big Sur, Ca. 93920

Reservations by Telephone: You may make reservations by phone if you use your Mastercard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335

Office Hours:
Monday, Tuesday, Thursday, and Saturday 9 to 3
Wednesday 9 to 12 Noon
Friday 9 to 8 PM
Sunday 12 Noon to 8

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The price of a weekend workshop will be $165, and a five-day will be $340. Discounts are available only when you make your reservations. Please present proof of age when you register.

Scholarship Information: If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June15–September 15 programs or for weekend programs.

Ongoing Residence Program: Offered from September through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Some special staff programs may also be open to residents. The cost is $1600 per 26-day period.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $55 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $70 per day, or $105 per day per couple. Please phone the office for additional information.

General Information: Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $15 per person one way, payable on arrival at Esalen. Esalen limousine service is not available at any other time.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

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Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See Reservation Information, page 42.)

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Telephone Number: Day: Area Code ( ) _____ Evening: Area Code ( ) _____

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend: _____ ☐ housing as a couple

Check whether this workshop will be held in Big Sur ☐ or as a Wilderness Program ☐

Do you smoke? _____

Limousine Service:
I want limousine service from (check one):
_____ Monterey Airport
_____ Monterey Greyhound Bus Station
at 5:00 p.m. on _____ (date of arrival, Fridays and Sundays only)

The $15 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us. Esalen limousine service is not available at any time other than 5 p.m.

License Number:
(for registered nurses wanting CEU's) _____ (for physicians wanting CEU's) _____

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Reservation Fee

Total amount enclosed: $ _____

Your reservation can be charged to:

MasterCard ☐ Visa ☐ American Express ☐

Card No. _____

Expiration date _____

Checks payable to Esalen Institute.

Payments: All workshops require nonrefundable reservation fees. See page 42. The balance of program fees becomes payable at the time of check-in.

U.S. currency only, please.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

THE ESALEN CATALOG

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Esalen Institute
Big Sur
California 93920
DATED MATTER

THE ESALEN CATALOG

JANUARY - JUNE, 1983 ONE DOLLAR

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Esalen Institute
Big Sur, Ca. 93920

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Photographic Coordination: Joyce Rogers-Lyke
and Kathy Thormod

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Kathy Thormod

"Contact is the appreciation of differences"
Fritz Perls

Hi Halima
After Kathleen & I left you at the Bart Station I realized I won't be seeing much of you this year, & I want to tell you I love you & miss you!

I'm sending a catalog because Esalen give C.E. credit for nurses & also because some people can use their insurance to pay for workshops & I thought that might apply to you

Come visit! Sharab

Joyce Rogers-Lyke

MAKING CONNECTIONS

THE GAZEBO, has been joined by other stages for learning.
Now it is a fully formed:

LEARNING THEATRE.

THEATRE:
Gk. – theatron
to view
act of seeing
an outdoor structure for dramatic performances.

LEARN: to gain knowledge or understanding of a skill by study, instructions, or EXPERIENCE.
Within the LEARNING THEATRE all avenues are available.
New dramas continue to unfold in response to changes in population.

GAZEBO–ATARI.

SEEING OUT
SEEING IN

PROJECT: **SPACEBUS**
HIGH TECH – HIGH TOUCH
imagination touching the energy of nature first hand.

Making connections
from one space and
then another!
Moving.
Balancing,
inner and outer environments.
This is a test,
Frustration or success?

Launching Pad: Esalen Institute, Big Sur, California.
BLAST OFF: Atari Institute for Educational Research, Sunnyvale, California.

ATARI

October 18, 1982

Janet Lederman
Jim Doty
Gazebo School
Esalen Institute
Big Sur, Ca. 93920

Dear Janet and Jim:

On behalf of the Atari Institute for Educational Action Research let me extend our appreciation to you and your staff for your participation in the Institute's Sister School project.

Confirming our earlier conversations, the Institute will provide the Gazebo School with: Atari hardware, software, phone installation, maintenance and support services for the duration of the program. Upon completion, the Atari equipment will remain as a donation to the Gazebo School and its maintenance and support costs will revert to the school.

This pilot program addresses the issues of educational equity, teacher training, resource sharing, and student networking through computer technology. (Project description enclosed.)

We are particularly appreciative of Gazebo's participation in the project because of its holistic approach to education. What we learn from the implementation of computers in an affective educational setting has the potential of impacting all of computer education.

Once again, many thanks.

Best personal regards,

Sandra Williams
Manager
Program Development

P.S. Roster of participating schools included.

PRE-LAUNCH HISTORY

THE GAZEBO – now grown into a fully formed LEARNING THEATRE, received a very used and tired yellow school bus. It could no longer move. The small children and toddlers played in, on, and around the bus for many weeks. They drove it everywhere their imaginations took them.

They painted the bus with their powdered paints in a variety of spontaneous styles. Flowers appeared. Names. Numbers. Many funny faces. They painted the top of the bus, the front, the back, and both sides. They painted the tires, the windows, the mirrors, and even the headlights. They came to know the whole of the OUTSIDE of the bus.

Joyce Rogers-Lyke

THE BUS NEEDS A SPECIAL PLACE!

A special place was found. On it were several cords of wood. Everyone helped move the wood; little people and big people working together. The seats were very difficult to remove. The children worked and worked. John, the Big Sur bus driver came to help. He had all the right tools. Now there is the steering wheel, the driver's seat, and the control panel. There is a wonderful empty space and many ideas. Everyone helped Jim scrub the inside of the bus. The bus is slowly changing.

WHAT'S THE BUS GOING TO LOOK LIKE?

Everyone has special ideas.
WHAT COLOR WILL IT BE?
INSIDE, OUTSIDE?

WE'VE NEVER DONE THIS BEFORE!

A DIFFERENT TIME
A DIFFERENT SPACE
A DIFFERENT DIMENSION
ANOTHER PLACE

The big kids helped darken the windows. They turned each bus window into a mirror. Waiting to move into the bus is **ATARI**, a new computer. Atari is ready to begin the SPACEBUS JOURNEY with the GAZEBO children.

Joyce Rogers-Lyke

EVERYBODY is joining to create a special place inside the bus for ATARI and a SPACE-CREW.

PROJECT–SPACEBUS is ready to RUN.
ALL SYSTEMS GO!

Janet Lederman

Kathy Thormod

ENERGY TRAINING AT ESALEN INSTITUTE

At some point during every Energy Training workshop, I pose a question to the group: "What do you do when somebody pushes you?" Though I've asked the question hundreds of times to various groups totalling well over 35,000 individuals, the initial, reflexive answer is always the same: "Push back."

Taking that as a cue, I ask a member of the group to grasp my arm and push me. I push back and a futile, unpleasant struggle ensues. This all-too-familiar "push-back" response, I suggest, generally comes out in one of three ways: I can win, I can lose, or there can be a stalemate. There's obviously something wrong with each of these outcomes. If I win, somebody else must lose. Losing doesn't feel good. And a stalemate is a waste of time and energy.

Whatever the outcome, it's clear that the push-back response severely limits our options. Here we have a situation that comes up all the time. There is an attack, not necessarily physical, but verbal, psychological, social. Somebody pushes, somebody else pushes back and the battle is joined. There seems to be no way out. We are doomed to struggle or yield for as long as we live.

Continued on following page

Kathy Thormod

Joyce Rogers-Lytle

But wait! There is an alternative, a simple movement called *blending*, which involves neither resisting nor yielding. I ask to be pushed again. This time, I wheel around to face the world from my attacker's viewpoint. From this new position, everything is transformed. Now I can be both powerful and gentle. I am free to move in many ways. In fact, using the body as a metaphor for the rest of life, I now have practically unlimited choices of action—a point that is easily demonstrated.

If it's true that what we term mental health is directly proportionate to the number of perceived options, and vice versa, then the multiplication of options is a matter of great importance, for groups and nations as well as for individuals. And this is one of the main purposes of Energy Training—not simply to prescribe methods and techniques but to increase the number of available options in every situation.

This blending exercise is just one of hundreds of Energy Training exercises. By practicing blending with a partner, you learn to incorporate an alternative way of dealing with attacks into every aspect of your life. After blending physically, you are much more likely to blend verbally and psychologically. In this, as in other Energy Training exercises, the physical exercise is followed by a discussion of practical, everyday applications.

Energy Training can be described as a comprehensive body of work that teaches practical, alternative ways of dealing with life situations and of enhancing the flow of vital energy. It is not physically demanding and yet it leads to physical centeredness, balance, and grace. It does not aim for emotional catharsis but is sometimes psychologically intense. Its purpose is extremely practical and down to earth, and yet it often brings about results that seem extraordinary or even paranormal.

The path that led me to this work began in 1970, when I began studying the art of aikido under a remarkable teacher named Robert Nadeau in a class organized by Esalen co-founder Michael Murphy. Nadeau himself had studied with the founder of modern aikido, Morihei Uyeshiba, known to aikidoists as "O Sensei" (great teacher). Aikido is undeniably a martial art, effective as well as subtle. But it was created by O Sensei to reform the traditional martial arts, to replace conflict and discord with the power of love and harmony. Nadeau introduced me to the idea that the principles of aikido could be used in a non-strenuous manner with people from many walks of life. In 1973, I began giving Energy workshops while continuing to study aikido. In 1976 I received my black belt in the art and helped start an aikido school in Mill Valley, California. Energy Training is inspired by aikido and is enriched by Western psychology and physical theory. Its evolution is reflected in my books, *The Ultimate Athlete* and *The Silent Pulse*, both of which described Energy work.

Several informal principles have emerged out of this work. Among them are the following:

1. You are the authority. Anything you experience during Energy Training is totally valid for you. You are responsible for what you do, perceive, feel, and are.

2. The capacity of the human being and of human society is largely untapped.

3. The body is a highly effective learning facility. It is fully in-

One Woman's Experience Of The Samurai Game

The Samurai Game, developed by George Leonard out of his Energy Training work, recreates the consciousness of the medieval Japanese samurai under game conditions. It will be the central focus of an Esalen five-day workshop May 8–13. The following response was received in a letter to Leonard from Patti O. Britton of New York City, who played the game in July 1982.

I want to express to you how I experienced the Samurai Game. I can only speak of *my* experience, for never in my life have I felt so totally at one with myself. The feelings and awareness I had were of being totally *in the moment*. I consider myself normally to be a fairly open, growing, risk-taker in life. And yet I usually hold back a part of me. To the Samurai Game I gave *all*. I resisted not at all. I acted in the total burning fire of the *now* and I was fully alive, for an eternity, until that moment ended. I fought bravely, valiantly, without fear or doubt, for three battles before I died due to a mistake made by my *daimyo*. Even in the knowledge of his error, I died in full consciousness and without remorse, for I had given of myself fully while alive.

After the game, my feelings and thoughts and senses were running rampant, accompanied by an intense state of perfect calm. I knew that for the first time in my life, or so it seems, I had truly suspended my own clinging belief system, had experienced true and total commitment and had felt purely alive and fully human. I had never known that level of present-centeredness before and I cherish the experience. It enabled me to experience the connectedness of all who played and all who watched the game as *one*.

strumented, it has thousands of feedback circuits, and the feedback is practically instantaneous. Once you've tuned into your body, you've tapped an almost limitless source of learning.

4. A centered body leads to a centered life. Your bodily stance goes a long way towards indicating your stance in life. The human body can be taken as a metaphor for everything else in human existence.

5. Expect nothing, be ready for anything. Readiness is, of course, a good thing. But expectations get in the way of readiness.

6. Put it up on the mat. In other words, develop your talents, make them public, be willing to be a fool. Don't hoard yourself.

7. Take the hit as a gift. Challenges can be energizing. Don't deny the existence of negative happenings; *use them*. Even some of the shocks and blows that occur to you in life can help you achieve your potential, if you know how to handle them.

8. Personal intention carries great power. Intention is what you consciously or unconsciously aim for or establish as purpose. Your intention, if strong enough, has an almost unbelievable power to create your reality.

9. A change of context makes transformation possible and indeed likely. The word "context" comes from the Latin terms, *con* and *texere*, meaning "to weave together." How you weave your world together, how you see things, has a lot to do with how you deal with life situations and what happens to you. To change perceptions is often to change experience. Most Energy Training exercises involve a change of context.

These principles lead to a work that is quite broad in its applications. Over the past ten years, it has been applied to such diverse fields as education, psychotherapy, sexuality, sports, corrections, drug abuse prevention, ballet, management, human resources development, and personal growth. And it is gratifying to receive reports of positive results from individuals who range from filmmakers to a Pan-Am captain, from ballet dancers to Silicon Valley executives.

The Esalen Energy Training residency in May and June marks an important milestone in the development of this new work. Never before has Energy Training been made available in such concentrated form and in such a variety of formats. These include:

1. Weekend and Five-Day workshops. Participants can take the following workshops singly or in combination. (Descriptions of these sessions can be found under "Esalen Seminars" in this catalog.)

May 6–8 Leonard Energy Training: The State of the Art

May 8–13 Energy Training and the Samurai Game

May 13–15 Psychedo

May 15–20 A Festival of the Happy Martial Arts

May 27–29 Energy Training in Sports

June 10–12 Energy Training and the Art of Love

June 24–26 The Further Reaches of Human Energy

Continued on following page

John Poggy

A Certification Program In Energy Training

A limited number of applicants will be accepted for an intensive, rigorous eight-week program leading to possible certification by the Energy Training Institute. The program will be conducted under the personal supervision of the Energy Training staff and will include mental, physical, psychological, and spiritual training. There will be an opportunity for candidates to practice teaching the exercises during the second half of the program. The cost will be $3,800, which includes room and board. At the end of the first four weeks, those for whom the work seems inappropriate may leave the program; in this case, half of their payment will be refunded. Applicants should be in good physical shape, and willing to give their wholehearted effort at all times. For further information write the Energy Training Institute, P.O. Box 258, Mill Valley, CA 94942, Attention Susan Kirsch.

Kathy Thomsod

2. An invited conference on the scientific investigation of subtle energies. Noted scientists will gather May 23–25 to present papers on and discuss ways of measuring the extraordinary feats that sometimes emerge in the course of Energy Training.

3. Two special programs on the application of Energy Training to management and human resources development on June 5–8 and June 19–22. (See box.)

4. A special Energy Training track for Esalen work-scholars from May 29 to June 24.

5. A rigorous, two-month-long program leading to possible certification by the Energy Training Institute. (See box.)

My own association with Esalen goes back to 1967. From the beginning, I've seen this Institute as a place that nurtures new approaches to human growth and makes them available to a larger community. My colleagues from the Energy Training Institute and I are especially gratified to help initiate a series of residency programs that further validate Esalen's pioneering role on the frontiers of personal and social transformation.

George Leonard

June 5–8, 1983
ALTERNATIVE PERSPECTIVES IN MANAGEMENT
Joel Kirsch & Susan Kirsch with Richard Pascale

"We face a tough task in changing how we manage because we are a large part of the problem. We must change who we are, as well as what we do." —Richard Pascale & Anthony Athos, *The Art of Japanese Management*

Managers are bombarded with a host of issues on a daily basis. In a survey of corporate management personnel, the most frequently mentioned concerns were the rapid rate of change, motivation and worker needs, conflict resolution, participative management, communication, leadership, team building, and stress management.

Using Energy Training principles and activities, each of these topics will be addressed, offering managers insights into alternative ways of dealing with the issues. Participants will discover how problems can be used as opportunities and how sudden shocks and surprises can be used to improve performance.

This approach to management training has been used at leading corporations and institutions including General Electric, Ampex, Rolm, the U.S. Forest Service, Golden Gate University, and Stanford Medical Center.

International management consultant Richard Pascale will participate in all of Monday's session and be available for questions and discussion Monday evening.

June 19–22, 1983
NEW APPROACHES TO HUMAN RESOURCE DEVELOPMENT
Susan Kirsch & Joel Kirsch with Warren Bennis & Sheldon Davis.

". . . people, from janitor to chief executive, are the only true resource of a country and of a company."—Peter Drucker

Drawing from principles of management, education, psychology, consciousness research, and Energy Training, this workshop is specifically designed for personnel in training and human resource development from business, education, and the social services.

The workshop will introduce a unique method for using the body as a means for teaching more effective ways to develop leadership, deal with change, increase motivation, improve communication, maximize personal power, increase problem solving ability, and facilitate team building.

Warren Bennis, professor at the University of Southern California's School of Business Administration and internationally recognized scholar, author, and consultant, and Sheldon Davis, vice-president for Digital and author of numerous articles on training and organizational effectiveness, will discuss pertinent issues facing the human resource development specialist.

FOR FURTHER INFORMATION CONTACT:

Susan or Joel Kirsch
Energy Training Institute
P.O. Box 258
Mill Valley, CA 94942
(415) 383-3999

For registration contact Esalen Institute.

John Poppy

Working under the direction of author and long-time Esalen group leader *George Leonard*, each member of the staff has made a significant contribution to the development of Energy Training and each is a student of aikido. With a background in education, counseling, and sports, *Joel Kirsch* has Masters degrees in both Health and Marriage and Family Counseling. He received a Ph.D. in Psychology and Transformational Studies from International College in 1980, and his doctoral project, *Energy Training and the Human Potential*, includes detailed instructions for 43 Energy exercises. *Susan Kirsch*, with a background in educational research and training, holds a Masters in Speech Communications and a Ph.D. from International College in Organizational Development. Her doctoral project, completed under Dr. Jack Gibb in 1981, is entitled *Trust and Energy Training in Organizational Development*. Having studied Zen with Joshu Sasaki Roshi, as well as other spiritual disciplines, *Annie Styron Leonard* has worked since 1980 with Dr. John Travis as a Wellness Associate. In 1978-79 she served as a participant-observer of Energy Training, documenting exercises for Esalen's Bodily Transformation Project.

BEST COPY AVAILABLE

Accidental Nuclear War

Joyce Rogers-Lyke

As the danger of accidental nuclear war increases, the question of who has the finger on the nuclear trigger becomes critical.

The following excerpt is from *Russian Roulette: The Superpower Game*, by Arthur Cox (Times Books, 1982, $14.95):

At 11:00 A.M. on June 3, 1980, the Air Force officers monitoring the early warning system deep underground inside Cheyenne Mountain, Colorado, were struck with terror. The fluorescent display screens connected to the Nova Data General computer were flashing a warning: The Soviet Union had launched a large attack from its land-based missiles and strategic submarines. The submarines had launched their missiles from positions close to the coast of the United States; the missiles would reach their targets in less than ten minutes.

The alert was immediately fed into computers of the Strategic Air Command in Omaha, the National Military Command Center in the Pentagon, and the Alternate Military Command Center underground in Mount Weather, fifty miles northwest of Washington. Pilots and crews of 116 B-52 nuclear bombers at airfields across the United States raced to their planes, gunned the engines, and began to taxi for takeoff. Nuclear submarine commanders at sea were alerted for action. At the underground launch centers near silos housing the American intercontinental ballistic missiles, officers strapped themselves into jolt-resistant swivel chairs, unlocked strongboxes, removed verification codes, and inserted launch keys into their slots. (When two keys ten feet apart are twisted within two seconds of each other, the missiles blast off toward their targets in the Soviet Union.)[1] Unlike a bomber, which can be called back, an ICBM, once launched, continues irretrievably on its terrible mission.

Fortunately for our planet this computer error was discovered in time. But it was only one of three serious computer failures in eight months which placed the United States on nuclear alert. Incredibly, the June 3 incident was followed by another alarm on June 6, reported by the same faulty computer. According to a Pentagon briefing, these false alarms were caused by the failure of an electronic chip, about the size of a

dime, which costs forty-six cents. Eight months earlier a war game tape was fed into the computers and unaccountably interpreted as the real thing. It took six minutes before the command and control officers determined that the attack was simulated.

During this time the pilot and crew of the E-4 command center plane which is always on runway alert at Andrews Air Force Base to allow the President to escape early nuclear attack and still be able to direct retaliation from the skies took off without President Carter. In fact, the plane was in the air before the President had even been informed of the alert.

As attested by a report prepared by the Senate Armed Services Committe, there were 3,703 alarms in the eighteen-month period from January 1979 to June 1980. Most of these were routinely assessed and dismissed, but 147 false alarms were serious enough to require evaluation of whether or not they represented a potential attack.

The Pentagon code word for an accident involving nuclear weapons is "broken arrow." The Defense Department has publicly acknowledged thirty-two "broken arrows," the most recent of which was the Titan II missile explosion in Damascus, Arkansas, on September 19, 1980. So far we have never had a nuclear explosion, but we have been lucky. In 1950 a B-29 carrying a nuclear bomb crashed on takeoff. In 1961 a B-52 with two nuclear weapons crashed near Yuba City, California. Also in 1961, another B-52 with two nuclear bombs went out of control near Goldsboro, North Carolina. When Air Force bomb experts reached the scene of the accident, they found that five of the six safety interlocks on one of the weapons had been set off by the force of the crash; only one remaining switch prevented the twenty-four-megaton bomb from detonating and spreading destruction and fallout over a wide area. In 1966 a B-52 crash near Palomares, Spain, resulted in dispersal of plutonium over an extensive agricultural area. The United States cleaned up the damage at a cost of $50 million. In 1968 a B-52 crashed and burned near Thule Air Force Base in Greenland. The bomber carried four nuclear weapons, all of which were destroyed by fire. During a four-month operation 237,000 cubic feet of radioactively contaminated ice, snow, and water were removed to an approved storage site in the United States.

The Pentagon says that new safety features now make an accidental nuclear explosion almost impossible. However, there is still the possibility of radioactive contamination if a nuclear weapon is consumed by fire or shattered by accidental detonation of nonnuclear explosives which are part of each nuclear device. And there are 30,000 nuclear weapons in the United States, stored in more than 200 locations in forty states.[2] The safety record has been remarkable, but the risks are growing.

One of the greatest risks we face is accidental launch of nuclear weapons resulting from breakdowns in the communications systems and insufficient time for reliable human decision making. After the two false alarms in June 1980 Secretary of Defense Harold Brown told a Senate inquiry: "I can assure that our strategic command and control system is configured to insure that a false alert could not result in a nuclear launch." Pentagon specialists said the key is a human judgment that must be made at each phase of an alert: Human decision is intended to prevent machinery alone from ordering a nuclear strike. Assistant Secretary of Defense Gerald P. Dinneen, the top expert on the U.S. early warning system at that time, declared: "There is no chance that any irretrievable actions would be taken on the basis of ambiguous computer information."

According to Dinneen, duty officers in various command posts make initial judgments that are passed back to Washington and up to the President, "who alone has the authority to order nuclear retaliation." A Pentagon report to the Senate was more specific: "The last stage of a nuclear alert is the convening of a missile attack conference that brings in all senior personnel, including the President. No such conference has ever been convened." All this information might be reassuring if we could continue to have the time necessary to implement the system, or if the Russians continue to fail to react to our false alerts, or if we can continue to maintain the record of extraordinary good luck that has marked the past thirty years.

But the next decade will be very different from the past thirty years. Unless the nuclear arms race is reversed, the probability of accidental nuclear war will increase sharply. The next round of nuclear weapons systems will make both superpowers fearful, with reason, of surprise attack. Some nuclear weapons based in Europe will be able to reach their Soviet targets with great accuracy in as little as six minutes. No system of command and control can possibly insure presidential decisions under those circumstances. Both sides will be on a continuous hair-trigger alert. In times of major political crisis the danger of accident will be probable rather than possible, as it is today.

Under such circumstances, imagine the Soviet reaction to one of our false alerts when their intelligence tells them that our B-52's are in the air and our ICBMs are being prepared for launch. If they have only six minutes to launch their missiles before their command and control system is destroyed, the odds are very strong that they will fire before an attack has been completed. This is known as launch under attack or launch on warning.

An indication of Soviet jumpiness came after the U.S. false alarm of November 1979. Tass commentator Alexander Dmitryuk said: "The Pentagon may have set off a false alarm about a Soviet nuclear attack deliberately to see the reaction of the Russians." And, he added, "there were other false alarms at the end of the 1950's and 1960's, and each could have ended in a catastrophe. . . . This incident shows once again on what a thin thread security now hangs and how this thread is tested for strength by irresponsible people in the United States."

• • •

As the danger of accidental nuclear war increases, the question of who has the finger on the nuclear trigger becomes critical. Our nation should be paying much more attention to the possible consequences of the assassination or incapacitation of our President. Our history demonstrates that the risks are great. Scenarios involving launch of nuclear weapons by delegated authority, by ambiguous authority, or by mistake are far more plausible than the worst-case war games played in the Pentagon which presently serve as the basis for spending hundreds of billions of dollars on new strategic weapons systems.

Inevitably command and control of nuclear weapons are not a risk-free business because the whole system, though mechanized, involves human beings, thousands of them, all along the line from the President down to the men in the missile silo who wear sidearms to be able to shoot their partners if they should go insane while on the job. The following story is revealing:

On July 9, 1973, Major Harold L. Hering, U.S. Air Force, asked a question. He was a student at Vandenberg Air Force Base in California where officers learn how to launch nuclear missiles from their underground silos. According to Major Hering, it seemed like a logical question, so he raised his hand and asked. What he wanted to know was this: If he got an order to fire the missiles how could he be sure it was a lawful order? How, for example, could he be sure it wasn't fake, sent by someone other than the President? Or could he be sure the President himself hadn't gone crazy? Major Hering never got an answer.

Instead, the Air Force dropped him from the course, stopped his promotion to Lieutenant Colonel and began proceedings to kick him out of the service. Major Hering, a 21-year veteran who received the Distinguished Flying Cross in Vietnam, was given an ad-

ministrative discharge from the Air Force for "failure to demonstrate acceptable qualities of leadership." He had, the Air Force said, a "defective mental attitude toward his duties."[3]

Obviously, if the system is going to work, the officers who are responsible for putting the keys in the slots and turning them must act without question when they receive the correct coded signal. However, history demonstrates that Major Hering was asking valid questions. The three major computer errors in 1979 and 1980 set in motion alarms that could conceivably have resulted in commands to launch. There have been episodes in our history when Presidents of the United States were not fully in control of their faculties, either physical or mental. There have been other times when Presidents have been under severe emotional stress. In 1974, when Congress was considering impeachment proceedings, President Richard Nixon called several members of the House to the White House to seek their support. The President was very emotional as he asserted that his work for peace had been much more important to the nation than any "little burglary at Watergate." Then he said something very frightening, perhaps to demonstrate what a responsible leader he had been: "Why, I can go into my office and pick up the telephone, and in 25 minutes 70 million people will be dead."[4]

The CBS television documentary *The Defense of the United States* included the following exchange:

BOB SCHIEFFER: More disturbing, perhaps, is the ease with which strategists talk about first strike. Limited nuclear war has made the horror of a nuclear exchange seem somehow manageable, even commonplace. That suggests we have finally learned to live with the bomb.

Out in the missile fields of North Dakota, where men control warheads hundreds of times more powerful than the bomb dropped on Hiroshima, it is just another day at the office.

CREWMAN: I have Echo, November, Alpha, Bravo, Lima, Echo.
CREWMAN: Okay. Let's coordinate the command with everybody else.
CREWMAN: Everybody is coordinated.
CREWMAN: Coordinated!
CREWMAN: Okay. I'm launching at this time. (Buzzer) I have missile away.
SCHIEFFER: It must be an enormous responsibility. You must . . . to be in charge, as you two gentlemen are, of the most powerful weapon that man has ever devised?
CREWMAN: Yes, sir, it is a definite challenge. It's more responsibility than I could obtain in a civilian world. And to me that is job satisfaction.
SCHIEFFER: Do you guys actually know which missiles out there in the silos are yours?
CREWMAN: Yes, sir, we certainly do.
SCHIEFFER: And do you know the targets that they are targeted for?
CREWMAN: No, sir, we do not.
SCHIEFFER: You don't know?
CREWMAN: No, sir.
SCHIEFFER: Do you ever wonder?
CREWMAN: Yes, sir, sometimes I do. I wonder what the target is. You know, are the people over there thinking the same way I am? . . . But to actually know where the target is for each missile, I really wouldn't want to know. Personally I wouldn't want to know.
SCHIEFFER: Why not?
CREWMAN: Well, I—I really don't—I don't have to know to start with. Secondly, I would—I would feel kind of—kind of emotional about what kind of people I'd be destroying.[5]

[1]Richard Thaxton, "Nuclear War by Computer Chip," *The Progressive* (August 1980).
[2]Stephen Talbot and Jonathan Dann, "Broken Arrows, Broken Sleep," *Los Angeles Times*, March 18, 1981. Talbot and Dann received the 1981 George Polk Award for local television reporting for their documentary *Broken Arrow: Can a Nuclear Weapon Accident Happen Here?*
[3]Phil Stanford, "Who Pushes the Button?," *Parade* magazine (March 28, 1976).
[4]*Ibid.*
[5]CBS *Reports*, *The Defense of the United States*, Part I: "Ground Zero," June 14, 1981. □

Faces of the Enemy

"The unleashed power of the atom has changed everything save our modes of thinking, and we thus drift toward unparalleled catastrophes."
—Albert Einstein

"We have met the enemy and he is us."—Pogo

This conference examines the darkness— the shadow within each of us, which, unchecked and unexamined, leads to the destruction of ourselves and others. It seeks solutions not in our weapons but in our minds. Its premise is that hope begins when we acknowledge and face our dark side, reowning our projections and learning to change the habitual patterns of the antagonistic mind.

Leading figures from the arts, the sciences, philosophy, religion, and the Soviet and United States governments address such issues as the psychological process of projection, the creation and perception of enemies, the political process of propaganda, and the war between the sexes. Conversely, they also explore positive options, including replacing pervasive fear with basic trust, developing the art of empathy and the education of compassion, and learning to embrace the darkness so that we may move into the light. Together, speakers and participants think about how we can create the conditions that allow us to attain peace—within ourselves, with others, and on the planet.

SAN FRANCISCO: 2 days, Jan. 29–30; Sat.–Sun., 9 am-5 pm; Palace of Fine Arts Theatre, 3301 Lyon St.; $75 (edp 046029)

Cosponsored by the Esalen Institute and the Tarrytown Group.

EXAMINING THE ENEMY

SAM KEEN, consulting editor, *Psychology Today*; author of *To a Dancing God* and *Apology for Wonder* (conference moderator)
Paranoia, Propaganda, and Projection

ASHLEY MONTAGU, renowned anthropologist; author of *Darwin: Competition and Cooperation* and *The Nature of Human Aggression*
Is There Any Way Out? The Aggressive Human

HIGH NOON: THE U.S. AND THE U.S.S.R.

VALENTINE BEREZHKOV, First Secretary of the Soviet Embassy, Washington, D.C.
How Russians Perceive Americans

ARTHUR M. COX, author of *Russian Roulette*, drawing on a lifetime of experience in all aspects of U.S. policy toward the Soviet Union
How Americans Perceive Russians

THE DARK SIDE

SUSAN GRIFFIN, poet, author of *Women and Nature* and *Pornography and Silence*
The Need for an Enemy

ROBERT BLY, poet, author of *The Man in the Black Coat Turns*
What the Shadow Knows

THE HEART IN ACTION: TWO TRADITIONS

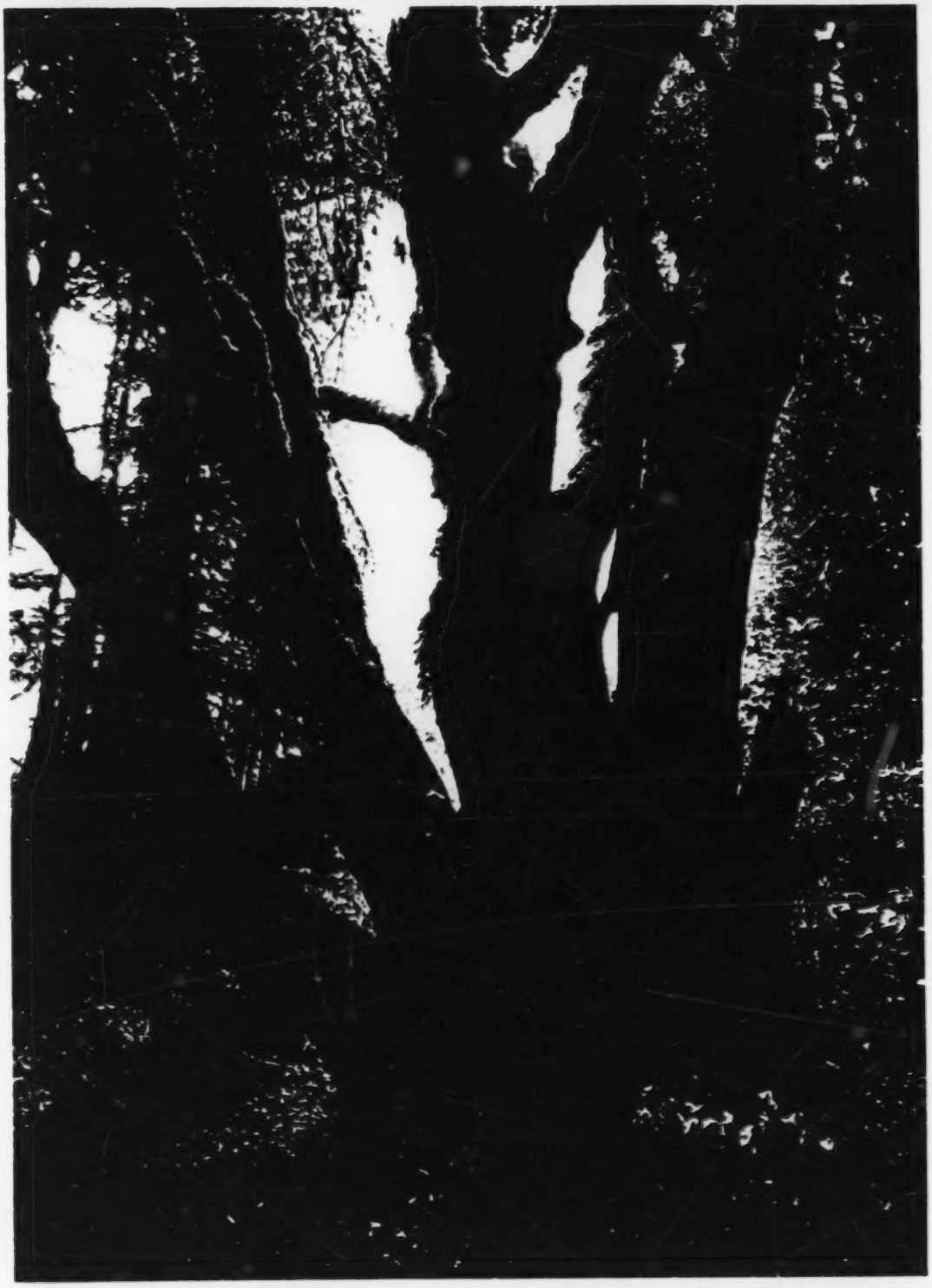
RICHARD BAKER ROSHI, Abbot, San Francisco Zen Center and Tassajara Mountain Center
An Eastern Perspective

WILLIAM SLOAN COFFIN, social activist and minister of Riverside Church, New York City
A Western Perspective

Mail to: Dept. B, University Extension, University of California, 2223 Fulton St., Berkeley, CA 94720. (415) 861-7720

• WAYS OF BEING AT ESALEN •

Kathy Thormod



There are various ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The weekend and five day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose that approach which feels most appropriate and pursue it in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and

graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work- Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 16 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, puppet shows, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self- exploration or learning new approaches to human growth.

SCHOLARSHIP INFORMATION: If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15–September 15 programs or for weekend programs.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness training, group process, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls).

Schedule:	
January14–16	$190
January 23–28	$390
February 4–6	$190
February 18–20	$190
March 4–6	$190
March 6–11	$390
March 18–20	$190
March 27–April 1	$390
April 1–3	$190
April 8–10	$190
April 29–May 1	$190
May 15–20	$390
May 27–29	$190

Experiencing Esalen: The Body

Coordinated by Andrea Juhan

Similar in format to Experiencing Esalen, these workshops will emphasize learning different ways to keep your body healthy and vital. Participants will be introduced to various approaches Esalen offers for fitness, stress reduction, and body awareness. Some of the following practices will be included: dance, aerobic and stretching exercise, yoga, hiking, meditation, massage, and diet and nutritional information. The staff will provide guidance to help you find and select the practices most suitable to your individual needs.

Schedule:	
January 7–9	$190
March 4–6	$190
April 3–8	$390
May 1–6	$390

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, non-judgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. Other leaders may be involved in single sessions.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J. C. Pearce); *Illusions* (Richard Bach).

Schedule:	
January 16–21	$390
February 6–11	$390
March 6–11	$390
April 3–8	$390
May 8–13	$390

Big Sur Wilderness Experience

Esalen Wilderness Staff
Coordinated by Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, we will walk into the Los Padres National Forest on four day-long hikes (4–10 miles in length). Using Esalen as our base camp we will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. We will practice basic outdoor skills such as map reading and minimum impact concepts. Participants will be taught enough skills to begin exploring the wilderness on their own after this week of walks. More information will be sent upon registration.

Schedule:	
April 10–15	$390

• WORK-STUDY PROGRAM •

The Work-Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments. Scheduling consideration is given to community labor needs and work assignments are made according to those requirements.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders, who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

Beginning in January, 1983, the program will be divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which will be focusing primarily on one type of growth practice, such as gestalt and Reichian work, massage and body work, etc.

The schedule of specific interest programs planned thus far for 1983 includes:

January 2–February 27: A two month program in **gestalt practice and Reichian breath work** coordinated by Christine Price and Jessica Britt.

March 6–May 29: A three month program in **body work**, with massage certification available, coordinated by Deane Juhan, Deborah Anne Medow, and the Esalen massage practitioners.

May 29–June 26: A one month **energy awareness** program coordinated by George Leonard. There will be no general interest section offered this month.

***June 26–July 24:** A one month **group process** program coordinated by Janet Zuckerman.

***July 24–September 18:** A two month program focused on **gestalt practice** coordinated by Christine Price and Seymour Carter.

*These two programs may be applied to as a three month unit, or as two separate programs.

In as much as the Work-Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage and Rolfing® are available at staff rates.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex located 1½ miles north of Esalen.

As of January 1, 1983, the 28 day Work-Study Program costs $600 for the first month. A $300 deposit in U.S. currency is required with your application. Work scholars may be invited to remain for a second month, at a cost of $550, or a third month at a cost of $500 depending on space available and the needs of the Esalen community.

Esalen offers an intensive three month Work-Study course in basic organic horticulture. The cost of this program is $1650. A $400 deposit is required. In filling out the Work-Study application, please indicate your preference for landscaping, gardening, or small scale farming.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with your deposit to:

Work-Study Program,
Esalen Institute, Big Sur, California 93920.
Telephone: (408) 667-2335.

The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other Esalen programs within one year of receipt.

Available dates: January 2–January 30; January 30–February 27; March 6–April 3; April 3–May 1; May 1–May 29; May 29–June 26; June 26–July 24; July 24–August 21; August 21–September 18; September 18–October 16; etc.

• Application to the Work-Study Program •

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐

I prefer the specific interest program: yes ☐ no ☐ in _____.
(subject)

I am applying for the three month organic horticulture program. yes ☐ no ☐

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community*. If such an invitation is extended, please indicate your availability.

☐ no extension ☐ one month extension ☐ two month extension

To avoid disappointment, please do not come with the *expectation* of staying for longer than one month.

If you have emergency medical skills, (M.D., E.M.T. or R.N.) and are willing to make those skills available during your stay please check here. ☐

Have you been to Esalen workshops? Please list program titles, group leaders, and dates: _____

_____

Please attach a personal statement about your interest in the Work-Study Program. Include any skills you may have available.

• ESALEN SEMINARS •

Week of January 2–7

Gestalt, Bioenergy, and Human Contact: Old and New Learning Integrated

Alan Schwartz

There is an energetic dimension to human behavior which is often locked behind the habitual patterns of defending against the fear, pain, and even joy associated with feeling. The visible expression of these patterns lies in the blocked musculature of the body. Reich, Perls, and Lowen suggested ways of being in which a person learned to *allow more movement* in the aggressive and sexual expression of the body. This week will be an opportunity to test the organism as *movement*. *Allowing energy* means integrating body, feelings, conceptual process, and spirit. The result is stability and a deeper awareness of self and our interdependence with *physical* and *social environments*. The workshop can be thought of as a *learning week*. Appropriate didactic material will be covered. $390

The Spiritual Path: Promises and Pitfalls

Christina & Stanislav Grof

This seminar will combine observations from modern consciousness research with various traditional practices to explore the process of spiritual awakening. The participants will have the opportunity to confront transpersonal areas within themselves, using "holonomic integration," a method developed by the workshop leaders, which combines evocative music, controlled breathing, facilitative body work, and mandala drawing. Special attention will be paid to the understanding and management of "spiritual emergencies"—transpersonal crises which can occur in the context of various spiritual practices or spontaneous spiritual awakening. $390

Loss, Grief, and Depression

Joel Kotin

This workshop is for health care professionals who work with people who have experienced losses or depression, or who have experienced losses or depression themselves. It will focus on the experience of loss, grief, and depression from both a theoretical and experiential point of view. Participants will learn some principles of both cause and recovery from these states. C. E. credit is available for doctors and nurses; for additional information see page 38. $390

Creative Attachment: The Art of Making Affectional Bonds

George Kohlrieser

From cradle to grave life involves a changing script of "affectional bonds." These bonds are different from dependency and essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with particular others; a way to explain many forms of physical, emotional, and spiritual distress including emotional detachment, depression, and burn-out. Life energy is connected to the quality and depth of emotional contact. This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and intense bonding work to understand, create, and celebrate positive emotional attachments. $390

Weekend of January 7–9

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description, see page 15. $190

A Weekend with Sim Van der Ryn: Experiences in Ecological Design

Using examples from Sim Van der Ryn's work and those of other designers, participants will explore how their lives, houses, and communities can be revisioned and redesigned to use less energy and resources and be in better balance with locally available resources and natural cycles. $190

A Journey into Wholeness: The Balancing of Masculine and Feminine in Relationships and Within Oneself

Peter Caddy

As the old and static patterns of relationships become less appropriate and more unworkable, many people are looking for new models and methods to achieve a balance in their business, home, and social relationships. Through personal sharings and drawing upon the collective experience of the group, this workshop will explore the meaning and dimensions of new age relationships, focusing on identifying and working with the masculine and feminine energies, both within each person and in a planetary context. $190

Introducing Hands-On Computer at Esalen

Tom Taussig, Wendy Oser & Matthew Litwin

"Hands on at Esalen" no longer refers exclusively to the many bodywork practices available at Esalen. It also means that during this weekend seminar, participants will be introduced to the potentials of the home computer revolution. Specifically, participants can expect to be taught the fundamentals of these computer processes: word processing; text entry and editing; and file manipulation, including copying, storing, retrieving, and printing your work.

This seminar is designed for persons with no hands-on computer experience, for potential computer whizzes of all ages, backgrounds, and educational levels. In fact, one purpose of the workshop is to dispel the common notion about computers, expressed by a New York computer mogul: "If you were born before 1965, boy, you're going to be out of it." ("Here Come the Microkids," *Time*, May 3, 1982.) If anything, the evidence is to the contrary; it appears that most people are quick computer learners, depending on their goals and intentions. The leaders wish to show that far from being miraculous, magical, or demonic, home computers are simply a valuable tool for creating and producing with greater ease and efficiency.

Bring a current project to work with: a letter, journal, chapter of your book, or dissertation. Bring your partner and learn the "intimacies of software" together. Most of all, bring an open mind and a willingness to learn something new. Come prepared to dissipate stress related to your written and organizational work—as well as to your attitude toward computers. By registering 30 days in advance, you can be assured of the use of a portable Osborne computer throughout the workshop. $190

Week of January 9–14

A Week with Peter Caddy: The Findhorn Experience

This workshop will explore the Findhorn spirit, the spirit of cooperating with God, nature, and man. The stress will be on what is right with you and the universe. Participants will explore the example of the founding and development of Findhorn, and use meditation and discussion to create a community of consciousness for the week. $390

Rhythmic Pattern of the Tao

Chungliang Al Huang & Staff

"Weaving philosophy, poetry, mythology, quantum physics, t'ai chi dancing, music of J.S. Bach and all that jazz and laughter for an affirmation of the transparent transcendence in everyday living." $390

Work Choices, Life Choices

John Caple

"Work and love," Freud said, "are the basic requirements of human existence." In this workshop participants will explore the choices they make

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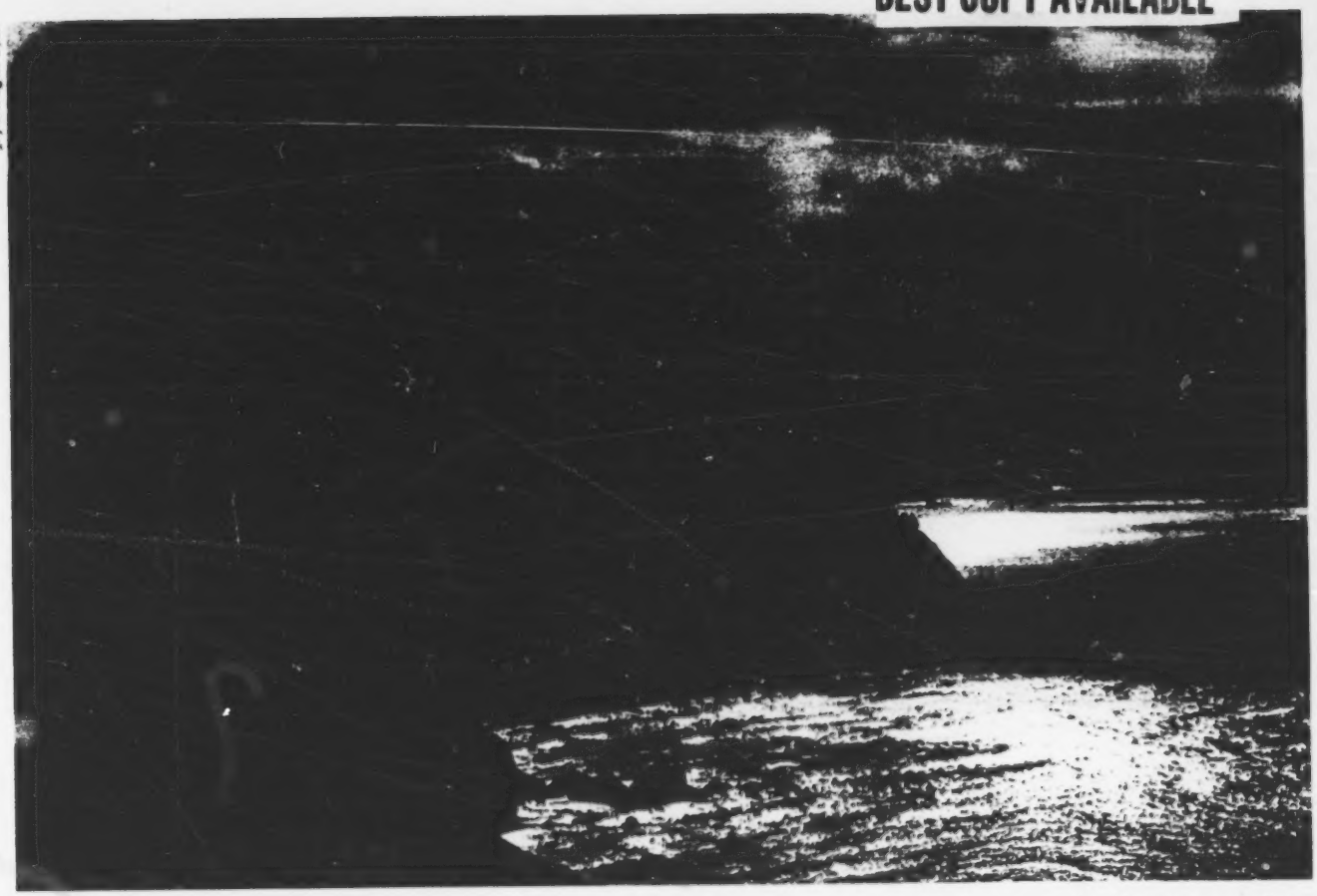


Joyce Rogers-Lyke

about work and the congruence of these decisions with their life directions. Working from a conceptual base, the group will use art, body work, gestalt processes, and video feedback to seek answers and consider life decisions.

This week is for career changers, potential career changers, re-entry persons, and those who influence others in career choice. Some time will be available for individual work/life problems during group meetings and in pre-breakfast runs. $390

Weekend of January 14–16

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 15. $190

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chunghang Al Huang

Paul and Chunghang will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, and China experiences.

Recommended reading and listening: *Embrace Tiger, Return to Mountain* (Real People Press), Huang; *Tao: The Watercourse Way* (Pantheon), Watts; Paul Horn's albums: *Inside, Nexus,* and *Dream Machine.* $210

Spiritual Authority vs. Spiritual Tyranny: Are Standards Possible?

Dick Anthony & Claudio Naranjo

Human growth sometimes involves the transcendence of conventional morality and invariant rules of conduct. For that reason, charismatic guru-therapists are not always held to traditional professional or moral standards. When does such freedom become license? Complaints of violence, sexual and financial exploitation, narcissistic power-tripping, spiritual tyranny have become commonplace in recent years. Sophistication is no guarantee of protection. Knowledgeable practitioners have themselves become trapped in grandiose group delusions. Leaders are sometimes as vulnerable as followers in this regard. Are guidelines possible for avoiding such difficulties of the path? In the Orient the authority of a religious teacher usually exists within a tradition or lineage which sets limits to the possibility of spiritual fraud. Can we establish such a critical tradition of religious literacy here? The workshop leaders will share their own experiences from a variety of contemporary religious/therapeutic settings, discussing these questions. Is there a valid distinction between the mystical teacher and the transpersonally-oriented therapist? Can we formulate rough standards of accountability for either the guru or therapist with respect to sexual and financial conduct, control over followers' or clients' lives, limitation of violence, level of training, quality of performance? $190

Week of January 16–21

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description, see page 15. $390

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chunghang Al Huang

For workshop description see January 14-16. $420

The Turning Point: Crisis and Transformation in Science and Society

Fritjof Capra

This workshop will offer the opportunity of an in-depth exploration of the paradigm shift that is going to dominate this decade—a shift from a fragmented, mechanistic world view to an ecological vision of reality which is spiritual in its ultimate essence. The discussions will include the fields of physics, biology, systems theory, health care, economics,

ecology, and politics. There will be ample time for relaxed, informal exchanges of ideas. Contacts will also be made with other Esalen leaders to facilitate experiential approaches to the new vision of reality. $390

Weekend of January 21–23

Adventures in Self-Exploration

Christina & Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the entire spectrum of transpersonal experiences. All participants will have the opportunity to be in the roles of experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $190

Weekend Advanced Massage Intensive

Deane Juhan & Vicki Topp

This seminar is designed for persons who have had some experience in giving massage. Through demonstrations and practice sessions, participants will learn how to increase the effectiveness and efficiency of their massage skills and have the opportunity to add fresh approaches to their work. The intent is to help participants make deeper and more sensitive contact, and to heighten their awareness of the responses they are creating. $190

Fairy Tales: The Enduring Stories

Gioia Timpanelli

This seminar includes a performance of fairy tales and a dialogue on the significance of fairy tales in modern life. These ancient, enduring stories, like dreams, deal with vivid, universally understood images of people and events inseparably linked. Possible topics for discussion: the fairy tale as journey literature; the hero and heroine; the dark side or place of failure; the ultimate success; the witch; the giant. The stories told in the Friday evening performance will be used in the discussions on the following days. $190

The Two-Career Couple

Ayala Pines

With a growing number of women choosing a career as an integral part of their adult life, couples are increasingly faced with the challenges involved in balancing two careers and a home.

When both partners are involved in a full time career about which they care deeply, they have to deal with the inherent conflict between the pull of the career and the pull of the relationship about which they care equally deeply. The tight line between career and intimacy often includes such issues as: sharing of household chores; changing sex role stereotypes; time; money; burnout; jealousy; power.

The weekend workshop is intended for two-career couples interested in exploring these and similar issues, and who are committed to increasing intimacy, sharing, and growth in their relationship. $190

Week of January 23–28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 15. $390

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed."—M. C. Richards, *Centering*.

Stress related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais, gestalt, Rolf® movement, massage, Reichian breath work, and video feedback. $390

A Course in Miracles

Frances Vaughan & Roger Walsh

A Course In Miracles is a practical and theoretical self-study course for personal transformation. It is a spiritual teaching, but it is not a religion. It offers a universal teaching on the nature of self and the role of perception in shaping experience. It emphasizes self-knowledge, healing, and removing obstacles to the awareness of love in relationships. At one level, the *Course* consists of a text which discusses theoretical and practical concepts, a workbook for students containing 365 daily lessons for putting the concepts into action, and a manual for teachers. The *Course* emphasizes experience rather than theory and provides practical instructions for spiritual development, especially through relationships.

This workshop will discuss the basic psychological principles of the *Course*, and the methods for putting them into practice in everyday life. It is open to anyone interested in the *Course*, but is particularly appropriate for those in the helping professions interested in using this form of self-directed transpersonal process. $390

January 23–30: A Seven Day Workshop

Shamanic Healing, Journeying, and the Afterlife Experience: Basic and Intermediate Shamanic Practice

Michael Harner, assisted by Sandra Harner

Shamanism is an ancient human strategy for personal learning and acting on that learning, especially for well-being and healing. In this experiential workshop the participants will practice the methods of the shaman (a type of medicine man or woman), to *see* and to activate power to resist illness and maintain personal health. With the aid of traditional sonic-driving and dancing methods, the group will engage in archetypal exercises and rituals practiced by North and South American Indian shamans to awaken dormant human capabilities and forgotten connections with the powers of nature. Training will include shamanic journeys to both the Lower- and Upperworlds for knowledge and power, work with animal and plant powers, divination, clairvoyance, and shamanic methods of healing, including the extraction of spiritual pain and illness. There will be an introduction to the Ghost Dance method and to shamanic ways of exploring the afterlife experience. Participants will be taught shamanic methods of helping the terminally ill and their families, and the work of the shaman as psychopomp or conductor of souls.

This rare seven day workshop is both for beginners and for those who have previously taken a workshop with Michael Harner.

It is recommended that participants read beforehand Michael Harner's book, *The Way of the Shaman: a Guide to Power and Healing* (Bantam; also Harper & Row), and bring a notebook and pen. They are also invited to bring drums and rattles. $580

Weekend of January 28–30

Hall of Mirrors

Jenny O'Connor & the NINE

"Black and white have the middle master of transparency."—The NINE

In this workshop you will not just step into your own reflection, you will step into the fragments of every reflection you have ever lived, and thereby learn *choice*.

"The mystic steps into the revolving door of choice and realizes that he or she is not an apparition of the glass, but a glass for the apparition."—The NINE

Some of the finest teachers of the New Age made themselves available for this workshop—some traveling from as far afield as Sirius B.

"A lie is just a fumble of the imagination."—The NINE $190

Re-printing: A New Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize inner power? Through various approaches including body reading, light trance work, and anchoring (Ericksonian), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in or opening up new doors toward growth and freedom. New models of behavior can become available.

The workshop will feature individual and group processes, including body release approaches. $190

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will look at their beliefs and habits through the use of intuitional sensing, risktaking structures, guided imagery, and gestalt awareness methods. $190 per participant

Medical Self-Care: New Directions in Patient Education

David Sobel

A new strategy is needed to address current health problems—one which acknowledges the critical importance of individual lifestyle and behavior and equips people to become active agents in their own health care. Lay people and self-help groups are increasingly being recognized as the primary resource in the health care system. Health professionals are entering into partnerships with patients in which traditionally passive patients are encouraged to take an active, responsible, and effective role in their health care. This course will explore the importance of lay people in self-diagnosis, self-treatment, and health promotion. The emphasis will be on how health professionals can learn practical ways to teach self-care skills to patients. Topics will include: the role of lifestyle and individual behavior in health; self-diagnostic tests and skills; self-treatment strategies; self-help and mutual aid groups; use of the media to promote public health education; restructuring periodic health examinations; and how to overcome barriers to effective self-care. The course is intended to assist health professionals gain understanding and skills in self-care education. C. E. credit is available for doctors and nurses; for additional information see page 38. $190

Week of January 30–February 4

Five Day Massage Intensive

Bill Liles & Brita Ostrom

In this beginning massage course, participants will learn the fundamentals of self-grounding, quality of touch, and sustained contact. Instruction will familiarize participants with general anatomy, a basic understanding of the relationship between stress and muscular tension, and specific methods for working with each part of the body. The seminar's goal is to provide participants with the fundamental elements necessary to give a pleasurable and beneficial full-body massage. $390

Self-Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, bioenergetics, and journal work. $390

Experiencing Archetypes

Jessica Britt & Howard Levene

God/goddess, eros, logos, masculine, feminine, shadow, spirit . . . archetypes can be understood as essential forms, metaphors, and behaviors which seed our deepest patterns of psychic functioning.

Through gestalt practice, dream work, Reichian breath work, and the expressive arts, the group will seek awareness and direct experience of their archetypal realms, getting in touch with individual meanings and expression.

During these five days participants will take a look at how the ways we embody our particular archetypal patterns can effect our communications, values, and daily lives. $390

Waves and Whispers: An Intensive for Beginning and Advanced Participants

Emilie Conrad-Da'oud & Susan Harper

This will be a five day exploration of cellular, fluid, and intrinsic movement. The aim is to establish an intuitive sense of *all* aspects of living *as movement* rather than movement as a separate activity. Within the human organism there exist infinitely fine levels of sensation, as direct as "ordinary" sensory experience, but far more subtle, requiring a willingness to be intimate with currently unknown activities within. There will be exploration of movement through the body, through sound, through different ways of breathing, and through communication. The ability to participate deeply in these ways can enhance understanding of healing, of creativity, and what it means to experience ourselves biologically. Film documentaries will be shown which demonstrate how a sense of "bio-movement" can help healing processes. $390

The Human Potential Goes to College: The Antioch Holistic Studies Program

Will Schutz, Don Johnson, Marilyn Kriegel, Thompson Barton & Judi Bell

Where does the human potential lead? Thousands of people have been through dozens of workshops and wonder what to do next. One direction is to use the learning of the human potential movement to influence the establishment. As Capra has pointed out in *The Turning Point*, what is needed for social effectiveness is a change in perception, an evolution from a mechanistic paradigm to a holistic one. An obvious place to begin influencing social institutions is education. Four years ago, some of the human potential theory and methods were integrated with the best of traditional education into a masters degree program at Antioch University West in San Francisco. The holistic studies program introduced both method and content into traditional education. In content, our aim was to present an integrated program rather than an eclectic one, that is, to interrelate the various aspects of a person—intellectual, physical, spiritual, emotional, aesthetic, and social—rather than simply to deal with each aspect in a separate workshop or class. Our focus was on using experiential human potential methods as the critical teaching techniques to help each student to dissolve blocks and to use themselves more fully.

During this week we shall present a sample of a week at Antioch Holism. Each aspect of the person will be experienced fully and related to the others, i.e., how does the way you dance relate to the way you think? Activities covering the various aspects of the whole person will include: running with Barton; movement, dance, and body awareness with Johnson and Bell; group process with Kriegel and Schutz; Feldenkrais with Schutz; and seminars and lectures with all. The seminars will include discussions of theory, education, bodymind, applications of holism to traditional knowledge and to social issues, and holism as a philosophy and a basis for social policy.

The workshop is designed especially for students, prospective students, educators, philosophers, and for those interested in where to go next with the human potential movement. For further information about this workshop write Esalen Program, Holistic Studies, Antioch University, 650 Pine, San Francisco, CA 94108. $390

Weekend of February 4–6

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 15. $190

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney

This weekend is for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, and for accomplished singers who want to improve their performance. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Participants are invited to bring their favorite song titles. There will also be a variety of music to choose from at Esalen. $190

Joyce Rogers-Lyke

Anne and Jim Armstrong

Exorcising the Demon "Should"

Paul Rebillot

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously. With the help of this experience in contrasts, we will explore our possibilities of movement between the two, and in this way open up our options to the full range of our own authentic being. $190

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert & Saul-Paul Sirag

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what the current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation. $190

Week of February 6–11

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description, see page 15. $390

Zero Balancing: Beginning-Intermediate Workshop

Fritz Smith

Zero balancing is a body-handling system focusing on the interface between body structure and energy flow. Our musculoskeletal function at this level is beneath conscious awareness, and when imbalances occur at this interface the body tends to compensate around them, rather than resolve them directly. This imbalance often leads to loss of vitality, chronic body pain, and lessened potential for vibrant health.

In this program traditional anatomy, physiology, and kinesiology are reviewed: Eastern concepts of ch'i energy, its movement in the body, and the chakra systems are discussed. With this as background, the system of zero balancing is presented, including specific guidelines for evaluating and balancing the structural/energetic interface in the body. This workshop is both didactic and experiential, with the main emphasis on teaching the participants new skills in body handling.

This is an accredited program toward zero balancing certification. C. E. credit is available for nurses; for additional information see page 38. $390

The Wisdom of the Body

Peter Levine

When we are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of these walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes.

We try to break out of these citadels, often with intense, even violent force. This can help to restore some sense of feeling, bringing us "out of our heads" and more into our bodies. These emotional explosions can, however, become habitual, even mechanical, ways of releasing tension. In this workshop we will explore other avenues toward re-discovering deep softer feelings, pleasure, and self-esteem. So, rather than storming our citadels, we will look at softening the body armor; at allowing the body to express itself in its own language within its own rhythm. This return toward grace, which is our birthright, is the wisdom of the body. $390

Open Seat

Paul Rebillot

Paul Rebillot writes, "The concept of 'open seat' is an open space into which people may enter in order to work through their resistances, express their feelings, and reorder their way of being in the world. As a gestalt facilitator I help people find ways of healing themselves by combining the principles of gestalt with concepts of ritual and theater. I assist people in working with their subconscious material, such as dreams and fantasies, in order to augment their ways of living and dealing with day to day problems. I encourage people to become more expressive in all ways: in their personal lives; in their communities; and in the political situations to which they feel committed. I can help people develop a clear sense of responsibility, not only for their own life process, but also for the world." $390

Weekend of February 11–13

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

Being close yet also free to grow individually is a most important theme in any intimate relationship. This weekend will be tailored to what each participant brings, and will provide structured experiences designed to enhance communication, help resolve conflict, raise self-esteem, and promote fun. Limited to ten couples. $190 per participant

Kathy Thornod

Rabbis David Zeller and Schlomo Carlbach perform as part of the Wednesday evening program series.

Zero Balancing: Advanced Workshop

Fritz Smith

This workshop is for people who have completed at least one introductory zero balancing program. Following a review of basic concepts, time will be spent on answering specific questions and giving individual instruction as needed. New work will focus on exploring the direct perception and assessment of energy currents in the body, refinement of evaluating and balancing the foundation joints, and the discussion of nonfoundation joints, including the small joints of the body. Theory will be clarified by demonstration and individual practice, using each other as models.

This is an accredited program toward zero balancing certification. $190

Russian Roulette: The Superpower Game

Arthur Cox

Arthur Cox is one of the world's most foremost authorities on nuclear armaments. In his book *Russian Roulette: The Superpower Game* (Time Books, 1982), Cox describes the terrifying possibility of accidental nuclear war by computer error, and shows how in a recent 18 month period, there were 3703 false alarms on the early warning system of the North American Air Defense Command. Computer error was the cause of many of these alarms, some so serious that the U.S. Strategic Air Command and nuclear submarines were alerted, as were ICBM launch centers and the president's command center plane at Andrew's Air Force Base. The danger grows daily; the risk is annihilation.

In this seminar, Cox will show that there is no such thing as "politically intelligent" employment of strategic nuclear weapons. "At this stage in history," Cox has said, "it is recklessly irresponsible to take the risk of trying to build the weapons necessary to destroy the Soviet nuclear arsenal and at the same time attempt to ensure our political-social survival and recovery. This is suicidal fantasy. This is Russian Roulette."

Cox will offer a comprehensive, pragmatic strategy to avoid nuclear holocaust, where U.S.-Soviet negotiations are key. The weekend provides an opportunity for participants to join with Cox to brainstorm creative political actions to avoid nuclear war by governments and by people, both in the U.S. and abroad. Together we can and must find the way to a stable, peaceful world. $190

Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care

Tom Ferguson

About 70% of illness care—and an even higher percentage of preventive care—is self-provided, yet this most important part of our health care system is largely ignored by many health care professionals.

This workshop will provide an overview of the field of self-care. Topics will include the present extent of self- care, what people can learn to do for themselves, self-care classes, self-diagnostic tests, self-help groups, social support systems, health promotion, self-care in the schools, the literature of self-care, the effectiveness and safety of self-care, self-care in the clinic, dealing with sophisticated medical consumers, the developing technology of self-care, special problems health professionals have in taking care of *themselves*, and how this is related to care of others. Participants will have an opportunity to meet others with similar interests and to share their personal and professional experiences in self-care. C. E. credit is available for doctors and nurses; for additional information see page 38. $190

Week of February 13–18

New Approaches to Birth, Sex, and Death

Christina & Stanislav Grof

In this workshop, we will explore the implications of modern consciousness research for the understanding of the three basic aspects of existence—birth, sex, and death—and their mutual interrelations. We will focus on such issues as the relevance of the birth trauma for psychiatry and psychotherapy, new understanding of emotional, sexual, and psychosomatic disorders, the kundalini syndrome, new revolutionary approaches to self-exploration and healing, and constructive handling of spiritual crises. The format of the workshop combines discussion with deep personal experience and participants will have the opportunity to explore personally their experiences and feelings in the above three areas. We will use the method of "holonomic integration," which combines evocative music, controlled breathing, facilitative body work, and mandala drawing. $390

The Therapeutic Approaches of Milton H. Erickson, M.D.

Jane Parsons

This is a course designed for medical and psychiatric clinicians who work in hospitals. Dr. Erickson's approaches are of particular value because of his exquisite understanding of the use of verbal and nonverbal communication to affect physiological changes. A clinician who knows how to talk to a patient's unconscious mind, which Erickson defines as a rich storehouse of learning potential, can call upon abilities and experiences unique to that patient and can evoke hitherto unrecognized strengths and "patterns of happiness." These patterns can come alive even in a hospital bed and can have powerful therapeutic effects.

This course will teach clinicians to discover and develop their own unique resources that will enhance and refine their therapeutic methods and that will enable them to sharpen their sensory skills so that they can understand and utilize minimal nonverbal responses.

Dr. Erickson's understanding of how the mind works will be explored didactically and experientially. We will watch his training sessions on video, and will integrate these with practical exercises that gradually build up technical skills. Clinicians will be invited to present cases for discussion.

C. E. credit is available for doctors and nurses; for additional information see page 38. $390

Citizenship in the Solar Age: Thinking Globally, Acting Locally

Hazel Henderson

Hazel Henderson writes: "An integral aspect of personal growth and development is healthy interaction within groups. As we resolve internal fears and conflicts and achieve a greater sense of empowerment, it becomes natural to seek further challenge and wider social interaction. Abraham Maslow identified these higher, growth-oriented needs as including the desire for social harmony, justice, order, and beauty in our communities and environment. We know that we have the power to heal our own bodies and minds, and similarly, we know how to heal our fragmented social relationships. And when we honor this knowledge, action for social change can be healing and integrative, rather than "need-oriented" activism which projects one's inner conflicts onto issues and ends up in divisiveness or coercive organizing.

"This workshop explores the interface between personal growth and holistic social action. I am interested in addressing theoretical, strategic, spiritual, and practical ways of becoming effective planetary citizens. There are no hard formulas for this—we will all be learners together. Some of the themes of great interest to me are: personal growth as a prerequisite to healthy social change, and social action as a prerequisite to further personal growth; the emergence of transformational paradigms in science, literature, art, and music which suggest greater planetary awareness and global networking; the vital new role of non-governmental organizations; learning to de-mystify economics (economics as politics in disguise); the mass media as the nervous system of the body politic (gaining media access for citizens groups and community issues, and evaluating various media as channels for social renewal); and identifying the winning coalitions for the new societies of the Solar Age.

"The world needs truly mindful, responsible, social-change activism and leadership as never before, just as developing self-actualizers need the risk-taking and challenge of relating to ever-more complex patterns of social, ecological and planetary interdependence. I am interested in teaching and learning how to accept the challenge of helping to heal our divisive, competitive, nationalistic, industrial societies (East and West); how to move beyond their narrow technological/rationalism and militaristic posturing; and how to help foster viable alternative futures which can operate peacefully and fairly on our inter-connected planet."

Recommended reading: *The Politics of the Solar Age: Alternatives To Economics*, Hazel Henderson, (Doubleday, Anchor paperback N.Y.); *The Aquarian Conspiracy*, Marilyn Ferguson, (Tarcher); *Person/Planet*, Theodore Roszak, (Doubleday); *New Age Politics*, Mark Satin, (Delta); *The Turning Point*, Fritjof Capra, (Simon & Schuster); *The Politics of Women's Spirituality*, Charlene Spretnak, (Doublelday); *Mega-Trends: Ten New Directions that are Transforming our Lives*, John Naisbett, (Warner Communications, N.Y.) $390

Weekend of February 18–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 15. $190

Inner Attunement for the People Professions

Daniel Goleman & Tara Bennett-Goleman

A key to effective work with people is focused awareness, the essence of empathy. A recent neurological model of attention suggests that focused awareness can also act as a stress antidote and make "flow"—the experience of peak performance—more likely in working with people.

This workshop aims to heighten empathy by drawing on Asian methods for sharpening awareness. It is particularly suited for those who work with others and want a buffer from burnout, on the one hand, and to cultivate their interpersonal effectiveness, on the other. We will use the "mindful arts"— including Japanese tea ceremony and flower arranging, meditation, and meditative movement—to focus awareness. Blending these with face-to-face and group activities will move mindfulness into amplifying empathy. $190

The Soviet Union Today: Clichés or Questions

Vera Dunham

Vera writes, "Truth—whatever that means—about the Soviet Union today is obscured by ignorance, indifference, and preconceived notions in the West. It is no less distorted by dogmatic cliches and cant endemic to the official Soviet propaganda machinery.

"This seminar will explore several important social issues as they are revealed in Soviet literature, and discuss them in a special way, namely, by pointing out what we do not know about them as outsiders. What I propose to do, therefore, is to identify some pertinent *questions* about Soviet life without fretting about neatly packaged answers. Awareness of uncertainties and problems of perception is mandatory for objectivity. One should know what one does not know. Examples: Has social stratification been increasingly more divisive? What is Soviet ethnic pluralism? Is there social mobility? Is the family still strong? Is the Soviet future what it used to be?" $190

Week of February 20–25

Five Day Massage Intensive

Peggy Morrison Horan & George King

For workshop description see January 30-Febuary 4. $390

Freeing the Natural Voice

Kristin Linklater

The workshop will introduce exercises designed to relieve the vocal

musculature from habitual patterns of tension and inhibition. The potential of the human voice to express emotion freely and thoughts accurately will be explored through specific relaxation and awareness. Exercises will include work on the spine, breathing, resonance, throat relaxation, range, and articulation. We will use imaging, emotional expression, physical alignment, and written and spontaneous poetry speaking to rediscover the delights of the human voice. $390

Choosing to Change

Harry Sloan

This personal workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Individual work will stress deepening awareness of one's sense of direction and personal obstacles. Participants will focus on change through exploring the implications of their choices and the ways they retard or encourage the expression of self.

The workshop will include psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Participants will focus on aligning their motivation and will with the natural process of change and integration. $390

Innerstanding

Daniel Bianchetta

This workshop will focus on the integration of body, mind, and spirit through intuitive and energy awareness, massage, meditation, and movement. Emphasis will be on practical and gentle ways of remembering and recontacting the wisdom, compassion, and sensitivity within us. $390

Weekend of February 25–27

Weekend Advanced Massage Intensive

Deane Juhan & Laurie Muller (Lioness)

For workshop description see January 21-23. $190

Psychology and Physiology of Breathing for Health Professionals

Peter Levine

Breathing holds a unique position in the total economy of the organism. It is a middle ground between voluntary (neocortical) and involuntary (autonomic) functions. Thus, the breath reflects both conscious and unconscious processes. Breath is the key to understanding the dynamics of anxiety and depression and underlies various approaches facilitating stress reduction and muscular relaxation. Pronounced alterations of breathing, relating to psychic events, have been identified in clinical practice. For example, syndromes of hyper- and hypo-ventilation have had sporadic study in medicine and psychiatry. In this workshop, breathing will be looked at generally, as a psychophysiological pivot in stress and emotion. The development of respiration from its perinatal roots to adult functions will be traced. The workshop will be experiential as well as didactic. Case material will be discussed in clinical applications of breathing to psychosomatic medicine and perinatal stress prevention. C. E. credit is available for doctors and nurses; for additional information see page 38. $190

Movement and Dance for Couples

Anna Halprin & Daria Halprin-Khalighi

Maintaining an open and creative channel of communication within the couple is essential to the growth, health, and endurance of the relationship. In order to do this it is necessary to make a commitment to and set aside time for discovering and rediscovering creative resources with your partner.

In this weekend you will have an opportunity to explore the creative connection in your couple relationship through movement and dance, kinetic drawing, and gestalt writing. It will be a time for focusing on mutual growth and shared experience, and for enlivening and empowering the couple relationship in ways that can be applied to daily life.

$190 per participant.

The World of the California Indians

Malcolm Margolin

A look into California Indian ways of thinking and living—into how one might function in a world in which rocks, trees, rivers, and mountains are considered as alive, intelligent, and sometimes more powerful than people, in a society in which one might never meet a stranger or know more than a few hundred people. Topics will include the tremendous variety of native people in California (500 tribes, over 120 different languages), food gathering and preparation, childrearing, shamanism, sense of place, arts and crafts, attitudes toward nature and death, and the extent to which modern Native Californians have been able to keep the old ways alive. $190

Week of February 27–March 4

Esalen Staff Week

We will have no public programs during this period.

Weekend of March 4–6

A Special Weekend at Esalen

Except for two introductory workshops, we have set aside this weekend for all those Esalen friends who would like to spend time at Esalen, enjoying the grounds, the baths, and contact with the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual, and we will have Big Sur musicians and dancers as part of the weekend's activities. $120

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 15. $190

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description, see page 15. $190

Week of March 6–11

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 15. $390

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description, see page 15. $390

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

For workshop description see January 23-28. $390

Experiencing your Psychic/Intuitive Abilities

Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities, Anne and Jim will use special exercises to aid participants in exploring these abilities. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. They have found through their professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the intuitive input they normally receive. One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $390

Week of March 6–25

Sustained Integration: Body, Self, and Soul

Jack Rosenberg

For workshop description see Special Programs, page 36. $1200

Weekend of March 11–13

Exorcising the Demon "Should"

Paul Rebillot & Stanford Eugene Cates

For workshop description see February 4-6. $190

A Video Workshop for Couples

Wendy Oser & Tom Taussig

This workshop makes extensive use of video feedback to help you observe yourself, your mate, and your relationship from a new point of view. There will be opportunities to see yourselves individually and as couples through video playback; through direct video feedback you can engage with yourself and each other in original, spontaneous ways. You can explore deeply or lightly your response to your relationship with regard to image, attitude, and inner wisdom.

In becoming aware of some of the values and beliefs that shape your experience, you may also make new choices and renew commitments. $190

A Course in Miracles: A New Thought Form for Our Time

Julian Silverman

This seminar is concerned with an understanding of *A Course in Miracles*—a formulation of a wholesome way to be in the world without attack and defense, without negative emotions, without feelings of being separated from one's source.

The *Course* specifies a practice as well as a conceptual model. It elevates one's self worth by teaching *total* self-responsibility.

It teaches health. $190

Professional Responsibility Training: Structuring Clinical Relationships by Agreement

Jerry Green

This workshop for health practitioners explores the basic elements of contract as they apply to role clarification in health care relationships. Participants examine the process of patient/client planning for clarifying goals, expectations, and complementary responsibilities to improve clinical efficacy and minimize the risk of malpractice or licensing problems. A model for defining the responsibilities of each party will be developed based upon the scientific and philosophical objectives of medicine and holistic health practice. Experiential role playing will assist participants to develop skills for initiating patient/client contracts that support their unique clinical abilities and the specific needs of individual patients or clients. The workshop will also examine how written instruments, including brochures, intake applications, forms for record keeping, correspondence, and patient/client journals, can facilitate working relationships, document their progress, and evidence the nature of the professional responsibility assumed. C. E. credit is available for doctors and nurses; for additional information see page 38. $190

Week of March 13–18

Polarity Massage

Bill Liles & Deborah Anne Medow

The Esalen mineral baths will be the classroom for learning, exploring, and experiencing the basic concepts of the polarity system as applied to the human energy field through the medium of massage. Emphasis will be on the dynamics of living anatomy, the psyche/soma connection, polarity points and counterpoints, polarity balancing methods, and the integration of these methods with the traditional Esalen massage as it has evolved over the years. The workshop is designed for professional body workers and serious laymen who intend to incorporate these methods into their own practices. $390

The Mystical Quest

Christina & Stanislav Grof

We will explore theoretically and experientially the discoveries of modern psychology and consciousness research suggesting that the spiritual and mystical dimensions are inherent constituents of the human personality. Using a combination of controlled breathing, evocative music, focused body work, mandala drawing, and slide shows, participants will have the opportunity to connect with transpersonal levels of their psyche. Special attention will be paid to the promises and pitfalls of the mystical quest. $390

The Lover's Journey: A Quest for the Inner Man, the Inner Woman

Paul Rebillot

Paul Rebillot writes, "My study of Carl Jung's *Psychology of the Transference* stimulated me to look into the concept of the alchemical marriage as a process of owning and uniting the various archetypal aspects of ourselves. By exploring my own polarities, I saw how they affect the organization of my personality. By becoming aware of four aspects of myself, the negative and positive man, and the negative and positive woman, I discovered when I am being authentic with others and when I am not. All four must live together within me if I am to experience my wholeness.

"Consequently, I created a process in which people, by developing these roles, can discover how they liberate or how they confuse relationship. By playing out these roles and having fun with them, they become options rather than determinations.

"At the climax of this workshop, participants design and act out a ritual of joining together, a wedding celebration whereby they create the possibility of these four aspects actually uniting within themselves, awakening the seed of individuation."

Kathy Thurmad

Fritz Smith conducts a demonstration during his Zero Balancing workshop.

Weekend of March 18–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 15. $190

Peak Athletic Performance

Guy Benjamin & George Pegelow

How do top athletes achieve high-level performance and what factors in-

terfere with such achievement? How can you transcend those barriers which seem to limit your ability to sink that critical putt, run that extra mile, or win that difficult match point?

This workshop will explore some of the factors which limit us in our efforts to achieve high-level athletic performance. After examining elements in our culture which distort our self-perception, participants will practice methods of relaxation, visualization, concentration, and energy awareness which can help them overcome these limiting factors.

Workshop leaders will discuss and demonstrate application of the various methods in their own disciplines. $190

Burnout: Causes and Cures

Elliot Aronson & Ayala Fines

This workshop is designed for people who give service to others and who are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues. C. E. credit is available for doctors and nurses; for additional information see page 38. $190

Letting Go/Moving On

Merri Goldenson (Devarani)

This is a weekend of intense body work, structured for those who want to let go of past anger, fear, and pain, which is reflected in the body as armor, tension, stress, and a lack of spontaneity. As armor softens, feelings held in since childhood can be released and more positive feelings of joy, love, trust, and pleasure can be experienced more fully.

A most important feature of the workshop is the individual Radix-Reichian intensive, done in a safe, supportive environment. By also using dreamwork, hypnosis, chiropractic, bioenergetics, massage, dance, and group interaction as one lets go—moves on, a new capacity for living can emerge. $190

Week of March 20–25

Self-Acceptance: The Freedom to Be

David Schiffman

For workshop description see January30-February 4. $390

Quantum Soup: Fortune Cookies in Crisis

Chungliang Al Huang & Living Tao Staff

Celebrating with Chungliang's new book, "offering Chinese 'dim sum' (a light touch of heart) profundities, tai ji dancing (quantum hop), laughter, poetry and I Ching in Chinese brush calligraphy, music of J. S. Bach and JAZZ-Z-Z-ZEN and TAO and OZ of living."

Recommended reading: by Huang/*Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press), *Living Tao* (Celestial Arts), *Tao: The Watercourse Way*/with Watts (Pantheon), Watts. $390

Reichian Gestalt: A Workshop for Contact and Release

Ma Prita

This workshop focuses on how we may consciously unfold ourselves—physically, emotionally, sexually, mentally, and spiritually. By contacting tension (stuck, accumulated energy) and allowing emotions which have been locked in the body, often since early infancy, we have the opportunity to open ourselves to the creative flow of life energy within.

Some of the areas to be touched upon this week include: recognizing and learning to release tensions which lock emotions in the body; ways of contacting and allowing unexpressed sadness and pain, to increase the capacity for pleasure and joy; practices for expressing and releasing anger constructively, which may open the way to deeper levels of compassion and love; learning about the nature of fear—moving toward greater trust of self and others. Paying special attention to the mental processes that shape the emotional and physical body, participants will be shown ways to trust their body's responsiveness and inner direction.

This workshop will utilize Reichian body and breath work, emotional release, gestalt practice, bioenergetics, vision improvement, massage, dance, meditation, and various other bodymind approaches. $390

Weekend of March 25–27

Adventures in Self-Exploration

Christina & Stanislav Grof

For workshop description see January 21-23. $190

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see January 28-30. $190 per participant

Weekend Massage Intensive

Bill Liles & Brita Ostrom

In this introductory seminar, participants will learn to give a competent full-body massage. The emphasis will be on developing a soothing and penetrating contact, on sustaining that contact to create a relaxing and integrating experience, and on centering their own physical and mental energies while they work. The intent of the seminar is to introduce massage as a practical approach to developing greater sensory awareness and bringing relief from stress. $190

Dancing Cello Meets the Tao of Bach: JAZZZEN!

Chungliang Al Huang & David Darling

"J. S. Bach, Jazz and Improvisation in tai ji movement and joyous sound. Join the DANCE!"

Recommended listening: *David Darling Solo* and *Cycles*, David Darling, ECM Records. $190

Week of March 27–April 1

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 15. $390

Your Own Myth-Body to Live By!

Joseph Campbell & Chungliang Al Huang

"We will explore and recreate ancient myths in our daily lives—in our thoughts and in our bodies—as we integrate intellect and movement into one harmonious living practice."

Recommended readings: by Campbell—*Myths to Live By* (Bantam), *The Flight of the Wild Gander* (Gateway), *The Complete Grimm Fairytales* (Pantheon); by Huang—*Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press), *Living Tao* (Celestial Arts), *Tao: The Watercourse Way* (with Watts, Pantheon). $410

Effecting Change: The Human Energy System and Risk

Alan Schwartz

This is a week for recognizing the *relationship* between personal growth/change and economic/environmental realities. This is a week for *designing a growth pattern* for your individual energy system to provide more stable contact with the difficulties of the emerging decade.

The human energy system represents a constantly changing personality dimension. Often neglected in the system's movement towards maturity is the development of the consistency of strength. We hear metaphors not only of physical strength, but strength of character, strong emotions,

and the spiritual and psychic strengths of perception. Lack of strength development leads each of us to develop compensations in order to be able to function in our chosen worlds. Some of the obvious are psychosomatic problems, blame, denial, and indiscriminate sexual functioning. *Power over* self, people, things is often a major compensation for the strength that allows us the *experience* of self, people, and things.

Risk involves awareness of our individual compensations, trusting self and the group process enough to *experiment* with mobilizing more energy. This means rendering more alive the strength of the physiology, feelings, conceptual process, and psychic perceptiveness. The result is clarity and stability and a deeper awareness of the balance of self as we contact the very real issues of the coming decade. For further information, read the April 1-3 workshop description. $390

Weekend of April 1–3

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 15. $190

Mythology in Twentieth Century Literature and Art: James Joyce and Pablo Picasso

Joseph Campbell

This will be a three day seminar, commencing Friday evening with a general introduction and discussion of *A Portrait of the Artist as a Young Man*; spending Saturday morning and afternoon with *Ulysses*; giving Saturday evening to a slide presentation of the major works of Picasso; and concluding Sunday morning with *Finnegans Wake*. $190

The Human Energy System and Gestalt Process

Alan Schwartz

The human being's movement toward a stable and balanced organism undergoes many adjustments in direct proportion to his/her responses to parental and environmental messages. The result is the formulation of stratified patterns of *visible* physiology and behavior. These join to form that which is usually called personality, one's individual energy system. Two common examples of energy system responses to life stress are those personalities who collapse under stress and those who control. There are many more. This will be a weekend to explore and understand our individual energy systems and their relation to how we make and inhibit intrapersonal and interpersonal contact. One focus will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our *consistent* awareness process and the autonomous expression of who we are. For additional information read the January 2-7 description. $190

Awakening the Healer Within: Dimensions of Psychic Healing

Elizabeth Stratton

Every human being is a potential channel for healing energy. Negative conditioning of our emotions, or unconscious beliefs and behavior, combined with environmental factors such as pollution, can give birth to dissociated parts of self which act as impediments to our natural healing abilities. Studies have shown the reality of psychic awareness, in which a person cannot only better understand his/her own functioning, but actually heal and psychically ward off illness.

This workshop will provide a didactic and experiential model for participants to gain a perspective on psychic healing, and the basic skills necessary to develop healing abilities in themselves. Channeling of energies will be taught, along with methods of dissolving impediments to the healing process. $190

Week of April 3–8

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description, see page 15. $390

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description, see page 15. $390

The Evolution of Intelligence: A "How To" Seminar

Timothy Leary & Friends

Leary says, "It is useful and amusing to accept two premises: 1.) that few human beings use more than .000,001 (one millionth) of their available brain-potential; most of us are, in fact, robots programmed by our brains, and 2.) that once an individual learns how to program the brain, then the probabilities of accelerated personal growth are limitless.

"This seminar will consider 24 levels/types of intelligence, 24 stages of neuro-technology through which a human being can develop. Participants will be encouraged to take and analyze newly devised test-questionnaires which will allow assessment of their lives in terms of intelligence increase, from infancy and childhood to adolescence and beyond; and to write detailed life programs for multiplying intelligence in each of the 24 dimensions.

"Evolutionary competence in the following vectors will be studied: biological intelligence; emotional intelligence; mental-intellectual intelligence; social intelligence; sensory-erotic-aesthetic intelligence; brain-computer intelligence; genetic intelligence; and metaphysiological (out-of-body) intelligence." $390

April 3–29

Evolution of Consciousness Perspectives of Inner and Outer Space Research

Christina & Stanislav Grof

For workshop description see Special Programs, page 36. $1600

Weekend of April 8–10

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 15. $190

Massage for Families

Peggy Morrison Horan & Deborah Anne Medow

A fulfilling way for families to spend time together is to share in the gift of massage. This weekend is a time for families to become closer by sharing the experience of learning massage. Daytime sessions will be held at the hot baths. Families with children over five years of age are welcome. Special family rates available on request.

Exploring Self-Acceptance

David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive creative functioning. $190

Week of April 10–15

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description, see page 15. $390

The Hero's Journey

Paul Rebillot & Stanford Eugene Cates

Paul Rebillot writes, "Again and again, in my work with people, I have seen the suffering and confusion caused by our society's lack of signifi-

cant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another—whether it be a child's discovery that there is no Santa Claus, the adolescent's awkward approach to puberty, marriage or the ending of a marriage, or a change of career. Every such change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That pattern is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"My purpose is to give people a chance to experience a rite of passage so that they can go into the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight."

Recommended reading: Joseph Campbell, *The Hero With a Thousand Faces* and *Myths to Live By*. $390

Balancing Your Body: T'ai Chi and Integrated Movement

Catherine Elber, Meigra Mixter & Jason Mixter

In an unbalanced body, chronic holding patterns arise which restrict movement, decrease available energy, and impede free expression. With time, the body becomes "fixed"; the natural resiliency becomes frozen into a limited set of predictable responses. This physical "set" limits our ability to move freely, feel deeply, and solve problems creatively.

During our five days together, you will be taught to recognize fixed patterns of structural imbalance in yourself and others. Through the use of Rolfing® Movement Integration and the gentle, powerful movements of t'ai chi chih, holding patterns can begin to dissolve, creating space for elegant and fluid movement.

Concepts of dynamic support, active lengthening, core of the body versus the sleeve, integrity in movement, and methods to maintain balance will be taught allowing you to use this information at home in practical, everyday life situations. $390

The Psyche and Soma of Health

Jessica Britt & Deborah Anne Medow

Since Freud's work with hysteria and Hans Selye's with stress, the role of the psyche on physical health is increasingly acknowledged. Conscious and unconscious mental attitudes affect the body through repressed emotional and physical energy. Life stances which initially aid and protect a person become over-developed and rigid, leading to anxiety, stress, tension, and physical illness.

During this week, the group's focus will be awareness, understanding and experiencing the psyche/soma phenomenon in relationship to health and illness, and the effects this dynamic has for the health professional in patient care. The group's emphasis will be on the relationship of breath, emotion, and physical self-care to total well-being.

Through basic instruction and practice in gestalt, Reichian breath work, massage, yoga, and meditation, participants will be facilitated in the skills of listening, sensing, contacting, and integrating the psyche/soma phenomenon into their clinical health practices. C. E. credit is available for nurses; for additional information see page 38. $390

Weekend of April 15–17

Esoteric Teachings of the Western Tradition

Jay Ogilvy

The turn toward oriental mysticism is partly a turn away from a tradition of Western thought. Western philosophy seems overly preoccupied with a purely cognitive, even mathematical approach to truth. But wisdom requires more than mathematical logic . . . as many Western philosophers have known. This workshop will follow an underground stream through the Western tradition beginning with the pre-Socratic philosophers, through the Socratic irony in Plato's Dialogues, into the mixture of Gnostic and neo-Platonic traditions, and on to the esoteric teachings hidden within often ignored passages from Kant, Hegel, and Nietzsche. Intended as an introduction to an experiential, revelatory, and passionate path in Western philosophy, this workshop will also interest students acquainted only with the orthodox, academic history of our tradition. There is more in our "sacred texts" than meets the academic eye. $190

The Body and Spirituality

Paul Rebillot & Stanford Eugene Cates

"The body is the chalice of the spirit and must be emptied before it can be filled. To strive for spiritual awakening without resolving the tensions of the body can result in disorientation. These muscular tensions, or body armorings, stand in the way of full physical and emotional expression carrying with them some unfinished experience of the past or expectation of the future."—Paul Rebillot.

"People often choose spirituality to avoid dealing with their own cultural and personal inhibitions, becoming 'holy' rather than 'true to their own individual paths.' With gentle encouragement to expose these armorings, people develop a more honest perception of themselves."—Stanford Eugene Cates.

"In this weekend we will encourage participants to discover the stresses held in their bodies and explore what the issues are that these tensions represent.

"We will use gestalt process, Reichian breathing, meditation, and chanting to create a safe place together for the expression of what has been depressed and for the integration of what has been inhibited and fragmented." $190

Hypnosis and Parapsychology

Lee Pulos

All participants will be taught to experience beginning and advanced methods of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering practices such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and demystifying hypnosis, the workshop will include exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $190

The Vertical Dance: A Rock Climbing Weekend Near Big Sur

Dick Galland & Annie Callaway

For workshop description see Wilderness Programs, page 37. $175

Week of April 17–22

Choosing to Change

Harry Sloan

For workshop description see February 20-25. $390

Experiencing Astrology

Robert Hand

The basis of astrological symbols lies within the psyche, and every symbol in astrology can be experienced in terms of feelings and sensations. Being in touch with the symbols of astrology at this level gives one knowledge of what the horoscope means at much more than an intellectual level.

The workshop is aimed at persons who have anywhere from a minimal to an advanced level of astrological knowledge. The object of the workshop will be to get an inner experience of the symbolism of one's individual horoscope through guided meditation exercises. In these the participant will gain, through visions and fantasies, a non-intellectual knowledge of the symbolism in his or her own chart, and what it signifies.

The only requirement for this workshop is that the individual know his or her own birthdate, and, if at all possible, time and place as well. Each individual will be working with his or her own horoscope as well as sharing the horoscopes of others.

When applying, please send the office your birth date, and time and place, if possible, well in advance of the workshop dates, so that your chart may be cast before the workshop. $390

The Foundations of Body Image

Andrea & Deane Juhan

This is a course for the improvement of your relationship with the body—your own and those you contact personally and professionally. Each major area of the body will be studied and experienced in turn. The sessions allotted for each area will include: slides and discussion to familiarize the group with the basic anatomical structures; specific stretches and exercises to isolate the muscles and joints in question; movement, dance, and visualization to explore the psychological dimensions of each body part; instruction in massage methods designed to locate and alleviate common problems.

The intent is to provide enough concrete experience for each participant to feel a change for the better in self image; to provide enough discussion to understand how the improvements occurred and how they may be sustained; and, particularly, to help you contact your images of your physical self—the body you do have, the body you think you have, and the body you could have. $390

Weekend of April 22–24

Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care

Tom Ferguson & Joe Graedon

For workshop description see February 11-13. $190

A New Science of Life

Rupert Sheldrake

The hypothesis of formative causation may provide the basis for a new scientific paradigm which goes far beyond the currently predominant mechanistic theory of life. The idea that the form and behavior of living organisms are shaped by morphogenetic fields, themselves molded by the form and behavior of past similar organisms, leads to a new interpretation of heredity and the evolutionary process. Memories need no longer be thought of as somehow stored inside the brain; they may depend on direct connections with the organism's own past due to morphic resonance, and tuning in to the experience of other members of the species may give rise to a pooled or collective memory. In this workshop some of the implications of formative causation for biology, psychology, parapsychology, and philosophy will be explored and discussed.

Recommended reading: *A New Science of Life* by Rupert Sheldrake (J. P. Tarcher). $190

The Moving Center

Gabrielle Roth & Moving Center Staff

An American shamanic ritual using music, poetry, sacred dance, and ritual theater experiences to mirror the mind, catalyze the heart, and open the body as a channel for creative energies. Through collective rituals participants will explore individual dreams and visions and learn to share differences. $190

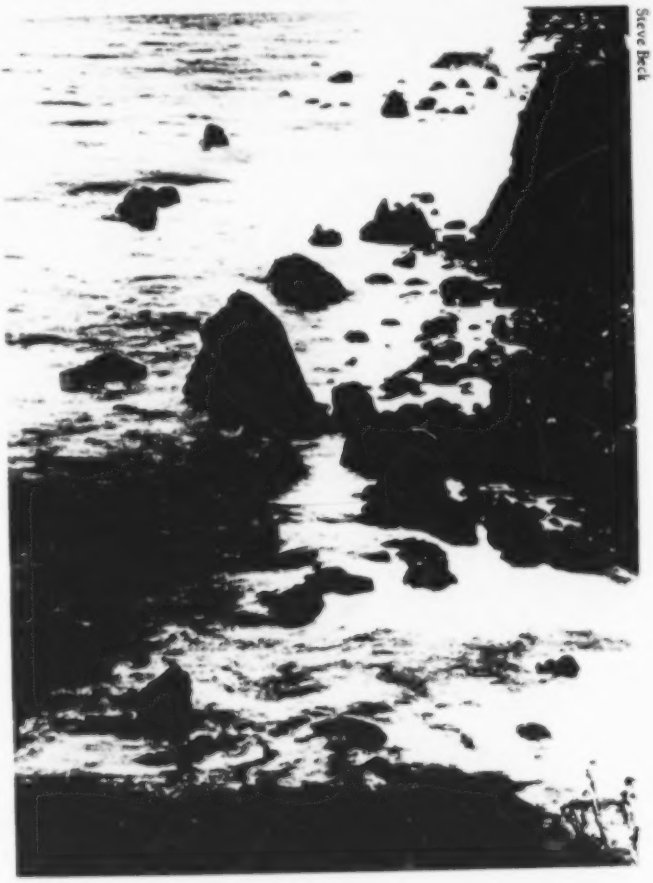
Week of April 24–29

How to Heal Yourself: Tools for Optimum Heath

Joe D. Goldstrich

This is a workshop for people who want to increase their level of awareness and assume responsibility for their own health management. The emphasis will be on nutrition, and learning what to eat in order to create vitality, energy, and health in the body. A unique integration of the Pritikin diet, macrobiotics, and live foods will be presented. Cooking classes will provide practical information on healthy food preparation. Group members will be instructed in the use of guided imagery to support the healing process. An exercise/flexibility program will be developed for each individual. The information presented will then be integrated into a personalized health plan for each participant to work with at home. $390

Suggested reading: *The Best Chance Diet* by Joe D. Goldstrich, M.D., F.A.C.C.; published by Humanics Limited, Atlanta, Ga.



Steve Beck

Unity

Gabrielle Roth & Moving Center Staff

This is a five-day shamanic healing ritual designed to inspire and channel the religious, sexual, and creative aspects of life energy into unity and expression. Through music, sacred dance, poetry, and ritual theater processes, participants will explore and present their unique experiences of life's waves, rhythms, and cycles. The Moving Center tools are designed to release gifts, talents, and potentials. $390

Integrity

David Schiffman

In this workshop participants will join to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Participants will explore the boundaries of their emotional, physical, and mental potentials and how they affect sexuality, relation to power, friendships, creativity, and expectations of self and others. $390

Weekend of April 29–May 1

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 15. $190

Experiencing your Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see March 6-11. $190

Gestalt - Movement

Dianne Miller-Lesty

What the mind can perceive the body can conceive.

Your thoughts and feelings live in your physical body. Your body reflects your thought processes, images, and feelings. We manifest with our bodies.

We repeat certain movements and actions daily. These same patterns of movement are recognizable in our relationships. Simply, we reflect our outer and inner environment physically.

This workshop will focus on exploring the physical awareness and range of movement that we exhibit in daily life employing a blend of Halprin-Feldenkrais methods, massage, and dance, combined with gestalt, visualization, and hypnosis and auto-suggestion. With awareness, release, and flexibility in our thoughts and feelings we can learn to develop less stressful ways of moving. $190

Kathy Thormod

Creativity and The Feminine

Susan Griffin

Susan Griffin presents a new way of looking at creativity. Working from the theories in her books (*Woman and Nature: The Roaring Inside Her* and *Pornography and Silence: Culture's Revenge Against Nature*), and from her own process as a poet, essayist, and playwright, she explores how the false dichotomy between nature and culture, mind and body, the masculine and feminine, affect the creative process. Her premise is that the totalitarian repression of the arts is a political expression of the fear of nature and the feminine. She will lead participants in the workshop to discover how this repression becomes internalized. Using meditation, writing exercises and guided imagery, Susan will show how creativity is an expression of the unity of matter and spirit, the "feminine" and the "masculine" qualities of sensuality, intuition, insight, intelligence. She will guide students toward experiencing a deeper level of knowledge, a knowledge which emanates from the body and from experience, and she will help students to express this knowledge in a creative form. $190

Week of April 29–May 5

Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Jessica Britt & Steven Harper

For workshop description see Wilderness Programs, page 37. $375

Week of May 1–6

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description, see page 15. $390

Five Day Massage Intensive

George King & Laurie Muller (Lioness)

For workshop description see January 30-February 4. $390

Human Potential Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to educate the human potential, which means the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers and for discussion of the work.

Suitable for professionals and non-professionals alike. $390

Evolutionary Process in Action: A Week With Arthur Young & the Theory of Process Working Group

Alise Agar, Frank Barr, Michael Buchele, & John Saloma

Experience a week with Arthur Young, inventor of the Bell helicopter, author of *The Reflexive Universe* and *Geometry of Meaning*, and philosopher of consciousness and cosmology. The seminar will examine Young's theory of consciousness and cosmology as a potential New Age paradigm and frontier applications of these new ideas in such diverse fields as ancient and contemporary mythologies, religions, philosophies, and esoteric symbol systems. Of particular interest will be the application of this comprehensive paradigm in the physical and life sciences, with specific discussions and proposed solutions to such enigmas as non-locality and the photonic "quantum of action," the "mind-body" problem, the chakra-neuroendocrine interface, regeneration, schizophrenia, and altered states of consciousness. Further applications of Young's process theory include its relevance in history, politics, and social transformation. The ultimate importance of such an evolutionary vision lies in its potential to promote a viewpoint which integrates science and metaphysics, includes paranormal phenomena, and acknowledges the unique qualities of humanity and our role in the universe. Experiential components will include stimulating guest faculty in music, visual arts, and group graphics.

Recommended Reading: *The Reflexive Universe*, *The Geometry of Meaning*, *Which Way Out*, by Arthur M. Young. The books are available through Robert Briggs Associates, 2934 Benvenue Avenue, Berkeley, CA 94705. $390

Weekend of May 6–8

Leonard Energy Training: The State of the Art

George Leonard & the Energy Training Staff

In the world of Energy Training, problems become opportunities. Stress and pain become gifts of energy. Personal and social options are multiplied. The flow of vital energy is enhanced. Leonard Energy Training is derived from the Eastern art of aikido as well as from Western

psychology and physical theory. It is a comprehensive body of work that teaches practical, alternative ways of dealing with life situations. It is not physically demanding. It does not aim at emotional catharsis. Most of the training involves simple movement exercises in which the body itself becomes a learning facility. Participants will practice such things as centering, relaxing under pressure, blending, and alternative ways of being. There will also be discussions of applications to education, sports, management, relationships, social transformation, and personal growth.

Recommended reading: George Leonard, *The Ultimate Athlete* and *The Silent Pulse*. $190

Edible Landscaping—More Food, Less Work

Robert Kourik

Beauty, recreational pleasure, and fresh, vibrant food with superior flavor can be yours with an edible landscape. This workshop is for those who want to design and maintain a low care/high yield food producing landscape.

The well planned landscape brings together self-seeding annual vegetables, herbs, native plants, ornamentals, soil improvers, and beneficial insect attractants to assist in the evolution of a biologically sustainable landscape. The model of an edible landscape is the mature, stable forest community with its biological web of interdependencies and ecological wisdom.

The goal of this workshop is to gain better insight into the design "tools" required to blend together the elements of a holistic edible landscape for your family and home. To supplement the slide shows and lectures, the workshop will tour through the beautiful ornamental and edible landscape and farm production project at Esalen. $190

A Practical Approach to Sexual Counseling

Jack Rosenberg

This course is a practical approach to sexual counseling from both a physiological and psychological point of view.

Sexual difficulties can be a symptom of what is going on in a relationship. In turn, the relationship is almost always a reflection of what is going on in each individual's psyche. The difficulty of moving from the symptom of sex, through the relationship, to the intrapsychic process is a major task of the clinician. With the use of lecture, demonstration, and group experience, the participants will be introduced to a way of working with this task from the perspective of the body. C. E. credit for doctors and nurses is available; for additional information see page 38. $190

The Transformation Project: A Progress Report

Michael Murphy & Steven Donovan

Michael Murphy's novel, *Jacob Atabet*, speculated that the next stage of human development would involve the power to alter the physical body at will. The Transformation Project was organized in 1976 to explore this possibility. A comparative study is being made of thirty-eight research fields (including transformational religious practice, spiritual healing, hypnosis, spontaneous remission from disease, psychical research and parapsychology, sport and physical fitness, acupuncture, psychotherapy, and creativity) to find the fundamental psychophysical processes inherent in high level human functioning, and to develop disciplines to effect such high level change. We will present results to date (with emphasis on meditation, imagery, and sport), and discuss the implications of these results for individual practice.

Recommended reading: *Jacob Atabet* and *The Psychic Side of Sports* by Michael Murphy (available through Esalen). $190

Week of May 8–13

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description, see page 15. $390

Energy Training and the Samurai Game

George Leonard & the Energy Training Staff with Werner Erhard

This workshop provides a rare opportunity for you to immerse yourself, under game conditions, in the life of the medieval Japanese samurai. The Samurai Game was created by George Leonard and is used in the *est* Six-Day Training. *Est* founder, Werner Erhard will be in attendance on Wednesday and Thursday and will lead the game Wednesday night. Its purpose is to make it possible for you to experience a style of governance and consciousness radically different from that of 20th century America, and to face symbolic death and rebirth. By entering this other world, you get a chance to see your own life with new eyes, and to fully comprehend the futility of conflict. During the workshop, you will receive a thorough grounding in Energy Training and will play three complete Samurai Games. Between games, you will continue to live samurai-style with your own group much of the time, and to join in creating legends, songs, poems, and a history in the spirit of *bushido*, the Way of the Warrior. The Samurai Game is not physically demanding, but is psychologically intense and must be played wholeheartedly.

Recommended reading: George Leonard, *The Silent Pulse*; Taisen Deshimaru, *The Zen Way to the Martial Arts*; Inazo Nitobe, *Bushido, the Warrior's Code*. $390

The Uses of Empathy and Intuition in Healing for the Health Professional

Jack Downing & Murray Korngold

The "art" of healing is seldom taught as a rational discipline. We propose that empathy between care-giver and care-receiver can form the base for the "art" of healing; that conscious empathy can be developed through the faculty of intuition, and that this skill provides a matrix for joining effective healing to scientific knowledge. The health professional becomes a healer. Healing demands the deepest intent from the professonal; the balance between professionalism and personal feelings must be adjusted in order to enhance the healing process. Key to this is the willingness to sense and respond to subtle body cues, both in oneself and the patient. The course will provide lecture and practical experience on empathy development and application to clinical situations. C. E. credit is available for nurses; for additional information see page 38. $390

Weekend of May 13–15

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see February 11-13. $190 per participant

Exploring Self-Acceptance

David Shiffman

For workshop description see April 8-10. $190

Psyche-do: Fundamentals of Conflict Resolution in Everyday Life

Terry Dobson

Conflict is the opposition of principles, forces, or wills; resolution is the process by which we bring these opposites into agreement. Based on principles derived from the art of aikido, this workshop examines several conflicts of ordinary life—our family quarrels, our lovers' spats, our hassles with the "problem people" we encounter at work, the internal struggles we have with ourselves. It will explore ways to handle resistance and the buttons that trigger our fears and competitiveness. Through lectures, body-movement, role-playing, and individual work, participants will look for ways to gain and regain composure under fire, ways to diffuse the anger and hostility in ourselves and other people. $190

Ways to Transform Self and Society

Donald Keys

We can learn to use the creative tension between our inner life and the outer world to generate rapid growth in ourselves and constructive change in the world. At this time of earth crisis and transition, well-centered "change agents" are vitally needed. Personal transformation and transformation of society go together, but the person who takes responsibility needs to learn the methods and principles of a spiritual stance in the world.

In this workshop we will use group discussion, guided imagery and music, lecture, and meditation to experience personally and directly our

inner direction as the basis for manifesting a transformed Earth.

Recommended reading: *Earth at Omega: Passage to Planetization*, (Brandon); *Disarmament: The Human Factor* (Pergamon).

$190 plus $5 for workbook

Kathy Thormod

Andre Gregory, recent workshop leader at Esalen.

May 14–23

Rites of Passage: Baja California's Secret Mountains

Dick Galland & Annie Callaway

For workshop description see Wilderness Programs, page 37. $575

Week of May 15–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 15. $390

Self Acceptance: The Freedom to Be

David Schiffman

For workshop description see January 30-February 4. $390

A Festival of the Happy Martial Arts

George Leonard, Energy Training Staff & Visiting Teachers

The martial arts can have a happy face, and their principles can be applied to everyone's life, leading toward inner calm in the face of everyday problems. This festive week of demonstration, participation, and celebration is designed for those with absolutely no experience as well as for students of the martial arts who are looking for new approaches. The sophisticated, non-aggressive art of aikido will be the central practice, but there will also be a chance to watch and practice such arts as t'ai chi, karate, and capoiera in their most joyful manifestations. Visiting masters of the various arts will present full-scale demonstrations, but most of the workshop will be devoted to experiential sessions for which no previous experience is necessary. Obviously, no one can learn a martial art in five days, but everyone will have a chance to gain a unique body-mind-spirit understanding of more than one art, along with increased confidence and grace under pressure.

Recommended reading: George Leonard, *The Ultimate Athlete* and *The Silent Pulse*; Taisen Deshimaru, *The Zen Way to the Martial Arts*. $390

Symptom as Metaphor

Jeff Kane & Ronnie Paul

"It is more important to know what kind of patient has a disease than what kind of disease the patient has."— Sir William Osler

Contrary to popular concept, disease does not "strike" randomly. Patterns are perceptible. Massive current evidence points toward the conclusion that disease is inextricably connected to diet, stress factors, exercise, and attitudes. In short, disease is somehow related to the way we lead our lives.

This principle dovetails with the concept that the body is not an insensate sack of enzymes, but the physical vehicle for the continual, deliberate expression of the mind. That is, *disease may be fruitfully seen as a physiologically encoded, translatable message about our state of being.* This approach is neither alternative nor antithetical to allopathic medicine. It is a necessary complement. Patients need to examine and adjust their lives while physicians attend to their physical aspect. This course will invite participants to incorporate these concepts into their own practice. Practitioners may, in turn, educate their patients about the healing benefits of deep relaxation, voluntary pain control, and physiological manipulation. This course utilizes yoga to bring awareness to a symptom, imagery to translate the symptom into an existential statement, and therapeutic dialogue to initiate the appropriate behavioral change. C. E. credit is available for doctors and nurses; for additional information see page 38. $390

Weekend of May 20–22

Wellsprings of Creativity: A Workshop in Communal Autobiography

Keith Berwick

This workshop is designed to tap the hidden wellsprings of creativity in our collective historical unconscious. Participants will attempt to recreate the life and thought of another time and place. Each member will adopt a fictional role and will interact with other members in their fictional roles resulting in a creation of a community of "intimate others" fashioned out of the collective, historical imagination of the participants. Methods will include voice dialogue, guided imagery, past-life reading, and affective journal and letter writing. $190

Fluidity of Being: Rolf®s Movement

Elisa Lodge Schiffman

"Mr. Dufy lived a short distance from his body."—James Joyce

Elisa writes, "This workshop provides a creative environment to explore the concepts of movement education based on the principles of Ida Rolf—a process of fine tuning and harmonizing our unique instrument from restricted to spontaneous, tense to flowing, inhibited to open. We focus on deepening our kinesthetic awareness of the relationship between our body's structure and emotional attitudes. Everyday movements and specialized activities such as jogging, playing musical instruments, etc., become more effortless and graceful when we are balanced to gravity. The spirit we open to through this awareness is ageless. It is the source of our enthusiasm, excitement, and strength. Group and individual work will be offered, using gestalt, dance, and the healing use of touch, all for the benefit of becoming more present. Video feedback will be used." $190

Being Together, Being Ourselves

Paul Rebillot

". . . Let there be spaces in your togetherness and let the winds of the Heavens dance between you."— Kahlil Gibran

Paul writes, "I designed this workshop to deal with the problem: 'How

can I be together with a group of people or intimate with another human being without losing myself?"

"Theater games and gestalt process provide the context for participants to explore ways to achieve the delicate balance between opening and closing without losing contact with other people. Adaptation of American Indian ritual along with dance improvisation provide the possibility of communicating beyond words." $190

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion. The seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate vipassana practice in daily life after the workshop is over.

Suggested reading: *The Experience of Insight*, Joseph Goldstein (Unity Press); *A Gradual Awakening*, Stephen Levine (Doubleday). $190

Week of May 22–27

Open Seat

Paul Rebillot

For workshop description see February 6-11. $390

Letting Go—Moving On

Merri Goldenson (Devarani)

For workshop description see March 18-20. $390

Massage for Health Professionals

Lila Daniels Klapman & Gary Klapman

Many discomforts, functional difficulties, and degenerative conditions are either precipitated, perpetuated, or exacerbated by stress and the chronic muscular contractions which accompany it. This seminar will focus on the practical application of massage methods to infirmities in which emotional and muscular tension play a significant role. Instruction will include the development of a pleasurable and effective touch, the demonstration and practice of the fundamentals of a full-body massage treatment, a slide-lecture concerning the relationship of massage to anatomical structure and to physiological function, and discussion concerning the use of massage methods in specific situations. C. E. credit is available for doctors and nurses; for additional information see page 38. $390

East Touching West

Deborah Anne Medow

"To Touch and Feel is to Experience. Many people live out their entire lives without ever really Touching or being Touched by anything. . . They do not live and become one with life."

—from *Seven Arrows* by Hyemeyohsts Storm.

Deborah writes, "For the past fourteen years, I have been teaching and practicing yoga and various types of bodywork, developing my art of touching and moving, my inner and outer balance. Now, for the past two years, I have begun to work with the Native American medicine ways. The blending of the Eastern Indian yogic tradition and the American Indian medicine ways has enabled me to touch so much more deeply inside myself, inside Mother Earth, and in my relations to all my fellow beings.

"During these five days, classes in yogic cleansing methods, theory, breath purifications, meditation, and asanas will be integrated with sessions in massage, creative movement, chanting, medicine wheel, and Native American practices. Weather permitting, one afternoon will be spent hiking in the Big Sur hills, consciously making a more meaningful contact with the land. Through the various practices taught during the week, the workshop is designed to help participants move from a deeper, more loving space within themselves, in their relations with the Earth, and with all its inhabitants." $390

Weekend of May 27–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 15. $190

Energy Training in Sports

George Leonard & Joel Kirsch

The practice of Leonard Energy Training has shown itself to be effective in improving performance, reducing injuries, and increasing enjoyment in physical sports. This workshop is designed for everyone from World Class athletes to those who are just taking up a sport—or are considering doing so. We begin with the assumption that every human being is born with the capacity to move efficiently, gracefully, and even joyfully, and that there is an appropriate sport for every body and every body type. Here, Energy Training will be applied to the sports experience.

Recommended reading: George Leonard, *The Ultimate Athlete*; Michael Murphy, *Golf in the Kingdom*. $190

Food for Health and Wellness

Joe D. Goldstrich

This is a workshop for people who want to assume responsibility for their health care management. The emphasis will be on learning what to eat to create vitality, energy, and health. A unique integration of the Pritikin diet, macrobiotics, and live food will be presented. Special attention will be given to increasing complex carbohydrate and fiber while decreasing simple sugar. We will examine the optimum amount of fat and cholesterol needed to both prevent and reverse atherosclerotic cardiovascular disease. Ideal protein intake for various levels of physical activity and health states will be examined and protein combinations to obtain complete sources will be demystified. Participants will receive a personalized health plan to work with at home.

Suggested reading: *The Best Chance Diet* by Joe D. Goldstrich, M.D., F.A.C.C.; published by Humanics Limited, Atlanta, Ga. $190

Kathy Thornod

Ken Dychtwald, Esalen group leader, at lunch with a workshop member.

Reflections of Self: A Reichian/Gestalt Primer

Jessica Britt

This is an intense introductory workshop in intrapsychic work using Reichian breath work and gestalt practice.

Reichian work utilizes the breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness

approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration the possibility is opened to come to a truer concept of self, with an expanded ability to respond in the present. This workshop is limited to ten participants. $190

Week of May 29–June 3

Hall of Mirrors

Jenny O'Connor & the NINE

For workshop description see January 28-30. $390

A Week with Will Schutz $390

Reichian Gestalt: A Workshop for Contact and Release

Ma Prita (Laura DeNucci)

For workshop description see March 20-25. $390

Body Workshop: Rolf/Feldenkrais

Dub Leigh & Dee Dee Lozier

"You must first know where you are before you can move to where you want to be."— Dub Leigh

The goal of this workshop is to have participants become aware of where they are now and to give them the tools that will assist them to move in the direction of where they want to be. Based upon the individual and group methods of Dr. Moshe Feldenkrais and Dr. Ida P. Rolf, each person will receive a private session in both structural integration (Rolfing®) and functional integration (Feldenkrais). Group work will be a combination of Rolf®-paterning and awareness through movement. The workshop is designed both for people with structural or functional body problems, and people who want more awareness, comfort, and mobility. $390

Weekend of June 3–5

Weekend Massage Intensive

Brita Ostrom & Vicki Topp

For workshop description see March 25-27. $190

An Introduction to the Esalen Gardens

Esalen Lands Crew

In the profound and dramatic setting of the Big Sur Coast, the Esalen lands crew has spent years creating and maintaining a variety of beautiful landscape gardens. This weekend we invite you to our introductory tours and discussions of the methods we use. Members of the lands crew will define the variety of methods and schools of thought that we eclectically follow, all of which have a base in the environmentally clean organic approach. Robert Kourik, a well known horticulturist, (see May 6-8) will be our guest for the topic, "Edible Landscaping." Other areas discussed will be the French Intensive soil preparation, organic recycling, interplanting, insect control, companion planting, mulching systems, and germination methods. $190

Love and Work

Anne & John Caple

"Work is love made visible," wrote Kahlil Gibran. In this workshop, participants will examine their work life and work options in the context of their love for themselves, for others in their lives, and for the larger world. Working from a conceptual base, the group will use integrative exercises, art, body work, and gestalt processes to seek answers and consider life decisions. The goal is for participants to see more clearly what they want and how to get it.

This weekend is for those discontent with their work life, for career changers and potential career changers, for re-entry persons,, and for those who influence others in career choices. Some time will be available for individual life/work issues during group meetings and in pre-breakfast runs. $190

Plants and Health

Andrew Weil

Most of the medicines in current use come from plants or are variants of drugs found originally in plants. Few doctors now prescribe botanical medicines, though. Instead they use highly refined, potent derivatives of plants to produce immediate, dramatic effects. Modern pharmaceutical drugs have their place, but exclusive reliance on them is a principal reason for the expense and harmfulness of regular treatment. Learning to use medicinal plants is a way of exploring alternatives to dependence on doctors and of taking more responsibility for your own health.

Participants in this workshop will learn how to recognize and obtain common beneficial plants and how to continue to learn about this subject on their own. Methods of preparing and using plants as remedies will be demonstrated.

Recommended reading: *The Natural Mind, The Marriage of the Sun and Moon, Health and Healing in the Year 2000*, Andrew Weil. $190

The New World of Lucid Dreaming

Stephen LaBerge

Lucid dreaming means dreaming while knowing that we are dreaming. The presence of consciousness during this extraordinary state of consciousness allows us to respond flexibly and creatively to the flow of dream experience. We are in a unique position to control our dreams; this control brings within reach a remarkable range of possibilities from indulging your wildest fantasies to fulfilling your highest spiritual aspirations.

For most of us, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so; workshop participants will learn how to develop the skill of lucid dreaming. The results of recent scientific research will be presented and participants will be exposed to a wide variety of uses to which the world of lucid dreaming can be put, including self-exploration, creative problem solving, healing, adventure, and, perhaps most importantly, a way of self-integration leading to the transpersonal realms.

The emphasis will be on improving the quality of the dreamer's experience while in the dream. This means self-control, not dream control; changing the context rather than the content of the dream. Ann Faraday has called lucid dreaming "one of the most exciting frontiers of human experience." This workshop will provide an opportunity to find out why. $190

Week of June 5–10

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

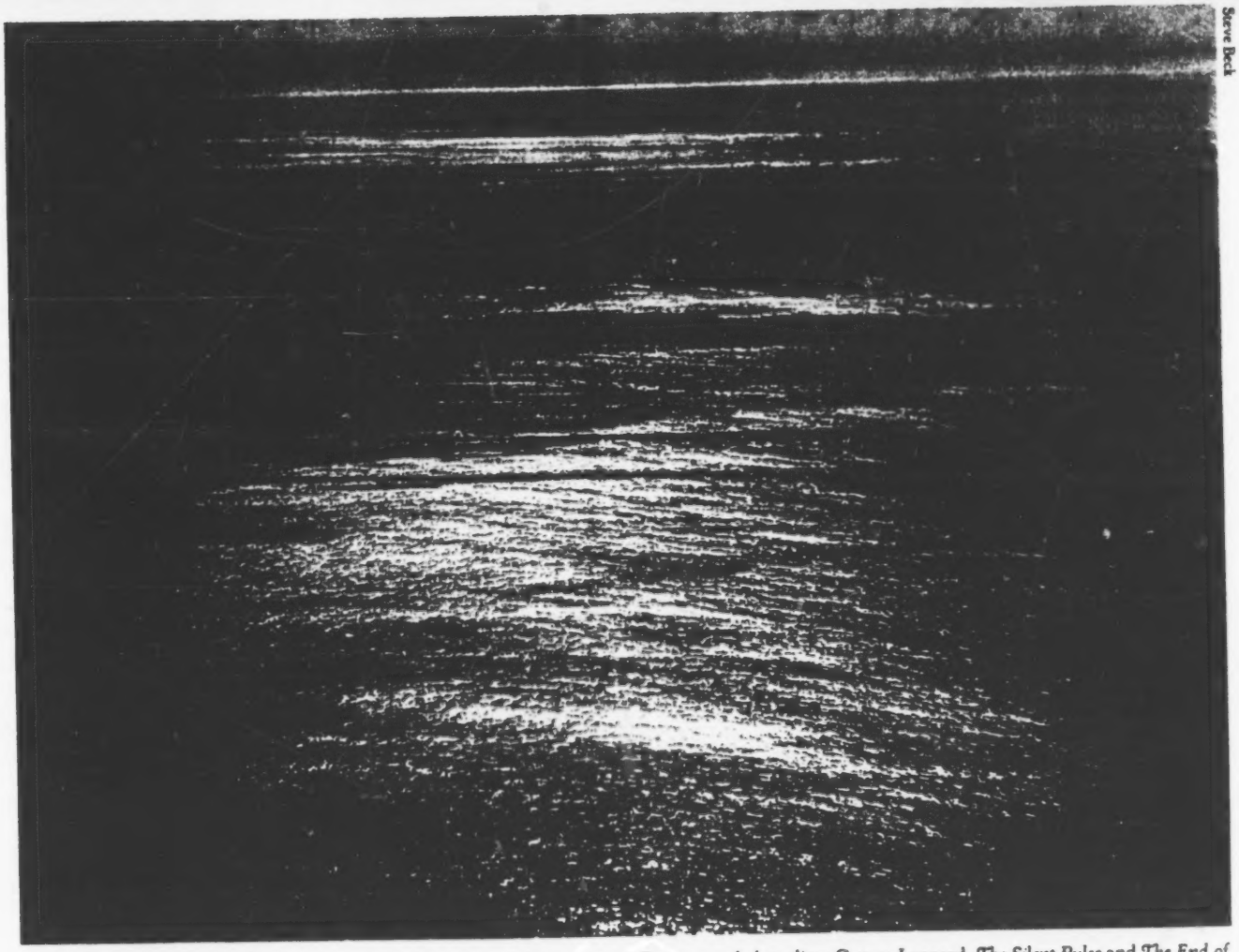
For workshop description see January 23-28. $390

Longevity: Fulfilling Our Biological Potential

Kenneth Pelletier

Human life expectancy is 100 years old and longer. With our present lifestyles and environment it is evident that we do not often attain this biological potential. However, there is a sharp increase in the United States and throughout the world of more people living more than 100 healthy and productive years. This trend has profound medical, psychological, economic, and personal implications.

This seminar is an exploration of the *practical* means now available for any individual to extend his or her life expectancy to 100 vigorous years and beyond. Among the areas to be considred and demonstrated are: nutrition and diet which has been known to extend life for the last 50 years; regeneration of the human body and organs; use of antioxidants such as Vitamin E is examined; new discoveries in genetic engineering and biochemistry of substances that enhance memory and promote regeneration; the role and types of exercise in life extension; prolonging and restoration of sexual activity; methods of stress management and meditation for optimum health and performance; and the use of visualization and the influence of the mind in human longevity.



Steve Beck

Emphasis is upon adapting these factors to each individual's life to create a practical plan for optimum health and longevity. Videotapes and color slides of centenarian communities in the Soviet Union, Ecuador, Pakistan, and Tahiti will be featured.

Suggested reading: by Kenneth R. Pelletier, *Holistic Medicine: From Stress to Optimum Health*, (Delacorte and Delta, 1979); *Longevity: Fulfilling Our Biological Potential*, (Delacorte and Delta, 1981). $390

June 5–July 1

Still Points, Turning Points: A New Curriculum for Change

David Schiffman, Elisa Lodge Schiffman & Esalen Staff

For workshop description see Special Programs, pages 36 & 37. $1600

Weekend of June 10–12

Energy Training and the Art of Love

George Leonard & Annie Styron Leonard

How can we escape sexual stereotypes? Does intimacy always have to lead to boredom? Or can we, by recognizing the uniqueness and mystery of each individual, keep our erotic life alive and exciting? In this workshop, we use the simple movement exercises and visualizations of Leonard Energy Training to explore communications and creativity in the erotic realm. Our purpose is not to prescribe new methods but rather to transform the way you experience your intimate relationships, as inspired by George Leonard's new book, *The End of Sex*. The workshop is appropriate for individuals as well as couples.

Recommended reading: George Leonard, *The Silent Pulse* and *The End of Sex*; Nathaniel Branden, *The Psychology of Romantic Love*. $190

Authority, Power, and Inner Knowing

François Duquesne

This workshop focuses on the issues of power, authority and growth as they affect creative and harmonious decision making in private and public life. As a new age emerges, so must forms of government that blend the best of the past while allowing for the fullest expression of spirit. Drawing examples from Findhorn's nineteen years of organization and experimentation, from other New Age communities and from writings of contemporary visionaries, we will look into government for the future. We will also examine current world affairs within the context of planetary transformation and the creation of the new world community.

Those of you who are involved in New Age communities or who face the challenge of group decision making may find this workshop particularly helpful. It is led by the focalizer of the Findhorn Community and therefore offers a stimulating insight into leadership and New Age politics as practiced there. $190

Adjunct Approaches in Traditional Health Care Systems

Phillip Mac & Susan Baldi

This workshop will explore a variety of supportive modes of fostering well-being in patients in clinical settings. Included will be the use of touch, nutrition, and stress-reduction approaches. The emphasis of the group will be on the integration of these approaches in traditional health care settings. C. E. credit is available for doctors and nurses; for additional information see page 38. $190

• SPECIAL PROGRAMS •

Special Announcement

Joseph Campbell, author, lecturer, and international authority on ancient and modern mythologies, will be Esalen's scholar-in-residence for the month of November, 1983.

A limited number of places will be available for individuals interested in spending the month studying with Joseph Campbell in an in-depth tutorial program focusing on the subject of the participants' specific interests. The fee for the month will be $1600.

Three weekend workshops will also be available through the catalog: "Psyche and Symbol Archetypes"; "Myth and the Body"; and "Symbolism of the Kundalini." They may be taken as a series or individually. The weekends will be available to month-long participants at a reduced rate. Further information will be announced in the next issue of the catalog.

Tutorial Program in Gestalt Body Therapy

This will be a professional training program for licensed or license-eligible psychotherapists and graduate students in gestalt body therapy (GBT). GBT is a complete system of psychotherapy with an emphasis on breathing as a vehicle for the integration of body, mind, emotions, and spirit. The program will consist of approximately one week (five days) at Esalen every five weeks for a period of two years. This program can lead to an M.A. or Ph.D. in psychology through affiliation with an approved degree-granting institution. The program will be didactic and experiential and is based on a tutorial system with Jack Rosenberg and staff. If interested, please contact Jack Rosenberg, 1107 W. Washington Bl., Venice, Ca. 90291. Please include personal and therapeutic history and educational background.

March 6–May 29
Work-Study Program in Body Work

Coordinated by Deane Juhan, Deborah Anne Medow & the Esalen Massage Practitioners

This three month course, which includes the regular 32-hour work commitment detailed on page 16, offers intensive instruction in various approaches to massage practice, movement, and self-care. The goals of the program are: to provide information and practical experience that will enrich the participant's knowledge of his/her own body and its functions; to give instruction in a wide range of body work methods so that each participant will learn to give an effective massage; and to familiarize the group with the fundamentals of gestalt and group process as they relate to personal growth and massage.

Massage instruction and practice will include Esalen massage, polarity, Rolfing®, deep tissue, Trager, Feldenkrais, acupressure, and psychic massage. The principle movement disciplines introduced will be selected from yoga, aerobics and stretching, patterning, Halprin's movement ritual, mentastics, gestalt movement, contact improvisation, jazz dance, and t'ai chi. Classes in self-care will include diet for nutrition and cleansing, meditation, and energy pacing to avoid burnout. Anatomical and physiological information relevant to massage, movement, and self-care will be presented in a series of slide lectures. Regular gestalt and group process sessions will be scheduled throughout the program, led by the Esalen gestalt staff, to facilitate the group's cohesiveness and the learning process of each individual. Please use the information, instructions, and application form on page 16 when you apply. The fees and necessary deposit are the same as for the regular Work-Study Program described on that page.

March 6–25
Sustained Integration: Body, Self, and Soul

Jack Rosenberg

This workshop will start wherever you are in your inner journey. The work is an in-depth integration of body and gestalt practices and the transformative process of consciousness.

The course will cover:

Psychology of the Self: Working with early unfinished situations that interrupt our sense of well-being and interfere with our relationships in the present. Sexual implications of this work will be dealt with in body work and in lecture.

Body Work (Gestalt Body Approach): Theoretic and practical application, combining classical Reichian work, yoga, and aerobics and massage, assisted by Andrea Juhan.

Transformative Process of Consciousness: As our inner journey progresses, our figure/ground awareness is shifted from "doing" and "having" to "being" and to our relationship with the eternal. We will explore ways to integrate and sustain these new awarenesses in our everyday life.

$1200

April 3–29 83
Evolution of Consciousness: Perspectives of Inner and Outer Space Research

Christina & Stanislav Grof

A four week interdisciplinary program organized jointly by Esalen Institute and the International Transpersonal Association (ITA). This seminar is designed for professionals and students in the fields of psychiatry, psychology, anthropology, history, religion, and philosophy, interested in exploring future trends of consciousness evolution and the influence of inner and outer space research on humanity and its destiny. The program will focus on the following thematic areas:

Modern Consciousness Research and the quest for the new paradigm. Scientists who have made significant contributions to the emerging paradigm will discuss the revolutionary findings in clinical and laboratory consciousness research, including psychedelic therapy and parapsychology, quantum-relativistic physics, brain physiology, information and systems theory, and biology, that have dramatically transformed the image of reality and of human nature.

Outer Space Exploration and the Human Psyche. We will explore the outer space program both as an expression of consciousness evolution and as its powerful catalyst. The discussion will focus on such issues as the experiences of astronauts in outer space and their counterparts in "psychenauts" exploring inner realms, the psychology of space colonies and extraterrestrial migration, current state of the UFO research, and the relationship between planetary archetypes and consciousness evolution. These discussions will be illustrated by astronomical footage about space research and planetary probes.

Complications of Consciousness Evolution. Rapid evolution of consciousness, both individual and collective, can be associated with dramatic manifestations that resemble certain psychotic phenomena. The problem of such "transpersonal crises" will be explored in the light of data from comparative religion, anthropology, psychedelic therapy, and modern clinical and laboratory research.

Self-Exploration and Group Process. The seminars of this series use an experimental educational format which combines didactic input with deep experiential self-exploration and group process. The Esalen staff and guest leaders will act as facilitators for the participants throughout the program.

$1600

June 5–July 1
Still Points, Turning Points: A New Curriculum for Change

David Schiffman, Elisa Lodge Schiffman & Esalen Staff

"Anything which is forced or misunderstood can never be beautiful."
—Xenophon

People, like plants, need special care and attention to thrive and blossom. To naturally grow beyond what we've been requires strength, sensitivity, and a deeply compassionate awareness. What are the most important elements that support this transformation and renewal? And how might this process be effectively shared with others? Out of the answers to these basic questions has emerged the dream of combining the best of Esalen's human potential practice work with the spirit of adventure found in Outward Bound's wilderness programs, along with

the gracious informality of living and working together in one of the most beautiful and peaceful settings in the world.

The aim of this unique curriculum will be to explore and develop a new model for learning, one that not only deepens the experience of traditional self exploration, but also breaks new ground in erasing the line between intensive group and individual work and the ordinary world of everyday life.

Among the areas we will touch on during this month are:

The Body and its Functions: As a temple for the spirit; as a reflection, and as a turning point from past habits, fears, and attitudes; as a source of grace, ease, and fluidity in movement and in contact; as a kinetic homebase for exuberance, playfulness, and balance; and as a healing source of touch.

The Emotional Realm: Exploring and opening the limits of temperament, redirecting negative feelings for inspiration and power; cultivating passion and strength as the core of integrity; resolving inner and outer turmoil simply and peacefully.

The Mind: Developing the powers of the imagination for self-affirmation and creativity; deepening the ability to see, hear, and understand so that one can range easily from the practical to the transcendental; strengthening the sense of fair-witness and developing the skillful use of the will; using the perspective of humor to heal separation.

Coming together in the spirit of being simply and lovingly at home in ourselves, the group will create a community whose foundation is based on trust, good will, and authenticity.

During the month each participant will have the opportunity to clarify and develop his/her own style and artfulness as an individual guide and group facilitator doing in-depth study of gestalt practice, body work, psychosynthesis methods, and the meditative arts. The program will be structured to include: intensive individual work; creative music and movement; supervised observations; practicum work in group leading and individual counseling skills; video feedback; illustrated lectures and didactic theoretical sessions.

The emphasis throughout will be on creating a personally integrated perspective that will bring buoyancy and lightness into life and work. This workshop is designed for people from all walks of life. $1600

• WILDERNESS PROGRAMS •

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop we require the following deposit:

Up to 3 days	$ 50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your non-refundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip your deposit is forfeited.

April 15-17
The Vertical Dance: A Rock Climbing Weekend Near Big Sur

Dick Galland & Annie Callaway

"There is an art in finding one's direction in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know."—Rene Dumal

Rock climbing is a dance done in a vertical world, a dance of grace, balance, and simplicity. It is an opportunity for stretching limits, extending ourselves, exploring our own edges. Our responses to the challenges of climbing offer a metaphor for looking at the ways we deal with stress and challenge in our daily lives. During the day we will play on the sunny boulders and low rock faces at Pinnacles National Monument, three hours east of Esalen. We'll learn basic movements, such as how to rappel and belay, building trust in our hands and feet and each other. Safety ropes free us to experiment and to discover our inner heroes.

We'll prepare our gourmet meals together over a crackling fire and camp beneath the stars, sharing insights from the day's adventure. This weekend begins Friday evening and ends Sunday evening at the Monterey airport. A shuttle bus operates between the airport and Esalen, and we'll travel by van to and from Pinnacles. No previous climbing or camping experience is necessary. Minimum equipment will be needed. Complete information will be sent upon registration. $175

April 29-May 6
Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Jessica Britt & Steven Harper

Nature can provide us with opportunities to stretch our limits and explore our inner wilderness. By living in a natural environment we can expand our sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. We will travel "light," with instruction in minimum impact camping, ecology, geography, and cultural history of the area.

With the wilderness as our mirror, we will explore our inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, we will create a time of cleansing and contemplation, culminating in a 24 hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley, with natural hot springs, for our last night together. There, meditation instruction will be available for those who wish it. Backpacking experience is not necessary, and participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $375

May 14-23
Rites of Passage: Baja California's Secret Mountains

Dick Galland & Annie Callaway

The rugged Sierra Nevada, California's mountainous backbone, almost disappears as it crosses the Mexican border into the Baja peninsula. About one hundred miles below the border it rises to form the Sierra San Pedro Martir, a forested plateau about 7500 feet high. On the eastern edge of this plateau, the soaring granite form of Picacho del Diablo, Baja's highest peak, rises to over 10,000 feet. This workshop will take us from a trailhead on the plateau's western edge through pine forests, broad open meadows, and along clear streams to the base of Diablo on the eastern escarpment. From there participants may climb the peak. To the west the green hills slope off into the Pacific. In the east the plateau falls away to the desert and the waters of the Gulf of California. Participants will descend onto the desert through a sinuous granite canyon, pausing to play in waterfalls and deep pools.

Group members will carry everything they need in packs, cook over fires, and learn a range of basic wilderness skills, including basic rock climbing. 24 hours will be spent alone in reflection and contemplation. The workshop will also include psychosynthesis, group process work, yoga, and journal writing. No previous experience is required. You should be healthy and reasonably fit. The program begins and ends in San Diego. Complete information on travel, clothing, and equipment will be sent upon registration. $575

• MEDICAL PROGRAMS •

Esalen Institute is a California state approved provider for continuing education for health professionals. The California Medical Association has granted Esalen Category 1 approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Esalen Institute — Approved Provider for Physicians

January 2-7
Loss, Grief, and Depression
Joel Kotin, M.D. — 30 hours

January 28-30
Medical Self-Care:
New Directions in Patient Education
David Sobel, M.D. — 10 hours

February 11-13
Medical Self-Care: The Role of Health Professionals
in Supporting Self-Provided Health Care
Tom Ferguson, M.D. — 10 hours

February 13-18
The Therapeutic Approaches of Milton H. Erickson, M.D.
Jane Parsons, A.C.S.W. — 30 hours

February 25-27
Psychology and Physiology of Breathing for Health Professionals
Peter Levine, Ph.D. — 10 hours

March 11-13
Professional Responsibility Training:
Structuring Clinical Relationships by Agreement
Jerry Green, J.D. — 10 hours

March 18-20
Burnout: Causes and Cures
Elliott Aronson, Ph.D. & Ayala Pines, Ph.D. — 10 hours

April 22-24
Medical Self-Care: The Role of Health Professionals
in Supporting Self-Provided Health Care
Tom Ferguson, M.D. & Joe Graedon, M.S. in Pharmacology — 10 hours

May 6-8
A Practical Approach to Sexual Counseling
Jack Rosenberg, D.D.S., Ph.D. — 10 hours

May 15-20
Symptom as Metaphor
Jeff Kane, M.D. & Ronnie Paul — 30 hours

May 22-27
Massage for Health Professionals
Lila Daniels Klapman & Gary Klapman, M.D. — 30 hours

June 10-12
Adjunct Approaches in Traditional Health Care Systems
Phillip Mac, M.D. & Susan Baldi, R.N. — 10 hours

Esalen Institute — Approved Provider for Registered Nurses

January 2-7
Loss, Grief, and Depression
Joel Kotin, M.D. — 30 hours

January 28-30
Medical Self-Care: New Directions in Patient Education
David Sobel, M.D. — 10 hours

February 6-11
Zero Balancing: Beginning-Intermediate Workshop
Fritz Smith, M.D. — 30 hours

February 11-13
Medical Self-Care: The Role of Health Professionals
in Supporting Self-Provided Health Care
Tom Ferguson, M.D. — 10 hours

Joyce Rogers-Lyke

Deane Juhan, an Esalen massage practitioner, gives a Trager session.

February 13-18
The Therapeutic Approaches of Milton H. Erickson, M.D.
Jane Parsons, A.C.S.W. — 30 hours

February 25-27
Psychology and Physiology of Breathing for Health Professionals
Peter Levine, Ph.D. — 10 hours

March 11-13
Professional Responsibility Training:
Structuring Clinical Relationships by Agreement
Jerry Green, J.D. — 10 hours

March 18-20
Burnout: Causes and Cures
Elliott Aronson, Ph.D. & Ayala Pines, Ph.D. — 10 hours

April 10-15
The Psyche and Soma of Health
Jessica Britt, R.N. & Deborah Anne Medow — 30 hours

April 22-24
Medical Self-Care: The Role of Health Professionals
in Supporting Self-Provided Health Care
Tom Ferguson, M.D. & Joe Graedon, M.S. in Pharmacology — 10 hours

May 6-8
A Practical Approach to Sexual Counseling
Jack Rosenberg, D.D.S., Ph.D. — 10 hours

May 8-13
The Uses of Empathy and Intuition in Healing
for the Health Professional
Jack Downing, M.D. & Murray Korngold, Ph.D., A.B.P.P. — 30 hours

May 15-20
Symptom as Metaphor
Jeff Kane, M.D. & Ronnie Paul — 30 hours

May 22-27
Massage for Health Professionals
Lila Daniels Klapman & Gary Klapman, M.D. — 30 hours

June 10-12
Adjunct Approaches in Traditional Health Care Systems
Phillip Mac, M.D. & Susan Baldi, R.N. — 10 hours

· BIOGRAPHICAL INFORMATION ·

– A –

Alise Agar, p. 30 — as program co-ordinator for the Institute for the Study of Consciousness in Berkeley, facilitates the convergence of philosophers, scientists and metaphysics as part of an evolutionary vision.

Dick Anthony p. 18 — is an associate of the Center for the Study of New Religions in Berkeley and is co-editor of *Conversion, Coercion and Commitment in New Religious Movements*.

Anne Armstrong p. 24, 30 — has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong, p. 24, 30 — a former engineer, is a life-long student and teacher of esoteric studies.

Elliott Aronson p. 26 — is a professor of psychology at the University of California, Santa Cruz. He has published over 60 articles on interpersonal relations and authored ten books, including *The Social Animal*.

– B –

Susan Baldi, p. 35 — R.N., is director of student health at Santa Rosa Community College.

Jamie Baraz p. 33 — has studied meditation with Joseph Goldstein, Ram Dass, Jack Kornfield, and others in the United States and Asia. He has led classes and retreats in the Bay Area for several years.

Frank Barr p. 30 — is a physician, author, and consciousness researcher who has successfully applied Arthur Young's process paradigm to such problems as the body-mind interface, schizophrenia, altered states, and regeneration.

Thompson Barton, p. 20 — currently teaching holistic sports at Antioch West, presents an evolutionary development in the art of teaching sports, fitness, and movement called the integrated awareness method.

Judi Bell p. 20 — is chair of the creative arts therapy department at Antioch University, San Francisco. She has done pioneering work in integrating movement into family therapy.

Guy Benjamin, p. 25 — quarterback for the World Champion San Francisco 49ers, is an instructor at Stanford University in classes dealing with optimal performance, and a student of zen and taoism.

Tara Bennett-Goleman p. 23 — is a counselor, movement instructor, and student of Indian dance and the mindful arts.

Keith Berwick p. 32 — is an historian, author, TV host, and producer of award-winning programs on personal transformation, including *The Energy Workshop*, *Parenting*, and *Faces: The Urban Mosaic*.

Daniel Bianchetta p. 24 — practices shiatsu, rebirthing, deep tissue massage, gestalt, and intuitive readings at Esalen. He has studied extensively with Swami Muktananda.

Jessica Britt p. 20, 28, 30, 33 — is a registered nurse who is presently a member of the Esalen community and a practitioner of gestalt, Reichian, and wilderness approaches to well-being.

Michael Buchele p. 30 — is a physician who synthesizes holistic medicine with Arthur Young'ss theory of evolution process.

– C –

Peter Caddy p. 17 — is the co-founder of the Findhorn Foundation, and is presently engaged in visiting and assisting in the link-up of communities, groups, and movements for the process of planetary transformation.

Annie Callaway, p. 28, 32 — professional wilderness guide, group leader, hatha yoga teacher, and writer, has been leading Esalen trips for several years.

Joseph Campbell p. 26, 27 — is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero With a Thousand Faces*, *The Masks of God*, and *Myths to Live By*.

Anne Caple p. 34 — is a technical writer and editor with earlier careers as homemaker and fiber artist. She is a student of the intuitive process.

John Caple p. 17, 34 — is a college professor and career counselor with an earlier career in business management. He is the author of *Careercycles* (1983).

Fritjof Capra p. 18 — is researching theoretical high energy physics at the Lawrence Berkeley Laboratory and is author of two books, *The Tao of Physics* and *The Turning Point*.

Stanford Eugene Cates p. 25, 27, 28 — is working and in training with Paul Rebillot, assisting and co-leading groups. He has trained in Trager psychophysical integration and is a minister.

Emilie Conrad-Da'oud, p. 20 — a professional dancer and teacher of movement, has studied and performed ballet, modern jazz, Afro-Cuban, and primitive dance in New York and the West Indies.

Arthur Cox p. 22 — has had direct experience in all aspects of U.S. policy toward the Soviet Union—including diplomacy, intelligence and covert operations, military affairs and arms control, trade, and information and cultural programs.

– D –

David Darling p. 26 — is a dancing cellist, a classical musician, composer, and a teacher of improvisation. He is an original member of the Paul Winter Consort.

Terry Dobson p. 31 — apprenticed to the founder of aikido for eight years. He is the author of *Giving In To Get Your Way* and *Safe and Alive*.

Steven Donovan p. 31 — is director of the Transformation Project and is an Esalen trustee.

Jack Downing, p. 31 — M.D., is a psychiatrist with a comprehensive background in gestalt, Rolfing®, Arica, applied kinesiology, and neuro-linguistic programming.

Vera Dunham p. 23 — is an internationally acclaimed poet, translator, essayist, and expert on Soviet culture.

François Duquesne p. 35 — is the executive director of the Findhorn Community in northern Scotland, and an educator and writer on the themes of personal and planetary transformation.

– E –

Catherine Elber p. 28 — is one of the first and few people in the world teaching t'ai chi chih. She has taught at Esalen since 1975.

Werner Erhard ..... is founder of the *est* training and a number of other transformation programs and projects offered by a world-wide network of centers, associated entities, and individuals.
p. 31

Esalen Lands Crew ..... includes Steve Beck, April Bekaert, Sydney Ocean, and Bruce Neeb.
p. 34

-F-

Tom Ferguson,..... M.D., is editor of the quarterly journal *Medical Self-Care*, medical editor of *The Whole Earth Catalog/Co-Evolution Quarterly*, and author of the book *Medical Self-Care: Access to Health Tools*.
p. 22, 29

-G-

Dick Galland..... was the founding director of the Southwest Outward Bound School. He designs and guides wilderness programs for individuals, schools, and corporations.
p. 28, 32

Merri Goldenson (Devarani) ..... is a chiropracter, certified Radix® teacher, Bates vision instructor, and is in private practice in West Los Angeles and San Francisco.
p. 26,33

Joe D. Goldstrich,..... past national director of education and community programs for the American Heart Association, is a physician and author specializing in nutrition and preventive medicine.
p. 29, 33

Daniel Goleman ..... is a senior editor of *Psychology Today* and president of the Association for Transpersonal Psychology.
p. 23

Joe Graedon ..... writes a syndicated column, *The People's Pharmacy*, which runs in more than 100 newspapers. He is the author of *The People's Pharmacy* and *People's Pharmacy-2*.
p. 29

Jerry Green ..... is an attorney specializing in medicine and holistic health practices.
p. 25

Susan Griffin ..... is an author, poet, teacher, and lecturer. Formerly an instructor at U.C. Berkeley and San Francisco State University, she now teaches writing privately.
p. 30

Christina Grof,..... hatha yoga teacher and student of Swami Muktananda, has special interest in the kundalini process and the problem of "spiritual emergency." She is co-author of *Beyond Death*.
p. 17, 19, 23, 25, 26, 27

Stanislav Grof,..... psychiatrist with over twenty years' experience in consciousness research with and without psychedelics, is the author of *The Human Encounter with Death* and *LSD Psychotherapy*.
p. 17, 19, 23, 25, 26, 27

-H-

Anna Halprin,..... founder of the San Francisco Dancers' Workshop and co-founder and teacher at the Tamalpa Training Institute in Marin County, is the author of *Movement Ritual I* and *Collected Writings*.
p. 24

Daria Halprin-Khalighi .... is a gestalt movement facilitator and is co-founder and teacher at the Tamalpa Institute in Marin County.
p. 24

Betsy Hand, ... former resident staff member of the Gestalt Institute of Canada, has 20 years experience with families, couples, and groups. She is in private practice in Kentfield, Ca.
p. 21, 31

Robert Hand,..... as an astrological teacher, author, consultant, and researcher, is involved in micro-computer technology. His latest books are *Horoscope Symbols* and *Essays on Astrology* (Para Research).
p. 28

Michael Harner,..... an anthropologist who has studied shamanism among South and North American Indians for more than two decades, is the author of *The Way of the Shaman*.
p. 19

Sandra Harner,..... textile artist and executive director of the Center for Shamanic Studies, Norwalk, Connecticut, has accompanied her husband, Michael, in studies among Upper Amazon tribes.
p. 19

Steven Harper ..... teaches for Colorado Outward Bound and the National Outdoor Leadership School, and is currently the coordinator of the Esalen Wilderness Programs.
p. 15, 30

Susan Harper, ... a dance teacher in Los Angeles and San Francisco, is co-founder of Continuum Montage, a company which produces and distributes recordings by musicians and composers.
p. 20

John Heider,..... psychologist, group leader, and teacher of group leaders, was an Esalen resident from 1967-71. He later founded The Human Potential School of Mendocino.
p. 30

Hazel Henderson ..... is a self-described "independent, self-employed futurist," and author of *The Politics of the Solar Age: Alternatives to Economics* (Anchor Press/Doubleday).
p. 23

Nick Herbert ..... is an independent researcher in the foundations of physics, and author of *Quantum Reality: Beyond the New Physics*.
p. 21

Peggy Morrison Horan .... is an Esalen masseuse and teacher, and coordinator of the Esalen Childbirth Education Program.
p. 23, 27

Paul Horn..... is a flutist, jazz musician, creator of the *Inside* albums, and teacher of meditation.
p. 18

Chungliang Al Huang ..... is the founder-president of The Living Tao Foundation, and director of its Lan Ting Institute, an international cultural-arts network for lifelong learning.
p. 17, 18, 26

-J-

Don Johnson ..... is co-chair of the holistic studies department at Antioch University and author of *The Protean Body*. His interest is in social forces that shape the human body.
p. 20

Andrea Juhan..... is an Esalen deep tissue and massage practioner, has trained with Anna Halprin, and currently conducts Esalen community classes in stretch/exercise, aerobics, and dance.
p. 15, 29

Deane Juhan, ... a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.
p. 19, 24, 29

-K-

Jeff Kane, ... M.D., researches the body-mind relationship and teaches medical philosophy, stress management, and hatha yoga. His articles have appeared in *CoEvolution Quarterly*, *New Age*, and *Yoga Journal*.
p. 32

Donald Keys, ... author, human rights and peace movement leader, and consultant to United Nations delegations, is founder and president of Planetary Citizens.
p. 31

George King, ... a massage practitioner for 22 years, has worked throughout the U.S., Europe, and South America.
p. 23, 30

Joel Kirsch,..... a founding member of the Energy Training Institute, has developed and presented energy training programs in management, human resource development, sports, dance, education, and psychotherapy.
p. 33

Gary Klapman ..... has been practicing emergency medicine in Santa Cruz for five years and is a student of medical ecology.
p. 33

Lila Daniels Klapman, *p. 33* . . . . . longtime member of the Esalen massage crew, integrates deep tissue, polarity, and Trager bodywork in her teaching and practice.

George Kohlrieser *p. 17* . . . . . is director of Shiloah, Center for Human Growth in Dayton, Ohio, where he works with individuals, families, and groups.

Murray Korngold *p. 31* . . . . . is a certified acupuncturist and a teacher and speaker on parapsychology and psychic healing.

Joel Kotin, *p. 17* . . . . . a psychoanalyst and associate clinical professor of psychiatry and human behavior at U.C. Irvine, is author of numerous publications on both biological and psychological aspects of depression.

Robert Kourik, *p. 31* . . . . . formerly director of the edible landscape program at Farallones Institute Rural Center, is a landscaper and designer of food-producing gardens and solar greenhouses.

Marilyn Harris Kriegel, *p. 20* . . . . former senior associate of the Psychosynthesis Institute of San Francisco, is co-chair of the graduate department of holistic studies at Antioch University West.

-L-

Stephen LaBerge *p. 34* . . . . . is a scientist dedicated to the transformation of human consciousness. He teaches and does research on conscious or "lucid" dreaming at Stanford University.

Benj Langdon, *p. 19, 24, 34* . . . . . former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.

Timothy Leary *p. 27* . . . . . is a philosopher and scientific optimist.

Dub Leigh *p. 34* . . . . . is a somatologist with many years of experience. He was personally trained and certified by Ida Rolf and Moshe Feldenkrais.

Annie Styron Leonard *p. 35* . . . . . is an associate director of Wellness Associates of Mill Valley, California, where she teaches workshops and classes in energy awareness and its application to wellness.

George Leonard, *p. 30, 31, 32, 33, 35* . . . . . author of *Education and Ecstasy, The Transformation, The Ultimate Athlete,* and *The Silent Pulse,* holds a black belt in aikido, from which he derives his present work.

Howard Levene, *p. 20* . . . . . a Jungian analyst practicing in the Bay Area, is chairman of the curriculum committee of the C.G. Jung Institute in San Francisco.

Peter Levine *p. 21, 24* . . . . . has practiced and taught Reichian body work for many years. He holds doctorates in medical biophysics and psychology. His interests include the effects of stress on children and infants.

Bill Liles, *p. 20, 25, 26* . . . . . a member of the Esalen massage crew for many years, integrates polarity with traditional Esalen massage.

Kristin Linklater *p. 23* . . . . . is a teacher of voice production, an actress, author of *Freeing the Natural Voice,* and director of training for Shakespeare & Co., Lenox, Mass.

Matthew Litwin *p. 17* . . . . . is a 15 year old "computer nerd" (*Time Magazine,* May 3, 1982), creating computer programs supporting a project to eradicate curable blindness in Nepal.

DeeDee Lozier *p. 34* . . . . . is a Feldenkrais practitioner who studied with Moshe Feldenkrais in the United States and Israel.

Nancy Kaye Lunney, *p. 21* . . . . . a gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, does individual as well as group work, and is manager of programming at Esalen.

Phillip Mac *p. 35* . . . . . is a board certified family physician who has trained family physicians and physicians' assistants. His special interest is the health and ill health of health care providers.

-M-

Ma Prita (Laura DeNuccio), *p. 26, 34* certified Radix® practitioner, combines Reichian body work, emotional release, gestalt practice, Bates vision improvement, and other approaches to well being in group and private instruction.

Malcolm Margolin *p. 24* . . . . . is a Berkeley writer and publisher specializing in California natural history and Indian life. Recent books include *The Ohlone Way* and *The Way We Lived.*

Deborah Medow, *p. 25, 27, 28, 33* . . . . . Esalen body work practitioner and group leader since 1969, teaches Ashtanga yoga, massage, creative movement, and related healing disciplines; she is also a student of the Native American tradition.

Dianne Miller-Lesty *p. 30* . . . . . specializes in movement, massage, hypnosis, gestalt, and collective creativity. She has been teaching the Halprin Dancers approach at Esalen for several years.

Jason Mixter *p. 28* . . . . . is a certified advanced Rolfer® and Rolf® movement teacher who has been associated with Esalen since 1971.

Meigra Mixter *p. 28* . . . . . is a certified Rolf® movement teacher and massage practitioner who lives and works in Carmel Valley.

Laurie Muller (Lioness), *p. 24, 30* . . . . a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches of healing the body, mind, and spirit.

Michael Murphy *p. 31* . . . . . is co-founder of Esalen Institute and founder of the Transformation Project. He is author of *Golf in the Kingdom, Jacob Atabet, The Psychic Side of Sports,* and *An End to Ordinary History.*

-N-

Claudio Naranjo *p. 18* . . . . . teaches at the Integral Studies Institute and is author of *The One Quest.*

The NINE *p. 19, 34* . . . . . describe themselves as "giant reflectors of your selves, gestalt practitioners, marriage counselors —pure energy of emergent quality available to all."

-O-

Jenny O'Connor *p. 19, 34* . . . . . is a psychic from England, and is a channel for "The NINE."

Jay Oglivy *p. 28* . . . . . taught philosophy for 12 years at Yale, The University of Texas, and Williams College. He is the author of *Many Dimensional Man: Decentralizing Self, Society, and the Sacred.*

Wendy Oser, *p. 17, 25* . . . . . founder and director of Video Feedback Service of Berkeley, and creator of Video Insight, specializes in transpersonal, professional, and personal applications of video.

Brita Ostrom, *p. 20, 26, 34* . . . . . a longtime Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.

—P—

Jane Parsons . . . . . was facilitator in individual, group, and family treatment in the department of psychiatry at Mount Sinai Hospital for 12 years, and is in private practice in New York City.
p. 23

Ronnie Paul, ... formerly a ranked Eastern Junior tennis player, now studies and teaches the Iyengar method of hatha yoga. She is a frequent author and former contributing editor for *Yoga Journal*.
p. 32

George Pegelow, ... instructor in Chinese kenpo karate at Stanford, also teaches classes in taoism and optimal performance there, and is founder/president of the International Movement Arts Center, Inc.
p. 25

Kenneth Pelletier. . . . . . is assistant clinical professor of psychiatry at U.C.S.F.; assistant professor, public health department, U.C. Berkeley; and director of the California Health and Medical Foundation.
p. 34

Ayala Pines, ... research associate in the psychology department, U.C. Berkeley, is the author of *Experiencing Social Psychology* and *Burnout: From Tedium to Personal Growth*.
p. 19, 26

Hector Prestera, ... a physician, acupuncturist, Rolfer®, certified neuro-linguistic trainer, and practitioner of Ericksonian hypnotherapy, is in private practice in Monterey.
p. 20

Christine Price . . . . . combines gestalt practice with creative visualizations and body meditations.
p. 15, 18, 21, 24, 27, 31

Lee Pulos . . . . . is a clinical psychologist whose career has ranged from traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing.
p. 28

—R—

Paul Rebillot . . . . . was founding director of the Gestalt Fool Theatre Family in San Francisco and has been a resident group leader at Esalen.
p. 21, 25, 27, 28, 32, 33

Jack Rosenberg, ... author of *Total Orgasm*, has trained in gestalt and Reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.
p. 24, 31

Gabrielle Roth . . . . . is the creator of the Moving Center method of catalyzing natural movements. She lives on the east coast, where she directs and performs with her own theater/dance company.
p. 29

—S—

John Saloma . . . . . is a social-political scientist, consciousness researcher, and author of several books and papers in those fields.
p. 30

David Schiffman . . . . . a longtime leader at Esalen, is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being.
p. 20, 26, 27, 29, 31, 32, 35

Elisa Lodge Schiffman . . . . . trained in structural integration with Ida Rolf and is an advanced teacher of Rolf®-movement integration.
p. 20, 26, 32, 35

Will Schutz, ... founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity*.
p. 20, 34

Alan Schwartz . . . . . is a college professor and gestaltist in private practice in New York City. His latest article in print is "The Human Energy System and Spirituality."
p. 17, 26, 27

Rupert Sheldrake. . . . . . is a biologist and author of *A New Science of Life*.
p. 29

Julian Silverman, ... an Esalen trustee, is director of counseling and psychological services at U.C. Santa Cruz.
p. 25

Saul-Paul Sirag . . . . . has published two physics papers in *Nature* and has authored a theory on the size of the universe. In 1977 he founded the Consciousness Theory Group, which he directs.
p. 21

Harry Sloan, ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Dr. Robert Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 24, 28

Fritz Smith . . . . . is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is in a private practice of holistic health in Watsonville, California.
p. 21, 22

Gerald Smith . . . . . is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*.
p. 21, 31

David Sobel, ... M.D., is department chief for preventive medicine, Kaiser-Permanente Medical Center, San Jose; author of *To Your Health;* associate editor of *Medical Self-Care;* conducts *Healthline* on KNTV 11.
p. 20

Elizabeth Stratton, ... a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.
p. 27

—T—

Tom Taussig . . . . . teaches psychology and computer science, and is irreverently committed to life being easy.
p. 17, 25

Gioia Timpanelli, ... poet, teacher and winner of two Emmy awards for writing, producing, and broadcasting, is completing a P.B.S. pilot on fairy tales for adults.
p. 19

Vicki Topp . . . . . joined the Esalen massage staff in 1968, and is currently interested in integrating emotional release work and the transpersonal aspects of body work.
p. 19, 34

—V—

Sim Van der Ryn, ... former California State architect, is founder of the Farallones Institute and professor of architecture, U.C. Berkeley and author of *Self Reliant Living in the City* and *The Toilet Papers*.
p. 17

Frances Vaughan, ... author of *Awakening Intuition* and co-editor of *Beyond Ego*, is in private practice, and is a core faculty member at the California Institute of Transpersonal Psychology.
p. 19

—W—

Roger Walsh . . . . . is a psychiatrist on the faculty of the medical school at U.C. Irvine, and is co-editor of *Beyond Ego* and *Beyond Health and Normality*.
p. 19

Andrew Weil, ... M.D., is an investigator of alternative medicine, mind-body interactions, and beneficial plants, and author of *The Natural Mind*, and *Health and Healing in the Year 2000*.
p. 34

—Y—

Arthur Young, ... philosopher, scientist, and inventor of the Bell helicopter, is founder of the Institute for the Study of Consciousness in Berkeley, and author of *The Reflexive Universe* and *Geometry of Meaning*.
p. 30

—Z—

Janet Zuckerman . . . . . has been on the teaching staff at Esalen for more than seven years. Her work includes gestalt practice, group process,and emotional release work.
p. 15,

Friends of Esalen

We invite you to join us in our organization—Friends of Esalen.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the Esalen Catalog for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student $15
One Year Individual $25
One Year Donor $50
One Year Sponsor $100
One Year Patron $500
(Contributions are tax-deductible)

Name _____ Student Affiliation _____

Street _____

City, State _____ Zip Code _____ Date _____

Please mail to: Friends of Esalen, Big Sur, California 93920

Food for the Senses

Food for the Senses

a book of recipes and artwork by people of the Esalen community is now available. To order by mail, use the following form.

Please send me _____ copies of Food for the Senses at $5.95 each, plus an additional $1.20 per book for postage and handling, or a total of $7.15 (California residents add $.35 tax.) I am enclosing a total of $_____.

Name _____ Address _____

City _____ State _____ Zip _____

Please mail to: Food for the Senses, Esalen Institute, Big Sur, Ca. 93920. Make checks payable to Esalen Institute. Allow 6 weeks for delivery.

The Esalen Catalog

THE ESALEN CATALOG is published tri-annually. Subscription cost for one year, including postage and handling, is $6 for the United States, $9 for Canada and Mexico, $12 for Europe and South America, and $14 for all other countries. **Please make all payments in U.S. currency.** A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, Ca. 93920.

☐ To obtain future issues of the Esalen Catalog and occasional mailings for one year, please send a check or money order in U.S. currency only to: Esalen Institute, Big Sur, Ca. 93920. A preaddressed envelope is included in this catalog for your convenience.
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

Name _____ Address _____

City _____ State _____ Zip _____

☐ Please send a complimentary copy of the Esalen Catalog to the person listed below:

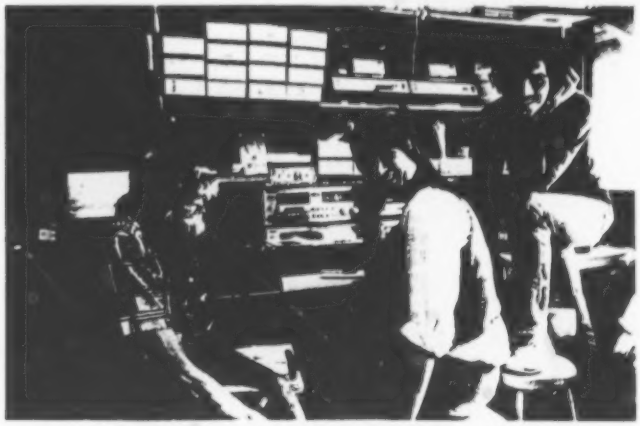
Name _____ Address _____

City _____ State _____ Zip _____

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

• AUDIO RECORDINGS •

Joyce Rogers-Lyke



Paul Herbert, Mike Fann, and Dan Clark of Workshop Casettes and Dolphin Tapes.

Tape Recordings of Human Potential Programs

The human potential movement continues to have unusual events which in turn produce unusual recordings. Each issue of the Esalen Catalog lists a number of new titles and also includes some from the Big Sur Recordings archives. Nearly all tapes are stereo, from live events, and tape length is normally 1 to 1½ hours. These recordings are available on cassettes only. Single tape titles are $9 with check or money order ($10 by purchase order):

Thomas Banyacya: *Hopi Prophecy & Survival*
Ram Dass: *Dharma and The Bomb: Confronting Paradox*
Rollo May & Daniel Ellsberg: *Good & Evil*
Gregory Bateson: *Eternal Verities of Life*
Willis Harman: *Alternative Futures*
Stanislav Grof: *The New Holonomic Consciousness Paradigm*
Albert Hofmann: *LSD and The Nature of Reality*
John C. Lilly: *Birth, Brains & Beings*
Fritjof Capra: *Turning Point: Shifting Paradigms*
Tom Ferguson: *What About Self-Care?*
Julian Silverman: *The Basis of the Healing Relationship*
Ken Dychtwald: *Strategies for Stress Management*
Joe D. Goldstrich: *Nutritional Systems & Belief Systems*
Jack Rosenberg: *Introduction to Gestalt Body Therapy*
Ilana Rubenfeld: *Rubenfeld Synergy Method — I*
David Zeller: *A Kabbalistic Perspective on Consciousness*
Emmett Miller: *Healing Journey*
Joseph Campbell: *Kundalini Rising*

Two-tape titles are $16 with check or money order ($18 by purchase order):

Daniel Ellsberg: *(2) Toward Nuclear Disarmament*
Rupert Sheldrake: *(2) A New Science of Life*
Sheldrake, Capra, Targ & Grof: *(2) Considerations*
Fritjof Capra: *(2) Mind, Matter and Consciousness*
Robert Bly: *(2) An Evening with Robert Bly at Esalen*
Robert Bly: *(2) Thoughts on the Art of Poetry*
Bernard Aaronson: *(2) Tantric Chant, Poetry & Hypnosis*
Andrew Weil: *(2) The Use and Abuse of Beneficial Plants*
Andrew Weil: *(2) Interplay of Mind and Body Realities*
Paul Rebillot: *(2) The Hero's Journey*
Jean Houston: *(2) The Possible Human*
Stanislav Grof: *(2) The Birth Trauma*
Angeles Arrien: *(2) The Story of Basque Mysticism*
Angeles Arrien: *(2) The Egyptian Tarot*

Please add $2 to your order for mailing. California residents include 6% tax. Please address your order with check payable to: WORKSHOP CASSETTES, Hot Springs Lodge, Big Sur, California 93920. Suggestions regarding recordings are appreciated.

The Dolphin Series: (complete sets in vinyl albums)

Donald Keys: *Inner Transformation and Outer Involvement* (4 tapes, 6 hours) $40 with check or money order ($44 by purchase order)
Rollo May: *A Weekend with Rollo May: The F. Scott Fitzgerald Myth and Your Own* (4 tapes, 6 hours) $40 ($44)
Theodore Roszak & Wm. Irwin Thompson: *Personal and Cultural Transformation* (4 tapes, 6 hours) $40 ($44)
Stanislav Grof: *Nature, Mind & Consciousness* (4 tapes, 6 hours) $40 ($44)
Joseph Campbell: *Transformations of Myth through Time* (4 tapes, 4 hours) $40 ($44)
R. D. Laing: *Dialogues with James Fadiman and Fritjof Capra* (4 tapes, 4 hours) $40 ($44)
Jack Rosenberg: *New Understanding of Sexual Relationship* (4 tapes, 4 hours) $40 ($44)
Julian Silverman: *Structural Basis of Body Work* (4 tapes, 5 hours) $40 ($44)
Joe D. Goldstrich: *Food For Health* (4 tapes, 5½ hours) $40 ($44)

Andrew Weil: *Integrated Consciousness and Health* (6 tapes, 6 hours) $60 ($66)
Ken Dychtwald: *Bodymind Health, Longevity & Optimal Performance* (6 tapes, 7 hours) $60 ($66)
Gregory Bateson: *Steps to an Ecology of Mind* (6 tapes, 7½ hours) $60 ($66)
Fritz Perls: *The Perls Encounter: A Complete Weekend* (6 tapes, 8 hours) $60 ($66)
Emmett Miller: *Self-Hypnosis and Personal Development* (7 tapes, 8 hours) $60 ($66)
Ruthy Alon: *Awareness Through Movement: The Feldenkrais Method* (6 tapes, 12 lessons) $60 ($66)

Moshe Feldenkrais: *Awareness Through Movement: The Feldenkrais Method* (6 tapes, 10 lessons) $72 ($80)
Heinz Von Forster & John Lilly: *Meta-Language* (6 tapes, 7 hours) $72 ($80)
Joseph Campbell: *Psyche and Symbolism* (6 tapes, 8 hours) $72 ($80)
Julian Silverman: *Commentaries on A Course In Miracles* (8 tapes, 10 hours) $72 ($80)

Joyce Rogers-Lyke

Jack Rosenberg: *Sustained Integration: Body, Self & Soul*
(8 tapes, 10 hours) $80 ($88)
Joseph Chilton Pearce: *Insight and Ecstasy*
(8 tapes, 11 hours) $80 ($88)
Buckminster Fuller: *The Pajaro Dunes Tapes: A Weekend Seminar*
(8 tapes, 12 hours) $80 ($88)
Esalen 1979–1980 *Stress and Caring Conferences*
(10 tapes, 14 hours) $80 ($88)
Joseph Campbell: *World Mythology and the Individual Adventure*
(10 tapes, 15 hours) $80 ($88)

Please add $2 to your order for mailing each vinyl album set ($4 if you wish priority mail). California residents include 6% tax. Please address order with check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Gregory Bateson Archive Tapes: "The Informal Esalen Lectures" (1975–1980)

This recorded series of informal talks on twelve tapes is now part of Gregory Bateson's estate. Radio broadcast, transcription, or publication of material from the tapes is expressly forbidden without prior permission from the estate. The complete set may now be purchased in two equal parts: Part I or Part II may be ordered separately (6 tapes each) for $60 ($66 by purchase order). Either set of six tapes will come in a vinyl album accompanied by a summary of contents of all twelve, for reference, plus additional pages. For Parts I & II combined in one order, send $98 ($108 by purchase order). Please add $2 for mailing ($4 if you wish priority mail). In California include 6% sales tax. Please write check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Recordings from the Early Years

A 32-page catalog of tape recordings from the human potential movement, including the early years of Esalen's history, is available for $2 from: BIG SUR RECORDINGS, PO Box 91, Big Sur, California 93920. Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Meditation Music, Space Age Music

This new music, called by many names (cosmic, celestial, transcedent, new age) covers a wide range and is becoming increasingly known and appreciated. Listed here are several mail order sources for catalogs or information: HALPERN SOUNDS, 620 Taylor Way #14, Belmont, CA 94002; HEARTS OF SPACE, PO Box 31321, San Francisco, CA 94131; NARADA, 1804 E. North Ave., Milwaukee, WI 53202; VITAL BODY MARKETING, Box 703, Fresh Meadows, NY 11365; YES! BOOKSTORE & TAPES, 1035 31st Street NW, Washington, DC 20007.

• THE MEDIA CENTER •

The Esalen Media Center has produced two audio-visual programs which are now available for rental or purchase. They are two-projector slide dissolve shows which can be shown with a single projector. We have also transferred the programs onto video cassettes.

Esalen

An 18-minute slide presentation with a soundtrack of narration and music telling the story of Esalen—from its early history to the present. Included are scenes of the Big Sur coast, the Esalen grounds, and the various work departments, as well as aspects of our workshop seminars, long-term programs, and special projects. Musical soundtrack by Paul Horn, Joel Andrews, and Pinchey Pete.

Cost: For Sale		
Slide Program—includes 130 color slides, cassette tape, and script (pulsed tape for Entre 7610 dissolve unit available on request)		$150.00
1/2" VHS color video cassette		$125.00
3/4" U-Matic color video cassette		$135.00
For Rent		
1/2" VHS color video cassette	per week	$30.00
3/4" U-Matic color video cassette	per week	$35.00

The Ritual Of Birth

A 10-minute slide presentation including scenes of a "blessing way" ceremony honoring the birthing family, and a home birth. Musical soundtrack by David Tate and Char Pias Brenner.

Cost: For Sale		
Slide Program—includes 52 color slides, cassette tape and script (pulsed tape for Entre 7610 dissolve unit available on request)		$85.00
1/2" VHS color video cassette		$65.00
3/4" U-Matic color video cassette		$75.00
For Rent		
1/2" VHS color video cassette	per week	$20.00
3/4" U-Matic color video cassette	per week	$25.00

Color slide sets of five scenes of Esalen—the Big Sur coast, the Esalen grounds, garden, the outdoor hot baths, t'ai chi on the pool deck—are available for sale at $5.50 per set.

Please address your order with a check payable to the ESALEN MEDIA CENTER, Esalen Institute, Big Sur, Ca. 93920. California residents add 6% sales tax for sale purchases.

Overseas air mail orders please add additional postage: each slide program $10 ($15 for Australia and Asia), each video cassette $7, each slide set $1.

Kathy Thormod

Kathy Thormod and Joyce Rogers-Lyke of the Media Department work with independent video technician, Eric Stromberger.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others, are available from PSYCHOLOGICAL FILMS, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write HARTLEY PRODUCTIONS, Cat Rock Road, Cos Cob, Connecticut 06807. A film or video cassette on Chungliang Al Huang's new work, entitled *Tai Chi: The Watercourse Way*, is available through KLB PRODUCTIONS, 490 Redwood Road, Corralitos, California 95076. Regarding the forthcoming documentary on Gregory Bateson, send inquiries also to KLB PRODUCTIONS at the above address.

· GENERAL INFORMATION ·

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $200 for two-week groups, $300 for three- week groups, and $400 for month-long groups, **payable in U.S. currency only.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt.

Please mail all reservations to: Reservations, Esalen Institute, Big Sur, Ca. 93920

Reservations by Telephone: You may make reservations by phone if you use your Mastercard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335

Office Hours:
Monday, Tuesday, Thursday, and Saturday 9 to 3
Wednesday 9 to 12 Noon
Friday 9 to 8 PM
Sunday 12 Noon to 8

Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The price of a weekend workshop will be $165, and a five-day will be $340. Discounts are available only when you make your reservations. Please present proof of age when you register.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Many community programs are also open to residents. The cost is $1600 per 26-day period.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $60 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $100 per day, or $110 per day per couple. Family special rates are available. Please phone the office for additional information.

Bus Service: Bus service to Esalen and along Highway #1 is provided twice daily from Monterey and San Luis Obispo by Coastlines. Buses depart from the Monterey Airport at 9 am and 3 pm and from the Monterey Greyhound Terminal and Doubletree Inn a few minutes later. The fare is $5 one way. From San Luis Obispo the fare is $10 one way, with departures beginning at the airport at 8:30 am and 3 pm with stops at Greyhound and Amtrac a few minutes later. Additional information can be obtained by consulting timetable No. 6288 at your local bus terminal or by calling Coastlines directly at (408) 649-4700 or (805) 541-3407.

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Accreditation: We do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

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Esalen Institute reserves the right to cancel any program at any time.

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(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Telephone Number: Day: Area Code ( ) _____ Evening: Area Code ( ) _____

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend: _____ ☐ housing as a couple

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Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Reservation Fee

Total amount enclosed: $ _____

Your reservation can be charged to:

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Checks payable to Esalen Institute.

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U.S. currency only, please.

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We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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Paul Herbert

"Contact is the appreciation of differences."
Fritz Perls

July 8, 1983 marks the 90th anniversary of Fritz Perls birth.
We lovingly dedicate this issue to you, Fritz.

How Fritz Perls Came To Esalen

an interview with Dick Price

Paul Herbert

The following interview by Heather Tarnas is one of a series of occasional features which seek to evaluate the legend, lore, and legacy of Fritz Perls, to examine the ongoing development of gestalt awareness practice, and to better understand the relationship of gestalt to other forms and approaches. Coming in a future catalog: Keith Thompson's essay on Perls and Existentialism.

Heather: How did Fritz come to Esalen? How long was he here?

Dick: Fritz was wandering; he had no real settled place of residence. At Christmas time 1963, a program was organized by Gene Sagan, a psychologist in Berkeley and a student of Fritz. Gene organized a University of California Extension sponsored program and sent out about 30,000 catalogs on U.C.'s mailing list. He was quite expansive and got together something like 17 leaders supposing that Esalen might get as many as 50 or more participants. When it became apparent that there were only going to be about 15 or 20 participants for 17 leaders, U.C. backed out of the program. Michael and I decided to do it anyway and cut the leadership down to about seven leaders, one of whom was Fritz Perls. That was our introduction to Fritz over 19 years ago.

Heather: And was that right here at Esalen?

Dick: Yes, my first introduction to Fritz was right over in the house we are looking at now [The Big House].

Heather: What did he do after the program was finished?

Dick: He decided after leaving that he wanted to come back and live in residence here. Neither Michael nor I were very enthusiastic about that, having been more impressed by his rudeness than his skill. But we thought he might be some kind of a draw, so we agreed that he would be a renter and do his programs here. He came to stay in April of '64.

Heather: How did you see his "rudeness"?

Dick: I think it was a combination of his character and his concern over his health. We didn't know how close he felt himself to death from his heart condition. I think Fritz lived so much in physical vitality that life without it was perhaps more a burden than a grace. He could be rather direct anyway at his best, but it was his directness coupled with his sourness that made him at that time so unpleasant.

Heather: Did that spill over into his work with people?

Dick: I would have thought so. During the first year and a half he was here, my contact with him was almost solely, and with difficulty, working out a business relationship. I entered one of his groups on very short notice in January of 1966 and found that everything that he seemed outside the group he was *not* in the group. Outside of the group he was impatient and mean; inside, he was patient, kind.

Heather: So a different personality emerged in his groups?

Dick: Or some very interesting opposite manifestation of the same personality. I was quite surprised and pleased that within the context of the group he was so present and available.

Heather: How did you become a student of his?

Dick: I began with him when I was the administrator here. I came primarily for my own personal work, not at the time with any idea of becoming a practitioner myself. That just evolved later. As our relationship got better, he invited me to train with him. My personal work was still primary; the training relationship was secondary. Fritz really didn't enter into formal training relationships. You learned from him by simply being with him, going to his groups, and getting limited feedback . . . you tended to be very much on your own. Fritz made a strong point that he didn't want to create a lot of "little Fritzes." The approach was to be utilized in relationship to the person learning it not according to any formula. So in one way "training" is the wrong word for gestalt.

Heather: So you learned by doing.

Dick: . . . learned by doing, by being receptive and making my own gestalt formations.

Heather: So you were really tuning into how you could work yourself and with others.

Dick: That is true of gestalt work anyway. Practitioners set up a situation in which they make their own discoveries whether they're doing their own personal work or they're working with others.

Heather: How do you feel Fritz influenced Esalen?

Dick: He was certainly one of the greatest influences on Esalen. In the years he was here he was always experimenting and attempting to move to new things. Fritz had been influenced by Zen, by psychodrama, and by Charlotte Selver's sensory awareness. Gestalt was itself a synthesis coming to its own integrity. People would come to that sometimes attempting to take the whole, sometimes to take a part, attempting in turn to make their own synthesis. The basic elements of what he did became a very strong part of Esalen, influencing, more or less, the range of approaches here.

Heather: Would you say that the spirit of Fritz's work pervades Esalen more than any other particular approach?

Dick: I think there are two streams. One is best represented by Fritz and the other by Ida Rolf. If you want a parallel, Fritz was working with the relative plasticity of the character structure and Ida with the relative plasticity of the physical structure. What happened in the 60's was the joining and converging of these two streams, and the marriage between the two is the fundamental matrix from which Esalen proceeds to this day.

Even though Ida came to Esalen through Fritz, and Fritz credited Ida with extending his life by opening up his heart cavity through the body work she did on him, he made a comment that once Ida combines her work with his, "then she would really *have* something." And Ida could very well have said the same thing about *his* work: that once Fritz combined his approach with hers then there really *would* be something. And Esalen has effectively gone a long way in fulfilling that relationship.

Heather: What most appealed to you about his work?

Dick: I had been to a number of practitioners before Fritz and he was the first who focused on what my *experience* was and not on a lot of talking *about* behavior. As simple as that was, it was something of a revelation in giving me a practical way to handle what was going on with me.

"Our main function is to reflect and to clarify, giving authority back to the person rather than taking it ourselves."

When he came here he had four words for his approach: "I and Thou, Here and Now." So for the first time, I think, in such a relationship I felt like a "Thou" rather than an "It." And I appreciated that immensely.

Heather: It is such a simple concept.

Dick: Yes, it seems the ultimate in simplicity and it is. Fritz at one point talks about "the philosophy of the obvious." I relate it to Tao Te Ching, where the problem is not so much in learning something new but in *unlearning* something old. There aren't all sorts of other things to learn but rather to *unlearn*. In Taoist terminology, you return to your original block rather than complicate the carving on that block.

Heather: What is it about Fritz's work that you would qualify?

Dick: We have made the work less confrontive — "softer." Rather than attempting to frustrate what a person is doing we follow the stream. And we have changed some of the terminology. For example, the "hot-seat" has an obvious connotation. We say "open-seat" instead. And we

changed "therapy" to "practice"—something we do *along with* rather than *to* someone. Much less opposition is set up. What Fritz used to call the "defeat the therapist game" is played much less.

Heather: Do you feel that he was sensitive enough to people? Or was he often just trying to frustrate them?

Dick: I think that a lot of people did primarily pick up on Fritz's "meanness," his confrontiveness. Frustration isn't always "skillful frustration" which is something of a problem with people attempting to imitate Fritz. Fritz, I think, could be very present and go with the flow—especially when he himself was interested or liked someone. And if he didn't like someone or was annoyed by what they were doing then he could be very, very frustrating and, I think, often appropriately so.

Heather: Do you do that yourself in your own work? Depending on the work that the person is doing do you tend to one direction or another?

Dick: Yes, but I would say Fritz's work was 50-50. Ours tends to be 90-10 and the frustration element is much less.

Heather: In my work with Chris [Price], watching how she goes with exactly what is happening, it is almost as if she is psychically reading what I am doing before I am aware of what it is.

Dick: We do what we call "tracking" or what the Ericksonians call "pacing." In other words we're entering another person's patterns of breathing, their gestural patterns, and so on. As much as possible we are going *with*, almost entering the space in which they are working and getting our feedback from that position. Our main function is to reflect and to clarify, giving authority back to the person rather than taking it ourselves. Even if a person chooses to in some way "not grow," what we are asking is that they come to a point of choice for that. I can summarize the approach in three terms: *awareness* or mindfulness; *responsibility* or choice; and *trust*. Trust primarily in one's own process, one's own ability with awareness and choice to come to the best possible self-regulation.

Instead of therapists we refer to ourselves as *reflectors* giving feedback with as little interference as possible. Rather than "change" we ask for clarity of contact, which I think is essential to the gestalt approach.

Heather: The change can come after.

Dick: The change *might* come after. Or someone might come to the point of choice, *not* to change.

Heather: And until you come into an awareness. . . .

Dick: . . . . you are not in a position to make a clear choice. Without complete contact and complete owning of what I *am* doing any change is likely to be spurious. If I fully own that this is what I *am* doing then I'm in a position to look at what my alternatives are in my present life. At the time when I set up a behavior, perhaps I didn't have any other real choice.

Heather: The trust that you talk about as being an essential part of working with someone, did Fritz develop that same sense of trust?

Dick: Working effectively with Fritz, part of the experience was in fact learning to trust yourself.

Heather: How was it that he came into originating and developing gestalt therapy?

Dick: He and his wife, Laura, developed it over a period of time, each in their own way. He had been a training analyst in South Africa where they moved in 1934. I get the impression that Fritz became bored with the role of analyst, and for his own entertainment be began something else. In South Africa he wasn't under the same peer pressure to be a "legitimate" analyst. Being willing to experiment was a wonderful characteristic of Fritz.

Heather: So in a way he didn't have to be concerned with what his peers were doing or thinking of his work.

Dick: So it would seem. He was not so terribly inclined to be that concerned anyway. And in some way he was. One paradox in Fritz was that

Paul Herbert

he both wanted to do what he wanted to do and he wanted peer recognition.

Heather: Did he actually get recognition during his lifetime?

Dick: When he was about 73 he said that he wanted to "be as famous as he deserved to be" by the time he was 75. And on his 75th birthday he

Paul Herbert

decided he was as famous as he wanted to be, as he deserved to be. He gave me the lesson of seeing that that evaluation was perfectly subjective, that anyone could decide at anytime that they were "as famous as they deserved to be," and then hopefully just drop it. So he did, in a way, loosen up in the last year or so of life. He was as a matter of fact getting a lot of recognition. I remember when he first was here he had only about four or five people coming to the group. He almost left. Then a workshop or two later he would get eight or nine, which would be just enough to keep him here. Even in 1966, when I began working with him, he only had about 12 or 13 people in a five day group. And then in 1968 he began to get more popular until in 1969 we had to turn people away. For his weekends he was drawing a full house, as many as one hundred people, and many of them were professionals.

Gradually over these years be became a lot happier. His health and his spirits improved greatly as he got what he needed: good food, a place to be, fresh air, and the affection and contact which he simply wasn't getting when he was going about with no real home.

Heather: And people were genuinely interested in his work.

Dick: Right, and they were appreciating him. He came into aspects of himself that were healthier and more loving and productive.

Heather: To what do you attribute his recognition? Was it a combination of his being at Esalen as well as an increasing interest in the human potential movement?

Dick: I think it was both. It was a combination of the man and the situation and his very real theatrical ability that made him the focal character of the human potential movement of the 60's. He says, somewhere in his writings: ". . . the arrow Fritz hitting the bull's eye Esalen."

Dick Price is the co-founder of Esalen and has been practicing gestalt as a facilitator for twelve years.

Fritz

from John Heider's Esalen Journal

August 29, 1968

By getting what I want, I become content and free this energy. In the unsatisfied me, the energy can be seen in the static form of chronic muscle tension. These chronically tensed muscles are safely locked in place and are barriers to both action and emotion. Wilhelm Reich called them muscle armorings, but Fritz Perls says that the Reichian formulation is paranoid and suggests threat from the outside. Fritz calls them self-imposed straight jackets. You don't trust yourself, so you cut off a portion of yourself and ostracise, so to speak. Fritz asks his patients to reestablish discourse with the disowned parts in order to reintegrate them into the whole self. When they are re-integrated, the energy, which hitherto has gone to wage civil war, is once again available. This is a very powerful idea. It makes sense of the injunctions of Socrates to know thyself and his more specific wish that the outward and the inner man be one. It also makes sense of the local expression, "let it all hang out." Be you, accept you, don't waste energy isolating and rejecting parts of yourself. Don't be on guard all the time, when by letting it all hang out there is nothing to guard.

Fritz is 75, a distinguished, if controversial scientist and therapist. He is no hero but a tremendously varied man, and overflowing with energy. I have no use for gurus who bare no resemblance to their promises for others; and of all the gurus that pass through or live at Esalen, Fritz may be the most manifested. Whether he is being mean or compassionate, he is a powerful presence.

By power, once again I refer to the ability to make an act have a chosen effect. Whereas energy can be scattered and impotent as in an energetic puppy, power is the efficacious application of energy.

Fritz has power, and even as the years reduce his energy, such is his balance that he can achieve great results.

August 31, 1968

When I first met Fritz, last September, I was afraid of him. I was afraid that he would waste me with a glance or a word. He does this to importunate strangers, especially stuffed shirts, and I incline in that direction.

In his workshops he can be a shameless tyrant. If a person comes to sit on the "hot seat" to work with Fritz and then sits silently or asks what to do, Fritz may puff on his cigarette and look or say, "I don't care **what** *you do" with dismissing tones and Berlin accent. He withers people who try to suck him in or beartrap him, people who play helpless and feed off others and refuse to take responsibility for their own power.*

But he is not the Black Magician, the Evil Man, I thought.

Fritz: "I am I; you are you.
I do my thing, you do your thing.
I am not in this world to fulfill your expectations.
You are not in this world to fulfill my expectations."

Sunday January 26, 1969

"When Fritz gets bored, he conceives grand schemes. At breakfast he talked about a plan to "infect the ministry." He wants to run Gestalt workshops designed to pull religion out of its moral morass and focus man on the god within. When he is in this mood, Fritz talks as if the take-over would require only a few workshops.

Then Lorna sat beside him. He asks her which vegetables he should eat now. She tells Fritz that carrots are good to clear the mind. He harrumphs and says that for years he has been trying to get rid of his mind and now she wants him to improve it.

John Heider was a 1967® 1968 Esalen Resident Fellow and leader of subsequent Resident Fellow and catalog programs. Presently living in Florida, he is giving a workshop at Esalen on May 1® 6.

Satellite Rock-and-Roll Fest Beams U.S.-Soviet Bond

By Keith Thompson

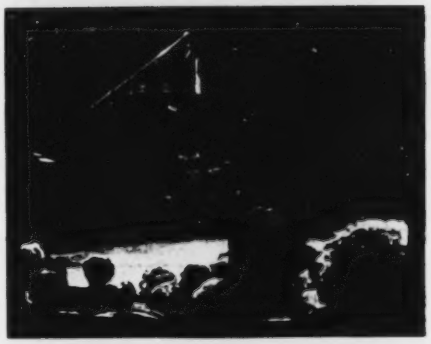
"There was a point when we saw each other seeing each other, back and forth. It was a powerful, wonderful thing. The Russians were crying, screaming, hollering; it was one of the most moving experiences they had ever had. Afterward some of them told me that for the first and probably only time in their lives, they had lived in history."—Jim Hickman, reflecting on the success of the first US-USSR satellite rock concert.

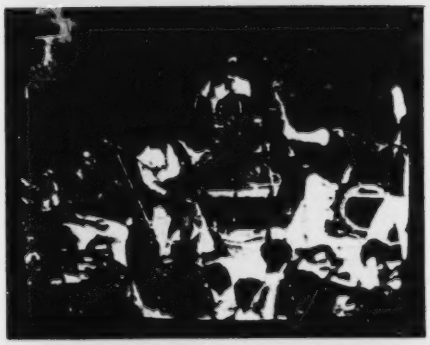
Over Labor Day weekend in September, 1982, more than 300,000 people gathered in the scenic foothills of the San Bernadino Mountains in southern California to participate in the first "US Festival," a celebration combining innovative applications of communications and computer technology, the universal language of music and song, and generous doses of human spirit to help foster cooperation and understanding among young people all over the world.

The US Festival was produced by the UNUSON Corporation, a company created by Apple Computer mogul Stephen Wozniak to help create an international awareness of the need to strike a balance between serving oneself and serving others — in other words, serving *us*. "The problems the world faces belong to all of us, and we can solve them by working together," says UNUSON president Peter Ellis. "We're celebrating the beginning of a decade that, we hope, will be marked by cooperation, teamwork, and a willingness to ask "What's in it for us?" before "What's in it for me?"

While the planning for the US Festival had been underway for more than a year, one of the most remarkable events of the weekend—a satellite link-up between American and Soviet rock musicians—was planned only in the final weeks before the festival, and its chances for success were uncertain even in the final hours before the satellite simulcast was scheduled.

The idea came in a late-night brainstorming session weeks before the festival, when Ellis and UNUSON associate, Richard Lukens, asked each other a simple question: "Would it be possible to have the Russians participate via live satellite link-up?" As they fleshed out this exciting yet seemingly remote possibility,





Videotape by Unuson Corporation & Gostele Radio

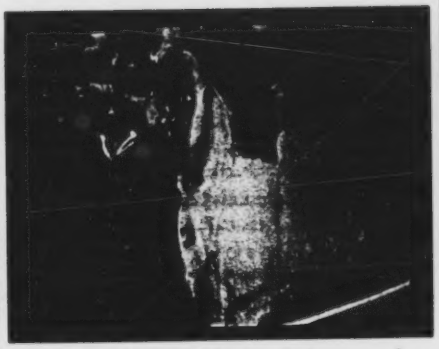
they became convinced that such a direct Soviet-American connection could be a striking example of the US Festival's larger theme: the spirit of people all over the world pulling together, serving one another, emphasizing the aspirations for peace and comraderie common to the people of both nations. Ready for a challenge, they set about making it happen.

Lukens knew of Esalen's Soviet-American Exchange Program and approached its director Jim Hickman with the idea. Hickman felt it was a unique opportunity for Russians and Americans to connect with one another, and he agreed to propose the link-up to the Soviets during a forthcoming trip to Moscow. With but a few weeks remaining before the festival and in the face of expert opinion that it could not be accomplished the wheels were set in motion.

In Moscow, Hickman and former astronaut Rusty Schweikart (who was there to lecture at the USSR Academy of Sciences) and Esalen's Soviet trustee Joseph Goldin met with representatives of the State Committee for Radio and Television (Gosteleradio). The idea of satellite participation in a large gathering of young Americans was well received by the Soviets, but the timing was poor since August is a holiday month in Moscow. They felt it would be difficult to coordinate so complex an undertaking in so little time, with most decision-makers on vacation. Still, Hickman felt encouraged to proceed with the preparations. As he was returning to the United States, Lukens was at work coordinating the technical aspects of the satellite hook-up and working with the Soviet Embassy in Washington to secure visas and other travel arrangements.

•••

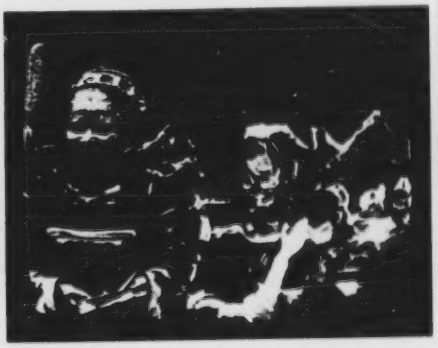
Meanwhile, at the festival site in California, efforts were proceeding apace for three days of live music by thirty of America's most popular rock and country/western bands. Speakers designed to carry the music to 300,000 people with the quality of front-row seats were placed throughout the 60 acre amphitheater. Two 60 foot screens on either side of the stage were designed to make giants of such superstars as Fleetwood Mac, The Grateful Dead, The Police, Jackson Browne, and Eddie Money. Above the stage, a "diamond vision" screen displayed US Festival logos with crystalline clarity, and laser light beams were placed to criss-cross the night

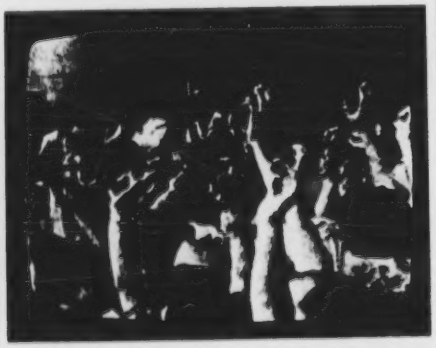


sky. A huge circus tent was raised to house state-of-the-art video games, synthesizers, and home computers. Campsites and portable toilets were readied. Massive sprinkling systems were erected to help the crowds stay cool in the sweltering desert heat. Against this unprecedented "high-tech" backdrop, festival planners had arranged for mime artists, jugglers, puppeteers, and other roving entertainment. All that was left to come were the participants, and come they did—slowly, steadily, enthusiastically—from all over America and the world, many of them waiting nearby for days for the grounds to open on September 3.

***

With just four days left before the festival, there had still been no final go-ahead from Moscow. Lukens returned to California to wait for word, and Hickman planned a fishing trip with his family. Then the call came: the visas were approved. The Soviets wanted to participate. The link-up was on!





Hickman and Lukens left for Moscow immediately and arrived two days before the festival to begin several hours of negotiations with Gosteleradio on the best format for the link-up and other strategic issues. Potential hitches and miscommunications hovered momentarily and were finally avoided, allowing remaining red tape to be brushed aside and work to begin on creating a "mini-festival" in the Moscow studio featuring several hundred Soviet students. Three half-hour satellite broadcasts were arranged, one on Saturday morning and two on Sunday.

The Saturday broadcast, which introduced several pre-recorded segments, featured a panel involving Hickman, Lukens, and a Soviet television commentator. After a few hours of sleep in their hotel room, Hickman and Lukens returned to the studio at 5:00 am Sunday to prepare for the live two-way broadcast. Hickman recalls entering the studio, still wiping the sleep from his eyes: "The last thing I had seen the night before was a huge, quiet room with a yellow rug and nothing else. When I walked in that morning, all the lights were up, two big bands were on the stage and a third was setting up. Six cameras were panning a group of 300 bright-eyed 18 to 25 year old Russians who were tossing beach balls, dancing around and singing with the music. I threaded my way through the crowd, stood in the middle of the room, and turned around in circles, trying to believe what I was seeing. It was one of the most extraordinary moments of my life."

The telecasts were technically flawless on the Soviet side. A 10 foot screen had been erected in the Moscow studio on which the Russian participants could see the California festival live and uncensored. An electronic mirror allowed the Russians to see themselves on the 60-foot diamond vision screen being watched by 300,000 Americans on site in California. As the screen flashed the backdrop of the festival banner from the Moscow studio, Hickman and Lukens stood with hundreds of Soviet teenagers, threw beach balls in the air and proclaimed, with what can only be called satellite-age panache, "LIVE! FROM MOSCOW! IT'S SATURDAY NIGHT!"

Comments of the young Soviet participants ranged from the incredulous to the ecstatic: "It's amazing, we saw the Americans, and they're the same as us . . ." "I am shaken to the core, something has changed inside me . . ." "I feel a spiritual uplift . . ." "I was overwhelmed by the recognition that we are all inhabitants of the same small planet . . ." "Music is a language through which we can understand and communicate with each other—we with the Americans and they with us."

The afternoon following the festival, Hickman and Lukens watched a report on the link-up on *Vremya*, the influential television news program viewed by 150 million Soviets every night. "The first thing *Vremya* showed was the festival site with thousands of young Americans," Lukens recalls. "For three minutes we watched the spectacular phenomenon of Eddie Money playing his latest American hit and the Soviets dancing to it. Our segment was the entire culture segment of the program, three times as long as any other feature, and it was an accurate representation of what happened."

In an article about the US Festival telecast, the Soviet newspaper *'Literaturnaya Gazeta* wrote: "It became clear to everyone once more that we are the crew of a very small ship, the 'Earth,' and its survival in the cosmic ocean depends on US. The opportunity to send their regards to their American counterparts 12,000 miles away was seen by Soviet young people as a unique television peace march."

Reflecting on the memory of Russians and Americans roaring good wishes and blowing kisses to each other, Hickman said: "The important thing is what we do with these feelings to bring us all closer together. This is the heart and spirit of the Esalen Exchange Program."

"GETTING BORN WAS THE HARD PART"

Thoughts on Spiritual Practice and Social Action

Kathy J. Thornood

by Jack Kornfield

Jack Kornfield is a teacher of Vipassana (Insight) meditation and co-founder with Joseph Goldstein of the Insight Meditation Society in Barre, Massachusetts. Each year he and Joseph co-lead meditation retreats at the Barre center and at locations around the world, including an annual April retreat in the desert of southern California. The format consists of intensive practice in sitting and walking meditation, with a talk each evening followed by questions and answers. At the April, 1982 desert retreat, a student asked the following question: "Here I am sitting on my ass for two weeks, dealing with a lot of pain and gaining insight into the nature of my mind, while the problems of the world grow steadily worse. What I'd like to know is how can meditation practice be brought into line with enlightened social and political action, or whether they can be brought together, or should I choose one or the other?" Jack answered that he had planned to talk about this very topic two nights later, and he did. Here is a condensed version of his talk.

In speaking the other evening, I promised to address the question of service and responsibility in the world. The question is how to reconcile service with non-attachment, with emptiness of self, with non-self. Tonight I want to talk with you about learning to distinguish love, compassion, and equanimity from what might be called their "near-enemies." The near-enemy to love is attachment. It masquerades as love: "I love, I love this person, I love this thing," which usually means "I want to hold it, I want to keep it, I don't want to let it be." This isn't love at all; it's attachment, and they're different. There's a big difference between love, which allows and honors and appreciates, and attachment, which grasps and holds and aims to possess. The near-enemy to compassion is pity. Instead of feeling the openness of compassion, pity says, "Oh, that poor person! They're suffering; they're different from me." This sets up separation and duality. "That is outside me; I want it, I need it to be complete." I and it are seen as different. The near- enemy to equanimity is indifference. It *feels* very equanimous to say, "I don't give a damn, I don't care, I'm really not attached to it," and in a way it's a very peaceful, relieved feeling. Why is that? Because it's a withdrawal; it's a removal from world and from life. Can you see the difference? Equanimity, again like love and compassion, is not a removal. It's being in the middle of the world and opening to it with balance, seeing the unity in things. Compassion is a sense of our shared suffering. Equanimity is a balanced engagement with life. The others—attachment, pity, and indifference—all are ways of backing away from fear, of removing ourselves. It's not a departure from the world that meditation leads to but a deeper vision that's not self- centered, that moves from I and other, from that dualistic way of viewing, to a more spontaneous, whole, unified way.

I went to see a teacher in India named Vimala Thakar for an interview as part of a media project I'm involved with. She's been a meditation teacher for many years and in many ways is a Dharma heir to Krishnamurti. After she had been working in rural development for many years, Krishnamurti asked her to begin to teach, and she became a powerful and much-loved meditation teacher. Now she has returned to her rural development work and she's not teaching as much meditation anymore. So I went to her and asked, "Why did you go back to rural development and helping the hungry and homeless after teaching meditation?" and she was insulted by my question. She said, "Sir," (as Krishnamurti does) "I am a lover of life, sir, and I make no distinction between serving people who are starving and have no dignity in their physical lives and serving people who are fearful and closed and have no dignity in their mental lives. There's no difference to me. I love all of life and the way that I give is to respond to whatever's presented to me."

It was a *wonderful* response! There's a Sufi or Islamic phrase that puts it together. It says: "Praise Allah, and tie your camel to the post." It's both sides; pray, yes, but also make sure you do what's necessary in the world. It's a balance between what don Juan called "controlled folly"—seeing that all of life is a show of light and sound and that this tiny blue-green planet hangs in space with millions and billions of stars and galaxies, and that people have only been here for one second of world time compared with millions of years of other changes. This context helps us to laugh more often, to enter into life with joy and controlled folly and not with a sense of self importance. But the other side, the balance to that, is a quality of impeccability, of realizing how precious life is, even though it's transient and ephemeral, and how, in fact, each of our actions and words do count; each affects all the beings around us in a very profound way.

You know, I could make a very convincing case to you if I wanted, for the practice of sitting meditation—just to do that and nothing else—and an equally convincing case for going out and serving the world. Look at it from the first side. Does the world need more oil and energy and food? Actually, no. There are enough resources for all of us. There is starvation and poverty and disease because of ignorance, prejudice, and fear, because we hoard and create wars over imaginary geographic boundaries and act as if one group of people are different from another group somewhere else on the planet. What the world needs is not more oil, but more love and generosity, kindness, and understanding. And until those are attained, the other levels won't work, so you really have to sit and meditate and get that understanding in yourself first. I won't go any further with this argument but it could be very convincing.

As for the other side, well, I only have to mention Cambodia or Somalia and the starvation in Central Africa and India, where the enormity of the suffering is almost beyond comprehension. In India alone, 350,000,000 people live in such poverty that they have to work that day to get enough food to feed themselves that night, if they're lucky. We interviewed a man in Calcutta who was 64 years old and pulled a rickshaw for a living. He's been pulling it for forty years and he had ten people dependent on him for income. He'd gotten sick once the year before for ten days and after a week they ran out of money. How can we let this happen? Forty deaths per minute

from starvation in the world; $714,000 a minute spent on machines to kill people.

Extended logically, both arguments are quite convincing, aren't they? The question is how to choose what to do, what path to take, where to put our energy in life—even which spiritual path to follow. Spirituality in this country has blossomed and it's exquisite! It's also kind of confusing. There are so many ways to go—how to decide? I can just share my own experience which is a very immediate one. A couple of years ago war was raging in Cambodia. I know some people there and a couple of the local languages, and I said, "I'm going," and I went, not for very long but long enough to be of some assistance. This year, feeling a real need to bring a greater marriage of service and formal meditation, I went to India again with some friends to collect tapes for radio and television on the relationship between spiritual practice and social responsibility.

I didn't think about it much at the time. It just seemed like it had to be done and I went and did it. It's really something immediate and personal. The spiritual path doesn't hold out some simple solution, some easy formula for everyone to follow. It's not a question of imitation. You can't be like Mother Theresa. She's Mother Theresa, and she's wonderful. If you tried, you wouldn't be like you. You have to be yourself. What it means is listening to your heart to know the right thing to do, and then doing it in the spirit of growing in awareness and service.

It's not always easy. Nobody said it was easy. Getting born was the hard part. It's not an easy trip even getting out of the womb. It's really difficult and there's a lot that's hard. It's beautiful too, but it's difficult, so that's fine. That's how it is. There's the story of Mother Theresa and her ring, which many of you have heard. Someone said to Mother Theresa, "Well, you know, it's easier for you. You're not married or in a relationship."

"What do you mean?" she answered. "I *am* married," holding up the ring that signifies the marriage of Jesus to the nun: "And he can be *very* difficult."

There are two great forces in this world. One is the force of killing. That's how dictators run places. They run them by killing other people. By being willing and not being afraid to kill. It's true. But there's another great force equally powerful, maybe more so, and that's the force of not being afraid to die. That's the only force that's powerful enough to meet someone who's not afraid to kill. What Gandhi showed in India was the power of this force. Thousands of troops came from one direction to partition and to quell the riots, while from the other direction came one person, Gandhi, whose strategy eventually succeeded. How did he do it? He said, "I'm going to starve. I won't eat until you guys cut this out." He knew that his people cared for him so much, they wouldn't let him die. That's what love is—putting yourself on the line. The spirit of service in little ways and big ways, that's really what practice is: serving ourselves, serving the world around us. It's a giving of ourselves or a giving *up* of ourselves to the unity, the whole, and not just this little I-me-mine. It's powerful and it's joyful. It's really wonderful to learn to give. It's freeing.

One of the exquisite experiences in my travels in India was to go to the holy city of Benares to the Ganges River bank, filled with hundreds of temples and stores and markets. Along the Ganges are the bathing ghats where people come to pay their respects and bathe as a purification, and also there are ghats where they bring bodies to burn. I'd heard about them for years and had always thought, "Wow, that must be a heavy place. They bring bodies there and they burn them and it must be really intense." It was amazing to be rowed in this little boat down the Ganges in a very quiet way up to the burning ghats where there were maybe twelve different fires going and six or eight of them were going with bodies on them. Every fifteen minutes or half an hour, they'd carry a new body down to the fires, chanting "Rama Nama Satya Hei," which could be translated as "The only truth is the name of God." It wasn't heavy at all. It was peaceful and quiet and sane. It was really sane. It was just, "Well, that's what happens."

What does this have to do with meditation practice? It has to do with the recognition that, in the face of the tremendous suffering of the world, there can be joy that comes not from denying pain and seeking pleasure, but from our ability to sit in meditation, even when it's difficult, and to let our hearts open to our experience. It's really the nitty-gritty work of practice to sit here and feel your sadness and my sadness and our fear, our desperation and our restlessness, to open to them and begin to learn that to love is to die to how we want it to be and to open more to its truth. To love is to accept. It's not a weakness at all; it's the most extraordinary power.

There's a beautiful sutra that talks about the blessings of those who grow in this kind of love. It's called the cultivation of loving-kindness and it lists fifty blessings that come through diligent practice. It says that if your heart is open and loving, you will have sweet dreams and fall asleep more easily and awaken contented with a smile. The devas and angels will love and protect you and men and women will love you and weapons won't be able to harm you. Guns will misfire and poison won't work and things that come to harm you won't be able to, it's such a powerful force. People will welcome you everywhere into their countries and into their homes and you'll have pleasant thoughts and your mind will become very quiet. Animals will sense this love and they'll love you back. Elephants will bow to you and your voice will become sweet and soft and your babies will be happy in the womb and happy when they grow up. If you fall off a cliff, it says, a tree will always be there to catch you. Your countenance will be serene and your eyes shiny and you'll become awakened.

This is, anyway, what the sutra says will happen. We don't talk about loving-kindness early on in the retreat for the good reason that people are sitting with restlessness and anger and knee pains. Joy, peace, and serenity are not what's happening. But I'll tell you a secret that's real important in the practice: true love—not the near-enemies of "I want" or "I'm in love with", but deeper love than that—is really the *same as* awareness; they're identical. It's to see the divine goodness, the Buddha nature, the truth of each moment and to say *yes*, to allow ourselves to open, to accept. That's really our practice every moment, whether in sitting meditation or action-meditation, whether sitting on a cushion or sitting near the barricades in protest. It's to be aware, to see the truth which frees us; it's opening to what's now, to what's here, and to seeing it as it is.

The forces of injustice in the world loom so huge, and sometimes we feel so tiny; how are we to have an impact? I'll leave you with the words of don Jose, speaking of don Genaro in Castaneda's *Tales of Power*:

> Genaro's love is the world . . . He was just now embracing this enormous earth but since he's so little all he can do is swim in it. But the earth knows that Genaro loves it and it bestows on him its care. That's why Genaro's life is filled to the brim and his state, wherever he'll be, will be plentiful . . .
>
> Only if one loves this earth with unbending passion can one release one's sadness. A warrior is always joyful because his love is unalterable and his beloved, the earth, bestows upon him inconceivable gifts . . .
>
> Only the love for this splendorous being can give freedom to a warrior's spirit; and freedom is joy, efficiency, and abandon in the face of any odds. That is the last lesson. It is always left for the very last moment, for the moment of ultimate solitude when a man faces his death and his aloneness. Only then does it make sense

Kathy J. Thornod

• WAYS OF BEING AT ESALEN •

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The weekend and five day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose that approach which feels most appropriate and pursue it in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work- Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 14 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, puppet shows, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self- exploration or learning new approaches to human growth.

SCHOLARSHIP INFORMATION: If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15–September 15 programs or for weekend programs. There are no scholarships available for The Work- Study Program.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen. The emphasis is on finding those approaches to self- awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness, group process, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls).

Schedule:	
May 15–20	$390
May 27–29	$190
June 17–19	$190

June 24–26	$190
July 10–15	$420
July 15–17	$210
July 24–29	$420
July 29–31	$210
August 5–7	$210
August 7–12	$420
August 21–26	$420
September 9–11	$210
September 18–23	$420
September 23–25	$210

Experiencing Esalen: The Body

Coordinated by Andrea Juhan

Similar in format to Experiencing Esalen, these workshops will emphasize learning different ways to keep your body healthy and vital. Participants will be introduced to various approaches Esalen offers for fitness, stress reduction, and body awareness. Some of the following practices will be included: dance, aerobic and stretching exercise, yoga, hiking, meditation, massage, and diet and nutritional information. The staff will provide guidance to help you find and select the practices most suitable to your individual needs.

Schedule:

July 3–8	$420
July 22–24	$210
July 31–August 5	$420
August 26–28	$210
September 4–9	$420

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, non-judgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is intrapersonal rather than interpersonal. Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. Other leaders may be involved in single sessions.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J. C. Pearce); *Illusions* (Richard Bach).

Schedule:

May 8–13	$390
June 19–24	$390
July 3–8	$420
July 29–31	$210
August 7–12	$420
September 11–16	$420

Big Sur Wilderness Experience

Esalen Wilderness Staff
Coordinated by Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, we will walk into the Los Padres National Forest. Week-long workshops will venture out on five hikes (4-10 miles in length) and weekend workshops will take two hikes (3-6 miles in length). Using Esalen as our base camp we will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. We will practice basic outdoor skills such as map reading and minimum impact concepts. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration.

Schedule:

July 8–10	$210
August 14–19	$420
September 2–4	$210
September 11–16	$420
October 9–14	$420

Special Programs for Managers and Trainers

June 5–8
An Alternative Approach to Management

Joel & Susan Kirsch

In a management survey, the most frequently mentioned concerns were dealing with change, conflict, communication, leadership, team building, and stress management.

These topics will be addressed using simple physical movement activities derived from the gentle martial art of aikido in which the body itself becomes a metaphor for learning. Participants will gain insights into how their *way of being* influences their success. "We face a tough task in changing how we manage because we are a large part of the problem," writes Richard Pascale. "We must change who are *are*, as well as what we do."

Pascale, co-author of *The Art of Japanese Management*, will participate in Monday's program and host a conversation session Monday evening.

$765

June 19–22
A New Approach to Human Resource Development

Joel & Susan Kirsch

Drawing from principles of management, education, psychology, consciousness research, and the martial art of aikido, this workshop is designed for personnel in training and human resource development in business, education, and the social sciences.

This workshop will introduce a unique method for using the body as a learning facility in training and development programs. Participants will learn effective ways to develop leadership, deal with change, increase motivation, improve communication, maximize personal power, increase problem solving ability, and facilitate team building.

Workshop guest *Sheldon Davis*, vice-president of Digital, will discuss applications of this approach to the HRD specialist.

$765

• WORK-STUDY PROGRAM •

The Work-Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments. Scheduling consideration is given to community labor needs and work assignments are made according to those requirements.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders, who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt and Reichian work, massage and body work, etc.

The schedule of specific interest programs planned thus far for 1983 includes:

May 29–June 26: A one month **energy awareness** program coordinated by George Leonard. There will be no general interest section offered this month.

***June 26–July 24:** A one month **group process** program coordinated by Janet Zuckerman.

***July 24–September 18:** A two month program focused on **gestalt practice** coordinated by Christine Price and Seymour Carter.

*These two programs may be applied to as a three month unit, or as two separate programs.

Mid-October–Mid-January: A program focused on **holistic studies** coordinated by Polly Kirby. For more details write Polly Kirby, c/o Esalen.

In as much as the Work-Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage and Rolfing® are available at staff rates.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex located 1½ miles north of Esalen.

The 28 day Work-Study Program costs $600 for the first month. A $300 deposit in U.S. currency is required with your application. Work scholars may be invited to remain for a second month, at a cost of $550, or a third month at a cost of $500 depending on space available and the needs of the Esalen community. There are no scholarships available for The Work-Study Program.

Esalen offers an intensive three month Work-Study course in basic organic horticulture. The cost of this program is $1650. A $400 deposit is required. In filling out the Work-Study application, please indicate your preference for landscaping, gardening, or small scale farming.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with your deposit to:

Work-Study Program,
Esalen Institute, Big Sur, California 93920.
Telephone: (408) 667-2335.

The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other Esalen programs within one year of receipt.

Available dates: May 1–May 29; May 29–June 26; June 26–July 24; July 24–August 21; August 21–September 18; September 18–October 16; October 16–November 13; November 13–December 11; December 18–January 15; January 15–February 12; etc.

• Application to the Work-Study Program •

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐

I prefer the specific interest program: yes ☐ no ☐ in _____.
(subject)

I am applying for the three month organic horticulture program. yes ☐ no ☐

The Work-Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community.* If such an invitation is extended, please indicate your availability.

☐ no extension ☐ one month extension ☐ two month extension

To avoid disappointment, please do not come with the *expectation* of staying for longer than one month.

If you have emergency medical skills, (M.D., E.M.T. or R.N.) and are willing to make those skills available during your stay please check here. ☐

Have you been to Esalen workshops? Please list program titles, group leaders, and dates: _____

_____

Please attach a personal statement about your interest in the Work-Study Program. Include any skills you may have available.

Joyce Rogers

Weekend of May 6–8

Leonard Energy Training: The State of the Art

George Leonard & the Energy Training Staff

In the world of Energy Training, problems become opportunities. Stress and pain become gifts of energy. Personal and social options are multiplied. The flow of vital energy is enhanced. Leonard Energy Training is derived from the Eastern art of aikido as well as from Western psychology and physical theory. It is a comprehensive body of work that teaches practical, alternative ways of dealing with life situations. It is not physically demanding. It does not aim at emotional catharsis. Most of the training involves simple movement exercises in which the body itself becomes a learning facility. Participants will practice such things as centering, relaxing under pressure, blending, and alternative ways of being. There will also be discussions of applications to education, sports, management, relationships, social transformation, and personal growth.

Recommended reading: George Leonard, *The Ultimate Athlete* and *The Silent Pulse*. $190

Edible Landscaping—More Food, Less Work

Robert Kourik

Beauty, recreational pleasure, and fresh, vibrant food with superior flavor can be yours with an edible landscape. This workshop is for those who want to design and maintain a low care/high yield food producing landscape.

The well planned landscape brings together self-seeding annual vegetables, herbs, native plants, ornamentals, soil improvers, and beneficial insect attractants to assist in the evolution of a biologically sustainable landscape. The model of an edible landscape is the mature, stable forest community with its biological web of interdependencies and ecological wisdom.

The goal of this workshop is to gain better insight into the design "tools" required to blend together the elements of a holistic edible landscape for your family and home. To supplement the slide shows and lectures, the workshop will tour through the beautiful ornamental and edible landscape and farm production project at Esalen. $190

A Practical Approach to Sexual Counseling

Jack Rosenberg

This course is a practical approach to sexual counseling from both a physiological and psychological point of view.

Sexual difficulties can be a symptom of what is going on in a relationship. In turn, the relationship is almost always a reflection of what is going on in each individual's psyche. The difficulty of moving from the symptom of sex, through the relationship, to the intrapsychic process is a major task of the clinician. With the use of lecture, demonstration, and group experience, the participants will be introduced to a way of working with this task from the perspective of the body. C. E. credit for doctors and nurses is available; for additional information see page 38. $190

The Transformation Project: A Progress Report

Michael Murphy & Steven Donovan

Michael Murphy's novel, *Jacob Atabet*, speculated that the next stage of human development would involve the power to alter the physical body at will. The Transformation Project was organized in 1976 to explore this possibility. A comparative study is being made of thirty-eight research fields (including transformational religious practice, spiritual healing, hypnosis, spontaneous remission from disease, psychic research and parapsychology, sport and physical fitness, acupuncture, psychotherapy, and creativity) to find the fundamental psychophysical processes inherent in high level human functioning, and to develop disciplines to effect such high level change. We will present results to date (with emphasis on meditation, imagery, and sport), and discuss the implications of these results for individual practice.

Recommended reading: *Jacob Atabet* and *The Psychic Side of Sports* by Michael Murphy (available through Esalen). $190

Week of May 8–13

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 13. $390

Energy Training and the Samurai Game

George Leonard & the Energy Training Staff with Werner Erhard

This workshop provides a rare opportunity for you to immerse yourself, under game conditions, in the life of the medieval Japanese samurai. The Samurai Game was created by George Leonard and is used in the *est* Six-Day Training. *Est* founder, Werner Erhard will be in attendance on Wednesday and Thursday and will lead the game Wednesday night. Its purpose is to make it possible for you to experience a style of governance and consciousness radically different from that of 20th century America,

and to face symbolic death and rebirth. By entering this other world, you get a chance to see your own life with new eyes, and to fully comprehend the futility of conflict. During the workshop, you will receive a thorough grounding in Energy Training and will play three complete Samurai Games. Between games, you will continue to live samurai-style with your own group much of the time, and to join in creating legends, songs, poems, and a history in the spirit of *bushido*, the Way of the Warrior. The Samurai Game is not physically demanding, but is psychologically intense and must be played wholeheartedly.

Recommended reading: George Leonard, *The Silent Pulse*; Taisen Deshimaru, *The Zen Way to the Martial Arts*; Inazo Nitobe, *Bushido, the Warrior's Code*. $390

The Uses of Empathy and Intuition in Healing for the Health Professional

Jack Downing & Murray Korngold

The "art" of healing is seldom taught as a rational discipline. We propose that empathy between care-giver and care-receiver can form the base for the "art" of healing; that conscious empathy can be developed through the faculty of intuition, and that this skill provides a matrix for joining effective healing to scientific knowledge. The health professional becomes a healer. Healing demands the deepest intent from the professonal; the balance between professionalism and personal feelings must be adjusted in order to enhance the healing process. Key to this is the willingness to sense and respond to subtle body cues, both in oneself and the patient. The course will provide lecture and practical experience on empathy development and application to clinical situations. C. E. credit is available for nurses; for additional information see page 38. $390

Weekend of May 13–15

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

Being close yet also free to grow individually is a most important theme in any intimate relationship. This weekend will be tailored to what each participant brings, and will provide structured experiences designed to enhance communication, help resolve conflict, raise self-esteem, and promote fun. Limited to ten couples. $190 per participant

Exploring Self-Acceptance

David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive creative functioning. $190

Psyche-do: Fundamentals of Conflict Resolution in Everyday Life

Terry Dobson

Conflict is the opposition of principles, forces, or wills; resolution is the process by which we bring these opposites into agreement. Based on principles derived from the art of aikido, this workshop examines several conflicts of ordinary life—our family quarrels, our lovers' spats, our hassles with the "problem people" we encounter at work, the internal struggles we have with ourselves. It will explore ways to handle resistance and the buttons that trigger our fears and competitiveness. Through lectures, body-movement, role-playing, and individual work, participants will look for ways to gain and regain composure under fire, ways to diffuse the anger and hostility in ourselves and other people. $190

Ways to Transform Self and Society

Donald Keys

We can learn to use the creative tension between our inner life and the outer world to generate rapid growth in ourselves and constructive change in the world. At this time of earth crisis and transition, well-centered "change agents" are vitally needed. Personal transformation and transformation of society go together, but the person who takes responsibility needs to learn the methods and principles of a spiritual stance in the world.

In this workshop we will use group discussion, guided imagery and music, lecture, and meditation to experience personally and directly our inner direction as the basis for manifesting a transformed Earth.

Recommended reading: *Earth at Omega: Passage to Planetization*, Donald Keys (Brandon); *Disarmament: The Human Factor* (Pergamon). $190 plus $5 for workbook

May 14–23

Rites of Passage: Baja California's Secret Mountains

Dick Galland & Annie Callaway

For workshop description see Wilderness Programs, page 36. $575

Week of May 15–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $390

Self Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, bioenergetics, and journal work. $390

A Festival of the Happy Martial Arts

George Leonard, Energy Training Staff & Visiting Teachers

The martial arts can have a happy face, and their principles can be applied to everyone's life, leading toward inner calm in the face of everyday problems. This festive week of demonstration, participation, and celebration is designed for those with absolutely no experience as well as for students of the martial arts who are looking for new approaches. The sophisticated, non-aggressive art of aikido will be the central practice, but there will also be a chance to watch and practice such arts as t'ai chi, karate, and capoiera in their most joyful manifestations. Visiting masters of the various arts will present full-scale demonstrations, but most of the workshop will be devoted to experiential sessions for which no previous experience is necessary. Obviously, no one can learn a martial art in five days, but everyone will have a chance to gain a unique body-mind-spirit understanding of more than one art, along with increased confidence and grace under pressure.

Recommended reading: George Leonard, *The Ultimate Athlete* and *The Silent Pulse*; Taisen Deshimaru, *The Zen Way to the Martial Arts*. $390

Symptom as Metaphor

Jeff Kane & Ronnie Paul

"It is more important to know what kind of patient has a disease than what kind of disease the patient has."— Sir William Osler

Contrary to popular concept, disease does not "strike" randomly. Patterns are perceptible. Massive current evidence points toward the conclusion that disease is inextricably connected to diet, stress factors, exercise, and attitudes. In short, disease is somehow related to the way we lead our lives.

This principle dovetails with the concept that the body is not an insen-

sate sack of enzymes, but the physical vehicle for the continual, deliberate expression of the mind. That is, *disease may be fruitfully seen as a physiologically encoded, translatable message about our state of being.* This approach is neither alternative nor antithetical to allopathic medicine. It is a necessary complement. Patients need to examine and adjust their lives while physicians attend to their physical aspect. This course will invite participants to incorporate these concepts into their own practice. Practitioners may, in turn, educate their patients about the healing benefits of deep relaxation, voluntary pain control, and physiological manipulation. This course utilizes yoga to bring awareness to a symptom, imagery to translate the symptom into an existential statement, and therapeutic dialogue to initiate the appropriate behavioral change. C. E. credit is available for doctors and nurses; for additional information see page 38. $390

Weekend of May 20–22

Wellsprings of Creativity: A Workshop in Communal Autobiography

Keith Berwick

This workshop is designed to tap the hidden wellsprings of creativity in our collective historical unconscious. Participants will attempt to recreate the life and thought of another time and place. Each member will adopt a fictional role and will interact with other members in their fictional roles resulting in a creation of a community of "intimate others" fashioned out of the collective, historical imagination of the participants. Methods will include voice dialogue, guided imagery, past-life reading, and affective journal and letter writing. $190

Fluidity of Being: Rolf® Movement

Elisa Lodge Schiffman

"Mr. Dufy lived a short distance from his body."—James Joyce

Elisa writes, "This workshop provides a creative environment to explore the concepts of movement education based on the principles of Ida Rolf—a process of fine tuning and harmonizing our unique instrument from restricted to spontaneous, tense to flowing, inhibited to open. We focus on deepening our kinesthetic awareness of the relationship between our body's structure and emotional attitudes. Everyday movements and specialized activities such as jogging, playing musical instruments, etc., become more effortless and graceful when we are balanced to gravity. The spirit we open to through this awareness is ageless. It is the source of our enthusiasm, excitement, and strength. Group and individual work will be offered, using gestalt, dance, and the healing use of touch, all for the benefit of becoming more present. Video feedback will be used." $190

Being Together, Being Ourselves

Paul Rebillot

"Let there be spaces in your togetherness and let the winds of the Heavens dance between you."— Kahlil Gibran

Paul writes, "I designed this workshop to deal with the problem: 'How can I be together with a group of people or intimate with another human being without losing myself?'

"Theater games and gestalt process provide the context for participants to explore ways to achieve the delicate balance between opening and closing without losing contact with other people. Adaptation of American Indian ritual and dance improvisation provide the possibility of communicating beyond words." $190

Introduction to Vipassana Meditation

Jamie Boraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion. The seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate vipassana practice in daily life after the workshop is over.

Suggested reading: *The Experience of Insight*, Joseph Goldstein (Unity Press); *A Gradual Awakening*, Stephen Levine (Doubleday). $190

Week of May 22–27

Open Seat

Paul Rebillot

Paul Rebillot writes, "The concept of 'open seat' is an open space into which people may enter in order to work through their resistances, express their feelings, and reorder their way of being in the world. As a gestalt facilitator I help people find ways of healing themselves by combining the principles of gestalt with concepts of ritual and theater. I assist people in working with their subconscious material, such as dreams and fantasies, in order to augment their ways of living and dealing with day to day problems. I encourage people to become more expressive in all ways: in their personal lives; in their communities; and in the political situations to which they feel committed. I can help people develop a clear sense of responsibility, not only for their own life process, but also for the world." $390

Letting Go—Moving On

Merri Goldenson (Devarani)

This is a weekend of intense body work, structured for those who want to let go of past anger, fear, and pain, which is reflected in the body as armor, tension, stress, and a lack of spontaneity. As armor softens, feelings held in since childhood can be released and more positive feelings of joy, love, trust, and pleasure can be experienced more fully.

A most important feature of the workshop is the individual Radix-Reichian intensive, done in a safe, supportive environment. By also using dreamwork, hypnosis, chiropractic, bioenergetics, massage, dance, and group interaction as one lets go/moves on, a new capacity for living can emerge. $390

Massage for Health Professionals

Lila Daniels Klapman & Gary Klapman

Many discomforts, functional difficulties, and degenerative conditions are either precipitated, perpetuated, or exacerbated by stress and the chronic muscular contractions which accompany it. This seminar will focus on the practical application of massage methods to infirmities in which emotional and muscular tension play a significant role. Instruction will include the development of a pleasurable and effective touch, the demonstration and practice of the fundamentals of a full-body massage treatment, a slide-lecture concerning the relationship of massage to anatomical structure and to physiological function, and discussion concerning the use of massage methods in specific situations. C. E. credit is available for doctors and nurses; for additional information see page 38. $390

East Touching West

Deborah Anne Medow

"To Touch and Feel is to Experience. Many people live out their entire lives without ever really Touching or being Touched by anything. . . . They do not live and become one with life."—from *Seven Arrows* by Hyemeyohsts Storm.

Deborah writes, "For the past fifteen years, I have been teaching and practicing yoga and various types of body work, developing my art of touching and moving, my inner and outer balance. Now, for the past three years, I have begun to work with the Native American medicine ways. The blending of the Eastern Indian yogic tradition and the American Indian medicine ways has enabled me to touch so much more deeply inside myself, inside Mother Earth, and in my relations to all my fellow beings.

"During these five days, classes in yogic cleansing methods, theory, breath purifications, meditation, and asanas will be integrated with sessions in massage, creative movement, chanting, medicine wheel, and Native American practices. Weather permitting, one afternoon will be spent hiking in the Big Sur hills, consciously making a more meaningful contact with the land. Through the various practices taught during the

week, the workshop is designed to help participants move from a deeper, more loving space within themselves, in their relations with the Earth, and with all its inhabitants." $390

Weekend of May 27–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $190

Energy Training in Sports

George Leonard & Joel Kirsch

The practice of Leonard Energy Training has shown itself to be effective in improving performance, reducing injuries, and increasing enjoyment in physical sports. This workshop is designed for everyone from World Class athletes to those who are just taking up a sport—or are considering doing so. We begin with the assumption that every human being is born with the capacity to move efficiently, gracefully, and even joyfully, and that there is an appropriate sport for every body and every body type. Here, Energy Training will be applied to the sports experience.

Recommended reading: George Leonard, *The Ultimate Athlete*; Michael Murphy, *Golf in the Kingdom*. $190

Food for Health and Wellness

Joe D. Goldstrich

This is a workshop for people who want to assume responsibility for their health care management. The emphasis will be on learning what to eat to create vitality, energy, and health. A unique integration of the Pritikin diet, macrobiotics, and live food will be presented. Special attention will be given to increasing complex carbohydrate and fiber while decreasing simple sugar. We will examine the optimum amount of fat and cholesterol needed to both prevent and reverse atherosclerotic cardiovascular disease. Ideal protein intake for various levels of physical activity and health states will be examined and protein combinations to obtain complete sources will be demystified. Participants will receive a personalized health plan to work with at home.

Suggested reading: *The Best Chance Diet*, Joe D. Goldstrich (Humanics Limited). $190

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

This is an intense introductory workshop in intrapsychic work using Reichian breath work and gestalt practice.

Reichian work utilizes the breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration the possibility is opened to come to a truer concept of self, with an expanded ability to respond in the present. This workshop is limited to ten participants. $190

Week of May 29–June 3

A Week with Will Schutz $390

Reflectors

Jenny O'Connor & the NINE

"In this form we become bridge between whole and unwhole, happy and said, good and bad. We are thought form, the first thought as you, as mankind, assumed shape and the last thought as you choose to leave. What remains is afterthought or vibration as we know it, and so the form begins again. The vibration came before the chicken."—The NINE

"This workshop is an invitation to spend time with The NINE in dialogue and self-discovery. As they move to answer questions, they create a kind of language that bypasses the mental structures of the brain and enters through the pores of the body. It can be beyond expectation because it enters the space between all expectations and, caught unawares, you may find yourself looking at a reflection of yourself that is shockingly familiar, for there may be more of you than you ever believed possible. You may well be compelled to reach across that space between the masks you carry and the self you don't quite yet believe possible and so put the strain of your theater to rest for a while. All this through a meeting, a few questions that seem simple enough in the asking but may rebound in a way that strikes far beyond what you thought you asked. It is a very fast way to know yourself better, in a form that teaches through compassion, humor, intelligence and a vital concern for the future of us and our planet."—Jenny O'Connor $420

Reichian Gestalt: A Workshop for Contact and Release

Ma Prita

This workshop focuses on how we may consciously unfold ourselves—physically, emotionally, sexually, mentally, and spiritually. By contacting tension (stuck, accumulated energy) and allowing emotions which have been locked in the body, often since early infancy, we have the opportunity to open ourselves to the creative flow of life energy within.

Some of the areas to be touched upon this week include: recognizing and learning to release tensions which lock emotions in the body; ways of contacting and allowing unexpressed sadness and pain to increase the capacity for pleasure and joy; practices for expressing and releasing anger constructively, which may open the way to deeper levels of compassion and love; learning about the nature of fear—moving toward greater trust of self and others. Paying special attention to the mental processes that shape the emotional and physical body, participants will be shown ways to trust their body's responsiveness and inner direction.

This workshop will utilize Reichian body and breath work, emotional release, gestalt practice, bioenergetics, vision improvement, massage, dance, meditation, and various other approaches. $390

Body Workshop: Rolf/Feldenkrais

Dub Leigh & Dee Dee Lozier

"You must first know where you are before you can move to where you want to be."— Dub Leigh

The goal of this workshop is to have participants become aware of where they are now and to give them the tools that will assist them to move in the direction of where they want to be. Based upon the individual and group methods of Moshe Feldenkrais and Ida P. Rolf, each person will receive a private session in both structural integration (Rolfing®) and functional integration (Feldenkrais). Group work will be a combination of Rolf®-patterning and awareness through movement. The workshop is designed both for people with structural or functional body problems, and people who want more awareness, comfort, and mobility. $390

Weekend of June 3–5

Weekend Massage Intensive

Vicki Topp & Brita Ostrom

In this introductory seminar participants will learn to give a competent full-body massage. The emphasis will be on developing a soothing and penetrating contact, on sustaining that contact to create a relaxing and integrating experience, and on centering physical and mental energies while working. The intent of the seminar is to introduce massage as a practical approach to developing greater sensory awareness and bringing relief from stress. $190

An Introduction to the Esalen Gardens

Esalen Lands Crew

In the profound and dramatic setting of the Big Sur Coast, the Esalen lands crew has spent years creating and maintaining a variety of beautiful landscape gardens. This weekend we invite you to our introductory tours and discussions of the methods we use. Members of the lands crew will define the variety of methods and schools of thought that

we eclectically follow, all of which have a base in the environmentally clean organic approach. Robert Kourik, a well known horticulturist, (see May 6-8) will be our guest for the topic, "Edible Landscaping." Other areas discussed will be the French Intensive soil preparation, organic recycling, interplanting, insect control, companion planting, mulching systems, and germination methods. $190

Steve Beck

Group leaders, Jack Rosenberg and daughter Andrea Juhan.

Love and Work

Anne & John Caple

"Work is love made visible," wrote Kahlil Gibran. In this workshop, participants will examine their work life and work options in the context of their love for themselves, for others in their lives, and for the larger world. Working from a conceptual base, the group will use integrative exercises, art, body work, and gestalt processes to seek answers and consider life decisions. The goal is for participants to see more clearly what they want and how to get it.

This weekend is for those discontent with their work life, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life/work issues during group meetings and in pre-breakfast runs. $190

Plants and Health

Andrew Weil

Most of the medicines in current use come from plants or are variants of drugs found originally in plants. Few doctors now prescribe botanical medicines, though. Instead they use highly refined, potent derivatives of plants to produce immediate, dramatic effects. Modern pharmaceutical drugs have their place, but exclusive reliance on them is a principal reason for the expense and harmfulness of regular treatment. Learning to use medicinal plants is a way of exploring alternatives to dependence on doctors and of taking more responsibility for your own health.

Participants in this workshop will learn how to recognize and obtain common beneficial plants and how to continue to learn about this subject on their own. Methods of preparing and using plants as remedies will be demonstrated.

Recommended reading: *The Natural Mind, The Marriage of the Sun and Moon, Health and Healing in the Year 2000*, Andrew Weil. $190

The New World of Lucid Dreaming

Stephen LaBerge

Lucid dreaming means dreaming while knowing that we are dreaming. The presence of consciousness during this extraordinary state of consciousness allows us to respond flexibly and creatively to the flow of dream experience. We are in a unique position to control our dreams; this control brings within reach a remarkable range of possibilities from indulging your wildest fantasies to fulfilling your highest spiritual aspirations.

For most of us, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so; workshop participants will learn how to develop the skill of lucid dreaming. The results of recent scientific research will be presented and participants will be exposed to a wide variety of uses to which the world of lucid dreaming can be put, including self-exploration, creative problem solving, healing, adventure, and, perhaps most importantly, a way of self-integration leading to the transpersonal realms.

The emphasis will be on improving the quality of the dreamer's experience while in the dream. This means self-control, not dream control; changing the context rather than the content of the dream. Ann Faraday has called lucid dreaming "one of the most exciting frontiers of human experience." This workshop will provide an opportunity to find out why. $190

Week of June 5–10

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed."—M. C. Richards, *Centering*.

Stress related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais, gestalt, Rolf® movement, massage, Reichian breath work, and video feedback. $390

Longevity: Fulfilling Our Biological Potential

Kenneth Pelletier

Human life expectancy is 100 years old and longer. With our present lifestyles and environment it is evident that we do not often attain this biological potential. However, there is a sharp increase in the United States and throughout the world of more people living more than 100 healthy and productive years. This trend has profound medical, psychological, economic, and personal implications.

This seminar is an exploration of the *practical* means now available for any individual to extend his or her life expectancy to 100 vigorous years and beyond. Among the areas to be considered and demonstrated are: nutrition and diet which, for the last fifty years, has been known to extend life; regeneration of the human body and organs; use of antioxidants such as Vitamin E; new discoveries in genetic engineering and biochemistry of substances that enhance memory and promote regeneration; the role and types of exercise in life extension; prolonging and restoration of sexual activity; methods of stress management and meditation for optimum health and performance; and the use of visualization and the influence of the mind in human longevity.

Emphasis will be on adapting these factors to each individual's life to create a practical plan for optimum health and longevity. Videotapes and color slides of centenarian communities in the Soviet Union, Ecuador, Pakistan, and Tahiti will be featured.

Suggested reading: by Kenneth R. Pelletier, *Holistic Medicine: From Stress to Optimum Health*, (Delacorte and Delta, 1979); *Longevity: Fulfilling Our Biological Potential*, (Delacorte and Delta, 1981). $390

June 5–July 1

Still Points, Turning Points: A New Curriculum for Change

David Schiffman, Elisa Lodge Schiffman & Esalen Staff

For workshop description see Special Programs, page 35. $1600

Weekend of June 10–12

Energy Training and the Art of Love

George Leonard & Annie Styron Leonard

How can we escape sexual stereotypes? Does intimacy always have to lead to boredom? Or can we, by recognizing the uniqueness and mystery

Kathy J. Thornod

Footbridge to the Big House.

of each individual, keep our erotic life alive and exciting? In this workshop, we use the simple movement exercises and visualizations of Leonard Energy Training to explore communications and creativity in the erotic realm. Our purpose is not to prescribe new methods but rather to transform the way you experience your intimate relationships, as inspired by George Leonard's new book, *The End of Sex*. The workshop is appropriate for individuals as well as couples.

Recommended reading: George Leonard, *The Silent Pulse* and *The End of Sex*; Nathaniel Branden, *The Psychology of Romantic Love*. $190

Authority, Power, and Inner Knowing

François Duquesne

This workshop focuses on the issues of power, authority, and growth as they affect creative and harmonious decision-making in private and public life. As a new age emerges, so must forms of government that blend the best of the past while allowing for the fullest expression of spirit. Drawing examples from Findhorn's nineteen years of organization and experimentation, from other New Age communities, and from writings of contemporary visionaries, we will look into government for the future. We will also examine current world affairs within the context of planetary transformation and the creation of the new world community.

Those of you who are involved in New Age communities or who face the challenge of group decision-making may find this workshop particularly helpful. It is led by the focalizer of the Findhorn Community and therefore offers a stimulating insight into leadership and New Age politics as practiced there. $190

Adjunct Approaches in Traditional Health Care Systems

Phillip Mac & Susan Baldi

This workshop will explore a variety of supportive modes of fostering well-being in patients in clinical settings. Included will be the use of touch, nutrition, and stress-reduction approaches. The emphasis of the group will be on the integration of these approaches in traditional health care settings. C. E. credit is available for doctors and nurses; for additional information see page 38. $190

Week of June 12–17

Five Days with Jack Rosenberg

This workshop is aimed at awakening and sustaining awareness of body, self, and soul, as well as examining the anatomy and function of intimate relationships. The method can be described as gestalt body work with a distinct leaning toward the transpersonal aspects of life. During the workshop participants will explore many aspects of Jack Rosenberg's energetic approach to sexuality, the energetic field of the body, and the belief systems which keep us locked in obsolete behavior patterns. $390

Advanced Massage Intensive

Vicki Topp & Bill Liles

This workshop will include morning and afternoon practice sessions with various instructors, yoga, movement, evening lectures and discussions, and demonstrations of specific practices designed to increase the range of conditions with which participants can deal effectively. The following concerns will receive emphasis: how to sustain one's energy through a day of treatments; how to clear negative energy released by the client; how to use weight and leverage. As one massages more and more deeply, emotional changes can be triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide group members with some first hand practice in productive ways to move through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five day intensive or its equivalent. $390

Psychosynthesis: A Workshop for Professionals

Harry Sloan

Harry Sloan writes: "Many of us have experienced those moments in working with clients when we don't have the foggiest idea of what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for what is most familiar—a technique, map, or model. This can lead to the mechanical experience of 'going through the mo-

tions' and rote interventions. However, if we could reach for essence and truth instead of falling back on what's most familiar, the dissonance might open to insight. The result of capturing the moment and responding to the need of the client and to the dynamics of the situation can have a decidedly different effect upon both the guide and client. The heart of psychosynthesis is understanding the process of reaching for essence within ourselves and our clients. This practice can lead to developing wisdom and intuition, transcending the methodologies we use.

"The format will combine individual work within the group setting with seminars, group exercises, and practicum. This program will be useful not only to those who are interested in psychosynthesis, but also to anyone in the helping professions who wants to come into a more creative relationship with his/her discipline.

"Psychosynthesis is the name for the conscious attempt to align and cooperate with the natural process of growth and integration. It recognizes that each human being is spiritual in essence and encourages the realization and expression of this essence, or higher self, as fully as possible in personal and social existence." $390

Weekend of June 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 12. $190

A Weekend with Carl Rogers

Carl Rogers & Ruth Sanford

The topics and activities of the weekend will be chosen to fit the needs and preferences of the participants. Some of the following are likely to be included: intimacy in relationships; the facilitation of learning in the 80s; a demonstration counseling interview; the new science and its implications for psychology; dealing with intercultural and interracial hostilities; men/women issues; learning programs in the person-centered approach; theory and philosophy of the person-centered approach; and implications for the future.

The weekend is intended for those who wish to engage in an experiential/cognitive process focused on the current developments in the person-centered approach; the revolutionary impact of empowering the person in counseling, in interpersonal relationships, and in the social-political arena. $190

Week of June 19–24

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 13. $390

The Body Has Its Reasons

Peter Levine & Ed Jackson

When we are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of these walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes. Our sense of the body is lessened and our connectedness is diminished.

In this workshop body approaches and dream work will be incorporated to teach us how to trust more fully in our bodies rather than kill our excitement and passion. Through a vital sense of the body and feelings we can understand our dreams, impulses, and actions more deeply, and can begin to re-own our inner selves. Avenues will be explored in developing a sense of pleasure, ease, and self-esteem. Without storming our citadels by force, we can soften body armor by allowing the body to express itself, in its own language, within its own rhythm. This return toward grace, which is our birthright, is the wisdom of the body. $400

June 20–29

Rites of Passage: A Sierra Mountain/River Adventure

Dick Galland & Annie Callaway

For workshop description see Wilderness Programs, pages 36 & 37. $550

Weekend of June 24–26

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $190

The Further Reaches of Human Energy

George Leonard & Energy Training Staff

In addition to its practical applications, Leonard Energy Training offers the possibility of extraordinary powers of intuition and sensing. This workshop will present a basic grounding in Energy Training, then move into experiments that push the limits of what we carelessly term "normal" human capacities. To quote *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet: sensing the energy field of a friend or a tree, making connections that defy conventional space and time . . . We realize, with the sorcerer, don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: George Leonard, *The Transformation*, *The Ultimate Athlete*, and *The Silent Pulse*. $190

Yoga: The Physical, Psychological, and Spiritual Dimensions

Joel Kramer

This workshop will allow you to experience a mind/body approach to yoga that combines Eastern and Western perspectives, enabling yoga to directly enhance the quality of your daily life. The physical yoga sessions will introduce an approach to postures that use breath to create energy and center awareness. As the body has tight areas that limit energy, so, too, does the mind. The mental yoga sessions will show how to use the mind to transform itself and expand consciousness.

We will explore how yoga relates to emotions, health, consciousness, relationships, and other aspects of life. This workshop is for anyone interested in experiencing yoga or deepening their practice.

Recommended reading: *The Passionate Mind*, Joel Kramer. $190

Week of June 26–July 1

Gestalt

Seymour Carter

Seymour Carter writes: "As a young art student, I was taught about figure-to-ground relationships and the resolution of their tensions as a graphic problem. In my development as a gestalt teacher, these artistic learnings have gained new potence, becoming basic themes in my quest for an accurate leverage point in my work.

"This workshop is based on the attempt to evoke and balance psychodynamic polarities such as accepting and rejecting, remembering and forgetting, giving and keeping—dualities that plague and give purpose to human existence. My aim is to set in motion the unconscious processes of the personality, to awaken dormant talents, and to prepare for the intuitive leap.

"Each participant will be treated as a unique individual with his or her own process of development—a process to be honored and encouraged for further growth. The basis of this work is the gestalt method, supported by various body disciplines, including sensory awareness, bioenergetics, Rolfing®, and aikido." $390

The Painting Experience

Michell Cassou & Stewart Cubley

It is very rare for most people to use painting purely for its qualities of inner adventure and self-discovery, to do it just for the process of exploration, not for the result. This workshop will focus on the painting experience as a powerful tool for uncovering and dissolving blocks to creative expression. Emphasis will be placed on the practical experience of creative painting in which participants are given support and stimulation to discover a natural way of painting based directly on feeling. The mechanisms and patterns that prevent creative action will be discussed in order to integrate understanding with experience. The work will take place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. An audio-visual program will illustrate the development of inner expression during the painting process. No prior experience in painting is necessary.

$390 (plus $10 materials fee paid directly to the leaders)

Move and Dance

Anna Halprin & Rana Halprin-Vasseau

From the delight-maker (Koshares) of the American Indian dances to the comedy within the Greek tragedy, the role of humor has been an important factor in releasing stress and tension on the personal as well as social level. Yet it seems as if many of us in our daily lives, both personally and professionally, have forgotten this age-old art, and are not enjoying as much play, lightness, and creativity as we might like.

In this workshop, we will have the opportunity to recapture the fun and excitement of dance and to use humor, play, and serious study to break through emotional, physical, and mental blocks that interfere with our creativity. Specific skills developed at the Tamalpa Institute of San Francisco Dancer's Workshop will be used to increase movement range, imagination, and artistic development.

This workshop is for students, potential students for Tamalpa trainings, educators, health practitioners, counselors, handicapped and little people, couples, elders, performing artists, and others.

For further information about this workshop write: Tamalpa Institute of SF Dancer's Workshop, Fort Mason Center, San Francisco, CA 94123. (415) 771-1212.

Recommended books by Anna Halprin: *Movement Ritual I* (available at Esalen); *Collected Writings II* (available by writing SF Dancer's Workshop). $390

Relationships: Deepening the Connection Between Men and Women

Joel Kramer & Diana Alstad

This workshop will provide an environment for open communication and understanding between men and women. We will look at such basic issues as: trust, freedom and commitment, power, jealousy, adequacy, and sexuality; why relationships fall apart; what men and women don't know about each other; the male point of view—what feminism left out; why we are often attracted to people who aren't "good" for us; why some "autonomous" women still lose themselves in relationships with men; keeping relationships new once the newness has worn off; using the mind to open the heart.

Awareness and intelligence can help keep passion and sexuality alive over time. A process will be presented which can enable you to move beyond the patterns and blind spots that may prevent a relationship from forming, or that may keep an existing relationship from growing. Understanding yourself and examining how you interact with others can eliminate many seemingly hopeless conflicts.

This workshop is open to couples or individuals. There will be discussions, group interaction, and exercises focusing on specific issues relevant to the participants. $390

Weekend of July 1–3

Weekend Massage Intensive

Attila Vaas & Laurie Muller (Lioness)

For workshop description see June 3-5. $190

The Esalen Village

Leon Burry-Trice & Ned Callihan

During this weekend we will look at the structure of the Esalen village and focus on the Esalen community as a model of an evolving village plan, from ecological design to energy self-sufficiency, from agricultural stewardship to architectural expression. This workshop is intended for anyone interested in the process of evolving a viable and sustainable community. $190

Esalen Deep Tissue Work: Theory in Structure

John McKeithen & Esalen Deep Tissue Practitioners

Esalen deep tissue work is a form of myofascial body work designed to affect the spacial relationships of connective tissue planes within the human body. By freeing and balancing these fascial planes, a greater coordination, grace, and freedom of movement can follow.

In this weekend we will provide both a didactic and experiential sampling of this work. We will cover the basic theory, hands on methods, and structural context that we use in working with the human body. Our intention is to provide information for people who are embarking on professional training in connective tissue work and to offer ideas and tools for professional body workers and health-care practitioners to apply to their own work.

Suggested reading: *Ida Rolf Talks About Rolfing and Physical Reality*, Ida Rolf; *The Anatomy Coloring Book*, Wynnkapit/Lawrence M. Elson; *Gestalt Approach, An Eyewitness to Therapy*, Fritz Perls. $190

Psychodrama

Walt & Maurica Anderson

Psychodrama is the enactment of improvised life scenes as a way of expressing feelings, gaining insight, and working through interpersonal conflicts. With an emphasis on psychodrama and by using group process, gestalt, and body awareness approaches, we will work at and play with ways of becoming more open and spontaneous. The degree of active involvement will be up to the individual. $190

Shaping Love & Intimacy from Conflict

John Zeigler & Christian Murphy

The aim of this workshop is twofold: one, to demonstrate the healing power of *increased* emotional release during conflicts, and two, to teach ways to manage *repetitive* emotional binging.

This weekend is also designed to explode the myth that emotional blow-ups must have catastrophic interpersonal repercussions. In fact, the opposite can be illustrated: if feelings like rage, grief, and fear are expressed within the context of the gestalt structure that is taught, people are likely to respond with compassion, understanding, and even affection.

Self-hypnosis will be explored as a way to reprogram the unworkable and destructive belief systems that are inherited from parents, teachers, and society and that are the cause of many upsets. As T.S. Eliot said, "You are nothing but a set of obsolete responses."

The methods that will be used may include gestalt and body work for deep emotional release, a role playing method developed by the leaders, and non-threatening, non-coercive, supportive group interaction, massage at the baths, laughter, play, music, and movement. $190

July 3–10

Designing a Healthy Lifestyle: A Seven Day Workshop

Ken Dychtwald

In this experiential workshop, the group will explore and examine the ways in which certain attitudes and lifestyle variables correlate with high levels of health, life-satisfaction, longevity, and professional effectiveness. Particular attention will be placed on having each participant develop a personal approach to altering his or her personal habits and attitudes in order to enhance all aspects of mental and physical functioning within an enjoyable "life plan."

The daily program (all optional) will include: running, stretching, and

Kathy J. Thomsed

Erik Erikson, Jim Hickman, and Paddy Doherty at the first Erickson Symposium on political psychology.

aerobic exercise sessions; meditation, relaxation, and stress-reduction classes; health walks/hikes; sensory awareness and creative visualization instruction; massage lessons at the Esalen baths; nutritious meals prepared in the Esalen kitchen; and a series of didactic seminars on such topics as life planning, longevity, diet and nutrition, optimal fitness, stress-management, wellness, and peak performance.

Although the material and activities to be covered in this seminar will be of value to all interested participants, graduates of previous Ken Dychtwald workshops are encouraged to attend. $580

Week of July 3–8

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 13. $390

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 13. $390

The Existential Model

Galvin Jackson & Don Ridge

Through a variety of activities we will build a support group for the nurturance of self-awareness, trust, risking, relations with others, sexual identity, sensual expression, and the freedom necessary to attain a comfort with areas that will permit a carry-over to each participant's own life style. The workshop will employ an existential model, in which each person is seen as existing with no "givens." The task is for participants to define themselves through creations (actions). Group members will be asked to make statements about themselves through interfacing with others as authentically as possible. The leader's role is to return consistently to the present moment, and to reflect and clarify the feelings and ideas of each individual. Interaction methods will be employed, to generate immediate, productive experiences for group members. The workshop's goals are to clarify self-definitions, to expand potentials, and to extend abilities to sustain intimacy. $390

Weekend of July 8–10

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 13. $190

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will look at their beliefs and habits through the use of intuitional sensing, risktaking structures, guided imagery, and gestalt awareness methods. $190 per participant

Invest In Yourself

John Krysko

Self investment is the process where who you are harmonizes with what you do. Money is an extension of yourself and how you invest it reflects how you are actualizing your goals, dreams, and beliefs in the world. The power of money lies in its ability to concretize self-expression. This workshop puts you at the center of your investment, while utilizing your

total mind (logical, intuitive, and decision-making), an approach called subjective analysis. Personal investment strategies will be developed during this weekend which reflect your personal financial direction and how you can participate more fully in the world marketplace. $190

Week of July 10–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $390

Zero Balancing: Beginning/Intermediate Workshop

Fritz Smith

Zero balancing is a body-oriented practice focusing on the interface between the structural and functional components of the musculoskeletal system. Efficiency of body movement is determined to a great extent by the subliminal movement available in the joints of the body, which is at a level beneath our conscious control. When imbalances occur at this interface, the body tends to compensate around them rather than resolve them directly, often leading to a person's loss of vitality, chronic body pain, and lessened potential for optimum health.

In this program Eastern and Western viewpoints of anatomy, physiology, and kinesiology are reviewed and correlated. With this background, the system of zero balancing is presented and specific guidelines are outlined for evaluating and balancing the structural/functional interface of the body. The workshop is both didactic and experiential, with the main emphasis on teaching the participants new skills in this practice, using one another as models.

This is an accredited program toward zero balancing certification. C.E. credit is available for nurses; for additional information see page 38. $390

Energy Strategies

Nancy Rosanoff

An energy strategy is a plan for using all available resources most effectively. In this week long intensive, participants will be encouraged to develop a personal strategy for self-management, while expanding the limits of what is possible. We will begin with an evaluation of present life patterns and then will move on to develop creative and intuitive abilities into tools for directing personal power toward appropriate action. The energy strategy approach blends all aspects of ourselves toward specific goals while working with the changes necessary to achieve them. Your personal energy strategy will help to clarify what you want to do and, with application, enable you to do it. $390

Feeling and Relating

Joel Dweck, Anne Ruderman & Linda Rice-Mandigo

By using Reichian emotional release methods, such as the Radix® intensive, and by working individually within small supportive groups, participants will be given the opportunity to find that the deeply held emotions of pain, anger, and fear can be released. Such release can soften chronic unconscious patterns of tension and a new capacity for pleasure, love, and trust can follow.

As a complement to the emotional release work, approaches to group process will be introduced, providing for the subtler patterns of relating to emerge. Thus, each participant's capacity to translate personal growth into quality interaction can be developed experientially. $390

Weekend of July 15–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $210

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see May 13-15.

A Dolphin Weekend

Daniel Bianchetta & Tom Fitz

In this weekend both experiential and didactic methods will be used to share the spontaneity, joy, and fluidity we have experienced during our years of swimming with and researching dolphins. Emphasis will be on practical ways of incorporating into daily life the insights we have received through interaction with dolphins. $210

Kathy J. Thormod

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Holistic Prenatal Care

Gayle Peterson & Lewis Mehl

This workshop will introduce participants to the holistic view of birthing and prenatal care. We will integrate the new physics systems theory and holistic biology into an improved understanding of the birthing process.

Our focus will be to integrate these concepts into actual clinical situations. Specifically, we will consider approaches to effective childbirth preparation to maximize the likelihood of women birthing normally. These approaches will include: confrontation of pain; development of individual coping styles; uses of guided imagery and indirect hypnosis; group visualization; stress reduction; and relaxation. A balance will be provided between theory and practice. We will delve in depth into the structure and effectiveness of birth visualization and how this method may be used to prevent complications in birthing. By demystifying the visualization process through the discussion of the method, intent, and possible neuro-psychobiological mechanisms of action, the possibility will be available to all participants to begin using birth visualization as an effective prenatal tool.

Recommended reading: *Birthing Normally*, Gayle Peterson.

For additional information on C.E. credit for nurses see page 38. $210

Week of July 17–22

Adventures in Self-Exploration

Christina & Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the entire spectrum of transpersonal experiences. All participants will have the opportunity to be in the roles of experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $420

Midsummer in Your Body

Jack Downing & Esalen Staff

This will be a celebration in the 23 bodily senses—a conducted tour of your various selves, relaxed in all your ways while soaking in the beauty of Big Sur. There will be instruction in selected meditations both medical and physical, sun worship, dance, and massage, along with a modicum of coming to know oneself. $420

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week we will focus on how to develop those qualities in ourselves that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based in warmth and humor we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $420

The Joy of A Close Relationship

Will Schutz & Judi Bell

Something has gone wrong. A deep relationship with another person can be one of the most joyful experiences possible. Yet success in such relationships has proven perhaps the most elusive of accomplishments in the modern world.

This workshop focuses on achieving such joy through telling the whole truth, taking self-responsibility, and strengthening the self-concept. Verbal, movement, and imagery methods, and the new instrument, element R, will be featured. If you are not prepared to explore telling the truth, this workshop is not for you. Couples and individuals who wish to explore themselves within the relationship are welcome to attend. $420

July 17–24

Wilderness Celebration: Emergence in Nature

Jessica Moore Britt & Ruth Leveton

For workshop description see Wilderness Programs, page 37. $350

Weekend of July 22–24

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 13. $210

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney

This weekend is for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, and for accomplished singers who want to improve their performance. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Participants are invited to bring their favorite song titles. There will also be a variety of music to choose from at Esalen. $210

The Human Energy System and Gestalt Process

Alan Schwartz

The human being's movement toward a stable and balanced organism undergoes many adjustments in direct proportion to his/her responses to parental and environmental messages. The result is the formulation of stratified patterns of *visible* physiology and behavior. These join to form that which is usually called personality, one's individual energy system. Two common examples of energy system responses to life stress are those personalities who collapse under stress and those who control. There are many more. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we make and inhibit intrapersonal and interpersonal contact. One focus will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our *consistent* awareness process and the autonomous expression of who we are. For additional information read the July31-August 5 description. $210

Awakening the Healer Within: Dimensions of Psychic Healing

Elizabeth Stratton

Every human being is a potential channel for healing energy. Negative conditioning of our emotions, or unconscious beliefs and behavior, combined with environmental factors such as pollution, can give birth to dissociated parts of self which act as impediments to our natural healing abilities. Studies have shown the reality of psychic awareness, in which a person cannot only better understand his/her own functioning, but actually heal and psychically ward of illness.

This workshop will provide a didactic and experiential model for participants to gain a perspective on psychic healing, and the basic skills necessary to develop healing abilities in themselves. Channeling of energies will be taught, along with methods of dissolving impediments to the healing process. $210

Week of July 24–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $420

Massage for Health Professionals

Deane Juhan & Vicki Topp

For workshop description see May 22-27. $420

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

For workshop description see June 5-10. $420

Creative Attachment: The Art of Making Affectional Bonds

George Kohlrieser

From cradle to grave life involves a changing script of "affectional bonds." These bonds are different from dependency and essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with particular others; a way to explain many forms of physical, emotional, and spiritual distress including emotional detachment, depression, and burn-out. Life energy is connected to the quality and depth of emotional contact. This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and intense bonding work to understand, create, and celebrate positive emotional attachments. $420

Weekend of July 29–31

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $210

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 13. $210

Food for Health and Wellness

Joe D. Goldstrich

For workshop description see May 27-29. $210

Achieving Sustained High Performance

Jerry Fletcher

Many people have had the experience of suddenly finding they were doing something extremely well, far better than they usually do. They often report that these times of very high performance were easy and flowing, far different from the stress, fatigue, and burnout that can accompany long periods of working hard. Yet until recently little has been known about these high performance experiences. People assumed such times were lucky accidents.

More than five years of research and testing has established that these times are not capricious. Each individual has a unique set of conditions under which they perform exceptionally well. Once they learn their personal high performance pattern, they can deliberately create the conditions they need to sustain their own high performance behavior.

This seminar presents a carefully developed process for individuals to learn what their high performance patterns are, and how to adjust their environment to create the conditions under which they perform exceptionally well. It is particularly valuable for individuals whose effectiveness depends on what they do: entrepreneurs, the self-employed, sales people, creative artists, professionals in private practice, and consultants, and for managers and executives who are looking for a fresh perspective on how to humanely stimulate employees to do their best work. $210

The Levity of Gravity: A Feldenkrais and Trager Weekend

Betty Fuller

Betty writes: "My synthesis of Feldenkrais and Trager awareness training teaches simple, pleasurable movements you can continue on your own at home to achieve optimal function in all activities athletic, contemplative, and sensual. These rhythmic motions appear to promote the production of endorphins and postaglandins, which create feelings of supreme well-being. An introduction to Trager psychophysical integration and mentastics is included, along with time at the baths and lots of laughter." $210

Joyce Rogers

Sogyal Rinpoche leading a seminar on death and dying.

July 30–August 4

Moving On: A White Water Adventure on "The River of No Return"

David Schiffman & Bob Doppelt

For workshop description see Wilderness Programs, page 37. $575

Week of July 31–August 5

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 13. $420

Effecting Change: The Human Energy System and Risk

Alan Schwartz

This is a week for recognizing the *relationship* between personal growth/change and economic/environmental realities. This is a week for *designing a growth pattern* for your individual energy system to provide more stable contact with the difficulties of the emerging decade.

The human energy system represents a constantly changing personality dimension. Often neglected in the system's movement towards maturity is the development of the consistency of strength. We hear metaphors not only of physical strength, but strength of character, strong emotions, and the spiritual and psychic strengths of perception. Lack of strength development leads each of us to develop compensations in order to be able to function in our chosen worlds. Some of the obvious are psychosomatic problems, blame, denial, and indiscriminate sexual functioning. *Power over* self, people, things is often a major compensation for the strength that allows us the *experience* of self, people, and things.

Risk involves awareness of our individual compensations, trusting self and the group process enough to *experiment* with mobilizing more energy. This means rendering more alive the strength of the physiology, feelings, conceptual process, and psychic perceptiveness. The result is clarity and stability and a deeper awareness of the balance of self as we contact the very real issues of the coming decade. For further information, read the July 22-24 workshop description. $420

Our Creative Core

Susan Franklin Tanner

"Each of us is an artist. All that is needed is a non-judgmental environment where we may use our creative selves and experience the power of our imagination."—Living Stage Credo

Imagination is our birthright, and the freedom to play is as essential to humans as breathing. Through improvisational theater exercises, dance, visualization, poetry writing, and drawing, participants in this workshop will explore their many roles and characters to develop creativity. This form of theater work is strongly influenced by gestalt and neo-Reichian practices. $420

The Downhill Runners and Fast Walkers: Changing Health Lifestyles

Kathleen Keating

We now know that certain habits and lifestyles are important factors in many diseases. Yet excessive behaviors such as overeating, overwork, lack of exercise, and smoking are extremely difficult to change by willpower and "doctor's orders." This workshop will explore motivational approaches and awareness concepts for the development of healthy habits and constructive patterns of coping with stress. As a guide we will use *The Downhill Runners and Fast Walkers*, a motivational workbook on health and well-being for beginners.

This workshop is structured for participants who seek motivational skills on health and well-being for both their clients and themselves. $420

Reflectors

Jenny O'Connor & The NINE

For workshop description see May 29-June 3. $420

August 5–12

Psychosynthesis: A Seven Day Workshop for Professionals

Harry Sloan

For workshop description see June 12-17. $630

Weekend of August 5–7

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $210

Quantum Soup: Fortune Cookies in Crisis

Chungliang Al Huang & Living Tao Staff

Celebrating with Chungliang's new book, "offering Chinese 'dim sum' (a light touch of heart) profundities, tai ji dancing (quantum hop), laughter, poetry and I Ching in Chinese brush calligraphy, music of J. S. Bach and JAZZ-Z-Z-ZEN and TAO and OZ of living."

Recommended reading: by Huang: *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press), *Living Tao* (Celestial Arts), *Tao: The Watercourse Way*, with Watts (Pantheon). $210

Joyce Rogers

Huichol medicine man, don José Matsuwa.

August 6–13

A Gentle Trip in the High Sierra

Maurica Anderson & Fred Moore

For workshop description see Wilderness Programs, page 37. $550

Week of August 7–12

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $420

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 13. $420

Quantum Soup: Fortune Cookies in Crisis

Chungliang Al Huang & Living Tao Staff

For workshop description see August 5-7. $420

Weekend of August 12–14

Weekend Massage Intensive

Peggy Morrison Horan & Bill Liles

For workshop description see June 3-5. $210

Fluidity of Being: Rolf® Movement

Elisa Lodge Schiffman

For workshop description see May 20-22. $210

Spiritual Healing

Alan Young

This workshop will be experiential, and will answer such questions as: What is spiritual healing? How does it work? How can we discover the underlying cause in each case? How can I help my own healing? How can I develop the ability to be a channel for the healing of others? It will include exercises in sensing the energy radiating from your own body, and from that of others. It will culminate in a demonstration healing in which all will be invited to participate.

The workshop is designed to interest: (a) those who want to learn about healing themselves, or at least assist in the healing process; (b) those who wish to become a channel for the healing of others; and (c) those who want to learn more about spiritual healing as a matter of interest or personal growth. $210

Skylight of the Mind

Prem Das & Rutuima

Bliss and ecstasy are described as a daily experience by both shamans and yogins. This workshop will actively explore ancient methods used by shamans and yogins to gain access to the human potential for bliss, ecstasy, and transpersonal insight. Singing, dancing, and dreaming together can reveal how shamanic and yogic approaches can be employed for healing the "extended family." In culmination, the group will gather in a circle for a nocturnal ceremony in celebration of the living potential. $210

Personal Process Weekend

Jessica Moore Britt

This weekend is for people who have done work in gestalt or breath work and would like to take time from their busy lives to focus on their personal process in a supportive, small group atmosphere. Our tools will be gestalt practice, Reichian breath work, meditation, and time at the baths. Limited to ten participants.

For additional information on gestalt practice see page 13. $210

Week of August 14–19

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 13. $420

Reichian Gestalt: A Workshop for Contact and Release

Ma Prita

For workshop description see May 29-June 3. $420

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities, Anne and Jim will use special exercises to aid participants in exploring these abilities. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. They have found through their professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the intuitive input they normally receive. One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $420

Kathy J. Thormod

The beach below the Big House.

Emotions of Desire: Protecting the Limits of Love and Commitment

Ayala Pines & Gordon Clanton

Love, jealousy, envy, anger, and other powerful emotions are generated in intimate relationships. These emotions are not useless flights of irrationality. Emotions are useful. They are signals we can learn to interpret. They are also shock-absorbers which can facilitate personal growth and relationship enrichment.

Through group discussions, gestalt work, role-playing, and shared fantasy, we shall become more aware of the varieties of love and the combinations of love-styles that are formed in intimate relationships. In the supportive, non-judgmental workshop context we shall learn and practice constructive ways of protecting love relationships and positive ways of expressing legitimate anger, thus minimizing the pain of jealousy and envy.

This workshop is for everyone who seeks a better understanding of the emotions of desire. It is especially helpful for couples who are seeking to define and protect the limits of their relationships and for counselors who work with people for whom these issues are important. $420

Weekend of August 19–21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $210

Exploring Self-Acceptance

David Schiffman

For workshop description see May 13-15. $210

Feldenkrais and Neurolinguistic Programming

Mia Segal, David Gastor & Leora Gastor

This workshop will bring together and explore two highly effective methods for increased awareness and personal change: Feldenkrais and neurolinguistic programming.

Through a combination of exercises and demonstrations we will examine how we experience the world and what new discoveries we can learn about our personal behavior, applying these findings toward the goals of each individual participant. Before attending the workshop, please list what you would like to change or improve in your life and we will offer ways and means to assist you in this process. $210

A Healthier Way To Goal Achievement

Neil Fiore

Neil Fiore writes, "As a former cancer patient I have used my training in psychology and hypnosis to cope with the stresses of my disease and its medical treatment. Since then I have altered my lifestyle and have worked with patients and caregivers on the maintenance of self-esteem in the face of uncontrollable stressors, active participation in one's own health care, and on systems for creatively and joyfully engaging in the challenges of life. It is my belief that the will to live is kept robust when one sees that life, even following a traumatic event, can be lived with great effectiveness and less distress.

"The purpose of this workshop is to teach you how to work in harmony with the needs and inner wisdom of your mind and body. We will draw on elements from stress management, the hypnotic approaches of Dr. Milton H. Erickson, and cognitive-behavior methods to teach the identification of internal dialogue and beliefs that elicit the stress response, rapid trance induction for focusing on tasks and overcoming blocks, and methods for quickly recovering from set-backs while refocusing on the task at hand." This workshop may be of particular interest to both health-care professionals and individuals with stress related illnesses. C.E. credit is available for nurses; for additional information see page 38. $210

Dreams, Energy, and Transformation

Kenneth Kelzer

Dreams are a power source within the body/mind, offering us a wide variety of energies and "raw materials of the psyche." These energies, once refined and transformed, serve to elevate our lives to new levels. This workshop will employ a wide variety of dream transformational methods for personal renewal and energy expansion.

We will use gestalt processes, psychodrama, the Senoi methods, Jung's depth psychology, intuitive feedback, and creative art media as our principal tools. Participants will have ample time to present their own dreams and are urged to bring their dream journals to the workshop.

Suggested reading: *Black Elk Speaks*, chapters 3, 13, and 14; *Creative Dreaming*, Patricia Garfield, chapter 5; *Man and His Symbols*, Carl Jung, chapter 1; *Gestalt Therapy Verbatim*, Fritz Perls. $210

Week of August 21–26

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $420

Awareness Through Movement and Functional Integration: The Feldenkrais Method

Mia Segal

Through a series of simple, gentle exercises devised by Moshe Feldenkrais we can learn to know ourselves and find many new choices of behavior to enrich our lives. $420

Five Day Massage Intensive

Brita Ostrom & Laurie Muller (Lioness)

In this beginning massage course, participants will learn the fundamentals of self-grounding, quality of touch, and sustained contact. Instruction will familiarize participants with general anatomy, a basic understanding of the relationship between stress and muscular tension, and specific methods for working with each part of the body. The seminar's goal is to provide participants with the fundamental elements necessary to give a pleasurable and beneficial full-body massage. $420

Integrity

David Schiffman

In this workshop participants will join to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Participants will explore the boundaries of their emotional, physical, and mental potentials and how they affect sexuality, relation to power, friendships, creativity, and expectations of self and others. $420

Weekend of August 26–28

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see 13. $210

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert & Heinz Pagels

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar then we have been led (by ordinary physics) to believe. The impact of Bell's theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what the current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation.

Recommended reading: *Quantum Reality: Beyond the New Physics*, Nick Herbert. $210

Vision Improvement: Our Willingness to See

Ma Prita

This weekend will focus primarily on the awareness continuum, emphasizing ways to clear and re-educate the eye and the self to see without distortion in the here and now. With the aid of various approaches including deep emotional release, bioenergetics, gestalt, the Bates system of eye relaxation, and nutrition, participants will have the opportunity to create new ways of looking at themselves and the world. $210

Journey Through/Beyond Divorce

Bob Blood

When two people separate, it is useful to look back and discover what has been learned from the years of being together. This is a time to heal the pain of separation and let go of the partner, definitively and with understanding. It is also a time to make new choices. What are the directions in which you wish to move as you begin your journey alone? And what are your hopes for finding new relationships, either with casual companions or committed partners? During the weekend, we will balance our verbal work with times of expressive movement and caring massage. $210

The Living Body: An Introduction for Health Professionals

Lauren Berry

According to Berry, "Good health is the balanced functioning of the

body's systems, the capacity of the body or part of it for vital activity, the interplay of the choice to act in life, and the physical ability to do so."

Viewing the practitioner as a catalyst towards good health, the focus of this workshop will be on demonstrations and discussions of an empirical approach to working with the body by using a method that is precise and direct. In these demonstrations participants will receive individual work which will cater to their particular physical problem areas ranging from the back, knees, and organs to the ears, neck, nose, cranium, etc.

The workshop is designed as an introduction for those health professionals interested in Berry work or for those considering training in the Berry methods. $210

Week of August 28–September 2

Gestalt

Seymour Carter

For workshop description see June 26-July 1. $420

Experiencing The Life Cycle

Elliot & Vera Aronson

This workshop will provide a structure and an opportunity to engage in a revisiting, an anticipation, and a celebration of the major stages of our life histories from birth and infancy to childhood, adolescence, adulthood, old age, death, and rebirth.

By blending the here and now with individual life histories and back home issues, the workshop will provide the opportunity to "redo" ourselves in order to lead more productive, more joyous lives.

Each stage of our development contains joys and problems of a specific and near universal nature. For example, in infancy we will confront and try to learn more about such issues as sexuality and the fear of rejection. By examining and reliving issues that we might have dealt with incompletely in earlier stages of our lives, we may work at clearing ourselves in the present, thus allowing us to move in life with greater freedom, creativity, and spontaneity. $420

Body Changes: Feldenkrais, Rolfing®, and Berry Methods

Dub Leigh, Dee Dee Lozier & Michael Joyce

This is a workshop for individuals interested in beginning or accelerating their process of body change. Through private and group sessons, simple, gentle, and progressive Feldenkrais and Rolf® patterning exercises will provide participants the chance to experience such changes within the body as increased comfort and awareness, and more harmoniously integrated movement.

Private sessions will focus on resolution of individual functional problems in neuromuscular and connective tissue organization of the body. Participants will be guided in the development of a personal program for continuing improvement at home. $420

August 28–September 4

A Seven Day Workshop in Gestalt Synergy: An Integrative Approach to Self Actualization

Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander method, and Feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $630

Weekend of September 2–4

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 13. $210

A Dualistic Universe

Robert Nadeau

In this workshop we will look at the dualistic nature of the universe and play with some of the dualities such as idea/energy and hereness/awareness. $210

Pattern and Paradox: An Orientation in Hypnosis, Communication, and Change

Paul Lounsbury & Nancy Winston

The intention of this workshop is to generate even greater access to the participants' utilization of their own natural intelligence. Paradoxically, as human creatures, we use our intelligence too often, to repetitively and habitually impose limitations onto an infinitely rich realm of possibility. This is done without knowing the processes involved in the interpretation of an experience into symbols, such as words, images and/or feelings, and without knowing the difference between the incorrect use of these symbols and the realities that they represent. This unrealized confusion and the habitual patterns of perception affect two things: the limits for knowing what one can know and the thresholds for imagining what one can achieve.

The conscious and unconscious patterns of communication and the way in which an individual puts words together will be explored and utilized to expand individual frames of reference and to generate new and desired responses. Hypnotic phenomena will be induced and utilized throughout the workshop including: time distortion, age regression, positive and negative hallucination, catalepsy, analgesia, hyperesthesia, and amnesia. Emphasis on the nature and sensitivity of the "unconscious in communication" and the individuality of each personality will be punctuated as a theme.

This workshop is most suitable for those professionals interested in hypnosis and/or communication as well as for clinicians interested in using Ericksonian approaches to hypnosis and counseling. $210

September 4–30

Journey To The East

Stanislav & Christina Grof

For workshop description see Special Programs, page 35. $1600

September 4–11

Women's Challenge: A Dance of Adventure Through the Big Sur Wilderness

Annie Callaway & Elisa Lodge Schiffman

For workshop description see Wilderness Programs, page 37. $420

Week of September 4–9

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 13. $420

Pattern and Paradox: An Orientation in Hypnosis, Communication, and Change

Paul Lounsbury & Nancy Winston

For workshop description see September 2-4. $420

The Feeling Process

Janet Zuckerman & James Bupp

For many people, feelings are something mysterious, something to keep

Kathy J. Thornod

The Big House.

to one's self, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that will increase vitality and personal effectiveness. Participants can learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate, in a safe environment, in the choice of expression or depression. $420

Weekend of September 9–11

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $210

The Placebo Response

Andrew Weil

Many misconceptions exist about placebo responses. They are said to be less strong than "objective" effects of treatments and restricted to people of certain origins or educational backgrounds. In fact, placebo responses are universal and can be of any magnitude. There are placebo deaths and placebo remissions. Placebo effects are most striking in cancer and other advanced organic diseases.

In this workshop the concept of the "active placebo" will be developed as a basis for interpreting the clinical success of many conflicting therapeutic systems. We will talk about the kind of belief that makes placebos work, about mechanisms of the response, how that belief is transmuted into reality by the alchemy of nerves and hormones. Rather than trying to rule out placebo responses in evaluating the efficacy of treatments, doctors and nurses can learn to see them as an integral part of medicine—pure healing responses uncontaminated by toxic side effects. Practical advice will be given on the art of using placebo responses to enhance the therapeutic power of medical interventions of whatever school and belief.

For additional information on C.E. credit for physicians and nurses see page 38. $210

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronnic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries, all of which can improve by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods to improve their ability to sense each others bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about their bodies through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens who may find themselves discovering new ways of moving with ease and increased flexibility—painlessly and immediately. $210

Week of September 11–16

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 13. $420

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 13. $420

Five Days with Paul Horn

"Blending music, meditation, philosophy, and experiences of far away places (India, Egypt, China) into a meaningful integration of life." $420

Weekend of September 16–18

Weekend Advanced Massage Intensive

Jaime Morton & Brita Ostrom

This seminar is designed for people who have some experience in giving massage. Through demonstrations and practice sessions, participants will learn how to increase the effectiveness and efficiency of their massage skills and have the opportunity to add fresh approaches to their

work. The intent is to help participants make deeper and more sensitive contact, and to heighten their awareness of the responses they are creating. $210

Ashtanga Yoga Weekend

Deborah Anne Medow

"The body is a boat which carries the soul in the ocean of the world. If it is not strong or it has a hole, then it can't cross the ocean. So the first duty is to fix the boat."—Baba Hari Dass

The primary focus of this workshop is to utilize the methods of the ancient system of ashtanga yoga in "fixing the leaky boat." Throughout this weekend, a cleansing diet and various integrated sessions will be combined to encourage workshop participants to develop a solid basis for further development of the physical, mental, and spiritual aspects of yoga practice. Topics covered will include yoga theory, yogic purification and breathing exercises, and meditation with particular emphasis on asanas (postures). $210

The Art of Self-Direction

Lenore Lefer

This workshop is about personal, social, and cultural change. It is about creating, initiating, and directing change as well as responding to those alterations that we seem not to choose. We will explore how to be casual around change and how to include our deepest values. Do we know what is meaningful, and how do we integrate that into our life? It is an art to lead a self-directed life that includes both personal and social responsibility.

Founded conceptually in psychosynthesis, the focus of this self-exploration will be experiential, using imagery, inner dialogue, meditation, and individual and group process. The environment will be supportive and evocative. This workshop is appropriate for professionals who deal with transitional crises in their own work. $210

Week of September 18–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $420

Choosing to Change

Harry Sloan

This personal workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Individual work will stress deepening awareness of one's sense of direction and personal obstacles. Participants will focus on change through exploring the implications of their choices and the ways they retard or encourage the expression of self.

The workshop will include psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Participants will focus on aligning their motivation and will with the natural process of change and integration. $420

Surrender to Self

Merri Goldenson (Devarani)

In a supportive and safe environment participants will utilize individual Reichian intensives, group interaction, bioenergetics, imagery, hypnosis, dance, and massage to discover new ways to soften, let go, and surrender to themselves and others. $420

Weekend of September 23–25

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $210

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see July 8-10. $210 per participant

Frogs Into Princes: Practical Transformation

John Michael Grey & Eli Jaxon-Bear

If all of the world's a stage and we are the players, then who writes the script? Each day is an opportunity to participate in life and its evolution. This workshop focuses on developing the practical tools for self-transformation and an increased ability to communicate successfully with others. Problems are opportunities to grow in the areas of our lives that currently await transformation.

You may learn to expand your ability to gain perspective in any situation and develop the options for feelings and behaviors that better suit who you want to be. You may discover greater clarity in what it is you want and how to achieve it, professionally or personally. You may also find how the very limitations you encounter can be transformed into your allies for success.

Neurolinguistics presents an array of practical tools for people to assist themselves and others in achieving the changes they want in an unusually direct way. This experiential workshop will present the basic tools for helping people who are interested in transforming their own lives and for professionals who want to increase the range of their own current approaches. $210

Week of September 25–30

Self-Acceptance: The Freedom to Be

David Schiffman

For workshop description see May 15-20. $420

Frogs Into Princes: Practical Transformations

John Michael Grey & Eli Jaxon-Bear

For workshop description see September 23-25. $420

Five Day Massage Intensive

Deborah Anne Medow & Peggy Morrison Horan

For workshop description see August 21-26. $420

Weekend of September 30–October 2

Experiencing your Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see August 14-19. $210

Re-printing: A New Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize inner power? Through various approaches including body reading, light trance work, and anchoring (Ericksonian), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in, and consider opening up new doors toward growth and freedom. New models of behavior can become available.

The workshop will feature individual and group processes, including body release approaches. $210

Love, Power, and Relationship

Harry Sloan

Power without love and love without power create imbalance within the self and in relationships. The capacity to be both sensitive and strong, caring and independent, enhances the ability to relate in a balanced and meaningful way. The development of these basic qualities is unique for each of us, and often reflects our "growing edge" in relating. This weekend will be a time to explore the strengths and limitations within our relational patterns. Our purpose together will be to become aware of our next steps toward more fulfilling and joyful relationships. $210

Burnout: Causes and Cures

Elliot Aronson & Ayala Pines

This workshop is designed for people who give service to others and

who are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues. C.E. credit is available for doctors and nurses; for additional information see page 38. $210

Week of October 2–7

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 13. $420

Five Days with Jack Rosenberg

For workshop description see June 12-17. $420

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

For workshop description see September 9-11. $420

Weekend of October 7–9

Coming Home to the Wisdom of the Body

Benj Langdon

For workshop description see June 5-10. $210

Weekend Advanced Massage Intensive

Deborah Anne Medow & Vicki Topp

For workshop description see September 16-18. $210

Reflectors

Jenny O'Connor & The NINE

For workshop description see May 29-June 3. $210

Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care

Tom Ferguson & Joe Graedon

About 70% of illness care—and an even higher percentage of preventive care—is self-provided, yet this most important part of our health care system is largely ignored by many health care professionals.

This workshop will provide an overview of the field of self-care. Topics will include the present extent of self-care, what people can learn to do for themselves, self-care classes, self-diagnostic tests, self-help groups, social support systems, health promotion, self-care in the schools, the literature of self-care, the effectiveness and safety of self-care, self-care in the clinic, dealing with sophisticated medical consumers, the developing technology of self-care, special problems health professionals have in taking care of *themselves*, and how this is related to care of others. Participants will have an opportunity to meet others with similar interests and to share their personal and professional experiences in self-care. C.E. credit is available for doctors and nurses; for additional information see page 38. $210

Week of October 9–14

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 13. $420

The Art of Self-Direction

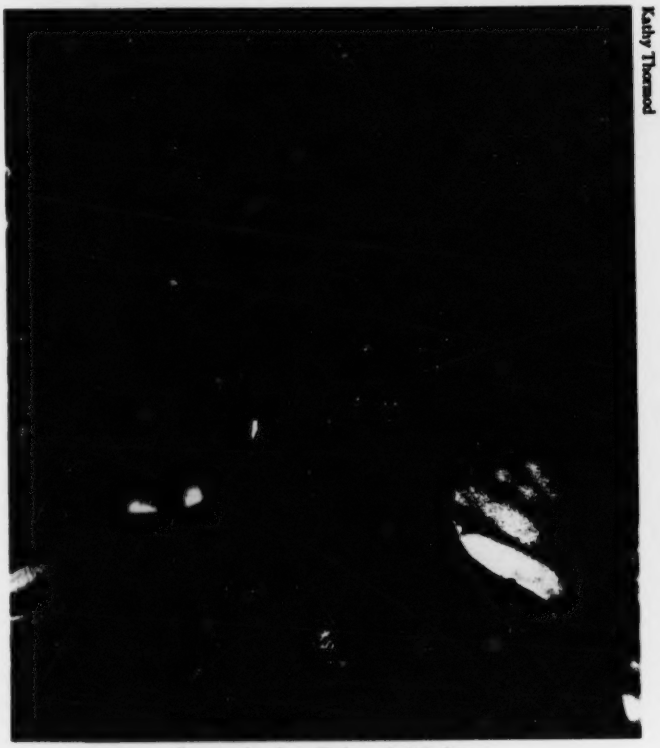
Lenore Lefer

For workshop description see September 16-18. $420

Opening the Feelings

Dale Cummings

Participants will employ Radix® neo-Reichian methods of emotional release, the most important of which is the Radix® intensive, a period of individual work within a small group setting, which can provide emotional support among participants. Grief or pain, fear and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time the sexual experience may change as feelings of tenderness and sexual feelings intensify and merge. $420



Kathy Thornood

Group leader, Deborah Medow.

East Touching West

Deborah Anne Medow & Ruth Leveton

"To Touch and Feel is to Experience. Many people live out their entire lives without ever really Touching or being Touched by anything. . . . They do not live and become one with life." from *Seven Arrows* by Hyemeyohsts Storm.

Deborah writes, "For fifteen years, I have been teaching and practicing yoga and various types of body work, developing my art of touching and moving, my inner and outer balance. Now, for the past three years, I have begun to work with the native American medicine ways. The blending of the Eastern Indian yogic tradition and the American Indian medicine ways has enabled me to touch more deeply inside myself, inside Mother Earth, and in my relations to all my fellow beings."

Ruth writes, "For the past four years, I have been leading wilderness and vision quest trips. My work integrates ancient native teachings and sacred movements with emerging ceremonial practices that apply to modern day-to-day life."

During these five days, classes in yogic cleansing methods, yoga theory, breath purifications, meditation, asanas, massage, and creative movement will be integrated with the teachings of the Western native people, drawing upon the ancient practices that specifically address our relationship to each other, ceremony, dreams, the medicine wheel, and the Earth. Weather permitting, at least one afternoon will be spent hiking in the Big Sur hills, consciously making a more meaningful contact with the land. Through the various practices taught, the workshop is designed to help participants move to a place of depth and more balance within themselves and in their relations with Mother Earth and all her inhabitants. $420

October 9–16

A Seven Day Workshop in Trager Psychophysical Integration and Mentastics© Beginning Training

Betty Fuller

In this professional training, participants are instructed in Trager table work, receiving sessions from experienced practitioners as well as giving to and receiving from each other under supervision. In addition, participants learn to practice and teach mentastics, learn basic communication skills, clearing exercises, and simple meditations, and have time in group to share and process their experience. This training is open to professionals in education, body work, holistic health care, counseling, psychology, medicine, chiropractic, sports, performing arts, and other disciplines which see movement as a primary means of learning.

C.E. credit is available for nurses; for additional information see page 38.

$600

Weekend of October 14–16

A Course in Miracles: A New Thought Form for Our Time

Julian Silverman

This seminar is concerned with an understanding of *A Course in Miracles*—a formulation of a wholesome way to be in the world without attack and defense, without negative emotions, without feelings of being separated from one's source.

The *Course* specifies a practice as well as a conceptual model. It elevates one's self worth by teaching *total* self-responsibility.

It teaches health. $210

Successful Business Behavior for Women, or "Act like a lady, think like a man, and work like a dog."

Victoria Elliot

In this workshop we will learn about the social issues vs. the business issues of being a woman: how to make decisions better and faster; how to get to the bottom line; and how to communicate to get what you want from the people you work with. $210

Achieving Maximum Performance in Athletics

Joyce Hanna & Gerald Smith

Within each person's mindset there is a combination of attitudes toward performance which will allow a maximum effort in any athletic event. Since sports uniquely dramatize the human ability to surpass its limits, this workshop will have special emphasis on methods to overcome self-limiting expectations. Recent research in sports psychology, such as the effects of visual-motor behavior rehearsal, relaxation, and imagery on optimal performance, will be reviewed. The primary focus for the workshop will be enhancing your view of what is the best combination of attitudes and disciplines to allow for maximum performance. The following topics will be introduced: tailoring your own goal setting and reward process; handling feelings of boredom, pain, fatigue, and anxiety; dealing with ambivalent feelings toward success; overcoming self-defeating attitudes toward competition; strenthening the capacity for psychological endurance; using pre-match mental preparation; incorporating attentional focusing; preventing burnout. Participants will have an opportunity to design their own personalized maximum performance programs.

$210

On Letting Go

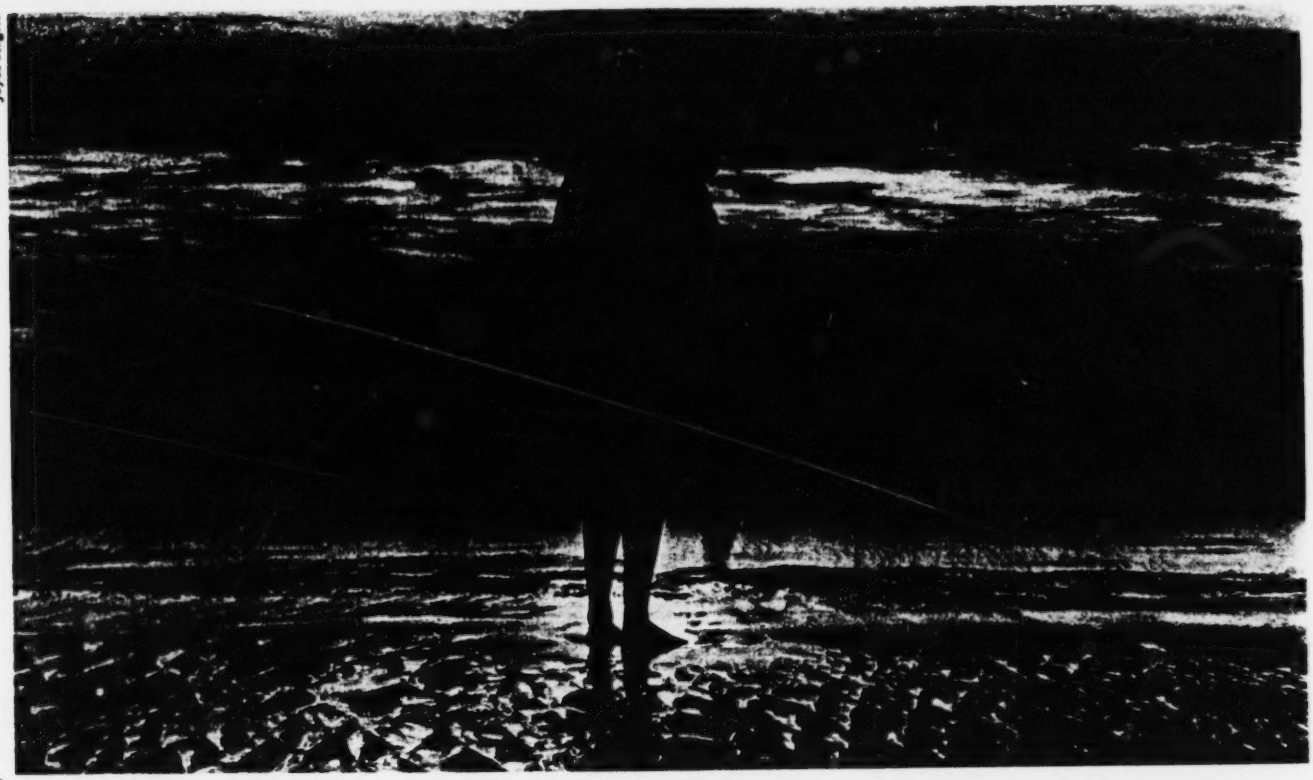
Judyth Weaver

In everything we do we have a choice—but are we aware of it? We can perform stressfully or relaxed, we can have fun or suffer, we can act economically or wastefully, we can hold on tightly or let it go. The more we are in touch with our feelings and abilities the more choices we have available to us.

This workshop will focus on rediscovering awareness of self—mentally, physically, and spiritually—to develop and integrate as many options as possible. It is through this awareness that we can acquire choice of how to live.

We will work with deep sensings of our organism, gentle breathing methods for stress reduction, t'ai chi ch'uan for relaxed exercise, gestalt, movement, massage, and meditations, all designed to help integrate a sense of centered grounding and balance that can develop and enhance an economic, energetic, pleasurable, and effective life. $210

Joyce Rogers



· SPECIAL PROGRAMS ·

Joseph Campbell in Residence

Joseph Campbell, author, lecturer, and international authority on ancient and modern mythologies, will be Esalen's scholar-in-residence for the month of November, 1983.

A limited number of places will be available for individuals interested in spending the month studying with Joseph Campbell in an in-depth tutorial program focusing on the subject of the participants' specific interests. The fee for the month will be $1600.

Three weekend workshops will also be available through the catalog: "Psyche and Symbol Archetypes"; "Myth and the Body"; and "Symbolism of the Kundalini." They may be taken as a series or individually. The weekends will be available to month-long participants at a reduced rate. Further information will be announced in the next issue of the catalog.

Tutorial Program in Gestalt Body Therapy

This will be a professional training program for licensed or license-eligible psychotherapists and graduate students in gestalt body therapy (GBT). GBT is a complete system of psychotherapy with an emphasis on breathing as a vehicle for the integration of body, mind, emotions, and spirit. The program will consist of approximately one week (five days) at Esalen every five weeks for a period of two years. This program can lead to an M.A. or Ph.D. in psychology through affiliation with an approved degree-granting institution. The program will be didactic and experiential and is based on a tutorial system with Jack Rosenberg and staff. If interested, please contact Jack Rosenberg, 1107 W. Washington Bl., Venice, Ca. 90291. Please include personal and therapeutic history and educational background.

June 5–July 1
Still Points, Turning Points: A New Curriculum for Change

David Schiffman, Elisa Lodge Schiffman & Esalen Staff

"Anything which is forced or misunderstood can never be beautiful."
—Xenophon

People, like plants, need special care and attention to thrive and blossom. To naturally grow beyond what we've been requires strength, sensitivity, and a deeply compassionate awareness. What are the most important elements that support this transformation and renewal? And how might this process be effectively shared with others? Out of the answers to these basic questions has emerged the dream of combining the best of Esalen's human potential practice work with the spirit of adventure found in Outward Bound's wilderness programs, along with the gracious informality of living and working together in one of the most beautiful and peaceful settings in the world.

The aim of this unique curriculum will be to explore and develop a new model for learning, one that not only deepens the experience of traditional self exploration, but also breaks new ground in erasing the line between intensive group and individual work and the ordinary world of everyday life.

Among the areas we will touch on during this month are:

The Body and its Functions: as a temple for the spirit; as a reflection, and as a turning point from past habits, fears, and attitudes; as a source of grace, ease, and fluidity in movement and in contact; as a kinetic homebase for exuberance, playfulness, and balance; and as a healing source of touch.

The Emotional Realm: exploring and opening the limits of temperament; redirecting negative feelings for inspiration and power; cultivating passion and strength as the core of integrity; resolving inner and outer turmoil simply and peacefully.

The Mind: developing the powers of the imagination for self-affirmation and creativity; deepening the ability to see, hear, and understand so that one can range easily from the practical to the transcendental; strengthening the sense of fair-witness and developing the skillful use of the will; using the perspective of humor to heal separation.

Coming together in the spirit of being simply and lovingly at home in ourselves, the group will create a community whose foundation is based on trust, good will, and authenticity.

During the month each participant will have the opportunity to clarify and develop his/her own style and artfulness as an individual guide and group facilitator doing in-depth study of gestalt practice, body work, psychosynthesis methods, and the meditative arts. The program will be structured to include: intensive individual work; creative music and movement; supervised observations; practicum work in group leading and individual counseling skills; video feedback; illustrated lectures and didactic theoretical sessions.

The emphasis throughout will be on creating a personally integrated perspective that will bring buoyancy and lightness into life and work. This workshop is designed for people from all walks of life. $1600

September 4–30 83
Journey to the East

Stanislav & Christina Grof & Visiting Faculty including: Anne & Jim Armstrong, Angeles Arrien, Fritjof Capra, Father Bede Griffiths, Jack Kornfield, don José Matsuwa, Brant Secunda, Ajit Mookerjee & Sogyal Rinpoche.

This four week interdisciplinary educational program is designed for professionals and students in the fields of psychiatry, psychology, anthropology, religion, and philosophy who are interested in exploring theoretically and practically the great spiritual traditions of the East and their relationship to Western science. Special attention will be paid to the similarities and differences between mysticism and psychosis and to the problems related to evolution of consciousness. This seminar is part of a systematic effort to create an international network of individuals trained to facilitate the process of evolution and to assist in spiritual emergencies. The program will focus on the following thematic areas:

Ancient Technologies of the Sacred: The Great Spiritual Traditions of the East: Visiting spiritual teachers will explore with participants theoretically and practically Buddhist vipassana meditation, the Tibetan vajrayana, Zen Buddhism, tantric science, art and ritual, sufism, aikido, and shamanism.

New Frontiers of Western Science: Researchers who have contributed to the emerging paradigm will discuss revolutionary developments in quantum-relativistic physics, systems theory, brain research, and modern consciousness studies which point to a future synthesis of science and mysticism.

Psychosis: Disease or Transpersonal Crisis? Participants will be exposed to a new understanding of the psychotic process emerging from psychedelic practice, Jungian analysis, kundalini research, and modern clinical and laboratory studies. They will have the opportunity to experiment with methods of constructive assistance in transpersonal crises.

Self-Exploration and Group Process: The workshops of this series use an experiential educational format that combines didactic input with personal experience. The Esalen staff and guest leaders will act as facilitators for participants throughout the program. $1600

November 13–December 9
Four Week Advanced Body Work Practicum

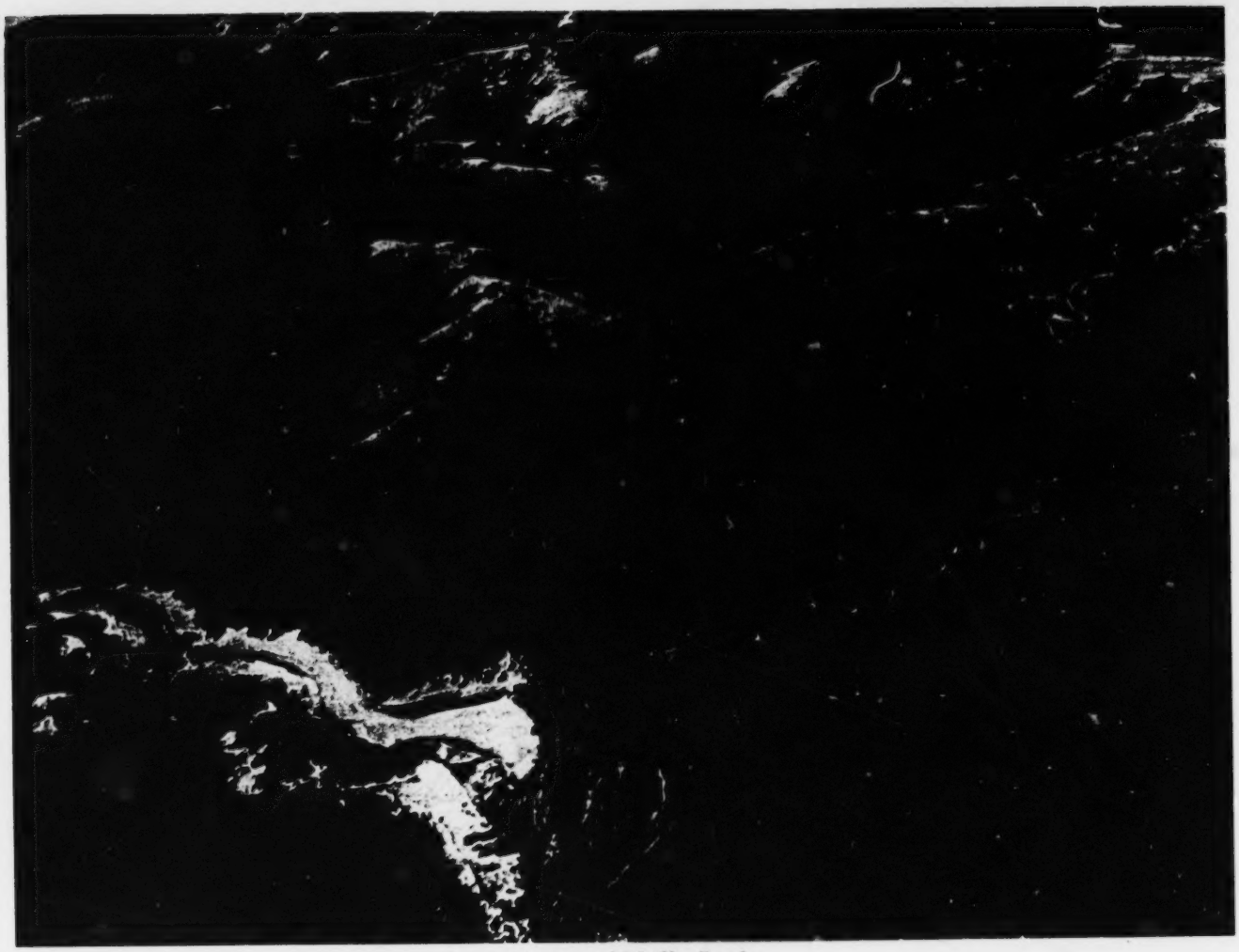
Dub Leigh

This workshop is designed for Rolf, Alexander, Trager, massage, and other professional body practitioners. The goal is to teach each practitioner *how* to do what he is now doing more easily and efficiently and to demonstrate alternative ways of working.

Individual problem cases will be studied, focusing in depth on the various ways to look at and work with the each problem. Ways of working with the nervous system, the muscles, the joints, the fascia, and various visceral organs of the body will be taught.

Dub Leigh, who has been trained and certified by Moshe Feldenkrais, Ida Rolf, Milton Trager, and Lauren Berry, will be the resident teacher. From time to time visiting teachers will be brought into the class to further expand the scope of the training. $1600

Steve Beck



An aerial view of Pfeiffer Beach.

• WILDERNESS PROGRAMS •

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop we require the following deposit:

Up to 3 days	$ 50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your non-refundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip your deposit is forfeited.

May 14–23
Rites of Passage: Baja California's Secret Mountains

Dick Galland & Annie Callaway

The rugged Sierra Nevada, California's mountainous backbone, almost disappears as it crosses the Mexican border into the Baja peninsula. About one hundred miles below the border it rises to form the Sierra San Pedro Martir, a forested plateau about 7500 feet high. On the eastern edge of this plateau, the soaring granite form of Picacho del Diablo, Baja's highest peak, rises to over 10,000 feet. This workshop will take us from a trailhead on the plateau's western edge through pine forests, broad open meadows, and along clear streams to the base of Diablo on the eastern escarpment. From there participants may climb the peak. To the west the green hills slope off into the Pacific. In the east the plateau falls away to the desert and the waters of the Gulf of California. Participants will descend onto the desert through a sinuous granite canyon, pausing to play in waterfalls and deep pools.

Group members will carry everything they need in packs, cook over fires, and learn a range of basic wilderness skills, including basic rock climbing. 24 hours will be spent alone in reflection and contemplation. The workshop includes group process work, yoga, and journal writing. No previous experience is required. You should be healthy and reasonably fit. The program begins and ends in San Diego. Complete information on travel, clothing, and equipment will be sent upon registration. $595

June 20–29
Rites of Passage: A Sierra Mountain/River Adventure

Dick Galland & Annie Callaway

This nine day adventure will take us into the heart of the Sierra Nevada, California's incomparable "Range of Light." Just north of Yosemite's

soaring granite domes, we will explore glacially-carved valleys carpeted with early summer wildflowers. Carrying everything we need in our packs, we will set our basecamp by a crystal lake in a small alpine basin.

From here we may experience beginning rock climbing and rappelling, ascend a nearby peak, and relax in a sweathouse. 24 hours will be spent completely alone in reflection and contemplation. During the time together, you will be taught a variety of wilderness skills including campcraft, navigation, mountain medicine, and back-pack gourmet cookery. At the end of seven days, we will resupply with fresh food and travel to the nearby Carson River for two full days of white-water rafting. Guiding our twelve foot rubber rafts through the rapids with paddles we will descend from the pine forested foothills onto the rolling sagebrush terrain of Nevada's high desert. Our river camp will be set at an historic hot springs.

This program is based on the notion that a person's responses to the challenges of mountain and river reflect their responses to the challenges of daily life. From the real and immediate lessons of the wilderness, we can come to see ourselves more clearly and act with a greater sense of purpose and direction. Combined with the wilderness activities will be approaches from process work, yoga, meditation, and journal writing to help us ground our experiences.

No previous experience is required. Participants should be in good physical health. Complete information on clothing, equipment, and travel will be sent upon registration. We will meet in South Lake Tahoe, California on June 20th. $550

July 17–24
Wilderness Celebration: Emergence in Nature

Jessica Moore Britt & Ruth Leveton

Traveling to the lost coast of California, the Coastal King Mountain Range, and the only wilderness beach in California we will explore our connection to the earth, seeking a deeper communication with ourselves and nature. Our goal is to re-own our natural rhythm of body, voice, heart, and spirit, facilitated by the wilderness. We will be assisted by ancient and modern healing modalities of clearing and channeling energy, using native purification rites, ceremony, dream work, gestalt and group process, and simple daily living in the wilderness. There will be basic training in minimum impact camping, along with an orientation to the ecology, geography, and cultural history of the area.

This trip provides a time for reflection and personal renewal. Our focus will be creating a way of healing through participation in a ceremony and a 24 hour vision quest (a time alone in the wilderness).

No experience is necessary, and participants should be prepared for the challenge of vigorous physical activity. Detailed information will be sent upon request. $350

July 30–August 4
Moving On: A White Water Adventure on "The River of No Return"

David Schiffman & Bob Doppelt

The first fifty miles of this expedition are on Idaho's legendary Salmon River and the last fifteen on Oregon's Snake River through Hell's Canyon, the deepest gorge in the United States. Hundreds of feet above us are the vertical rock walls of the Inner Canyons. The focus of the trip is the opportunity to "Row it Yourself"—a concept developed by the Oregon River Experience Staff, which enables each participant, with a partner, to navigate their own boat. Basic wilderness and river skills will be complemented with a variety of approaches to inner development. Along the way there will be opportunities to see and enjoy old mines, Indian pictographs, and remote side canyons. No previous rafting experience is necessary. The group will meet in Lewiston, Idaho. Further information on equipment and transportation is available by writing David Schiffman at Esalen. (Registration deadline: July 15) $575

August 6–13
A Gentle Trip in The High Sierra

Maurica Anderson & Fred Moore

During this seven day workshop in wildflower season we will hike eight miles to a clear mountain lake (10,000′) off the main trails in the John Muir Wilderness area of the High Sierra. *Mules will carry in all the food, camping equipment, and personal gear*, enabling us to have outrageously good food (fresh and frozen meats, fruit, and vegetables). We will camp by the lake for six nights, taking day hikes to the surrounding lakes and meadows, working with body awareness, massage, psychodrama, gestalt, group process, and laughter. We will not only get to know the high country, but one another and ourselves.

Mountaineering experience is not necessary, but applicants should possess a good sense of humor and be capable of hiking uphill at altitudes of up to 11,000′. For a detailed information sheet write or call Maurica Anderson, 1112 Curtis St., Albany, Ca. 94706 (415-526-5814). Participants will meet in the Sierra on August 6. Fee includes food, wine, permits, and pack mules in and out. $390

September 4–11
Women's Challenge: A Dance of Adventure Through the Big Sur Wilderness

Annie Callaway & Elisa Lodge Schiffman

We will come together in the Big Sur Wilderness to explore our inner world: our feminine roles and archetypes; dominant and shadow parts of ourselves; our vulnerability and strength; our heroism and sense of adventure. Carrying everything we need in our packs, we will hike through the Ventana wilderness, pausing to swim in a rock pool with a waterfall. Woven into our week will be group process work, traditional wilderness skills, and Rolfing® movement integration, all designed to open ourselves to balance, grace, and fluidity. Crackling fires, and excellent food—much of it fresh—will enhance our journey. Near the week's end, each of us will spend 24 hours alone in reflection and contemplation.

We will camp out at Esalen our first night, drive to the trailhead the next morning, and return to Esalen the following Sunday morning to enjoy the hot springs and lunch, our final meal together. No previous wilderness experience is necessary. Complete equipment lists will be sent on registration. $420

September 25–October 1
Cataract Canyon: An Outward Bound White Water Expedition

Coordinated by Nelson Chase of Colorado Outward Bound School & Steven Harper of Esalen

Travel with us on a journey down two of the great wilderness rivers in the western United States. Our white water adventure will begin in Canyonlands National Park, Utah, on the Green River, which will carry us to its confluence with the mighty Colorado. There, compressed by precipitous gorges, these two major tributaries join to form one of the swiftest rivers on the continent. At the entrance to Cataract Canyon, its walls soar above in giant 1400 ft. steps to the rim. From here each one of us, in turn, will captain the rafts as we run the Cataract's famous white water.

At night we will camp on the riverbank, and by day we will take time to seek new adventures on land: exploring tranquil side canyons, visiting Native American ruins and petroglyphs, and rock climbing and rappelling. In addition to group process there will be time for reflection, for laughing and singing, and for creating rituals. Half-way through the week we will solo overnight in the wilderness, encountering ourselves and seeking a vision.

Acquiring skills to care for ourselves and each other in the wilderness can promote increased self-efficacy and awareness. The well-being that comes from attempting and succeeding at new endeavors can transfer to other areas of our lives, becoming a catalyst to growth and change.

This wilderness program is offered in collaboration with the Colorado Outward Bound School, and will be staffed by both Esalen and Outward Bound. *Please Note*: Registration for this program is being handled by the Colorado Outward Bound School. To register, please send your name, address, phone number, name of course (i.e., Cataract Canyon: an Outward Bound White Water Expedition), and a $25 application fee to: River Program, Colorado Outward Bound School, 945 Pennsylvania, Denver, Colorado, 80203. Complete information will be sent upon registration. $600

• MEDICAL PROGRAMS •

Esalen Institute is a California state approved provider for continuing education for health professionals. The California Medical Association has granted Esalen Category 1 approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Esalen Institute — Approved Provider for Physicians

May 6-8
A Practical Approach to Sexual Counseling
Jack Rosenberg, D.D.S., Ph.D. — 10 hours

May 15-20
Symptom as Metaphor
Jeff Kane, M.D. & Ronnie Paul — 30 hours

May 22-27
Massage for Health Professionals
Lila Daniels Klapman & Gary Klapman, M.D. — 30 hours

June 10-12
Adjunct Approaches in Traditional Health Care Systems
Phillip Mac, M.D. & Susan Baldi, R.N. — 10 hours

July 24-29
Massage for Health Professionals
Deane Juhan & Vicki Topp — 30 hours

September 9-11
The Placebo Response
Andrew Weil, M.D. — 10 hours

September 30-October 2
Burnout: Causes and Cures
Elliot Aronson, Ph.D. & Ayala Pines, Ph.D. — 10 hours

October 7-9
Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care
Tom Ferguson, M.D. & Joe Graedon, M.S. in Pharmacology — 10 hours

Esalen Institute — Approved Provider for Registered Nurses

May 6-8
A Practical Approach to Sexual Counseling
Jack Rosenberg, D.D.S., Ph.D. — 10 hours

May 8-13
The Uses of Empathy and Intuition in Healing for the Health Professional
Jack Downing, M.D. & Murray Korngold, Ph.D., A.B.P.P. — 30 hours

May 15-20
Symptom as Metaphor
Jeff Kane, M.D. & Ronnie Paul — 30 hours

May 22-27
Massage for Health Professionals
Lila Daniels Klapman & Gary Klapman, M.D. — 30 hours

June 10-12
Adjunct Approaches in Traditional Health Care Systems
Phillip Mac, M.D. & Susan Baldi, R.N. — 10 hours

July 10-15
Zero Balancing: Beginning/Intermediate Workshop
Fritz Smith, M.D. — 30 hours

July 15-17
Holistic Prenatal Care
Gayle Peterson, M.S.S.W. & Lewis Mehl, M.D., Ph.D. — 10 hours

July 24-29
Massage for Health Professionals
Deane Juhan & Vicki Topp — 30 hours

August 19-21
A Healthier Way to Goal Achievement
Neil Fiore, Ph.D. — 10 hours

Kathy J. Thormod

September 9-11
The Placebo Response
Andrew Weil, M.D. — 10 hours

September 30-October 2
Burnout: Causes and Cures
Elliot Aronson, Ph.D. & Ayala Pines, Ph.D. — 10 hours

October 7-9
Medical Self-Care: The Role of Health Professionals in Supporting Self-Provided Health Care
Tom Ferguson, M.D. & Joe Graedon, M.S. in Pharmacology — 10 hours

October 9-16
Trager Psychophysical Integration and Mentastics©
Beginning Training
Betty Fuller — 30 hours

· BIOGRAPHICAL INFORMATION ·

A

Diana Alstad . . . . . taught the first women's studies courses at Yale and Duke. She has led male/female groups with Joel Kramer in North America, Europe, and Asia.
p. 22

Maurica Anderson . . . . . regularly conducts psychodrama and support groups at various alcoholism treatment centers. She has led Esalen High Sierra wilderness trips for many years.
p. 22, 27, 37

Walt Anderson . . . . . is a writer, political scientist, environmentalist, and longtime Esalen group leader. His most recent book is a history of Esalen, entitled *The Upstart Spring*.
p. 22

Anne Armstrong . . . . . has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.
p. 28, 32, 35

Jim Armstrong, ... a former engineer, is a life-long student and teacher of esoteric studies.
p. 28, 32, 35

Elliot Aronson . . . . . is a professor of psychology at the University of California, Santa Cruz. He has published over 60 articles on interpersonal relations and authored ten books, including *The Social Animal*.
p. 30, 32

Vera Aronson . . . . . is a lay counselor specializing in family dynamics as well as issues of old age.
p. 30

B

Susan Baldi, ... R.N., is director of student health at Santa Rosa Community College.
p. 20

Jamie Baraz . . . . . has studied meditation with Joseph Goldstein, Ram Dass, Jack Kornfield, and others in the United States and Asia. He has led classes and retreats in the Bay Area for several years.
p. 17

Judi Bell . . . . . is chair of the creative arts therapy department at Antioch University, San Francisco. She has done pioneering work in integrating movement into family therapy.
p. 25

Lauren Berry . . . . . has over fifty years of experience with an empirical approach to working with the body.
p. 29

Keith Berwick . . . . . is an historian, author, TV host, and producer of award-winning programs on personal transformation, including *The Energy Workshop*, *Parenting*, and *Faces: The Urban Mosaic*.
p. 17

Daniel Bianchetta . . . . . shares intuitive readings, shiatsu, deep tissue work, and meditation at Esalen. He has been regularly swimming with dolphins for a number of years.
p. 24

Bob Blood . . . . . is a marriage counselor, working with individuals and groups in Ann Arbor, Michigan, and author of four books on marriage and the family.
p. 29

Jessica Moore Britt . . . . . is a registered nurse who is presently a member of the Esalen community and a practitioner of gestalt, Reichian, and wilderness approaches to well-being.
p. 18, 25, 28, 37

James Bupp . . . . . combines gestalt practice with group process and emotional release work.
p. 30

Leon Burry-Trice . . . . . is an architect and builder living with his family in Big Sur.
p. 22

C

Annie Callaway, ... professional wilderness guide, group leader, hatha yoga teacher, and writer, has been leading Esalen wilderness trips for many years.
p. 16, 21, 30, 36, 37

Ned Callihan . . . . . is a Big Sur resident, architect/planner, and an Esalen deep tissue practitioner.
p. 22

Joseph Campbell . . . . . is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero With a Thousand Faces*, *The Masks of God*, and *Myths to Live By*.
p. 35

Anne Caple . . . . . is a technical writer and editor with earlier careers as homemaker and fiber artist. She is a student of the intuitive process.
p. 19

John Caple . . . . . is a college professor and career counselor with an earlier career in business management. He is the author of *Careercycles* (1983).
p. 19

Seymour Carter . . . . . has taught gestalt at Esalen and other growth centers in the United States and Europe for over 12 years, and is currently a teacher in residence at Esalen.
p. 21, 30

Michell Cassou . . . . . is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.
p. 22

Gordon Clanton . . . . . teaches sociology at San Diego State University and is the author of *Jealousy* and *Face to Face to Face: An Experiment in Intimacy*.
p. 28

Stewart Cubley, ... artist and scientist, is a co-founder of the Expressive Painting Studio in San Francisco.
p. 22

Dale Cummings, ... MFCC and certified Radix® teacher, is in private practice at the Radix® Center in Santa Monica, and is also a trainer for the Radix® Institute in Ojai.
p. 33

D

Terry Dobson . . . . . apprenticed to the founder of aikido for eight years. He is the author of *Giving In To Get Your Way* and *Safe and Alive*.
p. 16

Steven Donovan . . . . . is director of the Transformation Project and is an Esalen trustee.
p. 15

Bob Doppelt . . . . . has been a river guide since 1967, and is a licensed guide in Idaho, Oregon, Utah, and Wyoming.
p. 26, 37

Patrick Douce, ... a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais awareness through movement and is available for individual sessions in functional integration.
p. 31, 33

Jack Downing, ... M.D., is a psychiatrist with a comprehensive background in gestalt, Rolfing®, Arica, applied kinesiology, and neurolinguistic programming.

François Duquesne ..... is the executive director of the Findhorn Community in northern Scotland, and an educator and writer on the themes of personal and planetary transformation.
p. 20

Joel Dweck, ... formerly a physicist and freelance builder, is a certified Radix® teacher in private practice in Santa Monica, California.
p. 24

Ken Dychtwald, ... psychologist and international consultant, is the author of *Bodymind, Millenium: Glimpses into the 21st Century*, and *The Aging of America* (forthcoming).
p. 22

E

Victoria Elliot, ... an Esalen trustee, is president of Norman H. Gershman Consultants, executive recruiters and management consultants to the securities business.
p. 34

Werner Erhard ..... is founder of the *est* training and a number of other transformation programs and projects offered by a world-wide network of centers, associated entities, and individuals.
p. 15

Esalen Lands Crew ..... includes Steve Beck, April Bekaert, Sydney Ocean, and Bruce Neeb.
p. 18

F

Tom Ferguson, ... M.D., is editor of the quarterly journal *Medical Self-Care*, medical editor of *The Whole Earth Catalog/Co-Evolution Quarterly*, and author of the book *Medical Self-Care: Access to Health Tools*.
p. 33

Neil Fiore ..... is a licensed psychologist practicing hypnosis, and is currently writing *The Road Back to Health: Coping With the Emotional Side of Cancer*.
p. 29

Tom Fitz ..... has been working with interspecies communication with the Human-Dolphin Foundation for the last three years.
p. 24

Jerry Fletcher ..... is president of Manifest International, a training and management consulting firm which specializes in assisting individuals and organizations to reach and sustain high performance levels.
p. 26

Susan Franklin-Tanner .... is an actress, director, and teacher of improvisational theater. She is based in Los Angeles and affiliated with the Living Stage Company in Washington, D.C.
p. 27

Betty Fuller, ... a humanist counselor, A.H.A., is director of the Trager Institute, and instructor of Trager psychophysical integration and mentastics©, and Feldenkrais awareness through movement.
p. 26, 34

G

Dick Galland ..... was the founding director of the Southwest Outward Bound School. He designs and guides wilderness programs for individuals, schools, and corporations.
p. 16, 21, 36

David Gastor, ... a teacher and developer of neurolinguistic programming, is a business consultant involved in producing computer software for education. He is fluent in several languages.
p. 29

Leora Gastor ..... is a group leader, Feldenkrais teacher, and master practitioner of neurolinguistic programming. She is also an expert horsewoman and holds a black belt in judo.
p. 29

Merri Goldenson (Devarani) ..... is a chiropracter, certified Radix® teacher, Bates vision instructor, and is in private practice in West Los Angeles and San Francisco.
p. 17, 32

Joe D. Goldstrich, ... past national director of education and community programs for the American Heart Association, is a physician and author specializing in nutrition and preventive medicine.
p. 18, 26

Joe Graedon ..... writes a syndicated column, *The People's Pharmacy*, which runs in more than 100 newspapers. He is the author of *The People's Pharmacy* and *People's Pharmacy-2*.
p. 33

John Michael Grey, ... co-founder of a research institute at Stanford, integrates neurolinguistics, cognitive psychology, and Ericksonian hypnotic practice with transpersonal psychosynthetic approaches.
p. 32

Christina Grof, ... hatha yoga teacher and student of Swami Muktananda, has special interest in the kundalini process and the problem of "spiritual emergency." She is co-author of *Beyond Death*.
p. 25, 30, 35

Stanislav Grof, ... psychiatrist with over twenty years' experience in consciousness research with and without psychedelics, is the author of *The Human Encounter with Death* and *LSD Psychotherapy*.
p. 25, 30, 35

H

Anna Halprin, ... founder of the San Francisco Dancers' Workshop and co-founder and teacher at the Tamalpa Training Institute in Marin County, is the author of *Movement Ritual I* and *Collected Writings*.
p. 22

Rana Halprin-Vassau ..... presents the "Halprin Method" in private practice in Santa Fe, New Mexico, teaching Movement Ritual I and Dance Explorations.
p. 22

Betsy Hand, ... former resident staff member of the Gestalt Institute of Canada, has 20 years experience with families, couples, and groups. She is in private practice in Kentfield, California.
p. 16, 24

Joyce Hanna ..... is a behavioral fitness consultant in Palo Alto, California. She is a marathon runner and has competed in the Boston marathon.
p. 34

Steven Harper ..... teaches for Colorado Outward Bound and the National Outdoor Leadership School, and is currently the coordinator of the Esalen Wilderness Programs.
p. 13, 37

Nick Herbert, ... an independent researcher in the foundations of physics, is completing a popular book on quantum foundations entitled *Quantum Reality: Beyond the New Physics* (Doubleday).
p. 29

Peggy Morrison Horan .... is an Esalen masseuse and teacher, and coordinator of the Esalen Childbirth Education Program.
p. 28, 32

Paul Horn ..... is a flutist, jazz musician, creator of the *Inside* albums, and teacher of meditation.
p. 31

Chungliang Al Huang ..... is the founder-president of The Living Tao Foundation, and director of its Lan Ting Institute, an international cultural-arts network for lifelong learning.
p. 27, 28

IJ

Ed Jackson, ... trained in family medicine, pediatrics, and epidemiology, teaches in Berkeley, California. He is in private practice and is interested in gestalt and Reichian body work.
p. 21

Galvin Jackson, ... an educator, musician, and counseling consultant, is founder and senior coordinator of the firm, Consultants for Creative Growth.
p. 23

Eli Jaxon-Bear, ... former director of a Buddhist meditation center, is a master practitioner of neurolinguistics who integrates this work with Ericksonian hypnotic practice and Eastern philosophies.
p. 32

Michael Joyce, ... a somatologist and Feldenkrais teacher in private practice in Nevada and California, is author of works on physiological learning and functional intelligence.
p. 30

Andrea Juhan ..... is an Esalen deep tissue and massage practioner, has trained with Anna Halprin, and currently conducts Esalen community classes in stretch/exercise, aerobics, and dance.
p. 13

Deane Juhan, ... a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.
p. 26

K

Jeff Kane, ... M.D., researches the body-mind relationship and teaches medical philosophy, stress management, and hatha yoga. His articles have appeared in *CoEvolution Quarterly*, *New Age*, and *Yoga Journal*.
p. 16

Kathleen Keating, ... a registered nurse and mental health consultant, is currently creating *The Downhill Runners and Fast Walkers*, a motivational workbook on health.
p. 27

Kenneth Kelzer ..... works as a transpersonal educator and counselor in California. Using dreamwork, he has been conducting classes and groups for over ten years.
p. 29

Donald Keys, ... author, human rights and peace movement leader, and consultant to United Nations delegations, is founder and president of Planetary Citizens.
p. 16

Joel Kirsch, ... a founding member of the Energy Training Institute, has developed and presented energy training programs in management, human resource development, sports, dance, and education.
p. 13, 18

Susan Kirsch, ... with a background in educational research and training, specializes in speech communications. Her doctoral project is entitled *Trust and Energy Training in Organizational Development*.
p. 13

Gary Klapman ..... has been practicing emergency medicine in Santa Cruz for five years and is a student of medical ecology.
p. 17

Lila Daniels Klapman, ... longtime member of the Esalen massage crew, integrates deep tissue, polarity, and Trager bodywork in her teaching and practice.
p. 17

George Kohlrieser ..... is director of Shiloah, Center for Human Growth in Dayton, Ohio, where he works with individuals, families, and groups.
p. 26

Murray Korngold ..... is a certified acupuncturist and a teacher and speaker on parapsychology and psychic healing.
p. 16

Robert Kourik, ... formerly director of the edible landscape program at Farallones Institute Rural Center, is a landscaper and designer of food-producing gardens and solar greenhouses.
p. 15

Joel Kramer, ... a western master of physical and mental yoga, has taught on the evolution of awareness and male/female relationships with Diana Alstad throughout the world.
p. 21, 22

John Krysko, ... a psychic business consultant in NYC, is pioneering new approaches to investment, finance, and business that illuminates spiritual, creative, and interpersonal factors.
p. 23

L

Stephen LaBerge ..... is a scientist dedicated to the transformation of human consciousness. He teaches and does research on conscious or "lucid" dreaming at Stanford University.
p. 19

Benj Langdon, ... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.
p. 19, 26, 33

Lenore Lefer, ... currently maintaining a private practice in San Francisco, is on the training staff of the Psychosynthesis Institutes of London and San Francisco.
p. 32, 33

Dub Leigh ..... has been trained by Ida Rolf and Moshe Feldenkrais and has studied with Lauren Berry and Milton Trager.
p. 18, 30, 35

Annie Styron Leonard ..... is an associate director of Wellness Associates of Mill Valley, California, where she teaches workshops and classes in energy awareness and its application to wellness.
p. 19

George Leonard, ... author of *Education and Ecstasy*, *The Transformation*, *The Ultimate Athlete*, and *The Silent Pulse*, holds a black belt in aikido, from which he derives his present work.
p. 15, 16, 18, 19, 21

Peter Levine ..... has practiced and taught Reichian body work for many years. He holds doctorates in medical biophysics and psychology. His interests include the effects of stress on children and infants.
p. 21

Ruth Leveton, ... co-founder of Medicine Way, Inc., is a wilderness instructor for U.C. Santa Cruz Extension, leader for Rites of Passage, and student of biology and environmental studies.
p. 25, 33, 37

Bill Liles, ... a member of the Esalen massage crew for many years, integrates polarity with traditional Esalen massage.
p. 20, 28

Paul Lounsbury ..... has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.
p. 30

DeeDee Lozier ..... is a Feldenkrais practitioner who studied with Moshe Feldenkrais in the United States and Israel.
p. 18, 30

Nancy Kaye Lunney, ... a gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, does individual as well as group work, and is manager of programming at Esalen.
p. 25

M

Phillip Mac ..... is a board certified family physician who has trained family physicians and physicians' assistants. His special interest is the health and ill health of health care providers.
p. 20

Ma Prita, ... certified Radix® practitioner, combines Reichian body work, emotional release, gestalt practice, Bates vision improvement, and other approaches to well being in group and private instruction.
p. 18, 28, 29

John McKeithen, ... a practitioner and teacher of Esalen deep tissue work for several years, is presently in practice in Petaluma, California.
p. 22

Deborah Anne Medow, ... Esalen body work practitioner and group leader since 1969, teaches ashtanga yoga, massage, creative movement, and related healing disciplines, and studies Native American tradition.
p. 17, 32, 33

Lewis Mehl, ... lecturer and practitioner of birth psychology and psychophysiology, teaches how to maintain health. He is author of *Mind and Matter: Existential Foundations of Holistic Health*.
p. 25

Fred Moore ..... teaches in the graduate counseling program at Sonoma State University, is supervising psychologist for Azure Acres alcoholic treatment facility, and maintains a private practice in Rohnert Park, Ca.
p. 27, 37

Jaime Morton ..... is a teacher of massage, a counselor, and an earth artist.
p. 31

Laurie Muller (Lioness), ... a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches of healing the body, mind, and spirit.
p. 22, 29

N O P R S

Christian Murphy ..... was in co-practice as a counselor with John Zeigler in Manhattan. A gestaltist, she specializes in body work and role playing.
p. 22

Michael Murphy ..... is co-founder of Esalen Institute and founder of the Transformation Project. He is author of *Golf in the Kingdom*, *Jacob Atabet*, *The Psychic Side of Sports*, and *An End to Ordinary History*.
p. 15

Robert Nadeau, ... a spiritual researcher, has been leading workshops in centering and awareness for over 15 years. He holds a fifth degree black belt in aikido.
p. 30

The NINE ..... "We are pure thought human fantasy seeking a road to the birth canal of reality where we will be seen as 'The NINE.'"
p. 18, 27, 33

Jenny O'Connor ..... is a psychic from England, and is a channel for "The NINE."
p. 18, 27, 33

Brita Ostrom, ... a longtime Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.
p. 18, 29, 31

Heinz Pagels, ... president of the New York Academy of Sciences, author of *The Cosmic Code*, professes physics in New York City.
p. 29

Ronnie Paul, ... formerly a ranked Eastern Junior tennis player, now studies and teaches the Iyengar method of hatha yoga. She is a frequent author and former contributing editor for *Yoga Journal*.
p. 16

Kenneth Pelletier ..... is assistant clinical professor of psychiatry at U.C.S.F.; assistant professor, public health department, U.C. Berkeley; and director of the California Health and Medical Foundation.
p. 19

Gayle Peterson, ... active in research, publication, and clinical application on holistic health principles to prenatal care, also teaches the use of mental imagery to mental health professionals.
p. 25

Ayala Pines, ... research associate in the psychology department, U.C. Berkeley, is the author of *Experiencing Social Psychology* and *Burnout: From Tedium to Personal Growth*.
p. 28, 32

Prem Das ..... completed a six-year apprenticeship with don Jose Matsuwa and is the founder and director of Mishakai, Center for the Study of Shamanism, Covelo, California.
p. 28

Hector Prestera, ... a physician, acupuncturist, Rolfer®, certified neurolinguistic trainer, and practitioner of Ericksonian hypnotherapy, is in private practice in Monterey.
p. 32

Christine Price ..... combines gestalt practice with creative visualizations and body meditations.
p. 13, 15, 21, 23, 28, 31, 33

Paul Rebillot ..... was founding director of the Gestalt Fool Theatre Family in San Francisco and has been a resident group leader at Esalen.
p. 17

Don Ridge ..... has an MFCC license, is in private practice, and is director of human services at Rossier Educational and Assessment Center.
p. 23

Linda Rice-Mandigo ..... is a counselor in private practice in New York.
p. 24

Carl Rogers ..... is a counselor, educator, and author of *On Becoming a Person*, *A Way of Being*, (1980) and *Freedom to Learn for the 80's* (1982).
p. 21

Nancy Rosanoff ..... conducts workshops in energy strategy and creativity throughout the United States and has a private practice in New York City.
p. 24

Jack Rosenberg, ... author of *Total Orgasm*, has trained in gestalt and Reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.
p. 15, 20, 33

Ilana Rubenfeld ..... is the originator of her own integration called "gestalt synergy." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.
p. 30

Anne Ruderman, ... a certified Radix® teacher and clinical social worker, is in private practice in Santa Monica, California.
p. 24

Rutuima, ... Prem Das' wife and don Jose's brother's (don Carlos') granddaughter, is a mother and teacher of Huichol.
p. 28

Ruth Sanford, ... co-director, Center for Interpersonal Growth, Long Island, facilitator of learning in person-centered graduate programs, is experienced in public school education and group facilitation.
p. 21

David Schiffman ..... a longtime leader at Esalen, is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being.
p. 16, 19, 23, 25, 26, 29, 32, 35, 37

Elisa Lodge Schiffman ..... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf®-movement integration.
p. 17, 19, 23, 28, 30, 32, 35, 37

Will Schutz, ... founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity*.
p. 18, 25

Alan Schwartz ..... is a college professor and gestaltist in private practice in New York City. His latest article in print is "The Human Energy System and Spirituality."
p. 25, 27

Mia Segal ..... is Moshe Feldenkrais' first assistant. She taught the Feldenkrais Guild teachers in San Francisco, teaches the Alexander method, and has a black belt in judo.
p. 29

Julian Silverman, ... an Esalen trustee, is director of counseling and psychological services at U.C. Santa Cruz.
p. 34

Harry Sloan, ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Dr. Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 20, 27, 32

Fritz Smith ..... is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is in a private practice of holistic health in Watsonville, California.
p. 24

Gerald Smith ..... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*.
p. 16, 24, 34

Elizabeth Stratton, ... a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.
p. 25

T
V
W

Y
Z

Vicki Topp . . . . . joined the Esalen massage staff in 1968, and is currently interested in integrating emotional release work and the transpersonal aspects of body work.
p. 18, 20, 26, 33

Attila Vaas . . . . . has been an Esalen massage practitioner for the past six years. His approach combines polarity, acupressure, and the Esalen massage.
p. 22

Judyth Weaver, ... a Reichian counselor, certified teacher of t'ai chi ch'uan, and student of Buddhism and Taoism, holds a doctorate in psychology and teaches at the California Institute of Integral Studies.
p. 34

Andrew Weil, ... M.D., is an investigator of alternative medicine, mind-body interactions, and beneficial plants, and author of *The Natural Mind*, and *Health and Healing in the Year 2000*.
p. 19, 31

Nancy Winston . . . . . is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling throughout North America.
p. 30

Alan Young . . . . . is a spiritual healer in private practice in Carmel, California, and the author of a recently published book, *Spiritual Healing: Miracle or Mirage?*
p. 28

John Zeigler, ... a gestaltist, is a consultant to the National Institute of Mental Health on the newer counseling methods and has taught problem solving at several universities.
p. 22

Janet Zuckerman . . . . . has been on the teaching staff at Esalen for more than seven years. Her work includes gestalt practice, group process,and emotional release work.
p. 12, 30

The Esalen Catalog

THE ESALEN CATALOG is published tri-annually. Subscription cost for one year, including postage and handling, is $6 for the United States, $9 for Canada and Mexico, $12 for Europe and South America, and $14 for all other countries. **Please make all payments in U.S. currency.** A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, Ca. 93920.

☐ To obtain future issues of the Esalen Catalog and occasional mailings for one year, please send a check or money order in **U.S. currency only** to: Esalen Institute, Big Sur, Ca. 93920. A preaddressed envelope is included in this catalog for your convenience.
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

Name _____ Address _____

City _____ State _____ Zip _____

☐ Please send a complimentary copy of the Esalen Catalog to the person listed below:

Name _____ Address _____

City _____ State _____ Zip _____

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

Friends of Esalen

We invite you to join us in our organization—Friends of Esalen.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the Esalen Catalog for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student $15
One Year Individual $25
One Year Donor $50
One Year Sponsor $100
One Year Patron $500
(Contributions are tax-deductible)

Name _____ Student Affiliation _____

Street _____

City, State _____ Zip Code _____ Date _____

Please mail to: Friends of Esalen, Big Sur, California 93920

Food for the Senses

a book of recipes and artwork by people of the Esalen community is now available. To order by mail, use the following form.

Please send me _____ copies of **Food for the Senses** at $5.95 each, plus an additional $1.20 per book for postage and handling, or a total of $7.15 (California residents add $.35 tax.) I am enclosing a total of $_____.

Name _____ Address _____

City _____ State _____ Zip _____

Please mail to: Food for the Senses, Esalen Institute, Big Sur, Ca. 93920. Make checks payable to Esalen Institute. Allow 6 weeks for delivery.

Joyce Rogers

• AUDIO RECORDINGS •

Tape Recordings of Human Potential Programs

The human potential movement continues to have unusual events which in turn produce unusual recordings. Each issue of the Esalen Catalog lists a number of new titles and also includes some from the Big Sur Recordings archives. Nearly all tapes are stereo, from live events, and tape length is normally 1 to 1½ hours. These recordings are available on cassettes only. Single-tape titles are $9 with check or money order ($10 by purchase order):

Mother Theresa: *Bombay ITA Conference Address, 1982*
Father Bede Griffiths: *Christian Doctrine and Contemporary Science*
Rupert Sheldrake: *Morphic Resonance (Formative Causation)*
Claudio Naranjo: *Eastern Meditation and Western Psychotherapy*
Marilyn Ferguson: *The Leading Edge of Change*
Senator Matsunaga: *Academy of Peace and Conflict Resolution*
Donald Keys: *Choosing a New World*
Helen Caldicott: *Medical Effects of Nuclear War*
Daniel Ellsberg & Ram Dass: *Face to Face with Extinction*
Ram Dass: *Embracing Paradox (Dharma and the Bomb)*
Thomas Banyacya: *Hopi Prophecy and Survival*
Prem Das: *Healing Our Planet and Ourselves*
Jack Kornfield: *The Simplicity of Spiritual Practice*
Gregory Bateson: *Eternal Verities of Life*
Fritjof Capra: *The Turning Point: Shifting Paradigms*
David Zeller: *A Kabbalistic Perspective on Consciousness*
Ken Dychtwald: *Strategies for Stress Management*
Tom Ferguson: *What About Self-Care?*
Jim Clendenen: *Ericksonian Hypnotherapy*
Stanislav Grof: *Introduction to Spiritual Emergency Work*
Albert Hofmann: *LSD and the Nature of Reality*
Terence McKenna: *Old and New Maps of Hyperspace*
Terence McKenna: *Tryptamine Hallucinogens and Consciousness*
Timothy Leary & Panel: *Higher Intelligence and Creativity*
John Lilly: *Birth, Brains, and Beings*
Alan Watts: *Interviewed by Michael Murphy, 1964*
Abraham Maslow: *Self-Actualization, 1966*
Fritz Perls: *Gestalt Therapy and How It Works, 1966*
Alan Watts: *Divine Madness, 1968*

Two-tape titles are $16 with check or money order ($18 by purchase order):

Daniel Ellsberg: *(2) The Nuclear Policy Catastrophe*
Rupert Sheldrake: *(2) A New Science of Life*
Sheldrake, Capra, Targ & Grof: *(2) Considerations*
don Jose: *(2) 69 Years of Huichol Apprenticeship*
Sogyal Rinpoche: *(2) Training for the Moment of Death*
Timothy Leary: *(2) The Power of Imprinting*
Andrew Weil: *(2) Use and Abuse of Beneficial Plants*
Andrew Weil: *(2) Interplay of Mind and Body Realities*
Michael Harner: *(2) Shamanism, Songs, and Spirit Canoe*
Robert Bly: *(2) Thoughts on the Art of Poetry*
Bernard Aaronson: *(2) Tantric Chant, Poetry and Hypnosis*
Poetry of Robinson Jeffers: *(2) A Dramatic Presentation, 1972*
Ram Dass: *(2) Ten Years in Retrospect, 1982*
Stanislav & Christina Grof: *(2) Holonomic Consciousness Paradigm*
Angeles Arrien: *(2) The Story of Basque Mysticism*
Paul Rebillot: *(2) The Hero's Journey*
Jean Houston: *(2) The Possible Human*
Stanislav Grof: *(2) The Birth Trauma*

Please add $2 to your order for mailing. California residents include 6% tax. Please address your order with check payable to: WORKSHOP CASSETTES, Hot Springs Lodge, Big Sur, California 93920. Suggestions regarding recordings are appreciated.

The Dolphin Series: (complete sets in vinyl albums)

Donald Keys: *Inner Transformation and Outer Involvement* (4 tapes, 6 hours) $40 with check ($44 with purchase order)
Joseph Campbell: *Imagery in the Novels of James Joyce* (4 tapes, 6 hours) $40 ($44)
Charles Ponce: *The Epiphanies of the Soul* (4 tapes, 5 hours) $40 ($44)
Timothy Leary: *A Day With Timothy Leary, 1982* (4 tapes, 4½ hours) $40 ($44)
Jack Kornfield: *Buddhist Meditation and Practice* (4 tapes, 5 hours) $40 ($44)
Anne & Jim Armstrong: *A Psychic Training Program* (4 tapes, 6 hours) $40 ($44)
Rollo May: *A Weekend with Rollo May: The F. Scott Fitzgerald Myth and Your Own* (4 tapes, 6 hours) $40 ($44)
Theodore Roszak & Wm. Irwin Thompson: *Personal and Cultural Transformation* (4 tapes, 6 hours) $40 ($44)
R. D. Laing: *Dialogues with James Fadiman and Fritjof Capra* (4 tapes, 4 hours) $40 ($44)

Jack Rosenberg: *New Understanding of Sexual Relationship*
(4 tapes, 4 hours) $40 ($44)

Andrew Weil: *Integrated Consciousness and Health*
(6 tapes, 6 hours) $60 ($66)

Ken Dychtwald: *Bodymind Health, Longevity, and Optimal Performance*
(6 tapes, 7 hours) $60 ($66)

Heinz Von Foerster & John Lilly: *Meta-Language*
(6 tapes, 7 hours) $60 ($66)

Gregory Bateson: *Steps to an Ecology of Mind*
(6 tapes, 8 hours) $60 ($66)

Fritz Perls: *The Perls Encounter: A Complete Weekend*
(6 tapes, 8 hours) $60 ($66)

Emmett Miller: *Self-Hypnosis and Personal Development*
(7 tapes, 8 hours) $60 ($66)

Ruthy Alon: *Awareness Through Movement: The Feldenkrais Method*
(6 tapes, 12 lessons) $60 ($66)

Moshe Feldenkrais: *Awareness Through Movement: The Feldenkrais Method*
(6 tapes, 10 lessons) $72 ($80)

Jack Rosenberg: *Sustained Integration: Body, Self, and Soul*
(8 tapes, 10 hours) $72 ($80)

Julian Silverman: *Commentaries on* A Course In Miracles
(8 tapes, 10 hours) $72 ($80)

Buckminster Fuller: *The Pajaro Dunes Tapes: A Weekend Seminar*
(8 tapes, 12 hours) $80 ($88)

Esalen 1979–1980 *Stress and Caring Conferences*
(10 tapes, 14 hours) $80 ($88)

Joseph Campbell: *World Mythology and the Individual Adventure*
(10 tapes, 15 hours) $80 ($88)

Please add $2 to your order for mailing each vinyl album set ($4 if you wish priority mail). California residents include 6% tax. Please address order with check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Gregory Bateson Archive Tapes: "The Informal Esalen Lectures" (1975–1980)

This recorded series of informal talks on twelve tapes is now part of Gregory Bateson's estate. Radio broadcast, transcription, or publication of material from the tapes is expressly forbidden without prior permission from the estate. The complete set may now be purchased in two equal parts: Part I or Part II may be ordered separately (6 tapes each) for $60 ($66 by purchase order). Either set of six tapes will come in a vinyl album accompanied by a summary of contents of all twelve, for reference, plus additional pages. For Parts I & II combined in one order, send $98 ($108 by purchase order). Please add $2 for mailing ($4 if you wish priority mail). In California include 6% sales tax. Please write check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Recordings from the Early Years

A 32-page catalog of tape recordings from the human potential movement, including the early years of Esalen's history, is available for $2 from: BIG SUR RECORDINGS, P.O. Box 91, Big Sur, California 93920. Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Meditation Music, Space Age Music

This new music, called by many names (cosmic, celestial, transcendent, new age) covers a wide range and is becoming increasingly known and appreciated. Listed here are several mail order sources for catalogs or information: ABODE TAPES, P.O. Box 300, New Lebanon, NY 12125; HEARTS OF SPACE, P.O. Box 31321, San Francisco, CA 94131; NARADA, 1804 E. North Ave., Milwaukee, WI 53202; BACKROADS, Box 416, Evans, CO 80620; VITAL BODY MARKETING, Box 703, Fresh Meadows, NY 11365; YES! BOOKSTORE & TAPES, 1035 31st Street NW, Washington D.C. 20007.

• THE MEDIA CENTER •

The Esalen Media Center has produced two audio-visual programs which are now available for rental or purchase. They are two-projector slide dissolve shows which can be shown with a single projector. We have also transferred the programs onto video cassettes.

Esalen

This is an 18-minute slide presentation with a soundtrack of narration and music telling the story of Esalen—from its early history to the present. Included are scenes of the Big Sur coast, the Esalen grounds, and the various work departments, as well as aspects of our workshop seminars, long-term programs, and special projects. Musical soundtrack by Paul Horn, Joel Andrews, and Pinchey Pete.

Cost: For Sale

Slide Program—includes 130 color slides, cassette tape, and script (pulsed tape for Entré 7610 dissolve unit available on request)		$150.00
1/2" VHS color video cassette		$125.00
3/4" U-Matic color video cassette		$135.00
For Rent		
1/2" VHS color video cassette	per week	$30.00
3/4" U-Matic color video cassette	per week	$35.00

The Ritual Of Birth

This is a 10-minute slide presentation including scenes of a "blessing way" ceremony honoring the birthing family, and a home birth. Musical soundtrack by David Tate and Char Pias Brenner.

Cost: For Sale

Slide Program—includes 52 color slides, cassette tape and script (pulsed tape for Entré 7610 dissolve unit available on request)		$85.00
1/2" VHS color video cassette		$65.00
3/4" U-Matic color video cassette		$75.00
For Rent		
1/2" VHS color video cassette	per week	$20.00
3/4" U-Matic color video cassette	per week	$25.00

Color Slide Sets

Sets of five scenes of Esalen—the Big Sur coast, the Esalen grounds, garden, the outdoor hot baths, t'ai chi on the pool deck—are available for sale at $5.50 per set.

Please address your order with a check payable to the ESALEN MEDIA CENTER, Esalen Institute, Big Sur, Ca. 93920. California residents add 6% sales tax for sale purchases.

Overseas air mail orders please add additional postage: each slide program $10 ($15 for Australia and Asia), each video cassette $7, each slide set $1.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others, are available from PSYCHOLOGICAL FILMS, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write HARTLEY PRODUCTIONS, Cat Rock Road, Cos Cob, Connecticut 06807. A film or video cassette on Chungliang Al Huang's new work, entitled *Tai Chi: The Watercourse Way*, is available through KLB PRODUCTIONS, 490 Redwood Road, Corralitos, California 95076. Regarding the forthcoming documentary on Gregory Bateson, send inquiries also to KLB PRODUCTIONS at the above address. Recent color videotapes of Stephen Levine and Ram Dass on "Conscious Living/ Conscious Dying", and of Daniel Ellsberg, Helen Caldicott, and others on the nuclear issue are available from ORIGINAL FACE VIDEO, Box 447, Grass Valley, Ca. 95945.

• GENERAL INFORMATION •

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $200 for two-week groups, $300 for three- week groups, and $400 for month-long groups, **payable in U.S. currency only.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt.

Please mail all reservations to: Reservations, Esalen Institute, Big Sur, Ca. 93920

Reservations by Telephone: You may make reservations by phone if you use your Mastercard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335

Office Hours:
Monday, Tuesday, Thursday, and Saturday 9 to 3
Wednesday 9 to 12 Noon
Friday 9 to 8 PM
Sunday 12 Noon to 8

Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 5 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The price of a weekend workshop will be $165, and a five-day will be $340. Discounts are available only when you make your reservations, Please present proof of age when you register.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Many community programs are also open to residents. The cost is $1600 per 26-day period.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $60 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $100 per day, or $110 per day per couple. Family special rates are available. Please phone the office for additional information.

Bus Service: Bus service to Esalen and along Highway #1 is provided twice daily from Monterey and San Luis Obispo by Coastlines. Buses depart from the Monterey Airport at 9 am and 3 pm and from the Monterey Greyhound Terminal and Doubletree Inn a few minutes later. The fare is $5 one way. From San Luis Obispo the fare is $10 one way, with departures beginning at the airport at 8:30 am and 3 pm with stops at Greyhound and Amtrac a few minutes later. Additional information can be obtained by consulting timetable No. 6288 at your local bus terminal or by calling Coastlines directly at (408) 649-4700 or (805) 541-3407.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $18 per person one way, payable on arrival at Esalen. Esalen limousine service is not available at any other time.

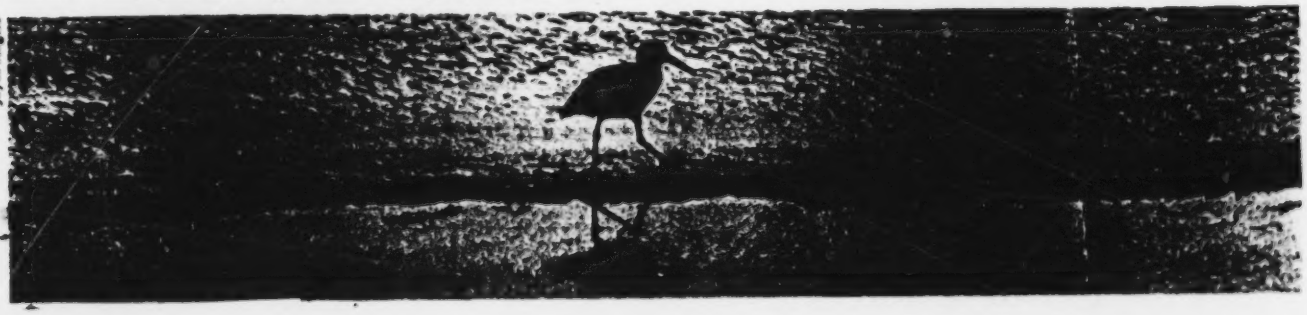
Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.



Joyce Rogers

• Esalen Institute Reservations •

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See General Information, page 46.)

(Please Print)

Name _____ Sex M ☐ F ☐ Age _____

Address _____

City, State _____ Zip _____ Occupation _____

Telephone Number: Day: Area Code ( ) _____ Evening: Area Code ( ) _____

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend: _____ ☐ housing as a couple

Check whether this workshop will be held in Big Sur ☐ or as a Wilderness Program ☐

Do you smoke? _____

Limousine Service:
I want limousine service from (check one):
_____ Monterey Airport
_____ Monterey Greyhound Bus Station
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We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

THE ESALEN CATALOG

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Esalen Institute
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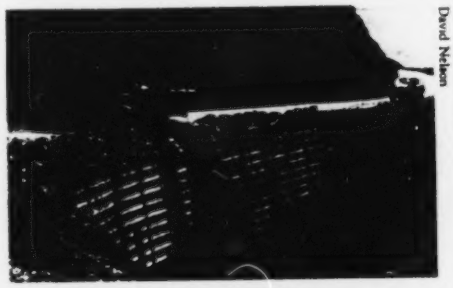


David Nelson

Esalen would like to thank the employees and associates of California Department of Transportation for their strenuous and often heroic efforts to keep Highway 1 open during this past winter.

This winter's storms, so devastating to the California Coast and other parts of America, caused enormous damage in Big Sur. Highway One, both north and south of Esalen, was impassable for various lengths of time, causing us to be closed for nine weeks this spring. Loss of program revenue and expenses for storm repair will cost us more than half a million dollars.

These difficulties, though, have presented us with a new opportunity. By forcing us to look at our building plans more carefully than before, they have made us think about the long range consequences of all our program and development ideas. They have helped us imagine what we want to be in the future, which elements in our program and what parts of our facilities we want to preserve, which we want to discard, and which we want to improve.

We believe that imaginative development plans — for program, land, and buildings — will reinforce each other. We have been stimulated in this thinking by Nathaniel Owings and Howard McKee of the architectural firm Skidmore, Owings, and Merrill, who will help us rethink the future of our Big Sur properties. The co-ordination of long-range program and facility planning, we believe, will help us develop Esalen into the kind of educational and research center all of us want it to be, a center featuring more training programs, more selective public seminars, more scholars-in-residence, more work with an international focus like our Soviet-American exchange, more research in human development, and more invitational conferences. (We are already sponsoring annual conferences on physics, problems of governance, the psychological structure of international relations, new models in parapsychology, evolutionary theory, the nature of human identity, and other subjects.) With this brochure we are already substituting more three and four week workshops for weekend and five-day seminars, and we have started to organize a permanent Soviet Studies Center.

Nathaniel Owings will supervise the formation of our masterplan. No one has done more than he to preserve the Big Sur coast (and many other parts of America) from bad planning and commercial exploitation. Few have done so much to foster ecological sensitivity and environmental design. He will donate his services to us free of charge, but the technical work for our masterplan will cost at least $100,000. To pay for it, we need your help. Whatever you can send us will help us turn our difficulties into something positive.

With a masterplan we will put our development on a sounder, more imaginative basis; we will plan our future costs more effectively; we will have a more beautiful facility in which to house our future programs. And while these physical changes are underway, we will work to improve the quality of all our programs. We hope you will support us.

Michael Murphy
Richard Price

ON APPLIED VULNERABILITY

Keith Thompson Talks with Donald Michael

Donald Michael is professor emeritus of Planning and Public Policy and professor of psychology at the University of Michigan and the author of four books, including On Learning to Plan and Planning to Learn. *He is internationally recognized for his work in long-range planning and coping with future-oriented national and international policy problems.*

Prior to his November 27–December 2, 1983 workshop at Esalen, Donald Michael sat down with contributing editor, Keith Thompson, for a wide-ranging talk about the learning value of acknowledging uncertainty, the networking movement, the meaning of living ecologically, and some of the skills which stem from what Michael calls "applied vulnerability."

THOMPSON: One thing seems true for individuals and organizations, even for nations: what we assume we know with great certainty, when examined more closely, leads to larger unknowns. Individuals realize how little they know about the complex processes of their own minds, and social and political organizations discover they don't know much about what's really happening in the interdependent world around them. The response, often, is that we gather a lot of facts to try to cover the gap. We consolidate against our ignorance.

Your work, Don, points in a different direction — toward embracing our ignorance, working with it, moving into a "learning mode" in the face of great uncertainty. How did you come to this view?

MICHAEL: Well, in appreciating that we face enormous problems and opportunities in the future, I was also aware that we did a miserable job of longer range planning for those opportunities and difficulties. And I was curious as to why we were so irresponsible about planning our future, particularly from the standpoint of organizations — governmental, corporate, educational, and the like. What I discovered was essentially what you just said: that as a society we hadn't thought much about possibilities and problems for the future, nor, especially, much about how we were to get from where we were to where we wanted to be. If you think about the usual kind of learning our society rewards — what our schooling rewards — it is not learning to ask questions. It's learning to know the answers. The learning models for our society are the engineers who know the answers based on their knowledge of cause-and-effect. But since cause-and-effect knowledge couldn't be the standard used for talking about what would happen to society, planners — both public and private — feared looking incompetent. So, rather than seeking to do long range planning, which would have required acknowledging their uncertainties — which in turn would have been completely unacceptable — all they did was short range planning by extrapolation from the present. The whole process went nowhere. The most blatant example of this was in the early days of futures studies. The presumption was that the studies would tell what would happen, so that planners could act according to the engineering mode. But what the studies did, if they were good ones, was indicate, "Well it could go this way, or could go that way, or could go still this way." So the futures studies went on the shelf.

THOMPSON: Along with the reports of various presidential commissions whose conclusions pointed in directions different from those conceived by successive occupants of the White House.

MICHAEL: Exactly. And it led me to see more clearly that the whole definition of competence for people in administrative and decision-making positions is *knowing the answer*, knowing the cause and its effect, and knowing what to do about it. And if you can't act as if you know what to do you'd either better pretend you can or avoid facing the situation that requires acknowledging that you don't know. This led me to appreciate the value of acknowledging uncertainty as a way to create new questions. It allows you to use your uncertainty as a guide to what options are available and what you want to pay attention to. You enter the experiential mode of both the true scientist and the artist, a mode of exploration and willingness to be informed by ignorance.

THOMPSON: In many schools of humanistic psychology and various meditative practices, there is built-in support for being a learner and for acknowledging ignorance, which are seen as essential to growth and development. And many so-called "primitive" cultures understand that there is energy and wisdom in darkness — that "the shadow knows." Our society, as a whole, especially on the macro-organizational and political levels, lacks a learning/exploring context for decision-making. Presidential candidates campaign on platforms which assert what they know and what they will do, and candidates (like Jerry Brown) who imply that not-doing-at-all is often the intelligent path, are mocked by the press and political experts. Have you given any thought to how we can begin to put incentives into the system to make *learning* as valuable as *knowing*?

MICHAEL: First, it's important to recognize that the burden on decision-makers to act as if they know, when they know that they don't know, is a heavy one. The world is continually demonstrating to people who have responsibility for decisions and programs that things don't go the way they expect them to. Things really *are* uncertain. So a big part of providing incentives is to give these people a sense of legitimacy, a story, a perspective, that says "It's reasonable, it's logical, it's sensible to acknowledge your ignorance. If you don't, you are going to get into trouble, because denying it leads to enormous personal anxiety and organizational unproductiveness. And furthermore there are other people like you who are in this same situation. What you need to do is build a support group wherein you can share this alternate way of engaging the world and learn from each other."

Just as in the self-exploration practices for which Esalen is known, planners are searching too. The most wonderful thing I experience whan I work with them is the enormous relief they feel when they find out they are not alone, that there are other people with whom to share their questioning.

So, if you can begin, as I try to do in my workshops, to put them in touch with one another, you can help them legitimize the logic of acknowledging uncertainty. They come to see that the conventional way of living in organizations insulates people from one another, separates them, in effect decentralizing them from one another, so that they are unable to see that there are others sharing their situation, and unable to learn to use their specific uncertainties.

THOMPSON: Recently, as it has become apparent that the old hierarchical organizational models don't account very well for the world as we know it, the notion of networking has become very appealing — decentralized, autonomous movements to bridge the gap between local governance processes and the old hierarchical ones. What do you see as the strengths and weaknesses of networks?

MICHAEL: I think the strengths of networking are two-fold. First,

it is a way to sharing large amounts of information, the amount depending on the technology to some extent — telephone, photocopies, meetings, computers, or what have you. The point is that once you have a group of people recruited for a particular preoccupation, the self-consciousness of the network — its own sense of what it is for — rewards sharing a lot of information. More importantly, it is the *expectations* that the networkers have about networking that encourages sharing information. It is part of their mythology.

Secondly, networking is a way of recruiting people who are interested in accomplishing something that depends on the sharing of information and a connectivity. It focuses and coalesces a set of people, a set of preoccupations, and a certain kind of information, in order to push on the rest of society in some way. Yet networks are also diffuse, in that people frequently are not face to face and the linkages are not necessarily tight, and people can flow in and out. The strength of networks is that they are both diffuse, or decentralized, and coherent, or centralized.

THOMPSON: And their weakness?

MICHAEL: Well, you could say that a strength and a weakness of the recruiting attractiveness of networks is its tendency to attract like-minded people and to wash out other views. And because networks are often low on the structure side, there is no way to ensure attention to ideas that are unattractive. You can throw them into the pot; maybe they will get attended to, and maybe they won't. This brings up the big question of the shadow, or the darker side of our motivations. One of the rewards of the network is that it seems as if we are all in it to serve a higher social purpose, yet each networker also has his or her own self-serving psychological needs and motivations. Insuring regulation of these contending purposes, insuring accountability, is one of the main reasons there are structures and hierarchies in organizations. I would say lack of accountability is one of the main limitations of networking.

THOMPSON: And as for your mention of sharing information, perhaps the greater availability of information is not an unquestionable good. How is one to evaluate it? How does one hold onto the stance of not knowing in the midst of so much seductive new information? It can give us a sense of confidence and justification for our actions which may not be merited by the situation as a whole.

MICHAEL: I agree with you on all these points. Having more information alone doesn't make the information correct, or even valuable. I would simply say that networking has not revealed itself to be a process that automatically guarantees a better society. It is itself another mode of contention and competition as much as it is a collaboration. Think of all the pro and anti networks, locally and nationally, about abortion, bussing, gun control, gay rights, the nuclear freeze, etc. A major weakness at present is that there has been very little theoretical and conceptual work on such questions as: Are networks based on anything more than a belief in the old "invisible hand" operating in a new mode, with a new attitude — a belief somehow that if we each and all go our networking ways, this will add up to the common good. There is nothing I know of that suggests on the face of it that it will add up any more so than competition and collaboration among nations or in the marketplace has done. It may be simply another market activity.

THOMPSON: And even when this "invisible hand" is spoken of in terms of ecological networks and whole-earth networks, it's difficult to avoid the impression that beneath the holistic metaphors often lurk the same old Newtonian mechanistic assumptions. When these kinds of networks claim for their actions and beliefs a vague ecological legitimacy in the hushed tones of near-theological sanction, we're exactly back where we started: to the fear of acknowledging our ignorance and uncertainty about our actions in a systemic world. The unfortunate result is that networking, as a mode and as a style, becomes more mystified, not less, and possibly even trivialized.

MICHAEL: That's well put. Moreover, there is often a misunderstanding of the meaning of "ecological." Take a tropical rain forest, for example. It looks like everything fits together nicely, that there is a mutuality, a convergence of all the parts, and they fit beautifully. But they fit, in part, by virtue of destroying each other. There is the interdependence of life and death, of adjustment and readjustment. If you go down into an ecology it is an ongoing transformation in which some win and some lose. Within an ecology it is not a win-win situation.

THOMPSON: The winners eat the losers.

MICHAEL: Yes. And if we say we are part of an ecology, or ecologies within ecologies, it means that somehow we must work out how we are going to deal with some being winners and some being losers. If we wish to speak of "fittingness" in an ecological sense, we must be willing to accept the deeply engrained sense of *true* mutuality, of vulnerability, of the coming and going, rising and falling, decaying and growing, that make up life on this planet. It is precisely this kind of world view that is yet to be worked out to deal with six billion people, limited resources, finite plans and contending value systems, endless groups here and abroad, each going their own way, "networking," claiming their rights and their vision of society. If there is one law at this level of human and material exchange, it is that there are, finally, no free lunches. We have hardly begun to work out the social and personal implications of this.

THOMPSON: In your seminar description, you speak of several "new competences" which are allied with taking the learner's stance, or as you put it, with developing "applied vulnerability." Can you say something about these skills?

MICHAEL: Well, first, as I have already mentioned, there is the need to *acknowledge to oneself and share with others extremely high levels of uncertainty*. By uncertainty I don't mean probability; I mean the uncertainty that accompanies knowing that you don't know. A second characteristic of the new competence is what I call *error embracing*. Neither persons nor organizations can learn if they aren't able to embrace the unavoidable errors that accompany planning. Error is not synonymous with failure, but it is closely allied with learning, and the only way to learn is to reach out to discover our errors and learn from them.

A third requirement is to be *future responsive*. Making the future always part of the present informs us about the ethical and operational validity of our present actions. The true value of futures studies is that they can teach us about our assumptions and our ways of acting in the present. And future responsiveness can provide us with visions strong enough to engage ourselves with commitment and passion toward what we might become — or seek to avoid becoming. Then there is what I simply call *interpersonal competence*. Overall, our incompetence at listening, supporting, coping with value conflicts, nurturing, role playing, and empowering contributes monumentally to the appallingly low efficiency and low effectiveness of task groups, staff meetings, committees, and our individual relationships with our fellows. Some of the better interpersonally focused group work at Esalen over the years points in the direction of this skill. The challenge is to continue to apply these insights to organizational and social contexts where large scale change is essential.

THOMPSON: I know this is a simplistic question, but given your work in futures planning, I can't resist: Are you optimistic about the future?

MICHAEL: I prefer to say I'm hopeful rather than optimistic. Optimistic means you believe the odds are on your side; hopeful means it's worth trying regardless of the odds. The next two decades promise to be a period of profound turbulence, a time of potential excitement and potential terror. One response to the challenge would be to withdraw from the costs of an open society, to retreat to the security that comes with law and order under authority and an identity based on separating "us" from "them."

But the potential is also there for learning to live more compassionately, to become better learners; indeed, to become a learning society. To do so we need all the clarity we can muster regarding our ignorance and finiteness, our vulnerability, and all the support we can obtain in order to face the often unsettling implications of what our clarity reveals to us.

It is, really, a matter of becoming more compassionate. For it is compassionate persons who, by virtue of accepting the implications of their own vulnerability, can provide others as well as themselves with support as we choose the path of learners.

The Synergy of the Body, Mind, and Emotions

Kathy J. Thormod

Until the last decade, counseling focused primarily on verbal behavior; body work was separate. Yet with the growing agreement that the integration of these is fundamental to our holistic nature, we now see therapeutic forms that treat the whole person.

Buckminster Fuller coined the word "synergy" to describe "the behavior of whole systems unpredicted by the behavior of the parts taken separately." As a musician turned counselor/teacher, Ilana Rubenfeld creates a synergy, which is a means of contacting, expressing, and working through body tensions and stored emotions by using touch, subtle movements, and the verbal integration of gestalt practice. This article follows her evolution from a conductor of music to her discovery of a unique, synergistic approach to working with the body, mind, and emotions.

Formally trained at the Juilliard School of Music, Ilana played viola, piano, oboe, and conducted orchestras for nearly two decades. The backaches and physical tension resulting from this strenuous work led her to take lessons in the Alexander Technique, a system designed in the early 1900's by F. M. Alexander to teach the proper use of the body. The process was done one-to-one or in a small group with the guidance of an experienced teacher who used words, images, and light touch so that the student learned to "do nothing" and thus made room to experience a new choice of movement and being. Ilana recalls: "As the lessons progressed, my try-harder goal-orientation was challenged. I once asked my teacher, 'How am I doing? Getting better?' to which she replied, 'You're doing! As soon as you accept where you are in the present, you'll change.' The experience was inscrutable to me intellectually, but I continued with the lessons because I simply felt better. Of profound significance was the bewildering fact that the lightness of her touch often brought about spontaneous emotional releases: I felt angry, sad, or happy, and had access to many early memories."

To capture the potential of those spontaneous moments and to process the intense feelings that came up in the body work, Ilana began training with Fritz and Laura Perls who encouraged her to integrate gestalt practice with her body work. "Thus I was availed of the skills necessary to process stored emotions released during Alexander lessons — and to do so in the spontaneous present moment."

This synthesis was further enriched when Ilana met Moshe Feldenkrais and studied his two-part method of Functional Integration (one-to-one guidance through touch) and Awareness-Through-Movement (over a thousand different movement sequences), both designed to re-educate the muscular, skeletal, and nervous systems. Over the years this work together with her training in the Alexander Technique and gestalt practice combined to form the basis of the Synergy® Method. Ilana reflected, "I didn't plan to be a counselor. Gradually my work shifted into that world and out of the world of music. But the knowledge that I had learned as a musician, the ability to synthesize various elements into a new 'sound' has stayed with me and influences all of my work."

Ilana's ideal is to form a subtle, non-intrusive and intuitive collaboration when she works with an individual. Every physical touch has the potential of evoking emotional content associated with a particular body part. The idea is not simply to allow expression of repressed feeling but to explore the emotional history which led to the tightness in the first place. The working-through process does not attempt to search out reasons but to enable the person to re-enter the original experience. She then assists the person to move to verbal expression and assessment, exploring how the habitual responses might be changed in similar future situations. Ilana's purpose is to help the person simplify complexities and to extract themes which may be central to the unfolding of a number of new life options and choices for change. Awareness is the key factor, and it is here that the synergist and the client meet. This is, in a sense, where the touch really happens. "I'm touching you here and I am also asking you to send consciousness to this place." It is a collaboration; the client participates by coming into awareness.

Ilana employs touch as a way of non-verbally "listening" to the body/mind organism. Using an open and listening hand she guides the person through physical and emotional resistances — facilitating release of energy in a locked joint, relaxing tense muscles, lengthening a compressed spine, etc. Such an approach is responsive and receptive and focuses a person's awareness so that he or she may explore a previously unconscious pattern. "In some forms of body work," Ilana says "the goal is to break down a person's 'armor.' In the kind of touch I use, which is a combination of what I learned from the Alexander and Feldenkrais work, I stayed centered and wait for the person to release. *I am not breaking down anything.* I guide, give them a sense of my hand, and wait. When they're ready to let go, they let go and the process becomes a melting. My hands both receive information about where the person is and communicate what is happening for me at that moment."

An Opportunity to Experiment

Ilana purposely uses the term "experiment" to distinguish the lessons in awareness from the thoughtless repetition of exercises. These innovative experiences facilitate the change from habitual movements

Kathy J. Thornod

and attitudes towards life to non-habitual ones, each a step towards greater consciousness. Each experiment can become a metaphor revealing deep inner patterns. Ilana explains, "In an exercise, typically, we are drilled to 'turn the head to the right 15 times'; the tendency is to respond by performing the movement automatically, emphasizing quantity rather than quality of movement. But an experiment is

primarily a lesson in awareness. Suggestions for movement are made and responsibility given to us to explore our own awareness which is our most valuable skill in improving functioning. Experiments are by nature innovative and can often result in surprising self-observations. They allow us to sense on a small scale the change from an habitual movement to a non-habitual one. Each time this happens, we are be-

Kathy J. Thomson

ing pioneers in the brain. Moshe Feldenkrais has been an inspiration in creating such experiments. Here is one example:

'Interlace your hands, and look down to see which thumb is on top, your right thumb or your left? . . . Now separate your hands some distance and bring them back together with the opposite thumb on top. Take some time to sense how this new arrangement feels . . . Some of you may feel a little nausea. Some may wonder who's hands there are . . . The first time you interlaced your hands, you didn't think about it, you simply did it the way you've always done it. The message from your brain to your hands was the same as usual, nothing new. But when you interlaced your hands in a new and non-habitual way, the new movement spoke to the brain as if to say, "What are you doing? This is different"—while a new path is created neurologically.'"

• • •

The synergist may begin an intensive workshop by warming up the group with a series of body/mind experiments. Following these, a Feldenkrais awareness sequence is appropriate because it usually leaves participants more alert, softer, breathing more deeply and fully, and more conscious of their bodies and their feelings in the here-and-now.

In such a sequence, participants are asked to lie on their backs, which allows the maximum degree of tension release in relation to gravity. They are asked to notice where and how various parts of the body touch the floor. After this initial inventory or "scanning," the synergist leads the participants through a series of movements. Throughout the sequence, the guide asks them to pay close attention to what they are experiencing in their body as they move, to observe what is happening in their spine, head, neck, muscles, ribs, pelvis, etc., and to observe how they are breathing. One feature of this process is the absence of drill. Participants are instructed to go only as far as is comfortable, not to make the extra try to reach a given position. Each movement sequence includes before-and-after observations of the differences in body position. By consciously making these contrasts, the brain registers the differences and lets participants know that change has indeed occurred. In the course of the sequence, they may discover they can now move with more fluidity than they formerly thought possible.

• • •

A one-to-one session may begin verbally and lead to body work, or begin with touch and lead to verbal expression. As each new gestalt emerges for completion, feelings are dealt with in a vivid and active way and are integrated with present experience.

The group is asked to participate by paying close attention, sometimes mirroring quietly to themselves. Not only does the presence of other participants facilitate the individual work, but the individual who is working may inspire self-reflection on the part of group members. Individual sessions often touch on such themes as death, grief, guilt, separation, self-denial, joy; these powerful experiences can awaken sympathetic and constructive responses in the group. The themes are universal but the variations for each person are unique.

To illustrate such a session Ilana recalls: "A young woman from Canada had a severe car accident which resulted in a whiplash injury to her neck. Before she came to my workshop, she had been through treatment with doctors for both the whiplash and considerable upper back pain. She complained this treatment had given her no relief. After preliminary touching, feeling a very tight spasm in her upper back and neck, I asked her to tell me about the accident. She said, 'I'm driving the car and another car comes toward me. There is a man in the other car. I can see by the way he is driving that he is going to hit me because he doesn't see me.' As she said 'he doesn't see me,' her back tightened more and tears came to her eyes. She began to shout, 'Look at me! Look at me! Pay attention to me!' He doesn't and crashes into her. As she repeated 'Look at me!' I asked her to tell me who else she wanted to say that to. She burst our crying and said, 'My father.' Following this ensued an entire piece of work centered around the theme of her father and his paying attention to her. When he didn't pay attention to her, she was hurt and became stiff-necked to keep the hurt inside. She reverses roles with her father, he talks to her, and finally he notices her.

"At that point I felt some release in her neck, but through my touch I could feel it was still not complete. Something was still missing. To complete the process, I asked her to go back to the accident again. Since it was her script and it was now like a daydream, I asked her to redo the script. She said, 'I'm driving the car and I see the other car coming towards me. There's a man in the car . . . ' As she said this, she began to smile broadly. 'He sees me! He notices me. He swerves and doesn't hit me.' Her neck and shoulders *then* released. A year later I got a letter from her saying the release was complete.

"This example is particularly clear in showing how the accident related to the issue with her father (and with men in general), how the script/image could be reconceived, and especially how the use of touch told me at a certain point that the work still wasn't finished. Touch was my guide to stay with her until there was true closure."

Excerpts for the above were taken from an article by Dawna Markova and from a chapter written by Ilana Rubenfeld for a book entitled Gestalt Theory/Gestalt Therapy, *Ed.N.Shub, (NY, 1983).*

Cycles and Seasons

David Nelson

Winter storms revamped the California coast and then moved eastward across the country. Many citizens of the nation experienced winter within a common context of minor and major devastations. Here on the Big Sur coast the cleaning up, repairing, and restructuring continues to unfold. At Esalen, trees damaged and felled by winter winds are now being harvested and prepared for this winter's fire wood. Open spaces appear, making room for new growth.

The children at Gazebo continued their process of schooling and participation within the community.

Shortly after the first major landslide at Hurricane Point, the Gazebo's Computer Space Bus went into action. A computer system was located at the home of volunteer fireman Frank Pinney. The Pinney's are also a Gazebo family. With the aid of Jim Doty who is in charge of the Space Bus, the Pinney family began the task of creating an emergency information center. Parents, staff, and children all worked together within a real life situation.

A second slide occurred and many of the Gazebo children were unable to attend Esalen's Gazebo. Penny Vieregge formalized an extended program already in process. The parents and children created an extension so that learning continued on the other side of the slide.

The Gazebo was in the middle of the state's licensing process when the storm hit. We proudly discovered that we were prepared and safe for emergency situations. Everyone learned and worked together. Sometimes the learning was indeed difficult, but rewarding. The KENNEL program was used when there was a need for children to stay overnight. With the farmhouse, comfortable and familiar, Gazebo remained open throughout and there were times that the staff worked twenty-four hours a day. Kathy Mausshardt and the small children learned letters in the boat and it leaked only a little. The green house provided a warm place to be amid plants and flowers and the yurt offered a warm and cozy place for the older children to continue their reading and writing with Emily Wender. Perry Holloman built model mountains with the children and they learned about erosion using local soils. The farmhouse was a little chaotic from time to time, but it provided a place to bake bread and make hot soup. Everyone learned how to spell the word MUDSLIDE.

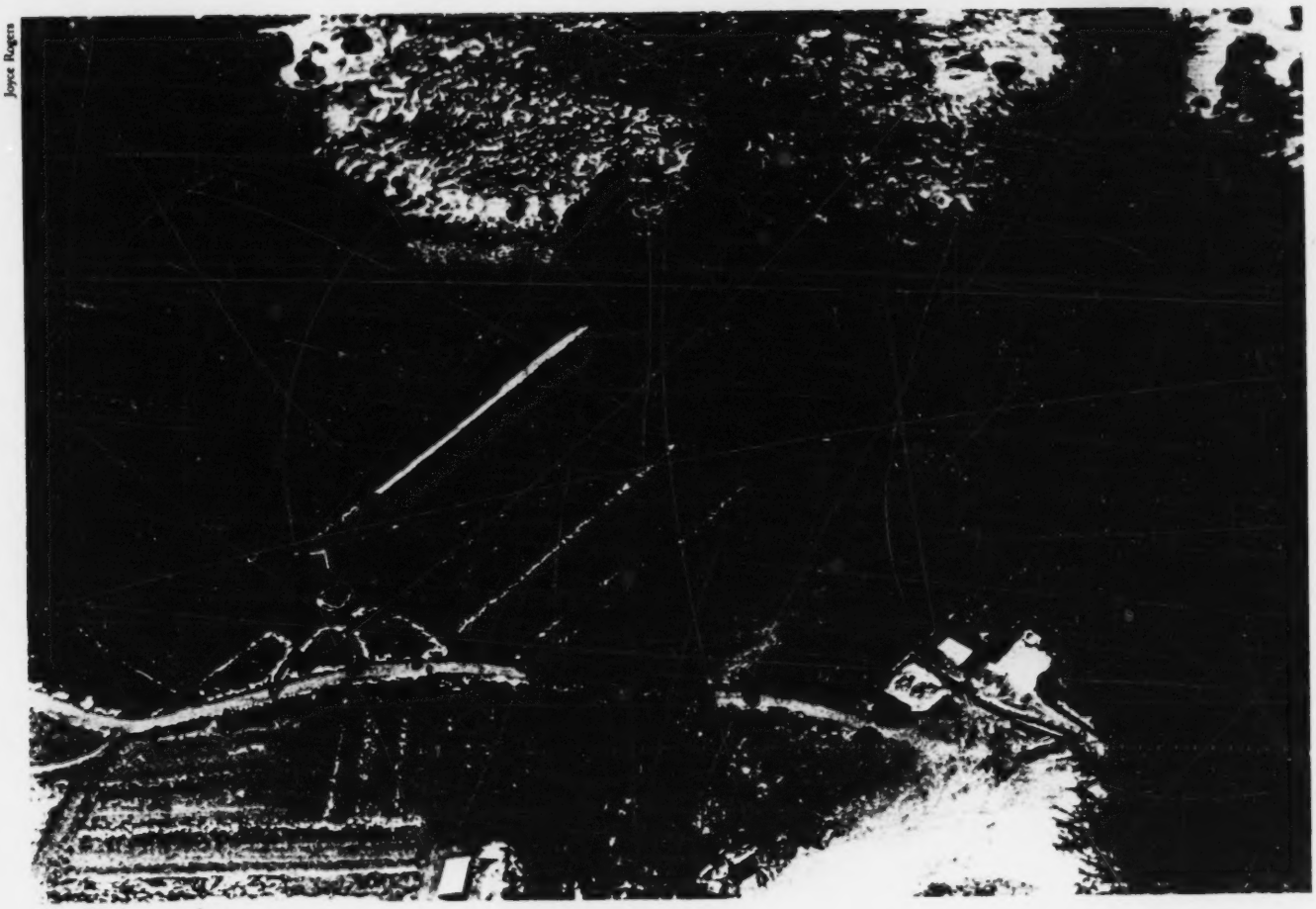
With the rain gone and the sun out the children and staff have returned to the outdoors, riding the ponies, walking the goats, and waiting for the new baby goat to be born, looking forward to making goat cheese with Markus from Switzerland, who worked on a goat farm in his home country. Marianne is also a student teacher from Switzerland and the children are learning about the Swiss language through song and conversation.

Lucia, Sunshine, and Jenny, our eight-year-olds, have joined Steve Beck and the farm crew. They are learning to prepare the soil to plant vegetables for summer use, and are riding with Steve on the farm tractor, learning what it does and how it feels. Each girl looks a little taller at the end of the day.

The babies of winter are now the toddlers of spring, taking their new steps on the new soft spring grass, watching the goats graze and taking their naps alongside Harvey the rabbit. The race track has been tilled and is ready for the newly charged spring energy bursting forth from the children riding their hot wheels. Flowers are popping up in every secret corner of Gazebo, in every imaginable color. The three and four-year-olds are planting carrots in their small round garden. There are already many green heads of lettuce waiting to be used for lunch. The strawberries barely have time to turn red before the two-year-olds taste the fruits of their pre-winter planting.

Spring has arrived and is providing new worlds for Gazebo to explore. The children learn of seasons and cycles and with each moment embrace the new.

Joyce Rogers



The Esalen garden

• WAYS OF BEING AT ESALEN •

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose those approaches which feel most appropriate and pursue them in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 12 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, puppet shows, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness, group process, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim* (Perls.)

Schedule:

September 9–11	$210
September 18–23	$420
September 23–25	$210

October 16–21	$420
October 28–30	$210
October 30–November 4	$420
December 2–4	$230
December 4–9	$450
December 16–18	$230
December 23–25	$230
January 15–20	$450
January 29–February 3	$450
February 10–12	$230
February 26–March 2	$450

Experiencing Esalen: The Body

Coordinated by Andrea Juhan

Similar in format to Experiencing Esalen, these workshops will emphasize learning different ways to keep your body healthy and vital. Participants will be introduced to various approaches Esalen offers for fitness, stress reduction, and body awareness. Some of the following practices will be included: dance, aerobic and stretching exercise, yoga, hiking, meditation, massage, and diet and nutritional information. The staff will provide guidance to help you find and select the practices most suitable to your individual needs.

Schedule:

September 4–9	$420
October 16–21	$420
October 21–23	$210
November 20–25	$450
December 16–18	$230
December 30–January 1	$230
Januray 1–6	$450
January 27–29	$230
February 24–26	$230

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, non-judgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is intrapersonal rather than interpersonal. Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. Other leaders may be involved in single sessions.

Suggested reading: *Gestalt Therapy Verbatim* (Perls); *Tao Te Ching* (Lao Tzu); *The Power of Mindfulness* (Nyanponika Thera); *Exploring the Crack in the Cosmic Egg* (J. C. Pearce); *Illusions* (Richard Bach).

Schedule:

September 11–16	$420
November 13–18	$450
December 4–9	$450
February 19–24	$450

Big Sur Wilderness Experience

Esalen Wilderness Staff
Coordinated by Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, we will walk into the Los Padres National Forest. Week-long workshops will venture out on five hikes (4-10 miles in length) and weekend workshops will take two hikes (3-6 miles in length). Using Esalen as our base camp we will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. We will practice basic outdoor skills such as map reading and minimum impact concepts. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration.

Schedule:

September 2–4	$210
September 11–16	$420
October 9–14	$420

Joyce Rogers

Intensive Organic Gardening

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available for June 15-September 15 programs or for weekend programs. There are no scholarships available for The Work Study Program.

• WORK-STUDY PROGRAM •

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments. Scheduling consideration is given to community labor needs and work assignments are made according to those requirements.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders, who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt and Reichian work, massage and body work, etc.

The schedule of specific interest programs planned thus far for 1983-1984 includes:

September 18–October 16: A one month program of **gestalt practice** and **Reichian breath work** coordinated by Jessica Moore Britt.

October 16–December 11: A two month program of **holistic studies** coordinated by Polly Kirby.

December 11–January 8: A one month program of **gestalt practice** and **Reichian breath work** coordinated by Jessica Moore Britt.

January 1–February 5: A five week combination workshop and work study program focusing on **gestalt practice** and related approaches, coordinated by Christine Price. The first week will be a seven day intensive workshop (see Gestalt Practice page 11, for workshop description). During the following four weeks participants will continue the program as work scholars. For more information see Special Programs, page 35.

February 5–April 29: A three month program combining **Esalen deep tissue work** and **gestalt practice**, coordinated by John McKeithen. To apply please write c/o John McKeithen, Esalen.

April 29–July 22: The Esalen massage practitioners will be offering a three month certification program in **body work**, with intensive instruction in **massage, movement,** and **self-care.** In March, 1983, the Esalen massage practitioners began the application process for California state approved certification for workshop participants. Please call for further information.

In as much as the Work Study Program is a complete program in itself, **please do not plan to take regularly scheduled catalog workshops** during your stay. Professional services, duch as massage and Rolfing®, are available at staff rates.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex located 1½ miles north of Esalen.

The 28 day Work Study Program costs $600 for the first month. A $300 deposit in U.S. currency is required with your application. Work scholars may be invited to remain for a second month, at a cost of $550, or a third month at a cost of $500 depending on space available and the needs of the Esalen community. There are no scholarships available for the Work Study Program.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with your deposit to:

Work Study Program,
Esalen Institute, Big Sur, California 93920.
Telephone: (408) 667-2335.

The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other Esalen programs within one year of receipt.

Available dates: September 18–October 16; October 16–November 13; November 13–December 11; December 11–January 8; January 8–February 5; February 5–March 4; March 4–April 1; April 1–April 29; April 29–May 27; May 27–June 24; June 24–July 22; etc.

• Application to the Work-Study Program •

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐

I prefer the specific interest program: yes ☐ no ☐ in _____ (subject)

The Work Study program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community.* If such an invitation is extended, please indicate your availability.

☐ no extension ☐ one month extension ☐ two month extension

To avoid disappointment, please do not come with the *expectation* of staying for longer than one month.

If you have emergency medical skills, (M.D., E.M.T. or R.N.) and are willing to make those skills available during your stay please check here. ☐

Have you been to Esalen workshops? Please list program titles, group leaders, and dates: _____

_____

Please attach a personal statement about your interest in the Work Study Program. Include any skills you may have available.

• ESALEN SEMINARS •

Weekend of September 2–4

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 11. $210

A Dualistic Universe

Robert Nadeau

In this workshop we will look at the dualistic nature of the universe and play with some of the dualities such as idea/energy and hereness/awareness. $210

Pattern and Paradox: An Orientation in Hypnosis, Communication, and Change

Paul Lounsbury & Nancy Winston

The intention of this workshop is to generate even greater access to the participants' utilization of their own natural intelligence. Paradoxically, as human creatures, we use our intelligence too often, to repetitively and habitually impose limitations onto an infinitely rich realm of possibility. This is done without knowing the processes involved in the interpretation of an experience into symbols, such as words, images, and/or feelings, and without knowing the difference between the incorrect use of these symbols and the realities that they represent. This unrealized confusion and the habitual patterns of perception affect two things: the limits for knowing what one can know and the thresholds for imagining what one can achieve.

The conscious and unconscious patterns of communication and the way in which an individual puts words together will be explored and utilized to expand individual frames of reference and to generate new and desired responses. Hypnotic phenomena will be induced and utilized throughout the workshop including: time distortion, age regression, positive and negative hallucination, catalepsy, analgesia, hyperesthesia, and amnesia. Emphasis on the nature and sensitivity of the "unconscious in communication" and the individuality of each personality will be punctuated as a theme.

This workshop is most suitable for those professionals interested in hypnosis and/or communications as well as for clinicians interested in using Ericksonian approaches to hypnosis and counseling. $210

Week of September 4–9

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $420

Pattern and Paradox: An Orientation in Hypnosis, Communication, and Change

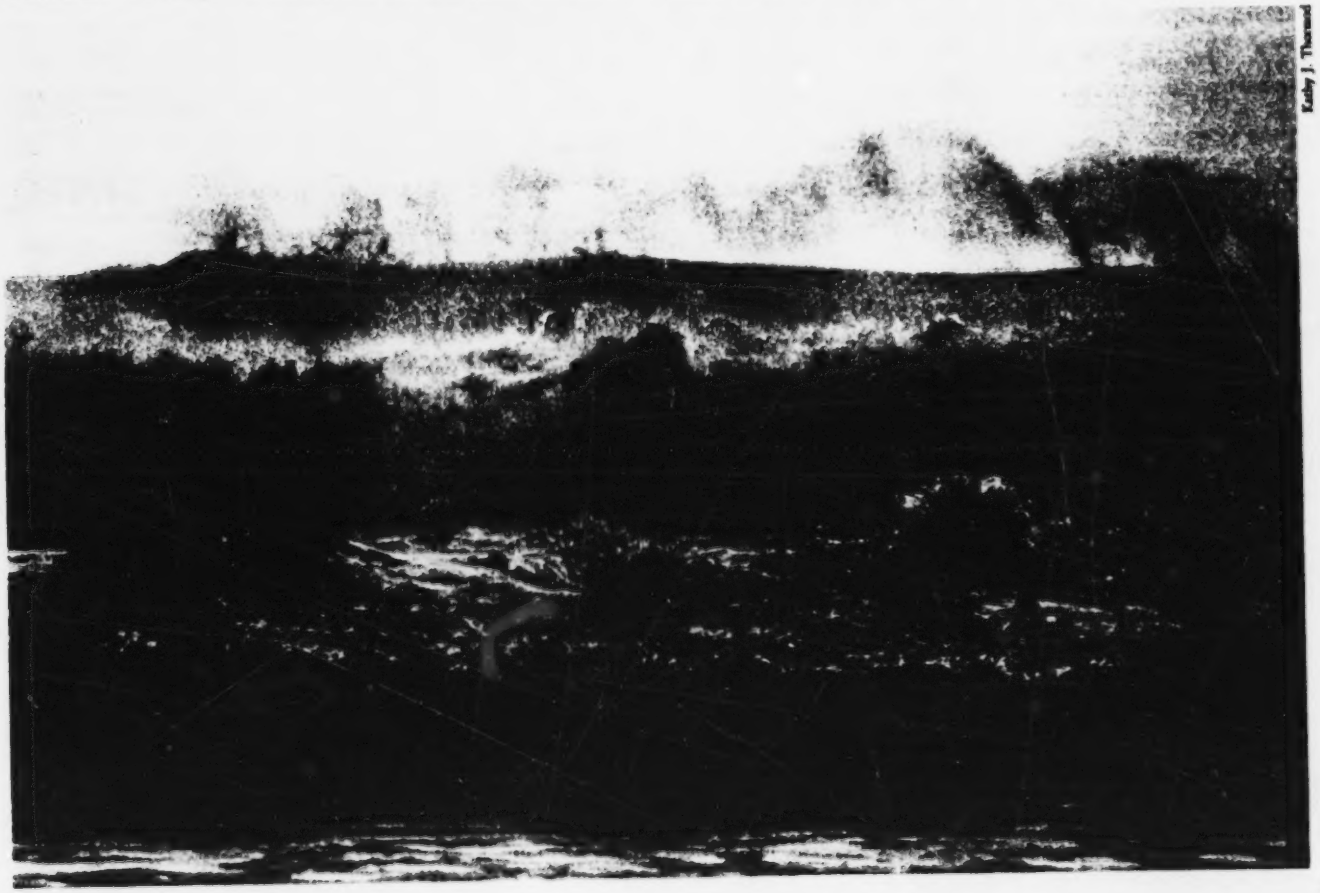
Paul Lounsbury & Nancy Winston

For workshop description see September 2-4. $420

The Feeling Process

Janet Zuckerman & James Bupp

For many people, feelings are something mysterious, something to keep to one's self, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that will increase vitality and personal effectiveness.



Kathy J. Thomas

Participants can learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate, in a safe environment, in the choice of expression or depression. $420

September 4–11

Women's Challenge: A Dance of Adventure Through the Big Sur Wilderness

Annie Callaway & Elisa Lodge Schiffman

For workshop description see Wilderness Programs, page 37. $400

September 4–30

Journey to the East

Christina & Stanislav Grof

For workshop description see Special Programs, page 34. $1800

Weekend of September 9–11

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $210

The Placebo Response

Andrew Weil

Many misconceptions exist about placebo responses. They are said to be less strong than "objective" effects of treatments and restricted to people of certain origins or educational backgrounds. In fact, placebo responses are universal and can be of any magnitude. There are placebo deaths and placebo remissions. Placebo effects are most striking in cancer and other advanced organic diseases.

In this workshop the concept of the "active placebo" will be developed as a basis for interpreting the clinical success of many conflicting therapeutic systems. We will talk about the kind of belief that makes placebos work, about mechanisms of the response, how that belief is transmuted into reality by the alchemy of nerves and hormones. Rather than trying to rule out placebo responses in evaluating the efficacy of treatments, doctors and nurses can learn to see them as an integral part of medicine—pure healing responses uncontaminated by toxic side effects. Practical advice will be given on the art of using placebo responses to enhance the therapeutic power of medical interventions of whatever school and belief.

For additional information on C.E. credit for physicians and nurses see page 38. $210

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries, all of which can improve by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable". Workshop participants will also be introduced to methods to improve their ability to sense each others bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about their bodies through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens who may find themselves discovering new ways of moving with ease and increased flexibility—painlessly and immediately. $210

Week of September 11–16

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 11. $420

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 11. $420

Five Days with Paul Horn

". . . blending music, meditation, philosophy, and experiences of far away places (India, Egypt, China) into a meaningful integration of life." $420

Weekend of September 16–18

Weekend Advanced Massage Intensive

Jaime Morton & Brita Ostrom

This seminar is designed for people who have some experience in giving massage. Through demonstrations and practice sessions, participants will learn how to increase the effectiveness and efficiency of their massage skills and have the opportunity to add fresh approaches to their work. The intent is to help participants make deeper and more sensitive contact, and to heighten their awareness of the responses they are creating. $210

Ashtanga Yoga Weekend

Deborah Anne Medow

"The body is a boat which carries the soul in the ocean of the world. If it is not strong or it has a hole, then it can't cross the ocean. So the first duty is to fix the boat." —Baba Hari Dass

The primary focus of this workshop is to utilize the methods of the ancient system of ashtanga yoga in "fixing the leaky boat." Throughout this weekend a cleansing diet and various integrated sessions will be combined to encourage workshop participants to develop a solid basis for further development of the physical, mental, and spiritual aspects of yoga practice. Topics covered will include yoga theory, yoga purification and breathing exercises, and meditation, with particular emphasis on asanas (postures). $210

The Art of Self-Direction

Lenore Lefer

This workshop is about personal, social, and cultural change. It is about creating, initiating, and directing change as well as responding to those alterations that we seem not to choose. We will explore how to be casual around change and how to include our deepest values. Do we know what is meaningful, and how do we integrate that into our life? It is an art to lead a self-directed life that includes both personal and social responsibility.

Founded conceptually in psychosynthesis, the focus of this self-exploration will be experiential, using imagery, inner dialogue, meditation, and individual and group process. The environment will be supportive and evocative. This workshop is appropriate for professionals who deal with transitional crises in their own work. $210

Week of September 18–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $420

Choosing to Change

Harry Sloan

This personal workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Individual work will stress deepening awareness of one's sense of direction and personal obstacles. Participants will focus on change through exploring the implications of their choices and the ways they retard or encourage the expression of self.

The workshop will include psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Participants will focus on aligning their motivation and will with the natural process of change and integration. $420

Surrender to Self

Merri Goldenson (Devarani)

In a supportive and safe environment participants will utilize individual Reichian intensives, group interaction, bioenergetics, imagery, hypnosis, dance, and massage to discover new ways to soften, let go, and surrender to themselves and others. $420

Weekend of September 23–25

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $210

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will look at their beliefs and habits through the use of intuitional sensing, risktaking structures, guided imagery, and gestalt awareness methods. $210 per participant

Frogs Into Princes: Practical Transformations

John Michael Grey & Eli Jaxon-Bear

If all of the world's a stage and we are the players, then who writes the script? Each day is an opportunity to participate in life and its evolution. This workshop focuses on developing the practical tools for self-transformation and an increased ability to communicate successfully with others. Problems are opportunities to grow in the areas of our lives that currently await transformation.

You may learn to expand your ability to gain perspective in any situation and develop the options for feelings and behaviors that better suit who you want to be. You may discover greater clarity in what it is you want and how to achieve it, professionally or personally. You may also find how the very limitations you encounter can be transformed into your allies for success.

Neurolinguistics presents an array of practical tools for people to assist themselves and others in achieving the changes they want in an unusually direct way. This experiential workshop will present the basic tools for helping people who are interested in transforming their own lives and for professionals who want to increase the range of their own current approaches. $210

Week of September 25–30

Frogs Into Princes: Practical Transformations

John Michael Grey & Eli Jaxon-Bear

For workshop description see September 23-25. $420

Self Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, bioenergetics, and journal work. $420

Five Day Massage Intensive

Deborah Anne Medow & Peggy Morrison Horan

In this beginning massage course, participants will learn the fundamentals of self-grounding, quality of touch, and sustained contact. Instruction will familiarize participants with general anatomy, a basic understanding of the relationship between stress and muscular tension, and specific methods for working with each part of the body. The seminar's goal is to provide participants with the fundamental elements necessary to give a pleasurable and beneficial full-body massage. $420

September 25–October 1

Cataract Canyon: An Outward Bound White Water Expedition

Coordinated by Nelson Chase of Colorado Outward Bound School & Steven Harper of Esalen

For workshop description see Wilderness Programs, page 38. $600

Weekend of September 30–October 2

Experiencing your Psychic/Intuitive Abilities

Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities, Anne and Jim will use special exercises to aid participants in exploring these abilities.

They have found through their professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the intuitive input they normally receive. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $210

Re-printing: A New Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize inner power? Through various approaches including body reading, light trance work, and anchoring (Ericksonian), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in, and consider opening up new doors toward growth and freedom. New models of behavior can become available.

The workshop will feature individual and group processes, including body release approaches. $210

Love, Power, and Relationship

Harry Sloan

Power without love and love without power create imbalance within the self and in relationships. The capacity to be both sensitive and strong, caring and independent, enhances the ability to relate in a balanced and meaningful way. The development of these basic qualities is unique for each of us, and often reflects our "growing edge" in relating. This weekend will be a time to explore the strengths and limitations within our relational patterns. Our purpose together will be to become aware of our next steps toward more fulfilling and joyful relationships. $210

Burnout: Causes and Cures

Elliot Aronson & Ayala Pines

This workshop is designed for people who give service to others and who are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and

life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues. C.E. credit is available for doctors and nurses; for additional information see page 38. $210

Week of October 2–7

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 11. $420

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

For workshop description see September 9-11. $420

Five Days with Jack Rosenberg

This workshop is aimed at awakening and sustaining awareness of body, self, and soul, as well as examining the anatomy and function of intimate relationsips. The method can be described as gestalt body work with a distinct leaning toward the transpersonal aspects of life. During the workshop participants will explore many aspects of Jack Rosenberg's energetic approach to sexuality, the energetic field of the body, and the belief systems which keep us locked in obsolete behavior patterns. $420

Weekend of October 7–9

Weekend Advanced Massage Intensive

Deborah Anne Medow & Vicki Topp

For workshop description see September 16-18. $210

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed." —M.C. Richards, *Centering.*

Stress related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness. Feldenkrais, gestalt, Rolf® movement, massage, Reichian breath work, and video feedback. $210

Reflectors

Jenny O'Connor & the NINE

"In this form we become bridge between whole and unwhole, happy and sad, good and bad. We are thought form, the first thought as you, as mankind, assumed shape and the last thought as you choose to leave. What remains is afterthought or vibration as we know it, and so the form begins again. The vibration came before the chicken." —The NINE

"This workshop is an invitation to spend time with The NINE in dialogue and self-discovery. As they move to answer questions, they create a kind of language that bypasses the mental structures of the brain and enters through the pores of the body. It can be beyond expectation because it enters the space between all expectations and, caught unawares, you may find yourself looking at a reflection of yourself that is shockingly familiar, for there may be more of you than you ever believed possible. You may well be compelled to reach across that space between the masks you carry and the self you don't quite yet believe possible and so put the strain of your theater to rest for a while. All this through a meeting, a few questions that seem simple enough in the asking but may rebound in a way that strikes far beyond what you thought you asked. It is a very fast way to know yourself better, in a form that teaches through compassion, humor, intelligence, and a vital concern for the future of us and our planet."—Jenny O'Connor $210

Week of October 9–14

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 11. $420

The Art of Self-Direction

Lenore Lefer

For workshop description see September 16-18. $420

Steve Beck

George Leonard with Werner Erhard

Opening the Feelings

Dale Cummings

Participants will employ Radix® neo-Reichian methods of emotional release, the most important of which is the Radix® intensive, a period of individual work within a small group setting, which can provide emotional support among participants. Grief or pain, fear and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time the sexual experience may change as feelings of tenderness and sexual feelings intensify and merge. $420

East Touching West

Deborah Anne Medow & Ruth Leveton

"To Touch and Feel is to Experience. Many people live out their entire lives without ever really Touching or being Touched by anything. . . . They do not live and become one with life."

—from *Seven Arrows* by Hyemeyohsts Storm.

Deborah writes, "For fifteen years I have been teaching and practicing yoga and various types of body work, developing my art of touching and moving, my inner and outer balance. Now, for the past three years, I have begun to work with the native American medicine ways. The blending of the Eastern Indian yogic tradition and the American Indian medicine ways has enabled me to touch more deeply inside myself, inside Mother Earth, and in my relations to all my fellow beings."

Ruth writes, "For the past four eyars, I have been leading wilderness and vision quest trips. My work integrates ancient native teachings and sacred movements with emerging ceremonial practices that apply to modern day-to-day life."

During these five days, classes in yogic cleansing methods, yoga theory, breath purifications, meditation, asanas, massage, and creative movement will be integrated with the teachings of the Western native people, drawing upon the ancient practices that specifically address our relationship to each other, ceremony, dreams, the medicine wheel, and the Earth. Weather permitting, at least one afternoon will be spent hiking in the Big Sur hills, consciously making a more meaningful contact with the land. Through the various practices taught, the workshop is designed to help participants move to a place of depth and more balance within themselves and in their relations with Mother Earth and all her inhabitants. $420

October 9–16

A Seven Day Workshop in Trager Psychophysical Integration and Mentastics© Beginning Training

Betty Fuller

In this professional training, participants are instructed in Trager table work, receiving sessions from experienced practitioners as well as giving to and receiving from each other under supervision. In addition, participants learn to practice and teach mentastics, learn basic communication skills, clearing exercises, and simple meditations, and have time in group to share and process their experience. This training is open to professionals in education, body work, holistic health care, counseling, psychology, medicine, chiropractic, sports, performing arts, and other disciplines which see movement as a primary means of learning.

C.E. credit is available for nurses; for additional information see page 38.
$630

Weekend of October 14–16

A Course in Miracles: A New Thought Form for Our Time

Julian Silverman

This seminar is concerned with an understanding of *A Course in Miracles*—a formulation of a wholesome way to be in the world without attack and defense, without negative emotions, without feelings of being separated from one's source.

The *Course* specifies a practice as well as a conceptual model. It elevates one's self worth by teaching *total* self-responsibility.

It teaches health. $210

Successful Business Behavior for Women, or "Act like a lady, think like a man, and work like a dog."

Victoria Elliot

In this workshop we will learn about the social issues vs. the business issues of being a woman: how to make decisions better and faster; how to get to the bottom line; and how to communicate to get what you want from the people you work with. $210

Achieving Maximum Performance in Athletics

Joyce Hanna & Gerald Smith

Within each person's mindset there is a combination of attitudes toward performance which will allow a maximum effort in any athletic event. Since sports uniquely dramatize the human ability to surpass its limits, this workshop will have special emphasis on methods to overcome self-limiting expectations. Recent research in sports psychology, such as the effects of visual-motor behavior rehearsal, relaxation, and imagery on optimal performance, will be reviewed. The primary focus for the workshop will be enhancing your view of what is the best combination of attitudes and disciplines to allow for maximum performance. The following topics will be introduced: tailoring your own goal setting and reward process; handling feelings of boredom, pain, fatigue, and anxiety; dealing with ambivalent feelings toward success; overcoming self-defeating attitudes toward competition; strengthening the capacity for psychological endurance; using pre-match mental preparation; incorporating attentional focusing; preventing burnout. Participants will have an opportunity to design their own personalized maximum performance programs. $210

On Letting Go

Judyth Weaver

In everything we do we have a choice— but are we aware of it? We can perform stressfully or relaxed, we can have fun or suffer, we can act economically or wastefully, we can hold on tightly or let it go. The more we are in touch with our feelings and abilities the more choices we have available to us.

This workshop will focus on rediscovering awareness of self—mentally, physically, and spiritually—to develop and integrate as many options as possible. It is through this awareness that we can acquire choice of how to live.

We will work with deep sensings of our organism, gentle breathing methods for stress reduction, t'ai chi ch'uan for relaxed exercise, gestalt, movement, massage, and mediations, all designed to help integrate a sense of centered grounding and balance that can develop and enhance an economic, energetic, pleasurable, and effective life. $210

Week of October 16–21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $420

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $420

Five Day Massage Intensive

Esalen Massage Practitioners

For workshop description see September 25-30. $420

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

This workshop focuses on how we may consciously unfold ourselves—physically, emotionally, sexually, mentally, and spiritually. By contacting tension (stuck, accumulated energy) and allowing emotions which have been locked in the body, often since early infancy, we have the opportunity to open ourselves to the creative flow of life energy within.

Some of the areas to be touched upon this week include: recognizing and learning to release tensions which lock emotions in the body; ways of contacting and allowing unexpressed sadness and pain to increase the capacity for pleasure and joy; practices for expressing and releasing anger constructively, which may open the way to deeper levels of compassion and love; learning about the nature of fear—moving toward greater trust of self and others. Paying special attention to the mental processes that shape the emotional and physical body, participants will be shown ways to trust their body's responsiveness and inner direction.

This workshop will utilize Reichian body and breath work, emotional release, gestalt practice, bioenergetics, vision improvement, massage, dance, meditation, and various other approaches. $420

Weekend of October 21–23

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $210

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

Being close yet also free to grow individually is a most important theme in any intimate relationship. This weekend will be tailored to what each participant brings, and will provide structured experiences designed to enhance communication, help resolve conflict, raise self-esteem, and promote fun. Limited to ten couples. $210 per participant

The Moving Center

Gabrielle Roth & Moving Center Staff

An American shamanic ritual using music, poetry, sacred dance, and ritual theater experiences to mirror the mind, catalyze the heart, and open the body as a channel for creative energies. Through collective rituals participants will explore individual dreams and visions and learn to share differences. $210

Stories

James Fadiman

Every tradition from the shamans of Australia to Jesus to Zen masters

to the Sufis use teaching stories to open us up to alternative realities, to break down preconceptions, and to develop our inner resources. Stories are a form of non-invasive therapy and encourage non-righteous personal growth. We will use stories from the traditions to unlock our own doors and work with the story material using the full range of transpersonal methods to touch our own core. $210

Week of October 23–28

Self Acceptance: The Freedom to Be

David Schiffman

For workshop description see September 25-30. $420

Gestalt

Seymour Carter

Seymour Carter writes: "As a young art student, I was taught about figure-to-ground relationships and the resolution of their tensions as a graphic problem. In my development as a gestalt teacher, these artistic learnings have gained new potence, becoming basic themes in my quest for an accurate leverage point in my work.

"This workshop is based on the attempt to evoke and balance psychodynamic polarities such as accepting and rejecting, remembering and forgetting, giving and keeping—dualities that plague and give purpose to human existence. My aim is to set in motion the unconscious processes of the personality, to awaken dormant talents, and to prepare for the intuitive leap.

"Each participant will be treated as a unique individual with his or her own process of development—a process to be honored and encouraged for further growth. The basis of this work is the gestalt method, supported by various body disciplines, including sensory awareness, bioenergetics, Rolfing®, and aikido." $420

Unity

Gabrielle Roth & Moving Center Staff

This is a five-day shamanic healing ritual designed to inspire and channel the religious, sexual, and creative aspects of life energy into unity and expression. Through music, sacred dance, poetry, and ritual theater processes, participants will explore and present their unique experiences of life's waves, rhythms, and cycles. The Moving Center tools are designed to release gifts, talents, and potentials. $420

Work Choices, Life Choices

John Caple

"Lieben und arbeiten," Freud answered, when asked what the normal person should be capable of. "To love and to work." In this workshop participants will explore the choices they make about work and the congruence of these choices with their life direction. Working from a conceptual base, the group will use art, body work, gestalt processes, and video feedback to seek answers and to consider life decisions.

This week is for those who want more value in their work, for career changers, potential career changers, re-entry persons, and those who influence others in career choices. Some time will be available for individual work/life issues during group meetings and in pre-breakfast runs. $420

Weekend of October 28–30

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $210

Exploring Self-Acceptance

David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive creative functioning. $210

Clairvoyant and Clairsentient Practices

Helen Palmer & Wendy Palmer

The two most identifiable aspects of internal perception are the ability to sense and the ability to act from a range of information that is unavailable to the thinking self. Clear sight and clear sensing have their historical bases of training in the traditions of visualization and martial arts practices.

This workshop will be an introduction to the internal practices that identify habits interfering with internal abilities and to the sitting and moving practices that can produce the state of mind in which the abilities occur. $210

A Journey into Wholeness: The Balancing of Masculine and Feminine in Relationships and Within Oneself

Peter Caddy

As the old and static patterns of relationships become less appropriate and more unworkable, many people are looking for new models and methods to achieve a balance in their business, home, and social relationships. Through personal sharings and drawing upon the collective experience of the group, this workshop will explore the meaning and dimensions of new age relationships, focusing on identifying and working with the masculine and feminine energies, both within each person and in a planetary context. $210

Beyond Paranoia: Shadow Knowledge or How to Dance with your Devil

Sam Keen

This workshop is about: making love, ending warfare, conflict resolution, renewing passion, and developing compassion.

It will focus on three great modes of warfare: the civil war within the divided self, the war between the sexes, and the political war between Us and Them.

It will make use of lectures, guided exercises, and sharing of stories to explore: the nature of paranoia, projection, and propaganda; disowning our shadows; denying forbidden emotions; projecting our unconscious vices and virtues onto wild men, wicked women, devils, demons, enemies, and creatures that go bump in the dark; the art of metanoia, repentence, changing our minds, reclaiming our projections, disarming the inner pentagon, surrendering defense mechanism, shedding character armor, and risking vulnerability.

It may help you: love your enemies, delight in the dark, befriend yourself, and embrace your shadow.

Please bring: a journal to write and draw in, pen and colored pencils, and an assortment of pictures of parents, family, friends, lovers, and enemies. $420

Week of October 30–November 4

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $420

Five Day Massage Intensive

Esalen Massage Practitioners

For workshop description see September 25-30. $420

Transpersonal Psychology: New Approaches to Self-Exploration

Christina & Stanislav Grof

This workshop will explore theoretically and experientially the rapidly developing area of transpersonal psychology. The emphasis in experiential work will be on "holonomic integration," a method developed by the leaders, which combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It mediates access not only to unresolved biographical issues, but to powerful death-rebirth experiences and a broad spectrum of transpersonal phenomena. Special attention will be paid to the problem of "spiritual emergencies" and constructive approaches to transpersonal crises. $420

Steve Beck

Weekend of November 4–6

Weekend Advanced Massage Intensive

Esalen Massage Practitioners

For workshop description see September 16-18. $230

Psyche and Symbol

Joseph Campbell

Psyche and Symbol is a slide-illustrated introduction to those "archetypes of the unconscious" which are the structuring forces of mythological systems. Illustrations will be drawn from oriental and occidental mythologies, works of modern artists, and the visionary paintings of psychological patients. $230

Towards a More Sensitive Relating

Charlotte Selver & Charles Brooks

An introduction to *sensing*, for more meaningful contact with our own nature and with the world around us.

How we relate to our deep inner needs, to other people, or to different tasks and situations depends on how we *perceive them* and how we trust our own findings. When perception is clear and full, we cannot make mistakes. Our whole organism is geared to respond appropriately. We have come, however, to see through a fog of preconceptions, a bewildering fabric of the ideas and judgements of others. Our own experience has been belittled; our perceptive faculties have lost their edge. The true I and the true you no longer meet. Both life and death have become often threatening fantasies.

Sensory awareness is a practice for rediscovering and reviving full sensory functioning. Through the gradual quieting of premature and inappropriate intellectual activity, it directs our attention both inward and outward to the actuality of the present moment. As perceptivity revives, true relationship becomes possible. Each everyday occasion in living gains its own freshness, its own uniqueness. We can become content again, like healthy children, as quality begins to make quantity unimportant. $230

Psychic Sense and Psychic Nonsense

Charles Tart

To believe that everything labeled "psychic" is true is stupid. To believe the psychic is nothing but nonsense is also stupid, and narrows your world. We can increase the possibilities in our lives by being intelligently open to the psychic or be susceptible to manipulation and delusion by failing to discriminate the true, the possible, the improbable, and the nonsensical.

This weekend will be a survey of what 100 years of scientific research on parapsychology has learned about the psychic, and some of its implications. We will discuss the reasons and the ways we fool ourselves about the psychic, but mainly survey cutting-edge developments in research, such as remote viewing, psychokinsesis on electronic devices, out-of-the-body experiences, and survival of death. Bring your hopes and your fears, your skepticism, and your intelligence!

Suggested reading: by Charles Tart: *States of Consciousness*, and *Transpersonal Psychologies* (Psychological Processes), *Altered States of Consciousness* (Dutton, N.Y.), *On Being Stoned: Psychological Studies of Marijuana Intoxication* (Science & Behavior Books, Palo Alto); with Harold Puthoff & Russel Targ: *Mind at Large* (Praeger, N.Y.) $230

November 4–27

Explorations in the Mythological Dimension

Joseph Campbell

For workshop description see Special Programs, page 34. $1600

Week of November 6–11

Towards a More Sensitive Relating

Charlotte Selver

For workshop description see November 4-6. $450

The Turning Point: Crisis and Transformation in Science and Society

Fritjof Capra

This workshop will offer the opportunity of an in-depth exploration of the paradigm shift that is going to dominate this decade—a shift from a fragmented, mechanistic world view to an ecological vision of reality which is spiritual in its ultimate essence. The discussions will include the fields of physics, biology, systems theory, health care, economics, ecology, and politics. There will be ample time for relaxed, informal exchanges of ideas. Contacts will also be made with other Esalen leaders to facilitate experiential approaches to the new vision of reality. $450

Open Seat

Paul Rebillot

Paul Rebillot writes, "The concept of 'open seat' is an open space into which people may enter in order to work through their resistances, express their feelings, and reorder their way of being in the world. As a gestalt facilitator I help people find ways of healing themselves by combining the principles of gestalt with concepts of ritual and theater. I assist people in working with their subconscious material, such as dreams and fantasies, in order to augment their ways of living and dealing with day to day problems. I encourage people to become more expressive in all ways: in their personal lives; in their communities; and in the political situations to which they feel committed. I can help people develop a clear sense of responsibility, not only for their own life process, but also for the world." $450

Liberation at the Moment of Death

Sogyal Rinpoche

What happens to us when we die, and how can we help others who are dying? Based on ancient Buddhist knowledge, such as the *Tibetan Book of The Dead*, this seminar will provide practical information to health-care professionals and lay people who want to know how to give the most effective and compassionate care for the dying.

Death can best be understood in terms of life, and through overcoming fears caused by ignorance, fear of pain, fear of the unknown, and fear of the coming separation from life and loved ones.

New Dimensions in Care For The Dying Nov. 4–6, 1983

This conference is concerned with Eastern and Western perspectives on death and their applications in medical care. Oriented to medical professionals and others who work with the dying, the conference seeks to open the door to a new understanding of death which synthesizes current near-death research, the experience of health care professionals working with the dying, and insights from ancient Buddhist teachings.

Presentations include:

The Experiences of the Dying and Their Relevance to the Living – Dr. Elizabeth Kubler-Ross, clinical psychiatrist and internationally respected counselor, lecturer and author of numerous books on caring for the dying, including, *On Death and Dying*, *Questions and Answers on Death and Dying*, and *To Live Until We Say Goodbye*.

Current Findings in Near Death Research – Dr. Kenneth Ring, professor of psychology at the University of Connecticut, author of *Life At Death*, the first published scientific research on near death experiences.

The Process of Dying and Death – Ven. Sogyal Rinpoche, a Tibetan lama and specialist in the traditional knowledge associated with the *Tibetan Book of the Dead*, and director of a special project with the Scientific and Medical Network in London.

Comprehensive Care of the Dying – Dr. Charles Garfield, founder of the Shanti Project, a counseling support group for dying patients, faculty member at the UCSF School of Medicine, and editor of *The Psychosocial Care of the Dying Patient*.

New Perspectives in Critical Care and Suicide – Kimberly Clark, M.S.W. in an Intensive Care Unit, and faculty member of the University of Washington Medical School.

The conference will also include workshops, film, and dialogues between conference participants and speakers.

Joyce Rogers

Sogyal Rinpoche

Co-sponsored by: Esalen Institute, the University of California Extension, Santa Cruz, and the International Association for Near Death Studies.

Place: The University of California at Santa Cruz

To register, or for more information, contact:

Adrienne Van Gelder
University of California Extension
Santa Cruz, Ca. 95064
(408) 429-2971

To prepare for death, we need to learn to use life skillfully, letting go when change occurs. What continues after we die is mind. If we learn to know our mind, we learn to know ourselves. Then all our inner fears and neuroses are resolved, and we gain an inner trust and confidence which finds expression as compassion, the basis of helping ourselves and others effectively in life and death.

During this course, Rinpoche will describe the actual processes that take place at the moment of death and after, and how the caregivers can help the dying person prepare for death. Practical training will be given on how to prepare for one's own death in life, and through developing awareness of the sleep and dream state, which is itself a little like death. Rinpoche will discuss how the family can best help the dying person, and how they can practice mourning effectively. $450

Weekend of November 11–13

The Romance of Peace: The Art of War

Chungliang Al Huang & Living Tao Staff

Chungliang describes this workshop as a t'ai chi discourse and practice based on his forthcoming book, a new interpretation and application of the 2,500-year old *Wisdom of Sun Tzu*, the Chinese classic, " . . . expanding visions of the universal harmony through the active art of Inner and Outer war-to-peace. Explore and examine this eternal quest, East and West, in history, mythology, and current affairs through individual discipline and self-cultivation to global networking."

Recommended reading: by Huang: *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press); with Watts, *Tao: The Watercourse Way* (Pantheon). $230

Classical Mysteries of the Great Goddess

Joseph Campbell

Opening with a slide-illustrated review of her earliest documented appearances in the late Paleolithic, Early Neolithic, and Bronze Ages, these talks will give special attention to the historical interaction of these mythologies of the Great Goddess of Many Names with the later Homeric and Mosaic patriarchal systems. The discussions will conclude with an examination of the late mystery cults of Eleusis and Dionysus as background to an understanding of the Early Christian reinterpretation of her symbols. $230

The Soviet View of Soviet Life and Soviet-American Relations

Yuri Zamoshkin

Yuri Zamoshkin, a Soviet philosopher and sociologist, will discuss aspects of contemporary Soviet culture that are little understood in the West. He will also present his perspective on Soviet-American relations. Dr. Zamoshkin is head of a department in the Soviet Academy Institute for the U.S.A. and Canada that studies American culture and public opinion. $230

November 13–December 9

Month Long Professional Body Work Intensive

Dub Leigh

For workshop description see Special Programs, pages 34 & 35. $1800

Week of November 13–18

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 11. $450

The Quantum Mechanical View of Reality

Richard Feynman, assisted by Ralph Leighton, Faustin Bray & Brian Wallace

This workshop will be a discussion of how the world looks from the point of view of modern quantum physics, wave-particle duality, the uncertainty principle, indeterminance, the question of hidden variables, Bell's theorem, and the Einstein-Podolsky-Rosen paradox. These otherwise difficult ideas will be discussed in a leisurely and relaxed manner, interspersed with sessions of primitive drums playing, yoga, and eclectic experiential events to help integrate the information pleasurably. Participants are invited to bring rhythm instruments.

Recommended reading: *Character of Physical Law*, Richard P. Feynman (MIT Press, 1965). $450

Quantum Soup: For the Gourmets of Living

Chungliang Al Huang & Living Tao Staff

"This will be a special tribute to the philosophical entertainment of Alan W. Watts (January 6, 1915 - November 18, 1973), offering Chinese 'dim sum' (a light touch of heart) profundities, t'ai chi dancing (quantum hop), laughter, poetry and I Ching in Chinese brush calligraphy, music of J.S. Bach and JAZZ-Z-ZEN and TAO and OZ of living."

Recommended reading: by Huang: *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press); with Watts, *Tao: The Watercourse Way* (Pantheon). $450

Weekend of November 18–20

Arthurian Traditions of Courtly Love and the Grail

Joseph Campbell

The "Waste Land" theme of T. S. Eliot, traced to its source in the twelfth and thirteenth century grail legends; the influence of oriental themes on medieval poetry; the mystical lore of the Courts of Love; spiritually as an individual adventure; woman as a vehicle of grace; love and loyalty as forces more powerful than death; these and the like will be the topics of this weekend. Legends of the Celtic fairy hills and of medieval crusades will be our texts. $230

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

This will be an intense introduction to intraphysic work using Reichian breath work and gestalt practice.

Reichian work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration the possibility is opened to come to a truer concept of self, with an expanded ability to respond in the present. This workshop is limited to ten participants. $230

Politics That Heal: Gandhi Today

John Graham

The film *Gandhi* is raising the same questions in thousands of minds. What is the link today between spiritual truth and political effectiveness? Can we solve problems like nuclear war, unemployment, and decaying cities without using the same "me-against-you" thinking that causes them? Is any healing vision powerful enough to challenge the patterns of fear and separation that underlie today's conflicts?

The answer is "Yes," and *Politics That Heal* explains why. You will be taught: to find the source of personal power in the clarity of your own vision and purpose; to use that power effectively, solving problems by finding common ground with an "opponent" and building on it; to communicate with force, clarity, and compassion; to deal more effectively with the "can'ts" and "won'ts" and fears that can undermine your will to act; to keep your spiritual bearings under pressure, using confrontation as an opportunity for growth and healing; to boost your practical skills in areas like managing a project, resolving a conflict, and speaking in public; and to see your life as a blueprint for the world you want.

Graham says, "We need to accept our potential to shape our lives and our world. We need to see political and social change as Gandhi did, not as an end in itself, but as an opportunity for changing lives. I spent fifteen

Joyce Rogers

Aperture *photographers' conference at Esalen*

years in the Foreign Service and I know well the political and emotional obstacles that can cloud this vision. My experience is that finding intellectual answers is the easy part; real effectiveness in solving problems flows from saying "yes" to the power of the spirit, from understanding that we can co-create with God." $230

Black Dance and Massage

James Xavier Nash & Peggy Morrison Horan

This workshop will explore the styles and rituals of Black dance in contemporary American society with high-low energy, both sensual and sexual, using rhythm and syncopation, hand clapping, foot stomping, African drums, chanting, and recorded popular Black music. Massage sessions at the hot baths will complement the dance. $230

Week of November 20–25

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $450

Dream Discovery

Joyce Frazee

"A dream that is not understood is like a letter that is not opened."—Talmud.

Each night we receive brilliant, insightful, creative communiques disguised in poetic imagery. In this workshop we will explore how to use our dreams for personal growth, insight, creativity, and problem solving. Participants will discover that any dream, however fragmentary or prosaic, can offer entry to a new world of insight. Methods for dream discovery will include exercises in dream recall, Senoi dream practices, mandala drawing, gestalt dream work, and psychosynthesis. $450

Somewhere Between Freedom and Security

Phyllis Shankman

Living is often experienced as a delicate balance between one's desire for personal freedom or growth and the need for security and attachment. In this workshop, participants will explore the issues of independence/dependence, self-esteem, trust, risk-taking, work, love, and relationship. During the week, participants will use meditation, massage, music, movement, and the Esalen/Big Sur environs to slow down, relax, open, and experience themselves fully. Gestalt process work will be used to increase self-awareness. $450

Taoism and Buddhism

John Blofeld

John Blofeld will come to Esalen to lecture and discuss his more than forty years of studying and living in Asia and writing about Far Eastern religions. Lectures will be informal and there will be time for questions and answers. $450

Weekend of November 25–27

Exploring Self Acceptance

David Schiffman

For workshop description see October 28-30. $230

James Joyce and Pablo Picasso: Mythology in Twentieth Century Literature and Art

Joseph Campbell

Grounded from early youth in both the Classical and Christian strains

of European philosophy and art, these two culminating artists of the European twentieth century brought to contemporary focus, in their mythologically informed masterworks, the perennial themes of our complex Occidental spiritual heritage. In this weekend of lectures and exhibited slides, their remarkably similar transformations in art and consciousness will be reviewed as typifying not only the histories of these two front-runners of our times, but also the basic spiritual problems of us all in this century of wars and revelations. $230

The Two-Career Couple

Ayala Pines

With a growing number of women choosing a career as an integral part of their adult life, couples are increasingly faced with the challenges involved in balancing two careers and a home.

When both partners are involved in a full time career about which they care deeply, they have to deal with the inherent conflict between the pull of the career and the pull of the relationship about which they care equally deeply. The tight line between career and intimacy often includes such issues as: sharing of household chores; changing sex role stereotypes; time; money; burnout; jealousy; power.

The weekend workshop is intended for two-career couples interested in exploring these and similar issues, and who are committed to increasing intimacy, sharing, and growth in their relationship. $230

Week of November 27–December 2

Integrity

David Schiffman

In this workshop participants will join to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Participants will explore the boundaries of their emotional, physical, and mental potentials and how they affect sexuality, relation to power, friendships, creativity, and expectations of self and others. $450

Integrative Body Work

Gael Switzer & Vicki Topp

This is a special massage workshop which utilizes Rolf® Movement Integration. Based on the theories of Ida Rolf, Rolf® Movement Integration teaches the principles of physical strength, support, grace, and ease. This workshop will begin with specific exercises which promote an easy and open physical structure. Participants will then be shown how to apply these same exercises and principles while learning to give an effective, integrative massage. $450

Symptom as Metaphor

Jeff Kane & Ronnie Paul

"It is more important to know what kind of patient has a disease than what kind of disease the patient has."—Sir William Osler

Contrary to popular concept, disease does not "strike" randomly. Patterns are perceptible. Massive current evidence points toward the conclusion that disease is inextricably connected to diet, stress factors, exercise, and attitudes. In short, disease is somehow related to the way we lead our lives.

This principle dovetails with the concept that the body is not an insensate sack of enzymes, but the physical vehicle for the continual, deliberate expression of the mind. That is, *disease may be fruitfully seen as a physiologically encoded, translatable message about our state of being.* This approach is neither alternative nor antithetical to allopathic medicine. It is a necessary complement. Patients need to examine and adjust their lives while physicians attend to their physical aspect. This course will invite participants to incorporate these concepts into their own practice. Practitioners may, in turn, educate their patients about the healing benefits of deep relaxation, voluntary pain control, and physiological manipulation. This course utilizes yoga to bring awareness to a symptom, imagery to translate the symptom into an existential statement, and therapeutic dialogue to initiate the appropriate behavioral change. C.E. credit is available for doctors and nurses; for additional information see page 38. $450

Applied Vulnerability

Donald Michael

Don Michael writes: "In my work to help organizations and individuals plan more intelligently for the future, I've come to feel that the main task we face in the next crucial twenty years is that of learning to be better learners. This sounds simple and obvious on the surface, but consider for a moment how much time we spend disguising our uncertainty and ignorance and acting as if we really know what we are doing and how to do it. There is a parallel between what happens when people begin to pay close attention to the processes of their mind (in meditation, for instance), and when they begin to study the vastly complex political, social, and economic processes and systems of our world: in both cases, we begin to see how little we really know about ourselves as individuals and social beings. Far from this realization being something to be ashamed of, the recognition of our ignorance about our situation is the starting point for *embracing* our ignorance and for the profound sense of vulnerability it entails. Only then does it become possible for us to feel compassion, for ourselves and for our fellows.

"During our time together I will introduce several skills, or what I call 'new competences,' which follow from compassion and which open the possibility for humane and just responses to personal and social crises. These skills include acknowledging high levels of uncertainty, error embracing, being future responsive, goal setting, self knowledge, and interpersonal competence. The focus is on applying these skills directly in our lives—in the decisions we make in the workplace as well as in family situations, and in all the various circumstances in which we have the chance to make ignorance and uncertainty our best teachers. My experience has been that, even in so short a period as this workshop, as we learn to be more comfortable with our uncertainty, we can win freedom from the need to act over-cautiously and conservatively out of fear of making a mistake and from the need for those defensive, self-protecting, interpersonal posturings that make it so hard to act responsibly and compassionately. The workshop is appropriate for those who are interested in applying these skills to their personal lives as well as for persons interested in professional and vocational applications. $450

Weekend of December 2–4

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $230

Exorcising the Demon "Should"

Paul Rebillot

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously. With the help of this experience in contrasts, we will explore our possibilities of movement between the two, and in this way open up our options to the full range of our own authentic being. $230

The Intelligent Body

Thomas Hanna

This weekend workshop will present a series of somatic exercises designed to increase the overall intelligence of the body. The intelligent body is maximally self-aware and self-regulatory. The somatic exercises that will be presented are gentle and fascinating ways of changing brain patterns which control movement. The exercises can be continued at home for further improvement and can also be taught to others. During the weekend, exercises will be done with all joints of the body, with special attention paid to enhanced breathing, balance while sitting or standing, and the posture of the lower back and head/neck region.

Above and beyond the physiological effects of this workshop, the weekend will be an enjoyable, fascinating adventure in self-discovery. Participants will be introduced to the "somatic" realm where the body and mind interact to improve the total functioning of the person. Recommended reading: *The Body of Life*, Thomas Hanna. $230

Building From a Place of Beauty: A Workshop for Gay Women and Men

Sally Smith & Joan Brozovich

Joan and Sally write, "Even though long out of the closet, gay women and men still feel the burden of oppression. This workshop questions how much of this is internalized oppression and how much is still due to a homophobic society.

"Participants will have the opportunity to examine how their own internal presuppositions are restrictive, self-limiting, and actually may contribute to the phenomenon of oppression.

"Join us if you believe it is time to move with courage beyond your barriers of fear into a more universally loving place." $230

Week of December 4–9

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $450

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 11. $450

Five Day Massage Intensive

Esalen Massage Practitioners

For workshop description see September 25-30. $450

Weekend of December 9–11

Intuition Practice

Helen Palmer

This seminar teaches the identification of personal intuition systems that can be made accessible by internal focusing practices, or that may already be operating in unrecognized ways. The practices develop the ability to discriminate between personal thoughts, fantasies projected from personal thinking, and impressions received from situations outside the self. The psychic aspect of intuition rests on the ability to shift attention from the self to impressions received from outside the self. $230

Fluidity of Being: Rolf® Movement

Elisa Lodge Schiffman

"Mr. Dufy lived a short distance from his body"—James Joyce

Elisa writes, "This workshop provides a creative environment to explore the concepts of movement education based on the principles of Ida Rolf—a process of fine tuning and harmonizing our unique instrument from restricted to spontaneous, tense to flowing, inhibited to open. We focus on deepening our kinesthetic awareness of the relationship between our body's structure and emotional attitudes. Everyday movements and specialized activities such as jogging, playing musical instruments, etc., become more effortless and graceful when we are balanced to gravity. The spirit we open to through this awareness is ageless. It is the source of our enthusiasm, excitement, and strength. Group and individual work will be offered, using gestalt, dance, and the healing use of touch, all for the benefit of becoming more present. Video feedback will be used." $230

The Body Has Its Reasons

Peter Levine & Ian Macnaughton

When we are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of these walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes. Our sense of the body is lessened and our connectedness is diminished.

In this workshop body approaches and dream work will be incorporated to teach us how to trust more fully in our bodies rather than kill our excitement and passion. Through a vital sense of the body and feelings we can understand our dreams, impulses, and actions more deeply, and can begin to re-own our inner selves. Avenues will be explored in developing a sense of pleasure, ease, and self-esteem. Without storming our citadels by force, we can soften body armor by allowing the body to express itself, in its own language, within its own rhythm. This return toward grace, which is our birthright, is the wisdom of the body. $230

The Therapeutic Approaches of Milton H. Erickson, M.D.

Jane Parsons & Francis Lu

This is a course designed for professionals in the mental health field. Dr. Erickson's approaches are of particular value because of his exquisite understanding of the use of verbal and nonverbal communication to affect physiological changes. A clinician who knows how to talk to a patient's unconscious mind, which Erickson defines as a rich storehouse of learning potential, can call upon abilities and experiences unique to that patient and can evoke hitherto unrecognized strengths and "patterns of happiness." These patterns can come alive even in a hospital bed and can have powerful therapeutic effects.

This course will teach clinicians to discover and develop their own unique resources that will enhance and refine their therapeutic methods and that will enable them to sharpen their sensory skills so that they can understand and utilize minimal nonverbal responses.

Dr. Erickson's understanding of how the mind works will be explored didactically and experientially. We will watch his training sessions on video, and will integrate these with practical exercises that gradually build up technical skills. Clinicians will be invited to present cases for discussion.

"Workshop attendance is limited to mental health professionals with graduate degrees (M.S., Ph.D., M.S.W., D.D.S., etc.) in health related fields from accredited institutions and to graduate students in accredited programs in the above fields who supply a letter from their departmental chairperson certifying their student status."—Jane Parsons.

Recommended reading: *My Voice Will Go With You*, Sidney Rosen, (Norton & Co., N.Y.); by Jay Haley: *Uncommon Therapy*, (Norton & Co., N.Y.), *Strategies of Psychotherapy*, and *Advanced Techniques of Hypnosis and Therapy: Selected Papers of Milton Erickson*, (Grune & Stratton, N.Y.).

C.E. credit is available for doctors and nurses; for additional information see page 38. $230

Week of December 11–16

A Week with Will Shutz $450

Gestalt

Seymour Carter

For workshop description see October 23-28. $450

The Evolution of Intelligence: A "How To" Seminar

Timothy Leary & Friends

Leary says, "It is useful and amusing to accept two premises: 1.) that few human beings use more than .000,001 (one millionth) of their available brain-potential; most of us are, in fact, robots programmed by our brains, and 2.) that once an individual learns how to program the brain, then the probabilities of accelerated personal growth are limitless.

"This seminar will consider 24 levels/types of intelligence, 24 stages of neuro-technology through which a human being can develop. Participants will be encouraged to take and analyze newly devised test-questionnaires which will allow assessment of their lives in terms of intelligence increase,

from infancy and childhood to adolescence and beyond; and to write detailed life programs for multiplying intelligence in each of the 24 dimensions.

"Evolutionary competence in the following vectors will be studied: biological intelligence; emotional intelligence; mental-intellectual intelligence; social intelligence; sensory-erotic-aesthetic intelligence; brain-computer intelligence; genetic intelligence; and metaphysiological (out-of-body) intelligence." $450

Creative Attachment: The Art of Making Affectional Bonds

George Kohlrieser

From cradle to grave life involves a changing script of "affectional bonds." These bonds are different from dependency and essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with particular others; a way to explain many forms of physical, emotional, and spiritual distress including emotional detachment, depression, and burn-out. Life energy is connected to the quality and depth of emotional contact. This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and intense bonding work to understand, create, and celebrate positive emotional attachments. $450

A Voice/Body Workshop

Owen James & David Smukler

The objective of the workshop is to examine perceptions of how the body and voice are used so that we can free both the natural voice and body. To undertake this objective, physical, emotional, and vocal exercises will be practiced individually and in groups to apply the following theories: by awakening to the differences between the extrinsic body-mind and the intrinsic core intelligence, the resultant openess and availability of the body can allow the free flow of communications; by rooting the voice in the body through the examination of habitual patterns and perceptions; and by giving permission to the voice to be transparent to thoughts, feelings, and impulses. $450

Weekend of December 16–18

A Special Weekend at Esalen

Except for two introductory workshops, we have set aside this weekend for all those Esalen friends who would like to spend time at Esalen, enjoying the grounds, the baths, and contact with the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual, and we will have Big Sur musicians and dancers as part of the weekend's activities. $120

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see page 10. $230

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description, see page 11. $230

Joyce Rogers

Week of December 18–23

Reflectors

Jenny O'Connor & the NINE

For workshop description see October 7-9. $450

East Touching West

Deborah Anne Medow & Ruth Leveton

For workshop description see October 9-14. $450

Christmas Present

Paul Rebillot & Stanford Eugene Cates

We've idealized birth in the Christmas story—the newborn child surrounded by adoring parents, singing angels, comforting animals; worshipped by the wise and the simple, welcomed into the world and loved for nothing that he does, but for simply being who he is. Most of us were not welcomed in that way, and at Christmastime our disillusionment

Joyce Rogers

The Farm

peaks. Our despondency and regrets are based on unfulfilled ideals, promises, and fairy tales. Using gestalt, guided fantasy, theater games, and rituals, we will seek to release ourselves from the excess baggage of past regrets and future expectations in order to return to the divine simplicity of our own present being. Out of that simplicity, we will create our own "Christmas present," a celebration in which each of us singly and all of us together can give ourselves our self for Christmas. $450

The Painting Experience

Michell Cassou & Stewart Cubley

It is very rare for most people to use painting purely for its qualities of inner adventure and self-discovery, to do it just for the process of exploration, not for the result. This workshop will focus on the painting experience as a powerful tool for uncovering and dissolving blocks to creative expression. Emphasis will be placed on the practical experience of creative painting in which participants are given support and stimulation to discover a natural way of painting based directly on feeling. The mechanisms and patterns that prevent creative action will be discussed in order to integrate understanding with experience. The work will take place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. An audio-visual program will illustrate the development of inner expression during the painting process. No prior experience in painting is necessary.

$450 (plus $20 materials fee paid directly to the leaders)

Weekend of December 23–25

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $230

Exploring Self-Acceptance

David Schiffman

For workshop description see October 28-30. $230

Weekend Massage Intensive

Esalen Massage Practitioners

In this introductory seminar participants will learn to give a competent full-body massage. The emphasis will be on developing a soothing and penetrating contact, on sustaining that contact to create a relaxing and integrating experience, and on centering physical and mental energies while working. The intent of the seminar is to introduce massage as a practical approach to developing greater sensory awareness and bringing relief from stress. $230

Gestalt Workshop

Marty Fromm

This workshop is designed for professionals who are interested in further personal growth and professional training in the practice of gestalt, as well as for others who are simply interested in their own personal growth through gestalt. While the sessions will be mostly experiential, ample time will be provided for didactic sessions of theory and practice.

The focus is on awareness: the discovery of what is, rather than on what was, might be, or should be. We will concentrate on "how and now" rather than on "why and because" of past and future, and will attend to body language and feelings. $230

Week of December 25–30

Five Days with Jack Rosenberg

For workshop description see October 2-7. $450

Healer as Visionary: A Workshop in the Teaching of Psychic Healing

Elizabeth Stratton

To see into a person's essence, into the heart and soul beneath the defenses, is the first step the psychic healer takes when confronted with someone who needs healing. To then mirror back this essence, over and

over during the healing process, affords the person an opportunity to choose this vision of wholeness.

Almost everyone has wished, at times, to be able to reach someone who needs healing, but who seems to be resistant. This workshop is for both non-professionals and professionals who would like to be taught how to make the kind of healing contact that can lead to transformation.

The workshop will explore: the physical, psychic, and spiritual dimensions of energy; the blocking of energy that can lead to the formation of illness; the will to live, the will to die; illness and death as learning, not punishment; releasing judgment and allowing forgiveness; requirements for recovery in long term, short term, and instantaneous healing; the role of the healer; and channeling healing energy through the heart, eyes, voice, and laying on of hands. $450

Effecting Change: The Human Energy System and Risk

Alan Schwartz

This is a week for recognizing the *relationship* between personal growth / change and economic / environmental realities. This is a week for *designing a growth pattern* for your individual energy system to provide more stable contact with the difficulties of the emerging decade.

The human energy system represents a constantly changing personality dimension. Often neglected in the system's movement towards maturity is the development of the consistency of strength. We hear metaphors not only of physical strength, but strength of character, strong emotions, and the spiritual and psychic strengths of perception. Lack of strength development leads each of us to develop compensations in order to be able to function in our chosen worlds. Some of the obvious are psychosomatic problems, blame, denial, and indiscriminate sexual functioning. *Power over* self, people, things is often a major compensation for the strength that allows us the *experience* of self, people, and things.

Risk involves awareness of our individual compensations, trusting self and the group process enough to *experiment* with mobilizing more energy. This means rendering more alive the strength of the physiology, feelings, conceptual process, and psychic perceptiveness. The result is clarity and stability and a deeper awareness of the balance of self as we contact the very real issues of the coming decade. For further information, read the December 30-January 1 workshop description. $450

December 25–January 1

A Seven Day Workshop in Gestalt Synergy: An Integrative Approach to Self Actualization

Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander method, and Feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $680

Weekend of December 30–January 1

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $230

The Human Energy System and Gestalt Process

Alan Schwartz

The human being's movement toward a stable and balanced organism undergoes many adjustments in direct proportion to his/her responses to parental and environmental messages. The result is the formulation of stratified patterns of *visible* physiology and behavior. These join to form that which is usually called personality, one's individual energy system. Two common examples of energy system responses to life stress are those personalities who collapse under stress and those who control. There are many more. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we make and inhibit intrapersonal and interpersonal contact. One focus will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our *consistent* awareness process and the autonomous expression of who we are. For additional information read December 25-30 description. $230

Awakening the Healer Within: Dimensions of Psychic Healing

Elizabeth Stratton

Every human being is a potential channel for healing energy. Negative conditioning of our emotions, or unconscious beliefs and behavior, combined with environmental factors such as polluton, can give birth to dissociated parts of self which act as impediments to our natural healing abilities. Studies have shown the reality of psychic awareness, in which a person cannot only better understand his/her own functioning, but actually heal and psychically ward off illness.

This workship will provide a didactic and experiential model for participants to gain a perspective on psychic healing, and the basic skills necessary to develop healing abilities in themselves. Channeling of energies will be taught, along with methods of dissolving impediments to the healing process. $230

Week of January 1–6

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $450

Choosing to Change

Harry Sloan

For workshop description see September 18-13. $450

The Uses of Empathy and Intuition in Healing for the Health Professional

Jack Downing & Murray Korngold

The "art" of healing is seldom taught as a rational discipline. We propose that empathy between care-giver and care-receiver can form the base for the "art" of healing; that conscious empathy can be developed through the faculty of intuition, and that this skill provides a matrix for joining effective healing to scientific knowledge. The health professional becomes a healer. Healing demands the deepest intent from the professional; the balance between professionalism and personal feelings must be adjusted in order to enhance the healing process. Key to this is the willingness to sense and respond to subtle body cues, both in oneself and the patient. The course will provide lecture and practical experience on empathy development and application to clinical situations. C. E. credit is available for nurses; for additional information see page 38. $450

Perceptual Body

Rosemary Feitis & R. Louis Schultz

Perceptual body was created by three advanced Rolf® practitioners as a pre-Rolfing® training. The workshop is a new way of seeing the body, using eyes, ears, nose, throat, hands, and hara. (The hara is an energy center located two fingers below the navel. It is the basic moving center of the body, known as the *tan t'ien* in Zen practice.) The emphasis is on non-linear approaches and unorthodox methods of viewing/integrating the body image (yours and others), through living anatomy, palpation, and Rolf® movement. This introduction to a new kind of perception is a distillation of the original fourteen day course. $450

Weekend of January 6–8

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chungliang Al Huang

Paul and Chungliang will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, and China experiences.

Recommended reading and listening: by Huang: *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press); with Watts, *Tao: The Watercourse Way* (Pantheon); Paul Horn's Albums: *Inside, Nexus,* and *Dream Machine.* $250

Maps of Consciousness

Rosemary Feitis & Timothy O'Reilly

Have you ever had a powerful spiritual experience, a feeling or an insight, that trickled away because you didn't know how to stay with it or what to do next? Such a moment points out the need for maps of consciousness which place experiences in context and which show the way through unknown territories of the body, mind, and spirit to the next point of completion.

This workshop will teach fundamentals of consciousness mapping including completing states by finding the balance between being, energy, understanding, and identity as well as the relationship between surrender and decision-making. $230

Week of January 8–13

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chungliang Al Huang

For workshop description see January 6-8. $470

Advanced Massage Intensive

Esalen Massage Practitioners

This workshop will include morning and afternoon practice sessions with various instructors, yoga, movement, evening lectures and discussions, and demonstrations of specific practices designed to increase the range of conditions with which participants can deal effectively. The following concerns will receive emphasis: how to sustain one's energy through a day of treatments; how to clear negative energy released by the client; how to use weight and leverage. As one massages more and more deeply, emotional changes can be triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide group members with some first hand practice in productive ways to move through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five day intensive or its equivalent. $450

January 8–February 3

The Feeling Process

Janet Zuckerman, Hareesh & faculty: Deborah Anne Medow

For workshop description see Special Programs, page 35. $1800

Weekend of January 13–15

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see September 23-25. $230

Quantum Soup: Fortune Cookies in Crisis

Chungliang Al Huang & Living Tao Staff

Celebrating with Chungliang's book, "offering Chinese 'dim sum' (a light touch of heart) profundities, tai ji dancing (quantum hop), laughter, poetry and I Ching in Chinese brush calligraphy, music of J. S. Bach and JAZZZZZEN and TAO and OZ of living."

Recommended reading: by Huang: *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press); with Watts, *Tao: The Watercourse Way* (Pantheon). $230

Week of January 15–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $450

Self Acceptance: The Freedom to Be

David Schiffman

For workshop description see September 25-30. $450

The Spiritual Path: Promises and Pitfalls

Christina & Stanislav Grof

This seminar will combine observations from modern consciousness research with various traditional practices to explore the process of spiritual awakening. The participants will have the opportunity to confront transpersonal areas within themselves, using "holonomic integration," a method developed by the workshop leaders, which combines evocative music, controlled breathing, facilitative body work, and mandala drawing. Special attention will be paid to the understanding and management of "spiritual emergencies"—transpersonal crises which can occur in the context of various spiritual practices or spontaneous spiritual awakening. $450

Weekend of January 20–22

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see December 23-25. $230

See Yourself Release

Gael Switzer & Wendy Oser

This workshop seeks to expand self-image and promote a freer, more graceful body. We will use facilitated video feedback and integrated movement education to gently guide you toward releasing patterns of holding that contribute to tension, pain, and awkwardness, and a limited view of yourself. You may experience subtle yet powerful shifts, first in ordinary activities (breathing, walking, sitting), then in more sophisticated areas such as how you use your body in work, play, or any other movement discipline. You will be taught skills that will continue to enhance your elegance and allow you to see yourself with greater objectivity and compassion. $230

January 20–27

Shamanic Healing, Journeying, and the Afterlife Experience: Basic and Intermediate Shamanic Practice

Michael Harner, assisted by Sandra Harner

Shamanism is an ancient human strategy for personal learning and acting on that learning, especially for well-being and healing. In this experiential workshop the participants will practice the methods of the shaman (a type of medicine man or woman), to *see* and to activate power to resist illness and maintain personal health. With the aid of traditional sonic-driving and dancing methods, the group will engage in archetypal exercises and rituals practiced by North and South American Indian shamans to awaken dormant human capabilities and forgotten connections with the powers of nature. Training will include shamanic journeys to both the Lower- and Upperworlds for knowledge and power, work with animal and plant powers, divination, clairvoyance, and shamanic methods of healing, including the extraction of spiritual pain and illness. There will be an introduction to the Ghost Dance method and to shamanic ways of

exploring the afterlife experience. Participants will be taught shamanic methods of helping the terminally ill and their families, and the work of the shaman as psychopomp or conductor of souls.

This rare seven-day workshop is both for beginners and for those who have previously taken a workshop with Michael Harner.

It is recommended that participants read beforehand Michael Harner's book, *The Way of the Shaman: a Guide to Power and Healing* (Bantam; also Harper & Row), and bring a notebook and pen to preserve their experiences for their own shamanic development. They are also invited to bring drums and rattles. $680

Joyce Rogers

Highway One south of Esalen

January 20–February 17

Tutorial Program in Shamanism and Shamanic Healing

Michael Harner

For workshop description see Special Programs, page 36. $2300

Week of January 22–27

A Healthier Way To Goal Achievement

Neil Fiore

Neil Fiore writes, "As a former cancer patient I have used my training in psychology and hypnosis to cope with the stresses of my disease and its medical treatment. Since then I have altered my lifestyle and have worked with patients and caregivers on the maintenance of self-esteem in the face of uncontrollable stressors, active participation in one's own health care, and on systems for creatively and joyfully engaging in the challenges of life. It is my belief that the will to live is kept robust when one sees that life, even following a traumatic event, can be lived with great effectiveness and less distress.

"The purpose of this workshop is to teach you how to work in harmony with the needs and inner wisdom of your mind and body. We will draw on elements from stress management, the hypnotic approaches of Dr. Milton H. Erickson, and cognitive-behavior methods to teach the identification of internal dialogue and beliefs that elicit the stress response, rapid trance induction for focusing on tasks and overcoming blocks, and methods for quickly recovering from set-backs while refocusing on the task at hand." This workshop may be of particular interest to both health-care professionals and individuals with stress related illnesses. C.E. credit is available for nurses; for additional information see page 38. $450

Gestalt Process for Daily Living

Paul Rebillot

Paul writes: "My purpose for this workshop is to teach basic gestalt theory in such a way as to make it immediately accessible and practical for day to day living. Frequently in conversation emotional material emerges that interferes with the here-and-now contact people are making. Friends and couples, as well as individuals, can learn to use gestalt tools to facilitate one another's, or their own, emotional work whenever the material comes up—without having to wait until the next therapy session.

"Participants will be taught how to take responsibility for their own feelings and the expression of those feelings and how to find the appropriate moment and situation for that expression.

"Dance, theater games, drama, ritual, and chanting will be used to create experiences that will communicate the concepts of gestalt more thoroughly.

"I will also work with people individually and facilitate group members working with each other in small groups and dyads." $450

Weekend of January 27–29

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $230

Love, Power, and Relationship

Harry Sloan

For workshop description see September 30-October 2. $230

The Power of the Holy Dragon Today

Gioia Timpanelli

The dragon has been a vivid and powerful image in many of the world's mythologies, legends, and household stories (fairytales). As such, its strong energy has had a major influence on both the inner and outer lives of individuals in the past.

In this seminar, Gioia will discuss specific "dragon stories" to define and describe this energy and to help us understand its effect on our lives today. Themes to be discussed include heroines, heroes and dragons; the dragon in the world today; the holy and generative forces of the "first reptile"; divine dragonwomen and men; dragons and virgins; and dragons and jewels.

Seminar participants will hear the stories which will provide the oral text for the weekend workshop. Slides of Eastern and Western dragon images will be shown and discussed. Participants are asked to know one myth, legend, or household tale in which a dragon appears a a central character. $230

Week of January 29–February 3

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $450

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

For workshop description see October 7-9. $450

Letting Go—Moving On

Merri Goldenson (Devarani)

This is a weekend of intense body work, structured for those who want to let go of past anger, fear, and pain, which is reflected in the body as armor, tension, stress, and a lack of spontaneity. As armor softens, feelings held in since childhood can be released and more positive feelings of joy, love, trust, and pleasure can be experienced more fully.

A most important feature of the workshop is the individual Radix®-Reichian intensive, done in a safe, supportive environment. By also using dreamwork, hypnosis, chiropractic, bioenergetics, massage, dance, and group interaction as one lets go/moves on, a new capacity for living can emerge. $450

Joyce Rogers

Weekend of February 3–5

Introducing Hands-On Computer at Esalen

Tom Taussig & Wendy Oser

"Hands on at Esalen" no longer refers exclusively to the many bodywork practices available at Esalen. It also means that during this weekend seminar, participants will be introduced to the potentials of the home computer revolution. Specifically, participants can expect to be taught the fundamentals of these computer processes: word processing; text entry and editing; and file manipulation, including copying, storing, retrieving, and printing your work.

This seminar is designed for persons with no hands-on computer experience, for potential computer whizzes of all ages, backgrounds, and educational levels. In fact, one purpose of the workshop is to dispel the common notion about computers, expressed by a New York computer mogul: "If you were born before 1965, boy, you're going to be out of it." ("Here Come the Microkids," *Time*, May 3, 1982.) If anything, the evidence is to the contrary; it appears that most people are quick computer learners, depending on their goals and intentions. The leaders wish to show that far from being miraculous, magical, or demonic, home computers are simply a valuable tool for creating and producing with greater ease and efficiency.

Bring a current project to work with: a letter, journal, chapter of your book, or dissertation. Bring your partner and learn the "intimacies of software" together. Most of all, bring an open mind and a willingness to learn something new. Come prepared to dissipate stress related to your written and organizational work—as well as to your attitude toward computers. By registering 30 days in advance, you can be assured of the use of a portable Osborne computer throughout the workshop. $230

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert & Saul-Paul Sirag

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what the current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation. $230

Medical Self-Care: New Directions in Patient Education

David Sobel

A new strategy is needed to address current health problems—one which acknowledges the critical importance of individual lifestyle and behavior and equips people to become active agents in their own health care. Lay people and self-help groups are increasingly being recognized as the primary resource in the health care system. Health professionals are entering into partnerships with patients in which traditionally passive patients are encouraged to take an active, responsible, and effective role in their health care. This course will explore the importance of lay people in self-diagnosis, self-treatment, and health promotion. The emphasis will be on how health professionals can learn practical ways to teach self-care skills to patients. Topics will include: the role of lifestyle and individual behavior in health; self-diagnostic tests and skills; self-treatment strategies; self-help and mutual aid groups; use of the media to promote public health education; restructuring periodic health examinations; and how to overcome barriers to effective self-care. The course is intended to assist health professionals gain understanding and skills in self-care education. C.E. credit is available for doctors and nurses; for additional information see page 38. $230

Self-Portrait: A Performance Workshop for Non-Performers

Paul Rebillot & Benj Langdon

Have you ever secretly wished you could see yourself on television? What kind of show would you have? Would you like to be a talk show host, or guest, comedian, soap-star, newscastor, political analyst, or something uniquely different—especially you? In this workshop we would like to explore with you the possibility of capturing your uniqueness with the video-camera. You don't have to know in advance what you're going to do; however, if there is something you would like to bring, a musical instrument, costumes, a poem or a song, feel free to do so. The focus will be on spontaneity in front of the camera. A willingness to look at yourself in a new way, doing what you do anyway, is all that is necessary.

Theater games, gestalt process, as well as exercises to help ease anxiety in front of the group and the camera will be an essential part of the

preparation for the performance. Each participant will prepare a "self-portrait" for video, produce it and review it in the course of the weekend. $230

Week of February 5–10

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

For workshop description see October 16-21. $450

Fluidity of Being: Rolf®-Movement

Elisa Lodge Schiffman

For workshop description see December 9-11. $450

Weekend of February 10–12

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $230

Exploring Self-Acceptance

David Schiffman

For workshop description see October 28-30. $230

The Soviet Union Today: Cliches or Questions

Vera Dunham

Vera writes, "Truth—whatever that means—about the Soviet Union today is obscured by ignorance, indifference, and preconceived notions in the West. It is no less distorted by dogmatic cliches and cant endemic to the official Soviety propaganda machinery.

"This seminar will explore several important social issues as they are revealed in Soviet literature, and discuss them in a special way, namely, by pointing out what we do not know about them as outsiders. What I propose to do, therefore, is to identify some pertinent questions about Soviet life without fretting about neatly packaged answers. Awareness of uncertainties and problems of perception is mandatory for objectivity. One should know what one does not know. Examples: Has social stratification been increasingly more divisive? What is Soviet ethnic pluralism? Is there social mobility? Is the family still strong? Is the Soviet future what it used to be?" $230

Hypnosis and Parapsychology

Lee Pulos

All participants will be taught to experience beginning and advanced methods of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering practices such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and demystifying hypnosis, the workshop will include exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels will be experienced and these will lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $230

Week of February 12–17

Five Day Massage Intensive

Esalen Massage Practitioners

For workshop description see September 25-30. $450

The Foundations of Body Image

Andrea & Deane Juhan

This is a course for the improvement of your relationship with the body—your own and those you contact personally and professionally. Each major area of the body will be studied and experienced in turn. The sessions allotted for each area will include: slides and discussion to familiarize the group with the basic anatomical structures; specific stretches and exercises to isolate the muscles and joints in question; movement, dance, and visualization to explore the psychological dimensions of each body part; instruction in massage methods designed to locate and alleviate common problems.

The intent is to provide enough concrete experience for each participant to feel a change for the better in self image; to provide enough discussion to understand how the improvements occurred and how they may be sustained; and, particularly, to help you contact your images of your physical self—the body you do have, the body you think you have, and the body you could have. $450

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman

"Anything which is forced or misunderstood can never be beautiful."—Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of the self-defeating patterns of the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us.

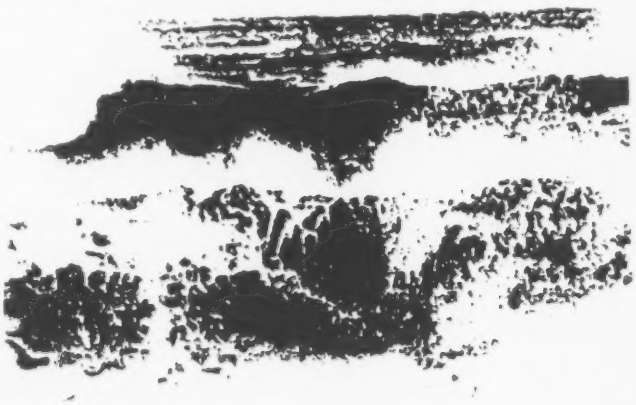
In this workshop the group will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $450

Weekend of February 17–19

A Course in Miracles: A New Thought Form for Our Time

Julian Silverman

For workshop description see October 14-16. $230



Adventures in Self-Exploration

Christina & Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the entire spectrum of transpersonal experiences. All participants will have the opportunity to be in the roles of experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $230

Astrology: A Map of the Psyche

Robert Hand

Carl Jung once stated that astrology contained within its teachings the sum total of the psychological knowledge of the ancients. The point of this workshop will be to show the validity of this statement expressed in modern terms.

Many people have tried to make astrology fit into various systems of modern psychology. Here we will explore the extent to which astrology is, in itself, a complete system of psychology, which makes its own statements about human nature, and which suggests rather surprising consequences for ideas of human life and behavior.

Little or no previous knowledge of astrology will be required in this workshop. We will be concerned largely with the symbolism and its psychological import, not especially with the techniques of horoscope analysis. Any material of a technical nature that is needed in the workshop will be introduced as we go along. $230

Polarity Massage

Bill Liles & Deborah Anne Medow

The Esalen mineral baths will be the classroom for exploring and learning by experience the basic concepts of polarity body work through the medium of massage. Emphasis will be on the dynamics of living anatomy and polarity energy balancing methods as implemented in the course of a complete, full-body massage. $230

Week of February 19–24

Gestalt Practice

Christine Price & Esalen Gestalt Staff

For workshop description see page 11. $450

Quest for the Inner Man and the Inner Woman

Paul Rebillot & Stanford Eugene Cates

Paul Rebillot writes, "My study of Carl Jung's *Psychology of the Transference* stimulated me to look into the concept of the alchemical marriage as a process of owning and uniting the various archetypal aspects of ourselves. By exploring my own polarities, I saw how they affect the organization of my personality. By becoming aware of four aspects of myself, the negative and positive man, and the negative and positive woman, I discovered when I am being authentic with others and when I am not. All four must live together within me if I am to experience my wholeness.

"Consequently, I created a process in which people, by developing these roles, can discover how they liberate or how they confuse relationship. By playing out these roles and having fun with them, they become options rather than determinations.

"At the climax of this workshop, participants design and act out a ritual of joining together, a wedding celebration whereby they create the possibility of these four aspects actually uniting within themselves, awakening the seed of individuation." $450

Educating the Genius Within— Learning to Learn— The Feldenkrais Method

Harriet Goslins

"*By my body's actions . . . teach my mind.*"—Shakespeare

The habitual way you sit, stand or move reflects patterns that are "wired-in" to your nervous system. This information can be erased or changed. By re-educating the brain/muscle connection restrictions in your movement are freed, freeing also the life-time habits that have organized around that movement.

Awareness-through-movement lessons are a re-learning of the ease and fluidity you took for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or on-going stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of our awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. When you change how you hold your muscles, your entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury, for the sedentary or those dealing with after-effects of injuries, and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his neck, shoulders, and back, to improve his posture and breathing, and to live and move with more flexibility and comfort.

The Feldenkrais work teaches how to tap into our genetic birthright, the nervous system's enormous powers of self-correction, which often lie dormant and unexplored in adulthood. $450

Spiritual Healing: Miracle or Mirage

Alan Young

This workshop will be an exploration of many aspects of spiritual healing. Starting from the belief (now shared by many orthodox physicians) that all disease, pain, and physical body malfunction is only the outward manifestation of an inner emotional, mental, or spiritual cause, the workshop will review in detail what these many causes are, how they can be uncovered in each case, and how to deal with the cause when it is known. Reasons why some people are *not* healed regardless of the method used (orthodox medicine, alternative treatments, or spiritual healing) will also be discussed.

The workshop will be experiential and will include exercises in which the participants may experience the energy radiating from their own body and from others. High intensity music, six different kinds of meditation, dream analysis (to seek cause and cures), and active imagination and visualization will also be included. Case histories from the instructor's own experience will be used to illustrate many of the points discussed.

The group will meet together mornings and evenings and the workshop will include individual sessions with Alan Young in the afternoons. $450

Weekend of February 24–26

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see September 30-October 2. $230

Citizenship in the Solar Age: Thinking Globally, Acting Locally

Hazel Henderson

Hazel Henderson writes: "An integral aspect of personal growth and development is healthy interaction within groups. As we resolve internal fears and conflicts and achieve a greater sense of empowerment, it becomes natural to seek further challenge and wider social interaction. Abraham Maslow identified these higher, growth-oriented needs as including the desire for social harmony, justice, order, and beauty in our communities and environment. We know that we have the power to heal our own bodies and minds, and similarly, we know how to heal our fragmented social relationships. And when we honor this knowledge, action for social change can be healing and integrative, rather than "need-oriented" activism which projects one's inner conflicts onto issues and ends up in divisiveness or coercive organizing.

"This workshop explores the interface between personal growth and holistic social action. I am interested in addressing theoretical, strategic, spiritual, and practical ways of becoming effective planetary citizens. There are no hard formulas for this—we will all be learners together. Some of the themes of great interest to me are: personal growth as a prerequisite to healthy social change, and social action as a prerequisite to further personal growth; the emergence of transformational paradigms in science, literature, art, and music which suggest greater planetary awareness and global networking; the vital new role of non-governmental organizations; learning to demystify economics (economics as politics in disguise); the mass media as the nervous system of the body politic (gaining media access for citizens, groups and community issues, and evaluating various media as channels for social renewal); and identifying the winning coalitions for the new societies of the Solar Age.

"The world needs truly mindful, responsible, social-change activism and leadership as never before, just as developing self-actualizers need the risk-taking and challenge of relating to ever-more complex patterns of social, ecological and planetary interdependence. I am interested in teaching and learning how to accept the challenge of helping to heal our divisive, competitive, nationalistic, industrial societies (East and West); how to move beyond their narrow technological/rationalism and militaristic posturing; and how to help foster viable alternative futures which can operate peacefully and fairly on our inter-connected planet."

Recommended reading: *The Politics of the Solar Age: Alternatives To Economics*, Hazel Henderson, (Doubleday, Anchor paperback N.Y.); *The Aquarian Conspiracy*, Marilyn Ferguson, (Tarcher); *Person/Planet*, Theodore Roszak, (Doubleday); *New Age Politics*, Mark Satin, (Delta); *The Turning Point*, Fritjof Capra, (Simon & Schuster); *The Politics of Women's Spirituality*, Charlene Spretnak, (Doubleday); *MegaTrends: Ten New Directions that are Transforming our Lives*, John Naisbett, (Warner Communications, N.Y.) $230

Mind, Hallucinogens, and the *I Ching*

Terence McKenna

"The hallucinogenic experience remains a misunderstood and taboo area of human becoming. Yet with birth and death it represents a profound dimension of our being that we can choose to ignore only at our peril. We will discuss plant hallucinogens, their use in shamanism and their impact on modern conception of mind. We will discuss self exploration through hallucinogenic plants using philosophical constructs both ancient and modern. Shamanism, schizophrenia, and the holographic nature of time will be reunderstood in the light of hallucinogenic experiences. *The Invisible Landscape*, by my brother and myself, will be the core around which discussion will be constellated according to the needs and interests of the group. The hallucinogens catalyze a deep crisis in human evolution that calls for a new model of mind and world. We will explore the implications of that new model for human transformation."—Terence McKenna.

Suggested reading: *The Invisible Landscape* and *Psilocybin: The Magic Mushroom Grower's Guide*, Terence McKenna.

This will be a didactic workshop. The use of hallucinogens is not permitted at Esalen. $230

February 24–March 16

Getting in Shape: Physical/Metaphysical Fitness

Jessica Moore Britt & Andrea Juhan

For workshop description see Special Programs, page 36. $1600

Week of February 26–March 2

Awareness Through Movement: Learning to Feel

Harriet Goslins & Robert Raleigh

Feeling is a state of ongoing vulnerability that catalyzes change.

Feelings are the endless content of the body-mind. Deeply patterned whole-body fear prevents us from feeling not only our current life-condition (thus anesthetizing us from the need to change) but blocks the bodily and profoundly pleasureful "feeling-connectedness with everything" that can be felt by the human nervous system.

This work utilizes Feldenkrais principles bringing awareness to dormant parts of the nervous system that are usually inhibited by the whole-body fear response.

The movement sessions will be combined with work to further integrate the learning into one's lifestyle and behavior. $450

February 26–March 23

Spiritual Emergency: Understanding and Treatment of Transpersonal Crises

Christina Grof, Stanislav Grof & Rita Rohen

For workshop description see Special Programs, page 36. $1800

Still Points, Turning Points: A New Curriculum for Change

David Schiffman, Elisa Lodge Schiffman & Esalen Staff

For workshop description see Special Programs, page 36. $1800

Sydelle Forman

"Contact is the appreciation of differences"

Fritz Perls

• SPECIAL PROGRAMS •

Tutorial Program in Gestalt Body Therapy

Jack Rosenberg

This will be a professional training program for licensed or license-eligible psychotherapists and graduate students in gestalt body therapy (GBT). GBT is a complete system of psychotherapy with an emphasis on breathing as a vehicle for the integration of body, mind, emotions, and spirit. The program will consist of approximately one week (five days) at Esalen every five weeks for a period of two years. This program can lead to an M.A. or Ph.D. in psychology through affiliation with an approved degree-granting institution. The program will be didactic and experiential and is based on a tutorial system with Jack Rosenberg and staff. If interested, please contact Jack Rosenberg, 1107 W. Washington Bl., Venice, Ca. 90291. Please include personal and therapeutic history and educational background.

The Human/Dolphin Foundation

The Human/Dolphin Foundation, born out of the work of John and Toni Lilly, is privately funded and continues through the dedication of many individuals. Currently there are two projects in progress: Project Janus—Redwood City, California, and Project Careyes—Costa de Careyes, Jalisco, Mexico.

Project Janus is in its fourth year of continuous research with two captive "bottlenose" dolphins. Janus, the Roman god of beginnings, was usually pictured with two opposing faces. Today Janus is also a computer, one face in dialogue with humans and the other turned toward the dolphins. This "interface" is expected to produce a hybrid language of symbols and sounds that will be understood by both species.

Project Careyes, on the beautiful west coast of Mexico, is the first attempt by HDF to contact wild dolphins in a consistent manner so that the Janus achievements and future efforts can be offered to the dolphins in their own natural environment. Eventually a human/dolphin community is envisioned where a "pod" of humans will live in more or less constant contact with a pod of volunteer dolphins.

Specific Esalen/HDF workshops and projects are being discussed. If you are interested, send inquiries directly to the Human/Dolphin Foundation, P.O. Box 4172, Malibu, California 90265. Phone (213) 457-4384.

September 4–30
Journey to the East

Christina Grof, Stanislav Grof & visiting faculty including: Anne & Jim Armstrong, Angeles Arrien, Fritjof Capra, Father Bede Griffiths, Jack Kornfield, don Jose Matsuwa, Brant Secunda, Ajit Mookerjee & Sogyal Rinpoche.

This four week interdisciplinary educational program is designed for professionals and students in the fields of psychiatry, psychology, anthropology, religion, and philosophy who are interested in exploring theoretically and practically the great spiritual traditions of the East and their relationship to Western science. Special attention will be paid to the similarities and differences between mysticism and psychosis and to the problems related to evolution of consciousness. This seminar is part of a systematic effort to create an international network of individuals trained to facilitate the process of evolution and to assist in spiritual emergencies. The program will focus on the following thematic areas:

Ancient Technologies of the Sacred: The Great Spiritual Traditions of the East: Visiting spiritual teachers will explore with participants theoretically and practically Buddhist vipassana meditation, the Tibetan vajrayana, Zen Buddhism, tantric science, art and ritual, sufism, aikido, and shamanism.

New Frontiers of Western Science: Researchers who have contributed to the emerging paradigm will discuss revolutionary developments in quantum-relativistic physics, systems theory, brain research, and modern consciousness studies which point to a future synthesis of science and mysticism.

Psychosis: Disease or Transpersonal Crisis? Participants will be exposed to a new understanding of the psychotic process emerging from psychedelic studies, Jungian analysis, kundalini research, and modern clinical and laboratory studies. They will have the opportunity to experiment with methods of constructive assistance in transpersonal crises.

Self-Exploration and Group Process: The workshops of this series use an experiential educational format that combines didactic input with personal experience. The Esalen staff and guest leaders will act as facilitators for participants throughout the program.

Reservations should be addressed to Christina Grof, c/o Esalen. $1800

November 4–27
Explorations in the Mythological Dimension

Joseph Campbell

This will be a month of exploring lectures and discussions having to do with traditions of the Western world wherein the heritage of what has been called the "Perennial Philosophy" is represented. The language of this philosophy is mythology, whose "worlds" and "gods" (to quote Ananda K. Coomaraswamy) are "levels of reference and symbolic entities which are neither places nor individuals but states of being realizable within you." The topics for the lecture weekends are:

Psyche and Symbol. For workshop description see November 4-6.

Classical Mysteries of the Great Goddess. For workshop description see November 11-13.

Arthurian Traditions of Courtly Love and the Grail. For workshop description see November 18-20.

James Joyce and Pablo Picasso: Mythology in Twentieth Century Literature and Art. For workshop description see November 25-27. $1600

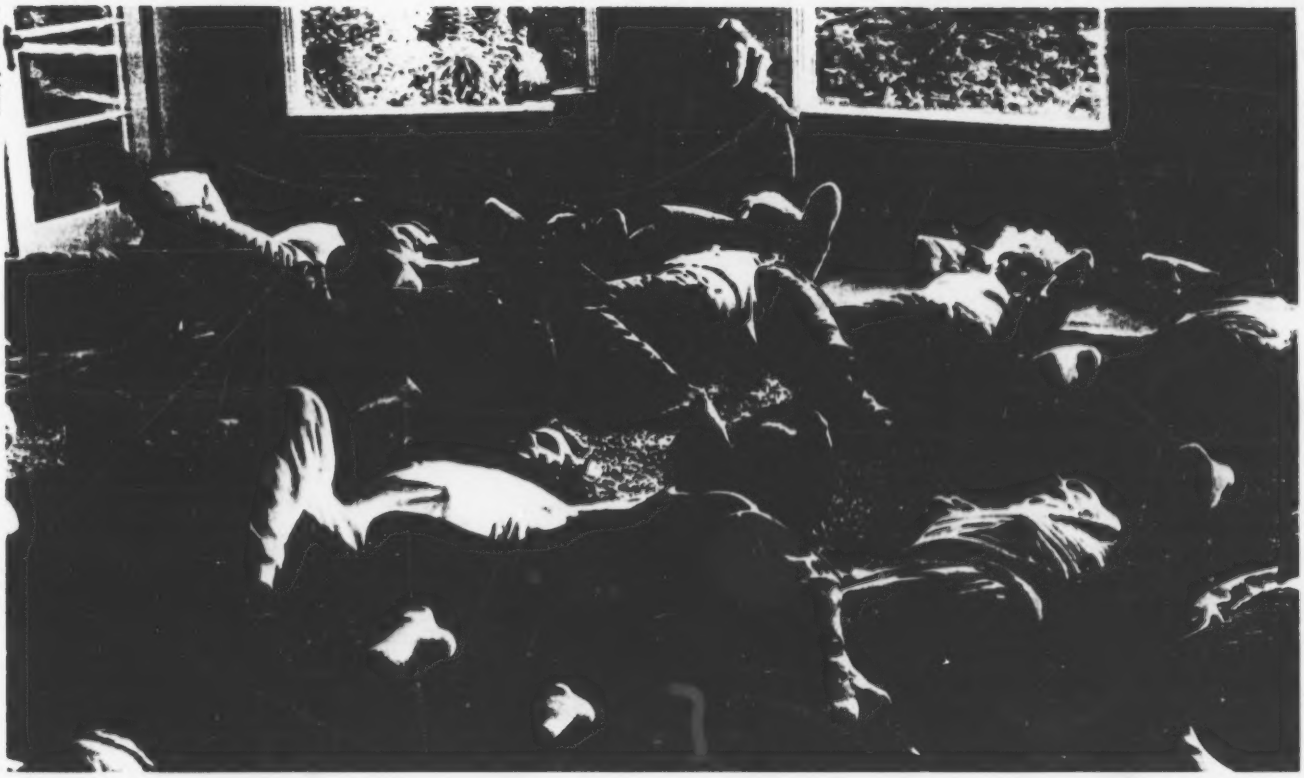
Kathy J. Thomas

Joseph Campbell

November 13–December 9
Month Long Professional Body Work Intensive

Dub Leigh

The premise of this workshop is that an unwell body tends to be shortened, thick, and suffering from pain and stress, and that a healthy body



Kathy J. Thormod

tends to be long, balanced, and supple.

In this workshop we will emphasize how to transform an unhealthy body into a long, supple, organized body by inquiring into ways pain can be erased. Further questions to be considered are: how can short tissue be lengthened, hard tissue be softened and made more resilient; how may tissue be repositioned and balanced, constriction be removed from organs and joints, a general heaviness be replaced by a lightness and lift, and body armor and old buried trauma be eliminated?

We will explore four premises: first, by Ida Rolf, that the body is plastic and segmented and therefore its structure can be reorganized, repositioned, and balanced as ordered; second, by Feldenkrais, that the nervous system can be reprogrammed so as to bring the desired changes in the body's function and structure; third, by Slye, that stress can end in pain and disease and that it does not need to; and fourth by Cyriax, that all pain arises from a lesion and that treatment must reach the lesion and exert a beneficial effect on it.

We will also explore Reich's body armor and Ron Hubbard's stored trauma concepts.

The workshop will be limited to eight professional body workers who want to improve their expertise. From time to time various body experts will be brought into class. Participants will have the opportunity to do as much body work as desired and to experience body work each day of the class, being taught as they work. In the course of the workshop, participants will receive many hours of work from one another and Dub Leigh. The goal is to have each participant return to his/her practice with a new level of knowledge and ability.

Interested participants should submit an application, addressed to Dub Leigh, c/o Esalen, with a short personal history explaining their qualifications in body work. As enrollment is limited applications should be sent early. Applicants will be notified when they are accepted. $1800

January 1–February 5
Gestalt Practice: A Combination Seven Day Intensive and Work Study Program

Coordinated by Christine Price

This is a five week program focusing on gestalt practice (for further information see Gestalt Practice, page 11), and designed primarily for people who are presently working with clients and who want to directly apply the skills developed in this program to their work. The first week will be a seven day intensive where participants will have no commitments outside of the sessions. Beginning the second week, members will become work scholars, will work 32 hours weekly, and live in work scholar housing (see Work Study Program, page 12, for details). The group will continue to work together in afternoon and evening sessions and in some weekend intensives. The curriculum will include time for participants to do their own personal clearing work in the "open seat" format with group leaders as well as time for practicums, where group members may provide feedback for each other as they work.

Although gestalt is the primary focus, some Reichian breath work and other related approaches to growth will be presented. Dick Price, Jessica Moore Britt, and other Esalen leaders will be the support faculty for the course.

If you wish to attend, please send in a completed work scholar application form provided on page 12, a deposit, and a letter stating your present work and how you imagine this program might relate to you and your work. Address this to the attention of Christine Price, c/o Esalen. $1280

January 8–February 3
The Feeling Process

Janet Zuckerman, Hareesh & faculty: Deborah Anne Medow

For many people, feelings are something mysterious, something to keep to one's self, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that will increase vitality and personal effectiveness. Participants will explore how to separate feelings from thoughts, how to be perceptive to their own body rhythms, to contact their own wisdom, and participate in a safe environment in the choice of expression or depression.

Combined with this emotional process work will be a program of cleansing and rejuvenation based on a nutritional diet which will include: guided two-to-three-day water and juice fasts, wheatgrass, a live raw-foods menu, and transitional lightly cooked foods. The wheatgrass will be presented in a learn-by-doing process where participants will sprout, plant, water, harvest, and juice their own wheatgrass in the Esalen gardens. Group process, paired breathing sessions, movement, massage, Trager, and herbal baths will complete the experience. Playfulness and a sense of personal celebration is a prerequisite. $1800

January 20–February 17
Tutorial Program in Shamanism and Shamanic Healing

Michael Harner

This four week program is the first time Michael Harner will teach the practice of shamanism and shamanic healing to a small group of people for such an extended period of time. The program has four phases approximately corresponding to the four weeks: participation and assistance in an intensive seven day workshop in basic and intermediate shamanic healing and practice (see January 20-27 for workshop description); individual practice and further development of the methods of intermediate shamanic work; new developments in research on shamanism; and focus on the mastery of individual shamanic skills.

Enrollment is limited to eight students. If interested, please write a letter of application to Michael Harner, Box 673, Belden Station, Norwalk, Connecticut, 06852. Please include in your letter a description of your background and the reasons you would like to be in this tutorial program. $2300

February 24–March 16
Getting in Shape: Physical/Metaphysical Fitness

Jessica Moore Britt & Andrea Juhan

This program is an in-depth exploration of the interplay of our physical structure, tone, capacity, and appearance and our internal feeling and thoughts and how these create our concept of self and well-being. Each week will be integrated sessions in: *Fitness and Relaxation:* including stretching, aerobics, dancing, hiking, Feldenkrais work, massage, and meditation. *Personal Awareness Work:* using gestalt practice, Reichian breath work, movement, and video in order to explore conditioned images and feelings and to provide an opportunity to explore alternatives.

In lectures and demonstrations guest faculty will discuss anatomy and physiology, and the psychology of the relationship between the physical body and states of being. Diet and nutritional information and guidelines will be provided by physician, Joe D. Goldstrich, author of *The Best Chance Diet*.

This three week period is for participants to create new patterns in their individual life process, and to reinforce this new behavior in a supportive environment. The course is designed to be a step towards a life long program of well-being. A fact sheet of detailed scheduling is available upon request. $1600

February 26–March 23 84
Spiritual Emergency: Understanding and Treatment of Transpersonal Crises

Christina Grof, Stanislav Grof & Rita Rohen

This four week interdisciplinary program is for professionals and students in the areas of psychiatry, psychology, anthropology, and religion. The workshop has been specifically designed for intensive and focused exploration of the new concept of "spiritual emergency," an important subgroup of unusual states of consciousness that contemporary psychiatry labels as psychosis. It is part of a systematic effort to create an international network of individuals qualified to facilitate the process of personal transformation and to assist others during transpersonal crises. The program will focus on the following areas:

Historical and Anthropological Perspectives on Psychosis: We will review the evidence suggesting that many ancient and non-Western cultures have developed deep knowledge of transpersonal crises and maps of consciousness that can be used as guidelines in the process of personal transformation. Shamanism, spiritual practices of the great Oriental religions and philosophies, aboriginal rites of passage, and the ancient death-rebirth mysteries provide not only maps, but also tools to initiate and facilitate such a process.

The Concept of Transpersonal Crisis and Western Science: This aspect of the program will focus on observations that support the new approach, such as the healing, evolutionary, and problem-solving potential of certain psychotic states; results of clinical studies using placebo; pioneering work in psychotherapy of psychoses and family studies of schizophrenia; modern kundalini research; and psychedelic studies. We will explore new developments in various disciplines—consciousness research, quantum-relativistic physics, information theory, biology, and neurophysiology—that provide a solid scientific basis for an alternative understanding of psychosis.

Transpersonal Crisis Intervention: We will explore various strategies that are useful in the management of spiritual emergencies and in facilitating personality transformation.

Self-Exploration and Group Process: The workshops of this series use an experimental educational format that combines information input with experiential approaches and group process. For this purpose, we will use controlled breathing, music, mandala drawing, gestalt practice, and various forms of body work. The coordinators and the Esalen staff will function as facilitators for participants all through the workshop.

Reservations should be addressed to Christina Grof, c/o Esalen. $1800

Still Points, Turning Points: A New Curriculum for Change

David Schiffman, Elisa Lodge Schiffman & Esalen Staff

"Anything which is forced or misunderstood can never be beautiful."
—Xenophon

People, like plants, need special care and attention to thrive and blossom. To naturally grow beyond what we've been requires strength, sensitivity, and a deeply compassionate awareness. What are the most important elements that support this transformation and renewal? And how might this process be effectively shared with others? Out of the answers to these questions has emerged the dream of combining the best of Esalen's human potential practice work with the spirit of adventure found in Outward Bound's wilderness programs, along with the gracious informality of living and working together in one of the most beautiful and peaceful settings in the world.

The aim of this unique curriculum will be to explore and develop a new model for learning, one that not only deepens the experience of traditional self exploration, but also breaks new ground in erasing the line between intensive group and individual work and the ordinary world of everyday life.

Among the areas we will touch on during this month are:

The Body and its Functions: as a temple for the spirit; as a reflection, and as a turning point from past habits, fears, and attitudes; as a source of grace, ease, and fluidity in movement and in contact; as a kinetic home-base for exuberance, playfulness, and balance; and as a healing source of touch.

The Emotional Realm: exploring and opening the limits of temperament; redirecting negative feelings for inspiration and power; cultivating passion and strength as the core of integrity; resolving inner and outer turmoil simply and peacefully.

The Mind: developing the powers of the imagination for self-affirmation and creativity; deepening the ability to see, hear, and understand so that one can range easily from the practical to the transcendental; strengthening the sense of fair-witness and developing the skillful use of the will; using the perspective of humor to heal separation.

Coming together in the spirit of being simply and lovingly at home in ourselves, the group will create a community whose foundation is based on trust, good will, and authenticity.

During the month each participant will have the opportunity to clarify and develop his/her own style and artfulness as an individual guide and group facilitator doing in-depth study of gestalt practice, body work, psychosynthesis methods, and the meditative arts. The program will be structured to include: intensive individual work; creative music and movement; supervised observations; practicum work in group leading and individual counseling skills; video feedback; illustrated lectures and didactic theoretical sessions.

The emphasis throughout will be on creating a personally integrated perspective that will bring buoyancy and lightness into life and work. This workshop is designed for people from all walks of life. $1800

Future Programs Include:

Peter Levine, March 2–11; Massage Month Long Intensive, March 11–April 6; Emilie Conrad-Da'oud & Susan Harper, March 23–April 13; Anne & Jim Armstrong, March 23–April 6; John Heider, March 23–April 6; Helen Palmer, April 6–13; Jack Rosenberg, April 6–27.

Joyce Rogers

• WILDERNESS PROGRAMS •

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop we require the following deposit:

Up to 3 days	$ 50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your non-refundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip your deposit is forfeited.

September 4-11
Women's Challenge: A Dance of Adventure Through the Big Sur Wilderness

Annie Callaway & Elisa Lodge Schiffman

We will come together in the Big Sur Wilderness to explore our inner world: our feminine roles and archetypes; dominant and shadow parts of ourselves; our vulnerability and strength; our heroism and sense of adventure. Carrying everything we need in our packs, we will hike through the Ventana wilderness, pausing to swim in a rock pool with a waterfall. Woven into our week will be group process work, traditional wilderness skills, and Rolfing® movement integration, all designed to open ourselves to balance, grace, and fluidity. Crackling fires, and excellent food—much of it fresh—will enhance our journey. Near the week's end, each of us will spend 24 hours alone in reflection and contemplation.

We will camp out at Esalen our first night, drive to the trailhead the next morning, and return to Esalen the following Sunday morning to enjoy the hot springs and lunch, our final meal together. No previous wilderness experience is necessary. Complete equipment lists will be sent on registration. $400

September 25-October 1
Cataract Canyon: An Outward Bound White Water Expedition

Coordinated by Nelson Chase of Colorado Outward Bound School & Steven Harper of Esalen

Travel with us on a journey down two of the great wilderness rivers in the western United States. Our white water adventure will begin in

Canyonlands National Park, Utah, on the Green River, which will carry us to its confluence with the mighty Colorado. There, compressed by precipitous gorges, these two major tributaries join to form one of the swiftest rivers on the continent. At the entrance to Cataract Canyon, its walls soar above in giant 1400 ft. steps to the rim. From here each one of us, in turn, will captain the rafts as we run the Cataract's famous white water.

At night we will camp on the riverbank, and by day we will take time to seek new adventures on land; exploring tranquil side canyons, visiting Native American ruins and petroglyphs, and rock climbing and rappelling. In addition to group process there will be time for reflection, for laughing and singing, and for creating rituals. Half-way through the week we will solo overnight in the wilderness, encountering ourselves and seeking a vision.

Acquiring skills to care for ourselves and each other in the wilderness can promote increased self-efficacy and awareness. The well-being that comes from attempting and succeeding at new endeavors can transfer to other areas of our lives, becoming a catalyst to growth and change.

This wilderness program is offered in collaboration with the Colorado Outward Bound School, and will be staffed by both Esalen and Outward Bound. *Please Note:* Registration for this program is being handled by the Colorado Outward Bound School. To register, please send your name, address, phone number, name of course (i.e., Cataract Canyon: an Outward Bound White Water Expedition), and a $25 application fee to: River Program, Colorado Outward Bound School, 945 Pennsylvania, Denver, Colorado, 80203. Complete information will be sent upon registration. $600

• MEDICAL PROGRAMS •

Esalen Institute is a California state approved provider for continuing education for health professionals. The California Medical Association has granted Esalen Category 1 approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Esalen Institute — Approved Provider for Physicians

September 9-11
The Placebo Response
Andrew Weil, M.D. — 10 hours

September 30-October 2
Burnout: Causes and Cures
Elliot Aronson, Ph.D. & Ayala Pines, Ph.D. — 10 hours

November 27-December 2
Symptom as Metaphor
Jeff Kane, M.D. & Ronnie Paul — 30 hours

December 9-11
The Therapeutic Approaches of Milton H. Erickson, M.D.
Jane Parsons, A.C.S.W. & Francis Lu, M.D. — 10 hours

February 3-5
Medical Self-Care:
New Directions in Patient Education
David Sobel, M.D. — 10 hours

Esalen Institute — Approved Provider for Registered Nurses

September9-11
The Placebo Response
Andrew Weil, M.D. — 10 hours

September 30-October 2
Burnout: Causes and Cures
Elliot Aronson, Ph.D. & Ayala Pines, Ph.D. — 10 hours

October 9-16
Trager Psychophysical Integration and Mentastics©
Beginning Training
Betty Fuller — 30 hours

November 27-December 2
Symptom as Metaphor
Jeff Kane, M.D. & Ronnie Paul — 30 hours

December 9-11
The Therapeutic Approaches of Milton H. Erickson, M.D.
Jane Parsons, A.C.S.W. & Francis Lu, M.D. — 10 hours

January 1-6
The Uses of Empathy and Intuition in Healing
for the Health Professional
Jack Downing, M.D. & Murray Korngold, Ph.D., A.B.P.P. — 30 hours

Steve Beck

January 22-27
A Healthier Way to Goal Achievement
Neil Fiore, Ph.D. — 30 hours

February 3-5
Medical Self-Care:
New Directions in Patient Education
David Sobel, M.D. — 10 hours

· BIOGRAPHICAL INFORMATION ·

A

Anne Armstrong *p. 15, 32, 34* — has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong, *p. 15, 32, 34* — a former engineer, is a life-long student nd teacher of esoteric studies.

Elliot Aronson *p. 15* — is a professor of psychology at the University of California, Santa Cruz. He has published over 60 articles on interpersonal relations and authoried ten books, including *The Social Animal*.

B

John Blofeld *p. 22* — is a world-renowned authority on Zen and Tibetan Buddhism and Taoism. His translations include *The Zen Teaching of Huang Po*, the *I Ching*, and *Tantric Mysticism of Tibet*.

Faustin Bray, *p. 21* — performing musician and media artist, founder of Island and Flying Machine International Mobile Schools, specializes in instigating and integrating creativity using yoga, fine arts, science, and travel.

Jessica Moore Britt *p. 12, 21, 33, 36* — is a registered nurse who is presently a member of the Esalen community and a practitioner of gestalt, Reichian, and wilderness approaches to well-being.

Charles Brooks, *p. 19* — author of *Sensory Awareness, the Rediscovery of Experiencing*, has been a teacher of sensory awareness since 1963 often in conjunction with Charlotte Selver.

Joan Brozovich, *p. 24* — a licensed psychologist in private practice in San Francisco, works with gay individuals, couples, and groups and consults with agencies to develop staff training on gay issues.

James Bupp *p. 13* — combines gestalt practice with group process and emotional release work.

C

Peter Caddy *p. 18* — is the co-founder of the Findhorn Foundation, and is presently engaged in visiting and assisting in the link-up of communities, groups, and movements for the process of planetary transformation.

Annie Callaway, *p. 14, 37* — professional wilderness guide, group leader, hatha yoga teacher, and writer, has been leading Esalen wilderness trips for many years.

Joseph Campbell *p. 19, 20, 21, 22, 34* — is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero With a Thousand Faces, The Masks of God*, and *Myths to Live By*.

John Caple *p. 18* — is a college professor and career counselor with an earlier career in business management. He is the author of *Careercycles* (1983).

Fritjof Capra *p. 20, 34* — is researching theoretical high energy physics at the Lawrence Berkeley Laboratory and is author of two books, *The Tao of Physics* and *The Turning Point*.

Seymour Carter *p. 18, 24* — has taught gestalt at Esalen and other growth centers in the United States and Europe for over 12 years, and is currently a teacher in residence at Esalen.

Michell Cassou *p. 26* — is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Stuido in San Francisco.

Stanford Eugene Cates *p. 25, 32* — is working and in training with Paul Rebillot, assisting and co-leading groups. He has trained in Trager psychophysical integration and is a minister.

Nelson Chase *p. 15, 37* — is the director of the Mental Health Projects Center for the Colorado Outward Bound School.

Stewart Cubley, *p. 26* — artist and scientist, is a co-founder of the Expressive Painting Studio in San Francisco.

Dale Cummings, *p. 16* — MFCC and certified Radix® teacher, is in private practice at the Radix® Center in Santa Monica, and is also a trainer for the Radix® Institute in Ojai.

D

Laura DeNuccio (Ma Prita) *p. 17, 31* — certified Radix® practitoner, combines Reichian body work, emotional release, gestalt practice, Bates vision improvement, and other approaches to well being in group and private instruction.

Patrick Douce, *p. 14, 16* — a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais awareness through movement and is available for individual sessions in functional integration.

Jack Downing, *p. 27* — M.D., is a psychiatrist with a comprehensive background in gestalt, Rolfing®, Arica, applied kinesiology, and neurolinguistic programming.

Vera Dunham *p. 31* — is an internationally acclaimed poet, translator, essayist, and expert on Soviet culture.

E

Victoria Elliot, *p. 17* — an Esalen trustee, is president of Norman H. Gershman Consultants, executive recruiters and management consultants to the securities business.

Esalen Massage Practitioners *p. 12, 17, 18, 19, 24, 26, 28, 31* — include Peggy Morrison Horan, Deane Juhan, George King, Lila Daniels Klapman, Lars Larson, Bill Liles, Deborah Anne Medow, Jane Miletich, Dianne Sue Miller, Laurie Muller, Brita Ostrom, Vicki Topp, and Attila Vaas.

F

James Fadiman *p. 17* — is a management consultant and teaches at Stanford and the California Institute of Transpersonal Psychology. He has taught Sufi stories for six years.

Rosemary Feitis, *p. 27, 28* — a certified Rolfer® and editor of *Ida Rolf Talks*, is presently working on two manuscripts: one on consciousness and perception; the other, with Louis Schultz, on anatomy.

Richard Feynman *p. 21* — has been a professor of theoretical physics at the California Institute of Technology since 1950 and has received many awards for his contributions to quantum theory.

Neil Fiore, p. 29 — a licensed psychologist practicing hypnosis, is working on the effects of stress and anxiety on performance and health.

Joyce Frazee p. 22 — is a gestaltist whose training includes art, encounter, bioenergetics, body awareness, and psychosynthesis. She is presently on the staff of Cold Mountain Institute.

Marty Fromm p. 26 — trained with Fritz Perls for three years. Some aspects of their relationship are described in *In and Out the Garbage Pail*.

Betty Fuller, p. 17 — a humanist counselor, A.H.A., is director of the Trager Institute, and instructor of Trager psychophysical integration and mentastics©, and Feldenkrais awareness through movement.

G

Merri Goldenson (Devarani) p. 15, 30 — is a chiropracter, certified Radix® teacher, Bates vision instructor, and is in private practice in West Los Angeles and San Francisco.

Harriet Goslins p. 32, 33 — is a Feldenkrais practitioner and an awareness-through-movement teacher with a background in psychosynthesis and applied kinesiology.

John Graham, p. 21 — former U.S. diplomat, is equally at home in the worlds of big business and government and in the world of transformational thought and spirit.

John Michael Grey, p. 15 — co-founder of a research institute at Stanford, integrates neurolinguistics, cognitive psychology, and Ericksonian hypnotic practice with transpersonal psychosynthetic approaches.

Christina Grof, p. 14, 18, 28, 31, 33, 34, 36 — hatha yoga teacher and student of Swami Muktananda, has special interest in the kundalini process and the problem of "spiritual emergency." She is co-author of *Beyond Death*.

Stanislav Grof, p. 14, 18, 28, 31, 33, 34, 36 — psychiatrist with over twenty years' experience in consciousness research with and without psychedelics, is the author of *The Human Encounter with Death* and *LSD Psychotherapy*.

H

Betsy Hand, p. 17 — former resident staff member of the Gestalt Institute of Canada, has 20 years experience with families, couples, and groups, She is in private practice in Kentfield, California.

Robert Hand, p. 32 — as an astrological teacher, author, consultant, and researcher, is involved in micro-computer technology. His latest books are *Horoscope Symbols* and *Essays on Astrology* (Para Research).

Joyce Hanna p. 17 — is a behavioral fitness consultant in Palo Alto, California. She is a marathon runner and has competed in the Boston marathon.

Thomas Hanna p. 23 — is director of the Navato Institute for Somatic Research and Training, editor of *Somatics* magazine, and author of *The Body of Life* and *Bodies in Revolt*.

Hareesh p. 28, 35 — is interested in alternative nutritional programs.

Michael Harner, p. 28, 29, 36 — an anthropologist who has studied shamanism among South and North American Indians for more than two decades, is the author of *The Way of the Shaman*.

Sandra Harner, p. 28 — textile artist and executive director of the Center for Shamanic Studies, Norwalk, Connecticut, has accompanied her husband, Michael, in studies among Upper Amazon tribes.

Steven Harper p. 11, 15, 37 — teaches for Colorado Outward Bound and the National Outdoor Leadership School, and is currently the coordinator of the Esalen Wilderness Programs.

Hazel Henderson p. 32 — is a self-described "independent, self-employed futurist," and author of *The Politics of the Solar Age Alternatives to Economics* (Anchor Press / Doubleday).

Nick Herbert, p. 30 — an independent researcher in the foundations of physics, is completing a popular book on quantum foundations entitled *Quantum Reality: Beyond the New Physics* (Doubleday).

Peggy Morrison Horan p. 15, 22 — is an Esalen masseuse and teacher, and coordinator of the Esalen Childbirth Education Program.

Paul Horn p. 14, 28 — is a flutist, jazz musician, creator of the *Inside* albums, and teacher of meditation.

Chungliang Al Huang p. 21, 28 — is the founder-president of The Living Tao Foundation, and director of its Lan Ting Institute, an international cultural-arts network for lifelong learning.

IJ

Owen James p. 25 — teaches body-mind-center-brain awareness and is a professional flutist and performance coach. He has practiced Rolfing® and Rolf®-movement for many years.

Eli Jaxon-Bear, p. 15 — former director of a Buddhist meditation center, is a master practitioner of neurolinguistics who integrates this work with Ericksonian hypnotic practice and Eastern philosophies.

Andrea Juhan p. 11, 31, 33, 36 — is an Esalen deep tissue and massage practitioner, has trained with Anna Halprin, and currently conducts Esalen community classes in stretch / exercises, aerobics, and dance.

Deane Juhan, p. 31 — a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.

K

Jeff Kane, p. 23 — M.D., researches the body-mind relationship and teaches medical philosophy, stress management, and hatha yoga. His articles have appeared in *CoEvolution Quarterly*, *New Age*, and *Yoga Journal*.

Sam Keen p. 18 — is an explorer of inner space, a psychonaut and philosopher, editor of *Psychology Today*, author of *Apology for Wonder*, *To a Dancing God*, *Beginnings Without End*.

Polly Kirby p. 12 — is a registered nurse, certified acupuncturist, and coordinator of the holistics studies program at Esalen.

George Kohlrieser p. 25 — is director of Shiloah, Center for Human Growth in Dayton, Ohio, where he works with individuals, families, and groups.

Murray Korngold p. 27 — is a certified acupuncturist and a teacher and speaker on parapsychology and psychic healing.

L

Benj Langdon, *p. 16, 29, 30* — former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.

Timothy Leary *p. 24* — is a philosopher and scientific optimist.

Lenore Lefer, *p. 14, 16* — currently maintaining a private practice in San Francisco, is on the training staff of the Psychosynthesis Institutes of London and San Francisco.

Dub Leigh *p. 21, 34* — has been trained by Ida Rolf and Moshe Feldenkrais and has studied with Lauren Berry and Milton Trager.

Ralph Leighton *p. 21* — has taught math for many years and combining this talent with an interest in ethnic music, he has developed considerable facility in creating rhythms.

Peter Levine *p. 24* — has practiced and taught Reichian body work for many years. He holds doctorates in medical biophysics and psychology. His interests include the effects of stress on children and infants.

Ruth Leveton, *p. 16, 25* — co-founder of Medicine Way, Inc., is a wilderness instructor for U.C. Santa Cruz Extension, leader for Rites of Passage, and student of biology and environmental studies.

Bill Liles, *p. 32* — a member of the Esalen massage crew for many years, integrates polarity with traditional Esalen massage.

Paul Lounsbury *p. 13* — has studied extensively with Milton Erickson and his conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.

Francis Lu, *p. 24* — with a background in gestalt, psychosynthesis, and transpersonal psychology, is assistant professor of psychiatry at the University of California, San Francisco.

M

Ian Macnaughton *p. 24* — has been involved in Reichian work and neurolinguistic programming and is particularly interested in the bringing together of Eastern and Western approaches.

John McKeithen, *p. 12* — a practitioner and teacher of Esalen deep tissue work for several years, is presently in practice in Petaluma, California.

Terence McKenna *p. 33* — authored *The Invisible Landscape* and *Psilocybin: Magic Mushroom Grower's Guide*. He studied shamanism at U.C. Berkeley and has lived in tropical Asia and Amazonas.

Deborah Anne Medow, *p. 14, 15, 16, 25, 28, 32, 35* — Esalen body work practitioner and group leader since 1969, teaches ashtanga yoga, massage, creative movement, and related healing disciplines, and studies Native American tradition.

Don Michael *p. 23* — is author of *On Learning to Plan and Planning to Learn* and professor emeritus in planning and public policy at the University of Michigan.

Jaime Morton *p. 14* — is a teacher of massage, a counselor, and an earth artist.

N

Robert Nadeau, *p. 13* — a spiritual researcher, has been leading workshops in centering and awareness for over 15 years. He holds a fifth degree black belt in aikido.

James Xavier Nash, *p. 22* — a member of the San Francisco Dancers' Workshop, is a performing artist in movement and theater, and has worked with Robert Hall in gestalt and body work.

The NINE *p. 16, 25* — "We are pure thought human fantasy seeking a road to the birth canal of reality where we will be seen as 'The NINE' "

O

Jenny O'Connor *p. 16, 25* — is a psychic from England, and is a channel for "The NINE."

Timothy O'Reilly *p. 28* — is a writer, teacher, and businessman. His teaching is based on the consciousness work of George Simon.

P

Wendy Oser, *p. 28, 30* — founder and director of Video Feedback Service of Berkeley, and creator of Video Insight, specializes in transpersonal, professional, and personal applications of video.

Brita Ostrom, *p. 14* — a longtime Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.

Helen Palmer, *p. 18, 24* — a clairvoyant counselor, is director of the Center for the Investigation and Training of Intuition and uses personality issues as access points to psychic perception and the inner life.

Wendy Palmer, *p. 18* — a teacher and director of the Lomi School, holds a black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.

Jane Parsons *p. 24* — was facilitator in individual, group, and family treatment in the department of psychiatry at Mount Sinai Hospital for 12 years, and is in private practice in New York City.

Ronnie Paul, *p. 23* — formerly a ranked Eastern Junior tennis player, now studies and teaches the Iyengar method of hatha yoga. She is a frequent author and former contributing editor for *Yoga Journal*.

Ayala Pines, *p. 15, 23* — research associate in the psychology department, U.C. Berkeley, is the author of *Experiencing Social Psychology* and *Burnout: From Tedium to Personal Growth*.

Hector Prestera, *p. 15* — a physician, acupuncturist, Rolfer®, certified neurolinguistic trainer, and practitioner of Ericksonian hypnotherapy, is in private practice in Monterey.

Christine Price *p. 11, 12, 14, 16, 21, 24, 32, 35* — combines gestalt practice with creative visualizations and body meditations.

Lee Pulos *p. 31* — is a clinical psychologist whose career has ranged from traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing.

R

Robert Raleigh *p. 33* — is a Feldenkrais movement teacher learning to map the higher functions of the nervous system relative to their movement correlations.

Paul Rebillot *p. 20, 23, 25, 29, 30, 32* — was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.

Sogyal Rinpoche, p. 20, 34 — a Tibetan lama and specialist in the traditional knowledge associated with the *Tibetan Book of the Dead*, is director of a special project with the Scientific and Medical Network in London.

Rita Rohen, p. 33, 36 — an international group leader and body worker, is co-coordinator and trainer for the Spiritual Emergency Network at Esalen. Her background includes family therapy and organizational development.

Jack Rosenberg, p. 16, 26, 34 — author of *Total Orgasm*, has trained in gestalt and Reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.

Gabrielle Roth p. 17, 18 — is the creator of the Moving Center method of catalyzing natural movements. She lives on the east coast, where she directs and performs with her own theater / dance company.

Ilana Rubenfeld p. 27 — is the originator of her own integration called "gestalt synergy." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.

S

David Schiffman p. 15, 18, 22, 23, 26, 28, 31, 33, 36 — a longtime leader at Esalen, is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being.

Elisa Lodge Schiffman p. 14, 15, 24, 28, 31, 33, 36, 37 — trained in structural integration with Ida Rolf and is an advanced teacher of Rolf® -movement integration.

R. Louis Schultz, p. 27 — Ph.D., a certified Rolfer®, Rolf® -movement practitioner, and director of the New York School for Rolfing®, has developed a living anatomy course from his teaching experiences.

Will Schutz, p. 24 — founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity*.

Alan Schwartz p. 27 — is a college professor and gestaltist in private practice in New York City. His latest article in print is "The Human Energy System and Spirituality."

Charlotte Selver p. 19, 20 — teaches sensory awareness, perception, and non-verbal and verbal communication. A center has been built for her long-term study groups at Green Gulch Farm through the Zen Center, San Francisco.

Phyllis Shankman p. 22 — is an instructor at U.C.L.A. Extension, counselor in private practice in West Los Angeles, and founder of Women in Transition Seminars.

Julian Silverman, p. 17, 31 — an Esalen trustee, is director of counseling and psychological services at U.C. Santa Cruz.

Saul-Paul Sirag p. 30 — has published two physics papers in *Nature* and has authored a theory on the size of the universe. In 1977 he founded the Consciousness Theory Group, which he directs.

Harry Sloan, p. 14, 15, 27, 29 — a 1969 Esalen resident fellow, former dentist, and playwright, worked with Dr. Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.

Sally Smith p. 24 — first led gay groups and couples' groups at Esalen in the late 60's. She currently leads groups for gay couples and is a licensed masseuse.

Gerald Smith p. 17 — is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*.

David Smukler p. 25 — is director of the experimental graduate theater program at York University, Toronto and voice coach to Stratford, Ontario's Shakespearean Festival.

David Sobel, p. 30 — a practicing physician, is chief of preventive medicine at Kaiser-Permanente Medical Center, San Jose, contributing editor to *Medical Self-Care*, and author of *Ways of Health*.

Elizabeth Stratton, p. 26, 27 — a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.

Gael Switzer p. 23, 28 — is a Rolfer® and teacher of Rolf® -movement integration. She has studied movement with Judith Aston.

T

Charles Tart p. 19 — teaches psychology at U.C. Davis, and is internationally known for his research on both parapsychology and on altered states of consciousness.

Tom Taussig p. 30 — teaches psychology and computer science, and is irreverently committed to life being easy.

Gioia Timpanelli, p. 29 — poet, teacher, and winner of two Emmy awards, has completed a tape on fairy tales for adults for PBS and is now writing a book on folk tales for Viking Press.

Vicki Topp p. 16, 23 — joined the Esalen massage staff in 1968, and is currently interested in integrating emotional release work and the transpersonal aspects of body work.

W

Brian Wallace p. 21 — is an international musician, composer, and media artist noted for creating a dramatic environment. He has performed solo and in companies for 20 years.

Judyth Weaver, p. 17 — a Reichian counselor, certified teacher of t'ai chi ch'uan, and student of Buddhism and Taoism, holds a doctorate in psychology and teaches at the California Institute of Integral Studies.

Andrew Weil, p. 14 — M.D., is an investigator of alternative medicine, mind-body interactions, and beneficial plants, and author of *The Natural Mind*, and *Health and Healing in the Year 2000*.

Nancy Winston p. 13 — is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling throughout North America.

Y

Alan Young p. 32 — is a spiritual healer in private practice in Carmel, California, and the author of a recently published book, *Spiritual Healing: Miracle or Mirage?*

Z

Yuri Zamoshkin p. 21 — is head of a department in the Soviet Academy Institute for the U.S.A. and Canada that studies American culture and public opinion.

Janet Zuckerman p. 10, 13, 28, 35 — has been on the teaching staff at Esalen for more than ten years. Her work includes emotional release work, group process, and gestalt practice.

The Esalen Catalog

The Esalen Catalog is published tri-annually. Subscription cost for one year, including postage and handling, is $6 for the United States, $9 for Canada and Mexico, $12 for Europe and South America, and $14 for all other countries. **Please make all payments in U.S. currency**. A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, Ca. 93920.

☐ To obtain future issues of the Esalen Catalog and occasional mailings for one year, please send a check or money order in **U.S. currency only** to: Esalen Institute, Big Sur, Ca. 93920. A preaddressed envelope is included in this catalog for your convenience.
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

Name _____ Address _____

City _____ State _____ Zip _____

☐ Please send a complimentary copy of the Esalen Catalog to the person listed below:

Name _____ Address _____

City _____ State _____ Zip _____

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

Friends of Esalen

We invite you to join us in our organization—Friends of Esalen.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the Esalen Catalog for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student	$15	One Year Donor	$50	One Year Patron	$500
One Year Individual	$25	One Year Sponsor	$100	(Contributions are tax-deductible)	

Name _____ Student Affiliation _____

Street _____

City, State _____ Zip Code _____ Date _____

Please mail to: Friends of Esalen, Big Sur, California 93920

Food for the Senses

a book of recipes
and artwork
by people of the
Esalen community
is now available.
To order by mail,
use the following form.

Please send me _____ copies of **Food for the Senses** at $5.95 each, plus an additional $1.20 per book for postage and handling, or a total of $7.15. (California residents add $.35 tax.) I am enclosing a total of $ _____.

Name _____ Address _____

City _____ State _____ Zip _____

Please mail to: **Food for the Senses**, Esalen Institute, Big Sur, Ca. 93920. Make checks payable to Esalen Institute. Allow 6 weeks for delivery.

Joyce Rogers

• AUDIO RECORDINGS •

Tape Recordings of Human Potential Programs

The human potential movement continues to have unusual events which in turn produce unusual recordings. Each issue of the Esalen Catalog lists a number of new titles and also includes some from the Big Sur Recordings archives. Nearly all tapes are stereo, from live events, and tape length is normally 1 to 1½ hours. These recordings are available on cassettes only. Single-tape titles are $9 with check or money order ($10 by purchase order):

Mother Theresa: *Bombay ITA Conference Address, 1982*
Father Bede Griffiths: *Christian Doctrine and Contemporary Science*
Rupert Sheldrake: *Morphic Resonance (Formative Causation)*
Claudio Naranjo: *Eastern Meditation and Western Psychotherapy*
Marilyn Ferguson: *The Leading Edge of Change*
Senator Matsunaga: *Academy of Peace and Conflict Resolution*
Donald Keys: *Choosing a New World*
Helen Caldicott: *Medical Effects of Nuclear War*
Daniel Ellsberg & Ram Dass: *Face to Face with Extinction*
Ram Dass: *Embracing Paradox (Dharma and the Bomb)*
Thomas Banyacya: *Hopi Prophecy and Survival*
Prem Das: *Healing Our Planet and Ourselves*
Jack Kornfield: *The Simplicity of Spiritual Practice*
Gregory Bateson: *Eternal Verities of Life*
Fritjof Capra: *The Turning Point: Shifting Paradigms*
David Zeller: *A Kabbalistic Perspective on Consciousness*
Ken Dychtwald: *Strategies for Stress Management*
Tom Ferguson: *What About Self-Care?*
Jim Clendenen: *Ericksonian Hypnotherapy*
Stanislav Grof: *Introduction to Spiritual Emergency Work*
Albert Hofmann: *LSD and the Nature of Reality*
Terence McKenna: *Old and New Maps of Hyperspace*
Terence McKenna: *Tryptamine Hallucinogens and Consciousness*
Timothy Leary & Panel: *Higher Intelligence and Creativity*
John Lilly: *Birth, Brains, and Beings*
Alan Watts: *Interviewed by Michael Murphy, 1964*
Abraham Maslow: *Self-Actualization, 1966*
Fritz Perls: *Gestalt Therapy and How It Works, 1966*
Alan Watts: *Divine Madness, 1968*

Two-tape titles are $16 with check or money order ($18 by purchase order):

Daniel Ellsberg: *(2) The Nuclear Policy Catastrophe*
Rupert Sheldrake: *(2) A New Science of Life*
Sheldrake, Capra, Targ & Grof: *(2) Considerations*
don José: *(2) 69 Years of Huichol Apprenticeship*
Sogyal Rinpoche: *(2) Training for the Moment of Death*
Timothy Leary: *(2) The Power of Imprinting*
Andrew Weil: *(2) Use and Abuse of Beneficial Plants*
Andrew Weil: *(2) Interplay of Mind and Body Realities*
Michael Harner: *(2) Shamanism, Songs, and Spirit Canoe*
Robert Bly: *(2) Thoughts on the Art of Poetry*
Bernard Aaronson: *(2) Tantric Chant, Poetry and Hypnosis*
Poetry of Robinson Jeffers: *(2) A Dramatic Presentation, 1972*
Ram Dass: *(2) Ten Years in Retrospect, 1982*
Stanislav & Christina Grof: *(2) Holonomic Consciousness Paradigm*
Angeles Arrien: *(2) The Story of Basque Mysticism*
Paul Rebillot: *(2) The Hero's Journey*
Jean Houston: *(2) The Possible Human*
Stanislav Grof: *(2) The Birth Trauma*

Please add $2 to your order for mailing. California residents include 6% tax. Please address your order with check payable to: WORKSHOP CASSETTES, Hot Springs Lodge, Big Sur, California 93920. Suggestions regarding recordings are appreciated.

The Dolphin Series: (complete sets in vinyl albums)

Donald Keys: *Inner Transformation and Outer Involvement* (4 tapes, 6 hours) $40 with check ($44 with purchase order)
Joseph Campbell: *Imagery in the Novels of James Joyce* (4 tapes, 6 hours) $40 ($44)
Charles Ponce: *The Epiphanies of the Soul* (4 tapes, 5 hours) $40 ($44)
Timothy Leary: *A Day With Timothy Leary, 1982* (4 tapes, 4½ hours) $40 ($44)
Jack Kornfield: *Buddhist Meditation and Practice* (4 tapes, 5 hours) $40 ($44)
Anne & Jim Armstrong: *A Psychic Training Program* (4 tapes, 6 hours) $40 ($44)
Rollo May: *A Weekend with Rollo May: The F. Scott Fitzgerald Myth and Your Own* (4 tapes, 6 hours) $40 ($44)
Theodore Roszak & William Irwin Thompson: *Personal and Cultural Transformation* (4 tapes, 6 hours) $40 ($44)
R. D. Laing: *Dialogues with James Fadiman and Fritjof Capra* (4 tapes, 4 hours) $40 ($44)
Jack Rosenberg: *New Understanding of Sexual Relationship* (4 tapes, 4 hours) $40 ($44)

Andrew Weil: *Integrated Consciousness and Health*
(6 tapes, 6 hours) $60 ($66)
Ken Dychtwald: *Bodymind Health, Longevity, and Optimal Performance*
(6 tapes, 7 hours) $60 ($66)
Heinz Von Foerster & John Lilly: *Meta-Language*
(6 tapes, 7 hours) $60 ($66)
Gregory Bateson: *Steps to an Ecology of Mind*
(6 tapes, 8 hours) $60 ($66)
Fritz Perls: *The Perls Encounter: A Complete Weekend*
(6 tapes, 8 hours) $60 ($66)
Emmett Miller: *Self-Hypnosis and Personal Development*
(7 tapes, 8 hours) $60 ($66)
Ruthy Alon: *Awareness Through Movement: The Feldenkrais Method*
(6 tapes, 12 lessons) $60 ($66)
Moshe Feldenkrais: *Awareness Through Movement: The Feldenkrais Method* (6 tapes, 10 lessons) $72 ($80)
Jack Rosenberg: *Sustained Integration: Body, Self, and Soul*
(8 tapes, 10 hours) $72 ($80)
Julian Silverman: *Commentaries on* A Course In Miracles
(8 tapes, 10 hours) $72 ($80)
Buckminster Fuller: *The Pajaro Dunes Tapes: A Weekend Seminar*
(8 tapes, 12 hours) $80 ($88)
Esalen 1979–1980 *Stress and Caring Conferences*
(10 tapes, 14 hours) $80 ($88)
Joseph Campbell: *World Mythology and the Individual Adventure*
(10 tapes, 15 hours) $80 ($88)

Please add $2 to your order for mailing each vinyl album set ($4 if you wish priority mail). California residents include 6% tax. Please address order with check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Gregory Bateson Archive Tapes: "The Informal Esalen Lectures" (1975–1980)

This recorded series of informal talks on twelve tapes is now part of Gregory Bateson's estate. Radio broadcast, transcription, or publication of material from the tapes is expressly forbidden without prior permission from the estate. The complete set may now be purchased in two equal parts: Part I or Part II may be ordered separately (6 tapes each) for $60 ($66 by purchase order). Either set of six tapes will come in a vinyl album accompanied by a summary of contents of all twelve, for reference, plus additional pages. For Parts I & II combined in one order, send $98 ($108 by purchase order). Please add $2 for mailing ($4 if you wish priority mail). In California include 6% sales tax. Please write check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Recordings from the Early Years

A 32-page catalog of tape recordings from the human potential movement, including the early years of Esalen's history, is available for $2 from: BIG SUR RECORDINGS, P.O. Box 91, Big Sur, California 93920. Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Meditation Music, Space Age Music

The new music, called by many names (cosmic, celestial, transcendent, new age) covers a wide range and is becoming increasingly known and appreciated. Listed here are several mail order sources for catalogs or information: ABODE TAPES, P.O. Box 300, New Lebanon, NY 12125; HEARTS OF SPACE, P.O. Box 31321, San Francisco, CA 94131; NARADA, 1804 E. North Ave., Milwaukee, WI 53202; BACKROADS, Box 416, Evans, CO 80620; VITAL BODY MARKETING, Box 703, Fresh Meadows, NY 11365; YES! BOOKSTORE & TAPES, 1035 31st Street NW, Washington D.C. 20007.

• THE MEDIA CENTER •

The Esalen Media Center has produced two audio-visual programs which are now available for rental or purchase. They are two-projector slide dissolve shows which can be shown with a single projector. We have also transferred the programs onto video cassettes.

Esalen

This is an 18-minute slide presentation with a soundtrack of narration and music telling the story of Esalen—from its early history to the present. Included are scenes of the Big Sur coast, the Esalen grounds, and the various work departments, as well as aspects of our workshop seminars, long-term programs, and special projects. Musical soundtrack by Paul Horn, Joel Andrews, and "Pinchey" Pete Velasquez.

Cost: For Sale

Slide Program—includes 130 color slides, cassette tape, and script (pulsed tape for Entré 7610 dissolve unit available on request) $150.00
1/2" VHS color video cassette $125.00
3/4" U-Matic color video cassette $135.00

Cost: For Rent

1/2" VHS color video cassette ..... per week $30.00
3/4" U-Matic color video cassette ..... per week $35.00

The Ritual Of Birth

This is a 10-minute slide presentation including scenes of a "blessing way" ceremony honoring the birthing family, and a home birth. Musical soundtrack by David Tate and Char Pias Brenner.

Cost: For Sale

Slide Program—includes 52 color slides, cassette tape and script (pulsed tape for Entré 7610 dissolve unit available on request) $85.00
1/2" VHS color video cassette $65.00
3/4" U-Matic color video cassette $75.00

Cost: For Rent

1/2" VHS color video cassette ..... per week $20.00
3/4" U-Matic color video cassette ..... per week $25.00

Color Slide Sets

Sets of five scenes of Esalen—the Big Sur coast, the Esalen grounds, garden, the outdoor hot baths, t'ai chi on the pool deck—are available for sale at $5.50 per set.

Please address your order with a check payable to the ESALEN MEDIA CENTER, Esalen Institute, Big Sur, Ca. 93920. California residents add 6% sales tax for sale purchases.

Overseas air mail orders please add additional postage: each slide program $10 ($15 for Australia and Asia), each video cassette $7, each slide set $1.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others, are available from PSYCHOLOGICAL FILMS, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write HARTLEY PRODUCTIONS, Cat Rock Road, Cos Cob, Connecticut 06807. A film or video cassette on Chungliang Al Huang's work, entitled *Tai Chi: The Watercourse Way*, is available through KLB PRODUCTIONS, 490 Redwood Road, Corralitos, California 95076. Regarding the forthcoming documentary on Gregory Bateson, send inquiries also to KLB PRODUCTIONS at the above address. Recent color videotapes of Stephen Levine and Ram Dass on "Conscious Living/Conscious Dying", and of Daniel Ellsberg, Helen Caldicott, and others on the nuclear issue are available from ORIGINAL FACE VIDEO, Box 447, Grass Valley, Ca. 95945.

• GENERAL INFORMATION •

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt.

Please mail all reservations to: Reservations, Esalen Institute, Big Sur, Ca. 93920

Reservations by Telephone: You may make reservations by phone if you use your Mastercard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335

Office Hours:
Monday, Tuesday, Thursday, and Saturday 9 to 3
Wednesday 9 to 12 Noon
Friday 9 to 8 PM
Sunday 12 Noon to 8

Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 4 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop will be $25, and a five day will be $50. Discounts are available only when you make your reservations. Please present proof of age when you register.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Many community programs are also open to residents. The cost is $1800 per 26-day period.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $60 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $100 per day, or $110 per day per couple. Special family rates are available. Please phone the office for additional information.

Bus Service: Bus service to Esalen and along Highway #1 is provided twice daily from Monterey and San Luis Obispo by Coastlines. Buses depart from the Monterey Airport at 9 am and 3 pm and from the Monterey Greyhound Terminal and Doubletree Inn a few minutes later. The fare is $5 one way. From San Luis Obispo the fare is $10 one way, with departures beginning at the airport at 8:30 am and 3 pm with stops at Greyhound and Amtrac a few minutes later. Additional information can be obtained by consulting timetable No. 6288 at your local bus terminal or by calling Coastlines directly at (408) 649-4700 or (805) 541-3407.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $18 per person one way, payable on arrival at Esalen. Esalen limousine service is not available at any other time.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

George Ehrlich

• Esalen Institute Reservations •

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See **General Information**, page 46.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ Zip _____

Telephone Number: Day: Area Code ( ) _____ Evening: Area Code ( ) _____

There are sometimes unexpected situations that may require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? If you can't be reached please call us *before* your scheduled arrival for final confirmation.

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend: _____ ☐ housing as a couple

Do you smoke? _____

Limousine Service:

I want limousine service from (check one):

_____ Monterey Airport

_____ Monterey Greyhound Bus Station

at 5:00 p.m. on _____ (date of arrival, Fridays & Sundays only)

The $18 per person charge is payable on arrival at Esalen. If your plans for use of the limousine change after you submit this reservation, please notify us. Esalen limousine service is not available at any time other than 5 p.m.

Check here ☐ if you do not want us to give out your number for the purposes of ride sharing.

License Number:
(for registered nurses wanting CEU's) _____ (for physicians wanting CEU's) _____

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Your reservation can be charged to:

MasterCard ☐ Visa ☐ American Express ☐

Card No. _____

Expiration Date _____

Checks payable to Esalen Institute.

Payments: All workshops require nonrefundable reservation fees. See page 46. The balance of program fees becomes payable at the time of check-in.

U.S. currency only, please.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

THE ESALEN CATALOG

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting, and research.

Esalen Institute
Big Sur
California 93920

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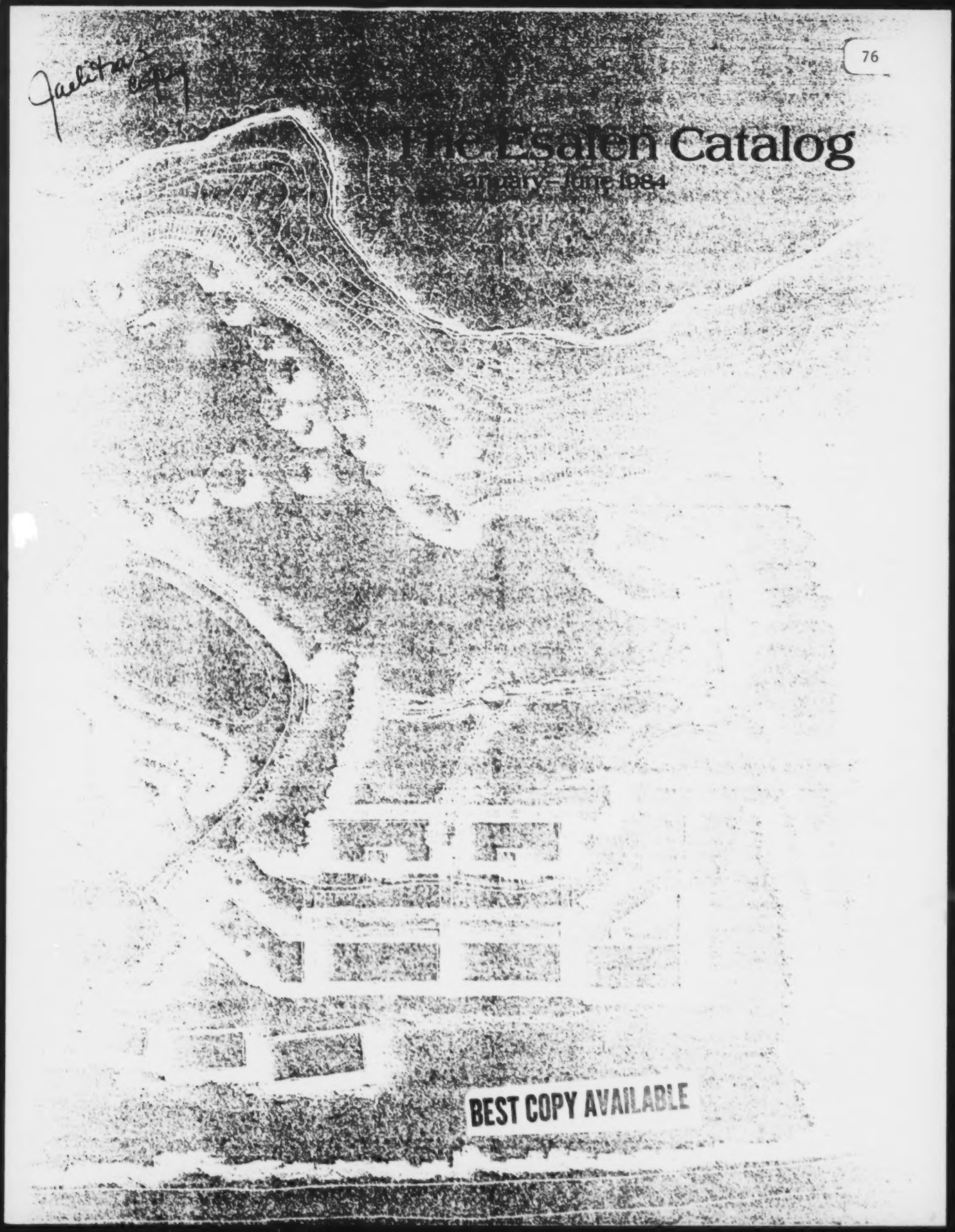
Facilitator's copy

The Esalen Catalog

January – June 1984



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Esalen Institute, Big Sur, Ca. 93920
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Friday 9 am to 8 pm
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esalen institute

Dear Friend,

For twenty-two years, we have used the income from our programs to maintain the Esalen buildings and grounds, its staff, and its outreach programs. During that time we received (and asked for) only limited support from contributions, and have managed to sustain the enterprise surprisingly well.

New demands, however, have arisen and our facilities require improvement and expansion. The winter storm damage necessitated repairs, the costs of which are draining our reserves.

At the same time, we find an increasing opportunity to improve our research, our programs, and our services. Described in the following pages are the various conferences and projects which we believe are of importance for our developing view of human potential. We are sponsoring the participation of national and international leaders, practitioners, and scholars who will benefit professionally from this work and who will teach others both here and abroad.

Esalen will always be a center for individual growth and development. But to ensure that our work is transferred to the larger national and international front, we need your assistance.

If you would like to support the building and program initiatives outlined in this brochure, please consider any contribution you can make, and enclose it in the Esalen Catalog Subscription Envelope on page 24. Your funding now can help ensure that Esalen's work will continue to develop at this time when it may be most valuable.

We thank you for your interest and your help.

Sincerely,

Michael Murphy

Richard Price

Richard Price

big sur, california 93920 • phone: (408) 667-2335

Planning for Esalen's Future

Esalen was hard hit by the winter storms of 1983. Trees were toppled, sleeping units and meeting rooms were damaged, and the baths were threatened. Mudslides on Highway 1 cut Esalen off from the outside world, stopping the flow of regular workshops. But if crises bring difficulties, they also bring opportunities: the storm damage set into motion a process that would create a comprehensive plan for the future use of the Esalen property.

To set the scene: For more than a year, Esalen's managers, staff, and trustees had been taking new initiatives in many areas of the Institute's operation. These included an increased emphasis on invited conferences, professional development programs for educators and counselors, a Soviet Studies program, a scholars in residence program, and seminars to examine the strengths and weaknesses of various approaches to human development (see pages 7-11). These initiatives were sometimes expensive and depended upon subsidies from Esalen's operating surplus. On top of these demands, we were now faced with unexpected costs to repair our facilities and protect against further storm losses. To compound the problem, Esalen's financial resources had been stretched to the limit by the interruption of regular seminars.

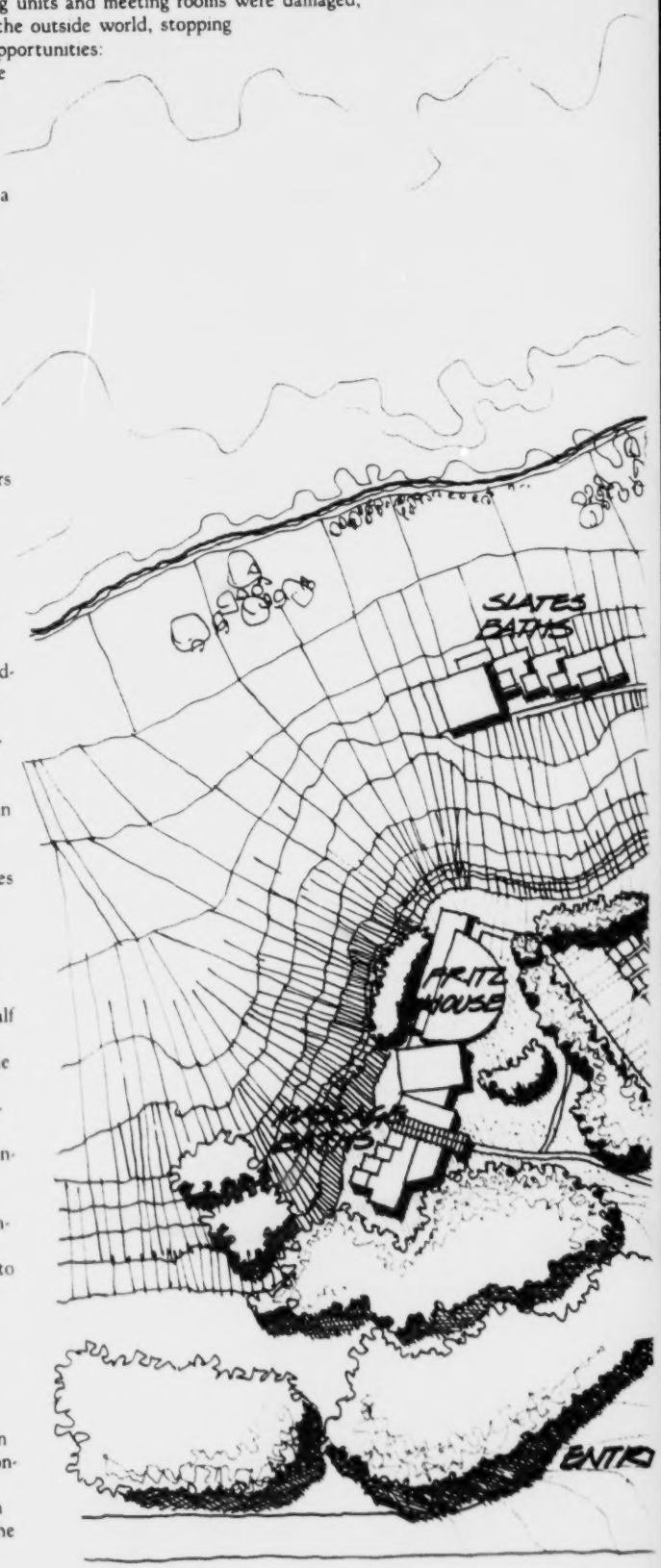
These conditions, as difficult as they were, forced us to think ahead—reaffirm our new program initiatives—and move on. We decided that by drafting a master plan at this time we would not only deal with the needed repairs but would develop facilities to provide better support for the programs we would offer in the future, thereby setting an imaginative course for Esalen in the years ahead.

A neighbor of Esalen, the renowned architect/conservationist, Nathaniel Owings volunteered to assist us in developing a master plan for our property which would meet our future facility requirements with sensitivity to the magnificent environment we all treasure. Owings, who is chairman of the Big Sur Land Trust, has been an outspoken protector of the land, particularly the Big Sur area to which he has made a lifetime commitment. He will consult with us on our future planning, which will be done by Howard McKee of Skidmore, Owings, and Merrill, an architect and planner Owings recommended as the best man for the job.

The sketches on these pages represent the first stage of McKee's work. Drawings of proposed buildings and landscape changes will appear in later issues. Here, briefly, are some of the chief elements of the development plan:

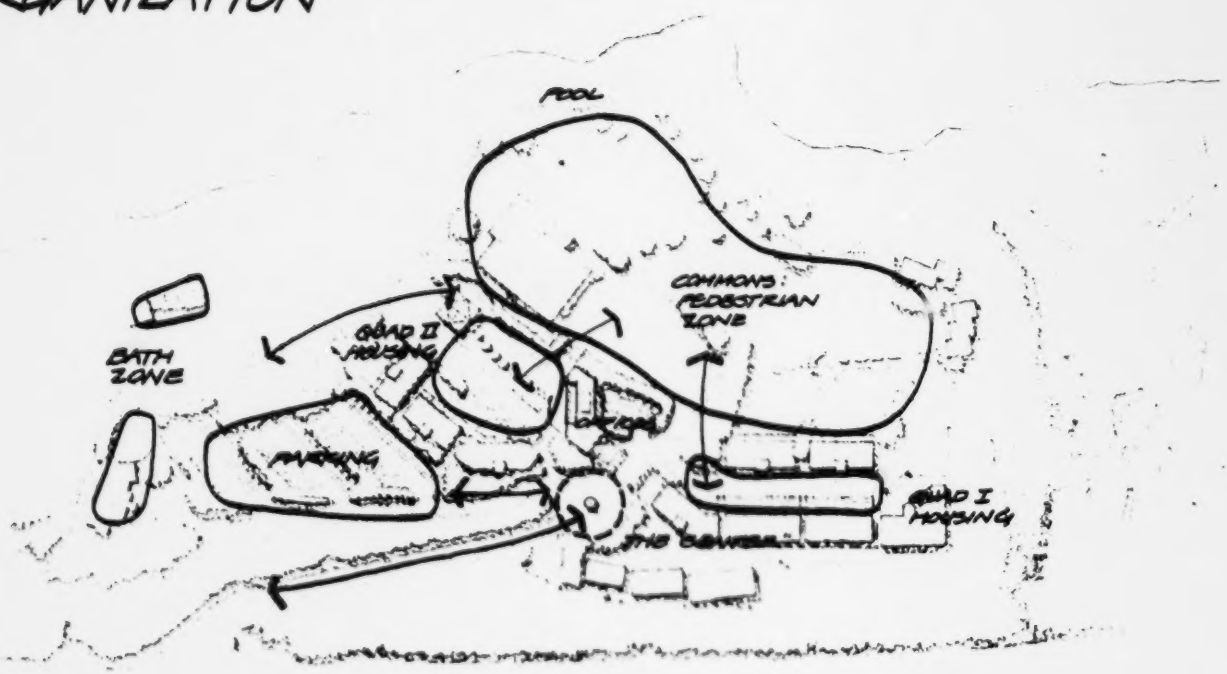
* Centers for special studies will be built on properties separate from the main Big Sur facility, beginning with the expansion of Esalen's South Coast Center at Burns Creek. The South Coast Center will house staff and work scholars, and will provide meeting rooms for the work scholar program. A Soviet Studies Center will eventually be created on a separate site to house Soviet and American scholars.
* The number and quality of Esalen meetings rooms will be increased, and a small auditorium built for concerts and lectures. This improvement of meeting spaces will allow for new program formats.
* All the sleeping accommodations will be upgraded in quality. More than half the present units will be replaced, beginning with the units overlooking the baths, which Esalen's soil engineers have recommended not be used during the winter rainy season.
* The dining room will be enlarged to provide better access and a more tranquil atmosphere.
* The hot baths will eventually be replaced and redesigned. In addition we intend to create a facility for classes in various types of body work with more spacious and attractive rooms for massage and deep tissue work.
* A central aspect of the overall design strategy is to enhance the retreat ambience on Esalen's main property by devoting it more completely to seminarians. This would be accomplished by relocating the service functions to property north of Hot Springs Creek.
* The garden, farm, and grounds, which are among the most attractive features of Esalen today will be improved and expanded.
* Parking will be removed from the main residential and pedestrian areas. It will be relocated to landscaped areas adjacent to the primary development.

After 21 years Esalen continues to offer a simple message: there are better ways for individuals and groups to relate, to deal with conflicts, and to go on learning and changing constructively through all of life. The most exciting frontier involves the exploration which touches individuals, groups, and nations, and has as its ultimate goals: peace, social justice, the development of human potential, and an increase in harmony among all peoples. Esalen's plans for the future are dedicated to this exploration, these goals.



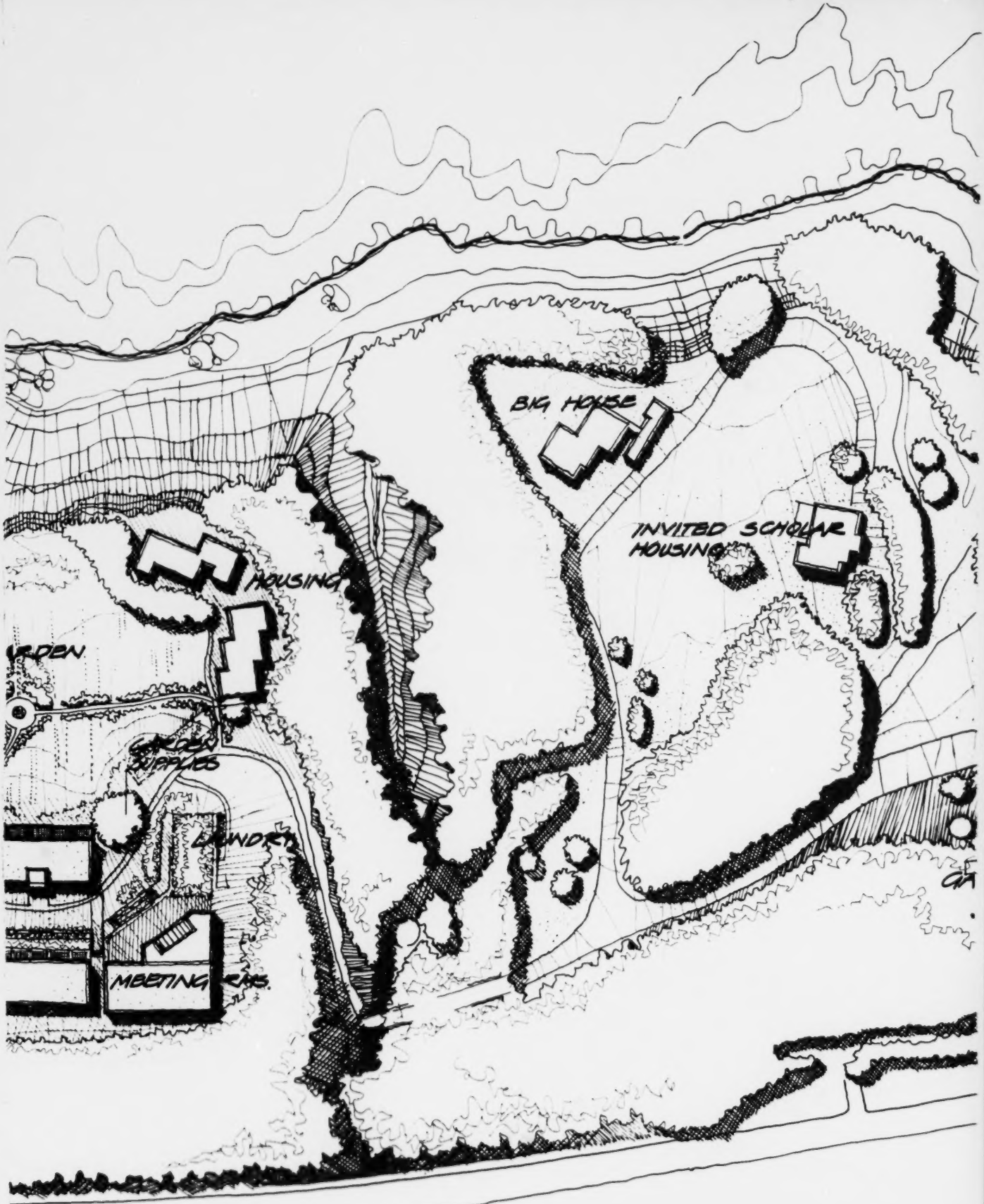
The goal of the master plan is to heighten one's experience of Esalen by providing a conscious sense of arrival, clear orientation, a sense of privacy where appropriate, and a sense of sharing. The sharing extends to other individuals, groups, the community, and to nature. Contact is made with nature through the landscape, the enhancement of views, places that are quiet, and spaces that provoke particular moods.

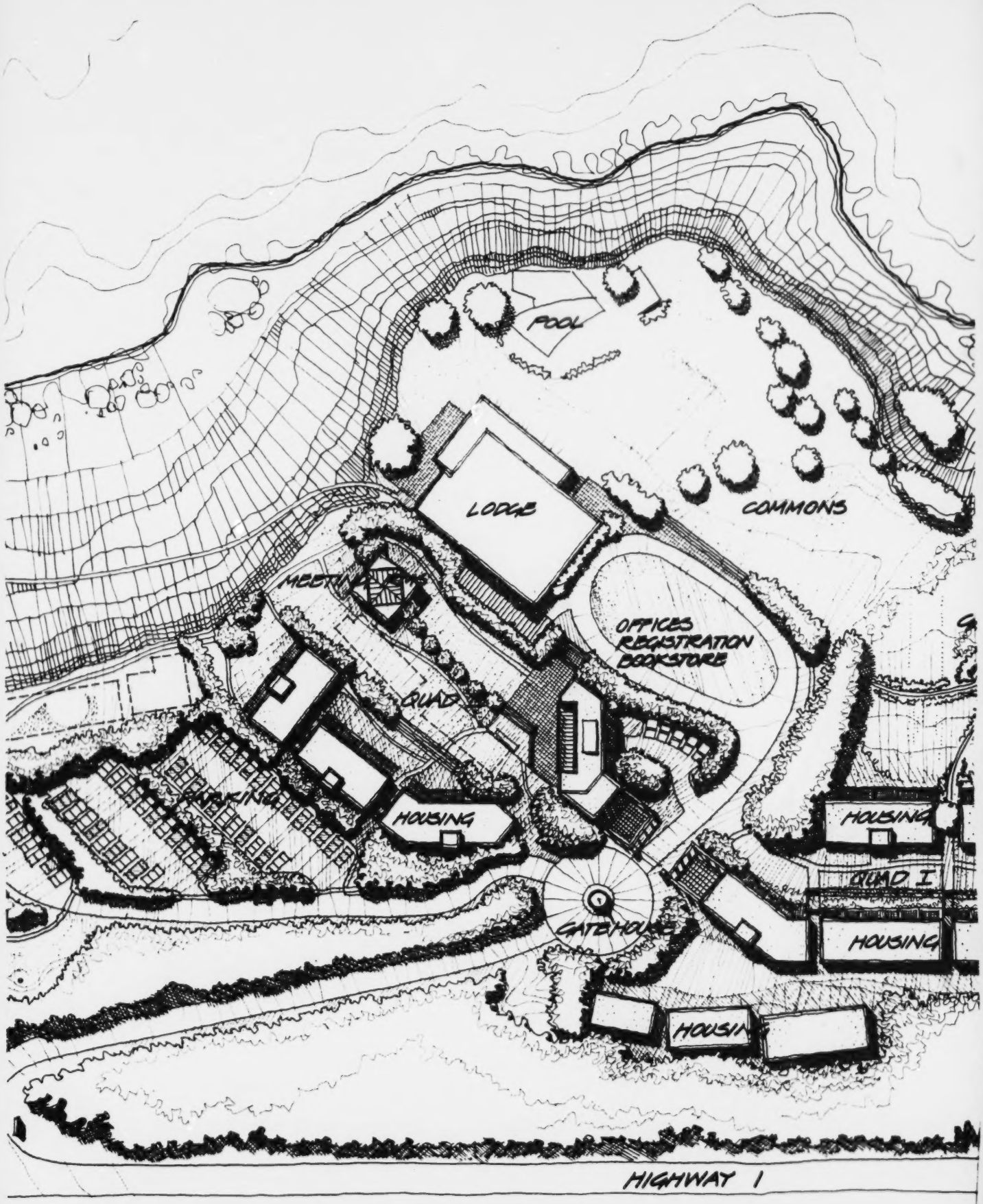
SITE ORGANIZATION



This plan illustrates the overall organization of the main grounds. Visitors arrive at a central gatehouse which provides security, directs visitors, and is a communications center for all of Esalen.

Immediately adjacent is a facility that provides guest registration, visitor information, book sales, and houses administrative offices. Two residential complexes are organized around central quadrangles which provide intimately scaled private spaces for the respective residents. Parking is consolidated on the site and removed from pedestrian areas. The lodge is the central meeting place which benefits from a large commons that includes the lawn, garden, and volleyball court. Baths are remotely located and are organized to serve both the massage group and the hot springs bather.


BIG HOUSE
INVITED SCHOLAR HOUSING
HOUSING
GARDEN SUPPLIES
LAUNDRY
MEETING RMS.


POOL
LODGE
COMMONS
MEETING ROOMS
OFFICES
REGISTRATION
BOOKSTORE
QUAD
PARKING
HOUSING
HOUSING
QUAD I
GATEHOUSE
HOUSING
HOUSIN
HIGHWAY 1

The Soviet Studies Program

Since 1979, Esalen's Soviet-American Exchange has sponsored visits by Soviet scholars to the United States, visits by Americans to the Soviet Union, seminars and symposia exploring various aspects of Soviet-American relations, and special projects such as live interactive satellite link-ups between the two countries. Encouraged by the program's success in developing working relations between Soviet and American professionals, the Esalen trustees and managers have established the Esalen Soviet Studies Program, and intend to build a permanent center for Soviet studies in Big Sur, California.

The program has three major objectives: to broaden American knowledge of Soviet culture; to explore those elements in American life that make accord with the Soviet Union difficult; and to develop non-governmental, or "track two," exchanges between the U.S. and the U.S.S.R. In pursuit of these goals, the program sponsors seminars led by American and Soviet scholars, organizes public symposia and private conferences, sponsors residencies at Big Sur for scholars of Soviet-American relations, and is developing a publishing program of books and monographs on Soviet studies.

In these projects, the program brings together scholars from many disciplines in hopes of finding fresh perspectives on Soviet culture and problems of East-West accord; it invites to its discussions amateurs in non-governmental diplomacy who have something valuable to contribute; and it brings insights from depth psychology, cultural anthropology, and the arts to bear upon its subject matter. By encouraging a broader understanding of human relations and human potential, the program hopes to create workable alternatives to adversary relationships between nations. If appropriate, its studies will be disseminated through the media and the arts as well as through scholarly publications.

Elements of the Program

Individual Exchanges

The heart of the Esalen program is the exchange of individual Soviet and American leaders in the scientific, political, and artistic communities. Out of the personal relationships that develop from these exchanges, larger projects are emerging to influence a wider audience.

Scholars in Residence

The program sponsors residencies at Big Sur for scholars and students of Soviet culture and Soviet-American relations. These last for various lengths of time, according to the program participants' needs and schedules, following a pattern for such residencies established at Esalen for scholars in other fields. The program enables its participants, who come from both the U.S. and U.S.S.R. to work on books and meet with colleagues and students. The format encourages intensive private discussions between Soviets and Americans on subjects of common interest.

Satellite Link-Ups

On Labor Day weekend, 1982, James Hickman, director of the Esalen Exchange, and Richard Lukens of UNUSON Corporation, arranged two live satellite link-ups between Moscow and the US '82 Festival in Southern California. Soviet and American musical groups played live via satellite to young audiences on both sides of the world, who were able to see and hear each other as well as the musicians. This was the first communication of its kind. On Memorial Day weekend, 1983, there were two more satellite link-ups between Moscow and the second US Festival.

Health Promotion Project

Dulce Murphy, a founder of the Exchange, is establishing contacts with various Soviet scientific and educational institutions to promote Soviet-American cooperation in the fields of wellness, disease prevention, and holistic health. Participating American professional organizations include the California Governor's Council on Wellness and Physical Fitness. Topics for this exchange will include preventive medical care, nutrition, stress reduction, and physical fitness.

Astronaut/Cosmonaut Dialogues

Former astronaut Rusty Schweikart went to Moscow in July, 1982, to discuss with cosmonauts their interest in regular meetings. In April, 1983, Hickman accompanied Schweikart and astronauts Michael Collins and Edgar Mitchell to Moscow to meet with several Soviet cosmonauts. Other meetings are planned for the future.

Farm and Garden Exchange

Esalen has provided information on urban farming and intensive organic gardening to Soviet agricultural specialists, several of whom will visit the United States in August, 1984. They will participate in Esalen's Horticulture Program and visit urban farming communities on both the east and west coasts, to identify methods and technologies applicable to Soviet agricultural needs. In 1985, the program will send three American specialists to study such techniques in the U.S.S.R.

Cooperative Ventures with Other Institutes and Professional Organizations

These have emerged from a variety of projects and individual exchanges. For example, in preparation for their April, 1983 U.S.S.R. visit, three American astronauts attended briefing sesions at the W. Averell Harriman Institute for Advanced Study of the Soviet Union. Future meetings are planned.

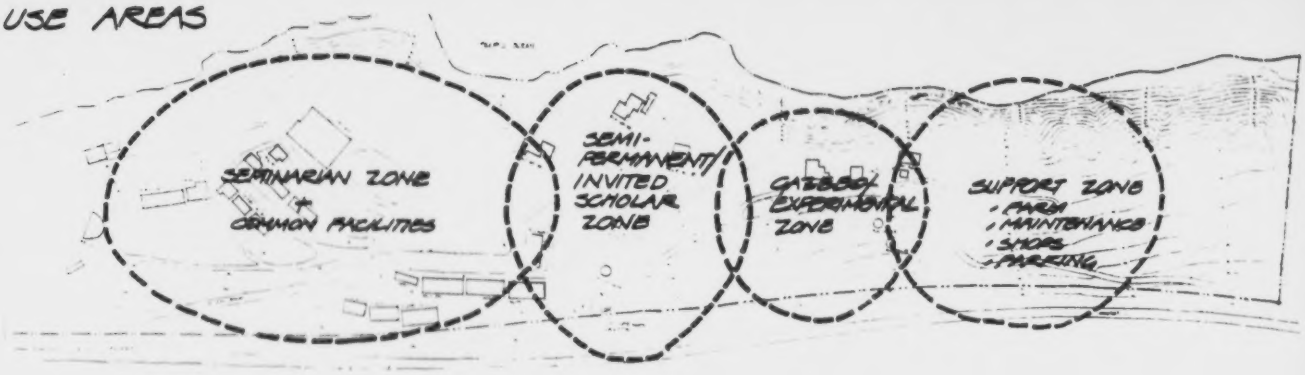
Public Seminars and Educational Conferences

Of the 400 seminars Esalen sponsors each year at its Big Sur facility, an increasing number will be devoted to explorations of Soviet culture and Soviet-American relations. Some of these will be led by American scholars, some by Soviet scholars, and some will be organized around specific topics. Among the leaders of these programs in 1983-84 will be Arthur Cox, a specialist on arms control; Vera Dunham, a scholar of contemporary Soviet literature; Yuri Zamoshkin, a political philosopher from the Soviet Academy of Sciences; Sam Keen, a philosopher exploring the psychology of international conflict; Robert Bathurst, a scholar of Soviet political culture; and James Hickman, director of the Esalen Soviet Studies Program.

Publishing

The program will arrange for the publication of journal articles, books, and monographs. Some of these will be authored by scholars in residence at the center, others by scholars located elsewhere.

USE AREAS



The overall plan designates compatible activities for the various sub areas of the property. The zones are:

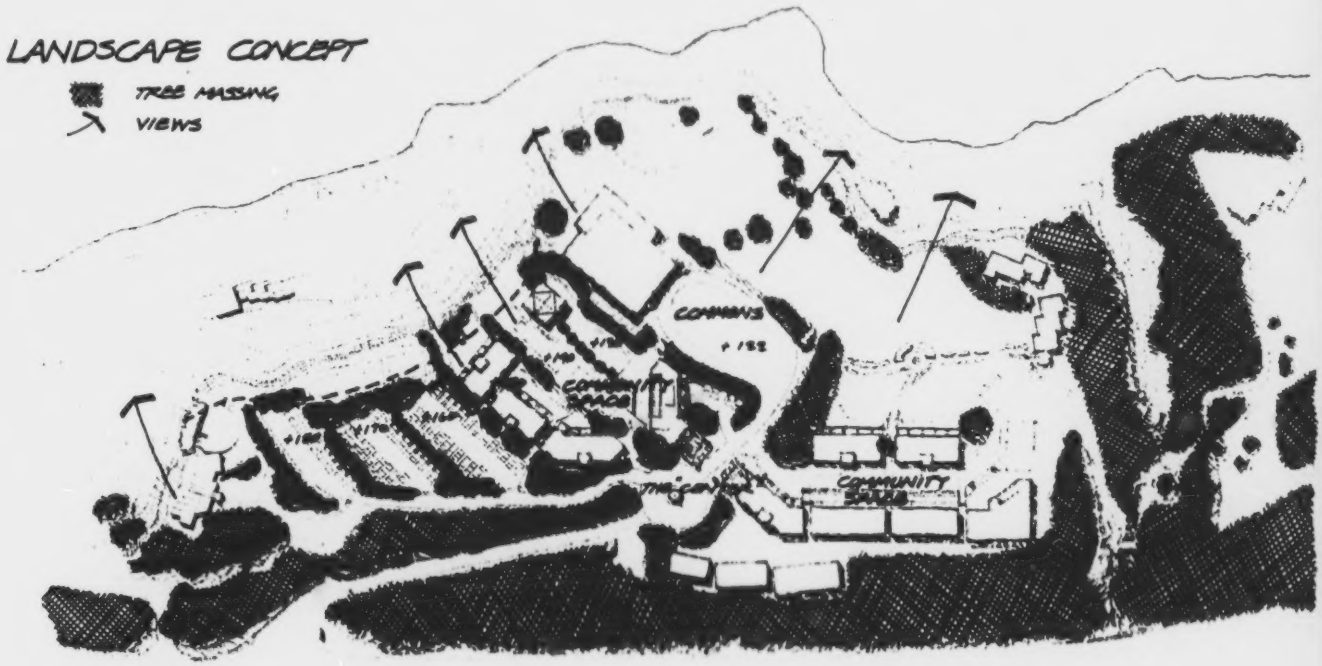
Seminarian — includes the lodge, housing, meeting rooms, and bath facilities. This area is oriented to the needs of the short term visitor. It also houses centralized service functions such as the gatehouse, guest registration, office administration, laundry, and food services.

Semi-permanent/invited scholar — an area devoted to permanent or semi-permanent residents.

Gazebo/experimental — a more informal area of the site devoted to the Gazebo School and other experimental uses.

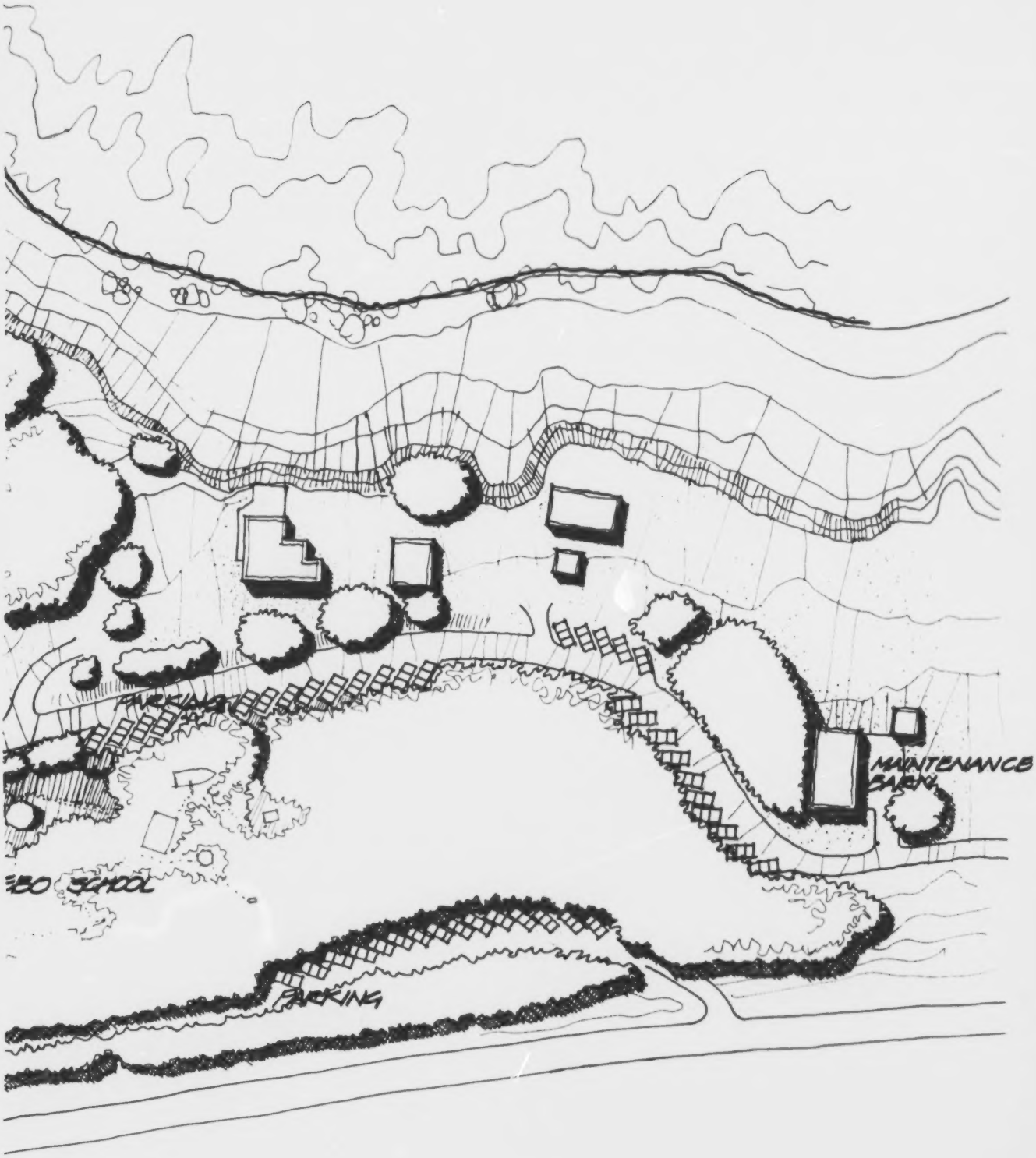
Support — a zone devoted to farm, maintenance, shops, and parking.

LANDSCAPE CONCEPT



Landscaping is largely natural and helps define spaces, frame views and complement the existing topography. The principles are:

- To reinforce/preserve existing tree formations.
- To reinforce separation of functions by additional mass planting.
- To frame views and connect spaces by selective thinning.
- To preserve lawn areas and establish new lawn and low shrub areas in community "quad" spaces.
- To preserve and expand existing terraced land formations.


PARKING
MAINTENANCE
BARN
BO SCHOOL
PARKING

Invited Conferences at Esalen

These conferences are becoming an important part of the Esalen program. They are convened and chaired by one or two individuals interested in a particular topic, and are not open to the public. The conferences listed below either have become or will become annual events in which a small core group meets each year with new participants invited to present material relevant to the ongoing themes of the discussions.

Shamanic Practice

This conference, which meets for the first time in February, 1984, will bring together scholars of shamanic practice from around the world for an examination and reappraisal of shamanism as an enduring, vital cross-cultural tradition. The conference will be hosted by Dr. Michael Harner, professor of anthropology at the New School for Social Research and chair of the National Academy of Sciences committee on anthropology.

The Nature of Reality

February 1984 marks the ninth year that the theoretical physicists Nick Herbert and Saul-Paul Sirag have brought together a small number of scientists interested in the reality question in quantum theory. Though quantum theory is universally successful in describing nature at all levels accessible to experiment, this comprehensive practical success is accompanied by disagreement as to what quantum theory actually *means* and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's Theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of time and space. Thus, either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary Newtonian physics) to believe. The influence of Bell's Theorem is just beginning to be felt in the world of physics, but it may have a revolutionary impact on physical theory, like the Michelson-Morley experiment, which led to Einstein's theory of relativity.

Most of the participants at this annual conference share an appreciation of the central role that Bell's Theorem plays in any discussion of the nature of quantum reality. A good part of the work has been to simplify, clarify, and dissect in minute detail the structure of this theorem. Foremost in these discussions is Henry Stapp's version of Bell's Theorem that relies on a bare minimum of assumptions. Much of the discussion among participants has focused on trying to talk about *wholeness* through such varied tongues as quantum logic (Finkelstein, Chernavska), generalized mechanics (Abraham), recursive functions (White, Etter), multidimensional geometries (Sirag, Rauscher), and non-measurable set theory (Pitowski, Bub). Special topics of discussion have included: experimental tests of Bell's Inequality (Clauser, Eberhard, Bartell), how interaction with the environment may confer reality on quantum systems (Zeh), and the possibility of superliminal communication via quantum connectedness (Herbert). The meetings strive ultimately for a *communicable vision* of quantum reality, and several imaginative ways of visualizing this reality have been presented by Herbert and Weiss.

The generosity of Charles Brandon and the Reality Foundation have made it possible to pay travel expenses of scientists from Europe to attend the seminar. The Reality Foundation has also awarded the first "Reality Prize" to John Bell and John Clauser for their work in formulating and experimentally verifying Bell's Theorem.

Soviet-American Relations

The sixth semi-annual conference on Soviet-American relations, co-chaired by James Hickman, director of Esalen's Soviet-American Exchange, and Esalen co-founder, Michael Murphy, will be held in February, 1984. Among topics to be discussed: similarities between cultural change in the United States and the Soviet Union; stereotypes and blindspots each nation has about the other; possibilities for non-governmental, "track-two" diplomacy; and resistances in both nations to greater understanding and accord.

Appropriate Governance

February 1984 marks the third annual conference exploring the nature of appropriate governance for nations and groups that require both autonomy and ever-increasing interdependence. Conceived and chaired by social psychologist and futures planner Donald Michael, this conference is attempting to formulate a theoretical base for social technologies based on new ways of designing governance processes in highly turbulent societies.

"It is true," Michael remarks, "that everything is connected to everything else. But it is also true that, increasingly, everything gets in the way of everything else. In other words, the conventional values and means for reliably conducting local, national, and planetary tasks are becoming less and less effective. Our group of thinkers and planners is working with these questions: What might be the structures and values for insuring reliable, responsible, institutional and personal behavior in the world's governance processes? What might be the procedures and norms for *changing* these values and structures at the local or global level?"

Microphysics

In April, 1984, Dr. David Finkelstein, professor of physics at Georgia Institute of Technology, will convene a meeting to explore frontiers of fundamental thinking in physics, using the principles of relativity, quantum theory, and gauge theory. Reports Dr. Finkelstein: "Some of the things that we used to think varied continuously and smoothly, actually change in irreducible jumps or 'quanta,' according to quantum theory. For example, there are quanta of spin and electric charge. But other quantities, such as time, still vary smoothly in the present theory. It is likely that the process of 'quantization' is still incomplete. There may be a quantum of time too, and this is what we will be exploring."

The Scientific Investigation of Subtle Energies

In May, 1983, George Leonard convened a gathering of seven scientists to report on their investigations into "subtle energies." The conferees focused on three main subject areas: psychokinesis, or the power of mind to influence physical objects at a distance; the extraordinary control of bodily states through intentionality; and the ability of two or more people to synchronize or entrain such physiological functions as brainwaves.

Fred Lorenz of the University of California at Davis reported on experiments in which some Energy Training students, simply by following instructions to "move *ki*" to the right or left hands, were able to shift dominance of skin electrical potential level (SPL) from one hand to the other. Charles Tart, also of UC Davis, surveyed the best current work in psychokinesis in the U.S. and Europe. Chris Cullander described his work at UC Berkeley in making extremely accurate measurements of variation in skin electrical potential level, which revealed significant differences of SPL at traditional acupuncture points. Dr. Tod Mikuriya

Research, Education, and the Arts at Esalen

and Tim Scully demonstrated sophisticated computerized biofeedback equipment designed by Scully and manufactured at his Mendocino Microcomputers, Inc. Volunteers in the group were hooked up to this equipment for informal experiments which showed a marked increase in the ability of pairs of people to synchronize their brainwaves after an energy training synchronization induction.

The conferees considered the possibility that training and induction, currently neglected in this field, might well improve the performance of experimental subjects. Plans were made to conduct further experiments using practitioners of Leonard Energy Training as subjects. A second conference is scheduled for 1984.

Frontiers of Evolution

Bringing together perspectives from the physical and biological sciences, philosophy, and the history of ideas, this symposium aims to explore a wide range of issues relating to the ongoing development of evolutionary theory. Its first meeting will be in June, 1984, chaired by Theodore Roszak, professor of history at California State University and author of *Unfinished Animal*, *Person/Planet*, and *The Making of a Counter-Culture*.

The Esalen Arts Symposium

In November, 1982, sixteen artists met at a conference convened by Silver Mountain Foundation/Aperture. Photographers, poets, performance artists, graphic artists, editors, critics, and curators were among the participants. The conference focused on the future of photography, identifying its problems and opportunities. It also led to several projects for the participants, and the drafting of a photographic arts manifesto. A second conference will be held July, 1984.

The Erikson Symposium on Political Psychology

In October, 1982, Esalen hosted a conference on the political psychology of the relationship between the United States and the Soviet Union. The meeting was inspired and convened by Joe Montville, a Foreign Service officer with the U.S. State Department and a founding member of the International Society of Political Psychology. Montville invited Erik Erikson, the eminent social psychoanalytic theorist, and his wife and collaborator, Joan, to bring their considerable insights into group and national motives and behavior into the context of U.S.-Soviet relations.

A second meeting, in October, 1983, gave special focus to the psycho-historical roots of the American fear of the Soviet Union, apart from the more obvious military, strategic, and political reasons for superpower competition. In planning for the third session in the fall of 1984, Montville comments: "The symposium's work has been slow and painstaking. Psycho-social-political self-analysis is a relatively new territory, and poses new challenges. Traditional political scientists have difficulty integrating the idea of group or national unconscious forces into their analyses, just as traditional psychoanalysts have been hesitant to get into political analysis. But progress is being made."

Personal Identity

In November, 1983, a conference chaired by Michael Murphy was held to discuss fundamental problems of human identity. Among the topics were: sources of identity in ordinary experience (George Leonard); the relationship between identity and the experience of various selves in cases of multiple personality (Chris Sizemore, Jay Ogilvy); the nature of the self revealed by shamanist meditation practice (Michael Harner); the relationships between personal identity and mystical experience (Michael Murphy); and the evidence for a personal identity that survives bodily death (Kenneth Ring, Carlos Alvarado, Charles Tart).

Research in Parapsychology

In November, 1983, Russell Targ and Charles Tart convened Esalen's third annual conference on research in parapsychology. The focus of the meeting was "methods of response in psi," that is, how the most successful psychics process their mental images and information to extract the psi signal from mental noise.

The 1983 conference built on developments from the previous two years. The 1981 conference on "The Physical and Psychological Nature of Time" looked into the data for precognition as it relates to new ideas in modern physics. Participants concluded that the prevailing metaphor of "time flowing like a river" was not compatible with the data from psi research and was not required by physics.

The 1982 conference contributed new ideas about the methodology of psi research, such as the effect that an experimenter's expectation has on the outcome of an experiment. Participants concluded that, as in psychotherapy, a psi experiment is unlikely to succeed if the experimenter is ambivalent about what he or she is doing.

Besides the seminars described on our regular catalogs, Esalen sponsors other activities such as the ones described below. We are listing them here because many of our future programs will build upon the work they have done.

The Ford-Esalen Project in Confluent Education

studied various approaches to affective learning from Esalen's many seminars and workshops—and from other sources—to see which ones might be appropriate for the classroom. It was funded by the Ford Foundation, sponsored by Esalen, and directed by Dr. George I. Brown, Professor of Education at the University of California, Santa Barbara. It helped give birth to the Department of Confluent Education at UC, Santa Barbara, where affective and cognitive approaches are combined in school curricula and teacher training programs for grades 1 through 12. Over 100 Master's degrees and 30 Doctorates in Confluent Education have been granted through this program by the University of California, Santa Barbara.

The Schizophrenia Research Project

was conducted over a three year period with 127 young male schizophrenics at Agnews State Hospital in San Jose, California. This program, co-sponsored with the California Department of Mental Hygiene and the National Institutes of Mental Health, explored the thesis that the health of certain patients will permanently improve if their disease is not interrupted with antipsychotic chemotherapy. The results indicated that, in many instances, patients with a positive, "integrating" attitude toward their disease, who were provided with a supportive hosptial setting in which to freely express their psychotic behavior, were more likely to rebalance themselves than if they were given traditional treatment with drugs to lessen their psychotic symptoms during hospitalization.

The Esalen Horticultural Program

is an educational and experimental demonstration project testing numerous approaches to intensive organic gardening. The program uses a ¾ acre intensive garden, a 4.5 acre farm, and ten acres of landscaped grounds at Esalen's Big Sur facility. It aims to supply 50-60% of the food needs for the Esalen community of 200 people while maintaining a standard of environmentally sound organic methods.

Scholars in Residence

are sponsored by Esalen at its Big Sur facility. Gregory Bateson, Joseph Campbell, Alan Watts, George Leonard, Sam Keen, Virginia Satir, Stanislav Grof, Fritz Perls, Ida Rolf, Will Schutz, and others have lived and worked at Esalen as part of this program. Recently, Esalen has established a Soviet Scholars in Residence Program. Dr. Yuri Zamoshkin, a political philosopher from the Soviet Academy of Sciences, was the first Soviet participant in residence for two weeks during November 1983.

The Research Project in Humanistic Medicine

examined various approaches to wellness and healing that were presented in Esalen seminars to see which ones might help standard medical practice. About 20 doctors were trained in a variety of these approaches; several monographs were published; and many seminars were held for the medical community to disseminate the project's findings.

The Transformation Project

begun in 1976, is studying extraordinary bodily transformations that occur in religious practice, mind assisted healing, hypnosis, biofeedback, sensory isolation, sports, yoga, shamanism, and other activities. To this end, the project is developing a computerized data base of evidence for the human organism's transformative capacities, analyzing the ways and circumstances in which high-level bodily change occurs, developing disciplines to support such change, conducting seminars, and publishing books and articles to disseminate the project's findings.

A Series of Interracial Marathon Encounters

organized by Price Cobbs and George Leonard in 1967, encouraged members of various racial and ethnic groups to explore their prejudices, angers, fears, and resentments concerning racial issues. Many of the participants believed that the breakthroughs in racial understanding they achieved in the program led to a general improvement in their personal relationships, while making a contribution to the solution of a serious social problem. The series sponsored 22 weekend or week-long sessions, and stimulated other organizations to conduct similar encounter groups.

Arts Events

at Esalen have included: seven Joan Baez Folk Festivals with Simon and Garfunkel, Bob Dylan, Judy Collins, Mimi Farina, the Chambers Brothers, Lily Tomlin, and others; poetry readings with Robert Bly, Allen Ginsberg, Gary Snyder, Michael McClure, and Lawrence Ferlinghetti; concerts with Ravi Shankar, Ali Akbar Khan, George Harrison, Ringo Starr, John Cage, Robert Rauchenberg, Charles Lloyd, Paul Horn, and the Merce Cunningham Dancers. During November, 1982, Esalen hosted the 30th anniversary conference of Aperture Magazine with photographers and art critics from around the world.

The Publishing Project

of Esalen Institute and Viking Press has published seventeen books related to the topics explored at Esalen. The series was edited by Stuart Miller and included volumes by Abraham Maslow, Roberto Assagioli, George I. Brown (on Confluent Eduation), Robert Ornstein, Claudio Naranjo, Michael Murphy, Charlotte Selver and Charles Brooks (on sensory awareness), and Joe K. Adams. In addition to these books, Esalen has published numerous papers and monographs through the years.

The Gazebo School

for children is an alternative approach to education created and directed by Janet Lederman, a trustee of Esalen. It is a learning environment that utilizes its natural surroundings and the inherent curiosity of children as motivators for acquiring knowledge. Children are allowed to learn at their own pace, primarily by an apprenticeship or learning-by-doing method. The Gazebo involves members of the community, particularly older members who share their knowledge with the youngsters.

The Esalen Sports Center

was established in San Francisco to explore innovative approaches to athletic training, altered states of consciousness in sports, and new games.

The Spiritual Emergency Network

directed by Dr. Stanislav Grof and Christina Grof is an international network of individuals working with new approaches to non-ordinary states of consciousness that are seen by traditional medicine as psycho-mental disease. Headquartered in Big Sur, California, the Network presently joins 6,000 individuals in crisis with facilitators in centers around the world.

Conferences and Seminars

of various kinds have been held in London, New York, San Francisco, Los Angeles, and at Stanford University, the University of California at Berkeley and at Santa Cruz, the University of Michigan, the University of Massachusetts, and other places. Among these, there have been conferences on authoritarianism in religious and therapeutic groups, psychological projection upon the enemy in international relations, confusion between spiritual and medical ideas of human development, and on several other subjects. Esalen has co-sponsored five seminar series with the Far West Institute, from which a number of books have been published.

Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The weekend and five day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose those approaches which feel most appropriate and pursue them in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 12 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, puppet shows, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness, group process, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim*, Fritz Perls.

Schedule:

January 15–20	$450
January 29–February 3	$450
February 10–12	$230
March 2–11	$770
April 29–May 4	$450
May 11–13	$230
May 13–18	$450
May 25–27	$230
June 10–15	$450
June 15–17	$230

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Andrea Juhan

"Be strong then, and enter into your own body;
there you have a solid place for your feet.
Think about it carefully!
Don't go off somewhere else!"
—Kabir

We spend much of our time on "automatic pilot," oblivious to many messages from our bodies, missing opportunities to open more fully to the subtleties of sensing, to greater ranges of physical expression, to health, vitality, and the many ways of "being a body." There are various entry points to increased awareness, practices that help cultivate the countless dialects of body language. These include dance, aerobic and stretching exercise, movement theater, postural analysis, hiking, meditation, massage, and nutritional education. Experiencing Esalen: The Body draws from varying combinations of these approaches in each workshop. Emphasis is placed on developing greater freedom and variety of movement, as well as on the quality of awareness *as* we move. This program is designed to give participants some basic tools for continuing to develop body awareness.

Schedule:

January 1–6	$450
January 27–29	$230
June 8–10	$230
June 29–July 1	$230

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, non-coercive, non-judgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in single sessions.

Suggested reading: *Gestalt Therapy Verbatim* and *Ego, Hunger and Aggression*, Fritz Perls; *Tao Te Ching*, Lao Tzu; *The Power of Mindfulness*, Nyanponika Thera; *Exploring the Crack in the Cosmic Egg*, J. C. Pearce; *Illusions*, Richard Bach.

Schedule:

February 19–24	$450
May 6–11	$450
June 3–8	$450

Big Sur Wilderness Experience

Esalen Wilderness Staff
Coordinated by Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular

wilderness areas. With this natural reserve as the primary teacher, we will walk into the Los Padres National Forest. Week-long workshops will venture out on five hikes (4-10 miles in length) and weekend workshops will take two hikes (3-6 miles in length). Using Esalen as our base camp we will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. We will practice basic out-door skills such as map reading and minimum impact concepts. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration.

Schedule:

May 18-20	$230
May 27-June 1	$450
June 17-22	$450

Winter Study Programs

This year Esalen is inaugurating a new program schedule for the winter months that reflects what many seminarians and Esalen faculty members have desired for some time: the opportunity to engage in more workshops of longer duration allowing for more intensive study in specific areas. On this principle, we will be offering between January 1 and April 20 a number of seminars, from seven days to three or four weeks in length, led by both established teachers of long standing as well as some new to Esalen, and treating subjects ranging from theoretical physics and gestalt practice, psychic and shamanic studies, to dance and physical fitness. Our plan is to schedule the Winter Study Programs every winter for approximately three months, during which time the focus at Esalen will move away from the atmosphere and rhythm of the shorter weekend and five-day workshops, in favor of an educational ambience that encourages more sustained, in-depth learning experiences. Please see pages 33-35 for these workshops' descriptions.

January 1-February 5
Gestalt Practice: A Combination Seven Day Intensive and Work Study Program
Coordinated by Christine Price $1280

January 8-February 3
The Feeling Process
Janet Zuckerman & faculty $1800

January 20-February 17
Tutorial Program in Shamanism and Shamanic Healing
Michael Harner $2300

February 24-March 16
Getting in Shape: Physical/Metaphysical Fitness
Jessica Moore Britt & Andrea Juhan $1600

February 26-March 23
Spiritual Emergency: Understanding and Treatment of Transpersonal Crises
Christina Grof, Stanislav Grof & Rita Rohen $1800

February 26-March 23
Still Points, Turning Points: A New Curriculum for Change
David Schiffman, Elisa Lodge Schiffman & Esalen Staff $1800

March 2-11
Experiencing Esalen: A Special Nine Day Program
(For workshop description see page 10.)
Experiencing Esalen Staff $770

March 2-11
The Body Has Its Reasons
Peter Levine $770

March 11-April 6
Massage Month Long Intensive
Esalen Massage Practitioners $1800

March 23-April 6
Human Potential Theory and Practice
John Heider $1120

March 23-April 6
Spiritual/Esoteric Practice: The Key to Intuitive and Psychic Development
Anne & Jim Armstrong $1120

March 23-April 13
Continuum Dance Meditation Intensive: Waves and Whispers
Emilie Conrad-Da'oud & Susan Harper $1575

April 1-13
Post Modern Physics
David Finkelstein $960

April 6-13
The Enneagram: A Tool for Identifying and Developing Intuition
Helen Palmer $680

April 6-27
Sustained Integration: Body, Self, and Soul
Jack Rosenberg $1575

April 13-20
Hiking and Gestalt Practice
Steven Harper & Richard Price $680

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available June 15 and September 15 or for weekend programs. There are no scholarships available for the Work Study Program.

Accreditation

Many formal education institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

David Nelson

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments. Scheduling consideration is given to community labor needs and work assignments are made according to those requirements.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt and Reichian work, massage and body work, etc.

The schedule of specific interest programs planned thus far for 1984 includes:

January 1–February 5: A five week combination workshop and work study program focusing on **gestalt practice** and related approaches, coordinated by Christine Price. The first week will be a seven day intensive workshop (see Gestalt Practice page 10, for workshop description). During the following four weeks participants will continue the program as work scholars. For more information see Winter Study Programs, page 34.

February 5–April 29: A three month program of **Esalen deep tissue work**, coordinated by John McKeithen, and **gestalt practice**, coordinated by Richard Price. The emphasis will be on teaching the ten sessions of the deep tissue series. There will also be related classes in anatomy, group process, and gestalt. For a special application, please write c/o John McKeithen, Esalen.

April 29–July 22: The Esalen massage practitioners will be offering a three month program in **body work**, with intensive instruction in **massage, movement,** and **self-care.** In March, 1983, the Esalen massage practitioners began the application process for California state approved certification for workshop participants. Please call for further information.

July 22–September 16: A two month program focusing on **gestalt practice**, coordinated by Seymour Carter. Recommended reading: *Neurosis and Human Growth*, Karen Horney.

November 11–December 9: A one month program coordinated by Seymour Carter. See July 22-September 16 above for details.

In as much as the Work Study Program is a complete program in itself, **please do not plan to take regularly scheduled catalog workshops** during your stay. Professional services, such as massage and Rolfing®, are available at staff rates.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex located 1½ miles north of Esalen.

The 28 day Work Study Program costs $600 for the first month. A $300 deposit in U.S. currency is required with your application. Work scholars may be invited to remain for a second month, at a cost of $550, or a third month at a cost of $500 depending on space available and the needs of the Esalen community. There are no scholarships available for the Work Study Program.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with your deposit to:

Work Study Program,
Esalen Institute, Big Sur, California 93920.
Telephone: (408) 667-2335.

The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other Esalen programs within one year of receipt.

Available dates: January 8–February 5; February 5–March 4; March 4–April 1; April 1–April 29; April 29–May 27; May 27–June 24; June 24–July 22; July 22–August 19; August 19–September 16; September 16–October 14; October 14–November 11; November 11–December 9; etc.

Application to the Work Study Program

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐

I prefer the specific interest program: yes ☐ no ☐ in _____ (subject)

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community.* If such an invitation is extended, please indicate your availability.

☐ no extension ☐ one month extension ☐ two month extension

To avoid disappointment, please do not come with the *expectation* of staying for longer than one month.

If you have emergency medical skills, (M.D., E.M.T. or R.N.) and are willing to make those skills available during your stay, please check here. ☐

Have you been to Esalen workshops? Please list program titles, group leaders, and dates: _____

_____

Please attach a personal statement about your interest in the Work Study Program. Include any skills you may have available.

Esalen Seminars

Week of January 1-6

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $450

Choosing to Change

Harry Sloan

This personal workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Individual work will stress deepening awareness of one's sense of direction and personal obstacles. Participants will focus on change through exploring the implications of their choices and the ways they retard or encourage the expression of self.

The workshop will include psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Participants will focus on aligning their motivation and will with the natural process of change and integration. $450

The Uses of Empathy and Intuition in Healing for the Health Professional

Jack Downing & Murray Korngold

The "art" of healing is seldom taught as a rational discipline. We propose that empathy between care-giver and care-receiver can form the base for the "art" of healing; that conscious empathy can be developed through the faculty of intuition, and that this skill provides a matrix for joining effective healing to scientific knowledge. The health professional becomes a healer. Healing demands the deepest intent from the professional; the balance between professionalism and personal feelings must be adjusted in order to enhance the healing process. Key to this is the willingness to sense and respond to subtle body cues, both in oneself and the patient. The course will provide lecture and practical experience on empathy development and application to clinical situations. C. E. credit is available for nurses; for additional information see page 38. $450

Perceptual Body

Rosemary Feitis & R. Louis Schultz

Perceptual body was created by three advanced Rolf® practitioners as a pre-Rolfing® training. The workshop is a new way of seeing the body, using eyes, ears, nose, throat, hands, and hara. (The hara is an energy center located two fingers below the navel. It is the basic moving center of the body, known as the *tan t'ien* in Zen practice.) The emphasis is on non-linear approaches and unorthodox methods of viewing/integrating the body image (yours and others), through living anatomy, palpation, and Rolf®-movement. This introduction to a new kind of perception is a distillation of the original fourteen day course. $450

Weekend of January 6-8

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies,

Paul Horn & Chungliang Al Huang

Paul and Chungliang will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, and China experiences.

Recommended reading and listening: by Huang: *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press); with Watts, *Tao: The Watercourse Way* (Pantheon); Paul Horn's Albums: *Inside, Nexus,* and *Dream Machine.* $250

Maps of Consciousness

Rosemary Feitis & Timothy O'Reilly

Have you ever had a powerful spiritual experience, a feeling or an insight, that trickled away because you didn't know how to stay with it or what to do next? Such a moment points out the need for maps of consciousness which place experiences in context and which show the way through unknown territories of the body, mind, and spirit to the next point of completion.

This workshop will teach fundamentals of consciousness mapping including completing states by finding the balance between being, energy, understanding, and identity as well as the relationship between surrender and decision-making. $230

Week of January 8-13

Inside / Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies,

Paul Horn & Chungliang Al Huang

For workshop description see January 6-8. $470

Advanced Massage Intensive

Deborah Anne Medow & George King

This workshop will include morning and afternoon practice sessions with various instructors, yoga, movement, evening lectures and discussions, and demonstrations of specific practices designed to increase the range of conditions with which participants can deal effectively. The following concerns will receive emphasis: how to sustain one's energy through a day of treatments; how to clear negative energy released by the client; how to use weight and leverage. As one massages more and more deeply, emotional changes can be triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide group members with some first hand practice in productive ways to move through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five day intensive or its equivalent. $450

January 8-February 3

The Feeling Process

Janet Zuckerman & Hareesh with Deborah Anne Medow

For workshop description see Winter Study Programs, page 33. $1800

Weekend of January 13-15

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will look at their beliefs and habits through the use of intuitional sensing, risktaking structures, guided imagery, and gestalt awareness methods.

$230 per participant

Quantum Soup: Fortune Cookies in Crisis

Chungliang Al Huang & Living Tao Staff

Celebrating with Chungliang's book, "offering Chinese 'dim sum' (a light touch of heart) profundities, t'ai chi dancing (quantum hop), laughter, poetry and I Ching in Chinese brush calligraphy, music of J. S. Bach and JAZZ-Z-Z-ZEN and TAO and OZ of living."

Recommended reading: by Huang: *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press); with Watts, *Tao: The Watercourse Way* (Pantheon). $230

Week of January 15–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $450

Self Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, bioenergetics, and journal work. $450

The Spiritual Path: Promises and Pitfalls

Christina & Stanislav Grof

This seminar will combine observations from modern consciousness research with various traditional practices to explore the process of spiritual awakening. The participants will have the opportunity to confront transpersonal areas within themselves, using "holonomic integration," a method developed by the workshop leaders, which combines evocative music, controlled breathing, facilitative body work, and mandala drawing. Special attention will be paid to the understanding and management of "spiritual emergencies"—transpersonal crises which can occur in the context of various spiritual practices or spontaneous spiritual awakening. $450

Weekend of January 20–22

Weekend Massage Intensive

Deane Juhan & George King

In this introductory seminar participants will learn to give a competent full-body massage. The emphasis will be on developing a soothing and penetrating contact, on sustaining that contact to create a relaxing and integrating experience, and on centering physical and mental energies while working. The intent of the seminar is to introduce massage as a practical approach to developing greater sensory awareness and bringing relief from stress. $230

See Yourself Release

Gael Switzer & Wendy Oser

This workshop seeks to expand self-image and promote a freer, more graceful body. We will use facilitated video feedback and integrated movement education to gently guide you toward releasing patterns of holding that contribute to tension, pain, and awkwardness, and a limited view of yourself. You may experience subtle yet powerful shifts, first in ordinary activities (breathing, walking, sitting), then in more sophisticated areas such as how you use your body in work, play, or any other movement discipline. You will be taught skills that can continue to enhance your elegance and allow you to see yourself with greater objectivity and compassion. $230

January 20–27

Shamanic Healing, Journeying, and the Afterlife Experience: Basic and Intermediate Shamanic Practice

Michael Harner, assisted by Sandra Harner

Shamanism is an ancient human strategy for personal learning and acting on that learning, especially for well-being and healing. In this experiential workshop the participants will practice the methods of the shaman (a type of medicine man or woman), to *see* and to activate power to resist illness and maintain personal health. With the aid of traditional sonic-driving and dancing methods, the group will engage in archetypal exercises and rituals practiced by North and South American Indian shamans to awaken dormant human capabilities and forgotten connections with the powers of nature. Practice will include shamanic journeys to both the Lower- and Upperworlds for knowledge and power, work with animal and plant powers, divination, clairvoyance, and shamanic methods of healing, including the extraction of spiritual pain and illness. There will be an introduction to the Ghost Dance method and to shamanic ways of exploring the afterlife experience. Participants will be taught shamanic methods of helping the terminally ill and their families, and the work of the shaman as psychopomp or conductor of souls.

This rare seven day workshop is both for beginners and for those who have previously taken a workshop with Michael Harner.

It is recommended that participants read beforehand Michael Harner's book, *The Way of the Shaman: a Guide to Power and Healing* (Bantam; also Harper & Row), and bring a notebook and pen to preserve their experiences for their own shamanic development. They are also invited to bring drums and rattles. $680

January 20–February 17

Tutorial Program in Shamanism and Shamanic Healing

Michael Harner

For workshop description see Winter Study Programs, page 33. $2300

Week of January 22–27

A Healthier Way To Goal Achievement

Neil Fiore

Neil Fiore writes, "As a former cancer patient I have used my training in psychology and hypnosis to cope with the stresses of my disease and its medical treatment. Since then I have altered my lifestyle and have worked with patients and caregivers on the maintenance of self-esteem in the face of uncontrollable stressors, active participation in one's own healthcare, and on systems for creatively and joyfully engaging in the challenges of life. It is my belief that the will to live is kept robust when one sees that life, even following a traumatic event, can be lived with great effectiveness and less distress.

"The purpose of this workshop is to teach you how to work in harmony with the needs and inner wisdom of your mind and body. We will draw on elements from stress management, the hypnotic approaches of Dr. Milton H. Erickson, and cognitive-behavior methods to teach the identification of internal dialogue and beliefs that elicit the stress response, rapid trance induction for focusing on tasks and overcoming blocks, and methods for quickly recovering from set-backs while refocusing on the task at hand." This workshop may be of particular interest to both health-care professionals and individuals with stress-related illnesses. C.E. credit is available for nurses; for additional information see page 38. $450

Gestalt Process for Daily Living

Paul Rebillot

Paul writes: "My purpose for this workshop is to teach basic gestalt theory in such a way as to make it immediately accessible and practical for day to day living. Frequently in conversation emotional material emerges that interferes with the here-and-now contact people are making. Friends and couples, as well as individuals, can learn to use gestalt tools to facilitate one another's, or their own, emotional work whenever the material comes up—without having to wait until the next formal session.

"Participants will be taught how to take responsibility for their own feelings and the expression of those feelings and how to find the appropriate moment and situation for that expression.

"Dance, theater games, drama, ritual, and chanting will be used to create experiences that will communicate the concepts of gestalt more thoroughly.

"I will also work with people individually and facilitate group members working with each other in small groups and dyads." $450

Weekend of January 27–29

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $230

Joyce Rogers

Love, Power, and Relationship

Harry Sloan

Power without love and love without power create imbalance within the self and in relationships. The capacity to be both sensitive and strong, caring and independent, enhances the ability to relate in a balanced and meaningful way. The development of these basic qualities is unique for each of us, and often reflects our "growing edge" in relating. This weekend will be a time to explore the strengths and limitations within our relational patterns. Our purpose together will be to become aware of our next steps toward more fulfilling and joyful relationships. $230

The Power of the Holy Dragon Today

Gioia Timpanelli

The dragon has been a vivid and powerful image in many of the world's mythologies, legends, and household stories (fairytales). As such, its strong energy has had a major influence on both the inner and outer lives of individuals in the past.

In this seminar, Gioia will discuss specific "dragon stories" to define and describe this energy and to help us understand its effect on our lives today. Themes to be discussed include heroines, heroes, and dragons; the dragon in the world today; the holy and generative forces of the "first reptile"; divine dragonwomen and men; dragons and virgins; and dragons and jewels.

Seminar participants will hear the stories which will provide the oral text for the weekend workshop. Slides of Eastern and Western dragon images will be shown and discussed. Participants are asked to know one myth, legend, or household tale in which a dragon appears as a central character. $230

Week of January 29–February 3

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $450

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed."
—M.C. Richards, *Centering.*

Stress related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais, gestalt, Rolf® -movement, massage, Reichian breath work, and video feedback. $450

Letting Go—Moving On

Merri Goldenson (Devarani)

This is a weekend of intense body work, structured for those who want to let go of past anger, fear, and pain, which is reflected in the body as armor, tension, stress, and a lack of spontaneity. As armor softens, feelings held in since childhood can be released and more positive feelings of joy, love, trust, and pleasure can be experienced more fully.

A most important feature of the workshop is the individual Radix®-Reichian intensive, done in a safe, supportive environment. By also using dreamwork, hypnosis, chiropractic, bioenergetics, massage, dance, and group interaction as one lets go/moves on, a new capacity for living can emerge. $450

Weekend of February 3–5

Introducing Hands-On Computer at Esalen

Tom Taussig & Wendy Oser

"Hands on at Esalen" no longer refers exclusively to the many body work practices available at Esalen. It also means that during this weekend seminar, participants will be introduced to the potentials of the home computer revolution. Specifically, participants can expect to be taught the fundamentals of these computer processes: word processing; text entry and editing; and file manipulation, including copying, storing, retrieving, and printing your work.

This seminar is designed for persons with no hands-on computer experience, for potential computer whizzes of all ages, backgrounds, and educational levels. In fact, one purpose of the workshop is to dispel the common notion about computers, expressed by a New York computer mogul: "If you were born before 1965, boy, you're going to be out of it." ("Here Come the Microkids," *Time*, May 3, 1982.) If anything, the evidence is to the contrary; it appears that most people are quick computer learners, depending on their goals and intentions. The leaders wish to show that far from being miraculous, magical, or demonic, home computers are simply a valuable tool for creating and producing with greater ease and efficiency.

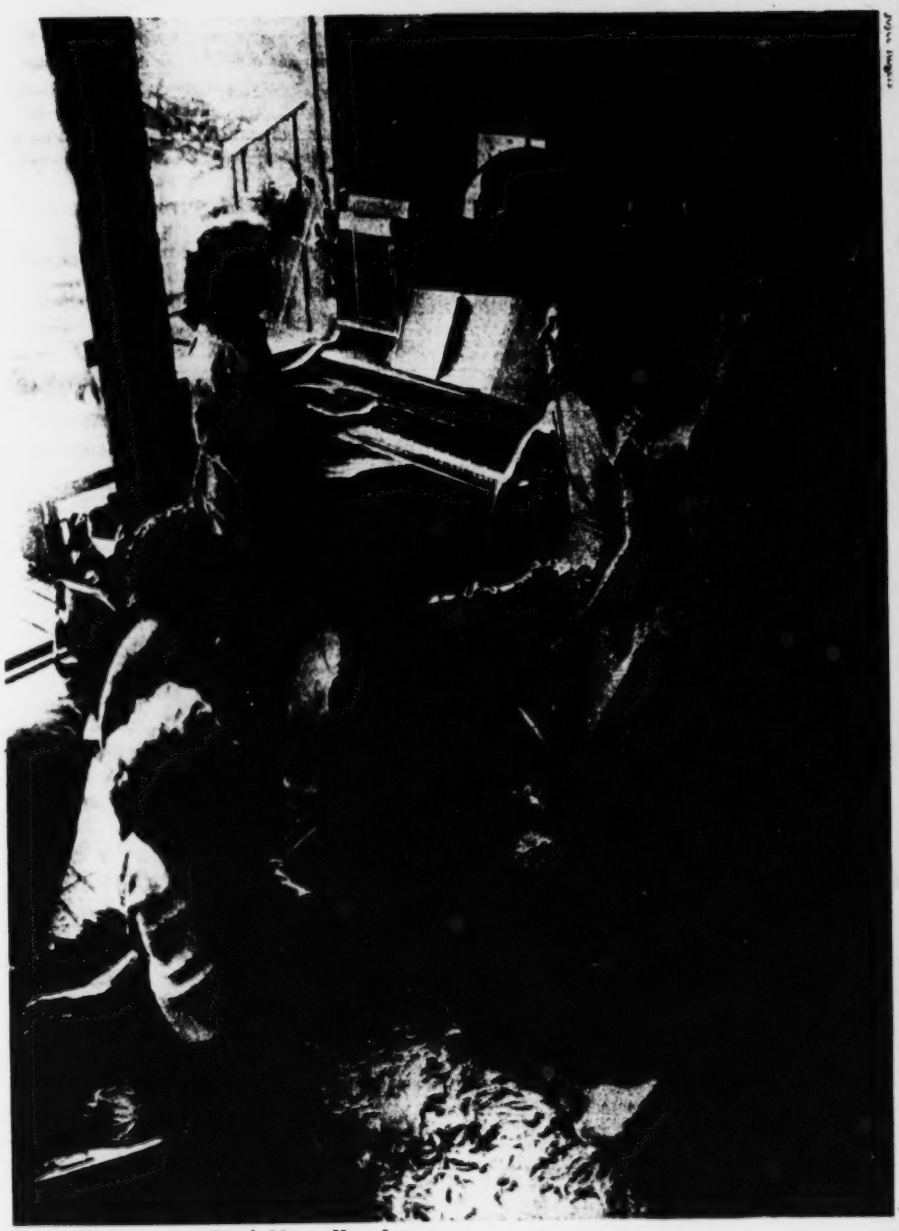
Bring a current project to work with: a letter, journal, chapter of your book, or dissertation. Bring your partner and learn the "intimacies of software" together. Most of all, bring an open mind and a willingness to learn something new. Come prepared to dissipate stress related to your written and organizational work—as well as to your attitude toward computers. By registering 30 days in advance, you can be assured of the use of a portable Osborne computer throughout the workshop. $230

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert & Saul-Paul Sirag

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's Theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's Theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what the current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation. $230



"Songs of Innocence . . ." with Nancy Kaye Lunney

Medical Self-Care: New Directions in Patient Education

David Sobel

A new strategy is needed to address current health problems—one which acknowledges the critical importance of individual lifestyle and behavior and equips people to become active agents in their own health-care. Lay people and self-help groups are increasingly being recognized as the primary resource in the health-care system. Health professionals are entering into

partnerships with patients in which traditionally passive patients are encouraged to take an active, responsible, and effective role in their health-care. This course will explore the importance of lay people in self-diagnosis, self-treatment, and health promotion. The emphasis will be on how health professionals can learn practical ways to teach self-care skills to patients. Topics will include: the role of lifestyle and individual behavior in health; self-diagnostic tests and skills; self-treatment strategies; self-help and mutual aid groups; use of the media to promote public health education; restructuring periodic health examinations; and how to overcome barriers to effective self-care. The course is intended to assist health professionals gain understanding and skills in self-care education. C.E. credit is available for doctors and nurses; for additional information see page 38.

$230

Self-Portrait: A Performance Workshop for Non-Performers

Paul Rebillot & Benj Langdon

Have you ever secretly wished you could see yourself on television? What kind of show would you have? Would you like to be a talk show host or guest, comedian, soap-star, newscastor, political analyst, or something uniquely different—especially you? In this workshop we would like to explore with you the possibility of capturing your uniqueness with the video-camera. You don't have to know in advance what you're going to do; however, if there is something you would like to bring, a musical instrument, costumes, a poem or a song, feel free to do so. The focus will be on spontaneity in front of the camera. A willingness to look at yourself in a new way, doing what you do anyway, is all that is necessary.

Theater games, gestalt process, as well as exercises to help ease anxiety in front of the group and the camera will be an essential part of the preparation for the performance. Each participant will prepare a "self-portrait" for video, produce it and review it in the course of the weekend. $230

Week of February 5–10

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

This workshop focuses on how we may consciously unfold ourselves—physically, emotionally, sexually, mentally, and spiritually. By contacting tension (stuck, accumulated energy) and allowing emotions which have been locked in the body, often since early infancy, we have the opportunity to open ourselves to the creative flow of life energy within.

Some of the areas to be touched upon this week include: recognizing and learning to release tensions which lock emotions in the body; ways of contacting and allowing unexpressed sadness and pain, to increase the capacity for pleasure and joy; practices for expressing and releasing anger constructively, which may open the way to deeper levels of compassion and love; learning about the nature of fear—moving toward greater trust of self and others. Paying special attention to the mental processes that shape the emotional and physical body, participants will be shown ways to trust their body's responsiveness and inner direction.

This workshop will utilize Reichian body and breath work, emotional release, gestalt practice, bioenergetics, vision improvement, massage, dance, meditation, and various other approaches. $450

Fluidity of Being: Rolf®-Movement

Elisa Lodge Schiffman

"Mr. Dufy lived a short distance from his body"—James Joyce

Elisa writes, "This workshop provides a creative environment to explore the concepts of movement education based on the principles of Ida Rolf—a process of fine tuning and harmonizing our unique instrument from restricted to spontaneous, tense to flowing, inhibited to open. We focus on deepening our kinesthetic awareness of the relationship between our body's structure and emotional attitudes. Everyday movements and specialized activities such as jogging, playing musical instruments, etc., become more effortless and graceful when we are balanced to gravity. The spirit we open to through this awareness is ageless. It is the source of our enthusiasm, excitement, and strength. Group and individual work will be offered, using gestalt, dance, and the healing use of touch, all for the benefit of becoming more present. Video feedback will be used."

$450

Weekend of February 10–12

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $230

Exploring Self-Acceptance

David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive creative functioning. $230

The Soviet Union Today: Clichés or Questions

Vera Dunham

Vera writes, "Truth—whatever that means—about the Soviet Union today is obscured by ignorance, indifference, and preconceived notions in the West. It is no less distorted by dogmatic clichés and cant endemic to the official Soviet propaganda machinery.

"This seminar will explore several important social issues as they are revealed in Soviet literature, and discuss them in a special way, namely, by pointing out what we do not know about them as outsiders. What I propose to do, therefore, is to identify some pertinent *questions* about Soviet life without fretting about neatly packaged answers. Awareness of uncertainties and problems of perception is mandatory for objectivity. One should know what one does not know. Examples: Has social stratification been increasingly more divisive? What is Soviet ethnic pluralism? Is there social mobility? Is the family still strong? Is the Soviet future what it used to be?" $230

Hypnosis and Parapsychology

Lee Pulos

All participants will be taught to experience beginning and advanced methods of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering practices such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and demystifying hypnosis, the workshop will include exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels can be experienced and these may lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $230

Week of February 12–17

Five Day Massage Intensive

Deborah Anne Medow & Peggy Morrison Horan

In this beginning massage course, participants will learn the fundamentals of self-grounding, quality of touch, and sustained contact. Instruction will familiarize participants with general anatomy, a basic understanding of the relationship between stress and muscular tension, and specific methods for working with each part of the body. The seminar's goal is to provide participants with the fundamental elements necessary to give a pleasurable and beneficial full-body massage. $450

The Foundations of Body Image

Andrea & Deane Juhan

This is a course for the improvement of your relationship with the body—your own and those you contact personally and professionally. Each major area of the body will be studied and experienced in turn. The sessions allotted for each area will include: slides and discussion to familiarize the group with the basic anatomical structures; specific stretches and exercises to isolate the muscles and joints in question; movement, dance, and visualization to explore the psychological dimensions of each

body part; instruction in massage methods designed to locate and alleviate common problems.

The intent is to provide enough concrete experience for each participant to feel a change for the better in self image; to provide enough discussion to understand how the improvements occurred and how they may be sustained; and, particularly, to help you contact your images of your physical self—the body you do have, the body you think you have, and the body you could have. $450

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman

"Anything which is forced or misunderstood can never be beautiful."—Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of the self-defeating patterns of the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us.

In this workshop the group will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $450

Weekend of February 17–19

A Course in Miracles: A New Thought Form for Our Time

Julian Silverman

This seminar is concerned with an understanding of *A Course in Miracles*—a formulation of a wholesome way to be in the world without attack and defense, without negative emotions, without feelings of being separated from one's source.

The *Course* specifies a practice as well as a conceptual model. It elevates one's self-worth by teaching *total* self-responsibility.

It teaches health. $230

Adventures in Self-Exploration

Christina & Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the entire spectrum of transpersonal experiences. All participants will have the opportunity to be in the roles of experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $230

Astrology: A Map of the Psyche

Robert Hand

Carl Jung once stated that astrology contained within its teachings the sum total of the psychological knowledge of the ancients. The point of this workshop will be to show the validity of this statement expressed in modern terms.

Many people have tried to make astrology fit into various systems of modern psychology. Here we will explore the extent to which astrology is, in itself, a complete system of psychology, which makes its own statements about human nature, and which suggests rather surprising consequences for ideas of human life and behavior.

Little or no previous knowledge of astrology will be required in this workshop. We will be concerned largely with the symbolism and its psychological import, not especially with the techniques of horoscope analysis. Any material of a technical nature that is needed in the workshop will be introduced as we go along. $230

Polarity Massage

Bill Liles & Deborah Anne Medow

The Esalen mineral baths will be the classroom for exploring and learning by experience the basic concepts of polarity body work through the medium of massage. Emphasis will be on the dynamics of living anatomy and polarity energy balancing methods as implemented in the course of a complete, full-body massage. $230

Week of February 19–24

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $450

Quest for the Inner Man and the Inner Woman

Paul Rebillot & Stanford Eugene Cates

Paul Rebillot writes, "My study of Carl Jung's *Psychology of the Transference* stimulated me to look into the concept of the alchemical marriage as a process of owning and uniting the various archetypal aspects of ourselves. By exploring my own polarities, I saw how they affect the organization of my personality. By becoming aware of four aspects of myself, the negative and positive man, and the negative and positive woman, I discovered when I am being authentic with others and when I am not. All four must live together within me if I am to experience my wholeness.

"Consequently, I created a process in which people, by developing these roles, can discover how they liberate or how they confuse relationship. By playing out these roles and having fun with them, they become options rather than determinations.

"At the climax of this workshop, participants design and act out a ritual of joining together, a wedding celebration whereby they create the possibility of these four aspects actually uniting within themselves, awakening the seed of individuation." $450

Educating the Genius Within—The Feldenkrais Method

Harriet Goslins

"By my body's actions . . . teach my mind."
—Shakespeare

The habitual way you sit, stand, or move reflects patterns that are "wired-in" to your nervous system. This information can be erased or changed. By re-educating the brain/muscle connection, restrictions in your movement are freed, freeing also the life-time habits that have organized around that movement.

Awareness-through-movement lessons are a relearning of the ease and fluidity you took for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or on-going stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of our awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. When you change how you hold your muscles, your entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury, for the sedentary or those dealing with after-effects of injuries, and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his neck, shoulders, and back, to improve his posture and breathing, and to live and move with more flexibility and comfort. $450

David Nelson

Sword practice taught by George Leonard

Spiritual Healing: Miracle or Mirage

Alan Young

This workshop will be an exploration of many aspects of spiritual healing. Starting from the belief (now shared by many orthodox physicians) that all disease, pain, and physical body malfunction is only the outward manifestation of an inner emotional, mental, or spiritual cause, the workshop will review in detail what these many causes are, how they can be uncovered in each case, and how to deal with the cause when it is known. Reasons why some people are *not* healed regardless of the method used (orthodox medicine, alternative treatments, or spiritual healing) will also be discussed.

The workshop will be experiential and will include exercises in which the participants may experience the energy radiating from their own body and from others. High intensity music, six different kinds of meditation, dream analysis (to seek cause and cures), and active imagination and visualization will also be included. Case histories from the instructor's own experience will be used to illustrate many of the points discussed.

The group will meet together mornings and evenings and the workshop will include individual sessions with Alan Young in the afternoons. $450

Weekend of February 24–26

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities, Anne and Jim will use special exercises to aid participants in exploring these abilities.

They have found through their professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the intuitive input they normally receive. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. One of the basic objectives of the workshop is to

Joyce Rogers

demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases.

$230

Citizenship in the Solar Age: Thinking Globally, Acting Locally

Hazel Henderson

Hazel Henderson writes: "An integral aspect of personal growth and development is healthy interaction within groups. As we resolve internal fears and conflicts and achieve a greater sense of empowerment, it becomes natural to seek further challenge and wider social interaction. Abraham Maslow identified these higher, growth-oriented needs as including the desire for social harmony, justice, order, and beauty in our communities and environment. We know that we have the power to heal our own bodies and minds, and similarly, we know how to heal our fragmented social relationships. And when we honor this knowledge, action for social change can be healing and integrative, rather than "need-oriented" activism which projects one's inner conflicts onto issues and ends up in divisiveness or coercive organizing.

"This workshop explores the interface between personal growth and holistic social action. I am interested in addressing theoretical, strategic, spiritual, and practical ways of becoming effective planetary citizens. There are no hard formulas for this—we will all be learners together. Some of the themes of great interest to me are: personal growth as a prerequisite to healthy social change, and social action as a prerequisite to further personal growth; the emergence of transformational paradigms in science, literature, art, and music which suggest greater planetary awareness and global networking; the vital new role of non-governmental organizations; learning to demystify economics (economics as politics in disguise); the mass media as the nervous system of the body politic (gaining media access for citizens, groups, and community issues, and evaluating various media as channels for social renewal); and identifying the winning coalitions for the new societies of the Solar Age.

"The world needs truly mindful, responsible, social-change activism and leadership as never before, just as developing self-actualizers need the risk-taking and challenge of relating to ever-more complex patterns of social, ecological and planetary interdependence. I am interested in teaching and learning how to accept the challenge of helping to heal our divisive, competitive, nationalistic, industrial societies (East and West); how to move beyond their narrow technological/rationalism and militaristic posturing; and how to help foster viable alternative futures which can operate peacefully and fairly on our inter-connected planet."

Recommended reading: *The Politics of the Solar Age: Alternatives To Economics*, Hazel Henderson, (Doubleday, Anchor paperback N.Y.); *The Aquarian Conspiracy*, Marilyn Ferguson, (Tarcher); *Person/Planet*, Theodore Roszak, (Doubleday); *New Age Politics*, Mark Satin, (Delta); *The Turning Point*, Fritjof Capra, (Simon & Schuster); *The Politics of Women's Spirituality*, Charlene Spretnak, (Doubleday); *MegaTrends: Ten New Directions that are Transforming our Lives*, John Naisbitt, (Warner Communications, N.Y.) $230

Mind, Hallucinogens, and the *I Ching*

Terence McKenna

"The hallucinogenic experience remains a misunderstood and taboo area of human becoming. Along with birth and death it represents a profound dimension of our being. We will discuss plant hallucinogens, their use in shamanism, and their impact on modern conception of mind. We will discuss self-exploration through hallucinogenic plants using philosophical constructs both ancient and modern. Shamanism, schizophrenia, and the holographic nature of time will be reunderstood in the light of hallucinogenic experiences. *The Invisible Landscape*, by my brother and myself, will be the core around which discussion will be constellated according to the needs and interests of the group. The hallucinogens catalyze a deep crisis in human evolution that calls for a new model of mind and world. We will explore the implications of that new model for human transformation."—Terence McKenna.

Suggested reading: *The Invisible Landscape* and *Psilocybin: The Magic Mushroom Grower's Guide*, Terence McKenna.

This will be a didactic workshop. The use of hallucinogens is not permitted at Esalen. $230

February 24–March 16

Getting in Shape: Physical/Metaphysical Fitness

Jessica Moore Britt & Andrea Juhan

For workshop description see Winter Study Programs, page 33. $1600

Week of February 26–March 2

Awareness Through Movement: Learning to Feel

Harriet Goslins & Robert Raleigh

Harriet and Robert write: "*Feeling* is a state of ongoing vulnerability that catalyzes change.

"*Feelings* are the endless content of the body-mind. Deeply patterned whole-body fear prevents us from feeling not only our current life-condition (thus anesthetizing us from the

need to change) but blocks the bodily and profoundly pleasureful "feeling-connectedness with everything" that can be felt by the human nervous system.

"This work utilizes Feldenkrais principles, bringing awareness to dormant parts of the nervous system that are usually inhibited by the whole-body fear response.

"The movement sessions will be combined with work to further integrate what is taught into one's lifestyle and behavior." $450

February 26–March 23

Spiritual Emergency: Understanding and Treatment of Transpersonal Crises

Christina Grof, Stanislav Grof & Rita Rohen

For workshop description see Winter Study Programs, page 33. $1800

Still Points, Turning Points: A New Curriculum for Change

David Schiffman, Elisa Lodge Schiffman & Esalen Staff

For workshop description see Winter Study Programs, page 34. $1800

March 2–11

Experiencing Esalen: A Special Nine Day Program

Experiencing Esalen Staff

For workshop description see page 10. $770

The Body Has Its Reasons

Peter Levine

For workshop description see Winter Study Programs, page 34. $770

March 11–April 6

Massage Month Long Intensive

Esalen Massage Practitioners

For workshop description see Winter Study Programs, page 34. $1800

Weekend of March 16–18

The Vertical Dance: A Rock Climbing Weekend Near Big Sur

Dick Galland & Annie Callaway-Galland

For workshop description see Wilderness Programs, page 37. $195

Living Tao: Dancing Your Life in Form

Chunghiang Al Huang & Living Tao Staff

Chunghiang writes, "For everyone who is ready to spread wings and embrace life in the present, and for those who are willing to learn the essential structure of t'ai chi form for daily practice, the enjoyment of movement, music, and laughter is highly recommended."

Recommended reading: by Huang: *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press), with Watts, *Tao: The Watercourse Way* (Pantheon). $230

Week of March 18–23

The Sword and the Flute: Mythologies of War and Peace

Joseph Campbell & Chunghiang Al Huang

This will be a celebration of Joseph's 80th birthday and the sixth year of joyous celebration in *Your Own Mythbody to Live By* series with Joseph and Chunghiang. This year the theme will focus on how to discover ways to honor our individual WARRIOR's power and dance the inner harmony in our daily creativity.

Suggested readings: by Campbell: *The Mythic Image, Myths to Live By*, (Bantam) and *The Hero with a Thousand Faces*, (Bollingen); by Huang: *Quantum Soup: Fortune Cookies in Crisis*, (E. P. Dutton), *Embrace Tiger, Return to Mountain*, (Real People Press), and with Watts: *Tao: The Watercourse Way*, (Pantheon). $470

March 23–April 6

Human Potential Theory and Practice

John Heider

For workshop description see Winter Study Programs, page 34. $1120

Spiritual/Esoteric Practice: The Key to Intuitive and Psychic Development

Anne & Jim Armstrong

For workshop description see Winter Study Programs, page 34. $1120

March 23–April 13

Continuum Dance Meditation Intensive: Waves and Whispers

Emilie Conrad-Da'oud & Susan Harper

For workshop description see Winter Study Programs, page 35. $1575

March 25–31

Sierra Ski Touring: The Gentle Pleasure of Winter

Dick Galland, Annie Callaway-Galland & David Beck of Sierra Ski Touring

For workshop description see Wilderness Programs, page 37. $500

April 1–13

Post-Modern Physics

David Finkelstein

For workshop description see Winter Study Programs, page 35. $960

Joyce Rogers

The gestalt practice section of the Work Study Program presents an opportunity for work scholars to both explore their own process and support one another while developing new skills. Here Richard Price gives individual instruction.

April 6-13

The Enneagram: A Tool for Identifying and Developing Intuition

Helen Palmer

For workshop description see Winter Study Programs, page 35. $680

April 6-27

Sustained Integration: Body, Self, and Soul

Jack Rosenberg

For workshop description see Winter Study Programs, page 35. $1575

Week of April 8-13

Transpersonal Psychology: New Approaches to Self-Exploration

Christina & Stanislav Grof

This workshop will explore theoretically and experientially the rapidly developing area of transpersonal psychology. The emphasis in experiential work will be on "holonomic integration," a method developed by the leaders, which combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It mediates access not ony to unresolved biographical issues, but to powerful death-rebirth experiences and a broad spectrum of transpersonal phenomena. Special attention will be paid to the problem of "spiritual emergencies" and constructive approaches to transpersonal crises. $450

Weekend of April 13-15

Exploring Self-Acceptance

David Schiffman

For workshop description see February 10-12. $230

The World of Physics

David Finkelstein

The (r)evolutions of quantum theory and relativity already deny us an objective reality and yet seem to be but precursors of an impending, still more drastic, upheaval in our worldview. We open our imaginations to this changing non-mechanical attitude to Nature by living its evolution from ancient Pythagorean roots, through the Aristotelean-Euclidean-Newtonian mechanism of the rational Enlightenment, beyond the interregnum of Einstein and Heisenberg, to today's increasingly Pythagorean cosmos. The workshop draws from a work of the same name to appear this year. $230

April 13-20

Hiking and Gestalt Practice

Steven Harper & Richard Price

For workshop description see Winter Study Programs, page 35. $680

April 14-22

Easter Climber's Paradise: Joshua Tree

Dick Galland & Annie Callaway-Galland

For workshop description see Wilderness Programs, page 38. $450

Week of April 15-20

Effecting Change: The Human Energy System and Risk

Alan Schwartz

This is a week for recognizing the *relationship* between personal growth/change and economic/environmental realities. This is a week for *designing a growth pattern* for your individual energy system to provide more stable contact with the difficulties of the emerging decade.

The human energy system represents a constantly changing personality dimension. Often neglected in the system's movement towards maturity is the development of the consistency of strength. We hear metaphors not only of physical strength, but strength of character, strong emotions, and the spiritual and psychic strengths of perception. Lack of strength development leads each of us to develop compensations in order to be able to function in our chosen worlds. Some of the obvious are psychosomatic problems, blame, denial, and indiscriminate sexual functioning. *Power over* self, people, things is often a major compensation for the strength that allows us the *experience* of self, people, and things.

Risk involves awareness of our individual compensations, trusting self and the group process enough to *experiment* with mobilizing more energy. This means rendering more alive the strength of the physiology, feelings, conceptual process, and psychic perceptiveness. The result is clarity and stability and a deeper awareness of the balance of self as we contact the very real issues of the coming decade. For further information, read the April 20-22 workshop description. $450

Psychic Healing: Healer as Visionary

Elizabeth Stratton

To see into a person's essence, into the heart and soul beneath the defenses, is the first step the psychic healer takes when confronted with someone who needs healing. To then mirror back this essence, over and over during the healing process, affords the person an opportunity to choose this vision of wholeness.

Almost everyone has wished, at times, to be able to reach someone who needs healing, but who seems to be resistant. This workshop is for both non-professionals and professionals who would like to learn how to make the kind of healing contact that can lead to transformation.

The workshop will explore: the physical, psychic, and spiritual dimensions of energy; the blocking of energy that can lead to the formation of illness; the will to live, the will to die; illness and death as learning, not punishment; releasing judgment and allowing forgiveness; requirements for recovery in long term, short term, and instantaneous healing; the role of the healer; and channeling healing energy through the heart, eyes, voice, and laying on of hands. $450

Weekend of April 20-22

The Human Energy System and Gestalt Process

Alan Schwartz

The human being's movement toward a stable and balanced organism undergoes many adjustments in direct proportion to his/her responses to parental and environmental messages. The result is the formulation of stratified patterns of *visible* physiology and behavior. These join to form that which is usually called personality, one's individual energy system. Two common examples of energy system responses to life stress are those personalities who collapse under stress and those who control. There are many more. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we make and inhibit intrapersonal and interpersonal contact. One focus will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our *consistent* awareness process and the autonomous expression of who we are. For additional information read the April 15-20 description. $230

Awakening the Healer Within: Dimensions of Psychic Healing

Elizabeth Stratton

Every human being is a potential channel for healing energy. Negative conditioning of our emotions, or unconscious beliefs and behavior, combined with environmental factors such as polluton, can give birth to dissociated parts of self which act as impediments to our natural healing abilities. Studies have shown the reality of psychic awareness, in which a person cannot only better understand his/her own functioning, but actually heal and psychically ward off illness.

This workshop will provide a didactic and experiential model for participants to gain a pespective on psychic healing, and the basic skills necessary to develop healing abilities in themselves. Channeling of energies will be taught, along with methods of dissolving impediments to the healing process. $230

Joyce Rogers

Death and Resurrection

Paul Rebillot & Stanford Eugene Cates

This workshop offers the opportunity to experience, rather than avoid, one of life's most real situations and its only inevitability: your own death. On a wider scale, it explores ways to move creatively through life's many transitions, letting go of the old and welcoming the new.

We will prepare to experience our deaths by reviewing our lives, completing unfinished business, writing wills. We will plan and celebrate our own funerals. Attachments to persons, things, and self-images are gradually severed until, surrendering all to the ultimate unknown, we are able to experience the birth of the truly new. Reborn, we can begin to create a new life the way we want it. $230

Week of April 22–27

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week we will focus on how to develop those qualities in ourselves that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based in warmth and humor we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $450

The Painting Experience

Michell Cassou & Stewart Cubley

It is very rare for most people to use painting purely for its qualities of inner adventure and self-discovery, to do it just for the process of exploration, not for the result. This workshop will focus upon the painting experience as a powerful tool for uncovering and dissolving blocks to creative expression. Emphasis will be placed upon the practical experience of creative painting in which participants will be given the support and stimulation to discover a natural way of painting based directly upon feeling. The mechanisms and patterns that prevent creative action will be discussed in order to integrate understanding with experience. The work will take place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. An audio-visual program will illustrate the development of inner expression during the painting process.

The workshop has proved to be of interest to persons involved in a wide variety of disciplines including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop write: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122. (415) 564-8515. $450 (plus $20 materials fee paid directly to the leaders)

Weekend of April 27–29

Weekend Massage Intensive

Bill Liles & Brita Ostrom

For workshop description see January 20-22. $230

Letting Go—Moving On

Merri Goldenson (Devarani)

For workshop description see January 29-February 3. $230

The Esalen Soviet-American Exchange

Dulce & Michael Murphy, James Hickman & Mary Payne

This seminar will review recent developments in Esalen's Soviet-American exchange program.

It will also examine the problems and opportunities of non-governmental "track two" diplomacy and explore aspects of Soviet culture that are relatively unknown in the West. The seminar leaders believe that if Americans evolve a deeper understanding of Soviet culture, the United States government might evolve a more creative Soviet-American policy.

This seminar is one of a series on Soviet-American relations that Esalen will sponsor this year and in the years ahead. See the May-October 1984 catalog for further programs in this series. $230

Empowerment Through Women's Spirituality

Charlene Spretnak

Recent archaeological discoveries of the pre-Indo-European eras have revealed that women's elemental power was the focus of numerous peaceful, Goddess-oriented cultures which felt a holistic connection with Mother Earth and created sophisticated art to express that relationship. During the 1970s, a unifying, nature-honoring spirituality evolved within, and spread out from, feminist circles. It draws on the wisdom of pre-patriarchal symbols, including the Goddess; "body parables" of the female experience; and new meanings of transcendence and ritual.

This workshop will explore the relationship between women's power in pre-patriarchal cultures and in the women's spirituality movement which has emerged in the past decade. Building on a history of power (understood as power *within* and as transformative power, rather than the patriarchal mode of power *over*), contemporary women are expressing their spirituality through art and ritual, among other forms. Slides of such art will be shown. Participants will also have the chance to explore their personal mythologies, and to experience group ritual. The central theme of the seminar is the integration of spiritual insight and power into our lives, including our political activism.

Recommended reading: *Goddesses and Gods of Old Europe, 6500-3500 B.C.*, Maria Gimbutas; *Overlay: Contemporary Art and the Art of Prehistory*, Lucy R. Lippard; *Lost Goddesses of Early Greece* and *The Politics of Women's Spirituality*, Charlene Spretnak. $230

Week of April 29–May 4

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $450

The Evolution of Intelligence: A "How To" Seminar

Timothy Leary & Friends

Leary says, "It is useful and amusing to accept two premises: 1.) that few human beings use more than .000,001 (one millionth) of their available brain-potential; most of us are, in fact, robots programmed by our brains, and 2.) that once an individual learns how to program the brain, then the probabilities of accelerated personal growth are limitless.

"This seminar will consider 24 levels/types of intelligence, 24-stages of neuro-technology through which a human being can develop. Participants will be encouraged to take and analyze newly devised test-questionnaires which will allow assessment of their lives in terms of intelligence increase, from infancy and childhood to adolescence and beyond; and to write detailed lie programs for multiplying intelligence in each of the 24 dimensions.

"Evolutionary competence in the following vectors will be studied: biological intelligence; emotional intelligence; mental-intellectual intelligence; social intelligence; sensory-erotic-aesthetic intelligence; brain-computer intelligence; genetic intelligence; and metaphysiological (out-of-body) intelligence."

Recommended reading: *Flashbacks*, Leary (J.P. Tarcher). $450

David Nelson

The Hero's Journey

Paul Rebillot & Stanford Eugene Cates

Paul Rebillot writes, "Again and again, in my work with people, I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another—whether it be a child's discovery that there is no Santa Claus; the adolescent's awkward approach to puberty; marriage or the ending of a marriage, or a change of career. Every such change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That pattern is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"My purpose is to give people a chance to experience a rite of passage so that they can go into the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight."

Recommended reading: Joseph Campbell, *The Hero With a Thousand Faces* (Bollingen) and *Myths to Live By* (Bantam). $450

Empower and Fit: The Use of the Human Potential to Transform Work into Joy

Will Schutz

Will writes: "The human potential movement is destined to be regarded historically as a major cultural watershed, a time and place where a variety of people and traditions converged and created quantum leaps in our understanding of the human condition—body, mind, spirit. The movement is comparable to the Bauhaus in architecture, the Vienna Circle in philosophy, and Paris in the 20s in literature—occasions where breakthroughs were made that affected our lives in important ways.

"A next step is to take the results of the human potential movement and to apply them to establishment institutions. By empowering the individual and by creating a better fit between individuals, between individual and job, between individual and organization and by creating an atmosphere of openness, self-responsibility, and self-knowledge, a new concept of work and of organizations emerges. Work becomes a source of excitement, productivity, and joy and organizations become temples of human achievement and pleasure.

"This workshop explores the application of these principles to specific organizations. A proram called "The Human Element," embodying these ideas, has been administered to NASA, the United States Army in Okinawa, a Catholic hospital in Iowa, the staff of the Association for Humanistic Psychology, and elsewhere, with startling results. Aspects of this program will be described and demonstrated to participants. Some new instruments based on a major revision of the Firo theory will be presented." $450

Weekend of May 4-6

The Future of the Body: The Transformation Project

Michael Murphy & Steven Donovan

In his novel, *Jacob Atabet*, Michael Murphy speculated that a next stage of human development might involve the power to alter the physical body at will. He is developing this idea more thoroughly in a book, *The Future of the Body*, and through The Transformation Project, organized in 1976 to compile and analyze a broad range of scientific, speculative, and anecdotal literature on bodily transformation. Murphy will discuss some of the major ideas of his current book, and Donovan will present results to date of The Transformation Project.

Recommended reading: *Jacob Atabet*, *The Psychic Side of Sports*, "The Transformation Project," and "The Transformation Project Monographs I-IV" (available through Esalen). $230

Towards a More Sensitive Relating

Charlotte Selver & Charles Brooks

This workshop is an introduction to *sensing*, for more meaningful contact with our own nature and with the world around us.

How we relate to our deep inner needs, to other people, or to different tasks and situations depends on how we *perceive them* and how we trust our own findings. When perception is clear and full, we cannot make mistakes. Our whole organism is geared to respond appropriately. We have come, however, to see through a fog of preconceptions, a bewildering fabric of the ideas and judgements of others. Our own experience has been belittled; our perceptive faculties have lost their edge. The true I and the true you no longer meet. Both life and death have become often threatening fantasies.

Sensory awareness is a practice for rediscovering and reviving full sensory functioning. Through the gradual quieting of premature and inappropriate intellectual activity, it directs our attention both inward and outward to the actuality of the present moment. As perceptivity revives, true relationship becomes possible. Each everyday occasion in living gains its own freshness, its own uniqueness. We can become content again, like healthy children, as quality begins to make quantity unimportant. $230

Leonard Energy Training: The State of the Art

George Leonard
& the Leonard Energy Training Staff

In the world of Leonard Energy Training, problems become opportunities. Stress and pain become gifts of energy. Personal and social options are multiplied. The flow of vital energy is enhanced. Leonard Energy Training is derived from the Eastern art of aikido as well as from Western psychology and physical theory. It is a comprehensive body of work that teaches practical, alternative ways of dealing with life situations. It is not physically demanding. It does not aim at emotional catharsis. Most of the training involves simple movement exercises in which the body itself becomes a learning facility. Participants will practice such things as centering, relaxing under pressure, blending, and alternative ways of being. There will also be discussions of applications to education, sports, management, relationships, social transformation, and personal growth.

Recommended reading: *The Ultimate Athlete* and *The Silent Pulse*, George Leonard. $230

May 4-12

Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Jessica Moore Britt & Steven Harper

For workshop description see Wilderness Programs, page 38. $400

May 4-June 29

Leonard Energy Training: A Certification Program

George Leonard, Annie Styron Leonard
& Leonard Energy Training Staff

For full description see Special Programs, page 36. $4250

Week of May 6–11

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $450

Five Day Massage Intensive

George King & Laurie Muller (Lioness)

For workshop description see February 12-17. $450

Fluidity of Being: Rolf® -Movement

Elisa Lodge Schiffman

For workshop description see February 5-10. $450

Towards a More Sensitive Relating

Charlotte Selver & Charles Brooks

For workshop description see May 4-6. $450

Leaving Symbols and Approaching the Universe

Robert Bly & Gioia Timpanelli

Robert and Gioia write: "Through poems and stories, we will discuss states in our developing ability to approach the universe. To escape from human mental prisons, we need to allow images and animals to have their own life over and above the life human beings offer them in their symbolic systems. Myth has its place in this freeing process, and the workshop also gives participants practice in what Joseph Campbell calls 'learning to think mythically.' We touch, too, on the scientist's descriptions: 'The sunlight lays itself down before every protozoa, the night opens itself out behind it, and inside its own energy it lives!'"

In preparation for the seminar, participants would benefit from reading the following books: *News of the Universe*, Robert Bly, Editor; *Dancing Wu-Li Masters*, Gary Zukov; *The King and the Corpse*, Heinrich Zimmer; and *The Moon and the Virgin*, Norhall. $450

Weekend of May 11–13

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $230

Stories

James Fadiman

Every tradition from the shamans of Australia to Jesus to Zen masters to the Sufis use teaching stories to open us up to alternative realities, to break down preconceptions, and to develop our inner resources. Stories are non-invasive and encourage non-righteous personal growth. We will use stories from the traditions to unlock our own doors and work with the story material, using the full range of transpersonal methods to touch our own core. $230

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

Being close yet also free to grow individually is a most important theme in any intimate relationship. This weekend will be tailored to what each participant brings, and will provide structured experiences designed to enhance communication, help resolve conflict, raise self-esteem, and promote fun. Limited to ten couples. $230 per participant

Leonard Energy Training in Sports

George Leonard & Joel Kirsch

The practice of Leonard Energy Training has shown itself to be effective in improving performance, reducing injuries, and increasing enjoyment in sports and other physical activities. This workshop is designed both for athletes and for those who simply wish to move efficiently, gracefully, and joyfully. We begin with the assumption that there is an appropriate movement activity for everybody and every body type. We will stress balancing and centering, relaxation, grace under pressure, and the use of intentionality. A Samurai Game will be played during the Saturday night session.

Suggested reading: *The Ultimate Athlete* and *The Silent Pulse*, George Leonard; *Golf in the Kingdom*, Michael Murphy. $230

May 12–20

Rites of Passage: Baja California's Secret Mountains

Dick Galland & Annie Callaway-Galland

For workshop description see Wilderness Programs, page 38. $595

Week of May 13–18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $450

Letting Go—Moving On

Merri Goldenson (Devarani)

For workshop description see January 29-February 3. $450

May 13–June 8

Technologies of the Sacred: Ancient and Modern Approaches

Christina & Stanislav Grof

For workshop description see Special Programs, page 36. $1800

Weekend of May 18–20

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 10. $230

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see January 13-15. $230

Liberation at the Moment of Death

Sogyal Rinpoche

What happens to us when we die, and how can we help others who are dying? Based on ancient Buddhist knowledge, such as the *Tibetan Book of The Dead*, this seminar will provide practical information to health-care professionals and lay people who want to know how to give the most effective and compassionate care for the dying.

Death can best be understood in terms of life, and through overcoming fears caused by ignorance, fear of pain, fear of the unknown, and fear of the coming separation from life and loved ones.

To prepare for death, we need to learn to use life skillfully, letting go when change occurs. What continues after we die is mind. If we learn to know our mind, we learn to know ourselves. Then all our inner fears and neuroses are resolved, and we gain an inner trust and confidence which finds expression as compassion, the basis of helping ourselves and others effectively in life and death.

During this course, Rinpoche will describe the actual processes that take place at the moment of death and after, and how the caregivers can help the dying person prepare for death. Practical training will be given on how to prepare for one's own death in life, and through developing awareness of the sleep and dream state, which is itself a little like death. Rinpoche will discuss how the family can best help the dying person, and how they can practice mourning effectively. $230

Week of May 20–25

Self-Acceptance: The Freedom to Be

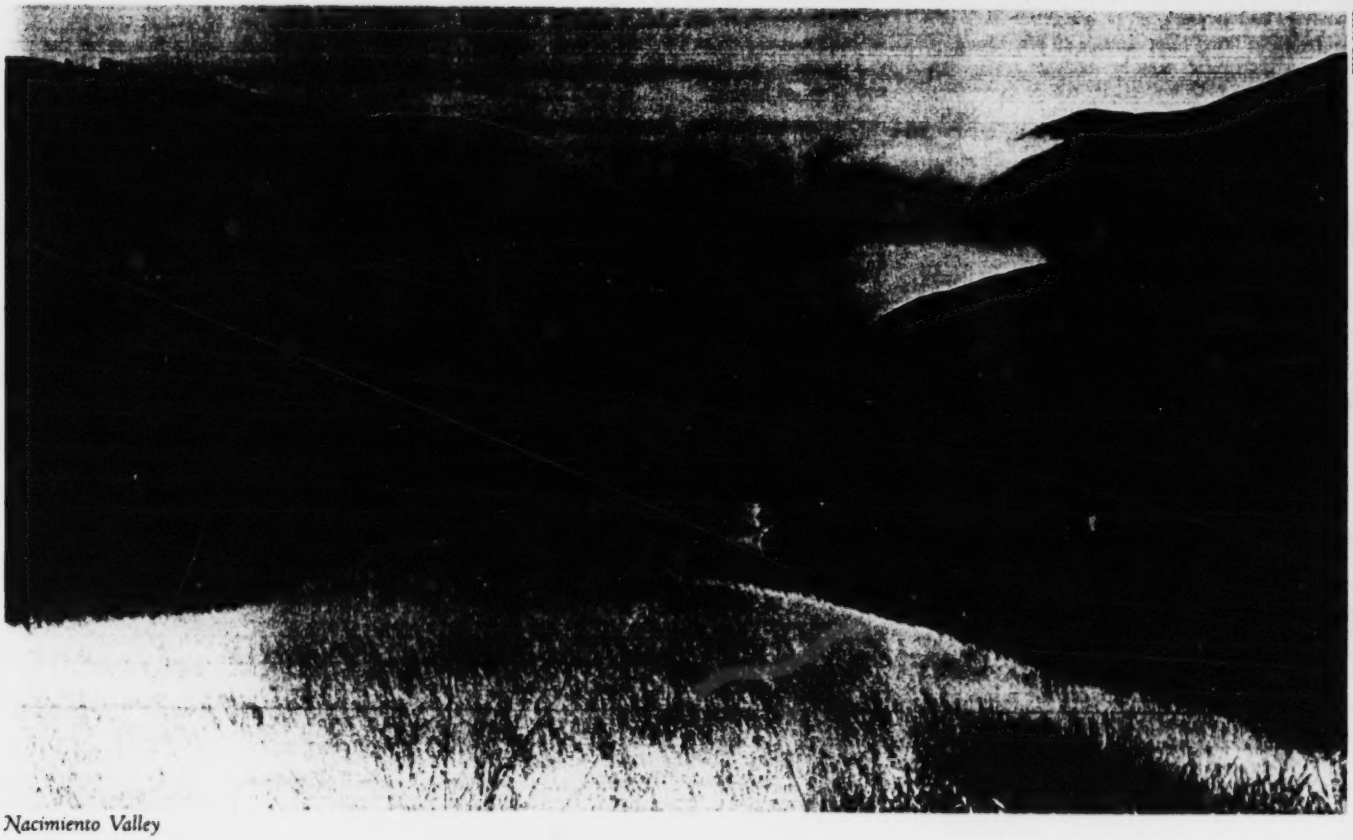
David Schiffman

For workshop description see January 15-20. $450

Liberation at the Moment of Death

Sogyal Rinpoche

For workshop description see May 18-20. $450



Steve Beck

Nacimiento Valley

Rolfing®, Feldenkrais, and Other Methods for Releasing Pain and Tension

Dub Leigh & Dee Dee Lozier

This workshop is designed for people who want to learn to move with more freedom, ease, and awareness, and to get release from chronic pain and tension. Through different types of body work participants will have the opportunity to explore experientially methods to free up constricted movement.

The leaders will also offer participants sessions in body work and instruction in group movement including: Moshe Feldenkrais' awareness work, Lauren Berry's joint work, deep tissue as taught by Ida Rolf, and the trigger point work of John St. John. $450

Weekend of May 25-27

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $230

Exorcising the Demon "Should"

Paul Rebillot & Stanford Eugene Cates

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously. With the help of this experience in contrasts, we will explore our possibilities of movement between the two, and in this way open up our options to the full range of our own authentic being. $230

Leonard Energy Training and the Art of Love

George Leonard & Annie Styron Leonard

How can we escape sexual stereotypes? Does intimacy always have to lead to boredom? Or can we, by recognizing the uniqueness and mystery of each individual, keep our erotic life alive and exciting? In this workshop, we use the simple movement exercises and visualizations of Leonard Energy Training to explore communications and creativity in the erotic realm. Our purpose is not to prescribe new methods but rather to transform the way you experience your intimate relationships, as inspired by George Leonard's book, *The End of Sex*. The workshop is appropriate for individuals as well as couples.

Recommended reading: *The Silent Pulse* and *The End of Sex*, George Leonard. $230

Week of May 27-June 1

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 10. $450

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

For workshop description see February 5-10. $450

Making Your Dreams Come to Life

Paul Rebillot & Stanford Eugene Cates

Paul writes: "Dreams offer a deep spiritual guidance that can reveal both the goals and the practical power of the inner self. In this workshop I introduce a variety of methods such as gestalt, drama, movement, music, journal-

writing, and artwork, all of which can help participants to bring their dreams to life. Using dreams, discoveries may be made to strengthen one's present path and clarify future directions." $450

Weekend of June 1–3

Zen and the Art of Fly Fishing

Dick Galland

Few pastimes offer the opportunity of so profound a look into the natural world and into ourselves as flyfishing. The tools of the fisherman have more to do with disciplining the body and mind and tuning the senses than with killing trout. There is a focus and subtlety of movement in fly fishing akin to Eastern meditative disciplines. The possibility always exists of entering the trout's world. In fly fishing, the trout are the teachers. They let you know by their actions when you have presented the fly properly.

This weekend, which will be spent at Esalen, is a combination of practical instruction, visualization, physical exercise, and guided fantasy. Participants spend Saturday on the Esalen grounds learning basics. On Sunday, we travel a few miles up the coast to tempt the rainbows of the Big Sur River. Beginners and accomplished fishermen welcome. Complete information on equipment will be sent upon registration. $230

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney

This weekend is for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, and for accomplished singers who want to improve their performance. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Participants are invited to bring their favorite song titles. There will also be a variety of music to choose from at Esalen. $230

Focusing: An Integrative Process of Change

John Welwood

Focusing is a simple experiential method for untangling life problems, emotional blockages, or fixed mental habits, and opening up the natural wisdom of the body/mind. It developed out of many years of research into the core process of change in psychotherapy and creativity by Eugene Gendlin, John Welwood, and others at the University of Chicago.

Focusing teaches people how to pay attention to bodily "felt sense," which contains what they need to know about their lives, allowing new words and images to arise from it. This process integrates mind and body, intellect and intuition, resulting in a "felt shift," a bodily-felt release which allows a person to discover new ways of being and doing, which inspires forward movement in one's life. Focusing also facilitates stress reduction, the ability to listen and communicate more effectively, creativity, and physical healing.

Recommended reading: *Focusing*, Eugene Gendlin (Everest House, 1978); *Awakening the Heart: East/West Approaches to Psychotherapy and the Healing Relationship*, edited by Welwood (Shambhala). $230

Week of June 3–8

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $450

Joyce Rogers

Leonard Energy Training and the Samurai Game

George Leonard & Leonard Energy Training Staff

This workshop provides a rare opportunity for you to immerse yourself, under game conditions, in the life of the medieval Japanese samurai. The Samurai Game was created by George Leonard and is used in the *est* Six-Day Training. Its purpose is to make it possible for you to experience a style of governance and consciousness radically different from that of 20th century America, and to face symbolic death and rebirth. By entering this other world, you get a chance to see your own life with new eyes, and to fully comprehend the futility of conflict. During the workshop, you will receive a thorough grounding in Leonard Energy Training and will play three complete Samurai Games. Between games, you will continue to live samurai-style with your own group much of the time, and to join in creating legends, songs, poems, and a history in the spirit of *bushido*, the Way of the Warrior. The Samurai Game is not physically demanding, but is psychologically intense and must be played wholeheartedly.

Recommended reading: *The Silent Pulse*, George Leonard; *The Zen Way to the Martial Arts*, Taisen Deshimaru. $450

Weekend of June 8–10

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $230

A Course In Miracles: A New Thought Form for Our Time

Julian Silverman

For workshop description see February 17-19. $230

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

This will be an introduction to intensive intraphysic work using Reichian breath work and gestalt practice.

Reichian work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a

have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration the possibility is opened to come to a truer concept of self, with an expanded ability to respond in the present. This workshop is limited to ten participants. $230

Creativity and The Feminine

Susan Griffin

Susan Griffin presents a new way of looking at creativity. Working from the theories in her books (*Woman and Nature: The Roaring Inside Her* and *Pornography and Silence: Culture's Revenge Against Nature*), and from her own process as a poet, essayist, and playwright, she explores how the false dichotomy between nature and culture, mind and body, masculine and feminine, affect the creative process. Her premise is that the totalitarian repression of the arts is a political expression of the fear of nature and the feminine. She will lead participants in the workshop to discover how this repression becomes internalized. Using meditation, writing exercises, and guided imagery, Susan will show how creativity is an expression of the unity of matter and spirit, the "feminine" and the "masculine" qualities of sensuality, intuition, insight, intelligence. She will guide students toward experiencing a deeper level of knowledge, a knowledge which emanates from the body and from experience, and she will help students to express this knowledge in a creative form. $230

A Gentle Unfolding

Daniel Bianchetta

Daniel writes: "In the business of a day, we can allow ourselves to be pushed to our periphery. This weekend we will explore ways of paying attention to our own inner guide. Through the use of such tools as intuitive and energy awareness, conscious dreaming, play, massage, and meditation, we will be taught how to cultivate practical and portable skills for coming home to our inherent wisdom." $230

Week of June 10–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $450

The Body Has Its Reasons

Peter Levine & Ed Jackson

For workshop description see March 2-11. $450

Love and Work

Anne & John Caple

"Work is love made visible," wrote Kahlil Gibran. In this workshop, participants will examine their worklife and work options in the context of their love for themselves, for others, and for the larger world. The group will use integrative exercises, art, body work, gestalt processes, and video feedback to seek answers and consider life decisions. The goal is for participants to see more clearly 1) what they want within the interplay of relational love and work and 2) how to get it.

This weekend is for those who want more value in their worklife, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life/work issues during group meetings and in pre-breakfast runs.

Recommended reading: *Careercycles*, John Caple (Prentice-Hall). $450

Leonard Energy Training and Aikido

George Leonard
& the Leonard Energy Training Staff

Non-aggressive yet powerful, aikido is perhaps the most sophisticated of the martial arts. This workshop provides a grounding in Leonard Energy Training and an introduction to the art of aikido. Obviously, no one can learn a martial art in five days, but everyone will have a chance to gain a unique body-mind-spirit understanding of this remarkable art, along with increased confidence and grace under pressure. A Samurai Game will be played during the workshop.

Recommended reading: *The Ultimate Athlete* and *The Silent Pulse*, George Leonard; *The Zen Way to the Martial Arts*, Taisen Deshi-maru. $450

Weekend of June 15–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $230

The Face of God— The Face of Man

James Kavanaugh

"One's vision of God is a reflection of one's own self-image. Thus salvation, guilt, sin, authority, law, marriage, divorce, sexuality, heaven, hell, judgment, etc. are colored by one's personal vision and experience. In a sense, such theological notions are defined by each of us in a different way according to our personal freedom and self knowledge. As Nietzsche said, 'After Christ came the Christians'."—James Kavanaugh

This seminar is for individuals who have left the institutional church and are searching for a personal spirituality. The seminar deals particularly with the traditional myths of historic Christianity and Judaism and attempts to replace ancient and ineffective symbols with contemporary and real ones.

Recommended reading: *There Are Men Too Gentle to Live Among Wolves*, Kavanaugh (E. P. Dutton). $230

Alternatives for Managers: An Energy Training Perspective

Susan & Joel Kirsch

Susan and Joel write: "How can managers effectively deal with the changes that constantly bombard them? Does supervision of others have to lead to conflict? Can managers combine strength with sensitivity while providing leadership? In this workshop we use movement exercises from Leonard Energy Training along with demonstration and discussion to discover the manager's role in creating and supporting quality and excellence in the workplace. Participants will have the opportunity to gain insights into their own managerial style and explore alternative ways to increase productivity, improve teamwork, and enhance personal and professional performance." $230

Miracles of Infancy

Laurie Schutz Munyer, Arthur Munyer
& Jezariah Canyon Munyer

Laurie and Arthur write: "This will be a time to celebrate the profound miracle of new life and parenthood. The workshop will provide an opportunity for new parents and their infants (up to one year) to come together in a harmonious and joyous way. In an atmosphere of warmth we will guide both parent and infant through a creative experience. Our approaches will be drawn from massage, creative movement, music, communication, and nurturing touch. We will bring awareness to how our children can be our teachers." $230

Re-printing: A New Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize inner power? Through various approaches including body reading, light trance work, and anchoring (Ericksonian), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in, and consider opening up new doors toward growth and freedom. New models of behavior can become available.

The workshop will feature individual and group processes, including body release approaches. $230

Week of June 17–22

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 10. $450

Advanced Massage Intensive

Vicki Topp & Deborah Anne Medow

For workshop description see January 8-13. $450

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

For workshop description see January 29-February 3. $450

Choosing to Change

Harry Sloan

For workshop description see January 1-6.

$450

The Teachings of Hawaiian Huna

Jack Downing & Murray Korngold

Jack and Murray write: "Hawaiian Huna is the ancient mystic teaching of Polynesia. The last native Ka'huna died in this century after passing on the concepts of the Triune or three-part personality. Huna is a reasonably simple and quite effective method for balancing our internal mental forces. The teaching can result in less guilt and anxiety, greater energy and self-confidence, and finally a deeper, more harmonious, brighter sense of the Divine. No encounter, hot seat, or stressful methods will be used, but instead, simple introspection, internal converse, and pleasant sharing."

$450

Weekend of June 22-24

Exploring Self-Acceptance

David Schiffman

For workshop description see February 10-12.

$230

The Science and Practice of Homeopathic Medicine: Principles and Self-Care Applications

Dana Ullman & Gregory Manteuffel

Homeopathy is a scientific natural medicine in which individually chosen non-toxic doses of plants, minerals, or animals are used to stimulate a person's defense system. A specific curative medicine is prescribed based upon the *law of similars*, that is, a substance that causes a set of symptoms in overdose will cure these symptoms in specially prepared microdoses. Since symptoms represent efforts of the organism to establish homeostasis and to heal itself, the correct homeopathic medicine provides the necessary stimulus to aid the organism's attempts to promote a deep cure. Immunizations and allergy treatments are two orthodox medical procedures that utilize the law of similars but do not use other important homeopathic principles for healing.

This course will discuss the fundamental principles of the homeopathic science and their value in understanding the healing process. The historical context of homeopathy and its scientific basis will also be discussed. Specific laws of healing will be described in order to differentiate clearly between the suppression or palliation of symptoms and the cure of disease. The practical application of at least 15 homeopathic medicines for self-care will be described, and specific books and publications to learn more about homeopathy will be available.

Recommended reading: *Homeopathic Medicine for Infants & Children*, Ullman & Cummings (Spring, 1984).

$230

The Further Reaches of Human Energy

George Leonard
& the Leonard Energy Training Staff

In addition to its practical applications, Leonard Energy Training offers the possibility of extraordinary powers of intuition and sensing. This workshop will present a basic grounding in Leonard Energy Training, the move into experiments that push the limits of what we carelessly term "normal" human capacities. To quote *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures

David Nelson

that do not require the burning of fuel or the rape of the planet, sensing the energy field of a friend or a tree, making connections that defy conventional space and time . . . We realize, with the sorcerer, don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: *The Transformation*, *The Ultimate Athlete*, and *The Silent Pulse*, George Leonard. $230

Week of June 24–29

Integrity

David Schiffman

In this workshop participants will join to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Participants will explore the boundaries of their emotional, physical, and mental potentials and how they affect sexuality, relation to power, friendships, creativity, and expectations of self and others. $450

Gestalt

Seymour Carter

Seymour Carter writes: "As a young art student I was taught about figure-to-ground relationships and the resolution of their tensions as a graphic problem. In my development as a gestalt teacher these artistic learnings have gained new potence, becoming basic themes in my quest for an accurate leverage point in my work.

"This workshop is based on the attempt to evoke and balance psychodynamic polarities such as accepting and rejecting, remembering and forgetting, giving and keeping—dualities

> "Contact is the appreciation of differences."
>
> —Fritz Perls

that plague and give purpose to human existence. My aim is to set in motion the unconscious processes of the personality, to awaken dormant talents, and to prepare for the intuitive leap.

"Each participant will be treated as a unique individual with his or her own process of development—a process to be honored and encouraged for further growth. The basis of this work is the gestalt method, supported by various body disciplines, including sensory awareness, bioenergetics, Rolfing®, and aikido." $450

Joyce Rogers

Richard Price

Storytelling, Healing, and Theater

Corey Fischer & Naomi Newman of A Traveling Jewish Theater

Corey and Naomi write, "Storytelling is a potentially shamanic activity. The storyteller can go anywhere. The telling can be danced, sung, spoken, shown. The teller can inhabit a single moment of the story and dwell in it, revealing all its facets and layers.

"In locating and telling our stories within a community of trust, we begin to restore value to that which has been ignored, suppressed, denied, and neglected.

"In this workshop, we will use guided fantasy, vocal and physical improvisation, writing, ensemble exercises, and work in pairs to explore the stories, dreams, memories, voices, and images that are inside us. In the course of the five days we will move toward a fuller and deeper articulation of the material as it is shared through performance.

No previous performance experience is necessary."

$450

Reflectors

Jenny O'Connor & the NINE

"In this form we become bridge between whole and unwhole, happy and sad, good and bad. We are thought form, the first thought as you, as mankind, assumed shape and the last thought as you choose to leave. What remains is afterthought or vibration as we know it, and so the form begins again. The vibration came before the chicken."—The NINE

"This workshop is an invitation to spend time with The NINE in dialogue and self-discovery. As they move to answer questions, they create a kind of language that bypasses the mental structures of the brain and enters through the pores of the body. It can be beyond expectation because it enters the space between all expectations and, caught unawares, you may find yourself looking at a reflection of yourself that is shockingly familiar, for there may be more of you than you ever believed possible. You may well be compelled to reach across that space between the masks you carry and the self you don't quite yet believe possible and so put the strain of your theater to rest for a while. All this through a meeting, a few questions that seem simple enough in the asking but may rebound in a way that strikes far beyond what you thought you asked. It is a very fast way to know yourself better, in a form that teaches through compassion, humor, intelligence, and a vital concern for the future of us and our planet."—Jenny O'Connor $450

Weekend of June 29–July 1

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $230

Weekend Massage Intensive

Brita Ostrom & Peggy Morrison Horan

For workshop description see January 20-22. $230

Dream Discovery

Joyce Frazee

"Each dream that is not understood is like a letter that is not opened."—Talmud.

Each night we receive brilliant, insightful, creative communiqués disguised in poetic imagery. In this workshop we will explore how to use our dreams for personal growth, insight, creativity, and problem solving. Participants will discover that any dream, however fragmentary or prosaic, can offer entry to a new world of insight. Methods for dream discovery will include exercises in dream recall, Senoi dream practices, mandala drawing, gestalt dream work, and psychosynthesis. $230

Vision Improvement: Our Willingness to See

Laura DeNuccio (Ma Prita)

This weekend will focus primarily on the awareness continuum, emphasizing ways to clear and re-educate the eye and the self to see without distortion in the here and now. With the aid of various approaches including deep emotional release, bioenergetics, gestalt, the Bates system of eye relaxation, and nutrition, participants will have the opportunity to create new ways of looking at themselves and the world. $230

Food for Health and Wellness

Joe D. Goldstrich

This is a workshop for people who want to assume responsibility for their health care management. The emphasis will be on learning what to eat to create vitality, energy, and health. A unique integration of the Pritikin diet, macrobiotics, and live food will be presented. Special attention will be given to increasing complex carbohydrate and fiber while decreasing simple sugar. We will examine the optimum amount of fat and cholesterol needed to both prevent and reverse atherosclerotic cardiovascular disease. Ideal protein intake for various levels of physical activity and health states will be examined and protein combinations to obtain complete sources will be demystified. Participants will receive a personalized health plan to work with at home.

Suggested reading: *The Best Chance Diet*, Joe D. Goldstrich (Humanics Limited). $230

Steve Beck

Winter Study Programs

January 1–February 5
Gestalt Practice: A Combination Seven Day Intensive and Work Study Program

Coordinated by Christine Price

This is a five week program focusing on gestalt practice (for further information see Gestalt Practice, page 10), and designed primarily for people who are presently working with clients and who want to directly apply the skills developed in this program to their work. The first week will be a seven day intensive where participants will have no commitments outside of the sessions. Beginning the second week, members will become work scholars, will work 32 hours weekly, and live in work scholar housing (see Work Study Program, page 12, for details). The group will continue to work together in afternoon and evening sessions and in some weekend intensives. The curriculum will include time for participants to do their own personal clearing work in the "open seat" format with group leaders as well as time for practicums, where group members may provide feedback for each other as they work.

Although gestalt is the primary focus, some Reichian breath work and other related approaches to growth will be presented. Dick Price, Jessica Moore Britt, and other Esalen leaders will be the support faculty for the course.

If you wish to attend, please send in a completed work scholar application form provided on page 12, a deposit, and a letter stating your present work and how you imagine this program might relate to you and your work. Address this to the attention of Christine Price, c/o Esalen. $1280

January 8–February 3
The Feeling Process

Janet Zuckerman & Hareesh with Deborah Anne Medow

For many people, feelings are something mysterious, something to keep to one's self, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that will increase vitality and personal effectiveness. Participants will explore how to separate feelings from thoughts, how to be perceptive to their own body rhythms, to contact their own wisdom, and participate in a safe environment in the choice of expression or depression.

Combined with this emotional process work will be a program of cleansing and rejuvenation based on a nutritional diet which will include: guided two-to-three-day water and juice fasts, wheatgrass, a live raw-foods menu, and transitional lightly cooked foods. The wheatgrass will be presented in a learn-by-doing process where participants will sprout, plant, water, harvest, and juice their own wheatgrass in the Esalen gardens. Group process, paired breathing sessions, movement, massage, Trager, and herbal baths will complete the experience. Playfulness and a sense of personal celebration is a prerequisite. $1800

January 20–February 17
Tutorial Program in Shamanism and Shamanic Healing

Michael Harner

This four week program is the first time Michael Harner will teach the practice of shamanism and shamanic healing to a small group of people for such an extended period of time. The program has four phases approximately corresponding to the four weeks: participation and assistance in an intensive seven day workshop in basic and intermediate shamanic healing and practice (see January 20-27 for workshop description); individual practice and further development of the methods of intermediate shamanic work; new developments in research on shamanism; and focus on the mastery of individual shamanic skills.

Enrollment is limited to eight students. If interested, please write a letter of application to Michael Harner, Box 673, Belden Station, Norwalk, Connecticut, 06852. Please include in your letter a description of your background and the reasons you would like to be in this tutorial program. $2300

February 24–March 16
Getting in Shape: Physical/Metaphysical Fitness

Jessica Moore Britt & Andrea Juhan

This program is an in-depth exploration of the interplay of our physical structure, tone, capacity, and appearance and our internal feeling and thoughts and how these create our concept of self and well-being. Each week will be integrated sessions in: *Fitness and Relaxation:* including stretching, aerobics, dancing, hiking, Feldenkrais work, massage, and meditation. *Personal Awareness Work:* using gestalt practice, Reichian breath work, movement, and video in order to explore conditioned images and feelings and to provide an opportunity to explore alternatives.

In lectures and demonstrations guest faculty will discuss anatomy and physiology, and the psychology of the relationship between the physical body and states of being. Diet and nutritional information and guidelines will be provided by physician, Joe D. Goldstrich, author of *The Best Chance Diet.*

This three week period is for participants to create new patterns in their individual life process, and to reinforce this new behavior in a supportive environment. The course is designed to be a step towards a life long program of well-being. A fact sheet of detailed scheduling is available upon request. $1600

February 26–March 23
Spiritual Emergency: Understanding and Treatment of Transpersonal Crises

Christina Grof, Stanislav Grof & Rita Rohen

This four week interdisciplinary program is for professionals and students in the areas of psychiatry, psychology, anthropology, and religion. The workshop has been specifically designed for intensive and focused exploration of the new concept of "spiritual emergency," an important subgroup of unusual states of consciousness that contemporary psychiatry labels as psychosis. It is part of a systematic effort to create an international network of individuals qualified to facilitate the process of personal transformation and to assist others during transpersonal crises. The program will focus on the following areas:

Historical and Anthropological Perspectives on Psychosis: We will review the evidence suggesting that many ancient and non-Western cultures have developed deep knowledge of transpersonal crises and maps of consciousness that can be used as guidelines in the process of personal transformation. Shamanism, spiritual practices of the great Oriental religions and philosophies, aboriginal rites of passage, and the ancient death-rebirth mysteries provide not only maps, but also tools to initiate and facilitate such a process.

The Concept of Transpersonal Crisis and Western Science: This aspect of the program will focus on observations that support the new approach, such as the healing, evolutionary, and problem-solving potential of certain psychotic states; results of clinical studies using placebo; pioneering work in psychotherapy of psychoses and family studies of schizophrenia; modern kundalini research; and psychedelic studies. We will explore new developments in various disciplines—consciousness research, quantum-relativistic physics, information theory, biology, and neurophysiology—that provide a solid scientific basis for an alternative understanding of psychosis.

Transpersonal Crisis Intervention: We will explore various strategies that are useful in the management of spiritual emergencies and in facilitating personality transformation.

Self-Exploration and Group Process: The workshops of this series use an experimental educational format that combines information input with experiential approaches and group process. For this purpose, we will use controlled breathing, music, mandala drawing, gestalt practice, and various forms of body work. The coordinators and the Esalen staff will function as facilitators for participants all through the workshop.

Reservations should be addressed to Christina Grof, c/o Esalen. $1800

February 26–March 23
Still Points, Turning Points: A New Curriculum for Change

David Schiffman, Elisa Lodge Schiffman & Esalen Staff

"Anything which is forced or misunderstood can never be beautiful."—Xenophon

People, like plants, need special care and attention to thrive and blossom. To naturally grow beyond what we've been requires strength, sensitivity, and a deeply compassionate awareness. What are the most important elements that support this transformation and renewal? And how might this process be effectively shared with others? Out of the answers to these questions has emerged the dream of combining the best of Esalen's human potential practice work with the spirit of adventure found in Outward Bound's wilderness programs, along with the gracious informality of living and working together in one of the most beautiful and peaceful settings in the world.

The aim of this unique curriculum will be to explore and develop a new model for learning, one that not only deepens the experience of traditional self exploration, but also breaks new ground in erasing the line between intensive group and individual work and the ordinary world of everyday life.

Among the areas we will touch on during this month are:

The Body and its Functions: as a temple for the spirit; as a reflection, and as a turning point from past habits, fears, and attitudes; as a source of grace, ease, and fluidity in movement and in contact; as a kinetic homebase for exuberance, playfulness, and balance; and as a healing source of touch.

The Emotional Realm: exploring and opening the limits of temperament; redirecting negative feelings for inspiration and power; cultivating passion and strength as the core of integrity; resolving inner and outer turmoil simply and peacefully.

The Mind: developing the powers of the imagination for self-affirmation and creativity; deepening the ability to see, hear, and understand so that one can range easily from the practical to the transcendental; strengthening the sense of fair-witness and developing the skillful use of the will; using the perspective of humor to heal separation.

Coming together in the spirit of being simply and lovingly at home in ourselves, the group will create a community whose foundation is based on trust, good will, and authenticity.

During the month each participant will have the opportunity to clarify and develop his/her own style and artfulness as an individual guide and group facilitator doing in-depth study of gestalt practice, body work, psychosynthesis methods, and the meditative arts. The program will be structured to include: intensive individual work; creative music and movement; supervised observations; practicum work in group leading and individual counseling skills; video feedback; illustrated lectures and didactic theoretical sessions.

The emphasis throughout will be on creating a personally integrated perspective that will bring buoyancy and lightness into life and work. This workshop is designed for people from all walks of life. $1800

March 2–11
The Body Has Its Reasons

Peter Levine

When we are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of these walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes. Our sense of the body is lessened and our connectedness is diminished.

In this workshop body approaches, dream work, and gestalt will be incorporated to teach us how to trust more fully in our bodies and enhance our excitement and passion. Through a vital sense of the body and feelings we can understand our dreams, impulses, and actions more deeply. Avenues will be explored in redeveloping a sense of pleasure, ease, and self-esteem. Without storming our citadels by force, we can soften body armor by allowing the body to express itself, in its own language, within its own rhythm. This return toward grace, which is our birthright, is the wisdom of the body. $770

March 11–April 6
Massage Month Long Intensive

Esalen Massage Practitioners

This month long program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture-demonstrations including "hands-on" practice sessions using one another as models, illustrated anatomy classes, and instruction in the basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program allowing participants the opportunity to experience the psyche/soma relationship on a deeper, more integrative level. Body work will be studied as a function of optimal well-being and stress reduction, and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends.

In March, 1983, the Esalen massage practitioners began the application process for California state approved certification for workshop participants. Please call for further information.

Recommended reading: *Bodymind*, Ken Dychtwald; *The Anatomy Coloring Book*, Wynn Kapit & Lawrence M. Elson; and *Gestalt Therapy Verbatim*, Fritz Perls. $1800

March 23–April 6
Human Potential Theory and Practice

John Heider

This workshop will offer a synthesis of group process, gestalt, body work, and meditation. Emphasis will be on becoming more conscious or aware of oneself, of others, and of the environment. The purpose of the workshop is twofold: personal and professional growth.

A typical day's schedule will be: 7:30 am — meditation, 10 am and 3:30 pm — open floor group work, 8 pm — discussion. During the middle weekend, we'll have free time, excepting morning meditations and a Sunday evening discussion group.

Because this is a professional development workshop, individual work will be discussed and the group leader's methods explored. Participants will be encouraged to facilitate the group and to share special skills. The workshop is open to both professionals and non-professionals. $1120

March 23–April 6
Spiritual/Esoteric Practice: The Key to Intuitive and Psychic Development

Anne & Jim Armstrong

Anne & Jim write: "We feel that a well-developed, directable intuition is a natural, healthy outgrowth of self-realization. But unless we are willing to create the proper environment through self-discipline, meditation, and being mindful of everything we think, feel, say, or do, this powerful force will lie dormant within us. This two week workshop will concentrate on building a firm esoteric/spiritual foundation for serious students interested in using intuition as a factor in their lives and professions. This will be accomplished by drawing from many ancient and modern spiritual disciplines, including meditation and yoga, while emphasizing the spiritual and ethical use of the intuitive/psychic process. Participants will be given intensive instruction and practice in the practical aspects of intuitive work — in counseling and other professions as well as in everyday living. They

will also receive instruction on learning to recognize, trust, and apply their own psi abilities through lecture, basic exercises, and practice on selected cases. During the exercises Anne will use her "tracking" abilities to assist participants in developing their own inner sensitivity.

"Although esoteric and metaphysical explanations and background will be presented where appropriate, this is not a primary goal of the program. Particular attention will be placed on helping the participants differentiate between perception and projection, and between psychic and intuitive input." $1120

March 23–April 13
Continuum Dance Meditation Intensive: Waves and Whispers

Emilie Conrad-Da'oud & Susan Harper

Within our skin is a world of movement, not just the familiar movement of liquids and organs, but a dance of intelligent life. This is an invitation to dance.

This inner movement is different from spatial movements such as walking. We call it "intrinsic movement." It is a great facilitator of our body's healing powers, a source for the development of an organic awareness that is fundamental to all intelligence, and a way to understand movement as what we are, rather than an activity we do.

The workshop will be focused on breath, sound, and what we call the "movement of movements."

Each breath is like a motif or theme of a musical composition. The implications of this orchestration involve a re-ordering of our nervous system, refinement of our sense perception, and the ability to pay attention at the deeply organic levels of movement where molecules spin and cells commune.

Sound also plays an enormous part in these orchestrations, making the breath audible. Through audible breath we create new possibilities in our ability to affect ourselves, both as healers and as a way to tune ourselves to the evolutionary thrust on Earth.

The movement of movements is the overall flow to the many currents of eddying patterns of motion. Some of the movements can be experienced as wavelike undulates, some are pulsing micro-movements, some have the vibratory hum of tissue, and some the sparkling charge of an electrical current. When all these different movements flow together without interference, we call this "fluidity."

The workshop will be open to both advanced and beginning participants. $1575

April 1–13
Post Modern Physics

David Finkelstein

Modern physics was dominated by *two* bodies of doctrine, the relativistic and the quantum; was born from two seemingly separate bodies of optical experiment, macroscopic propagation and atomic emission-absorption of light; and led to deep revisions of the two classical theories of time and truth. Post-modern physics is the quest for the unity beneath this pervasive dualism. Modern physics, in finer and finer detail, presents: 1) the world as set, 2) the world as topology, 3) the world as manifold, 4) the world as cross-section, 5) the world as dynamical system, 6) the world as quantum system.

The workshop will be devoted to each of these levels of modern thought, experienced through analogy, metaphor, experiment, and every possible channel of communication except mathematics. This process is intended to free us from illusions about matter, time, and truth associated with the classical mechanical view of the world. We will then explore unifications of these levels presently being attempted, spiralling over the same ground.

There will be two hours of workshop each morning, consisting of a 45 minute presentation, 20 minutes of meditation, 45 minutes of free discussion, and a 10 minute summation.

Among the concepts that will be treated both didactically and intuitively are: the paradoxes of quantum theory and relativity, spontaneous symmetry and asymmetry, autopoeisis, quantum logic, quantum set theory, black holes, solitons, the unstable vacuum, Higgs fields, quarks, gluons, and others of interest to the group. $960

April 6–13
The Enneagram: A Tool for Identifying and Developing Intuition

Helen Palmer

Helen writes: "For the past several years I have been teaching people how to develop their intuition as a reliable source of information. It has become increasingly clear that adults are especially sensitive to issues and situations that, as children, they were attracted to or needed to defend themselves against. For example, a loved child may develop the ability to merge with the wishes of others and so become highly intuitive about the means of gaining their approval. A child who has had a frightening early life can become precognitively sensitized to anger or negativity in other people. These psychic abilities, centered around the survival issues of childhood, then become an integral part of the adult personality, but the grown up child is usually not conscious of operating from anything other than intellectual information. The key idea is that each person's intuitive style seems to be closely associated with a particular set of issues that derive from early experience.

"The Enneagram is a Sufi system that acts as a bridge between intellect and intuition. It has been taught for generations in the oral tradition. In its present form, it uses the language of psychology to identify nine personality types and their interrelationships. Each personality type has a unique way of looking at the world and this viewpoint is reflected in a set of preoccupying thoughts and a related intuitive style. Thus, once the focal points of internal attention are identified, a person has a place to begin to look for the related intuitive ability.

"The function of a teacher in the oral tradition is to first work with a group of people who have the same personality type, and to develop a line of questioning which demonstrates the operation of their particular thought strategy. By observing such exemplars, workshop participants will be able to discover their own personality type in this system and thus their own preoccupying issues and the ways in which they internally sense the presence of these issues. The task is then to be able to distinguish between thoughts about an external situation and intuitive information about that same situation. The second half of the workshop will be devoted to the internal focusing practices that enable one to develop the ability to shift attention between thought and intuitive perception, and to discriminate between psychic and intellectual information.

"The Enneagram workshop is useful to people who wish to develop their intuitive abilities and are working to separate their psychic impressions from their projections. It is particularly useful to anyone who works in a situation where reliable access to intuitive information is important." $680

April 6–27
Sustained Integration: Body, Self, and Soul

Jack Rosenberg

This workshop will start wherever you are in your inner journey. The work is an in-depth integration of body and gestalt practices and the transformative process of consciousness.

The course will cover:

Psychology of the Self: Working with early unfinished situations that interrupt our sense of well-being and interfere with our relationships in the present. Sexual implications of this work will be dealt with in body work and in lecture.

Body Work (Gestalt Body Approach): Theoretical and practical application, combining classical Reichian work, yoga, and aerobics and massage, assisted by Andrea Juhan.

Transformative Process of Consciousness: As our inner journey progresses, our figure/ground is shifted from "doing" and "having" to "being" and to our relationship with the eternal. We will explore ways to integrate and sustain these new awarenesses in our everyday life. $1575

April 13–20
Hiking and Gestalt Practice

Steven Harper & Richard Price

This workshop brings together gestalt practice and hiking. Both are practices in awareness. Both offer a chance to explore "inner" and "outer" wilderness.

There will be a balance of gestalt practice at Esalen and short to medium range day-hikes into the Big Sur backcountry. For more specific descriptions of these two approaches, refer to "Gestalt Practice" and "Big Sur Wilderness Experience" on page 10. $680

Special Programs

Tutorial Program in Gestalt Body Therapy

Jack Rosenberg

This will be a professional training program for licensed or license-eligible psychotherapists and graduate students in gestalt body therapy (GBT). GBT is a complete system of psychotherapy with an emphasis on breathing as a vehicle for the integration of body, mind, emotions, and spirit. The program will consist of approximately one week (five days) at Esalen every five weeks for a period of two years. This program can lead to an M.A. or Ph.D. in psychology through affiliation with an approved degree-granting institution. The program will be didactic and experiential and is based on a tutorial system with Jack Rosenberg and staff. If interested, please contact Jack Rosenberg, 1107 W. Washington Bl., Venice, Ca. 90291. Please include personal and therapeutic history and educational background.

Joyce Rogers

Healthspring Traveling Workshops

The Esalen massage teachers and their associates have created Healthspring, an independent organization devoted to extending their work into an outreach program. Healthspring will conduct workshops at locations outside of Esalen in your hometown or city. Focused on building and maintaining optimal health, the workshops can be designed to suit the needs of individual groups, combining such approaches as massage, body awareness, breath enhancement, movement, stretching and aerobic dance, meditation, yoga, and other health strengthening disciplines.

For more information on scheduling a Healthsprings group in your community, write to: Healthsprings Traveling Workshops, Esalen Institute, Big Sur, California 93920.

May 4–June 29 Leonard Energy Training: A Certification Program

George Leonard, Annie Styron Leonard & the Leonard Energy Training Staff

For the second year, a limited number of applicants will be accepted for an intensive, rigorous, eight week program leading to possible certification by the Leonard Energy Training Institute. The program will be conducted under the personal supervision of the Leonard Energy Training Staff and will include cognitive, physical, psychological and spiritual training.

Leonard Energy Training can be described as a comprehensive body of work that teaches practical, alternative ways of dealing with life situations and of enhancing the flow of vital energy. Though it does not aim for emotional catharsis, it is sometimes psychologically intense. Though its purpose is practical and down to earth, it often brings about results that seem extraordinary or even paranormal. Its ultimate purpose is centeredness, harmony, and service to others.

Candidates will learn to teach Leonard Energy Training exercises and lead workshops, but the emphasis in this program is on experiencing a grace under pressure that offers the possibility of personal transformation. At the end of the first four weeks, candidates for certification will be evaluated through a series of tests and ordeals, and those for whom the work seems inappropriate may leave the program. In this case, half of the payment will be refunded. Applicants should be in good physical and psychological shape, and willing to give their wholehearted effort at all times. For further information and an application form, write Leonard Energy Training Institute, P.O. Box 609, Mill Valley, CA 94942. $4250

May 13–June 8 Technologies of the Sacred: Ancient and Modern Approaches

Christina & Stanislav Grof

This four week interdisciplinary educational program is designed for professionals and students in the fields of psychiatry, psychology, comparative religion, anthropology, and philosophy, interested in the theory and practice of the spiritual quest. Special attention will be paid to the similarities between mysticism and psychosis and to the crises related to evolution of consciousness. This seminar is part of a systematic effort to create an international network of individuals trained to facilitate the process of transformation and to assist in spiritual emergencies. The program will focus on the following thematic areas:

Ancient Technicians and Technologies of the Sacred: We will explore theoretically and practically with visiting spiritual teachers, shamans and anthropologists the methods that have been developed by various shamanic traditions and ancient spiritual systems, such as the Tibetan Vajrayana, Kaskmir Shaivism, Siddha yoga, the Buddhist Vipassana, Zen, and aikido.

Theory and Practice of Transpersonal Psychology Prominent representatives of the transpersonal movement who have made significant contributions to the field will introduce participants to the rediscovery of spirituality by western science—modern consciousness research with and without psychedelic drugs, experiential psychotherapies, anthropology, neurophysiology, and quantum-relativistic physics.

Psychosis: Disease or Transpersonal Crisis? Participants will be exposed to a new understanding of the psychotic process and non-ordinary states of consciousness emerging from psychedelic therapy, Jungian analysis, kundalini research, and modern clinical and laboratory studies.

Self-Exploration and Group Process: The workshops of this series use an experimental educational format that combines didactic input with personal experience. The Esalen staff and guest leaders will act as facilitators for participants throughout the program. $1800

Wilderness Programs

Jane English

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

Up to 3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your non-refundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

March 16-18 The Vertical Dance: A Rock Climbing Weekend Near Big Sur

Dick Galland & Annie Callaway-Galland

"There is an art in finding one's direction in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know."—Rene Dumal

Rock climbing is a dance done in a vertical world, a dance of grace, balance, and simplicity. It is an opportunity for stretching limits, extending ourselves, exploring our own edges. Our responses to the challenges of climbing offer a metaphor for looking at the ways we deal with stress and challenge in our daily lives. During the day we will play on the sunny boulders and low rock faces at Pinnacles National Monument, three hours east of Esalen. We'll learn basic movements, such as how to rappel and belay, building trust in our hands and feet and each other. Safety ropes free us to experiment and to discover our inner heroes.

We'll prepare our gourmet meals together over a crackling fire and camp beneath the stars, sharing insights from the day's adventure. This weekend begins Friday and ends Sunday evening at the Monterey airport. A shuttle bus operates between the airport and Esalen, and we'll travel by van to and from Pinnacles. No previous climbing or camping experience is necessary. Minimum equipment will be needed. Complete information will be sent upon registration. $195

March 25-31
Sierra Ski Touring: The Gentle Pleasure of Winter

Dick Galland & Annie Callaway-Galland

Annie and Dick write: "Ski touring is a state of mind, a balance of boldness and caution, an ease and grace of motion, an exploration of the ever-changing winter wilderness. The Sierra Nevada—the 'Snowy Mountains' of California's earliest Spanish explorers—becomes a silent magical place when the snows begin in November. Ski tourers have the range to themselves for six months, to glide through meadow and forest, savoring the sparkle and solitude only ski touring affords. And it is an easy skill to learn. After a few hours of instruction, you'll be ready for your first tour.

This six day ski adventure will teach you all you need to know to travel comfortably and safely in the winter wilderness, whether for an afternoon or a week."

"We'll begin at a lodge at Mammoth Lakes, and then ski a short distance to a backcountry hut, where the untracked hills beckon us to kick and glide, to carve turns in the fresh snow, to savor the crisp, clear air. Mid-week during a mini-expedition, we will sleep in spacious tents and cook on stoves and campfires getting the chance to learn the basics of safe winter travel. Our final night together we will sauna and feast back at the hut before skiing out the next day.

"You need not already be a skier to enjoy this program. You should, however, be reasonably fit and enthusiastic. All food, community gear, lodging, and local transportation is provided. Ski and boot rentals will be arranged for you at Mammoth. Full information will be sent upon registration." $500

April 14-22
Easter Climber's Paradise: Joshua Tree

Dick Galland & Annie Callaway-Galland

Spring is a time of intense beauty in California's high desert. In Joshua Tree National Monument, streams fill normally dry canyons and wildflowers carpet the desert floor. Granite formations are warmed by the spring sun, creating a perfect playground for learning the art of the vertical dance.

We will begin the trip slowly. Guided fantasies and sensory awareness practice will be offered to help us learn to trust our hands and feet—and each other. Safety ropes free us to discover the excitement of playing on the solid granite, allowing us to extend our limits further and try more challenging routes. Rock climbing is not the domain of the brash or foolhardy, but, rather, an exercise in grace, balance, and agility. It is an opportunity to discover and extend edges and limits, to encounter and befriend fear.

Interspersed with climbing will be hikes to 49 Palms Oasis and the Wonderland of Rocks. We will camp and cook together, sleep beneath the stars, and share the day's experiences around a crackling campfire. No previous climbing experience is necessary. You need only your sense of adventure. All food, group equipment, and transportation from Palm Springs is provided. Detailed information will be sent upon registration. $450

May 4-12
Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Jessica Moore Britt & Steven Harper

Nature can provide us with opportunities to stretch our limits and explore our inner wilderness. By living in a natural environment we can expand our sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. We will travel "light," with instruction in minimum impact camping, ecology, the geography and cultural history of the area.

With the wilderness as our mirror, we will explore our inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, we will create a time of cleansing and contemplation, culminating in a 24 hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley, with natural hot springs, for our last night together. There, meditation instruction will be available for those who wish it. Backpacking experience is not necessary, and participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $400

May 12-20
Rites of Passage: Baja California's Secret Mountains

Dick Galland & Annie Callaway-Galland

The rugged Sierra Nevada, California's mountainous backbone, almost disappears as it crosses the Mexican border into the Baja peninsula. About one hundred miles below the border it rises to form the Sierra San Pedro Martir, a forested plateau about 7500 feet high. On the eastern edge of this plateau, the soaring granite form of Picacho del Diablo, Baja's highest peak, rises to over 10,000 feet. This workshop will take us from a trailhead on the plateau's western edge through pine forests, broad open meadows, and along clear streams to the base of Diablo on the eastern escarpment. From there participants may climb the peak. To the west the green hills slope off into the Pacific. In the east the plateau falls away to the desert and the waters of the Gulf of California. Participants will descend onto the desert through a sinuous granite canyon, pausing to play in waterfalls and deep pools.

Group members will carry everything they need in packs, cook over fires, and learn a range of basic wilderness skills, including basic rock climbing. Twenty four hours will be spent alone in reflection and contemplation. The workshop will also include psychosynthesis, group process work, yoga, and journal writing. No previous experience is required. You should be healthy and reasonably fit. The program begins and ends in San Diego. Complete information on travel, clothing, and equipment will be sent upon registration. $595

Medical Programs

Esalen Institute is a California state approved provider for continuing education for health professionals. The California Medical Association has granted Esalen Category 1 approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Esalen Institute — Approved Provider for Physicians

February 3-5
Medical Self-Care:
New Directions in Patient Education
David Sobel, M.D.
10 hours

Esalen Institute — Approved Provider for Registered Nurses

January 1-6
The Uses of Empathy and Intuition in Healing for the Health Professional
Jack Downing, M.D.
& Murray Korngold, Ph.D., A.B.P.P.
30 hours

January 22-27
A Healthier Way to Goal Achievement
Neil Fiore, Ph.D.
30 hours

February 3-5
Medical Self-Care:
New Directions in Patient Education
David Sobel, M.D.
10 hours

David Nelson

Leonard Energy Training

Biographical Information

A

Anne Armstrong *p. 11, 19, 21* ..... has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong, *p. 11, 19, 21* ..... a former engineer, is a life-long student and teacher of esoteric studies.

B

David Beck, *p. 21* ..... a backcountry skier for 25 years, is an instructor for National Avalanche School, author of *Ski Touring in California*, and founder and director of Sierra Ski Journey.

Daniel Bianchetta *p. 29* ..... practices intuitive readings, shiatsu, and deep tissue work at Esalen. He is a teacher and student of Siddha yoga.

Robert Bly, *p. 26* ..... poet, editor, translator of poetry, is author of several books including *This Tree Will Be Here for a Thousand Years* and National Book Award winner *Light Around the Body*.

Jessica Moore Britt *p. 11, 20, 25, 28* ..... is a registered nurse who is presently a member of the Esalen community and a practitioner of gestalt, Reichian, and wilderness approaches to well-being.

Charles Brooks, *p. 25, 26* ..... author of *Sensory Awareness, the Rediscovery of Experiencing*, has been a teacher of sensory awareness since 1963 often in conjunction with Charlotte Selver.

C

Annie Callaway-Galland, *p. 21, 22, 26* ..... professional wilderness guide and counselor, hatha yoga teacher, and writer, has been leading Esalen trips for many years.

Joseph Campbell *p. 21* ..... is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero With a Thousand Faces, The Masks of God*, and *Myths to Live By*.

Anne Caple *p. 29* ..... is a technical writer and editor with earlier careers as homemaker and fiber artist. She is a student of the intuitive process.

John Caple *p. 29* ..... is a career counselor and college professor with an earlier career in business management.

Seymour Carter *p. 12, 31* ..... has taught gestalt at Esalen and other growth centers in the United States and Europe for over 12 years, and is currently a teacher in residence at Esalen.

Michell Cassou *p. 23* ..... is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.

Stanford Eugene Cates *p. 18, 23, 25, 27* ..... is working and in training with Paul Rebillot, assisting and co-leading groups. He has trained in Trager psychophysical integration and is a minister.

Emilie Conrad-Da'oud, *p. 11, 21* ..... a professional dancer and teacher of movement, has studied and performed ballet, modern jazz, Afro-Cuban and primitive dance in New York and the West Indies.

Stewart Cubley, ... artist and scientist, is a co-founder of the Expressive Painting Studio in San Francisco.
p. 23

D

Laura DeNuccio (Ma Prita) ..... certified Radix® practitioner, combines Reichian body work, emotional release, gestalt practice, Bates vision improvement, and other approaches to well-being in group and private instruction.
p. 17, 27, 32

Steven Donovan ..... is director of The Transformation Project and an Esalen trustee.
p. 25

Jack Downing, ... M.D., is a psychiatrist with a comprehensive background in gestalt, Rolfing®, Arica, applied kinesiology, and neurolinguistic programming.
p. 13, 30

Vera Dunham ..... is an internationally acclaimed poet, translator, essayist, and expert on Soviet culture.
p. 17

E

Esalen Massage Practitioners ..... include Peggy Morrison Horan, Deane Juhan, George King, Lila Daniels Klapman, Lars Larson, Bill Liles, Deborah Anne Medow, Jane Miletich, Dianne Sue Miller, Laurie Muller, Brita Ostrom, Vicki Topp, and Attila Vaas.
p. 11, 12, 21

F

James Fadiman ..... is a management consultant and teaches at Stanford and the California Institute of Transpersonal Psychology. He has taught Sufi stories for six years.
p. 26

Rosemary Feitis, ... a certified Rolfer® and editor of *Ida Rolf Talks*, is presently working on two manuscripts: one on consciousness and perception; the other, with Louis Schultz, on anatomy.
p. 13

Neil Fiore, ... a licensed psychologist practicing hypnosis, is working on the effects of stress and anxiety on performance and health.
p. 14

David Finkelstein ..... is a physics professor at Georgia Institute of Technology and edits the International Journal of Theoretical Physics. He has given several presentations at Esalen previously.
p. 11, 21, 22

Corey Fischer ..... is an actor, writer, and founding member of Traveling Jewish Theater. In fifteen years he has worked with, among others, Joe Chaikin, Linda Putman, and The New York Shakespeare Festival.
p. 31

Joyce Frazee ..... is a gestaltist whose training includes art, group process, bioenergetics, body awareness, and psychosynthesis.
p. 32

G

Dick Galland, ... professional wilderness guide and fly fishing instructor, was founding director of Southwest Outward Bound and currently heads Clearwater Trout Tours. He has led Esalen trips for several years.
p. 21, 22, 26, 28

Merri Goldenson (Devarani) ..... is a chiropracter, certified Radix® teacher, Bates vision instructor, and is in private practice in West Los Angeles and San Francisco.
p. 16, 23, 26

Joe D. Goldstrich, ... past national director of education and community programs for the American Heart Association, is a physician and author specializing in nutrition and preventive medicine.
p. 32

Harriet Goslins ..... is a Feldenkrais practitioner and an awareness-through-movement teacher with a background in psychosynthesis and applied kinesiology.
p. 18, 20

Susan Griffin ..... is an author, poet, teacher, and lecturer. Formerly an instructor at U.C. Berkeley and San Francisco State University, she now teaches writing privately.
p. 29

Christina Grof ..... studied with Swami Muktananda and has a special interest in the kundalini process and "transpersonal crises." She is founder of the Spiritual Emergency Network and co-author of *Beyond Death*.
p. 11, 14, 18, 21, 22, 26

Stanislav Grof ..... is a psychiatrist with over twenty years experience in consciousness research with and without psychedelics. He is author of *Realms of the Human Unconscious* and *LSD Psychotherapy*.
p. 11, 14, 18, 21, 22, 26

H

Betsy Hand, ... former resident staff member of the Gestalt Institute of Canada, has 20 years experience with families, couples, and groups. She is in private practice in Kentfield, California.
p. 26

Robert Hand, ... as an astrological teacher, author, consultant, and researcher, is involved in micro-computer technology. His latest books are *Horoscope Symbols* and *Essays on Astrology* (Para Research).
p. 18

Hareesh ..... is interested in alternative nutritional programs.
p. 13

Michael Harner, ... an anthropologist who has studied shamanism among South and North American Indians for more than two decades, is the author of *The Way of the Shaman*.
p. 11, 14

Sandra Harner, ... textile artist and executive director of the Center for Shamanic Studies, Norwalk, Connecticut, has accompanied her husband, Michael, in studies among Upper Amazon tribes.
p. 14

Steven Harper ..... teaches for Colorado Outward Bound and the National Outdoor Leadership School, and is currently the coordinator of the Esalen Wilderness Programs.
p. 10, 11, 22, 25

Susan Harper, ... a dance teacher in Los Angeles and San Francisco, is co-founder of Continuum Montage, a company which produces and distributes recordings by musicians and composers.
p. 11, 21

John Heider, ... a psychologist in private practice in Coconut Grove, Florida, is a group leader and teacher of group leaders. He was part of the Esalen Residential program from 1967-71.
p. 11, 21

Hazel Henderson ..... is a self-described "independent, self-employed futurist," and author of *The Politics of the Solar Age: Alternatives to Economics* (Anchor Press / Doubleday).
p. 20

Nick Herbert, ... an independent researcher in the foundations of physics, is completing a popular book on quantum foundations entitled *Quantum Reality: Beyond the New Physics* (Doubleday).
p. 16

James Hickman ..... is director of Esalen's Soviet-American Exchange Program.
p. 23

Peggy Morrison Horan ..... is an Esalen masseuse and teacher, and coordinator of the Esalen Childbirth Education Program.
p. 17, 32

Paul Horn ..... is a flutist, jazz musician, creator of the *Inside* albums, and teacher of meditation.
p. 13

Chungliang Al Huang ..... is the founder-president of The Living Tao Foundation, and director of its Lan Ting Institute, an international cultural-arts network for lifelong learning.
p. 13, 21

J

Ed Jackson, ... trained in family medicine, pediatrics, and epidemiology, teaches in Berkeley, California. He is in private practice and is interested in gestalt and Reichian body work.
p. 29

Andrea Juhan ..... is an Esalen deep tissue and massage practitioner, leads movement exploration classes for various group leaders, and conducts Esalen community classes in stretch/exercises, aerobics, and dance.
p. 10, 11, 17, 20

Deane Juhan, ... a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.
p. 14, 17

K

James Kavanaugh, ... former priest, psychologist, novelist, and poet is the author of twenty books and director of an institute in Reno, sponsoring SEARCH workshops.
p. 29

George King, ... a massage practitioner for 22 years, has worked throughout the U.S., Europe, and South America.
p. 13, 14, 26

Joel Kirsch, ... a founding member of the Energy Training Institute, has developed and presented energy training programs in management, human resource development, sports, dance, and education.
p. 26, 29

Susan Kirsch, ... with a background in educational research and training, specializes in speech communications. Her doctoral project is entitled *Trust and Energy Training in Organizational Development*.
p. 29

Murray Korngold ..... is a certified acupuncturist and a teacher and speaker on parapsychology and psychic healing.
p. 13, 30

L

Benj Langdon, ... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.
p. 15, 17, 29

Timothy Leary ..... is a philosopher and scientific optimist.
p. 24

Dub Leigh ..... has been trained by Ida Rolf and Moshe Feldenkrais and has studied with Lauren Berry and Milton Trager.
p. 27

Annie Styron Leonard ..... is an associate director of Wellness Associates of Mill Valley, California, where she teaches workshops and classes in energy awareness and its application to wellness.
p. 25, 27

George Leonard, ... author of *Education and Ecstasy, The Transformation, The Ultimate Athlete*, and *The Silent Pulse*, holds a black belt in aikido, from which he derives his present work.
p. 25, 26, 27, 28, 29, 30

Peter Levine ..... has practiced and taught Reichian body work for many years. He holds doctorates in medical biophysics and psychology. His interests include the effects of stress on children and infants.
p. 11, 21, 29

Bill Liles, ... a member of the Esalen massage crew for many years, integrates polarity with traditional Esalen massage.
p. 18, 23

DeeDee Lozier ..... is a Feldenkrais practitioner who studied with Moshe Feldenkrais in the United States and Israel.
p. 27

Nancy Kaye Lunney, ... a gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, does individual as well as group work, and is manager of programming at Esalen.
p. 28

M

Gregory Manteuffel, ... medical director of the homeopathic Hering Family Clinic, Berkeley, received advanced training in homeopathy from the International Foundation for Homeopathy and the Himalayan Institute.
p. 30

John McKeithen, ... a practitioner and teacher of Esalen deep tissue work for several years, is presently in practice in Petaluma, California.
p. 12

Terence McKenna ..... authored *The Invisible Landscape* and *Psilocybin: Magic Mushroom Grower's Guide*. He studied shamanism at U.C. Berkeley and has lived in tropical Asia and Amazonas.
p. 20

Deborah Anne Medow, ... Esalen body work practitioner and group leader since 1969, teaches ashtanga yoga, massage, creative movement, and related healing disciplines, and studies Native American tradition.
p. 13, 17, 18, 29

Laurie Muller (Lioness), ... a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches of healing the body, mind, and spirit.
p. 26

Laurie Schutz Munyer ..... has been a long time resident of Esalen, a staff member in several capacities, and has assisted at Gazebo. She is now a member of the Esalen Massage Crew.
p. 29

Arthur Munyer ..... is a long time resident of Esalen and a member of the Massage Crew. He was one of the first faculty members at the Gazebo School at Esalen.
p. 29

Jezariah Canyon Munyer, ... born February 11, 1983, is his parents' favorite teacher.
p. 29

Dulce Murphy ..... is a founder of the Esalen Soviet-American Exchange Program and director of its Health Promotion Project.
p. 23

Michael Murphy ..... is co-founder of Esalen Institute and founder of The Transformation Project. He is author of *Golf in the Kingdom, Jacob Atabet, The Psychic Side of Sports*, and *An End to Ordinary History*.
p. 23, 25

N

Naomi Newman, (aka Pollack) ..... director, writer, and performer with Traveling Jewish Theater is a member of the Gestalt Institute, Los Angeles. Her theater work has gone hand in hand with her work as a counselor.
p. 31

The NINE ..... "We are pure thought human fantasy seeking a road to the birth canal of reality where we will be seen as 'The NINE'."
p. 31

O

Jenny O'Connor ..... is a psychic from England, and is a channel for "The NINE."
p. 31

Timothy O'Reilly ..... is a writer, teacher, and businessman. His teaching is based on the consciousness work of George Simon.
p. 13

Wendy Oser, ... founder and director of Video Feedback Service of Berkeley, and creator of Video Insight, specializes in transpersonal, professional, and personal applications of video.
p. 14, 16

P

Brita Ostrom, *p. 23, 32* ... a longtime Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.

Helen Palmer, *p. 11, 22* ... a clairvoyant counselor, is director of the Center for the Investigation and Training of Intuition and uses personality issues as access points to psychic perception and the inner life.

Mary Payne *p. 23* ... is a trustee of Esalen.

Hector Prestera, *p. 29* ... a physician, acupuncturist, Rolfer®, certified neurolinguistic trainer, and practitioner of Ericksonian hypnotherapy, is in private practice in Monterey.

Christine Price *p. 10, 11, 12,* ... combines gestalt practice with creative visualizations and body meditations.

Richard Price *p. 11, 12, 22* ... is the co-founder of Esalen and has been practicing gestalt as a facilitator for over twelve years.

Lee Pulos *p. 17* ... is a clinical psychologist whose career has ranged from traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing.

R

Robert Raleigh *p. 20* ... is a Feldenkrais movement teacher learning to map the higher functions of the nervous system relative to their movement correlations.

Paul Rebillot *p. 14, 17, 18, 23, 25, 27* ... was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.

Sogyal Rinpoche, *p. 26* ... a Tibetan lama and specialist in the traditional knowledge associated with the *Tibetan Book of the Dead*, is director of a special project with the Scientific and Medical Network in London.

Rita Rohen, *p. 11, 21* ... an international group leader and body worker, is co-coordinator and trainer for the Spiritual Emergency Network at Esalen. Her background includes family therapy and organizational development.

Jack Rosenberg, *p. 11, 22* ... author of *Total Orgasm*, has trained in gestalt and Reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.

S

David Schiffman *p. 11, 13, 14, 17, 18, 21, 22, 23, 26, 30, 31* ... a longtime leader at Esalen, is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being.

Elisa Lodge Schiffman *p. 11, 13, 17, 21, 26* ... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf®-movement integration.

R. Louis Schultz, *p. 13* ... Ph.D., a certified Rolfer®, Rolf®-movement practitioner, and director of the New York School for Rolfing®, has developed a living anatomy course from his teaching experiences.

Will Schutz, *p. 25* ... founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity*.

Alan Schwartz *p. 22* ... is a college professor and gestaltist in private practice in New York City. His latest article in print is "The Human Energy System and Spirituality."

Charlotte Selver *p. 25, 26* ... teaches sensory awareness, perception, and non-verbal and verbal communication. A center has been built for her long-term study groups at Green Gulch Farm through the Zen Center, San Francisco.

Julian Silverman, *p. 18, 28* ... an Esalen trustee, is director of counseling and psychological services at U.C. Santa Cruz.

Saul-Paul Sirag *p. 16* ... has published two physics papers in *Nature* and has authored a theory on the size of the universe. In 1977 he founded the Consciousness Theory Group, which he directs.

Harry Sloan, *p. 13, 15, 30* ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Dr. Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.

Gerald Smith *p. 26* ... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*.

David Sobel, *p. 16* ... a practicing physician, is chief of preventive medicine at Kaiser-Permanente Medical Center, San Jose, contributing editor to *Medical Self-Care*, and author of *Ways of Health*.

Charlene Spretnak *p. 24* ... is author of *Lost Goddesses of Early Greece*, editor of *The Politics of Women's Spirituality*, and co-author with Fritjof Capra, of *Green Politics*.

Elizabeth Stratton, *p. 22* ... a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.

Gael Switzer *p. 14* ... is a Rolfer® and teacher of Rolf®-movement integration. She has studied movement with Judith Aston.

T

Tom Taussig *p. 16* ... teaches psychology and computer science, and is irreverently committed to life being easy.

Gioia Timpanelli, *p. 15, 26* ... poet, storyteller, educational TV writer and broadcaster / producer, is author of *Stones for the Hours of the Night* and Emmy award winner for the series "Stories from My House."

Vicki Topp *p. 29* ... joined the Esalen massage staff in 1968, and is currently interested in integrating emotional release work and the transpersonal aspects of body work.

U

Dana Ullman, *p. 30* ... M.P.H., is an educator, publisher, editor, author, practitioner, and public policy advisor in the field of homeopathic medicine, alternative medicine, and self-care.

W

John Welwood *p. 28* ... is a clinical psychologist and editor of the *Journal of Transpersonal Psychology* and *Awakening the Heart: East / West Approaches to Psychotherapy and the Healing Relationship*.

Y

Alan Young *p. 19* ... is a spiritual healer in private practice in Carmel, California, and the author of a recently published book, *Spiritual Healing: Miracle or Mirage?*

Z

Janet Zuckerman *p. 10, 11, 13* ... has been on the teaching staff at Esalen for more than ten years. Her work includes emotional release work, group process, and gestalt practice.

Catalog Subscription Information

The Esalen Catalog is published tri-annually. Subscription cost for one year, including postage and handling, is $8 for the United States, $10 for Canada and Mexico, $14 for Europe and South America, and $16 for all other countries. **Please make all payments in U.S. currency.** A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, Ca. 93920.

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We invite you to join us in our organization—Friends of Esalen.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

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Please mail to: **Food for the Senses**, Esalen Institute, Big Sur, Ca. 93920. Make checks payable to Esalen Institute. Allow 6 weeks for delivery.

Audio Recordings

Tape Recordings of Human Potential Programs

The human potential movement continues to have unusual events which in turn produce unusual recordings. Each issue of the Esalen Catalog lists a number of new titles and also includes some from the Big Sur Recordings archives. Nearly all tapes are stereo, from live events, and tape length is normally 1 to 1½ hours. These recordings are available on cassettes only. Single-tape titles are $9 with check or money order ($10 by purchase order):

Jean Houston: *The Possible Human/The Possible Society*
Marilyn Ferguson: *Our Dreams Work in the World*
Elizabeth Campbell: *Strategies for the 1980s*
Thomas Szasz: *The Myth of Psychotherapy*
Toni & John Lilly: *Reality and Beliefs*

Helen Caldicott: *Medical Effects of Nuclear War*
Ram Dass: *Embracing Paradox (Dharma and The Bomb)*
Thomas Banyacya: *Hopi Prophecy and Survival*
Donald Keys: *Choosing a New World*

Prem Das: *Healing Our Planet and Ourselves*
Jack Kornfield: *The Simplicity of Spiritual Practice*
Claudio Naranjo: *Insights into Spiritual Birth*
David Zeller: *A Kabbalistic Perspective on Consciousness*
Fritjof Capra: *The Turning Point: Shifting Paradigms*

Mother Theresa: *Bombay ITA Conference Address, 1982*
Father Bede Griffiths: *Christian Doctrine and Contemporary Science*
Rupert Sheldrake: *Morphic Resonance (Formative Causation)*

Charles Brooks: *Introduction to Sensory Awareness*
Charlotte Selver: *Experiments in Sensory Awareness*
Ken Dychtwald: *Strategies for Stress Management*
Tom Ferguson: *What About Self-Care?*
Gregory Bateson: *Eternal Verities of Life*
Sogyal Rinpoche: *Interview on Death and Dying*
Stanislav Grof: *Introduction to Spiritual Emergency Work*
Christina Grof: *Kundalini Awakening and Spiritual Emergency*

Robert Bly: *The Six Powers of Poetry*
Gioia Timpanelli: *Fairy Tales: The Enduring Stories*
Albert Hofmann: *LSD and the Nature of Reality*
Terence McKenna: *Psilocybin and the Sands of Time*
Terence McKenna: *The Definitive UFO Tape*
Robert Anton Wilson: *The Prism Lecture*

Alan Watts: *Interviewed by Michael Murphy, 1964*
Aldous Huxley: *Human Potentialities, 1962*
Carl Rogers: *The Intensive Group, 1966*
Abraham Maslow: *Self-Actualization, 1966*
Fritz Perls: *Dream Theory and Demonstration, 1968*

Two-tape titles are $16 with check or money order ($18 by purchase order):

Daniel Ellsberg: (2) *The Nuclear Policy Catastrophe, 1983*
Ram Dass: (2) *Ten Years in Retrospect, 1982*
Arthur M. Young: (2) *Interviewed on His Life and Work, 1983*
Carl Rogers: (2) *A Weekend at Esalen, 1983*

Rupert Sheldrake: (2) *A New Science of Life*
Sheldrake, Capra, Targ & Grof: (2) *Considerations*
Stan & Christina Grof: (2) *The Holonomic Consciousness Paradigm*
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Timothy Leary: (2) *The Power of Imprinting*
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Robert Bly: (2) *Poetry East and West*
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Buckminster Fuller: *The Pajaro Dunes Tapes: A Weekend Seminar* (8 tapes, 12 hours) $80 ($88)
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Joseph Campbell: *World Mythology and the Individual Adventure* (10 tapes, 15 hours) $80 ($88)
Gregory Bateson: *The Informal Esalen Lectures 1975-1980* (12 tapes, 18 hours) $98 ($108)

Please add $2 for mailing each vinyl album set ($4 if you wish priority mail). California residents include 6% tax. Please mail your

order with check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Audiotapes of FACES OF THE ENEMY conference . . .

"The unleashed power of the atom has changed everything save our modes of thinking, and thus we drift toward unparalleled catastrophes."
—Albert Einstein

"We have met the enemy and he is us." —Pogo

FACES OF THE ENEMY, a multidisciplinary symposium held at the San Francisco Palace of Fine Arts in January 1983—co-sponsored by the University of California at Berkeley, the Tarrytown Group, and Esalen Institute—examines the darkness, the shadow within us. The premise is that hope begins when we acknowledge and face our dark side, re-owning our projections, learning to change the habitual patterns that govern us. Speakers from the arts, sciences, philosophy, religion, and from the Soviet and the United States governments address the process of psychological projection, the creation and perception of enemies, the political function of propaganda, and the conditions that will allow us to attain peace within ourselves, with others, and on the planet:

Sam Keen: *Paranoia, Propaganda, and Projection*
Ashley Montagu: *Is There Any Way Out?*

Valentin Berezhkov: *How Russians Perceive Americans*
Arthur Macy Cox: *How Americans Perceive Russians*

Susan Griffin: *The Need for an Enemy*

Robert Bly: *What the Shadow Knows*

Richard Baker-Roshi: *An Eastern Perspective*
William Sloane Coffin: *A Western Perspective*

Cost of complete set of **Faces Of The Enemy** (8 tapes, 11 hours) in vinyl album is $72 ($80 with purchase order). Please add $2 for handling and mailing. California residents add 6% tax. Please address your order enclosing check payable to **Planet Tapes** and mail to: **Planet Tapes** — Hot Springs Lodge — Big Sur, California 93920

Recordings from the Early Years

A 32-page catalog of tape recordings from the human potential movement, including the early years of Esalen's history, is available for $2 from: BIG SUR RECORDINGS, P.O. Box 91, Big Sur, California 93920. Commercial use of Esalen program tapes is prohibited; all rights are reserved.

Meditation Music, Space Age Music

The new music, called by many names (spatial, cosmic, celestial, transcendent, meditational) covers a wide range and is becoming increasingly known and appreciated. Listed here are several mail order sources for catalogs or information: ABODE TAPES, P.O. Box 300, New Lebanon, New York 12125; BACKROADS, 530 South 46th St., Boulder, Colorado 80303; HEARTS OF SPACE, P.O. Box 31321, San Francisco, California 94131; NARADA, 1804 E. North Ave., Milwaukee, Wisconsin 53202; VITAL BODY MARKETING, Box 703, Fresh Meadows, New York 11365, and YES! BOOKSTORE & TAPES, 1035 31st Street NW, Washington D.C. 20007.

The Media Center

Esalen

This 18 minute videotape, which tells Esalen's story from its early history to the present, is an inexpensive way to view the general offerings available at Esalen. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities. The musical soundtrack is by Paul Horn, Joel Andrews, and "Pinchey Pete" Velasquez.

Cost: For Rent:

½" VHS color video cassette ..... per week $10.00
¾" U-Matic color video cassette ..... per week $15.00

Cost: For Sale:

½" VHS color video cassette $35.00
¾" U-Matic color video cassette $40.00

This program is available for purchase in its original form—a two-projector slide dissolve show which can also be viewed with a single projector.

Cost: For Sale:
Slide Program—including 130 slides, cassette tape, and script (pulsed tape for Entré 7610 dissolve unit available on request) $150.00

Color Slide Sets

Sets of five scenes of Esalen—the Big Sur coast, the Esalen grounds, garden, the outdoor hot baths, t'ai chi on the pool deck—are available for sale at $4.50 per set.

Please address your order with a check payable to the ESALEN MEDIA CENTER, Esalen Institute, Big Sur, Ca. 93920. California residents add 6% sales tax for sale purchases.

Overseas air mail orders please add additional postage: each slide program $10 ($15 for Australia and Asia), each video cassette $7, each slide set $1.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others, are available from PSYCHOLOGICAL FILMS, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write HARTLEY PRODUCTIONS, Cat Rock Road, Cos Cob, Connecticut 06807. A film or video cassette on Chungliang Al Huang's work, entitled *Tai Chi: The Watercourse Way*, is available through KLB PRODUCTIONS, 490 Redwood Road, Corralitos, California 95076. Regarding the forthcoming documentary on Gregory Bateson, send inquiries also to KLB PRODUCTIONS at the above address. Recent color videotapes of Stephen Levine and Ram Dass on "Conscious Living/Conscious Dying", and of Daniel Ellsberg, Helen Caldicott, and others on the nuclear issue are available from ORIGINAL FACE VIDEO, Box 447, Grass Valley, Ca. 95945.

General Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt.

Please mail all reservations to:
Reservations, Esalen Institute
Big Sur, Ca. 93920

Reservations by Telephone: You may make reservations by phone if you use your Mastercard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335
Office Hours:
Monday, Tuesday, Thursday, and Saturday 9 am to 3 pm
Wednesday 9 am to 12 Noon
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If there is no answer during our regular business hours, please call our alternate number (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 4 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop will be $25, and a five day will be $50. Discounts are available only when you make your reservations. Please present proof of age when you register.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Many community programs are also open to residents. The cost is $1800 per 26-day period.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Limousine Service: Those traveling by air or bus can obtain limousine service to Esalen by notifying the office of time of arrival. Pickups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $18 per person one way, payable on arrival at Esalen. Esalen limousine service is not available at any other time.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

David Nelson

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $60 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $100 per day, or $110 per day per couple. Special family rates are available. Please phone the office for additional information.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See **General Information**, page 46.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ Zip _____ Occupation _____

Telephone Number: Day: Area Code ( ) _____ Evening: Area Code ( ) _____

There are sometimes unexpected situations that may require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? If you can't be reached please call us *before* your scheduled arrival for final confirmation.

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend: _____ ☐ housing as a couple

Do you smoke? _____

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. (For further details see Ways of Being at Esalen, page 10.)

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Check here ☐ if you do not want us to give out your number for the purposes of ride sharing.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

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Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Your reservation can be charged to:

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Payments: All workshops require nonrefundable reservation fees. See page . The balance of program fees becomes payable at the time of check-in.

U.S. currency only, please.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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Esalen Institute
Big Sur
California 93920

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For 22 years Esalen has thrived on the support and encouragement of Esalen's extended family throughout the world. Many of these people have emphasized their belief in Esalen's activities by becoming "Friends of Esalen" through financial contributions to Esalen's scholarship fund. In the past year Esalen has renewed its commitment to the further exploration of human frontiers by creating a comprehensive plan for the future use of the Esalen property. This long-term development plan is designed to fulfill the needs of a future world increasingly committed to changing human values. The following list of people have provided substantial support to the Institute as Friends of Esalen and contributors to the development plan. We thank everyone for their continuing involvement in Esalen Institute.

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Esalen in December

Slowly I settle into water,
hot, sulfurous, until it kisses
my chin and my mind wafts away.
Incense and vapors
Shadow dances with candle-flame
The ocean roaring below
delivers me momentarily
to December winds
icy from winter
roaring in faraway mountains.

—written and dedicated
by David DiDomenico
to George Lichter

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Dealing with the Dragons: An Interview with Robert Bly

Steve Bell

Robert Bly is one of America's leading poets. He first gained national attention when, upon receiving the National Book Award for The Light Around the Body, *he used the award ceremony to donate his prize money to the Vietnam draft resistance movement. Through his critically acclaimed journal (called, successively,* The Fifties, The Sixties, The Seventies, *and* The Eighties), *he has helped introduce American audiences to gifted European and Latin American poets. When not writing at his cabin in rural Northern Minnesota, Bly gives "poetry concerts" and seminars in poetry, mythology, psychology, and fairy tale interpretations. He often accompanies himself by dulcimer or bouzouki (a Greek lute), and occasionally uses masks to make mythological ideas come to life. Fond of bringing together disparate notions into imaginative formulations, Bly can then shatter these same formulations in his next sentence. He describes himself as a teacher, not a guru.*

The following conversation between Bly and Sy Safransky is an excerpt from a longer interview which appeared in Issue 96 of The Sun, *the North Carolina magazine of which Safransky is editor. It is reprinted here with Mr. Safransky's permission.*

SAFRANSKY: Robert, your criticism of the new age movement for its "compulsive cheerfulness" makes a great deal of sense. Yet I wonder whether the cheerfulness and childishness aren't the edge of something else. Cheerfulness may just be redirected spirituality.

BLY: Or true faith may be a redirection of energy that once went into cheerfulness. The so-called new age can be thought of as a rerun of the 1860's. As you know, Emerson and Thoreau and Whitman accepted Eastern ideas, and those ideas helped them to blossom. Thoreau in *Walden* mentions Kabir. America has always had part of its head open towards the East. Gary Snyder ends *Myths and Texts* with a sentence from Thoreau: "The sun is but a morning star."

Yet that spirituality you mention fed itself, and still feeds itself, primarily on Asian food. We need the food, because teachers in our own tradition don't cook. I mean by that not one of the major Christian groups teaches meditation any longer, in a way that makes the discipline available. The Americans had to go to Asians to learn it. I am an example. I took instruction from Trungpa while he was still in Scotland, and later did meditation with Ananda Marga teachers. And yet that food is not quite right for us. The Asian emphasis on skipping over pain and suffering, such as one finds in Rajneesh disciples or TM disciples, seems to me dangerous for our psyches, and a violation of our deepest traditions. So I feel that if we have projected our interior spiritual guide onto Asian teachers, we should take it back now.

Many Eastern gurus suggest that our suffering and grief can be dismissed as Western neuroticism, and the student can go directly to bliss, or the heart, or the spirit. That idea is not helpful. Let me tell you a story.

Gioia Timpanelli from New York, and I sometimes work together when teaching or telling mythical material. That happened recently when we both taught at the summer session of the Rudolf Steiner people in California, at San Rafael. Steiner is a genius, but his disciples tend to avoid all negative emotions, and emphasize the spiritual nature right away. (Steiner was a theosophist for a while.) We found ourselves in hot water there.

When it came time for Gioia's performance, she decided to go ahead and present the other point of view. She told the audience that she would center her performance around the chakra system, and would begin with a story from the lowest chakra and move upward. To my astonishment, she told a dragon story for the anal chakra, which brought a lot of dragon-fierceness into the room, dragon greed and dragon brutality, and followed that with a dragon story for the sexual chakra and a dragon story for the stomach chakra. By now the audience was well off their feed, and I could feel that they were longing for their usual nourishment provided by spiritual nature and the prospect of spiritual victory. She wouldn't give it to them. They canned both of us shortly after.

SAFRANSKY: Say more about the dragon.

BLY: I have the sense that Asia went through its dragon-fighting stage hundreds, maybe thousands, of years ago. Krishna, who represents ancient Shaivite traditions, strangled dragons and giants when he was only one or two days old. He didn't have much trouble with them.

But we are still in the dragon-fighting stage; our dragons have not been defeated by any means. Do you remember that Beowulf's first battle was with Grendel, a giant, and Grendel's mother? And his last, from which he died, was with a dragon. That means we are not always victorious with dragons. Dragons come up again in the King Arthur cycle. Giants really won the Second World War in the sense that the Nazis got possessed by giant-energy and a tremendous cultural destruction followed.

I take all of this to mean that the giants and dragons are still very much alive inside us. The light tone of the new age often implies that all you need to do is to meditate 20 minutes a day and if something negative appears "bring it up and bathe it in the heart radiance." I hear revolting statements like that every day delivered with full confidence.

It's very dangerous—this heart radiance attitude—because if the dragon material is not dealt with, a man or woman can suffer a breakdown, and the longer the dealing is put off, the deeper the breakdown will be.

SYFRANSKY: What does it mean to you to deal with it?

BLY: First of all, we stop talking about enlightenment for awhile. The soul is not born ready for light. Joseph Campbell declares that the human infant, to judge by his inability to function well apart from his parents, is born twelve years too soon. A kind of marsupial pouch called the home is necessary; if it is not present, the body's development can arrest, suffer distortion, or end. But the human soul too needs a marsupial pouch. This is called mythology; if that is not present, the psyche's development can arrest, suffer distortion, or even end in suicide. Mythology in ancient times acted so as to guide the young psyche through regions of darkness; one can still feel "Hansel and Gretel" doing that guiding for children.

So, for us, mythology is more helpful than enlightment; or to put it chronologically, years of mythology need to come, accustoming the soul to darkness, before the soul is ready for enlightenment.

Some storytellers deal with dragon energy by memorizing stories and telling them: that is active, not passive, and so belongs to dealing. To take rage, anger, jealousy, envy seriously, while watching them, is a way of dealing with dragons. Rather than getting a massage in order to remove tensions from your body, you could say, "What's the matter with tensions in the body?" Rather than slandering your parents by taking an Asian name, you refuse to do that, and ask the Asian to take an American name. See if he'll do it. That will bring up a little dragon energy. Going back to your parents and trying to understand the grief in them, and in your relationship to them, is a good way. Dealing with dragons seems to involve moving backward or downward.

For the work with one's parents, and early childhood, Alice Miller has produced a superb book, called in cloth, *Prisoners of Childhood*, and in paper, *The Drama of the Gifted Child*. I think it's marvelous. It threw me into a depression for several weeks when I read it recently, but it was a good fall.

The "drama" is this: we receive a deep wound from our parents before we can speak and we spend the rest of our lives pretending we had a happy childhood. When people can't remember their childhood, or when they say, "Oh, it was very happy! I had wonderful parents," that is, Alice Miller says, the mark of a really deep wound. I always answered things like that if someone asked me about my childhood.

That our mothers and fathers gave us a wound does not stem from their being evil—that's not it at all—it stems from their being narcissistic. For our purposes here, that would mean that they needed us for something, or they needed us to be something, or they needed something from us. They weren't standing on all four legs in the world, they weren't complete in themselves, they were needy. But who isn't? Our parents too were born twelve years too early. What do they need us for? Well, my parents

were second and third generation Norwegian immigrants, and felt, as many immigrants do, insecure, inferior, perhaps a little savage, and they needed my brother and me to be nice.

The nature we brought with us from the far reaches of the universe, and worked on in the womb, using the threads of DNA, and the genetic cross threads, was our nature, and our gift. But our parents didn't want it.

Alice Miller believes that we each live with this tremendous wound, which amounts to a rejection that is, because it is pre-verbal, not accessible to encounter group tellings nor to confession. And what do we do then, if we can't express it? We can work it out by rejecting somebody close to us—that would keep us in unconscious touch with it—or we can work it out as someone else rejects us. Both ways remind us of the rejection. I've done both.

We are all living through post-verbally the rejections we received pre-verbally. The important thing is gaining consciousness of the procedure, so that one doesn't have to go on being angry and offering blame for the rest of one's life. As the Buddhists say, when the pre-verbal is entered, blame disappears. But grief comes.

SAFRANSKY: Once you've acknowledged the deep grief and you're working with it, isn't there a way to bring it up to the heart, not superficially, but more profoundly?

BLY: I suppose. But some dragons don't want to be lifted up into the heart area. That's their place down where they are. You go down and meet them on their ground. "I'm going to lift you up and bathe you in the violet light of the heart." What do they care about that?

SAFRANSKY: You said last night that going to a Jungian analyst was money well-spent.

BLY: Yes, I said that learning to think intuitively is something our ancestors knew how to do. Fairy tales move intuitively from one point to another; so do myths. We've lost our ability to do that, so we have to hire someone to teach us to think intuitively, which teaching we mistakenly call therapy.

SAFRANSKY: Is that something you've done, or do?

BLY: Well, no, my therapy, or my instruction, came through reading Jung, alone, in the woods, while also trying to write poems. The intuitive intelligence and language appears in all dreams, in true fairytales, and in great poems. We have to struggle so much now to write poetry. I didn't publish my first book until I was 36, and I would say that the 10 to 15 years before that were spent trying to understand intuitive language and sound. Frost says, "A man is a writer if all his words are strung on definite recognizable sentence sounds. The voice of the imagination, the speaking voice, must know certainly how to behave, how to posture in every sentence he offers." I didn't have an older male that I could apprentice to, physically, in this world, but I did have one in the other world—Yeats. And he is a superb intuitive thinker; he is still my master, and I read him every day. I mentioned last night that I think the male needs to be initiated into the world of male intuition, but the initiator needn't be your father. He doesn't need to be alive. And I suspect women need and long for a similar initiation. Many women poets have been initiated by Emily Dickinson or by Anna Akhmatova.

SAFRANSKY: Another thing you said last night is that it takes a lot of energy for a man and woman to have a relationship; you have to get it back from your parents. I'd like you to talk about what that energy is, how you get it back, how *you've* gotten it back.

BLY: Let's say the dragons ate it. We're going to suppose that an energy, invisible but potent, a sort of liquid fire, appears in us and with us at birth. Our body produces it naturally, even while in the womb. When we are tiny, we keep some for ourselves, but most of it we give to feed our mother's thirst for it. We exchange it for a similar substance our mother gives us. We also, after we are two or three, give some, exchange some, with our father, but much less. Around twelve we begin to give more to the father.

What am I saying? Most of a boy's liquid fire, because his mother's sexuality has tremendous magnetism, becomes pulled toward and committed to his mother. Another way of saying it is the dragons eat it. They become fat on it. Dragons are not idealistic or religious; they are usually guarding some materialistic treasure they can't use themselves. So when the dragon eats the liquid fire, the stomach becomes home for a complicated interweaving family of energies: self preservation, love of food, longing to possess the mother, and beyond her, all women, the impulse for sexual union now confused with maternal receiving, fierce longing for comfort, for home, for not leaving home. The main image is that the dragons eat the liquid fire, and we can't get it back, because, fed by that fire, they get too fierce for us.

If we talk of early marriage, the young male doesn't have enough of that invisible fire energy available to sustain and feed a relationship. He has twenty percent or so at the most. And the girl? What she has not fed to the mother dragon, she has fed to the father dragon. The father dragon guards his useless treasure, and fights her off if she wants to get the fire back. So she too has no more than twenty percent to give to a man her own age.

That's a gloomy prospect. I remember in my first years of marriage a terrific loneliness. I think the loneliness appears because neither the man nor woman can give; what each is thirsty for the other has already committed somewhere else. The committing took place unconsciously, that is, without the conscious mind being utterly clear about it, and so the conscious mind feels helpless. It's like a lawyer who can't find the papers for a certain case—what can he do without them? Nothing.

SAFRANSKY: How does one go about making this process conscious?

BLY: Writing is very helpful, Jung and Marie-Louise von Franz are very helpful, imagining witches and dragons is very helpful, moving toward the non-maternal is very helpful. Accepting food stamps means participating in the maternalism of the state so that is not helpful. Drifting is not helpful. Joining a spiritual group usually means joining a reconstituted family, so that is usually not helpful. For a man in this situation, adopting feminine values is dangerous. I've tried all of these. I know that all my remarks need qualification, but each person can do that for himself or herself. In our culture now, the young male, being parted from positive masculine values by the collapse of mythology, and separated physically from his father by the Industrial Revolution, is often, in this new age, full of feminine values. Many of these values are marvelous, but their presence in his psyche are not well balanced by positive male values. It is the male, in both the man and in the woman, who fights the dragon—the dragon-fighter is not "a man" but the yang, whether that appears in a woman or in a man.

The young man in this decade, unable to get his fire energy away from the dragons, will find it difficult to support a relationship. To some extent, the young man, each time he leaves a woman, feels it as a victory, because he has escaped from his mother. But the woman feels it as a defeat. I notice that men, when around 35, begin to feel that their habit of leaving a woman amounts to a defeat too. Then the time has come to fight dragons, or as *Iron John* or *Iron Hans* (a Grimms Brothers story) says, "Steal the key to the wild man from under your mother's pillow."

I can't speak for women, but I suspect they have some work to do in getting the key from under their father's pillow. I think they do better on that in some ways than men do.

With men I understand the struggle a little better. During the struggle I think it's important to stop imagining yourself as spiritual. Spiritual people don't steal keys. You know that (laughs). I think the whole imagery of going down in the lower chakras and fighting the dragons has a certain quality in it that involves forgetting oneself as someone destined for higher consciousness. One doesn't consider oneself as someone spiritual, or someone nice, but one just does what men and women have done for hundreds of thousands of years, which is to deal with that material. It's also good to stop imagining oneself as a part of the new age.

(*The Sun* is a monthly magazine of ideas. Subscription rates: $25 for one year, $15 for half year. To subscribe, or to receive free sample copies, write to *The Sun*, 412 West Rosemary Street, Chapel Hill, N.C. 27514.)

Bamboo Shoots with Grain of Salt

Laughter in Chinese writing is depicted by a human with arms and legs flung wide apart, head up to the sky, vibrating with mirth like bamboo leaves in the wind.

Listen! The sound of true laughter is as open and clear as the flute-heart of bamboo. We are like that. Breathe through us freely and we make heavenly music.

To grow a proper laugh, start with the image of a baby shoot pushing up through the earth. Start with just the thoughts of laughter. Don't hurry it. Let it grow like the shoot. Wait for a genuine smile. Let it widen as a sound begins to tickle in the throat. Now let it begin to bounce around in the chest. Still, do not hurry it!

Think now of the rapidly growing bamboo, rising to the sun, leaves atremble in the fresh spring air. Allow your body to follow the leaves, expanding in all directions. Your breath is bigger, deeper, wider. *S-t-r-e-t-c-h-i-n-g.* Let it grow. Watch it go. *Now* give it its sound!

A chuckle shakes the shoulders; a guffaw is born in the belly. *Haw—haw—haw—haw!* How it escapes through the mouth and quakes and shakes and blooms and booms. Your very fingers are atingle with it. Your toes and kneecaps and hips and lips become the very sound of laughter. It is everywhere. *Haw-haw-haw!* ("Is that *me?*" you think, and laugh ever more fully and freely at the absurdity of the thought.)

Bam-bam-bam-boo . . . bamboozling you.

Haw—haw—haw!

The very same *Haw-haw-haw,* quaking and shaking can also be a good and healthy cry.

In the Chinese writing, the same human character, with brush strokes looking like arms and legs flung wide apart, is allowing tears to gush from the openings of the eyes and all emotional and energy channels.

Why do we hide tears and insist on restraining our natural expressions of feeling?

One of the most highly recommended Taoist and Zen meditations is to let your hair down, stick out your belly and roar with laughter. Shall we fantasize this ritual for all the great world leaders? Laughter can be particularly purifying for them during one of those important summit meetings where they gather to decide the fate of our world.

When was the last time you experienced a hearty, releasing cry?

Tears can be a most effective cleansing ritual as well. During funerals in China, we hire professional cryers to help us continue the drama of all necessary expressions of grief. We yell and scream our regrets and guilts with great gusto. By the time we have cried our eyes dry and our hearts out, we are released and at peace.

So . . .

Cry a lot.

Enjoy being the great and healthy human.

"Bamboo Shoots . . . " is a tidbit excerpted from Chungliang Al Huang's latest book, "Quantum Soup," a delightful series of philosophical essays, each introduced by the author's own Chinese calligraphy as shown here. Published by E. P. Dutton.

The Need to Historicize

James Hillman

In his newest book, Healing Fiction, *James Hillman addresses the long-standing dichotomy between history as stories of outer events and fiction as stories of inner events: "As long as the problem is locked into the old mechanical dualities of soul and world, inner and outer, psychological and medical, we chug on down the same old ruts. Instead we have to see the inner necessity of historical events, out there, in the events themselves, where 'inner' no longer means private and owned by a self or a soul or an ego, where inner is not a literalized place inside a subject, but the subjectivity in events and that attitude which interiorizes those events, goes into them in search of psychological depths."*

With Dr. Hillman's kind permission, the following essay is reprinted from Healing Fiction. *(It can be found on pages 40-46 of the first chapter, entitled "The Fiction of Case History.")*

Freud's crucial discovery that the stories he was being told were psychological happenings dressed as history and experienced as remembered events was the first recognition in modern psychology of psychic reality independent of other realities. It was, further, a recognition of the independence of memory from history and history from memory. There is history that is not remembered—forgetting, distortion, denial, repressing; there is also memory that is not historical—screen memories, confabulations, and those tales told him of early sexual trauma and primal scenes that had not occurred in the literal historical past.

The separability of history and memory—that memory is not a reliable guide to history and can falsify it—is old hat to historians. Hence their insistence upon objective documentary evidence. No document, no event. But that history is not the very substance of memory, that memory *originates*, presenting its productions as reproductions, throws open wide windows to a view of the mind, to reminiscence, and to the sense of time.

Platonists find nothing startling in Freud's rediscovery of what they had always said. From the *Meno*, through Augustine's *Confessions*, the Art of Memory in Guilio Camillo, to Swedenborg, Romantic philosophy, and Rudolf Steiner, *reminiscence* is never only of facts that happened in your or my lifetime, imprinted on the wax tablet of the mind, stored and retrieved through links of association. Memory for Platonism is a vast potential of all knowledge written not merely by the hand of events but by the signature of the Gods; all images and the mental activity that summons them is in some direct but obscure relation with the mind of God. To reminisce in the Platonist sense was to move right through history into gnosis.

To be correct, this remembering-what-never-happened must rightly be called imagining, and this sort of memory is imagination. *Memoria* was the old term for both. It referred to an activity and a place that today we call variously memory, imagination and the unconscious.[1] *Memoria* was described as a great hall, a storehouse, a theatre packed with images. And the only difference between remembering and imagining was that memory images were those to which a sense of time had been added, that curious conviction that they had once happened.

Cut free from having-to-have-happened, from the need to be historical, memories become prehistorical images, that is, archetypal. The events called forth from the storehouse of *memoria* are mythical in the Platonist sense of never having happened yet which always are.[2] They are eternally present—not forgotten, not past; they are present now, just as Freud rediscovered them at work in the present psychopathology of everyday life.

The way into these memorial halls is personal; we each have our own doorways which make us believe that *memoria* itself is personal, our very own. The psychoanalytical couch is one such door; the poet's notebook, the writer's table are others. Yet the *memorability* of specific images—the little neighbor girl in a yellow sunsuit digging to China on the July beach; the lost bloodied tooth in the party cake—that precisely these images, and these images so precisely, have been selected, retrieved, recounted tells that their vital stuff is archetypally memorable. Memory infuses images with memorability, making the images more 'real' to us by adding to them the sense of the time past, giving them historical reality. But the historical reality is only a cover for soul significance, only a way of adapting the archetypal sense of mystery and importance to a consciousness engrossed in historical facts. If the image doesn't come as history, we might not take it for real.

Remembering is thus a commemoration, a ritual recall of our lives to the images in the background of the soul. By remembering, we give a kind of commemorative legend, a founding image to our present lives, just as in Freud's cases their memories provided the legendary background for their present therapy and for the founding of psychoanalysis. The sexual traumata did indeed 'happen'—but in the imagination—and are always happening as ritual commemorations, as founding legends on which the Freudian institution, and its dogma, its cult, its priesthood have been established.

I need to remember my stories not because I need to find out about myself but because I need to found myself in a story I can hold to be 'mine.' I also fear these stories because through them I can be found out, my imaginal foundations exposed. Repression is built into each story as the fear of the story itself, the fear of the closeness of the Gods in the myths which found me. Thus the art of therapy requires a skillful handling of memory, of case history, so that it can truly found the patient. Hence the importance of introducing the great myths into therapy. They are ways of reading personal history in the foundational mode of fiction.

Since Freud, the stuff of psychotherapy has been memories. If, however, this stuff is actually commemorative legends, then psychotherapy has actually been engaged in mythopoiesis, like the other arts. The father of therapy may be Freud, but its mother is Mnemosyne, *Memoria*, mother of the muses, whose tenth, invisible, daughter must be Psyche.

Psychotherapy first set out to heal memory. The first step in that treatment occurred when Freud cured memory of its notion of itself as history—Mnemosyne's identification with one particular daughter, Clio. The second step cures memory of its fixation on its remembrances by recognizing them as images. Memory heals into imagination. The final step takes place as we recognize that memory, remembering, goes on through her daughters, in modes of musing, in imagining, so that psychotherapy encourages the musing, that activity which frees memories into images. As we muse over a memory, it becomes an image, shedding its literal historical facticity, slipping its causal chains, and opening into the stuff of which art is made The art of healing is healing into art. Of course, not literally. . . .

We have come to this point having taken off from Freud's crucial discovery that the productions of memoria presented themselves in his cases as reproductions of history. Why does the psyche need to present experience dressed in the costumes of the past, as if it were history? Why does the psyche historicize?[3] What does historicizing do for the soul?

This seems to me the most important psychological question arising from Freud's insight into the historical 'falsification' of memories. For this 'falsification' is nothing other than the historicizing activity of the psyche itself. The psyche itself makes 'history' that is altogether fictional. We are not merely making history, but making it up as we go along. Henry Corbin always insisted history is in the soul (not we are in history). History-making is a musing, poetic process of Clio, proceeding as an autonomous, archetypal activity, presenting us with tales as if they were facts. And we cannot transcend history, not because we cannot get out of time or escape the past, but because we are always in the soul and subject to its musings. Historical necessity is not historical determinism—caught in history's objective traces, dragged along. Historical necessity means rather we are caught in our stories, the soul's histories, tragedies, comedies, its need to form its subjectivity as history.

It has been argued, and I confess to having once taken this line, that placing events in the past is a defensive maneuver. It shows split feelings: one cannot stand for a shame and so one puts it into the past tense. When I say: I used to lie to my former analyst; I used to masturbate; I used to hear voices, but no longer, not now—this puts distance between myself and the action. By placing the scandal in the past, it no longer presses me so closely. I disown it. Historicizing is a cover-up.

But I now regard these moves into history to be means of detachment. To call them defenses returns us to the ego who is accused of not taking stands, of splitting, of not owning up. But not the ego makes these moves, the psyche does. It spontaneously historizes, even in dreams, and it does this, I believe, to gain a particular kind of distance as a means of *separating an act from actuality*. Lying, masturbating, hallucinating become psychic events not ego events, something for reflection rather than for control. They are now less affective and personal, more collective and general, part of a story rather than a report. Because they have been disowned, they have moved from true confession into historical fiction where they can be looked at in another light.

In this sense the cover-up of history is for the sake of discretion, maintaining an event intact but removed, in a glass vessel so that it can be puzzled over without being identified with. It remains my crime, but the crime is no longer me. I can move about it, whereas were it happening here and now I would be at its mercy, without insight, only recriminations and defenses. The move into past tense in analysis signals that the psyche wants analysis. The move is an attempt at self-healing, enclosing the wounds in an aura of objective fact so they can be treated less painfully. The psyche puts an event into another time so it can be treated in another style, such as we would use to treat any historical event, with a certain quality of respect, bemused curiosity, and dispassionate inquiry—and above all by gathering its cultural context. Historicizing is less a sign of psychological defensiveness than of the psyche getting out from under the ego's domination.

Historicizing, moreover, puts events into another genre. Neither here and now, nor once upon a time, but halfway between. Yet this *between* has a precise locus in history and an event placed there may require treatment in the style of that historical time.

Not all psychological complexes appearing as dream figures and symptoms are up to date, asking for a today kind of therapy. There are parts of me that live in old-fashioned stories, stories told even before I was born. They shrink at Rolfing and Esalen, might even fall into a faint, have an attack of vapors, or dry up in *acedia*, were they forced "to weekend." Some of these parts live still on the frontier in a fundamentalist stockade, or at Versailles before the revolution, or betray attitudes of nineteenth-century colonialism or the stealthy upholstered eroticism of Freud's Vienna. The historical fictions that the psyche uses to tell us where we are also tell the kind of therapy called for. Full-blown hysteria in the classical sense of Charcot, Janet, and Freud exists best in that historical context, and should it appear in a contemporary patient that historical context is likewise reappearing complete with its suffocating stage-set. Symptoms are a way of entering history: other times, other complaints. History is a way of entering symptoms.

There is still more to historicizing. Why is history mainly about kings and decisive battles and declarations, about great inventions, ages, and empires? The past is presented as a monument, things that have gone down in history, so that we assume only what matters is historicized, immediately takes on another significance, echoes with metaphor, is given the dignity of history.

History enhances, dignifies. When Renaissance writers turned to the past,[4] it was part of their concern for dignity; the past was a means of dignifying the present. We historicize to give the events of our lives a dignity that they cannot receive from contemporaneousness. Here historicizing moves events halfway back toward the once-upon-a-time, toward the sacred and eternal. Any petty event of merely personal life, Napoleon's breakfasts, Luther's farts, when historicized, immediately takes on another significance, echoes with metaphor, moves from description to symbol. History dignifies because it moves events onto the stage of history, becoming thereby tragic, epic, and imaginative. Historians, however, often lose the imaginative function of their work. For them history is a giant supersonic complexity constructed in a darkened hangar by hundreds of workmen organizing millions of parts. But once wheeled on the tarmac it is an image, and was an image all along. The nuts and bolts disappear into a silver vision.

It is this approach to the case history that revitalizes it. My story is a grey complexity of nuts and bolts, all the metallic tediousness of what went wrong and who was right, and yet in that case history is my image, my dignity, my monument. And in it is history itself: my mother had a mother and behind her an ethnic ancestral stream; the son with whom I battle is today, and tomorrow too. There is no part of my personal record that is not at the same time the record of a community, a society, a nation, an age.

The implication is: if history dignifies, then case history as a form of historical writing does so too. In our case history is our human dignity even if that history be written by Zola, Genet, Spillane, or Dickens. Even if it is a tale of degradation and written with sentimentality, even if presented as a wholly literal rope of facts to hang one up in a clinical diagnosis, a case history, because it is history and therefore fiction, is a move into imagination.

For it is the imagination that gives distance and dignity, allowing us to see *events as images*. It is the imagination that stands halfway between the world of now and the imperceptible eternalities of the spirit. Back of history is Mnemosyne (Memoria), the imaginal, mother of historicizing, the soul's archetypal, *sui generis* process of musing in terms of history.

History is a way of musing upon oneself, and case history which too is an expression of Clio, is one of the ways the therapeutic profession and the patients can muse therapeutically. That it does not succeed, that it creates degradation and diagnosis rather than detachment and dignity only points again to the power of story in determining who we are. But the possibility for revisioning and enhancing who we are lies within the events of each case history, if we learn to read it as a fiction and its events as images of Memoria, and she needs remembering in order to create.

1. The classical difference between memory and imagination is only that 'remembered' images have the quality of time added. This distinction comes from Aristotle, cf. Frances Yates, *The Art of Memory* (London: Routledge & Kegan Paul, 1966), p. 32ff.
2. When Sallust explains the nature of myths, he writes "All this did not happen at any one time but always is so." Sallustius, *Concerning the Gods and the Universe*, IV, Ed. Arthur Darby Nock, (Cambridge Univ. Press, 1926).
3. CF. K. R. Popper, *The Poverty of Historicism* (London: Routledge & Kegan Paul, 1969). Popper takes the first step into a discussion of history as a psychological need. But he is speaking of a particular view and use of history: historicism. We are opening the question further: Why the historical mode at all?
4. Peter Burke, *The Renaissance Sense of the Past* (London: Arnold, 1969), p. 105.

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David Nelson

Wait for Me

Wait for me and I'll come back
But wait with all your heart,
Wait when yellow rains
Bring gloom,
Wait when snowstorms rage,
Wait through summer heat,
Wait when other men are given up
By those who turn away,
Wait when from afar
Letters come no more,
Wait when those who wait together
Grow tired of waiting.

Wait for me and I'll come back.
Don't consort with those
Who know by heart
That time has come to forget.
Let my mother and my son
Believe that I have died.
Let my friends, grown weary,
Sit by the fireside
And drink the bitter wine
To my memory.
Wait, and do not hurry, please,
To drink with them.

Wait for me and I'll come back
Defying many deaths.
He who did not wait for me,
Let him say t'was luck.
They'll never know
Who did not wait
That in the midst of fire
It is you who saved me
Through your waiting.
Why I survived
Only you and I will know,
Simply you knew how to wait
As no other knew.

1941

Konstantin Simonov
Vokna *(War), Moscow, 1944, p.54*
Translated by Vera S. Dunham

Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The weekend and five day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose those approaches which feel most appropriate and pursue them in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 13 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, puppet shows, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness, group process, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim*, Fritz Perls.

Schedule:

May 11-13	$230
May 13-18	$450
May 25-27	$230
June 10-15	$450
June 15-17	$230
July 1-6	$450
July 6-8	$230
July 20-22	$230
July 29-August 3	$450
August 5-10	$450
August 17-19	$230
August 26-31	$450
September 7-9	$230
September 21-23	$230
September 23-28	$450

"Contact is the appreciation of differences."
—Fritz Perls

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Andrea Juhan

"Be strong then, and enter into your own body;
there you have a solid place for your feet.
Think about it carefully!
Don't go off somewhere else!"
—Kabir

We spend much of our time on "automatic pilot," oblivious to many messages from our bodies, missing opportunities to open more fully to the subtleties of sensing, to greater ranges of physical expression, to health, vitality, and the many ways of "being a body." There are various entry points to increased awareness, practices that help cultivate the countless dialects of body language. These include dance, aerobic and stretching exercise, movement theater, postural analysis, hiking, meditation, massage, and nutritional education. Experiencing Esalen: The Body draws from varying combinations of these approaches in each workshop. Emphasis is placed on developing greater freedom and variety of movement, as well as on the quality of awareness *as* we move. This program is designed to give participants some basic tools for continuing to develop body awareness.

Schedule:

June 1-3	$230
June 29-July 1	$230
July 27-29	$230
August 12-17	$450
September 14-16	$230
September 30-October 5	$450
October 12-14	$230

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, non-coercive, non-judgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member

Ways of Being at Esalen

of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in single sessions.

Suggested reading: *Gestalt Therapy Verbatim* and *Ego, Hunger and Aggression*, Fritz Perls; *Tao Te Ching*, Lao Tzu; *The Power of Mindfulness*, Nyanponika Thera; *Exploring the Crack in the Cosmic Egg*, J. C. Pearce; *Illusions*, Richard Bach.

Schedule:

May 6-11	$450
June 3-8	$450
July 1-6	$450
July 27-29	$230
August 5-10	$450
August 24-26	$230
September 9-14	$450

Big Sur Wilderness Experience

Esalen Wilderness Staff
Coordinated by Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, we will walk into the Los Padres National Forest. Week-long workshops will venture out on five hikes (4-10 miles in length) and weekend workshops will take two hikes (3-6 miles in length). Using Esalen as our base camp we will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions.

Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. We will practice basic out-door skills such as map reading and minimum impact concepts. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration.

Schedule:

May 18-20	$230
May 27-June 1	$450
June 17-22	$450
September 16-21	$450
October 5-7	$230

"Only put off until tomorrow what you are willing to die having left undone."
—Pablo Picasso

David Nelson

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Please mention whether you are a full-time student. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available between June 15 and September 15 or for weekend programs. There are no scholarships available for the Work Study Program.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments. Scheduling consideration is given to community labor needs and work assignments are made according to those requirements.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc.

The schedule of focused programs planned thus far for 1984 includes:

November 11–December 9: A one month program focusing on **gestalt practice**, coordinated by Seymour Carter. Recommended reading: *Neurosis and Human Growth*, Karen Horney.

December 9–January 6: A one month program of **gestalt studies** led by Alan Schwartz. The program will focus on the individual as a human energy system. Discussions will enable an in-depth understanding of autonomous functioning (physiological, emotional, conceptual, psychic/spiritual) on both theoretical and experiential levels. For further information see Alan Schwartz's workshop descriptions, August 10-12 and August 12-17. As a prerequisite, students should have a rudimentary knowledge of gestalt practice.

In as much as the Work Study Program is a complete program in itself, **please do not plan to take regularly scheduled catalog workshops** during your stay. Professional services, such as massage and Rolfing*, are available at staff rates.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex located 1½ miles north of Esalen.

The 28 day Work Study Program costs $600 for the first month. A $300 deposit in U.S. currency is required with your application. Work scholars may be invited to remain for a second month, at a cost of $550, or a third month at a cost of $500 depending on space available and the needs of the Esalen community. There are no scholarships available for the Work Study Program.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with your deposit to:

Work Study Program,
Esalen Institute, Big Sur, California 93920.
Telephone: (408) 667-2335.

The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other Esalen programs within one year of receipt.

Available dates: May 27–June 24; June 24–July 22; July 22–August 19; August 19–September 16; September 16–October 14; October 14–November 11; November 11–December 9; December 9–January 6; January 6–February 3; February 3–March 3; March 3–March 31; March 31–April 28; etc.

Application to the Work Study Program

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐

I prefer the focused program: yes ☐ no ☐ in _____
(subject)

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community*. If such an invitation is extended, please indicate your availability:

☐ no extension ☐ one month extension ☐ two month extension

To avoid disappointment, please do not come with the *expectation* of staying for longer than one month.

If you have emergency medical skills, (M.D., E.M.T. or R.N.) and are willing to make those skills available during your stay, please check here ☐

If you have medical difficulties that may affect your working in any of the departments, please specify here. _____

Have you been to Esalen workshops? Please list program titles, group leaders, and dates: _____

_____

Please attach a personal statement about your interest in the Work Study Program. Include any skills you may have available.

Esalen Seminars

Weekend of May 4–6

The Future of the Body: The Transformation Project

Michael Murphy & Steven Donovan

In his novel, *Jacob Atabet*, Michael Murphy speculated that a next stage of human development might involve the power to alter the physical body at will. He is developing this idea more thoroughly in a book, *The Future of the Body*, and through The Transformation Project, organized in 1976 to compile and analyze a broad range of scientific, speculative, and anecdotal literature on bodily transformation. Murphy will discuss some of the major ideas of his current book, and Donovan will present results to date of The Transformation Project.

Recommended reading: *Jacob Atabet*, *The Psychic Side of Sports*, Michael Murphy; "The Transformation Project," and "The Transformation Project Monographs I-IV" (available through Esalen). $230

Leonard Energy Training: The State of the Art

George Leonard & the Leonard Energy Training Staff

In the world of Leonard Energy Training, problems become opportunities. Stress and pain become gifts of energy. Personal and social options are multiplied. The flow of vital energy is enhanced. Leonard Energy Training is derived from the Eastern art of aikido as well as from Western psychology and physical theory. It is a comprehensive body of work that teaches practical, alternative ways of dealing with life situations. It is not physically demanding. It does not aim at emotional catharsis. Most of the training involves simple movement exercises in which the body itself becomes a learning facility. Participants will practice such things as centering, relaxing under pressure, blending, and alternative ways of being. There will also be discussions of applications to education, sports, management, relationships, social transformation, and personal growth.

Recommended reading: *The Ultimate Athlete* and *The Silent Pulse*, George Leonard. $230

May 4–12

Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Jessica Moore Britt & Steven Harper

For workshop description see Wilderness Programs, page 40. $400

May 4–June 29

Leonard Energy Training: A Certification Program

George Leonard, Annie Styron Leonard & Leonard Energy Training Staff

For full description see Special Programs, page 39. $4250

Week of May 6–11

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 11. $450

Five Day Massage Intensive

George King & Laune Muller (Lioness)

In this beginning massage course, participants will learn the fundamentals of self-grounding, quality of touch, and sustained contact. Instruction will familiarize participants with general anatomy, a basic understanding of the relationship between stress and muscular tension, and specific methods for working with each part of the body. The seminar's goal is to provide participants with the fundamental elements necessary to give a pleasurable and beneficial full-body massage. $450

Leaving Symbols and Approaching the Universe

Robert Bly & Gioia Timpanelli

Robert and Gioia write: "Through poems and stories, we will discuss states in our developing ability to approach the universe. To escape from human mental prisons, we need to allow images and animals to have their own life over and above the life human beings offer them in their symbolic systems. Myth has its place in this freeing process, and the workshop also gives participants practice in what Joseph Campbell calls 'learning to think mythically.' We, like the protozoa live inside our own center: 'The sunlight lays itself down before every protozoa, the night opens itself out behind it, and inside its own energy it lives!'"

Robert Bly will be in attendance for the first two days of the workshop; Gioia will be here for the entire program.

In preparation for the seminar, participants would benefit from reading the following books: *News of the Universe*, Robert Bly, Editor; *Dancing Wu-Li Masters*, Gary Zukov; *The King and the Corpse*, Heinrich Zimmer; and *The Moon and the Virgin*, Norhall. $450

Fluidity of Being: Rolf® -Movement

Elisa Lodge Schiffman

"Mr. Dufy lived a short distance from his body" —James Joyce

Elisa writes: "This workshop provides a creative environment to explore the concepts of movement education based on the principles of Ida Rolf—a process of fine tuning and harmonizing our unique instrument from restricted to spontaneous, tense to flowing, inhibited to open. We focus on deepening our kinesthetic awareness of the relationship between our body's structure and emotional attitudes. Everyday movements and specialized activities such as jogging, playing musical instruments, etc., become more effortless and graceful when we are balanced to gravity. The spirit we open to through this awareness is ageless. It is the source of our enthusiasm, excitement, and strength. Group and individual work will be offered, using gestalt, dance, and the healing use of touch, all for the benefit of becoming more present. Video feedback will be used." $450

Weekend of May 11–13

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $230

Stories

James Fadiman

Every tradition from the shamans of Australia to Jesus to Zen masters to the Sufis use teaching stories to open us up to alternative realities, to break down preconceptions, and to develop our inner resources. Stories are non-invasive and encourage non-righteous personal growth. We will use stories from the traditions to unlock our own doors and work with the story material, using the full range of transpersonal methods to touch our own core. $230

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

Being close yet also free to grow individually is a most important theme in any intimate relationship. This weekend will be tailored to what each participant brings, and will provide structured experiences designed to enhance communication, help resolve conflict, raise self-esteem, and promote fun. Limited to ten couples. $230 per participant

Leonard Energy Training in Sports

George Leonard & Joel Kirsch

The practice of Leonard Energy Training has shown itself to be effective in improving performance, reducing injuries, and increasing enjoyment in sports and other physical activities. This workshop is designed both for athletes and for those who simply wish to move efficiently, gracefully, and joyfully. We begin with the assumption that there is an appropriate movement activity for everybody and every body type. We will stress balancing and centering, relaxation, grace under pressure, and the use of intentionality. A Samurai Game will be played during the Saturday night session.

Suggested reading: *The Ultimate Athlete* and *The Silent Pulse*, George Leonard; *Golf in the Kingdom*, Michael Murphy. $230

May 12–20

Rites of Passage: Baja California's Secret Mountains

Dick Galland & Annie Callaway-Galland

For workshop description see Wilderness Programs, page 40. $595

Week of May 13–18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $450

Letting Go—Moving On

Merri Goldenson (Devarani)

This is a weekend of intense body work, structured for those who want to let go of past anger, fear, and pain, which is reflected in the body as armor, tension, stress, and a lack of spontaneity. As armor softens, feelings held in since childhood can be released and more positive feelings of joy, love, trust, and pleasure can be experienced more fully.

A most important feature of the workshop is the individual Radix®-Reichian intensive, done in a safe, supportive environment. By also using dreamwork, hypnosis, chiropractic, bioenergetics, massage, dance, and group interaction as one lets go/moves on, a new capacity for living can emerge. $450

May 13–June 8

Technologies of the Sacred: Ancient and Modern Approaches

Christina & Stanislav Grof

For workshop description see Special Programs, page 39. $1800

Joyce Rogers

Weekend of May 18–20

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 12. $230

Liberation at the Moment of Death

Sogyal Rinpoche

What happens to us when we die, and how can we help others who are dying? Based on ancient Buddhist knowledge, such as the *Tibetan Book of The Dead*, this seminar will provide practical information to health-care professionals and lay people who want to know how to give the most effective and compassionate care for the dying.

Death can best be understood in terms of life, and through overcoming fears caused by ignorance, fear of pain, fear of the unknown, and fear of the coming separation from life and loved ones.

To prepare for death, we need to learn to use life skillfully, letting go when change occurs. What continues after we die is mind. If we learn to know our mind, we learn to know ourselves. Then all our inner fears and neuroses are resolved, and we gain an inner trust and confidence which finds expression as compassion, the basis of helping ourselves and others effectively in life and death.

During this course, Rinpoche will describe the actual processes that take place at the moment of death and after, and how the caregivers can help the dying person prepare for death. Practical training will be given on how to prepare for one's own death in life, and through developing awareness of the sleep and dream state, which is itself a little like death. Rinpoche will discuss how the family can best help the dying person, and how they can practice mourning effectively. $230

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will work at their beliefs and habits through the use of intuitional sensing, risktaking structures, guided imagery, and gestalt awareness methods.

$230 per participant

Week of May 20–25

Liberation at the Moment of Death

Sogyal Rinpoche

For workshop description see May 18-20.

$450

Self-Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, bioenergetics, and journal work.

$450

Rolfing®, Feldenkrais, and Other Methods for Releasing Pain and Tension

Dub Leigh & Dee Dee Lozier

This workshop is designed for people who want to learn to move with more freedom, ease, and awareness, and to get release from chronic pain and tension. Through different types of body work participants will have the opportunity to explore experientially methods to free up constricted movement.

The leaders will also offer participants sessions in body work and instruction in group movement including: Moshe Feldenkrais' awareness work, Lauren Berry's joint work, deep tissue as taught by Ida Rolf, and the trigger point work of John St. John. $450

Weekend of May 25–27

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $230

Exorcising the Demon "Should"

Paul Rebillot & Stanford Eugene Cates

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously. With the help of this experience in contrasts, we will explore our possibilities of movement between the two, and in this way open up our options to the full range of our own authentic being. $230

Leonard Energy Training and the Art of Love

George Leonard & Annie Styron Leonard

How can we escape sexual stereotypes? Does intimacy always have to lead to boredom? Or can we, by recognizing the uniqueness and mystery of each individual, keep our erotic life alive and exciting? In this workshop, we use the simple movement exercises and visualizations of Leonard Energy Training to explore communications and creativity in the erotic realm. Our purpose is not to prescribe new methods but rather to transform the way you experience your intimate relationships, as inspired by George Leonard's book, *The End of Sex*. The workshop is appropriate for individuals as well as couples.

Recommended reading: *The Silent Pulse* and *The End of Sex*, George Leonard. $230

Week of May 27–June 1

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 12. $450

Making Your Dreams Come to Life

Paul Rebillot & Stanford Eugene Cates

Paul writes: "Dreams offer a deep spiritual guidance that can reveal both the goals and the practical power of the inner self. In this workshop I introduce a variety of methods such as gestalt, drama, movement, music, journal-writing, and artwork, all of which can help participants to bring their dreams to life. Using dreams, discoveries may be made to strengthen one's present path and clarify future directions."

$450

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

This workshop focuses on how we may consciously unfold ourselves—physically, emotionally, sexually, mentally, and spiritually. By contacting tension (stuck, accumulated energy) and allowing emotions which have been locked in the body, often since early infancy, we have the opportunity to open ourselves to the creative flow of life energy within.

Some of the areas to be touched upon this week include: recognizing and releasing tensions which lock emotions in the body; ways of contacting and allowing unexpressed sadness and pain, to increase the capacity for pleasure and joy; practices for expressing and releasing anger

constructively, which may open the way to deeper levels of compassion and love; the nature of fear and moving toward greater trust of self and others. Paying special attention to the mental processes that shape the emotional and physical body, participants will be shown ways to trust their body's responsiveness and inner direction.

This workshop will utilize Reichian body and breath work, emotional release, gestalt practice, bioenergetics, vision improvement, massage, dance, meditation, and various other approaches. $450

Weekend of June 1-3

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $230

Zen and the Art of Fly Fishing

Dick Galland

Few pastimes offer the opportunity of so profound a look into the natural world and into ourselves as flyfishing. The tools of the fisherman have more to do with disciplining the body and mind and tuning the senses than with killing trout. There is a focus and subtlety of movement in fly fishing akin to Eastern meditative disciplines. The possibility always exists of entering the trout's world. In fly fishing, the trout are the teachers. They let you know by their actions when you have presented the fly properly.

This weekend, which will be spent at Esalen, is a combination of practical instruction, visualization, physical exercise, and guided fantasy. Participants spend Saturday on the Esalen grounds learning basics. On Sunday, we travel a few miles up the coast to tempt the rainbows of the Big Sur River. Beginners and accomplished fishermen are welcome. Complete information on equipment will be sent upon registration. $230

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney

This weekend is for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, and for accomplished singers who want to improve their performance. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Participants are invited to bring their favorite song titles. There will also be a variety of music to choose from at Esalen. $230

Week of June 3-8

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 11. $450

Leonard Energy Training and the Samurai Game

George Leonard & Leonard Energy Training Staff

This workshop provides a rare opportunity for you to immerse yourself, under game conditions, in the life of the medieval Japanese samurai. The Samurai Game was created by George Leonard and is used in the *est* Six-Day Training. Its purpose is to make it possible for you to experience a style of governance and consciousness radically different from that of 20th century America, and to face symbolic death and rebirth. By entering this other world, you get a chance to see your own life with new eyes, and to fully comprehend the futility of conflict. During the workshop, you will receive a thorough grounding in Leonard Energy Training and will play three complete Samurai Games. Between games, you will continue to live samurai-style with your own group much of the time, and to join in creating legends, songs, poems, and a history in the spirit of *bushido*, the Way of the Warrior. The Samurai Game is not physically demanding, but is psychologically intense and must be played wholeheartedly.

Recommended reading: *The Silent Pulse*, George Leonard; *The Zen Way to the Martial Arts*, Taisen Deshimaru. $450

Weekend of June 8-10

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

This will be an introduction to intensive intrapsychic work using Reichian breath work and gestalt practice.

Reichian work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration the possibility is opened to come to a truer concept of self, with an expanded ability to respond in the present. This workshop is limited to ten participants. $230

A Course In Miracles: A New Thought Form for Our Time

Julian Silverman

This seminar is concerned with an understanding of *A Course in Miracles*—a formulation of a wholesome way to be in the world without attack and defense, without negative emotions, without feelings of being separated from one's source.

The *Course* specifies a practice as well as a conceptual model. It elevates one's self-worth by teaching *total* self-responsibility.

It teaches health. $230

Creativity and The Feminine

Susan Griffin

Susan Griffin presents a new way of looking at creativity. Working from the theories in her books (*Woman and Nature: The Roaring Inside Her* and *Pornography and Silence: Culture's Revenge Against Nature*), and from her own process as a poet, essayist, and playwright, she explores how the false dichotomy between nature and culture, mind and body, masculine and feminine, affect the creative process. Her premise is that the totalitarian repression of the arts is a political expression of the fear of nature and the feminine. She will lead participants in the workshop to discover how this repression becomes internalized. Using meditation, writing exercises, and guided imagery, Susan will show how creativity is an expression of the unity of matter and spirit, the "feminine" and the "masculine" qualities of sensuality, intuition, insight, intelligence. She will guide students toward experiencing a deeper level of knowledge, a knowledge which emanates from the body and from experience, and she will help students to express this knowledge in a creative form. $230

A Gentle Unfolding

Daniel Bianchetta

Daniel writes: "In the business of a day, we can allow ourselves to be pushed to our periphery. This weekend we will explore ways of paying attention to our own inner guide. Through the use of such tools as intuitive and energy awareness, conscious dreaming, play, massage, and meditation, we will be taught how to cultivate practical and portable skills for coming home to our inherent wisdom." $230

Week of June 10-15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $450

The Body Has Its Reasons

Peter Levine

When we are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of these walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and

tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes. Our sense of the body is lessened and our connectedness is diminished.

In this workshop body approaches, dream work, and gestalt will be incorporated to teach us how to trust more fully in our bodies and enhance our excitement and passion. Through a vital sense of the body and feelings we can understand our dreams, impulses, and actions more deeply. Avenues will be explored in redeveloping a sense of pleasure, ease, and self-esteem. Without storming our citadels by force, we can soften body armor by allowing the body to express itself, in its own language, within its own rhythm. This return toward grace, which is our birthright, is the wisdom of the body. $450

Love and Work

Anne & John Caple

"Work is love made visible," wrote Kahlil Gibran. In this workshop, participants will examine their work-life and work options in the context of their love for themselves, for others, and for the larger world. The group will use integrative exercises, art, body work, gestalt processes, and video feedback to seek answers and consider life decisions. The goal is for participants to see more clearly 1) what they want within the interplay of relational love and work and 2) how to get it.

This week-long is for those who want more value in their work-life, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life/work issues during group meetings and in pre-breakfast runs.

Recommended reading: *Careercycles*, John Caple (Prentice-Hall). $450

Leonard Energy Training and Aikido

George Leonard
& the Leonard Energy Training Staff

Non-aggressive yet powerful, aikido is perhaps the most sophisticated of the martial arts. This workshop provides a grounding in Leonard Energy Training and an introduction to the art of aikido. Obviously, no one can learn a martial art in five days, but everyone will have a chance to gain a unique body-mind-spirit understanding of this remarkable art, along with increased confidence and grace under pressure. A Samurai Game will be played during the workshop.

Recommended reading: *The Ultimate Athlete* and *The Silent Pulse*, George Leonard; *The Zen Way to the Martial Arts*, Taisen Deshimaru. $450

Weekend of June 15–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $230

The Face of God— The Face of Man

James Kavanaugh

James writes: "One's vision of God is a reflection of one's own self-image. Thus salvation, guilt, sin, authority, law, marriage, divorce, sexuality, heaven, hell, judgment, etc. are colored by one's personal vision and experience. In a sense, such theological notions are defined by each of us in a different way according to our personal freedom and self knowledge. As Nietzsche said, 'After Christ came the Christians.'"

This seminar is for individuals who have left the institutional church and are searching for a personal spirituality. The seminar deals particularly with the traditional myths of historic Christianity and Judaism and attempts to replace ancient and ineffective symbols with contemporary and real ones.

Recommended reading: *There Are Men Too Gen[illegible] to Live Among Wolves*, James Kavanaugh (E. P. Dutton). $230

Alternatives for Managers: An Energy Training Perspective

Susan & Joel Kirsch

Susan and Joel write: "How can managers effectively deal with the changes that constantly bombard them? Does supervision of others have to lead to conflict? Can managers combine strength with sensitivity while providing leadership? In this workshop we use movement exercises from Leonard Energy Training along with demonstration and discussion to discover the manager's role in creating and supporting quality and excellence in the workplace. Participants will have the opportunity to gain insights into their own managerial style and explore alternative ways to increase productivity, improve teamwork, and enhance personal and professional performance." $230

Miracles of Infancy

Laurie Schutz Munyer, Arthur Munyer
& Jezariah Canyon Munyer

Laurie and Arthur write: "This will be a time to celebrate the profound miracle of new life and parenthood. The workshop will provide an opportunity for new parents and their infants (up to one year) to come together in a harmonious and joyous way. In an atmosphere of warmth we will guide both parent and infant through a creative experience. Our approaches will be drawn from massage, creative movement, music, communication, and nurturing touch. We will bring awareness to how our children can be our teachers." $230

Re-printing: A New Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize inner power? Through various approaches including body reading, light trance work, and anchoring (Erickson), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in, and consider opening up new doors toward growth and freedom. New models of behavior can become available.

The workshop will feature individual and group processes, including body release approaches. $230

June 16–23

Rites of Passage: A Southwestern Odyssey

Dick Galland & Annie Callaway-Galland

For workshop description see Wilderness Programs, page 40. $550

Week of June 17–22

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 12. $450

Advanced Massage Intensive

Deborah Anne Medow & Vicki Topp

This workshop will include morning and afternoon practice sessions with various instructors, yoga, movement, evening lectures and discussions, and demonstrations of specific practices designed to increase the range of conditions with which participants can deal effectively. The following concerns will receive emphasis: how to sustain one's energy through a day of treatments; how to clear negative energy released by the client; how to use weight and leverage. As one massages more and more deeply, emotional changes can be triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide group members with some first hand practice in productive ways to move through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five day intensive or its equivalent. $450

Choosing to Change

Harry Sloan

This personal workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Individual work will stress deepening awareness of one's sense of direction and personal obstacles. Participants will focus on change through exploring

the implications of their choices and the ways they retard or encourage the expression of self.

The workshop will include psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Participants will focus on aligning their motivation and will with the natural process of change and integration. $450

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed."
—M.C. Richards, *Centering*.

Stress-related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais, gestalt, Rolf®-movement, massage, Reichian breath work, and video feedback. $450

The Teachings of Hawaiian Huna

Jack Downing & Murray Korngold

Jack and Murray write: "Hawaiian Huna is the ancient mystic teaching of Polynesia. The last native Ka'huna died in this century after passing on the concepts of the Triune or three-part personality. Huna is a reasonably simple and quite effective method for balancing our internal mental forces. The teaching can result in less guilt and anxiety, greater energy and self-confidence, and finally a deeper, more harmonious, brighter sense of the Divine. No encounter, hot seat, or stressful methods will be used, but instead, simple introspection, internal converse, and pleasant sharing." $450

Weekend of June 22–24

Exploring Self-Acceptance

David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive creative functioning. $230

The Science and Practice of Homeopathic Medicine: Principles and Self-Care Applications

Dana Ullman & Gregory Manteuffel

Homeopathy is a scientific natural medicine in which individually chosen non-toxic doses of plants, minerals, or animals are used to stimulate a person's defense system. A specific curative medicine is prescribed based upon the *law of similars*, that is, a substance that causes a set of symptoms in overdose will cure these symptoms in specially prepared microdoses. Since symptoms represent efforts of the organism to establish homeostasis and to heal itself, the correct homeopathic medicine provides the necessary stimulus to aid the organism's attempts to promote a deep cure. Immunizations and allergy treatments are two orthodox medical procedures that utilize the law of similars but do not use other important homeopathic principles for healing.

This course will discuss the fundamental principles of the homeopathic science and their value in understanding the healing process. The historical context of homeopathy and its scientific basis will also be discussed. Specific laws of healing will be described in order to differentiate clearly between the suppression or palliation of symptoms and the cure of disease. The practical application of at least 15 homeopathic medicines for self-care will be described, and specific books and publications to learn more about homeopathy will be available.

Recommended reading: *Homeopathic Medicine for Infants & Children*, Ullman & Cummings (Spring, 1984). $230

The Further Reaches of Human Energy

George Leonard
& the Leonard Energy Training Staff

In addition to its practical applications, Leonard Energy Training offers the possibility of extraordinary powers of intuition and sensing. This workshop will present a basic grounding in Leonard Energy Training, and move into experiments that push the limits of what we carelessly term "normal" human capacities. To quote *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet, by sensing the energy field of a friend or a tree, by making connections that defy conventional space and time . . . We realize, with the sorcerer, don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: *The Transformation*, *The Ultimate Athlete*, and *The Silent Pulse*, George Leonard. $230

Week of June 24–29

Integrity

David Schiffman

In this workshop participants will join to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Participants will explore the boundaries of their emotional, physical, and mental potentials and how they affect sexuality, relation to power, friendships, creativity, and expectations of self and others. $450

Gestalt

Seymour Carter

Seymour Carter writes: "As a young art student I was taught about figure-to-ground relationships and the resolution of their tensions as a graphic problem. In my development as a gestalt teacher these artistic learnings have gained new potence, becoming basic themes in my quest for an accurate leverage point in my work.

"This workshop is based on the attempt to evoke and balance psychodynamic polarities such as accepting and rejecting, remembering and forgetting, giving and keeping—dualities that plague and give purpose to human existence. My aim is to set in motion the unconscious processes of the personality, to awaken dormant talents, and to prepare for the intuitive leap.

"Each participant will be treated as a unique individual with his or her own process of development—a process to be honored and encouraged for further growth. The basis of this work is the gestalt method, supported by various body disciplines, including sensory awareness, bioenergetics, Rolfing®, and aikido." $450

Storytelling, Healing, and Theater

Corey Fischer & Naomi Newman of
A Traveling Jewish Theater

Corey and Naomi write: "Storytelling is a potentially shamanic activity. The storyteller can go anywhere. The telling can be danced, sung, spoken, shown. The teller can inhabit a single moment of the story and dwell in it, revealing all its facets and layers.

"In locating and telling our stories within a community of trust, we begin to restore value to that which has been ignored, suppressed, denied, and neglected.

"In this workshop, we will use guided fantasy, vocal and physical improvisation, writing, ensemble exercises, and work in pairs to explore the stories, dreams, memories, voices, and images that are inside us. In the course of the five days we will move toward a fuller and deeper articulation of the material as it is shared through performance.

"No previous performance experience is necessary." $450

Reflectors

Jenny O'Connor & the NINE

"In this form we become bridge between whole and unwhole, happy and sad, good and bad. We are thought form, the first thought as you, as mankind, assumed shape and the last thought as you choose to leave. What remains is afterthought or vibration as we know it, and so the form begins again. The vibration came before the chicken."—The NINE

"This workshop is an invitation to spend time with The NINE in dialogue and self-discovery. As they move to answer questions, they create a kind of language that bypasses the mental structures of the brain and enters through the pores of the body. It can be beyond expectation because it enters the space between all expectations and, caught unawares, you may find yourself looking at a reflection of yourself that is shockingly familiar, for there may be more of you than you ever believed possible. You may well be compelled to reach across that space between the masks you carry and the self you don't quite yet believe possible and so put the strain of your theater to rest for a while. All this through a meeting, a few questions that seem simple enough in the asking but may rebound in a way that strikes far beyond what you thought you asked. It is a very fast way to know yourself better, in a form that teaches through compassion, humor, intelligence, and a vital concern for the future of us and our planet."—Jenny O'Connor $450

Weekend of June 29–July 1

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $230

Dream Discovery

Joyce Frazee

"Each dream that is not understood is like a letter that is not opened."—Talmud.

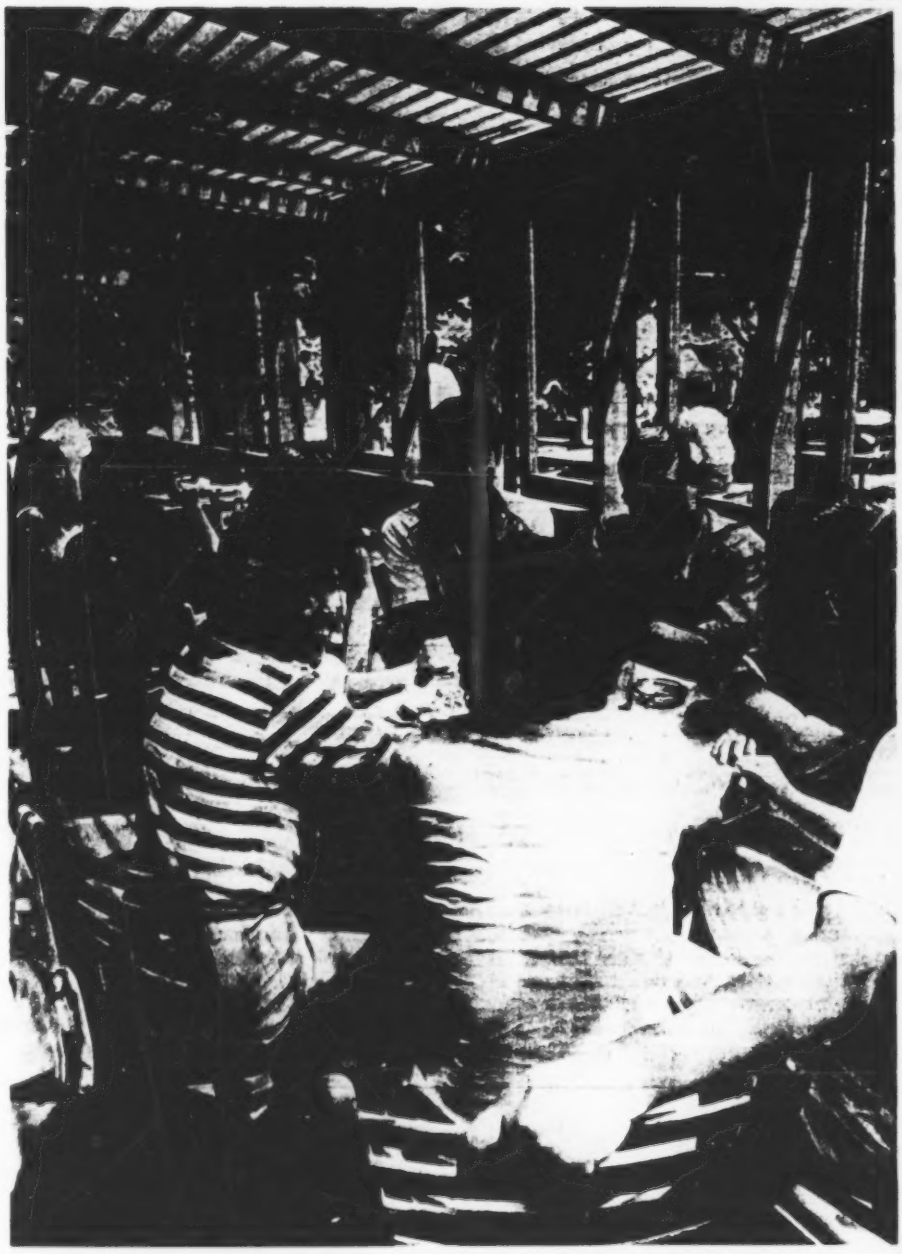
Each night we receive brilliant, insightful, creative communiqués disguised in poetic imagery. In this workshop we will explore how to use our dreams for personal growth, insight, creativity, and problem solving. Participants will discover that any dream, however fragmentary or prosaic, can offer entry to a new world of insight. Methods for dream discovery will include exercises in dream recall, Senoi dream practices, mandala drawing, gestalt dream work, and psychosynthesis. $230

Vision Improvement: Our Willingness to See

Laura DeNuccio (Ma Prita)

This weekend will focus primarily on the awareness continuum, emphasizing ways to clear and re-educate the eye and the self to see without distortion in the here and now. With the aid of various approaches including deep emotional release, bioenergetics, gestalt, the Bates system of eye relaxation, and nutrition, participants will have the opportunity to create new ways of looking at themselves and the world. $230

Joyce Rogers



Food for Health and Wellness

Joe D. Goldstrich

This is a workshop for people who want to assume responsibility for their health care management. The emphasis will be on learning what to eat to create vitality, energy, and health. A unique integration of the Pritikin diet, macrobiotics, and live food will be presented. Special attention will be given to increasing complex carbohydrate and fiber while decreasing simple sugar. We will examine the optimum amount of fat and cholesterol needed to both prevent and reverse atherosclerotic cardiovascular disease. Ideal protein intake for various levels of physical activity and health states will be examined and protein combinations to obtain complete sources will be demystified. Participants will receive a personalized health plan to work with at home.

Suggested reading: *The Best Chance Diet*, Joe D. Goldstrich (Humanics Limited). $230

Weekend Massage Intensive

Brita Ostrom & Peggy Morrison Horan

In this introductory seminar participants will be taught to give a competent full-body massage. The emphasis will be on developing a soothing and penetrating contact, on sustaining that contact to create a relaxing and integrating experience, and on centering physical and mental energies while working. The intent of the seminar is to introduce massage as a practical approach to developing greater sensory awareness and bringing relief from stress. $230

Week of July 1–6

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $450

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 11. $450

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to one's self, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that will increase vitality and personal effectiveness. Participants can learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate, in a safe environment, in the choice of expression or depression. $450

The Mystical Quest

Christina & Stanislav Grof

In this workshop, we will explore theoretically and experientially the transpersonal dimensions of the human psyche and the importance of the spiritual impulse in human beings. Special attention will be paid to the new emerging world-view that integrates science and mysticism and to the problem of "spiritual emergencies," emotional and psychosomatic crises that can be associated with consciousness evolution. In the experiential work, we will use "holonomic integration," which combines controlled breathing, evocative music, and focused body work, and has the potential to mediate experiential access to the mystical domain. $450

July 1–8

Walkabout: A High Sierra Adventure

Dick Galland & Annie Callaway-Galland

For workshop description see Wilderness Programs, page 40. $550

Weekend of July 6–8

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $450

Personal Process Weekend

Jessica Moore Britt

This weekend is for people who have done gestalt or breath work and would like to take time from their busy lives to focus on their personal process in a supportive, small group atmosphere. Our tools will be gestalt practice, Reichian breath work, meditation, and time at the baths. Limited to ten participants.

For additional information on gestalt practice see page 11. $450

Beyond Sports

Marilyn King

In the area of sports performance, our greatest achievers are attributing their successes to mental skills as opposed to physical training methods. Current research shows that everyone can learn these skills and call upon resources they never knew they possessed. In this workshop we will explore this research and the field work being done in the United States and abroad in the area of optimal performance. We will identify and work with the tools and methods that are common to super-achievers in many fields. This workshop will demonstrate that use of the process of becoming successful in a new sports skill (such as weight-lifting) can be a blueprint for achieving success in any area. We will explore the implications and possible applications of this knowledge in the areas of education, future sports performance, and global harmony. $450

Psychodrama

Maurica Anderson

Psychodrama is the enactment of improvised life scenes in order to express feelings, gain insight, work on improving interpersonal relationships, and laugh a lot. With an emphasis on psychodrama and by using group process, gestalt, and body awareness approaches, we will play with ways of becoming more open and spontaneous. The degree of active involvement will be up to the individual. $450

Creating Our Future

Prem Das & Rutuima

Prem Das writes: "In this workshop we will explore the origins of our personal universe. Drawing on the ancient wisdom passed down to us by shamins and yogins we will probe into our latent potential as co-creators of the world-universe, and thus of our future."

Recommended reading: *The Global Brain*, Peter Russell (J.P. Tarcher); *Realms of the Unconscious: The Enchanted Frontier*, Vasily Nalimov (ISI Press). $230

Week of July 8–13

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

For workshop description see May 27-June 1. $450

Zero Balancing: Beginning/Intermediate Workshop

Fritz Smith

Zero balancing is a simple yet powerful method for aligning the body structure and energy field. The structural/energetic interface of the body is beneath our conscious awareness and when imbalances occur at this level, the body tends to compensate around them rather than resolve them directly. This asymmetry often leads to loss of vitality, chronic body pain, increasing stress, and less potential for vibrant health. Zero balancing assists in overcoming these patterns of imbalance.

In this program Western anatomy, physiology, and kinesiology are reviewed and Eastern concepts of chi energy, its movement in the body and the chakra systems are discussed. With this background information, the system of zero balancing is presented including specific guidelines for evaluating and balancing the structural/energetic interface of the body. The workshop is both didactic and experiential with the main emphasis on teaching the participants new skills in body handling. This is an accredited program towards zero balancing cerfitication. C.E. credit is available for nurses; for additional information see page 41. $450

Ericksonian Hypnosis and Communication

Paul Carter & Marianne Paschke-Carter

"Wisdom is the intelligence of the system as a whole."
—Gregory Bateson

"Your conscious mind is very intelligent, and your unconscious mind is a hell of a lot smarter."
—M.H. Erickson

Paul writes: "We have an intelligence obtained from our wholeness that is far greater than we are ordinarily conscious of. Erickson called it the 'unconscious mind.' Accessing and integrating this intelligence formed the basis of his hypnotic work.

"This workshop is designed for people who work with people and would like experience with Ericksonian hypnosis, communication, and problem-solving. The emphasis will be on developing a practical understanding of the principles of this approach including trance as a natural and necessary part of health and the idea that people are paradoxical and so too must their communication and problem-solving be paradoxical.

"Through guided exercises and demonstrations, participants will be taught the hypnotic use of

metaphor in movement, sound, image, and story, as well as the hypnotic realities of age-regression, age-progression (traveling into futures), lucid dreaming, dissociation, and deep-trance identification (a process of deepening self-awareness through identification with different persona in and out of trance).

"Additional exploration will include the recognition and use of spontaneous trance states that commonly occur in the course of body work, acupuncture, movement and dance, sports, counseling, and everyday stress situations; the art of using all of the system, including the 'bad, sick, crazy, and resistant, parts; the value of humor, confusion, pattern interruption, and paradox in accessing unconscious creativity and resources; and an integrative approach to problem-solving and self-healing as described in my soon-to-be published book, *The Parts Model*.

"Course prerequisites: a sense of humor, a warm heart, a little skepticism, a little trust, and an unconscious mind."

Suggested readings: *Uncommon Therapy*, Jay Haley (W.W. Norton & Co.); *Ericksonian Approaches to Hypnosis and Psychotherapy*, Jeffrey Zeig, Editor (Brunner & Mazel). $450

The Existential Model

Galvin Jackson

Through a variety of activities we will build a support group for the nurturance of self-awareness, trust, risking, relations with others, sexual identity, sensual expression, and the freedom necessary to attain a comfort with areas that will permit a carry-over to each participant's own life style. The workshop will employ an existential model, in which each person is seen as existing with no "givens." The task is for participants to define themselves through creations (actions). Group members will be asked to make statements about themselves through interfacing with others as authentically as possible. The leader's role is to return consistently to the present moment, and to reflect and clarify the feelings and ideas of each individual. Interaction methods will be employed, to generate immediate, productive experience for group members. The workshop's goals are to clarify self-definitions, to expand potentials, and to extend abilities to sustain intimacy. $450

East Touching West

Deborah Anne Medow

"To Touch and Feel is to Experience. Many people live out their entire lives without ever really Touching or being Touched by anything. . . . They do not live and become one with life."
—from *Seven Arrows* by Hyemeyohsts Storm.

Deborah writes: "For over fifteen years, I have been teaching and practicing yoga, various types of body work, dance, and process work, developing my art of touching and moving, my inner and outer balance. For the past four years, I have also begun working with native American medicine ways. The blending of the Eastern Indian yogic tradition, the American Indian medicine ways, and the gestalt process work has enabled me to touch more deeply inside myself, inside the Earth, and in my relations to all my fellow beings.

"During these five days, classes in yoga theory and practice, meditation and asanas will be integrated with sessions in various types of massage and creative movement, dance, and theater, encouraging participants to develop a stronger sense of 'self,' both in relationship to oneself and each other.

"Teachings of the Western native peoples, drawing upon ancient practices that specifically address our relationship to each other, ceremony, dreams, the medicine wheel, and the Earth will also be incorporated into the workshop schedule.

"Through the various practices taught, this workshop is designed to help participants touch more deeply, moving to a place of depth and more balance within themselves and in their relations with Mother Earth and all its inhabitants." $450

Weekend of July 13–15

Gestalt

Seymour Carter

For workshop description see June 24-29. $230

Zero Balancing: Advanced Workshop

Fritz Smith

This workshop is for people who have completed at least one introductory zero balancing program. Following a review of basic concepts time will be spent on answering specific questions and giving individual instruction as needed. New work will focus on exploring the direct perception and assessment of energy currents in the body, refinement of evaluating and balancing the foundation joints, and the discussion of nonfoundation joints, including the small joints of the body. Theory will be clarified by demonstration and individual practice, using each other as models.

This is an accredited program toward zero balancing certification. $230

Heading Toward Omega

Kenneth Ring

In the mid-1970s, tremendous interest in the experience of dying was kindled by the work of Elizabeth Kubler-Ross and Raymond Moody (author of *Life After Life*). Since then abundant scientific documentation of their basic findings has been compiled. Recently there has been great interest in exploring the spiritual implications of the near-death experience (NDE) and the ways we can draw on this research in dealing with death and dying.

This workshop will begin by reviewing the most recent research in the field and will continue with an in-depth examination of the significance of NDE's, for both everyday life and planetary evolution. Featured in this workshop will be material from Kenneth Ring's new book, *Heading Toward Omega*, which deals primarily with the transformative power of NDE's.

Although oriented toward persons who are attuned to the spiritual significance of NDE's this program will also be of special interest to nurses and others involved in the health professions. People who have undergone NDE's are particularly welcome to attend this workshop. Films and video tapes will be incorporated into the workshop which will encompass a combination of didactic and experiential formats.

Recommended reading: *Life at Death* and *Heading Toward Omega*, Kenneth Ring (Morrow, NY). $230

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

"For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation."
—Rainer Maria Rilke

The goal of this weekend is to provide a context in which couples can focus and explore their relationship in the areas of communication, closeness, conflict, and individuality. A balance of structured and spontaneous interactions will be used within the framework of the large group, subgroups, and the couple. Limited to ten couples. $230 per participant

The National Media From the Inside

Charles Kaiser

Who decides what gets on the front page of the *New York Times*? Why do *Time* and *Newsweek* run the same cover so often? How are reporters manipulated by public figures? What are their most frequent ethical conflicts? How are reporters treated differently from ordinary Americans? Charles Kaiser is media editor of *Newsweek*, a veteran of the *New York Times*, where he was a reporter for five years, and has also written for *Saturday Review*, *The New Republic*, *Rolling Stone*, and the *American Lawyer*. This seminar will explain how editors decide which stories are big news while others are ignored altogether. At the conclusion, seminar participants will be given eight real stories and asked to draw their own sample *New York Times*' front page. $230

Week of July 15–20

Five Day Massage Intensive

George King & Peggy Morrison Horan

For workshop description see May 6-11. $450

Shaping Love and Intimacy From Conflict

John Zeigler & Mary Kay Christian

According to medical research, the price paid for repressed emotions during conflict can be illness, premature death, and even suicide. Another penalty is loss of intimacy, the ability to share one's deepest feelings.

Our aim in this workshop therefore becomes twofold: 1) to demonstrate the healing power of intense emotonal discharge during the conflicts we have with others and within ourselves, and 2) to teach ways to prevent the same emotional upsets from recurring.

Because the 1960s encouraged repetitive emotional binging in conflicts and de-emphasized personal accountability and positive resolution, there was an inevitable backlash. The result: fear of highly charged confrontations caused some people to avoid risk in a relationship.

The Eighties, nevertheless, appear to be a period when more people are willing to experience conflict because they are committed to the concepts that you can't really love from a deep place until you can allow yourself to cry, be afraid, or even hate, and that emotional blow-ups need not have catastrophic repercussions and can induce compassion, understanding, and even affection from others.

Self-hypnosis is one of the methods which may be explored in the workshop as a means to manage emotional excess and as a way to reprogram the unworkable and self-destructive belief systems inherited from parents, teachers, and society and that are the cause of most upsets. As T.S. Eliot said, "You are nothing but a set of obsolete responses."

The approaches that will be used for deep emotional release may include gestalt and body work, a role playing method developed by the leaders, and non-threatening, non-coercive, supportive group interaction. There will be ample time to experience massage at the baths, laughter, play, music, movement, and the majestic splendor of Big Sur. $450

The New World of Lucid Dreaming

Stephen LaBerge

Lucid dreaming means dreaming while knowing that we are dreaming. The presence of consciousness during this extraordinary state of consciousness allows us to respond flexibly and creatively to the flow of dream experience. We are in a unique position to control our dreams; this control brings within reach a remarkable range of possibilities from indulging your wildest fantasies to fulfilling your highest spiritual aspirations.

For most of us, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so; workshop participants will learn how to develop the skill of lucid dreaming. The results of recent scientific research will be presented and participants will be exposed to a wide variety of uses to which the world of lucid dreaming can be put, including self-exploration, creative problem solving, healing, adventure, and, perhaps most importantly, a way of self-integration leading to the transpersonal realms.

The emphasis will be on improving the quality of the dreamer's experience while in the dream. This means self-control, not dream control; changing the context rather than the content of the dream. Ann Faraday has called lucid dreaming "one of the most exciting frontiers of human experience." This workshop will provide an opportunity to find out why. $450

You and Universal Motion

Robert Nadeau

The physical conscious system operates in direct relationship to a larger energy activity or universal motion. It is important to recognize this activity as a "friend" and learn to work in harmony with it. We will explore energy and our "marriage" with it through meditation, centering, and body movement. $450

Feeling and Relating

Joel Dweck, Anne Ruderman & Linda Rice-Mandigo

By using Reichian emotional release methods, such as the Radix® intensive, and by working individually within small supportive groups, participants will be given the opportunity to find that the deeply held emotions of pain, anger, and fear can be released. Such release can soften chronic unconscious patterns of tension and a new capacity for pleasure, love, and trust can follow.

As a complement to the emotional release work, approaches to group process will be introduced, providing for the subtler patterns of relating to emerge. Thus, each participant's capacity to translate personal growth into quality interaction can be developed experientially. $450

Weekend of July 20–22

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $230

Weekend Massage Intensive

Bill Liles & Brita Ostrom

For workshop description see June 29-July 1. $230

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see May 18-20. $230

Laugh Your Way to Health

Annette Goodheart

This workshop will include lecture, discussion, demonstrations, and experiential exercises, all having to do with laughter and other cathartic processes, particularly tears. The information will include the physiology of laughter, the use of laughter with acute and chronic pain, laughter as a connecting and spiritual experience, and laughter as a natural tension reliever. Inappropriate laughter, including aspects of jokes, teasing, and tickling, will also be examined. $230

Adventures in Self-Exploration

Christina & Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the entire spectrum of transpersonal experiences. All participants will have the opportunity to be in the roles of experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $230

July 21–27

Zen and the Art of Fly Fishing in Yellowstone National Park

Dick Galland

For workshop description see Wilderness Programs, pages 40 & 41. $525

Week of July 22–27

Self-Acceptance: The Freedom to Be

David Schiffman

For workshop description see May 20-25. $450

Energy Strategies

Nancy Rosanoff

Tapping the intuitive mind can release the limitations of everyday consciousness and make the impossible possible. Energy strategies, when applied, can be the bridge between potential and fulfillment.

In this course you will be taught to organize and appropriate the vast amount of intuitive knowledge and energy available to you. Some methods used will be to evaluate life patterns, explore how to change when necessary, unblock creative energy and use it as leverage to do more with less, and examine relationship patterns with the idea of turning energy drain to gain.

Energy, a building block of life, may be enhanced by planning, managing, and applying it using a personal energy strategy. $450

Designing a Healthy Lifestyle

Ken Dychtwald

In this experiential workshop, the group will explore and examine the ways in which certain attitudes and lifestyle variables correlate with high levels of health, life-satisfaction, longevity, and professional effectiveness. Particular attention will be placed on having each participant develop a personal approach to altering his or her personal habits and attitudes in order to enhance all aspects of mental and physical functioning within an enjoyable "life plan."

The daily program (all optional) will include: running, stretching, and aerobic exercise sessions; meditation, relaxation, and stress-reduction classes; health walks/hikes; sensory awareness and creative visualization instruction; massage lessons at the Esalen baths; nutritious meals prepared in the Esalen kitchen; and a series of didactic seminars on such topics as life planning, longevity, diet and nutrition, optimal fitness, stress-management, wellness, and peak performance.

Although the material and activities to be covered in this seminar will be of value to all interested participants, graduates of previous Ken Dychtwald workshops are encouraged to attend. $450

July 22–29

Psychosynthesis: A Seven Day Workshop for Professionals

Harry Sloan

Harry Sloan writes: "Many of us have experienced those moments in working with clients when we don't have the foggiest idea of what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for what is most familiar—a technique, map, or model. This can lead to the mechanical experience of 'going through the motions' and rote interventions. However, if we could reach for essence and truth instead of falling back on what's most familiar, the dissonance might open to insight. The result of capturing the moment and responding to the need of the client and to the dynamics of the situation can have a decidedly different effect upon both the guide and client. The heart of psychosynthesis is understanding the process of reaching for essence within ourselves and our clients. This practice can lead to developing wisdom and intuition, transcending the methodologies we use.

"The format will combine individual work within the group setting with seminars, group exercises, and practicum. This program will be useful not only to those who are interested in psychosynthesis, but also to anyone in the helping professions who wants to come into a more creative relationship with his/her discipline.

"Psychosynthesis is the name for the conscious attempt to align and cooperate with the natural process of growth and integration. It recognizes that each human being is spiritual in essence and encourages the realization and expression of this essence, or higher self, as fully as possible in personal and social existence." $680

Weekend of July 27–29

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $230

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 11. $230

The I in the Triangle

Robert Anton Wilson

"It took nearly four billion years of evolution to produce your mind just as it exists now. Was that all a joke or an accident?"
—Robert Anton Wilson

This seminar confronts the great anxiety about the future that is increasingly dominating and paralyzing our society and ourselves. The participants will be asked to confront their own defenses of apathy or despair, and the chronic low-grade terror that exists in the unconscious, because of our institutionalized nostalgia ("rear-view mirrorism") and our attempts to live in a present that is constantly changing and vanishing. The goal: to accept *responsibility for the future*, to recognize ourselves as co-creators of the tomorrows in which we must live.

Major topics and exercises include: the symbolism of the eye in the triangle and the Western occult tradition—Bruno, the Illuminati, freemasonry and what it means to be a "Builder of the Temple"; creative agnosticism, or how to escape from the twin tyrants (yes and no); alternative realities (how to get into and out of any reality-tunnel); basic futurism, or why *everything* will change more in the next 30 years than in the previous 30,000; worry and its cure, including personal and planetary anxieties; primate and post-primate psychology, or how to tell your friends from the apes, and the art of time-travel: learning to live in many dimensions.

Recommended pre-seminar reading: *Critical Path*, Buckminster Fuller; *Neuropolitics*, Leary & Wilson; *Prometheus Rising*, Wilson. $230

Our Creative Core

Susan Franklin-Tanner

"Each of us is an artist. All that is needed is a non-judgmental environment where we may use our creative selves and experience the power of our imagination."
—Living Stage Credo

Imagination is our birthright, and the freedom to play is as essential to humans as breathing. Through improvisational theater exercises, dance, visualization, poetry writing, and drawing, participants in this workshop will explore their many roles and characters to develop creativity. This form of theater work is strongly influenced by gestalt and neo-Reichian practices. $230

Week of July 29–August 3

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $450

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities, Anne and Jim will use special exercises to aid participants in exploring these abilities.

They have found through their professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the intuitive input they normally receive. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $450

Frogs Into Princes: Practical Transformation

John Michael Grey & Eli Jaxon-Bear

If all of the world's a stage and we are the players, then who writes the script? Each day is an opportunity to participate in life and its evolution. This workshop focuses on developing the practical tools for self-transformation and an increased ability to communicate successfully with others. Problems are opportunities to grow in the areas of our lives that currently await transformation.

You may learn to expand your ability to gain perspective in any situation and develop the options for feelings and behaviors that better suit who you want to be. You may discover greater clarity in what it is you want and how to achieve it, professionally or personally. You may also find how the very limitations you encounter can be transformed into your allies for success.

Neurolinguistics presents an array of practical tools for people to assist themselves and others in achieving the changes they want in an unusually direct way. This experiential workshop will present the basic tools for helping people who are interested in transforming their own lives and for professionals who want to increase the range of thier own current approaches. $450

David Nelson

Hypnosis and Neo-Reichian Body Work

David Silverstein & Gottfried Heuer

This workshop will combine neo-Reichian body work and hypnosis to enable participants to work on different levels simultaneously. By loosening the body armor through the neo-Reichian approach, participants may become more receptive to exploring their unconscious processes. Hypnosis will be used to gain access to altered states of consciousness, to experience or re-experience fantasies, dreams, unfinished childhood situations, and possible past-life events. By bringing together these two approaches to human development, the workshop's aim is to create a safe environment which respects each individual's natural process of growth. $450

Body Changes: Feldenkrais, Rolfing®, and Berry Methods

Dub Leigh, Dee Dee Lozier & Michael Joyce

This is a workshop for individuals interested in beginning or accelerating their process of body change. Through private and group sessions, simple, gentle, and progressive Feldenkrais and Rolf®-patterning exercises will provide participants the chance to experience such changes within the body as increased comfort and awareness, and more harmoniously integrated movement.

The two or more private sessions included in the workshop will focus on resolution of individual functional problems in neuromuscular and connective tissue organization of the body. Participants will be guided in the development of a personal program for continuing improvement at home. $450

Weekend of August 3–5

Transformation—Within and Without

Frances Belmonte, Charles Brandon & Russell Schweickart

Richard Falk, Milbank professor of International Law at Princeton University writes: "often deep transformations in structure are virtually 'invisible' to those who experience them."

It is our thesis that just such a deep transformation in structure as referred to by Falk is now taking place and that the personal and the external aspects of the transformation are interrelated and in fact inseparable. It has been our experience that the awareness of the transformation of the whole can lead to a transformation of the person.

In this seminar we will explore this transformation process—both within and without—on many levels. We will survey the extraordinary

changes taking place in many areas, including physics, theology, medicine, and women's rights and roles. We will examine the proposition that these changes are facets of a singular, elemental, global process. Through the use of audio-visual material of an unusual and dramatic nature, we will accompany Russell Schweickart on his voyage into space as an Apollo 9 astronaut and see our home planet from a new perspective. Through another multi-screen audio-visual presentation we will examine the four major myths that have informed our view of the nature of reality: the animistic, the theological, the Newtonian physical, and the emerging quantum myth.

It seems to us that it is of the utmost value to communicate this experience of the awareness of the elemental global transformation as a means of facilitating the possibility of other persons having similar experiences and awareness. Funds for the preparation of this workshop were provided by The Reality Foundation.

Recommended reading: *The Dancing Wu Li Masters*, Gary Zukav, (Wm. Morrow & Co.); *Quantum Reality: Beyond the New Physics*, Nick Herbert, (Doubleday); *The Aquarian Conspiracy* Marilyn Ferguson, (Tarcher); *A New Science of Life*, Rupert Sheldrake, (Tarcher); *The Politics of Women's Spirituality*, Charlene Spretnak, Editor, (Anchor Press / Doubleday). $230

Dreams, Energy, and Transformation

Kenneth Kelzer

Dreams are a power source within the body / mind, offering us a wide variety of energies and "raw materials of the psyche." These energies, once refined and transformed, serve to elevate our lives to new levels. This workshop will employ a wide variety of dream transformational methods for personal renewal and energy expansion.

We will use gestalt processes, psychodrama, the Senoi methods, Jung's depth psychology, intuitive feedback, and creative art media as our principal tools. Participants will have ample time to present their own dreams and are urged to bring their dream journals to the workshop.

Suggested reading: *Black Elk Speaks*, chapters 3, 13, and 14; *Creative Dreaming*, Patricia Garfield, chapter 5; *Man and His Symbols*, Carl Jung, chapter 1; *Gestalt Therapy Verbatim*, Fritz Perls. $230

"Painting: used purely for its qualities of inner adventure and self-discovery."
– Michell Cassou

The Role and Functions of Crystals

Marcel Vogel

Dr. Vogel writes: "Material covered in this workshop will include: a discussion on crystals and instruction on the preparation of an individual in the work with and use of various crystal forms. We will look at the possibility of using crystals as information transducers and storage devices, taking into consideration the significance of their color and impurities, their use in healing, their essence chemistry, and their use as biological pacemakers." $230

Crossroads: Awareness of Possiblity of Life Change and Personal Growth

Anne Nechama Simkin

This workshop is for people who have reached an impasse in life, who feel that they are at a crossroad and / or are seeking more vitality and excitement. Participants may find it is possible to become aware of exactly where they are and how they got there and that they may explore ways to mobilize and energize their ability to choose and act. Special attention will be given to the ways in which one stops seeking options and alternatives and immobilizes oneself and arrests advancing and adventuring in new directions. Emphasis will be on risk-taking in the safe, supportive milieu of the group. $230

Achieving Sustained High Performance

Jerry Fletcher

Many people have had the experience of suddenly finding they were doing something extremely well, far better than they usually do. They often report that these times of very high performance were easy and flowing, far different from the stress, fatigue, and burnout that can accompany long periods of working hard. Yet until recently little has been known about these high performance experiences. People assumed such times were lucky accidents.

More than five years of research and testing has established that these times are not capricious. Each individual has a unique set of conditions under which they perform exceptionally well. Once they learn their personal high performance pattern, they can deliberately create the conditions they need to sustain their own high performance behavior.

This seminar presents a carefully developed process for individuals to learn what their high

David Nelson

"The Painting Experience" Workshop

performance patterns are, and how to adjust their environment to create the conditions under which they perform exceptionally well. It is particularly valuable for individuals whose effectiveness depends on what they do: entrepreneurs, the self-employed, sales people, creative artists, professionals in private practice, and consultants, and for managers and executives who are looking for a fresh perspective on how to humanely stimulate employees to do their best work. $230

August 4–11

A Gentle Trip on the High Sierra

Maurica Anderson & Greg Henderson

For workshop description see Wilderness Programs, page 41. $410

Week of August 5–10

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $450

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 11. $450

New Directions in Body Work

Brita Ostrom & Vicki Topp

Body work often leads us into the deeper levels of the psyche. How we can most creatively explore and develop these moments of openness will be the focus of this massage workshop. We will use the tools of Esalen massage, gestalt awareness practice, visualization, and movement. No previous massage experience is necessary. $450

New Approaches to Birth, Sex and Death

Christina & Stanislav Grof

In this workshop, we will explore the implications of modern consciousness research for the understanding of the three basic aspects of existence—birth, sex, and death—and their mutual interrelations. We will focus on such issues as the relevance of the birth trauma for psychiatry and psychotherapy, new understanding of emotional, sexual, and psychosomatic disorders, the kundalini syndrome, new revolutionary approaches to self-exploration and healing, and constructive handling of spiritual crises. The format of the workshop combines discussion with deep personal experience and participants will have the opportunity to explore personally their experiences and feelings in the above three areas. We will use the method of "holonomic integration," which combines evocative music, controlled breathing, facilitative body work, and mandala drawing. $450

Creative Attachment: The Art of Making Affectional Bonds

George Kohlrieser

From cradle to grave life involves a changing script of "affectional bonds." These bonds are different from dependency and essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with particular others; a way to explain many forms of physical, emotional, and spiritual distress including emotional detachment, depression, and burn-out. Life

energy is connected to the quality and depth of emotional contact. This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and intense bonding work to understand, create, and celebrate positive emotional attachments. $450

Weekend of August 10–12

Food for Health and Wellness

Joe D. Goldstrich

For workshop description see June 29-July 1. $230

The Human Energy System and Gestalt Process

Alan Schwartz

The human being's movement toward a stable and balanced organism undergoes many adjustments in direct proportion to his/her responses to parental and environmental messages. The result is the formulation of stratified patterns of *visible* physiology and behavior. These join to form that which is usually called personality, one's individual energy system. Two common examples of energy system responses to life stress are those personalities who collapse under stress and those who control. There are many more. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we make and inhibit intrapersonal and interpersonal contact. One focus will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our *consistent* awareness process and the autonomous expression of who we are. For additional information read the August 12-17 description. $230

Awakening the Healer Within: Dimensions of Psychic Healing

Elizabeth Stratton

Every human being is a potential channel for healing energy. Negative conditioning of our emotions, or unconscious beliefs and behavior, combined with environmental factors such as pollution, can give birth to dissociated parts of self which act as impediments to our natural healing abilities. Studies have shown the reality of psychic awareness, in which a person cannot only better understand his/her own functioning, but actually heal and psychically ward off illness.

This workshop will provide a didactic and experiential model for participants to gain a perspective on psychic healing, and the basic skills necessary to develop healing abilities in themselves. Channeling of energies will be taught, along with methods of dissolving impediments to the healing process. $230

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries, all of which can improve by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable". Workshop participants will also be introduced to methods to improve their ability to sense each others bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about their bodies through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens who may find themselves discovering new ways of moving with ease and increased flexibility—painlessly and immediately. $230

Burnout: Causes and Cures

Elliot Aronson & Ayala Pines

This workshop is designed for people who give service to others and who are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues. C.E. credit is available for doctors and nurses; for additional information see page 41. $230

Week of August 12–17

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $450

Letting Go—Moving On

Merri Goldenson (Devarani) & Fred Kalmus

For workshop description see May 13-18. $450

Emotions of Desire: Protecting the Limits of Love and Commitment

Ayala Pines & Gordon Clanton

Love, jealousy, envy, anger, and other powerful emotions are generated in intimate relationships. These emotions are not useless flights of irrationality. Emotions are useful. They are signals we can learn to interpret. They are also shock-abosrbers which can facilitate personal growth and relationship enrichment.

Through group discussions, gestalt work, role-playing, and shared fantasy, we shall become more aware of the varieties of love and the combinations of love-styles that are formed in intimate relationships. In the supportive, non-judgmental workshop context we shall learn and practice constructive ways of protecting love relationships and positive ways of expressing legitimate anger, thus minimizing the pain of jealousy and envy.

This workshop is for everyone who seeks a better understanding of the emotions of desire. It is especially helpful for couples who are seeking to define and protect the limits of their relationships and for counselors who work with people for whom these issues are important. $450

Effecting Change: The Human Energy System and Risk

Alan Schwartz

This is a week for recognizing the *relationship* between personal growth/change and economic/environmental realities. This is a week for *designing a growth pattern* for your individual energy system to provide more stable contact with the difficulties of the emerging decade.

The human energy system represents a constantly changing personality dimension. Often neglected in the system's movement towards maturity is the development of the consistency of strength. We hear metaphors not only of physical strength, but strength of character, strong emotions, and the spiritual and psychic strengths of perception. Lack of strength development leads each of us to develop compensations in order to be able to function in our chosen worlds. Some of the obvious are psychosomatic problems, blame, denial, and indiscriminate sexual functioning. *Power over* self, people, things is often a major compensation for the strength that allows us the *experience* of self, people, and things.

Risk involves awareness of our individual compensations, trusting self and the group process enough to *experiment* with mobilizing more energy. This means rendering more alive the strength of the physiology, feelings, conceptual process, and psychic perceptiveness. The result is clarity and stability and a deeper awareness of the balance of self as we contact the very real issues of the coming decade. For further information, read the August 10-12 workshop description. $450

Psychic Healing: Healer as Visionary

Elizabeth Stratton

To see into a person's essence, into the heart and soul beneath the defenses, is the first step the psychic healer takes when confronted with someone who needs healing. To then mirror back this essence, over and over during the healing process, affords the person an opportunity to choose this vision of wholeness.

Almost everyone has wished, at times, to be able to reach someone who needs healing, but who seems to be resistant. This workshop is for both non-professionals and professionals who would like to learn how to make the kind of healing contact that can lead to transformation.

The workshop will explore: the physical, psychic, and spiritual dimensions of energy; the blocking of energy that can lead to the formation of illness; the will to live, the will to die; illness and death as learning, not punishment; releasing judgment and allowing forgiveness; requirements for recovery in long term, short term, and instantaneous healing; the role of the healer; and channeling healing energy through the heart, eyes, voice, and laying on of hands.

$450

Weekend of August 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $230

Weekend Massage Intensive

George King & Laurie Muller (Lioness)

For workshop description see June 29-July 1.

$230

Evolutionary Process as a Unifying Paradigm

Frank Barr & Michael Buchele

This workshop is designed for the consciousness researcher / explorer who seriously seeks a comprehensive model of reality—one which satisfactorily integrates the spectrum of science with human experience. We will critically examine the theory of evolutionary process of Arthur M. Young, as outlined in *The Reflexive Universe* and *Geometry of Meaning*. Among the topics covered will be: ancient and modern philosophy, psychology, mythology, religion, and esoteric systems (such as astrology) as well as quantum physics, molecular / cellular / developmental biology, and the brain sciences. In particular, we will explore and propose solutions to some of the major current unsolved mysteries, including the "mind-body" problem; psychoneuroimmunology and tissue regeneration; psychedelics, schizophrenia, and "altered states" of consciousness; and parapsychological phenomena. $230

Achieving Maximum Performance in Athletics

Joyce Hanna & Gerald Smith

Within each person's mindset there is a combination of attitudes toward performance which will allow a maximum effort in any athletic event. Since sports uniquely dramatize the human ability to surpass its limits, this workshop will have special emphasis on methods to overcome self-limiting expectations. Recent research in sports psychology, such as the effects of visual-motor behavior rehearsal, relaxation, and imagery on optimal performance, will be reviewed. The primary focus for the workshop will be enhancing your view of what is the best combination of attitudes and disciplines to allow for maximum performance. The following topics will be introduced: tailoring your own goal setting and reward process; handling feelings of boredom, pain, fatigue, and anxiety; dealing with ambivalent feelings toward success; overcoming self-defeating attitudes toward competition; strengthening the capacity for psychological endurance; using prematch mental preparation; incorporating attentional focusing; preventing burnout. Participants will have an opportunity to design their own personalized maximum peformance programs.

$230

The Moving Center

Gabrielle Roth & Moving Center Staff

An American shamanic ritual using music, poetry, sacred dance, and ritual theater experiences to mirror the mind, catalyze the heart, and open the body as a channel for creative energies. Through collective rituals participants will explore individual dreams and visions and learn to share differences. $230

Week of August 19–24

Miracles of Infancy

Laurie Schutz Munyer, Arthur Munyer & Jezariah Canyon Munyer

For workshop description see June 15-17.

$450

The Craft of Dream Analysis: Psyche in the World

Stephen Aisenstat

Stephen writes: "Throughout history dream images have served as windows into the depths of the psyche. Methods of dream analysis have been developed which take into account the Personal Unconscious and the Collective Unconscious. In addition, it is now especially necessary to find a way of listening to dreams which takes into account the realm of the World Unconscious. The World Unconscious is seen as a deeper and broader dimension of psyche in which all of the phenomena of the world (not only human beings) contain a subjective inner nature and are interrelated. At this level of consciousness it is possible, through listening to dreams, to hear the psyche in the world speak of her fate. In these precarious times, it is particularly important to discover how the individual psyche and the collective human psyche can work in cooperation with the world psyche.

"In this workshop, I will review established approaches of dream analysis (personal, existential, and archetypal). In addition, I will offer a new approach to understanding dreams (holonomic). Used to explore the World Psyche, holonomic dream methods are based on principles from archetypal psychology, systems theory, and relativistic quantum physics. Coordinating holonomic dream methods with personal, existential, and archetypal methods, I will demonstrate a multi-dimensional approach of dream work. This workshop is both theoretical and experiential. Please bring your dreams."

$450

Work with Passion

Nancy Anderson

Passion is emotional excitement which comes to us when we feel intensely about some object, person, or ideal. We all have passion within us and often bury it because, early in life, we were ridiculed for "getting carried away." We were often dis-couraged, literally; denied the courage to dream and feel. This workshop is about en-couragement, particularly with our careers, our life work.

Career satisfaction begins with knowing what our passions are, what satisfies us. The heart is the guide to finding and doing work we love. In this workshop we will look at how to follow our hearts to our "right niche" in work. The premise is that we must define ourselves before entering the marketplace, and then we must learn how to research and make contacts in our areas of interest.

The concept is that you create your job by solving others' problems. Every business has problems. Which ones do you want to solve?

Recommended reading: *Work with Passion*, Nancy Anderson (Whatever Publishing).

$450

Catharsis and Beyond

Jessica Moore Britt

Insight and body-oriented practices depend on awareness and on the expression of sensations, feelings, and images that most of us ordinarily repress. Insight and catharsis by themselves, however, may not necessarily lead us into the depth that transpersonal disciplines like meditation and shamanism cultivate. Practitioners of meditation and shamanism, on the other hand, may neglect the emotional / physical clearing that often allows the opening from which our depths may emerge, be perceived, and integrated. This workshop seeks to join these two levels of practice. Using gestalt awareness practice, Reichian breath work, meditation, and chanting, we will begin to explore the relationship between the learned patterns of our personality and the depths of our being. $450

Joyce Rogers

Unity

Gabrielle Roth & Moving Center Staff

This is a five-day shamanic healing ritual designed to inspire and channel the religious, sexual, and creative aspects of life energy into unity and expression. Through music, sacred dance, poetry, and ritual theater processes, participants will explore and present their unique experiences of life's waves, rhythms, and cycles. The Moving Center tools are designed to release gifts, talents, and potentials. $450

August 19–26

Season's of a Woman's Life: Self-Exploration in the Wilderness

Annie Callaway-Galland & Marilyn Mason

For workshop description see Wilderness Programs, page 41. $450

Weekend of August 24–26

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 11. $230

Exploring Self-Acceptance

David Schiffman

For workshop description see June 22-24. $230

Poetry Writing Workshop

Jane Hirshfield

To write a poem is to explore the world as you alone meet it. You discover what you know / feel / think about the poem's "subject" and find a way of describing it that is wider than conscious reality. In this workshop (which is intended for those who do not think of themselves as poets) we will make use of the material at hand—our own perceptions, memories, and ideas, and the Esalen site itself. A series of writing exercises, free writing time, and group discussions will be combined to help

us open ourselves to a realm of language that is empowered, individual, and close to the heart of experience. Participants are asked to bring one poem which is meaningful to them to the first session. $230

Awakening the Dreamer: Tibetan Dream Yoga

Chakdud Tulku Rinpoche & Joan Halifax

Who is the dreamer? What is the relationship between the dream of sleep and the dream of everyday reality? This unusual retreat will explore rare Tibetan Buddhist practices of lucid dreaming and working in the dream state. Clarifying the mind through dream yoga allows one to awaken in the dream of sleep and potentially awaken in the dream of so-called everyday reality. This workshop will include direct teachings, discussion, and practice.

Recommended reading: *Shamanic Voices, Shaman, Wounded Healer*, Joan Halifax; *The Human Encounter with Death*, Stanislav Grof & Joan Halifax. $230

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert & Heinz Pagels

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's Theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar then we have been led (by ordinary physics) to believe. The impact of Bell's Theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what the current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation.

Recommended reading: *Quantum Reality Beyond the New Physics*, Nick Herbert; *The Cosmic Code*, Heinz Pagels (Simon & Schuster). $230

Week of August 26–31

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $450

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week we will focus on how to develop those qualities in ourselves that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based in warmth and humor we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $450

The Painting Experience

Michell Cassou & Stewart Cubley

It is very rare for most people to use painting purely for its qualities of inner adventure and self-discovery, to do it just for the process of exploration, not for the result. This workshop will focus upon the painting experience as a powerful tool for uncovering and dissolving blocks to creative expression. Emphasis will be placed upon the practical experience of creative painting in which participants will be given the support and stimulation to discover a natural way of painting based directly upon feeling. The mechanisms and patterns that prevent creative action will be discussed in order to integrate understanding with experience. The work will take place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. An audio-visual program will illustrate the development of inner expression during the painting process.

The workshop has proved to be of interest to persons involved in a wide variety of disciplines including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop write: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122. (415) 564-8515. $450 (plus $20 materials fee paid directly to the leaders)

Yoga: A Week of Rejuvenation

Ganga White

In a recharging and rejuvenating week combining the Esalen experience with in-depth instruction and practice of yoga, Ganga will share from over sixteen years experience studying and teaching yoga around the world. The course will aim at giving participants the inspiration and understanding necessary to create a personal practice of yoga. Yoga can bring about a strong, healthy, and flexible body, mind, and spirit. When approached correctly it becomes exhilarating and a joy to include in one's life. Ganga teaches a holistic approach that is flowing and graceful and combines asana (posture), pranayama (breathing), and dhyana (meditation).

A special feature of the week will be "double yoga" practice, which is a new system of yoga created by Ganga that is practiced with a partner. It allows you to share your practice with a friend and try poses you couldn't accomplish alone.

The course is open to students of all levels, from beginners to advanced. Students will be shown how to develop a 45 minute daily practice that includes all elements necessary for maintaining optimum fitness. Other topics will include: how yoga works, yoga for the athlete, dealing with injuries, aligning and restructuring the body, diet and nutrition, and meditation.

Recommended reading: *Double Yoga*, Ganga White (Penguin). $450

August 26–September 2

Psychosynthesis: A Seven Day Workshop for Professionals

Harry Sloan

For workshop description see July 22-29. $680

Weekend of August 31–September 2

Letting Go—Moving On

Merri Goldenson (Devarani) & Fred Kalmus

For workshop description see May 13-18. $230

Weekend Massage Intensive

Peggy Morrison Horan & Vicki Topp

For workshop description see June 29-July 1. $230

Relationships: Making it Easy

Wendy Oser & Tom Taussig

The quality of life is intimately connected to how we relate: to lovers, co-workers and, especially to ourselves.

During this weekend we will share strategies, notice beliefs, and clarify priorities. We will use individual and group processes of the mind, the

body, and the heart, aided by the insightful support of video feedback.

Our purpose is to move away from stress and dissatisfaction in the interest of delight and greater equilibrium. The weekend is intended to be a practice session in doing it the easy way. $230

Symbols and Myths of Transformation

Angie Arrien

This seminar is an intensive experiential study of symbols as tools of personal growth and facilitators for increased perception and intuition. We will consider a variety of symbols: psychologically, as archetypes of individuation, and cross-culturally, as universal constants. The symbols to be studied and experienced include: sun and moon, trees, flowers, circles / wheels / mandalas, totem animals, masks, light and fire, the elements, sacred mountains, the body and its parts, the journey / path, and others. Some of the sources of symbolism that we will draw on are astrology, alchemy, mythology and folklore of all the cultures, and tarot. Special attention will be given to the uses and significance of symbols in dreams, art, and the helping professions. Specific symbolic creative projects and exercises in extending perception and intuition will be part of the seminar. $230

Week of September 2–7

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

For workshop description see May 27-June 1. $450

Mothers And Daughters: Confluence Into Contact

Lois & Gail Stewart, Christine Stewart Price & Jenny Price

The relationship between mother and daughter is one of the deepest and most intimate of connections. The experience of feeling that deep connection while also knowing oneself as a separate and whole individual can lead to the richness that comes when one matures out of confluence and into contact. The group's four leaders span three generations of women from one family and bring to the group skills in gestalt practice, group process, Reichian breath work, massage, and theater improvisation. This is a workshop for mothers and daughters to attend together and explore the issues that prevent clear contact between them and celebrate the nourishment that they can find with each other. $450

Five Days with Carl Whitaker

This will be a five day effort to facilitate the transition from *doing* family therapy to *being* a family therapist, via using symbolic experience to deprogram our lifetime of purposeful interpersonal manipulation. $450

Optimizing Health and Performance

Neil Fiore

Most of us manage the stress in our lives, and even enjoy it to some extent. But too often we pay the price of weakened health and less than optimal performance when stress becomes chronic and enthusiasm is dampened. In careers and lifestyles that are challenging and developing, we could all use greater control over stress, the ability to rapidly relax and recuperate, and skill at tapping the creative ability of the unconscious mind.

In this workshop we will draw on the wizardry of Dr. Milton H. Erickson and Bandler and Grinder, on elements from stress management, cognitive-behavior modification, and assertiveness.

You will be provided with methods for: identifying patterns and beliefs that evoke the stress response, rechanneling stress into problem resolution, concentrating on task and goal accomplishment, and developing deep relaxation and recuperation.

Recommended reading: *The Road Back to Health*, Neil Fiore (Bantam). $450

The Foundations of Body Image

Andrea & Deane Juhan

This is a course for the improvement of your relationship with the body—your own and those you contact personally and professionally. Each major area of the body will be studied and experienced in turn. The sessions allotted for each area will include: slides and discussion to familiarize the group with the basic anatomical structures; specific stretches and exercises to isolate the muscles and joints in question; movement, dance, and visualization to explore the psychological dimensions of each body part; instruction in massage methods designed to locate and alleviate common problems.

The intent is to provide enough concrete experience for each participant to feel a change for the better in self image; to provide enough discussion to understand how the improvements occurred and how they may be sustained; and, particularly, to help you contact your images of your physical self—the body you do have, the body you think you have, and the body you could have. $450

September 2–9

A Seven Day Workshop in Rubenfeld Synergy Method

Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The Rubenfeld Synergy Method is a system for the dynamic integration of body, mind, and emotions. The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander method, and Feldenkrais exercises will be used as a gateway to contacting, expressing, and working through deep feelings. Massage staff will be on hand to assist the workshop.

We have the choice to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $680

Weekend of September 7–9

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $230

Yoga: The Physical, Psychological, and Spiritual Dimensions

Joel Kramer

This workshop will allow you to experience a mind / body approach to yoga that combines Eastern and Western perspectives, enabling yoga to directly enhance the quality of your daily life. The physical yoga sessions will introduce an approach to postures that use breath to create energy and center awareness. As the body has tight areas that limit energy, so, too, does the mind. The mental yoga sessions will show how to use the mind to transform itself and expand consciousness.

We will explore how yoga relates to emotions, health, consciousness, relationships, and other aspects of life. This workshop is for anyone interested in experiencing yoga or deepening their practice.

Recommended reading: *The Passionate Mind*, Joel Kramer. $230

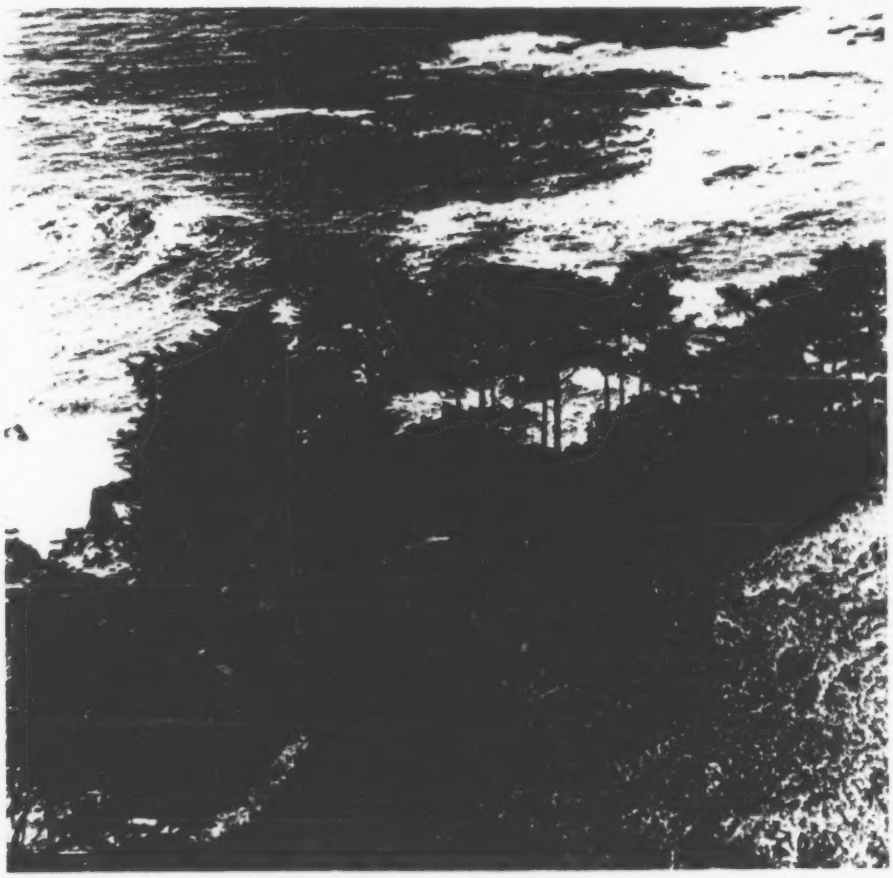
Ritual and Personal Power

Starhawk

In this weekend workshop we will explore the tools of ritual that can evoke our own power-from-within. Using the framework of the four elements—air, fire, water, and earth—we will work with breath and visualization, sensing and projecting energy, trance states, and grounding to embark on a rite-of-passage. Ritual creates a sense of community. Part of our challenge as a group is to bond without hierarchy, to become a circle in which we empower each other. Alive to our own power, we can connect with the deeper powers of the living, enspirited earth.

Recommended reading: by Starhawk: *The Spiral Dance* (Harper & Row) and *Dreaming The Dark* (Beacon Press). $230

Steve Beck



The Big House

Pattern and Paradox: An Orientation in Hypnosis, Communication, and Change

Paul Lounsbury & Nancy Winston

The intention of this workshop is to generate access to the participants' use of their own natural intelligence. Paradoxically, as human creatures, we use our intelligence too often, to repetitively and habitually impose limitations onto an infinitely rich realm of possibility. This is done without knowing the processes involved in the interpretation of experience onto symbols, without recognizing the difference between the symbols themselves and the realities they represent. These habitual patterns of perception affect at least two important perspectives: the limits for knowing what one can know and the thresholds for imagining what can be achieved.

Conscious and unconscious patterns of communication will be explored and used to expand individual frames of reference and to generate new and desired responses. Essential value will be placed on the individuality of each personality and the sensitivities of the "unconscious" in communication. Hypnotic phenomena will be induced and utilized throughout the workshop to access personal potential including: time distortion, age regression, positive and negative hallucination, catalepsy, analgesia, hyperesthesia, and amnesia. Governing principles operating on perceptual processes will also be worked with including those patterns used in constructing reality. While some people will find this work provocative, the workshop will be most suitable for professionals and those who enjoy expanding personal thresholds and recognize that play is the transition between fantasy and reality. $230

Week of September 9–14

Five Day Massage Intensive

Bill Liles & Laurie Muller (Lioness)

For workshop description see May 6-11. $450

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 11. $450

The Body Has Its Reasons

Peter Levine & Ed Jackson

For workshop description see June 10-15. $450

Move and Dance

Anna Halprin & Daria Halprin Khalighi

From the delight-maker (Koshares) of the American Indian dances to the comedy within the Greek tragedy, the role of humor has been an important factor in releasing stress and tension on the personal as well as social level. Yet it seems as if many of us in our daily lives, both personally and professionally, have forgotten this age-old art, and are not enjoying as much play, lightness, and creativity as we might like.

In this workshop, we will have the opportunity to recapture the fun and excitement of dance and to use humor, play, and serious study to break through emotional, physical, and mental blocks that interfere with our creativity. Specific skills developed at the Tamalpa Institute of San Francisco Dancers' Workshop will be used to increase movement range, imagination, and artistic development.

This workshop is for students, potential students for Tamalpa trainings, educators, health practitioners, counselors, handicapped and little people, couples, elders, performing artists, and others.

For further information about this workshop write: Tamalpa Institute of SF Dancers' Workshop, Fort Mason Center, San Francisco, CA 94123. (415) 771-1212.

Recommended books by Anna Halprin: *Movement Ritual I* (available at Esalen); *Collected Writings II* (available by writing SF Dancers' Workshop) $450

Weekend of September 14–16

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $230

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

For workshop description see June 8-10. $230

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

For workshop description see August 10–12. $230

A Celebration of the Goddess Within

Margot Adler

In this workshop we will explore ecstatic communion with what has been called *goddess energy*. We will look at the idea of goddess as an image of personal empowerment for women and as a source of creative power for all people. The weekend focuses on ritual and celebration

as a way of attuning ourselves to the cycles of the seasons, the cycles of moon and sun and stars, and as a means to end our estrangement and alienation from the planet and from each other.

We will participate in and create a ritual for the fall equinox, as well as chant, dance, and explore ways of deepening our encounter with the cosmos. Other topics will include the use of dreams, pathworking, and meditation to deepen ritual experience, and the idea of magic as a non-manipulative personal tool.

Suggested reading: by Starhawk: *The Spiral Dance* (Harper & Row), *Dreaming The Dark* (Beacon Press); by Margot Adler: *Drawing Down the Moon*. $230

From Stress to Optimum Health: Soviet and American Perspectives

Dulce Murphy & Kenneth Pelletier

Drawing upon both American and Soviet medical perspectives, this seminar will explore the following subjects: longevity, social factors involved in disease, health promotion and disease prevention, stress, bio-feedback, visual imagery as a cure for disease, and other alternative approaches to health-care. The seminar leaders will report on their recent Soviet trip to continue work on the Esalen Soviet-American Health Promotion Project and Dr. Inna Kolgunenko and Tatyana Khromchenko of the Institute of Cosmotological Rehabilitation and Health will discuss optimum health in the U.S.S.R.

Recommended reading: by Kenneth Pelletier: *Holistic Medicine: From Stress to Optimum Health*, *Longevity: Fulfilling Our Biological Potential* (Delacorte & Delta), *Healthy People in Unhealthy Places: Stress and Fitness at Work* (Delacorte, Delta, & Doubleday). $230

Applied Vulnerability

Donald Michael

Don Michael writes: "In my work to help organizations and individuals plan more intelligently for the future, I've come to feel that the main task we face in the next crucial twenty years is that of learning to be better learners. This sounds simple and obvious on the surface, but consider for a moment how much time we spend disguising our uncertainty and ignorance and acting as if we really know what we are doing and how to do it. There is a parallel between what happens when people begin to pay close attention to the processes of their mind (in meditation, for instance), and when they begin to study the vastly complex political, social, and economic processes and systems of our world: in both cases, we begin to see how little we really know about ourselves as individuals and social beings. Far from this realization being something to be ashamed of, the recognition of our ignorance about our situation is the starting point for *embracing* our ignorance and for the profound sense of vulnerability it entails. Only then does it become possible for us to feel compassion, for ourselves and for our fellows.

"During our time together I will introduce several skills, or what I call 'new competences,' which follow from compassion and which open the possibility for humane and just responses to personal and social crises. These skills include acknowledging high levels of uncertainty, error embracing, being future responsive, goal setting, self knowledge, and interpersonal competence. The focus is on applying these skills directly in our lives—in the decisions we make in the workplace as well as in family situations, and in all the various circumstances in which we have the chance to make ignorance and uncertainty our best teachers. My experience has been that, even in so short a period as this workshop, as we learn to be more comfortable with our uncertainty, we can win freedom from the need to act over-cautiously and conservatively out of fear of making a mistake and from the need for those defensive, self-protecting, interpersonal posturings that make it so hard to act responsibly and compassionately. The workshop is appropriate for those who are interested in applying these skills to their personal lives as well as for persons interested in professional and vocational applications."

For further information on Don Michael and his work see the interview entitled "On Applied Vulnerability" in the September 1983-February 1984 issue of the Esalen Catalog. $450

Week of September 16–21

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 12. $450

Gestalt

Seymour Carter

For workshop description see June 24-29. $450

Pattern and Paradox: An Orientation in Hypnosis, Communication, and Change

Paul Lounsbury & Nancy Winston

For workshop description see September 7-9. $450

Five Days with Paul Horn

". . . blending music, philosophy, movement, and meditation into a meaningful integration of life."

Suggested listening: by Paul Horn: *Inside, Inside the Great Pyramid, China, Jupiter 8, Heart to Heart, Inside the Magic of Findhorn*. $450

Relationships: Deepening the Connection Between Men and Women

Joel Kramer & Diana Alstad

This workshop will provide an environment for open communication and understanding between men and women. We will look at such basic issues as: trust, freedom and commitment,

Joyce Rogers

A week long gestalt workshop with Jack Downing, specially arranged for our visitors from Japan, with the use of simultaneous translation.

power, jealousy, adequacy, and sexuality; why relationships fall apart; what men and women don't know about each other; the male point of view—what feminism left out; why we are often attracted to people who aren't "good" for us; why some "autonomous" women still lose themselves in relationships with men; keeping relationships new once the newness has worn off; using the mind to open the heart.

Awareness and intelligence can help keep passion and sexuality alive over time. A process will be presented which can enable you to move beyond the patterns and blind spots that may prevent a relationship from forming, or that may keep an existing relationship from growing. Understanding yourself and examining how you interact with others can eliminate many seemingly hopeless conflicts.

This workshop is open to couples or individuals. There will be discussions, group interaction, and exercises focusing on specific issues relevant to the participants. $450

Weekend of September 21–23

A Special Weekend at Esalen

Except for two introductory workshops, we have set aside this weekend for all those Esalen friends who would like to spend time at Esalen, enjoying the grounds, the baths, and contact with the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual, and we will have Big Sur musicians and dancers as part of the weekend's activities. $120

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $230

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11. $230

Week of September 23–28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 11. $450

Choosing to Change

Harry Sloan

For workshop description see June 17-22. $450

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

For workshop description see June 17-22. $450

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman

"Anything which is forced or misunderstood can never be beautiful."—Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of the self-defeating patterns of the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us.

In this workshop the group will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $450

Opening the Feelings

Dale Cummings

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix® intensive, a period of individual work within a small group setting, which can provide emotional support among participants. Grief or pain, fear and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time the sexual experience may change as feelings of tenderness and sexual feelings intensify and merge. $450

Weekend of September 28–30

Exploring Self-Acceptance

David Schiffman

For workshop description see June 22-24. $230

Clairvoyant and Clairsentient Practices

Helen Palmer & Wendy Palmer

The two most identifiable aspects of intuition are the ability to see and the ability to sense a range of information that is unavailable to the thinking self. Clear sight and clear sensing have their historical bases of training in the traditions of visualization and martial arts practices.

This workshop will be an introduction to the internal focusing practices that can provide access to the intuitive state of mind. The particular visualization and martial arts exercises are presented in such a way that they can form the basis of discrimination between personal projections and accurate visual and sentient impressions from situations unknown to the thinking self. $230

Bach Flowers

Nancy Sanders

The Bach Flowers are a simple, holistic system of healing developed in the 1920s and 1930s by Edward Bach, a British physician. This workshop will be an introduction to using the flower essences for yourself and your family, friends, and clients. The flowers are associated with physical, emotional and spiritual imbalances in an individual, and are extremely powerful for treating illness, or for facilitating change in a healthy person who is interested in personal growth and is evolving on a spiritual path. The weekend will consist of lecture presentations, and experimentation with the flowers, with an emphasis on developing interviewing and diagnosing skills.

Recommended reading: *The Twelve Healers*, Edward Bach; *Handbook of the Bach Flower Remedies*, Chancellor. $230

The Screenwriter as Mythmaker

Phil Cousineau & Tom Schlesinger

If, as Freud wrote, "myths are public dreams and dreams are private myths," then the screenwriter in the Dream Factory of the movies is one of our more redoubtable myth-makers.

In the stories he or she tells around the flickering light of our modern caves, the cinema, the storyteller of film evokes powerful archetypes and further probes a story structure that can be traced back to the earliest recorded tales.

Our workshop is for the socially conscious screenwriter and film buff alike. Using guided imagery and movement work we will employ creative writing exercises to explore how "images deny our nothingness," as Malraux said, and with film clips and slides, film scores and stills, we will discuss the social phenomenology of the movies and the responsibility of the film maker. The model of the Heroes' Journey will be the template for our consideration of the role of mythology, fairy tales, legends, and literature in films ranging from *Wizard of Oz* and *High Noon* to *Apocalypse Now* and the *Star Wars* trilogy. Against the background of contemporary folklore we will contrast the harsh reality of commercial pressures and creative restrictions that face the screenwriter.

By examining how movies reflect the culture at large, its hopes and dreams, its fears and anxieties, we will review—and experience—the role of the storyteller as mythmaker and the dynamics of the narrative film that provides a model for social action and consciousness itself by attempting to resolve the perennial conflict between the individual and society.

One of the screenwriters from Tom Schlesinger's book, *The Writer-Director as Storyteller*,

Joyce Rogers

will be on hand for the workshop. Name to be announced at a later date.

Recommended reading: *Storytelling and Mythmaking*, Frank McConnell, (Oxford); *The Hero With a Thousand Faces*, Joseph Campbell (Bollingen). $230

The Art of Self-Direction

Lenore Lefer

This workshop is about personal, social, and cultural change. It is about creating, initiating, and directing change as well as responding to those alterations that we seem not to choose. We will explore how to be causal around change and how to include our deepest values. Do we know what is meaningful, and how do we integrate that into our life? It is an art to lead a self-directed life that includes both personal and social responsibility.

Founded conceptually in psychosynthesis, the focus of this self-exploration will be experiential, using imagery, inner dialogue, meditation, and individual and group process. The environment will be supportive and evocative. This workshop is appropriate for professionals who deal with transitional crises in their own work.

Recommended reading: *What We May Be*, Pierro Ferucci, *The Act of Will*, Robert Assagioli. $230

Week of September 30–October 5

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11 $450

Reflectors

Jenny O'Conner & the NINE

For workshop description see June 24-29 $450

Giving Peace a Chance

Jacqueline Schwartz

Jacqueline writes: "When I set out to design this course specifically for those in or entering into the helping professions, I quickly came to see that *most* professions involve helping and working with others, and that most of us can benefit from time away from the workplace to replenish and expand our resources and spirit. These five days will be devoted to methods of natural breathing for developing greater relaxation, with particular emphasis on mindful awareness. Mindfulness is 'paying attention' in the present moment. The focus is: coming into awareness, momentary staying, and the passing away of physical sensations, sounds, sights, smells, thoughts, and emotions, as we experience them through conscious physical movement, eating, talking, sitting in silence, and in many other contexts. While the emphasis of the seminar is on attending to the *processes* of mind and body rather than specific content, attention will be given to working with physical, mental, or emotional pain that may emerge naturally through the simple act of paying attention.

"Mind and body can naturally come into balance when they are allowed to do so. The environment of Esalen and mindful awareness can help us settle into the present, allowing us to release past tensions, accumulations, and resistance. Deeper states of peace have a chance to emerge. The practice becomes one of being present, mindful, and at peace not only at retreats and workshops, but in every aspect of our lives." $450

Human Potential Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to educate the human potential, which means the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers and for discussion of the work.

Suitable for professionals and non-professionals alike $450

Weekend of October 5–7

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 11 $230

Gestalt

Seymour Carter

For workshop description see June 24-29. $230

Weekend Advanced Massage Intensive

Bill Liles & Deborah Anne Medow

This seminar is designed for people who have some experience in giving massage. Through demonstrations and practice sessions, participants will be taught how to increase the effectiveness and efficiency of their massage skills and have the opportunity to add fresh approaches to their work. The intent is to help participants make deeper and more sensitive contact, and to heighten their awareness of the responses they are creating. $230

Improvisation

David Darling

With a sense of magic, David offers to both the accomplished musician and non-musician a freedom and excitement to break through to a

unique and personal power of self-expression. From a lifetime of his own musicianship and years of teaching others, he has developed a teaching style and method that is devoted to several ideas: that everyone is musical and can perform; that the quality of inspiration is a matter of the moment-by-moment experience of the flow of sound through space; and that instruments are sound-making objects, not sophisticated technical problems to confront.

This workshop uses improvisation games that awaken childlike curiosity, movement exercises to release the blockages and stiffness that inhibit energy flow, and individual and ensemble work with any musical instrument, including the voice. Spontaneous performances in small and large ensembles give each participant a chance to share music, song, design, poem, movement, or pure inspiration. Bring any instrument that you play or would like to play. Instruments are provided for those who need them. A sophisticated recording system and an electronic playback system for electric instruments are provided. $230

Building From a Place of Beauty: A Workshop for Gay Women and Men

Sally Smith, Joan Brozovich & Peter Alpert

The leaders write: "Even though long out of the closet, gay women and men still feel the burden of oppression. This workshop questions how much of this is internalized oppression and how much is still due to a homophobic society.

"Participants will have the opportunity to examine how their own internal presuppositions are restrictive, self-limiting, and actually may contribute to the phenomenon of oppression.

"Join us if you believe it is time to move with courage beyond your barriers of fear into a more universally loving place." $230

Week of October 7–12

The Body Has Its Reasons

Peter Levine & Ed Jackson

For workshop description see June 10-15. $450

Ritual Theater

Antero Alli

Ritual means "root." The value of ritual rests in its capacity to restore our living sense of the sacred. Ritual Theater, a non-performance medium concerned with how rituals evolve, combines elements of theater, dance, and Zen meditation to provide participants with skills in designing personal and collective rites of passage. The purpose of these rites are threefold: making direct spiritual contact, sustaining integrity, and establishing ourselves through re-

Joyce Rogers

The Esalen garden

lationship. Guides along the way include: commitment, resistance, laughter, writing, rhythm, gesture, sound, autonomy, and sacrifice. Each work session begins with a gentle yet rigorous physical warm-up. Bring clothing suited for movement.

Recommended reading: *Zen Mind, Beginner's Mind*, Shunryu Suzuki (Weatherhill). $450

Homeopathic Medicine for Self-Care and Professional Practice

Dana Ullman

Animal poisons such as snake and bee venoms, minerals such as arsenic and mercury, and plants such as belladonna and poison oak are all valuable and effective medicines commonly used by homeopaths. Each are individually prescribed to a person based on the specific symptoms they cause in overdose, and then they are given in specially prepared non-toxic dose. Since symptoms of a sick person are the body's efforts to adapt to the various stresses he or she is experiencing, it is logical and ultimately effective to give a medicine that would create in overdose these similar symptoms. Homeopathic medicines go *with*, rather than *against*, the body's efforts to heal itself.

This workshop will provide an overview of homeopathic philosophy and homeopathic self-care. Reference to developments in new physics, Jungian psychology, and energy medicine will provide us with helpful understanding of homeopathy. Homeopathic methodology and clinical practice will be discussed with a particular emphasis on how participants can practically apply homeopathic principles and medicines in professional practice or self-care. Participants will learn how to use at least 20 different homeopathic medicines for self-care applications.

Suggested reading: *Homeopathic Medicine for the Family*, Stephen Cummings & Dana Ullman (Tarcher). $450

Empower and Fit: The Use of the Human Potential to Transform Work into Joy

Will Schutz

Will writes: "The human potential movement is destined to be regarded historically as a major cultural watershed, a time and place where a variety of people and traditions converged and created quantum leaps in our understanding of the human condition—body, mind, spirit. The movement is comparable to the Bauhaus in architecture, the Vienna Circle in philosophy, and Paris in the 20s in literature—occasions where breakthroughs were made that affected our lives in important ways.

"A next step is to take the results of the human potential movement and to apply them to establishment institutions. By empowering the individual and by creating a better fit between individuals, between individual and job, between individual and organization and by creating an atmosphere of openness, self-responsibility, and self-knowledge, a new concept of work and of organizations emerges. Work becomes a source of excitement, productivity, and joy and organizations become temples of human achievement and pleasure.

"This workshop explores the application of these principles to specific organizations. A program called "The Human Element," embodying these ideas, has been administered to NASA, the United States Army in Okinawa, a Catholic hospital in Iowa, the staff of the Association for Humanistic Psychology, and elsewhere, with startling results. Aspects of this program will be described and demonstrated to participants. Some new instruments based on a major revision of the Firo theory will be presented." $450

> "The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man."
>
> —George Bernard Shaw

Weekend of October 12–14

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 11 $230

A Course In Miracles: A New Thought Form for Our Time

Julian Silverman

For workshop description see June 8-10 $230

Reprinting: A New Growth Process

Hector Prestera

For workshop description see June 15-17 $230

Life Change, Career Change

John Caple

"Work is love made visible," wrote Kahlil Gibran. In this workshop, participants will examine their work-life and work options as part of the larger pattern unfolding in their lives. Working from a conceptual base, the group will use integrative exercises, art, body work, and gestalt processes to seek answers and consider life decisions. The goal is for participants to see more clearly what they want and how to get it. One outcome will be a specific action plan.

This weekend is for those who want more value in their life at work, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life / work issues during group meetings and in pre-breakfast runs.

Suggested reading: *Careercycles*, John Caple (Prentice-Hall). $230

Psychic Sense and Psychic Nonsense

Charles Tart

To believe that everything labeled "psychic" is true is stupid. To believe the psychic is nothing but nonsense is also stupid, and narrows your world. We can increase the possibilities in our lives by being intelligently open to the psychic or be susceptible to manipulation and delusion by failing to discriminate the true, the possible, the improbable, and the nonsensical.

This weekend will be a survey of what 100 years of scientific research on parapsychology has learned about the psychic, and some of its implications. We will discuss the reasons and the ways we fool ourselves about the psychic, but mainly survey cutting-edge developments in research, such as remote viewing, psychokinesis on electronic devices, out-of-the-body experiences, and survival of death. Bring your hopes and your fears, your skepticism, and your intelligence!

Suggested reading: by Charles Tart: *States of Consciousness*, and *Transpersonal Psychologies* (Psychological Processes), *Altered States of Consciousness* (Dutton, N.Y.), *On Being Stoned: Psychological Studies of Marijuana Intoxication* (Science & Behavior Books, Palo Alto); with Harold Puthoff & Russel Targ: *Mind at Large* (Praeger, N.Y.) $230

Psychedelic Prospectives on Future History

Terence McKenna & Friends

Terence McKenna writes: "How clearly do we perceive the impact of psychoactive plants and the shamanic experiences they induce on the origins and future development of humanness? What role are the plant psychedelics playing in the hyper-future outside of history? How have our cultural biases, from the Mandaeans to the Maya, caused us to misunderstand the crucial part psychedelics have played in the evolution of language and cultural self-image?

"We will explore these matters conversationally using our collection of people, books, and ideas as resources."

Recommended reading: *The Invisible Landscape*, McKenna & McKenna (Lux Natura); *Cosmos and History*, Mircea Eliade.

This will be a didactic workshop. The use of hallucinogens is not permitted at Esalen. $230

Special Programs

Graduate Studies Program with Jack Rosenberg

This will be a professional training program for licensed or license-eligible psychotherapists and graduate students in integrative body psychotherapy (IBP), formerly, gestalt body therapy (GBT). IBP is a complete system of psychotherapy with an emphasis on breathing as a vehicle for the integration of body, mind, emotions, and spirit. The program will consist of approximately one week (five days) at Esalen every five weeks for a period of two years. This program can lead to an M.A. or Ph.D. in psychology through affiliation with an approved degree-granting institution. The program will be didactic and experiential and is based on a tutorial system with Jack Rosenberg and staff. If interested, please contact Jack Rosenberg, 1107 W. Washington Bl., Venice, Ca. 90291. Please include personal and therapeutic history and educational background.

Healthspring Traveling Workshops

The Esalen massage teachers and their associates have created Healthspring, an independent organization devoted to extending their work into an outreach program. Healthspring will conduct workshops at locations outside of Esalen in your hometown or city. Focused on building and maintaining optimal health, the workshops can be designed to suit the needs of individual groups, combining such approaches as massage, body awareness, breath enhancement, movement, stretching and aerobic dance, meditation, yoga, and other health-strengthening disciplines.

For more information on scheduling a Healthsprings group in your community, write to: Healthsprings Traveling Workshops, Esalen Institute, Big Sur, California 93920.

May 4–June 29
Leonard Energy Training: A Certification Program

George Leonard, Annie Styron Leonard & the Leonard Energy Training Staff

For the second year, a limited number of applicants will be accepted for an intensive, rigorous, eight week program leading to possible certification by the Leonard Energy Training Institute. The program will be conducted under the personal supervision of the Leonard Energy Training Staff and will include cognitive, physical, psychological and spiritual training.

Leonard Energy Training can be described as a comprehensive body of work that teaches practical, alternative ways of dealing with life situations and of enhancing the flow of vital energy. Though it does not aim for emotional catharsis, it is sometimes psychologically intense. Though its purpose is practical and down to earth, it often brings about results that seem extraordinary or even paranormal. Its ultimate purpose is centeredness, harmony, and service to others.

Candidates will learn to teach Leonard Energy Training exercises and lead workshops, but the emphasis in this program is on experiencing a grace under pressure that offers the possibility of personal transformation. At the end of the first four weeks, candidates for certification will be evaluated through a series of tests and ordeals, and those for whom the work seems inappropriate may leave the program. In this case, half of the payment will be refunded. Applicants should be in good physical and psychological shape, and willing to give their wholehearted effort at all times. For further information and an application form, write Leonard Energy Training Institute, P.O. Box 609, Mill Valley, CA 94942. $4250

May 13–June 8
Technologies of the Sacred: Ancient and Modern Approaches

Christina & Stanislav Grof

This four week interdisciplinary educational program is designed for professionals and students in the fields of psychiatry, psychology, comparative religion, anthropology, and philosophy, interested in the theory and practice of the spiritual quest. Special attention will be paid to the similarities between mysticism and psychosis and to the crises related to evolution of consciousness. This seminar is part of a systematic effort to create an international network of individuals trained to facilitate the process of transformation and to assist in spiritual emergencies. The program will focus on the following thematic areas:

Ancient Technicians and Technologies of the Sacred: We will explore theoretically and practically with visiting spiritual teachers, shamans, and anthropologists the methods that have been developed by various shamanic traditions and ancient spiritual systems, such as the Tibetan Vajrayana, Kashmir Shaivism, Siddha yoga, the Buddhist Vipassana, Zen, and aikido.

Theory and Practice of Transpersonal Psychology: Prominent representatives of the transpersonal movement who have made significant contributions to the field will introduce participants to the rediscovery of spirituality by western science—modern consciousness research with and without psychedelic drugs, experiential psychotherapies, anthropology, neurophysiology, and quantum-relativistic physics.

Psychosis: Disease or Transpersonal Crisis? Participants will be exposed to a new understanding of the psychotic process and non-ordinary states of consciousness emerging from psychedelic therapy, Jungian analysis, kundalini research, and modern clinical and laboratory studies.

Self-Exploration and Group Process: The workshops of this series use an experimental educational format that combines didactic input with personal experience. The Esalen staff and guest leaders will act as facilitators for participants throughout the program. Reservations should be addressed to Christina Grof, c/o Esalen. $1800

October 28–November 23
Evolution of Consciousness: The Path of the Senses

Christina & Stanislav Grof

This four week interdisciplinary educational program is designed for professionals and students in the fields of psychiatry, psychology, anthropology, art, religion, and philosophy to explore experientially and theoretically the use of human senses in emotional and psychosomatic healing, personality transformation, and consciousness evolution. The program will focus on the following areas:

Ancient and Non-Western Technologies of the Sacred Utilizing Human Senses. We will explore theoretically and practically the methods developed by various ancient and non-Western cultures which produce significant temporary and lasting changes in consciousness by modifying input in various sensory areas, such as the use of yantras, mandalas, perception of colors and focused visual attention; mantras, instrumental music, chanting, and drumming; acupuncture, various forms of body work, massage, and other physical intervention; movement, dance, and other forms of kinesthetic stimulation; and materials activating smell or taste.

Modern Laboratory Methods of Consciousness Alteration Focusing on Human Senses. We will discuss and explore the use of sensory isolation, sensory overload, stroboscopic stimulation, various forms of biofeedback, holography, holophonic sound technology, hypnosis, and various kinesthetic devices. Special attention will be paid to the implications of psychedelic research for the understanding of human nature and for the emerging paradigm in science.

The Concept of "Spiritual Emergency" or Transpersonal Crisis. This aspect of the program will focus on observations suggesting that certain non-ordinary states of consciousness, if supported rather than medically suppressed, are conducive to emotional and psychosomatic healing and consciousness evolution.

Self-Exploration and Group Process. The workshop's format will be both didactic and experiential, with the latter including controlled breathing, focused body work, and other methods. The coordinators and the Esalen staff will function as facilitators for participants throughout the workshop. Reservations should be addressed to Christina Grof, c/o Esalen. $1800

Wilderness Programs

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

Up to 3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

May 4-12
Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Jessica Moore Britt & Steven Harper

Nature can provide us with opportunities to stretch our limits and explore our inner wilderness. By living in a natural environment we can expand our sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. We will travel "light," with instruction in minimum impact camping, ecology, and the geography and cultural history of the area.

With the wilderness as our mirror, we will explore our inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, we will create a time of cleansing and contemplation, culminating in a 24 hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley, with natural hot springs, for our last night together. There, meditation instruction will be available for those who wish it. Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration.

$400

May 12-20
Rites of Passage: Baja California's Secret Mountains

Dick Galland & Annie Callaway-Galland

The rugged Sierra Nevada, California's mountainous backbone, almost disappears as it crosses the Mexican border into the Baja peninsula. About one hundred miles below the border it rises to form the Sierra San Pedro Martir, a forested plateau about 7500 feet high. On the eastern edge of this plateau, the soaring granite form of Picacho del Diablo, Baja's highest peak, rises to over 10,000 feet. This workshop will take us from a trailhead on the plateau's western edge through pine forests, broad open meadows, and along clear streams to the base of Diablo on the eastern escarpment. From there participants may climb the peak. To the west the green hills slope off into the Pacific. In the east the plateau falls away to the desert and the waters of the Gulf of California. Participants will descend onto the desert through a sinuous granite canyon, pausing to play in waterfalls and deep pools.

Group members will carry everything they need in packs, cook over fires, and learn a range of basic wilderness skills, including basic rock climbing. Twenty four hours will be spent alone in reflection and contemplation. The workshop will also include psychosynthesis, group process work, yoga, and journal writing. No previous experience is required. You should be healthy and reasonably fit. The program begins and ends in San Diego. Complete information on travel, clothing, and equipment will be sent upon registration.

$595

June 16-23
Rites of Passage: A Southwestern Odyssey

Dick Galland & Annie Callaway-Galland

Zion National Park in southern Utah is a land of superlatives. The magnificence of the wind and water-sculpted sandstone captures the imagination of all who visit here. From the first Spanish explorers following the Virgin River into the cool depths of Zion Canyon in 1776 to the modern adventurer seeking solitude and renewal, the sweeping vistas offer inspiration of soaring proportions.

Beginning our journey on the forested plateau near the Park's northern boundary, we will carry everything we need in our packs, traveling through pinyon and juniper, perhaps glimpsing deer or coyote. We will visit Lava Point and Angel's Landing and walk through the Narrows of the Virgin River gradually descending 4000 feet to the lush inner Canyon and Visitors Center. Making camp near springs and along streams, we will cook delicious meals together over fires and stoves, study the geology of the area, and reflect on the Paiute Indians who first hunted and fished here. There will be time for exploring fern grottos and sinuous side canyons, morning yoga in the sun, and learning how to live and travel comfortably in the backcountry. Nights will find us sitting by the fire recalling the day's adventures and the feelings that this magnificent land and journey evoke. Toward the end of our trip each of us will spend 24 hours alone in reflection and contemplation.

You should be healthy and reasonably fit and have a sense of adventure. This program begins and ends in Cedar City, Utah. Complete information will be sent upon registration. $550

July 1-8
Walkabout: A High Sierra Adventure

Dick Galland & Annie Callaway-Galland

A walkabout is a passage, a step into new ways, a time for reflection and reaffirmation. For seven days we will explore the remote and spectacular Great Western Divide in the heart of the southern Sierra Nevada, California's mountainous backbone. The trip will start by van and take us through groves of giant sequoia to our trailhead at 8000 feet. Carrying everything we need in our packs, we will ascend through forests of pine and fir to rest in meadows of bright wildflowers and camp by rushing streams. A spectacle of granite spires standing sentinel above deep green valleys will unfold for us as we cross a 12,000 foot pass. Setting out from our camp in a small alpine basin, we will be taught novice rock climbing and rappelling, ascend a nearby peak, and play on lingering snowfields. Near the end of the week, each of us will spend 24 hours alone in reflection and contemplation.

This workshop is based on the notion that our responses to the challenges of the wilderness reflect our responses to the challenges of daily life. From the lessons of the wilderness we can come to see ourselves with more clarity and thus act with a greater sense of purpose. Woven into the week are yoga, journal writing, and process work, as well as the skills necessary for living comfortably and easily in the mountains. You should be healthy and reasonably fit and have a sense of adventure. This workshop begins and ends in Fresno. Complete information will be sent upon registration.

$550

July 21-27
Zen and the Art of Fly Fishing in Yellowstone National Park

Dick Galland

Dick writes: "This week-long program is set in Yellowstone, mecca for American fly fishers since the early years of this century. Here among geysers, travertine pools, abundant wildlife, and unmatched scenery are the best waters of the West in which to learn the skills necessary to become accomplished fly fishers. We will be challenged by the slicks and rich hatches of the Firehole to the tumbling pocket water and deep runs of the Madison.

"No other sport offers the opportunity for so intimate a look into natural world—and into oneself—as fly fishing. There is a subtlety of movement and focus akin to the Eastern

meditative disciplines. The trout must be approached with delicacy and grace. Learning to fly fish has more to do with disciplining the mind and body and tuning the senses than with killing trout. Indeed, it is the most ecologically sensitive way to fish as the trout are released unharmed.

"During this week, we will camp together at streamside, preparing meals over fires and campstoves and sleeping beneath the stars. Each day we will travel by van to a different stream or river and will be taught a full range of fishing skills, from basic casting to advanced nymph and streamer methods. The small group size allows ample time for individualized instruction on the water.

"Whether you are a novice intrigued by the delicacy of fly fishing, or an old hand wishing to experience the extraordinary waters of the Park, this program will give you the chance to become more proficient. Open to men and women, the program begins and ends in West Yellowstone, Montana. A detailed information packet will be sent upon registration." $525

August 4–11
A Gentle Trip on the High Sierra

Maurica Anderson & Greg Henderson

During this seven day workshop in wildflower season we will hike eight miles to a clear mountain lake (10,000 feet) off the main trails in the John Muir Wilderness area of the High Sierra. *Mules will carry in all the food, camping equipment, and personal gear*, enabling us to have outrageously good food (fresh and frozen meats, fruit, and vegetables). We will camp by the lake for six nights, taking day hikes to the surrounding lakes and meadows, working with body awareness, massage, psychodrama, gestalt, and group process, and laughing a lot. We will get to know the high country, one another, and ourselves.

Mountaineering experience is not necessary, but applicants should possess a good sense of humor and be capable of hiking uphill at altitudes of up to 11,000 feet. For a detailed information sheet write or call Maurica Anderson, 1112 Curtis St., Albany, Ca. 94706 (415) 526-5814. Participants will meet in the Sierra on August 4. Fee includes food, wine, permits, and pack mules in and out. $410

August 19–26
Season's of a Woman's Life: Self-Exploration in the Wilderness

Annie Callaway-Galland & Marilyn Mason

Women are discovering that their life cycles and crises differ substantially from those life experiences of men. Most adult developmental models, however, are male-oriented and women find themselves with road maps that don't fit. Through an outdoor adventure and aided by the use of an evolving feminist model of adult development, the focus of this workshop will be to help women identify and make clear choices about which "season of their life" they are living.

Reflecting on our own inner seasons, we will hike together exploring nature in the summer-autumn of her life, acquiring wilderness skills and becoming infused with the rich lore of the Ventana wilderness—from the dry chapparal to the spectacular Big Sur Coast ridges.

We will camp at Esalen our first night, drive to the trailhead the next afternoon, and return to Esalen the following Sunday morning to enjoy the hot springs and lunch. No previous wilderness experience is necessary. A complete equipment list and reading list will be sent upon registration. $450

Medical Programs

Esalen Institute is a California state approved provider for continuing education for health professionals. The California Medical Association has granted Esalen Category 1 approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Esalen Institute — Approved Provider for Physicians

August 10–12
Burnout: Causes and Cures
Elliot Aronson, Ph.D. & Ayala Pines, Ph.D.
10 hours

Esalen Institute — Approved Provider for Registered Nurses

July 8–13
Zero Balancing:
Beginning / Intermediate Workshop
Fritz Smith, M.D.
30 hours

Future Programs

October 21–26

Five Days with Jack Rosenberg

Big Sur Wilderness Experience
Stephen Harper & Roderick Nash

October 26–28

The Holistic Revolution in Medicine
Larry Leshan

The Gentle Art of Becoming - Together:
A Workshop for Couples
David Schiffman & Elisa Lodge Schiffman

How To Deal with the Soviets: A Colloquium
Robert Bathurst

October 28–November 2

Creating a Musical Comedy
Didi Conn, David Shire, Nancy Kaye Lunney & Bradley Bernstein

The Practical Art of Risk-Taking
David Schiffman

October 28–November 4

Psychosynthesis:
A Seven Day Workshop for Professionals
Harry Sloan

November 9–11

The Upstart Spring:
Reflections on Esalen and the Human Potential
Walter Truett Anderson & Theodore Roszak

Experiencing Your Psychic / Intuitive Abilities
Anne & Jim Armstrong

November 11–16

Fluidity of Being: Rolf®-Movement
Elisa Lodge Schiffman

November 16–18

On Letting Go
Judyth Weaver

Keeping a Good Relationship Alive
Betsy Hand & Gerald Smith

Biographical Information

A

Margot Adler, p. 33 — a pagan priestess who has worked for 12 years within the traditions of goddess spirituality and modern witchcraft is author of *Drawing Down the Moon*.

Stephen Aizenstat, p. 29 — clinical director of the Human Relations Institute, has conducted dream groups throughout the U.S. and recently completed a comprehensive research project on theories and methods of dream analysis.

Antero Alli p. 37 — has been performing, directing, and writing original multi-media theater works for eleven years. Nine years ago he designed Ritual Theater.

Peter Alpert p. 37 — is a psychologist in private clinical practice in San Francisco and has conducted research regarding internalized oppression among gay people.

Diana Alstad p. 34 — taught the first women's studies courses at Yale and Duke. She has led male/female groups with Joel Kramer in North America, Europe, and Asia.

Maurica Anderson p. 21, 27 — regularly uses psychodrama and other practices at alcohol treatment centers and for organizational development. She has led Esalen High Sierra wilderness trips for many years.

Nancy Anderson, p. 29 — president of Cole Associates, specializes in communications. She leads workshops on organizational development, is in private practice, and is a business consultant in finance, sales, and marketing.

Anne Armstrong p. 24 — has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong, p. 24 — a former engineer, is a life-long student and teacher of esoteric studies.

Elliot Aronson p. 28 — is a professor of psychology at the University of California, Santa Cruz. He has published over 60 articles on interpersonal relations and authored ten books, including *The Social Animal*.

Angie Arrien p. 32 — is a Basque folklore specialist, anthropologist, and a tarot counselor who teaches at the California Institute of Asian Studies.

B

Frank Barr p. 29 — is a physician, neuroscientist, and consciousness researcher who has applied Arthur Young's process paradigm to such problems as the mind-body interface, schizophrenia, altered states, and regeneration.

Frances Belmonte p. 25 — is a theologian, teacher, and lecturer. She is currently on the faculty of Loyola University of Chicago.

Daniel Bianchetta p. 17 — practices intuitive readings, shiatsu, and deep tissue work at Esalen. He is a teacher and student of Siddha yoga.

Robert Bly, p. 14 — poet, editor, translator of poetry, is author of several books including *This Tree Will Be Here for a Thousand Years* and National Book Award winner *Light Around the Body*.

Charles Brandon p. 25 — is chairman of The Reality Foundation. Educated as a physicist, he helped found a major corporation. He has been following transformations in various disciplines for 8 years.

Jessica Moore Britt p. 14, 17, 21, 29, 33 — is a registered nurse who is presently a member of the Esalen community and a practitioner of gestalt, Reichian, and wilderness approaches to healing and well-being.

Joan Brozovich, p. 37 — a licensed psychologist in private practice in San Francisco, works with gay individuals, couples, and groups and consults with agencies to develop staff training on gay issues.

Michael Buchele p. 29 — is a physician who synthesizes holistic medicine with Arthur Young's theory of evolution process.

C

Annie Callaway-Galland, p. 15, 18, 21, 30 — professional wilderness guide and counselor, hatha yoga teacher, and writer, has been leading Esalen trips for many years.

Anne Caple p. 18 — is a technical writer and editor with earlier careers as homemaker and fiber artist. She is a student of the intuitive process.

John Caple p. 18, 38 — is a career counselor and college professor with an earlier career in business management.

Paul Carter, p. 21 — co-founder and director of Meta-Education and Training Arts since 1976, leads workshops in the U.S. and Europe in Ericksonian hypnosis, family therapy, creativity, and learning.

Seymour Carter p. 13, 19, 22, 34, 36 — has taught gestalt at Esalen and other growth centers in the United States and Europe for over 12 years, and is currently a teacher in residence at Esalen.

Michell Cassou p. 31 — is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.

Stanford Eugene Cates p. 16 — is working and in training with Paul Rebillot, assisting and co-leading groups. He has trained in Trager psychophysical integration and is a minister.

Mary Kay Christian, p. 23 — a specialist on conflict resolution, is writing a semi-autobiographical book entitled *The Maverick Couple*, about breaking the conventional rules for successful relationships and being happier for it.

Gordon Clanton p. 28 — teaches sociology at San Diego State University and is the author of *Jealousy* and *Fact to Face to Face: An Experiment in Intimacy*.

Phil Cousineau p. 35 — is a freelance writer and film educator. He has lectured and taught for the American Film Institute and is currently working on a novel and a screenplay.

Stewart Cubley, artist and scientist, is a co-founder of the Expressive Painting Studio in San Francisco.
p. 31

Dale Cummings, MFCC and certified Radix® teacher, is in private practice at the Radix® Center in Santa Monica, and is also a trainer for the Radix® Institute in Ojai.
p. 35

D

David Darling, master cellist, composer, conductor, and teacher, has recorded many records, including *Journal October*, *Cycles*, and *River Notes*.
p. 36

Laura DeNuccio (Ma Prita) certified Radix® practitioner, combines Reichian body work, emotional release, gestalt practice, Bates vision improvement, and other approaches to well-being in group and private instruction.
p. 16, 20, 21, 32

Steven Donovan is director of The Transformation Project and an Esalen trustee.
p. 14

Patrick Douce, a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais awareness through movement and is available for individual sessions in functional integration.
p. 28, 33

Jack Downing, M.D., is a psychiatrist with a comprehensive background in gestalt, Rolfing®, Arica, applied kinesiology, and neurolinguistic programming.
p. 19

Joel Dweck, formerly a physicist and freelance builder, is a certified Radix® teacher in private practice in Santa Monica, California.
p. 23

Ken Dychtwald, psychologist and international consultant, is the author of *Bodymind*, *Millennium: Glimpses into the 21st Century*, and *The Aging of America* (forthcoming).
p. 24

F

James Fadiman is a management consultant and teaches at Stanford and the California Institute of Transpersonal Psychology. He has taught Sufi stories for several years.
p. 14

Neil Fiore, a licensed psychologist practicing hypnosis, is working on the effects of stress and anxiety on performance and health.
p. 32

Corey Fischer is an actor, writer, and founding member of Traveling Jewish Theater. In fifteen years he has worked with, among others, Joe Chaikin, Linda Putman, and The New York Shakespeare Festival.
p. 19

Jerry Fletcher is president of High Performance Dynamics, Inc., a training and management consulting firm which specializes in assisting individuals and organizations to reach and sustain high performance levels.
p. 26

Susan Franklin-Tanner is an actress, director, and teacher of improvisational theater. She is based in Los Angeles and affiliated with the Living Stage Company in Washington, D.C.
p. 24

Joyce Frazee is a gestaltist whose training includes art, group process, bioenergetics, body awareness, and psychosynthesis.
p. 20

G

Dick Galland, professional wilderness guide and fly fishing instructor, was founding director of Southwest Outward Bound and currently heads Clearwater Trout Tours. He has led Esalen trips for several years.
p. 15, 17, 18, 21, 23

Merri Goldenson (Devarani) is a chiropractor, certified Radix® teacher, Bates vision instructor, and is in private practice in West Los Angeles and San Francisco.
p. 15, 28, 31

Joe D. Goldstrich is a cardiologist, and a former medical director of the Pritikin Longevity Center, and is in private practice in Santa Monica, Ca.
p. 20, 28

Annette Goodheart, a licensed marriage, family, and child counselor and educator, has led workshops on laughter, aging, relationships, sex, and sensuality. As a painter she has had numerous private gallery exhibitions.
p. 23

John Michael Grey, co-founder of a research institute at Stanford, integrates neurolinguistics, cognitive psychology, and Ericksonian hypnotic practice with transpersonal psychosynthetic approaches.
p. 24

Susan Griffin is an author, poet, teacher, and lecturer. Formerly an instructor at U.C. Berkeley and San Francisco State University, she now teaches writing privately.
p. 17

Christina Grof studied with Swami Muktananda and has a special interest in the kundalini process and "transpersonal crises." She is founder of the Spiritual Emergency Network and co-author of *Beyond Death*.
p. 15, 21, 23, 27

Stanislav Grof is a psychiatrist with over twenty years experience in consciousness research with and without psychedelics. He is author of *Realms of the Human Unconscious* and *LSD Psychotherapy*.
p. 15, 21, 23, 27

H

Joan Halifax, medical anthropologist, director of the Ojai Foundation, and dharma teacher in the Zen Chogyl Order, has worked with shamans and healers the world over.
p. 31

Anna Halprin, founder of the San Francisco Dancers' Workshop and co-founder and teacher at the Tamalpa Training Institute in Marin County, is the author of *Movement Ritual I* and *Collected Writings*.
p. 33

Daria Halprin-Khalighi is a gestalt movement facilitator and is co-founder and teacher at the Tamalpa Institute in Marin County.
p. 33

Betsy Hand, former resident staff member of the Gestalt Institute of Canada, has 20 years experience with families, couples, and groups. She is in private practice in Kentfield, California.
p. 14, 22

Joyce Hanna is a fitness consultant in Palo Alto, Ca. She is a tri-athlete and a ranked marathon runner.
p. 29

Steven Harper teaches for Colorado Outward Bound and the National Outdoor Leadership School, and is currently the coordinator of the Esalen Wilderness Programs.
p. 12, 14

John Heider, a psychologist in private practice in Coconut Grove, Florida, is a group leader and teacher of group leaders. He was part of the Esalen Residential program from 1967-71.
p. 36

Greg Henderson leads groups at the Augustine Center in Melbourne, Australia.
p. 27

Nick Herbert, *p. 31* ..... an independent researcher in the foundations of physics, is completing a popular book on quantum foundations entitled *Quantum Reality: Beyond the New Physics* (Doubleday).

Gottfried Heuer, *p. 25* ..... a neo-Reichian specialist at the Gerda Boyesen Institute for Biodynamic Psychology in London, studied hypnosis in Vienna and is a published author on the subject.

Jane Hirshfield *p. 30* ..... is a poet whose work has appeared in *The New Yorker*, *The American Poetry Review*, and *The Nation*. Her first collection, *Alaya*, was published in 1982.

Peggy Morrison Horan *p. 21, 22, 31* ..... is an Esalen masseuse and teacher, and coordinator of the Esalen Childbirth Education Program.

Paul Horn *p. 34* ..... is a flutist, jazz musician, creator of the *Inside* albums, and teacher of meditation.

J

Ed Jackson, *p. 33, 37* ..... trained in family medicine, pediatrics, and epidemiology, teaches in Berkeley, California. He is in private practice and is interested in gestalt and Reichian body work.

Galvin Jackson, *p. 22* ..... an educator, musician, and counseling consultant, is founder and senior coordinator of the firm, Consultants for Creative Growth.

Eli Jaxon-Bear, *p. 24* ..... former director of a Buddhist meditation center, is a master practitioner of neurolinguistics who integrates this work with Ericksonian hypnotic practice and Eastern philosophies.

Michael Joyce, *p. 25* ..... a somatologist and Feldenkrais teacher in private practice in Nevada and California, is author of works on physiological learning and functional intelligence.

Andrea Juhan *p. 11, 32* ..... is an Esalen deep tissue and massage practitioner, leads movement exploration classes for various group leaders, and conducts Esalen community classes in stretch/aerobic exercises, and dance.

Deane Juhan, *p. 32* ..... a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.

K

Charles Kaiser *p. 22* ..... is a reporter for the New York bureau of the *Wall Street Journal*.

Fred Kalmus, *p. 28, 31* ..... co-founder of the Alternative Choice Counseling Program, leads workshops in stress management for corporations and individuals.

James Kavanaugh, *p. 18* ..... former priest, psychologist, novelist, and poet, is the author of twenty books and director of an institute in Reno, sponsoring SEARCH workshops.

Kenneth Kelzer *p. 26* ..... works as a transpersonal educator and counselor in California. Using dreamwork, he has been conducting classes and groups for over ten years.

George King, *p. 14, 22, 29* ..... a massage practitioner for 22 years, has worked throughout the U.S., Europe, and South America.

Marilyn King, *p. 21* ..... two-time Olympian and former head coach at U.C. Berkeley, has created "Beyond Sports" to teach self-actualization skills through athletics.

Joel Kirsch, *p. 15, 18* ..... a founding member of the Energy Training Institute, has developed and presented energy training programs in management, human resource development, sports, dance, and education.

Susan Kirsch, *p. 18* ..... with a background in educational research and training, specializes in speech communications. Her doctoral project is entitled *Trust and Energy Training in Organizational Development*.

Murray Korngold *p. 19* ..... is a certified acupuncturist and a teacher and speaker on parapsychology and psychic healing.

Joel Kramer, *p. 32, 34* ..... a western master of physical and mental yoga, has taught with Diana Alstad throughout the world on the evolution of awareness and male/female relationships.

L

Stephen LaBerge *p. 23* ..... is a scientist dedicated to the transformation of human consciousness. He teaches and does research on conscious or "lucid" dreaming at Stanford University.

Benj Langdon, *p. 19, 35* ..... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.

Lenore Lefer, *p. 36* ..... currently maintaining a private practice in San Francisco, is on the training staff of the Psychosynthesis Institutes of London and San Francisco.

Dub Leigh *p. 16, 25* ..... has been trained by Ida Rolf and Moshe Feldenkrais and has studied with Lauren Berry and Milton Trager.

Annie Styron Leonard *p. 14, 16* ..... is an associate director of Wellness Associates of Mill Valley, California, where she teaches workshops and classes in energy awareness and its application to wellness.

George Leonard, *p. 14, 15, 16, 17, 18, 19* ..... author of *Education and Ecstasy*, *The Transformation*, *The Ultimate Athlete*, and *The Silent Pulse*, holds a black belt in aikido, from which he derives his present work.

Peter Levine *p. 17, 33, 37* ..... has practiced and taught Reichian body work for many years. He holds doctorates in medical biophysics and psychology. His interests include the effects of stress on children and infants.

Bill Liles, *p. 23, 33, 36* ..... a member of the Esalen massage crew for many years, integrates polarity with traditional Esalen massage.

Paul Lounsbury *p. 33, 34* ..... has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.

DeeDee Lozier *p. 16, 25* ..... is a Feldenkrais practitioner who studied with Moshe Feldenkrais in the United States and Israel.

Nancy Kaye Lunney, *p. 17* ..... is gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, does individual as well as group work, and is manager of programming at Esalen.

M

Gregory Manteuffel, *p. 19* — medical director of the homeopathic Hering Family Clinic, Berkeley, received advanced training in homeopathy from the International Foundation for Homeopathy and the Himalayan Institute.

Marilyn Mason *p. 30* — is founder and director of Wilderness Learning Institute and is a professional wilderness counselor. She is also a family and sex counselor at Family Therapy Institute in Minneapolis.

Terence McKenna *p. 38* — authored *The Invisible Landscape* and *Psilocybin: Magic Mushroom Grower's Guide*. He studied shamanism at U.C. Berkeley and has lived in tropical Asia and Amazonas.

Deborah Anne Medow, *p. 18, 22, 36* — Esalen body work practitioner and group leader since 1969, teaches ashtanga yoga, massage, creative movement, and related healing disciplines, and studies Native American tradition.

Don Michael *p. 34* — is author of *On Learning to Plan and Planning to Learn* and professor emeritus in planning and public policy at the University of Michigan.

Laurie Muller (Lioness), *p. 14, 29, 33* — a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.

Arthur Munyer *p. 18, 29* — is a long time resident of Esalen and a member of the massage crew. He was one of the first faculty members at the Gazebo School at Esalen.

Jezariah Canyon Munyer, *p. 18, 29* — born February 11, 1983, is his parents' favorite teacher.

Laurie Schutz Munyer *p.* — has been a long time resident of Esalen, a staff member in several capacities, and has assisted at Gazebo. She is now a member of the Esalen massage crew.

Dulce Murphy *p. 34* — is a founder of the Esalen Soviet-American Exchange Program and director of its Health Promotion Project.

Michael Murphy *p. 14* — is co-founder of Esalen Institute and founder of The Transformation Project. He is author of *Golf in the Kingdom, Jacob Atabet, The Psychic Side of Sports,* and *An End to Ordinary History*.

N

Robert Nadeau, *p. 23* — a spiritual researcher, has been leading workshops in centering and awareness for over 15 years. He holds a fifth degree black belt in aikido.

Naomi Newman, (aka Pollack) *p. 19* — director, writer, and performer with Traveling Jewish Theater, is a member of the Gestalt Institute, Los Angeles. Her theater work has gone hand in hand with her work as a counselor.

O

The NINE *p. 20, 36* — "We are pure thought human fantasy seeking a road to the birth canal of reality where we will be seen as 'The NINE'."

Jenny O'Connor *p. 20, 36* — is a psychic from England, and is a channel for "The NINE."

Wendy Oser, *p. 31* — founder and director of Video Feedback Service of Berkeley, and creator of Video Insight, specializes in transpersonal, professional, and personal applications of video.

Brita Ostrom, *p. 21, 23, 27* — a longtime Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.

P

Heinz Pagels, *p. 31* — executive director of the New York Academy of Sciences, author of *The Cosmic Code*, professes physics in New York City.

Helen Palmer, *p. 35* — a clairvoyant counselor, is director of the Center for the Investigation and Training of Intuition. Her approach uses personality issues as access points to psychic perception and the inner life.

Wendy Palmer, *p. 35* — a teacher and director of the Lomi School, holds a black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.

Marianne Paschke-Carter *p. 21* — combines movement, hypnosis, conscious breathing, and Trager psychophysical integration in her work with individuals, families, and groups.

Kenneth Pelletier *p. 34* — is assistant clinical professor of psychiatry at U.C.S.F.; assistant professor, Public Health Department, U.C. Berkeley; and director of the California Health and Medical Foundation.

Ayala Pines, *p. 28, 29* — research associate in the psychology department, U.C. Berkeley, is the author of *Experiencing Social Psychology* and *Burnout: From Tedium to Personal Growth*.

Prem Das (Paul Adams) *p. 21* — completed a six year apprenticeship with the Huichol Indian Shaman, don Jose Matsuwa and studied/practiced Raja yoga with Baba Hari Das in India.

Hector Prestera, *p. 18, 38* — a physician, acupuncturist, Rolfer®, certified neurolinguistic trainer, and practitioner of Ericksonian hypnotherapy, is in private practice in Monterey.

Christine Stewart Price *p. 11, 32* — combines gestalt awareness practice with creative visualization. She is a born-again pagan.

Jennifer Price, *p. 32* — age 9, was born at Esalen, is an alumna of the Gazebo and a junior staff member there.

R

Paul Rebillot *p. 16* — was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.

Linda Rice-Mandigo *p. 23* — is a counselor in private practice in New York.

Kenneth Ring, *p. 22* — active in the field of near-death studies since 1977, is a psychology professor and president of the International Association for Near-Death Studies at the University of Connecticut.

Chakdud Tulku Rinpoche, *p. 31* — a Tibetan lama and medical doctor, brings to Western students his teaching of medicine, tantra, ritual, painting, sculpture, and traditional folk arts.

Sogyal Rinpoche, *p. 16* ... a Tibetan lama and specialist in the traditional knowledge associated with the *Tibetan Book of the Dead*, is director of a special project with the Scientific and Medical Network in London.

Nancy Rosanoff *p. 23* ... teaches energy strategies and creativity as a private counselor and business consultant. She is based in New York City.

Jack Rosenberg, *p. 39* ... author of *Total Orgasm*, has trained in gestalt and Reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.

Gabrielle Roth *p. 29, 30* ... is the creator of the Moving Center method of catalyzing natural movements. She lives on the east coast, where she directs and performs with her own theater / dance company.

Ilana Rubenfeld *p. 32* ... is the originator of her own integration called "gestalt synergy." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.

Anne Ruderman, *p. 23* ... a certified Radix® teacher and clinical social worker, is in private practice in Santa Monica, California.

Rutuima, *p. 21* ... Prem Das' wife and don Jose's brother's (don Carlos') granddaughter, is a mother and teacher of Huichol.

S

Nancy Sanders, *p. 35* ... a licensed social worker, has been teaching about Bach Flowers for the past five years at Esalen and elsewhere in the United States and Canada.

David Schiffman *p. 16, 19, 23, 30, 31, 35* ... a longtime leader at Esalen, is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being.

Elisa Lodge Schiffman *p. 14, 16, 23* ... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf® -movement integration.

Tom Schlesinger, *p. 35* ... whose screenplay, *Power Play*, is presently in production, is a film educator and moderator of seminars for the American Film Institute.

Will Schutz, *p. 38* ... founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity*.

Alan Schwartz *p. 13, 28* ... is a college professor and gestaltist in private practice in New York City. His latest article in print is "The Human Energy System and Spirituality."

Jacqueline Schwartz *p. 36* ... has lectured at the World Health Organization in Geneva, Switzerland and teaches throughout the United States and Europe. She is currently writing a book.

Russell Schweickart *p. 25* ... is a California Energy Commissioner and Apollo-9 crew member. His experiences during a 46-minute space walk permanently changed his view of the planet Earth.

Julian Silverman, *p. 17, 38* ... an Esalen trustee, is director of counseling and psychological services at U.C. Santa Cruz.

David Silverstein *p. 25* ... is a hypnotherapist and neo-Reichian practitioner in private practice in Berkeley, Ca.

Anna Nechama Simkin, *p. 26* ... trained in gestalt with Erv and Miriam Polster and Jim Simkin, is a licensed clinical psychological assistant, State of California, and has conducted workshops internationally.

Harry Sloan, *p. 18, 24, 31, 35* ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Dr. Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.

Fritz Smith *p. 21, 22* ... is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is in a private practice of holistic health in Watsonville, California.

Gerald Smith *p. 14, 22, 29* ... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*.

Sally Smith *p. 37* ... first led gay groups and couples' groups at Esalen in the late 60s. She currently leads groups for gay couples and is a licensed masseuse.

Starhawk, *p. 32* ... a feminist and peace activist, is a counselor in private practice in San Francisco, and a teacher of the European goddess tradition, often called witchcraft.

Gail Stewart *p. 32* ... has been teaching and practicing massage and body work for several years. She teaches in Berkeley, both privately and at the Gefion School.

Lois Stewart, *p. 32* ... a trainer in interpersonal communication skills and a Trager trainee, has a private practice near Washington, D.C. and has 62 years of practice in learning to be a human.

Elizabeth Stratton, *p. 28, 29* ... a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.

T

Charles Tart *p. 38* ... teaches psychology at U.C. Davis, and is internationally known for his research on both parapsychology and on altered states of consciousness.

Tom Taussig *p. 31* ... teaches psychology and computer science, and is irreverently committed to life being easy.

Gioia Timpanelli, *p. 14* ... poet, storyteller, educational TV writer and broadcaster / producer, is author of *Stones for the Hours of the Night* and Emmy award winner for the series "Stories from My House."

Vicki Topp *p. 18, 27, 31* ... joined the Esalen massage staff in 1968, and is currently interested in integrating emotional release work and the transpersonal aspects of body work.

U

V

Dana Ullman, *p. 19, 38* ... author of *Homeopathic Medicine for the Family*, is an educator, publisher, practitioner, and public policy advisor specializing in homeopathy, alternative health-care, and self-care.

Marcel Vogel, *p. 26* ... a senior scientist at IBM in the field of material science, has worked on developing liquid crystals and rare earth phosphors. He has also worked on healing with crystals.

W

Carl Whitaker, *p. 32* ..... professor emeritus at the University of Wisconsin, is one of the world's leading innovators in family communication and therapy. He is co-author of *Roots of Psychotherapy* and *The Family Crucible*.

Ganga White, *p. 31* ..... an internationally known teacher and master of yoga, is author of *Double Yoga* and has received the titles "Yogacharya" and "Yogiraj" (King of Yogis) in India.

Robert Anton Wilson, *p. 24* ..... a visionary, humorist, novelist, playwright, poet, popular science writer, and libertarian philosopher, is a founder of the Institute for the Study of Human Future and a director of the Prometheus Society.

Nancy Winston *p. 33, 34* ..... is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling throughout North America.

Z

John Zeigler *p. 23* ..... is a gestaltist and counselor in private practice in New York City. He originated, directed, and performs in *The Maverick Couple*, a totally improvised Off-Off Broadway comedy / drama.

Janet Zuckerman *p. 11, 21* ..... has been on the teaching staff at Esalen for more than ten years. Her work includes emotional release work, group process, and gestalt practice.

Friends of Esalen

We invite you to join us in our organization—Friends of Esalen.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the Esalen Catalog for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student	$15	One Year Donor	$50	One Year Patron	$500
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Please mail to: Friends of Esalen, Big Sur, California 93920.

Catalog Subscription Information

The Esalen Catalog is published tri-annually. Subscription cost for one year, including postage and handling, is $8 for the United States, $10 for Canada and Mexico, $14 for Europe and South America, and $16 for all other countries. **Please make all payments in U.S. currency.** A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, Ca. 93920.

☐ To obtain future issues of the Esalen Catalog and occasional mailings for one year, please send a check or money order in **U.S. currency only** to: Esalen Institute, Big Sur, Ca. 93920. A preaddressed envelope is included in this catalog for your convenience.
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

Name _____ Address _____

City _____ State _____ Zip _____

☐ Please send a complimentary copy of the Esalen Catalog to the person listed below:

Name _____ Address _____

City _____ State _____ Zip _____

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

Please notify us if you change your address and check here ☐ if you are receiving duplicates of the catalog.

Food for the Senses

a book of recipes and artwork by people of the Esalen community is now available.

To order by mail, use the following form.

Please send me _____ copies of **Food for the Senses** at $5.95 each, plus an additional $1.20 per book for postage and handling, or a total of $7.15. (California residents add $.35 tax.) I am enclosing a total of $ _____

Name _____ Address _____

City _____ State _____ Zip _____

Please mail to: **Food for the Senses**, Esalen Institute, Big Sur, Ca. 93920. Make checks payable to Esalen Institute. Allow 6 weeks for delivery.

Audio Recordings

Tape Recordings of Human Potential Programs

The human potential movement continues to have unusual events which in turn produce unusual recordings. Each issue of the Esalen Catalog lists a number of new titles and also includes some from the Big Sur Recordings archives. Nearly all tapes are stereo, from live events, and tape length is normally 1 to 1½ hours. These recordings are available on cassettes only. Single-tape titles are $9 with check or money order ($10 by purchase order):

Robert Schwartz: *Toward a Higher Human Language, 1983*
Norman Lear: *Communications, Liberty, and The New Right, 1983*
Robert Muller: *The Language of Happiness, 1983*

Jean Houston: *The Possible Human/The Possible Society, 1983*
Marilyn Ferguson: *Our Dreams Work in the World, 1983*
Elizabeth Campbell: *Strategies for the 1980s*

Thomas Szasz: *The Myth of Psychotherapy*
Toni & John Lilly: *Reality and Beliefs*
Fritjof Capra: *Turning Point: Shifting Paradigms*
Claudio Naranjo: *Insights into Spiritual Birth*
Jack Kornfield: *The Simplicity of Spiritual Practice*

Father Bede Griffiths: *Christianity, Science, and Mysticism*
Rupert Sheldrake: *Morphic Resonance (Formative Causation)*
Sogyal Rinpoche: *Interview on Death and Dying*
Gregory Bateson: *Eternal Verities of Life, 1980*

Charles Brooks: *Introduction to Sensory Awareness*
Charlotte Selver: *Experiments in Sensory Awareness*
Robert Bly: *The Six Powers of Poetry*
Gioia Timpanelli: *Fairy Tales: The Enduring Stories*

Albert Hofmann: *LSD and the Nature of Reality*
Terence McKenna: *New and Old Maps of Hyperspace*
Terence McKenna: *The Definitive UFO Tape*
Robert Anton Wilson: *The Prism Lecture*
Michael Harner: *Drumming for the Shamanic Journey*

Aldous Huxley: *Human Potentialities, 1962*
Alan Watts: *Interviewed by Michael Murphy, 1964*
Carl Rogers: *The Intensive Group, 1966*
Abraham Maslow: *Self-Actualization, 1966*
Fritz Perls: *Dream Theory and Demonstration, 1968*
Alan Watts: *Divine Madness, 1968*

Two-tape titles are $16 with check or money order ($18 by purchase order):

Carl Rogers: (2) *A Weekend at Esalen, 1983*
Father Bede Griffiths: (2) *Convergence of Religions, 1983*
Jack Kornfield: (2) *Pitfalls of Spiritual Practice, 1983*
Frank Herbert: (2) *Conversations at Home with Frank and Bev, 1983*

Rupert Sheldrake: (2) *A New Science of Life*
Sheldrake, Capra, Targ & Grof: (2) *Considerations*
Stanislav & Christina Grof: (2) *The Holonomic Consciousness Paradigm*
Sogyal Rinpoche: (2) *Training for the Moment of Death*

Angeles Arrien: (2) *The Story of Basque Mysticism*
Michael Harner: (2) *Shamanism, Songs, and Spirit Canoe*
Andrew Weil: (2) *Interplay of Mind and Body Realities*
Robert Bly: (2) *Poetry East and West*

Wilson Van Dusen: (2) *Interviewed by Michael Murphy, 1963*
Wilson Van Dusen: (2) *Confronting Hallucinations, 1968*
Bernard Aaronson: (2) *Tantric Chant, Poetry, and Hypnosis, 1969*
Poetry of Robinson Jeffers: (2) *A Dramatic Presentation, 1972*

Please add $2 to your order for handling and mailing. California residents include 6% tax. Please mail your order with check payable to: WORKSHOP CASSETTES, Hot Springs Lodge, Big Sur, California 93920. Suggestions regarding recordings are appreciated.

The Dolphin Series: (complete sets in vinyl albums)

Arthur M. Young: *Interviews on His Life and Work* (4 tapes, 5 hours) $40 with check ($44 with purchase order)
Theodore Roszak: *The Unfinished Animal* (4 tapes, 6 hours) $40 ($44)
Donald Keys: *Inner Transformation and Outer Involvement* (4 tapes, 6 hours) $40 ($44)
Jack Kornfield: *Buddhist Meditation and Practice* (4 tapes, 5 hours) $40 ($44)
Anne & Jim Armstrong: *A Psychic Training Program* (4 tapes, 6 hours) $40 ($44)
Julian Silverman: *The Structural Basis for Body Work* (4 tapes, 5 hours) $40 ($44)
Joseph Campbell: *Imagery in the Novels of James Joyce* (4 tapes, 6 hours) $40 ($44)
Jack Rosenberg: *A New Understanding of Relationships* (4 tapes, 4 hours) $40 ($44)
Theodore Roszak & William Irwin Thompson: *Personal and Cultural Transformation* (4 tapes, 4 hours) $40 ($44)
Rollo May: *A Weekend with Rollo May: The F. Scott Fitzgerald Myth and Your Own* (4 tapes, 6 hours) $40 ($44)
Julian Silverman: *Further Commentaries on* A Course In Miracles (6 tapes, 7½ hours) $60 ($66)
The 1983 Santa Barbara Conference: *Entheogens: The Spiritual Psychedelics* (6 tapes, 6½ hours) $60 ($66)
Andrew Weil: *Integrated Consciousness and Health* (6 tapes, 6 hours) $60 ($66)
Gregory Bateson: *Steps to an Ecology of Mind* (6 tapes, 8 hours) $60 ($66)
Fritz Perls: *The Perls Encounter: A Complete Weekend* (6 tapes, 8 hours) $60 ($66)
Ken Dychtwald: *Bodymind Health, Longevity, and Optimal Performance* (6 tapes, 7 hours) $60 ($66)
Emmett Miller: *Self-Hypnosis and Personal Development* (7 tapes, 8 hours) $60 ($66)
Ruthy Alon: *Awareness Through Movement—Series I* (6 tapes, 12 lessons) $60 ($66)
Moshe Feldenkrais: *Awareness Through Movement—Series I* (6 tapes, 10 lessons) $70 ($77)
Jack Rosenberg: *Sustained Integration: Body, Self, and Soul* (8 tapes, 10 hours) $70 ($77)
Joseph Campbell: *World Mythology and the Individual Adventure* (10 tapes, 15 hours) $80 ($88)
Gregory Bateson: *The Informal Esalen Lectures 1975-1980* (12 tapes, 18 hours) $90 ($99)

Please add $2 for mailing each vinyl album set ($4 if you wish priority mail). California residents include 6% tax. Please mail your order with check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

Meditation Music, Space Age Music

This new age music, called by many names (spatial, cosmic, celestial, transcendent, meditational) covers a wide range and is becoming increasingly known and appreciated. Listed here are several mail order sources for catalogs or information: ABODE TAPES, Box 300, New Lebanon, New York 12125; BACKROADS, 530 South 46th Street, Boulder, Colorado 80303; HEARTS OF SPACE, Box 31321, San Francisco, California 94131; NARADA, 1804 E. North Avenue, Milwaukee, Wisconsin 53202; VITAL BODY MARKETING, Box 703, Fresh Meadows, New York 11365, and YES! BOOKSTORE & TAPES, 1035 31st Street NW, Washington D.C. 20007.

Audiotapes of Faces of the Enemy Conference

"The unleashed power of the atom has changed everything save our modes of thinking, and thus we drift toward unparalleled catastrophes."
—Albert Einstein

"We have met the enemy and he is us." —Pogo

FACES OF THE ENEMY, a multidisciplinary symposium held at the San Francisco Palace of Fine Arts in January 1983, co-sponsored by the University of California at Berkeley, the Tarrytown Group, and Esalen Institute, examines the darkness, the shadow within us. The premise is that hope begins when we acknowledge and face our dark side, re-owning our projections, learning to change the habitual patterns that govern us. Speakers from the arts, sciences, philosophy, religion, and from the Soviet and the United States governments address the process of psychological projection, the creation and perception of enemies, the political function of propaganda, and the conditions that will allow us to attain peace within ourselves, with others, and on the planet:

Sam Keen: *Paranoia, Propaganda, and Projection*
Ashley Montagu: *Is There Any Way Out?*

Valentin Berezhkov: *How Russians Perceive Americans*
Arthur Macy Cox: *How Americans Perceive Russians*

Susan Griffin: *The Need for an Enemy*
Robert Bly: *What the Shadow Knows*

Richard Baker-Roshi: *An Eastern Perspective*
William Sloane Coffin: *A Western Perspective*

Cost of complete set of **Faces Of The Enemy** (8 tapes, 11 hours) in vinyl album is $72 ($80 with purchase order). Please add $2 for handling and mailing. California residents add 6% tax. Please enclose check with your order payable to: PLANET TAPES — Hot Springs Lodge — Big Sur, California 93920

No Other Generation Audiotapes

Selection 1

This single tape contains on Side A: 25 minutes from the keynote address "Caring for An Endangered Planet" by **Helen Caldicott**, speaking on the medical aspects of nuclear war, at the 1982 AHP Annual Meeting, American University, Washington, D.C.; and on Side B: the 30-minute soundtrack from "No Other Generation" (originally produced as a video documentary) with key speakers at the historic **Meeting of the Ways** conference at Stanford University in March 1982. This single tape costing $5 is accompanied by printed text of "No Other Generation" speakers. Permission is granted to reproduce for further distribution to your friends; however, copies direct from PLANET TAPES will retain best audio quality.

In addition, the following two sets of tapes, selected from the 1982 and 1983 **Meeting of the Ways** conferences, also speak to the issues of nuclear disaster and seek positive alternatives for planetary problems:

Selection 2

Six tapes from the March 1982 **Meeting of the Ways** conference at Stanford University:

Daniel Ellsberg: The Policy Catastrophe (2 tapes)
Ram Dass: Embracing Paradox (Dharma and the Bomb)
Thomas Banyacya: Hopi Prophecy and Survival
Panel 7: "Where Do We Go From Here?" (2 tapes): Yogi Bhajan, Ram Dass, Joanna Macy, Ken Keyes, Jr., Phillip Deere, Daniel Ellsberg and Swami Satchidananda are participants in Panel 7.

Selection 3

Four tapes from the September 1983 **Meeting of the Ways** conference at Fort Mason, San Francisco:

David Brower: The Fate of the Earth
David Martinez: U.S.-U.S.S.R. Nuclear Arms Agreements
Petra Kelly and Panel 6: Experience in Conflict
Representing the Green Party in Germany, **Petra Kelly** speaks from a life of "incredible intensity and commitment". The panel which follows her 30-minute presentation is moderated by **Patricia Ellsberg**, with Sam Keen, philosopher and realist; **Phillip Deere**, American Indian spiritual guide; Gert Bastian, ex-German army general now Green Party member of parliament; and **Petra Kelly**.

The above tapes are all concerned with the health and life of the planet and of the human race. They are available from PLANET TAPES as a public service, and priced a little more than the cost of the materials to encourage distribution. Order by Selection 1, 2, or 3, and mail your order at $5 per tape direct to PLANET TAPES at the address below, adding $3 for handling and mailing your complete order. In California add 6% tax. Please enclose your check for the complete amount to: PLANET TAPES — Hot Springs Lodge — Big Sur, California 93920.

The Media Center

Esalen Videotape

This 18 minute videotape, which tells Esalen's story from its early history to the present, is an inexpensive way to view the general offerings available at Esalen. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities. The musical soundtrack is by Paul Horn, Joel Andrews, and "Pinchey Pete" Velasquez.

Cost: For Rent:
½" VHS color video cassette ..... per week $10.00
¾" U-Matic color video cassette ..... per week $15.00

Cost: For Sale:
½" VHS color video cassette $35.00
¾" U-Matic color video cassette $40.00

This program is available for purchase in its original form—a two-projector slide dissolve show which can also be viewed with a single projector.

Cost: For Sale:
Slide Program—including 130 slides, cassette tape, and script (pulsed tape for Entré 7610 dissolve unit available on request)..... $150.00

Color Slide Sets

Sets of five scenes of Esalen—the Big Sur coast, the Esalen grounds, garden, the outdoor hot baths, t'ai chi on the pool deck—are available for sale at $4.50 per set.

Please address your order with a check payable to the ESALEN MEDIA CENTER, Esalen Institute, Big Sur, Ca. 93920. California residents add 6% sales tax for sale purchases.

Overseas air mail orders please add additional postage: each slide program $10 ($15 for Australia and Asia), each video cassette $7, each slide set $1.

General Information

Jane English

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt.

Please mail all reservations to:
Reservations, Esalen Institute
Big Sur, Ca. 93920

Reservations by Telephone: You may make reservations by phone if you use your Mastercard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335
Office Hours:
Monday, Tuesday, Thursday, and Saturday 9 am to 3 pm
Wednesday 9 am to 12 Noon
Friday 9 am to 8 pm
Sunday 12 Noon to 8 pm

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 4 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and a five day is $50. Discounts are available only when you make your reservations. Please present proof of age when you register.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Many community programs are also open to residents. The cost is $1800 per 26-day period.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $60 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $100 per day, or $110 per day per couple. Special family rates are available. Please phone the office for additional information.

Bus Service: Those traveling by air or bus can obtain further transportation service to Esalen by notifying the office of time of arrival. Pick-ups are made at the Monterey Airport and the Greyhound terminal at 5 pm each Sunday and Friday. The cost is $20 per person one way, payable on arrival at Esalen. Esalen bus service is not available at any other time.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See General Information, page 50.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ Zip _____ Occupation _____

Telephone Number: Day: Area Code ( ) _____ Evening: Area Code ( ) _____

There are sometimes unexpected situations that may require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? If you can't be reached please call us *before* your scheduled arrival for final confirmation.

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend: _____ ☐ housing as a couple

Do you smoke? _____

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. (For further details see Ways of Being at Esalen, page 12.)

Bus Service:

I want bus service from (check one):

_____ Monterey Airport

_____ Monterey Greyhound Bus Station

at 5:00 pm on _____ (date of arrival, Fridays & Sundays only)

The $20 per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. Esalen bus service is not available at any time other than 5 pm.

Check here ☐ if you do not want us to give out your number for the purposes of ride sharing.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

License Number:
(for registered nurses wanting CEU's) _____ (for physicians wanting CEU's) _____

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Your reservation can be charged to:

MasterCard ☐ Visa ☐ American Express ☐

Card No. _____

Expiration Date _____

Checks payable to Esalen Institute.

Payments: All workshops require nonrefundable reservation fees. See page 50. The balance of program fees becomes payable at the time of check-in.

U.S. currency only, please.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Esalen Institute is a center to explore those trends
in education, religion, philosophy, and the physical and behavioral sciences
which emphasize the potentialities and values of human existence.
Its activities consist of seminars and workshops, residential
programs, consulting, and research.

Esalen Institute
Big Sur
California 93920

DATED MATTER

The Esalen Catalog

September 1984-February 1985

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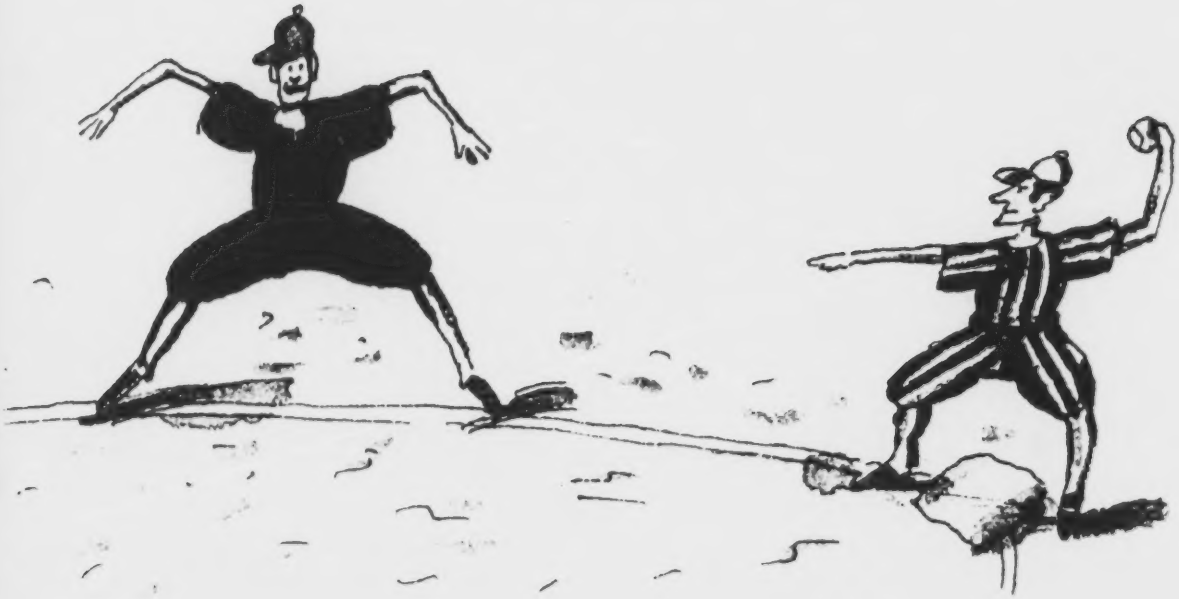

"Contact is the appreciation of differences."

—Fritz Perls

Spiritual Emergency:

Understanding and Treatment of Transpersonal Crises

Christina and Stanislav Grof, M.D.

The Concept of Spiritual Emergency

There exists increasing evidence that many individuals experiencing episodes of non-ordinary states of consciousness accompanied by various emotional, perceptual and psychosomatic manifestations are undergoing an evolutionary crisis rather than suffering from a mental disease. The recognition of this fact has important practical and theoretical consequences. If properly understood and treated as difficult stages in a natural developmental process, these experiences, 'spiritual emergencies' or transpersonal crises, can result in emotional and psychosomatic healing, creative problem-solving, personality transformation and consciousness evolution. This fact is reflected in the term 'spiritual emergency' that suggests a crisis, but also the potential for rising to a higher state of being.

Traditional psychiatry does not recognize the difference between mystical and psychotic experiences. All unusual states of consciousness are essentially seen as pathological and attributed to anatomical, physiological and biochemical changes in the brain or other medical causes. There is no acknowledgement that any dramatic experiential states involving changes of consciousness could be potentially therapeutic and transformative. Psychiatry thus routinely and indiscriminately uses controlling and suppressive approaches to terminate such experiences. However, in the case of transpersonal crises, insensitive use of repressive measures can lead to chronicity and long-term dependence on tranquillizing medication or other pharmaceuticals with ensuing serious side effects and impoverishment of personality. It seems, therefore, extremely important to clarify theoretically the concept of transpersonal crises and develop comprehensive and effective approaches to their treatment.

'Spiritual emergencies' or transpersonal crises, can occur spontaneously without any precipitating factors, or be triggered by emotional stress, physical exertion and disease, accidents, intense sexual experiences, childbirth, or exposure to psychedelic drugs. However, in many instances the catalyzing factor seems to be involvement in various meditative practices which are specifically designed to activate spiritual energies. As spiritual disciplines are gaining in popularity in the West, an increasing number of people are experiencing transpersonal crises that can be traced to their practice of yoga, Zen, various movement meditations, pranayama, kundalini maneuvers, Tibetan Buddhist psychoenergetic exercises, and other forms of intense and focused self-exploration.

Supportive evidence for the concept of spiritual emergency can be drawn from a variety of fields: history, anthropology, comparative religion, clinical psychiatry, modern consciousness research, psychedelic therapy, Jungian psychology, new experiential psychotherapies, and many others. Indirectly, the developments in a variety of scientific disciplines that undermine the Newtonian-Cartesian model of the universe and mechanistic thinking can be used to support the new concepts. While quite incompatible with traditional thinking in science, the new approaches are congruent with many important aspects of the emerging paradigm.

Definition of Spiritual Emergency

To prevent misunderstanding, it is important to emphasize that not everybody who experiences unusual states of consciousness and intense perceptual, emotional, cognitive and psychosomatic changes falls into the category of spiritual emergency and/or can be treated with the new strategies. The Spiritual Emergency Network is not an effort oriented against traditional psychiatry; it aims at offering an alternative approach to those individuals who can benefit from it and are capable and willing to accept it.

Many mental disorders are directly related to brain dysfunctions or diseases of other organs and systems of the body. A good medical and psychiatric examination is, therefore, a necessary prerequisite for any alternative therapeutic considerations. When this examination does not detect any medical cause, the decision will depend on the nature of the client's experiences, his or her attitude toward the process, the experiential style, and the ability to relate and cooperate. Thus even those individuals who would otherwise meet the criteria of having a spiritual emergency cannot be treated by and benefit from the new strategies if they are unable to see their problems as related to an inner process, or are unwilling to undergo the pain of confronting the underlying experiences.

It is also necessary to keep in mind that even purely psychological work with people whose problems are not primarily of a medical nature can result in difficulties that require medical considerations. Here belong, for example, issues such as concern for proper nutrition, supply of minerals and vitamins, adequate rest and sleep, and prevention of dehydration. The possibility of complications of this kind has to be kept in mind whenever powerful inner experiences extend over a period of days or weeks. Intense emotional work has also clear medical contraindications, such as cardiovascular disorders and pregnancy, or epilepsy when hyperventilation is used as a facilitating technique.

The following are the important criteria suggesting that a person might be experiencing a spiritual emergency and can be offered alternative treatment:

a. Episodes of unusual experiences which involve changes in consciousness and in perceptual, emotional, cognitive and psychosomatic functioning. There is a significant transpersonal emphasis in the person's process, such as dramatic death and (re)birth sequences,

mythological and archetypal phenomena, past incarnation memories, out-of-body experiences, incidence of synchronicities or extrasensory perception, indication of kundalini awakening, states of mystical union, identification with cosmic consciousness, and others.

b. Absence of an organic brain disorder underlying abnormal mental functioning, such as infection, tumor, cardiovascular or degenerative disease of the brain, etc.

c. Absence of a physical disease of another organ or system which is responsible for the mental disorder, as exemplified by uremia, diabetes, toxic states with delirium, or decompensated cardiac disease.

d. Reasonably good general somatic and cardiovascular condition allowing the client to endure safely physical and emotional stress frequently associated with the experiential work and with the uncovering strategy.

e. The ability to see the condition as an inner psychological process and approach it in an internalized way. The capacity to form an adequate working relationship and maintain the spirit of cooperation. This excludes persons with severe paranoid states, persecutory delusions and hallucinations who use consistently the mechanism of projection, exteriorization and acting out.

f. Absence of a long history of conventional psychiatric treatment and hospitalizations which generally tend to make the application of the new approaches much more difficult and in many cases impossible.

g. Since it is not possible in some cases to draw a clear line between a spiritual emergency and psychosis, it might be necessary to postpone the final decision about the strategy of treatment until the response of the client to the new techniques has been tested experimentally.

The Spiritual Emergency Network (SEN)

The Spiritual Emergency Network (SEN) was created in 1980 by Christina and Stanislav Grof in response to the increasing number of people having unusual experiences and seeking understanding, support, and assistance. The project was started with an initial grant from Esalen Institute in Big Sur, California, and in cooperation with the International Transpersonal Association. The interest, vision and support of various friends was essential for this project to be launched. Esalen provided the generous gift of the services of Rita Rohen to help coordinate the program. We are particularly grateful to Richard Price and Michael Murphy for making the program possible.

The SEN is a non-profit service organization; it represents an internationally oriented effort to offer a new understanding and approach to a specific category of emotional disorders that traditional psychiatry treats as diseases of unknown etiology and thus as medical problems. The SEN activities are based on the notion that these states can be better understood and treated more effectively as complications of a transformative and evolutionary process—as 'spiritual emergencies' or transpersonal crises.

The task of the SEN is to create centers to disseminate theoretical information related to the new concepts, provide training for future facilitators, mediate contact among interested persons to create an international network, and to offer referral information. The SEN computer stores information about professionals and other categories of helpers who have an expanded understanding of unusual states of consciousness. With their consent, this information is then made available to individuals in crisis in the corresponding area. This will enable the network representatives to be more intimately familiar with the nature and quality of the work of various facilitators.

It is important to emphasize that the SEN center in Big Sur is an educational, training and information-providing facility. It is not equipped to actually handle spiritual emergencies, nor is it capable of making specific referrals. Decisions of this kind cannot be made on the basis of a letter or a telephone call and require a personal interview with a well-trained person in the region where the individual in crisis resides. As a special service, the SEN offers professionals lists of colleagues in their area who share the transpersonal perspective.

One of the goals of the SEN has been to build a comprehensive library of books and articles on alternative approaches to psychosis. Complete lists of references and abstracts of the most important sources are now available to the public. We have also acquired a television camera and videotape recording system and have started building a library of educational videotapes. These too will be made available to interested persons. Some of this material will be suitable for creating ongoing educational programs in regional centers all over the world.

One of the moving and convincing aspects of the project is that, in essence, the network created itself in response to a large international public demand for a new understanding of 'unusual states of consciousness'. Discussion of the ideas involved in a few lectures and workshops brought such a powerful reaction from participants that we felt moved to continue in the direction that suddenly seemed obvious. Telephone calls and letters from a wide range of individuals from many countries of the world made us realize that we had to start connecting people with each other—those in crisis with potential helpers and with those having similar experiences, as well as facilitators with others who share their views and approaches.

The individuals in crisis who contact the SEN need different forms and degrees of help. In some, the experiences are not overwhelming and do not seriously disrupt their daily lives. For such persons, a brief conversation providing new understanding and a few references to relevant literature might be enough to make the process less puzzling and mystifying and give them strength to cope with it. On the other side of the spectrum are those in whom the process is so intense and involving that they cannot function adequately in their everyday lives and need a safe refuge where they can receive continuous support throughout their crisis. Lack of alternative facilities with twenty-four hour care is the most serious problem that the SEN is facing today.

But the SEN activities are not limited to individuals in crisis. We hear from many professionals who think or work along similar lines as we have outlined, but feel isolated from their mainstream colleagues. In addition to offering help to people in transpersonal crisis, they also ask to be put in touch with other like-minded mental health professionals and helpers in their area. Other psychiatrists and psychologists who are still working along traditional lines feel deep dissatisfaction with the superficial and mechanistic nature of the established routines. They express keen interest in the new concepts and ask for all the information they can get or seek an opportunity for theoretical and experiential training. We are also being contacted by many people who have in the past lived through the difficulties and challenges of the transformation process and have emerged from it with a deep understanding of its inner dynamics. They are offering their assistance to other people who are in some difficult stages of the process. We frequently hear: "I was alone when it happened to me. I don't want somebody else to face it the way I had to. Please, let me know how I can help.'

The general strategy of the SEN is to utilize all the human resources that are available and create a world-wide network offering a rich spectrum of alternatives for those who are undergoing transpersonal crises. We keep interested groups or individuals informed about the SEN activities through regular issues of our newsletter (back issues are available).

The Trager Approach:

Psychophysical Integration and Mentastics©

Deane Juhan

Trager Psychophysical Integration was the discovery of a single individual, Milton Trager, M.D. He first encountered intuitively, almost accidentally, its simple principles and its surprising effects at the age of 18, and then spent the next 50 years, first as a lay practitioner and later as a medical professional, expanding and refining his discovery. This long and successful career as a therapist was behind him before he tried to teach anyone his innovative form of body work, so that in spite of its almost silent incubation and development, Dr. Trager's work reached his first students at a very ripe stage, with a wide variety of demonstrably successful applications.

Dr. Trager's manner of manipulating the body is not a technique or a method in the sense that there are no rigid procedures which purport to produce specific symptomatic results. There is no formula, no recipe, no standardized practical procedure. Rather, it is an *approach*, a way of learning and of teaching movement re-education. He stresses that his patients should come to him ready to absorb a lesson, instead of ready to simply receive a treatment. His concern is not with moving particular muscles or joints *per se*, but with using motion in muscles and joints to produce particular sensory feelings —positive, pleasurable feelings which enter the central nervous system and begin to trigger tissue changes by means of the many sensory-motor feedback loops between the mind and the muscles. The Trager therapist does not change the condition of tissue with his hands; he or she uses the hands to communicate a quality of feeling to the nervous system, and this feeling then elicits tissue response within the patient. When a body *feels* lighter, it begins to stand and to move as though it *were* lighter.

The Elements of a Trager Session

A session takes from 1 to 1½ hours. No oils or lotions are used. The client wears swim trunks or briefs and lies on a well-padded table in a warm, comfortable environment. The practitioner gently and rhythmically moves the body of the client as a whole and all of its individual parts, in such a way that the client actually experiences the possibility of being able to move that freely, effortlessly, and gracefully on his or her own. After getting up from the table, the client is given some instruction in the use of "Mentastics," a system of simple, effortless movement sequences developed by Dr. Trager to maintain and even enhance the sense of lightness, freedom, and flexibility that were instilled by the table work. Mentastics is Dr. Trager's coinage for "mental gymnastics"—a "mindfulness in motion"—designed to help his patients recreate for themselves the sensory feelings produced by the motion of their tissue in the practitioner's hands. It is a powerful means of teaching the patient to recall the pleasurable sensory state which produced positive tissue change. Every time this feeling state is clearly recalled the changes deepen, become more permanent, more receptive to further positive change. It is evident, based upon most recipients' experiences, that the effects of a Trager session penetrate below the level of conscious awareness and continue to produce positive results long after the session itself. Changes described have included the disappearance of specific symptoms, discomforts, or pains, heightened levels of energy and vitality, better posture and carriage with less effort, greater joint mobility, deeper states of relaxation than were previously possible, and a new ease in daily activities. As these benefits are the cumulative results of a learning process, patients often richly profit from a series of sessions or from occasional "reminders."

What most distinguishes Tragering from other body work disciplines is the particular focus and intent of the Trager practitioner's manipulations. Most other methods direct their attention to one or another of the body's tissues—the skin, the fascia, the muscles, the joints, and so on—and the various properties of these tissues determine the sort of touch and manipulation required by the practitioner. Even though his hands must inevitably contact these tissues when he works, Trager's focus and intent are not specifically directed towards local conditions in any of these areas. He says:

> "My work is directed towards reaching the unconscious mind of the patient. Every move, every thought communicates how the tissue should feel when everything is right. The mind is the whole thing, what has developed up here in between the ears. That is all I am interested in. You can keep the rest of it. I am convinced that for every physical non-yielding condition there is a psychic counterpart in the unconscious mind, and exactly to the degree of the physical manifestation."

When the Trager practitioner encounters stiffened limbs or hardened muscles, his response is never to bear down upon them, to work harder to soften them or force them to stretch. Through the motions of his hands, he questions, "What can be lighter and freer than that? Yes. And lighter than that? Fine." And so on. These questionings and these feelings have to be established in the practitioner's character, have to be a part of his mind and body, before he can successfully project them into another person's sensibilities. No one can give what they do not genuinely have. This is why the cultivation by the practitioner of the mental state Dr. Trager calls "hook-up," a relaxed, meditative alertness, is *crucial* to effective Tragering.

Hook-up is the practitioner's source of the enriched and relaxed feelings which he projects, his own contact with the qualities of gracefulness, effortlessness, and non-intrusive presence. Trager puts it this way:

> "Many times in my treatments, I will find myself saying 'Thank you' . . . . It took me many years to realize that I wasn't thanking the patient for responding, I was thanking this hook-up thing that was doing so much for me. My big helper."

The principle is elegantly simple: We learn to love by being loved, we learn gentleness by being treated gently, we learn to be graceful by experiencing the feeling of grace. The goal of a Trager session is no more complex than this—to bring to the surface of consciousness an awareness of this force, and of the pleasurable and positive feelings that are inherent in it. These feelings will do the rest.

Development of the Trager Approach

Milton Trager was born in Chicago in 1908. By the age of 18, he was training in Miami to be a professional boxer. Mickey Martin, his trainer, used to give him a rubdown after each session. One day Mickey looked tired, and young

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Milton said, "Come on and lay down on the table, Mickey. I'll work on you." After he had been working about two minutes, Mickey turned around to him, a little stunned, and asked,

"Hey, where did you learn to do that?"

"You taught me, Mickey," Milton said. "I've never done anything like this in my life."

"I never taught you this, kid. But I don't care. Let me tell you, you got hands."

Milton was elated. When he went home, he approached his father, who had been suffering from acute sciatica for two years. "Lay down, Dad," he said, "I think I can fix your legs up." The sciatic pain eased considerably that first session; two sessions later, Mr. Trager was completely free of his symptoms, and they never recurred. Milton was more than elated. He started exploring his Miami neighborhood looking for aches and pains to work on. He had no idea what he was doing or why it worked, but he got results. People began to seek him out, and Tragering was born.

He quit boxing so that he could take care of his hands. He worked as a dancer and as an acrobat. And he Tragered. When Milton was 19 his first polio victim walked—a 16 year-old boy who had been paralyzed for over four years. From then on, he thirsted to find new problems, to work with those who could find no relief through conventional medicine. For many years he never worked on a normal, healthy body, and his client's conditions continued to improve.

After eight years of this pursuit, Trager felt a more formal training and certification was necessary for him to establish a professional therapeutic practice. He had long wanted to become a doctor so that his work would be accepted by the medical profession. He knew it was now or never and applied to 70 American medical schools—but they all turned him down. They felt that at 41, Trager was too old to warrant training. Finally, he was accepted into the University Autonoma de Guadalajara in Mexico. When he arrived there they asked him what he did in physical medicine and he replied

When a body *feels* lighter, it begins to stand and move as though it *were* lighter.

that he specialized in polio. He had not been there long when one day he was called into a treatment room lined with doctors, professors, and the Mother Superior with some of her nuns. On the table was a four-year-old girl, a victim of a polio epidemic who had been paralyzed from the waist down for two years. They all wanted to see what he could do for her. He worked on her for about forty minutes, by which time she could move her foot and twitch her leg in four directions. Dr. Trager turned around to see all the nuns, including the Mother Superior, on their knees crossing themselves. He said to himself, "How can a Jewish boy in a Catholic university fail with all this feeling coming through?" In three weeks, with additional treatments, the girl walked. The university organized a clinic for Milton, and he continued to treat polio victims throughout his years of study there.

In 1959, Dr. Trager started a private practice in general medicine and physical rehabilitation in Waikiki which he continued for the next 18 years. Then in 1974, while traveling through California, he was called to work on a muscular dystrophy patient in Los Angeles. As he was leaving after the treatment, the patient asked him to demonstrate to his regular therapist how to continue the same work for him. Dr. Trager did not have much hope. Every time he had tried to show others how to do the work, he had been unsuccessful. But he gave it a go. The therapist was not getting it, and Trager was about to quit when he had a moment of inspiration. Trager told the therapist, "Cover my hands lightly as I work." Then he had the therapist place his own hands on the patient while Dr. Trager worked on top of them. To his joy he could feel the other's hands responding—he had hit on a way to transfer his own feeling to a student. He let the therapist work by himself and the patient finally cried, "That's it Doctor, he's got it! It almost feels like you are doing it!" For Trager, a turning point had been reached.

Later in 1975 Dr. Trager travelled to Esalen, where he did his first public demonstrations. There he met group leader Betty Fuller and found that he could teach her in the same fashion that he had taught his patient's therapist. Betty immediately recognized the significance of Trager's work, and also realized that Trager was too content in his Honolulu practice to take up the task of creating a training program. She persuaded him to let her form an organization that would spread his work. Thus the Trager Institute, located in Mill Valley, California, was founded, with Betty Fuller as its director. By 1977 Dr. Trager closed his private practice to devote his full time to his growing number of students. At present, there are well over 2000 students throughout the world, more than 200 accomplished practitioners, and seven instructors.

Dr. Trager has since demonstrated his work in many hospitals, medical schools, and training centers in the United States and Europe. Currently a member of the American Medical Association and the North American Academy of Manipulative Medicine, he teaches, lectures, and demonstrates in Honolulu, Mill Valley, and Europe.

Applications of the Trager Approach

Dr. Trager's particular interest has been the application of his approach to severe neuromuscular disturbances which do not respond well to conventional therapies. Yet his approach achieves excellent results with a wide range of less debilitating conditions—the aches, pains, depressions, poor postures, limited movements, and aging processes which plague many daily lives to one degree or another. Most of these troublesome and inhibiting conditions do not respond any better to drugs and surgery than do many kinds of paralysis and spasm, but they often prove to be very responsive to the soothing sensory intervention of Tragering.

Tense muscles can be caused by many things, but the pattern of the tension is in the mind. "I was doing my internship at St. Francis Hospital in Honolulu in 1955," says Dr. Trager.

> "An indigent patient, a man about 75, was brought in for abdominal surgery. I watched him walk, and he was so stiff that if you called to him, he'd have to turn his whole body to look at you. He couldn't just turn his head. But under a general anaesthetic, it took eight people to roll him over on an operating table without dislocating his joints, he had become so limp and loose. Then I had to watch him while he recovered from the anaesthetic. It was interesting to observe what went on as he gradually came to himself. By degrees his body progressively returned to its original pattern of stiffness. Seeing this, I began to realize that the stiffening and the aging processes are not just tissue involvement. This experience, and others similar to it, were germinal to my realization that we are the sum total of all the adverse happenings in our lives which cause this kind of phenomenon. The pattern of stiffness and of aging exist more in the unconscious mind than in the tissues."

J. A. is a patient with multiple sclerosis who has experienced a long series of sessions from a Trager practitioner. Before she began her treatments, J. A. felt overwhelmed by the burden of her disability—there is as yet no cure for her degenerative condition. But as her Trager experience progressed, she found new ways to be lighter, freer, and more positive in her outlook. She wrote:

> "Until the cure comes, our primary focus should be to make ourselves feel good. It is difficult in the face of continual bodily destruction to maintain a feeling of confidence towards our physical selves, and yet it is with our physical selves that all interactions with others takes place. My concern has been to build an image of myself, something that radiates from within and then works to move my body with less effort."

Dr. Trager contends very firmly that he is not a "healer" or a manipulator of esoteric energies, and that his successes have nothing of the "miraculous" about them. The kinds of reflex responses, tissue changes, and behavioral changes he is able to elicit are possible because of the intimate neurological associations between sensory stimulations, emotional feelings, attitudes and concepts, and the body's motor responses to all of them. At this time no one can say with certainty just exactly how these sensations, feelings, and actions are materially inter-related, but it is abundantly clear that they influence one another.

In the final analysis, people do not respond to a technique or a procedure; they respond to the skill with which it is used. And what constitutes skill for Dr. Trager is, more than anything else, the ability to *be* there with the patient, to be "hooked-up," open to his or her needs, aware of responses, intimately *responsive* to responses. It is this *connection* that Dr. Trager strives above all to impart to his patients and to teach to his students. And it is this feeling of calm, peaceful connectedness that is indeed the essence of the Trager approach.

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Deane Juhan has been a masseur at Esalen Institute since 1973, and a Trager practitioner there since 1978. He lectures on anatomy and physiology for body workers, and is currently writing a book on that subject. He is an instructor for the Trager Institute.

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Diplomacy as Psychology

Keith Thompson

Esalen's Soviet-American Exchange Program was established in 1979 to help create alternatives to adversary relations between the U.S. and the U.S.S.R. In the autumn of 1984, Esalen will convene its third annual invitational symposium on political psychology, chaired by Joseph Montville. The following article provides a brief look at Montville's work and explores the relationship between non-governmental international exchanges like Esalen's and traditional, official diplomatic approaches.

A major problem with conventional psychotherapy, argues James Hillman, is its tendency to consider neurosis and psychopathology solely *personal* phenomena. The world is seen as a projection of inner perceptions rather than as a place whose forces and processes are fundamentally *real*. It's time, Hillman says, to "consider that the entire intra-subjective model with which psychotherapy works—psychodynamics, psychopathology, the unconscious, even personality itself—might also apply to the world and its things."

Joseph Montville agrees with Hillman. Montville is a specialist in the scientific study of human behavior applied to political action, and his tools are a body of practical insights and experiences which make up what he calls "track two" diplomacy. Track two refers to constructive, unofficial, informal interactions between individuals and groups on different sides of ethnic and sectarian conflicts. Conceived as an adjunct to track one diplomacy (official, traditional nation-to-nation channels), track two seeks to reduce psychological barriers between contending parties, creating new possibilities for negotiation.

"Track two recognizes the psychological tasks of diplomacy which support and sometimes go beyond traditonal diplomatic channels," says Montville, who is former director of the Office of Global Issues in the State Department's Bureau of Intelligence and Research. "These psychological tasks, if not performed, frequently make it impossible for official diplomacy to do its work effectively."

What are the "psychological" aspects of a conflict, as opposed to the more visible political and strategic dimensions? An important factor, Montville believes, is the history and accumulation of grievances between conflicting parties, such as Arabs and Israelis, Catholics and Protestants in Northern Ireland, or Turks and Greeks. "In cases where any side perceives that humiliation or annihilation is the goal of the adversary," he says, "grievances are passionately held and long-lasting."

A second factor is victimization—the sense of being unjustly wounded. Also crucial is the process of dehumanization, or what psychoanalyst Erik Erikson calls *pseudospeciation*, an attitude which considers the "enemy" a species somehow less than human.

Various combinations of these core elements help make it psychologically easier to commit violence against an adversary, Montville believes. Yet because these factors are at work *unconsciously*, in individuals as well as entire nations, they tend to be invisible to eyes not alert to psychological dimensions. Such conflicts carry an emotional charge which is often impenetrable by traditional diplomacy, leading to the too-familiar impasses between nations. It is when negotiations become deadlocked, Montville says, that psychological skills and approaches can be particularly effective.

As an example, Montville cites a series of intensive private discussions between leading Israelis, Egyptians and Palestinians. Groups of psychiatrists, educators, diplomats, journalists, former cabinet ministers and retired military and intelligence officials from the three communities came together to air their grievances face to face.

"The conversations were tough and frank," Montville recalls, "and continued for several days in formal sessions and during meals, in corridors between meetings, often late into the night." Because participants were not there to score media points or negotiate victories, they were able to bypass the posturing and bluffing which sometimes characterize official government diplomacy.

"In these workshops, many Egyptians revealed classic anti-Semitic stereotypes in all innocence," Montville reports. "And many Israelis in turn had a hard time bridging the cultural gap beween their own European orientation and that of the Arab world." As an atmosphere of relative confidence and trust was established after several days, each side got to see how the other viewed the same sets of issues. Participants began to understand, as Montville puts it, "that feelings of persecution and victimization are shared, not solitary." Even a modicum of what he calls "rehumanization" is a considerable achievement.

Montville admits the real challenge is one of translating the workshop breakthroughs to the larger cultures on various sides of a conflict. For instance, many participants took their stories to the print and electronic media of their nations, eager to share their experience of new avenues for easing tension and reducing the instinct for violence. It's when both tracks of diplomacy converge that Montville believes *real* progress can be made quickly, as when Egyptian President Anwar Sadat travelled to Jerusalem to deliver his inspired, historic message to all Israelis: "We accept you in our midst."

Montville is hopeful that track two methods can be developed in the difficult arena of U.S.-Soviet relations, where issues are intrinsically more complex than in other sectarian conflicts. "The difficulty is that there is no third party mediator available," Montville states. "Yet the current chill in official relations makes private, informal dialogue all the more urgent." Appreciating that balance-of-power competition is likely to continue to dominate U.S.-Soviet relations, Montville considers this all the more reason to "probe for the identification of common interest and the elimination of common fear."

Montville is encouraged by the increased support for psycho-political conflict analysis from within the State Department, given his finding that "political people often have difficulty integrating the ideas of group unconscious forces into their analyses—just as traditional psychoanalysis has been hesitant to make political connections." He is also encouraged to discover more individuals and groups interested in moving psychology beyond its obsession with what Hillman calls "self-reflective confessional egos." It's the rich diversity of perspective among people fluent in the tongues of psychology *and* politics that convinces Montville progress is being made in track two territory.

(The term "track two diplomacy" was introduced by Montville and William D. Davidson, M.D., in their article entitled "Foreign Policy According to Freud," in *Foreign Policy* No. 45, Winter 1981-82, pp. 145-57.)

Contributing editor Keith Thompson is a former staff assistant to U.S. Senator Howard Metzenbaum of Ohio.

Garrison Keillor has been called "America's tallest radio comedian." For over ten years he has hosted "A Prairie Home Companion," American Public Radio's run-away hit performed before an audience of 1,000 each Saturday evening from the World Theater in St. Paul, Minnesota, and broadcast live over APR stations throughout the country. A highlight of each show is the "News from Lake Wobegon," during which Keillor tells stories about people and places in his imaginary hometown of Lake Wobegon, Minnesota—the home of Bob's Bank (whose motto is "Neither a borrower nor a lender be"), The Fearmonger's Shop ("Serving all your phobia needs since 1954"), and Ralph's Pretty Good Grocery ("Remember, if you can't find it at Ralph's, you can probably get along without it.")

Keillor describes Lake Wobegon as "the little town that time forgot, that the decades cannot improve, where all the women are strong, all the men good-looking, and all the children above average." James Traub has written that "Keillor lives next door to everyone, and each week he recounts the adventures of his neighbors." What follows, with Mr. Keillor's generous permission to reprint, is an adventure from his essay entitled "After a Fall," which appeared originally in The New Yorker *and can be found among the comic pieces and stories in his best-selling book,* Happy to Be Here *(Penguin Books).*

After a Fall

Garrison Keillor

The first time I ever went naked in mixed company was at the house of a girl whose father had a bad back and had built himself a sauna in the corner of the basement. Donna and I were friends in college. Both of us had grown up in fundamentalist Christian homes, and we liked to compare notes on that. We both felt constricted by our upbringings and were intent on liberating ourselves and becoming more free and open and natural. So it seemed natural and inevitable one night to wind up at her house with some of her friends there and her parents gone and to take off our clothes and have a sauna.

We were nineteen years old and were very cool ("Take off my clothes? Well, sure. Heck, I've taken them off *dozens* of times") and were careful to keep cool and be nonchalant and not look at anybody below the neck. We got into the sauna as if getting on the bus. *People do this,* I thought to myself. *There is nothing unusual about it! Nothing! We all have bodies! There is no reason to get excited! This is a normal part of life!*

We filed into the little wooden room, all six of us, avoiding unnecessary body contact, and Donna poured a bucket of water on the hot rocks to make steam. It was very quiet. "There's a shower there on the wall if you want to take a shower," she said in a strange, nervous voice.

"Hey! How about a shower!" a guy said in a cool-guy voice, and he turned on the water full blast. The shower head leaped from the wall. It was a hand-held type—a nozzle at the end of a hose—and it jumped out at us like a snake and thrashed around exploding ice-cold water. He fell back, someone screamed, I slipped and fell, Donna fell on top of me, we leaped apart, and meanwhile the nozzle danced and flew from the force of the blast of water. Donna ran out of the sauna and slipped and fell on the laundry-room floor, and another girl yelled, "God damn you, Tom!" Donna scrambled to her feet. "God! Oh, God!" she cried. Tom yelled, "I'm sorry!" Another guy laughed a loud, wicked laugh, and I tiptoed out as fast as I could move, grabbed my clothes, and got dressed. Donna grabbed her clothes. "Are you all right?" I said, not looking at her or anything. "No!" she said. Somebody laughed a warm, appreciative laugh from inside the sauna. "Don't laugh!" she yelled. "It isn't funny! It isn't the least bit funny!" "I'm *not* laughing," I said, though it wasn't me she was angry at. I *still* am not laughing. I think it's a very serious matter, twenty years later. Your first venture as a naked person, you want it to go right and be a good experience, and then some joker has to go pull a fast one.

All I can say is, it's over now, Donna. Don't let it warp your life. We were young. We meant well. We wanted to be natural and free. It didn't mean we were awful. God didn't turn on the cold water to punish us for taking off our clothes—Tom did, and he didn't mean it, either. It was twenty years ago. Let's try to forget it. Write me a letter and let me know how you're doing. I would like to hear that you're doing well, as I am, and that our night of carnal surprise did you no lasting harm. Life is so wonderful, Donna. I remember once, after I lost track of you, I ran on the dock of a summer camp where I worked as a counselor—ran and slipped on the wet boards and did a backward half somersault in the air and instead of hitting the dock and suffering permanent injury I landed clean in the water head first and got water up my nose and came up sneezing and choking, but *I was all right,* and is that so surprising? It was luck, I suppose, but then two-thirds of the earth's surface is water, so our chances are not so bad, and when you add in the amount of soft ground, bushes, and cushions in the world and the amazingly quick reactions of the body—to protect itself, I think the odds of comedy are better than even. God writes a lot of comedy, Donna; the trouble is, He's stuck with so many bad actors who don't know how to play funny. When I dropped the window off that falling ladder back in 1971, I didn't know that my son had come around the corner of the house and was standing at the foot of the ladder watching me. The window hit the ground and burst, the ladder hit the ground and bounced, and his father landed face first in the chrysanthemums; all three missed him by a few feet. Quite a spectacle for a little boy to see up close, and he laughed out loud and clapped his hands. I moved my arms to make sure they weren't broken into little pieces, and I clapped, too. Hurray for God! So many fiction writers nowadays would have sent the window down on that boy's head as if it were on a pulley and the rope were around his neck, but God let three heavy objects fall at his feet and not so much as scratch him. He laughed to see me and I laughed to see him. He was all right and I wasn't so bad myself.

I haven't seen you since that night, Donna. I've told the sauna story to dozens of people over the years, and they all thought it was funny, but I still don't know what you think. Are you all right?

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A Loss of Sense

Don Johnson

"We are gripped by ideologies," writes Don Johnson in his recent book, Body, *(Beacon, 1983). "The dominant values of our culture insinuate their ways into our neuromuscular responses, shaping our perceptions of the world. Altering the morbid dynamics of our culture requires us to loosen their hold on our flesh." Ida Rolf, one of Don's teachers, put it this way: "You can't get beyond the body unless you free the body itself."*

Don Johnson's workshop, "Recovering Sensual Authority," will be held at Esalen November 2–4. The following excerpt is from chapter two of Body.

The ways in which dominant cultural values get a hold on our muscles and nerves, disconnecting us from our own experience, were brought home to me in working with another client. Let us call him Charles. Charles was sixty-five years old and had recently retired from a lifetime of traveling the world as a CIA agent. He belonged to an upper-class New England family, had graduated from Exeter and Harvard, and played polo. Tall, elegant in his movement, and well versed in literature and science, he loved good food, drink, and sex. He came to me because he felt he was at a crossroads in his life, that he was doing nothing of significance. He longed to return to a small country in Africa where he had made friends with leaders in the new government, and he could envision using his considerable expertise to help them organize their venture. But he felt impotent to take the steps necessary to follow this or other paths. He had an intuition that direct work with his body would carry him through the impasse.

As I worked with him over a period of several weeks, I was struck by the contrast between his obvious intelligence and wit and his indecisiveness and passivity. I was intrigued by the way in which he responded to my questions about what he felt in his body. When I asked him, for example, "Do you now feel more weight on one foot than the other?" "After this session of work, do you feel any different from before?" "How would you describe your physical energy right now?" he always replied in the same manner. "Well, after all, how can one really say?" "How can one be sure?" "Perhaps my weight is more on my right foot than my left, but can one really know that one is not being deceived?"

Charles's responses did not have the quality those same words would have in the mouth of a college sophomore who has just discovered Descartes. They revealed a childlike confusion and weakness, strangely inappropriate for such a mature person. Puzzled, I continued to explore why he was unwilling to admit even the simplest of perceptions, such as the feel of a breeze or of the texture of my carpet on the soles of his feet.

One day he got up off my therapy table after I had been manipulating the muscles of his legs and exclaimed, "What a strange memory! I must have been four or five years old. I had just listened to a record, a piece by Ravel, if I remember correctly. My nanny had played it for me. I liked it very much. I ran downstairs where my mother was standing and told her how much I liked the record. 'Why, you're such a silly little child,' she said. 'That's a trashy piece of music.' I never recall telling her again how I really felt about anything." As he told me of this experience, his elegant body visibly shrank, head dropping, shoulders slumping like a sad little boy.

Here was the best and the brightest: Charles had received the finest intellectual education; his body had been trained in the most refined sports, posture training, and orthopedics; he had discriminating taste. Yet he reported a deep void in his life, a lack of ability to make ethical decisions. He seemed cut adrift, unable to trust what he heard and felt. Like his companions in government, he answered questions about Vietnam, Chile, or nuclear arms in the same way he answered those about his perceptions of his body: "Well, after all, how can one really say?" As such, he was the perfect civil servant. Since he could not trust the simplest of his perceptions, he could be counted on to obey government policies about more complicated matters, even if they seemed immoral.

Of course, Charles's mother's apparently trivial comment gained its significance for him because of widely known psychological factors. But to understand the full impact of her words on Charles's behavior, we need to look at the social milieu in which he was educated. Her scornful voice was augmented by a chorus whose fully unified hymn Charles heard throughout his life, wherever he might be. Other parts were sung by teachers, religious ministers, physicians, scientists, and politicians. The consistent theme that united their voices was that Charles did not possess sources of wisdom within himself, instead, there are external standards of good music, fashion, intelligent conversation, and what sorts of governments should be destroyed, and Charles should listen to officially designated experts who have the authority to set those standards.

Moreover, those repetitive voices were accompanied by images and body-shaping methods designed to evoke suspicions in Charles about the reliability of his own perceptions and feelings. He encountered these nonverbal messages in posture-training classes, in music and dance classes, when he learned to play polo, and as he learned how he should dress and move as an upper-class male WASP. That nonverbal invalidation of his sensual experience anchored the explicit teachings within his sinews, guts, and nerves.

Charles's case illustrates an important distinction between one's explicit ideas and one's behavior and emotional reactions. The age-old power of authoritarianism to shape people's lives despite repeated attempts at social change derives from both these sources, that is, convincingly argued theories about the unreliability of our perceptions and body-shaping methods designed to evoke conformity.

On an intellectual level, Charles rejected authoritarianism. He considered himself a child of the American Revolution, dedicated to populist ideals of personal freedom. But he acted and felt as if he were subject to people and forces beyond his control. Authoritarianism is more than an idea or a psychological force; it is woven into our bone marrow, causing us to behave like machines rather than self-regulating organisms.

Charles's case also illustrates what I mean by authoritarianism: a belief system holding that we must depend on the judgments of publicly designated experts for reliable decisions about personal and social life. Those experts, moreover, are thought to derive their authority not from the community they serve but from sources outside that community. Presidents and party chairmen derive their authority from classified knowledge kept from ordinary people for purposes of "national security." Scientists and physicians derive their claims from privileged access to experimental data and technical language. Popes, ayatollahs, and gurus are specially illuminated from above.

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Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week-night to a long-term stay as a student or resident. The weekend and five day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose those approaches which feel most appropriate and pursue them in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 14 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, puppet shows, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Janet Zuckerman

These workshops are designed for people who have not previously been to Esalen. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness, group process, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim*, Fritz Perls (Bantam).

Schedule:

September 7–9	$230
September 21–23	$230
September 23–28	$450
October 21–26	$450
October 26–28	$230
November 4–9	$450
November 25–30	$450
November 30–December 2	$230
December 23–28	$450
December 28–30	$230
January 13–18	$450
January 25–27	$230

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Andrea Juhan

"Be strong then, and enter into your own body,
there you have a solid place for your feet.
Think about it carefully!
Don't go off somewhere else!"
—Kabir

We spend much of our time on "automatic pilot," oblivious to many messages from our bodies, missing opportunities to open more fully to the subtleties of sensing, to greater ranges of physical expression, to health, vitality, and the many ways of "being a body." There are various entry points to increased awareness, practices that help cultivate the countless dialects of body language. These include dance, aerobic and stretching exercise, movement theater, postural analysis, hiking, meditation, massage, and nutritional education. Experiencing Esalen: The Body draws from varying combinations of these approaches in each workshop. Emphasis is placed on developing greater freedom and variety of movement, as well as on the quality of awareness *as* we move. This program is designed to give participants some basic tools for continuing to develop body awareness.

Schedule:

September 14–16	$230
September 30–October 5	$450
October 12–14	$230
November 18–23	$450
November 30–December 2	$230
December 16–21	$450
January 18–20	$230
February 22–24	$230

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, non-judgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intrapersonal* rather than *interpersonal*. Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader.

The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in single sessions.

Suggested reading: *Gestalt Therapy Verbatim* and *Ego, Hunger and Aggression*, Fritz Perls; *Tao Te Ching*, Lao Tzu; *The Power of Mindfulness*, Nyanponika Thera; *Exploring the Crack in the Cosmic Egg*, J. C. Pearce; *Illusions*, Richard Bach.

Schedule:

September 9–14	$450
November 4–9	$450
December 2–7	$450
January 4–6	$230
January 6–11	$450
February 3–8	$450

Big Sur Wilderness Experience

Esalen Wilderness Staff
Coordinated by Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, we will walk into the Los Padres National Forest. Week-long workshops will venture out on five hikes (4-10 miles in length) and weekend workshops will take two hikes (3-6 miles in length). Using Esalen as our base camp we will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. We will practice basic out-door skills such as map reading and minimum impact concepts. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration.

Schedule:

September 16–21	$450
October 5–7	$230
*October 21–26	$450

*For additional information see October 21-26 in the Esalen Seminar Section.

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins.

The program is divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen.

For a full description of the Work Study Program, please turn to page 37.

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Please mention whether you are a full-time student. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available between June 15 and September 15 or for weekend programs. There are no scholarships available for the Work Study Program.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.

The Upstart Spring

Walter Truett Anderson and Theodore Roszak will lead a seminar November 9-11 entitled "The Upstart Spring: Reflections on Esalen and the Human Potential." What follows are two excerpts from Mr. Anderson's book, The Upstart Spring: Esalen and the American Awakening, *published last year by Addison-Wesley.*

• • •

They had a project that was part business venture and part crusade. They were just getting ready to take over the management of a little hot-springs resort on the Big Sur coast, and they wanted to put on some lecture programs there—make the place a kind of forum for the exploration of religion and philosophy and psychology, for new ideas about the meaning and possibilities of life. [1961]

• • •

The human potential movement, as it issued forth from Esalen, had a much more Oriental tone; it was derived from the Taoist principle of *wu-wei*, which had to do with acting by not placing oneself in frontal opposition to the direction of things. Alan Watts had often written and spoken of this, and that summer he gave a seminar at Esalen entitled "Being in the Way," which was about the different meanings of that phrase—being an obstacle or being in the flow of life. The Esalen approach to changing the world was to be in the flow: to achieve harmony with that which was bound to happen and to join whatever seemed to be moving in the right direction. Its progress thrived on pleasantly fortuitous happenings (such as Abe Maslow turning up at Big Sur) and was nourished by the continual appearance of new allies who opened new doors. And when somebody came along with what seemed like a worthwhile project, . . . nobody was inclined to scrutinize every detail and control the exact outcome. Out of this came Esalen's greatest successes and its greatest failures, and several things that were a little of each.

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Esalen Seminars

Week of September 2–7

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

This workshop focuses on how we may consciously unfold ourselves—physically, emotionally, sexually, mentally, and spiritually. Past anger, fear, sadness, and grief, often reflected in the body as tension, pain, lack of spontaneity, and diminished vitality, can keep one from being fully present and alive. By contacting tension (stuck, accumulated energy) and allowing emotions which have been locked in the body, often since early infancy, there is an opportunity to open ourselves to the creative flow of life energy within. Allowing this life energy meaningful expression—true communication with self and others—is the essence of this work.

Some of the areas to be explored this week include: recognizing and releasing tensions which block emotions in the body; the use of breath and sound to energize and soften the body's tension and emotional holding; ways of contacting and allowing unexpressed sadness and pain, to increase the capacity for pleasure and joy; practices for expressing and releasing anger constructively, which may open the way to deeper levels of compassion and love; the nature of fear and moving toward greater trust of self and others. Paying special attention to the mental processes that shape the emotional and physical body, participants will be shown ways to trust their bodies' responsiveness and inner direction.

This workshop will utilize Reichian body and breath work, emotional release, gestalt practice, the Bates system of eye relaxation, massage, dance, meditation, and various other approaches. $450

Mothers And Daughters: Confluence Into Contact

Lois & Gail Stewart, Christine Stewart Price & Jenny Price

The relationship between mother and daughter is one of the deepest and most intimate of connections. The experience of feeling that deep connection while also knowing oneself as a separate and whole individual can lead to the richness that comes when one matures out of confluence and into contact. The group's four leaders span three generations of women from one family and bring to the group skills in gestalt practice, group process, Reichian breath work, massage, and theater improvisation. This is a workshop for mothers and daughters to attend together and explore the issues that prevent clear contact between them and celebrate the nourishment that they can find with each other. $450

Five Days with Carl Whitaker

This will be a five day effort to facilitate the transition from *doing* family therapy to *being* a family therapist, using symbolic experience to deprogram our lifetime of purposeful interpersonal manipulation. $450

Optimizing Health and Performance

Neil Fiore

Most of us manage the stress in our lives, and even enjoy it to some extent. But too often we pay the price of weakened health and less than optimal performance when stress becomes chronic and enthusiasm is dampened. In careers and lifestyles that are challenging and developing, we could all use greater control over stress, the ability to rapidly relax and recuperate, and skill at tapping the creative ability of the unconscious mind.

In this workshop we will draw on the wizardry of Dr. Milton H. Erickson and Bandler and Grinder, and on elements of stress management, cognitive-behavior modification, and assertiveness work.

We will provide methods for: identifying patterns and beliefs that evoke the stress response, rechanneling stress into problem resolution, concentrating on task and goal accomplishment, and developing deep relaxation and recuperation.

Recommended reading: *The Road Back to Health*, Neil Fiore (Bantam). $450

September 2–9

A Seven Day Workshop in Rubenfeld Synergy Method

Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The Rubenfeld Synergy Method is a system for the dynamic integration of body, mind, and emotions. The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander method, and Feldenkrais exercises will be used as a gateway to contact, express, and work through deep feelings. Massage staff will be on hand to assist the workshop.

We can choose to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $680

Weekend of September 7–9

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $230

Yoga: The Physical, Psychological, and Spiritual Dimensions

Joel Kramer

This workshop will allow you to experience a mind/body approach to yoga that combines Eastern and Western perspectives, enabling yoga to directly enhance the quality of your daily life. The physical yoga sessions will introduce postures which use breath to create energy and center awareness. As the body has tight areas that limit energy, so, too, does the mind. The mental yoga sessions will show how to use the mind to transform itself and expand consciousness.

We will explore how yoga relates to emotions, health, consciousness, relationships, and other aspects of life. This workshop is for anyone interested in experiencing yoga or deepening their practice.

Recommended reading: *The Passionate Mind*, Joel Kramer. $230

Ritual and Personal Power

Starhawk

In this weekend workshop we will explore the tools of ritual that can evoke our own power-from-within. Using the framework of the four elements—air, fire, water, and earth—we will work with breath and visualization, sensing and projecting energy, trance states, and grounding to embark on a rite-of-passage. Ritual creates a sense of community. Part of our challenge as a group is to bond without hierarchy, to become a circle in which we empower each other. Alive to our own power, we can connect with the deeper powers of the living, enspirited earth.

Recommended reading: by Starhawk: *The Spiral Dance* (Harper & Row) and *Dreaming The Dark* (Beacon Press). $230

Pattern and Paradox: An Orientation to Hypnosis, Communication, and Change

Paul Lounsbury & Nancy Winston

The intention of this workshop is to generate access to the participants' use of their own natural intelligence. Paradoxically, as human creatures, we use our intelligence too often, to impose limitations onto an infinitely rich realm of possibility. This is done without knowing

the processes involved in the interpretation of experience onto symbols, without recognizing the difference between the symbols themselves and the realities they represent. These habitual patterns of perception affect at least two important perspectives: the limits for knowing what one can know and the thresholds for imagining what can be achieved.

Conscious and unconscious patterns of communication will be explored and used to expand individual frames of reference and to generate new and desired responses. Essential value will be placed on the individuality of each personality and the sensitivities of the "unconscious" in communication. Hypnotic phenomena will be induced and utilized throughout the workshop to access personal potential including: time distortion, age regression, positive and negative hallucination, catalepsy, analgesia, hyperesthesia, and amnesia. Governing principles operating on perceptual processes will also be worked with including those patterns used in constructing reality. While some people will find this work demanding, the workshop will be most suitable for professionals and those who enjoy expanding personal thresholds and recognize that play is the transition between fantasy and reality. $230

Week of September 9–14

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 12. $450

Five Day Massage Intensive

Bill Liles & Laurie Muller (Lioness)

In this beginning massage course, participants will learn the fundamentals of self-grounding, quality of touch, and sustained contact. Instruction will familiarize participants with general anatomy, a basic understanding of the relationship between stress and muscular tensions, and specific methods for working with each part of the body. The seminar's goal is to provide participants with the fundamental elements necessary to give a pleasurable and beneficial full-body massage. $450

The Body Has Its Reasons

Peter Levine & Ed Jackson

When we are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of these walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes. Our sense of the body is lessened and our connectedness is diminished.

In this workshop body approaches, dream work, and gestalt will be incorporated to teach us how to trust more fully in our bodies and enhance our excitement and passion. Through a vital sense of the body and feelings we can understand our dreams, impulses, and actions more deeply. Avenues will be explored to redevelop a sense of pleasure, ease, and self-esteem. Without storming our citadels by force, we can soften body armor by allowing the body to express itself, in its own language, within its own rhythm. This return toward grace, which is our birthright, is the wisdom of the body. $450

Move and Dance

Anna Halprin & Daria Halprin Khalighi

From the delight-maker (Koshares) of the American Indian dances to the comedy within the Greek tragedy, the role of humor has been an important factor in releasing stress and tension on the personal as well as social level. Yet it seems as if many of us in our daily lives, both personally and professionally, have forgotten this age-old art, and are not enjoying as much play, lightness, and creativity as we might like.

In this workshop, we will have the opportunity to recapture the fun and excitement of dance and to use humor, play, and serious study to break through emotional, physical, and mental blocks that interfere with our creativity. Specific skills developed at the Tamalpa Institute of San Francisco Dancers' Workshop will be used to increase movement range, imagination, and artistic development.

This workshop is for students, potential students for Tamalpa trainings, educators, health practitioners, counselors, handicapped and little people, couples, elders, performing artists, and others.

For further information about this workshop write: Tamalpa Institute of SF Dancers' Workshop, Fort Mason Center, San Francisco, CA 94123. (415) 771-1212.

Recommended books by Anna Halprin: *Movement Ritual I* (available at Esalen); *Collected Writings II* (available by writing SF Dancers' Workshop). $450

Weekend of September 14–16

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

This will be an introduction to intensive intrapsychic work using Reichian breath work and gestalt practice. Reichian work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration the possibility is opened to come to a truer concept of self, with an expanded ability to respond in the present. This workshop is limited to ten participants. $230

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries, all of which can improve by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop participants will also be introduced to methods which can improve their ability to sense each others' bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about his body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens who may find themselves discovering new ways of moving with ease and increased flexibility—painlessly and immediately. $230

A Celebration of the Goddess Within

Margot Adler

In this workshop we will explore ecstatic communion with what has been called goddess energy. We will look at the idea of goddess as an image of personal empowerment for women and as a source of creative power for all people. The weekend focuses on ritual and celebration as a way of attuning ourselves to the cycles of the seasons, the cycles of moon and sun and

stars, and as a means to end our estrangement and alienation from the planet and from each other.

We will participate in and create a ritual for the fall equinox, as well as chant, dance, and explore ways of deepening our encounter with the cosmos. Other topics will include the use of dreams, pathworking, and meditation to deepen ritual experience, and the idea of magic as a non-manipulative personal tool.

Suggested reading: by Starhawk: *The Spiral Dance* (Harper & Row), *Dreaming The Dark* (Beacon Press); by Margot Adler: *Drawing Down the Moon*. $230

From Stress to Optimum Health: Soviet and American Perspectives

Dulce Murphy & Kenneth Pelletier

Drawing upon both American and Soviet medical perspectives, this seminar will explore the following subjects: longevity, social factors involved in disease, health promotion and disease prevention, stress, bio-feedback, visual imagery as a cure for disease, and other alternative approaches to health-care. The seminar leaders will report on their recent Soviet trip to continue work on the Esalen Soviet-American Health Promotion Project. Dr. Inna Kolgunenko and Tatyana Khromchenko of the Institute of Cosmotological Rehabilitation and Health will discuss optimum health in the U.S.S.R.

Recommended reading: by Kenneth Pelletier: *Holistic Medicine: From Stress to Optimum Health*, and *Longevity: Fulfilling Our Biological Potential* (Delacorte & Delta), *Healthy People in Unhealthy Places: Stress and Fitness at Work* (Delacorte, Delta, & Doubleday) $230

Applied Vulnerability

Donald Michael

Don Michael writes: "In my work to help organizations and individuals plan more intelligently for the future, I've come to feel that the main task we face in the next crucial twenty years is that of learning to be better learners. This sounds simple and obvious on the surface, but consider for a moment how much time we spend disguising our uncertainty and ignorance and acting as if we really know what we are doing and how to do it. There is a parallel between what happens when people begin to pay close attention to the processes of their mind (in meditation, for instance), and when they begin to study the vastly complex political, social, and economic processes and systems of our world. In both cases, we begin to see how little we really know about ourselves as individuals and social beings. Far from this realization being something to be ashamed of, the recognition of our ignorance about our situation is the starting point for *embracing* that ignorance and the profound sense of vulnerability it entails. Only then does it become possible for us to feel compassion, for ourselves and for our fellows.

"During our time together I will introduce several skills, or what I call 'new competences,' which follow from compassion and which open the possibility for humane and just responses to personal and social crises. These skills include acknowledging high levels of uncertainty, error embracing, being future responsive, goal setting, self-knowledge, and interpersonal competence. The focus is on applying these skills directly in our lives—in the decisions we make in the workplace as well as in family situations, and in all the various circumstances in which we have the chance to make ignorance and uncertainty our best teachers. My experience has been that, even in so short a period as this workshop, as we learn to be more comfortable with our uncertainty, we can win freedom from the need to act over-cautiously out of fear of making a mistake and from the need for those defensive, interpersonal posturings that make it so hard to act responsibly and compassionately. The workshop is appropriate for those who are interested in applying these skills to their personal lives as well as for persons interested in professional and vocational applications."

For further information on Don Michael and his work see the interview entitled "On Applied Vulnerability" in the September 1983-February 1984 issue of the Esalen Catalog. $230

Week of September 16–21

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 13. $450

Pattern and Paradox: An Orientation to Hypnosis, Communication, and Change

Paul Lounsbury & Nancy Winston

For workshop description see September 7-9. $450

Gestalt

Seymour Carter

Seymour Carter writes: "As a young art student I was taught about figure-to-ground relationships and the resolution of their tensions as a graphic problem. In my development as a gestalt teacher these artistic learnings have gained new potence, becoming basic themes in my quest for an accurate leverage point in my work.

"This workshop attempts to evoke and balance psychodynamic polarities such as accepting and rejecting, remembering and forgetting, giving and keeping—dualities that plague and give purpose to human existence. My aim is to set in motion the unconscious processes of the personality, to awaken dormant talents, and to prepare for the intuitive leap.

"Each participant will be treated as a unique individual with his or her own process of development—a process to be honored and encouraged for further growth. The basis of this work is the gestalt method, supported by various body disciplines, including sensory awareness, bioenergetics, Rolfing®, and aikido." $450

Five Days with Paul Horn

". . . blending music, philosophy, movement, and meditation into a meaningful integration of life."

Suggested listening: by Paul Horn: *Inside, Inside the Great Pyramid, China, Jupiter 8, Heart to Heart, Inside the Magic of Findhorn*. $450

Relationships: Deepening the Connection Between Men and Women

Joel Kramer & Diana Alstad

This workshop will provide an environment for open communication and understanding between men and women. We will look at such basic issues as: trust, freedom and commitment, power, jealousy, adequacy, and sexuality; why relationships fall apart; what men and women don't know about each other; the male point of view—what feminism left out; why we are often attracted to people who aren't "good" for us; why some "autonomous" women still lose themselves in relationships with men; keeping relationships new once the newness has worn off; using the mind to open the heart.

Awareness and intelligence can help keep passion and sexuality alive over time. A process will be presented which can enable you to move beyond the patterns and blind spots that may prevent a relationship from forming, or that may keep an existing relationship from growing. Understanding yourself and examining how you interact with others can eliminate many seemingly hopeless conflicts.

This workshop is open to couples or individuals. There will be discussions, group interaction, and exercises focusing on specific issues relevant to the participants. $450

Weekend of September 21–23

A Special Weekend at Esalen

Except for two introductory workshops, we have set aside this weekend for all those Esalen friends who would like to spend time at Esalen, enjoying the grounds, the baths, and the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual. Big Sur musicians and dancers will perform as part of the weekend's activities. $120

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $230

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $230

Week of September 23–28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $450

Choosing to Change

Harry Sloan

This workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Individual work will stress deepening awareness of one's sense of direction and personal obstacles. Participants will explore the implications of their choices and the ways they retard or encourage the expression of self.

The workshop will include: psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Participants will focus on aligning their motivation and will with the natural process of change and integration. $450

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed."
—M.C. Richards, *Centering*

Stress-related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais, gestalt, Rolf®-movement, massage, Reichian breath work, and video feedback. $450

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman

"Anything which is forced or misunderstood can never be beautiful."—Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of self-defeating patterns from the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us.

In this workshop the group will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $450

Opening the Feelings

Dale Cummings

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix® intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief or pain, fear and

rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $450

Weekend of September 28–30

Exploring Self-Acceptance

David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive creative functioning. $230

Clairvoyant and Clairsentient Practices

Helen Palmer & Wendy Palmer

The two most identifiable aspects of intuition are the ability to see and the ability to sense a range of information that is unavailable to the thinking self. Clear sight and clear sensing have their historical bases of training in the traditions of visualization and martial arts practices.

This workshop will be an introduction to the internal focusing practices that can provide access to the intuitive state of mind. The particular visualization and martial arts exercises are presented in such a way that they can form the basis of discrimination between personal projections and accurate visual and sentient impressions from situations unknown to the thinking self. $230

Bach Flowers

Nancy Sanders

Bach Flowers are a simple, holistic system of healing developed in the 1920s and 1930s by Edward Bach, a British physician. This workshop will be an introduction to using the flower essences for yourself and your family, friends, and clients. The flowers are associated with physical, emotional and spiritual imbalances in an individual, and are extremely powerful for treating illness, or for facilitating change in a healthy person interested in personal growth and evolving on a spiritual path. The weekend will consist of lecture presentations and experimentation with the flowers, with an emphasis on developing interviewing and diagnostic skills.

Recommended reading: *The Twelve Healers*, Edward Bach; *Handbook of the Bach Flower Remedies*, Chancellor. $230

The Screenwriter as Mythmaker

Phil Cousineau & Tom Schlesinger

If, as Freud wrote, "myths are public dreams and dreams are private myths," then the screenwriter in the Dream Factory of the movies is one of our more redoubtable myth-makers.

In the stories he or she tells around the flickering light of our modern caves, the cinema, the storyteller of film evokes powerful archetypes and further probes a story structure that can be traced back to the earliest recorded tales.

Our workshop is for the socially conscious screenwriter and film buff alike. Using guided imagery and movement work we will employ creative writing exercises to explore how "images deny our nothingness," as Malraux said, and with film clips and slides, film scores and stills, we will discuss the social phenomenology of the movies and the responsibility of the film maker. The model of the Hero's Journey will be the template for our consideration of the role of mythology, fairy tales, legends, and literature in films ranging from *Wizard of Oz* and *High Noon* to *Apocalypse Now* and the *Star Wars* trilogy. Against the background of contemporary folklore we will contrast the harsh reality of commercial pressures and creative restrictions that face the screenwriter.

One of the screenwriters from Tom Schlesinger's book, *The Writer-Director as Storyteller*, will be on hand for the workshop. Name to be announced at a later date.

Recommended reading: *Storytelling and Mythmaking*, Frank McConnell, (Oxford); *The Hero With a Thousand Faces*, Joseph Campbell (Bollingen). $230

The Art of Self-Direction

Lenore Lefer

This workshop is about personal, social, and cultural change. It is about creating, initiating, and directing change as well as responding to those alterations that we seem not to choose. We will explore how to be causal around change and how to include our deepest values. Do we know what is meaningful, and how do we integrate that into our life? It is an art to lead a self-directed life that includes both personal and social responsibility.

Founded conceptually in psychosynthesis, the focus of this self-exploration will be experiential, using imagery, inner dialogue, meditation, and individual and group process. The environment will be supportive and evocative. This workshop is appropriate for professionals who deal with transitional crises in their own work.

Recommended reading: *What We May Be*, Pierro Ferucci; *The Act of Will*, Roberto Assagioli. $230

Week of September 30–October 5

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $450

Reflectors

Jenny O'Conner & the NINE

"In this form we become bridge between whole and unwhole, happy and sad, good and bad. We are thought form, the first thought as you, as mankind, assumed shape and the last thought as you choose to leave. What remains is afterthought or vibration as we know it, and so the form begins again. The vibration came before the chicken."–The NINE

"This workshop is an invitation to spend time with The NINE in dialogue and self-discovery. As they move to answer questions, they create a kind of language that bypasses the mental structures of the brain and enters through the pores of the body. It can be beyond expectation because it enters the space between all expectations and, caught unawares, you may find yourself looking at a reflection of yourself that is shockingly familiar, for there may be more of you than you ever believed possible. You may well be compelled to reach across that space between the masks you carry and the self you don't quite yet believe possible and so put the strain of your theater to rest for a while. All this through a meeting, a few questions that seem simple enough in the asking but may rebound in a way that strikes far beyond what you thought you asked. It is a very fast way to know yourself better, in a form that teaches through compassion, humor, intelligence, and a vital concern for the future of us and our planet."–Jenny O'Connor $450

Giving Peace a Chance

Jacqueline Schwartz

Jacqueline writes: Most of us can benefit from time away from the workplace to replenish and expand our resources and spirit. These five days will be devoted to methods of natural breathing for developing greater relaxation, with particular emphasis on mindful awareness. Mindfulness is 'paying attention' in the present moment. The focus is: coming into awareness, momentary staying, and the passing away of physical sensations, sounds, sights, smells, thoughts, and emotions, as we experience them through conscious physical movement, eating, talking, sitting in silence, and in many other contexts. While the emphasis of the seminar is on attending to the *processes* of mind and body rather than specific content, attention will be given to working with physical, mental, or emotional pain that may emerge naturally through the simple act of paying attention.

"Mind and body can naturally come into balance when they are allowed to do so. The environment of Esalen and mindful awareness

can help us settle into the present, allowing us to release past tensions, accumulations, and resistance. Deeper states of peace have a chance to emerge. The practice becomes one of being present, mindful, and at peace not only at retreats and workshops, but in every aspect of our lives." $450

Human Potential Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to educate the human potential, which means the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers and for discussion of the work.

Suitable for professionals and non-professionals alike. $450

Weekend of October 5–7

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 13. $230

Gestalt

Seymour Carter

For workshop description see September 16-21. $230

Weekend Advanced Massage Intensive

Bill Liles & Deborah Anne Medow

This seminar is designed for people who have some experience in giving massage. Through demonstrations and practice sessions, participants will be taught how to increase the effectiveness and efficiency of their massage skills and have the opportunity to add fresh approaches to their work. The intent is to help participants make deeper and more sensitive contact, and to heighten their awareness of the responses they are creating. $230

Improvisation

David Darling

David offers to both the accomplished musician and non-musician a freedom and excitement to break through to a unique and personal power of self-expression. From a lifetime of his own musicianship and years of teaching others, he has developed a teaching style and method that is devoted to several ideas: that everyone is musical and can perform; that the quality of inspiration is a matter of the moment-by-moment experience of the flow of sound through space; and that instruments are sound-making objects, not sophisticated technical problems to confront.

This workshop uses improvisation games that awaken childlike curiosity, movement exercises to release the blockages and stiffness that inhibit energy flow, and individual and ensemble work with any musical instrument, including the voice. Spontaneous performances in small and large ensembles give each participant a chance to share music, song, design, poem, movement, or pure inspiration. Bring any instrument that you play or would like to play. Instruments are provided for those who need them. A sophisticated recording system and an electronic playback system for electric instruments are provided. $230

Building From a Place of Beauty: A Workshop for Gay Women and Men

Sally Smith, Joan Brozovich & Peter Alpert

The leaders write: "Even though long out of the closet, gay women and men still feel the burden of oppression. This workshop questions how much of this is internalized oppression and how much is still due to a homophobic society.

"Participants will have the opportunity to examine how their own internal presuppositions are restrictive, self-limiting, and actually may contribute to the phenomenon of oppression.

"Join us if you believe it is time to move with courage beyond your barriers of fear into a more universally loving place." $230

Week of October 7–12

The Body Has Its Reasons

Peter Levine & Ed Jackson

For workshop description see September 9-14. $450

Ritual Theater

Antero Alli

Ritual means "root." The value of ritual rests in its capacity to restore our living sense of the sacred. Ritual Theater, a non-performance medium concerned with how rituals evolve, combines elements of theater, dance, and Zen meditation to provide participants with skills in designing personal and collective rites of passage. The purpose of these rites is threefold: making direct spiritual contact, sustaining integrity, and establishing ourselves through relationship. Guides along the way include: commitment, resistance, laughter, writing, rhythm, gesture, sound, autonomy, and sacrifice. Each work session begins with a gentle yet rigorous physical warm-up. Bring clothing suited for movement.

Recommended reading: *Zen Mind, Beginner's Mind*, Shunryu Suzuki (Weatherhill). $450

Homeopathic Medicine for Self-Care and Professional Practice

Dana Ullman

Animal poisons such as snake and bee venoms, minerals such as arsenic and mercury, and plants such as belladonna and poison oak are all valuable and effective medicines commonly used by homeopaths. Each are individually prescribed to a person based on the specific symptoms they cause in overdose, and then they are given in specially prepared non-toxic doses. Since symptoms of a sick person are the body's efforts to adapt to the various stresses he or she is experiencing, it is logical and ultimately effective to give a medicine that would create in overdose these similar symptoms. Homeopathic medicines go *with*, rather than *against*, the body's efforts to heal itself.

This workshop will provide an overview of homeopathic philosophy and homeopathic self-care. Reference to developments in new physics, Jungian psychology, and energy medicine will provide us with helpful understanding of homeopathy. Homeopathic methodology and clinical practice will be discussed with a particular emphasis on how participants can practically apply homeopathic principles and medicines in professional practice or self-care. Participants will be taught how to use at least 20 different homeopathic medicines for self-care applications.

Suggested reading: *Homeopathic Medicine for the Family*, Stephen Cummings & Dana Ullman (Tarcher). $450

Empower and Fit: The Use of the Human Potential to Transform Work into Joy

Will Schutz

Will writes: "The human potential movement is destined to be regarded historically as a major cultural watershed, a time and place where a variety of people and traditions converged and created quantum leaps in our understanding of the human condition—body, mind, spirit. The movement is comparable to the Bauhaus in architecture, the Vienna Circle in philosophy, and Paris in the 20s in literature—occasions where breakthroughs were made that affected our lives in important ways.

"A next step is to take the results of the human potential movement and to apply them to establishment institutions. By empowering the individual and by creating a better fit between individuals, between individual and job, between individual and organization and by creating an atmosphere of openness, self-responsibility, and self-knowledge, a new concept of work and of organizations emerges. Work becomes a source of excitement, produc-

tivity, and joy and organizations become temples of human achievement and pleasure.

"This workshop explores the application of these principles to specific organizations. A program called 'The Human Element,' embodying these ideas, has been administered in NASA, the United States Army in Okinawa, a Catholic hospital in Iowa, the staff of the Association for Humanistic Psychology, and elsewhere, with startling results. Aspects of this program will be described and demonstrated to participants. Some new instruments based on a major revision of the Firo theory will be presented." $450

Weekend of October 12–14

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $230

Reprinting: A New Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize inner power? Through various approaches including body reading, light trance work, and anchoring (Erickson), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in, and consider opening up new doors toward growth and freedom. New models of behavior can become available.

The workshop will feature individual and group processes, including body release approaches.

Suggested reading: *The Body Reveals*, Prestera & Kurtz (Harper & Row). $230

Life Change, Career Change

John Caple

"Work is love made visible," wrote Kahlil Gibran. In this workshop, participants will examine their work-life and work options as part of the larger pattern unfolding in their lives. Working from a conceptual base, the group will use integrative exercises, art, body work, and gestalt processes to seek answers and consider life decisions. The goal is for participants to see more clearly what they want and how to get it. One outcome will be a specific action plan.

This weekend is for those who want more value in their life at work, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life / work issues during group meetings and in pre-breakfast runs.

Suggested reading: *Careercycles*, John Caple (Prentice-Hall). $230

Introduction to *The Fourth Way*

Charles Tart

Ordinary consciousness is a kind of waking sleep, an absorption in our own and our culture's illusions. How can we awaken? Our essential selves were invalidated and suppressed in childhood, as part of "education." How can we rediscover and nourish them? Instinctual and sensory wisdom is buried under cultural noise. How do we come to our senses?

The Fourth Way was Gurdjieff's name for psychological and spiritual development approaches that emphasized balanced work on the mind, emotions, instincts, and body. In this workshop we will examine Gurdjieff's main ideas, integrating them with modern growth psychology.

Self-remembering will be taught and practiced throughout the weekend as a primary means for increasing self-understanding and living more effectively in the present. Basic practices adapted from aikido will be used to illustrate how one can develop bodily intelligence, with emphasis on practicing *Fourth Way* methods as part of everyday life. $230

Psychedelic Prospectus on Future History

Terence McKenna & Friends

Terence McKenna writes: "How clearly do we perceive the impact of psychoactive plants and the shamanic experiences they induce on the origins and future development of humanness? What role are the plant psychedelics playing in the hyper-future outside of history? How have our cultural biases, from the Mandaeans to the Maya, caused us to misunderstand the crucial part psychedelics have played in the evolution of language and cultural self-image?

"We will explore these matters conversationally using our collection of people, books, and ideas as resources."

Recommended reading: *The Invisible Landscape*, McKenna & McKenna (Lux Natura); *Cosmos and History*, Mircea Eliade.

This will be a didactic workshop. The use of hallucinogens is not permitted at Esalen. $230

October 14–21

As Esalen will be hosting the International Human Learning Resources Network, no public programs will be held at this time.

Week of October 21–26

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $450

Five Day Massage Intensive

Deborah Anne Medow & Brita Ostrom

For workshop description see September 9-14. $450

Big Sur Wilderness Experience

Steven Harper & Roderick Nash

This Big Sur Wilderness Experience will be a unique one. Roderick Nash, author of *Wilderness and the American Mind*, will join us for part of our week together. We will explore inner and outer wilderness both experientially and intellectually. The week will include hiking in Big Sur's backcountry as well as lecture / discussions about America's wilderness. For further information see page 13. $450

Five Days with Jack Rosenberg

This workshop is aimed at awakening and sustaining awareness of body, self, and soul, as well as examining the anatomy and function of intimate relationships. The method can be described as gestalt body work with a distinct leaning toward the transpersonal aspects of life. During the workshop participants will explore many aspects of Jack Rosenberg's energetic approach to sexuality, the energetic field of the body, and the belief systems which keep us locked in obsolete behavior patterns. $450

Idiosyncratic Thinking

Richard Feynman, assisted by Ralph Leighton, Faustin Bray & Brian Wallace

The leaders write: "The aim of the week is to help participants develop a unique personal philosophy which can bring peace of mind and enjoyment of life's contradictions.

"In science, when we look at common things from some new or unexpected viewpoint, we achieve a new and deeper understanding. When this same approach is applied to personal problems, useful unexpected insights are often realized. This concept will be illustrated in two ways: through discussions of personal human ideas such as doubt, uncertainty, remorse, guilt, responsibility, dignity, and freedom; and by looking at nature as a teacher with these ideas in mind. Participants are invited to contribute their thoughts for discussion in the sessions.

"The thinking and experiencing process will be integrated using a blend of esoteric skills, music, visual arts, and fun. You are invited to bring rhythm instruments."

Recommended reading: *Character of Physical Law*, Richard Feynman (MIT Press); *Nova, The Pleasure of Finding Things Out* (Transcript) (WGBH, Box 322, Boston, Mass 02134). $3 Payable to WGBH Transcripts. $450

Weekend of October 26–28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $230

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will work at their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$230 per participant

The Holistic Revolution in Medicine

Larry Leshan

Larry writes: "Holistic medicine is a set of concepts, not a set of methods. It does not replace mainstream medicine, but includes it. This program will include material on the history and basic philosopy of holistic medicine and how it can be practically used to restore and potentiate health. Participants will be helped, if desired, to design their own unique holistic health program. The seminar will be primarily case-oriented." $230

How to Deal with the Soviets: A Colloquium

Coordinated by Robert Bathurst

Honest academics, diplomats, and journalists now generally admit that we are at a dead-end in understanding the Russians. Detente, containment, co-existence, United Nations, military pacts—we've exhausted them all. So where do we go from here? How do we get off the current action-chain threatening to lead to war?

A panel composed of a distinguished diplomat, a businessman, historian, anthropologist, and politico-military scientist, who have spent many years of their lives on this problem, will talk about new paths of understanding and change. There will be full audience participation and discussion and an opportunity to pursue specific aspects in small groups. Discussants include Dean Edward Keenan, Russian historian and dean of the Graduate School, Harvard; Dr. Nina Tumarkin, a Wellesley professor and author of a major work on the cult of Lenin; Ambassador Kirk and Madeline Kirk, he a specialist in Soviet affairs and she a former executive in the Tolstoy Foundation, and Edward Hall, an anthropologist. Professor Robert Bathurst will lead the colloquium and provide answers about the politico-military aspects of the problem. $230

Zen and Dzogchen

Sogyal Rinpoche

"In meditation, there is a simplicity and ordinariness which is almost magical; it is sane, clear, awake, full of humor and extremely powerful."—Sogyal Rinpoche

The practice of meditation is a way to discover our basic sanity and awaken our innate intelligence. Besides deepening our sense of trust, the practice shows us how to work with our confusion—subconscious gossip, hopes and fears, and thoughts of all kinds. Starting with the practice of simply sitting, meditation gradually extends to everyday situations and touches all aspects of our lives.

Dzogchen is the final and ultimate teaching of Buddha in the Tibetan tradition. It has been called the "Zen of Vajrayana" as it shares with Zen an uncompromising simplicity and directness in uncovering the nature of mind, and bringing precise experiences of the awakened state.

Instruction will be offered for those new to meditation and those who already practice. The format will interweave periods of intensive meditation practice with teaching and individual guidance from Rinpoche, along with discussion and time for relaxation. $230

October 26–28

Women's Vertical Dance: A Rock Climbing Weekend Near Big Sur

Annie Callaway-Galland

For workshop description see Wilderness Programs, page 41. $195

Week of October 28–November 2

Creating Musical Theater

Bradley Bernstein, Didi Conn, Nancy Kaye Lunney & David Shire

Theater! Music! Lights! Make-up! Join us for a week of creating original musical theater. Now's your chance to be a writer, a lighting technician, an actor, designer, or a stage manager. Through Spolin exercises and other group games we will engage in the process of creating: from receptivity, through focus, to expression.

This is a week to rediscover your talents; a chance to experience spontaneity, creativity, and being part-of-the-whole. No experience is needed.

The faculty includes Didi Conn, stage, film, and television actress, currently appearing on the weekly TV series *Benson*, and founder of "The First Stage" in Los Angeles, which is a group of actors, directors, and writers that develop new plays for stage and screen; David Shire, Academy Award-winning composer of many film scores and of the current Broadway hit *Baby*; Nancy Kaye Lunney, former vocal coach and accompanist who regularly leads singing workshops at Esalen, and Bradley Bernstein, director of shows at Juilliard and other schools and theaters in the United States, Canada, and Australia.

Use your own interests and abilities, be a creative player at whatever you'd like to do. This will be a very active week!

Recommended reading: *Improvisation for the Theater*, Viola Spolin. $450

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week we will focus on how to develop those qualities in ourselves that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based in warmth and humor we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $450

October 28–November 4

Physical Movement and Child Development: A Symposium

Cynthia Rogers Silverman & Stacy Mills

This symposium is concerned with an examination of how patterns of movement in early life affect a person's subsequent physical and mental development. The focus is on learning how to enhance the movement skills of young children in order to effect greater balance in movement and increased coordination of intention with action. The emphasis is not on deficiency or movement disorder; it is on the study of normal development and function. A significant part of the week will be spent in direct observation and interaction with infants, toddlers, and young children.

The symposium will bring together a group of people with varied areas of expertise including: child education, child development, musculoskeletal function, dance, and athletic skills. It will take place at Esalen's Gazebo School, a unique child learning environment in which the outdoor setting and structures are used to support the child's developmental needs rather than constrain them. The philosophy is that exploration in limit testing is an important aspect of healthy child development. $680

October 28–November 23

Evolution of Consciousness: The Path of the Senses

Christina & Stanislav Grof

For workshop description see Special Programs, page 39. $1800

Weekend of November 2–4

Recovering Sensual Authority

Don Johnson

Throughout history in every part of the world, social institutions have taught that one's perceptions are unreliable guides, needing to be checked by reference to superior norms of reason. But access to those norms is reserved for a privileged few authorities: priests, gurus, scientists, politicians, psychotherapists, physicians. The result is a world of dependent adults distrustful of their own viewpoints, feeling impotent to effect significant change.

In this workshop we will explore how we have learned to denigrate the value of the immense treasury of what we have sensed in our lives. Using touch, movement, exercises in seeing, hearing, and guided fantasy, we will begin to reconstruct our sensual access to communal authority, wisdom, and love.

Suggested reading: *Body*, Don Johnson (Beacon Press, 1983). $230

Towards a More Sensitive Relating

Charlotte Selver & Charles Brooks

This workshop is an introduction to *sensing*, for more meaningful contact with our own nature and with the world around us.

How we relate to our deep inner needs, to other people, or to different tasks and situations depends on how we *perceive them* and how we trust our own findings. When perception is clear and full, we cannot make mistakes. Our whole organism is geared to respond appropriately. We have come, however, to see through a fog of preconceptions, a bewildering fabric of the ideas and judgements of others.

Our own experience has been belittled; our perceptive faculties have lost their edge. The true I and the true you no longer meet. Both life and death have become often-threatening fantasies.

Sensory awareness is a practice for rediscovering and reviving full sensory functioning. Through the gradual quieting of premature and inappropriate intellectual activity, it directs our attention both inward and outward to the actuality of the present moment. As perceptivity revives, true relationship becomes possible. Each everyday occasion in living gains its own

freshness, its own uniqueness. We can become content again, like healthy children, as quality begins to make quantity unimportant.

Suggested reading: *Sensory Awareness*, Charles Brooks (Santa Barbara Press). $230

Week of November 4–9

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $450

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 12. $450

Towards a More Sensitive Relating

Charlotte Selver & Charles Brooks

For workshop description see November 2-4. $450

Weekend of November 9–11

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities, Anne and Jim will use special exercises to aid participants in exploring these abilities.

They have found through their professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the intuitive input they normally receive. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $230

Dream Discovery

Joyce Frazee

"Each dream that is not understood is like a letter that is not opened."—Talmud.

Each night we receive brilliant, insightful, creative communiqués disguised in poetic imagery. In this workshop we will explore how to use our dreams for personal growth, insight, creativity, and problem solving. Participants will discover that any dream, however fragmentary or prosaic, can offer entry to a new world of insight. Methods for dream discovery will include exercises in dream recall, Senoi dream practices, mandala drawing, gestalt dream work, and psychosynthesis. $230

The Upstart Spring: Reflections on Esalen and the Human Potential

Walter Truett Anderson & Theodore Roszak

It is more than twenty years since the resort at Big Sur offered its first seminars on "Human Potentialities" and began its unique career as a podium for visionaries, mystics, counselors, and social critics.

In this seminar we will assess the accomplishments and shortcomings of Esalen and of the various intellectual and social currents—humanistic psychology, Oriental religions, psychedelics, the youth movement of the 1960s—that have moved across the Esalen scene. We will revisit, from a 1980s perspective, the works of some of the main influences in Esalen's life—such as Alan Watts, Fritz Perls, Abraham Maslow and Will Schutz—and will think about Esalen as an American phenomenon, an outgrowth of American culture, and a response to American dreams.

There will be some unabashed excursions into nostalgia, but we will also want to consider the proposition that the work the human potential movement set out to accomplish is scarcely begun, and that the value of some stock-taking from the past is to get a better sense of where we go from here. $230

Week of November 11–16

Fluidity in Motion: Rolf®-Movement

Elisa Lodge Schiffman

"Mr. Dufy lived a short distance from his body"
—James Joyce

Elisa writes: "This workshop provides a creative environment to explore the concepts of movement education based on the principles of Ida Rolf—a process of fine tuning and harmonizing our unique instrument from restricted to spontaneous, tense to flowing, inhibited to open. We focus on deepening our kinesthetic awareness of the relationship between our body's structure and emotional attitudes. Everyday movements and specialized activities such as jogging, playing musical instruments, etc., become more effortless and graceful when we are balanced to gravity. The spirit we open to through this awareness is ageless. It is the source of our enthusiasm, excitement, and strength. Group and individual work will be offered, using gestalt, dance, and the healing use of touch, all for the benefit of becoming more present. Video feedback will be used." $450

Somewhere Between Freedom and Security

Phyllis Shankman

Living is often experienced as a delicate balance between one's desire for personal freedom or growth and the need for security and attachment. In this workshop, participants will explore the issues of independence/dependence, self-esteem, trust, risk-taking, work, love, and relationship. During the week, participants will use meditation, massage, music, movement, and the Esalen/Big Sur environs to slow down, relax, open, and experience themselves fully. Gestalt process work will be used to increase self-awareness. $450

The Winning Seminar

JoAnne & Saul Miller

The Winning Seminar presents principles and practices for enhancing performance and pleasure.

Winning is effectiveness and power. It is an attitude and an ability to concentrate energy and thought in achieving one's goal(s). Winning is compatible with harmony, sensitivity, and joy.

In this seminar Saul adapts practices used in developing a winning edge for top-level competition to the goals and circumstances of the participants. The workshop will include: psychophysical charging and release processes, breath-balancing, diet, focusing, imagery, plus methods to clear and strengthen intention, commitment, confidence, and belief.

Suggested reading: *Food for Thought: A New Look at Food and Behavior*, JoAnne & Saul Miller (Prentice Hall). $450

Fundamentals of Acupressure

Michael Reed Gach

With the pressure and pace of modern living, people need more than ever before, ways to release stress. Unmanaged pressures and chronic tensions are now recognized as major health hazards. In this acupressure workshop, participants will be taught simple breathing exercises and finger pressure on key acupuncture points which can help relieve headaches, anxiety, and neck and shoulder tension.

The course provides an overview of four different forms of acupressure: Do-In, Shiatsu, Jin Shin Do, and Reflexology, along with instruction in acu-yoga for increased effectiveness. Acupressure point interrelationships will be taught as a practical foundation for understanding how to use complimentary points for releasing special imbalances. The workshop will also include how to assess and individualize sessions through basic pulse reading, physiognomy (face reading), the chakras, and general body language.

Recommended reading: By Michael Reed Gach: *Acu-Yoga: Self-Help Techniques* (Japan Pub., Harper & Row Dist.), *The Bum Back Book* (available through Acu-Press, 1533 Shattuck Ave., Berkeley, Ca 94709.) $450

Weekend of November 16–18

Converging the Frontiers of Politics, Psychology, and Peacemaking

John Vasconcellos & Mitch Saunders

As an invitation for aspiring peacemakers this is an occasion for exploring and expanding our innate capacities for becoming peacemakers—in every relationship of our lives, from the most intimate to the most global.

Redefining psychology, politics, and peace requires: re-envisioning ourselves as persons, recognizing ourselves as politicians, realizing ourselves as peacemakers.

Addressing all this entails: making peace with myself, attending to the trusting, opening relationships which inspire us to carry ourselves into politics and peacemaking with more vision, boldness, durability, and always integrity; translating our commitment to peacemaking into practical efforts. $230

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

"For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation."
—Rainer Maria Rilke

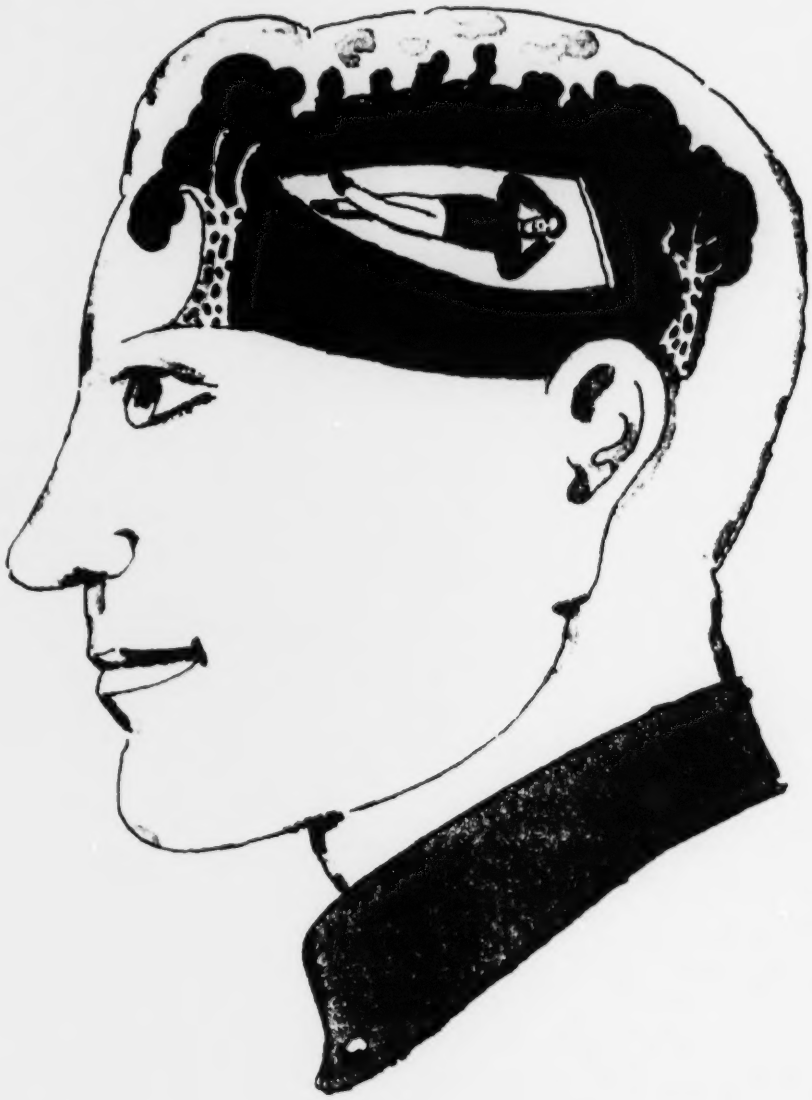
The goal of this weekend is to provide a context in which couples can focus and explore their relationship in the areas of communication, closeness, conflict, and individuality. A balance of structured and spontaneous interactions will be used within the framework of the large group, subgroups, and the couple. Limited to ten couples. $230 per participant

Alternatives for Managers: An Energy Training Perspective

Susan & Joel Kirsch

Susan and Joel write: "How can managers effectively deal with the changes that constantly bombard them? Does supervision of others have to lead to conflict? Can managers combine strength with sensitivity while providing leadership? In this workshop we use movement exercises from Leonard Energy Training along with demonstration and discussion to discover the manager's role in creating and supporting quality and excellence in the workplace. Leonard Energy Training is a process that blends Western psychology, Eastern philosophy, and physics to reveal alternative ways of dealing with everyday life situations and increasing the flow of vital energy.

"Participants will have the opportunity to gain insights into their own managerial style and explore alternative ways to increase productivity, improve teamwork, and enhance personal and professional performance." $230



On Letting Go

Judyth Weaver

In everything we do we have choices, but do we recognize them? We can perform the same actions in a stressful or a relaxed manner, wastefully or economically. We can hold on tightly or let go. We can have fun or suffer. The more in touch we are with our feelings and abilities, the more options are available to us.

This workshop will focus on rediscovering awareness of self—mentally, physically, and spiritually—to develop and integrate as many options as possible. It is through this awareness that we can acquire choice of how to live.

We will work with deep sensing of our organism, with gentle breathing methods for stress reduction, t'ai chi ch'uan for relaxed exercise, gestalt, movement, massage, and meditations. All these explorations can lead to a sense of centered grounding and balance with which to develop and enhance an economic, energetic, pleasurable, and effective life.

$230

Week of November 18–23

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $450

Gestalt

Seymour Carter

For workshop description see September 16-21. $450

Unfinished Business

Janet Zuckerman

Janet writes: "This workship will provide a safe environment for exploring the 'unfinished business' in our lives.

"I believe that when unfinished business from the past is projected into current relationships one is prevented from fully appreciating others in the "here and now."

"The emotional release methods that I have developed over the past decade support completion of this unfinished business through the honest expression of feelings." $450

The Language of Dreams

Leo Matos

This is an experiential seminar on different approaches to dreaming and psychological work with dreams. The emphasis in the seminar will be on cross-cultural comparison of the use of dreams; typical Occidental approaches such as Sigmund Freud's psychoanalysis, C. G. Jung's analytical psychology, and Fritz Perls' gestalt practice will be complemented by the methods used by the Senoi in Malaysia, the North American Indians, and by the tantric tradition in Tibetan Buddhism. Participants will have the opportunity to learn how they can use dream work for enhancing their lives. $450

Weekend of November 23–25

Exploring Self-Acceptance

David Schiffman

For workshop description see September 28-30. $230

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

For workshop description see September 14-16. $230

Weekend Massage Intensive

Peggy Morrison Horan & Char Pias Brenner

In this introductory seminar participants will learn to give a competent full-body massage. The emphasis will be on developng a soothing and penetrating contact, on sustaining that contact to create a relaxing and integrating experience, and on centering physical and mental energies while working. The intent of the seminar is to introduce massage as a practical approach to developing greater sensory awareness and bringing relief from stress. $230

The Soviet Experience

Nina Tumarkin

Are Russians just like us? Or do they really inhabit a different world? The most positive step that aware Americans can take today is to learn to see the world through Soviet eyes, to reach for the future from the heroic, grisly, and dramatic past of the Soviet Russian land and people. This workshop on the Soviet psyche will be a collective experience of learning, insight, humor, beauty, distress, political awareness, and spiritual growth.

Recommended reading: *To Build a Castle*, Vladimir Bukovsky (Viking); *The Ivankiad*, Vladimir Voinovich; *The Russians*, Hedrick Smith. $230

Anatomy for Trager Students

Deane Juhan

This seminar is offered as a continuation of the professional training for students of Trager Psychophysical Integration and Mentastics . It will examine the anatomical structures of the body and their kinesthetic relationships, with specific reference to how these structures and relationships are handled by the Trager approach.

Half of the time will be used for slide presentations, lecture, and discussion concerning particular areas of the body. The rest will be spent practicing aspects of a Trager session which correspond to those areas. The emphasis will be on clarifying for the student the intent of the various hand positions and movements, based upon an understanding of structure, function, and motor reflex.

Since supervised Trager table work will be an important part of the class, a beginning Trager training is a prerequisite.

For futher information on Trager work see this issues' Food for Thought article entitled: *The Trager Approach: Psychophysical Integration and Mentastics* by Deane Juhan. $230

A Course in Miracles for Non-Beginners

Julian Silverman

This seminar is for people who have been studying *A Course in Miracles* and want to clarify their approach to working with its ideas. Learning to "see through" things, the recognition of Spirit in ordinary relationships, and one's relationship with God are a few of the ideas which will be focused on.

Prerequisite: Completion of at least the first 35 Lessons in the Workbook; completion of the first 65 pages of the Text. $230

Week of November 25–30

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $450

Five Day Massage Intensive

Vicki Topp & Bill Liles

For workshop description see September 9-14. $450

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

For workshop description see September 2-7. $450

The Performer in You: Achieving Stage Presence

David Feldshuh

Much of our everyday lives is performance: we present ourselves to other people; we give speeches or run meetings; we tell jokes or stories; we play sports. There is an optimum psycho-physical presence for performing anything: a mind-body condition that is clear of tension, centered, free, and spontaneous. The first step in developing this presence is awareness of individual physical and mental resistances. Next, one must learn practical ways to work through these resistances. The goal is stage presence: the ability as a performer to occupy time and space and the willingness to feel entitled to occupy that time and that space. These qualities can be learned. We can learn to perform so that we allow ourselves to be successful instead of bracing ourselves for failure. We can also learn to act more readily from a region beyond the boundaries of conscious control or judgmental intelligence, a region requiring the capacity to surrender to the moment and live fully in it.

Using exercises from mime, karate, theater games, voice, and mask work as well as methods adapted from gestalt and Zen meditation, this workshop will attempt to cultivate the performer in each participant regardless of previous performing experience. $450

Self-Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, bioenergetics, and journal work.

$450

November 25–December 21

Month Long Esalen Massage Practitioner Program

Esalen Massage Practitioners

For workshop description see Special Programs, page 39. $1800

Weekend of November 30–December 2

A Special Weekend at Esalen

Except for two introductory workshops, we have set aside this weekend for all those Esalen friends who would like to spend time at Esalen, enjoying the grounds, the baths, and the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual. Big Sur musicians and dancers will perform as part of the weekend's activities. $120

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $230

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $230

Week of December 2–7

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 12. $450

The Body Has Its Reasons

Peter Levine

For workshop description see September 9-14. $450

Reflectors

Jenny O'Connor & the NINE

For workshop description see September 30-October 5. $450

The Spiritual Path: Promises and Pitfalls

Christina & Stanislav Grof

We will combine observations from modern consciousness research and from various mystical traditions to explore the process of spiritual awakening. Participants will have the opportunity to confront through experiential exercises transpersonal areas within themselves. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative body work, and mandala drawing. Special attention will be paid to the understanding and management of "spiritual emergencies"—transpersonal or evolutionary crises which can occur in the context of various spiritual practices or spontaneous spiritual awakening.

$450

Body Experience: An Intensive

Dub Leigh & Dee Dee Lozier

This workshop is designed for individuals seeking release from body pain, tension, and trauma. Participants will be able to explore body work methods which aim to begin or accelerate changes toward greater awareness, comfort, and function.

Dub and Dee Dee write: "We'll use the trigger point work of Nimeo-St. John to release pain and tension, the work of Ida Rolf to re-align body structure, and the work of Moshe Feldenkrais to enhance function and movement. The format will include group movement exercises, the teaching and practicing of simple and effective methods for working on others, plus individual private sessions with the two of us."

$450

Weekend of December 7–9

Experiencing Your Psychic / Intuitive Abilities

Anne & Jim Armstrong

For workshop description see November 9-11. $230

Reprinting: A New Growth Process

Hector Prestera

For workshop description see October 12-14. $230

Dreams, Energy, and Transformation

Kenneth Kelzer

Dreams are a power source within the body / mind, offering us a wide variety of energies and "raw materials of the psyche." These energies, once refined and transformed, serve to elevate our lives to new levels. This workshop will employ a wide variety of dream transformational methods for personal renewal and energy expansion.

We will use gestalt processes, psychodrama, the Senoi methods, Jung's depth psychology, intuitive feedback, and creative art media as our principal tools. Participants will have ample time to present their own dreams and are urged to bring their dream journals to the workshop.

Suggested reading: *Black Elk Speaks*, chapters 3, 13, and 14; *Creative Dreaming*, Patricia Garfield, chapter 5; *Man and His Symbols*, Carl Jung, chapter 1; *Gestalt Therapy Verbatim*, Fritz Perls. $230

The Essence of Alan Watts

Robert Shapiro

Alan Watts was a great interpreter of Eastern wisdom to the West in the 1960s. Through several videotapes made shortly before his death, Watts continues to contribute his insights on the challenges in today's world and talks about paths toward more personal nourishment and achievement.

Some of the tape titles are: *Work as Play*, *Time*, *God*, *Meditation*, and *Nothingness*. Each tape showing will be followed by group discussion.

$230

The Wheel of Life and Death

Sogyal Rinpoche

The traditional mandala of the Wheel of Life is a map of our state of mind and its projections, which arise from ignorance, habitual patterns and negative emotions. As we struggle to achieve the goals of life and satisfy desires, we sink deeper and deeper into the swamp of samsara, the vicious circle of life and death. The meditative approach of the wisdom of Buddha has given us a clear insight into how to free ourselves from this chain and how to transform this very confusion into wisdom and self-nourishment, so as to enrich our lives.

The experience of death cannot be understood in isolation from life—in the mirror of death our entire life is reflected. This weekend seminar will investigate the Buddhist perspective on death, and how it can help us towards a better understanding of giving practical care to the dying. Sogyal Rinpoche is a specialist in the traditional knowledge of the *Tibetan Book of the Dead*. He is able to blend his traditional training in guiding and caring for the dying with the insights developed through his research and dialogue with various medical professionals and hospice workers in the West. Rinpoche will provide practical methods for giving the most effective and compassionate care for the dying, including how to help a dying person prepare for death, overcoming the fear of pain and of death, and how to involve the family as a natural support system, before death and during the bereavement period. He will also describe the process of death, and how to prepare for one's own death. $230

Week of December 9--14

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

For workshop description see September 23-28. $450

The Therapeutic Approaches of Milton H. Erickson, M.D.

Jane Parsons assisted by Francis Lu

This is a course designed for professionals in the mental health field. Dr. Erickson's approaches are of particular value because of his exquisite understanding of the use of verbal and nonverbal communication to affect physiological changes. A clinician who knows how to talk to a patient's unconscious mind, which Erickson defines as a rich storehouse of learning potential, can call upon abilities and experiences unique to that patient and can evoke hitherto unrecognized strengths and "patterns of happiness." These patterns can come alive even in a hospital bed and can have powerful therapeutic effects.

This course will teach clinicians to discover and develop their own unique resources that will enhance and refine their therapeutic methods and that will enable them to sharpen their sensory skills so that they can understand and utilize minimal nonverbal responses.

Dr. Erickson's understanding of how the mind works will be explored didactically and experientially. We will watch his training sessions on video, and will integrate these with practical exercises that gradually build up technical skills. Clinicians will be invited to present cases for discussion.

Workshop attendance is limited to mental health professionals with graduate degrees (M.S., Ph.D., M.S.W., D.D.S., etc.) in health related fields from accredited institutions and to graduate students in accredited programs in the above fields who supply a letter from their departmental chairperson certifying their student status.

Recommended reading: My Voice Will Go With You, Sidney Rosen (Norton & Co., N.Y.); by Jay Haley: *Uncommon Therapy* (Norton & Co., N.Y.), *Strategies of Psychotherapy*, and *Advanced Techniques of Hypnosis and Therapy: Selected Papers of Milton Erickson* (Grune & Stratton, N.Y.).

C.E. credit is available for doctors and nurses; for additional information see page 41. $450

December 9–16

A Seven Day Workshop in Trager Psychophysical Integration and Mentastics: Beginning Training

Betty Fuller

In this professional training, participants are instructed in Trager table work, receiving sessions from experienced practitioners as well as giving to and receiving from each other under supervision. In addition, participants learn to practice and teach mentastics, learn basic communication skills, clearing exercises, and simple meditations, and have time in the group to share and process their experience. This training is open to professionals in education, body work, holistic health care, counseling, psychology, medicine, chiropractic, sports, performing arts, and other disciplines which see movement as a primary means of learning.

C. E. credit is available for nurses; for additional information see page 41. $680

December 9–23

Psychic Healing: The Science and the Art

Elizabeth Stratton

For workshop description see Special Programs, page 39. $1120

Weekend of December 14–16

Exploring Self-Acceptance

David Schiffman

For workshop description see September 28-30. $230

The Therapeutic Approaches of Milton H. Erickson, M.D.

Jane Parsons assisted by Francis Lu

For workshop description see December 9-14. $230

Changing Values in American and Soviet Societies

John Naisbitt & Andre Melville

John Naisbitt, author of the best-seller *Megatrends* and Dr. Andre Melville of the Soviet Academy Institute of United States and Canada Studies will share insights about changing values in American and Soviet societies. Naisbitt sees the shift from national economies of the post-industrial nations to a more globally-centered and interdependent economy as a world-wide change which is a step towards peace. Melville will discuss aspects of contemporary Soviet culture that are little known and little understood in the West. $230

Week of December 16–21

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $450

The Practical Art of Creative Risk-Taking

David Schiffman

For workshop description see October 28-November 2. $450

Advanced Massage Intensive

George King & Esalen Massage Staff

This workshop will include morning and afternoon practice sessions with various instructors, yoga, movement, evening lectures and discussions, and demonstrations of specific practices designed to increase the range of conditions with which participants can deal effectively. The following concerns will receive emphasis: how to sustain one's energy through a day of treatments; how to clear negative energy released by the client; how to use weight and leverage. As one massages more and more deeply, emotional changes can be triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide group members with some first hand practice in productive ways to move through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five day intensive or its equivalent. $450

The Painting Experience

Michell Cassou & Stewart Cubley

It is very rare for most people to use painting purely for its qualities of inner adventure and self-discovery, to do it just for the process of exploration, not for the result. This workshop will focus upon the painting experience as a powerful tool for uncovering and dissolving blocks to creative expression. Emphasis will be placed upon the practical experience of creative painting in which participants will be given the support and stimulation to discover a natural way of painting based directly upon feeling. The mechanisms and patterns that prevent creative action will be discussed in order to integrate understanding with experience. The work will take place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. An audio-visual program will illustrate the development of inner expression during the painting process.

The workshop has proved to be of interest to persons involved in a wide variety of disciplines including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop write: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122. (415) 564-8515. $450 (plus $20 materials fee paid directly to the leaders)

Weekend of December 21–23

Weekend Massage Intensive

George King & Laurie Muller (Lioness)

For workshop description see November 23-25. $230

Gestalt Workshop

Marty Fromm

This workshop is designed for professionals who are interested in further personal growth and professional training in the practice of gestalt, as well as for others who are simply interested in their own personal growth through gestalt. While the sessions will be mostly experiential, ample time will be provided for didactic sessions of theory and practice.

The focus is on awareness: the discovery of what is, rather than on what was, might be, or should be. We will concentrate on "how and now" rather than on "why and because" of past and future, and will attend to body language and feelings. $230

The Human Energy System and Gestalt Process

Alan Schwartz

The human being's movement toward a stable and balanced organism undergoes many adjustments in direct proportion to his/her responses to parental and environmental messages. The result is the formulation of stratified patterns of *visible* physiology and behavior. These join to form that which is usually called personality, one's individual energy system. Two common examples of energy system responses to life stress are those personalities who collapse under stress and those who control. There are many more. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we make and inhibit intrapersonal and interpersonal contact. One focus will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our *consistent* awareness process and the autonomous expression of who we are. For additional information read the December 23-28 description. $230

Personal Mythology: Our Epic Journey

Stanley Krippner & David Feinstein

This seminar focuses on personal myths—the deep forces of the psyche that shape who we are, what we think, and what we do. Operating largely outside of conscious awareness, our personal myths nonetheless pave our journey through life, our place in society, and our relationship to the broader or spiritual context of existence. Showing participants how to reach deeply into realms of unconscious mythological wisdom, the workshop speaks to our need to find the visions that will nourish and inspire us. Drawing upon a range of systems including Jungian psychology, gestalt, psychosynthesis, dream interpretation, and cognitive psychology, participants will be led through a powerful and moving sequence of experiences that can rework a problematic area of their personal mythology. These experiences can be used again later to identify and work with other personal myths that may be creating problems in one's life. Participants are asked to bring a notebook or personal journal and are encouraged to record their dreams in it prior to the workshop.

Recommended reading: *Human Possibilities*, Stanley Krippner (Anchor). $230

Week of December 23–28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $450

Christmas Present

Paul Rebillot & Stanford Eugene Cates

We've idealized birth in the Christmas story—the newborn child surrounded by adoring parents, singing angels, comforting animals; worshipped by the wise and the simple, welcomed into the world and loved for nothing that he does, but for simply being who he is. Most of us were not welcomed in that way, and at Christmastime our disillusionment peaks. Our despondency and regrets are based on unfulfilled ideals, promises, and fairy tales. Using gestalt, guided fantasy, theater games, and rituals, we will seek to release ourselves from the excess baggage of past regrets and future expectations in order to return to the divine simplicity of our own present being. Out of that simplicity, we will create our own "Christmas present," a celebration in which each of us singly and all of us together can give ourselves our self for Christmas. $450

Effecting Change: The Human Energy System and Risk

Alan Schwartz

This is a week for recognizing the *relationship* between personal growth / change and economic / environmental realities. This is a week for *designing a growth pattern* for your individual energy system to provide more stable contact with the difficulties of the emerging decade.

The human energy system represents a constantly changing personality dimension. Often neglected in the system's movement towards maturity is the development of the consistency of strength. We hear metaphors not only of physical strength, but strength of character, strong emotions, and the spiritual and psychic strengths of perception. Lack of strength development leads each of us to develop compensations in order to be able to function in our chosen worlds. Some of the obvious are psychosomatic problems, blame, denial, and indiscriminate sexual functioning. *Power over* self, people, things is often a major compensation for the strength that allows us the *experience* of self, people, and things.

Risk involves awareness of our individual compensations, trusting self and the group process enough to *experiment* with mobilizing more energy. This means rendering more alive the strength of the physiology, feelings, conceptual process, and psychic perceptiveness. The result is clarity and stability and a deeper awareness of the balance of self as we contact the very real issues of the decade that is upon us. For further information, read the December 21-23 workshop description. $450

Educating the Genius Within—The Feldenkrais Method

Harriet Goslins

"*By my body's actions . . . teach my mind.*"
—Shakespeare

The habitual way you sit, stand, or move reflects patterns that are "wired-in" to your nervous system. This information can be erased or changed. By re-educating the brain / muscle connection, restrictions in your movement are freed, freeing also the life-time habits that have organized around that movement.

Awareness-through-movement lessons are a relearning of the ease and fluidity you took for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or on-going stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of our awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. When you change how you hold your muscles, your entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury, for the sedentary or those dealing with after-effects of injuries, and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his neck, shoulders, and back, to improve his posture and breathing, and to live and move with more flexibility and comfort.

Suggested reading: *Awareness Through Movement*, Moshe Feldenkrais. $450

December 23–30

A Seven Day Workshop in Rubenfeld Synergy Method

Ilana Rubenfeld

For workshop description see September 2-9. $680

Weekend of December 28–30

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $230

Exorcising the Demon "Should"

Paul Rebillot & Stanford Eugene Cates

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possible can. We'll contrast that with the experience of ourselves as we are spontaneously. With the help of this experience in contrasts, we will explore our possibilities of movement between the two, and in this way open up our options to the full range of our own authentic being. $230

Psychic Self-Defense

Elizabeth Stratton

The power of psychic energy cannot be overestimated. We are constantly bombarded by the emotions and thoughts of people around us, as well as by the accumulated energies of the environments in which we live and work. We can also be affected by the physical illnesses of

people we are close to, sometimes to the point of actually manifesting those illnesses as if they were our own.

This workshop will give you an opportunity to explore the weaknesses in your psychic defense system, to learn how to release the negative energies you pick up, to repair and strengthen your aura, and to develop your psychic sight so that you can protect yourself from absorbing unwanted energies in the future. $230

Week of December 30–January 4

Clowning for Life: A Gestalt Workshop

Rickie Wolf

"The fool who persists in his folly becomes wise." —William Blake

Clowning for Life is a study of how to be fully present. It is a search for the state of consciousness where contradictions can be embraced and where suffering and limitation are transformed through acceptance and play. Clowning is a surrender, a free-fall into being.

The workshop focuses on the joy of the full and unified expression of body, emotion, mind, and spirit. It offers an escape from the ponderous into an attitude that life is an invitation to play.

Participants are asked to bring a hat and some clothes to use as costumes. $450

Forgiveness and Letting Go of Judgement

Elizabeth Stratton

"The giving up of judgment, the obvious prerequisite for hearing God's Voice, is usually a fairly slow process, not because it is difficult, but because it is apt to be perceived as personally insulting."—A Course in Miracles

Elizabeth writes: "The training of the Western mind, both spiritually and intellectually, is oriented toward judgment. We are taught to induce, deduce, analyze, dissect, defend, debate. We are taught to feel guilty, to get sick, to engage in self punishment and the punishment of others. We are encouraged to rebuke ourselves into perfection.

"We do not know the healing quality of true remorse, or how to let go of that which we should never have held onto in the first place—the real meaning of forgiveness. In studies of people who have died and come back to talk about it, the most unifying element of their experiences was the meeting with a Being of white light who stood by with unconditional love, no judgment, and humor as they watched their lives roll before them like movies. The only judge was the person watching his/her own life.

"This workshop will be experiential. You are invited to observe the judgmental prison of your own mind, to feel the cleansing power of remorse, and to allow your heart to open to the freedom and healing that comes from forgiving yourself and others." $450

Catharsis and Beyond

Jessica Moore Britt

Insight and body-oriented practices depend on awareness and on the expression of sensations, feelings, and images that most of us ordinarily repress. Insight and catharsis by themselves, however, may not necessarily lead us into the depth that transpersonal disciplines like meditation and shamanism cultivate. Practitioners of meditation and shamanism, on the other hand, may neglect the emotional/physical clearing that often allows the opening from which our depths may emerge, be perceived, and integrated. This workshop seeks to join these two levels of practice. Using gestalt awareness practice, Reichian breath work, meditation, and chanting, we will begin to explore the relationship between the learned patterns of our personality and the depths of our being. $450

Rethinking Security

John Marks, Eric Helt & Judith & Robbie Gass

This workshop will explore the intellectual, experiential, and creative aspects necessary for international and personal security. It will provide the participants with an opportunity to experience what breakthroughs are possible on security questions using an eclectic mix of data, process, dance, song, and cognitive discussion.

Recommended reading: *Search for the Manchurian Candidate*, John Marks. $450

Integration

Deborah Anne Medow

Deborah writes: "The body reflects what is going on in the mind. By working with my body physically through exercise, yoga, massage, or whatever practice it is that I do, I can affect a change in my thoughts and habits—my whole pattern of living. Conversely, changing my mental attitudes can influence a change in my body's form.

"Having integrated into my life various practices and activities including gestalt, interpersonal process, massage, hiking, and movement, I have found a new sense of awareness of the levels at which I am working and where my limitations lie in these areas. By knowing my limitations, I am able to see with more clarity where and how to proceed to bring about growth and change.

"Participants will be presented with guidelines to integrate both their own practices and those offered in the workshop. In the mornings we will come together for yoga followed by a light breakfast. In some of the sessions following, we will explore creative movement and dance, out of which can evolve a deeper understanding of each individual's inner rhythms. Other sessions will include the practices listed above and an opportunity during an afternoon hike to observe nature's cycles as a way to reflect on our own natural cycles and movements.

"I have noticed that when I explore areas where I have been holding in my body, there follows a simultaneous opening and awakening in my mind. This insight is a valuable personal tool which I hope to pass on to the others in this workshop. $450

Weekend of January 4–6

A Retreat Weekend at Esalen

This weekend is open to all those who would like to spend time at Esalen, enjoying the grounds, the baths, and the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual. $120

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 12. $230

Intuition Practice

Helen Palmer

This seminar teaches the identification of personal intuition systems that can be made accessible by internal focusing practices, or that may already be operating in unrecognized ways. The practices develop the ability to discriminate between personal thoughts, fantasies projected from personal thinking, and impressions received from situations unknown to the thinking self. The psychic aspect of intuition rests on the ability to shift attention from the self to impressions received from outside the self. $230

Movement Meditation

Susan Harper

The workshop will focus on individual movement and group energetics, exploring the interplay of motion across a wide spectrum. There may be tiny micro-movements, deeply sensual undulates, and dynamic movements in space. You are encouraged to widen and narrow the lens of your attention, to see the possibility of infinite variation in every activity of the organism.

Susan describes her experience of movement in this way: "In dancing, the sense of self, the cultural self, disappears. One dissolves into the

waves of life motion. Within every cell of our bodies is a deep biological intelligence that knew how to create our complexity when we were in our mother's womb. It is the intelligence that creates life. We can merge with that and allow it to speak to us of creation . . . of the formation of primal earth, of early creatures, and one-celled organisms . . . of the time we swam in the oceans and took to the air.

"Sometimes the sense of all forms and creatures drops away and there is just the movement of something unknown. And sometimes there is just the moving.

"When we are living in that kind of creative flow, we feel the most aligned with the natural life force of this planet. One feels the power of the vision of life, the wholeness of life. To dance, to envision, to be playfully inspired are the qualities which widen our human perspectives and take us joyfully into the unknown." $230

Love and Work

Anne & John Caple

"Work is love made visible," wrote Kahlil Gibran. In this workshop, participants will examine their work-life and work options in the context of their love for themselves, for others, and for the larger world. Working from a conceptual base, the group will use integrative exercises, art, body work, and gestalt processes to seek answers and consider life decisions. The goal is for participants to see more clearly what they want and how to get it. One outcome will be a specific action plan.

This weekend is for those who want more value in their work-life, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life / work issues during group meetings and in pre-breakfast runs.

Suggested reading: *Careercycles*, John Caple (Prentice-Hall). $230

Week of January 6–11

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 12. $450

Five Day Massage Intensive

Bill Liles & Peggy Morrison Horan

For workshop description see September 9-14. $450

Furthering: A Workshop for a Work-in-Progress

Rosemary Feitis & Crystal Miller

Creating a work usually involves a compromise between the impulse and the material. Problems in one area can often be unplugged by moving to another area for a while. A prerequisite for this workshop is to be actively engaged in a work-in-progress: thesis, artwork, client list, portfolio. (Seeing yourself as a work-in-progress, however, is a little like biting your own tail.) Bring your creations with you and we will offer a framework in which to take them to the next step. $450

I Ching: Easy Learning from the Center

Chungliang Al Huang & Living Tao Staff

Chungliang writes: "This seminar helps you delve deeper within the superficial understandings and fringe benefits of your *I Ching* searchings. Penetrate into this resourceful ancient book of wisdom: begin from the core of wholeness, balance the yin / yang polarity, evolve into eight trigram variations, then create the 64 hexagrams holographically.

"You can do it all from the beginning with Chinese brush strokes, the corresponding ideo-pictogram meanings, and the t'ai chi movement motifs. You may draw references from Wilhelm / Baynes and other translations, and from my personal collaborative learnings from John Blofeld and Lama Govinda. Prepare yourself by reading pages 72-96 of *Quantum Soup*. Do away with the linear mind and body. One of the meanings of I (as in *I Ching*) is EASY. Dance the *I Ching*!"

Recommended reading: by Huang: *Quantum Soup* (E. P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press), with Watts, *Tao: The Watercourse Way* (Pantheon); *I Ching* (translated by John Blofeld); *The Book of Transformations*, Lama Anagarika Govinda. $450

Celebration of the Sensitivity of Self

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through intuitive and energy awareness, massage, meditation, movement, gestalt, and play. Using these tools and gentle risk-taking can help in opening to our own aliveness and ability to be more at home with ourselves. Participants will explore practical and portable ways of nourishing and trusting the inherent wisdom of the self. $450

Weekend of January 11–13

Anatomy for Trager Students

Deane Juhan

For workshop description see November 23-25. $230

Inside / Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies,

Paul Horn & Chungliang Al Huang

Paul and Chungliang will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, improvisation, meditation, and world travel experiences.

Recommended reading and listening: by Huang: *Quantum Soup* (E. P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press); with Watts, *Tao: The Watercourse Way* (Pantheon); Paul Horn's albums: *Inside*, *Heart to Heart*, *China*, *The Magic of Findhorn*, and *Jupiter 8*. $260

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind / body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion. The seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate vipassana practice in daily life after the workshop is over. $230

Self-Exploration with Kinesiology and Interdimensional Harp Music

Joel Andrews

Joel writes: "After the 'outer activity' of Christmas this is an opportunity to get back in touch with the core of your being. With kinesiology we can unlock the deeper wisdom of the body and with harp improvisations we invite it to move and dance.

"Sessions will alternate between inner and outer movement using 'healing tapes,' demonstrations of the Basic Self Schemata or subpersonalities, and practicing (in pairs) general muscle-testing." $230

January 11–13

Sierra Ski-Touring: Gentle Pleasure of Flat Tracking

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

For workshop description see Wilderness Programs, page 41. $225

Week of January 13–18

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see page 12. $450

Inside / Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies,
Paul Horn & Chunghiang Al Huang

For workshop description see January 11-13. $480

Transpersonal Psychology: New Perspectives in Counseling and Self-Exploration
Christina & Stanislav Grof

This workshop will explore theoretically and experientially the rapidly developing field of transpersonal psychology. The discussion will focus on the implications of modern consciousness research for understanding the dimensions of the psyche, various forms of emotional and psychosomatic disorders, new mechanisms of healing and personality transformation, and strategies of counseling and self-exploration.

The emphasis in experiential work will be on the method of "holonomic integration" developed by the workshop leaders, which combines controlled breathing, evocative music, focused body work, and mandala drawing. It mediates access to unfinished biographical material, sequences of psychological death and (re)birth, and the entire spectrum of transpersonal experiences. Special attention will be paid to the problems of "spiritual emergencies" and constructive approaches to transpersonal crises. $450

Goddess, Sky Father, Universe, Atman, The Great Unknown . . .
Chris & Tim O'Reilly

There are as many different experiences of God as there are people, yet we continually find our experiences limited to old concepts of God—who, what, where he-she-it is. We can go beyond our screens and images, and develop a relationship with God which is as immediate as the air we breathe and as individual as each one of us. We will explore the power of surrender to the unknown, maps for building on spiritual experiences, and Indian classical dance—a highly disciplined and structured art form which combines abstract dance with mime stories of God and the ecstatic energy with the earth. $450

January 13–February 8

Month Long Professional Body Work Intensive
Dub Leigh

For workshop description see Special Programs, page 39. $1800

Weekend of January 18–20

Experiencing Esalen: The Body
Experiencing Esalen Staff

For workshop description see page 12. $230

Weekend Massage Intensive
Brita Ostrom & Vicki Topp

For workshop description see November 23-25. $230

The Giraffe Workshop
John Graham

John writes: "Our good green earth is threatened by problems that can seem overwhelming: problems like the threat of nuclear war and the persistence of pollution, hunger, poverty, and violence. Hundreds of organizations and thousands of experts are working on such problems, yet progress is dangerously slow.

"I think the reason is that too many of us are *not* involved, that we're still playing ostrich, sticking our heads in the sand and hoping someone else will make it all better—that "Science" or "The Experts" or "They" will fix it. But that's not good enough, not if we're going to have the world we want. We can't wait for leaders on white horses to show us the way. The solutions that we need and want will come from those of us who choose not to wait for leadership but to become leaders. From the brave and caring people who stick their necks out and take responsibility for themselves and for their world. From Giraffes.

"*The Giraffe Workshop* teaches people:

- to recognize and accept their unique assignments in the world, tapping the surge of creative energy that always flows with that assent;
- to use that power wisely, compassionately and effectively, sticking their necks out to make a difference on specific, real problems important to them;
- to use effective alternatives to the 'I Win / You Lose' strategies that cripple both institutions and individuals and more.

"Giraffes are action-oriented creatures; participants are asked to come prepared to get involved, to test and practice new insights and skills." $230

Gestalt Awareness and Personal Meditation
Jack Downing & Lyn Davis Genelli

The leaders write: "The enhancement and guided utilization of the awareness process is common to both gestalt and to certain types of meditation. We have combined these methods for the purpose of speeding up the recall, re-experiencing, and integration phases of gestalt. In addition, we have found various useful, at times fascinating, consciousness expansion effects from meditation-derived self-realization methods." $230

Week of January 20–25

Experiencing Your Psychic / Intuitive Abilities
Anne & Jim Armstrong

For workshop description see November 9-11. $450

The Foundations of Body Image
Andrea & Deane Juhan

This is a course for the improvement of your relationship with the body—your own and those you contact personally and professionally. Each major area of the body will be studied and experienced in turn. The sessions allotted for each area will include: slides and discussion to familiarize the group with the basic anatomical structures; specific stretches and exercises to isolate the muscles and joints in question; movement, dance, and visualization to explore the psychological dimensions of each body part; instruction in massage methods designed to locate and alleviate common problems.

The intent is to provide enough concrete experience for each participant to feel a change for the better in self image; to provide enough discussion to understand how the improvements occurred and how they may be sustained; and, particularly, to help you contact your images of your physical self—the body you do have, the body you think you have, and the body you could have. $450

Open Seat
Paul Rebillot

Paul Rebillot writes: "The concept of 'open seat' is an open space into which people may enter in order to work through their resistances, express their feelings, and reorder their way of being in the world. As a gestalt facilitator I help people find ways of healing themselves by combining the principles of gestalt with concepts of ritual and theater. I assist people in working with their subconscious material, such as dreams and fantasies, in order to augment their ways of living and dealing with day to day problems. I encourage people to become more expressive in all

ways: in their personal lives; in their communities; and in the political situations to which they feel committed. I can help people develop a clear sense of responsibility, not only for their own life process, but also for the world." $450

Weekend of January 25–27

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $230

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see October 26-28. $230

The Intelligent Body, The Sensuous Body

Thomas Hanna

Premise: Clarity of self-awareness and clarity of body control grow together or decline together. We'll explore how greater sensitivity to our inner selves enhances the body's ability to act and to relax, and how this ability in turn enhances kinesthetic awareness.

The program involves gentle movements and use of imagery as well as instruction in the principles of the many different kinds of body work and exercise systems—particularly that of Moshe Feldenkrais.

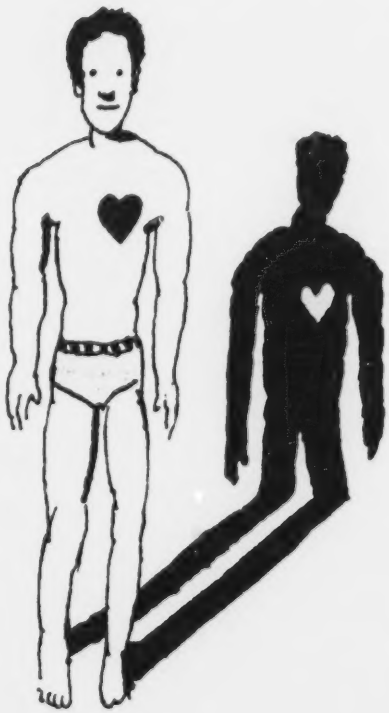
Thomas Hanna adds: "There will also be demonstrations of how new sensory information can lead to dramatic changes in posture. Those who wish advanced knowledge in systems of body work will find the weekend profitable, as will those who have habitual aches or have difficulty relaxing."

Recommended reading: *The Body of Life, Bodies in Revolt: A Primer in Somatic Thinking*, Thomas Hanna. $230

Body, Heart, and Spirit

Paul Rebillot

The workshop is divided into three segments, dealing first with tensions and energy patterns in the body, then with the relationship of these to the emotions, and finally with their relationship to the mind, to thought. By connecting thought, feeling, and body experience in one gestalt, we seek to open the being to the inpouring of the spirit, to the state of grace. This is the goal of shamanic dances and of many tribal rites. The process includes body work and open seat gestalt work, as well as rituals, dancing, chanting, and celebration. $230



January 25–27

Sierra Ski-Touring: The Art of the Telemark Turn

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

For workshop description see Wilderness Programs, page 41. $245

Week of January 27–February 1

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman & Elisa Lodge Schiffman

For workshop description see September 23-28. $450

Natural Motions

Ryan Kopperud

Ryan writes: "By allowing sensitivity to the motions of our physical bodies, enhanced states of awareness may be explored in a body work relationship. This workshop will focus on gently contacting vibratory and rhythmically-fluctuating motions inherently expressed by our physical bodies.

"Awareness exercises and hands-on practice will be used to clarify how we can represent, to ourselves, physical experience. Special emphasis will be given to learning resonant physical touch and exploring responses between persons in a body work relationship." $450

January 27–February 3

Shamanic Healing, Journeying, and the Afterlife Experience: Basic and Intermediate Shamanic Practice

Michael Harner

Shamanism is an ancient human strategy for personal learning and acting on that learning, especially for well-being and healing. In this experiential workshop the participants will practice the methods of the shaman (a type of medicine man or woman), to *see* and to activate power to resist illness and maintain personal health. With the aid of traditional sonic-driving and dancing methods, the group will engage in archetypal exercises and rituals practiced by North and South American Indian shamans to awaken dormant human capabilities and forgotten connections with the powers of nature. Practice will include shamanic journeys to both the Lower- and Upperworlds for knowledge and power, work with animal and plant powers, divination, clairvoyance, and shamanic methods

of healing, including the extraction of spiritual pain and illness. There will be an introduction to the Ghost Dance method and to shamanic ways of exploring the afterlife experience. Participants will be taught shamanic methods of helping the terminally ill and their families, and the work of the shaman as psychopomp or conductor of souls.

This seven day workshop is both for beginners and for those who have previously taken a workshop with Michael Harner.

It is recommended that participants read beforehand Michael Harner's book, *The Way of the Shaman: a Guide to Power and Healing* (Bantam; also Harper & Row), and bring a notebook and pen to preserve their experiences for their own shamanic development. They are also invited to bring drums and rattles.

$680

Weekend of February 1-3

The Body Has Its Reasons

Peter Levine

For workshop description see September 9-14.

$230

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert & Saul-Paul Sirag

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality support the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's Theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's Theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what the current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation.

Recommended reading: *Quantum Reality*, Nick Herbert (Doubleday). $230

Week of February 3-8

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 12. $450

The Body Has Its Reasons

Peter Levine

This workshop will continue the experiential base of the February 1-3 weekend incorporating further discussion of the ideas and methods explored. The workshop is designed to be of interest to professionals, though it is also open to non-professionals. Either workshop may be taken alone or as a seven day sequence.

$450

Weekend of February 8-10

A Course in Miracles for Non-Beginners

Julian Silverman

For workshop description see November 23-25.

$230

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

For workshop description see September 14-16.

$230

Soviet-American Relationships

Robert Bathurst

This is a workshop in Soviet-American, cross-cultural understanding. Through bargaining, mediating, and role-playing games, participants can discover the subconscious cultural imperatives that impel the two nations apart and begin to identify those elements that bring them together. The workshop sets out to shatter egotistical mirror-imaging and begin the construction of authentic Soviet-American relationships in the world as it now exists.

For the workshop, there needs to be a balance between recent Soviet emigrees and American players. Thus, if there are ten Americans, there need to be ten or so Soviets. $230

Successful Business Behavior for Women, or "Act like a lady, think like a man, and work like a dog."

Victoria Elliot

In this workshop we will learn about the social issues vs. the business issues of being a woman: how to make decisions better and faster; how to get to the bottom line; and how to communicate to get what you want from the people you work with. $230

Week of February 10-15

Choosing to Change

Harry Sloan

For workshop description see September 23-28.

$450

Letting Go—Moving On

Merri Goldenson (Devarani)

This is a week of intense body work, structured for those who want to let go of past anger, fear, and pain, which is reflected in the body as armor, tension, stress, and a lack of spontaneity. As armor softens, feelings held in since childhood can be released and more positive feelings of joy, love, trust, and pleasure can be experienced more fully.

A most important feature of the workshop is the individual Radix®-Reichian intensive, done in a safe, supportive environment. By also using dreamwork, hypnosis, chiropractic, bioenergetics, massage, dance, and group interaction as one lets go/move on, a new capacity for living can emerge. $450

February 10-March 8

Gestalt as an Art Form

Paul Rebillot

For workshop description see Special Programs, page 40. $1800

Weekend of February 15-17

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see November 16-18.

$230

Psychic Experiences in Science and Everyday Life

Keith Harary

Are psychic experiences worth having in a society that doesn't encourage people to have them? Exploring your psychic capabilities can help you become a happier, more self-actualized person, or lead to anxiety, alienation, and identity confusion. How can you tell the difference between genuine psychic experiences and exaggerated claims, imagination, or delusions? Is there any real difference between people who call themselves "psychics" and the rest of us? We will discuss experimental, clinical, and subjective approaches to psychic abilities, and examine the treatment of psychic experiences in popular American culture. We will also explore ways in which you may make the most of your own psychic potential without losing touch with everyday reality or buying into externally-imposed belief systems.

Suggested reading: *The Mind Race: Understanding and Using Psychic Abilities*, Russell Targ and Keith Harary (Villard Books, Random House.) $230

Massage and Movement

Andrea Juhan & Deborah Anne Medow

One of the most effective and enjoyable ways to learn about the human body is to know your own body through movement. The focus of this workshop is to use the different rhythms of yoga, aerobics, and creative movement to enhance participants' awareness of their own bodies. This increased awareness can then be used as a tool for enriching the experience of giving and receiving a massage.

$230

Week of February 17-22

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

For workshop description see September 2-7.

$450

February 17-March 15

Spiritual Emergency: Understanding and Treatment of Transpersonal Crises

Christina & Stanislav Grof

For workshop description see Special Programs, page 40. $1800

Weekend of February 22-24

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $230

The Art of Self-Direction

Lenore Lefer

For workshop descripiton see September 28-30.

$230

Alternative Cancer Treatment

Laya Kline

Cancer, a manifestation of a weakened immune system, is the ultimate degenerative disease—and the disease of this century. Cancer can be triggered by poor dietary patterns, an unsafe environment, stress, and dissociation between mind and body. Yet cancer and death do not have to be synonymous.

Laya writes: "What I present is information about an array of alternative approaches—non-toxic methods of stimulating the body's own defenses. Using an open format, practitioners will learn to consider these options which can be administered by the patients themselves. Videos, guided visualizations, life/death transition facilitation, and demonstrations of detoxifying dietary methods will be included. $230

Week of February 24-March 1

Letting Go of Futile Habits

Leslie Pam & Anne Christie

Much of what we discover when we try to control habits is that our conscious minds are not very good at changing long-term ingrained behaviors such as smoking, overeating, drug and alcohol abuse, insomnia, inability to concentrate, procrastination, and sexual problems. Combining the pre-existing talents of one's mind with the ability of one's body to create new ways of changing unwanted behavior, participants will have the opportunity to experience the body's natural ability to initiate habit reversal. Methods will include a series of mind and body exercises utilizing Ericksonian practice with primal work.

Recommended reading: *Revolution in Hypnosis*, Sheila Rossi, Leslie Pam, Ann Christie.

$450

Health and Creativity

Will Schutz & Ailish Mellard

We can choose health and creativity by increasing self-awareness and letting go of fear.

This workshop will deal with why—the causes not the mechanics—we choose specific illnesses and with ways in which we block our ability to think. Seminarians will be presented with ways for being healthy and for expanding one's ability to think creatively and logically.

Recommended reading: *Profound Simplicity*, Will Schutz (University Assoc.); *Synectics*, W. Gordon. $450

Five Day Massage Intensive

Deborah Anne Medow & Laurie Muller (Lioness)

For workshop description see September 9-14.

$450

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments. Scheduling consideration is given to community labor needs and work assignments are made according to those requirements.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc.

The schedule of focused programs planned thus far for 1984-1985 includes:

January 6–March 3: A two month program which integrates body **work awareness, Reichian breath practice,** and **gestalt,** and is coordinated by Jessica Moore Britt and Ryan Kopperud. For further information see the leader's workshop descriptions for September 14-16 and January 27-February 1 respectively.

Recommended reading: *Gestalt Therapy Verbatim*, Fritz Perls (Bantam); *The Man Who Dreamed of Tomorrow*, William Edward Mann & Edward Hoffman (J. P. Tarcher); *The Life and Thought of Wilhelm Reich*, Edward Hoffman.

March 31–June 23: The Esalen massage practitioners will be offering a three month program in **body work,** with intensive instruction in **massage, movement,** and **self-care**. After the satisfactory completion of the program and an additional 30 recorded massage sessions, a California state-approved certificate will be issued.

In as much as the Work Study Program is a complete program in itself, **please do not plan to take regularly scheduled catalog workshops** during your stay. Professional services, such as massage and Rolfing®, are available at staff rates.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex located 1½ miles north of Esalen.

The 28 day Work Study Program costs $600 for the first month. A $300 deposit in U.S. currency is required with your application. Work scholars may be invited to remain for a second month, at a cost of $550, or a third month at a cost of $500 depending on space available and the needs of the Esalen community. There are no scholarships available for the Work Study Program.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with your deposit to:

Work Study Program,
Esalen Institute, Big Sur, California 93920.
Telephone: (408) 667-2335.

The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other Esalen programs within one year of receipt.

Available dates: September 16–October 14; October 14–November 11; November 11–December 9; December 9–January 6; January 6–February 3; February 3–March 3; March 3–March 31; March 31–April 28; April 28–May 26; May 26–June 23; June 23–July 21; July 21–August 18; etc.

Application to the Work Study Program

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐

I prefer the focused program: yes ☐ no ☐ in _____
(subject)

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community.* If such an invitation is extended, please indicate your availability.

☐ no extension ☐ one month extension ☐ two month extension

To avoid disappointment, please do not come with the *expectation* of staying for longer than one month.

If you have emergency medical skills, (M.D., E.M.T. or R.N.) and are willing to make those skills available during your stay, please check here. ☐

If you have medical difficulties that may affect your working in any of the departments, please specify here. _____

Have you been to Esalen workshops? Please list program titles, group leaders, and dates: _____

_____

Please attach a personal statement about your interest in the Work Study Program. Include any skills you may have available.

Special Programs

October 28–November 23
Evolution of Consciousness: The Path of the Senses

Christina & Stanislav Grof

This four week interdisciplinary educational program is designed for professionals and students in the fields of psychiatry, psychology, anthropology, art, religion, and philosophy to explore experientially and theoretically the use of human senses in emotional and psychosomatic healing, personality transformation, and consciousness evolution. This seminar is part of a systematic effort to create an international network of individuals qualified to facilitate the process of personal transformation and to assist others during spiritual crises. The program will focus on the following areas:

Ancient and Non-Western Technologies of the Sacred Utilizing Human Senses. We will explore theoretically and practically the methods developed by various ancient and non-Western cultures which produce significant temporary and lasting changes in consciousness by modifying input in various sensory areas, such as the use of yantras, mandalas, perception of colors and focused visual attention; mantras, instrumental music, chanting, and drumming; acupuncture, various forms of bodywork, massage, and other physical intervention; movement, dance, and other forms of kinesthetic stimulation; and materials activating smell or taste.

Modern Laboratory Methods of Consciousness Alteration Focusing on Human Senses. We will discuss and explore the use of sensory isolation, sensory overload, stroboscopic stimulation, various forms of biofeedback, holography, holophonic sound technology, hypnosis, and various kinesthetic devices, such as the witches' cradle and rotating couch. Special attention will be paid to the implications of psychedelic research for the understanding of human nature and for the emerging paradigm in science.

The Concept of "Spiritual Emergency" of Transpersonal Crisis. This aspect of the program will focus on observations suggesting that certain non-ordinary states of consciousness are conducive to emotional and psychosomatic healing, creative problem-solving, and consciousness evolution. They represent evolutionary crises rather than manifestation of mental disease and should be supported rather than suppressed by medical means.

Self-Exploration and Group Process. The workshops of this series use an experimental educational format that combines lectures with experiential approaches and group process. For this purpose we will combine controlled breathing, focused body work, mandala drawing, gestalt practice, various forms of body work, and other methods. The coordinators and the Esalen staff will function as facilitators for participants throughout the workshop.

Reservations should be addressed to: Christina Grof, Esalen Institute, Big Sur, California, 93920. $1800

November 25–December 21
Month Long Esalen Massage Practitioner Program

Esalen Massage Practitioners

This month long program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture-demonstrations including "hands-on" practice sessions using one another as models, illustrated anatomy classes, and instruction in the basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program allowing participants the opportunity to experience the psyche/soma relationship on a deeper, more integrative level. Body work will be studied as a function of optimal well-being and stress reduction, and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. At the satisfactory completion of the program, and after an additional 30 recorded massage sessions, a California state-approved certificate of completion will be issued. $1800

December 9–23
Psychic Healing: The Science and the Art

Elizabeth Stratton

"Healing occurs as a patient begins to hear the dirge he sings, and questions its validity." —*A Course in Miracles*

Psychic healing combines the science of energy and the art of human contact. The relationship between the healer and the client can be just as important as the actual mobilization of healing energy in the client's body.

The intimate connection between the mind and the functioning of the physical body has been verified in the last twenty years by modern medicine as well as other healing disciplines such as psychic healing. These discoveries have allowed many people to participate actively in their own healing process.

This two-week intensive will present the science of psychic healing, including theories of electro-magnetic energy, white light, energy transfer, the physiology of stratification, brain-mind-body connections, emotional catharsis, and psychic perceptions such as clairvoyance and clairaudience.

With this groundwork laid, the focus will shift to the direct application of healing methods, including the laying on of hands. The workshop is open to professionals and non-professionals.

Recommended reading: *Mystic with the Healing Hands*, Edwina Cerutti (Harper & Row); *The Gift of Healing*, Ambrose Worrall (Harper & Row); *Getting Well Again*, Carl Simonton, M.D.; *The Healing Family*, Stephanie Matthews Simonton (Bantam). $1120

January 13–February 8
Month Long Professional Body Work Intensive

Dub Leigh

The premise of this workshop is that an unwell body tends to be shortened, thick, and suffering from pain and stress, and that a healthy body tends to be long, balanced, and supple.

In this workshop we will emphasize how to transform an unhealthy body into a long, supple, organized body by inquiring into ways pain can be erased. Further questions to be considered are: how can short tissue be lengthened, hard tissue be softened and made more resilient; how may tissue be repositioned and balanced, constriction be removed from organs and joints, a general heaviness be replaced by a lightness and lift, and body armor and old buried trauma be eliminated?

We will explore four premises: first, by Ida Rolf, that the body is plastic and segmented and therefore its structure can be reorganized, repositioned, and balanced as ordered; second, by Feldenkrais, that the nervous system can be reprogrammed so as to bring the desired changes in the body's function and structure; third, by Selye, that stress can end in pain and disease and that it does not need to; and fourth by Cyriax, that all pain arises from a lesion and that treatment must reach the lesion and exert a beneficial effect on it. We will also explore Reich's body armor and Ron Hubbard's stored trauma concepts.

The workshop will be limited to eight professional body workers who want to improve their expertise. From time to time various body experts will be brought into class. Participants will have the opportunity to do as much body work as desired and to experience body work each day of the class, being taught as they work. In the course of the workshop, participants will receive many hours of work from one another and Dub Leigh. The goal is to have each participant return to his/her practice with a new level of knowledge and ability.

Interested participants should submit an application, addressed to Dub Leigh, c/o Esalen, with a short personal history explaining their qualifications in body work. As enrollment is limited applications should be sent early. Applicants will be notified when they are accepted. $1800

February 10–March 8
Gestalt as an Art Form

Paul Rebillot

Paul writes: "Most psychological suffering is caused by blocked energy, energy that goes round and round within the system because it cannot find access to expression. Once such a block is destructured and the circle has been broken, the person can experience a flood of vitality and excitement—but what does he do with it? I have found that if the energy is not given some new mode of expression, it will tend to slide back into its former habitual pattern. An important aspect of my work is to offer people alternative ways of expressing their vitality once it is released—creative forms that allow the psyche to discover and liberate its own dormant potentials.

"The focus of this month-long, therefore, will be on teaching the basic principles of gestalt as an art form—the materials of that form being our own human process of individuation. Participants are invited to think of themselves as artists engaged in the great work of creating their own life process. With the basic tools and concepts of gestalt, we will combine elements of myth, ritual, and dreams; music, drama, and dance; the plastic arts, painting, and drawing—so that people will leave at the end of the month with a rich palette to play with in the process of unfolding their own life-stories.

"The workshop will be both a practicum in gestalt and related art forms for those engaged in the helping professions, and an experiential group for those seeking personal expansion. Previous experience with gestalt process is necessary, but it is not necessary to have previous experience as a gestalt facilitator.

"Looking at gestalt as an art form takes away the necessity for immediate results and absolute resolution of problems. In working with myth and ritual, we can go beyond the historical biographical material of our personal life, beyond even the personalized symbolical and archetypal information that comes through dreams, into the dreams and goals of the human race. We seek ourselves in the Self of humanity. Whatever comes out of us in working with an art form—whether it be clay or paints, drama or dance—becomes material for an open seat session, to be explored in order to expand our consciousness of ourselves and our capacity for living and being.

"In the first week, we will concentrate on the basic concepts and tools of gestalt, individual open seat work, and gestalt principles for daily living. In the second week, we will make use of gestalt tools and other art forms to explore our own dream material. In the third and fourth weeks, we will explore mythological and fairy tale structures and begin to create personal rituals in which we seek to relate our biographies to the great dreams of humanity. Please bring notebooks, paper, and colors, and if you like, paints. It is also good to listen to the tapes of *The Hero's Journey* that I have made; these give a good idea of the combination of gestalt, myth, ritual, and drama that I work with."

Recommended reading: by Joseph Campbell: *Hero With a Thousand Faces* (Bollingen), *Myths to Live By* (Bantam); by Bruno Bettelheim: *The Uses of Enchantment* (Random House). $1800

February 17–March 15
Spiritual Emergency: Understanding and Treatment of Transpersonal Crises

Christina & Stanislav Grof

This four week interdisciplinary program is for professionals and students in the areas of psychiatry, psychology, anthropology, and religion. The workshop has been specifically designed for intensive and focused exploration of the new concept of "spiritual emergency," an important sub-group of unusual states of consciousness that contemporary psychiatry labels as psychosis. It is part of a systematic effort to create an international network of individuals qualified to facilitate the process of personal transformation and to assist others during transpersonal crises. The program will focus on the following areas:

Historical and Anthropological Perspectives on Psychosis: We will review the evidence suggesting that many ancient and non-Western cultures have developed deep knowledge of transpersonal crises and maps of consciousness that can be used as guidelines in the process of personal transformation. Shamanism, spiritual practices of the great Oriental religions and philosophies, aboriginal rites of passage, and the ancient death-rebirth mysteries provide not only maps, but also tools to initiate and facilitate such a process.

The Concept of Transpersonal Crisis and Western Science: This aspect of the program will focus on observations that support the new approach, such as the healing, evolutionary, and problem-solving potential of certain psychotic states; results of clinical studies using placebo; pioneering work in psychotherapy of psychoses and family studies of schizophrenia; modern kundalini research; and psychedelic studies. We will explore new developments in various disciplines—consciousness research, quantum-relativistic physics, information theory, biology, and neurophysiology—that provide a solid scientific basis for an alternative understanding of psychosis.

Transpersonal Crisis Intervention: We will explore various strategies that are useful in the management of spiritual emergencies and in facilitating personality transformation.

Self-Exploration and Group Process: The workshops of this series use an experimental educational format that combines lectures with experiential approaches and group process. For this purpose, we will use controlled breathing, music, mandala drawing, gestalt practice, and various forms of body work. The coordinators and the Esalen staff will function as facilitators for participants all through the workshop.

Reservations should be addressed to Christina Grof, c/o Esalen. $1800

Healthspring Traveling Workshops

The Esalen massage teachers and their associates have created Healthspring, an independent organization devoted to extending their work into an outreach program. The workshops offer practices to help increase physical and spiritual health and awareness within the body, and can be designed to suit the needs of individual groups. The curriculum combines such approaches as massage, meditation, dance, neo-Reichian work, creative movement, gestalt, yoga, breath enhancement, anatomy, and other health-strengthening disciplines.

Healthspring will conduct workshops at locations outside of Esalen in your hometown or city. For more information on scheduling a Healthspring group in your community, write to: Healthspring Traveling Workshops, Esalen Institute, Big Sur, California 93920.

Graduate Studies Program with Jack Rosenberg

This will be a professional training program for licensed or license-eligible psychotherapists and graduate students in integrative body psychotherapy (IBP), formerly gestalt body therapy (GBT). IBP is a complete system of psychotherapy with an emphasis on breathing as a vehicle for the integration of body, mind, emotions, and spirit. The program will consist of approximately one week (five days) at Esalen every five weeks for a period of two years. This program can lead to an M.A. or Ph.D. in psychology through affiliation with an approved degree-granting institution. The program will be didactic and experiential and is based on a tutorial system with Jack Rosenberg and staff. If interested, please contact Jack Rosenberg, 1107 W. Washington Bl., Venice, Ca. 90291. Please include personal and therapeutic history and educational background.

Tutorial Program in Shamanic Practice

Michael Harner

The program will be offered at Esalen Institute from January 27-February 22, 1985. Persons interested should write for information to Michael Harner, Center for Shamanic Studies, Box 673, Belden Station, Norwalk, Connecticut 06852.

Wilderness Programs

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

Up to 3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

October 26-28
Women's Vertical Dance: A Rock Climbing Weekend Near Big Sur

Annie Callaway-Galland

"There is an art in finding one's direction in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know."—Rene Dumal

Rock climbing is a dance done in a vertical world, a dance of grace, balance, and simplicity. It is an opportunity for stretching limits, extending ourselves, exploring our own edges. Our responses to the challenges of climbing offer a metaphor for looking at the ways we deal with stress and challenge in our daily lives. During the day we will play on the sunny boulders and low rock faces at Pinnacles National Monument, three hours east of Esalen. We'll learn basic movements, such as how to rappel and belay, building trust in our hands and feet and each other. Safety ropes free us to experiment and to discover our inner heroes.

We'll prepare our gourmet meals together over a crackling fire and camp beneath the stars, sharing insights from the day's adventure. This weekend begins Friday and ends Sunday evening at the Monterey airport. A shuttle bus operates between the airport and Esalen, and we'll travel by van to and from Pinnacles. No previous climbing or camping experience is necessary. Minimum equipment will be needed. Complete information will be sent upon registration. $195

January 11-13
Sierra Ski-Touring: Gentle Pleasure of Flat Tracking

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

Ski-touring is a state of mind, a balance of boldness and caution, an ease and grace of motion, and an exploration of the ever-changing winter wilderness. The Sierra Nevada becomes a silent, magical place when the snow begins to fall in November. We have the range to ourselves for six months, to glide through meadow and forest savoring the sparkle and solitude only ski-touring affords. Touring is an easy skill to learn. After a few hours of instruction you can be ready for your first tour.

Whether you're a beginner or intermediate cross-country skier, this weekend can help perfect your technique quickly and easily. Expert instruction and the use of videotapes help you master the effortless kick-and-glide of the accomplished skier. On Saturday, we will ski on the set tracks, being taught how to move easily. Sunday, we will pack our lunch and ski-tour through gently rolling terrain. Both nights we will stay in cozy cabins at Sorenson's Resort, where we can sample delicious meals and top off the day's activities in the nearby hot springs. Skis, boots, poles, lodging, and all meals are included. The trip begins Friday afternoon and ends Sunday afternoon at the airport in South Lake Tahoe. $225

January 25-27
Sierra Ski-Touring: The Art of the Telemark Turn

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

This weekend is the sequel to Annie and Dick's *Gentle Pleasure of Flat Tracking* weekend in January 11-13. The course takes us from flat terrain to the gentle groomed slopes and lifts of Kirkwood's downhill ski area. Skiing on metal-edged skis with stout cross-country boots, we will review the wedge turn and the telemark turn. Video equipment and expert instruction will help us with the basics in just a few hours. Sunday we will ski off the trail through the quiet rolling forests and meadows of Carson Pass, where breath-taking views of the surrounding mountains command one's attention. Skiers will be taught how to evaluate snow conditions, to use skins and wax, and to practice turning in different snow conditions. Both nights we will dine and lodge at Sorenson's Resort, topping off the day's activities in the nearby hot springs. Skis, boots, poles, lodging, and Saturday lift tickets are included. The trip begins Friday afternoon and ends Sunday afternoon at the airport in South Lake Tahoe. $245

Medical Programs

Esalen Institute is a California state approved provider for continuing education for health professionals. The California Medical Association has granted Esalen Category 1 approval.

Physicians

December 9-14
The Therapeutic Approaches of Milton H. Erickson, M.D.
Jane Parsons, A.C.S.W. & Francis Lu, M.D.
30 hours

December 14-16
The Therapeutic Approaches of Milton H. Erickson, M.D.
Jane Parsons, A.C.S.W. & Francis Lu, M.D.
30 hours

Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Registered Nurses

December 9-16
A Seven Day Workshop in Trager Psychophysical Integration and Mentastics Beginning Training
Betty Fuller
30 hours

Future Programs

March 3-22
Sustained Integration: Body, Self, and Soul

Jack Rosenberg

This workshop will start wherever you are in your inner journey. The work is an in-depth integration of the following topics:

Psychology of the Self: We will be working with early unfinished situations that interrupt our sense of well-being and interfere with our relationships in the present. Sexual implications of this work will be dealt with in body work and in lecture.

Body Work (Gestalt Body Approach): This includes theoretical and practical application, combining classical Reichian work, yoga, and aerobics and massage, assisted by Andrea Juhan.

Transformative Process of Consciousness: As our inner journey progresses, our figure / ground is shifted from "doing" and "having" to "being" and to our relationship with the eternal. We will explore ways to integrate and sustain these new awarenesses in our everyday life. $1575

Biographical Information

A

Margot Adler, p. 16 ..... a pagan priestess who has worked for 12 years within the traditions of goddess spirituality and modern witchcraft is author of *Drawing Down the Moon*.

Antero Alli p. 20 ..... has been performing, directing, and writing original multi-media theater works for eleven years. Nine years ago he designed Ritual Theater.

Peter Alpert p. 20 ..... is a psychologist in private clinical practice in San Francisco and has conducted research regarding internalized oppression among gay people.

Diana Alstad p. 17 ..... taught the first women's studies courses at Yale and Duke. She has led male/female groups with Joel Kramer in North America, Europe, and Asia.

Walter Truett Anderson p. 24 ..... is a political scientist and writer whose books include *The Upstart Spring: Esalen and the American Awakening*.

Joel Andrews, p. 32 ..... harpist and psychic channel, has completed 1900 individual attunements and gives concerts and workshops intended to call forth inner spirituality.

Anne Armstrong p. 24, 27, 33 ..... has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong, p. 24, 27, 33 ..... a former engineer, is a life-long student and teacher of esoteric studies.

B

Jamie Baraz p. 32 ..... has taught vipassana meditation with Joseph Goldstein, Jack Kornfield, Stephen Levine, and others in the U.S. and Asia. He has led classes in the Bay Area since 1977.

Robert Bathurst, p. 22, 35 ..... professor, writer, former diplomat and naval officer, has specialized in Soviet literature and Soviet strategy since he was an interpreter at Camp David during the Eisenhower-Khrushchev talks.

Bradley Bernstein p. 22 ..... is currently a counselor and director of theater at a residential psychiatric facility for young adults, where he develops and produces original plays by patients and staff.

Daniel Bianchetta p. 32 ..... practices intuitive readings, shiatsu, and deep tissue work at Esalen. He is a teacher and student of Siddha yoga.

Faustin Bray, p. 21 ..... performing musician and media artist, founder of Island and Flying Machine International Mobile Schools, specializes in instigating and integrating creativity using yoga, fine arts, science, and travel.

Char Pias Brenner p. 26 ..... is a dancer, singer, performing artist, and massage teacher. Since joining the Esalen community in 1977, she has worked with family care and healing arts and rituals.

Jessica Moore Britt p. 16, 26, 31, 35, 37 ..... is a registered nurse who is presently a member of the Esalen community and a practitioner of gestalt, Reichian, and wilderness approaches to healing and well-being.

Charles Brooks, p. 23, 24 ..... author of *Sensory Awareness, the Rediscovery of Experiencing*, has been a teacher of sensory awareness since 1963, often in conjunction with Charlotte Selver.

Joan Brozovich, p. 20 ..... a licensed psychologist in private practice in San Francisco, works with gay individuals, couples, and groups and consults with agencies to develop staff training on gay issues.

C

Annie Callaway-Galland, p. 22, 32, 34 ..... professional wilderness guide and counselor, hatha yoga teacher, and writer, has been leading Esalen trips for many years.

Anne Caple p. 32 ..... is a student of transpersonal psychology, a technical writer, editor, and fiber artist.

John Caple p. 21, 32 ..... is a career counselor and college professor with an earlier career in business management.

Didi Conn p. 22 ..... was star of the movies *You Light Up My Life* and *Grease (I & II)*.

Seymour Carter p. 17, 20, 26 ..... has taught gestalt at Esalen and other growth centers in the United States and Europe for over 12 years, and is currently a teacher in residence at Esalen.

Stanford Eugene Cates p. 30 ..... is working and in training with Paul Rebillot, assisting and co-leading groups. He has trained in Trager Psychophysical Integration and is a minister.

Michell Cassou p. 29 ..... is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.

Ann Christie p. 36 ..... is former director of the Primal Institute, co-author of the forthcoming book *Revolution in Hypnosis*, and is in private practice in west Los Angeles.

Phil Cousineau p. 19 ..... is a freelance writer and film educator. He has lectured and taught for the American Film Institute and is currently working on a novel and a screenplay.

Stewart Cubley, p. 29 ..... artist and scientist, is a co-founder of the Expressive Painting Studio in San Francisco.

Dale Cummings, p. 18 ..... MFCC and certified Radix® teacher, is in private practice at the Radix® Center in Santa Monica, and is also a trainer for the Radix® Institute in Ojai.

D

David Darling, p. 20 ..... master cellist, composer, conductor, and teacher, has made many records, including *Journal October*, *Cycles*, and *River Notes*.

E

Laura DeNuccio (Ma Prita) *p. 15, 26, 36* — certified Radix® practitioner, combines Reichian body work, emotional release, gestalt practice, Bates vision improvement, and other approaches to well-being in group and private instruction.

Patrick Douce, *p. 16* — a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais awareness through movement and is available for individual sessions in functional integration.

Jack Downing, *p. 33* — M.D., is a psychiatrist with a comprehensive background in gestalt, Rolfing®, Arica, applied kinesiology, and neurolinguistic programming.

F

Victoria Elliot, *p. 35* — an Esalen trustee, is president of Norman H. Gershman Consultants, executive recruiters and management consultants to the securities business.

Esalen Massage Teaching Staff *p. 27, 28, 37, 40* — includes Char Pias Brenner, Peggy Morrison Horan, Andrea Juhan, Deane Juhan, George King, Diane Miller Lesty, Bill Liles, Deborah Anne Medow, Jaime Morton, Laurie Muller, Brita Ostrom, and Vicki Topp.

David Feinstein, *p. 30* — a psychologist, is director of Innersource in Ashland, Oregon and has taught at Antioch College and the John Hopkins University School of Medicine.

Rosemary Feitis, *p. 32* — a certified Rolfer® and editor if *Ida Rolf Talks*, has been rolfing for 15 years.

David Feldshuh, *p. 26* — a professional director, actor, and teacher, holds a medical degree and specializes in emergency medicine.

Richard Feynman *p. 21* — has been a professor of theoretical physics at the California Institute of Technology since 1950 and has received many awards for his contributions to quantum theory.

Neil Fiore, *p. 15* — a licensed psychologist practicing hypnosis, is working on the effects of stress and anxiety on performance and health.

Joyce Frazee *p. 24* — is a gestaltist whose training includes art, group process, bioenergetics, body awareness, and psychosynthesis.

Marty Fromm *p. 29* — trained with Fritz Perls for three years. Some aspects of their relationship are described in *In and Out the Garbage Pail*.

Betty Fuller, *p. 28* — director of Trager Institute and instructor of Trager Psychophysical Integration and Mentastics®, is a certified practitioner of Feldenkrais' awareness-through-movement and functional integration.

G

Michael Reed Gach *p. 24* — is the founding director of The Acupressure Workshop and Institute in Berkeley, California, and author of *Acu-Yoga: Self-Help Techniques* and *The Bum Back Book*.

Dick Galland, *p. 32, 34* — professional wilderness guide and fly fishing instructor, was founding director of Southwest Outward Bound and currently heads Clearwater Trout Tours. He has led Esalen trips for several years.

Judith Gass *p. 31* — is a teacher, consultant, counselor, dancer and story-teller.

Robbie Gass *p. 31* — is a clinical psychologist, co-founder (with Judith Gass) of the Spring Hill Center in Ashby, Massachusetts, and musical director of the recording group *On Wings of Song*.

Merri Goldenson (Devarani) *p. 35* — is a chiropractor, certified Radix® teacher, Bates vision instructor, and is in private practice in west Los Angeles and San Francisco.

Harriet Goslins *p. 30* — is a Feldenkrais practitioner and an awareness-through-movement teacher with a background in psychosynthesis and applied kinesiology.

John Graham *p. 33* — is a former U.S. diplomat. His "Politics That Heal" seminars and lectures have been offered in North America and Europe to help people find and use the power of their own ideals.

Christina Grof *p. 23, 27, 33, 36* — studied with Swami Muktananda and has a special interest in the relationship between mysticism and psychosis. She is founder of the Spiritual Emergency Network and co-author of *Beyond Death*.

Stanislav Grof *p. 23, 27, 33, 36* — is a psychiatrist with almost three decades experience in consciousness research with and without psychedelics. He is author of *Realms of the Human Unconscious* and *LSD Psychotherapy*.

H

Anna Halprin, *p. 16* — founder of the San Francisco Dancers' Workshop and co-founder and teacher at the Tamalpa Training Institute in Marin County, is the author of *Movement Ritual I* and *Collected Writings*.

Daria Halprin-Khalighi *p. 16* — is a gestalt movement facilitator and is co-founder and teacher at the Tamalpa Institute in Marin County.

Betsy Hand, *p. 25, 35* — former resident staff member of the Gestalt Institute of Canada, has 20 years experience with families, couples, and groups. She is in private practice in Kentfield, California.

Thomas Hanna, *p. 34* — is director of the Navato Institute for Somatic Research and Training, editor of *Somatics* magazine, and author of *The Body of Life* and *Bodies in Revolt*.

Keith Harary, *p. 35* — clinical counselor, experimental psychologist, and co-author of *The Mind Race*, has conducted psi research for over fifteen years and has authoried more than 25 scientific and clinical articles.

Michael Harner, *p. 34, 40* — an anthropologist who has studied shamanism among South and North American Indians for more than two decades, is the author of *The Way of the Shaman* and *Hallucinogens and Shamanism*.

Steven Harper *p. 13, 21* — teaches for Colorado Outward Bound and the National Outdoor Leadership School, and is currently the coordinator of the Esalen Wilderness Programs.

Susan Harper, p. 31 ... a dance teacher in Los Angeles and San Francisco, is co-founder of Continuum Montage, a company which produces and distributes recordings by musicians and composers.

John Heider, p. 20 ... a psychologist in private practice in Coconut Grove, Florida, is a group leader and teacher of group leaders. He was part of the Esalen Residential program from 1967-71.

Eric Helt, p. 31 ... program director of the Breakthrough Foundation, was formerly a faculty member of the University of Michigan and Boston University and director of health planning for the state of Vermont.

Nick Herbert, p. 35 ... an independent researcher in the foundations of physics, is completing a popular book on quantum foundations entitled *Quantum Reality: Beyond the New Physics* (Doubleday).

Peggy Morrison Horan p. 26, 32 ... is an Esalen masseuse and teacher, and coordinator of the Esalen Childbirth Education Program.

Paul Horn p. 17, 32, 33 ... is a flutist, jazz musician, creator of the *Inside* albums, and teacher of meditation.

Chungliang Al Huang p. 32, 33 ... is the founder-president of The Living Tao Foundation, and director of its Lan Ting Institute, an international cultural-arts network for lifelong learning.

J

Ed Jackson, p. 16, 20 ... trained in family medicine, pediatrics, and epidemiology, teaches in Berkeley, California. He is in private practice and is interested in gestalt and Reichian body work.

Don Johnson, p. 23 ... author of *Body* and *The Protean Body*, is director of the graduate studies program in body-oriented education at Antioch, San Francisco.

Andrea Juhan p. 12, 33, 36 ... is an Esalen deep tissue and massage practitioner, leads movement exploration classes for various group leaders, and conducts Esalen community classes in stretch exercises, aerobics, and dance.

Deane Juhan, p. 26, 32, 33 ... member of the Esalen massage crew since 1974, is a certified instructor of Trager Psychophysical Integration and Mentastics , and a lecturer on anatomy and physiology for massage practitioners.

K

Kenneth Kelzer p. 27 ... works as a transpersonal educator and counselor in California. Using dreamwork, he has been conducting classes and groups for over ten years.

George King, p. 28, 29 ... a massage practitioner for 22 years, has worked throughout the U.S., Europe, and South America.

Joel Kirsch, p. 25 ... a founding member of the Energy Training Institute, has developed and presented energy training programs in management, human resource development, sports, dance, and education.

Susan Kirsch, p. 25 ... with a background in educational research and training, specializes in speech communications. Her doctoral project is entitled *Trust and Energy Training in Organizational Development*.

Laya Kline p. 36 ... is a practitioner, counselor, teacher, and certified nutritional consultant who focuses on cancer treatment. As a registered nurse, she is involved in a nurse support group and patient advocacy.

Ryan Kopperud p. 34, 37 ... explores the relationship between physical touch and altered states of consciousness or natural states of awareness that arise in a body work experience.

Joel Kramer, p. 15, 17 ... a western master of physical and mental yoga, has taught with Diana Alstad throughout the world on the evolution of awareness and male / female relationships.

Stanley Krippner, p. 30 ... psychologist, researcher, and director of Saybrook Institute's Center for Consciousness Studies, authored / co-authored *Human Possibilities*, *Realms of Healing*, and *Dream Telepathy*.

L

Benj Langdon, p. 18, 28 ... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.

Lenore Lefer, p. 19, 36 ... currently maintaining a private practice in San Francisco, is on the training staff of the Psychosynthesis Institutes of London and San Francisco.

Dub Leigh p. 27, 33 ... has been trained by Ida Rolf and Moshe Feldenkrais and has studied with Lauren Berry and Milton Trager.

Ralph Leighton p. 21 ... has taught math for many years, and combining this talent with an interest in ethnic music, he has developed considerable facility in creating rhythms.

Larry Leshan p. 22 ... is a research psychologist. He is co-author of *Einstein's Space and Van Gogh's Sky: Physical Reality and Beyond*.

Peter Levine p. 16, 20, 27, 35 ... has practiced and taught Reichian body work for many years. He holds doctorates in medical biophysics and psychology. His interests include the effects of stress on children and infants.

Bill Liles, p. 16, 20, 26, 32 ... a member of the Esalen massage crew for many years, integrates polarity with traditional Esalen massage.

Paul Lounsbury p. 15, 17 ... has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.

DeeDee Lozier p. 27 ... is a Feldenkrais practitioner who studied with Moshe Feldenkrais in the United States and Israel.

Francis Lu, p. 28 ... with a background in gestalt, psychosynthesis, and transpersonal psychology, is assistant professor of psychiatry at the University of California, San Francisco.

Nancy Kaye Lunney, p. 22 ... gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, does individual as well as group work, and is manager of programming at Esalen.

M

John Marks p. 31 ... is director of Search for Common Ground in Washington, fellow of Harvard's Institute of Politics, and associate of Harvard's Department of Psychology and Social Relations.

Leo Matos ..... a Brazilian psychologist, is director of the Transpersonal Institute of Denmark. He has studied and lived with Tibetan masters for eleven years.
p. 26

Terence McKenna ..... authored *The Invisible Landscape* and *Psilocybin: Magic Mushroom Grower's Guide*. He studied shamanism at U.C. Berkeley and has lived in tropical Asia and the Amazon.
p. 21

Deborah Anne Medow, ... Esalen body work practitioner and group leader since 1969, teaches ashtanga yoga, massage, creative movement, and related healing disciplines, and studies Native American tradition.
p. 20, 21, 31, 36

Ailish Mellard, ... holistic health practitioner and body worker for 12 years, is currently organizational consultant for Will Schutz Associates, which teaches human potential concepts to various organizations.
p. 36

Andre Melville ..... is a senior researcher of American social trends and public opinion, at the Soviet Academy of Sciences' Institute of U.S. and Canada Studies.
p. 28

Don Michael ..... is author of *On Learning to Plan and Planning to Learn* and professor emeritus in planning and public policy at the University of Michigan.
p. 17

Crystal Miller ..... is a dancer and former consultant to the National Endowment for the Arts.
p. 32

JoAnne Miller ..... is a psychologist who works with movement, breath, diet, and creative thought.
p. 24

Saul Miller ..... is a consultant, psychologist, Olympic coach, and author of *Food For Thought: A New Look at Food and Behavior*.
p. 24

Stacy Mills, ... a certified Rolfer® and rolfing teacher, has also worked as a consulting psychologist and has had many years of experience relating to children professionally.
p. 23

Laurie Muller (Lioness), ... a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 16, 29, 36

Dulce Murphy ..... is a founder of the Esalen Soviet-American Exchange Program and director of its Health Promotion Project.
p. 17

John Naisbitt ..... is author of the best-seller *Megatrends* (translated into 18 languages), and chairman of the Naisbitt Group, a Washington-based social forecasting company.
p. 28

Roderick Nash ..... is author of *Wilderness and the American Mind* and professor of history and environmental studies at the University of California, Santa Barbara.
p. 21

The NINE ..... "We are pure thought human fantasy seeking a road to the birth canal of reality where we will be seen as 'The NINE'."
p. 19, 27

Jenny O'Connor ..... is a psychic from England, and is a channel for "The NINE."
p. 19, 27

Brita Ostrom, ... a longtime Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.
p. 21, 33

Chris O'Reilly ..... has taught non-verbal communication for over ten years. She is currently writing a book on relationship to God and is a student of Indian Classical dance.
p. 33

Tim O'Reilly ..... is a writer, teacher, and businessman. His teaching is based on maps of consciousness originally developed by George Simon.
p. 33

Helen Palmer, ... a clairvoyant counselor, is director of the Center for the Investigation and Training of Intuition. Her approach uses personality issues as access points to psychic perception and the inner life.
p. 19, 31

Wendy Palmer, ... a teacher and director of the Lomi School, holds a black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.
p. 19

Leslie Pam ..... former director of the Primal Institute, marriage and family counselor, is co-author of the forthcoming book *Revolution in Hypnosis*, and is in private practice in Los Angeles.
p. 36

Jane Parsons ..... was facilitator in individual, group, and family treatment in the department of psychiatry at Mount Sinai Hospital for 12 years, and is in private practice in New York City.
p. 28

Kenneth Pelletier ..... is assistant clinical professor of psychiatry at U.C.S.F.; assistant professor, Public Health Department, U.C. Berkeley; and director of the California Health and Medical Foundation.
p. 17

Hector Prestera, ... a physician, acupuncturist, Rolfer®, certified neurolinguistic trainer, and practitioner of Ericksonian hypnotherapy, is in private practice in Monterey.
p. 21, 27

Christine Stewart Price ..... combines gestalt awareness practice with creative visualization. She is a born-again pagan.
p. 12, 15

Jennifer Price, ... age 9, was born at Esalen, is an alumna of the Gazebo and a junior staff member there.
p. 15

Paul Rebillot ..... was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.
p. 30, 33, 34, 35

Sogyal Rinpoche, ... a Tibetan lama and specialist in the traditional knowledge associated with the *Tibetan Book of the Dead*, is director of a special project with the Scientific and Medical Network in London.
p. 22, 27

Jack Rosenberg, ... author of *Total Orgasm*, has trained in gestalt and Reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.
p. 21, 40, 41

Theodore Roszak ..... teaches history at California State University and is author of several books and novels, among them *The Making of a Counter Culture*, *Unfinished Animal*, *Person/Planet*, *Bugs*, and *Dreamwatcher*.
p. 24

S

Ilana Rubenfeld *p. 15, 30* ... is the originator of her own integration called "gestalt synergy." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.

Nancy Sanders, *p. 19* ... a licensed social worker, has been teaching about Bach Flowers for the past five years at Esalen and elsewhere in the United States and Canada.

Mitch Saunders *p. 25* ... is a counselor at the University of Santa Clara and a graduate student with interests in trust, openness, and integrity.

David Schiffman *p. 18, 19, 22, 26, 27, 28, 34* ... a longtime leader at Esalen, is involved in developing a synthesis of teaching for the full expression of mental, physical, and spiritual states of being.

Elisa Lodge Schiffman *p. 22, 24, 34* ... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf® -movement integration.

Tom Schlesinger, *p. 19* ... whose screenplay, *Power Play*, is presently in production, is a film educator and moderator of seminars for the American Film Institute.

Will Schutz, *p. 20, 36* ... founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity*.

Alan Schwartz *p. 29, 30* ... is a college professor and gestaltist in private practice in New York City. His latest article in print is "The Human Energy System and Spirituality."

Jacqueline Schwartz *p. 19* ... has lectured at the World Health Organization in Geneva, Switzerland and teaches throughout the United States and Europe. She is currently writing a book.

Charlotte Selver *p. 23, 24* ... teaches sensory awareness, perception, and non-verbal and verbal communication. A center has been built for her long-term study groups at Green Gulch Farm through the Zen Center, San Francisco.

Phyllis Shankman *p. 24* ... is an instructor at U.C.L.A. Extension, counselor in private practice in west Los Angeles, and founder of Women in Transition Seminars.

Robert Shapiro, *p. 27* ... co-founder and honorary chairperson of Oasis, is a long-time friend of Alan Watts, Fritz Perls, Virginia Satir, Robert Assagioli, and Lama Govinda. He applies Eastern wisdom to Western life and industry.

David Shire, *p. 22* ... Oscar-winner for the film score of *Norma Rae*, has currently written film scores for *Max Dugan*, *All the President's Men*, *The Conversation*, and *The World According to Garp*.

Cynthia Rogers Silverman *p. 23* ... is a certified advance Rolfer®. She has a special interest in working with children and in the study of child development.

Julian Silverman, *p. 26, 35* ... an Esalen trustee, is director of counseling and psychological services at U.C. Santa Cruz.

Saul-Paul Sirag *p. 35* ... has published two physics papers in *Nature* and has authored a theory on the size of the universe. In 1977 he founded the Consciousness Theory Group, which he directs.

Harry Sloan, *p. 18, 35* ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Dr. Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.

Gerald Smith *p. 25, 35* ... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*.

Sally Smith *p. 20* ... first led gay groups and couples' groups at Esalen in the late 60s. She currently leads groups for gay couples and is a licensed masseuse.

Starhawk, *p. 15* ... a feminist and peace activist, is a counselor in private practice in San Francisco, and a teacher of the European goddess tradition, often called witchcraft.

Gail Stewart *p. 15* ... has been teaching and practicing massage and body work for several years. She teaches in Berkeley, both privately and at the Gefion School.

Lois Stewart, *p. 15* ... a trainer in interpersonal communication skills and a Trager trainee, has a private practice near Washington, D.C. and has 62 years of practice in learning to be a human.

Elizabeth Stratton, *p. 28, 30, 31* ... a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.

T

Charles Tart *p. 21* ... has worked with altered states of consciousness, parapsychology, and human potentials for 25 years. He is currently writing a new presentation of Gurdjieff's psychological system.

Vicki Topp *p. 26, 33* ... joined the Esalen massage staff in 1968, and is currently interested in integrating emotional release work and the transpersonal aspects of body work.

Nina Tumarkin *p. 26* ... is the author of *Lenin Lives! The Lenin Cult in Soviet Russia* and associate professor of history at Wellesley College.

U

Dana Ullman, *p. 20* ... author of *Homeopathic Medicine for the Family*, is an educator, publisher, practitioner, and public policy advisor specializing in homeopathy, alternative health-care, and self-care.

V

John Vasconcellos *p. 25* ... is a ninth-term California legislator and author of *A Liberating Vision: Politics for Growing Humans* and *A New Human Agenda: Toward Individual Self-Sufficienty*.

W

Brian Wallace *p. 21* ... is an international musician, composer, and media artist noted for creating a dramatic environment. He has performed solo and in companies for 20 years.

Judyth Weaver, *p. 25* ... a Reichian counselor, certified teacher of t'ai chi ch'uan, and student of Buddhism and Taoism, holds a doctorate in psychology and teaches at the California Institute of Integral Studies.

Carl Whitaker, *p. 15* ... professor emeritus at the University of Wisconsin, is one of the world's leading innovators in family communication and therapy. He is co-author of *Roots of Psychotherapy* and *The Family Crucible*.

Z

Nancy Winston ..... is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling throughout North America.
p. 15, 17

Rickie Wolf, ... director of the Tokyo Gestalt Institute, is a research fellow at the University of Tokyo in psychosomatic medicine. She is a professional clown and storyteller.
p. 31

Janet Zuckerman ..... has been on the teaching staff at Esalen for more than ten years. Her work includes emotional release work, group process, and gestalt practice.
p. 12, 26

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Audio Recordings

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Through the remainder of 1984 the following selections from the Planet Tapes series may be purchased for just $5 each tape ($6 by purchase order) in order to enable a wider distribution. The unifying theme is a mutual concern for the health of our planet and of ourselves:

Helen Caldicott: *Medical Effects of Nuclear War*
Ram Dass: *Embracing Paradox (Dharma and The Bomb)*
Thomas Banyacya: *Hopi Prophecy and Survival*
Senator Matsunaga: *US Academy of Peace and Conflict Resolution*
David Brower: *The Fate of the Earth*
Donald Keys: *Choosing a New World*
Daniel Ellsberg: (2) *The Nuclear Policy Catastrophe (2 tapes)*
1982 MOTW Panel #7: (2) *Where Do We Go From Here? (2 tapes)*
1982 MOTW Panel #6: (2) *Experience In Conflict (2 tapes)*

Please add $2 to your order for handling and mailing. California residents include 6% tax. Please write a separate check and mail your order to: *Planet Tapes*, Hot Springs Lodge, Big Sur, California 93920.

Meditation Music, Space Age Music

This new age music, called by many names (spatial, cosmic, celestial, transcendent, meditational) covers a wide range and is becoming increasingly known and appreciated. Listed here are several mail order sources for catalogs or information: ***Hearts of Space*, Box 31321, San Francisco, California 94131; *Fortuna Records and Tapes*, Box 1116, Novato, California 94947; *Backroads*, 530 South 46th Street, Boulder, Colorado 80303; *Narada*, 1804 E. North Avenue, Milwaukee, Wisconsin 53202; *Vital Body Marketing*, Box 703, Fresh Meadows, New York 11365, and *Yes! Bookstore and Tapes*, 1035 31st Street N.W., Washington D.C. 20007.**

The Media Center

Esalen Videotape

This 18 minute videotape, which tells Esalen's story from its early history to the present, is an inexpensive way to view the general offerings available at Esalen. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities. The musical soundtrack is by Paul Horn, Joel Andrews, and "Pinchey Pete" Velasquez.

Cost: For Rent:

½" VHS color video cassette	per week $10.00
¾" U-Matic color video cassette	per week $15.00

Cost: For Sale:

½" VHS color video cassette	$35.00
¾" U-Matic color video cassette	$40.00

This program is available for purchase in its original form—a two-projector slide dissolve show which can also be viewed with a single projector.

Cost: For Sale:
Slide Program—including 130 slides, cassette tape, and script (pulsed tape for Entré 7610 dissolve unit available on request)..... $150.00

Color Slide Set

A set of five scenes of Esalen—the Big Sur coast, the Esalen grounds, garden, the outdoor hot baths, t'ai chi on the pool deck—is available for $5.50.

Please address your order with a check payable to the ***Esalen Media Center***, Esalen Institute, Big Sur, California 93920. California residents add 6% sales tax for sale purchases.

Overseas air mail orders please add additional postage: each slide program $10 ($15 for Australia and Asia), each video cassette $7, each slide set $1.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others, are available from ***Psychological Films***, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write ***Hartley Productions***, Cat Rock Road, Cos Cob, Connecticut 06807. A film or video cassette on Chungliang Al Huang's work, entitled *Tai Chi: The Watercourse Way*, is available through ***KLB Productions***, 490 Redwood Road, Corralitos, California 95076. Regarding the documentary on Gregory Bateson, send inquiries also to ***KLB Productions*** at the above address. Recent color videotapes of Stephen Levine and Ram Dass on "Conscious Living/Conscious Dying", and of Daniel Ellsberg, Helen Caldicott, and others on the nuclear issue are available from ***Original Face Video***, Box 447, Grass Valley, Ca. 95945.

Announcement

Alan Watts Library

The Alan Watts Society for Comparative Philosophy, in conjunction with the Zen Center of San Francisco, is initiating a drive to raise funds for the construction of a building in which to house permanently the Alan Watts Memorial Library, with space to include the works of Lama Anagarika Govinda and Li Gotami Govinda.

This building will be located at the Green Gulch Zen Center in Marin County, across the Golden Gate Bridge from San Francisco. This close proximity to a major American city will assure that the Library will be accessible to students from all over the world.

Funds of approximately $30,000 are needed to complete this project. Any gift, large or small, will be gratefully accepted. Tax deductible donations should be made directly to the Zen Center and mailed to 300 Page Street, San Francisco, CA 94120.

General Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $150 for seven-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only. Overseas residents please pay by checks drawn on U.S. banks.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt.

Please mail all reservations to:
Reservations, Esalen Institute
Big Sur, Ca. 93920

We are able to process mail reservations more effectively. If you are concerned about workshops being full or have any questions, you may make reservations by phone if you use your Mastercard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335
Office Hours:
Monday, Tuesday, Thursday, and Saturday 10 am to 3 pm
Wednesday 10 am to 12 Noon
Friday 10 am to 8 pm
Sunday 12 Noon to 8 pm

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Workshop fees cover tuition, food, and lodging. Rooms are shared by two or three workshop participants. Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 4 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and a five-day is $50. Discounts are available only when you make your reservations. Please present proof of age when you register.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Many community programs are also open to residents. The cost is $1800 per 26-day period.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $60 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $100 per day, or $110 per day per couple. Special family rates are available. Please phone the office for additional information.

Bus Service: We have bus service from the Monterey Greyhound station at 4:45 pm and from the Monterey Airport at 5:00 pm on Fridays and Sundays. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The charge for one-way service is $20, payable to the Esalen office when you check in. Return reservations may be made at the same time. Bus service to Esalen is not available at any other time.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are expected to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See **General Information**, page 50.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ Zip _____ Occupation _____

Telephone Number: Day: Area Code ( ) _____ Evening: Area Code ( ) _____

There are sometimes unexpected situations that may require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? If you can't be reached please call us *before* your scheduled arrival for final confirmation.

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend: _____ ☐ housing as a couple

Do you smoke? _____

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. (For further details see Ways of Being at Esalen, page 12.)

Bus Service:

I want bus service from (check one):

_____ Monterey Airport

_____ Monterey Greyhound Bus Station

at 5:00 pm on _____ (date of arrival, Fridays & Sundays only)

The $20 per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. Esalen bus service is not available at any time other than 5 pm.

Check here ☐ if you do not want us to give out your number for the purposes of ride sharing.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

License Number:
(for registered nurses wanting CEU's) _____ (for physicians wanting CEU's) _____

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute in U.S. currency only.

Overseas residents please pay by checks drawn on U.S. banks.

Your reservation can be charged to:

MasterCard ☐ Visa ☐ American Express ☐

Card No. _____

Expiration Date _____

All workshops require nonrefundable reservation fees. See page 50. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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Esalen Institute
Big Sur
California 93920

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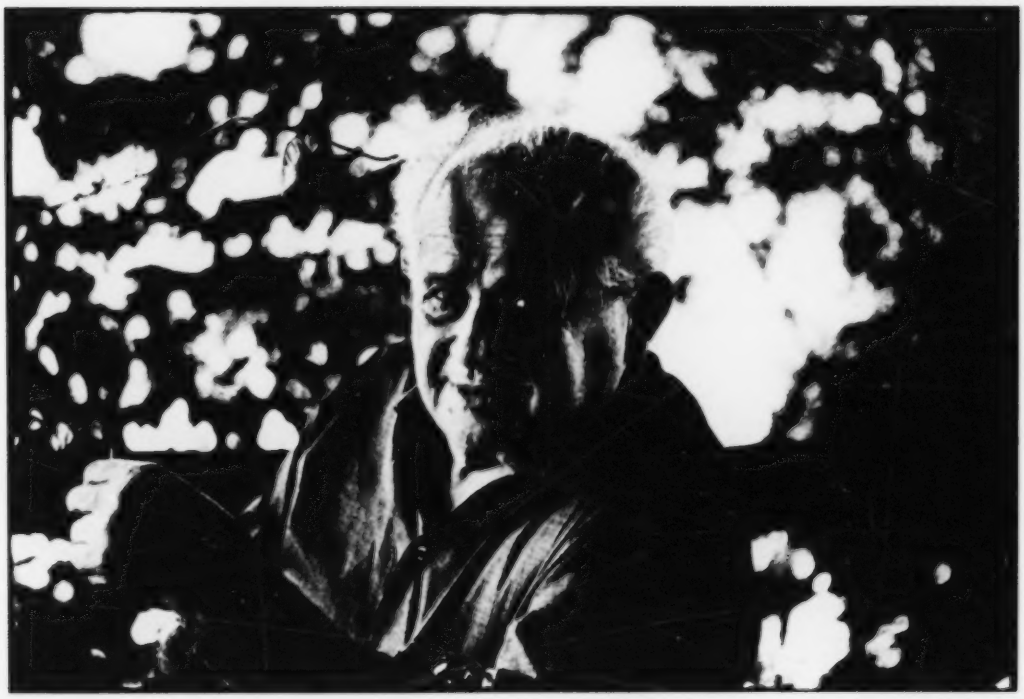

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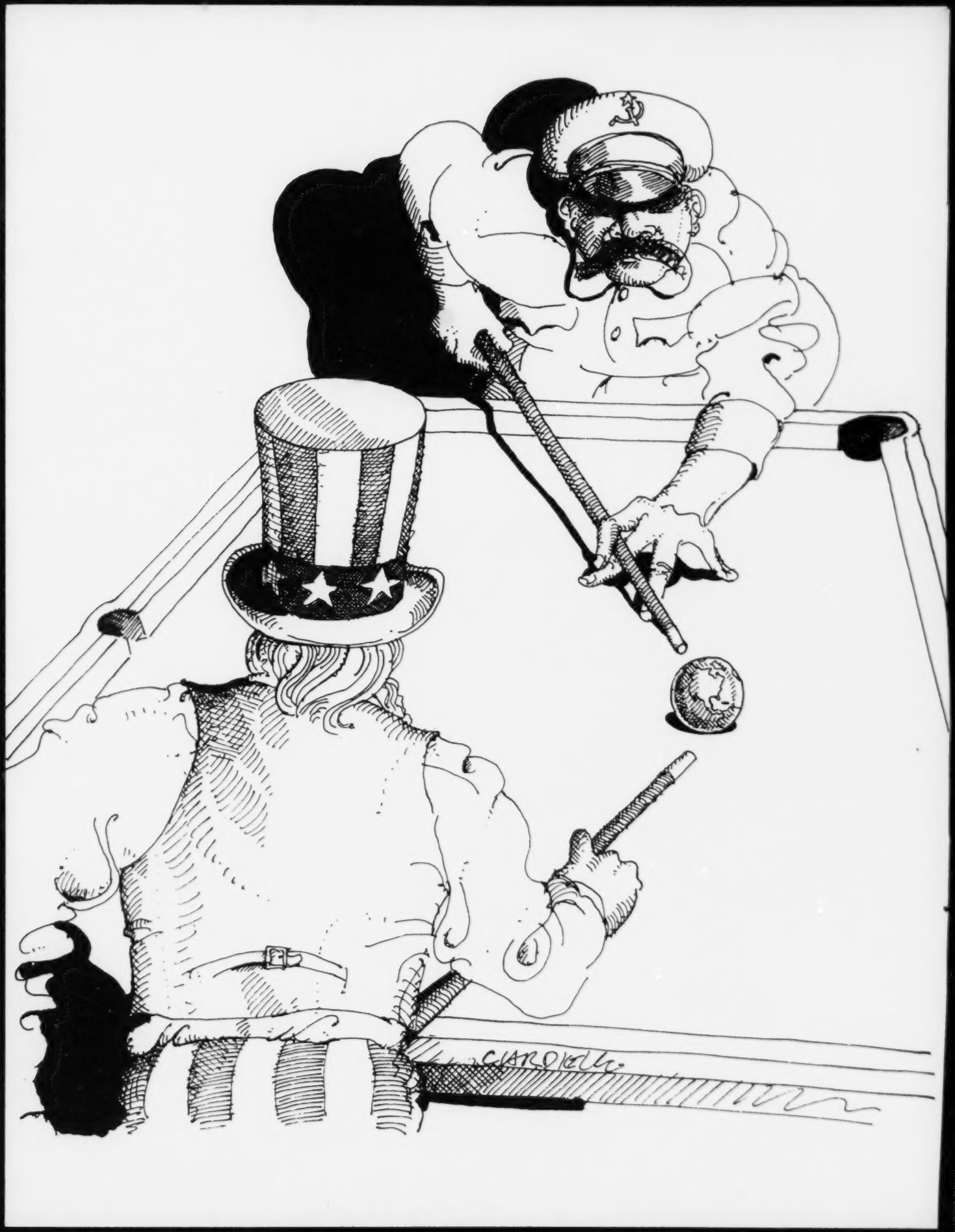

CIARDELLI

GAMES

SOVIETS AND AMERICANS PLAY

Keith Thompson Talks with Robert Bathurst

The room was full. The American representatives sat on one side, the Soviets on the other. At times the tensions were enormous. Deadlock seemed inevitable. War, while remaining unthinkable, no longer seemed impossible . . .

This is not a description of arms reduction negotiations in Vienna, but of a series of seminars at Esalen on cross-cultural understanding between Soviets and Americans. (See "Soviet-American Relationships," February 8-10.) These seminars deal with the cultural patterns governing a nation's behavior in international relations, how it negotiates, when it goes to war, how it handles foreign proposals, how it conducts business. The mode for exploring such issues? Games. Aggression games, decision games, risk games, role-playing games. The workshops bring together two groups: one of Americans, primarily business people, counselors, therapists, and management-level government employees; and a second of Russian emigres or Soviet citizens from the same occupations.

The seminars were conceived and organized by Robert Bathurst, adjunct professor of National Security Affairs at the Naval Postgraduate School in Monterey and a Visitor at Harvard University's Russian Research Center. Dr. Bathurst, who wrote a doctoral dissertation on Russian intellectual history, served as Assistant Naval Attache at the U.S. Embassy in Moscow. "The purpose of the games," he remarks, "is to identify underlying cultural patterns and to have an interesting and amusing time doing it. There are no teachers and pupils, no grades or scores, rights or wrongs."

Keith Thompson recently sat down with Bathurst for a talk about Soviet-American game-playing. The conversation began with Thompson observing that Americans seem not to understand Soviets very well, and there must be some good reasons for this. With that, their colloquium began.

ROBERT: It's true, Americans *don't* understand the Soviet Union. Why? Consider the thinking of anthropologist Edward Hall, who divides cultures into two broad groups: high-context and low-context. The Soviet Union is a high-context culture, which means Soviets place more importance on the *setting* in which a message is received, and less importance on the message itself. In terms of problem-solving, the first step for Soviets is to consider the problem in terms of an overall, over-riding generalization, which is never considered separable from considerations. For example, it is nearly impossible to talk with a Soviet official about a contemporary political issue without the official mentioning the heavy Soviet losses during World War II. In other words, they go for the big picture, emphasizing the general over the particular, stability over change, history over concerns of the moment. "What does this particular issue mean in the larger context of the history of U.S-Soviet relations?" That's the question Soviets ask.

The United States is probably the lowest-context industrial nation on earth. The American cultural tendency is always to pay more attention to what's actually being *said* in a given message than to the larger context in which the message is given and received. If Soviets emphasize stability, Americans emphasize specificity of content, adaptability, change, and novelty of approach. Americans take a complex problem and break it down into its components, all the little bits and tasks which comprise what is, to the Soviets, a complex matter which cannot be separated from the context in which particular problems emerge.

So we already have a great distinction between the ways Soviets and Americans think and see the world. Keep in mind, though, that no culture is monolithically high-or low-context. These comparisons are meant to help us make useful generalizations, and they aren't a judgment of which is better or worse. They're descriptions of different cultural styles. Americans aren't always low-context. We get high-context when dealing with our kids: "Why are they behaving like this? What's it related to? How will it affect their future?" But then, when we think about Russia, we get *very low-context*. We say things like, "We'll create a cultural exchange and show them what nice people we are, and therefore they'll abolish collectivization and get out of the Third World."

The result is that we look like children to the Russians, who see our perspective as naive. We Americans are so trained in the low-context mind-set that when we *do* turn around and become analytical and comprehensive, we do it in the low-context way called "mirror-imaging," in which we project our cultural self-image onto the Russians. Rather than appreciating the ways in which Soviet culture is vastly different than American, we imagine that "the Russians really *are* like us and they will behave like us." The assumption is that Soviet-American relations are not complex, and this is a dangerous assumption.

KEITH: The typical American emphasis on adaptability, novelty, fresh beginnings and constant change are reflected in the also typically American notion that "it's all happening here and now, moment to moment." Whereas Russian culture, because it's so much older, would have a very different relationship with time, which helps explain their fear of change and passion for stability.

ROBERT: Absolutely true. Americans think of what's happening instant to instant, or maybe election to election, while Soviets tend to think primarily in terms of the future, as in "when Paradise *does* come for the worker;" and in terms of the past, as in their constant references to the 20 million Soviet lives lost during World War II. Maybe it's because the mainland of the United States has never been attacked that Americans simply can't comprehend why the Soviets still think and talk so much about the Second World War, and why it should affect their relations with us *today*.

KEITH: In terms of the perspective you're outlining, perhaps the ultimate in low-context American thinking was when President Carter realized in utter amazement that the Soviet Union had invaded Afghanistan.

ROBERT: Yes, the American view of history is so myopic that we are unable to see how high-context Soviet strategy really is. The idea of world-wide Marxist revolution is actually a very simple concept to grasp, especially with daily Soviet elaborations in *Pravda* and Tass. But the American perspective is so low-context that we say things like: "Well, obviously, it's a metaphor, they don't mean *literal* revolution, there must be some hidden meaning."

Remember that President Carter, who is a brilliant man, but also very low-context, received regular intelligence reports about the Soviet Union. He'd been educated at the U.S. Naval Academy, which features a relatively hard-line on the Soviets. Yet, as you mention, he was totally surprised by the Soviet invasion of Afghanistan, and he became quite angry, and set about punishing them through a boycott of the Moscow Olympics. This is very dangerous, when frustrated expectations—unrealistic expectations at that—head to anger. It's how wars begin. Jimmy Carter, the most powerful man in the world, was totally unprepared for an act which for the Soviets followed as night follows day; while Brezhnev, the second most powerful man in the world, was absolutely dumbfounded that Carter couldn't understand the Soviet imperative to enter Afghanistan.

KEITH: To what extent are these international stances reflected in the games seminar? How do the games work?

ROBERT: First, the premise of the games, a premise which by no means originates with me, is that we learn not only with our minds but with our bodies and emotions. I had been worrying for years about why Americans don't better understand the Russians, and was foraging around for some way to make a contribution to real understanding and communication between these two great cultures. Eventually the idea came to me: negotiations can only happen in groups, so why not bring Russians and Americans together and play games?

One of my favorites is a negotiating game which incorporates elements not unlike the Cuban missile crisis. There are two teams of players, one consisting of emigres from Russia who now live in America, the other of Americans from different professions and walks of life. Each team appoints an ambassador, a spokesperson, to negotiate with the other side, and instructs this person what to say and what not to say.

KEITH: How are the ambassadors chosen?

ROBERT: The American players go through an extraordinarily complex process to select their representative: everyone's ego has to be attended to, every view considered, even though it's usually more or less apparent from the start who's going to be the leader. And of course everyone acts as if he doesn't want the leadership role so as not to appear too ambitious! The process takes a very long time. Everyone has to have his or her input—the American process at work, or at play.

In contrast, on the Soviet side, a leader simply emerges out of what appears to Americans to be general chaos. Everyone allows the strongest person to be the leader, even if this person takes positions the rest of them don't share. They don't argue about it, but instead get to the business of organizing their strategy.

KEITH: How do the negotiating postures of each side differ? Do they reflect the larger cultural differences you've mentioned?

ROBERT: As the game gets started, it in many ways tells the *entire* story of U.S.-Soviet relations. That's an exaggeration, but what emerges is striking. The American players, for example, begin by assuring the Soviet players that "we want peace, honesty, good will and friendship"—thereby giving away their power from the start. The Americans, anxious to convey that they are nice, friendly people, proceed to set up a happy, pleasant environment for the negotiations. The Soviet players invariably try to take advantage of this. They send out an ambassador who begins asking questions about overall Soviet-American relations. They take the high-context route, bringing current issues into association with past Soviet-American concerns—in other words, linking the *content* of what's being said into an overall emphasis on the *setting* in which it's said. So while the Russians insist on exploring the big picture, the Americans usually get low-context fast, taking the "lets break it down into individual bits we can solve one by one" approach. Then the Americans begin setting up timetables for solving each discrete problem, which of course is not the Soviet way of doing business.

KEITH: It sounds like a classic dead-lock is just about to come.

ROBERT: Not quite yet. In past games the Soviets have tried to confuse the Americans by making many, many proposals, advancing a general chaotic tone. The Americans don't know how to deal with this, so they continue trying to break the complex of demands and proposals into tiny problem-bits that can be handled one by one. The Soviets won't let them do that, although the Americans keep trying to do it; eventually the scene is totally confused. Then the Soviets start playing one American off against another, based on their knowledge that each American player has his or her own position and wants to be heard as an *individual*, which amuses the Russians. Usually, then, the Soviets dispatch one of their people as a spy whose only function is to watch and overhear whatever the Americans are discussing. The American players never think of doing this. Good people, friendly people, don't send out spies—this is the tone of the American position.

KEITH: So it ends in stalemate, or with a treaty, or how?

Americans think of what's happening instant to instant, or maybe election to election, while Soviets tend to think primarily in terms of the future.

ROBERT: Well, it ends differently each time. The ending of the last game was funny, but also quite sad. The Americans, who started off with strong protestations of their desire for peace and understanding, ended up so angry and frustrated by the intransigence of the Soviet players that they started throwing pillows at them. In other words, there was war. It was a classic example of an action-chain, or a sequence of events between two teams: frustrated expectations lead to anger, lead to war. And if you fear that this is too simplistic an explanation, think back again to President Carter, whose high hopes for friendship were frustrated by Soviet actions, leading him to organize the Olympics boycott. The parallels are striking.

Obviously the way Soviets feel about their space and Americans about theirs says a lot about whether or not there will be war.

KEITH: Who are you seeking for your February 8-10 workshop, "Soviet-American Relations"?

ROBERT: It doesn't matter whether they're thinkers, tailors, soldiers, or spies. What *does* matter is their willingness to understand the Soviet Union. That's essential. The theory is that we have an American pattern for behaving toward foreign cultures, and that this pattern works, at least so far, in the games setting. A corollary assumption is that each culture responds in its own way to the same stimuli, reflecting its own cultural patterns and laws, not those of the other side. This includes the way each culture feels about and responds to space, time, danger, security, and of course, to the question "what will the other side do if our side does such-and-such?" The consistencies in behavior are themselves a classroom, incredible to watch and study.

KEITH: You said earlier that body-learning is just as important for participants in these games as intellect-learning.

ROBERT: Yes, we do some movement exercises in order to explore how each side relates to space. Obviously the way Soviets feel about their space and Americans about theirs says a lot about whether or not there will be war. The Soviet downing of the Korean airline was very much related to this question of space, territory, borders, limits. And when the Americans threw pillows, they were bringing their cultural formations into the open on some of these same questions.

One thing I've noticed is that during periods of relaxation after a game is completed, the American players are often out in the middle of the circle, smiling, being open, while the Russians are always sitting against the wall, protecting their backs. They convey a sense of vulnerability which we Americans don't seem to have.

KEITH: Increasing numbers of Americans, alarmed at the lethal animosity between Washington and Moscow and frustrated by the deadlock on arms reductions, are visiting the Soviet Union each year. Some are attempting to organize cultural exchanges, while others want to make contact with fellow scientists and writers, while still others just want to make contact with the people there. How do such "citizen diplomacy" efforts figure into the Soviet-American equation?

ROBERT: These efforts can be useful when participants know what they are doing, and they can also be extremely dangerous and counter-productive. I'll give you a few examples of the second type. When Billy Graham, the American evangelist, went to Russia some months ago, his hosts gave him a guided tour which included a few visits to churches. Graham returned to America with news that religious freedom really *does* exist in the Soviet Union, which was a betrayal of the millions who suffer and are persecuted for their faith. The Soviets are masters at manipulating distinguished naive visitors into making silly remarks like that, and their success retards our progress toward peace. These statements by Americans help convince oppressed Soviets who are working for change that we have eyes but do not see, and ears but do not hear.

You should read Hollander's book, *Political Pilgrims*. It's the best study yet of the sad history of Western intellectuals and officials who go to Russia unprepared and come back mouthing nonsense. Joseph Davies, our ambassador in the 1930's, was unusual even for diplomats in that he spent three years there without catching on. He saw Soviet purge victims who had been tortured and beaten, and still thought Stalin was a kind leader who shared power with his comrades.

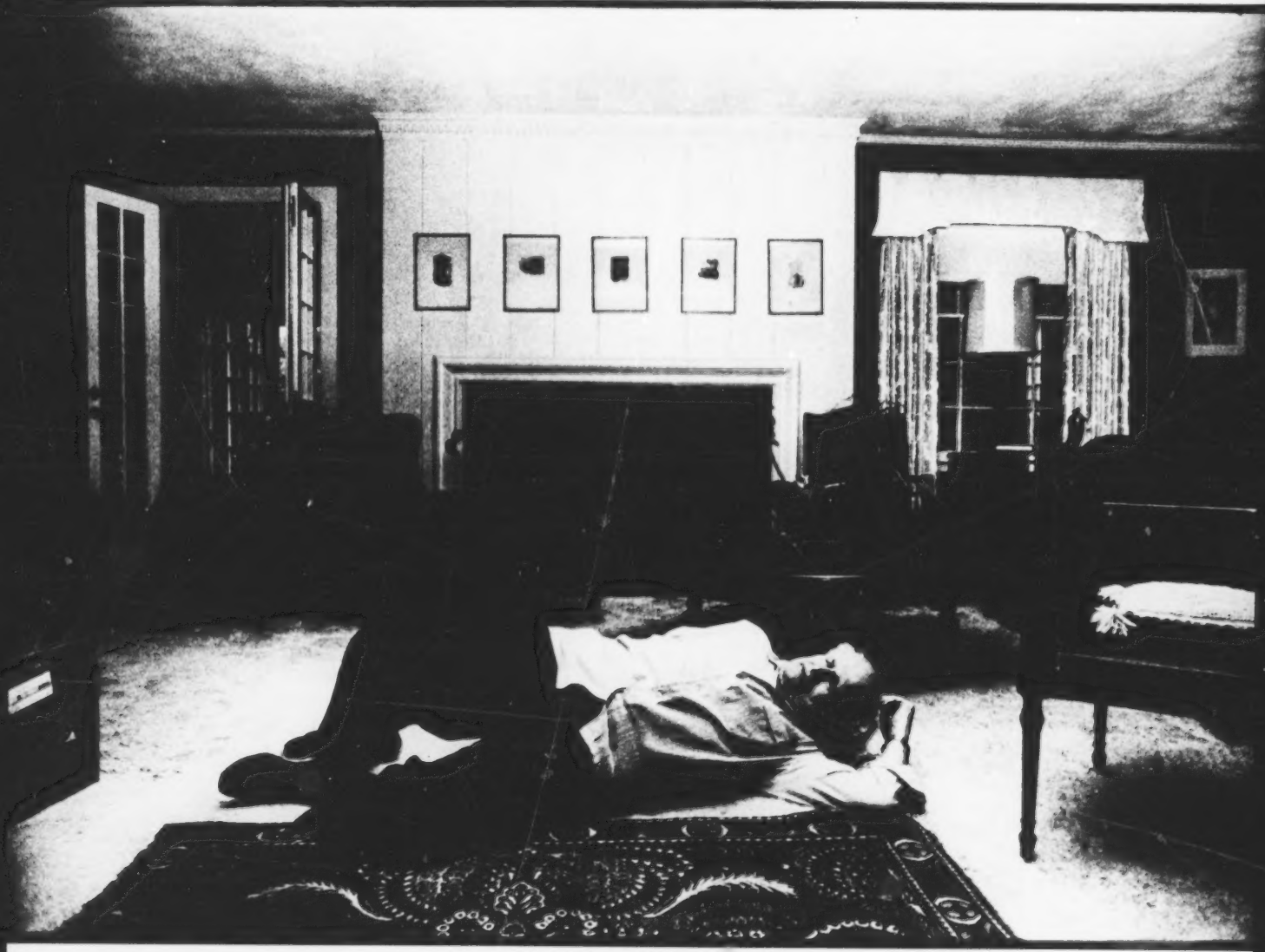
Even the highest officials are not immune to this. A Western delegation headed by American Vice President Wallace went on a tour in the area of the worst Soviet prison camps after World War II. Well, the prisoners were all starving to death and of course couldn't be shown to foreigners, so they were shunted into the woods for the day. The Soviets then dressed the administrative personnel in prison uniforms, and displayed administrative buildings as if they were prison buildings, to avoid showing the hell-holes in which prisoners really lived. It may be hard to believe, but this charade fooled the Western delegation, which came back with news that "Soviet prisons are really not so bad!"

KEITH: It's a sobering picture you're painting. But are there ways in which well-informed Americans *can* make a contribution by going to Moscow?

ROBERT: The question which must be asked by Americans who go to Moscow is, "Am I on an ego trip, or do I want to advance our hope for peace?" People on an ego trip will have no difficulty parading through Moscow, knowing practically *nothing* about Soviet culture, drinking toasts to Soviet-American friendship in Moscow hotels where ordinary Soviet citizens are not even permitted entry. People on an ego trip will not bother to consider that the Russians who agree to meet them are often *designated* to meet them. Clearly the secret police are not so all-pervasive that your *every* meeting will be monitored, but it's just as certain that all official contacts are cleared by the secret police. You can be sure that any time you meet with Soviet officials at the various academies, everything you say and do is made available to the KGB.

People who want to make a contribution of value are a different story. Yes, I'm all for talking, all for making contact, but *informal* contact. The key is: get smart first. Do your homework. Read the many good books currently available about Soviet culture and the history of Soviet-American relations. Learn to speak some tourist Russian so you won't be totally in the hands of the KGB controlled tourist officer. Join with others who are also well informed. Then, by all means, go to Russia and make contact. If we want peace, we really have to get smart.

REMEMBERING MOSHE



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Remembering Moshe

by Thomas Hanna

When he walked into a room everyone turned to look at him, which was remarkable, given the fact that Moshe Feldenkrais was rather short and rotund. Some said he looked like Israel's former prime minister, David Ben-Gurion, with his stocky, powerful figure and a laurel of thin gray hair fringing the sides and back of his skull. His over-all resemblance, however, was nearer to that of a fellow Russian, Nikita Khrushchev. Both were formidable men whose presence was an alternating display of delightful charm and stubborn aggression.

The yin aspects of Feldenkrais were just as remarkable as the yang aspects. Like Janus, he presented to the world two sharply different aspects, and the alternation of these two personae constituted much of the dramatic attraction of the man.

During the morning hours of Monday, July, 2, 1984, Moshe Feldenkrais died. For several months he had lain in his apartment in Tel Aviv, an oxygen tent and intravenous feedings sustaining a life increasingly enfeebled after brain tumor surgery.

He left a legacy of immense significance—the importance of which will take some time to become recognized. Nietzsche wryly commented that "Some men are born posthumously." This applies to Feldenkrais and his legacy, and it underscores his often repeated frustration that "no one understands my work."

The frustration was well founded. Feldenkrais had discovered relationships between brain and body that were revolutionary in import. He had put together certain known neurological facts into a methodology that consistently produced "miracles." The hallmark of this system was that it was educational. It produced "miracles" of bodily change, not by doing something to people, but by teaching people to be aware of their bodily functions in such a way that they were able to control them. Feldenkrais discovered that human awareness, the human motor system and the brain's center of voluntary action, the neo-cortex, formed a cybernetic unity.

Cybernetics involves using new input of information to produce a new output of behavior. From its beginning, cybernetics theory described the human central nervous system as an information system in which motor actions were controlled by sensory information. Feldenkrais simply put cybernetics to practical use: using his hands, he moved the body to create new sensory input so as to produce different motor behavior.

In practice, that meant the lame "miraculously" walked and the paralyzed began to move. Feldenkrais had opened up a realm of which medical physiology had only the faintest notion. Feldenkrais demonstrated his somatic cybernetics throughout the world to astonished audiences. What they saw was so far beyond their comprehension that they literally could not make sense of it, except in the most simplistic terms; e.g., "Is this some form of chiropractic?" "How does this relate to Rolfing?" The agonizing frustration felt by Feldenkrais before such questions was the fuel for the tirades for which he was famous.

The nearest parallel to Feldenkrais' system is another cybernetic technique: biofeedback. Some of the same principles are involved. Just as biofeedback is now powerfully changing the way we think about health care, so will future health care programs inevitably make use of his one-to-one method of Functional Integration and his exercise program of Awareness through Movement.

Those of us who knew Moshe Feldenkrais and learned his way of thinking and teaching were acutely aware of the revolutionary nature of his vision. This vision is a legacy that will be born and reborn in shapes and fashions that will extend our own vision of the farther reaches of human nature.

Thomas Hanna founded and directed the first American training course in Functional Integration by Moshe Feldenkrais, which took place 1975-77 in San Francisco. Hanna's book, The Body of Life *(Knopf) is an account of the theory of Feldenkrais' method and a collection of case histories of Hanna's clinical applications of this method.*

Feldenkrais and Esalen

by Kolman Korentayer

Moshe Feldenkrais would beguile you, taunt you, humor you, lovingly scold you, and excite you with his personal commitment to his work and his great desire to share it with you.

Esalen was the first place that Moshe did a workshop in North America, and was his introduction to the human potential movement. Moshe's first program was organized by Will Schutz. Among those attending were Betty Fuller, Ilana Rubenfeld, Stanley Keleman, and Richard Price. These individuals made a significant contribution to the blossoming and spreading of his ideas and work throughout North America.

Kolman Korentayer, a gestalt and Feldenkrais practitioner, was North American Coordinator of Feldenkrais Programs, 1970-1979.

Moshe Feldenkrais: A Legacy of Hope

by Patrick Douce

The legacy left by Moshe Feldenkrais affects not only those of us who were his students, but the entire human race. This legacy involves hope; hope for millions of human beings who have been told that there is nothing that can be done to help them and that there is nothing they can do to help themselves; hope for persons suffering from chronic pain—arthritis, sciatica, neck and shoulder pain, lower back pain, persons afflicted with cerebral palsy, brain damage, and scores of other problems often described as "incurable." He gave us this hope in the form of knowledge, knowledge he formed with the belief that no matter what the difficulty, each person can *learn* to improve. Moshe Feldenkrais developed his system based on his training in physics and judo. In a field of "bodywork" he developed a science, a science of human learning based on movement—movements that are easy, pleasant, and useful for surviving in a technological society that is often at odds with the health of our human bodies.

Moshe was a very human man, a very stubborn and determined man. Armed with the best of training in 20th century science and movement, he refused to believe that there was anyone he couldn't help as long as they were willing to learn and improve. He applied his methods to the best athletes and dancers as well as the most crippled individuals. His belief in human potential to learn overshadowed his doubts as he continued his career, often with strong opposition from "established" professionals.

He was a man providing a technologically-based answer to many of the infirmities of this technological age. Answers that are simple, easy and understandable to any human who has the desire to learn and improve. This is the legacy that now his students have taken on, not only to continue the teachings, but to continue to improve them. This is the legacy of hope in human learning he has given us all who are concerned with the exploration of the potential of the human being. Moshe Feldenkrais has died—his work is just being born.

Patrick Douce, an Esalen resident since 1972, teaches classes in Feldenkrais Awareness through Movement and is available for individual sessions in Functional Integration.

CONJUNCTIONS

{conjunction, Latin, *coniunction-em*}
1. *a joining together; combination; association; in alchemy, the union of body and spirit.*
2. coincidence {*L. co*-together, and *incidere*-to fall upon}: occuring simultaneously.
3. the meeting of two or more stars or planets in the same degree of the zodiac.

"We will unite the White Rose and the Red. Smile heaven upon this faire conjunction . . ."
—Shakespeare, *Richard III*

TRENDS: "What appears to be happening in the world is a simultaneous march of events in opposite directions," writes political scientist **Walt Anderson**. "Going one way, a parade of decentralist and separatist movements—there is scarcely a national government in the world that is not struggling with one or more of these—and, going the other way, an unprecedented increase of global trade, global communication, global migration, global interdependence. Things flying apart and at the same time coming together." Anderson and seventeen others address public policy appropriate to this bi-directional shift in *Rethinking Liberalism*, published by Avon, 1983.

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DOGGED: "Every great ideal gets stood on its head as soon as people get involved," remarked R. H. Cravens, Contributing Editor of *Aperture*, at the magazine's 1982 Esalen symposium. Agreeing, **Dick Price** added, "I've thought at times about making my dog the chairman of the board." Well, try as she might, Dick's dog Aurora hasn't been able to get people out of *her* picture: "Hiking and Gestalt" (April 19-26) lists Price and Steve Harper as Aurora's co-leaders.

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NOT BOOKED: For the first time in quite a while, George Leonard is not writing a book. But don't assume that the author of *The Transformation, Education and Ecstasy*, and *The Ultimate Athlete* is allowing his typewriter to gather dust. Leonard has signed on as a contributing editor of *Esquire*, to which he brings 17 years of experience as West Coast editor of *LOOK*. He and Annie Styron-Leonard also continue to develop the Energy Training Institute (P.O. Box 609, Mill Valley, CA 94942), and offer seminars throughout the country, and, of course, at Esalen. (There are now 13 certified Leonard Energy Training instructors teaching what Leonard describes as "alternative ways of dealing with life situations and of enhancing the flow of vital energy").

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DEAD TONGUE?: We continue to hear a glib unchallenged assertion, namely that "Latin is a dead language." But some of us who hang around linguistics circles like to think that this venerable tongue is merely resting up for a strong come-back, once English is finally buried by politicians, advertisers, and psychology-theorists. We make our point: In what other tongue can one with such elegance admonish a friend: "Noli irritare leones" ("Do not irritate lions")? Or, how about "Naturam expellas furca tamen usque recurret" ("Though you drive out Nature with a pitchfork, yet will she ever return")? And, of course, "Cucullus non facit monachum" ("The cowl does not make the friar," or as simple English has it, never trust appearances.) More to come . . .

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HUMUS AD: Ralph Blum ("Introduction to the Viking Runes," June 21-23) advises that the word *rune* comes from the old gothic German *runa*—meaning, approximately, "a whispered or secret thing." *Runemal*, or rune-casting, is a symbolic system of the Vikings, comparable to the I Ching and Tarot. "Runes are a system for helping people ignore what's unimportant," Blum says. "They act on a user's life in a manner best described as 'yeasting.' If I were to package the runes for mass sale, the guarantee I'd attach would be similar to the promise you'd find on a good bag of fertilizer."

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FURTHERING: "No matter what you do, you're still solving the same problem," says Rosemary Feitis ("Furthering: A Workshop for a Work in Progress," January 6-11). "If I'm in the kitchen cooking, or trying to write an article, or dabbling around with water colors, I'm working on the same issues." A skillful move is to switch *modalities*: "If you're writing, and nothing is coming, try switching to movement of some kind, or painting, or cleaning the house. You'll start to see what it is you keep bumping up against. Either this change in activity will give you what you need to solve the problem, or else you'll say to yourself, 'Oh, so *this* is the problem, not what I thought it was.'" (As for switching, Pablo Picasso, who also was known to dabble with water colors and whose works in progress regularly progressed, once said with the nonchalant shrug common to genius: "When I haven't any blue, I use red.") Rosemary comments that *pacing* is also important: "If I have a day of writing, then I need a day of dithering, and then another day of writing." She and co-leader Crystal Miller will offer a framework for furthering creative projects you've started but don't know how to continue.

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TART NEWS: *The Open Mind* is Charles Tart's bi-monthly periodical featuring recent articles on lucid dreams, the fear we have of psychic powers, what's possible when vision and will are united, and common sense tips on choosing a spiritual path. "The closed mind," Tart says, "is dulled by habit and fantasy, fears what's not understood, and avoids doubt through mental rigidity. By contrast, the open mind is curious about all sorts of things, appreciates living in a marvelous and mysterious universe, and constantly seeks increased self-knowledge." $20 for one year subscription ($14 for full-time students), payable to PPI, P.O. Box 371, El Cerrito, CA 94530.

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KEEP TALKING: From another perspective, no language says it better than French, a tongue far from dead: "Une fois n'est past coutume" ("One act does not constitute a habit"), or the same idea, from a slightly different perspective: "Vive la bagatelle!" ("Long live folly!"). As usual, a voice of experience shouts the last word from the bleachers: "Le cout ote le gout" ("The cost takes away the taste").

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ENOUGH, MORE THAN: "You are addicted if you cannot control when you start or stop the activity," say Harvey Milkman and Stanley Sunderwirth (June 28-30). Along similar lines: writer/philosopher Sam Keen, after a disjointed conversation with a burned-out veteran of the seminar circuit, remarked with a weary smile: "Now *that's* why no one should ever take more than 350 workshops."

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SELF-DIRECTION: "I began to realize how much of my life had been dominatd by other people's values, especially those of my family," Lenore Lefer recently said. "At the same time, I began to come into contact with my own will, and with my sense that while some of my values were parallel to other peoples', I also had my *own* values. Then I started questioning how I was making my own choices, and to consider that I could be more causal and initiatory toward, and responsible for, my life and behavior." That's how Lenore describes what led her in the early '70s to teach "The Art of Self Direction" (February 22-24). How has her perspective changed in ten years? "Well, I later became involved with others in a group working with psychological and spiritual teachings—a group which I thought *mirrored* my own sense of values. I discovered over time that I was in fact surrendering some of my values and beliefs to a system which I'd make responsible for my life choices." Personal choice and authority, joining and participating in groups, social responsibility, how to respond to things which happen to us that we don't recall choosing; these are some of the issues Lenore will explore in her workshop on "creating, initiating, and directing change."

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ESPANOL: Okay, the best advice yet today comes not in Latin or in French, but in the tongue that keeps the Equator moistly glued to the globe, Spanish: "Ni firmes corta que no leas, ni bebas agua que no veas" ("Never sign a paper you have not read nor drink water you have not examined"). For the obvious corollary, we circle back to French: "En vieillissant on devient plus fou et plus sage" ("As we grow older, we become more foolish and more wise").

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GAZEBO: A mailing list is being developed to keep parents, teachers, grandparents, and others informed of early childhood education and related activities through the Gazebo School, founded by Esalen staff member Janet Lederman, who describes the school as "a learning environment that utilizes its natural surroundings and the inherent curiosity of children as motivators for acquiring knowledge." To receive regular mailings, send names and addresses to Janet, c/o Gazebo School, Esalen Institute, Big Sur, CA 93920.

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MANY SELVES: "My orientation as an analyst is that personality is not single, but multiple. The ego takes on the role of leader in the outer world, but inside, in dreams, fantasy, or breakdown, we meet—and are sometimes overwhelmed by—the 'other people,' the fragments," remarks Roger Woolger ("Other Lives/Other Selves," June 14-16). What interests Roger and his wife and colleague Jennifer Woolger is "when these persons arrive in our psyches, and in our clients' psyches, wearing historical dress. We don't raise the question of whether these personalities *did* live historically, or whether they are, indeed, us in another lifetime. Instead of focusing on proving or disproving reincarnation, we simply observe that when you ask questions of the characters themselves, they provide very detailed historical scenarios—and more important, *emotional* scenarios. We see this as a very rich way of getting to know our secondary or "shadow" personalities, to see how they're acting in the background, pushing or pulling us in different directions." Roger and Jennifer use a three-level model in their work. Level one: the "literal-cathartic," in which participants enact the stories as if they are, very literally, true past-life experiences. Level two: upon the death of the "past-life person," participants explore for symbolic and metaphorical themes, focusing on how the person died ("getting shot through the *heart*, losing one's *guts* in a disemboweling," etc). Level three: the "integral-mystical," in which participants see that they're playing many parts in many plays at once. Roger describes this as "the sense that we ourselves are being dreamed, that our life plays are the dreams of the personae or forces or gods who animate and personify a ground of identity beyond our normal ego restrictions."

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BEING BORN: "The Ritual of Birth" is a videotape available for rental and purchase from the Childbirth Education Project of Big Sur. The project's objectives, says Peggy Morrison Horan, are to "educate and support the pregnant family from prenatal to early parenting." Classes are taught by three Big Sur mothers, each having assisted and coached over thirty births. The project is building an extensive library of birth-related books and videos and is part of a nationwide network of birth educators. Peggy seeks financial contributions (mailed in care of Esalen) to help build the Childbirth Education Project.

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AND, DYING: At age 123, Arthur Reed attributed his longevity to the fact that "I never smoked nothing, and I got drunk only once, about 75 years ago in Buffalo." He avoided liquor because "I don't want to do nothing so when I drop my hat I can't pick it up." Born in 1860, the year Lincoln was elected president, Arthur Reed didn't let his poor health and failing eyesight keep him from looking for the right woman. "If I get over this sick spell," he said when he turned 122, "maybe I will find me a wife." Asked by an interviewer how he managed to live for so long, Mr. Reed replied: "You have to ask God about that. He made me out of good dirt." The San Francisco *Chronicle* reports that Arthur Reed was the oldest man in America (and possibly in the world) when he died last April, at home in Oakland, just short of his 124th birthday.

What are you up to? let us know at *CONJUNCTIONS*, P.O. Box 5055, Mill Valley, CA 94942.

We welcome your reactions to Conjunctions and other catalog features, and your commentary on various aspects of human potential: physical, psychological, sociopolitical, spiritual, educational, *et.al.*

THE INS AND OUTS OF ADDICTION

By Keith Thompson

"Are criminals, cocaine users, sky divers, police and lovers motivated by a similar adrenaline rush? Are comparable needs being met through alcoholism, overeating and membership in a spiritually oriented group?—Harvey Milkman and Stanley Sunderwirth (See "Sojourn: The Consciousness and Chemistry of Escape," June 28-30).

Are we living in the age of addiction? It's a safe guess, judging by labels the media gives to various addiction-syndromes: workaholism, wealth addiction, love compulsion, sex addiction, substance addiction, food obsession, pleasure addiction. Webster traces *addict* to the Latin *addere*, which means "to deliver over." Is ours a culture finally unable to *contain* itself?

"The media tend to re-invent the wheel every time they discover a new compulsion to label the "addiction of the month," said Dr. Harvey Milkman in a telephone interview. "The problem with focusing on a variety of seemingly unconnected compulsions is that they're not unconnected at all. There are underlying psychological, social, and biochemical principles common to *all* addictive behaviors, although of course these factors are not all equally present in every compulsion."

What exactly *is* an addiction? How do you know when your compulsions are hurting you? Drs. Milkman and Stanley Sunderwirth give these guides: "When you can't control when you start or stop the activity, when it begins to damage you and your close relationships, you're addicted." They add that compulsiveness, loss of control, and continuity of harmful behaviors are not just temporary reactions to stress, but represent predictable progression through clear stages.

"Many alcoholics rationalize their behavior by saying their drinking is just a temporary situation because they're under so much pressure," Dr. Milkman said. "Until they're able to see the progression of the disease, the all-consuming nature of the addiction, they maintain that they drink just to be sociable and can quit anytime they want."

Coming to terms with self-esteem issues is essential, he believes, in dealing with addictive behaviors. For the addict, self-esteem often depends upon achieving some external reward. For the sex addict, it's the next sexual conquest. For the compulsive gambler, it's the next big win, which of course is always just around the corner. For the compulsive buyer, it's how many new things can be purchased in one day. When people begin to explore and work with their addictions, they begin to see that their self-worth doesn't really depend on whether they bring a new lover home tonight or buy a new blouse or new car."

Dr. Milkman, when speaking about addiction and escape, makes frequent references to three major "motivational styles" of addiction.

When you can't control when you start or stop the activity, when it begins to damage you and your close relationships, you're addicted.

Arousal addicts are drawn to crime, extreme risk-taking, confrontation, gambling, and use of stimulants such as cocaine or amphetamines. *Satiation* addicts get hooked on media (especially television and movies), eating (anorexia and bulimia are extremes), and depressive drugs (which encourage passive-withdrawal coping strategies). *Fantasy* addicts often are compulsive with hallucinogenic drugs, religious cults, bizarre ideation, and non-stop artistic preoccupation.

But wait a minute—isn't there something a little simplistic in all of this? Isn't it unfair to imply that passion and intensity are pathological? Robert Bly recently wrote that learning the art of the poet has taught him to learn to *trust* his obsessions. "It is surely a great calamity for a human being to have no obsessions," he said. And what about "positive addiction" such as the "aerobic high" experienced by dancers and runners? Isn't there an obsessed, yet health-enhancing, quality in the agony and euphoria experienced by artists and yogis?

Never fear, reassures Dr. Milkman. Although he finds the term "positive addiction" contradictory and misleading, he's quick to agree that if you find a project or activity life-enhancing, fulfilling, compelling—if it becomes your *raison d'etre* and you want to do that seven days a week, that's fine—that's commitment, not addiction. "But keep this in mind: if you can't control when you start or stop the activity, and if that activity begins to damage you and your close relationships, and if that damage increases with time, then your 'commitment' is actually compulsion."

Dr. Milkman tells the story of science fiction writer Isaac Asimov's encounter with this issue. Asimov was approached by a woman doing a book on people who are addicted to their work. Asimov said he found the term "workaholic" offensive and refused the interview, maintaining that if you enjoy something and become intensely involved with it in a way that fills you with life, it's not fair to call it an addiction. "Call me a hedonist if you wish, call me pleasure-mad, call me a playboy, but don't call me a workaholic," Asimov insisted. "Please, get my motivation right."

Milkman and Sunderwirth's seminar will include lectures on biochemical, social, and psychological aspects of addiction; work on recognizing addictions and developing life-enhancing alternatives; and rehearsal of real-life situations, including role-playing and group feedback.

As a common real-life scenario, Dr. Milkman offers this example: "Let's say you stopped smoking two months ago, and you're proud of yourself. Then you go to your sister's wedding rehearsal where everyone lights up after dinner. What do you do? We set up scenes like this in our seminars so participants can rehearse possible courses of action."

Esalen Update

1984

Work in Progress: The Transformation Project Archive

The Transformation Project Archive was organized in 1976 to explore supernormal psychophysical functioning and various bodily transformations that support it. The Project involves compilation and analysis of a broad range of scientific, speculative, and anecdotal literature. Presently the archive contains over 8,000 scientific studies concerning extraordinary human functioning, drawn from more than sixty research fields. The archive is kept up to date with a weekly computer search of some 7,000 scientific journals.

In 1981, Michael Murphy and Steven Donovan began a comprehensive study of meditation. They have compiled a bibliography of contemporary meditation research which includes approximately 800 entries covering the period from 1931 through 1983. *The Journal of Transpersonal Psychology* published this compilation in Vol. 15, No. 2, 1983. The bibliography lists all the articles on meditation practice that have been located in English language scientific journals, and a number of books and masters and doctoral theses referred to in the published literature.

Murphy and Donovan are now at work on a review of meditation research which makes comparisons between the accounts of meditation results provided by traditional approaches (such as Zen, Taoism, and yoga) and accounts provided by modern scientific inquiries.

"Much—or perhaps most—of the traditional lore regarding bodily changes was not included in the written transmission of the contemplative traditions," says Murphy. "Or if it was included, it was well camouflaged. As we explore various contemplative traditions, we find only a few sentences or paragraphs, it seems, of a language that was lost or deliberately buried." Donovan adds: "Modern research might help us recover a lost heritage by revealing the complexities of bodily change produced through meditation."

Massage Practitioner Certification Program

Esalen is now offering a California State approved certificate upon successful completion of its three month work scholar or one month residential message practitioner program. Each program fulfills the state requirement of at least 130 hours of instruction, supplemented with additional study in body-mind disciplines such as yoga, gestalt awareness work, and movement.

Invited Conferences

Private invited conferences, small groups convened to discuss a particular topic or field of study, are a growing dimension of the Esalen program.

Appropriate Governance

In February of 1984 the third annual Conference on Appropriate Governance was held at Esalen, chaired by social psychologist and futures planner Donald Michael. The task this symposium has set for itself, in Michael's words, is to "explore the nature of appropriate governance for nations and groups that require both autonomy and ever-increasing interdependence." Michael reports that the week-long conversation addressed the need for *heterarchical* modes of governance—that is, modes which are neither anarchic nor hierarchical.

M. Brian Murphy addressed the relationships between sovereignty and interdependence, focusing on issues of power and dependency. Elsa Porter discussed constitutions (and constitutionalizing) as heterarchical devices. James Ogilvy addressed the question of the values complimentary to appropriate governance. Walter Anderson talked on international change in the political culture. Jack Fobes discussed the relationship between international agencies and governance processes. Donald Michael's presentation, "Story Telling About Story Tellers," examined the role of meta-statements in evaluating governance. Jack Ballard reflected on governance as practiced in multi-national corporations. Patrick Ophuls brought a Buddhist perspective to the deliberations. Lynton Caldwell, unable to attend this year, sent a paper on appropriate roles for the U.S. Presidency. Keith Thompson related the question of values to Garrison Keillor's radio program, "A Prairie Home Companion."

The fourth Conference on Appropriate Governance will meet at Esalen in February, 1985.

Evolution

In June of 1984 a conference on evolution was convened by Theodore Roszak at Esalen. A major participant was Rupert Sheldrake, author of *A New Science of Life*, a book in which he developed the concept of morphogenetic fields. This concept has been characterized by Roszak as "revolutionary." Sheldrake offers an Esalen workshop June 7-9, 1985, entitled "Formative Fields and the Habits of Nature: A New Science of Life."

A second Evolution Conference will meet at Esalen in June, 1985.

BEST COPY AVAILABLE

Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a weeknight to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose those approaches which feel most appropriate and pursue them in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 36 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, puppet shows, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Jessica Moore Britt & John Soper

These workshops are designed for people who have not previously been to Esalen. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness, group process, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: *Gestalt Therapy Verbatim*, Fritz Perls (Bantam).

Schedule:

January 13–18	$450
January 25–27	$230
March 1–3	$230
March 22–24	$230
March 31–April 5	$450
April 7–12	$450
April 26–28	$230
May 5–10	$450
May 31–June 2	$230
June 2–7	$450
June 14–16	$230
June 16–21	$450

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Andrea Juhan

We spend much of our time on "automatic pilot," oblivious to many messages from our bodies, missing opportunities to open more fully to the subtleties of sensing, to greater ranges of physical expression, to health, vitality, and the many ways of "being a body." There are various entry points to increased awareness, practices that help cultivate the countless dialects of body language. These include dance, aerobic and stretching exercise, movement theater, postural analysis, hiking, meditation, massage, and nutritional education. Experiencing Esalen: The Body draws from varying combinations of these approaches in each workshop. Emphasis is placed on developing greater freedom and variety of movement, as well as on the quality of awareness as we move. This program is designed to give participants some basic tools for continuing to develop body awareness.

Schedule:

January 18–20	$230
February 22–24	$230
March 15–17	$230
April 5–7	$230
April 14–19	$450
May 3–5	$230
May 19–24	$450
June 21–23	$230

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, non-coercive, non-judgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member

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of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in single sessions.

Suggested reading: *Gestalt Therapy Verbatim* and *Ego, Hunger and Aggression*, Fritz Perls; *Tao Te Ching*, Lao Tzu; *The Power of Mindfulness*, Nyanponika Thera; *Exploring the Crack in the Cosmic Egg*, J. C. Pearce; *Illusions*, Richard Bach.

Schedule:

January 4–6	$230
January 6–11	$450
February 3–8	$450
March 15–17	$230
March 17–April 14	$1350
April 7–12	$450
May 5–10	$450
May 24–26	$230
June 2–7	$450

Big Sur Wilderness Experience

Esalen Wilderness Staff
Coordinated by Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, we will walk into the Los Padres National Forest. Week-long workshops will venture out on five hikes (4-10 miles in length) and weekend workshops will take two hikes (3-6 miles in length). Using Esalen as our base camp we will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. We will practice basic outdoor skills such as map reading and minimum impact concepts. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration.

Schedule:

June 7–9	$230
June 16–21	$450

Steve Beck

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins.

The program is divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. Information regarding special interest sections may be obtain by writing Bette Dingman, c/o Esalen.

For a full description of the Work Study Program, please turn to page 36.

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Please mention whether you are a full-time student. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. No scholarship assistance is available between June 15 and September 15 or for weekend programs. There are no scholarships available for the Work Study Program.

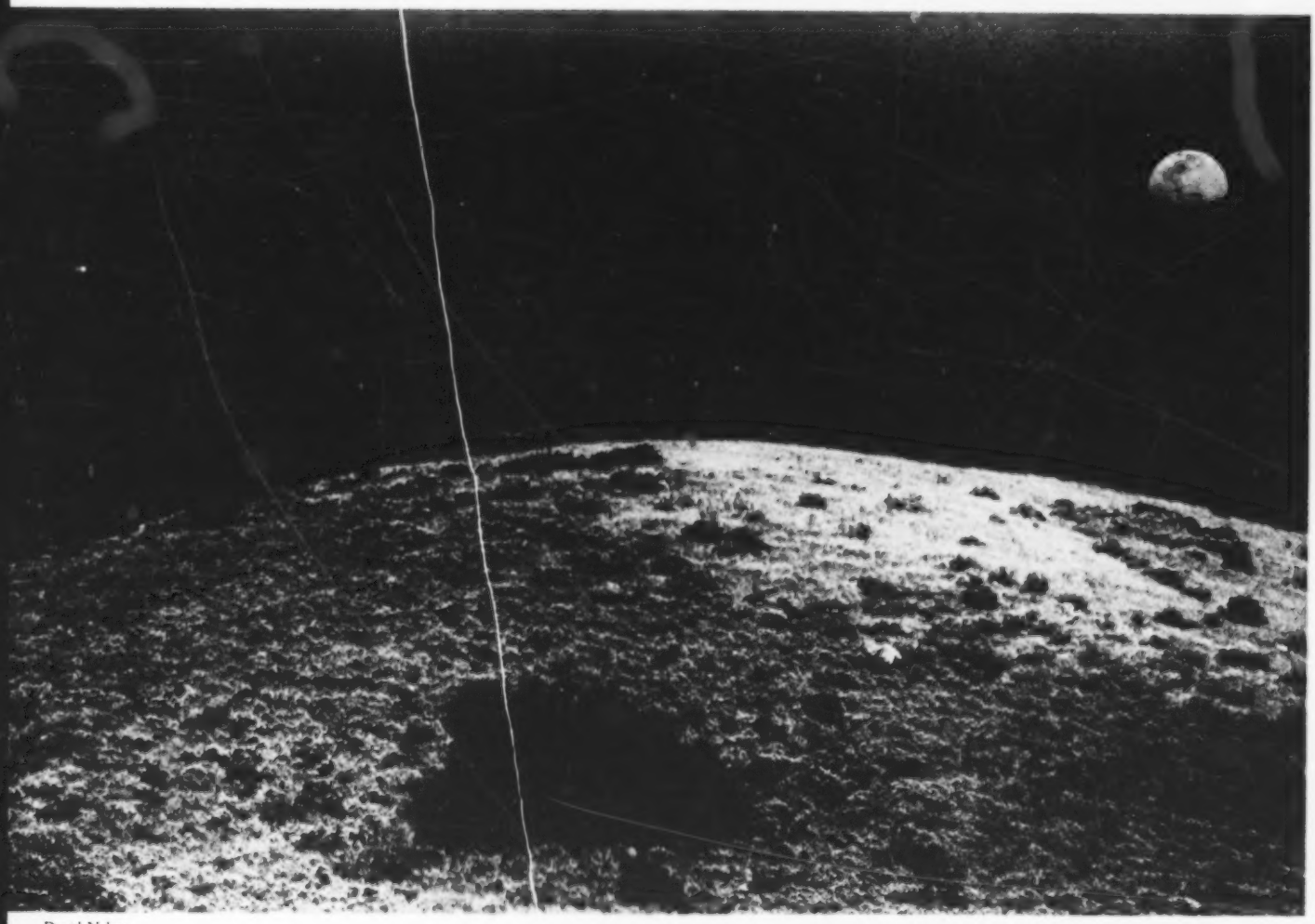
Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.

Esalen Seminars



David Nelson

Week of December 30–January 4

Clowning for Life: A Gestalt Workshop

Richie Wolf

"The fool who persists in his folly becomes wise." —William Blake

Clowning for Life is a study of how to be fully present. It is a search for the state of consciousness where contradictions can be embraced and where suffering and limitation are transformed through acceptance and play. Clowning is a surrender, a free-fall into being.

The workshop focuses on the joy of the full and unified expression of body, emotion, mind, and spirit. It offers an escape from the ponderous into an attitude that life is an invitation to play.

Participants are asked to bring a hat and some clothes to use as costumes. $450

Forgiveness and Letting Go of Judgement

Elizabeth Stratton

"The giving up of judgment, the obvious prerequisite for hearing God's Voice, is usually a fairly slow process, not because it is difficult, but because it is apt to be perceived as personally insulting."—A Course in Miracles

Elizabeth writes: "The training of the Western mind, both spiritually and intellectually, is oriented toward judgment. We are taught to induce, deduce, analyze, dissect, defend, debate. We are taught to feel guilty, to get sick, to engage in self punishment and the punishment of others. We are encouraged to rebuke ourselves into perfection.

"We do not know the healing quality of true remorse, or how to let go of that which we should never have held onto in the first place—the real meaning of forgiveness. In studies of people who have died and come back to talk about it, the most unifying element of their experiences was the meeting with a Being of white light who stood by with unconditional love, no judgment, and humor as they watched their lives roll before them like movies. The only judge was the person watching his/her own life.

"This workshop will be experiential. You are invited to observe the judgmental prison of your own mind, to feel the cleansing power of remorse, and to allow your heart to open to the freedom and healing that comes from forgiving yourself and others." $450

Catharsis and Beyond

Jessica Moore Britt

Insight and body-oriented practices depend on awareness and on the expression of sensations, feelings, and images that most of us ordinarily repress. Insight and catharsis by themselves, however, may not necessarily lead us into the depth that transpersonal disciplines like meditation and shamanism cultivate. Practitioners of meditation and shamanism, on the other hand, may neglect the emotional/physical clearing that often allows the opening from which our depths may emerge, be perceived, and integrated. This workshop seeks to join these two levels of practice. Using gestalt awareness practice, Reichian breath work, meditation, and chanting, we will begin to explore the relationship between the learned patterns of our personality and the depths of our being. $450

Rethinking Security

John Marks, Eric Helt, Judith & Robbie Gass

This workshop will explore the intellectual, experiential, and creative aspects necessary for international and personal security. It will provide the participants with an opportunity to experience what breakthroughs are possible on security questions, using an eclectic mix of data, process, dance, song, and cognitive discussion.

Recommended reading: *Search for the Manchurian Candidate*, John Marks. $450

Integration

Deborah Anne Medow

Deborah writes: "The body reflects what is going on in the mind. By working with my body physically through exercise, yoga, massage, or whatever practice it is that I do, I can affect a change in my thoughts and habits—my whole pattern of living. Conversely, changing my mental attitudes can influence a change in my body's form.

"Having integrated into my life various practices and activities including gestalt, interpersonal process, massage, hiking, and movement, I have found a new sense of awareness of the levels at which I am working and where my limitations lie in these areas. By knowing my limitations, I am able to see with more clarity where and how to proceed to bring about growth and change.

"Participants will be presented with guidelines to integrate both their own practices and those offered in the workshop. In the mornings we will come together for yoga followed by a light breakfast. In some of the sessions following, we will explore creative movement and dance, out of which can evolve a deeper understanding of each individual's inner rhythms. Other sessions will include the practices listed above and an opportunity during an afternoon hike to observe nature's cycles as a way to reflect on our own natural cycles and movements. $450

Weekend of January 4–6

A Special Weekend at Esalen

This weekend is open to all those who would like to spend time at Esalen, enjoying the grounds, the baths, and the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual. $120

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $230

Intuition Practice

Helen Palmer

This seminar teaches the identification of personal intuition systems that can be made accessible by internal focusing practices, or that may already be operating in unrecognized ways. The practices develop the ability to discriminate between personal thoughts, fantasies projected from personal thinking, and impressions received from situations unknown to the thinking self. The psychic aspect of intuition rests on the ability to shift attention from the self to impressions received from outside the self. $230

Movement Meditation

Susan Harper

The workshop will focus on individual movement and group energetics, exploring the interplay of motion across a wide spectrum. There may be tiny micro-movements, deeply sensual undulates, and dynamic movements in space. You are encouraged to widen and narrow the lens of your attention, to see the possibility of infinite variation in every activity of the organism.

Susan describes her experience of movement in this way: "In dancing, the sense of self, the cultural self, disappears. One dissolves into the waves of life motion. Within every cell of our bodies is a deep biological intelligence that knew how to create our complexity when we were in our mother's womb. It is the intelligence that creates life. We can merge with that and allow it to speak to us of creation . . . of the formation of primal earth, of early creatures, and one-celled organisms . . . of the time we swam in the oceans and took to the air.

"Sometimes the sense of all forms and creatures drops away and there is just the movement of something unknown. And sometimes there is just the moving.

"When we are living in that kind of creative flow, we feel the most aligned with the natural life force of this planet. One feels the power of the vision of life, the wholeness of life. To

dance, to envision, to be playfully inspired, are the qualities which widen our human perspectives and take us joyfully into the unknown." $230

Love and Work

Anne & John Caple

"Work is love made visible," wrote Kahlil Gibran. In this workshop, participants will examine their work-life and work options in the context of their love for themselves, for others, and for the larger world. Working from a conceptual base, the group will use integrative exercises, art, body work, and gestalt processes to seek answers and consider life decisions. The goal is for participants to see more clearly what they want and how to get it. One outcome will be a specific action plan.

This weekend is for those who want more value in their work-life, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life / work issues during group meetings and in pre-breakfast runs.

Suggested reading: *Careercycles*, John Caple (Prentice-Hall). $230

Week of January 6–11

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $450

Five Day Massage Intensive

Bill Liles & Peggy Morrison Horan

In this beginning massage course, participants will learn the fundamentals of self-grounding, quality of touch, and sustained contact. Instruction will familiarize participants with general anatomy, a basic understanding of the relationship between stress and muscular tensions, and specific methods for working with each part of the body. The seminar's goal is to provide participants with the fundamental elements necessary to give a pleasurable and beneficial full-body massage. $450

Furthering: A Workshop for a Work-in-Progress

Rosemary Feitis & Crystal Miller

Creating a work usually involves a compromise between the impulse and the material. Problems in one area can often be unplugged by moving to another area for a while. A prerequisite for this workshop is to be actively engaged in a work-in-progress: thesis, artwork, client list, portfolio. (Seeing yourself as a work-in-progress, however, is a little like biting your own tail.) Bring your creations with you and we will offer a framework in which to take them to the next step. $450

I Ching: Easy Learning from the Center

Chungliang Al Huang & Living Tao Staff

Chungliang writes: "This seminar helps you delve deeper within the superficial understandings and fringe benefits of your *I Ching* searchings. Penetrate into this resourceful ancient book of wisdom: begin from the core of wholeness, balance the yin / yang polarity, evolve into eight trigram variations, then create the 64 hexagrams holographically.

"You can do it all from the beginning with Chinese brush strokes, the corresponding ideo-pictogram meanings, and the t'ai chi movement motifs. You may draw references from Wilhelm / Baynes and other translations, and from my personal collaborative learnings from John Blofeld and Lama Govinda. Prepare yourself by reading pages 72-96 of *Quantum Soup*. Do away with the linear mind and body. One of the meanings of I (as in *I Ching*) is EASY. Dance the *I Ching*!"

Recommended reading: by Huang: *Quantum Soup* (E. P. Dutton); *Embrace Tiger, Return to Mountain* (Real People Press); with Watts, *Tao: The Watercourse Way* (Pantheon); *I Ching* (translated by John Blofeld); *The Book of Transformations*, Lama Anagarika Govinda. $450

Celebration of the Sensitivity of Self

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through intuitive and energy awareness, massage, meditation, movement, gestalt, and play. Using these tools and gentle risk-taking can help in opening to our own aliveness and ability to be more at home with ourselves. Participants will explore practical and portable ways of nourishing and trusting the inherent wisdom of the self. $450

Weekend of January 11–13

Anatomy for Trager Students

Deane Juhan

This seminar is offered as a continuation of the professional training for students of Trager Psychophysical Integration and Mentastics®. It will examine the anatomical structures of the body and their kinesthetic relationships, with specific reference to how these structures and relationships are handled by the Trager approach.

Half of the time will be used for slide presentations, lecture, and discussion concerning particular areas of the body. The rest will be spent practicing aspects of a Trager session which correspond to those areas. The emphasis will be on clarifying for the student the intent of the various hand positions and movements, based upon an understanding of structure, function, and motor reflex.

Since supervised Trager table work will be an important part of the class, a beginning Trager training is a prerequisite. $230

Inside / Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies,

Paul Horn & Chungliang Al Huang

Paul and Chungliang will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, improvisation, meditation, and world travel experiences.

Recommended reading and listening: by Huang: *Quantum Soup* (E. P. Dutton); *Embrace Tiger, Return to Mountain* (Real People Press); with Watts, *Tao: The Watercourse Way* (Pantheon); Paul Horn's albums: *Inside*, *Heart to Heart*, *China*, *The Magic of Findhorn*, and *Jupiter 8*. $260

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind / body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion. The seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate vipassana practice in daily life after the workshop is over. $230

Self-Exploration with Kinesiology and Interdimensional Harp Music

Joel Andrews

Joel writes: "After the 'outer activity' of Christmas this is an opportunity to get back in touch with the core of your being. With kinesiology we can unlock the deeper wisdom of the body and with harp improvisations we invite it to move and dance.

"Sessions will alternate between inner and outer movement, using 'healing tapes,' demonstrations of subpersonalities, and practicing (in pairs) general muscle-testing." $230

January 11–13

Sierra Ski-Touring: Gentle Pleasure of Flat Tracking

Dick Galland, Anne Calloway-Galland & Kirkwood Touring Center Staff

For workshop description see Wilderness Programs, page 42. $225

Week of January 13–18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $450

Inside / Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chunglang Al Huang

For workshop description see January 11-13. $480

Transpersonal Psychology: New Perspectives in Counseling and Self-Exploration

Christina & Stanislav Grof

This workshop will explore theoretically and experientially the rapidly developing field of transpersonal psychology. The discussion will focus on the implications of modern consciousness research for understanding the dimensions of the psyche, various forms of emotional and psychosomatic disorders, new mechanisms of healing and personality transformation, and strategies of counseling and self-exploration.

The emphasis in experiential work will be on the method of "holonomic integration" developed by the workshop leaders, which combines controlled breathing, evocative music, focused body work, and mandala drawing. It mediates access to unfinished biographical material, sequences of psychological death and (re)birth, and the entire spectrum of transpersonal experiences. Special attention will be paid to the problems of "spiritual emergencies" and constructive approaches to transpersonal crises. $450

Goddess, Sky Father, Universe, Atman, The Great Unknown . . .

Chris & Tom O'Reilly

There are as many different experiences of God as there are people, yet we continually find our experiences limited to old concepts of God—who, what, where he-she-it is. We can go beyond our screens and images, and develop a relationship with God which is as immediate as the air we breathe and as individual as each one of us. We will explore the power of surrender to the unknown, maps for building on spiritual experiences, and Indian classical dance—a highly disciplined and structured art form which combines abstract dance with mime, stories of God and the ecstatic energy with the earth. $450

January 13–February 8

Month Long Professional Body Work Intensive

Deb Leigh

For workshop description see Winter Study Programs, page 37. $1800

Weekend of January 18–20

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $230

Weekend Massage Intensive

Brita Ostrom & Vicky Topp

In this introductory seminar participants will learn to give a competent full-body massage. The emphasis will be on developing a soothing and penetrating contact, on sustaining that contact to create a relaxing and integrating experience, and on centering physical and mental energies while working. The intent of the seminar is to introduce massage as a practical approach to developing greater sensory awareness and bringing relief from stress. $230

Gestalt Awareness and Personal Meditation

Jack Downing & Lyn Davis Gesell

The leaders write: "The enhancement and guided utilization of the awareness process is common to both gestalt and to certain types of meditation. We have combined these methods for the purpose of speeding up the recall, re-experiencing, and integration phases of gestalt. In addition, we have found various useful, at times fascinating, consciousness expansion effects from meditation-derived self-realization methods." $230

The Giraffe Workshop

John Graham

John writes: "Our good green earth is threatened by problems that can seem overwhelming: problems like the threat of nuclear war and the persistence of pollution, hunger, poverty, and violence. Hundreds of organizations and thousands of experts are working on such problems, yet progress is dangerously slow.

"I think the reason is that too many of us are not involved, that we're still playing ostrich, sticking our heads in the sand and hoping someone else will make it all better—that Science or The Experts or They will fix it, but that's not good enough, not if we're going to have the world we want. We can't wait for leaders on white horses to show us the way. The solutions that we need and want will come from those of us who choose not to wait for leadership but to become leaders; from the brave and caring people who stick their necks out and take responsibility for themselves and for their world: from Giraffes.

"*The Giraffe Workshop* teaches people

- to recognize and accept their unique assignments in the world, tapping the surge of creative energy that always flows with that assent;
- to use that power wisely, compassionately and effectively, sticking their necks out to make a difference on specific, real problems important to them;
- to use effective alternatives to the 'I Win / You Lose' strategies that cripple both institutions and individuals and more.

"Giraffes are action-oriented creatures; participants are asked to come prepared to get involved, to test and practice new insights and skills." $230

Week of January 20–25

Experiencing Your Psychic / Intuitive Abilities

Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities, Anne and Jim will use special exercises to aid participants in exploring these abilities.

They have found through their professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the intuitive input they normally receive. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. One of the basic objectives of the workshop is to demystify the intuitive / psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $450

The Foundations of Body Image

Andrea & Dixon Johns

This is a course for the improvement of your relationship with the body—your own and those you contact personally and professionally. Each major area of the body will be studied and experienced in turn. The sessions allotted for each area will include: slides and discussion to familiarize the group with the basic anatomical structures, specific stretches and exercises to isolate the muscles and joints in

question; movement, dance, and visualization to explore the psychological dimensions of each body part; instruction in massage methods designed to locate and alleviate common problems.

The intent is to provide enough concrete experience for each participant to feel a change for the better in self image; to provide enough discussion to understand how the improvements occurred and how they may be sustained; and, particularly, to help you contact your images of your physical self—the body you do have, the body you think you have, and the body you could have. $450

Open Seat

Paul Rebillot

Paul Rebillot writes: "The concept of 'open seat' is an open space into which people may enter in order to work through their resistances, express their feelings, and reorder their way of being in the world. As a gestalt facilitator I help people find ways of healing themselves by combining the principles of gestalt with concepts of ritual and theater. I assist people in working with their subconscious material, such as dreams and fantasies, in order to augment their ways of living and dealing with day to day problems. I encourage people to become more expressive in all ways: in their personal lives; in their communities; and in the political situations to which they feel committed. I can help people develop a clear sense of responsibility, not only for their own life process, but also for the world." $450

Weekend of January 25–27

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $230

The Gentle Art of Becoming–Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on the renewalcreating and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will work at their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods. $230

Joyce Rogers Lyke

The Intelligent Body, The Sensuous Body

Thomas Hanna

Premise: Clarity of self-awareness and clarity of body control grow together or decline together. We'll explore how greater sensitivity to our inner selves enhances the body's ability to act and to relax, and how this ability in turn enhances kinesthetic awareness.

The program involves gentle movements and use of imagery as well as instruction in the principles of the many different kinds of body work and exercise systems—particularly that of Moshe Feldenkrais.

Thomas Hanna adds: "There will also be demonstrations of how new sensory information can lead to dramatic changes in posture. Those who wish advanced knowledge in systems of body work will find the weekend profitable, as will those who have habitual aches or have difficulty relaxing."

Recommended reading: *The Body of Life, Bodies in Revolt, A Primer in Somatic Thinking*, Thomas Hanna. $230

Body, Heart, and Spirit

Paul Rebillot

The workshop is divided into three segments, dealing first with tensions and energy patterns in the body, then with the relationship of these to the emotions, and finally with their relationship to the mind, to thought. By connecting thought, feeling, and body experience in one gestalt, we seek to open the being to the inpouring of the spirit, to the state of grace. This is the goal of shamanic dances and of many tribal rites. The process includes body work and open seat gestalt work, as well as rituals, dancing, chanting, and celebration. $230

January 25–27

Sierra Ski-Touring: The Art of the Telemark Turn

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

For workshop description see Wilderness Programs, page 42. $245

January 27–February 3

Shamanic Healing, Journeying, and the Afterlife Experience: Basic and Intermediate Shamanic Practice

Michael Harner

Shamanism is an ancient human strategy for personal learning and acting on that learning, especially for well-being and healing. In this experiential workshop the participants will practice the methods of the shaman (a type of medicine man or woman), to see and to activate power to resist illness and maintain personal health. With the aid of traditional sonic-driving and dancing methods, the group will engage in archetypal exercises and rituals practiced by North and South American Indian shamans to awaken dormant human capabilities and forgotten connections with the powers of nature. Practice will include shamanic journeys to both the Lower- and Upperworlds for knowledge and power, work with animal and plant powers, divination, clairvoyance, and shamanic methods of healing, including the extraction of spiritual pain and illness. There will be an introduction to the Ghost Dance method and to shamanic ways of exploring the afterlife experience. Participants will be taught shamanic methods of helping the terminally ill and their families, and the work of the shaman as psychopomp or conductor of souls.

This seven day workshop is both for beginners and for those who have previously taken a workshop with Michael Harner.

It is recommended that participants read beforehand Michael Harner's book, *The Way of the Shaman: a Guide to Power and Healing* (Bantam; also Harper & Row), and bring a notebook and pen to preserve their experiences for their own shamanic development. They are also invited to bring drums and rattles. $680

Week of January 27–February 1

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman & Elisa Lodge Schiffman

"Anything which is forced or misunderstood can never be beautiful."—Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of self-defeating patterns from the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us.

In this workshop the group will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $450

Weekend of February 1–3

The Body Has Its Reasons

Peter Levine

When we are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of these walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and tenacity of their own. They are reflected in rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes. Our sense of the body is lessened and our connectedness is diminished.

In this workshop body approaches, dream work, and gestalt will be incorporated to teach us how to trust more fully in our bodies, and enhance our excitement and passion. Through a vital sense of the body and feelings, we can understand our dreams, impulses, and actions more deeply. Avenues will be explored in redeveloping a sense of pleasure, ease, and self-esteem. Without storming our citadels by force, we can soften body armor by allowing the body to express itself, in its own language, within its own rhythm. This return toward grace, which is our birthright, is the wisdom of the body. $230

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert & Saul-Paul Sirag

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's Theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's Theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what the current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation.

Recommended reading: *Quantum Reality*, Nick Herbert (Doubleday). $230

Week of February 3–8

Gestalt Practice

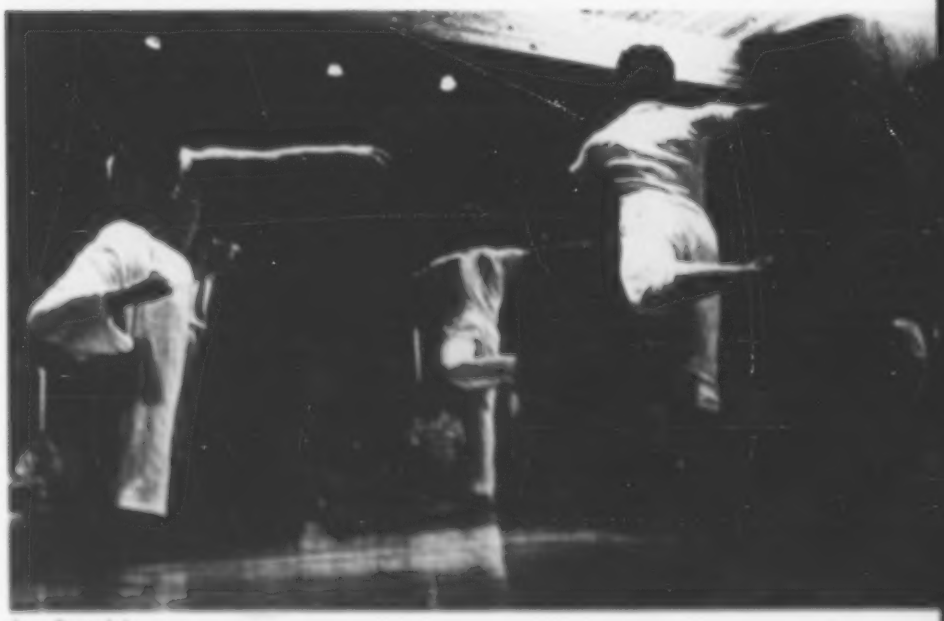
Esalen Gestalt Staff

For workshop description see page 14. $450

The Body Has Its Reasons

Peter Levine

This workshop will continue the experiential base of the February 1-3 weekend incorporating further discussion of the ideas and methods explored. The workshop is designed to be of interest to professionals, though it is also open to non-professionals. Either workshop may be taken alone or as a seven day sequence. $450



Sven Rogers Lyke

Weekend of February 8–10

A Course in Miracles for Non-Beginners

Julian Silverman

This seminar is for people who have been studying *A Course in Miracles* and want to clarify their approach to working with its ideas. Learning to "see through" things, the recognition of Spirit in ordinary relationships, and one's relationship with God are a few of the ideas which will be focused on.

Prerequisite: Completion of at least the first 35 Lessons in the Workbook; completion of the first 65 pages of the Text. $230

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

This will be an introduction to intensive intraphysic work using Reichian breath work and gestalt practice. Reichian work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration the possibility is opened to come to a truer concept of self, with an expanded ability to respond in the present. This workshop is limited to ten participants. $230

Soviet-American Relationships

Robert Bathurst

This is a workshop in Soviet-American, cross-cultural understanding. Through bargaining, mediating, and role-playing games, participants can discover the subconscious cultural imperatives that impel the two nations apart and begin to identify those elements that bring them together. The workshop sets out to shatter egotistical mirror-imaging and begin the construction of authentic Soviet-American relationships in the world as it now exists.

For the workshop, there needs to be a balance between recent Soviet emigrés and American players. Thus, if there are ten Americans, there need to be ten or so Soviets. $230

Successful Business Behavior for Women, or "Act like a lady, think like a man, and work like a dog."

Victoria Elliot

In this workshop we will learn about the social issues vs. the business issues of being a woman: how to make decisions better and faster, how to get to the botton line, and how to communicate to get what you want from the people you work with. $230

Week of February 10–15

Choosing to Change

Harry Sloan

This workshop will combine individual work with discussion of principles and concepts which nourish the process of clange. Individual work will stress deepening awaeness of one's sense of direction and personal obstacles. Participants will explore the implications of their choices and the ways they retad or encourage the expression of self.

The workshop will include: psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Paricipants will focus on aligning their motivatin and will with the natural process of change aid integration. $450

Letting Go—Moving On

Merri Goldenson (Devarani)

This is a week of intense bodywork, structured for those who want to le go of past anger, fear, and pain, which arereflected in the body as armor, tension, stress, nd a lack of spontaneity. As armor softens, eelings held in since childhood can be releasedand positive feelings of joy, love, trust, and leasure can be experienced more fully.

A most important feature of th workshop is the individual Radix®-Reichianntensive, done in a safe, supportive environmet. By also using dreamwork, hypnosis, chiropracc, bioenergetics, massage, dance, and grop interaction as one lets go/moves on, a new cpacity for living can emerge. $450

February 10–March 8

Gestalt as an Art Form

Paul Rebillot

For workshop description see Inter Study Programs, page 38. $1800

Weekend of February 15–17

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

"For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation."
—Rainer Maria Rilke

The goal of this weekend is to provide a context in which couples can focus and explore their relationship in the areas of communication, closeness, conflict, and individuality. A balance of structured and spontaneous interactions will be used within the framework of the large group, subgroups, and the couple. Limited to ten couples. $230

Psychic Experiences in Science and Everyday Life

Keith Harary

Are psychic experiences worth having in a society that doesn't encourage people to have them? Exploring your psychic capabilities can help you become a happier, more self-actualized person, or lead to anxiety, alienation, and identity confusion. How can you tell the difference between genuine psychic experiences and exaggerated claims, imagination, or delusions? Is there any real difference between people who call themselves "psychics" and the rest of us? We will discuss experimental, clinical, and subjective approaches to psychic abilities, and examine the treatment of psychic experiences in popular American culture. We will also explore ways in which you may make the most of your own psychic potential without losing touch with everyday reality or buying into externally-imposed belief systems.

Suggested reading: *The Mind Race: Understanding and Using Psychic Abilities*, Russell Targ and Keith Harary (Villard Books, Random House.) $230

Massage and Movement

Andrea Juhan & Deborah Anne Medow

One of the most effective and enjoyable ways to learn about the human body is to know your own body through movement. The focus of this workshop is to use the different rhythms of yoga, aerobics, and creative movement to enhance participants' awareness of their own bodies. This increased awareness can then be used as a tool for enriching the experience of giving and receiving a massage. $230

Steve Beck

Week of February 17–22

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

This workshop focuses on how we may consciously unfold ourselves—physically, emotionally, sexually, mentally, and spiritually. Past anger, fear, sadness, and grief, often reflected in the body as tension, pain, lack of spontaneity, and diminished vitality, can keep one from being fully present and alive. By contacting tension (stuck, accumulated energy) and allowing emotions which have been locked in the body, often since early infancy, there is an opportunity to open ourselves to the creative flow of life energy within. Allowing this life energy meaningful expression—true communication with self and others—is the essence of this work.

Some of the areas to be explored this week include: recognizing and releasing tensions which block emotion in the body; the use of breath and sound to energize and soften the body's tension and emotional holding; ways of contacting and allowing unexpressed sadness and pain, increasing the capacity for heartfulness, pleasure and joy; practices for expressing and releasing anger constructively, which can deepen compassion and love while also releasing blocked sexual energy; learning about the nature of fear and moving toward greater trust of self and others. Paying special attention to the mental processes that shape the emotional and physical body, participants will be shown ways to trust their bodies' responsiveness and inner direction.

This workshop will utilize Reichian body and breath work, emotional release, gestalt practice, the Bates system of eye relaxation, massage, dance, meditation, and various other approaches. $450

February 17–March 15

Spiritual Emergency: Understanding and Treatment of Transpersonal Crises

Christina & Stanislav Grof

For workshop description see Winter Study Programs, page 38. $1800

Weekend of February 22–24

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $230

Alternative Cancer Treatment

Laya Kline

Cancer, a manifestation of a weakened immune system, is the ultimate degenerative disease—and the disease of this century. Cancer can be triggered by poor dietary patterns, an unsafe environment, stress, and dissociation between mind and body. Yet cancer and death do not have to be synonymous.

Laya writes: "What I present is information about an array of alternative approaches—non-toxic methods of stimulating the body's own defenses. Using an open format, practitioners will learn to consider these options which can be administered by the patients themselves. Videos, guided visualizations, life/death transition facilitation, and demonstrations of detoxifying dietary methods will be included." $230

The Art of Self-Direction

Lenore Lefer

This workshop is about personal, social, and cultural change. It is about creating, initiating, and directing change as well as responding to those alterations that we seem not to choose. We will explore how to be casual around change and how to include our deepest values. Do we know what is meaningful, and how do we integrate that into our life? It is an art to lead a self-directed life that includes both personal and social responsibility.

Founded conceptually in psychosynthesis, the focus of this self-exploration will be experiential, using imagery, inner dialogue, meditation, and individual and group process. The environment will be supportive and evocative. This workshop is appropriate for professionals who deal with transitional crises in their own work.

Recommended reading: *What We May Be*, Pierro Ferucci; *The Act of Will*, Roberto Assagioli. $230

Week of February 24–March 1

Five Day Massage Intensive

Deborah Anne Meadow & Laurie Muller (Lioness)

For workshop description see January 6-11. $450

Letting Go of Futile Habits

Leslie Pam & Ann Christie

Much of what we discover when we try to control habits is that our conscious minds are not very good at changing long-term ingrained behaviors such as smoking, overeating, drug and alcohol abuse, insomnia, inability to concentrate, procrastination, and sexual problems. Combining the pre-existing talents of one's mind with the ability of one's body to create new ways of changing unwanted behavior, participants will have the opportunity to experience the body's natural ability to initiate habit reversal. Methods will include a series of mind and body exercises utilizing Ericksonian practice with primal work.

Recommended reading: *Revolution in Hypnosis*, Sheila Rossi, Leslie Pam, Ann Christie. $450

Health and Creativity

Will Schutz & Ailuh Mellard

We can choose health and creativity by increasing self-awareness and letting go of fear.

This workshop will deal with why—the causes not the mechanics—we choose specific illnesses and with ways in which we block our ability to think. Seminarians will be presented with ways for being healthy and for expanding one's ability to think creatively and logically.

Recommended reading: *Profound Simplicity*, Will Schutz (University Assoc.); *Synectics*, William Gordon. $450

Weekend of March 1–3

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $230

Zero Balancing: Advanced Workshop

Fritz Smith

This workshop is for people who have completed at least one introductory zero balancing program. Following a review of basic concepts, time will be spent on answering specific questions and giving individual instruction as needed. New work will focus on exploring the direct perception and assessment of energy currents in the body, refinement of evaluating and balancing the foundation joints, and the discussion of nonfoundation joints, including the small joints of the body. Theory will be clarified by demonstration and individual practice, using each other as models.

This is an accredited program toward zero balancing certification. $230

Exploring Self-Acceptance

David Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive creative functioning. $230

Week of March 3–8

Self-Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrancy of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support, participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, bioenergetics, and journal work. $450

March 3–22

Sustaining Integration: Body, Self, and Soul

Jack Rosenberg

For workshop description see Winter Study Programs, page 38. $1570

March 3–24

Continuum Dance Meditation Intensive: Waves and Whispers

Emilie Conrad-Da'oud & Susan Harper

For workshop description see Winter Study Programs, page 38. $1660

March 10–April 5

Massage Month Long Intensive

Esalen Massage Practitioners

For workshop description see Winter Study Programs, page 39. $1800

Weekend of March 15–17

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $230

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $230

March 17–April 5

Still Points, Turning Points: A New Curriculum for Change

David Schiffman, Elisa Lodge Schiffman & Esalen Staff

For workshop description see Winter Study Programs, page 39. $1120

March 17–April 14

Gestalt Practice: An Intensive Practicum

Coordinated by Christine & Richard Price

For workshop description see Winter Study Programs, page 39. $1350

Weekend of March 22–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $230

Week of March 24–29

Our Myth-Body to Live By

Joseph Campbell & Chunghiang Al Huang

Joseph and Chunghiang continue with their annual collaboration (seventh year at Esalen), exploring the mythic dimensions in body, mind, and spirit with lively stories, music, and Tai Ji dancing. A celebration!

Suggested readings: by Campbell: *The Mythic Image, Myths to Live By* (Bantam), *The Way of the Animal Power* (Ban der Marck), and *The Hero with a Thousand Faces* (Bollingen); by Huang: *Quantum Soup: Fortune Cookies in Crisis* (E.P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press), and with Watts: *Tao: The Watercourse Way* (Pantheon). $480

Adventures in Self-Exploration

Christina & Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the entire spectrum of transpersonal experiences. All participants will have the opportunity to be in the roles of experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $450

Margaret Stevens

Weekend of March 29–31

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

For workshop description see February 8-10. $230

Living Music

Paul Winter

This workshop focuses on the music in our life, being the music within and around us through a process of *improvisation*—using sound, body movement, and poetry, and *consorting*—combining our natural instincts, our natural music, and our inclination to share in expressing the music of the world. We will embrace the instruments and voices of musical traditions of the world: folk, jazz, symphonic, tribal, rock, homemade, and animal. Participants are encouraged to bring any musical instruments (whether or not they can play them), including their voices. No musical experience is required, only an interest in self-expression. $230

Week of March 31–April 5

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $450

Living Music, Living Tao

Paul Winter & Chunghiang Al Huang

Paul and Chunghiang will share their collaborative passion for the music and dance of nature, the wisdom of our planet earth and her ancient inhabitants, in whales, wolves, loons, and Lao-Tzu. Also, in J.S. Bach, jazz, and the rhythmic joy of Africa and South America. Always with Tai Ji dancing.

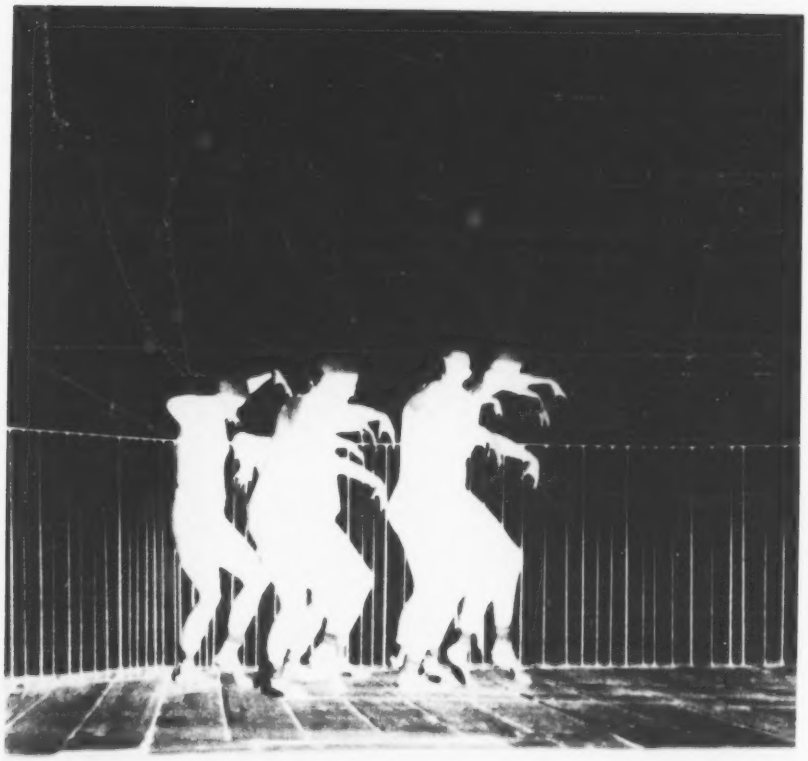
Recommended listening and reading: By Winter: *Missa Gaia, Callings,* and *Sunsinger* (three recordings), and *Icarus, Common Ground* (Paul Winter Consort); by Huang: *Quantum Soup: Fortune Cookies in Crisis* (E.P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press), and with Watts: *Tao: The Watercourse Way* (Pantheon). $480

Weekend of April 5–7

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $230



Joyce Rogers Lyke

On the Nature of Evil: A Seminar on Ancient and Modern Visions of the "Dark Side of the Forest"

Joseph Campbell & Sam Keen

This seminar is all about: devils, demons, fallen angels, powers, principalities, sin, estrangements, autonomous complexes, karma, banality, and "spiritual wickedness in high places." Come prepared to re-own your shadow and become better acquainted with the night. $260

Herbs and Human Consciousness

Michael Tierra

Participants will learn the potential for integrating western and oriental herbs as "special foods" into their lives, and how herbs can be aids in preparing for higher levels of growth and energy. The knowledge and use of herbs was part of an ancient system for purification and stimulation of the organism: promoting virility, longevity, and mental clarity; healing chronic and acute diseases; and activating the ability to remain calm and centered in the face of environmental and psychological stress.

We will present a number of the most important herbs, and methods for preparing and taking them. Participants will be given individual guidance and direction. $230

Death and Resurrection

Paul Rebillot & Stanford Eugene Cates

This workshop offers the opportunity to confront, rather than avoid, one of life's most real situations and its only inevitability: your own death. On a wider scale, it explores ways to move creatively through life's many transitions, letting go of the old and welcoming the new.

We will prepare for our deaths by reviewing our lives, completing unfinished business, writing wills. We will plan and celebrate our own funerals. Attachments to persons, things, and self-images are gradually severed until, surrendering all to the ultimate unknown, we are able to experience the birth of the truly new. Reborn, we can begin to create a new life the way we want it. $230

Week of April 7–12

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $450

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $450

Reflectors

Jenny O'Connor & the NINE

"In this form we become bridge between whole and unwhole, happy and sad, good and bad. We are thought form, the first thought as you, as mankind, assumed shape and the last thought as you choose to leave. What remains is afterthought or vibration as we know it, and so the form begins again. The vibration came before the chicken."—The NINE

"This workshop is an invitation to spend time with The NINE in dialogue and self-discovery. As they move to answer questions, they create a kind of language that bypasses the mental structures of the brain and enters through the pores of the body. It can be beyond expectation because it enters the space between all expec-

tations and, caught unawares, you may find yourself looking at a reflection of yourself that is shockingly familiar, for there may be more of you than you ever believed possible. You may well be compelled to reach across that space between the masks you carry and the self you don't quite yet believe possible and so put the strain of your theater to rest for a while. All this through a meeting, a few questions that seem simple enough in the asking but may rebound in a way that strikes far beyond what you thought you asked. It is a very fast way to know yourself better, in a form that teaches through compassion, humor, intelligence, and a vital concern for the future of us and our planet." – Jenny O'Connor $450

The Lover's Journey: A Quest for the Inner Man, the Inner Woman

Paul Rebillot

Paul Rebillot writes: "My study of Carl Jung's *Psychology of the Transference* stimulated me to look into the concept of the alchemical marriage as a process of owning and uniting the various archetypal aspects of ourselves. By exploring my own polarities, I saw how they affect the organization of my personality. By becoming aware of four aspects of myself, the negative and positive man, and the negative and positive woman, I discovered when I am being authentic with others and when I am not. All four must live together within me if I am to experience my wholeness.

"Consequently, I created a process in which people, by developing these roles, can discover how they liberate or how they confuse relationship. By playing out these roles and having fun with them, they become options rather than determinations.

"At the climax of this workshop, participants design and act out a ritual of joining together, a wedding celebration whereby they create the possibility of these four aspects actually uniting within themselves, awakening the seed of individuation." $450

Weekend of April 12–14

Weekend Massage Intensive

Brita Ostrom & Diane Miller Lesty

For workshop description see January 18-20. $230

Miracles of Infancy

Laurie Schutz Munyer, Arthur Munyer & Jezaniah Canyon Munyer

Laurie and Arthur write: "This will be a time to celebrate the profound miracle of new life and parenthood. The workshop will provide an opportunity for new parents and their infants (two years old or younger) to come together harmoniously and joyfully. We will guide both parent and infant through a creative experience in an atmosphere of warmth. Our approaches will be drawn from massage, creative movement, music, communication, and nurturing touch. We will bring awareness to how our children can be our teachers."

Some infant care will be available. $230

Toward a More Sensitive Relating

Charlotte Selver & Charles Brooks

This workshop is an introduction to *sensing*, for more meaningful contact with our own nature and with the world around us.

How we relate to our deep inner needs, to other people, or to different tasks and situations depends on how we *perceive them* and how we trust our own findings. When perception is clear and full, we cannot make mistakes. Our whole organism is geared to respond appropriately. We have come, however, to see through a fog of preconceptions, a bewildering fabric of the ideas and judgements of others. Our own experience has been belittled; our perceptive faculties have lost their edge. The true I and the true you no longer meet. Both life and death have become often-threatening fantasies.

Sensory awareness is a practice for rediscovering and reviving full sensory functioning. Through the gradual quieting of premature and inappropriate intellectual activity, it directs our attention both inward and outward to the actuality of the present moment. As perceptivity revives, true relationship becomes possible. Each everyday occasion in living gains its own freshness, its own uniqueness. We can become content again, like healthy children, as quality begins to make quantity unimportant.

Suggested reading: *Sensory Awareness*, Charles Brooks (Santa Barbara Press). $230

April 12–26

Spiritual/Esoteric Practice: The Key to Intuitive and Psychic Development

Anne & Jim Armstrong

For workshop description see Special Programs, page 40. $1120

Week of April 14–19

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $450

Toward a More Sensitive Relating

Charlotte Selver & Charles Brooks

For workshop description see April 12-14. $450

April 14–May 10

Psychosynthesis Training

Harry Sloan

For workshop description see Special Programs, page 40. $1800

April 19–26

Fitness of the Body, Inside and Out

Jessica Moore Britt & Andrea Juhan

For workshop description see Special Programs, page 40. $680

April 19–26

Hiking and Gestalt Practice

Steven Harper, Richard Price & Aurora Price

For workshop description see Special Programs, page 40. $680

April 19–28

The Body Has Its Reasons

Peter Levine

For workshop description see Special Programs, page 40. $770

Weekend of April 26–28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $230

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see March 1-3. $230

April 26–May 3

The Enneagram: A Tool for Identifying and Developing Intuition

Helen Palmer

For workshop description see Special Programs, page 41. $680

Week of April 28–May 3

Human Potential Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to educate the human potential, which means the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers, and for discussion of the work. $450

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

To make effective, creative choices you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week we will focus on how to develop those qualities in ourselves that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based in warmth and humor we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $450

Weekend of May 3–5

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $230

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see February 15-17. $230

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney & Jack Cirie

This weekend is for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, and for accomplished singers who want to improve their performance. The simple movement exercise and balancing and centering practices of Leonard Energy Training (LET) will be offered to enhance the singer's sense of power and presence. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Participants are invited to bring their favorite song titles. There will also be a variety of music to choose from at Esalen. $230

Dream Discovery

Joyce Frazee

Joyce writes: "An ancient figure in many mythologies is that of the sleeper dreaming the world into being. Our ordinary, conscious mind is only a tiny sliver of all that we are, but in the dream time we are fluid. We move into, inhabit, our personal and family histories, our social and cultural histories, and the world unwinds, strand upon intertwining strand, from the dream time.

"We all dream. A beginning is to remember. The smallest dream fragment can be the first step in the journey of discovery. What we see first as discrete clues, decipherable as parts of a puzzle, become patterns, personal kaleidoscopes. The patterns, finally, are larger than any limitation of conscious meaning.

"In this workshop we will enter the dream time through exercises in recall, gestalt dream work, psychosynthesis, and through the practices of the Senoi dreamers." $230

May 3–11

Big Sur Wilderness Journey from Esalen to Tassajara Zen Mountain Center

Jessica Moore Britt & Steven Harper

For workshop description see Wilderness Programs, page 42. $475

Week of May 5–10

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $450

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $450

Five Day Massage Intensive

George King & Peggy Morrison Horan

For workshop description see January 6-11. $450

Reichian Gestalt: A Workshop for Contact and Release

Laura Dessaccio

For workshop description see February 17-22. $450

Weekend of May 10–12

Soviet-American Relationships

Robert Bathurst

For workshop description see February 8-10. $230

Issues in Early Childhood Development: A Gazebo Workshop

Perry Holloman & Lia Thompson

As children gather information about themselves, their environment and others, they learn to make decisions based upon their experiences. As parent/teachers, to what degree do/should we intrude on or interfere with this information-gathering process?

We will look at cycles of aggression, sexuality, and danger in early childhood, and consider how children move toward courage, compassion, and creativity. Esalen's Gazebo School staff endeavor to allow children to exercise their initiative within a structure of safety in order to come to their own resolutions. This is a time for families to come together to explore and seek options in their unique situations, however challenging. $230

Anyone interested in receiving information regarding early childhood education and related activities at Esalen, please send names and address to Janet Lederman, Esalen Institute, Big Sur, CA 93920.

Leonard Energy Training and the Art of Love

George Leonard & Annie Styron Leonard

How can we escape sexual stereotypes? Does intimacy always have to lead to boredom? Or can we, by recognizing the uniqueness and mystery of each individual, keep our erotic life alive and exciting? In this workshop, we use the simple movement exercises and visualizations of Leonard Energy Training to explore communications and creativity in the erotic realm. Our purpose is not to prescribe new methods but rather to transform the way you experience your intimate relationships, as inspired by George Leonard's book, *The End of Sex*. The workshop is appropriate for individuals as well as couples.

Recommended reading: *The Silent Pulse* and *The End of Sex*, George Leonard. $230

The Challenge of Change: Findhorn to Mount Shasta

Peter Caddy

Co-founder of Findhorn community in northern Scotland, and visitor, director, and advisor to many communities around the world, Peter will share his recent experience of starting a new center and community in northern California near Mount Shasta, one of the sacred mountains of the world. A quest for wholeness culminating in a new marriage and fatherhood

at age 67 provide additional insight regarding the vital importance of balancing masculine / feminine principles.

Peter will discuss: spiritual principles applicable to daily life (trusting inner guidance, power of attunement, laws of manifestation, and cooperation with nature); principles for building relationships, community, and effective networks; challenges of the '80's and prophecies of earth changes, with an understanding of how we can actually co-create a more positive future together. $230

Week of May 12–17

Letting Go—Moving On

Merri Goldenson (Devarani)

For workshop description see February 10-15. $450

The Foundations of Body Image

Andrea & Deane Juhan

For workshop description see January 20-25. $450

The Hero's Journey

Paul Rebillot

Paul Rebillot writes, "Again and again, in my work with people, I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another—whether it be a child's discovery that there is no Santa Claus, the adolescent's awkward approach to puberty, marriage or the ending of a marriage, or a change of career. Every such change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That pattern is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"My purpose is to give people a chance to experience a rite of passage so that they can go into the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight."

Recommended reading: Joseph Campbell, *The Hero With a Thousand Faces* (Bollingen) and *Myths to Live By* (Bantam). $450

Transforming Fear

George Pennington

George writes: "Fear is—and has always been—the Great Stopper, the Guardian of the Threshold. Every true growth experience, every new step in life is preceded by fear. Sometimes it is so powerful that every cell of our body seems to scream: "Stop! Stay where you are! This is not for you!" Then it is hard to keep going. It seems so much easier to quit, and in fact we often do.

"We can, however, learn to lose our fear of being afraid. In this workshop we will encounter all the symptoms of fear: pounding heart, sweaty hands, cold feet, knot in the stomach, blank mind . . . Step by step, we will learn to face our fears, in full awareness: the small and the big, the personal, social, and existential. The safe frame of the group will allow us to do this in a very practical, honest, and humorous way. Fear is thus transformed; from a terrifying demon it changes into a familiar friend and advisor on the path."

Recommended reading: George Pennington, *Little Manual for the Players of the Glass Bead Game* (Elements Books, Great Britain). $450

May 12–June 7

Frontiers of Modern Consciousness Research: Dawning of a New Paradigm

Christina & Stanislav Grof

For workshop description see Special Programs, page 41. $1800

Weekend of May 17–19

Leonard Energy Training: The State of the Art

George Leonard
& the Leonard Energy Training Staff

In the world of Leonard Energy Training, problems become opportunities. Stress and pain become gifts of energy. Personal and social options are multiplied. The flow of vital energy is enhanced. Leonard Energy Training is derived from the eastern art of aikido as well as from western psychology and physical theory. It is a comprehensive body of work that teaches practical, alternative ways of dealing with life situations. It is not physically demanding. It does not aim at emotional catharsis. Most of the training involves simple movement exercises in which the body itself becomes a learning facility. Participants will practice such things as centering, relaxing under pressure, bending, and alternative ways of being. They will also be discussions of applications to education, sports, management, relationships, social transformation, and personal growth.

Recommended reading: George Leonard, *The Ultimate Athlete* and *The Silent Pulse*. $230

Exorcising the Demon "Should"

Paul Rebillot

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously. With the help of this experience in contrasts, we will explore our possibilities of movement between the two, and in this way open up our options to the full range of our own authentic being. $230

Awakening the Heart, Opening the Mind: Buddhist Teaching in Meditation and Compassion

Sogyal Rinpoche

Out of the practice of sitting meditation can come a calmness of mind, bringing clarity, warmth and confidence. This is the basis for 'taming' the mind to go beyond its self-centered concerns and generate good heart and compassion for others. Rinpoche will base his teaching on the famous text *Training the Mind in Seven Points* by the great Indian master Atisha, who taught in Tibet about 1000 A.D. He will draw upon commentaries on this teaching by other masters, and introduce specific exercises designed to generate compassion. $230

Week of May 19–24

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $450

Rolfing®, Feldenkrais, and Other Methods for Releasing Pain and Tension

Dub Leigh & Dee Dee Lozier

This workshop is designed for people who want to learn to move with more freedom, ease, and awareness, and to get release from chronic pain and tension. Through different

types of body work, participants will have the opportunity to explore experientially methods to free up constricted movements.

The leaders will offer participants sessions in body work and instruction in group movement including: Moshe Feldendrais' awareness work, deep tissue work as taught by Ida Rolf, and trigger point work. $450

The Feeling Process

Janet Zuckerman
assisted by Maria & Perry Holloman

For many people, feelings are something mysterious, something to keep to one's self, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that will increase vitality and personal effectiveness. Participants can learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate, in a safe environment, in the choice of expression or depression. $450

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if we are to sustain a healthy, interesting and exciting life. Most often we find ourselves actively or passively resisting change while we talk about wanting it. Self-esteem, which includes self-acceptance, self-appreciation and self-confidence is the aspect of self which enables us to confront our resistance and fear, and increases our willingness to change and take risks.

In this workshop we will move through a unique, in-depth process that will focus on the ability of each individual in the group to find and allow more personal self-acceptance and a sense of well-being that will enable them to creatively confront the opportunities for potential change and growth that will be presented during the week. Group activities will include gestalt process work, group discussions, massage, meditation, music, dance, art-imagery exercises, and whatever else happens spontaneously. $450

Weekend of May 24-26

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $230

Weekend Massage Intensive

Deborah Anne Medow & Arthur Munyer

For workshop description see January 18-20. $230

The Gentle Art of Becoming-Together: A Workshop for Couples

David Shiffman & Elisa Lodge Schiffman

For workshop description see January 25-27. $230

Burnout in Relationship

Ayala Pines

Relationships burn out most commonly through gradual erosion, gradual increase in boredom, and gradual buildup of petty annoyances and small dissatisfactions. It is often difficult to single out one precipitating cause of the stress. Like the straw that broke the camel's back, marriages are broken by the accumulated weight of daily hassles and pressures.

While burnout can be an extraordinarily painful experience, it can be conquered. As is the case with most difficult emotional experiences, if properly dealt with, burnout can provide a trigger for relationship enrichment, increased closeness, and growth. Consequently, couples who have experienced burnout, and have learned to cope with it effectively, many times end up with a better, fuller, more exciting relationship than if they had not experienced burnout at all.

The workshop is recommended for marriage and family counselors and especially for couples committed to keeping the spark alive in their relationship. $230

Week of May 26-31

Wild Dance: Movement in Wilderness

Susan Harper & Steve Harper

"Wild Dance" is an invitation to explore natural movements inspired within the human organism by participation in nature. We listen to impulses within and to impulses of wilderness until "inner" and "outer" disappear. As we surrender to the intelligence which creates life in all its varied forms, we find ourselves moving in unexpected ways. Our awareness expands. We can feel a larger sense of self and wilderness, and the creative wholeness of a greater dance.

Sessions will be both indoors and outdoors. Evenings, some day sessions, and most meals will be at Esalen. We will also take short day hikes in Big Sur's backcountry. Participants need not have previous experience in hiking or dance. Come willing and ready to participate in nature's range of motion. $450

The Painting Experience

Michell Cassou & Stewart Cubley

It is very rare for most people to use painting purely for its qualities of inner adventure and self-discovery, to do it just for the process of exploration, not for the result. This workshop will focus upon the painting experience as a powerful tool for uncovering and dissolving blocks to creative expression. Emphasis will be placed upon the practical experience of creative painting in which participants will be given the support and stimulation to discover a natural way of painting based directly upon feeling. The mechanisms and patterns that prevent creative action will be discussed in order to integrate understanding with experience. The work will take place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. An audio-visual program will illustrate the development of inner expression during the painting process.

The workshop has proved to be of interest to persons involved in a wide variety of disciplines including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop write: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122. (415) 564-8515. $450 (plus $20 materials fee paid directly to the leaders)

Advanced Massage Intensive

Deborah Anne Medow & Vicki Topp

This workshop will include morning and afternoon practice sessions with various instructors, yoga, movement, evening lectures and discussions, and demonstrations of specific practices designed to increase the range of conditions with which participants can deal effectively. The following concerns will receive emphasis: how to sustain one's energy through a day of treatments; how to clear negative energy released by the client; how to use weight and leverage. As one massages more and more deeply, emotional changes can be triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide group members with some first hand practice in productive ways to move through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five day intensive or its equivalent. $450

Integrity

David Schiffman & Elisa Lodge Schiffman

In this workshop participants will join to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Participants will explore the boundaries of their emotional, physical, and mental potentials and how they affect sexuality, relation to power, friendships, creativity, and expectations of self and others. $450

Steve Beck

Weekend of May 31–June 2

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14 $230

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries, all of which can improve by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop participants will also be introduced to methods to improve their ability to sense each others bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about their bodies through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens, who may find themselves discovering new ways of moving with ease and increased flexibility—painlessly and immediately. $230

Inner Sound and Voice

Jill Purce

By freeing our voice, we make contact with deep levels of the Self, releasing untapped energy sources. In this workshop we will explore sound for healing and transforming consciousness. We will work with the psycho-physical effects of breathing through chanting and mantra, and sonic meditations. We will develop breath and sound to enable body-mind resonance. We will learn to give sonic massages, to heal and tune the chakras and subtle body.

We will focus on discovering our own note and inner sound, using mystical sound practices from traditional cultures, exploring trance and mind-transforming music, mantra, and musical medicine. $230

Near Death Experiences and Human Evolution

Kenneth Ring

In the mid-1970's, tremendous interest in the experience of dying was kindled by the work of Elizabeth Kubler-Ross and Raymond Moody (author of *Life After Life*). Since then abundant scientific documentation of their basic findings has been compiled. Recently there has been great interest in exploring the spiritual implications of the near-death experience (NDE) and the ways we can draw on this research in dealing with death and dying.

This workshop will begin by reviewing the most recent research in the field and will continue with an in-depth examination of the significance of NDE's, for both everyday life and planetary evolution. Featured in this workshop will be material from Kenneth Ring's new book, *Heading Toward Omega*, which deals primarily with the transformative power of NDE's.

Although oriented toward persons who are attuned to the spiritual significance of NDE's, this program will also be of special interest to nurses and others involved in the health professions. People who have undergone NDE's are particularly welcome to attend this workshop. Films and video tapes will be incorporated into the workshop which will encompass a combination of didactic and experiential formats.

Recommended reading: *Life at Death* and *Heading Toward Omega*, Kenneth Ring (Morrow, NY). $230

Week of June 2–7

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14 $450

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14 $450

Resolving Patterns of Stress

Peter Levine & Michael Salzman

Stress affects the nervous system and body structure. Effects can be reversed by appropriately resolving the muscular and neurological holding patterns which contribute to maintaining the stressed state.

Concepts and methods from nervous-system research, clinical practice, and direct body approaches will be presented and discussed in the context of perceiving body types, and understanding physiological signals. Tools will be offered for interpreting and working with tension patterns, posture, movement, emotion, and respiratory-autonomic (stress) responses. These aspects of practice will be integrated into an assessment by the health-care planner.

This workshop would be of particular use to professionals in the fields of physical health-care, chiropractic, body work, counseling, biofeedback, nursing, and general medicine. $450

Ericksonian Hypnosis and Communication

Paul Carter & Marianne Paschke-Carter

"Wisdom is the intelligence of the system as a whole." —Gregory Bateson

"Your conscious mind is very intelligent, and your unconscious mind is a hell of a lot smarter." —M.H. Erickson

Paul writes: "We have an intelligence obtained from our wholeness that is far greater than we are ordinarily conscious of. Erickson called it the 'unconscious mind.' Accessing and integrating this intelligence formed the basis of his hypnotic work.

"This workshop is designed for people who work with people and would like experience with Ericksonian hypnosis, communication, and problem-solving. The emphasis will be on developing a practical understanding of the principles of this approach including trance as a natural and necessary part of health and the idea that people are paradoxical and so too must their communication and problem-solving be paradoxical.

"Through guided exercises and demonstrations, participants will be taught the hypnotic use of metaphor in movement, sound, image, and story, as well as the hypnotic realities of age-regression, age-progression (traveling into futures), lucid dreaming, dissociation, and deep-trance identification (a process of deepening self-awareness through identification with different persona in and out of trance).

"Additional exploration will include the recognition and use of spontaneous trance states that commonly occur in the course of body work, acupuncture, movement and dance, sports, counseling, and everyday stress situations; the art of using all of the system, including the 'bad, sick, crazy, and resistant parts; the value of humor, confusion, pattern interruption, and paradox in accessing unconscious creativity and resources; and an integrative approach to problem-solving and self-healing as described in my soon-to-be published book, *The Parts Model*.

"Course prerequisites: a sense of humor, a warm heart, a little skepticism, a little trust, and an unconscious mind."

Suggested readings: *Uncommon Therapy*, Jay Haley (W.W. Norton & Co.); *Ericksonian Approaches to Hypnosis and Psychotherapy*, Jeffrey Zeig, Editor (Brunner & Mazel). $450

Weekend of June 7–9

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 15. $230

The Emerging Curriculum

Lila Thompson, Riley Thompson-Clark, Perry & Maya Holloman

We will consider the conditions for optimal development in early childhood. A child's knowledge of the world develops through body movement and sensory contact with his/her surroundings. The emerging curriculum is an organic process in which the physical/social environment is the classroom at any moment. Using the Gazebo school's learning center and the Esalen grounds, we will explore the concept of intelligence as developed through full interaction with the environment. $230

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Alternatives for Managers

Susan & Joel Kirsch

Whether you manage a small business, a household, a work group, or a major corporation, you probably wrestle with these questions: How can I respond to the changes that constantly bombard me? What can I do to deal with the stress of my job? How can I provide the most effective leadership? Is it possible to convert difficulties and problems into opportunities for further growth and development?

This management program is based on a unique reliance on the body as teacher. Simple physical movement activities, derived from the sophisticated martial art of aikido and Leonard Energy Training, provide an experiential foundation for discovering managerial principles. The physical activities serve as a complement to the cognitive and are used in conjunction with group discussion, role play, lectures, and paper-pencil activities. Participants will have a chance to apply the principles to current work-related issues and to experiment with alternative ways to enhance personal and professional performance. $230

Formative Fields and the Habits of Nature: A New Science of Life

Rupert Sheldrake

The hypothesis of formative causation may provide the basis for a new scientific paradigm which goes far beyond the currently predominant mechanistic theory of life. The idea that the form and behavior of living organisms are shaped by morphogenetic fields, themselves molded by the form and behavior of past similar organisms, leads to a new interpretation of heredity and the evolutionary process. Memories need no longer be thought of as somehow stored inside the brain. They may depend on direct connections with the organism's own past due to morphic resonance, and tuning in to the experience of other members of the species may give rise to a pooled or collective memory. In this workshop some of the implications of formative causation for biology, psychology, parapsychology, philosophy, and religion will be explored and discussed.

Recommended reading: Rupert Sheldrake, *A New Science of Life* (J.P. Tarcher). $230

Week of June 9–14

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

For workshop description see February 17-22. $450

Integration

Deborah Anne Medow

For workshop description see December 30-January 4. $450

Joyce Rogers Lyke

New Light on Earth: The Near-Death Experience and Human Transformation

Kenneth Ring

In the past decade, much research has been done to establish that the near-death experience (NDE) is an authentic and widespread phenomenon of our time. Recently, as a result of new studies demonstrating the transformative power of the NDE, it has begun to appear that NDEs are one modern form of initiation into ancient mysteries. According to a Gallup poll, literally millions of people within a short span of time have undergone life-changing transformations associated with NDEs.

We will be exploring implications of NDEs for human transformation and planetary culture in the New Age. We will consider in depth such topics as: recent research into the NDE and its after-effects; the new mythology of death emerging from the field of near-death studies; and the evolutionary nature of the NDE. In addition to didactic sessions and discussion, the workshop will include experiential exercises, films, and video tapes.

This program is intended for anyone who is interested in learning about NDEs, and is especially designed for persons seeking to understand how they may better align themselves with the transformative power of the NDE itself. Those people who have had an NDE or a similar experience are particularly encouraged to participate. $450

Aggression, Sexuality, and Danger: A Gazebo Workshop for Parents and Children

Janet Lederman & Gazebo Staff

How do children gather information and learn to make decisions based on what they have gathered? As parents and teachers, to what degree do/should we intrude or interfere in this information-gathering process? We will examine the critical role that parents, teachers, and other children play in the development of a child's total abilities.

The Gazebo staff believe that allowing a child full interaction with his/her environment, imposing as few limitations as possible, greatly enhances the child's social skills. Particularly in the areas of conflict resolution and natural sexual exploration, the Gazebo experience has enabled children to exercise their initiative successfully. Families may come together in this workshop to discover some of their own resolutions for current challenging situations. $450

Anyone interested in receiving information regarding early childhood education and related activities at Esalen, please send names and address to Janet Lederman, Esalen Institute, Big Sur, CA 93920.

The Return of Encounter

Will Schutz & Ailish Mellard

Will Schutz writes: "Encounter groups in the early '70's spread rapidly across the United States and Europe, helped Esalen become nationally known, and then came upon hard times. Encounters for some became anathema, an activity to be shunned. Rather than disappearing, however, encounter donned new clothes and titles, surfacing as communications, human relations, consciousness-raising, and process groups.

"This seminar will explore encounter's maturing and continuing value. In its best form, it is a method for the non-judgmental exploration of self and relationships, basically little more than telling the truth both to others and to yourself, and taking responsibility for yourself."

Recommended reading: By Will Schutz: *Elements of Encounter*, *Profound Simplicity*, and *The Truth Option* (all available through WSA, Box 259, Muir Beach, CA 94965). $450

Weekend of June 14–16

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $230

Weekend Massage Intensive

Jaime Morton & Vicki Topp

For workshop description see January 18-20. $230

Other Lives, Other Selves

Roger & Jennifer Woolger

This workshop teaches a specific form of Jung's method of *active imagination* whereby we can easily enter the collective unconscious and vividly recall detailed memories of other eras through an ego consciousness quite different from our present identity. Each other "life" we remember can be understood psychologically in much the way that secondary personalities in our dreams can reflect integrated parts of the Self. This "remembering" of other lives can offer a number of valuable benefits: cathartic release from deep-seated fears and bodily tensions; glimpses of unexplored potentials in ourselves; new and often startling light on areas in our lives where we feel stuck and hopeless; personal experience of the death transition to higher states of consciousness. In the workshop there will be individual demonstrations, supervised work in pairs, and group processing and discussion of the material. $230

Reprinting: A New Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize inner power? Through various approaches including body reading, light trance work, and anchoring (Erickson), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in, and consider opening up new doors toward growth and freedom. New models of behavior can become available.

The workshop will feature individual and group processes, including body release approaches.

Suggested reading: *The Body Reveals*, Prestera & Kurtz (Harper & Row). $230

The Future of the Body: The Transformation Project

Michael Murphy & Steven Donovan

In his novel, *Jacob Atabet*, Michael Murphy speculated that a next stage of human development might involve the power to alter the physical body at will. He is developing this idea more thoroughly in a book, *The Future of the Body*, and through the Transformation Project, organized in 1976 to compile and analyze a broad range of scientific, speculative, and anecdotal literature on bodily transformation. Murphy will discuss some of the major ideas of his current book, and Donovan will present results to date of the Transformation Project.

Recommended reading: *Jacob Atabet*, *The Psychic Side of Sports*, Michael Murphy. $230

Week of June 16–21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $450

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 15. $450

Coming Home to the Wisdom of the Body

Beny Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed."
—M.C. Richards, *Centering*

Stress-related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais, gestalt, Rolf®-movement, massage, Reichian breath work, and video feedback. $450

Five Days with Jack Rosenberg

This workshop is aimed at awakening and sustaining awareness of body, self, and soul, as well as examining the anatomy and function of intimate relationships. The method can be described as gestalt body work with a distinct leaning toward the transpersonal aspects of life. During the workshop participants will explore many aspects of Jack Rosenberg's energetic approach to sexuality, the energetic field of the body, and the belief systems which keep us locked in obsolete behavior patterns. $450

Weekend of June 21–23

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $230

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see March 1-3. $230

The Esalen Soviet-American Exchange Program: An Update

James L. Hickman
& the Exchange Program Staff

Since its inception in 1979, the Esalen Soviet-American Exchange Program has demonstrated significant success in pioneering innovative and imaginative approaches to Soviet-American cooperation. Based on our two nations' common interest in human potential and consciousness, our non-governmental approach to peacemaking emphasizes the need for understanding both the similarities and the differences in disparate cultures.

This project has emerged over the past 10 years as members of the Exchange have traveled extensively throughout the Soviet Union establishing personal relationships with Soviets from all walks of life including scientists, political philosophers, artists, athletes, and government officials.

In this seminar we will review the projects in the Exchange Program to date: exchanges of professionals from the two nations; the creation of an international forum for cosmonaut/astronaut dialogues; the dramatic potential for using the latest satellite communications technology for linking together large groups of Soviets and Americans, the collaboration between Esalen and the Soviet Ministry of Health in the areas of holistic health, wellness and physical fitness, the establishment of a Soviet Studies Center at Esalen's Big Sur facility.

We will share our insights about the intellectual, cultural, and spiritual aspects of the transformational journey on which we have embarked with our Soviet friends and colleagues. We will include a multimedia presentation on travel in the USSR, offer guidelines based on our experiences in citizen diplomacy, and conduct experiential sessions examining our own cultural conditioning and perceptions. The seminar leaders believe that if Americans evolve a deeper understanding of Soviet culture, the United States government might evolve a more creative Soviet-American policy.

Recommended reading: Hedrick Smith, *The Russians*; David Shipler's *"Russia: Broken Idols, Solemn Dreams,"* the *New Age* magazine cover story on citizen diplomacy, January, 1984. $230

Introduction to the Viking Runes

Ralph Blum

For almost 2000 years, western peoples possessed a system for divination and insight into the present and the future—the *Runes*. Described as "the *I Ching* of the Vikings," the Runes served as an oracle—each symbol having a specific meaning and message—and Runecasters, often women, accompanied the Vikings on their long voyages. Then, for three centuries, the Runes were eclipsed, their practice and wisdom lost.

In 1975, Ralph Blum began working with the most ancient Germanic Runes, rediscovering meanings for the individual Rune stones and devising methods for their use. Margaret Mead said of his work: "It's high time someone treated the Runes as part of living western shamanism. We need our shamans, and you don't have to make an appointment to see your Runes."

In this introductory workshop, he will present the origin, history, meaning of the Runes, and

how to work with them for self-counseling, decision making, obtaining information at a distance.

There will be individual Rune readings for workshop participants.

Recommended reading: *The Book of Runes*, Ralph Blum (St. Martin's Press; Rune stones & bag come with book). $230

Awake in Your Dreams

Stephen LaBerge

Lucid dreaming means dreaming while knowing that we are dreaming. The presence of consciousness during this extraordinary state of consciousness allows us to respond flexibly and creatively to the flow of dream experience. We are in a unique position to control our dreams; this control brings within reach a remarkable range of possibilities from indulging your wildest fantasies to fulfilling your highest spiritual aspirations.

For most of us, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so; workshop participants will learn how to develop the skill of lucid dreaming. The results of recent scientific research will be presented and participants will be exposed to a wide variety of uses to which the world of lucid dreaming can be put, including self-exploration, creative probem solving, healing, adventure, and, perhaps most importantly, a way of self-integration leading to the transpersonal realms.

The emphasis will be on improving the quality of the dreamer's experience while in the dream. This means self-control, not dream control; changing the context rather than the content of the dream. Ann Faraday has called lucid dreaming "one of the most exciting frontiers of human experience." This workshop will provide an opportunity to find out why.

Recommended reading: Stephen LaBerge, *Lucid Dreaming* (Tarcher). $230

Week of June 23–28

Five Day Massage Intensive

Bill Liles & Brita Ostrom

For workshop description see January 6-11. $450

Self-Acceptance: The Freedom to Be

David Schiffman & Elisa Lodge Schiffman

For workshop description see March 3-8. $450

The Mystical Quest

Christina & Stanislav Grof

This workshop will include theoretical and experiential exploration of the transpersonal dimensions of the human psyche and the importance of the spiritual impulse in human beings. Special attention will be paid to the emerging world-view that integrates science and mysticism, and to the problem of "spiritual emergencies"—emotional and psychosomatic crises that can be associated with consciousness evolution. In the experiential work, we will use "holonomic integration," which combines controlled breathing, evocative music, and focused body work, and has the potential to mediate experiential access to the mystical domain. $450

A Gentle Unfolding

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through intuitive and energy awareness, massage, meditation, movement, gestalt, and play. Using these tools and gentle risk-taking can help in opening to our own aliveness and ability to be more at home with ourselves. Participants will explore practical and portable ways of nourishing and trusting the inherent wisdom of the self. $450

Weekend of June 28–30

Love and Work

Anne & John Caple

"Work is love made visible," wrote Kahlil Gibran. In this workshop, participants will examine their work-life and work options in the context of their love for themselves, for others, and for the larger world. Working from a conceptual base, the group will use integrative exercises, art, body work, and gestalt processes to seek answers and consider life decisions. The goal is for participants to see more clearly what they want and how to get it. One outcome will be a specific action plan.

This weekend is for those who want more value in their work-life, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life / work issues during group meetings and in pre-breakfast runs.

Suggested reating: *Careercycles*, John Caple (Prentice-Hall). $230

Experiencing Your Psychic / Intuitive Abilities

Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities, Anne and Jim will use special exercises to aid participants in exploring these abilities.

They have found through their professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the intuitive input they normally receive. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. One of the basic objectives of the workshop is to demystify the intuitive / psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $230

Sojourn: The Consciousness and Chemistry of Escape

Harvey Milkman & Stanley Sunderwirth

Are criminals, cocaine users, sky divers, police, and lovers motivated by a similar adrenalin rush? Are comparable needs being met through alcoholism, overeating, and membership in a spiritually oriented group? The term addiction was once reserved for dependence on drugs. Today it is applied to a range of compulsive behaviors as disparate as working too hard and eating too much chocolate. In fact, there are essential biological, psychological, and social common denominators between drug use and other habitual behaviors. Whether your pleasure is meditation or mescaline, cocaine or cults, you are addicted if you cannot control when you start or stop the activity. Indeed, in the arena of addiction, experience is the protagonist and the users' drugs or activities of choice are merely supporting actors.

This workshop will provide participants with an understanding of critical factors which underlie causation and treatment of a broad spectrum of compulsive problem or fantasy experiences. Teaching methods are geared towards increased learning through simultaneous activation of right and left brain channels of comprehension. Information is presented via visual imagery and logical explanation, thus enhancing conceptual understanding and learning retention.

The workshop will also focus on the experiential acquisition of skills to overcome the wide variety of behaviors characterized by compulsion, loss of control, and continuation despite harmful consequences. Contemporary treatment methods will be demonstrated and practiced. $230

Honoring the Self

Devers & Nathaniel Branden

An experiential, participatory workshop in which we explore the psychology of self-esteem and its relationship to personal evolution. I cannot think of a single psychological problem—from anxiety and depression, to fear of intimacy or of success, to spouse battering or child molestation, to suicide and crimes of violence—that is not traceable to the problem of a poor self-concept. Of all the judgments we pass in life, none is as important as the one we pass on ourself. Through a variety of exercises and processes, plus some explicit teaching, in this workshop we will look at the kind of behaviors that raise self-esteem and the kind that subvert it. We will see in how many ways self-concept is destiny. $230

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. *Assignments to departments are made according to community labor needs.* No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc.

Focused programs planned thus far for 1985 include:

January 6–March 3: Jessica Moore Britt coordinates a two month program which integrates **body work awareness, Reichian breath practice,** and **gestalt**. For further information and recommended reading see the leader's workshop description for February 8-10.

March 31–June 23: The Esalen massage practitioners will be offering a three month program in **body work,** with intensive instruction in **massage, movement,** and **self-care**. After the satisfactory completion of the program and an additional 30 recorded massage sessions, a California state-approved certificate will be issued.

April 28–May 26: Robert Bathurst offers a special section, focused on a search for an understanding of **Russia**: its people, politics, literature, and relationships with peace and war.

June 23–July 21: Laura DeNuccio (Ma Prita) and Vicki Topp offer a program emphasizing **body awareness**, including gestalt and Reichian bodywork, massage, and creative movement.

July 21–September 15: Seymour Carter coordinates a two month program focusing on **gestalt practice**. Recommended reading: Karen Horney, *Neurosis and Human Growth*.

October 13–November 10: Deborah Medow leads a program focused on **body awareness**, including such activities as yoga, creative movement and dance, theater games, interpersonal process and massage.

November 10–December 8: Andrea Juhan and Deborah Medow offer a program of **movement studies** which can be taken alone *or* as a combined program with **body awareness**, October 13-November 10.

December 8–January 6: Neil and Pat Lamper lead a program emphasizing **gestalt awareness**, using massage, the baths, movement, music, personal imagery, outdoor awareness, group nurture, and group gaiety.

In as much as the Work Study Program is a complete program in itself, **please do not plan to take regularly scheduled catalog workshops** during your stay. Professional services, such as massage and Rolfing® are available at staff rates.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex located 1½ miles north of Esalen.

The 28 day Work Study Program costs $600 for the first month. A $300 deposit in U.S. currency is required with your application. Work scholars may be invited to remain for a second month, at a cost of $550, or a third month at a cost of $500 depending on space available and the needs of the Esalen community. There are no scholarships available for the Work Study Program.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with your deposit to:

Work Study Program,
Esalen Institute, Big Sur, California 93920.
Telephone: (408) 667-2335.

The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other Esalen programs within one year of receipt.

Available dates: January 6–February 3; February 3–March 3; March 3–March 31; March 31–April 28; April 28–May 26; May 26–June 23; June 23–July 21; July 21–August 18; August 18–September 15; September 15–October 13; October 13–November 10; November 10–December 8; December 8–January 5; etc.

Application to the Work Study Program

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may sometimes be invited to remain for a second or third month, ***depending on space available and the needs of the Esalen community.*** If an invitation is extended, please indicate your availability. ☐ no extension ☐ one month extension ☐ two month extension

Assignments to departments are made according to community labor needs.

If you have emergency medical skills, (M.D., E.M.T. or R.N.) and are willing to make those skills available during your stay, please check here. ☐

Please attach a personal statement about your interest in the Work Study Program, ***including***: your available ***skills***, especially English language skills, which are essential for participation in the program; any ***medical difficulties*** which might affect your working in any departments; any Esalen workshops you have attended (please list program titles, group leaders, and dates).

Winter Study Programs

David Nelson

January 13–February 8
Month Long Professional Body Work Intensive

Dub Leigh

The premise of this workshop is that an unwell body tends to be shortened, thick, and suffering from pain and stress, and that a healthy body tends to be long, balanced, and supple.

In this workshop we will emphasize how to transform an unhealthy body into a long, supple, organized body by inquiring into ways pain can be erased. Further questions to be considered are: how can short tissue be lengthened, hard tissue be softened and made more resilient; how may tissue be repositioned and balanced, constriction be removed from organs and joints, a general heaviness be replaced by a lightness and lift, and body armor and old buried trauma be eliminated?

We will explore four premises: first, by Ida Rolf, that the body is plastic and segmented and therefore its structure can be reorganized, repositioned, and balanced as ordered; second, by Feldenkrais, that the nervous system can be reprogrammed so as to bring the desired changes in the body's function and structure; third, by Selye, that stress can end in pain and disease and that it does not need to; and fourth by Cyriax, that all pain arises from a lesion and that treatment must reach the lesion and exert a beneficial effect on it. We will also explore Reich's body armor and Ron Hubbard's stored trauma concepts.

The workshop will be limited to ten professional body workers who want to improve their expertise. From time to time various body experts will be brought into class. Participants will have the opportunity to do as much body work as desired and to experience body work each day of the class, being taught as they work. In the course of the workshop, participants will receive many hours of work from one another and Dub Leigh. The goal is to have each participant return to his/her practice with a new level of knowledge and ability.

Interested participants should submit an application, addressed to Dub Leigh, c/o Esalen, with a short personal history explaining their qualifications in body work. As enrollment is limited applications should be sent early. Applicants will be notified when they are accepted. $1800

January 27–February 22
Tutorial Program in Shamanic Practice

Michael Harner

Michael Harner will be offering a tutorial program in shamanic practice. Persons interested should write for information to Michael Harner, Center for Shamanic Studies, Box 673, Belden Station, Norwalk, Connecticut 06852.

February 10–March 8
Gestalt as an Art Form

Paul Rebillot

Paul writes: "Most psychological suffering is caused by blocked energy, energy that goes round and round within the system because it cannot find access to expression. Once such a block is destructured and the circle has been broken, the person can experience a flood of vitality and excitement—but what does he do with it? I have found that if the energy is not given some new mode of expression, it will tend to slide back into its former habitual pattern. An important aspect of my work is to offer people alternative ways of expressing their vitality once it is released—creative forms that allow the psyche to discover and liberate its own dormant potentials.

"The focus of this month-long, therefore, will be on teaching the basic principles of gestalt as an art form—the materials of that form being our own human process of individuation. Participants are invited to think of themselves as artists engaged in the great work of creating their own life process. With the basic tools and concepts of gestalt, we will combine elements of myth, ritual, and dreams; music, drama, and dance; the plastic arts, painting, and drawing—so that people will leave at the end of the month with a rich palette to play with in the process of unfolding their own life-stories.

"The workshop will be both a practicum in gestalt and related art forms for those engaged in the helping professions, and an experiential group for those seeking personal expansion. Previous experience with gestalt process is necessary, but it is not necessary to have previous experience as a gestalt facilitator.

"Looking at gestalt as an art form takes away the necessity for immediate results and absolute resolution of problems. In working with myth and ritual, we can go beyond the historical biographical material of our personal life, beyond even the personalized symbolical and archetypal information that comes through dreams, into the dreams and goals of the human race. We seek ourselves in the Self of humanity. Whatever comes out of us in working with an art form—whether it be clay or paints, drama or dance—becomes material for an open seat session, to be explored in order to expand our consciousness of ourselves and our capacity for living and being.

"In the first week, we will concentrate on the basic concepts and tools of gestalt, individual open seat work, and gestalt principles for daily living. In the second week, we will make use of gestalt tools and other art forms to explore our own dream material. In the third and fourth weeks, we will explore mythological and fairy tale structures and begin to create personal rituals in which we seek to relate our biographies to the great dreams of humanity. Please bring notebooks, paper, and colors, and if you like, paints. It is also good to listen to the tapes of *The Hero's Journey* that I have made; these give a good idea of the combination of gestalt, myth, ritual, and drama that I work with."

Recommended reading: by Joseph Campbell: *Hero With a Thousand Faces* (Bollingen), *Myths to Live By* (Bantam); by Bruno Bettelheim: *The Uses of Enchantment* (Random House). $1800

February 17–March 15
Spiritual Emergency: Understanding and Treatment of Transpersonal Crises

Christina & Stanislav Grof

This four week interdisciplinary program is for professionals and students in the areas of psychiatry, psychology, anthropology, and religion. The workshop has been specifically designed for intensive and focused exploration of the new concept of "spiritual emergency," an important sub-group of unusual states of consciousness that contemporary psychiatry labels as psychosis. It is part of a systematic effort to create an international network of individuals qualified to facilitate the process of personal transformation and to assist others during transpersonal crises. The program will focus on the following areas:

Historical and Anthropological Perspectives on Psychosis: We will review the evidence suggesting that many ancient and non-Western cultures have developed deep knowledge of transpersonal crises and maps of consciousness that can be used as guidelines in the process of personal transformation. Shamanism, spiritual practices of the great Oriental religions and philosophies, aboriginal rites of passage, and the ancient death-rebirth mysteries provide not only maps, but also tools to initiate and facilitate such a process.

The Concept of Transpersonal Crisis and Western Science: This aspect of the program will focus on observations that support the new approach, such as the healing, evolutionary, and problem-solving potential of certain psychotic states; results of clinical studies using placebo; pioneering work in psychotherapy of psychoses and family studies of schizophrenia; modern kundalini research; and psychedelic studies. We will explore new developments in various disciplines—consciousness research, quantum-relativistic physics, information theory, biology, and neurophysiology—that provide a solid scientific basis for an alternative understanding of psychosis.

Transpersonal Crisis Intervention: We will explore various strategies that are useful in the management of spiritual emergencies and in facilitating personality transformation.

Self-Exploration and Group Process: The workshops of this series use an experimental educational format that combines lectures with experiential approaches and group process. For this purpose, we will use controlled breathing, music, mandala drawing, gestalt practice, and various forms of body work. The coordinators and the Esalen staff will function as facilitators for participants all through the workshop.

Reservations should be addressed to Christina Grof, c/o Esalen. $1800

March 3–22
Sustaining Integration: Body, Self, and Soul

Jack Rosenberg

This workshop will start wherever you are in your inner journey. The work is an in-depth integration of body and gestalt practices and the transformative process of consciousness.

The course will cover:

Psychology of the Self: Working with early unfinished situations that interrupt our sense of well-being and interfere with our relationships in the present. Sexual implications of this work will be dealt with in body work and in lecture.

Body Work (Integrative Body Approach): Theoretical and practical application, combining Integrative Body Practice, yoga, and aerobics and massage, assisted by Andrea Juhan.

Transformative Process of Consciousness: As our inner journey progresses, our figure/ground is shifted from "doing" and "having" to "being" and to our relationship with the eternal. We will explore ways to integrate and sustain these new awarenesses in our everyday life. $1570

March 3–24
Continuum Dance Meditation Intensive: Waves and Whispers

Emilie Conrad-Da'oud & Susan Harper

Within our skin is a world of movement, not just the familiar movement of liquids and organs, but a dance of intelligent life. This is an invitation to dance.

This inner movement is different from spatial movements such as walking. We call it "intrinsic movement." It is a great facilitator of our

body's healing powers, a source for the development of an organic awareness that is fundamental to all intelligence, and a way to understand movement as what we are, rather than an activity we do.

The workshop will be focused on breath, sound, and what we call the "movement of movements."

Each breath is like a motif or theme of a musical composition. The implications of this orchestration involve a re-ordering of our nervous system, refinement of our sense perception, and the ability to pay attention at the deeply organic levels of movement where molecules spin and cells commune.

Sound also plays an enormous part in these orchestrations, making the breath audible. Through audible breath we create new possibilities in our ability to affect ourselves, both as healers and as a way to tune ourselves to the evolutionary thrust on Earth.

The movement of movements is the overall flow to the many currents of eddying patterns of motion. Some of the movements can be experienced as wavelike undulates, some are pulsing micro-movements, some have the vibratory hum of tissue, and some the sparkling charge of an electrical current. When all these different movements flow together without interference, we call this "fluidity."

The workshop will be open to both advanced and beginning participants. $1660

March 10–April 5
Month Long Esalen Massage Practitioner Program

Esalen Massage Practitioners

This month long program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture-demonstrations including "hands-on" practice sessions using one another as models, illustrated anatomy classes, and instruction in the basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program, allowing participants the opportunity to experience the psyche / soma relationship on a deeper, more integrative level. Body work will be studied as a function of optimal well-being and stress reduction, and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. At the satisfactory completion of the program, and after an additional 30 recorded massage sessions, a California state-approved certificate of completion will be issued. $1800

March 17–April 14
Gestalt Practice: An Intensive Practicum

Coordinated by Christine & Richard Price

Gestalt practice is an experiential form—nonanalytic, noncoercive, non-judgmental—evolving out of the work of Fritz Perls. In this practice the quality of one's awareness is made primary, especially as focused on breath and physical sensation. See page 14 for a more detailed description.

This program is designed for people with established client-oriented practices, such as counselors, body workers, nurses, teachers, etc., who would like to integrate gestalt practice skills in their professional life as well as have concentrated time to attend to their personal growth. The curriculum will include sessions in which participants work individually with the leaders in a group setting ("open seat" work) as well as practicum sessions when group members work with each other in supervised situations. Many sessions will be videotaped for review and discussion. Although gestalt practice is the primary focus, related approaches will be presented, especially those which enhance ability to focus awareness on breath and the body.

This is a scholarship program and all participants are required to work sixteen hours per week in the Esalen community. This work commitment is part of the program and participation is contingent on its fulfillment. Some additional scholarship assistance is available. To apply for the workshop, send a brief letter describing your present work and how you imagine this experience would relate to your professional and personal growth. Address applications to Christine Price, c / o Esalen. $1350

March 17–April 5
Still Points, Turning Points: A New Curriculum for Change

David Schiffman, Elisa Lodge Schiffman & Esalen Staff

"Anything which is forced or misunderstood can never be beautiful."—Xenophon

People, like plants, need special care and attention to thrive and blossom. To naturally grow beyond what we've been requires strength, sensitivity, and a deeply compassionate awareness. What are the most important elements that support this transformation and renewal? And how might this process be effectively shared with others? Out of the answers to these questions has emerged the dream of combining the best of Esalen's human potential practice work with the spirit of adventure found in Outward Bound's wilderness programs, along with the gracious informality of living and working together in one of the most beautiful and peaceful settings in the world.

The aim of this unique curriculum will be to explore and develop a new model for learning, one that not only deepens the experience of traditional self exploration, but also breaks new ground in erasing the line between intensive group and individual work and the ordinary world of everyday life.

Among the areas we will touch on during these two weeks are:

The Body and its Functions: as a temple for the spirit; as a reflection, and as a turning point from past habits, fears, and attitudes; as a source of grace, ease, and fluidity in movement and in contact; as a kinetic homebase for exuberance, playfulness, and balance; and as a healing source of touch.

The Emotional Realm: exploring and opening the limits of temperament; redirecting negative feelings for inspiration and power; cultivating passion and strength as the core of integrity; resolving inner and outer turmoil simply and peacefully.

The Mind: developing the powers of the imagination for self-affirmation and creativity; deepening the ability to see, hear, and understand so that one can range easily from the practical to the transcendental; strengthening the sense of fair-witness and developing the skillful use of the will; using the perspective of humor to heal separation.

Coming together in the spirit of being simply and lovingly at home in ourselves, the group will create a community whose foundation is based on trust, good will, and authenticity.

During the month each participant will have the opportunity to clarify and develop his / her own style and artfulness as an individual guide and group facilitator doing in-depth study of gestalt practice, body work, psychosynthesis methods, and the meditative arts. The program will be structured to include: intensive individual work; creative music and movement; supervised observations; practicum work in group leading and individual counseling skills; video feedback; illustrated lectures and didactic theoretical sessions.

The emphasis throughout will be on creating a personally integrated perspective that will bring buoyancy and lightness into life and work. This workshop is designed for people from all walks of life. $1120

March 29–April 28
Human Potential and Organizations

Will Schutz is offering a special focused program, an integration of human potential theory and practice with western science, applied to organizations. Workshops are open to individuals, couples, and members of organizations. Interested community groups and others please contact WSA at Box 259, Muir Beach, CA 94965 or (415) 383-8275.

Special Programs

April 12-26
Spiritual/Esoteric Practice: The Key to Intuitive and Psychic Development

Anne & Jim Armstrong

Anne & Jim write: "We feel that a well-developed, directable intuition is a natural, healthy outgrowth of self-realization. But unless we are willing to create the proper environment through self-discipline, meditation, and being mindful of everything we think, feel, say, or do, this powerful force will remain dormant within us. This two-week workshop will concentrate on building a firm esoteric/spiritual foundation for serious students interested in using intuition as a factor in their lives and professions. This will be accomplished by drawing from many ancient and modern spiritual disciplines, including meditation and yoga, while emphasizing the spiritual and ethical use of the intuitive/psychic process. Participants will be given intensive instruction and practice in the practical aspects of intuitive work—in counseling and other professions as well as in everyday living. They will also receive instruction on learning to recognize, trust, and apply their own psi abilities through lecture, basic exercises, and practice on selected cases. During the exercises Anne will use her "tracking" abilities to assist participants in developing their own inner sensitivity.

"Although esoteric and metaphysical explanations and background will be presented where appropriate, this is not a primary goal of the program. Particular attention will be placed on helping the participants differentiate between perception and projection, and between psychic and intuitive input." $1120

April 14-May 10
Psychosynthesis Training

Harry Sloan

Learn your techniques well and be prepared to let go of them when you touch the human soul.
—Carl Jung

Many of us have experienced those moments in working with clients when we don't have the foggiest idea what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for the familiar—a technique, map, or model. This leads to the mechanical experience of "going through the motions," and using rote interventions. In those moments, if we can stretch for essence and truth instead of falling back on what's most familiar, dissonance often opens to insight, with a decidedly different effect upon both client and guide—that ineffable sense of capturing the moment. The interventions that follow are dynamic, uniquely suited to the particular needs of the client. The heart of psychosynthesis is understanding the process of reaching for the essence within ourselves and our clients. This practice tends to develop our inherent wisdom and intuition, a context which transcends methodologies.

I must create a system of my own or be enslaved by another man's.—William Blake

For people to strengthen their own systems, training programs need to self-correct for the tendency to emphasize techniques, maps and models at the expense of developing the participants' intuition. At its extreme, the blind adoption of form creates a cloning of a leader's approach and/or style. The challenge of this training will be two-fold: to hold the door open to our intuition (our own system); and to utilize creatively the methods of psychosynthesis and the skills of disciplines with which we have identified. The program can be useful for anyone in the helping professions who wants a more creative relationship with their discipline. The format will combine experiential seminars, meditative practice, process work, body work, readings, supervision, and practicum. Psychosynthesis leaders will be invited in at times to offer their specialty. Participants will have the opportunity to recognize and work with the process of psychosynthesis in themselves and in others, and to develop the practical experience needed to begin applying the methods of psychosynthesis in their work. Some of the themes covered in this program are: guiding as a meditation, developing and aligning the major aspects of our personality, body, feelings, and mind; principles and practice of guided imagery; multiplicity, conflict, and integration in the personality; balance and synthesis of opposites; utilizing the superconscious or transpersonal dimension to recognize, release, and transform blocked energies; the dynamic energy of love as a vehicle for change and healing; grounding (the process of translating psychological awareness and insight into deliberate behavioral change); levels of perception—intellect, intuition; spontaneity and the fear of making mistakes; the principle of synthesis as a quality of the will and as the unifying principle of individual growth and human evolution.

Psychosynthesis is a name for the conscious attempt to align and cooperate with the natural process of growth and integration, recognizing that each human being is spiritual in essence, and that the fundamental opportunity available to us is to realize and express this essence, or Higher Self, as fully as possible in the world of everyday personal and social existence.

A packet of reading materials is available on receipt of a $20 check payable to Harry Sloan, P.O. Box 18185, San Francisco, CA 94118. $1800

April 19-26
Fitness of the Body, Inside and Out

Jessica Moore Britt & Andrea Juhan

This program is an in-depth exploration of the interplay of our physical structure, tone, capacity, and appearance, and our internal feelings and thoughts, and how these create our concept of self and well-being. Each week there will be integrated sessions in: *Fitness and Relaxation*: including stretching, aerobics, dancing, hiking, Feldenkrais work, massage, and meditation. *Personal Awareness Work*: using gestalt practice, Reichian breath work, movement, and video in order to explore conditioned images and feelings and to provide an opportunity to explore alternatives.

In lectures and demonstrations guest faculty will discuss anatomy and physiology, and the psychology of the relationship between the physical body and states of being. Diet and nutritional information and guidelines will be provided.

This week is for participants to create new patterns in their individual life process, and to reinforce this new behavior in a supportive environment. The course is designed to be a step towards a lifelong program of well-being. A fact sheet of detailed scheduling is available upon request. $680

April 19-26
Hiking and Gestalt Practice

Steven Harper, Richard Price & Aurora Price

This workshop brings together gestalt practice and hiking. Both are practices in awareness. Both offer a chance to explore "inner" and "outer" wilderness.

There will be a balance of gestalt practice at Esalen and short to medium range day-hikes into the Big Sur backcountry. For more specific descriptions of these two approaches, refer to "Gestalt Practice" and "Big Sur Wilderness Experience" on page 15. $680

April 19-28
The Body Has Its Reasons

Peter Levine

When we are hurt, we build our own fortress around the wound and thus insulate ourselves against further pain. An armor develops in the muscles of our bodies and breathing becomes controlled to reduce our level of feeling. The strength of these walls depends upon the degree of the hurt. Some fortresses have walls so thin that with a little help we can easily move through them and we are out again. Others are much deeper and have a life and tenacity of their own. They are reflected in

rigid roles and are solidified in our bodies as chronic tensions and patterns of bodily attitudes. Our sense of the body is lessened and our connectedness is diminished.

In this workshop body approaches, dream work, and gestalt will be incorporated to teach us how to trust more fully in our bodies and enhance our excitement and passion. Through a vital sense of the body and feelings we can understand our dreams, impulses, and actions more deeply. Avenues will be explored in redeveloping a sense of pleasure, ease, and self-esteem. Without storming our citadels by force, we can soften body armor by allowing the body to express itself, in its own language, within its own rhythm. This return toward grace, which is our birthright, is the wisdom of the body. $770

April 26–May 3
The Enneagram: A Tool for Identifying and Developing Intuition

Helen Palmer

Helen writes: "For the past several years I have been teaching people how to develop their intuition as a reliable source of information. It has become increasingly clear that adults are especially sensitive to issues and situations that, as children, they were attracted to or needed to defend themselves against. For example, a loved child may develop the ability to merge with the wishes of others and so become highly intuitive about the means of gaining their approval. A child who has had a frightening early life can become precognitively sensitized to anger or negativity in other people. These psychic abilities, centered around the survival issues of childhood, then become an integral part of the adult personality, but the grown up child is usually not conscious of operating from anything other than intellectual information. The key idea is that each person's intuitive style seems to be closely associated with a particular set of issues that derive from early experience.

"The Enneagram is a Sufi system that acts as a bridge between intellect and intuition. It has been taught for generations in the oral tradition. In its present form, it uses the language of psychology to identify nine personality types and their interrelationships. Each personality type has a unique way of looking at the world, and this viewpoint is reflected in a set of preoccupying thoughts and a related intuitive style. Thus, once the focal points of internal attention are identified, a person has a place to begin to look for the related intuitive ability.

"The function of a teacher in the oral tradition is to work first with a group of people who have the same personality type, and to develop a line of questioning which demonstrates the operation of their particular thought strategy. By observing such exemplars, workshop participants will be able to discover their own personality type in this system, and thus their own preoccupying issues and the ways in which they internally sense the presence of these issues. The task is then to be able to distinguish between thoughts about an external situation and intuitive information about that same situation. The second half of the workshop will be devoted to the internal focusing practices that enable one to develop the ability to shift attention between thought and intuitive perception, and to discriminate between psychic and intellectual information.

"The Enneagram workshop is useful to people who wish to develop their intuitive abilities and are working to separate their psychic impressions from their projections. It is particularly useful to anyone who works in a situation where reliable access to intuitive information is important." $680

May 12–June 7
Frontiers of Modern Consciousness Research: Dawning of A New Paradigm

Coordinated by Christina & Stanislav Grof

This four-week interdisciplinary educational program is designed for professionals and students in the fields of psychiatry, psychology, medicine, anthropology, history, art, religion, and philosophy. We will focus on the following areas:

1. *Ancient and Non-Western Maps of Consciousness.* We will explore theoretically and experientially shamanism, aboriginal ritual practices, various mystical traditions, and the great Oriental spiritual philosophies.

2. *Modern Clinical and Laboratory Consciousness Research.* Prominent researchers in various fields who have contributed to the new paradigm will review with participants revolutionary observations from modern science that represent a critical challenge to Newtonian-Cartesian thinking. This will include psychedelic counseling, modern experiential counseling, laboratory methods of altering consciousness, field anthropology, parapsychology, study of near-death experiences, UFO phenomena and multiple personalities, brain research, and quantum-relativistic physics.

3. *Spiritual Emergency: Understanding and Treatment of Evolutionary Crises.* This aspect of the program will focus on observations, suggesting that certain non-ordinary states of consciousness—if supported rather than suppressed—are conducive to emotional and psychosomatic healing, personality transformation, and consciousness evolution. We will experiment with methods which are useful in facilitating a positive resolution of such crises.

4. *Self-Exploration and Group Process.* The format of these workshops combines didactic input with deep personal experience. We will use controlled breathing, evocative music, body work, mandala drawing, gestalt practice, meditation, and other approaches. The coordinators and the Esalen staff will function as facilitators for the participants throughout the workshop.

Reservations should be addressed to: Christina Grof, c/o Esalen Institute. $1800

Healthspring Traveling Workshops

The Esalen massage teachers and their associates have created Healthspring, an independent organization devoted to extending their work into an outreach program. The workshops offer practices to help increase physical and spiritual health and awareness within the body, and can be designed to suit the needs of individual groups. The curriculum combines such approaches as massage, meditation, dance, neo-Reichian work, creative movement, gestalt, yoga, breath enhancement, anatomy, and other health-strengthening disciplines.

Healthspring will conduct workshops at locations outside of Esalen in your hometown or city. For more information on scheduling a Healthspring group in your community, write to: Healthspring Traveling Workshops, Esalen Institute, Big Sur, California 93920.

Integrative Body Practice Training Program

Integrative Body Practice (IBP) uses breathing as a vehicle for the integration of body, mind, emotions, and spirit and is based on the work of Jack Lee Rosenberg, author of *Total Orgasm*, and *Body, Self and Soul: Sustaining Integration* with Marjorie L. Rand (October, 1984).

There are three ways of being in the IBP professional training program at Esalen: professional certification in IBP if you are already a licensed mental health practitioner (CEU available); master's degree in clinical/counseling psychology (BA required, submit transcripts); Ph.D. in clinical/counseling psychology (48 unit master's degree in psychology required, submit transcripts). Degrees are awarded by California approved degree-granting institutions (not by Esalen), allowing the student to sit for California licensing exams (Marriage, Family and Child Counseling license at MA level, and Clinical Psychologist at Ph.D. level).

For details write: the Rosenberg Institute, 1107 W. Washington Bl., Venice, Ca. 90291, c/o Dr. Marjorie Rand.

Wilderness Programs

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

Up to 3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your non-refundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

January 11-13
Sierra Ski-Touring: Gentle Pleasure of Flat Tracking

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

Ski-touring is a state of mind, a balance of boldness and caution, an ease and grace of motion, and an exploration of the ever-changing winter wilderness. The Sierra Nevada becomes a silent, magical place when the snow begins to fall in November. We have the range to ourselves to glide through meadow and forest savoring the sparkle and solitude only ski-touring affords. Touring is an easy skill to learn. After a few hours of instruction you can be ready for your first tour.

Whether you're a beginner or intermediate cross-country skier, this weekend can help perfect your technique quickly and easily. Expert instruction and the use of videotapes help you master the effortless kick-and-glide of the accomplished skier. On Saturday, we will ski on the set tracks, being taught how to move easily. Sunday, we will pack our lunch and ski-tour through gently rolling terrain. Both nights we will stay in cozy cabins at Sorenson's Resort, where we can sample delicious meals and top off the day's activities in the nearby hot springs. Skis, boots, poles, lodging, and all meals are included. The trip begins Friday afternoon and ends Sunday afternoon at the airport in South Lake Tahoe. $225

January 25-27
Sierra Ski-Touring: The Art of the Telemark Turn

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

This weekend is the sequel to Annie and Dick's *Gentle Pleasure of Flat Tracking* weekend January 11-13. The course takes us from flat terrain to the gentle groomed slopes and lifts of Kirkwood's downhill ski area. Skiing on metal-edged skis with stout cross-country boots, we will review the wedge turn and the telemark turn. Video equipment and expert instruction will help us with the basics in just a few hours. Sunday we will ski off the trail through the quiet rolling forests and meadows of Carson Pass, where breath-taking views of the surrounding mountains command one's attention. Skiers will be taught how to evaluate snow conditions, to use skins and wax, and to practice turning in different snow conditions. Both nights we will dine and lodge at Sorenson's Resort, topping off the day's activities in the nearby hot springs. Skis, boots, poles, lodging, and Saturday lift tickets are included. The trip begins Friday afternoon and ends Sunday afternoon at the airport in South Lake Tahoe.

$245

Future Programs

September 13-October 11
Earth Wisdom, Body Wisdom

Coordinated by Jessica Moore Britt & Steven Harper

We can learn about ourselves by learning with/about the earth we live on and we can learn about the earth through learning about ourselves. This is a study-work program at Esalen and in the wilderness. We will weave together wisdom of the elements of earth and body, synthesizing wilderness exploration, solo/vision quest time, and personal awareness work involving gestalt, Reichian breath work, movement and sound practice. The month will culminate in the preparation for our last eight days together on a wilderness trip.

While at Esalen participants will work sixteen hours per week with our lands department in order to have practical experience with self and the earth. As this is a scholarship program the work is required for participation. $1350

May 3-11
Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Jessica Moore Britt & Steven Harper

Nature can provide us with opportunities to stretch our limits and explore our inner wilderness. By living in a natural environment we can expand our sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. We will travel "light," with instruction in minimum impact camping, ecology, and the geography and cultural history of the area

With the wilderness as our mirror, we will explore our inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, we will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley, with natural hot springs, for our last night together. There, meditation instruction will be available for those who wish it. Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration.

$475

Medical Programs

Esalen Institute is a California state-approved provider for continuing education for health professionals. The California Medical Association has granted Esalen Category 1 approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Consult future catalogs for continuing eduation credit courses.

Biographical Information

A

Joel Andrews, *p. 18* — harpist and psychic channel, has completed 1900 individual attunements and gives concerts and workshops intended to call forth inner spirituality.

Anne Armstrong *p. 19, 27, 35, 40* — has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong, *p. 19, 27, 35, 40* — a former engineer, is a life-long student and teacher of esoteric studies.

B

Jamie Baraz *p. 18* — has taught vipassana meditation with Joseph Goldstein, Jack Kornfield, Stephen Levine, and others in the U.S. and Asia. He has led classes in the Bay Area since 1977.

Robert Bathurst, *p. 22, 28, 36* — professor, writer, former diplomat and naval officer, has specialized in Soviet literature and Soviet strategy since he was an interpreter at Camp David during the Eisenhower-Khrushchev talks.

Daniel Bianchetta *p. 18, 35* — practices intuitive readings, shiatsu, and deep tissue work at Esalen. He is a teacher and student of Siddha yoga.

Ralph Blum, *p. 34* — author of *The Book of Runes*, is a writer, publisher, and storyteller who has spent the last eight years working with Runes as a counseling tool.

Devers Branden, *p. 35* — a Los Angeles-based counselor, is co-author of *The Romantic Love Question and Answer Book*.

Nathaniel Branden *p. 35* — is a Los Angeles based psychologist/psychotherapist, author of *Honoring the Self*.

Jessica Moore Britt *p. 14, 17, 22, 25, 27, 28, 36, 40, 42* — is a registered nurse who is presently a member of the Esalen community and a practitioner of gestalt, Reichian, and wilderness approaches to healing and well-being.

Charles Brooks, *p. 27* — author of *Sensory Awareness, the Rediscovery of Experiencing*, has been a teacher of sensory awareness since 1963, often in conjunction with Charlotte Selver.

C

Peter Caddy *p. 28* — is the founder of the Findhorn Foundation, and is presently engaged in visiting and assisting in the link-up of communities, groups, and movements for the process of planetary transformation.

Annie Callaway-Galland, *p. 19, 20, 42* — professional wilderness guide and counselor, hatha yoga teacher, and writer, has been leading Esalen trips for many years.

Joseph Campbell *p. 25, 26* — is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecurer, and author of *The Hero With a Thousand Faces, The Masks of God*, and *Myths to Live By*.

Anne Caple *p. 18, 35* — is a student of transpersonal psychology, a technical writer, editor, and fiber artist.

John Caple *p. 18, 35* — is a career counselor, worklife advisor to business, and college professor with an earlier career in management.

Paul Carter, *p. 32* — co-founder and director of Meta-Education and Training Arts since 1976, leads workshops in the U.S. and Europe in Ericksonian hypnosis, family therapy, creativity, and learning.

Michell Cassou *p. 30* — is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.

Stanford Eugene Cates *p. 26* — works and trains with Paul Rebillot, assisting and co-leading groups. He has trained in Trager Psychophysical Integration, and is a minister.

Emilie Conrad-Da'oud, *p. 24, 38* — a professional dancer and teacher of movement, has studied and performed ballet, modern jazz, Afro-Cuban, and primitive dance in New York and the West Indies.

Ann Christie *p. 24* — is former director of the Primal Institute, co-author of the forthcoming book *Revolution in Hypnosis*, and is in private practice in west Los Angeles.

Jack Cirie, *p. 28* — certified Leonard Energy Training Instructor and aikido practitioner, has led workshops in the eastern U.S. in body awareness and performance from centered and balanced stances.

Stewart Cubley, *p. 30* — artist and scientist, is a co-founder of the Expressive Painting Studio in San Francisco.

D

Laura DeNuccio, *p. 23, 28, 33, 36* — a certified Radix® teacher on the Esalen faculty, has twelve years experience combining Reichian bodywork, gestalt, Bates vision work, movement, and meditation in group and private instruction.

Patrick Douce, *p. 31* — a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais awareness through movement and is available for individual sessions in functional integration.

Steven Donovan *p. 34* — is director of The Transformation Project and an Esalen trustee.

E

Jack Downing, *p. 19* — M.D., is a psychiatrist with a comprehensive background in gestalt, Rolfing®, Arica, applied kinesiology, and neurolinguistic programming.

Victoria Elliot, *p. 22* — an Esalen trustee, is president of Norman H. Gershman Consultants, executive recruiters and management consultants to the securities business.

F

Rosemary Feitis, *p. 18* — a certified Rolfer® and editor of *Ida Rolf Talks*, has been rolfing for 15 years.

G

Joyce Frazee ..... is a gestaltist whose training includes art, group process, bioenergetics, body awareness, and psychosynthesis.
p. 28

Dick Galland, ... professional wilderness guide and fly fishing instructor, was founding director of Southwest Outward Bound and currently heads Clearwater Trout Tours. He has led Esalen trips for several years.
p. 19, 20, 42

Robbie Gass ..... is a clinical psychologist, co-founder (with Judith Gass) of the Spring Hill Center in Ashby, Massachusetts, and musical director of the recording group *On Wings of Song*.
p. 17

Judith Gass ..... is a teacher, consultant, counselor, dancer and story-teller.
p. 17

Merri Goldenson (Devarani) ..... is a chiropractor, certified Radix® teacher, Bates vision instructor, and is in private practice in west Los Angeles and San Francisco.
p. 22, 29

John Graham ..... is a former U.S. diplomat. His "Politics That Heal" seminars and lectures have been offered in North America and Europe to help people find and use the power of their own ideals.
p. 19

Christina Grof ..... studied with Swami Muktananda and has a special interest in the relationship between mysticism and psychosis. She is founder of the Spiritual Emergency Network and co-author of *Beyond Death*.
p. 19, 23, 25, 29, 35, 38, 41

Stanislav Grof ..... is a psychiatrist with almost three decades experience in consciousness research with and without psychedelics. He is author of *Realms of the Human Unconscious* and *LSD Psychotherapy*.
p. 19, 23, 25, 29, 35, 38, 41

H

Betsy Hand, ... former resident staff member of the Gestalt Institute of Canada, has 20 years experience with families, couples, and groups. She is in private practice in Kentfield, California.
p. 22, 28

Thomas Hanna ..... is director of the Navato Institute for Somatic Research and Training, editor of *Somatics* magazine, and author of *The Body of Life* and *Bodies in Revolt*.
p. 20

Keith Harary, ... clinical counselor, experimental psychologist, and co-author of *The Mind Race*, has conducted psi research for over fifteen years and has authored more than 25 scientific and clinical articles.
p. 22

Michael Harner, ... an anthropologist who has studied shamanism among South and North American Indians for more than two decades, is the author of *The Way of the Shaman* and *Hallucinogens and Shamanism*.
p. 20, 28

Steven Harper ..... teaches for Colorado Outward Bound and the National Outdoor Leadership School, and is currently the coordinator of the Esalen Wilderness Programs.
p. 15, 27, 28, 30, 40, 42

Susan Harper ..... teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads "Dance the River" trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 17, 24, 30, 38

John Heider, ... a psychologist in private practice in Coconut Grove, Florida, is a group leader and teacher of group leaders. He was part of the Esalen Residential program from 1967-71.
p. 28

Eric Helt, ... program director of the Breakthrough Foundation, was formerly a faculty member of the University of Michigan and Boston University and director of health planning for the state of Vermont.
p. 17

Nick Herbert, ... an independent researcher in the foundations of physics, is completing a popular book on quantum foundations entitled *Quantum Reality: Beyond the New Physics* (Doubleday).
p. 21

James Hickman ..... is director of Esalen's Soviet-American Exchange Program.
p. 34

Maria Holloman ..... has studied gestalt and deep tissue and practiced spiritual massage at Esalen for the last five years. She was formerly a lawyer in Brazil.
p. 30

Maya Holloman ..... has been a student at Gazebo since she was six months old.
p. 32

Perry Holloman, ... a former teacher at Gazebo School, currently is a member of both Experiencing Esalen and Gazebo workshop staffs.
p. 28, 30, 32

Peggy Morrison Horan ..... is an Esalen masseuse and teacher, and coordinator of the Esalen Childbirth Education Program.
p. 18, 28

Paul Horn ..... is a flutist, jazz musician, creator of the *Inside* albums, and teacher of meditation.
p. 18, 19

Chungliang Al Huang ..... is a Tai Ji dancer, artist-calligrapher, and philosophical entertainer. He is founder / president of Living Tao Foundation, Urbana, Illinois.
p. 18, 19, 25

J

Andrea Juhan ..... is an Esalen deep tissue and massage practitioner, leads movement exploration classes for various group leaders, and conducts Esalen community classes in stretch exercises, aerobics, and dance.
p. 19, 22, 27, 29, 36, 40

Deane Juhan, ... a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.
p. 18, 19, 29

K

Sam Keen ..... is an explorer of inner space, a philosopher, and author of *Apology for Wonder*, *To a Dancing God*, and *Beginnings Without End*.
p. 26

George King, ... a massage practitioner for 22 years, has worked throughout the U.S., Europe, and South America.
p. 28

Joel Kirsch ..... is a founding member of the Energy Training Institute, Executive Director of the Esalen Sports Center, and sports psychologist for the San Francisco Giants.
p. 33

Susan Kirsch ..... is a founding member of the Energy Training Institute, president of Kirsch Associates, a management training firm, and an instructor at Golden Gate University, San Francisco.
p. 33

L

Laya Kline ..... is a practitioner, counselor, teacher, and certified nutritional consultant who focuses on cancer treatment. As a registered nurse, she is involved in a nurse support group and patient advocacy.
p. 23

Stephen LaBerge ..... is a scientist dedicated to the transformation of human consciousness. He teaches and does research on conscious or "lucid" dreaming at Stanford University.
p. 35

Benj Langdon, ... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.
p. 34

Janet Lederman ..... is an artist, teacher, and creator of the Gazebo.
p. 33

Lenore Lefer, ... currently maintaining a private practice in San Francisco, is on the training staff of the Psychosynthesis Institutes of London and San Francisco.
p. 24

Dub Leigh ..... has been trained by Ida Rolf and Moshe Feldenkrais and has studied with Lauren Berry and Milton Trager.
p. 19, 29, 37

Annie Styron Leonard ..... is an associate director of Wellness Associates of Mill Valley, California, where she teaches workshops and classes in energy awareness and its application to wellness.
p. 28

George Leonard, ... author of *Education and Ecstasy, The Transformation, The Ultimate Athlete,* and *The Silent Pulse,* holds a black belt in aikido, from which he derives his present work.
p. 28, 29

Diane Miller Lesty ..... has been a resident Esalen gestalt and Halprin movement facilitator and massage staff member for the past ten years.
p. 27

Peter Levine ..... has practiced and taught Reichian body work for many years. He holds doctorates in medical biophysics and psychology. His interests include the effects of stress on children and infants.
p. 21, 27, 31, 40

Bill Liles, ... a member of the Esalen massage crew for many years, integrates polarity with traditional Esalen massage.
p. 18, 35

DeeDee Lozier ..... is a Feldenkrais practitioner who studied with Moshe Feldenkrais in the United States and Israel.
p. 29

Nancy Kaye Lunney ..... is gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, does individual as well as group work, and is manager of programming at Esalen.
p. 28

M

John Marks ..... is director of Search for Common Ground in Washington, fellow of Harvard's Institute of Politics, and associate of Harvard's Department of Psychology and Social Relations.
p. 17

Deborah Anne Medow, ... Esalen body work practitioner and group leader since 1969, teaches ashtanga yoga, massage, creative movement, and related healing disciplines, and studies Native American tradition.
p. 17, 22, 24, 30, 33, 36

Ailish Mellard, ... holistic health practitioner and body worker for 12 years, is currently organizational consultant for Will Schutz Associates, which teaches human potential concepts to various organizations.
p. 24, 33

Harvey Milkman, ... professor of psychology at Metropolitan State College, Denver, Colorado, and is co-editor of *Addictions: Multidisciplinary Perspectives and Treatments.*
p. 35

Crystal Miller ..... is a dancer and former consultant to the National Endowment for the Arts.
p. 18

Jaime Morton ..... is a teacher of massage, a counselor, and an earth artist.
p. 34

Laurie Muller (Lioness), ... a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 24

Arthur Munyer ..... is a long time resident of Esalen and a member of the massage crew. He was one of the first faculty members at the Gazebo School at Esalen.
p. 27, 30

Jezariah Canyon Munyer, ... born February 11, 1983, is his parents' favorite teacher.
p. 27

Laurie Schutz Munyer ..... has been a long time resident of Esalen, a staff member in several capacities, and has assisted at Gazebo. She is now a member of the Esalen massage crew.
p. 27

Michael Murphy ..... is co-founder of Esalen Institute and founder of The Transformation Project. He is author of *Golf in the Kingdom, Jacob Atabet, The Psychic Side of Sports,* and *An End to Ordinary History.*
p. 34

N

The NINE ..... "We are pure thought human fantasy seeking a road to the birth canal of reality where we will be seen as 'The NINE'."
p. 26

O

Jenny O'Connor ..... is a psychic from England, and is a channel for "The NINE."
p. 26

Chris O'Reilly ..... has taught non-verbal communication for over ten years. She is currently writing a book on relationship to God and is a student of Indian Classical dance.
p. 19

Tim O'Reilly ..... is a writer, teacher, and businessman. His teaching is based on maps of consciousness originally developed by George Simon.
p. 19

Brita Ostrom, ... a longtime Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.
p. 19, 27, 35

P

Helen Palmer, ... a clairvoyant counselor, is director of the Center for the Investigation and Training of Intuition. Her approach uses personality issues as access points to psychic perception and the inner life.
p. 17, 27, 41

Leslie Pam, ... former director of the Primal Institute, marriage and family counselor, is co-author of the forthcoming book *Revolution in Hypnosis,* and is in private practice in Los Angeles.
p. 24

Marianne Paschke-Carter ..... combines movement, hypnosis, conscious breathing, and Trager psychophysical integration in her work with individuals, families, and groups.
p. 32

George Pennington, ... a staff member of the Coloman Growth Center in Bavaria, West Germany, works to combine modern psychological approaches with Buddhist and shamanic consciousness techniques.
p. 29

Ayala Pines, ... research associate in the psychology department, U.C. Berkeley, is the author of *Exploring Social Psychology* and *Burnout: From Tedium to Personal Growth*.
p. 30

Hector Prestera, ... a physician, acupuncturist, Rolfer®, certified neurolinguistic trainer, and practitioner of Ericksonian hypnotherapy, is in private practice in Monterey.
p. 34

Aurora Price ..... is an experienced hiking companion with four legs and white fur.
p. 27, 40

Christine Stewart Price ..... combines gestalt awareness practice with creative visualization. She is a born-again pagan. She is currently studying with Linda Tellington Jones in awareness and body work with animals.
p. 14, 24, 39

Richard Price ..... is the co-founder of Esalen and has been practicing gestalt as a facilitator for over twelve years.
p. 24, 27, 39, 40

Jill Purce ..... is author of *The Mystic Spiral*. She studied the mystical dimension of sound with Karl Heinz Stockhausen, and the magical use of the voice and overtone chanting with tibetan lamas.
p. 31

R

Paul Rebillot ..... was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.
p. 20, 22, 26, 27, 29, 38

Kenneth Ring, ... active in the field of near-death studies since 1977, is a psychology professor and president of the International Association for Near-Death Studies at the University of Connecticut.
p. 31, 33

Sogyal Rinpoche, ... Tibetan incarnate Lama, scholar and meditation master, was raised by Buddhist master Jamyang Khyentse Chokyi Lodro and studied at Cambridge University.
p. 29

Jack Rosenberg, ... author of *Total Orgasm*, has trained in gestalt and Reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.
p. 24, 34, 38, 41

S

Michael Salveson, ... instructor and former president of the Rolf Institute, and co-founder of the Aspen Research Institute, practices Rolfing® and has researched biological effects of electromagnetic fields.
p. 31

David Schiffman, ... a longtime leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 20, 21, 24, 27, 28, 30, 34, 35, 39

Elisa Lodge Schiffman ..... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf®-movement integration.
p. 20, 21, 24, 28, 30, 34, 35, 39

Will Schutz, ... founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity*.
p. 24, 33, 39

Charlotte Selver ..... teaches sensory awareness, perception, and non-verbal and verbal communication. A center has been built for her long-term study groups at Green Gulch Farm through the Zen Center, San Francisco.
p. 27

Phyllis Shankman, ... a licensed psychotherapist in private practice in West Lost Angeles, specializes in group process, taught Women's Studies at UCLA Extension for many years and is interested in change.
p. 30

Rupert Sheldrake ..... is a biologist and author of *A New Science of Life*.
p. 33

Julian Silverman ..... is director of counseling and psychological services at U.C. Santa Cruz.
p. 22

Saul-Paul Sirag ..... has published two physics papers in *Nature* and has authored a theory on the size of the universe. In 1977 he founded the Consciousness Theory Group, which he directs.
p. 21

Harry Sloan, ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Dr. Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 22, 27, 40

Fritz Smith ..... is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is in a private holistic health practice in Watsonville, California.
p. 24

Gerald Smith ..... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*.
p. 22, 28

John Soper ..... came to gestalt from a highly successful international career in business. Resident at Esalen since 1978, he practices both interpersonal and intrapersonal gestalt.
p. 14

Elizabeth Stratton, ... a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.
p. 17

Stanley Sunderwirth, ... vice president for academic affairs at Metropolitan State College, Denver, Colorado, is co-author of "The Chemistry of Craving," *Psychology Today*, October, 1983.
p. 35

T

Lia Thompson ..... has been a Gazebo teacher for five years. She is currently a member of both the Experiencing Esalen: The Body workshop staff and Gazebo workshop staff.
p. 28, 32

Riley Thompson-Clark ..... has been a student at Gazebo since she was three months old.
p. 32

Michael Tierra ..... is an herbalist, musician and yogi. He is director of the Garden of Sanjivani center for the study of herbs and holistic health in Santa Cruz.
p. 26

W

Z

Vicki Topp ..... joined the Esalen massage staff in 1968, and is currently interested in integrating emotional release work and the transpersonal aspects of body work.
p. 19, 30, 36

Paul Winter ..... is an environmentalist, musician and recording artist. He is founder / artistic director of Paul Winter Consort, and of Living Music Foundation in Litchfield, Connecticut.
p. 25

Rickie Wolf, ... director of the Tokyo Gestalt Institute, is a research fellow at the University of Tokyo in psychosomatic medicine. She is a professional clown and storyteller.
p. 17

Jennifer Woolger ..... is a gestalt therapist specializing in past-life therapy, family and women's issues. She has a wide background in community mental health.
p. 34

Roger Woolger ..... trained as a Junian analyst at the Zurich Jung Institute and holds degrees in psychology and comparative religion from Oxford and Longon Universities.
p. 34

Janet Zuckerman ..... was an emotional release and group process teacher at Esalen for twelve years. She has a private practice in San Francisco.
p. 30

Catalog Subscription Information

The Esalen Catalog is published tri-annually. Subscription cost for one year, including postage and handling, is $8 for the United States, $10 for Canada and Mexico, $14 for Europe and South America, and $16 for all other countries. **Please make all payments in U.S. currency.** A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, Ca. 93920.

☐ To obtain future issues of the Esalen Catalog and occasional mailings for one year, please send a check or money order in **U.S. currency only** to: Esalen Institute, Big Sur, California 93920. A preaddressed envelope is included in this catalog for your convenience.
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We invite you to join us in our organization—Friends of Esalen.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the Esalen Catalog for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

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Food for the Senses

a book of recipes and artwork by people of the Esalen community is now available. To order by mail, use the following form.

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Name _____ Address _____

City _____ State _____ Zip _____

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Audio Recordings

The Dolphin Series

The human potential movement continues to produce unusual events which in turn produce unusual recordings. Each issue of the Esalen Catalog lists a number of new titles and also includes some from the Big Sur Recordings archives. Nearly all tapes are stereo, from live events, and tape length is normally 1 to 1½ hours.

Single-tape titles are $10 with prepayment (purchase orders add $1 per tape):

Paul Rebillot: The Pluto Story: Journey into Madness, 1984
Joseph Campbell: The Hero's Journey (Sword and Flute), 1984
Julian Silverman: A Light Hearted Course In Miracles, 1984
Daniel Ellsberg: The Policy Catastrophe, 1982

Gregory Bateson: Eternal Verities of Life
Sogyal Rinpoche: Interview on Death and Dying
Robert Anton Wilson: The Prism Lecture

Terence McKenna: New and Old Maps of Hyperspace
Albert Hofmann: LSD and the Nature of Reality
Michael Harner: Drumming for the Shamanic Journey

Robert Bly: The Six Powers of Poetry
Gioia Timpanelli: Fairy Tales: The Enduring Stories
Ram Dass: Involvement with Life, 1974

Anne Armstrong: On Being a Psychic, 1971
Joseph Wheelwright: Psychological Types, 1971
Baba Ram Dass: Yoga of Daily Life, 1970
Aldous Huxley: Human Potentialities, 1962
Aldous Huxley: Visionary Experience, 1962

Two-tape titles are $18 with prepayment (purchase order price is $20):

Jean Houston: (2) The Possible Human, 1979
Arthur M. Young: (2) Interview Tapes: His Life and Work, 1983
Frank Herbert: (2) Conversations at home with Frank and Bev, 1983
Charlotte Selver/Charles Brooks: (2) Sensory Awareness, 1980-1982

Paul Rebillot: (2) The Hero's Journey (A Guided Experience), 1982
Andrew Weil: (2) Use and Abuse of Beneficial Plants, 1982
Andrew Weil: (2) Interplay of Mind and Body Realities, 1982

Baba Ram Dass: (2) One Man's Journey to the East, 1968
Poetry of Robinson Jeffers: (2) A Dramatic Presentation, 1972

Please add $2 to your order for handling and mailing. California residents include 6% tax. Please mail your order with check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920. Suggestions regarding recordings are appreciated.

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Audio recordings from conferences promoting personal, social and global development.

Jean Houston: The Possible Human; The Possible Society
Marilyn Ferguson: Our Dreams Work in the World
Rupert Sheldrake: Morphic Resonance
Fritjof Capra: The New Vision of Reality
Thomas Szasz: The Myth of Psychotherapy

Joseph Chilton Pearce: Role Models & Child Development
Father Bede Griffiths: The Christian Doctrine of New Creation
Mother Theresa: Bombay Address & Press Conference
Donald Keys: Choosing a New World
Helen Caldicott: Prescription for a Nuclear Survival

Elmer & Alyce Green: Introduction to Bio-Feedback (2 tapes)

Stanislav Grof: Holonomic Consciousness
Stan & Christina Grof: Introduction to Holonomic Ingetration
R. D. Laing: The Voice of Experience
John & Toni Lilly: Reality and Beliefs
Claudio Naranjo: Bringing Meditation into Psychotherapy

Robert Muller: Towards a Global Community
Dana Meadows: Groping in the Dark
Norman Lear: Communications, Liberty & the New Right
Robert Schwartz: Business: The Barometer of Social Change
Warren Bennis: Leadership in America

Buckminster Fuller: The Critical Path (2 tapes)

Audio Recordings

About the Speakers

Dr. Thomas Szasz: Professor of Psychiatry, State University of New York (Upstate Medical Center), Author. A compelling indictment of the coercive and punitive way in which our society treats people who are classified as mentally ill.

Robert Muller: Assistant Secretary-General of the United Nations, often called "Philosopher of the U.N." An expression of hope for a new and higher language based on love, human values, and creation of a peaceful global community.

Dana Meadows: Co-author of the Club of Rome Report *The Limits to Growth*, author of *Groping in the Dark*, professor at Dartmouth University. A look at global modeling and a view of the world with social and economic integrity.

Norman Lear: Writer, celebrated television producer (*All in the Family* & others), founder of People for the American Way. A discussion of the political uses of humor and the endangering of the American tradition of free speech.

Robert Schwartz: Director of the Tarrytown House Executive Conference Center, Chairman of the Tarrytown Group, Entrepreneur. A discussion of the market-place and its relationship to the emerging global paradigm.

Warren Bennis: Author of *Taking Charge*, editor of *New Management*, professor of management for the University of Southern California, psychologist. Looking at the qualities which make a good leader.

All tapes are $10 each (2 tape titles are $18), the complete set of 24 tapes is $160. All orders prepaid with check, money order or Mastercard / VISA. Please add $3 to total order of single tapes and $6 for each complete set for mailing and handling within the U.S. California residents add 6% sales tax. Please make checks payable to: PLANET TAPES / Burns Creek, Big Sur, CA 93920.

PLEASE NOTE: At the time this issue of the Esalen Catalog goes to press, Esalen Institute is in the process of clarifying the Esalen-sponsored audio tape recordings library.

The tapes listed on this page are not necessarily Esalen-owned or Esalen-related. They are produced by two private companies, Dolphin Tapes and Planet Tapes. They are presented here as an advertisement. Esalen assumes no responsibility for the product.

You may send for a more complete list of available tapes by addressing your inquiry to: Esalen Tape Series (Attention: Paul B. Herbert), Esalen Institute, Big Sur, California 93920.

The Media Center

Esalen Videotape

This 18-minute videotape, which tells Esalen's story from its early history to the present, is an inexpensive way to view the general offerings available at Esalen. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities. The musical soundtrack is by Paul Horn, Joel Andrews, and "Pinchey Pete" Velasquez.

Cost: For Rent:

½" VHS color video cassette ..... per week $10.00
¾" U-Matic color video cassette ..... per week $15.00

Cost: For Sale:

½" VHS color video cassette $35.00
¾" U-Matic color video cassette $40.00

This program is available for purchase in its original form—a two-projector slide dissolve show which can also be viewed with a single projector.

Cost: For Sale:
Slide Program—including 130 slides, cassette tape, and script (pulsed tape for Entré 7610 dissolve unit available on request)..... $150.00

Color Slide Set

A set of five scenes of Esalen—the Big Sur coast, the Esalen grounds, garden, the outdoor hot baths, t'ai chi on the pool deck—is available for $5.50.

Please address your order with a check payable to the ***Esalen Media Center***, Esalen Institute, Big Sur, California 93920. California residents add 6% sales tax for sale purchases.

Overseas air mail orders please add additional postage: each slide program $10 ($15 for Australia and Asia), each video cassette $7, each slide set $1.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others, are available from ***Psychological Films***, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write ***Hartley Productions***, Cat Rock Road, Cos Cob, Connecticut 06807. A film or video cassette on Chungliang Al Huang's work, entitled *Tai Chi: The Watercourse Way*, is available through ***KLB Productions***, 490 Redwood Road, Corralitos, California 95076. Regarding the documentary on Gregory Bateson, send inquiries also to ***KLB Productions*** at the above address. Recent color videotapes of Stephen Levine and Ram Dass on "Conscious Living / Conscious Dying", and of Daniel Ellsberg, Helen Caldicott, and others on the nuclear issue are available from ***Original Face Video***, Box 447, Grass Valley, Ca. 95945.

General Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $150 for seven-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only. Overseas residents please pay by checks drawn on U.S. banks.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. ***Please indicate your second choice for a workshop, in case your first choice is cancelled and we are unable to reach you.***

Please mail all reservations to:
Reservations, Esalen Institute
Big Sur, Ca. 93920

We are able to process mail reservations more effectively. If you are concerned about workshops being full or have any questions, you may make reservations by phone if you use your Mastercard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335
Office Hours:
Monday, Tuesday, Thursday, and Saturday 10 am to 3 pm
Wednesday 10 am to 12 Noon
Friday 10 am to 8 pm
Sunday 12 Noon to 8 pm

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or three workshop participants.* Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 4 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and a five-day is $50. Discounts are available only when you make your reservations. Please present proof of age when you register.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Many community programs are also open to residents. The cost is $1800 per 26-day period.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $60 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $100 per day, or $110 per day per couple. Special family rates are available. Please phone the office for additional information.

Bus Service: We have bus service from the Monterey Greyhound station at 4:45 pm and from the Monterey Airport at 5:00 pm on Fridays and Sundays. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The charge for one-way service is $20, payable to the Esalen office when you check in. Return reservations may be made at the same time. Bus service to Esalen is not available at any other time.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.

Announcement

The address of The Trager Institute for Psychophysical Integration and Mentastics was incorrectly listed in the previous Esalen Catalog. The correct address is:

10 Old Mill Street
Mill Valley, CA 94941

Telephone (415) 388-2688

Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See **General Information**, page 50.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ Zip _____ Occupation _____

Telephone Number: Day: Area Code ( ) _____ Evening: Area Code ( ) _____

There are sometimes unexpected situations that may require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? If you can't be reached please call us *before* your scheduled arrival for final confirmation.

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend: _____ ☐ housing as a couple

Do you smoke? _____

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. (For further details see Ways of Being at Esalen, page 14.)

Bus Service:

I want bus service from (check one):

_____ Monterey Airport

_____ Monterey Greyhound Bus Station

at 5:00 pm on _____ (date of arrival, Fridays & Sundays only)

The $20 per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. Esalen bus service is not available at any time other than 5 pm.

Check here ☐ if you do not want us to give out your number for the purposes of ride sharing.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

License Number:
(for registered nurses wanting CEU's) _____ (for physicians wanting CEU's) _____

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute in U.S. currency only.

Overseas residents please pay by checks drawn on U.S. banks.

Your reservation can be charged to:

MasterCard ☐ Visa ☐ American Express ☐

Card No. _____

Expiration Date _____

All workshops require nonrefundable reservation fees. See page 50. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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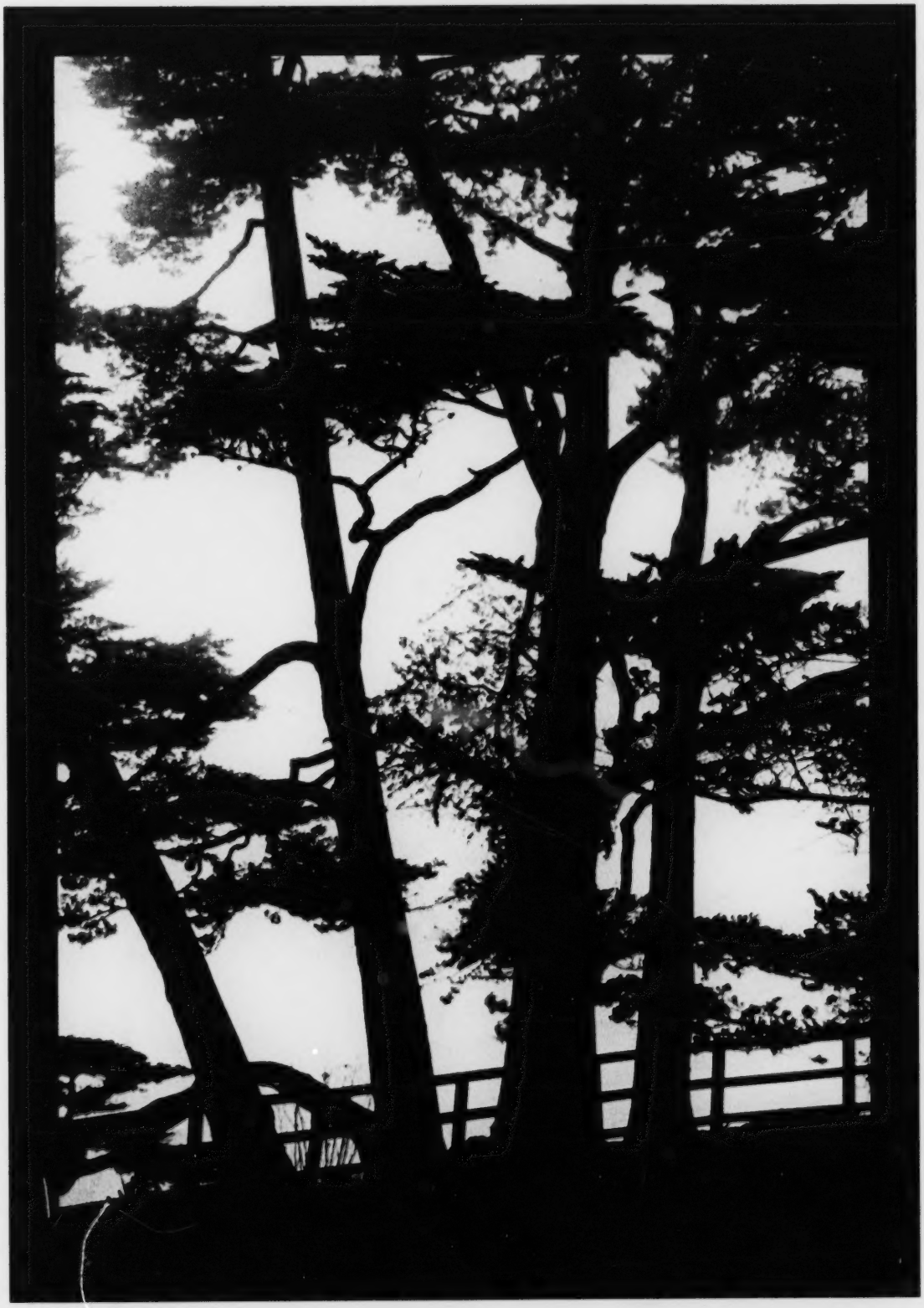
Esalen Institute
Big Sur
California 93920

DATED MATTER

The Esalen Catalog



May-October, 1985

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Joyce Rogers Lyke

Contact is the appreciation of differences.
—Fritz Perls

. . . and the recognition of similarities . . .

THE SELLING OF THE SENOI

David Nelson

Ann Faraday and John Wren-Lewis

It has been said that when religions are faced with new discoveries challenging their authority, they react in three predictable stages: first, "It's not true;" second, "It's wicked;" and third, "We knew it all along so why make a fuss about it?" A remarkably similar process is currently taking place amongst True Believers in the religion of so-called "Senoi dream control."

Their first protest, when reports began to appear in the late 1970s denying that the Senoi tribe of Malaysia really practice dream manipulation, was to accuse the "militaristic Malaysian government" of suppressing both the gentle aborigines and their secret of non-violence. It was even seriously suggested that all visitors, including professional researchers, were ushered into jungle "concentration camps" where brainwashed Temiar, speaking through government interpreters, denied all knowledge of a dream control culture. Great care was taken, so the story went, to see that outsiders never penetrated to the hidden remnant of Temiar/Senoi who had escaped from government surveillance to keep their traditions alive in the jungle depths.

When all such wish-fulfillment fantasies had been exposed as nonsense—and we can personally attest to the fact that there are no brainwashed Temiar living in concentration camps, and that anyone who is seriously interested can visit the deepest jungle villages without finding any trace of dream control—the armchair romantics progressed to stage two. It is wicked, they now argue, to impugn the scientific reputations of these two great anthropologists, Pat Noone and Kilton Stewart, and their classic research of the 1930s; if contemporary Temiar don't practice dream manipulation, it must mean that their ancient culture has been destroyed by modernization.

Well, we have now spent over a year in Malaysia, living and working in Temiar villages without any government interpreters to distort

the record of officials whose presence might have imposed inhibitions, and it would be hard to imagine a people more dedicated to preserving their traditions intact despite all the changes going on around them. We spent night after night listening to tales of olden days or joining in their frequent trance/dance sessions in which dream-inspired songs are used to call spirits, and our welcome would have been short-lived had we not scrupulously observed their time-hallowed rituals and taboos. We made a special point of talking to elders who could recall the 1930s, and one of them, who actually told his dreams to Noone and Stewart, became a key informant in our investigations. We also sought out the dreamers named by Stewart in his PhD thesis, finding two of them still living and interviewing the families of others.

Sadly, we must report that not a single Temiar recalled any form of dream control education in childhood or any such practice amongst adults; in fact they vehemently denied that dream manipulation has ever been part of their culture. And dreams play such an integral part in their whole religious life that we cannot conceive of a major dream-practice being allowed to fade into oblivion when the religion itself is so very much alive. There is an elaborate Temiar lore for interpreting dreams as warnings or omens (though only the shaman's interpretations have ever been given serious credence), and great heed has always been paid to anyone receiving a song or dance in dreams, for this indicates the emergence of a new shaman to invoke spirits for healing or protection of the village.

But no one, absolutely no one, would ever have presumed to ask for, still less demand, such a gift from a dream-character, as Western "Senoi dream theory" advocates. This would be high heresy for Temiar religion, in which the *gunig* or protective spirit always *chooses* its human vehicle and would be repelled by any hint of coercion; in fact the Temiar abhor coercion of any kind, dreaming or waking. They dismiss as nonsense the idea that children can be trained to confront hostile dream-characters, and boggle at the idea of converting such a figure into a *gunig* by fighting or killing it. On a more mundane level, they deny any tradition of offering gifts the next day to neighbors who have threatened or attacked them in dreams, and they can make no sense of the notion that sex dreams "should" always end in orgasm. For some Temiar, indeed, succumbing to sex in a dream is interpreted as seduction by a bad spirit, and all our informants insisted that incestuous dream sex portends disaster. Normally a good sex dream is either taken literally or interpreted as a kill in tomorrow's hunt.

Another point we took special pains to probe was whether Temiar culture had ever given any place to what is now in the West called dream lucidity, awareness within a dream that one is dreaming. We framed our questions very carefully (an essential precaution in any investigation like this) and were interested to find that many Temiars, and notably all our shaman informants, understood at once what we were asking. In other words, they had no difficulty in grasping that one *might* have such awareness in a dream—but they emphatically denied that it played any part in their tradition. As one old and reputedly powerful tiger-shaman put it, when a dream character speaks or touches you in a song, it seems at the time like an ordinary person or animal (and as we all know, there is nothing odd about animals speaking in dreams). *Only on waking* is the figure interpreted as a spirit guide, and waking interpretation—dismissed as irrelevant by many Western dream advocates—is central to all Temiar dream lore.

As more and more evidence along these lines reaches Western literature (and there is plenty more still to come), True Believers are moving to stage three—"Why all the fuss? Does it matter what these little people in Malaysia do or did? They have served, through the writings of Stewart and others, to provide an inspiring myth of noble savages from whom the West might learn the art of self-improvement through dream manipulation. Now that we've gotten started, and have found that the techniques work for us, we can conveniently dump the real Senoi."

Perhaps, if you've no qualms of conscience about committing intellectual genocide—but in any event we must put a ban on the misuse of their name, which proponents of dream control seem reluctant to do. Just enclosing the word "Senoi" in inverted commas isn't good enough, for the real Senoi have a real dream culture of which they are very proud, and they become quite indignant when they hear their name identified with concepts utterly alien from their own. Some smart leaders even suggested to us that their newly-formed tribal association could sue, or perhaps insist on a royalty from every book or workshop that takes their name in vain! Meanwhile, writings are already in the pipeline, from ourselves and others, which will bring real Senoi dream culture firmly into Western literature, so nothing but confusion can come from retaining the name for psychological techniques invented in America. Howard Revic's term "American Senoi dreamwork" must surely be the ultimate confusion *and* the deepest ethnic insult, for the values of real Senoi dream culture are poles apart from the self-improvement cults of the contemporary West.

The argument that the word "Senoi" is so firmly entrenched in the literature as a synonym of dream control that it will have to stay is sheer evasion. There is still time to set the record straight, and we shall see that it is done in the new editions of Ann's books *Dream Power* and *The Dream Game*—in fact this was the main reason why we took time out to visit Malaysia. Meanwhile perhaps readers . . . could suggest an alternative term. "Stewart dreamwork" has already been suggested, but this too could be misleading, for many ideas found in modern so-called Senoi dream workshops have little connection with his writings. (The puzzle of how Stewart reached his conclusions is another fascinating story, to be told elsewhere in due course.) Probably the only truly honest way out will be for every group leader to take personal responsibility for whatever techniques he or she wishes to promote, and let them stand entirely on their own feet.

As for real Senoi dream culture, we believe it will be of far more than academic interest in the West, precisely because it involves concepts quite different from those of contemporary psychology. While we ourselves do not yet understand fully the experiential meaning of the communion with nature-spirits which the Senoi claim to enjoy in their dreams and trances/dances, still less what these spirits "really" mean in psychological or theological terms, there seems no doubt that the shaman, and through him the rest of the people, can tune in to the natural environment in subtle ways quite unknown to most Westerners. (A notable exception seems to have been William Blake, who anticipated Senoi shamanism in his vision of nature's "fearful symmetry" as a tiger burning in the forests of the night.) We both had many dreams of strange mystical intensity while living in the jungle, convincing us that these gentle people and their strange religion had touched off some long-neglected faculty for "spiritual communion" with nature. And is it not just some such faculty, rather than more techniques of control, which is essential to save our planet from destruction?

This article is reprinted with permission from *Lucidity Letter*, Vol. 3 No. 1, March, 1984, edited by Dr. Jayne Gackenbach, Department of Psychology, University of Northern Iowa, Cedar Falls, Iowa.

THE NICEST RACE IN THE WHOLE WORLD

Alan Schwartz

October 23, 1984 is the Tuesday before the New York Marathon, and I find myself working out around the reservoir in Central Park, looking for some of the interesting runners who come into town early in order to combine the race with sightseeing. It's quiet, though, as I run north from 83rd Street on the West Side. I meet Chris from the Lenox Hill Hospital at 90th and Fifth Avenue, about the three-mile mark into the run, and I turn around to retrace the miles I've just finished with her as company.

Chris is a technician who, a few weeks ago, administers my first stress test to me. At 52, I decide that it is time for that, having been informed that there are irregularities in my heartbeat during a recent physical. Although I find the test exhausting, I am given a rousing ovation by Chris, and it is generally agreed that whatever I am doing to maintain my health level ought to be continued. Everything is normal and, in addition, I am found to have strengthened my physiology due to my running program. As we run the steep northern hills of the park, Chris comments that I am running strongly. It couldn't have been said at a better time. On Thursday I fly to Monterey, California to spend the weekend with my extended family and community at Big Sur's Esalen Institute, and to take part in the Big Sur River Run on Saturday, October 27th.

I am flying away from the New York Marathon. Somehow, there is excitement with that thought. I have run in three New York Marathons and I am hooked. Yet, in 1983 my entry form is rejected. I am too late with the mails—I would not spend the night with the thousands of other applicants in front of the main post office in New York City in order to make sure I am one of the lucky ones. At first I am very angry. This is *my* marathon! This is *my* running club! Reality dawns, however, and I run instead in the Marine Corps Marathon in Washington, D.C. in November of 1983. A shot of hypothermia and THE WALL and I decide enough is enough. I retire.

On Thursday, October 25, Jim Doty picks me up at the Monterey airport. Jim works in the Gazebo at Esalen Institute where I have been a teacher and group leader for more than a dozen years. He is in his mid-twenties and runs a ten-kilometer time of around 33 minutes. We talk running, races, injuries and the like as we head toward the Big Sur State Park some 30-35 miles south of Monterey. We decide to jog the course so I will be familiar with it. It is a crisp autumn afternoon. We park at the ballfield. As we jog the course the sun disappears behind the sharp Big Sur hills, and the giant redwoods add their shade to the early twilight. I am entranced with the beauty of these campgrounds and surprised at the number of campers already there on this Thursday afternoon. We meet the race director on our run and chat briefly, and I tell him that I've come three thousand miles to participate in this race. He is impressed and I am impressed. I am beginning to have one hell of a good time!

On our way down to Esalen, some thirteen miles south of the park, we discuss others from the community who are participating in Saturday's run. Kathy Mausshardt, Gazebo staff member, is one of the favored women in the race. Brian Lyke, Esalen's General Manager, Joyce Rogers Lyke of the Media Office, Jaime and Lauren from the massage staff, Lois, Esalen's versatile gourmet chef, and Kelly, Leon, Steve, Neil, Daniel, and April are all running, some for the first time. Thursday night, after a dinner of the healthiest food I've eaten since my last trip to Esalen, I visit with Nancy Lunney and console her about not being able to run because of a foot injury. On Friday I spend as much time in the famous Esalen hot sulphur baths as my body permits. I am staying with Brian and Joyce and their two children. At nine p.m. Friday I am unconscious.

Saturday morning I am shocked to find that Joyce stocks only decaffeinated coffee. I am counting on three cups of caffeine to charge my energy system into racing mode. I go outside, jump up and down five or six times and yell loudly. I am now either charged or crazy, but after all there is a race to be run! The start is at ten. We arrive an hour early and the place is really filling up. It's Big Sur's block party. Of the 1100 runners, it is estimated that just under half are local people. Esalen Institute, in addition to being well represented in the race,

is a co-sponsor of the event. The tee-shirts are superior and there is a wild boar-naming contest (the winning name—Cyrano DeBOARgerac). Friends mingle excitedly. There is that wonderful downhome quality that I experience at races in Bloomfield, Connecticut and the Bronx in New York.

Before the race some runners drink coffee, some drink beer. Joyce and April breastfeed their babies minutes before the start. Blankets are spread for later picnics. I am chanting silently: "Lord, please let me finish without having to walk!" It is exactly ten a.m., and we're off!

The humidity is low, the temperature hovers around 50. I run the first mile in 6:10, and I have a feeling it's going to be a fast day. The course winds in and out of the campgrounds. Soon the runners are running toward one another as the loops intertwine. I see Jim roaring toward me and I yell encouragement. I hear my name yelled and I wave to institute staff and community lining the road. Would you believe a group of bagpipers less than a mile into the race? What a lift! A little later on, I pass a string quartet. I think that if I have to experience any more of this beauty here among the redwoods along the Big Sur river I will be unable to concentrate on my running. Just then, I run past two women sitting before music stands playing flutes. By this time I have gone into physical, emotional and spiritual orbit. Running is secondary, and I now know why I've spent all this money to come to California to run in this event. I'm on a spiritual retreat, and the reality as well as the metaphor of racing here is nourishing my soul.

Jim takes fourth of the 1100 runners. Kathy takes third of the women and 64th in the race. I take fifth of the over-fifty crowd and 80th in the race. My 39:47 for the 6.2 miles is very fast for me and I am thrilled with the achievement. I am no more thrilled, however, than Joyce, who roars across the finish line into the waiting arms of her husband nearly half an hour later, no more thrilled than the rest of the Big Sur community, who turn the day into a kind of high school or college homecoming celebration. What a wonderful lesson about athletic activity as community contact! We retire to Nepenthe for brunch. I find former institute staff members working there. It's a joy to see Ken again and to have Jane cook my omelette. We spend the rest of the afternoon in the sulphur baths soothing tired muscles. I am in bed by nine p.m.

The next morning Brian and I watch the New York Marathon at Steve and Barbara's, via the dish antenna. I remember my first New York City Marathon in similar conditions, hot and humid, and I am uncomfortable as I watch. Yet, it is exciting—it always is. I realize that I have completed my transition from being marathon-centered to running and racing for fun. I appreciate my own excitement and fears as I witness runners fighting the heat. I appreciate Joyce and April as I appreciate Greta Waitz and Joan Benoit. I appreciate beautiful Lake Waramaug, my home course in Connecticut, as I appreciate my fellow runners in Central Park. I appreciate Gerry Vanasse for the lovely acceptance speech he gave after winning a hometown race last summer. I appreciate the warmth and excitement with which Esalen Institute approaches the Big Sur River Run each year. I appreciate runners because so many of them have been able to assimilate this physical activity into the action of their spirit. This is

Joyce Rogers Lyke

Alan Schwartz, Jim Doty, Brian Lyke, Kathy Mausshardt

the true runners' high. It is not hyperbole to suggest that runners really run for love, not for only achievement, glory, money, vanity. I even appreciate Fred Lebow, president of the New York Road Runner's Club.

See you next year, Cyrano DeBOARgerac!

Those interested in future Big Sur River Runs are referred to the Esalen Seminars section of this catalog, October 25-27.

A ZEN-AMERICA TALE

Keith Thompson Talks with Baker-roshi on Culture and the Zen Frontier

The essence of spirit, he thought to himself, was to choose the thing which did not better one's position, but made it more perilous. That was why the world he knew was poor, for it insisted morality and caution were identical. —D. H. Lawrence

"*It's our standards now.*"—Zen Center student

On May 23, 1959, Shunryu Suzuki flew from Tokyo to San Francisco. By the time of his death in 1971, he had established the community of study and practice which was to become known as San Francisco Zen Center. The Japanese word for master is "roshi." In the mid-1960s, Suzuki-roshi chose Richard Baker as his heir and successor. In November, 1971, two weeks before Suzuki-roshi's death, Richard Baker was formally installed as chief priest of Zen Center.

With the creation of Zen Center, writes Buddhist scholar Rick Fields, Suzuki-roshi "had discovered the authentic voice of American Buddhism . . . . His life was complete."

Twelve years later, Baker-roshi resigned his position, stating that his role as leader had become "more damaging . . . than any help I may add by staying." The resignation climaxed an organizational crisis during which Zen Center became divided over Baker-roshi's leadership. To explore this story, *Esalen Catalog* Contributing Editor Keith Thompson went to Santa Fe for nearly twenty hours of tape-recorded conversation with Baker-roshi, who will teach at Esalen September 1-6, and 6-8. Thompson reports:

"Richard Baker inaugurated and presided over a period of fierce development for Zen Center, including the establishment of three successful businesses and Green Gulch Farm in Marin County. During this same period the membership of Zen Center grew from 100 to 500 students, creating a new set of organizational questions: When does a residential meditation center become too big? How are residential and community needs to be distinguished from those of religious practice? What are the dangers of "communalism" in a residential setting?

"As I went about transcribing the conversations, Michael Murphy suggested focusing on these kinds of questions. We agree that the particulars of the Zen Center crisis give new insight into the often subterranean structural, psychological, and ideological dynamics of social groups and organizations. The interview does not resolve, but helps raise, questions about opportunities and dilemmas inherent in the teacher-student relationship, and we felt this would be of interest to readers as well.

"An interesting anecdote: A former Zen Center student, whom I knew to be outraged over Baker-roshi's increased inaccessibility as a personal teacher at Zen Center, telephoned me to say, with no small amount of grief in his voice, that he had come to recognize his anger at Baker-roshi as thinly-disguised fury toward his father's remoteness. He told me he now understands what Freud had meant by 'primal horde,' and then proceeded to read to me over the phone the best analysis he had heard of the Zen Center crisis, from Freud's *Totem and Taboo*: 'One day the brothers . . . came together, killed and devoured the father . . . . United, they had the courage to do what would have been impossible for them individually.'"

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THOMPSON: Lately I've been wondering: where in Buddhism is Eros? Not in Freud's sense of undifferentiated libido, but in the sense of the full range of human love and passion, psychic relatedness, the impulse to union, unity. Buddhism emphasizes emptiness, the void, impermanence, suffering, dying to each moment—but is there Eros in Buddhism?

BAKER: (Reaches for dictionary, reads aloud:) Here Eros is defined as "the god of love in Greek mythology; the sum of all self-preservative, as contrasted with self-destructive, instincts." In Western culture, religion is identified with communalism—the monks live together, preserve a larger self together, pray together, work together, go out together to form new orders, live their entire lives in monasteries. In Buddhism, it's not like this. Monasteries exist to assist the practitioner to realize his or her own independence—we say like a rhinoceros gazing at the patterns on the moon. Buddhism identifies religion with individuation and the means to freedom from your culture. Of course, we in the West come from a culture that emphasizes individuality (and confuses that with equality). Oriental culture emphasizes communality. That is, Buddhism *assumes* relatedness, and teaches relativeness, emptiness, independence, detachment. Christianity assumes separateness, the Fall, and teaches union, connectedness, love, communalism. Western culture assumes space is what separates objects; Oriental Buddhist culture assumes space is what connects objects. So, to say meditation is like empty space has a different feeling-meaning for an Oriental than for us.

THOMPSON: What about *sangha*—isn't that the word for those who live together, sometimes in monasteries, and practice Buddhism?

BAKER: That is a popular misconception. *Sangha* simply means "those people who study the truth"—its meaning does not imply or assume a base in or necessity for group or monastic life. Of course, there are rules for the ordered life, and for life when it is lived together. But again, the rules are for helping each person study and realize the truth, and their independence and interdependence. Communalism, as a social form or ideal, has nothing inherently to do with Buddhist religious practice. The spirit of communalism may well grow up among monks and lay practitioners, but it's not essential to Buddhist practice, and if identified with practice, or as a goal of practice, it can be harmful, distracting, even perverting, as I've discovered. Japanese and Chinese cultures are, from the American perspective, already based on group identity; there's no reason for religion to reinforce this. Buddhism emphasizes the opposite of communalism: individuation, non-attachment.

THOMPSON: Just as Oriental culture has a well-established group sense, American culture celebrates the rugged individual over relatedness, separation and independence over inclusiveness and context. Isn't the task one of learning to distinguish communalism from community and individualism from individuation?

BAKER: Buddhism places emphasis on oneness with all things, but it's a oneness of particularity. It takes one to know one. But it's a oneness that is not communalism's emphasis on merging with the ocean. Instead, it's the drop that includes the ocean.

There are four interrelated choices a person makes in coming to Buddhist practice. First, the choice to practice. Second, the choice of a teacher. Third, the choice of with whom you practice, and fourth, the choice of where you practice. In the beginning, the first two choices are decisive, and then later, communalism, friendship, and the stability of residence begin to take precedence and become decisive. I've found out that, when nit comes to grit, most people choose and reinforce their social and personal identities when there's any threat to them. At San Francisco Zen Center, many of the students stated clearly to me that they had to choose the bonds they had developed with other students in a communalistic setting over questions of whether they were in fact practicing Buddhism, over *how* they were practicing, and over who was their teacher.

THOMPSON: There's a weird sense in which a leader of a group is half-in, half-out. In Slater's book *Microcosm*, Evan Wolarsky is quoted to this effect: When group members confront their realization that the leader is not under their control, they'll try either to make the leader one of them or get rid of him altogether.

BAKER: That's interesting, given that one of the criticisms of me was that I didn't care about the community. And they were right—I didn't, in the sense of community as communalism, as an end in itself. But I certainly loved the individuals in the community. I created and developed the Zen Center community as a way to build an economic base upon which Zen practice could thrive and diversify into the larger community of San Francisco, and as a way of supporting many individual students so they could continue practice. I never saw the fact of Zen students living together as a particularly important part of Zen practice and Zen teaching. But as time passed, many of the students *did* value communal life more than the practice, or at least found themselves more connected to communal life than practice. Among my many failings is that I underestimated how attached they were to their own style of communalism, particularly as I was about to try to lead the practice away from an identification with, and dependence upon, communalism.

THOMPSON: I think I understand you to be saying that communalism, under pressure and stress, drives people not to Zen teaching *per se* but back upon their spoken (and unspoken) group identities. It would follow that they would turn their anger toward the teacher, especially if—as in your case— you were unable to give equal amounts of personal teaching attention to the rapidly proliferating community population.

BAKER: Yes, I would say that's true. When *sangha* is mis-defined as "a group of people practicing Buddhism in the same community," a fundamental confusion is created at the start. When that happens, the community becomes a big family, the teacher becomes everyone's parent, spouse, or psychotherapist—and Freud and psychology have certainly identified our multi-layered ambivalence toward the father.

I was struck by something one student said after I resigned. She told me how grateful she was to me for my creating Zen Center. She said there is no place like Zen Center anywhere in Europe or elsewhere in the United States. I said, "To the extent that is true, thank you, and how do you feel about my resigning?" She responded: "Oh, I'm glad you're gone." I asked her why she was glad.

"Well, I was scared of you," she said. And I answered, "But you seldom had to see me except during *dokusan* at *sesshin*" [*Dokusan* is the name for the individual meeting between student and teacher; *sesshin* is a seven day meditation retreat]. To which she responded: "Well, I never knew what to say to you." And I replied, "You sat one or at most two *sesshins* a year, which means you saw me for ten or twenty minutes a year. Can't you accept that much being scared against all the good for which you tell me you're grateful? We have to accept a *little* bad with the good! Doesn't that make you feel a little *selfish*?" She answered, "Yes, but I try not to think about it."

I thought that was wonderfully up-front of her, but my curiosity was still not satisfied, so I pressed her: "Why do you like it better now at Zen Center without me there?" She looked at me and said, simply, "It's *our* standards now."

I couldn't argue with that.

THOMPSON: Well, look—here we are in Santa Fe, at the site of a small center you're calling the Dharma Sangha. Unlike San Francisco Zen Center, you've chosen to have a few students, not a few hundred. Yet there's still the teacher-student relationship. You are Suzuki-roshi's heir of the Zen tradition, which he acknowledged in the mid-60s, and formally transmitted to you in Japan a few years later, and then he made you his successor as abbot of Zen Center. You're the living keeper-of-the-flame . . .

BAKER: Does that mean I'm a vestal virgin?

THOMPSON: I won't go that far! But you *are* committed to imparting or transmitting the teachings. My question is, why and how won't you face the same problems of potential communalism, and of students wanting you to be their "good and loving daddy," and all the rest? What will be different?

BAKER: Well, I understand the dangers much better now. And I understand people more thoroughly—I hope I do. I have a healthy respect now for the power, the tenacious, adhesive, irreducible identification of people with their culturally defined personal, social, and psychological needs, especially when stressed. Abe Maslow's hierarchy of human needs is helpful in understanding this. Stressed, Buddhism peeled like a veneer off people's unfulfilled needs for self-esteem, security, belongingness, etc. There's an atomic power, a molecular bonding, in cultural identity, especially in the unexamined, unindividuated life.

I'm now more aware of the dangers of the emerging frontier between East and West. Now I'm insisting of my older students that they share with me the responsibility of instructing newer students what a Buddhist teacher is and is not. A Buddhist teacher is *not* a guru. A Buddhist teacher is more like our concept of an artist or a scientist than our concept of a Catholic monk.

I also now see the necessity for being more clear on the question of who is one of my students and who is not. In the past I tended to avoid this issue, and I think it caused some of the problems at Zen Center. I tended to refer to students as "Zen Center students" rather than as "my students." This was a kind of modesty on my part, but it was also an avoidance or lack of acknowledgement of why students were there and what my responsibility was to them as students. I assumed it was apparent that there were various degrees of commitment I could or would make to different students. But this turned out not to be apparent to most students, especially coming from the romantic, idealistic, everything-is-possible 1960s. This was a stupid mistake on my part.

Now I want students who are peers in our mutual uniqueness, or more than peers, who can still use the specificity of the teacher-student relationship.

Our Western culture has two well-established singular relationships that cover/touch everything in our life, relationships that we could say have an infinite coastline and an endless interior. One is the bond, the love, between parents and children. The other is the spousal relationship—the intimate, committed, usually sexual relationship. In the Orient, there's a third singular relationship that touches/covers everything, and that's the student-teacher bond. In our culture there is not the constellated mold, the social equipment or calibration, that permits the student-teacher relationship to be maintained. The spousal and parental relationships, while they may often be neurotically confused, do have their own distinct definitions, molds, and calibrations in our culture. The student-teacher relationship, lacking specific definition or tradition, shifts easily—especially when stressed—into spousal and parental relationships. Part of Western Buddhist practice is going to be how to develop a distinct mold, use, tradition, in our culture for the student-teacher relationship.

THOMPSON: In what ways did you contribute to the confusion?

BAKER: Many ways—do you want the ten minute or the two month answer? I took it for granted that Zen Center students understood that the teacher-student relationship was neither parental nor spousal. Also, I did not sufficiently see the danger in the developing connection of communalism and practice. I was also stunned for a while by a no-holds-barred-win-at-any-cost attack and by the amount of political and religious ambition, jealousy, frustration, and insecurity in the community. It took me time to realize that a person could be socially exemplary, attracted to the good, yet personally unscrupulous, willing to do anything, and willing and able to hide it from everyone.

THOMPSON: It seems that Zen itself is going through white water and difficult times in America, wouldn't you say? Many—or is it most—Zen Centers in the United States have gone through one kind of upheaval or another in the past few years. At Zen Center, you seemed to want to bring Zen to America in a way unique to American culture. You weren't content to allow the Buddhist lineage you represent to become a little enclave unto itself. Yet there's a tension in this kind of an approach. There you were wanting to weave Buddhism with related realms of thought and action, including the nuclear arms race, and its likely accidental outcome, while clearly the motivation of many who came to the Zen Center was to get *away* from the world, from social and political dimensions, from the secular world of their parents. In retrospect, perhaps your impulse to make Zen relevant to the dynamic side of American culture wrongly rubbed students intent on withdrawing from their culture, which they see not as dynamic but as manic?

BAKER: Oh, yes. I'm an idiosyncratic Buddhist, but I trust the direction of my idiosyncrasies. In my leaving, Zen Center shifted from having an idiosyncratic Zen teacher to wanting a traditional and predictable one. In the excitement, hope and idealism of the '60s, many people made unevolved decisions to commit themselves to a bohemian, religious, mystic, communal, or artistic life, thinking they would find perfection or completion through their decision. By the '80s, many hadn't fulfilled their dreams, and they had less than their more conventional peers, and many were bitter and didn't like it. This has contributed to the conservativism of the 1980s. Yet, the counter-culture position—an anti-political, anti-business stance—had been imprinted upon American views of Zen. In Europe, where culture is much more secure, the practice of Buddhism or yoga or acupuncture are not considered counter-culture phenomena.

THOMPSON: It's not hard to visualize a young person living at Zen Center, feeling emotionally remote from his or her father and adult males in general—which seems more the rule than the exception—feeling an intense emotional involvement with you as teacher, and watching the resentment grow as the number of Zen students increases rapidly. The hurt would probably increase precisely to the extent that you're less and less involved with individual teaching as there are more students, and more visibly involved with making connections between Buddhism and the larger culture. This has almost perfect Central Casting potential for a kill-the-father outcome!

BAKER: Yes. I see now how great a problem was the seemingly enormous power I had in other people's lives. I didn't realized then how much power they assumed and gave me in their lives. As the institution developed around me, I found myself landlord, mayor, administrator, entrepreneur and fund-raiser, as well as abbot and teacher. This was too much power to have, and many people couldn't handle it over time. Even though I never fired or evicted anyone, the fact that I had this power, unexercised or not, was too impressive and disempowering to many people. I understand this now, and I didn't then. I lived my life as well as I could—I successfully resisted the persona and archetype, but I could have shed the projections better.

THOMPSON: It sounds like Zen Center went *crazy*.

BAKER: Well, the community for a while had a fit of political, social and religious ambition and retreated from the social and Buddhist vision we had to a much more conservative personal, religious and social identity. I have enough faith in Buddhist teaching to believe that most of the individuals, and probably the institution, will get through it somehow.

THOMPSON: After all of it, what do you think now about Utopia?

BAKER: I now feel Utopia really is "no place," which is the literal meaning of the word—especially when it ignores the larger discontinuous non-holographic "heterotopia" we actually live in.

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Esalen Notes

HAZEL HENDERSON is busy. Now that her nationally syndicated program, *Creating Alternative Futures*, is being rebroadcast on selected public televisions around the country, the self-described "independent, self-employed futurist" is working with the University of Florida's Alternative Futures Program.

"I'm focusing lately on the world's electronic spectrum," says Ms. Henderson. "Ninety per cent of radio and television frequencies and most of the good satellite orbits are held in the Northern hemisphere of the planet. Given the critical dimensions of the North-South dialogue, it's essential that we in the overdeveloped North stop talking so much and begin listening to the underdeveloped South. One way to do this is for Northern communication technology to avail itself of more media offerings from the South." Hazel Henderson's workshop, "Citizenship in the Solar Age: Thinking Globally, Acting Locally," will be at Esalen August 16-18.

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James Hillman states: "From my perspective as depth psychologist, I see that those who have a connection with story are in better shape and have a better prognosis than those to whom story must be introduced." He continues: "To have "story-awareness" is *per se* psychologically therapeutic." PHIL COUSINEAU and TOM SCHLESINGER take these thoughts as a starting point for their August 4-9 seminar, "Myth, Dream, and Movies," making use of Joseph Campbell's model of the Hero's Journey to explore the screenwriter's role in contemporary filmmaking/storytelling. Says Schlesinger: "The Hero's Journey charts the movement of the main character through the basic stages of the story—separation, initiation, and return. What's interesting is that this journey involves not only the journey of the hero in the film, but the journey of the screenwriter/filmmaker, and the journey of the audience." Adds Cousineau: "As myths tell us where we came from and how, and dreams show us where we are, movies are myths *told* as narratives and *felt* like dreams."

Schlesinger and Cousineau report that although their classes were originally designed for determined screenwriters, they have increasingly attracted closet creative writers, sculptors, painters, psychologists, counselors, and other individuals whose passion is imagination. The seminar features: lectures on plot development, narrative flow, and story integrity; ample time to brainstorm about works-in-progress; slides, film clips and film scores, and guided imagery and movement work to explore the basic "moving-magic" of film.

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A recent issue of *Mothering* magazine devoted its cover story to fathering, which may help male readers learn more about parenting, but surely also adds to the confusion which defines fathering as mothering. Says ROBERT SAYERS: "A continuing problem in parenting is the popular belief that the most important qualities of a 'good' parent are those traditionally considered 'female': affectionate, warm, sensitive, compassionate, nurturing, tender and understanding. Equally important are traditionally 'male' qualities: assertiveness, independence, ambition, forcefulness, competitiveness, adventurousness and objectivity."

Sayers, author of *Fathering: It's Not the Same* (published by The Nurtury Family School, Larkspur, California), argues that the crux of the ambivalence fathers feel about fatherhood is the conflict between the qualities they were brought up with, and the social archetype of a "good parent." Because many fathers have difficulty integrating their roles as parent with other masculine interests, and feel confused by the ambivalence of being a "female parent" in a male body, they often withdraw as active fathers and move toward "the stronger, congruent and socially rewarded masculine roles." *How* men can move beyond prevailing parenting (mothering) roles, and find balance in parenting roles and behaviors, is a focus of Sayers' seminar October 11-13.

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STARHAWK also offers a workshop October 11-13. Here are excerpts from her book, *Dreaming the Dark*.

"The word Goddess *makes many people who would define themselves as "political" uneasy. It implies religion, secularism, and can be mistaken for the worship of an external being. "Goddess" also makes many people who would define themselves as "spiritual" or "religious" uneasy; it smacks of Paganism, of blood, darkness, and sexuality, of lower powers.*

"Yet power-from-within is the power of the low, the dark, the earth; the power that arises from our blood, and our lives, and our passionate desire for each other's living flesh. And the political issues of our times are also issues of spirit, conflicts between paradigms or underlying principles. If we are to survive the question becomes: how do we overthrow, not those presently in power, but the principle of power-over? How do we shape a society based on the principle of power-from-within?

"Let us be clear that when I say Goddess *I am not talking about a being somewhere outside of this world, nor am I proposing a new belief system. I am talking about choosing an attitude: choosing to take this living world, the people and creatures on it, as the ultimate meaning and purpose of life, to see the world, the earth, and our lives as sacred.*

"For women, the symbol of the Goddess is profoundly liberating, restoring a sense of authority and power to the female body and all the life processes: birth, growth, lovemaking, aging, and death.

"The answers I propose involve magic, which I define as the art of changing consciousness at will. *According to that definition, magic encompasses political action, which is aimed at changing consciousness and thereby causing change.*

"Magical techniques are effective for and based upon the calling forth of power-from-within, because magic is the psychology/technology of immanence, of the understanding that everything is connected.

"Transforming the inner landscape is only a first step. Unless we change the structures of the culture, we will mirror them again and again; we will be caught in a constant battle to avoid being molded again into an image of domination. Reclaiming personal power gives us the courage to demand a change in the basis of society's power."

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Last August word spread of a meeting of individuals interested in facilitating information exchange and organizing work in the new effort to form an American, democratic, decentralist ecological political organization with kinship to the "Greens" of Europe.

CHARLENE SPRETNAK and FRITJOF CAPRA, authors of *Green Politics: The Global Promise*, will talk October 4-6 about this conference and the plans that have sprung from it. A tentative list of values has emerged—values the participants feel are not being addressed by the left/right political spectrum: ecological wisdom, decentralization, grassroots democracy, cooperative economics, global responsibility, inclusiveness, feminist values, personal and social responsibility, nonviolence, and "future focus," or learning to image the long-range future and move beyond short-range selfish interest.

Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose those approaches which feel most appropriate and pursue them in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, which entails working with the Esalen staff as well as participating in an on-going workshop designed specifically for that program. See page 42 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, puppet shows, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Jessica Moore Britt & John Soper

These workshops are designed for people who have not previously been to Esalen. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness, group process, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: Fritz Perls, *Gestalt Therapy Verbatim*, (Bantam).

Schedule:

May 5–10	$450
May 31–June 2	$230
June 2–7	$450
June 14–16	$230
June 16–21	$450
July 14–19	$450
July 26–28	$230
July 28–August 2	$450
August 23–25	$230
August 25–30	$450
September 13–15	$230
September 29–October 4	$450
October 11–13	$230
October 20–25	$450

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Lia Thompson & Deborah Anne Medow

We spend much of our time on "automatic pilot," oblivious to many messages from our bodies, missing opportunities to open more fully to the subtleties of sensing, to greater ranges of physical expression, to health, vitality, and the many ways of "being a body." There are various entry points to increased awareness, practices that help cultivate the countless dialects of body language. These include dance, aerobic and stretching exercise, movement theater, postural analysis, hiking, meditation, massage, and nutritional education. Experiencing Esalen: The Body draws from varying combinations of these approaches in each workshop. Emphasis is placed on developing greater freedom and variety of movement, as well as on the quality of awareness as we move. This program is designed to give participants some basic tools for continuing to develop body awareness.

Schedule:

May 3–5	$230
May 19–24	$450
June 21–23	$230
June 30–July 5	$450
July 12–14	$230
August 16–18	$230
September 1–6	$450
September 27–29	$230
October 11–13	$230
October 20–25	$450

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, non-coercive, non-judgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member

of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in single sessions.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* and *Ego, Hunger and Aggression*; Lao Tze, *Tao Te Ching*, Nyanponika Thera, *The Power of Mindfulness*; J.C. Pearce, *Exploring the Crack in the Cosmic Egg*; Richard Bach, *Illusions*.

Schedule:

May 5–10	$450
May 24–26	$230
June 2–7	$450
July 7–12	$450
August 11–16	$450
September 15–20	$450
October 13–18	$450

Big Sur Wilderness Experience

Esalen Wilderness Staff
Coordinated by Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, we will walk into the Los Padres National Forest. Week-long workshops will venture out on five hikes (4-10 miles in length) and weekend workshops will take two hikes (3-6 miles in length). Using Esalen as our base camp we will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. We will practice basic outdoor skills such as map reading and minimum impact concepts. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration.

Schedule:

June 7–9	$230
June 16–21	$450
August 30–September 1	$230
September 1–6	$450

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins.

The program is divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. Information regarding special interest sections may be obtain by writing Bette Dingman, c/o Esalen.

For a full description of the Work Study Program, please turn to page 41.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.

David Nelson

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Please mention whether you are a full-time student. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. There are no scholarships available for the Work Study Program.

Esalen Seminars

Joyce Rogers Lyke

Weekend of May 3–5

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $230

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

"For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation."
—Rainer Maria Rilke

The goal of this weekend is to provide a context in which couples can focus and explore their relationship in the areas of communication, closeness, conflict, and individuality. A balance of structured and spontaneous interactions will be used within the framework of the large group, subgroups, and the couple. Limited to ten couples. $230

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney & Jack Cirie

This weekend is for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, and for accomplished singers who want to improve their performance. Simple movement exercises and balancing and centering practices of Leonard Energy Training (LET) will be offered to enhance the singer's sense of power and presence. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Participants are invited to bring their favorite song titles. There will also be a variety of music to choose from at Esalen. $230

Dream Discovery

Joyce Frazee

Joyce writes: "An ancient figure in many mythologies is that of the sleeper dreaming the world into being. Our ordinary, conscious mind is only a tiny sliver of all that we are, but in the dream time we are fluid. We move into, inhabit, our personal and family histories, our social and cultural histories, and the world unwinds, strand upon intertwining strand, from the dream time.

"We all dream. A beginning is to remember. The smallest dream fragment can be the first step in the journey of discovery. What we see first as discrete clues, decipherable as parts of a puzzle, become patterns, personal kaleidoscopes. The patterns, finally, are larger than any limitation of conscious meaning.

"In this workshop we will enter the dream time through exercises in recall, gestalt dream work, psychosynthesis, and the practices of the Senoi dreamers." $230

May 3–11

Big Sur Wilderness Journey from Esalen to Tassajara Zen Mountain Center

Jessica Moore Britt & Steven Harper

For workshop description see Wilderness Programs, page 42. $475

Week of May 5–10

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $450

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 12. $450

Five-Day Massage Intensive

Peggy Morrison Horan & George King

In this beginning massage course, participants will be instructed in basic methods used in giving a full body massage. Related areas of work, such as breath awareness, grounding, movement, and quality of touch, will be introduced, and participants will be instructed in ways to release stress and muscular tension. The goal of this workshop is to provide the fundamental elements necessary to give a pleasurable and beneficial full body massage. $450

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

This workshop focuses on how we may consciously unfold ourselves—emotionally, sexually, mentally, and spiritually. Past anger, fear, sadness, and grief, often reflected in the body as tension, pain, lack of spontaneity, and diminished vitality, can keep one from being fully present and alive. By contacting tension and allowing emotion which has been frozen in the body, there is an opportunity to open to the creative flow of life energy within. Allowing this life energy meaningful expression, through true communication with self and others, is the essence of this work.

Some of the areas to be explored this week include: recognizing and releasing tensions which block emotion in the body; using breath and sound to energize and soften the body's tension and emotional holding; contacting and allowing unexpressed sadness and pain, which can increase the capacity for heartfulness, pleasure, and joy; expressing and releasing anger constructively, which can deepen compassion and love while also releasing blocked sexual energy; learning about the nature of fear, and moving toward greater trust of self and others. Paying special attention to the mental processes that shape the emotional and physical body, participants will be shown ways to trust their bodies' responsiveness and inner direction.

This workshop will utilize Reichian body and breath work, emotional release, gestalt practice, the Bates system of eye relaxation, massage, dance, meditation, and various other approaches. $450

Weekend of May 10–12

Leonard Energy Training and the Art of Love

George Leonard & Annie Styron Leonard

How can we escape sexual stereotypes? Does intimacy always have to lead to boredom? Or can we, by recognizing the uniqueness and mystery of each individual, keep our erotic life alive and exciting? In this workshop, we use the simple movement exercises and visualizations of Leonard Energy Training to explore communications and creativity in the erotic realm. Our purpose, as inspired by George Leonard's book, "The End of Sex," is not to prescribe new methods but rather to transform the way you experience your intimate relationships. The workshop is appropriate for individuals as well as couples.

Recommended reading: George Leonard, *The Silent Pulse* and *The End of Sex*. $230

Issues in Early Childhood Development: A Gazebo Workshop

Lia Thompson & Perry Holloman, with Riley Thompson-Clark & Maya Holloman

As children gather information about themselves, their environment, and others, they learn to make decisions based upon their experiences. As parents/teachers, to what degree do/should we intrude on or interfere with this information-gathering process?

We will look at cycles of aggression, sexuality, and danger in early childhood, and consider how children move toward courage, compassion, and creativity. Esalen's Gazebo School staff endeavors to allow children to exercise their initiative within a structure of safety in order to come to their own resolutions. This is a time for families to come together to explore and seek options in their unique situations, however challenging. $230

Anyone interested in receiving information regarding early childhood education and related activities at Esalen, please send name and address to Janet Lederman, Gazebo, Esalen Institute, Big Sur, CA 93920.

The Challenge of Change: Findhorn to Mount Shasta

Peter Caddy

Peter will share his recent experiences of starting a new center and community in Northern California near Mount Shasta. A quest for wholeness culminating in a new marriage and fatherhood at age 67 provides additional insight regarding the vital importance of balancing masculine / feminine principles.

Peter will discuss: spiritual principles applicable to daily life (trusting inner guidance, power of attunement, laws of manifestation, and cooperation with nature); principles for building relationships, community, and effective networks; and challenges of the '80s and prophesies of earth changes, with an understanding of how we can actually co-create a more positive future together. $230

Soviet-American Relationships

Robert Bathurst

This is a workshop on Soviet-American cross-cultural understanding. Through bargaining, mediating, and role-playing, participants can discover the subconscious cultural imperatives that impel the two nations apart and begin to identify those elements that bring them together. The workshop sets out to shatter egotistical mirror-imaging and begin the construction of authentic Soviet-American relationships in the world as it now exists. $230

Week of May 12–17

Letting Go—Moving On

Merri Goldenson (Devarani)

This is a week of intense body work, structured for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor, tension, stress, and a lack of spontaneity. As armor softens, feelings held in since childhood can be released and positive feelings of joy, love, trust, and pleasure can be experienced more fully. A most important feature of the workshop is the individual Radix® —Reichian intensive, done in a safe, supportive environment. A new capacity for living can emerge through use of dreamwork, hypnosis, chiropractic, bioenergetics, massage, dance, and group interaction as one lets go and moves on. $450

Transforming Fear

George Pennington

George writes: "Fear is—and has always been—the Great Stopper, the Guardian of the Threshold. Every true growth experience, every new step in life is preceded by fear. Sometimes it is so powerful that every cell of our body seems to scream: "Stop! Stay where you are! This is not for you!" Then it is hard to keep going. It seems so much easier to quit, and in fact we often do.

"We can, however, learn to lose our fear of being afraid. In this workshop we will encounter all the symptoms of fear: pounding heart, sweaty hands, cold feet, knot in the stomach, blank mind. Step by step, we will learn to face our fears, in full awareness: the small and the big, the personal, social, and existential. The safe frame of the group will allow us to do this in a very practical, honest, and humorous way. Fear is thus transformed; from a terrifying demon it changes into a familiar friend and advisor on the path."

Recommended reading: George Pennington, *Little Manual for the Players of the Glass Bead Game* (Elements Books, Great Britain). $450

The Hero's Journey

Paul Rebillot

Paul Rebillot writes: "Again and again, in my work with people, I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another—whether it be a child's discovery that there is no Santa Claus, the adolescent's awkward approach to puberty, marriage or the ending of a marriage, or a change of career. Every such change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That pattern is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"My purpose is to give people a chance to experience a rite of passage so that they can go into the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight."

Recommended reading: Joseph Campbell, *The Hero With a Thousand Faces* (Bollingen) and *Myths to Live By* (Bantam). $450

May 12–June 7

Frontiers of Modern Consciousness Research: Emergence of a New Paradigm

Christina & Stanislav Grof

For workshop description see Special Programs, page 44. $1800

Weekend of May 17–19

Leonard Energy Training: The State of the Art

George Leonard
& Leonard Energy Training Staff

In the world of Leonard Energy Training, problems can become opportunities. Stress and pain become gifts of energy. Personal and social options may be multiplied and the flow of vital energy enhanced. Leonard Energy Training is derived from the Eastern art of aikido as well as from Western psychology and physical theory. It is a comprehensive body of work that teaches practical, alternative ways of dealing with life situations. It is not physically demanding. It does not aim at emotional catharsis. Most of the training involves simple movement exercises in which the body itself becomes a learning facility. Participants will practice such things as centering, relaxing under pressure, blending, and alternative ways of being. There will also be discussions of applications to education, sports, management, relationships, social transformation, and personal growth.

Recommended reading: George Leonard, *The Ultimate Athlete* and *The Silent Pulse*. $230

Exorcising the Demon "Should"

Paul Rebillot

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously. With the help of this experience in contrasts, we will explore our possibilities of movement between the two, and in this way open up our options to the full range of our own authentic being. $230

Awakening the Heart, Opening the Mind: Buddhist Teaching in Meditation and Compassion

Sogyal Rinpoche

Out of the practice of sitting meditation can come a calmness of mind, bringing clarity, warmth, and confidence. This is the basis for 'taming' the mind to go beyond its self-centered concerns and generate good heart and compassion for others. Rinpoche will base his teaching on the text *Training the Mind in Seven Points* by the great Indian master Atisha, who taught in Tibet about 1000 A.D. He will draw upon commentaries on this teaching by other masters, and introduce specific exercises designed to generate compassion. $230

Week of May 19–24

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $450

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if we are to sustain a healthy, interesting and exciting life. Most often we find ourselves actively or passively resisting change while we talk about wanting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables us to confront our resistance and fear, and increases our willingness to change and to take risks.

In this workshop we will focus on the ability of each individual in the group to find and allow more self-acceptance and a sense of well-being that will enable them creatively to confront opportunities for potential growth during the week. Group activities will include gestalt process work, group discussions, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously. $450

Rolfing®, Feldenkrais, and Other Methods for Releasing Pain and Tension

Dub Leigh & Dee Dee Lozier

This workshop is designed for people who want to learn to move with more freedom, ease, and awareness, and to get release from chronic pain and tension. Through different types of body work, participants will have the opportunity to explore experientially methods to free up constricted movements.

The leaders will offer participants sessions in body work and instruction in group movement including: Moshe Feldenkrais' awareness work, deep tissue work as taught by Ida Rolf, and trigger point work. $450

The Feeling Process

Janet Zuckerman
assisted by Maria & Perry Holloman

For many people, feelings are something mysterious, something to keep to one's self, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that will increase vitality and personal effectiveness. Participants can learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate, in a safe environment, in the choice of expression or depression. $450

Weekend of May 24–26

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 12. $230

Weekend Massage Intensive

Deborah Anne Medow & Arthur Munyer

This weekend workshop provides instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners. The purpose of the workshop is to introduce massage as a practical approach to developing greater sensory awareness and relief from stress. $230

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $230

Burnout in Relationship

Ayala Pines

Relationships burn out most commonly through gradual erosion, gradual increase in boredom, and gradual buildup of petty annoyances and small dissatisfactions. It is often difficult to single out one precipitating cause of the stress. Like the straw that broke the camel's back, marriages are broken by the accumulated weight of daily hassles and pressures.

While burnout can be an extraordinarily painful experience, it can be conquered. As is the case with most difficult emotional experiences, if properly dealt with, burnout can provide a trigger for relationship enrichment, increased closeness, and growth. Consequently, couples who have experienced burnout and have learned to cope with it effectively, often end up with a better, fuller, more exciting relationship than if they had not experienced burnout at all.

The workshop is recommended for marriage and family counselors and especially for couples committed to keeping the spark alive in their relationship. $230

Week of May 26–31

Advanced Massage Intensive

Deborah Anne Medow & Vicki Topp

This workshop will include morning and afternoon practice sessions with various instructors, yoga, movement, evening lectures and discussions, and demonstrations of specific practices designed to increase the range of conditions with which participants can deal effectively. The following concerns will receive emphasis: how to sustain one's energy through a day of treatments; how to clear negative energy released by the client; how to use weight and leverage. As one massages more and more deeply, emotional changes can be triggered by the unravelling of blocked muscular energy. As these emotions present themselves, they will provide group members with some first hand practice in productive ways to move through them.

The format and pace of this course will presume some previous massage experience—at least an introductory five-day intensive or its equivalent. With your deposit, please include a list of your previous massage experience. $450

Integrity

David Schiffman & Elisa Lodge Schiffman

In this workshop participants will join to build a community whose foundation is trust, good will, and authenticity. This community will be a place in which each participant can sense and experience clearly his or her own capacity for tenderness, strength, and self-respect. Participants will explore the boundaries of their emotional, physical, and mental potentials and how they affect sexuality, relation to power, friendships, creativity, and expectations of self and others. $450

Wild Dance: Movement in Wilderness

Susan Harper & Steven Harper

"Wild Dance" is an invitation to explore natural movements inspired within the human organism by participation in nature. We listen to impulses within and to impulses of wilderness until "inner" and "outer" disappear. As we surrender to the intelligence which creates life in all its varied forms, we may find ourselves moving in unexpected ways. Our awareness may expand. We may feel a larger sense of self and wilderness, and the creative wholeness of a greater dance.

Sessions will be both indoors and outdoors. Evenings, some day sessions, and most meals will be at Esalen. We will also take short day hikes in Big Sur's backcountry. Participants need not have previous experience in hiking or dance. Come willing and ready to participate in nature's range of motion. $450

The Painting Experience

Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the deepest parts of ourselves through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the opportunity to discover a natural way of painting based directly upon feeling.

The work takes place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop write: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122. (415) 564-8515. $450 (plus $20 materials fee paid directly to the leaders)

May 26–June 2

Seasons of a Woman's Life: Self-Exploration in the Wilderness

Annie Callaway-Galland & Marilyn Mason

For workshop description see Wilderness Programs, page 42. $495

Weekend of May 31–June 2

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $230

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop participants will also be introduced to methods to improve their ability to sense each others' bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about their bodies through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens, who may find themselves discovering new ways of moving with ease and increased flexibility—painlessly and immediately. $230

Near Death Experiences and Human Evolution

Kenneth Ring

In the mid-1970s, tremendous interest in the experience of dying was kindled by the work of Elizabeth Kubler-Ross and Raymond Moody (author of *Life After Life*). Since then abundant scientific documentation of their basic findings has been compiled. Recently there has been great interest in exploring the spiritual implications of the near-death experience (NDE) and the ways we can draw on this research in dealing with death and dying.

This workshop will begin by reviewing the most recent research in the field and will continue with an in-depth examination of the significance of NDE's, for both everyday life and planetary evolution. Featured in this workshop will be material from Kenneth Ring's new book, *Heading Toward Omega*, which deals primarily with the transformative power of NDE's.

Although oriented toward persons who are attuned to the spiritual significance of NDE's, this program will also be of special interest to nurses and others involved in the health professions. People who have undergone NDE's are particularly welcome to attend this workshop. Films and video tapes will be incorporated into the workshop which will encompass a combination of didactic and experiential formats.

Recommended reading: Kenneth Ring, *Life at Death* and *Heading Toward Omega* (Morrow, N.Y.). $230

Inner Sound and Voice

Jill Purce

By freeing our voice, we make contact with deep levels of the Self, releasing untapped energy sources. In this workshop we will explore sound for healing and transforming consciousness. We will work with the psychophysical effects of breathing through chanting and mantric and sonic meditations. We will develop breath and sound to enable body-mind resonance. We will learn to give sonic massages, to heal and tune the chakras and subtle body.

We will focus on discovering our own note and inner sound, using mystical sound practices from traditional cultures, exploring trance and mind-transforming music, mantra, and musical medicine. $230

Week of June 2–7

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $450

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 12. $450

Resolving Patterns of Stress

Peter Levine & Michael Salveson

Stress affects the nervous system and body structure adversely. Many negative effects can be reversed by appropriately resolving the muscular and neurological holding patterns which contribute to maintaining the stressed state.

Concepts and methods from nervous-system research, clinical practice, and direct body approaches will be presented and discussed in the context of perceiving body types, and understanding physiological signals. Tools will be offered for interpreting and working with tension patterns, posture, movement, emotion, and respiratory-autonomic (stress) responses. These aspects of practice will be integrated into an assessment by the health-care planner.

This workshop would be of particular use to professionals in the fields of physical health-care, chiropractic, body work, counseling, biofeedback, nursing, and general medicine. $450

Ericksonian Hypnosis and Communication

Paul Carter & Marianne Paschke-Carter

"Wisdom is the intelligence of the system as a whole."—Gregory Bateson

"Your conscious mind is very intelligent, and your unconscious mind is a hell of a lot smarter," —M.H. Erickson

Paul writes: "We have an intelligence obtained from our wholeness that is far greater than we are ordinarily conscious of. Erickson called it the 'unconscious mind.' Accessing and integrating this intelligence formed the basis of his hypnotic work.

"This workshop is designed for people who work with people and would like experience with Ericksonian hypnosis, communication, and problem-solving. The emphasis will be on developing a practical understanding of the principles of this approach including trance as a natural and necessary part of health and the idea that people are paradoxical and so too must their communication and problem-solving be paradoxical.

"Through guided exercises and demonstrations, participants will be taught the hypnotic use of metaphor in movement, sound, image, and story, as well as the hypnotic realities of age-regression, age-progression (traveling into futures), lucid dreaming, dissociation, and deep-trance identification (a process of deepening self-awareness through identification with different persons in and out of trance).

"Additional exploration will include: the recognition and use of spontaneous trance states that commonly occur in the course of body work, acupuncture, movement and dance, sports, counseling, and everyday stress situations; the art of using all of the system, including the bad, sick, crazy, and resistant parts; the value of humor, confusion, pattern interruption, and paradox in accessing unconscious creativity and resources; and an integrative approach to problem-solving and self-healing as described in my soon-to-be published book, *The Parts Model*.

"Course prerequisites: a sense of humor, a warm heart, a little skepticism, a little trust, and an unconscious mind."

Recommended reading: Jay Haley, *Uncommon Therapy* (W.W. Norton & Co.); Jeffrey Zeig, Editor, *Ericksonian Approaches to Hypnosis and Psychotherapy* (Brunner & Mazel). $450

Weekend of June 7–9

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 13. $230

Alternatives for Managers

Susan & Joel Kirsch

Whether you manage a small business, a household, a work group, or a major corporation, you probably wrestle with these questions: How can I respond to the changes that constantly bombard me? What can I do to deal with the stress of my job? How can I provide the most effective leadership? Is it possible to convert difficulties and problems into opportunities for further growth and development?

This workshop is based on a unique reliance on the body as teacher. Simple physical movement activities, derived from the sophisticated martial art of aikido and Leonard Energy Training, provide an experiential foundation for discovering managerial principles. The physical activities serve as a complement to the cognitive and are used in conjunction with group discussion, role play, lectures, and paper-pencil activities. Participants will have a chance to apply the principles to current work-related issues and to experiment with alternative ways to enhance personal and professional performance. $230

Morphic Resonance: the Presence of the Past

Rupert Sheldrake

The hypothesis of formative causation, first put forward in 1981 in *A New Science of Life*, proposes that the form and behavior of organisms are influenced by past organisms of the same species through morphogenetic fields, by the process of morphic resonance. These fields represent a kind of collective memory. The hypothesis predicts that when some members of a species learn something new, the ability to learn it should increase all over the world. There is already experimental evidence that this remarkable effect actually occurs.

After a preliminary discussion of this hypothesis and the latest experimental results, we will explore some of its many implications, particularly in relation to inheritance, memory, paranormal phenomena, and ritual.

Recommended reading: Rupert Sheldrake, *A New Science of Life* (J.P. Tarcher). $230

The Emerging Curriculum: A Gazebo Workshop

Lia Thompson & Perry Holloman with Riley Thompson-Clark & Maya Holloman

We will consider the conditions for optimal development in early childhood. A child's knowledge of the world develops through body movement and sensory contact with his/her surroundings. The emerging curriculum is an organic process in which the physical/social environment is the classroom at any moment. Using the Gazebo school's learning center and the Esalen grounds, we will explore the concept of intelligence as developed through full interaction with the environment. $230

Anyone interested in receiving information regarding early childhood education and related activities at Esalen, please send name and address to Janet Lederman, Gazebo, Esalen Institute, Big Sur, CA 93920.

Week of June 9–14

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

For workshop description see May 5-10. $450

New Light on Earth: The Near-Death Experience and Human Transformation

Kenneth Ring

In the past decade, much research has been done to establish that the near-death experience (NDE) is an authentic and widespread phenomenon of our time. Recently, as a result of new studies demonstrating the transformative power of the NDE, it has begun to appear that NDE's are one modern form of *initiation* into ancient mysteries. According to a Gallup poll, literally millions of people within a short span of time have undergone life-changing transformations associated with NDE's.

We will be exploring implications of NDE's for human transformation and planetary culture in the New Age. We will consider in depth such topics as: recent research into the NDE and its after-effects; the new mythology of death emerging from the field of near-death studies; and the evolutionary nature of the NDE. In addition to didactic sessions and discussion, the workshop will include experiential exercises, films, and video tapes.

This program is intended for anyone who is interested in learning about NDE's, and is especially designed for persons seeking to understand how they may better align themselves with the transformative power of the NDE itself. Those people who have had an NDE or a similar experience are particularly encouraged to participate. $450

Joyce Rogers Lyke

Creating Musical Theater: The Stray Cat Strut

The Return of Encounter

Will Schutz & Ailish Mellard

Will Schutz writes: "Encounter groups in the early '70s spread rapidly across the United States and Europe, helped Esalen become nationally known, and then came upon hard times. Encounter for some became anathema, an activity to be shunned. Rather than disappearing, however, encounter donned new clothes and titles, surfacing as communications, human relations, consciousness-raising, and process groups.

"This workshop will explore encounter's maturing and continuing value. In its best form, it is a method for the non-judgmental exploration of self and relationships, basically little more than telling the truth both to others and to yourself, and taking responsibility for yourself."

Recommended reading: Will Schutz, *Elements of Encounter*, *Profound Simplicity*, and *The Truth Option* (all available through WSA, Box 259, Muir Beach, CA 94965). $450

Integration

Deborah Anne Medow

Deborah writes: "The body reflects what is going on in the mind. By working with my body through exercise, yoga, massage, or whatever practice it is that I do, I can influence my thoughts and habits—my whole pattern of living. Conversely, changing my mental attitudes can effect a gradual transformation of my body.

"Having integrated into my life various practices and activities including yoga, massage, movement, hiking, gestalt, and interpersonal process, I have found a new awareness of the levels at which I am working and where my limitations lie in these areas. By recognizing my limitations, I am able to see with more clarity where and how to proceed to bring about growth and change.

"Participants will be presented with guidelines to integrate both their own practices and those offered in the workshop. In the mornings we will come together for yoga followed by a light breakfast. In some of the sessions following, we will explore creative movement and dance, out of which can evolve a deeper understanding of each individual's inner rhythms. Other sessions will include the practices listed above and an opportunity during an afternoon hike to observe nature's cycles as a way to reflect on our own natural cycles and movements." $450

Aggression, Sexuality, and Danger: A Gazebo Workshop for Parents and Children

Janet Lederman & Gazebo Staff

How do children gather information and learn to make decisions based on what they have gathered? As parents and teachers, to what degree do/should we intrude or interfere in

this information-gathering process? We will examine the critical role that parents, teachers, and other children play in the development of a child's total abilities.

The Gazebo staff believe that allowing a child full interaction with his/her environment, imposing as few limitations as possible, greatly enhances the child's social skills. Particularly in the areas of conflict resolution and natural sexual exploration, the Gazebo experience has enabled children to exercise their initiative successfully. Families may come together in this workshop to discover some of their own resolutions for current challenging situations. $450

Anyone interested in receiving information regarding early childhood education and related activities at Esalen, please send name and address to Janet Lederman, Gazebo, Esalen Institute, Big Sur, CA 93920.

Weekend of June 14–16

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $230

Weekend Massage Intensive

Jaime Morton & Vicki Topp

For workshop description see May 24-26. $230

Reprinting: A Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize inner power? Through various approaches including body reading, light trance work, and anchoring (Erickson), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in, and consider opening new doors toward growth and freedom. New models of behavior can become available.

The workshop will feature individual and group processes, including body release approaches.

Recommended reading: Hector Prestera and Ron Kurtz, *The Body Reveals* (Harper & Row). $230

Other Lives, Other Selves

Jennifer & Roger Woolger

This workshop teaches a specific form of Jung's method of *active imagination* whereby we can easily enter the collective unconscious and vividly recall detailed memories of other eras through an ego consciousness quite different from our present identity. Each other "life" we remember can be understood psychologically in much the way that secondary personalities in our dreams can reflect integrated parts of the self. This "remembering" of other lives can offer a number of valuable benefits: cathartic release from deep-seated fears and bodily tensions; glimpses of unexplored potentials in ourselves; new and often startling light on areas in our lives where we feel stuck and hopeless; personal experience of the death transition to higher states of consciousness. In the workshop there will be individual demonstrations, supervised work in pairs, and group processing and discussion of the material. $230

The Future of the Body: The Transformation Project

Michael Murphy & Steven Donovan

In his novel, *Jacob Atabet*, Michael Murphy speculated that a next stage of human development might involve the power to alter the physical body at will. He is developing this idea more thoroughly in a book, *The Future of the Body*, and through the Transformation Project, organized in 1976 to compile and analyze a broad range of scientific, speculative, and anecdotal literature on bodily transformation. Murphy will discuss some of the major ideas of his current book, and Donovan will present results to date of the Transformation Project.

Recommended reading: Michael Murphy, *Jacob Atabet*, *The Psychic Side of Sports*. $230

Week of June 16–21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $450

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 13. $450

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed."
—M.C. Richards, *Centering*

Stress-related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais, gestalt, Rolf® movement, massage, Reichian breath work, and video feedback. $450

Five Days with Jack Rosenberg

This workshop is aimed at awakening and sustaining awareness of body, self, and soul, as well as examining the anatomy and function of intimate relationships. The method can be described as gestalt body work with a distinct leaning toward the transpersonal aspects of life. During the workshop participants will explore many aspects of Jack Rosenberg's energetic approach to sexuality, the energetic field of the body, and the belief systems which keep us locked in obsolete behavior patterns. $450

Weekend of June 21–23

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $230

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will work with their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods. $230

Awake in Your Dreams

Stephen LaBerge

Lucid dreaming means dreaming while knowing that we are dreaming. The presence of consciousness during this extraordinary state of consciousness allows us to respond flexibly and creatively to the flow of dream experience. We are in a unique position to control our dreams; this control brings within reach a remarkable range of possibilities from indulging your wildest fantasies to fulfilling your highest spiritual aspirations.

For most of us, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so; workshop participants will learn how to develop the skill of lucid dreaming. The results of recent scientific research will be presented and participants will be exposed to a wide variety of uses to which the world of lucid dreaming can be put, including self-exploration, creative problem solving, healing, adventure, and, perhaps most importantly, a way of self-integration leading to the transpersonal realms.

The emphasis will be on improving the quality of the dreamer's experience while in the dream. This means self-control, not dream control; changing the context rather than the content of the dream. Ann Faraday has called lucid dreaming "one of the most exciting frontiers of human experience." This workshop will provide an opportunity to find out why.

Recommended reading: Stephen LaBerge, *Lucid Dreaming* (J.P. Tarcher). $230

Introduction to the Viking Runes

Ralph Blum

For almost 2000 years, western peoples possessed a system for divination and insight into the present and the future—the Runes. Described as "the *I Ching* of the Vikings," the Runes served as an oracle—each symbol having a specific meaning and message—and rune-casters, often women, accompanied the Vikings on their long voyages. Then, for three centuries, the Runes were eclipsed, their practice and wisdom lost.

In 1975, Ralph Blum began working with the most ancient Germanic Runes, rediscovering meaning for the individual Rune stones and devising methods for their use. Margaret Mead said of his work: "It's high time someone treated the Runes as part of living western shamanism. We need our shamans, and you don't have to make an appointment to see your Runes."

In this introductory workshop, he will present the origin, history, meaning of the Runes, and how to work with them for self-counseling, decision making, obtaining information at a distance.

There will be individual Rune readings for workshop participants.

Recommended reading: Ralph Blum, *The Book of Runes* (St. Martin's Press; Rune stones and bag come with book). $230

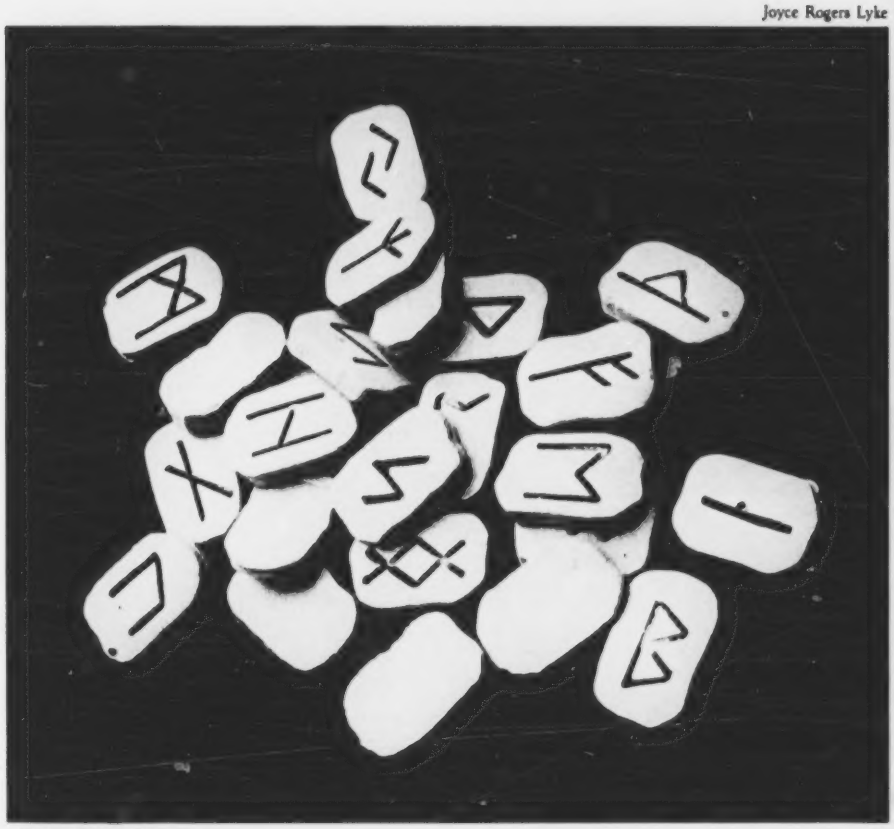
The Esalen Soviet-American Exchange Program: An Update

James Hickman
& the Exchange Program Staff

Since its inception in 1979, the Esalen Soviet-American Exchange Program has demonstrated significant success in pioneering innovative and imaginative approaches to Soviet-American cooperation. Based on our two nations' common interest in human potential and consciousness, our non-governmental approach to peacemaking emphasizes the need for understanding both the similarities and the differences in disparate cultures.

This project has emerged over the past ten years as members of the Exchange have traveled extensively throughout the Soviet Union establishing personal relationships with Soviets from all walks of life including scientists, political philosophers, artists, athletes, and government officials.

Joyce Rogers Lyke



Viking Rune Stones

In this seminar we will review the projects in the Exchange Program to date: exchanges of professionals from the two nations; the creation of an international forum for cosmonaut / astronaut dialogues; the dramatic potential for using the latest satellite communications technology for linking together large groups of Soviets and Americans; the collaboration between Esalen and the Soviet Ministry of Health in the areas of holistic health, wellness and physical fitness; the establishment of a Soviet Studies Center at Esalen's Big Sur facility.

We will share our insights about the intellectual, cultural, and spiritual aspects of the transformational journey on which we have embarked with our Soviet friends and colleagues. We will include a multimedia presentation on travel in the USSR, offer guidelines based on our experiences in citizen diplomacy, and conduct experiential sessions examining our own cultural conditioning and perceptions. The seminar leaders believe that if Americans evolve a deeper understanding of Soviet culture, the United States government might evolve a more creative Soviet-American policy.

Recommended reading: Hedrick Smith, *The Russians*; David Shipler, "*Russia: Broken Idols, Solemn Dreams*," the *New Age* magazine cover story on citizen diplomacy, January, 1984. $230

Week of June 23–28

Five Day Massage Intensive

George King & Brita Ostrom

For workshop description see May 5-10. $450

Self-Acceptance: The Freedom to Be

David Schiffman & Elisa Lodge Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, bioenergetics, and journal work. $450

The Mystical Quest

Christina & Stanislav Grof

This workshop will include theoretical and experiential exploration of the transpersonal dimensions of the human psyche and the importance of the spiritual impulse in human beings. Special attention will be paid to the emerging world-view that integrates science and mysticism, and to the problem of "spiritual emergencies"—emotional and psychosomatic crises that can be associated with consciousness evolution. In the experiential work, we will use "holonomic integration," which combines controlled breathing, evocative music, and focused body work, and has the potential to mediate experiential access to the mystical domain. $450

A Gentle Unfolding

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through intuitive and energy awareness, massage, meditation, movement, gestalt, and play. Using these tools and gentle risk-taking can help in opening to our own aliveness and ability to be more at home with ourselves. Participants will explore practical and portable ways of nourishing and trusting the inherent wisdom of the self. $450

Weekend of June 28–30

Honoring the Self

Devers & Nathaniel Branden

Nathaniel Branden writes: "In this experiential, participatory workshop, we explore the psychology of self-esteem and its relationship to personal evolution. I cannot think of a single psychological problem—from anxiety and depression, to fear of intimacy or of success, to spouse battering or child molestation, to suicide and crimes of violence—that is not traceable to the problem of a poor self-concept. Of all the judgements we pass in life, none is as important as the one we pass on ourselves. Through a variety of exercises and processes, plus some explicit teaching, we will look at the kind of behaviors that raise self-esteem and the kind that subvert it. We will see in how many ways self-concept is destiny." $230

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities, Anne and Jim will use special exercises to aid participants in exploring these abilities. They have found through their professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the intuitive input they normally receive. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $230

Love and Work

Anne & John Caple

"Work is love made visible," wrote Kahlil Gibran. In this workshop, participants will examine their work-life and work options in the context of their love for themselves, for others, and for the larger world. Working from a conceptual base, the group will use integrative exercises, art, body work, and gestalt processes to seek answers and consider life decisions. The goal is for participants to see more clearly what they want and how to get it. One outcome will be a specific action plan.

This weekend is for those who want more value in their work-life, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life/work issues during group meetings and in pre-breakfast runs.

Recommended reading: John Caple, *Careercycles* (Prentice-Hall). $230

Sojourn: The Consciousness and Chemistry of Escape

Harvey Milkman & Stanley Sunderwirth

Are criminals, cocaine users, sky divers, police, and lovers motivated by a similar adrenalin rush? Are comparable needs being met through alcoholism, overeating, and membership in a spiritually oriented group? The term addiction was once reserved for dependence on drugs. Today it is applied to a range of compulsive behaviors as disparate as working too hard and eating too much chocolate. In fact, there are essential biological, psychological, and social common denominators between drug use and other habitual behaviors. Whether your pleasure is meditation or mescaline, cocaine or cults, you are addicted if you cannot control when you start or stop the activity. Indeed, in the arena of addiction, experience is the protagonist and the users' drugs or activities of choice are merely supporting actors.

This workshop will provide participants with an understanding of critical factors which underlie causation and treatment of a broad spectrum of compulsive problem or fantasy experiences. Teaching methods are geared towards increased learning through simultaneous activation of right and left brain channels of comprehension. Information is presented via visual imagery and logical explanation, thus enhancing conceptual understanding and learning retention.

The workshop will also focus on the experiential acquisition of skills to overcome the wide variety of behaviors characterized by compulsion, loss of control, and continuation despite harmful consequences. Contemporary treatment methods will be demonstrated and practiced. $230

Week of June 30–July 5

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $450

Letting Go—Moving On

Merri Goldenson (Devarani)

For workshop description see May 12-17. $450

Living Hypnotically

Norman Katz & Marc Lehrer

To "live hypnotically" is to live with the benefits of greater perceptual awareness, to enhance personal creativity and most particularly to develop an ongoing relationship with the unconscious mind.

This five day seminar in altered states and hypnosis is intended to acquaint the participants with living a "hypnotic lifestyle." By understanding basic principles, participants can learn to use hypnosis as an aid to transform themselves in powerful and unique ways. Participants will be offered an opportunity to recall altered states and then to produce these states by hypnosis. $450

June 30–July 7

A Seven-Day Beginning Trager Training

Betty Fuller & Deane Juhan

In this professional training, participants are instructed in Trager table work, receiving sessions from experienced practitioners, giving to and receiving from each other under supervision. In addition, participants learn to practice and teach mentastics, learn basic communication skills, clearing exercises, and simple meditations, and have time in the group to share and process their experience. This training is open to professionals in education, body work, holistic health care, counseling, psychology, medicine, chiropractic, sports, performing arts, and other disciplines which see movement as a primary means of learning.

C.E. credit is available for nurses; for additional information see page 44. $680

Weekend of July 5–7

Weekend Massage Intensive

Brita Ostrom & Jaime Morton

For workshop description see May 24-26. $230

Reflexology

Laura Norman

Reflexology can be a powerful healing tool which relaxes the body, recharges the mind, and revitalizes energy. It is a massage of the feet which can clear away stress and tension, stimulate the body's natural healing abilities, and help balance the system.

Participants in this workshop will have opportunity to learn specific methods as they work on one another and may then be prepared to work on themselves, loved ones, and friends. Health care professionals may wish to integrate reflexology into their work.

This workshop offers basic knowledge of reflexology, its roots and practice; the benefits of reflexology and how it can help relieve minor aches and pains as well as chronic health conditions such as back, sinus, and weight problems; an understanding of the relationship of the feet to the body—how the feet are considered mini-maps of the entire body with each "reflex point" in the foot representing and corresponding to an organ, gland or part of the body. $230

Creating Our Future

Prem Das & Rutuma

Prem Das writes: "In this workshop we will explore the origins of our personal universe. Drawing on the ancient wisdom passed down to us by shamans and yogis, we will probe into our latent potential as co-creators of the world-universe, and thus of our future."

Recommended reading: Peter Russell, *The Global Brain* (J.P. Tarcher); Vasily Nalimov, *Realms of the Unconscious: The Enchanted Frontier* (ISI Press). $230

Achieving Sustained High Performance

Jerry Fletcher

Everyone has had the experience of suddenly doing something much better than expected, yet until recently little has been known about these high performance experiences. People assumed such times were lucky accidents. More significantly, even if they could perform at a high level for short times, they have assumed there was no way to sustain such performance without stress, fatigue, and eventual burnout.

After more than six years of careful research and testing, it is clear that these times of exceptional performance are not capricious. Each individual has a unique set of conditions under which he or she performs surprisingly well. Furthermore, once people learn their personal high performance patterns, they can deliberately create the conditions they need to sustain their own high performance behavior. They do not need to subject themselves to the strain of short peak periods of high output, followed by long recovery cycles.

This seminar presents a carefully developed process for individuals to learn what their high performance patterns are, and how to adjust the way they do things to fit the conditions under which they perform exceptionally well. This seminar is a program developed through years of work with experienced, successful managers, executives, and professionals about how to go beyond competent performance in a way that can be sustained. $230

Week of July 7–12

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 12. $450

Emotional Crisis: Disease or Evolutionary Opportunity?

Christina & Stanislav Grof

In this workshop, participants will explore theoretically and experientially the concept that many episodes of emotional crisis and turmoil are not necessarily pathological conditions and indications of "mental disease." If properly understood and supported, they can be conducive to psychosomatic healing, personality transformation, and consciousness evolution.

Using controlled breathing, sound technology, and focused body work, we will experiment with methods for constructive support and intervention during such episodes, using a model of the psyche which includes the biographical level, the dynamics of the death-rebirth process, and the entire spectrum of transpersonal experience. This workshop might be of particular interest to counselors and relatives or friends of persons in emotional crisis. $450

Zero Balancing: Beginning/Intermediate Workshop

Fritz Smith

Zero balancing is a simple yet powerful method for aligning the body structure and energy field. The structural/energetic interface of the body is beneath our conscious awareness and when imbalances occur at this level, the body tends to compensate around them rather than resolve them directly. This asymmetry often leads to loss of vitality, chronic body pain, increasing stress, and less potential for vibrant health. Zero balancing assists in overcoming these patterns of imbalance.

In this program Western anatomy, physiology, and kinesiology are reviewed and Eastern concepts of chi energy, its movement in the body, and the chakra systems are discussed. With this background information, the system of zero balancing is presented including specific guidelines for evaluating and balancing the structural/energetic interface of the body. The workshop is both didactic and experiential with the main emphasis on teaching the participants new skills in body handling. This is an accredited program toward zero balancing certification.

C.E. credit is available for nurses; for additional information see page 44. $450

Body, Mind, and Soul in Cancer Work

Wolf Buentig

In this workshop, based on a holistic understanding of cancer, a variety of methods will be presented to those for whom cancer is an issue.

Some of the issues touched upon will be: personality, stress and host resistance; a psychosomatic model of cancer; the repression of despair, a bioenergetic process; the breakdown of communication on a cellular, organismic, interpersonal, global, and cosmic level; a systems view of cancer development; cancer as suicide; and the search for meaning. The workshop, however, will be primarily experiential, using gestalt, guided imagery, trance induction, anecdotes, and laughter. $450

Transformation Within and Without

Frances Belmonte, Charles Brandon, Cheryl Colton, Matthew Fox & Nick Herbert

Richard Falk, Milbank Professor of International Law at Princeton University writes: "Often deep transformations in structure are virtually 'invisible' to those who experience them."

It is our thesis that just such a deep transformation in structure is now taking place and that the personal and external aspects of the transformation are inter-related and in fact inseparable. It has been our experience that the awareness of the transformation of the whole can lead to a transformation of the person.

In this seminar we will explore this transformation process—both within and without—on many levels. We will renew our appreciation of mythology and will survey the extraordinary changes taking place in many areas, including physics, theology, and women's rights and roles. We will examine the proposition that these changes are facets of a singular, elemental, global process. Through the use of dramatic

audio-visual material, we will accompany former astronaut Russell Schweickart on his voyage into space aboard Apollo 9 and view our home planet from a new perspective. Through another multi-screen audio-visual presentation we will examine the four major myths that have informed our view of the nature of reality: the animistic, the theological, the Newtonian physical, and the emerging quantum myth.

The workshop will provide opportunities for the sharing and processing of our experiences of the loss of old myths, of personal and global transformation, and of our visions of the future. $450

Weekend of July 12–14

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $230

Issues in Early Childhood Development: A Gazebo Workshop

Lia Thompson & Perry Holloman with Riley Thompson-Clark & Maya Holloman

For workshop description see May 10-12. $230

Zero Balancing: Advanced Workshop

Fritz Smith

This workshop is for people who have completed at least one introductory zero balancing program. Following a review of basic concepts, we will spend time answering questions and giving individual instruction as needed. New work will focus on exploring the direct perception and assessment of energy currents in the body, refinement of evaluating and balancing the foundation joints, and discussion of non-foundation joints, including the small joints of the body. Theory will be clarified by demonstration and individual practice, using each other as models.

This is an accredited program toward zero balancing certification. $230

Sound and the Exploration of Consciousness

Terence McKenna & Ralph Metzner

In this workshop we will study and experience the relationship between sound, visions, and altered states of consciousness. We will draw on psychedelic research, shamanism, yoga, alchemy, linguistics, and ethnomusicology to explore such concepts as toning, mantra, auditory driving, morphogenetic resonance, modulation of awareness, harmonic overtones, and glossolalia. Through listening, chanting, sound-making, breathing, and movement, we can experience the primal power of sound and its evocative effects on consciousness.

Participants are encouraged to bring instruments and recorders. $230

Feeling and Relating

Joel Dueck, Anne Ruderman & Linda Rice-Mandigo

This workshop focuses on growth as a possible source of wonder, inspiration, and delight.

By using Reichian emotional release methods, such as the Radix® intensive, and by working individually within small supportive groups, participants will be given the opportunity to find that the deeply held emotions of pain, anger, and fear can be released. Such release can soften chronic unconscious patterns of tension and a new capacity for pleasure, love, and trust can follow.

As a complement to the emotional release work, approaches to group process will be introduced, providing for the subtler patterns of relating to emerge. Thus, each participant's capacity to translate personal growth into quality interaction can be developed experientially. $230

Week of July 14–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $450

Feeling and Relating

Joel Dueck, Anne Ruderman & Linda Rice-Mandigo

For workshop description see July 12-14. $450

Crossroads: Awareness of Possibility of Life Change and Personal Growth

Anne Nechama Simkin

This workshop is for people who have reached an impasse in life, who feel they are at a crossroad and/or are seeking more vitality and excitement. Participants may find it is possible to become aware of exactly where they are and how they got there, and to explore ways to mobilize their energy to choose and act. Special attention will be given to the ways in which one stops seeking options, immobilizes oneself, and arrests advancing and adventuring in new directions. Emphasis will be on risk-taking in the safe, supportive milieu of the group. $450

Dreams: Energy, Imagery, Psyche, and Spirit

Kenneth Kelzer

Dreams are an ever present source of energy and imagery. These "raw materials of the psyche," when refined and assimilated, serve to elevate our lives to new dimensions. Dreams serve many important functions: returning the lost parts of the self to the conscious mind, enhancing creativity, firing the imagination, offering outrageous humor and sometimes pure inspiration. This workshop will delve into the dream state to explore its widest possible range, including the psi potential of dreams. We will use gestalt, psychodrama, Jung's depth psychology, intuition processes, and creative art media as some of our principal tools. In addition, the dream will be viewd as a channel for spiritual expansion and artistic creation, with special emphasis on the new frontier of lucid dreaming. Participants will have time to explore their own dreams during the workshop. $450

Polarity

Edward Jarvis & David Fuess

The focus of this seminar will be an understanding of the electromagnetic fields which govern the human body, with a reliance on the teaching of the late Dr. Randolph Stone, founder of modern polarity. Students will learn to find fulcrum points where the most energy may be moved with the least effort. Powerful methods to release back, pelvic, neck, and cranial blockages will be taught. Emphasis will be placed on sensitizing the student to his/her own energy system and that of the client.

David Fuess will teach the first three days and Ed Jarvis will teach the final two days. $450

July 14–18

A White Water Adventure on Idaho's Salmon River

Seymour Carter & Bob Doppelt

For workshop description see Wilderness Programs, page 42. $550

Weekend of July 19–21

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see May 3-5. $230

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see May 24-26. $230

Making Dances

Rhonda Martyn

Rhonda writes: "In this workshop about making dances, participants will experience a good physical workout as well as the sense of accomplishment and community that derives from making and performing in the creation of dances.

"We'll begin by exploring the basic elements of movement and the craft of choreography. Then, using games, exercises, rituals, and problem solving, we'll begin to play with the creative process. As a professional choreographer, I will use workshop participants as I would professional dancers—calling on their creativity and sensibilities to help in the process of building dances. I will also coach and assist participants in making their own studies and/or dances.

"*Making Dances* is for people with no dance experience and with much dance experience. It's an opportunity to be both a dancer and a maker of dances." $230

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert & Heinz Pagels

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's Theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's Theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what the current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation.

Recommended reading: Nick Herbert, *Quantum Reality* (Doubleday, 1985); Heinz Pagels, *The Cosmic Code* (Simon & Schuster). $230

Week of July 21–26

Five-Day Massage Intensive

Peggy Morrison Horan & Brita Ostrom

For workshop description see May 5-10. $450

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

For workshop description see June 16-21. $450

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

To make effective, creative choices you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week we will focus on how to develop those qualities in ourselves that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based in warmth and humor we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $450

NLP, Hypnosis, and Reichian Bodywork

David Silverstein & Yvonne Ginsberg

This workshop will allow individuals to explore their process using Reichian bodywork, neurolinguistic programming (NLP), and hypnosis. Each person will have ample opportunity to work individually as well as in group. By loosening the body armor through Reichian work, participants may become more receptive to exploring their emotions and their unconscious. Hypnosis will be used to help experience and re-experience fantasies, dreams, and unfinished situations. NLP offers the possibility of changing beliefs and criteria that keep our lives limited to familiar patterns. Throughout the workshop there will be gentle encouraging to realize that our experience is within our means to define and create. In bringing together these approaches to human development, we wish to create an environment which respects each individual's natural growth process. $450

Reflectors

Jenny O'Conner & the NINE

"In this form we become bridge between whole and unwhole, happy and sad, good and bad. We are thought form, the first thought as you, as mankind, assumed shape and the last thought as you choose to leave. What remains is afterthought or vibration as we know it, and so the form begins again. The vibration came before the chicken."—The NINE

"This workshop is an invitation to spend time with The NINE in dialogue and self-discovery. As they move to answer questions, they create a kind of language that bypasses the mental structures of the brain and enters through the pores of the body. It can be beyond expectation because it enters the space between all expectations and, caught unawares, you may find yourself looking at a reflection of yourself that is shockingly familiar, for there may be more of you than you ever believed possible. You may well be compelled to reach across that space between the masks you carry and the self you don't quite yet believe possible and so put the strain of your theater to rest for a while. All this through a meeting, a few questions that seem simple enough in the asking but may rebound in a way that strikes far beyond what you thought you asked. It is a very fast way to know yourself better, in a form that teaches through compassion, humor, intelligence, and a vital concern for the future of us and our planet."—Jenny O'Connor $450

July 21–27

The Grand Tetons: A Mountain Odyssey

Annie Callaway-Galland & Dick Galland

For workshop description see Wilderness Programs, page 43. $525

Weekend of July 26–28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $230

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see June 28-30. $230

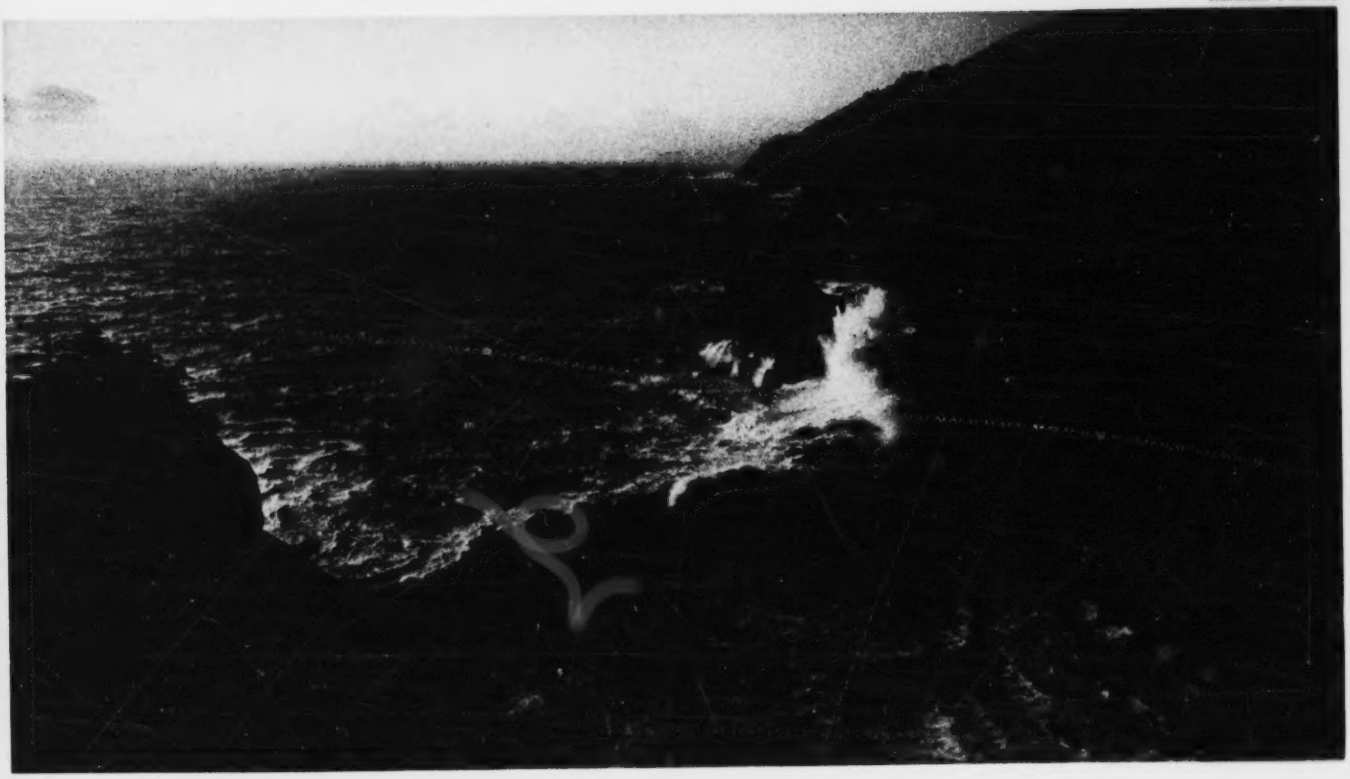
Relating: The Easy Way

Wendy Oser & Tom Taussig

The quality of life is intimately connected to how people relate: to those they love, to coworkers and, especially to themselves.

During this weekend we will provide opportunities to share strategies, notice beliefs, and

Kathleen Thormod



clarify priorities. We will use individual and group processes as well as video feedback to discover how to bring more ease into relationship.

Our purpose is to move away from stress and dissatisfaction in the interest of more delight and greater equilibrium. The weekend is intended to be a practice session in doing it the easy way. $230

Watercolor Painting and Energy Awareness

Annie Styron Leonard & Jackie Kirk

"The 'presence' of Rembrandt's portraits was, in part, in the very act of moving his hand and conveying his energy to bring these figures to life . . . Rembrandt transmits his own energy, his own life, in the act of making a brushstroke."
—Nathan Oliveira

This workshop is designed to help us tap into our vital energy, the force that makes it possible for us to express ourselves through art. By combining Leonard Energy Training (LET) exercises with watercolor painting, we'll use our entire body to help us *see* the world around us more clearly as well as learn how to be more centered, relaxed, and creative while painting. Activities will include demonstrations in watercolor and LET, short field trips, individual instruction, and discussions of our class experience. Bring whatever watercolor material you have and be prepared to paint. $230

July 26–August 2

Awareness Through Movement and Functional Integration: the Feldenkrais Method

Mia Segal

Movement is the key to life. We come to understand our internal organization only by learning to become aware of our patterns of movement—*how* we do what we do; i.e., how we carry out what we intend. Only when we know what we do, can we do what we want.

This workshop is to introduce you to the means whereby you can discover such patterns. A series of verbal instructions will guide you towards awareness-through-movement, and this will be enhanced by demonstrations of the nonverbal procedures of functional integration. $680

Week of July 28–August 2

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $450

An Experiment in Self-Knowledge

Jessica Moore Britt

Insight and body-oriented practices depend upon awareness and the expression of sensations, feelings, and images that most of us ordinarily repress. Insight and catharsis by themselves, however, may not necessarily lead us into the depths of our nature that transpersonal disciplines like meditation and shamanism cultivate. Practitioners of meditation and shamanism, in like manner, may neglect the emotional/physical clearing that often allows the opening from which our depths may emerge, to be perceived and integrated. This workshop will seek to join these two levels of personal practice. Using gestalt awareness practice and Reichian breath work, meditation, and ritual, we will begin to explore the relationship between the learned patterns of our personality and the depths of our being. $450

Presence . . . Reclaiming Personal Power

Elisa Lodge Schiffman

During this week participants will explore the elements that contribute to presence, a timeless inner atmosphere of fluidity and ease. Together we will look at the ways in which we can live more freely and imaginatively, and cultivate a more healthy, responsive, and well-balanced lifestyle. Our aim together will be to strengthen our abilities to experience and share our

emotional needs, as well as to reawaken child-like qualities of freshness and curiosity. Through the use of video feedback, each participant will have ample opportunity to experiment with ways of being. Movement and body work will be featured to create a more accepting and loving attitude toward ourselves. $450

Next Step: Transformational Neurolinguistics

Eli Jaxon-Bear & Yvonne Ginsberg

If all the world's a stage and we are the players, then who writes the script? Each day is an opportunity to participate in life and its evolution. This workshop focuses on developing practical tools for self-transformation and increased ability to communicate successfully. Problems are opportunities to grow in the areas of our lives that await transformation.

You may learn to expand your ability to gain perspective in any situation and develop options for feelings and behaviors that better suit who you want to be. You may discover greater clarity in what it is you want and how to achieve it, professionally or personally. You may also find how the very limitations you encounter can be transformed into your allies for success.

Neurolinguistics presents an array of practical methods for people to assist themselves and others in achieving the changes they want in an unusually direct way. This experiential workshop will present methods for helping people who are interested in transforming their own lives and for professionals who want to increase the range of their own current approaches. $450

July 29–August 3

Zen and the Art of Fly Fishing in Yellowstone National Park

Dick Galland

For workshop description see Wilderness Programs, page 43. $575

Weekend of August 2–4

Adventures in Self-Exploration

Christina & Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the entire spectrum of transpersonal experiences. All participants will have the opportunity to be in the roles of experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $230

Psychic Self-Defense

Elizabeth Stratton

The power of psychic energy cannot be overestimated. We are constantly bombarded by the emotions and thoughts of people around us, as well as by the accumulated energies of the environments in which we live and work. We can also be affected by the physical illnesses of people we are close to, sometimes to the point of actually manifesting those illnesses as if they were our own.

This workshop will give you an opportunity to explore the weaknesses in your psychic defense system, to learn how to release the negative energies you pick up, to repair and strengthen your aura, and to develop your psychic sight so that you can protect yourself from absorbing unwanted energies in the future. $230

The Human Energy System and Gestalt Process

Alan Schwartz

The human being's movement toward a stable and balanced organism undergoes many adjustments in direct proportion to his/her responses to parental and environmental messages. The result is the formulation of stratified patterns of *visible* physiology and behavior. These join to form that which is usually called personality, one's individual energy system. Two common examples of energy system responses to life stress are those personalities who collapse under stress and those who control. There are many more. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we make and inhibit intrapersonal and interpersonal contact. One focus will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our *consistent* awareness process and the autonomous expression of who we are. For additional information read the August 4-9 description. $230

The National Media From the Inside

Charles Kaiser

Who decides what gets on the front page of the *New York Times*? Why do *Time* and *Newsweek* run the same cover so often? How are reporters manipulated by public figures? What are their most frequent ethical conflicts? How are reporters treated differently from ordinary Americans? Charles Kaiser, media editor of *Newsweek*, and a veteran of the *New York Times*, where he was a reporter for five years, has also written for *Saturday Review*, *The New Republic*, *Rolling Stone*, and *The American Lawyer*. This seminar will explain how editors decide which stories are big news while others are ignored altogether. At the conclusion, seminar participants will be given eight real stories and asked to draw their own sample *New York Times*' front page. $230

Seminar in Executive Dynamics

Fred Kalmus & James Moore

Whatever you do, you are involved in communication of one type or another every day. Whether working on a team, dealing with customers, the government, or the public, managing, selling, negotiating, training, counseling, or purchasing, you are only as effective as your communication skills allow you to be. By developing effective interactive skills, you can maximize your potential and increase the output of others. These skills include problem solving, conflict resolution, anxiety reduction, and persuasiveness. This seminar is designed to improve organizational and personal effectiveness. $230

August 3–10

A Gentle Trip in the High Sierra

Maurica Anderson & Rob Cooley

For workshop description see Wilderness Programs, page 43. $450

Week of August 4–9

Reichian Gestalt: A Workshop for Contact and Release

Laura De Nuccio (Ma Prita)

For workshop description see May 5-10. $450

Forgiveness and Letting Go of Judgement

Elizabeth Stratton

"The giving up of judgment, the obvious prerequisite for hearing God's Voice, is usually a fairly slow process, not because it is difficult, but because it is apt to be perceived as personally insulting."—A Course in Miracles

Elizabeth writes: "The training of the Western mind, both spiritually and intellectually, is oriented toward judgment. We are taught to induce, deduce, analyze, dissect, defend, debate. We are taught to feel guilty, to get sick, to engage in self-punishment and the punishment of others. We are encouraged to rebuke ourselves into perfection.

"We do not know the healing quality of true remorse, or how to let go of that which we should never have held onto in the first place—the real meaning of forgiveness. In studies of people who have died and come back to talk about it, the most unifying element of their experiences was the meeting with a Being of white light who stood by with unconditional love, no judgment, and humor as they watched their lives roll before them like movies. The only judge was the person watching his/her own life.

"This workshop will be experiential. You are invited to observe the judgmental prison of your own mind, to feel the cleansing power of remorse, and to allow your heart to open to the freedom and healing that comes from forgiving yourself and others." $450

Effecting Change: The Human Energy System and Risk

Alan Schwartz

This is a week for recognizing the *relationship* between personal growth/change and economic/environmental realities. This is a week for *designing a growth pattern* for your individual energy system to provide more stable contact with the difficulties of the emerging decade.

The human energy system represents a constantly changing personality dimension. Often neglected in the system's movement towards maturity is the development of the consistency of strength. We hear metaphors not only of physical strength, but strength of character, strong emotions, and the spiritual and psychic strengths of perception. Lack of strength development leads each of us to develop compensations in order to be able to function in our chosen worlds. Some of the obvious are psychosomatic problems, blame, denial, and indiscriminate sexual functioning. *Power over* self, people, things is often a major compensation for the strength that allows us the *experience* of self, people, and things.

Risk involves awareness of our individual compensations, trusting self and the group process enough to *experiment* with mobilizing more energy. This means rendering more alive the strength of the physiology, feelings, conceptual process, and psychic perceptiveness. The result is clarity and stability and a deeper awareness of the balance of self as we contact the very real issues of the decade that is upon us. For further information, read the August 2-4 workshop description. $450

Emotions of Desire: Protecting the Limits of Love and Commitment

Ayala Pines & Gordon Clanton

Love, jealousy, envy, anger, and other powerful emotions are generated in intimate relationships. These emotions are not useless flights of irrationality. Emotions are useful. They are signals we can learn to interpret. They are also shock-absorbers which can facilitate personal growth and relationship enrichment.

Group discussions, gestalt, role playing, and shared fantasy will be used to increase awareness of the varieties of love and the combinations of love-styles that are formed in intimate relationships. In the supportive, nonjudgmental workshop context it is possible to learn and practice constructive ways of protecting love relationships and positive ways of expressing legitimate anger, thus minimizing the pain of jealousy and envy.

This workshop is for individuals and couples who are seeking a better understanding of the emotions of desire. It is especially helpful for couples who are seeking to define and protect the limits of their relationships and for counselors who work with people for whom these issues are important. $450

Myth, Dream, and the Movies

Phil Cousineau & Tom Schlesinger

In the study of our images we discover our deep selves. From the transcendent metaphors of mythology to the inner carnival of dream and the kaleidoscope of art, the soul of a culture realizes itself into imagery. With the richly inventive world of the movies we find a waking dream, a visual metaphor of a culture's self image.

By probing the deeply rooted urge to explain ourselves through the ancient art of storytelling, and by considering the common thread of archetypal fantasy in myth, dream, and the movies, we can discover the power of "healing fiction," the perennial attempt to re-imagine, revision ancient themes for modern needs.

Our workshop will blend a poetic appreciation of film with an experiential emphasis on stories and their images, the stained glass of the soul. Classical dramatic structure and the model of the hero's journey from myths, legends, and fairy tales will be used to study the creation, analysis, and impact of the film story. Together with extensive film clips, lectures, group discussion, and guided imagery, we will study the ways in which narrative form lends meaning to our experience. Then we will create our own scenarios, script them, act them out, and tape them to explore the uniquely collaborative world of movie making.

Participants are encouraged to bring writing utensils, masks, costumes, and any movie memorabilia (books, stills, posters, film scores, etc.).

The workshop is designed for the socially conscious film maker, visual artist and film buff alike. $450

Weekend of August 9-11

Weekend Massage Intensive

George King & Peggy Morrison Horan

For workshop description see May 24-26. $230

Burnout: Causes and Cures

Elliot Aronson & Ayala Pines

This workshop is designed for people who give service to others and who are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues. C.E. credit is available for doctors and nurses; for additional information see page 44. $230

Pattern and Paradox: Explorations in Communication and Framing Experience

Paul Lounsbury & Nancy Winston

Drawing from the evolutionary paradigm of Gregory Bateson and the hypnotic approaches of Dr. Milton Erickson, the leaders will establish a context for participants to explore individual communication processes. Guidance will be provided for participants to discover greater access to and appreciation of their unique and unconscious intelligence.

We will use Milton Erickson's naturalistic approaches to hypnosis as a model for exploring the dynamics of influence in communication. We will also explore individual signal and symbol systems as part of the communicative process.

Habitual patterns of organizing and processing sensory information will be explored and participants will be invited to experiment with

novel forms of framing and contextualizing sensory experience. The natural paradoxes that arise in language and communication will be damned, dignified, and employed as allies in this learning excursion. Trance phenomena will also be induced and utilized throughout the workshop to assist participants in by-passing conscious limitations and in discovering personal resources. Included will be: time distortion, age-regression, dissociation, amnesia, and positive and negative hallucinations.

While some people may find this workshop controversial, it will be most suitable for interested professionals and others who enjoy expanding personal thresholds and who recognize that play is the transition from fantasy to reality. $230

Rajneeshism

Edward Mann

This workshop is designed for people with an interest in or curiosity about Rajneesh, the Indian guru whose commune in Oregon has aroused great controversy. A one-time teacher of philosophy, Rajneesh established an exceptional ashram in India, which attracted thousands of Westerners and provided a wide spectrum of human potential groups. Rajneesh's daily lectures there were turned into several hundred books, selling world-wide.

The workshop will answer such questions as the following: Wherein lies the power of Rajneeshism to attract so many from the human potential movement? What is the secret of its rapid expansion and capacity to elicit such media attention? What are his major ideas? Why have so many regular followers and notable leaders from the human potential movement quit the movement? What are their major criticisms? How valid are they? What is the future of this new religion?

Our encounter with Rajneesh will be both experiential and didactic. We will listen to tapes of some of his lectures; we will participate in the two most popular of the meditations he created, the kundalini and dynamic. We will view videos of his arrival in America and events and celebrations at the Oregon commune. We will listen to audio tapes of some ex-disciples discussing the movement and why they left it. We will discuss his theory of "devices," means supposed to aid seekers to reach enlightenment. A systematic critique of the movement and how it has changed over time will be presented. Then, drawing upon evidence from three years' research, we will attempt to distinguish hype from reality, and draw parallels between this movement and others such as Synanon, Mormonism, and Muktananda's Siddha Yoga. Finally, we will attempt to assess the spiritual wisdom of the man and then predict the future of his religion. $230

Introduction to *The Fourth Way*

Charles Tart

Ordinary consciousness is a kind of waking sleep, an absorption in our own and our culture's illusions. How can we awaken? Our essential selves were invalidated and suppressed in childhood, as part of "education." How can we rediscover and nourish them? Instinctual and sensory wisdom is buried under cultural noise. How do we come to our senses?

The Fourth Way was Gurdjieff's name for psychological and spiritual development approaches that emphasized balanced work on the mind, emotions, instincts, and body. In this workshop we will examine Gurdjieff's main ideas, integrating them with modern growth psychology.

Self-remembering will be taught and practiced throughout the weekend as a primary means for increasing self-understanding and living more effectively in the present. Basic practices adapted from aikido will be used to illustrate how one can develop bodily intelligence, with emphasis on practicing *Fourth Way* methods as part of everyday life. $230

Week of August 11–16

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 12. $450

Pattern and Paradox: Explorations in Communication and Framing Experience

Paul Lounsbury & Nancy Winston

For workshop description see August 9-11. $450

The Polynesian Triune Model: How to Deal Effectively with Guilt and Self-Denigration Through Self-Integration

Murray Korngold & Jack Downing

The Kahunas of the Polynesian order of Kane have mastered practices for making friends with the subconscious, linking up with the divine via the higher self.

In this workshop, our lectures and exercises are directed toward an alliance between the conscious and inner selves. Using this ally, participants will be introduced to the higher self, the source of healing and other powers.

The triune configuration of conscious, inner, and higher selves, integrates rational thought, automatic body functions, stored memories, healing, and spiritual functions. With instruction and application, the three can converge to become one. $450

Energy Strategies

Nancy Rosanoff

Energy Strategies is a course in the self-management of psychic and intuitive abilities. Participants can learn to organize the vast amount of intuitive information available to them and apply it to their present needs. Whether changing careers, setting goals, improving personal and professional relationships, or solving everyday situations, the intuitive mind can help us to discover the best approach. The course uses several visualization and psychic development exercises. The subtle chakra energy system is also studied and used as a guide to greater sensitivity. Energy Strategies is a means to greater understanding of ourselves and others. By strengthening our intuitions we can strengthen our self-trust. The goal of energy strategies is to tap that which is truly unique about us and build it into personal strength. $450

The Performer in You: Achieving Stage Presence

David Feldshuh

Much of our everyday lives is performance: we present ourselves to other people; we give speeches or run meetings; we tell jokes or stories; we play sports. There is an optimum psycho-physical presence for performing anything: a mind-body condition that is clear of tension, centered, free, and spontaneous. The first step in developing this presence is awareness of individual physical and mental resistances. Next, one must learn practical ways to work through these resistances. The goal is stage presence: the ability as a performer to occupy time and space and the willingness to feel entitled to occupy that time and that space. These qualities can be learned. We can learn to perform so that we allow ourselves to be successful instead of bracing ourselves for failure. We can also learn to act more readily from a region beyond the boundaries of conscious control or judgmental intelligence, a region requiring the capacity to surrender to the moment and live fully in it.

Using exercises from mime, karate, theater games, voice, and mask work as well as methods adapted from gestalt and Zen meditation, this workshop will attempt to cultivate the performer in each participant regardless of previous performing experience. $450

August 11–18

Seasons of a Woman's Life

Annie Callaway-Galland & Marilyn Mason

For workshop description see May 26-June 2. $495

Weekend of August 16–18

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $230

Letting Go—Moving On

Merri Goldenson (Devarani)

For workshop description see May 12-17. $230

Joyce Rogers Lyke

The Emerging Curriculum: A Gazebo Workshop

Lia Thompson & Perry Holloman with Riley Thompson-Clark & Maya Holloman

For workshop description see June 7-9. $230

Citizenship in the Solar Age; Thinking Globally, Acting Locally

Hazel Henderson

Hazel Henderson writes: "An integral aspect of personal growth and development is healthy interaction within groups. As we resolve internal fears and conflicts and achieve a greater sense of empowerment, it becomes natural to seek further challenge and wider social interaction. Abraham Maslow identified these higher, growth-oriented needs as including the desire for social harmony, justice, order, and beauty in our communities and environment. We know that we have the power to heal our own bodies and minds, and similarly, we know how to heal our fragmented social relationships. And when we honor this knowledge, action for social change can be healing and integrative, rather than "need-oriented" activism which projects one's inner conflicts onto issues and ends up in divisiveness or coercive organizing.

"This workshop explores the interface between personal growth and holistic social action. I am interested in addressing theoretical, strategic, spiritual, and practical ways of becoming effective planetary citizens. There are no hard formulas for this—we will all be learners together. Some of the themes of great interest to me are: personal growth as a prerequisite to healthy social change, and social action as a prerequisite to further personal growth; the emergence of transformation paradigms in science, literature, art, and music which suggest greater planetary awareness and global networking; the vital new role of non-governmental organizations; learning to demystify economics (economics as politics in disguise); the mass media as the nervous system of the body politic (gaining media access for citizens, groups, and community issues, and evaluating various media as channels for social renewal); and identifying the winning coalitions for the new societies of the Solar Age.

"The world needs truly mindful, responsible, social-change activism and leadership as never before, just as developing self-actualizers need the risk-taking and challenge of relating to ever-more complex patterns of social, ecological and planetary interdependence. I am interested in teaching and learning how to accept the challenge of helping to heal our divisive, competitive, nationalistic, industrial societies (East and West); how to move beyond their narrow technological rationalism and militaristic posturing; and how to help foster viable alternative futures which can operate peacefully and fairly on our inter-connected planet."

Recommended reading: Hazel Henderson, *The Politics of the Solar Age: Alternatives to Economics* (Doubleday, Anchor paperback, N.Y.); Marilyn Ferguson, *The Aquarian Conspiracy* (J.P. Tarcher); Theodore Roszak, *Person/Planet* (Doubleday); Mark Satin, *New Age Politics* (Delta); Fritjof Capra, *The Turning Point* (Simon & Schuster); Charlene Spretnak, *The Politics of Women's Spirituality* (Doubleday); John Naisbitt, *MegaTrends: Ten New Directions That Are Transforming Our Lives* (Warner Communications, N.Y.). $230

August 16–23

A Seven-Day Workshop in Rubenfeld Synergy Method

Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The Rubenfeld Synergy Method is a system for the dynamic integration of body, mind, and emotions. The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander method, and Feldenkrais exercises will be used as a gateway to contact, express, and work through deep feelings. Massage staff will be on hand to assist the workshop.

We can choose to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $680

Week of August 18–23

Letting Go—Moving On

Merri Goldenson (Devarani)

For workshop description see May 12-17. $450

Creative Attachment: The Art of Making Affectional Bonds

George Kohlrieser

From cradle to grave, life involves a changing script of "affectional bonds." These bonds are different from dependency and essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with particular others; a way to explain many forms of physical, emotional, and spiritual distress including emotional detachment, depression, and burnout. Life energy is connected to the quality and depth of emotional contact. This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and intense bonding work to understand, create, and celebrate positive emotional attachments. $450

Body Changes: Feldenkrais, Rolfing®, and Berry Methods

Dub Leigh, Dee Dee Lozier & Michael Joyce

This is a workshop for individuals interested in beginning or accelerating their process of body change. Through private and group sessions, simple, gentle, and progressive Feldenkrais and Rolf®-patterning exercises will provide participants the chance to experience such changes within the body as increased comfort and awareness, and more harmoniously integrated movement.

The two or more private sessions included in the workshop will focus on resolution of individual functional problems in neuromuscular and connective tissue organization of the body. Participants will be guided in the development of a personal program for continuing improvement at home. $450

Shamanism, Alchemy, and the Millenium

Terence McKenna & Friends

Terence writes: "This will be a five-day intensive immersion in theories, images, and approaches to the impact of psychedelics on the evolution of consciousness that is thoroughly McKennacal. The Brothers McKenna will use rousing dialogue, brilliantly eccentric special guests, and curious readings drawn from forgotten byways of knowledge to give experiential immediacy to the novel model of reality that the McKennas have fashioned out of their years of pursuit of ethno-hallucinogenic gnosis and ecstasy. We look forward to this time as a chance to get to know those friends who have requested an opportunity to explore in depth our vision of a shamanic eschatology outside of history." $450

Weekend of August 23–25

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $230

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see June 21-23. $230

The Dancing Path

Gabrielle Roth

"Be open, be available, be exposed, be skinless! Skinless? Dance around your bones."
—Wallace Stegner

The dancing path is the road to yourself, to all that you are meant to be. It is the journey from inertia to ecstasy, from body to spirit. It is the way of the warrior.

Dance is a dialogue between spirit and flesh, a tool for awakening and attuning to the rhythms of life, and a catalyst for release of the feelings and attitudes that imprison the human spirit.

The fastest way to still your mind is to move your body. The most effective way to set your feelings in motion is to move your body. The best way to move your body is to dance—your dance, the dance only you can do. $230

Coincidance: Synchronicity and Isomorphism in Finnegans Wake, I Ching, and Modern Science

Robert Anton Wilson

"Now let the centuple celves of my egourge . . . reamalgamerge in that coincidance of contraries . . ." Finnegans Wake

This seminar is both an introduction to James Joyce's *Finnegans Wake* and an outline of significant *isomorphisms* (similarities in structure) to be found not only in Joyce's epic but in systems as diverse as *I Ching*, the genetic code, quantum mechanics, world-wide myth patterns, and even in such popular "classics" as *Gone With The Wind* and *Star Wars*. The quasi-mathematical symbols employed by Joyce himself in his notebooks, will be used to show both the archetypal meanings these symbols have in folk-lore, myth, and art, and also their structural similarity to more abstract symbolisms found in *I Ching* and modern science.

Participants will be invited to explore and enjoy for themselves the multiple meanings in Joyce's hilarious polyglot prose while also discovering the deep structure of what Buddhists call the "treasury mind" (alayavijnana) which underlies every possible organization of conscious or unconscious cognition. A new and enlarged understanding of the concept of synchronicity will emerge, which also sheds an original light on some of the most puzzling discoveries of quantum physics. $230

August 23–30

Psychosynthesis: A Seven-Day Workshop for Professionals

Harry Sloan

Harry Sloan writes: "Many of us have experienced those moments in working with clients when we don't have the foggiest idea of what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for what is most familiar—a technique, map, or model. This can lead to the mechanical experience of 'going through the motions' and rote interventions. However, if we could reach for essence and truth instead of falling back on what's most familiar, the dissonance might open to insight. The result of capturing the moment and responding to the need of the client and to the dynamics of the situation can have a decidedly different effect upon both the guide and client. The heart of psychosynthesis is understanding the process of reaching for essence within ourselves and our clients. This practice can lead to developing wisdom and intuition, transcending the methodologies we use.

"The format will combine individual work within the group setting with seminars, group exercises, and practicum. This program will be useful not only to those who are interested in psychosynthesis, but also to anyone in the helping professions who wants to come into a more creative relationship with his/her discipline.

"Psychosynthesis is the name for the conscious attempt to align and cooperate with the natural process of growth and integration. It recognizes that each human being is spiritual in essence and encourages the realization and expression of this essence, or higher self, as fully as possible in personal and social existence." $680

Week of August 25–30

Integrity

David Schiffman & Elisa Lodge Schiffman

For workshop description see May 26-31. $450

Mirrors

Gabrielle Roth

"I never dreamed of being Shakespeare or Goethe, and I never expected to hold the great mirror of truth up before the world; I dreamed only of being a little pocket mirror, . . . one that reflects small blemishes, and some great beauties, when held close enough to the heart."—Peter Altenberg

This ritual theater lab, a marriage of art and healing, is a way to "know thyself" in intense, honest, creative explorations of your psyche, its patterns, cycles, and movements. The unique theater and dance processes developed by Gabrielle inspire you to dig deeply into your own life experience and to share and dramatize your insights in movement and performance. $450

Mothers And Daughters: Confluence Into Contact

Lois Stewart, Gail Stewart, Christine Stewart Price & Jennifer Price

The relationship between mother and daughter is one of the deepest and most intimate of connections. The experience of feeling that deep connection while also knowing oneself as a separate and whole individual can lead to the richness that comes when one matures out of confluence and into contact. The group's four leaders span three generations of women from one family and bring to the group skills in gestalt practice, group process, Reichian breath work, massage, and theater improvisation. This is a workshop for mothers and daughters to attend together and explore the issues that prevent clear contact between them and celebrate the nourishment that they can find with each other. $450

Weekend of August 30–September 1

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 13. $230

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

For workshop description see May 31-June 2. $230

Reprinting: A Growth Process

Hector Prestera

For workshop description see June 14-16. $230

Adventures in Self-Exploration

Christina & Stanislav Grof

For workshop description see August 2-4. $230

The Face of God—The Face of Man

James Kavanaugh

James writes: "One's vision of God is a reflection of one's own self-image. Thus salvation, guilt, sin, authority, law, marriage, divorce, sexuality, heaven, hell, judgment, etc. are colored by one's personal vision and experience. In a sense, such theological notions are defined by each of us in a different way according to our personal freedom and self knowledge. As Nietzsche said, 'After Christ came the Christians.'"

This seminar is for individuals who have left the institutional church and are searching for a personal spirituality. The seminar deals particularly with the traditional myths of historic Christianity and Judaism and attempts to replace ancient and ineffective symbols with contemporary and real ones.

Recommended reading: James Kavanaugh, *There Are Men Too Gentle to Live Among Wolves* (E. P. Dutton). $230

August 31–September 7

The Aspen Alps: A Modest Peak Ascent

Annie Callaway-Galland & Dick Galland

For workshop description see Wilderness Programs, page 43. $525

Week of September 1–6

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $450

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 13. $450

Zen Shiatsu

Shirley and Reuho Yamada

Participants in this workshop will be introduced to the fundamentals of meditation, healing, and shiatsu practice. Emphasis will be placed on developing our natural powers to heal ourselves and each other through guided practice. Talks will include elucidations of Buddha's computer logic, Shinto cosmology, and the meaning of wellness, spirituality, and enlightenment. The workshop is open to individuals at any level of experience in the healing arts. $450

Unfinished Business

Janet Zuckerman

Janet writes: "This workshop will provide a safe environment for exploring the 'unfinished business' in our lives.

"I believe that unfinished business from the past gets projected into all current relationships and prevents us from clearly and fully experiencing each other in the here and now.

"The emotional release methods that I have developed over the past decade support completion of this unfinished business through the honest expression of feelings." $450

The Healing Power of Dreams

Stephen Aizenstat

Dreams, as looking-glass parables, provide a connection to the voices and images of the psyche. In ancient Greece, in the cult of Asklepios (the Divine healer), dreams were honored as the medicine of the soul. When a person was wounded psychologically and/or physically, it was to the dream he/she often time turned for guidance and healing. Drawing from archetypal psychology, systems theory, and Asklepian dream practices, dream work will be presented which explores this healing potential of the psyche.

Holonomic dream work is a process of healing and making whole which realizes the patterns of relationship connecting personal experience (physical symptoms and emotional moods) with archetypal imagery of the psyche in the world. The holonomic approach is based on the belief that the dream is a reflection of an inter-related body-mind-world system.

This workshop is both theoretical and experiential. Using the holonomic approach, participants will have the opportunity to unfold healing imagery found in their own dreams. $450

Weekend of September 6–8

The Feeling Process

Janet Zuckerman

For workshop description see May 19-24. $230

Food for Health and Wellness

Joe D. Goldstrich

This is a workshop for people who want to assume responsibility for their health care management. The emphasis will be on learning what to eat to create vitality, energy, and health. A unique integration of the Pritikin diet, macrobiotics, and live food will be presented. Special attention will be given to increasing complex carbohydrate and fiber while decreasing simple sugar. We will examine the optimum amount of fat and cholesterol needed to both prevent and reverse atherosclerotic cardiovascular disease. Ideal protein intake for various levels of physical activity and health states will be examined and protein combinations to obtain complete sources will be demystified. Participants will receive a personalized health plan to work with at home.

Recommended reading: Joe D. Goldstrich, *The Best Chance Diet* (Humanics Limited). $230

Teaching of the Shields: A Shamanic and Buddhist World View

Joan Halifax

Joan writes: "At the root of all traditions of the sacred lies the aboriginal pulse of shamanism, humankind's archaic spiritual heritage, reaching back 40,000 years or more into pre-history. The tradition of shamanism has always drawn its tremendous power and wisdom from direct contact with earth, her plants and animals, the realms of spirit and sky, and the teacher of death and change. Even as the teachings of the aboriginal continuity have moved across the boundaries of time and culture, so also have the profound teachings of Buddhist philosophy and psychology. Both the Guatama Buddha and Guru Padmasambhava prophesied that Buddhism would travel to the Land of the Red People. The peoples of Turtle Island prophesied as well that from the East would come great teachers. In this decade these two traditions of Earth and Sky are encountering one another as allies sharing their respective teachings on warriorship and compassion.

"The teachings, ceremonies, and practices to be given in this workshop are an interpretation of Buddhism and shamanism in the light of each other and in response to Western culture. The Sacred Sweet Medicine Sundance teachings of Wheels and Keys will be given in relation to Buddhist teachings in compassion and the perfections. Practices will include meditation, chant, visualization, and Ceremonies of the Flowering Tree." $230

Japan: The Missing Link in Western Culture

Richard Baker-roshi

Richard writes: "Japan has evolved the other great possibility for structuring the world of perceptions, awareness, intentionality, and activity. In this weekend workshop, we will identify the fundamental assumptions and the modes of perception that define the Japanese social, mental, cultural, and physical world, and we will 'try on' their assumptions ourselves to see if we can get a feel for their mind and culture, for the inner empire of the Japanese. If you can find an intimacy with their culture, you will recognize Japan and the Japanese within yourself. This workshop is not just for the purpose of understanding the Japanese; it is also an opportunity to understand the dynamics of our own culture and how we ourselves think. Given how different from us Japan is, and yet how well we resonate with it, Japan may be the missing link in Western culture—and Japan and the West together the basis for a new world culture.

Our society can be changed, but first we must learn to recognize the hidden frontiers of change. Arnold Toynbee said that the meeting of East and West is the central challenge and adventure of our time. Social and cultural pioneers, architects, entrepreneurs, and guerillas are welcome." $230

Week of September 8–13

Five Days with Jack Rosenberg

For workshop description see June 16-21. $450

Massage and Movement

Andrea Juhan & Deborah Anne Medow

One of the most effective and enjoyable ways to learn about the human body is to know your own body through movement. The focus of this workshop is to use the different rhythms of yoga, aerobics, and creative movement to enhance participants' awareness of their own bodies. This increased awareness can then be used as a tool for enriching the experience of giving and receiving a massage. $450

Intuition Practice

Helen Palmer

This seminar teaches the identification of personal intuition systems that can be made accessible by internal focusing practices, or that may already be operating in unrecognized ways. The practices develop the ability to discriminate between personal thoughts, fantasies projected from personal thinking, and impressions received from situations outside the self. The psychic aspect of intuition rests on the ability to shift attention from the self to impressions received from outside the self. $450

Opening the Feelings

Dale Cummings & Gena Mayer

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix® intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief or pain, fear and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $450

Weaving the Mindstream, Cutting the Mindstream, Generating the Source

Richard Baker-roshi

Richard writes: "One of the great teachings of Buddhism is that we can have conscious, causal, and consequential participation in our own mindstream. For all of us willing to try on a world without a God, and without a rule book of revealed truth, this recognition and teaching is essential if we are to be able to examine, trust, and find our own way. We do not live in the world; we live in a world that is an envelope or bubble of our own perceptions. Every feeling, action, and thought is contained and clothed in the inherited fabric of our culture, attitudes, and language. Before we can effectively practice emptiness, detachment, non-self, cutting the mindstream, we must first find how to live with strength, initiation, and consciousness within our own mindstream.

"In China, Zen developed and quintessentially expressed in koans a kind of acupuncture of language, action, and culture that allows us to see and shape our world. Discussing one or two koans in great detail, we will find ways together to use this means of thinking, insight, and mindstream intervention.

"The insight, philosophy, and practices of Buddhism are based on the body and mind of meditative absorption and concentration. We realize this body of absorption by the practice of cutting the mindstream and freeing the body from the defining, discursive, comparing, adhesive mind. This meditative body is not the body that carts the brain around, but body with its own wisdom, articulation, and power. This body is the entrance to an instance of the wide, inclusive mind of awareness and systemic intelligence.

"The point of these five days will be to offer insight into and an intimation, taste, experience of this Big Mind. Practices of 'generating the Source' will be discussed. There will be instruction in basic forms and skills of meditation. There are no prerequisites or readings required, other than an awareness of your own mind and body. The meditation schedule can be participated in according to your desire and experience." $450

Weekend of September 13–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $230

Soviet-American Relationships

Robert Bathurst

For workshop description see May 10-12. $230

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney

This weekend is for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, and for accomplished singers who want to improve their performance. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Participants are invited to bring their favorite song titles. There will also be a variety of music to choose from at Esalen. $230

Health and Creativity

Will Schutz & Ailish Mellard

We can choose health and creativity by increasing self-awareness and letting go of fear.

This workshop will deal with why—the causes not the mechanics—we choose specific illnesses and with ways in which we block our ability to think. Participants will be presented with ways for being healthy and for expanding one's ability to think creatively and logically.

Recommended reading: Will Schutz, *Profound Simplicity* (University Assoc.); William Gordon, *Synectics*. $230

Applied Vulnerability

Donald Michael

Don Michael writes: "In my work to help organizations and individuals plan more intelligently for the future, I've come to feel that the main task we face in the next crucial twenty years is that of learning to be better learners. This sounds obvious but consider for a moment how much effort we expend disguising our uncertainty and ignorance and acting as if we really know what we are doing and how to do it. There is a parallel between what happens when people begin to pay close attention to the processes of their mind (in meditation, for instance), and when they begin to study the vastly complex political, social, and economic processes and systems of our world. In both cases, we begin to see how little we really know about ourselves as individuals and about the world. This recognition of our ignorance about our situation is the starting point for embracing that ignorance and the profound sense of vulnerability it entails so that we can apply it to constructive engagement with our private and public worlds.

"During our time together I will introduce several skills, or what I call 'new competences' that are necessary for humane and effective decisions in situations where uncertainty can be our best occasion for learning: in our organizational or independent work places and in our interpersonal and family situations. These skills include acknowledging high levels of uncertainty, error embracing, being future responsive, boundary spanning, self-knowledge, and interpersonal competence. Our focus will be both on acquiring the cognitive understanding of why these new competencies are necessary and on experiencing them by practicing them. Even in so short a period as this workshop, we can learn to be more comfortable with our uncertainty, to reduce the need to act over-cautiously out of fear of making a mistake and the need for those defensive posturings that make it so hard to act responsibly and compassionately. As a previous participant put it, 'This workshop is for those who are ready to move beyond the personal and want to effect change.'" $230

Week of September 15–20

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 12. $450

The Painting Experience

Michell Cassou & Stewart Cubley

For workshop description see May 26-31. $450

Integration

Deborah Anne Medow

For workshop description see June 9-14. $450

Move and Dance

Anna Halprin & Daria Halprin-Khalighi

From the delight-maker (Koshares) of the American Indian dances to the comedy within the Greek tragedy, the role of humor has been an important factor in releasing stress and tension on the personal as well as social level. Yet it seems as if many of us in our daily lives, both personally and professionally, have forgotten this age-old art, and are not enjoying as much play, lightness, and creativity as we might like.

In this workshop, we will have the opportunity to recapture the fun and excitement of dance and to use humor, play, and serious study to break through emotional, physical, and mental blocks that interfere with our creativity. Specific skills developed at the Tamalpa Institute of San Francisco Dancers' Workshop will be used to increase movement range, imagination, and artistic development.

This workshop is for students, potential students for Tamalpa trainings, educators, health practitioners, counselors, handicapped and little people, couples, elders, performing artists, and others.

For further information about this workshop write: Tamalpa Institute of SF Dancers' Workshop, Fort Mason Center, San Francisco, CA 94123. (415) 771-1212.

Recommended reading: Anna Halprin, *Movement Ritual I* (available at Esalen); *Collected Writings II* (available by writing SF Dancers' Workshop). $450

Optimizing Health and Performance

Neil Fiore

Most of us manage the stress in our lives, and even enjoy it to some extent. But too often we pay the price of weakened health and less than optimal performance when stress becomes chronic and enthusiasm is dampened. In careers and lifestyles that are challenging and developing, we could all use greater control over stress, the ability to rapidly relax and recuperate, and skill at tapping the creative ability of the unconscious mind.

In this workshop we will draw on the wizardry of Dr. Milton H. Erickson and Bandler and Grinder, and on elements of stress management, cognitive-behavior modification, and assertiveness work.

We will provide methods for: identifying patterns and beliefs that evoke the stress response, rechanneling stress into problem resolution, concentrating on task and goal accomplishment, and developing deep relaxation and recuperation.

Recommended reading: Neil Fiore, *The Road Back to Health* (Bantam). $450

Weekend of September 20–22

Alternatives for Managers

Susan & Joel Kirsch

For workshop description see June 7-9. $230

Aggression, Sexuality and Danger: A Gazebo Workshop for Parents and Children

Janet Lederman & Gazebo Staff

For workshop description see June 9-14. $230

Weekend Advanced Massage Intensive

Vicki Topp & Deborah Anne Medow

This seminar is designed for people who have experience in giving massages. Through demonstrations and practice sessions, participants will be taught how to increase the effectiveness and efficiency of their massage skills and have the opportunity to add fresh approaches to their work. The intent is to help participants make deeper and more sensitive contact, and to heighten their awareness of the responses they are creating.

When you send in your deposit, please list your previous massage experience. $230

Gestalt Practice

Seymour Carter

Seymour writes: "I intend to introduce the notion of gestalt as a practice, like meditation, that will provide a form for a daily internal housecleaning. We will approach gestalt as an experience of mindfulness.

"We will examine the influence of inner dialogue, body/mind relationship, and the nature of impasse, as well as tendencies in ourselves towards psychological completion and well being. Each participant will be treated as unique with his/her own process of development, a process to be honored and encouraged. The basis of this work is the gestalt method, supported by various body disciplines including sensory awareness, bioenergetics, Rolfing®, and aikido." $230

On Letting Go

Judyth Weaver

In everything we do we have choices, but do we recognize them? We can perform the same actions in a stressful or a relaxed manner, wastefully or economically. We can hold on tightly or let go. We can have fun or suffer. The more in touch we are with our feelings and abilities, the more options are available to us.

This workshop will focus on rediscovering awareness of self—mentally, physically, and spiritually—to develop and integrate as many options as possible. It is through this awareness that we can acquire choice of how to live.

We will work with deep sensing of our organism, with gentle breathing methods for stress reduction, t'ai chi ch'uan for relaxed exercises, gestalt, movement, massage, and meditations. All these explorations can lead to a sense of centered grounding and balance with which to develop and enhance an economic, energetic, pleasurable, and effective life. $230

Week of September 22–27

Similiarities and Differences

Seymour Carter & Laszlo Honti

An existentialist gestalt counselor from California and an existentialist client-centered counselor from Hungary combine forces to explore implications of similar work in differing political zones. The workshop format includes individual work, paired exercises, and group dynamics. $450

Idiosyncratic Thinking

Richard Feynman, assisted by Ralph Leighton, Faustin Bray & Brian Wallace

The leaders write: "The aim of the week is to help participants develop a unique personal philosophy which can bring peace of mind and enjoyment of life's contradictions.

"In science, when we look at common things from some new or unexpected viewpoint, we achieve a new and deeper understanding. When this same approach is applied to personal problems, useful unexpected insights are often realized. This concept will be illustrated in two ways: through discussions of personal human ideas such as doubt, uncertainty, remorse, guilt, responsibility, dignity, and freedom; and by looking at nature as a teacher with these ideas in mind. Participants are invited to contribute their thoughts for discussion in the sessions.

"The thinking and experiencing process will be integrated using a blend of esoteric skills, music, visual arts, and fun. You are invited to bring rhythm instruments."

Recommended reading: Richard Feynman, *Character of Physical Law* (MIT Press); *Nova, The Pleasure of Finding Things Out* (Transcript) (WGBH, Box 322, Boston, Mass 02134). $3 Payable to WGBH Transcripts. $450

Yoga: A Week of Rejuvenation

Ganga White & Tracey Rich

This course will aim at giving participants the inspiration and understanding necessary to create a personal practice of yoga. Yoga brings about a strong, healthy, and flexible body, mind, and spirit. We offer a unique, holisitic approach that is flowing and graceful and combines asana (posture), pranayama (breathing), and dhyana (meditation). In addition, our approach can be highly aerobic for those wanting to condition the cardio-vascular system.

The course is open to students of all levels, from beginners to advanced. Students will be shown how to develop a 45-minute daily practice that includes all elements necessary for maintaining optimum fitness. Other topics will include learning how yoga works, aligning and restructuring the body, diet and nutrition, and meditation. A special feature will be "double yoga," a system created by Ganga that allows you to share your practice with a friend.

For additional information or questions you may contact Ganga or Tracey at: White Lotus, 3463 State No. 205, Santa Barbara, CA 93105, (805) 964-1944.

Recommended reading: Ganga White, *Double Yoga* (Penguin). $450

The Power of Love

Rita Rohen

Rita Rohen writes: "Most of us fear the power of love. We use only a fraction of our capacity for love, trust, and joy. Inspired by my experiences in the Far East, this workshop will encourage participants in the full expression of their inner love and light, by creating an attitude of abundance on all levels of awareness. Using gestalt from a transpersonal perspective, controlled breathing, and other approaches, including humor, we may open ourselves to deeper-than-ordinary levels of consciousness—and thereby achieve a new integration of mind, body, and spirit. By getting in touch with the beauty and peace within ourselves, we may learn how to apply the power of love to our own lives, and extend it to other persons and to the planet." $450

Weekend of September 27–29

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $230

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see May 3-5. $230

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see May 24-26. $230

Hypnosis and Parapsychology

Lee Pulos

All participants will be taught to experience beginning and advanced methods of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering practices such as automatic writing and ideo-motor questioning. In addition to brief lecturettes explaining and demystifying hypnosis, the workshop will include exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels can be experienced and these may lead into turning

one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $230

Homeopathic Medicine for Self-Care and Professional Practice

Dana Ullman

Animal poisons such as snake and bee venoms, minerals such as arsenic and mercury, and plants such as belladonna and poison oak are all valuable and effective medicines commonly used by homeopaths. Each are individually prescribed to a person based on the specific symptoms they cause in overdose, and then they are given in specially prepared non-toxic doses. Since symptoms of a sick person are the body's efforts to adapt to the various stresses he or she is experiencing, it is logical and ultimately effective to give a medicine that would create in overdose these similar symptoms. Homeopathic medicines go *with*, rather than *against*, the body's efforts to heal itself.

This workshop will provide an overview of homeopathic philosophy and homeopathic self-care. Reference to developments in new physics, Jungian psychology, and energy medicine will provide us with helpful understanding of homeopathy. Homeopathic methodology and clinical practice will be discussed with a particular emphasis on how participants can practically apply homeopathic principles and medicines in professional practice or self-care. Participants will be taught how to use at least 20 different homeopathic medicines for self-care applications.

Recommended reading: Stephen Cummings & Dana Ullman, *Homeopathic Medicine for the Family* (J.P. Tarcher). $230

Week of September 29–October 4

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $450

Self-Acceptance: The Freedom to Be

David Schiffman & Elisa Lodge Schiffman

For workshop description see June 23-28. $450

Choosing to Change

Harry Sloan

This personal workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Individual work will stress deepening awareness of one's sense of direction and personal obstacles. Participants will focus on change through exploring the implications of their choices and the ways they retard or encourage the expression of self. The workshop will include psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Participants will focus on aligning their motivation and will with the natural process of change and integration. $450

September 29–October 6

Educating the Genius Within—The Feldenkrais Method

Harriet Goslins

"By my body's actions . . . teach my mind."
—Shakespeare

The habitual way you sit, stand, or move reflects patterns that are "wired-in" to your nervous system. This information can be erased or changed. By re-educating the brain/muscle connection, restrictions in your movement are freed, freeing also the life-time habits that have organized around that movement.

Awareness-through-movement lessons are a relearning of the ease and fluidity you took for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or on-going stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of our awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. When you change how you hold your muscles, your entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury, for the sedentary or those dealing with after-effects of injuries, and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his neck, shoulders, and back, to improve his posture and breathing, and to live and move with more flexibility and comfort.

Recommended reading: Moshe Feldenkrais, *Awareness Through Movement*. $680

Weekend of October 4–6

Clairvoyant and Clairsentient Practices

Helen Palmer & Wendy Palmer

The two most identifiable aspects of intuition are the ability to see and the ability to sense a range of information that is unavailable to the thinking self. Clear sight and clear sensing have their historical bases of training in the traditions of visualization and martial arts practices.

This workshop will be an introduction to the internal focusing practices that can provide access to the intuitive state of mind. The particular visualization and martial arts exercises are presented in such a way that they can form the basis of discrimination between personal projections and accurate visual and sentient impressions from situations unknown to the thinking self. $230

Green Politics

Fritjof Capra & Charlene Spretnak

Green politics is the political manifestation of a current cultural shift from mechanistic world view and patriarchal value system to a new vision of reality. It is an ecological, holistic, and feminist movement that transcends the old political framework of left versus right. In this workshop the leaders present a history of the European Green movement and basic principles of Green politics with special emphasis on the implications for future politics and spiritual values in the United States. $230

Creativity Workshop

Paul Horn

You will be guided in a joyful way to opening the creative flow within you through musical improvisation, movement, and meditation. These disciplines can enable one to develop deeper and more meaningful communication, improve intuitional faculties, and increase centering and focusing powers. Bring instruments if you have them. No previous musical experience necessary.

Recommended listening: Paul Horn, *Inside; Inside the Great Pyramid; China; Jupiter 8*.

Recommended reading: Yogi Ramacharaka, *The Science of Breath* (Yogi Publication Society); Manly P. Hall, *The Therapeutic Value of Music* (Philosophical Research Society). $230

Week of October 6–11

Five-Day Massage Intensive

Vicki Topp & Peggy Morrison Horan

For workshop description see May 5-10. $450

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop we will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to directly explore the movement that nature inspires within us. Both aikido and hiking are moving meditations which, done well, require us to be in harmony with the natural world. There will be opportunity to take what we learn on the aikido

mat out into the natural world and bring what we learn from nature onto the aikido mat. We can then begin to integrate what we learn from aikido and from nature into our lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. Come ready to move.

$450

Breaking Away: The Loss of Innocence

Jacob Blass

There are many hundreds, perhaps thousands of people who in recent years have broken away from "new age" spiritual movements and growth organizations. It is an extraordinary action, frequently caused by a dramatic occurrence such as a scandal involving the leader, a breach or lack of integrity in the organization, or a major shift in the follower's consciousness.

As a significant event, it frequently results in a cathartic and revolutionary redefinition of a person's life. Depending on the individual's involvement with the group, it is a time often accompanied by rage, fear, grief, and a lack of contextual organization to the meanings and experiences of life. For many, a remarkable array of experiences and feelings can be expected. These include betrayal and doubts in relation to God, abandonment of relationships by former associates in the group, divorce or separation in partner relationships, shame, guilt, a sense of wasted years, lack of faith in one's ability to choose wisely and, perhaps most destructively, lack of belief in oneself.

To the degree that a person moves through these experiences, it is also a time rich in growth and individuation, as externally imposed structures and beliefs can now give way to those formed through the person's own experiences.

This workshop is designed for people who have left spiritual and growth organizations and want to facilitate a greater understanding and experience of that action. It is not a deprograming workshop, nor is it a place to impose new beliefs. Rather it is an opportunity, through structured exercises, group interactions, individual sharings, and reflection, to put the past in perspective and successfully shape the present. $450

The Approaches of Milton H. Erickson, M.D.

Jane Parsons assisted by Francis Lu

This is a course designed for professionals in the mental health field. Dr. Erickson's approaches are of particular value because of his exquisite understanding of the use of verbal and nonverbal communication to affect physiological changes. A clinician who knows how to talk to a client's unconscious mind, which Erickson defines as a rich storehouse of learning potential, can call upon abilities and experiences unique to that client and can evoke hitherto unrecognized strengths and "patterns of happiness." These patterns can come alive even in a hospital bed and can have powerful beneficial effects.

This course will teach clinicians to discover and develop their own unique resources that can enhance and refine their methods and that can enable them to sharpen their sensory skills so that they can understand and utilize minimal nonverbal responses.

Dr. Erickson's understanding of how the mind works will be explored didactically and experientially. We will watch his training sessions on video, and will integrate these with practical exercises that gradually build up technical skills. Clinicians will be invited to present cases for discussion.

Joyce Rogers Lyke

Workshop attendance is limited to mental health professionals with graduate degrees (M.S., Ph.D., M.S.W., D.D.S., etc.) in health related fields from accredited institutions and to graduate students in accredited programs in the above fields who supply a letter from their departmental chairperson certifying their student status.

Recommended reading: Sidney Rosen, *My Voice Will Go With You* (Norton & Co., N.Y.); Jay Haley, *Uncommon Therapy* (Norton & Co., N.Y.); *Strategies of Psychotherapy*, and *Advanced Techniques of Hypnosis and Therapy: Selected Papers of Milton Erickson* (Grune & Stratton, N.Y.).

C.E. credit is available for doctors and nurses; for additional information see page 44. $450

Weekend of October 11–13

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $230

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $230

Dream Discovery

Joyce Frazee

For workshop description see May 3-5. $230

Women's Mysteries (for women only)

Starhawk

In this weekend workshop, we will create a sacred women's space in which we can meet the five-fold Goddess of birth, initiation, consummation, repose, and death. Drawing on the ancient history and mythology of the religions of the Great Goddess, on feminist process, and on the tools of intuition, meditation, trance journeys, and ritual, we will gain a new understanding of our own women's cycles and of how to channel transformative power in the relationships, projects, and movements we carry on.

Recommended reading: Starhawk, *The Spiral Dance: A Rebirth of the Ancient Religion of the Great Goddess* (Harper & Row) and *Dreaming the Dark: Magic, Sex, and Politics* (Beacon). $230

The Re-Invention of Fatherhood (for men only)

Robert Sayers & John Franklin

Men have always been fathers biologically. The social and psychological role of the father, however, is a recent invention. Today, changes in roles, institutions, and personal consciousness require the re-invention of fatherhood. The reframing of the "paternal instinct" from a position of social roles to that of personal consciousness is the basis for this re-invention.

Through strengthening the experience of conscious fathering, men are able to heal past wounds of father absence and accept their power to love and nurture, provide and protect. Conscious fathering allows men to re-parent themselves, to heal the father wound, and to reclaim the power of self love and acceptance.

Conscious fathering requires both greater masculine power and strength and a more assertive love to complement and support "maternal love" in the world and in the family. Conscious fathering brings balance to maternal and paternal power and creates renewed purposefulness, form, and commitment in families.

Using story telling, imagery, movement and ritual, participants will explore and re-invent the past, present, and future of their own fatherhood. This weekend will help in connecting men with the personal and cultural power of being fathers. $230

Week of October 13–18

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 12. $450

Relationships: Deepening the Connection Between Men and Women

Joel Kramer & Diana Alstad

This workshop will provide an environment for open communication and understanding between men and women. We will look at such basic issues as: trust, freedom and commitment, power, jealousy, adequacy, and sexuality; why relationships fall apart; what men and women don't know about each other; the male point of view—what feminism left out; why we are often attracted to people who aren't "good" for us; why some "autonomous" women still lose themselves in relationships with men; keeping relationships new once the newness has worn off; using the mind to open the heart.

Awareness and intelligence can help keep passion and sexuality alive over time. A process will be presented which can enable you to move beyond the patterns and blind spots that may prevent a relationship from forming, or that may keep an existing relationship from growing. Understanding yourself and examining how you interact with others can eliminate many seemingly hopeless conflicts.

This workshop is open to couples or individuals. There will be discussions, group interaction, and exercises focusing on specific issues relevant to the participants. $450

Weekend of October 18–20

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

This will be an introduction to intensive intraphysic work using Reichian breath work and gestalt practice. Reichian work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration the possibility is opened to come to a truer concept of self, with an expanded ability to respond in the present. This workshop is limited to ten participants. $230

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman & Elisa Lodge Schiffman

"Anything which is forced or misunderstood can never be beautiful." — Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of self-defeating patterns from the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us.

In this workshop the group will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $230

At the Crossroads: Playing the Inner Game of Global Security

Gordon Feller

An entirely new peace effort is arising with great force in our midst. It's not oriented toward resisting the latest and deadliest first strike military hardware, nor is it fixated on "managing the U.S.-Soviet competition," as arms control experts like to say. Instead the new search for global security focuses action at the point of interplay between inner consciousness and social change. Drawing on the spiritual insights of ancient teachings, it traces current geopolitical trends back to their systemic and psychological roots.

Creating global security will require more than protest, more than even a transnational perspective alone can offer. It demands of us a geopolitics of the person, a shift toward a planetary loyalty that includes, but goes far beyond, our identity with this or that separate and partial nation-state.

With an experienced guide, we will explore: How do person and planet merge in the arenas of peace and disarmament? What can supplant military means of resolving conflict? Why is working for global transformation increasingly the path of the self-actualizing person? Is the failure of liberal politics, at its source, the failure of change agents to become truly changed people? How does an altered experience of reality and a new consciousness of ourselves get translated in the tough boys' world of superpower arms racing? What can one person do to break the myth of powerlessness, or to create dynamic visions and images of peace that are the picture-forms of a sacred Earth-mythology for humanity? What role does meditation have in creating this new order? $230

The Right Work

John Caple

The right work is central to creating the life we want. In this workshop participants will rediscover work-related dreams, draw power from work experiences, and clarify their vision of what they want their worklife to be. Our approach will be practical, though grounded in the longings of the soul, and worldly, though enriched by the resources and culture of Esalen. We will see how the right work is a process as well as a power.

This weekend is for those who seek change in their work: more fulfillment, different challenges, a new job, a new career. Some time will be available for individual work during group meetings and in pre-breakfast runs. Each participant will have the opportunity to create a life plan.

Recommended reading: John Caple, Chapters 1-7 in *Careercycles* (Prentice-Hall). $230

Miracles of Infancy

Laurie Schutz Munyer & Arthur Munyer with Jezariah Canyon Munyer

Laurie and Arthur write: "This will be a time to celebrate the profound miracle of new life and parenthood. The workshop will provide an opportunity for new parents and their infants (birth to two years) to come together in a harmonious and joyous way. In an atmosphere of warmth we will guide both parent and infant through a creative experience. Our approaches will be drawn from massage, creative movement, music, communication, and nurturing touch. We will bring awareness to how our children can be our teachers."

Some infant care will be available. $230

Anyone interested in receiving information regarding early childhood education and related activities at Esalen, please send name and address to Janet Lederman, Gazebo, Esalen Institute, Big Sur, CA 93920.

Week of October 20–25

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 12. $450

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 12. $450

Five-Day Massage Intensive

Bill Liles & Char Pias Brenner

For workshop description see May 5-10. $450

Ericksonian Hypnosis and Communication

Paul Carter & Marianne Paschke-Carter

For workshop description see June 2-7. $450

Laughing Your Way Through Very Serious Relationships

Annette Goodheart

In this workshop we will explore the use of supportive and connecting laughter with those very serious aspects of our primary and secondary relationships, including mates, children, friends, sexual partners, parents, co-workers, IRS auditors, neighbors, doctors, pets, lawyers, patients, God, etc. The format will include lecture, discussion, demonstrations, and experiential exercises designed to inform and train the participants in the art of laughing as a tool for enhancing relationships.

We will examine the mythology and physiology of laughter and the use of laughter as a natural tension reliever for acute and chronic physical, emotional, and spiritual pain. Particular attention will be put to other cathartic processes, especially tears, and how they interface with laughter. We will take a look at our culture's damaging use of jokes, teasing, and tickling as sources of laughter, and demonstrate ways to effectively interrupt this behavior in those we love. $450

Weekend of October 25–27

Weekend Massage Intensive

Bill Liles & George King

For workshop description see May 24-26. $230

The Fifth Annual Big Sur River Run: A Ten Kilometer Foot Race

Coordinated by Steven Harper

This is a time to enjoy Esalen and one of the most beautiful runs in the country. The Big Sur River Run is a flat course on blacktop road through redwoods and oak groves alongside the Big Sur River.

Friday evening we will look at the course, discuss procedures, and stretch. Saturday's race begins at 10:00 a.m. We'll picnic after the race and look at the video in the evening. On Sunday we'll stretch, take a short hike, and soak in the tubs or massage. The entry fee and a T-shirt are included. The run is for beginners as well as advanced runners. Race entry and further information will be sent upon registration. $230

The Possibility of Being for Human Beings: Colloquium with Werner Erhard

"Desires by themselves," wrote Jacob Needleman in *The Heart of Philosophy* (Knopf, NY, 1982) "are perhaps not the enemy that the traditional teachings speak about, but they become quite another thing when they assume in ourselves the status of 'I'; when they feel like 'myself.' These innumerable 'myselves'—are they not the reason man *forgets* truth and being?" Needleman goes on to describe an extraordinary moment of his life, a moment of joy, or ecstasy. "The sense of ecstasy or joy was, perhaps, not less than is reported by some mystics." says Needleman, "yet it was not caused by a direct experience of a higher reality, but, on the contrary, by a direct experience of a lower reality, by the unmistakable experience of a question about myself."

This colloquium will raise the question, through a distinctive method of inquiry, of what it means to be a human being. The commitment of the inquiry is to provide an avenue for its impact to show up really, practically, as empowerment in one's everyday concerns. The colloquium will be concluded on Saturday evening. Participants will have the facilities of Esalen available for their use on Sunday. $230

Week of October 27–November 1

Resolving Patterns of Stress

Peter Levine & Michael Salveson

For workshop description see June 2-7. $450

Self Acceptance: The Freedom to Be

David Schiffman & Elisa Lodge Schiffman

For workshop description see June 23-28. $450

Creating Musical Theater

Bradley Bernstein, Didi Conn, Nancy Kaye Lunney & David Shire

Theater! Music! Lights! Make-up! Join us for a week of creating original musical theater. Now's your chance to be a writer, a lighting technician, an actor, designer, or a stage manager. Through Spolin exercises and other group games we will engage in the process of creating: from receptivity, through focus, to expression.

This is a week to rediscover your talents; a chance to experience spontaneity, creativity, and being part-of-the-whole. No experience is needed.

The faculty includes Didi Conn, stage, film, and television actress, and founder of "The First Stage" in Los Angeles, which is a group of actors, directors, and writers that develop new plays for stage and screen; David Shire, Academy Award-winning composer of many film scores and of the Broadway hit *Baby*; Nancy Kaye Lunney, former vocal coach and accompanist who regularly leads singing workshops at Esalen, and Bradley Bernstein, director of shows at Juilliard and other schools and theaters in the United States, Canada, and Australia.

Use your own interests and abilities, be a creative player at whatever you'd like to do. This will be a very active week!

Recommended reading: Viola Spolin, *Improvisation for the Theater*. $450

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. *Assignments to departments are made according to community labor needs.* No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc.

Focused programs planned thus far for 1985 include:

June 23–July 21: Laura DeNuccio (Ma Prita) and Vicki Topp offer a program emphasizing **body awareness**, including gestalt and Reichian bodywork, massage, and creative movement.

July 21–September 15: Seymour Carter and Wolf Buentig coordinate a two-month program focusing on **gestalt practice**, with emphasis for, but not limited to, professionals. Recommended reading: Karen Horney, *Neurosis and Human Growth*.

October 13–November 10: Deborah Medow leads a program focused on **body awareness**, including such activities as yoga, creative movement and dance, theater games, interpersonal process, and massage.

November 10–December 8: Andrea Juhan and Deborah Medow offer a program of **movement studies** which can be taken alone or as a combined program with **body awareness**, October 13–November 10.

December 8–January 5: Neil and Pat Lamper lead a program emphasizing **gestalt awareness**, using massage, the baths, movement, music, personal imagery, outdoor awareness, group nurture, and group gaiety.

In as much as the Work Study Program is a complete program in itself, **please do not plan to take regularly scheduled catalog workshops** during your stay. Professional services, such as massage and Rolfing®, are available at staff rates.

Accommodations are shared, with up to three people to a room, usually at South Coast Center, a staff living complex located 1½ miles north of Esalen.

The 28 day Work Study Program costs $600 for the first month. A $300 deposit in U.S. currency is required with your application. Work scholars may be invited to remain for a second month, at a cost of $550, or a third month at a cost of $500 depending on space available and the needs of the Esalen community. There are no scholarships available for the Work Study Program.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with your deposit to:

Work Study Program,
Esalen Institute, Big Sur, California 93920.
Telephone: (408) 667-2335.

The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other Esalen programs within one year of receipt.

Available dates: May 26–June 23; June 23–July 21; July 21–August 18; August 18–September 15; September 15–October 13; October 13–November 10; November 10–December 8; December 8–January 5; January 5–February 2; February 2–March 2; March 2–March 30; March 30–April 27; etc.

Application to the Work Study Program

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may sometimes be invited to remain for a second or third month, ***depending on space available and the needs of the Esalen community.*** If an invitation is extended, please indicate your availability. ☐ no extension ☐ one month extension ☐ two month extension
Assignments to departments are made according to community labor needs.

If you have emergency medical skills, (M.D., E.M.T. or R.N.) and are willing to make those skills available during your stay, please check here. ☐

Please attach a personal statement about your interest in the Work Study Program, ***including***: your available ***skills***, especially English language skills, which are essential for participation in the program; any ***medical difficulties*** which might affect your working in any departments; any Esalen workshops you have attended (please list program titles, group leaders, and dates).

Wilderness Programs

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

Up to 3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your non-refundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

May 3-11
Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Jessica Moore Britt & Steven Harper

Nature can provide us with opportunities to stretch our limits and explore our inner wilderness. By living in a natural environment we can expand our sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. We will travel "light," with instruction in minimum impact camping, ecology, and the geography and cultural history of the area

With the wilderness as our mirror, we will explore our inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, we will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley, with natural hot springs, for our last night together. There, meditation instruction will be available for those who wish it. Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $475

May 26-June 2
Seasons of a Woman's Life: Self-Exploration in the Wilderness

Annie Callaway-Galland & Marilyn Mason

Women are discovering that their life cycles and crises differ substantially from life experiences of men. Most adult developmental models, however, are male-oriented and women find themselves with road maps that don't fit. Through an outdoor adventure and aided by the use of an evolving feminist model of adult development, the focus of this workshop will be to help women identify and make clear choices about which "season of their life" they are living.

Reflecting on our own inner seasons, we will hike together exploring nature in the summer, acquiring wilderness skills, and becoming infused with the rich lore of the Ventana wilderness —from the dry chapparal to the spectacular Big Sur Coast ridges.

We will camp at Esalen our first night, drive to the trailhead the next afternoon, and return to Esalen the following Sunday morning to enjoy the hot springs and lunch. No previous wilderness experience is necessary. A complete equipment list and reading list will be sent upon registration. $495

July 14-18
A White Water Adventure on Idaho's Salmon River

Seymour Carter & Bob Doppelt

Workshop participants will be involved with rowing the rafts and all other aspects of this river trip. The focus will be on exploration as participants float the "River of No Return." The Salmon River offers eighty miles of rapids, and scenery combining sheer walled canyons with wide open vistas and vast wilderness. No previous wilderness experience is necessary. Basic wilderness and river skills will be complemented by a variety of approaches to inner development. Participants are responsible for transportation to and from Lewiston, Idaho.

For further information, those interested should write to Bob Doppelt, 1935 Hayes Street, Eugene, Oregon 97405. $550

July 21-27
The Grand Tetons: A Mountain Odyssey

Annie Callaway-Galland & Dick Galland

The Grand Teton, the centerpiece of the Teton Range, rises abruptly from the valley called Jackson Hole. Its soaring granite form has captured the imagination of explorers and adventurers since the early 1800s. During this week-long adventure we travel up an easy canyon on the range's western side to gain access to the high country. From here we enjoy spectacular views north and south, dominated always by the "Grand" itself. We carry all we need in our packs, camping by streams and bright mountain lakes. From our base camp in a high 1000 ft. meadow we explore the surrounding forest and ridges. We spend a day at beginning rock climbing and rappelling, and perhaps ascend a nearby peak. Near the end of the week we each spend 24 hours alone in reflection and contemplation. We learn a variety of mountain skills, including campcraft, and map and compass travel. There is ample time for fishing, relaxing, eating gourmet backpacking food, and simply enjoying the exhilaration of the high mountains.

This program is based upon the notion that one's responses to the challenges of the mountains reflect responses to challenges of daily life. From the real and immediate lessons of the wilderness, we can come to know ourselves better and to act with a greater sense of clarity and purpose. During this week, journal keeping, natural history storytelling, guided fantasy, and other approaches will help us to understand these lessons more completely. Campfires will focus around our experiences and the rich lore of the moutain men and women who explored these peaks before us. No previous experience is required, though participants should be fit and in good health. Complete information on clothing, equipment, and travel will be sent upon registration. We meet in Idaho Falls, Idaho on July 21. $525

July 29-August 3
Zen and the Art of Fly Fishing in Yellowstone National Park

Dick Galland

In Yellowstone National Park, among geysers, travertine pools, and abundant wildlife, are the best trout waters in the West. This is the perfect setting in which to learn the skills necessary to become an accomplished fly fisher. We will fish an incredible variety of waters, from the slicks and rich hatches of the Firehole to the riffles and runs of the Yellowstone and Madison.

Fly fishing calls for subtlety of movement and a focus akin to the Eastern meditative disciplines. The trout must be approached with delicacy and grace. Learning to fly fish has more to do with disciplining the body and mind and tuning the senses than with killing trout. Indeed it is the most ecologically sensitive way to fish, as the trout may be released unharmed.

During this week, we camp together at the center of the Park, preparing gourmet meals over campstoves, sleeping in cozy tents, and enjoying the pleasures of campfire comraderie. Each day we travel by van to a different stream or river to learn a full range of fishing skills, from basic casting to advanced nymph and streamer fishing. The small group size allows ample time for individual instruction on the water.

Whether you are a novice intrigued by the delicacy of fly fishing or an old hand wishing to experience the extraordinary waters of the

David Nelson

Park, this program will have you catching lots of fish. Open to men and women, the program begins in West Yellowstone, Montana. A detailed information package will be sent upon registration. $575

August 3-10
A Gentle Trip in the High Sierra

Maurica Anderson & Rob Cooley

During this seven-day workshop in wildflower season we will hike eight miles to a clear mountain lake (9,700') off the main trails in the Minarets Wilderness area on the western side of the High Sierra. Mules will carry in all of the personal gear and food, enabling us to have outrageously good food (fresh or frozen rather than freeze-dried). You need carry nothing but lunch, rain gear, and water on the hike in. The lake is off the main trails, and is surrounded by other lakes, grassy meadows, wildflowers, and cold streams fed by the surrounding snow fields.

We will camp by the lake for six nights, taking short day hikes to other beautiful areas, working with body awareness, massage, psychodrama, gestalt, and group process—and laughing a lot. During the week we'll also put up a sauna, take some strenuous but optional side hikes, and have some time for doing nothing.

We will be concentrating on the sights and sounds and smells of the high country, on getting to know the mountains, ourselves, and one another.

Mountaineering experience is not necessary, but applicants should possess a good sense of humor and be capable of hiking uphill at altitudes of up to 10,500 feet. A detailed information sheet will be supplied upon request or registration. Fee includes food, wine, permits, and packers in and out.

For a detailed information sheet on this program, write or call: Maurica Anderson, 1112 Curtis St., Albany, CA 94706 [(415) 526-5814]. $450

August 31-September 7
The Aspen Alps: A Modest Peak Ascent

Annie Callaway-Galland & Dick Galland

Surrounded by the snow-clad peaks of the Colorado Rockies, Aspen will be the starting point for an expedition into the adjacent Snowmass Wilderness.

We will explore the heart of this pristine region on our week-long adventure. Carrying all we need in our packs, we start at 9000 ft. hiking to a secluded alpine lake of surpassing beauty at 10,000 ft. From this base camp, we will learn about rock climbing, rappelling, wilderness cooking of gourmet food, and the skills needed to travel and live comfortably in the high country. The culmination of our adventure will be a day ascent, hiking without packs up 14,000 ft. Snowmass Peak. From the top we will enjoy a 360' view of the Rockies' most breathtaking scenery: mountains and valleys on all sides, clouds seeming to brush our heads. The peak climb will be challenging but within the abilities of the enthusiastic hiker.

This program and the peak climb are a metaphor, a means of gaining new understanding of how each of us as individuals prepares for, and accomplishes "peak experiences" in our daily lives. From the practical experience of preparing for and climbing Snowmass we may come to better understand the ways in which we deal with newness and challenge. Each of us will have an opportunity to reflect and contemplate on this experience on a 24-hour solo near the end of our week. No backpacking or mountain experience necessary. You should be healthy and reasonably fit and able to go to higher elevations. We will move slowly so everyone will have a chance to become used to the elevation. A full packet of information on clothing, equipment, and travel will be sent upon registration. This program begins and ends in Aspen, Colorado. $525

Special Programs

May 12–June 7
Frontiers of Modern Consciousness Research: Emergence of A New Paradigm

Coordinated by Stanislav and Christina Grof

This four-week interdisciplinary educational program is designed for professionals and students in the fields of psychiatry, psychology, medicine, anthropology, history, art, religion, and philosophy. We will focus on the following areas:

1. *Ancient and Non-Western Maps of Consciousness.* We will explore theoretically and experientially shamanism, aboriginal ritual practices, various mystical traditions, and the great Oriental spiritual philosophies.

2. *Modern Clinical and Laboratory Consciousness Research.* Prominent researchers in various fields who have contributed to the new paradigm will review with participants revolutionary observations from modern science that represent a critical challenge to Newtonian-Cartesian thinking. This will include psychedelic counseling, modern experiential counseling, laboratory methods of altering consciousness, field anthropology, parapsychology, study of near-death experiences, UFO phenomena and multiple personalities, brain research, and quantum-relativistic physics.

3. *Spiritual Emergency: Understanding and Treatment of Evolutionary Crises.* This aspect of the program will focus on observations, suggesting that certain non-ordinary states of consciousness—if supported rather than suppressed—are conducive to emotional and psychosomatic healing, personality transformation, and consciousness evolution. We will experiment with methods which are useful in facilitating a positive resolution of such crises.

4. *Self-Exploration and Group Process.* The format of these workshops combines didactic input with deep personal experience. We will use controlled breathing, evocative music, body work, mandala drawing, gestalt practice, meditation, and other approaches. The coordinators and the Esalen staff will function as facilitators for the participants throughout the workshop.

Among participants will be: Fritjof Capra, Karl Pribram, Rupert Sheldrake, Jill Purce, Anne and Jim Armstrong, Jack Kornfield, and Russell Targ.

Reservations should be addressed to: Christina Grof, c/o Esalen Institute. $1800

Healthspring Traveling Workshops

The Esalen massage teachers and their associates have created Healthspring, an independent organization devoted to extending their work into an outreach program. The workshops offer practices to help increase physical and spiritual health and awareness within the body, and can be designed to suit the needs of individual groups. The curriculum combines such approaches as massage, meditation, dance, neo-Reichian work, creative movement, gestalt, yoga, breath enhancement, anatomy, and other health-strengthening disciplines.

Healthspring will conduct workshops at locations outside of Esalen in your hometown or city. For more information on scheduling a Healthspring group in your community, write to: Healthspring Traveling Workshops, Esalen Institute, Big Sur, California 93920.

Massage Practitioner Certification Program

Easlen is now offering a California state-approved certificate upon successful completion of its three month work-scholar program or one month residential massage practitioner program, and 30 additional massages. Each program fulfills the state requirement of at least 130 hours of instruction, supplemented with additional study in body-mind disciplines such as yoga, gestalt awareness work, and movement.

Integrative Body Practice Training Program

Integrative Body Practice (IBP) uses breathing as a vehicle for the integration of body, mind, emotions, and spirit and is based on the work of Jack Lee Rosenberg, author of *Total Orgasm*, and *Body, Self and Soul: Sustaining Integration* with Marjorie L. Rand (October, 1984).

There are three ways of being in the IBP professional training program at Esalen: professional certification in IBP if you are already a licensed mental health practitioner (CEU available); master's degree in clinical/counseling psychology (BA required, submit transcripts); Ph.D. in clinical/counseling psychology (48 unit master's degree in psychology required, submit transcripts). Degrees are awarded by California approved degree-granting institutions (not by Esalen).

For details write the Rosenberg Institute, 1107 W. Washington Bl., Venice, Ca. 90291, c/o Dr. Marjorie Rand.

Future Programs

November 3–29
Transpersonal Psychology

Christina & Stanislav Grof

In this month-long program, participants will explore, experientially and theoretically, the rapidly developing field of transpersonal psychology. Among the guest faculty will be people who have made significant contributions to the transpersonal psychology field. $1800

Medical Programs

Esalen Institute is a California state-approved provider for continuing education for health professionals. The California Medical Association has granted Esalen Category 1 approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Physicians

August 9–10
Burnout: Causes and Cures
Elliot Aronson & Ayala Pines
10 hours

October 6–11
The Approaches of Milton H. Erickson, M.D.
Jane Parsons, A.C.S.W.
assisted by Francis Lu, M.D.
30 hours

Registered Nurses

June 30–July 5
Seven-Day Beginning Trager Training
Betty Fuller & Deane Juhan
30 hours

July 7–12
Zero Balancing:
Beginning/Intermediate Workshop
Fritz Smith, M.D.
30 hours

August 9–11
Burnout: Causes and Cures
Elliot Aronson & Ayala Pines
10 hours

October 6–11
The Approaches of Milton H. Erickson, M.D.
Jane Parsons, A.C.S.W.
assisted by Francis Lu, M.D.
30 hours

Biographical Information

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Stephen Aizenstat, *p. 33* ..... clinical director of the Human Relations Institute, has conducted dream groups throughout the U.S. and recently completed a comprehensive research project on theories and methods of dream analysis.

Diana Alstad *p. 39* ..... taught the first women's studies courses at Yale and Duke. She has led male/female groups with Joel Kramer in North America, Europe, and Asia.

Maurica Anderson *p. 28, 43* ..... regularly uses psychodrama and other practices at alcohol treatment centers and for organizational development. She has led Esalen High Sierra wilderness trips for many years.

Anne Armstrong *p. 23, 26* ..... has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong, *p. 23, 26* ..... a former engineer, is a life-long student and teacher of esoteric studies.

Elliot Aronson, *p. 29, 44* ..... professor of psychology at the University of California, Santa Cruz, is author of twelve books, including *Burnout* (with Ayala Pines).

B

Richard Baker-roshi *p. 34* ..... is presently abbot and head teacher of Dharma Sangha Zen Meditation and Study Center in San Francisco and Santa Fe.

Robert Bathurst, *p. 16, 35* ..... professor, writer, former diplomat and naval officer, has specialized in Soviet literature and Soviet strategy since he was an interpreter at Camp David during the Eisenhower-Khrushchev talks.

Frances Belmonte *p. 24* ..... is a theologian, teacher, and lecturer. She is currently on the faculty of Loyola University of Chicago.

Bradley Bernstein, *p. 40* ..... a theater director, studied with Viola Spolin, and holds a doctorate in clinical psychology. He develops original theater with professional groups and with psychiatric patients.

Daniel Bianchetta *p. 23* ..... practices intuitive readings, shiatsu, and deep tissue work at Esalen. He is a teacher and student of Siddha yoga.

Jacob Blass *p. 38* ..... is a Los Angeles management consultant. As a former member of a spiritual group, he counsels people who have left spiritual groups.

Ralph Blum, *p. 22* ..... author of *The Book of Runes*, is a writer, publisher, and storyteller who has spent the last eight years working with Runes as a counseling tool.

Devers Branden, *p. 23* ..... a Los Angeles-based counselor, is co-author (with Nathaniel Branden) of *The Romantic Love Question and Answer Book*.

Nathaniel Branden, *p. 23* ..... a Los Angeles based psychologist/counselor, is author of *Honoring the Self*.

Charles Brandon, *p. 24* ..... chairman of The Reality Foundation, physicist, and co-founder of a major corporation, has followed transformations in various disciplines for nine years.

Faustin Bray, *p. 36* ..... performing musician and media artist, founder of Island and Flying Machine International Mobile Schools, specializes in instigating and integrating creativity using yoga, fine arts, science, and travel.

Char Pias Brenner *p. 40* ..... is a dancer, singer, performing artist, and massage teacher. Since joining the Esalen community in 1977, she has worked with family care and healing arts and rituals.

Jessica Moore Britt, *p. 12, 15, 27, 29, 39, 42* ..... R.N., presently a member of the Esalen community, is a practitioner of gestalt, Reichian, and wilderness approaches to healing and essential development.

Wolf Buentig, *p. 24, 41* ..... counselor, is founder and director of Zist, a humanistic growth center in West Germany.

C

Peter Caddy *p. 16* ..... is the founder of the Findhorn Foundation, and is presently engaged in visiting and assisting in the link-up of communities, groups, and movements for the process of planetary transformation.

Annie Callaway-Galland, *p. 18, 26, 30, 33, 42, 43* ..... professional wilderness guide and counselor, hatha yoga teacher, and writer, has been leading Esalen trips for many years.

Anne Caple *p. 23* ..... is a student of transpersonal psychology, a technical writer, editor, and fiber artist.

John Caple *p. 23, 40* ..... is a career counselor, worklife advisor to organizations, and teacher, with an earlier career in business management.

Fritjof Capra *p. 37* ..... is author of *The Tao of Physics*, *The Turning Point*, and co-author, with Charlene Spretnak, of *Green Politics*.

Paul Carter, *p. 19, 40* ..... co-founder and director of Meta-Education and Training Arts since 1976, leads workshops in the U.S. and Europe in Ericksonian hypnosis, creativity, and learning.

Seymour Carter, *p. 25, 36, 41, 43* ..... longtime gestalt teacher at Esalen and in Europe, brings to his work studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.

Michell Cassou *p. 18, 35* ..... is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.

Jack Cirie, *p. 15* ..... certified Leonard Energy Training Instructor and aikido practitioner, has led workshops in the eastern U.S. in body awareness and performance from centered and balanced stances.

Gordon Clanton ..... teaches sociology at San Diego State University. His book *Jealousy* was featured in *Psychology Today* and on network television.
p. 29

Cheryl Colton, ... a licensed social worker, does spirituality and retreat work, as well as private practice counseling at Stritch Awareness Center in Memphis.
p. 24

Didi Conn ..... starred in the movies *You Light Up My Life* and *Grease (I & II)*, and was featured regularly in the TV series, *Benson*.
p. 40

Rob Cooley ..... does family counseling with Oregon's Children's Services Division during most of the year; in the summer he is a white water river guide.
p. 28, 43

Phil Cousineau, ... a professional screenwriter and script consultant, has taught and lectured nationwide for the American Film Institute, and is co-author of the forthcoming book *The Screenwriter as Storyteller*.
p. 29

Stewart Cubley, ... artist and scientist, is a co-founder of the Expressive Painting Studio in San Francisco.
p. 18, 35

Dale Cummings, ... certified Radix® teacher and counselor in private practice in West Los Angeles, is director of first-year training for the Radix Institute at Ojai.
p. 34

D

Laura DeNuccio (Ma Prita), ... a certified Radix® teacher on the Esalen faculty, has twelve years of experience combining Reichian bodywork, gestalt, Bates vision work, movement, and meditation in group and private instruction.
p. 15, 19, 28, 41

Steven Donovan ..... is director of The Transformation Project and an Esalen trustee.
p. 21

Bob Doppelt ..... has been a river guide for over 17 years and is owner of Oregon River Experiences Inc.
p. 25, 43

Patrick Douce, ... a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais awareness through movement and is available for individual sessions in functional integration.
p. 18, 33

Jack Downing, ... M.D., is a psychiatrist with a comprehensive background in gestalt, Rolfing®, Arica, applied kinesiology, and neurolinguistic programming.
p. 30

Joel Dweck, ... certified Radix® teacher, is director of a Reichian training program in Santa Monica, and has a private practice there.
p. 25, 26

E

Werner Erhard ..... is the founder of a body of work which provides an approach to being, through a distinctive method of inquiry.
p. 40

F

David Feldshuh ..... is a professional director, actor, and teacher. He is currently artistic director of Theater Cornell, Cornell University.
p. 30

Gordon Feller, ... author of *Peace and World Order Studies* and *Between Two Worlds*, has headed global security organizations for over a decade.
p. 39

Richard Feynman ..... has been a professor of theoretical physics at the California Institute of Technology since 1950 and has received many awards for his contributions to quantum theory.
p. 36

Neil Fiore, ... a licensed psychologist practicing hypnosis, is working on the effects of stress and anxiety on performance and health.
p. 35

Jerry Fletcher ..... is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in Richmond, California.
p. 24

Matthew Fox, ... founder of the Institute in Culture and Creation Spirituality, is author of numerous books.
p. 24

John Franklin, ... founding director of the Fathers' Center, Pennsylvania, is an individual and family counselor using a psychosynthesis and psycho-spiritual model.
p. 39

Joyce Frazee, ... gestalt and dream work practitioner in Vancouver, Canada, for fourteen years, has training in Jungian dream analysis, bioenergetics, and group process.
p. 15, 39

David Fuess ..... has been practicing polarity for nine years. He has taught in France, Canada, Mexico, and across the United States.
p. 25

Betty Fuller, ... director of Trager Institute and instructor of Trager Psychophysical Integration and Mentastics®, is a certified practitioner of Feldenkrais' awareness-through-movement and functional integration.
p. 23, 44

G

Dick Galland, ... professional wilderness guide and fly fishing instructor, was founding director of Southwest Outward Bound and currently heads Clearwater Trout Tours. He has led Esalen trips for many years.
p. 26, 28, 33, 43

Yvonne Ginsberg, ... NLP practitioner and Ericksonian hypnotist, has ten years of intensive vipassana meditation experience. She is in private practice in the Bay Area.
p. 26, 28

Merri Goldenson (Devarani) ..... is a chiropractor, certified Radix® teacher, Bates vision instructor, and is in private practice in Los Angeles and San Francisco.
p. 16, 23, 31, 32

Joe D. Goldstrich ..... is a cardiologist, and a former medical director of the Pritikin Longevity Center, and is in private practice in Santa Monica, California.
p. 33

Annette Goodheart, ... a licensed marriage, family, and child counselor and educator, has led workshops on laughter, aging, relationships, sex, and sensuality. As a painter she has had numerous private gallery exhibitions.
p. 40

Harriet Goslins ..... is a Feldenkrais practitioner and an awareness-through-movement teacher with a background in psychosynthesis and applied kinesiology.
p. 37

Christina Grof ..... studied with Swami Muktananda and has a special interest in the relationship between mysticism and psychosis. She is founder of the Spiritual Emergency Network and co-author of *Beyond Death*.
p. 16, 23, 24, 28, 33, 44

Stanislav Grof ..... is a psychiatrist with almost three decades experience in consciousness research with and without psychedelics. He is author of *Realms of the Human Unconscious* and *LSD Psychotherapy*.
p. 16, 23, 24, 28, 33, 44

H

Joan Halifax, ... author of *Shamanic Voices* and *Shaman the Wounded Healer*, teaches in Europe, Mexico, and America, and is director of the Ojai Foundation.
p. 34

Anna Halprin, ... founder of the San Francisco Dancers' Workshop and co-founder and teacher at the Tamalpa Training Institute in Marin County, is the author of *Movement Ritual I* and *Collected Writings*.
p. 35

Daria Halprin-Khalighi ..... is a gestalt movement facilitator and is co-founder and teacher at the Tamalpa Institute in Marin County.
p. 35

Betsy Hand, ... former resident staff member of the Gestalt Institute of Canada, has 20 years experience with families, couples, and groups. She is in private practice in Kentfield, California.
p. 15, 25, 36

Steven Harper ..... teaches for Colorado Outward Bound and the National Outdoor Leadership School, and is currently the coordinator of the Esalen Wilderness Programs.
p. 13, 15, 18, 37, 40, 42

Susan Harper ..... teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads "Dance the River" trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 18

Hazel Henderson ..... is an independent futurist, author, lecturer, and radio and television moderator.
p. 31

Nick Herbert, ... an independent researcher in the foundations of physics, is completing a popular book on quantum foundations entitled *Quantum Reality: Beyond the New Physics* (Doubleday).
p. 24, 26

James Hickman ..... is director of Esalen's Soviet-American Exchange Program.
p. 22

Maria Holloman ..... has studied gestalt and deep tissue and practiced spiritual massage at Esalen for the last five years. She was formerly a lawyer in Brazil.
p. 17

Maya Holloman ..... has been a student at Gazebo since she was six months old.
p. 15, 19, 25, 31

Perry Holloman, ... a former teacher at Gazebo School, currently is a member of both Experiencing Esalen and Gazebo workshop staffs.
p. 15, 17, 19, 25, 31

Laszlo Honti, ... president of the Hungarian Humanistic Psychology Association, focuses his work on the development of East-West communication.
p. 36

Peggy Morrison Horan ..... is an Esalen masseuse and teacher, and coordinator of the Esalen Childbirth Education Program.
p. 15, 26, 29, 37

Paul Horn ..... is a flutist, jazz musician, creator of the *Inside* albums, philosopher, and teacher of meditation. He works with improvisation and movement as a means to open the creative flow.
p. 37

J

Edward Jarvis ..... is a noted chiropractor in Pacific Grove, California. He is a widely respected polarity practitioner and has lectured on polarity at Palmer College of Chiropractic.
p. 25

Eli Jaxon-Bear, ... former director of a Buddhist meditation center, is a master practitioner of neurolinguistics who integrates this work with Ericksonian hypnotic practice and Eastern philosophies.
p. 28

Michael Joyce, ... a somatologist and Feldenkrais teacher in private practice in Nevada and California, is author of works on physiological learning and functional intelligence.
p. 32

Andrea Juhan ..... is an Esalen deep tissue and massage practitioner, leads movement exploration classes for various group leaders, and conducts Esalen community classes in stretch exercises, aerobics, and dance.
p. 34, 41

Deane Juhan, ... a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.
p. 23, 44

K

Charles Kaiser ..... is a reporter for the New York bureau of the *Wall Street Journal*. He is writing a book about the '60s, to be published by William Morrow.
p. 28

Fred Kalmus, ... co-founder of the Alternative Choice Counseling Program, leads workshops in stress management for corporations and individuals.
p. 28

Norman Katz ..... is director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico.
p. 23

James Kavanaugh, ... former priest, psychologist, novelist, and poet, is the author of twenty books and director of an institute in Santa Barbara, sponsoring SEARCH workshops.
p. 33

Kenneth Kelzer ..... works as a transpersonal educator and counselor in California. Using dreamwork, he has been conducting classes and groups for over ten years.
p. 25

George King, ... a massage practitioner for 22 years, has worked throughout the U.S., Europe, and South America.
p. 15, 22, 29, 40

Jackie Kirk ..... teaches watercolor at the College of Marin, UC extension, and is Artist-in Residence for Marin County Schools.
p. 27

Joel Kirsch ..... is former sports psychologist for the San Francisco Giants baseball team, and co-founder of Kirsch Associates.
p. 19, 35

Susan Kirsch ..... is a founding member of the Energy Training Institute, president of Kirsch Associates, a management training firm, and an instructor at Golden Gate University, San Francisco.
p. 19, 35

George Kohlrieser ..... is director of Shiloah, Center for Human Growth in Dayton, Ohio, where he works with individuals, families, and groups.
p. 32

Murray Korngold ..... is a certified acupuncturist and a teacher and speaker on parapsychology and psychic healing.
p. 30

Joel Kramer, ... a western master of physical and mental yoga, has taught with Diana Alstad throughout the world on the evolution of awareness and male/female relationships.
p. 39

L

Stephen LaBerge ..... is a scientist dedicated to the transformation of human consciousness. He teaches and does research on conscious or "lucid" dreaming at Stanford University.
p. 21

Neil Lamper, ... longtime university professor and gestalt teacher for over 20 years, is currently working in Philadelphia, Toronto and on a Michigan farm. Current teachers are his five granddaughters.
p. 41

Pat Lamper ..... is a counselor and teacher, co-founder and director of Farm Center in Michigan and extended member of Gazebo.
p. 41

Benj Langdon, ... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.
p. 21, 26

Janet Lederman, ... creator of the Gazebo school and philosophy, is an educational consultant to corporations concerned with child care facilities.
p. 20, 35

Marc Lehrer ..... is director of Medical Hypnosis Seminars of San Francisco.
p. 23

Dub Leigh ..... has been trained by Ida Rolf and Moshe Feldenkrais and has studied with Lauren Berry and Milton Trager.
p. 17, 32

Ralph Leighton ..... has taught math for many years, and, combining this talent with an interest in ethnic music, he has developed considerable facility in creating rhythms.
p. 36

Annie Styron Leonard ..... is an associate director of Wellness Associates of Mill Valley, California, where she teaches workshops and classes in energy awareness and its application to wellness.
p. 15, 27

George Leonard, ... author of *Education and Ecstasy, The Transformation, The Ultimate Athlete,* and *The Silent Pulse,* holds a black belt in aikido, from which he derives his present work.
p. 15, 16

Peter Levine ..... has practiced and taught Reichian body work for many years. He holds doctorates in medical biophysics and psychology. His interests include the effects of stress on children and infants.
p. 18, 40

Bill Liles, ... member of the Esalen bodywork team since 1972, practices and teaches polarity bodywork through the form of Esalen massage. His interests include backpacking, wilderness, and natural history.
p. 40

Paul Lounsbury ..... has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.
p. 29, 30

DeeDee Lozier ..... is a Feldenkrais practitioner who studied with Moshe Feldenkrais in the United States and Israel.
p. 17, 32

Francis Lu, ... with a background in gestalt, psychosynthesis, and transpersonal psychology, is assistant professor of psychiatry at the University of California, San Francisco.
p. 38, 44

Nancy Kaye Lunney ..... is gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, does individual as well as group work, and is manager of programming at Esalen.
p. 15, 35, 40

M

Edward Mann ..... is a sociologist, former Anglican priest, and author of two books on Wilhelm Reich, and is now publishing a critical study of Rajneeshism.
p. 30

Marilyn Mason ..... is founder and director of Wilderness Learning Institute and is a professional wilderness counselor. She is also a family and sex counselor at Family Therapy Institute in Minneapolis.
p. 18, 30, 42

Rhonda Martyn, ... former artistic director of the San Francisco Moving Company, is an award-winning choreographer and dancer now living in New York.
p. 25

Gena Mayer, ... MFCC, is in private practice in San Jose and San Francisco. She holds an adjunct certificate as a Radix® teacher.
p. 34

Terence McKenna ..... authored *The Invisible Landscape* and *Psilocybin: Magic Mushroom Grower's Guide*. He studied shamanism at U.C. Berkeley and has lived in tropical Asia and the Amazon.
p. 25, 32

Deborah Anne Medow, ... Esalen body work practitioner and group leader since 1969, teaches ashtanga yoga, massage, creative movement, and related healing disciplines, and studies Native American tradition.
p. 12, 17, 20, 34, 35, 36, 41

Ailish Mellard, ... holistic health practitioner and body worker for 12 years, is currently organizational consultant for Will Schutz Associates, which teaches human potential concepts to various organizations.
p. 20, 35

Ralph Metzner, ... California Institute of Integral Studies professor and dean, is author of *Maps of Consciousness.*
p. 25

Donald Michael ..... is author of *On Learning to Plan and Planning to Learn* and professor emeritus in planning and public policy at the University of Michigan.
p. 35

Harvey Milkman, ... professor of psychology at Metropolitan State College, Denver, Colorado, is co-editor of *Addictions: Multidisciplinary Perspectives and Treatments.*
p. 23

James Moore, ... chief executive and program designer, established several training corporations, providing programs to the public, government agencies, and corporate clients.
p. 28

Jaime Morton ..... is a teacher of massage, a counselor, and an earth artist.
p. 21, 24

N

O

P

R

Arthur Munyer *p. 17, 40* ... is a long time resident of Esalen and a member of the massage crew. He was one of the first faculty members at the Gazebo School at Esalen.

Jezariah Canyon Munyer, *p. 40* ... born February 11, 1983, is his parents' favorite teacher.

Laurie Schutz Munyer *p. 40* ... has been a long time resident of Esalen, a staff member in several capacities, and has assisted at Gazebo. She is now a member of the Esalen massage crew.

Michael Murphy *p. 21* ... is co-founder of Esalen Institute and founder of The Transformation Project. He is author of *Golf in the Kingdom*, *Jacob Atabet*, *The Psychic Side of Sports*, and *An End to Ordinary History*.

Laura Norman *p. 24* ... has been a registered certified reflexologist and massage practitioner for fourteen years, and is listed in *Who's Who Among American Women*.

The NINE *p. 26* ... "We are pure thought human fantasy seeking a road to the birth canal of reality where we will be seen as "The NINE."

Jenny O'Connor *p. 26* ... is a psychic from England, and is a channel for "The NINE."

Wendy Oser, *p. 26* ... founder and director of Video Feedback Service of Berkeley, and creator of Video Insight, specializes in transpersonal, professional, and personal applications of video.

Brita Ostrom, *p. 22, 24, 26* ... a longtime Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.

Heinz Pagels, *p. 26* ... executive director of the New York Academy of Sciences, author of *The Cosmic Code*, professes physics in New York City.

Helen Palmer, *p. 34, 37* ... a clairvoyant counselor, directs the Center for the Investigation and Training of Intuition, and uses personality issues as access to psychic perception and the inner life.

Wendy Palmer, *p. 37* ... a teacher and director of the Lomi School, holds a black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.

Jane Parsons *p. 38, 44* ... was facilitator in individual, group, and family treatment in the department of psychiatry at Mount Sinai Hospital for 12 years, and is in private practice in New York City.

Marianne Paschke-Carter *p. 19, 40* ... combines movement, hypnosis, conscious breathing, and Trager psychophysical integration in her work with individuals, families, and groups.

George Pennington, *p. 16* ... a staff member of the Coloman Growth Center in Bavaria, West Germany, works to combine modern psychological approaches with Buddhist and shamanic consciousness practices.

Ayala Pines, *p. 17, 29, 44* ... research associate in the psychology department, UC Berkeley, is the author of *Exploring Social Psychology* and *Burnout: From Tedium to Personal Growth*.

Prem Das (Paul Adams) *p. 24* ... completed a six year apprenticeship with the Huichol Indian Shaman, don Jose Matsuwa, and studied/practiced Raja yoga with Baba Hari Das in India.

Hector Prestera, *p. 21, 33* ... a physician, acupuncturist, Rolfer®, certified neurolinguistic trainer, and practitioner of Ericksonian work, is in private practice in Monterey.

Christine Stewart Price *p. 12, 33* ... combines gestalt awareness with creative visualization. She is a born-again pagan (Paganism: religion of the earth).

Jennifer Price, *p. 33* ... age ten, was born at Esalen, is an alumna of the Gazebo, and is a junior staff member there.

Lee Pulos *p. 36* ... is a clinical psychologist whose career has ranged from traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing.

Jill Purce *p. 18* ... is author of *The Mystic Spiral*. She studied the mystical dimension of sound with Karl Heinz Stockhausen, and the magical use of the voice and overtone chanting with Tibetan lamas.

Paul Rebillot *p. 16* ... was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.

Linda Rice-Mandigo *p. 25, 26* ... is a counselor in private practice in New York.

Tracey Rich *p. 36* ... is a director of the White Lotus Yoga Retreat in Santa Barbara and leads seminars nationally.

Kenneth Ring, *p. 18, 19* ... active in the field of near-death studies since 1977, is a psychology professor and president of the International Association for Near-Death Studies at the University of Connecticut.

Sogyal Rinpoche, *p. 17* ... Tibetan incarnate lama, scholar, and meditation master, was raised by Buddhist master Jamyang Khyentse Chokyi Lodro, and studied at Cambridge University.

Rita Rohen, *p. 36* ... an international group leader and body worker, has recently traveled and led workshops in Japan and Nepal. Her background includes family work and organizational development.

Nancy Rosanoff *p. 30* ... teaches Energy Strategies and creativity as a private counselor and business consultant. She is based in New York City.

Jack Rosenberg, *p. 21, 34, 44* ... author of *Total Orgasm*, has trained in gestalt and Reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, Ca.

S

Gabrielle Roth ..... is the creator of the Moving Center method of catalyzing natural movements. She lives on the East Coast, where she directs and performs with her own theater/dance company.
p. 32, 33

Ilana Rubenfeld ..... is the originator of her own integration called "gestalt synergy." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.
p. 31

Anne Ruderman, ... a certified Radix® teacher and clinical social worker, is in private practice in Santa Monica, California.
p. 25, 26

Rutuima, ... Prem Das' wife and don Jose's brother's (don Carlos') granddaughter, is a mother and teacher of Huichol.
p. 24

Michael Salveson, ... instructor and former president of the Rolf Institute, and co-founder of the Aspen Research Institute, practices Rolfing®, and has researched biological effects of electromagnetic fields.
p. 18, 40

Robert Sayers, ... developmental psychologist, educator, and founder of the Nurtury Family Institute is author of *Fathering: It's Not The Same.*
p. 39

David Schiffman, ... a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 17, 21, 22, 25, 26, 32, 36, 37, 39, 40

Elisa Lodge Schiffman ..... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf®-movement integration.
p. 17, 21, 22, 25, 26, 27, 32, 36, 37, 39, 40

Tom Schlesinger, ... whose screenplay, *Power Play*, is presently in production, is a film educator and moderator of seminars for the American Film Institute.
p. 29

Will Schutz, ... founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity.*
p. 20, 35

Alan Schwartz, ... longtime Esalen group leader, college professor, and gestaltist, is completing his book, *Systemics: The Art & Science of the Human Energy System.*
p. 28, 29

Mia Segal ..... was Moshe Feldenkrais' first assistant, is an Alexander teacher, and holds a judo black belt. She teaches and leads workshops in the U.S. and Europe.
p. 27

Phyllis Shankman, ... a licensed counselor in private practice in West Los Angeles, specializes in group process, taught Women's Studies at UCLA Extension for many years, and is interested in change.
p. 17

David Shire, ... Oscar-winner for the film score of *Norma Rae*, has written many film scores, including: *All the President's Men, The Conversation*, and *Return to Oz.*
p. 40

Rupert Sheldrake ..... is a biologist and author of *A New Science of Life.*
p. 19

David Silverstein ..... works with hypnosis and is a neo-Reichian practitioner in private practice in Berkeley, Ca.
p. 26

Anna Nechama Simkin ..... trained in gestalt with Erv and Miriam Polster and Jim Simkin, and has conducted workshops internationally.
p. 25

Harry Sloan, ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Dr. Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 32, 37

Fritz Smith ..... is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is in a private holistic health practice in Watsonville, California.
p. 24, 25, 44

Gerald Smith ..... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy.*
p. 15, 25, 36

John Soper ..... came to gestalt from a highly successful international career in business. Resident at Esalen since 1978, he practices both interpersonal and intrapersonal gestalt.
p. 12

Charlene Spretnak ..... is author of *Lost Goddesses of Early Greece*, editor of *The Politics of Women's Spirituality*, and co-author, with Fritjof Capra, of *Green Politics.*
p. 37

Starhawk, ... a feminist and peace activist, is a counselor in private practice in San Francisco, and a teacher of the European goddess tradition, often called witchcraft.
p. 39

Gail Stewart, ... a Trager Institute instructor, is director of reSource, a Berkeley, California, bodywork school. She has practiced and taught body/mind work for 14 years.
p. 33

Lois Stewart, ... a trainer in interpersonal communication skills, has a private practice near Washington, D.C. and has 63 years of practice in learning to be a human.
p. 33

Elizabeth Stratton, ... a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.
p. 28

Stanley Sunderwirth ..... is vice president for academic affairs at Metropolitan State College, Denver, Colorado. He is co-author of "The Chemistry of Craving," *Psychology Today*, October, 1983.
p. 23

T

Charles Tart ..... has worked with altered states of consciousness, parapsychology, and human potential for 25 years. He is currently writing a new presentation of Gurdjieff's psychological system.
p. 30

Tom Taussig ..... teaches psychology and computer science, and is irreverently committed to life being easy.
p. 26

Lia Thompson ..... has been a Gazebo teacher for six years. She is currently a member of both the Experiencing Esalen: The Body workshop staff and Gazebo workshop staff.
p. 12, 15, 19, 25, 31

Riley Thompson-Clark ..... has been a student at Gazebo since she was three months old.
p. 15, 19, 25, 31

Vicki Topp ..... joined the Esalen massage staff in 1968, and is currently interested in integrating emotional release work and the transpersonal aspects of body work.
p. 17, 21, 36, 37, 41

U

Dana Ullman, ... author of *Homeopathic Medicine for the Family*, is an educator, publisher, practitioner, and public policy advisor specializing in homeopathy, alternative health-care, and self-care.
p. 37

W

Brian Wallace ..... is an international musician, composer, and media artist noted for creating a dramatic environment. He has performed solo and in companies for 20 years.
p. 36

Judyth Weaver, ... a Reichian counselor, certified teacher of t'ai chi ch'uan, and student of Buddhism and Taoism, holds a doctorate in psychology and teaches at the California Institute of Integral Studies.
p. 36

Ganga White, ... an internationally known teacher and master of yoga, is author of *Double Yoga* and has received the titles "Yogacharya" and "Yogiraj" (King of Yogis) in India.
p. 36

Robert Anton Wilson, ... former *Playboy* editor and author of eighteen books, frequently addresses futurist and libertarian gatherings.
p. 32

Nancy Winston ..... is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling throughout North America.
p. 29, 30

Jennifer Woolger, ... educator and counselor, integrates her love of theater with her training in gestalt practice and bodywork.
p. 21

Roger Woolger, ... graduate of C.G. Jung Institute in Zurich, is a teacher, counselor, and author of articles on psychology and spiritual practices.
p. 21

Y

Reuho Yamada ..... is head priest of Choshoji, a Zen temple in Beppu, Japan. He taught and practiced Zen and Zen shiatsu in California for eight years.
p. 33

Shirley Yamada ..... is managing director of Choshoji, a Zen temple in Beppu, and is the first American woman to function in this capacity in Japan.
p. 33

Z

Janet Zuckerman ..... was an emotional release and group process teacher at Esalen for twelve years. She has a private practice in San Francisco.
p. 17, 33

Catalog Subscription Information

The Esalen Catalog is published triannually. Subscription cost for one year, including postage and handling, is $8 for the United States, $10 for Canada and Mexico, $14 for Europe and South America, and $16 for all other countries. **Please make all payments in U.S. currency**. A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, Ca. 93920.

☐ To obtain future issues of the Esalen Catalog and occasional mailings for one year, please send a check or money order in **U.S. currency only** to: Esalen Institute, Big Sur, California 93920. A preaddressed envelope is included in this catalog for your convenience.
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

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Friends of Esalen

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the Esalen Catalog for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

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Audio Recordings

The Dolphin Tape Series

The human potential movement generates unusual events which produce unusual recordings. Each issue of the Esalen Catalog lists new titles and also a few from the Big Sur Recordings archives. Nearly all tapes are stereo, from live events, and tape length is normally 1 to 1½ hours.

Single-tape titles are $10 with prepayment (purchase orders add $1 per tape):

Joseph Campbell: *The Hero's Journey (80th year), 1984*
Paul Rebillot: *The Pluto Story: Journey into Madness, 1984*
Robert Anton Wilson: *The I in the Triangle, 1984*
Richard Feynman: *Tiny Machines, 1984*
Terence McKenna: *Scenario for a Psychedelic Society, 1984*

Julian Silverman: *A Light Hearted Course in Miracles, 1984*
Daniel Ellsberg: *The Policy Catastrophe, 1982*
Anna Halprin: *Peace Meditation, 1983*
Sogyal Rinpoche: *Technologies of the Sacred, 1984*

Stanley Krippner: *Multiple Personality Disorder, 1983*
Paul Rebillot: *Conflicts at the Ego Frontier, 1983*

Jule Eisenbud: *Psi Experience in Psychotherapy, 1984*
Jan Ehrenwald: *Psi Experience and the Bergsonian Filter, 1984*
Charles Tart: *Our Fear of Psychic Abilities, 1984*

Terence McKenna: *Mind, Molecules and Magic, 1984*
Dennis McKenna: *Activity of Ayahuasca and Oo-Kozy, 1984*
Richard Yensen: *The Use of LSD in Psychotherapy, 1984*

Sogyal Rinpoche: *Interview on Death and Dying, 1982*
Christina Grof: *Kundalini Awakening and Spiritual Emergency, 1981*
Jack Kornfield: *Simplicity of Spiritual Practice, 1982*

Robert Anton Wilson: *The Prism Lecture (Santa Cruz), 1982*
Terence McKenna: *New and Old Maps of Hyperspace, 1982*
Albert Hofmann: *LSD and the Nature of Reality, 1978*

Robert Bly: *The Six Powers of Poetry, 1983*
Gioia Timpanelli: *Fairy Tales: The Enduring Stories, 1983*
Ram Dass: *Involvement With Life, 1974*
Anne Armstrong: *On Being a Psychic, 1971*

Reb Anderson: *Entry Into Buddhist Meditation, 1984*
Reb Anderson: *Basic Points of Buddhist Meditation, 1984*

Henry Munn: *Mushrooms and Culture, 1977*
Henry Munn: *Fable of the Vision Drink, 1977*

Alan Watts: *Divine Madness, 1968*
Fritz Perls: *Dream Theory and Demonstration, 1968*
Carl Rogers: *The Intensive Group, 1966*
Abraham H. Maslow: *Self-Actualization, 1966*
Aldous Huxley: *Human Potentialities, 1962*

Two-tape titles are $18 with prepayment (purchase order price is $20):

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Frank Barr: (2) *History of Philosophy, 1983*

Ralph Metzner: (2) *Varieties of Human Transformation, 1984*
Jean Houston: (2) *The Possible Human (Boston ATP Conference), 1979*
Stanislav Grof: (2) *Geometry of Psychopathology, 1984*
Stan & Christina Grof: (2) *Holonomic Consciousness Paradigm, 1982*

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Andrew Weil: (2) *Interplay of Mind and Body Realities, 1982*

Ilana Rubenfeld: (2) *Gestalt Synergy Method, 1982*
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Angeles Arrien: (2) *The Egyptian Tarot, 1982*

Ram Dass: (2) *One Man's Journey to the East, 1968*
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Fritz Perls: (2) *Neurosis, Psychosis and Dreams, 1968*
Joseph Campbell: (2) *Myths of Alienation and Rapture, 1970*

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The Dolphin Vinyl Album Sets

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Gregory Bateson: (12) *The Informal Esalen Lectures 1975-1980 (Library Archives)*	$98

Please add $2 with your complete order for handling and mailing. Add $2 for mailing each vinyl album set ($4 if you wish priority mail). California residents include 6% tax. (Institutional purchase orders please add 10% to album cost unless

check is enclosed.) Please mail your order with check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

The tapes listed on this page are not necessarily Esalen-owned or Esalen-related. They are produced by a private company, Dolphin Tapes. They are presented here as an advertisement. Esalen assumes no responsibility for the product.

You may send for a more complete list of available tapes by addressing your inquiry to: Esalen Tape Series (Attention: Paul B. Herbert), Esalen Institute, Big Sur, California 93920.

The Media Center

Esalen Videotape

This 18-minute videotape, which tells Esalen's story from its early history to the present, is an inexpensive way to view the general offerings available at Esalen. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities. The musical soundtrack is by Paul Horn, Joel Andrews, and "Pinchey Pete" Velasquez.

Cost: For Rent:

½" VHS color video cassette ..... per week $10.00
¾" U-Matic color video cassette ..... per week $15.00

Cost: For Sale:

½" VHS color video cassette $35.00
¾" U-Matic color video cassette $40.00

This program is available for purchase in its original form—a two-projector slide dissolve show which can also be viewed with a single projector.

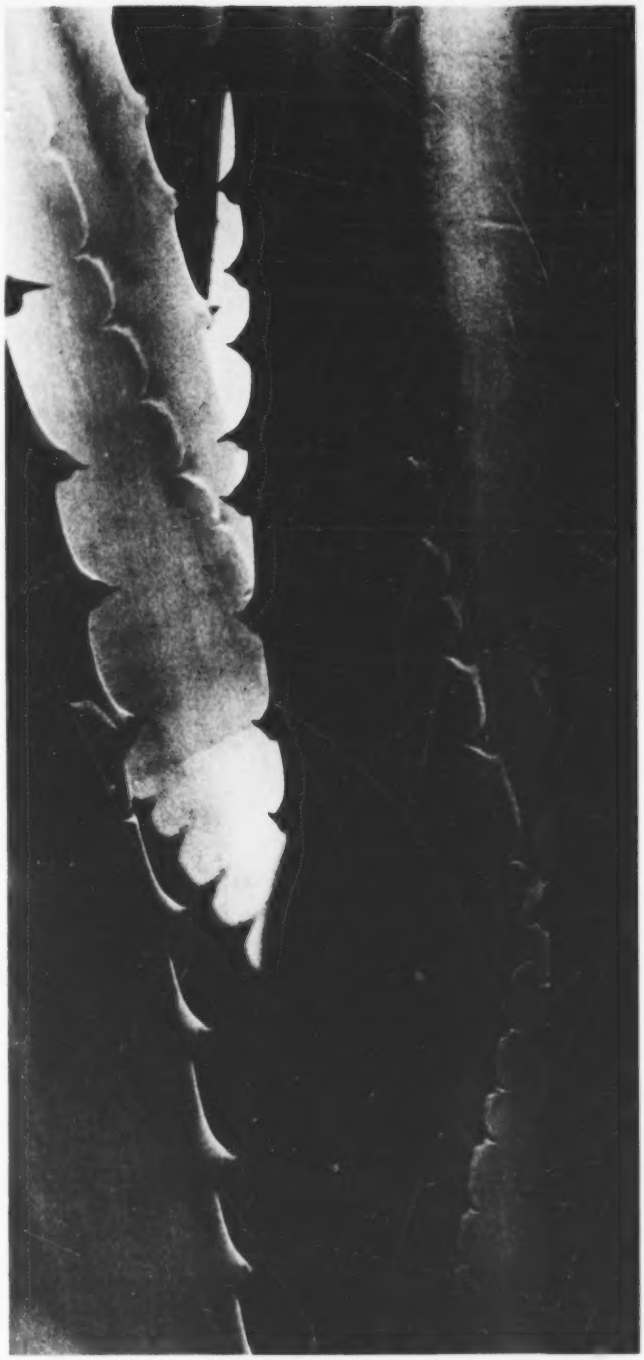
Cost: For Sale:
Slide Program—including 130 slides, cassette tape, and script (pulsed tape for Entre 7610 dissolve unit available on request)..... $150.00

Please address your order (with a check payable to Esalen Institute): Esalen, Big Sur, CA 93920. A $10 deposit is required on all rental tapes; please send a separate deposit check. California residents add 6% sales tax for sale purchases. Overseas air mail orders please add additional postage: each slide program $10 ($15 for Australia and Asia), each video cassette $7, each slide set $1.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others, are available from ***Psychological Films***, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write ***Hartley Productions***, Cat Rock Road, Cos Cob, Connecticut 06807. A film or video cassette on Chunghiang Al Huang's work, entitled *Tai Chi: The Watercourse Way*, is available through ***KLB Productions***, 490 Redwood Road, Corralitos, California 95076. Regarding the documentary on Gregory Bateson, send inquiries also to ***KLB Productions*** at the above address. Recent color videotapes of Stephen Levine and Ram Dass on "Conscious Living/Conscious Dying", and of Daniel Ellsberg, Helen Caldicott, and others on the nuclear issue are available from ***Original Face Video***, Box 447, Grass Valley, Ca. 95945.

Kathleen Thormod



General Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $150 for seven-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only. Overseas residents please pay by checks drawn on U.S. banks.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. ***Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.***

Please mail all reservations to:
Reservations, Esalen Institute
Big Sur, Ca. 93920

We are able to process mail reservations more effectively. If you are concerned about workshops being full or have any questions, you may make reservations by phone if you use your Mastercard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335
Office Hours:
Monday, Tuesday, Thursday, and Saturday 10 am to 3 pm
Wednesday 10 am to 12 Noon
Friday 10 am to 8 pm
Sunday 12 Noon to 8 pm

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or three workshop participants.* Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Rooms become available at 4 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Gazebo School: Any requests for child care should be sent at least one month in advance, to Gazebo, Esalen Institute, Big Sur, CA 93920.

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and a five-day is $50. Discounts are available only when you make your reservations. Please present proof of age when you register.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are cancelled, so second choices are advised. Many community programs are also open to residents. The cost is $1800 per 26-day period.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $60 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $100 per day, or $110 per day per couple. Special family rates are available. Please phone the office for additional information.

Bus Service: We have bus service from the Monterey Greyhound station at 4:45 pm and from the Monterey Airport at 5:00 pm on Fridays and Sundays. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The charge for one-way service is $20, payable to the Esalen office when you check in. Return reservations may be made at the same time. Bus service to Esalen is not available at any other time.

Seminarians as Staff (Karma Yoga): Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of certificates or diplomas, such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.

Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See **General Information**, page 54.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ Zip _____ Occupation _____

Telephone Number: Day: Area Code ( ) _____ Evening: Area Code ( ) _____

There are sometimes unexpected situations that may require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? If you can't be reached, please call us *before* your scheduled arrival for final confirmation. **Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.**

(On additional paper please repeat the above information for every person in your party making a reservation. Mail all reservations to Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ shared room with friend: _____ ☐ housing as a couple

Do you smoke? _____

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. (For further details see Ways of Being at Esalen, page 12.)

Bus Service:

I want bus service from (check one):

_____ Monterey Airport

_____ Monterey Greyhound Bus Station

at 5:00 pm on _____ (date of arrival, Fridays & Sundays only)

The $20 per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. Esalen bus service is not available at any time other than 5 pm.

Check here ☐ if you do not want us to give out your number for the purposes of ride sharing.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

License Number:
(for registered nurses wanting CEU's) _____ (for physicians wanting CEU's) _____

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute in U.S. currency only.

Overseas residents please pay by checks drawn on U.S. banks.

Your reservation can be charged to:

MasterCard ☐ Visa ☐ American Express ☐

Card No. _____

Expiration Date _____

All workshops require nonrefundable reservation fees. See page 54. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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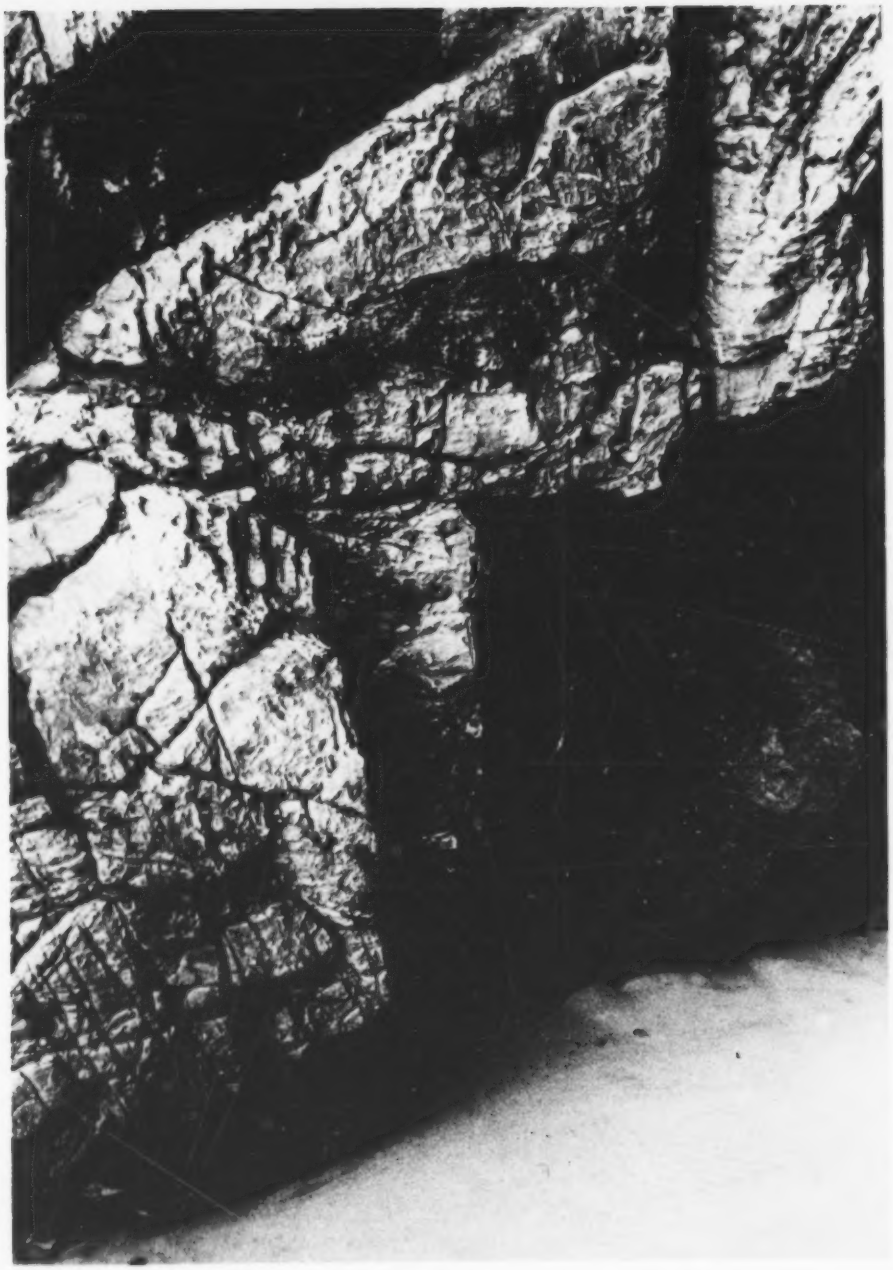

September 1985-February 1986

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Contact is the appreciation of differences.
—Fritz Perls

Joyce Rogers Lyke

. . . and the recognition of similarities . . .

THE FUTURE OF THE BODY

Keith Thompson Talks with Michael Murphy

KEITH: What is the theme of your forthcoming book, *The Future of the Body*?

MICHAEL: The major is the body's stunning transformability, and the amazing effects that supernormal bodily functioning can have.

KEITH: How did you get interested in such a study?

MICHAEL: There hasn't been, to my knowledge, a systematic comparative study of physical functioning that accompanies expanded consciousness. There have been several important studies of altered states, religious consciousness—Marguerita Laski's *Ecstasy*, James' *Varieties of Religious Experience*, Maslow's studies of peak experience, to name a few. The blind spot in these studies, or so it seems to me, is a lack of attention to what's happening with the body while consciousness is changing. When there's a change in consciousness, there's always a change of some kind in the body, and that is my concern.

KEITH: The nonchalance toward the body's participation isn't new, is it?

MICHAEL: No, it's not new at all. In the great contemplative traditions, enlightenment or liberation is always conceived in spiritual, not in material terms. The aim is to get out of the body when you achieve *moksha* or liberation. Many of them stress ending the cycle of physical incarnations, or as one Buddhist sect puts it, never to have another birthday. There are profound reasons for this, of course. The body dies, while that part of us which we know as eternal will not pass away. Spiritual traditions naturally gravitate back toward the Source, the Ground of Being, as the first aim of spiritual life. As far as I'm concerned that will always be the first aim of self-knowledge.

But, at the same time, we are engaged in this stupendous adventure of our evolutionary universe, and this fact was simply not known during the time the great religions were conceived. Evolutionary thinking is a very recent development.

KEITH: It wasn't all that long ago—the seventeenth century, I believe—that Archbishop Usher pronounced definitively that our universe was created in 4004 B.C.

MICHAEL: Yes, and just a few hundred years later we've learned that the universe is actually somewhere between 13 and 20 billion years old. So, in a very real sense, we're still learning to think in evolutionary terms.

The Hindus, for example, believe in *samsara*, the wheel of death and rebirth. The world is regarded as the product of *maya*, illusion, and the goal of spiritual practice is to see through this illusion and return to the divine Source, in part by transcending the body. Without an evolutionary framework, these religious assumptions seem to make sense. They get directly at the dichotomy we feel between the eternal as we know it in contemplation, and the passing nature of the human body and the physical world. It's no wonder that, given the tension of this dichotomy, contemplatives are drawn to the spiritual source first.

KEITH: So, the premise of your research is that the body participates in the "adventure of spirit" in a way that's not generally appreciated?

MICHAEL: That's one of the premises. The co-evolution of form and consciousness, mind and body, the inside and the outside of the universe, is what I'm trying to understand, for it seems to me that the body's development is not finished yet.

KEITH: When I looked through your manuscript, I sensed that in your research procedure, you pay a lot of attention to the *particulars* of bodily change. It reminded me of Darwin's procedure as he sailed through the Galapagos Islands and noticed, "Hmmm, the finches on *this* island seem different from the finches on *that* island. What shall we make of this?"

MICHAEL: Yes, I feel a real kinship with Darwin's methods. I like to think of the research as a kind of natural history. The Transformation Project Archive, of which Steve Donovan is director, is full of scientific studies and anecdotal material from many fields of experience: contemplative life, the study of multiple personality, biofeedback and hypnosis, shamanism, sport, spiritual healing. But instead of collecting birds and butterflies the way the old natural historians did, we're collecting specimens of supernormal (or extra normal) behavior and consciousness, and the bodily changes that accompany them. By collecting these diverse phenomena, we may perhaps find the patterns by which supernormal functioning is mediated and supported.

KEITH: You've written quite a lot about Catholic saints. How did you find your way into that?

MICHAEL: I was surprised when I first started to discover the wealth of anecdote regarding the physical phenomena of Christian sanctity. The Catholic Church has put a tremendous premium on exactitude, on knocking down superstitious stories or pious fraud. When the Church makes someone a saint, it wants to make sure that he or she really is a saint. Canonization procedures are run, in large part, like a vast law trial, where depositions are

taken and evidence put forth. Persons who give evidence are under oath, and if they lie, that's a sin. Also, by lasting so long, the Church has developed a real connossieurship that gives it an ability to knock down fraudulent claims. Finally, since around 1800 the Church has been very sensitive to modern science and modern scholarship, and has incorporated those methods into its own inquiries.

KEITH: What sorts of Christian phenomena are so extraordinary that they merit this kind of judicial evaluation?

MICHAEL: I've been studying the twenty or so major "charisms," the extraordinary phenomena, either mental or physical, that may accompany a life of prayer, meditation, or religious passion. These are not considered normal in spiritual development, and they're not in themselves evidence of sanctity or morality or spiritual insight. Stigmata, for example, are bruises, welts, or bleeding wounds on the hands, feet, and side which correspond to the places where Christ was nailed to the cross and stabbed by a Roman soldier. There are well-documented reports that these marks have appeared on the bodies of at least sixty people since the death of St. Francis of Assisi in 1226. Hundreds more examples are less well-documented, though impressive. In the book I go into detail on the processes and standards through which these reports have been judged.

Stigmata aren't the only transformative effects that a deeply focused consciousness can have upon the body. Complete abstinence from food and drink for long periods (inedia); the odor of sanctity; extraordinary heat, or *incendium amoris*, caused by passionate love of God; luminous phenomena, the absence of rigidity and decay in cadavers—all these have been frequently ascribed to saints and mystics of the Roman Church. The fact that similar phenomena have been attributed to the adepts of other traditions suggests that mystical realization is accompanied by both universal and culture-specific kinds of physical change. Because they so closely resemble the exceptional physical attributes developed with other traditions, and because they appear so frequently in dissimilar places without being sought, these events seem to show that human beings universally possess supernormal capacities which begin to function once certain conditions of body and mind are established, whether their recipient anticipates them or not.

The regularity and spontaneity with which such powers are released by transformative disciplines in every culture makes it conceivable that all of us harbor the same latent supernature.

KEITH: Maybe so, but I think I'll pass when the stigmata wagon comes to my neighborhood. What are the implications of these psychophysical events for daily life, and for transformations of a useful, beneficial sort?

MICHAEL: I think that these kinds of phenomena, which are odd and even grotesque in some cases, only become significant in the context of the evolutionary world view I mentioned earlier. I remain convinced that as a species—and as persons—we either grow or die. If we deny the actuality of these uncharted powers, they either stagnate within us or erupt painfully and perversely, as in certain psychosomatic afflictions, or get expressed in curious ways like the religious stigmata.

This entire study is predicated on the possibility that as individuals get a glimpse of these possibilities, which can appear both beautiful and terrifying, they would begin to undergo serious transformative disciplines and help guide a process of physical and spiritual dvelopment that is pressing to be born in us. One has to mount a significant effort to achieve these high-level functionings in such a way that they are health-giving, life-enhancing, and not mere curiosities or pathologies. More than that, we'd need to find what are the central qualities of the body, just as other studies have asked what are the central qualities of mind and spirit, of what's called "enlightenment" in different spiritual traditions.

KEITH: Given that you find many religious philosophies inadequate, in that they are grounded in a static, non-evolutionary worldview, what you're proposing, and what your research points to, is a revisioning of the role of the body, and of physicality itself, in relation to spiritual development?

MICHAEL: Yes. The spiritual traditions, as I said, tend to view the world either as illusory or static, or as a way-station to some disembodied Higher Truth, whether it be *nirvana* or *moksha* or union with God. The evolutionary insight—the view that this universe is still unfolding, developing, emerging—combined with the wisdom of the Perennial Philosophy, gives us a key to this treasure-trove of physical phenomena. When these two domains are brought together, the value of physical phenomena is increased automatically. When we focus upon the co-evolution of form and consciousness, the body side of the equation is no longer seen to be inferior. In most mystical traditions, extraordinary physical phenomena are regarded as powers which stand in the way of liberation, or as a kind of phantasmagoria unrelated to the heart of spiritual practice. So, yes, I'm interested in revisioning that kind of thinking. Lewis Thomas has recently called evolution mankind's greatest story, simply for the number of fields it's able to bring together: physics, astronomy, biology, and cultural studies. But it's all conceived in material terms, which leads to the cyborg scenario, in which we gradually become one extended prosthetic device, and rely on genetic engineering. Do you remember that scene in Huxley's *After Many a Summer Dies the Swan* where the old couple whose lives have been extended by eating carp are still alive? The awful irony and tragedy lay in the fact that these two wizened, horrible old things live in their same old shrunken consciousness.

The aspects of "enlightened consciousness"—grace and bliss, delight of being, heartfulness, quality, mastery, empathy—are essential, if extending the physical is to be considered worthwhile. Integral transformation, or the evolution of both form and consciousness, would join the celebrational aspects of the universe with its agonies and sufferings. It's a way of conceiving the universe as a kind of improvisational, delightful, though dangerous, happening back to God. Or, as the vast celebration of the multiplicity, the illumined multiplicity of the Divine as it returns to its primal consciousness.

KEITH: Let me close by asking you how you imagine the future when it comes to the social body—the body politic.

MICHAEL: Well, the Indian scriptures invariably end with the celebration of *Ananda*, the Delight that rules the world. This outcome of so many sacred teachings would become manifest in the transformed body, I believe. Yet bodies of this kind will require a moral and spiritual transformation to broaden our nobler emotions, our sympathy for others, our courage, our sense of unity with the world at large. Otherwise, supernatural capacities might be used destructively. Our joys would have to be linked with the well-being of others. Their sufferings would be ours. Ultimately, perhaps the developing strength and pleasure of a transformed body would be a resource for everyone. Its beauty and joy might be contagious. We all glimpse this already in the bodies of dancers, in the movements of great athletes, in the faces of lovers and saints. We are fatally attracted by it. A developing beauty of the human form, conceivably, might quicken our efforts to explore these possibilities. That's my hope.

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Michael Murphy's next book, *The Future of the Body*, will be published by J. P. Tarcher.

MISUSE OF PSYCHIATRIC

The following comments are excerpts from phone conversations and correspondence with Peter Breggin, a Bethesda, Maryland, psychiatrist, founder of the Center for the Study of Psychiatry, and from his book, Psychiatric Drugs: Hazards to the Brain *(Springer Publishing Company, 1983).*

"The drugs used to 'torture' Russian political dissidents are exactly the same drugs used to 'treat' mental patients throughout the Western world. We are appalled to hear that Russian dissidents are having their minds blunted and bodies tortured by major tranquilizers, but we tolerate the same treatment of those of our citizens who have been labeled mentally ill by the psychiatric establishment. From the viewpoint of the victim, whether political prisoner or patient, the horror of the experience is identical." . . . . (telephone commentary, 1985)

From Peter R. Breggin, *Psychiatric Drugs: Hazards to the Brain*, pp. 4, 19-25. Copyright © 1983 by Peter R. Breggin. Published by Springer Publishing Company, Inc., New York. Used by permission of the author and the publisher.

" . . . . the major psychiatric drugs include the following three groups: (1) the major tranquilizers, which are also called anti-psychotic agents, ataraxics, and neuroleptics; (2) the most commonly used powerful antidepressants; and (3) lithium {and} exclude the minor tranquilizers, such as Valium and Librium.

"All the major psychiatric drugs are highly neurotoxic (poisonous to nerve cells); all frequently produce widespread brain dysfunction in their routine therapeutic dose range; and all achieve their primary, overriding effect on the patient by producing some degree of brain dysfunction.

. . . "the major tranquilizers are the most common drugs used in mental hospitals and other institutions. . . . they produce severe, permanent neurologic damage (tardive dyskinesia) and should be presumed to cause dementia, lobotomy effects, and permanent psychoses.

"The antidepressants in most common use today are closely related to the major tranquilizers in both clinical effect and in chemical structure, and can possibly produce tardive dyskinesia. They have a particularly great capacity to produce severe disruption of the mental faculties.

"Lithium is a metal that is used in its salt form as a therapy for mania (extreme euphoric excitement) and sometimes for depression, as well as for the long-term prevention of extreme mood

Mick Wiggins

DRUGS - EAST AND WEST

swings. It, too, is highly neurotoxic, and in its effective dose range typically produces widespread disruption of mental processes. Like all brain-disabling therapies, it can be used to suppress or control any animal or any individual."

. . . .

"The proposition that the major tranquilizers are brain-disabling, mind-leveling agents is nowhere more strongly bolstered than in the range of patients and nonpatients who are controlled by these drugs in many types of institutions. As we shall see, the major tranquilizers have been used and are used in virtually every setting in which docility, passivity, and emotional indifference are the top priorities. The paradigm for this is the state mental hospital, where many diverse individuals are confined. But the drugs are also used extensively in other institutions, including nursing homes, institutions for the retarded, prisons, and, in the Soviet Union, political prison-hospitals. The effect of these drugs, far from being specific for the treatment of schizophrenia, is everywhere the same—the enforcement of conformity to authority within the institution.

"One of the most tragic uses of the tranquilizers takes place on a routine basis in the typical nursing home. In many the major tranquilizers are the most frequently prescribed drugs, and in some nearly all the patients are made listless and docile until death overtakes them. There is no pretense at diagnosing 'schizophrenia' in order to justify drug administration; management needs are the frank, blatant criteria for drug administration."

. . . .

"Very little information is available concerning the use of the major tranquilizers in prisons. A recent exception appeared in the *American Journal of Psychiatry*, in which Kaufman (1980) described the use of major tranquilizers for outright purposes of inmate control in juvenile and adult penal institutions. In addition, occasional newspaper scandals and reports made by former prisoners indicate that the control of nonpsychotic unruly inmates with the major tranquilizers is widespread."

. . . .

"Often some attempt will be made to redefine prisoners as 'mental patients.' Sometimes this is accomplished by transfer to the medical wing of the prison. On occasion an individual may actually be transferred out of the institution to a state facility for the criminally insane." . . . .

"On other occasions prisoners will be drugged without any attempt to redefine their status from prisoner to patient. Nonmedical prison personnel may be empowered to give injections of the major tranquilizers to any inmates of a cellblock who are making trouble. In a manner that approaches outright torture, prisoners confined in solitary may be forcibly given large, mentally disruptive and physically painful doses of the drug.

. . . .

"Psychologist and lawyer Edward Opton has shown great concern about the use of psychiatric treatments as punishment in prisons. Opton (1974) describes a prisoner's reaction to his treatment with intramuscular injections every two weeks for six weeks. The prisoner complained of the various extremely unpleasant physical effects, 'so bad you can't stand it,' including spasms, cramps, difficulty controlling the tongue and facial muscles, and 'an itching type ache' that made resting impossible. . . . he described mental dysfunction as well." . . . .

"Leonard Frank, a former psychiatric inmate and a vigorous critic of psychiatric oppression, has helped to publicize the fundamental similarity between the use of the major tranquilizes in the American psychiatric system and in Soviet political prisons. He has broadened this perspective by reminding us that these same drugs were used to subdue and control dissidents in a hospital facility in the Jonestown commune under the dictatorship of the Reverend Jim Jones (Frank, 1979).

"The lobotomy-like effects of the major tranquilizers have been described by those protesting the use of these drugs on Russian political dissidents." . . . .

"The identical use of psychiatric drugs is described in the detail in Sidney Block and Peter Reddaway's *Psychiatric Terror* (1977). One of the authors, Block, is a British psychiatrist; he is trapped by the irony that drugs that he promotes in Britain for 'the mentally ill' are used to torture and subdue political dissidents in Russia. In defense of the psychiatric drugs, Block and Reddaway write that 'most psychiatrists . . . respect the inestimable value of the tranquilizers in treating psychoses . . . .' Furthermore, 'From all accounts, Soviet psychiatrists employ the tranquilizers in a similar fashion to their counterparts in the West.'

But if the drugs are the same, how can this description of their effects and their function be reconciled with promotion of the drugs as a treatment for psychosis? Why is it that the 'mentally ill' are helped by the treatment, while political dissenters are reduced to a 'state of apathy, lethargy, depression, and physical deterioration'? Block and Reddaway offer no explanation. There is no explanation.

. . . .

Peter Breggin, in correspondence in 1985, commented:

"Many patients are given the major tranquilizers against their will under the actual or real threat of involuntary psychiatric treatment. But all those who take the drugs are in a sense involuntary because they . . . have not been told the full story of their devastating effects on the mind and body."

. . . .

"Nowadays it has become increasingly difficult to convince unhappy and upset individuals that they have personal problems which can be overcome with better approaches to life. Routinely in my psychiatric practice, patients come to seek help after having read the latest newspaper article on how depression, phobia, eating problems, alcoholism, or anxiety attacks are caused by chemical imbalances and subject to drug therapy. It becomes increasingly difficult to help patients take responsibility for their lives because psychiatry itself is telling them that they aren't responsible. Psychiatry thus brings out and reinforces the worst tendencies within those who have given up responsibility for themselves."

. . . .

"The dire result is threefold: first, the concept of individual responsibility is undermined as persons are no longer seen as suffering from moral, spiritual, and psychological conflicts; second, the concept of social responsibility is undermined, as we turn to medical technology instead of social reform and improved human services as a solution to our larger social problems; third, we justify the inhumane treatment of millions of people throughout the world who are literally tortured against their will 'for their own good.'"

NOTES

Esalen Artists-in-Residence Program

In recognition and appreciation of the visual and performing arts, Esalen each year invites several influential and provocative artists to share their work. Some recent and upcoming projects are described below.

Silver Mountain Foundation / *Aperture* magazine held the Photography '82 Symposium at Esalen. Michael Hoffman, executive director of the foundation, is working with Esalen staff to continue an association which may involve photography workshops and book publication.

Rhonda Martyn, described by Jennifer Dunning (*New York Times*, April 3, 1985) as "one of the most literate and sophisticated choreographers around these days," occasionally brings a small group of dancers to develop new material, practice, and perform. Much of the material used in her recent work in New York came from experiments during her Esalen residency in summer, 1984.

André Gregory, theater director, actor, teacher, and author featured in *My Dinner With André*, periodically offers workshops with limited enrollment such as the one October 11-18, in this catalog.

Ron Field, Tony award-winning Broadway director and choreographer who choreographed the opening ceremony of the 1984 Summer Olympics, plans to be in residence at Esalen with a company of dancers who will share in the development of a Broadway musical he has conceived.

David Feldshuh, artistic director of Theater Cornell, Cornell University, offers workshops on stage presence, for those with or without professional performance experience.

Members of the Roy Hart Theater Company, of Malérargues, France, will join with psychologists James Hillman and Patricia Berry, March 16-21, to present a week of workshops in theater and imaginal psychology. The theater company received the 1985 OBIE Award for an off-Broadway performance at LaMama Theater.

Musicians Paul Horn and Paul Winter regularly offer workshops at Esalen.

* * * *

Psychosocial Alternatives to Traditional Psychiatric Care: Report on an Esalen Invited Conference

Laurence Telles and Loren Mosher

Attempts to provide person to person, rather than doctor to patient, care for those who find themselves in persistent or acute psychological distress include residential treatment, vocational and housing programs, self-help groups, and social centers. Each year, a group of those who have participated in such programs as clients, staff, administrators, or planners, meets at an invited conference at Esalen. They step back from the details of work in their communities, in an effort to increase the level of sophistication of concepts and language in this field, and to expand the field itself.

The conference has each year prompted activities intended to promote the views developed through discussion. For example, although data exists in some quantity regarding the effectiveness of specific programs, and of psychosocial alternatives to medical treatment in general, this data has not significantly influenced academic training in psychology or the training of psychiatrists and other clinicians. As one result of these conferences, efforts are presently underway to persuade academic institutions to provide training and advanced degrees in the field of community-based psychosocial treatment and rehabilitation.

Another facet of the conference work has been clarifying language in a field which lacks a language of its own. To use a key example, "schizophrenia" is a psychiatric diagnostic term which separates one category of people for unique treatment. "Psychological distress" names what is experienced by all of us, although by some of us more intensely, and more often, than by others. Thinking about, and thinking about how one thinks about those two terms, tends to change the way one offers help to those who have received a psychiatric diagnosis.

Overall, the most important outcome of these conferences has been the contact and conversation between those who agree on the basic principles of psychosocial alternatives to traditional psychiatric care. From those conversations has come the elucidation of those basic principles and productive disagreement about details.

The group that meets shares, to a greater or lesser extent, an alternative belief system. They believe that disturbed and disturbing behavior grows out of difficulties with, failures of, and / or loss of important human relationships. Thus, the practices they have evolved, while showing considerable variation among them, are focused on the development of potentially healing relationships. They have organized a variety of social contexts within which they could attempt to facilitate this psychosocially-oriented healing process. These environments ordinarily mute hierarchies, share control, preserve personal power, and offer relationships that are peer-oriented, open, reciprocal, and flexible.

Most of the participants have personally experienced degradation as part of pursuing this type of work; usually around issues of power, control and territoriality. However, as a consequence, they have accumulated an invaluable body of experience. The group meeting provides an opportunity to share, compare, contrast and learn from each others' experiences.

Although a number of these experiences are available in mental health literature, they have had limited impact on practice in the field. As a result of the meetings the group has begun to formulate a strategy for addressing, in order to overcome them, the reasons for this body of experience having been kept marginalized.

* * * *

The Spiritual Emergency Network

The Spiritual Emergency Network (SEN) moved to a new home during the past year. The network referral service is now located at the California Institute of Transpersonal Psychology (CITP) in Menlo Park. SEN grew out of the work of Christina and Stanislav Grof and others at Esalen Institute in the last several years. The network is dedicated to serving as a source of referral and support for people wanting assistance in moving through their own time of crisis, and to providing enhanced understanding of spiritual emergency. SEN at CITP presently operates a referral service for people in need of assistance, maintains an adjunct library through which material is collected and researched, provides information and training, coordinates 35 regional centers throughout the world, and publishes the semi-annual SEN newsletter.

In order to be able to continue to expand its work, SEN needs to be financially stable. The network is a fledgling yet broad-based program that has grown from the needs and visions of people who understand and behave in the transpersonal paradigm. It seems only fitting that SEN should seek its support and nurturing from those who believe in the services it offers. We invite your support and assistance in carrying forward this work.

Please send any contributions, or requests for information, to SEN / CITP, 250 Oak Grove Avenue, Menlo Park, CA 94025, (415) 327-2776.

* * * *

Lia Thompson, Gazebo school staff member, recently received an intriguing letter, excerpted below:

"11 April 1985

"Dear Lia,

. . . .

"We have to ask for your permission to public the film which we filmed at Esalen Institute at Oct. 1980.

"We used a part of them for our scientific educational film 'Human Beings,' and this time we want to public another part of them which filmed you as a exhibition at Tsukuba Exposition '85.

"When we visited Esalen Institute, you showed us a moving scene, a human communication between you and a crying infant. You were trying unification with him by feigh crying with him and then tenderly touch him and so you composed his mind. And you told us when we interviewed you about education and human communication, 'For example when a child is falling . . . we don't necessarily run to pick him up, we listen to find out what kind of fall that was and watch the situation and give him plenty of support for picking themselves up. Not being picked up continually.' We felt sympathy toward you.

"The theme of our exhibition is 'A Heart in Science.' We want to express that we never forget especially that medical science is based in love for humanity, we must be thinking how to have human meeting at medical treatment.

"When we began to think how to express the theme, we recalled your scene at first . . . .

"The running time of the scene is two minutes, and the method of the exhibition is by a 27-inches-TV in a exhibition room 'Cell Universe,' at Health & Sports Pavilion in Tsukuba Exposition '85, a world science exposition. This room, Cell Universe is our image united macro-cosmos and micro-cosmos which life is lived in and is surrounded. . . .

"Please forgive us generously and give us permission to use the scene continuously.

. . . .

Sincerely yours,
(Tomoko Kawamura)
Assistant Director
Cine-Science Co., Ltd. . . .
No. 28-14, Tokiwadai 3-chome,
Itabashi-ku, Tokyo, 174 Japan"

* * * *

Cecelia Hurwich, leader of the "Vitality and Aging" workshop November 8-10, is a researcher and consultant on aging, life planning, and health promotion. She conducts programs for professional organizations, health facilities, and universities, and has most recently done so through a tour of Australia and New Zealand.

* * * *

Gerrit Verschuur leads the "Astronomy Weekend" workshop December 6-8, which could be one of the best times for viewing Halley's Comet from the Northern Hemisphere. One of his current interests is a search for extraterrestrials.

* * * *

Brother David Steindl-Rast, who offers a workshop January 24-26, "Approaches to Christian Mysticism," responded to a recent inquiry: "What are my current interests and concerns? Well, there is one issue that concerns all of us: survival. For the sake of this over-riding interest, I am concerned with ventures like the Lumbini Project, Track Two diplomacy, Greenpeace, Bread for the World, and other efforts to use creative imagination to make peace happen. I am interested in a neglected question: what is the price each of us must be prepared to pay for peace? The price I myself must pay is traveling, ecumenical meetings, conferences between spokespersons of science and religion. But the real interests of my heart are gardening and poetry. When I doubledig or chant in the little garden I tend, peace has already begun, where it must begin."

* * * *

Joyce Rogers Lyke

Michael and Dulce Murphy, with MacKenzie Wilmott Murphy, born December 28, 1984.

* * * *

Sheron Tyminski, editor of *Common Ground*, an alternative resource journal in Toronto, Canada, wrote regarding The Wyebridge Center for Creative Living, a residential learning center, indicating an ideal that a growth center emphasize "impartial multiplicity of approach; . . . free-spirited openness and absence of commercial hype; a highly supportive atmosphere."

* * * *

"Nothing else seemed to be working; so I had to try being myself."
(Jane Beaver, Esalen office staff)

* * * *

Evening

The sky puts on the darkening blue coat
held for it by a row of ancient trees;
you watch; and the lands grow distant in your sight,
one journeying to heaven, one that falls;

and leave you, not at home in either one,
not quite so still and dark as the darkened houses,
not calling to eternity with the passion
of what becomes a star each night and rises;

and leave you, (inexpressibly to unravel)
your life with its immensity and fear,
so that, now bounded, now immeasurable,
it is alternately stone in you and star.

Rainer Maria Rilke
(shared by Kate Bradley, Esalen garden staff)

* * * *

The poem "Evening" is in The Selected Poetry of Rainer Maria Rilke, *edited and translated by Stephen Mitchell, ©1982 by Stephen Mitchell, published by Vintage Books, and reprinted by permission of Random House, Inc.*

Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose those approaches which feel most appropriate and pursue them in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by individuals such as Stan Grof and David Schiffman, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, which entails working with the Esalen staff as well as participating in an ongoing workshop designed specifically for that program. See page 33 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Jessica Moore Britt & John Soper

These workshops are designed for people who have not previously been to Esalen. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness, group process, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: Fritz Perls, *Gestalt Therapy Verbatim*, (Bantam).

Schedule:

September 13–15	$230
September 29–October 4	$450
October 11–13	$230
October 20–25	$450
November 1–3	$250
December 1–6	$490
December 20–22	$250
December 27–29	$250
December 29–January 3	$490
January 17–19	$250
January 19–24	$490
January 31–February 2	$250
February 9–14	$490
February 28–March 2	$250

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Lia Thompson
& Deborah Anne Medow

We spend much of our time on "automatic pilot," oblivious to many messages from our bodies, missing opportunities to open more fully to the subtleties of sensing, to greater ranges of physical expression, to health, vitality, and the many ways of "being a body." There are various entry points to increased awareness, practices that help cultivate the countless dialects of body language. These include dance, aerobic and stretching exercise, movement, theater, postural analysis, hiking, meditation, massage, and nutritional education. Experiencing Esalen: The Body draws from varying combinations of these approaches in each workshop. Emphasis is placed on developing greater freedom and variety of movement, as well as on the quality of awareness *as* we move. This program is designed to give participants some basic tools for continuing to develop body awareness.

Schedule:

September 1–6	$450
September 27–29	$230
October 27–November 1	$450
November 8–10	$250
November 24–29	$490
December 13–15	$250
January 3–5	$250
February 7–9	$250
February 16–21	$490

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in single sessions.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* and *Ego, Hunger and Aggression*; Lao Tze, *Tao Te Ching*; Nyanponika Thera, *The Power of Mindfulness*; J.C. Pearce, *Exploring the Crack in the Cosmic Egg*; Richard Bach, *Illusions*.

Schedule:

September 15–20	$450
October 13–18	$450
November 1–3	$250
November 10–15	$490
December 15–20	$490
January 12–17	$490
February 9–14	$490
February 21–23	$250

Big Sur Wilderness Experience

Esalen Wilderness Staff
Coordinated by Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, we will walk into the Los Padres National Forest. Week-long workshops will venture out on five hikes (4-10 miles in length) and weekend workshops will take two hikes (3-6 miles in length). Using Esalen as our base camp we will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. We will practice basic outdoor skills such as map reading and minimum impact concepts. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration.

Schedule:
September 1-6. $450

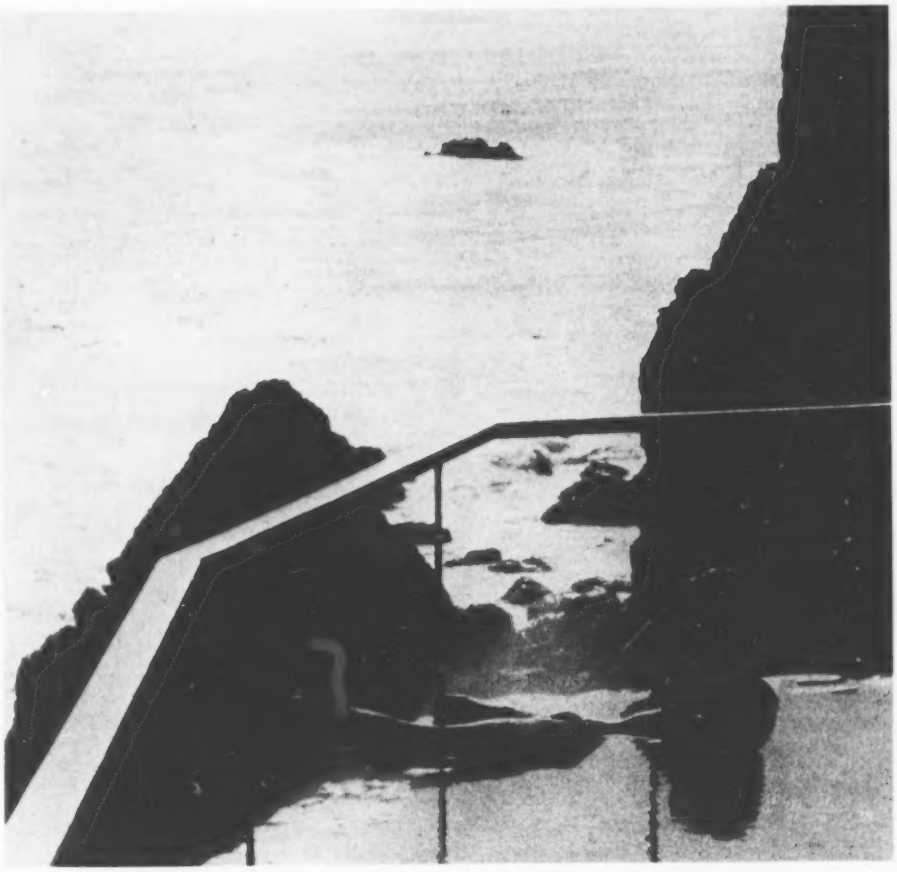
Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins.

The program is divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen.

For a full description of the Work Study Program, please turn to page 33.

Joyce Rogers Lyke



Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.

Accreditation

Accreditation: We do not offer accreditation in the form of diplomas such as those conferred by traditional schools. Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. Scholarship recipients may be asked to bring a sleeping bag to use, especially during peak attendance periods. There are no scholarships available for the Work Study Program.

Esalen Seminars

Joyce Rogers Lyke

Week of September 1–6

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $450

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 11. $450

Zen Shiatsu

Shirley and Reuho Yamada

Participants in this workshop will be introduced to the fundamentals of meditation, healing, and shiatsu practice. Emphasis will be placed on developing our natural powers to heal ourselves and each other through guided practice. Talks will include elucidations of Buddha's computer logic, Shinto cosmology, and the meaning of wellness, spirituality, and enlightenment. The workshop is open to individuals at any level of experience in the healing arts. $450

Unfinished Business

Janet Zuckerman

Janet writes: "This workshop will provide a safe environment for exploring the unfinished business in our lives.

"I believe that unfinished business from the past gets projected into all current relationships and prevents us from clearly and fully experiencing each other in the here and now.

"The emotional release methods that I have developed over the past decade support completion of this unfinished business through the honest expression of feelings." $450

The Healing Power of Dreams

Stephen Aizenstat

Dreams, as looking-glass parables, provide a connection to the voices and images of the psyche. In ancient Greece, in the cult of Asklepios (the Divine healer), dreams were honored as the medicine of the soul. When a person was wounded psychologically and/or physically, it was to the dream he/she often turned for guidance and healing. Drawing from archetypal psychology, systems theory, and Asklepian dream practices, dream work will be presented which explores this healing potential of the psyche.

Holonomic dream work is a process of healing and making whole which realizes the patterns of relationship connecting personal experience (physical symptoms and emotional moods) with archetypal imagery of the psyche in the world. The holonomic approach is based on the belief that the dream is a reflection of an inter-related body-mind-world system.

This workshop is both theoretical and experiential. Using the holonomic approach, participants will have the opportunity to unfold healing imagery found in their own dreams. $450

Weekend of September 6–8

The Feeling Process

Janet Zuckerman
assisted by Maria & Perry Holloman

For many people, feelings are something mysterious, something to keep to one's self, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that will increase vitality and personal effectiveness. Participants can learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate, in a safe environment, in the choice of expression or depression. $230

Food for Health and Wellness

Joe D. Goldstrich

This is a workshop for people who want to assume responsibility for their health care management. The emphasis will be on learning what to eat to create vitality, energy, and

health. A unique integration of the Pritikin diet, macrobiotics, and live food will be presented. Special attention will be given to increasing complex carbohydrate and fiber while decreasing simple sugar. We will examine the optimum amount of fat and cholesterol needed to both prevent and reverse atherosclerotic cardiovascular disease. Ideal protein intake for various levels of physical activity and health states will be examined and protein combinations to obtain complete sources will be demystified. Participants will receive a personalized health plan to work with at home.

Recommended reading: Joe D. Goldstrich, *The Best Chance Diet* (Humanics Limited). $230

Teaching of the Shields: A Shamanic and Buddhist World View

Joan Halifax

Joan writes: "At the root of all traditions of the sacred lies the aboriginal pulse of shamanism, humankind's archaic spiritual heritage, reaching back 40,000 years or more into pre-history. The tradition of shamanism has always drawn its tremendous power and wisdom from direct contact with earth, her plants and animals, the realms of spirit and sky, and the teacher of death and change. Even as the teachings of the aboriginal continuity have moved across the boundaries of time and culture, so also have the profound teachings of Buddhist philosophy and psychology. Both the Guatama Buddha and Guru Padmasambhava prophesied that Buddhism would travel to the Land of the Red People. The peoples of Turtle Island prophesied as well that from the East would come great teachers. In this decade these two traditions of Earth and Sky are encountering one another as allies sharing their respective teachings on warriorship and compassion.

"The teachings, ceremonies, and practices to be given in this workshop are an interpretation of Buddhism and shamanism in the light of each other and in response to Western culture. The Sacred Sweet Medicine Sundance teachings of Wheels and Keys will be given in relation to Buddhist teachings in compassion and the perfections. Practices will include meditation, chanting, visualization, and Ceremonies of the Flowering Tree." $230

Japan: The Missing Link in Western Culture

Richard Baker-roshi

Richard writes: "Japan has evolved the other great possibility for structuring the world of perceptions, awareness, intentionality, and activity. In this weekend workshop, we will identify the fundamental assumptions and the modes of perception that define the Japanese social, mental, cultural, and physical world, and we will 'try on' their assumptions ourselves to see if we can get a feel for their mind and culture, for the inner empire of the Japanese. If you can find an intimacy with their culture, you will recognize Japan and the Japanese within yourself. This workshop is not just for the purpose of understanding the Japanese; it is also an opportunity to understand the dynamics of our own culture and how we ourselves think. Given how different from us Japan is, and yet how well we resonate with it, Japan may be the missing link in Western culture—and Japan and the West together the basis for a new world culture.

"Our society can be changed, but first we must learn to recognize the hidden frontiers of change. Arnold Toynbee said that the meeting of East and West is the central challenge and adventure of our time. Social and cultural pioneers, architects, entrepreneurs, and guerillas are welcome." $230

Week of September 8–13

Massage and Movement

Andrea Juhan & Deborah Anne Medow

One of the most effective and enjoyable ways to learn about the human body is to know your own body through movement. The focus of this workshop is to use the different rhythms of yoga, aerobics, and creative movement to enhance participants' awareness of their own bodies. This increased awareness can then be used as a tool for enriching the experience of giving and receiving a massage. $450

Intuition Practice

Helen Palmer

This seminar teaches the identification of personal intuition systems that can be made accessible by internal focusing practices, or that may already be operating in unrecognized ways. The practices develop the ability to discriminate between personal thoughts, fantasies projected from personal thinking, and impressions received from situations outside the personal self. The psychic aspect of intuition rests on the ability to shift attention from the self to impressions perceived from outside the self. $450

Opening the Feelings

Dale Cummings & Gena Mayer

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix® intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief or pain, fear and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $450

Five Days with Jack Rosenberg

This workshop is aimed at awakening and sustaining awareness of body, self, and soul, as well as examining the anatomy and function of intimate relationships. The method can be described as gestalt body work with a distinct leaning toward the transpersonal aspects of life. During the workshop participants will explore many aspects of Jack Rosenberg's energetic approach to sexuality, the energetic field of the body, and the belief systems which keep us locked in obsolete behavior patterns. $450

Weaving the Mindstream, Cutting the Mindstream, Generating the Source

Richard Baker-roshi

Richard writes: "One of the great teachings of Buddhism is that we can have conscious, causal, and consequential participation in our own mindstream. For all of us willing to try on a world without a God, and without a rule book of revealed truth, this recognition and teaching is essential if we are to be able to examine, trust, and find our own way. We do not live in the world; we live in a world that is an envelope or bubble of our own perceptions. Every feeling, action, and thought is contained and clothed in the inherited fabric of our culture, attitudes, and language. Before we can effectively practice emptiness, detachment, non-self, cutting the mindstream, we must first find how to live with strength, initiation, and consciousness within our own mindstream.

"In China, Zen developed and quintessentially expressed in koans a kind of acupuncture of language, action, and culture that allows us to see and shape our world. Discussing one or two koans in great detail, we will find ways together to use this means of thinking, insight, and mindstream intervention.

"The insight, philosophy, and practices of Buddhism are based on the body and mind of meditative absorption and concentration. We realize this body of absorption by the practice of cutting the mindstream and freeing the body from the defining, discursive, comparing, adhesive mind. This meditative body is not the body that carts the brain around, but body with its own wisdom, articulation, and power. This body is the entrance to an instance of the wide, inclusive mind of awareness and systemic intelligence.

"The point of these five days will be to offer insight into and an intimation, taste, experience of this Big Mind. Practices of 'generating the Source' will be discussed. There will be instruction in basic forms and skills of meditation. There are no prerequisites or readings required, other than an awareness of your own mind and body. The meditation schedule can be participated in according to your desire and experience." $450

Weekend of September 13–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $230

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney

This weekend is for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, and for accomplished singers who want to improve their performance. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Participants are invited to bring their favorite song titles. There will also be a variety of music to choose from at Esalen. $230

Soviet-American Relationships

Robert Bathurst

This is a workshop in Soviet-American, cross-cultural understanding. Through bargaining, mediating, and role-playing games, participants can discover the subconscious cultural imperatives that impel the two nations apart and begin to identify those elements that bring them together. The workshop sets out to shatter egotistical mirror-imaging and begin the construction of authentic Soviet-American relationships in the world as it now exists.

For the workshop, there needs to be a balance between recent Soviet emigrés and American players. Thus, if there are ten Americans, there need to be ten or so Soviets. $230

Health and Creativity

Will Schutz & Ailish Mellard

We can choose health and creativity by increasing self-awareness and letting go of fear.

This workshop will deal with why—the causes not the mechanics—we choose specific illnesses and with ways in which we block our ability to think. Participants will be presented with ways for being healthy and for expanding one's ability to think creatively and logically.

Recommended reading: Will Schutz, *Profound Simplicity* (University Assoc.); William Gordon, *Synectics*. $230

Applied Vulnerability

Donald Michael

Don Michael writes: "In my work to help organizations and individuals plan more intelligently for the future, I've come to feel a crucial task is discovering how to be better learners. When we begin to pay close attention to the processes of our minds (in meditation, for example) and when we begin to study the vastly complex political, social, and economic processes and systems of our world, we can begin to see how little we know about ourselves and about the world. A recognition of our ignorance and the profound vulnerability it entails can open us to a more constructive engagement with our private and public worlds.

"During our time together I will introduce several skills that can guide us in making humane and effective decisions in the face of uncertainty. These skills include acknowledging high levels of uncertainty, a willingness to recognize error, and a development of the ability to span categories and become responsive to the future. Our focus is on applying these skills directly in our lives—in the decisions we make in the workplace as well as in family situations, and in all the various circumstances in which we have the chance to make ignorance and uncertainty our best teachers. My experience has been that, even in so short a period as this workshop, as we learn to be more comfortable with our uncertainty, we can win freedom from the need to act over-cautiously out of fear of making a mistake and from the need for those defensive, interpersonal posturings that make it so hard to act responsibly and compassionately. The workshop is appropriate for those who are interested in applying these skills to their personal lives as well as for persons interested in professional and vocational applications." $230

Week of September 15–20

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $450

The Painting Experience

Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the deepest parts of ourselves through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the opportunity to discover a natural way of painting based directly upon feeling.

The work takes place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop write: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122. (415) 564-8515. $450 (plus $20 materials fee paid directly to the leaders)

Integration

Deborah Anne Medow

Deborah writes: "The body reflects what is going on in the mind. By working with my body through exercise, yoga, massage, or whatever practice it is that I do, I can influence my thoughts and habits—my whole pattern of living. Conversely, changing my mental attitudes can effect a gradual transformation of my body.

"Having integrated into my life various practices and activities including yoga, massage, movement, hiking, gestalt, and interpersonal process, I have found a new awareness of the levels at which I am working and where my limitations lie in these areas. By recognizing my limitations, I am able to see with more clarity where and how to proceed to bring about growth and change.

"Participants will be presented with guidelines to integrate both their own practices and those offered in the workshop. In the mornings we will come together for yoga followed by a light breakfast. In some of the sessions following, we will explore creative movement and dance, out of which can evolve a deeper understanding of each individual's inner rhythms. Other sessions will include the practices listed above and an opportunity during an afternoon hike to observe nature's cycles as a way to reflect on our own natural cycles and movements." $450

Move and Dance

Anna Halprin & Daria Halprin-Khalighi

From the delight-maker (Koshares) of the American Indian dances to the comedy within the Greek tragedy, the role of humor has been an important factor in releasing stress and tension on the personal as well as social level. Yet it seems as if many of us in our daily lives, both personally and professionally, have forgotten this age-old art, and are not enjoying as much play, lightness, and creativity as we might like.

In this workshop, we will have the opportunity to recapture the fun and excitement of dance and to use humor, play, and serious study to break through emotional, physical, and mental blocks that interfere with our creativity. Specific skills developed at the Tamalpa Institute of San Francisco Dancers' Workshop will be used to increase movement range, imagination, and artistic development.

This workshop is for students, potential students for Tamalpa trainings, educators, health practitioners, counselors, handicapped and little people, couples, elders, performing artists, and others.

For further information about this workshop write: Tamalpa Institute of SF Dancers' Workshop, Fort Mason Center, San Francisco, CA 94123. (415) 771-1212.

Recommended reading: Anna Halprin, *Movement Ritual I* (available at Esalen); *Collected Writings II* (available by writing SF Dancers' Workshop). $450

Optimizing Health and Performance

Neil Fiore

Most of us manage the stress in our lives, and even enjoy it to some extent. But too often we pay the price of weakened health and less than optimal performance when stress becomes chronic and enthusiasm is dampened. In careers and lifestyles that are challenging and developing, we could all use greater control over stress, the ability to rapidly relax and recuperate, and skill at tapping the creative ability of the unconscious mind.

In this workshop we will draw on the wizardry of Dr. Milton H. Erickson and Bandler and Grinder, and on elements of stress management, cognitive-behavior modification, and assertiveness work.

We will provide methods for: identifying patterns and beliefs that evoke the stress response, rechanneling stress into problem resolution, concentrating on task and goal accomplishment, and developing deep relaxation and recuperation.

Recommended reading: Neil Fiore, *The Road Back to Health* (Bantam). $450

Weekend of September 20–22

Weekend Advanced Massage Intensive

Deborah Anne Medow & Vicki Topp

This seminar is designed for people who have experience in giving massages. Through demonstrations and practice sessions, participants will be taught how to increase the effectiveness and efficiency of their massage skills and have the opportunity to add fresh approaches to their work. The intent is to help participants make deeper and more sensitive contact, and to heighten their awareness of the responses they are creating.

When you send in your deposit, please list your previous massage experience. $230

Gestalt

Seymour Carter

Seymour writes: "I intend to introduce the notion of gestalt as a practice, like meditation, that will provide a form for a daily internal housecleaning. We will approach gestalt as an experience of mindfulness.

"We will examine the influence of inner dialogue, body / mind relationship, and the nature of impasse, as well as tendencies in ourselves towards psychological completion and well being. Each participant will be treated as unique with his / her own process of development, a process to be honored and encouraged. The basis of this work is the gestalt method, supported by various body disciplines including sensory awareness, bioenergetics, Rolfing®, and aikido." $230

Alternatives for Managers

Susan & Joel Kirsch

Whether you manage a small business, a household, a work group, or a major corporation, you probably wrestle with these questions: How can I respond to the changes that constantly bombard me? What can I do to deal with the stress of my job? How can I provide the most effective leadership? Is it possible to convert difficulties and problems into opportunities for further growth and development?

This workshop is based on a unique reliance on the body as teacher. Simple physical movement activities, derived from the sophisticated martial art of aikido and Leonard Energy Training, provide an experiential foundation for discovering managerial principles. The physical activities serve as a complement to the cognitive and are used in conjunction with group discussion, role play, lectures, and paper-pencil activities. Participants will have a chance to apply the principles to current work-related issues and to experiment with alternative ways to enhance personal and professional performance. $230

On Letting Go

Judyth Weaver

In everything we do we have choices, but do we recognize them? We can perform the same actions in a stressful or a relaxed manner, wastefully or economically. We can hold on tightly or let go. We can have fun or suffer. The more in touch we are with our feelings and abilities, the more options are available to us.

This workshop will focus on rediscovering awareness of self—mentally, physically, and spiritually—to develop and integrate as many options as possible. It is through this awareness that we can acquire choice of how to live.

We will work with deep sensing of our organism, with gentle breathing methods for stress reduction, t'ai chi ch'uan for relaxed exercises, gestalt, movement, massage, and meditations. All these explorations can lead to a sense of centered grounding and balance with which to develop and enhance an economic, energetic, pleasurable, and effective life. $230

Aggression, Sexuality, and Danger: A Gazebo Workshop for Parents and Children

Janet Lederman & Gazebo Staff

How do children gather information and learn to make decisions based on what they have gathered? As parents and teachers, to what degree do / should we intrude or interfere in this information-gathering process? We will examine the critical role that parents, teachers, and other children play in the development of a child's total abilities.

The Gazebo staff believe that allowing a child full interaction with his / her environment, imposing as few limitations as possible, greatly enhances the child's social skills. Particularly in the areas of conflict resolution and natural sexual exploration, the Gazebo experience has enabled children to exercise their initiative successfully. Families may come together in this workshop to discover some of their own resolutions for current challenging situations. $230

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Yoga: A Week of Rejuvenation

Ganga White & Tracey Rich

This course will aim at giving participants the inspiration and understanding necessary to create a personal practice of yoga. Yoga can bring about a strong, healthy, and flexible body, mind, and spirit. We offer a unique, holistic approach that is flowing and graceful and combines asana (posture), pranayama (breathing), and dhyana (meditation). In addition, our approach can be highly aerobic for those wanting to condition the cardio vascular system.

The course is open to students of all levels, from beginners to advanced. Students will be shown how to develop a 45-minute daily practice that includes all elements necessary for maintaining optimum fitness. Other topics will include learning how yoga works, aligning and restructuring the body, diet and nutrition, and meditation. A special feature will be "double yoga," a system created by Ganga that allows you to share your practice with a friend.

For additional information or questions you may contact Ganga or Tracey at: White Lotus, 3463 State No. 205, Santa Barbara, CA 93105, (805) 964-1944.

Recommended reading: Ganga White, *Double Yoga* (Penguin). $450

The Power of Love

Rita Rohen

Rita Rohen writes: "Most of us fear the power of love. We use only a fraction of our capacity for love, trust, and joy. Inspired by my experiences in the Far East, this workshop will encourage participants in the full expression of their inner love and light, by creating an attitude of abundance on all levels of awareness. Using gestalt from a transpersonal perspective, controlled breathing, and other approaches, including humor, we may open ourselves to deeper-than-ordinary levels of consciousness—and thereby achieve a new integration of mind, body, and spirit. By getting in touch with the beauty and peace within ourselves, we may learn how to apply the power of love to our own lives, and extend it to other persons and to the planet." $450

Weekend of September 27–29

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $230

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

"For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation."
—Rainer Maria Rilke

The goal of this weekend is to provide a context in which couples can focus and explore their relationship in the areas of communication, closeness, conflict, and individuality. A balance of structured and spontaneous interactions will be used within the framework of the large group, subgroups, and the couple. Limited to ten couples. $230

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers, as a means of achieving productive functioning. $230

Hypnosis and Parapsychology

Lee Pulos

All participants will be taught to experience beginning and advanced methods of self-hypnosis. There will be a number of opportunities throughout the workshop to practice hypnosis for personal habit changes and to learn how to use hypnotic uncovering practices such as automatic writing and ideo-motor questioning. In addition to brief lectures explaining and demystifying hypnosis, the workshop will include exploratory use of hypnosis as a bridge to other realities. Trance states for opening up psychic and telepathic channels can be experienced, and these may lead into turning one's visions inward to the possibility of multiple dimensions and existences. A feature of the workshop will be to teach how to use hypnosis for health maintenance. $230

Homeopathic Medicine for Self-Care and Professional Practice

Dana Ullman

Animal poisons such as snake and bee venoms, minerals such as arsenic and mercury, and plants such as belladonna and poison oak are all valuable and effective medicines commonly used by homeopaths. Each are individually prescribed to a person based on the specific symptoms they cause in overdose, and then they are given in specially prepared non-toxic doses. Since symptoms of a sick person are the body's efforts to adapt to the various stresses he or she is experiencing, it is logical and ultimately effective to give a medicine that would create in overdose these similar symptoms. Homeopathic medicines go *with*, rather than *against*, the body's efforts to heal itself.

This workshop will provide an overview of homeopathic philosophy and homeopathic self-care. Reference to developments in new physics, Jungian psychology, and energy medicine will provide us with helpful understanding of homeopathy. Homeopathic methodology and clinical practice will be discussed with a particular emphasis on how participants can practically apply homeopathic principles and medicines in professional practice or self-care. Participants will be taught how to use at least 20 different homeopathic medicines for self-care applications.

Recommended reading: Stephen Cummings & Dana Ullman, *Homeopathic Medicine for the Family* (J.P. Tarcher). $230

Week of September 29–October 4

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $450

Self-Acceptance: The Freedom to Be

David Schiffman & Elisa Lodge Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants can clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, bioenergetics, and journal work. $450

Choosing to Change

Harry Sloan

This personal workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Individual work will stress deepening awareness of one's sense of direction and personal obstacles. Participants will focus on change through exploring the implications of their choices and the ways they retard or encourage the expression of self.

The workshop will include psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Participants will focus on aligning their motivation and will with the natural process of change and integration. $450

September 29–October 6

Educating the Genius Within—The Feldenkrais Method

Harriet Goslins

"By my body's actions . . . teach my mind."
—Shakespeare

The habitual way you sit, stand, or move reflects patterns that are "wired-in" to your nervous system. This information can be erased or changed. By re-educating the brain/muscle connection, restrictions in your movement are freed, freeing also the life-time habits that have organized around that movement.

Awareness-through-movement lessons are a relearning of the ease and fluidity you took for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or on-going stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of our awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. When you change how you hold your muscles, your entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury, for the sedentary or those dealing with after effects of injuries, and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his neck, shoulders, and back, to improve his posture and breathing, and to live and move with more flexibility and comfort.

Recommended reading: Moshe Feldenkrais, *Awareness Through Movement*. $680

Weekend of October 4–6

Clairvoyant and Clairsentient Practices

Helen Palmer & Wendy Palmer

The two most identifiable aspects of intuition are the ability to see and the ability to sense a range of information that is unavailable to the thinking self. Clear sight and clear sensing have their historical bases of training in the traditions of visualization and martial arts practices. This workshop will be an introduction to the internal focusing practices that can provide access to the intuitive state of mind. Particular visualization and martial arts exercises are presented in such a way that they can form the basis of discrimination between personal projections and accurate visual and sentient impressions from situations unknown to the thinking self. $230

Green Politics

Fritjof Capra & Charlene Spretnak

Green politics is the political manifestation of a current cultural shift from mechanistic world view and patriarchal value system to a new vision of reality. It is an ecological, holistic, and feminist movement that transcends the old political framework of left versus right. In this workshop the leaders present a history of the European Green movement and basic principles of Green politics, with special emphasis on the implications for future politics and spiritual values in the United States. $230

Creativity Workshop

Paul Horn

You will be guided in a joyful way to opening the creative flow within you through musical improvisation, movement, and meditation. These disciplines can enable one to develop deeper and more meaningful communication, improve intuitional faculties, and increase centering and focusing powers. Bring instruments if you have them. No previous musical experience necessary.

Recommended listening: Paul Horn, *Inside; Inside the Great Pyramid; China; Jupiter 8*.

Recommended reading: Yogi Ramacharaka, *The Science of Breath* (Yogi Publication Society); Manly P. Hall, *The Therapeutic Value of Music* (Philosophical Research Society). $230

Week of October 6–11

Five-Day Massage Intensive

Peggy Morrison Horan & Vicki Topp

In this beginning massage course, participants will be instructed in basic methods used in giving a full body massage. Related areas of work, such as breath awareness, grounding, movement, and quality of touch, will be introduced, and participants will be instructed in ways to release stress and muscular tension. The goal of this workshop is to provide the fundamental elements necessary to give a pleasurable and beneficial full body massage. $450

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop we will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore directly the movement that nature inspires within us. Both aikido and hiking are moving meditations which, done well, require us to be in harmony with the natural world. There will be opportunity to take what we learn on the aikido mat out into the natural world and bring what we learn from nature onto the aikido mat. We can then begin to integrate what we learn from aikido and from nature into our lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. Come ready to move. $450

Breaking Away: The Loss of Innocence

Jacob Blass

There are many hundreds, perhaps thousands, of people who in recent years have broken away from "new age" spiritual movements and growth organizations. It is an extraordinary action, frequently caused by a dramatic occurrence such as a scandal involving the leader, a breach or lack of integrity in the organization, or a major shift in the follower's consciousness.

As a significant event, it frequently results in a cathartic and revolutionary redefinition of a person's life. Depending on the individual's involvement with the group, it is a time often accompanied by rage, fear, grief, and a lack of contextual organization to the meanings and experiences of life. For many, a remarkable array of experiences and feelings can be expected. These include betrayal and doubts in relation to God, abandonment of relationships by former associates in the group, divorce or separation in partner relationships, shame, guilt, a sense of wasted years, lack of faith in one's ability to choose wisely and, perhaps most destructively, lack of belief in oneself.

To the degree that a person moves through these experiences, it is also a time rich in growth and individuation, as externally imposed structures and beliefs can now give way to those formed through the person's own experiences.

This workshop is designed for people who have left spiritual and growth organizations and want to facilitate a greater understanding and experience of that action. It is not a deprogramming workshop, nor is it a place to impose new beliefs. Rather it is an opportunity, through structured exercises, group interactions, individual sharings, and reflection, to put the past in perspective and successfully shape the present. $450

The Approaches of Milton H. Erickson, M.D.

Jane Parsons assisted by Francis Lu

This is a course designed for professionals in the mental health field. Dr. Erickson's approaches are of particular value because of his exquisite understanding of the use of verbal and nonverbal communication to affect physiological changes. A clinician who knows how to talk to a client's unconscious mind, which Erickson defines as a rich storehouse of learning potential, can call upon abilities and experiences unique to that client and can evoke hitherto unrecognized strengths and "patterns of happiness." These patterns can come alive even in a hospital bed and can have powerful beneficial effects.

This course will teach clinicians to discover and develop their own unique resources that can enhance and refine their methods and can enable them to sharpen their sensory skills so that they can understand and utilize minimal nonverbal responses.

Dr. Erickson's understanding of how the mind works will be explored didactically and experientially. We will watch his training sessions on video, and will integrate these with practical exercises that gradually build up technical skills. Clinicians will be invited to present cases for discussion.

Workshop attendance is limited to mental health professionals with graduate degrees (M.S., Ph.D., M.S.W., D.D.S., etc.) in health related fields from accredited institutions and to graduate students in accredited programs in the above fields who supply a letter from their departmental chairperson certifying their student status.

Recommended reading: Sidney Rosen, *My Voice Will Go With You* (Norton & Co.); Jay Haley, *Uncommon Therapy* (Norton & Co.); *Strategies of Psychotherapy*, and *Advanced Techniques of Hypnosis and Therapy: Selected Papers of Milton Erickson* (Grune & Stratton).

C.E. credit is available for doctors and nurses; for additional information see page 37. $450

Weekend of October 11–13

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $230

Dream Discovery

Joyce Frazee

Joyce writes: "An ancient figure in many mythologies is that of the sleeper dreaming the world into being. Our ordinary, conscious mind is only a tiny sliver of all that we are, but in the dream time we are fluid. We move into, inhabit, our personal and family histories, our social and cultural histories, and the world unwinds, strand upon intertwining strand, from the dream time.

"We all dream. A beginning is to remember. The smallest dream fragment can be the first step in the journey of discovery. What we see first as discrete clues, decipherable as parts of a puzzle, become patterns, personal kaleidoscopes. The patterns, finally, are larger than any limitation of conscious meaning.

"In this workshop we will enter the dream time through exercises in recall, gestalt dream work, psychosynthesis, and the practices of the Senoi dreamers." $230

Women's Mysteries (for women only)

Starhawk

In this weekend workshop, we will create a sacred women's space in which we can meet the fivefold Goddess of birth, initiation, consummation, repose, and death. Drawing on the ancient history and mythology of the religions of the Great Goddess, on feminist process, and on the tools of intuition, meditation, trance journeys, and ritual, we can gain a new understanding of our own women's cycles and of how to channel transformative power in the relationships, projects, and movements we carry on.

Recommended reading: Starhawk, *The Spiral Dance: A Rebirth of the Ancient Religion of the Great Goddess* (Harper & Row) and *Dreaming the Dark: Magic, Sex, and Politics* (Beacon). $230

The Reinvention of Fatherhood (for men only)

Robert Sayers & John Franklin

Men have always been fathers biologically. The social and psychological role of the father, however, is a recent invention. Today, changes in roles, institutions, and personal consciousness require the reinvention of fatherhood. The reframing of the "paternal instinct" from a position of social roles to that of personal consciousness is the basis for this reinvention.

Through strengthening the experience of conscious fathering, men are often able to heal past wounds of father absence and accept their power to love and nurture, provide and protect. Conscious fathering allows men to re-parent themselves, to heal the father wound, and to reclaim the power of self love and acceptance.

Conscious fathering requires both greater masculine power and strength and a more assertive love to complement and support "maternal love" in the world and in the family. Conscious fathering brings balance to maternal and paternal power and creates renewed purposefulness, form, and commitment in families.

Using storytelling, imagery, movement and ritual, participants will explore and re-invent the past, present, and future of their own fatherhood. This weekend will help in connecting men with the personal and cultural power of being fathers. $230

October 11–18

Research Center for Human Disarmament

André Gregory

André: "Here's the story that I like a lot. Especially at this time of my life. It sounds true. It goes like this: Somewhere in the Mideast, there are nomads, Bedouins, tribes who wander, sometimes for years, in the desert, looking for an uninhabited oasis. They are date farmers. They look for an oasis where they can farm the dates. Perhaps, after years of wandering, they finally find the place. They unpack their meager belongings, they settle down, and on this uninhabited oasis of date trees, they begin to farm the land. For years they nurture the land, they reap the harvest, they pick the dates, and when a wandering caravan arrives, they send the dates to be sold in far-off cities. They have children, they pray at sunset, they enjoy the life of the oasis that it took so many years to find. Then suddenly one morning, the entire tribe wakes up and they know it is time to leave. There is no rational reason for this, but they know they must leave. They all know it. With mixed feelings of wonder, confusion, rage, and joy, they all set off once again into the desert. They will wander, perhaps for many years, looking for another uninhabited oasis where they can farm the dates.

"I would like to conduct a seven-day active experience for actors and other artists who are packing up to leave." $680

Week of October 13–18

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $450

Relationships: Deepening the Connection Between Men and Women

Joel Kramer & Diana Alstad

This workshop will provide an environment for open communication and understanding between men and women. We will look at such basic issues as: trust, freedom and commitment, power, jealousy, adequacy, and sexuality; why relationships fall apart; what men and women don't know about each other; the male point of view—what feminism left out; why we are often attracted to people who aren't "good" for us; why some "autonomous" women still lose themselves in relationships with men; keeping relationships new once the newness has worn off; using the mind to open the heart.

Awareness and intelligence can help keep passion and sexuality alive over time. A process will be presented which can enable you to move beyond the patterns and blind spots that may prevent a relationship from forming, or that may keep an existing relationship from growing. Understanding yourself and examining how you interact with others can eliminate many seemingly hopeless conflicts.

This workshop is open to couples or individuals. There will be discussions, group interaction, and exercises focusing on specific issues relevant to the participants. $450

Weekend of October 18–20

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

This will be an introduction to intensive intraphysic work using Reichian breath work and gestalt practice. Reichian work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration the possibility is opened to come to a truer concept of self, with an expanded ability to respond in the present. This workshop is limited to ten participants. $230

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman & Elisa Lodge Schiffman

"Anything which is forced or misunderstood can never be beautiful." – Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of self-defeating patterns from the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us.

In this workshop the group will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $230

The Right Work

John Caple

The right work is central to creating the life we want. In this workshop participants will rediscover work-related dreams, draw power from work experiences, and clarify their vision of what they want their worklife to be. Our approach will be practical, though grounded in the longings of the soul, and worldly, though enriched by the resources and culture of Esalen. We will see how the right work is a process as well as a power.

This weekend is for those who seek change in their work: more fulfillment, different challenges, a new job, a new career. Some time will be available for individual work during group meetings and in pre-breakfast runs. Each participant will have the opportunity to create a life plan.

Recommended reading: John Caple, Chapters 1-7 in *Careercycles* (Prentice-Hall). $230

Joyce Rogers Lyke

Miracles of Infancy

Laurie Schutz Munyer & Arthur Eric Munyer with Jezariah Canyon Munyer

Laurie and Arthur write: "This will be a time to celebrate the profound miracle of new life and parenthood. The workshop will provide an opportunity for new parents and their infants (birth to two years) to come together in a harmonious and joyous way. In an atmosphere of warmth we will guide both parent and infant through a creative learning experience. Our approaches will be drawn from massage, creative movement, music, communication, and nurturing touch. We will bring awareness to how our children can be our teachers."

Some infant care will be available. $230

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patients, God, etc. The format will include lecture, discussion, demonstrations, and experiential exercises designed to inform and train the participants in the art of laughing as a tool for enhancing relationships.

We will examine the mythology and physiology of laughter and the use of laughter as a natural tension reliever for acute and chronic physical, emotional, and spiritual pain. Particular attention will be put to other cathartic processes, especially tears, and how they interface with laughter. We will take a look at our culture's damaging use of jokes, teasing, and tickling as sources of laughter, and demonstrate ways to effectively interrupt this behavior in those we love. $450

Ericksonian Hypnosis and Communication

Paul Carter & Marianne Paschke-Carter

"Wisdom is the intelligence of the system as a whole."—Gregory Bateson

"Your conscious mind is very intelligent, and your unconscious mind is a hell of a lot smarter." —M.H. Erickson

Paul writes: "We have an intelligence obtained from our wholeness that is far greater than we are ordinarily conscious of. Erickson called it the 'unconscious mind.' Accessing and integrating this intelligence formed the basis of his hypnotic work.

"This workshop is designed for people who work with people and would like experience with Ericksonian hypnosis, communication, and problem-solving. The emphasis will be on developing a practical understanding of the principles of this approach including trance as a natural and necessary part of health and the idea that people are paradoxical and so too must their communication and problem-solving be paradoxical.

"Through guided exercises and demonstrations, participants will be taught the hypnotic use of metaphor in movement, sound, image, and story, as well as the hypnotic realities of age-regression, age-progression (traveling into futures), lucid dreaming, dissociation, and deep-trance identification (a process of deepening self-awareness through identification with different persons in and out of trance).

"Additional exploration will include: the recognition and use of spontaneous trance states that commonly occur in the course of body work, acupuncture, movement and dance, sports, counseling, and everyday stress situations; the art of using all of the system, including the bad, sick, crazy, and resistant parts; the value of humor, confusion, pattern interruption, and paradox in accessing unconscious creativity and resources; and an integrative approach to problem-solving and self-healing as described in my soon-to-be published book, *The Parts Model*.

Joyce Rogers Lyke

"Course prerequisites: a sense of humor, a warm heart, a little skepticism, a little trust, and an unconscious mind."

Recommended reading: Jay Haley, *Uncommon Therapy* (W.W. Norton & Co.); Jeffrey Zeig, Editor, *Ericksonian Approaches to Hypnosis and Psychotherapy* (Brunner & Mazel). $450

Weekend of October 25–27

Weekend Massage Intensive

George King & Bill Liles

This weekend workshop provides instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners. The purpose of the workshop is to introduce massage as a practical approach to developing greater sensory awareness and relief from stress. $230

The Fifth Annual Big Sur River Run: A Ten Kilometer Foot Race

Coordinated by Steven Harper

This is a time to enjoy Esalen and one of the most beautiful runs in the country. The Big Sur River Run is a flat course on blacktop road through redwoods and oak groves alongside the Big Sur River.

Friday evening we will look at the course, discuss procedures, and stretch. Saturday's race begins at 10:00 a.m. We'll picnic after the race and look at the video in the evening. On Sunday we'll stretch, take a short hike, and soak in the tubs or massage. The entry fee and a T-shirt are included. The run is for beginners as well as advanced runners. Race entry and further information will be sent upon registration. $230

The Possibility of Being for Human Beings: Colloquium with Werner Erhard

"Desires by themselves," wrote Jacob Needleman in *The Heart of Philosophy* (Knopf, 1982) "are perhaps not the enemy that the traditional teachings speak about, but they become quite another thing when they assume in ourselves the status of 'I'; when they feel like 'myself.' These innumerable 'myselves'—are they not the reason man *forgets* truth and being?" Needleman goes on to describe an extraordinary moment of his life, a moment of joy, or ecstasy. "The sense of ecstasy or joy was, perhaps, not less than is reported by some mystics," says Needleman, "yet it was not caused by a direct experience of a higher reality, but, on the contrary, by a direct experience of a lower reality, by the unmistakable experience of a question about myself."

This colloquium will raise the question, through a distinctive method of inquiry, of what it means to be a human being. The commitment of the inquiry is to provide an avenue for its impact to show up really, practically, as empowerment in one's everyday concerns. The colloquium will be concluded on Saturday evening. Participants will have the facilities of Esalen available for their use on Sunday. $230

October 25-27

Women's Vertical Dance: A Rock Climbing Weekend Near Big Sur

Annie Callaway-Galland

For workshop description see Wilderness Programs, page 36. $195

Week of October 27-November 1

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $450

Self Acceptance: The Freedom to Be

David Schiffman & Eliza Lodge Schiffman

For workshop description see September 29-October 4. $450

Weekend of November 1-3

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $250

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $250

Community-Based Alternatives to Psychiatric Treatment

Lawrence Telles & Steve Fields

Many people, in many communities, have made attempts to provide person to person, rather than doctor to patient, care for those who find themselves in desperate, persistent, and acute psychological distress. The results are such services as halfway houses, vocational and housing programs, self-help groups, and social centers.

The epistemological and ideological positions imbedded in these alternatives programs are based on historical views about the nature of the self and current issues in the philosophy of science. There are also broad political issues at stake in these challenges to traditional psychiatry. Attempts to humanize care for the psychologically distressed succeed or fail in a political atmosphere which transcends local battles about zoning laws.

We will step back from the details of your struggle in your community to the broadest, most abstract perspective on the work you do. These discussions will be most relevant to those who have participated in alternative care programs as clients, staff, administrators, planners, or the loyal opposition. $250

The Complementarity of Art and Physics

Leonard Shlain

Workshop participants will explore the connection between two languages: art and physics. Each describes and interprets the world in a different way, yet there is an underlying unity in how each apprehends reality. The artist's image and the physicist's formulae are the same vision, conveyed with different symbols.

The works of da Vinci, Monet, Cezanne, Picasso, Pollock, and many others will be compared with the insights of Aristotle, Newton, Einstein, Bohr, and Heisenberg, through a slide presentation and group discussion. Anyone with an interest in either field may find the weekend provocative. $250

Anatomy for Trager Students

Deane Juhan

This seminar is offered as a continuation of the professional training for students of Trager Psychophysical Integration and Mentastics®. It will examine the anatomical structures of the body and their kinesthetic relationships, with specific reference to how these structures and relationships are handled by the Trager approach.

Half of the time will be used for slide presentations, lectures, and discussions concerning particular areas of the body. The rest will be spent practicing aspects of a Trager session which correspond to those areas. The emphasis will be on clarifying for the student the intent of the various hand positions and movements, based upon an understanding of structure, function, and motor reflex.

Since supervised Trager table work will be an important part of the class, a beginning Trager training is a prerequisite. C. E. credit is available for nurses; for additional information see page 37. $250

Week of November 3-8

Five Days with Jack Rosenberg

For catalog description see September 8-13. $490

Creating Musical Theater

Bradley Bernstein, Didi Conn, Nancy Kaye Lunney & David Shire

Theater! Music! Lights! Make-up! Join us for a week of creating original musical theater. Now's your chance to be a writer, a lighting technician, an actor, designer, or a stage manager. Through Spolin exercises and other group games we will engage in the process of creating: from receptivity, through focus, to expression.

This is a week to rediscover your talents; a chance to experience spontaneity, creativity, and being part-of-the-whole. No experience is needed.

The faculty includes Didi Conn, stage, film, and television actress, and founder of "The First Stage" in Los Angeles, which is a group of actors, directors, and writers that develop new plays for stage and screen; David Shire, Academy Award-winning composer of many film scores and of the Broadway hit *Baby*; Nancy Kaye Lunney, former vocal coach and accompanist who regularly leads singing workshops at Esalen; and Bradley Bernstein, director of shows at Juilliard and other schools and theaters in the United States, Canada, and Australia.

Use your own interests and abilities, be a creative player at whatever you'd like to do. This will be a very active week!

Recommended reading: *Improvisation for the Theater*, Viola Spolin. $490

November 3-29

Transpersonal Psychology

Christina & Stanislav Grof

For workshop description see Special Programs, page 34. $1960

Weekend of November 8-10

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $250

Vitality and Aging

Cecelia Hurwich

Exciting findings on women in their later years are becoming available. Research presented in "Vital Women in Their 70s and 80s"[Master's thesis, Cecelia Hurwich] revealed characteristic life patterns which can be used as models for life enhancement, renewal, and growth. Workshop participants will have an opportunity to learn to live in the present and prepare for the future—taking risks, being adaptable and productive, establishing and maintaining relationships with people of all ages, and continuing interest in sexual activity and zestful living.

We will explore life patterns that contribute to well-being, growth, and development in later years; examine stereotypes, in the media and within family systems, that perpetuate negative images of older women; and create personal life/work plans. Participants may examine new theories on the brain and aging, and the effects of work on well-being. One's present life may be explored with such questions as: What is important to me? What do I want to do? How do I want to live? Where do I go from here? How do I go about it? The weekend may be of value to women who want to explore new approaches to aging, to people dealing with aging family members, and to professionals working with older women. $250

Vision Improvement: Our Willingness to See

Laura DeNuccio (Ma Prita)

The purpose of this workshop is to discover: (1) how we distort the present reality by past feelings, attitudes, and beliefs and (2) how we can clear and re-educate the eye and the self to see.

We will utilize alternative methods such as Reichian breath and body work, gestalt practice, bio-energetics, the Bates method of eye relaxation, and other body/mind approaches.

Together, we can explore, discover, experience, and expand our vision of the possibilities for ourselves and the world in which we live.

Recommended reading: Aldous Huxley, *The Art of Seeing*; Lisette Scholl, *Visionetics*; Fritjof Capra, *The Turning Point*; The Foundation for Inner Peace, *A Course in Miracles*. $250

November 9–15

The Northern California Trophy Trout Tour

Dick Galland

For workshop description see Wilderness Programs, page 37. $550

Week of November 10–15

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $490

Five-Day Massage Intensive

Peggy Morrison Horan & Bill Liles

For workshop description see October 6-11. $490

Presence . . . Reclaiming Personal Power

Elisa Lodge Schiffman

Presence is a power arising from a deep sense of self-worth that grows from our natural reverence for life. During this week participants will explore the elements that contribute to this timeless inner atmosphere of fluidity and ease. Together we will look at the ways in which we can live more freely and imaginatively and cultivate a more healthy, responsive, lifestyle. Our aim together will be to strengthen our abilities to experience and share our emotional needs, as well as to reawaken child-like qualities of freshness and curiosity. Through the use of video feedback, participants will have opportunity to experiment with more balanced ways of being. A special form of movement work will be featured to help create a more accepting and loving attitude toward ourselves, and to increase our awareness of spirit which is ageless and wise. $490

Returning to the Wisdom of Our Earth/Bodies

Laura DeNuccio (Ma Prita)

"If a proper reverence for the sanctity of the earth and the diversity of its people is the secret of peace and survival, then the adventure of self-discovery stands before us as the most practical of pleasures."—Theodore Roszak, *Person/Planet*

Learning about our bodies, our natural instincts and responses, can lead us back to the ancient wisdom of the earth—returning us to our sacredness and wholeness.

The focus of this workshop is to regain an intimate relationship with the natural pulsations and expressions of our bodies, as well as our environment, through a conscious unfolding of our selves physically, emotionally, mentally, sexually and spiritually.

In nature, we can observe the rhythms and patterns that occur in every aspect of life—from the pulsation of the cell, to the ebb and flow of our deepest emotions, to the movement and expansion of the universe itself.

The natural world will be our teacher as we explore the "inner" terrain of our physical and emotional bodies and the "outer" terrain of Esalen and Big Sur.

We will use Reichian gestalt awareness and breath work, deep emotional release, sound, creative movement, and meditation to balance and transform energy blocks in the body (see Dec. 8-13 description). In addition, we will use music, dance, prayer, and ritual to express our relationship with the earth and each other.

No previous experience is needed, except a willingness to explore this adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms.

Recommended reading: Fields, et.al., *Chop Wood, Carry Water*. (J.P. Tarcher); Shakti Gawain, *Creative Visualization* (Whatever Publishing); Peter Russell, *The Global Brain* (J.P. Tarcher); Ken Keyes, Jr., *The Hundredth Monkey* (Vision Books). $490

Weekend of November 15–17

Play and the Person: Come Out, Come Out, Wherever You Are!

Bradley Bernstein

Using the improvisational theater work of Viola Spolin and many traditional games, we will find and release the intuitive, creative parts of ourselves. The impulse to play, so much a part of childhood, is thwarted or choked by years of restricted action and thinking. Through play we re-form ourselves: reawakening the child and allowing the full benefits of liveliness, humor and spontaneity within each of us.

During the workshop we will explore the qualities of play and how to bring them into our daily lives. We can have the experience of being fellow players—and the spirit of community that is brought about by playing together.

This will be an active weekend, a weekend to play! $250

The Hoffman Quadrenity Process: A Succinct Overview

Jack Downing & Robert Hoffman

The focus of this experiential weekend is on spiritual awareness as a guide to completing the urgent unfinished business of childhood and parenting. Methods selected from the Hoffman Quadrenity Process may facilitate a lasting revision of a selected life problem.

Recommended reading: Robert Hoffman, *No One Is to Blame*. $250

Toward a More Sensitive Relating

Charlotte Selver & Charles Brooks

This workshop is an introduction to *sensing* for more meaningful contact with our own nature and with the world around us.

How we relate to our deep inner needs, to other people, or to different tasks and situations depends on how we *perceive them* and how we trust our own findings. When perception is clear and full, we cannot make mistakes. Our whole organism is geared to respond appropriately. We have come, however, to see through a fog of preconceptions, a bewildering fabric of the ideas and judgements of others. Our own experience has been belittled; our perceptive faculties have lost their edge. The true I and the true you no longer meet. Both life and death have become often-threatening fantasies.

Sensory awareness is a practice for rediscovering and reviving full sensory functioning. Through the gradual quieting of premature and inappropriate intellectual activity, it directs our attention both inward and outward to the actuality of the present moment. As perceptivity revives, true relationship becomes possible. Each everyday occasion in living gains its own freshness, its own uniqueness. We can become content again, like healthy children, as quality begins to make quantity unimportant.

Suggested reading: *Sensory Awareness*, Charles Brooks (Santa Barbara Press). $250

Week of November 17–22

Toward a More Sensitive Relating

Charlotte Selver & Charles Brooks

For workshop description see November 15-17. $490

Doorways of Perception

Jessica Moore Britt

Insight and body-oriented practices depend upon awareness and the expression of sensations, feelings, images, and ideas that most of us ordinarily repress. Insight and catharsis by themselves, however, may not necessarily lead us into the depths of our nature that transpersonal disciplines like meditation and shamanism cultivate. Practitioners of meditation and shamanism, in like manner, may neglect the emotional/physical clearing that often allows the opening from which our truths may emerge, be perceived and integrated. In this workshop we will seek to join these two levels of personal practice, sensitizing and expanding our perception of reality. Using gestalt awareness practice, Reichian breath work, meditation, and ritual, we may begin to perceive the relationship between the learned patterns of our personality and the depths of our being. $490

Somewhere Between Freedom and Security

Phyllis Shankman

Living is often experienced as a delicate balance between one's desire for personal freedom or growth and the need for security and attachment. In this workshop, participants will explore the issues of independence/dependence, self-esteem, trust, risk-taking, work, love, and relationship. During the week, participants may use meditation, massage, music, movement, and the Esalen/Big Sur environs to slow down, relax, open, and experience themselves fully. Gestalt process work will be used to increase self-awareness. $490

Weekend of November 22–24

Weekend Massage Intensive

Bill Liles & Brita Ostrom

For workshop description see October 25-27. $250

Gestalt

Seymour Carter

For workshop description see September 20-22. $250

The Yoga of Healing and Transformation

Sogyal Rinpoche

Underlying the Buddhist approach to healing is the principle of basic healthiness and wholeness, which is our natural state of being. Health is the state where all aspects of the body and mind are in balance. Healing practice involves working deeply, but gently, on stress, negative karma, and destructive emotions, which are the causes of suffering.

Purification through the meditation and mantra of Vajrasattva (who represents our inherent self-radiant purity) is central to the practice of healing in the Tantric Buddhist tradition of Tibet. Centuries of practice by both medical and spiritual practitioners have indicated this purification to be a powerful practice in removing the deeply-rooted illnesses, harmful influences, and blockages that plague this age. It is now being successfully used in the West, both alone and with Tibetan medicines, particularly in the treatment of cancer, allergies, and other "incurable" diseases.

In this workshop, Rinpoche will present Buddhist healing and purification practices, using meditation, mantra, and visualization. C.E. credit is available for nurses; for additional information see page 37. $250

Week of November 24–29

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $490

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their own psi abilities, Anne and Jim will use special exercises to aid participants in exploring these abilities.

They have found through their professional workshops that most of those in the helping professions are already using their sensitivity and need only learn to recognize their styles and trust the intuitive input they normally receive. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their own inner sensitivity. One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $490

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week we will focus on how to develop those qualities in ourselves that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based in warmth and humor we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $490

Weekend of November 29–December 1

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see September 27-29. $250

Cranial Self-Care

Richard Bernard

Given that the cranium houses the brain, and that the brain is the controlling unit of the body, the phrase "getting your head together" isn't just a cliché. Encircling and protecting the brain, the skull has micromovement at the joints as well as between eight cranial bones. This synchronous, harmonious movement is necessary for normal nerve and energy patterns throughout the body. Improper cranial respiratory function may develop for many reasons: jamming of the soft, movable skull during birth; concussions; auto accidents. The leading cause of improper cranial function, however, is stress which tightens the muscles and membranes that control and motivate these cranial structures. Common symptomatic problems include: headaches, sinus problems, visual disturbances, popping jaws, teeth pains, ear dysfunctions, upper and lower back pains.

In this workshop, Richard Bernard will demonstrate a series of exercises based on the principles of sacro-occipital work designed to help restore normal balance of brain function and output. He will also discuss the role of diet, exercise, visualization, and stress control in cranial self-care.

Richard writes: "The premise of craniopathy is that health is a function of balance between our psychological, chemical, and structural dimensions. My objective in this workshop is to teach some basic ways to eliminate cranial stress and enhance vitality and inner peace." $250

Ashtanga Yoga

Deborah Anne Medow

"The body is a boat which carries the soul in the ocean of the world. If it is not strong or it has a hole, then it can't cross the ocean. So the first duty is to fix the boat."—Baba Hari Dass

The primary focus of this workshop is to utilize the methods of the ancient system of ashtanga yoga in "fixing the leaky boat." Throughout this weekend a cleansing diet and various integrated sessions will be combined to encourage workshop participants to develop a solid basis for further development of the physical, mental, and spiritual aspects of yoga practice. Topics covered will include yoga theory, yoga purification and breathing exercises, and meditation, with particular emphasis on asanas (postures). $250

Week of December 1–6

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $490

Unfinished Business

Janet Zuckerman

For workshop description see September 1-6. $490

Zen Training for Self Development

Dub Leigh, Tom Morelli & Mike Sayama

This workshop will focus on the practices of meditation, values clarification, body work, and communication. Concepts and exercises will be drawn from Zen, the martial arts, Feldenkrais, Rolfing, and transpersonal psychology. A heightened sense of clarity, a greater sensitivity to your body, and a feeling of having extended your limits are some of the possibilities this workshop offers. $490

Letting Go—Moving On

Merri Goldenson (Devarani) & Fred Kalmus

This is a week of intense body work, structured for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor, tension, stress, and a lack of spontaneity. As armor softens, feelings held in since childhood can be released and positive feelings of joy, love, trust, and pleasure can be experienced more fully.

A most important feature of the workshop is the individual Radix®-Reichian intensive, done in a safe, supportive environment. By also using dreamwork, hypnosis, chiropractic, bioenergetics, massage, dance, and group interaction as one lets go/moves on, a new capacity for living can emerge. $490

Weekend of December 6–8

The Feeling Process

Janet Zuckerman
assisted by Maria & Perry Holloman

For workshop description see September 6-8. $250

Astronomy Weekend: The Living Universe

Gerrit Verschuur

We will go beyond a tour of the constellations and explore the dynamics of the living universe in which our planet drifts in quiet serenity. Astronomers have revealed vivid details of the birth-life-death cycle of stars, and of galaxies and quasars which eject gigantic clouds of incandescent particles in explosive fury; inferred the existence of enormous black holes; and discovered cauldrons of chemical activity in giant clouds of organic molecules drifting between the stars.

This weekend is for those who wish to absorb themselves in an exploration of our relationship to the cosmos. Some astronomers believe that life itself may have originated out amongst the stars. One species, on at least one planet, questions its origins. Are there others like us out there?

Bring binoculars if you wish. Esalen skies can be some of the clearest you will find anywhere in the world, and Halley's Comet may form a timely addition to our workshop. $250

Transitions

Elliot Aronson & Gabriel Thompson

Transitions are passages from one state to another. As part of the process of moving on, some disorganization is required to make reorganization possible. We are almost constantly in a state of transition—whether it is getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the lifecycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance, which may result in a lack of self-esteem, anxiety, loss of identity, confusion, and doubts about one's own perceptions. New thoughts and ideas are fragile at these times of change and need protection and nurturance.

The goal of this workshop is to gain a perspective on the process of making transitions. Through didactic presentations, group discussions, and input from participants, individuals will have an opportunity to understand the emotional stresses involved in their personal transitions. In addition, participants can learn how to increase their sense of security. $250

Adventures in Self-Exploration

Christina & Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the entire spectrum of transpersonal experiences. All participants will have the opportunity to be in the roles of experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $250

Week of December 8–13

Charts of the Brain, Journeys of the Spirit

William Roll & Jeannie Lagle

Modern science and parapsychology are revealing a matrix which connects people with each other, with their physical environment and with persons who are no longer living. Tapping into this knowledge may help participants to experience themselves and the universe with a new consciousness. The workshop will offer ways to develop psychic sensitivity through energy dance and energy scanning, means of using brain function as a gateway to psychic awareness, guided practice in psychometry, and the use and limitations of the pendulum and automatic writing. An emphasis will be placed on integrating discoveries into one's everyday life. $490

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

This workshop focuses on how we may consciously unfold ourselves—emotionally, sexually, mentally, and spiritually. Past anger, fear, sadness, and grief, often reflected in the body as tension, pain, lack of spontaneity, and diminished vitality, can keep one from being fully present and alive. By contacting tension and allowing emotion which has been frozen in the body, there is an opportunity to open to the creative flow of life energy within. Allowing this life energy meaningful expression, through true communication with self and others, is the essence of this work.

Some of the areas to be explored this week include: recognizing and releasing tensions which block emotion in the body; using breath and sound to energize and soften the body's tension and emotional holding; contacting and allowing unexpressed sadness and pain, which can in-

crease the capacity for heartfulness, pleasure, and joy; expressing and releasing anger constructively, which can deepen compassion and love while also releasing blocked sexual energy; learning about the nature of fear, and moving toward greater trust of self and others. Paying special attention to the mental processes that shape the emotional and physical body, participants will be shown ways to trust their bodies' responsiveness and inner direction.

This workshop will utilize Reichian body and breath work, emotional release, gestalt practice, the Bates system of eye relaxation, massage, dance, meditation, and various other approaches. $490

Week of December 8–15

Beginning Trager Training

Betty Fuller

In this professional training, participants are instructed in Trager table work, receiving sessions from experienced practitioners, giving to and receiving from each other under supervision. In addition, participants learn to practice and teach mentastics, learn basic communication skills, clearing exercises, and simple meditation, and have time in the group to share and process their experience. This training is open to professionals in education, body work, holistic health care, counseling, psychology, medicine, chiropractic, sports, performing arts, and other disciplines which see movement as a primary means of learning.

A prerequisite for enrolling in this training is membership in the Trager Institute, 10 Old Mill Street, Mill Valley, CA 94941.

C.E. credit is available for nurses; for additional information see page 37. $740

December 8–15

Psychosynthesis: A Workshop for Professionals

Harry Sloan

Harry Sloan writes: "Many of us have experienced those moments in working with clients when we don't have the foggiest idea of what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for what is most familiar—a technique, map, or model. This can lead to the mechanical experience of 'going through the motions' and rote interventions. However, if we could reach for essence and truth instead of falling back on what's most familiar, the dissonance might open to insight. The result of capturing the moment and responding to the need of the client and to the dynamics of the situation can have a decidedly different effect upon both the guide and client. The heart of psychosynthesis is understanding the process of reaching for essence within ourselves and our clients. This practice can lead to developing wisdom and intuition, transcending the methodologies we use.

"The format will combine individual work within the group setting with seminars, group exercises, and practicum. This program will be useful not only to those who are interested in psychosynthesis, but also to anyone in the helping professions who wants to come into a more creative relationship with his/her discipline.

"Psychosynthesis is the name for the conscious attempt to align and cooperate with the natural process of growth and integration. It recognizes that each human being is spiritual in essence and encourages the realization and expression of this essence, or higher self, as fully as possible in personal and social existence." $740

Joyce Rogers Lyke

Weekend of December 13–15

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $250

Advanced Massage Intensive

Peggy Morrison Horan
& Laurie Muller (Lioness)

For workshop description see September 20-22. $250

Week of December 15–20

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $490

Five-Day Massage Intensive

George King & Diane Miller Lesty

For workshop description see October 6-11. $490

Clowning for Life: A Gestalt Workshop

Rickie Wolf

"The fool who persists in his folly becomes wise."
—William Blake

Clowning for Life is a study of how to be fully present. It is a search for the state of consciousness where contradictions can be embraced and where suffering and limitation are transformed through acceptance and play. Clowning is a surrender, a free-fall into being.

The workshop focuses on the joy of the full and unified expression of body, emotion, mind, and spirit. It offers an escape from the ponderous into an attitude that life is an invitation to play.

Participants are asked to bring a hat and some clothes to use as costumes. $490

The Mystical Quest

Christina & Stanislav Grof

This workshop will include theoretical and experiential exploration of the transpersonal dimensions of the human psyche and the importance of the spiritual impulse in human beings. Special attention will be paid to the emerging world-view that integrates science and mysticism, and to the problem of "spiritual emergencies"—emotional and psychosomatic crises that can be associated with consciousness evolution. In the experiential work, we will use "holonomic integration," which combines controlled breathing, evocative music, and focused body work, and has the potential to mediate experiential access to the mystical domain. $490

The Breath of Life

Jessica Moore Britt

The most obvious is often the most elusive. Our life, with its potential for fullness and richness, is reflected in our relationship with our breath, our inhalation and exhalation. During this week together we will explore the full range of our life, our breath: stillness from stuckness to rest; movement from pain to compassion, anger to passion, fear to joy. Our main ally in our exploration will be our breath rhythms of contraction and expansion, experienced through Reichian breath work, movement, sound, and touch. $490

Weekend of December 20–22

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $250

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see November 24-29. $250

Gestalt and Dream Work

Marty Fromm

Using gestalt practice and theory, participants will focus on feelings, thoughts, and behaviors happening right now, and observe when experiencing is cut off by explanations, promises, resolutions, scolding, etc. Special emphasis will be placed on the gestalt approach in using dreams to provide integration of disowned parts of one's personality, insight into one's inner life, and direction for the future.

Participants are urged to keep a dream journal for the week prior to the workshop. $250

The Birth of the Sun

Paul Rebillot & Stanford Eugene Cates

The winter solstice is a time for restful introspection as the earth's outer darkness allows the inner sun of the soul to regenerate and find expression. Traditional cultures the world over have rested, fasted, and feasted during this time of the year in celebration of the turning point, the cyclic return.

We will join together to create our own ritual and pageant. Using a variety of practices, such as gestalt, guided fantasy, movement, massage, and more, we will integrate our personal rituals into a group presentation. $250

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries, all of which can improve by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop participants will also be introduced to methods which can improve their ability to sense each others' bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about his body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens who may find themselves discovering new ways of moving with ease and increased flexibility—painlessly and immediately. $250

Week of December 22–27

The Painting Experience

Michell Cassou & Stewart Cubley

For workshop description see September 15-20. $490

Gestalt

Seymour Carter

For workshop description see September 20-22. $490

Christmas Present

Paul Rebillot

We've idealized birth in the Christmas story—the newborn child surrounded by adoring parents, singing angels, comforting animals; worshipped by the wise and the simple; welcomed into the world and loved for nothing that he does, but for simply being who he is. Most of us were not welcomed in that way, and at Christmastime our disillusionment peaks. Our despondency and regrets are based on unfulfilled ideals, promises, and fairy tales. Using gestalt, guided fantasy, theater games, and rituals, we will seek to release ourselves from the excess baggage of past regrets and future expectations in order to return to the divine simplicity of our own present being. Out of that simplicity, we will create our own "Christmas present," a celebration in which each of us singly and all of us together can give ourselves our self for Christmas. $490

Awakening Inner Power —A Celebration of Life

Mary Tesoro & Deborah Anne Medow

At the threshold of the new year, let us pause to renew our energy and regain balance of body, mind, and spirit. We will explore different ways of gathering our inner power. Yoga, meditation, and Leonard Energy Training can provide a foundation for personal growth and change. Massage, movement, theater games, and music will be interwoven with elements of gestalt and aikido to contact and express alternative ways of being. $490

Weekend of December 27–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $250

Forgiveness and Letting Go of Judgement

Elizabeth Stratton

"The giving up of judgment, the obvious prerequisite for hearing God's Voice, is usually a fairly slow process, not because it is difficult, but because it is apt to be perceived as personally insulting."—A Course in Miracles

Elizabeth writes: "The training of the Western mind, both spiritually and intellectually, is oriented toward judgment. We are taught to induce, deduce, analyze, dissect, defend, debate. We are taught to feel guilty, to get sick, to engage in self punishment and the punishment of others. We are encouraged to rebuke ourselves into perfection.

"We do not know the healing quality of true remorse, or how to let go of that which we should never have held onto in the first place—the real meaning of forgiveness. In studies of people who have died and come back to talk about it, the most unifying element of their experiences was the meeting with a Being of white light who stood by with unconditional love, no judgment, and humor as they watched their lives roll before them like movies. The only judge was the person watching his/her own life.

"This workshop will be experiential. You are invited to observe the judgmental prison of your own mind, to feel the cleansing power of remorse, and to allow your heart to open to the freedom and healing that comes from forgiving yourself and others." $250

The Human Energy System and Gestalt Process

Alan Schwartz

The human being's movement toward a stable and balanced organism undergoes many adjustments in direct proportion to his/her responses to parental and environmental messages. The result is the formulation of stratified patterns of *visible* physiology and behavior. These join to form that which is usually called personality, one's individual energy system. Two common examples of energy system responses to life stress are those personalities who collapse under stress and those who control. There are many more. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we make and inhibit intrapersonal and interpersonal contact. One focus will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our *consistent* awareness process and the autonomous expression of who we are. For additional information read the December 27-January 3 description. $250

December 27–January 3

Rubenfeld Synergy Method

Ilana Rubenfeld

The sea always has waves . . . waves are the sea . . . sea and waves are one. To speak of waves apart from the sea is a delusion—so mind and body are one!

The Rubenfeld Synergy Method is a system for the dynamic integration of body, mind, and emotions. The focus in this workshop will be on experiencing one's own body and emotions as a total organism. Emotions and memories are often stored in our bodies, resulting in tension and imbalance. A unique blend of gestalt, Alexander method, and Feldenkrais exercises will be used as a gateway to contact, express, and work through deep feelings. Massage staff will be on hand to assist the workshop.

We can choose to contact *ourselves* and *each other* with joy, sadness, compassion, humor, ideas, and with the body—the whole person. $740

Week of December 29–January 3

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $490

Psychic Healing: Healer as Visionary

Elizabeth Stratton

To see into a person's essence, into the heart and soul beneath the defenses, is the first step the psychic healer takes when confronted with someone who needs healing. To then mirror back this essence, over and over during the healing process, affords the person an opportunity to choose this vision of wholeness.

Almost everyone has wished, at times, to be able to reach someone who needs healing, but who seems to be resistant. This workshop is for both non-professionals and professionals who would like to learn how to make the kind of healing contact that can lead to transformation.

The workshop will explore: the physical, psychic, and spiritual dimensions of energy; the blocking of energy that can lead to the formation of illness; the will to live, the will to die; illness and death as learning, not punishment; releasing judgment and allowing forgiveness; requirements for recovery in long term, short term, and instantaneous healing; the role of the healer; and chanelling healing energy through the heart, eyes, voice, and laying on of hands. $490

Effecting Change: The Human Energy System and Risk

Alan Schwartz

This is a week for recognizing the *relationship* between personal growth/change and economic/environmental realities. This is a week for *designing a growth pattern* for your individual energy system to provide more stable contact with the difficulties of the emerging decade.

The human energy system represents a constantly changing personality dimension. Often neglected in the system's movement towards maturity is the development of the consistency of strength. We hear metaphors not only of physical strength, but strength of character, strong emotions, and the spiritual and psychic strengths of perception. Lack of strength development leads each of us to develop compensations in order to be able to function in our chosen worlds. Some of the obvious are psychosomatic problems, blame, denial, and indiscriminate sexual functioning. *Power over* self, people, things is often a major compensation for the strength that allows us the *experience* of self, people, and things.

Risk involves awareness of our individual compensations, trusting self and the group process enough to *experiment* with mobilizing more energy. This means rendering more alive the strength of the physiology, feelings, conceptual process, and psychic perceptiveness. The result is clarity and stability and a deeper awareness of the balance of self as we contact the very real issues of the decade that is upon us. For further information, read the December 27-29 workshop description. $490

Weekend of January 3–5

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $250

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will work at their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$250 per participant

Living, Loving, and Leading

John Caple

"True leaders are always led."—C. G. Jung

Our society's need for leadership is everywhere manifest, yet we often discourage this impulse in ourselves. In this workshop, participants may rediscover their leadership potentialities, learn more about their leadership style, and decide on new ways to use their abilities. We will use art, bodywork, movement, and open seat work, all enriched by the resources of Esalen. Our aim will be to become clearer about our ability to lead and our intent to lead.

This workshop is particularly designed for current and prospective leaders in organizational settings, for managers and aspiring managers, for those burned out or facing new leadership challenges, and for those who lead workshops and groups.

Recomended reading: John Caple, *Careercycles* (Prentice-Hall). $250

Health and Well-Being

Joe D. Goldstrich

Joe D. writes: "Over the past decade I have explored many approaches to health, including nutrition, homeopathy, acupuncture, and psychic healing as well as Rolfing®, Hellerwork, and Feldenkrais. In this weekend workshop we will examine these and other approaches to well-being, looking at their value and limitations. Our focus will help you formulate a plan for a healthy 1986." $250

Personal Mythology: Our Epic Journey

Stanley Krippner & David Feinstein

This seminar focuses on personal myths—the deep forces of the psyche that shape who we are, what we think, and what we do. Operating largely outside of conscious awareness, our personal myths nonetheless pave our journey through life, our place in society, and our relationship to the broader or spiritual context of existence. Showing participants how to reach deeply into realms of unconscious mythological wisdom, we will speak to our need to find the visions that will nourish and inspire us. Drawing upon a range of systems including Jungian psychology, gestalt, psychosynthesis, dream interpretation, and cognitive psychology, participants will be led through a powerful and moving sequence of experiences that can rework a problematic area of their personal mythology. These experiences can be used again later to identify and work with other personal myths that may be creating problems in one's life. Participants are asked to bring a notebook or personal journal and are encouraged to record their dreams in it prior to the workshop.

Recommended reading: Stanley Krippner, *Human Possibilities* (Anchor). $250

Joyce Rogers Lyke

Week of January 5–10

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman & Elisa Lodge Schiffman

For workshop description see October 18-20. $490

Warriors on Magic Mountain: Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

New Year renewal with the fundamentals of T'ai Chi practice. Chungliang will share with us the crystallization of his most essential learnings. He will lead us daily in sunrise movement meditation, five-elements form, I-Ching eight-trigrams metaphors in action, life-force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Music, dancing, and celebration!

Recommended reading: Chungliang Al Huang, *Quantum Soup* (E. P. Dutton), *Embrace Tiger, Return to Mountain* (Real People Press), with Alan Watts, *Tao: The Watercourse Way* (Pantheon); John Blofeld, translator, *I Ching*; Lama Anagarika Govinda, *The Book of Transformations*. $490

Dreams: Energy, Imagery, Psyche, and Spirit

Kenneth Kelzer

Dreams are an ever present source of energy and imagery. These "raw materials of the psyche," when refined and assimilated, serve to elevate our lives to new dimensions. Dreams serve many important functions: returning the lost parts of the self to the conscious mind, enhancing creativity, firing the imagination, offering outrageous humor and sometimes pure inspiration. This workshop will delve into the dream state to explore its widest possible range, including the psi potential of dreams. We will use gestalt, psychodrama, Jung's depth psychology, intuition processes, and creative art media as some of our principal tools. In addition, the dream will be viewed as a channel for spiritual expansion and artistic creation, with special emphasis on the new frontier of lucid dreaming. Participants will have time to explore their own dreams during the workshop.

Recommended reading: *Black Elk Speaks*, chapters 3, 13, and 14; Patricia Garfield, *Creative Dreaming*, chapter 5; Carl Jung, *Man and His Symbols*, chapter 1; Fritz Perls, *Gestalt Therapy Verbatim*. $490

Weekend of January 10–12

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chungliang Al Huang

Paul and Chungliang will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, improvisation, meditation, and world travel experiences.

Recommended reading and listening: by Huang: *Quantum Soup* (E. P. Dutton); *Embrace Tiger, Return to Mountain* (Real People Press); with Watts, *Tao: The Watercourse Way* (Pantheon); Paul Horn's albums: *Inside, Heart to Heart, China, The Magic of Findhorn*, and *Jupiter 8*. $280

Awake in Your Dreams

Stephen LaBerge

Lucid dreaming means dreaming while knowing that we are dreaming. The presence of consciousness during this extraordinary state of consciousness allows us to respond flexibly and creatively to the flow of dream experience. We are in a unique position to control our dreams; this control brings within reach a remarkable range of possibilities from indulging your wildest fantasies to fulfilling your highest spiritual aspirations.

For most of us, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so; workshop participants will learn how to develop the skill of lucid dreaming. The results of recent scientific research will be presented and participants will be exposed to a wide variety of uses to which the world of lucid dreaming can be put, in-

cluding self-exploration, creative problem solving, healing, adventure, and, perhaps most importantly, a way of self-integration leading to the transpersonal realms.

The emphasis will be on improving the quality of the dreamer's experience while in the dream. This means self-control, not dream control; changing the context rather than the content of the dream. Ann Faraday has called lucid dreaming "one of the most exciting frontiers of human experience." This workshop will provide an opportunity to find out why.

Recommended reading: Stephen LaBerge, *Lucid Dreaming* (J. P. Tarcher). $250

January 10–12

Sierra Ski-Touring: Gentle Pleasure of Flat Tracking

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

For workshop description see Wilderness Programs, page 37. $265

Week of January 12–17

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $490

Five-Day Massage Intensive

Brita Ostrom & Staff

For workshop description see October 6-11. $490

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chunghang Al Huang

For workshop description see January 10-12. $520

Weekend of January 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $250

Weekend Massage Intensive

Vicki Topp & Staff

For workshop description see October 25-27. $250

The Fine Art of Journal Writing

Nancy Mayer

"We must turn to ourselves as a creative piece of work, not only in the arts, but in the creation of our lives."—Anaïs Nin.

Facing the empty page, reaching out to put words on paper, we all feel vulnerable. This journal workshop is based on the belief that everyone can write easily and pleasurably. In a silent, supportive atmosphere necessary for the inward journey, we will learn how to overcome our fears of writing, surmount writer's block, and get to know our "inner critic." This workshop is for people who claim they cannot write, or find the process painful; and for those who want to tap into their inner truth. Participants will learn new ways to record their experiences, memories, and dreams, as keys to understanding their lives. They will also discover how to gain better access to their intuitive, imaginative self.

Nancy writes: "When we record our experiences in a journal we expand and deepen our lives, finding new meaning and purpose. In the process we move from the personal to the universal, learning to accept ourselves, and others, more fully. We gain perspective on the past and guidance for the future."

Recommended reading: Tristine Rainer, *The New Diary*; Ira Progroff, *At A Journal Workshop*. $250

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion. The seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual pactice periods will be offered. Special emphasis will be placed on how to integrate vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambula). $250

Week of January 19–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $490

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see November 24-29. $490

The Embodiment of the Essential Self

Karen Johnson

You may find yourself seeking zest for life and a sense of purpose. The greatest joy can be in discovering our true beloved, the beauty and truth of our essential self. Our essence, known by the Sufi as the true friend, is a presence we can touch within ourselves. Essence is beyond thoughts, emotions, and the physical; it is life itself.

In this workshop we will explore and experience ways of moving toward more presence and the embodiment of our essential nature. Sufi awareness methods will be utilized, along with individual work in a group setting, using breath work and touch to facilitate transformation. $490

Weekend of January 24–26

Anatomy for Trager Students

Deane Juhan

For workshop description see November 1-3. $250

Awareness, Balance, and Options

Judyth Weaver

This workshop will focus on rediscovering and integrating awareness of our full selves—mentally, physically, and spiritually. We will work deeply with our senses, and gently with our breath, explore T'ai Chi Ch'uan for relaxed exercise, and practice meditation, massage, movement, and gestalt.

All these explorations can help us realize the choices we have. We can perform the same actions in a stressful or relaxed manner, wastefully or economically. We can hold on tightly or let go. We can suffer or have fun. The more in touch we are with our feelings and abilities, the more options are available to us. Using these options with awareness, we can develop a sense of centered grounding and balance, with which to enhance an energetic, economic, pleasurable, and effective life. $250

Approaches to Christian Mysticism

Brother David Steindl-Rast

Awareness of Eastern mysticism makes many people ask: what of the mystical tradition in the West? Is it still alive? Can one find meaning in it today? Brother David has spent more than thirty years in both Eastern and Western monasteries exploring the roots of mysticism in the human heart. He will lead participants in

discovering these roots in their own life experience. We shall ask what the pursuit of the path of the heart demands from each one personally, and how it can be practiced in one's daily life.

Like Thomas Merton, his late fellow monk and friend, Brother David is a bridge-builder between East and West. The focus of this weekend, however, will be on the Christian tradition and on our need to wrestle with it. Input and question periods will alternate with silent time for guided experience.

Recommended reading: Rainer Maria Rilke, *Letters to a Young Poet* (Norton); Thomas Merton, *Conjectures of a Guilty Bystander* (Doubleday); Thomas Matus, *Yoga and the Jesus Prayer Tradition* (Paulist Press); David Steindl-Rast, *A Listening Heart* (Crossroads), *Gratefulness The Heart of Prayer* (Paulist Press). $250

Week of January 26–31

Health and Creativity

Will Schutz & Ailish Mellard

For workshop description see September 13-15. $490

Mindfulness Meditation

Jacqueline Mandell

Mindfulness meditation can allow us deeper experiences of our sensitivity, clarity, and wisdom. Meditation practices will focus on our mental and physical process, especially the natural breathing process. Using our senses as objects of awareness, we can discover the possibility of living in the present moment, calm, concentrated, and aware.

Meditation will be practiced in silence, with emphasis on sitting and walking meditation. There will be time for discussions, individual guidance, and relaxation. This workshop is suitable for both experienced and inexperienced meditators. Please wear comfortable clothing and shoes. $490

Free to Be You

Leslie Pam & Ann Christie

We are all born connected to our real selves. If, however, as children we experience feelings of rejection and hurt, we develop a system of protection that becomes a self-restricting pattern. As adults we experience that pattern as a block affecting our ability to know what or why we feel, or limiting our ability to communicate fully with others, be intimate, open, or fulfilled. Working through such blocks can leave the self free to discover richer ways of giving and receiving. This workshop includes structured group process, utilizing primal work, Ericksonian hypnosis, and massage.

Recommended reading: Arthur Janov, *The Primal Scream* (Perigee); Sidney Rosen, *My Voice Will Go With You* (Norton). $490

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed."
—M.C. Richards, *Centering*

Stress-related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that can release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais, gestalt, Rolf®-movement, massage, Reichian breath work, and video feedback. $490

Weekend of January 31–February 2

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $250

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see September 27-29. $250

Miracles of Infancy

Laurie Schutz Munyer & Arthur Eric Munyer with Jezariah Canyon Munyer

For workshop description see October 18-20. $250

For Men Only

Richard Gunther

If you are male, between the ages of 30 and 60, and asking such questions as "What am I doing with my life?" or "What else is there for me?" welcome to mid-life, a time of examination, possibly of crises, a time offering the opportunity for major changes in how you view yourself and the world in which you function.

We live in a demanding, controling society, and the effect on each of us is not always clear. In the words of Marcel Proust, "The real voyage of discovery consists not in seeing new landscapes, but in having new eyes." With new eyes we can see the possibility of outgrowing our social conditioning and connecting with a deeper self.

In this workshop limited to 12 participants we will focus on the issues of work and career, their changing importance at mid-life; relationships, examining the shift in needs, tasks, and roles; the body and sex, which changes are real, which imagined; and spirituality, exploring the need for a transcendent vision. $250

The Intelligent Body, The Sensuous Body

Thomas Hanna

Premise: Clarity of self-awareness and clarity of body control grow together or decline together. We'll explore how greater sensitivity to our inner selves enhances the body's ability to act and to relax, and how this ability in turn enhances kinesthetic awareness.

The program involves gentle movements and use of imagery as well as instruction in the principles of many different kinds of body work and exercise systems—particularly that of Moshe Feldenkrais.

Thomas Hanna adds: "There will also be demonstrations of how new sensory information can lead to dramatic changes in posture. Those who wish advanced knowledge in systems of body work will find the weekend profitable, as will those who have habitual aches or have difficulty relaxing."

Recommended reading: Thomas Hanna, *The Body of Life, Bodies in Revolt: A Primer in Somatic Thinking.* $250

Week of February 2–7

Self-Acceptance: The Freedom to Be

David Schiffman & Elisa Lodge Schiffman

For workshop description see September 29-October 4. $490

Clairsentient and Clairvoyant Practices

Wendy Palmer & Helen Palmer

The two most identifiable aspects of intuition are the ability to sense and the ability to see a range of information that is unavailable to the thinking self. Clear sensing and clear sight have their historical bases of training in the traditions of martial arts and visualization practices.

This workshop will be an introduction to the internal focusing practices that can provide access to the intuitive state of mind. The particular martial arts and visualization exercises are presented in such a way that they can form the basis of discrimination between personal projections and accurate sentient and visual impressions unknown to the thinking self. $490

Owning the Shadow

Paul Rebillot

"We have seen the enemy and they is us."
—Pogo, *Walt Kelly*

Paul Rebillot writes: "In my work I have come to realize that one of the most important and frequently avoided themes in our lives is the ability to own the part of ourselves we don't like, the part Jung called the shadow. As a result, we become projectors of our own disowned energy.

"In this workshop, we will seek to discover within ourselves the bad guy we have been projecting onto, and hating in others. By facing and communicating with this negative self, we may discover in our shadow not the enemy but the friend and challenger to growth of the heart and consciousness." $490

Weekend of February 7–9

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $250

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see September 27-29. $250

Body, Heart, and Spirit

Paul Rebillot & Stanford Eugene Cates

The workshop is divided into three segments, dealing first with tensions and energy patterns in the body, then with the relationship of these to the emotions, and finally with their relationship to the mind, to thought. By connecting thought, feeling, and body experience in one gestalt, we seek to open the being to the inpouring of the spirit, to the state of grace. This is the goal of shamanic dances and of many tribal rites. The process includes body work and open seat gestalt work, as well as rituals, dancing, chanting, and celebration. $250

Rethinking Security/ Toward Common Ground

John Marks & Jack Cirie

This workshop is designed for those who are convinced they have the answers to questions of war and peace and are frustrated by not being able to make their view prevail; and for those who are convinced they do *not* have the answers and are frustrated that neither they nor anyone else seems to. The workshop combines cognitive and non-cognitive, linear and non-linear approaches. The metaphor and physical experience of aikido are used to facilitate exploration of new ways of framing—hence acting on—security questions. Participants may move beyond their conventional thinking to discover fresh and innovative ways for establishing real security in the world. $250

Week of February 9–14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $490

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $490

A Gentle Unfolding

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through intuitive and energy awareness, massage, meditation, movement, gestalt, and play. Using these tools and gentle risk-taking can help in opening to our own aliveness and ability to be more at home with ourselves. Participants will explore practical and portable ways of nourishing and trusting the inherent wisdom of the self. $490

Craniosacral System: Basic Workshop

Jim Asher & Jane Harrington

This workshop will offer an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. The class will combine lectures and slides on functional anatomy of the membrane system, cerebrospinal fluid movement, and related methods. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference. Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills, and those already practicing body work or counseling. Much of our focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system.

C. E. credit is available for nurses; for additional information see page 37. $490

Weekend of February 14–16

Intuition Practice

Helen Palmer

For workshop description see September 8-13. $250

Soviet-American Relationships

Robert Bathurst

For workshop description see September 13-15. $250

Weekend Massage Intensive

George King & Deborah Anne Medow

For workshop description see October 25-27. $250

Letting Go—Moving On

Merri Goldenson (Devarani) & Fred Kalmus

For workshop description see December 1-6. $250

Word Magic: Self-Discovery Through Writing

Nancy Bacal

We all have stories inside and the capacity to tell them, but when asked to translate them onto the page, many of us are inhibited by self-judgment. Through the years, Nancy Bacal has evolved a series of writing exercises designed to bypass blockages, to move beyond the controlling arm of the critic, and bring participants to a deep and direct experience of themselves.

This writing workshop can provide a safe, stimulating environment for the non-writer, the would-be writer, and the professional. It offers an opportunity to expand preconceived ideas of what writing can be, chiefly by exploring individual creative forms and processes. The "hidden writer" is encouraged to open the heart, to tap the vast reservoir of material within, and to see the world in a new way.

Nancy says: "To experience life as potential story is to activate awareness of oneself, and to invoke the magical properties of words—enriching our day-to-day lives with wonder and surprise." $250

Week of February 16–21

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 10. $490

Letting Go—Moving On

Merri Goldenson (Devarani)

For workshop description see December 1-6. $490

Psychic Abilities in Science and Everyday Life

Keith Harary & Darlene Moore

Are psychic experiences worth having in a society that doesn't encourage people to have them? Exploring your psychic capabilities can help you become a happier, more self-actualized person, or lead to anxiety, alienation, and identity confusion. How can you tell the difference between genuine psychic experiences and exaggerated claims, imagination, or delusions? Is there any real difference between people who call themselves psychics and the rest of us? Through extensive practice exercises in small and large groups, we will explore ways in which you may develop and make the most of your own psychic potential without losing touch with everyday reality or buying into externally imposed belief systems. We will also discuss experimental, clinical, and subjective approaches to psychic abilities in the United States and the Soviet Union, and examine the treatment of psychic experiences in popular American culture. $490

Weekend of February 21–23

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $250

Zero Balancing: Advanced Workshop

Fritz Smith

This workshop is for people who have completed at least one introductory zero balancing program. Following a review of basic concepts, time will be spent on answering specific questions and giving individual instruction as needed. New work will focus on exploring the direct perception and assessment of energy currents in the body, refinement of evaluating and balancing the foundation joints, and the discussion of nonfoundation joints, including the small joints of the body. Theory will be clarified by demonstration and individual practice, using each other as models.

This is an accredited program toward zero balancing certification.

C. E. credit is available for nurses; for additional information see page 37. $250

The Art of Self-Direction

Lenore Lefer

This workshop is about personal, social, and cultural change. It is about creating, initiating, and directing change as well as responding to those alterations that we seem not to choose. We will explore how to be causal around change and how to include our deepest values. Do we know what is meaningful, and how do we integrate that into our lives? It is an art to lead a self-directed life that includes both personal and social responsibility.

Founded conceptually in psychosynthesis, the focus of this self-exploration will be experiential, using imagery, inner dialogue, meditation, and individual and group process. The environment will be supportive and evocative. This workshop is appropriate for professionals who deal with transitional crises in their own work.

Recommended reading: Pierro Ferucci, *What We May Be* (J. P. Tarcher); Roberto Assagioli, *The Act of Will*. $250

Wild and Useful Plants

Jesse Longacre

This weekend is for people interested in learning some of the edible and medicinal plants of Big Sur—from the tidepools of the Pacific to the Santa Lucia mountain ridges. We'll begin with a slide show of some of the taste treats we'll be seeking. On Saturday we'll be outside all day in search of herbs, seaweeds, and mushrooms, always with an eye for the bigger circles that make nature the ultimate teacher. The hiking will be relatively light. Saturday night we'll examine, identify, and discuss our specimens together and share our insights on the day. At our final meeting Sunday morning we'll feast on our gatherings.

If you want to discover survival foods, add new foods to your diet, or just be with nature and learn something about what you see, this could be a very practical, enjoyable, and tasty weekend. $250

The *Bhagavad Gita* as a Guide to Counseling

Harry Sloan

"Better is one's own dharma *[own style], though imperfect, than the* dharma *of another well performed. He who does the duty ordained by his own nature incurs no sin."—The Bhagavad Gita*

Similarly, William Blake said, "I must create a system of my own or be enslaved by another man's." To the extent we clone someone else's approach or style, even though we perform the task well, if it is at the expense of our true nature we dishonor ourselves.

The *Bhagavad Gita* is an ancient and sacred text of the Hindus. What the *Gita* is to the East, the Bible is to the West. The story of the *Gita* is about a battle. Metaphorically, it is the struggle of honoring our duty to ourselves, and not capitulating to the obstacles and familiar habits that impede deepening and expressing our unique sense of Self. For a counselor the message of the *Gita* is the struggle to resist the temptation to settle for rote interventions or techniques at the expense of reaching deeper within ourselves for insight and discovery of our own system.

This program may be useful not only for the counselor, but for any in the helping professions who would like to deepen their own unique sense of Self in the process of their professional work. The format will blend experiential exercises with discussion focusing on the pertinent *sutras* of the *Gita* that reflect the above theme.

Recommended reading: Swami Nikhilananda, *The Bhagavad Gita* (Ramakrishna-Vivekananda Center). $250

Week of February 23–28

Five-Day Massage Intensive

Deborah Anne Medow & Arthur Eric Munyer

For workshop description see October 6-11. $490

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

For workshop description see November 24-29. $490

February 23–March 9

Gestalt as an Art Form

Paul Rebillot

For workshop description see Special Programs, page 35. $1230

February 23–March 16

Continuum Dance Meditation Intensive: Waves and Whispers

Emilie Conrad-Da'oud & Susan Harper

For workshop description see Special Programs, Page 35. $1720

Weekend of February 28–March 2

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $250

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see November 29-December 1. $250

Reprinting: A Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize the inner power? Through various approaches including body reading, light trance work, and anchoring (Erickson), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in, and consider opening new doors toward growth and freedom. New models of behavior can become available.

The workshop will feature individual and group processes, including body release approaches.

Recommended reading: Hector Prestera and Ron Kurtz, *The Body Reveals* (Harper & Row). $250

February 28–March 2

Sierra Ski-Touring: Gentle Pleasure of Flat Tracking

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

For workshop description see Wilderness Programs, January 10-12, page 37. $265

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. *Assignments to departments are made according to community labor needs.* No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc.

Focused programs planned thus far for 1985-1986 include:

October 13–November 10: Deborah Anne Medow leads a program focused on **body awareness,** including such activities as yoga, movement and dance, theater games, interpersonal process, and massage.

November 10–December 8: Andrea Juhan and Deborah Anne Medow offer a program of **movement studies** which can be taken alone *or* as a combined program with **body awareness,** October 13-November 10.

December 8–January 5: Neil and Pat Lamper lead a program emphasizing **gestalt awareness,** using massage, the baths, movement, music, imagery, outdoor awareness, group nurture, and group gaiety.

January 5–March 2: Lauren Armstrong and Jessica Moore Britt lead a committed two-month program with emphasis on recognizing and developing **essential states of being,** through subtle body theory, self-remembering, gestalt and Reichian awareness practices, journal writing, meditation, and an optional wilderness overnight.

March 2–30: Laura DeNuccio (Ma Prita) and Daniel Bianchetta offer a program integrating gestalt practice, Reichian breath and body work, creative movement, intuition practice, and energy awareness.

March 2–30: Benj Langdon coordinates a program emphasizing the body as an instrument for awareness and transformation of psychological patterns. Practices may include imagery, Feldenkrais, gestalt, Rolf® -movement, massage, Hakomi, contact improvisation, and other forms of creative movement.

April 27–July 20: The Esalen massage practitioners will be offering a three-month program in body work, with intensive instruction in massage, movement, and self-care. After the satisfactory completion of the program and an additional 30 recorded massage sessions, a California state-approved certificate will be issued.

July 20–September 14: Seymour Carter coordinates a two-month program focusing on **gestalt practice,** with emphasis for, but not limited to, professionals. Recommended reading: Karen Horney, *Neurosis and Human Growth.*

In as much as the Work Study Program is a complete program in itself, **please do not plan to take regularly scheduled catalog workshops** during your stay. Professional services, such as massage and Rolfing®, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

The 28 day Work Study Program costs $600 for the first month. A $300 deposit in U.S. currency is required with your application. Work scholars may be invited to remain for a second month, at a cost of $550, or a third month at a cost of $500 depending on space available and the needs of the Esalen community. There are no scholarships available for the Work Study Program.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with your deposit to:

Work Study Program, Esalen Institute,
Big Sur, California 93920. Telephone: (408) 667-2335.

The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other Esalen programs within one year of receipt.

Available dates: September 15–October 13; October 13–November 10; November 10–December 8; December 8–January 5; January 5–February 2; February 2–March 2; March 2–March 30; March 30–April 27; April 27–May 25; May 25–June 22; June 22–July 20; July 20–August 17; August 17–September 14; September 14–October 12; October 12–November 9; November 9–December 7; December 7–January 4; etc.

Application to the Work Study Program

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may sometimes be invited to remain for a second or third month, ***depending on space available and the needs of the Esalen community.*** If an invitation is extended, please indicate your availability. ☐ no extension ☐ one-month extension ☐ two-month extension

Assignments to departments are made according to community labor needs.

If you have emergency medical skills (M.D., E.M.T. or R.N.) and are willing to make those skills available during your stay, please check here. ☐

Please attach a personal statement about your interest in the Work Study Program, ***including***: your available ***skills***, especially English language skills, which are essential for participation in the program; any ***medical difficulties*** which might affect your working in any departments; any Esalen workshops you have attended (please list program titles, group leaders, and dates).

Special Programs

September 1-27
Tutorial Program

Richard Baker-roshi

Richard Baker-roshi may be offering a tutorial program. Interested persons should write for information to: Richard Baker-roshi, 1404 Cerro Gordo Rd., Santa Fe, NM 87501.

Integrative Body Practice Training Program

Integrative Body Practice (IBP) uses breathing as a vehicle for the integration of body, mind, emotions, and spirit and is based on the work of Jack Lee Rosenberg, author of *Total Orgasm*, and *Body, Self and Soul: Sustaining Integration* with Marjorie L. Rand (October, 1984).

There are three ways of being in the IBP professional training program at Esalen: professional certification in IBP if you are already a licensed mental health practitioner (CEU available); master's degree in clinical/counseling psychology (BA required, submit transcripts); Ph.D. in clinical/counseling psychology (48 unit master's degree in psychology required, submit transcripts). Degrees are awarded by California-approved degree-granting institutions (not by Esalen).

For details write the Rosenberg Institute, 1107 W. Washington Bl., Venice, Ca. 90291, c/o Marjorie Rand.

September 29-October 25
Tutorial Program

Jack Rosenberg

Persons interested in this program should write to the Rosenberg Institute at the above address.

November 3-29
Transpersonal Psychology

Christina and Stanislav Grof

This four-week workshop is designed for professionals and students in the areas of psychology, psychiatry, medicine, anthropology, and comparative religion interested in the interface between science and spirituality. Educational programs of this series combine theory with deep personal experience and body work.

We will focus on the following thematic areas:

1. *Theory and Practice of Transpersonal Psychology.* Pioneers and prominent representatives of transpersonal psychology and the coordinators will explore with participants the history of this field, transpersonal techniques of self-exploration, and the most important areas of transpersonal interest—the ancient and Oriental spiritual philosophies and practices, anthropological field work, study of death and near-death experiences, multiple personality, and observations from psychedelic research.

2. *The Emerging Paradigm.* We will focus on revolutionary developments in Western science that provide a conceptual framework for transpersonal psychology—new physics and its convergence with mysticism; Gregory Bateson's work in cybernetics, information theory and systems theory; Rupert Sheldrake's contributions to biology; and holonomic theories of David Bohm and Karl Pribram.

3. *Spiritual Emergency: Understanding and Treatment of Transpersonal Crises.* This aspect of the program focuses on the concept that many non-ordinary states of consciousness, currently seen as psychotic, are actually transpersonal crises with evolutionary potential.

4. *Self-Exploration and Group Process.* All through the workshop participants will have the opportunity for self-exploration and will also practice techniques of facilitating such a process. $1960

December 6-15
Human Potential and Organizations

Will Schutz

Will Schutz is offering a special focused program, an integration of human potential theory and practice with Western science, applied to organizations. Workshops are open to individuals, couples, and members of organizations. Interested community groups and others please contact WSA at Box 259, Muir Beach, CA 94965 or (415) 383-8275.

January 5-31
Tutorial Program in Shamanic Practice

Michael Harner

Michael Harner will be offering a tutorial program in shamanic practice. Persons interested should write for information to Michael Harner, Center for Shamanic Studies, Box 673, Belden Station, Norwalk, Connecticut 06852.

February 21-28
Quality Life: Senior Executives

John Soper

A special program is being offered to senior executives interested in living life at its highest quality. The workshop is open to a small number of participants who are not limited by resources. Please contact John Soper, Burns Creek, Big Sur, CA 93920, or call (408) 667-2431.

February 23-March 9
Gestalt as an Art Form

Paul Rebillot

The focus of this workshop will be on teaching the basic principles of gestalt as an art form—the materials of that form being our own human process of individuation. Participants are invited to think of themselves as artists engaged in the great work of creating their own life process. With the basic tools and concepts of gestalt, we will combine elements of myth, ritual, and dreams; music, drama, and dance; the plastic arts, painting, and drawing—so that people will leave at the end of the workshop with a rich palette to play with in the process of unfolding their own life stories.

The workshop will be both a practicum in gestalt and related art forms for those engaged in the helping professions, and an experiential group for those seeking personal expansion. Previous experience with gestalt process is necessary, but it is not necessary to have previous experience as a gestalt facilitator.

Looking at gestalt as an art form takes away the necessity for immediate results and absolute resolution of problems. In working with myth and ritual, we can go beyond the historical biographical material of our personal lives, beyond even the personalized symbolic and archetypal information that comes through dreams, into the dreams and goals of the human race. We seek ourselves in the Self of humanity. Whatever comes out of us in working with an art form—whether it be clay or paint, drama or dance—becomes material for an open seat session, to be explored in order to expand our consciousness of ourselves and our capacity for living and being.

Please bring notebooks, paper, and colors, and if you like, paints.

Recommended reading: by Joseph Campbell: *Hero With a Thousand Faces* (Bollingen), *Myths to Live By* (Bantam); by Bruno Bettelheim: *The Uses of Enchantment* (Random House). $1230

February 23-March 16
Continuum Dance Meditation Intensive: Waves and Whispers

Emilie Conrad-Da'oud & Susan Harper

Within our skin is a world of movement, not just the familiar movement of liquids and organs, but a dance of intelligent life. This is an invitation to dance.

The inner movement is different from spatial movements such as walking. We call it "intrinsic movement." It is a great facilitator of our body's healing powers, a source for the development of an organic awareness that is fundamental to all intelligence, and a way to understand movement as what we are, rather than an activity we do.

The workshop will be focused on breath, sound, and what we call the "movement of movements."

Each breath is like a motif or theme of a musical composition. The implications of this orchestration involve a re-ordering of our nervous system, refinement of our sense perception, and the ability to pay attention at the deeply organic levels of movement where molecules spin and cells commune.

Sound also plays an enormous part in these orchestrations, making the breath audible. Through audible breath we create new possibilities in our ability to affect ourselves, both as healers and as a way to tune ourselves to the evolutionary thrust on earth.

The movement of movements is the overall flow in the many currents of eddying patterns of motion. Some of the movements can be experienced as wavelike undulates, some are pulsing micro-movements, some have the vibratory hum of tissue, and some the sparkling charge of an electrical current. When all these different movements flow together without interference, we call this "fluidity."

The workshop will be open to both advanced and beginning participants. $1720

Massage Practitioner Certification Program

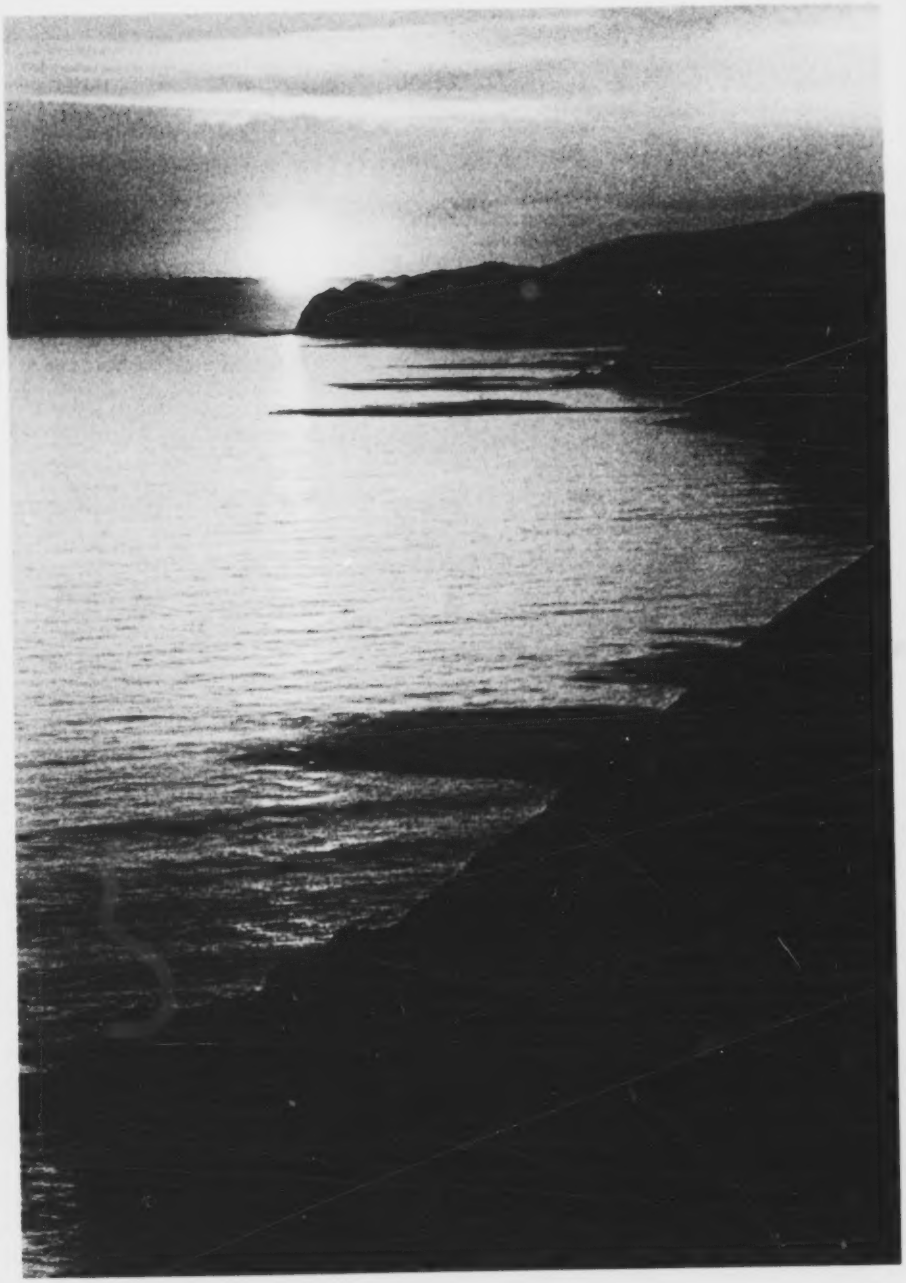
Esalen is now offering a California state-approved certificate upon successful completion of its three month work-scholar program or one month residential massage practitioner program, and 30 additional massages. Each program fulfills the state requirement of at least 130 hours of instruction, supplemented with additional study in body-mind disciplines such as yoga, gestalt awareness work, and movement.

Healthspring Traveling Workshops

The Esalen massage teachers and their associates have created Healthspring, an independent organization devoted to extending their work into an outreach program. The workshops offer practices to help increase physical and spiritual health and awareness within the body, and can be designed to suit the needs of individual groups. The curriculum combines such approaches as massage, meditation, dance, neo-Reichian work, creative movement, gestalt, yoga, breath enhancement, anatomy, and other health-strengthening disciplines.

Healthspring will conduct workshops at locations outside of Esalen in your hometown or city. For more information on scheduling a Healthspring group in your community, write to: Healthspring Traveling Workshops, Esalen Institute, Big Sur, California 93920.

Joyce Rogers Lyke



Wilderness Programs

Kathleen Thormod Carr

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

Up to 3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

October 25-27 Women's Vertical Dance: A Rock-Climbing Weekend Near Big Sur

Annie Callaway-Galland

"There is an art in finding one's direction in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know." – René Dumal

Rock climbing is a dance done in a vertical world, a dance of grace, balance, and simplicity. It is an opportunity for stretching limits, extending ourselves, exploring our own edges. Our responses to the challenges of climbing offer a metaphor for looking at the ways we deal with stress and challenge in our daily lives. During the day we will play on the sunny boulders and low rock faces at Pinnacles National Monument, three hours east of Esalen. We'll learn basic movements, such as how to rappel and belay, building trust in our hands and feet and each other. Safety ropes free us to experiment and to discover our inner heroes. We'll prepare our gourmet meals together over a crackling fire and camp beneath the stars, sharing insights from the day's adventure. This weekend begins Friday and ends Sunday evening at the Monterey Airport. A shuttle bus operates between the airport and Esalen, and we'll travel by van to and from the Pinnacles. No previous climbing or camping experience is necessary. Minimum equipment will be needed. Complete information will be sent upon registration. $195

November 9-15 The Northern California Trophy Trout Tour

Dick Galland

Autumn is trophy trout time on northern California's blue ribbon streams. As the days grow shorter and the nights become crisp, the fish begin to feed voraciously. The water is low and clear and we have the streams to our-

selves. Normally wary brown trout move into the shallows in preparation for spawning. During this week we concentrate on the riffle water at Hat Creek and on the McCloud, where browns over twenty inches, up from Shasta Lake, are not uncommon. Much of the fishing is with nymphs and streamers, although there are often excellent mid-day mayfly hatches. If you are willing to take a chance with changeable weather in return for autumn colors, solitude, and the best chance of the season for truly large fish, the trophy trout tour is for you. $550

January 10–12
Sierra Ski-Touring: Gentle Pleasure of Flat Tracking

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

Ski-touring is a state of mind, a balance of boldness and caution, and an exploration of the ever-changing winter wilderness. The Sierra Nevada becomes a silent, magical place when the snow begins to fall in November. We have the range to ourselves to glide through meadow and forest, savoring the sparkle and solitude only ski-touring affords. Touring is an easy skill to learn. After a few hours of instruction you can be ready for your first tour.

Whether you're a beginner or intermediate cross-country skier, this weekend can help perfect your technique quickly and easily. Expert instruction and the use of videotapes help you master the effortless kick-and-glide of the accomplished skier. On Saturday, we will ski on the set tracks and be taught how to move easily. Sunday, we will pack our lunch and ski-tour through gently rolling terrain, where, for those who wish, we review and teach the wedge turn and the telemark turn. Both nights we will stay in cozy cabins at Kirkwood where we can sample delicious meals and top off the day's activities in the nearby hot springs. Skis, boots, poles, lodging, and all meals are included. The trip begins Friday afternoon and ends Sunday afternoon at the airport in South Lake Tahoe. $265

February 28–March 2
Sierra Ski-Touring: Gentle Pleasure of Flat Tracking

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

For workshop description see January 10-12 on this page. $265

Medical Programs

Esalen Institute is a California state-approved provider for continuing education for health professionals. **Only those programs specifically listed below offer continuing education credit.** The California Medical Association has granted Esalen Category 1 approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Registered Nurses

October 27–November 1
Resolving Patterns of Stress
Peter Levine & Michael Salveson
30 hours

November 1–3
Anatomy for Trager Students
Deane Juhan
12 hours; C. E. credit is available through the Trager Institute.

November 22–24
The Yoga of Healing and Transformation
Sogyal Rinpoche
10 hours

December 8–15
Beginning Trager Training
Betty Fuller
30 hours

January 24–26
Anatomy for Trager Students
Deane Juhan
12 hours; C. E. credit is available through the Trager Institute

February 9–14
Craniosacral System: Basic Workshop
Jim Asher & Jane Harrington
30 hours

February 21–23
Zero-Balancing: Advanced Workshop
Fritz Smith
10 hours

Future Programs

March 2–21
Sustaining Integration: Body, Self, and Soul
Jack Rosenberg
$1595

March 2–28
Body Work, Energy Medicine, and the Natural Healing Process
Craig Carr
For more information, please write to Craig Carr, c/o Esalen, Big Sur, CA 93920.
$1960

March 30–April 25
Gestalt Practice: A Practicum
Coordinated by Christine & Richard Price
For a more complete workshop description write to Christine Price, c/o Esalen, Big Sur, CA 93920.
$1485

March 30–April 25
Month Long Esalen Massage Practitioner Program
Esalen Massage Practitioners
$1960

April 4–18
Spiritual/Esoteric Practice: The Key to Intuitive and Psychic Development
Anne & Jim Armstrong
$1230

April 6–20
Educating the Genius Within—The Feldenkrais Method
Harriet Goslins
$1230

May 11–June 6
Psychosynthesis Training
Harry Sloan & Elisa Lodge Schiffman
$1960

Biographical Information

A

Stephen Aizenstat, *p. 12* ... clinical director of the Human Relations Institute, has conducted dream groups throughout the U.S. and recently completed a comprehensive research project on methods of dream analysis.

Diana Alstad *p. 18* ... taught the first women's studies courses at Yale and Duke. She has led male/female groups with Joel Kramer in North America, Europe, and Asia.

Anne Armstrong *p. 23, 26, 29, 37* ... has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong, *p. 23, 26, 29, 37* ... a former engineer, is a life-long student and teacher of esoteric studies.

Lauren Armstrong, *p. 33* ... a bodywork practitioner since 1975, has for the last seven years worked to connect essential development with massage and Reichian breath work.

Elliot Aronson, *p. 24* ... professor of psychology at the University of California, Santa Cruz, is author of 12 books, including *Burnout* (with Ayala Pines).

Jim Asher *p. 31, 37* ... has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer®, certified by Ida P. Rolf.

B

Nancy Bacal, *p. 31* ... novelist, lyricist, and filmmaker, has taught writing workshops across the country for years. Her work includes the award-winning film "Raga," starring Ravi Shankar.

Richard Baker-roshi *p. 13, 34* ... is presently abbot and head teacher of Dharma Sangha Zen Meditation and Study Center in San Francisco and Santa Fe.

Jamie Baraz *p. 29* ... has taught vipassana (insight) meditation with Joseph Goldstein, Jack Kornfield, Stephen Levine, and others in the U.S. and Asia. He has led San Francisco area classes and retreats since 1977.

Robert Bathurst, *p. 14, 31* ... professor, writer, former diplomat and naval officer, has specialized in Soviet literature and Soviet strategy since he was an interpreter at Camp David during the Eisenhower-Khrushchev talks.

Richard Bernard *p. 23* ... a graduate of Palmer Chiropractic School in Davenport, Iowa, practices craniopathy in Mill Valley, California.

Bradley Bernstein, *p. 21, 22* ... a professional theater director and counselor, was trained by Viola Spolin. He has worked with groups in hospitals, schools, prisons, and community settings throughout the U.S., Canada, and Australia.

Daniel Bianchetta *p. 31, 33* ... practices intuitive readings, shiatsu, and deep tissue work at Esalen. He is a teacher and student of Siddha yoga.

Jacob Blass *p. 17* ... is a Los Angeles management consultant. As a former member of a spiritual group, he counsels people who have left spiritual groups.

Faustin Bray, *p. 15* ... performing musician and media artist, founder of Island and Flying Machine International Mobile Schools, specializes in instigating and integrating creativity using yoga, fine arts, science, and travel.

Char Pias Brenner *p. 19* ... is a dancer, singer, performing artist, and massage teacher. Since joining the Esalen community in 1977, she has worked with family care and healing arts and rituals.

Jessica Moore Britt, *p. 10, 19, 23, 26, 33* ... coordinator of Esalen in-house programming, is a practitioner of gestalt, Reichian, and wilderness approaches to healing and essential development.

Charles Brooks, *p. 22* ... author of *Sensory Awareness, the Rediscovery of Experiencing*, has been a teacher of sensory awareness since 1963, often in conjunction with Charlotte Selver.

C

Annie Callaway-Galland, *p. 21, 29, 32, 36, 37* ... professional wilderness guide, family counselor, and hatha yoga teacher, has been leading Esalen trips for many years.

John Caple *p. 19, 28* ... is a corporate board chairman who leads workshops on leadership for managers and college students.

Fritjof Capra *p. 17* ... is author of *The Tao of Physics* and *The Turning Point*, and co-author, with Charlene Spretnak, of *Green Politics*.

Craig Carr *p. 37* ... is a licensed acupuncturist, certified zero-balancer, and Esalen deep-tissue practitioner, working in Big Sur, and Monterey, California.

Paul Carter, *p. 20* ... co-founder and director of Meta-Education and Training Arts since 1976, leads workshops in the U.S. and Europe in Ericksonian hypnosis, creativity, and learning.

Seymour Carter, *p. 15, 23, 26, 33* ... longtime gestalt teacher at Esalen and in Europe, brings to his work studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.

Michell Cassou *p. 14, 26* ... is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.

Stanford Eugene Cates *p. 26, 31* ... works and trains with Paul Rebillot, assisting and co-leading groups. He has trained in Trager psychophysical integration, and is a minister.

Ann Christie *p. 30* ... received a primal certificate while training with Arthur Janov and is a specialist in Ericksonian hypnosis in private practice in Los Angeles.

Jack Cirie *p. 31* ... is a certified Leonard Energy Training instructor and aikido practitioner, and an experienced leader of workshops on conflict resolution, body awareness, and performance.

D

E

F

G

H

Didi Conn ..... starred in the Movies *You Light Up My Life* and *Grease (I & II)*, and was featured regularly in the TV series, *Benson*.
p. 21

Emilie Conrad-Da'oud, ... a professional dancer and teacher of movement, has studied and performed ballet, modern jazz, Afro-Cuban, and primitive dance in New York and the West Indies.
p. 32, 34

Stewart Cubley, ... artist and scientist, is a co-founder of the Expressive Painting Studio in San Francisco.
p. 14, 26

Dale Cummings, ... certified Radix® teacher and counselor in private practice in West Los Angeles, is director of first-year training for the Radix Institute at Ojai.
p. 13

Laura DeNuccio (Ma Prita), ... a certified Radix® teacher on the Esalen faculty, has 12 years of experience combining Reichian body work, gestalt, Bates vision work, movement, and meditation in group and private instruction.
p. 22, 24, 33

Patrick Douce, ... a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais awareness-through-movement and is available for individual sessions in functional integration.
p. 26

Jack Downing ..... is a psychiatrist with a comprehensive background in gestalt, Rolfing®, Arica, applied kinesiology, and neurolinguistic programming.
p. 22

Werner Erhard ..... is the founder of a body of work which provides an approach to being, through a distinctive method of inquiry.
p. 20

David Feinstein, ... a psychologist, is director of Innersource in Ashland, Oregon, and has taught at Antioch College and the Johns Hopkins University School of Medicine.
p. 28

Gordon Feller, ... author of *Peace and World Order Studies* and *Between Two Worlds*, has headed global security organizations for over a decade.
p. 19

Richard Feynman ..... has been a professor of theoretical physics at the California Institute of Technology since 1950 and has received many awards for his contributions to quantum theory.
p. 15

Steve Fields, ... director of Progress Foundation, has developed and advocated alternatives to institutional psychiatric treatment for 15 years.
p. 21

Neil Fiore, ... a licensed psychologist practicing hypnosis, is working on the effects of stress and anxiety on performance and health.
p. 15

John Franklin, ... founding director of the Fathers' Center, Pennsylvania, is an individual and family counselor using a psychosynthesis and psycho-spiritual model.
p. 18

Joyce Frazee, ... gestalt and dream work practitioner in Vancouver, Canada, for 14 years, has training in Jungian dream analysis, bioenergetics, and group process.
p. 18

Marty Fromm ..... trained with Fritz Perls for three years. Some aspects of their relationship are described in *In and Out the Garbage Pail*.
p. 26

Betty Fuller, ... director of Trager Institute and instructor of Trager psychophysical integration and Mentastics , is a certified practitioner of Feldenkrais awareness-through-movement and functional integration.
p. 25, 37

Dick Galland, ... professional wilderness guide and fly fishing instructor, was founding director of Southwest Outward Bound and currently heads Clearwater Trout Tours. He has led Esalen trips for many years.
p. 22, 29, 32, 36, 37

Merri Goldenson (Devarani) ..... is a chiropractor, certified Radix® teacher, Bates vision instructor, and is in private practice in Los Angeles and San Francisco.
p. 24, 31

Joe D. Goldstrich, ... author of *The Best Chance Diet*, cardiologist, and past medical director of the Pritikin Longevity Center, currently practices homeopathy in Pacific Palisades, California.
p. 12, 28

Annette Goodheart, ... a licensed marriage, family, and child counselor and educator, has led workshops on laughter, aging, relationships, sex, and sensuality. As a painter she has had numerous private gallery exhibitions.
p. 19

Harriet Goslins ..... is a Feldenkrais practitioner and an awareness-through-movement teacher with a background in psychosynthesis and applied kinesiology.
p. 17, 37

André Gregory ..... is a theater director, actor, teacher, and author, featured in *My Dinner With André*. He has been married 26 years and has two children.
p. 18

Christina Grof ..... studied with Swami Muktananda and has a special interest in the relationship between mysticism and psychosis. She is founder of the Spiritual Emergency Network and co-author of *Beyond Death*.
p. 21, 24, 26, 34

Stanislav Grof ..... is a psychiatrist with almost three decades experience in consciousness research with and without psychedelics. He is author of *Realms of the Human Unconscious* and *LSD Psychotherapy*.
p. 21, 24, 26, 34

Richard Gunther, ... a business entrepreneur, has for 25 years studied the problems and possibilities of mid-life, and is co-author of *Who Needs Mid-Life at Your Age?*
p. 30

Joan Halifax, ... author of *Shamanic Voices* and *Shaman the Wounded Healer*, teaches in Europe, Mexico, and the U.S., and is director of the Ojai Foundation.
p. 13

Anna Halprin, ... founder of the San Francisco Dancers' Workshop and co-founder and teacher at the Tamalpa Training Institute in Marin County, is the author of *Movement Ritual I* and *Collected Writings*.
p. 14

Daria Halprin-Khalighi ..... is a gestalt movement facilitator and is co-founder and teacher at the Tamalpa Institute in Marin County.
p. 14

Betsy Hand, ... former resident staff member of the Gestalt Institute of Canada, has 20 years experience with families, couples, and groups. She is in private practice in Kentfield, California.
p. 16, 31

Thomas Hanna ..... is director of the Navato Institute for Somatic Research and Training, editor of *Somatics* magazine, and author of *The Body of Life* and *Bodies in Revolt*.
p. 30

Keith Harary, ... a psychologist who has been conducting psi research as a scientist and remote viewer for over 15 years, is co-author of *The Mind Race*.
p. 31

Michael Harner, ... an anthropologist who has studied shamanism among South and North American Indians for more than two decades, is the author of *The Way of the Shaman* and *Hallucinogens and Shamanism*.
p. 34

Steven Harper ..... teaches for Colorado Outward Bound and the National Outdoor Leadership School, and is currently the coordinator of the Esalen Wilderness Programs.
p. 11, 17, 20

Susan Harper ..... teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads "Dance the River" trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 32, 34

Jane Harrington ..... holds a masters degree from Lone Mountain College and is a certified Rolf® -movement teacher with extensive craniosacral experience.
p. 31, 37

Robert Hoffman ..... is founder of Hoffman Quadrenity Process, and author of *No One Is to Blame*.
p. 22

Maria Holloman ..... has studied gestalt and deep tissue and practiced spiritual massage at Esalen for the last five years. She was formerly a lawyer in Brazil.
p. 12, 24

Perry Holloman, ... a former teacher at Gazebo school, currently is a member of both Experiencing Esalen and Gazebo workshop staffs.
p. 12, 24

Laszlo Honti, ... president of the Hungarian Humanistic Psychology Association, focuses his work on the development of East-West communication.
p. 15

Peggy Morrison Horan ..... is an Esalen masseuse and teacher, and coordinator of the Esalen Childbirth Education Program.
p. 17, 22, 26

Paul Horn ..... is a flutist, jazz musician, creator of the *Inside* albums, philosopher, and teacher of meditation.
p. 17, 28, 29

Chungliang Al Huang ..... is a T'ai Ji dancer, artist-calligrapher, and philosophical entertainer. He is founder / president of Living Tao Foundation, Urbana, Illinois.
p. 28, 29

Cecelia Hurwich ..... is a holistic psychologist with a background in art and movement. She is the author of *Vital Women in Their 70s and 80s*.
p. 21

J

Karen Johnson ..... is co-founder of the Ridhwan Institute, a work school dedicated to the discovery, development, and preservation of the human essence.
p. 29

Andrea Juhan ..... is an Esalen deep tissue and massage practitioner, leads movement exploration classes for various group leaders, and conducts Esalen community classes in stretch exercises, aerobics, and dance.
p. 13, 33

Deane Juhan, ... a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.
p. 21, 29, 37

K

Fred Kalmus, ... co-founder of the Alternative Choice Counseling Program, leads workshops in stress management for corporations and individuals.
p. 24, 31

Kenneth Kelzer ..... works as a transpersonal educator and counselor in California. Using dreamwork, he has been conducting classes and groups for over 10 years.
p. 28

George King, ... a massage practitioner for 22 years, has worked throughout the U.S., Europe, and South America.
p. 20, 26, 31

Joel Kirsch ..... is former sports psychologist for the San Francisco Giants baseball team, and co-founder of Kirsch Associates.
p. 15

Susan Kirsch ..... is a founding member of the Energy Training Institute, president of Kirsch Associates, a management training firm, and an instructor at Golden Gate University, San Francisco.
p. 15

Joel Kramer, ... a Western master of physical and mental yoga, has taught with Diana Alstad throughout the world on the evolution of awareness and male / female relationships.
p. 18

Stanley Krippner, ... psychologist, researcher, and director of Saybrook Institute's Center for Consciousness Studies, authored / co-authored *Human Possibilities*, *Realms of Healing*, and *Dream Telepathy*.
p. 28

L

Stephen LaBerge ..... is a scientist dedicated to the transformation of human consciousness. He teaches and does research at Stanford University on conscious or "lucid" dreaming.
p. 28

Jeannie Lagle, ... a clinical psychologist in private practice and consultant for the Psychical Research Foundation, is trained in biofeedback and hypnosis.
p. 24

Neil Lamper, ... longtime university professor and gestalt teacher for over 20 years, is currently working in Philadelphia, Toronto, and on a Michigan farm. Current teachers are his five granddaughters.
p. 33

Pat Lamper ..... is a counselor and teacher, co-founder and director of Farm Center in Michigan and extended staff member of Gazebo.
p. 33

Benj Langdon, ... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.
p. 30, 33

Janet Lederman, ... creator of the Gazebo school and philosophy, is an educational consultant to corporations concerned with child care facilities.
p. 15

Lenore Lefer, ... currently maintaining a private practice in San Francisco, is on the training staff of the Psychosynthesis Institutes of London and San Francisco.
p. 32

Dub Leigh ..... was trained by Ida Rolf and Moshe Feldenkrais, and is currently studying with Tanouye Tenshin-roshi at Hawaii Zen Center.
p. 24

Ralph Leighton ..... has taught math for many years, and, combining this talent with an interest in ethnic music, he has developed considerable facility in creating rhythms.
p. 15

Diane Miller Lesty ..... has been a resident Esalen gestalt and Halprin movement facilitator and massage staff member for the past 10 years.
p. 26

Bill Liles, ... member of the Esalen body work team since 1972, practices and teaches polarity bodywork through the form of Esalen massage. His interests include backpacking, wilderness, and natural history.
p. 19, 20, 22, 23

Jesse Longacre ..... is a naturalist, specializing in the uses of plants, seaweeds, and mushrooms. He now teaches at the California School of Herbal Studies.
p. 32

Francis Lu, ... with a background in gestalt, psychosynthesis, and transpersonal psychology, is assistant professor of psychiatry at the University of California, San Francisco.
p. 18

Nancy Kaye Lunney ..... is a gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, does individual as well as group work, and is manager of programming at Esalen.
p. 14, 21

M

Jacqueline Mandell ..... is a meditation teacher who leads retreats and workshops in the U.S., Canada, and Europe, and is currently writing a book on spirituality.
p. 30

John Marks ..... is director of Search for Common Ground in Washington, D.C., fellow of Harvard's Institute of Politics, and associate of Harvard's Department of Psychology and Social Relations.
p. 31

Gena Mayer, ... MFCC, is in private practice in San Jose and San Francisco. She holds an adjunct certificate as a Radix® teacher.
p. 13

Nancy Mayer ..... is the author of *The Male Mid-Life Crisis: Fresh Starts After 40*, and has been practicing the art of journal writing for 15 years.
p. 29

Deborah Anne Medow, ... Esalen group leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 10, 13, 14, 15, 24, 26, 31, 32, 33

Ailish Mellard, ... holistic health practitioner and body worker for 12 years, is currently organizational consultant for Will Schutz Associates, which teaches human potential concepts for various organizations.
p. 14, 30

Donald Michael ..... is author of *On Learning to Plan and Planning to Learn* and professor emeritus in planning and public policy at the University of Michigan.
p. 14

Darlene Moore ..... is a writer who is currently authoring a science fiction novel about psychic experiences, and co-authoring *The Psychology of Psychic Experiences* with Keith Harary.
p. 31

Tom Morelli ..... is a psychiatrist in private practice and a director of The International Zen Dojo. He is a student of Tanouye Tenshin-roshi.
p. 24

Laurie Muller (Lioness), ... a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 26

Arthur Eric Munyer ..... is a teacher and practitioner on the Esalen massage crew and was one of the first faculty members at Gazebo school.
p. 19, 30, 32

Jezariah Canyon Munyer, ... born February 11, 1983, is his parents' favorite teacher.
p. 19, 30

Laurie Schutz Munyer, ... a long-time Esalen resident and former staff member, has worked at Gazebo school and is a practitioner and teacher of Esalen massage.
p. 19, 30

O

Brita Ostrom, ... a long-time Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.
p. 23, 29

P

Helen Palmer, ... a clairvoyant counselor, directs the Center for the Investigation and Training of Intuition. Her approach uses personality issues as access points to psychic perception and the inner life.
p. 13, 17, 30, 31

Wendy Palmer, ... a teacher and director of the Lomi School, holds a black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.
p. 17, 30

Leslie Pam, ... president of the Los Angeles chapter of Marriage and Family Counselors and a former director of The Primal Institute, specializes in Ericksonian hypnosis in private practice in Los Angeles.
p. 30

Jane Parsons ..... was facilitator in individual, group, and family practice in the department of psychiatry at Mount Sinai Hospital for 12 years, and is in private practice in New York City.
p. 18

Marianne Paschke-Carter ..... combines movement, hypnosis, conscious breathing, and Trager psychophysical integration in her work with individuals, families, and groups.
p. 20

Hector Prestera, ... a physician, acupuncturist, Rolfer®, certified neurolinguistic trainer, and practitioner of Ericksonian work, is in private practice in Monterey, CA.
p. 32

Richard Price ..... is the co-founder of Esalen and has been practicing gestalt as a facilitator for over 12 years.
p. 37

Christine Price ..... combines gestalt awareness with creative visualization. She is a born-again pagan (Paganism: religion of the earth).
p. 10, 37

Lee Pulos ..... is a clinical psychologist whose career has ranged from traditional clinical practice in hypnosis to his current interests in gathering cross-cultural data on paranormal healing.
p. 16

R

Paul Rebillot ..... was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.
p. 26, 30, 31, 32, 34

Tracey Rich ..... is a director of the White Lotus Yoga Retreat in Santa Barbara and leads seminars nationally.
p. 16

Sogyal Rinpoche, ... Tibetan incarnate lama, scholar, and meditation master, was raised by Buddhist master Jamyang Khyentse Chokyi Lodro, and studied at Cambridge University.
p. 23, 37

Rita Rohen, ... an international group leader and body worker, has recently traveled to and led workshops in Japan and Nepal. Her background includes family work and organizational development.
p. 16

William Roll ..... is research director at the Psychical Research Foundation, Chapel Hill, N. C. He is a lay Zen monk affiliated with Dai Bosatsu Zendo, N. Y.
p. 24

Jack Rosenberg, ... author of *Total Orgasm,* has trained in gestalt and Reichian work. He has worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, CA.
p. 13, 21, 34, 37

Ilana Rubenfeld ..... is the originator of her own integration called "gestalt synergy." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.
p. 27

S

Mike Sayama ..... has trained for 10 years under Tanouye Tenshin-roshi. He is a counselor and the author of *Samadhi, Zen Training for Self Development.*
p. 24

Robert Sayers, ... developmental psychologist, educator, and founder of the Nurtury Family Institute, is author of *Fathering: It's Not the Same.*
p. 18

David Schiffman, ... a long-time group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 16, 19, 21, 23, 27, 28, 30, 32

Elisa Lodge Schiffman ..... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf®-movement integration.
p. 16, 19, 21, 22, 23, 27, 28, 30, 32, 37

Will Schutz, ... founder of the Antioch holistic studies department, is the creator of *The Human Element,* a set of training materials for organizations, and author of *Joy* and *Profound Simplicity.*
p. 14, 30, 34

Alan Schwartz, ... long-time Esalen group leader, college professor, and gestaltist, is completing his book, *Systemics: The Art & Science of the Human Energy System.*
p. 27

Charlotte Selver ..... teaches sensory awareness, perception, and non-verbal and verbal communication. A center has been built for her long-term study groups at Green Gulch Farm through the Zen Center, San Francisco.
p. 22

Phyllis Shankman, ... a licensed counselor in private practice in West Los Angeles, specializes in group process, and is interested in self-acceptance and change.
p. 23

David Shire ..... won an Oscar for his song "Norma Rae," and has written numerous film scores, as well as the music for the Tony-nominated Broadway show *Baby.*
p. 21

Leonard Shlain, ... a practicing surgeon in San Francisco, is an educator who has lectured on the twin endeavors of art and physics.
p. 21

Harry Sloan, ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 16, 25, 32, 37

Fritz Smith ..... is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is in a private holistic health practice in Watsonville, California.
p. 32, 37

Gerald Smith ..... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy.*
p. 16, 31

John Soper ..... came to gestalt from a highly successful international career in business. Resident at Esalen since 1978, he practices both interpersonal and intrapersonal gestalt.
p. 10, 34

Charlene Spretnak ..... is author of *Lost Goddesses of Early Greece,* editor of *The Politics of Women's Spirituality,* and co-author, with Fritjof Capra, of *Green Politics.*
p. 17

Starhawk, ... a feminist and peace activist, is a counselor in private practice in San Francisco, and a teacher of the European goddess tradition, often called witchcraft.
p. 18

Brother David Steindl-Rast, ... Benedictine monk, hermit, psychologist, and author, has lectured on all five continents. He is concerned with the spiritual challenges of our time.
p. 29

Elizabeth Stratton, ... a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.
p. 27

T

Lawrence Telles ..... trained as an academic philosopher, and has directed psychosocial rehabilitation programs since 1976.
p. 21

Mary Tesoro ..... is a certified Leonard Energy Training (LET) instructor, writer, and aikido practitioner, whose work embraces issues of human health, potential, and peak performance.
p. 26

Gabriel Thompson ..... is in private practice in Palo Alto. The focus of her work is on the development of the self and the sense of identity. She has given workshops in Australia, New Zealand, and Europe.
p. 24

Lia Thompson ..... has been a Gazebo teacher for six years. She is currently a co-ordinator of Experiencing Esalen: The Body workshop staff and a member of the Gazebo workshop staff.
p. 10

Vicki Topp, ... Esalen massage staff member since 1968, teaches soft and sensitive use of pressure point and deep tissue massage combined with emotional and transpersonal body practices.
p. 15, 17, 29

U

Dana Ullman, *p. 16* ... co-author of *Everybody's Guide to Homeopathic Medicines*, is an educator, publisher, practitioner, and public policy advisor specializing in homeopathy, alternative health-care, and self-care.

W

Gerrit Verschuur *p. 24* ... is a radio astronomer, writer, and former planetarium director who has published a hundred popular and technical articles and five books on astronomy.

Brian Wallace *p. 15* ... is an international musician, composer, and media artist noted for creating a dramatic environment. He has performed solo and in companies for 20 years.

Judyth Weaver, *p. 15, 29* ... a Reichian counselor, certified teacher of t'ai chi ch'uan, and student of Buddhism and Taoism, holds a doctorate in psychology and teaches at the California Institute of Integral Studies.

Ganga White, *p. 16* ... an internationally known teacher and master of yoga, is author of *Double Yoga* and has received the titles "Yogacharya" and "Yogiraj" (King of Yogis) in India.

Rickie Wolf, *p. 26* ... director of the Tokyo Gestalt Institute, is a research fellow in psychosomatic medicine at the University of Tokyo. She is a professional clown and storyteller.

Y

Reuho Yamada *p. 12* ... is head priest of Choshoji, a Zen temple in Beppu, Japan. He taught and practiced Zen and Zen shiatsu in California for eight years.

Shirley Yamada *p. 12* ... is managing director of Choshoji, a Zen temple in Beppu, and is the first American woman to function in this capacity in Japan.

Z

Janet Zuckerman *p. 12, 24* ... was an emotional release and group process teacher at Esalen for 12 years. She has a private practice in San Francisco.

Catalog Subscription Information

The Esalen Catalog is published triannually. Subscription cost for one year is $10 for the United States, $12 for Canada and Mexico, $16 for Europe and South America, and $18 for all other countries. A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, CA 93920.

☐ To obtain future issues of the Esalen Catalog for one year, please send a check or money order in **U.S. currency drawn on a U.S. bank only** to: Esalen Institute, Big Sur, California 93920. A pre-addressed envelope is included in this catalog for your convenience.
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

Name _____ Address _____

City _____ State _____ Zip _____

☐ Please send a complimentary copy of the Esalen Catalog to the person listed below:

Name _____ Address _____

City _____ State _____ Zip _____

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

Please notify us if you change your address and check here ☐ if you are receiving duplicates of the catalog.

Friends of Esalen

We invite you to join us in our organization—Friends of Esalen.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the Esalen Catalog for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student	$15	One Year Donor	$50	One Year Patron	$500
One Year Individual	$25	One Year Sponsor	$100	(Contributions are tax-deductible)	

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Please mail to: Friends of Esalen, Big Sur, California 93920

Audio Recordings

The Dolphin Tape Series

The human potential movement generates unusual events which produce unusual recordings. Each issue of the Esalen Catalog lists new titles and also a few from the Big Sur Recordings archives. Nearly all tapes are stereo, from live events, and tape length is normally 1 to 1½ hours.

Single-tape titles are $10 with prepayment (purchase orders add $1 per tape):

Joseph Campbell: *The Hero's Journey (80th year), 1984*
Paul Rebillot: *The Pluto Story: Journey into Madness, 1984*
Robert Anton Wilson: *The I in the Triangle, 1984*
Richard Feynman: *Tiny Machines, 1984*
Terence McKenna: *Scenario for a Psychedelic Society, 1984*

Julian Silverman: *A Light Hearted Course in Miracles, 1984*
Daniel Ellsberg: *The Policy Catastrophe, 1982*
Anna Halprin: *Peace Meditation, 1983*
Sogyal Rinpoche: *Technologies of the Sacred, 1984*

Stanley Krippner: *Multiple Personality Disorder, 1983*
Paul Rebillot: *Conflicts at the Ego Frontier, 1983*

Jule Eisenbud: *Psi Experience in Psychotherapy, 1984*
Jan Ehrenwald: *Psi Experience and the Bergsonian Filter, 1984*
Charles Tart: *Our Fear of Psychic Abilities, 1984*

Terence McKenna: *Mind, Molecules and Magic, 1984*
Dennis McKenna: *Activity of Ayahuasca and Oo-Koey, 1984*
Richard Yensen: *The Use of LSD in Psychotherapy, 1984*

Sogyal Rinpoche: *Interview on Death and Dying, 1982*
Christina Grof: *Kundalini Awakening and Spiritual Emergency, 1981*
Jack Kornfield: *Simplicity of Spiritual Practice, 1982*

Robert Anton Wilson: *The Prism Lecture (Santa Cruz), 1982*
Terence McKenna: *New and Old Maps of Hyperspace, 1982*
Albert Hofmann: *LSD and the Nature of Reality, 1978*

Robert Bly: *The Six Powers of Poetry, 1983*
Ram Dass: *Involvement With Life, 1974*
Anne Armstrong: *On Being a Psychic, 1971*

Reb Anderson: *Entry Into Buddhist Meditation, 1984*
Reb Anderson: *Basic Points of Buddhist Meditation, 1984*

Henry Munn: *Mushrooms and Culture, 1977*
Henry Munn: *Fable of the Vision Drink, 1977*

Alan Watts: *Divine Madness, 1968*
Fritz Perls: *Dream Theory and Demonstration, 1968*
Carl Rogers: *The Intensive Group, 1966*
Abraham Maslow: *Self-Actualization, 1966*
Aldous Huxley: *Human Potentialities, 1962*

Two-tape titles are $18 with prepayment (purchase order price is $20):

David Finkelstein: (2) *Ancient, Medieval and Classical Physics, 1984*
Father Bede Griffiths: (2) *Convergence of Religions, 1983*
Frank Barr: (2) *History of Philosophy, 1983*

Ralph Metzner: (2) *Varieties of Human Transformation, 1984*
Jean Houston: (2) *The Possible Human (Boston ATP Conference), 1979*
Stanislav Grof: (2) *Geometry of Psychopathology, 1984*
Stan & Christina Grof: (2) *Holonomic Consciousness Paradigm, 1982*

Andrew Weil: (2) *Use and Abuse of Beneficial Plants, 1982*
Andrew Weil: (2) *Interplay of Mind and Body Realities, 1982*

Ilana Rubenfeld: (2) *Gestalt Synergy Method, 1982*
Charlotte Selver/Charles Brooks: (2) *Sensory Awareness, 1980-1982*
Angeles Arrien: (2) *The Story of Basque Mysticism, 1982*
Angeles Arrien: (2) *The Egyptian Tarot, 1982*

Ram Dass: (2) *One Man's Journey to the East, 1968*
Wilson Van Dusen: (2) *Interviewed by Michael Murphy, 1963*
Fritz Perls: (2) *Neurosis, Psychosis and Dreams, 1968*
Joseph Campbell: (2) *Myths of Alienation and Rapture, 1970*
Joseph Chilton Pearce: (2) *The Magical Child, 1975*

Four-tape titles are $36 with prepayment (purchase order price is $40):

Father Bede Griffiths: (4) *Return to the Center (The Ojai Series), 1983*
David Steindl-Rast: (4) *Health and the Christian Myths, 1984*
Donald Keys: (4) *Personal Growth and Social Change, 1982*

Jack Kornfield: (4) *Buddhist Meditation and Practice, 1981*
Joseph Campbell: (4) *Imagery in the Novels of James Joyce, 1968*
Jack Rosenberg: (4) *A New Understanding of Relationships, 1982*
James Fadiman: (4) *A Weekend of Stories, 1984*

Rollo May: (4) *The F. Scott Fitzgerald Myth and Your Own, 1982*
Theodore Roszak: (4) *The Unfinished Animal, 1982*
Anne & Jim Armstrong: (4) *A Psychic Training Program, 1981*
Anne & Jim Armstrong: (4) *Thoughts and Meditations, 1984*

The Dolphin Vinyl Album Sets

Joseph Campbell: (6) *Courtly Love and The Grail, 1983*	$60
Robert Anton Wilson: (6) *Seminar on the I in the Triangle, 1984*	$60
Robert Bly & Angeles Arrien: (6) *Love in the Western World, 1984*	$60
Entheogens: (6) *The Spiritual Psychedelics (The Santa Barbara Conference), 1983*	$60
Andrew Weil: (6) *Integrated Consciousness and Health (The Mann Ranch), 1976*	$60
Julian Silverman: (6) *Further Commentaries on A Course in Miracles, 1981*	$60
Ken Dychtwald: (6) *Bodymind Health, Longevity, and Optimal Performance, 1981*	$60
Fritz Perls: (6) *The Perls Encounter: A Complete Weekend, 1968*	$60
Ruthy Alon: (6) *The Feldenkrais Method—Series I*	$60
Ruthy Alon: (6) *The Feldenkrais Method—Series II*	$60
Moshe Feldenkrais: (6) *Awareness Through Movement—Series I*	$72
Julian Silverman: (8) *Commentaries on A Course in Miracles, 1980*	$72
Jack Rosenberg: (8) *Sustained Integration: Body, Self, and Soul, 1981*	$72
Faces of the Enemy: (8) *The San Francisco Symposium, 1983*	$72
Terence McKenna: (8) *True Hallucinations: A Talking Book, 1984 (The Amazon Experience)*	$80
Buckminster Fuller: (8) *The Pajaro Dunes Tapes: A Weekend Seminar, 1977*	$80
Joseph Campbell: (10) *World Mythology and the Individual Adventure, 1969*	$88
Gregory Bateson: (12) *The Informal Esalen Lectures 1975-1980 (Library Archives)*	$98

Please add $2 to your complete order for handling and mailing, plus $2 for mailing each vinyl album set ($4 if you wish priority mail). California residents include 6% tax. (Institutional purchase orders please add 10% to album cost unless check is enclosed.) Please mail your order with check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, California 93920.

The tapes listed on this page are not necessarily Esalen-owned or Esalen-related. They are produced by a private company, Dolphin Tapes. They are presented here as an advertisement. Esalen assumes no responsibility for the product.

You may send for a more complete list of available tapes by addressing your inquiry to: Esalen Tape Series (Attention: Paul B. Herbert), Esalen Institute, Big Sur, California 93920.

The Media Center

Esalen Videotape

This 18-minute videotape, which tells Esalen's story from its early history to the present, is an inexpensive way to view the general offerings available at Esalen. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities. The musical soundtrack is by Paul Horn, Joel Andrews, and "Pinchey Pete" Velasquez.

Cost: For Rent:

½" VHS color video cassette ..... per week $10.00
¾" U-Matic color video cassette ..... per week $15.00

Cost: For Sale:

½" VHS color video cassette $35.00
¾" U-Matic color video cassette $40.00

This program is available for purchase in its original form—a two-projector slide dissolve show which can also be viewed with a single projector.

Cost: For Sale:
Slide Program—including 130 slides, cassette tape, and script (pulsed tape for Entré 7610 dissolve unit available on request)..... $150.00

Please address your order (with a check payable to Esalen Institute): Esalen, Big Sur, CA 93920. A $10 deposit is required on all rental tapes; please send a separate deposit check. California residents add 6% sales tax for sale purchases. Overseas air mail orders please add additional postage: each slide program $10 ($15 for Australia and Asia), each video cassette $7.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others, are available from ***Psychological Films***, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write ***Hartley Productions***, Cat Rock Road, Cos Cob, Connecticut 06807. A film or video cassette on Chungliang Al Huang's work, entitled *Tai Chi: The Watercourse Way*, is available through ***KLB Productions***, 490 Redwood Road, Corralitos, California 95076. Regarding the documentary on Gregory Bateson, send inquiries also to ***KLB Productions*** at the above address. Recent color videotapes of Stephen Levine and Ram Dass on "Conscious Living/Conscious Dying," and of Daniel Ellsberg, Helen Caldicott, and others on the nuclear issue are available from ***Original Face Video***, Box 447, Grass Valley, Ca. 95945.

David Nelson

General Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Car Pooling: We encourage guests to car pool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop, for phone numbers of other guests coming from your area.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $150 for seven-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only. Overseas residents please pay by checks drawn on U.S. banks.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. ***Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.***

Please mail all reservations to:
Reservations, Esalen Institute
Big Sur, CA 93920

We are able to process mail reservations more effectively. If you are concerned about workshops being full or have any questions, you may make reservations by phone if you use your MasterCard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335
Office Hours:
Monday, Tuesday, Thursday, and Saturday 10 am to 3 pm
Wednesday 10 am to 12 Noon
Friday 10 am to 8 pm
Sunday 12 Noon to 8 pm

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or three workshop participants.* Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Gazebo School: Any requests for child care should be sent at least one month in advance, to Gazebo, Esalen Institute, Big Sur, CA 93920.

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and a five-day is $50. Discounts are available only when you make your reservations. Please present proof of age when you register. Senior discounts are not available for Wilderness Programs.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are canceled, so second choices are advised. Many community programs are also open to residents. Prior to November 1, the cost is $1800 per 26 day period; November 1 and after, the cost is $1960 per 26 day period.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $60 per person per day, which includes dinner on the day of arrival and breakfast and lunch the following day. Private rooms are sometimes available at $100 per day, or $110 per day per couple. Special family rates are available. Please phone the office for additional information, and for new rates beginning November 1.

Bus Service: We have bus service from the Monterey Greyhound station at 4:45 pm and from the Monterey Airport at 5:00 pm on Fridays and Sundays. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The charge for one-way service is $20, payable to the Esalen office when you check in. Return reservations may be made at the same time. The bus leaves Esalen at approximately 6:30 pm. Bus service to Esalen is not available at any other time.

Seminarians as Staff (Volunteers): Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of diplomas such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.

Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See **General Information,** page 46.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ Zip _____ Occupation _____

Telephone Number: Home: Area Code ( ) _____ Work: Area Code ( ) _____

There are sometimes unexpected situations that may require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? If you can't be reached, please call us *before* your scheduled arrival for final confirmation. **Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.**

(On additional paper please repeat the above information for every person in your party making a reservation. Mail to Reservations, Esalen Institute, Big Sur, Ca. 93920.)

Check if you want: ☐ housing as a couple, shared bed

Do you smoke? _____

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. (For further details see Ways of Being at Esalen, page 10.)

Bus Service:

I want bus service from (check one):

_____ Monterey Greyhound Bus Station at 4:45 pm

_____ Monterey Airport at 5:00 pm

on _____ (date of arrival, Fridays & Sundays only)

The $20 per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. Esalen bus service is not available at any time other than as listed above.

Car Pooling: We encourage guests to car pool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop, for phone numbers of other guests from your area.

Check here ☐ if you do not want us to give out your number for the purposes of ride sharing.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute in U.S. currency only.

Overseas residents please pay by checks drawn on U.S. banks.

Your reservation can be charged to:

MasterCard ☐ Visa ☐ American Express ☐

Card No. _____

Expiration Date _____

All workshops require nonrefundable reservation fees. See page 46. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Esalen Institute is a center to explore those trends
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Esalen Institute
Big Sur
California 93920
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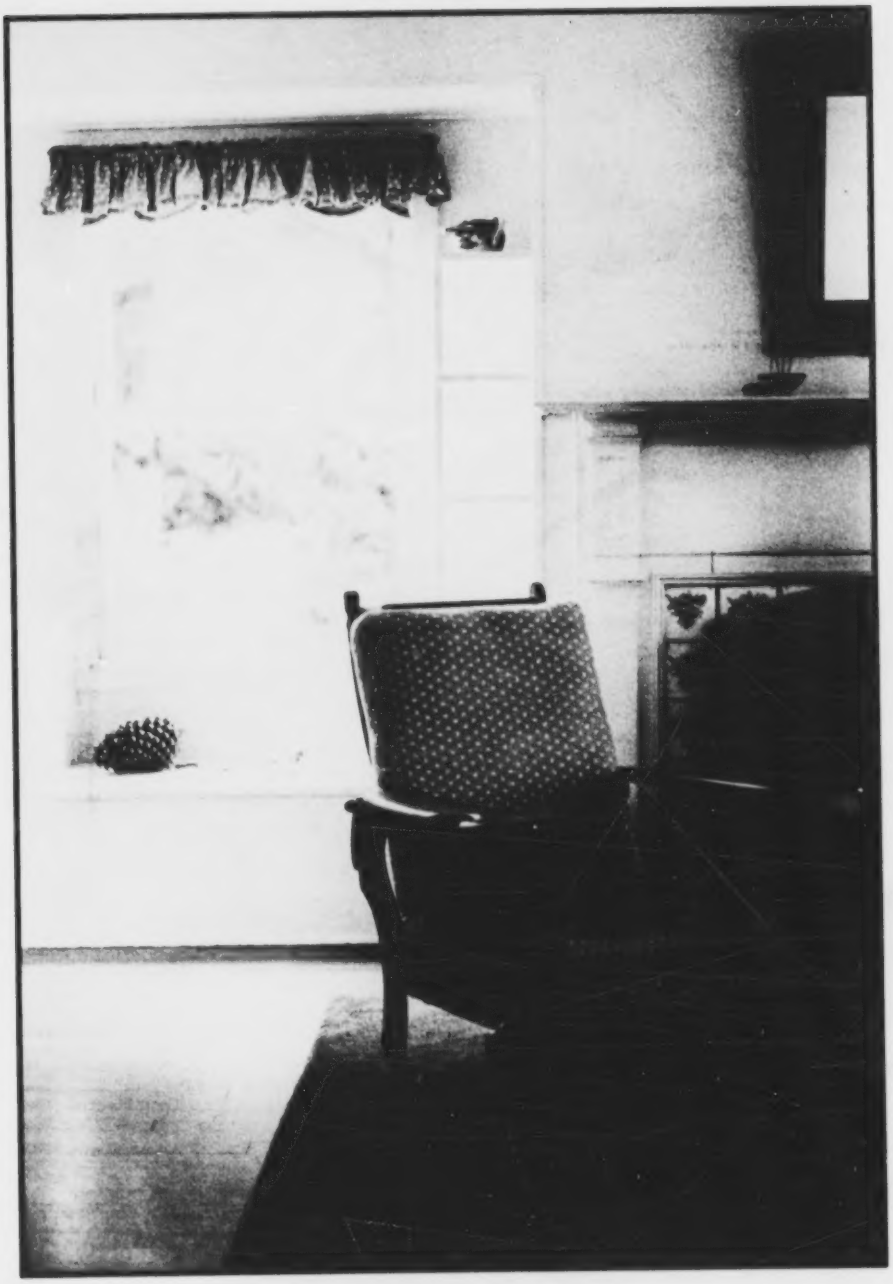
The Esalen Catalog



January-June, 1986

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Esalen Institute, Big Sur, Ca. 93920
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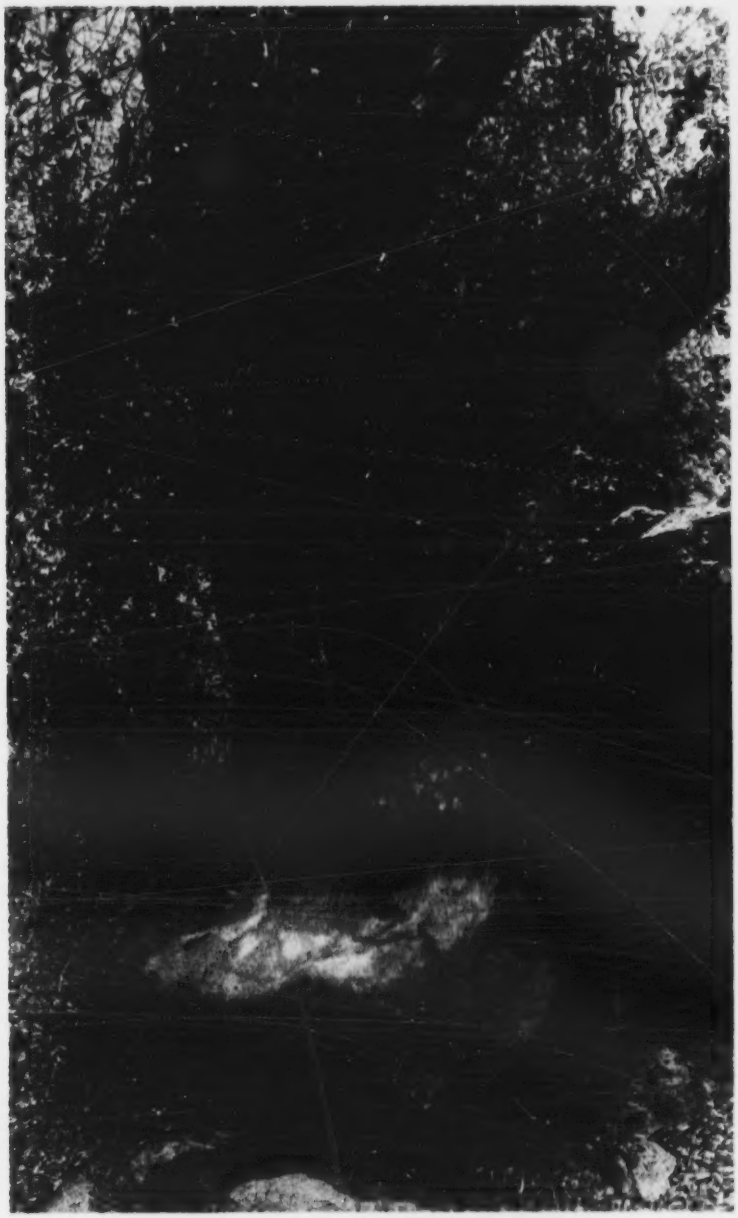
Contact is the appreciation of differences.
—Fritz Perls



. . . and the recognition of similarities . . .

LAN TING INSTITUTE

A January, 1985 meeting in China between the Chinese government and a group of Western educators produced a joint contract establishing a fine arts study center called the Lan Ting Institute.

Lan Ting Institute is located in the southern Chinese province of Fujian, at Wu Yi Mountain Scenic Reserve District, where artists and scholars have come for centuries for creative stimulation and contemplation. Deep river-cut gorges mix with cloud-shrouded mountains to produce a landscape of outstanding beauty.

Chungliang Al Huang, the President of Living Tao Foundation, is the Director of the Lan Ting Institute. Born in China, he received his training in the classic, fine, and martial arts before coming to the United States. He has developed a reputation as a master teacher, calligrapher, and dancer. Alan Watts wrote "to work with Al Huang is to learn to move with the wind and the water." Huang collaborates in seminars, workshops and performances with artists and academicians around the world.

Al Huang brings a unique vision of East/West understanding to the development of Lan Ting Institute. His excellent relationship with the Chinese government provides a fertile framework for producing successful cross-cultural events. In January, 1985, Huang was invited back to China to sign an agreement to create the Lan Ting Institute as a joint effort with the Chinese government to protect China's traditional cultural identity while absorbing Western technology. The story was front-page news in many Chinese dailies.

Lan Ting ('Orchid Pavilion') was a place where poets and calligraphers, artists and musicians of the Yung-Ho (Eternal Harmony) reign of the Jin Dynasty (353 A.D.) convened. They gathered at a favorite mountain stream to practice and share their arts. Amidst flutes and laughter, watercourse ways and their lively dance of t'ai chi and brushes, they sipped wine from goblets floating to them on lily pads . . . and examined the universe.

The Wu Yi Mountain location has its own contemplative stream, treasured by the Chinese as one of their most beautiful spots to visit and return to. Chu Hsi, the Sung Dynasty scholar-philosopher, taught and established his Institute for higher learning here. Zi Yang Academy's original foundation stones are still there. Lan Ting Institute will continue the tradition, this time for international cultural-arts exchange.

Huang hopes his institute will continue the tradition of his friend and colleague, the late

Si Chi Ko

The faculty, headed by Director Chungliang Al Huang, consisted of a select group of Chinese artists and professors from schools around the country including Xiamen and Fujian Normal Universities.

Judith Mintz

Courses in Chinese fine arts were mixed with specialty classes.

Alan Watts, a scholarly Englishman widely respected for his ability to translate Eastern mysticism into terms the Western mind could grasp.

"There has been so much destruction with all the anti-religion, anti-Confucianism, anti-Taoism. They felt the old traditions were so binding that they weren't serving people any more," Huang said during a recent interview in Los Angeles. "But now, many Chinese are looking back on all the destruction with regrets and remorse. They have twice as much incentive to really create something good."

Lan Ting Institute comes at a time when reduced government controls on religious practice have sparked what some observers see as a spiritual revival in China among Christians, Buddhists, and "followers of the Tao." Taoism, the oldest surviving religion of China, paradoxically proclaims the most ephemeral message of those three faiths. The symbol of Taoism, a black and white figure surrounded by a circular pattern of geometric shapes, stands for what Taoists believe are the two basic forces in the universe—yin, female, and represented by a dark shape and broken lines, and yang, male, and denoted by a white shape and solid lines.

Taoists hesitantly describe the Tao, or the Way, as an essentially metaphysical, eternal, all-pervading, inexhaustible and fathomless source of all things. Water—which follows the path of least resistance yet eventually wears away rock—is a popular Taoist metaphor.

Meditative martial arts, such as the soft slow-moving discipline of t'ai chi are practiced to both maintain health and get in touch with the Tao. Huang, the author of four books on t'ai chi and Taoist philosophy, teaches t'ai chi in a lighthearted, unorthodox way, combining music and modern dance with the traditional series of postures. Rejecting the meticulous detail and lengthy preparation demanded by "serious" teachers, Huang encourages his students to express themselves by growing their own t'ai chi forms.

Judith Mintz

The Wu Yi Mountain location has its own contemplative stream, treasured by the Chinese as one of their most beautiful spots to visit and return to.

This time, as Huang returns to China, it's East meets West with a twist. Last year, for example, Huang's group realized that its Chinese tour guide had never heard of Lao Tzu, the Chinese sage who reputedly wrote the Taoist classic, the Tao Te Ching, five centuries before Christ. Shocked by the guide's lack of knowledge of Chinese cultural history, members of Huang's tour group took it upon themselves to teach him the Tao Te Ching, one chapter a day.

Then there was the afternoon at Wu Yi Mountain, when Huang was brush-painting Chinese characters in the old style used before the Communist simplified the language. Huang was trying to show the Chinese how the new system, while easier to write, lost much of the beauty and subtlety of the classical form. It has "amputated the legs of the dancers." He got his message across by painting the old character for "love," which contained within it the character for the word "heart." "I wrote my character for 'love' alongside their character for 'love.' Then I just looked down on them, side by side. Suddenly, it dawned on them what had happened. They'd never realized it before. 'My gosh,' one of them said. 'We've taken the heart out of love.'"

"We are re-establishing the 3,000-year tradition of spiritual pilgrimage and higher learning at Wu Yi Mountain," said Zhang Mu-Liang, the bureau chief of Wu Yi Mountain

Judith Mintz

The Lan Ting Institute

Scenic Reserve District, whose position resembles that of the director of Yosemite National Park.

Zhang said more than a dozen of China's prominent scholars and artists have offered to be on the guest faculty. Work is already under way to renovate the Sung Dynasty School of Chu Hsi, named after a neo-Confucian scholar / philosopher who taught there for 50 years. The institute is designed to be the home of an ongoing series of cross-cultural seminars.

The inaugural study course took place from October 8-31, 1985. A group of Westerners traveled to Wu Yi Mountain to participate in special opening ceremonies. Each day there were movement meditations and classes in t'ai chi, brush calligraphy and philosophy. The faculty, headed by Director Chungliang Al Huang, consisted of a select group of Chinese artists and professors from schools around the country including Xiamen and Fujian Normal Universities. Courses in Chinese fine arts were mixed with specialty classes designed for each seminar curriculum.

Participants in this first study program could experience the excitement of China's new cross-cultural openness—a part of the dramatic change in social environment in China. An in-depth course of study is coupled with a living situation away from the normal Western tourist routes. There is tremendous enthusiasm among the Chinese for this project, and they are providing excellent support in both personnel and funding.

Lan Ting Institute has a singular opportunity to promote a new level of cultural exchange and study between Western and Eastern peoples.

The descriptions above are gleaned from material graciously shared by the Lan Ting Institute.

ON NOT GETTING WELL TOO SOON

Keith Thompson Talks with Mike Brown

In the summer of 1967, an experimental black-white encounter group convened at Esalen, led by Price Cobbs, author of *Black Rage*, and journalist George Leonard, in an attempt to get at the roots of the often unconscious attitudes that hold racism in place. Leonard recalls that the turn toward breakthrough occurred when several white participants began revealing themselves and group members sensed that something momentous might be possible.

What's happened to the sense of possibility that flickered in the 1960s when the Federal Civil Rights Act was signed into law? From one view, much overt racism is gone: blacks are no longer prohibited from voting, buying a home, eating in any restaurant, sitting where they want on the bus. From another view, once-obvious racism has now gone underground, becoming more subtle and insidious. Many blacks claim white America has abandoned its commitment to racial justice; many whites respond by saying blacks are asking for preferential treatment.

To explore this debate Keith Thompson interviewed Mike Brown, co-founder with Price Cobbs of the San Francisco-based Pacific Management Systems. Brown leads seminars on ways in which racial and ethnic issues manifest, particularly in corporate America. The following dialogue is excerpted from a much longer conversation.

THOMPSON: How did you get started?

BROWN: We began with the issue of race in its most immediate expressions, and only later decided to form a company. From the beginning our goal was to bring the encounter approach to bear on inter-racial situations. When we got into this work, there was no such thing as affirmative action programs. It was a time when black people and white people were barely able to *talk* with each other. We got started with racial consciousness work out of our own experience, our own belief systems, not as social science observers but as participants trying to come to grips with the grievous alienation between blacks and whites.

THOMPSON: Give me an example of that alienation.

BROWN: In 1969, we were asked to mediate a dispute between the police force and the black community of a northern California town. We worked in black-white pairs as facilitators, and Jack Downing, who's white and a damned good facilitator, worked with us on this one. We went to the town once a week for six to eight weeks. The black participants ranged from teenagers to middle-aged, all male. The police participants were volunteers, not assigned to attend. The first group was successful, so we scheduled a second series.

That's when things got sticky. The local police officers' association had gotten wind of the sessions, and decided to raise a little hell by insisting that since this was a training, the police officers should be considered to be on-duty, and thus required to wear their revolvers. In the first series, guns weren't an issue, weren't present. You have to remember that this was a time when there was a lot of right-wing literature going around about the parallels between something called "sensitivity training" and Communist brainwashing techniques. The police officers' association didn't like it.

THOMPSON: And I'll bet the black participants weren't too crazy about being part of an encounter group with uniformed white men wearing guns!

BROWN: You've got it. The guns quickly became an issue. Some of the black participants said, look, why don't you just lock the guns in your car trunks so we can talk? But the police participants wouldn't do that. So the black folks said, well then, why don't you give us guns too? That idea was rejected even faster.

The argument quickly grew heated. Remember, this was 1969. Martin Luther King had been murdered. American cities were burning. Black young men often wore berets, leather jackets, "Free Huey" buttons, Black Panther emblems. The moment of truth came when a young black man stood up and pointed to an officer and said: "Don't you see how intimidating it is for me to open up and be vulnerable while you're wearing a loaded gun? Can't you *get* that?" The police officer—without blinking—pointed back and said: "One thing you'd better realize is that I'm as intimidated by and fearful of your Black Power buttons as you are of my gun."

Now, Keith, that's a powerful statement. When I heard that, I got a deeper gut feeling for just how polarized the street scene was between blacks and police officers. If this officer was telling the truth about how he equated fear of loaded guns with fear of political badges, then if he had to stop a black kid on a street and there was any kind of disagreement, his instinct would have to be: "I've got to fight." How many times does this dynamic get played out in big city neighborhoods?

The gun issue never got resolved at the sessions. The police proposed to continue the series at the police academy, where guns were considered appropriate. The blacks said no, we agreed to do it on neutral grounds. It all just degenerated from there on.

THOMPSON: In twenty years, what's changed? Now that federal laws forbid discrimination based on race, how does the residue of overt racism manifest in the workplace?

BROWN: That's exactly the right word: *residue*. By the time I was 25, most of the overt discrimination was over, but racism has become more subtle, fuzzier, elusive. Sometimes I think that white America doesn't understand this shift from overt to covert racism. The tone

HEALTH PROMOTION BOOK EXHIBITION

(Soviet American Exchange Program)

In January and February of 1985, more than 1,000 American books in the health promotion field went on display in the Soviet Union. Three months later, in Los Angeles and San Francisco, over 1,000 of the latest Soviet books in health promotion were exhibited. This mutual exchange and exhibition of books on health, the first of its kind, resulted from months of intense collaboration between the Goskomizdat (State Publishing Committee) of the USSR and Esalen's Soviet-American Exchange Program.

The idea for an official exchange of health-related books was conceived by Dulce Murphy, Director of the Esalen Soviet-American Health Promotion Project. "It seemed natural to recognize that the growing body of insight and research into wellness and holistic health in the United States might be useful to the medical, psychological and athletic establishments in the Soviet Union," said Murphy. "It seemed equally clear that we Americans could benefit from the Soviet work in health promotion. The exchange of books is but one step in a continuing effort to bring together Soviet and American experts to exchange insights and experience in the fields of health and wellness."

In March of 1984, Dulce Murphy, representing Esalen, signed a protocol for the book exchange with the General Directorate of the International Book Exhibitions and Fairs of the USSR. The agreement authorized each party to select and send up to 1,000 titles in categories including: medical sciences; psychology; physical fitness and sports; diet; herbs and nutrition; maternity and child care; stress; longevity; adaptation; alternative therapies; and public health.

A delegation of American medical experts, headed by Jim Hickman, Director of Esalen's Soviet-American Exchange Program, accompanied the American books which were exhibited in Moscow from January 23-29 and in Novosibirsk, Siberia from February 4-9. The delegation members met with Soviet experts in the health and medical sciences and gave lectures and seminars to the Soviet public. Americans included Dr. John Mack, professor of psychiatry at Harvard Medical School; Dr. Myrin Borysenko, psychoneuroimmunologist and professor of cellular biology and anatomy at Tufts University School of Medicine; Dr. Joan Ullyot, a specialist in sports medicine and physical fitness; and Sharon Ranieri, an information specialist who served as manager of the Health Promotion Book Exhibitions.

"Forty years ago, a friendly handshake across the Elbe River united Soviet and American soldiers—victors and allies in the great battle against fascism," said Jim Hickman at a Moscow press conference opening the book fair. "Our present scientific 'handshake,' so to speak, symbolizes cooperation in another sphere of undeniable mutual interest: the field of health care."

The American exhibit in Moscow was a great success, judging from the response of Soviet participants who filled the exhibition hall and educational seminars. The Minister of Health and the Minister of Publishing attended the opening of the Moscow Exhibition, marking the first time in several years that two Soviet ministers have attended a Soviet-American cultural event.

The Soviet delegation arrived in Los Angeles on April 16, headed by Vasily Slasteonenko, Deputy Director of Goskomizdat. The delegation also included Mr. N. Furmanov, Deputy to the Head of International Relations of Gozkomizdat; Mrs. Iraida Bogatyreova, Consultant to Goskomizdat and Director of the USSR Health Promotion Book Exhibition; Professor Vladimir Kartzev, Director of Mir Publishers, the main Soviet publisher in scientific and technical fields; Professor Aron Belkin, Head of the Department of Psychoneuroendocrinology at the Moscow Institute of Psychiatry and Head of the National Center for Psychoneuroendocrinology Research; Professor Alexander Vishnevsky, Deputy Science Director of the Vishnevsky Institute of Surgery at the Soviet Academy of Medical Sciences and head of National Research in Lung Surgery; and Dr. Yuri Lisitsin, Corresponding Member of the Academy of Medical Sciences and Director of *Meditsina* Publishing House.

After a four-day exhibition of Soviet titles at UCLA attended by hundreds of Southern Californians, the Soviet delegation traveled to San Francisco, where the books were on display at Fort Mason. The soviets were officially welcomed to Los Angeles by Mayor Tom Bradley, and to San Francisco by City Supervisor Louise Renne. In both cities various members of the visiting delegation were on hand for discussion and questions. En route from Los Angeles to San Francisco, delegation members made appearances in Santa Barbara, at Ojai Foundation, and at Esalen.

The signing of the book fair agreement represented the culmination of more than four years of research by Dulce Murphy on preventive medicine in the Soviet Union.

Studies by both American and Soviet researchers have shown that fitness and health contribute to higher worker motivation, higher productivity and less absenteeism. The psychological benefits that most fitness enthusiasts claim to derive from regular training include increased self-esteem and self-confidence, increased ability to tolerate stress, and a general improvement in the quality of life.

"In the light of these discoveries, many corporations in the U.S., Japan and Western Europe have instituted health programs for their employees," Murphy states. "Our project will bring fitness and health promotion experts from the corporate community together with Soviet managers to exchange insights and experience in these fields."

With the first book exchange completed, members of the Health Promotion Project are turning their attention to other ongoing tasks:

- An exchange of literature between the appropriate organizations in health-related fields. This will include the collection of scientific evidence for high-level human functioning that has been collected by Esalen Transformation Project Archive.
- Lectures, seminars and workshops by Soviet and American doctors, educators, and other health practitioners in both the Soviet Union and the United States.
- Scientific conferences and book exhibitions presenting current research in health promotion.
- Groups from both nations cooperating in the design of experimental health promotion projects to demonstrate the efficacy of methods being explored by the exchange.
- Implementation of training programs in Moscow with Soviet and American faculty.

Murphy lists the following broad areas of concentration in the Health Promotion Project: productivity in the workplace; motivation through high level health; stress reduction, including psychological methods of relaxation and biofeedback; nutrition; physical attractiveness through physiological and mental disciplines; health benefits of exercise; and recreational sports for the purpose of physical fitness, including aerobic conditioning.

of what I often hear from white managers is: "We've gotten well, we now have affirmative action programs to end discrimination, the Jim Crow laws are gone, so stop nagging." My response is always one of affirmation: yes, much obvious discrimination and injustice are gone, amen to that. But it's important not to think we're getting well faster than we really are, not to want to get well too soon. Just when you think you're well again, a relapse occurs, and often the symptoms are more chronic, more painful. Precisely to the extent that racism becomes more covert, more subtle, it becomes more insidious, less conscious, harder to touch.

THOMPSON: Working with issues of race seems a specific dimension of the larger problem of how to work with differences.

BROWN: Exactly right—coming to terms with and honoring differences. We do an awareness game when we work on black-white issues in corporate settings. We'll go in and say: between tonight and tomorrow, we want to think about the first time you really noticed something called "differences." We ask: When did the concept and reality of differences become real for you? The point is simply to get people hooked on the notion of the pervasiveness of differences, whether they're acknowledged or not.

Interesting, that a good number of the white participants don't have much of a sense of differences based on race or religion or class. A common white response is: "Well, I grew up knowing that blacks (or Italians, Irish, or Jews) were different, but we didn't live near any, so there's not much that comes to mind. It's kind of vague." Or "We heard about race riots in Detroit, but things were pretty much OK in our town." But the blacks in these groups, and the Jewish participants, were extremely well-tuned to differences. Women, whether black or white, also have a clear sense of how differences make a difference. People who grow up as "The Other," "The Different," are always more aware of differences on all levels.

By the way, we attach no judgement to this. We just aim to point out that in so many areas we don't manage differences very well in our society; race is one of these areas.

THOMPSON: What you're saying suggests that white male participants are less conscious of differences than blacks and women. How does this get played out in your seminars?

BROWN: Take the word "racism." In one group a white manager said to us: "When you use the word 'racism' I think of lynch mobs, police dogs, overt symptoms of racial hatred." Other whites agreed: the word was too harsh, sharp-edged, extreme. In contrast, when blacks hear that word, their response is, "What's new? Big deal." It became clear that the word "racism" sounds very different to white participants than to black participants. Measured in terms of overt behaviors, surely some of the worst of racism has disappeared, so of course many whites think "racism" is a thing of the past. But measured in terms more subtle, something called racism still is active, yet more subtle, because it's covert.

THOMPSON: Yet precisely because it does become more subtle, less objectively obvious, it's harder to pin down. What a black person feels as racism, a well-intending white person might not even see. Do you have a working definition of what constitutes subtle racism?

BROWN: I'll answer that by describing our approach. One of the most common requests of black participants is to learn how to effectively manage rage. You must try to appreciate the degree to which many blacks in the mostly white corporate world learn to live with a constant low-grade sense of anger and rage. Many black professionals tell about the anger they feel when their authority is questioned by a white supervisor in ways different from exchanges between whites. A very frequent report by blacks is of remarks by white co-workers to the effect that they only have their jobs because of affirmative action and wouldn't have to be tolerated otherwise. Can you imagine how infuriating and shaming that kind of remark is?

Another common dynamic: the white supervisor no longer consciously feels that blacks are dumb and shiftless, but he still feels he should take a "second look" at the black employee's work—an implied suggestion that the black's standards are a little off. The black employee sees that his white co-workers aren't evaluated in this way; he knows a double standard is operating, but because it's so subtle he simply swallows his rage over time. Now, part of the work in these sessions is to get black participants to confront the extent to which *they themselves* still buy into those old stereotypes. But it's important not to leave it there. Once they've done the inner work, we use role-playing and other methods to discover ways of bringing specific changes in specific situations. We try to show ways for blacks to take the rage they've been swallowing and use its energy to make constructive changes in their work relationships, and in every part of their lives.

THOMPSON: I'm still ruminating on my earlier question about the elusiveness of something called subtle or unconscious racism. I have no doubt that black rage is based on real insults to dignity and self-esteem. Yet it strikes me that much of what blacks feel along these lines isn't always racism *per se*, but the same problems white people have in trying to be fully human in the hierarchical, overly-centralized corporate world. In this respect, blacks and whites *both* suffer.

BROWN: Increasingly I try to help blacks in these workshops, especially young blacks just getting started, learn to make distinctions. In a given situation a black person will feel demeaned by something said or by an action taken. Is the insult he experiences truly race-related, and if so, to what extent? Is it related to the broader issues of corporate dehumanization which you just mentioned, and if so, to what extent? When is it healthy to feel paranoia, in the sense of being on guard for potential situations of harm? When is paranoia unhealthy and counter-productive?

It became clear that the word "racism" sounds very different to white participants than to black participants.

The challenge is to keep subtle or unconscious racism in mind as a category, to be attentive to its appearances in the workplace and in the rest of our lives, but not to have it so broadly or vaguely defined as to be meaningless, or to let it be a mask for other issues. The reports of blacks in the workplace are too consistent for me to believe there is not a residue of subtle racism that still exists. Yet in working with that residue, trying to bring it to the surface, here's the tension: precisely because it is unconscious, many people will say, "Oh, you guys are just never satisfied, you're looking for racism everywhere, under your pancakes, in every drawer," etc.

By the way, it often occurs that when blacks talk in terms of the rage they feel, white participants will begin to encounter their own sense of victimhood. One white manager, upon hearing a black man describe his rage and humiliation, said he had been agonizing over his own feeling of rage, not knowing what it was, how to articulate it. The white manager said: "For the first time I have a sense of my own vulnerability. For the first time I can talk about that with another man." It was a powerful moment for everyone there, white and black.

THOMPSON: What do you see as the main obstacle to black-white relations now?

BROWN: The attitude that if we don't talk about issues of race, maybe they'll go away. That doesn't seem to work—not in the workplace, not in our neighborhoods, not in South Africa, where these issues are being played out for the world to watch.

THOMPSON: Are you hopeful?

BROWN: Some days, yes; other days, no. There's a lot of work to be done.

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NOTES

Geraldine Lutten Posner

Mrs. Posner, a Soviet citizen, died of natural causes while visiting Esalen as a guest of the Soviet-American Exchange Program. She was the mother of Vladimir Posner and Paval Posner.

April 1, 1910–May 28, 1985

Expressions in Creativity

Michell Cassou

In creativity we want to focus on the process, what happens between us and the painting, instead of what we get as a result. It's not the product that's important, it's ourselves. If we do things for ourselves, it brings the fulfillment right there at the moment.

We live in a time in which we have come to believe that there is not much inside us—only the things that teachers, parents and other people have put there. And we think that the only thing that we can do is to take this information and change its form and move it around and give it back. We think it is necessary to learn points of reference, rules and techniques to exercise creativity.

Creativity does not require anything from outside—it is in everyone right from birth. That's why children, as soon as they are born, start moving, putting things together, scribbling, playing. And when children have the possibility to paint in an environment where they can express themselves freely—where they are not taught to do things—they very soon become more confident, more healthy. The function of expression and play is the same for us as adults, it's just that we have buried it more.

There is often a tendency to want to paint something important, deep, essential. I tell people just to do the little thing—a point, a line, a scribble—as long as you do it with integrity. Instead of fighting and wanting the big thing to happen, you do what you can do. And that already is enormous, because it's the first gesture to come from within, without listening to the pressures of how you should develop, what you should do.

After all, we cannot know what we are going to express. What is really creative is bound to be a surprise because it's something we couldn't have thought of. This is the thing we resist the most. We want to know where we are going, why we are doing it, and what it is going to give to us. We want to know it all. To be creative means becoming more familiar with being a little lost. If we are always full of what we want to do, there is no room for the new.

There is always a moment in every painting where we don't know where to go. These difficult spots are very important, because they mean something is being born. It's like a plant: the seed is beneath the earth that is growing. So I encourage people to keep painting during these times, to dig further into themselves until they discover that after every hard moment there is an opening, where very old feelings begin to move. In doing this, they start revealing themselves to themselves, and surprise comes. When people start tasting what happens after these hard moments, it is like nothing else, it is a feeling that brings everything alive.

To be creative is really just to do what we want. But this is very hard. We find that we don't know what we want to do. It is very rare for most people to dare, to first look and see if they want to do something, and second to do it. We have lost contact with this daring, this desire to connect with oneself in a way that's deeper than that of thought. But underneath, it's what we really want—we want the connection, we want the discovery with the feeling.

It's very important to find the right environment, where we can allow ourselves to paint in this way—without judgment, comparison or criticism—because it frees the perceptions for other things. Creativity is not reserved for one subject, like painting. When it starts moving it moves everywhere, that's why it is so interesting.

Reprinted by permission of the author. It originally appeared in January, 1980, in City Arts, a former local arts newspaper in the San Francisco area.

Michell Cassou leads classes and workshops in creative expression at the Painting Experience Studio, 509 Noriega, San Francisco. Her Esalen workshop, The Painting Experience, will be offered May 23-30.

Roy Hart Theatre is an international theater company which has become known for its research into the use of voice in theater—an exploration and integration of the dramatic relationship between sound and movement. The company's theatrical and cultural research has centered on the study and tradition of image in the Western world, through exchanges with contemporary theorists in the realms of mythology and psychology. Working in collaboration with Jungian archetypal psychologists, the company explores the confluence of voice, movement, and image in theater.

In February 1985 the Roy Hart Theatre presented its version of Leoncavallo's "Pagliacci" at LaMama, New York, winning the 1985 OBIE Off-Broadway Theater award. Based in the south of France, members of the company tour and teach throughout Europe, Scandinavia, and North and South America, combining workshops, study, and performances.

The company transforms traditional theater works, paring away the trappings of performance and using extraordinary vocal techniques to expose and explore raw, expressive forms. They continue the work done by mentors Roy Hart and Alfred Wolfson, who studied voice as a route to understanding individual psychology.

Members of the Roy Hart Theatre Company will lead an Esalen workshop on The Sound of the Image, with Jungian psychologists James Hillman and Patricia Berry Hillman, on March 16-21.

Psychic Research Conference

For several years, Esalen has hosted conferences on psychic research. The first meeting, on biological and physical time, was held in January, 1981. It was organized by physicist Russell Targ and biologist David Deamer. Participants looked into the data for precognition as it relates to new ideas in modern physics, and concluded that the prevailing metaphor of "time flowing like a river" is not compatible with the data from psi research, and is not required by physics. From this conference came a very useful series of experiments that showed that in certain cases the future can affect the past (although it can not, of course, *change* the past).

The second conference in July, 1982, also considered aspects of the methodology of psi research, such as the effect that an experimenter's expectation has on the outcome of an experiment. As in counseling, a psi experiment is unlikely to succeed if the experimenter is ambivalent about what he or she is doing. Helmut Schmidt described his many experiments on psychokinetic interactions with random event generators. Other data pertained to precognition research, showing that it is no more difficult to forecast an unlikely future than a likely one.

As a result of the Esalen meeting on Time and Psi, the Parapsychological Association held a symposium on this subject with many of the same participants at their 1982 meeting. These initial meetings were the nucleus for a ninety-minute BBC television program, "The Case of ESP," which was shown and re-shown by the U.S. science program NOVA in 1984. Keith Harary and Russell Targ have written a book dealing explicitly with many of these issues: *The Mind Race* (Villard/Random House, 1984).

In November, 1983, Russell Targ and psychologist Charles Tart held the third Invitational Esalen Conference on Research in Parapsychology. The meeting included many psi researchers and practitioners of psi. The purpose of the meeting was to discover, through conversations and experience, how a psychic person separates the true psi impression from the mental noise of memory and imagination that can interfere with such impressions. It dealt with methods of response in psi; that is, how do the most successful psychics actually process their mental images and information to extract the psi signal from the mental noise; and what is the nature of that noise?

The fourth conference in July, 1984, dealt with the application of psi abilities to the marketplace and to real life situations. Discussion focused on the best ways to use what is known about both psi and information processing, to achieve the best results. Critics and many friends still seem to be saying: "Yes. Psi is certainly important, but only if it can be shown to exist." The application of psi to unambiguous tasks may greatly improve this situation for researchers in the field.

The fifth conference, New Directions in Psi Research, was held in June, 1985. These workshops have brought together researchers from all parts of the U.S.

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Soviet-American Exchange Program

One of the major projects supported by Esalen over the past five years has been an exploration into the very complex and difficult realm of Soviet-American relations. The staff of Esalen's Soviet-American Exchange Program has worked with a growing network of Soviet citizens who are as dedicated to exploring the fundamental questions of human potential in the Soviet Union as their colleagues are here in the United States.

In the process of working with the Soviets, the Exchange Program has helped pioneer the field of citizen diplomacy—non-governmental American initiatives with Soviet individuals and institutions, created to bring both sides together as equals in endeavors that help our peoples move beyond the differences that currently divide us. Dozens of non-profit organizations across America have been started or inspired as a result of the Esalen Program's work. The Exchange Program has also helped to initiate a variety of activities in the private business sector, particularly in the areas of satellite communication and entertainment.

Current projects include the following:

1) *Individual Exchanges* which will sponsor trips by Dr. Stanley Krippner, Director of the Center for Consciousness Studies, Saybrook Institute, and Dr. Rupert Sheldrake, noted scientist and the author of *A New Science of Life*, to the Soviet Union; and Victor Osipov, Foreign Relations Division, USSR Academy of Sciences, and Vladimir Kartzev, Director of Mir Publishers in Moscow, to the United States.

2) *Astronaut/Cosmonaut Dialogues* which have brought American Astronauts and Soviet Cosmonauts together to form the Association of Space Explorers.

3) *Satellite Link-ups* linking the Soviet Academy of Sciences and several American universities for discussions on a broad range of topics.

4) *The Health Promotion Project*, which after completing reciprocal book exhibitions in the field of health promotion, is now working with the Soviet Ministry of Health to develop a monograph on Soviet and American approaches to health.

5) *A Writers' Exchange* will host a delegation of Soviet writers to Esalen in July 1986.

6) *The Human Potential Commission* to establish a permanent Soviet-American cultural/scientific exchange that would promote high level human development.

7) *Public Seminars* feature Soviet specialist Robert Bathurst, exploring the differences and similarities between Soviet and American attitudes and cultures.

8) *Invitational Conferences* include the Erikson Symposium on the political psychology of Soviet-American relations.

The Exchange Program is also planning two invitational conferences, one at Esalen, to bring citizen diplomats together to share their experiences and discuss ways of collaborating more effectively in the future.

To coordinate all these activities, Jim Garrison has been hired as Administrative Director to implement a management design that can serve both ongoing creativity and the need for financial accountability. The Exchange Program has also embarked on a three-year financial campaign to provide financial viability for continued expansion of programs.

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Invitational Conferences

These conferences will be available to a very limited number of observer-participants who have demonstrated a serious interest and have some background in the field. These special participants will be given an orientation by the conference leader, and may attend each conference session. A fee of $1500, which will be considered a tax-deductible donation, will help cover overall conference costs. An additional room and board fee of $60 per person per day will be charged; this may be deductible (please see General Information, p. 47). For more information regarding this opportunity, please contact the Esalen Program Office.

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Editorial Note

In the Winter 1985-1986 catalog report on the Esalen invited conference on Psychosocial Alternatives to Traditional Psychiatric Care (page 8), the sixth paragraph should read "Most of the participants have personally experienced degradation ceremonies . . ." Although attempts at degradation may have been made, these were not necessarily successful.

Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose those approaches which feel most appropriate and pursue them in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" coordinated by leaders such as the Grofs and Schiffmans, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, which entails working with the Esalen staff as well as participating in an ongoing workshop designed specifically for that program. See page 34 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, Feldenkrais, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Jessica Moore Britt & John Soper

These workshops are designed for people who have not previously been to Esalen. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness, group process, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: Fritz Perls, *Gestalt Therapy Verbatim* (Bantam).

Schedule:

January 17–19	$250
January 19–24	$490
January 31–February 2	$250
February 9–14	$490
February 28–March 2	$250
March 7–9	$250
March 16–21	$490
March 28–30	$250
April 27–May 2	$490
May 9–11	$250
May 25–30	$490
June 6–8	$250
June 15–20	$490
June 27–29	$250

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Lia Thompson
& Deborah Anne Medow

These workshops offer opportunities to experience body awareness and movement in Esalen's supportive environment. Various types of dance, massage, music, meditation, yoga, and theater are offered. Five-day groups may also have time to explore the magnificent coast and trails near Esalen.

Schedule:

January 3–5	$250
February 7–9	$250
February 16–21	$490
March 21–23	$250
April 27–May 2	$490
May 2–4	$250
May 16–18	$250
June 22–27	$490

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in some sessions.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* and *In and Out the Garbage Pail;* John Heider, *The Tao of Leadership* (Humanics, Ltd.).

Schedule:

January 12–17	$490
February 9–14	$490
February 21–23	$250
March 2–7	$490
March 21–23	$250
May 18–23	$490
June 15–20	$490

Big Sur Wilderness Experience

Esalen Wilderness Staff
Coordinated by Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, we will walk into the Los Padres National Forest. We will draw on various traditions, developing the quality of our awareness, and opening to the natural world. Week-long workshops will venture out on five hikes (4-10 miles in length) and weekend workshops will take two hikes (3-6 miles in length). Using Esalen as our base camp we will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. We will practice basic outdoor skills such as map reading and minimum impact concepts. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration.

Schedule:	
May 23–25	$250
June 13–15	$250

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins.

The program is divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen.

For a full description of the Work Study Program, please turn to page 34.

Accreditation

Accreditation: We do not offer accreditation in the form of diplomas such as those conferred by traditional schools. Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. Scholarship recipients may be asked to bring a sleeping bag to use, especially during peak attendance periods. There are no scholarships available for the Work Study Program.

Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.

Joyce Rogers Lyke

Esalen Seminars

Joyce Rogers Lyke

Weekend of January 3–5

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $250

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will work at their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$250 per participant

Living, Loving, and Leading

John Caple

"True leaders are always led."—C. G. Jung

Our society's need for leadership is everywhere manifest, yet we often discourage this impulse in ourselves. In this workshop, participants may rediscover their leadership potentialities, learn more about their leadership style, and decide on new ways to use their abilities. We will use art, body work, movement, and open seat work, all enriched by the resources of Esalen. Our aim will be to become clearer about our ability to lead and our intent to lead.

This workshop is particularly designed for current and prospective leaders in organizational settings, for managers and aspiring managers, for those burned out or facing new leadership challenges, and for those who lead workshops and groups.

Recommended reading: John Caple, *Careercycles* (Prentice-Hall). $250

Health and Well-Being

Joe D. Goldstrich

Joe D. writes: "Over the past decade I have explored many approaches to health, including nutrition, homeopathy, acupuncture, and psychic healing as well as Rolfing®, Hellerwork, and Feldenkrais. In this weekend workshop we will examine these and other approaches to well-being, looking at their value and limitations. Our focus can help you formulate a plan for a healthy 1986." $250

Personal Mythology: Our Epic Journey

Stanley Krippner & David Feinstein

This seminar focuses on personal myths—the deep forces of the psyche that shape who we are, what we think, and what we do. Operating largely outside of conscious awareness, our personal myths nonetheless pave our journey through life, our place in society, and our relationship to the broader or spiritual context of existence. Showing participants how to reach deeply into realms of unconscious mythological wisdom, we will speak to our need to find the visions that nourish and inspire us. Drawing upon a range of systems including Jungian psychology, gestalt, psychosynthesis, dream interpretation, and cognitive psychology, participants will be led through a sequence of experiences that can rework a problematic area of personal mythology. These experiences can be used again later to identify and work with other personal myths that may be creating problems in one's life. Participants are asked to bring a notebook or personal journal and are encouraged to record their dreams in it prior to the workshop.

Recommended reading: Stanley Krippner, *Human Possibilities* (Anchor). $250

Week of January 5–10

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman & Elisa Lodge Schiffman

"Anything which is forced or misunderstood can never be beautiful."—Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of self-defeating patterns from the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us.

In this workshop the group will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $490

Warriors on Magic Mountain: Embrace Tiger, Return to Mountain (T'ai Chi Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with the fundamentals of t'ai chi practice. Chungliang will share the crystallization of his most essential learnings. He will lead us in sunrise movement meditation, five-elements form, I-Ching eight-trigrams metaphors in action, life-force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton) and *Embrace Tiger, Return to Mountain* (Real People Press); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon); John Blofeld, Translator, *I Ching;* Lama Anagarika Govinda, *The Book of Transformations.* $490

Dreams: Energy, Imagery, Psyche, and Spirit

Kenneth Kelzer

Dreams are an ever present source of energy and imagery. These raw materials of the psyche, when refined and assimilated, serve to elevate our lives to new dimensions. Dreams serve many important functions: returning the lost parts of the self to the conscious mind, enhancing creativity, firing the imagination, offering outrageous humor and sometimes pure inspiration. This workshop will delve into the dream state to explore its widest possible range, including the psi potential of dreams. We will use gestalt, psychodrama, Jungian psychology, intuition processes, and creative art as some of our principal tools. In addition, the dream will be viewed as a channel for spiritual expansion and artistic creation, with special emphasis on the new frontier of lucid dreaming. Participants will have time to explore their own dreams during the workshop.

Recommended reading: John Neihard, *Black Elk Speaks*, chapters 3, 13, and 14; Patricia Garfield, *Creative Dreaming*, chapter 5; Carl Jung, *Man and His Symbols*, chapter 1; Fritz Perls, *Gestalt Therapy Verbatim.* $490

Weekend of January 10–12

Sierra Ski-Touring: Gentle Pleasure of Flat Tracking

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

For workshop description see Wilderness Programs, page 38. $265

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chungliang Al Huang

Paul and Chungliang will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, improvisation, meditation, and world travel experiences.

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E. P.

Dutton) and *Embrace Tiger, Return to Mountain* (Real People Press); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon).

Recommended listening: Paul Horn, *Inside, Heart to Heart, China, The Magic of Findhorn,* and *Jupiter 8.* $280

Awake in Your Dreams

Stephen LaBerge

Lucid dreaming means dreaming while knowing that we are dreaming. For most of us, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so; workshop participants can learn how to develop the skill of lucid dreaming. The results of recent scientific research will be presented and participants will be exposed to the various uses of lucid dreaming, including self-exploration, creative problem solving, healing, adventure, and, perhaps most importantly, a way of self-integration leading to the transpersonal realms.

The emphasis will be on improving the quality of the dreamer's experience while in the dream. This means self-control, not dream control: changing the context rather than the content of the dream. Ann Faraday has called lucid dreaming "one of the most exciting frontiers of human experience." This workshop will provide an opportunity to find out why.

Recommended reading: Stephen LaBerge, *Lucid Dreaming* (J. P. Tarcher). $250

Week of January 12–17

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $490

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chungliang Al Huang

For workshop description see January 10-12. $520

Five-Day Massage Intensive

Brita Ostrom & Staff

The goal of this beginning workshop is to provide the fundamental elements necessary to give a pleasurable and beneficial full body massage. Related areas of work, such as breath awareness, grounding, movement, and quality of touch, will be introduced, and participants will be instructed in ways to release stress and muscular tension. $490

Weekend of January 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $250

Weekend Massage Intensive

Vicki Topp & Staff

This weekend workshop provides instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners. The purpose of the workshop is to introduce massage as a practical approach to greater sensory awareness and relief from stress. $250

The Fine Art of Journal Writing

Nancy Mayer

"We must turn to ourselves as a creative piece of work, not only in the arts, but in the creation of our lives."—Anaïs Nin

Facing the empty page, reaching out to put words on paper, most of us feel vulnerable. This journal workshop is based on the belief that one can write easily and pleasurably. In a silent, supportive atmosphere necessary for the inward journey, we can learn how to overcome our fears of writing, surmount writer's block, and get to know our inner critic. This workshop is for people who claim they cannot write, or find the process painful, and for those who want to tap into their inner truth. Participants will explore new ways to record their experiences, memories, and dreams, as keys to understanding their lives. They may also discover how to gain better access to their intuitive, imaginative selves.

Nancy writes: "When we record our experiences in a journal we expand and deepen our lives, finding new meaning and purpose. In the process we move from the personal to the universal, learning to accept ourselves, and others, more fully. We gain perspective on the past and guidance for the future."

Recommended reading: Tristine Rainer, *The New Diary;* Ira Progoff, *At A Journal Workshop.* $250

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion. The seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala). $250

Week of January 19–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $490

The Embodiment of the Essential Self

Karen Johnson

You may find yourself seeking zest for life and a sense of purpose. The greatest joy can be in discovering our true beloved, the beauty and truth of our essential self. Our essence, known by the Sufi as the true friend, is a presence we can touch within ourselves. Essence is beyond thoughts, emotions, and the physical; it is life itself.

In this workshop we will explore ways of moving toward more presence and the embodiment of our essential nature. Sufi awareness methods will be utilized, along with individual work in a group setting, using breath work and touch. $490

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their psi abilities, Anne and Jim will use exercises designed to aid participants in recognizing their styles and trusting the intuitive input they normally receive. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their inner sensitivity. One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $490

Weekend of January 24–26

Anatomy for Trager Students

Deane Juhan

This seminar is offered as a continuation of the professional training for students of Trager Psychophysical Integration and Mentastics©. Participants will examine the anatomical structures of the body and their kinesthetic relationships, with specific reference to how these structures and relationships are handled by the Trager approach.

Half of the time will be used for slide presentations, lectures, and discussions concerning particular areas of the body. The rest will be spent practicing aspects of a Trager session which correspond to those areas. The emphasis will be on clarifying the intent of the various hand positions and movements, based upon an understanding of structure, function, and motor reflex.

Since supervised Trager table work will be an important part of the class, a beginning Trager training is a prerequisite.

C.E. credit is available for nurses; for additional information see page 38. $250

Awareness, Balance, and Options

Judyth Weaver

This workshop will focus on rediscovering and integrating awareness of our full selves—mentally, physically, and spiritually. We will work deeply with our senses, and gently with our breath, explore t'ai chi ch'uan for relaxed exercise, and practice meditation, massage, movement, and gestalt.

All these explorations can help us realize the choices we have. The more in touch we are with our feelings and abilities, the more options are available to us. Using these options with awareness, we can develop a sense of centered grounding and balance, with which to enhance an energetic, economic, pleasurable, and effective life. $250

Approaches to Christian Mysticism

Brother David Steindl-Rast

Awareness of Eastern mysticism makes many people ask: what of the mystical tradition in the West? Is it still alive? Can one find meaning in it today? Brother David has spent more than 30 years in both Eastern and Western monasteries exploring the roots of mysticism in the human heart. He will lead participants in discovering these roots in their own life experience. We shall ask what the pursuit of the path of the heart demands from each one personally, and how it can be practiced in one's daily life.

Like Thomas Merton, his late fellow monk and friend, Brother David is a bridge-builder between East and West. The focus of this weekend, however, will be on the Christian tradition and on our need to wrestle with it. Input and question periods will alternate with silent time for guided experience.

Recommended reading: Rainer Maria Rilke, *Letters to a Young Poet* (Norton); Thomas Merton, *Conjectures of a Guilty Bystander* (Doubleday); Thomas Matus, *Yoga and the Jesus Prayer Tradition* (Paulist Press); David Steindl-Rast, *A Listening Heart* (Crossroads), *Gratefulness The Heart of Prayer* (Paulist Press). $250

Week of January 26–31

Health and Creativity

Will Schutz & Ailish Mellard

We can choose health and creativity by increasing self-awareness and letting go of fear.

This workshop will deal with why—the causes not the mechanics—we choose specific illnesses and with ways in which we block our ability to think. Participants will be presented with ways for being healthy and for expanding one's ability to think creatively and logically.

Recommended reading: Will Schutz, *Profound Simplicity* (University Associates); William Gordon, *Synectics* (Macmillan). $490

Mindfulness Meditation

Jacqueline Mandell

Mindfulness meditation can allow us deeper experiences of our sensitivity, clarity, and wisdom. Meditation practices will focus on our mental and physical process, especially the natural breathing process. Using our senses as objects of awareness, we can discover the possibility of living in the present moment, calm, concentrated, and aware.

Meditation will be practiced in silence, with emphasis on sitting and walking meditation. There will be time for discussions, individual guidance, and relaxation. This workshop is suitable for both experienced and inexperienced meditators. Please wear comfortable clothing and shoes. $490

Free to Be You

Leslie Pam & Ann Christie

We are all born connected to our real selves. If, however, as children we experience feelings of rejection and hurt, we develop a system of protection that becomes a self-restricting pattern. As adults we experience that pattern as a block affecting our ability to know what or why we feel, or limiting our ability to communicate fully with others, be intimate, open, or fulfilled. Working through such blocks can leave the self free to discover richer ways of giving and receiving. This workshop includes structured group process, utilizing primal work, Ericksonian hypnosis, and massage.

Recommended reading: Arthur Janov, *The Primal Scream* (Perigee); Sidney Rosen, *My Voice Will Go With You* (Norton). $490

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed."
—M.C. Richards, *Centering*

Stress-related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that can release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais, gestalt, Rolf®-movement, massage, Reichian breath work, and video feedback. $490

Weekend of January 31–February 2

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $250

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers, as a means of achieving productive functioning. $250

Miracles of Infancy

Laurie Schutz Munyer & Arthur Eric Munyer with Jezariah Canyon Munyer

Laurie and Arthur write: "This will be a time to celebrate the profound miracle of new life and parenthood. The workshop will provide an opportunity for new parents and their infants (birth to two years) to come together in a harmonious and joyous way. In an atmosphere of warmth we will guide both parent and infant through a creative learning experience. Our approaches will be drawn from massage, creative

movement, music, communication, and nurturing touch. We will bring awareness to how our children can be our teachers."

Some infant care will be available. $250

Anyone interested in receiving information regarding early childhood education and related activities at Esalen, please send name and address to Janet Lederman, Gazebo, Esalen Institute, Big Sur, CA 93920.

For Men Only

Richard Gunther

If you are male, between the ages of 30 and 60, and asking such questions as "What am I doing with my life?" or "What else is there for me?"—welcome to mid-life, a time of examination, possibly of crises, a time offering the opportunity for major changes in how you view yourself and the world in which you function.

We live in a demanding, controlling society, and the effect on each of us is not always clear. In the words of Marcel Proust, "The real voyage of discovery consists not in seeing new landscapes, but in having new eyes." With new eyes we can see the possibility of outgrowing our social conditioning and connecting with a deeper self.

In this workshop, limited to 12 participants, we will focus on the issues of work and career, their changing importance at mid-life; relationships, examining the shift in needs, tasks, and roles; the body and sex, which changes are real, which imagined; and spirituality, exploring the need for a transcendent vision. $250

The Intelligent Body, The Sensuous Body

Thomas Hanna

Premise: Clarity of self-awareness and clarity of body control grow together or decline together. We'll explore how greater sensitivity to our inner selves enhances the body's ability to act and to relax, and how this ability in turn enhances kinesthetic awareness.

The program involves gentle movements and use of imagery as well as instruction in the principles of many different kinds of body work and exercise systems—particularly that of Moshe Feldenkrais.

There will also be demonstrations of how new sensory information can lead to dramatic changes in posture. Those who wish advanced knowledge in systems of body work will find the weekend profitable, as will those who have habitual aches or have difficulty relaxing.

Recommended reading: Thomas Hanna, *The Body of Life and Bodies in Revolt: A Primer in Somatic Thinking.* $250

Week of February 2–7

Self-Acceptance: The Freedom to Be

David Schiffman & Elisa Lodge Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics. $490

Clairsentient and Clairvoyant Practices

Wendy Palmer & Helen Palmer

The two most identifiable aspects of intuition are the ability to sense and the ability to see a range of information that is unavailable to the thinking self. Clear sensing and clear sight have their historical bases of training in the traditions of martial arts and visualization practices.

This workshop will be an introduction to the internal focusing practices that can provide access to the intuitive state of mind. The particular martial arts and visualization exercises are presented in such a way that they can form the basis of discrimination between personal projections and accurate sentient and visual impressions unknown to the thinking self. $490

Owning the Shadow

Paul Rebillot

"We have seen the enemy and they is us."
—Pogo, *Walt Kelly*

Paul Rebillot writes: "In my work I have come to realize that one of the most important and frequently avoided themes in our lives is the ability to own the part of ourselves we don't like, the part Jung called the shadow. As a result, we become projectors of our own disowned energy.

"In this workshop, we will seek to discover within ourselves the bad guy we have been projecting onto and hating in others. By facing and communicating with this negative self, we may discover in our shadow not the enemy but the friend and challenger to growth of the heart and consciousness." $490

Weekend of February 7–9

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $250

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

"For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation."
—Rainer Maria Rilke

The goal of this weekend is to provide a context in which couples can focus and explore their relationship in the areas of communication, closeness, conflict, and individuality. A balance of structured and spontaneous interactions will be used within the framework of the large group, subgroups, and the couple. Limited to ten couples. $250 per participant

Body, Heart, and Spirit

Paul Rebillot & Stanford Eugene Cates

The workshop is divided into three segments, dealing first with tensions and energy patterns in the body, then with the relationship of these to the emotions, and finally with their relationship to the mind, to thought. By connecting thought, feeling, and body experience in one gestalt, we seek to open the being to the inpouring of the spirit, to the state of grace. This is the goal of shamanic dances and of many tribal rites. The process includes body work and open seat gestalt work, as well as rituals, dancing, chanting, and celebration. $250

Rethinking Security/ Toward Common Ground

John Marks & Jack Cirie

This workshop is designed for those who are convinced they have the answers to questions of war and peace and are frustrated by not being able to make their view prevail; and for those who are convinced they do *not* have the answers and are frustrated that neither they nor anyone else seems to. The workshop combines cognitive and non-cognitive, linear and non-linear approaches. The metaphor and physical experience of aikido are used to facilitate exploration of new ways of framing—hence acting on—security questions. Participants may move beyond their conventional thinking to discover fresh and innovative ways for establishing real security in the world. $250

Week of February 9–14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $490

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $490

A Gentle Unfolding

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through intuitive and energy awareness, massage, meditation, movement, gestalt, and play. Using these tools and gentle risk-taking can help in opening to our own aliveness and ability to be more at home with ourselves. Participants will explore practical and portable ways of nourishing and trusting the inherent wisdom of the self.

$490

Craniosacral System: Basic Workshop

Jim Asher & Jane Harrington

This workshop will offer an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. The class will combine lectures and slides on functional anatomy of the membrane system, cerebrospinal fluid movement, and related methods. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference. Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills, and those already practicing body work or counseling. Much of our focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system.

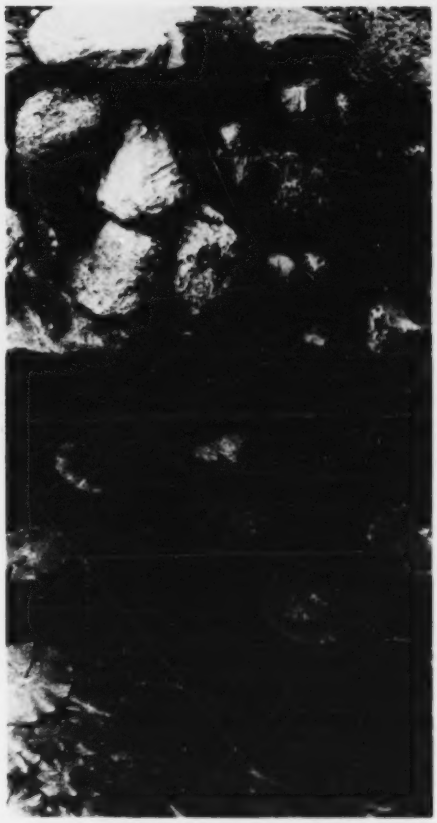
C. E. credit is available for nurses; for additional information see page 38. $490

Weekend of February 14–16

Weekend Massage Intensive

George King & Deborah Anne Medow

For workshop description see January 17-19. $250



Cynthia Johnson

Soviet-American Relationships

Robert Bathurst

This is a workshop in Soviet-American, cross-cultural understanding. Through bargaining, mediating, and role-playing games, participants can discover the subconscious cultural imperatives that impel the two nations apart and begin to identify those elements that bring them together. The workshop sets out to shatter egotistical mirror-imaging and begin the construction of authentic Soviet-American relationships in the world as it now exists.

$250

Intuition Practice

Helen Palmer

This seminar teaches the identification of personal intuition systems that can be made accessible by internal focusing practices, or that may already be operating in unrecognized ways. The practices develop the ability to discriminate between personal thoughts, fantasies projected from personal thinking, and impressions received from situations outside the personal self. The psychic aspect of intuition rests on the ability to shift attention from the self to impressions perceived from outside the self.

$250

Letting Go—Moving On

Mary Goldenson (Devarani) & Fred Kalmus

This is a week of intense body work, structured for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor, tension, stress, and a lack of spontaneity. As armor softens, feelings held in since childhood can be released and positive feelings of joy, love, trust, and pleasure can be experienced more fully.

A most important feature of the workshop is the individual Radix®-Reichian intensive, done in a safe, supportive environment. By also using dream work, hypnosis, chiropractic, bioenergetics, massage, dance, and group interaction as one lets go/moves on, a new capacity for living can emerge. $250

Word Magic: Self-Discovery Through Writing

Nancy Bacal

We all have stories inside and the capacity to tell them, but when asked to translate them onto the page, many of us are inhibited by self-judgment. Through the years, Nancy Bacal has evolved a series of writing exercises designed to bypass blockages, to move beyond the controlling arm of the critic, and bring participants to a deep and direct experience of themselves.

This writing workshop can provide a safe, stimulating environment for the non-writer, the would-be writer, and the professional. It offers an opportunity to expand preconceived ideas of what writing can be, chiefly by exploring individual creative forms and processes. The "hidden writer" is encouraged to open the heart, to tap the vast reservoir of material within, and to see the world in a new way.

Nancy says: "To experience life as potential story is to activate awareness of oneself, and to invoke the magical properties of words—enriching our day-to-day lives with wonder and surprise."

$250

Week of February 16–21

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $490

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see February 14-16. $490

Psychic Abilities in Science and Everyday Life

Keith Harary & Darlene Moore

Are psychic experiences worth having in a society that doesn't encourage people to have them? Exploring your psychic capabilities can help you become a happier, more self-actualized person, or lead to anxiety, alienation, and identity confusion. How can you tell the difference between genuine psychic experiences and exaggerated claims, imagination, or delusions? Is there any real difference between people who call themselves psychics and the rest of us? Through extensive practice exercises in small and large groups, we will explore ways in which you may develop and make the most of your own psychic potential without losing touch with everyday reality or buying into externally imposed belief systems. We will also discuss experimental, clinical, and subjective approaches to psychic abilities in the U.S. and the U.S.S.R., and examine the treatment of psychic experiences in popular American culture.

$490

Weekend of February 21–23

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $250

Zero Balancing: Advanced Workshop

Fritz Smith

This workshop is for people who have completed at least one introductory zero balancing program. Following a review of basic concepts, time will be spent on answering specific questions and giving individual instruction as needed. New work will focus on exploring the direct perception and assessment of energy currents in the body, refinement of evaluating and balancing the foundation joints, and the discussion of nonfoundation joints, including the small joints of the body. Theory will be clarified by demonstration and individual practice, using each other as models.

This is an accredited program toward zero balancing certification.

C. E. credit is available for nurses; for additional information see page 38. $250

The Art of Self-Direction

Lenore Lefer

This workshop is about personal, social, and cultural change. It is about creating, initiating, and directing change as well as responding to those alterations that we seem not to choose. We will explore how to be causal in relation to change and how to include our deepest values. Do we know what is meaningful, and how do we integrate that into our lives? It is an art to lead a self-directed life that includes both personal and social responsibility.

Founded conceptually in psychosynthesis, the focus of this self-exploration will be experiential, using imagery, inner dialogue, meditation, and individual and group process. The environment will be supportive and evocative. This workshop is appropriate for professionals who deal with transitional crises in their own work.

Recommended reading: Pierro Ferucci, *What We May Be* (J. P. Tarcher); Roberto Assagioli, *The Act of Will* (Penguin). $250

Wild and Useful Plants

Jesse Longacre

This weekend is for people interested in learning some of the edible and medicinal plants of Big Sur—from the tidepools of the Pacific to the Santa Lucia mountain ridges. We'll begin with a slide show of some of the taste treats we'll be seeking. On Saturday we'll be outside all day in search of herbs, seaweeds, and mushrooms. The hiking will be relatively light. Saturday night we'll examine, identify, and discuss our specimens together and share our insights on the day. At our final meeting Sunday morning we'll feast on our gatherings.

If you want to discover survival foods, add new foods to your diet, or just be with nature and learn something about what you see, this could be a very practical, enjoyable, and tasty weekend. $250

The *Bhagavad Gita* as a Guide to Counseling

Harry Sloan

"Better is one's own dharma *[own style], though imperfect, than the* dharma *of another well performed. He who does the duty ordained by his own nature incurs no sin."*—The Bhagavad Gita

Similarly, William Blake said, "I must create a system of my own or be enslaved by another man's." To the extent we clone someone else's approach or style, even though we perform the task well, if it is at the expense of our true nature we dishonor ourselves.

The *Bhagavad Gita* is an ancient and sacred text of the Hindus. What the Bible is to the West, the *Gita* is to the East. The story of the *Gita* is about a battle. Metaphorically, it is the struggle of honoring our duty to ourselves, and not capitulating to the obstacles and familiar habits that impede deepening and expressing our unique sense of Self. For a counselor the message of the *Gita* is the struggle to resist the temptation to settle for rote interventions or techniques at the expense of reaching deeper within ourselves for insight and discovery of our own system.

This program may be useful not only for the counselor, but for any in the helping professions who would like to deepen their own unique sense of Self in the process of their professional work. The format will blend experiential exercises with discussion focusing on the pertinent *sutras* of the *Gita* that reflect the above theme.

Recommended reading: Swami Nikhilananda, *The Bhagavad Gita* (Ramakrishna-Vivekananda Center). $250

Week of February 23–28

Five-Day Massage Intensive

Deborah Anne Medow & Arthur Eric Munyer

For workshop description see January 12-17. $490

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week we will focus on how to develop those qualities in ourselves that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based in warmth and humor we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $490

February 23–March 9

Gestalt as an Art Form

Paul Rebillot

For workshop description see Special Programs, page 35. $1230

February 23–March 16

Continuum Dance Meditation Intensive: Waves and Whispers

Emilie Conrad-Da'oud & Susan Harper

For workshop description see Special Programs, page 35. $1720

Weekend of February 28–March 2

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $250

Sierra Ski-Touring: Gentle Pleasure of Flat Tracking

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

For workshop description see Wilderness Programs, January 10-12, page 38. $265

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see January 3-5. $250

Reprinting: A Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize the inner power? Through various approaches including body reading, light trance work, and anchoring (Erickson), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in, and consider opening new doors toward growth and freedom. New models of behavior can become available.

The workshop will feature individual and group processes, including body release approaches.

Recommended reading: Hector Prestera and Ron Kurtz, *The Body Reveals* (Harper & Row). $250

Week of March 2–7

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $490

March 2–21

Sustaining Integration: Body, Self, and Soul

Jack Rosenberg

For workshop description see Special Programs, page 35. $1595

March 2–28

Body Work, Energy Medicine, and the Natural Healing Process

Coordinated by Craig Carr

For workshop description see Special Programs, page 35. $1960

Weekend of March 7–9

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $250

Weekend of March 14–16

Keeping The Spark Alive

Ayala Pines

When two people are in love it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the dampening effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, and it is not caused by major dramatic events. It is caused by a build-up of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

This workshop is recommended especially for couples committed to keeping the spark alive in their relationships, and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out. $250

March 14–21

Closeness, Sex, and Feeling

Peter Levine

Most of us are limited by myths which profoundly influence how we behave sexually. The barriers to physical pleasure are the same that block spontaneity and creativity, and make sex mechanical, impersonal, and compulsive.

In this workshop we will explore, in a supportive and safe environment, ways in which we limit our playful capacity for pleasure and connectedness. We will seek our own truths about our feelings, about ourselves, and about our sexuality. As we see that sex can be part of our natural expressive process, we can begin to reclaim bodily feelings. Sex can become not an act or a goal, but rather a deep expression from within us, an integral part of our loving and being—our joyful birthright.

Methods may include direct body work, dream work, gestalt, and self-acceptance practice. The workshop will involve group participation as well as individual work, and is open to individuals as well as couples. $740

Week of March 16–21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $490

The Sound of the Image

Roy Hart Theatre with James Hillman & Patricia Berry Hillman

This workshop is designed to present a field of enquiry embracing new explorations in the psychology of the image (archetypal psychology). The approach centers on how the image can be entered physically, combined with the human voice in its widest ranges, smashed, reformed, revealed in sound, gesture, and scene, and how it directly presents the mythic dimension. This approach recasts the psychological setting into a "petite drame."

We will explore the image in theater—as it is expressed by the actor and as it is perceived by the spectator; and study the anima and animus as structures of sound—the shadow as expressed unconsciously in breath and tone.

Participants will consider the voice as raw material, exploring its qualities for human and dramatic potential. The workshop will include physical exercises, individual and small-group voice work, and performances and presentations by Roy Hart Theatre members. $520

Weekend of March 21–23

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $250

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $250

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see January 31-February 2. $250

March 21–28

Psychosynthesis: A Seven-Day Workshop for Professionals

Harry Sloan

Harry Sloan writes: "Many of us have experienced those moments in working with clients when we don't have the foggiest idea of what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for what is most familiar—a technique, map, or model. This can lead to the mechanical experience of 'going through the motions' and rote interventions. However, if we could reach for essence and truth instead of falling back on what's most familiar, the dissonance might open to insight. The result of capturing the moment and responding to the need of the client and to the dynamics of the situation can have a decidedly different effect upon both the guide and client. The heart of psychosynthesis is understanding the process of reaching for essence within ourselves and our clients. This practice can lead to developing wisdom and intuition, transcending the methodologies we use.

"The format will combine individual work within the group setting with seminars, group exercises, and practicum. This program will be useful not only to those who are interested in psychosynthesis, but also to anyone in the helping professions who wants to come into a more creative relationship with his/her discipline.

"Psychosynthesis is the name for the conscious attempt to align and cooperate with the natural process of growth and integration. It recognizes that each human being is spiritual in essence and encourages the realization and expression of this essence, or higher self, as fully as possible in personal and social existence." $740

Week of March 23–28

Our Myth-Body to Live By

Joseph Campbell & Chungliang Al Huang

Joseph and Chungliang continue with their annual collaboration (eighth year at Esalen), exploring the mythic dimensions in body, mind, and spirit with lively stories, music, and t'ai chi dancing. A celebration!

Recommended reading: Joseph Campbell, *The Mythic Image* (Bantam), *Myths to Live By* (Bantam), *The Way of the Animal Power* (Ban der Marck), and *The Hero with a Thousand Faces* (Bollingen); Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton) and *Embrace Tiger, Return to Mountain* (Real People Press); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon). $520

Weekend of March 28–30

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $250

Warriors on Magic Mountain: Embrace Tiger, Return to Mountain (T'ai Chi Intensive)

Chungliang Al Huang & Living Tao Staff

For workshop description see January 5-10. $250

Death and Resurrection

Paul Rebillot & Stanford Eugene Cates

This workshop offers the opportunity to confront, rather than avoid, one of life's most real situations and its only inevitability: your own death. On a wider scale, it explores ways to move creatively through life's many transitions, letting go of the old and welcoming the new.

We will prepare for our deaths by reviewing our lives, completing unfinished business, writing wills. We will plan and celebrate our own funerals. Attachments to persons, things, and self-images are gradually severed until, surrendering all to the ultimate unknown, we are able to experience the birth of the truly new. Reborn, we can begin to create a new life the way we want it. $250

Aggression, Sexuality, and Danger: A Gazebo Workshop for Parents and Children

Lia Thompson & Perry Holloman, with Riley Thompson-Clark & Maya Holloman

How do children gather information and learn to make decisions based on what they have gathered? As parents and teachers, to what degree do/should we intrude or interfere in this information-gathering process? We will examine the critical role that parents, teachers, and other children play in the development of a child's total abilities.

The Gazebo staff believe that allowing a child full interaction with his/her environment, imposing as few limitations as possible, greatly enhances the child's social skills. Particularly in the areas of conflict resolution and natural sexual exploration, the Gazebo experience has enabled children to exercise their initiative successfully. Families may come together in this workshop to discover some of their own resolutions for current challenging situations. $250

Anyone interested in receiving information regarding early childhood education and related activities at Esalen, please send name and address to Janet Lederman, Gazebo, Esalen Institute, Big Sur, CA 93920.

Week of March 30–April 4

I Ching: Easy Learning from the Center

Chungliang Al Huang & Living Tao Staff

Chungliang writes: "This seminar allows you to delve deeper within the superficial understandings and fringe benefits of your *I Ching* searchings. Penetrate into this resourceful ancient book of wisdom: begin from the core of wholeness, balance the yin/yang polarity, evolve into eight trigram variations, then create the 64 hexagrams holographically.

"You can do it all from the beginning with Chinese brush strokes, the corresponding ideopictogram meanings, and the t'ai chi movement motifs. You may draw references from Wilhelm/Baynes and other translations, and from my personal collaborative learnings from John Blofeld and Lama Govinda. Prepare yourself by reading pages 72-96 of *Quantum Soup*. Do away with the linear mind and body. One of the meanings of I (as in *I Ching*) is EASY. Dance the *I Ching*!"

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton) and *Embrace Tiger, Return to Mountain* (Real People Press); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon); John Blofeld, translator, *I Ching*; Lama Anagarika Govinda, *Transformations*. $490

The Hero's Journey

Paul Rebillot & Stanford Eugene Cates

Paul Rebillot writes, "Again and again, in my work with people, I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another—whether it be a child's discovery that there is no Santa Claus, an adolescent's awkward approach to puberty, a marriage or the ending of a marriage, or a change of career. Every such change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That pattern is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces

must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"My purpose is to give people a chance to experience a rite of passage so that they can go into the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight."

Recommended reading: Joseph Campbell, *The Hero With a Thousand Faces* (Bollingen) and *Myths to Live By* (Bantam). $490

March 30–April 25

Gestalt Practice: A Practicum

Coordinated by Christine Stewart Price & Richard Price

For workshop description see Special Programs, page 36. $1485

Month-Long Esalen Massage Practitioner Program

Esalen Massage Practitioners

For workshop description see Special Programs, page 36. $1960

Weekend of April 4–6

Living Music

Paul Winter

This workshop focuses on the music in our lives—both within and around us. Through a process of *improvisation* (using sound, body movement, and poetry) and *consorting* (combining our natural instincts, our natural music, and our inclination to share in expressing the music of the world), we can embrace the instruments and voices of many traditions: folk, jazz, symphonic, tribal, rock, homemade, and animal. Participants are encouraged to bring any musical instruments (whether or not they can play them), including their voices. No musical experience is required, only an interest in self-expression. $250

April 4–18

Spiritual / Esoteric Practice: The Key to Intuitive and Psychic Development

Anne & Jim Armstrong

For workshop description see Special Programs, page 36. $1230

Joyce Rogers Lyke

Week of April 6–11

Letting Go—Moving On

Mary Goldenson (Devarani) & Fred Kalmus

For workshop description see February 14-16. $490

April 6–20

Educating the Genius Within—The Feldenkrais Method

Harriet Goslins

For workshop description see Special Programs, page 36. $1230

Weekend of April 11–13

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see January 31-February 2. $250

Week of April 13–18

Ericksonian Hypnosis and Communication

Paul Carter & Marianne Paschke-Carter

"Wisdom is the intelligence of the system as a whole."—Gregory Bateson

"Your conscious mind is very intelligent, and your unconscious mind is a hell of a lot smarter."—M.H. Erickson.

Paul writes: "We have an intelligence obtained from our wholeness that is far greater than we are ordinarily conscious of. Erickson called it the 'unconscious mind.' Accessing and integrating this intelligence formed the basis of his hypnotic work.

"This workshop is designed for those who work with people and would like experience with Ericksonian hypnosis, communication, and problem-solving. The emphasis will be on developing a practical understanding of the principles of this approach including trance as a natural and necessary part of health and the idea that people are paradoxical and so too must their communication and problem-solving be paradoxical.

"Through guided exercises and demonstrations, participants will be taught the hypnotic use of metaphor in movement, sound, image, and story, as well as the hypnotic realities of age-regression, age-progression (traveling into futures), lucid dreaming, dissociation, and deep-trance identification (a process of deepening self-awareness through identification with different persons in and out of trance).

"Additional exploration will include: the recognition and use of spontaneous trance states that commonly occur in the course of body work, acupuncture, movement and dance, sports, counseling, and everyday stress situations; the art of using all of the system, including the bad, sick, crazy, and resistant parts; the value of humor, confusion, pattern interruption, and paradox in accessing unconscious creativity and resources; and an integrative approach to problem-solving and self-healing as described in my soon-to-be published book, *The Parts Model*.

"*Course prerequisites: a sense of humor, a warm heart, a little skepticism, a little trust, and an unconscious mind.*"

Recommended reading: Jay Haley, Uncommon Therapy (W.W. Norton & Co.); Jeffrey Zeig, Editor, *Ericksonian Approaches to Hypnosis and Psychotherapy* (Brunner & Mazel). $490

April 18–25

Returning to the Wisdom of Our Earth / Bodies

Laura DeNuccio (Ma Prita)

"If a proper reverence for the sanctity of the earth and the diversity of its people is the secret of peace and survival, then the adventure of self-discovery stands before us as the most practical of pleasures." — Theodore Roszak, *Person / Planet*

Learning about our bodies, our natural instincts and responses, can lead us back to the ancient wisdom of the earth—returning us to our sacredness and wholeness.

The focus of this workshop is to regain an intimate relationship with the natural pulsations and expressions of our bodies, as well as our environment, through a conscious unfolding of our selves physically, emotionally, mentally, sexually and spiritually.

In nature, we can observe the rhythms and patterns that occur in every aspect of life—from the pulsation of the cell, to the ebb and flow of our deepest emotions, to the movement and expansion of the universe itself.

The natural world will be our teacher as we explore the "inner" terrain of our physical and emotional bodies and the "outer" terrain of Esalen and Big Sur.

We will use Reichian gestalt awareness and breath work, deep emotional release, sound, creative movement, and meditation to balance and transform energy blocks in the body (see June 22-27 description). In addition, we will use music, dance, prayer, and ritual to express our relationship with the earth and each other.

Steve Beck

No previous experience is needed, only a willingness to explore this adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms.

This workshop is limited to 12 participants.

Recommended reading: Fields, et.al., *Chop Wood, Carry Water* (J.P. Tarcher); Shakti Gawain, *Creative Visualization* (Whatever Publishing); Peter Russell, *The Global Brain* (J.P. Tarcher); Ken Keyes, Jr., *The Hundredth Monkey* (Vision Books). $740

The Enneagram: A Tool for Identifying and Developing Intuition

Helen Palmer

Helen writes: "For the past several years I have been teaching people how to develop their intuition as a reliable source of information. It has become increasingly clear that adults are especially sensitive to issues and situations that, as children, they were attracted to or needed to defend themselves against. For example, a loved child may develop the ability to merge with the wishes of others and so become highly intuitive about the means of gaining their approval. A child who has had a frightening early life can become precognitively sensitized to anger or negativity in other people. These psychic abilities, centered around the survival issues of childhood, then become an integral part of the adult personality, but the grown up child is usually not conscious of operating from anything other than intellectual information. The key idea is that each person's intuitive style seems to be closely associated with a particular set of issues that derive from early experience.

"The Enneagram is a Sufi system that acts as a bridge between intellect and intuition. It has been taught for generations in the oral tradition. In its present form, it uses the language of psychology to identify nine personality types and their interrelationships. Each personality type has a unique way of looking at the world, and this viewpoint is reflected in a set of preoccupying thoughts and a related intuitive style. Thus, once the focal points of internal attention are identified, a person has a place to begin to look for the related intuitive ability.

"The function of a teacher in the oral tradition is to work first with a group of people who have the same personality type, and to develop a line of questioning which demonstrates the operation of their particular thought strategy. By observing such exemplars, workshop participants will be able to discover their own personality type in this system, and thus their own preoccupying issues and the ways in which they internally sense the presence of these issues. The task is then to be able to distinguish between thoughts about an external situation and intuitive information about that same situation. The second half of the workshop will be devoted to the internal focusing practices that enable one to develop the ability to shift attention between thought and intuitive perception, and to discriminate between psychic and intellectual information.

"The Enneagram workshop is useful to people who wish to develop their intuitive abilities and are working to separate their psychic impressions from their projections. It is particularly useful to anyone who works in a situation where reliable access to intuitive information is important." $740

Week of April 20–25

Aikido in Daily Life

Richard Heckler

Traditional education with its emphasis on abstract thought has denied the potential of the body, leaving us ill-equipped for dealing with change and transitions in our everyday life. Working through the body we can contact an inner energy that has the wisdom to be self-educating and self-healing. We will use exercises and movements from aikido, a Japanese martial art, which can awaken the feeling and perceptive skills of this inner wisdom. The principles of center, ground, positive energy flow, receptivity, relaxation, and appropriate effort under action will be explored, with an emphasis on how they can be applied to everyday life.

The material in this seminar can teach you how to overcome obstacles during times of change and confusion, how to be more effective in stressful situations, and how to develop and trust your intuition.

Recommended reading: Richard Heckler, *The Anatomy of Change* (Shambhala), *Aikido and the New Warrior* (North Atlantic Books). $490

Weekend of April 25–27

The First Big Sur International Marathon —An Esalen Approach

Michael Murphy, Steven Donovan, & Margaret Livingston

On Sunday morning, April 27th, the first Big Sur International Marathon will be run on Highway 1 from Big Sur Valley to Carmel. This 26-mile race, run over one of the world's most beautiful and challenging courses, will benefit Big Sur and Monterey Peninsula charities and non-profit organizations. In support of the race, Esalen is creating this special seminar. During the weekend there will be ample time to look over the race course, rest, enjoy a massage, soak in the natural hot mineral springs, and participate in informal discussions on physical fitness, mental training, and other subjects of interest to runners, from research done by Esalen's Transformation Project staff.

In additional support of the race, Esalen will provide accommodations for the world class runners who have specifically been invited by the race committee.

For more information on the race and for an application to enter, write: The Big Sur International Marathon, P.O. Box 222620, Carmel, CA 93923. Phone: (408) 625-6226.

Even if you don't plan to run, come and enjoy springtime in Big Sur, and join the excitement surrounding the inaugural running of the Big Sur International Marathon. $200

Week of April 27–May 2

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $490

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $490

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

For workshop description see February 23-28. $490

The Lover's Journey: A Quest for the Inner Man, the Inner Woman

Paul Rebillot & Stanford Eugene Cates

Paul Rebillot writes: "My study of Carl Jung's *Psychology of the Transference* stimulated me to look into the concept of the alchemical marriage as a process of owning and uniting the various archetypal aspects of ourselves. By exploring my own polarities, I saw how they affect the organization of my personality. By becoming aware of four aspects of myself, the negative and positive man, and the negative and positive woman, I discovered when I am being authentic with others and when I am not. All four must live together within me if I am to experience my wholeness.

"Consequently, I created a process in which people, by developing these roles, can discover how they liberate or how they confuse relationship. By playing out these roles and having fun with them, we can recognize options rather than determinations.

"At the climax of this workshop, participants design and act out a ritual of joining together, a wedding celebration whereby they create the possibility of these four aspects actually uniting within themselves, awakening the seed of individuation." $490

Reflectors

Jenny O'Connor & the NINE

"In this form we become bridge between whole and unwhole, happy and sad, good and bad. We are thought form, the first thought as you, as mankind, assumed shape and the last thought as you choose to leave. What remains is afterthought or vibration as we know it, and so the form begins again. The vibration came before the chicken."—The NINE

"This workshop is an invitation to spend time with The NINE in dialogue and self-discovery. As they move to answer questions, they create a kind of language that bypasses the mental structures of the brain and enters through the pores of the body. It can be beyond expectation because it enters the space between all expectations and, caught unawares, you may find yourself looking at a reflection of yourself that is shockingly familiar, for there may be more of you than you ever believed possible. You may well be compelled to reach across that space between the masks you carry and the self you don't quite yet believe possible and so put the strain of your theater to rest for a while. All this through a meeting, a few questions that seem simple enough in the asking but may rebound in a way that strikes far beyond what you thought you asked. It is a very fast way to know yourself better, in a form that teaches through compassion, humor, intelligence, and a vital concern for the future of us and our planet."—Jenny O'Connor $490

Weekend of May 2–4

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $250

Soviet-American Relationships

Robert Bathurst

For workshop description see February 14-16. $250

Songs of Innocence, Songs of Experience

Nancy Kaye Lunney

This weekend is for people who want to sing but are afraid or worried about what others think, for shower singers and choir members who dream of hitting the big time, and for accomplished singers who want to improve their performance. Piano accompaniment and video feedback will be part of a supportive environment for self-expression. Participants are invited to bring their favorite song titles. There will also be a variety of music to choose from at Esalen. $250

Exorcising the Demon "Should"

Paul Rebillot & Stanford Eugene Cates

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously. With the help of this experience in contrasts, we will explore our possibilities for movement between the two, and in this way open up our options to the full range of our own authentic being. $250

May 2–10

Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Jessica Moore Britt & Steven Harper

For workshop description see Wilderness Programs, page 38. $490

Weekend of May 9–11

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $250

Leonard Energy Training: The State of the Art

George Leonard & Annie Styron Leonard

In the world of Leonard Energy Training (LET), problems can become opportunities. Stress and pain can become gifts of energy. Personal and social options may be multiplied, and the flow of vital energy enhanced. Participants are offered the opportunity to make daily life into a dance.

LET is derived from the Eastern art of aikido as well as from Western psychology and physical theory. It is a comprehensive body of work that teaches practical, alternative ways of dealing with life situations. It is not physically demanding. It does not aim at emotional catharsis. Most of the training involves simple movement exercises in which the body itself becomes a learning facility. Participants will practice such things as centering, relaxing under pressure, blending, and alternative ways of being. There will also be discussions of applications to education, sports, management, relationships, social transformation, and personal growth.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), *The Ultimate Athlete* (Viking), *The Transformation* (J.P. Tarcher/Houghton Mifflin). $250

Suffering and Happiness as a Spiritual Path

Sogyal Rinpoche

According to the vision of Buddha, the suffering and happiness that we experience now can actually become the path to inner development. This teaching, written by the Tibetan master Jikme Tenpe Nyima, challenges our basic attitude to suffering and happiness, which are revealed to be sources of understanding, compassion and tranquility. Rinpoche will interweave this teaching with periods of guided sitting meditation practice. $250

Week of May 11–16

Hiking and Gestalt Practice

Steven Harper, Richard Price & Aurora Price

This workshop brings together gestalt practice and hiking. Both are practices in awareness. Both offer a chance to explore "inner" and "outer" wilderness.

There will be a balance of gestalt practice at Esalen and short to medium range day-hikes into the Big Sur backcountry. For more specific descriptions of these two approaches, refer to "Gestalt Practice" and "Big Sur Wilderness Experience" on page 15. $490

Human Potential Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to educate the human potential, which means the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers, and for discussion of the work. $490

Pain and Comfort

Dee Dee Lozier & Michael Joyce

Pain makes us grumpy and tired and lowers our self-esteem. This workshop offers opportunities to learn to release pain and create comfort and ease in our bodies.

Group sessions involving imagery, trigger point work, and Feldenkrais lessons will allow participants to explore ways to release pain, increase comfort, and move more easily. There

will be opportunities to work with one's own or someone else's pain in the neck, back, and feet. Private sessions will be focused on problems in muscles, joints, and connective tissue, and appropriate use of Feldenkrais, trigger point, and deep-tissue methods. Participants will be given help in creating a program for continuing improvement at home. $490

May 11–June 6

Psychosynthesis Training

Harry Sloan & Elisa Lodge Schiffman

For workshop description see Special Programs, page 36. $1960

Weekend of May 16–18

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $250

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see January 3-5. $250

Reprinting: A Growth Process

Hector Prestera

For workshop description see February 28-March 2. $250

Week of May 18–23

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $490

Self-Acceptance: The Freedom To Be

David Schiffman & Elisa Lodge Schiffman

For workshop description see February 2-7. $490

Shamanic Healing, Journeying, and the Afterlife Experience: Basic and Intermediate Shamanic Practice

Michael Harner

Shamanism is an ancient human strategy for personal learning and acting on that learning, especially for well-being and healing. In this experiential workshop the participants will practice the methods of the shaman (a type of medicine man or woman), to *see* and to activate power to resist illness and maintain personal health. With the aid of traditional sonic-driving and dancing methods, the group will engage in archetypal exercises and rituals practiced by North and South American Indian shamans to awaken dormant human capabilities and forgotten connections with the powers of nature. Practice will include shamanic journeys to both the Lower- and Upperworlds for knowledge and power, work with animal and plant powers, divination, clairvoyance, and shamanic methods of healing, including the extraction of spiritual pain and illness. There will be an introduction to the Ghost Dance method and to shamanic ways of exploring the afterlife experience. Participants will be taught shamanic methods of helping the terminally ill and their families, and the work of the shaman as psychopomp or conductor of souls.

This five-day workshop is both for beginners and for those who have previously taken a workshop with Michael Harner.

It is recommended that participants read beforehand Michael Harner's book, *The Way of the Shaman: a Guide to Power and Healing* (Bantam; also Harper & Row), and bring a notebook and pen to preserve their experiences for their own shamanic development. They are also invited to bring drums and rattles. $490

Weekend of May 23–25

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 15. $250

The Further Reaches of Human Energy

George Leonard & Annie Styron Leonard

This workshop begins with a basic grounding in Leonard Energy Training (LET), in which problems can become opportunities, stress and pain can be transformed into gifts of energy, personal and social options can be multiplied, and the flow of vital energy enhanced. In addition to its practical applications, the workshop offers the possibility of experiencing your own latent powers of intuition and extraordinary sensing.

After their introduction to LET, participants move into experiments that push the limits of what are termed "normal" human capacities. Through such processes as scanning, tuning-in to others' energy, focused surrender and remote viewing, the group is given a chance to experience a crystalline state of intense aliveness without expectation and prejudgment. As George Leonard wrote in *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet; sensing the energy field of a friend or a tree, making connections that defy conventional space and time. . . . We realize, with the sorcerer, don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), *The Ultimate Athlete* (Viking), and *The Transformation* (J.P. Tarcher / Houghton-Mifflin). $250

May 23–30

The Painting Experience

Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the deepest parts of ourselves through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the opportunity to discover a natural way of painting based directly upon feeling.

The work takes place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop write: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122. (415) 564-8515. $740 (plus $20 materials fee paid directly to the leaders).

Week of May 25–30

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $490

A Gentle Unfolding

Daniel Bianchetta

For workshop description see February 9-14. $490

Weekend of May 30–June 1

Being All There

Charlotte Selver & Charles Brooks

Being all there—being fully present—was the condition of all of us at birth. The present is still our breath of life and our life-blood. As adults, however, we are often preoccupied with images and ideas of how it ought to be. Rather

than responding directly to the situation at hand with all our extraordinary innate capacities, much in us has become immobilized by early conditioning, emotional problems, and habit.

Children and sages have a different way of functioning. For them the world flows into consciousness as the air into their lungs, and their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our own lack of immediacy which is usually felt as tedium and which calls for ever stronger stimuli in the search for joy or self-discipline in the search for peace. By giving up preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what should be but to what is, and the world catches fire for us.

In this workshop participants will explore direct experience, which as it becomes clearer and stronger, will slowly burn away the screen of concepts and restrictions which conditioning has interposed between ourselves and living. For the individual searching for discipline with more reality, this work may have the feeling of solid ground.

Recommended reading: Charles Brooks, *Sensory Awareness* (Ross Erikson). $250

Diving into the Deep: Dream Discovery

Joyce Frazee

Each night when you disappear below the surface of yourself, what is remembered from the journey is a dream. This workshop will focus on using dreams for emotional and spiritual growth, and for connection with alienated parts of ourselves, and the dreamer in ourselves and others.

Participants may experience the multidimensional aspects of a single dream, noticing the most immediate, pressing, unfinished business present in any dream, and uncovering personal symbols. By keeping a dream journal, participants may recognize that dreams come in series, presenting and exploring a continuing theme. Since many of us forget dreams, exercises in dream recall will be offered. We will work with feelings using gestalt and bioenergetics. We will draw dream mandalas and discover how these can be used for insight and healing. Methods of dream control and lucid dreaming will be discussed. $250

Ashtanga Yoga

Deborah Anne Medow

"The body is a boat which carries the soul in the ocean of the world. If it is not strong or it has a hole, then it can't cross the ocean. So the first duty is to fix the boat." — Baba Hari Dass

The primary focus of this workshop is to utilize the methods of the ancient system of ashtanga yoga in "fixing the leaky boat." Throughout this weekend a cleansing diet and various integrated sessions will be combined to encourage workshop participants to develop a solid basis for further development of the physical, mental, and spiritual aspects of yoga practice. Topics covered will include yoga theory, yoga purification and breathing exercises, and meditation, with particular emphasis on asanas (postures). $250

Week of June 1–6

Being All There

Charlotte Selver & Charles Brooks

For workshop description see May 30-June 1. $490

Wild Dance: Movement in Wilderness

Susan Harper & Steven Harper

"Wild Dance" is an invitation to explore natural movements inspired within the human organism by participation in nature. We listen to impulses within and to impulses of wilderness until "inner" and "outer" disappear. As we surrender to the intelligence which creates life in all its varied forms, we may find ourselves moving in unexpected ways. Our awareness may expand. We may feel a larger sense of self and wilderness, and the creative wholeness of a greater dance.

Sessions will be both indoors and outdoors. Evenings, some day sessions, and most meals will be at Esalen. We will also take short day hikes in Big Sur's backcountry. Participants need not have previous experience in hiking or dance. Come willing and ready to participate in nature's range of motion. $490

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if we are to sustain a healthy, interesting and exciting life. Most often we find ourselves actively or passively resisting change while we talk about wanting it. Self-esteem, which includes self-acceptance, self-appreciation and self-confidence, is the aspect of self which enables us to confront our resistance and fear, and increases our willingness to change and take risks.

This workshop includes a unique, in-depth process focused on the ability of each individual to find and allow more personal self-acceptance and well-being, and to confront creatively opportunities for change and growth. Group activities will include gestalt process work, group discussions, massage, meditation, music, dance, art-imagery exercises, and whatever else happens spontaneously. $490

Weekend of June 6–8

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $250

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see February 7-9. $250

Inner Sound and Voice

Jill Purce

Jill describes her workshop: "Practical explorations with sound for healing and the transformation of consciousness. By liberating our voice, we can make contact with deep levels of the Self and release an untapped source of energy. Working with the psycho-physical effects of breathing, chanting, mantric, and sonic meditations. Learning to tune and listen together, moving from the intuitive level into meditative states. Developing breath and sound in ways to set different parts of the body-mind in resonance, to give sonic massage, heal and tune the chakras and subtle body. Finding our own note and hearing inner sound, entering directly into the subtle dimension of sound by magical voice techniques, Mongolian and Tibetan overtone chanting. Using mystical sound techniques from traditional cultures to discover our own voice and source of inner power. Exploring trance and mind-transforming music, mantra and musical medicine." $250

Week of June 8–13

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

For workshop description see January 26-31. $490

A Fourth Way Psychology and Characterology

Elena & Claudio Naranjo

"Fourth way" here refers not to transpersonal psychology, which followed in the West upon the "third force" of humanistic psychology, but to the Sufi tradition represented in the West by Gurdjieff and others. This workshop will comprise theory and psychospiritual exercises (both individual and group) through which participants will be led along a self-insight venture called a "protoanalysis" — an exploration of one's life and personality — with the aid of a psychological map called the "Enneagram." $490

Wednesday evening performance Joyce Rogers Lyke

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

This will be an introduction to intensive intraphysic work using Reichian breath work and gestalt practice. Reichian work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration the possibility is opened to come to a truer concept of self, with an expanded ability to respond in the present. This workshop is limited to 14 participants. $490

A Workshop for Adult Children of Alcoholics and Adult Children of Abusive Parents

Karen Paine-Gernée & Terry Hunt

Growing up with parents who are either alcoholic or physically abusive produces certain predictable and specific characteristics which last throughout our lives unless we deliberately address them. If you were exposed to alcoholism or abuse as a child, you may be finding that the very defenses which protected you in that situation are now interfering with your achieving a happy and productive life.

Some of the characteristics Adult Children of Alcoholics and Abusers (ACA's) struggle with are: an inordinate need to control, an overdeveloped sense of responsibilty, fear of authority figures, difficulty with intimate relationships, inability to trust, difficulty having fun, compulsive-addictive behavior, fear of abandonment, and chronic lack of self-esteem.

Alcoholism is a disease of denial. As children in an alcoholic system, we are taught to deny what our own senses know. We tell ourselves that it really wasn't so bad, and we learn to not feel what we cannot tolerate. As we deny the pain, however, we also screen out the joy, and our adult lives are often filled with depression and hopelessness.

The good news, however, is that recovery is possible. The first stage is to begin telling the truth and identifying our childhoods for what they were. The second stage is to reclaim our feelings without being overwhelmed by them. Karen and Terry, both Adult Children themselves, have developed the concept of emotional sobriety as a path of healing. Learning to be in charge of our boundaries, at the same time surrendering to our sense of not knowing, allows us to accept ourselves for who we are. The setting of Esalen combined with the safety of being with people who have all shared similar experiences provides an opportunity to let go of the cycle of pain.

(This workshop was originally designed for Adult Children of Alcoholics, but the number of Abused Children who have come to us saying that the dynamic was the same for them has led us to include them in our invitation.)

Recommended reading: H. Gravitz & J. Bowdon, *Guide to Recovery* (Learning Publications); Janet Wortitz, *Adult Children of Alcoholics* (Health Communications); Sharon Wegsheider, *Another Chance* (Science and Behavior Books). $490

Weekend of June 13–15

Big Sur Wilderness Experience

Esalen Wilderness Staff

For workshop description see page 15. $250

Letting Go, Moving On

Mary Goldenson (Devarani) & Fred Kalmus

For workshop description see February 14-16. $250

Formative Fields and the Habits of Nature: A New Science of Life

Rupert Sheldrake

The hypothesis of formative causation may provide the basis for a new scientific paradigm which goes far beyond the currently predominant mechanistic theory of life. The idea that the form and behavior of living organisms are shaped by morphogenetic fields, themselves molded by the form and behavior of past similar organisms, leads to a new interpretation of heredity and the evolutionary process. Memories need no longer be thought of as somehow stored inside the brain. They may depend on direct connections with the organism's own past due to morphic resonance, and tuning in to the experience of other members of the species may give rise to a pooled or collective memory. In this workshop some of the implications of formative causation for biology, psychology, parapsychology, philosophy, and religion will be explored and discussed.

Recommended reading: Rupert Sheldrake, *A New Science of Life* (J.P. Tarcher). $250

Love and Work

Anne & John Caple

"Leiben und arbeiten," Freud answered, when asked what the normal person should be capable of. "To love and to work." In this workshop, participants will examine their work lives and work options in the context of their love for themselves, for others, and for the larger world. The group will use integrative exercises, art, and gestalt processes to approach life decisions. The goal is for participants to see

more clearly what they want and how to get it. One outcome will be a specific action plan.

This weekend is for those who want more value in their work lives, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life/work issues during group meetings and in pre-breakfast runs.

Recommended reading: John Caple, *Careercycles* (Prentice-Hall). $250

Week of June 15–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $490

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $490

Yoga: A Week of Rejuvenation

Ganga White & Tracey Rich

This course will aim at giving participants the inspiration and understanding necessary to create a personal practice of yoga. Yoga brings about a strong, healthy, and flexible body, mind, and spirit. We offer a unique, holistic approach that is flowing and graceful and combines asana (posture), pranayama (breathing), and dhyana (meditation). In addition, our approach can be highly aerobic for those wanting to condition the cardio-vascular system.

The course is open to students of all levels, from beginners to advanced. Students will be shown how to develop a 45-minute daily practice that includes all elements necessary for maintaining optimum fitness. Other topics will include learning how yoga works, aligning and restructuring the body, diet and nutrition, and meditation. A special feature will be "double yoga," a system created by Ganga that allows you to share your practice with a friend.

For additional information or questions you may contact Ganga or Tracey at: White Lotus, 2500 San Marcos Pass, Santa Barbara, CA 93105, (805) 964-1944.

Recommended reading: Ganga White, *Double Yoga* (Penguin). $490

Unfinished Business

Janet Zuckerman assisted by Ron Sand

Janet writes: "This workshop will provide a safe environment for exploring the 'unfinished business' in our lives.

"I believe that when unfinished business from the past is projected into current relationships one is prevented from fully appreciating others in the 'here and now.'

"The emotional release methods that I have developed over the past decade support completion of this unfinished business through the honest expression of feelings." $490

Inner Landscapes and Human Evolution: Pathways to Higher Consciousness and Planetary Transformation

Alise Agar, Claudio Naranjo, Kenneth Ring & Andrew Weil

By becoming more conscious of the process by which mind creates reality, it is possible to unlock a variety of pathways—meditation, the appropriate and responsible use of psychoactive drugs, and the near-death experience will be explored by leading authorities in their fields. The workshop will feature day-long programs by each of the presenters. The forum will encompass a combination of lecture, discussion, and experiential exercises. Specific topics to be addressed include: the appropriate and responsible use of psychedelics in spiritual practice and psychiatry, the maintenance of higher states of consciousness through visual imagery and varieties of meditative experiences, and the near-death experience as catalysts for personal, spiritual, and planetary evolution.

Recommended reading: Kenneth Ring, *Heading Toward Omega;* Claudio Naranjo, *The Healing Journey;* Andrew Weil, *From Chocolate to Morphine* and *Health and Healing.* $490

Weekend of June 20–22

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see January 31-February 2. $250

Burnout: Causes and Cures

Elliot Aronson & Ayala Pines

This workshop is designed for people who give service to others and who are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues.

C. E. credit is available for doctors and nurses; for additional information see page 38. $250

The Feeling Process

Janet Zuckerman assisted by Ron Sand

For many people, feelings are something mysterious, something to keep to one's self, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants can learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate, in a safe environment, in the choice of expression or depression. $250

Minds, Madness, and Psychoactive Drugs

David Richman

In this workshop we will explore the current state of knowledge of human brains and the complex chemistry that is at the heart of brain functioning. Through dialogue, slides, and recordings a basic understanding of minds and mind-altering drugs from psychiatric to psychedelic will be presented. From Antabuse to Ativan to Atropine to Adam; from Cocaine to Caffeine to Cogentin; from Prolixin to Phenobarbital to PCP to Psilocybin; from Thorazine to THC to Transderm Scopolamine through Valium and Xanax we will journey through the spectrum of uppers and downers. The basic issue of informed consent and knowledgeable decision making concerning psychoactive drugs will be emphasized.

Recommended reading: David Richman, *Dr. Caligari's Psychiatric Drugs* (NAPA-Network Against Psychiatric Drugs); Robert Julien, *A Primer of Drug Action* (W. H. Freeman); Peter Stafford, *Psychedelics Encyclopedia* (And/Or Press). $250

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop

participants will also be introduced to methods to improve their ability to sense each others' bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about their bodies through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens, who may find themselves discovering new ways of moving with ease and increased flexibility—painlessly and immediately. $250

Week of June 22–27

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 14. $490

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart and Body

David Schiffman & Elisa Lodge Schiffman

For workshop description see January 5-10. $490

The Art of Self-Direction

Lenore Lefer

For workshop description see February 21-23. $490

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

This workshop focuses on how we may consciously unfold ourselves—physically, emotionally, sexually, mentally, and spiritually. Past anger, fear, sadness, and grief, often reflected in the body as tension, pain, lack of spontaneity, and diminished vitality, can keep one from being fully present and alive. By contacting tension and allowing emotion which has been frozen in the body, there is an opportunity to open to the creative flow of life energy within. Allowing this life energy meaningful expression, through true communication with self and others, is the essence of this work.

Some of the areas to be explored this week include: recognizing and releasing tensions which block emotion in the body; using breath and sound to energize and soften the body's tension and emotional holding; contacting and allowing unexpressed sadness and pain, which can increase the capacity for heartfulness, pleasure, and joy; expressing and releasing anger constructively, which can deepen compassion and love while also releasing blocked sexual energy; learning about the nature of fear, and moving toward greater trust of self and others. Paying special attention to the mental processes that shape the emotional and physical body, participants will be shown ways to trust their bodies' responsiveness and inner direction.

This workshop will utilize Reichian body and breath work, emotional release, gestalt practice, the Bates system of eye relaxation, massage, dance, meditation, and various other approaches. $490

Weekend of June 27–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $250

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see January 17-19. $250

Aggression, Sexuality, and Danger: A Gazebo Workshop for Parents and Children

Lia Thompson & Perry Holloman, with Riley Thompson-Clark & Maya Holloman

For workshop description see March 28-30. $250

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

For workshop description see June 8-13. This workshop is limited to 10 participants. $250

The Esalen Soviet-American Exchange Program: An Update

James Hickman & the Exchange Program Staff

Since its inception in 1979, the Esalen Soviet-American Exchange Program has demonstrated significant success in pioneering innovative and imaginative approaches to Soviet-American cooperation. Based on our two nations' common interest in human potential and consciousness, our non-governmental approach to peacemaking emphasizes the need for understanding both the similarities and the differences in disparate cultures.

This project has emerged over the past ten years as members of the Exchange have traveled extensively throughout the Soviet Union establishing personal relationships with Soviets from all walks of life including scientists, political philosophers, artists, athletes, and government officials.

In this seminar we will review the projects in the Exchange Program and share our insights about the intellectual, cultural, and spiritual aspects of the transformational journey on which we have embarked with our Soviet friends and colleagues. The seminar leaders believe that if Americans evolve a deeper understanding of Soviet culture, the United States government might evolve a more creative Soviet-American policy. $250

Cynthia Johnson

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. *Assignments to departments are made according to community labor needs.* **Participants in the focused programs must be prepared to stay at Esalen for the *full duration*** designated for that particular program, assuming that they meet the standards of the work-study program. No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc.

Focused programs planned thus far for 1986 include:

January 5–March 2: Jessica Moore Britt coordinates a two-month program on recognizing **essential states of being**, using subtle body theory, gestalt, Reichian, and wilderness practices.

March 2–30: Laura DeNuccio (Ma Prita) and Daniel Bianchetta offer a program integrating gestalt practice, Reichian breath and body work, creative movement, intuition practice, and energy awareness.

March 2–30: Benj Langdon coordinates a program of **creative movement**, possibly using imagery, Feldenkrais, gestalt, Rolf®-movement, massage, Hakomi, and contact improvisation.

April 27–July 20: Esalen massage practitioners offer a three-month program in **body work**, with instruction in massage, movement, and self-care. For more information, see Massage Practitioner Certification Program, Special Programs, page 37. The cost of this program is: $800 first month, $750 second month, $700 third month.

July 20–August 17: George Kohlrieser offers a program integrating **attachment and separation theory** with neo-Reichian body work, bonding, regression, re-parenting, and group process.

July 20–September 14: Seymour Carter coordinates a two-month program focusing on **gestalt practice**, with emphasis for, but not limited to, professionals.

September 14–October 12: Jessica Moore Britt focalizes study of **energy and pulsation** using gestalt, Reichian breath work, movement, touch, and ritual.

In as much as the Work Study Program is a complete program in itself, **please do not plan to take regularly scheduled catalog workshops** during your stay. Professional services, such as massage and Rolfing®, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

The 28 day Work Study Program costs $600 for the first month. A $300 deposit in U.S. currency is required with your application. Work scholars may be invited to remain for a second month, at a cost of $550, or a third month at a cost of $500 depending on space available and the needs of the Esalen community. **Attention: Beginning April 27, the cost of all Work-Study Programs except the April 27-July 20 body work program is $700 first month, $650 second month, $600 third month. The deposit will be $350.** There are no scholarships available for the Work Study Program.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with your deposit to:

Work Study Program, Esalen Institute,
Big Sur, California 93920. Telephone: (408) 667-2335.

The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other Esalen programs within one year of receipt.

Available dates: January 5–February 2; February 2–March 2; March 2–March 30; March 30–April 27; April 27–May 25; May 25–June 22; June 22–July 20; July 20–August 17; August 17–September 14; September 14–October 12; October 12–November 9; November 9–December 7; December 7–January 4; etc.

Application to the Work Study Program

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program.

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may sometimes be invited to remain for a second or third month, ***depending on space available and the needs of the Esalen community.*** If an invitation is extended, please indicate your availability. (Not applicable to focused program applicants.) ☐ no extension ☐ one-month extension ☐ two-month extension. Assignments to departments are made according to community labor needs.

If you have emergency medical skills (M.D., E.M.T. or R.N.) and are willing to make those skills available during your stay, please check here. ☐

Please attach a personal statement about your interest in the Work Study Program, ***including***: your available ***skills***, especially English language skills, which are essential for participation in the program; any ***medical difficulties*** which might affect your working in any departments; any Esalen workshops you have attended (please list program titles, group leaders, and dates).

Special Programs

January 5-31
Tutorial Program in Shamanism, Shamanic Healing, and the Harner Method of Shamanic Counseling

Michael Harner

Enrollment is limited. For information, and to apply, write to the Center for Shamanic Studies, Box 673, Belden Station, Norwalk, CT 06852, which is sponsoring the program.

February 23-28
Quality Life: Senior Executives

John Soper

A special program is being offered to senior executives interested in living life at its highest quality. The workshop is open to a small number of participants who are not limited by resources. Please contact John Soper, Burns Creek, Big Sur, CA 93920, or call (408) 667-2431.

February 23-March 9
Gestalt as an Art Form

Paul Rebillot

The focus of this workshop will be on teaching the basic principles of gestalt as an art form—the materials of that form being our own human process of individuation. Participants are invited to think of themselves as artists engaged in the great work of creating their own life process. With the basic tools and concepts of gestalt, we will combine elements of myth, ritual, and dreams; music, drama, and dance; the plastic arts, painting, and drawing—so that people will leave at the end of the workshop with a rich palette to play with in the process of unfolding their own life stories.

The workshop will be both a practicum in gestalt and related art forms for those engaged in the helping professions, and an experiential group for those seeking personal expansion. Previous experience with gestalt process is necessary, but it is not necessary to have previous experience as a gestalt facilitator.

Looking at gestalt as an art form takes away the necessity for immediate results and absolute resolution of problems. In working with myth and ritual, we can go beyond the historical biographical material of our personal lives, beyond even the personalized symbolic and archetypal information that comes through dreams, into the dreams and goals of the human race. We seek ourselves in the Self of humanity. Whatever comes out of us in working with an art form—whether it be clay or paint, drama or dance—becomes material for an open seat session, to be explored in order to expand our consciousness of ourselves and our capacity for living and being.

Please bring notebooks, paper, and colors, and if you like, paints.

Recommended reading: Joseph Campbell, *Hero With a Thousand Faces* (Bollingen), *Myths to Live By* (Bantam); Bruno Bettelheim, *The Uses of Enchantment* (Random House). $1230

February 23-March 16
Continuum Dance Meditation Intensive: Waves and Whispers

Emilie Conrad-Da'oud & Susan Harper

Within our skin is a world of movement, not just the familiar movement of liquids and organs, but a dance of intelligent life. This is an invitation to dance.

The inner movement is different from spatial movements such as walking. We call it "intrinsic movement." It is a great facilitator of our body's healing powers, a source for the development of an organic awareness that is fundamental to all intelligence, and a way to understand movement as what we are, rather than an activity we do.

The workshop will be focused on breath, sound, and what we call the "movement of movements."

Each breath is like a motif or theme of a musical composition. The implications of this orchestration involve a re-ordering of our nervous system, refinement of our sense perception, and the ability to pay attention at the deeply organic levels of movement where molecules spin and cells commune.

Sound also plays an enormous part in these orchestrations, making the breath audible. Through audible breath we create new possibilities in our ability to affect ourselves, both as healers and as a way to tune ourselves to the evolutionary thrust on earth.

The movement of movements is the overall flow in the many currents of eddying patterns of motion. Some of the movements can be experienced as wavelike undulates, some are pulsing micro-movements, some have the vibratory hum of tissue, and some the sparkling charge of an electrical current. When all these different movements flow together without interference, we call this "fluidity."

The workshop will be open to both advanced and beginning participants. $1720

March 2-21
Sustaining Integration: Body, Self, and Soul

Jack Rosenberg

This workshop will start wherever you are in your inner journey. The work is an in-depth integration of body and gestalt practices and the transformative process of consciousness.

The course will cover:

Psychology of the Self: Working with early unfinished situations that interrupt our sense of well-being and interfere with our relationships in the present. Sexual implications of this work will be dealt with in body work and in lecture.

Body Work (Integrative Body Approach): Theoretical and practical application, combining Integrative Body Practice, yoga, and aerobics and massage, assisted by Andrea Juhan.

Transformative Process of Consciousness: As our inner journey progresses, our figure/ground is shifted from "doing" and "having" to "being" and to our relationship with the eternal. We will explore ways to integrate and sustain these new awarenesses in our everyday life. $1595

March 2-28
Body Work, Energy Medicine, and the Natural Healing Process

Coordinated by Craig Carr

In this four-week intensive we will explore blending body work such as massage, connective tissue work, and Trager, with newly rediscovered energetic approaches such as acupuncture, zero balancing, radionics, homeopathy, and others. Hands-on practice, zero balancing training, and didactic presentations will be the core of the workshop. Principles of gestalt will also be taught, and process sessions will be regularly scheduled. Health professionals may find integration of these practices useful in their work with clients.

Interested applicants should include a letter stating background, interests, and the goals you would meet by participating in this program. For a complete course syllabus write to Craig Carr, c/o Esalen Institute, Big Sur, CA 93920. Limited scholarship is available.

Recommended reading: Rosemary Feitis and Ida Rolf, *Ida Rolf Talks About Rolfing and Physical Reality* (Harper & Row); Connelly, *Traditional Acupuncture, The Law of the Five Elements* (Centre for Traditional Acupuncture, Inc., Columbia, MD); Dana Ullman, *Everybody's Guide to Homeopathic Medicine* (J.P. Tarcher).

C. E. credit is available for nurses, for additional information see page 38. $1960

March 30–April 25
Gestalt Practice: A Practicum

Coordinated by Christine Stewart Price & Richard Price

Gestalt practice is an experiential form—nonanalytic, noncoercive, non-judgmental—evolving out of the work of Fritz Perls. In this practice the quality of one's awareness is made primary, especially as focused on breath and physical sensation. See page 14 for a more detailed description.

This program is designed for people with established client-oriented practices, such as counselors, body workers, nurses, teachers, etc., who would like to integrate gestalt practice skills in their professional life as well as have concentrated time to attend to their personal growth. The curriculum will include sessions in which participants work individually with the leaders in a group setting ("open seat" work) as well as practicum sessions when group members work with each other in supervised situations. Some sessions will be video-taped for review and discussion. Although gestalt practice is the primary focus, related approaches will be presented, especially those which enhance ability to focus awareness on breath and the body.

This is a *scholarship program* and all participants are required to *work sixteen hours per week* in the Esalen community. This work commitment is part of the program and participation is contingent on its fulfillment. Some additional scholarship assistance is available. To apply for the workshop, send a brief letter describing your present work and how you imagine this experience would relate to your professional and personal growth. Address application to Christine Price, c/o Esalen.

$1485

March 30–April 25
Month-Long Esalen Massage Practitioner Program

Esalen Massage Practitioners

This month long program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture-demonstrations including "hands-on" practice sessions using one another as models, illustrated anatomy classes, and instruction in the basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning. Body work will be studied as a function of optimal well-being and stress reduction, and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. At the satisfactory completion of the program, and after an additional 30 recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program, with limited admission. Please request an application form when you make your reservation. $1960

April 4–18
Spiritual/Esoteric Practice: The Key to Intuitive and Psychic Development

Anne & Jim Armstrong

Anne & Jim write: "We feel that a well-developed, directable intuition is a natural, healthy outgrowth of self-realization. But unless we are willing to create the proper environment through self-discipline, meditation, and being mindful of everything we think, feel, say, or do, this powerful force will remain dormant within us. This two-week workshop will concentrate on building a firm esoteric/spiritual foundation for serious students interested in using intuition as a factor in their lives and professions. This will be accomplished by drawing from many ancient and modern spiritual disciplines, including meditation and yoga, while emphasizing the spiritual and ethical use of the intuitive/psychic process. Participants will be given intensive instruction and practice in the practical aspects of intuitive work—in counseling and other professions as well as in everyday living. They will also receive instruction on learning to recognize, trust, and apply their own psi abilities through lecture, basic exercises, and practice on selected cases. During the exercises Anne will use her "tracking" abilities to assist participants in developing their own inner sensitivity.

"Although esoteric and metaphysical explanations and background will be presented where appropriate, this is not a primary goal of the program. Particular attention will be placed on helping the participants differentiate between perception and projection, and between psychic and intuitive input." $1230

April 6–20
Educating the Genius Within—The Feldenkrais Method

Harriet Goslins

"By my body's actions . . . teach my mind."
—Shakespeare

The habitual way you sit, stand, or move reflects patterns that are "wired-in" to your nervous system. This information can be erased or changed. By re-educating the brain/muscle connection, restrictions in your movement are freed, freeing also the life-time habits that have organized around that movement.

Awareness-through-movement lessons are a relearning of the ease and fluidity you took for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or on-going stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of our awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. When you change how you hold your muscles, your entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury, for the sedentary or those dealing with after-effects of injuries, and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his neck, shoulders, and back, to improve his posture and breathing, and to live and move with more flexibility and comfort.

Recommended reading: Moshe Feldenkrais, *Awareness Through Movement.* $1230

May 11–June 6
Psychosynthesis Training

Harry Sloan & Elisa Lodge Schiffman

Learn your techniques well and be prepared to let go of them when you touch the human soul.
—Carl Jung

Many of us have experienced those moments in working with clients when we don't have the foggiest idea what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for the familiar—a technique, map, or model. This leads to the mechanical experience of "going through the motions," and using rote interventions. In those moments, if we can stretch for essence and truth instead of falling back on what's most familiar, dissonance often opens to insight, with a decidedly different effect upon both client and guide—that ineffable sense of capturing the moment. The interventions that follow are dynamic, uniquely suited to the particular needs of the client. The heart of psychosynthesis is understanding the process of reaching for the essence within ourselves and our clients. This practice tends to develop our inherent wisdom and intuition, a context which transcends methodologies.

I must create a system of my own or be enslaved by another man's. —William Blake

For people to strengthen their own unique style, training programs need to self-correct for the tendency to emphasize techniques, maps and models at the expense of developing the participants' intuition or "own system." At its extreme, the blind adoption of form creates a cloning of a leader's approach and/or style. The challenge of this training will be two-fold: to hold the door open to our intuition (our own system); and to utilize creatively the methods of psychosynthesis and the skills of disciplines with which we have identified. The program can be useful for anyone in the helping professions who wants a more creative relationship with their discipline. The format will combine experiential seminars, meditative practice, process work, body work, readings, supervisions, and practicum. Psychosynthesis leaders will be invited in at times to offer their special-

ty. Participants will have the opportunity to recognize and work with the process of psychosynthesis in themselves and in others, and to develop the practical experience needed to begin applying the methods of psychosynthesis in their work. Some of the themes covered in this program are: guiding as a meditation, developing and aligning the major aspects of our personality, body, feelings, and mind; principles and practice of guided imagery; multiplicity, conflict, and integration in the personality; balance and synthesis of opposites; utilizing the superconscious or transpersonal dimension to recognize, release, and transform blocked energies; the dynamic energy of love as a vehicle for change and healing; grounding (the process of translating psychological awareness and insight into deliberate behavioral change); levels of perception—intellect, intuition; spontaneity and the fear of making mistakes; the principle of synthesis as a quality of the will and as the unifying principle of individual growth and human evolution.

Psychosynthesis is a name for the conscious attempt to align and cooperate with the natural process of growth and integration, recognizing that each human being is spiritual in essence, and that the fundamental opportunity available to us is to realize and express this essence, or Higher Self, as fully as possible in the world of everyday personal and social existence.

A packet of reading materials is available on receipt of a $20 check payable to Harry Sloan, P.O. Box 18185, San Francisco, CA 94118.

$1960

Massage Practitioner Certification Program

Esalen is now offering a California state-approved certificate upon successful completion of its three month work-scholar program or one month residential massage practitioner program, and 30 additional massages. Each program fulfills the state requirement of at least 130 hours of instruction, supplemented with additional study in body-mind disciplines such as yoga, gestalt awareness work, and movement.

Healthspring Traveling Workshops

The Esalen massage teachers and their associates have created Healthspring, an independent organization devoted to extending their work into an outreach program. The workshops offer practices to help increase physical and spiritual health and awareness within the body, and can be designed to suit the needs of individual groups. The curriculum combines such approaches as massage, meditation, dance, neo-Reichian work, creative movement, gestalt, yoga, breath enhancement, anatomy, and other health-strengthening disciplines.

Healthspring will conduct workshops at locations outside of Esalen in your hometown or city. For more information on scheduling a Healthspring group in your community, write to: Healthspring Traveling Workshops, Esalen Institute, Big Sur, CA 93920.

Joyce Rogers Lyke

Wilderness Programs

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

Up to 3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

January 10-12
Sierra Ski-Touring: Gentle Pleasure of Flat Tracking

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

Ski-touring is a state of mind, a balance of boldness and caution, and an exploration of the ever-changing winter wilderness. The Sierra Nevada becomes a silent, magical place when the snow begins to fall in November. We have the range to ourselves to glide through meadow and forest, savoring the sparkle and solitude only ski-touring affords. Touring is an easy skill to learn. After a few hours of instruction you can be ready for your first tour.

Whether you're a beginner or intermediate cross-country skier, this weekend can help perfect your technique quickly and easily. Expert instruction and the use of videotapes help you master the effortless kick-and-glide of the accomplished skier. On Saturday, we will ski on the set tracks and be taught how to move easily. Sunday, we will pack our lunch and ski-tour through gently rolling terrain, where, for those who wish, we review and teach the wedge turn and the telemark turn. Both nights we will stay in cozy cabins at Kirkwood where we can sample delicious meals and top off the day's activities in the nearby hot springs. Skis, boots, poles, lodging, and all meals are included. The trip begins Friday afternoon and ends Sunday afternoon at the airport in South Lake Tahoe. $265

February 28-March 2
Sierra Ski-Touring: Gentle Pleasure of Flat Tracking

Dick Galland, Annie Callaway-Galland & Kirkwood Touring Center Staff

For workshop description see January 10-12 on this page. $265

May 2-10
Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Jessica Moore Britt & Steven Harper

Nature can provide us with opportunities to stretch our limits and explore our inner wilderness. By living in a natural environment we can expand our sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. We will travel "light," with instruction in minimum impact camping, ecology, and the geography and cultural history of the area.

Wilderness will be our mirror and primary teacher, as we live simply and in direct contact with nature. We will explore our inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, we will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley, with natural hot springs, for our last night together. There, meditation instruction will be available for those who wish it. Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $490

Medical Programs

Esalen Institute is a California state-approved provider for continuing education for health professionals. **Only those programs specifically listed below offer continuing education credit.** The California Medical Association has granted Esalen Category 1 approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Physicians

June 20-22
Burnout: Causes and Cures
Elliot Aronson & Ayala Pines
10 hours

Registered Nurses

January 24-26
Anatomy for Trager Students
Deane Juhan
12 hours; C. E. credit is available through the Trager Institute

February 9-14
Craniosacral System: Basic Workshop
Jim Asher & Jane Harrington
30 hours

February 21-23
Zero-Balancing: Advanced Workshop
Fritz Smith
10 hours

March 2-28
Body Work, Energy Medicine, and the Natural Healing Process
Coordinated by Craig Carr
30 hours

June 20-22
Burnout: Causes and Cures
Elliot Aronson & Ayala Pines
10 hours

Future Programs

November 2-28
Integrative Body Practice Training Program

Jack Rosenberg

For details write the Rosenberg Institute, 1107 W. Washington Blvd., Venice, CA 90291, c/o Marjorie Rand.

Biographical Information

A

Alise Agar, *p. 32* ... former program director for the Institute for the Study of Consciousness in Berkeley, California, is currently investigating the use of psychoactive drugs in psychotherapy.

Anne Armstrong *p. 18, 25, 36* ... has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong, *p. 18, 25, 36* ... a former engineer, is a life-long student and teacher of esoteric studies.

Elliot Aronson, *p. 32, 38* ... professor of psychology at UC Santa Cruz, is author of 12 books, including *Burnout* (with Ayala Pines).

Jim Asher *p. 21, 38* ... has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer®, certified by Ida P. Rolf.

B

Nancy Bacal, *p. 21* ... novelist, lyricist, and filmmaker, has taught writing workshops across the country for years. Her work includes the award-winning film "Raga," starring Ravi Shankar.

Jamie Baraz *p. 18* ... has taught vipassana (insight) meditation with Joseph Goldstein, Jack Kornfield, Stephen Levine, and others in the U.S. and Asia. He has led San Francisco area classes and retreats since 1977.

Robert Bathurst, *p. 21, 28* ... professor, writer, former diplomat and naval officer, has specialized in Soviet literature and Soviet strategy since he was an interpreter at Camp David during the Eisenhower-Khrushchev talks.

Daniel Bianchetta *p. 21, 29* ... practices intuitive readings, shiatsu, and deep tissue work at Esalen. He is a teacher and student of Siddha yoga.

Jessica Moore Britt, *p. 14, 28, 31, 33, 34, 38* ... coordinator of Esalen in-house programming, is a practitioner of gestalt, Reichian, and wilderness approaches to healing and essential development.

Charles Brooks, *p. 29, 30* ... author of *Sensory Awareness, the Rediscovery of Experiencing*, has been a teacher of sensory awareness since 1963, often in conjunction with Charlotte Selver.

C

Annie Callaway-Galland, *p. 17, 23, 38* ... professional wilderness guide, family counselor, and hatha yoga teacher, has been leading Esalen trips for many years.

Joseph Campbell *p. 24* ... is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero With a Thousand Faces, The Masks of God*, and *Myths to Live By*.

Anne Caple *p. 31* ... is a student of transpersonal psychology, technical writer, editor, and fiber artist.

John Caple *p. 17, 31* ... is a career counselor, worklife advisor to business, and college professor.

Craig Carr *p. 23, 35, 38* ... is a licensed acupuncturist, certified zero-balancer, and Esalen deep-tissue practitioner, working in Big Sur, and Monterey, California.

Paul Carter, *p. 25* ... co-founder and director of Meta-Education and Training Arts since 1976, leads workshops in the U.S. and Europe in Ericksonian hypnosis, creativity, and learning.

Seymour Carter, *p. 34* ... longtime gestalt teacher at Esalen and in Europe, brings to his work studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.

Michell Cassou *p. 29* ... is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.

Stanford Eugene Cates *p. 20, 24, 27, 28* ... is an ordained minister, gestalt facilitator, and Trager bodyworker. He has worked with Paul Rebillot in the U.S. and Europe for seven years.

Ann Christie *p. 19* ... received a primal certificate while training with Arthur Janov and is a specialist in Ericksonian hypnosis in private practice in Los Angeles.

Jack Cirie *p. 20* ... is a certified Leonard Energy Training instructor and aikido practitioner, and an experienced leader of workshops on conflict resolution, body awareness, and performance.

Emilie Conrad-Da'oud, *p. 22, 35* ... a professional dancer and teacher of movement, has studied and performed ballet, modern jazz, Afro-Cuban, and primitive dance in New York and the West Indies.

Stewart Cubley, *p. 29* ... artist and scientist, is a co-founder of the Expressive Painting Studio in San Francisco.

D

Laura DeNuccio (Ma Prita), *p. 26, 33, 34* ... a certified Radix® teacher on the Esalen faculty, has over 12 years of experience combining Reichian body work, gestalt, Bates vision work, movement, and meditation in group and private instruction.

Steven Donovan *p. 27* ... is director of The Transformation Project and an Esalen trustee.

E

Patrick Douce, *p. 32* ... a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais awareness-through-movement and is available for individual sessions in functional integration.

Esalen Massage Practitioners *p. 25, 33, 34, 36* ... Peggy Morrison Horan, Deane Juhan, George King, Bill Liles, Deborah Anne Medow, Laurie Muller (Lioness), Arthur Eric Munyer, Brita Ostrom, Vicki Topp, and Attila Vaas.

F

David Feinstein, *p. 17* ... a psychologist, is director of Innersource in Ashland, Oregon, and has taught at Antioch College and the Johns Hopkins University School of Medicine.

Joyce Frazee, *p. 30* — gestalt and dream work practitioner in Vancouver, Canada, for 14 years, has training in Jungian dream analysis, bioenergetics, and group process.

G

Dick Galland, *p. 17, 23, 38* — professional wilderness guide and fly fishing instructor, was founding director of Southwest Outward Bound and currently heads Clearwater Trout Tours. He has led Esalen trips for many years.

Mary Goldenson (Devarani) *p. 21, 25, 31* — is a chiropractor, certified Radix® teacher, Bates vision instructor, and is in private practice in Los Angeles and San Francisco.

Joe D. Goldstrich, *p. 17* — author of *The Best Chance Diet*, cardiologist, and past medical director of the Pritikin Longevity Center, currently practices homeopathy in Pacific Palisades, California.

Harriet Goslins *p. 25, 36* — is a Feldenkrais practitioner and an awareness-through-movement teacher with a background in psychosynthesis and applied kinesiology.

Richard Gunther, *p. 20* — a business entrepreneur, has for 25 years studied the problems and possibilities of mid-life, and is co-author of *Who Needs Mid-Life at Your Age?*

H

Betsy Hand, *p. 20, 30* — former resident staff member of the Gestalt Institute of Canada, has 20 years experience with families, couples, and groups. She is in private practice in Kentfield, California.

Thomas Hanna *p. 20* — is director of the Navato Institute for Somatic Research and Training, editor of *Somatics* magazine, and author of *The Body of Life* and *Bodies in Revolt*.

Keith Harary, *p. 22* — a psychologist who has been conducting psi research as a scientist and remote viewer for over 15 years, is co-author of *The Mind Race*.

Michael Harner, *p. 29, 35* — an anthropologist who has studied shamanism among South and North American Indians for more than two decades, is the author of *The Way of the Shaman* and *Hallucinogens and Shamanism*.

Steven Harper *p. 15, 28, 30, 38* — teaches for Colorado Outward Bound and the National Outdoor Leadership School, and is currently the coordinator of the Esalen Wilderness Programs.

Susan Harper *p. 22, 30, 35* — teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads "Dance the River" trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.

Jane Harrington *p. 21, 38* — holds a masters degree from Lone Mountain College and is a certified Rolf®-movement teacher with extensive craniosacral experience.

Richard Heckler *p. 27* — is a psychologist, author, and co-founder of the Lomi School. He has a third-degree black belt in aikido.

John Heider, *p. 28* — a psychologist in private practice in Coconut Grove, Florida, is a group leader and teacher of group leaders. He was part of the Esalen Residential program from 1967-71.

James Hickman *p. 33* — is director of Esalen's Soviet-American Exchange Program.

James Hillman, *p. 23* — a Jungian analyst in private practice, has held major lectureships at American universities and abroad. His latest book (with Charles Boer) is *Freud's Own Cookbook*.

Patricia Berry Hillman *p. 23* — is a Jungian analyst in private practice and visiting professor at Syracuse University, Yale, and the University of Dallas.

Maya Holloman *p. 24, 33* — has been a student at Gazebo since she was six months old.

Perry Holloman, *p. 24, 33* — a former teacher at Gazebo school, currently is a member of both Experiencing Esalen and Gazebo workshop staffs.

Paul Horn *p. 17, 18* — is a flutist, jazz musician, creator of the *Inside* albums, philosopher, and teacher of meditation.

Chungliang Al Huang *p. 17, 18, 24* — is a t'ai chi dancer, artist-calligrapher, and philosophical entertainer. He is founder / president of Living Tao Foundation, Urbana, Illinois.

Terry Hunt, *p. 31* — a licensed psychologist practicing bioenergetic analysis in Boston, directs a flotation tank center for amelioration of somatic and addictive disorders.

J

Karen Johnson *p. 18* — is co-founder of the Ridhwan Institute, a work school dedicated to the discovery, development, and preservation of the human essence.

Michael Joyce, *p. 28* — longtime group leader in the U.S. and Europe and Feldenkrais practitioner, directs a neuromuscular clinic for a Veterans Administration hospital.

Deane Juhan, *p. 19, 38* — a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.

K

Fred Kalmus, *p. 21, 25, 31* — co-founder of the Alternative Choice Counseling Program, leads workshops in stress management for corporations and individuals.

Kenneth Kelzer *p. 17* — works as a transpersonal educator and counselor in California. Using dream work, he has been conducting classes and groups for over 10 years.

George King, *p. 21* — a massage practitioner for 22 years, has worked throughout the U.S., Europe, and South America.

George Kohlrieser, *p. 34* — a clinical psychologist with an international practice, researches and applies attachment and separation theory to relationships, psychosomatic illness, violence prevention, and hostage negotiations.

Stanley Krippner, *p. 17* — psychologist, researcher, and director of Saybrook Institute's Center for Consciousness Studies, authored / co-authored *Human Possibilities*, *Realms of Healing*, and *Dream Telepathy*.

L

Stephen LaBerge ..... is a scientist dedicated to the transformation of human consciousness. He teaches and does research at Stanford University on conscious or "lucid" dreaming.
p. 18

Benj Langdon, ... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.
p. 19, 30, 34

Lenore Lefer, ... currently maintaining a private practice in San Francisco, is on the training staff of the Psychosynthesis Institutes of London and San Francisco, and teaches psychosynthesis at the California Institute of Transpersonal Psychology.
p. 22, 33

Annie Styron Leonard ..... is a founder of the Energy Training Institute in Mill Valley, California, and an aikido brown belt.
p. 28, 29

George Leonard ..... is author of *Education and Ecstasy, The Transformation, The Silent Pulse,* and *The Ultimate Athlete,* aikido black belt, and leading human potential theorist.
p. 28, 29

Peter Levine ..... has practiced and taught Reichian body work for many years. He holds doctorates in medical biophysics and psychology. His interests include the effects of stress on children and infants.
p. 23

Margaret Livingston ..... is research associate with Esalen's Transformation Project, and winner of the Women's Open Division of the 1977 Pike's Peak Marathon and 1980 Dipsea Race.
p. 27

Jesse Longacre ..... is a naturalist, specializing in the uses of plants, seaweeds, and mushrooms. He now teaches at the California School of Herbal Studies.
p. 22

DeeDee Lozier ..... is a Feldenkrais practitioner who studied with Moshe Feldenkrais in the U.S. and Israel.
p. 28

Nancy Kaye Lunney ..... is a gestaltist and musician on Esalen's faculty, has specialized in work with professionals in the creative arts, does individual as well as group work, and is manager of programming at Esalen.
p. 28

M

Jacqueline Mandell ..... is a meditation teacher who leads retreats and workshops in the U.S., Canada, and Europe, and is currently writing a book on spirituality.
p. 19

John Marks ..... is director of Search for Common Ground in Washington, D.C., fellow of Harvard's Institute of Politics, and associate of Harvard's Department of Psychology and Social Relations.
p. 20

Nancy Mayer ..... is the author of *The Male Mid-Life Crisis: Fresh Starts After 40,* and has been practicing the art of journal writing for 15 years.
p. 18

Deborah Anne Medow, ... Esalen group leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 14, 21, 22, 30

Ailish Mellard, ... holistic health practitioner and body worker for 12 years, is currently organizational consultant for Will Schutz Associates, which teaches human potential concepts for various organizations.
p. 19

Darlene Moore ..... is a writer who is currently authoring a science fiction novel about psychic experiences, and co-authoring *The Psychology of Psychic Experiences* with Keith Harary.
p. 22

Arthur Eric Munyer ..... is a teacher and practitioner on the Esalen massage crew and was one of the first faculty members at Gazebo school.
p. 19, 22

Jezariah Canyon Munyer, ... born February 11, 1983, is his parents' favorite teacher.
p. 19

Laurie Schutz Munyer, ... a long-time Esalen resident and former staff member, has worked at Gazebo school and is a practitioner and teacher of Esalen massage.
p. 19

Michael Murphy ..... is co-founder of Esalen Institute and founder of The Transformation Project. He is author of *Golf in the Kingdom, Jacob Atabet, The Psychic Side of Sports,* and *An End to Ordinary History.*
p. 27

N

Claudio Naranjo, ... theorist of growth disciplines and former resident at Esalen, introduced meditation as a component of gestalt practice, and has explored the use of psychedelics in psychotherapy.
p. 30, 32

Elena Naranjo ..... is an actress, midwife, and yoga teacher with a background in the Fourth Way tradition.
p. 30

O

The NINE ..... "We are pure thought human fantasy seeking a road to the birth canal of reality where we will be seen as 'The NINE.'"
p. 28

Jenny O'Connor ..... is a psychic from England, and is a channel for "The NINE."
p. 28

P

Brita Ostrom, ... a long-time Esalen massage practitioner, incorporates Trager training with the personal energetic connection of the Esalen massage.
p. 18

Karen Paine-Gernée ..... leads groups for Adult Children of Alcoholics in Cambridge, MA. She is on the faculty of Omega Institute, The New York Open Center, Interface, and Spring Hill Institute.
p. 31

Helen Palmer ..... is a practicing clairvoyant. She directs the Center for the Investigation and Training of Intuition. Her teaching approach utilizes personality issues as access points to psychic perception and the inner life.
p. 20, 21, 27

Wendy Palmer, ... a teacher and director of the Lomi School, holds a black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.
p. 20

Leslie Pam, ... president of the Los Angeles chapter of Marriage and Family Counselors and a former director of The Primal Institute, specializes in Ericksonian hypnosis in private practice in Los Angeles.
p. 19

Marianne Paschke-Carter ..... combines movement, hypnosis, conscious breathing, and Trager psychophysical integration in her work with individuals, families, and groups.
p. 25

Ayala Pines, *p. 23, 32, 38* ... a social psychologist at UC Berkeley, and a licensed psychologist in private practice, is the author of *Experiencing Social Psychology*, and *Burnout: From Tedium to Personal Growth*.

Hector Prestera, *p. 23, 29* ... a physician, acupuncturist, Rolfer®, certified neurolinguistic trainer, and practitioner of Ericksonian work, is in private practice in Monterey, California.

Aurora Price *p. 28* ... is an experienced hiking companion with four legs and white fur.

Christine Stewart Price *p. 14, 25, 36* ... combines gestalt awareness practice with guided imagery and various forms of body work. She considers herself a born-again pagan. (Paganism: religion of the earth.)

Richard Price *p. 25, 28, 36* ... is co-founder of Esalen and has been practicing gestalt as a facilitator for over 12 years.

Jill Purce *p. 30* ... is author of *The Mystic Spiral*. She studied the mystical dimension of sound with Karl Heinz Stockhausen, and the magical use of the voice and overtone chanting with Tibetan lamas.

R

Paul Rebillot *p. 20, 22, 24, 27, 28, 35* ... was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.

Tracey Rich *p. 32* ... is a director of the White Lotus Yoga Retreat in Santa Barbara and leads seminars nationally.

David Richman, *p. 32* ... a psychiatrist specializing in psychosomatic disorders, biofeedback training, and psychopharmacology, is the author of *Dr. Caligari's Psychiatric Drugs*, and advocates civil rights in psychiatry.

Kenneth Ring, *p. 32* ... active in the field of near-death studies since 1977, is a psychology professor and president of the International Association for Near-Death Studies at the University of Connecticut.

Sogyal Rinpoche, *p. 28* ... Tibetan incarnate lama, scholar, and meditation master, was raised by Buddhist master Jamyang Khyentse Chokyi Lodro, and studied at Cambridge University.

Jack Rosenberg, *p. 23, 35, 38* ... author of *Total Orgasm*, has trained in gestalt and Reichian work, worked with cancer research and transformation of consciousness, and is currently in private practice in Venice, California.

The Roy Hart Theatre, *p. 23* ... an international theater company based in Malèrargues, France, is known for its research into the use of voice in theater.

S

Ron Sand, *p. 32* ... a health care practitioner in the San Francisco Bay Area, is a student of gestalt process and is studying with Janet Zuckerman.

David Schiffman, *p. 17, 19, 20, 22, 23, 25, 27 29, 32, 33* ... a long-time group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.

Elisa Lodge Schiffman *p. 17, 19, 20, 22, 23, 25, 27, 29, 32, 33, 36* ... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf®-movement integration.

Will Schutz, *p. 19* ... founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity*.

Charlotte Selver *p. 29, 30* ... teaches sensory awareness, perception, and non-verbal and verbal communication. A center has been built for her at Green Gulch Farm through the Zen Center, San Francisco.

Phyllis Shankman, *p. 30* ... a licensed counselor in private practice in West Los Angeles, specializes in group process, and is interested in self-acceptance and change.

Rupert Sheldrake *p. 31* ... is a biologist and author of *A New Science of Life*.

Harry Sloan, *p. 22, 24, 29, 36* ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.

Fritz Smith *p. 22, 38* ... is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is in a private holistic health practice in Watsonville, California.

Gerald Smith *p. 20, 30* ... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*.

John Soper *p. 14, 35* ... came to gestalt from a highly successful international career in business. Resident at Esalen since 1978, he practices both interpersonal and intrapersonal gestalt.

Brother David Steindl-Rast, *p. 19* ... Benedictine monk, hermit, psychologist, and author, has lectured on all five continents. He is concerned with the spiritual challenges of our time.

T

Lia Thompson *p. 14, 24, 33* ... has been a Gazebo teacher for six years. She is currently a co-ordinator of Experiencing Esalen: The Body and a member of the Gazebo workshop staff.

Riley Thompson-Clark *p. 24, 33* ... has been a student at Gazebo since she was three months old.

Vicki Topp, *p. 18* ... Esalen massage staff member since 1968, teaches soft and sensitive use of pressure point and deep tissue massage combined with emotional and transpersonal body practices.

W

Judyth Weaver, *p. 19* ... a Reichian counselor, certified teacher of t'ai chi ch'uan, and student of Buddhism and Taoism, holds a doctorate in psychology and teaches at the California Institute of Integral Studies.

Andrew Weil, *p. 32* ... author of *The Natural Mind*, *The Marriage of the Sun and the Moon*, and *From Chocolate to Morphine*, studies natural medicine and altered states of consciousness.

Z

Ganga White, *p. 32* ..... an internationally known teacher and master of yoga, is author of *Double Yoga* and has received the titles "Yogacharya" and "Yogiraj" (King of Yogis) in India.

Paul Winter *p. 25* ..... is an environmentalist, musician and recording artist. He is founder / artistic director of Paul Winter Consort, and of Living Music Foundation in Litchfield, Connecticut.

Janet Zuckerman *p. 32* ..... was an emotional release and group process teacher at Esalen for 12 years. She has a private practice in San Francisco.

Friends of Esalen

We invite you to join us in our organization—Friends of Esalen.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships. Esalen will, in turn, match your contribution.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the Esalen Catalog for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student	$15	One Year Donor	$50	One Year Patron	$500
One Year Individual	$25	One Year Sponsor	$100	(Contributions are tax-deductible)	

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Please mail to: Friends of Esalen, Big Sur, CA 93920

Catalog Subscription Information

The Esalen Catalog is published tri-annually. Subscription cost for one year is $10 for the United States, $12 for Canada and Mexico, $16 for Europe and South America, and $18 for all other countries. A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, CA 93920.

☐ To obtain future issues of the Esalen Catalog for one year, please send a check or money order in **U.S. currency drawn on a U.S. bank only** to: Esalen Institute, Big Sur, CA 93920. A pre-addressed envelope is included in this catalog for your convenience.
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

Name _____ Address _____

City _____ State _____ Zip _____

☐ Please send a complimentary copy of the Esalen Catalog to the person listed below:

Name _____ Address _____

City _____ State _____ Zip _____

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

Please notify us if you change your address and check here ☐ if you are receiving duplicates of the catalog.

Food for the Senses

a book of recipes and artwork by people of the Esalen community is now available. To order by mail, use the following form.

Please send me _____ copies of **Food for the Senses** at $5.95 each, plus an additional $1.25 per book for postage and handling, or a total of $7.20. (California residents add $.35 tax.) I am enclosing a total of $ _____ .

Name _____ Address _____

City _____ State _____ Zip _____

Please mail to: **Food for the Senses**, Esalen Institute, Big Sur, Ca. 93920. Make checks payable to Esalen Institute. Allow 6 weeks for delivery.

Audio Recordings

The Dolphin Tape Series

The human potential movement generates unusual events which produce unusual recordings. Each issue of the Esalen Catalog has listed titles and also a few from the Big Sur Recordings archives. Nearly all tapes are stereo, from live events, and tape length is normally 1 to 1½ hours.

Single-tape titles are $10 with prepayment (purchase orders add $1 per tape):

Rupert Sheldrake: *Morphic Resonance and Memory, 1985*
Fritjof Capra: *Characteristics of Systems Thinking, 1985*
Fritjof Capra: *Ecological Vision, 1985*

Albert Hofmann: *The Transmitter-Receiver Concept of Reality, 1984*
Albert Hofmann: *Interviewed by Stan Grof, 1984*
Stanislav Grof: *Principles of Holotropic Therapy, 1985*
Kenneth Ring: *Near Death Experiences, 1985*

Robert Anton Wilson: *The I in the Triangle, 1984*
Paul Rebillot: *The Pluto Story: Journey into Madness, 1984*

Julian Silverman: *A Light-Hearted Course in Miracles, 1984*
Anna Halprin: *Peace Meditation, 1983*
Jack Kornfield: *Simplicity of Spiritual Practice, 1982*
Reb Anderson: *Entry Into Buddhist Meditation, 1984*
Reb Anderson: *Basic Points of Buddhist Meditation, 1984*

Jule Eisenbud: *Psi Experience in Psychotherapy, 1984*
Jan Ehrenwald: *Psi Experience and the Bergsonian Filter, 1984*
Charles Tart: *Our Fear of Psychic Abilities, 1984*

Stanley Krippner: *Multiple Personality Disorder, 1983*
Paul Rebillot: *Conflicts at the Ego Frontier, 1983*
Christina Grof: *Kundalini Awakening and Spiritual Emergency, 1981*

Terence McKenna: *Mind, Molecules and Magic, 1984*
Dennis McKenna: *Activity of Ayahuasca and OopKoey, 1984*
Richard Yensen: *The Use of LSD in Psychotherapy, 1984*

Robert Bly: *The Six Powers of Poetry, 1983*
Robert Anton Wilson: *The Prism Lecture (Santa Cruz), 1982*
Terence McKenna: *New and Old Maps of Hyperspace, 1982*
Albert Hofmann: *LSD and the Nature of Reality, 1978*

Anne Armstrong: *On Being a Psychic, 1971*
Alan Watts: *Divine Madness, 1968*

Aldous Huxley: *Human Potentialities, 1962*
Abraham Maslow: *Self-Actualization, 1966*

Two-tape titles are $18 with prepayment (purchase order price is $20):

David Steindl-Rast: (2) *Mysticism as a Frontier Experience, 1985*
David Steindl-Rast: (2) *What Makes Mysticism Christian? 1985*
Father Bede Griffiths: (2) *Convergence of Religions, 1983*

Karl Pribram: (2) *The Holographic Model Today, 1985*
David Finkelstein: (2) *Ancient, Medieval and Classical Physics, 1984*
Frank Barr: (2) *A History of Philosophy, 1983*

Ralph Metzner: (2) *Varieties of Human Transformation, 1984*
Stanislav Grof: (2) *The Geometry of Psychopathology, 1984*
Stan & Christina Grof: (2) *Holonomic Consciousness Paradigm, 1982*

Jean Houston: (2) *The Possible Human (Boston ATP Conference), 1979*
Angeles Arrien: (2) *The Story of Basque Mysticism, 1982*
Angeles Arrien: (2) *The Egyptian Tarot, 1982*

Andrew Weil: (2) *Use and Abuse of Beneficial Plants, 1982*
Andrew Weil: (2) *Interplay of Mind and Body Realities, 1982*
Ilana Rubenfeld: (2) *The Rubenfeld Synergy Method, 1982*
Charlotte Selver/Charles Brooks: (2) *Sensory Awareness, 1980-1982*

Wilson Van Dusen: (2) *Interviewed by Michael Murphy, 1963*
Wilson Van Dusen: (2) *Confronting Hallucinations, 1968*

Four-tape titles are $36 with prepayment (purchase order price is $40):

David Steindl-Rast: (4) *Healing and the Christian Myths, 1984*
Father Bede Griffiths: (4) *Return to the Center (The Ojai Series), 1983*
Jack Kornfield: (4) *Buddhist Meditation and Practice, 1981*

Theodore Roszak: (4) *The Unfinished Animal, 1982*
Jack Rosenberg: (4) *A New Understanding of Relationships, 1982*
Anne & Jim Armstrong: (4) *A Psychic Training Program, 1981*

The Dolphin Vinyl Album Sets

Rupert Sheldrake: (6) *Seminar on the Presence of the Past, 1985*	$60
Robert Anton Wilson: (6) *Seminar on the I in the Triangle, 1984*	$60
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Julian Silverman: (6) *Further Commentaries on A Course in Miracles, 1981*	$60
Andrew Weil: (6) *Integrated Consciousness and Health (The Mann Ranch), 1976*	$60
Julian Silverman: (6) *Commentaries on A Course in Miracles, 1980*	$72
Jack Rosenberg: (8) *Sustained Integration: Body, Self & Soul, 1981*	$72
Buckminster Fuller: (8) *The Pajaro Dunes Tapes: A Weekend Seminar, 1977*	$72
Gregory Bateson: (12) *The Informal Esalen Lectures 1975-1980 (Library Archives)*	$98

Please add $2 to your complete order for handling and mailing, plus $2 for mailing each vinyl album set ($4 if you wish priority mail). California residents include 6% tax. (Institutional purchase orders please add 10% to album cost unless check is enclosed.) Please mail your order with check payable to: DOLPHIN TAPES, Hot Springs Lodge, Big Sur, CA 93920. (No order will be accepted with a postmark after June 1, 1986.)

This page is an advertisement: Dolphin Tapes is a sole proprietorship independent from Esalen. Esalen Institute assumes no responsibility.

The Media Center

Esalen Videotape

This 18-minute videotape, which tells Esalen's story from its early history to the present, is an inexpensive way to view the general offerings available at Esalen. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities. The musical soundtrack is by Paul Horn, Joel Andrews, and "Pinchey Pete" Velasquez.

Cost: For Rent:

½" VHS color video cassette ..... per week $10.00
¾" U-Matic color video cassette ..... per week $15.00

Cost: For Sale:

½" VHS color video cassette $35.00
¾" U-Matic color video cassette $40.00

This program is available for purchase in its original form—a two-projector slide dissolve show which can also be viewed with a single projector.

Cost: For Sale:

Slide Program—including 130 slides, cassette tape, and script (pulsed tape for Entré 7610 dissolve unit available on request)..... $150.00

Please address your order (with a check payable to Esalen Institute): Esalen, Big Sur, CA 93920. A $10 deposit is required on all rental tapes; please send a separate deposit check. California residents add 6% sales tax for sale purchases. Overseas air mail orders please add additional postage: each slide program $10 ($15 for Australia and Asia), each video cassette $7, each slide set $1.

Films

Films of the work of Fritz Perls, Carl Rogers, Abraham Maslow, Rollo May, Virginia Satir, Alexander Lowen, and others, are available from *Psychological Films*, 110 North Wheeler Street, Orange, California 92669. For color documentaries with Alan Watts, Huston Smith, Lama Govinda, Joseph Campbell, Edgar Mitchell, Margaret Mead, and others, write *Hartley Productions*, Cat Rock Road, Cos Cob, CT 06807. A film or video cassette on Chungliang Al Huang's work, entitled *Tai Chi: The Watercourse Way*, is available through *KLB Productions*, 490 Redwood Road, Corralitos, CA 95076. Regarding the documentary on Gregory Bateson, send inquiries also to *KLB Productions* at the above address. Recent color videotapes of Stephen Levine and Ram Dass on "Conscious Living/Conscious Dying," and of Daniel Ellsberg, Helen Caldicott, and others on the nuclear issue are available from *Original Face Video*, Box 447, Grass Valley, CA 95945.

Joyce Rogers Lyke

Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See **General Information,** page 47.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ Zip _____ Occupation _____

Telephone Number: Home: Area Code ( ) _____ Work: Area Code ( ) _____

There are sometimes unexpected situations that may require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? If you can't be reached, please call us *before* your scheduled arrival for final confirmation. **Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.**

(On additional paper please repeat the above information for every person in your party making a reservation. Mail to Reservations, Esalen Institute, Big Sur, CA 93920.)

Check if you want: ☐ housing as a couple, shared bed

Do you smoke? _____

Car Pooling: We encourage guests to car pool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop, for phone numbers of other guests from your area.

Check here ☐ if you do not want us to give out your number for the purposes of ride sharing.

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. (For further details see Ways of Being at Esalen, page 14.)

Bus Service:

I want bus service from (check one):

_____ Monterey Greyhound Bus Station at 4:45 pm

_____ Monterey Airport at 5:00 pm

on _____ (date of arrival, Fridays & Sundays only)

The $20 per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. Esalen bus service is not available at any time other than as listed above.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute in U.S. currency only.

Overseas residents please pay by checks drawn on U.S. banks.

Your reservation can be charged to:

MasterCard ☐ Visa ☐ American Express ☐

Card No. _____

Expiration Date _____

All workshops require nonrefundable reservation fees. See page 47. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

General Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Car Pooling: We encourage guests to car pool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop, for phone numbers of other guests coming from your area.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $150 for seven-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only. Overseas residents please pay by checks drawn on U.S. banks.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. ***Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.***

Please mail all reservations to:
Reservations, Esalen Institute
Big Sur, CA 93920

We are able to process mail reservations more effectively. If you are concerned about workshops being full or have any questions, you may make reservations by phone if you use your MasterCard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335
Office Hours:
Monday, Tuesday, Thursday, and Saturday 10 am to 3 pm
Wednesday 10 am to 12 Noon
Friday 10 am to 8 pm
Sunday 12 Noon to 8 pm

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or three workshop participants.* Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Gazebo School: Any requests for child care should be sent at least one month in advance, to Gazebo, Esalen Institute, Big Sur, CA 93920.

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and a five-day is $50. Discounts are available only when you make your reservations. Please present proof of age when you register. Senior discounts are not available for Wilderness Programs.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are canceled, so second choices are advised. Many community programs are also open to residents. The cost is $1960 per 26 day period.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $60 per person per day on weekdays, and $75 per person per day on weekends. Room and board rates include dinner on the day of arrival and breakfast and lunch the following day.

Private rooms are sometimes available. Rates are $100 per person per day, $110 per couple per day on weekdays, and $135 per couple per day on weekends. Special family rates are available. Please phone the office for additional information.

Bus Service: We have bus service from the Monterey Greyhound station at 4:45 pm and from the Monterey Airport at 5:00 pm on Fridays and Sundays. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The charge for one-way service is $20, payable to the Esalen office when you check in. Return reservations may be made at the same time. The bus leaves Esalen at approximately 6:30 pm. Bus service to Esalen is not available at any other time.

Seminarians as Staff (Volunteers): Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of diplomas such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting, and research.

Esalen Institute
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Contact is the appreciation of differences.
—Fritz Perls

. . . and the recognition of similarities . . .
—Richard Price

Joyce Rogers Lykit

Richard and Christine Price, August 20, 1979

Remembering Richard Price

(October 12, 1930–November 25, 1985)

Richard Price died on November 25, 1985, while hiking in the Big Sur hills he loved so dearly. As far as anyone can tell, he died almost instantly when he was hit by a falling boulder.

At a meeting a few days after his death, 60 or 70 members of the Esalen community reminisced about him. Two staff members described hikes with him that helped restore their strength and confidence after personal misfortunes. Another told about his encouraging smile during a gestalt session, how it gave a sense that underneath all the contradictions and suffering everything was somehow all right. Two or three others talked about his contagious sense of self-sufficiency which helped them see that they might find pleasure in the simplest things. Though I had known Dick for 25 years, there were stories I had never heard before—about those he had helped with his humor, cheerfulness and by the example of his integrity and sweetness. The many ways he touched others for the good, the sheer number of things he had done for us all was astonishing; and in the weeks that followed people who hadn't been there added their stories to those we heard that night.

Though he possessed a natural buoyancy and generosity, Dick's helpfulness to others arose largely from the practice by which he converted his own suffering into self-awareness and personal freedom. In his 20s, he had been forced into 67 insulin shock treatments after entering a "psychotic" state which he considered essentially a healing process, complete by the time of this involuntary hospitalization. Through the years he gradually transformed the wounds from that experience into a deeper understanding and feeling for others. By faithfully addressing his own conflicts, he developed an ever greater capacity to help others heal themselves. At Esalen he helped establish a milieu in which others may explore the sources of their suffering and options for a richer life. His work has influenced other practitioners and communities, and will do so in the future.

Dick was also an adventurer. He explored many edges of experience, through the gestalt awareness practice he learned from Fritz Perls, through meditation and other disciplines, and in the wilderness. He probably cleared more trails through the coast ridges and canyons than anyone else, just as he opened new ways to awareness by his work at Esalen. He was fearless in these explorations, finding joy in the rugged Big Sur country as he did in the reaches of inner experience. There was in him something of both John Muir and a wild Taoist monk.

He was gentle and wild, caring and courageous, life-giving and a joy to be with. Dick is gone now, but he will be with many of us for the rest of our lives. Knowing him was an extra-ordinary gift and privilege.

Michael Murphy

Back to the Source

It was a pilgrimage of sorrow that we seven undertook. Light from a nearly full moon filtered through the branches above us illuminating patches of earth and rock. Below us, the creek, running full with the recent rain, sang its song to the night. We walked in silence alone with our thoughts. I carried the blanket that we would wrap him in while others, ahead, carried the stretcher basket. We walked along the waterline trail that he had helped build after the fire. I can see him still, coming out of the canyon in the late afternoon, covered with sweat and dust, looking like a coal miner with white eyes and teeth flashing joy as he talked animatedly about the work.

He went back there this morning, perhaps on this same trail, to note the changes since the recent storm, to check the waterline, to commune with the Spirit in his own way. He didn't tell anyone he was going. And he went alone. He

planned to be out only a few hours because he had appointments in the afternoon, but he missed them, and people began to wonder and be concerned.

Chris called me about 8:30 PM to say he still hadn't returned, and she wondered if Dick had made his 3:30 appointment with Steve Donovan. He hadn't. Donovan had waited for him and then left to return to San Francisco. I asked if she thought we should start looking for him, and she said that no one really knew where he went hiking, and that if he wasn't back by morning, we could begin to search. Once, several years ago, he had spent a couple of nights out during a howling winter storm. He had become disoriented by the heavy rain and poor visibility and found shelter in an abandoned cabin up on Devil's Creek. When the storm let up, he bushwacked his way out to the highway and jogged home, scratched and hungry. But this felt different. There was no storm, and the moon provided ample light for walking.

I was uneasy with the possibility that he might be seriously hurt and unable to help himself. A long night without medical help might prove to be a tragic delay, and so I asked Glenn, the gate supervisor, to contact Steve Beck to let him know of Dick's absence and see if he would be willing to join me on a hike up Hot Springs Canyon to look for him.

Steve contacted me shortly, via CB radio, and I suggested that we hike back to "the source," the name we give to the catch-basin located nearly a mile back in Hot Springs Canyon where Esalen collects its water. He agreed, and so we started back about 9:30 PM with medical supplies, warm clothes, hot coffee and some cookies. Our flashlights cut the darkness as we entered the canyon, not on the waterline trail, but along the stream. We walked, looking for signs of his passage, whistling and shouting occasionally, and listening for any sounds in reply. It was slow going, picking our way over slippery rocks and downed trees, and not a little eerie. We crossed the stream several times, finding the easiest walking, and made steady progress. Steve led most of the way while I whistled and shined my light up and down the sides of the canyon. As we neared the source, Steve, still in the lead, shouted for me, and I could tell by the way he called that we had found him.

Esalen water source

He was just a few feet from the catch-basin, half sitting, half lying in the water. There was a large wound on his forehead, probably from the huge rock that had crushed part of the basin. We couldn't tell the extent of his injuries, and at that point it didn't seem important to know because he was clearly dead, his muscles already quite stiff. We sat there with him, trying to comprehend what our senses told us, but somehow unable to accept that it was true. We knew in that moment that our world had irrevocably changed, and our hearts ached, especially for Chris, Jenny, and David.

After assuring ourselves that there was nothing to be done for him, we hiked out on the waterline trail thinking silently, and occasionally out loud, about how we were going to break this news.

It was about 11:30 PM when we arrived at the Little House. Chris was sitting on the couch next to the fireplace. Jessica and Pam were sitting with her; Jenny was sleeping. As we walked in nobody said anything for a moment. "It's not good," I said, "we found him back at the source. He's gone." I showed them the watch I had removed from his wrist, as if that could somehow make more real this unbelieveable message. There were many questions. How did it happen? Where is he now? Do you think he died quickly? And we said what we knew and guessed that he had probably died instantly. We hadn't moved him because we knew that the coroner would want to see the scene as we had found it, but as we talked it became clear that it was most important now for Chris to see him and be with him. She wanted to get him out of the water and wash his body and care for him the way families used to care for their dead. She wanted time to begin to integrate this awful reality in the most human and loving way possible, and so the decision was made to go back and bring his body home. I hoped the coroner would understand, but it didn't really matter; we knew we were doing the right thing for Dick and ourselves.

And so we hiked on until we reached the spot where he lay. We placed him on the stretcher basket, wrapped the blanket around him and buckled the straps securely. Before carrying him out, we joined hands together around him in silent prayer. It was a two hour journey out and we arrived back at the house at 3:15 AM to find Chris, Jessica, Pam, Janet, Bette, Nancy, and Joyce waiting to receive him. They cut off his clothes and washed his body with an herbal solution and wrapped him in a clean sheet and blanket.

Dick, after a day in Hot Springs Canyon working on construction of the water line, as photographed by Jennifer Price.

As the morning dawned, calls went out to his friends telling them what had happened and inviting them to come by the house to say their farewell. These last hours with his body were a sacred time—a time to see and experience the reality of his passing, a time to honor the vehicle that carried his spirit, a time to grieve and cry with friends, a time to love and support one another, a time to remember him as he was without making him larger than life. He was an ordinary man, and a very special man. He lived here for nearly 25 years learning his craft, developing his practice, and teaching by word, but mostly by example, how we can heal ourselves and come to wholeness. His legacy lives on in those who were touched by the magnitude of his heart and who walk through the door he worked so hard to open. Like Dick himself, his work, his practice, was not glamorous or flashy; it was full of substance and depth, solid, and not unlike the boulder that killed him. On the outside it appeared quite ordinary, nondescript, caked with dirt, but on the inside, broken open to the light, ah, what white, shining beauty.

Brian Lyke
(long-time family friend and
Esalen general manager)

From the first day I met Dick to the last night I was with him I watched everything he did and how he did it. His teaching was non-verbal. He was my teacher and a large reason for my being here . . . . No eloquent language or accumulated knowledge or even spiritual power impresses me very much. My spiritual father had once told me that the essence of saintliness is total acceptance of the present moment, harmony with things as they happen. He told me that a saint does not want things to be different from what they are; he knows that, considering all factors, they are unavoidable. He is friendly with the inevitable and therefore does not suffer. Pain he may know, but it does not shatter him. If he can, he does the needful to restore the lost balance—or he lets things take their course. I saw this in Dick, and this is where he shined so brightly.

David Streeter (Esalen gate guard)

This is an excerpt from a letter written just after Dick's death, to Chris Price from her 22-year-old nephew.

"I wish I could explain to you better the influence, the motivation and the insight that, not only Dick has given me, but your whole family as well. It has always served as a goal to what lies ahead for me. And from what happened it has staggered my dreams somewhat. And that is scary.

"But, I can still grow from that. I can remember his outlook for if the whole world praised him he would not be moved. If the whole world blamed him he would not be discouraged. He knew the difference between that which is within and that which is without. And when understood, that in itself is a lifetime of help."

Michael Worth

One week before his death, Dick read an article in which Robert Wagner discussed his feelings after the sudden accidental death of his wife, Natalie Wood. Dick read to me from that article, and after his death I found the following piece tacked up by his desk. Wagner, when asked what kept him from falling apart after the death of his wife, quoted Eugene O'Neill:

"'Man is born broken. He lives by mending. And the grace of God is the glue.'"

The practice Dick shared in his life provided many of us with a basis for that mending, and his presence carried some of that healing grace. I am very grateful to have been his co-worker, wife and friend.

Christine Price

Of all traditional texts, the Tao Te Ching was Dick's favorite; recently he read most frequently from John Heider's translation for group leaders. The following excerpt is one Dick had marked in his personal copy of the book, and was the one which his daughter Jennifer chose to read at the memorial gathering. It speaks well of Dick's path in his lifetime.

The Ripple Effect

"Do you want to be a positive influence in the world? First, get your own life in order. Ground yourself in the single principle so that your behavior is wholesome and effective. If you do that, you will earn respect and be a powerful influence.

Your behavior influences others through a ripple effect. A ripple effect works because everyone influences everyone else. Powerful people are powerful influences.

If your life works, you influence your family.

If your family works, your family influences the community.

If your community works, your community influences the nation.

If your nation works, your nation influences the world.

If your world works, the ripple effect spreads throughout the cosmos.

Remember that your influence begins with you and ripples outward. So be sure that your influence is both potent and wholesome.

How do I know that this works?

All growth spreads outward from a fertile and potent nucleus. You are a nucleus."

John Heider

Christine Price is acting as administrator of a fund in memory of Richard Price which will be used to continue scholarships and initiate projects in relation to his interests and vision. Contributions are tax-deductible, payable to Esalen Institute, and should be marked: Attention Christine Price.

"The Ripple Effect" is reprinted from John Heider, The Tao of Leadership, *Humanics Limited, 1985, by permission of John Heider and Humanics Limited.*

The article referred to is "Now a New Beginning" by Dotson Rader, November 17, 1985, Parade Magazine.

Memorial gathering, November 30, 1985

Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose those approaches which feel most appropriate and pursue them in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" (coordinated by leaders such as the Grofs and Schiffmans), which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, which entails working with the Esalen staff as well as participating in an ongoing workshop designed specifically for that program. See page 33 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, Feldenkrais, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, music gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Rolfing® is a service mark of the Rolf Institute.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Jessica Moore Britt & John Soper

These workshops are designed for people who have not previously been to Esalen. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness, group process, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: Fritz Perls, *Gestalt Therapy Verbatim* (Bantam).

Schedule:

May 9–11	$250
May 25–30	$490
June 6–8	$250
June 15–20	$490
June 27–29	$250
July 6–11	$490
July 11–13	$250
July 27–August 1	$490
August 8–10	$250
August 15–17	$250
August 24–29	$490
August 31–September 5	$490
September 5–7	$250
September 14–19	$490
September 26–28	$250
October 3–5	$250
October 12–17	$490

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Lia Thompson & Deborah Anne Medow

These workshops offer opportunities to experience body awareness and movement in Esalen's supportive environment. Various types of dance, massage, music, meditation, yoga, and theater are offered. Five-day groups may also have time to explore the magnificent coast and trails near Esalen.

Schedule:

May 2–4	$250
May 16–18	$250
June 22–27	$490
July 4–6	$250
July 13–18	$490
July 25–27	$250
August 10–15	$490
August 22–24	$250
September 28–October 3	$490
October 10–12	$250
October 26–31	$490

Experiencing Esalen: The Health Spa

Experiencing Esalen Staff
Coordinated by Jane Miletich

Spend a few days in Big Sur, resting, relaxing, getting in shape, or just feeling good. Enjoy healthy food prepared especially for you, and learn how to prepare it if you like. Mineral and herbal baths, nature hikes, aerobics, yoga, t'ai chi, massage, and dance will be offered. All are optional. Choose your own pace.

Schedule:

October 19–24	$490

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intrapersonal* rather than *interpersonal*. Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in some sessions.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* and *In and Out the Garbage Pail*; John Heider, *The Tao of Leadership* (Humanics, Ltd.).

Schedule:

May 18–23	$490
June 15–20	$490
July 13–18	$490
July 25–27	$250
August 10–15	$490
September 21–26	$490
October 12–17	$490

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins.

The program is divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen.

For a full description of the Work Study Program, please turn to page 33.

Joyce Rogers Lyke

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. Scholarship recipients may be asked to bring a sleeping bag to use, especially during peak attendance periods. There are no scholarships available for the Work Study Program.

Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.

Accreditation

Accreditation: We do not offer accreditation in the form of diplomas such as those conferred by traditional schools. Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Esalen Seminars

Kathleen Thormod Carr

Weekend of May 2-4

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $250

Singing Gestalt

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how *well* you sing. Singing gestalt is *not* about performance. It is about feeling and expressing.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. Video feedback may be incorporated. But the workshop is really about you—singing. $250

Soviet-American Relationships

Robert Bathurst

This is a workshop in Soviet-American, cross-cultural understanding. Through bargaining, mediating, and role-playing games, participants can discover the subconscious cultural imperatives that impel the two nations apart and begin to identify those elements that bring them together. The workshop sets out to shatter egotistical mirror-imaging and begin the construction of authentic Soviet-American relationships in the world as it now exists. $250

Exorcising the Demon "Should"

Paul Rebillot & Stanford Eugene Cates

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously. With the help of this experience in contrasts, we will explore our possibilities for movement between the two, and in this way open up our options to the full range of our own authentic being. $250

May 2-10

Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Steven Harper & Joyce Rogers Lyke

For workshop description see Wilderness Programs, page 34. $490

Weekend of May 9-11

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Suffering and Happiness as a Spiritual Path

Sogyal Rinpoche

According to the vision of Buddha, the suffering and happiness that we experience now can actually become the path to inner development. This teaching, written by the Tibetan master Jikme Tenpe Nyima, challenges our basic attitude to suffering and happiness, which are revealed to be sources of understanding, compassion, and tranquility. Rinpoche will interweave this teaching with periods of guided sitting meditation practice. $250

Leonard Energy Training: The State of the Art

George Leonard & Annie Styron Leonard

In the world of Leonard Energy Training (LET), problems can become opportunities. Stress and pain can become gifts of energy. Personal and social options may be multiplied, and the flow of vital energy enhanced. Participants are offered the opportunity to make daily life into a dance.

LET is derived from the Eastern art of aikido as well as from Western psychology and physical theory. It is a comprehensive body of work that teaches practical, alternative ways of dealing with life situations. It is not physically demanding. It does not aim at emotional catharsis. Most of the training involves simple movement exercises in which the body itself becomes a learning facility. Participants will practice such things as centering, relaxing under pressure, blending, and alternative ways of being. There will also be discussions of applications to education, sports, management, relationships, social transformation, and personal growth.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), *The Ultimate Athlete* (Viking), *The Transformation* (J.P. Tarcher / Houghton Mifflin). $250

Week of May 11-16

Human Potential Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to educate the human potential, which means the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers, and for discussion of the work. $490

Pain and Comfort

Dee Dee Lozier & Michael Joyce

Pain makes us grumpy and tired and lowers our self-esteem. This workshop offers opportunities to learn to release pain and create comfort and ease in our bodies.

Group sessions involving imagery, trigger point work, and Feldenkrais lessons will allow participants to explore ways to release pain, increase comfort, and move more easily. There will be opportunities to work with one's own or someone else's pain in the neck, back, and feet. Private sessions will be focused on problems in muscles, joints, and connective tissue, and appropriate use of Feldenkrais, trigger point, and deep-tissue methods. Participants will be given help in creating a program for continuing improvement at home. $490

May 11-June 6

Psychosynthesis Training

Harry Sloan & Elisa Lodge Schiffman

For workshop description see Special Programs, page 36. $1960

Weekend of May 16-18

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $250

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will work at their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$250 per participant

Reprinting: A Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize inner power? Through various approaches including body reading, light trance work, and anchoring (Erickson), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in, and consider opening new doors toward growth and freedom. New models of behavior can become available.

The workshop will feature individual and group processes, including body release approaches.

Recommended reading: Hector Prestera and Ron Kurtz, *The Body Reveals* (Harper & Row). $250

Week of May 18–23

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $490

Self-Acceptance: The Freedom to Be

David Schiffman & Elisa Lodge Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics. $490

Shamanic Healing: Training in the Way of the Shaman

Michael Harner

Shamanism is an ancient human strategy for personal learning and action, especially problem-solving, maintaining well-being, and healing. The shaman (a type of medicine man or woman) enters non-ordinary reality to obtain knowledge, to answer personal questions, and to maximize power to maintain personal health and achieve life goals.

In this experiential workshop, the participants will be introduced to some of the basic methods of the shaman. Participants will be initiated into shamanic journeying, a visionary method used to enter non-ordinary reality and explore the hidden universe otherwise known mainly through myth and dream. Practice will include: traditional drumming; movement methods for experiencing the shamanic state of consciousness and awakening dormant personal capabilities and forgotten connections with nature; comparisons of discoveries made on shamanic journeys; personal problem-solving work; opportunity to discover one's own non-ordinary teachers, and to learn from them in non-ordinary reality.

Participants will be introduced to the extraction method dealing with spiritual illness or pain, including discovery and recognition of localized spiritual illness and pain. They can learn how the shaman's journey may be used to restore spiritual power and health, and how shamanism may be practically applied in contemporary daily life.

This five-day workshop is both for beginners and for those who have previously taken a workshop with Michael Harner.

It is recommended that participants read beforehand Michael Harner's book, *The Way of the Shaman: a Guide to Power and Healing* (Bantam), and bring a notebook and pen to preserve their experiences for their own shamanic development. They are also invited to bring drums and rattles. $490

Weekend of May 23–25

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, we will walk into the Los Padres National Forest. We will draw on various traditions, developing the quality of our awareness, and opening to the natural world. Week-long workshops will venture out on five hikes (4-10 miles in length) and weekend workshops will take two hikes (3-6 miles in length). Using Esalen as our base camp we will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. We will practice basic outdoor skills such as map reading and minimum impact concepts. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $250

The Further Reaches of Human Energy

George Leonard & Annie Styron Leonard

This workshop begins with a basic grounding in Leonard Energy Training (LET), in which problems can become opportunities, stress and pain can be transformed into gifts of energy, personal and social options can be multiplied, and the flow of vital energy enhanced. In addition to its practical applications, the workshop offers the possibility of experiencing your own latent powers of intuition and extraordinary sensing.

After their introduction to LET, participants move into experiments that push the limits of what are termed "normal" human capacities. Through such processes as scanning, tuning-in to others' energy, focused surrender and remote viewing, the group is given a chance to experience a crystalline state of intense aliveness without expectation and prejudgment. As George Leonard wrote in *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet; sensing the energy field of a friend or a tree, making connections that defy conventional space and time. . . . We realize, with the sorcerer don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), *The Ultimate Athlete* (Viking), and *The Transformation* (J.P. Tarcher / Houghton-Mifflin). $250

May 23–30

The Painting Experience

Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the deepest parts of ourselves through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the opportunity to discover a natural way of painting based directly upon feeling.

The work takes place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop write: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122.
$740 (plus $20 materials fee paid directly to the leaders).

Week of May 25–30

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

A Gentle Unfolding

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through intuitive and energy awareness, massage, meditation, movement, gestalt, and play. Using these tools and gentle risk-taking can help in opening to our own aliveness and ability to be more at home with ourselves. Participants will explore practical and portable ways of nourishing and trusting the inherent wisdom of the self.
$490

Weekend of May 30–June 1

Diving into the Deep: Dream Discovery

Joyce Frazee

Each night when you disappear below the surface of yourself, what is remembered from the journey is a dream. This workshop will focus on using dreams for emotional and spiritual growth, and for connection with alienated parts of ourselves, and the dreamer in ourselves and others.

Participants may experience the multidimensional aspects of a single dream, noticing the most immediate, pressing, unfinished business present in any dream, and uncovering personal symbols. By keeping a dream journal, participants may recognize that dreams come in series, presenting and exploring a continuing theme. Since many of us forget dreams, exercises in dream recall will be offered. We will work with feelings using gestalt and bioenergetics. We will draw dream mandalas and discover how these can be used for insight and healing. Methods of dream control and lucid dreaming will be discussed. $250

Ashtanga Yoga

Deborah Anne Medow

"The body is a boat which carries the soul in the ocean of the world. If it is not strong or it has a hole, then it can't cross the ocean. So the first duty is to fix the boat."—Baba Hari Dass

The primary focus of this workshop is to utilize the methods of the ancient system of ashtanga yoga in "fixing the leaky boat." Throughout this weekend a cleansing diet and various integrated sessions will be combined to encourage workshop participants to develop a solid basis for further development of the physical, mental, and spiritual aspects of yoga practice. Topics covered will include yoga theory, yoga purification and breathing exercises, and meditation, with particular emphasis on asanas (postures).
$250

Being All There

Charlotte Selver & Charles Brooks

Being all there—being fully present—was the condition of all of us at birth. The present is still our breath of life and our life-blood. As adults, however, we are often preoccupied with images and ideas of how it ought to be. Rather than responding directly to the situation at hand with all our extraordinary innate capacities, much in us has become immobilized by early conditioning, emotional problems, and habit.

Children and sages have a different way of functioning. For them the world flows into consciousness as the air into their lungs, and their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our own lack of immediacy which is usually felt as tedium and which calls for ever stronger stimuli in the search for joy or self-discipline in the search for peace. By giving up preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what should be but to what is, and the world catches fire for us.

In this workshop participants will explore direct experience, which as it becomes clearer and stronger, will slowly burn away the screen of concepts and restrictions which conditioning has interposed between ourselves and living. For the individual searching for discipline with more reality, this work may have the feeling of solid ground.

Recommended reading: Charles Brooks, *Sensory Awareness* (Ross Erikson). $250

Week of June 1–6

Being All There

Charlotte Selver & Charles Brooks

For workshop description see May 30-June 1.
$490

Wild Dance: Movement in Wilderness

Susan Harper & Steven Harper

"Wild Dance" is an invitation to explore natural movements inspired within the human organism by participation in nature. We listen to impulses within and to impulses of wilderness until "inner" and "outer" disappear. As we surrender to the intelligence which creates life in all its varied forms, we may find ourselves moving in unexpected ways. Our awareness may expand. We may feel a larger sense of self and wilderness, and the creative wholeness of a greater dance.

Sessions will be both indoors and outdoors. Evenings, some day sessions, and most meals will be at Esalen. We will also take short day hikes in Big Sur's backcountry. Participants need not have previous experience in hiking or dance. Come willing and ready to participate in nature's range of motion. $490

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if we are to sustain a healthy, interesting and exciting life. Most often we find ourselves actively or passively resisting change while we talk about wanting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables us to confront our resistance and fear, and increases our willingness to change and take risks.

This workshop includes an in-depth process focused on the ability of each individual to find and allow more personal self-acceptance and well-being, and to confront creatively opportunities for change and growth. Group activities will include gestalt process work, group discussions, massage, meditation, music, dance, art-imagery exercises, and whatever else happens spontaneously. $490

Weekend of June 6–8

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

"For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation."
—Rainer Maria Rilke

The goal of this weekend is to provide a context in which couples can focus and explore their relationship in the areas of communication, closeness, conflict, and individuality. A balance of structured and spontaneous interactions will be used within the framework of the large group, subgroups, and the couple. Limited to ten couples. $250 per participant

Inner Sound and Voice

Jill Furce

Jill describes her workshop: "Practical explorations with sound for healing and the transformation of consciousness. By liberating our voice, we can make contact with deep levels of the Self and release an untapped source of energy. Activities include: working with the psycho-physical effects of breathing, chanting, mantric, and sonic meditations; learning to tune

and listen together, moving from the intuitive level into meditative states; developing breath and sound in ways to set different parts of the body-mind in resonance, to give sonic massage, heal and tune the chakras and subtle body; finding our own note and hearing inner sound, entering directly into the subtle dimension of sound by magical voice methods, Mongolian and Tibetan overtone chanting; using mystical sound methods from traditional cultures to discover our own voice and source of inner power; exploring trance and mind-transforming music, mantra and musical medicine." $250

Week of June 8–13

A Fourth Way Psychology and Characterology

Elena & Claudio Naranjo

Claudio writes: "'Fourth way' here refers not to transpersonal psychology, which followed in the West upon the 'third force' of humanistic psychology, but to the Sufi tradition represented in the West by Gurdjieff and others. This workshop will comprise theory and psychospiritual exercises (both individual and group) through which participants will be led along a self-insight venture called a 'proto-analysis'—an exploration of one's life and personality—with the aid of a psychological map called the 'Enneagram.'" $490

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

This will be an introduction to intensive intra-psychic work using Reichian breath work and gestalt practice. Reichian work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration the possibility is opened to come to a truer concept of self, with an expanded ability to respond in the present. This workshop is limited to 14 participants. $490

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed."
—M.C. Richards, *Centering*

Stress-related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that can release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais, gestalt, Rolf-movement, massage, Reichian breath work, and video feedback. $490

A Workshop for Adult Children of Alcoholics and Adult Children of Abusive Parents

Karen Paine-Gernée & Terry Hunt

Growing up with parents who are either alcoholic or physically abusive produces certain predictable and specific characteristics which last throughout our lives unless we deliberately address them. If you were exposed to alcoholism or abuse as a child, you may be finding that the very defenses which protected you in that situation are now interfering with your achieving a happy and productive life.

Some of the characteristics Adult Children of Alcoholics and Abusers (ACA's) struggle with are: an inordinate need to control, an over-developed sense of responsibilty, fear of authority figures, difficulty with intimate relationships, inability to trust, difficulty having fun, compulsive-addictive behavior, fear of abandonment, and chronic lack of self-esteem.

Alcoholism is a disease of denial. As children in an alcoholic system, we are taught to deny what our own senses know. We tell ourselves that it really wasn't so bad, and we learn to not feel what we cannot tolerate. As we deny the pain, however, we also screen out the joy, and our adult lives are often filled with depression and hopelessness.

The good news, however, is that recovery is possible. The first stage is to begin telling the truth and identifying our childhoods for what they were. The second stage is to reclaim our feelings without being overwhelmed by them. Karen and Terry, both Adult Children themselves, have developed the concept of emotional sobriety as a path of healing.

This workshop was originally designed for Adult Children of Alcoholics, but the number of Abused Children who have come to us saying that the dynamic was the same for them has led us to include them in our invitation.

Recommended reading: H. Gravitz & J. Bowdon, *Guide to Recovery* (Learning Publications); Janet Woititz, *Adult Children of Alcoholics* (Health Communications); Sharon Wegsheider, *Another Chance* (Science and Behavior Books). $490

Weekend of June 13–15

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 23-25. $250

The Moving-On Experience

Mary Goldenson (Devarani) & Fred Kalmus

This is a weekend of intense body work, structured for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor, tension, stress, and a lack of spontaneity. As armor softens, feelings held in since childhood can be released and positive feelings of joy, love, trust, and pleasure can be experienced more fully.

In a safe, supportive environment utilizing Radix®-Reichian emotional methods, hypnosis, chiropractic, massage, gestalt, dance, and group interaction we can create a new capacity for living. $250

Formative Fields and the Habits of Nature: A New Science of Life

Rupert Sheldrake

The hypothesis of formative causation may provide the basis for a new scientific paradigm which goes far beyond the currently predominant mechanistic theory of life. The idea that the form and behavior of living organisms are shaped by morphogenetic fields, themselves molded by the form and behavior of past similar organisms, leads to a new interpretation of heredity and the evolutionary process. Memories need no longer be thought of as somehow stored inside the brain. They may depend on direct connections with the organism's own past due to morphic resonance, and tuning in to the experience of other members of the species may give rise to a pooled or collective memory. In this workshop some of the implications of formative causation for biology, psychology, parapsychology, philosophy, and religion will be explored and discussed.

Recommended reading: Rupert Sheldrake, *A New Science of Life* (J.P. Tarcher). $250

Love and Work

Anne & John Caple

"Leiben und arbeiten," Freud answered, when asked what the normal person should be capable of. "To love and to work." In this workshop, participants will examine their work lives and work options in the context of their love for themselves, for others, and for the larger world. The group will use integrative exercises, art, and gestalt processes to approach life decisions. The goal is for participants to see more clearly what they want and how to get it. One outcome will be a specific action plan.

This weekend is for those who want more value in their work lives, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life/work issues during group meetings and in pre-breakfast runs.

Recommended reading: John Caple, *Careercycles* (Prentice-Hall). $250

Week of June 15–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $490

Inner Landscapes and Human Evolution: Pathways to Higher Consciousness and Planetary Transformation

Alise Agar, Claudio Naranjo, Kenneth Ring & Andrew Weil

By becoming more conscious of the process by which mind creates reality, it is possible to unlock a variety of pathways. Meditation, the appropriate and responsible use of psychoactive drugs, and the near-death experience will be explored by leading authorities in their fields. The workshop will feature day-long programs by each of the presenters. The forum will encompass a combination of lecture, discussion, and experiential exercises. Specific topics to be addressed include: the appropriate and responsible use of psychedelics in spiritual practice and psychiatry, the maintenance of higher states of consciousness through visual imagery and varieties of meditative experiences, and the near-death experience as catalysts for personal, spiritual, and planetary evolution.

Recommended reading: Kenneth Ring, *Heading Toward Omega;* Claudio Naranjo, *The Healing Journey;* Andrew Weil, *From Chocolate to Morphine* and *Health and Healing.* $490

Yoga: A Week of Rejuvenation

Ganga White & Tracey Rich

This course will aim at giving participants the inspiration and understanding necessary to create a personal practice of yoga. Yoga brings about a strong, healthy, and flexible body, mind, and spirit. We offer a holistic approach that combines asana (posture), pranayama (breathing), and dhyana (meditation). In addition, our approach can be highly aerobic for those wanting to condition the cardio-vascular system.

The course is open to students of all levels, from beginners to advanced. Students will be shown how to develop a 45-minute daily practice that includes all elements necessary for maintaining optimum fitness. Other topics will include learning how yoga works, aligning and restructuring the body, diet and nutrition, and meditation. A special feature will be "double yoga," a system created by Ganga that allows you to share your practice with a friend.

For additional information or questions you may contact Ganga or Tracey at: White Lotus, 2500 San Marcos Pass, Santa Barbara, CA 93105, (805) 964-1944.

Recommended reading: Ganga White, *Double Yoga* (Penguin). $490

Unfinished Business

Janet Zuckerman assisted by Ron Sand

Janet writes: "This workshop will provide a safe environment for exploring the 'unfinished business' in our lives.

"I believe that when unfinished business from the past is projected into current relationships one is prevented from fully appreciating others in the 'here and now.'

"The emotional release methods that I have developed over the past decade support completion of this unfinished business through the honest expression of feelings." $490

Weekend of June 20–22

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers, as a means of achieving productive functioning. $250

Burnout: Causes and Cures

Elliot Aronson & Ayala Pines

This workshop is designed for people who give service to others and who are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues.

C. E. credit is available for doctors and nurses; for additional information see page 35. $250

The Feeling Process

Janet Zuckerman assisted by Ron Sand

For many people, feelings are something mysterious, something to keep to one's self, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants can learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate, in a safe environment, in the choice of expression or depression. $250

Minds, Madness, and Psychoactive Drugs

David Richman

In this workshop we will explore the current state of knowledge of human brains and the complex chemistry that is at the heart of brain functioning. Through dialogue, slides, and recordings, a basic understanding of minds and mind-altering drugs from psychiatric to psychedelic will be presented. From Antabuse to Ativan to Atropine to Adam; from Cocaine to Caffeine to Cogentin; from Prolixin to Phenobarbital to PCP to Psilocybin; from Thorazine to THC to Transderm Scopolamine through Valium and Xanax, we will journey through the spectrum of uppers and downers. The basic issue of informed consent and knowledgeable decision-making concerning psychoactive drugs will be emphasized.

Recommended reading: David Richman, *Dr. Caligari's Psychiatric Drugs* (NAPA-Network Against Psychiatric Drugs); Robert Julien, *A Primer of Drug Action* (W. H. Freeman); Peter Stafford, *Psychedelics Encyclopedia* (And/Or Press). $250

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop participants will also be introduced to methods to improve their ability to sense each others' bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about their bodies through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens, who may find themselves discovering new ways of moving with ease and increased flexibility—painlessly and immediately. $250

Week of June 22–27

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $490

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman & Elisa Lodge Schiffman

"Anything which is forced or misunderstood can never be beautiful."—Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of self-defeating patterns from the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us.

In this workshop the group will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $490

The Art of Self-Direction

Lenore Lefer

This workshop is about personal, social, and cultural change. It is about creating, initiating, and directing change as well as responding to those alterations that we seem not to choose. We will explore how to be causal in relation to change and how to include our deepest values. Do we know what is meaningful, and how do we integrate that into our lives? It is an art to lead a self-directed life that includes both personal and social responsibility.

Founded conceptually in psychosynthesis, the focus of this self-exploration will be experiential, using imagery, inner dialogue, meditation, and individual and group process. The environment will be supportive and evocative. This workshop is appropriate for professionals who deal with transitional crises in their own work.

Recommended reading: Pierro Ferucci, *What We May Be* (J. P. Tarcher); Roberto Assagioli, *The Act of Will* (Penguin). $490

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

This workshop focuses on how we may consciously unfold ourselves—physically, emotionally, sexually, mentally, and spiritually. Past anger, fear, sadness, and grief, often reflected in the body as tension, pain, lack of spontaneity, and diminished vitality, can keep one from being fully present and alive. By contacting tension and allowing emotion which has been frozen in the body, there is an opportunity to open to the creative flow of life energy within. Allowing this life energy meaningful expression, through deepened communication with self and others, is the essence of this work.

Some of the areas that may be explored this week include: recognizing and releasing tensions which block emotion in the body; using breath and sound to energize and soften the body's tension and emotional holding; contacting and allowing unexpressed sadness and pain, which can increase the capacity for heartfulness, pleasure, and joy; expressing and releasing anger constructively, which can deepen compassion and love while also releasing blocked sexual energy; learning about the nature of fear, and moving toward greater trust of self and others. Paying special attention to the mental processes that shape the emotional and physical body, participants will be shown ways to trust their bodies' responsiveness and inner direction.

This workshop will utilize Reichian body and breath work, emotional release, gestalt practice, the Bates system of eye relaxation, massage, dance, meditation, and various other approaches.

Recommended reading: White Eagle, *The Path of the Soul* (White Eagle Publishing Trust). $490

Weekend of June 27–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

For workshop description see June 8-13. This workshop is limited to 10 participants. $250

Weekend Massage Intensive

Esalen Massage Practitioners

This weekend workshop provides instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners. The purpose of the workshop is to introduce massage as a practical approach to greater sensory awareness and relief from stress. $250

Aggression, Sexuality, and Danger: A Gazebo Workshop for Parents and Children

Lia Thompson & Perry Holloman, with Riley Thompson-Clark & Maya Holloman

How do children gather information and learn to make decisions based on what they have gathered? As parents and teachers, to what degree do/should we intrude or interfere in this information-gathering process? We will examine the critical role that parents, teachers, and other children play in the development of a child's total abilities.

The Gazebo staff believe that allowing a child full interaction with his/her environment, imposing as few limitations as possible, greatly enhances the child's social skills. Particularly in the areas of conflict resolution and natural sexual exploration, the Gazebo experience has enabled children to exercise their initiative successfully. Families may come together in this workshop to discover some of their own resolutions for current challenging situations. $250

Anyone interested in receiving information regarding early childhood education and related activities at Esalen, please send name and address to Janet Lederman, Gazebo, Esalen Institute, Big Sur, CA 93920.

The Esalen Soviet-American Exchange Program: An Update

James Hickman & the Exchange Program Staff

Since its inception in 1979, the Esalen Soviet-American Exchange Program has demonstrated significant success in pioneering innovative and imaginative approaches to Soviet-American cooperation. Based on our two nations' common interest in human potential and consciousness, our non-governmental approach to peacemaking emphasizes the need for understanding both the similarities and the differences in disparate cultures.

This project has emerged over the past ten years as members of the Exchange have traveled extensively throughout the Soviet Union establishing personal relationships with Soviets from all walks of life including scientists, political philosophers, artists, athletes, and government officials.

In this seminar we will review the projects in the Exchange Program and share our insights about the intellectual, cultural, and spiritual aspects of the transformational journey on which we have embarked with our Soviet friends and colleagues. The seminar leaders believe that if Americans evolve a deeper understanding of Soviet culture, the United States government might evolve a more creative Soviet-American policy. $250

Week of June 29–July 4

Letting Go—Moving On

Mary Goldenson (Devarani) & Fred Kalmus

This is a week of intense body work, structured for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor, tension, stress, and a lack of spontaneity. As armor softens, feelings held in

since childhood can be released and positive feelings of joy, love, trust, and pleasure can be experienced more fully.

A most important feature of the workshop is the individual Radix®-Reichian intensive, done in a safe, supportive environment. By also using dream work, hypnosis, chiropractic, bioenergetics, massage, dance, and group interaction as one lets go/moves on, a new capacity for living can emerge. $490

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji with Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

Olatunji shows how the drum is the center of African culture, as its sounds and rhythms communicate, stimulate, and pace the variety of activities of traditional life. He teaches the consonants of the Yoruba language, and the reproduction of these sounds on drums and through chants, body percussion, and dances. Drummers can experience the dance, and dancers can experience the drums. This workshop is for dancers, percussionists, musicians, and everyone who wants to speak the language of the drums. Bring a drum if you have one. $490

Living Hypnotically

Norman Katz & Marc Lehrer

To "live hypnotically" is to live with the benefits of greater perceptual awareness, to enhance personal creativity and most particularly to develop an ongoing relationship with the unconscious mind.

This five-day seminar in altered states and hypnosis is intended to acquaint the participants with living a "hypnotic lifestyle." By understanding basic principles, participants can learn to use hypnosis as an aid to transform themselves in powerful and unique ways. Participants will be offered an opportunity to recall altered states and then to produce these states by hypnosis. $490

Reflectors

Jenny O'Connor & the NINE

"In this form we become bridge between whole and unwhole, happy and sad, good and bad. We are thought form, the first thought as you, as mankind, assumed shape and the last thought as you choose to leave. What remains is afterthought or vibration as we know it, and so the form begins again. The vibration came before the chicken." – The NINE

"This workshop is an invitation to spend time with The NINE in dialogue and self-discovery. As they move to answer questions, they create a kind of language that bypasses the mental structures of the brain and enters through the pores of the body. It can be beyond expectation because it enters the space between all expectations and, caught unawares, you may find yourself looking at a reflection of yourself that is shockingly familiar, for there may be more of you than you ever believed possible. You may well be compelled to reach across that space between the masks you carry and the self you don't quite yet believe possible and so put the strain of your theater to rest for a while. All this through a meeting, a few questions that seem simple enough in the asking but may rebound in a way that strikes far beyond what you thought you asked. It is a very fast way to know yourself better, in a form that teaches through compassion, humor, intelligence, and a vital concern for the future of us and our planet." – Jenny O'Connor $490

Weekend of July 4–6

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $250

Experiencing Your Psychic/Intuitive Abilities

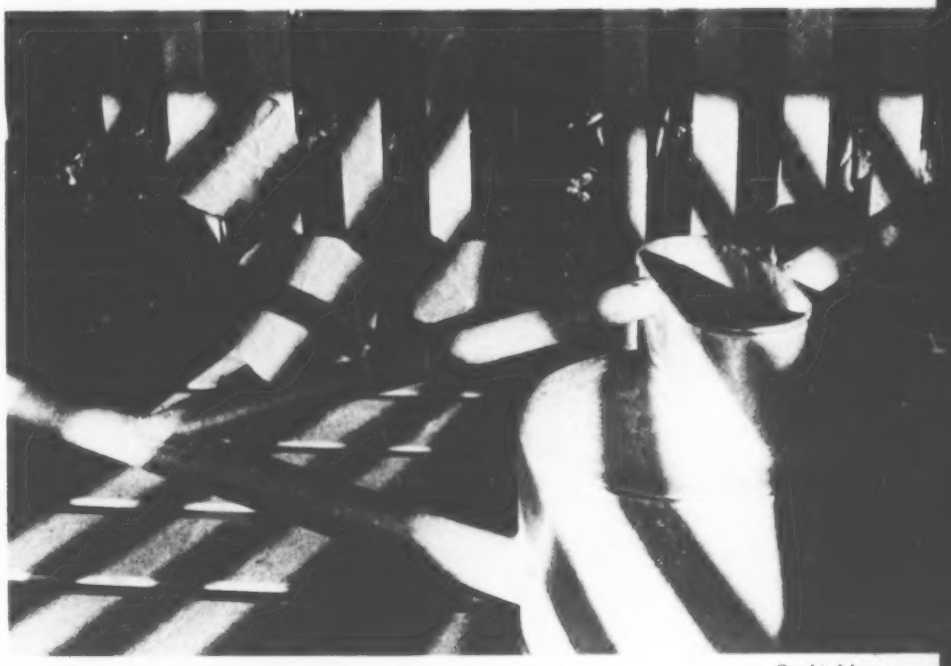
Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their psi abilities, Anne and Jim will use exercises designed to aid participants in recognizing their styles and trusting the intuitive input they normally receive. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their inner sensitivity. One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $250

Herbs and Human Consciousness

Lesley & Michael Tierra

Participants will learn use of both Western and Chinese herbs as special foods to energize higher potential for personal health and growth. Such use is part of a time honored system of planetary herbology encompassing methods of



Cynthia Johnson

detoxification, purification, daily maintenance, and strengthening of body, mind, and spirit. These gifts of nature, many of which can be found growing at our doorstep, are useful alternatives to orthodox medicine in the treatment of both chronic and acute diseases.

Participants will be given a practical overview of herbology with emphasis on practical skills of identification, gathering, preparation, and other herbal skills that can be reliably done in one's own kitchen. The discussion of individual conditions will be considered according to the interests of workshop members. $250

The *Bhagavad Gita* as a Guide to Counseling

Harry Sloan

"Better is one's own dharma *[own style], though imperfect, than the* dharma *of another well performed. He who does the duty ordained by his own nature incurs no sin."*—The Bhagavad Gita

Similarly, William Blake said, "I must create a system of my own or be enslaved by another man's." To the extent we clone someone else's approach or style, even though we perform the task well, if it is at the expense of our true nature we dishonor ourselves.

The *Bhagavad Gita* is an ancient and sacred text of the Hindus. What the Bible is to the West, the *Gita* is to the East. The story of the *Gita* is about a battle. Metaphorically, it is the struggle of honoring our duty to ourselves, and not capitulating to the obstacles and familiar habits that impede deepening and expressing our unique sense of Self. For a counselor the message of the *Gita* is the struggle to resist the temptation to settle for rote interventions or techniques at the expense of reaching deeper within ourselves for insight and discovery of our own system.

This program may be useful not only for the counselor, but for any in the helping professions who would like to deepen their own unique sense of Self in the process of their professional work. The format will blend experiential exercises with discussion focusing on the pertinent *sutras* of the *Gita* that reflect the above theme.

Recommended reading: Swami Nikhilananda, *The Bhagavad Gita* (Ramakrishna-Vivekananda Center). $250

The UFO Phenomenon

Allen Hynek & Staff of the Center for UFO Research

Thomas Goudge, Canadian philosopher of science, wrote in a letter to Allen Hynek: "One of the most interesting facets of the UFO phenomenon to me is its bearing on the problems of how science advances. Roughly, I would say that a necessary condition of scientific advancement is that allowance must be made for: (1) genuinely new empirical observations, and (2) new explanation schemes, including new basic concepts and new laws."

In this workshop, the leaders will discuss the state of research on the UFO phenomenon.

Dr. Allen Hynek, an astronomer and consultant to the Air Force's UFO investigations in the 1940s and '50s, came to believe the Air Force was more interested in a public relations facade than an authentic probe. He left the Air Force investigation to form the Center for UFO Studies in Evanston, Illinois.

"As I began to consider the extraordinary caliber of UFO witnesses, many of whom are pilots, sheriffs, air-traffic controllers, farmers, truck drivers and elected public officials, I realized I had either to keep calling these people crazy, or start taking seriously the emerging patterns in UFO sightings. I chose the latter," Hynek says. He now devotes most of his research to those cases which, after exhaustive study of both physical and psychic dimensions, appear to challenge ordinary notions of reality. $250

Week of July 6–11

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

Choosing to Change

Harry Sloan

This personal workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Individual work will stress deepening awareness of one's sense of direction and personal obstacles. Participants will focus on change through exploring the implications of their choices and the ways they retard or encourage the expression of self.

The workshop will include psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Participants will focus on aligning their motivation and will with the natural process of change and integration. $490

Gestalt

Seymour Carter

Seymour writes: "I intend to introduce the notion of gestalt as a practice, like meditation, that will provide a form for a daily internal housecleaning. We will approach gestalt as an experience of mindfulness.

"We will examine the influence of inner dialogue, body/mind relationship, and the nature of impasse, as well as tendencies in ourselves towards psychological completion and well being. Each participant will be treated as unique with his/her own process of development, a process to be honored and encouraged. The basis of this work is the gestalt method, supported by various body disciplines including sensory awareness, bioenergetics, Rolfing®, and aikido." $490

The Performer in You: Achieving Stage Presence

David Feldshuh

Much of our everyday life is performance: we present ourselves to other people; we give speeches or run meetings; we tell jokes or stories; we play sports. There is an optimum psycho-physical presence for performing anything: a mind-body condition that is clear of tension, centered, free, and spontaneous. The first step in developing this presence is awareness of individual physical and mental resistances. Next, one must learn practical ways to work through these resistances. The goal is stage presence: the ability as a performer to occupy time and space and the willingness to feel entitled to occupy that time and that space. These qualities can be learned. We can learn to perform so that we allow ourselves to be successful instead of bracing ourselves for failure. We can also learn to act more readily from a region beyond the boundaries of conscious control or judgmental intelligence, a region requiring the capacity to surrender to the moment and live fully in it.

Using exercises from mime, karate, theater games, voice, and mask work as well as methods adapted from gestalt and Zen meditation, this workshop will attempt to cultivate the performer in each participant regardless of previous performing experience. $490

Weekend of July 11–13

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Aggression, Sexuality, and Danger: A Gazebo Workshop for Parents and Children

Janet Lederman & Gazebo Staff

For workshop description see June 27-29. $250

Anyone interested in receiving information regarding early childhood education and related activities at Esalen, please send name and address to Janet Lederman, Gazebo, Esalen Institute, Big Sur, CA 93920.

Awake in Your Dreams

Stephen LaBerge

Lucid dreaming means dreaming while knowing that we are dreaming. For most of us, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so; workshop participants can learn how to develop the skill of lucid dreaming. The results of recent scientific research

will be presented and participants will be exposed to the various uses of lucid dreaming, including self-exploration, creative problem solving, healing, adventure, and, perhaps most importantly, a way of self-integration leading to the transpersonal realms.

The emphasis will be on improving the quality of the dreamer's experience while in the dream. This means self-control, not dream control: changing the context rather than the content of the dream. Ann Faraday has called lucid dreaming "one of the most exciting frontiers of human experience." This workshop will provide an opportunity to find out why.

Recommended reading: Stephen LaBerge, *Lucid Dreaming* (J. P. Tarcher). $250

Introduction to the Viking Runes

Ralph Blum

For almost 2000 years, Western peoples possessed a system for divination and insight into the present and the future—the Runes. Described as "the *I Ching* of the Vikings," the Runes served as an oracle—each symbol having a specific meaning and message—and runecasters, often women, accompanied the Vikings on their long voyages. Then, for three centuries, the Runes were eclipsed, their practice and wisdom lost.

In 1975, Ralph Blum began working with the most ancient Germanic Runes, rediscovering meaning for the individual Rune stones, and devising methods for their use. Margaret Mead said of his work: "It's high time someone treated the Runes as part of living Western shamanism. We need our shamans, and you don't have to make an appointment to see your Runes."

In this introductory workshop, he will present the origin, history, meaning of the Runes, and how to work with them for self-counseling, decision making, obtaining information at a distance.

There will be individual Rune readings for workshop participants.

Recommended eading: Ralph Blum, *The Book of Runes* (St. Martin's Press; Rune stones and bag come with book). $250

Reflexology

Laura Norman

Reflexology can be a powerful healing tool which relaxes the body, recharges the mind, and revitalizes energy. It is a massage of the feet which can clear away stress and tension, stimulate the body's natural healing abilities, and help balance the system.

Participants in this workshop will have opportunity to learn specific methods as they work on one another and may then be prepared to work on themselves, loved ones, and friends. Health care professionals may wish to integrate reflexology into their work.

This workshop offers basic knowledge of reflexology, its roots and practice; the benefits of reflexology and how it can help relieve minor aches and pains as well as chronic health conditions such as back, sinus, and weight problems; an understanding of the relationship of the feet to the body—how the feet are considered mini-maps of the entire body with each "reflex point" in the foot representing and corresponding to an organ, gland or part of the body. $250

Week of July 13–18

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $490

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $490

Intuitive/Psychic Skills for the Helping Professional

Anne and Jim Armstrong

Thousands of members of the helping professions have been trained by Anne and Jim Armstrong in their workshops across the country, yet rarely do the Armstrongs offer a training geared entirely for the helping professional. This workshop is an opportunity to work with a group of professional peers, focusing on the uses of innate intuitive abilities in a professional practice.

During this workshop participants learn how to recognize, trust, and use intuitive abilities through centering methods, developmental exercises, practice on situations presented by participants (their own or a client's), and group discussion. Anne and Jim constantly encourage the use of intuition in addition to professional training. Used consciously, this powerful combination can greatly enhance effectiveness. $490

Five Days with Jack Rosenberg

This workshop is aimed at awakening and sustaining awareness of body, self, and soul, as well as examining the anatomy and function of intimate relationships. The method can be described as gestalt body work with a distinct leaning toward the transpersonal aspects of life. During the workshop participants will explore many aspects of Jack Rosenberg's energetic approach to sexuality, the energetic field of the body, and the belief systems which keep us locked in obsolete behavior patterns.

Recommended reading: Jack Rosenberg et.al., *Body, Self, and Soul: Experiencing Integration* (Humanics), and *Total Orgasm*. $490

Weekend of July 18–20

Ashtanga Yoga

Deborah Anne Medow

For workshop description see May 30-June 1. $250

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see June 20-22. $250

The Ritual Theater Workshop

Antero Alli

Participants will explore the process of designing and executing their own rituals as a means of expressing dreams, nightmares, and celebration. Combining elements of theater, dance, and Zen in a non-performance style of presentation, we release the pressure to perform by inviting the challenge of spontaneity. The director of our play is that spirit of our highest integrity moving us into greater participation with our lives and the lives of others. In this way, a true group unity may emerge from the fulfillment of each individual's style of being themselves. Guidelines along the way include: dreaming rituals, no-form, polarizations, vocal creations, survival ceremonies, earth renewal rites, and a full moon celebration. *Prerequisite:* The self-commitment necessary for playing. $250

The Challenge of Change: Findhorn to Mount Shasta

Peter Caddy

Peter will discuss: spiritual principles applicable to daily life (trusting inner guidance, power of attunement, laws of manifestation, and cooperation with nature); principles for building relationships, community, and effective networks; and challenges of the '80s and prophesies of earth changes, with an understanding of how we can actually co-create a more positive future together. $250

In Search of Ecstasy

Harvey Milkman & Stanley Sunderwirth

Are criminals, drug users, sky divers, police, and lovers motivated by a similar craving for ecstasy? Are comparable needs being met through alcoholism, over eating, and membership in a spiritually oriented group? The term addiction was once reserved for dependence on drugs. Today it is applied to a range of compulsive behaviors as disparate as working too hard and eating too much chocolate. In fact, there are essential biological, psychological, and social common denominators between drug use and other habitual behaviors. Whether your pleasure is meditation or mescaline, cocaine or cults—you are addicted if you cannot control when you start or stop an activity.

The workshop examines the age-old search for pleasure from a new perspective. Sound principles from psychology and sociology can now be integrated with rapidly emerging discoveries in brain science. The workshop will be primari-

ly for the non-professional who seeks a mature understanding of what is presently known about compulsive pleasure-seeking and will include discussion of topics such as the origins and symptoms of addiction, the biochemical relationship between drug abuse and other forms of problem dependency, social deviance and mental illness, and methods of treatment and prevention that have a reasonable probability of success. Emphasis will be on the bio-psychosocial model of compulsive behavior developed over the past few years by the presenters. $250

Week of July 20–25

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

For workshop description see June 8-13. $490

Feeling and Relating

Joel Dweck, Anne Ruderman & Linda Rice-Mandigo

This workshop focuses on growth as a possible source of wonder, inspiration, and delight.

By using Reichian emotional release methods, such as the Radix® intensive, and by working individually within small supportive groups, participants will be given the opportunity to find that the deeply held emotions of pain, anger, and fear can be released. Such release can soften chronic unconscious patterns of tension and a new capacity for pleasure, love, and trust can follow.

As a complement to the emotional release work, approaches to group process will be introduced, providing for the subtler patterns of relating to emerge. Thus, each participant's capacity to translate personal growth into quality interaction can be developed experientially. $490

Clowning for Life: A Gestalt Workshop

Rickie Wolf

"The fool who persists in his folly becomes wise" – William Blake

Clowning for Life is a study of how to be fully present. It is a search for the state of consciousness where contradictions can be embraced and where suffering and limitations are transformed through acceptance and play. Clowning is a surrender, a free-fall into being.

The workshop focuses on the joy of the full and unified expression of body, emotion, mind, and spirit. It offers an escape from the ponderous into an attitude that life is an invitation to play.

Participants are asked to bring a hat and some clothes to use as costumes. $490

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week we will focus on how to develop those qualities in ourselves that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based in warmth and humor we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $490

Weekend of July 25–27

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $250

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $250

Challenge and Change in the American Political Process

Pete McCloskey & George Pegelow

This seminar presents a dynamic exploration of how the U.S. Congress works (and doesn't work) in the complex context of modern times, and will include an opportunity for participants to solve actual legislative problems which have faced Congress in the recent past. We will also focus on ways to blend energy and transform political competition into positive cooperation. $250

The Essence of Alan Watts

Robert Shapiro

Alan Watts was a great interpreter of Eastern wisdom to the West in the 1960s. Through several videotapes made shortly before his death, Watts continues to contribute his insights on the challenges in today's world and talks about paths toward more personal nourishment and achievement.

Some of the tape titles are: *Work as Play, Time, God, Meditation,* and *Nothingness*. Each tape showing will be followed by group discussion. $250

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert & Heinz Pagels

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means*, and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's Theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's Theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what the current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation.

Recommended reading: Nick Herbert, *Quantum Reality* (Doubleday); Heinz Pagels, *The Cosmic Code* (Simon & Schuster). $250

Week of July 27–August 1

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

Five-Day Massage Intensive

Esalen Massage Practitioners

Participants are instructed in basic methods used in giving a full body massage. Related areas of work, such as breath awareness, grounding, movement, and quality of touch are introduced, and participants are instructed in ways to release stress and muscular tension. The workshop includes the fundamental elements necessary to give a pleasurable and beneficial full body massage. $490

The Sacred Mask Experience

Elisa Lodge Schiffman

"Marvel at the ingenuity in which divinity hides itself in order to find itself." – Alan Watts

Masks are magic! The elemental power of sacred masks to liberate and transport us has all but disappeared from our cultural heritage. Drawing our initial inspiration from a large

international collection of masks, we will re-establish our connection to this ancient artistic tradition, one of the oldest forms of catharsis and healing.

Through mask-making, ritual theater, trance journeys, primal sound, and movement work, we will enter a world that will carry us to the further reaches of our imagination and to what is revealed behind the masks . . . the beauty and truth of our essential nature. Together, we will create rituals that grow out of sacred practice, opening us to more vital and novel dimensions of expressive behavior not ordinarily permitted in our daily lives. . . . Local musicians from Big Sur will be used to orchestrate and ground the powerful energies that emerge. $490

Endarkenment

Will Schutz & Ailish Mellard

Sometimes in our search for enlightenment, we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle.

This workshop can provide a vehicle for the turn downward. We shall explore: how to establish and maintain meaningless relations; what to worry about while meditating; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim/martyr in your social group; guilt without sex. This approach—similar to Feldenkrais' "live the disasters" and the "homeopathic principle" (Will Schutz, *Body Fantasy*)—can be as valuable for attaining enlightenment as the direct route—and more fun. In addition, participants in this workshop will have opportunities to explore, play with, and celebrate the shadow—that which we usually hide. $490

Neurolinguistics: The Structure of Subjective Experience

Eli Jaxon-Bear & John Michael Grey

Neurolinguistics is a learnable model of human communication and a method for understanding personal reality. Participants can learn the ways we unconsciously process information and how to shift communication strategies to maximize the chance of obtaining rapport with the unconscious mind of the listener. We can learn how to identify changes in the other person's internal process through observing subtle nonverbal signals and how to maximize our own flexibility in order gracefully to approach another's reality.

We can also uncover our own processes. We can learn how we limit ourselves as well as gain tools for transforming our limitations into assets. Topics will include: diffusing emotional triggers; changing "history" by viewing our past with new perspectives and bringing resources back to our childhood; and working with the different parts of ourselves to create new choices. $490

Weekend of August 1–3

A Writing Workshop with George Leonard

In this workshop, participants will be encouraged to break through ego-barriers and cultural conditioning that inhibit written expression. There will be little in the way of theoretical discussion, and no critiques of past works. There will be simple movement exercises designed to reduce stress, free the mind, and focus the will. Participants will write furiously in the here and now, and get immediate feedback in a variety of forms. Before the weekend has passed, they will have completed a short article or fictional work, and will have experienced some of the joys and heartaches of publication. Bring pencils, pens, or portable typewriters—and plenty of paper.

Recommended reading: Strunk and White, *The Elements of Style* (Macmillan); George Leonard, *The Silent Pulse* (Dutton). $250

Healing the Broken Heart: The Art of Effective Bonding

George Kohlrieser

From cradle to grave, life involves a changing script of "affectional bonds." These bonds are different from dependency and essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with particular others; a way to explain many forms of physical, emotional, and spiritual distress including emotional detachment, depression, and burnout. Life energy is connected to the quality and depth of emotional contact. This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and intense bonding work to understand, create, and celebrate positive emotional attachments. $250

Awakening the Healer Within You

Elizabeth Stratton

The human body is a self-healing organism. When confronted with excessive stress, negative emotional strain, accidents, bacteria, and viruses, the body's healing capacities and immune system sometimes begin to break down.

This workshop is designed to explore, both didactically and experientially, connection between the mind, body, and spirit that is known as "the healer within." Each of us has the potential to awaken this healer and direct it in ways that will begin the healing process on all levels of our being.

The workshop will entail: opening the psychic energy channels, symptom dialogue, guided healing imagery, and forgiveness as spiritual cleansing. $250

Mobilizing Life Force

Alan Schwartz

Quite simply, life force is the combined movement of human physiology, feeling, spirit, and the action of the brain and central nervous system which we call thought. The cleaner the movement, the more *strength* a person has available. All of us, due to heredity, environment, and simple bad luck, spend much too much time holding or stratifying the life force. This keeps us from authenticity and impedes the decision-making process. This weekend will consist of a wonderful experiment—reaching down through stratified elements of personality to attempt to free the life force and enhance awareness and the decision-making process. The group will act as reality mirror, and each participant may request an energetic diagnosis as to how their life force presents itself. Read the August 3-8 description for further information. $250

August 2–9

A Gentle Trip in the High Sierra

Maurica Anderson & Rob Cooley

For workshop description see Wilderness Programs, page 34. $495

Week of August 3–8

Five-Day Massage Intensive

Esalen Massage Practitioners

For workshop description see July 27-August 1. $490

Crossroads

Anne Nechama Simkin

This workshop is for persons who are seeking possible change. Each group has a life of its own, and within this new community, using the gestalt framework, we will emphasize the I-Thou relationship, work with the obvious, and allow natural unfolding. $490

Myths, Dreams, and Movies

Phil Cousineau & Thomas Schlesinger

This is a workshop designed for the socially conscious film maker, visual artist, and film buff. In the study of our images we discover our deep selves. From the transcendent metaphors of mythology to the inner carnival of dream and the kaleidoscope of art, the soul of a culture realizes itself into imagery. With the richly inventive world of the movies we find a waking dream, a visual metaphor of a culture's self image.

Our workshop will blend a poetic appreciation of film with an experiential emphasis on stories and their images, the stained glass windows of

Joyce Rogers Lyke

the soul. Classical dramatic structure and the model of the hero's journey from myths, legends, and fairy tales will be used to study the creation, analysis, and impact of the film story. Together with extensive film clips, lectures, group discussion, and guided imagery, we will study the ways in which narrative form lends meaning to our experience. Than we will create our own scenarios, script them, act them out, and tape them to explore the uniquely collaborative world of movie making. $490

Touching Spirit: Dimensions of Psychic Healing

Elizabeth Stratton

Psychic healing bridges the physical and the spiritual. Touching as a healing act has been practiced through recorded history by practitioners of the sacred as well as the secular: healers, shamans, priests, doctors, and mothers.

In the past ten years, physics and modern medicine have come to an acknowledgement of the radically relational nature of our universe. Nothing and no one functions in a void. Human emotions affect the functioning of the body, and illness is often an outgrowth of this mind-body link. Semi-dissociative states that are induced by prayer, meditation, and trance have been found to provide a fertile ground for healing to take place. It has been discovered that "multiple personalities" exhibit different states of health in each personality. The placebo effect has become one of the most respected and well studied issues in healing today.

A psychic healer is one who can help connect the physical, emotional, mental, and spiritual levels of another persons' being with healing intention through the use of touch. This workshop will explore, both didactically and experientially, the sacred and secular uses of touch; modern theories of disease formation and the healing mechanism; the use of psychic sight in healing; forgiveness as transformational cleansing; and the channeling of healing energy through the laying on of hands. $490

Effecting Change: The Human Energy System and Risk

Alan Schwartz

This is a week for recognizing the *relationship* between personal growth / change and economic / environmental realities. This is a week for *designing a growth pattern* for your individual energy system to provide more stable contact with the difficulties of the present decade.

The human energy system represents a constantly changing personality dimension. Often neglected in the system's movement towards maturity is the development of the consistency of strength. We hear metaphors not only of physical strength, but strength of character, strong emotions, and the spiritual and psychic strengths of perception. Lack of strength development leads each of us to develop compensations in order to be able to function in our chosen worlds. Some of the obvious are psychosomatic problems, blame, denial, and indiscriminate sexual functioning. *Power over* self, people, things is often a major compensation for the strength that allows us the *experience* of self, people, and things.

Risk involves awareness of our individual compensations, trusting self and the group process enough to *experiment* with mobilizing more energy. This means rendering more alive the strength of the physiology, feelings, conceptual process, and psychic perceptiveness. The result is clarity and stability and a deeper awareness of the balance of self as we contact the very real issues of the decade that is upon us. $490

Weekend of August 8–10

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Advanced Massage Intensive

Esalen Massage Practitioners

This seminar is designed for people who have experience in giving massages. Through demonstrations and practice sessions, participants are taught how to increase the effectiveness and efficiency of their massage skills, with the opportunity to add fresh approaches to their current working style. The intent is to help participants develop deeper and more sensitive contact, and to heighten awareness of clients' responses.

When you send in your deposit, please list your previous massage experience. $250

Compassion and Understanding in Relationships

Jessica Moore Britt & Duncan Scribner

Nothing confronts us more directly with our emotional issues than a love relationship. Patterns of intimacy developed in childhood are unconsciously repeated, as if there were no

other ways of relating. During our time together, couples will have the opportunity to recognize and explore these patterns of behavior, and the inherent beliefs and expectations that hinder fuller relating in the present.

We will use writing, paired exercises, gestalt, and massage to soften patterns and allow new relating to emerge. Our aim will not be resolution; we will focus on creating a lasting means for working on oneself within relationship with compassion, understanding and love. $250

Botanical Dimensions

Terence McKenna & Kathleen Harrison McKenna

How clearly do we perceive the psychoactive plants themselves or their influence on the origins and future of our very humanness? What role are visionary plants playing in the planetary transformation? We will consider the crucial effect of our symbiotic relationships with plants in the evolution of language and cultural self-image. What do the plants know and how do they know it?

We will discuss botanical self-exploration using philosophical constructs both ancient and post-modern. Shamanic notions of time will be discussed. We will explore the implications of these concerns with humor and rousing dialogue. $250

Making Dances

Ronda Martyn & Greg Gibble

Rhonda writes: "In this workshop about making dances, participants will experience a good physical workout as well as the sense of accomplishment and community that derives from making and performing in the creation of dances.

"We'll begin by exploring the basic elements of movement and the craft of choreography. Then, using games, exercises, rituals, and problem solving, we'll begin to play with the creative process. As a professional choreographer, I will use workshop participants as I would professional dancers—calling on their creativity and sensibilities to help in the process of building dances. I will also coach and assist participants in making their own studies and/or dances.

"*Making Dances* is for people with no dance experience and with much dance experience. It's an opportunity to be both a dancer and a maker of dances." $250

Week of August 10–15

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $490

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $490

Energy Strategies

Nancy Rosanoff

This is a course in the self-management of psychic and intuitive abilities. Participants can learn to organize the vast amount of intuitive information available to them and apply it to their present needs. Whether changing careers, setting goals, improving personal and professional relationships or solving everyday situations, the intuitive mind can help us to discover the best approach. The course uses several visualization and psychic development exercises. The subtle chakra energy system is also studied and used as a guide to greater sensitivity. Energy strategies can offer greater understanding of ourselves and others. By strengthening our intuitions we can strengthen our self-trust. The goal of energy strategies is to tap that which is truly unique about us and build it into personal strength. $490

Zero Balancing: Beginning/Intermediate Workshop

Fritz Smith

Zero balancing is a simple yet powerful method for aligning the body structure and energy field. The structural/energetic interface of the body is beneath our conscious awareness and when imbalances occur at this level, the body tends to compensate around them rather than resolve them directly. This asymmetry often leads to loss of vitality, chronic body pain, increasing stress, and less potential for vibrant health. Zero balancing assists in overcoming these patterns of imbalance.

In this program Western anatomy, physiology, and kinesiology are reviewed and Eastern concepts of chi energy, its movement in the body and the chakra systems are discussed. With this background information, the system of zero balancing is presented including specific guidelines for evaluating and balancing the structural/energetic interface of the body. The workshop is both didactic and experiential with the main emphasis on teaching the participants new skills in body handling. This is an accredited program toward zero balancing certification.

Recommended reading: Frederick Smith, *Inner Bridges* (Humanics).

C.E. credit is available for nurses; for additional information see page 35. $490

NLP, Hypnosis, and Reichian Bodywork

David Silverstein & Yvonne Ginsberg

This workshop will allow individuals to explore their process using Reichian body work, neuro-linguistic programming (NLP), and hypnosis. Each person will have opportunity to work individually as well as in group. By loosening the body armor through Reichian work, participants may become more receptive to exploring their emotions and their unconscious. Hypnosis will be used to help experience and re-experience fantasies, dreams, and unfinished situations. NLP offers the possibility of changing beliefs and criteria that keep our lives limited to familiar patterns. Throughout the workshop there will be gentle encouragement to realize that our experience is within our means to define and create. In bringing together these approaches to human development, we wish to create an environment which respects each individual's natural growth process. $490

August 10–17

Seasons of a Woman's Life: Self-Exploration in the Wilderness

Annie Callaway-Galland & Marilyn Mason

For workshop description see Wilderness Programs, page 35. $550

Weekend of August 15–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see June 20-22. $250

Zero Balancing: Advanced Workshop

Fritz Smith

This workshop is only open to people who have completed at least one introductory zero balancing program. Following a review of basic concepts, time will be spent on answering specific questions and giving individual instruction as needed. New work will focus on exploring the direct perception and assessment of energy currents in the body, refinement of evaluating and balancing the foundation joints, and the discussion of nonfoundation joints, including the small joints of the body. Theory will be clarified by demonstration and individual practice, using each other as models.

This is an accredited program toward zero balancing certification.

Recommended reading: Frederick Smith, *Inner Bridges* (Humanics).

C. E. credit is available for nurses; for additional information see page 35. $250

Rubenfeld Synergy® Method

Ilana Rubenfeld

Emotions and memories are often stored in our bodies, resulting in energy blocks, tensions, and imbalances. Rubenfeld Synergy® method (blending gestalt, Alexander method, and Feldenkrais exercises) can be used to contact, express, and work through these feelings. This method involves touch, gentle body movements, visualizations, humor, music, and gestalt. Its verbal and

non-verbal interventions are designed to increase awareness of and effectiveness in the process of self-healing. The approach is gentle, responsive, pragmatic, and powerful.

Some areas to be covered include: discovering the powerful interdependence between our emotions and our dynamic posture; observing life attitudes that are reflected in our non-verbal behavior; and discovering new life options and choices for change.

This workshop will provide opportunities both for practitioners and interested non-professionals. Sessions will include experiential and theoretical components and one-to-one demonstrations. Each participant will have an opportunity to process his/her experience.

Participation in this weekend will fulfill one of the requirements for acceptance into the forthcoming West Coast Rubenfeld Synergy® training program scheduled to begin in January, 1987. $250

Week of August 17–22

Self-Acceptance: The Freedom to Be

David Schiffman & Elisa Lodge Schiffman

For workshop description see May 18-23. $490

Healing the Broken Heart: The Art of Effective Bonding

George Kohlrieser

For workshop description see August 1-3. $490

Emotions of Intimacy

Ayala Pines & Gordon Clanton

Love, jealousy, envy, anger, and other powerful emotions are generated in intimate relationships. These emotions are not useless flights of irrationality. Emotions are useful. They are signals we can learn to interpret. They are also shock-absorbers which can facilitate personal growth and relationship enrichment.

Group discussions, gestalt, role playing, and shared fantasy will be used to increase awareness of the varieties of love and the combinations of love-styles that are formed in intimate relationships. In the supportive, nonjudgmental workshop context it is possible to learn and practice constructive ways of rotecting love relationships and positive ways of expressing legitimate anger, thus minimizing the pain of jealousy and envy./

This workshop is for individuals and couples who are seeking a better understanding of the emotions of desire. It is especially helpful for couples who are seeking to define and protect the limits of their relationships and for counselors who work with people for whom these issues are important. $490

The Art of Self-Care: Who Heals the Healer? Who Helps the Helper?

Ilana Rubenfeld

Does helping others leave you drained at the end of the day?

Do you need an appointment to help take care of yourself?

Who helps the health professional?

This workshop is designed for all professionals and others who would like to learn to use their body/mind more effectively. The leader will draw on extensive previous work with the Alexander method, Feldenkrais, and gestalt, to help you explore and analyze how you use yourself in your practice.

This approach can help you to develop your awareness of how to use your body/mind more effectively, unblock your own energy, and shield and ground yourself in the face of difficult situations with clients. Learn to be there *with*, rather than be there *for* your client. Using nourishment and humor, learn self-care, a critical need for professionals.

Participation in this five-day workshop will fulfill one of the requirements for acceptance into the forthcoming West Coast Rubenfeld Synergy® training program scheduled to begin in January, 1987. $490

Weekend of August 22–24

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $250

The Moving-On Experience

Mary Goldenson (Devarani) & Fred Kalmus

For workshop description see June 13-15. $250

Aggression, Sexuality, and Danger: A Gazebo Workshop for Parents and Children

Janet Lederman and Gazebo Staff

For workshop description see June 27-29. $250

Watercolor Painting and Energy Awareness

Annie Styron Leonard & Erica Fielder

This workshop is designed to help us tap into our vital energy, the force that makes it possible for us to express ourselves through art. By combining Leonard Energy Training exercises with painting in water media such as ink and watercolor, we'll use the entire body to *see* the world around us more clearly and learn how to be centered, relaxed, and creative while painting. Emphasis will be on the process and experience of painting as an ongoing experiment rather than on results. Bring your favorite water media. A list of recommended materials will be sent upon registration. $250

The Road Back To Health

Neil Fiore

Neil writes: "When, in 1974, it was discovered that I had advanced cancer with a 10% chance to live out that year, I was as devastated as any other patient. But because of my training in self-hypnosis, stress management, and optimal performance I was able to avoid feeling like a victim and took charge of my treatment. Since than I have been committed to sharing these powerful strategies with those who wish to confront life's most intense challenge with tools that maximize both health and performance."

The Fiore approach to coping with the psychosocial aspects of illness incorporates: empowerment of the patient; active participation in healthcare decisions; the building of mutual respect in the doctor-patient relationship; open communication within the family; and the expression of difficult feelings. This approach has been effective in reducing patient and family anxiety, and the side-effects of medical treatment; and in improving patient independence, self-esteem, and sense of personal effectiveness.

The patient is always more than his disease. Total treatment must include an alliance with the healthy portion of the patient's mind and body.

This workshop is for healthcare workers interested in utilizing the patient's full resources for the quality, and probably the quantity, of the time remaining.

Recommended reading: Neil Fiore, *The Road Back To Health* (Bantam, 1984).

C. E. credit is available for nurses; for additional information see page 35. $250

Week of August 24–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 23-25. $490

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

For workshop description see June 22-27. $490

Choosing to Change

Harry Sloan

For workshop description see July 6-11. $490

Circle The Earth: A Dance In The Spirit of Peace

Anna Halprin & Daria Halprin-Khalghi

Participants, guided by Anna & Daria, infuse this workshop with their own feelings and aspirations. The workshop deals with the following: life/art process and its connection to myth and ritual; dance as a language of movement, music imagery and environment; play and conflict and their relationship to creativity; collective creativity in dance; performance as a means of sharpening the sense of being totally present; and the link between dramatic performance and social action. The dance created during this time will be dedicated to peace on our planet.

For further information about this workshop, and a recommended reading list, please write: Tamalpa Institute, P.O. Box 794, Kentfield, CA 94914 or call (415) 461-9479. $490

Weekend of August 29–31

Reprinting: A Growth Process

Hector Prestera

For workshop description see May 16-18. $250

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see June 27-29. $250

The Dancing Path

Gabrielle Roth

"Be open, be available, be exposed, be skinless! Skinless? Dance around your bones."
—Wallace Stegner

The dancing path is the road to yourself, to all that you are meant to be. It is the journey from inertia to ecstasy, from body to spirit. It is the way of the warrior.

Dance is a dialogue between spirit and flesh, a tool for awakening and attuning to the rhythms of life, and a catalyst for release of the feelings and attitudes that imprison the human spirit.

The fastest way to still your mind is to move your body. The most effective way to set your feelings in motion is to move your body. The best way to move your body is to dance—your dance, the dance only you can do. $250

Hypnotic Realities: An Ericksonian Approach

Paul Lounsbury & Nancy Winston

This workshop is for people who have a sense of humor and are interested in hypnotic approaches to the personal realities which they inhabit. The leaders will use Milton Erickson's naturalistic approaches to hypnosis and Gregory Bateson's evolutionary paradigm to guide participants in developing greater access to and creative use of unconscious and hypnotic capacities. Various hypnotic forms will be explored for evolution of identity, expanded creative possibilities in problem-solving, and achievement of personal goals.

Because effective use of these hypnotic approaches relies so intimately on refined awareness in communication within the self, much attention will be given to communication, and to dynamics involved in regulating, shaping, and directing attention. We suggest as a prerequisite for this workshop that participants be willing to experience certain amounts of confusion and not-knowing, since there may be alterations in reality orientation in the process of discovering new clarity. $250

Seeing Things: Physics as a Form of Human Perception

K.C. Cole

How do physicists know what goes on at the far reaches of the universe? Or what makes atoms tick? The process is not so different from how everyone sees (or fails to see) everyday objects around them. The purpose of this workshop will be to pose problems in human perception—and show some ways in which physics offers tools that can help make our perceptual powers more acute. During the first part of the workshop, we will explore how the human mind makes music and vivid visual images out of mere electrical signals; how focusing on one image (or thought, or auditory signal) can make other competing signals "disappear"; how we tend to inhibit signals we get used to; how we inevitably first interpret new realms of knowledge in terms of old, familiar ideas and why metaphor is important in science (and all perception); how we draw boundaries and edges between and around things—boundaries that are often arbitrary but have great force once we get used to them. We will use exhibits developed at the Exploratorium in San Francisco to fully experience the many dilemmas posed by everyday perception of everyday things. The second half of the workshop will explore some of the philosophical fruits of modern physics that, in effect, constitute new tools for perception: relativity, complementarity, the importance of interconnectedness and invariant patterns. This will help us sort out the meaning of "right" and "wrong" in physics—and why, for example, a theory of ten-dimensional space can be taken seriously, but astrology can not. $250

August 30–September 12

Path of the River: A Grand Canyon Journey

Steven Harper, Wendy Palmer & Arizona Raft Adventures Staff (AZRA)

For workshop description see Wilderness Programs, page 35. $1400

Week of August 31–September 5

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

Hypnotic Realities: An Ericksonian Approach

Paul Lounsbury & Nancy Winston

For workshop description see August 29-31. $490

Mirrors

Gabrielle Roth

"I never dreamed of being Shakespeare or Goethe, and I never expected to hold the great mirror of truth up before the world; I dreamed only of being a little pocket mirror, . . . one that reflects small blemishes, and some great beauties, when held close enough to the heart."—Peter Altenberg

This ritual theater lab, a marriage of art and healing, is a way to "know thyself" in intense, honest, creative explorations of your psyche, its patterns, cycles, and movements. The unique theater and dance processes developed by Gabrielle inspire you to dig deeply into your own life experience and to share and dramatize your insights in movement and performance. $490

The Polynesian Triune Model: How to Deal Effectively with Guilt and Self-Denigration Through Self-Integration

Murray Korngold & Jack Downing

The Kahunas of the Polynesian order of Kane have mastered practices for making friends with the subconscious, linking up with the divine via the higher self.

In this workshop, our lectures and exercises are directed toward an alliance between the conscious and inner selves. Using this ally, participants will be introduced to the higher self, the source of healing and other powers.

The triune configuration of conscious, inner, and higher selves, integrates rational thought, automatic body functions, stored memories, healing, and spiritual functions. With instruction and application, the three can converge to become one. $490

The Power of Love

Rita Rohen

Most of us use only a fraction of our capacity for love, trust, and joy. Participants in this workshop are encouraged to express themselves more fully by creating an experience of abundance. Approaches may include: gestalt from a transpersonal perspective (which combines controlled breathing, evocative music, facilitative body work); family sculpture; guided fantasy; and humor. Learning from our own body rhythms, and contacting our own wisdom, we may open ourselves to deeper-than-ordinary

levels of consciousness—and thereby achieve greater integration of mind, body, and spirit. Processes developed through work with the Spiritual Emergency Network, and recent practice in Nepal and Japan, will be used to explore ways to apply the power of love to our own lives and extend it to other persons and the planet. $490

Weekend of September 5-7

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see June 6-8. $250

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

For workshop description see June 20-22. $250

Dreams: Metaphors For Transformation

Kenneth Kelzer

Dreams can be a great source of power within the self, offering us a wide variety of images and energies. These raw materials of the psyche, once refined and transformed, can serve to elevate our lives to new levels, expand our awareness into new dimensions, and create new metaphors for viewing ourselves. We will explore a wide range within the dream state, covering its spiritual and creative dimensions, using gestalt, psychodrama, movement and rhythm, art media, group process, and intuitive feedback as our principal tools. Special emphasis will be given to the new frontier of lucid dreaming, and the leader will present material from his forth-coming book on that subject. Participants will have time to present their own dreams during the workshop. $250

Achieving Sustained High Performance

Jerry Fletcher & Kathleen Brown Fletcher

Everyone has had the experience of suddenly doing something much better than expected, yet until recently little has been known about these high performance experiences. People assumed such times were lucky accidents. More significantly, even if they could perform at a high level for short times, they have assumed there was no way to sustain such performance without stress, fatigue, and eventual burnout.

After more than six years of careful research and testing, it is clear that these times of exceptional performance are not capricious. Each individual has a unique set of conditions under which he or she performs surprisingly well. Furthermore, once people learn their personal high performance patterns, they can deliberately create the conditions they need to sustain their own high performance behavior. They do not need to subject themselves to the strain of short peak periods of high output, followed by long recovery cycles.

This seminar presents a carefully developed process for individuals to learn what their high performance patterns are, and how to adjust the way they do things to fit the conditions under which they perform exceptionally well. This seminar is a program developed through years of work with experienced, successful managers, executives, and professionals about how to go beyond competent performance in a way that can be sustained. $250

Week of September 7-12

Five-Day Masssage Intensive

Esalen Massage Practitioners

For workshop description see July 27-August 1. $490

Unfinished Business

Janet Zuckerman assisted by Edith Rasmussen

For workshop description see June 15-20. $490

The Mystical Quest

Christina & Stanislav Grof

This workshop will include theoretical and experiential exploration of the transpersonal dimensions of the human psyche and the importance of the spiritual impulse in human beings. Special attention will be paid to the emerging world-view that integrates science and mysticism, and to the problem of "spiritual emergencies"—emotional and psychosomatic crises that can be associated with consciousness evolution. In the experiential work, we will use "holonomic integration," which combines controlled breathing, evocative music, and focused body work, and has the potential to mediate experiential access to the mystical domain. $490

Childhood Sexual Abuse: A Workshop for Survivors

Jessica Moore Britt

The past few years have seen the experiences that survivors of childhood sexual abuse have held as their own private reality became front page news. To guard against the hurts, fears, and confusion that sexual invasion of a child's physical and/or psychic boundaries can create, the child often abandons the place of conflict—the body. This is reflected in tension patterns, numbness, and/or oversensitivity. Gently, during our time together, we will move towards reintegrating our bodies with our selves, with particular attention to body image, sexual experience, intimacy, and parenting.

Using supportive group atmosphere, gestalt practice, Reichian breath work, movement, touch, and the natural healing environment of Big Sur we can re-enter this private world of memories and feelings and move towards a deeper understanding of the issues of boundaries, betrayal, responsibility, and aloneness, and how these effect our lives now. Focus will be on our perception of ourselves physically, sexually, emotionally, and spiritually, and how this affects our connection with others. During this time we may begin to realize that now it is safe to embody beauty and life and share love. $490

Weekend of September 12-14

The Feeling Process

Janet Zuckerman assisted by Edith Rasmussen

For workshop description see June 20-22. $250

How to Make Money Without Losing Your Soul

Victoria Elliot & Walter Urban

Money can be a negative or positive force depending on how people use it. This workshop will explore the psychological factors in the creation of money. Overcoming blocks, money as a tool that works, wise spending, and other related topics will be dealt with in relation to each participant's life. $250

Developmental Play

Viola Brody & Mary Lenholt

This is a program to help children and adults develop a relationship through physical contact and creative use of the moment. An important ingredient is the quality of fun and delight each experiences in the other's presence. Developmental play focuses on the feelings stimulated by the growing relationship as both child and adult progress through the stages of attachment and separation.

Do you ever experience times when you absolutely don't know what to do with a particular child? Or, when you don't understand what is going on with a child? Or, especially when you don't know what to do with your feelings stimulated by the child's behavior? Or, do you ever feel awkward in responding to an affectionate child?

Objectives of this workshop are: to help participants become more aware of how their feelings about themselves, and their attitudes and assumptions about a child, influence the way they relate to that child; and to demonstrate ways of relating to a child. In this workshop, participants will have the opportunity to learn new ways of being with children through experiential exercises and didactic audio-visual material. Parents, teachers, child care workers, child counselors, and anyone else interested, come ready to learn to play in a new way. This workshop is for adults only. $250

Response-able Psychiatric Alternatives

Leon Redler

Although no strangers to mental suffering, we're often wide of the mark in locating its source, realizing its nature, and knowing how to respond in ways both salutory and effective, thus missing precious opportunities for well-being. "Psychiatry," etymologically, points to healing of disturbances in the flow of the breath of life, or spirit, or mind, within and between us. But the psychiatric response to people in mental distress is seldom in accord with the etymological roots which could inform its principles and practices.

This workshop is intended for colleagues and students in the mental health and related professions, non-professionals with direct experience of mental distress, and anyone seriously concerned with our society's response-ability, or lack of it, in these matters.

We will inquire into what constitutes therapeutic community, asylum, refuge, dwelling, autorhythmia, attentive care, and responsibility, and discuss the possibilities and problematics of reviewing and reforming services in our own communities.

Implicit here is an exploration of primarily non-intrusive, non-transgressive ways of being with and responding carefully and effectively to people. The implications go beyond the issues of mental suffering and involve all of us who would strip away what gets in the way of discovering our way home, where the heart is, where ease and happiness begin. $250

Teaching of the Shields: A Shamanic and Buddhist World View

Joan Halifax

Joan writes: "At the root of all traditions of the sacred lies the aboriginal pulse of shamanism, humankind's archaic spiritual heritage, reaching back 40,000 years or more into pre-history. The tradition of shamanism has always drawn its tremendous power and wisdom from direct contact with earth, her plants and animals, the realms of spirit and sky, and the teacher of death and change. Even as the teachings of the aboriginal continuity have moved across the boundaries of time and culture, so also have the profound teachings of Buddhist philosophy and psychology. Both the Guatama Buddha and Guru Padmasambhava prophesied that Buddhism would travel to the Land of the Red People. The peoples of Turtle Island prophesied as well that from the East would come great teachers. In this decade these two traditions of Earth and Sky are encountering one another as allies sharing their respective teachings on warriorship and compassion.

"The teachings, ceremonies, and practices to be given in this workshop are an interpretation of Buddhism and shamanism in the light of each other and in response to Western culture. The Sacred Sweet Medicine Sundance teachings of Wheels and Keys will be given in relation to Buddhist teachings in compassion and the perfections. Practices will include meditation, chanting, visualization, and Ceremonies of the Flowering Tree." $250

Week of September 14–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

The Painting Experience

Michell Cassou & Stewart Cubley

For workshop description see May 23-30. $490

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop we will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore directly the movement that nature inspires within us. Both aikido and hiking are moving meditations which, done well, require us to be in harmony with the natural world. There will be an opportunity to take what we learn on the aikido mat out into the natural world and bring what we learn from nature onto the aikido mat. We can then begin to integrate what we learn from aikido and from nature into our lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. Come ready to move. $490

Self-Acceptance Training

Richard Olney & Leonard Bearne

Self-acceptance training is a transpersonal practice following an education rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment without the inhibition of self-judgment, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real.

Although its practice includes devices drawn from gestalt, bio-energetics, mythic fantasy, and hypnosis, it is also a philosophy, a value system, a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body work and body awareness, emotional charge and discharge, as well as a cognitive approach through examination of the individual's "pretends" and the illusions that obstruct self-acceptance. $490

Returning to the Wisdom of Our Earth/Bodies

Laura DeNuccio (Ma Prita)

"If a proper reverence for the sanctity of the earth and the diversity of its people is the secret of peace and survival, then the adventure of self-discovery stands before us as the most practical of pleasures."—Theodore Roszak, *Person/Planet*

Learning about our bodies, our natural instincts and responses, can lead us back to the ancient wisdom of the earth—returning us to our sacredness and wholeness.

The focus of this workshop is to regain an intimate relationship with the natural pulsations and expressions of our bodies, as well as our environment, through a conscious unfolding of our selves physically, emotionally, mentally, sexually and spiritually.

In nature, we can observe the rhythms and patterns that occur in every aspect of life—from the pulsation of the cell, to the ebb and flow of our deepest emotions, to the movement and expansion of the universe itself.

The natural world will be our teacher as we explore the "inner" terrain of our physical and emotional bodies and the "outer" terrain of Esalen and Big Sur.

We will use Reichian gestalt awareness and breath work, deep emotional release, sound, creative movement, and meditation to balance and transform energy blocks in the body (see June 22-27 description). In addition, we will use music, dance, prayer, and ritual to express our relationship with the earth and each other.

No previous experience is needed, only a willingness to explore this adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms.

This workshop is limited to 12 participants.

Recommended reading: Fields, et.al., *Chop Wood, Carry Water* J.P. Tarcher); Shakti Gawain, *Creative Visualization* (Whatever Publishing); Peter Russell, *The Global Brain* (J.P. Tarcher); Ken Keyes, Jr., *The Hundredth Monkey* (Vision Books). $490

Weekend of September 19–21

Singing Gestalt

Nancy Kaye Lunney

For workshop description see May 2-4. $250

Centering, Grounding, and Facing: An Introduction to Biosynthesis

David Boadella

In this workshop we will be examining the fundamental ideas of biosynthesis. We will work with the three major life streams in the human person—the breathing wave, the movement tendency, and the contact signal. Biosynthesis is a new approach based on Reichian theory, using a process approach to human development. Concepts from embryology will be related to growth practice and principles. The weekend will be partly experiential and will include some didactics. $250

Adventures in Self-Exploration

Christina & Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the entire spectrum of transpersonal experiences. All participants will have the opportunity to be in the roles of experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $250

Planetary Citizenship: Thinking Globally, Acting Locally

Hazel Henderson

Hazel Henderson writes: "This workshop explores the interface between personal growth and holistic social action. I am interested in addressing theoretical, strategic, spiritual, and practical ways of becoming effective planetary citizens. There are no hard formulas for this—we will all be learners together. Some of the themes of great interest to me are: personal change, and social action as a prerequisite to further personal growth; the emergence of transformational paradigms in science, literature, art, and music which suggest greater planetary awareness and global net-working; the vital new role of non-governmental organizations; learning to demystify economics (economics as politics in disguise); the mass media as the nervous system of the body politic (gaining media access for citizens, groups, and community issues, and evaluating various media as channels for social renewal); and identifying the winning coalitions for the new societies of the Solar Age.

"The world needs truly mindful, responsible, social-change activism and leadership as never before, just as developing self-actualizers need the risk-taking and challenge of relating to ever-more complex patterns of social, ecological and planetary interdependence. I am interested in teaching and learning how to accept the challenge of helping to heal our divisive, competitive, nationalistic, industrial societies (East and West); how to move beyond their narrow technological rationalism and militaristic posturing; and how to help foster viable alternative futures which can operate peacefully and fairly on our inter-connected planet." $250

Week of September 21–26

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $490

Intuition Practice

Helen Palmer

This seminar teaches the identification of personal intuition systems that can be made accessible by internal focusing practices, or that may already be operating in unrecognized ways. The practices develop the ability to discriminate between personal thoughts, fantasies projected from personal thinking, and impressions received from situations outside the personal self. The psychic aspect of intuition rests on the ability to shift attention from the self to impressions perceived from outside the self. $490

Art in Practice and Theory

Tom Van Sant, Richard Feynman, Faustin Bray & Brian Wallace

The leaders write: "Participants will make drawings, paintings and music during the day. With these experiences in mind they will discuss with us general matters such as the nature of beauty, the creative process, the synthesis of art and technology, and the future of art. The physical nature of media in which we have been working will be described, such as the origin of color and the physics of musical sounds."

Bring clothes appropriate to a practicing art studio, and rhythm instruments if you wish. No previous artistic or musical experience is necessary. For further information about this workshop write: Sound Photosynthesis, 533 Charles Lane, Mill Valley, CA 94941.

$490 (plus $20 materials fee paid directly to the leaders)

Past-Life Work For Professionals: A Jungian-Somatic Approach

Roger Woolger

This seminar will demonstrate how reexperiencing past-life, intrauterine, and birth scenarios can free us from phobias, bodily holding patterns, and deeply entrenched complexes. It will also provide glimpses of further unexplored areas in the transpersonal psyche including after-death states and inner archetypal figures. Yogic and esoteric concepts of the subtle body and karmic residues will be discussed. $490

Weekend of September 26–28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

The Gentle Art of Becoming-Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see May 16-18. $250

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see June 27-29. $250

The Body as History: Danish Bodynamics

Lisbeth Marcher & Erick Jarlnaes, with Anne Ruderman & Joel Dweck

Anne and Joel write: "It gives us great pleasure to introduce Lisbeth and Erik, colleagues and friends from Denmark, to the Esalen community. They are both practitioners of an exciting system of working with the body, of which Lisbeth is a founder. By gauging the tonicity of a muscle, and knowing when and how it came into play in our infant and childhood development, they are able to "read" an amazingly precise psycho-history. In addition, they can re-evoke the *specific issues* that are contained in these muscles.

"The leaders can also work with our *undeveloped resources*. These are the abilities that we have given up on, those that often correspond to feelings of resignation. As these resources are brought into play, our willingness to drop old, unfulfilling modes of protection is greatly encouraged. Participants can focus on body movement and energy, and use these to bring about expression and integration of developmental stages.

"This workshop will be experiential, with some time between sessions available to those wanting to learn more about this approach." $250

September 26–October 3

Psychosynthesis: A Seven-Day Workshop for Professionals

Harry Sloan

Harry Sloan writes: "Many of us have experienced those moments in working with clients when we don't have the foggiest idea of what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for what is most familiar—a technique, map, or model. This can lead to the mechanical experience of 'going through the motions' and

Cynthia Johnson

rote interventions. However, if we could reach for essence and truth instead of falling back on what's most familiar, the dissonance might open to insight. The result of capturing the moment and responding to the need of the client and to the dynamics of the situation can have a decidedly different effect upon both the guide and client. The heart of psychosynthesis is understanding the process of reaching for essence within ourselves and our clients. This practice can lead to developing wisdom and intuition, transcending the methodologies we use.

"The format will combine individual work within the group setting with seminars, group exercises, and practicum. This program will be useful not only to those who are interested in psychosynthesis, but also to anyone in the helping professions who wants to come into a more creative relationship with his/her discipline.

"Psychosynthesis is the name for the conscious attempt to align and cooperate with the natural process of growth and integration. It recognizes that each human being is spiritual in essence and encourages the realization and expression of this essence, or higher self, as fully as possible in personal and social existence." $740

Week of September 28–October 3

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $490

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman & Elisa Lodge Schiffman

For workshop description see June 22-27. $490

Ericksonian Hypnosis and Communication

Paul Carter & Marianne Paschke-Carter

"Wisdom is the intelligence of the system as a whole."—Gregory Bateson

"Your conscious mind is very intelligent, and your unconscious mind is a hell of a lot smarter." —M. H. Erickson.

Paul writes: "We have an intelligence obtained from our wholeness that is far greater than we are ordinarily conscious of. Erickson called it the 'unconscious mind.' Accessing and integrating this intelligence formed the basis of his hypnotic work.

"This workshop is designed for those who work with people and would like experience with Ericksonian hypnosis, communication, and problem-solving. The emphasis will be on developing a practical understanding of the principles of this approach including trance as a natural and necessary part of health and the idea that people are paradoxical and so too must their communication and problem-solving be paradoxical.

"Through guided exercises and demonstrations, participants will be taught the hypnotic use of metaphor in movement, sound, image, and story, as well as the hypnotic realities of age-regression, age-progression (traveling into futures), lucid dreaming, dissociation, and deep-trance identification (a process of deepening self-awareness through identification with different persons in and out of trance).

"Additional exploration will include: the recognition and use of spontaneous trance states that commonly occur in the course of body work, acupuncture, movement and dance, sports, counseling, and everyday stress situations; the art of using all of the system, including the bad, sick, crazy, and resistant parts; the value of humor, confusion, pattern interruption, and paradox in accessing unconscious creativity and resources; and an integrative approach to problem-solving and self-healing as described in my soon-to-be published book, *The Parts Model*.

"Course prerequisites: a sense of humor, a warm heart, a little skepticism, a little trust, and an unconscious mind."

Recommended reading: Jay Haley, *Uncommon Therapy* (W.W. Norton & Co.); Jeffrey Zeig, Editor, *Ericksonian Approaches to Hypnosis and Psychotherapy* (Brunner & Mazel). $490

Weekend of October 3–5

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Burnout: Causes and Cures

Elliot Aronson & Ayala Pines

For workshop description see June 20-22. $250

Moon Journey: Reclaiming Women's Magic (for women only)

Starhawk, Beth Bone Blossom & Rose May Dance

Throughout history, women have been healers, advisors, teachers, and carriers of traditions of knowledge outside the established churches and academies. For this, they have been ridiculed, discounted, and burned as witches, yet women's knowledge and wisdom has never been destroyed.

In this workshop, we explore a feminist approach to reclaiming and reinventing our ancient skills. We learn to create ritual collectively, to sense, project, and channel the subtle energies of the earth and our bodies. The moon, in her three aspects of Maiden, Mother, and Crone, takes us on a journey together in the realms of trance, to discover within ourselves the deep well of woman's vision and woman's power. We reclaim the cycle of our bodies, of birth, growth, menstruation, aging, and death, as aspects of the sacred. $250

Myth and Poetry in the Wilderness

Antler, Phil Cousineau, Steven Harper & Jeff Poniewaz

Visionaries have always gone away from human society to gain perspective, finding in the beyond-human realm visions by which to guide the tribe. These seekers became known as shamans, magicians, rishis, prophets, and seers. Their dream-like stories of vision quests to the Otherworld were often recited in ecstatic verse, and became our earliest myths. Myth and poetic vision have helped keep us in accord with nature and been channels through which nature heals us.

This workshop will explore the wilderness within and without. We will enter into the language of nature through myth, dreams, and ancient and modern poetry from around the world. We can draw from the work of wilderness ambassadors such as Whitman, Goethe, Thoreau, Muir, Jeffers, Rexroth, Snyder, Dillard, and Levertov. During our day hikes along the shore and into the hills we will swap stories, poems, and songs. Saturday night we can listen to tapes and watch rare films of selected poets.

Participants are urged to bring and share wilderness poems, drums, wind instruments and masks.

Recommended reading: Robert Bly, *News of the Universe* (Sierra Club Books); Ovid, *Metamorphasis* (Indiana University Press). $250

Week of October 5–10

Pain and Comfort

Dee Dee Lozier & Michael Joyce

For workshop description see May 11-16. $490

A Gentle Unfolding

Daniel Bianchetta

For workshop description see May 25-30. $490

Yoga: A Week of Rejuvenation

Ganga White & Tracey Rich

For workshop description see June 15-20. $490

Gestalt

Seymour Carter

For workshop description see July 6-11. $490

Let's Make It Work or Let It Go: A Seminar for Couples in Impasse, Trouble, or At Loss

Nadine Scott

The binding together of two people through love is the soul's deepest joy, whether for years or only a brief moment. To preserve this joy requires commitment, daily exercise using the positive forces of our will and understanding, empathy, and faith.

This seminar is designed to rekindle the spirit and revive the desire toward intimacy. To begin anew or begin an ending in the best of all possible ways—through friendship. Participants please be prepared to confront issues that may be painful and distressing. $490

Weekend of October 10–12

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $250

The Moving-On Experience

Mary Goldenson (Devarani) & Fred Kalmus

For workshop description see June 13-15. $250

Creativity Workshop

Paul Horn

You will be guided in a joyful way to opening the creative flow within you through musical improvisation, movement, and meditation. These disciplines can enable one to develop deeper and more meaningful communication, improve intuitional faculties, and increase centering and focusing powers. Bring instruments if you have them. No previous musical experience necessary.

Recommended listening: Paul Horn, *Inside; Inside the Great Pyramid; China; Jupiter 8.*

Recommended reading: Yogi Ramacharaka, *The Science of Breath* (Yogi Publication Society); Manly P. Hall, *The Therapeutic Value of Music* (Philosophical Research Society). $250

The Future of the Body: The Transformation Project

Michael Murphy & Steven Donovan

In his novel, *Jacob Atabet*, Michael Murphy speculated that a next stage of human development might involve the power to alter the physical body at will. He is developing this idea more thoroughly in a book, *The Future of the Body*, and through the Transformation Project, organized in 1976 to compile and analyze a broad range of scientific, speculative and anecdotal literature on bodily transformation. Murphy will discuss some of the major ideas of his current book, and Donovan will present results to date of the Transformation Project.

Recommended reading: Michael Murphy, *Jacob Atabet, The Psychic Side of Sports.* $250

Community-Based Alternatives to Psychiatric Treatment

Lawrence Telles & Steve Fields

Many people, in many communities, have made attempts to provide person to person, rather than doctor to patient, care for those who find themselves in desperate, persistent, and acute psychological distress. The results are such services as halfway houses, vocational and housing programs, self-help groups, and social centers.

The epistemological and ideological positions imbedded in these alternative programs are based on historical views about the nature of the self and current issues in the philosophy of science. There are also broad political issues at stake in these challenges to traditional psychiatry. Attempts to humanize care for the psychologically distressed succeed or fail in a political atmosphere which transcends local battles about zoning laws.

We will step back from the details of your struggle in your community to the broadest, most abstract perspective on the work you do. These discussions will be most relevant to those who have participated in alternative care programs as clients, staff, administrators, planners, or the loyal opposition.

C.E. credit is available for nurses; for additional information see page 35. $250

Week of October 12–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $490

The Mystical Quest

Christina & Stanislav Grof

For workshop description see September 7-12. $490

Investigation Into Being

George Pennington

George Pennington writes: "This seminar could be described as a five-day interactional meditation. We will use various approaches: dialogue, body-language reading, mirroring, breathing and movement, visionary methods, and silent contemplation.

"This mode of working is a dance, that can go as deep as the participants will allow. It is a mode that I like very much, since it illustrates beautifully the wisdom of Lao Tzu's words: 'In not-doing nothing remains undone.'" $490

Family in Wilderness: A Big Sur Backcountry Experience

Steven Harper & Marilyn Mason

In this wilderness experience family members can join together in creating an opportunity for increased family intimacy. We can face our powerlessness and strengths and deepen our trust in ourselves and in one another in a safe environment. By day we hike through the Big Sur backcountry; by night we share our renewed sense of wonder through storytelling and play. As we learn from our teacher, the wilderness, we can translate the metaphors of our discoveries into our daily lives. This experience is designed for families and family fragments. We begin our day hikes after breakfast and morning stretches, and return to Esalen and healing waters before evening activities. $490

Weekend of October 17–19

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see June 20-22. $250

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see June 27-29. $250

Reflections of Self: A Reichian Gestalt Primer

Jessica Moore Britt

For workshop description see June 8-13. $250

Evolutionary Origins of Movement

Marghe Mills

Specific human movement patterns begin developing during our fetal life and continue evolving throughout our birth, infancy, and adulthood. They underlie the development of our nervous system and support our physical, intellectual, and psychological growth. The same basic patterns appear during each of our evolutionary phases (as vertebrates, as embryos, as human infant-to-adults) and are reflected in every movement of our lives. By re-acquainting ourselves with these patterns we can discover individual developmental gaps, re-educate the nervous system, and increase ease, joy, organization, and function on many levels.

This is an experiential workshop. Movement experiences include: Feldenkrais method (awareness through movement), body/mind centering, repatterning, imagery, and exploratory approaches. Information presented is applicable to all levels of experience. Some experiential anatomy and art media are included. $250

Waking Up

Judith & Charles Tart

In his book, *Waking Up*, Charles Tart shows how ordinary consciousness is a kind of waking sleep, an absorption in our own and our culture's illusions. How can we awaken? Our essential selves were invalidated and suppressed in childhood, as part of "education." How can we re-discover and nourish them? Our instinctual and sensory wisdom is buried under cultural distraction. How can we come to our senses?

Gurdjieff, a teacher who adapted Eastern spiritual methods to Western culture, developed practices for awakening from our sleep, our cultural trance. In this workshop participants can examine Gurdjieff's main ideas, integrating them with modern growth psychology. Self-remembering will be taught as a meditation for increasing self-understanding and living more effectively in the here-and-now. Basic practices adapted from aikido will be used to develop bodily intelligence, with emphasis on awakening as part of everyday life. $250

Week of October 19–24

Experiencing Esalen: The Health Spa

Experiencing Esalen Staff

For workshop description see page 8. $490

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

For workshop description see June 22-27. $490

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

For workshop description see July 20-25. $490

Creating Musical Theater

Bradley Bernstein, Didi Conn, Nancy Kaye Lunney & David Shire

Theater! Music! Lights! Make-up! Join us for a week of creating original musical theater. Now's your chance to be a writer, a lighting technician, an actor, designer, or a stage manager. Through Spolin exercises and other group games we will engage in the process of creating: from receptivity, through focus, to expression.

This is a week to rediscover your talents; a chance to experience spontaneity, creativity, and being part-of-the-whole. No experience is needed.

The faculty includes Didi Conn, stage film, and television actress, and founder of "The First Stage" in Los Angeles, which is a group of actors, directors, and writers that develop new plays for stage and screen; David Shire, Academy Award-winning composer of many film scores and of the Broadway hit *Baby*; Nancy Kaye Lunney, former vocal coach and accompanist who regularly leads singing workshops at Esalen; and Bradley Bernstein, director of shows at Juilliard and other schools and theaters in the United States, Canada, and Australia.

Use your own interests and abilities, be a creative player at whatever you'd like to do. This will be a very active week!

Recommended reading: *Improvisation for the Theater*, Viola Spolin. $490

Psychic Vision and the Creative Experience

Nancy Azara

Nancy Azara writes: "Know and expand your psychic vision and explore the magical power and healing properties inherent in art making. Using meditation and other exercises, you can open creative channels, find your visual language, bring vivid images to consciousness, and paint and draw these experiences."

Participants can focus light and color through the body, practice reading auras, and experience laying on of hands. As the week continues, you can find your own creative healing symbol at the center of your heart, ease energy blocks, look at the hidden parts of yourself, identify and clarify some important influences in your life, and own your personal power.

Bring to the workshop whatever you like of the following: acrylic or watercolor paint, collage materials, pastels, oil crayons, scissors, glue and about 50 sheets or the equivalent in pads of good quality drawing paper (no newsprint). Size 11″×14″ is ideal. $490

Weekend of October 24–26

Women's Vertical Dance: A Rock-Climbing Weekend Near Big Sur

Annie Callaway-Galland

For workshop description see Wilderness Programs, page 35. $225

Neurolinguistics: The Structure of Subjective Experience

Eli Jaxon-Bear & John Michael Grey

For workshop description see July 27-August 1. $250

Adventures in Self-Exploration

Christina & Stanislav Grof

For workshop description see September 19-21. $250

Clairvoyant and Clairsentient Practices

Helen Palmer & Wendy Palmer

The two most identifiable aspects of intuition are the ability to see and the ability to sense a range of information that is unavailable to the thinking self. Clear sight and clear sensing have their historical bases of training in the traditions of visualization and martial arts practices.

This workshop will be an introduction to the internal focusing practices that can provide access to the intuitive state of mind. Particular visualization and martial arts exercises are presented in such a way that they can form the basis of discrimination between personal projections and accurate visual and sentient impressions from situations unknown to the thinking self. $250

Japan: The Missing Link in Western Culture

Richard Baker-roshi

Richard writes: "Japan has evolved the other great possibility for structuring the world of perceptions, awareness, intentionality, and activity. In this weekend workshop, we will identify the fundamental assumptions and the modes of perception that define the Japanese social, mental, cultural, and physical world, and we will 'try on' their assumptions ourselves to see if we can get a feel for their mind and

Steve Beck

culture, for the inner empire of the Japanese. If you can find an intimacy with their culture, you will recognize Japan and the Japanese within yourself. This workshop is not just for the purpose of understanding the Japanese; it is also an opportunity to understand the dynamics of our own culture and how we ourselves think. Given how different from us Japan is, and yet how well we resonate with it, Japan may be the missing link in Western culture—and Japan and the West together the basis for a new world culture.

"Our society can be changed, but first we must learn to recognize the hidden frontiers of change. Arnold Toynbee said that the meeting of East and West is the central challenge and adventure of our time. Social and cultural pioneers, architects, entrepreneurs, and guerillas are welcome." $250

Week of October 26–31

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $490

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see July 4-6. $490

Self-Actualization and Hypnosis

Khara & Hugh Bromiley

"A hypnotic trance is a special psychological state which effects a break in the person's unconscious and habitual associations so that creative learning can take place."—Milton Erickson

The unconscious mind is a wonderful storehouse of potential. This workshop has been designed to explore that potential through hypnosis and its application to personal growth and self-actualization. Part of Milton Erickson's contribution was his perception and utilization of verbal and non-verbal communication, as well as his appreciation of naturally occurring trance states. In this workshop participants can work with many of the patterns that he pioneered so successfully.

Emphasis will be on practical development of altered states and their utilization. Participants can work with heightened learning states, self-hypnosis, and creative visualization. Basic and advanced methods of trance induction and utilization can be explored. There will be opportunities to practice and integrate these skills. $490

Weaving the Mindstream, Cutting the Mindstream, Generating the Source

Richard Baker-roshi

Richard writes: "One of the great teachings of Buddhism is that we can have conscious, causal, and consequential participation in our own mindstream. For all of us willing to try on a world without a God, and without a rule book of revealed truth, this recognition and teaching is essential if we are to be able to examine, trust, and find our own way. We do not live in the world; we live in a world that is an envelope or bubble of our own perceptions. Every feeling, action, and thought is contained and clothed in the inherited fabric of our culture, attitudes, and language. Before we can effectively practice emptiness, detachment, non-self, cutting the mindstream, we must first find how to live with strength, initiation, and consciousness within our own mindstream.

"In China, Zen developed and quintessentially expressed in koans a kind of acupuncture of language, action, and culture that allows us to see and shape our world. Discussing one or two koans in great detail, we will find ways together to use this means of thinking, insight, and mindstream intervention.

"The insight, philosophy, and practices of Buddhism are based on the body and mind of meditative absorption and concentration. We realize this body of absorption by the practice of cutting the mindstream and freeing the body from the defining, discursive, comparing, adhesive mind. This meditative body is not the body that carts the brain around, but body with its own wisdom, articulation, and power. This body is the entrance to an instance of the wide, inclusive mind of awareness and systemic intelligence.

"The point of these five days will be to offer insight into and an intimation, taste, experience of this Big Mind. Practices of 'generating the Source' will be discussed. There will be instruction in basic forms and skills of meditation. There are no prerequisites or readings required, other than an awareness of your own mind and body. The meditation schedule can be participated in according to your desire and experience." $490

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. *Assignments to departments are made according to community labor needs.* **Participants in the focused programs must be prepared to stay at Esalen for the *full duration*** designated for that particular program, assuming that they meet the standards of the work-study program. No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc.

Focused programs planned thus far for 1986 include:

July 20–August 17: George Kohlrieser offers a program integrating **attachment and separation theory** with neo-Reichian body work, bonding, regression, re-parenting, and group process.

July 20–September 14: Seymour Carter coordinates a two-month program focusing on **gestalt practice**, with emphasis for, but not limited to, professionals.

September 14–October 12: Jessica Moore Britt focalizes study of **energy and pulsation** using gestalt, Reichian breath work, movement, touch, and ritual.

October 12–November 9: Anne Nechama Simkin conducts a program focused on **gestalt**, including some videotape sessions. Massage and movement work may be offered.

November 9–December 7: Deborah Anne Medow leads a program focused on **body awareness**, including such activities as yoga, movement and dance, theater games, interpersonal process, and massage.

In as much as the Work Study Program is a complete program in itself, **please do not plan to take regularly scheduled catalog workshops** during your stay. Professional services, such as massage and Rolfing®, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

The 28 day Work Study Program costs $600 for the first month. A $300 deposit in U.S. currency is required with your application. Work scholars may be invited to remain for a second month, at a cost of $550, or a third month at a cost of $500 depending on space available and the needs of the Esalen community. **Attention: Beginning April 27, the cost of all Work Study Programs except the April 27-July 20 body work program is $700 first month, $650 second month, $600 third month. The deposit will be $350.** There are no scholarships available for the Work Study Program.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with your deposit to:

Work Study Program, Esalen Institute,
Big Sur, California 93920. Telephone: (408) 667-2335.

The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other Esalen programs within one year of receipt.

Available dates: May 25–June 22; June 22–July 20; July 20–August 17; August 17–September 14; September 14–October 12; October 12–November 9; November 9–December 7; December 7–January 4; January 4–February 1; February 1–March 1; March 1–March 29; March 29–April 26; April 26–May 24; May 24–June 21; etc.

Application to the Work Study Program

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program.

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may sometimes be invited to remain for a second or third month, ***depending on space available and the needs of the Esalen community***. If an invitation is extended, please indicate your availability. (Not applicable to focused program applicants.) ☐ no extension ☐ one-month extension ☐ two-month extension. Assignments to departments are made according to community labor needs.

If you have emergency medical skills (M.D., E.M.T. or R.N.) and are willing to make those skills available during your stay, please check here. ☐

Please attach a personal statement about your interest in the Work Study Program, ***including***: your available ***skills***, especially English language skills, which are essential for participation in the program; any ***medical difficulties*** which might affect your working in any departments; any Esalen workshops you have attended (please list program titles, group leaders, and dates).

Wilderness Programs

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

Up to 3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your non-refundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

May 2-10
Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Steven Harper & Joyce Rogers Lyke

Nature can provide us with opportunities to stretch our limits and explore our inner wilderness. By living in a natural environment we can expand our sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. We will travel "light," with instruction in minimum impact camping, ecology, and the geography and cultural history of the area.

Wilderness will be our mirror and primary teacher, as we live simply and in direct contact with nature. We will explore our inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, we will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley, with natural hot springs, for our last night together. There, meditation instruction will be available for those who wish it. Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $490

August 2-9
A Gentle Trip in the High Sierra

Maurica Anderson & Rob Cooley

During this seven-day workshop in wildflower season we will hike eight miles to a clear mountain lake (10,000 feet) off the main trails in the John Muir Wilderness area on the western side of the High Sierra. **Mules will carry in all of the personal gear and food,** enabling us to have outrageously good food (fresh or frozen rather than freeze-dried). You need carry nothing but lunch, rain gear, and water on the hike in. The lake is off the main trails, and is surrounded by other lakes, grassy meadows, wildflowers, and cold streams fed by the surrounding snow fields.

We will camp by the lake for six nights, taking short day hikes to other beautiful lakes and areas, working with body awareness, massage, psychodrama, gestalt, and gentle encounter—and laughing a lot. During the week we'll also put up a sauna, take some strenuous but optional side hikes, and have some time for doing nothing. We will be concentrating on the sights and sounds and smells of the high country, on getting to know the mountains, one another, and ourselves.

Mountaineering experience is not necessary and most people are in good enough shape to make it in, but participants should be capable of hiking uphill at altitudes up to 11,000 feet and must possess a good sense of humor. For a detailed information sheet write or call Maurica Anderson, 1112 Curtis St., Albany, CA 94706 (415) 526-5814. Participants will meet in the Sierra on August 2. Fee includes food, wine, permits, and pack mules in and out. $495

August 10-17
Seasons of a Woman's Life: Self-Exploration in the Wilderness

Annie Callaway-Galland & Marilyn Mason

Women are discovering that their life cycles and crises differ substantially from life experiences of men. Most adult developmental models, however, are male-oriented and women find themselves with road maps that don't fit. Through an outdoor adventure and aided by the use of an evolving feminist model of adult development, the focus of this workshop will be to help women identify and make clear choices about which "season of their life" they are living.

Reflecting on our own inner seasons, we will hike together, exploring nature in the summer, acquiring wilderness skills, and becoming infused with the rich lore of the Ventana wilderness—from the dry chapparal to the spectacular Big Sur Coast ridges.

We will camp at Esalen our first night, drive to the trailhead the next afternoon, and return to Esalen the following Sunday morning to enjoy the hot springs and lunch. No previous wilderness experience is necessary. A complete equipment list and reading list will be sent upon registration. $550

August 30-September 12
Path of the River: A Grand Canyon Journey

Steven Harper, Wendy Palmer & Arizona Raft Adventures Staff (AZRA)

The Grand Canyon and Colorado River provide a unique environment of dramatic variety, which is intimate and awesome, soft and demanding, yet always rewarding for those who are open to all it has to offer. On this 14-day white-water raft trip through the entire length of the Grand Canyon, we explore our openness to offerings of river, canyon, and natural world. The river is our teacher and primary metaphor. We draw from aikido, dance, energy awareness, movement meditation, and gestalt to enhance our experience of this majestic wilderness area.

We travel in paddle and oar rafts. Instruction is offered in basic aspects of river life such as paddling and minimum-impact river camping. There is time to discuss the Canyon's ecology, geology, natural and cultural history; to hike and explore side canyons; to sit quietly and reflect. Finally, we can work with integration of learnings from this trip into our lives.

River experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. We ask you to come ready to participate fully. The workshop begins at 7:30 AM August 30, in Flagstaff. AZRA will supply all the necessary river and rafting gear, food, and transportation between Flagstaff and the Canyon. Details and a personal equipment list will be sent upon registration. $1400

October 24-26
Women's Vertical Dance: A Rock-Climbing Weekend Near Big Sur

Annie Callaway-Galland

"There is an art in finding one's direction in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know."—René Dumal

Rock climbing is a dance done in a vertical world, a dance of grace, balance, and simplicity. It is an opportunity for stretching limits, extending ourselves, exploring our own edges.

Joyce Rogers Lyke

Our responses to the challenges of climbing offer a metaphor for looking at the ways we deal with stress and challenge in our daily lives. During the day we will play on the sunny boulders and low rock faces at Pinnacles National Monument, three hours east of Esalen. We'll learn basic movements, such as how to rappel and belay, building trust in our hands and feet and each other. Safety ropes free us to experiment and to discover our inner heroes. We'll prepare our gourmet meals together over a crackling fire and camp beneath the stars, sharing insights from the day's adventure. This weekend begins Friday and ends Sunday evening at the Monterey Airport. A shuttle bus operates between the airport and Esalen, and we'll travel by van to and from the Pinnacles. No previous climbing or camping experience is necessary. Minimum equipment will be needed. Complete information will be sent upon registration. $225

Medical Programs

Esalen Institute is a California state-approved provider for continuing education for health professionals. **Only those programs specifically listed below offer continuing education credit.** The California Medical Association has granted Esalen Category 1 approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Physicians

June 20–22
Burnout: Causes and Cures
Elliot Aronson & Ayala Pines
10 hours

October 3–5
Burnout: Causes and Cures
Elliot Aronson & Ayala Pines
10 hours

Registered Nurses

June 20–22
Burnout: Causes and Cures
Elliot Aronson & Ayala Pines
10 hours

August 10–15
Zero Balancing: Beginning / Intermediate Workshop
Fritz Smith, M.D.
30 hours

August 15–17
Zero Balancing: Advanced Workshop
Fritz Smith, M.D.
10 hours

August 22–24
The Road Back to Health
Neil Fiore
10 hours

October 3–5
Burnout: Causes and Cures
Elliot Aronson & Ayala Pines
10 hours

October 10–12
Community-Based Alternatives to Psychiatric Treatment
Lawrence Telles & Steve Fields
10 hours

Special Programs

May 11–June 6
Psychosynthesis Training

Harry Sloan & Elisa Lodge Schiffman

Learn your techniques well and be prepared to let go of them when you touch the human soul.
—Carl Jung

Many of us have experienced those moments in working with clients when we don't have the foggiest idea what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for the familiar—a technique, map, or model. This leads to the mechanical experience of "going through the motions," and using rote interventions. In those moments, if we can stretch for essence and truth instead of falling back on what's most familiar, dissonance often opens to insight, with a decidedly different effect upon both client and guide—that ineffable sense of capturing the moment. The interventions that follow are dynamic, uniquely suited to the particular needs of the client. The heart of psychosynthesis is understanding the process of reaching for the essence within ourselves and our clients. This practice tends to develop our inherent wisdom and intuition, a context which transcends methodologies.

I must create a system of my own or be enslaved by another man's. — William Blake

For people to strengthen their own unique style, training programs need to self-correct for the tendency to emphasize techniques, maps and models at the expense of developing the participants' intuition or "own system." At its extreme, the blind adoption of form creates a cloning of a leader's approach and/or style. The challenge of this training will be two-fold: to hold the door open to our intuition (our own system); and to utilize creatively the methods of psychosynthesis and the skills of disciplines with which we have identified. The program can be useful for anyone in the helping professions who wants a more creative relationship with their discipline. The format will combine experiential seminars, meditative practice, process work, body work, readings, supervision and practicum. Psychosynthesis leaders will be invited in at times to offer their specialty. Participants will have the opportunity to recognize and work with the process of psychosynthesis in themselves and in others, and to develop the practical experience needed to begin applying the methods of psychosynthesis in their work. Some of the themes covered in this program are: guiding as a meditation, developing and aligning the major aspects of our personality, body, feelings, and mind; principles and practice of guided imagery; multiplicity, conflict, and integration in the personality; balance and synthesis of opposites; utilizing the superconscious or transpersonal dimension to recognize, release, and transform blocked energies; the dynamic energy of love as a vehicle for change and healing; grounding (the process of translating psychological awareness and insight into deliberate behavioral change); levels of perception—intellect, intuition; spontaneity and the fear of making mistakes; the principle of synthesis as a quality of the will and as the unifying principle of individual growth and human evolution.

Psychosynthesis is a name for the conscious attempt to align and cooperate with the natural process of growth and integration, recognizing that each human being is spiritual in essence, and that the fundamental opportunity available to us is to realize and express this essence, or Higher Self, as fully as possible in the world of everyday personal and social existence.

A packet of reading materials is available on receipt of a $20 check payable to Harry Sloan, P.O. Box 18185, San Francisco, CA 94118.

$1960

July 13–18
Qualify Life: Senior Executives

John Soper

A workshop is offered for senior executives interested in living life at its highest quality. The workshop is open to a small number of participants. Please contact John Soper, Burns Creek, Big Sur, CA 93920, or call (408) 667-2341.

Massage Practitioner Certification Program

Esalen is now offering a California state-approved certificate upon successful completion of its three-month work-scholar program or five-week residential massage practitioner program, and 30 additional massages. Each program fulfills the state requirement of at least 130 hours of instruction, supplemented with additional study in body-mind disciplines such as yoga, gestalt awareness work, and movement.

Healthspring Traveling Workshops

The Esalen massage teachers and their associates have created Healthspring, an independent organization devoted to extending their work into an outreach program. The workshops offer practices to help increase physical and spiritual health and awareness within the body, and can be designed to suit the needs of individual groups. The curriculum combines such approaches as massage, meditation, dance, neo-Reichian work, creative movement, gestalt, yoga, breath enhancement, anatomy, and other health-strengthening disciplines.

Healthspring will conduct workshops at locations outside of Esalen in your hometown or city. For more information on scheduling a Healthspring group in your community, write to: Healthspring Traveling Workshops, Esalen Institute, Big Sur, CA 93920.

October, 1986
China Study Tour

This October, Esalen will collaborate with Lan Ting Institute in Wu Yi Mountain, China, joining t'ai chi master/scholar Chungliang Al Huang in exploration of future programs for China-U.S. cultural exchange. Lan Ting Institute, established in October, 1985, is located in the Wu Yi Mountain Scenic Reserve District in Fujian province in southern China. Deep river-cut gorges and meandering streams combine with cloud-shrouded peaks to produce a landscape which has been a site for creative and spiritual pilgrimage over the last 4000 years.

This program will be an opportunity to meet and study with Chinese artists, scholars, healers, and educators who have only recently re-surfaced after years of exile during the cultural revolution. Various options for study and travel may be arranged. For further information, please call or write Reservations, Esalen.

Future Programs

November 2–14
Twelve-Day Residential Training in Integrative Body Work (IBP) for Professionals

Jack Rosenberg & Staff

For further information write the Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291.

October 26–November 28
Five-Week Massage Practitioner Program

Esalen Massage Practitioners

For further information see Massage Practitioner Certification Program, Special Programs, page 36. $2700

November 2–28
The Pearl in the Lotus: Buddhism and Western Psychology

Christina & Stanislav Grof

For further information write Christina Grof, "Re November 1986 Month-long Program," Esalen Institute, Big Sur, CA 93920. $1960

Biographical Information

A

Alise Agar ..... is former program director of the Institute for the Study of Consciousness in Berkeley, California.
p. 15

Ijalue Akanbe ..... has danced with Olatunji for 22 years and is dance captain of the Drums of Passion Dancers.
p. 17

Antero Alli ..... has developed the ritual theater workshop over the past decade and has been writing and producing for Inter-Media Theater since 1970.
p. 19

Antler ..... is the author of *Factory* (City Lights, 1980) and *Last Words: Selected Poems—1967-1983* (Ballantine, 1986).
p. 29

Maurica Anderson ..... is studying the relationship between humor and mental health. She has led Esalen High Sierra wilderness trips for many years.
p. 21, 34

Anne Armstrong ..... has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.
p. 17, 19, 32

Jim Armstrong, ... a former engineer, is a life-long student and teacher of esoteric studies.
p. 17, 19, 32

Elliot Aronson, ... professor of psychology at UC Santa Cruz, is author of 12 books, including *Burnout* (with Ayala Pines).
p. 15, 29, 35

Nancy Azara ..... is a sculptor, painter, and psychic consultant specializing in the creative process. She is co-founder of the New York Feminist Art Institute (NYFAI) Women's Center for Learning.
p. 31

B

Richard Baker-roshi ..... is presently abbot and head teacher of Dharma Sangha Zen Meditation and Study Center in San Francisco and Santa Fe.
p. 31, 32

Robert Bathurst, ... professor, writer, former diplomat, and naval officer, has specialized in Soviet literature and Soviet strategy since he was an interpreter at Camp David during the Eisenhower-Khrushchev talks.
p. 11

Leonard Bearne ..... has studied self-acceptance training with Richard Olney for several years. He practices gestalt, hypnosis, and Radix, and owns an Old English sheep dog.
p. 27

Bradley Bernstein, ... a theater director, studied with Viola Spolin, and holds a doctorate in clinical psychology. He develops original theater with professional actors and with psychiatric clients.
p. 31

Daniel Bianchetta ..... practices intuitive readings, shiatsu, and deep tissue work at Esalen. He is a teacher and student of Siddha yoga.
p. 13, 30

Beth Bone Blossom, ... teacher, fiber artist, herbalist, and mother of two sons, has worked with Starhawk in the Reclaiming collective for six years.
p. 29

Ralph Blum, ... author of *The Book of Runes*, is a writer, publisher, and storyteller who has spent the last eight years working with Runes as a counseling tool.
p. 19

David Boadella ..... is a long-time practitioner of Reichian work, founder and developer of biosynthesis, and editor of the Reichian journal, *Energy and Character*.
p. 28

Faustin Bray ..... is a performing musician and media artist, founder of Island School, and director of Sound Photosynthesis. She specializes in instigating creativity using yoga, fine arts, science, and travel.
p. 28

Jessica Moore Britt, ... coordinator of Esalen in-house programming, is a practitioner of gestalt, Reichian, and wilderness approaches to healing and essential development.
p. 8, 14, 16, 22, 26, 31, 33

Viola Brody ..... is a clinical psychologist and creator of developmental play, which expresses her interest in the study of the attachment-separation process from birth to death.
p. 26

Hugh Bromiley, ... a certified practitioner of hypnosis and NLP, and Alexander technique teacher, leads seminars in Ericksonian hypnosis, communication skills, higher performance, and positive results.
p. 32

Khara Bromiley, ... a certified hypnosis and NLP practitioner, has long experience doing intuitive counseling. She has led Symington visualization groups for cancer patients.
p. 32

Charles Brooks, ... author of *Sensory Awareness, the Rediscovery of Experiencing*, has been a teacher of sensory awareness since 1963, often in conjunction with Charlotte Selver.
p. 13

C

Peter Caddy ..... is the founder of the Findhorn Foundation, and is presently engaged in visiting and assisting in the link-up of communities, groups, and movements for the process of planetary transformation.
p. 19

Annie Callaway-Galland, ... professional wilderness guide, family counselor, and hatha yoga teacher, has been leading Esalen trips for many years.
p. 23, 31, 34

Anne Caple ..... is a student of transpersonal psychology, technical writer, editor, and fiber artist.
p. 14

John Caple ..... is a career counselor, worklife advisor to business, and college professor.
p. 14

Paul Carter, ... co-founder and director of Meta-Education and Training Arts since 1976, leads workshops in the U.S. and Europe on Ericksonian hypnosis, creativity, and learning.
p. 29

Seymour Carter, ... longtime gestalt teacher at Esalen and in Europe, brings to his work studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 18, 30, 33

Michell Cassou ..... is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.
p. 12, 27

Stanford Eugene Cates ..... is an ordained minister, gestalt facilitator, and Trager℠ bodyworker. He has worked with Paul Rebillot in the U.S. and Europe for seven years.
p. 11

Gordon Clanton ..... teaches sociology at San Diego State University. His book *Jealousy* was featured in *Psychology Today* and on network television.
p. 24

K.C. Cole ..... is an essayist for Time-Life's *Discover* magazine and author of *Sympathetic Vibrations: Reflections on Physics as a Way of Life*.
p. 25

Didi Conn ..... starred in the movies *You Light Up My Life* and *Grease (I & II)*, and was featured regularly in the TV series, *Benson*.
p. 31

Rob Cooley ..... does family counseling with Oregon's Children's Services Division during most of the year; in the summer he is a white-water river guide.
p. 21, 34

Phil Cousineau ..... is a free-lance writer and film educator. He has taught for the American Film Institute and is currently working on "Conversations with Joseph Campbell."
p. 21, 29

Stewart Cubley, ... artist and scientist, is a co-founder of the Expressive Painting Studio in San Francisco.
p. 12, 27

D

Rose May Dance, ... a teacher, workshop leader, and sociological researcher who has worked with Starhawk in the Reclaiming collective for six years, is editing a workbook on teaching ritual.
p. 29

Laura DeNuccio (Ma Prita), ... a certified Radix® teacher on the Esalen faculty, has over 12 years of experience combining Reichian body work, gestalt, Bates vision work, movement, and meditation in group and private instruction.
p. 16, 24, 27, 31

Steven Donovan ..... is director of The Transformation Project.
p. 30

Patrick Douce, ... a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais awareness-through-movement and is available for individual sessions in functional integration.
p. 15, 26

Jack Downing ..... is a psychiatrist with a comprehensive background in gestalt, Rolfing®, Arica, applied kinesiology, and neurolinguistic programming.
p. 25

Joel Dweck ..... is a Reichian counselor in private practice in Los Angeles, where he also directs the Core Contact training program.
p. 20, 28

Victoria Elliot ..... is a counselor and is president and co-founder of an executive search and consulting firm.
p. 26

E

Esalen Massage Practitioners ..... Char Brenner, Peggy Horan, Deane Juhan, George King, Bill Liles, Deborah Medow, Jaime Morton, Laurie Muller, Arthur Munyer, Brita Ostrom, Vicki Topp, and Attila Vaas.
p. 16, 20, 21, 22, 25, 26, 28, 31, 36

F

David Feldshuh ..... is a professional director, actor, and teacher. He is currently artistic director of Theater Cornell, Cornell University.
p. 18

Erica Fielder ..... is a naturalist and award-winning painter. She is commissioned by the California State Coastal Conservancy to produce fine art for permanent display at coastal marshlands.
p. 24

Steve Fields, ... director of Progress Foundation, has developed and advocated alternatives to institutional psychiatric treatment for 15 years.
p. 30, 35

Richard Feynman ..... is a professor of theoretical physics at the California Institute of Technology. He served as an advisor on art and technology for the Los Angeles County Museum.
p. 28

Neil Fiore, ... a licensed psychologist practicing hypnosis, is working on the effects of stress and anxiety on performance and health.
p. 24, 35

Jerry Fletcher ..... is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in Richmond, California.
p. 26

Kathleen Brown Fletcher ..... is a trainer and consultant in organizational development, working in both the for-profit and non-profit sectors.
p. 26

Joyce Frazee, ... gestalt and dream work practitioner in Vancouver, Canada, for 14 years, has training in Jungian dream analysis, bioenergetics, and group process.
p. 13

G

Greg Gibble ..... has danced professionally for 12 years throughout the US and Europe. He currently works with Margaret Jenkins in San Francisco and Rhonda Martyn in New York.
p. 23

Yvonne Ginsberg, ... NLP practitioner and Ericksonian hypnotist, has 10 years of intensive vipassana meditation experience. She is in private practice in the Bay Area.
p. 23

Mary Goldenson (Devarani) ..... is a chiropractor, certified Radix® teacher, Bates vision instructor, and is in private practice in Los Angeles and San Francisco.
p. 14, 16, 24, 30

John Michael Grey ..... studied at Stanford University, where he co-directed a research institute in perceptual and cognitive psychology.
p. 21, 31

Christina Grof ..... studied with Swami Muktananda and has a special interest in the relationship between mysticism and psychosis. She is founder of the Spiritual Emergency Network and co-author of *Beyond Death*.
p. 26, 28, 30, 31, 36

Stanislav Grof, ... a psychiatrist who has extensive experience in consciousness research with and without psychedelics, is author of *Realms of the Human Unconscious, LSD Psychotherapy,* and *Beyond the Brain*.
p. 26, 28, 30, 31, 36

H

Joan Halifax, *p. 27* ... author of *Shamanic Voices* and *Shaman the Wounded Healer,* teaches in Europe, Mexico, and the U.S., and is director of the Ojai Foundation.

Anna Halprin *p. 25* ... teaches at Tamalpa Institute, Marin County, California, is author of *Movement Ritual I,* and is the subject of the film *Circle the Earth.*

Daria Halprin-Khalighi *p. 25* ... is a gestalt movement facilitator and is co-founder and teacher at Tamalpa Institute, Marin County, California.

Betsy Hand, *p. 13, 26* ... former resident staff member of the Gestalt Institute of Canada, has 20 years experience with families, couples, and groups. She is in private practice in Kentfield, California.

Michael Harner, *p. 12* ... an anthropologist who has studied shamanism among South and North American Indians for more than two decades, is the author of *The Way of the Shaman* and *Hallucinogens and Shamanism.*

Steven Harper *p. 11, 12, 13, 14, 24, 25, 27, 29, 30, 34* ... teaches for Colorado Outward Bound and the National Outdoor Leadership School, and is currently the coordinator of the Esalen Wilderness Programs.

Susan Harper *p. 13* ... teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads "Dance the River" trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.

John Heider, *p. 11* ... a psychologist in private practice in Coconut Grove, Florida, is a group leader and teacher of group leaders. He was part of the Esalen Residential program from 1967-71.

Hazel Henderson *p. 28* ... is an independent futurist, author, lecturer, and radio and television moderator.

Nick Herbert *p. 20* ... is the author of *Quantum Reality: Beyond the New Physics* and is currently working on a book about time travel.

James Hickman *p. 16* ... is director of Esalen's Soviet-American Exchange Program.

Maya Holloman *p. 16* ... has been a student at Gazebo since she was six months old.

Perry Holloman, *p. 16* ... a former teacher at Gazebo school, currently is a member of both Experiencing Esalen and Gazebo workshop staffs.

Paul Horn *p. 30* ... is a flutist, jazz musician, creator of the *Inside* albums, philosopher, and teacher of meditation.

Terry Hunt, *p. 14* ... a licensed psychologist practicing bioenergetic analysis in Boston, directs a flotation tank center for amelioration of somatic and addictive disorders.

Alan Hynek, *p. 18* ... professor emeritus of astronomy at Northwestern University, is founder and director of the Center for UFO Research in Scottsdale, Arizona.

J

Erik Jarlnaes *p. 28* ... is a Reichian practitioner, athlete, and journalist. He uses the Danish Bodynamic approach in working with the body and emotions.

Eli Jaxon-Bear, *p. 21, 31* ... former director of a Buddhist meditation center, is a master practitioner of neurolinguistics who integrates this work with Ericksonian hypnotic practice and Eastern philosophies.

Michael Joyce, *p. 11, 30* ... longtime group leader in the U.S. and Europe and Feldenkrais practitioner, directs a neuromuscular clinic for a Veterans Administration hospital.

K

Fred Kalmus, *p. 14, 16, 24, 30* ... co-founder of the Alternative Choice Counseling Program, leads workshops in stress management for corporations and individuals.

Norman Katz *p. 17* ... is director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico.

Kenneth Kelzer *p. 26* ... works as a transpersonal educator and counselor in California. Using dream work, he has been conducting classes and groups for over 10 years.

George Kohlrieser, *p. 21, 24, 33* ... a clinical psychologist with an international practice, researches and applies attachment and separation theory to relationships, psychosomatic illness, violence prevention, and hostage negotiations.

Murray Korngold *p. 25* ... is a certified acupuncturist and a teacher and speaker on parapsychology and psychic healing.

L

Stephen LaBerge *p. 18* ... is a scientist dedicated to the transformation of human consciousness. He teaches and does research at Stanford University on conscious or "lucid" dreaming.

Benj Langdon, *p. 14, 20* ... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.

Janet Lederman, *p. 18, 24* ... creator of the Gazebo school and philosophy, is an educational consultant to corporations concerned with child care facilities.

Lenore Lefer, *p. 16* ... currently maintaining a private practice in San Francisco, is on the training staff of the Psychosynthesis Institutes of London and San Francisco, and teaches psychosynthesis at the California Institute of Transpersonal Psychology.

Marc Lehrer *p. 17* ... is director of Medical Hypnosis Seminars of San Francisco.

Mary Lenholt, *p. 26* ... a licensed mental health counselor in private practice in Florida and a certified developmental play trainer, brings to her work a sense of love and delight.

Annie Styron Leonard *p. 11, 12, 24* ... is a founder of the Energy Training Institute in Mill Valley, California, and an aikido brown belt.

George Leonard, *p. 11, 12, 21* — author of *Education and Ecstasy, The Ultimate Athlete,* and *The Silent Pulse,* was a longtime senior editor of *Look,* and is currently a contributing editor of *Esquire.*

Paul Lounsbury *p. 25* — has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.

DeeDee Lozier *p. 11, 30* — is a Feldenkrais practitioner who studied with Moshe Feldenkrais in the U.S. and Israel.

Nancy Kaye Lunney, *p. 11, 27, 31* — a gestalt practitioner at Esalen since 1977, previously coached Academy Award-winning entertainers. She is manager of programming and a trustee at Esalen.

Joyce Rogers Lyke *p. 11, 34* — is a student of gestalt awareness practice, coordinator of the Esalen Media Center, and photographer for the Esalen Catalog.

M

Lizbeth Marcher *p. 28* — is the founder and developer of the Danish Bodynamic approach to working with the body and emotions.

Marilyn Mason, *p. 23, 30, 34* — family counselor and teacher at the University of Minnesota, is founder/director of the Wilderness Learning Institute.

Rhonda Martyn, *p. 23* — former artistic director of the San Francisco Moving Company, is an award-winning choreographer and dancer now living in New York.

Pete McCloskey, *p. 20* — former congressman and challenger to Richard Nixon in the 1972 presidential campaign, is author and teacher on constitutional law and the American political process.

Kathleen Harrison McKenna *p. 23* — is an artist, mother, and traveler through nature.

Terence McKenna *p. 23* — authored *The Invisible Landscape* and *Psilocybin: Magic Mushroom Grower's Guide.* He studied shamanism at UC Berkeley and has lived in tropical Asia and the Amazon.

Deborah Anne Medow, *p. 8, 13, 19, 33* — Esalen group leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.

Ailish Mellard, *p. 21* — holistic health practitioner and body worker for 12 years, is currently organizational consultant for Will Schutz Associates, which teaches human potential concepts for various organizations.

Jane Miletich, *p. 8* — a longtime Big Sur resident and Esalen masseuse, is instructor of hatha yoga, t'ai chi, and nutrition, student of midwifery, birth, and death, and bearer of ritual.

Harvey Milkman, *p. 19* — professor of psychology at Metropolitan State College, Denver, Colorado, is co-author of "The Chemistry of Craving" and co-editor of *Addictions: Multidisciplinary Perspectives and Treatments.*

Marghe Mills *p. 31* — is co-author of *Developmental Movement Therapy* with Bonnie Cohen, certified Feldenkrais teacher, faculty member, Dominican College, and in private practice in the San Francisco area.

Michael Murphy *p. 30* — is co-founder of Esalen Institute and founder of The Transformation Project. He is author of *Golf in the Kingdom, Jacob Atabet, The Psychic Side of Sports,* and *An End to Ordinary History.*

N

Claudio Naranjo, *p. 14, 15* — theorist of growth disciplines and former resident at Esalen, introduced meditation as a component of gestalt practice.

Elena Naranjo *p. 14* — is an actress, midwife, and yoga teacher with a background in the Fourth Way tradition.

The NINE *p. 17* — "We are pure thought human fantasy seeking a road to the birth canal of reality where we will be seen as 'The NINE.'"

Laura Norman *p. 19* — has been a registered certified reflexologist and massage practitioner for 14 years, and is listed in *Who's Who Among American Women.*

O

Jenny O'Connor *p. 17* — is a psychic from England, and is a channel for "The NINE."

Richard Olney *p. 27* — has studied with Alan Watts, Fritz Perls, and Alexander Lowen. He has presented self-acceptance training throughout the US and Europe.

Babatunde Olatunji, *p. 17* — master percussionist from Nigeria, has performed internationally for over 30 years, and is known for his album *Drums of Passion.* He is an authority on African religion.

P

Heinz Pagels *p. 20* — is executive director of the New York Academy of Sciences, author of *The Cosmic Code* and *Perfect Symmetry: The Search for the Beginning of Time.*

Karen Paine-Gernée *p. 14* — leads groups for Adult Children of Alcoholics in Cambridge, Massachusetts. She is on the faculty of Omega Institute, The New York Open Center, Interface, and Spring Hill Institute.

Helen Palmer *p. 28, 31* — is a practicing clairvoyant. She directs the Center for the Investigation and Training of Intuition. Her teaching utilizes personality issues as access points to psychic perception and the inner life.

Wendy Palmer, *p. 25, 27, 31, 34* — a teacher and director of the Lomi School, holds a black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.

Marianne Paschke-Carter *p. 29* — combines movement, hypnosis, conscious breathing, and Trager℠ psychophysical integration in her work with individuals, families, and groups.

George Pegelow *p. 20* — is instructor in shaolin kenpo karate at Stanford University, consultant in human relations, conflict resolution, and optimal human performance, and president of Wu-Wei Associates.

George Pennington, *p. 30* — a staff member of the Coloman Growth Center in Bavaria, West Germany, works to combine modern psychological approaches with Buddhist and shamanic consciousness practices.

Ayala Pines, *p. 15, 24, 29, 35* ... a social psychologist at UC Berkeley, and a licensed psychologist in private practice, is co-author of *Experiencing Social Psychology*, and *Burnout: From Tedium to Personal Growth*.

Jeff Poniewaz *p. 29* ... is the author of *Dolphin Leaping in the Milky Way*, (Homeward Press, 1985). His poems have appeared in *Greenpeace Chronicles*, the *L.A. Times*, and *New Age Magazine*.

Hector Prestera, *p. 12, 25* ... a physician, acupuncturist, Rolfer, certified neurolinguistic trainer, and practitioner of Ericksonian work, is in private practice in Monterey, California.

Christine Stewart Price *p. 8* ... combines gestalt awareness practice with guided imagery and various forms of body work. She considers herself a born-again pagan. (Paganism: religion of the earth.)

Jill Purce *p. 13* ... is author of *The Mystic Spiral*. She studied the mystical dimension of sound with Karl Heinz Stockhausen, and the magical use of the voice and overtone chanting with Tibetan lamas.

R

Edith Rasmussen *p. 26* ... has been a student of awareness methods since 1978. She is now studying with Janet Zuckerman.

Paul Rebillot *p. 11* ... was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.

Leon Redler *p. 27* ... is a London-based psychiatrist, and pioneer, with R.D. Laing and others, in developing alternative psychiatric strategies, including the provision of asylum for people in mental distress.

Linda Rice-Mandigo *p. 20* ... is counselor in private practice in New York, and a practitioner of mahikari-no-waza.

Tracey Rich *p. 15, 30* ... is a director of the White Lotus Yoga Retreat in Santa Barbara and leads seminars nationally.

David Richman, *p. 15* ... a psychiatrist specializing in psychosomatic disorders, biofeedback training, and psychopharmacology, is the author of *Dr. Caligari's Psychiatric Drugs*, and advocates civil rights in psychiatry.

Kenneth Ring, *p. 15* ... active in the field of near-death studies since 1977, is a psychology professor and president of the International Association for Near-Death Studies at the University of Connecticut.

Sogyal Rinpoche, *p. 11* ... Tibetan incarnate lama, scholar, and meditation master, was raised by Buddhist master Jamyang Khyentse Chokyi Lodro, and studied at Cambridge University.

Rita Rohen, *p. 25* ... a family and organizational consultant, has an international practice in personal and transpersonal growth, and in the exploration of relationships.

Nancy Rosanoff *p. 23* ... teaches energy strategies and creativity as a private counselor and business consultant. She is based in New York City.

Jack Rosenberg *p. 19, 36* ... has worked with cancer research and transformation of consciousness, and practices gestalt, Reichian work, yoga, and object relations in Venice, California.

Gabrielle Roth *p. 25* ... is the creator of the Moving Center method of catalyzing natural movements. She lives on the East Coast, where she directs and performs with her own theater/dance company.

Ilana Rubenfeld *p. 23, 24* ... is the originator of her own integration called "gestalt synergy®." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.

Anne Ruderman *p. 20, 28* ... is a Reichian counselor in private practice in Los Angeles.

Gordy Ryan *p. 17* ... has roots in the Big Sur Primitive Jazz Society, and has studied and performed with Olatunji for 15 years.

S

Ron Sand, *p. 15* ... a health care practitioner in the San Francisco Bay area, is a student of gestalt process and is studying with Janet Zuckerman.

David Schiffman, *p. 11, 12, 15, 16, 19, 20, 23 24, 28, 29, 30, 31* ... a long-time group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.

Elisa Lodge Schiffman *p. 11, 12, 15, 16, 19, 20, 23, 24, 28, 29, 30, 31, 36* ... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf-movement integration.

Thomas Schlesinger, *p. 21* ... screenwriter and script consultant, has conducted workshops nationwide for the American Film Institute, is author of the forthcoming book: *Telling Tales, The Screenwriter as Storyteller*.

Will Schutz, *p. 21* ... founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity*.

Alan Schwartz, *p. 21, 22* ... long-time Esalen group leader, college professor, and gestaltist, is completing his book, *Systemics: The Art & Science of the Human Energy System*.

Nadine Scott *p. 30* ... is founder and director of International Study Group (ISG), and Pakhuis Amerika, a community for the integrated self.

Duncan Scribner, *p. 22* ... originally trained as a biochemist and immunologist, has turned his attention for the past 10 years to the retrieval of our essential beingness through experiential understanding.

Charlotte Selver *p. 13* ... teaches sensory awareness, perception, and non-verbal and verbal communication. A center has been built for her at Green Gulch Farm through the Zen Center, San Francisco.

Phyllis Shankman, *p. 13* ... a licensed counselor in private practice in West Los Angeles, specializes in group process, and is interested in self-acceptance and change.

Robert Shapiro, *p. 20* ... co-founder of Oasis, is a long-time friend of Alan Watts, Fritz Perls, Virginia Satir, Robert Assagioli, and Lama Govinda. He applies Eastern wisdom to Western life and industry.

Rupert Sheldrake ..... is a biologist and author of *A New Science of Life*.
p. 14

David Shire ..... won an Oscar for his song "Norma Rae," and has written numerous film scores, as well as the music for the Tony-nominated Broadway show *Baby*.
p. 31

David Silverstein ..... works with hypnosis and is a neo-Reichian practitioner in private practice in Berkeley, California.
p. 23

Anne Nechama Simkin ..... trained in gestalt with Erv and Miriam Polster and Jim Simkin, and has conducted workshops internationally.
p. 21, 33

Harry Sloan, ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 11, 18, 24, 28, 36

Fritz Smith ..... is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is in a private holistic health practice in Watsonville, California.
p. 23, 35

Gerald Smith ..... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*.
p. 13, 26

John Soper ..... came to gestalt from a highly successful international career in business. Resident at Esalen since 1978, he practices both interpersonal and intrapersonal gestalt.
p. 8, 36

Starhawk ..... is the author of *The Spiral Dance: A Rebirth of the Ancient Religion of the Great Goddess* (Harper & Row, 1979), and *Dreaming the Dark: Magic, Sex, and Politics* (Beacon, 1982).
p. 29

Elizabeth Stratton, ... a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.
p. 21, 22

Stanley Sunderwirth ..... is vice-president for academic affairs at Metropolitan State College, Denver, Colorado. He is co-author of "The Chemistry of Craving," *Psychology Today*, October, 1983.
p. 19

T

Yao Tamakloe ..... studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion.
p. 17

Charles Tart ..... is a psychologist who has worked with altered states of consciousness, parapsychology, and human potentials.
p. 31

Judith Tart ..... is a registered nurse and a student of aikido, the Gurdjieff work, and the Course in Miracles.
p. 31

Lawrence Telles ..... trained as an academic philosopher, and has directed psychosocial rehabilitation programs since 1976.
p. 30, 35

Lia Thompson ..... has been a Gazebo teacher for six years. She is currently a co-ordinator of Experiencing Esalen: The Body and a member of the Gazebo workshop staff.
p. 8, 16

Riley Thompson-Clark ..... has been a student at Gazebo since she was three months old.
p. 16

Lesley Tierra ..... is a certified acupuncturist and dean of the East-West School of Herbology, maintains a clinic in Santa Cruz, and is author of several articles on herbs.
p. 17

Michael Tierra ..... is author of *The Way of Herbs*, formulator of the Planetary herb line, and has an herbal and acupuncture clinic in Santa Cruz.
p. 17

U

Walter Urban ..... is a research psychoanalyst and financial success consultant.
p. 26

V

Tom Van Sant, ... Fellow, MIT Center For Advanced Visual Studies, is an internationally known painter, sculptor, and environmental planner, and is considered the father of space art.
p. 28

W

Brian Wallace, ... musician, composer, poet, and media artist noted for creating a dramatic environment, has performed for 20 years and is director of Nomadband.
p. 28

Andrew Weil, ... author of *The Natural Mind*, *The Marriage of the Sun and the Moon*, and *From Chocolate to Morphine*, studies natural medicine and altered states of consciousness.
p. 15

Ganga White, ... an internationally known teacher and master of yoga, is author of *Double Yoga* and has received the titles "Yogacharya" and "Yogiraj" (King of Yogis) in India.
p. 15, 30

Nancy Winston ..... is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling throughout North America.
p. 25

Rickie Wolf, ... director of the Tokyo Gestalt Institute, is a research fellow in psychosomatic medicine at the University of Tokyo. She is a professional clown and storyteller.
p. 20

Roger Woolger, ... graduate of C.G. Jung Institute in Zurich, is a teacher, counselor, and author of articles on psychology and spiritual practices.
p. 28

Z

Janet Zuckerman ..... was an emotional release and group process teacher at Esalen for 12 years. She has a private practice in San Francisco.
p. 15, 26

Catalog Subscription Information

The Esalen Catalog is published tri-annually. Subscription cost for one year is $10 for the United States, $12 for Canada and Mexico, $16 for Europe and South America, and $18 for all other countries. A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, CA 93920.

☐ To obtain future issues of the Esalen Catalog for one year, please send a check or money order in **U.S. currency drawn on a U.S. bank only** to: Esalen Institute, Big Sur, CA 93920. A pre-addressed envelope is included in this catalog for your convenience.
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

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☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

Please notify us if you change your address and check here ☐ if you are receiving duplicates of the catalog.

Friends of Esalen

We invite you to join us in our organization—Friends of Esalen.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships. Esalen will, in turn, match your contribution.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the Esalen Catalog for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category circled.

☐ I wish to renew my membership in Friends of Esalen.

One Year Student	$15	One Year Donor	$50	One Year Patron	$500
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Name _____ Student Affiliation _____

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Please mail to: Friends of Esalen, Big Sur, CA 93920

Food for the Senses

a book of recipes and artwork by people of the Esalen community is now available. To order by mail, use the following form.

Please send me _____ copies of **Food for the Senses** at $5.95 each, plus an additional $1.25 per book for postage and handling, or a total of $7.20. (California residents add $.35 tax.) I am enclosing a total of $ _____ .

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Please mail to: **Food for the Senses**, Esalen Institute, Big Sur, Ca. 93920. Make checks payable to Esalen Institute. Allow 6 weeks for delivery.

The Media Center

Videotapes

Esalen

This 18-minute videotape, which tells Esalen's story from its early history to the present, is an inexpensive way to view the general offerings available at Esalen. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities.

Invited Speakers

For the first time, the Esalen Media Center is offering for rental or purchase a selection of videotapes from conferences and seminars. This series consists of unedited single camera recordings of informal talks made at Esalen.

1. Jack Kornfield, "On Meditation," November, 1984. A long-time student and teacher of vipassana meditation and Buddhism discusses these traditions with reference to his own experiences as a spiritual seeker in the Orient.

2. Brother David Steindl-Rast, "God, Spirituality, and the Senses," November, 1984. A Benedictine monk and scholar discusses the spiritual journey and its relationship to mythology and transpersonal theory.

3. Fritjof Capra, "Characteristics of Systems Thinking," June, 1985. The author of *The Tao of Physics* and *The Turning Point* discusses the evolution of scientific thinking, including current views and implications.

4. Stanislav Grof, "The New Scientific Paradigm," June, 1985. An original member of the transpersonal psychology network, and author on related topics such as appropriate use of psycho-active substances, discusses his current view of consciousness.

5. Rupert Sheldrake, "Morphic Resonance and The New Science of Life," June, 1985. A British geneticist relates his theories on biological and psychological development, and discusses some empirical tests of these theories.

6. Kenneth Ring, "The Near-Death Experience," June, 1985. The author of *Life at Death* and *Heading Toward Omega* discusses his research on the near-death experience, and some of its implications for the future of the human race.

7. Albert Hofmann, December, 1984. The discoverer of LSD talks to Stan Grof about his early experiences with this and other psycho-active drugs. He also discusses some of the social, political, and scientific consequences of LSD.

8. Anne Armstrong and Elizabeth Stratton, December, 1984. Two long-time students, practitioners, and teachers of psychic work discuss with Nancy Knapp their practices and perspectives related to psychic counseling and healing.

9. Terence McKenna, "Fractile Perspectives on the Millenium," August, 1985. The author of *The Invisible Landscape* gives his vision of the future, centering around the evolution of human consciousness.

10. Jack Rosenberg, "One Hour and Twenty-Nine Minutes with Jack Rosenberg and Integrative Body Practice," September, 1985. The Venice, California practitioner gives his view of personality development and some of the typical patterns of interaction in relationship.

Price List and Order Form

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Please address your order (with a check payable to Esalen Institute): Media Center, Esalen, Big Sur, CA 93920. Rental fees may be credited toward purchase price if you notify us within 30 days.

Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See **General Information**, page 46.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ Zip _____ Occupation _____

Telephone Number: Home: Area Code ( ) _____ Work: Area Code ( ) _____

There are sometimes unexpected situations that may require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? If you can't be reached, please call us *before* your scheduled arrival for final confirmation. **Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.**

(On additional paper please repeat the above information for every person in your party making a reservation. Mail to Reservations, Esalen Institute, Big Sur, CA 93920.)

Check if you want: ☐ housing as a couple, shared bed

Do you smoke? _____

Car Pooling: We encourage guests to car pool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop, for phone numbers of other guests from your area.

Check here ☐ if you do not want us to give out your number for the purposes of ride sharing.

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. (For further details see Ways of Being at Esalen, page 8.)

Bus Service:

I want bus service from (check one):

_____ Monterey Greyhound Bus Station at 4:45 pm

_____ Monterey Airport at 5:00 pm

on _____ (date of arrival, Fridays & Sundays only)

The $20 per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. Esalen bus service is not available at any time other than as listed above.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute in U.S. currency only.

Overseas residents please pay by checks drawn on U.S. banks.

Your reservation can be charged to:

MasterCard ☐ Visa ☐ American Express ☐

Card No. _____

Expiration Date _____

All workshops require nonrefundable reservation fees. See page 46. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

General Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Car Pooling: We encourage guests to car pool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop, for phone numbers of other guests coming from your area.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $150 for seven-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only. Overseas residents please pay by checks drawn on U.S. banks.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. ***Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.***

Please mail all reservations to:
Reservations,
Esalen Institute
Big Sur, CA 93920

We are able to process mail reservations more effectively. If you are concerned about workshops being full or have any questions, you may make reservations by phone if you use your MasterCard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335
Office Hours:
Monday, Tuesday, Thursday, and Saturday 10 am to 3 pm
Wednesday 10 am to 12 Noon
Friday 10 am to 8 pm
Sunday 12 Noon to 8 pm

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or three workshop participants.* Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Gazebo School: Any requests for child care should be sent at least one month in advance, to Gazebo, Esalen Institute, Big Sur, CA 93920.

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and a five-day is $50. Discounts are available only when you make your reservations. Please present proof of age when you register. Senior discounts are not available for Wilderness Programs.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are canceled, so second choices are advised. Many community programs are also open to residents. The cost is $1960 per 26 day period.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $60 per person per day on weekdays, and $75 per person per day on weekends. Room and board rates include dinner on the day of arrival and breakfast and lunch the following day.

Private rooms are sometimes available. Rates are $100 per person per day, $110 per couple per day on weekdays, and $135 per couple per day on weekends. Special family rates are available. Please phone the office for additional information.

Bus Service: We have bus service from the Monterey Greyhound station at 4:45 pm and from the Monterey Airport at 5:00 pm on Fridays and Sundays. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The charge for one-way service is $20, payable to the Esalen office when you check in. Return reservations may be made at the same time. The bus leaves Esalen at approximately 6:30 pm. Bus service to Esalen is not available at any other time.

Seminarians as Staff (Volunteers): Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of diplomas such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.

Richard Price
October 12, 1930–November 25, 1985

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting, and research.

Esalen Institute
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California 93920

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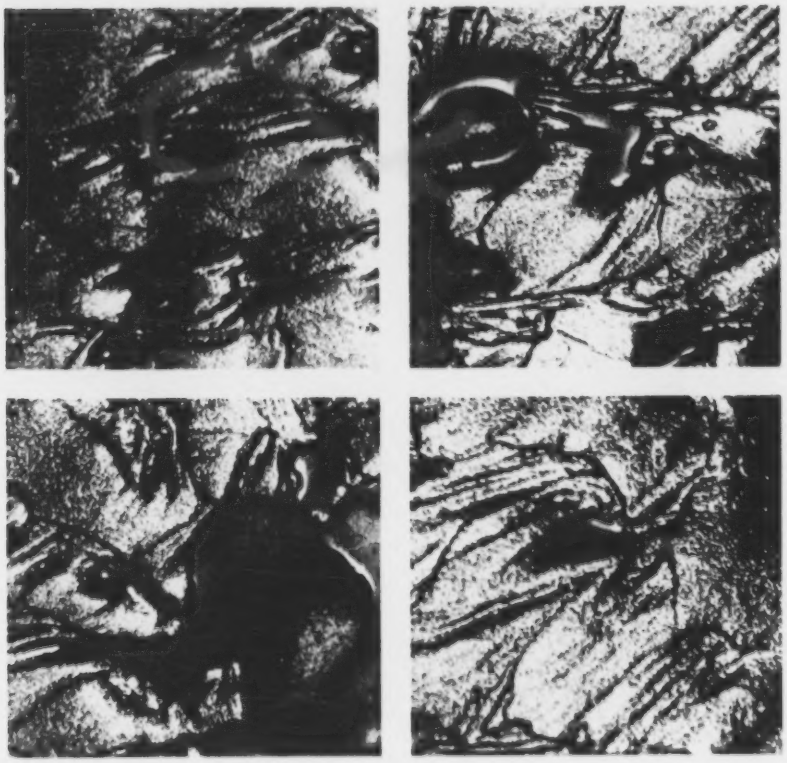

September 1986·February 1987

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Contact is the appreciation of differences.
—Fritz Perls

David Nelson

. . . and the recognition of similarities . . .
—Richard Price

Esalen Notes

Richard Price Memorial Fund

Christine Price is acting as administrator of a fund in memory of Richard Price. A memorial foundation is being formed to continue initiating and supporting projects in relation to his interests and vision. Contributions are tax-deductible, payable to Esalen Institute, and should be marked: Attention Richard Price Memorial Fund.

New Paradigm Symposium

In December of 1985 the Elmwood Institute gathered some leading holistic and systemic thinkers at Esalen for a five-day symposium to discuss "Critical Questions About New-Paradigm Thinking;" Is there an emergent holistic world view in our society and, if so, what is it?

A "paradigm" has recently come to mean the way a whole culture sees itself: the thoughts, perceptions, and values for forming its vision of reality. There was a medieval paradigm, for example, which gave way to the scientific paradigm of Galileo and Newton. This mechanistic paradigm, some observers claim, is now changing again. The emergent new paradigm is what physicist Fritjof Capra describes as a holistic and ecological vision of reality, where the world is seen, not as isolated objects, but as "a dynamic web of relations between various parts of the whole."

Capra, author of *The Tao of Physics* and *The Turning Point*, founded the Elmwood Institute with a group of colleagues in 1984 to "nurture new ecological visions." They issue publications and sponsor small group discussions and larger seminars like the "New Paradigm Symposium."

Participants included futurists, visionary writers, cultural historians, activists, scientists, spiritual leaders and scholars from many other fields. They were: Paula Gunn Allen, Walter Truett Anderson, Richard Baker, Ernest Callenbach, Fritjof Capra, Tyrone Cashman, Jacqueline Doyle, Leonard Duhl, Riane Eisler, Patricia Ellsberg, Stanislav Grof, Randy Hayes, Hazel Henderson, Eleanor LeCain, Robert Livingston, David Loye, Don Michael, Patricia Mische, Daniel Moses, Brian Murphy, Helena Norberg-Hodge, Jay Oglivy, Janice Perlman, Ziauddin Sardar, Charlene Spretnak, David Steindl-Rast, and Brian Swimme.

There was considerable consensus about the nature of the old paradigm: an obsession with domination and control of nature, competition, a mechanistic, fragmented world view, linear thinking, and the idea of unlimited progress through technological and economic growth. Not all participants, however, were sure there is a new paradigm. Some asked whether it might not be wishful thinking. Others suggested it may not be a paradigm but an ideology. Yet another view: we are not becoming more ecological; on the contrary, our increasing technology allows us much more intervention in and control of the natural world. Non-Western participants pointed out that new-paradigm values and practices have existed in tribal societies for millenia. Others pointed to the existence of the same values in what was called "female thinking." One idea that resonated strongly in all participants was that our society needs a new "cosmic story." It was felt by many that this new story will be one without heroes; it will be Earth-oriented and, accordingly, will inspire ecological values.

The symposium was hosted by Esalen's scholar-in-residence Stan Grof at the invitation of Dick Price.

For further information about the New Paradigm Symposium or the Elmwood Institute, write P.O. Box 5805, Berkeley, CA 94705 or call (415) 848-1127.

China Study Tour Highlights

Excerpted below is a description of Lan Ting Institute, Wu Yi Mountain, Fujian Province, China. This description comes from a March 7, 1986 *San Francisco Examiner* article by Don Lattin, and is reprinted with permission. For further information on the Esalen/Lan Ting Institute China Study Tour, October 14-November 8, 1986, see Special Programs, page 34.

"Wu Yi Mountain, a long stretch of red sandstone and conglomerate hills in the northwest corner of Fujian province, is a magical place.

"The 60-square-kilometer scenic reserve district, the Chinese equivalent to U.S. national parks, contains some of the mainland's most inspiring scenery. Thirty-six major peaks with poetically descriptive names like Tiger Roaring Rock, Jade Lady, Eagle Bill and Great King Peak—rise dramatically from lush bamboo forests.

"Thick forests also flourish atop these towering rock outcroppings, which are accessible only by steep steps carved into the stone and by spiraling, celestial stairways wedged between immense boulders.

"Mountain streams meander between the peaks. Or, as Chinese poets describe it, 'mountain and water in perpetual embrace.'

"Ancient Taoist monasteries, either in ruins or converted into quaint tea houses, appear at the ends of stone paths, which wind through cool caves and meadows fragrant with peach blossoms, lilies, mountain laurel or other flowers that bloom throughout the year.

"Ornate pagodas and pavilions perch atop towering cliffs inscribed with centuries-old calligraphy. The stone paths, rising from the earth as if they built themselves, take the wanderer along a trail blazed hundreds of years ago by divinely mad Taoist monks.

"In the early mornings, Wu Yi Mountain mist often shrouds the valley floor with a white fog. Peaks and cliff-top pavilions transcend into the heavenly realm. It's the dreamy stuff of Chinese landscape scrolls. But it's not the artist's brush that has transformed these mountains to the mystical realm. They're already there.

"Al Huang's idea of bringing a bank of artists, dancers and assorted truth-seekers to this wonderland was not a new one. These gatherings date back to the Six Dynasties, when Wang Hsi-chih, China's greatest calligrapher, gathered 42 of his friends in the Orchid Pavilion for a purification festival. It was the 9th year of Eternal Harmony, or, by our reckoning, A.D. 353. Wang described the gathering in his famous Orchid Pavilion Preface.

"'Talented people, young and old, came. Here, lofty mountains and handsome peaks, thick forests and tall bamboos. Next, clear streams, rushing torrents. Like silver bells, they reflected both sides. With these, floating goblets on meandering waters. We sat down in groups. Although we did not have strings and pipes, we drank and chanted, enough to fully pour out our feelings' . . . .

"1,632 years later, in the Year of the Ox, Al Huang's dream of resurrecting the Orchid Pavilion came true—right down to the floating wine goblets.

"Thirty-eight talented people, young and old, gathered at the base of Great King Peak. They sat down in groups. They rose with the sun. They climbed 853 stone steps above Nine-Twist Stream and brought the spirit of Far-Flung Wisdom back to Heavenly Wandering Temple, spending the night there with flutes, Buddhist sutras and soulful blues songs echoing off moonlit cliffs.

"For two weeks, in an isolated region rarely visited by Western tourists, they were thrown together with each other and an equally eclectic group of Chinese artists, calligraphers, masseurs, scholars, poets, bureaucrats, snake handlers and kung fu enthusiasts.

"There was Professor Zheng Yen, an elderly, white-bearded artist who makes birds fly with three flicks of a brush; 'master of massage' Tang Dai Zhuang, whose hands are strong as the dragon's paw and soft as a plum blossom; and Chen Fen Wu, an intense calligrapher with curly black hair and a raspy monologue interrupted by deep drags of a perpetually burning Phoenix brand cigarette.

"'My inspiration is the clouds in the sky,' said Chen, honorary chairman of the Calligraphy Institute of Fuzhou University.

"'Nature is my inspiration. I absorb nature's formations and apply it to my calligraphy. I must submit to nature. As human beings, there's no way we can surpass that level of transcendence. It's the way dragons take off—the way horses gallop.'

"In welcoming both the Westerners and their Chinese teachers to Wu Yi Mountain, Zhang Mu-Liang, bureau chief of the scenic reserve district, recalled the Golden Age of Wu Yi Mountain, some 800 years ago in the Sung Dynasty, when 108 temples flourished here—when poet/calligraphers carved their latest inspiration on the nearest cliff.

"'It is our duty and our hope,' Zhang said, 'to have a renaissance at Wu Yi Mountain.'"

A Note From the Past

A note from the past describing the property now known as Esalen/Big Sur, from J. Smeaton Chase, *California Coast Trails, A Horseback Ride from Mexico to Oregon*, Houghton Mifflin, 1923:

"So on we marched for weary miles, now, fortunately, over a better trail, and at last, rounding the head of another deep cañon, came to Little's Springs, otherwise known as Slate's.

"Here I found a comfortable, old-fashioned house where I could put up for the night. In fact, the place makes some claim to rank as a resort, by virtue of its medicinal springs, though no guests were in evidence, nor any token of either expectation or accommodation for them. A quarter of a mile from the house I found a couple of tents pitched on a ledge of rock halfway down the hundred-foot bluff. In them were bath-tubs to which hot sulphur water was led from springs that break out all along the cliff. Tents and tubs had been hauled up with windlass and cable from the vessel that brought them down from San Francisco, and then had been lowered over the cliff on to the ledge near the springs. It was an enjoyable experience to bathe thus, as it were, in mid-air, with gulls screaming all around and breakers roaring fifty feet below.

Fog again enveloped us when we started next morning. I was told that the trail from this place was an official one, being kept up by the county, and I communicated the news to Anton for his consolation. It kept close along the cliff, as I could tell by the sound of the surf and the cries of sea-birds far below. It was very interesting to travel thus, as was often the case, in company with unseen comrades, beauties, or dangers."

Invitational Conferences

Briefly described below are some of the private, invitational conferences scheduled at Esalen in 1986-1987. These conferences, convened and chaired by individuals interested in a particular topic, are conducted each year to explore seminal science and social issues. Some of these are annual gatherings in which a core group maintains the continuity of discussion from year to year with new participants.

Such conferences are not usually open to the public. Some of them may be available to a very limited number of observer-participants who have demonstrated a serious interest and have some background in the field. These special participants will be given an orientation by the conference leader, and may attend each conference session. A fee of $1500, which will be considered a tax-deductible donation, will help cover overall conference costs. An additional room and board fee of $60 per person per day will be charged; this may be deductible (please see General Information, p. 46). For more information regarding this opportunity, please contact the Esalen Program Office.

Mental Health Self-Help Center Planning Group

This February, 1986 meeting was part of a continuing effort to incorporate into community life of the Tenderloin neighborhood in San Francisco some of the practices at Esalen, particularly self-help support groups and work crew process sessions. Participants convened by Wade Hudson, an editor of *The Tenderloin Times*, explored some of the resources, such as gestalt awareness practice, available at Esalen, and engaged in planning for their own center.

Invited Conference for Practicing Intuitives

In May, 1986, Helen Palmer, director of the Center for the Investigation and Training of Intuition in Berkeley, arranged an exchange of personal methodologies among practicing intuitives employing widely varying styles of internal perception. Presentations of methodology included somatic and visual psychic perception, remote viewing, shamanism, and out-of-body practice. Ethical uses of psychic perception, and relationships of psychology to psychic practice and spirituality to scientific investigation, were also discussed.

Conference on the Further Reaches of UFO Research

In late June, 1986, Keith Thompson, a free-lance writer-colleague of the late Allen Hynek (founder of the center for UFO Studies) convened a meeting of UFO researchers and commentators. Participants were asked to discuss their current thinking and data, and to frame hypotheses accounting for such data. Emphasis was placed on freedom of participants to talk off the record, to agree and disagree without worrying about being quoted out of context, and to explore a wide range of possibilities.

Science and the Transpersonal

In February, 1987, Julian Isaacs, research director of the parapsychology laboratory at John F. Kennedy University, will convene a conference to explore possible scientific methodologies, styles, and concepts appropriate for examination of the transpersonal realm. Tentative topics include: possible pitfalls in extending science to the spiritual realm; the personal and the transpersonal; meeting grounds of the irrational and the rational; images of the spiritual; art as science, science as art; meeting grounds of science and the spiritual.

The Biological, Psychological, and Cultural Body

In June, 1987, Don Johnson, author and somatic educator, will gather together selected biological and behavioral scientists, creators of somatic methods, artists, counselors, teachers of meditation, and thinkers who have analyzed the role of the body within culture. This conference deals with a wide panorama of theories, clinical practices, research discoveries, aesthetics, and educational strategies which contribute to describing the sensitivity and vulnerability of human beings and the transformation of their pain. The conference is not about holistic health or healing, but about that broad spectrum of concerns about the body, of which healing, education, art, and science are subsets. Each conference participant will be asked to share a representative product of his or her work, plus a brief statement dealing with questions about the future of that work and the larger question of the future of the body.

Donated Services

Anyone wishing to offer use of specialized skills as donations to Esalen is invited to write for further information to: Program Department, Esalen Institute, Big Sur, CA 93920.

1st Reunion of European Work-Scholars

We are planning to meet with European work-scholar alumni in Germany May 28 to 31, 1987. Visiting Esalen facilitators will include Jessica Britt, Bette Dingman, Christine Price, and John Soper. For further information and to share ideas contact Eberhard Schwartz, Menzelstr. 1, 1000 Berlin 41. 030-855-7504 by December 20, 1986.

Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose those approaches which feel most appropriate and pursue them in subsequent seminars. For those who wish an extended stay of a month or more there is an Ongoing Residence Program. Other long-term programs include the "month-longs" (coordinated by leaders such as the Grofs and Schiffmans), which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, which entails working with the Esalen staff as well as participating in an ongoing workshop designed specifically for that program. See page 33 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners, including massage, deep tissue, polarity, Feldenkrais, and Rolfing®. Individual sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, singing gestalt, etc. Finally, there is a Community Workshop program which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Rolfing® is a service mark of the Rolf Institute.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Jessica Moore Britt

These workshops are designed for people who have not previously been to Esalen. The emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Some of the following experiences are available at each Experiencing Esalen workshop: sensory awareness, gestalt awareness, group process, guided fantasy, meditation, massage. There is time to experience and explore the natural magnificence of the Big Sur coast.

Suggested reading: Fritz Perls, *Gestalt Therapy Verbatim* (Bantam).

Schedule:

August 31–September 5	$490
September 14–19	$490
September 26–28	$250
October 3–5	$250
October 12–17	$490
November 16–21	$490
November 28–30	$250
November 30–December 5	$490
December 12–14	$250
December 21–26	$490
January 2–4	$250
January 16–18	$250
January 18–23	$490
February 6–8	$250
February 15–20	$490
February 27–March 1	$250

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Lia Thompson
& Deborah Anne Medow

These workshops offer opportunities to experience body awareness and movement in Esalen's supportive environment. Various types of dance, massage, music, meditation, yoga, and theater are offered. Five-day groups may also have time to explore the magnificent coast and trails near Esalen.

Schedule:

September 28–October 3	$490
October 10–12	$250
October 26–31	$490
October 31–November 2	$250
November 28–30	$250
December 7–12	$490
December 19–21	$250
December 28–January 2	$490
January 23–25	$250
February 8–13	$490
February 20–22	$250

Experiencing Esalen: The Health Spa

Experiencing Esalen Staff
Coordinated by Jane Miletich

Spend a few days in Big Sur, resting, relaxing, getting in shape, or just feeling good. Enjoy healthy food prepared especially for you, and learn how to prepare it if you like. Mineral and herbal baths, nature hikes, aerobics, yoga, t'ai chi, massage, and dance will be offered. All are optional. Choose your own pace.

Schedule:

October 19–24	$490
November 30–December 5	$490
January 2–4	$250

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
and used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls, relating that work to ways of personal clearing and development both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. In that emotional and energetic release and rebalancing are allowed and encouraged, the relation to some Reichian work is close.

The emphasis is *intra*personal rather than *inter*personal. Participants are explicitly not patients but *persons consenting actively* to work (or play) in awareness. The leader functions to reflect, clarify, and flow with whatever emerges

in this process. The aim is unfoldment, wholeness, growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included. Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in some sessions.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* and *In and Out the Garbage Pail*; John Heider, *The Tao of Leadership* (Humanics, Ltd.).

Schedule:

September 21–26	$490
October 12–17	$490
November 9–14	$490
January 2–4	$250
January 11–16	$490
February 8–13	$490

Work Study Program

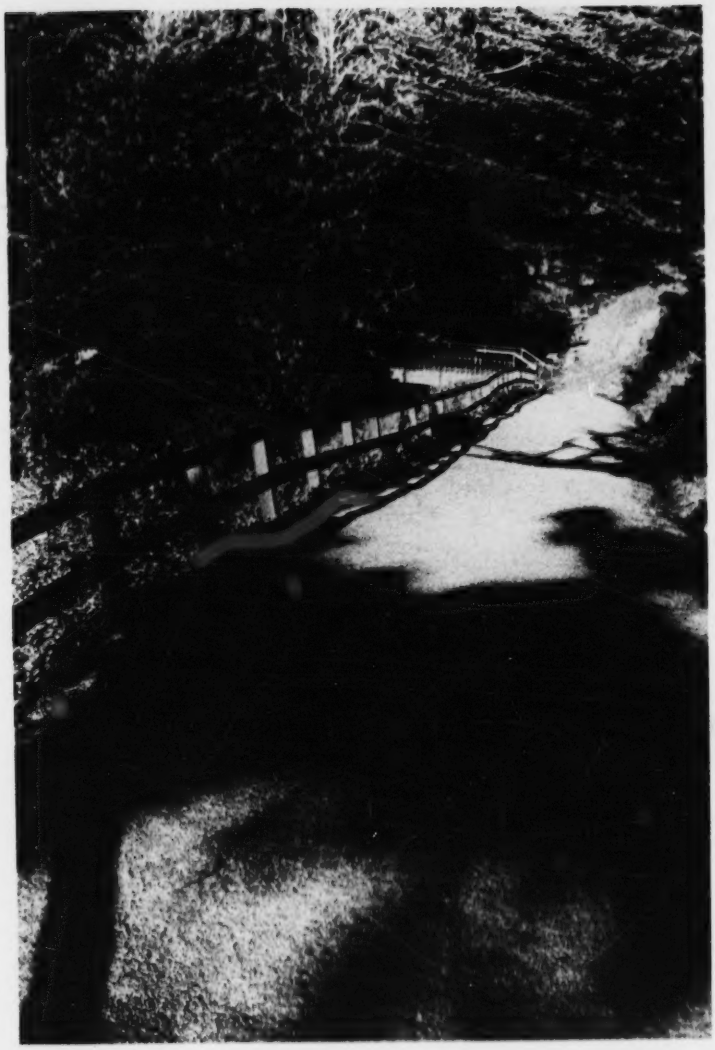
The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins.

The program is divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen.

For a full description of the Work Study Program, please turn to page 33.

Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.



Cynthia Johnson

Accreditation

Accreditation: We do not offer accreditation in the form of diplomas such as those conferred by traditional schools. Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. Scholarship recipients may be asked to bring a sleeping bag to use, especially during peak attendance periods. There are no scholarships available for the Work Study Program.

Esalen Seminars

Kathleen Thormod Carr

August 30–September 12

Path of the River: A Grand Canyon Journey

Steven Harper, Wendy Palmer & Arizona Raft Adventures Staff (AZRA)

For workshop description see Wilderness Programs, page 36. $1400

Week of August 31–September 5

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $490

Mirrors

Gabrielle Roth

"I never dreamed of being Shakespeare or Goethe, and I never expected to hold the great mirror of truth up before the world; I dreamed only of being a little pocket mirror, . . . one that reflects small blemishes, and some great beauties, when held close enough to the heart."—Peter Altenberg

This ritual theater lab, a marriage of art and healing, is a way to "know thyself" in intense, honest, creative explorations of your psyche, its patterns, cycles, and movements. The unique theater and dance processes developed by Gabrielle encourage you to dig deeply into your own life experience and to share and dramatize your insights in movement and performance. $490

The Polynesian Triune Model: How to Deal Effectively with Guilt and Self-Denigration Through Self-Integration

Murray Korngold & Jack Downing

The Kahunas of the Polynesian order of Kane have mastered practices for making friends with the subconscious, linking up with the divine via the higher self.

In this workshop, our lectures and exercises are directed toward an alliance between the conscious and inner selves. Using this ally, participants will be introduced to the higher self, the source of healing and other powers.

The triune configuration of conscious, inner, and higher selves, integrates rational thought, automatic body functions, stored memories, healing, and spiritual functions. With instruction and application, the three can converge to become one. $490

The Power of Love

Rita Rohen

Most of us use only a fraction of our capacity for love, trust, and joy. Participants in this workshop are encouraged to express themselves more fully by creating an experience of abundance. Approaches may include: gestalt from a transpersonal perspective; controlled breathing; evocative music; facilitative body work; family sculpture; guided fantasy; and humor. Learning from our own body rhythms, and contacting our own wisdom, we may open ourselves to deeper-than-ordinary levels of consciousness—and thereby achieve greater integration of mind, body, and spirit. Processes developed through work with the Spiritual Emergency Network, and recent practice in Nepal and Japan, will be used to explore ways to apply the power of love to our own lives and extend it to other persons and the planet. $490

Hypnotic Realities: An Ericksonian Approach

Paul Lounsbury & Nancy Winston

This workshop is for people who have a sense of humor and are interested in hypnotic approaches to the personal realities which they inhabit. The leaders will use Milton Erickson's naturalistic approaches to hypnosis and Gregory Bateson's evolutionary paradigm to guide participants in developing greater access to and creative use of unconscious and hypnotic capacities. Various hypnotic forms will be explored for evolution of identity, expanded creative possibilities in problem-solving, and achievement of personal goals.

Because effective use of these hypnotic approaches relies so intimately on refined awareness in communication within the self, much attention will be given to communication, and to dynamics involved in regulating, shaping, and directing attention. We suggest as a prerequisite for this workshop that participants be willing to experience certain amounts of confusion and not-knowing, since there may be alterations in reality orientation in the process of discovering new clarity. $490

Weekend of September 5–7

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

This weekend will focus on a major theme in keeping a good relationship alive. That is: being close and vulnerable yet also free to grow as a separate person.

A part of the time will be spent with your partner, separate from other couples, in verbal and written experience that can add to your relationship in closeness, conflict resolution, and individuality.

Limited to 10 couples. $250

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop participants will also be introduced to methods to improve their ability to sense each others' bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about their bodies through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens, who may find themselves discovering new ways of moving with ease and increased flexibility—painlessly and immediately. $250

Dreams: Metaphors For Transformation

Kenneth Kelzer

Dreams can be a great source of power within the self, offering us a wide variety of images and energies. These raw materials of the psyche, once refined and transformed, can serve to elevate our lives to new levels, expand our awareness into new dimensions, and create new metaphors for viewing ourselves. We will explore a wide range within the dream state, covering its spiritual and creative dimensions, using gestalt, psychodrama, movement and rhythm, art media, group process, and intuitive feedback as our principal tools. Special emphasis will be given to the new frontier of lucid dreaming, and the leader will present material from his forth-coming book on that subject. Participants will have time to present their own dreams during the workshop. $250

Achieving Sustained High Performance

Jerry Fletcher & Kathleen Brown Fletcher

Everyone has had the experience of suddenly doing something much better than expected, yet until recently little has been known about these high performance experiences. People assumed such times were lucky accidents. More significantly, even if they could perform at a high level for short times, they have assumed there was no way to sustain such performance without stress, fatigue, and eventual burnout.

After more than six years of careful research and testing, it is clear that these times of exceptional performance are not capricious. Each individual has a unique set of conditions under which he or she performs surprisingly well. Furthermore, once people learn their personal high performance patterns, they can deliberately create the conditions they need to sustain their own high performance behavior. They do not need to subject themselves to the strain of short peak periods of high output, followed by long recovery cycles.

This seminar presents a carefully developed process for individuals to learn what their high performance patterns are, and how to adjust the way they do things to fit the conditions under which they perform exceptionally well. This seminar is a program developed through years of work with experienced, successful managers, executives, and professionals about how to go beyond competent performance in a way that can be sustained. $250

Week of September 7–12

Five-Day Massage Intensive

Esalen Massage Practitioners

Participants are instructed in basic methods used in giving a full body massage. Related areas of work, such as breath awareness, grounding, movement, and quality of touch are introduced, and participants are instructed in ways to release stress and muscular tension. The workshop includes the fundamental elements necessary to give a pleasurable and beneficial full body massage. $490

Unfinished Business

Janet Zuckerman assisted by Edith Rasmussen

Janet writes: "This workshop will provide a safe environment for exploring the 'unfinished business' in our lives.

"I believe that when unfinished business from the past is projected into current relationships one is prevented from fully appreciating others in the 'here and now.'

"The emotional release methods that I have developed over the past decade support completion of this unfinished business through the honest expression of feelings." $490

The Mystical Quest

Christina & Stanislav Grof

This workshop will include theoretical and experiential exploration of the transpersonal dimensions of the human psyche and the importance of the spiritual impulse in human beings. Special attention will be paid to the emerging world-view that integrates science and mysticism, and to the problem of "spiritual emergencies"—emotional and psychosomatic crises that can be associated with consciousness evolution. In the experiential work, we will use "holonomic integration," which combines controlled breathing, evocative music, and focused body work, and has the potential to mediate experiential access to the mystical domain. $490

Childhood Sexual Abuse: A Workshop for Survivors

Jessica Moore Britt

The past few years have seen the experiences that survivors of childhood sexual abuse have held as their own private reality became front page news. To guard against the hurts, fears, and confusion that sexual invasion of a child's physical and/or psychic boundaries can create, the child often abandons the place of conflict—the body. This is reflected in tension patterns, numbness, and/or oversensitivity. Gently, during our time together, we will move towards re-integrating our bodies with our selves, with particular attention to body image, sexual experience, intimacy, and parenting.

Using supportive group atmosphere, gestalt practice, Reichian breath work, movement, touch, and the natural healing environment of Big Sur we can re-enter this private world of memories and feelings and move towards a deeper understanding of the issues of boundaries, betrayal, responsibility, and aloneness, and how these effect our lives now. Focus will be on our perception of ourselves physically, sexually, emotionally, and spiritually, and how this affects our connection with others. During this time we may begin to realize that now it is safe to embody beauty and life and share love. $490

Weekend of September 12–14

How to Make Money Without Losing Your Soul

Victoria Elliot & Walter Urban

Money can be a negative or positive force depending on how people use it. This workshop will explore the psychological factors in the creation of money. Overcoming blocks, money as a tool that works, wise spending, and other related topics will be dealt with in relation to each participant's life. $250

The Feeling Process

Janet Zuckerman assisted by Edith Rasmussen

For many people, feelings are something mysterious, something to keep to one's self, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants can learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate, in a safe environment, in the choice of expression or depression. $250

Developmental Play

Viola Brody & Mary Lenholt

Do you ever experience times when you absolutely don't know what to do with a particular child? Or, when you don't understand what is going on with a child? Or, especially when you don't know what to do with your feelings stimulated by the child's behavior? Or, do you ever feel awkward in responding to an affectionate child?

This is a program to help children and adults develop a relationship through physical contact and creative use of the moment. An important ingredient is the quality of fun and delight each experiences in the other's presence. Developmental play focuses on the feelings stimulated by the growing relationship as both child and adult progress through the stages of attachment and separation.

Objectives of this workshop are: to help participants become more aware of how their feelings about themselves, and their attitudes and assumptions about a child, influence the way they relate to that child; and to demonstrate ways of relating to a child. In this workshop, participants will have the opportunity to learn new ways of being with children through experiential exercises and didactic audio-visual material. Parents, teachers, child care workers, child counselors, and anyone else interested, come ready to learn to play in a new way. This workshop is for adults only. $250

Response-able Psychiatric Alternatives

Leon Redler

Although no strangers to mental suffering, we're often wide of the mark in locating its source, realizing its nature, and knowing how to respond in ways both salutory and effective, thus missing precious opportunities for well-being. "Psychiatry," etymologically, points to healing of disturbances in the flow of the breath of life, or spirit, or mind, within and between us. But the psychiatric response to people in mental distress is seldom in accord with the etymological roots which could inform its principles and practices.

This workshop is intended for colleagues and students in the mental health and related

professions, non-professionals with direct experience of mental distress, and anyone seriously concerned with our society's response-ability, or lack of it, in these matters.

We will inquire into what constitutes therapeutic community, asylum, refuge, dwelling, autorhythmia, attentive care, and responsibility, and discuss the possibilities and problematics of reviewing and reforming services in our own communities.

Implicit here is an exploration of primarily non-intrusive, non-transgressive ways of being with and responding carefully and effectively to people. The implications go beyond the issues of mental suffering and involve all of us who would strip away what gets in the way of discovering our way home, where the heart is, where ease and happiness begin. $250

Teaching of the Shields: A Shamanic and Buddhist World View

Joan Halifax

Joan writes: "At the root of all traditions of the sacred lies the aboriginal pulse of shamanism, humankind's archaic spiritual heritage, reaching back 40,000 years or more into pre-history. The tradition of shamanism has always drawn its tremendous power and wisdom from direct contact with earth, her plants and animals, the realms of spirit and sky, and the teacher of death and change. Even as the teachings of the aboriginal continuity have moved across the boundaries of time and culture, so also have the profound teachings of Buddhist philosophy and psychology. Both the Gautama Buddha and Guru Padmasambhava prophesied that Buddhism would travel to the Land of the Red People. The peoples of Turtle Island prophesied as well that from the East would come great teachers. In this decade these two traditions of Earth and Sky are encountering one another as allies sharing their respective teachings on warriorship and compassion.

"The teachings, ceremonies, and practices to be given in this workshop are an interpretation of Buddhism and shamanism in the light of each other and in response to Western culture. The Sacred Sweet Medicine Sundance teachings of Wheels and Keys will be given in relation to Buddhist teachings in compassion and the perfections. Practices will include meditation, chanting, visualization, and Ceremonies of the Flowering Tree." $250

Week of September 14–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $490

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop we will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore directly the movement that nature inspires within us. Both aikido and hiking are moving meditations which, done well, require us to be in harmony with the natural world. There will be an opportunity to take what we learn on the aikido mat out into the natural world and bring what we learn from nature onto the aikido mat. We can then begin to integrate what we learn from aikido and from nature into our lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. Come ready to move. $490

Self-Acceptance Training

Richard Olney & Leonard Bearne

Self-acceptance training is a transpersonal practice following an educational rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment without the inhibition of self-judgment, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real.

Although its practice includes devices drawn from gestalt, bio-energetics, mythic fantasy, and hypnosis, it is also a philosophy, a value system, a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body work and body awareness, emotional charge and discharge, as well as a cognitive approach through examination of the individual's "pretends" and the illusions that obstruct self-acceptance. $490

The Painting Experience

Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the deepest parts of ourselves through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the opportunity to discover a natural way of painting based directly upon feeling.

The work takes place in an authentic studio setting with large white surfaces to confront the creative void, and a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop write: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122.

$490 (plus $20 materials fee paid directly to the leaders).

Returning to the Wisdom of Our Earth/Bodies

Laura DeNuccio (Ma Prita)

"If a proper reverence for the sanctity of the earth and the diversity of its people is the secret of peace and survival, then the adventure of self-discovery stands before us as the most practical of pleasures."—Theodore Roszak, *Person/Planet*

Learning about our bodies, our natural instincts and responses, can lead us back to the ancient wisdom of the earth—returning us to our sacredness and wholeness.

The focus of this workshop is to regain an intimate relationship with the natural pulsations and expressions of our bodies, as well as our environment, through a conscious unfolding of our selves physically, emotionally, mentally, sexually and spiritually.

In nature, we can observe the rhythms and patterns that occur in every aspect of life—from the pulsation of the cell, to the ebb and flow of our deepest emotions, to the movement and expansion of the universe itself.

The natural world will be our teacher as we explore the "inner" terrain of our physical and emotional bodies and the "outer" terrain of Esalen and Big Sur.

We will use Reichian gestalt awareness and breath work, deep emotional release, sound, creative movement, and meditation to balance and transform energy blocks in the body. In addition, we will use music, dance, prayer, and ritual to express our relationship with the earth and each other.

No previous experience is needed, only a willingness to explore this adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms.

This workshop is limited to 12 participants.

Recommended reading: Fields, et.al., *Chop Wood, Carry Water* (J.P. Tarcher); Shakti Gawain, *Creative Visualization* (Whatever Publishing); Peter Russell, *The Global Brain* (J.P. Tarcher); Ken Keyes, Jr., *The Hundredth Monkey* (Vision Books). $490

Weekend of September 19–21

Centering, Grounding, and Facing: An Introduction to Biosynthesis

David Boadella

In this workshop we will be examining the fundamental ideas of biosynthesis. We will work with the three major life streams in the human person—the breathing wave, the movement tendency, and the contact signal. Biosynthesis is a new approach based on Reichian theory, using a process approach to human development. Concepts from embryology will be related to growth practice and principles. The weekend will be partly experiential and will include some didactics. $250

Singing Gestalt

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how *well* you sing. Singing gestalt is *not* about performance. It is about feeling and expressing.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. Video feedback may be incorporated. But the workshop is really about you—singing. $250

Adventures in Self-Exploration

Christina & Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the entire spectrum of transpersonal experiences. All participants will have the opportunity to be in the roles of experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $250

Planetary Citizenship: Thinking Globally, Acting Locally

Hazel Henderson

Hazel Henderson writes: "This workshop explores the interface between personal growth and holistic social action. I am interested in addressing theoretical, strategic, spiritual, and practical ways of becoming effective planetary citizens. There are no hard formulas for this—we will all be learners together. Some of the themes of great interest to me are: personal change, and social action as a prerequisite to further personal growth; the emergence of transformational paradigms in science, literature, art, and music which suggest greater planetary awareness and global net-working; the vital new role of non-governmental organizations; learning to demystify economics (economics as politics in disguise); the mass media as the nervous system of the body politic (gaining media access for citizens, groups, and community issues, and evaluating various media as channels for social renewal); and identifying the winning coalitions for the new societies of the Solar Age.

"The world needs truly mindful, responsible, social-change activism and leadership as never before, just as developing self-actualizers need the risk-taking and challenge of relating to ever-more complex patterns of social, ecological and planetary interdependence. I am interested in teaching and learning how to accept the challenge of helping to heal our divisive, competitive, nationalistic, industrial societies (East and West); how to move beyond their narrow technological rationalism and militaristic posturing; and how to help foster viable alternative futures which can operate peacefully and fairly on our inter-connected planet." $250

Week of September 21–26

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 6. $490

Art in Practice and Theory

Tom Van Sant, Richard Feynman, Faustin Bray & Brian Wallace

The leaders write: "Participants will make drawings, paintings and music during the day. With these experiences in mind they will discuss with us general matters such as the nature of beauty, the creative process, the synthesis of art and technology, and the future of art. The physical nature of media in which we have been working will be described, such as the origin of color and the physics of musical sounds."

Bring clothes appropriate to a practicing art studio, and rhythm instruments if you wish. No previous artistic or musical experience is necessary. For further information about this workshop write: Sound Photosynthesis, 533 Charles Lane, Mill Valley, CA 94941.

$490 (plus $20 materials fee paid directly to the leaders)

Intuition Practice

Helen Palmer

This seminar teaches the identification of personal intuition systems that can be made accessible by internal focusing practices, or that may already be operating in unrecognized ways. The practices develop the ability to discriminate between personal thoughts, fantasies projected from personal thinking, and impressions received from situations outside the personal self. The psychic aspect of intuition rests on the ability to shift attention from the self to impressions perceived from outside the self. $490

Past-Life Work For Professionals: A Jungian-Somatic Approach

Roger Woolger

This seminar will demonstrate how reexperiencing past-life, intrauterine, and birth scenarios can free us from phobias, bodily holding patterns, and deeply entrenched complexes. It will also provide glimpses of further unexplored areas in the transpersonal psyche including after-death states and inner archetypal figures. Yogic and esoteric concepts of the subtle body and karmic residues will be discussed. $490

Weekend of September 26–28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $250

Weekend Massage Intensive

Esalen Massage Practitioners

This weekend workshop provides instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners. The purpose of the workshop is to introduce massage as a practical approach to greater sensory awareness and relief from stress. $250

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on the reawakening and developing of positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will work at their

Kathleen Thormod Carr

beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$250 per participant

The Body as History: Danish Bodynamics

Lisbeth Marcher & Erik Jarlnaes, with Anne Ruderman & Joel Dweck

Anne and Joel write: "It gives us great pleasure to introduce Lisbeth and Erik, colleagues and friends from Denmark, to the Esalen community. They are both practitioners of an exciting system of working with the body, of which Lisbeth is a founder. By gauging the tonicity of a muscle, and knowing when and how it came into play in our infant and childhood development, they are able to "read" an amazingly precise psycho-history. In addition, they can re-evoke the *specific issues* that are contained in these muscles.

"The leaders can also work with our *undeveloped resources*. These are the abilities that we have given up on, those that often correspond to feelings of resignation. As these resources are brought into play, our willingness to drop old, unfulfilling modes of protection is greatly encouraged. Participants can focus on body movement and energy, and use these to bring about expression and integration of developmental stages.

"This workshop will be experiential, with some time between sessions available to those wanting to learn more about this approach."

$250

September 26–October 3

Psychosynthesis: A Seven-Day Workshop for Professionals

Harry Sloan

Harry Sloan writes: "Many of us have experienced those moments in working with clients when we don't have the foggiest idea of what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for what is most familiar—a technique, map, or model. This can lead to the mechanical experience of 'going through the motions' and rote interventions. However, if we could reach for essence and truth instead of falling back on what's most familiar, the dissonance might open to insight. The result of capturing the moment and responding to the need of the client and to the dynamics of the situation can have a decidedly different effect upon both the guide and client. The heart of psychosynthesis is understanding the process of reaching for essence within ourselves and our clients. This practice can lead to developing wisdom and intuition, transcending the methodologies we use.

"The format will combine individual work within the group setting with seminars, group exercises, and practicum. This program will be useful not only to those who are interested in psychosynthesis, but also to anyone in the helping professions who wants to come into a more creative relationship with his/her discipline.

"Psychosynthesis is the name for the conscious attempt to align and cooperate with the natural process of growth and integration. It recognizes that each human being is spiritual in essence and encourages the realization and expression of this essence, or higher self, as fully as possible in personal and social existence." $740

Week of September 28–October 3

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 6. $490

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman & Elisa Lodge Schiffman

"Anything which is forced or misunderstood can never be beautiful." – Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of self-defeating patterns from the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain us.

In this workshop the group will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points, in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $490

Ericksonian Hypnosis and Communication

Paul Carter & Marianne Paschke-Carter

"Wisdom is the intelligence of the system as a whole." – Gregory Bateson

"Your conscious mind is very intelligent, and your unconscious mind is a hell of a lot smarter." – M. H. Erickson.

Paul writes: "We have an intelligence obtained from our wholeness that is far greater than we are ordinarily conscious of. Erickson called it the 'unconscious mind.' Accessing and integrating this intelligence formed the basis of his hypnotic work.

"This workshop is designed for those who work with people and would like experience with Ericksonian hypnosis, communication, and problem-solving. The emphasis will be on developing a practical understanding of the principles of this approach including trance as a natural and necessary part of health and the idea that people are paradoxical and so too must their communication and problem-solving be paradoxical.

"Through guided exercises and demonstrations, participants will be taught the hypnotic use of metaphor in movement, sound, image, and story, as well as the hypnotic realities of age-regression, age-progression (traveling into futures), lucid dreaming, dissociation, and deep-trance identification (a process of deepening self-awareness through identification with different persons in and out of trance).

"Additional exploration will include: the recognition and use of spontaneous trance states that commonly occur in the course of body work, acupuncture, movement and dance, sports, counseling, and everyday stress situations; the art of using all of the system, including the bad, sick, crazy, and resistant parts; the value of humor, confusion, pattern interruption, and paradox in accessing unconscious creativity and resources; and an integrative approach to problem-solving and self-healing as described in my soon-to-be published book, *The Parts Model*.

"Course prerequisites: a sense of humor, a warm heart, a little skepticism, a little trust, and an unconscious mind."

Recommended reading: Jay Haley, *Uncommon Therapy* (W.W. Norton & Co.); Jeffrey Zeig, Editor, *Ericksonian Approaches to Hypnosis and Psychotherapy* (Brunner & Mazel). $490

Weekend of October 3–5

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $250

Intimate Communication

Elliot Aronson & Ayala Pines

We need to communicate important feelings to people we care about – feelings of affection, anger, warmth, hurt, sadness . . . But often we communicate these feelings in ways that are dysfunctional, creating problems such as conflict, defensiveness, and withdrawal. In this workshop, participants will be given the opportunity to learn and practice expressing these feelings verbally and non-verbally in ways that are straight, constructive, and aimed at enhancing understanding and intimacy in the relationship. $250

Moon Journey: Reclaiming Women's Magic (for women only)

Starhawk, Beth Bone Blossom & Rose May Dance

Throughout history, women have been healers, advisors, teachers, and carriers of traditions of knowledge outside the established churches and academies. For this, they have been ridiculed, discounted, and burned as witches, yet women's knowledge and wisdom has never been destroyed.

In this workshop, we explore a feminist approach to reclaiming and reinventing our ancient skills. We learn to create ritual collectively, to sense, project, and channel the subtle energies of the earth and our bodies. The moon, in her three aspects of Maiden, Mother, and Crone, takes us on a journey together in the realms of trance, to discover within ourselves the deep well of woman's vision and woman's power. We reclaim the cycle of our bodies, of birth, growth, menstruation, aging, and death, as aspects of the sacred. $250

Myth and Poetry in the Wilderness

Antler, Phil Cousineau, Steven Harper & Jeff Poniewaz

Visionaries have always gone away from human society to gain perspective, finding in the beyond-human realm visions by which to guide the tribe. These seekers became known as shamans, magicians, rishis, prophets, and seers. Their dream-like stories of vision quests to the Otherworld were often recited in ecstatic verse, and became our earliest myths. Myth and poetic vision have helped keep us in accord with nature and been channels through which nature heals us.

This workshop will explore the wilderness within and without. We will enter into the language of nature through myth, dreams, and ancient and modern poetry from around the world. We can draw from the work of wilderness ambassadors such as Whitman, Goethe, Thoreau, Muir, Jeffers, Rexroth, Snyder, Dillard, and Levertov. During our day hikes along the shore and into the hills we will swap stories, poems, and songs. Saturday night we can listen to tapes and watch rare films of selected poets.

Participants are urged to bring and share wilderness poems, drums, wind instruments and masks.

Recommended reading: Robert Bly, *News of the Universe* (Sierra Club Books); Ovid, *Metamorphasis* (Indiana University Press). $250

Week of October 5–10

A Gentle Unfolding

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through intuitive and energy awareness, massage, meditation, movement, gestalt, and play. Using these tools and gentle risk-taking can help in opening to our own aliveness and ability to be more at home with ourselves. Participants will explore practical and portable ways of nourishing and trusting the inherent wisdom of the self. $490

Let's Make It Work or Let It Go: A Seminar for Couples in Impasse, Trouble, or at Loss

Nadine Scott

The binding together of two people through love is the soul's deepest joy, whether for years or only a brief moment. To preserve this joy requires commitment, daily exercise using the positive forces of our will and understanding, empathy, and faith.

This seminar is designed to rekindle the spirit and revive the desire toward intimacy. To begin anew or begin an ending in the best of all possible ways—through friendship. Participants please be prepared to confront issues that may be painful and distressing. $490

Pain and Comfort

Dee Dee Lozier & Michael Joyce

Pain makes us grumpy and tired and lowers our self-esteem. This workshop offers opportunities to learn to release pain and create comfort and ease in our bodies.

Group sessions involving imagery, trigger point work, and Feldenkrais lessons will allow participants to explore ways to release pain, increase comfort, and move more easily. There will be opportunities to work with one's own or someone else's pain in the neck, back, and feet. Private sessions will be focused on problems in muscles, joints, and connective tissue, and appropriate use of Feldenkrais, trigger point, and deep-tissue methods. Participants will be given help in creating a program for continuing improvement at home. $490

The Power of Growth

Seymour Carter

Seymour writes: "Each of us has unused capacities for further personal development. When these capacities are recognized and given attention, there is a natural force released which, like a tide, can carry us to a higher level of ability and action. Methods which can enable us to reach this aim are drawn from the work of Fritz Perls, who taught me to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, we can again feel potent and in charge of our lives. With this workshop we can create a safe environment for dealing with these issues. We will examine the influence of the inner dialogue on our thoughts and the nature of impasse, as well as tendencies within ourselves toward psychological completion and well-being.

The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, Rolfing®, and akido. Although I draw upon knowledge of many methods, no one's personality can be captured in a method. Each participant's process of development will be treated as unique, honored, and encouraged." $490

Yoga: A Week of Rejuvenation

Ganga White & Tracey Rich

This course will aim at giving participants the inspiration and understanding necessary to create a personal practice of yoga. Yoga brings about a strong, healthy, and flexible body, mind, and spirit. We offer a holistic approach that combines asana (posture), pranayama (breathing), and dhyana (meditation). In addition, our approach can be highly aerobic for those wanting to condition the cardio-vascular system.

The course is open to students of all levels, from beginners to advanced. Students will be shown how to develop a 45-minute daily practice that includes all elements necessary for maintaining optimum fitness. Other topics will include learning how yoga works, aligning and restructuring the body, diet and nutrition, and meditation. A special feature will be "double yoga," a system created by Ganga that allows you to share your practice with a friend.

For additional information or questions you may contact Ganga or Tracey at: White Lotus, 2500 San Marcos Pass, Santa Barbara, CA 93105, (805) 964-1944.

Recommended reading: Ganga White, *Double Yoga* (Penguin). $490

Weekend of October 10–12

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 6. $250

The Future of the Body: The Transformation Project

Michael Murphy & Steven Donovan

In his novel, *Jacob Atabet*, Michael Murphy speculated that a next stage of human development might involve the power to alter the physical body at will. He is developing this idea more thoroughly in a book, *The Future of the Body*, and through the Transformation Project, organized in 1976 to compile and analyze a broad range of scientific, speculative and anecdotal literature on bodily transformation. Murphy will discuss some of the major ideas of his current book, and Donovan will present results to date of the Transformation Project.

Recommended reading: Michael Murphy, *Jacob Atabet, The Psychic Side of Sports*. $250

Creativity Workshop

Paul Horn

You will be guided in a joyful way to opening the creative flow within you through musical improvisation, movement, and meditation. These disciplines can enable one to develop deeper and more meaningful communication, improve intuitional faculties, and increase centering and focusing powers. Bring instruments if you have them. No previous musical experience necessary.

Recommended listening: Paul Horn, *Inside; Inside the Great Pyramid; China; Jupiter 8*.

Recommended reading: Yogi Ramacharaka, *The Science of Breath* (Yogi Publication Society); Manly P. Hall, *The Therapeutic Value of Music* (Philosophical Research Society). $250

The Moving-On Experience

Mary Goldenson (Devarani) & Fred Kalmus

This is a weekend of intense body work, structured for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor, tension, stress, and a lack of spontaneity. As armor softens, feelings held in since childhood can be released and positive feelings of joy, love, trust, and pleasure can be experienced more fully.

In a safe, supportive environment utilizing Radix®-Reichian emotional methods, hypnosis, chiropractic, massage, gestalt, dance, and group interaction we can create a new capacity for living. $250

Community-Based Alternatives to Psychiatric Treatment

Lawrence Telles & Steve Fields

Many people, in many communities, have made attempts to provide person to person, rather than doctor to patient, care for those who find themselves in desperate, persistent, and acute psychological distress. The results are such services as halfway houses, vocational and housing programs, self-help groups, and social centers.

The epistemological and ideological positions imbedded in these alternative programs are based on historical views about the nature of the self and current issues in the philosophy of science. There are also broad political issues at stake in these challenges to traditional psychiatry. Attempts to humanize care for the psychologically distressed succeed or fail in a political atmosphere which transcends local battles about zoning laws.

We will step back from the details of your struggle in your community to the broadest, most abstract perspective on the work you do. These discussions will be most relevant to those who have participated in alternative care programs as clients, staff, administrators, planners, or the loyal opposition. $250

Week of October 12–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $490

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 6. $490

The Mystical Quest

Christina & Stanislav Grof

For workshop description see September 7-12. $490

Investigation Into Being

George Pennington

George Pennington writes: "This seminar could be described as a five-day interactional meditation. We will use various approaches: dialogue, body-language reading, mirroring, breathing and movement, visionary methods, and silent contemplation.

"This mode of working is a dance that can go as deep as the participants will allow. It is a mode that I like very much, since it illustrates beautifully the wisdom of Lao Tzu's words: 'In not-doing nothing remains undone.'" $490

Family in Wilderness: A Big Sur Backcountry Experience

Steven Harper & Marilyn Mason

In this wilderness experience family members can join together in creating an opportunity for increased family intimacy. We can face our powerlessness and strengths and deepen our trust in ourselves and in one another in a safe environment. By day we hike through the Big Sur backcountry; by night we share our renewed sense of wonder through storytelling and play. As we learn from our teacher, the wilderness, we can translate the metaphors of our discoveries into our daily lives. This experience is designed for families and family fragments. We begin our day hikes after breakfast and morning stretches, and return to Esalen and healing waters before evening activities. $490

October 14–November 8

China Study Tour

Esalen/Lan Ting Institute

For program description see Special Programs, page 34. $2750 plus $910 airfare
$3660 total (price subject to change)

Joyce Rogers Lyke

Weekend of October 17–19

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see September 26-28. $250

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

This will be an introduction to intensive intrapsychic work using Reichian breath work and gestalt practice. Reichian work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration the possibility is opened to come to a truer concept of self, with an expanded ability to respond in the present. This workshop is limited to 10 participants. $250

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

The focus of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers, as a means of achieving productive functioning. $250

Evolutionary Origins of Movement

Marghe Mills

Specific human movement patterns begin developing during our fetal life and continue evolving throughout our birth, infancy, and adulthood. They underlie the development of our nervous system and support our physical, intellectual, and psychological growth. The same basic patterns appear during each of our evolutionary phases (as vertebrates, as embryos, as human infant-to-adults) and are reflected in every movement of our lives. By re-acquainting ourselves with these patterns we can discover individual developmental gaps, re-educate the nervous system, and increase ease, joy, organization, and function on many levels.

This is an experiential workshop. Movement experiences include: Feldenkrais method (awareness through movement), body/mind centering, repatterning, imagery, and exploratory approaches. Information presented is applicable to all levels of experience. Some experiential anatomy and art media are included. $250

Waking Up

Judith & Charles Tart

In his book, *Waking Up*, Charles Tart shows how ordinary consciousness is a kind of waking sleep, an absorption in our own and our culture's illusions. How can we awaken? Our essential selves were invalidated and suppressed in childhood, as part of "education." How can we re-discover and nourish them? Our instinctual and sensory wisdom is buried under cultural distraction. How can we come to our senses?

Gurdjieff, a teacher who adapted Eastern spiritual methods to Western culture, developed practices for awakening from our sleep, our cultural trance. In this workshop participants can examine Gurdjieff's main ideas, integrating them with modern growth psychology. Self-remembering will be taught as a meditation for increasing self-understanding and living more effectively in the here-and-now. Basic practices adapted from aikido will be used to develop bodily intelligence, with emphasis on awakening as part of everyday life. $250

Week of October 19–24

Experiencing Esalen: The Health Spa

Experiencing Esalen Staff

For workshop description see page 6. $490

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week we will focus on how to develop those qualities in ourselves that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based in warmth and humor we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $490

Creating Musical Theater

Bradley Bernstein, Didi Conn, Nancy Kaye Lunney & David Shire

Theater! Music! Lights! Make-up! Join us for a week of creating original musical theater. Now's your chance to be a writer, a lighting technician, an actor, designer, or a stage manager. Through Spolin exercises and other group games we will engage in the process of creating: from receptivity, through focus, to expression.

This is a week to rediscover your talents; a chance to experience spontaneity, creativity, and being part-of-the-whole. No experience is needed.

The faculty includes Didi Conn, stage, film, and television actress, and founder of "The First Stage" in Los Angeles, which is a group of actors, directors, and writers that develop new plays for stage and screen; David Shire, Academy Award-winning composer of many film scores and of the Broadway hit *Baby*; Nancy Kaye Lunney, former vocal coach and accompanist who regularly leads singing workshops at Esalen; and Bradley Bernstein, director of shows at Juilliard and other schools and theaters in the United States, Canada, and Australia.

Use your own interests and abilities, be a creative player at whatever you'd like to do. This will be a very active week!

Recommended reading: *Improvisation for the Theater*, Viola Spolin. $490

Psychic Vision and the Creative Experience

Nancy Azara

Nancy Azara writes: "Know and expand your psychic vision and explore the magical power and healing properties inherent in art making. Using meditation and other exercises, you can open creative channels, find your visual language, bring vivid images to consciousness, and paint and draw these experiences."

Participants can focus light and color through the body, practice reading auras, and experience laying on of hands. As the week continues, you can find your own creative healing symbol at the center of your heart, ease energy blocks, look at the hidden parts of yourself, identify and clarify some important influences in your life, and own your personal power.

Bring to the workshop whatever you like of the following: acrylic or watercolor paint, collage materials, pastels, oil crayons, scissors, glue and about 50 sheets or the equivalent in pads of good quality drawing paper (no newsprint). Size 11″×14″ is ideal. $490

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

This workshop focuses on how we may consciously unfold ourselves—physically, emotionally, sexually, mentally, and spiritually. Past anger, fear, sadness, and grief, often reflected in the body as tension, pain, lack of spontaneity, and diminished vitality, can keep one from being fully present and alive. By becoming aware of the way one holds back self-expression, an individual then has the choice to let go. By contacting tension and allowing emotion and movement, there is an opportunity to open to the creative flow of life energy within. Allowing this life energy meaningful expression, through true communication with self and others, is the essence of this work.

Some of the areas that may be explored this week include: recognizing and releasing tensions which block emotion in the body; using breath and sound to energize and soften the body's tension and emotional holding; contacting and allowing unexpressed sadness and pain, which can increase the capacity for heartfulness, pleasure, and joy; expressing and releasing anger constructively, which can deepen compassion and love while also releasing blocked sexual energy; learning about the nature of fear, and moving toward greater trust of self and others. Paying special attention to the mental processes that shape the emotional and physical body, participants will be shown ways to trust their bodies' responsiveness and inner direction.

This workshop will utilize Reichian body and breath work, emotional release, gestalt practice, the Bates system of eye relaxation, massage, dance, meditation, and various other approaches.

Recommended reading: Stanley Keleman, *The Human Ground* (Center Press), *Living Your Dying* (Center Press); Stephen Levine, *A Gradual Awakening* (Anchor Press-Doubleday); White Eagle, *The Path of the Soul*. $490

Weekend of October 24–26

Women's Vertical Dance: A Rock-Climbing Weekend Near Big Sur

Annie Callaway-Galland

For workshop description see Wilderness Programs, page 36. $225

Adventures in Self-Exploration

Christina & Stanislav Grof

For workshop description see September 19-21. $250

Clairvoyant and Clairsentient Practices

Helen Palmer & Wendy Palmer

The two most identifiable aspects of intuition are the ability to see and the ability to sense a range of information that is unavailable to the thinking self. Clear sight and clear sensing have their historical bases of training in the traditions of visualization and martial arts practices.

This workshop will be an introduction to the internal focusing practices that can provide access to the intuitive state of mind. Particular visualization and martial arts exercises are presented in such a way that they can form the basis of discrimination between personal projections and accurate visual and sentient impressions from situations unknown to the thinking self. $250

Neurolinguistics: The Structure of Subjective Experience

Eli Jaxon-Bear & John Michael Grey

Neurolinguistics is a learnable model of human communication and a method for understanding personal reality. Participants can learn the ways we unconsciously process information and how to shift communication strategies to maximize the chance of obtaining rapport with the unconscious mind of the listener. We can learn how to identify changes in the other person's internal process through observing subtle nonverbal signals and how to maximize our own flexibility in order gracefully to approach another's reality.

We can also uncover our own processes. We can learn how we limit ourselves as well as gain tools for transforming our limitations into assets. Topics will include: diffusing emotional triggers; changing "history" by viewing our past with new perspectives and bringing resources back to our childhood; and working with the different parts of ourselves to create new choices. $250

Japan: The Missing Link in Western Culture

Richard Baker-roshi

Richard writes: "Japan has evolved the other great possibility for structuring the world of perceptions, awareness, intentionality, and activity. In this weekend workshop, we will identify the fundamental assumptions and the modes of perception that define the Japanese social, mental, cultural, and physical world, and we will 'try on' their assumptions ourselves to see if we can get a feel for their mind and culture, for the inner empire of the Japanese. If you can find an intimacy with their culture, you will recognize Japan and the Japanese within yourself. This workshop is not just for the purpose of understanding the Japanese; it is also an opportunity to understand the dynamics of our own culture and how we ourselves think. Given how different from us Japan is, and yet how well we resonate with it, Japan may be the missing link in Western culture—and Japan and the West together the basis for a new world culture.

"Our society can be changed, but first we must learn to recognize the hidden frontiers of change. Arnold Toynbee said that the meeting of East and West is the central challenge and adventure of our time. Social and cultural pioneers, architects, entrepreneurs, and guerillas are welcome." $250

Week of October 26–31

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 6. $490

Five-Day Massage Intensive

Esalen Massage Practitioners

For workshop description see September 7-12. $490

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

In this workshop, which is open to professionals and others interested in learning to recognize, trust, and use their psi abilities, Anne and Jim will use exercises designed to aid participants in recognizing their styles and trusting the intuitive input they normally receive. During the exercises Anne will use her own "tracking" abilities acquired from over twenty years in this field to assist participants in developing their inner sensitivity. One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $490

Self-Actualization and Hypnosis

Khara & Hugh Bromiley

"A hypnotic trance is a special psychological state which effects a break in the person's unconscious and habitual associations so that creative learning can take place."—Milton Erickson

The unconscious mind is a wonderful storehouse of potential. This workshop has been designed to explore that potential through hypnosis and its application to personal growth and self-actualization. Part of Milton Erickson's contribution was his perception and utilization of verbal and non-verbal communication, as well as his appreciation of naturally occurring trance states. In this workshop participants can work with many of the patterns that he pioneered so successfully.

Emphasis will be on practical development of altered states and their utilization. Participants can work with heightened learning states, self-hypnosis, and creative visualization. Basic and advanced methods of trance induction and utilization can be explored. There will be opportunities to practice and integrate these skills. $490

Weaving the Mindstream, Cutting the Mindstream, Generating the Source

Richard Baker-roshi

Richard writes: "One of the great teachings of Buddhism is that we can have conscious, causal, and consequential participation in our own mindstream. For all of us willing to try on a world without a God, and without a rule book of revealed truth, this recognition and teaching is essential if we are to be able to examine, trust, and find our own way. We do not live in the world; we live in a world that is an envelope or bubble of our own perceptions. Every feeling, action, and thought is contained and clothed in the inherited fabric of our culture, attitudes, and language. Before we can effectively practice emptiness, detachment, non-self, cutting the mindstream, we must first find how to live with strength, initiation, and consciousness within our own mindstream.

"In China, Zen developed and quintessentially expressed in koans a kind of acupuncture of language, action, and culture that allows us to see and shape our world. Discussing one or two koans in great detail, we will find ways together to use this means of thinking, insight, and mindstream intervention.

"The insight, philosophy, and practices of Buddhism are based on the body and mind of meditative absorption and concentration. We realize this body of absorption by the practice of cutting the mindstream and freeing the body from the defining, discursive, comparing, adhesive mind. This meditative body is not the body that carts the brain around, but body with its own wisdom, articulation, and power. This body is the entrance to an instance of the wide, inclusive mind of awareness and systemic intelligence.

"The point of these five days will be to offer insight into and an intimation, taste, experience of this Big Mind. Practices of 'generating the Source' will be discussed. There will be instruction in basic forms and skills of meditation. There are no prerequisites or readings required, other than an awareness of your own mind and body. The meditation schedule can be participated in according to your desire and experience." $490

Weekend of October 31–November 2

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 6. $250

Intuitive/Psychic Skills for the Helping Professional

Anne and Jim Armstrong

Thousands of members of the helping professions have been trained by Anne and Jim Armstrong in their workshops across the country, yet rarely do the Armstrongs offer a training geared entirely for the helping professional. This workshop is an opportunity to work with a group of professional peers, focusing on the uses of innate intuitive abilities in a professional practice.

During this workshop participants learn how to recognize, trust, and use intuitive abilities through centering methods, developmental exercises, practice on situations presented by participants (their own or a client's), and group discussion. Anne and Jim constantly encourage the use of intuition in addition to professional training. Used consciously, this powerful combination can greatly enhance effectiveness. $250

Miracles of Infancy

Laurie Schutz Munyer & Arthur Eric Munyer with Jezariah Canyon Munyer

Laurie and Arthur write: "This will be a time to celebrate the profound miracle of new life and parenthood. The workshop will provide an opportunity for new parents and their infants (birth to two years) to come together in a harmonious and joyous way. In an atmosphere of warmth we will guide both parent and infant through a creative learning experience. Our approaches will be drawn from massage, creative movement, music, communication, and nurturing touch. We will bring awareness to how our children can be our teachers."

Some infant care will be available. $250

Anyone interested in receiving information regarding early childhood education and related activities at Esalen, please send name and address to Janet Lederman, Gazebo, Esalen Institute, Big Sur, CA 93920.

Transcending Addiction: Redesigning a Lifestyle and a Mind Set

Angela Browne & Richard Miller

Addiction is a state of mind, body, and soul that can affect any of us. It is a potent form of enslavement in which an individual progressively relinquishes power. Many addictions are painful, disruptive, and even destructive. Food and drug addictions, for example, are habits that can become threats to mental and physical health and can cause addicted persons to lose self-esteem, jobs, families, and even their lives.

Addiction can, however, be an opportunity to live with greater awareness. This seminar is open to mental and physical health professionals, addicted individuals, family members of addicted individuals, and other persons interested in transcending addiction. Group interactions, exercises, and information sessions will be provided. Physical exercise, nutrition, stress reduction, communication enhancement, and visualization will be combined with intent to provide an integrated, structured, and transforming experience.

All participants, whether or not they are suffering from addiction, will be expected to remain drug-free for the duration of the seminar. Drugs include: white sugar, nicotine, caffeine, marijuana, alcohol, methedrine, cocaine, and any other substances that are "psychoactive" or "mind and body altering." Regular users of these drugs who find abstention a challenge will be supported. Our goal is to promote profound physical, mental, and spiritual change (transcendence) without chemicals.

C. E. credit is available for nurses; for additional information see page 36. $250

October 31–November 28

Massage Practitioner Program

Esalen Massage Practitioners

For workshop description see Special Programs, page 34. $2120

Week of November 2–7

Deepening the Connection Between Men & Women

Diana Alstad & Joel Kramer

This is a workshop for those who want to deepen their understanding of what's going on in the couple, and how to move beyond the predictable problems that make it difficult for relationships to work. Open to anyone—whether you are in a couple or not.

Beginning with an honest look at what men and women don't know about each other, this workshop may be a meeting ground where men and women can talk to each other in new ways. We look at such basic issues as: trust; freedom and commitment; power; jealousy; sexuality; why relationships fall apart; the male point of view—what feminism left out; can you individuate fully in a couple?; using the mind to open the heart; the stages of a relationship; keeping sexuality alive throughout time; sexuality and evolution—where are we going?

This workshop presents ways to move beyond old patterns and blind spots that prevent a relationship from continuing to renew itself. Understanding yourself and the other, and how you interact, eliminates many seemingly hopeless conflicts. Awareness and intelligence can be used to keep passion and sexuality alive.

Participants may focus on personal issues relevant to you, without pressure to be more open than desired. There will be lectures, discussions, and group interactions. $490

November 2–14

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Staff

For workshop description see Special Programs, page 34. $1230

November 2–28

The Jewel in the Lotus: Buddhism and Western Psychology

Christina & Stanislav Grof

For workshop description, see Special Programs, page 35. $1960

Weekend of November 7–9

Being All There

Charlotte Selver & Charles Brooks

Being all there—being fully present—was the condition of all of us at birth. The present is still our breath of life and our life-blood. As adults, however, we are often preoccupied with images and ideas of how it ought to be. Rather than responding directly to the situation at hand with all our extraordinary innate capacities, much in us has become immobilized by early conditioning, emotional problems, and habit.

Children and sages have a different way of functioning. For them the world flows into consciousness as the air into their lungs, and their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our own lack of immediacy which is usually felt as tedium and which calls for ever stronger stimuli in the search for joy or self-discipline in the search for peace. By giving up preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what should be but to what is, and the world catches fire for us.

In this workshop participants will explore direct experience, which as it becomes clearer and stronger, will slowly burn away the screen of concepts and restrictions which conditioning has interposed between ourselves and living. For the individual searching for discipline with more reality, this work may have the feeling of solid ground.

Recommended reading: Charles Brooks, *Sensory Awareness* (Ross Erikson). $250

Week of November 9–14

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 6. $490

Weekend of November 14–16

Diving into the Deep: Dream Discovery

Joyce Frazee

Each night when you disappear below the surface of yourself, what is remembered from the journey is a dream. This workshop will focus on using dreams for emotional and spiritual growth, and for connection with alienated parts of ourselves, and the dreamer in ourselves and others.

Participants may experience the multidimensional aspects of a single dream, noticing the most immediate, pressing, unfinished business present in any dream, and uncovering personal symbols. By keeping a dream journal, participants may recognize that dreams come in series, presenting and exploring a continuing theme. Since many of us forget dreams, exercises in dream recall will be offered. We will work with feelings using gestalt and bioenergetics. We will draw dream mandalas and discover how these can be used for insight and healing. Methods of dream control and lucid dreaming will be discussed. $250

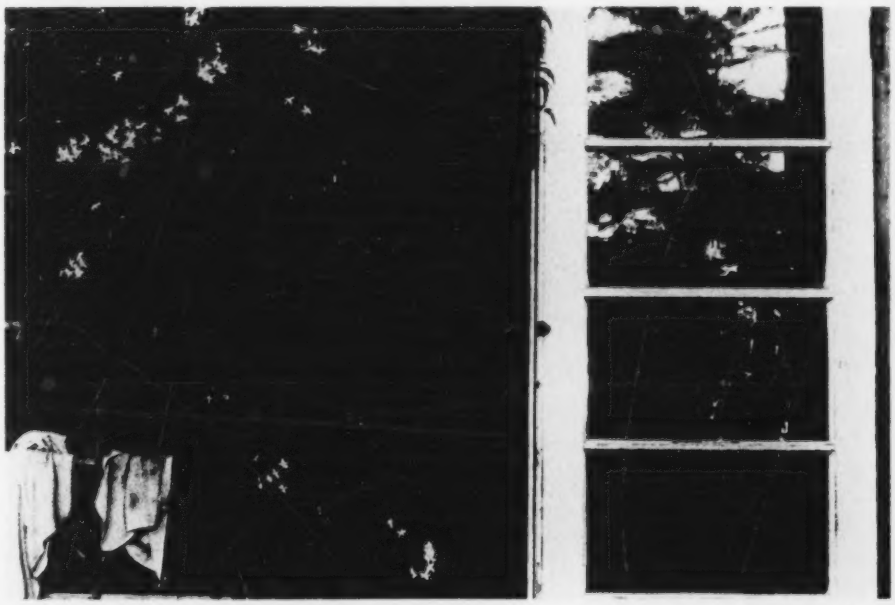
November 14–21

Educating the Genius Within—The Feldenkrais Method

Harriet Goslins

"By my body's actions . . . teach my mind."
—Shakespeare

The habitual way you sit, stand, or move reflects patterns that are "wired-in" to your nervous system. This information can be erased or changed. By re-educating the brain/muscle connection, restrictions in your movement are freed, freeing also the life-time habits that have organized around that movement.



Cynthia Johnson

Awareness-through-movement lessons are a relearning of the ease and fluidity you took for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or on-going stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of our awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. When you change how you hold your muscles, your entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury; for the sedentary or those dealing with after-effects of injuries; and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his neck, shoulders, and back, to improve his posture and breathing, and to live and move with more flexibility and comfort.

Recommended reading: Moshe Feldenkrais, *Awareness Through Movement*. $740

Week of November 16–21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $490

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

For workshop description see October 17-19. This workshop is limited to 16 participants. $490

Weekend of November 21–23

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see September 26-28. $250

Transitions

Elliot Aronson & Gabriele Thomson

Transitions are passages from one state to another. As part of the process of moving on, some disorganization is required to make reorganization possible. We are almost constantly in a state of transition—whether it is getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the lifecycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance, which may result in a lack of self-esteem, anxiety, loss of identity, confusion, and doubts about one's own perceptions. New thoughts and ideas are fragile at these times of change and need protection and nurturance.

The goal of this workshop is to gain a perspective on the process of making transitions. Through didactic presentations, group discussions, and input from participants, individuals will have an opportunity to understand the emotional stresses involved in their personal transitions. In addition, participants can learn how to increase their sense of security. $250

Week of November 23–28

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed."

—M.C. Richards, *Centering*

Stress-related tension and emotional blocks restrict our capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that can release limiting patterns to promote kinesthetic awareness, spontaneity, grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais, gestalt, Rolf®-movement, massage, Reichian breath work, and video feedback. $490

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if we are to sustain a healthy, interesting and exciting life. Most often we find ourselves actively or passively resisting change while we talk about wanting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables us to confront our resistance and fear, and increases our willingness to change and take risks.

This workshop includes a unique, in-depth process focused on the ability of each individual to find and allow more personal self-acceptance and well-being, and to confront creatively opportunities for change and growth. Group activities will include gestalt process work, group discussions, massage, meditation, music, dance, art-imagery exercises, and whatever else happens spontaneously. $490

The Hakomi Method

Ron Kurtz

Hakomi is a body-centered practice based on the principles of: mindfulness, unity, organicity, non-violence, mind-body holism. Hakomi incorporates non-doing as a major methodological principle and trusts in every individual's inner wisdom and power for self-healing.

Using the body as a rich source of information about the unconscious mind, hakomi can assist people in turning inward to those special states of consciousness where change takes place, to explore core beliefs which determine the quality of our experience.

Hakomi work embraces the body-mind unity, supports the client's resistance, and encourages respect for and awareness of inner processes. This can be used for counselors, health practitioners, educators, body workers, and anyone invested in personal growth. This workshop also serves as a prerequisite for the formal hakomi certification process.

Here's an opportuity to:

- discover basic beliefs and how they are reflected in physical structure, emotional expression, expectations, and the organization of thoughts.
- self-explore in an atomosphere of safety, support, and caring.
- gain a new perspective on the psychological habits of a lifetime.
- learn about some special uses of consciousness and some ways of working with emotionally charged issues in very gentle, non-directive ways.
- find, through your own compassion and curiosity, a new contact with and appreciation for your unique processes and way of being. $490

Weekend of November 28–30

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $250

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 6. $250

A Special Weekend at Esalen

This weekend is open to all those who would like to spend time at Esalen, enjoying the grounds, the bath, and the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual. $150

Week of November 30–December 5

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $490

Experiencing Esalen: The Health Spa

Experiencing Esalen Staff

For workshop description see page 6. $490

Echoes in Awareness —Gestalt and Continuum Practice

Christine Stewart Price & Kathleen O'Shaughnessy

Gestalt practice is a non-analytic form for personal clearing, evolving out of the work of Fritz Perls. It has a strong relationship to some forms of meditation with the primary focus being the quality of attention from moment to moment. In that emotional and energetic release are allowed and supported, the practice is similar to some Reichian work. The aim is unfoldment, wholeness, and growth rather than adjustment, cure, or accomplishment. The primary form of this practice is individual work within the field of group support.

Continuum practices, developed by Emilie Conrad Da'oud maintain that beneath our everyday, functional movement patterns lies a very different world, revealing movement as something we *are* rather than as something we *do*. In order to catch this movement, we send unusual sound/breath/movement signals deep into our own nervous systems for prolonged periods of time, and then listen for the echoes of what we have stimulated. The intention is to activate the dormant regions of our nervous systems, especially the portions outside our habitual functioning. Initially the Continuum practice allows refined awareness in uniting the mind and body. At yet another level, it becomes an incisive healing practice, since many of our more painful life episodes are stored in areas of our bodies which have no awareness of feeling. As these physical regions are activated, so too are the psychic memories which dwell there, and a deep balancing can take place.

The gestalt and Continuum practices complement and amplify each other to form a fertile and safe environment for self-discovery and expression. $490

The Shaman Woman in Modern Literature

Cynthia Palmer & Michael Horowitz

Shamanism, feminism, and psychedelia are three powerful currents in contemporary life that have together defined a new role-model in our culture: the shaman woman of modern America. A body of literature exists as evidence of this phenomenon. The evolution of this role-model began with the psychedelic pioneers of the 1950s, continued with the beat, hippie, and New Age women of the '60s and '70s, culminating with the appearance of conscious shamanesses in the present decade.

We will examine varied aspects of this phenomenon, and read selected texts from the anthology, *Shaman Woman, Mainline Lady*. The writers include novelists and poets (Anais Nin, Diane di Prima, Lenore Kandel, Anne Waldman), anthropologists (Valentina Wasson, Marlene Dobkin de Rios, Barbara Myerhoff), counselors and healers (Laura Huxley, Adelle Davis, Joan Halifax, Jeannine Parvati), and parapsychologists (Thelma Moss, Marcia Moore). Reference will also be made to the example and influence of Native American shamanesses such as Maria Sabina, and to contemporary writers such as Lynn Andrews and Starhawk.

Copies of the book will be provided; audio and visual aids will supplement the readings. Time will be set aside for the presentation of personal shamanic experiences. $490

Weekend of December 5–7

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

For workshop description see September 5-7. $250

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see October 17-19. $250

Soviet-American Exchange Program Public Seminar

Paul Posner

Paul Posner is an expert on Soviet-American relations, partly because he was born in the United States and is now a Soviet citizen. He works professionally with the USSR Academy of Sciences as a historian of ancient Vietnamese history. Posner has worked closely with the Esalen Soviet-American Exchange Program and is now in the United States for his second extended visit in several years. His avocation is Soviet political culture and how it relates to the United States. Among other things he will address the importance of Gorbachev in Soviet history. Having lived in both cultures, Posner also brings a complex appreciation of Soviet-American differences and similarities. The seminar format will include lectures and discussions. $250

Keeping The Spark Alive

Ayala Pines

When two people are in love it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the dampening effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, and it is not caused by major dramatic events. It is caused by a build-up of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

This workshop is recommended especially for couples committed to keeping the spark alive in their relationships, and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out. $250

Psychosis and the Archetype of Madness

David Lukoff, Kay Jamison, & Douglas Price-Williams

"Like love, God, death and the nature of the soul itself, madness is one of the psyche's fundamental thematic fantasies."—James Hillman

The mad one is both a member of society and an archetypal figure in the psyche. As an archetypal figure, the mad one carries a dual nature. In its transformative aspect, it is the trickster loosening the rigidity of the psyche and allowing deeper creative energies to emerge. In its destructive manifestation, it is Dionysian tragedy leading to permanent insanity and catastrophic loss of ability to function in society. Some people who have been through psychotic episodes report that the transformative experience initiated a new consciousness and personality. Many artists risk plunging into the uncontrolled realms of the psyche to gain a unique vision and voice for their work. However, the lives of some artists and psychotic voyagers show life-long pathology and end in tragedy. The mental state self-induced by shamans overlaps with the phenomenology of psychosis, but shamans retain control over the acquisition and release of this state.

We will explore this dual nature of madness particularly through its appearance as a theme in mythology, literature, poetry, art, theatre, and film. In addition to lectures and slide-show presentations, we will use music and storytelling to explore the experience of psychotic persons, artists, and shamans. $250

Week of December 7–12

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 6. $490

Reichian Gestalt: A Workshop for Contact and Release

Laura De Nuccio (Ma Prita)

For workshop description see October 19-24. $490

Self-Acceptance: The Freedom to Be

David Schiffman & Elisa Lodge Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The willingness to allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics. $490

The Courage of Self-Expression

Elliot Sobel

"Life is either a daring adventure, or nothing."
—Helen Keller

It takes great courage to express the full power and vision of one's true self in this world. Most of us have unwittingly succumbed to a cultural conspiracy which subtly asks us to hide the vast mystery of our essential being; instead, we tend to be careful, polite, anonymous, and generally fearful, and we often take workshops in order to "get better."

This workshop is an experiment in creating a community which has as its underlying assumption a different premise: that each participant, in truth, is *already healed*, and therefore has a very vital and necessary contribution to make to the whole, one which requires daring and risk. Using the arts as vehicle and metaphor—through singing, dancing, writing, painting, and video—participants will be asked to confront themselves with the question, "Am I willing to be all that I am?"

In order to create a safe environment for this kind of work, a high level of commitment is required. The group will be housed together in a separate living unit, and will be asked to spend the first three days of the workshop in "social silence." This relieves the pressure to converse and relate, and allows participants to sink deeply within. Paradoxically, they will also be asked to express themselves outwardly, through the arts. The ordinary and superficial interactions of the personality are thus bypassed in favor of a recollected intuition of the soul, revealed through art. The second half of the week will allow for the re-integration of the group into the rest of the Esalen community, with an exploration of the responsibility which automatically accompanies true expression of the self: to contribute our highest vision to the world outside. $490

Weekend of December 12–14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $250

The Power of Growth

Seymour Carter

For workshop description see October 5-10. $250

The Moving-On Experience

Mary Goldenson (Devarani)

For workshop description see October 10-12. $250

Suffering and Happiness as a Spiritual Path

Sogyal Rinpoche

According to the vision of Buddha, the suffering and happiness that we experience now can actually become the path to inner development. This teaching, written by the Tibetan master Jikme Tenpe Nyima, challenges our basic attitude to suffering and happiness, which are revealed to be sources of understanding, compassion and tranquility. Rinpoche will interweave this teaching with periods of guided sitting meditation practice. $250

The Loneliness of the Male Body

Don Johnson

We will examine how each of us forms our image of our body, and how that image shapes our life in the world: the quality of our personal relationships, our work life, our ethical and spiritual values, our sexuality, our attitudes about death. Emphasis will be specifically on how we men are shaped to experience our bodies, including factors arising from family history, accidents and illnesses, sports, school, medicine, the military, the media, and religion. We will use guided imagery, drawing, and writing to regain contact with past history. We will do extensive work in sensory awareness, simple modes of touch, and movement exercises to retain a connection with our felt bodies. Although the emphasis is on the male body women attending the workshop will find some clues about rough edges in our relationships. $250

Week of December 14–19

The Mystical Quest

Christina & Stanislav Grof

For workshop description see September 7-12. $490

A Gentle Unfolding

Daniel Bianchetta

For workshop description see October 5-10. $490

Basic Deep Tissue Body Work Practicum

Dub Leigh

This practicum is divided into three equal parts. The first focuses on: the chest and diaphragm to improve the client's breathing and increase freedom in this area; the waist to increase length; the hip area to allow more freedom of movement; the back and neck to lengthen and organize. The second part works first on the feet and lower legs and then works the shoulders and back. The third part works the lateral lines of the body to create balance and alignment of the whole body.

This is the basic instruction needed before more advanced Esalen Deep Tissue Training can be taught. Prerequisites are some massage training, or a weekend with Dub Leigh. $490

Letting Go—Moving On

Mary Goldenson (Devarani)

This is a week of intense body work, structured for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor, tension, stress, and a lack of spontaneity. As armor softens, feelings held in since childhood can be released and positive feelings of joy, love, trust, and pleasure can be experienced more fully.

A most important feature of the workshop is the individual Radix®-Reichian intensive, done in a safe, supportive environment. By also using dream work, hypnosis, chiropractic, bioenergetics, massage, dance, and group interaction as one lets go/moves on, a new capacity for living can emerge. $490

Weekend of December 19–21

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 6. $250

Locating Pain and Trauma and Eliminating It

Dub Leigh

This is a hands-on workshop. We will work on each other to learn and experience the newest methods for removing old buried pain and trauma stored in our bodies. Massage people are welcome; however, no massage experience is necessary.

C. E. credit is available for nurses; for additional information see page 36. $250

Say What You Mean; Mean What You Say: A Gestalt Workshop on Relationships

Marty Fromm

We can learn to improve our effectiveness as communicator and listeners. Most of us have learned indirectness in communicating, which makes conversation comparable to picking your way through a minefield. Through a combination of didactic presentations and experiential rehearsals, participants will have an opportunity to explore and experiment with directness.

Is your communication issue a job interview, a closer interpersonal relationship, getting what you want more often, learning to express your feelings, or learning how to balance connectedness and independence? Whatever it is, you can benefit from this workshop. Couples are especially invited, since indirect communication and misunderstandings are particularly common and painful within relationships. $250

Re-Owning Fiction

Angela Praesent

Whenever we are deeply and lastingly fascinated by a novel or a story, we meet a part of ourselves, just as we do when we delve into dreams, myths, images, or gossip. Using role-playing, story-telling and re-telling, we will explore the news which remembered texts haved to tell about each of us. Bring your current or all-time favorite novel or story along, if possible in more than one copy. If you haven't read much fiction lately, but want to reconnect with the child-like creative reader within, read one (or all) of these before coming to Esalen:

Recommended reading: E. L. Doctorow, *The Lives of the Poets/a Novella and Six Stories* (Random House); John Updike, *Rabbit Is Rich* (Knopf); Toni Morrison, *Song of Solomon* (Knopf). $250

The *Bhagavad Gita* As a Guide to Counseling

Harry Sloan

"Better is one's own dharma *[own style], though imperfect, than the* dharma *of another well performed. He who does the duty ordained by his own nature incurs no sin."*—The Bhagavad Gita

Similarly, William Blake said, "I must create a system of my own or be enslaved by another man's." To the extent we clone someone else's approach or style, even though we perform the task well, if it is at the expense of our true nature we dishonor ourselves.

The *Bhagavad Gita* is an ancient and sacred text of the Hindus. What the Bible is to the West, the *Gita* is to the East. The story of the *Gita* is about a battle. Metaphorically, it is the struggle of honoring our duty to ourselves, and not capitulating to the obstacles and familiar habits that impede deepening and expressing our unique sense of Self. For a counselor the message of the *Gita* is the struggle to resist the temptation to settle for rote interventions or techniques at the expense of reaching deeper within ourselves for insight and discovery of our own system.

This program may be useful not only for the counselor, but for any in the helping professions who would like to deepen their own unique sense of Self in the process of their professional work. The format will blend experiential exercises with discussion focusing on the pertinent *sutras* of the *Gita* that reflect the above theme.

Recommended reading: Swami Nikhilananda, *The Bhagavad Gita* (Ramakrishna-Vivekananda Center). $250

Week of December 21–26

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $490

The Painting Experience

Michell Cassou & Stewart Cubley

For workshop description see September 14-19. $490

Awakening Inner Power —A Celebration of Life

Mary Tesoro & Deborah Anne Medow

At the threshold of the new year, we offer an opportunity to renew our energy and regain balance of body, mind, and spirit. We will explore different ways of gathering our inner power. Yoga, meditation, and Leonard Energy Training can provide a foundation for personal growth and change. Massage, movement, theater games, and music will be interwoven with elements of gestalt and aikido to contact and express alternative ways of being. $490

Christmas Present

Paul Rebillot & Stanford Eugene Cates

We've idealized birth in the Christmas story—the newborn child surrounded by adoring parents, singing angels, comforting animals; worshipped by the wise and the simple; welcomed into the world and loved for nothing that he does, but for simply being who he is. Most of us were not welcomed in that way, and at Christmastime our disillusionment peaks. Our despondency and regrets are based on unfulfilled ideals, promises, and fairy tales. Using gestalt, guided fantasy, theater games, and rituals, we will seek to release ourselves from the excess baggage of past regrets and future expectations in order to return to the divine simplicity of our own present being. Out of that simplicity, we will create our own "Christmas present," a celebration in which each of us singly and all of us together can give ourselves our self for Christmas. $490

Weekend of December 26–28

Exorcising the Demon "Should"

Paul Rebillot & Stanford Eugene Cates

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the weekend.

What if you actually tried to be everything you think you should be? This monumental task is made easier when confronted with laughter. We will build up that image, and then act it out as fully as we possibly can. We'll contrast that with the experience of ourselves as we are spontaneously. With the help of this experience in contrasts, we will explore our possibilities for movement between the two, and in this way open up our options to the full range of our own authentic being. $250

The Human Energy System and Gestalt Process

Alan Schwartz

The human being's movement toward a stable and balanced organism undergoes many adjustments in direct proportion to his/her responses to parental and environmental messages. The result is the formulation of stratified patterns of *visible* physiology and behavior. These join to form that which is usually called personality, one's individual energy system. Two common examples of energy system responses to life stress are those personalities who collapse under stress and those who control. There are many more. This will be a weekend to explore and understand our *individual* energy systems and their relation to how we make and inhibit intrapersonal and interpersonal contact. One focus will be on the simple task of being present, physiologically and emotionally, being aware that contact refers to our *consistent* awareness process and the autonomous expression of who we are. For additional information read the December 28-January 2 description. Participants should be aware that there is often stress involved in the redistribution of energy. $250

Rubenfeld Synergy® Method

Ilana Rubenfeld

Emotions and memories are often stored in our bodies, resulting in energy blocks, tensions, and imbalances. Rubenfeld Synergy® method (blending gestalt, Alexander method, and Feldenkrais exercises) can be used to contact, express, and work through these feelings. This method in-

volves touch, gentle body movements, visualizations, humor, music, and gestalt. Its verbal and non-verbal interventions are designed to increase awareness of and effectiveness in the process of self-healing. The approach is gentle, responsive, pragmatic, and powerful.

Some areas to be covered include: discovering the powerful interdependence between our emotions and our dynamic posture; observing life attitudes that are reflected in our non-verbal behavior; and discovering new life options and choices for change.

This workshop will provide opportunities both for practitioners and interested non-professionals. Sessions will include experiential and theoretical component and one-to-one demonstrations. Each participant will have an opportunity to process his/her experience.

Participation in this weekend will fulfill one of the requirements for acceptance into the forthcoming West Coast Rubenfeld Synergy® training program scheduled to begin in January, 1987. $250

Forgiveness and Letting Go of Judgement

Elizabeth Stratton

"The giving up of judgment, the obvious prerequisite for hearing God's Voice, is usually a fairly slow process, not because it is difficult, but because it is apt to be perceived as personally insulting." – A Course in Miracles

Elizabeth writes: "The training of the Western mind, both spiritually and intellectually, is oriented toward judgment. We are taught to induce, deduce, analyze, dissect, defend, debate. We are taught to feel guilty, to get sick, to engage in self punishment and the punishment of others. We are encouraged to rebuke ourselves into perfection.

"We do not know the healing quality of true remorse, or how to let go of that which we should never have held onto in the first place – the real meaning of forgiveness. In studies of people who have died and come back to talk about it, the most unifying element of their experiences was the meeting with a Being of white light who stood by with unconditional love, no judgment, and humor as they watched their lives roll before them like movies. The only judge was the person watching his/her own life.

"This workshop will be experiential. You are invited to observe the judgmental prison of your own mind, to feel the cleansing power of remorse, and to allow your heart to open to the freedom and healing that comes from forgiving yourself and others." $250

Joyce Rogers Lyke

Week of December 28–January 2

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 6. $490

The Art of Self-Care: Who Heals the Healer? Who Helps the Helper?

Ilana Rubenfeld

Does helping others leave you drained at the end of the day?

Do you need an appointment to help take care of yourself?

Who helps the health professional?

This workshop is designed for all professionals and others who would like to learn to use their body/mind more effectively. The leader will draw on extensive previous work with the Alexander method, Feldenkrais, and gestalt, to help you explore and analyze how you use yourself in your practice.

This approach can help you to develop your awareness of how to use your body/mind more effectively, unblock your own energy, and shield and ground yourself in the face of difficult situations with clients. Learn to be there *with*, rather than be there *for* your client. Using nourishment and humor, learn self-care, a critical need for professionals.

Participation in this five-day workshop will fulfill one of the requirements for acceptance into the forthcoming West Coast Rubenfeld Synergy® training program scheduled to begin in January, 1987.

C. E. credit is available for nurses; for additional information see page 36. $490

Touching Spirit: Dimensions of Psychic Healing

Elizabeth Stratton

Psychic healing bridges the physical and the spiritual. Touching as a healing act has been practiced through recorded history by practitioners of the sacred as well as the secular: healers, shamans, priests, doctors, and mothers.

In the past ten years, physics and modern medicine have come to an acknowledgement of the radically relational nature of our universe. Nothing and no one functions in a void.

Human emotions affect the functioning of the body, and illness is often an outgrowth of this mind-body link. Semi-dissociative states that are induced by prayer, meditation, and trance have been found to provide a fertile ground for healing to take place. It has been discovered that "multiple personalities" exhibit different states of health in each personality. The placebo effect has become one of the most respected and well studied issues in healing today.

A psychic healer is one who can help connect the physical, emotional, mental, and spiritual levels of another persons' being with healing intention through the use of touch. This workshop will explore, both didactically and experientially, the sacred and secular uses of touch; modern theories of disease formation and the healing mechanism; the use of psychic sight in healing; forgiveness as transformation cleansing; and the channeling of healing energy through the laying on of hands. $490

Effecting Change: The Human Energy System and Risk

Alan Schwartz

This is a week for recognizing the *relationship* between personal growth/change and economic/environmental realities. This is a week for *designing a growth pattern* for your individual energy system to provide more stable contact with the difficulties of the present decade.

The human energy system represents a constantly changing personality dimension. Often neglected in the system's movement towards maturity is the development of the consistency of strength. We hear metaphors not only of physical strength, but strength of character, strong emotions, and the spiritual and psychic strengths of perception. Lack of strength development leads each of us to develop compensations in order to be able to function in our chosen worlds. Some of the obvious are psychosomatic problems, blame, denial, and indiscriminate sexual functioning. *Power over* self, people, things is often a major compensation for the strength that allows us the *experience* of self, people, and things.

Risk involves awareness of our individual compensations, trusting self and the group process enough to *experiment* with mobilizing more energy. This means rendering more alive the strength of the physiology, feelings, conceptual process, and psychic perceptiveness. The result is clarity and stability and a deeper awareness of the balance of self as we contact the very real issues of the decade that is upon us. For further information, read the December 26-28 workshop description. $490

Weekend of January 2–4

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $250

Experiencing Esalen: The Health Spa

Experiencing Esalen Staff

For workshop description see page 6. $250

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 6. $250

The Shamanic Journey, Power and Healing: An Experiental Exploration

Michael Harner

Shamanism is an ancient human strategy for personal learning and for acting on that learning, especially for problem-solving, well-being, and healing. In this training workshop, the participants will be introduced to some of the basic methods the shaman (a type of medicine man or woman) uses to enter nonordinary reality in order to obtain knowledge, to answer personal questions, and to maximize one's power to maintain personal health and to achieve life goals.

Particular emphasis will be on the shamanic journey, one of the visionary methods used by humankind to enter nonordinary reality and explore the hidden universe otherwise known mainly through myth and dream. Participants will be initiated into shamanic journeying, aided by traditional drumming and movement methods for experiencing the shamanic state of consciousness and awakening dormant personal capabilities and connections with nature. Practices will include comparison of discoveries made on shamanic journeys by participants, and work on personal problem-solving. Participants will be shown how the shamanic journey can be utilized to restore spiritual power and health, and how shamanism can be practically applied in contemporary daily life.

If you have them, please bring rattles and drums. Wear comfortable clothing, and bring a bandana, pen, and notebook. $250

Week of January 4–9

Crossroads

Anne Nechama Simkin

This workshop is for persons who are seeking possible change. Each group has a life of its own, and within this new community, using the gestalt framework, we will emphasize the I-Thou relationship, work with the obvious, and allow natural unfolding. $490

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chungliang Al Huang

Paul and Chungliang will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, improvisation, meditation, and world travel experiences.

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton) and *Embrace Tiger, Return to Mountain* (Real People Press); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon).

Recommended listening: Paul Horn, *Inside, Heart to Heart, China, The Magic of Findhorn,* and *Jupiter 8.* $520

Craniosacral System: Basic Workshop

Jim Asher & Jane Harrington

This workshop will offer an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. The class will combine lectures and slides on functional anatomy of the membrane system, cerebrospinal fluid movement, and related methods. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference. Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills, and those already practicing body work or counseling. Much of our focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system.

C. E. credit is available for nurses; for additional information see page 36. $490

Weekend of January 9–11

Inside / Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chungliang Al Huang

For workshop description see January 4-9. $280

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see September 26-28. $250 per participant

Retrospective and Response: Sources and Direction for Humanistic Psychology's Engagement with World Crisis

Tom Greening, Ian Mitroff, & Will McWhinney

This seminar deals with extensions and transformations of humanistic psychology that follow from Abe Maslow's concern with societal issues—concerns expressed in his *Further Reaches of Human Nature*—which have been built upon by Rogers, May, and others now active in the world scene. Projections of humanistic thinking from the heyday of 1970 to the confrontation of the world-wide dilemmas of the coming years will be discussed.

The presentors focus on three themes: response to crises which, like earthquakes, release deep-seated tensions; the specific crises of the US-USSR face-off, and humanistic programs working to reduce that tension; strategies for effectively enacting humanistic agendas.

The format of the seminar will encourage the participants to explore related issues through the spirit and method of humanistic psychologies. $250

Week of January 11–16

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 6. $490

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

For workshop description see October 19-24. $490

Warriors on Magic Mountain: Embrace Tiger, Return to Mountain (T'ai Chi Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with the fundamentals of t'ai chi practice. Chungliang will share the crystallization of his most essential learnings. He will lead us in sunrise movement meditation, five-elements form, I-Ching eight-trigrams metaphors in action, life-force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton) and *Embrace Tiger, Return to Mountain* (Real People Press); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon); John Blofeld, Translator, *I Ching;* Lama Anagarika Govinda, *The Book of Transformations.* $490

Weekend of January 16–18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $250

Adventures in Self-Exploration

Christina & Stanislav Grof

For workshop description see September 19-21. $250

Mind and Body in Sport

John Syer & Christopher Connolly

This seminar offers a humanistic form of mental training that enables sports people to improve performance. The workshop gives practical experience of exercises that can form part of a mental training program designed for athletes and coaches of any sport. The leaders suggest ways in which an athlete may improve concentration and confidence, regulate levels of anxiety, improve technical skill through mental rehearsal, foster positive attitudes, set appropriate goals, review performance realistically, and develop specific qualities of performance that he or she may lack. Attention is also paid to the team mental skills of improving communication and relationships and developing team spirit.

Only one of the exercises involves movement, this being mental as opposed to physical or technical training. The leaders introduce each of the following themes—warming-up, concentration, visualisation, bimodal consciousnes, dealing with stress, attitudes and change, and competition and motivation—with a brief talk before beginning the exercises. We conclude each section of the workshop with a discussion.

The workshop is based on day-to-day consultancy experience in Europe and is related to the leaders' book *Sporting Body Sporting Mind: an Athlete's Guide to Mental Training,* published by Cambridge University Press. $250

Week of January 18–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $490

Unfinished Business

Janet Zuckerman assisted by Jo Ann Granshaw

For workshop description see September 7-12. $490

Experiencing Your Psychic / Intuitive Abilities

Anne & Jim Armstrong

For workshop description see October 26-31. $490

Beyond Anatomy: Feldenkrais for Body Workers

Patrick Douce

This introductory program will acquaint beginning and experienced body workers with some of the approaches taught by Moshe Feldenkrais. Although the Feldenkrais method isn't body work, much of the information presented in this program can be useful to increase the efficiency, understanding, and effectiveness of those interested in body work.

Based on 20th century scientific understanding and judo, the Feldenkrais system dispels many current misconceptions regarding the human form. In contrast to traditional anatomical models, the interconnections used by the body to *move* are emphasized. Gentle, sensitive movements are used so that workshop participants can experience a heightened sensitivity, allowing them to explore with touch the possibilities of their own and other bodies.

Chronic difficulties such as back pain, hip pain, neck pain, knee problems—the spectrum of neuro-skeletal-muscular disorders—will be approached as problems of learning in movement. Individuals with these difficulties will be introduced to the Feldenkrais alternative, allowing them to begin to learn to correct their chronic pain with increased mobility.

This program will be of value to anyone interested in movement or body work—dancers, massage practitioners, Rolfers, Trager students, physical therapists, doctors, nurses, and those beginning to be interested in their own bodies. Although this course is not intended to train anyone to teach the Feldenkrais method, it can serve as an adequate introduction, useful to both the professional and non-professional.

C. E. credit is available for nurses; for additional information see page 36. $490

Weekend of January 23–25

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 6. $250

Achieving Sustained High Performance

Jerry Fletcher & Kathleen Brown Fletcher

For workshop description see September 5-7. $250

The Feeling Process

Janet Zuckerman assisted by Jo Ann Granshaw

For workshop description see September 12-14. $250

Develop Your Mind-Over-Matter Ability: Experiential and Theoretical Explorations in the World of Psychokinesis

Julian Isaacs & Debbie Austin

The power of the mind to manifest effects directly in the world of matter is one of the most pervasive and powerful, but presently least recognized, dynamics in our world.

This workshop will include a balanced combination of information-giving, discussion, and experiential approaches to control of psychokinetic ability. Several approaches to optimization of performance will be explored, including those derived from sports psychology, self-hypnosis, martial arts, meditation, and visualization. In addition, the use of psychological depth processes for empowerment of the individual to reclaim mind-over-matter ability will be explored. Specialized, state-of-the-art electronic instrumentation for detecting and measuring psychokinesis will be available for supervised use. $250

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion. The seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala). $250

Week of January 25–30

Reichian Gestalt: A Workshop for Contact and Release

Laura De Nuccio (Ma Prita)

For workshop description see October 19-24. $490

Choosing to Change

Harry Sloan

This personal workshop will combine individual work with discussion of principles and concepts which nourish the process of change. Individual work will stress deepening awareness of one's sense of direction and personal obstacles. Participants will focus on change through exploring the implications of their choices and the ways they retard or encourage the expression of self.

The workshop will include psychosynthesis, transpersonal and cathartic methods which emphasize learning, and skills to release and transform blocked energies. Participants will focus on aligning their motivation and will with the natural process of change and integration. $490

Transpersonal Psychology: Perspectives on Growth and Self-Exploration

Christina & Stanislav Grof

This workshop will explore theoretically and experientially the rapidly developing field of transpersonal psychology. The discussion will focus on the implications of modern consciousness research for understanding the dimensions of the psyche, various forms of emotional and psychosomatic disorders, new mechanisms of healing and personality transformation, and strategies for growth and self-exploration.

The emphasis in experiential work will be on the method of "holonomic integration" developed by the workshop leaders, which combines controlled breathing, evocative music, focused body work, and mandala drawing. It mediates access to unfinished biographical material, sequences of psychological death and (re)birth, and the entire spectrum of transpersonal experiences. Special attention will be paid to the problems of "spiritual emergencies" and constructive approaches to transpersonal crises. $490

Weekend of January 30–February 1

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see September 5-7. $250

The Intelligent Body, The Sensuous Body

Thomas Hanna

Premise: Clarity of self-awareness and clarity of body control grow together or decline together. We'll explore how greater sensitivity to our inner selves enhances the body's ability to act and to relax, and how this ability in turn enhances kinesthetic awareness.

The program involves gentle movements and use of imagery as well as instruction in the principles of many different kinds of body work and exercise systems—particularly that of Moshe Feldenkrais.

There will also be demonstrations of how new sensory information can lead to dramatic changes in posture. Those who wish advanced knowledge in systems of body work will find the weekend profitable, as will those who have habitual aches or have difficulty relaxing.

Recommended reading: Thomas Hanna, *The Body of Life and Bodies in Revolt: A Primer in Somatic Thinking.* $250

For Men Only

Richard Gunther

If you are male, between the ages of 30 and 60, and asking such questions as "What am I doing with my life?" or "What else is there for me?"—welcome to mid-life, a time of examination, possibly of crises, a time offering the opportunity for major changes in how you view yourself and the world in which you function.

We live in a demanding, controlling society, and the effect on each of us is not always clear. In the words of Marcel Proust, "The real voyage of discovery consists not in seeing new landscapes, but in having new eyes." With new eyes we can see the possibility of outgrowing our social conditioning and connecting with a deeper self.

In this workshop, limited to 12 participants, we will focus on the issues of work and career, their changing importance at mid-life; relationships, examining the shift in needs, tasks, and roles; the body and sex, which changes are real, which imagined; and spirituality, exploring the need for a transcendent vision. $250

The Craft of Dream Work

Stephen Aizenstat

Dreams, as looking glass parables, provide a connection to the voices and images of the psyche. It is the leader's belief that dreams carry the voice of the collective unconscious and world unconscious as well as speaking the messages of one's personal unconscious. Dream images reflect aspects of any one of these dimensions and on occasion, aspects of all three.

The seminar draws upon methods of dream interpretation from the dream healing centers in ancient Greece, Jungian psychology, gestalt, and sytems theory, offering an approach to dream work which listens to the individual and collective psyche as well as the psyche in the world.

Actually working with their own dreams, participants will be shown methods of dream work associated with these three levels of the psyche. Common dream themes and symbols, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will be discussed. Participants can realize the potential healing power of an interrelated body-mind-world aproach, and remember why in ancient times dreams were honored as the medicine of the soul. $250

Week of February 1–6

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see December 14-19. $490

Open Seat

Paul Rebillot & Stanford Eugene Cates

Paul Rebillot writes: "The concept of 'open seat' is an open space into which people may enter in order to work through their resistances, express their feelings, and reorder their way of being in the world. As a gestalt facilitator I help people find ways of healing themselves by combining the principles of gestalt with concepts of ritual and theater. I assist people in working with their subconscious material, such as dreams and fantasies, in order to augment their ways of living and dealing with day to day problems. I encourage people to become more expressive in all ways: in their personal lives; in their communities; and in the political situations to which they feel committed. I can help people develop a clear sense of responsibility, not only for their own life process, but also for the world." $490

Presence: Reclaiming Personal Power

Elisa Lodge Schiffman

Presence is a power that arises from a deep sense of self-worth and trust. It reflects a broadened vision and whole-hearted acceptance of the varied facets of being. It is a state of dynamic balance where there is no unnecessary strain of self-defeating awkwardness. One is at home in oneself and at ease with the world.

During this week participants can gain a deepened appreciation of the elements in themselves that contribute to this timeless state of fluidity and ease, and have an opportunity to experiment and explore how their bodies' shapes and forms, emotional histories, and self-images are intimately intertwined. This growing awareness will be the basic grounding from which the creative experience of presence can be known. Movement patterns, the ways we walk and breathe, also dynamically reveal how we inhibit or allow our personal power. As we become more comfortable with ourselves, we are transforming not only the way we might carry our head or make contact with another, but our whole way of being in the world.

This work is based on an approach woven from gestalt, psychosynthesis, Rolf-movement, and performance art. Video feedback will be used. $490

Dealing with Stress: Recipes for Health and Longevity

Joe D. Goldstrich & Neil Karp

This course will include current information and research about how to maximize health and prolong life. We will spend five days learning how to eat healthier, exercise better, and develop our abilities to relax, energize ourselves, and gain social support.

The seminar will include: lectures, discussion, short hikes into the hills with a nature guide, meditative exercises derived from a number of oriental practices, and biofeedback. Participants will be provided with a life stress profile to assist in self-evaluation. There will be group discussion of stress management, and traditional and alternative medical approaches such as homeopathy, acupuncture, body work, and gestalt. $490

Weekend of February 6–8

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $250

Body, Heart, and Spirit

Paul Rebillot & Stanford Eugene Cates

The workshop is divided into three segments, dealing first with tensions and energy patterns in the body, then with the relationship of these to the emotions, and finally with their relationship to the mind, to thought. By connecting thought, feeling, and body experience in one gestalt, we seek to open the being to the inpouring of the spirit, to the state of grace. This is the goal of shamanic dances and of many tribal rites. The process includes body work and open seat gestalt work, as well as rituals, dancing, chanting, and celebration. $250

Approaches to Christian Mysticism

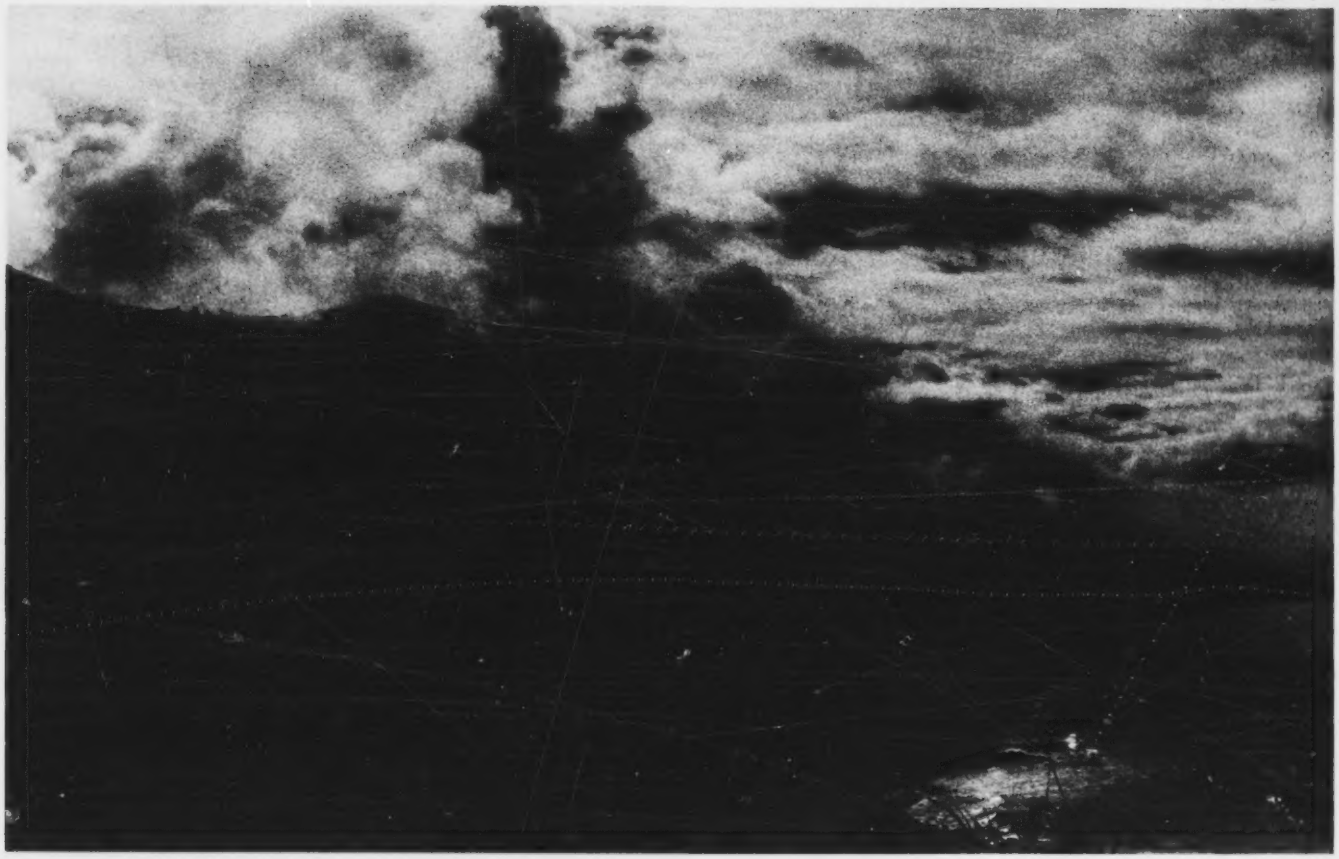
Brother David Steindl-Rast

Awareness of Eastern mysticism makes many people ask: what of the mystical tradition in the West? Is it still alive? Can one find meaning in it today? Brother David has spent more than 30 years in both Eastern and Western monasteries exploring the roots of mysticism in the human heart. He will lead participants in discovering the roots in their own life experience. We shall ask what the pursuit of the path of the heart demands from each one personally, and how it can be practiced in one's daily life.

Like Thomas Merton, his late fellow monk and friend, Brother David is a bridge-builder between East and West. The focus of this weekend, however, will be on the Christian tradition and on our need to wrestle with it. Input and question periods will alternate with silent time for guided experience.

Recommended reading: Rainer Maria Rilke, *Letters to a Young Poet* (Norton); Thomas Merton, *Conjectures of a Guilty Bystander* (Doubleday); Thomas Matus, *Yoga and the Jesus Prayer Tradition* (Paulist Press); David Steindl-Rast, *A Listening Heart* (Crossroads), *Gratefulness The Heart of Prayer* (Paulist Press). $250

Joyce Rogers Lyke



The Physics of Hyperspace

Saul-Paul Sirag

The idea that ordinary physical reality is embedded in a higher dimensional system is a traditional theme of science fiction, speculative philosophy, and mystical religion. Now this idea is being entertained by physicists in search of the "holy grail" of contemporary physics—grand unification of the physical forces: electromagnetism, the weak and strong nuclear forces, and gravity.

The key concept of unified field theory is symmetry, which is an aspect of a space that remains invariant in spite of the transformation of the space. Therefore, we will use symmetry and broken symmetry as tools to explore hyperspace. In particular, we will investigate a version of grand unified theory which implies that spacetime is embedded in a 96-dimensional hyperspace. The symmetrical properties of this system, acting on itself, constitutes a coherent reality which presumably encompasses both physical and mental events. $250

Week of February 8–13

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 6. $490

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 6. $490

Personal Mythology: Our Epic Journey

Stanley Krippner & David Feinstein

This seminar focuses on personal myths—the deep forces of the psyche that shape who we are, what we think, and what we do. Operating largely outside of conscious awareness, our personal myths nonetheless pave our journey through life, our place in society, and our relationship to the broader or spiritual context of existence. Showing participants how to reach deeply into realms of unconscious mythological wisdom, we will speak to our need to find the visions that nourish and inspire us. Drawing upon a range of systems including Jungian psychology, gestalt, psychosynthesis, dream interpretation, and cognitive psychology, participants will be led through a sequence of experiences that can rework a problematic area of personal mythology. These experiences can be used again later to identify and work with other personal myths that may be creating problems in one's life. Participants are asked to bring a notebook or personal journal and are encouraged to record their dreams in it prior to the workshop.

Recommended reading: Stanley Krippner, *Human Possibilities* (Anchor). $490

Weekend of February 13–15

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see October 17-19. $250

Adventures in Self-Exploration

Christina & Stanislav Grof

For workshop description see September 19-21. $250

Power, Promise, and Placebo

Sharon & Jerry Solfvin

This workshop is an integration of the experiential and experimental aspects of spiritual, psychic, mental and physical living. Most of us either ignore or don't know what to do with trans-reality experiences (reality, as defined in Western culture). Yet these experiences such as miraculous healings, visitations with the future or unknown past, knowledge of someone else's thoughts, mental influence on physical events, channeling, or extraordinary human functioning, are reported, developed, and sought by human beings throughout the world. Within a culture context with an emphasis on healing, half of this workshop will be spent discussing the scientific studies and theories relevant to these experiences, and the other half will be spent anecdotally and experientially.

A primary goal for this seminar is to help learn technologies for positive placebo and expectancy. These technologies are designed to have practical applications in science, the arts, healing, sports, and business. Through the integration of the scientific and the experiential, we fulfill the power of human promise and are research-practitioners in the art of living. $250

A Course in Miracles: A View of Life Through the Light

Julian Silverman

The seminar leader attributes increased success as counselor, supervisor, and management consultant to use of a "non-method" method of spiritual practice, derived from *A Course In Miracles*, to complement and illuminate current behavioral science methods for creating well-being in humans and institutions. The purpose of this seminar is to examine some of the basic principles of *A Course In Miracles*, to integrate these principles with modern behavioral science, and to apply them to the consideration of fundamental problems of living in a technological age.

Individuals who have had experience studying *A Course in Miracles* (ACIM) will be accepted to this seminar before others. Please state your study experience on your application (e.g. have completed books I, II, III; or have read ____ number of pages; and/or have participated in ACIM study group(s). $250

Week of February 15–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $490

The Buddha, The Goddess, and N. L. P.

Eli Jaxon-Bear

The Buddha gives us a model for compassionate emptiness, and the Goddess, as Earth Mother and Protector, a model for passionate involvement in form. N. L. P. gives us a structure for understanding, modeling, and changing human behavior and consciousness.

We will use sitting, standing, and moving meditation from both the Zen and Tibetan Buddhist traditions as well as Buddhist psychology for modeling the perfected states: the Buddha and the Goddess already within us. This will include mantra and visualization as well as zazen and deep conscious stretching.

We will be using neurolinguistics for clearing the obscurations to our perfection. N. L. P. is an open-ended system for modeling human reality. It can be used for leaving behind old baggage and focusing or polishing the filters of perception.

N. L. P. has been successfully used to model great healers, or counselors like Milton Erickson, and leaders in sports and business. Set in the context of Buddhist psychology and practice, N. L. P. gives us the choice to utilize gracefully the core issues of our life as our ally and teacher.

Recommended reading: Chogyam Trungpa, *Shambhala*; W. Evans-Wentz, *Tibetan Book of the Great Liberation*; Bandler and Grinder, *Frogs Into Princes*; M. Zimmer Bradley, *Mists of Avalon*; Starhawk, *Dreaming the Dark*. $490

On Being a Man

David Schiffman & Danner Christensen

Many men today have labored diligently to become softer, more receptive, and nurturing. They have sought to honor and embrace the emergence of the "feminine" principle in their own natures. For many of us, however, the right to celebrate and honor the so-called "masculine" aspect has become a thorny and difficult dilemma. Many qualities of maleness or masculinity have come to connote the most destructive and troublesome elements in human existence: war, environmental desecration, sexual oppression, and patriarchal abuse.

A man's sense of his own uniqueness and value is critical. During this week we will examine those elements in our own nature which can create a positive focus for realizing the deeper dimensions of manhood, and how we might strengthen our right to be men with simplicity, clarity, tenderness, strength, and dignity.

The workshop will focus on exploring and resolving the following questions:

What does a man need to know and accept about his own nature to feel himself fully as a man?

Can men come together to create an atmosphere of trust and good will where the masculine aspects that we share in common can be honored and appreciated in the *pleasure* of each other's company?

Are there ways we as men can mark and celebrate the cycles that season us, our victories and defeats, and how might we reveal ourselves emotionally without unnecessary shame or remorse?

Can the "wild man" in us be befriended and our reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing our spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will be used for illuminating these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will be incorporated in this journey as well. $490

Weekend of February 20–22

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 6. $250

The Experience of Story

James Fadiman

Reality is the canvas upon which we write the fiction of our lives. We are epics, mysteries, parodies, gothics, romances, and fairy-tales. We are unfinished, unedited, endlessly revised versions of ourselves. Come prepared to listen, to write, to share, to work, to frolic, and to taste the healing, the unique, and the universal in story.

Using Sufi teaching tales, Hasidic stories, myths, as well as materials from Jung and Assagioli, we can enrich ourselves and serve one another. $250

Endarkenment

Will Schutz & Ailish Mellard

Sometimes in our search for enlightenment, we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle.

This workshop can provide a vehicle for the turn downward. We shall explore: how to establish and maintain meaningless relations; what to worry about while meditating; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim/martyr in your social group; guilt without sex. This approach—similar to Feldenkrais' "live the disasters" and the "homeopathic principle" (Will Schutz, *Body Fantasy*)—can be as valuable for attaining enlightenment as the direct route—and more fun. In addition, participants in this workshop will have opportunities to explore, play with, and celebrate the shadow—that which we usually hide. $250

The Art of Self-Direction

Lenore Lefer

This workshop is about personal, social, and cultural change. It is about creating, initiating, and directing change as well as responding to those alterations that we seem not to choose. We will explore how to be causal in relation to change and how to include our deepest values. Do we know what is meaningful, and how do we integrate that into our lives? It is an art to lead a self-directed life that includes both personal and social responsibility.

Founded conceptually in psychosynthesis, the focus of this self-exploration will be experiential, using imagery, inner dialogue, meditation, and individual and group process. The environment will be supportive and evocative. This workshop is appropriate for professionals who deal with transitional crises in their own work.

Recommended reading: Pierro Ferucci, *What We May Be* (J. P. Tarcher); Roberto Assagioli, *The Act of Will* (Penguin). $250

Adult Children of Alcoholic or Abusive Parents

Karen Paine-Gernée & Terry Hunt

Are you uncomfortable unless you're in control? Do you find it difficult to let people become close to you? Do you deny your feelings and experience inadequacy? If one or both of your parents were alcoholic (or abusive), then perhaps you recognize in yourself the fallout of having grown up with alcoholism.

In an attempt to deal with the stress of living in an alcoholic or abusive home, children often develop certain specific and predictable characteristics which they carry into adulthood: inordinate need for control, an overdeveloped sense of responsibility, lact of trust, denial of feelings and a sense of inadequacy. Because alcoholism and abuse are diseases of denial, children of alcoholic or abusive parents are often unaware of the characteristics which prevent them from experiencing deep satisfaction in their lives.

As adults, these children suffer from post-traumatic stress disorder in much the same way that returning vets do. Their childhoods leave them numb with denial, with no way to express their grief. Grieving is a healthy process—the psyche's natural way to resolve pain. The purpose of this workshop is to reactivate that process so that we can begin to mourn our childhood losses, let go of the past, and discover joy in the present. $250

Week of February 22–27

The Painting Experience

Stewart Cubley

For workshop description see September 14-19. $490

Choosing to Change

Harry Sloan

For workshop description see January 25-30. $490

Spiritual Emergency: Understanding and Treatment of Evolutionary Crises

Christina & Stanislav Grof

There exists increasing evidence that certain episodes of non-ordinary states of consciousness which traditional psychiatry diagnoses as manifestations of mental illness and treats by repressive measures, are actually "spiritual emergencies" or transpersonal crises. Evidence for this can be brought from many different fields—history, anthropology, comparative religion, clinical psychiatry, and modern consciousness research. If properly understood and supported, these states can result in emotional and psychosomatic healing, personality transformation, and consciousness evoluton.

In this workshop, we will explore this new concept theoretically and experientially. We will use the method of holonomic integration which combines controlled breathing, evocative sound, focused body work, and mandala drawing. It makes it possible for participants to explore various domains of the unconscious and practice methods of constructive facilitation of transpersonal experiences. All participants will have the opportunity to be both in the role of experiencers and sitters. $490

Doorways of Perception

Jessica Moore Britt

Insight and body-oriented practices cultivate awareness and the expression of sensation, feelings, images, and ideas that most of us ordinarily repress. Insight and catharsis by themselves may not necessarily lead us into the depths of our nature recognized by the transpersonal disciplines of meditation and shamanism. Practitioners of meditation and shamanism, in like manner, may neglect the emotional/physical clearing that allows the opening from which our being may emerge. This workshop will seek to join these two levels of personal practice, sensitizing and expanding our perception thorough knowledge and practices from Sufism, Buddhism, gestalt awareness, Reichian breath work, and Native American tradition. $490

Weekend of February 27–March 1

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $250

Reflections of Self: A Reichian/Gestalt Primer

Jesica Moore Britt

For workshop description see October 17-19. This workshop is limited to 10 participants. $250

Anatomy for Trager Students

Deane Juhan

This seminar is offered as a continuation of the professional training for students of Trager Psychophysical Integration and Mentastics. Participants will examine the anatomical structures of the body and their kinesthetic relationships, with specific reference to how these structures and relationships are handled by the Trager approach.

Half of the time wil be used for slide presentations, lectures, and discussions concerning particular areas of the body. The rest will be spent practicing aspects of a Trager session which correspond to those areas. The emphasis will be on clarifying the intent of the various hand positions and movements, based upon an understanding of structure, function, and motor reflex.

Since supervised Trager table work will be an important part of the class, a beginning Trager training is a prerequisite.

C. E. credit is available for nurses; for additional information see page 36. $250

Intimate Relationship As a Practice and a Path

John Welwood

Maintaining an alive and honest connection with an intimate partner calls on us to free ourselves from old habits and blind spots, and to develop the full range of our powers, sensitivities, and depths as human beings. In former times, people would often enter a monastery if they wanted to explore the deeper mysteries of life. For many of us today, however, intimate relationship has become the new wilderness that brings us face to face with all our gods and demons. The challenges involved in exploring the uncharted landscape of love and creating a conscious relationship require us to become warriors of the heart—proceeding with gentleness, courage, and a relentless dedication to truth.

Ths workshop will draw on Eastern and Western wisdom to explore the path of the warrior of the heart and to develop a vision of love as an ongoing practice of awareness and truth. Through talks, discussions, dialogue, and inner reflection, participants will focus on such core areas as: vulnerability, passion, surrender, ambivalence, need and desire, power struggles, and commitment, with particular emphasis on the dynamics of the male/female polarity. This workshop is for individuals as well as couples.

Recommended reading: John Welwood, *Challenge of the Heart: Love, Sex, and Intimacy in Changing Times* (Shambhala); Trungpa, *Shambhala: The Sacred Path of the Warrior* (Shambhala). $250

Creative Writing Brainstorming

Herbert Gold

From feeling to expression to communication, this workshop will carry us into the possibilities of making literature. Exploring an experience different for everyone, yet shared by all, we will probe for the riches within.

Bring typewriter, word processor, pen, soft pencil, or clay tablets and stylus to the meetings. A situation will be called forth—love, death, ambition, pride, fear, hatred, jealousy—and after preparation in the discussion, we will write. Then we will read and rewrite each other's work. We may expect to go from truth to lying: from recollection to art.

What should develop is a sense of style and control as a part of the mastery of experience. We will practice the freedom of imagination by giving shape to it. $250

Work Study Program

The Work Study Program is for those who are interested in immersion in the total environment of Esalen. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. *Assignments to departments are made according to community labor needs.* **Participants in the focused programs must be prepared to stay at Esalen for the *full duration*** designated for that particular program, assuming that they meet the standards of the work-study program. No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a specific interest section which focuses primarily on one type of growth practice, such as gestalt, Reichian work, massage or body work, etc.

Focused programs planned thus far for 1986-87 include:

September 14–October 12: Jessica Moore Britt focalizes study of **energy and pulsation** using gestalt, Reichian breath work, movement, touch, and ritual.

October 12–November 9: Anne Nechama Simkin conducts a program focused on **gestalt**, including some videotape sessions. Massage and movement work may be offered.

November 9–December 7: Deborah Anne Medow leads a program focused on **body awareness**, including such activities as yoga, movement and dance, theater games, interpersonal process, and massage.

December 7–January 4: Dianne Miller Lesty and Benj Langdon offer a progam emphasizing **gestalt movement** including collective creativity, video feedback, imagery, and massage.

January 4–March 29: Esalen massage practitioners offer a three-month program in **body work**, with instruction in massage, movement, and self-care. For more information, see Massage Practitioner Certification Program, Special Programs, page 35. The cost of this program is: $800 first month, $750 second month, $700 third month.

March 29–April 26: Laura De Nuccio (Ma Prita) and Gordy Ryan offer an integrated program in practical approaches to enlivening and freeing the human spirit through breath and body work, gestalt, music, movement, meditation, and African ritual.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage and Rolfing®, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

$350 deposit in U.S. currency is required with your application. The cost of all 28-day Work Study Programs except the three-month body work program is $700 first month, $650 second month, $600 third month. Work scholars *may* be invited to remain for a second month or a third month depending on space available and the needs of the Esalen community. There are no scholarships available for the Work Study Program.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with your deposit to:

Work Study Program, Esalen Institute,
Big Sur, CA 93920. Telephone: (408) 667-2335.

The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other Esalen programs within one year of receipt.

Available dates: September 14–October 12; October 12–November 9; November 9–December 7; December 7–January 4; January 4–February 1; February 1–March 1; March 1–March 29; March 29–April 26; April 26–May 24; May 24–June 21; June 21–July 19; July 19–August 16; August 16–September 13; September 13–October 11; etc.

Application to the Work Study Program

Name _____ Address _____

City _____ State _____ ZIP _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program.

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may sometimes be invited to remain for a second or third month, ***depending on space available and the needs of the Esalen community.*** If an invitation is extended, please indicate your availability. (Not applicable to focused program applicants.) ☐ no extension ☐ one-month extension ☐ two-month extension. Assignments to departments are made according to community labor needs.

If you have emergency medical skills (M.D., E.M.T. or R.N.) and are willing to make those skills available during your stay, please check here. ☐

Please attach a personal statement about your interest in the Work Study Program, ***including***: your available ***skills***, especially English language skills, which are essential for participation in the program; any ***medical difficulties*** which might affect your working in any departments; any Esalen workshops you have attended (please list program titles, group leaders, and dates).

Special Programs

87

October 14–November 8, 1986
China Study Tour

This October, Esalen will collaborate with Lan Ting Institute in Wu Yi Mountain, China, joining t'ai chi master/scholar Chungliang Al Huang in exploration of future programs for China-U.S. cultural exchange. Lan Ting Institute, established in October, 1985, is located in the Wu Yi Mountain Scenic Reserve District in Fujian province in southern China. Deep river-cut gorges and meandering streams combine with cloud-shrouded peaks to produce a landscape which has been a site for creative and spiritual pilgrimage over the last 4000 years.

This program will be an opportunity to meet and study with Chinese artists, scholars, healers, and educators who have only recently re-surfaced after years of exile during the cultural revolution. Various options for study and travel may be arranged. For further information, please call or write Reservations, Esalen.

Applications for the Esalen/Lan Ting Institute China Study Tour, **October 14–November 8**, are being accepted now. To apply, please send a $500 deposit in U.S. currency, payable to China World Wide Travel, Inc., checks drawn on U.S. banks only (deposit will be returned if you are not accepted). Please also send a letter about yourself, listing relevant life experience, previous Esalen or Lan Ting seminars, travel experience, and your reasons for wanting to attend this tour. Full balance is due 45 days before departure. **Seminar cost is $2750, plus airfare of $910** (from most West Coast cities, connecting with the group in Seattle). Those outside of North America may meet the group in Hong Kong. Cost includes: tuition, meals, accommodations (2 per room), visa and document fees, and all transportation. Costs are subject to change. A tentative itinerary, subject to change, is listed below.

Esalen Institute China Seminar

Tuesday, October 14—Gather in Seattle.

Wednesday, October 15—Travel from Seattle on United Airlines to Hong Kong.

Thursday, October 16—Cross the international dateline and arrive in Hong Kong in the early evening.

Friday, October 17—Take a charter flight from Hong Kong and enter China at the port city and capitol of Fujian Province-Fuzhou. Arrival is in the morning, so there is pm sightseeing.

Saturday, October 18—Board an early-morning train and travel about five hours up the Min River, to the city of Nanping. Lunch in Nanping, then take a tour bus three hours into the interior, arriving at Wu Yi Mountain in the afternoon.

Saturday, October 18–Monday, October 27—Lan Ting Institute Courses

Monday, October 27—Take an early-morning bus back to Nanping. Board a special riverboat for a 7-hour trip down the Min River to Fuzhou. This has been a highlight for many of our groups. Lunch is served on board.

Tuesday, October 28—All-day sightseeing in Fuzhou, including a visit to the famous Drum Mountain monastery.

Wednesday, October 29—Morning sightseeing in Fuzhou. Leave by plane in the early afternoon, arriving in Shanghai.

Thursday, October 30—Shanghai sightseeing and visit to Friendship Store.

Friday, October 31—Leave by train to the beautiful city of Hangzhou.

Saturday, November 1—All-day sightseeing in Hangzhou.

Sunday, November 2—Fly from Hangzhou to Beijing.

Monday, November 3—Beijing sightseeing.

Tuesday, November 4—Beijing sightseeing.

Wednesday, November 5—Fly from Beijing to the most western city that the tour will visit—Xian. Visit the Qin tombs, where the famous terra cotta soldiers are.

Thursday, November 6—All-day sightseeing in Xian.

Friday, November 7—Fly from Xian to Canton, switch planes and arrive in Hong Kong in the early afternoon. Sightseeing in the afternoon.

Saturday, November 8—Depart Hong Kong in the afternoon aboard a United Airlines wide-body jet. By crossing the international dateline, arrival in Seattle is at 10 am of the same day! Transfer to connecting flights home.

One alternative is to extend the end of the tour to leave Hong Kong on Monday, November 10 instead of Saturday, November 8. It is less expensive by $60 to leave Monday-Thursday rather than the weekend.

October 31–November 28
Massage Practitioner Program

Esalen Massage Practitioners

This program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture-demonstrations including "hands-on" practice sessions using one another as models, illustrated anatomy classes, and instruction in the basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning. Body work will be studied as a function of optimal well-being and stress reduction, and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. At the satisfactory completion of the program, and after an additional 30 recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program, with limited admission. Please request an application form when you make your reservation. $2120

November 2–14
Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Staff

This will be a twelve-day residential training program in IBP, taught by Jack Rosenberg, Deane and Andrea Juhan (anatomy and massage), and the staff of the Rosenberg-Rand Institute in Venice, California. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit. In IBP the body is seen as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields.

Recommended reading: Jack Rosenberg et.al., *Body, Self, and Soul: Experiencing Integration* (Humanics, 1985), and *Total Orgasm* (Bookworks, 1974).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291, (213) 394-0147.

$1230

November 2–28
The Jewel in the Lotus: Buddhism and Western Psychology

Christina & Stanislav Grof

This four-week interdisciplinary educational program is designed for professionals, students, and others interested in the fields of psychiatry, psychology, religion, and philosophy to explore experientially and theoretically the relationship between Buddhism and Western psychology. This seminar is part of a systematic effort to create an international network of individuals qualified to facilitate the process of personal transformation and to assist others during spiritual crises. The program will focus on the following areas:

1. *Spiritual, philosophical, and psychological aspects of Buddhism.* Visiting spiritual teachers will explore with the group the theory and practice of various Buddhist traditions, such as the Tibetan Vajrayana, vipassana, Zen, and the martial arts, and the principles of tantric art, science, and ritual.

2. *Transpersonal psychology and the emerging paradigm in Western science.* We will focus theoretically and experientially on transpersonal psychology, the most recent movement in Western psychology that acknowledges and explores the spiritual dimension of human nature using scientific principles and methods. The increasing convergence between modern consciousness research and the great mystical traditions and spiritual philosophies of the East will be discussed in the context of the revolutionary developments in other disciplines of Western science, or the so-called "emerging paradigm."

3. *The concept of "spiritual emergency" or transpersonal crisis.* This aspect of the program will focus on observations from history, comparative religion, anthropology, and experimental psychiatry suggesting that certain nonordinary states of consciousness currently diagnosed and treated by traditional psychiatry as medical problems—mental diseases of unknown etiology—can be seen as difficult stages of spiritual development and evolutionary crises. If properly understood and supported, they can be conducive to emotional and psychosomatic healing, creative problem-solving, and consciousness evolution.

4. *Self-exploration and group process.* The workshops of this series use an experimental educational format that combines information input with experiential approaches, and group process. For this purpose we will use various forms of Buddhist meditation, controlled breathing, focused body work, mandala drawing, psychic/intuitive counseling and training, massage, and other approaches. The coordinators, visiting guest faculty, and the Esalen staff will function as facilitators for participants throughout the workshop.

Reservations accompanied by a brief biographical letter should be addressed to: Cynthia Johnson, Esalen Institute, Big Sur, CA 93920. (408) 667-2335. $1960

January 4–23, 1987
Tutorial in Shamanic Healing and Shamanic Counseling

Michael Harner

This three-week intensive training course emphasizes universal core methods of shamanism, such as the classic shamanic journey, and their practical applications to contemporary life. The small group of approximately sixteen students will practice and live together in the Big House.

For information or to apply, write to Michael Harner, Center for Shamanic Studies, Belden Station, Norwalk, CT 06852, (203) 454-2827.

Quality Life: Senior Executives

John Soper

A workshop is offered for senior executives interested in living life at its highest quality. The workshop is open to a small number of participants. Please contact John Soper, Burns Creek, Big Sur, CA 93920, or call (408) 667-2431.

Massage Practitioner Certification Program

Esalen is now offering a California state-approved certificate upon successful completion of its three-month work-scholar program or residential massage practitioner program, and 30 additional massages. Each program fulfills the state requirement of at least 130 hours of instruction, supplemented with additional study in body-mind disciplines such as yoga, gestalt awareness work, and movement.

Healthspring Traveling Workshops

The Esalen massage teachers and their associates have created Healthspring, an independent organization devoted to extending their work into an outreach program. The workshops offer practices to help increase physical and spiritual health and awareness within the body, and can be designed to suit the needs of individual groups. The curriculum combines such approaches as massage, meditation, dance, neo-Reichian work, creative movement, gestalt, yoga, breath enhancement, anatomy, and other health-strengthening disciplines.

Healthspring will conduct workshops at locations outside of Esalen in your hometown or city. For more information on scheduling a Healthspring group in your community, write to: Healthspring Traveling Workshops, Esalen Institute, Big Sur, CA 93920.

1st Reunion Of European Work Scholars

We are planning to meet with European workscholar alumni in Germany May 28 to 31, 1987. Visiting Esalen facilitators will include Jessica Britt, Bette Dingman, Christine Price, and John Soper. For further information and to share ideas contact Eberhard Schwartz, Menzelstr; 1, 1000 Berlin 41. 030-855-7504 by December 20, 1986.

Medical Programs

Esalen Institute is a California state-approved provider for continuing education for health professionals. **Only those programs specifically listed below offer continuing education credit.** The California Medical Association has granted Esalen Category 1 approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Registered Nurses

October 31–November 2
Transcending Addiction: Redesigning a Lifestyle and a Mind Set
Angela Browne & Richard Miller
10 hours

December 19–21
Locating Pain and Trauma and Eliminating It
Dub Leigh
10 hours

December 28–January 2
The Art of Self-Care:
Who Heals the Healer?
Who Helps the Helper?
Ilana Rubenfeld
30 hours

January 4–9
Craniosacral System: Basic Workshop
Jim Asher & Jane Harrington
30 hours

January 18–23
Beyond Anatomy: Feldenkrais for Body Workers
Patrick Douce
30 hours

Future Program: March 1–27
Certification in Clinical Hypnosis
Eli Jaxon-Bear
30 hours

Wilderness Programs

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

Up to 3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your non-refundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

August 30–September 12
Path of the River: A Grand Canyon Journey

Steven Harper, Wendy Palmer & Arizona Raft Adventures Staff (AZRA)

The Grand Canyon and Colorado River provide a unique environment of dramatic variety, which is intimate and awesome, soft and demanding, yet always rewarding for those who are open to all it has to offer. On this 14-day white-water raft trip through the entire length of the Grand Canyon, we explore our openness to offerings of river, canyon, and natural world. The river is our teacher and primary metaphor. We draw from aikido, dance, energy awareness, movement meditation, and gestalt to enhance our experience of this majestic wilderness area.

We travel in paddle and oar rafts. Instruction is offered in basic aspects of river life such as paddling and minimum-impact river camping. There is time to discuss the Canyon's ecology, geology, natural and cultural history; to hike and explore side canyons; to sit quietly and reflect. Finally, we can work with integration of learnings from this trip into our lives.

River experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. We ask you to come ready to participate fully. The workshop begins at 7:30 AM August 30, in Flagstaff. AZRA will supply all the necessary river and rafting gear, food, and transportation between Flagstaff and the Canyon. Details and a personal equipment list will be sent upon registration. $1400

October 24–26
Women's Vertical Dance: A Rock-Climbing Weekend Near Big Sur

Annie Callaway-Galland

"There is an art in finding one's direction in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know." – René Dumal

Rock climbing is a dance done in a vertical world, a dance of grace, balance, and simplicity. It is an opportunity for stretching limits, extending ourselves, exploring our own edges. Our responses to the challenges of climbing offer a metaphor for looking at the ways we deal with stress and challenge in our daily lives. During the day we will play on the sunny boulders and low rock faces at Pinnacles National Monument, three hours east of Esalen. We'll learn basic movements, such as how to rappel and belay, building trust in our hands and feet and each other. Safety ropes free us to experiment and to discover our inner heroes. We'll prepare our gourmet meals together over a crackling fire and camp beneath the stars, sharing insights from the day's adventure. This weekend begins Friday and ends Sunday evening at the Monterey Airport. A shuttle bus operates between the airport and Esalen, and we'll travel by van to and from the Pinnacles. No previous climbing or camping experience is necessary. Minimum equipment will be needed. Complete information will be sent upon registration. $225

Future Programs

March 1–20
Sustaining Integration: Body, Self, and Soul

Jack Rosenberg

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291, (213) 394-0147. $1595

March 1–22
Continuum Dance Meditation Intensive: Waves and Whispers

Emilie Conrad-Da'oud & Susan Harper $1720

March 1-27
Certification in Clinical Hypnosis

Eli Jaxon-Bear

Fur further information please write: Eli Jaxon-Bear, Institute for Advanced Hypnosis, Box 1311, Mill Valley, CA 94942. $1960

March 27–April 24
Massage Practitioner Program

Esalen Massage Practitioners $2120

April 5–May 1
Gestalt Practice: A Practicum

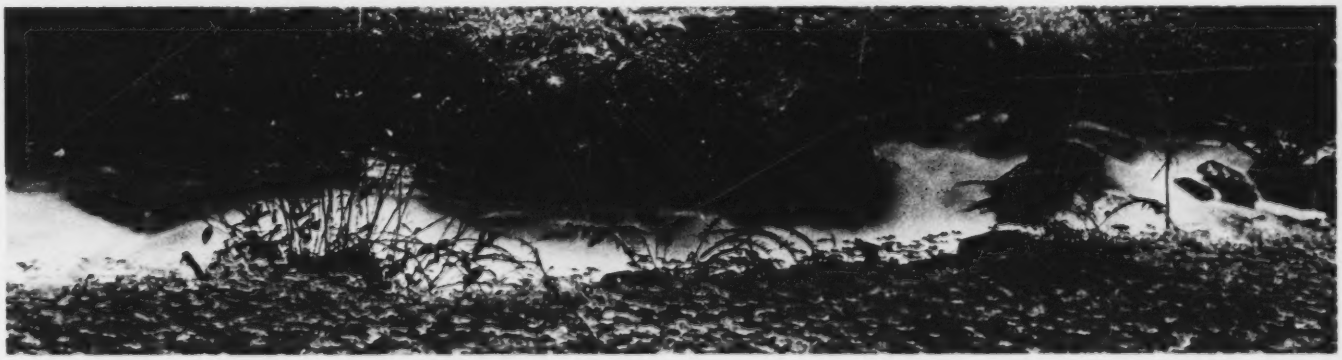
Coordinated by Christine Stewart Price

For a more complete workshop description, write to Christine Price, c/o Esalen, Big Sur, CA 93920. $1485

May 3–29
The Mystical Quest, Attachment, and Addiction

Christina & Stanislav Grof & Jacquelyn Small

For further information write: Christina Grof, "Re May 1987 Month-long Program," Esalen Institute, Big Sur, CA 93920. $1960



Biographical Information

A

Stephen Aizenstat, *p. 29* ..... clinical director of the Human Relations Institute, has conducted dream groups throughout the U.S. and recently completed a comprehensive research project on methods of dream analysis.

Diana Alstad *p. 19* ..... taught the first women's studies courses at Yale and Duke. She has led male/female groups with Joel Kramer in North America, Europe, and Asia.

Antler *p. 14* ..... is the author of *Factory* (City Lights, 1980) and *Last Words: Selected Poems—1967-1983* (Ballantine, 1986).

Anne Armstrong *p. 18, 19, 27* ..... has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong, *p. 18, 19, 27* ..... a former engineer, is a life-long student and teacher of esoteric studies.

Elliot Aronson, *p. 14, 21* ..... professor of psychology at UC Santa Cruz, is author of 12 books, including *Burnout* (with Ayala Pines).

Jim Asher *p. 27, 35* ..... has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer, certified by Ida Rolf.

Debbie Austin, *p. 28* ..... former track and field athletics coach, has expertise in the application of sports psychology methods to psychokinesis training.

Nancy Azara *p. 17* ..... is a sculptor, painter, and psychic consultant specializing in the creative process. She is co-founder of the New York Feminist Art Institute (NYFAI) Women's Center for Learning.

B

Richard Baker-roshi *p. 18, 19* ..... is presently abbot and head teacher of Dharma Sangha Zen Meditation and Study Center in San Francisco and Santa Fe.

Jamie Baraz *p. 28* ..... has taught vipassana (insight) meditation with Joseph Goldstein, Jack Kornfield, Stephen Levine, and others in the U.S. and Asia. He has led San Francisco area classes and retreats since 1977.

Leonard Bearne *p. 11* ..... has studied self-acceptance training with Richard Olney for several years. He practices gestalt, hypnosis, and Radix®, and owns an Old English sheep dog.

Bradley Bernstein, *p. 17* ..... a theater director, studied with Viola Spolin, and holds a doctorate in clinical psychology. He develops original theater with professional actors and with psychiatric clients.

Daniel Bianchetta *p. 14, 23* ..... practices intuitive readings, shiatsu, and deep tissue work at Esalen. He is a teacher and student of Siddha yoga.

Beth Bone Blossom, *p. 14* ..... teacher, fiber artist, herbalist, and mother of two sons, has worked with Starhawk in the Reclaiming collective for six years.

David Boadella *p. 12* ..... is a long-time practitioner of Reichian work, founder and developer of biosynthesis, and editor of the Reichian journal, *Energy and Character.*

Faustin Bray *p. 12* ..... is a performing musician and media artist, founder of Island School, and director of Sound Photosynthesis. She specializes in instigating creativity using yoga, fine arts, science, and travel.

Jessica Moore Britt, *p. 6, 10, 17, 21, 32, 33* ..... coordinator of Esalen in-house programming, is a practitioner of gestalt, Reichian, and wilderness approaches to healing and essential development.

Viola Brody *p. 10* ..... is a clinical psychologist and creator of developmental play, which expresses her interest in the study of the attachment-separation process from birth to death.

Hugh Bromiley, *p. 18* ..... a certified practitioner of hypnosis and NLP, and Alexander principle teacher, leads seminars in Ericksonian hypnosis, communication skills, higher performance, and positive results.

Khara Bromiley, *p. 18* ..... a certified hypnosis and NLP practitioner, has long experience doing intuitive counseling. She has led Symington visualization groups for cancer patients.

Charles Brooks, *p. 20* ..... author of *Sensory Awareness, the Rediscovery of Experiencing,* has been a teacher of sensory awareness since 1963, often in conjunction with Charlotte Selver.

C

Angela Christine Browne *p. 19, 35* ..... is educational director of Cokenders and author of numerous publications on health, social issues, and *Transcending Addiction* (forthcoming).

Annie Callaway-Galland, *p. 18, 36* ..... professional wilderness guide, family counselor, and hatha yoga teacher, has been leading Esalen trips for many years.

Paul Carter, *p. 14* ..... co-founder and director of Meta-Education and Training Arts since 1976, leads workshops in the U.S. and Europe on Ericksonian hypnosis, creativity, and learning.

Seymour Carter, *p. 15, 23* ..... longtime gestalt teacher at Esalen and in Europe, brings to his work studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.

Michell Cassou *p. 11, 24* ..... is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.

Stanford Eugene Cates *p. 24, 29* ..... is an ordained minister, gestalt facilitator, and Trager℠ bodyworker. He has worked with Paul Rebillot in the U.S. and Europe for seven years.

Danner Lief Christensen ..... has been interested in becoming a man ever since he was born in 1950.
p. 31

Didi Conn ..... starred in the movies *You Light Up My Life* and *Grease (I & II)*, and was featured regularly in the TV series, *Benson*.
p. 17

Emilie Conrad-Da'oud, ... a professional dancer and teacher of movement, has studied and performed ballet, modern jazz, Afro-Cuban, and primitive dance in New York and the West Indies.
p. 36

Phil Cousineau ..... is a free-lance writer and film educator. He has taught for the American Film Institute and is currently working on "Conversations with Joseph Campbell."
p. 14

Stewart Cubley, ... artist and scientist, is a co-founder of the Expressive Painting Studio in San Francisco.
p. 11, 24, 32

Christopher Connolly, ... American founder of the Sporting Bodymind consultancy, is also a psychosynthesis guide, a Feldenkrais teacher, and an accomplished water skier.
p. 27

Rose May Dance, ... a teacher, workshop leader, and sociological researcher who has worked with Starhawk in the Reclaiming collective for six years, is editing a workbook on teaching ritual.
p. 14

Laura DeNuccio (Ma Prita), ... a certified Radix® teacher on the Esalen faculty, has over 12 years of experience combining Reichian body work, gestalt, Bates vision work, movement, and meditation in group and private instruction.
p. 11, 18, 23, 28, 33

D

Steven Donovan ..... is director of The Transformation Project.
p. 15

Patrick Douce, ... a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais awareness-through-movement and is available for individual sessions in functional integration.
p. 9, 22, 27, 35

Jack Downing ..... is a psychiatrist with a comprehensive background in gestalt, Rolfing®, Arica, applied kinesiology, and neurolinguistic programming.
p. 9

Joel Dweck ..... is a Reichian counselor in private practice in Los Angeles, where he also directs the Core Contact training program.
p. 13

Victoria Elliot ..... is a counselor and is president and co-founder of an executive search and consulting firm.
p. 10

E

Esalen Massage Practitioners ..... Char Brenner, Peggy Horan, Deane Juhan, George King, Bill Liles, Deborah Medow, Jaime Morton, Laurie Muller, Arthur Munyer, Brita Ostrom, Laurie Schutz, Vicki Topp, and Attila Vaas.
p. 10, 12, 17, 18, 19, 21, 33, 34, 36

F

James Fadiman ..... consults, writes, teaches, and lectures damn near everywhere. He has given workshops at Esalen for 20 years and worked with stories for 10.
p. 31

David Feinstein, ... a psychologist, is director of Innersource in Ashland, Oregon, and has taught at Antioch College and the Johns Hopkins University School of Medicine.
p. 30

Richard Feynman ..... is a professor of theoretical physics at the California Institute of Technology. He served as an advisor on art and technology for the Los Angeles County Museum.
p. 12

Steve Fields, ... director of Progress Foundation, has developed and advocated alternatives to institutional psychiatric treatment for 15 years.
p. 15

Jerry Fletcher ..... is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in Richmond, California.
p. 10, 28

Kathleen Brown Fletcher ..... is a trainer and consultant in organizational development, working in both the profit and non-profit sectors.
p. 10, 28

Joyce Frazee, ... gestalt and dream work practitioner in Vancouver, Canada, for 14 years, has training in Jungian dream analysis, bioenergetics, and group process.
p. 20

Marty Fromm ..... trained with Fritz Perls for three years. Some aspects of their relationship are described in *In and Out the Garbage Pail*.
p. 24

G

Herbert Gold ..... has published over 20 books, most recently *Lovers and Cohorts*, collected stories, and *A Girl of Forty*, a novel. He has taught at Cornell, Harvard, Stanford, and the University of California.
p. 32

Mary Goldenson (Devarani) ..... is a chiropractor, certified Radix® teacher, Bates vision instructor, and is in private practice in Los Angeles and San Francisco.
p. 15, 23, 29

Joe D. Goldstrich, ... author of *The Best Chance Diet*, cardiologist, and past medical director of the Pritikin Longevity Center, currently practices homeopathy in Pacific Palisades, California.
p. 29

Harriet Goslins ..... is a Feldenkrais practitioner and an awareness-through-movement teacher with a background in psychosynthesis and applied kinesiology.
p. 20

Jo Anne Granshaw ..... is involved in self exploration. She is currently studying with Janet Zuckerman.
p. 27, 28

Tom Greening ..... is a clinical psychologist, editor of the *Journal of Humanistic Psychology*, and has made three trips to the Soviet Union.
p. 27

John Michael Grey ..... studied at Stanford University, where he co-directed a research institute in perceptual and cognitive psychology.
p. 18

Christina Grof ..... studied with Swami Muktananda and has a special interest in the relationship between mysticism and psychosis. She is founder of the Spiritual Emergency Network and co-author of *Beyond Death*.
p. 10, 12, 16, 18, 20, 23, 27, 28, 30, 32, 35, 36

Stanislav Grof, ... a psychiatrist who has extensive experience in consciousness research with and without psychedelics, is author of *Realms of the Human Unconscious, LSD Psychotherapy,* and *Beyond the Brain*.
p. 10, 12, 16, 18, 20, 23, 27, 28, 30, 32, 35, 36

Richard Gunther, ... a business entrepreneur, has for 25 years studied the problems and possibilities of mid-life, and is co-author of *Who Needs Mid-Life at Your Age?*
p. 29

H

Joan Halifax, ... author of *Shamanic Voices* and *Shaman the Wounded Healer*, teaches in Europe, Mexico, and the U.S., and is director of the Ojai Foundation.
p. 11

Thomas Hanna ..... is director of the Novato Institute for Somatic Research and Training, editor of *Somatics* magazine, and author of *The Body of Life* and *Bodies in Revolt*.
p. 28

Betsy Hand ..... has worked as a nurse, family counselor, group leader, manager, and consultant in the health care field for over 25 years.
p. 9, 28

Michael Harner, ... an anthropologist who has studied shamanism among South and North American Indians for more than two decades, is the author of *The Way of the Shaman* and *Hallucinogens and Shamanism*.
p. 26, 35

Steven Harper ..... teaches for Colorado Outward Bound and the National Outdoor Leadership School, and is currently the coordinator of the Esalen Wilderness Programs.
p. 9, 11, 14, 16, 36

Susan Harper ..... teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads "Dance the River" trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 36

Jane Harrington ..... holds a masters degree from Lone Mountain College and is a certified Rolf-movement teacher with extensive craniosacral experience.
p. 27, 35

Hazel Henderson ..... is an independent futurist, author, lecturer, and radio and television moderator.
p. 12

Paul Horn ..... is a flutist, jazz musician, creator of the *Inside* albums, philosopher, and teacher of meditation.
p. 15, 26, 27

Michael Horowitz, ... writer, historian, and library director, compiled and co-edited *Moksha: Aldous Huxley's Writings on Psychedelics & the Visionary Experience* and *Shaman Woman, Mainline Lady: Women's Writings on the Drug Experience*.
p. 22

Chungliang Al Huang ..... is a t'ai ji dancer, artist-calligrapher, and philosophical entertainer. He is founder / president of Living Tao Foundation, Urbana, Illinois.
p. 26, 27

Terry Hunt, ... a licensed psychologist practicing bioenergetic analysis in Boston, directs a flotation tank center for amelioration of somatic and addictive disorders.
p. 32

Julian Isaacs, ... director of parapsychological research at John F. Kennedy University, Orinda, California, has pioneered and investigated the training of psychokinetic ability for eight years.
p. 28

J

Kay Jamison ..... is director of the UCLA Affective Disorders Clinic and researches the impact of manic-depressive illness on the lives of poets, writers, and musicians.
p. 22

Erik Jarlnaes ..... is a Reichian practitioner, athlete, and journalist. He uses the Danish Bodynamic approach in working with the body and emotions.
p. 13

Eli Jaxon-Bear, ... former staff research associate in psychology at UCLA and past president of a Tibetan Buddhist meditation center, practices Ericksonian hypnosis, and is a master practitioner of NLP.
p. 18, 31, 35, 36

Don Johnson, ... author of *Body and The Protean Body*, is coordinator of the graduate studies program in somatic psychology and education at Antioch University in San Francisco.
p. 23

Michael Joyce, ... longtime group leader in the U.S. and Europe and Feldenkrais practitioner, directs a neuromuscular clinic for a Veterans Administration hospital.
p. 15

Deane Juhan, ... a member of the Esalen massage crew for many years, is a certified practitioner of Trager psychophysical integration.
p. 32

K

Fred Kalmus, ... co-founder of the Alternative Choice Counseling Program, leads workshops in stress management for corporations and individuals.
p. 15

Neil Karp, ... practicing psychiatrist, directs the Stress Reduction Associates Medical Group in Santa Barbara, California, a pain and stress management center.
p. 29

Kenneth Kelzer ..... works as a transpersonal educator and counselor in California. Using dream work, he has been conducting classes and groups for over 10 years.
p. 9

Murray Korngold ..... is a certified acupuncturist, and a teacher and speaker on parapsychology and psychic healing.
p. 9

Joel Kramer, ... a Western master of physical and mental yoga, has taught with Diana Alstad throughout the world on the evolution of awareness and male / female relationships.
p. 19

Stanley Krippner, ... psychologist, researcher, and director of Saybrook Institute's Center for Consciousness Studies, authored / co-authored *Human Possibilities, Realms of Healing,* and *Dream Telepathy*.
p. 30

Ron Kurtz ..... is the founder and director of the Hakomi Institute. He is the author of *Hakomi Therapy* and co-author of *The Body Reveals*.
p. 21

L

Benj Langdon, *p. 21, 33* ..... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.

Lenore Lefer *p. 31* ..... has a private practice in San Francisco, is on the training staff of the Psychosynthesis Institutes of London and San Francisco, and teaches at the California Institute of Transpersonal Psychology.

Dub Leigh *p. 23, 35* ..... was trained by Ida Rolf and Moshe Feldenkrais, and is currently studying with Tanouye Tenshin-roshi at Hawaii Zen Center.

Mary Lenholt, *p. 10* ..... a licensed mental health counselor in private practice in Florida and a certified developmental play trainer, brings to her work a sense of love and delight.

Dianne Miller Lesty *p. 33* ..... has been a resident Esalen gestalt and Halprin movement facilitator and massage staff member since 1973.

Paul Lounsbury *p. 9* ..... has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.

DeeDee Lozier *p. 15* ..... is a Feldenkrais practitioner who studied with Moshe Feldenkrais in the U.S. and Israel.

David Lukoff *p. 22* ..... heads the Diagnosis and Psychopathology Unit at UCLA Neuropsychiatric Institute, and researches holistic health treatments for schizophrenia, and the relationships among mythology, mysticism, and psychosis.

Nancy Kaye Lunney, *p. 12, 17* ..... a gestalt practitioner at Esalen since 1977, is a vocal coach and accompanist for well-known professional entertainers. She is manager of programming and a trustee at Esalen.

M

Lizbeth Marcher *p. 13* ..... is the founder and developer of the Danish Bodynamic approach to working with the body and emotions.

Marilyn Mason, *p. 16* ..... family counselor and teacher at the University of Minnesota, is founder/director of the Wilderness Learning Institute.

Will McWhinney, *p. 27* ..... is on the senior faculty of the Fielding Institute, consultant, former asociate professor, UCLA, and candidate for president of AHP.

Deborah Anne Medow, *p. 6, 24, 33* ..... Esalen group leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.

Ailish Mellard, *p. 31* ..... holistic health practitioner and body worker for 12 years, is currently organizational consultant for Will Schutz Associates, which teaches human potential concepts for various organizations.

Jane Miletich, *p. 6* ..... a longtime Big Sur resident and Esalen masseuse, is instructor of hatha yoga, t'ai chi, and transitional cleansing diets; student of midwifery, birth, and death; and bearer of ritual.

Richard Louis Miller, *p. 19, 35* ..... the founder of Cokenders' holistic addiction treatment program, appears on national television and radio describing his humanistic alternatives to hospitalization.

Marghe Mills *p. 17* ..... is co-author of *Developmental Movement Therapy* with Bonnie Cohen, certified Feldenkrais teacher, faculty member, Dominican College, and in private practice in the San Francisco area.

Ian Mitroff, *p. 27* ..... is Distinguished Professor of Business Policy, USC, and author of numerous books on planning and crisis management.

Arthur Eric Munyer *p. 19* ..... is a teacher and practitioner on the Esalen massage crew and was one of the first faculty members at Gazebo school.

Jezariah Canyon Munyer, *p. 19* ..... born February 11, 1983, is his parents' favorite teacher.

Laurie Schutz Munyer, *p. 19* ..... a long-time Esalen resident and former staff member, has worked at Gazebo school and is a practitioner and teacher of Esalen massage.

Michael Murphy *p. 15* ..... is co-founder of Esalen Institute and founder of The Transformation Project. He is author of *Golf in the Kingdom, Jacob Atabet, The Psychic Side of Sports,* and *An End to Ordinary History.*

O

Richard Olney *p. 11* ..... has studied with Alan Watts, Fritz Perls, and Alexander Lowen. He has presented self-acceptance training throughout the US and Europe.

Kathleen O'Shaughnessy *p. 22* ..... has an extensive background in Soto Zen, growth psychology, shamanic states, body work, and the practicalities of transpersonal crisis.

P

Karen Paine-Gernée *p. 32* ..... leads groups for Adult Children of Alcoholics in Cambridge, Massachusetts. She is on the faculty of Omega Institute, The New York Open Center, Interface, and Spring Hill Institute.

Cynthia Palmer, *p. 22* ..... writer, historian, and library director, co-compiled and co-edited *Moksha: Aldous Huxley's Writings on Psychedelics & the Visionary Experience* and *Shaman Woman, Mainline Lady: Women's Writings on the Drug Experience.*

Helen Palmer *p. 12, 18* ..... is a practicing clairvoyant. She directs the Center for the Investigation and Training of Intuition. Her teaching utilizes personality issues as access points to psychic perception and the inner life.

Wendy Palmer, *p. 9, 11, 18, 36* ..... a teacher and director of the Lomi School, holds a black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.

Marianne Paschke-Carter *p. 14* ..... combines movement, hypnosis, conscious breathing, and Trager℠ psychophysical integration in her work with individuals, families, and groups.

George Pennington, *p. 16* ... a staff member of the Coloman Growth Center in Bavaria, West Germany, works to combine modern psychological approaches with Buddhist and shamanic consciousness practices.

Ayala Pines, *p. 14, 22* ... a social psychologist at UC Berkeley, and a licensed psychologist in private practice, is co-author of *Experiencing Social Psychology*, and *Burnout: From Tedium to Personal Growth*.

Jeff Poniewaz *p. 14* ... is the author of *Dolphin Leaping in the Milky Way*, (Homeward Press, 1985). His poems have appeared in *Greenpeace Chronicles*, the *L.A. Times*, and *New Age Magazine*.

Paul Posner, *p. 22* ... a Soviet citizen who is an expert on cultural differences and similarities between the U.S. and the U.S.S.R., is currently a guest of the Esalen Soviet-American Exchange Program.

Angela Praesent *p. 24* ... is a writer, translator, and editor. She has taught literature at both American and West German universities.

Christine Stewart Price *p. 6, 22, 36* ... combines gestalt awareness practice with guided imagery and various forms of body work. She considers herself a born-again pagan. (Paganism: religion of the earth.)

Douglas Price-Williams *p. 22* ... is a professor of anthropology and psychiatry at UCLA and researches experiential aspects of shamanism across cultures.

R

Edith Rasmussen *p. 10* ... has been a student of awareness methods since 1978. She is now studying with Janet Zuckerman.

Paul Rebillot *p. 24, 29* ... was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.

Leon Redler *p. 10* ... is a London-based psychiatrist, and pioneer, with R.D. Laing and others, in developing alternative psychiatric strategies, including the provision of asylum for people in mental distress.

Tracey Rich *p. 15* ... is a director of the White Lotus Yoga Retreat in Santa Barbara and leads seminars nationally.

Sogyal Rinpoche, *p. 23* ... Tibetan incarnate lama, scholar, and meditation master, was raised by Buddhist master Jamyang Khyentse Chokyi Lodro, and studied at Cambridge University.

Rita Rohen, *p. 9* ... a family and organizational consultant, has an international practice in personal and transpersonal growth, and in the exploration of relationships.

Jack Rosenberg *p. 20, 34, 36* ... has worked with cancer research and transformation of consciousness, and practices gestalt, Reichian work, yoga, and object relations in Venice, California.

Gabrielle Roth *p. 9* ... is the creator of the Moving Center method of catalyzing natural movements. She lives on the East Coast, where she directs and performs with her own theater/dance company.

Ilana Rubenfeld *p. 24, 26, 35* ... is the originator of her own integration called "gestalt synergy®." She trained with Fritz and Laura Perls and Moshe Feldenkrais, and is on the faculty of New York University.

Anne Ruderman *p. 13* ... is a Reichian counselor in private practice in Los Angeles.

Gordy Ryan *p. 33* ... has roots in the Big Sur Primitive Jazz Society, and has studied and performed with Olatunji for 15 years.

S

David Schiffman, *p. 12, 14, 17, 22, 23, 27, 30, 31* ... a long-time group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.

Elisa Lodge Schiffman *p. 12, 14, 17, 22, 23, 27, 29, 30* ... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf-movement integration.

Will Schutz, *p. 31* ... founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity*.

Alan Schwartz, *p. 24, 26* ... long-time Esalen group leader, college professor, and gestaltist, is completing his book, *Systemics: The Art & Science of the Human Energy System*.

Nadine Scott *p. 15* ... is founder and director of International Study Group (ISG), and Pakhuis Amerika, a community for the integrated self.

Charlotte Selver, *p. 20* ... student of Elsa Gindler, introduced Sensory Awareness to the United States, and has been closely connected with Esalen and San Francisco Zen Center since their beginnings.

Phyllis Shankman, *p. 21* ... a licensed counselor in private practice in West Los Angeles, specializes in group process, and is interested in self-acceptance and change.

David Shire *p. 17* ... won an Oscar for his song "Norma Rae," and has written numerous film scores, as well as the music for the Tony-nominated Broadway show *Baby*.

Julian Silverman *p. 31* ... is director of counseling and psychological services at UC-Santa Cruz.

Anne Nechama Simkin *p. 26, 33* ... trained in gestalt with Erv and Miriam Polster and Jim Simkin, and has conducted workshops internationally.

Saul-Paul Sirag *p. 30* ... is a theoretical physicist who has published papers on cosmology and unified field theory.

Harry Sloan, *p. 13, 24, 28, 32* ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.

Jacquelyn Small, *p. 36* ... author of *Becoming Naturally Therapeutic* and *Transformers, The Therapists of the Future*, is recognized as a leader in the fields of addiction and human consciousness.

Gerald Smith *p. 9, 28* ... is a psychologist in Belmont, California. He is the author of *Hidden Meanings* and *Couple Therapy*.

Elliot Sobel *p. 23* ... was the editor of *New Sun Magazine* and has done extensive research, as an author and performer, in the area of consciousness as it relates to the arts.

Jerry Solfvin *p. 30* ... is on the faculties of John F. Kennedy University and the California Institute of Integral Studies. He has authored many articles on mental healing.

Sharon Solfvin *p. 30* ... is on the faculty of John F. Kennedy University and is a business consultant on creativity and intuition.

Starhawk *p. 14* ... is the author of *The Spiral Dance: A Rebirth of the Ancient Religion of the Great Goddess* (Harper & Row, 1979), and *Dreaming the Dark: Magic, Sex, and Politics* (Beacon, 1982).

Brother David Steindl-Rast, *p. 29* ... Benedictine monk, hermit, psychologist, and author, has lectured on all five continents. He is concerned with the spiritual challenges of our time.

Elizabeth Stratton, *p. 25, 26* ... a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.

John Syer, *p. 27* ... a sports psychologist trained in gestalt by George and Judith Brown, played volleyball for Britain and was Scottish national coach for ten years.

T

Charles Tart *p. 17* ... is a psychologist who has worked with altered states of consciousness, parapsychology, and human potentials.

Judith Tart *p. 17* ... is a registered nurse and a student of aikido, the Gurdjieff work, and the Course in Miracles.

Lawrence Telles *p. 15* ... trained as an academic philosopher, and has directed psychosocial rehabilitation programs since 1976.

Mary Tesoro *p. 24* ... is a certified Leonard Energy Training (LET) instructor, writer, and aikido practitioner, whose work embraces issues of human health, potential, and peak performance.

Gabriele Thomson *p. 21* ... has conducted workshops for mental health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.

Lia Thompson *p. 6* ... has been a Gazebo teacher for six years. She is currently a co-ordinator of Experiencing Esalen: The Body and a member of the Gazebo workshop staff.

U

Walter Urban *p. 10* ... is a research psychoanalyst and financial success consultant.

V

Tom Van Sant, *p. 12* ... Fellow, MIT Center For Advanced Visual Studies, is an internationally known painter, sculptor, and environmental planner, and is considered the father of space art.

W

Brian Wallace, *p. 12* ... musician, composer, poet, and media artist noted for creating a dramatic environment, has performed for 20 years and is director of Nomadband.

John Welwood *p. 32* ... is a clinical psychologist and author of *Awakening the Heart* and *Challenge of the Heart: Love, Sex, and Intimacy in Changing Times*.

Ganga White, *p. 15* ... an internationally known teacher and master of yoga, is author of *Double Yoga* and has received the titles "Yogacharya" and "Yogiraj" (King of Yogis) in India.

Nancy Winston *p. 9* ... is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling throughout North America.

Roger Woolger, *p. 12* ... graduate of C.G. Jung Institute in Zurich, is a teacher, counselor, and author of articles on psychology and spiritual practices.

Z

Janet Zuckerman *p. 10, 27, 28* ... was an emotional release and group process teacher at Esalen for 12 years. She has a private practice in San Francisco.

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Food for the Senses

a book of recipes and artwork by people of the Esalen community is now available. To order by mail, use the following form.

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The Media Center

Videotapes

Esalen

This 18-minute videotape, which tells Esalen's story from its early history to the present, is an inexpensive way to view the general offerings available at Esalen. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities.

Invited Speakers

The Esalen Media Center is offering for rental or purchase a selection of videotapes from conferences and seminars. This series consists of unedited single camera recordings of informal talks made at Esalen.

1. Jack Kornfield, "On Meditation," November, 1984. A long-time student and teacher of vipassana meditation and Buddhism discusses these traditions with reference to his own experiences as a spiritual seeker in the Orient.

2. Brother David Steindl-Rast, "God, Spirituality, and the Senses," November, 1984. A Benedictine monk and scholar discusses the spiritual journey and its relationship to mythology and transpersonal theory.

3. Fritjof Capra, "Characteristics of Systems Thinking," June, 1985. The author of *The Tao of Physics* and *The Turning Point* discusses the evolution of scientific thinking, including current views and implications.

4. Stanislav Grof, "The New Scientific Paradigm," June, 1985. An original member of the transpersonal psychology network, and author on related topics such as appropriate use of psycho-active substances, discusses his current view of consciousness.

5. Rupert Sheldrake, "Morphic Resonance and The New Science of Life," June, 1985. A British geneticist relates his theories on biological and psychological development, and discusses some empirical tests of these theories.

6. Kenneth Ring, "The Near-Death Experience," June, 1985. The author of *Life at Death* and *Heading Toward Omega* discusses his research on the near-death experience, and some of its implications for the future of the human race.

7. Albert Hofmann, December, 1984. The discoverer of LSD talks to Stan Grof about his early experiences with this and other psycho-active drugs. He also discusses some of the social, political, and scientific consequences of LSD.

8. Anne Armstrong and Elizabeth Stratton, December, 1984. Two long-time students, practitioners, and teachers of psychic work discuss with Nancy Knapp their practices and perspectives related to psychic counseling and healing.

9. Terence McKenna, "Fractile Perspectives on the Millenium," August, 1985. The author of *The Invisible Landscape* gives his vision of the future, centering around the evolution of human consciousness.

10. Jack Rosenberg, "One Hour and Twenty-Nine Minutes with Jack Rosenberg and Integrative Body Practice," September, 1985. The Venice, California practitioner gives his view of personality development and some of the typical patterns of interaction in relationship.

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Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See **General Information**, page 46.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ ZIP _____ Occupation _____

Telephone Number: Home: Area Code ( ) _____ Work: Area Code ( ) _____

There are sometimes unexpected situations that may require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? If you can't be reached, please call us *before* your scheduled arrival for final confirmation. **Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.**

(On additional paper please repeat the above information for every person in your party making a reservation. Mail to Reservations, Esalen Institute, Big Sur, CA 93920.)

Check if you want: ☐ housing as a couple, shared bed

Do you smoke? _____

Car Pooling: We encourage guests to car pool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop, for phone numbers of other guests from your area.

Check here ☐ if you do not want us to give out your number for the purposes of ride sharing.

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. (For further details see Ways of Being at Esalen, page 6.)

Bus Service:

I want bus service from (check one):

_____ Monterey Greyhound Bus Station at 4:45 pm

_____ Monterey Airport at 5:00 pm

on _____ (date of arrival, Fridays & Sundays only)

The $20 (rate subject to change) per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. Esalen bus service is not available at any time other than as listed above.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute in U.S. currency only.

Overseas residents please pay by checks drawn on U.S. banks.

Your reservation can be charged to:

MasterCard ☐ Visa ☐ American Express ☐

Card No. _____

Expiration Date _____

All workshops require nonrefundable reservation fees. See page 46. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

General Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco. It is directly over the shoreline of the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute-By Reservation Only.

Car Pooling: We encourage guests to car pool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop, for phone numbers of other guests coming from your area.

Reservation Information: In order to reserve a space in any workshop we require a reservation fee of $50 for weekend groups, $100 for five-day groups, $150 for seven-day groups, $200 for two-week groups, $300 for three-week groups, and $400 for month-long groups, **payable in U.S. currency only. Overseas residents please pay by checks drawn on U.S. banks.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. ***Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.***

Please mail all reservations to:
Reservations,
Esalen Institute
Big Sur, CA 93920

We are able to process mail reservations more effectively. If you are concerned about workshops being full or have any questions, you may make reservations by phone if you use your MasterCard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335
Office Hours:
Monday, Tuesday, Thursday, and Saturday 10 am to 3 pm
Wednesday 10 am to 12 Noon
Friday 10 am to 8 pm
Sunday 12 Noon to 8 pm

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or three workshop participants.* Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Gazebo School: Any requests for child care should be sent at least one month in advance, to Gazebo, Esalen Institute, Big Sur, CA 93920.

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and a five-day is $50. Discounts are available only when you make your reservations. Please present proof of age when you register. Senior discounts are not available for Wilderness Programs.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay: 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are canceled, so second choices are advised. Many community programs are also open to residents. The cost is $1960 per 26 day period.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared and the rate is $60 per person per day on weekdays, and $75 per person per day on weekends. Room and board rates include dinner on the day of arrival and breakfast and lunch the following day.

Private rooms are sometimes available. Rates are $100 per person per day, $110 per couple per day on weekdays, and $135 per couple per day on weekends. Special family rates are available. Please phone the office for additional information.

Bus Service: We have bus service from the Monterey Greyhound station at 4:45 pm and from the Monterey Airport at 5:00 pm on Fridays and Sundays. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The charge for one-way service is $20 (rate subject to change), payable to the Esalen office when you check in. Return reservations may be made at the same time. The bus leaves Esalen at approximately 6:30 pm. Bus service to Esalen is not available at any other time.

Seminarians as Staff (Volunteers): Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of diplomas such as those conferred by traditional schools. Many formal educational institutions do recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office [(408) 667-2335] for further information.

Kathleen Thormod Carr

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Esalen Institute
Big Sur
California 93920

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Steve Beck

Chernobyl and Three Mile Island: Implications for Cooperation in an Interdependent World

September 11, 1986

In the first public discussion between Soviet and American scientists since the accident at Chernobyl, five American and five Soviet cities were joined together for a live satellite conference. Originated by the Esalen Institute Soviet-American Exchange Program, the spacebridge was cosponsored with the American Association for the Advancement of Science, Internews, the U.S.S.R. Academy of Sciences, and the U.S.S.R. State Committee on Television and Radio.

People across 17 time zones watched the event, from Anchorage, Alaska, to Gainesville, Florida, and from Leningrad on the Baltic Sea to Vladivostok on the Pacific Coast.

The spacebridge sought to bring to bear in Soviet-American relations what is a guiding principle of Esalen Institute: communication between people of diverse perspectives and a sense of shared responsibility for the future.

Esalen Notes

Lawrence Kohlberg's Research on Moral Development

From March 29 to April 3, Esalen will sponsor a conference on correspondencies between the stages of moral development that Lawrence Kohlberg has helped to illuminate, the stages of religious sensibility postulated by James Fowler, and the stages of life proposed by Erik Erikson. On the weekends of March 27-29 and June 5-7, Cheryl Armon and psychologists Charles and Ronnie Blakeney will present various aspects of Kohlberg's theories and research. Because they are commanding increasing respect and have proved to be highly effective in America and abroad, Kohlberg's methods of moral education will be explored at Esalen in public seminars and further invitational conferences. Moral judgment and behavior will be regular subjects of Esalen programming in the years to come.

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Lawrence Kohlberg, director of the Center for Moral Development and Education at Harvard University, has studied the development of moral judgment for the past thirty years and has demonstrated the existence of a universal sequence in the stages of moral thought. His research has attempted to explain how people progress through those stages and how moral judgment operates in their lives.

In order to better understand Kohlberg's theoretical interests, it is helpful to know the story of his personal search for moral understanding. We excerpt here, with permission, from "My Personal Search for Universal Morality," by Kohlberg, published in the *Moral Education Forum*.

"As an adolescent, real life for me, outside of high school, was summer trips with friends working on farms, road gangs, and in an airplane factory. These experiences of working and getting to know our fellow workers reaffirmed an abstract faith in American democracy I had gotten from my parents and from my reading authors like Emerson, Whitman, and Sandburg. My moral questions about the justice of my high school did not lead me to have any doubts about the justice of World War II, which I was prepared to enter upon graduation from boarding school in 1945. I reached Europe in the fall of 1945 as a member of the United States merchant marine. Having a Jewish father, what struck me was not only the wreckage of buildings and lives due to the war, but getting to know the plight of the survivors of the Nazi holocaust or genocide of Jews, Gypsies, and other non-Aryans. This was not only destruction and horror but injustice such as the world had never known.

"I speedily finished my term of duty in the American merchant marine and volunteered as an unpaid engineer to bring ships full of Jewish refugees illegally through the British mandate. I had no moral conflicts about breaking British law, which was unjust to the Jewish survivors of the holocaust from displaced persons camps with no home country to go to. So I was happy to see 2,000 refugees board our tiny ship, the Paduoah, an old navy ice breaker bought by the Hagenah, the Jewish defense force which later became Israel's army and navy. Our ship was captured by the British navy as its predecessor, the Exodus, celebrated in Leon Uris' novel and movie, had been.

"The British navy and marines rammed the ships, used tear gas, steamed and clubbed their way to the steering room and the engine room, and stopped the ship. Several infants died in the scuffle though the British tried to use no unnecessary violence. I, my crewmates, and the refugees were taken to a British concentration camp in Cyprus. The Hagenah helped us to escape from Cyprus to Palestine and equipped us with false papers. I and some of my crewmates stayed on a kibbutz or collective settlement until it was safe to leave the country with false papers and to take another ship from America to Europe to Palestine, a ship that became an Israeli navy ship in the 1948 war of Israel's independence against the Arab states.

"My experiences with illegal immigration into Israel raised all sorts of moral questions, issues which I saw as issues of justice. Was using death and violence right or just for a political end? While the infants died and the adults went to a concentration camp, the aims of the Hagenah were political, to put international pressure on the British to leave Palestine. When is it permissible to be involved with violent means for supposedly just ends?

"These gropings about questions of justice were intermingled with an adolescent hedonism and relativism about society's demands on me, be it American or Israeli society. The Israeli kibbutz represented ideas of social justice I had to admire but was I really required to follow them, or could I live by the more familiar and easier demands of my American homeland? In the end, these questions became questions of ethical relativity. Was there a universal morality or was all moral choice relative, dependent on culture or on one's own personal and emotional choice? While words like 'identity questioning' were unknown to me at the time, sorting out what I wanted to be seemed to depend on answers to some of these questions, questions which seemed to require some sort of intellectual guidance."

Kohlberg pursued an undergraduate education in philosophy and postgraduate work in clinical psychology at the University of Chicago. However, at the time he started research on his dissertation in 1955, the study of moral reasoning and its development was not an established topic, nor was the cultural climate of the day particularly predisposed to Kohlberg's inquiries. To quote Roger Brown and Richard Herrnstein in *Psychology* (Little, Brown and Co., 1975) as excerpted from the article above:

"'When in the late 1950s and early 1960s Lawrence Kolhberg undertook to study moral reasoning and conduct, his choice of topic made him something of an "odd duck" within American psychology. The very words "moral" and "conduct" had a kind of "No, No, Nanette"

period flavor to them. And social scientists were not nostalgic for that period when morality seemed to be mainly a bludgeon for controlling sex and possibly, swearing. No up-to-date social scientist, acquainted with psychoanalysis, behaviorism, and cultural anthropology, used such words at all. To appreciate what Kohlberg has done to deepen the intellectual interest of what is, after all, a very substantial aspect of human psychology, one must have some sense of the tide he swam against. . . . behavioral scientists were almost all persuaded that cultural relativism had been established by anthropologists' repeated discovery that a practice approved in one society was condemned in another. The most prevalent position was that norms, customs, values, and attitudes varied from culture to culture and were what they were, providing no real basis for preferring one way of life over another.'"

That climate was soon to be changed by the moral clashes of the civil rights movement and Vietnam during the 1960s. Americans could no longer ignore societal issues of moral reasoning as they apply to basic human rights. At that time Kohlberg was teaching at the University of Chicago, and the study of moral reasoning and its relation to conduct had become a popular subject among psychologists. Studies were done relating stage of moral judgment to behaviors from cheating to occupying administration buildings. While details of these studies caused considerable debate, the findings seemed to indicate a stage-by-stage increase in willingness to take moral responsibility for one's actions.

Much of Kohlberg's dissertation research was deeply rooted in the work of Jean Piaget, the Swiss child psychologist. Piaget postulated that the child was a philosopher and that the child's philosophy went

Table I
The Six Stages Of Moral Judgment

	Content of Stage		
Level and Stage	**What is Right**	**Reasons for Doing Right**	**Social Perspective of Stage**
Level I: Preconventional Stage 1: Heteronomous morality	Sticking to rules backed by punishment; obedience for its own sake; avoiding physical damage to persons and property.	Avoidance of punishment, superior power of authorities.	*Egocentric point of view.* Doesn't consider the interests of others or recognize that they differ from the actor's; doesn't relate two points of view. Actions considered physically rather than in terms of psychological interests of others. Confusion of authority's perspective with one's own.
Stage 2: Individualism, instrumental purpose, and exchange	Following rules only when in one's immediate interest: acting to meet one's own interests and needs and letting others do the same. Right is also what is fair or what is an equal exchange, deal, agreement.	To serve one's own needs or interests in a world where one has to recognize that other people also have interests.	*Concrete individualistic perspective.* Aware that everybody has interests to pursue and that these can conflict; right is relative (in the concrete individualistic sense).
Level II: Conventional Stage 3: Mutual interpersonal expectations, relationships, and interpersonal conformity	Living up to what is expected by people close to you or what people generally expect of a good son, brother, friend, etc. "Being Good" is important and means having good motives, showing concern for others. It also means keeping mutual relationships such as trust, loyalty, respect, and gratitude.	The need to be a good person in your own eyes and those of others; caring for others; belief in the Golden Rule; desire to maintain rules and authority that support stereotypical good behavior.	*Perspective of the individual in relationships with other individuals.* Aware of shared feelings, agreements, and expectations which take primacy over individual interests. Relates points of view through the concrete Golden Rule, putting oneself in the other guy's shoes. Does not yet consider generalized system perspective.
Level II: Conventional (continued) Stage 4: Social system and conscience	Fulfilling duties to which you have agreed; laws to be upheld except in extreme cases where they conflict with other fixed social duties. Right is also contributing to the society, group, or institution.	To keep the institution going as a whole and avoid a breakdown in the system "if everyone did it"; imperative of conscience to meet one's defined obligations. (Easily confused with stage 3 belief in rules and authority.)	*Differentiates societal point of view from interpersonal agreement or motives.* Takes the point of view of the system that defines roles and rules; considers individual relations in terms of place in the system.

(continues)

Table I (concluded)

Level and Stage	Content of Stage: What is Right	Content of Stage: Reasons for Doing Right	Content of Stage: Social Perspective of Stage
Level III: Postconventional or Principled . Stage 5: Social contract or utility and individual rights	Being aware that people hold a variety of values and opinions and that most of their values and rules are relative to their group. Relative rules usually upheld in the interest of impartiality and because they are the social contract. Some nonrelative values and rights (e.g., *life* and *liberty*) must be upheld in any society and regardless of majority opinion.	A sense of obligation to law because of one's social contract to make and abide by laws for the welfare of all and for the protection of all people's rights. A feeling of contractual commitment, freely entered upon, to family, friendship, trust, and work obligations. Concern that laws and duties be based on rational calculation of overall utility, "the greatest good for the greatest number."	*Prior-to-society perspective.* Rational individual aware of values and rights prior to social attachments and contracts. Integrates perspectives by formal mechanisms of agreement, contract, objective impartiality, and due process. Considers moral and legal points of view; recognizes that they sometimes conflict and finds it difficult to integrate them.
Level III: Postconventional or Principled (continued) Stage 6: Universal ethical principles	Following self-chosen ethical principles. Particular laws or social agreements usually valid because they rest on such principles; when laws violate these principles, one acts in accordance with principle. Principles are universal principles of justice: equality of human rights and respect for the dignity of human beings as individuals.	The belief as a rational person in the validity of universal moral principles and a sense of personal commitment to them.	*Perspective of a moral point of view from which social arrangements derive.* Perspective is that of a rational individual recognizing the nature of morality or the fact that persons are ends in themselves and must be treated as such.

Source: Lawrence Kohlberg, "Moral Stages and Moralization: The Cognitive-Developmental Approach," in *Moral Development and Behavior: Theory, Research and Social Issues*, ed. Thomas Lickona (New York: Holt, Rinehart and Winston, 1976), pp. 34–35.

through stages. To go through stages is to have qualitative transformations in world view or philosophy. When Kohlberg started his research, very little work on children's moral reasoning had been done. Kohlberg's unique contribution has been to apply to the study of moral judgment the concept of stage development, which moral education helps to stimulate. The six stages of moral judgment that Kohlberg postulates are outlined in Table 1.

In his search for a universal morality that could not be limited to Western cultures, Kohlberg subjected his theories to cross-cultural research. By now, over fifty cross-cultural studies on moral stage development have been done. To summarize briefly, the first four stages are found in almost all cultures, the fifth stage in all complex urban cultures and elaborated systems of education such as those in Taiwan, Japan, and India.

These findings challenge assumptions that morality is simply the result of unconscious processes or early social learning, which lead to a relativist position. Relativism is increasingly difficult to accept. Were Nazi war criminals correct when they claimed that they were only following orders of their superiors and were therefore acting in accordance with their society's morality? Is it morally acceptable for politicians to wiretap their political enemies' offices because that is the American way of succeeding in politics? A person who rejects these claims must explain on what basis he is criticizing other people's morality. One must assume the existence of some moral principles whose validity is not limited to any given society. Such principles are not learned in early childhood; they are the product of mature rational judgment.

How does one assess someone's stage of moral development? Kohlberg has devised a research instrument to tap the process of reasoning that the person uses to resolve moral dilemmas. He believes that one has only to pose to the person moral dilemmas that will arouse his or her interests, and to ask directly what the best solution to the dilemma would be, and why. To determine a subject's stage of moral development, the researcher must see how consistently the subject reasons across a range of moral issues.

Kohlberg emphasizes that an action by itself is neither moral nor immoral. The moral element enters when a person explains *why* he is acting as he is; what in the given circumstances justifies his acting as he does. Not all justifications are equally valid. Quite the opposite. Some justifications, or moral judgments, are more adequate than others. Hence some stages of moral judgment are "better" than others.

To cite an example postulated by Kohlberg, a person who says he lied (or would lie) to save the life of an innocent person is offering an intuitively more "adequate" justification for his actions than a person who says he lied (or would lie) to help a friend get in free to the movies. For while it is clear to most of us that saving an innocent life should take precedence over telling the truth, it is not clear that helping a friend save the price of a movie ticket should take precedence over telling the truth.

Moral judgments do not abide by rigid rules. A situation that evokes a values conflict between "telling the truth" and "saving a life" presumes a cognitive operation by which a person decides which of his values should take precedence over other values. By saying that some moral judgments are more "adequate," Kohlberg is arguing that (1) some values ought to take precedence over others, and (2) some ways of weighing rights or claims in a moral conflict situation are better than others.

Kohlberg has recognized the potential importance of moral development research for educational and clinical practice. Among his thesis subjects was a group of delinquent boys. In a post-doctoral fellowship at Boston Children's Hospital, he attempted to integrate observations of the moral development of children and adolescents with their clinical diagnosis, treatment, and therapy. Kohlberg has also become immersed in projects with administrators, teachers, and students in several inner-city New York schools and one prison. Central to their collaborations has been a faith in democracy as a vehicle to creating a just and caring community.

New Perspectives on the Human Body

From June 21 to 26, Esalen will sponsor an invitational conference to explore new perspectives on the human body. On the weekend of June 26–28, the participants in that conference will present visions of their future work in a public seminar in Big Sur. These two programs mark the beginning of a long-term project at Esalen coordinated by somatic educator Don Johnson that will assemble educators, physiologists, physical anthropologists, dancers, sociologists, and others who are bringing new insights to our understanding of the body. It will build on the work of pioneers such as Charlotte Selver, Moshe Feldenkrais, Ida Rolf, and others who have taught at Esalen, but will broaden our past inquiry to embrace perspectives from other fields and new scientific findings regarding physical functioning. Two central themes of these explorations will be: that the body is largely shaped by social forces, and that it has immense capacities for further development.

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The Biological, Psychological, and Cultural Body: Methods of Transformation

It has been common to think of the human body as a thing, a physical substance whose basic structures are given, subject to the simplest variations in weight and muscle shape and to deterioration due to illnesses, accidents, and age. In the past, only a few esoteric teachers considered the radical possibilities for transforming the body. During the past century, however, a handful of scientists, therapists, educators, and artists have been questioning the popular paradigm, analyzing the body as a protean reality, subject to much greater variability than had been imagined.

Marcel Mauss, for example, argued that the body is a cultural variable whose form depends on the shaping methods peculiar to the culture; Rudolf zur Lippe calls the body "the first art work of a culture"; Norman O. Brown writes of the body as a historical variable, the subject of revolutions. In the field of body-oriented therapies, pioneers like Emilie Conrad-Da'oud have based their methods on the radical plasticity of the body and the changes in thought patterns that stem from becoming aware of that plasticity. Choreographers like the creators of Pilobolus and Momix carry on the tradition begun by Mary Wigman and Isadora Duncan, an aesthetic based on an image of the body as a self-propelling natural organism rather than putty to be molded into external forms. Biological scientists, studying dysfunctions like stress, cancer, heart disease, and AIDS, have increasingly focused on connections among various systems of the body and the connections between the "whole body" and larger psychological and social dimensions of life.

This conference is based on a growing realization that an adequate understanding of the body requires information from many arenas, a wide panorama of theories, clinical practices, research discoveries, aesthetics, and educational strategies which describe the sensitivity and vulnerability of human beings and which move toward the transformation of their pain. It is not about holistic health and healing, but about that broad spectrum of concerns about the body of which healing, education, art, and science are subsets. The participants include biological and behavioral scientists, creators of somatic therapies, artists, psychotherapists, teachers of meditation, and thinkers who have analyzed the role of the body within culture.

The weekend seminar will be a unique opportunity to witness the coming together of leaders from widely different fields related to the human body, talking together about their work. For the list of presenters, please see Weekend Seminar, June 26-28.

Esalen Seminars on Philosophy

Beginning in January 1987, Esalen will sponsor a multi-year program directed by philosopher Jay Ogilvy. This ongoing series of seminars, conferences, and consultations will assemble thinkers from America and abroad to explore the reasons why philosophy has lost its vitality and influence during the twentieth century, and to discuss how they might address the great questions of life in ways that command broad interest and respect. The project has been generously funded by Laurance Rockefeller for 1987, but will need funds to match further grants from him during 1988 and 1989.

Its participants will include philosophers Huston Smith, Robert Solomon, Jacob Needleman, Richard Bernstein, Ken Wilber, Brian Swimme, Don Johnson, and Donald Rothberg; professor of religious studies James Cutsinger; sociologist Robert Bellah; and participant-observers Jean Lanier, Roger Walsh, Michael Murphy, and Laurance Rockefeller. In the next Esalen catalog, its themes and structure will be described in more detail.

Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops are a kind of smorgasbord introduction to some of these many practices (such as gestalt, massage, sensory awareness, etc.); from such a sampling, the participant can then choose those approaches which feel most appropriate and pursue them in subsequent seminars. For those who wish an extended stay of a month or more, there is the Ongoing Residence Program. Other long-term programs include the "month-longs," coordinated by leaders such as the Grofs and Schiffmans, which frequently involve didactic seminars as well as experiential workshops. These can be particularly useful for professionals and graduate students.

A very popular way of being at Esalen, and one that allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, which entails working with the Esalen staff as well as participating in an ongoing workshop designed specifically for that program. See page 31 for more information and an application form.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which various writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds, including massage, deep tissue, polarity, Feldenkrais®, and Rolfing® is available by appointment with individual practitioners. Private sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, singing gestalt, etc. Finally, there is the Community Workshop Program, which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

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Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Jessica Moore Britt

These workshops are designed for people who have not previously been to Esalen. Their emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Bantam).

Schedule:

January 2–4	$250
January 16–18	$250
January 18–23	$490
February 6–8	$250
February 15–20	$490
February 27–March 1	$250
March 20–22	$250
March 22–27	$490
April 12–17	$490
April 17–19	$250
May 1–3	$250
May 10–15	$490
May 22–24	$250
June 5–7	$250
June 14–19	$490

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Lia Thompson
& Deborah Anne Medow

These workshops offer opportunities to experience body awareness and movement in Esalen's supportive environment. Various types of dance, massage, music, meditation, yoga, and theater are offered. Five-day groups may also have time to explore the magnificent coast and trails near Esalen.

Schedule:

January 23–25	$250
February 8–13	$490
February 20–22	$250
March 15–20	$490
May 3–8	$490
May 15–17	$250
June 21–26	$490

Experiencing Esalen: The Health Spa

Experiencing Esalen Staff
Coordinated by Jane Miletich

Spend a few days at Esalen, resting, relaxing, getting in shape, or just feeling good. Enjoy healthy food prepared especially for you and, if you like, learn how to prepare it yourself. Mineral and herbal baths, nature hikes, aerobics, yoga, t'ai chi, massage, and dance will be offered. All are optional. Choose your own pace.

Schedule:

January 2–4	$250
April 3–5	$250
June 7–12	$490

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And when used—is inexhaustible.
—Lao Tzu

Gestalt is as old as the world.
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included.

Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in some sessions.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* and *In and Out the Garbage Pail*; John Heider, *The Tao of Leadership* (Humanics, Ltd.).

Schedule:

January 2–4	$250
January 11–16	$490
February 8–13	$490
March 8–13	$490
May 17–22	$490
June 7–12	$490
June 12–14	$250

Work Study Program

The Work Study Program is for those who are interested in total immersion in the Esalen environment. It is a work-oriented program, both emotionally and physically. Only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins.

The program is divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused section which emphasizes one type of growth practice, such as gestalt, Reichian work, massage, body work, etc.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen.

For a full description of the Work Study Program, please turn to page 31.

Joyce Rogers Lyke

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. Scholarship recipients may be asked to bring a sleeping bag to use during peak attendance periods. There are no scholarships available for the Work Study Program.

Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office, (408) 667-2335, for further information.

Accreditation

Accreditation: We do not offer accreditation in the form of diplomas such as those conferred by traditional schools. Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Esalen Seminars

Kathleen Thormod Carr

Weekend of January 2–4

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Experiencing Esalen: The Health Spa

Experiencing Esalen Staff

For workshop description see page 8. $250

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $250

The Shamanic Journey, Power, and Healing: An Experiential Exploration

Michael Harner

Shamanism is an ancient human strategy for personal learning and for acting on that learning, especially for problem-solving, well-being, and healing. In this training workshop, the participants will be introduced to some of the basic methods the shaman (a type of medicine man or woman) uses to enter nonordinary reality in order to obtain knowledge, to answer personal questions, and to maximize his or her power to maintain personal health and to achieve life goals.

Particular emphasis will be on the shamanic journey, one of the visionary methods used by humankind to enter nonordinary reality and explore the hidden universe otherwise known mainly through myth and dream. Participants will be initiated into shamanic journeying, aided by traditional drumming and movement methods for experiencing the shamanic state of consciousness and for awakening dormant personal capabilities and connections with nature. Practices will include comparison of discoveries made on shamanic journeys by participants and work on personal problem-solving. Participants will be shown how the shamanic journey can be utilized to restore spiritual power and health, and how shamanism can be practically applied in contemporary daily life.

Participants are asked to bring rattles and drums if they have them, as well as a bandana, pen, and notebook, and to wear comfortable clothing. $250

Week of January 4–9

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chungliang Al Huang

Paul Horn and Chungliang Al Huang will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, improvisation, meditation, and world travel experiences.

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton) and *Embrace Tiger, Return to Mountain* (Real People Press); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon).

Recommended listening: Paul Horn, *Inside, Heart to Heart, The Magic of Findhorn,* and *Jupiter 8.* $520

Expanding Boundaries

Anne Nechama Simkin

Everyone lives in a world of boundaries, internal and external. Valid boundaries provide orientation in the world and a sense of identity, direction, and power. There are times, though, when they are no longer valid, when they become rigid, outdated, and limiting. The task is to evaluate them and redefine the range and style of behavior which will restore freedom, zest, and joy.

This workshop is for individuals who feel they have reached an impasse in their lives and are facing the choice of expanding their personal boundaries. Participants may become aware of where they are in their lives and how they got there. They may begin to recognize how they cling to old habits and behaviors rather than venturing in new directions. From there they can explore ways to mobilize their capacity to choose and act. Using a gestalt format, the content of the workshop will evolve from the needs, issues, and concerns shared by the participants. $490

Craniosacral System: Basic Workshop

Jim Asher & Jane Harrington

This workshop will offer an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. The class will combine lectures and slides on functional anatomy of the membrane system and cerebrospinal fluid movement. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference. Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills and for those already practicing body work or counseling. Much of the focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system.

C. E. credit is available for nurses; for additional information see page 36. $490

Weekend of January 9–11

Inside/Living Tao: Fluting and T'ai Chi Dancing with Whales, Butterflies

Paul Horn & Chungliang Al Huang

For workshop description see January 4-9. $280

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$250 per participant

Retrospective and Response: Sources and Direction for Humanistic Psychology's Engagement with World Crises

Tom Greening, Ian Mitroff & Will McWhinney

This seminar will deal with extensions and transformations of humanistic psychology that follow from Abraham Maslow's concern with societal issues—concerns expressed in his *Further Reaches of Human Nature*—which have been built upon by Rogers, May, and others not active in the world scene. Projections of humanistic thinking from the heyday of 1970 to the confrontation of the world-wide dilemmas of the coming years will be discussed.

The presenters will focus on three themes: response to crises which, like earthquakes, release deep-seated tensions; the specific crises of the U.S.-U.S.S.R. face-off and humanistic programs working to reduce that tension; strategies for effectively enacting humanistic agendas.

The format of the seminar will encourage participants to explore related issues through the spirit and method of humanistic psychologies. $250

Week of January 11–16

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $490

Embrace Tiger, Return to Mountain (T'ai Chi Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with the fundamentals of t'ai chi practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five-elements form, *I Ching* eight-trigrams metaphors in action, life-force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E. P. Dutton) and *Embrace Tiger, Return to Mountain* (Real People Press); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon); John Blofeld, Translator, *I Ching*; Lama Anagarika Govinda, *The Book of Transformations*. $490

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based in warmth and humor they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $490

Weekend of January 16–18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Adventures in Self-Exploration

Christina & Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative bodywork, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the entire spectrum of transpersonal experiences. All participants will have the opportunity to be in the roles of experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $250

Week of January 18–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

Five Days with Janet Zuckerman

This workshop continues Esalen's tradition of interpersonal and intrapersonal work on emotional process. It is based on these premises: that unfinished business is projected into current relationships, interfering with one's ability to be in the present, and that by emotional release one may cleanse the doors of perception. $490

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

This workshop is open to anyone interested in learning to recognize, trust, and use their psi abilities. The leaders will use exercises designed to aid participants in recognizing their perceptive styles and trusting the intuitive input they normally receive. Anne Armstrong will use her tracking abilities, acquired from over twenty years in this field, to assist participants in arriving at useful, accurate data.

One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. Participants can refine their psychic skills by practicing on individual cases within the group. $490

Beyond Anatomy: Feldenkrais® for Body Workers

Patrick Douce

This introductory program will acquaint beginning and experienced body workers with some of the approaches taught by Moshe Feldenkrais. Although the Feldenkrais Method isn't body work, much of the information presented in this program can be useful for increasing the effectiveness and understanding of those who practice body work.

Based on twentieth century scientific understanding and judo, the Feldenkrais system dispels many current misconceptions regarding the human form. In contrast to traditional static anatomical models, Feldenkrais emphasizes the interconnections used by the body to move. Gentle movements can allow participants to experience a heightened sensitivity and an increased range of motion in their own and others' bodies.

Chronic difficulties such as knee problems and pain in the back, hip, and neck—the spectrum of neuro-skeletal-muscular disorders—will be approached as problems of learning in movement. Individuals with these difficulties can learn to correct their chronic pains through increased mobility.

This program may be of value to anyone interested in movement or body work—dancers, massage practitioners, Rolfers, Trager℠ students, physical therapists, doctors, nurses, and those interested in their own bodies. Although this course is not intended to train anyone to teach the Feldenkrais Method, it serves as an adequate introduction to both the professional and non-professional.

C. E. credit is available for nurses; for additional information see page 36. $490

Weekend of January 23–25

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $250

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to oneself, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants may learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate in the choice of expression or depression. $250

Develop Your Mind-Over-Matter Ability: Experiential and Theoretical Explorations in the World of Psychokinesis

Julian Isaacs & Debbie Austin

The power of the mind to directly affect matter is one of the most pervasive and powerful, but least recognized, dynamics in our world.

This workshop will combine lecture, discussion, and experiential exploration of psychokinetic ability. Several approaches to optimization of performance will be examined, including those derived from sports psychology, self-hypnosis, martial arts, meditation, and visualization. In addition, the use of psychological depth processes for empowerment of the individual to reclaim mind-over-matter ability will be explored. Specialized, state-of-the-art electronic instrumentation for detecting and measuring psychokinesis will be available for supervised use. $250

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion.

The seminar is designed for those who have had no previous meditation experience, as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala). $250

Achieving Sustained High Performance

Jerry Fletcher & Kathleen Brown Fletcher

Everyone has had the experience of suddenly doing something much better than expected, yet until recently little has been understood about these high performance experiences. People assumed such times were lucky accidents. More significantly, even if they could perform at a high level for short times, they have assumed there was no way to sustain such performance without stress, fatigue, and eventual burnout.

After more than six years of careful research and testing, it is clear that these times of exceptional performance are not capricious. Each individual has a unique set of conditions under which he or she performs surprisingly well. Futhermore, once people learn their personal high performance patterns, they can deliberately create the conditions they need to sustain their own high performance behavior. They do not need to subject themselves to the strain of short peak periods of high output, followed by long recovery cycles.

This seminar presents a carefully developed process for individuals to learn what their high performance patterns are, and how to adjust the way they do things to fit the conditions under which they perform exceptionally well. This seminar is a program developed through years of work with experienced successful managers, executives, and professionals about how to go beyond competent performance in a way that can be sustained. $250

Week of January 25–30

Choosing to Change

Harry Sloan

This workshop will combine personal work with discussion of principles and concepts which nourish the process of change. Individual work will point toward clarifying one's direction and obstacles in the way. Participants will explore the implications of their conscious and unconscious choices and how those choices retard or encourage the natural process of change and integration.

The workshop will include psychosynthesis, transpersonal and cathartic methods which emphasize learning, as well as skills to release and transform blocked energies. $490

Transpersonal Psychology: Perspectives on Growth and Self-Exploration

Christina & Stanislav Grof

This workshop will explore theoretically and experientially the rapidly developing field of transpersonal psychology. The discussion will focus on the implications of modern consciousness research for understanding the dimensions of the psyche, various forms of emotional and psychosomatic disorders, new mechanisms of healing and personality transformation, and strategies for growth and self-exploration.

The emphasis in experiential work will be on the method of "holonomic integration" developed by the workshop leaders, which combines controlled breathing, evocative music, focused body work, and mandala drawing. It mediates access to unfinished biographical material, sequences of psychological death and (re)birth, and the entire spectrum of transpersonal experiences. Special attention will be paid to the problems of "spiritual emergencies" and constructive approaches to transpersonal crises. $490

Reichian Gestalt: A Workshop for Contact and Release

Laura DeNuccio (Ma Prita)

This workshop focuses on how we may consciously unfold ourselves—physically, emotionally, sexually, mentally, and spiritually. Past anger, fear, sadness, and grief, often reflected in the body as tension, pain, lack of spontaneity, and diminished vitality, can keep one from being fully present and alive. By contacting tension and emotion which have been frozen in the body, there is an opportunity to open to the creative flow of life energy within. Allowing this life energy meaningful expression, through deepened communication with self and others, is the essence of this work.

Some of the areas that may be explored this week include: using breath and sound to energize and soften the body's tension and emotional holding, contacting and allowing unexpressed sadness and pain (which can increase the capacity for heartfulness, pleasure, and joy), expressing and releasing anger constructively (which can deepen compassion and love while also releasing blocked sexual energy), learning about the nature of fear, and moving toward greater trust of self and others. Paying special attention to the mental processes that shape the emotional and physical body, participants will be shown ways to trust their bodies' responsiveness and inner direction.

This workshop will utilize Reichian body and breath work, emotional release, gestalt practice, the Bates system of eye relaxation, massage, dance, meditation, and various other approaches.

Recommended reading: White Eagle, *The Path of the Soul* (White Eagle Publishing Trust). $490

Weekend of January 30–February 1

Keeping A Good Relationship Alive

Betsy Hand & Gerald Smith

This weekend will focus on a major theme in keeping a good relationship alive. That is: being close and vulnerable yet also free to grow as a separate person.

Participants will spend part of the time with their partners, separate from other couples, in verbal and written experience that can add to their relationship in closeness, conflict resolution, and individuality.

Limited to 10 couples. $250 per participant

For Men Only

Richard Gunther

If you are male, between the ages of 30 and 60, and asking such questions as "What am I doing with my life?" or "What else is there for me?"—welcome to mid-life, a time of examination, possibly of crises, a time offering the opportunity for major changes in how you view yourself and the world in which you function.

The effect of living in a demanding, controlling society is not always clear. In the words of Marcel Proust, "The real voyage of discovery consists not in seeing new landscapes, but in having new eyes." With new eyes it is possible to outgrow our social conditioning and connect with a deeper self.

In this workshop, participants will focus on: the issues of work and career, their changing importance at mid-life; relationships, examining the shift in needs, tasks, and roles; the body and sex, which changes are real, which imagined; and spirituality, exploring the need for a transcendent vision.

Limited to 12 participants. $250

The Intelligent Body, The Sensuous Body

Thomas Hanna

Premise: Clarity of self-awareness and clarity of body control grow together or decline together. Participants will explore how greater sensitivity to the inner self enhances the body's ability to act and to relax, and how this ability in turn enhances kinesthetic awareness.

The program will introduce gentle movements and use of imagery as well as instruction in the principles of many different kinds of body work and exercise systems—particularly that of Moshe Feldenkrais.

There will also be demonstrations of how new sensory information can lead to dramatic changes in posture. Those who wish advanced knowledge in systems of body work may find the weekend profitable, as may those who have habitual aches or have difficulty relaxing.

Recommended reading: Thomas Hanna, *The Body of Life* and *Bodies in Revolt: A Primer in Somatic Thinking*. $250

The Craft of Dream Work

Stephen Aizenstat

Dreams, as looking glass parables, provide a connection to the voices and images of the psyche. It is the leader's belief that dreams carry three voices: the collective unconscious, the world unconscious, and the personal unconscious. Dream images reflect aspects of any one of these dimensions and on occasion, aspects of all three.

This seminar draws upon methods of dream interpretation from the dream healing centers in ancient Greece, Jungian psychology, gestalt, and systems theory, offering an approach to dream work which listens to the individual and collective psyche as well as the psyche in the world.

Working with their own dreams, participants will be shown methods of dream work associated with these three levels of the psyche. Common dream themes and symbols, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will be discussed. Participants can realize the potential healing power of an interrelated body-mind-world approach, and remember why in ancient times dreams were honored as the medicine of the soul. $250

Week of February 1–6

Letting Go—Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and to help create new ways to relate—in the moment—to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. $490

Dealing with Stress: Recipes for Health and Longevity

Joe D. Goldstrich & Neil Karp

This course will present current information and research about how to maximize health and prolong life. Participants will spend five days learning how to improve their diet, exercise better, and develop their abilities to relax, energize themselves, and gain social support.

The seminar will include lectures, discussions, short hikes into the hills with a nature guide, meditative exercises derived from a number of oriental practices, and biofeedback. Participants will be provided with a life stress profile to assist in self-evaluation. There will be group discussion of stress management and traditional and alternative medical approaches such as homeopathy, acupuncture, body work, and gestalt. $490

Open Seat

Paul Rebillot & Stanford Eugene Cates

An "open seat" is just that: a place of total acceptance. Whatever lives in you—joy and sorrow, need and power, fear and desire—is encouraged, through gestalt process, to express itself so that your being can find its own true balance and discover its resources.

This work may be especially beneficial to people who are feeling "stuck," unable to move out of old patterns, to direct their energy into new life forms. When "stuck," one is usually trapped in unresolved issues from the past or limiting self-concepts that block the way into the future. Gestalt process, enhanced by elements of ritual and drama, allows people to work with subconscious material such as dreams and fantasies in order to bring new energy and awareness to their ways of living and dealing with day-to-day problems. Discovery of the true self gives people the courage and the capacity for authentic expression in their personal lives, in their communities, and in the cultural or political movements to which they feel committed. $490

Presence: Reclaiming Personal Power

Elisa Lodge Schiffman

Elisa Lodge Schiffman writes: "Presence is a power that arises from a deep sense of self-worth and trust. It reflects a broadened vision and whole-hearted acceptance of the varied facets of being. It is a state of dynamic balance where there is no unnecessary strain of self-defeating awkwardness. One is at home in oneself and at ease with the world.

"During this week, participants can gain a deepened appreciation of the elements in themselves that contribute to this timeless state of fluidity and ease. They will have an opportunity to experiment and explore how their bodies' shapes and forms, emotional histories, and sef-images are intimately intertwined. This growing awareness is the basic grounding from which the creative experience of presence can be known. Movement patterns, the ways we walk and breathe, also reveal how we inhibit or allow our personal power. As we become more comfortable with ourselves, we transform not only the way we might carry our

head or make contact with another, but our whole way of being in the world."

This work is based on an approach woven from gestalt, psychosynthesis, Rolf-movement, and performance art. Video feedback will be used. $490

Weekend of February 6–8

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Body, Heart, and Spirit

Paul Rebillot & Stanford Eugene Cates

This workshop is divided into three segments: 1) tensions and energy patterns in the body; 2) their relationship to the emotions; 3) their relationship to the mind and thought. Connecting thought, feeling, and body experience in one gestalt can open the being to the inpouring of the spirit, to the state of grace. This is the goal of shamanic dances and of many tribal rites. The process includes body work and open seat gestalt work, as well as rituals, dancing, chanting, and celebration. $250

The Physics of Hyperspace

Saul-Paul Sirag

The idea that ordinary physical reality is embedded in a higher dimensional system is a traditional theme of science fiction, speculative philosophy, and mystical religion. This idea is now being entertained by physicists in search of the "holy grail" of contemporary physics—grand unification of the physical forces: electromagnetism, the weak and strong nuclear forces, and gravity.

The key concept of unified field theory is symmetry, which is an aspect of a space that remains invariant in spite of the transformation of the space. Therefore, this seminar will use symmetry and broken symmetry as tools to explore hyperspace. In particular, a version of grand unified theory which implies that spacetime is embedded in a 96-dimensional hyperspace will be investigated. The symmetrical properties of this system, acting on itself, constitute a coherent reality which presumably encompasses both physical and mental events. $250

Approaches to Christian Mysticism

Brother David Steindl-Rast

Awareness of Eastern mysticism makes many people ask: What of the mystical tradition in the West? Is it still alive? Can one find meaning in it today? Brother David Steindl-Rast has spent more than 30 years in both Eastern and Western monasteries exploring the roots of mysticism in the human heart. He will lead participants in searching for the roots in their own life experience. He shall ask what the pursuit of the path of the heart demands from each one personally, and how it can be practiced in one's daily life.

Like Thomas Merton, his late fellow monk and friend, Brother David Steindl-Rast is a bridge-builder between East and West. The focus of this weekend, however, will be on the Christian tradition and the need to wrestle with it. Input and question periods will alternate with silent time for guided experience.

Recommended reading: Rainer Maria Rilke, *Letters to a Young Poet* (Norton); Thomas Merton, *Conjectures of a Guilty Bystander* (Doubleday); Thomas Matus, *Yoga and the Jesus Prayer Tradition* (Paulist Press); David Steindl-Rast, *A Listening Heart* (Crossroads), *Gratefulness, The Heart of Prayer* (Paulist Press). $250

Week of February 8–13

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $490

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $490

Transitions

Elliot Aronson & Gabiele Thomson

Transitions are passages from one state to another. Disorganization is a natural part of the process of moving on and is what allows reorganization to occur. People are almost constantly in a state of transition—whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be lack of self-esteem, loss of identity, confusion, and doubts about one's own perceptions. New thoughts and ideas are fragile at these times of change and need protection and nurturance.

The goal of this workshop is to gain a perspective on the process of making transitions. Through didactic presentations and group discussions, individuals will have an opportunity to understand the emotional stresses involved in their personal transitions. $490

Personal Mythology: Our Epic Journey

Stanley Krippner & David Feinstein

Personal myths are the deep forces of the psyche that shape who we are, what we think, and what we do. Operating largely outside of conscious awareness, our personal myths nonetheless pave our journey through life, our place in society, and our relationship to the broader or spiritual context of existence.

Participants will be shown how to reach deeply into realms of unconscious mythological wisdom and to speak to the need to find the visions that nourish and inspire. Drawing upon a range of systems, including Jungian psychology, gestalt, psychosynthesis, dream interpretation, and cognitive psychology, participants will be led through a sequence of experiences that can rework a problematic area of personal mythology. These experiences can be used again later to identify and work with other personal myths that may be creating problems in their lives. Participants are asked to bring a notebook or personal journal and are encouraged to record their dreams prior to the workshop.

Recommended reading: Stanley Krippner, *Human Possibilities* (Anchor). $490

Weekend of February 13–15

Adventures in Self-Exploration

Christina & Stanislav Grof

For workshop description see January 16-18. $250

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

The purpose of this workshop is the creation of a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $250

Power, Promise, and Placebo

Sharon & Jerry Solfvin

This workshop will integrate the experiential and experimental aspects of spiritual, psychic, mental, and physical living. Many individuals either ignore or don't know what to do with trans-reality experiences (reality, as defined in Western culture). Yet experiences such as miraculous healings, visitations with the future or unknown past, knowledge of someone else's thoughts, mental influence on physical events, channeling, or extraordinary human functioning are reported, developed, and sought by human beings throughout the world.

Within a cultural context that emphasizes healing, half of this workshop will be spent discussing the scientific studies and theories relevant to these experiences, and the other half will be spent anecdotally and experientially. A primary focus will be to study technologies for positive placebo and expectancy. These technologies are designed to have practical applications in science, the arts, healing, sports, and business. $250

A Course in Miracles: A View of Life Through the Light

Julian Silverman

Julian Silverman writes: "During the past five years, I have been blessed with increasing success in my work as a psychological counselor and supervisor of counselors and as a management and organization development consultant to business, educational, and health-care institutions. I attribute this increased success to the use of a 'non-method' method of spiritual practice derived from *A Course in Miracles*, combined with the technology of modern behavioral sciences and applied to the fundamental problems of living in a technological age.

"This workshop will be concerned with articulating a framework which integrates guidelines for competence in managing worldly matters with guidelines for spiritual redirection, reconnection, and renewal.

"Individuals who have had experience studying *A Course in Miracles* (ACIM) will be accepted to this seminar before others. On your application, please state your study experience (e.g., have completed books, I, II, III; or have read _____ number of pages; and/or have participated in ACIM study groups.)" $250

Steve Beck

Week of February 15–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

The Buddha, The Goddess, and N.L.P.

Eli Jaxon-Bear

The Buddha is a model for compassionate emptiness, and the Goddess, as Earth Mother and Protector, is a model for passionate involvement in form. Neurolinguistic Programming, (N.L.P.), is a structure for understanding, modeling, and changing human behavior and consciousness.

Participants will use sitting, standing, and moving meditation from both the Zen and Tibetan Buddhist traditions as well as Buddhist psychology for modeling the perfected states: the Buddha and the Goddess already within us. This will include mantra and visualization as well as zazen and deep conscious stretching.

N.L.P. is an open-ended system for modeling human reality and for clearing the obscurations to our perfection. It can be used for leaving behind old baggage and focusing or polishing the filters of perception.

N.L.P. has been successfully used to model great healers, or counselors such as Milton Erickson, and leaders in sports and business. Set in the context of Buddhist psychology and practice, N.L.P. offers the choice to utilize gracefully the core issues of life as ally and teacher.

Recommended Reading: Chogyam Trungpa, *Shambhala* (Shambhala); W. Evans-Wentz, *Tibetan Book of the Great Liberation;* Bandler and Grinder, *Frogs Into Princes* (Real People Press); M. Zimmer Bradley, *Mists of Avalon* (Knopf); Starhawk, *Dreaming the Dark* (Beacon Press). $490

On Being a Man

David Schiffman & Danner Christensen

Many men today have labored diligently to become softer, more receptive, and nurturing. They have sought to honor and embrace the emergence of the "feminine" principle in their own natures. For many, however, the right to celebrate and honor the so-called "masculine" aspect has become a thorny and difficult dilemma. Many qualities of maleness or masculinity have come to connote the most destructive and troublesome elements in human existence: war, environmental desecration, sexual oppression, and patriarchal abuse.

A man's sense of his own uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity.

The workshop will explore the following questions:

> What does a man need to know and accept about his own nature to feel himself fully as a man?
>
> Can men come together to create an atmosphere of trust and good will, where the masculine aspects that they have in common can be honored and appreciated in the *pleasure* of each other's company?
>
> Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
>
> Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illuminate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will be incorporated in this journey as well. $490

Weekend of February 20–22

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $250

The Experience of Story

James Fadiman

Reality is the canvas upon which we write the fiction of our lives. We are epics, mysteries, parodies, gothics, romances, and fairy tales. We are unfinished, unedited, endlessly revised versions of ourselves. Come prepared to listen, to write, to share, to work, to frolic, and to taste the healing, the unique, and the universal in story.

Using Sufi teaching tales, Hasidic stories, myths, as well as materials from Jung and Assagioli, we will enrich ourselves and serve one another. $250

Endarkenment

Will Schutz & Ailish Mellard

Sometimes in our search for enlightenment we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle.

This workshop can provide a vehicle for the turn downward. We shall explore: how to establish and maintain meaningless relations; what to worry about while meditating; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim/martyr in your social group; guilt without sex. This approach, similar to Feldenkrais' "live the disasters" and the "homeopathic principle" (Will Schutz, *Body Fantasy*), can be as valuable for attaining enlightenment as the direct route—and more fun. In addition, participants in this workshop will have opportunities to explore, play with, and celebrate the shadow—that which we usually hide. $250

The Art of Self-Direction

Lenore Lefer

This workshop is about personal, social, and cultural change. It is about creating, initiating, and directing change as well as responding to those alterations that we seem not to choose. How do we know what is meaningful, and how do we integrate that into our lives? It is an art to lead a self-directed life that includes both personal and social responsibility.

Founded conceptually in psychosynthesis, this will be an experiential self-exploration, using imagery, inner dialogue, meditation, and individual and group process. The environment will be supportive and evocative. This workshop is appropriate for professionals who deal with transitional crises in their work.

Recommended reading: Pierro Ferucci, *What We May Be* (J. P. Tarcher); Roberto Assagioli, *The Act of Will* (Penguin). $250

Adult Children of Alcoholic or Abusive Parents

Karen Paine-Gernée & Terry Hunt

Learning the facts about growing up with alcoholism is a big relief. It is, however, just one of the steps that ACAs need to take. In order to recover from the effects of their childhoods, ACAs need to dedicate themselves to an on-going process of sharing, healing, and learning. The workshop leaders refer to the goal of recovery as "emotional sobriety," which they teach as a fourteen-point program. Participants will have the opportunity to develop some practical and personal methods of implementing long-lasting changes.

This workshop is for beginners or individuals who have already begun an exploration of ACA issues. It offers the opportunity to confront and heal painful childhood emotions, to examine and restructure deeply held beliefs, to learn some basic tools for taking care of oneself, to make strides in letting go of control and developing a sense of trust, and to foster a relationship with one's own spirituality.

Special attention will be paid to learning how to nurture and sustain satisfying and equal intimate relationships. Intimacy between independent adults requires being able to tolerate the ambiguity and sense of "not knowing" that was so terrifying as children in chaotic homes. Emotional sobriety means having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure. $250

Week of February 22–27

Choosing to Change

Harry Sloan

For workshop description see January 25-30. $490

Doorways of Perception

Jessica Moore Britt

Insight and body-oriented practices cultivate awareness and the expression of sensations, feelings, images, and ideas that most of us ordinarily repress. Insight and catharsis by themselves may not necessarily lead us into the depths of our nature recognized by the transpersonal disciplines of meditation and shamanism. Similarly, meditation and shamanism practices may neglect the emotional/physical clearing that allows the opening from which our being may emerge. This workshop will seek to join these two levels of personal practice, sensitizing and expanding our perception through the understandings derived from Sufism, Buddhism, gestalt awareness, Reichian breath work, and Native American tradition. $490

Spiritual Emergency: Understanding and Treatment of Evolutionary Crises

Christina & Stanislav Grof

There exists increasing evidence that certain episodes of non-ordinary states of consciousness which traditional psychiatry diagnoses as manifestations of mental illness and treats by repressive measures, are actually "spiritual emergencies" or transpersonal crises. Evidence for this can be found in many different fields—history, anthropology, comparative religion, clinical psychiatry, and modern consciousness research. If properly understood and supported, these states can result in emotional and psychosomatic healing, personality transformation, and consciousness evolution.

In this workshop, we will explore this new concept theoretically and experientially. We will use the method of holonomic integration, which combines controlled breathing, evocative sound, focused body work, and mandala drawing. It makes it possible for participants to explore various domains of the unconscious and to practice methods of constructive facilitation of transpersonal experiences. All participants will have the opportunity to be in the role of experiencers and sitters. $490

The Painting Experience

Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the deepest parts of ourselves through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling.

The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop write: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122.

$490 (plus $20 materials fee paid directly to the leaders).

Weekend of February 27–March 1

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Reflections of Self: A Reichian/Gestalt Primer

Jessica Moore Britt

This will be an introduction to intensive intrapsychic inquiry using Reichian breath work and gestalt practice. Reichian work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration, the possibility is opened to respond in the present. This workshop is limited to 10 participants. $250

Creative Writing Brainstorming

Herbert Gold

From feeling to expression to communication, this workshop will carry us into the possibilities of making literature. Delving into an experience different for everyone, yet shared by all, we will probe for the riches within.

Bring typewriter, word processor, pen, soft pencil, or clay tablets and stylus to the meetings. A situation will be called forth—love, death, ambition, pride, fear, hatred, jealousy—and after group preparation and discussion, we will write. Then we will read and rewrite each other's work. We may expect to go from truth to lying: from recollection to art.

What should develop is a sense of style and control as a part of the mastery of experience. We will practice the freedom of imagination by giving shape to it. $250

Anatomy for Trager℠ Students

Deane Juhan

This seminar is a continuation of professional training for students of Trager Psychophysical Integration and Mentastics℠. Participants will examine the anatomical structures of the body and their kinesthetic relationships, with specific reference to how these structures and relationships are handled by the Trager approach.

Half of the time will be used for slide presentations, lectures, and discussions concerning particular areas of the body. The rest will be spent practicing aspects of a Trager session which correspond to those areas. The emphasis will be on clarifying the intent of the various hand positions and movements, based upon an understanding of structure, function, and motor reflex.

Since supervised Trager table work will be an important part of the class, a beginning Trager training is a prerequisite.

C. E. credit is available for nurses; for additional information see page 36. $250

Intimate Relationship As a Practice and a Path

John Welwood

Maintaining an alive and honest connection with an intimate partner calls on us to free ourselves from old habits and blind spots and to develop the full range of our powers, sensitivities, and depths as human beings. In former times, people would often enter a monastery if they wanted to explore the deeper mysteries of life. For many of us today, however, intimate relationship has become the new wilderness that brings us face-to-face with all our gods and demons. The challenges involved in exploring the uncharted landscape of love and creating a conscious relationship require us to become warriors of the heart—proceeding with gentleness, courage, and a relentless dedication to truth.

This workshop will draw on Eastern and Western wisdom to explore the path of the warrior of the heart and to develop a vision of love as an ongoing practice of awareness and truth. Through talks, discussions, dialogue, and inner reflection, participants will focus on such core areas as: vulnerability, passion, surrender, ambivalence, need and desire, power struggles, and commitment, with particular emphasis on the dynamics of the male/female polarity. This workshop is for individuals as well as couples.

Recommended reading: John Welwood, *Challenge of the Heart: Love, Sex, and Intimacy in Changing Times* (Shambhala); Trungpa, *Shambhala: The Sacred Path of the Warrior* (Shambhala). $250

Week of March 1-6

The Hero's Journey

Paul Rebillot & Stanford Eugene Cates

Paul Rebillot writes, "Again and again in my work with people I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another—whether it be a child's discovery that there is no Santa Claus, an adolescent's awkward approach to puberty, an adult's marriage or ending of a marriage, or a change of career. Every such change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That pattern is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"My purpose is to give people a chance to experience a rite of passage so that they can go into the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight."

Recommended reading: Joseph Campbell, *The Hero with a Thousand Faces* (Bollingen) and *Myths to Live By* (Bantam). $490

March 1-20

Sustaining Integration: Body, Self, and Soul

Jack Rosenberg

For workshop description see Special Programs, page 33. $1595

March 1-22

Continuum Movement: An Approach to Deep Bodily Awareness

Emilie Conrad-Da'oud & Susan Harper

For workshop description see Special Programs, page 33. $1720

March 1-27

Certification in Clinical Hypnosis

Eli Jaxon-Bear

For workshop description see Special Programs, page 33. $1960

Weekend of March 6-8

Diving Into the Deep: Dream Discovery

Joyce Frazee

Each night the Self disappears below the surface of the psyche, and what is remembered from the journey is a dream. In this workshop, participants will focus on the use of dreams for emotional and spiritual growth. They will have the opportunity to connect with alienated parts of themselves and with the dreamer in themselves and others.

Participants may experience the multidimensional aspects of a single dream, noticing the most immediate, pressing, unfinished business of their lives, and uncover personal symbols. By keeping a dream journal, participants may recognize that dreams come in series, presenting and exploring a continuing theme. Since many individuals forget dreams, exercises in dream recall will be offered. Participants will work with feelings using gestalt and bioenergetics. They will draw dream mandalas, which can be used for insight and healing. Methods of dream control and lucid dreaming will be discussed. $250

Week of March 8-13

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $490

Weekend of March 13–15

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

For workshop description see February 13-15. $250

Coincidance: Synchronicity and Isomorphism in Science and Mythology

Robert Anton Wilson & Arlen Riley Wilson

This seminar examines some of the deep structures of the human mind and objective reality and emphasizes the astounding coincidences that connect inner and outer worlds. Topics include: the relationship between *Snow White and the Seven Dwarfs* and the newtonian laws of optics, the seven days of the week, the Periodic Table of Elements, Timothy Leary's circuit-model of consciousness, and the seven souls of Egyptian myth; why there are twelve signs in astrology, twelve members on a jury, twelve labors of Hercules, twelve eggs in a carton, and twelve bonds in one complete loop of DNA; the link between isomorphisms (structural unities), genetics, quantum physics, the *I Ching* and *Finnegans Wake*; the possible common function underlying Jungian synchronicity, Bell's Theorem in physics, and the morphic resonance posited by biologist Rupert Sheldrake; comparing the four suits of the Tarot to the four elements of alchemy, the four forces of physics, the four seasons, and Christian and Buddhist mandalas.

Participants will be asked to remember vivid dreams that have haunted them and art works that have deeply moved them. These will be compared, both psychologically and mathematically, with the deep structures revealed in this survey of planetary mythic and scientific symbolisms. $250

Week of March 15–20

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $490

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman & Elisa Lodge Schiffman

"Anything which is forced or misunderstood can never be beautiful." – Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of self-defeating patterns from the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain human beings.

In this workshop, the participants will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $490

Weekend of March 20–22

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Open Seat

Paul Rebillot & Stanford Eugene Cates

For workshop description see February 1-6. $250

Endarkenment

Will Schutz & Ailish Mellard

For workshop description see February 20-22. $250

Week of March 22–27

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

Our Myth-Body to Live By

Joseph Campbell & Chungliang Al Huang

This annual collaboration celebrates its eighth year at Esalen, exploring the mythic dimensions in body, mind, and spirit with lively stories, music, and t'ai chi dancing.

Recommended reading: Joseph Campbell, *The Mythic Image* (Bantam), *Myths to Live By* (Bantam), *The Way of the Animal Power* (Ban der Marck), and *The Hero with a Thousand Faces* (Bollingen); Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E.P. Dutton) and *Embrace Tiger, Return to Mountain* (Real People Press); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon). $520

Weekend of March 27–29

Embrace Tiger, Return to Mountain (T'ai Chi Intensive)

Chungliang Al Huang & Living Tao Staff

For workshop description see January 11-16. $250

Reprinting: A Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize inner power? Through various approaches including body reading, light trance work, and anchoring (Erickson), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in, and may open new doors toward growth and freedom. New models of behavior may then become available.

The workshop will feature individual and group processes, including body release approaches.

Recommended reading: Hector Prestera and Ron Kurtz, *The Body Reveals* (Harper & Row). $250

Kohlberg's Theory of Justice Reasoning: The Philosophy and Psychology of Moral Development

Cheryl Armon

As the need for moral referents has grown, so has the need for understanding the origins and nature of moral reasoning and behavior. What is morality, anyway? Consider the following statements:

"I carried out my orders. . . . Where would we have been if everyone had thought things out in those days?" (Adolf Eichmann)

"I was not the one to stand up in a meeting and say that this should be stopped . . . in all honesty, because of the group pressure that would ensue . . ." (Watergate defendant)

"I was there to follow orders, not to think." (Watergate defendant)

This weekend intensive workshop will provide a broad introduction to the theory and research of Lawrence Kohlberg, director of the Center for Moral Development and Education at Harvard University. Since 1958, his work has attempted to explain the nature of morality within the domain of justice and the way in which it develops across one's lifespan. Over 400 studies which support this work have now been conducted. Kohlberg's theory has become internationally known and has had significant influence in psychology and education. His approach is based on a rational, developmental framework which demonstrates that moral judgments precede moral actions and that the capacity for such judgments develops in an orderly stage sequence.

This workshop will provide exposure to the concepts underlying Kohlberg's approach and experience with methods used to study moral reasoning. Participants will solve moral dilemmas and administer moral dilemma interviews to others. In this way, they may learn to distinguish the philosophical from the empirical study of moral reasoning – as well as something about their own moral judgments. $250

March 27–April 24

Massage Practitioner Certification Program

Esalen Massage Practitioners

For workshop description see Special Programs, page 33. $2120

Week of March 29–April 3

The Essential China

Chungliang Al Huang & Living Tao Staff

Experience the quintessence of Chinese cultural arts with Chungliang Al Huang, whose new Lan Ting Institute in China was recently featured in the Esalen Catalog. Chungliang Al Huang will teach the five-elements Tai Ji form and Chi Gung breathing for health and revitalization, and engage participants in discourses in comparative religion-philosophy and the creative arts of dance, music, poetry, brush calligraphy, and painting. Through this intensive synthesis of East and West, participants will create a balanced world vision as well as human action in their individual lives, with a true understanding of the joy and power of disciplined self-cultivation and its many practical daily applications.

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E.P. Dutton) and *Embrace Tiger, Return to Mountain* (Real People Press); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon); Alasdair Clayre, *The Heart of the Dragon* (Houghton and Mifflin); Caroline Blunden and Mark Elvin, *Cultural Atlas of China* (Facts on File). $490

A Look Within

Jessica Moore Britt

This is a week for attending to ourselves in such a way that we begin to penetrate through the layers of our conditioned patterns in order to come to a truer perception and appreciation of who we are.

The focus of our inquiry will be the relationship between mind/body/emotions and the subtle centers that make up, and therefore support, our essential/spiritual nature.

Our tools for exploration will be an interplay of East/West, including meditation, touch, gestalt awareness practice, Reichian breath work, and self-remembering exercises on a foundation of object-relations theory and Sufi teachings. Come willing to stretch your patterned beliefs and look within.

Recommended reading: A.H. Almaas, *Essence* (Weiser); John O. Stevens, ed., *Gestalt Is* (Real People Press); Wilhelm Reich, *Selected Writings* (Touchstone); Louise J. Kaplan, *Oneness and Separateness* (Touchstone); Toshihiko Izutsu, *Sufism and Taoism* (Univ. of Calif. Press); J.G. Bennett, *Spiritual Psychology*, (CSA Press). $490

Enhanced Human Performance through Biofeedback Training

Joel & Michelle Levey

This seminar will provide practical instruction, objective feedback, and the imagineering necessary to develop greater awareness and control of our primary instrument—the human bodymind.

Utilizing the leading edge of modern biotechnology and biofeedback training in combination with ancient methods of self mastery, this experiential seminar will offer strategies for mastering the challenges of daily life. It may be especially beneficial for health professionals involved with stress and pain management.

There will be hands-on time with some of the most modern computerized biofeedback equipment available today. These include:

- EMG (Electromyograph): for deep muscle relaxation and optimization.
- GSR (Galvanic skin response): for mastery of stress response and anxiety.
- EEG (Electroencephalograph) or brain wave: for training in quality of attention and state of mind.
- Applied blood pressure biofeedback: for reducing risk and dependency on medication.
- Applied thermal (blood flow) biofeedback: for improving circulatory function (e.g., warming hands, optimizing blood pressure, decreasing stress response).

Recommended reading: Joel Levey, *The Fine Arts of Relaxation, Concentration, and Meditation: A Contemporary Mental Fitness Manual* (Wisdom Publications); Elmer and Alyce Green, *Beyond Biofeedback* (Delacorte Press); Barbara Brown, *New Mind, New Body* (Harper & Row; Irvington).

C.E. credit is available for nurses; for additional information see page 36. $490

Weekend of April 3–5

Experiencing Esalen: The Health Spa

Experiencing Esalen Staff

For workshop description see page 8. $250

Letting Go—Moving On

Mary Goldenson (Devarani) & Kenneth Porter

For workshop description see February 1-6. $250

Creativity and Mysticism

Jean Lanier & Alexandrea Kovats

To be a mystic is to be aware of the creative self as it is connected to the universe. One's creative process is an expression of that connection. What constitutes the process? What makes an individual unique, a work of art, a celebrator of life? The positive, the negative, the breakthrough—all add up to the Self, the compassionate one, the transformer of one's own world.

This workshop will explore "creation-centered" mysticism as it appears in the writings of mystics and as it is uncovered in the participants through inner listening, imaging, poetry, drawing, and dance. $250

Living Meditations

Judyth Weaver

In everything we do we have choices, but do we recognize them? We can perform the same actions in a stressful or a relaxed manner, wastefully or economically. We can hold on tightly or let go. We can have fun or suffer. The more in touch we are with our feelings and abilities, the more options are available to us.

This workshop will focus on rediscovering awareness of self—mentally, physically, and spiritually—to develop and integrate as many options as possible. It is through this awareness that we can acquire choice of how to live.

We will work with deep sensing of our organism, with gentle breathing methods for stress reduction, t'ai chi ch'uan for relaxed exercises, gestalt, movement, massage, and meditations. All these explorations can lead to a sense of centered grounding and balance with which to develop and enhance an economic, energetic, pleasurable, and effective life. $250

Week of April 5–10

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables one to confront resistance and fear and which increases the willingness to change and take risks.

This workshop includes a unique, in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art-imagery exercises, and whatever else happens spontaneously. $490

Stress Management

John Davis

The continuing popularity of stress management articles, books, classes, and workshops suggests two things: First, there is a strong hunger for security, peace, and comfort in an increasingly distressing world; and second, there is an abundance of specific methods for managing stress. However, many stress management methods and programs lack a full understanding of body, mind, and spirit. This workshop will attempt a more comprehensive view. It will begin with an introduction to up-to-date, research-based information on relaxation, meditation, and cognitive methods for stress reduction. The benefits of stress for peak performance will be considered. There will be a chance to explore an integration of these methods with body-oriented practices, ego psychology, and spiritual development. Didactic discussions, structured exercises, group work, walks into the neighboring wilderness, ritual, and humor will help develop these approaches. $490

Contact Improvisation

Nancy Stark Smith

Contact Improvisation is an evolving system of movement based on the communication between two moving bodies and their combined relationship to the physical laws that govern their motion—gravity, momentum, inertia, etc. The body, in order to open to these sensations, must learn to release excess muscular tension and abandon a certain quality of willfulness to experience the natural flow of movement. Practice includes rolling, falling, being upside down, and supporting and giving weight to a partner. Alertness must be developed in order to work in an energetic state of physical disorientation and to trust in one's basic survival instincts. Contact Improvisation is a free play with balance, whereby partners self-correct the wrong moves and reinforce the right ones, bringing forth a physical/emotional truth about a shared moment of movement that leaves them informed, centered, and enlivened.

Working at their own pace and within their own limits, participants will be guided through all the necessary skills for the safe and enjoyable practice of Contact Improvisation. This workshop is for people who like to move. No previous dance experience is necessary, although a basic physical aptitude is suggested. $490

April 5–May 1

Gestalt Practice: A Practicum

Coordinated by Christine Stewart Price

For workshop description see Special Programs, page 33. $1485

Weekend of April 10–12

Living Music

Paul Winter

This workshop focuses on the music in our lives—both within and around us. Through a process of improvisation (using sound, body movement, and poetry) and consorting (combining our natural instincts, our natural music, and our inclination to share in expressing the music of the world), we can embrace the instruments and voices of many traditions: folk, jazz, symphonic, tribal, rock, homemade, and animal. Participants are encouraged to bring any musical instruments (whether or not they can play them), including their voices. No musical experience is required, only an interest in self-expression. $250

April 10–24

Spiritual/Esoteric Practice: The Key to Intuitive and Psychic Development

Anne & Jim Armstrong

For workshop description see Special Programs, page 34. $1230

Week of April 12–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

Touching the Unconscious with Your Hands: Rosen Bodywork

Marion Rosen & Mari Krieger

Rosen Method Bodywork is a relaxation process induced by gentle massage. Marion Rosen says, "The function of tension is to suppress emotions or experiences which could not be handled at an earlier time. Through this gentle body work, the barriers to awareness disappear and the person has greater access to his or her inner self. This process opens the possibility of healing."

Participants will have the opportunity to learn about the body through the Rosen Method's hands-on approach to body work. In this work, the practitioner helps the participant focus on subtle changes in the breathing as a guide to what is happening in his or her inner process. The deep emotional issues which may arise from this work can then be processed through gestalt awareness with the workshop leaders. In addition to intrapsychic work, time will be set aside for interpersonal/interactive work. $490

Weekend of April 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Death and Resurrection

Paul Rebillot & Stanford Eugene Cates

This workshop offers the opportunity to confront, rather than avoid, death. On a wider

Joyce Rogers Lyke

scale, it explores ways to move creatively through life's many transitions, letting go of the old and welcoming the new.

We will review our lives, completing unfinished business, and practice giving up attachments to persons, things, and self-images until, surrendering all to the ultimate unknown, we are able to experience the birth of the truly new. $250

Week of April 19–24

Expanding Boundaries

Anne Nechama Simkin

For workshop description see January 4-9. $490

Exorcising the Demon "Should"

Paul Rebillot & Stanford Eugene Cates

Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough. This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during the week.

This workshop has been expanded to a week-long process so that its participants can explore the images behind their "shoulds" in depth and recognize the stranglehold of ideal images and unpleasant aspects of themselves. How do we face what we want to hide?

People in the helping professions who have experienced this form have found it adaptable and useful in their own work. $490

April 24–May 1

The Painting Experience

Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the deepest parts of ourselves through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling.

The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop write: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122. (415) 564-8515.

$740 (plus $25 materials fee paid directly to the leaders).

Psychosynthesis: A Seven–Day Workshop for Professionals

Harry Sloan

"Learn your techniques well and be prepared to let go of them when you touch the human soul."—Carl Jung

Many of us have experienced those moments in working with clients when we don't have the foggiest idea of what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for the familiar—a technique, map, or model. This can lead to the mechanical experience of "going through the motions" and using rote interventions. In those moments, if we can stretch for essence and truth instead of falling back on what's most familiar, dissonance might open to insight, with a decidedly different effect upon both client and guide—that ineffable sense of capturing the moment. The interventions that follow are dynamic, uniquely suited to the particular needs of the client. The heart of psychosynthesis is understanding the process of reaching for the essence within ourselves and our clients. This practice tends to develop our inherent wisdom and intuition, a context which transcends methodologies.

The format will combine individual work within the group setting along with seminars, group exercises, and practicum. This program will be useful not only to those who are interested in psychosynthesis, but also to anyone in the helping professions who wants to come into a more creative relationship with his/her discipline.

Psychosynthesis is a name for the conscious attempt to align and cooperate with the natural process of growth and integration. It recognizes that each human being is spiritual in essence and encourages the realization and expression of this essence, or Self, as fully as possible in personal and social existence. $740

The Enneagram: A Tool for Identifying and Developing Intuition

Helen Palmer

Helen Palmer writes: "For the past several years I have been teaching people how to develop their intuition as a reliable source of information. It has become increasingly clear that adults are especially sensitive to issues and situations that, as children, they were attracted to or needed to defend themselves against. For example, a loved child may develop the ability to merge with the wishes of others and so become highly intuitive about the means of gaining their approval. A child who has had a frightening early life can become precognitively sensitized to anger or negativity in other people. These psychic abilities, centered around the survival issues of childhood, then become an integral part of the adult personality, but the grown up child is usually not conscious of operating from anything other than intellectual information. The key idea is that each person's intuitive style seems to be closely associated with a particular set of issues that derive from early experience.

"The Enneagram is a Sufi system that acts as a bridge between intellect and intuition. It has been taught for generations in the oral tradition. In its present form, it uses the language of psychology to identify nine personality types and their interrelationships. Each personality type has a unique way of looking at the world, and this viewpoint is reflected in a set of preoccupying thoughts and a related intuitive style. Thus, once the focal points of internal attention are identified, a person has a place to begin to look for the related intuitive ability.

"The function of a teacher in the oral tradition is to work first with a group of people who have the same personality type and develop a line of questioning which demonstrates the operation of their particular thought strategy. By observing such exemplars, workshop participants will be able to discover their own personality type in this system, and thus their own preoccupying issues and the ways in which they internally sense the presence of these issues. The task is then to be able to distinguish between thoughts about an external situation and intuitive information about that same situation. Time then will be devoted to internal focusing practices that enable one to develop the ability to shift attention between thought and intuitive perception, and to discriminate between psychic and intellectual information.

"The Enneagram workshop can be useful to people who wish to develop their intuitive abilities and are working to separate their psychic impressions from their projections. It can be particularly useful to anyone who works in a situation where reliable access to intuitive information is important." $740

Weekend of May 1–3

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

The Gentle Art of Becoming—Together A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see January 9-11.

$250 per participant

Celebrating the Goddess Within

Margot Adler

This workshop is about women's spiritual empowerment. The use of ritual as a tool for connecting with the Earth and with each other will be explored. Participants will chant, dance, share songs and experiences, and dream their inner journeys. They will create sacred space and travel to an ancient temple to meet the Goddess within themselves and within all nature. The workshop will also attempt to demystify concepts like "magic" and "ritual" and will offer each woman a set of personal tools she can use in her life. $250

Guide to Recovery for Adult Children of Alcoholics and Other Adult Children of Trauma

Herbert Gravitz & Julie Bowden

The last decade has heralded a social movement identifying and recognizing the plight of over thirty million Americans raised in alcoholic homes. When it is realized that there are millions raised in family environments with other types of dysfunction (e.g., chronic mental or physical illness, holocaust survivors, compulsive workers, overeaters, or gamblers), it is possible to begin to see the source of the pain so evident in this society.

Some believe the stress or sadism in an alcoholic family is second only to the horrors of concentration camps or prisoner of war camps. Comparing growing up in an alcoholic family to growing up in a war zone, many believe the emotional atmosphere results in symptoms of post traumatic stress disorder, including flashbacks, psychic numbing, survivor guilt, alienation, and chronic shock. Acknowledging the effects of alcoholism increases our understanding of the healing process.

The workshop leaders have identified six stages that describe the transformational journey to recovery taken by children of alcoholics and other trauma. Step by step, in an atmosphere of safety and integrity, they will combine the dimensions of altered state work and spirituality. Participants will be invited to move through and beyond the trauma of yesterday—melting frozen tears, integrating eternal yesterdays, befriending the child within, and connecting to the higher purpose. $250

Applied Vulnerability

Donald Michael

A primary task that persons and organizations face in the next twenty years is that of learning to be better learners. This may sound obvious, but consider for a moment how much effort we expend disguising our uncertainty and ignorance and acting as if we really know what we are doing. There is a parallel between what happens when we pay close attention to the processes of the mind (in meditation, for instance) and when we study the vastly complex political, social, and economic processes and systems of the world. In both cases, it is possible to see how little we really know about ourselves as individuals and about the world. This recognition can be the starting point for embracing ignorance and vulnerability so that we can apply them to constructive engagement with our private and public worlds.

This seminar will introduce several skills, or what Donald Michael calls "new competencies," that are necessary for making humane and effective decisions in situations where uncertainty can be the best occasion for learning—in organizational or independent work places and in interpersonal and family situations. These skills include: acknowledging high levels of uncertainty, error embracing, being future-responsive, boundary spanning, self-knowledge, and interpersonal competence.

The approach will be both cognitive and experiential. Participants will have the opportunity to learn to be more comfortable with their uncertainty, to reduce the need to act overcautiously out of fear of making a mistake, and to minimize the need for those defensive posturings that make it so hard to act responsibly and compassionately. As a previous participant said, "This workshop is for those who are ready to move beyond the personal and want to effect change in public and private organizations." $250

May 1-9

Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Steven Harper & Joyce Rogers Lyke

For workshop description see Wilderness Programs, page 36. $495

Week of May 3-8

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $490

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

For workshop description see January 11-16.

$490

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see February 1-6.

$490

May 3-29

The Mystical Quest, Attachment, and Addiction

Christina Grof, Stanislav Grof & Jacquelyn Small

For workshop description see Special Programs, page 34. $1960

Weekend of May 8-10

Burnout: Causes and Cures

Elliot Aronson

This workshop is designed for people who give service to others and who are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition, they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues.

C. E. credit is available for doctors and nurses; for additional information see page 36. $250

Word Magic: Self-Discovery Through Writing

Nancy Bacal

We all have stories and the capacity to tell them, but when asked to translate them onto the page, many of us are inhibited by self-judgment. By practicing a series of writing exercises designed to bypass blockages, participants may be able to move beyond the controlling arm of the critic and have a direct experience of themselves. The exercises are specific enough to excite the imagination yet spacious enough for the "writer inside" to experiment with imagery and form and remain true to his or her own voice.

This writing workshop is designed for the non-writer, the would-be-writer, and the professional writer. It offers participants an opportunity to open the heart, tap reservoirs of story-making material, and heighten their observations of the world. $250

The Experience of Auroville: An Evolutionary Perspective

Alan Lithman (Savitra)

In 1968, Auroville was founded by the Mother, based on the vision of Sri Aurobindo. Located on the southeast coast of India, Auroville has persevered through two decades as a global community of 600 men, women, and children from more than twenty-five nations.

Auroville claims to provide a context for the future evolution of humanity. What does this mean? What lessons can Auroville share with those of us facing the growing density of evolutionary crises? This is what the workshop will explore, using Auroville's actual experiences as reference points—from the reforesting of a million trees to the creation of a computer production unit, from its schools to its decision-making process.

Auroville has brought together the worlds of East and West, with the problems and gifts of both cultures. It has experienced in its own way why wars are fought and why governments fail. Yet, through these intense transitions, Auroville has remained alive to its quest, which seeks to heal the old gods of Matter and Spirit. $250

Body Imagery

Daria Khalighi

In this workshop, the physical body will be viewed as a metaphoric palette on which aspects of the Self are projected. A drawing of the full body by each participant will establish a point of origin, followed by a series of visualizations, drawings, and exercises on each body part. By isolating one body part at a time, participants will become aware of the unique messages, imprints, and associations carried within each of the body's parts.

Social impacts on the body, which have shaped the individual through childhood, adolescence, and into adulthood, will become evident through drawings and gestalt writings. Movement and breath work will engage the body in creative physical expression and the release of its tensions.

Body images—feelings and thoughts which are carried in muscles, skeletal structure, and organs—may be given expression through the creative impulse of drawing. As these images become available, it is possible to rediscover and unblock the pathways linking body with mind, emotion, and spirit. $250

Kathleen Thormod Carr

Week of May 10–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

Presence: Reclaiming Personal Power

Elisa Lodge Schiffman

For workshop description see February 1-6. $490

Human Potential Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to develop and educate the human potential, which refers to the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers and for discussion of the work. $490

Weekend of May 15–17

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $250

Singing Gestalt

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about feeling and expressing.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. Video feedback may be incorporated. But the workshop is really about you—singing. $250

Cross-Cultural Images of Body and Spirit

Elinor Gadon & Don Johnson

Every culture displays what it means by "spiritual consciousness" in specific forms of body posture and movement, such as yogic asanas, zazen, trance dances, sacred iconography, and erotic art. Participants in this seminar will contemplate slides of ideal bodies from various cultures, examining how those icons embody the consciousness of their culture. Against the backdrop of projected visual images, using sensory awareness and simple movement exercises, participants will explore how various images affect their own consciousness. They will also examine how breathing mediates the relation between body-image and spiritual practice, and will use simple forms of touch to facilitate awareness. This seminar is designed to illuminate the recovery of erotic perceptions and feeling underneath external body-images to ground a non-authoritarian, earth-respecting spirituality. $250

The Power of Growth

Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, Rolfing®, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $250

Week of May 17–22

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $490

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $490

Energy Awareness

Richard Strozzi Heckler

Traditional education, with its emphasis on rational thought, has overshadowed the development of the intuitive resources of the body. This imbalance leaves us only partially equipped for dealing with the changes and transitions of everyday life. Working through the body, however, makes it possible to contact an energy that has the wisdom to be self-educating and self-healing.

In this seminar, exercises and movements from aikido, a Japanese martial art, will be used to awaken the feeling and perceptive skills of this bodily wisdom. The principles of centering, grounding, positive energy flow, receptivity, relaxation, blending, and appropriate effort will be taught. Participants will also do body readings from an energetic point of view.

Emphasis will be on the application of these principles to daily living, such as how to overcome obstacles during times of change and confusion, how to be more effective in stressful situations, and how to develop and trust one's intuition. No prior experience is necessary. $490

Dream Council: The Craft of Dream Work

Stephen Aizenstat

"Dreaming is the psyche itself doing its soul-work." —James Hillman

". . . the dream, we would say, originates in an unknown part of the psyche and prepares the dreamer for the events of the following day." —C.G. Jung

These two notions, the soul-connection of dreams and the preparatory function of dreams, make participation in a dream group a particularly rewarding personal experience. Dreams, as looking-glass parables, provide a connection to the voices and images of the psyche. In dream council, the group creates a time and a place to listen to the visions of the night, the language of the psyche, to speak of our fate. In this regard, common dream themes, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will be discussed. Each dream council becomes a community unto itself, guided by the resource of the dream. The dream group provides a setting for participants to attend to individual woundings (psychological and physical), life transitions, and personal relationships. In following the way of the dream, dream work often becomes soul-work and participants typically deepen their sense of personal journey. $490

Weekend of May 22–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

The Further Reaches of Human Energy

George Leonard & Annie Styron Leonard

This workshop begins with a basic grounding in Leonard Energy Training (LET), in which problems can become opportunities, stress and pain can be transformed into gifts of energy, personal and social options can be multiplied, and the flow of vital energy enhanced. In addition to its practical applications, the workshop offers participants the possibility of experiencing their own latent powers of intuition and extraordinary sensing.

After their introduction to LET, participants move into experiments that push the limits of what are termed "normal" human capacities. Through such processes as scanning, tuning-in to others' energy, focused surrender, and remote viewing, the group is given a chance to experience a crystalline state of intense aliveness without expectation and prejudgment. As George Leonard wrote in *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet: sensing the energy field of a friend or a tree, making connections that defy conventional space and time. . . . We realize, with the sorcerer, don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), *The Ultimate Athlete* (Viking), and *The Transformation* (J.P. Tarcher / Houghton-Mifflin). $250

Week of May 24–29

Five-Day Massage Intensive

Esalen Massage Practitioners

Participants are instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction are introduced. This workshop is available to beginners as well as to those who wish to brush up on their massage skills. $490

Opening the Feelings

Dale Cummings & Gena Mayer Sorensen

Participants will employ Radix and neo-Reichian methods of emotional release, the most important of which is the Radix® intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works

through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $490

Woman as Warrior

Danielle Evans & Mary Tesoro

"I will learn to chant the power chant and play the healing drum."—from *Daughters of Copper Woman*

This workshop is for women only. It will use a synthesis of traditional and modern martial arts, women's street fighting defense techniques, and Leonard Energy Training to follow the path of the Huntress—the path of empowerment and love.

Although recognition may lie deeply buried in the unconscious, every woman is a potential Huntress. To tap into the power of the Huntress is to claim the power and freedom of our birthright as women, to eliminate the consciousness of victimhood. No previous martial arts experience necessary. $490

Weekend of May 29–31

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see January 30-February 1. $250 per participant

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 17-22. $250

The Way of Gnosis*, Ancient and Modern

***Gnosis: Transformative spiritual "knowing" arrived at intuitively; knowledge of the heart.**

Sidney Lanier & Stephan Hoeller

This seminar will explore a dynamic and uniquely western spirituality based upon ancient and modern insights about human nature. Its discussions will include an evaluation of the recently translated Nag Hammadi Gnostic Gospels and their significance today in light of Jung's psychology and the radical Gnostic visions of Feminine Wisdom. This seminar will combine formal presentation with group discussion.

Recommended reading: Elaine Pagels, *The Gnostic Gospels*; Stephen Hoeller, *The Gnostic Jung and the Seven Sermons to the Dead*; *Collected Works of C.G. Jung, Vols. 11, 12.* $250

The Presence of the Past: Morphic Resonance and the Habits of Nature

Rupert Sheldrake

Sheldrake's hypothesis of formative causation may provide the basis for a new scientific paradigm which goes far beyond the currently predominant mechanistic theory of life. The idea that the form and behavior of living organisms are shaped by morphogenetic fields, themselves molded by the form and behavior of past similar organisms, leads to a new interpretation of heredity and the evolutionary process.

Memories need no longer be thought of as somehow stored inside the brain. They may depend on direct connections with the organism's own past due to morphic resonance, and tuning in to the experience of other members of the species may give rise to a pooled or collective memory.

In this workshop, some of the implications of formative causation for biology, psychology, parapsychology, philosophy, ritual, and religion will be explored and discussed.

Recommended reading: Rupert Sheldrake, *A New Science of Life* (J.P. Tarcher) and *The Presence of the Past: Morphic Resonance and the Habits of Nature* (Random House). $250

Week of May 31–June 5

Ericksonian Hypnosis and Communication

Paul Carter

"Wisdom is the intelligence of the system as a whole."—Gregory Bateson

"Your conscious mind is very intelligent, and your unconscious mind is a hell of a lot smarter."
—M.H. Erickson

"We have an intelligence obtained from our wholeness that is far greater than we are ordinarily conscious of," Milton Erickson believed. Accessing and integrating this intelligence formed the basis of his hypnotic work.

This workshop is designed for those who work with people and would like experience with Ericksonian hypnosis, communication, and problem-solving. It will explore principles of this approach, including trance as a natural and necessary part of health, and will develop the idea that people and their communication and problem-solving are paradoxical.

Through guided exercises and demonstrations, participants will be taught the hypnotic use of metaphor in movement, sound, image, and story, as well as the hypnotic realities of age-regression, age-progression (traveling into futures), lucid dreaming, dissociation, and deep-trance identification (a process of deepening self-awareness through identification with different persons in and out of trance).

Additional exploration will include: the recognition and use of spontaneous trance states that commonly occur in the course of body work, acupuncture, movement and dance, sports, counseling, and everyday stress situations; the art of using all the system, including the bad, sick, crazy, and resistant parts; the value of humor, confusion, pattern interruption, and paradox in accessing unconscious creativity and resources; and an integrative approach to problem-solving and self-healing as described in Paul Carter's soon-to-be published book, *The Parts Model*.

Recommended reading: Jay Haley, *Uncommon Therapy* (W.W. Norton & Co.); Jeffrey Zeig, editor, *Ericksonian Approaches to Hypnosis and Psychotherapy* (Brunner & Mazel). $490

Shamanic Healing: Training in the Way of the Shaman

Michael Harner

Shamanism is an ancient human strategy for personal learning and action, especially useful for problem-solving, maintaining well-being, and healing. The shaman (a type of medicine man or woman) enters non-ordinary reality to obtain knowledge, to answer personal questions, and to maximize power to maintain personal health and achieve life goals.

In this experiential workshop, the participants will be introduced to some of the basic methods of the shaman. Participants will be initiated into shamanic journeying, a visionary method used to enter non-ordinary reality and explore the hidden universe otherwise known mainly through myth and dream. Practice will include: traditional drumming; movement methods for experiencing the shamanic state of consciousness and for awakening dormant personal capabilities and forgotten connections with nature; comparisons of discoveries made on shamanic journeys; personal problem-solving work; opportunity to discover one's own non-ordinary teachers and to learn from them in non-ordinary reality.

Participants will be introduced to the extraction method dealing with spiritual illness or pain, including discovery and recognition of localized spiritual illness and pain. They can learn how the shaman's journey may be used to restore spiritual power and health, and how shamanism may be practically applied in contemporary daily life.

This five-day workshop is both for beginners and for those who have previously taken a workshop with Michael Harner.

Participants are encouraged to bring drums and rattles and a notebook to record their experiences.

Recommended reading prior to the workshop: Michael Harner, *The Way of the Shaman: A Guide to Power and Healing* (Bantam; Harper & Row). $490

Weekend of June 5–7

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Suffering and Happiness as a Spiritual Path

Sogyal Rinpoche

According to the vision of Buddha, the suffering and happiness that one experiences can actually become the path to inner development. This teaching, written by the Tibetan master Jikme Tenpe Nyima, challenges basic attitudes of suffering and happiness, aspects of life which are revealed to be sources of understanding, compassion, and tranquility. Rinpoche will interweave this teaching with periods of guided sitting meditation practice. $250

Inner Sound and Voice

Jill Purce

This is a workshop of practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the Self and release an untapped source of energy.

Participants will work with the psycho-physical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance, to give sonic massage, and to heal and tune the chakras and subtle body. Participants will learn ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures including trance music, Mongolian and Tibetan overtone chanting, and other methods. $250

Why We Misbehave the Way We Do

Charles & Ronnie Blakeney

Why do we misbehave the way we do? Harvard professor Lawrence Kohlberg has studied the development of moral judgment for the past thirty years. He and his colleagues and students have interviewed thousands of children and adults worldwide. He has clearly demonstrated the existence of a universal sequence in the stages of moral thought. In the past fifteen years, Kohlberg and his colleagues have developed and successfully implemented *Just Community* programs, designed to raise the stage of moral reasoning of participants. Two questions have increasingly tickled and intrigued the Kohlberg group: What is the relationship between the stages of moral thought and moral behavior? What is the relationship between emotional development and moral development?

The workshop leaders bring Kohlberg's theory of universal stages of moral development to life. The relationship between moral decision-making, moral feelings, and moral behavior within actual social interactions will be explored. Participants will use this framework to examine the nature of misunderstanding between parents and children, therapists and clients, employers and employees, students and teachers, friends, lovers and partners. By attending to moral stages, learning style, patterns of moral misbehavior, and unresolved emotional conflicts, personal and interpersonal understanding and growth can be facilitated.

The workshop will include lectures, role playing, video tapes, and reflective exercises to identify stage and style and to suggest objectives and methods for growth. $250

Week of June 7–12

Experiencing Esalen: The Health Spa

Experiencing Esalen Staff

For workshop description see page 8. $490

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $490

Self-Acceptance: The Freedom to Be

David Schiffman & Elisa Lodge Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The degree to which we allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support, participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics. $490

Intermediate Cranial Workshop

Jim Asher & Jane Harrington

This Level Two cranial workshop will review the vertical and horizontal systems with alternate holds for each phase. Mouthwork practices that reduce strain and compression patterns as they relate to the maxilla, sphenoid, and ethmoid complex and to pituitary and sinus problems will be shown. Participants will practice balanced movement of the body to support themselves while working, as well as movement patterns which can be taught to their clients to support cranial changes.

Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system. Unwinding, a method which can release strains throughout the body at the somatic and emotional levels, will be emphasized in this workshop. Speno-basilar strain patterns, whip lash, bulb compression, dural tube freedom, and the fluid system will also be covered. There will be time for questions about specific problems and case studies.

This workshop is for those who have taken a basic cranial workshop on the membrane/fluid systems. It will be hands-on. Much of the emphasis will be on the head, jaw, neck, pelvis, and diaphragm systems.

In addition to the program described here, this course will include a special section of collaboration with *The Physical Embodiment of Mind* (see below), during which participants can exchange information and experiences.

C.E. credit is available for nurses; for additional information see page 36. $490

The Physical Embodiment of Mind: Patterns of Posture and Movement/Use of Self

Marghe Mills

The way we understand, sense, and use our bodies directly affects our health and our ability to perform the activities we need and want to be doing. Sitting, standing, walking, working, resting, communicating, dancing, exercising, etc., embody patterns as physical metaphors within each biological system (muscle, skeletal, nervous, organ, fluid, neuroendocrine). This workshop will consider the developmental, anatomical, and kinesiological foundations and the physical/mental/emotional experiences of these basic human activities.

Participants will work with their individual patterns of movement, alignment, and behavior. They will explore how personal and social patterns of movement and posture can be conducive to injury, to healing, and to wellness. Movement patterns from the point of view of function, ease, and support will be examined.

Through movement, discussion, hands-on work, lecture, voice, video, and art media, this

workshop will provide opportunities for the development and sharpening of important human skills. The work of Moshe Feldenkrais (Awareness Through Movement®; Functional Integration®) and Bonnie Cohen (Body/Mind Centering) will be combined with developmental learning, aikido, and creative arts.

In addition to the program described here, this course will include a special section of collaboration with the *Intermediate Cranial Workshop* (see above), during which participants can exchange information and experiences.

Recommended reading: Marghe Mills and Bonnie Bainbridge Cohen, *Developmental Movement Therapy* (School for Body/Mind Centering); Moshe Feldenkrais, *Awareness Through Movement* (Harper & Row); Wynn Kapit and Lawrence Elson, *The Anatomy Coloring Book* (Canfield Press). $490

Weekend of June 12–14

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $250

Achieving Sustained High Performance

Jerry Fletcher & Kathleen Brown Fletcher

For workshop description see January 23-25. $250

Advanced Massage Intensive

Esalen Massage Practitioners

This seminar is for people who are experienced in giving a massage. Through demonstrations and practice sessions, participants can learn to increase the effectiveness of their massage skills and have the opportunity to add fresh approaches to their current working style. The intent is to help participants develop deeper and more sensitive contact and to heighten their awareness of clients' responses.

When you send in your deposit, please list your previous massage experience. $250

The Power of Vision: Modern Applications of Visionmaking

Angeles Arrien & Frances Vaughan

In ancient cultures one finds three kinds of shaman: the healer, the warrior, and the visionary. This workshop will examine the types of vision utilized by each of them and how they can be developed and used in current personal, professional, and cultural contexts.

The visionary aspects of intuition, dreams, meditation, myths, and symbols will also be explored. Special emphasis will be placed upon the gifts and attributes of vision and how they can help create new myths for a nonviolent and peaceful future. Lecture and discussion will be combined with participation in the visionmaking process. $250

What's So Funny? Developing Comic Perspective

Wes "Scoop" Nisker & Paul Krassner

This workshop explores the humorous side of the tragicomedy of life. It emphasizes the development and expression of the crazy wisdom in each of us. Examining traditional uses of humor, from old Sufi tales, Zen Haiku, and coyote trickster stories, to audio and video tapes of the modern satirists and comedians including Charlie Chaplin, Lenny Bruce, Laurel and Hardy, and Woody Allen, the class aims to help participants learn not necessarily how to *be* funny, but how to *see* funny.

The group looks at humor in the news, the lighter side of the search for enlightenment, and the absurdist approach to life and death. Class work includes theater and writing exercises aimed at developing a sense of humor and finding skillful ways to use the comic perspective to ease the difficult moments in life. $250

Week of June 14–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

Five Days with Janet Zuckerman

For workshop description see January 18-23. $490

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*. $490

Mountains and Waves: Movement in Wilderness

Susan Harper & Steven Harper

Mountains and Waves is an invitation to explore natural movements inspired within the human organism by participation in nature. We listen to impulses within and to impulses of wilderness until "inner" and "outer" disappear. As we surrender to the intelligence which creates life in all its varied forms, we find ourselves moving in unexpected ways. Our awareness may expand. We can feel a larger sense of self and wilderness and the creative wholeness of a greater dance.

Sessions will be both indoors and outdoors. Evenings, some day sessions, and most meals will be at Esalen. We will also take short day hikes in Big Sur's backcountry. Participants need not have previous experience in hiking or dance. Come willing and ready to participate in nature's range of motion. $490

Weekend of June 19–21

The Feeling Process

Janet Zuckerman

For workshop description see January 23-25. $250

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods to improve their ability to sense each other's bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens, who may discover new ways of moving with ease and increased flexibility—painlessly and immediately.

C.E. credit is available for nurses; for additional information see page 36. $250

Professional Training in Ericksonian Methods

Jeffrey Zeig

The hypnotic technique of Milton Erickson offers certain methods of communication that can be applied clinically without formal hypnotic induction. Common everyday trance states can be recognized and utilized naturalistically.

This workshop will consist of lecture, experiential exercises, practice sessions, demonstrations, and observation and discussion of videotapes of Milton Erickson. The videotapes to be presented were taken at Erickson's teaching seminars in Phoenix in 1979 and 1980. Topics for discussion will include Symptom Prescription Reframing, Utilizing Resistance, and Using Anecdotes and Metaphors.

Enrollment is restricted to professionals with graduate degrees in health-related fields or fulltime graduate students in accredited programs in these fields. Students must provide a certifying letter from their school or department on letterhead stationery indicating proof of fulltime status as of June 1987. $250

Wrestling with Angels: UFOs and the Vast Middle Realms

Keith Thompson

"Unless you expect the unexpected you will never find truth, for it is hard to discover and hard to attain."—Heraclitus

"The thing that astonished him was that cats should have two holes cut in their coat exactly at the place where their eyes are."—Lichtenberg

Are UFOs (unidentified flying objects) a physical or a psychological reality, or both? To study the range of sighting reports is to begin to consider the possibility that UFOs travel across the boundaries between matter and mind—forming, in the words of Scott Rogo, a "momentary interface between hyper-dimensions and our world." Reports of those who have been up-close-and-personal with a UFO are suggestive of what Jung calls the psychoid realm, a domain of quasi-physical, quasi-mental realities manifesting as synchronicity—the simultaneous occurrence of a particular psychic state with one or more external events which appear as meaningful parallels to the percipient.

No less interesting than what UFOs really are and where they might really be from is their structural and functional likeness to psychoid phenomena comprising a vast spectrum or continuum of experience. Various esoteric traditions have used the phrase "middle realms" to describe the multi-linked web of unorthodox entities and events with which humans at different times and in different places have interacted, including time-traveling aliens, angels, fairies, poltergeists, The Double, fiery crosses and fiery shields, demons, spectre ships, apparitions of the Virgin Mary, kachinas, shamanic underworld initiations, pillars of fire and smoke, monsters (such as Big Foot, Yeti, Sasquatch, and Mo-Mo), and other examples of what the Tibetan mystical tradition calls *tulpas*: materialized thought-forms.

The specific focus of this seminar will be the UFO phenomenon as perhaps the premiere techno-mythology of the late twentieth century. Through informal discussion, storytelling, and slide presentations, the seminar will consider the UFO phenomenon in terms of what folklorist Peter Rojcewicz calls "the spectrum of structural frames of reference that different cultures have utilized to describe and order their interactions with spiritual entities." What can be learned by looking at the UFO phenomenon as *separate but not separated from* other middle realm materializations (such as those listed above) which have been characterized variously as paraphysical, extradimensional, extraterrestrial, ultra-dimensional, and multiple-presence? $250

Joyce Rogers Lyke

Week of June 21–26

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see page 8. $490

Five-Day Massage Intensive

Esalen Massage Practitioners

For workshop description see May 24-29. $490

Five Days with Claudio Naranjo

Claudio Naranjo offers a holistic collage of relaxation, bone-sensing, emotional awareness, and musical contemplation combined with tales, self-insight, communication exercises, catharsis, and limited open seat opportunity. $490

Returning to the Wisdom of Our Earth/Bodies

Laura DeNuccio (Ma Prita)

"If a proper reverence for the sanctity of the earth and the diversity of its people is the secret of peace and survival, then the adventure of self-discovery stands before us as the most practical of pleasures."—Theodore Roszak, *Person/Planet*

Learning about our bodies, our natural instincts, and responses can lead us back to the ancient wisdom of the earth—returning us to our sacredness and wholeness.

The focus of this workshop is to regain an intimate relationship with the natural pulsations and expressions of our bodies, as well as with our environment, through a conscious unfolding of our selves physically, emotionally, mentally, sexually, and spiritually.

In nature, we can observe the rhythms and patterns that occur in every aspect of life—from the pulsation of the cell, to the ebb and flow of our deepest emotions, to the movement and expansion of the universe itself.

The natural world will be our teacher as we explore the "inner" terrain of our physical and emotional bodies and the "outer" terrain of Esalen and Big Sur.

We will use Reichian gestalt awareness and breath work, sound, creative movement, and meditation to balance and transform energy blocks in the body (see January 25-30 description). In addition, we will use music, dance, prayer, and ritual to express our relationship with the earth and each other.

No previous experience is needed, only a willingness to explore this adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms.

This workshop is limited to 12 participants.

Recommended reading: Fields, et. al., *Chop Wood, Carry Water* (J.P. Tarcher); Shakti Gawain, *Creative Visualization* (Whatever Publishing); Peter Russell, *The Global Brain* (J.P. Tarcher); Ken Keyes, Jr., *The Hundredth Monkey* (Vision Books). $490

Weekend of June 26–28

The Biological, Psychological, and Cultural Body: Methods of Transformation

Don Johnson, Coordinator

Featuring:

Bonnie Bainbridge Cohen, creator of the somatic educational system called "Body-Mind Centering."

Emilie Conrad-Da'oud, founder of the somatic educational method called "Continuum."

Susan Griffin, author of *Woman and Nature, Pornography and Silence,* presently at work on a book about nuclear war, *The First and The Last: A Woman Thinks About War.*

Thomas Hanna, philosopher and Feldenkrais® practitioner, author of several books in the somatic field, founder and editor of the journal *Somatics.*

Don Johnson, somatic educator and author, conference coordinator.

Jack Kornfield, teacher of Vipassana meditation, author.

George Leonard, creator of Leonard Energy Training, teacher of aikido, author of several books and articles.

Ted Melnechuk, psychoneuroimmunologist, associate editor of *Advances: Journal of the Institute for the Advancement of Health.*

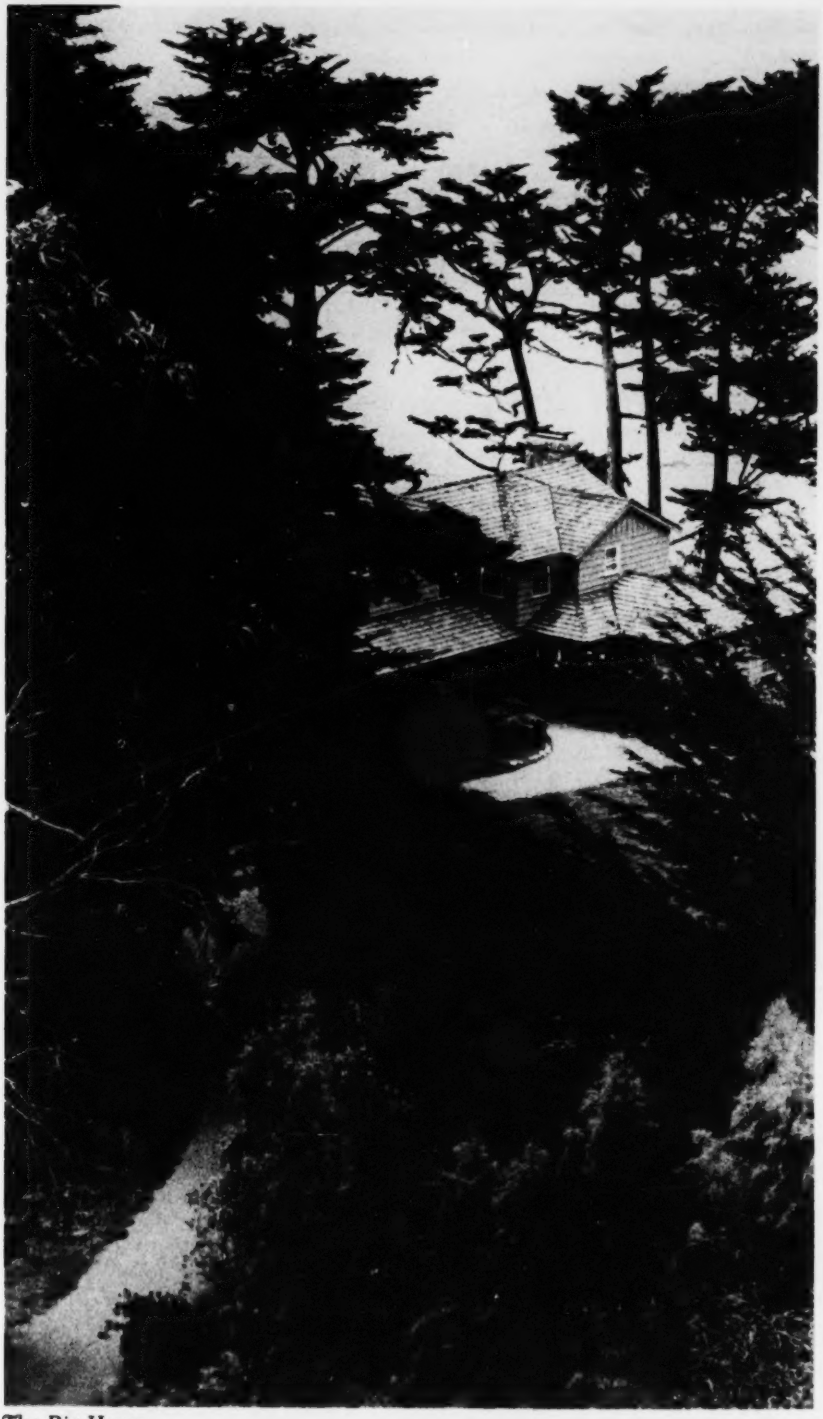
Michael Murphy, author, co-founder of Esalen Institute.

Moses Pendleton, co-founder of Pilobolus and current director of the Momix dance company.

Candace Pert, neuroscientist, director of the section on brain biochemistry, National Institute of Mental Health.

During the week of June 21-26, several leaders in various fields related to the human body will discuss their work and their visions of the future. On the weekend of June 26-28, they will present the results of their conference to the public. Each presenter will discuss his or her work and a vision of the body's future. There will be opportunities for dialogue among the presenters, questions from the audience, and experiential sessions. For more information, please refer to the Notes section, page 4.

$250



Joyce Rogers Lyke

The Big House

Work Study Program

The Work Study Program is for those who are interested in total immersion in the Esalen environment. It is a work-oriented program, emotionally and physically. Only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. *Assignments to departments are made according to community labor needs.* No Participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. **Participants in the focused programs must be prepared to stay at Esalen for the full duration** designated for that particular program, assuming that they meet the standards of the Work Study Program.

Focused programs planned thus far for 1987 include:

January 4–March 29: Esalen massage practitioners offer a three-month program in **body work**, with instruction in massage, movement, and self-care. For more information, see Massage Practitioner Certification Program, Special Programs, page 34. The cost of this program is: $800 first month, $750 second month, $700 third month.

March 29–April 26: Laura DeNuccio (Ma Prita) and Gordy Ryan offer an integrated program in practical approaches to enlivening and freeing the human spirit through breath and body work, gestalt, music, movement, meditation, and African ritual.

April 26–May 24: Jessica Moore Britt and Elliot Sobel offer a study of energy and pulsation using gestalt, awareness practice, Reichian breath work, Continuum movement and sound work, and the expressive arts.

June 21–July 19: Mary Goldenson (Devarani) will facilitate an intensive month which will allow participants the experience of letting go and moving on, using Reichian methods, Radix®, dance, imagery, gestalt, and meditation.

July 19–September 13: Seymour Carter coordinates a two-month program focusing on gestalt practice, with emphasis for, but not limited to, professionals.

September 13–October 11: Mary Goldenson (Devarani). For description, see June 21-July 19.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage and Rolfing®, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the three-month body work program, is $700 first month, $650 second month, $600 third month. Work scholars *may* be invited to remain for a second month or a third month depending on space available and the needs of the Esalen community. There are no scholarships available for the Work Study Program.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. Please return this form with your deposit to:

Work Study Program, Esalen Institute,
Big Sur, CA 93920. Telephone: (408) 667-2335.

The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other Esalen programs within one year of receipt.

Available dates: January 4–February 1; February 1–March 1; March 1–March 29; March 29–April 26; April 26–May 24; May 24–June 21; June 21–July 19; July 19–August 16; August 16–September 13; September 13–October 11; October 11–November 8; November 8–December 6; December 6–January 3; etc.

Application to the Work Study Program

Name _____ Address _____

City _____ State _____ ZIP _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program.

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may be invited to remain for a second or third month, ***depending on space available and the needs of the Esalen community.*** Please indicate your availability should an invitation be extended. (Not applicable to focused program applicants.) ☐ No extension ☐ One-month extension ☐ Two-month extension. Assignments to departments are made according to community labor needs.

If you have emergency medical skills (M.D., E.M.T., or R.N.) and are willing to make those skills available during your stay, please check here. ☐

Please attach a personal statement about your interest in the Work Study Program. ***Include:*** applicable ***skills*** (gardening, kitchen, mechanical, etc.); medical difficulties which might affect your working in particular departments; previous Esalen workshops you have attended (please list program titles, group leaders, and dates). Note: Fluency in the English language is essential for participation in the program.

Special Programs

Nigerian Musician, Babatunde Olatunji

January 4-23, 1987
Tutorial in Shamanic Healing and Shamanic Counseling

Michael Harner

This three-week intensive training course emphasizes universal core methods of shamanism, such as the classic shamanic journey, and their practical applications to contemporary life. The small group of approximately sixteen students will practice and live together in the Big House.

For information or to apply, write to Michael Harner, Center for Shamanic Studies, Belden Station, Norwalk, CT 06852. (203) 454-2827.

March 1-20, 1987
Sustaining Integration: Body, Self, and Soul

Jack Rosenberg

This workshop will start wherever participants are in their inner journey. The work is an in-depth integration of body and gestalt practices, object relations, and the transformative process of consciousness.

The course will cover:

Psychology of the Self: Participants will work with early unfinished situations that interrupt their sense of well-being and interfere with their relationships in the present. Sexual implications of this work will be dealt with in body work and in lecture.

Body Work (Integrative Body Approach): This will be theoretical and practical application, combining Integrative Body Practice, exercise, and massage.

Transformative Process of Consciousness: As the inner journey progresses, one's figure/ground is shifted from "doing" and "having" to "being" and to one's relationship with the eternal. Participants will explore ways to integrate and sustain these new awarenesses in their everyday lives. $1595

March 1-22, 1987
Continuum Movement: An Approach to Deep Bodily Awareness

Emilie Conrad-Da'oud & Susan Harper

Within our skin is a world of movement, not just the familiar movement of liquids and organs, but a dance of intelligent life. This is an invitation to dance.

This Inner movement is different from spatial movements such as walking. We call it "intrinsic movement." It is a great facilitator of the body's healing powers, a source for the development of an organic awareness that is fundamental to all intelligence, and a way to understand movement as what we are, rather than an activity we do.

This workshop will focus on breath, sound, and what we call the "movement of movements."

Each breath is like a motif or theme of a musical composition. The implications of the orchestration involve a re-ordering of our nervous system, refinement of our sense perception, and the ability to pay attention at the deeply organic levels of movement where molecules spin and cells commune.

Sound also plays an enormous part in these orchestrations, making the breath audible. Through audible breath we create new possibilities in our ability to affect ourselves, both as healers and as a way to tune ourselves to the evolutionary thrust on earth.

The movement of movements is the overall flow in the many eddying patterns of bodily motion. Some of these movements can be experienced as wavelike undulates, some are pulsing micromovements, some have the vibratory hum of tissue, and some have the sparkling charge of an electrical current. When all these different movements flow together without interference, we call this "fluidity."

The workshop will be open to both advanced and beginning participants. $1720

March 1-27, 1987
Certification in Clinical Hypnosis

Eli Jaxon-Bear

This course will synthesize neurolinguistics and Ericksonian hypnosis and will draw heavily from the pioneering work being done with the Enneagram of personality and Stanislav Grof's "cartography of inner space." While completing the M.F.C.C. coursework and satisfying the California state requirement for hypnosis certification, participants will go beyond what is required and explore the realms of the unknown.

While the use of hypnosis in habit control and symptom removal will be covered, a primary focus will be on hypnosis as an emerging tool of spiritual emergence/emergency. The roots of personality structure and the filters of perception in the creation and transformation of reality will also be examined.

All successful clinical applications depend upon complete pacing of the client's reality. The structure of rapport, pacing and leading, and various hypnotic patterns of induction will be studied, along with a variety of clinical interventions, including reframing, change history, metaphors, and story telling.

The group will watch videotapes of Erickson and have daily practice with each other. They will also have the opportunity to be videotaped doing a hypnotic induction.

Successful completion of the seminar and demonstrated proficiency will lead to certification in clinical hypnosis.

Recommended reading: J. Haley, *Uncommon Therapy*, *Strategies of Psychotherapy*; S. Grof, *Realms of the Human Unconscious*, *Beyond the Brain*; Bandler and Grinder, *Tranceformations*, *Frogs into Princes*, and *Reframing*.

For further information please write: Eli Jaxon-Bear, Institute for Advanced Hypnosis, P.O. Box 1311, Mill Valley, CA 94942.

C.E. credit is available for doctors and nurses; for additional information see page 36. $1960

March 27-April 24, 1987
Massage Practitioner Program

Deborah Anne Medow, Brita Ostrom & Esalen Massage Practitioners

This month-long program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture-demonstrations, "hands-on" practice sessions using each other as models, illustrated anatomy classes, and instruction in the basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning.

Body work will be studied as a tool for optimal well-being and stress reduction, and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. Upon satisfactory completion of the program, and after giving 30 additional recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program, with limited admission. Please request an application form when you make your reservation. $2120

April 5–May 1, 1987
Gestalt Practice: A Practicum

Coordinated by Christine Stewart Price

Gestalt practice is an experiential form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. In this practice, the quality of one's awareness is made primary, especially as focused on breath and physical sensation. See page 8 for a more detailed description.

This program is designed for people with established client-oriented practices, such as counselors, body workers, nurses, teachers, etc., who would like to integrate gestalt practice skills in their professional life as well as have concentrated time to attend to their personal growth. The curriculum will include sessions in which participants work individually with the leaders in a group setting ("open seat" work) as well as practicum sessions when group members work with each other in supervised situations. Some sessions will be videotaped for review and discussion. Although gestalt practice is the primary focus, related approaches will be presented, especially those which enhance ability to focus awareness on breath and the body.

This is a *scholarship program* and all participants are required to *work sixteen hours per week* in the Esalen community. This work commitment is part of the program, and participation is contingent on its fulfillment. Some additional scholarship assistance is available. To apply for the workshop, send a brief letter describing your present work and how you imagine this experience would relate to your professional and personal growth. Address application to Christine Stewart Price, c/o Esalen. $1485

April 10–24, 1987
Spiritual/Esoteric Practice: The Key to Intuitive and Psychic Development

Anne & Jim Armstrong

A well-developed, directable intuition is a natural, healthy outgrowth of self-realization. But unless we are willing to create the proper environment through self-discipline, meditation, and mindfulness of everything we think, feel, say, or do, this powerful force will remain dormant within us.

This two-week workshop will concentrate on building a firm esoteric/spiritual foundation for serious students interested in using intuition in their lives and professions. This will be accomplished by drawing from many ancient and modern spiritual disciplines, including meditation and yoga, while emphasizing the spiritual and ethical use of the intuitive/psychic process.

Through lecture, basic exercises, and practice on selected cases, participants can learn to recognize, trust, and apply their own psi abilities. During the exercises, Anne Armstrong will use her tracking abilities to assist participants in arriving at useful, accurate data.

Although esoteric and metaphysical explanations and background will be presented where appropriate, this is not a primary goal of the program. Particular attention will be placed on helping the participants differentiate between perception and projection and between psychic and intuitive input. $1230

May 3–29, 1987
The Mystical Quest, Attachment, and Addiction

Christina Grof, Stanislav Grof & Jacquelyn Small

This four-week interdisciplinary educational program is designed to explore the relationship between spirituality, addiction, and chemical dependency. It is especially relevant for professionals, students, and others interested in the fields of psychiatry, psychology, drug rehabilitation, religion, and philosophy. Participants and guest faculty will examine the nature of addictions and outline an approach combining traditional and transpersonal strategies as practiced by Jacquelyn Small and the Grofs.

Topics to be covered include:

1. Spiritual Quest, Attachment, and Addiction. Visiting teachers of Buddhism and Christian mysticism will explore with the group the nature of the transcendental impulse in human beings as it relates to the thesis of this seminar. Experts in the area of addiction propose that the twelve steps of Alcoholics Anonymous and transpersonal processes are a Western sadhana and context for spiritual awakening. Special attention will be paid to the promises and pitfalls of the spiritual path, the difference between spirituality and religion, the dynamics of attachment and non-attachment, the importance of service, and the relationship between mysticism and addiction.

2. Modern Insights into the Nature and Roots of Addiction. Modern psychological theories of addiction and chemical dependency will be examined. These include: Gregory Bateson's model based on systems theory and cybernetics, the birth trauma and prenatal factors, the Jungian understanding of archetypal dynamics, the mythological theme of the hero's journey, and the differences between ego integration and ego transcendence. The biological factors underlying chemical dependency and their interaction with the psychological and spiritual elements will also be discussed.

3. Transpersonal Psychology and Emerging Paradigm in Western Science. This will be a theoretical and experiential look at transpersonal psychology, the most recent movement in Western psychology that acknowledges and explores human spirituality with scientific principles and methods. The increasing convergence between modern consciousness research and the great mystical traditions and spiritual philosophies of the East will be compared to the revolutionary developments in other disciplines. This is the so-called "emerging paradigm."

4. Spiritual Emergency or Transpersonal Crisis. This aspect of the program will study observations from various disciplines that suggest that certain non-ordinary states of consciousness currently diagnosed and treated by traditional psychiatry as medical problems—mental diseases of unknown etiology—can be seen as difficult stages of spiritual development and evolutionary crises.

5. Self-exploration and Group Process. This experimental educational format combines lecture with experiential and group processes. For this purpose, participants will use various forms of Buddhist meditation, controlled breathing, music and guided musical imagery, focused body work, mandala drawing, psychic/intuitive counseling and training, massage, etc. The coordinators, visiting guest faculty, and the Esalen staff will function as facilitators for participants throughout the workshop.

Please note that this is an educational program, not a therapeutic program. The Esalen Institute is not licensed or equipped as a treatment facility.

A limited number of partial working scholarships will be available on the basis of need. Address your application, along with a biographical letter, to: Christina Grof, "Re: May 1987 Month-long Program," Esalen Institute, Big Sur, CA 93920. $1960

Gazebo Internship Program

Openings are now available at the Gazebo School for a one-to-three-month intensive internship in early childhood education with an emphasis on cognitive development and psychosocial skills. For an application, write to Bette Dingman, Gazebo Internship Program, Esalen Institute.

Massage Practitioner Certification Program

Esalen is now offering a California state-approved program. Upon successful completion of the three-month work scholar track, (see page 31), or four-week massage practitioner workshop, (see Special Programs, page 33), and after giving 30 additional massages elsewhere, graduates will receive their certificates. Each program provides at least 130 hours of instruction, supplemented by additional study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring Traveling Workshops

The Esalen massage teachers and their associates have created Healthspring, an independent organization devoted to extending their work into an outreach program. The workshops offer practices to stimulate physical and spiritual health and awareness within the

body, and can be designed to suit the needs of individual groups. The curriculum combines such approaches as massage, meditation, dance, neo-Reichian work, creative movement, gestalt, yoga, breath enhancement, anatomy, and other health-strengthening disciplines.

Healthspring will conduct workshops at locations outside of Esalen in your hometown or city. For more information on scheduling a Healthspring group in your community, write to: Healthspring Traveling Workshops, Esalen Institute, Big Sur, CA 93920.

First Reunion of European Work Scholars

We are planning to meet with European work scholar alumni at a retreat center between Frankfurt and Cologne, Germany, May 28-31, 1987. Visiting Esalen facilitators will include Jessica Moore Britt, Bette Dingman, Christine Stewart Price, and John Soper. For further information and reservations, contact Eberhard Schwartz, Menzelstr. 1, 1000 Berlin 41, 030-855-7504.

Future Programs

July 3-5, 1987
A Special Weekend Celebration with Babatunde Olatunji

with Ijalu Akanbe, Tao Tamakloe & Gordy Ryan

During this weekend, Nigerian musician Baba Olatunji will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

Olatunji has been bridging the gap between American and African culture for thirty years and brings his ensemble to Esalen for this special Fourth of July weekend. This is an opportunity to spend two days and two nights at Esalen enjoying the grounds, the baths, massage, and the community without participating in a structured group. Dancers, percussionists, musicians, and anyone who wants to speak the language of the drums is welcome. Bring a drum if you have one. $200

Search for Participants in a Historic Workshop

On the weekend of July 21-23, 1967, 38 people of varying races gathered for the first-ever interracial marathon encounter at Esalen. This workshop, co-led by Price Cobbs and George Leonard, inspired hundreds of similar gatherings throughout the nation. Now, in preparation for a 20th anniversary workshop to be held at Esalen in July 1987, we are seeking to contact all participants in the original workshop.

If you participated in the workshop or know of someone who did, please write Price Cobbs, Pacific Management Systems, 3528 Sacramento Street, San Francisco, CA 94118.

Anyone interested in enrolling in the 1987 workshop, whether an original participant or not, please watch for the course description and dates in the May-October 1987 catalog.

September 11-November 6, 1987
The Modern Warrior: A Certification Program in Leonard Energy Training

Jack Cirie, George Leonard & Annie Styron Leonard

This will be an intensive, rigorous, eight-week program leading to possible certification as a Leonard Energy Trainer. Leonard Energy Training (LET) is a comprehensive practice inspired by the Eastern art of aikido and Western psychology. LET teaches alternative ways of dealing with daily life problems and offers the possibility of high-level functioning appropriate to the ideal of the modern peaceful warrior.

In addition to learning how to present LET exercises, the participants in this course will receive training in movement (aikido and aiki-sword), meditation forms, written and oral communication skills, emotional and spiritual experiences, and state of the art fitness work adjusted to individual levels of readiness.

This course will be challenging and unique. Participation will be limited to ten men and women.

For further information write Jack Cirie, 1500 Broadway East, Seattle, WA 98102, or phone (206) 624-7579 or (202) 547-0320.

October 11-November 6, 1987
The Promethean Impulse: Spirituality, Creation, and Creativity

Christina & Stanislav Grof

For more information write Christina Grof, "Re: The Promethean Impulse," Esalen Institute, Big Sur, CA 93920.

European-American Intensive Training Seminar in Transpersonal Studies

Cosponsored by the California Institute of Integral Studies, the German Transpersonal Association, and Esalen Institute

This two-week training will take place at a beautiful site in the Canary Islands in October/November 1987 (exact dates to be determined). It is designed for therapists and students who wish to enhance their professional and personal development through findings derived from consciousness research and from the esoteric, meditative, mythic, and symbolic traditions.

Individuals from Europe and North America will participate in seminar talks, trainings, and symbolic rituals. Faculty from the U.S. will include: *Angeles Arrien* (anthropology, symbolism), *Stanislav and Christina Grof* (transpersonal therapy, spiritual emergencies), *Ralph Metzner* (east-west psychology, transformation); and from Germany: *Peter Orban* (imagery therapy, esoteric studies) and *Norbert Mayer* (initiatory therapy, ritual). The exact cost is yet to be determined, but will be approximately $1500 for accommodations and tuition. Travel fare is not included.

For further details and application information, contact Ralph Metzner, California Institute of Integral Studies, 765 Ashbury Street, San Francisco, CA 94117.

Somatic Training for Professionals

This training, whose design will be developed by various people participating in the June 1987 invitational conference on the body, is for people in the helping professions—nurses, social workers, physicians, counselors, physical therapists, etc.—who are interested in expanding their skills for working with the human body. It will focus on refining the most basic aspects of work with the body, including: the perceptual abilities to see, touch, and listen; an understanding of the development of body image; an examination of movement patterns and breath; and how these various aspects of the body are related to one's emotional life patterns of health and sickness. We will give particular attention to how somatic strategies can be used in dealing with specific problems such as addictive behavior and eating disorders.

The faculty for the training will include Don Johnson and other members of the Antioch University Somatics program, Emilie Conrad-Da'oud, founder of Continuum, and various pioneers in the field.

The training will last several weeks, taking place either over the course of a year in which participants will take one five-day intensive every two months or a month-long intensive. If you are interested in such a training, please indicate what schedule would be best for you by writing to:

Don Johnson
Director, Somatic Psychology and Education
Antioch University
650 Pine Street
San Francisco, CA 94108

Medical Programs

Esalen Institute is a California state-approved provider of Continuing Education for health professionals. **Only those programs specifically listed below offer continuing education credit.** See workshop descriptions elsewhere in the catalog. The California Medical Association has granted Esalen Category I approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Physicians

March 1-27
Certification in Clinical Hypnosis
Eli Jaxon-Bear
30 hours

May 8-10
Burnout: Causes and Cures
Elliot Aronson
10 hours

Registered Nurses

January 4-9
Craniosacral System: Basic Workshop
Jim Asher & Jane Harrington
30 hours

January 18-23
Beyond Anatomy: Feldenkrais® for Body Workers
Patrick Douce
30 hours

February 27-March 1
Anatomy for Trager℠ Students
Deane Juhan
12 hours; C.E. credit is available through the Trager Institute.

March 1-27
Certification in Clinical Hypnosis
Eli Jaxon-Bear
30 hours

March 27-April 24
Massage Practitioner Certification Program
Esalen Massage Practitioners
30 hours

March 29-April 3
Enhanced Human Performance through Biofeedback Training
Joel & Michelle Levey
30 hours

Cynthia Bianchetta

May 8-10
Burnout: Causes and Cures
Elliot Aronson
10 hours

June 7-12
Intermediate Cranial Workshop
Jim Asher & Jane Harrington
30 hours

June 19-21
Freeing Our Bodies/Our Selves Through Movement:
A Feldenkrais® Approach
Patrick Douce
10 hours

Wilderness Programs

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

1-3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

May 1-9
Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Steven Harper & Joyce Rogers Lyke

Nature can provide us with opportunities to stretch our limits and explore our inner wilderness. By living in a natural environment we can expand our sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. We will travel "light," with instruction in minimum impact camping, ecology, and the geography and cultural history of the area.

Wilderness will be our mirror and primary teacher as we live simply and in direct contact with nature. We will explore our inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, we will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for our last night together. There, meditation instruction will be available for those who wish it. Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $495

Biographical Information

A

Margot Adler, *p. 23* ..... author of *Drawing Down the Moon* and reporter for National Public Radio, has been involved with Goddess and Pagan spiritual paths for fifteen years.

Stephen Aizenstat, *p. 14, 25* ..... clinical director of the Human Relations Institute, has conducted dream groups throughout the U.S. and recently completed a comprehensive research project on methods of dream analysis.

Ijalu Akanbe *p. 35* ..... has danced with Olatunji for 22 years and is dance captain of the Drums of Passion Dancers.

Cheryl Armon *p. 19* ..... is the director of the undergraduate program at Antioch University, Los Angeles. Her teaching and research work focus on values development and moral education.

Anne Armstrong *p. 12, 21, 34* ..... has been doing transpersonal counseling for over 18 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong, *p. 12, 21, 34* ..... a former engineer, is a lifelong student and teacher of esoteric studies.

Elliot Aronson, *p. 15, 23, 36* ..... professor of psychology at UC Santa Cruz, is author of 12 books, including *Burnout* (with Ayala Pines).

Angeles Arrien *p. 28* ..... is an anthropologist and specialist in Basque mysticism. She teaches courses in cross-cultural approaches to healing, myths, and symbols.

Jim Asher *p. 11, 27, 36* ..... has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer, certified by Ida Rolf.

Debbie Austin, *p. 13* ..... former track and field athletics coach, has expertise in the application of sports psychology methods to psychokinesis training.

B

Nancy Bacal, *p. 23* ..... novelist, lyricist, filmmaker, screenwriter, has taught writing workshops for years. Student of meditation and aikido, her work includes the award-winning film, *RAGA*, starring Ravi Shankar.

Jamie Baraz *p. 13* ..... has taught vipassana (insight) meditation with Joseph Goldstein, Jack Kornfield, and Stephen Levine in the U.S. and Asia. He has led San Francisco area classes and retreats since 1977.

Daniel Bianchetta ..... practices intuitive readings, shiatsu, and deep tissue work at Esalen. He is a teacher and student of Siddha yoga.

Charles Blakeney *p. 27* ..... directs Berkeley Academy and advises the White House Domestic Policy council. He does research and training on moral insanity and moral misbehavior.

Ronnie Blakeney *p. 27* ..... works with disturbed adolescents and consults the White House on welfare. She studies racial discordance, morality, identity, and emotional development.

Julie Bowden, *p. 23* ..... co-author of *Guide to Recovery* and *Genesis: A Spiritual Beginning*, is a founding and current board member of the National Association for Children of Alcoholics.

Jessica Moore Britt *p. 8, 17, 20, 31* ..... is a senior teacher of gestalt and Reichian work at Esalen. She is a member of the Ridwan Work School, dedicated to understanding personality and essential development.

C

Joseph Campbell *p. 19* ..... is a professor emeritus at Sarah Lawrence College. He is a mythologist, lecturer, and author of *The Hero with a Thousand Faces, The Masks of God*, and *Myths to Live By*.

Paul Carter, *p. 26* ..... co-founder and director of Meta-Education and Training Arts since 1976, leads workshops in the U.S. and Europe on Ericksonian hypnosis, creativity, and learning.

Seymour Carter, *p. 25, 31* ..... longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.

Michell Cassou *p. 22* ..... is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.

Stanford Eugene Cates *p. 14, 15, 18, 19, 21, 22* ..... is an ordained minister, gestalt facilitator, and Trager℠ bodyworker. He has worked with Paul Rebillot in the U.S. and Europe for seven years.

Danner Lief Christensen *p. 16* ..... has been interested in becoming a man ever since he was born in 1950.

Emilie Conrad-Da'oud *p. 18, 30, 33* ..... is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.

Stewart Cubley, *p. 17, 22* ..... artist and scientist, is co-founder with Michell Cassou of the Expressive Painting Studio in San Francisco.

Dale Cummings, *p. 25* ..... certified Radix® teacher and counselor in private practice in West Los Angeles, is director of first-year training for the Radix Institute in Ojai.

D

John Davis *p. 21* ..... teaches stress management and personal and transpersonal growth to individuals and organizations using the Diamond Approach, biofeedback, Reichian work, and wilderness vision quests.

Laura DeNuccio (Ma Prita), *p. 13, 29, 31* — a certified Radix® teacher on the Esalen faculty, has 12 years of experience combining Reichian body work, gestalt, Bates vision work, movement, and meditation in group and private instruction.

Patrick Douce, *p. 12, 28, 36* — a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais Awareness Through Movement® and is available for individual sessions in Functional Integration®.

E

Esalen Massage Practitioners *p. 20, 25, 28, 29, 31, 33, 36* — Char Brenner, Peggy Horan, Deane Juhan, George King, Bill Liles, Deborah Medow, Jaime Morton, Laurie Muller, Arthur Munyer, Brita Ostrom, Laurie Schutz, Vicki Topp, and Attila Vaas.

Danielle Evans, *p. 26* — a third-degree black belt in aikido, is the head female instructor of Model Mugging Women's Self Defense and has pioneered women's empowerment groups throughout the U.S.

F

James Fadiman *p. 16* — consults, writes, teaches, and lectures damn near everywhere. He has given workshops at Esalen for 20 years and worked with stories for 10.

David Feinstein, *p. 15* — a psychologist, is director of Innersource in Ashland, Oregon, and has taught at Antioch College and the Johns Hopkins University School of Medicine.

Jerry Fletcher *p. 13, 28* — is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in Richmond, California.

Kathleen Brown Fletcher *p. 13, 28* — is a trainer and consultant in organizational development, working in both the profit and non-profit sectors.

Joyce Frazee, *p. 18* — gestalt and dream work practitioner in Vancouver, Canada, for 14 years, has training in Jungian dream analysis, bioenergetics, and group process.

G

Elinor Gadon, *p. 24* — author of the forthcoming book, *The Once and Future Goddess*, is a cultural historian who has documented images of the body in many religious traditions.

Herbert Gold *p. 18* — has published over 20 books, most recently *Lovers and Cohorts*, collected stories, and *A Girl of Forty*, a novel. He has taught at Cornell, Harvard, Stanford, and UC.

Mary Goldenson, (Devarani) *p. 14, 20, 23, 31* — a chiropractor, certified Radix® teacher and doctoral candidate in clinical psychology, is in private practice in Los Angeles.

Joe D. Goldstrich, *p. 14* — author of *The Best Chance Diet*, cardiologist, and past medical director of the Pritikin Longevity Center, currently practices homeopathy in Pacific Palisades, California.

Herbert Gravitz, *p. 23* — psychologist, is a founding and current board member of the National Association for Children of Alcoholics. He co-authored *Guide to Recovery* and *Genesis: A Spiritual Beginning*.

Tom Greening *p. 12* — is a clinical psychologist, editor of the *Journal of Humanistic Psychology*, and has made three trips to the Soviet Union.

Christina Grof *p.12, 13, 15, 17, 23, 34, 35* — studied with Swami Muktananda and has a special interest in the relationship between mysticism and psychosis. She is founder of the Spiritual Emergency Network and co-author of *Beyond Death*.

Stanislav Grof, *p. 12, 13, 15, 17, 23, 34, 35* — a psychiatrist who has extensive experience in consciousness research with and without psychedelics, is author of *Realms of the Human Unconscious*, *LSD Psychotherapy*, and *Beyond the Brain*.

Richard Gunther, *p. 14* — a business entrepreneur, has for 25 years studied the problems and possibilities of mid-life, and is co-author of *Who Needs Mid-Life at Your Age?*

H

Betsy Hand *p. 14, 26* — has worked as a nurse, family counselor, group leader, manager, and consultant in the health care field for over 25 years.

Thomas Hanna *p. 14, 30* — is director of the Novato Institute for Somatic Research and Training, editor of *Somatics* magazine, and author of *The Body of Life* and *Bodies in Revolt*.

Michael Harner, *p. 11, 26, 33* — an anthropologist who has studied shamanism among South and North American Indians for more than two decades, authored *The Way of the Shaman* and *Hallucinogens and Shamanism*.

Steven Harper *p. 23, 25, 26, 28, 36* — teaches for Colorado Outward Bound and the National Outdoor Leadership School, and is currently the coordinator of the Esalen Wilderness Programs.

Susan Harper *p. 18, 28, 33* — teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads "Dance the River" trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.

Jane Harrington *p. 11, 27, 36* — holds a masters degree from Lone Mountain College and is a certified Rolf-movement teacher with extensive craniosacral experience.

Richard Strozzi Heckler, *p. 25* — psychologist, has a third-degree black belt in aikido. He is co-founder of the Lomi School, author of *The Anatomy of Change*, and editor of *Aikido and the New Warrior*.

John Heider, *p. 24* — a psychologist in private practice in Coconut Grove, Florida, is a group leader and teacher of group leaders. He was part of the Esalen Residential Program from 1967-71.

Stephan Hoeller *p. 26* — is a leading exponent of the Gnostic movement today. He is director of the Gnostic Society and regionary bishop of Ecclesia Gnostica, both of Los Angeles.

Paul Horn *p. 11* — is a flutist, jazz musician, creator of the *Inside* albums, philosopher, and teacher of meditation.

Chungliang Al Huang ..... is a t'ai chi dancer, artist-calligrapher, and philosophical entertainer. He is founder / president of Living Tao Foundation, and director of the Lan Ting Institute, Wu Yi Mountain, China.
p. 11, 12, 19, 20

Terry Hunt, ... a licensed psychologist practicing bioenergetic analysis in Boston, directs a flotation tank center for amelioration of somatic and addictive disorders.
p. 17, 30

Julian Isaacs, ... director of parapsychological research at John F. Kennedy University, Orinda, California, has pioneered and investigated the training of psychokinetic ability for eight years.
p. 13

J

Eli Jaxon-Bear, ... former staff research associate in psychology at UCLA and past president of a Tibetan Buddhist meditation center, practices Ericksonian hypnosis, and is a master practitioner of NLP.
p. 16, 18, 33, 36

Don Johnson, ... author of *Body* and *The Protean Body*, is coordinator of the graduate studies program in somatic psychology and education at Antioch University in San Francisco.
p. 24, 30, 35

Deane Juhan, ... a member of the Esalen massage crew for many years, is a certified practitioner of Trager℠ psycho-physical integration.
p. 18, 36

K

Neil Karp, ... practicing psychiatrist, directs the Stress Reduction Associates Medical Group in Santa Barbara, California, a pain and stress management center.
p. 14

Daria Khalighi, ... teacher and counselor, developed the Creative Process Method, integrating art and psychology to facilitate creative expression and growth. She is co-founder of Tamalpa Institute.
p. 24

Alexandrea Kovats, ... a sister of the Order of St. Joseph of Peace, is program director of the Institute for Culture and Creation Spirituality in Oakland, CA.
p. 20

Paul Krassner, ... co-founder of the Yippies and a stand-up comic since 1953, is author of *Impolite Interviews* and *Tales of Tongue Fu*, and editor of Lenny Bruce's autobiography.
p. 28

Mari Krieger ..... is a counselor in full-time practice. She works with individuals, couples, groups, and organizations, and teaches at John F. Kennedy University.
p. 21

Stanley Krippner, ... psychologist, researcher, and director of Saybrook Institute's Center for Consciousness Studies, authored / co-authored *Human Possibilities, Realms of Healing*, and *Dream Telepathy*.
p. 15

L

Benj Langdon, ... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.

Jean Lanier, ... gestalt awareness teacher and counselor, is a faculty member of the Institute for Culture and Creation Spirituality in Oakland, CA, where creativity is understood as a spiritual process.
p. 20

Sidney Lanier, ... longtime friend of Esalen, with a wide experience in humanistic psychology and contemporary theater, is an associate of Stephan Hoeller at the Ecclesia Gnostica.
p. 26

Lenore Lefer ..... has a private practice in San Francisco, is on the training staff of the Psychosynthesis Institutes of London and San Francisco, and teaches at the California Institute of Transpersonal Psychology.
p. 17

Annie Styron Leonard ..... is a founder of the Energy Training Institute in Mill Valley, California, and an aikido black belt.
p. 25, 35

George Leonard, ... author of *Education and Ecstasy, The Ultimate Athlete*, and *The Silent Pulse*, was a longtime senior editor of *Look* and is currently a contributing editor of *Esquire*.
p. 25, 30, 35

Joel Levey, ... director / imagineer of biofeedback programs for SportsMind Inc., Biocybernaut Institute, and American Biotechnology Corporation, practices Tibetan, Vipassana, and Sufi meditation traditions.
p. 20, 36

Michelle Levey, ... teacher of human transformation, applied wisdom, and compassion meditations, is research / training assistant for SportsMind Inc., Biocybernaut Institute, and American Biotechnology Corporation.
p. 20, 36

Alan Lithman (Savitra), ... an 18-year resident of Auroville who remained in India after his meeting with the Mother, is the author of *Auroville: A Trust for the Earth*.
p. 24

Nancy Kaye Lunney, ... a gestalt practitioner at Esalen since 1977, is a vocal coach and accompanist for well-known professional entertainers. She is manager of programming and a trustee at Esalen.
p. 24

Joyce Rogers Lyke ..... is a practitioner of gestalt and photographer for the Esalen Catalog.
p. 23, 36

M

Will McWhinney ..... is on the senior faculty of the Fielding Institute, consultant, former associate professor, UCLA, and president-elect of AHP.
p. 12

Deborah Anne Medow, ... Esalen group leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 8, 33

Ailish Mellard, ... holistic health practitioner and body worker for 12 years, is currently organizational consultant for Will Schutz Associates, which teaches human potential concepts for various organizations.
p. 17, 19

Donald Michael, ... professor emeritus of planning and public policy and professor of psychology, University of Michigan, is the author of *On Learning to Plan and Planning to Learn*.
p. 23

Jane Miletich, ... a longtime Big Sur resident and Esalen masseuse, is instructor of hatha yoga, t'ai chi, and transitional cleansing diets; student of midwifery, birth, and death; and bearer of ritual.
p. 8

Marghe Mills ..... is co-author of *Developmental Movement Therapy* with Bonnie Cohen, certified Feldenkrais teacher, faculty member, Dominican College, and in private practice in Marin County and San Francisco.
p. 27

N O P R S

Ian Mitroff ..... is Distinguished Professor of Business Policy, USC, and author of numerous books on planning and crisis management.
p. 12

Beverly Kitaen Morse ..... is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 28

Claudio Naranjo, ... theorist of growth disciplines and former resident at Esalen, introduced meditation as a component of gestalt practice.
p. 29

Wes "Scoop" Nisker, ... considered the dean of the new radio journalism, is a newsman at KFOG, San Francisco, and the editor of the *Inquiring Mind*, the journal of the Vipassana Buddhist community.
p. 28

Babatunde Olatunji, ... master percussionist from Nigeria, has performed internationally for over 30 years, and is known for his album *Drums of Passion*. He is an authority on African religion.
p. 35

Brita Ostrom, ... a longtime Esalen massage practitioner, incorporates Trager℠ training with the personal energetic connection of the Esalen massage.
p. 33

Karen Paine-Gernée ..... leads groups for Adult Children of Alcoholics in Cambridge, Massachusetts. She is on the faculty of Omega Institute, The New York Open Center, Interface, and Spring Hill Institute.
p. 17

Helen Palmer ..... is a practicing clairvoyant. She directs the Center for the Investigation and Training of Intuition. Her teaching utilizes personality issues as access points to psychic perception and the inner life.
p. 22

Kenneth Porter, ... a psychiatrist in individual, group, marital, and family practice in New York City, is Assistant Clinical Professor of Psychiatry, Columbia College of Physicians and Surgeons.
p. 20

Hector Prestera, ... a physician, acupuncturist, Rolfer, certified neurolinguistic trainer, and practitioner of Ericksonian work, is in private practice in Monterey, California.
p. 19

Christine Stewart Price ..... is a teacher and ongoing student of gestalt practice. Her spiritual orientation fluctuates between evangelical Taoism and born-again Paganism. (Paganism: religion of the earth.)
p. 8, 21, 24

Jill Purce ..... is author of *The Mystic Spiral*. She investigated the mystical dimension of sound with Karlheinz Stockhausen, and the magical use of the voice and overtone chanting with Tibetan lamas.
p. 27

Paul Rebillot ..... was founding director of the Gestalt Fool Theater Family in San Francisco and has been a resident group leader at Esalen.
p. 14, 15, 18, 19, 21, 22

Sogyal Rinpoche, ... Tibetan incarnate lama, scholar, and meditation master, was raised by Buddhist master Jamyang Khyentse Chokyi Lodro, and studied at Cambridge University.
p. 27

Marion Rosen ..... has done body work for the past 45 years and is the founder of the Rosen Method, which she teaches through the Rosen Institute.
p. 21

Jack Rosenberg, ... a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, CA, is the author of the new book *Body, Self, and Soul*.
p. 18, 28, 33

Gordy Ryan ..... has roots in the Big Sur Primitive Jazz Society and has studied and performed with Olatunji for fifteen years.
p. 35

David Schiffman, ... a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 11, 12, 15, 16, 19, 23, 27

Elisa Lodge Schiffman ..... trained in structural integration with Ida Rolf and is an advanced teacher of Rolf-movement integration.
p. 11, 12, 14, 15, 19, 23, 24, 27

Will Schutz, ... founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity*.
p. 17, 19

Phyllis Shankman, ... a licensed counselor in transition between Los Angeles and Big Sur, specializes in group process and is interested in self-acceptance and change.
p. 20

Rupert Sheldrake ..... is a biologist and author of *A New Science of life* and *The Presence of the Past: Morphic Resonance and the Habits of Nature*.
p. 26

Julian Silverman ..... is director of counseling and psychological services at UC Santa Cruz.
p. 16

Anne Nechama Simkin ..... trained in gestalt with Erv and Miriam Polster and Jim Simkin, and has conducted workshops internationally.
p. 11, 22

Saul-Paul Sirag ..... is a theoretical physicist who has published papers on cosmology and unified field theory.
p. 15

Harry Sloan, ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 13, 17, 22

Jacquelyn Small, ... author of *Becoming Naturally Therapeutic* and *Transformers, The Therapists of the Future*, is recognized as a leader in the fields of addiction and human consciousness.
p. 23, 34

Gerald Smith ..... is a psychologist in Belmont, California. He is author of *Hidden Meanings* and *Couple Therapy*.
p. 14, 26

Nancy Stark Smith *p. 21* ..... first loved moving as an athlete and gymnast. In 1972 she danced in the first performance of Contact Improvisation. She co-founded and edits *Contact Quarterly, A Vehicle for Moving Ideas.*

Elliot Sobel *p. 31* ..... was the editor of *New Sun Magazine* and has done extensive research, as an author and performer, in the area of consciousness as it relates to the arts.

Jerry Solfvin *p. 15* ..... is on the faculties of John F. Kennedy University and the California Institute of Integral Studies. He has authored many articles on mental healing.

Sharon Solfvin *p. 15* ..... is on the faculty of John F. Kennedy University and is a business consultant on creativity and intuition.

Gena Mayer Sorensen, *p. 25* ..... MFCC, is in private practice in San Jose and San Francisco. She holds an adjunct certificate as a Radix® teacher.

Brother David Steindl-Rast, *p. 15* ..... Benedictine monk, hermit, psychologist, and author, has lectured on all five continents. He is concerned with the spiritual challenges of our time.

T

Yao Tamakloe *p. 35* ..... studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion.

Mary Tesoro *p. 26* ..... is a certified Leonard Energy Training instructor, writer, and aikido practitioner, whose work embraces issues of human health, potential, and peak performance.

Keith Thompson *p. 29* ..... has a private practice in clinical hypnosis in Mill Valley, CA. He is a freelance writer and storyteller.

Lia Thompson *p. 8* ..... has been a Gazebo teacher for six years. She is currently a co-ordinator of Experiencing Esalen: The Body and a member of the Gazebo workshop staff.

Gabriele Thomson *p. 15* ..... has conducted workshops for mental health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.

V

Frances Vaughan *p. 28* ..... is an author, psychologist, and consultant. Formerly president of the Association for Transpersonal Psychology, she is a pioneer in intuition research.

W

Judyth Weaver, *p. 20* ..... a Reichian counselor, certified teacher of t'ai chi ch'uan and Sensory Awareness, and student of Buddhism and Taoism, holds a doctorate in psychology and teaches at the California Institute of Integral Studies.

John Welwood *p. 18* ..... is a clinical psychologist and author of *Awakening the Heart* and *Challenge of the Heart: Love, Sex, and Intimacy in Changing Times.*

Arlen Riley Wilson *p. 19* ..... is former president of the Institute for the Study of the Human Future.

Robert Anton Wilson *p. 19* ..... is author of *The Widow's Son* and 20 other books.

Paul Winter *p. 21* ..... is an environmentalist, musician, and recording artist. He is founder / artistic director of Paul Winter Consort and of Living Music Foundation in Litchfield, Connecticut.

Z

Jeffrey Zeig *p. 28* ..... is director of the Milton Erickson Foundation. His professional interest is how communication can be used to elicit and develop innate strengths.

Janet Zuckerman *p. 12, 13, 28* ..... was an emotional release and group process teacher at Esalen for 12 years. She has a private practice in San Francisco.

David Nelson

Fritz's

Catalog Subscription Information

The Esalen Catalog is published tri-annually. Subscription cost for one year is $10 for the United States, $12 for Canada and Mexico, $16 for Europe and South America, and $18 for all other countries. A single inspection copy of the current issue is available upon request from Esalen Institute, Big Sur, CA 93920.

☐ To obtain a one year subscription to the Esalen Catalog, please send a check or money order in **U.S. currency drawn only on a U.S. bank** to: Esalen Institute, Big Sur, CA 93920. A pre-addressed envelope is included in this catalog for your convenience.
(Note: People who attend an Esalen workshop or conference will receive a free subscription for one year.)

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☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

Please notify us if you change your address, and check here ☐ if you are receiving duplicates of the catalog.

Friends of Esalen

We invite you to join us in our organization—the Friends of Esalen scholarship fund.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships. Esalen will, in turn, match your contribution.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the Esalen Catalog for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category circled.

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One Year Student	$15	One Year Donor	$50	One Year Patron	$500
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Please mail to: Friends of Esalen, Big Sur, CA 93920.

Food for the Senses

A book of recipes and artwork by people of the Esalen community is now available. To order by mail, use this form.

Please send me _____ copies of **Food for the Senses.** ($5.95 each, plus an additional $1.25 per book for postage and handling, or a total of $7.20. California residents add $.35 tax.) I am enclosing a total of $ _____ .

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Please mail to: **Food for the Senses**, Esalen Institute, Big Sur, CA 93920. Make checks payable to Esalen Institute. Allow 6 weeks for delivery.

The Media Center

Videotapes

Esalen

This 18-minute videotape, which tells Esalen's story from its early history to the present, is an inexpensive way to view the general offerings available at Esalen. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities.

Invited Speakers

The Esalen Media Center is offering for rental or purchase a selection of videotapes from conferences and seminars. This series consists of unedited single camera recordings of informal talks made at Esalen.

1. Jack Kornfield, "On Meditation," November, 1984. A longtime student and teacher of vipassana meditation and Buddhism discusses these traditions with reference to his own experiences as a spiritual seeker in the Orient. (117 minutes)

2. Brother David Steindl-Rast, "God, Spirituality, and the Senses," November, 1984. A Benedictine monk and scholar discusses the spiritual journey and its relationship to mythology and transpersonal theory. (117 minutes)

3. Fritjof Capra, "Characteristics of Systems Thinking," June, 1985. The author of *The Tao of Physics* and *The Turning Point* discusses the evolution of scientific thinking, including current views and implications. (81 minutes)

4. Stanislav Grof, "The New Scientific Paradigm," June, 1985. An original member of the transpersonal psychology network and author on topics such as appropriate use of psycho-active substances, discusses his current view of consciousness. (117 minutes)

5. Rupert Sheldrake, "Morphic Resonance and The New Science of Life," June, 1985. A British geneticist relates his theories on biological and psychological development and discusses some empirical tests of these theories. (108 minutes)

6. Kenneth Ring, "The Near-Death Experience," June, 1985. The author of *Life at Death* and *Heading Toward Omega* discusses his research on the near-death experience and some of its implications for the future of the human race. (114 minutes)

7. Albert Hofmann, December, 1984. The discoverer of LSD talks to Stanislav Grof about his early experiences with this and other psychoactive drugs. He also discusses some of the social, political, and scientific consequences of LSD. (92 minutes)

8. Anne Armstrong and Elizabeth Stratton, December, 1984. Two longtime students, practitioners, and teachers of psychic work discuss with Nancy Knapp their practices and perspectives related to psychic counseling and healing. (56 minutes)

9. Terence McKenna, "Fractile Perspectives on the Millenium," August, 1985. The author of *The Invisible Landscape* gives his vision of the future, centering around the evolution of human consciousness. (72 minutes)

10. Jack Rosenberg, "One Hour and Twenty-Nine Minutes with Jack Rosenberg and Integrative Body Practice," September, 1985. The Venice, California, practitioner gives his view of personality development and some of the typical patterns of interaction in relationship. (89 minutes)

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Audio Recordings

The Dolphin Tape Series

The human potential movement generates unusual events which produce unusual recordings. Each issue of the Esalen Catalog lists new titles and also a few from the Big Sur Recordings archives. Nearly all tapes are stereo from live events. Tape length is normally 1 to 1½ hrs.

Single-tape titles are $10 with prepayment (purchase orders add $1 per tape):

Rupert Sheldrake: *Trajectory to Apocalypse—or Peace?*, 1985
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Rusty Schweickart: *Global Unity: A View from Space*, 1984
Fritjof Capra: *Characteristics of Systems Thinking*, 1985
Fritjof Capra: *Ecological Vision*, 1985
George Freibott: *Nikola Tesla, The Inventor*, 1984
Albert Hofmann: *The Transmitter-Receiver Concept of Reality*, 1984
Albert Hofmann: *Interviewed by Stan Grof*, 1984
Stanislav Grof: *Principles of Holotropic Therapy*, 1985
Kenneth Ring: *Near Death Experiences*, 1985
Joseph Campbell: *The Hero's Journey (80th Year)*, 1984
Paul Rebillot: *The Pluto Story: Journey into Madness*, 1984
Robert Anton Wilson: *The I in the Triangle*, 1984
Anna Halprin: *Peace Meditation*, 1983
Sogyal Rinpoche: *Technologies of the Sacred*, 1984
Julian Silverman: *A Light-Hearted Course in Miracles*, 1984
Jack Kornfield: *Simplicity of Spiritual Practice*, 1982
Reb Anderson: *Entry Into Buddhist Meditation*, 1984
Reb Anderson: *Basic Points of Buddhist Meditation*, 1984
Jule Eisenbud: *Psi Experience in Psychotherapy*, 1984
Jan Ehrenwald: *Psi Experience and the Bergsonian Filter*, 1984
Charles Tart: *Our Fear of Psychic Abilities*, 1984
Stanley Krippner: *Multiple Personality Disorder*, 1983
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Sogyal Rinpoche: *Interview on Death and Dying*, 1982
Robert Anton Wilson: *The Prism Lecture (Santa Cruz)*, 1982
Terence McKenna: *Mind, Molecules, and Magic*, 1984
Dennis McKenna: *Activity of Ayahuasca and Oo-Koey*, 1984
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Albert Hofmann: *LSD and the Nature of Reality*, 1978
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Henry Munn: *Fable of the Vision Drink*, 1977
Robert Bly: *The Six Powers of Poetry*, 1983
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Anne Armstrong: *On Being a Psychic*, 1971
Alan Watts: *Divine Madness*, 1968
Fritz Perls: *Dream Theory and Demonstration*, 1968
Carl Rogers: *The Intensive Group*, 1966
Abraham H. Maslow: *Self-Actualization*, 1966
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Two-tape titles are $18 with prepayment (purchase order price is $20):

Walt Anderson & Ted Roszak: (2) *The Upstart Spring*, 1984
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Frank Barr: (2) *A History of Philosophy*, 1983
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Jean Houston: (2) *The Possible Human (Boston ATP Conference)*, 1979
Stanislav Grof: (2) *Geometry of Psychopathology*, 1984
Stan & Christina Grof: (2) *Holonomic Consciousness Paradigm*, 1982
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Esalen Institute Reservations

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See **General Information**, page 46.)

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Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? _____. If you can't be reached, please call us before your scheduled arrival for final confirmation. **Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.**

(On additional paper please repeat the above information for every person in your party making a reservation. Mail to: Reservations, Esalen Institute, Big Sur, CA 93920.)

☐ Check if you want housing as a couple, shared bed ☐ Check if you smoke

Car Pooling: We encourage guests to car pool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop for phone numbers of other guests from your area.

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If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Please allow three weeks for scholarship processing. For further details, see **Ways of Being at Esalen,** page 8.

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on _____ (date of arrival, Fridays & Sundays only)

The $20 (rate subject to change) per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. The only departing bus service from Esalen is on Fridays and Sundays at approximately 6:30 PM. Esalen bus service is not available at any time other than as listed.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute in U.S. currency only.

Overseas residents must pay by checks drawn on U.S. banks.

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All workshops require nonrefundable reservation fees. See page 46. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

General Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Car Pooling: We encourage guests to car pool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop for phone numbers of other guests coming from your area.

Reservation Information: In order to reserve a space in any workshop, we require the following reservation fees:

Weekend:	$50
Five-day:	$100
Seven-day:	$150
Two-week:	$200
Three-week:	$300
Month-long:	$400

Fees are **payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks.** Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. *Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.*

Please mail all reservations to:
Reservations,
Esalen Institute
Big Sur, CA 93920

We are able to process mail reservations more effectively. If you are concerned about workshops being full or have any questions, you may make reservations by phone if you use your MasterCard, Visa, or American Express credit card number to charge your reservation fee.

Phone (408) 667-2335
Office Hours:
Monday, Tuesday, Thursday, and Saturday 10 am to 3 pm
Wednesday 10 am to 12 Noon
Friday 10 am to 8 pm
Sunday 12 Noon to 8 pm

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number, (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or three workshop participants.* Camping on the grounds is prohibited.

Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 pm; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are made by Esalen bakers.

Gazebo School: Any requests for child care should be sent at least one month in advance to Gazebo, Esalen Institute, Big Sur, CA 93920.

Senior Citizens' Discount Information: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and $50 for a five-day workshop. Discounts are available only when you make your reservations. Please present proof of age when you register. Senior discounts are not available for Wilderness Programs or Work Scholar Programs.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to live for a month in the Esalen environment and participate in an intensive workshop program. The minimum stay is 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are canceled, so second choices are advised. Many community programs are also open to residents. The cost is $1960 per 26-day period.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared, and the rate is $60 per person per day on weekdays, and $75 per person per day on weekends. Room and board rates include dinner on the day of arrival and breakfast and lunch the following day.

Private rooms are sometimes available. Rates are $100 per person per day, $110 per couple per day on weekdays, and $135 per couple per day on weekends. Special family rates are available. Please phone the office for additional information.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 4:45 PM and from the Monterey Airport approximately at 5:15 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $20 one-way fee (rate subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 6:30 pm.

Seminarians as Volunteers: Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteer help.

Accreditation: We do not offer accreditation in the form of diplomas such as those conferred by traditional schools. Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office, (408) 667-2335, for further information, or write to Brian Lyke, conference coordinator.

Contact is the appreciation of differences.
—Fritz Perls

. . . and the recognition of similarities . . .
—Richard Price

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting, and research.

Esalen Institute
Big Sur
California 93920

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May-October, 1987

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Esalen Photographic Retrospective

September of this year marks the 25th Anniversary of the founding of Esalen Institute. In the next catalog we will include a pictorial retrospective of the past 25 years. Anyone with black and white photographs from 1962-present, please contact Joyce Rogers Lyke at (408) 667-2335.

Joyce Rogers Lyke

Esalen Notes

Dialogues on Philosophy at Esalen

Philosophy has had a vital role in shaping Western Civilization. In company with religion and art, it once helped people understand their place in the universe. It gave them guidance as they grappled with life's meaning and purpose It provided them a value framework for making personal choices. Three generations ago, William James could still say that the most important question a landlord could ask himself in screening a prospective tenant was, What is his philosophy? Few professional philosophers would say that today. They would probably advise a landlord to study the applicant's credit rating. Both inside and outside the academy, philosophy has lost its vitality and its relevance in guiding relationships between individuals, societies, nature, and the cosmos.

This project is dedicated to revisioning philosophy. Esalen will assemble creative philosophers from the United States and Europe, and eventually from India and the Far East, bringing them together for conversations and support of some of their long-term scholarship. We will also publish some of their work in book form or through other media. Though popularity is no proof of wisdom, neither is obscurity. Esalen hopes to encourage a conversation in philosophy that will be more accessible than current academic philosophy, but deeper and more comprehensive than most popular guides to enlightenment.

The need for a new departure in philosophy is clear both from the demise of current academic philosophy and from the increasing acuteness of questions to which philosophy used to provide answers. How is one to conduct a worthwhile life? What do we tell our children about the ultimate questions of life and death, or fairness and justice? How can we adjudicate among conflicting claims coming from different cultures where different claimants recognize no common standard?

Part of the timidity of contemporary thought can be traced to the internationalization of everyday life: we are continually made aware of the fact that our standards are not the only ones. We have left the comfort of absolute, authoritarian principles, and we are now passing through the dark valley of nihilism where, as Ivan Karamazov put it, "All is permitted." But anarchy and nihilism will not do.

Only philosophy can take on the task of rebuilding a sense of purpose and meaning, right and wrong, in a context that is global and pluralistic. Without the comfort of absolute standards, or the fashionable despair of European nihilism, philosophy can rebuild a context in which it makes sense to speak of good and evil without invoking Good or Evil. Philosophy is needed, now more than ever, to restore a sense of legitimacy to the lives of individuals and institutions.

Themes for Consideration in the Initial Discussions

1. What is the condition of philosophy now? What are its weaknesses and strengths? What does it need to be humanly relevant?

2. Developmental and Evolutionary Schemas: Developmental psychology and philosophy of history are replete with roadmaps for the growth and development of individuals and societies. Erik Erikson and Abraham Maslow have drawn maps for individual development. Hegel and Aurobindo have suggested schemas for the growth and development of whole societies. Slightly at odds with these purposive, developmental schemas, evolutionary theory suggests divergent rather than convergent developmental paths. Species differentiate from one another. They do not converge toward a single ideal organism. In order to come to terms with the issue of pluralism in ethics, it will be helpful to examine the degree to which convergent, purposive, developmental models, or divergent evolutionary models are more appropriate for individuals and/or cultures.

3. What is the role of experience in philosophy? How are we to judge the validity of insights derived from extraordinary states of consciousness? The history of philosophy, both East and West, demonstrates that the greatest philosophers recorded extraordinary, or higher, states of mind. Yet this source of insight has been ignored by contemporary academic philosophy. Borrowing from both East and West, we wish to restore the *experiential* dimension of philosophy and explore what might be called "the philosophic sensibility," or philosophy as a way of life.

4. What constitutes evidence? We will explore various criteria for accepting different kinds of experience, whether sensory, emotional, intellectual or spiritual, as evidence to support—or contradict—metaphysical, ethical, and scientific propositions. Most modern philosophers simply assume that only the five senses can provide certain knowledge of real things, and that knowledge of supra-sensible events is generally thought to be impossible. We will question those assumptions.

5. How do we steer a path between absolutism and relativism?

The Project's Structure

The project will begin with a series of meetings in 1987 at Esalen Institute, Big Sur, involving a core group consisting of the participants listed below. During these meetings, for which Esalen will provide the room and board costs, the project's first themes will be developed. We anticipate that a few participants may drop out as the project proceeds for various personal or professional reasons, and that new participants will be added for their special insights and to extend the influence of the project into mainstream academic thought. Most of the core group will remain intact for the duration of the project, though, to maintain a coherent and developing dialogue.

Participants

Robert Bellah—One of the foremost philosophers of religion; has developed an evolutionary perspective on religion; principal author of *Habits of the Heart*, an important current best-seller describing the loss of an articulate language of value in American discourse.

James Cutsinger—Assistant Professor of Religious Studies at the University of South Carolina; chairman of the committee on esotericism and perennialism for the American Academy of Religious Studies; a young theologian-philosopher who is working to open up contemporary theology and philosophy to the perennial wisdom.

Sam Keen—Author of *To a Dancing God* and *Faces of the Enemy* and other books on philosophy, theology, and psychology.

Jacob Needleman—Professor of Philosophy, San Francisco State University. Author of many books on philosophy and religion, including *The New Religions*, *A Sense of the Cosmos*, *The Heart of Philosophy*, and *Sacred Tradition and Present Need*. Like Robert Solomon, he has kept his eye steadfastly on major issues of human concern.

Philip Novak—Associate Professor of Philosophy and Religious Studies at Dominican College; a young philosopher interested in ways

in which traditional contemplative practices, Buddhist meditation in particular, shed light on philosophical problems and complement intellectual vision with psychological transformation.

James Ogilvy (Project Director)—Taught philosophy at Yale and Williams; now at Stanford Research Institute. In several books, and in his current work, he has built a bridge from the relatively esoteric world of philosophical theory to policy analysis, opinion polling, and futures studies.

Donald Rothberg—Associate Professor of Philosophy at Kenyon College; a young philosopher who brings new insights and vitality to metaphysics.

Huston Smith—A leading philosopher of religion; the author of *Forgotten Truth* and other books about the perennial wisdom of the great religions; taught for many years at MIT and Syracuse University; has helped keep interest in mysticism and comparative religions alive in contemporary American academia by his university teaching and books such as *The Religions of Man* and *Beyond the Post-Modern Mind*.

Robert Solomon—Professor of Philosophy, University of Texas (has also taught at Princeton, Harvard, and UC.) Author of a major book on Hegel (Oxford University Press) and several books on human emotions. More than any other contemporary philosopher, Solomon has insisted on addressing pressing human issues rather than arcane academic puzzles.

Brian Swimme—A young and promising thinker who brings unique perspectives to bear upon the stupendous fact of evolution; has related cosmology to mystical thought and other concerns of metaphysics.

Ken Wilber—Author of *Spectrum of Consciousness*, *The Atman Project*, *Up from Eden*, *A Sociable God*, and other works that join philosophy, religion, developmental psychology, sociology, and other disciplines into a comprehensive developmental world-view.

Participant Observers

Jean Lanier—Gestalt awareness teacher and counselor; faculty member of the Institute for Culture and Creation Spirituality in Oakland, CA, where creativity is understood as a spiritual process.

Michael Murphy—Co-founder of Esalen Institute and founder of the Esalen Institute Study of Exceptional Functioning; author of *Golf in the Kingdom*, *Jacob Atabet*, *The Psychic Side of Sports*, and *An End to Ordinary History*.

Roger Walsh—Professor of Psychology and Philosophy at UC Irvine.

Esalen-Antioch Cooperation

Beginning in the Fall of 1987, there will be a number of opportunities for Esalen resident scholars to gain credit toward a bachelor's degree or a master's degree in somatic psychology through Antioch University. The various program options are outlined below:

1. The Work Study Program: People enrolled in this program may gain credit toward a B.A., the number of credits depending upon the track in which they enroll.

2. The 2-Year Somatics Training Program for Health Professionals (see page 5): People enrolled in this program may gain up to 30 credits toward a B.A. This program is particularly adapted for nurses, physical therapists, chiropractors, acupuncturists, etc., whose prior professional schooling, plus the units available in this program, would place them within easy distance of a B.A.

3. People enrolled in the 72-unit Antioch master's degree program for Somatic Psychology and Education may gain up to 30 units for the 2-Year Somatics Training Program.

4. Those beginning the Antioch master's program may do their first resident quarter in Fall, 1987, as work scholars at Esalen in a specially designed track, gaining 12 units toward their degree.

The undergraduate degree program of Antioch University in San Francisco, a branch of Antioch University in Ohio, has long been committed to honoring the educational value of certain kinds of life experiences, work, and non-academic trainings. The fully accredited bachelor's program is based on assisting adults to document such experiences for academic credit and determining a program for completing the degree. The master's program in somatic psychology and education is a 72-unit residency program, based on the study of the interface between the physical body and psychology. It is designed to meet the academic requirements for the California license in marriage, family, and child counseling.

For specific information about the Antioch degree requirements, write: Don Johnson, Somatic Psychology and Education, Antioch University, 650 Pine Street, San Francisco, CA 94108. (415) 956-1688.

A Somatics Training Program for Health Professionals

This training, scheduled to begin in January, 1988, is unique in that it will bring together in a cooperative educational effort some of the leaders in the somatics field who are designing a program not based on the particular techniques they have developed, but on the basic principles of work with the body that they have discovered. The individual seminars within the training will focus on refining the most basic aspects of work with the body, including: one's abilities to see, touch, and listen; an understanding of the development of body image; an examination of movement patterns and breath; the impact of gravity on the personality; and how these various aspects of the body are related to one's emotional life and patterns of health and sickness.

There will be theoretical presentations placing somatic therapies within the context of the biological sciences, and seminars on cross-cultural approaches to the body. Particular attention will be paid to how somatic strategies can be used in dealing with specific problems such as stress-related diseases, addictive behavior, and eating disorders.

Each student in the program will choose one teacher from the staff who will act as that student's supervisor during the two years. By the end of the program, the faculty and students will have generated a body of clinical research, applying the material of the seminars to specific kinds of problems among their patients and clients.

Admission to the training will be restricted to individuals in the helping professions—nurses, social workers, physicians, psychotherapists,

physical therapists, body workers, chiropractors, etc., and registered students in these areas—who are interested in expanding their skills for working with the human body. Because the program is based on the unique opportunity for a group of pioneers to work together and with a committed group of students over a long period of time, only those who commit themselves to the whole program will be admitted to the individual seminars.

The training will consist of 300 hours over a period of two years, in modules arranged as much as possible for the convenience of the participants. Continuing education credit and academic credit from Antioch University will be available (see "Esalen-Antioch Cooperation" above).

Those who are designing the program and teaching various modules include: Judith Aston, Bonnie Bainbridge Cohen, Emilie Conrad-Da'oud, Robert Hall, Don Johnson, Sam Keen, Mary Eckberg, Dennis Leri, Charlotte Selver, Charles Brooks, and several others.

If you are interested in this program, please write to Don Johnson at the address below, indicating the kinds of scheduling that would be manageable for you. Some possibilities over a two-year cycle are: a 5-day intensive (Sunday night to Friday noon) every other month; a 7-day intensive every 3 months; a combination of 5-day intensives with a month-long, etc.

Write to: Don Johnson, Somatic Psychology and Education, Antioch University, 650 Pine Street, San Francisco, CA 94108.

Invitational Conferences

Though many invitational conferences were organized by Esalen during the 1960s, the first to become an annual event was held in January 1976 to explore certain issues in theoretical physics. From that meeting, Esalen's current program of invitational conferences was born. In 1986, several invitational conferences were held at Big Sur on new modes of national and international governance, alternatives to traditional psychiatric approaches, trends in the arts, the psychology of the Soviet-American relationship, the practice of shamanism, and other subjects.

Typically, these conferences are chaired by one or two individuals interested in a topic or field and engaged in work related to this area. A five-day conference period is scheduled, and group leaders invite individuals they know to have similar or parallel interests. As host, Esalen covers room and board expenses for all participants as a way of advancing these particular studies. Sometimes, conference leaders help raise funds from private sources to assist with transportation costs for participants who come from Europe, Asia, and Latin America.

The goal of these invitational conferences is to engender the kind of creativity that comes from the collaborative work of people with similar interests but radically different approaches. We hope that the results will include expanded research projects, new writing, and more effective plans for the education of therapists.

One of these invited conferences, *The Biological, Psychological, and Cultural Body: Methods of Transformation*, which will conclude with a public seminar, is highlighted below. A list of other currently listed programs follows.

The Biological, Psychological, and Cultural Body: Methods of Transformation

Esalen Institute Invitational Conference: *June 21-26*
Public Seminar: *June 26-28*

This invitational conference will deal with a broad spectrum of concerns about the body that includes healing, education, art, social thought, and science. It is based on a growing realization that an adequate understanding of the body, and of the relation between the body and larger human issues, requires a wide panorama of theories, clinical practices, research discoveries, aesthetics, and educational strategies which contribute to the understanding of human sensitivity and vulnerability and the transformation of pain. Its participants will include biological and behavioral scientists, creators of somatic therapies, artists, psychotherapists, teachers of meditation, and thinkers who have analyzed the role of the body within culture.

Those invited to the conference have either published books, journal articles, or videotapes of their work. These products will be circulated among the participants so that each of them may become familiar with the particular contributions of the others. During the invitational conference, the work of each participant will be examined in relation to the work of the others. During the public seminar, each of the participants in the conference will present a vision of the future of his or her particular work, and a broader vision of the future of the body. There will be opportunities for dialogue among the participants, questions from the audience, and experiential sessions.

Participants:

Bonnie Bainbridge Cohen, creator of the somatic educational and therapeutic system called "Body-Mind Centering."

Emilie Conrad-Da'oud, founder of the somatic educational method called "Continuum."

Leslie Gray, founder of "Shamanic Counseling," lecturer in Native American studies, UC Berkeley.

Susan Griffin, poet, author of *Woman and Nature* and *Pornography and Silence*.

Barbara Halpern, medical anthropologist and Feldenkrais® practitioner; latest article appears in *Social Science and Medicine*.

Thomas Hanna, philosopher and Feldenkrais® practitioner, author of several books in the somatic field, founder and editor of the journal *Somatics*.

Don Johnson, director of Antioch University's graduate program in Somatic Psychology and Education, author, conference organizer.

George Leonard, creator of the Leonard Energy Training, teacher of aikido, author of numerous books and articles.

Ted Melnechuk, member, scientific staff, and planning and editorial consultant to the president, Helicon Foundation; visiting lecturer, Department of Neurosciences, UCSD.

Michael Murphy, author, co-founder of Esalen.

Moses Pendleton, dancer, choreographer, co-founder of Pilobolus, current director of Momix.

Candace Pert, neuroscientist, director of the Section on Brain Biochemistry, National Institute of Mental Health.

Vincent Sarich, evolutionary scientist, Department of Anthropology, UC Berkeley.

Additional Invitational Conferences for May-October 1987:

Esalen's Gazebo—Early Childhood Education Internship Program: *Janet Lederman*

Appropriate Governance: *Donald Michael*

Dialogues on Philosophy at Esalen: *Jay Ogilvy*

Methodology of Practicing Intuitives: *Helen Palmer*

The Psychology of the U.S.-Soviet Relationship: *Joe Montville*

Psychical Research: *Russell Targ* and *Charles Tart*

New Directions in Biological Research and Evolutionary Theory: *David Deamer*

[8]The Feldenkrais Guild

Esalen/Lan Ting Institute China Exchange

October 1-21, 1987, Esalen will collaborate with Lan Ting Institute, Wu Yi Mountain Scenic Reserve District, Fujian Province, China, to offer a third annual cultural arts study group led by Chungliang Al Huang. Participants will stay primarily in a traditional Taoist retreat area in the southern China province, and faculty will focus on Chinese arts and philosophy. Approximate tour price, based on double occupancy, including air fare, and subject to change, is $3600. There will be only approximately 32 participants, so to reserve a space, please send a letter of application and a check for $350, payable to Living Tao Foundation, Box 846, Urbana, IL 61801. Inquiries for further information may be directed to the same address.

Job's Body: A Handbook for Body Work

Below are excerpts from Job's Body: A Handbook for Body Work *(Station Hill Press: Barrytown, New York, 1987, 320 pps.) by Deane Juhan, a member of the Esalen massage crew for many years and a certified instructor and practitioner of Trager℠ psychophysical integration.*

It is the goal of this book to explore some of the verifiable relationships between the body and the mind in search of data that might contribute towards some concrete understanding of what is happening when skillful touching alters the structure, the chemistry, and the psychology of a human being. I would like to find reasons for the obvious successes of a largely intuitive process, a process which seems to begin from very different initial premises regarding actual method in order to arrive at the same results of relief from discomfort, dysfunction, and anxiety. . . .

The idea that touch, knowledgeably directed, can have significant healing value is far from being a new one. . . . Most of the body's processes rely upon the appropriate movement of fluids through our systems, and body work can be an effective means of promoting these circulations. . . . Another argument frequently made for the efficacy of body work is that both our musculature and the connective tissues which hold us together often become stiffened or shortened or thickened, distorting our posture and limiting our movements. . . . Body work has been used for thousands of years to relax muscles, eliminate spasms, diminish fatigue, soften connective tissue to make it more supple, and so free up the joints, restoring a fuller range of painless movement. . . .

These kinds of effects upon our fluids and upon our solids have been rightfully cited. . . . Even though they are accurate identifications of positive benefits, they reflect almost exclusively the *mechanical* aspects of body work and of our own system's responses—the laws governing hydraulics, the elasticity and tensile strength of tissues, and so on. . . . No matter how hydraulic, mechanical, or chemical we may be in some respects, the physical laws which govern these kinds of relationships among our elements are only a part of the organization which forms and sustains human beings.

Our other great principle of organization is neural, mental. . . . Mind is the most pervasive organizing principle in the body. There is no cell whose environment is not directly sustained or adjusted by the activities of the nervous system. It ultimately determines the plasticity of all other tissues and systems, and it is itself the most radically plastic of all the systems in the organism. . . . Just as the mind organizes the rest of the body's tissues into a life process, sensations to a large degree organize the mind. They do not simply give the mind material to organize; they are themselves a major organizing principle.

Body work, then, is a kind of sensorimotor education, rather than a treatment or a procedure in the sense common to modern medicine. Self-awareness, self-control, and the active application of the will to the processes of growth and development are the major themes of this education. . . . Practiced touch can not only deliver a collection of sensory impressions, but it can also impart those impressions in such a way as to convey a smoother style, a larger repertoire, a greater flexibility and a finer appropriateness to our movements. It can help us to learn—in ways that our upbringing did not—a whole new manner of sensing and behaving. It can help us to learn to more accurately assess our condition, to identify and resolve stress, to reverse vicious circles, to move towards health rather than towards increasing involvement with our infirmities. It can help us to establish the new sensory engrams and master the new conditioned responses that are necessary for successfully breaking out of our ingrained patterns and our compulsions.

Awareness is the only medicine that accomplishes its healing without disrupting the natural functions of the organism. In the face of his adversities Job cried, "Is not my help within me?" The answer is yes. But it is up to each of us to seek this help out, recognize it, develop it, and learn to use it successfully. We inhabit—we *are*—the most complex and marvelous manifestation of nature that we know. The more we inform ourselves about those marvels and complexities, the more success we can expect in utilizing our inheritance. And the more we distance ourselves from the organic intimacies that comprise us, the more problems we can be sure of encountering.

> Before the bar of nature and fate, unconsciousness is never accepted as an excuse; on the contrary, there are severe penalties for it.[1]

Body work is one of our readiest and most effective antidotes to this unconsciousness.

[1]JUNG, Carl, "An Answer to Job," *The Viking Portable Jung*, ed. Joseph Campbell, Viking Press, p.637.

Ways of Being at Esalen

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops, although not a prerequisite to taking any of the scheduled seminars, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, the participant can then choose those approaches he/she is most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen, which allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, described more fully elsewhere in this section and on page 37. For those who wish an extended stay of a month or more, there is an ongoing residence program. Other long-term programs include the "month-longs," which frequently involve didactic seminars or professional trainings as well as experiential workshops.

Some courses offer continuing education credit to physicians and nurses (see Medical Programs, page 8, for current C.E. listings), and beginning in Fall 1987, academic credit toward a bachelor's or master's degree will be offered to Esalen resident scholars through the new Esalen-Antioch somatics program. For more information, please refer to "Esalen-Antioch Cooperation" in the Notes section, page 5.

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, massage, and good food without participating in a workshop. See General Information, page 50, for rates.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. Private sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, singing gestalt, etc. Finally, there is a community workshop program, which goes on daily, and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Jessica Moore Britt

These workshops are designed for people who have not previously been to Esalen. Their emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Bantam).

Schedule:

May 1-3	$250
May 10-15	$490
May 22-24	$250
June 5-7	$250
July 17-19	$270
August 21-23	$270
September 25-27	$270
October 23-25	$270

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Stewart Price

"The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And when used—is inexhaustible."
—Lao Tzu

"Gestalt is as old as the world."
—Fritz Perls

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included.

Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in some sessions.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* and *In and Out the Garbage Pail;* John Heider, *The Tao of Leadership* (Humanics, Ltd.).

Schedule:

May 17-22	$490
June 7-12	$490
June 12-14	$250
August 9-14	$530
August 28-30	$530
September 20-25	$530
October 18-23	$530

Medical Programs

Esalen Institute is a California state-approved provider of Continuing Education for health professionals. **Only those programs specifically listed below offer continuing education credit.** See workshop descriptions elsewhere in the catalog. The California Medical Association has granted Esalen Category I approval. Physicians attending approved courses may receive credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Physicians:

May 8-10
Burnout: Causes and Cures
Elliot Aronson
10 hours

August 28-30
Reversing Heart Disease: A Model for Personal Transformation
Dean Ornish
10 hours

Registered Nurses:

May 8-10
Burnout: Causes and Cures
Elliot Aronson
10 hours

June 7-12
Intermediate Cranial Workshop
Jim Asher & Jane Harrington
30 hours

June 19–21
Freeing Our Bodies / Our Selves Through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

July 5–10
Basic Deep Tissue Body Work Practicum
Dub Leigh
30 hours

July 12–17
Zero Balancing: Beginning / Intermediate Workshop
Fritz Smith
30 hours

July 19–24
Beyond Anatomy: Feldenkrais® for Body Workers
Patrick Douce
30 hours

August 16–21
The Art of Self-Care: Who Heals the Healer? Who Helps the Helper?
Ilana Rubenfeld
30 hours

August 21–23
Imagery in Healing
Jeanne Achterberg & Frank Lawlis
10 hours

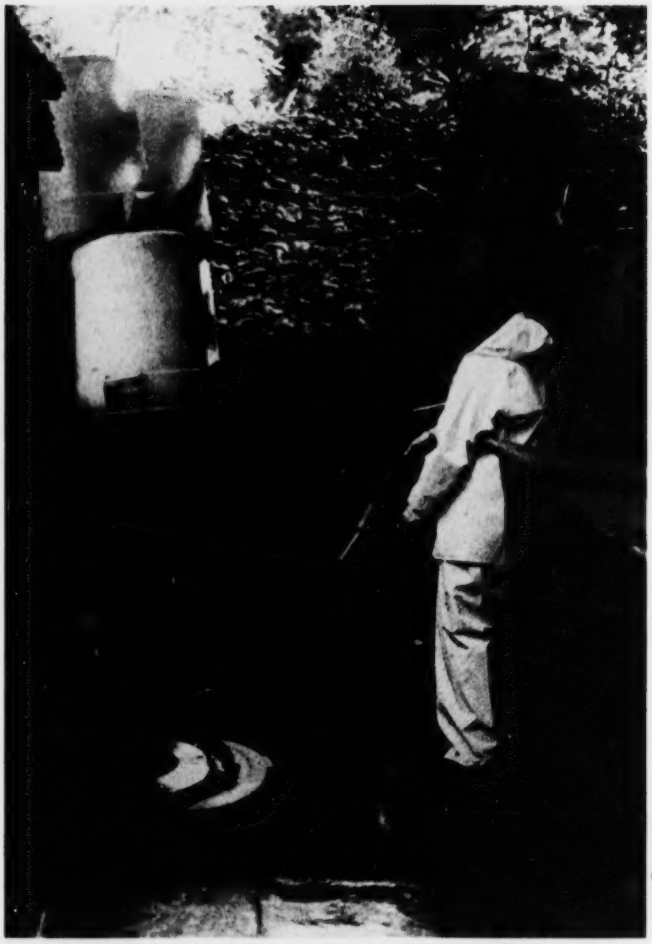
August 28–30
Reversing Heart Disease: A Model for Personal Transformation
Dean Ornish
10 hours

August 28–30
Asylum: Responsible Psychiatric Alternatives
Leon Redler
10 hours

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, Reichian work, massage, etc.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to page 37.



Joyce Rogers Lyke

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. Scholarship recipients may be asked to bring a sleeping bag to use during peak attendance periods. There are no scholarships available for the Work Study Program.

Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office, (408) 667-2335, for further information.

Accreditation

Beginning in the Fall of 1987, there will be a number of opportunities for Esalen resident scholars to gain credit with Antioch University toward a bachelor's degree or toward a master's degree in somatic psychology. Please refer to the article, "Esalen-Antioch Cooperation," in the Notes section. Many other formal educational institutions also recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Esalen Seminars

Joyce Rogers Lyke

Weekend of May 1–3

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

The Gentle Art of Becoming—Together: A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$250 per participant

Celebrating the Goddess Within

Margot Adler

This workshop is about women's spiritual empowerment. The use of ritual as a tool for connecting with the Earth and with each other will be explored. Participants will chant, dance, share songs and experiences, and dream their inner journeys. They will create sacred space and travel to an ancient temple to meet the Goddess within themselves and within all nature. The workshop will also attempt to demystify concepts like "magic" and "ritual" and will offer each woman a set of personal tools she can use in her life. $250

Guide to Recovery for Adult Children of Alcoholics and Other Adult Children of Trauma

Herbert Gravitz & Julie Bowden

The last decade has heralded a social movement identifying and recognizing the plight of over thirty million Americans raised in alcoholic homes. When it is realized that there are millions raised in family environments with other types of dysfunction (e.g., chronic mental or physical illness, holocaust survivors, compulsive workers, overeaters, or gamblers), it is possible to begin to see the source of the pain so evident in this society.

Some believe the stress or sadism in an alcoholic family is second only to the horrors of concentration camps or prisoner of war camps. Comparing growing up in an alcoholic family to growing up in a war zone, many believe the emotional atmosphere results in symptoms of post traumatic stress disorder, including flashbacks, psychic numbing, survivor guilt, alienation, and chronic shock. Acknowledging the effects of alcoholism increases our understanding of the healing process.

The workshop leaders have identified six stages that describe the transformational journey to recovery taken by children of alcoholics and other trauma. Step by step, in an atmosphere of safety and integrity, they will combine the dimensions of altered state work and spirituality. Participants will be invited to move through and beyond the trauma of yesterday—melting frozen tears, integrating eternal yesterdays, befriending the child within, and connecting to the higher purpose. $250

Applied Vulnerability

Donald Michael

A primary task that persons and organizations face in the next twenty years is that of learning to be better learners. This may sound obvious, but consider for a moment how much effort we expend disguising our uncertainty and ignorance and acting as if we really know what we are doing. There is a parallel between what happens when we pay close attention to the processes of the mind (in meditation, for instance) and when we study the vastly complex political, social, and economic processes and systems of the world. In both cases, it is possible to see how little we really know about ourselves as individuals and about the world. This recognition can be the starting point for embracing ignorance and vulnerability so that we can apply them to constructive engagement with our private and public worlds.

This seminar will introduce several skills, or what Donald Michael calls "new competencies," that are necessary for making humane and effective decisions in situations where uncertainty can be the best occasion for

learning—in organizational or independent work places and in interpersonal and family situations. These skills include: acknowledging high levels of uncertainty, error embracing, being future-responsive, boundary spanning, self-knowledge, and interpersonal competence.

The approach will be both cognitive and experiential. Participants will have the opportunity to learn to be more comfortable with their uncertainty, to reduce the need to act overcautiously out of fear of making a mistake, and to minimize the need for those defensive posturings that make it so hard to act responsibly and compassionately. As a previous participant said, "This workshop is for those who are ready to move beyond the personal and want to effect change in public and private organizations." $250

May 1–9

Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Steven Harper & Joyce Rogers Lyke

For workshop description see Wilderness Programs, page 40. $495

Week of May 3–8

Experiencing Esalen: The Body

Experiencing Esalen Staff
Coordinated by Lia Thompson & Deborah Anne Medow

This workshop offers opportunities to experience body awareness and movement in Esalen's supportive environment. Various types of dance, massage, music, meditation, yoga, and theater are available. Five-day groups may also have time to explore the magnificent coast and trails near Esalen. $490

Letting Go—Moving On

Mary Goldenson (Devaram)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and to help create new ways to relate—in the moment—to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. $490

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $490

May 3–29

The Mystical Quest, Attachment, and Addiction

Christina Grof, Stanislav Grof & Jacquelyn Small

For workshop description see Special Programs, page 38. $1960

Weekend of May 8–10

Burnout: Causes and Cures

Elliot Aronson

This workshop is designed for people who give service to others and who are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures, group discussions, and input from the participants themselves, individuals will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition, they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues.

C.E. credit is available for doctors and nurses; for additional information see page 8. $250

Word Magic: Self-Discovery Through Writing

Nancy Bacal

We all have stories and the capacity to tell them, but when asked to translate them onto the page, many of us are inhibited by self-judgment. By practicing a series of writing exercises designed to bypass blockages, participants may be able to move beyond the controlling arm of the critic and have a direct experience of themselves. The exercises are specific enough to excite the imagination yet spacious enough for the "writer inside" to experiment with imagery and form and remain true to his or her own voice.

This writing workshop is designed for the non-writer, the would-be-writer, and the professional writer. It offers participants an opportunity to open the heart, tap reservoirs of story-making material, and heighten their observations of the world. $250

Body Imagery

Daria Khalighi

In this workshop, the physical body will be viewed as a metaphoric palette on which aspects of the Self are projected. A drawing of the full body by each participant will establish a point of origin, followed by a series of visualizations, drawings, and exercises on each body part. By isolating one body part at a time, participants will become aware of the unique messages, imprints, and associations carried within each of the body's parts.

Social impacts on the body, which have shaped the individual through childhood, adolescence, and into adulthood, will become evident through drawings and gestalt writings. Movement and breath work will engage the body in creative physical expression and the release of its tensions.

Body images—feelings and thoughts which are carried in muscles, skeletal structure, and organs—may be given expression through the creative impulse of drawing. As these images become available, it is possible to rediscover and unblock the pathways linking body with mind, emotion, and spirit. $250

The Experience of Auroville: An Evolutionary Perspective

Alan Luhman (Savitra)

In 1968, Auroville was founded by the Mother, based on the vision of Sri Aurobindo. Located on the southeast coast of India, Auroville has persevered through two decades as a global community of 600 men, women, and children from more than twenty-five nations.

Auroville claims to provide a context for the future evolution of humanity. What does this mean? What lessons can Auroville share with those of us facing the growing density of evolutionary crises? This is what the workshop will explore, using Auroville's actual experiences as reference points—from the reforesting of a million trees to the creation of a computer production unit, from its schools to its decision-making process.

Auroville has brought together the worlds of East and West, with the problems and gifts of both cultures. It has experienced in its own way why wars are fought and why governments fail. Yet, through these intense transitions, Auroville has remained alive to its quest, which seeks to heal the old gods of Matter and Spirit. $250

Week of May 10–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $490

Human Potential Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to develop and educate the human potential, which refers to the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers and for discussion of the work. $490

Presence: Reclaiming Personal Power

Elisa Lodge Schiffman

Elisa Lodge Schiffman writes: "Presence is a power that arises from a deep sense of self-worth and trust. It reflects a broadened vision and whole-hearted acceptance of the varied facets of being. It is a state of dynamic balance where there is no unnecessary strain of self-defeating awkwardness. One is at home in oneself and at ease with the world.

"During this week, participants can gain a deepened appreciation of the elements in themselves that contribute to this timeless state of fluidity and ease. They will have an opportunity to experiment and explore how their bodies' shapes and forms, emotional histories, and sef-images are intimately intertwined. This growing awareness is the basic grounding from which the creative experience of presence can be known. Movement patterns, the ways we walk and breathe, also reveal how we inhibit or allow our personal power. As we become more comfortable with ourselves, we transform not only the way we might carry our head or make contact with another, but our whole way of being in the world."

This work is based on an approach woven from gestalt, psychosynthesis, Rolf-movement, and performance art. Video feedback will be used. $490

Weekend of May 15–17

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see May 3-8. $250

Singing Gestalt

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about feeling and expressing.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. Video feedback may be incorporated. But the workshop is really about you—singing. $250

Cross-Cultural Images of Body and Spirit

Elinor Gadon & Don Johnson

Every culture displays what it means by "spiritual consciousness" in specific forms of body posture and movement, such as yogic asanas, zazen, trance dances, sacred iconography, and erotic art. Participants in this seminar will contemplate slides of ideal bodies from various cultures, examining how those icons embody the consciousness of their culture. Against the backdrop of projected visual images, using sensory awareness and simple movement exercises, participants will explore how various images affect their own consciousness. They will also examine how breathing mediates the relation between body-image and spiritual practice, and will use simple forms of touch to facilitate awareness. This seminar is designed to illuminate the recovery of erotic perceptions and feeling underneath external body-images to ground a non-authoritarian, earth-respecting spirituality. $250

The Power of Growth

Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, Rolfing®, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $250

Rolfing® is a service mark of the Rolf Institute.

Week of May 17–22

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $490

Energy Awareness

Richard Strozzi Heckler

Traditional education, with its emphasis on rational thought, has overshadowed the development of the intuitive resources of the body. This imbalance leaves us only partially equipped for dealing with the changes and transitions of everyday life. Working through the body, however, makes it possible to contact an energy that has the wisdom to be self-educating and self-healing.

In this seminar, exercises and movements from aikido, a Japanese martial art, will be used to awaken the feeling and perceptive skills of this bodily wisdom. The principles of centering, grounding, positive energy flow, receptivity, relaxation, blending, and appropriate effort will be taught. Participants will also do body readings from an energetic point of view.

Emphasis will be on the application of these principles to daily living, such as how to overcome obstacles during times of change and confusion, how to be more effective in stressful situations, and how to develop and trust one's intuition. No prior experience is necessary. $490

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $490

Dream Council: The Craft of Dream Work

Stephen Aizenstat

"Dreaming is the psyche itself doing its soul-work."—James Hillman

". . . the dream, we would say, originates in an unknown part of the psyche and prepares the dreamer for the events of the following day." —C.G. Jung

These two notions, the soul-connection of dreams and the preparatory function of dreams, make participation in a dream group a particularly rewarding personal experience. Dreams, as looking-glass parables, provide a connection to the voices and images of the psyche. In dream council, the group creates a time and a place to listen to the visions of the night, the language of the psyche, to speak of our fate. In this regard, common dream themes, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will be discussed. Each dream council becomes a community unto itself, guided by the resource of the dream. The dream group provides a setting for participants to attend to individual woundings (psychological and physical), life transitions, and personal relationships. In following the way of the dream, dream work often becomes soul-work and participants typically deepen their sense of personal journey. $490

Weekend of May 22–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

The Further Reaches of Human Energy

George Leonard & Annie Styron Leonard

This workshop begins with a basic grounding in Leonard Energy Training (LET), in which problems can become opportunities, stress and pain can be transformed into gifts of energy, personal and social options can be multiplied, and the flow of vital energy enhanced. In addition to its practical applications, the workshop offers participants the possibility of experiencing their own latent powers of intuition and extraordinary sensing.

After their introduction to LET, participants move into experiments that push the limits of what are termed "normal" human capacities. Through such processes as scanning, tuning-in to others' energy, focused surrender, and remote viewing, the group is given a chance to experience a crystalline state of intense aliveness without expectation and prejudgment. As George Leonard wrote in *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet: sensing the energy field of a friend or a tree, making connections that defy conventional space and time. . . . We realize, with the sorcerer, don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), *The Ultimate Athlete* (Viking), and *The Transformation* (J.P. Tarcher/Houghton-Mifflin). $250

Week of May 24–29

Five-Day Massage Intensive

Esalen Massage Practitioners

Participants are instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction are introduced. This workshop is available to beginners as well as to those who wish to brush up on their massage skills. $490

Opening the Feelings

Dale Cummings & Gena Mayer Sorensen

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $490

Woman as Warrior

Danielle Evans & Mary Tesoro

"I will learn to chant the power chant and play the healing drum."—from *Daughters of Copper Woman*

This workshop is for women only. It will use a synthesis of traditional and modern martial arts, women's street fighting defense techniques, and Leonard Energy Training to follow the path of the Huntress—the path of empowerment and love.

Although recognition may lie deeply buried in the unconscious, every woman is a potential Huntress. To tap into the power of the Huntress is to claim the power and freedom of our birthright as women, to eliminate the consciousness of victimhood. No previous martial arts experience necessary. $490

Weekend of May 29–31

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 17-22. $250

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

This weekend will focus on a major theme in keeping a good relationship alive. That is: being close and vulnerable yet also free to grow as a separate person.

Participants will spend part of the time with their partners, separate from other couples, in verbal and written experience that can add to their relationship in closeness, conflict resolution, and individuality.

Limited to 10 couples. $250 per participant

The Way of Gnosis*, Ancient and Modern

***Gnosis: Transformative spiritual "knowing" arrived at intuitively; knowledge of the heart.**

Sidney Lanier & Stephan Hoeller

This seminar will explore a dynamic and uniquely western spirituality based upon ancient and modern insights about human nature. Its discussions will include an evaluation of the recently translated Nag Hammadi Gnostic Gospels and their significance today in light of Jung's psychology and the radical Gnostic visions of Feminine Wisdom. This seminar will combine formal presentation with group discussion.

Recommended reading: Elaine Pagels, *The Gnostic Gospels;* Stephen Hoeller, *The Gnostic Jung and the Seven Sermons to the Dead; Collected Works of C.G. Jung, Vols. 11, 12.* $250

The Presence of the Past: Morphic Resonance and the Habits of Nature

Rupert Sheldrake

Sheldrake's hypothesis of formative causation may provide the basis for a new scientific paradigm which goes far beyond the currently predominant mechanistic theory of life. The idea that the form and behavior of living organisms are shaped by morphogenetic fields, themselves molded by the form and behavior of past similar organisms, leads to a new interpretation of heredity and the evolutionary process.

Memories need no longer be thought of as somehow stored inside the brain. They may depend on direct connections with the organism's own past due to morphic resonance, and tuning in to the experience of other members of the species may give rise to a pooled or collective memory.

Joyce Rogers Lyke

In this workshop, some of the implications of formative causation for biology, psychology, parapsychology, philosophy, ritual, and religion will be explored and discussed.

Recommended reading: Rupert Sheldrake, *A New Science of Life* (J.P. Tarcher) and *The Presence of the Past: Morphic Resonance and the Habits of Nature* (Random House). $250

Week of May 31–June 5

Shamanic Healing: Training in the Way of the Shaman

Michael Harner

Shamanism is an ancient human strategy for personal learning and action, especially useful for problem-solving, maintaining well-being, and healing. The shaman (a type of medicine man or woman) enters non-ordinary reality to obtain knowledge, to answer personal questions, and to maximize power to maintain personal health and achieve life goals.

In this experiential workshop, the participants will be introduced to some of the basic methods of the shaman. Participants will be initiated into shamanic journeying, a visionary method used to enter non-ordinary reality and explore the hidden universe otherwise known mainly through myth and dream. Practice will include: traditional drumming; movement methods for experiencing the shamanic state of consciousness and for awakening dormant personal capabilities and forgotten connections with nature; comparisons of discoveries made on shamanic journeys; personal problem-solving work; opportunity to discover one's own non-ordinary teachers and to learn from them in non-ordinary reality.

Participants will be introduced to the extraction method dealing with spiritual illness or pain, including discovery and recognition of localized spiritual illness and pain. They can learn how the shaman's journey may be used to restore spiritual power and health, and how shamanism may be practically applied in contemporary daily life.

This five-day workshop is both for beginners and for those who have previously taken a workshop with Michael Harner.

Participants are encouraged to bring drums and rattles and a notebook to record their experiences.

Recommended reading prior to the workshop: Michael Harner, *The Way of the Shaman: A Guide to Power and Healing* (Bantam; Harper & Row). $490

Ericksonian Hypnosis and Communication

Paul Carter

"Wisdom is the intelligence of the system as a whole."—Gregory Bateson

"Your conscious mind is very intelligent, and your unconscious mind is a hell of a lot smarter." —M.H. Erickson

"We have an intelligence obtained from our wholeness that is far greater than we are ordinarily conscious of," Milton Erickson believed. Accessing and integrating this intelligence formed the basis of his hypnotic work.

This workshop is designed for those who work with people and would like experience with Ericksonian hypnosis, communication, and problem-solving. It will explore principles of this approach, including trance as a natural and necessary part of health, and will develop the idea that people and their communication and problem-solving are paradoxical.

Through guided exercises and demonstrations, participants will be taught the hypnotic use of metaphor in movement, sound, image, and story, as well as the hypnotic realities of age-regression, age-progression (traveling into futures), lucid dreaming, dissociation, and deep-trance identification (a process of deepening self-awareness through identification with different persons in and out of trance).

Additional exploration will include: the recognition and use of spontaneous trance states that commonly occur in the course of body work, acupuncture, movement and dance, sports, counseling, and everyday stress situations; the art of using all the system, including the bad, sick, crazy, and resistant parts; the value of humor, confusion, pattern interruption, and paradox in accessing unconscious creativity and resources; and an integrative approach to problem-solving and self-healing as described in Paul Carter's soon-to-be published book, *The Parts Model*.

Recommended reading: Jay Haley, *Uncommon Therapy* (W.W. Norton & Co.); Jeffrey Zeig, editor, *Ericksonian Approaches to Hypnosis and Psychotherapy* (Brunner & Mazel). $490

Weekend of June 5–7

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $250

Suffering and Happiness as a Spiritual Path

Sogyal Rinpoche

According to the vision of Buddha, the suffering and happiness that one experiences can actually become the path to inner development. This teaching, written by the Tibetan master Jikme Tenpe Nyima, challenges basic attitudes of suffering and happiness, aspects of life which are revealed to be sources of understanding, compassion, and tranquility. Rinpoche will interweave this teaching with periods of guided sitting meditation practice. $250

Inner Sound and Voice

Jill Purce

This is a workshop of practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the Self and release an untapped source of energy.

Participants will work with the psycho-physical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance, to give sonic massage, and to heal and tune the chakras and subtle body. Participants will learn ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures including trance music, Mongolian and Tibetan overtone chanting, and other methods. $250

Why We Misbehave the Way We Do

Charles & Ronnie Blakeney

Why do we misbehave the way we do? Harvard professor Lawrence Kohlberg has studied the development of moral judgment for the past thirty years. He, and his colleagues and students have interviewed thousands of children and adults worldwide. He has clearly demonstrated the existence of a universal sequence in the stages of moral thought. In the past fifteen years, Kohlberg and his colleagues have developed and successfully implemented *Just Community* programs, designed to raise the stage of moral reasoning of participants. Two questions have increasingly tickled and intrigued the Kohlberg group: What is the relationship between the stages of moral thought and moral behavior? What is the relationship between emotional development and moral development?

The workshop leaders bring Kohlberg's theory of universal stages of moral development to life.

The relationship between moral decision-making, moral feelings, and moral behavior within actual social interactions will be explored. Participants will use this framework to examine the nature of misunderstanding between parents and children, therapists and clients, employers and employees, students and teachers, friends, lovers and partners. By attending to moral stages, learning style, patterns of moral misbehavior, and unresolved emotional conflicts, personal and interpersonal understanding and growth can be facilitated.

The workshop will include lectures, role playing, video tapes, and reflective exercises to identify stage and style and to suggest objectives and methods for growth. $250

Week of June 7–12

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $490

Self-Acceptance: The Freedom to Be

David Schiffman & Elisa Lodge Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The degree to which we allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support, participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics. $490

Intermediate Cranial Workshop

Jim Asher & Jane Harrington

This Level Two cranial workshop will review the vertical and horizontal systems with alternate holds for each phase. Mouthwork practices that reduce strain and compression patterns as they relate to the maxilla, sphenoid, and ethmoid complex and to pituitary and sinus problems will be shown. Participants will practice balanced movement of the body to support themselves while working, as well as movement patterns which can be taught to their clients to support cranial changes.

Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system. Unwinding, a method which can release strains throughout the body at the somatic and emotional levels, will be emphasized in this workshop. Speno-basilar strain patterns, whip lash, bulb compression, dural tube freedom, and the fluid system will also be covered. There will be time for questions about specific problems and case studies.

This workshop is for those who have taken a basic cranial workshop on the membrane / fluid systems. It will be hands-on. Much of the emphasis will be on the head, jaw, neck, pelvis, and diaphragm systems.

In addition to the program described here, this course will include a special section of collaboration with *The Physical Embodiment of Mind* (see below), during which participants can exchange information and experiences.

C.E. credit is available for nurses; for additional information see page 8. $490

The Physical Embodiment of Mind: Patterns of Posture and Movement/Use of Self

Marghe Mills

The way we understand, sense, and use our bodies directly affects our health and our ability to perform the activities we need and want to be doing. Sitting, standing, walking, working, resting, communicating, dancing, exercising, etc., embody patterns as physical metaphors within each biological system (muscle, skeletal, nervous, organ, fluid, neuroendocrine). This workshop will consider the developmental, anatomical, and kinesiological foundations and the physical / mental / emotional experiences of these basic human activities.

Participants will work with their individual patterns of movement, alignment, and behavior. They will explore how personal and social patterns of movement and posture can be conducive to injury, to healing, and to wellness. Movement patterns from the point of view of function, ease, and support will be examined.

Through movement, discussion, hands-on work, lecture, voice, video, and art media, this workshop will provide opportunities for the development and sharpening of important human skills. The work of Moshe Feldenkrais (Awareness Through Movement®; Functional Integration®) and Bonnie Cohen (Body / Mind Centering) will be combined with developmental learning, aikido, and creative arts.

In addition to the program described here, this course will include a special section of collaboration with the *Intermediate Cranial Workshop* (see above), during which participants can exchange information and experiences.

Recommended reading: Marghe Mills and Bonnie Bainbridge Cohen, *Developmental Movement Therapy* (School for Body / Mind Centering); Moshe Feldenkrais, *Awareness Through Movement* (Harper & Row); Wynn Kapit and Lawrence Elson, *The Anatomy Coloring Book* (Canfield Press). $490

Weekend of June 12–14

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $250

Advanced Massage Intensive

Esalen Massage Practitioners

This seminar is for people who are experienced in giving a massage. Through demonstrations and practice sessions, participants can learn to increase the effectiveness of their massage skills and have the opportunity to add fresh approaches to their current working style. The intent is to help participants develop deeper and more sensitive contact and to heighten their awareness of clients' responses.

When you send in your deposit, please list your previous massage experience. $250

The Power of Vision: Modern Applications of Visionmaking

Angeles Arrien & Frances Vaughan

In ancient cultures one finds three kinds of shaman: the healer, the warrior, and the visionary. This workshop will examine the types of vision utilized by each of them and how they can be developed and used in current personal, professional, and cultural contexts.

The visionary aspects of intuition, dreams, meditation, myths, and symbols will also be explored. Special emphasis will be placed upon the gifts and attributes of vision and how they can help create new myths for a nonviolent and peaceful future. Lecture and discussion will be combined with participation in the visionmaking process. $250

What's So Funny? Developing Comic Perspective

Wes "Scoop" Nisker & Paul Krassner

This workshop explores the humorous side of the tragicomedy of life. It emphasizes the development and expression of the crazy wisdom in each of us. Examining traditional uses of humor, from old Sufi tales, Zen Haiku, and coyote trickster stories, to audio and video tapes of the modern satirists and comedians including Charlie Chaplin, Lenny Bruce, Laurel and Hardy, and Woody Allen, the class aims to help participants learn not necessarily how to *be* funny, but how to *see* funny.

The group looks at humor in the news, the lighter side of the search for enlightenment, and the absurdist approach to life and death. Class work includes theater and writing exercises aimed at developing a sense of humor and finding skillful ways to use the comic perspective to ease the difficult moments in life. $250

Achieving Sustained High Performance

Jerry Fletcher & Kathleen Brown Fletcher

Everyone has had the experience of suddenly doing something much better than expected, yet until recently little has been understood about these high performance experiences. People assumed such times were lucky accidents. More significantly, even if they could perform at a high level for short times, they have assumed there was no way to sustain such performance without stress, fatigue, and eventual burnout.

After more than six years of careful research and testing, it is clear that these times of exceptional performance are not capricious. Each individual has a unique set of conditions under which he or she performs surprisingly well. Furthermore, once people learn their personal high performance patterns, they can deliberately create the conditions they need to sustain their own high performance behavior. They do not need to subject themselves to the strain of short peak periods of high output, followed by long recovery cycles.

This seminar presents a carefully developed process for individuals to learn what their high performance patterns are, and how to adjust the way they do things to fit the conditions under which they perform exceptionally well. This seminar is a program developed through years of work with experienced successful managers, executives, and professionals about how to go beyond competent performance in a way that can be sustained. $250

Week of June 14–19

Five Days with Janet Zuckerman

This workshop continues Esalen's tradition of interpersonal and intrapersonal work on emotional process. It is based on these premises: that unfinished business is projected into current relationships, interfering with one's ability to be in the present, and that by emotional release one may cleanse the doors of perception. $490

Joyce Rogers Lyke

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration.* $490

Mountains and Waves: Movement in Wilderness

Susan Harper & Steven Harper

Mountains and Waves is an invitation to explore natural movements inspired within the human organism by participation in nature. We listen to impulses within and to impulses of wilderness until "inner" and "outer" disappear. As we surrender to the intelligence which creates life in all its varied forms, we find ourselves moving in unexpected ways. Our awareness may expand. We can feel a larger sense of self and wilderness and the creative wholeness of a greater dance.

Sessions will be both indoors and outdoors. Evenings, some day sessions, and most meals will be at Esalen. We will also take short day hikes in Big Sur's backcountry. Participants need not have previous experience in hiking or dance. Come willing and ready to participate in nature's range of motion. $490

Weekend of June 19–21

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to oneself, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants may learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate in the choice of expression or depression. $250

Zero Balancing: Advanced Workshop

Fritz Smith

This workshop is only open to people who have completed at least one introductory zero balancing program. Following a review of basic concepts, time will be spent on answering specific questions and giving individual instruction as needed. New work will focus on exploring the direct perception and assessment of energy currents in the body, refinement of evaluating and balancing the foundation joints, and the discussion of nonfoundation joints, including the small joints of the body. Theory will be clarified by demonstration and individual practice, using each other as models.

Recommended reading: Frederick Smith, *Inner Bridges* (Humanics).

C.E. credit is available for nurses; for additional information see page 8. $250

Professional Training in Ericksonian Methods

Jeffrey Zeig

The hypnotic technique of Milton Erickson offers certain methods of communication that can be applied clinically without formal hypnotic induction. Common everyday trance states can be recognized and utilized naturalistically.

This workshop will consist of lecture, experiential exercises, practice sessions, demonstrations, and observation and discussion of videotapes of Milton Erickson. The videotapes to be presented were taken at Erickson's teaching seminars in Phoenix in 1979 and 1980. Topics for discussion will include symptom prescription reframing, utilizing resistance, and using anecdotes and metaphors.

Enrollment is restricted to professionals with graduate degrees in health-related fields or fulltime graduate students in accredited programs in these fields. Students must provide a certifying letter from their school or department on letterhead stationery indicating proof of fulltime status as of June 1987. $250

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods to improve their ability to sense each other's bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens, who may discover new ways of moving with ease and increased flexibility—painlessly and immediately.

C.E. credit is available for nurses; for additional information see page 8. $250

Wrestling with Angels: UFOs and the Vast Middle Realms

Keith Thompson

"Unless you expect the unexpected you will never find truth, for it is hard to discover and hard to attain."—Heraclitus

"The thing that astonished him was that cats should have two holes cut in their coat exactly at the place where their eyes are."—Lichtenberg

Are UFOs (unidentified flying objects) a physical or a psychological reality, or both? To study the range of sighting reports is to begin to consider the possibility that UFOs travel across the boundaries between matter and mind—forming, in the words of Scott Rogo, a "momentary interface between hyperdimensions and our world." Reports of those who have been up-close-and-personal with a UFO are suggestive of what Jung calls the psychoid realm, a domain of quasi-physical, quasi-mental realities manifesting as synchronicity—the simultaneous occurrence of a particular psychic state with one or more external events which appear as meaningful parallels to the percipient.

No less interesting than what UFOs really are and where they might really be from is their structural and functional likeness to psychoid phenomena comprising a vast spectrum or continuum of experience. Various esoteric traditions have used the phrase "middle realms" to describe the multi-linked web of unorthodox entities and events with which humans at

different times and in different places have interacted, including time-traveling aliens, angels, fairies, poltergeists, The Double, fiery crosses and fiery shields, demons, spectre ships, apparitions of the Virgin Mary, kachinas, shamanic underworld initiations, pillars of fire and smoke, monsters (such as Big Foot, Yeti, Sasquatch, and Mo-Mo), and other examples of what the Tibetan mystical tradition calls *tulpas*: materialized thought-forms.

The specific focus of this seminar will be the UFO phenomenon as perhaps the premiere techno-mythology of the late twentieth century. Through informal discussion, storytelling, and slide presentations, the seminar will consider the UFO phenomenon in terms of what folklorist Peter Rojcewicz calls "the spectrum of structural frames of reference that different cultures have utilized to describe and order their interactions with spiritual entities." What can be learned by looking at the UFO phenomenon as *separate but not separated from* other middle realm materializations (such as those listed above) which have been characterized variously as paraphysical, extradimensional, extraterrestrial, ultradimensional, and multiple-presence? $250

Week of June 21–26

Experiencing Esalen: The Body

Experiencing Esalen Staff

For workshop description see May 3-8. $490

Five-Day Massage Intensive

Esalen Massage Practitioners

For workshop description see May 24-29. $490

Five Days with Claudio Naranjo

Claudio Naranjo offers a holistic collage of relaxation, bone-sensing, emotional awareness, and musical contemplation combined with tales, self-insight, communication exercises, catharsis, and limited open seat opportunity. $490

Returning to the Wisdom of Our Earth / Bodies

Laura DeNuccio (Ma Prita)

"If a proper reverence for the sanctity of the earth and the diversity of its people is the secret of peace and survival, then the adventure of self-discovery stands before us as the most practical of pleasures." — Theodore Roszak, *Person/Planet*

Learning about our bodies, our natural instincts, and responses can lead us back to the ancient wisdom of the earth — returning us to our sacredness and wholeness.

The focus of this workshop is to regain an intimate relationship with the natural pulsations and expressions of our bodies, as well as with our environment, through a conscious unfolding of our selves physically, emotionally, mentally, sexually, and spiritually.

In nature, we can observe the rhythms and patterns that occur in every aspect of life — from the pulsation of the cell, to the ebb and flow of our deepest emotions, to the movement and expansion of the universe itself.

The natural world will be our teacher as we explore the "inner" terrain of our physical and emotional bodies and the "outer" terrain of Esalen and Big Sur.

We will use Reichian gestalt awareness and breath work, sound, creative movement, and meditation to balance and transform energy blocks in the body. In addition, we will use music, dance, prayer, and ritual to express our relationship with the earth and each other.

No previous experience is needed, only a willingness to explore this adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms.

This workshop is limited to 12 participants.

Recommended reading: Fields, et. al., *Chop Wood, Carry Water* (J.P. Tarcher); Shakti Gawain, *Creative Visualization* (Whatever Publishing); Peter Russell, *The Global Brain* (J.P. Tarcher); Ken Keyes, Jr., *The Hundredth Monkey* (Vision Books). $490

Weekend of June 26–28

The Biological, Psychological, and Cultural Body: Methods of Transformation

Don Johnson, Coordinator

Featuring:

Bonnie Bainbridge Cohen, creator of the somatic educational system called "Body-Mind Centering."

Emilie Conrad-Da'oud, founder of the somatic educational method called "Continuum."

Leslie Gray, founder of "Shamanic Counseling," lecturer in Native American studies at UC Berkeley.

Susan Griffin, author of *Woman and Nature* and *Pornography and Silence*, presently at work on a book about nuclear war, *The First and The Last: A Woman Thinks About War.*

Barbara Halpern, medical anthropologist and Feldenkrais® practitioner; latest article appears in *Social Science and Medicine.*

Thomas Hanna, philosopher and Feldenkrais® practitioner, author of several books in the somatic field, founder and editor of the journal *Somatics.*

Don Johnson, somatic educator and author, conference coordinator.

George Leonard, creator of Leonard Energy Training, teacher of aikido, author of numerous books and articles.

Ted Melnechuk, member, scientific staff, and planning and editorial consultant to the president, Helicon Foundation; visiting lecturer, Department of Neurosciences, UCSD.

Michael Murphy, author, co-founder of Esalen Institute.

Moses Pendleton, co-founder of Pilobolus and current director of the Momix dance company.

Candace Pert, neuroscientist, director of the section on brain biochemistry, National Institute of Mental Health.

Vincent Sarich, evolutionary scientist, Department of Anthropology, UC Berkeley.

During the week of June 21-26, several leaders in various fields related to the human body will discuss their work and their visions of the future. On the weekend of June 26-28, they will present the results of their conference to the public. Each presenter will discuss his or her work and a vision of the body's future. There will be opportunities for dialogue among the presenters, questions from the audience, and experiential sessions. For more information, please refer to the Notes section, page 6. $250

Week of June 28–July 3

Coming Home to the Wisdom of the Body

Benj Langdon & Staff

"Freedom: A state of being in which man's relatedness to life is unobstructed."
— M.C. Richards, *Centering*

Stress-related tension and emotional blocks restrict one's capacity for feelings and expressions of aliveness. This workshop is a carefully chosen introduction to a variety of body approaches that can release limiting patterns and promote kinesthetic awareness, spontaneity,

grace, and mental flexibility. Methods may include imagery, sensory awareness, Feldenkrais®, gestalt, Rolf movement, massage, Reichian breath work, and video feedback. $490

Adult Children of Alcoholic or Abusive Parents

Karen Paine-Gernée & Terry Hunt

Learning the facts about growing up with alcoholism is a big relief. It is, however, just one of the steps that ACAs need to take. In order to recover from the effects of their childhoods, ACAs need to dedicate themselves to an on-going process of sharing, healing, and learning. The workshop leaders refer to the goal of recovery as "emotional sobriety," which they teach as a fourteen-point program. Participants will have the opportunity to develop some practical and personal methods of implementing long-lasting changes.

This workshop is for beginners or individuals who have already begun an exploration of ACA issues. It offers the opportunity to confront and heal painful childhood emotions, to examine and restructure deeply held beliefs, to learn some basic tools for taking care of oneself, to make strides in letting go of control and developing a sense of trust, and to foster a relationship with one's own spirituality.

Special attention will be paid to learning how to nurture and sustain satisfying and equal intimate relationships. Intimacy between independent adults requires being able to tolerate the ambiguity and sense of "not knowing" that was so terrifying as children in chaotic homes. Emotional sobriety means having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure. $490

Hypnotic Realities: Explorations in Novelty From an Ericksonian Approach

Nancy Winston & Paul Lounsbury

This workshop will present Milton Erickson's naturalistic approaches to hypnosis and Gregory Bateson's systemic and evolutionary notions in communication as a means to deepen rapport with and generate access to creative intelligence in the unconscious mind. Because natural responsiveness structures itself in the personality in ways that parallel hypnotic phenomena, dynamics implicit in hypnosis and in hypnotic communication will be used to investigate how communication can limit possibility and/or generate choice.

Individuals exist within rich systems of interconnection, constantly influencing each other, and in contexts which are affecting and being affected by that interaction. Natural groups and families act as hypnotic units. They operate as contexts that shape, define, and direct the behavior of their members. Embedded in these habitats, individuals incorporate at mostly unconscious levels rules that govern how they construct the alternatives with which they plan and make their choices.

Since changes of radical importance tend to take place in nature when a fundamental rule in a system is altered, participants will explore how novel outcomes spontaneously occur when rules that pattern the organization of their sensory and symbol systems are creatively rearranged.

This workshop is for people who enjoy their sense of humor and are interested in innovating certain personal realities. The workshop leaders suggest as a prerequisite a willingness to allow degrees of extended uncertainty and "not knowing" so that new forms of clarity can be realized. Participants will be directed in exploring a variety of hypnotic phenomena to stimulate individual interest, evolve self-identity, and generate and accomplish personal goals. $490

Weekend of July 3–5

A Special Weekend Celebration with Babatunde Olatunji

with Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

During this weekend, Nigerian musician Babatunde Olatunji will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

Olatunji has been bridging the gap between American and African culture for thirty years and brings his ensemble to Esalen for this special Fourth of July weekend. This is an opportunity to spend two days and two nights at Esalen enjoying the grounds, the baths, massage, and the community without participating in a structured group. Dancers, percussionists, musicians, and anyone who wants to speak the language of the drums is welcome. Bring a drum if you have one. $200

Week of July 5–10

The Power of Growth

Seymour Carter

For workshop description see May 15-17. $530

Living Hypnotically

Norman Katz & Marc Lehrer

This five-day seminar on altered states and hypnosis will help the participants enjoy the benefits of greater perceptual awareness, enhance personal creativity, and develop an ongoing relationship with the unconscious mind. By understanding its basic principles, participants can learn to use hypnosis as an aid to change their lives in powerful and unique ways. They will be offered an opportunity to recall altered states and then produce them through hypnosis. $530

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji with Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

This week-long workshop will follow the special Fourth of July weekend celebration with Babatunde Olatunji. (For description see July 3-5). However, during these five days, participants will have a chance to become more deeply immersed in the study and re-creation of traditional African drum sounds and rhythms. This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance, and dancers can experience the drums. Bring a drum if you have one. (Also, see July 10-12 for continuing weekend workshop.) $530

Basic Deep Tissue Body Work Practicum

Dub Leigh

This practicum is divided into three equal parts: the first will focus on the chest and diaphragm to increase freedom in this area and to improve the client's breathing, the waist to increase length, the pelvis to allow more freedom of movement, and the back and neck to lengthen and organize; the second part will concentrate on the feet and lower legs, then the shoulders and back; the third will work the lateral lines of the body to create balance and alignment.

This is basic instruction and will depend on the training level of the participants. The prerequisites for this workshop are some massage training or a weekend with Dub Leigh.

C.E. credit is available for nurses; for additional information see page 8. $530

Weekend of July 10–12

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see May 29-31.
$270 per participant

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji with Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

For workshop description see July 5-10. For those who wish to stay, this weekend is a continuation of the five-day seminar, or it is suitable for those who just have time to study with Olatunji for a few days. $270

Love and Work

Anne & John Caple

"Leiben und arbeiten," Freud answered, when asked what the normal person should be capable of. "To love and to work." In this workshop, participants will examine their work lives and work options in the context of their love for themselves, for others, and for the larger world. The group will use integrative exercises, art, and gestalt processes to approach life decisions. The goal is for participants to see more clearly what they want and how to get it.

This weekend is for those who want more value in their work lives, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life / work issues during group meetings and in pre-breakfast runs.

Recommended reading: John Caple, *Careercycles* (Prentice-Hall). $270

Body Image, Family Systems, and Health

Don Johnson

A major source of one's body image is found within one's family of origin: its movement styles, attitudes toward sensual pleasures and physical processes, patterns of rigidity and limitation, and ways of embodying injuries and illnesses. Those largely unexpressed family attitudes toward the body are passed on from generation to generation, anchored in connective tissue. In addition, physical and psychological abuse and sexual molestation within the family deeply affect the images children have of their bodies. These various residues of family history provide a matrix within which each of us relates to injuries and accidents, limiting, sometimes severely, our capacities for healing.

In this workshop, each participant will be given the opportunity to examine the family origins of his or her body image and how that image is related to his or her history of disease and injury. Participants will work with sensory awareness, guided imagery, drawing, touch, and movement. The goal of the workshop is to expand one's healing capacities by weakening the hold of the limiting aspects of one's body image unconsciously adopted from one's family.
$270

Week of July 12–17

Feeling and Relating

Linda Rice-Mandigo, Anne Ruderman & Joel Dweck

Feelings give us knowledge, depth, and pleasure, but only when they flow unobstructed into our lives. Relating to others is a function of being able to express those feelings openly and directly. In this workshop, participants will have the opportunity to feel from a deep part of themselves and translate their individual work into quality interactions.

The workshop leaders have worked together for six years. They are trained in various disciplines and may use individual Reichian emotional release, breathing sessions, group process, play, love, nurturing, confrontation, and spiritual healing while working with workshop participants. They are available in the same emotional way with which they invite the group members to experiment. $530

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

This workshop is open to anyone interested in learning to recognize, trust, and use their psi abilities. The leaders will use exercises designed to aid participants in recognizing their perceptive styles and trusting the intuitive input they normally receive. Anne Armstrong will use her tracking abilities, acquired from over twenty years in this field, to assist participants in arriving at useful, accurate data.

One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $530

Zero Balancing: Beginning/Intermediate Workshop

Fritz Smith

Zero balancing is a simple method for aligning the body structure and energy field. The structural/energetic interface of the body is beneath our conscious awareness, and when imbalances occur at this level, the body tends to compensate around them rather than resolve them directly. This often leads to loss of vitality, chronic body pain, and lessened potential for vibrant health. Zero balancing assists in overcoming these patterns of imbalance.

In this workshop, traditional anatomy, physiology, and kinesiology will be reviewed, and Eastern concepts of chi energy, its movement in the body, and the chakra system will be discussed. The system of zero balancing will then be presented, including specific guidelines for evaluating and balancing the structural/energetic interface in the body. The workshop will be both didactic and experiential, with the main emphasis on new skills in body handling. This is an accredited program toward zero balancing certification.

Recommended reading: Frederick Smith, *Inner Bridges: A Guide to Energy Movement and Body Structure* (Humanics).

C.E. credit is available for nurses; for additional information see page 8. $530

Weekend of July 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $270

Weekend Massage Intensive

Esalen Massage Practitioners

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners. $270

A Weekend with Price Cobbs and George Leonard

Twenty years ago, at a time of great social ferment and racial unrest, George Leonard, a white journalist and human potential theorist, and Price Cobbs, a black psychiatrist, co-led the first interracial marathon weekend under the title, "Racial Confrontation as Transcendental Experience." That July weekend in 1967 became the model for hundreds of similar sessions throughout the nation. Participants in those sessions discovered that, by breaking

through the barriers made explicit by racial prejudice, it is possible to break through many other barriers that prevent the development of human potential.

This weekend will commemorate the 20th Anniversary of the first interracial marathon. Price Cobbs and George Leonard will describe their current work. Participants, including some who attended the original marathon, will discuss the continuing quest for racial understanding and for the free and spontaneous expression of the emotions and abilities that are so often locked away in the prison of prejudice. Members of all races are invited to celebrate what has been accomplished and to join in the liberating struggle to end racism. $270

Process-Oriented Psychology

Arnold Mindell

Process-oriented psychology is a wide-spectrum approach which integrates dream and body work, individual and family counseling, dance, and verbal strategies. This procedure works from known methods such as bioenergetics, gestalt, Feldenkrais®, communication work, and completely unknown, utterly individual approaches which are creations of a given interaction. The processor takes his or her lead from the client's verbal and somatic signals.

In this workshop, beginners and professionals will have training experiences to develop their abilities to work with and integrate the following channels: proprioception (body work without movement), kinesthesis (movement and dance work), visualization (dream and fantasy work), audition (working with voice tempo and tone), relationship (working with body signals), and world signals (working with synchronicity). Videotapes and demonstrations of the work will be followed by discussion. The group will also probe the philosophical foundations of psychology. $270

Men and Women in Love: The Conflict Between Freedom and Commitment

Jean Hollands

She wants more—he wants less: this is the story of many relationships. Often the man pulls back and wants space, privacy, and peace, while the woman wants intimacy, contact, and spontaneity. He may be articulate and successful in the world and in his business and social contacts, but in intimate relationships has difficulty expressing himself. She may ordinarily be a sensitive, perceptive person, but who is seen as too demanding or possessive as a result of her need for more emotional response. She believes she's more of an expert about his feelings than he is, but, unable to change him, may compromise her own needs to sustain the relationship. Each is in pain. The roles are not sex specific. Mending, repairing, and building new behaviors are the goals of this workshop.

Didactic material and structured exercises will be offered to help participants discover their patterns of interaction and to experiment with new styles of relating. Each participant will have an opportunity for personal work, which will include feedback on his/her style of interaction. The workshop is suitable for couples or individuals. $270

Week of July 19–24

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

For workshop description see May 3-8. $530

Vipassana in the World

Jamie Baraz

Vipassana (insight) meditation is the simple and direct practice of non-judging, balanced awareness. When we clearly see and understand the impermanent nature of all experience, our reactions of clinging, condemning, fear, and confusion begin to lose their power. Instead, wisdom and compassion are strengthened.

In this workshop, we will follow the basic principles of Vipassana and apply them in a practical way. There will be a day for ourselves—learning the meditation and the qualities of patience, self-acceptance, and compassion. Next, there will be a day for others—in which the ideas of the practice are applied to relationships, livelihood, and skillful communication. Finally, there will be a day for the world—where larger issues such as service, action, and appreciation of the interconnectedness of all life are explored.

There will be regular periods of silent meditation, group discussions, and mindful application of our time at Esalen for a direct experience of the value of the practice. $530

Beyond Anatomy: Feldenkrais® for Body Workers

Patrick Douce

This introductory program will acquaint beginning and experienced body workers with some of the approaches taught by Moshe Feldenkrais. Although the Feldenkrais Method isn't body work, much of the information presented in this program can be useful for increasing the effectiveness and understanding of those who practice body work.

Based on twentieth century scientific understanding, the Feldenkrais system dispels many current misconceptions regarding the human form. In contrast to traditional static anatomical models, Feldenkrais emphasizes the interconnections used by the body to move. Gentle movements can allow participants to experience a heightened sensitivity and an increased range of motion in their own and others' bodies.

Chronic difficulties such as knee problems and pain in the back, hip, and neck—the spectrum of neuro-skeletal-muscular disorders—will be approached as problems of learning in movement. Individuals with these difficulties can learn to correct their chronic pains through increased mobility.

This program may be of value to anyone interested in movement or body work—dancers, massage practitioners, Rolfers, Trager℠ students, physical therapists, doctors, and nurses. Although this course is not intended to train anyone to teach the Feldenkrais Method, it serves as an adequate introduction to both the professional and non-professional.

C.E. credit is available for nurses; for additional information see page 8. $530

Potential Growth and Change Using Gestalt

Anne Nechama Simkin

Gestalt practice is a noninterpretive, existentially-based system in which awareness of one's feelings in the present moment is the primary focus. Gestaltists believe that human beings are born with the innate capacity to cope with life, but are taught by adults that they are "bad" or "selfish" or "unfair," thus suppressing self-expression, growth, and self-acceptance. Most gestalt communications deal primarily with the immediate interactions of those present. Explanations, interpretation, and assumptions are discouraged. Concentrating on what is rather than on what could or should be encourages a person to take responsibility for one's own actions. By becoming aware of what is potentially nourishing and what is toxic, it is possible to learn to make choices and to achieve integration.

This workshop is for persons seeking new perspectives, growth, and change. Participants will share experiences, explore new ways of coping with ongoing situations, search for the existential messages of their dreams, and learn to communicate with each other and significant others. The content of the workshop will evolve out of the needs and wishes of the group members. $530

July 19–26

Psychosynthesis: A Seven-Day Workshop for Professionals

Harry Sloan

"Learn your techniques well and be prepared to let go of them when you touch the human soul."—Carl Jung

Many of us have experienced those moments in working with clients when we don't have the foggiest idea of what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for the familiar—a technique, map, or model. This can lead to the mechanical experience of "going through the motions" and using rote interventions. In those moments, if we can stretch for essence and truth instead of falling back on what's most familiar, dissonance might open to insight, with a decidedly different effect upon both client and guide—that ineffable sense of capturing the moment. The interventions that follow are dynamic, uniquely suited to the particular needs of the client. The heart of psychosynthesis is understanding the process of reaching for the essence within ourselves and our clients. This practice tends to develop our inherent wisdom and intuition, a context which transcends methodologies.

The format will combine individual work within the group setting along with seminars, group exercises, and practicum. This program will be useful not only to those who are interested in psychosynthesis, but also to anyone in the helping professions who wants to come into a more creative relationship with his/her discipline.

Psychosynthesis is a name for the conscious attempt to align and cooperate with the natural process of growth and integration. It recognizes that each human being is spiritual in essence and encourages the realization and expression of this essence, or Self, as fully as possible in personal and social existence. $800

Weekend of July 24–26

Awakening the Healer Within You

Elizabeth Stratton

The human body is a self-healing organism. When confronted with excessive stress, negative emotional strain, accidents, bacteria, and viruses, the body's healing capacities and immune system sometimes begin to break down.

This workshop is designed to explore, both didactically and experientially, the connection between the mind, body, and spirit known as "the healer within." Each of us has the potential to awaken this healer and direct it in ways that will begin the healing process on all levels of our being.

The workshop will entail: opening the psychic energy channels, symptom dialogue, guided healing imagery, and forgiveness as spiritual cleansing. $270

Living Longer Well: The Keys to a High-Performance Lifestyle

Ken Dychtwald

In this seminar, Ken Dychtwald will explore the secrets of optimal health and long life based on worldwide studies and research. The key lifestyle factors that are known to promote high levels of mental and physical health will be outlined.

Topics to be covered include: the relationship between health, aging, and longevity; practical, proven techniques and strategies for managing stress effectively; what foods to eat and what to avoid for a low-stress, high-performance diet; how to create a personalized body / mind fitness program; and how to create a personal action plan for a well-balanced lifestyle.

There will be five instructional periods during the weekend, allowing ample time for rest, relaxation, and enjoyment of Big Sur. $270

Week of July 26–31

Five-Day Massage Intensive

Esalen Massage Practitioners

For workshop description see May 24-29. $530

Transpersonal Psychology: Perspectives on Growth and Self-Exploration

Christina & Stanislav Grof

This workshop will explore theoretically and experientially the rapidly developing field of transpersonal psychology. The discussion will focus on the implications of modern consciousness research for understanding the dimensions of the psyche, various forms of emotional and psychosomatic disorders, new mechanisms of healing and personality transformation, and strategies for growth and self-exploration.

The emphasis in experiential work will be on the method of "holonomic integration" developed by the workshop leaders, which combines controlled breathing, evocative music, focused body work, and mandala drawing. It mediates access to unfinished biographical material, sequences of psychological death and (re)birth, and the spectrum of transpersonal experiences. Special attention will be paid to the problems of "spiritual emergencies" and constructive approaches to transpersonal crises. $530

Transformational Neurolinguistics

Eli Jaxon-Bear

"When a pickpocket meets the Buddha he only sees his pockets."—Zen Proverb

"The map is not the territory."—Gregory Bateson

"There is no path until it's observed."—Heisenberg

Each of us lives in a unique "bubble of perception." Our point of view creates our world in the sense of what we notice, what we find meaningful, and what we fail to notice. We all learned strategies as children to cope with a hostile world that we didn't understand. Some of those strategies are functional and some are non-functional. They are all arbitrary and subject to change.

Neurolinguistics (N.L.P.) helps us see how we create our bubble of perception and provides tools to create new choices. N.L.P. can be used to clear up patterns from the past, to deal with ongoing relationships, and perhaps most exciting, to generate possibilities for growth.

Participants can explore their core issues while learning the tools of change and transformation. They will work with each other incorporating zazen sitting meditation, taoist yoga, and Buddhist compassion as the context for growth and change. Helping professionals, change agents, or anyone who is ready for insight as well as powerful tools of transformation is welcome. $530

Touching Spirit: Dimensions of Psychic Healing

Elizabeth Stratton

Psychic healing bridges the physical and the spiritual. Touching as a healing act has been practiced through recorded history by practitioners of the sacred as well as the secular: healers, shamans, priests, doctors, and mothers.

In the past ten years, physics and modern medicine have come to an acknowledgement of the radically relational nature of our universe. Nothing and no one functions in a void.

Human emotions affect the functioning of the body, and illness is often an outgrowth of this mind-body link. Semi-dissociative states that are induced by prayer, meditation, and trance have been found to provide a fertile ground for healing to take place. It has been discovered that "multiple personalities" exhibit different states

of health in each personality. The placebo effect has become one of the most respected and well-studied issues in healing today.

A psychic healer is one who can help connect the physical, emotional, mental, and spiritual levels of another person's being with healing intention through the use of touch. This workshop will explore, both didactically and experientially, the sacred and secular uses of touch, modern theories of disease formation and healing mechanisms, the use of psychic sight in healing, forgiveness as transformational cleansing, and the channeling of healing energy through the laying on of hands. $530

Weekend of July 31–August 2

Advanced Massage Intensive

Deborah Anne Medow & Arthur Munyer

For workshop description see June 12-14. $270

Adventures in Self-Exploration

Christina & Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of "holonomic integration," developed by the workshop leaders, combines evocative music, controlled breathing, facilitative bodywork, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the spectrum of transpersonal experiences. All participants will have the opportunity to be experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $270

Mobilizing Life Force

Alan Schwartz

Alan Schwartz writes: "Quite simply, life force is the combined movement of human physiology, feeling, spirit, and the action of the brain and central nervous system which we call thought. The cleaner the movement, the more *strength* a person has available. All of us, due to heredity, environment, and simple bad luck, spend much too much time holding or stratifying the life force. This keeps us from authenticity and impedes the decision-making process.

"This weekend will be an experiment—reaching down through stratified elements of personality to attempt to free the life force and enhance awareness and the decision-making process. The group will act as reality mirror, and each participant may request an energetic diagnosis as to how his/her life force presents itself."

For further information, read the leader's August 2-7 workshop description. $270

Physics Weekend: Bell's Theorem and the Nature of Reality

Nick Herbert

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory actually *means* and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's Theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's Theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what the current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation.

Recommended reading: Nick Herbert, *Quantum Reality* (Doubleday); Heinz Pagels, *The Cosmic Code* (Simon & Schuster). $270

Joyce Rogers Lyke

Week of August 2–7

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see May 3-8. $530

Energy Strategies

Nancy Rosanoff

This is a course in the self-management of psychic and intuitive abilities. Participants can learn to organize the vast amount of intuitive information available to them and apply it to their present needs. Whether changing careers, setting goals, improving personal and professional relationships, or solving everyday situations, the intuitive mind can help one discover the best approach. This course uses several visualization and psychic development exercises. The subtle chakra energy system is also studied and used as a guide to greater sensitivity. The goal of energy strategies is to tap that which is truly unique and build it into personal strength. $530

Effecting Change: The Human Energy System and Risk

Alan Schwartz

Alan Schwartz writes: "This is a week for recognizing and stabilizing how we face change given today's social, economic, and environmental realities. This is a week for *designing a growth pattern* to provide more stable contact with the issues facing all of us the rest of the century.

"The human energy system represents a constantly changing personality dimension. Often neglected in the human energy system's movement toward maturity is the development of strength. We hear metaphors not only of physical strength, but strength of character and emotions, and the spiritual and psychic strengths of perception. Lack of such strength development leads us to compensate in order to be able to function in our chosen worlds. Some compensations become psychosomatic problems: blame, denial, and indiscriminate sexual functioning. *Power over* self, people, and things is often a compensation for the *strength* that would allow us the *experience* of self, people, and things.

"Risk involves *awareness* of our individual compensations and sufficient trust of self and group process to *experiment*. This means rendering more alive the strength of our physiology, feelings, conceptual process, and psychic perceptiveness. The result can be clarity, stability, and a deeper awareness of self."

For further information, read the leader's July 31-August 2 workshop description. $530

Living Dance Rituals

Anna Halprin

"And just as he who dances with his body, rushing through the rotating movements of the limbs, acquires a right to share in the round dance, in the same way, he who dances the spiritual dance, always moving in the ecstasy of faith, acquires a right to dance in the ring of all creation."—St. Ambrose, Bishop of Milan, 4th Century

Dance, in early times, was a way to evoke a higher spirit, a life force, and a transcendent power. It was also the mother of all art forms. Ancient peoples expressed their most important experiences of life not with external materials, but with their own bodies. They danced to make sense out of the mysteries of their existence. On every occasion there was a dance—to celebrate victory, bring rain, initiate the young. Today, in a world alienated from nature, people can still tap into the deep sources of their bodies and move and dance as an exciting way to renew, inspire, teach, create, and heal.

Anna Halprin has innovated a unique approach to deepening life experiences through art expression. This workshop will explore many facets of this approach, from the structured practice of Movement Ritual I (a series of floor exercises to cultivate body awareness through release and relaxation), to spontaneous, dramatic, and zany group interactions. Along with movement, visualizations, music, and outdoor environments will be incorporated.

On Wednesday evening, the participants will view a slide show on body images and transformation, which will lead into a special performance of the world-wide planetary peace dance from *Circle the Earth*. David Schiffman will be the musician.

Men and women with diverse backgrounds and a sense of humor are welcome. Also, potential students for the Tamalpa Trainings will find this workshop a valuable orientation.

Recommended reading: Anna Halprin, *Movement Ritual I, Collected Writings of Anna Halprin* (Tamalpa Institute).

Recommended viewing: *Circle the Earth* (videotape, Tamalpa Institute). $530

Weekend of August 7–9

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see May 3-8. $270

Exploring Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $270

Fun with the Violin: For Adults Who Always Wanted to Play a Musical Instrument and Never Have

Diane Egli

If you wish you could play a musical instrument—but never had lessons as a child, or, if you used to play—but haven't since childhood, this workshop could be just the opportunity for you to learn to play the violin—and have fun doing it.

This will be a time to increase your awareness of how it feels to learn a new skill—the challenge, the excitement, the frustration, and the success of accomplishment.

Included in the workshop will be various activities to enhance violin playing—Alexander Technique as related to violin playing, movement and music, and rhythm exercises.

Bring a tape recorder and tapes.

Recommended reading: Shinichi Suzuki, *Nurtured by Love*; John Holt, *It's Never Too Late*.

$270 (plus $10 violin rental fee paid directly to the workshop leader)

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the dampening effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, and it is not caused by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic schemata and to rekindle the romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out. $270

The Psychology of Spiritual Essence: An Introduction

Hameed Ali

Hameed Ali writes: "This is a workshop for individuals who have done a lot of emotional and growth work and are beginning to feel the pangs of hunger for something deeper and more fundamental. This existential discontent is the longing of the heart for what will truly fulfill it, the Essence of who we are. Essence is our true being; it is pure consciousness, concentrated and distilled life.

"I will use the Diamond Approach, a teaching created in our time, for our time. This method is a precise, psychological way of working with longing and discontent, taking it to its original root—the underlying sense of lack and emptiness. This emptiness manifests itself according to the individual and becomes the door to a specific aspect of Essence: awareness, will, love, compassion, strength, joy, etc.,—whatever was lacking—and which becomes the door to the more fundamental and ultimate realm of being.

"I will use conceptual presentation, interpersonal exercises, meditation, and personal emotional work. In such a short time we can only get a taste of who we are, but a taste of the eternal, using understandable and available methodology, can go a long way in terms of activating this sleeping potential of ours."

Recommended reading: Hameed Ali, *The Elixir of Enlightenment, Essence, The Void*, and *The Diamond Heart*. $270

Week of August 9–14

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $530

Advanced Massage Intensive

George King & Dianne Miller Lesty

For workshop description see June 12-14. $530

Transpersonal Psychology: Perspectives On Growth and Self-Exploration

Christina & Stanislav Grof

For workshop description see July 26-31. $530

Weekend of August 14–16

Reprinting: A Growth Process

Hector Prestera

How does one become un-stuck from imprinted experiences and more fully realize inner power? Through various approaches including body reading, light trance work, and anchoring (Erickson), participants can explore how powerful the unconscious is in keeping old behavioral patterns locked in, and may open new doors toward growth and freedom. New models of behavior may then become available.

The workshop will feature individual and group processes, including body release approaches.

Recommended reading: Hector Prestera and Ron Kurtz, *The Body Reveals* (Harper & Row). $270

Ashtanga Yoga

Deborah Anne Medow

"The body is a boat which carries the soul in the ocean of the world. If it is not strong or it has a hole, then it can't cross the ocean. So the first duty is to fix the boat."—Baba Hari Dass

This weekend workshop will utilize the methods of the ancient system of ashtanga yoga in "fixing the leaky boat." Throughout this weekend a cleansing diet and various integrated sessions will be combined to encourage workshop participants to develop a solid basis for further development of the physical, mental, and spiritual aspects of yoga practice. Topics covered will include yoga theory, yoga purification and breathing exercises, and meditation, with particular emphasis on asanas (postures). $270

The Rubenfeld Synergy® Method

Ilana Rubenfeld

This is a workshop for professionals and others to explore and analyze how they use themselves—both professionally and in their personal relationships. It will provide an exciting introduction to the Rubenfeld Synergy Method, a healing system that combines touch, gentle body movement, visualization, humor, music, gestalt, and verbal and nonverbal intervention to increase effectiveness in the process of self-healing.

Ilana Rubenfeld will help participants develop efficient use of the bodymind and unblock energy by releasing emotions and memories stored in the body. She will show how to shield and ground the self in the face of difficult situations with clients and others. Sessions will include experiential and theoretical components and one-to-one demonstrations. Each participant will have an opportunity to process his/her experience. Participation in this workshop will fulfill one of the requirements for acceptance into the Rubenfeld Synergy training program. $270

Exploring the World of Lucid Dreaming

Stephen LaBerge

Lucid dreaming means dreaming while knowing we are dreaming. The wakeful consciousness of this extraordinary state allows us to respond flexibly and creatively to the flow of dream experience, giving us a unique opportunity to control our dreams. This control allows us the freedom to explore a remarkable range of possibilities, from indulging our wildest fantasies to following our highest spiritual aspirations.

For most of us, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so, as the skill of lucid dreaming can be developed. Participants will be exposed to the latest scientific research and a wide variety of uses to which the world of lucid dreaming can be put, including self-exploration, creative problem-solving, healing, adventure, and perhaps most important, a way of self-integration leading to the transpersonal realms.

The scope of the workshop will extend beyond the dream state to discussions and demonstrations of the nature of consciousness and how we construct our perceptual worlds. This workshop is intended for avid dreamers and people seriously interested in self-explorations and the development of consciousness.

Recommended reading: Stephen LaBerge, *Lucid Dreaming* (Ballantine). $270

Week of August 16–21

Food for Health

Jane Miletich

The purpose of this workshop is to experiment with new ways of cooking that eliminate certain foods and add other, more healthful ones. It will be a week of lowering cholesterol and fat intake through the preparation of nutritious and tasty meals without the use of processed foods, meat, dairy products, oils, or salt.

Participants will spend time in the kitchen learning methods for juicing, cooking grains, legumes, nuts, seeds, and sprouts, and preparing soups and raw salads. The foods to be used will include various fresh herbs and produce picked from the Esalen garden and farm or bought from local organic farmers. $530

Creating Musical Theater

Stephen Book & Nancy Kaye Lunney

Join us for a week of creating original musical theater as writer, lighting technician, actor, designer, or stage manager. Using Spolin theater games, we will develop an improvisational process which will involve us in creating an original musical theater performance piece presented to the Esalen community on the final evening.

Stephen Book is an off-Broadway/international/regional theater director and teacher. He was a longtime faculty member of the Juilliard School and is now at USC and heads his own professional studio in Hollywood. Nancy Kaye Lunney has been an accompanist and vocal coach to entertainers in the theater, movies, and television, and currently leads workshops in singing gestalt at Esalen. (For that workshop description see May 15-17.) $530

Healing the Broken Heart: The Art of Effective Bonding

George Kohlrieser

From cradle to grave, life involves a changing script of "affectional bonds." These bonds are different from dependency and essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with particular others, a way to explain many forms of physical, emotional, and spiritual distress including emotional detachment, depression, and burnout. Life energy is connected to the quality and depth of emotional contact. This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and intense bonding work to understand, create, and celebrate positive emotional attachments. $530

The Art of Self-Care: Who Heals the Healer? Who Helps the Helper?

Ilana Rubenfeld

Does helping others leave you drained at the end of the day?

Do you need an appointment to help take care of yourself?

Who helps the health professional?

In this seminar, the leader will draw on her background with the Alexander method, Feldenkrais®, and gestalt to help participants explore and analyze how they use themselves in their practice.

This approach can help participants unblock their own energy and shield and ground themselves in the face of difficult situations with clients, learning to be *with*, rather than *for* their client. Using nourishment and humor, participants will learn about self-care, a critical need for health professionals. Participation in this workshop will fulfill one of the requirements for acceptance into the Rubenfeld Synergy® training program.

C.E. credit is available for nurses; for additional information see page 8. $530

Weekend of August 21–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $270

The Dancing Path

Gabrielle Roth

"Be open, be available, be exposed, be skinless! Skinless? Dance around your bones."
—Wallace Stegner

The dancing path is the road to yourself, to all that you are meant to be. It is the journey from inertia to ecstasy, from body to spirit. It is the way of the warrior.

Dance is a dialogue between spirit and flesh, a tool for awakening and attuning to the rhythms of life, and a catalyst for release of the feelings and attitudes that imprison the human spirit.

One way to still your mind is to move your body. An effective way to set your feelings in motion is to move your body. The best way to move your body is to dance—your dance, the dance only you can do. $270

Big Sur Wilderness Experience

Esalen Wilderness Staff
Coordinated by Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, participants will walk into the Los Padres National Forest. They will draw on various traditions, developing the quality of their awareness and opening to the natural world. Week-long workshops will venture out on five hikes (4-10 miles in length) and weekend workshops will take two hikes (3-6 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Participants will practice basic outdoor skills such as map reading and minimum impact concepts. They will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $270

Imagery in Healing

Jeanne Achterberg & Frank Lawlis

Recent scientific evidence points to "the image" as the conscious gateway to physical control and as a reflector of bodily change. The focus of this workshop will be the training of the inherent power of the imagination in its healing capacity. Ancient healing wisdom, modern technology, good science, and the terrain of the spirit will be intertwined. The potential for self and transpersonal healing will be explored through the use of sound, guided imagery, meditation, and other techniques to empower the psyche.

There will be opportunities to discuss the relevance of these practices to modern medicine as well as the novel ways they are being integrated into health care settings by the workshop leaders. Experience with persons having catastrophic disease, including arthritis, cancer, diabetes, chronic pain, and autoimmune and immune disorders may be shared.

This workshop will be addressed to those studying and working in the helping professions and to the interested health consumer.

Recommended reading: Jeanne Achterberg, *Imagery in Healing: Shamanism and Modern Medicine*; Michael and Nancy Samuels, *Seeing with the Mind's Eye*.

C.E. credit is available for nurses; for additional information see page 8. $270

Week of August 23–28

Mirrors

Gabrielle Roth

"I never dreamed of being Shakespeare or Goethe, and I never expected to hold the great mirror of truth up before the world; I dreamed only of being a little pocket mirror, . . . one that reflects small blemishes, and some great beauties, when held close enough to the heart."—Peter Altenberg

This ritual theater lab, a marriage of art and healing, is a way to "know thyself" in intense, honest, creative explorations of the psyche, its patterns, cycles, and movements. The unique theater and dance processes developed by Gabrielle Roth encourage you to probe your own life experience and to share and dramatize your insights in movement and performance. $530

N.L.P., Hypnosis, and Reichian Body Work

David Silverstein & Yvonne Ginsberg

This workshop will allow individuals to explore their process using Reichian body work, neurolinguistic programming (N.L.P.), and hypnosis. Each person will have opportunities to work individually as well as in group. By loosening the body armor through Reichian work, participants may become more receptive to exploring their emotions and their unconscious. Hypnosis will be used to help participants experience and re-experience fantasies, dreams, and unfinished situations. N.L.P. offers the possibility of changing beliefs and criteria that keep one's life limited to familiar patterns. Throughout the workshop there will be gentle encouragement to realize that experience is within one's means to define and create. In bringing together these approaches to human development, the workshop leaders wish to create an environment which respects each individual's natural growth process. $530

Transitions

Elliot Aronson & Gabriele Thomson

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition—whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be lack of self-esteem, loss of identity, confusion, and doubts about one's own perceptions. New thoughts and ideas are fragile at these times of change and need protection and nurturance.

The goal of this workshop is to gain a perspective on the process of making transitions. Through didactic presentations and group discussions, individuals will have an opportunity to understand the emotional stresses involved in their personal transitions. $530

Still Point, Turning Point: A Light and Gentle Approach to Mind, Heart, and Body

David Schiffman & Elisa Lodge Schiffman

"Anything which is forced or misunderstood can never be beautiful."—Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of self-defeating patterns from the past, the willingness to master fresh skills

and create new dreams for the future: these are the turning points that nourish and sustain human beings.

In this workshop, the participants will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $530

Weekend of August 28–30

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $270

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see June 14-19. $270

Reversing Heart Disease: A Model for Personal Transformation

Dean Ornish

Illness can serve as a catalyst for personal transformation and growth, motivating us to ask, "Why did I get sick? What are the *causes?*" With coronary heart disease (CHD)—the #1 cause of death in this country—lifestyle seems to be the primary factor. What we eat, how we respond to stress, and other aspects of our lifestyles are powerful determinants of health and disease. And because the technology for measuring coronary heart disease is so advanced, CHD is an excellent model for measuring the power of lifestyle changes to help heal—and prevent—heart disease.

For the past ten years, Dean Ornish, a physician, has directed three research studies demonstrating, for the first time, that a comprehensive lifestyle change program (yoga, meditation, low fat vegetarian diet, smoking cessation, exercise, and psychological support) can produce extraordinary improvements in people with CHD. This workshop will combine lectures reviewing the research data and explaining why lifestyle affects the heart, plus experiential training in the lifestyle program.

Recommended reading: Dean Ornish, *Stress, Diet, and Your Heart.*

C.E. credit is available for doctors and nurses; for additional information see page 8. $270

Asylum: Responsible Psychiatric Alternatives

Leon Redler

Although no strangers to mental suffering, we're often wide of the mark in locating its source, realizing its nature, and knowing how to respond in ways both salutory and effective, thus missing precious opportunities for well-being. "Psychiatry," etymologically, points to healing of disturbances in the flow of the breath of life, or spirit, or mind, within and between us. But the psychiatric response to people in mental distress is seldom in accord with the etymological roots which could inform its principles and practices.

This workshop is intended for colleagues and students in the mental health and related professions, non-professionals with direct experience of mental distress, and anyone seriously concerned with our society's ability to respond, or lack of it, in these matters.

We will inquire into what constitutes therapeutic community, asylum, refuge, dwelling, autorhythmia, attentive care, and responsibility, and discuss the possibilities and problems of reviewing and reforming services in our own communities.

Implicit here is an exploration of primarily non-intrusive, non-transgressive ways of being with and responding carefully and effectively to people. The implications go beyond the issues of mental suffering and involve all of us who would strip away what interferes with discovering our way home, where the heart is, where ease and happiness begin.

C.E. credit is available for nurses; for additional information see page 8. $270

The Re-emergence of the Goddess: A Major Paradigm Shift

Elinor Gadon

A new consciousness is growing among women and men, an awareness of the deep connectedness and relationship of all life—a healing of the split between culture and nature, mind and body, male and female, life and death. The Goddess has emerged as metaphor and symbol for the transformation of our culture into a truly humanistic one. A feminine consciousness valuing insight, intuition, feeling, and emotion is replacing the dominant masculine one of hierarchy, competitiveness, and aggression.

The roots of modern Goddess consciousness are in the feminist movement, where she has served well both as role model for women's empowerment and as catalyst for re-imaging the divine in patriarchal Judaism and Christianity. She has been a muse to artists and poets. Women's bodies and human sexuality are being re-sacralized in the spirit of the Great Goddess, and with this awareness comes the understanding of *eros*, the erotic, as the life force, the source of creativity and joy and human connection.

Gaia, the Earth Goddess, has given her name to the new hypothesis which sees our planet, Earth, as a living, self-generating organism. Goddess politics are Green, the grassroots movement which stands for earth wisdom, deep ecology, economic decentralization, and non-violence. Goddess healing is holistic, acknowledging the power of the esoteric. The new spirituality is one of immanence—the Goddess within both women and men.

We will explore the role and meaning of the Goddess in past cultures and living tradition, using the visual arts to identify symbols and images which have shaped our world view. Through dialogue and ritual we will connect the emerging new values to the participant's life experience, initiating personal transformation. $270

Week of August 30–September 4

Five Days with Janet Zuckerman

For workshop description see June 14-19. $530

A Gentle Unfolding

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through intuition, energy awareness, massage, meditation, movement, gestalt, and play. Using these tools and gentle risk-taking can help in opening to one's own aliveness and ability to be more at home with oneself. Participants will explore practical and portable ways of nourishing and trusting the inherent wisdom of the self. $530

Charts of the Brain, Journeys of the Spirit

William Roll

Modern science and parapsychology are revealing a matrix which connects people with each other, with their physical environment, and with persons who are no longer living. The exercises in this workshop will help participants

enter this matrix and move to a wider spiritual awareness. Procedures to develop psychic intimacy, such as the energy dance, psi scanning, psychic readings, psi sessions ("seances"), psychometry, and psychic healing will help participants experience each other and the world around them with a fresh, joyful, and healing consciousness.

Participants will explore the meaning of out-of-body and near-death experiences, channeling, and precognitive dreaming. The evidence for survival after death from apparitions of the dead, mediumistic communications, and rebirth memories will be discussed. $530

The Sacred Mask Experience

Elisa Lodge Schiffman

"Marvel at the ingenuity in which divinity hides itself in order to find itself." — Alan Watts

Masks are magic! The elemental power of sacred masks to liberate and transport us has all but disappeared from our cultural heritage. Drawing our initial inspiration from a large international collection of masks, we will re-establish our connection to this ancient artistic tradition, one of the oldest forms of catharsis and healing.

Through mask-making, ritual theater, trance journeys, primal sound, and movement work, we will enter a world that will carry us to the further reaches of our imagination and to what is revealed behind the masks — the beauty and truth of our essential nature. Together, we will create rituals that grow out of sacred practice, opening us to more vital and novel dimensions of expressive behavior not ordinarily permitted in our daily lives. Local musicians from Big Sur will be used to orchestrate and ground the powerful energies that emerge. $530

August 30–September 6

Psychosynthesis: A Seven-Day Workshop for Professionals

Harry Sloan

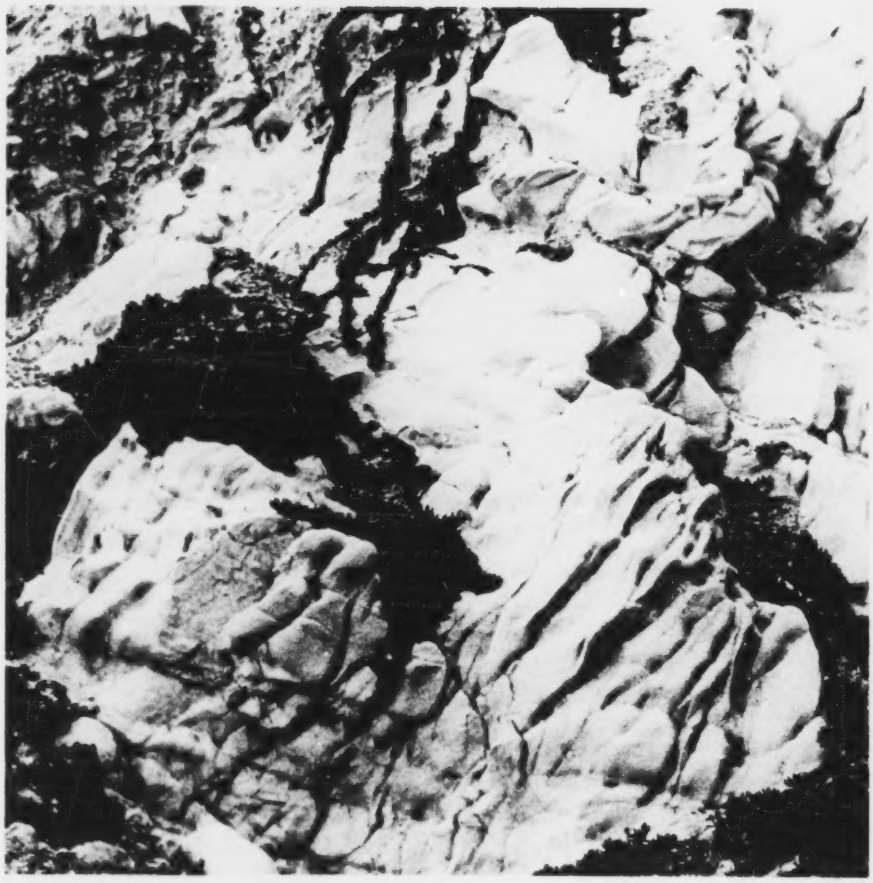
For workshop description see July 19-26. $800

Weekend of September 4–6

The Feeling Process

Janet Zuckerman

For workshop description see June 19-21. $270



Joyce Rogers Lyke

The Future of the Body: The Esalen Institute Study of Exceptional Functioning

Michael Murphy, Steve Donovan, Margaret Livingston & Keith Thompson

In his novel, *Jacob Atabet*, Michael Murphy speculated that a next stage of human development might involve the power to alter the physical body at will. He is developing this idea more thoroughly in a book, *The Future of the Body*, and through the Esalen Institute Study of Exceptional Functioning, organized in 1976 to compile and analyze a broad range of scientific, speculative, and anecdotal literature on bodily transformation. Murphy will discuss some of the major ideas of his current book, and Donovan, Livingston, and Thompson will present results to date of the Esalen Institute Study of Exceptional Functioning. (Note: Michael Murphy will be present for the Friday and Saturday evening sessions only.)

Recommended reading: Michael Murphy, *Jacob Atabet* and *The Psychic Side of Sports*. $270

Psychic Vision and the Creative Experience

Nancy Azara

Nancy Azara writes: "Know and expand your psychic vision and explore the magical power and healing properties inherent in art-making. Using meditation and other exercises, you can open creative channels, find your visual language, bring vivid images to consciousness, and paint and draw these experiences."

Participants can focus light and color through the body, practice reading auras, experience laying on of hands, identify and clarify important influences in their lives, and own their personal power.

They are asked to bring to the workshop whatever they like of the following: acrylic or watercolor paint, collage materials, pastels, oil crayons, scissors, glue, and about 25 sheets or the equivalent in pads of good quality drawing paper (no newsprint). Size 11"×14" is ideal. $270

Building Community: A Learning Circle

Wade Hudson

This workshop will explore how ordinary people can use ideas and methods developed at Esalen to strengthen a sense of community in their daily lives—whether it be in the workplace, family, church, political organization, or neighborhood.

Simple, easily-learned concepts will be presented, and the participants will be invited to analyze how they might adopt these structures to build stronger communities back home. Methods employed may include: relaxation techniques, meditation, physical exercise, massage, group process, music, movement, role-playing debates, open seat, support groups. Ideas explored may include: self-regulation / mutual support; leadership / democracy; liberty / socialization; cooperation / competition; materialism / spirituality; political action / personal growth.

The workshop leader will discuss his own work in a low-income, multi-cultural neighborhood in San Francisco, the Tenderloin, where he lives in a cooperative residential hotel and volunteers at a community self-help center.

For those who are interested and able, a follow-up evaluation meeting will be held in San Francisco four weeks following the workshop. $270

Week of September 6–11

Childhood Sexual Abuse: A Workshop for Survivors

Jessica Moore Britt

To guard against the hurts, fears, and confusion that sexual invasion of a child's physical and psychic boundaries can create, the child often abandons the place of conflict—the body. This may be reflected in tension patterns, numbness, or oversensitivity. Gently, during this week together, participants will move toward reintegrating their bodies with their selves, with particular attention to body image, sexual experience, intimacy, and parenting.

Within the natural healing environment of Big Sur, participants will use gestalt practice, Reichian breath work, movement, and touch to re-enter their private world of memories and feelings. They will gain a deeper understanding of boundaries, betrayal, responsibility, and aloneness. Focus will be on perception of oneself physically, sexually, emotionally, and spiritually, and how this affects relationship with others. Through the supportive group atmosphere, participants may discover that it is safe once again to embody beauty, life, and love. $530

Ways to Change: A Jungian Experience

John Nicholas

"Meaninglessness inhibits the fullness of life and can, therefore, be equated with illness; meaningfulness makes a great many things endurable, perhaps everything."—C.G. Jung

We discover ourselves through relationships—with others and within and beyond ourselves—transcending the ordinary boundaries of time and space. The focus of this workshop will be the most central aspect of all transpersonal work: change. The basic concepts of C.G. Jung will be applied to practical problem-solving and conflict resolution of everyday issues and relationships. Participants will have the opportunity to discover, explore, and confront unconscious complexes that inhibit the fullness of life and block creativity. There will be time for individual work with dreams, active imagination, symbolic drawing and painting, storytelling, guided imagery, and journals. The week will be a voyage of discovery.

Recommended reading: C.G. Jung, *Man and His Symbols* and *Memories, Dreams, Reflections*; June Singer, *Boundaries of the Soul*; Robert Johnson, *Inner Work*; Anthony Storr, *The Essential Jung*. $530

September 6–13

The Painting Experience

Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling.

The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop write: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122. (415) 564-8515.

$800 (plus $25 materials fee paid directly to the leaders).

Educating the Genius Within—The Feldenkrais® Method

Harriet Goslins

"By my body's actions . . . teach my mind."
—Shakespeare

The habitual way a person sits, stands, or moves reflects patterns that are "wired-in" to the nervous system. This information can be erased or changed. By re-educating the brain / muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

Awareness Through Movement® methods are a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury, for the sedentary or those dealing with after-effects of injuries, and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his / her neck, shoulders, and back, to improve his / her posture and breathing, and to live and move with more flexibility and comfort.

Recommended reading: Moshe Feldenkrais, *Awareness Through Movement*. $800

Weekend of September 11–13

The Gentle Art of Becoming—Together A Workshop for Couples

David Schiffman & Elisa Lodge Schiffman

For workshop description see May 1-3.

$270 per participant

Experiencing Your Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see July 12-17. $270

September 11–November 6

The Modern Warrior: A Certification Program in Leonard Energy Training

Jack Cirie, George Leonard & Annie Styron Leonard

For workshop description see Special Programs, page 39. $4240

Week of September 13–18

Five-Day Massage Intensive

Brita Ostrom & Staff

For workshop description see May 24-29. $530

Self-Acceptance: The Freedom to Be

David Schiffman & Elisa Lodge Schiffman

For workshop description see June 7-12. $530

Adult Children of Alcoholic or Abusive Parents

Karen Paine-Gernée & Rick Paine

For workshop description see June 28-July 3. $530

The Hakomi Method

Ron Kurtz

Hakomi is a body-centered practice based on the principles of: mindfulness, unity, organicity, non-violence, mind-body holism. Hakomi incorporates non-doing as a major methodological principle and trusts in every individual's inner wisdom and power for self-healing.

Using the body as a rich source of information about the unconscious mind, hakomi can assist people in turning inward to those special states of consciousness where change takes place, to explore core beliefs which determine the quality of experience.

Hakomi work embraces the body-mind unity, supports the client's resistance, and encourages respect for and awareness of inner processes. This can be used by counselors, health practitioners, educators, body workers, and anyone invested in personal growth. This workshop also serves as a prerequisite for the formal hakomi certification process. $530

Weekend of September 18–20

The Power of Growth

Seymour Carter

For workshop description see May 15-17. $270

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see July 17-19. $270

The Mastery of Daily Life: An Introduction to LET

George Leonard & Annie Styron Leonard

Leonard Energy Training (LET) is derived from the Eastern art of aikido as well as from Western psychology and physical theory. It is a comprehensive body of work that offers practical, alternative ways of dealing with life situations. It is not physically demanding. It does not aim at emotional catharsis. Most of the training involves simple, enjoyable movement exercises during which the body itself becomes a teacher. Participants will be offered an opportunity to practice such things as centering, relaxing under pressure, and dealing with the various stresses and conflicts of daily life.

This workshop will emphasize mastery, the mysterious process through which what is at first difficult becomes progressively easier and more pleasurable through practice. Participants will be invited to experience their own process in learning simple patterns of movement. They will have a chance to examine and transform this process, and to apply it to daily life.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), and *Education and Ecstasy* (North Atlantic Press). $270

Understanding the Light of Peace in the Shadow of War

Ofer Zur

This is a workshop for individuals to survey their personal, psychic, sexual, and international battlefields, to explore and attempt to heal their relationships with their personal and political enemies. The aim of this process is to shed light on the dynamics of peace and war in the international realm.

Through slide presentations, experiential work, and discussions (including the instructor's research), the following key issues will be addressed:

- One's intimate, personal enemies, past and present
- Exploring and mending loving relationships
- Fantasy and content analysis of war imagery in current media and war propaganda
- The co-evolution of culture, personality, psyche, and war
- Men and war: Is man the maker of war, or war the maker of man?
- Women and war: Victims or co-contributors?
- The myth of the warrior and the beautiful soul
- Aggression, violence, pornography, and war
- The enemy as feminine, or the feminizing of the enemy
- Coming to terms with the enemy within
- Life and living in the nuclear era
- Understanding that the light of peace is the healing process $270

Week of September 20–25

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $530

Intuition Practice

Helen Palmer

This seminar teaches the identification of personal intuition systems that can be accessed through internal focusing practices, or that may already be operating in unrecognized ways. These practices develop the ability to discriminate between personal thoughts, fantasies projected from personal thinking, and impressions received from situations outside the personal self. The psychic aspect of intuition rests on the ability to shift attention from the self to impressions perceived from outside the self. $530

Stillness Between Waves: Imagery In Motion

Keith Thompson & Gaetana

"Except for the point, the still point, there would be no dance, and there is only the dance."
—T.S. Eliot, "Four Quartets"

The mime master creates the illusion of covering ground while actually staying in one place, entrancing the audience into seeing "something that is not there." Similarly, individuals in hypnosis can "put on hold" their usual logical, reality-orienting faculties and become deeply absorbed in secondary, imaginative realities. This is a workshop about the translation of images into movement and movement into images; about the threshold between realms and modes; about exploring the *mundus imaginalis*, the

imaginal world, said by the Sufis to mediate between the sensible and the intelligible worlds.

As in alchemy, where the transformation from lead to gold was understood to begin with dissolving and cooking the ore of iron, participants will be taught concentrated mime and imagery exercises geared to "deconstruct" or "de-form" fixed patterns of moving, thinking, and imagining. As the week progresses, processes from gestalt practice, insight meditation, and Jungian active imagination will be introduced to assist in exploring ways in which unfrozen mental and bodily "grammars" can be recombined to express the thought of the heart.

Participants will also receive instruction in various ways of walking across an area as effortlessly as on a cloud or through molasses, the use of *chi* or *ki* to increase the clarity and density of illusions, and imagery for centering and balance in sustaining difficult physical moves.

The workshop is designed especially for people who have a sense of humor and who don't draw a hard distinction between learning and play.

Recommended reading: Jean-Louis Barrault, *Memories for Tomorrow* (Houghton-Mifflin); Helen Caldwell, *Michio Ito* (University of California); Toshihiko Izutsu, *The Interior and Exterior in Zen Buddhism* (Spring). $530

Weekend of September 25–27

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $270

The Transformation of Inanna: A Ritual Journey

Starhawk

Some of the oldest written records of rebirth and renewal are the Sumerian myths of Inanna, Goddess of the date palm and the storehouse, patroness of love, who challenges her sister/ruler of the underworld, the Queen of death. In this workshop, through drumming, chanting, storytelling, and mask-making, the myth of Inanna will lead participants into the depths of the self and into the mythic dimensions of their own stories. Together they will enact the drama and create the rituals of their own transformations. This workshop is for women only.

Bring scissors, scraps of cloth, feathers, beads, shells, yarn, interesting small objects, favorite costumes, and power objects for the altar. $270

Understanding Men

Sam Keen

This seminar is for men and women who are looking for a new sense of what it means to be a man. It is an exploration and celebration of the essence of masculinity. These are some of the topics to be considered:

- Contemporary types and stereotypes of men
- Plastic heroes and real men
- What do men fear?
- How do men deal with women's anger?
- The rites and rights of manhood
- The warrior psyche
- Fathers, Mothers, and Sons
- Male friendship
- Work, jobs, professions, and the burden of economics
- Autonomy and the need for commitment
- Adventure: sexual and otherwise
- The wisdom and folly of the penis
- Meaning, purpose, and vocation: Who are men when they are not working, controlling, or fighting?
- The essential differences between men and women $270

Week of September 27–October 2

The Discipline of Harmony: Warrior Virtues Without War

Richard Strozzi Heckler

This seminar will examine the notions of aggression, initiation rites, courage, and risk-taking in the context of the warrior ideal. Does the discipline of harmony mean the taming of aggression? To live in peace do we also need to accept and understand violence? Is it possible to distinguish the warrior from war? Can the warrior virtues of courage, commitment, clarity, generosity, service, and skillful action be invoked without the catalyst of hostile fire?

These questions will be the starting point for a five-day workshop conducted in the warrior spirit of "life at stake." Exercises taken from aikido, along with introspection, sharing, and guided meditations will allow participants to experience the possibilities of embodying warrior virtues without war.

Recommended reading: Richard Strozzi Heckler, *The Anatomy of Change* (Shambhala) and *Aikido and the New Warrior* (North Atlantic Books); J. Glenn Gray, *The Warriors* (Harper & Row). $530

The Body as History

Lisbeth Marcher & Erik Jarlnaes

The workshop leaders are from Denmark, practitioners of a system of working with the body, of which Lisbeth Marcher is a founder. With their methods, by gauging the tonicity of a muscle and knowing when and how it came into play in our infant and childhood development, it is possible to "read" an amazingly precise psycho-history. In addition, *specific issues* that are contained in these muscles can be re-evoked.

This system also works with our *undeveloped resources*. These are the abilities that we have given up on, those that often correspond to feelings of resignation. As these resources are brought into play, our willingness to drop old, unfulfilling modes of protection is greatly encouraged. Participants can focus on body movement and energy and use these to bring about expression and integration of developmental stages.

This is an experiential workshop, with some time between sessions available to those wanting to learn more about this approach. $530

Leadership: Where it Begins

Steven Harper & David Chrislip

"The leader teaches more through being than through doing. The quality of one's silence conveys more than long speeches. Be still, follow your inner wisdom, you have to be still. . . . What do you feel?"—John Heider, *The Tao of Leadership*

This program is for individuals who want to enhance their leadership capacity. Frequently, this begins with discovering or reconnecting with the power of knowing one's true purpose, the source of vision and inspiration. The value of this intuitive connectiveness is a principle that the great visionary leaders have always understood.

The workshop leaders will integrate principles of leadership with the challenges offered by wilderness, providing participants opportunities to experiment with and receive immediate feedback on beliefs, behaviors, and styles of leadership which ennoble and empower self and others. They will draw from their work with leadership development programs in communities and corporations which use wilderness experience to explore new ways of leading.

Sessions will be both indoors and on day hikes into Big Sur's backcountry. (Evenings and most meals will be at Esalen.) The mountain setting will allow participants to experience what it means to be in tune with the natural world. Through reflection and discussion, they can integrate what they learn about themselves into their roles as leaders. $530

Lost Romantic Loves: Healing through Film

Francis Lu, Barbara White & Richard Irons

"Love must be told. Not so that it may be forgotten, but so it can be rewoven into the tapestry of the present."—George Vaillant, M.D.

This seminar will allow participants to remember their lost romantic loves and to further their own healing and self-renewal. Topics will include: the nature and quality of romantic love, the emotional consequences of lost love (including obsession, jealousy, anger, violence, and madness), and the healing processes (including letting go, grief, compassion, self-renewal, and revisioning new relationships).

Within a supportive group context, participants will view films which evoke these archetypal patterns of love, including loss and healing. Through inner reflection and dialogue, participants will reconnect their personal, psychological experiences with these archetypal, mythological realities.

Films to be shown include works directed by Woody Allen, Alfred Hitchcock, François Truffaut, and Jean Renoir, and films starring Humphrey Bogart, Greta Garbo, and Ingrid Bergman. In addition, poetry and classical music will be utilized.

The experiential nature of this workshop will be balanced with lecture and group discussion.

Recommended reading: John Welwood, *Challenge of the Heart: Love, Sex, and Intimacy in Changing Times* (Shambhala); Robin Norwood, *Women Who Love Too Much*, (Dell). $530

Weekend of October 2–4

A Special Weekend at Esalen

This weekend is open to all those who would like to spend time at Esalen, enjoying the grounds, the baths, and the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual. $160

Week of October 4–9

Five-Day Massage Intensive

Esalen Massage Practitioners

For workshop description see May 24-29. $530

The Virginia Satir System

John Banmen, Jane Gerber & Maria Gomori

Virginia Satir has pioneered unique approaches to improve family and professional communications and relationships. The overall goal of the Satir System is "becoming more fully human." This workshop will present the explicit change process, the use of Satir's vehicles, and an articulation of the transformational process. The group leaders will deepen the conceptual and experiential aspects of these processes and will provide hands-on training.

The workshop leaders have been senior trainers in the Avanta Network month-long process community since 1981 and have co-authored a book on the Satir System. $530

Endarkenment

Will Schutz & Ailish Mellard

Sometimes in our search for enlightenment we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle.

This workshop can provide a vehicle for the turn downward. We shall explore: how to establish and maintain meaningless relations; what to worry about while meditating; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim/martyr in your social group; guilt without sex. This approach, similar to Feldenkrais' "live the disasters" and the "homeopathic principle" (Will Schutz, *Body Fantasy*), can be as valuable for attaining enlightenment as the direct route—and more fun. In addition, participants in this workshop will have opportunities to explore, play with, and celebrate the shadow—that which we usually hide. $530

Evolving the Relationship of Mind, Emotion, and the Body

Laura DeNuccio

"Your body is your thought in a form you can see."—Jonathan Livingston Seagull

"To keep the body in good health is a duty . . . otherwise we shall not be able to keep our mind strong and clear."—Buddha

Laura DeNuccio writes: "The focus of this workshop will be two-fold: to open and clear the personal self while developing and expanding the higher self.

"To be born with a 'precious human body,' as the Tibetans call it, is to be born with the perfect vehicle for obtaining realization or enlightenment. This vehicle is considered the body-temple, the housing in which the Divine dwells. Proper respect, attunement, and care is needed for transforming and perfecting this vehicle.

"Denied and repressed thoughts and feelings harbor in the body tissue. This unfinished business (grief, fear, resentment, etc.) can be addressed and released. Participants will use breath, sound, and movement to enter the soft inner tissue of their bodies, permeating and dissolving energetic and emotional blockages. These movement meditations are designed to enliven and activate the vitality of cells and tissue, as well as to quiet, still, and expand the mind. The sound meditations have the potential of moving the individual past the limitations of language, which can create openings for new thought and inspiration. Through this clearing, compassion, harmony, and peacefulness can be cultivated, qualities of being the participants can integrate into their daily lives upon returning home. The group will draw from Native American and African ritual, guided imagery, Reichian body work, gestalt practice, and various other meditative practices."

Recommended reading: Stephen Levine, *Who Dies* (Anchor Press/Doubleday); Fields, et. al, *Chop Wood, Carry Water* (Tarcher); Shirley Nicholson, *Ancient Wisdom, Modern Insight* (Theosophical Publishing House); Alice Bailey, *Education in the New Age* (Lucis Publishing Co.); Stanley Keleman, *The Human Ground* (Center Press). $530

Weekend of October 9–11

Reflections of Self: A Reichian/Gestalt Workshop

Jessica Moore Britt

This will be an introduction to intensive intrapsychic inquiry using Reichian breath work and gestalt practice. Reichian work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration, the possibility is opened to respond in the present. $270

LET and the Samurai Game

George Leonard, Annie Styron Leonard & Jack Cirie

The Samurai Game, which was created by George Leonard, might be described as a deeply-engrossing simulation game during which participants have the opportunity to enter the state of consciousness of a medieval samurai, to live intensely in the moment, and to experience symbolic death and rebirth.

Participants will first practice the movement and centering exercises of LET (Leonard

Joyce Rogers Lyke

"Creating Musical Theater"

Energy Training: see Weekend of September 18-20). Then they will learn the rules of the game and begin to live as samurai. There will be ample opportunity for feedback and discussion of the lessons of the game.

The purpose of the Samurai Game is to step across a boundary into another way of life, and thus to see one's own life and habitual patterns of living with added clarity and poignancy. There will be a symbolic battle to the death through which participants will have a chance to experience the ultimate futility of war, and the value of every moment of existence.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton). $270

Week of October 11-16

The Practical Art of Creative Risk-Taking

David Schiffman & Elisa Lodge Schiffman

For workshop description see May 3-8. $530

Action Theater

Ruth Zaporah

Ruth Zaporah developed Action Theater, a unique performance training process, so that her students could spontaneously create dramatic images from personal material. Participants learn to express this material improvisationally through dance, vocalization, and acting. The Action Theater process trains the student in the following aspects of performance:

- Awareness of the body and movement possibilities through time, space, and shape
- The development of a strong and viable voice
- The imaginative use of language to illuminate the inner mind of the actor
- The interface between body, voice, and language
- The ability to access material usually below the normal threshold of awareness
- The formal makings of clear, strong imagery
- The ability to create experience through clear perception and spontaneous response

This experiential workshop is designed for the novice, the explorer. Exercises of improvisation will be basic, addressing the skills listed above. Within each session there will be a physical and vocal warmup, ensemble and small group interactions, and improvisational presentations. And play. All play.

The moment of life, consciously performed, is art. $530

Performance Under Pressure

Neil Fiore

Extraordinary levels of creativity and achievement are experienced naturally by all of us at some time during our lives. On such occasions, energy for playful learning and efficient work seems limitless, hours pass like minutes, creative resources of the mind are tapped, exhilaration and inner peace are experienced, and the body is freed of anxiety.

Creative and successful people experience these "flow states" quite often, others only occasionally. But now as we approach an evolutionary advance in human consciousness—the harmonizing and synchronizing of the powers of the conscious and subconscious minds—we have the technologies to harness the "flow state" at will.

Cognitive psychology, neurolinguistic programming, and Ericksonian hypnosis will be used in this workshop to convey the skills necessary for working and playing in a more robust, stress-resistant, and creative way. The workshop leader will present specific skills and practical methods for rechanneling the energy of stress into creative problem resolution, rapid recuperation, and for the enjoyment of guilt-free recreation.

Goals of the workshop include the creation of personal safety, the enhancement of self-esteem and motivation, and the ability to work in a focused, stress-free manner. Those in challenging careers, under time pressure, in the creative fields, or coping with physical illness can benefit greatly by learning to harness these inner resources. $530

Weekend of October 16–18

A Weekend with Ram Dass $270

Week of October 18–23

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 8. $530

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop, participants will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore the movement that nature inspires. Both aikido and hiking are moving meditations which, when done well, require one to be in harmony with the natural world. There will be an opportunity to take what is learned on the aikido mat out into the natural world and bring what is learned from nature onto the aikido mat. Participants can then begin to integrate what they learn from aikido and from nature into their lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. Come ready to move. $530

Weekend of October 23–25

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 8. $270

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see July 17-19. $270

Making Dances: Physical Expression and Creativity

Rhonda Martyn

This is a workshop for individuals to discover and expand their abilities to be physically, intellectually, and emotionally expressive through the process of making dances. Participants can expect a good physical workout, as well as a sense of accomplishment, community, and fun that comes from making and performing dances.

It will begin by exploring the basic elements of movement and the craft of choreography. Then, using games, exercises, improvisations, and rituals, participants can play with the creative process and their individual needs for physical and emotional expressiveness. A professional choreographer, the workshop leader will use participants as professional dancers—calling on their creativity and sensibilities to help in the process of building dances. She will also coach and assist participants in making their own studies and/or dances.

Making Dances is for people with no dance experience or with much dance experience. It is an opportunity to be both a dancer and a maker of dances. $270

Week of October 25–30

Ericksonian Hypnosis and Communication

Paul Carter

For workshop description see May 31-June 5. $530

Spiritual Healing: Laying On of Hands

Maria Lucia Holloman

This workshop will present practical methods of using the hands as instruments for physical and spiritual healing. The emphasis will be on intentionality and personal clarity as the fundamental tools in any healing art. Maria Lucia Holloman has studied with healers from Brazil, her native country, where laying on of hands is used effectively. She has also studied the art of cranial manipulation, which she combines with her healing work on a regular basis as a practitioner at Esalen. $530

October 25–November 6

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Staff

This will be a twelve-day residential training program in IBP, taught by Jack Rosenberg, Deane and Andrea Juhan (anatomy and massage), and the staff of the Rosenberg-Rand Institute in Venice, California. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit. In IBP the body is seen as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields.

Recommended reading: Jack Rosenberg et.al., *Body, Self, and Soul: Experiencing Integration* (Humanics, 1985), and *Total Orgasm* (Bookworks, 1974).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291, (213) 394-0147. $1330

Weekend of October 30–November 1

Growing Together into the Future

Terence McKenna & Kathleen Harrison McKenna

People, plants, and the planet are three dancers in search of syzygy in a performance about a future that cannot be postponed indefinitely. With rousing dialogue, we will explore the post-modern, pre-apocalypse dilemma, and the allies that the natural world has provided for the man or woman who is engaged in sailing the soul on the phosphorescent oceans of the imagination. Fractal time, self-empowerment through cultivation of shamanic attitude, and the implications of the psychedelic experience will be discussed. $270

The Modern Warrior: LET in Action

George Leonard & Jack Cirie

"A man or woman with outward courage dares to die; A man or woman with inward courage dares to live."—Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the full, and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might well be necessary for men and women to reown the warrior ideal.

Through the movement exercises of LET (Leonard Energy Training: see Weekend of September 18-20) as well as through various new games, participants will be invited to get in touch with their own unacknowledged powers, and thus to discover the hidden warrior within. Guidance will be offered on how to apply the warrior ideal to daily life. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton). $270

Work Study Program

The Work Study Program is for those who are interested in total immersion in the Esalen environment. It is a work-oriented program, emotionally and physically. Only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. *Assignments to departments are made according to community labor needs.* No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. **Participants in the focused programs must be prepared to stay at Esalen for the full duration** designated for that particular program, assuming that they meet the standards of the Work Study Program.

Focused programs planned thus far for 1987-88 include:

April 26–May 24: Jessica Moore Britt and Elliot Sobel will offer a study of energy and pulsation using gestalt, awareness, Reichian breath work, Continuum movement and sound work, and the expressive arts.

May 24–June 21: Anne Nechama Simkin will conduct a program focused on gestalt, including some videotape sessions. Massage and movement work may be offered.

June 21–July 19: Mary Goldenson (Devarani) will facilitate an intensive month of letting go and moving on, using Reichian methods, Radix®, dance, imagery, gestalt, and meditation.

July 19–September 13: Seymour Carter will coordinate a two-month progam focusing on gestalt practice, with emphasis for, but not limited to, professionals.

September 13–October 11: See June 21-July 19.

October 11–December 6: Antioch Program. This track will include: Esalen massage, movement and emotions, sports and human development, group process, somatic theory. For more information, see "Esalen-Antioch Cooperation," page 5.

December 6–January 3, 1988: Phyllis Shankman will offer a focus on change and self-transformation through gestalt, movement, guided imagery, and whatever presents itself in the moment for attention.

January 3–February 28, 1988: Jessica Moore Britt and Joyce Rogers Lyke will focus on the relationships among mind / body / emotions and spirit, using gestalt, Reichian breath work, subtle body theory, journal writing, ritual, and self-remembering exercises.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage and Rolfing®, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the three-month body work program, is $700 first month, $650 second month, $600 third month. Work scholars *may* be invited to remain for a second month or a third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

NOTE: This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other programs within one year of receipt. Please return this form with your deposit to:

Work Study Program, Esalen Institute,
Big Sur, CA 93920. Telephone: (408) 667-2335.

Available dates: April 26–May 24; May 24–June 21; June 21–July 19; July 19–August 16; August 16–September 13; September 13–October 11; October 11–November 8; November 8–December 6; December 6–January 3; January 3–February 28; February 28–March 27; March 27–April 24; April 24–May 22; May 22–June 19; etc.

Application to the Work Study Program

Name _____ Address _____

City _____ State _____ ZIP _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program.

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may be invited to remain for a second or third month, ***depending on space available and the needs of the Esalen community.*** Please indicate your availability should an invitation be extended. (Not applicable to focused program applicants.) ☐ No extension ☐ One-month extension ☐ Two-month extension. Assignments to departments are made according to community labor needs.

If you have emergency medical skills (M.D., E.M.T., or R.N.) and are willing to make those skills available during your stay, please check here. ☐

Please attach a personal statement about your interest in the Work Study Program. ***Include:*** applicable ***skills*** (gardening, kitchen, mechanical, etc.); medical difficulties which might affect your working in particular departments; previous Esalen workshops you have attended (please list program titles, group leaders, and dates). Note: Fluency in the English language is essential for participation in the program.

Special Programs

Joyce Rogers Lyke

May 3–29, 1987
The Mystical Quest, Attachment, and Addiction

Christina Grof, Stanislav Grof & Jacquelyn Small

This four-week interdisciplinary educational program is designed to explore the relationship between spirituality, addiction, and chemical dependency. It is especially relevant for professionals, students, and others interested in the fields of psychiatry, psychology, drug rehabilitation, religion, and philosophy. Participants and guest faculty will examine the nature of addictions and outline an approach combining traditional and transpersonal strategies as practiced by Jacquelyn Small and the Grofs.

Topics to be covered include:

1. *Spiritual Quest, Attachment, and Addiction.* Visiting teachers of Buddhism and Christian mysticism will explore with the group the nature of the transcendental impulse in human beings as it relates to the thesis of this seminar. Experts in the area of addiction propose that the twelve steps of Alcoholics Anonymous and transpersonal processes are a Western sadhana and context for spiritual awakening. Special attention will be paid to the promises and pitfalls of the spiritual path, the difference between spirituality and religion, the dynamics of attachment and non-attachment, the importance of service, and the relationship between mysticism and addiction.

2. *Modern Insights into the Nature and Roots of Addiction.* Modern psychological theories of addiction and chemical dependency will be examined. These include: Gregory Bateson's model based on systems theory and cybernetics, the birth trauma and prenatal factors, the Jungian understanding of archetypal dynamics, the mythological theme of the hero's journey, and the differences between ego integration and ego transcendence. The biological factors underlying chemical dependency and their interaction with the psychological and spiritual elements will also be discussed.

3. *Transpersonal Psychology and Emerging Paradigm in Western Science.* This will be a theoretical and experiential look at transpersonal psychology, the most recent movement in Western psychology that acknowledges and explores human spirituality with scientific principles and methods. The increasing convergence between modern consciousness research and the great mystical traditions and spiritual philosophies of the East will be compared to the revolutionary developments in other disciplines. This is the so-called "emerging paradigm."

4. *Spiritual Emergency or Transpersonal Crisis.* This aspect of the program will study observations from various disciplines that suggest that certain non-ordinary states of consciousness currently diagnosed and treated by traditional psychiatry as medical problems—mental diseases of unknown etiology—can be seen as difficult stages of spiritual development and evolutionary crises.

5. *Self-Exploration and Group Process.* This experimental educational format combines lecture with experiential and group processes. For

this purpose, participants will use various forms of Buddhist meditation, controlled breathing, music and guided musical imagery, focused body work, mandala drawing, psychic/intuitive counseling and training, massage, etc. The coordinators, visiting guest faculty, and the Esalen staff will function as facilitators for participants throughout the workshop.

Please note that this is an educational program, not a therapeutic program. The Esalen Institute is not licensed or equipped as a treatment facility.

A limited number of partial working scholarships will be available on the basis of need. Address your application, along with a biographical letter, to: Christina Grof, "Re: May 1987 Month-long Program," Esalen Institute, Big Sur, CA 93920. $1960

June 26-28, 1987
The Biological, Psychological, and Cultural Body: Methods of Transformation

Don Johnson, Coordinator

For workshop description see June 26-28. $250

July 3-5, 1987
A Special Weekend Celebration with Babatunde Olatunji

with Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

For workshop description see July 3-5. $200

September 11-November 6, 1987
The Modern Warrior: A Certification Program in Leonard Energy Training

Jack Cirie, George Leonard & Annie Styron Leonard

This will be an intensive, rigorous, eight-week program leading to possible certification as a Leonard Energy Trainer. Leonard Energy Training (LET) is a comprehensive practice inspired by the Eastern art of aikido and Western psychology. LET teaches alternative ways of dealing with daily life problems and offers the possibility of high-level functioning appropriate to the ideal of the modern peaceful warrior.

In addition to learning how to present LET exercises, the participants in this course will receive training in movement (aikido and aiki-sword), meditation forms, written and oral communication skills, emotional and spiritual experiences, and state of the art fitness work. The fitness training will be graduated to individual levels of readiness and will be comprehensive and holistic. Exercise and nutrition, as well as mental training, will be included.

This program differs from the usual campus model of education. At times, the atmosphere might seem to resemble that of the training schools of the Japanese samurai. Training days will run up to sixteen hours in length and will weave together mental, physical, psychological, and spiritual training. Throughout, the program emphasizes personal authority, integrity, paying attention, taking calculated risks, and being patient and disciplined. Success requires unusually high dedication and commitment.

The number of candidates is limited to a total of ten men and women. Although the eight-week program carries no guarantee of certification, experience has shown that it is a transformative experience in any case. If you complete this course, you will be qualified to lead LET workshops.

For further information, write to: Energy Training Institute, P.O. Box 609, Mill Valley, CA 94942. $4240

October 11-November 6, 1987
The Promethean Impulse: Creation, Creativity, and Spirituality

Christina & Stanislav Grof

This four-week interdisciplinary educational program is designed for professionals in the fields of psychiatry, psychology, psychotherapy, anthropology, religion, art, and philosophy who are interested in the relationship between spirituality and creativity. It will cover the following thematic areas:

1. *Cosmic Consciousness, Creation, and Creativity.* Visiting teachers representing various spiritual traditions of the world will explore with the group the great mystical systems and their understanding of the process of creation on the universal and individual level. Special attention will be paid to the creation myths of different cultures of the world.

2. *The Promethean Impulse.* Prominent representatives of art and science will share with participants how they see and personally experience the relationship between spirituality and the creative process. Films, slide shows, and music will be used to mediate a personal experience of the creative domain.

3. *The Healing Potential of Art.* The group will examine theoretically and experientially the use of art and creative expression in the process of healing and personal transformation. The techniques used will include painting, mandala drawing, dance, sculpting, and the Jungian sandplay developed by Dora Kalff. Participants should be prepared to actively explore their own creative sources for expression throughout the month.

4. *Self-Exploration and Group Process.* The seminars of this series use an experimental educational format that combines didactic sessions with experiential approaches, body work, and group process. The coordinators, Esalen staff, and visiting guest faculty will assist participants in an ongoing process of self-exploration and creative expression; this will involve controlled breathing, music and sound technology, focused body work, intuition training, gestalt practice, meditation, and group ritual. $2120

Massage Practitioner Certification Program

Esalen is now offering a California state-approved program. Upon successful completion of the three-month work scholar track, (see page 37), or four-week massage practitioner workshop, and after giving 30 additional massages elsewhere, graduates will receive their certificates. Each program provides at least 130 hours of instruction, supplemented by additional study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Summer Program for Children

The summer program for children ages 8-12 will be in July and August. Each week will focus on a work program within the Esalen community and on a particular study, such as learning about the Big Sur environment, water safety, sports, or the arts (music, dance, drama, painting). For further information, contact Lia Thompson, Esalen Institute. $250 per week

Future Programs

Next year we will be continuing our winter studies program (February-April) in addition to our regular programming. We will offer more long-term courses, some of which will be suitable for professional training, including: **Sustaining Integration: Body, Self, and Soul** with Jack Rosenberg; **Continuum Movement: An Approach to Deep Bodily Awareness** with Emilie Conrad-Da'oud and Susan Harper; **Certification in Clinical Hypnosis** with Eli Jaxon-Bear; the **Massage Practitioner Certification Program** with the Esalen Massage Practitioners; and **Gestalt Practice** with the Esalen Gestalt Staff.

Dates will be announced in the September 1987-February 1988 catalog. For more information, contact the Esalen Program Office.

January 24–February 5, 1988
Advanced Training in Shamanism and Shamanic Healing

Michael Harner

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others and to solve the problems of daily living. This two-week intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life. This is the most advanced training currently offered by Michael Harner in the United States or Europe.

Course prerequisite: a previous workshop with Michael Harner or an authorized faculty member of the Center for Shamanic Studies, either at Esalen or elsewhere. Such a workshop will be offered at Esalen immediately prior to this program.

For more information and to apply, please contact Michael Harner, Center for Shamanic Studies, P.O. Box 673—Belden Station, Norwalk, CT 06852; (203) 454-2827. Early application is recommended.

Wilderness Programs

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

1-3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

May 1–9
Big Sur Wilderness Journey . . . from Esalen to Tassajara Zen Mountain Center

Steven Harper & Joyce Rogers Lyke

Nature can provide opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand one's sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," with instruction in minimum impact camping, ecology, and the geography and cultural history of the area.

Wilderness will be a mirror and primary teacher as the group lives simply and in direct contact with nature. Participants will explore their inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, they will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for their last night together. There, meditation instruction will be available for those who wish it. Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $495

August 1–8
A Gentle Trip in the High Sierra

Maurica Anderson & Walter Truett Anderson

During this seven-day workshop in wildflower season, the group will hike to a secluded mountain basin (10,000 feet) off the main trails in the John Muir Wilderness area on the western side of the High Sierra. MULES WILL CARRY IN ALL OF THE PERSONAL GEAR AND FOOD, enabling participants to have outrageously good food (fresh fruits and vegetables, frozen chicken and steaks). Participants need carry nothing but lunch, rain gear, and water on the hike in. The area is off the main trails and is filled with lakes, grassy meadows, wildflowers, and cold streams fed by the surrounding snow fields.

The group will camp by a rushing waterfall for six nights, taking short hikes to other beautiful areas, swimming daily in the crystal lakes, working with body awareness, massage, psychodrama, meditation, and gentle encounter. During the week, participants will put up a sauna, take some strenuous but optional side hikes, and have some time for doing nothing. They can concentrate on the sights and sounds and smells of the high country, on getting to know the mountains, one another, and themselves.

Mountaineering experience is not necessary and most people are in good enough shape for this trip, but participants should be capable of hiking uphill at altitudes up to 11,000 feet and must possess a good sense of humor. The hike in is seven miles with an altitude gain of 2,700 feet, but the pace will be leisurely, allowing the group to take all day to reach the high meadow campsite.

For a detailed information sheet, write or call Maurica Anderson, 1112 Curtis Street, Albany, CA 94706, (415) 526-5814. Participants will meet in the Sierra on August 1. The fee includes food, wine, permits, and pack mules in and out. $525

August 29–September 11
Path of the River: A Grand Canyon Journey

Steven Harper, Wendy Palmer & Arizona Raft Adventures Staff (AZRA)

The Grand Canyon and Colorado River provide a unique environment of dramatic variety, which is intimate and awesome, soft and demanding, yet always rewarding for those who are open to all it has to offer. On this 14-day white-water raft trip through the entire length of the Grand Canyon, participants can explore their openness to offerings of river, canyon, and natural world. The river is a teacher and primary metaphor. The group will draw from aikido, dance, energy awareness, movement, meditation, and gestalt to enhance their experience of this majestic wilderness area.

Travel will be in paddle and oar rafts. Instruction will be offered in basic aspects of river life such as paddling and minimum-impact river camping. There will be time to discuss the Canyon's ecology, geology, natural and cultural history; to hike and explore side canyons; to sit quietly and reflect. Finally, participants can integrate learnings from this trip into their lives.

River experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. Come ready to participate fully. The workshop begins at 7:00 AM August 29, in Flagstaff. AZRA will supply all the necessary river and rafting gear, food, and transportation between Flagstaff and the Canyon. Details and a personal equipment list will be sent upon registration. This is a unique opportunity, and space is limited.

Due to Esalen's special arrangement with AZRA, the following cancellation policy is in effect for this workshop: A $200 deposit per person will confirm your reservation. Balance is due 60 days prior to starting date. Payments are refundable if cancellation is received 60 days before the trip starting date. No refunds will be made after that time. $1490

Biographical Information

A

Jeanne Achterberg, *p. 9, 28* — physiological psychologist and eminent leader in research and application of imagery for serious disease, is the author of *Imagery in Healing: Shamanism and Modern Medicine*.

Margot Adler, *p. 11* — author of *Drawing Down the Moon* and reporter for National Public Radio, has been involved with Goddess and Pagan spiritual paths for fifteen years.

Stephen Aizenstat, *p. 14* — clinical director of the Human Relations Institute, has conducted dream groups throughout the U.S. and recently completed a comprehensive research project on methods of dream analysis.

Ijalu Akanbe *p. 21, 22, 39* — has danced with Olatunji for 22 years and is dance captain of the Drums of Passion Dancers.

Hameed Ali *p. 26* — is the founder and director of the Ridhwan Work School in the U.S., the home of the Diamond Approach.

Maurica Anderson *p. 40* — is studying the relationship between humor and mental health. She has led Esalen High Sierra wilderness trips for many years.

Walter Truett Anderson *p. 40* — is author of *The Upstart Spring* and *To Govern Evolution*.

Anne Armstrong *p. 22, 32* — has been doing transpersonal counseling for over 22 years and has trained professionals to use their own intuitive abilities.

Jim Armstrong, *p. 22, 32* — a former engineer, is a lifelong student and teacher of esoteric studies.

Elliot Aronson, *p. 8, 12, 28* — professor of psychology at UC Santa Cruz, is the author of 14 books on interpersonal relations, including *The Social Animal*, *The Handbook of Social Psychology*, and *Burnout*.

Angeles Arrien *p. 17* — is an anthropologist and specialist in Basque mysticism. She teaches courses in cross-cultural approaches to healing, myths, and symbols.

Jim Asher *p. 8, 17* — has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer, certified by Ida Rolf.

Nancy Azara *p. 30* — is a sculptor, painter, and psychic consultant specializing in the creative process. She is co-founder of the New York Feminist Art Institute (NYFAI) Women's Center for Learning.

B

Nancy Bacal, *p. 12* — novelist, lyricist, filmmaker, screenwriter, has taught writing workshops for years. Student of meditation and aikido, her work includes the award-winning film, *RAGA*, starring Ravi Shankar.

John Banmen, *p. 34* — author and researcher, is an associate professor at the University of British Columbia. He is Deputy Minister of Corrections and Rehabilitation Services, B.C., and an AAMFT approved supervisor.

Jamie Baraz *p. 23* — has taught Vipassana (insight) meditation with Joseph Goldstein, Jack Kornfield, and Stephen Levine in the U.S. and Asia. He has led San Francisco area classes and retreats since 1977.

Daniel Bianchetta *p. 29* — practices intuitive readings, shiatsu, and deep tissue work at Esalen. He is a teacher and student of Siddha yoga.

Charles Blakeney *p. 16* — directs Berkeley Academy and advises the White House Domestic Policy council. He does research and training on moral insanity and moral misbehavior.

Ronnie Blakeney *p. 16* — works with disturbed adolescents and consults the White House on welfare. She studies racial discordance, morality, identity, and emotional development.

Stephen Book, *p. 27* — adjunct professor of acting at USC, co-designed, with Viola Spolin, and served as executive director of, the Spolin Theater Game Center.

Julie Bowden, *p. 11* — co-author of *Guide to Recovery* and *Genesis: A Spiritual Beginning*, is a founding and current board member of the National Association for Children of Alcoholics.

Jessica Moore Britt *p. 8, 31, 34, 37* — is a senior teacher of gestalt and Reichian work at Esalen. She is a member of the Ridhwan Work School, dedicated to understanding personality and essential development.

C

Anne Caple *p. 22* — is a student of transpersonal psychology, technical writer, editor, and fiber artist.

John Caple *p. 22* — is a career counselor, worklife advisor to business, and college professor.

Paul Carter, *p. 16, 36* — co-founder and director of Meta-Education and Training Arts since 1976, leads workshops in the U.S. and Europe on Ericksonian hypnosis, creativity, and learning.

Seymour Carter, *p. 13, 21, 32, 37* — longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.

Michell Cassou *p. 31* — is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.

David Chrislip, *p. 33* — leadership consultant with Interaction Associates, is founder of Denver Community Leadership Forum and past director of programs for American Leadership Forum.

Jack Cirie *p. 32, 34, 36, 39* — is a certified Leonard Energy Trainer, aikidoist, and fitness expert. He currently heads the Mind-Body-Team corporate programs for SportsMind Inc. in Seattle.

Price Cobbs, *p. 22* — a physician, is co-author of *Black Rage* and *The Jesus Bag* and has developed a clinical model for changing attitudes and assumptions that arise from racial, ethnic, and cultural differences.

Stewart Cubley, *p. 31* — artist and scientist, is co-founder with Michell Cassou of the Expressive Painting Studio in San Francisco.

Dale Cummings, *p. 14* — certified Radix® teacher and counselor in private practice in West Los Angeles, is director of first-year training for the Radix Institute in Ojai.

D

Laura DeNuccio *p. 20, 34* — is a certified Radix® teacher on Esalen's Gestalt Staff, with over 12 years of experience combining Reichian body work, vision work, movement, ritual, and meditation.

Steve Donovan *p. 30* — has been involved with Esalen's Study of Exceptional Functioning since 1978.

Patrick Douce, *p. 9, 19, 23* — a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais Awareness Through Movement® and is available for individual sessions in Functional Integration®.

Joel Dweck *p. 22* — is a Reichian therapist in private practice in Los Angeles, where he also directs the Core Contact training program.

Ken Dychtwald *p. 24* — is a psychologist, gerontologist, lecturer, and author in the fields of aging, health promotion, and high performance behavior. He is president of Age Wave, Inc.

E

Diane Egli, *p. 26* — violinist and member of the Suzuki Association of America, teaches violin privately and performs, and is a Gazebo teacher at Esalen.

Esalen Massage Practitioners *p. 14, 17, 20, 22, 24, 32, 34, 36* — Char Brenner, Oliver Bailey, Robert Helm, Bill Liles, Deane Marson, Jaime Morton, Laurie Muller, Kathleen O'Shaughnesey, Laurie Schutz, Vicki Topp, and Attila Vaas.

Danielle Evans, *p. 14* — a 3rd degree black belt in aikido, is the head female instructor of Model Mugging Women's Self Defense and has pioneered women's empowerment groups throughout the U.S.

F

Neil Fiore, *p. 35* — a licensed psychologist practicing hypnosis, is working on the effects of stress and anxiety on performance and health.

Jerry Fletcher *p. 18* — is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in Richmond, California.

Kathleen Brown Fletcher *p. 18* — is a trainer and consultant in organizational development, working in both the profit and non-profit sectors.

G

Elinor Gadon, *p. 13, 29* — uses images and symbols from the visual arts and popular media for analysis of self in culture. She is the author of the forthcoming *The Once and Future Goddess: A Symbol for Our Time*.

Gaetana, *p. 32* — director and instructor of Beyond Words, an experimental movement school in San Francisco, has an extensive background in mime, theater, and hypnosis.

Jane Gerber *p. 34* — is the co-founder and vice president of Oasis Midwest Training Center and founding fellow and faculty member of the Gestalt Institute of Chicago. She is an AAMFT approved supervisor.

Yvonne Ginsberg, *p. 28* — N.L.P. practitioner and Ericksonian hypnotist, has 10 years of intensive Vipassana meditation experience. She is in private practice in the Bay Area.

Mary Goldenson, (Devarani) *p. 12, 25, 26, 37* — a chiropractor, certified Radix® teacher and doctoral candidate in clinical psychology, is in private practice in Los Angeles.

Maria Gomori *p. 34* — is an assistant professor in the department of psychiatry at the University of Manitoba's medical school and a lecturer at the University of Winnipeg. She is an AAMFT approved supervisor.

Harriet Goslins *p. 31* — is a Feldenkrais® practitioner and an Awareness Through Movement® teacher with a background in psychosynthesis and applied kinesiology.

Herbert Gravitz, *p. 11* — psychologist, is a founding and current board member of the National Association for Children of Alcoholics. He co-authored *Guide to Recovery* and *Genesis: A Spiritual Beginning*.

Christina Grof *p. 12, 24, 25, 26, 38, 39* — studied with Swami Muktananda and has a special interest in the relationship between mysticism and psychosis. She is founder of the Spiritual Emergency Network and co-author of *Beyond Death*.

Stanislav Grof, *p. 12, 24, 25, 26, 38, 39* — a psychiatrist who has extensive experience in consciousness research with and without psychedelics, is author of *Realms of the Human Unconscious, LSD Psychotherapy*, and *Beyond the Brain*.

H

Anna Halprin ..... is artistic director of Tamalpa Institute in Kentfield, CA. She is the author of *Movement Ritual* and has been touring the world with "Circle the Earth," a planetary peace dance.
p. 26

Betsy Hand ..... has worked as a nurse, family counselor, group leader, manager, and consultant in the health care field for over 25 years.
p. 15, 22

Michael Harner, ... an anthropologist, has practiced shamanism for 26 years and has pioneered the return of shamanism to contemporary life. His books include *The Way of the Shaman*.
p. 16, 40

Steven Harper ..... teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of EARTHWAYS Wilderness Journeys.
p. 12, 14, 19, 28, 33, 36, 40

Susan Harper ..... teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads "Dance the River" trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 19

Jane Harrington ..... holds a masters degree from Lone Mountain College and is a certified Rolf-movement teacher with extensive craniosacral experience.
p. 8, 17

Richard Strozzi Heckler, ... psychologist, has a 3rd degree black belt in aikido. He has trained such diverse groups as the Green Berets, emotionally disturbed children, Olympic athletes, and Standard Oil executives.
p. 13, 33

John Heider, ... a psychologist in private practice in Coconut Grove, Florida, is a group leader and teacher of group leaders. He was part of the Esalen Residential Program from 1967-71.
p. 13

Nick Herbert ..... is the author of *Quantum Reality: Beyond the New Physics* and is currently working on a book about time travel.
p. 25

Stephan Hoeller ..... is a leading exponent of the Gnostic movement today. He is director of the Gnostic Society and regionary bishop of Ecclesia Gnostica, both of Los Angeles.
p. 15

Jean Hollands ..... is president of Growth and Leadership Consultants in Mountain View, CA, and author of *Silicon Syndrome: How to Survive a High Tech Relationship*.
p. 23

Maria Lucia Holloman ..... has been a seminar leader since 1982, teaching in Brazil and the U.S.
p. 36

Wade Hudson ..... has been a community organizer in the San Francisco Bay Area since 1962. He currently is resident manager of the Aarti Cooperative Hotel.
p. 31

Terry Hunt, ... a licensed psychologist practicing bioenergetic analysis in Boston, directs a flotation tank center for amelioration of somatic and addictive disorders.
p. 21

Richard Irons ..... combines traditional Western medicine with music and color to promote healing. He has worked in Papua, New Guinea and Nepal, and currently practices in Helena, Montana.
p. 34

J

Erik Jarlnaes ..... is a Reichian practitioner, athlete, and journalist. He uses the Danish Bodynamic approach in working with the body and emotions.
p. 33

Eli Jaxon-Bear, ... former staff research associate in psychology at UCLA and past president of a Tibetan Buddhist meditation center, practices Ericksonian hypnosis and is a master practitioner of N.L.P.
p. 24

Don Johnson, ... author of *Body* and *The Protean Body*, is coordinator of the graduate studies program in somatic psychology and education at Antioch University in San Francisco.
p. 13, 20, 22, 39

K

Norman Katz ..... is director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico.
p. 21

Sam Keen ..... is a lecturer, consultant, and author of *To a Dancing God*, *Faces of the Enemy*, and other books on philosophy, theology, and psychology.
p. 33

Daria Khalighi, ... teacher and counselor, developed the Creative Process Method, integrating art and psychology to facilitate creative expression and growth. She is co-founder of Tamalpa Institute.
p. 12

George King, ... a massage practitioner for 26 years, specializes in massage of dancers and has toured with many companies.
p. 26

George Kohlrieser, ... a clinical psychologist with an international practice, researches and applies attachment and separation theory to relationships, psychosomatic illness, violence prevention, and hostage negotiations.
p. 27

Paul Krassner, ... co-founder of the Yippies and a stand-up comic since 1953, is author of *Impolite Interviews* and *Tales of Tongue Fu*, and editor of Lenny Bruce's autobiography.
p. 18

Ron Kurtz ..... is the founder and director of the Hakomi Institute. He is the author of *Hakomi Therapy* and co-author of *The Body Reveals*.
p. 32

L

Stephen LaBerge ..... is a scientist dedicated to the transformation of human consciousness. He teaches and does research at Stanford University on conscious or "lucid" dreaming.
p. 27

Benj Langdon, ... former coordinator of Experiencing Esalen: The Body, is currently exploring transformation through body practices.
p. 20

Sidney Lanier, *p. 15* ... longtime friend of Esalen, with a wide experience in humanistic psychology and contemporary theater, is an associate of Stephan Hoeller at the Ecclesia Gnostica.

Frank Lawlis, *p. 9, 28* ... professor of psychology and behavioral medicine, is co-director of two innovative pain clinics and co-author of several textbooks, including *Bridges of the Bodymind*.

Marc Lehrer *p. 21* ... is director of Medical Hypnosis Seminars of San Francisco.

Dub Leigh *p. 9, 21* ... was trained by Ida Rolf and Moshe Feldenkrais, and is currently studying with Tanouye Tenshin roshi at International Zen Dojo. He is the author of *A Zen Approach to Bodytherapy*.

George Leonard, *p. 14, 22, 32, 34, 36, 39* ... author of *Education and Ecstasy*, *The Ultimate Athlete*, and *The Silent Pulse*, was a longtime senior editor of *Look* and is currently a contributing editor of *Esquire*.

Annie Styron Leonard *p. 14, 32, 34, 39* ... is a founder of the Energy Training Institute in Mill Valley, California, and an aikido black belt.

Dianne Miller Lesty *p. 26* ... has been a resident Esalen gestalt and Halprin movement facilitator and massage staff member since 1973.

Alan Lithman (Savitra), *p. 13* ... an 18-year resident of Auroville who remained in India after his meeting with the Mother, is the author of *Auroville: A Trust for the Earth*.

Margaret Livingston, *p. 30* ... director of Esalen's Study of Exceptional Functioning, is also a poet and a competitive runner.

Paul Lounsbury *p. 21* ... has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.

Francis Lu *p. 34* ... is an assistant clinical professor of psychiatry at UCSF, with a background in transpersonal psychology, film, and hypnosis.

Nancy Kaye Lunney, *p. 13, 27* ... a gestalt practitioner at Esalen since 1977, is a vocal coach and accompanist for well-known professional entertainers. She is manager of programming and a trustee at Esalen.

Joyce Rogers Lyke *p. 12, 37, 40* ... is a practitioner of gestalt and photographer for the Esalen Catalog.

M

Lisbeth Marcher *p. 33* ... is the founder and developer of the Danish Bodynamic approach to working with the body and emotions.

Rhonda Martyn, *p. 36* ... former artistic director of the San Francisco Moving Company, is an award-winning New York choreographer / dancer on the dance faculty of Princeton University.

Kathleen Harrison McKenna *p. 36* ... is an artist, mother, and traveler through nature.

Terence McKenna *p. 36* ... authored *The Invisible Landscape* and *Psilocybin: Magic Mushroom Grower's Guide*. He studied shamanism at UC Berkeley and has lived in tropical Asia and the Amazon.

Deborah Anne Medow, *p. 12, 25, 27* ... Esalen group leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.

Ailish Mellard, *p. 34* ... holistic health practitioner and body worker for 12 years, is currently organizational consultant for Will Schutz Associates, which teaches human potential concepts for various organizations.

Donald Michael, *p. 11* ... professor emeritus of planning and public policy and professor of psychology, University of Michigan, is the author of *On Learning to Plan and Planning to Learn*.

Jane Miletich, *p. 27* ... a longtime Big Sur resident and Esalen masseuse, is instructor of hatha yoga, t'ai chi, and transitional cleansing diets; student of midwifery, birth, and death; and bearer of ritual.

Marghe Mills *p. 17* ... is co-author of *Developmental Movement Therapy* with Bonnie Cohen, certified Feldenkrais® teacher, faculty member, Dominican College, and in private practice in Marin County and San Francisco.

Arnold Mindell, *p. 23* ... founder of the Institute for Process-oriented Psychology, is a Jungian training analyst and author of *Dreambody*, *Working with the Dreaming Body*, *River's Way*, and *The Dreambody in Relationships*.

Beverly Kitaen Morse *p. 19, 29* ... is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.

Arthur Munyer *p. 25* ... is a teacher and practitioner on the Esalen massage crew and was one of the first faculty members at Gazebo school.

Michael Murphy *p. 30* ... is co-founder of Esalen and founder of Esalen's Study of Exceptional Functioning. He is author of *Golf in the Kingdom*, *Jacob Atabet*, *The Psychic Side of Sports*, and *An End to Ordinary History*.

N

Claudio Naranjo, *p. 20* ... theorist of growth disciplines and former resident at Esalen, introduced meditation as a component of gestalt practice.

O

P

R

S

John Nicholas, *p. 31* — a graduate of the C.G. Jung Institute in Zurich, is a teacher, counselor, author, analyst, and international career management consultant.

Wes "Scoop" Nisker, *p. 18* — considered the dean of the new radio journalism, is a newsman at KFOG, San Francisco, and the editor of the *Inquiring Mind*, the journal of the Vipassana Buddhist community.

Babatunde Olatunji, *p. 21, 22, 39* — master percussionist from Nigeria, has performed internationally for over 30 years and is known for his album *Drums of Passion*. He is an authority on African religion.

Dean Ornish, *p. 8, 9, 29* — physician and author, is Assistant Clinical Professor of Medicine at the UCSF School of Medicine and director of the Preventive Medicine Research Institute in San Francisco.

Brita Ostrom, *p. 32* — a longtime Esalen massage practitioner, incorporates Trager℠ training with the personal energetic connection of the Esalen massage.

Rick Paine, *p. 32* — psychologist, works with adult children of alcoholics and leads workshops for emerging men. He is on the faculty of The New York Open Center, Interface, and Spring Hill Institute.

Karen Paine-Gernée *p. 21, 32* — leads groups for Adult Children of Alcoholics in Cambridge, Massachusetts. She is on the faculty of Omega Institute, The New York Open Center, Interface, and Spring Hill Institute.

Helen Palmer *p. 32* — is a practicing clairvoyant. She directs the Center for the Investigation and Training of Intuition. Her teaching utilizes personality issues as access points to psychic perception and the inner life.

Wendy Palmer, *p. 36, 40* — faculty member of the Center for the Investigation and Training of Intuition, 3rd degree black belt in aikido, is co-founder of the Tamalpais Aikido and International Movement Arts Center.

Ayala Pines, *p. 26* — a social psychologist at UC Berkeley and a licensed psychologist in private practice, is co-author of *Experiencing Social Psychology* and *Burnout: From Tedium to Personal Growth*.

Hector Prestera, *p. 27* — a physician, acupuncturist, Rolfer, certified neurolinguistic trainer, and practitioner of Ericksonian work, is in private practice in Monterey, California.

Christine Stewart Price *p. 8* — is a teacher and ongoing student of gestalt practice. Her spiritual orientation fluctuates between evangelical Taoism and born-again Paganism. (Paganism: religion of the earth.)

Jill Purce *p. 16* — is author of *The Mystic Spiral*. She investigated the mystical dimension of sound with Karlheinz Stockhausen, and the magical use of the voice and overtone chanting with Tibetan lamas.

Ram Dass *p. 36* — is a psychologist and student of Eastern spiritual practices, especially those focusing on unveiling and cultivating the heart of compassion through service.

Leon Redler *p. 9, 29* — is a London-based psychiatrist, and pioneer, with R.D. Laing and others, in developing alternative psychiatric strategies, including the provision of asylum for people in mental distress.

Linda Rice-Mandigo *p. 22* — is a therapist in private practice in New York, and a practitioner of MAHIKARI-NO-WAZA.

Sogyal Rinpoche, *p. 16* — Tibetan incarnate lama, scholar, and meditation master, was raised by Buddhist master Jamyang Khyentse Chokyi Lodro, and studied at Cambridge University.

William Roll, *p. 29* — professor of parapsychology at West Georgia College and lay Zen monk with Dai Bosatsu Zendo, focuses on the development of methods for clinical parapsychology and spiritual awareness.

Nancy Rosanoff *p. 25* — teaches energy strategies and creativity as a private counselor and business consultant. She is based in New York City.

Jack Rosenberg, *p. 19, 29, 36* — a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, CA, is the author of the new book *Body, Self, and Soul*.

Gabrielle Roth *p. 28* — is the creator of the Moving Center method of catalyzing natural movements. She lives on the East Coast, where she directs and performs with her own theater/dance company.

Ilana Rubenfeld, *p. 9, 27* — pioneer of 25 years in the body/mind/spirit field and originator of the Rubenfeld Synergy Method®, is a certified teacher of Alexander Technique and Feldenkrais®, and is a gestalt therapist.

Anne Ruderman *p. 22* — is a Reichian therapist in private practice in Los Angeles.

Gordy Ryan *p. 21, 22, 39* — has roots in the Big Sur Primitive Jazz Society and has studied and performed with Olatunji for fifteen years.

David Schiffman, *p. 11, 12, 17, 23, 26, 28, 31, 32, 35* — a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.

Elisa Lodge Schiffman *p. 11, 12, 13, 17, 23, 26, 28, 30, 31, 32, 35* — trained in structural integration with Ida Rolf and is an advanced teacher of Rolf-movement integration.

Will Schutz, *p. 34* ... founder of the Antioch holistic studies department, is the creator of *The Human Element*, a set of training materials for organizations, and author of *Joy* and *Profound Simplicity*.

Alan Schwartz, *p. 25* ... longtime Esalen group leader, college professor, and gestaltist, is completing his book, *Life Force—Death Force: The Final Struggle for Freedom*.

Phyllis Shankman, *p. 37* ... a licensed counselor in transition between Los Angeles and Big Sur, specializes in group process and is interested in self-acceptance and change.

Rupert Sheldrake *p. 15* ... is a biologist and author of *A New Science of Life* and *The Presence of the Past: Morphic Resonance and the Habits of Nature*.

David Silverstein *p. 28* ... works with hypnosis and is a neo-Reichian practitioner in private practice in Berkeley, California.

Anne Nechama Simkin *p. 23, 37* ... trained in gestalt with Erv and Miriam Polster and Jim Simkin, and has conducted workshops internationally.

Harry Sloan, *p. 24, 30* ... a 1969 Esalen resident fellow, former dentist, and playwright, worked with Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.

Jacquelyn Small, *p. 12, 38* ... author of *Becoming Naturally Therapeutic* and *Transformers, The Therapists of the Future*, is recognized as a leader in the fields of addiction and human consciousness.

Fritz Smith *p. 9, 19, 22* ... is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is the author of *Inner Bridges: A Guide to Energy Movement and Body Structure*.

Gerald Smith *p. 15, 22* ... is a psychologist in Belmont, California. He is author of *Hidden Meanings* and *Couple Therapy*.

Elliot Sobel *p. 37* ... was the editor of *New Sun Magazine* and has done extensive research, as an author and performer, in the area of consciousness as it relates to the arts.

Gena Mayer Sorensen, *p. 14* ... a marriage and family counselor, is in private practice in San Jose and San Francisco. She holds an adjunct certificate as a Radix® teacher.

Starhawk, *p. 33* ... author, feminist, and peace activist, teaches at several Bay Area colleges and works with the Reclaiming collective, which offers workshops and rituals in the Old Religion of the Goddess.

Elizabeth Stratton, *p. 24* ... a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.

T

Yao Tamakloe *p. 21, 22, 39* ... studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion.

Mary Tesoro *p. 14* ... is a certified Leonard Energy Training instructor, writer, and aikido practitioner, whose work embraces issues of human health, potential, and peak performance.

Keith Thompson, *p. 19, 30, 32* ... teacher of hypnosis and mental imagery, is currently writing a book about the Grimm Brothers' fairy tale *Iron John*.

Lia Thompson *p. 12* ... has been a Gazebo teacher for six years. She is currently a co-ordinator of Experiencing Esalen: The Body and a member of the Gazebo workshop staff.

Gabriele Thomson *p. 28* ... has conducted workshops for mental health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.

V

Frances Vaughan *p. 17* ... is an author, psychologist, and consultant. Formerly president of the Association for Transpersonal Psychology, she is a pioneer in intuition research.

W

Barbara White *p. 34* ... is a former executive director of the Association for Transpersonal Psychology and is currently a counselor and Feldenkrais® practitioner.

Nancy Winston *p. 21* ... is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling throughout North America.

Z

Ruth Zapora, *p. 35* ... performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a current recipient of a National Endowment for the Arts Choreographer's Fellowship.

Jeffrey Zeig *p. 19* ... is director of the Milton Erickson Foundation. His professional interest is how communication can be used to elicit and develop innate strengths.

Janet Zuckerman *p. 18, 19, 29, 30* ... was an emotional release and group process teacher in residence at Esalen for 12 years. She currently has a private practice in San Francisco.

Ofer Zur *p. 32* ... is a teacher, researcher, and writer in the area of the psychology of peace and war. He is on the faculty of the California Institute of Integral Studies in San Francisco.

The Media Center

Videotapes

The Esalen Media Center is offering for rental or purchase a selection of videotapes. This series consists of unedited single camera recordings of informal talks made at Esalen, along with a descriptive tape of Esalen itself..

1. Jack Kornfield, "On Meditation," November, 1984. A longtime student and teacher of vipassana meditation and Buddhism discusses these traditions with reference to his own experiences as a spiritual seeker in the Orient. (117 minutes)

2. Brother David Steindl-Rast, "God, Spirituality, and the Senses," November, 1984. A Benedictine monk and scholar discusses the spiritual journey and its relationship to mythology and transpersonal theory. (117 minutes)

3. Fritjof Capra, "Characteristics of Systems Thinking," June, 1985. The author of *The Tao of Physics* and *The Turning Point* discusses the evolution of scientific thinking, including current views and implications. (81 minutes)

4. Stanislav Grof, "The New Scientific Paradigm," June, 1985. An original member of the transpersonal psychology network and author on topics such as appropriate use of psycho-active substances, discusses his current view of consciousness. (117 minutes)

5. Rupert Sheldrake, "Morphic Resonance and The New Science of Life," June, 1985. A British geneticist relates his theories on biological and psychological development and discusses some empirical tests of these theories. (108 minutes)

6. Kenneth Ring, "The Near-Death Experience," June, 1985. The author of *Life at Death* and *Heading Toward Omega* discusses his research on the near-death experience and some of its implications for the future of the human race. (114 minutes)

7. Albert Hofmann, December, 1984. The discoverer of LSD talks to Stanislav Grof about his early experiences with this and other psycho-active drugs. He also discusses some of the social, political, and scientific consequences of LSD. (92 minutes)

8. Anne Armstrong and Elizabeth Stratton, December, 1984. Two long-time students, practitioners, and teachers of psychic work discuss with Nancy Knapp their practices and perspectives related to psychic counseling and healing. (56 minutes)

9. Terence McKenna, "Fractile Perspectives on the Millenium," August, 1985. The author of *The Invisible Landscape* gives his vision of the future, centering around the evolution of human consciousness. (72 minutes)

10. Jack Rosenberg, "One Hour and Twenty-Nine Minutes with Jack Rosenberg and Integrative Body Practice," September, 1985. The Venice, California, practitioner gives his view of personality development and some of the typical patterns of interaction in relationship. (89 minutes)

11. Esalen. This 18-minute videotape tells Esalen's story from its early history to the present. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities.

Ordering Information

Each speaker program costs $55 to purchase, $25 to rent. The "Esalen" tape costs $35 to purchase, $15 to rent. To order any of these tapes, indicate: purchase or rental, program # and title, format (VHS or Beta). To your subtotal, add $5 shipping and handling. California residents add 6% tax for sales only. Include your name, address, and phone number. Please address your order (with a check payable to Esalen Institute) to the Esalen Media Center.

Friends of Esalen

We invite you to join us in our organization—the Friends of Esalen scholarship fund.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships. Esalen will, in turn, match your contribution.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the Esalen Catalog for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

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Please mail to: Friends of Esalen, Big Sur, CA 93920.

Audio Recordings

The Dolphin Tape Series

The human potential movement generates unusual events which produce unusual recordings. Each issue of the Esalen Catalog updates the Dolphin Tape list with new titles, including some from the Big Sur Recordings archives. Nearly all tapes are stereo from live events. Tape length is normally 1 to 1½ hrs.

Single-tape titles are $10 with prepayment (purchase orders add $1 per tape):

John Heider: *The Tao of Leadership*, 1986
Rupert Sheldrake: *Trajectory to Armageddon—or Peace?*, 1985
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Rusty Schweickart: *Global Unity: A View from Space*, 1984
Fritjof Capra: *Characteristics of Systems Thinking*, 1985
Fritjof Capra: *Ecological Vision*, 1985
George Freibott: *Nikola Tesla, The Inventor*, 1984
Albert Hofmann: *The Transmitter-Receiver Concept of Reality*, 1984
Albert Hofmann: *Interviewed by Stan Grof*, 1984
Stanislav Grof: *Principles of Holotropic Therapy*, 1985
Joseph Campbell: *The Hero's Journey (80th Year)*, 1984
Paul Rebillot: *The Pluto Story: Journey into Madness*, 1984
Janet Lederman: *Gazebo—Alternative Education*, 1984
Robert Anton Wilson: *The I in the Triangle*, 1984
Robert Anton Wilson: *The Prism Lecture (Santa Cruz)*, 1982
Anna Halprin: *Peace Meditation*, 1983
Sogyal Rinpoche: *Technologies of the Sacred*, 1984
Julian Silverman: *A Light-Hearted Course in Miracles*, 1984
Jack Kornfield: *Simplicity of Spiritual Practice*, 1982
Reb Anderson: *Entry Into Buddhist Meditation*, 1984
Reb Anderson: *Basic Points of Buddhist Meditation*, 1984
Jule Eisenbud: *Psi Experience in Psychotherapy*, 1984
Jan Ehrenwald: *Psi Experience and the Bergsonian Filter*, 1984
Charles Tart: *Our Fear of Psychic Abilities*, 1984
Stanley Krippner: *Multiple Personality Disorder*, 1983
Paul Rebillot: *Conflicts at the Ego Frontier*, 1983
Sogyal Rinpoche: *Interview on Death and Dying*, 1982
Terence McKenna: *Psilocybin and the Sands of Time*, 1982
Dennis McKenna: *Activity of Ayahuasca and Oo-Koey*, 1984
Richard Yensen: *The Use of LSD in Psychotherapy*, 1984
Albert Hofmann: *LSD and the Nature of Reality*, 1978
Henry Munn: *Mushrooms and Culture*, 1977
Henry Munn: *Fable of the Vision Drink*, 1977
Robert Bly: *The Six Powers of Poetry*, 1983
Ram Dass: *Yoga of Daily Life*, 1970
Anne Armstrong: *On Being a Psychic*, 1971
Alan Watts: *Divine Madness*, 1968
Fritz Perls: *Dream Theory and Demonstration*, 1968
Carl Rogers: *The Intensive Group*, 1966
Abraham H. Maslow: *Self-Actualization*, 1966
Aldous Huxley: *Visionary Experience*, 1960

Two-tape titles are $18 with prepayment (purchase order price is $20):

Buckminster Fuller: (2) *The Critical Path (Maui)*, 1983
Walt Anderson & Ted Roszak: (2) *The Upstart Spring*, 1984
Joseph Campbell & Sam Keen: (2) *Dark Side of the Forest*, 1985
David Steindl-Rast: (2) *Healing Starts from the Heart*, 1984
David Steindl-Rast: (2) *Overview of the Christian Myths*, 1984
Father Bede Griffiths: (2) *Convergence of Religions*, 1983
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Karl Pribram: (2) *The Holographic Model Today*, 1985
Ralph Metzner: (2) *Varieties of Human Transformation*, 1984
Kenneth Ring: (2) *Near Death Experiences*, 1985
Jean Houston: (2) *The Possible Human (Boston ATP Conference)*, 1979
Stanislav Grof: (2) *Geometry of Psychopathology*, 1984
Stan & Christina Grof: (2) *Holonomic Consciousness Paradigm*, 1982
Andrew Weil: (2) *Use and Abuse of Beneficial Plants*, 1982
Andrew Weil: (2) *Interplay of Mind and Body Realities*, 1982
Bob Schwartz: (2) *Entrepreneurship & Human Potential*, 1980
Charlotte Selver / Charles Brooks: (2) *Sensory Awareness*, 1980-1982
Angeles Arrien: (2) *The Story of Basque Mysticism*, 1982
Angeles Arrien: (2) *The Egyptian Tarot*, 1982
A Dramatic Presentation: (2) *The Poetry of Robinson Jeffers*, 1972
Ram Dass: (2) *One Man's Journey to the East*, 1968
Fritz Perls: (2) *Neurosis, Psychosis, and Dreams*, 1968
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1970
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Robert Bly: (2) *Poetry East and West*, 1983

Four-tape titles are $36 with prepayment (purchase order price is $40):

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David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
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Terence McKenna: (4) *Psychedelics and a Free Society*, 1984
Jack Kornfield: (4) *Buddhist Meditation and Practice*, 1981
Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
Jack Rosenberg: (4) *A New Understanding of Relationships*, 1982
James Fadiman: (4) *A Weekend of Stories*, 1984
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Theodore Roszak: (4) *The Unfinished Animal*, 1982
Anne & Jim Armstrong: (4) *A Psychic Training Program*, 1981
Anne & Jim Armstrong: (4) *Thoughts and Meditations*, 1984

The Dolphin Vinyl Binder Tape Sets

(purchase order price add 10%)

Rupert Sheldrake: (6) *Seminar on the Presence of the Past*, 1985	$60
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Terence McKenna: (8) *True Hallucinations: A Talking Book*, 1984 *(The Amazon Experience)*	$80
Joseph Campbell: (10) *World Mythology and The Individual Adventure*, 1969	$88
Gregory Bateson: (12) *The Informal Esalen Lectures 1975-1980 (Library Archives)*	$98

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Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? _____. If you can't be reached, please call us before your scheduled arrival for final confirmation. **Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.**

(On additional paper please repeat the above information for every person in your party making a reservation. Mail to: Reservations, Esalen Institute, Big Sur, CA 93920.)

☐ Check if you want housing as a couple, shared bed ☐ Check if you smoke

Car Pooling: We encourage guests to car pool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop for phone numbers of other guests from your area.

☐ Check if you do not want us to give out your number for the purposes of ride sharing.

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Please allow three weeks for scholarship processing. For further details, see **Ways of Being at Esalen**, page 9.

Bus Service: I want bus service from (check one):
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☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

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Please make checks payable to Esalen Institute, in U.S. currency only.

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All workshops require nonrefundable reservation fees. See page 50. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

General Information

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute—By Reservation Only.

Fees and Reservations: In order to reserve a space in any workshop, we require the following reservation fees:

Weekend:	$50	Two-week:	$200
Five-day:	$100	Three-week:	$300
Seven-day:	$150	Month-long:	$400

Fees are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks. Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. *Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.*

We are able to process mail reservations more effectively. If you are concerned about workshops being full or have any questions, you may make reservations by phone if you use your MasterCard, Visa, or American Express credit card number to charge your reservation fee.

Please mail all reservations to:
Reservations
Esalen Institute
Big Sur, CA 93920

Phone (408) 667-2335
Office Hours:
Monday, Tuesday, Thursday, and Saturday 10 AM to 3 PM
Wednesday 10 AM to 12 Noon
Friday 10 AM to 8 PM
Sunday 12 Noon to 8 PM

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number, (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or three workshop participants.* Camping on the grounds is prohibited.

We do not want to discourage anyone from coming to Esalen because of financial reasons, so we offer the following options to help reduce the cost of attending a seminar.

Scholarships: Please see scholarship information on page 9.

Bunk Bed Rooms: Starting July 5, 1987, bunk bed rooms will be available for seminar participants who are willing to share a room with three other people. Please call for current rates. The number of these spaces is limited and they are reserved on a first come, first served basis.

Senior Citizens' Discounts: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and $50 for a five-day workshop. Discounts are available only when you make your reservations. Please present proof of age when you register. Senior discounts are not available for Wilderness Programs or Work Scholar Programs.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared, and the rate is variable and subject to change. Please call for specific information. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day.

Private rooms are sometimes available at an additional charge over the regular room and board rate. Special family rates are also available. Please phone the office for additional information.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to live for a month in the Esalen environment and participate in an intensive workshop program. The minimum stay is 26 days (or four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are canceled, so second choices are advised. Many community programs are also open to residents. The cost is $2120 per 26-day period.

Seminarians as Volunteers: Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Accreditation: Beginning in the Fall of 1987, there will be a number of opportunities for Esalen resident scholars to gain credit with Antioch University toward a bachelor's degree or toward a master's degree in somatic psychology. Please refer to the article, "Esalen-Antioch Cooperation," in the Notes section. Many other formal educational institutions also recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office, (408) 667-2335, for further information, or write to Brian Lyke, conference coordinator.

Car Pooling: We encourage guests to car pool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop for phone numbers of other guests coming from your area.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4:00 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Gazebo School: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

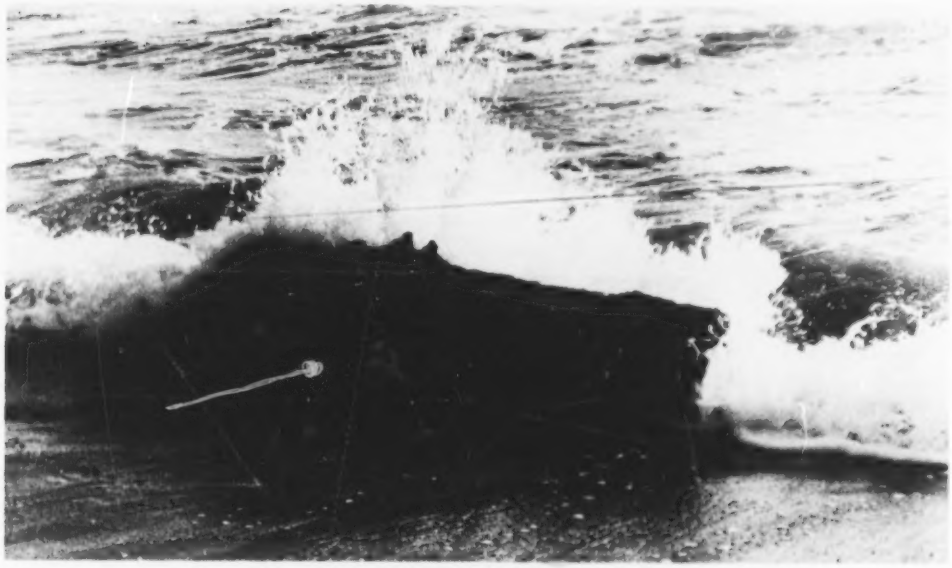
Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

Contact is the appreciation of differences.
—Fritz Perls



. . . and the recognition of similarities . . .
—Richard Price

Esalen Institute is a center to explore those trends
in education, religion, philosophy, and the physical and behavioral sciences
which emphasize the potentialities and values of human existence.
Its activities consist of seminars and workshops, residential
programs, consulting, and research.

Esalen Institute
Big Sur
California 93920

DATED MATTER

25th

ANNIVERSARY

THE EARLY YEARS

THE ESALEN CATALOG

SEPTEMBER 1987–FEBRUARY 1988

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In this catalog, marking Esalen's 25th anniversary, we remember several people among the many who shaped our central principles and activities. They were a memorable group, and they articulated powerful visions of human possibility. Aldous Huxley and Gerald Heard, for example, gave us insights and language about humanity's untapped potentials for creativity and goodness. Frederic Spiegelberg, Huston Smith, Alan Watts, and Suzuki roshi taught us about the liberating disciplines of the world religions. Gregory Bateson, Arnold Toynbee, Bucky Fuller, Willis Harman, and George Leonard showed us how individuals and societies form indivisible wholes. Abraham Maslow, Frank Barron, Carl Rogers, Rollo May, R.D. Laing, Jim Bugental, and B.F. Skinner placed psychology in a new context (though they disagreed about many aspects of it), reframing modern insights about human functioning to emphasize health and development rather than sickness and conflict. Fritz Perls, Virginia Satir, Alexander Lowen, and Will Schutz invented or synthesized major therapeutic approaches. Charlotte Selver, Ida Rolf, and Moshe Feldenkrais helped create a new somatic education. Paul Tillich, Sam Keen, and Bishop James Pike explored connections between Eastern thought, psychology, and the Christian tradition. And Joseph Campbell illuminated those myths and symbols that connect society, cosmos, and transcendent realities.

The complementary perspectives of these innovators inform Esalen's thinking and purposes today, while their differences stimulate creative disagreements among us, keep our horizons open, and push us toward further discoveries. We were fortunate to have such friends when we started, and we feel their presence now, just as close as ever.

ESALEN: THE EARLY YEARS

Courtesy Esalen Institute

The first Esalen staff, October, 1961. Kneeling, left to right: Michael Murphy waited tables and mowed lawns; Alice Sellers manned the front desk and dazzled the customers; Richard Price managed finances and washed dishes. Standing, left to right: Bob Nash repaired or built things; Bob Breckenridge cleaned rooms and provided philosophic support; Jim Sellers cooked.

SOME RECOLLECTIONS OF DICK PRICE

Our two founders are pictured here with their first staff in 1961. Michael Murphy recently talked about his partner:

Dick loved to make new trails along the coast. He was good at it because he was agile, quick, and sure-footed and because he didn't seem to care at all if he was bruised or scratched or sprained an ankle. (Which is why he won wrestling titles in high school and college.) For that reason he climbed into gorges or straight up cliffs that no one – to my knowledge – had ever explored. But it was hard to stay with him, especially when he went on a sudden tear, sliding down a rock-fall, or half-running down grades he hadn't seen before. He was an incredible risk-taker.

But he loved to explore new states of consciousness as much as he did breaking trails in Big Sur. His gestalt training, meditation, and other practices took him into more strange terrain than his hikes in the Los Padres forest.

Dick was awfully patient with people in his gestalt sessions, ready with Kleenex and that buoyant smile to encourage them through their tears and difficulties, and there was a gentle refinement about him when he touched their thoughts and feelings. But he was also one tough character, bouncing some of the roughest Big Sur heavies off the grounds when he had to. I'll never forget the night he took someone on in the lodge, rolling across the floor with him, over and over out the door, onto the deck and into the darkness – while the rest of us watched with horrified fascination. A few minutes later he came back inside with that sly grin of his, leaving the other guy outside to think things over.

Of course, for every person he had to kick out, he seemed to bring another in for shelter. Through the years, he was friend and protector to more outlaws and mountain men than anyone else on the coast.

During the first month we served guests, before the seminars had started, my mother cooked, while Dick and I washed dishes and waited tables. I talked to our guests a lot, and Dick gravitated more and more to the dishes. Then, after I cut off half a toe with a power mower, Dick said he was promoting me to the program department while he handled the business. For the next few years, he kept most of the records he needed on 3×5 cards in his back pocket.

In the early sixties, every day was an adventure, sometimes rewarding, sometimes not. Dick was marvelous to share difficulties and defeat with, and at times I thought he actually enjoyed our setbacks. Things that upset the rest of us, like a lousy seminar or a bad magazine article, often seemed humorous to him. He was as indifferent to failure as anyone I've ever met.

Dick set quite an example for us. In some ways, he is more encouraging to me now than ever. With the screens of our everyday interactions gone, his memory grows richer and richer.

FIRST VISIT TO ESALEN: FEBRUARY 1965

George Leonard and Michael Murphy met in San Francisco on February 2, 1965. As a senior editor for Look Magazine, Leonard had been working for five months on an article to be called "The Human Potential." Murphy and Leonard talked far into the night on Eastern philosophy, humanistic and behavioral psychology, brain research, the Civil Rights Movement, and other new developments of that vivid decade. Around two a.m., they pledged to work together to help bring about new directions in psychology and philosophy. Murphy invited Leonard and his wife, Lillie, to visit Esalen the next weekend. The following section is excerpted from George Leonard's forthcoming memoir of the Sixties, to be published by Summit Books in 1988.

The Coast Road! To the right, beyond seaward-sloping meadows of vivid green, the endless glittering inky-blue Pacific surged against dark and jagged rocks. To the left, the Santa Lucia Range cascaded up to nearly 5,000 feet, a rugged wilderness, a place of bobcat, mountain lion, and wild boar. As we moved southward, the space between ocean and mountains narrowed, and we could smell the chill freshness of the sea, the salty, iodine-tinged, nose-tingling redolence of kelp forests, tide pools, starfish, abalone.

Now there were few houses to be seen, or any other signs of human habitation. The Coast Road began to climb. We crossed one bridge, then another, and there in the distance was a magnificent sight: a graceful arch that would take us across a vertiginous gorge at the edge of the sea. Just before this bridge was a large yellow highway sign with bold black letters:

HILLS AND CURVES NEXT 63 MILES
DANGEROUS IN BAD WEATHER
ROAD NOT PATROLLED AFTER DARK

I had driven past that sign before, but now it was somehow different. Officially, this was a business trip; it would go down on my expense account under "Human Potential story." I would interview Mike Murphy and others, and check out his institute. Some of what I found might go into my already oversized manuscript. And that might be all.

But I doubted it. My meeting with Murphy had been decisive, the taking of a pledge, a

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marriage of a sort. When I drove past the sign, I had a strange feeling that I was leaving a certain sureness and comfort behind. In a way I couldn't quite define, I was moving into outlaw country, into a new world where the old, familiar rules might not hold true, where wonderful and dangerous and unheard of things might happen, a world that was not patrolled after dark.

Now the mountains pressed directly against the sea and the road wound upward along a mountainside, then curved down again, threading a narrow margin between mountain and ocean, sometimes swooping downward to trace the concave edge of an inlet. The road hypnotized us. We rarely saw another car. Now and then I had to swerve to miss a large rock that had tumbled down from the steep slopes to the left of the road. It was easy to imagine a landslide that would obliterate us, sweep us into the sea.

Then the road leveled and went inland a half-mile or so past the town of Big Sur, which wasn't a town at all, but only a few rustic stores and campgrounds sheltered beneath redwoods and eucalyptus trees. A long uphill stretch of road took us out to the edge of the coast again. Another twelve miles of hills and curves and many bridges, and we came to a sign – it would have been easy to miss it – announcing Esalen Institute. I turned sharply right and started down a steep driveway. There it was: a few buildings and a swimming pool lying on a plateau between the Coast Road and the Pacific. The pool was built on a deck that seemed to jut out over the edge of a cliff above the ocean. The buildings – a redwood lodge and a few cabins – might be taken for a rustic motel. At the bottom of the drive was a parking lot in which new model sedans took their places next to dusty old junk cars and trucks converted to makeshift campers.

We got out and wandered over toward what appeared to be an office. Lounging on the bench just outside were two tall, deeply tanned, rawboned, bearded men who might have been 19th century Western outlaws. I started to say hello, but there was a heavy silence around them that was impenetrable. Lillie and I went in the door and walked up to a counter. We stood there for what seemed a long time while two young women behind the

His belief that science and mysticism were complementary activities, his elucidation of the perennial philosophy, and his ideas about the human potential have informed our work for 25 years. Aldous Huxley, early 1962, in front of the Lodge.

Foto F. Florian Courtesy Christine Stewart Price

counter went about their business, completely ignoring us. Both were slim and suntanned. They had long hair and wore intricately-patterned blouses and floor-length skirts of rich colors. I noticed that neither of them was wearing a bra, something I had never before seen, something that struck me as both erotic and aggressive. When I announced that we were there at the invitation of Mike Murphy, they were unimpressed. They had no record of our reservations. They had no idea of where we were supposed to stay.

I was beginning to feel sweat breaking out on my forehead, when I sighted Mike Murphy out of the window. He had on a bright red cardigan sweater and was bounding through the parking lot with exuberant, long-legged strides. As he burst into the office, everything changed. Here again was the genial Stanford fraternity man with the sparkling eyes welcoming us as if we were the most important people who had ever come to his institute. He had arranged for us to stay at the house of a psychologist named Joe Adams just a couple of miles up the coast. But first he would show us around the property. And then there was lunch.

As we walked over to the pool, to the edge of the cliff, I began to realize just how isolated this place was. At the point of land where we stood, the Pacific Ocean stretched out beneath us on two sides. Looking to the left, southward down the coast, I could see other points of land jutting distantly out into the Pacific like the prows of enormous ships. Behind us were mountains rising to more mountains to a distant sunstruck peak. This small area of habitable land was entirely bounded by water and wilderness. I asked Mike about communications with the outside world. Television and all other microwave signals were totally blocked by the mountains. AM radio reception was poor. Newspapers could be received in the mail, but delivery was unreliable; not many people ordered papers or magazines. There were telephone lines, but they were likely to go down during the big winter storms. Landslides sometimes closed the highway, cutting Esalen off from the north or the south or both.

We walked down a sloping path to a lively stream that coursed down a canyon from the wilderness. We entered the canyon by ducking under some long-hanging branches and vines. It was a different world of veiled light and deep silence beneath towering redwoods. We went back out to where the creek plunged in a waterfall down to a rocky beach. We walked over giant boulders that must have been washed down from the canyon during the wildest of the storms.

Back in the lodge, lunch was already underway. The dining room was filled with an unlikely assortment of people. Mountain men and Old West characters mingled with bearded psychiatrists wearing thick glasses. And there were men in sweaters with women wearing make-up and high heels along with college students and a few people in sweat suits. Light poured in from large sea-fronting windows and gleamed off the polished surfaces of redwood tables. Long-skirted waitresses swept haughtily around the room bringing food and drink. Everybody

Paul Herbert

Abraham Maslow drove onto Esalen's grounds during the summer of 1962 looking for a room, only to find that this remote place was staffed by people reading his just-published *Toward a Psychology of Being*. He was received with enthusiasm and became one of Esalen's principal mentors until his death in 1970. More than anyone else, he built bridges between mainstream American psychology and the spiritual philosophies that have influenced Esalen's work.

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seemed to be talking at once. Lillie loved it. While waiting to be served, she struck up an enthusiastic conversation with the other people at the table, while I asked Mike questions and made notes on a legal-sized yellow pad.

The first seminars the institute had held had been didactic, but now more and more of them were "experiential." It was a new word for me. What it meant, Mike explained, was that the seminarians (those who came to the seminars) wouldn't just hear about or talk about something, but would actually experience it. Psychotherapist Robert Gerard, for example, would not only discuss psychosynthesis, a meta-Freudian theory and method developed by Italian psychologist Roberto Assagioli, but would also lead his seminarians in guided imagery and visualization exercises.

Then there was Fritz Perls. Mike pointed out a man sitting alone at a table near the door. With his bald head and pointed white beard, he could have been a Viennese psychiatrist or an Old Testament prophet. He saw us looking at him and fixed us with large, formidable eyes. We turned away. Fritz – that was what he insisted everyone call him – was the founder of gestalt therapy. He was seventy-two. He had known Freud and had worked with Wilhelm Reich. Just a few months earlier, he had decided to come live at Esalen. His sessions, Mike explained, were highly experiential. He believed that therapy could happen only in the here and now, and that endless analytical explorations of a person's past were not only a waste of time but a fraud. People at his seminars took turns in what Fritz called the "hot seat." Everything in Fritz's client's life would be brought into the present. The client would talk to and for his dead father, for example, who would be located in an empty chair. He would *become* aspects of his own life. If the client was an angry man, Fritz would insist that he exaggerate his anger. The sessions, Mike said, were spectacular. You could watch Fritz cutting to the core of a neurosis like a surgeon, sometimes in a matter of minutes.

I listened to all this as if I were a European of the age of exploration getting the first news of unimagined worlds. Everything Mike said had the shine of newness about it.

After finishing lunch and getting unpacked in Joe Adam's house, Lillie and I returned to the deck just outside the dining room for our first experiential session. Our teacher was a man named Bernie Gunther, and what he taught was called sensory awakening. Gunther wore tight pants and a tight T-shirt that showed off a weight-lifter's muscles. He spoke in a soft, gentle, hypnotic voice, asking us first of all to close our eyes and simply become aware of our surroundings: the sounds and smells, the feeling of the air on our skin.

Courtesy Esalen Institute

Gerald Heard, philosopher and mystic, cast a deep Irish spell with his accounts of people and events that revealed the secrets of human transformation. An afternoon with him in the summer of 1961 confirmed Esalen's two founders in their decision to start a seminar center. Here, he lectures in the Big House about evolutionary theory, ethology, LSD, St. Philip Neri, and related subjects.

We stood facing the sea. The day was cool but the low February sun was pleasantly warm on my face. The sound of the surf seemed to come from everywhere, rising, falling, circling from left to right and back again. Somewhere behind me and to the right I could hear the high, questioning chirp of a bird, and to the left, far away but almost painfully distinct, the measured notes of a flute. Gunther suggested we relax our bellies and our shoulders, and then again become aware of our surroundings. I felt him coming around behind me and putting his hands gently on my shoulders. There was a strange melting sensation and a feeling of tension draining away. My shoulders seemed to drop by an inch or two.

With my eyes remaining shut, I again opened my senses to what was around me. I took a deep breath, and there it was, that bewitching smell that would always be Esalen for me: the freshness of the sea, the camphor of eucalyptus buds, a faintly sulphurous odor rising from the hot springs, a trace of wild sage drifting down from the mountains – all of this tingling in my nostrils, tantalizing me with the promise of new experiences, a new life.

Gunther had us open our eyes. He showed us how to let our fingers bend at the joints. He asked us to tap the top of our heads with all five fingers, at first gently "using a lilting motion like rainfall," then more vigorously all over the top of the head, the back of the head, all around the ears, the side of the head, and the forehead. When we finished, he asked that we close our eyes and report what we felt.

"Well," I said, "your head feels bigger – "

"My head feels bigger," he interrupted.

The correction pulled me up short. "My head feels bigger," I said. "I'm more aware of it."

Gunther gave each of us a small flat polished stone. He asked that we hold it in our right hands, with eyes closed, and explore it fully with our fingers. Then we were merely to hold it in our right palm and feel its weight. After that, he had us open our eyes, put the stone down, extend both arms directly in front of us, and again close our eyes.

"What are you experiencing?" he asked.

I was surprised by what I felt. "Your right arm feels longer," I said.

"My right arm feels longer," he corrected me again.

Again I was caught up short. But this time, instead of simply going blank, I felt the sudden click of a new connection in my brain. My eyes flew open and I looked directly at Gunther. He laughed.

It was seemingly such a small thing – this shift in the case of the personal pronoun – trivial even. But for me it was significant. By the habitual use of "you" or "one," I had been avoiding responsibility for what I felt. I had been abstracting something that was personal and unique. I had been making unwarranted generalizations that were ultimately depersonalizing.

Gunther continued his exercises and my body relaxed, my senses seemed to expand. But my mind kept coming back to the question of "I" versus "you" or "one." Maybe the achievement of human potential involved not just the way we manipulated symbols and physical objects, but also the way we experienced the world. Our ability to abstract and generalize had obviously produced beautiful structures of order and understanding, and had gained us great power over nature. But could it go too far?

After dinner, we went to the hot baths. It was a rite of passage, and I looked forward to it with excitement and dread. If anybody knew anything about Esalen, they knew the baths were coeducational. In the climate of the times, it was this more than anything else that gave the place its aura of danger and sensuality. But as Mike, Lillie, and I took our clothes off in the poorly-lit, rather cold dressing room with its concrete floor, I felt anything but sensual. There were outdoor baths on either side. We went to the one on the right, the one still marked "Men."

We walked through a short passageway and out into an area that was partially roofed but entirely open on one side to the sea and the stars. My eyes were both eager and reluctant to register the scene that came within my field of vision. Wisps of steam danced in the light of two candles. Nude bodies, strange classical sculptures in male and female form, leaned against the railing, lounged on massage tables, or sat in the baths. Entering that area was crossing a boundary, one of those invisible lines that separate *before* from *after*. For me, it was not a boundary of sensuality but of vulnerability.

The three of us stepped into one of two large square tubs made of concrete blocks, into hot mineral water that at first took my breath away but soon became as softly warm and gently caressing as I had ever felt water to be. I stole glances at the bodies around me. It was a fantasy that mocked itself in the very act of coming true. It was utterly outrageous. It was completely ordinary.

I looked out into the night. The air was still, the sky incredibly clear. My eyes adjusted to the darkness. The stars were close and very bright. I stretched my legs out in the water and rested my head against the back of the bath. The nude bodies were there, but it was the endless depth of the night sky that held me. I became aware there was nothing, nothing at all, between me and the most distant galaxy. Right-side-up could be upside down; there was really no difference. Again I was overwhelmed by the sense of *newness*. I had come to a magical place on the edge of a continent, at the edge of history. The sound of the surf rose from the rocks below us; hot water murmured up from far beneath the earth. I knew my life would never again be the same.

Courtesy Michael Murphy

Frederic Spiegelberg, a celebrated professor of comparative religion at Stanford University, introduced Michael Murphy and Richard Price to Eastern philosophy, yoga, Sri Aurobindo, and other subjects that shaped their lives and work. Without his influence, they probably wouldn't have met nor been impelled to start Esalen.

WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops, although not a prerequisite to taking any of the scheduled seminars, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, the participant can then choose those approaches he/she is most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen, which allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, described more fully elsewhere in this section and on pages 46-47. For those who wish an extended stay of a month or more, there is an ongoing residence program. Other long-term programs include the "month-longs," which frequently involve didactic seminars or professional trainings as well as experiential workshops.

Some courses offer continuing education credit to physicians and nurses (see Medical Programs, pages 10-11, for current C.E. listings), and beginning in Fall 1987, academic credit toward a bachelor's or master's degree will be offered to Esalen resident scholars through the new Esalen-Antioch somatics program.

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, massage, and good food without participating in a workshop. See General Information, pages 64-65.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. Private sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, singing gestalt, etc. Finally, there is a community workshop program which goes on daily and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Jessica Moore Britt

These workshops are designed for people who have not previously been to Esalen. Their emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Bantam).

Schedule:

October 2–4	$270
November 6–8	$270
December 18–20	$270
January 15–17	$270
February 12–14	$270

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Stewart Price

"The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear –
And when used – is inexhaustible."
– Lao Tzu

"Gestalt is as old as the world."
– Fritz Perls

Gestalt practice is a form – nonanalytic, noncoercive, nonjudgmental – evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included.

Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in some sessions.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* and *In and Out the Garbage Pail*; John Heider, *The Tao of Leadership* (Humanics, Ltd.).

Schedule:

September 20–25	$530
October 18–23	$530
December 11–13	$270
January 24–29	$530
February 21–26	$530

Medical Programs

Esalen Institute is a California state-approved provider of Continuing Education for health professionals. *Only those programs specifically listed below offer continuing education credit.* See workshop descriptions elsewhere in the catalog. The California Medical Association has granted Esalen Category I approval. Physicians attending approved courses may receive

credit toward the California Medical Association Certificate in Continuing Education. The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152.

Physicians

November 8–December 4
Certification in Clinical Hypnosis
Eli Jaxon-Bear
30 hours

Registered Nurses

October 25–30
Spiritual Healing: Laying On of Hands
Maria Lucia Holloman
30 hours

November 8–December 4
Certification in Clinical Hypnosis
Eli Jaxon-Bear
30 Hours

November 8–December 6
Massage Practitioner Certification Program
Esalen Massage Practitioners
30 hours

November 13–15
Alternatives to Psychiatric Treatment: Philosophic Issues
Laurence Telles
10 hours

December 4–6
Service to the Dying: The Tibetan Buddhist Perspective
Sogyal Rinpoche
10 hours

December 4–6
Introduction to the World of Acupuncture
Ralph Alan Dale
10 hours

December 11–18
Beginning Training in Trager Psychophysical Integration and Mentastics℠
Deane Juhan
30 hours; C.E. credit is available through the Trager Institute.

December 20–25
The Body and Zen
Dub Leigh
30 hours

December 27–January 1
The Art of Self Care: Who Heals the Healer? Who Helps the Helper?
Ilana Rubenfeld
30 hours

January 3–8
Craniosacral System: Basic Workshop
Jim Asher & Jane Harrington
30 hours

January 17–22
Fighting Back from Trauma and Catastrophic Illness
Mariah Fenton Gladis
30 hours

January 22–24
Anatomy for Trager℠ Students: Part I
Deane Juhan
12 hours; C.E. credit is available through the Trager Institute.

February 26–March 25
Massage Practitioner Certification Program
Esalen Massage Practitioners
30 hours

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, Reichian work, massage. Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 46-47.

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. Scholarship recipients may be asked to bring a sleeping bag to use during peak attendance periods. There are no scholarships available for the Work Study Program.

Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office, (408) 667-3013, for further information.

Accreditation

Beginning in the Fall of 1987, there will be a number of opportunities for Esalen resident scholars to gain credit with Antioch University toward a bachelor's degree or toward a master's degree in somatic psychology. Many other formal educational institutions also recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

ESALEN SEMINARS

Jane English

This man, Gia-fu Feng, kept Esalen's books with an abacus by methods he had learned in Shanghai, taught t'ai chi, and electrified audiences with his ecstatic proclamations.

August 29–September 11

Path of the River: A Grand Canyon Journey

Steven Harper, Wendy Palmer & Arizona Raft Adventures Staff (AZRA)

For workshop description see Wilderness Programs, page 53. $1490

Week of August 30–September 4

Five Days with Janet Zuckerman

This workshop continues Esalen's tradition of interpersonal and intrapersonal work on emotional process. It is based on these premises: that unfinished business is projected into current relationships, interfering with one's ability to be in the present, and that by emotional release one may cleanse the doors of perception. $530

A Gentle Unfolding

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through intuition, energy awareness, massage, meditation, movement, gestalt, and play. Using these tools and gentle risk-taking can help in opening to one's own aliveness and ability to be more at home with oneself. Participants will explore practical and portable ways of nourishing and trusting the inherent wisdom of the self. $530

Charts of the Brain, Journeys of the Spirit

William Roll

Modern science and parapsychology are revealing a matrix which connects people with each other, with their physical environment, and with persons who are no longer living. The exercises in this workshop will help participants enter this matrix and move to a wider spiritual awareness. Procedures to develop psychic intimacy, such as the energy dance, psi scanning, psychic readings, psi sessions ("seances"), psychometry, and psychic healing will help participants experience each other and the world around them with a fresh, joyful, and healing consciousness.

Participants will explore the meaning of out-of-body and near-death experiences, channeling, and precognitive dreaming. The evidence for survival after death from apparitions of the dead, mediumistic communications, and rebirth memories will be discussed. $530

The Sacred Mask Experience

Elisa Lodge Schiffman

"Marvel at the ingenuity in which divinity hides itself in order to find itself." – Alan Watts

Masks are magic! The elemental power of sacred masks to liberate and transport us has all but disappeared from our cultural heritage. Drawing our initial inspiration from a large international collection of masks, we will re-establish our connection to this ancient artistic tradition, one of the oldest forms of catharsis and healing.

Through mask-making, ritual theater, trance journeys, primal sound, and movement work, we will enter a world that will carry us to the further reaches of our imagination and to what is revealed behind the masks – the beauty and truth of our essential nature. Together, we will create rituals that grow out of sacred practice, opening us to more vital and novel dimensions of expressive behavior not ordinarily permitted in our daily lives. Local musicians from Big Sur will be used to orchestrate and ground the powerful energies that emerge. $530

August 30–September 6

Psychosynthesis: A Seven-Day Workshop for Professionals

Harry Sloan

"Learn your techniques well and be prepared to let go of them when you touch the human soul." – Carl Jung

Many of us have experienced those moments in working with clients when we don't have the foggiest idea of what's going on. Often, to avoid the discomfort of confusion and not knowing, we hurriedly grasp for the familiar – a technique, map, or model. This can lead to the mechanical experience of "going through the motions" and using rote interventions. In those moments, if we can stretch for essence and truth instead of falling back on what's most familiar, dissonance might open to insight, with a decidedly different effect upon both client and guide – that ineffable sense of capturing the moment. The interventions that follow are dynamic, uniquely suited to the particular needs of the client. The heart of psychosynthesis is understanding the process of reaching for the essence within ourselves and our clients. This practice tends to develop our inherent wisdom and intuition, a context which transcends methodologies.

The format will combine individual work within the group setting along with seminars, group exercises, and practicum. This program will be useful not only to those who are interested in psychosynthesis, but also to anyone in the helping professions who wants to come into a more creative relationship with his/her discipline.

Psychosynthesis is a name for the conscious attempt to align and cooperate with the natural process of growth and integration. It recognizes that each human being is spiritual in essence and encourages the realization and expression of this essence, or Self, as fully as possible in personal and social existence. $800

Weekend of September 4–6

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to oneself, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants may learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate in the choice of expression or depression. $270

Psychic Vision and the Creative Experience

Nancy Azara

Nancy Azara writes: "Know and expand your psychic vision and explore the magical power and healing properties inherent in art-making. Using meditation and other exercises, you can open creative channels, find your visual language, bring vivid images to consciousness, and paint and draw these experiences."

Participants can focus light and color through the body, practice reading auras, experience laying on of hands, identify and clarify important influences in their lives, and own their personal power.

They are asked to bring to the workshop whatever they like of the following: acrylic or watercolor paint, collage materials, pastels, oil crayons, scissors, glue, and about 25 sheets or the equivalent in pads of good quality drawing paper (no newsprint). Size 11"×14" is ideal.

$270

The Future of the Body: The Esalen Institute Study of Exceptional Functioning

Michael Murphy, Steve Donovan, Margaret Livingston & Keith Thompson

In his novel, *Jacob Atabet*, Michael Murphy speculated that a next stage of human development might involve the power to alter the physical body at will. He is developing this idea more thoroughly in a book, *The Future of the Body*, and through the Esalen Institute Study of Exceptional Functioning, organized in 1976 to compile and analyze a broad range of scientific, speculative, and anecdotal literature on bodily transformation. Murphy will discuss some of the major ideas of his current book, and Donovan, Livingston, and Thompson will present results to date of the Esalen Institute Study of Exceptional Functioning. (Note: Michael Murphy will be present for the Friday and Saturday evening sessions only.)

Recommended reading: Michael Murphy, *Jacob Atabet* and *The Psychic Side of Sports*.

$270

Building Community: A Learning Circle

Wade Hudson

This workshop will explore how ordinary people can use ideas and methods developed at Esalen to strengthen a sense of community in their daily lives – whether it be in the workplace, family, church, political organization, or neighborhood.

Simple, easily-learned concepts will be presented, and the participants will be invited to analyze how they might adopt these structures to build stronger communities back home. Methods employed may include: relaxation, meditation, physical exercise, massage, group process, music, movement, role-playing debates, open seat, support groups. Ideas explored may include: self-regulation/mutual support; leadership/democracy; liberty/socialization; cooperation/competition; materialism/spirituality; political action/personal growth.

The workshop leader will discuss his own work in a low-income, multi-cultural neighborhood in San Francisco, the Tenderloin, where he lives in a cooperative residential hotel and volunteers at a community self-help center.

For those who are interested and able, a follow-up evaluation meeting will be held in San Francisco four weeks following the workshop.

$270

Week of September 6–11

Childhood Sexual Abuse: A Workshop for Survivors

Jessica Moore Britt

To guard against the hurts, fears, and confusion that sexual invasion of a child's physical and psychic boundaries can create, the child often abandons the place of conflict – the body. This may be reflected in tension patterns, numbness, or oversensitivity. Gently, during this week together, participants will move toward reintegrating their bodies with their selves, with particular attention to body image, sexual experience, intimacy, and parenting.

Within the natural healing environment of Big Sur, participants will use gestalt practice, Reichian breath work, movement, and touch to re-enter their private world of memories and feelings. They will gain a deeper understanding of boundaries, betrayal, responsibility, and aloneness. Focus will be on perception of oneself physically, sexually, emotionally, and spiritually, and how this affects relationship with others. Through the supportive group atmosphere, participants may discover that it is safe once again to embody beauty, life, and love.

$530

Ways to Change: A Jungian Experience

John Nicholas

"Meaninglessness inhibits the fullness of life and can, therefore, be equated with illness; meaningfulness makes a great many things endurable, perhaps everything." – C.G. Jung

We discover ourselves through relationships – with others and within and beyond ourselves – transcending the ordinary boundaries of time and space. The focus of this workshop will be the most central aspect of all transpersonal work: change. The basic concepts of C.G. Jung will be applied to practical problem-solving and conflict resolution of everyday issues and relationships. Participants will have the opportunity to discover, explore, and confront unconscious complexes that inhibit the fullness of life and block creativity. There will be time for individual work with dreams, active imagination, symbolic drawing and painting, storytelling, guided imagery, and journals. The week will be a voyage of discovery.

Recommended reading: C.G. Jung *Man and His Symbols* and *Memories, Dreams, Reflections*; June Singer, *Boundaries of the Soul*; Robert Johnson, *Inner Work*; Anthony Storr, *The Essential Jung*.

$530

September 6–13

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The Lodge and cabins in 1962. As you can see, Selig Morgenrath hadn't planted trees and gardens yet.

Paul Herbert

The purpose of this workshop is to provide a setting to explore the self through painting – to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling.

The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop write: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122. (415) 564-8515.

$800 (plus $25 materials fee paid directly to the leaders)

Educating the Genius Within—The Feldenkrais® Method

Harriet Goslins

"By my body's actions . . . teach my mind."
– Shakespeare

The habitual way a person sits, stands, or moves reflects patterns that are "wired-in" to the nervous system. This information can be erased or changed. By re-educating the brain/muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

Awareness Through Movement* methods are a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury; for the sedentary or those dealing with after-effects of injuries; and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his/her neck, shoulders, and back, to improve his/her posture and breathing, and to live and move with more flexibility and comfort.

Recommended reading: Moshe Feldenkrais, *Awareness Through Movement.* $800

* The Feldenkrais Guild

Weekend of September 11–13

A Workshop for Couples with David Schiffman & Elisa Lodge Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$270 per participant

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

This workshop is open to anyone interested in learning to recognize, trust, and use their psi abilities. The leaders will use exercises designed to aid participants in recognizing their perceptive styles and trusting the intuitive input they normally receive. Anne Armstrong will use her tracking abilities, acquired from over twenty years in this field, to assist participants in arriving at useful, accurate data.

One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives – personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $270

Courtesy Virginia Satir

Virginia Satir brought family therapy to Esalen in 1963, became Esalen's third trustee, and introduced us to others who have influenced us since. Since the early Esalen days, she has taken her theories and practices to more than 20 nations.

September 11–November 6

The Modern Warrior: A Certification Program in Leonard Energy Training

Jack Cirie, George Leonard & Annie Styron Leonard

For workshop description see Special Programs, page 48.

Week of September 13–18

Five-Day Massage Intensive

Brita Ostrom & Staff

Participants will be instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is available to beginners as well as to those who wish to brush up on their massage skills. $530

Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The degree to which we allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support, participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics. $530

The Hakomi Method

Ron Kurtz

Hakomi is a body-centered practice based on the principles of: mindfulness, unity, organicity, non-violence, mind-body holism. Hakomi incorporates non-doing as a major methodological principle and trusts in every individual's inner wisdom and power for self-healing.

Using the body as a rich source of information about the unconscious mind, hakomi can assist people in turning inward to those special states of consciousness where change takes place, to explore core beliefs which determine the quality of experience.

Hakomi work embraces the body-mind unity, supports the client's resistance, and encourages respect for and awareness of inner processes. This can be used by counselors, health practitioners, educators, body workers, and anyone invested in personal growth. This workshop also serves as a prerequisite for the formal hakomi certification process. $530

Adult Children of Alcoholic or Abusive Parents

Karen Paine-Gernee & Rick Paine

Learning the facts about growing up with alcoholism is a big relief. It is, however, just one of the steps that ACAs need to take. In order to recover from the effects of their childhoods, ACAs need to dedicate themselves to an on-going process of sharing, healing, and learning. The workshop leaders refer to the goal of recovery as "emotional sobriety," which they teach as a fourteen-point program. Participants will have the opportunity to develop some practical and personal methods of implementing long-lasting changes.

This workshop is for beginners or individuals who have already begun an exploration of ACA issues. It offers the opportunity to confront and heal painful childhood emotions, to examine and restructure deeply held beliefs, to learn some basic tools for taking care of one-

self, to make strides in letting go of control and developing a sense of trust, and to foster a relationship with one's own spirituality.

Special attention will be paid to learning how to nurture and sustain satisfying and equal intimate relationships. Intimacy between independent adults requires being able to tolerate the ambiguity and sense of "not knowing" that was so terrifying as children in chaotic homes. Emotional sobriety means having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure. $530

Weekend of September 18–20

Weekend Massage Intensive

Esalen Massage Practitioners

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners. $270

A Weekend with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, Rolfing*, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $270

Rolfing* is a service mark of the Rolf Institute.

Paul Herbert

Fritz Faiss, once a teacher at the Bauhaus, conducted month-long workshops in which painting became a vehicle for expanded perception. Like other artists who worked at Esalen during the 1960s, he made a strong link between art, contemplation, and transformative discipline.

The Mastery of Daily Life: An Introduction to LET

George Leonard & Annie Styron Leonard

Leonard Energy Training (LET) is derived from the Eastern art of aikido as well as from Western psychology and physical theory. It is a comprehensive body of work that offers practical, alternative ways of dealing with life situations. It is not physically demanding. It does not aim at emotional catharsis. Most of the training involves simple, enjoyable movement exercises during which the body itself becomes a teacher. Participants will be offered an opportunity to practice such things as centering, relaxing under pressure, and dealing with the various stresses and conflicts of daily life.

This workshop will emphasize mastery, the mysterious process through which what is at first difficult becomes progressively easier and more pleasurable through practice. Participants will be invited to experience their own process in learning simple patterns of movement. They will have a chance to examine and transform this process, and to apply it to daily life.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), and *Education and Ecstasy* (North Atlantic Books). $270

Understanding the Light of Peace in the Shadow of War

Ofer Zur

This is a workshop for individuals to survey their personal, psychic, sexual, and international battlefields, to explore and attempt to heal their relationships with their personal and political enemies. The aim of this process is to shed light on the dynamics of peace and war in the international realm.

Through slide presentations, experiential work, and discussions (including the instructor's research), the following key issues will be addressed:

* One's intimate, personal enemies, past and present
* Exploring and mending loving relationships
* Fantasy and content analysis of war imagery in current media and war propaganda

* The co-evolution of culture, personality, psyche, and war
* Men and war: Is man the maker of war, or war the maker of man?
* Women and war: Victims or co-contributors?
* The myth of the warrior and the beautiful soul
* Aggression, violence, pornography, and war
* The enemy as feminine, or the feminizing of the enemy
* Coming to terms with the enemy within
* Life and living in the nuclear era
* Understanding that the light of peace is the healing process $270

Week of September 20–25

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $530

Intuition Practice

Helen Palmer

This seminar teaches the identification of personal intuition systems that can be accessed through internal focusing practices, or that may already be operating in unrecognized ways. These practices develop the ability to discriminate between personal thoughts, fantasies projected from personal thinking, and impressions received from situations outside the personal self. The psychic aspect of intuition rests on the ability to shift attention from the self to impressions perceived from outside the self. $530

Stillness Between Waves: Imagery In Motion

Keith Thompson & Gaetana

"Except for the point, the still point, there would be no dance, and there is only the dance."
– T.S. Eliot, "Four Quartets"

The mime master creates the illusion of covering ground while actually staying in one place, entrancing the audience into seeing "something that is not there." Similarly, individuals in hypnosis can "put on hold" their usual logical, reality-orienting faculties and become deeply absorbed in secondary, imaginative realities. This is a workshop about the translation of images into movement and movement into images; about the threshold between realms and modes; about exploring the *mundus imaginalis*, the imaginal world, said by the Sufis to mediate between the sensible and the intelligible worlds.

As in alchemy, where the transformation from lead to gold was understood to begin with dissolving and cooking the ore of iron, participants will be taught concentrated mime and imagery exercises geared to "deconstruct" or "de-form" fixed patterns of moving, thinking, and imagining. As the week progresses, processes from gestalt practice, insight meditation, and Jungian active imagination will be introduced to assist in exploring ways in which unfrozen mental and bodily "grammars" can be recombined to express the thought of the heart.

Participants will also receive instruction in various ways of walking across an area as effortlessly as on a cloud or through molasses, the use of *chi* or *ki* to increase the clarity and density of illusions, and imagery for centering and balance in sustaining difficult physical moves.

The workshop is designed especially for people who have a sense of humor and who don't draw a hard distinction between learning and play.

Recommended reading: Jean-Louis Barrault, *Memories for Tomorrow* (Houghton-Mifflin); Helen Caldwell, *Michio Ito* (University of California); Toshihiko Izutsu, *The Interior and Exterior in Zen Buddhism* (Spring). $530

Weekend of September 25–27

The Transformation of Inanna: A Ritual Journey

Starhawk

Some of the oldest written records of rebirth and renewal are the Sumerian myths of Inanna, Goddess of the date palm and the storehouse, patroness of love, who challenges her sister/ruler of the underworld, the Queen of death. In this workshop, through drumming, chanting, storytelling, and mask-making, the myth of Inanna will lead participants into the depths of the self and into the mythic dimensions of their own stories. Together they will enact the drama and create the rituals of their own transformations. This workshop is for women only.

Bring scissors, scraps of cloth, feathers, beads, shells, yarn, interesting small objects, favorite costumes, and power objects for the altar. $270

Understanding Men

Sam Keen

This seminar is for men and women who are looking for a new sense of what it means to be a man. It is an exploration and celebration of the essence of masculinity. These are some of the topics to be considered:

* Contemporary types and stereotypes of men
* Plastic heroes and real men
* What do men fear?
* How do men deal with women's anger?
* The rites and rights of manhood
* The warrior psyche
* Fathers, Mothers, and Sons
* Male friendship
* Work, jobs, professions, and the burden of economics
* Autonomy and the need for commitment
* Adventure: sexual and otherwise
* The wisdom and folly of the penis
* Meaning, purpose, and vocation: Who are men when they are not working, controlling, or fighting?
* The essential differences between men and women $270

Week of September 27–October 2

The Discipline of Harmony: Warrior Virtues Without War

Richard Strozzi Heckler

This seminar will examine the notions of aggression, initiation rites, courage, and risk-taking in the context of the warrior ideal. Does the discipline of harmony mean the taming of aggression? To live in peace do we also need to accept and understand violence? Is it possible to distinguish the warrior from war? Can the warrior virtues of courage, commitment, clarity, generosity, service, and skillful action be invoked without the catalyst of hostile fire?

These questions will be the starting point for a five-day workshop conducted in the warrior spirit of "life at stake." Exercises taken from aikido, along with introspection, sharing, and guided meditations will allow participants to experience the possibilities of embodying warrior virtues without war.

Recommended reading: Richard Strozzi Heckler, *The Anatomy of Change* (Shambhala) and, editor, *Aikido and the New Warrior* (North Atlantic Books); J. Glenn Gray, *The Warriors* (Harper & Row). $530

The Body as History

Lisbeth Marcher & Erik Jarlnaes

The workshop leaders are from Denmark, practitioners of a system of working with the body, of which Lisbeth Marcher is a founder. With their methods, by gauging the tonicity of a muscle and knowing when and how it came into play in our infant and childhood development, it is possible to "read" an amazingly precise psycho-history. In addition, *specific issues* that are contained in these muscles can be re-evoked.

This system also works with our *undeveloped resources*. These are the abilities that we have given up on, those that often correspond to feelings of resignation. As these resources are brought into play, our willingness to drop old, unfulfilling modes of protection is greatly encouraged. Participants can focus on body movement and energy and use these to bring about expression and integration of developmental stages.

This is an experiential workshop, with some time between sessions available to those wanting to learn more about this approach. $530

Lost Romantic Loves: Healing through Film

Francis Lu, Barbara White & Richard Irons

"Love must be told. Not so that it may be forgotten, but so it can be rewoven into the tapestry of the present." – George Vaillant

This seminar will allow participants to remember their lost romantic loves and to further their own healing and self-renewal. Topics will include: the nature and quality of romantic love, the emotional consequences of lost love (including obsession, jealousy, anger, violence, and madness), and the healing processes (including letting go, grief, compassion, self-renewal, and revisioning new relationships).

Within a supportive group context, participants will view films which evoke these archetypal patterns of love, including loss and healing. Through inner reflection and dialogue, participants will reconnect their personal, psychological experiences with these archetypal, mythological realities.

Films to be shown include works directed by Woody Allen, Alfred Hitchcock, François Truffaut, and Jean Renoir, and films starring Humphrey Bogart, Greta Garbo, and Ingrid Bergman. In addition, poetry and classical music will be utilized.

The experiential nature of this workshop will be balanced with lecture and group discussion.

Recommended reading: John Welwood, *Challenge of the Heart: Love, Sex, and Intimacy in Changing Times* (Shambhala); Robin Norwood, *Women Who Love Too Much* (Dell). $530

Paul Herbert

Alan Watts, the greatest master of ritual at Esalen, prepares for a marriage while three celebrated astronauts of inner space—Edward Maupin, Steven Stroud, John Heider, and their commander, Will Schutz—look on.

Weekend of October 2–4

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $270

A Special Weekend at Esalen

This weekend is open to all those who would like to spend time at Esalen, enjoying the grounds, the baths, and the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual. $150

Week of October 4–9

Five-Day Massage Intensive

Esalen Massage Practitioners

For workshop description see September 13-18.

$530

The Virginia Satir System

John Banmen, Jane Gerber & Maria Gomori

Virginia Satir has pioneered unique approaches to improve family and professional communications and relationships. The overall goal of the Satir System is "becoming more fully human." This workshop will present the explicit change process, the use of Satir's vehicles, and an articulation of the transformational process. The group leaders will deepen the conceptual and experiential aspects of these processes and will provide hands-on training.

The workshop leaders have been senior trainers in the Avanta Network month-long process community since 1981 and have co-authored a book on the Satir System. $530

Endarkenment

Will Schutz & Ailish Melland

Sometimes in our search for enlightenment we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle.

This workshop can provide a vehicle for the turn downward. We shall explore: how to establish and maintain meaningless relations; what to worry about while meditating; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim/martyr in your social group; guilt without sex. This approach, similar to Feldenkrais' "live the disasters" and the "homeopathic principle" (Will Schutz, *Body Fantasy*), can be as valuable for attaining enlightenment as the direct route – and more fun. In addition, participants in this workshop will have opportunities to explore, play with, and celebrate the shadow – that which we usually hide. $530

A Week with Laura DeNuccio (Ma Prita)

There is an emerging consciousness that is making itself felt and heard in those individuals who are searching to fulfill higher and deeper callings from within themselves. This workshop is for those individuals who sense the emergence of an evolutionary thrust from within or who are experiencing "divine discontent" with what is occurring in their lives at the present time. The focus will be on learning *how* to meet and accept what is being offered by life, exploring *how* to attend to the organic occurrences that life presents and continue moving forward.

Participants will experiment with co-creating an environment of trust, love, and acceptance in which to explore themselves as a living, unfolding process – physically, mentally, emotionally, sexually, and spiritually. They will view the body as the laboratory of life, as it is known in both Western and Eastern traditions that the microcosm of the body reflects the macrocosm of the world. Our body is where our view of the world comes from. If our body has become static, our view of the world will also be static.

Through the use of breath work, movement, and sound, aliveness and pulsation can be returned to the body, while unconscious thoughts and feelings which reside in the body tissue can be brought to life. Careful attention will then be given to the mental processes that shape the physical and emotional bodies, with special emphasis being given to personal issues that are ready to be explored. Practices will be taught that show how to work deeply with emotional/energetic holdings in the body which can open to our essential core self – the center of creativity, wisdom, joy, and healing within each of us.

Recommended reading: L[illegible]d Spangler, *Emergence: The Rebirth of the Sacred* (Delta/Merloyd Lawrence); Rodegast, *Emmanuel's Book* (Friends' Press); John Heider, *The Tao of Leadership* (Humanics Limited); Fields et al., *Chop Wood, Carry Water* (J.P. Tarcher); Alice Bailey, *Education in the New Age* (Lucis Publishing Co.).

$530

Weekend of October 9–11

Reflections of Self: A Reichian/Gestalt Workshop

Jessica Moore Britt

This will be an introduction to intensive intrapsychic inquiry using Reichian breath work and gestalt practice. Reichian work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness ap-

Courtesy Charlotte Selver and Charles Brooks

Charlotte Selver, who introduced the work of somatics educator Elsa Gindler to America, with her husband and colleague, Charles Brooks, began teaching at Esalen in 1963.

proach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration, the possibility is opened to respond in the present. $270

LET and the Samurai Game

George Leonard, Annie Styron Leonard & Jack Cirie

The Samurai Game, which was created by George Leonard, might be described as a deeply-engrossing simulation game during which participants have the opportunity to enter the state of consciousness of a medieval samurai, to live intensely in the moment, and to experience symbolic death and rebirth.

Participants will first practice the movement and centering exercises of LET (Leonard Energy Training: see Weekend of September 18-20). Then they will learn the rules of the game and begin to live as samurai. There will be ample opportunity for feedback and discussion of the lessons of the game.

The purpose of the Samurai Game is to step across a boundary into another way of life, and thus to see one's own life and habitual patterns of living with added clarity and poignancy. There will be a symbolic battle to the death through which participants will have a chance to experience the ultimate futility of war and the value of every moment of existence.

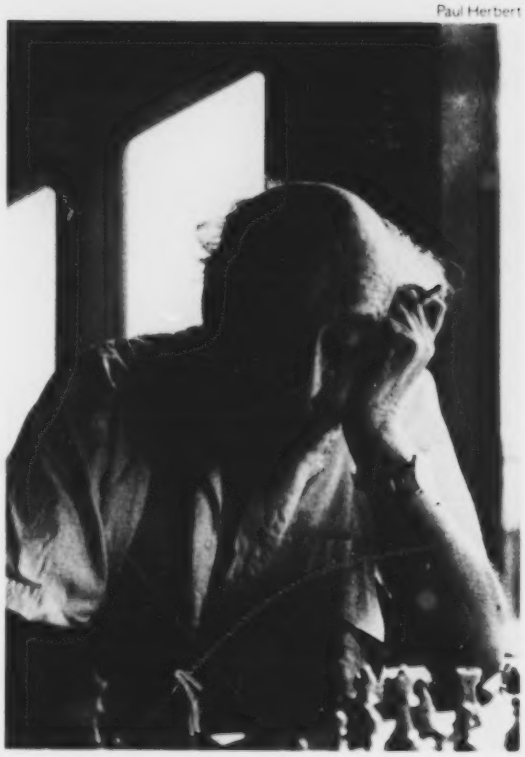
Recommended reading: George Leonard, *The Silent Pulse* (Dutton). $270

Week of October 11–16

A Week with David Schiffman & Elisa Lodge Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set – the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

Paul Herbert



Fritz Perls had invented gestalt therapy (with help from Laura Perls and Paul Goodman) in the late 1940s, but he developed a worldwide following while he lived at Esalen from 1964 until 1969. His ideas and methods have developed in many directions since his death in 1970, and they are still alive in Esalen's work today.

In this week participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $530

Action Theater

Ruth Zaporah

Ruth Zaporah developed Action Theater, a unique performance training process, so that her students could spontaneously create dramatic images from personal material. Participants learn to express this material improvisationally through dance, vocalization, and acting. The Action Theater process trains the student in the following aspects of performance:

* Awareness of the body and movement possibilities through time, space, and shape
* The development of a strong and viable voice
* The imaginative use of language to illuminate the inner mind of the actor
* The interface between body, voice, and language
* The ability to access material usually below the normal threshold of awareness
* The formal makings of clear, strong imagery
* The ability to create experience through clear perception and spontaneous response

This experiential workshop is designed for the novice, the explorer. Exercises of improvisation will be basic, addressing the skills listed above. Within each session there will be a physical and vocal warmup, ensemble and small group interactions, and improvisational presentations. And play. All play.

The moment of life, consciously performed, is art. $530

Performance Under Pressure

Neil Fiore

Extraordinary levels of creativity and achievement are experienced naturally by all of us at some time during our lives. On such occasions, energy for playful learning and efficient work seems limitless, hours pass like minutes, creative resources of the mind are tapped, exhilaration and inner peace are experienced, and the body is freed of anxiety.

Creative and successful people experience these "flow states" quite often, others only occasionally. But now as we approach an evolutionary advance in human consciousness – the harmonizing and synchronizing of the powers of the conscious and subconscious minds – we have the technologies to harness the "flow state" at will.

Cognitive psychology, neurolinguistic programming, and Ericksonian hypnosis will be used in this workshop to convey the skills necessary for working and playing in a more robust, stress-resistant, and creative way. The workshop leader will present specific skills and practical methods for rechanneling the energy of stress into creative problem resolution, rapid recuperation, and for the enjoyment of guilt-free recreation.

Goals of the workshop include the creation of personal safety, the enhancement of self-esteem and motivation, and the ability to work in a focused, stress-free manner. Those in challenging careers, under time pressure, in the creative fields, or coping with physical illness can benefit greatly by learning to harness these inner resources. $530

October 11–November 6

The Promethean Impulse: Creation, Creativity, and Spirituality

Christina & Stanislav Grof

For workshop description see Special Programs, pages 48-49. $2120

Weekend of October 16–18

A Weekend with Ram Dass $270

Week of October 18–23

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $530

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop, participants will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore the movement that nature inspires. Both aikido and hiking are moving meditations which, when done well, require one to be in harmony with the natural world. There will be an opportunity to take what is learned on the aikido mat out into the natural world and bring what is learned from nature onto the aikido mat. Participants can then begin to integrate what they learn from aikido and from nature into their lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. Come ready to move. $530

Weekend of October 23–25

Growing Together into the Future

Terence McKenna & Kathleen Harrison McKenna

People, plants, and the planet are three dancers in search of syzygy in a performance about a future that cannot be postponed indefinitely. With rousing dialogue, we will explore the post-modern, pre-apocalypse dilemma and the allies that the natural world has provided for the man or woman who is engaged in sailing the soul on the phosphorescent oceans of the imagination. Fractal time, self-empowerment through cultivation of shamanic attitude, and the implications of the psychedelic experience will be discussed. $270

Making Dances: Physical Expression and Creativity

Rhonda Martyn

This is a workshop for individuals to discover and expand their abilities to be physically, intellectually, and emotionally expressive through the process of making dances. Participants can expect a good physical workout, as well as a sense of accomplishment, community, and fun that comes from making and performing dances.

It will begin by exploring the basic elements of movement and the craft of choreography. Then, using games, exercises, improvisations, and rituals, participants can play with the creative process and their individual needs for physical and emotional expressiveness. A professional choreographer, the workshop leader will use participants as professional dancers – calling on their creativity and sensibilities to help in the process of building dances. She will also coach and assist participants in making their own studies and/or dances.

Making Dances is for people with no dance experience or with much dance experience. It is an opportunity to be both a dancer and a maker of dances. $270

Week of October 25–30

Spiritual Healing: Laying On of Hands

Maria Lucia Holloman

This workshop will present practical methods of using the hands as instruments for physical and spiritual healing. The emphasis will be on intentionality and personal clarity as the fundamental tools in any healing art. Maria Lucia Holloman has studied with healers from Brazil, her native country, where laying on of hands is used effectively. She has also studied the art of cranial manipulation, which she combines with her healing work on a regular basis as a practitioner at Esalen.

C.E. credit is available for nurses; for additional information see page 10-11. $530

Ericksonian Hypnosis and Communication

Paul Carter

"Wisdom is the intelligence of the system as a whole." – Gregory Bateson

"Your conscious mind is very intelligent, and your unconscious mind is a hell of a lot smarter." – M.H. Erickson

"We have an intelligence obtained from our wholeness that is far greater than we are ordinarily conscious of," Milton Erickson believed. Accessing and integrating this intelligence formed the basis of his hypnotic work.

This workshop is designed for those who work with people and would like experience with Ericksonian hypnosis, communication, and problem-solving. It will explore principles of this approach, including trance as a natural and necessary part of health, and will develop the idea that people and their communication and problem-solving are paradoxical.

Through guided exercises and demonstrations, participants will be taught the hypnotic use of metaphor in movement, sound, image, and story, as well as the hypnotic realities of age-regression, age-progression (traveling into futures), lucid dreaming, dissociation, and deep-trance identification (a process of deepening self-awareness through identification with different persons in and out of trance).

Additional exploration will include: the recognition and use of spontaneous trance states that commonly occur in the course of body work, acupuncture, movement and dance, sports, counseling, and everyday stress situations; the art of using all the system, including the bad, sick, crazy, and resistant parts; the value of humor, confusion, pattern interruption, and paradox in accessing unconscious creativity and resources; and an integrative approach to problem-solving and self-healing as described in Paul Carter's soon-to-be published book, *The Parts Model*.

Courtesy Christine Stewart Price

Moshe Feldenkrais and Ida Rolf, both inventors of somatic disciplines, found many new students at Esalen.

Recommended reading: Jay Haley, *Uncommon Therapy* (W.W. Norton & Co.); Jeffrey Zeig, editor, *Ericksonian Approaches to Hypnosis and Psychotherapy* (Brunner & Mazel). $530

October 25–November 6

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Staff

For workshop description see Special Programs, page 49. $1330

Weekend of October 30–November 1

The Modern Warrior: LET in Action

George Leonard & Jack Cirie

"A man or woman with outward courage dares to die; A man or woman with inward courage dares to live." – Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the full and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might well be necessary for men and women to reown the warrior ideal.

Through the movement exercises of LET (Leonard Energy Training: see Weekend of September 18-20) as well as through various new games, participants will be invited to get in touch with their own unacknowledged powers, and thus to discover the hidden warrior within. Guidance will be offered on how to apply the warrior ideal to daily life. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton) and *The Transformation* (Tarcher). $270

Week of November 1–6

Soul-Making: A Jungian and a Somatics Approach

Joan Buresch & Don Johnson

Our dilemma in being human inheres in this: with our roots in a primal liquid and fleshy layer of impulse that finds inadequate expression in daily life, our spirits range beyond everyday time and space, and our personalities are sometimes pulled limb from limb. We make our soul while we struggle to synthesize opposites long held by the categories of masculine and feminine, spirit and flesh, thought and feeling, the personal and the social, body therapies and transpersonal psychologies.

That dilemma will be the focus of this workshop, during which participants will explore the confluence of the world of images (psyche's natural voice) and the world of peristalsis, breath, orgasm, muscular movements, and physical pain. The group will be concerned with the primal, with one's relation to violence, abuses, outrage. From there participants will go where they are led – into movement, sensory awareness, drawing, sculpting, speech, touch.

$530

Paul Herbert

Robert Gerard introduced Esalen to imagery work and Roberto Assagioli's psychosynthesis.

Weekend of November 6–8

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $270

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see September 18-20.

$270

Week of November 8–13

Personal Challenges of the U.S.-Soviet Relationship

Stephen Rhinesmith

This workshop will explore a series of personal challenges faced by people working in U.S.-Soviet relations. Topics will include dichotomies such as human rights vs. cultural relativism, national security vs. bilateral dialogue, cooperation vs. competition, and posturing vs. problem-solving. Participants will examine the relationship of these topics to their own work, values, and belief systems.

Ambassador Rhinesmith's background as an international management consultant includes nine years as president of the AFS international student exchange program. He holds a doctorate in international management and cross-cultural relations. $530

Potential Growth and Change Using Gestalt

Anne Nechama Simkin

Gestalt practice is a noninterpretive, existentially-based system in which awareness of one's feelings in the present moment is the primary focus. Gestaltists believe that human beings are born with the innate capacity to cope with life, but that self-expression, growth, and self-acceptance are oftentimes suppressed. Most gestalt communications deal primarily with the immediate interactions of those present. Explanations, interpretation, and assumptions are discouraged. Concentrating on what is rather than on what could or should be encourages a person to take responsibility for one's own actions. By becoming aware of what is potentially nourishing and what is toxic, it is possible to learn to make choices and to achieve integration.

This workshop is for persons seeking new perspectives, growth, and change. Participants will share experiences, explore new ways of coping with ongoing situations, search for the existential messages of their dreams, and learn to communicate with each other and significant others. The content of the workshop will evolve out of the needs and wishes of the group members.

$530

November 8–December 4

Certification in Clinical Hypnosis

Eli Jaxon-Bear

For workshop description see Special Programs, page 49. $2120

November 8–December 6

Massage Practitioner Certification Program

Esalen Massage Practitioners

For workshop description see Special Programs, page 50. $2300

Weekend of November 13–15

Ancestral Journeys

Luisah Teish

Invoking the spirits of the ancestors through traditional Yoruba stories, rituals, and dance movements, Luisah Teish will introduce participants to the ancestral powers inherent in their ancient selves. The group will be invited to join in rituals for attunement with the spirits of the ancestors and to experience the power of dance movements traditionally used to induce trance states. The workshop leader will draw on her background as a priestess of

Oshun in the Afro-American tradition of Yoruba/Lacumi.

Participants are asked to bring their ancient and child selves to this workshop. They are also asked to bring a candle of their favorite color and a stone they love and to be prepared to move! $270

Transitions

Elliot Aronson & Gabriele Thomson

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition – whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants may develop ways of enhancing their understanding of themselves and increasing their overall effectiveness. $270

Alternatives to Psychiatric Treatment: Philosophic Issues

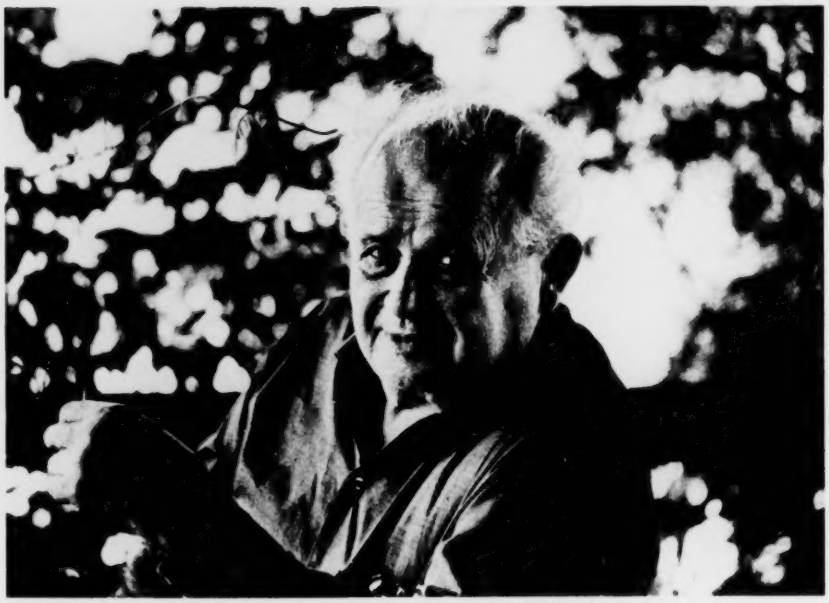
Lawrence Telles

Many communities offer alternatives to treatment in psychiatric hospitals – residential treatment, vocational and housing programs, self-help groups, social centers – for those who are in states of persistent or acute psychological distress. Such community-based programs tend to reduce the power difference between the helper and the helped. They rely on the healing capacity of the social context more than on individual psychotherapy or medical treatment.

There are epistemological and ontological views embedded in these alternative programs. They have roots that can be traced to historical views about the nature of the self and society and current issues in the philosophy of science.

This weekend's discussions will be most relevant to those who have participated in either conventional or alternative psychiatric treatment programs as clients, staff, administrators, or planners.

C.E. credit is available for nurses; for additional information see pages 10-11. $270



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Moshe Feldenkrais joined his physics training, martial arts expertise, and study of human functioning to invent the Feldenkrais Method®. His first training program in America was held at Esalen.

Week of November 15–20

Presence

Elisa Lodge Schiffman

Elisa Lodge Schiffman writes: "Presence is a power that arises from a deep sense of self-worth and trust. It reflects a broadened vision and whole-hearted acceptance of the varied facets of being. It is a state of dynamic balance where there is no unnecessary strain of self-defeating awkwardness. One is at home in oneself and at ease with the world.

"During this week, participants can gain a deepened appreciation of the elements in themselves that contribute to this timeless state of fluidity and ease. They will have an opportunity to experiment and explore how their bodies' shapes and forms, emotional histories, and self-images are intimately intertwined. This growing awareness is the basic grounding from which the creative experience of presence can be known. Movement patterns, the ways we walk and breathe, also reveal how we inhibit or allow our personal power. As we become more comfortable with ourselves, we transform not only the way we might carry our head or make contact with another, but our whole way of being in the world."

This work is based on an approach woven from gestalt, psychosynthesis, Rolf-movement, and performance art. Video feedback will be used. $530

Weekend of November 20–22

High Tech and Human Values

Walter Truett Anderson & Theodore Roszak

The "information revolution" and the "biological revolution" are rapidly altering the landscape of human existence, creating new powers, new dangers, new possibilities of exploitation, new ways of being, new problems of governance. This workshop will look at these issues in depth and search for basic guidelines to the personal and political challenges they present. Discussions will seek to be informative and provocative but non-technical, emphasizing philosophical and humanistic questions such as: What contributions can the new high technologies offer in the exploration of human potentialities? What roles do artificial intelli-

gence and genetic engineering have to play in our evolutionary future?

Recommended reading: Theodore Roszak, *The Cult of Information: The Folklore of Computers and the True Art of Thinking* (Pantheon Books); Walter Truett Anderson, *To Govern Evolution: Further Adventures of the Political Animal* (Harcourt, Brace, Jovanovich). $270

The Delight of Intimacy

Charlotte Selver & Charles Brooks

Much as we may wish to live in the present, we are often preoccupied with images and ideas of how it ought to be. Instead of responding to the situation at hand with the innumerable nerves, muscles, and interweavings of consciousness which are we, much of us is immobilized by early conditioning, acute emotional problems, or by habit, and much is held back until the inner board of review gives the OK.

But children and sages have a different way of functioning. For them the world flows into their consciousness as the air into their lungs, and their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our lack of immediacy which is usually felt as tedium and which necessitates ever stronger stimuli in the search for joy, or self-disciplines in the search for peace. By giving up these preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what should be but to what is, and the world catches fire for us.

This workshop will explore direct experience, which as it becomes clearer and stronger tends to burn away the mist of concepts and restrictions which our conditioning has interposed between ourselves and living. $270

Week of November 22–27

A Week with Laura DeNuccio (Ma Prita)

For workshop description see October 4-9. $530

A Special Week at Esalen

There will be limited space available at Esalen this week for those who would like to spend time enjoying the grounds, the baths, and the community, without participating in a group. Guests may stay for just part of the week, although priority will be given to those who sign up for the full five-day period. $300

November 22–29

Psychosynthesis: A Seven-Day Workshop for Professionals

Harry Sloan

For workshop description see August 30-September 6. $800

Weekend of November 27–29

A Special Weekend at Esalen

For those who wish to stay, this weekend is a continuation of the preceding week (for description see November 22-27) or is suitable for those who just have time to visit Esalen for a few days. Massage and other work offered by individual practitioners will be available. $150

Week of November 29–December 4

An Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.'

"These activities can also be described as *movements*. What we call 'a body' can be seen as movements that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we *are* rather than as something we *do*.

"Our time together will be to enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder of meaningfulness as it shapes and colors the moment. For me, 'life' and movement are one." $530

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables one to confront resistance and fear and which increases the willingness to change and take risks.

This workshop includes a unique, in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art-imagery exercises, and whatever else happens spontaneously. $530

Weekend of December 4–6

A Weekend with Seymour Carter

For workshop description see September 18-20. $270

Diving Into the Deep: Dream Discovery

Joyce Frazee

Each night the Self disappears below the surface of the psyche, and what is remembered from the journey is a dream. In this workshop, participants will focus on the use of dreams for emotional and spiritual growth. They will have the opportunity to connect with alienated parts of themselves and with the dreamer in themselves and others.

Participants may experience the multidimensional aspects of a single dream, noticing the most immediate, pressing, unfinished business of their lives, and uncover personal symbols. By keeping a dream journal, participants may recognize that dreams come in series, presenting and exploring a continuing theme. Since

many individuals forget dreams, exercises in dream recall will be offered. Participants will work with feelings using gestalt and bio-energetics. They will draw dream mandalas, which can be used for insight and healing. Methods of dream control and lucid dreaming will be discussed. $270

Service to the Dying:
The Tibetan Buddhist Perspective

Sogyal Rinpoche

Today, many of us are witnessing close friends and relatives confront life-threatening illness. Helping professionals are seeing increasing numbers of clients, and their intimate friends and relatives, face early death. They are called upon by situations for which they may not have had a lot of experience.

Drawing upon ancient Buddhist knowledge, as exemplified by the *Tibetan Book of the Dead*, this workshop will offer practical information for individuals in the health-care field as well as lay people who want to know how to give the most effective and compassionate care for the dying.

Questions that the group will address include: What is death from the Tibetan perspective? How can this perspective affect one's own life? What kind of guidance can be drawn from it and given to the dying and the intimate relatives of the dying?

C.E. credit is available for nurses; for additional information see pages 10-11. $270

Introduction to the
World of Acupuncture

Ralph Alan Dale & Hendrina Ophey

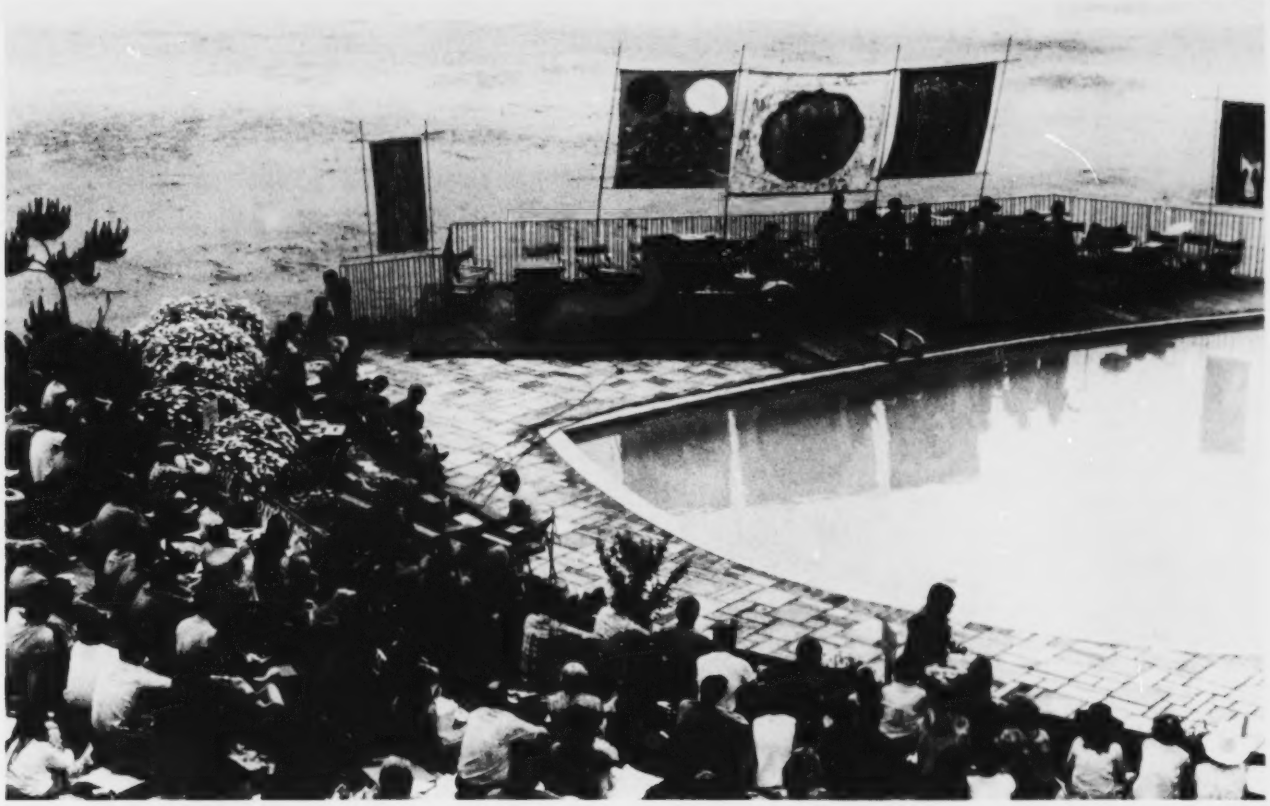
This course will be both theoretical and practical and is designed for those involved in the healing arts. The principles and methods of acupuncture will be explained in traditional and scientific terms, including how acupuncture works, the polarity principle of yin and yang, the five phase theory and its application to physical and emotional problems, and the application of these theories to any aspect of life.

The routes of the main acupuncture channels and their points will be defined and located. Methods of stimulation that will be demonstrated and practiced in class include heat, ice, mechanical instrument, massage, needle, and electro-stimulation. An emphasis will be placed

Paul Herbert

From 1964 through the early 1970s, there were seven Joan Baez Folk Festivals at Esalen, named after their principal convener. Performing here, from left to right, are: Mimi Farina, Mama Cass, Judy Collins, Joan Baez, Arlo Guthrie, and Stephen Stills. Not pictured are Paul Simon, Art Garfunkel, the Chambers Brothers, Joni Mitchell, and other festival participants whose songs still move us.

Paul Herbert



The stage for each Festival was set on the deck beyond the swimming pool, in front of John Horler's magnificent banners. When Joan Baez asked the crowd to be still, you could hear her voice echo off the cliffs with 10-second reverberations. Neighbors at Anderson Creek, some five miles away, could hear her songs distinctly.

on acquiring a basic practical vocabulary of acu-points for first aid treatment of any part or system of the body.

Recommended reading: Ralph Alan Dale, *Acupuncture with Your Fingers* and *Acupuncture in Physical Therapy*.

C.E. credit is available for nurses; for additional information see pages 10-11. $270

Week of December 6–11

Esalen will be closed to the public this week.

Weekend of December 11–13

Gestalt Practice:
An Introductory Weekend

Esalen Gestalt Staff

For workshop description see page 10. $270

A Workshop for Couples with
David Schiffman & Elisa Lodge Schiffman

For workshop description see September 11-13.
$270 per participant

Experiencing
Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see September 11-13.
$270

Boundaries
of the Mind and Body

John Perry

In our daily activities of running, working, eating, and sleeping, we take our performance and sensations for granted. However, on special occasions, such as running a marathon, climbing a mountain, solving a puzzle, or meditating, we function at levels which are both exhilarating and unexplained. In the same manner, we may peak on one occasion but fall far below this on subsequent attempts.

A commonality to all of these maximal, and submaximal, efforts is the ability of the mind to adapt to the situation and act in an almost mysterious manner. We sometimes say that we are "psyched." Athletes break barriers that physiologists and physicists say are beyond the abilities of the human body. This workshop will "tour" the human body and explore the limits of current scientific knowledge and understanding. Participants will be invited to share and interpret their own experiences and thoughts. The group will also investigate human learning and emotions and explore whether it is possible to develop an artificially intelligent machine, or more specifically, a machine that is "human."

Recommended reading: Marvin Minsky, *The Society of Mind*; Rupert Sheldrake, *A New Science of Life* (J.P. Tarcher); D. Hofstadter and D. Dennett, *The Mind's I* (Bantam). $270

December 11–18

Beginning Training in Trager Psychophysical Integration and Mentastics℠

Deane Juhan

This is the first course in the Trager Professional Training, the necessary first step toward becoming a Trager practitioner. Participants will be instructed in Trager table work, receiving sessions from experienced practitioners as well as giving to and receiving from each other supervised sessions. There will also be instruction in Mentastics, the Trager method of self-manipulation, with which participants may learn to develop their own sensory skills and to take table work deeper for their clients.

This training is open to professionals in education, body work, holistic health care, counseling, psychology, medicine, physical therapy, chiropractic, sports, performing arts, and other disciplines which see movement as a primary means of learning.

Note: This is the first course in the Trager Professional Training. Detailed information about the continuing coursework will also be presented. Participants must become members of the Trager Institute in order to enroll, which includes a $50 membership fee in addition to the cost of the workshop.

For more information and to register, please contact the Trager Institute, 10 Old Mill Street, Mill Valley, CA 94941. (415) 388-2688.

C.E. credit is available for nurses; for additional information see pages 10-11.

$800 (plus $50 membership fee paid directly to the Trager Institute)

Week of December 13–18

Painting Experience with Michell Cassou & Stewart Cubley

This workshop is open only to those people who have previously taken a *Painting Experience* workshop or class. For workshop description see September 6-13.

$530 (plus $20 materials fee paid directly to the leaders)

A Look Within

Jessica Moore Britt

This will be a week for participants to attend to themselves in such a way that they begin to penetrate the layers of their conditioned patterns, allowing a truer perception and appreciation of who they are to emerge.

The focus of inquiry will be the relationship between the mind, body, and emotions and the subtle centers that make up, and therefore support, one's essential/spiritual nature.

The tools for exploration will be an interplay of East and West, including meditation, touch, gestalt awareness practice, Reichian breath work, and Sufi self-remembering exercises.

Recommended reading: A.H. Almaas, *Diamond Heart* (Diamond Books). $530

The Courage of Self-Expression

Elliot Sobel

"Life is either a daring adventure, or nothing."
– Helen Keller

It takes great courage to express the full power and vision of one's true self in this world. Most of us have unwittingly succumbed to a cultural conspiracy which subtly asks us to hide the vast mystery of our essential being; instead, we tend to be careful, polite, anonymous, and generally fearful, and we often take workshops in order to "get better."

This workshop is an experiment in creating a community which has as its underlying assumption a different premise: that each participant, in truth, is *already healed*, and therefore has a very vital and necessary contribution to make to the whole, one which requires daring and risk. Using the arts as vehicle and metaphor – through singing, dancing, writing, painting, and video – participants will be asked to confront themselves with the question, "Am I willing to be all that I am?"

In order to create a safe environment for this kind of work, a high level of commitment is required. The group will be housed together in a separate living unit and will be asked to spend the first three days of the workshop in "social silence." This relieves the pressure to converse and relate, and allows participants to sink deeply within. Paradoxically, they will also be asked to express themselves outwardly, through the arts. The ordinary and superficial interactions of the personality are thus bypassed in favor of a recollected intuition of the soul, revealed through art. The second half of the week will allow for the re-integration of the group into the rest of the Esalen community, with an exploration of the responsibility which automatically accompanies true expression of the self: to contribute our highest vision to the world outside. $530

Weekend of December 18–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $270

Letting Go—Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and to help create new ways to relate – in the moment – to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. $270

Body Rejuvenation:
A Weekend with Dub Leigh

The goal of this seminar is to start to rejuvenate the body, mind, and spirit. A fast way to do this is to work the body. Transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain. You will then have changed the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat one.

The recipe for how to begin to rejuvenate a body in one session will be demonstrated to the group and then experienced and performed by each participant.

This seminar is recommended for everyone. The older you are, the more stuff you have to work with. Class size is limited (two students per table). Bring a swimsuit – two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press). $270

Guide to Recovery for
Adult Children of Alcoholics
and Other Adult Children of Trauma

Julie Bowden & Herbert Gravitz

The last decade has heralded a social movement identifying and recognizing the plight of over thirty million Americans raised in alcoholic homes. When it is realized that there are millions raised in family environments with other types of dysfunction (e.g., chronic mental or physical illness, holocaust survivors, compulsive workers, overeaters, or gamblers), it is possible to begin to see the source of the pain so evident in this society.

Some believe the stress or sadism in an alcoholic family is second only to the horrors of concentration camps or prisoner of war camps. Comparing growing up in an alcoholic family to growing up in a war zone, many believe the emotional atmosphere results in symptoms of post traumatic stress disorder, including flashbacks, psychic numbing, survivor guilt, alienation, and chronic shock. Acknowledging the effects of alcoholism increases our understanding of the healing process.

The workshop leaders have identified six stages that describe the transformational journey to recovery taken by children of alcoholics and other trauma. Step by step, in an atmosphere of safety and integrity, they will combine the dimensions of altered state work and spirituality. Participants will be invited to move through and beyond the trauma of yesterday – melting frozen tears, integrating eternal yesterdays, befriending the child within, and connecting to the higher purpose. $270

Week of December 20–25

Painting Experience with
Michell Cassou & Stewart Cubley

This workshop is open to anyone; no prior experience in painting is necessary. For workshop description see September 6-13.

$530 (plus $20 materials fee paid directly to the leaders)

Paul Herbert

At another Folk Festival: (in the middle foreground) Joan Baez, Selig Morgenrath, Mimi Farina, and Stanley Keleman. Several thousand people attended each of these events, many of them walking from parking places several miles away.

Awakening Inner Power

Deborah Anne Medow & Mary Tesoro

Operating from the assumption that one's innate energies lie largely untapped, this group will explore alternative means of gathering inner power. Leonard Energy Training, a comprehensive system offering tools to meet the problems, pressures, and pain of everyday life situations, will be combined with gestalt to provide a foundation for personal growth and change. Yoga and massage will be interwoven with elements of the martial art of aikido to increase the flow of vital energy through the body, mind, and spirit. $530

The Body and Zen

Dub Leigh

The goals of this seminar are twofold: 1) to use body work methods and principles for releasing tension, trauma, and toxins from connective tissue; and 2) to circulate the vital energy in an aligned body. The group will draw from Rolfing® (structure), Feldenkrais® (function), and Zen (energy), to obtain these goals.

This is a hands-on workshop. Participants will give and receive body work and will learn methods to recognize, work with, and relieve some types of chronic muscle pain. The class will be limited in size (two people per table). Participants are asked to bring a swimsuit – two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press).

C.E. credit is available for nurses; for additional information see pages 10-11. $530

Christmas Present

Paul Rebillot & Stanford Eugene Cates

We've idealized birth in the Christmas story – the newborn child surrounded by adoring parents, singing angels, comforting animals; worshipped by the wise and the simple; welcomed into the world and loved for nothing that he does, but for simply being who he is. Many of us were not welcomed in that way, and at Christmastime our disillusionment peaks. Our despondency and regrets are based on unfulfilled ideals, promises, and fairy tales.

Paul Herbert

Ravi Shankar, smiling here with his student George Harrison, taught at the institute from time to time during the 1960s. Beatles Harrison and Ringo Starr had flown in with a helicopter to study with him at the time this picture was taken.

Using gestalt, guided fantasy, theater games, and rituals, we will seek to release ourselves from the excess baggage of past regrets and future expectations in order to return to the divine simplicity of our own present being. Out of that simplicity, we will create our own "Christmas present," a celebration in which each of us singly and all of us together can give ourselves our self for Christmas.

Participants are encouraged to stay for the weekend workshop, *Christmas Present II*. (For workshop description see December 25-27.) $530

Weekend of December 25–27

Christmas Present II

Paul Rebillot & Stanford Eugene Cates

This is a continuation of the *Christmas Present* workshop. (For description see December 20-25). Since Christmas falls on Friday, people from the week are encouraged to stay for the weekend, and those who would like to join the Christmas celebration during the weekend are encouraged to come. We will have a huge weekend party – a party of our own creation – celebrating ourselves as human beings in the ever-unfolding path of our lives.

And if perchance there should be a moment of post-Christmas blues this soon after Christmas, we will work with that, and play with that, and give ourselves a chance to express everything that needs expression at this time of year. $270

Mobilizing Life Force

Alan Schwartz

Alan Schwartz writes: "Quite simply, life force is the combined movement of human physiology, feeling, spirit, and the action of the brain and central nervous system which we call thought. The cleaner the movement, the more *strength* a person has available. All of us, due to heredity, environment, and simple bad luck, spend

much too much time holding or stratifying the life force. This keeps us from authenticity and impedes the decision-making process.

"This weekend will be an experiment – reaching down through stratified elements of personality to attempt to free the life force and enhance awareness and the decision-making process. The group will act as reality mirror, and each participant may request an energetic diagnosis as to how his/her life force presents itself."

For further information, read the leader's December 27-January 1 workshop description. $270

Forgiveness and Letting Go of Judgment

Elizabeth Stratton

Elizabeth Stratton writes: "The training of the Western mind, both spiritually and intellectually, is oriented toward judgment. We are taught to induce, deduce, analyze, dissect, defend, debate. We are taught to feel guilty, to get sick, to engage in self punishment and the punishment of others. We are encouraged to rebuke ourselves into perfection.

"We do not know the healing quality of true remorse, or how to let go of that which we should never have held onto in the first place – the real meaning of forgiveness. In studies of people who have died and come back to talk about it, the most unifying element of their experiences was the meeting with a Being of white light who stood by with unconditional love, no judgment, and humor as they watched their lives roll before them like movies. The only judge was the person watching his/her own life.

"This workshop will be experiential. You are invited to observe the judgmental prison of your own mind, to feel the cleansing power of remorse, and to allow your heart to open to the freedom and healing that comes from forgiving yourself and others." $270

Paul Herbert

William Irwin Thompson, the eloquent cultural historian, wrote a chapter about Esalen in his book *At the Edge of History* after attending a seminar with Alan Watts, also pictured here, in 1967. The banners behind them frame the setting for a Joan Baez Folk Festival.

Rubenfeld Synergy® Method

Ilana Rubenfeld

Emotions and memories are often stored in the body, resulting in energy blocks, tensions, and imbalances. Rubenfeld Synergy® method (blending gestalt, Alexander method, and Feldenkrais® exercises) can be used to contact, express, and work through these feelings. This method involves touch, gentle body movements, visualizations, humor, music, and gestalt. Its verbal and non-verbal interventions are designed to increase awareness of and effectiveness in the process of self-healing. The approach is gentle, responsive, pragmatic, and powerful.

Some areas to be covered include: discovering the powerful interdependence between emotions and dynamic posture, observing life attitudes that are reflected in non-verbal behavior, and discovering new life options and choices for change.

This workshop will provide opportunities both for practitioners and interested non-professionals. Sessions will include experiential and theoretical components and one-to-one demonstrations. Each participant will have an opportunity to process his/her experience.

Participation in this weekend will fulfill one of the requirements for acceptance into the Rubenfeld Synergy® training program. $270

Week of December 27–January 1

Food for Health

Jane Miletich

The purpose of this workshop is to experiment with new ways of eating that eliminate certain foods like meat, dairy, processed foods, oils, and salt, and add other, more healthful ones such as fresh juices, grains, legumes, nuts, seeds, sprouts, soups, and raw salads. The foods to be used will include various fresh herbs and produce picked from the Esalen garden and farm or bought from local organic distributors.

Participants may spend time in the kitchen learning methods of food preparation. Mineral and herbal baths, nature hikes, yoga, t'ai chi, massage, and dance will be introduced. All are optional – participants choose their own pace. $530

The Art of Self-Care: Who Heals the Healer? Who Helps the Helper?

Ilana Rubenfeld

This workshop is for health professionals and others who would like to use their body/mind more effectively. Ilana Rubenfeld will draw on her 25 years of background with the Alexander and Feldenkrais® methods and gestalt to help participants explore and analyze how they use themselves in their practice.

This approach can help participants unblock their own energy and shield and ground themselves in the face of difficult situations with clients, learning to be *with*, rather than *for* their client. Using nourishment and humor, participants will learn about self-care, a critical need for health professionals. Participation in this workshop will fulfill one of the requirements for acceptance into the Rubenfeld Synergy® training program.

C.E. credit is available for nurses; for additional information see pages 10-11. $530

Dimensions of Psychic Healing

Elizabeth Stratton

Psychic healing bridges the physical and the spiritual. Touching as a healing act has been practiced through recorded history by practitioners of the sacred as well as the secular: healers, shamans, priests, doctors, and mothers.

In the past ten years, physics and modern medicine have come to an acknowledgement of the radically relational nature of our universe. Nothing and no one functions in a void.

Human emotions affect the functioning of the body, and illness is often an outgrowth of this mind-body link. Semi-dissociative states that are induced by prayer, meditation, and trance have been found to provide a fertile ground for healing to take place. It has been discovered that "multiple personalities" exhibit different states of health in each personality. The placebo effect has become one of the most respected and well-studied issues in healing today.

A psychic healer is one who can help connect the physical, emotional, mental, and spiritual levels of another person's being with healing intention through the use of touch. This workshop will explore, both didactically and experientially, the sacred and secular uses of touch, modern theories of disease formation and healing mechanisms, the use of psychic sight in healing, forgiveness as transformational cleansing, and the channeling of healing energy through the laying on of hands. $530

Using Risk to Effect Change

Alan Schwartz

Alan Schwartz writes: "This is a week for recognizing and stabilizing how we face change given today's social, economic, and environmental realities. This is a week for *designing a growth pattern* to provide more stable contact with the issues facing all of us the rest of the century.

"The human energy system represents a constantly changing personality dimension. Often neglected in the human energy system's movement toward maturity is the development of strength. We hear metaphors not only of physical strength, but strength of character and emotions and the spiritual and psychic strengths of perception. Lack of such strength

Paul Herbert

Carl Rogers at Esalen in 1965. Rogers founded client-centered therapy, pioneered encounter groups, conducted some of the world's finest psychotherapy research, and initiated bold attempts to engage opposing political factions in Ireland, South Africa, and elsewhere. In the year before his death, he conducted a series of encounter groups among Soviet educators, during which "glasnost" reigned triumphant. Though he didn't visit Esalen often, he influenced us in many ways, directly and indirectly, and left us an unforgettable example of many-sided creativity.

Paul Herbert

Carl Rogers having *darshan* of Mahesh Maharishi, the founder of Transcendental Meditation. Confrontations such as this made Esalen an unpredictable place in the 1960s.

development leads us to compensate in order to be able to function in our chosen worlds. Some compensations become psychosomatic problems: blame, denial, and indiscriminate sexual functioning. *Power over* self, people, and things is often a compensation for the *strength* that would allow us the *experience* of self, people, and things.

"Risk involves *awareness* of our individual compensations and sufficient trust of self and group process to *experiment*. This means rendering more alive the strength of our physiology, feelings, conceptual process, and psychic perceptiveness. The result can be clarity, stability, and a deeper awareness of self."

For further information, read the leader's December 25-27 workshop description. $530

Weekend of January 1–3

New Year's Renewal at Esalen

This will be a weekend for people to come and renew themselves in the tranquil and beautiful setting of Esalen. It will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include: sessions in gestalt, movement, meditation, massage, day hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural hot baths will be available as usual.

The food will be specially prepared, with an emphasis on a clean, healthy diet of fresh vegetables and grains. Much of the produce is picked daily from Esalen's own organic garden and farm.

The north side of the property will be reserved for silence in keeping with Joseph Goldstein's Vipassana Insight Meditation retreat.

Come and enjoy a weekend of inner reflection, physical movement, and personal renewal as the new year begins. $250

Vipassana Insight Meditation

Joseph Goldstein

Vipassana Insight Meditation is the basic meditation practice of the Buddha's teaching. It is a simple and direct investigation of the mind and body through the development of moment-to-moment concentrated awareness. As insight into the changing nature of phenomena deepens through personal meditative experience, one begins to accept with increasing balance and equanimity what the ancient Chinese called "the ten thousand joys and sorrows." This acceptance of the full range of life experience leads, in turn, to a more profound understanding of who we are, of the nature of suffering in ourselves and others, and of the possibility of genuine freedom in our lives.

This weekend of intensive meditation will provide a systematic introduction to the methods of practice for the beginning student and will help deepen the practice of those who are more experienced. It will include a full daily schedule of silent sitting and walking meditation. There will be daily instruction, evening talks, and small group discussions. Much of the weekend will be spent in silence, including during meals, which will be brought to the Big House so participants can preserve the retreat setting.

Note: In keeping with the Buddhist philosophy of service, Esalen and Joseph Goldstein have agreed to reduce their fees for this retreat. There will also be a limited number of sleeping bag scholarships: those participants will be charged $50 for the weekend. People interested in scholarships should write to the Esalen office for an application before signing up for the workshop. $250

Week of January 3–8

Intuition Practice

Helen Palmer

For workshop description see September 20-25. $530

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see December 18-20. $530

A Week with Paul Horn & Chungliang Al Huang

Paul Horn and Chungliang Al Huang will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, improvisation, meditation, and world travel experiences.

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E.P. Dutton; Tao Wetter-Sphinx Verlag, Basel) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon).

Recommended listening: Paul Horn, *Inside, Heart to Heart, The Magic of Findhorn, Jupiter 8, China, Travellers*; Windham Hill, *Collections*.

$560

Craniosacral System: Basic Workshop

Jim Asher & Jane Harrington

This workshop will offer an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. The class will combine lectures and slides on functional anatomy of the membrane system and cerebrospinal fluid movement. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference. Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills and for those already practicing body work or counseling. Much of the focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system.

C.E. credit is available for nurses; for additional information see pages 10-11. $530

The Buddha, The Goddess, and N.L.P.

Eli Jaxon-Bear

The Buddha is a model for compassionate emptiness, and the Goddess, as Earth Mother and Protector, is a model for passionate involvement in form. Neurolinguistic Programming, (N.L.P.), is a structure for understanding, modeling, and changing human behavior and consciousness.

Participants will use sitting, standing, and moving meditation from both the Zen and Tibetan Buddhist traditions as well as Buddhist psychology for modeling the perfected states: the Buddha and the Goddess already within us. This will include mantra and visualization as well as zazen and deep conscious stretching.

N.L.P. is an open-ended system for modeling human reality and for clearing the obscurations to our perfection. It can be used for leaving behind old baggage and focusing or polishing the filters of perception.

N.L.P. has been successfully used to model great healers, or counselors such as Milton Erickson, and leaders in sports and business. Set in the context of Buddhist psychology and practice, N.L.P. offers the choice to utilize gracefully the core issues of life as ally and teacher.

Recommended reading: Chogyam Trungpa, *Shambhala* (Shambhala); W. Evans-Wentz, *Tibetan Book of the Great Liberation*; Bandler and Grinder, *Frogs Into Princes* (Real People Press); M. Zimmer Bradley, *Mists of Avalon* (Knopf); Starhawk, *Dreaming the Dark* (Beacon Press). $530

Weekend of January 8–10

A Weekend with Paul Horn & Chungliang Al Huang

For workshop description see January 3-8.

$300

A Weekend with David Schiffman & Elisa Lodge Shiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive functioning.

$270

Focusing

John & Kris Amodeo

A basic intelligence exists within each of us – a body sense that knows the direction in which one's life needs to move. By contacting this "bodily felt sense," it is possible to discover what is not yet clear about an unresolved life situation or problem. Based on Eugene Gendlin's

Paul Herbert

Bernie Gunther, who started the Esalen massage program, talking to Rollo May in 1965. With Carl Rogers and Abraham Maslow, May was a principal founder of the humanistic psychology that influenced Esalen's work.

research of this innate sense, key factors in human change have been distilled and refined into a system of simple, experiential steps called "Focusing."

Focusing is a process which facilitates intimacy in primary relationships and friendships. Through learning to replace habitual self-criticisms with gentleness and caring toward the full range of one's feelings, one can glimpse the hidden wisdom contained within the subtle textures of these feelings. This can facilitate more meaningful communication.

During this weekend, the workshop leaders will present the Focusing steps and supervise participants as they work in pairs and small groups. This workshop is for those who want to use Focusing in their lives, as well as for health professionals who want to incorporate it into their work. $270

Courtesy George and Judith Brown

George Brown, pictured here, with his wife and colleague, Judith Brown, met the Ford Foundation's Mario Fantini at Esalen in 1967. From their meeting and a Ford Foundation grant came an Esalen project that joined affective and cognitive approaches to learning. It developed into the University of California, Santa Barbara's Department of Confluent Education, which has awarded some 50 doctorates and 100 master's degrees in education.

January 8–15

A Somatics Study Program for Health Professionals: First Module

Don Johnson & Judith Aston

For more information about this program, see Special Programs, pages 51-52. $800

Week of January 10–15

Adult Children of Alcoholic or Abusive Parents

Karen Paine-Gernée & Terry Hunt

For workshop description see September 13-18. $530

A Week with David Schiffman & Elisa Lodge Schiffman

For workshop description see October 11-16. $530

Embrace Tiger, Return to Mountain (T'ai Chi Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with the fundamentals of t'ai chi practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five-elements form, Chinese Qi Gong breathing, and life-force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E.P. Dutton) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon). $530

Weekend of January 15–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $270

The Passionate Life

Sam Keen, Jay Ogilvy & Bob Solomon

Three philosophers will explore ways that passions and emotions play a role in defining the meanings of our lives. Bob Solomon's books, *The Passions* and *Love*, and Sam Keen's *The Passionate Life*, stretch the envelope of philosophy beyond its traditional restriction to disembodied ideas. This workshop will serve as both a progress report and, with participants' help, as a research tool in Esalen's *Dialogues on Philosophy* program. $270

Singing Gestalt

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about feeling and expressing.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. Video feedback may be incorporated. But the workshop is really about you – singing. $270

A Workshop for ACAs and their Partners

Karen Paine-Gernée & Rick Paine

Being in a couple is a challenge, especially when one or both partners are suffering from the fear and distrust that come from having grown up with alcoholism and abuse. The workshop leaders have spent 10 years working on the issues that emerge for adult children of alcoholics (ACAs) and their partners in intimate relationships. Although the difficulties in the relationship cannot be attributed solely to the ACA, alerting both partners to the dynamics inherent in growing up with alcoholism and abuse does allow the couple to see the process of their relationship from a new and mutually agreed upon perspective.

A lot of the mystery clears up when the couple becomes aware of the results of: enabling, blaming, believing one's own assumption, and feeling responsible for it all. The ACA learns

that this partner is not his or her drunken parent, and the non-ACA learns to take less personally the fear and anger that the ACA displays.

This workshop is intended for couples in which one or both partners have grown up with alcoholic or abusive parents. $270

Achieving Sustained High Performance

Jerry Fletcher & Kathleen Brown Fletcher

Everyone has had the experience of suddenly doing something much better than expected, yet until recently little has been understood about these high performance experiences. People assumed such times were lucky accidents. More significantly, even if they could perform at a high level for short times, they have assumed there was no way to sustain such performance without stress, fatigue, and eventual burnout.

After more than six years of careful research and testing, it is clear that these times of exceptional performance are not capricious. Each individual has a unique set of conditions under which he or she performs surprisingly well. Furthermore, once people learn their personal high performance patterns, they can deliberately create the conditions they need to sustain their own high performance behavior. They do not need to subject themselves to the strain of short peak periods of high output, followed by long recovery cycles.

This seminar presents a carefully developed process for individuals to learn what their high performance patterns are, and how to adjust the way they do things to fit the conditions under which they perform exceptionally well. This seminar is a program developed through years of work with experienced successful managers, executives, and professionals about how to go beyond competent performance in a way that can be sustained. $270

Week of January 17–22

The Hakomi Method

Ron Kurtz

For workshop description see September 13-18. $530

A Week with Seymour Carter

For workshop description see September 18-20. $530

Group Process

Will Schutz

This will be a practicum in group process, particularly useful for those working with people, including, but not limited to, executives working with staff. Participants will have the opportunity to observe, experience, and discuss group formation and development. Issues of inclusion, control, and openness will be dealt with in action and in theory. Group leadership will be modeled and discussed. Teaching methods include encounter and brief lectures. Truth-telling and simplicity will be emphasized.

Recommended reading: Will Schutz, *Elements of Encounter* (Irvington), *The Truth Option* (Ten Speed Press), and *Profound Simplicity* (Learning Concepts). $530

Fighting Back from Trauma and Catastrophic Illness

Mariah Fenton Gladis

In 1981 Mariah Fenton Gladis was diagnosed with Amyotrophic Lateral Sclerosis, a neurological disorder commonly known as Lou Gehrig's disease. She was given a 10% chance of surviving two years. This workshop is based on her personal battle and choice to follow a path that led her back to a state of health and well-being. It is also founded on her background as a longtime gestalt practitioner.

This workshop is designed for practitioners – nurses, counselors, clergy – who work with people who are experiencing some form of threat to their well-being, whether the cause be sudden loss, illness, divorce, or the disaster of accumulated personal disappointment. It will also be appropriate for people who are recovering from trauma.

Serious illness and personal crisis exist on simultaneous physical, emotional, and spiritual levels which profoundly affect a person's reaction to the trauma. In the reaction to crisis lies the possibility for triumph. This group will identify different reactions and how to structure a program for individuals that will maximize their own potential to heal and thrive.

Fighting Back will also focus on discovering and enhancing the participant's own strengths and styles of working with people. This workshop will be experiential and didactic, using a blend of individual and group gestalt work, body work, music, and personal metaphor.

C.E. credit is available for nurses; for additional information see pages 10-11. $530

Weekend of January 22–24

Gestalt and Gurdjieff

Kathleen Riordan Speeth

All religious traditions stand trembling in front of the perennial questions. In their esoteric or practical form they demand that we know ourselves, uncondition ourselves, and master ourselves. How can we become impeccable? How do we find the creative balance between spontaneity and discipline, solitude and connection, responsibility and freedom, practicalities and visions?

The Gurdjieff Work synthesizes Eastern sacred technologies for the West. In this workshop

Courtesy Frank Barron

Frank Barron has influenced American psychology in many ways. He is our foremost researcher of creativity, a pioneer in the study of lives, and a founder of contemporary personality assessment. He showed us that psychological theory, practice, and research can be imaginatively joined by helping design Esalen's project on confluent education, shaping our first Residential Programs, introducing us to early biofeedback research, and sending us talented theoreticians and researchers.

Courtesy George Leonard

George Leonard, in 1965, delivering a speech in which he declared the end of history as we knew it. This was merely the first of many Esalen talks to follow in which no cliche, no standard truth, no shred of conventional wisdom was left unchallenged. In the Paradigm Wars of our day, no one has engaged the opposition more boldly, nor understood modern culture's dilemmas so well.

participants will make contact with the heart of the teaching, self-remembering. They will study themselves in terms of the relations of essence and personality, the role of character structure, the function of negative emotions, conscious labor, and intentional suffering.

Gestalt practice provides the ideal infrastructure for self study. The group will use it as moment by moment awareness training and as an interpersonal extension of meditation.

Recommended reading: Kathleen Riordan Speeth, *The Gurdjieff Work* (And/Or Press; Pocket Books). $270

Anatomy for Trager℠ Students: Part I

Deane Juhan

This seminar is a continuation of the professional training for students of Trager Psychophysical Integration and Mentastics℠. Participants will examine the anatomical structures of the body, and their kinesthetic relationships, with specific reference to how these structures and relationships are handled by the Trager approach.

Class time will be divided equally between slide presentations, lectures, and discussions concerning particular areas of the body, and review and practice of those aspects of a Trager session which correspond to the areas studied. Emphasis will be on clarifying the intent of the various hand positions and movements based upon an understanding of structure, function, and motor reflex.

This workshop, *Part I*, covers the first half of a Trager session – the front half of the body.

Since supervised Trager table work will be an integral part of the class, a beginning Trager training is a prerequisite for this course.

C.E. credit is available for nurses; for additional information see pages 10-11. $270

The Paradoxical Perspective for Executive Leadership: An Introduction

Judith & George Brown

This workshop will combine an experiential approach with the exciting new theory of the paradoxical perspective for individual, group, and organizational relationships. It will include some of the latest work done at Yale, Wharton (where George Brown has served as consultant to the Department of Management), and the University of California, Santa Barbara, using reframing, multiple meanings, and paradox as a fresh approach to both maintenance and task functions for executives.

Participants will be introduced to the use of paradox as an alternative to the conventional conflict-resolution approach, to be utilized in personally and professionally productive ways. Many of the exercises are based on the principles and practices of gestalt. The workshop is intended to provide participants with a fresh way of conceptualizing organizational problems especially when working with personnel, along with an introduction to some hands-on approaches.

Ordinarily when encountering paradox, executives typically ignore or play down one aspect of a contradiction. Here, paradox will be seen as an opportunity for creative tension and providing increased alternatives for choices in the leadership role, when handled from a meta perspective. Suggestions for continuing development of this perspective after the workshop will be explored. $270

The Shamanic Journey, Power, and Healing

Michael Harner

Shamanism is an ancient human strategy for personal learning and for acting on that learning, especially for problem-solving, well-being, and healing. In this training workshop, the participants will be introduced to some of the basic methods the shaman (a type of medicine man or woman) uses to enter nonordinary reality in order to obtain knowledge, to answer personal questions, and to maximize his or her power to maintain personal health and to achieve life goals.

Particular emphasis will be on the shamanic journey, one of the visionary methods used by humankind to enter nonordinary reality and explore the hidden universe otherwise known mainly through myth and dream. Participants will be initiated into shamanic journeying, aided by traditional drumming and movement methods for experiencing the shamanic state of consciousness and for awakening dormant personal capabilities and connections with nature. Practices will include comparison of discoveries made on shamanic journeys by participants and work on personal problem-solving. Participants will be shown how the shamanic journey can be utilized to restore spiritual power and health, and how shamanism can be practically applied to contemporary daily life.

Participants are asked to bring rattles and drums if they have them, as well as a bandana, pen, and notebook, and to wear comfortable clothing. $270

Week of January 24–29

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $530

January 24–February 5

Advanced Training in Shamanism and Shamanic Healing

Michael Harner

For workshop description see Special Programs, page 50.

Paul Herbert

Though Esalen was primarily identified with humanistic psychology, B. F. Skinner, the celebrated advocate of behaviorism, led seminars for the institute in Big Sur and San Francisco. During the meeting pictured here, he said that Esalen would indeed have a place in Walden Two, though the institute's approaches were not scientific. Encounter groups, he said, worked like "dither" (a British term for shaking a machine until it works).

Weekend of January 29–31

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see September 18-20. $270

Discovering the Monk Within Yourself

Brother David Steindl-Rast

The archetype of the monk fascinates men and women today, even some quite unlikely candidates for life in a monastery. Why? Thomas Merton, Brother David's late fellow monk and friend, called this fascination with the monk in each of us "a perennial instinct of the human heart."

This weekend will provide opportunities to sift out romantic notions of monastic life from solid challenges; to come to understand what the monk's quest is all about; to discover how one can tap the wellsprings of monastic mindfulness in any walk of life.

Brother David, a Benedictine monk for more than thirty years, has lived in Eastern as well as Western monasteries. He will draw on a variety of traditions to explore with participants how they can discover and nurture the monk within themselves. $270

Week of January 31–February 5

Transitions

Elliot Aronson & Gabriele Thomson

For workshop description see November 13-15. $530

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration.* $530

A Workshop with Laura DeNuccio (Ma Prita)

"If a proper reverence for the sanctity of the earth and the diversity of its people is the secret of peace and survival, then the adventure of self-discovery stands before us as the most practical of pleasures." – Theodore Roszak, *Person/Planet*

In nature, one can observe the rhythms and patterns that occur in every aspect of life – from the pulsation of the cell, to the ebb and flow of the deepest emotions, to the movement and expansion of the universe itself. In this workshop, the natural world will be the group's teacher as they explore the "inner" terrain of their physical and emotional bodies and the "outer" terrain of Esalen and Big Sur. Participants may regain an intimate relationship with the natural pulsations and expressions of their bodies and their environment, physically, emotionally, mentally, and spiritually.

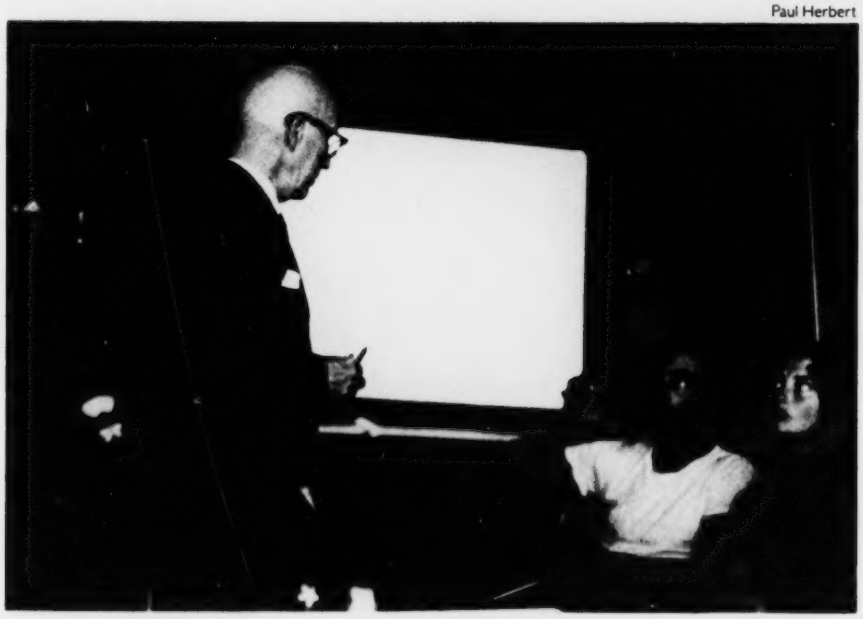
Participants will use Reichian gestalt awareness and breath work, sound, creative movement, and meditation to balance and transform energy blocks in the body. In addition, they will use music, dance, prayer, and ritual to express their relationship with the earth and each other.

No previous experience is needed, only a willingness to explore this adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms. Learning about our bodies, our natural instincts, and responses can lead us back to the ancient wisdom of the earth – returning us to our sacredness and wholeness.

This workshop is limited to 12 participants.

Recommended reading: Fields et al., *Chop Wood, Carry Water* (J.P. Tarcher); Shakti Gawain, *Creative Visualization* (Whatever Publishing); Peter Russell, *The Global Brain* (J.P. Tarcher); Ken Keyes, Jr., *The Hundredth Monkey* (Vision Books). $530

Paul Herbert



When Bucky Fuller led seminars at Esalen, his listeners formed a human centipede that moved with him in the dining room, on walks, and to his sleeping quarters. Their conversation never stopped. Though Bucky's primary authority arose from his grasp of modern technology, his life-affirming vision of human possibility made him one of our most beloved mentors.

Weekend of February 5–7

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see December 18-20. $270

Discovering Family Patterns

Judith Brown

Change in a family is generated by a change in the family system. Participants will expore their family interaction to discern the mysteries of how they create and maintain their family system. Special attention will be paid to contact and control, and to pain and healing. Participants may attend singly or with family members. $270

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion.

This seminar is designed for those who have had no previous meditation experience, as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala). $270

The Eleusinian Mysteries

Deena Metzger & Steven Kent

The rites of Demeter were practiced uninterrupted in Greece for two thousand years until 396 A.D. In a single nine-day initiation, the ancients received the vision which then sustained them through their lives and their deaths. In 1980, poet, novelist, and playwright Deena Metzger and theater director Steven Kent recovered these highly secret rites of the ancient world and reenacted the Eleusinian mysteries in Greece for the first time in 1500 years.

This workshop engages the disciplines of poetry, autobiography, theater, and psychology in a mythic reenactment of personal drama which has personal, political, and spiritual applications. Though a condensed version, this workshop combines the narrative map provided by the myth of Demeter, Persephone, and Hades with the original practices themselves. It reconciles ancient and contemporary wisdom to open the door into the inner world for the mysterious life-giving confrontation with the inner gods.

No prior knowledge of the myth nor special training or skills are required. Participants should bring writing materials. The workshop also provides the opportunity for men and women to articulate and record their personal archetypal drama. $270

The Legend of the Captured Alien Corpse

Keith Thompson

"In the simplest of terms, allegory says one thing and does another . . . (involving) two or more levels of meaning . . . (requiring) at least two attitudes of mind." – Angus Fletcher

Keith Thompson writes: "During the summer of 1947, when the acronym 'UFO' was just entering American lexicon, the Air Force issued a press release confirming that the 509th Bomb Group of the Eighth Air Force, Roswell (New Mexico) Army Field, had gained possession of the remnants of a crashed flying saucer. After this remarkable admission appeared in the San Francisco *Chronicle*, the Air Force changed its mind: the captured object was really a weather balloon and radar reflector.

"When several witnesses (including the rancher who discovered the debris) challenged this reversal, they were told by visitors claiming to be from the Air Force that they would do well not to contradict the authority of the U.S.

government. Many years later, in a letter recounting the observations of government officials alleged to have viewed the retrieved materials, missile guidance expert Dr. Robert Sarbacher wrote that 'materials reported to have come from flying saucer crashes were extremely light and very tough,' and that the 'people operating these machines were also very lightweight, sufficient to withstand the tremendous acceleration and deceleration associated with their machinery,' and that the aliens were 'constructed like certain insects we have on earth.'

"This workshop presents an opportunity to explore this tale as an allegory. Can we discover embedded parallels (archetypal, mytho-poetic, moral, spiritual, or other) to the socio-political storyline of *The Legend of the Captured Alien Corpse*? In addition to considering the story as social realism – albeit it *fantastic* social realism – might we also take it as an image of our many-dimensional love/hate encounter with The Other? How does our choice of enemies and scapegoats (the U.S.S.R. as Ronald Reagan's favorite 'evil empire') reflect our images of The Alien? And what about the human shadow itself – the Inner Otherness that so irritates us precisely because it is unknown, undeveloped, and 'more than a little too dark'?

"Along the way, let's also see what's required for working with our own life stories as allegories, for making connections between two or more levels that don't seem connected, but also seem very much connected. I'll open with a rich telling of *The Legend of the Captured Alien Corpse*, and then, the work is ours."

Recommended reading: George Orwell, *Animal Farm*; Jorge Luis Borges, *Ficciones* (Grove); Franz Kafka, *The Metamorphosis*.

Suggested viewing: John Sayle's film, *The Brother from Another Planet*. $270

Week of February 7–12

Five Days with Janet Zuckerman

For workshop description see August 30-September 4. $530

Five-Day Massage Intensive

Esalen Massage Practitioners

For workshop description see September 13-18. $530

Exploring the Christ Experience through Poetry and Myth

Brother David Steindl-Rast

The 17th century Christian mystic Angelus Silesius asks: "If Christ were born a thousand times in Bethlehem, yet not within you, what good would that be for you?" But access to the mystery of Christ within is blocked for many by the narrow, rigid language of the pulpit and Sunday School. Still, Christian tradition offers a wealth of sources waiting to be tapped, if only we learn again the language of poetry and myth.

This workshop will give participants: time to clear up deep-seated misunderstandings so that the resentments that spring from them can be healed; time and a perfect setting to delight in poetry; and an opportunity to let ancient myths touch them afresh.

Brother David has helped seekers on all five continents to rediscover the Christ within. He will draw on questions and comments of workshop participants and will provide quiet periods for guided experience. A new language for ancient wisdom can lead to a new experience of timeless mysteries. $530

Dream and Realization in the Creative Process: An Exploration with Filmed Images

Frank Barron, Faustin Bray & Brian Wallace

A great film, Fellini's *8½*, will be used as a common visual framework for theorizing about, and personal involvement in, the role of dreams in creativity. Participants will take it as a starting point to make a crafted videotape of a collective dream emerging from the group itself.

The workshop will begin with a viewing of Fellini's masterpiece in the imagined company of C.G. Jung, as interpreted by Frank Barron. *8½* will be seen as a cinematic enactment of Jung's theory of the creative process and of individuation. Concepts such as mask, shadow, and anima will be elucidated. After viewing *8½*, the group will form a company to write, act in, direct, compose music for, and produce a videotape of a dream.

Participants are invited to bring their imagination and any real props they fancy. This may include musical and video equipment, though nothing is required.

Suggested listening: Audio tape, *Fellini, Yeats, and Jung Meet at the Movies*, available for $7 from Sound Photosynthesis, 533 Charles Lane, Mill Valley, CA 94941. Also contact this address for more information.

$530 (plus $20 materials fee paid directly to the leaders)

Paul Herbert

Alexander Lowen, the founder of bioenergetic therapy, illuminates the muscular patterns of a trusting subject.

Weekend of February 12–14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 10. $270

The Feeling Process

Janet Zuckerman

For workshop description see September 4-6. $270

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

This weekend will focus on a major theme in keeping a good relationship alive. That is: being close and vulnerable yet also free to grow as a separate person.

Participants will spend part of the time with their partners, separate from other couples, in verbal and written experience that can add to their relationship in closeness, conflict resolution, and individuality.

Limited to 10 couples. $270 per participant

Morphology

Gerald Epstein

Morphology is an ancient study of the face and body – their forms, structures, proportions, features – and their relationship to health and disease. Linchpin of Western medical tradition from ancient times to the onset of the Age of Reason, morphology assumes a new dimension in Gerald Epstein's contemporary translation of its implications for diet, exercise, and interpersonal relationships. Based on the four temperaments known as Bilious, Sanguine, Lymphatic, and Nervous, this science allows people to individualize their life activities in accord with their unique natures, as registered on their faces and in their bodies.

This seminar will focus initially on the history of morphology and the rationale for its place in modern therapeutics. The fundamentals of morphologic diagnostic understanding will then be introduced, with practical applications and demonstrations so that each practitioner will be able to put them to use immediately in any context: medically, nutritionally, psychologically, and in applied body work.

Participants will practice with, and on, each other, defining the specifics of each person's diet, exercise, body work, and overall regimen to his or her individual temperament and personality as revealed by the face and body. $270

The Path of Transformation in Psychotherapy and Meditation

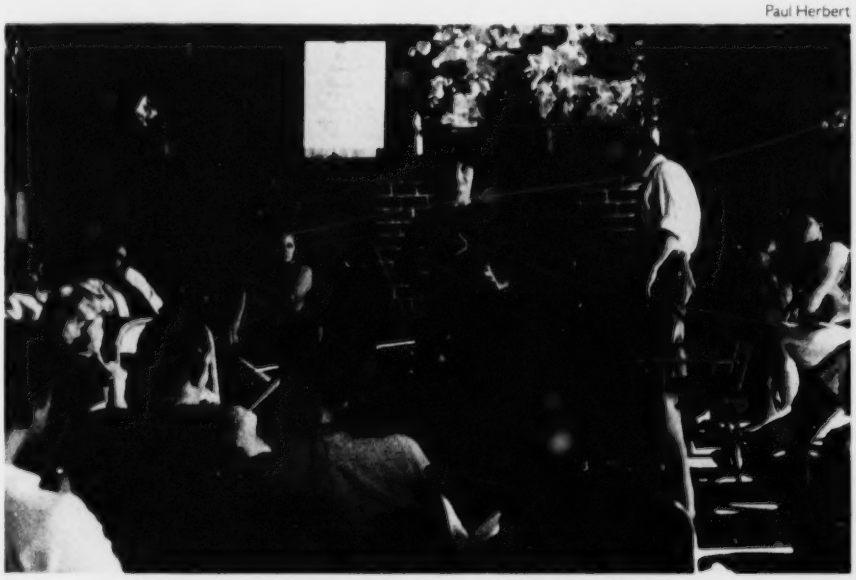
Daniel Brown

This workshop is designed for psychotherapists, practitioners of meditation, and those interested in the integration of the worlds of psychotherapy and spirituality. The workshop leader will present an integrated model for the path of transformation, a model for the development of emotional experience, the sense of self and others, and reality sense. This model of normal, pathological, and optimal human development is drawn from the fields of child development, clinical psychology, and the great Eastern traditions of meditation.

This workshop will show how the path of meditation unfolds and will present a vision of optimal human development. It will also help participants learn to assess and treat different types of problems (clinical symptoms and meditation crises) which occur at various points along the overall developmental continuum. The workshop will also address how psychotherapy can be used as a way to attain some of the necessary prerequisites for spiritual development and can assist with the problems that occur for the meditation practitioner and meditation teacher. It will also show how spiritual awareness can inform one's view of psychotherapy. Various experiential exercises and meditation practices will be used along with clinical case material. The workshop will be both experiential and didactic.

Much of the material in this workshop will be drawn from Daniel Brown's experience as a clinician and teacher, and from his 17 years of practicing meditation, translating meditation

Paul Herbert



In the Lodge, 1966: John Pierrakos and Alexander Lowen (seated to the right) working with Lois Delattre, a moving spirit at Esalen in the late 1960s.

texts from Sanskrit and Tibetan sources, and conducting scientific studies on deep meditation states and enlightenment on meditation masters in this country and in South Asia.

Recommended reading: Ken Wilbur, Jack Engler, and Daniel Brown, *Transformations of Consciousness* (Shambhala). $270

Week of February 14–19

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see September 11-13. $530

Acting is Doing

Stephen Book

The art of acting is, like life, the art of doing. Through "doing," we remove the restrictions, both inner and outer, which suppress the spontaneity of any human being. Upon release, this spontaneity shows itself as artistic creativeness.

This experiential workshop will reveal the various forms of "doing" available to the actor. Participants will learn the basics of improvisational acting, heighten and focus energy, increase communication skills, extend powers of observation and concentration, and discover new realities. This workshop is designed for the layperson. $530

A Workshop with David Schiffman & Elisa Lodge Schiffman

"Anything which is forced or misunderstood can never be beautiful." – Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of self-defeating patterns from the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain human beings.

In this workshop, the participants will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $530

Understanding the Borderline and Narcissistic Personality

Burton Schaffner & Darlene Louise Beaver

In the last 15 to 20 years, the psychoanalytic community has published important research and theories concerning developmental issues about the borderline and narcissistic personalities. This valuable information has been directed toward the psychoanalyst working in a psychoanalytic mode. The material presented by Mahler, Masterson, Kohut, and others has far-reaching implications. It lends new understanding to developmental issues and helps clarify certain elements of personality formation as well as gives ways of working with these identifiable characteristics.

The workshop leaders will present the borderline and narcissistic personality theories in a way that will enable participants to gain a deeper understanding of themselves and others. They will clarify, simplify, and translate psychoanalytic language into concepts that can be understood by layperson and counselor alike. They will provide a functional base for the use of this material as well as supply written summaries of the work of Mahler, Masterson, and Kohut.

Participants will have the opportunity to use this material within the group setting in order to facilitate their own process and to learn how to use it in working with others. $530

Pleasure and Addiction: Causes, Consequences, and Treatments

Harvey Milkman, Stanley Sunderwirth & David Smith

Craving for ecstasy is about the compelling urge to feel wonderful. We spend much of our lives in relentless pursuit of fleeting moments of exalted delight. But the consequences of compulsive pleasure-seeking – whether through activities or use of substances – are often devastating. Whether your pleasure is meditation or mescaline, cocaine or cults, you are addicted if you cannot control when you start or stop an activity.

This interdisciplinary workshop is designed for the nonprofessional who seeks a mature understanding of what is now known about compulsive pleasure-seeking. What are the origins and symptoms of addiction? How are drug abuse and alcoholism related to other forms of problem dependency, social deviance, and mental illness? What methods of treatment and prevention have a reasonable probability of success?

Verbal information will be elucidated through artistic visual devices, thus enhancing conceptual understanding and learning retention. The workshop will feature both lecture and experiential formats designed to increase intellectual, social, and body-awareness skills.

Recommended reading: Harvey Milkman and Stanley Sunderwirth, *Craving for Ecstasy: The Consciousness and Chemistry of Escape* (Lexington Books). $530

Weekend of February 19–21

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see September 18-20. $270

Sensory Awareness

Seymour Carter

Seymour Carter writes: "This workshop is based on my studies with Charlotte Selver, whose work is called Sensory Awareness. The method, meditative in its approach, explores the distinction between naturally spontaneous movement and movement which is imposed or forced. In an atmosphere of quiet attentiveness, we will explore our innate ability to respond as living organisms. Experimenting with seemingly simple activities, such as breathing, standing, walking, listening, and looking, we will learn how sensory perception can unfold when not inhibited by habits and expectations." $270

A Weekend with Paul Rebillot & Stanford Eugene Cates

Paul Rebillot writes: "Within each of us there lives a demon – our own personal critic – whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

"This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during this workshop.

"Why not take the chance of looking inside ourselves and finding the completeness of who we are, instead of trying to limit ourselves with who we think we should be and who we hope we are not? When we find the truth about ourselves, our natural response is to want and to work for the best that we can be.

"People in the helping professions who have experienced this form have found it adaptable and useful in their own work." $270

Experiencing Dream Work

Stephen Aizenstat

Dreams, as looking glass parables, provide a connection to the voices and images of the psyche. It is the leader's belief that dreams carry three voices: the collective unconscious, the world unconscious, and the personal unconscious. Dream images reflect aspects of any one of these dimensions and, on occasion, aspects of all three.

This seminar draws upon methods of dream interpretation from the dream healing centers in ancient Greece, Jungian psychology, gestalt, and systems theory, offering an approach to dream work which listens to the individual and collective psyche as well as the psyche in the world.

Working with their own dreams, participants will be shown methods of dream work associated with these three levels of the psyche. Common dream themes and symbols, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will be discussed. Participants can realize the potential healing power of an interrelated body-mind-world approach and remember why in ancient times dreams were honored as the medicine of the soul. $270

Paul Herbert

Lama Govinda, pictured here with students at Esalen, introduced us to the culture, metaphysics, and practical wisdom of Tibet.

February 19–26

Psychosynthesis Training II

Harry Sloan

This is a follow-up program only for those people who have completed the seven-day or month-long *Psychosynthesis Training* at Esalen or the eight-day trainings Harry Sloan has led in San Francisco and throughout the country.

The format of this follow-up will be a blend of seminars, practicum, and guide process. Guide process is a form of supervision in which the workshop leader does in-depth process work with the guide right at the moment the guide feels he or she is getting stuck, confused, or lost while doing a session with a client. The participants will be both guides and clients for each other. $800

Week of February 21–26

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 10. $530

Owning the Shadow

Paul Rebillot & Stanford Eugene Cates

"We have seen the enemy and they is us." – Walt Kelly, *Pogo*

Paul Rebillot writes: "In my work I have come to realize that one of the most important and frequently avoided themes in people's lives is the ability to own the part of ourselves we don't like, the part Jung called the shadow. As a result, we become projectors of our own disowned energy. In this workshop, we will seek to discover within ourselves the bad guy we have been projecting onto and hating in others. Hopefully, by facing and communicating with this negative self, we can discover in our shadow not the enemy but the friend and challenger to growth of the heart and consciousness." $530

Touching the Unconscious with Your Hands: Rosen Bodywork

Marion Rosen & Mari Krieger

Rosen Method Bodywork is a relaxation process induced by gentle massage. Marion Rosen says, "The function of tension is to suppress emotions or experiences which could not be handled at an earlier time. Through this gentle

body work, the barriers to awareness disappear and the person has greater access to his or her inner self. This process opens the possibility of healing."

Participants will have the opportunity to learn about the body through the Rosen Method's hands-on approach to body work. In this work, the practitioner helps the participant focus on subtle changes in the breathing as a guide to what is happening in his or her inner process. The deep emotional issues which may arise from this work can then be processed through gestalt awareness with the workshop leaders. In addition to intrapsychic work, time will be set aside for interpersonal/interactive work. $530

On Being a Man

David Schiffman, Danner Christensen & Dan Williams

Many men today have labored diligently to become softer, more receptive, and nurturing. They have sought to honor and embrace the emergence of the "feminine" principle in their own natures. For many, however, the right to celebrate and honor the so-called "masculine" aspect has become a thorny and difficult dilemma. Many qualities of maleness or masculinity have come to connote the most destructive and troublesome elements in human existence: war, environmental desecration, sexual oppression, and patriarchal abuse.

A man's sense of his own uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity.

The workshop will explore the following questions:

* What does a man need to know and accept about his own nature to feel himself fully as a man?
* Can men come together to create an atmosphere of trust and good will, where the masculine aspects that they have in common can be honored and appreciated in the *pleasure* of each other's company?
* Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
* Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illuminate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will be incorporated in this journey as well. $530

Paul Herbert

The muscular figure in the foreground is Stanley Keleman, philosopher, athlete, and pioneer of somatic education. In the background, Michael Murphy's character armor is being cracked (though not for good) by John Pierrakos, the co-founder of bioenergetic therapy.

Weekend of February 26–28

Experiencing Aikido

Annie Styron Leonard

To experience aikido is to feel both energized and relaxed, to be stronger and at the same time more gentle. To learn this sophisticated martial art takes many years, but some of its mysterious powers can be sampled over the course of this weekend.

Participants will practice enhancing the flow of vital energy through and around the body, relaxing under pressure, moving from the *hara*, or center, and extending inner force. They will be introduced to and have the chance to practice a few basic aikido moves and learn alternative, nonaggressive ways of dealing with attacks. This weekend is designed for those who simply wish to get in touch with and use their own latent powers as well as those who are planning to begin practicing a martial art. $270

Personal Mythology

Stanley Krippner & David Feinstein

Personal myths are the deep forces of the psyche that shape who we are, what we think, and what we do. Operating largely outside of conscious awareness, our personal myths nonetheless shape our journey through life, our place in society, and our relationship to the broader or spiritual context of existence.

Sunryu Suzuki roshi, with his dharma heir Richard Baker at Esalen in 1968. The Zen Center retreat at Tassajara, which they founded, is only nine miles away as the crow flies, and we have often shared students and guests.

Paul Herbert

Participants will be shown how to reach deeply into realms of unconscious mythological wisdom and to speak to the need to find the visions that nourish and inspire. Drawing upon a range of systems, including Jungian psychology, gestalt, psychosynthesis, and cognitive psychology, participants will be led through a sequence of experiences that can rework a problematic area of personal mythology. These experiences can be used again later to identify and work with other personal myths. Participants are asked to bring a notebook or personal journal and are encouraged to record their dreams prior to the workshop. $270

Ethical Discipline as a Healing Art, from Plato to the Present

Lewis Andrews

Modern science is on the verge of a transformation which may prove as important a turning point in the history of psychology and medicine as Einstein's relativity was to physics or DNA to biology. After nearly a century of refusing to acknowledge any possible connection between emotional health and traditional ethical values, increasing numbers of health practitioners are describing their patients' problems in ethical, moral, and spiritual terms. Combining historical anecdotes with group experiential exercises, one-on-one demonstrations, and a theoretical component, Lewis Andrews will outline the essence of this newly emerging "ethical approach."

In this workshop, participants will learn how modern psychology is rediscovering the common core values at the heart of all great moral traditions, how we are limited by our ignorance or misunderstanding of these values, how 20th century psychology and medicine have created the lingering and very damaging impression that ethical discipline is a form of repression (rather than liberation), how the subtle fine-tuning of our ethical attitudes can in fact radically improve our sense of well-being, how the power of our intuition is determined by the strength of our character.

Special emphasis will be placed on using ethical discipline to cope with feelings of depression, boredom, and frustration, as well as using these insights to help others.

Recommended reading: Lewis Andrews, *To Thine Own Self Be True: The Rebirth of Values in the New Ethical Therapy* (Doubleday). $270

February 26–March 25

Massage Practitioner Certification Program

Esalen Massage Practitioners

For workshop description see Special Programs, page 50. $2300

WORK STUDY PROGRAM

The Work Study Program is for those who are interested in total immersion in the Esalen environment. It is a work-oriented program, emotionally and physically. Only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and housekeeping. *Assignments to departments are made according to community labor needs.* No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. *Participants in the focused programs must be prepared to stay at Esalen for the full duration* designated for that particular program, assuming that they meet the standards of the Work Study Program.

Focused programs planned thus far for 1987-88 include:

September 13–October 11: Mary Goldenson (Devarani) will facilitate an intensive month of letting go and moving on, using Reichian methods, Radix®, dance, imagery, gestalt, and meditation.

October 11–December 6: Antioch Program. This track will include: Esalen massage, movement and emotions, sports and human development, group process, and somatic theory.

November 8–December 6: Anne and Jim Armstrong.

December 6–January 3: Phyllis Shankman will offer a focus on change and self-transformation through gestalt, movement, guided imagery, and whatever presents itself in the moment for attention.

January 3–February 28: Jessica Britt and Joyce Lyke will focus on the body/spirit relationship using gestalt, Reichian breath work, Native American ritual, and Sufi self-remembering exercises.

February 28–March 27: Janet Zuckerman will focus on emotional release.

March 27–April 24: Paul Carter will lead a program integrating trance and whole/parts work, exploring the naturalistic development and uses of trance in all aspects of life.

April 24–May 22: Jessica Britt. For description see January 3-February 28; this workshop will also include movement and creativity.

May 22–June 19: Wolf Buentig's and Gertraud Eder-Buentig's group will study the body as the outward revealed life of the soul, and the soul as the inward perceived life of the body.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage and Rolfing®, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the three-month body work program, is $700 first month, $650 second month, $600 third month. Work scholars may be invited to remain for a second month or a third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable, and may be transferred to other programs within one year of receipt. Please return this form with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

Available dates: August 16–September 13; September 13–October 11; October 11–November 8; November 8–December 6; December 6–January 3; January 3–February 28; February 28–March 27; March 27–April 24; April 24–May 22; May 22–June 19; June 19–July 17; July 17–August 14; August 14–September 11; September 11–October 9; etc.

Benj Langdon

The long-haired beauty is Janet Lederman. She is sharing a drollery with Gregory Bateson. When members of the Esalen staff began to have children, Janet created the Gazebo School for them.

APPLICATION TO THE WORK STUDY PROGRAM

Name _____ Address _____

City _____ State _____ ZIP _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐ Smoker ☐ Non-smoker ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program.

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community.*

Please indicate your availability should an invitation be extended. (Not applicable to focused program applicants.)
☐ No extension ☐ One-month extension ☐ Two-month extension. Assignments to departments are made according to community labor needs.

If you have emergency medical skills (M.D., E.M.T., or R.N.) and are willing to make those skills available during your stay, please check here. ☐

Please attach a personal statement about your interest in the Work Study Program. *Include:* applicable *skills* (gardening, kitchen, mechanical, etc.); medical difficulties which might affect your working in particular departments; previous Esalen workshops you have attended (please list program titles, group leaders, and dates). Note: Fluency in the English language is essential for participation in the program.

SPECIAL PROGRAMS

September 11–November 6
The Modern Warrior:
A Certification Program
in Leonard Energy Training

Jack Cirie, George Leonard
& Annie Styron Leonard

This will be an intensive, rigorous, eight-week program leading to possible certification as a Leonard Energy Trainer. Leonard Energy Training (LET) is a comprehensive practice inspired by the Eastern art of aikido and Western psychology. LET teaches alternative ways of dealing with daily life problems and offers the possibility of high-level functioning appropriate to the ideal of the modern peaceful warrior.

In addition to learning how to present LET exercises, the participants in this course will receive training in movement (aikido and aikisword), meditation forms, written and oral communication skills, emotional and spiritual experiences, and state of the art fitness work. The fitness training will be graduated to individual levels of readiness and will be comprehensive and holistic. Exercise and nutrition, as well as mental training, will be included.

This program differs from the usual campus model of education. At times, the atmosphere might seem to resemble that of the training schools of the Japanese samurai. Training days will run up to sixteen hours in length and will weave together mental, physical, psychological, and spiritual training. Throughout, the program emphasizes personal authority, integrity, paying attention, taking calculated risks, and being patient and disciplined. Success requires unusually high dedication and commitment.

The number of candidates is limited to a total of ten men and women. Although the eight-week program carries no guarantee of certification, experience has shown that it is a transformative experience in any case. If you complete this course, you will be qualified to lead LET workshops.

For further information, write to: Energy Training Institute, P.O. Box 609, Mill Valley, CA 94942.

Courtesy Christine Stewart Price

Friends Richard Price and Julian Silverman, then Esalen's Big Sur director, designed a project at Agnews State Hospital to study non-drug treatments of schizophrenia.

October 11–November 6
The Promethean Impulse:
Creation, Creativity, and Spirituality

Christina & Stanislav Grof

This four-week interdisciplinary educational program is designed for professionals in the fields of psychiatry, psychology, psychotherapy, anthropology, religion, art, and philosophy who are interested in the relationship between spirituality and creativity. It will cover the following thematic areas:

1. *Cosmic Consciousness, Creation, and Creativity.* Visiting teachers representing various spiritual traditions of the world will explore with the group the great mystical systems and their understanding of the process of creation on the universal and individual level. Special attention will be paid to the creation myths of different cultures of the world.

2. *The Promethean Impulse.* Prominent representatives of art and science will share with participants how they see and personally experience the relationship between spirituality and the creative process. Films, slide shows, and music will be used to mediate a personal experience of the creative domain.

3. *The Healing Potential of Art.* The group will examine theoretically and experientially the use of art and creative expression in the process of healing and personal transformation. The techniques used will include painting, mandala drawing, dance, sculpting, and the Jungian sandplay developed by Dora Kalff. Participants should be prepared to actively explore their own creative sources for expression throughout the month.

4. *Self-Exploration and Group Process.* The seminars of this series use an experimental educational format that combines didactic sessions with experiential approaches, body work, and group process. The coordinators, Esalen staff, and visiting guest faculty will assist participants in an ongoing process of self-exploration and creative expression; this will involve controlled breathing, music and sound technology, focused body work, intuition training, gestalt practice, meditation, and group ritual. $2120

October 25–November 6
Integrative Body Practice (IBP)
Professional Training Program

Jack Rosenberg & Staff

This will be a twelve-day residential training program in IBP, taught by Jack Rosenberg, Deane and Andrea Juhan (anatomy and massage), and the staff of the Rosenberg-Rand Institute in Venice, California. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit. In IBP the body is seen as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields.

Recommended reading: Jack Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics), and *Total Orgasm* (Bookworks).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291, (213) 394-0147.

$1330

November 8–December 4
Certification in Clinical Hypnosis

Eli Jaxon-Bear

This course will synthesize neurolinguistics and Ericksonian hypnosis and will draw heavily from the pioneering work being done with the Enneagram of personality and Stanislav Grof's "cartography of inner space." While satisfying the hypnosis coursework requirements for the M.F.C.C. and complying with the California state requirement for hypnosis certification, participants will go beyond what is required and explore the realms of the unknown.

While the use of hypnosis in habit control and symptom removal will be covered, a primary focus will be on hypnosis as an emerging tool of spiritual emergence/emergency. Starting with the presupposition that we already live in trance and that the goal is waking up, the roots of personality structure and the filters of perception in the creation and transformation of reality will also be carefully explored.

Clinical applications depend upon the complete pacing of the client's reality. The structure of rapport, pacing/leading, and various hypnotic patterns of induction will be demonstrated and practiced along with a variety of

Paul Herbert

Stan Grof, John Perry, Claudio Naranjo, Julian Silverman, and John Lilly, all pictured here (from left to right), as well as R.D. Laing, Jack Downing, Maurice Rapaport, and Dick Price, set the stage for Esalen's schizophrenia treatment center at Agnews State Hospital during a number of conferences at Esalen during the late 1960s.

clinical interventions, including reframing, change history, metaphors, and storytelling.

The group will watch videotapes of Erickson and other leading hypnotherapists. Participants will have daily practice with each other and the opportunity to be videotaped doing a hypnotic induction. Daily zazen and Taoist yoga will also be a part of this program.

Successful completion of this course and demonstrated proficiency will lead to certification in clinical hypnosis. Additional certification by the American Council of Hypnotist Examiners will be available for an additional fee.

Courtesy U.S. Senator S.I. Hayakawa

When he led his first Big Sur seminar, Senator (then "Don") Hayakawa was a famed semanticist, a noted collector of African art, a jazz expert, and a rousing program leader. He became even better known later, of course, first as president of San Francisco State University, then as United States senator.

Required reading: J. Haley, *Uncommon Therapy* (Norton) and *Strategies of Psychotherapy* (Grune & Stratton); Bandler and Grinder, *Tranceformations* (Real People Press), *Frogs into Princes* (Real People Press), and *Reframing* (Real People Press); S. Grof, *Realms of the Human Unconscious* (Dutton) and *Beyond the Brain* (State Univ. of N.Y.); Chogyam Trungpa, *Shambhala* (Shambhala); Evans-Wentz, *The Tibetan Book of the Great Liberation* (Oxford Univ. Press); P.D. Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World); C. Castaneda, *Tales of Power* (Simon & Schuster); Joseph Campbell, *Myths to Live By* (Bantam).

C.E. credit is available for doctors and nurses; for additional information see pages 10-11.

$2120

November 8–December 6
February 26–March 25, 1988
Massage Practitioner
Certification Program

Esalen Massage Practitioners

This month-long program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture-demonstrations, "hands-on" practice sessions using each other as models, illustrated anatomy classes, and instruction in the basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning.

Body work will be studied as a tool for optimal well-being and stress reduction, and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. Upon satisfactory completion of the program, and after giving 30 additional recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program, with limited admission. Please request an application form when you make your reservation.

C.E. credit is available for nurses; for additional information see pages 10-11. $2300

January 24–February 5,1988
Advanced Training in
Shamanism and Shamanic Healing

Michael Harner

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others and to solve the problems of daily living. This two-week intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life. This is the most advanced training currently offered by Michael Harner in the United States or Europe.

Course prerequisite: a previous workshop with Michael Harner or an authorized faculty member of the Center for Shamanic Studies, either at Esalen or elsewhere. Such a workshop will be offered at Esalen immediately prior to this program. (See Esalen Seminars, January 22-24.)

For more information and to apply, please contact Michael Harner, Center for Shamanic Studies, P.O. Box 673 – Belden Station, Norwalk, CT 06852; (203) 454-2827. Early application is recommended.

Invitational Conferences

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and common points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public.

The goal of these conferences is to engender the kind of creativity that comes from the collaborative work of people with similar interests but radically different approaches. We hope that the results will include expanded research projects, new writing, and more effective plans for the education of therapists. Currently scheduled programs and conference coordinators are listed below.

September 6–11: New Directions in Biological Research and Evolutionary Theory: *David Deamer*

September 27–October 2: New Frontiers in Human Health: Exploration and Application of Current Findings in Behavioral-Medical Research: *Dulce Murphy*

October 18–23: Gazebo Symposium on Early Childhood Education in the 90s: The Rite of Play: *Janet Lederman*

November 8–13: Spiritual Emergency Network

November 15–20: Sino-American Forum: Science, Technology, and Social Change: *James Garrison*

November 29–December 4: Community-Based Alternatives to Institutional Psychiatric Treatment: *Laurence Telles*

December 18–20: Dialogues on Philosophy at Esalen: *Jay Ogilvy*

January 17–22, 1988: World's Reality: *Michael Hoffman*

February 7–12, 1988: Esalen Seminar on the Nature of Reality: *Nick Herbert*

A Somatics Study Program for Health Professionals

Judith Aston, Charles Brooks & Charlotte Selver, Leonard & Bonnie Bainbridge Cohen, Emilie Conrad-Da'oud, Robert Hall & Don Johnson (coordinator)

This description is the unexpected collaborative result of a day-long meeting among the faculty of this program.

The original title for this project (as listed in previous Esalen catalogs) has been changed from "Training Program" to "Study Program." We all agreed that our interest is not in "training", by which we understand specific techniques for accomplishing predetermined results with people. There are many institutes and schools, including our own, where such trainings are available. What interests us is exploration, in the sense articulated by Charlotte Selver, of learning in a disciplined way "to be there for what is and for what one does," where "what is and what one does" might be:

* the precise way a man with bursitis who holds his right arm close to his side also has a characteristic sinking into his left hip and feels that he is stingy with his loved ones;
* the boredom which I feel while I am touching this person's back;
* the tears that form in this woman's eyes as I move her ankle, and the slight shift in her breathing;
* the way I react to the intensity of felt emotion;
* how I hold myself when in contact with another;
* the spontaneous images and metaphors a person uses when I am moving his leg;
* the subtle new movement in the spinal tissues of a quadriplegic woman as she allows herself to sense more.

We do not think of "study" or "exploration" as unstructured inquiry, but as a highly specific learning experience. What is common to the work that each of us has developed in our individual schools and trainings is our focus on refining the most basic aspects of work with the body, including:

* one's abilities to see, touch, listen, and move;
* an understanding of the development of body image;
* an examination of movement patterns and breath;
* the impact of gravity on the personality;
* how to notice the relationships among small bodily movements, feelings, images, thoughts, and memories;
* how these various aspects of the body are related to one's emotional life and to patterns of health and sickness;
* how to discern and facilitate the most subtle, often neglected, movements in the client towards self-healing.

Courtesy Will Schutz

Will Schutz, the most prolific synthesizer of new disciplines at Esalen, did not waste time. Here he keeps abreast of current events with the passion that made his work famous.

Judith Aston and Charles Brooks make the important clarification that our project is not based on a superficial eclecticism, an overview of the common elements in all our specific methods. Rather, it will be a movement of deepening what the students already know, of realizing their unique ways of perceiving reality.

Our earlier description said: "Participants can expect to be deeply challenged to explore their own emotional, social, spiritual, and physical histories and how those histories both limit their abilities to heal and stimulate their peculiar healing genius." Robert Hall and Emilie Conrad-Da'oud articulated our shared interest in working with students "who will not complain about going slowly." Charles Brooks

spoke of the subversive quality of our work, our ability to undermine fixed ideas about perceiving and working with other people.

In that vein, we discussed at some length our common project to transform attitudes about "fixing" others. Charlotte Selver articulated our purpose as "not to improve, but to be open for what is." We all have developed methods which are based on the assumption that the most effective healing happens in that moment of what Robert Hall calls "bare attention", at the moment when I realize that my restrictions and fears are no longer necessary, that the self is, in Emilie Conrad-Da'oud's words, "movement whose primary motion is love."

Schedule

January 8–10: *Don Johnson*
January 10–15: *Judith Aston*

May 6–8: *Don Johnson*
May 8–13: *Robert Hall*

August 19–21: *Don Johnson*
August 21–26: *Emilie Conrad-Da'oud*

November 4–6: *Don Johnson*
November 6–11: *Bonnie Bainbridge Cohen & Leonard Cohen*

February, 1989 (week to be determined): *Charlotte Selver & Charles Brooks*

May, 1989: We are leaving this week open to allow the students and faculty some flexibility in inviting other faculty, in pursuing more work with one of the present faculty, or doing a combination of theory (e.g., psychoneuroimmunology) with practice.

September 22–October 1, 1989: Integrative seminar with all the faculty.

During the intervals between seminars, participants will be asked to document their clinical work in whatever media seem appropriate – notebooks, recordings, videocassettes, etc. We will provide opportunities for supervisory contacts with the faculty during these intervals. By the end of the program, the faculty and students will have generated a body of clinical research from the application of the work to specific kinds of problems among the students' patients and clients. We are presently pursuing several grant possibilities to develop this research.

Twenty people will be accepted for the program from applications received before October 1, 1987. Admission is restricted to people in the helping professions – nurses, social workers, physicians, psychotherapists, physical therapists, body workers, chiropractors, etc., and registered students in these areas. Only those who commit themselves to the whole program will be admitted to the individual seminars. Those selected will be asked to confirm their enrollment with a non-refundable deposit of $500 which will be applied to the cost of the final intensive.

To apply, please write a lengthy letter describing your background and experience in your profession, and indicate why you would like to be in our program. Send it to:

Don Johnson
Antioch University
650 Pine Street
San Francisco, CA 94108

Costs of the program are based on the usual fees for a 7-day Esalen workshop, for which you may consult the catalog. Fellowships are available for members of ethnic minorities. Undergraduate, graduate, and continuing education credits are available through Antioch University.

Esalen/Lan Ting Institute China Exchange

September 30-October 19, 1987, Esalen will collaborate with Lan Ting Institute, Wu Yi Mountain Scenic Reserve District, Fujian Province, China, to offer a third annual cultural arts study group led by Chungliang Al Huang. Participants will stay primarily in a traditional Taoist retreat area in the southern China province, and faculty will focus on Chinese arts and philosophy. Approximate tour price, based on double occupancy, including air fare, and subject to change, is $3800. An optional 12-day China cities tour extension from October 17-29, is also being offered, at a cost of $1650. There will be only approximately 32 participants, so to reserve a space, please send a letter of application and a check for $350, payable to Living Tao Foundation, Box 846, Urbana, IL 61801. Inquiries for further information may be directed to the same address.

Massage Practitioner Certification Program

Esalen is now offering a California state-approved program. Upon successful completion of the two-month work scholar track, (see pages 46-47), or four-week massage practitioner workshop, and after giving 30 additional massages elsewhere, graduates will receive their certificates. Each program provides at least 130 hours of instruction, supplemented by additional study in body-mind disciplines such as

Courtesy Stuart & Sukie Miller

Stuart and Sukie Miller started Esalen's Project on Humanistic Medicine, which introduced the medical profession to alternative healing approaches before the wellness or health promotion movements had started. Stuart also edited Esalen's publishing program, which produced 17 books by Maslow, Assagioli, George Brown, and others associated with us. With Michael Murphy, they went to Russia in 1971 to investigate Soviet work with hidden human reserves.

yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Gazebo Internship Program

Openings are now available at the Gazebo School for a one-to-three month intensive internship in early childhood education with an emphasis on the development of physical, cognitive, and psychosocial skills. For an application, write to Bette Dingman, Gazebo Internship Program, Esalen Institute.

Healthspring Traveling Workshops

The Esalen massage teachers and their associates have created Healthspring, an independent organization devoted to extending their work into an outreach program. The workshops offer practices to stimulate physical and spiritual health and awareness within the body and can be designed to suit the needs of individual groups. The curriculum combines such approaches as massage, meditation, dance, neo-Reichian work, creative movement, gestalt, yoga, breath enhancement, anatomy, and other health-strengthening disciplines.

Healthspring will conduct workshops at locations outside of Esalen in your hometown or city. For more information on scheduling a Healthspring group in your community, write to: Healthspring Traveling Workshops, Esalen Institute, Big Sur, CA 93920.

WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

1-3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your non-refundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

August 29–September 11
Path of the River:
A Grand Canyon Journey

Steven Harper, Wendy Palmer & Arizona Raft Adventures Staff (AZRA)

The Grand Canyon and Colorado River provide a unique environment of dramatic variety, which is intimate and awesome, soft and demanding, yet always rewarding for those who are open to all it has to offer. On this 14-day white-water raft trip through the entire length of the Grand Canyon, participants can explore their openness to offerings of river, canyon, and natural world. The river is a teacher and primary metaphor. The group will draw from aikido, dance, energy awareness, movement, meditation, and gestalt to enhance their experience of this majestic wilderness area.

Travel will be in paddle and oar rafts. Instruction will be offered in basic aspects of river life such as paddling and minimum-impact river camping. There will be time to discuss the Canyon's ecology, geology, natural and cultural history; to hike and explore side canyons; to sit quietly and reflect. Finally, participants can integrate learnings from this trip into their lives.

River experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. Come ready to participate fully. The workshop begins at 7:00 AM August 29, in Flagstaff. AZRA will supply all the necessary river and rafting gear, food, and transportation between Flagstaff and the Canyon. Details and a personal equipment list will be sent upon registration. This is a unique opportunity, and space is limited.

Due to Esalen's special arrangement with AZRA, the following cancellation policy is in effect for this workshop: A $200 deposit per person will confirm your reservation. Balance is due 60 days prior to starting date. Payments are refundable if cancellation is received 60 days before the trip starting date. No refunds will be made after that time. $1490

FUTURE PROGRAMS

February 28–March 4, 1988 (Introduction)
March 4–20, 1988 (Continuation)
Continuum Movement:
An Approach to Deep Bodily Awareness

Emilie Conrad-Da'oud & Susan Harper

Participants are welcome to attend either or both segments of this workshop.

Introduction: $530
Continuation: $1550

February 28–March 18, 1988
Sustaining Integration:
Body, Self, and Soul

Jack Rosenberg & Beverly Kitaen Morse $1725

February 28–March 18, 1988
Through the Eye of the Storm:
An Intensive for Recovering Adult Children of Alcoholic, Abusive, and Dysfunctional Homes

Karen Paine-Gernee & Terry Hunt $1725

April 3–22, 1988
Spiritual/Esoteric Practice:
The Key to Intuitive and Psychic Development

Anne & Jim Armstrong $1725

April 3–29, 1988
Gestalt Practice:
A Practicum for People in the Helping Professions

Coordinated by Christine Stewart Price

For a more complete workshop description write: Gestalt Practicum, Christine Price, c/o Esalen, Big Sur, CA 93920. $1600

April 22–29, 1988
The Enneagram: A Tool for Identifying and Developing Intuition

Helen Palmer $800

BIOGRAPHICAL INFORMATION

A

Stephen Aizenstat,
clinical director of the Human Relations Institute, has conducted dream groups throughout the U.S. and recently completed a comprehensive research project on methods of dream analysis.
p. 44

John Amodeo
is co-author of Being Intimate, *which describes how Focusing leads to greater intimacy. He is a counselor and contributing editor to* Yoga Journal.
p. 35

Kris Amodeo
is a counseling intern in the San Francisco Bay Area. She co-authored Being Intimate *and co-leads training groups and Focusing/meditation retreats.*
p. 35

Walter Truett Anderson
is author of The Upstart Spring *and* To Govern Evolution.
p. 25

Lewis Andrews
is a Research Fellow at the Yale Divinity School and author of To Thine Own Self Be True: The Rebirth of Values in the New Ethical Therapy.
p. 46

Anne Armstrong
has been doing transpersonal counseling for over 22 years and has trained professionals to use their own intuitive abilities.
p. 16, 28, 43, 46, 53

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 16, 28, 43, 46, 53

Elliot Aronson,
professor of psychology at UC Santa Cruz, is the author of 14 books on interpersonal relations, including The Social Animal, The Handbook of Social Psychology, *and* Burnout.
p. 25, 39

Jim Asher
has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer, certified by Ida Rolf.
p. 11, 35

Judith Aston
is the creator of Aston-Patterning, which includes teaching through movement education, joint manipulation, deep tissue work, and the design of objects which support the body.
p. 36, 51

Nancy Azara
is a sculptor, painter, and psychic consultant specializing in the creative process. She is co-founder of the New York Feminist Art Institute (NYFAI) Women's Center for Learning.
p. 14

B

John Banmen,
author and researcher, is an associate professor at the University of British Columbia. He is Deputy Minister of Corrections and Rehabilitation Services, B.C., and an AAMFT approved supervisor.
p. 20

Jamie Baraz
has taught Vipassana (insight) meditation with Joseph Goldstein, Jack Kornfield, and Stephen Levine in the U.S. and Asia. He has led San Francisco area classes and retreats since 1977.
p. 40

Frank Barron
is a research psychologist at UC Berkeley and heads the Laboratory for the Psychological Study of Lives at UC Santa Cruz.
p. 41

Darlene Louise Beaver
has conducted workshops at conferences and growth centers. Her interest is in integrating in life-enhancing ways the different modalities she studies.
p. 43

Daniel Bianchetta
practices intuitive readings, shiatsu, and deep tissue work at Esalen. He is a teacher and student of Siddha yoga.
p. 13

Stephen Book,
head of the Stephen Book Workshop in Hollywood and adjunct professor of acting at USC, served as executive director of the Spolin Theater Game Center.
p. 43

Julie Bowden,
co-author of Guide to Recovery *and* Genesis: A Spiritual Beginning, *is a founding and current board member of the National Association for Children of Alcoholics.*
p. 30

Faustin Bray
is a musician, media artist, founder of Island School, and director of Sound Photosynthesis. She specializes in inspiration using yoga, fine arts, science, and travel.
p. 41

Jessica Moore Britt
is a senior teacher of gestalt and Reichian work at Esalen. She is a member of the Ridhwan Work School, dedicated to understanding personality and essential development.
p. 10, 14, 20, 29, 47

Charles Brooks,
author of Sensory Awareness, the Rediscovery of Experiencing, *has been a teacher of sensory awareness since 1963, often in conjunction with Charlotte Selver.*
p. 26, 51

Daniel Brown,
chief of psychology and director of behavioral medicine at Cambridge Hospital / Harvard Medical School, is co-author of Hypnotherapy and Hypnoanalysis *and* Hypnosis and Behavioral Medicine.
p. 42

George Brown,
graduate program leader in Confluent Education and Organizational Leadership at UC Santa Barbara, is author of The Neurotic Behavior of Organizations.
p. 38

Judith Brown
has been a gestalt practitioner and trainer for 20 years. Her most recent book is I Only Want What's Best for You.
p. 38, 40

Wolf Buentig,
founder of Germany's first growth center, ZIST, has been a group leader for 17 years, integrating psychoanalysis, encounter, bioenergetics, gestalt, and Ericksonian hypnosis.
p. 47

Joan Buresch
is a Jungian analyst in private practice, a training analyst, and president of the Inter-Regional Society of Jungian Analysts.
p. 24

C

Paul Carter,
co-founder and director of Meta-Education and Training Arts since 1976, leads workshops in the U.S. and Europe on Ericksonian hypnosis, creativity, and learning.
p. 23, 47

Paul Herbert

Life on the edge in the sixties.
(There are guard rails now.)

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 17, 26, 37, 43

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.
p. 14, 29, 30

Stanford Eugene Cates
is an ordained minister, gestalt facilitator, and Trager℠ bodyworker. He has worked with Paul Rebillot in the U.S. and Europe for seven years.
p. 31, 44

Danner Christensen
has been interested in becoming a man ever since he was born in 1950.
p. 45

Jack Cirie
is a certified Leonard Energy Trainer, aikidoist, and fitness expert. He currently heads the Mind-Body-Team corporate programs for SportsMind Inc. in Seattle.
p. 16, 21, 23, 48

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 26, 51, 53

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Expressive Painting Studio in San Francisco.
p. 14, 29, 30

D

Ralph Alan Dale,
a researcher and author, teaches health professionals and conducts certification classes in acupuncture for various state boards.
p. 11, 27

Laura DeNuccio (Ma Prita)
is a certified Radix® teacher on Esalen's Gestalt Staff, with over 12 years of experience combining Reichian body work, vision work, movement, ritual, and meditation.
p. 20, 26, 39

Steve Donovan
has been involved with Esalen's Study of Exceptional Functioning since 1978.
p. 14

E

Gertraud Eder-Buentig
has studied gestalt, bioenergetics, hakomi, and Anna Halprin's movement work and has been a movement group leader for five years.
p. 47

Gerald Epstein,
clinical professor of psychiatry at Mount Sinai Hospital, New York, combines imagination therapy and morphology in his medical practice.
p. 42

Esalen Massage Practitioners:
Char Brenner, Oliver Bailey, Robert Helm, Peggy Horan, George King, Dianne Miller Lesty, Bill Liles, Deane Marson, Laurie Muller, Arthur Munyer, Kathleen O'Shaughnesey, Laurie Schutz, Vicki Topp, and Attila Vaas.
p. 11, 17, 20, 24, 39, 41, 43, 46, 50

F

David Feinstein,
a psychologist, is director of Innersource in Ashland, Oregon, and has taught at Antioch College and the Johns Hopkins University School of Medicine.
p. 45

Neil Fiore,
a licensed psychologist practicing hypnosis, is working on the effects of stress and anxiety on performance and health.
p. 22

Jerry Fletcher
is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in San Anselmo, CA.
p. 37

Kathleen Brown Fletcher
is a trainer and consultant in organizational development, working in both the profit and non-profit sectors.
p. 37

Joyce Frazee,
gestalt and dream work practitioner in Vancouver, Canada, for 14 years, has training in Jungian dream analysis, bioenergetics, and group process.
p. 26

G

Gaetana,
director and instructor of Beyond Words, an experimental movement school in San Francisco, has an extensive background in mime, theater, and hypnosis.
p. 18

Jane Gerber
is the co-founder and vice president of Oasis Midwest Training Center and founding fellow and faculty member of the Gestalt Institute of Chicago. She is an AAMFT approved supervisor.
p. 20

Mariah Fenton Gladis,
a gestalt practitioner and trainer, founded and directed the Bucks County Institute for 12 years. She is currently co-director of the Pennsylvania Gestalt Institute.
p. 11, 37

Mary Goldenson (Devarani),
a chiropractor, certified Radix® teacher and doctoral candidate in clinical psychology, is in private practice in Los Angeles.
p. 29, 34, 40, 46

Joseph Goldstein,
one of the founders and guiding teachers of the Insight Meditation Society, is the author of The Experience of Insight *and co-author of* Seeking the Heart of Wisdom.
p. 34

Maria Gomori
is an assistant professor in the department of psychiatry at the University of Manitoba's medical school and a lecturer at the University of Winnipeg. She is an AAMFT approved supervisor.
p. 20

Harriet Goslins
is a Feldenkrais® practitioner and an Awareness Through Movement® teacher with a background in psychosynthesis and applied kinesiology.
p. 15

Herbert Gravitz,
psychologist, is a founding and current board member of the National Association for Children of Alcoholics. He co-authored Guide to Recovery *and* Genesis: A Spiritual Beginning.
p. 30

Christina Grof
studied with Swami Muktananda and has a special interest in the relationship between mysticism and psychosis. She is founder of the Spiritual Emergency Network and co-author of Beyond Death.
p. 22, 48

Stanislav Grof,
a psychiatrist who has extensive experience in consciousness research with and without psychedelics, is author of Realms of the Human Unconscious, LSD Psychotherapy, *and* Beyond the Brain.
p. 22, 48

H

Betsy Hand
is a counselor and organizational consultant. Her background includes training in nursing, family therapy, and organizational behavior.
p. 42

Michael Harner,
an anthropologist, has practiced shamanism for 26 years and has pioneered the return of shamanism to contemporary life. His books include The Way of the Shaman.
p. 38, 39, 50

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of EARTHWAYS Wilderness Journeys.
p.13, 22, 53

Jane Harrington
is a certified Rolfer and Rolf movement teacher with extensive craniosacral experience. She is in private practice in Boulder, CO.
p. 11, 35

Richard Strozzi Heckler,
psychologist, has a 3rd degree black belt in aikido. He has trained such diverse groups as the Green Berets, emotionally disturbed children, Olympic athletes, and Standard Oil executives.
p. 18

Maria Lucia Holloman
has been a seminar leader since 1982, teaching in Brazil and the U.S.
p. 11, 22

Paul Horn
is a flutist, jazz musician, creator of the Inside *albums, philosopher, and teacher of meditation.*
p. 35

Benj Langdon

Gregory Bateson encouraged the founders during their first innkeeping stint in 1961, led a seminar announced in the first Esalen brochure, was a supportive neighbor for 25 years, inspired many seminar leaders in their own work, and finished his long, immensely productive career at Esalen in the 1980s. His influence on psychotherapy, general systems theory, communication theory, and related subjects is so pervasive we tend to take it for granted now.

Chungliang Al Huang
is a t'ai chi dancer, artist-calligrapher, and philosophical entertainer. He is founder/president of Living Tao Foundation and director of the Lan Ting Institute, Wu Yi Mountain, China.
p. 35, 36

Wade Hudson
has been a community organizer in the San Francisco Bay Area since 1962. He currently is resident manager of the Aarti Cooperative Hotel.
p. 14

Terry Hunt,
a licensed psychologist practicing bioenergetic analysis in Boston, directs a flotation tank center for amelioration of somatic and addictive disorders.
p. 36, 53

I

Richard Irons
combines traditional Western medicine with music and color to promote healing. He has worked in Papua, New Guinea and Nepal, and currently practices in Helena, Montana.
p. 19

J

Erik Jarlnaes
is a Reichian practitioner, athlete, and journalist. He uses the Danish Bodynamic approach in working with the body and emotions.
p. 19

Kathleen Thormod Carr

Joseph Campbell has inspired us since his first seminars at Esalen in the early 1960s, and at 84 he produces more electricity in his audiences than ever. In the 25 years we have known him, his ideas have spread around the world and come back to us now through scholars and scientists he has influenced and in movies such as *Star Wars*.

Sam Keen led his first programs at Esalen as the sixties were ending, helping to start our program of theological reflection with the National Council of Churches, developing philosophic themes implicit in our non-cognitive work, and most recently, conducting symposia on the use of propaganda to dehumanize our enemies.

Eli Jaxon-Bear,
former staff research associate in psychology at UCLA and past president of a Tibetan Buddhist meditation center, practices Ericksonian hypnosis and is a master practitioner of N.L.P.
p. 11, 24, 35, 49

Don Johnson,
author of Body and The Protean Body, *is coordinator of the graduate studies program in somatic psychology and education at Antioch University in San Francisco.*
p. 24, 36, 51

Deane Juhan,
a member of the Esalen massage crew since 1974, is a certified Trager℠ instructor and the author of Job's Body: A Handbook for Body Work.
p. 11, 29, 38

K

Sam Keen
is the author of 10 books, including The Passionate Life *and, most recently,* Faces of the Enemy.
p. 18, 36

Steven Kent
regularly conducts ritual and performance intensives and has directed over 50 theatrical productions throughout the U.S., Canada, and Europe.
p. 40

Mari Krieger
is a counselor in full-time practice. She works with individuals, couples, groups, and organizations, and teaches at John F. Kennedy University.
p. 44

Stanley Krippner,
psychologist, researcher, and director of Saybrook Institute's Center for Consciousness Studies, authored/co-authored Human Possibilities, Realms of Healing, *and* Dream Telepathy.
p. 45

Ron Kurtz
is the founder and director of the Hakomi Institute. He is the author of Hakomi Therapy *and co-author of* The Body Reveals.
p. 16, 37

L

Dub Leigh,
longtime body work practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye roshi.
p. 11, 30, 31

Annie Styron Leonard
is a founder of the Energy Training Institute in Mill Valley, California, and an aikido black belt.
p. 16, 17, 21, 45, 48

George Leonard,
a 3rd degree black belt in aikido and the author of numerous books, was a longtime senior editor of Look *and is currently a contributing editor of* Esquire.
p. 16, 17, 21, 23, 48

Margaret Livingston,
director of Esalen's Study of Exceptional Functioning, is also a poet and a competitive runner.
p. 14

Francis Lu
is an assistant clinical professor of psychiatry at UCSF, with a background in transpersonal psychology, film, and hypnosis.
p. 19

Nancy Kaye Lunney,
formerly a vocal coach and accompanist for well-known entertainers, is a gestalt practitioner, director of programming at Esalen, and guest faculty at Cornell University.
p. 36

Joyce Lyke
is a practitioner of gestalt and photographer for the Esalen Catalog.
p. 47

M

Lisbeth Marcher
is the founder and developer of the Danish Bodynamic approach to working with the body and emotions.
p. 19

Rhonda Martyn,
former artistic director of the San Francisco Moving Company, is an award-winning New York choreographer/dancer on the dance faculty of Princeton University.
p. 22

Kathleen Harrison McKenna
is an artist, mother, and traveler through nature.
p. 22

Terence McKenna
authored The Invisible Landscape *and* Psilocybin: Magic Mushroom Grower's Guide. *He studied shamanism at UC Berkeley and has lived in tropical Asia and the Amazon.*
p. 22

Deborah Anne Medow,
Esalen group leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 31

Ailish Mellard,
holistic health practitioner and body worker for 12 years, is currently organizational consultant for Will Schutz Associates, which teaches human potential concepts for various organizations.
p. 20

Deena Metzger
has pioneered the healing aspects of myth, storytelling, and creativity. Her books include The Woman Who Slept with Men to Take the War Out of Them *and* Tree.
p. 40

Jane Miletich,
a longtime Big Sur resident and Esalen masseuse, is an instructor of hatha yoga, t'ai chi, and transitional cleansing diets; a student of midwifery, birth, and death; and a bearer of ritual.
p. 32

Harvey Milkman
is a professor of psychology and director of the Center for Interdisciplinary Studies in Denver. He has researched and lectured on addiction in Africa, Asia, and South America.
p. 43

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 39, 53

Michael Murphy
is co-founder of Esalen and founder of Esalen's Study of Exceptional Functioning. He is author of Golf in the Kingdom, Jacob Atabet, The Psychic Side of Sports, *and* An End to Ordinary History.
p. 14

N

John Nicholas,
a graduate of the C.G. Jung Institute in Zurich, is a teacher, counselor, author, analyst, and international career management consultant.
p. 14

O

Jay Ogilvy
is the author of Many Dimensional Man. *He taught philosophy at Yale and Williams and is now directing Esalen's* Dialogues on Philosophy *program.*
p. 36

Hendrina Ophey
is a director of Acu-Mart. She combines her skills as an aesthetician in cosmetic acupuncture.
p. 27

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager℠ training with the personal energetic connection of the Esalen massage.
p. 16

P

Rick Paine,
psychologist, works with adult children of alcoholics and leads workshops for emerging men. He is on the faculty of The New York Open Center, Interface, and Spring Hill Institute.
p. 16, 36

Karen Paine-Gernée
leads groups for adult children of alcoholics in Cambridge, Massachusetts. She is on the faculty of Omega Institute, The New York Open Center, Interface, and Spring Hill Institute.
p. 16, 36, 53

Helen Palmer
is a practicing clairvoyant. She directs the Center for the Investigation and Training of Intuition. Her teaching utilizes personality issues as access points to psychic perception and the inner life.
p. 18, 34, 53

Wendy Palmer,
faculty member of the Center for the Investigation and Training of Intuition, 3rd degree black belt in aikido, is co-founder of the Tamalpais Aikido and International Movement Arts Center.
p. 13, 22, 53

John Perry
teaches engineering at USC and does research and development in artificial intelligence for NASA.
p. 28

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 10, 53

R

Ram Dass
is a psychologist and student of Eastern spiritual practices, especially those focusing on unveiling and cultivating the heart of compassion through service.
p. 22

Paul Rebillot,
a group leader at Esalen for 15 years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 31, 44

Stephen Rhinesmith,
ambassador, is coordinator of President Reagan's U.S.-Soviet Exchange Initiative with responsibility for facilitating cultural, educational, and people-to-people exchanges.
p. 24

Sogyal Rinpoche,
an incarnate lama, scholar, and meditation master from Tibet, prominent in the West, is an authority on the traditional knowledge of the Tibetan Book of the Dead.
p. 11, 27

William Roll,
professor of parapsychology at West Georgia College and lay Zen monk with Dai Bosatsu Zendo, focuses on the development of methods for clinical parapsychology and spiritual awareness.
p. 13

Marion Rosen
has done body work for the past 45 years and is the founder of the Rosen Method, which she teaches through the Rosen Institute.
p. 44

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, CA, is the author of the new book Body, Self, and Soul.
p. 23, 39, 49, 53

Theodore Roszak
teaches history and general studies at California State University, Hayward. He is the author of The Making of a Counter Culture *and* The Cult of Information.
p. 25

Ilana Rubenfeld,
pioneer of 25 years in the body/mind/spirit field and originator of the Rubenfeld Synergy Method®, is a certified teacher of Alexander Technique and Feldenkrais®, and is a gestalt therapist.
p. 11, 32, 33

S

Burton Schaffner
is in private practice in Los Angeles, has taught at UCLA, USC, and Pepperdine graduate school, and does post-graduate training of counselors.
p. 43

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 16, 21, 28, 35, 36, 43, 45

Elisa Lodge Schiffman
trained in structural integration with Ida Rolf and is an advanced teacher of Rolf movement integration.
p. 13, 16, 21, 25, 28, 35, 36, 43

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, *a set of training materials for organizations, and author of* Joy *and* Profound Simplicity.
p. 20, 37

Alan Schwartz,
longtime Esalen group leader, college professor, and gestaltist, recently completed his book, Life Force – Death Force: The Final Struggle for Freedom.
p. 31, 33

Charlotte Selver,
student of Elsa Gindler, introduced Sensory Awareness to the U.S. and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.
p. 26, 51

Phyllis Shankman
is a licensed counselor in private practice in West Los Angeles. She has been leading groups at Esalen for over 10 years.
p. 26, 46

Anne Nechama Simkin
trained in gestalt with Erv and Miriam Polster and Jim Simkin, and has conducted workshops internationally.
p. 24

Harry Sloan,
a 1969 Esalen resident fellow, former dentist, and playwright, worked with Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 13, 26, 44

David Smith,
consultant and author, is founder and medical director of the Haight-Ashbury Free Medical Clinics and research director of the Merrit-Peralta Chemical Dependency Institute.
p. 43

Gerald Smith
is a psychologist in Belmont, California. He is author of Hidden Meanings *and* Couple Therapy.
p. 42

Elliot Sobel
was the editor of New Sun Magazine *and has done extensive research, as an author and performer, in the area of consciousness as it relates to the arts.*
p. 29

Bob Solomon
has taught philosophy at Harvard, Princeton, Michigan, and currently, Texas. He is the author of The Passions *and* Love.
p. 36

Kathleen Riordan Speeth
is a psychologist interested in Bach, Rilke, Renaissance humanism, mysticism, creativity, excellence, and human evolution. She edited The Essential Psychotherapies.
p. 37

Starhawk,
author, feminist, and peace activist, teaches at several Bay Area colleges and works with the Reclaiming collective, which offers workshops and rituals in the Old Religion of the Goddess.
p. 18

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on all five continents. He is concerned with the spiritual challenges of our time.
p. 39, 41

Elizabeth Stratton,
a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.
p. 32, 33

Stanley Sunderwirth
has authored more than 50 scientific articles and has been the recipient of five Fulbright Awards for biochemistry. He is co-author of Craving for Ecstasy.
p. 43

T

Luisah Teish
is a priestess of Oshun in the Afro-American Yoruba tradition. She is a storyteller, author, spiritual counselor, and teacher of African and ritual dance.
p. 24

Lawrence Telles
has a doctorate in philosophy and is senior mental health program specialist, Santa Clara County, California.
p. 11, 25

Mary Tesoro
is a certified Leonard Energy Training instructor, writer, and aikido practitioner, whose work embraces issues of human health, potential, and peak performance.
p. 31

Keith Thompson,
director of Lifeline Productions in Mill Valley, CA, conducts videotaped life history interviews with family elders. He is a writer and teller / performer of stories.
p. 14, 18, 40

Gabriele Thomson
has conducted workshops for mental health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 25, 39

Courtesy Paul Herbert

Paul Herbert has chronicled more Esalen seminars than all other chroniclers combined, tape-recording them since the mid-1960s and photographing many of our teachers, staff, and seminarians.

W

Brian Wallace,
musician, composer, poet, and media artist noted for creating a dramatic environment, has performed for 20 years and is director of Intuit.
p. 41

Barbara White
is a former executive director of the Association for Transpersonal Psychology and is currently a counselor and Feldenkrais® practitioner.
p. 19

Dan Williams,
a Cherokee Indian and highly decorated Vietnam veteran, is a ceremonialist in the Native American tradition.
p. 45

Z

Ruth Zapora,
performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a current recipient of a National Endowment for the Arts Choreographer's Fellowship.
p. 21

Janet Zuckerman
was an emotional release and group process teacher in residence at Esalen for 12 years. She currently has a private practice in San Francisco.
p. 13, 41, 42

Ofer Zur
is a teacher, researcher, and writer in the area of the psychology of peace and war. He is on the faculty of the California Institute of Integral Studies in San Francisco.
p. 17

THE MEDIA CENTER

Videotapes

The Esalen Media Center is offering for rental or purchase a selection of videotapes. This series consists of unedited single camera recordings of informal talks made at Esalen, along with a descriptive tape of Esalen itself.

1. Jack Kornfield, *On Meditation*, November, 1986. A longtime student and teacher of vipassana meditation and Buddhism discusses these traditions with reference to his own experiences as a spiritual seeker in the Orient. (121 minutes)

2. Brother David Steindl-Rast, *God, Spirituality, and the Senses*, November, 1984. A Benedictine monk and scholar discusses the spiritual journey and its relationship to mythology and transpersonal theory. (117 minutes)

3. Fritjof Capra, *Characteristics of Systems Thinking*, June, 1985. The author of *The Tao of Physics* and *The Turning Point* discusses the evolution of scientific thinking, including current views and implications. (81 minutes)

4. Stanislav Grof, *The New Scientific Paradigm*, June, 1985. An original member of the transpersonal psychology network and author on topics such as appropriate use of psychoactive substances, discusses his current view of consciousness. (117 minutes)

5. Rupert Sheldrake, *Morphic Resonance and The New Science of Life*, June, 1985. A British geneticist relates his theories on biological and psychological development and discusses some empirical tests of these theories. (108 minutes)

6. Kenneth Ring, *The Near-Death Experience*, June, 1985. The author of *Life at Death* and *Heading Toward Omega* discusses his research on the near-death experience and some of its implications for the future of the human race. (114 minutes)

7. Albert Hofmann, December, 1984. The discoverer of LSD talks to Stanislav Grof about his early experiences with this and other psycho-active drugs. He also discusses some of the social, political, and scientific consequences of LSD. (92 minutes)

8. Anne Armstrong and Elizabeth Stratton, December, 1984. Two longtime students, practitioners, and teachers of psychic work discuss with Nancy Knapp their practices and perspectives related to psychic counseling and healing. (56 minutes)

9. Terence McKenna, *Fractal Perspectives on the Millenium*, August, 1985. The author of *The Invisible Landscape* gives his vision of the future, centering around the evolution of human consciousness. (72 minutes)

10. Jack Rosenberg, *One Hour and Twenty-Nine Minutes with Jack Rosenberg and Integrative Body Practice*, September, 1985. The Venice, California, practitioner gives his view of personality development and some of the typical patterns of interaction in relationship. (89 minutes)

11. *Esalen*. This 18-minute videotape tells Esalen's story from its early history to the present. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities.

Ordering Information

Each speaker program costs $55 to purchase, $25 to rent. The *Esalen* tape costs $35 to purchase, $15 to rent. To order any of these tapes, indicate: purchase or rental (one week), program # and title, format (VHS or Beta). To your subtotal, add $5 shipping and handling. California residents add 6% tax for sales only. Include your name, address, and phone number. Please address your order (with a check payable to Esalen Institute) to the Esalen Media Center.

FRIENDS OF ESALEN

We invite you to join us in our organization—the Friends of Esalen scholarship fund.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships. Esalen will, in turn, match your contribution.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog* for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category marked.

☐ I wish to renew my membership in Friends of Esalen.

☐ One Year Student $15
☐ One Year Individual $25
☐ One Year Donor $50
☐ One Year Sponsor $100
☐ One Year Patron $500
(Contributions are tax-deductible)

Name _____ Student Affiliation _____

Address _____ City _____

State _____ ZIP _____ Date _____

Please mail to: Friends of Esalen, Big Sur, CA 93920.

AUDIO RECORDINGS

The Dolphin Tape Series

Dolphin tapes, in celebration with Esalen of its first 25 years, delves deep into the Big Sur Recordings file for records of these early events at Esalen and elsewhere. Here are examples of: encounter, gestalt, sensory awareness, Rolfing®, Feldenkrais®, mysticism and madness, meditation and spirituality, sexual freedom and psychedelics, free speech and protest, consciousness change and paradigm shift, new physics, new reality, new philosophy, new purpose, more humanness, health, wholeness, wellness and a gradual influence on business and society. Nearly all recordings are stereo from live events. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Anne Armstrong: *On Being a Psychic*, 1971
Gregory Bateson: *Metaphors and Butterflies*, 1975
David Brower: *Breaking the Species Barrier*, 1971
Joseph Campbell: *Freud, Jung and Kundalini Yoga*, 1967
Fritjof Capra: *Shifting Paradigms and Social Change*, 1980
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
Baba Ram Dass: *Yoga of Daily Life*, 1970
Wilson Van Dusen: *The Nature of Humanness*, 1971
Big Sur Drums: *The Sky Children*, 1968
Fadiman/Hastings: *Psychedelics and Paranormal Phenomena*, 1971
David Finkelstein: *A New Quantum Logic*, 1976
Jack Gibb: *The Emergent Group*, 1966
Willis Harman: *New Consciousness in a New Society*, 1972
S. I. Hayakawa: *Fully Functioning Personality*, 1964
Nick Herbert: *The Physics of Ordinary Awareness*, 1975
Albert Hofmann: *LSD and The Nature of Reality*, 1978
Aldous Huxley: *Human Potentialities*, 1960
Aldous Huxley: *Visionary Experience*, 1960
Stanley Keleman: *A Philosophy of Bioenergetics*, 1970
Stanley Krippner: *Communes, Telepathy and Dreams*, 1971
Timothy Leary: *American Culture (1945-1985)*, 1977
George Leonard: *Ecstasy and Education*, 1970
John C. Lilly: *The Dolphin Experience*, 1969
Richard Marsh: *Beyond Games*, 1966
Abraham Maslow: *Self-Actualization*, 1966
Abraham Maslow: *Psychology of Religious Awareness*, 1967
Rollo May: *Violence and the Daimonic*, 1970
Claudio Naranjo: *Dante's Way to the Stars*, 1968
Brendan O'Regan: *Decision Making in the Global Village*, 1979
Robert Ornstein: *Sufis and Teaching Stories*, 1971
Humphrey Osmond: *Early Psychedelic History*, 1976
Fritz Perls: *Gestalt Therapy and How It Works*, 1967-68
Fritz Perls: *Dream Theory and Demonstration*, 1966
John Weir Perry: *Psychosis and Transformation*, 1968
James Pike: *Christ as a Revolutionary Figure*, 1969
Carl Rogers: *The Person of Tomorrow*, 1970
Carl Rogers: *My Philosophy and How It Grew*, 1972
Ida Rolf: *Structural Integration*, 1971
Virginia Satir: *Family Communication and Growth*, 1967
Robert Schwartz: *Consciousness Evolution and Business*, 1979
Will Schutz: *Principles and Philosophy of Open Encounter*, 1970
Charlotte Selver: *An Introduction to Sensory Awareness*, 1968
Rupert Sheldrake: *Morphic Resonance (Bombay)*, 1982
Huston Smith: *No Wasted Journey*, 1968
Russel Targ: *Parapsychology and Physics*, 1972
Charles Tart: *On the Paranormal*, 1971
John Vasconcellos: *A Humanistic Approach to Politics*, 1970
Alan Watts: *Divine Madness*, 1968
Andrew Weil: *Psychoactive Drugs through Human History*, 1983
Robert Anton Wilson: *The Prism Lecture (Santa Cruz)*, 1982

Two-tape titles are $18:

AHP Panel: (2) *The Black Experience*, 1969
Anderson/Roszak: (2) *The Upstart Spring (Esalen)*, 1984
Robert Bly: (2) *An Evening at Esalen*, 1982
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Baba Ram Dass: (2) *One Man's Journey to the East*, 1969
Buckminster Fuller: (2) *The Critical Path (Maui)*, 1982
Father Bede Griffiths: (2) *Convergence of Religions*, 1983
Stan & Christina Grof: (2) *The Holonomic Consciousness Paradigm*, 1982
Jean Houston: (2) *The Possible Human (Boston)*, 1979
Timothy Leary: (2) *The Power of Imprinting*, 1982
Abraham Maslow: (2) *The Farther Reaches of Human Nature*, 1968
Ralph Metzner: (2) *Varieties of Human Transformation*, 1984
Joseph Chilton Pearce: (2) *The Magical Child*, 1975
Karl Pribram: (2) *The Holographic Model Today*, 1985
Carl Rogers: (2) *A Weekend at Esalen*, 1983
Selver/Brooks: (2) *Sensory Awareness*, 1980-82
Brother David Steindl-Rast: (2) *Healing Starts from the Heart*, 1984
Andrew Weil: (2) *Interplay of Mind and Body Realities*, 1982
Lynn White & Alan Watts: (2) *Ecological Crisis*, 1971
Watts/Grof/Silverman: (2) *The Science of Madness*, 1968

Four-tape titles are $36:

James Fadiman: (4) *A Weekend of Stories*, 1984
Roland Fischer: (4) *Creative, Psychotic and Ecstatic States*, 1969
R. D. Laing: (4) *Sanity, Madness, Blowout Center*, 1967
Jack Kornfield: (4) *Buddhist Meditation and Practice*, 1981
Timothy Leary: (4) *A Day with Timothy Leary*, 1982
Rollo May: (4) *Dimensions of Consciousness*, 1966
Jack Rosenberg: (4) *A New Understanding of Relationships*, 1982
Theodore Roszak: (4) *The Unfinished Animal*, 1982
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968

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UCSB Symposium: (6) *Entheogens: The Spiritual Psychedelics*, 1983	$60
Esalen Series: (8) *Physics and Consciousness*, 1975-76	$72
Esalen/UCB/Tarrytown Symposium: (8) *Faces of the Enemy*, 1983	$72
UCB Symposium: (8) *The Sixties: Its Leaders and Legacy*, 1987	$72
Virginia Satir: (10) *Conjoint Family Therapy*, 1968	$88
Joseph Campbell: (10) *The World Mythology Series*, 1969	$88
Esalen Series: (12) *The Value of Psychotic Experience*, 1968	$98
Esalen Symposium: (12) *Wilhelm Reich: His Life and Work*, 1974	$98
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-80	$98

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Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement: Dolphin Tapes is a private company independent of Esalen.

GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute – By Reservation Only.

Fees and Reservations: In order to reserve a space in any workshop, we require the following reservation fees:

Weekend:	$50	Two-week:	$200
Five-day:	$100	Three-week:	$300
Seven-day:	$150	Month-long:	$400

Fees are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks. Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. *Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.*

Please mail all reservations to:

Reservations
Esalen Institute
Big Sur, CA 93920

We prefer to process reservations via the mail. However, if you are concerned about workshops being full or have any questions, you may make reservations by phone if you use your MasterCard, Visa, or American Express credit card number to charge your reservation fee.

To make a phone reservation, call (408) 667-3005 during the office hours indicated below:

Monday, Tuesday, Thursday, and Saturday
10 AM to 12 Noon; 1 PM to 3 PM
Wednesday 10 AM to 12 Noon
Friday 10 AM to 12 Noon; 1 PM to 5 PM
Sunday 12 Noon to 5 PM

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number, (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or three workshop participants.* Camping on the grounds is prohibited.

We do not want to discourage anyone from coming to Esalen because of financial reasons, so we offer the following options to help reduce the cost of attending a seminar.

Scholarships: Please see scholarship information on page 9.

Sleeping Bag Scholarships: Beginning October 2, 1987, we are offering a discounted sleeping bag rate for full-time college or university students who are enrolled for at least 12 credit hours during the time of their Esalen stay. For more information and an application, contact the Esalen office.

Bunk Bed Rooms: Bunk bed rooms are available for seminar participants who are willing to share a room with three other people. Please call for current rates. The number of these spaces is limited and they are reserved on a first come, first served basis.

Senior Citizens' Discounts: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and $50 for a five-day workshop. Discounts are available only when you make your reservations. Please present proof of age when you register. Senior discounts are not available for Wilderness Programs or Work Scholar Programs.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared, and the rate is variable and subject to change. Please call for specific information. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require that people pay in full when they make a reservation. This payment is not refundable.

Henry and Vinnie Murphy, who in 1910 bought the Big Sur land upon which Esalen stands.

John and Marie Murphy, who helped son Michael and friend Dick set up a resort and non-profit corporation in 1962.

Courtesy Michael Murphy

Without them there would be no Esalen.

Private rooms are sometimes available at an additional charge over the regular room and board rate. Special family rates are also available. Please phone the office for additional information.

Ongoing Residence Program: Offered from October through May, the Ongoing Residential Program is designed for those who would like to live for a month in the Esalen environment and participate in an intensive workshop program. The minimum stay is 26 days (or four "weeks" and three weekends). Participants must complete their stay by May 31.

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are canceled, so second choices are advised. Many community programs are also open to residents. The cost is $2120 per 26-day period.

Seminarians as Volunteers: Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Accreditation: Beginning in the Fall of 1987, there will be a number of opportunities for Esalen resident scholars to gain credit with Antioch University toward a bachelor's degree or toward a master's degree in somatic psychology. Many other formal educational institutions also recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office, (408) 667-3013, for further information, or write to the conference coordinator.

Car Pooling: We encourage guests to carpool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop for phone numbers of other guests coming from your area.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4:00 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive any time after lunch.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Gazebo School: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

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ESALEN INSTITUTE RESERVATIONS

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See General Information, page 64.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ ZIP _____ Occupation _____

Telephone Number: Home: Area Code ( ) _____ Work: Area Code ( ) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? _____. If you can't be reached, please call us before your scheduled arrival for final confirmation. *Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.*

(On additional paper please repeat the above information for every person in your party making a reservation.
Mail to: Reservations, Esalen Institute, Big Sur, CA 93920.)

☐ Check if you want housing as a couple, shared bed ☐ Check if you want the discounted bunkbed option (see page 64) ☐ Check if you smoke

Car Pooling: We encourage guests to carpool whenever possible.
Please call Esalen 10 days to two weeks prior to your workshop for phone numbers of other guests from your area.

☐ Check if you do not want us to give out your number for the purposes of ride sharing.

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Please allow three weeks for scholarship processing. For further details, see Ways of Being at Esalen, pages 10-11.

Bus Service: I want bus service from (check one):

☐ Monterey Greyhound Bus Station at approximately 3:45 PM ☐ Monterey Airport at approximately 4:00 PM

on _____ (date of arrival, Fridays & Sundays only)

The $25 per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Esalen bus service is not available at any time other than as listed.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute, in U.S. currency only.
Overseas residents must pay by checks drawn on U.S. banks.

Your reservation can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No. _____

Expiration Date _____

Authorizing Signature _____

All workshops require nonrefundable reservation fees. See page 64. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Steve Beck

Twenty-five years after Esalen's first seminars, this lively group carries on. The good meals, handsome grounds, innovative programs, and well-functioning business are their productions.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting, and research.

Esalen Institute
Big Sur
California 93920

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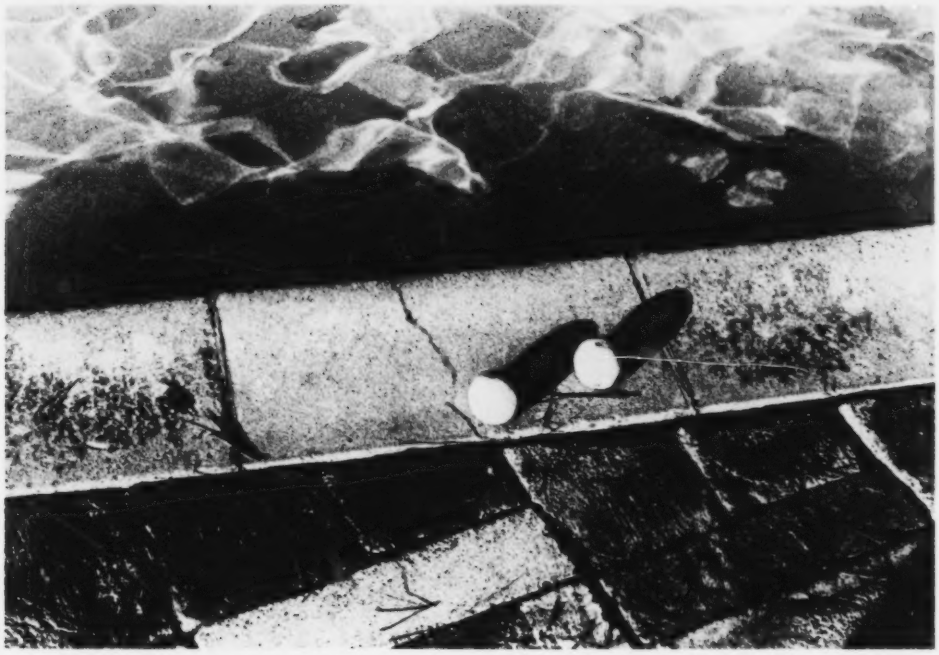

THE ESALEN CATALOG

JANUARY–JUNE 1988

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Esalen Institute, Big Sur, CA 93920

Phone (408) 667-3000

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Kathleen Thormod Carr

ESALEN NOTES

RECENT DEVELOPMENTS IN ESALEN INSTITUTE'S SOVIET-AMERICAN EXCHANGE PROGRAM

DIALOGUES ON SOCIAL AND ECONOMIC TRANSFORMATION

Dialogues with the Soviet Union

This project will bring together sociologists, futurists, science fiction writers, economists, and commentators from the U.S. and the U.S.S.R. to set up a permanent cultural-scientific exchange. It began last year, when program staff members Jim Garrison and Dulce Murphy, along with board member Harriet Crosby and authors Patricia Aburdene, John Naisbitt, and Jay Ogilvy, went to Moscow for a series of meetings with Soviet counterparts. Among the Soviets they met were academician Abel Aganbegyan, Gorbachev's chief economic advisor; Fyodor Burlotsky, aide and speechwriter to General Secretary Krushchev, who currently serves as a political observer to the *Literaturnaya Gazeta*; and Ivan Frolov, former editor-in-chief of *Kommunist*, the leading theoretical journal of the Communist Party of the Soviet Union who has recently been promoted to personal aide to Gorbachev. These individuals will be contributing to a collaborative book entitled *Superpowers in Transition: U.S.A. and U.S.S.R. on the Threshold of the Twenty-First Century*. This winter the Dialogues Project will host academician Aganbegyan for a three-week visit. In addition to working on our joint book, he will also meet with leading economists and innovative business people to begin planning for a "Business Summit" to take place in the next twelve months.

Dialogues with China

This project began when Jim Garrison and Marshall Fitzgerald, founder and former chairman of the board of Stanford Telecommunications, went to Beijing last year and met with numerous economists and social planners. A delegation of Chinese social planners was invited to attend the invitational conference *Science, Technology, and Social Change*, held at Esalen Institute in November 1987, to discuss social transformation and international security. The Chinese delegation included experts from the fields of science and technology, the social sciences, planning, and education. They spent four days in the San Francisco Bay Area meeting business people in Silicon Valley and elsewhere before participating in the five-day conference.

WRITERS' EXCHANGE

In July 1986, a delegation of eminent Soviet writers came to the United States at the invitation of the Exchange Program. They attended an invitational conference at Esalen which culminated in the signing of an agreement with the U.S.S.R. Union of Writers for joint publishing projects and long-term reciprocal exchanges of writers. As the first step in implementing that agreement, Vladimir Karpov, the newly appointed First Secretary of the U.S.S.R. Union of Writers, is coming to the United States this January as our guest. Accompanying Secretary Karpov will be Tatian Tolstaya, a popular short story writer whose first collection will be published in the United States in 1988; Vycheslav Kuprianov, a poet whose works have been translated into several languages; and Viktor Rosov, a prominent playwright whose plays have been performed in New York, Washington, and San Francisco. Karpov's visit presents a unique opportunity for us to work with a new generation of Soviet writers. While Karpov is in the United States,

we will work with his delegation on a collection of short stories about daily life, provisionally entitled *Perspectives: Postwar Soviet and American Authors Look at Life in the '80s.*

HEALTH PROMOTION PROJECT

In February 1986, the Health Promotion Project signed a memorandum of agreement with the U.S.S.R. Ministry of Health, which calls for long-term collaboration in psychoneuroendocrinology (the study of hormones and their effects on psychological and physiological health), health promotion, alternative treatments of addiction, and behavioral medicine. After Dr. Aron Belkin (head of the National Center for Psychoneuroendocrinology Research under the U.S.S.R. Ministry of Health) visited the United States in December 1986, plans were made for the invitational conference which was held at Esalen in September 1987, entitled *New Frontiers in Human Health: Exploration and Application of Recent Findings in Behavioral-Medical Research.* The conference brought together Soviet and American experts from each of the fields covered in the memorandum for five days of intensive discussion. The Soviets will host a reciprocal conference in Suzdal, U.S.S.R., in 1988 to assemble a select group of health professionals from both countries to continue long-term collaboration.

In addition to its work with the U.S.S.R. Ministry of Health, Esalen has been working with the World Health Organization (WHO). The European headquarters of WHO has asked the Exchange Program to sign an agreement to develop and ensure Soviet participation in projects related to psychology, behavioral medicine, and health promotion.

ESALEN-ANTIOCH STUDY PROGRAMS

There continue to be several opportunities for residents and work scholars to gain academic credit from Antioch University for past and present studies at Esalen. In keeping with its long tradition of honoring the academic value of study with outstanding teachers outside the university, Antioch has developed an accredited system whereby a person working with a tutor documents his or her learning experience and designs an individualized program of courses for degree completion.

In addition to individualized programs, Esalen and Antioch have designed an eight-week intensive for new graduate students in Antioch's somatic psychology program, first held in Fall 1987, as well as a two-year somatics study program for health professionals, beginning January 1988. Teachers participating in this program include: Judith Aston, Bonnie Bainbridge Cohen, Emilie Conrad-Da'oud, Robert Hall, Don Johnson, Charlotte Selver, and Charles Brooks. Although enrollment in the current two-year program is now closed, inquiries about future programs may be addressed to:

Admissions Office
Antioch University
650 Pine Street
San Francisco, CA 94108

INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and common points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public.

The goal of these conferences is to engender the kind of creativity that comes from the collaborative work of people with similar interests but radically different approaches. We hope that the results will include expanded research projects, new writing, and more effective plans for the education of therapists. Currently scheduled programs and their conveners are listed below.

January 17–22: Cultures Around the World: *Michael Hoffman*

February 7–12: Esalen Seminar on the Nature of Reality: *Nick Herbert*

March 20–25: Citizen Diplomacy: *Esalen Soviet-American Exchange Program* and *Institute for Soviet-American Relations*

March 27–April 1: Holonomic Processes in Social Systems: *Karl Pribram*

March 27–April 1: Living in the Imagination: *Terence McKenna & Lewis Carlino*

April 24–29: Appropriate Governance: *Donald Michael*

May 15–20: Shamanism and Shamanic Counseling – New Developments: *Michael Harner*

June 5–10: Invitational Conference on the Body: *Don Johnson*

June 12–17: Dialogues on Philosophy at Esalen: *Jay Ogilvy*

June 19–24: Esalen Conference for Practicing Intuitives: *Helen Palmer*

June 26–July 1: Issues in Psycho-Physical Research: *Stephen Schwartz*

WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops, although not a prerequisite to taking any of the scheduled seminars, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen, which allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, described more fully elsewhere in this section and on pages 35-36. For those who wish an extended stay of a month or more, there is an ongoing residence program. Other long-term programs include the "month-longs," which frequently involve didactic seminars or professional trainings as well as experiential workshops.

Some courses offer continuing education credit to nurses (see Medical Programs, page 37, for current C.E. listings), and academic credit toward a bachelor's or master's degree will be offered to Esalen resident scholars through the new Esalen-Antioch somatics program.

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, massage, and good food without participating in a workshop. See page 7 for more information.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. Private sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, singing gestalt, etc. Finally, there is a community workshop program which goes on daily and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff
Coordinated by Jessica Moore Britt

These workshops are designed for people who have not previously been to Esalen. Their emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Bantam).

Schedule:

January 24–29	$530
February 12–14	$270
February 28–March 4	$530
March 11–13	$270
April 3–8	$530
May 6–8	$270
June 5–10	$530
June 24–26	$270

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear –
And when used – is inexhaustible.
– Lao Tzu

Gestalt is as old as the world.
– Fritz Perls

Gestalt practice is a form – nonanalytic, noncoercive, nonjudgmental – evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included.

Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in some sessions.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* and *In and Out the Garbage Pail*; John Heider, *The Tao of Leadership* (Humanics, Ltd.).

Schedule:

January 24–29	$530
March 13–18	$530
April 3–29	$1600
May 22–27	$530

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is

approved, please make a reservation as soon as possible after receiving notice. Scholarship recipients may be asked to bring a sleeping bag to use during peak attendance periods. There are no scholarships available for the Work Study Program.

In addition to scholarships, we offer the following options to help reduce the cost of attending a seminar.

Student Sleeping Bag Scholarships: We are now offering a discounted sleeping bag rate for full-time college or university students who are enrolled for at least 12 credit hours during the time of their Esalen stay. For more information and an application, contact the Esalen office.

Bunk Bed Rooms: Bunk bed rooms are available for seminar participants who are willing to share a room with three other people. Please call for current rates. The number of these spaces is limited and they are reserved on a first come, first served basis.

Senior Citizens' Discounts: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and $50 for a five-day workshop. Discounts are available only when you make your reservations. Please present proof of age when you register. Senior discounts are not available for Wilderness Programs or Work Scholar Programs.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared, and the rate is variable and subject to change. Please call for specific information. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require that people pay in full when they make a reservation. This payment is not refundable.

Private rooms are sometimes available at an additional charge over the regular room and board rate. Special family rates are also available. Please phone the office for additional information.

Ongoing Residence Program: Offered from mid-September through mid-June, this 26-day program (beginning on a Sunday) is designed for those who would like to live for a month in the Esalen environment and participate in a series of intensive workshops.

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are canceled, so second choices are advised. Many community programs are also open to residents. The cost is $2120 per 26-day period, and participants must complete their stay by mid-June.

Bunk Bed Residence—A Study Work Program: This program is similar to the Ongoing Residence Program (see above), except that participants will sleep in bunk beds in dormitory style rooms and will be expected to work 12 hours per week where needed. The same workshop offerings and date limitations apply to this program. Cost is $1600 per 26-day period.

Joyce Lyke

The Big Sur Wilderness Journey makes its final trek into the Tassajara Zen Mountain Center after six days on the trail.

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, Reichian work, massage.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 35-36.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see page 37.

ESALEN SEMINARS

Weekend of January 1–3

New Year's Renewal at Esalen

This will be a weekend for people to come and renew themselves in the tranquil and beautiful setting of Esalen. It will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include: sessions in gestalt, movement, meditation, massage, day hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural hot baths will be available as usual.

The food will be specially prepared, with an emphasis on a clean, healthy diet of fresh vegetables and grains. Much of the produce is picked daily from Esalen's own organic garden and farm.

The north side of the property will be reserved for silence in keeping with Joseph Goldstein's Vipassana Insight Meditation retreat.

Come and enjoy a weekend of inner reflection, physical movement, and personal renewal as the new year begins. $250

Vipassana Insight Meditation

Joseph Goldstein

Vipassana Insight Meditation is the basic meditation practice of the Buddha's teaching. It is a simple and direct investigation of the mind and body through the development of moment-to-moment concentrated awareness. As insight into the changing nature of phenomena deepens through personal meditative experience, one begins to accept with increasing balance and equanimity what the ancient Chinese called "the ten thousand joys and sorrows." This acceptance of the full range of life experience leads, in turn, to a more profound understanding of who we are, of the nature of suffering in ourselves and others, and of the possibility of genuine freedom in our lives.

This weekend of intensive meditation will provide a systematic introduction to the methods of practice for the beginning student and will help deepen the practice of those who are more experienced. It will include a full daily schedule of silent sitting and walking meditation. There will be daily instruction, evening talks, and small group discussions. Much of the weekend will be spent in silence, including during meals, which will be brought to the Big House so participants can preserve the retreat setting.

Note: In keeping with the Buddhist philosophy of service, Esalen and Joseph Goldstein have agreed to reduce their fees for this retreat. There will also be a limited number of sleeping bag scholarships: those participants will be charged $50 for the weekend. People interested in scholarships should write to the Esalen office for an application before signing up for the workshop. $250

Week of January 3–8

Intuition Practice

Helen Palmer

This seminar teaches the identification of personal intuition systems that can be accessed through internal focusing practices, or that may already be operating in unrecognized ways. These practices develop the ability to discriminate between personal thoughts, fantasies projected from personal thinking, and impressions received from situations outside the personal self. The psychic aspect of intuition rests on the ability to shift attention from the self to impressions perceived from outside the self. $530

A Week with Paul Horn & Chungliang Al Huang

Paul Horn and Chungliang Al Huang will celebrate and share with us their joyous collaboration in nature, music, dance, t'ai chi, jazz, improvisation, meditation, and world travel experiences.

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (Dutton; Tao Wetter-Sphinx Verlag, Basel) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon).

Recommended listening: Paul Horn, *Inside, Heart to Heart, The Magic of Findhorn, Jupiter 8, China, Travellers*; Windham Hill, *Collections*. $560

Letting Go—Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and to help create new ways to relate – in the moment – to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. $530

Craniosacral System: Basic Workshop

Jim Asher & Jane Harrington

This workshop will offer an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. The class will combine lectures and slides on functional anatomy of the membrane system and cerebrospinal fluid movement. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference. Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills and for those already practicing body work or counseling. Much of the focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system.

C.E. credit is available for nurses; for additional information see page 37. $530

The Buddha, The Goddess, and N.L.P.

Eli Jaxon-Bear

The Buddha is a model for compassionate emptiness, and the Goddess, as Earth Mother and Protector, is a model for passionate involvement in form. Neurolinguistic Programming, (N.L.P.), is a structure for understanding, modeling, and changing human behavior and consciousness.

Participants will use sitting, standing, and moving meditation from both the Zen and Tibetan Buddhist traditions as well as Buddhist psychology for modeling the perfected states: the Buddha and the Goddess already within us. This will include mantra and visualization as well as zazen and deep conscious stretching.

N.L.P. is an open-ended system for modeling human reality and for clearing the obscurations to our perfection. It can be used for leaving behind old baggage and focusing or polishing the filters of perception.

N.L.P. has been successfully used to model great healers, or counselors such as Milton Erickson, and leaders in sports and business. Set in the context of Buddhist psychology and practice, N.L.P. offers the choice to utilize gracefully the core issues of life as ally and teacher.

Recommended reading: Chogyam Trungpa, *Shambhala* (Shambhala); W. Evans-Wentz, *Tibetan Book of the Great Liberation*; Bandler and Grinder, *Frogs Into Princes* (Real People Press); M. Zimmer Bradley, *Mists of Avalon* (Knopf); Starhawk, *Dreaming the Dark* (Beacon Press). $530

Weekend of January 8–10

A Weekend with Paul Horn & Chungliang Al Huang

For workshop description see January 3-8. $300

Focusing

John & Kris Amodeo

A basic intelligence exists within each of us – a body sense that knows the direction in which one's life needs to move. By contacting this "bodily felt sense," it is possible to discover what is not yet clear about an unresolved life situation or problem. Based on Eugene Genlin's research of this innate sense, key factors in human change have been distilled and refined into a system of simple, experiential steps called "Focusing."

Focusing is a process which facilitates intimacy in primary relationships and friendships. Through learning to replace habitual self-criticisms with gentleness and caring toward the full range of one's feelings, one can glimpse the hidden wisdom contained within the subtle textures of these feelings. This can facilitate more meaningful communication.

During this weekend, the workshop leaders will present the Focusing steps and supervise participants as they work in pairs and small groups. This workshop is for those who want to use Focusing in their lives, as well as for health professionals who want to incorporate it into their work. $270

Week of January 10–15

Embrace Tiger, Return to Mountain (T'ai Chi Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with the fundamentals of t'ai chi practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five-elements form, Chinese Qi Gong breathing, and life-force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (Dutton) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon). $530

Kathleen Thormod Carr

A Week with David Schiffman & Elisa Lodge Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set – the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $530

Adult Children of Alcoholic or Abusive Parents

Karen Paine-Gernée, Rick Paine & Terry Hunt

Learning the facts about growing up with alcoholism is a big relief. It is, however, just one of the steps that ACAs need to take. In order to recover from the effects of their childhoods, ACAs need to dedicate themselves to an on-going process of sharing, healing, and learning. The workshop leaders refer to the goal of recovery as "emotional sobriety," which they teach as a fourteen-point program. Participants will have the opportunity to develop some practical and personal methods of implementing long-lasting changes.

This workshop is for beginners or individuals who have already begun an exploration of ACA issues. It offers the opportunity to confront and heal painful childhood emotions, to examine and restructure deeply held beliefs, to learn some basic tools for taking care of oneself, to make strides in letting go of control and developing a sense of trust, and to foster a relationship with one's own spirituality.

Special attention will be paid to learning how to nurture and sustain satisfying and equal intimate relationships. Intimacy between independent adults requires being able to tolerate the ambiguity and sense of "not knowing" that was so terrifying as children in chaotic homes. Emotional sobriety means having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure. $530

Weekend of January 15–17

The Passionate Life

Sam Keen, Jay Ogilvy & Bob Solomon

Three philosophers will explore ways that passions and emotions play a role in defining the meanings of our lives. Bob Solomon's books, *The Passions* and *Love*, and Sam Keen's *The Passionate Life*, stretch the envelope of philosophy beyond its traditional restriction to disembodied ideas. This workshop will serve as both a progress report and, with participants' help, as a research tool in Esalen's *Dialogues on Philosophy* program. $270

A Weekend with David Schiffman & Elisa Lodge Shiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $270

Singing Gestalt

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about feeling and expressing.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. Video feedback may be incorporated. But the workshop is really about you – singing. $270

A Workshop for ACAs and their Partners

Karen Paine-Gernée, Rick Paine & Terry Hunt

Being in a couple is a challenge, especially when one or both partners are suffering from the fear and distrust that come from having grown up with alcoholism and abuse. The workshop leaders have spent 10 years working on the issues that emerge for adult children of alcoholics (ACAs) and their partners in intimate relationships. Although the difficulties in the relationship cannot be attributed solely to the ACA, alerting both partners to the dynamics inherent in growing up with alcoholism and abuse does allow the couple to see the process of their relationship from a new and mutually agreed upon perspective.

A lot of the mystery clears up when the couple becomes aware of the results of: enabling, blaming, believing one's own assumption, and feeling responsible for it all. The ACA learns that this partner is not his or her drunken parent, and the non-ACA learns to take less personally the fear and anger that the ACA displays.

This workshop is intended for couples in which one or both partners have grown up with alcoholic or abusive parents. $270

Achieving Sustained High Performance

Jerry Fletcher & Kathleen Brown Fletcher

Everyone has had the experience of suddenly doing something much better than expected, yet until recently little has been understood about these high performance experiences. People assumed such times were lucky accidents. More significantly, even if they could perform at a high level for short times, they have assumed there was no way to sustain such performance without stress, fatigue, and eventual burnout.

After more than six years of careful research and testing, it is clear that these times of exceptional performance are not capricious. Each individual has a unique set of conditions under which he or she performs surprisingly well. Furthermore, once people learn their personal high performance patterns, they can deliberately create the conditions they need to sustain their own high performance behavior. They do not need to subject themselves to the strain of

short peak periods of high output, followed by long recovery cycles.

This seminar presents a carefully developed process for individuals to learn what their high performance patterns are, and how to adjust the way they do things to fit the conditions under which they perform exceptionally well. This seminar is a program developed through years of work with experienced successful managers, executives, and professionals about how to go beyond competent performance in a way that can be sustained. $270

Week of January 17–22

Group Process, Principles, and Skills

Will Schutz

This will be a practicum in group process, particularly useful for those working with people, including, but not limited to, executives working with staff. Participants will have the opportunity to observe, experience, and discuss group formation and development. Issues of inclusion, control, and openness will be dealt with in action and in theory. Group leadership will be modeled and discussed. Teaching methods include encounter and brief lectures. Truth-telling and simplicity will be emphasized.

Recommended reading: Will Schutz, *Elements of Encounter* (Irvington), *The Truth Option* (Ten Speed Press), and *Profound Simplicity* (Learning Concepts). $530

The Hakomi Method

Ron Kurtz

Hakomi is a body-centered practice based on the principles of: mindfulness, unity, organicity, non-violence, mind-body holism. Hakomi incorporates non-doing as a major methodological principle and trusts in every individual's inner wisdom and power for self-healing.

Using the body as a rich source of information about the unconscious mind, hakomi can assist people in turning inward to those special states of consciousness where change takes place, to explore core beliefs which determine the quality of experience.

Hakomi work embraces the body-mind unity, supports the client's resistance, and encourages respect for and awareness of inner processes. This can be used by counselors, health practitioners, educators, body workers, and anyone invested in personal growth. This workshop also serves as a prerequisite for the formal hakomi certification process. $530

A Week with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, Rolfing®, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

Rolfing® is a service mark of the Rolf Institute. $530

Fighting Back from Trauma and Catastrophic Illness

Mariah Fenton Gladis

In 1981 Mariah Fenton Gladis was diagnosed with Amyotrophic Lateral Sclerosis, a neurological disorder commonly known as Lou Gehrig's disease. She was given a 10% chance of surviving two years. This workshop is based on her personal battle and choice to follow a path that led her back to a state of health and well-being. It is also founded on her background as a longtime gestalt practitioner.

This workshop is designed for practitioners – nurses, counselors, clergy – who work with people who are experiencing some form of threat to their well-being, whether the cause be sudden loss, illness, divorce, or the disaster of accumulated personal disappointment. It will also be appropriate for people who are recovering from trauma.

Serious illness and personal crisis exist on simultaneous physical, emotional, and spiritual levels which profoundly affect a person's reaction to the trauma. In the reaction to crisis lies the possibility for triumph. This group will identify different reactions and how to structure a program for individuals that will maximize their own potential to heal and thrive.

Fighting Back will also focus on discovering and enhancing the participant's own strengths and styles of working with people. This workshop will be experiential and didactic, using a blend of individual and group gestalt work, body work, music, and personal metaphor.

C.E. credit is available for nurses; for additional information see page 37. $530

Weekend of January 22–24

Gestalt and Gurdjieff

Kathleen Riordan Speeth

All religious traditions stand trembling in front of the perennial questions. In their esoteric or practical form they demand that we know ourselves, uncondition ourselves, and master ourselves. How can we become impeccable? How do we find the creative balance between spontaneity and discipline, solitude and connection, responsibility and freedom, practicalities and visions?

The Gurdjieff Work synthesizes Eastern sacred technologies for the West. In this workshop participants will make contact with the heart of the teaching, self-remembering. They will study themselves in terms of the relations of essence and personality, the role of character structure, the function of negative emotions, conscious labor, and intentional suffering.

Gestalt practice provides the ideal infrastructure for self study. The group will use it as moment by moment awareness training and as an interpersonal extension of meditation.

Recommended reading: Kathleen Riordan Speeth, *The Gurdjieff Work* (And/Or Press; Pocket Books). $270

Anatomy for Trager℠ Students: Part I

Deane Juhan

This seminar is a continuation of the professional training for students of Trager Psychophysical Integration and Mentastics℠. Participants will examine the anatomical structures of the body, and their kinesthetic relationships, with specific reference to how these structures and relationships are handled by the Trager approach.

Class time will be divided equally between slide presentations, lectures, and discussions concerning particular areas of the body, and

review and practice of those aspects of a Trager session which correspond to the areas studied. Emphasis will be on clarifying the intent of the various hand positions and movements based upon an understanding of structure, function, and motor reflex.

This workshop, *Part I*, covers the first half of a Trager session – the front half of the body.

Since supervised Trager table work will be an integral part of the class, a beginning Trager training is a prerequisite for this course.

C.E. credit is available for nurses; for additional information see page 37. $270

The Paradoxical Perspective for Executive Leadership: An Introduction

Judith & George Brown

This workshop will combine an experiential approach with the exciting new theory of the paradoxical perspective for individual, group, and organizational relationships. It will include some of the latest work done at Yale, Wharton (where George Brown has served as consultant to the Department of Management), and the University of California, Santa Barbara, using reframing, multiple meanings, and paradox as a fresh approach to both maintenance and task functions for executives.

Participants will be introduced to the use of paradox as an alternative to the conventional conflict-resolution approach, to be utilized in personally and professionally productive ways. Many of the exercises are based on the principles and practices of gestalt. The workshop is intended to provide participants with a fresh way of conceptualizing organizational problems especially when working with personnel, along with an introduction to some hands-on approaches.

Ordinarily when encountering paradox, executives typically ignore or play down one aspect of a contradiction. Here, paradox will be seen as an opportunity for creative tension and providing increased alternatives for choices in the leadership role, when handled from a meta perspective. Suggestions for continuing development of this perspective after the workshop will be explored. $270

The Shamanic Journey, Power, and Healing

Michael Harner

Shamanism is an ancient human strategy for personal learning and for acting on that learning, using normally neglected or hidden potentialities of the heart, mind, and spirit. Shamanic methods can contribute to virtually any aspect of living, as they have for tens of thousands of years, and are especially useful for problem-solving, well-being, and healing.

In this experiential workshop, the participants will be introduced to some of the basic methods of the shaman (a specific type of medicine man or woman) to enter nonordinary reality to obtain knowledge, to answer personal questions, to maximize power to achieve personal goals, and to contribute to the health of oneself, others, and the Planet.

Particular emphasis will be on the classic shamanic journey, one of the visionary methods used by humankind to enter nonordinary reality and explore the hidden universe otherwise known mainly through myth and accounts of great spiritual experiences. Participants will be initiated into shamanic journeying, aided by traditional drumming and movement methods for experiencing the shamanic state of consciousness and for awakening dormant spiritual abilities and connections with nature. Practices will include comparison of discoveries made on shamanic journeys by participants and work on personal problem-solving. They will also be provided with methods for journeying to discover and study with their own individual spiritual teachers in nonordinary reality, a classic step in shamanic practice. Participants will be shown how the shamanic journey can be utilized to restore spiritual power and health, and how shamanism can be practically applied to contemporary daily life.

Participants are asked to bring rattles and drums if they have them, as well as a bandana, pen, and notebook, and to wear comfortable clothing. $270

Week of January 24–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $530

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 6. $530

January 24–February 5

Advanced Training in Shamanism and Shamanic Healing

Michael Harner

For workshop description see Special Programs, page 32.

Weekend of January 29–31

Introduction to Polarity Massage

Deborah Anne Medow & Esalen Massage Practitioners

Polarity massage is a system for balancing the currents of life force which naturally flow through the body. It is a holistic approach toward healing, whereby the practitioner and recipient work with thoughts and attitudes, nutritional needs, special exercises (called polarity yoga), and the polarity massage session itself.

Participants will be instructed in the basic concepts of the polarity system as applied to the human energy field through the medium of massage. Emphasis will be on theory, polarity points and counterpoints, energy balancing methods, nutrition, and polarity yoga.

This workshop is designed for interested laypersons, professional body workers, and health care providers.

C.E. credit is available for nurses; for additional information see page 37. $270

Discovering the Monk Within Yourself

Brother David Steindl-Rast

The archetype of the monk fascinates men and women today, even some quite unlikely candidates for life in a monastery. Why? Thomas Merton, Brother David's late fellow monk and friend, called this fascination with the monk in each of us "a perennial instinct of the human heart."

This weekend will provide opportunities to sift out romantic notions of monastic life from solid challenges; to come to understand what the monk's quest is all about; to discover how one can tap the wellsprings of monastic mindfulness in any walk of life.

Brother David, a Benedictine monk for more than thirty years, has lived in Eastern as well

as Western monasteries. He will draw on a variety of traditions to explore with participants how they can discover and nurture the monk within themselves. $270

Week of January 31–February 5

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*. $530

Transitions

Elliot Aronson & Gabriele Thomson

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition – whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants may develop ways of enhancing their understanding of themselves and increasing their overall effectiveness. $530

A Workshop with Laura DeNuccio (Ma Prita)

If a proper reverence for the sanctity of the earth and the diversity of its people is the secret of peace and survival, then the adventure of self-discovery stands before us as the most practical of pleasures.
– Theodore Roszak, *Person/Planet*

In nature, one can observe the rhythms and patterns that occur in every aspect of life – from the pulsation of the cell, to the ebb and flow of the deepest emotions, to the movement and expansion of the universe itself. In this workshop, the natural world will be the group's teacher as they explore the "inner" terrain of their physical and emotional bodies and the "outer" terrain of Esalen and Big Sur.

Participants will use Reichian gestalt awareness and breath work, sound, creative movement, and meditation to balance and transform energy blocks in the body. In addition, they will use music, dance, prayer, and ritual to express their relationship with the earth and each other.

No previous experience is needed, only a willingness to explore this adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms. Learning about our bodies, our natural instincts, and responses can lead us back to the ancient wisdom of the earth – returning us to our sacredness and wholeness.

This workshop is limited to 12 participants.

Recommended reading: Fields et al., *Chop Wood, Carry Water* (Tarcher); Shakti Gawain, *Creative Visualization* (Whatever Publishing); Peter Russell, *The Global Brain* (Tarcher); Ken Keyes, Jr., *The Hundredth Monkey* (Vision Books). $530

Weekend of February 5–7

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see January 3-8. $270

Discovering Family Patterns

Judith Brown

Change in a family is generated by a change in the family system. Participants will expore their family interaction to discern the mysteries of how they create and maintain their family system. Special attention will be paid to contact and control, and to pain and healing. Participants may attend singly or with family members. $270

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion.

This seminar is designed for those who have had no previous meditation experience, as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala). $270

The Eleusinian Mysteries

Deena Metzger & Steven Kent

The rites of Demeter were practiced uninterrupted in Greece for two thousand years until 396 A.D. In a single nine-day initiation, the ancients received the vision which then sustained them through their lives and their deaths. In 1980, poet, novelist, and playwright Deena Metzger and theater director Steven Kent recovered these highly secret rites of the ancient world and reenacted the Eleusinian mysteries in Greece for the first time in 1500 years.

This workshop engages the disciplines of poetry, autobiography, theater, and psychology in a mythic reenactment of personal drama which has personal, political, and spiritual applications. Though a condensed version, this workshop combines the narrative map provided by the myth of Demeter, Persephone, and Hades with the original practices themselves. It reconciles ancient and contemporary wisdom to open the door into the inner world for the mysterious life-giving confrontation with the inner gods.

No prior knowledge of the myth nor special training or skills are required. Participants

should bring writing materials. The workshop also provides the opportunity for men and women to articulate and record their personal archetypal drama. $270

The Legend of the Captured Alien Corpse

Keith Thompson

In the simplest of terms, allegory says one thing and does another . . . (involving) two or more levels of meaning . . . (requiring) at least two attitudes of mind. – Angus Fletcher

Keith Thompson writes: "During the summer of 1947, when the acronym 'UFO' was just entering American lexicon, the Air Force issued a press release confirming that the 509th Bomb Group of the Eighth Air Force, Roswell (New Mexico) Army Field, had gained possession of the remnants of a crashed flying saucer. After this remarkable admission appeared in the San Francisco *Chronicle*, the Air Force changed its mind: the captured object was really a weather balloon and radar reflector.

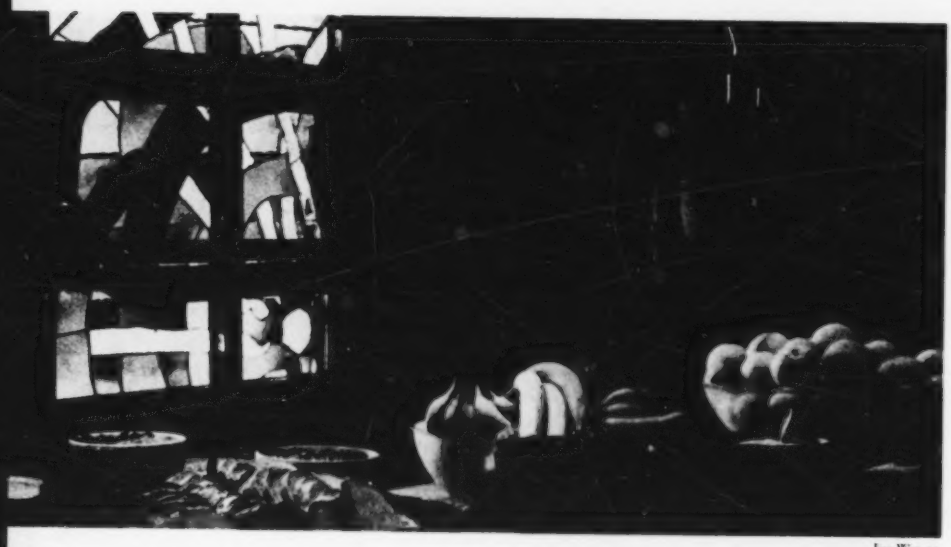
"When several witnesses (including the rancher who discovered the debris) challenged this reversal, they were told by visitors claiming to be from the Air Force that they would do well not to contradict the authority of the U.S. government. Many years later, in a letter recounting the observations of government officials alleged to have viewed the retrieved materials, missile guidance expert Dr. Robert Sarbacher wrote that 'materials reported to have come from flying saucer crashes were extremely light and very tough,' and that the 'people operating these machines were also very lightweight, sufficient to withstand the tremendous acceleration and deceleration associated with their machinery,' and that the aliens were 'constructed like certain insects we have on earth.'

"This workshop presents an opportunity to explore this tale as an allegory. Can we discover embedded parallels (archetypal, mytho-poetic, moral, spiritual, or other) to the socio-political storyline of *The Legend of the Captured Alien Corpse*? In addition to considering the story as social realism – albeit it *fantastic* social realism – might we also take it as an image of our many-dimensional love/hate encounter with The Other? How does our choice of enemies and scapegoats (the U.S.S.R. as Ronald Reagan's favorite 'evil empire') reflect our images of The Alien? And what about the human shadow itself – the Inner Otherness that so irritates us precisely because it is unknown, undeveloped, and 'more than a little too dark'?

"Along the way, let's also see what's required for working with our own life stories as allegories, for making connections between two or more levels that don't seem connected, but also seem very much connected. I'll open with a rich telling of *The Legend of the Captured Alien Corpse*, and then, the work is ours."

Recommended reading: George Orwell, *Animal Farm*; Jorge Luis Borges, *Ficciones* (Grove); Franz Kafka, *The Metamorphosis*.

Suggested viewing: John Sayle's film, *The Brother from Another Planet*. $270



Jan Watson

Week of February 7–12

Five-Day Massage Intensive

Brita Ostrom & Esalen Massage Practitioners

Participants will be instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for additional information see page 37. $530

Five Days with Janet Zuckerman

This workshop continues Esalen's tradition of interpersonal and intrapersonal work on emotional process. It is based on these premises: that unfinished business is projected into current relationships, interfering with one's ability to be in the present, and that by emotional release one may cleanse the doors of perception. $530

Exploring the Christ Experience through Poetry and Myth

Brother David Steindl-Rast

The 17th century Christian mystic Angelus Silesius asks: "If Christ were born a thousand times in Bethlehem, yet not within you, what good would that be for you?" But access to the mystery of Christ within is blocked for many by the narrow, rigid language of the pulpit and Sunday School. Still, Christian tradition offers a wealth of sources waiting to be tapped, if only we learn again the language of poetry and myth.

This workshop will give participants: time to clear up deep-seated misunderstandings so that the resentments that spring from them can be healed; a perfect setting to delight in poetry; and an opportunity to let ancient myths touch them afresh.

Brother David has helped seekers on all five continents to rediscover the Christ within. He will draw on questions and comments of workshop participants and will provide quiet periods for guided experience. A new language for ancient wisdom can lead to a new experience of timeless mysteries. $530

Dream and Realization in the Creative Process: An Exploration with Filmed Images

Frank Barron, Faustin Bray & Brian Wallace

A great film, Fellini's 8½, will be used as a common visual framework for theorizing about, and personal involvement in, the role of dreams in creativity. Participants will take it as a starting point to make a crafted videotape of a collective dream emerging from the group itself.

The workshop will begin with a viewing of Fellini's masterpiece in the imagined company of C.G. Jung, as interpreted by Frank Barron. 8½ will be seen as a cinematic enactment of Jung's theory of the creative process and of individuation. Concepts such as mask, shadow, and anima will be elucidated. After viewing 8½, the group will form a company to write, act in, direct, compose music for, and produce a videotape of a dream.

Participants are invited to bring their imagination and any real props they fancy. This may include musical and video equipment, though nothing is required.

Suggested listening: Audio tape, *Fellini, Yeats, and Jung Meet at the Movies*, available for $7 from Sound Photosynthesis, 533 Charles Lane, Mill Valley, CA 94941. Also contact this address for more information.

$530 (plus $20 materials fee paid directly to the leaders)

Weekend of February 12–14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $270

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to oneself, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants may learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate in the choice of expression or depression. $270

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

This weekend will focus on a major theme in keeping a good relationship alive. That is: being close and vulnerable yet also free to grow as a separate person.

Participants will spend part of the time with their partners, separate from other couples, in verbal and written experience that can add to their relationship in closeness, conflict resolution, and individuality.

Limited to 10 couples. $270 per participant

Morphology

Gerald Epstein

Morphology is an ancient study of the face and body – their forms, structures, proportions, features – and their relationship to health and disease. Linchpin of Western medical tradition from ancient times to the onset of the Age of Reason, morphology assumes a new dimension in Gerald Epstein's contemporary translation of its implications for diet, exercise, and interpersonal relationships. Based on the four temperaments known as Bilious, Sanguine, Lymphatic, and Nervous, this science allows people to individualize their life activities in accord with their unique natures, as registered on their faces and in their bodies.

This seminar will focus initially on the history of morphology and the rationale for its place in modern therapeutics. The fundamentals of morphologic diagnostic understanding will then be introduced, with practical applications and demonstrations so that each practitioner will be able to put them to use immediately in any context: medically, nutritionally, psychologically, and in applied body work.

Participants will practice with, and on, each other, defining the specifics of each person's diet, exercise, body work, and overall regimen to his or her individual temperament and personality as revealed by the face and body.

C.E. credit is available for nurses; for additional information see page 37. $270

The Path of Transformation in Psychotherapy and Meditation

Daniel Brown

This workshop is designed for psychotherapists, practitioners of meditation, and those interested in the integration of the worlds of psychotherapy and spirituality. The workshop leader will present an integrated model for the path of transformation, a model for the development of emotional experience, the sense of self and others, and reality sense. This model of normal, pathological, and optimal human development is drawn from the fields of child development, clinical psychology, and the great Eastern traditions of meditation.

This workshop will show how the path of meditation unfolds and will present a vision of optimal human development. It will also help participants learn to assess and treat different types of problems (clinical symptoms and meditation crises) which occur at various points along the overall developmental continuum. The workshop will also address how psychotherapy can be used as a way to attain some of the necessary prerequisites for spiritual development and can assist with the problems that occur for the meditation practitioner and meditation teacher. It will also show how spiritual awareness can inform one's view of psychotherapy. Various experiential exercises and meditation practices will be used along with clinical case material. The workshop will be both experiential and didactic.

Much of the material in this workshop will be drawn from Daniel Brown's experience as a clinician and teacher, and from his 17 years of practicing meditation, translating meditation texts from Sanskrit and Tibetan sources, and conducting scientific studies on deep meditation states and enlightenment on meditation masters in this country and in South Asia.

Recommended reading: Ken Wilbur, Jack Engler, and Daniel Brown, *Transformations of Consciousness* (Shambhala). $270

Week of February 14–19

Acting is Doing

Stephen Book

The art of acting is, like life, the art of doing. Through "doing," we remove the restrictions, both inner and outer, which suppress the spontaneity of any human being. Upon release, this spontaneity shows itself as artistic creativeness.

This experiential workshop will reveal the various forms of "doing" available to the actor. Participants will learn the basics of improvisational acting, heighten and focus energy, increase communication skills, extend powers of observation and concentration, and discover new realities. This workshop is designed for the layperson. $530

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

This workshop is open to anyone interested in learning to recognize, trust, and use their psi abilities. The leaders will use exercises designed to aid participants in recognizing their perceptive styles and trusting the intuitive input they normally receive. Anne Armstrong will use her tracking abilities, acquired from over twenty years in this field, to assist participants in arriving at useful, accurate data.

One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives – personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $530

A Workshop with David Schiffman & Elisa Lodge Schiffman

Anything which is forced or misunderstood can never be beautiful. – Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of self-defeating patterns from the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain human beings.

In this workshop, the participants will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $530

Understanding the Borderline and Narcissistic Personality

Burton Schaffner & Darlene Louise Beaver

In the last 15 to 20 years, the psychoanalytic community has published important research and theories concerning developmental issues about the borderline and narcissistic personalities. This valuable information has been directed toward the psychoanalyst working in a psychoanalytic mode. The material presented by Mahler, Masterson, Kohut, and others has far-reaching implications. It lends new understanding to developmental issues and helps clarify certain elements of personality formation as well as gives ways of working with these identifiable characteristics.

The workshop leaders will present the borderline and narcissistic personality theories in a way that will enable participants to gain a deeper understanding of themselves and others. They will clarify, simplify, and translate psychoanalytic language into concepts that can be understood by layperson and counselor alike. They will provide a functional base for the use of this material as well as supply written summaries of the work of Mahler, Masterson, and Kohut.

Participants will have the opportunity to use this material within the group setting in order to facilitate their own process and to learn how to use it in working with others.

C.E. credit is available for nurses; for additional information see page 37. $530

Pleasure and Addiction: Causes, Consequences, and Treatments

Harvey Milkman, Stanley Sunderwirth & David Smith

Craving for ecstasy is about the compelling urge to feel wonderful. We spend much of our lives in relentless pursuit of fleeting moments of exalted delight. But the consequences of compulsive pleasure-seeking – whether through activities or use of substances – are often devastating. Whether your pleasure is meditation or mescaline, cocaine or cults, you are addicted if you cannot control when you start or stop an activity.

This interdisciplinary workshop is designed for the nonprofessional who seeks a mature understanding of what is now known about compulsive pleasure-seeking. What are the origins and symptoms of addiction? How are drug abuse and alcoholism related to other forms of problem dependency, social deviance, and mental illness? What methods of treatment and prevention have a reasonable probability of success?

Verbal information will be elucidated through artistic visual devices, thus enhancing conceptual understanding and learning retention. The workshop will feature both lecture and experiential formats designed to increase intellectual, social, and body-awareness skills.

Recommended reading: Harvey Milkman and Stanley Sunderwirth, *Craving for Ecstasy: The Consciousness and Chemistry of Escape* (Lexington Books). $530

Weekend of February 19–21

Weekend Massage Intensive

Esalen Massage Practitioners

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners. $270

Sensory Awareness

Seymour Carter

Seymour Carter writes: "This workshop is based on my studies with Charlotte Selver, whose work is called Sensory Awareness. The method, meditative in its approach, explores the distinction between naturally spontaneous movement and movement which is imposed or forced. In an atmosphere of quiet attentiveness, we will explore our innate ability to respond as living organisms. Experimenting with seemingly

simple activities, such as breathing, standing, walking, listening, and looking, we will learn how sensory perception can unfold when not inhibited by habits and expectations." $270

A Weekend with Paul Rebillot & Stanford Eugene Cates

Paul Rebillot writes: "Within each of us there lives a demon – our own personal critic – whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough.

"This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during this workshop.

"Why not take the chance of looking inside ourselves and finding the completeness of who we are, instead of trying to limit ourselves with who we think we should be and who we hope we are not? When we find the truth about ourselves, our natural response is to want and to work for the best that we can be.

"People in the helping professions who have experienced this form have found it adaptable and useful in their own work." $270

Experiencing Dream Work

Stephen Aizenstat

Dreams, as looking glass parables, provide a connection to the voices and images of the psyche. They describe imaginally the multitudes of archetypal figures within: the inner child, heroes, masculine and feminine aspects, sages, wild animals, and demons. Through listening to the healing, jolting, imaginative, and often conflicting voices of the dream, participants may discover in dream work how to use this inner resource.

This workshop will explore common dream themes, symbols, nightmares, lucid dreaming, archetypal images, and recurring dreams. It will draw upon methods of dream interpretation from the dream healing centers in ancient Greece, Jungian psychology, and systems theory, offering an approach to dream work which listens to the individual and collective psyche as well as the psyche in the world.

Participants will be shown the potential healing power of an interrelated body/mind/world approach and perhaps remember why in ancient times dreams were honored as the medicine of the soul. $270

February 19–26

Psychosynthesis Training II

Harry Sloan

This is a follow-up program only for those people who have completed the seven-day or month-long *Psychosynthesis Training* at Esalen or the eight-day trainings Harry Sloan has led in San Francisco and throughout the country.

The format of this follow-up will be a blend of seminars, practicum, and guide process. Guide process is a form of supervision in which the workshop leader does in-depth process work with the guide right at the moment the guide feels he or she is getting stuck, confused, or lost while doing a session with a client. The participants will be both guides and clients for each other. $800

Week of February 21–26

Owning the Shadow

Paul Rebillot & Stanford Eugene Cates

We have seen the enemy and they is us. – Walt Kelly, *Pogo*

Paul Rebillot writes:: "In my work I have come to realize that one of the most important and frequently avoided themes in people's lives is the ability to own the part of ourselves we don't like, the part Jung called the shadow. As a result, we become projectors of our own disowned energy. In this workshop, we will seek to discover within ourselves the bad guy we have been projecting onto and hating in others. Hopefully, by facing and communicating with this negative self, we can discover in our shadow not the enemy but the friend and challenger to growth of the heart and consciousness." $530

Touching the Unconscious with Your Hands: Rosen Bodywork

Marion Rosen & Mari Krieger

Rosen Method Bodywork is a relaxation process induced by gentle massage. Marion Rosen says, "The function of tension is to suppress emotions or experiences which could not be handled at an earlier time. Through this gentle body work, the barriers to awareness disappear and the person has greater access to his or her inner self. This process opens the possibility of healing."

Participants will have the opportunity to learn about the body through the Rosen Method's hands-on approach to body work. In this work, the practitioner helps the participant focus on subtle changes in the breathing as a guide to what is happening in his or her inner process. The deep emotional issues which may arise from this work can then be processed through gestalt awareness with the workshop leaders. In addition to intrapsychic work, time will be set aside for interpersonal/interactive work. $530

Potential Growth and Change Using Gestalt

Anne Nechama Simkin

Gestalt practice is a noninterpretive, existentially-based system in which awareness of one's feelings in the present moment is the primary focus. Human beings are born with the innate capacity to cope with life. As we grow up, this process at times may be interrupted, curbed and/or suppressed, along with our excitement, creativity, self-expression, and self-acceptance. Most gestalt communications deal primarily with the immediate interactions of those present. Explanations, interpretations, and assumptions are discouraged. Concentrating on what is rather than on what could or should be encourages a person to take responsibility for one's own actions. By becoming aware of what is potentially nourishing and what is toxic, it is possible to learn to make choices and to achieve integration.

This workshop is for persons seeking new perspectives, growth, and change and who want to reown those aspects of their lives that are nourishing. Participants will share experiences, explore new ways of coping with ongoing situations, search for the existential messages of their dreams, and learn to communicate with each other and significant others. The content of the workshop will evolve out of the needs and wishes of the group members. $530

On Being a Man

David Schiffman, Danner Christensen & Dan Williams

Many men today have labored diligently to become softer, more receptive, and nurturing. They have sought to honor and embrace the emergence of the "feminine" principle in their own natures. For many, however, the right to

celebrate and honor the so-called "masculine" aspect has become a thorny and difficult dilemma. Many qualities of maleness or masculinity have come to connote the most destructive and troublesome elements in human existence: war, environmental desecration, sexual oppression, and patriarchal abuse.

A man's sense of his own uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity.

The workshop will explore the following questions:

* What does a man need to know and accept about his own nature to feel himself fully as a man?
* Can men come together to create an atmosphere of trust and good will, where the masculine aspects that they have in common can be honored and appreciated in the *pleasure* of each other's company?
* Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
* Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illuminate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will be incorporated in this journey as well. $530

Joyce Lyke

Balinese dance performance during the Joseph Campbell and Chungliang Al Huang workshop.

Weekend of February 26–28

Experiencing Aikido

Annie Symon Leonard

To experience aikido is to feel both energized and relaxed, to be stronger and at the same time more gentle. To learn this sophisticated martial art takes many years, but some of its mysterious powers can be sampled over the course of this weekend.

Participants will practice enhancing the flow of vital energy through and around the body, relaxing under pressure, moving from the *hara*, or center, and extending inner force. They will be introduced to and have the chance to practice a few basic aikido moves and learn alternative, nonaggressive ways of dealing with attacks. This weekend is designed for those who simply wish to get in touch with and use their own latent powers as well as those who are planning to begin practicing a martial art. $270

Personal Mythology

Stanley Krippner & David Feinstein

Personal myths are the deep forces of the psyche that shape who we are, what we think, and what we do. Operating largely outside of conscious awareness, our personal myths nonetheless shape our journey through life, our place in society, and our relationship to the broader or spiritual context of existence.

Participants will be shown how to reach deeply into realms of unconscious mythological wisdom and to speak to the need to find the visions that nourish and inspire. Drawing upon a range of systems, including Jungian psychology, gestalt, psychosynthesis, and cognitive psychology, participants will be led through a sequence of experiences that can rework a problematic area of personal mythology. These experiences can be used again later to identify and work with other personal myths. Participants are asked to bring a notebook or personal journal and are encouraged to record their dreams prior to the workshop. $270

Ethical Discipline as a Healing Art, from Plato to the Present

Lewis Andrews

Modern science is on the verge of a transformation which may prove as important a turning point in the history of psychology and medicine as Einstein's relativity was to physics or DNA to biology. After nearly a century of refusing to acknowledge any possible connection between emotional health and traditional ethical values, increasing numbers of health practitioners are describing their patients' problems in ethical, moral, and spiritual terms. Combining historical anecdotes with group experiential exercises, one-on-one demonstrations, and a theoretical component, Lewis Andrews will outline the essence of this newly emerging "ethical approach."

In this workshop, participants will learn how modern psychology is rediscovering the common core values at the heart of all great moral traditions, how we are limited by our ignorance or misunderstanding of these values, how 20th century psychology and medicine have created the lingering and very damaging impression that ethical discipline is a form of repression (rather than liberation), how the subtle fine-tuning of our ethical attitudes can in fact radically improve our sense of well-being, how the power of our intuition is determined by the strength of our character.

Special emphasis will be placed on using ethical discipline to cope with feelings of depression, boredom, and frustration, as well as using these insights to help others.

Recommended reading: Lewis Andrews, *To Thine Own Self Be True: The Rebirth of Values in the New Ethical Therapy* (Doubleday). $270

February 26–March 25

Massage Practitioner Certification Program

Vicki Topp & Esalen Massage Practitioners

For workshop description see Special Programs, page 32. $2300

Week of February 28–March 4

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $530

Introduction to Continuum Movement: An Approach to Deep Bodily Awareness

Emilie Conrad-Da'oud

This 5-day workshop or its equivalent is a prerequisite for taking the 16-day program (March 4-20). For workshop description see Special Programs, page 33. $530

February 28–March 18

A Workshop with Jack Rosenberg

For workshop description see Special Programs, page 32. $1725

Through the Eye of the Storm: An Intensive for Recovering Adult Children of Alcoholic, Abusive, and Dysfunctional Homes

Karen Paine-Gernee, Rick Paine & Terry Hunt

For workshop description see Special Programs, page 32. $1725

Weekend of March 4–6

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the dampening effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by major dramatic events. It is caused by a build-up of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic schemata and to rekindle the romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out. $270

March 4–20

Continuum Movement: An Approach to Deep Bodily Awareness

Emilie Conrad-Da'oud & Susan Harper

For workshop description see Special Programs, page 33. $1550

Week of March 6–11

A Look Within

Jessica Moore Britt

This will be a week for participants to attend to themselves in such a way that they begin to penetrate the layers of their conditioned patterns, allowing a truer perception and appreciation of who they are to emerge.

The focus of inquiry will be the relationship between the mind, body, and emotions and the subtle energy centers that make up, and therefore support, one's essential/spiritual nature.

The tools for exploration will be an interplay of East and West, including meditation, touch, gestalt awareness practice, Reichian breath work, and Sufi self-remembering exercises.

Recommended reading: A.H. Almaas, *Diamond Heart* (Diamond Books). $530

Weekend of March 11–13

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $270

Week of March 13–18

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 6. $530

Weekend of March 18–20

On Becoming a Good Person: Ethical Vision/Moral Wisdom

Bill Puka & Judy Beals

This workshop is designed to restore one's faith in higher values and to nurture commitment toward being a truly good person and to living an admirable, inspiring life. It hopes to bring

Joyce Lyke

Balinese dancer

the paths of psychological growth and career success into closer alignment with moral development, personal integrity, and social commitment. The leaders and participants will evolve a "grown up" ethic that is more spiritual, self-expanding, and aesthetic than judgmental or slavish (sexist). Emphasis will be placed on moral imagination, fantasy, and experimentalism alongside deliberation and problem-solving. The group will engage in the practices of humanistic peer counseling and yoga meditation for the exemplary traits they foster and convey.

After discussing a variety of moral dilemmas, the group will go out into the Esalen community to investigate the variety of perspectives people bring to moral issues. Using the research interviews and levels developed by Kohlberg and Gilligan, participants will assess these perspectives in hopes of enhancing their own and bridging the ideological gaps between them. Research findings on how gender influences moral outlook and how one's practice can be brought in line with what one preaches will be discussed, and the great debate between caring and rights will be considered. Finally, practical steps for moving toward ideals and standing for them even in the sleaziest of settings will be offered.

Recommended reading: Carol Gilligan, *In a Different Voice* (Harvard University Press); Hersch, Reimer, and Paolitto, *Promoting Moral Growth* (Longman); Erich Fromm, *The Art of Loving*. $270

Moving into Awareness

Sy Kleinman

Intentions, choices, decisions – all of these are revealed and made manifest in movement. They signify and project one's personal aesthetic, one's style, one's way of behaving in the world. Awareness of these somatic actions is often dulled by the routine and order of daily life. Intuitively we know we are whole beings, but frequently we fragment ourselves in the way we conduct our lives, make decisions, move our bodies, teach our students and children, treat our friends, lovers, and acquaintances.

Awareness is the ground on which knowledge of self and others is based. It is necessary for establishing relationships between one's self and the world. Its presence is a necessary condition for judging, deciding, doubting, giving, and receiving.

This workshop will pursue, experientially and through discussion, basic concepts that were touched on in the recent Esalen invitational conference and public seminar, *The Biological, Psychological, and Cultural Body: Methods of Transformation*. These include: 1) Living is a state of continuous creation, and movement is a universal manifestation of this creativity; 2) Every act, every gesture, every thought, contains elements which we have come to call art; 3) Thus, every one of these acts, gestures, and thoughts may be viewed, literally, as being "artful"; 4) In this sense, we may consider ourselves functioning as artists at every moment of our lives so that living becomes an artistic enterprise.

The experiential work of this seminar will be based on the contributions of Rudolf Laban, Lulu Sweigard, and the leader's involvement in dance, sports, philosophy, and physical education. $270

Week of March 20–25

A Workshop with Laura DeNuccio (Ma Prita)

For workshop description see January 31-February 5. $530

Embrace Tiger, Ride the Dragon (T'ai Chi Intensive)

Chungliang Al Huang & Living Tao Staff

Tiger and Dragon represent the yin and yang aspects of the t'ai chi life force. On this 4686th Chinese Dragon year, this workshop will concentrate on the healing aspects of t'ai chi and ch'i gong breathing exercises for health, wealth, and revitalization, with lively cross-cultural philosophical discourses.

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (Dutton; Tao Wetter-Sphinx Verlag, Basel) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon).

There may be changes in this program after press time. Please contact the Esalen office for up-to-date information. $530

Weekend of March 25–27

An 84th Birthday Celebration for Joseph Campbell with Chungliang Al Huang, Sam Keen & Friends

Due to Joseph Campbell's death, there will be changes in this program. Please contact the Esalen office for more information. $300

Week of March 27–April 1

Our Myth-Body to Live By

Joseph Campbell & Chungliang Al Huang

This annual collaboration celebrates its ninth year at Esalen, exploring the mythic dimensions in body, mind, and spirit with lively stories, music, and t'ai chi dancing.

Recommended reading: Joseph Campbell, *The Mythic Image* (Bantam), *Myths to Live By* (Bantam), *The Way of the Animal Power* (van der Marck), *The Inner Reaches of Outer Space* (van der Marck), and *The Hero with a Thousand Faces* (Bollingen); Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (Dutton) and *Embrace Tiger, Return to Mountain* (Real People Press); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon).

Due to Joseph Campbell's death, there will be changes in this program. Please contact the Esalen office for more information. $560

Weekend of April 1–3

Weekend Massage Intensive

Laurie Lioness Parizek & Esalen Massage Practitioners

For workshop description see February 19-21. $270

Death and Resurrection

Paul Rebillot & Stanford Eugene Cates

This workshop offers the opportunity to confront, rather than avoid, death. On a wider scale, it explores ways to move creatively through life's many transitions, letting go of the old and welcoming the new.

We will review our lives, completing unfinished business, and practice giving up attachments to persons, things, and self-images until, surrendering all to the ultimate unknown, we are able to experience the birth of the truly new. $270

Riding the Dragon:
The Essential China

Chungliang Al Huang & Living Tao Staff

This survey and introduction will offer an experience of essential Chinese cultural wealth, with t'ai chi and ch'i gong exercises, and will initiate the participant into the gate of Chinese wisdom.

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (Dutton) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon); Alasdair Clayre, *The Heart of the Dragon* (Houghton-Mifflin); Lin Yutang, *The Importance of Living* (John Day and Putnam).

There may be changes in this program after press time. Please contact the Esalen office for up-to-date information. $270

The Light in Nature

Terence McKenna
& Kathleen Harrison McKenna

The McKennas write: "Nature as both the ground of being and the transcendent dimension into which history is being dissolved will provide the focus for another in the series of ongoing get-togethers of the McKenna extended family of friends, critics, mentors, and the idly curious.

"This workshop will explore the implications of different cultural images of nature from prehistoric pagan exuberance to ascetic Christianity, thanatopic modernity, and psychedelic millenarianism. The emphasis will be on recognizing each other and sharing experiences and ideas that empower each of us to take personal command of our immediate experience and the language-composed reality that is ours alone. The power of experience, understanding, language, and imagination in the life of the emergent network of shamanic minds will be our springboard to deeper matters: nature, history, and making conscious the task of fusing current cultural chaos into the feminized psilocyberspace of true post-history." $270

Week of April 3–8

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $530

A Week with Paul Rebillot
& Stanford Eugene Cates

For workshop description see February 19-21. $530

April 3–10

Painting Experience with
Michell Cassou and Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting – to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling.

The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop, contact: The Painting Experience Studio, 509 Noriega Street, San Francisco, CA 94122; (415) 564-8515.

$800 (plus $30 materials fee paid directly to the leaders)

April 3–22

Spiritual/Esoteric Practice:
The Key to Intuitive
and Psychic Development

Anne & Jim Armstrong

For workshop description see Special Programs, page 33. $1725

April 3–29

Gestalt Practicum for People
in the Helping Professions:
A Study Work Program

Coordinated by Christine Stewart Price

For workshop description see Special Programs, page 34. $1600

Weekend of April 8–10

A Weekend with Carola Speads

This is a workshop of breathing and movement. It will acquaint participants with ways in which their bodies may respond if given a chance for general recuperation as well as ways to cope with stressful situations.

Participants will experiment with breathing and movement in a way that is continually interesting, never repetitious. As the body is never exactly in the same condition, it never reacts in exactly the same way. Approaching one's body in this manner will enable participants to apply this work in various life situations, for young or old, well or sick.

Participants are asked to bring leotards and/or loose fitting clothing. $270

Week of April 10–15

Becoming a *Professional* Therapist

Carl Whitaker

This will be a five-day effort to facilitate the transition from *doing* family therapy to *being* a family therapist, using symbolic experience to deprogram one's lifetime of purposeful interpersonal manipulation. $530

Reflections of Self:
A Reichian/Gestalt Workshop

Jessica Moore Britt

This will be an introduction to intensive intrapsychic inquiry using Reichian breath work and gestalt practice. Reichian breath work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration, the possibility is opened to respond in the present. $530

Weekend of April 15–17

A Workshop for Couples with David Schiffman & Elisa Lodge Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$270 per participant

What's So Funny? Developing Comic Perspective

Wes "Scoop" Nisker & Paul Krassner

This workshop will explore the humorous side of the tragicomedy of life, emphasizing the development and expression of the crazy wisdom in each of us. Examining traditional uses of humor, from old Sufi tales, Zen Haiku, and coyote trickster stories, to audio and videotapes of the modern satirists and comedians including Charlie Chaplin, Lenny Bruce, Laurel and Hardy, and Woody Allen, the class will aim to help participants learn not necessarily how to *be* funny, but how to *see* funny.

The group will look at humor in the news, the lighter side of the search for enlightenment, and the crazy wisdom approach to life and death. Class work will include theater and writing exercises aimed at developing a sense of humor and finding skillful ways to use the comic perspective to ease the difficult moments in life. $270

Week of April 17–22

Five-Day Massage Intensive

Brita Ostrom & Esalen Massage Practitioners

For workshop description see February 7-12.

$530

A Week with David Schiffman & Elisa Lodge Schiffman

For workshop description see January 10-15.

$530

Weekend of April 22–24

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see January 3-8.

$270

The Further Reaches of Human Energy

George Leonard & Annie Styron Leonard

This workshop begins with a basic grounding in Leonard Energy Training (LET), in which problems can become opportunities, stress and pain can be transformed into gifts of energy, personal and social options can be multiplied, and the flow of vital energy enhanced. In addition to its practical applications, the workshop offers participants the possibility of experiencing their own latent powers of intuition and extraordinary sensing.

After their introduction to LET, participants move into experiments that push the limits of what are termed "normal" human capacities. Through such processes as scanning, tuning-in to others' energy, focused surrender, and remote viewing, the group is given a chance to experience a crystalline state of intense aliveness without expectation and prejudgment. As George Leonard wrote in *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet: sensing the energy field of a friend or a tree, making connections that defy conventional space and time. . . . We realize, with the sorcerer, don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), *The Ultimate Athlete* (Viking), and *The Transformation* (Tarcher/Houghton-Mifflin). $270

April 22–29

The Enneagram: A Tool for Identifying and Developing Intuition

Helen Palmer

Helen Palmer writes: "For the past several years I have been teaching people how to develop their intuition as a reliable source of information. It has become increasingly clear that adults are especially sensitive to issues and situations that, as children, they were attracted to or needed to defend themselves against. For example, a loved child may develop the ability to merge with the wishes of others and so become highly intuitive about the means of gaining their approval. A child who has had a frightening early life can become precognitively sensitized to anger or negativity in other people. These psychic abilities, centered around the survival issues of childhood, then become an integral part of the adult personality, but the grown up child is usually not conscious of operating from anything other than intellectual information. The key idea is that each person's intuitive style seems to be closely associated with a particular set of issues that derive from early experience.

"The enneagram is a Sufi system that acts as a bridge between intellect and intuition. It has been taught for generations in the oral tradition. In its present form, it uses the language of psychology to identify nine personality types and their interrelationships. Each personality type has a unique way of looking at the world, and this viewpoint is reflected in a set of preoccupying thoughts and a related intuitive style. Thus, once the focal points of internal attention are identified, a person has a place to begin to look for the related intuitive ability.

"The function of a teacher in the oral tradition is to work first with a group of people who have the same personality type and develop a line of questioning which demonstrates the operation of their particular thought strategy. By observing such exemplars, workshop participants will be able to discover their own personality type in this system and thus their own preoccupying issues and the ways in which they internally sense the presence of these issues. The task is then to be able to distinguish between thoughts about an external situation and intuitive information about that same situation. Time then will be devoted to internal focusing practices that enable one to develop the ability to shift attention between thought and intuitive perception, and to discriminate between psychic and intellectual information.

"The enneagram workshop can be useful to people who wish to develop their intuitive abilities and are working to separate their psychic impressions from their projections. It can be particularly useful to anyone who works in a situation where reliable access to intuitive information is important." $800

Week of April 24–29

Somatic Kinesiology

Thomas Hanna

This course will be a complete survey of muscle anatomy through five daily studies: 1) trunk, 2) hips, 3) shoulders, 4) head and neck, and 5) hands and feet. It will follow a unique method of learning. Rather than consulting an anatomical chart, participants will study each muscle by direct examination of their own bodies – as well as others'– and by a gentle use of that muscle.

The learning will be "somatic" in that each participant will identify muscles experientially, by sensing and moving them. There will be hands-on demonstrations of how to release muscles that are chronically contracted. Typical areas of muscular pathology will be pointed out in reference to their effect on physiological and emotional well-being. Ample time will be allowed for discussion of somatic philosophy and the various somatic disciplines.

Because participants will study the body somatically (i.e., from within), they will learn both greater muscle control and a more precise sense of self-awareness.

Although this introductory course is designed for the layperson, its unusual method of somatic instruction makes it an invaluable foundation for the practice of body work, massage, and somatic education.

Recommended reading: Thomas Hanna, *The Body of Life* (Knopf), *Bodies in Revolt: A Primer in Somatic Thinking* (Freeperson Press), and the forthcoming *The Myth of Aging* (Addison-Wesley). $530

Trance Integrations: The Whole/Parts Process

Paul Carter

Wisdom is the intelligence of the system as a whole. – Gregory Bateson

Your conscious mind is very intelligent, and your unconscious mind is a hell of a lot smarter. – M.H. Erickson

"We have an intelligence obtained from our wholeness that is far greater than we are ordinarily conscious of," Milton Erickson believed. Accessing and integrating this intelligence formed the basis of his work in hypnosis.

Trance Integrations is an experiential, holistic, and innovative approach to Ericksonian naturalistic hypnosis – the Whole/Parts Process. It will explore principles of this approach, including trance as a natural and necessary part of health and will develop the idea that people and their communication and problem-solving are paradoxical.

Through guided exercises and group process, participants will work with the hypnotic use of metaphor in movement, sound, image, and story, as well as the hypnotic realities of age-regression, age-progression (traveling into futures), lucid dreaming, dissociation, and deep-trance identification (a process of deepening self-awareness through identification with different persons in and out of trance).

Additional topics may include: the recognition and use of spontaneous trance states that commonly occur in the course of body work, acupuncture, movement and dance, sports, counseling, and everyday stress situations; the art of using all the system, including the bad, sick, crazy, and resistant parts; the value of humor, confusion, pattern interruption, and paradox in accessing unconscious creativity and resources; and an integrative approach to problem-solving and self-healing as described in Paul Carter's soon-to-be published book, *The Whole/Parts Process: A Formula for Integrity*.

Recommended reading: Bandler and Grinder, *Tranceformations* (Real People Press); Michael Yapko, editor, "Parts Work: The Never Ending Story," *Hypnotic and Strategic Interventions* (Irvington). $530

Weekend of April 29–May 1

A Weekend with Seymour Carter

For workshop description see January 17-22. $270

Power, Promise, and Placebo

Sharon & Jerry Solfvin

This workshop will integrate the experiential and experimental aspects of spiritual, psychic, mental, and physical living. Many individuals either ignore or don't know what to do with trans-reality experiences (reality, as defined in Western culture). Yet, experiences such as miraculous healings, visitations with the future or unknown past, knowledge of someone else's thoughts, mental influence on physical events, channeling, or extraordinary human functioning are reported, developed, and sought by human beings throughout the world.

Within a cultural context that emphasizes healing, half of this workshop will be spent discussing the scientific studies and theories relevant to these experiences, and the other half will be spent anecdotally and experientially. A primary focus will be to study technologies for positive placebo and expectancy. These technologies are designed to have practical applications in science, the arts, healing, sports, and business. $270

On Loving Combat

Sam Keen

This seminar is about conflict resolution, ending warfare, making love, developing compassion. It will focus on three great modes of warfare:

* The civil war within the self (the enemy within, agonizing self-consciousness, the struggle between "I should" and "I want," the battle between "good" and "evil" impulses);
* The war between the sexes (combat in the erogenous zones; lovers and other familiar enemies);
* The political war between Us and Them (consensual paranoia, the manufacturing of enemies, the politics of enmity, nuclear and other neurotic arms).

It will explore the nature of paranoia, projection, and propaganda, the way in which we disown our shadows, deny our forbidden emotions, project our unconscious vices and virtues onto wild men, wicked women, devils, demons, and creatures that go bump in the night.

Additional themes for discussion will include the art of metanoia, repentance, changing our minds, reclaiming our projections, disarming the inner and outer Pentagon, surrendering our defense mechanisms, shedding character armor, and risking vulnerability.

This workshop may help participants dance with the devil, love their enemies, de-light in the dark, humanize warfare, and trust in erotic arms and loving combat.

Participants are asked to bring a journal in which to write, colored pencils, and an assortment of pictures of parents, family, friends, lovers, and enemies. $270

April 29–May 7

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Joyce Lyke

For workshop description see Wilderness Programs, page 37. $550

Week of May 1–6

Body Image, Family Systems, and Health

Don Johnson

A major source of one's body image is found within one's family of origin: its movement styles, attitudes toward sensual pleasures and physical processes, patterns of rigidity and limitation, and ways of embodying injuries and illnesses. Those largely unexpressed family attitudes toward the body are passed on from generation to generation, anchored in connective tissue. In addition, physical and psychological abuse and sexual molestation within the family deeply affect the images children have of their bodies. These various residues of family history provide a matrix within which each of us relates to injuries and accidents, limiting, sometimes severely, our capacities for healing.

In this workshop, each participant will be given the opportunity to examine the family origins of his or her body image and how that image is related to his or her history of disease and injury. Participants will work with sensory awareness, guided imagery, drawing, touch, and movement. The goal of the workshop will be to expand one's healing capacities by weakening the hold of the limiting aspects of one's body image unconsciously adopted from one's family. $530

Endarkenment

Will Schutz & Ailish Mellard

Sometimes in our search for enlightenment we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle.

This workshop can provide a vehicle for the turn downward. We shall explore: how to establish and maintain meaningless relations; what to worry about while meditating; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim/martyr in your social group; guilt without sex. This approach, similar to Feldenkrais' "live the disasters" and the "homeopathic principle" (Will Schutz, *Body Fantasy*), can be as valuable for attaining enlightenment as the direct route – and more fun. In addition, participants in this workshop will have opportunities to explore, play with, and celebrate the shadow – that which we usually hide. $530

The Sacred Mask Experience

Elisa Lodge Schiffman

Marvel at the ingenuity in which divinity hides itself in order to find itself. – Alan Watts

Masks are magic! The elemental power of sacred masks to liberate and transport us has all but disappeared from our cultural heritage. Drawing our initial inspiration from a large international collection of masks, we will reestablish our connection to this ancient artistic tradition, one of the oldest forms of catharsis and healing.

Through mask-making, ritual theater, trance journeys, primal sound, and movement work, we will enter a world that will carry us to the further reaches of our imagination and to what is revealed behind the masks – the beauty and truth of our essential nature. Together, we will create rituals that grow out of sacred practice, opening us to more vital and novel dimensions of expressive behavior not ordinarily permitted in our daily lives. Local musicians from Big Sur will be used to orchestrate and ground the powerful energies that emerge. $530

A Week with Laura DeNuccio (Ma Prita)

There is an emerging consciousness that is making itself felt and heard in those individuals who are searching to fulfill higher and deeper callings from within themselves. This workshop is for those individuals who sense the emergence of an evolutionary thrust from within or who are experiencing "divine discontent" with what is occuring in their lives at the present time. The focus will be on learning *how* to meet and accept what is being offered by life, exploring *how* to attend to the organic occurrences that life presents and continue moving forward.

Participants will experiment with co-creating an environment of trust, love, and acceptance in which to explore themselves as a living, unfolding process – physically, mentally, emotionally, sexually, and spiritually. They will view the body as the laboratory of life, as it is known in both Western and Eastern traditions that the microcosm of the body reflects the macrocosm of the world. Our body is where our view of the world comes from. If our body has become static, our view of the world will also be static.

Through the use of breath work, movement, and sound, aliveness and pulsation can be returned to the body, while unconscious thoughts and feelings which reside in the body tissue can be brought to life. Careful attention will then be given to the mental processes that shape the physical and emotional bodies, with special emphasis being given to personal issues that are ready to be explored. Practices will be taught that show how to work deeply with emotional/energetic holdings in the body which can open to our essential core self – the center of creativity, wisdom, joy, and healing within each of us.

Recommended reading: David Spangler, *Emergence: The Rebirth of the Sacred* (Delta/Merloyd Lawrence); Rodegast, *Emmanuel's Book* (Friends' Press); John Heider, *The Tao of Leadership* (Humanics Limited); Fields et al., *Chop Wood, Carry Water* (Tarcher); Alice Bailey, *Education in the New Age* (Lucis Publishing Co.). $530

Weekend of May 6–8

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $270

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

For workshop description see February 12-14. $270 per participant

Working with Personal and Family Mythologies

Keith Thompson

... the world breaks everyone and afterward some are strong at the broken places.
– Ernest Hemingway

Call it a dream. It does not change anything.
– Ludwig Wittgenstein

We are storytelling, mythmaking animals. Because our stories concern what is real, they are powerful – often more than we know. The stories we tell ourselves about ourselves and

others: who first told us these? Are they true for us now, here? What about family mythologies, the "guiding fictions" passed between generations, often tacitly, reflecting the family's view of the world and their place in it? How do they develop, and how can we discover their contours and influences in our lives? How do changes and developments in an individual's personal life myth affect his or her family mythology, and vice versa? As present myth-givers and future ancestors, how are we contributing to and shaping (knowingly or not) the body of myths and legends being passed to the young ones?

These are some of the questions that occasion this workshop. The leader's aim is to convey a sense of what's possible in six overlapping areas: seeking out from family elders, and working with and preserving, the stories that comprise family mythologies; using archetypal stories as guides during life transitions and rites of passages; investigating the differences between *true* and *literal* in working with stories; developing a felt sense of "story awareness" as inherently healing; appreciating our stories as reflections of how, at any given time, we are defining and creating experience; and, in moving between text and subtext, forgiving ourselves as often as possible for the everything and the nothing we are and aren't.

In addition to discussion, our resources may include any of the following: gestalt awareness practice, Vipassana meditation, guided imagery, writing and drawing, and, of course, storytelling.

Recommended reading: Erving Polster, *Every Person's Life is Worth a Novel* (Norton). $270

May 6–13

The Feldenkrais* Method and Cortical Reeducation

Harriet Goslins & Mark Bender

The habitual way a person sits, stands, or moves reflects patterns that are "wired-in" to the nervous system. This information can be erased or changed. By reeducating the brain/muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his/her neck, shoulders, and back, to improve his/her posture and breathing, and to live and move with more flexibility and comfort. $800

* The Feldenkrais Guild

Joyce Lyke

Backpackers taking a break in the Ventana Wilderness.

Week of May 8–13

A Week with Seymour Carter

For workshop description see January 17-22. $530

Human Potential: Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to develop and educate the human potential, which refers to the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers and for discussion of the work. $530

Hypnosis and Body Work

Lila Daniels Klapman & David Robinette

The mind has profound effects on the organization of the body. Actively engaging the conscious and unconscious mind through the combined use of hypnosis and body work enables a more complete reorganization of the sensory motor mechanism. This workshop may interest those people in the helping professions who are looking to access the unconscious mental/emotional processes in their clients while making contact with the physical manifestations of those processes. Participants will explore the basic principles of trance induction, Ericksonian hypnosis, and the creative use of suggestion and metaphor. These will be combined with simple body work methods for opening energy centers and working with specific physical symptoms. The focus of this workshop will be to move intimately with a person's process, accessing and releasing unconscious patterns for growth and integration. The work will be done in an atmosphere of gentle caring and playfulness, incorporating music, dance, and games. $530

Weekend of May 13–15

A Weekend with David Schiffman & Elisa Lodge Schiffman

For workshop description see January 15-17. $270

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see February 14-19. $270

Insights: The Visible Unconscious

Hector Prestera

The body contains our history. It describes our beliefs about ourselves and the world. It cloaks who we are – our inner Self. Awakening requires entry into this Self. Steps toward this is the direction of this seminar.

Recommended reading: Prestera & Kurtz, *The Body Reveals* (Harper & Row); Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World). $270

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $270

Week of May 15–20

Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The degree to which we allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop, participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support, participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics. $530

Energy Awareness

Richard Strozzi Heckler

Traditional education, with its emphasis on rational thought, has overshadowed the development of the intuitive resources of the body. This imbalance leaves us only partially equipped for dealing with the changes and transitions of everyday life. Working through the body, however, makes it possible to contact an energy that has the wisdom to be self-educating and self-healing.

In this seminar, exercises and movements from aikido, a Japanese martial art, will be used to awaken the feeling and perceptive skills of this bodily wisdom. The principles of centering, grounding, positive energy flow, receptivity, relaxation, blending, and appropriate effort will be taught. Participants will also do body readings from an energetic point of view.

Emphasis will be on the application of these principles to daily living, such as how to overcome obstacles during times of change and confusion, how to be more effective in stressful situations, and how to develop and trust one's intuition. No prior experience is necessary. $530

The Hero's Journey

Paul Rebillot & Stanford Eugene Cates

Paul Rebillot writes: "Again and again in my work with people I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another – whether it be a child's discovery that there is no Santa Claus, an adolescent's awkward approach to puberty, an adult's marriage or ending of a marriage, or a change of career. Every such change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That pattern is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to

emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"My purpose is to give people a chance to experience a rite of passage so that they can go into the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight."

Recommended reading: Joseph Campbell, *The Hero with a Thousand Faces* (Bollingen) and *Myths to Live By* (Bantam). $530

Weekend of May 20–22

The Shamanic Journey, Power, and Healing

Michael Harner

For workshop description see January 22-24. $270

Body Imagery

Daria Halprin-Khalighi

In this workshop, the physical body will be viewed as a metaphoric palette on which aspects of the Self are projected. A drawing of the full body by each participant will establish a point of origin, followed by a series of visualizations, drawings, and exercises on each body part. By isolating one body part at a time, participants will become aware of the unique messages, imprints, and associations carried within each of the body's parts.

Social impacts on the body, which have shaped the individual through childhood, adolescence, and into adulthood, will become evident through drawings and gestalt writings. Movement and breath work will engage the body in creative physical expression and the release of its tensions.

Body images – feelings and thoughts which are carried in muscles, skeletal structure, and organs – may be given expression through the creative impulse of drawing. As these images become available, it is possible to rediscover and unblock the pathways linking body with mind, emotion, and spirit. $270

Sight/Insight: A Photographic Journey

Daniel Bianchetta & Cynthia Johnson Bianchetta

Like our dreams, photographic images can provide a rich resource for unearthing our true Self. With them, we may uncover and explore our personal culture and evolution. What we produce through visual imagery often reflects our innermost thoughts, how we view the world, how we manifest what we envision for our lives.

Through quiet meditative contact with our deeper Self, we are able to ask what these images may be revealing to us. And often as a result of this quiet contacting of insight, we begin the process of "listening through our eyes." Thus by "allowing the eyes to see" rather than "looking at," we invite observations and glimpses into the realm of true seeing, the power of insight.

In this workshop, movement, intuition, energy awareness, gestalt, and play will be our tools for exploring new awareness and experiences of our inner and outer imagery. It is open to anyone and is not about photographic technique. Some camera knowledge is helpful. Please bring a 35mm camera, black and white 35mm film, a journal, and your photographs. Some processing of film may be provided following a field exploration. $270

Week of May 22–27

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 6. $530

The Hakomi Method

Ron Kurtz

Hakomi is a body-centered practice based on the principles of: mindfulness, unity, organicity, non-violence, mind-body holism. Hakomi incorporates non-doing as a major methodological principle and trusts in every individual's inner wisdom and power for self-healing.

Using the body as a rich source of information about the unconscious mind, hakomi can assist people in turning inward to those special states of consciousness where change takes place, to explore core beliefs which determine the quality of experience.

Hakomi work embraces the body-mind unity, supports the client's resistance, and encourages respect for and awareness of inner processes. This can be used by counselors, health practitioners, educators, body workers, and anyone invested in personal growth. This workshop also serves as a prerequisite for the formal hakomi certification process. $530

Vipassana in the World

Jamie Baraz

Vipassana (insight) meditation is the simple and direct practice of non-judging, balanced awareness. When we clearly see and understand the impermanent nature of all experience, our reactions of clinging, condemning, fear, and confusion begin to lose their power. Instead, wisdom and compassion are strengthened.

In this workshop, we will follow the basic principles of Vipassana and apply them in a practical way. There will be a day for ourselves – learning the meditation and the qualities of patience, self-acceptance, and compassion. Next, there will be a day for others – in which the ideas of the practice are applied to relationships, livelihood, and skillful communication. Finally, there will be a day for the world – where larger issues such as service, action, and appreciation of the interconnectedness of all life are explored.

There will be regular periods of silent meditation, group discussions, and mindful application of our time at Esalen for a direct experience of the value of the practice. $530

May 22–June 17

Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, page 33. $2120

Weekend of May 27–29

Experiencing Dream Work

Stephen Aizenstat

For workshop description see February 19-21. $270

The Garden of Esalen

Steve Beck

This workshop is about flower, vegetable, and herb gardening, from seeding to harvest. Located on a cliff above the Pacific Ocean, the Esalen garden will be our laboratory for seed sources, propagation, planting mixes, pest and weed control, watering systems, compost, and related topics.

If you are an experienced gardener, bring your wisdom, and if you're just getting started, bring your questions. We'll be taking time to smell the flowers and enjoy the simple pleasure of having our feet on the earth. Wear comfortable clothing. $270

New Competences for an Age of Uncertainty

Donald Michael

A primary task that persons and organizations face in the next twenty years is that of learning to be better learners. This may sound obvious, but consider for a moment how much effort we expend disguising our uncertainty and ignorance and acting as if we really know what we are doing. There is a parallel between what happens when we pay close attention to the processes of the mind (in meditation, for instance) and when we study the vastly complex political, social, and economic processes and systems of the world. In both cases, it is possible to see how little we really know about ourselves as individuals and about the world. This recognition can be the starting point for embracing ignorance and vulnerability so that we can apply them to constructive engagement with our private and public world.

This seminar will introduce several skills, or what Donald Michael calls "new competences," that are necessary for making humane and effective decisions in situations where uncertainty can be the best occasion for learning – in organizational or independent work places and in interpersonal and family situations. These skills include: acknowledging high levels of uncertainty, error embracing, being future-responsive, boundary spanning, self-knowledge, and interpersonal competence.

The approach will be both cognitive and experiential. Participants will have the opportunity to learn to be more comfortable with their uncertainty, to reduce the need to act over-cautiously out of fear of making a mistake, and to minimize the need for those defensive posturings that make it so hard to act responsibly and compassionately. As a previous participant said, "This workshop is for those who are ready to move beyond the personal and want to effect change in public and private organizations." $270

Week of May 29–June 3

Five-Day Massage Intensive

Esalen Massage Practitioners

For workshop description see February 7-12. $530

Big Sur Wilderness Experience

Steven Harper

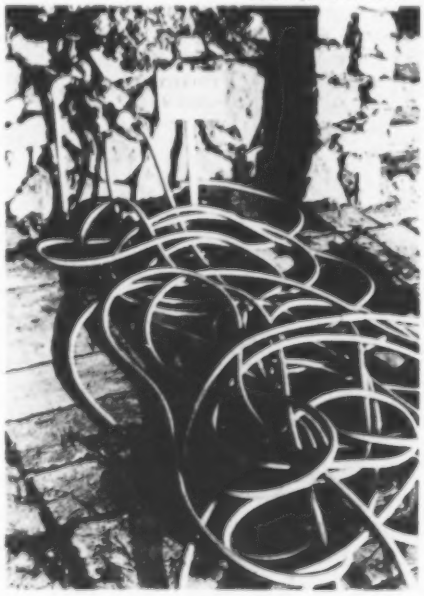
For workshop description see May 13-15. $530

Opening the Feelings

Dale Cummings & Gena Mayer Sorensen

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $530

Cynthia Johnson Bianchetta



Weekend of June 3–5

The Power of Vision: Modern Applications of Visionmaking

Angeles Arrien & Frances Vaughan

In ancient cultures one finds three kinds of shaman: the healer, the warrior, and the visionary. This workshop will examine the types of vision utilized by each of them and how they can be developed and used in current personal, professional, and cultural contexts.

The visionary aspects of intuition, dreams, meditation, myths, and symbols will also be explored. Special emphasis will be placed upon the gifts and attributes of vision and how they can help create new myths for a nonviolent and peaceful future. Lecture and discussion will be combined with participation in the visionmaking process. $270

Writing and the Act of Creation

George Leonard

Participants will be encouraged to break through ego-barriers and cultural conditioning that inhibit expression. In so doing, they will have a chance to experience the creativity that is inherent in all of life. There will be little in the way of theoretical discussion and no critiques of past works. Simple movement exercises will serve to reduce stress, free the mind, and focus the will. Participants will have the opportunity to write furiously in the here and now and to get immediate feedback. Before the weekend has passed, they in all probability will have completed a short article or fictional work and will have experienced some of the joys and heartaches that accompany publication. Bring pencils, pens, or portable typewriters – and plenty of paper.

Recommended reading: Strunk and White, *The Elements of Style* (Macmillan); George Leonard, *Education and Ecstasy* (North Atlantic Books) and *The Silent Pulse* (Dutton). $270

Love and Work

Anne & John Caple

"Lieben und arbeiten," Freud answered when asked what the normal person should be capable of. "To love and to work." In this workshop, participants will examine their work lives and work options in the context of their love for themselves, for others, and for the larger world. Working from a conceptual base, the group will use integrative exercises, art, and gestalt processes to seek answers and consider life decisions. The goal is for participants to see more clearly what they want and how to get it. One outcome will be a specific action plan.

This weekend is for those who want more value in their work lives, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life/work issues during group meetings and in pre-breakfast runs.

Recommended reading: John Caple, *The Right Work* (Dodd, Mead & Co.). $270

Week of June 5–10

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $530

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables one to confront resistance and fear and which increases the willingness to change and take risks.

This workshop includes a unique, in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously. $530

Yoga: A Week of Rejuvenation

Ganga White & Tracey Rich

Presenting East/West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and which combines grace and flow with postures, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the art of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jnana (the yoga of wisdom and perception), participants will begin observing the thought processes and patterns that dictate their lives. They will look at the areas of love, responsibility, relationship, freedom, and death.

Participants of all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at: White Lotus, 2500 San Marcos Pass, Santa Barbara, CA 93105; (805) 964-1944. $530

Weekend of June 10–12

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see January 3-8. $270

A Weekend with Sogyal Rinpoche

Sogyal Rinpoche is a lama, scholar, and meditation master who was born in Tibet and raised as a son by the Buddhist master, Jamyang Khyentse Chokyi Lodro. He studied at Cambridge University and has over ten years' experience of living and teaching in the West. By blending the experience of his traditional training with his insight into contemporary Western attitudes, Rinpoche is able to reveal the freshness and relevance of the Buddhist perspective in today's world. He has participated in conferences and projects with scientists and doctors in fields such as healing, psychology, and the care of the dying, where it is more and more apparent that the Buddhist view can make a fruitful and far-reaching contribution. Rinpoche has founded centers in Britain, France, and the United States and teaches widely in Europe, North America, Australia, and New Zealand. $270

Anatomy for Trager℠ Students: Part II

Deane Juhan

This seminar is a continuation of professional training for students of Trager Psychophysical Integration and Mentastics℠. Participants will examine the anatomical structures of the body and their kinesthetic relationships, with specific reference to how these structures and relationships are handled by the Trager approach. Part I deals with the front half of the body; Part II deals with the back half.

Half of the time will be used for slide presentations, lectures, and discussions concerning particular areas of the body. The rest will be spent practicing aspects of a Trager session which correspond to those areas. The emphasis will be on clarifying the intent of the various hand positions and movements, based upon an understanding of structure, function, and motor reflex.

Since supervised Trager table work will be an important part of the class, a beginning Trager training is a prerequisite.

C.E. credit is available for nurses; for additional information see page 37. $270

Week of June 12–17

Five Days with Janet Zuckerman

For workshop description see February 7-12. $530

The Physical Embodiment of Mind: Patterns of Posture and Movement/ Use of Self

Marghe Mills

The way we understand, sense, and use our bodies directly affects our health and our ability to perform the activities we need and want to be doing. Sitting, standing, walking, working, resting, communicating, dancing, exercising, etc., embody patterns as physical metaphors within each biological system (muscle, skeletal, nervous, organ, fluid, neuroendocrine). This workshop will consider the developmental, anatomical, and kinesiological foundations and the physical/mental/emotional experiences of these basic human activities.

Participants will work with their individual patterns of movement, alignment, and behavior. They will explore how personal and social patterns of movement and posture can be conducive to injury, to healing, and to wellness. Movement patterns from the point of view of function, ease, and support will be examined.

Through movement, discussion, hands-on work, lecture, voice, video, and art media, this workshop will provide opportunities for the development and sharpening of important human skills. The work of Moshe Feldenkrais (Awareness Through Movement®, Functional Integration®) and Bonnie Cohen (Body/Mind Centering) will be combined with developmental learning, aikido, and creative arts.

Recommended reading: Marghe Mills and Bonnie Bainbridge Cohen, *Developmental Movement Therapy* (School for Body/Mind Centering); Moshe Feldenkrais, *Awareness Through Movement* (Harper & Row); Wynn Kapit and Lawrence Elson, *The Anatomy Coloring Book* (Canfield Press). $530

Weekend of June 17–19

The Feeling Process

Janet Zuckerman

For workshop description see February 12-14. $270

Food for Health

Jane Miletich

The purpose of this workshop is to experiment with new ways of eating that eliminate certain foods like meat, dairy, processed foods, oils, and salt, and add other, more healthful ones such as fresh juices, grains, legumes, nuts, seeds, sprouts, soups, and raw salads. The foods to be used will include various fresh herbs and produce picked from the Esalen garden and farm or bought from local organic distributors.

Participants may spend time in the kitchen learning methods of food preparation. Mineral and herbal baths, nature hikes, yoga, t'ai chi, massage, and dance will be introduced. All are optional – participants choose their own pace. $270

The Kabbalah: Doorway to the Inner World

Edward Hoffman

For more than 2,000 years, adepts of the Kabbalah, the Jewish mystical tradition, have explored the nature of the human mind and its vast potential. They have addressed in considerable detail such intriguing topics as dreams, meditation, altered states of consciousness, the mind-body unity, and how to awaken one's higher capabilities. In recent years, a true renaissance of interest in the Kabbalah has occurred. Throughout the world, men and women are discovering the unique wisdom and power of this ancient system of knowledge.

This workshop will combine information and experiential methods to make personally relevant the Jewish mystical approach to the inner world. It will examine some of the specific concepts and methods from the Kabbalah as they relate to the new, transformational paradigm emerging in Western psychology. The traditional Kabbalistic emphasis on developing "kavvanah" (intentionality) and imagination will be highlighted. $270

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods to improve their ability to sense each other's bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens, who may discover new ways of moving with ease and increased flexibility – painlessly and immediately.

C.E. credit is available for nurses; for additional information see page 37. $270

Week of June 19–24

Five Days with Jack Rosenberg

This workshop is aimed at awakening and sustaining awareness of body, self, and soul, as well as examining the anatomy and function of intimate relationships. The method can be described as gestalt body work with a distinct leaning toward the transpersonal aspects of life. During the workshop, participants will explore many aspects of Jack Rosenberg's energetic approach to sexuality, the energetic field of the body, and the belief systems which keep one locked in obsolete behavior patterns. This workshop will be co-led with Beverly Kitaen Morse.

Recommended reading: Jack Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics) and *Total Orgasm*. $530

Mountains and Waves: A Solstice Celebration

Susan Harper & Steven Harper

Mountains and Waves is an invitation to explore natural movements inspired within the human organism by participation in nature. We listen to impulses within and to impulses of wilderness until "inner" and "outer" disappear. As we surrender to the intelligence which creates life in all its varied forms, we find ourselves moving in unexpected ways. Our awareness expands. We feel a larger sense of Self and wilderness and the creative wholeness of a greater dance.

The summer solstice occurs during this week, and we will take special time to create a ceremony in honor and celebration of our longest day. Sessions will be both indoors and outdoors. Evenings, some day sessions, and most meals will be at Esalen. We will also take short day hikes in Big Sur's backcountry. Participants need not have previous experience in hiking or dance. $530

Intermediate Cranial Workshop

Jim Asher & Jane Harrington

This Level Two cranial workshop will review the vertical and horizontal systems with alternate holds for each phase. Mouthwork practices that reduce strain and compression patterns as they relate to the maxilla, sphenoid, and ethmoid complex and to pituitary and sinus problems will be shown. Participants will practice balanced movement of the body to support themselves while working, as well as movement patterns which can be taught to their clients to support cranial changes.

Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system. Unwinding, a method which can release strains throughout the body at the somatic and emotional levels, will be emphasized in this workshop. Sphenobasilar strain patterns, whip lash, bulb compression, dural tube freedom, and the fluid system will also be covered. There will be time for questions about specific problems and case studies.

This workshop is for those who have taken a basic cranial workshop on the membrane/fluid systems (see January 3-8). It will be hands-on. Much of the emphasis will be on the head, jaw, neck, pelvis, and diaphragm systems.

C.E. credit is available for nurses; for additional information see page 37. $530

Weekend of June 24–26

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 6. $270

A Weekend with David Schiffman & Elisa Lodge Schiffman

For workshop description see January 15-17. $270

An Inquiry into Channeling

Arthur Hastings, Helen Palmer, Deborah Reynolds & Charles Tart

The phenomena of channeling, in which persons transmit messages from discarnate beings or other non-personal sources, is an increasing source of spiritual messages, personal advice, and admonitions to humanity. Seth, channeled by Jane Roberts, and *A Course in Miracles*, transmitted by Helen Schucman, are well-known examples, but there are thousands of other individuals who are now channeling. Are the entities real? What credence should we give to the messages? What does channeling tell us about human abilities?

This conference will inquire into the nature and potentials of channeling. There will be video and audio presentations of contemporary channeling with discussions of their messages, presentations by leaders, demonstrations, and experiential exercises.

Topics covered will include the issue of personal identity, the inner process and development of channeling, implications for metaphysics, and the relation between traditional psychic functioning and channeling. Discussions will consider the responsibilities of channeling and the dangers and abuses of channeling by the channel, by the entity, and by the public.

Research and theories of channeling will be presented, including brain wave measures, multiple personality models, archetypes, higher beings, lower beings, and the personification of the higher self.

In addition to the seminar leaders listed above, there may be other guest presenters. Contact the Esalen office for up-to-date information. $270

Week of June 26–July 1

Acts of Courage

David Schiffman & Elisa Lodge Schiffman

In their work together, David and Elisa Schiffman offer a group experience which is based on mutual respect, honesty, and tenderness and which allows participants to deepen their appreciation of what is truly valuable in their lives.

Much of the focus is on the art of creative risk-taking or "acts of courage." The Schiffmans teach that to take risks successfully requires courage, grit, and wisdom, knowing one's heart and being true to the dreams that live inside it, good timing, an adventuresome spirit, and the confidence to act. The group time together will include traditional psychological practices as well as non-traditional innovative approaches involving the use of music, movement, guided imagery, and structural repatterning. $530

An Intimate Community

Linda Rice-Mandigo, Anne Ruderman & Joel Dueck

Feelings give us knowledge, depth, and pleasure, but only when they flow unobstructed into our lives. Relating to others is a function of being able to express those feelings openly and directly. Collectively, the risks we take in revealing ourselves create an intimate community. In this workshop, participants will have the opportunity to feel deep parts of themselves and to translate their individual work into quality interactions.

The workshop leaders have worked together for seven years. They are trained in various disciplines and may use Reichian emotional release, breathing sessions, group interactional process, play, nurturing, confrontation, and spiritual healing while working with workshop participants. As members of the community, they are available at the same emotional depth that they encourage in the participants. $530

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji with Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty years. During this week-long workshop, he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Participants will have a chance to become deeply immersed in the study and re-creation of African drum sounds and rhythms. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one. (Note: Olatunji will possibly continue his stay at Esalen until July 8. Consult the May-October 1988 catalog for more information.) $530

SPECIAL PROGRAMS

January 24–February 5
Advanced Training in
Shamanism and Shamanic Healing

Michael Harner

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others and to solve the problems of daily living. This two-week intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life. This is the most advanced training currently offered by Michael Harner in the United States or Europe.

Course prerequisite: a previous workshop with Michael Harner or an authorized faculty member of the Center for Shamanic Studies, either at Esalen or elsewhere. Such a workshop will be offered at Esalen immediately prior to this program. (See Esalen Seminars, January 22-24.)

For more information and to apply, please contact Michael Harner, Center for Shamanic Studies, P.O. Box 673 – Belden Station, Norwalk, CT 06852; (203) 454-2827. Early application is recommended.

February 26–March 25
Massage Practitioner
Certification Program

Vicki Topp & Esalen Massage Practitioners

This month-long program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture-demonstrations, hands-on practice sessions using each other as models, illustrated anatomy classes, and instruction in the basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning.

Body work will be studied as a tool for optimal well-being and stress reduction and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. Upon satisfactory completion of the program, and after giving 30 additional recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program, with limited admission.

C.E. credit is available for nurses; for additional information see page 37. $2300

February 28–March 18
A Workshop with Jack Rosenberg

This workshop will start wherever participants are in their inner journey. The work is an in-depth integration of body and gestalt practices, object relations, and the transformative process of consciousness.

The course will cover:

Psychology of the Self: Participants will work with early unfinished situations that interrupt their sense of well-being and interfere with their relationships in the present. Sexual implications of this work will be dealt with in body work and in lecture.

Body Work (Integrative Body Approach): This will be theoretical and practical application, combining Integrative Body Practice, exercise, and massage.

Transformative Process of Consciousness: As the inner journey progresses, one's figure/ground is shifted from "doing" and "having" to "being" and to one's relationship with the eternal. Participants will explore ways to integrate and sustain these new awarenesses in their everyday lives.

This workshop will be co-led with Beverly Kitaen Morse. $1725

February 28–March 18
Through the Eye of the Storm:
An Intensive for Recovering
Adult Children of Alcoholic,
Abusive, and Dysfunctional Homes

Karen Paine-Gernee, Rick Paine & Terry Hunt

Children who grow up in alcoholic, abusive, or otherwise unhealthy homes often develop certain disabilities which last through their lifetimes unless they are deliberately addressed, among them: an inordinate need to control, an over-developed sense of responsibility, fear of authority figures, inability to trust, difficulty having fun, compulsive behavior, fear of abandonment, and chronic lack of self-esteem.

Alcoholism is a disease of denial. ACAs tell themselves that it really wasn't so bad, and they learn not to feel what they cannot tolerate. As they deny pain, they screen out joy, and their adult lives are often filled with depression and loneliness. ACAs are often survivors, though, and most have emerged as successful-appearing adults. Yet they often spend so much energy managing and controlling work and relationships that they have little left for themselves.

Recovery is possible, though. A necessary part of recovery is moving through the chaos of one's life into the calm of "the eye of the storm."

Through self-exploration, participants will have the opportunity to access, express, and release blocked emotions that they still carry from childhood and to tap the aliveness that was sacrificed when they buried their anger, fear, and grief.

Points of focus for this workshop will include:

* *Emotional Sobriety:* Having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure.
* *Pleasure/Addictions:* Learning that true pleasure is a life-affirming non-addictive experience.
* *Sexuality:* Separating the unmet needs of the wounded child from adult intimate sexual relationships; learning basic tools for nurturing and sustaining healthy relationships.
* *Boundaries:* Looking at the tendency to alternate between fusing with another and then completely isolating oneself.
* *Spirituality:* Learning to have faith in the face of the horror experienced in childhood.
* *Self Esteem:* Realizing that self-doubt is oftentimes based on old mental patterns, not on reality.
* *Learning New Behaviors:* Identifying and overcoming old ways of reacting.
* *Looking Beyond the Label:* Knowing when to stop calling oneself an ACA. $1725

March 4–20
Continuum Movement:
An Approach to Deep Bodily Awareness

Emilie Conrad-Da'oud & Susan Harper

Within our skin is a world of movement, not just the familiar movement of liquids and organs, but a dance of intelligent life. This is an invitation to dance.

This inner movement is different from spatial movements such as walking. We call it "intrinsic movement." It is a great facilitator of the body's healing powers, a source for the development of an organic awareness that is fundamental to all intelligence, and a way to understand movement as what we are, rather than an activity we do.

This workshop will focus on breath, sound, and what we call the "movement of movements."

Each breath is like a motif or theme of a musical composition. The implications of the orchestration involve a reordering of our nervous system, refinement of our sense perception, and the ability to pay attention at the deeply organic levels of movement where molecules spin and cells commune.

Sound also plays an enormous part in these orchestrations, making the breath audible. Through audible breath we create new possibilities in our ability to affect ourselves, both as healers and as a way to tune ourselves to the evolutionary thrust on earth.

The movement of movements is the overall flow in the many eddying patterns of bodily motion. Some of these movements can be experienced as wavelike undulates, some are pulsating micromovements, some have the vibratory hum of tissue, and some have the sparkling charge of an electrical current. When all these different movements flow together without interference, we call this "fluidity."

Prerequisite: Participants who have not done Continuum work before are required to take the five-day workshop preceding this course. (See February 28-March 4.) $1550

Cynthia Johnson Bianchetta

April 3–22
Spiritual/Esoteric Practice:
The Key to Intuitive
and Psychic Development

Anne & Jim Armstrong

A well-developed, directable intuition is a natural, healthy outgrowth of self-realization. But unless we are willing to create the proper environment through self-discipline, meditation, and mindfulness of everything we think, feel, say, or do, this powerful force will remain dormant within us.

This three-week workshop will concentrate on building a firm esoteric/spiritual foundation for serious students interested in using intuition in their lives and professions. This will be accomplished by drawing from many ancient and modern spiritual disciplines, including meditation and yoga, while emphasizing the spiritual and ethical use of the intuitive/psychic process.

Through lecture, basic exercises, and practice on selected cases, participants can learn to recognize, trust, and apply their own psi abilities. During the exercises, Anne Arm-

strong will use her tracking abilities to assist participants in arriving at useful, accurate data.

Although esoteric and metaphysical explanations and background will be presented where appropriate, this is not a primary goal of the program. Particular attention will be placed on helping the participants differentiate between perception and projection and between psychic and intuitive input.

Bring a tape recorder, if you have one, and a few blank tapes. $1725

April 3–29
Gestalt Practicum for People in the Helping Professions: A Study Work Program

Coordinated by Christine Stewart Price

Gestalt practice is an experiential form – nonanalytic, noncoercive, nonjudgmental – evolving out of the work of Fritz Perls. In this practice, the quality of one's awareness is made primary, especially as focused on breath and physical sensation. See page 6 for a more detailed description.

This program is designed for people with established client-oriented practices, such as counselors, body workers, nurses, teachers, etc., who would like to integrate gestalt practice skills in their professional lives as well as have concentrated time to attend to their personal growth. The curriculum will include sessions in which participants work individually with the leaders in a group setting ("open seat" work) as well as practicum sessions when group members work with each other in supervised situations. Some sessions will be videotaped for review and discussion. Although gestalt practice is the primary focus, related approaches will be presented, especially those which enhance ability to focus awareness on breath and the body.

This is a *scholarship program* and all participants are required to *work sixteen hours per week* in the Esalen community. This work commitment is part of the program, and participation is contingent on its fulfillment. Some additional scholarship assistance is available. To apply for the workshop, send a brief letter describing your present work and how you imagine this experience would relate to your professional and personal growth. Address your application to Christine Stewart Price, c/o Esalen Institute. $1600

May 12–15
European Work Scholar Intensive

The first European work scholar reunion in May 1987 was a great success. Twenty-four people from five European countries attended; all had previously been at Esalen for a month or more. There was time for group and personal work with *Jessica Moore Britt* and *John Soper*. It was an opportunity for them to continue their personal growth and to recapture the Esalen experience closer to home.

The 1988 workshop will be held at the same retreat center between Frankfurt and Cologne, Germany, from May 12-15. The title has been changed from "Reunion" to "Intensive" to more accurately reflect its nature. Visiting Esalen facilitators will include *Jessica Moore Britt, John Soper, Nancy Kaye Lunney*, and others.

If you live in Europe, have been at Esalen for a month or more, and would like more information about this workshop, please contact: Eberhard Schwartz, Menzelstr. 1, 1000 Berlin 41, 030-855-7504.

May 22–June 17
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

This course will synthesize neurolinguistics and Ericksonian hypnosis and will draw heavily from the pioneering work being done with the enneagram of personality and Stanislav Grof's "cartography of inner space." While satisfying the hypnosis coursework requirements for the M.E.C.C. and complying with the California state requirement for hypnosis certification, participants will go beyond what is required and explore the realms of the unknown.

While the use of hypnosis in habit control and symptom removal will be covered, a primary focus will be on hypnosis as an emerging tool of spiritual emergence/emergency. Starting with the presupposition that we already live in trance and that the goal is waking up, the roots of personality structure and the filters of perception in the creation and transformation of reality will also be carefully explored.

Clinical applications depend upon the complete pacing of the client's reality. The structure of rapport, pacing/leading, and various hypnotic patterns of induction will be demonstrated and practiced along with a variety of clinical interventions, including reframing, change history, metaphors, and storytelling.

The group will watch videotapes of Erickson and other leading hypnotherapists. Participants will have daily practice with each other and the opportunity to be videotaped doing a hypnotic induction. Daily zazen and Taoist yoga will also be a part of this program.

Upon completion of this course, participants must demonstrate a high level of professionalism as well as proficiency in technical skills to the satisfaction of the instructors before certification will be granted. Additional certification by the American Council of Hypnotist Examiners will be available for an additional fee. Certification as a practitioner of neurolinguistic programming is available in conjunction with the Society of Neurolinguistic Programming for an additional fee.

Required reading: J. Haley, *Uncommon Therapy* (Norton) and *Strategies of Psychotherapy* (Grune & Stratton); Bandler and Grinder, *Trance-formations* (Real People Press), *Frogs into Princes* (Real People Press), and *Reframing* (Real People Press); S. Grof, *Realms of the Human Unconscious* (Dutton) and *Beyond the Brain* (State Univ. of N.Y.); Chogyam Trungpa, *Shambhala* (Shambhala); Evans-Wentz, *The Tibetan Book of the Great Liberation* (Oxford Univ. Press); P.D. Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World); C. Castaneda, *Tales of Power* (Simon & Schuster); Joseph Campbell, *Myths to Live By* (Bantam).

C.E. credit is available for nurses; for additional information see page 37. $2120

Children's Programs

Gazebo School: The Gazebo Program for children, ages 2-6, operates year round except for a week at Christmas. It is an outdoor-based program which encompasses the care of animals and the environment and supports the development of physical, cognitive, and psychosocial skills. $150 per week

Work Scholar Kids: The W.S.K. Program is for children, ages 7-12, and runs from July 4-August 12. The children will participate in a morning work program within the Esalen community, such as the garden, farm, laundry, office, and Gazebo. In the afternoons they will focus on a particular study, such as the Big Sur environment, water safety, sports, or the arts (music, dance, drama, painting). $250 per week

Both of these programs are for children of parents concurrently attending an Esalen seminar. For further information contact Lia Thompson, Esalen Institute.

Gazebo Internship Program

Openings are now available at the Gazebo School for a one-to-three month intensive internship in early childhood education. The emphasis will be on an aesthetic approach to the development of physical, cognitive, and psychosocial skills. For an application, write to Bette Dingman, Gazebo Internship Program, Esalen Institute.

Massage Practitioner Certification Program

Esalen is now offering a California state-approved program. Upon completion of the four-week massage practitioner workshop (see page 32) and after giving 30 additional massages elsewhere, graduates will receive their certificates. This program provides at least 130 hours of instruction, supplemented by additional study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring Traveling Workshops

The Esalen massage teachers and their associates have created Healthspring, an independent organization devoted to extending their work into an outreach program. The workshops offer practices to stimulate physical and spiritual health and awareness within the body and can be designed to suit the needs of individual groups. The curriculum combines such approaches as massage, meditation, dance, neo-Reichian work, creative movement, gestalt, yoga, breath enhancement, anatomy, and other health-strengthening disciplines.

Healthspring will conduct workshops at locations outside of Esalen in your hometown or city. For more information on scheduling a Healthspring group in your community, write to: Healthspring Traveling Workshops, Esalen Institute, Big Sur, CA 93920.

FUTURE PROGRAMS

July 1–5
Special 4th of July Celebration

Featuring Babatunde Olatunji

This long weekend celebration will run from Friday evening to Tuesday morning. For more information refer to Esalen Seminars, June 26-July 1, and the May-October catalog.

WORK STUDY PROGRAM

Judith Morgan Alexander

The Work Study Program is for those who are interested in total immersion in the Esalen environment. It is a work-oriented program, emotionally and physically. Only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and housekeeping. *Assignments to departments are made according to community labor needs.* No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. *Participants in the focused programs must be prepared to stay at Esalen for the full duration* designated for that particular program, assuming that they meet the standards of the Work Study Program.

Focused programs planned thus far for 1988 include:

January 3–February 28: Jessica Moore Britt and Joyce Lyke will inquire into the body/spirit relationship using gestalt, Reichian breath work, Native American ritual, and Sufi self-remembering exercises.

February 28–March 27: Janet Zuckerman will focus on emotional release. Tools for exploration will include the open seat, a tennis racket, pillows, and a sense of humor.

March 27–April 24: Paul Carter will integrate trance and whole/parts work, exploring the naturalistic development and uses of trance in all aspects of life.

April 24–May 22: Anne Nechama Simkin's gestalt program will include some videotape sessions. Massage and movement work may be offered.

May 22–June 19: Wolf Buentig's and Gertraud Eder-Buentig's group will study the body as the outward revealed life of the soul, and the soul as the inward perceived life of the body.

June 19–July 17: See April 24-May 22.

June 19–July 17: Don Johnson will lead a general track incorporating group process, individual work, meditation, and movement.

July 17–August 14: Seymour Carter will focus on gestalt practice, with emphasis for, but not limited to, professionals.

August 14–September 11: Mary Goldenson's (Devarani) program of letting go and moving on will employ Reichian methods, Radix®, dance, imagery, gestalt, and meditation.

September 11–October 9: See February 28-March 27.

October 9–November 6: For more information, contact Bette Dingman, Esalen.

November 6–December 4: Jessica Moore Britt. See January 3-February 28.

December 4–January 1: See July 17-August 14.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage and Rolfing®, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the three-month body work program, is $700 first month, $650 second month, $600 third month. Work scholars *may* be invited to remain for a second month or a third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable and may be transferred to other programs within one year of receipt. Please return this form with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

Available dates: January 3–February 28; February 28–March 27; March 27–April 24; April 24–May 22; May 22–June 19; June 19–July 17; July 17–August 14; August 14–September 11; September 11–October 9; October 9–November 6; November 6–December 4; December 4–January 1; etc.

APPLICATION TO THE WORK STUDY PROGRAM

Name _____ Address _____

City _____ State _____ ZIP _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program.

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community.*

Please indicate your availability should an invitation be extended. (Not applicable to focused program participants.)
☐ No extension ☐ One-month extension ☐ Two-month extension. Assignments to departments are made according to community labor needs.

☐ Please check here if you have emergency medical skills (M.D., E.M.T., or R.N.) and are willing to make those skills available during your stay.

Please attach a personal statement about your interest in the Work Study Program. *Include:* applicable *skills* (gardening, kitchen, mechanical, etc.); medical difficulties which might affect your working in particular departments; previous Esalen workshops you have attended (please list program titles, group leaders, and dates). Note: Fluency in the English language is essential for participation in the program.

WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

1-3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

April 29–May 7
Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center
Steven Harper & Joyce Lyke

Nature can provide opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand one's sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," with instruction in minimum impact camping, ecology, and the geography and cultural history of the area.

Wilderness will be a mirror and primary teacher as the group lives simply and in direct contact with nature. Participants will explore their inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, they will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for their last night together. There, meditation instruction will be available for those who wish it. Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration.

$550

MEDICAL PROGRAMS

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. *Only those programs specifically listed below offer continuing education credit.* See workshop descriptions elsewhere in the catalog.

January 3-8
Craniosacral System: Basic Workshop
Jim Asher & Jane Harrington
30 hours

January 17-22
Fighting Back from Trauma and Catastrophic Illness
Mariah Fenton Gladis
30 hours

January 22-24
Anatomy for Trager℠ Students: Part I
Deane Juhan
12 hours; C.E. credit is available through the Trager Institute.

February 7-12
Five-Day Massage Intensive
Brita Ostrom & Esalen Massage Practitioners
30 hours

February 12-14
Morphology
Gerald Epstein
10 hours

February 14-19
Understanding the Borderline and Narcissistic Personality
Burton Schaffner & Darlene Louise Beaver
30 hours

February 26-March 25
Massage Practitioner Certification Program
Vicki Topp & Esalen Massage Practitioners
30 hours

April 17-22
Five-Day Massage Intensive
Brita Ostrom & Esalen Massage Practitioners
30 hours

May 22-June 17
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
30 hours

May 29-June 3
Five-Day Massage Intensive
Esalen Massage Practitioners
30 hours

June 10-12
Anatomy for Trager℠ Students: Part II
Deane Juhan
12 hours; C.E. credit is available through the Trager Institute.

June 17-19
Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

June 19-24
Intermediate Cranial Workshop
Jim Asher & Jane Harrington
30 hours

THE MEDIA CENTER

Videotapes

The Esalen Media Center is offering for rental or purchase a selection of videotapes. This series consists of unedited single camera recordings of informal talks made at Esalen, along with a descriptive tape of Esalen itself.

1. Jack Kornfield, *On Meditation*, November, 1986. A longtime student and teacher of vipassana meditation and Buddhism discusses these traditions with reference to his own experiences as a spiritual seeker in the Orient. (121 minutes)

2. Brother David Steindl-Rast, *God, Spirituality, and the Senses*, November, 1984. A Benedictine monk and scholar discusses the spiritual journey and its relationship to mythology and transpersonal theory. (117 minutes)

3. Fritjof Capra, *Characteristics of Systems Thinking*, June, 1985. The author of *The Tao of Physics* and *The Turning Point* discusses the evolution of scientific thinking, including current views and implications. (81 minutes)

4. Stanislav Grof, *The New Scientific Paradigm*, June, 1985. An original member of the transpersonal psychology network and author on topics such as appropriate use of psychoactive substances, discusses his current view of consciousness. (117 minutes)

5. Rupert Sheldrake, *Morphic Resonance and The New Science of Life*, June, 1985. A British geneticist relates his theories on biological and psychological development and discusses some empirical tests of these theories. (108 minutes)

6. Kenneth Ring, *The Near-Death Experience*, June, 1985. The author of *Life at Death* and *Heading Toward Omega* discusses his research on the near-death experience and some of its implications for the future of the human race. (114 minutes)

7. Albert Hofmann, December, 1984. The discoverer of LSD talks to Stanislav Grof about his early experiences with this and other psycho-active drugs. He also discusses some of the social, political, and scientific consequences of LSD. (92 minutes)

8. Anne Armstrong and Elizabeth Stratton, December, 1984. Two longtime students, practitioners, and teachers of psychic work discuss with Nancy Knapp their practices and perspectives related to psychic counseling and healing. (56 minutes)

9. Terence McKenna, *Fractal Perspectives on the Millenium*, August, 1985. The author of *The Invisible Landscape* gives his vision of the future, centering around the evolution of human consciousness. (72 minutes)

10. Jack Rosenberg, *One Hour and Twenty-Nine Minutes with Jack Rosenberg and Integrative Body Practice*, September, 1985. The Venice, California, practitioner gives his view of personality development and some of the typical patterns of interaction in relationship. (89 minutes)

11. *Esalen*. This 18-minute videotape tells Esalen's story from its early history to the present. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities.

Ordering Information

Each speaker program costs $55 to purchase, $25 to rent. The *Esalen* tape costs $35 to purchase, $15 to rent. To order any of these tapes, indicate: purchase or rental (one week), program # and title, format (VHS or Beta). To your subtotal, add $5 shipping and handling. California residents add 6% tax for sales only. Include your name, address, and phone number. Please address your order (with a check payable to Esalen Institute) to the Esalen Media Center.

FRIENDS OF ESALEN

We invite you to join us in our organization—the Friends of Esalen scholarship fund.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships. Esalen will, in turn, match your contribution.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog* for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category marked.

☐ I wish to renew my membership in Friends of Esalen.

☐ One Year Student $15
☐ One Year Individual $25
☐ One Year Donor $50
☐ One Year Sponsor $100
☐ One Year Patron $500
(Contributions are tax-deductible)

Name _____ Student Affiliation _____

Address _____ City _____

State _____ ZIP _____ Date _____

Please mail to: Friends of Esalen, Big Sur, CA 93920.

AUDIO RECORDINGS

The Dolphin Tape Series

These recordings go back to the early days of Esalen. With emphasis on the human potential, Dolphin Tapes continues to draw from the Big Sur Recordings archives. Here are examples of: encounter, gestalt, sensory awareness, Rolfing®, Feldenkrais®, mysticism and madness, meditation and spirituality, sexual freedom and psychedelics, free speech and protest, consciousness change and paradigm shift, new physics, new reality, new philosophy, new purpose, more humanness, health, wholeness, wellness and a gradual influence on business and society. Nearly all recordings are stereo from live events. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10

Anne Armstrong: *On Being a Psychic*, 1971
Gregory Bateson: *Metaphors and Butterflies*, 1975
David Brower: *Breaking the Species Barrier*, 1971
Joseph Campbell: *Freud, Jung and Kundalini Yoga*, 1967
Fritjof Capra: *Shifting Paradigms and Social Change*, 1980
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
Baba Ram Dass: *Yoga of Daily Life*, 1970
Big Sur Drums: *The Sky Children*, 1968
Fadiman/Hastings: *Psychedelics and Paranormal Phenomena*, 1971
Jack Gibb: *The Emergent Group*, 1966
Willis Harman: *New Consciousness in a New Society*, 1972
S. I. Hayakawa: *Fully Functioning Personality*, 1964
Albert Hofmann: *LSD and The Nature of Reality*, 1978
Aldous Huxley: *Human Potentialities*, 1960
Aldous Huxley: *Visionary Experience*, 1960
Stanley Keleman: *Biological Roots of Spiritual Experience*, 1970
Stanley Krippner: *Communes, Telepaths and Dreams*, 1971
Timothy Leary: *American Culture (1945-1985)*, 1977
George Leonard: *Steps Toward Utopia*, 1966
John C. Lilly: *The Dolphin Experience*, 1969
Richard Marsh: *Beyond Games*, 1966
Abraham Maslow: *Self-Actualization*, 1966
Abraham Maslow: *Psychology of Religious Awareness*, 1967
Rollo May: *Violence and the Daimonic*, 1970
Ralph Metzner: *Metaphors and Symbols of Transformation*, 1980
Claudio Naranjo: *Dante's Way to the Stars*, 1968
Brendan O'Regan: *Decision Making in the Global Village*, 1979
Robert Ornstein: *On the Psychology of Meditation*, 1971
Humphrey Osmond: *Early Psychedelic History*, 1976
Fritz Perls: *Gestalt Therapy and How It Works*, 1967-68
Fritz Perls: *Dream Theory and Demonstration*, 1966
John Weir Perry: *Psychosis and Transformation*, 1968
James Pike: *Christ as a Revolutionary Figure*, 1969
Carl Rogers: *The Person of Tomorrow*, 1970
Carl Rogers: *My Philosophy and How It Grew*, 1972
Ida Rolf: *Structural Integration*, 1971
Virginia Satir: *Family Communication and Growth*, 1967
Robert Schwartz: *Consciousness Evolution and Business*, 1979
Will Schutz: *Rules of Thumb for Open Encounter*, 1970
Charlotte Selver: *An Introduction to Sensory Awareness*, 1968
Rupert Sheldrake: *Morphic Resonance (Bombay)*, 1982
Huston Smith: *No Wasted Journey*, 1968
Frederick Spiegelberg: *India and the Saints*, 1964
Russel Targ: *Parapsychology and Physics*, 1972
Charles Tart: *On the Paranormal*, 1971
Wilson Van Dusen: *The Nature of Humanness*, 1971
John Vasconcellos: *A Humanistic Approach to Politics*, 1970
Alan Watts: *Divine Madness*, 1968

Two-tape titles are $18

AHP Panel: (2) *The Black Experience*, 1969
Anderson/Roszak: (2) *The Upstart Spring (Esalen)*, 1984
Robert Bly: (2) *An Evening at Esalen*, 1982
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1970
Baba Ram Dass: (2) *One Man's Journey to the East*, 1969
Buckminster Fuller: (2) *The Critical Path (Maui)*, 1982
Stan & Christina Grof: (2) *The Holonomic Consciousness Paradigm*, 1982
Stanislav Grof: (2) *Geometry of Psychopathology*, 1984
John Holt & George Dennison: (2) *Alternatives in Education*, 1970
Jean Houston: (2) *The Possible Human (Boston)*, 1979
Timothy Leary: (2) *The Power of Imprinting*, 1982
Abraham Maslow: (2) *The Farther Reaches of Human Nature*, 1968
Joseph Chilton Pearce: (2) *The Magical Child*, 1975
Karl Pribram: (2) *The Holographic Model Today*, 1985
Carl Rogers: (2) *A Weekend at Esalen*, 1983
Selver/Brooks: (2) *Sensory Awareness*, 1980-82
Wilson Van Dusen: (2) *Confronting Hallucinations*, 1968
Andrew Weil: (2) *Interplay of Mind and Body Realities*, 1982
Lynn White & Alan Watts: (2) *Ecological Crisis*, 1971
Watts/Grof/Silverman: (2) *The Science of Madness*, 1968
Perry/Watts/Ginsberg/Naranjo: (2) *The Poetry of Madness*, 1968

Four-tape titles are $36

James Fadiman: (4) *A Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1978
Roland Fischer: (4) *Creative, Psychotic and Ecstatic States*, 1969
R. D. Laing: (4) *Sanity, Madness, Bloomsbury Center*, 1967
Jack Kornfield: (4) *Buddhist Meditation and Practice*, 1981
Timothy Leary: (4) *A Day with Timothy Leary*, 1982
Rollo May: (4) *Dimensions of Consciousness*, 1966
Jack Rosenberg: (4) *A New Understanding of Relationships*, 1982
Theodore Roszak: (4) *The Unfinished Animal*, 1982
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968

The Dolphin Vinyl Binder Tape Sets

Carl Rogers: (6) *The Basic Encounter Group*, 1967	$60
Fritz Perls: (6) *The Perls Encounter: A Complete Weekend*, 1968	$60
Abraham Maslow: (6) *The Eupsychian Ethic*, 1969	$60
John C. Lilly: (6) *Ego, Self and Essence*, 1971	$60
Andrew Weil: (6) *Integrated Consciousness and Health*, 1976	$60
UCSB Symposium: (6) *Entheogens: The Spiritual Psychedelics*, 1983	$60
Esalen Series: (8) *Physics and Consciousness*, 1975-76	$72
Esalen/UCB: Tarrytown Symposium: (8) *Faces of the Enemy*, 1983	$72
UCB Symposium: (8) *The Sixties: Its Leaders and Legacy*, 1987	$72
Buckminster Fuller: (8) *The Pajaro Dunes Tapes*, 1980	$80
Virginia Satir: (10) *Conjoint Family Therapy*, 1968	$88
Joseph Campbell: (10) *The World Mythology Series*, 1969	$88
Esalen Series: (12) *The Value of Psychotic Experience*, 1968	$98
Esalen Symposium: (12) *Wilhelm Reich: His Life and Work*, 1974	$98
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-80	$98

Please add $2 to your complete order for handling and mailing (add $4 if you wish priority mail). California residents include 6% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment.) Allow 4 to 6 weeks for delivery.

Please mail your order and your check payable to:
DOLPHIN TAPES, PO Box 71, Big Sur, CA 93920

Advertisement: Dolphin Tapes is a private company independent of Esalen.

BIOGRAPHICAL INFORMATION

A

Stephen Aizenstat,
clinical director of the Human Relations Institute, has conducted dream groups thoughout the U.S. and recently completed a comprehensive research project on methods of dream analysis.
p. 17, 27

Ijalu Akanbe
has danced with Olatunji for 23 years and is dance captain of the Drums of Passion Dancers.
p. 31

John Amodeo
is co-author of Being Intimate, *which describes how Focusing leads to greater intimacy. He is a counselor and contributing editor to* Yoga Journal.
p. 9

Kris Amodeo
is a counseling intern in the San Francisco Bay Area. She co-authored Being Intimate *and co-leads training groups and Focusing/meditation retreats.*
p. 9

Lewis Andrews
is a Research Fellow at the Yale Divinity School and author of To Thine Own Self Be True: The Rebirth of Values in the New Ethical Therapy.
p. 18

Anne Armstrong
has been doing transpersonal counseling for over 23 years and has trained professionals to use their own intuitive abilities.
p. 16, 21, 26, 33

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 16, 21, 26, 33

Elliot Aronson,
professor of psychology at UC Santa Cruz, is the author of 14 books on interpersonal relations, including The Social Animal, The Handbook of Social Psychology, *and* Burnout.
p. 13

Angeles Arrien
is an anthropologist and specialist in Basque mysticism. She teaches courses in cross-cultural approaches to healing, myths, and symbols.
p. 28

Jim Asher
has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer, certified by Ida Rolf.
p. 8, 31, 37

B

Jamie Baraz
has taught Vipassana (insight) meditation with Joseph Goldstein, Jack Kornfield, and Stephen Levine in the U.S. and Asia. He has led San Francisco area classes and retreats since 1977.
p. 13, 27

Frank Barron
is a research psychologist at UC Berkeley and heads the Laboratory for the Psychological Study of Lives at UC Santa Cruz.
p. 15

Judy Beals
is an attorney and has worked in the U.S. Senate on issues of health, welfare, safety, and discrimination.
p. 19

Darlene Louise Beaver
has conducted workshops at conferences and growth centers. Her interest is in integrating in life-enhancing ways the different modalities she studies.
p. 16, 37

Steve Beck
grew up on an 80 acre garden in North Dakota. He has been a resident at Esalen since 1974.
p. 28

Mark Bender
holds a doctorate in psychology and has a private practice in cortical reeducation.
p. 25

Cynthia Johnson Bianchetta
is an artist, dancer, and photographer. She was the assistant director of the Museum of Photographic Arts and director of the Weston Photographic Gallery.
p. 27

Daniel Bianchetta,
longtime Esalen resident and workshop leader, is an intuitive counselor and also does body work. He is a student and teacher of meditation.
p. 27

Stephen Book,
head of the Stephen Book Workshop in Hollywood and adjunct professor of acting at USC, served as executive director of the Spolin Theater Game Center.
p. 16

Faustin Bray
is a musician, media artist, founder of Island School, and director of Sound Photosynthesis. She specializes in inspiration using yoga, fine arts, science, and travel.
p. 15

Jessica Moore Britt
is a teacher of gestalt and Reichian work at Esalen. She is a member of the Ridhwan Work School, which is dedicated to understanding personality and essential development.
p. 6, 19, 21, 34, 36

Daniel Brown,
chief of psychology and director of behavioral medicine at Cambridge Hospital/Harvard Medical School, is co-author of Hypnotherapy and Hypnoanalysis *and* Hypnosis and Behavioral Medicine.
p. 15

George Brown,
graduate program leader in Confluent Education and Organizational Leadership at UC Santa Barbara, is author of The Neurotic Behavior of Organizations.
p. 12

Judith Brown
has been a gestalt practitioner and trainer for 20 years. Her most recent book is I Only Want What's Best for You.
p. 12, 13

Wolf Buentig,
founder of Germany's first growth center, ZIST, has been a group leader for 17 years, integrating psychoanalysis, encounter, bioenergetics, gestalt, and Ericksonian hypnosis.
p. 36

C

Joseph Campbell,
professor emeritus at Sarah Lawrence College and eminent mythologist, authored The Hero with a Thousand Faces, The Masks of God, Myths to Live By, *and* The Inner Reaches of Outer Space.
p. 20

Anne Caple
is a student of transpersonal psychology, a technical writer, editor, and fiber artist.
p. 29

John Caple
is a corporate trainer, consultant, and career counselor with earlier careers as a college professor and corporate executive.
p. 29

Paul Carter,
co-founder and director of Meta Education and Training Arts since 1976, leads workshops around the world on Whole/Parts Transformation, Ericksonian hypnosis, and creativity.
p. 23, 36

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 11, 16, 23, 25, 36

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.
p. 21

Stanford Eugene Cates
is an ordained minister, gestalt facilitator, and Trager℠ bodyworker. He has worked with Paul Rebillot in the U.S. and Europe for seven years.
p. 17, 20, 21, 26

Danner Christensen
has been interested in becoming a man ever since he was born in 1950.
p. 17

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 19, 33

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Expressive Painting Studio in San Francisco.
p. 21

Dale Cummings,
certified Radix® teacher and counselor in private practice in West Los Angeles, is director of first-year training for the Radix Institute in Ojai.
p. 28

D

Laura DeNuccio (Ma Prita)
is a certified Radix® teacher on Esalen's Gestalt Staff, with over 13 years of experience combining Reichian body work, vision work, movement, ritual, and meditation.
p. 13, 20, 24

Patrick Douce,
a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais Awareness Through Movement® and is available for individual sessions in Functional Integration®.
p. 30, 37

Joel Dweck
is a Reichian practitioner in Los Angeles, where he also directs the Core Contact training program.
p. 31

E

Gertraud Eder-Buentig
has studied gestalt, bioenergetics, hakomi, and Anna Halprin's movement work and has been a movement group leader for five years.
p. 36

Gerald Epstein,
clinical professor of psychiatry at Mount Sinai Hospital, New York, combines imagination therapy and morphology in his medical practice.
p. 15, 37

Esalen Massage Practitioners:
Char Brenner, Robert Helm, Peggy Horan, George King, Deane Marson, Arthur Munyer, Kathleen O'Shaughnesey, Laurie Schutz, and Attila Vaas.
p. 12, 14, 16, 19, 20, 22, 28, 32, 37

F

David Feinstein,
a psychologist, is director of Innersource in Ashland, OR, and has taught at Antioch University and the Johns Hopkins University School of Medicine.
p. 18

Jerry Fletcher
is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in San Anselmo, CA.
p. 10

Kathleen Brown Fletcher
is a trainer and consultant in organizational development, working in both the profit and non-profit sectors.
p. 10

G

Mariah Fenton Gladis,
a gestalt practitioner and trainer, founded and directed the Bucks County Institute for 12 years. She is currently co-director of the Pennsylvania Gestalt Institute.
p. 11, 37

Mary Goldenson (Devarani),
a chiropractor, certified Radix® teacher and doctoral candidate in clinical psychology, is in private practice in Los Angeles.
p. 8, 13, 22, 29, 36

Joseph Goldstein,
one of the founders and guiding teachers of the Insight Meditation Society, is the author of The Experience of Insight *and co-author of* Seeking the Heart of Wisdom.
p. 8

Harriet Goslins
is a certified Feldenkrais® practitioner and the developer of cortical reeducation.
p. 25

H

Daria Halprin-Khalighi,
teacher and counselor, developed the Creative Process Method, integrating art and psychology to facilitate creative expression and growth. She is co-founder of Tamalpa Institute.
p. 27

Betsy Hand
is a consultant in human relations and organization development. Her background includes education and training in organizational behavior, family and marital counseling, and nursing.
p. 15, 24

Thomas Hanna
is director of the Novato Institute for Somatic Research and Training, editor of Somatics *magazine, and author of* The Body of Life, Bodies in Revolt, *and the forthcoming* The Myth of Aging.
p. 23

Michael Harner,
an anthropologist, has practiced shamanism for 26 years and has pioneered the return of shamanism to contemporary life. His books include The Way of the Shaman.
p. 12, 27, 32

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 24, 26, 28, 30, 37

Susan Harper
teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads "Dance the River" trips on wild rivers, and has presented at the Joy Spangler Asilomar Conference.
p. 19, 30, 33

Jane Harrington
is a certified Rolfer and Rolf movement teacher with extensive craniosacral experience. She is in private practice in Boulder, CO.
p. 8, 31, 37

Arthur Hastings
is the author of a forthcoming book on channeling, Tongues of Men and Angels. *He is on the core faculty of the Institute of Transpersonal Psychology, Menlo Park.*
p. 31

Richard Strozzi Heckler,
psychologist, has a 3rd-degree black belt in aikido. He has worked with such diverse groups as the Army Special Forces, emotionally disturbed children, corporate executives, and inner city gangs.
p. 26

John Heider,
a psychologist living in Lawrence, KS, is a group leader and a teacher of group leaders. He was part of the Esalen Resident Program from 1967-71.
p. 25

Edward Hoffman,
a licensed psychologist in New York City, is the author of several books on the Kabbalah, including The Way of Splendor *and* The Heavenly Ladder.
p. 30

Paul Horn
is a flutist, jazz musician, creator of the Inside *albums, a philosopher, and teacher of meditation.*
p. 8, 9

Chungliang Al Huang
is a t'ai chi dancer, artist-calligrapher, and philosophical entertainer. He is founder/president of Living Tao Foundation and director of the Lan Ting Institute, Wu Yi Mountain, China.
p. 8, 9, 20, 21

Terry Hunt,
a licensed psychologist practicing bioenergetic analysis in Boston, directs a flotation tank center for amelioration of somatic and addictive disorders.
p. 10, 19, 32

J

Eli Jaxon-Bear
is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. He is the past president of a Tibetan Buddhist meditation center.
p. 9, 27, 34, 37

Don Johnson,
author and somatic practitioner, is director of the graduate studies program in Somatic Psychology and Education at Antioch University and coordinator of Esalen's program in somatic education.
p. 24, 36

Deane Juhan,
a member of the Esalen massage crew for many years, is a certified instructor of Trager® Psychophysical Integration and the author of Job's Body: A Handbook for Bodywork.
p. 11, 29, 37

K

Sam Keen
is the author of 10 books, including The Passionate Life *and, most recently,* Faces of the Enemy.
p. 10, 20, 23

Steven Kent
regularly conducts ritual and performance intensives and has directed over 50 theatrical productions throughout the U.S., Canada, and Europe.
p. 13

Lila Daniels Klapman,
former longtime member of the Esalen massage staff, is a certified hypnosis practitioner and has a private practice in massage and hypnosis in Aptos, CA.
p. 26

Sy Kleinman
developed and coordinates the graduate movement arts program at Ohio State University. He is Director of the Institute for the Advancement of the Arts in Education.
p. 20

Paul Krassner
was the editor and publisher of Realist *magazine and co-founder of the Yippies. A stand-up comic since 1953, he is the author of* Impolite Interviews *and* Tales of Tongue Fu.
p. 22

Mari Krieger
is a counselor in full-time practice. She works with individuals, couples, groups, and organizations, and teaches at John F. Kennedy University.
p. 17

Stanley Krippner,
psychologist, researcher, and director of Saybrook Institute's Center for Consciousness Studies, authored/co-authored Human Possibilities, Realms of Healing, *and* Dream Telepathy.
p. 18

Ron Kurtz
is the founder and director of the Hakomi Institute. He is the author of Hakomi Therapy *and co-author of* The Body Reveals.
p. 11, 27

L

Annie Styron Leonard
is a founder of the Energy Training Institute in Mill Valley, CA, and an aikido black belt.
p. 18, 22

George Leonard,
author of Education and Ecstasy, The Transformation, *and* The Silent Pulse, *was a senior editor of* Look *and is now a contributing editor of* Esquire. *He has a 3rd-degree black belt in aikido.*
p. 22, 28

Nancy Kaye Lunney,
formerly a vocal coach and accompanist for well-known entertainers, is a gestalt practitioner, director of programming at Esalen, and a guest faculty member at Cornell University.
p. 10, 34

Joyce Lyke
is a practitioner of gestalt and photographer for the Esalen Catalog.
p. 24, 36, 37

M

Kathleen Harrison McKenna
is an artist, mother, and traveler through nature.
p. 21

Terence McKenna
authored The Invisible Landscape *and* Psilocybin: Magic Mushroom Grower's Guide. *He studied shamanism at UC Berkeley and has lived in tropical Asia and the Amazon.*
p. 21

Deborah Anne Medow,
Esalen group leader and body work practitioner since 1969, teaches ashtanga yoga, massage, movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 12

Ailish Mellard,
holistic health practitioner and body worker for 12 years, is currently organizational consultant for Will Schutz Associates, which teaches human potential concepts for various organizations.
p. 24

Deena Metzger
has pioneered the healing aspects of myth, storytelling, and creativity. Her books include The Woman Who Slept with Men to Take the War Out of Them *and* Tree.
p. 13

Donald Michael,
professor emeritus of planning and public policy and professor of psychology, University of Michigan, is the author of On Learning to Plan and Planning to Learn.
p. 28

Jane Miletich,
a longtime Big Sur resident and Esalen masseuse, is an instructor of hatha yoga, t'ai chi, and transitional cleansing diets; a student of midwifery, birth, and death; and a bearer of ritual.
p. 30

Harvey Milkman
is a professor of psychology and director of the Center for Interdisciplinary Studies in Denver. He has researched and lectured on addiction in Africa, Asia, and South America.
p. 16

Marghe Mills,
co-author of Developmental Movement Therapy, *is a Feldenkrais® teacher, a faculty member at Dominican College, and in private practice in Marin County and San Francisco.*
p. 30

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 13

N

Wes "Scoop" Nisker,
considered the dean of the new radio journalism, is a newsman at KFOG, San Francisco, and the editor of the Inquiring Mind, *the journal of the Vipassana Buddhist community.*
p. 22

O

Jay Ogilvy
is the author of Many Dimensional Man. *He taught philosophy at Yale and Williams and is now directing Esalen's* Dialogues on Philosophy *program.*
p. 10

Babatunde Olatunji,
master percussionist from Nigeria, has performed internationally for over 30 years and is known for his album Drums of Passion. *He is an authority on African religion.*
p. 31, 35

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager℠ training and gestalt awareness work with the personal energetic connection of the Esalen massage.
p. 14, 22, 37

P

Rick Paine,
psychologist, works with adult children of alcoholics and leads workshops for emerging men. He is on the faculty of the New York Open Center, Interface, and Spring Hill Institute.
p. 10, 19, 32

Karen Paine-Gernée
leads groups for adult children of alcoholics in Cambridge, MA. She is on the faculty of Omega Institute, The New York Open Center, Interface, and Spring Hill Institute.
p. 10, 19, 32

Helen Palmer
is director of the Center for the Investigation and Training of Intuition and has a private psychic consultation practice. She is on the faculty of Kennedy University, Orinda, CA.
p. 8, 22, 31

Laurie (Lioness) Parizek,
a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 20

Ayala Pines,
social psychologist at UC Berkeley and a psychologist in private practice, is author of Burnout in Love and Marriage: Keeping the Spark Alive *and co-author of* Career Burnout: Causes and Cures.
p. 19

Hector Prestera,
a physician, acupuncturist, Rolfer, certified neuro-linguistic trainer, and practitioner of Ericksonian work, is in private practice in Monterey, CA.
p. 26

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 6, 21, 34

Bill Puka,
ethics professor and psychological researcher and clinician at Harvard's Center for Moral Development, practices meditation, t'ai chi, and yoga and has worked on legislation for economic democracy.
p. 19

R

Paul Rebillot,
a group leader at Esalen for 15 years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 17, 20, 21, 26

Deborah Reynolds
is a psychic who uses her abilities to provide information in the fields of science, medicine, and business. She has participated in projects at SRI International and the Center for Applied Intuition.
p. 31

Linda Rice-Mandigo
is a psychologist in private practice in New York and a practitioner of the spiritual discipline MAHIKARI NO-WAZA.
p. 31

Tracey Rich
has earned the title "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally.
p. 29

Sogyal Rinpoche,
an incarnate lama, scholar, and meditation master from Tibet, prominent in the West, is an authority on the traditional knowledge of the Tibetan Book of the Dead.
p. 29

David Robinette,
head of the Hypnotherapy Certification Program at Twin Lakes College in Santa Cruz, has been an instructor at Cabrillo College in hypnosis-related courses since 1976.
p. 26

Marion Rosen
has done body work for the past 45 years and is the founder of the Rosen Method, which she teaches through the Rosen Institute.
p. 17

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, CA, is the author of the new book, Body, Self, and Soul.
p. 13, 19, 30, 32

Anne Ruderman
is a Reichian practitioner in private practice in Los Angeles.
p. 31

Gordy Ryan
has roots in the Big Sur Primitive Jazz Society and has studied and performed with Olatunji for fifteen years.
p. 31

S

Burton Schaffner
is in private practice in Los Angeles, has taught at UCLA, USC, and Pepperdine graduate school, and does post-graduate training of counselors.
p. 16, 37

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 10, 16, 17, 22, 26, 31

Elisa Lodge Schiffman
trained in structural integration with Ida Rolf and is an advanced teacher of Rolf movement and integration.
p. 10, 16, 22, 24, 26, 31

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, *a set of training materials for organizations, and is the author of* Joy and Profound Simplicity.
p. 11, 24

Phyllis Shankman
is a licensed counselor in private practice in West Los Angeles. She has been leading groups at Esalen for over 10 years.
p. 29

Anne Nechama Simkin
trained in gestalt with Erv and Miriam Polster and Jim Simkin, and has conducted workshops internationally.
p. 17, 36

Harry Sloan,
a 1969 Esalen resident fellow, former dentist, and playwright, worked with Roberto Assagioli, the founder of psychosynthesis, and is in private practice in San Francisco.
p. 17

David Smith,
consultant and author, is founder and medical director of the Haight-Ashbury Free Medical Clinics and research director of the Merrit-Peralta Chemical Dependency Institute.
p. 16

Gerald Smith
is a psychologist in Belmont, CA. He is author of Hidden Meanings and Couple Therapy.
p. 15, 24

Jerry Solfvin
is on the faculties of John F. Kennedy University and the California Institute of Integral Studies. He has authored many articles on mental healing.
p. 23

Sharon Solfvin
is on the faculty of John F. Kennedy University and is a business consultant on creativity and intuition.
p. 23

Bob Solomon
has taught philosophy at Harvard, Princeton, Michigan, and currently, Texas. He is the author of The Passions and Love.
p. 10

John Soper
came to gestalt from a highly successful international career in business. Resident at Esalen since 1978, he practices both interpersonal and intrapersonal gestalt.
p. 34

Gena Mayer Sorensen,
a marriage and family counselor, is in private practice in San Jose and San Francisco. She holds an adjunct certificate as a Radix® teacher.
p. 28

Carola Speads,
former co-worker of Elsa Gindler, is an authority on breathing in relation to movement. She has taught workshops throughout the U.S. and Europe and is the author of Ways to Better Breathing.
p. 21

Kathleen Riordan Speeth
is a psychologist interested in Bach, Rilke, renaissance humanism, mysticism, creativity, excellence, and human evolution. She edited The Essential Psychotherapies.
p. 11

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on all five continents. He is concerned with the spiritual challenges of our time.
p. 12, 14

Stanley Sunderwirth
has authored more than 50 scientific articles and has been the recipient of five Fulbright Awards for biochemistry. He is co-author of Craving for Ecstasy.
p. 16

T

Yao Tamakloe
studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion.
p. 31

Charles Tart,
professor of psychology at UC Davis, is internationally known for his work in consciousness, parapsychology, and transpersonal psychology. His most recent book is Waking Up.
p. 31

Keith Thompson,
creator of Lifeline Productions in Mill Valley, CA, conducts videotaped life history interviews with family elders to preserve their stories and experiences for present and future generations.
p. 14, 24

Gabriele Thomson
has conducted workshops for mental health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 13

Vicki Topp,
Esalen massage staff member since 1968, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 19, 32, 37

V

Antoinette Varner
is an acupuncturist, herbalist, and movement teacher whose work integrates cognitive learning, the body, and spiritual experience. She has an acupuncture practice in Mill Valley, CA.
p. 27, 34, 37

Frances Vaughan,
psychologist and author, is the president-elect of the Association for Humanistic Psychology. She is a pioneer in transpersonal psychology and intuition research.
p. 28

W

Brian Wallace,
musician, composer, poet, and media artist noted for creating a dramatic environment, has performed for 20 years and is director of Intuit.
p. 15

Carl Whitaker,
professor emeritus at the University of Wisconsin, is a leading innovator in family communication and therapy. He is co-author of Roots of Psychotherapy and The Family Crucible.
p. 21

Ganga White,
an internationally known teacher and master of yoga, is author of Double Yoga *and has received the titles "Yoga Acharya" and "Yogiraj" in India.*
p. 29

Dan Williams,
a Cherokee Indian and highly decorated Vietnam veteran, is a ceremonialist in the Native American tradition.
p. 17

Z

Janet Zuckerman
was an emotional release and group process teacher in residence at Esalen for 12 years. She currently has a private practice in Mill Valley, CA.
p. 14, 15, 29, 30, 36

ESALEN INSTITUTE RESERVATIONS

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A registration fee for each person registering and each workshop applied for must accompany this form. (See General Information, page 47.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ ZIP _____ Occupation _____

Telephone Number: Home: Area Code ( ) _____ Work: Area Code ( ) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? _____. If you can't be reached, please call us before your scheduled arrival for final confirmation. *Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.*

(On additional paper please repeat the above information for every person in your party making a reservation.
Mail to: Reservations, Esalen Institute, Big Sur, CA 93920.)

☐ Check if you want housing as a couple, shared bed. ☐ Check if you want the discounted bunkbed option (see page 7).

Car Pooling: We encourage guests to carpool whenever possible.
Please call Esalen 10 days to two weeks prior to your workshop for phone numbers of other guests from your area.

☐ Check if you do not want us to give out your number for the purposes of ride sharing.

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Please allow three weeks for scholarship processing. For further details, see Ways of Being at Esalen, pages 6-7.

Bus Service: I want bus service from (check one):

☐ Monterey Greyhound Bus Station at approximately 3:45 PM ☐ Monterey Airport at approximately 4:00 PM

on _____ (date of arrival, Fridays & Sundays only)

The $25 per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Esalen bus service is not available at any time other than as listed.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute, in U.S. currency only.
Overseas residents must pay by checks drawn on U.S. banks.

Your reservation can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No. _____

Expiration Date _____

Authorizing Signature _____

All workshops require nonrefundable reservation fees. See page 47. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute – By Reservation Only.

Fees and Reservations: In order to reserve a space in any workshop, we require the following reservation fees:

Weekend:	$50	Two-week:	$200
Five-day:	$100	Three-week:	$300
Seven-day:	$150	Month-long:	$400

Fees are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks. Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. Those who pay in full at the time they make their reservations will receive a $10 discount. *Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.*

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or more workshop participants.* Camping on the grounds is prohibited.

Please mail all reservations to:

Reservations
Esalen Institute
Big Sur, CA 93920

We prefer to process reservations via the mail. However, if you are concerned about workshops being full or have any questions, you may make reservations by phone if you use your MasterCard, Visa, or American Express credit card number to charge your reservation fee.

To make a phone reservation, call (408) 667-3005 during the following office hours:

Monday, Tuesday, Thursday, and Saturday 10 AM to 12 Noon; 1 PM to 3 PM
Wednesday 10 AM to 12 Noon
Friday 10 AM to 12 Noon; 1 PM to 5 PM
Sunday 12 Noon to 5 PM

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number, (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, please see pages 6-7.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive any time after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Car Pooling: We encourage guests to carpool whenever possible. Please call Esalen 10 days to two weeks prior to your workshop for phone numbers of other guests coming from your area.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4:00 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your visit to Esalen, call (408) 667-3019.

Accreditation: There are now a number of opportunities for Esalen resident scholars to gain credit with Antioch University toward a bachelor's degree or toward a master's degree in somatic psychology. Many other formal educational institutions also recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office, (408) 667-3038, for further information, or write to the conference coordinator.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting, and research.

Esalen Institute
Big Sur
California 93920

DATED MATTER

THE ESALEN CATALOG

MAY–OCTOBER 1988

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Esalen Institute, Big Sur, CA 93920

Phone (408) 667-3000

Monday, Tuesday, Thursday,
& Saturday 10 AM to 3 PM
Wednesday 10 AM to 12 Noon
Friday 10 AM to 8 PM
Sunday 12 Noon to 8 PM

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Cover photograph:
"*Face of Glory*" (*Kirttimukha*), *Borobudur, Java. A.D. 8th century.* Indian legend has it that this lion-headed demon was commanded by Shiva to eat himself and, ravenous as he was, he quickly proceeded through feet, hands, torso, and neck. Shiva, delighted by this "epitomization of the self-consuming mystery that is life," smiled and said to it: "You shall be known henceforth as Kirttimukha, 'Face of Glory,' and shall abide forever at my door. No one who fails to worship you will ever obtain my grace." Here, at this gateway to the east side of the third gallery at Borobudur, the visitor is symbolically swallowed up by the monster upon entering, then given new spiritual life. (Joseph Campbell, *The Mythic Image*, Bollingen Series C. Copyright © 1974 by Princeton University Press.)

This Esalen Catalog *is dedicated to Joseph Campbell, our friend and mentor, who illuminated the Grail quest in his book* The Hero with a Thousand Faces. *The images in these pages reflect his fascination with the myths and symbols of every culture. Joseph's scholarship, wisdom, and sheer joy for the mystery of life will continue to inform and enrich us.*

COURTESY OF WALKER ART GALLERY

Sir Galahad *by Arthur Hughes. "And so Galahad decided it would be a disgrace to set off on a quest with the other knights. Alone he would enter the dark forest where there was no path. The story of Galahad is the myth of the hero's journey."* (From the *documentary* The Hero's Journey: The World of Joseph Campbell.)

KATHLEEN THORPE CARR

JOSEPH CAMPBELL
1904–1987

Remembering
Joseph Campbell

In the fertile territory where mythology, psychology, anthropology, religion, and philosophy intersect, Joseph Campbell was an eminent scholar of our time. But over the years, as he masterfully revealed the subtle and marvelous connections between mythology, Ultimate Questions, and everyday life, those of us who had the privilege to learn from him, and with him, came to value his humanity as well as his intellect. And so, when we stop to feel how he actually touched our lives, it's not the award-winning author or scholar who comes to mind first.

Instead, most of us remember Joseph the man. How his eyes lit up and his speech became song when he got passionate about his ideas. How after his workshops he would stay and talk with those of us who didn't want to go home. How he didn't seem to care whether his thinking was politically "correct" or not. How he understood viscerally what his ancestors meant by the words, "Being Irish is to know the world was *meant* to break your heart." How the delight of his laughter was so contagious. And how it was crucial to him that we understand that the gods and goddesses of antiquity, far from being abstract concepts or idols for worship, are alive in this very moment, within

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and without us, appearing as irreducible patterns of meaning in what is most ordinary and familiar.

The following contributors could have written eloquently about the monumental scope and historical significance of his vision and works. Instead, they speak about the place Joseph holds in their hearts. In their respective fields and through their creative works, each has demonstrated in unique ways that myth is most real when it is most alive: Tom Robbins, whose novels include *Even Cowgirls Get the Blues* and *Still Life with Woodpecker*; Huston Smith, professor of philosophy and comparative religion; Robert Bly, poet and storyteller; George Lucas, producer of *Star Wars*; Sam Keen, philosopher and educator; Christina Grof, founder of the Spiritual Emergence Network; Chungliang Al Huang, t'ai chi master and author; Michael Murphy, cofounder of Esalen Institute; and Phil Cousineau, screenwriter and producer.

Each captures something of Joseph's wondrous personal presence and of the comprehensiveness of his vision through the medium he loved and seemed to live for: storytelling. My own favorite story goes back to the 1984 symposium in San Francisco celebrating Joe's 80th birthday, where a young man spoke up from the audience to ask,

> "How is a person to go about finding his or her myth?"
> "Where is your deepest bliss?" Joseph responded.
> "I don't know – I'm not sure."
> "*Find* it," Joe sang back, "and then *follow* it."

I can still feel the silence that followed. What else needed saying?

Keith Thompson

TOWARD THE SECRET EARTH

Tom Robbins

One sweaty morning seven years ago on the ceremonial grounds of Chichén Itzá, I watched a small coral snake slither from a pile of Mayan rubble and shoot through the grass like a rubber arrow in the direction of a group of my traveling companions. The snake singled out one man from the group, crawled deliberately up to the toe of his conservative urban shoe, paused there for a moment, then veered sharply to the right and disappeared again into another heap of ancient stones.

That brief incident would have been mildly interesting at best had not the man whom the snake "visited" been Joseph Campbell.

Professor Campbell had been regaling our party with some story or other and gave no indication of having even noticed the little serpent. Yet, I was convinced that something had passed between them.

> Did the snake lick the tip of Joseph Campbell's shoelace, changing it into jade?
>
> Was the snake carrying a tarot card under its tongue?
>
> Was it carrying a pomegranate seed?
>
> Had the snake wept? Had it sung? Were those yellow feathers sprouting from its spine?
>
> Would the serpent and Professor Campbell meet again late that evening – and would they discuss details for the coronation of the Ant King?

Speculations such as these were hardly surprising. Joseph Campbell was so conversant with the world of wonders that he awakened the potential for wonder in everyone he touched. He unbuttoned the secret earth for us and let the inexhaustible inspiration of Being stream through.

Now, like heroes before him, he has vanished into the buttonhole. But he left the bright opening agape, allowing us free access to that heritage of raptures and terrors that he so valiantly resurrected, so vividly described.

THE HEIGHT OF HIS BOUNCE

Huston Smith

It was his contagious verve and exuberance, the height of his bounce on life's trampoline, I think, that endeared him to us most.

For example, in the late 1960s Elmer Green organized a conference at the Menninger Foundation in Topeka. The topic was energy, and Elmer had gathered some thirty yogis, gurus, and psychics to see if they knew of sources of vitality that science was overlooking. Joe's turn to speak fell at mid-week, and he began right after supper. Taking off like a jet and maintaining altitude all the way, at 11:30 he agreed to let us off the hook while letting it be known that he was good till three if anyone else was.

It was then that someone observed that Joe seemed to have more energy than any of the Asian participants.

> "What is your yoga, Dr. Campbell?" he asked.
> "Mine? Oh, I don't have a yoga. My yoga is reading books," Joseph responded.

The next morning, though, he qualified that.

> "Actually, I do have a yoga," he said. "It consists of rare roast beef, good Irish whiskey, and 40 laps in the pool every day – in 20 minutes."

And then there was the anecdote he related when I chanced to run into him in Chicago's O'Hare Airport. He was returning from lectures on the Pacific Coast, one of which I recall was in Marin County. The lecture hall was in a residential area, and when he got out of his rented car he found a small boy standing by the curb.

> "You can't park here," the boy informed him.
> "Why not?" Joe wanted to know.
> "Because I'm a hydrant," the boy announced.

KATHLEEN THORNOD CARR

Sharing a moment of bliss with workshop participants at his 80th birthday celebration, Joseph has an opportunity to experience what he described in *The Hero with a Thousand Faces*: "The universal goddess makes her appearance to men under a multitude of guises."

Joe could understand that. Thanking the young man for saving him from a ticket, he returned to his car and advanced it fifty feet.

Of such are the kingdom of heaven.

SUNSET...AND THE FIRST MOMENT OF DAWN

Robert Bly

"The old god lived in him." Those words appeared as I thought of this piece. But which god? Surely Saturn – the god of vast systems, the god who eats melancholy as others eat bread, the god in whom the ancestors live, who bring their own bitterness to the teeth, the god of persistence, he who has seen it all come around many times, the god who lives in a melancholic hole six feet down, who takes us down there, and as we walk on the packed black sand of discipline, the stars as we gaze up out of that hole look even more fantastic, and glowering, shining with divine light and human memory.

The other old god in him was obviously Hermes – that was on his Irish side. That part of him was impish.

> "How do you think a carrot feels," I heard him ask the vegetarian Theosophists at Ojai, "when it sees a vegetarian walking toward it?"

He often treated his audiences as if they were English, and he was an Irish poet who had just bested an Anglo-Saxon poet in a metaphor contest.

> "The tusk of the swine, the horn of the ox, the mind of the Saxon," or some such saying I heard him repeat several times.

I remember vividly a conversation in a car on the way to the airport in Philadelphia one morning after he and I had guided a seminar on mythology for Yellow Springs the night before. A questioner had chided him for not taking part in political action, by which the questioner meant left-wing action. Joseph had spent two years in his twenties reading *The Decline and Fall of the West*, and he now, from the front seat of the car, turned and commented on the question.

> "Spengler makes it clear! After the three Caesars appear, the culture goes downhill on its own momentum, and no political action can change that in the slightest. Don't waste your time!"

C.J. ZUMWALT

In 1985 Joseph Campbell received the National Arts Club Medal of Honor Award for Literature, honoring 50 years of scholarship and his masterful *The Way of the Animal Powers*, Volume 1 of the *Historical Atlas of World Mythology*. Here, Adriana Zahn, president of the National Arts Club, and James Hillman, psychologist, applaud his achievement.

C.J. ZUMWALT

Special guests at the National Arts Club awards banquet included George Lucas and Linda Ronstadt. In his comments, Lucas acknowledged the invaluable influence of Joseph's *The Hero with a Thousand Faces* on the *Star Wars* trilogy.

"Who are the three Caesars?"

"Hitler, Mussolini, and Franklin Roosevelt."

There was a silence, and my wife, Ruth, said,

"But Joseph, that beautifully organized lecture you gave last night was a political act."

His eyes flashed; he knew he had been caught, and the Hermes in him enjoyed it. So he believed Spengler and he didn't; he thought it was all over, and he was infinitely hopeful; he was Jonathan Swift and also Tom Sawyer; it was sunset, and the very first moment of dawn.

YOU'RE MY YODA

George Lucas

About ten years ago I set out to write a children's film, and I had the idea of doing a modern fairy tale. My friends all around said, "What are you doing? Are you crazy? You have to do something important, something socially relevant, something that is art with a capital A. You have to do what *we* are doing."

I listened and went forward with my idea anyway, started doing research, started writing. A year went by and I read and wrote many drafts of this work, but something wasn't quite right. And then I stumbled across *The Hero with a Thousand Faces*, and for the first time I really began to focus. I discovered that I was approaching the same themes intuitively and I began to see a lot of parallels. Then I read *The Flight of the Wild Gander* and got into the *Masks of God* series, and this sense of being on the right track continued to grow. Out of this period of discovery and work came *Star Wars*.

Much later I was given a set of tape-recorded lectures by Joseph, and I listened for five minutes, and after listening for hours and hours and hours I said, I've got to meet this man. There is a wonderful life force that comes through the wit and charm of Joe's inspired speech that is as wonderful as the books.

On my birthday about two years ago Joe was in San Francisco and I went to his speaking engagement and ran around afterwards backstage to meet him. Since then I've gotten to know him better. Eventually he came out and stayed with me for a weekend and said, "Gee, I'd like to see some of your films." He sat through *Star Wars*, *The Empire Strikes Back*, and *Return of the Jedi*, which no one else had ever done, and he actually came out chipper and wide awake. In fact, he asked, "Do you have any more?" And I said, "Sure do," and I showed him *American Graffiti* and *THX*. We spent the rest of the weekend together just talking. It was one of the finest experiences of my life.

I think you can say about some authors that their work is greater than the personage, but with Joseph, as magnificent as his work is, he's as wonderful, as completely insightful and powerful as his creations. He's a simply wonderful man. To conclude, I can only say: Joe, you've become my Yoda.

(These remarks were made in 1985 at the National Arts Club awards banquet honoring Joseph Campbell.)

WE WERE GATHERED BY YOUR SPIRIT

Sam Keen

My Dear Friend Joseph,
First of all, you were my teacher. Before I met you, I admired you from afar because of your immense repertoire of stories and your unwavering enthusiasm for mixing and matching myths. Like no one else in our time you were the encyclopedia of mythology. I felt that you lived on intimate terms with Prometheus and Krishna and probably got the latest gossip from Zeus himself.

But it wasn't until I was lost in the demon darkness of my own being that I discovered you were also my guide. For me, as for so many in these troubled times, *The Hero with a Thousand Faces* was more than a book; it was a life-saving map that showed the way down into the chaos and back up into the light.

It was lighthearted fate that finally arranged our meeting and provided the banquet of seminars we shared at Esalen. And what a joy to see you surrounded year after year by a growing community of friends who cherished not only your learning but your being. Your generous spirit gathered us together and made us all breathe freer, roar louder, and dare to enter the forest at the place where it was darkest. You peopled our lives with a rich cast of characters and helped us to recognize the dignity of our struggles. I wonder if you ever knew how much love you generated in those whose lives you touched.

You were, in truth, the father of the bride at my wedding. You gave me Jan's hand in marriage and remained a fair witness and a bond between us, as much a part of our family as if you had been flesh and blood.

I think it must be true that "God made man because he loved stories." And so it must be of some comfort to all your friends to know that you have returned to the Court of the Storyteller, to the mystery from which all of your beloved myths arose.

Goodbye dear Joseph.
I love you.

I REMEMBER JOSEPH

Christina Grof

I first saw "Mr. Campbell" in 1960 when I was a freshman at Sarah Lawrence College. He was giving a lecture to the student body on James Joyce's *Finnegans Wake*. I had only the vaguest idea who Joyce was and knew even less about the speaker, but when he started talking, I was entranced. I was suddenly led into a world of elegance, poetry, and rich inner connections. He started at the end of the book and brilliantly demonstrated how its last lines blended perfectly into the first one, hundreds of pages before. I left the auditorium feeling I had just tasted something delicious and thinking about circles, cycles, endings, and beginnings. It was obvious that the lecturer thoroughly loved his material. I determined to someday study with him.

Three years later, I was one of a fortunate few selected to participate in Joseph's small senior seminar on mythology, his only class. Each week we sat spellbound as he masterfully wove across the length of four blackboards an intricate and magnificent tapestry of art, history, religion, music, mythology, geography, poetry, literature – everything that humanity had created, and beyond. I was particularly passionate about the mythologies to do with death and rebirth, the hero's journey, the chakras, and kundalini.

I had no idea at the time that these themes were to become experiential realities in my life. In 1974, through a complex series of life events, I began to have abrupt, spontaneous experiences of the realms of birth, death, rebirth, and cross-cultural spirituality that Joseph had mapped so thoroughly. Suddenly, these were no longer mere intellectual constructs, but overwhelming immediate realities that led me to fear for my sanity. In the midst of the internal and external chaos (having lost my marriage, children, job, security – everything), I ended up a few months later in New York. One day it occurred to me that perhaps Joseph could help direct me.

In a small Italian restaurant, I poured out my confusion. He listened intently and compassionately, and after thinking for a while, said, "I have a friend in California, at a place called Esalen, who knows about these things. His name is Stan Grof.

JANELLE BAUNICKE

In January 1982, Robert Bly traveled from his home in Moose Lake, Minnesota, to be filmed at Esalen with "my hero, Joseph Campbell" for the documentary *The Hero's Journey: The World of Joseph Campbell*. Here Bly and Campbell discuss mythology and art on the deck behind the Big House.

C.J. ZUPWALT

Joseph with his wife, Jean Erdman, and friends and colleagues Patricia and James Hillman at the National Arts Club awards banquet. At the award presentation, James Hillman said of Joseph: "No one in our century, not Freud, not Jung, not Thomas Mann or Lévi-Strauss, has so brought the mythical sense of the world and its eternal figures back into our ordinary daily consciousness."

CHUNGLIANG AL HUANG

"Shiva" manifesting in t'ai chi dancing.

Why don't you go see him?" A couple of weeks later I did, and that began a personal and professional relationship that has lasted for twelve years.

In the years that followed, when Stan and I visited with Joseph, we would describe our explorations of nonordinary states of consciousness, relating experiences from our workshops throughout the world. Joseph would listen with great interest, drawing fascinating connections about the archetypal basis of mythology and the mythological nature of archetypal realms. Invariably, however, he would say, "I will leave these explorations to others. I like my feet firmly on the ground." Yet after watching Joe over the years, it became obvious that the material he had been presenting as a scholar had begun to seep into his being. His eyes would mist and his voice tremble as he described the three-faced Shiva of the Elephanta caves (see photograph and caption, *Shiva Maheshvara*, page 16) and say in a hushed voice, "It was so powerful, emerging out of the dark, one had to turn away." He had become, we knew, a jhana yogi; his yoga was his knowledge.

Since his death, I have delighted in the thought that perhaps now he is tasting the wondrous realms that he opened for so many to explore. Thank you, friend Joseph, for all the riches you have given us, for the inspiration that continues through your books and by the memory of your example. We will miss you.

A DRAGON OF A MAN

Chungliang Al Huang

I met Joseph for the first time in New York seventeen years ago while conducting a seminar with Alan Watts. Although I had known his wife, Jean Erdman, well (she had been my teacher, later my colleague), it was my first face-to-face encounter with "my hero" Joseph. I was visibly awestruck and acting self-intimidated about my pitiful vocabulary and scholarship. Sensing this, Joe reached out to hold my hand and assure me that my dancing body language was more eloquent than all the words he and Alan Watts could put together. Both Alan and Joe were giant human beings who were unusually gregarious and perceptive; they nurtured us like sun and rain upon plants.

Many years later, Joe and I were inspired to co-create a workshop at Esalen, *Our Myth-Body to Live By*, paraphrasing his wonderful collection of lectures, *Myths to Live By*. This workshop became an annual event around Joe's birthday week each Spring. During those fertile, inspirational years, I was blessed with his quintessential scholarship, his enormous wit, and compassion. Joe was enthusiastic about my bringing the t'ai chi movement to illustrate his lectures on the kundalini and the hero's journey. We danced the metaphors and incarnated ourselves as Krishna, Kali, Buddha, Kwan Yin, and other deities. We told cosmic jokes, sang mythological ditties, and hopped about as "dancing Shivas" with multiple pairs of arms creating polarities for the harmony of the Universe. We were a lively group of students of life, joyfully participating in the sorrows of the world!

Joseph opened our minds and hearts, rekindled our innocence for lifelong learning, and heightened our perceptivity in crystallizing the complex and the multi-dimensional. A former world-class athlete, jazz musician, and a lover of the dance, he embodied a wealth of knowledge and wisdom, together with his endearing humanity. Most of all, Joe was generous and kind. He was a Dragon, in the same sense that Confucius spoke of Lao Tzu as a True Dragon: "When I meet one whose thoughts rush heavenward like the flight of the dragon and lose themselves in the immensities, I listen with wonder . . . "

A RADIANT PRESENCE

Michael Murphy

For more than twenty years, Joseph breathed new life into Esalen. Seminar participants, staff, and work scholars alike came away from his seminars like people from revival meetings, inspired by Galahad, Kali, or Hermes, rather than visions of hellfire. No one brought their audiences to their feet like he did. No one in Esalen's history joined enthusiasm, scholarship, and wisdom so fully.

Thinking about him, I get my fighting spirit up, and life is brighter. When tears form because I miss him, I also feel the joy he gives us. He is a permanent radiant presence now.

THE TRICKSTER

Phil Cousineau

The old mythologist
Was a Zen cat in a Christian tree,
A Buddhist bull in a Catholic china shop,

A Celtic monk with a computer chip memory,
A Jungian novelist with an Irish cop's morality,
A Greenwich Village Bodhisattva with a cup of decaf ambrosia,

A Joycean sax man improvising wordriffs
from the music of the spheres,
A Hero with a Thousand Myths casting spiral story spells,
A Shakespearean shaman returning from the dark forest,

Where there is no way or path,
Pointing over his shoulder
With wily coyote smile.

A camp bell rung
Across the dark
Trickster night.

KATHLEEN THORNOO CARR

For eight years, Chungliang Al Huang and Joseph Campbell collaborated in a popular Esalen workshop which joined t'ai chi and mythology.

KATHLEEN THORNOO CARR

Joseph Campbell autographs his recently published *The Way of the Animal Powers* for Diane Osbon at his 80th birthday celebration.

We wish to thank the many people who helped make this tribute possible. We are especially indebted to: Jean Erdman, Keith Thompson, Kathleen Thormod Carr, Stan and Christina Grof, Chungliang Al Huang, Tom Robbins, Huston Smith, Robert Bly, George Lucas, Sam Keen, Michael Murphy, Phil Cousineau, Daniel and Cynthia Bianchetta, and Timothy Seldes. We are also grateful to Alfred van der Marck Editions, Princeton University Press, and Time Inc. for providing many of the photographs, which originally appeared in Joseph's books, The Way of the Animal Powers *and* The Mythic Image.

For information on purchase or rental of The Hero's Journey: The World of Joseph Campbell, *a PBS documentary, contact Stuart Brown, Mythology Ltd., 8585 El Paseo Grande, La Jolla, CA 92037; (619) 454-6512.*

ESALEN NOTES

SOVIET-AMERICAN EXCHANGE PROGRAM

(The following excerpts were taken from Jim Garrison's Director's Report to the Board.)

We are witnessing a historic moment in world affairs. Not in decades have such broad and sweeping changes taken place in Soviet society with such profound implications for Soviet-American relations. The work of the Exchange Program is made all the more exciting as new opportunities open up for future collaboration. President Reagan and General Secretary Gorbachev met twice in 1987, once in Reykjavik and once in Washington. After years of hostility, marked by rhetoric of the "evil empire," the new impulse toward summitry marks a significant transition toward normal relations. These changes have enabled us to break new ground in our work.

Some of the Exchange Program projects that were undertaken in 1987 include:

* In February, the Exchange Program and the Institute of Soviet-American Relations sponsored the sixth annual invitational conference on Citizen Diplomacy at Esalen Institute, which was attended by over 30 citizen diplomacy groups, including the U.N. Association, the Citizen's Exchange Council, and the Center for International Leadership, as well as Ambassador Stephen Rhinesmith and Greg Guroff from U.S.I.A. and Ed Salazar from the Department of State. Among the subjects discussed was the feasability of setting up an office in Moscow for the citizen diplomat community and increased computer communication among us.

* The sixth annual Erik Erikson Symposium took place at Esalen in June, led by Joe Montville, Research Director at the State Department's School for the Study of Foreign Affairs. It was Joe Montville who coined the term "track-two" diplomacy to describe our work with the Soviet Union.

* In July, Marshall Fitzgerald signed an agreement on behalf of the Exchange Program with the Estonian Institute of Management Studies. This agreement is to a) exchange literature on new management methods; b) bring their specialists to California to acquaint them with state of the art management methods; and c) organize joint U.S.-U.S.S.R. seminars to discuss the promotion and development of international trade and joint ventures. If the work is successful, we hope to develop similar seminars in other Soviet Republics and eventually expand into longer programs to be held at Moscow State University.

* As a follow-up to our 1986 spacebridge, *Chernobyl and Three Mile Island: Implications for Cooperation in an Interdependent World*, staff member Claire Ryle led a delegation to the Soviet Union in September from the Rocky Mountain Institute, which included energy analysts Amory and Hunter Lovins, energy specialists Bill Keepin and Hal Harvey, and strategic planner Peter Schwartz. The group, which was hosted by Mir Publishing, met with members of the U.S.S.R. Academy of Sciences, including Viktor Gelovani and Academician Yevgeny Velikhov, Vice President of the Academy and General Secretary Gorbachev's chief advisor on science and energy. The meeting led to a television broadcast of a discussion on energy efficiency. While in the Soviet Union, the group had productive meetings with the Institute for High Temperature and the Institute for Systems Studies and sought collaborators for a joint book, which will discuss the relationship between energy efficiency and national security. A reciprocal visit to continue work on the book is planned to take place in 1988.

* A documentary of the spacebridge was aired nationally on over 20 PBS stations. It detailed the historic event, which Esalen co-sponsored with the American Association for the Advancement of Sciences, the U.S.S.R. Academy of Sciences, Internews, and Gostelradio. Also premiering on PBS was Sam Keen's *Faces of the Enemy*, a film based on his book, which is a study of the aggression between countries.

* In August, Dulce and Michael Murphy went to Moscow to plan for the future of our Writers Exchange Project (first established in 1986), make preliminary arrangements for the 1988 visit by the First Secretary of the U.S.S.R. Union of Writers, Vladimir Karpov, and begin work on a joint collection of short stories by a new generation of Soviets and Americans.

* In late September, our Health Promotion Project sponsored an international conference at Esalen on *New Frontiers in Human Health*. Attending the conference were four leading researchers from the Soviet Union, a representative from the World Health Organization, and over 40 American experts. Groundbreaking research in the use of therapeutic touch, herbal medicine, and computer-assisted psychotherapy was evaluated for its practical applications to heart disease, cancer, alcoholism, and AIDS. Participants are now working to design future long-term projects on which to collaborate.

* In November, our International Exchange Program sponsored its first Sino-American forum at Esalen on *Science, Technology, and Social Change*. We hosted four high-level social and economic planners from the People's Republic of China, including Ma Hong, Director General of the Research Center of Economic, Technological, and Social Development of the State Council. Mr. Ma prepared the recent report, *China in the Year 2000*, commissioned by Deng Xiaoping for the 13th Party Congress. The forum brought together Mr. Ma's delegation with researchers, economists, futurists, strategic planners, and Sinologists from around the United States to discuss the implications of high technology for China's modernization as well as the prospects for technological cooperation between the United States and China.

* Project Director Linda Tellington-Jones brought her work with animals to centers in both the United States and the U.S.S.R. and is now developing a plan to teach it to school children internationally.

Projects in 1988 include:

* A visit was organized in January for Vladimir Karpov and several members of the U.S.S.R. Union of Writers, including Tatiana Tolstaya, a highly acclaimed short story writer whose first collection will be published by Alfred A. Knopf; well-known Soviet poet Vyacheslav Kuprianov; playwright Viktor Rozov, whose plays have been performed in New York, Washington, and San Francisco; Mikhail Zvanetsky, prose writer; Frieda Lurie, head of the American Desk at the Union of Writers; Afanasy Vesilitsky, assistant to the head of the Foreign Relations Department of the Union; and Georgi Andzhadaze, director of the Fine Arts Publishing House.

The delegation met with authors, editors, and publishers in New York, Los Angeles, and San Francisco; attended a reception at the New York Public Library, hosted by Vartan Gregorian, president of the Library; attended a luncheon at the Council of Foreign Affairs; and met with Karin Kennerly, executive director of

PEN, and Helen Stevenson, executive director of the Author's Guild. Collaborative book projects were discussed as well as plans to take a delegation of leading American short story writers to the U.S.S.R. in the summer of 1988 to meet with their Soviet counterparts.

* Prior to catalog press time, plans were being made to host Academician Abel Aganbegyan, chief economic advisor to General Secretary Gorbachev, on his first visit to the United States in his new role. Arrangements were made for lectures and meetings with leading economists, business executives, and members of the academic and political communities in Washington, Chicago, Minneapolis, Pittsburgh, Los Angeles, and San Francisco. His visit is seen as a rare chance for American businesses to explore the possibility of developing joint ventures with the Soviet Union. Also planned was an invitational seminar to be held at Esalen to discuss the possibilities for a "Business Summit" in 1988.

Academician Aganbegyan is one of the contributors to a joint anthology that has stemmed from our Dialogues on Social and Economic Transformation Project. The manuscript, *Superpowers in Transition: U.S.A. and U.S.S.R. on the Threshold of the 21st Century*, will include essays by John Naisbitt, Patricia Aburdene, and Senator Claiborne Pell.

* Another book in development is *The Glasnost Papers*. We have been collaborating with Andrei Melville of the Institute for the Study of the U.S.A. and Canada to publish a collection of recent articles and essays printed in Soviet newspapers and journals illustrating the significance of the new policy of openness.

* In September, the U.S.S.R. Ministry of Health will sponsor a reciprocal health conference in the ancient city of Suzdal, U.S.S.R. Project Director Dulce Murphy will lead a delegation consisting of participants from the previous conference at Esalen, including Dr. Candace Pert of the National Institute of Mental Health; Willis Goldbeck, President of the Washington Business Group on Health; and professor and noted author Andrew Weil, among others.

* We are exploring the possibilities for creating an exchange of working artists and sculptors to share current working methods and to explore new trends in contemporary art.

INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and common points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public.

The goal of these conferences is to engender the kind of creativity that comes from the collaborative work of people with similar interests but radically different approaches. We hope that the results will include expanded research projects, new writing, and more effective plans for the education of therapists. Currently scheduled programs and their conveners are listed below.

May 15–20
Shamanism and Shamanic Counseling: New Frontiers
Michael Harner
Recent developments in the application of shamanism and shamanic counseling to contemporary health and life problems will be the focus of this conference. Participants will review their own recent work in the field and suggest through mutual exchange of ideas and information possible directions for growth.

May 29–June 5
Invitational Conference on the Body and Spirituality
Don Johnson & Esalen Somatics Staff
Sponsored by The Fund for the Enhancement of the Human Spirit, this seminar will bring together a group of Christian theologians, pastors, directors of schools of theology, and leaders in the Christian community to explore the relationships between biological and spiritual values.

June 5–10
Invitational Conference on the Body
Don Johnson
The faculty of the two-year Somatics Study Program for Health Professionals will present pieces of their work for discussion with a group of biological scientists, philosophers, and cultural historians. The group will explore relations among silent experience, language, and scientific inquiry.

June 12–17
Dialogues on Philosophy at Esalen
Jay Ogilvy
This conference will continue the conversations on spiritual epistemology and cultural pluralism that were initiated in 1987.

June 19–24
Esalen Conference for Practicing Intuitives
Helen Palmer
This will be a meeting between outstanding practicing intuitives and those who are applying intuitive methodology to areas such as education, medicine, business, psychology, race relations, and conflict resolution. Participants will include Frances Vaughan, Anne and Jim Armstrong, Charles and Judy Tart, Marlene and Marty Cohen.

June 26–July 1
Mobius-Esalen Conference on Psycho-Physical Issues
Stephen Schwartz
Last year's conference concentrated on experimental issues. This year, participants will focus on societal issues particularly concerning the creation of a national commission on human potential.

September 11–16
Mysticism Reconsidered
Frances Vaughan
This seminar will be an interdisciplinary attempt to reformulate contemporary perspectives on mysticism, to clear up some popular misconceptions, and to provide some guidelines for further research in this area.

October 2–7
Lindisfarne
William Irwin Thompson & Mary Catherine Bateson
Lindisfarne is an association of individuals and groups around the world dedicated to fostering the emergence of a new planetary culture. This conference will explore the challenge to re-invision, re-think, and re-create the delicate balance of life that is poised between nature and culture.

WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from a visit to the hot springs on a week night to a long-term stay as a student or resident. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops, although not a prerequisite to taking any of the scheduled seminars, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen, which allows a much greater involvement with the place and its community at a lower expense, is the Work Study Program, described more fully elsewhere in this section and on page 52. For those who wish an extended stay of a month or more, there is an ongoing residence program. Other long-term programs include the "month-longs," which frequently involve didactic seminars or professional trainings as well as experiential workshops.

Some courses offer continuing education credit to nurses (see Medical Programs, page 51, for current C.E. listings), and academic credit toward a bachelor's or master's degree is offered to Esalen resident scholars through the new Esalen-Antioch somatics program.

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, massage, and good food without participating in a workshop. See page 15 for more information.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights, there may be lectures, films, dance performances, choirs, or other forms of entertainment. On Sunday afternoons there are garden tours (see page 15 for more information). Body work of various kinds is available by appointment with individual practitioners. Private sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, singing gestalt, etc. Finally, there is a community workshop program which goes on daily and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Experiencing Esalen

Experiencing Esalen Staff

These workshops are designed for people who have not previously been to Esalen. Their emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press).

Schedule:

May 6–8	$270
June 5–10	$530
June 24–26	$270
July 10–15	$575
August 14–19	$575
August 19–21	$295
September 16–18	$295
October 28–30	$295

Gestalt Practice

Esalen Gestalt Staff
Coordinated by Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear –
And when used – is inexhaustible.
– Lao Tzu

Gestalt is as old as the world.
– Fritz Perls

Gestalt practice is a form – nonanalytic, noncoercive, nonjudgmental – evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged. The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included.

Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in some sessions.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press) and *In and Out the Garbage Pail*; John Heider, *The Tao of Leadership* (Humanics Ltd.).

Schedule:

May 22–27	$530
July 10–15	$575
August 28–September 2	$575
September 16–18	$295
October 7–9	$295

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. Scholarship recipients may be asked to bring a sleeping bag to use during peak attendance periods. There are no scholarships available for the Work Study Program.

In addition to scholarships, we offer the following options to help reduce the cost of attending a seminar.

Student Sleeping Bag Scholarships: We are now offering a discounted sleeping bag rate for fulltime college or university students who are enrolled for at least 12 credit hours during the time of their Esalen stay. For more information and an application, contact the Esalen office.

Bunk Bed Rooms: Bunk bed rooms are available for seminar participants who are willing to share a room with three other people. Please call for current rates. The number of these spaces is limited and they are reserved on a first come, first served basis.

Senior Citizens' Discounts: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and for a five-day workshop the discount is $50. Discounts are available only when you make your reservations. Please present proof of age when you register. Senior discounts are not available for Wilderness Programs or Work Scholar Programs.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared, and the rate is variable and subject to change. Please call for specific information. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require that people pay in full when they make a reservation. This payment is not refundable.

Private rooms are sometimes available at an additional charge over the regular room and board rate. Special family rates are also available. Please phone the office for additional information.

Ongoing Residence Program: Offered from mid-September through mid-June, this 26-day program (beginning on a Sunday) is designed for those who would like to live for a month in the Esalen environment and participate in a series of intensive workshops.

Participants may select any of the five-day workshops offered during their stay. Weekend workshops are available at special prices. Some programs are canceled, so second choices are advised. Many community programs are also open to residents. The cost is $2120 per 26-day period, and participants must complete their stay by mid-June. Beginning with the September programs, the cost will be $2300.

Bunk Bed Residence—A Study Work Program: This program is similar to the Ongoing Residence Program (see above), except that participants will sleep in bunk beds in dormitory style rooms and will be expected to work 12 hours per week where needed. The same workshop offerings and date limitations apply to this program. The cost is $1600 per 26-day period. Beginning with the September programs, the cost will be $1760.

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, Reichian work, massage, etc.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 52-53.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see page 51.

Garden Tours

Esalen is now offering to the public, from April through September, tours of the garden, farm, and landscaping. These tours are on the first and third Sundays of the month, from 2-5 PM. The cost is $10 per person; group rates are available. A series of Saturday workshops is also being planned. For more information or to make reservations, please contact Steve Beck at the Esalen office, (408) 667-3000.

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ASUKA EN

The Buddha of Immeasurable Light. A.D. 1252. Kamakura, Japan. (Joseph Campbell, *The Mythic Image.*)

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LEONARD McCOMBE, LIFE MAGAZINE © 1955 TIME INC.

Shiva Maheshvara, The Great Lord. A.D. 8th century. Relief. Shiva Cave Temple. Elephanta, India. In *The Mythic Image*, Joseph Campbell wrote: "The living ground of all being is here personified in a sublime triadic image, 23 feet high, 19½ feet across, carved in high relief against the back wall of a great handhewn cave on an island in the harbor of Bombay. The profile at the beholder's left is male, that at the right, female; the visage at the center is of the eviternal [everlasting] source whence all pairs of opposites proceed: female and male, peace and strife, creation and annihilation." (Joseph Campbell, *The Mythic Image*.)

April 29–May 7

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Joyce Lyke

For workshop description see Wilderness Programs, page 50. $550

Week of May 1–6

Body Image, Family Systems, and Health

Don Johnson

A major source of one's body image is found within one's family of origin: its movement styles, attitudes toward sensual pleasures and physical processes, patterns of rigidity and limitation, and ways of embodying injuries and illnesses. Those largely unexpressed family attitudes toward the body are passed on from generation to generation, anchored in connective tissue. In addition, physical and psychological abuse and sexual molestation within the family deeply affect the images children have of their bodies. These various residues of family history provide a matrix within which each of us relates to injuries and accidents, limiting, sometimes severely, our capacities for healing.

In this workshop, each participant will be given the opportunity to examine the family origins of his or her body image and how that image is related to his or her history of disease and injury. Participants will work with sensory awareness, guided imagery, drawing, touch, and movement. The goal of the workshop will be to expand one's healing capacities by weakening the hold of the limiting aspects of one's body image unconsciously adopted from one's family. $530

Endarkenment

Will Schutz & Ailish Mellard

Sometimes in our search for enlightenment we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle. This workshop can provide a vehicle for the turn downward. We shall explore: how to establish and maintain meaningless relations; what to worry about while meditating; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim / martyr in your social group; guilt without sex. This approach, similar to Feldenkrais' "live the disasters" and the "homeopathic principle" (Will Schutz, *Body Fantasy*), can be as valuable for attaining enlightenment as the direct route – and more fun. In addition, participants in this workshop will have opportunities to explore, play with, and celebrate the shadow – that which we usually hide. $530

The Sacred Mask Experience

Elisa Lodge Schiffman

Marvel at the ingenuity in which divinity hides itself in order to find itself. – Alan Watts

Masks are magic! The elemental power of sacred masks to liberate and transport us has all but disappeared from our cultural heritage. Drawing our initial inspiration from a large international collection of masks, we will reestablish our connection to this ancient artistic tradition, one of the oldest forms of catharsis and healing.

Through mask-making, ritual theater, trance journeys, primal sound, and movement work, we will enter a world that will carry us to the further reaches of our imagination and to what is revealed behind the masks – the beauty and truth of our essential nature. Together, we will create rituals that grow out of sacred practice, opening us to more vital and novel dimensions of expressive behavior not ordinarily permitted in our daily lives. Local musicians from Big Sur will be used to orchestrate and ground the powerful energies that emerge. $530

A Week with Laura DeNuccio (Ma Prita)

There is an emerging consciousness that is making itself felt and heard in those individuals who are searching to fulfill higher and deeper callings from within themselves. This workshop is for those individuals who sense the emergence of an evolutionary thrust from within or who are experiencing "divine discontent" with what is occurring in their lives at the present time. The focus will be on learning *how* to meet and accept what is being offered by life, exploring *how* to attend to the organic occurrences that life presents and continue moving forward.

It is known in both Western and Eastern traditions that the microcosm of the body reflects the macrocosm of the world. Similarly, a static body reflects a static view of the world. In this workshop, participants may explore themselves as living, unfolding processes – physically, mentally, emotionally, sexually, and spiritually. They may find that through practices such as breath work, movement, and sound, aliveness and pulsation can be returned to the body, and unconscious thoughts and feelings which reside in the body tissue can be brought to life. Careful attention will be given to the mental processes that shape the physical and emotional bodies, with special emphasis being given to personal issues that emerge. The week will also speak to the need for bridging one's personal growth and inner experience with outer involvement in the world.

Practices will be taught which encourage participants to listen, feel, sense, and become acquainted with their essential core selves, from which arise creativity, wisdom, joy, and healing.

Recommended reading: Rodegast, *Emmanuel's Book* (Friends' Press); John Heider, *The Tao of Leadership* (Humanics Ltd.); Fields et al., *Chop Wood, Carry Water* (Tarcher); Alice Bailey, *Education in the New Age* (Lucis Publishing Co.); Florence Shinn, *The Game of Life and How to Play It* (De Vorss). $530

Weekend of May 6–8

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $270

Keeping a Good Relationship Alive

Betsy Hand & Gerald Smith

This weekend will focus on a major theme in keeping a good relationship alive. That is: being close and vulnerable yet also free to grow as a separate person.

Participants will spend part of the time with their partners, separate from other couples, in

verbal and written experience that can add to their relationship in closeness, conflict resolution, and individuality.

Limited to 10 couples. $270 per participant

Working with Personal and Family Mythologies

Keith Thompson

. . . the world breaks everyone and afterward some are strong at the broken places.
– Ernest Hemingway

Call it a dream. It does not change anything.
– Ludwig Wittgenstein

We are storytelling, mythmaking animals. Because our stories concern what is real, they are powerful – often more than we know. The stories we tell ourselves about ourselves and others: who first told us these? Are they true for us now, here? What about family mythologies, the "guiding fictions" passed between generations, often tacitly, reflecting the family's view of the world and their place in it? How do they develop, and how can we discover their contours and influences in our lives? How do changes and developments in an individual's personal life myth affect his or her family mythology, and vice versa? As present mythgivers and future ancestors, how are we contributing to and shaping (knowingly or not) the body of myths and legends being passed to the young ones?

These are some of the questions that occasion this workshop. The leader's aim is to convey a sense of what's possible in six overlapping areas: seeking out from family elders, and working with and preserving, the stories that comprise family mythologies; using archetypal stories as guides during life transitions and rites of passages; investigating the differences between *true* and *literal* in working with stories; developing a felt sense of "story awareness" as inherently healing; appreciating our stories as reflections of how, at any given time, we are defining and creating experience; and, in moving between text and subtext, forgiving ourselves as often as possible for the everything and the nothing we are and aren't.

In addition to discussion, our resources may include any of the following: gestalt awareness practice, Vipassana meditation, guided imagery, writing and drawing, and, of course, storytelling.

Recommended reading: Erving Polster, *Every Person's Life is Worth a Novel* (Norton). $270

May 6–13

The Feldenkrais® Method and Cortical Reeducation

Harriet Goslins & Mark Bender

The habitual way a person sits, stands, or moves reflects patterns that are "wired-in" to the nervous system. This information can be erased or changed. By reeducating the brain / muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his / her neck, shoulders, and back, to improve his / her posture and breathing, and to live and move with more flexibility and comfort. $800

* The Feldenkrais Guild

Week of May 8–13

Human Potential: Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to develop and educate the human potential, which refers to the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers and for discussion of the work. $530

A Week with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, Rolfing®, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $530

* Rolfing is a service mark of the Rolf Institute.

Hypnosis and Body Work

Lila Daniels Klapman & David Robinette

The mind has profound effects on the organization of the body. Actively engaging the conscious and unconscious mind through the combined use of hypnosis and body work enables a more complete reorganization of the sensory motor mechanism. This workshop may interest those people in the helping professions who are looking to access the unconscious mental / emotional processes in their clients while making contact with the physical manifestations of those processes. Participants will explore the basic principles of trance induction, Ericksonian hypnosis, and the creative use of suggestion and metaphor. These will be combined with simple body work methods for opening energy centers and working with specific physical symptoms. The focus of this workshop will be to move intimately with a person's process, accessing and releasing unconscious patterns for growth and integration. The work will be done in an atmosphere of gentle caring and playfulness, incorporating music, dance, and games.

C.E. credit is available for nurses; for additional information see page 51. $530

Weekend of May 13–15

Insights:
The Visible Unconscious

Hector Prestera

The body contains our history. It describes our beliefs about ourselves and the world. It cloaks who we are – our inner Self. Awakening requires entry into this Self. Steps toward this is the direction of this seminar.

Recommended reading: Prestera & Kurtz, *The Body Reveals* (Harper & Row); Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World). $270

A Weekend with
David Schiffman & Elisa Lodge Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $270

Experiencing
Psychic/Intuitive Abilities

Anne & Jim Armstrong

This workshop is open to anyone interested in learning to recognize, trust, and use their psi abilities. The leaders will use exercises designed to aid participants in recognizing their perceptive styles and trusting the intuitive input they normally receive. Anne Armstrong will use her tracking abilities, acquired from over twenty years in this field, to assist participants in arriving at useful, accurate data.

One of the basic objectives of the workshop is to demystify the intuitive / psychic process and encourage participants to use it in all areas of their lives – personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $270

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

KATHLEEN THORWOOD CARR

Celtic Crosses. St. John's Cross with St. Martin's Cross in the background (both replicas). The Abbey, Sacred Isle of Iona, Argyllshire, west coast of Scotland. The Abbey was founded by St. Columba, an Irish monk, in A.D. 563. Unlike medieval crosses, Celtic crosses are not crucifixes (with the dead Christ), but symbols of the risen Christ. These have the ring or halo and are covered with interlace patterns, perhaps symbolizing the combined cross and vine as the Tree of Life.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $270

Week of May 15–20

Self-Acceptance

David Schiffman & Elisa Lodge Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The degree to which we allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop, participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support, participants will clarify the nature of who they are

and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics. $530

Energy Awareness

Richard Strozzi Heckler

Traditional education, with its emphasis on rational thought, has overshadowed the development of the intuitive resources of the body. This imbalance leaves us only partially equipped for dealing with the changes and transitions of everyday life. Working through the body, however, makes it possible to contact an energy that has the wisdom to be self-educating and self-healing.

In this seminar, exercises and movements from aikido, a Japanese martial art, will be used to awaken the feeling and perceptive skills of this bodily wisdom. The principles of centering, grounding, positive energy flow, receptivity, relaxation, blending, and appropriate effort will be taught. Participants will also do body readings from an energetic point of view.

Emphasis will be on the application of these principles to daily living, such as how to overcome obstacles during times of change and confusion, how to be more effective in stressful situations, and how to develop and trust one's intuition. No prior experience is necessary. $530

The Hero's Journey

Paul Rebillot & Stanford Eugene Cates

Paul Rebillot writes: "Again and again in my work with people I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another – whether it be a child's discovery that there is no Santa Claus, an adolescent's awkward approach to puberty, an adult's marriage or ending of a marriage, or a change of career. Every such change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That pattern is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"My purpose is to give people a chance to experience a rite of passage so that they can go into the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight."

Recommended reading: Joseph Campbell, *The Hero with a Thousand Faces* (Bollingen) and *Myths to Live By* (Bantam). $530

Drawing of the sacramental Pietroasa Bowl (without the center figure). Orphic bowl. Gold. Rumania. A.D. 3rd or 4th century. The figures that circle this bowl represent the stages of separation, initiation, descent, and return that mark the hero's journey. (Joseph Campbell, *The Mythic Image*. Original source: Alexander Odobesco.)

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Weekend of May 20–22

Body Imagery

Daria Halprin-Khalighi

In this workshop, the physical body will be viewed as a metaphoric palette on which aspects of the Self are projected. A drawing of the full body by each participant will establish a point of origin, followed by a series of visualizations, drawings, and exercises on each body part. By isolating one body part at a time, participants will become aware of the unique messages, imprints, and associations carried within each of the body's parts.

Social impacts on the body, which have shaped the individual through childhood, adolescence, and into adulthood, will become evident through drawings and gestalt writings. Movement and breath work will engage the body in creative physical expression and the release of its tensions.

Body images – feelings and thoughts which are carried in muscles, skeletal structure, and organs – may be given expression through the creative impulse of drawing. As these images become available, it is possible to rediscover and unblock the pathways linking body with mind, emotion, and spirit. $270

Sight / Insight: A Photographic Journey

Daniel Bianchetta & Cynthia Johnson Bianchetta

Like our dreams, photographic images can provide a rich resource for unearthing our true Self. With them, we may uncover and explore our personal culture and evolution. What we produce through visual imagery often reflects our innermost thoughts, how we view the world, how we manifest what we envision for our lives.

Through quiet meditative contact with our deeper Self, we are able to ask what these images may be revealing to us. And often as a result of this quiet contacting of insight, we begin the process of "listening through our eyes." Thus by "allowing the eyes to see" rather than "looking at," we invite observations and glimpses into the realm of true seeing, the power of insight.

In this workshop, movement, intuition, energy awareness, gestalt, and play will be our tools for exploring new awareness and experiences of our inner and outer imagery. It is open to anyone and is not about photographic technique. Some camera knowledge is helpful. Please bring a 35mm camera, black and white 35mm film, a journal, and your photographs. Some processing of film may be provided following a field exploration. $270

The Shamanic Journey, Power, and Healing

Michael Harner

Shamanism is an ancient human strategy for personal learning and for acting on that learning, using normally neglected or hidden potentialities of the heart, mind, and spirit. Shamanic methods can contribute to virtually any aspect of living, as they have for tens of thousands of years, and are especially useful for problem-solving, well-being, and healing.

In this experiential workshop, the participants will be introduced to some of the basic methods of the shaman (a specific type of medicine man or woman) to enter nonordinary reality to obtain knowledge, to answer personal questions, to maximize power to achieve personal goals, and to contribute to the health of oneself, others, and the Planet.

Particular emphasis will be on the classic shamanic journey, one of the visionary methods used by humankind to enter nonordinary reality and explore the hidden universe otherwise known mainly through myth and accounts of great spiritual experiences. Participants will be initiated into shamanic journeying, aided by traditional drumming and movement methods for experiencing the shamanic state of consciousness and for awakening dormant spiritual abilities and connections with nature. Practices will include comparison of discoveries made on shamanic journeys by participants and work on personal problem-solving. Participants will also be provided with methods for journeying to discover and study with their own individual spiritual teachers in nonordinary reality, a classic step in shamanic practice. They will be shown how the shamanic journey can be utilized to restore spiritual power and health, and how shamanism can be practically applied to contemporary daily life.

Participants are asked to bring rattles and drums if they have them, as well as a bandana, pen, and notebook, and to wear comfortable clothing. $270

Week of May 22–27

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $530

The Hakomi Method

Ron Kurtz

Hakomi is a body-centered practice based on the principles of: mindfulness, unity, organicity, non-violence, mind-body holism. Hakomi incorporates non-doing as a major methodological principle and trusts in every individual's inner wisdom and power for self-healing.

Using the body as a rich source of information about the unconscious mind, hakomi can assist people in turning inward to those special states of consciousness where change takes place, to explore core beliefs which determine the quality of experience.

Hakomi work embraces the body-mind unity, supports the client's resistance, and encourages respect for and awareness of inner processes. This can be used by counselors, health practitioners, educators, body workers, and anyone invested in personal growth. This workshop also serves as a prerequisite for the formal hakomi certification process. $530

Vipassana in the World

Jamie Baraz

Vipassana (insight) meditation is the simple and direct practice of nonjudging, balanced awareness. When we clearly see and understand the impermanent nature of all experience, our reactions of clinging, condemning, fear, and confusion begin to lose their power. Instead, wisdom and compassion are strengthened.

In this workshop, we will follow the basic principles of Vipassana and apply them in a practical way. There will be a day for ourselves – learning the meditation and the qualities of patience, self-acceptance, and compassion. Next, there will be a day for others – in which the ideas of the practice are applied to relationships, livelihood, and skillful communication. Finally, there will be a day for the world – where larger issues such as service, action, and appreciation of the interconnectedness of all life are explored.

There will be regular periods of silent meditation, group discussions, and mindful application of our time at Esalen for a direct experience of the value of the practice. $530

KATHLEEN THORPHOD CARR

Avalokiteshvara (Kwan Yin in China) holding the jewel. According to Hindu legend, this jewel, known as "the jewel of satisfaction," belonged to a dragon king and had the power to grant its owner's every wish. In Buddhism, it symbolizes true spiritual satisfaction, which comes from renouncing worldly desires and taking refuge in the Three Treasures of Buddha, Dharma, and Sangha. It is thus sometimes referred to as the "Three Treasures Jewel."

May 22–June 17

Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, page 48. $2120

Weekend of May 27–29

The Garden of Esalen

Steve Beck

This workshop is about flower, vegetable, and herb gardening, from seeding to harvest. Located on a cliff above the Pacific Ocean, the Esalen garden will be our laboratory for seed sources, propagation, planting mixes, pest and weed control, watering systems, compost, and related topics.

If you are an experienced gardener, bring your wisdom, and if you're just getting started, bring your questions. We'll be taking time to smell the flowers and enjoy the simple pleasure of having our feet on the earth. Wear comfortable clothing. $270

Experiencing Dream Work

Stephen Aizenstat

Dreams, as looking glass parables, provide a connection to the voices and images of the psyche. They describe imaginally the multitudes of archetypal figures within: the inner child, heroes, masculine and feminine aspects, sages, wild animals, and demons. Through listening to the healing, jolting, imaginative, and often conflicting voices of the dream, participants may discover in dream work how to use this inner resource.

This workshop will explore common dream themes, symbols, nightmares, lucid dreaming, archetypal images, and recurring dreams. It will draw upon methods of dream interpretation from the dream healing centers in ancient Greece, Jungian psychology, and systems theory, offering an approach to dream work which listens to the individual and collective psyche as well as the psyche in the world.

Participants will be shown the potential healing power of an interrelated body / mind / world approach and perhaps remember why in ancient times dreams were honored as the medicine of the soul. $270

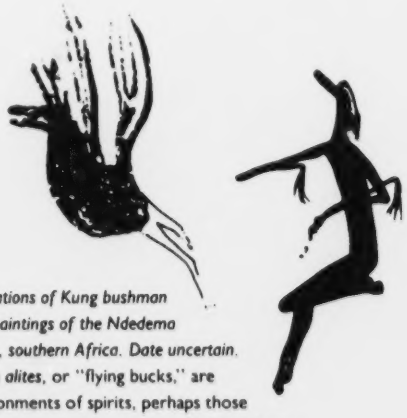
New Competences for an Age of Uncertainty

Donald Michael

A primary task that persons and organizations face in the next twenty years is that of learning to be better learners. This may sound obvious, but consider for a moment how much effort we expend disguising our uncertainty and ignorance and acting as if we really know what we are doing. There is a parallel between what happens when we pay close attention to the processes of the mind (in meditation, for instance) and when we study the vastly complex political, social, and economic processes and systems of the world. In both cases, it is possible to see how little we really know about ourselves as individuals and about the world. This recognition can be the starting point for embracing ignorance and vulnerability so that we can apply them to constructive engagement with our private and public worlds.

This seminar will introduce several skills, or what Donald Michael calls "new competences," that are necessary for making humane and effective decisions in situations where uncertainty can be the best occasion for learning – in organizational or independent work places and in interpersonal and family situations. These skills include: acknowledging high levels of uncertainty, error embracing, being future-responsive, boundary spanning, self-knowledge, and interpersonal competence.

The approach will be both cognitive and experiential. Participants will have the opportunity to learn to be more comfortable with their uncertainty, to reduce the need to act over-cautiously out of fear of making a mistake, and to minimize the need for those defensive posturings that make it so hard to act responsibly and compassionately. As a previous participant said, "This workshop is for those who are ready to move beyond the personal and want to effect change in public and private organizations." $270



Illustrations of Kung bushman rock paintings of the Ndedema Gorge, southern Africa. Date uncertain. These alites, or "flying bucks," are envisionments of spirits, perhaps those of the dead or of trance dancers flying from their bodies. (Joseph Campbell, The Way of the Animal Powers, Historical Atlas of World Mythology, Volume I. Copyright © 1983 by Alfred van der Marck Editions.)

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Week of May 29–June 3

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 13-15. $530

Five-Day Massage Intensive

Esalen Massage Practitioners

Participants will be instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for additional information see page 51. $530

Opening the Feelings

Dale Cummings & Gena Mayer Sorensen

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $530

Weekend of June 3–5

The Power of Vision: Modern Applications of Visionmaking

Angeles Arrien & Frances Vaughan

In ancient cultures one finds three kinds of shaman: the healer, the warrior, and the visionary. This workshop will examine the types of vision utilized by each of them and how they can be developed and used in current personal, professional, and cultural contexts.

The visionary aspects of intuition, dreams, meditation, myths, and symbols will also be

KATHLEEN THORNOO CARR

The Candelabra, pre-Columbian land drawing, c. 700-300 B.C. Paracas, Peru. **Traced in the hillside and at least 50 meters long, this land drawing is best seen from the sea, but is still impressive by land.**

explored. Special emphasis will be placed upon the gifts and attributes of vision and how they can help create new myths for a nonviolent and peaceful future. Lecture and discussion will be combined with participation in the visionmaking process. $270

Writing and the Act of Creation

George Leonard

Participants will be encouraged to break through ego-barriers and cultural conditioning that inhibit expression. In so doing, they will have a chance to experience the creativity that is inherent in all of life. There will be little in the way of theoretical discussion and no critiques of past works. Simple movement exercises will serve to reduce stress, free the mind, and focus the will. Participants will have the opportunity to write furiously in the here and now and to get immediate feedback. Before the weekend has passed, they in all probability will have completed a short article or fictional work and will have experienced some of the joys and heartaches that accompany publication. Bring pencils, pens, or portable typewriters – and plenty of paper.

Recommended reading: Strunk and White, *The Elements of Style* (Macmillan); George Leonard, *Education and Ecstasy* (North Atlantic Books) and *The Silent Pulse* (Dutton). $270

Love and Work

Anne & John Caple

"Lieben und arbeiten," Freud answered when asked what the normal person should be capable of. "To love and to work." In this workshop, participants will examine their work lives and work options in the context of their love for themselves, for others, and for the larger world. Working from a conceptual base, the group will use integrative exercises, art, and gestalt processes to seek answers and consider life decisions. The goal is for participants to see more clearly what they want and how to get it. One outcome will be a specific action plan.

This weekend is for those who want more value in their work lives, for career changers and potential career changers, for re-entry persons, and for those who influence others in career choices. Some time will be available for individual life / work issues during group meetings and in pre-breakfast runs.

Recommended reading: John Caple, *The Right Work* (Dodd, Mead & Co.). $270

Week of June 5–10

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $530

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables one to confront resistance and fear and which increases the willingness to change and take risks.

This workshop includes a unique, in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously. $530

Yoga:
A Week of Rejuvenation

Ganga White & Tracey Rich

Presenting East / West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and which combines grace and flow with postures, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the art of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jnana (the yoga of wisdom and perception), participants will begin observing the thought

processes and patterns that dictate their lives. They will look at the areas of love, responsibility, relationship, freedom, and death.

Participants of all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at: White Lotus, 2500 San Marcos Pass, Santa Barbara, CA 93105; (805) 964-1944. $530

Weekend of June 10–12

Letting Go — Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and to help create new ways to relate – in the moment – to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. $270

Peruvian Whistling Bottle. Replica of Chimú vessel, c. A.D. 700-1400. In Peru the creation story relates that Viracocha, the creator, formed the first humans out of clay and breathed life into them.

DANIEL BIANCHETTA

A Weekend with Sogyal Rinpoche

Sogyal Rinpoche is a lama, scholar, and meditation master who was born in Tibet and raised as a son by the Buddhist master, Jamyang Khyentse Chokyi Lodro. He studied at Cambridge University and has over ten years' experience of living and teaching in the West.

By blending the experience of his traditional training with his insight into contemporary Western attitudes, Rinpoche is able to reveal the freshness and relevance of the Buddhist perspective in today's world. He has participated in conferences and projects with scientists and doctors in fields such as healing, psychology, and the care of the dying, where it is more and more apparent that the Buddhist view can make a fruitful and far-reaching contribution. Rinpoche has founded centers in Britain, France, and the United States and teaches widely in Europe, North America, Australia, and New Zealand. $270

Anatomy for Trager℠ Students: Part II

Deane Juhan

This seminar is a continuation of professional training for students of Trager Psychophysical Integration and Mentastics℠. Participants will examine the anatomical structures of the body and their kinesthetic relationships, with specific reference to how these structures and relationships are handled by the Trager approach. Part I deals with the front half of the body; Part II deals with the back half.

Half of the time will be used for slide presentations, lectures, and discussions concerning particular areas of the body. The rest will be spent practicing aspects of a Trager session which correspond to those areas. The emphasis will be on clarifying the intent of the various hand positions and movements, based upon an understanding of structure, function, and motor reflex.

Since supervised Trager table work will be an important part of the class, a beginning Trager training is a prerequisite.

C.E. credit is available for nurses; for additional information see page 51. $270

Week of June 12–17

Five Days with Janet Zuckerman

This workshop continues Esalen's tradition of interpersonal and intrapersonal work on emotional process. It is based on these premises: that unfinished business is projected into current relationships, interfering with one's ability to be in the present, and that by emotional release one may cleanse the doors of perception. $530

The Physical Embodiment of Mind: Patterns of Posture and Movement — Use of Self

Marghe Mills

The way we understand, sense, and use our bodies directly affects our health and our ability to perform the activities we need and want to be doing. Sitting, standing, walking, working, resting, communicating, dancing, exercising, etc., embody patterns as physical metaphors within each biological system (muscle, skeletal, nervous, organ, fluid, neuroendocrine). This workshop will consider the developmental, anatomical, and kinesiological foundations and the physical / mental / emotional experiences of these basic human activities.

Participants will work with their individual patterns of movement, alignment, and behavior. They will explore how personal and social patterns of movement and posture can be conducive to injury, to healing, and to wellness. Movement patterns from the point of view of function, ease, and support will be examined.

Through movement, discussion, hands-on work, lecture, voice, video, and art media, this workshop will provide opportunities for the development and sharpening of important human skills. The work of Moshe Feldenkrais (Awareness Through Movement®, Functional Integration®) and Bonnie Cohen (Body / Mind Centering) will be combined with developmental learning, aikido, and creative arts.

Recommended reading: Marghe Mills and Bonnie Bainbridge Cohen, *Developmental Movement Therapy* (School for Body/Mind Centering); Moshe Feldenkrais, *Awareness Through Movement* (Harper & Row); Wynn Kapit and Lawrence Elson, *The Anatomy Coloring Book* (Canfield Press). $530

Weekend of June 17–19

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to oneself, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants may learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate in the choice of expression or depression. $270

Food for Health

Jane Miletich

The purpose of this workshop is to experiment with new ways of eating that eliminate certain foods like meat, dairy, processed foods, oils, and salt, and add other, more healthful ones such as fresh juices, grains, legumes, nuts, seeds, sprouts, soups, and raw salads. The foods to be used will include various fresh herbs and produce picked from the Esalen garden and farm or bought from local organic distributors.

Participants may spend time in the kitchen learning methods of food preparation. Mineral and herbal baths, nature hikes, yoga, t'ai chi, massage, and dance will be introduced. All are optional – participants choose their own pace. $270

The Kabbalah: Doorway to the Inner World

Eduard Hoffman

For more than 2,000 years, adepts of the Kabbalah, the Jewish mystical tradition, have explored the nature of the human mind and its vast potential. They have addressed in considerable detail such intriguing topics as dreams, meditation, altered states of consciousness, the mind-body unity, and how to awaken one's higher capabilities. In recent years, a true renaissance of interest in the Kabbalah has occurred. Throughout the world, men and women are discovering the unique wisdom and power of this ancient system of knowledge.

This workshop will combine information and experiential methods to make personally relevant the Jewish mystical approach to the inner world. It will examine some of the specific concepts and methods from the Kabbalah as they relate to the new, transformational paradigm emerging in Western psychology. The traditional Kabbalistic emphasis on developing "kavvanah" (intentionality) and imagination will be highlighted. $270

Freeing Our Bodies / Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods to improve their ability to sense each other's bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about his / her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens, who may discover new ways of moving with ease and increased flexibility – painlessly and immediately.

C.E. credit is available for nurses; for additional information see page 51. $270

KATHLEEN THOMPSON CARR

Kiva and ruins. Chetro Ketl, Chaco Canyon, New Mexico, c. A.D. 900-1150. **Chaco Canyon contains more than 2400 archeological sites, including 13 towns and many kivas, within a 32 square mile area. More than 400 miles of wide roads run out from the canyon. Many questions remain unanswered about the complex Chaco culture. Evidence suggests it was a ritual center or mystery school.**

Week of June 19–24

Five Days with Jack Rosenberg

This workshop is aimed at awakening and sustaining awareness of body, self, and soul, as well as examining the anatomy and function of intimate relationships. The method can be described as gestalt body work with a distinct leaning toward the transpersonal aspects of life. During the workshop, participants will explore many aspects of Jack Rosenberg's energetic approach to sexuality, the energetic field of the body, and the belief systems which keep one locked in obsolete behavior patterns. This workshop will be co-led with Beverly Kitaen Morse.

Recommended reading: Jack Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics Ltd.) and *Total Orgasm*. $530

Mountains and Waves: A Solstice Celebration

Susan Harper & Steven Harper

Mountains and Waves is an invitation to explore natural movements inspired within the human organism by participation in nature. We listen to impulses within and to impulses of wilderness until "inner" and "outer" disappear. As we surrender to the intelligence which creates life in all its varied forms, we find ourselves moving in unexpected ways. Our awareness expands. We feel a larger sense of Self and wilderness and the creative wholeness of a greater dance.

The summer solstice occurs during this week, and we will take special time to create a ceremony in honor and celebration of our longest

day. Sessions will be both indoors and outdoors. Evenings, some day sessions, and most meals will be at Esalen. We will also take short day hikes in Big Sur's backcountry. Participants need not have previous experience in hiking or dance. $530

Intermediate Cranial Workshop

Jim Asher & Jane Harrington

This Level Two cranial workshop will review the vertical and horizontal systems with alternate holds for each phase. Mouthwork practices that reduce strain and compression patterns as they relate to the maxilla, sphenoid, and ethmoid complex and to pituitary and sinus problems will be shown. Participants will practice balanced movement of the body to support themselves while working, as well as movement patterns which can be taught to their clients to support cranial changes.

Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system. Unwinding, a method which can release strains throughout the body at the somatic and emotional levels, will be emphasized in this workshop. Sphenobasilar strain patterns, whip lash, bulb compression, dural tube freedom, and the fluid system will also be covered. There will be time for questions about specific problems and case studies.

This workshop is for those who have taken a basic cranial workshop on the membrane / fluid systems. It will be hands-on. Much of the emphasis will be on the head, jaw, neck, pelvis, and diaphragm systems.

C.E. credit is available for nurses; for additional information see page 51. $530

Weekend of June 24–26

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $270

A Weekend with David Schiffman & Elisa Lodge Schiffman

For workshop description see May 13-15. $270

An Inquiry into Channeling

Arthur Hastings, Helen Palmer, Deborah Reynolds & Charles Tart

The phenomena of channeling, in which persons transmit messages from discarnate beings or other non-personal sources, is an increasing source of spiritual messages, personal advice, and admonitions to humanity. Seth, channeled by Jane Roberts, and *A Course in Miracles*, transmitted by Helen Schucman, are well-known examples, but there are thousands of other individuals who are now channeling. Are the entities real? What credence should we give to the messages? What does channeling tell us about human abilities?

This conference will inquire into the nature and potentials of channeling. There will be video and audio presentations of contemporary channeling with discussions of their messages, presentations by leaders, demonstrations, and experiential exercises.

Topics covered will include the issue of personal identity, the inner process and development of channeling, implications for metaphysics, and the relation between traditional psychic functioning and channeling. Discussions will consider the responsibilities of channeling and the dangers and abuses of channeling by the channel, by the entity, and by the public.

Research and theories of channeling will be presented, including brain wave measures, multiple personality models, archetypes, higher beings, lower beings, and the personification of the higher self.

In addition to the seminar leaders listed above, there may be other guest presenters. Contact the Esalen office for up-to-date information. $270

Week of June 26–July 1

Acts of Courage

David Schiffman & Elisa Lodge Schiffman

In their work together, David and Elisa Schiffman offer a group experience which is based on mutual respect, honesty, and tenderness and which allows participants to deepen their appreciation of what is truly valuable in their lives.

Much of the focus is on the art of creative risk-taking or "acts of courage." The Schiffmans teach that to take risks successfully requires courage, grit, and wisdom, knowing one's heart and being true to the dreams that live inside it, good timing, an adventuresome spirit, and the confidence to act. The group time together will include traditional psychological practices as well as non-traditional innovative approaches involving the use of music, movement, guided imagery, and structural repatterning. $530

An Intimate Community

Linda Rice-Mandigo, Anne Ruderman & Joel Dweck

Feelings give us knowledge, depth, and pleasure, but only when they flow unobstructed into our lives. Relating to others is a function of being able to express those feelings openly and directly. Collectively, the risks we take in revealing ourselves create an intimate community. In this workshop, participants will have the opportunity to feel deep parts of themselves and to translate their individual work into quality interactions.

The workshop leaders have worked together for seven years. They are trained in various disciplines and may use Reichian emotional release, breathing sessions, group interactional process, play, nurturing, confrontation, and spiritual healing while working with workshop participants. As members of the community, they are available at the same emotional depth that they encourage in the participants. $530

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji with Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty years. During this week-long workshop, he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Participants will have a chance to become deeply immersed in the study and re-creation of African drum sounds and rhythms. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one. (Note: Olatunji will extend his stay through the Fourth of July weekend. Please read the July 1-5 workshop description.) $530

July 1–5

A Long Fourth of July Weekend Celebration with Babatunde Olatunji

and Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

Nigerian musician Babatunde Olatunji and his ensemble continue their *Language of the Drums* (see Weekend of June 26-July 1) through this special Fourth of July weekend (Friday dinner through Tuesday lunch). This is an oppor-

tunity to spend time at Esalen enjoying the grounds, the baths, massage, and the community without participating in a structured group. Dancers, percussionists, musicians, and anyone who wants to speak the language of the drums is welcome. Bring a drum if you have one. $500

July 5–8

Special Days at Esalen

These few days will be for people to come and renew themselves in the tranquil and beautiful setting of Esalen. It will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include: sessions in gestalt, movement, meditation, massage, day hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural hot baths will be available as usual.

The food will be specially prepared, with an emphasis on a clean, healthy diet of fresh vegetables and grains. Much of the produce is picked daily from Esalen's own organic garden and farm.

Come and enjoy a mid-week retreat of inner reflection, physical movement, and personal renewal. $350

ELIOT ELISOFON

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Shiva Nataraja, Lord of the Cosmic Dance. A.D. 12th century. South India. (Joseph Campbell, *The Mythic Image*.)

Weekend of July 8–10

Process Work with Chronic Body Symptoms and Childhood Dreams

Arnold Mindell

Arnold Mindell writes: "Why do chronic symptoms persist? I would like to share my discovery that these symptoms mirror personal myths and are patterned after childhood dreams. In this workshop, participants will focus upon dream/body work methods, upon dream work, and different forms of body work which reveal the connection between body symptoms, dreams, and individuation. The group will investigate what healing these symptoms could mean with respect to large-scale changes in everyday awareness."

Recommended reading: Arnold Mindell, *Dreambody* (Sigo Press), *Working with the Dreaming Body* (Methuen Inc.), *River's Way* (Methuen Inc.), *Dreambody in Relationships*, and *City Shadows*. $295

Zero Balancing: Advanced Workshop

Fritz Smith

This workshop is only open to people who have completed at least one introductory zero balancing program. After reviewing basic concepts, the leader will spend time answering specific questions and giving individual instruction as needed. New work will focus on exploring the direct perception and assessment of energy currents in the body, refinement of evaluating and balancing the foundation joints, and the discussion of nonfoundation joints, including the small joints of the body. Theory will be clarified by demonstration and through individual practice, with participants using each other as models.

Recommended reading: Frederick Smith, *Inner Bridges* (Humanics Ltd.).

C.E. credit is available for nurses; for additional information see page 51. $295

Why We Misbehave the Way We Do

Charles & Ronnie Blakeney

Why do we misbehave the way we do? The late Harvard professor Lawrence Kohlberg studied the development of moral judgment for thirty years. He and his colleagues and students interviewed thousands of children and adults worldwide. He clearly demonstrated the existence of a universal sequence in the stages of moral thought. In the past fifteen years, Kohlberg and his colleagues developed and successfully implemented *Just Community* programs, designed to raise the stage of moral reasoning of participants. Two questions continually tickled and intrigued the Kohlberg group: What is the relationship between the stages of moral thought and moral behavior?

What is the relationship between emotional development and moral development?

In this workshop, the leaders bring Kohlberg's theory of universal stages of moral development to life. The relationship between moral decision-making, moral feelings, and moral behavior within actual social interactions will be explored. Participants will use this framework to examine the nature of misunderstanding between parents and children, therapists and clients, employers and employees, students and teachers, friends, lovers and partners. By attending to moral stages, learning style, patterns of moral misbehavior, and unresolved emotional conflicts, personal and interpersonal understanding and growth can be facilitated.

The workshop will include lectures, role playing, videotapes, and reflective exercises to identify stage and style and to suggest objectives and methods for growth. $295

Week of July 10–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $575

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $575

Living Hypnotically

Norman Katz & Marc Lehrer

This five-day seminar on altered states and hypnosis will help participants enjoy the benefits of greater perceptual awareness, enhance personal creativity, and develop an ongoing relationship with the unconscious mind. By understanding its basic principles, participants may learn to use hypnosis as an aid to change their lives in powerful and unique ways. They will be offered an opportunity to recall altered states and then produce them through hypnosis. The program will include self-hypnosis skills, the use of music and trance, hypnotic play, and the use of hypnosis to improve sports and physical movement. $575

Zero Balancing: Beginning/Intermediate Workshop

Fritz Smith

Zero balancing is a simple method for aligning the body structure and energy field. The structural/energetic interface of the body is beneath conscious awareness, and when imbalances occur at this level, the body tends to compensate around them rather than resolve them directly. This often leads to loss of vitality, chronic body pain, and lessened potential for vibrant health. Zero balancing assists in overcoming these patterns of imbalance.

In this workshop, traditional anatomy, physiology, and kinesiology will be reviewed, and Eastern concepts of chi energy, its movement in the body, and the chakra system will be discussed. The system of zero balancing will then be presented, including specific guidelines for evaluating and balancing the structural/energetic interface in the body. The workshop will be both didactic and experiential, with the main emphasis on new skills in body handling. This is an accredited program toward zero balancing certification.

Recommended reading: Frederick Smith, *Inner Bridges: A Guide to Energy Movement and Body Structure* (Humanics Ltd.).

C.E. credit is available for nurses; for additional information see page 51. $575

Weekend of July 15–17

Weekend Massage Intensive: Self-Care Methods for Body Workers and their Clients

Deborah Anne Medow & Esalen Massage Practitioners

After a full day of helping clients restructure their bodies or simply easing their physical and emotional tensions, body work practitioners inevitably manifest a few aches and pains in their own bodies – the body worker's syndrome. This workshop offers practitioners various methods in massage and self-massage, specific ways of using movement, and self-help exercises to relieve stress accumulated after working with other people's bodies.

In addition to rejuvenating their own bodies, practitioners can share these methods with their clients, enabling them to retain the positive effects of the body work for longer periods of time.

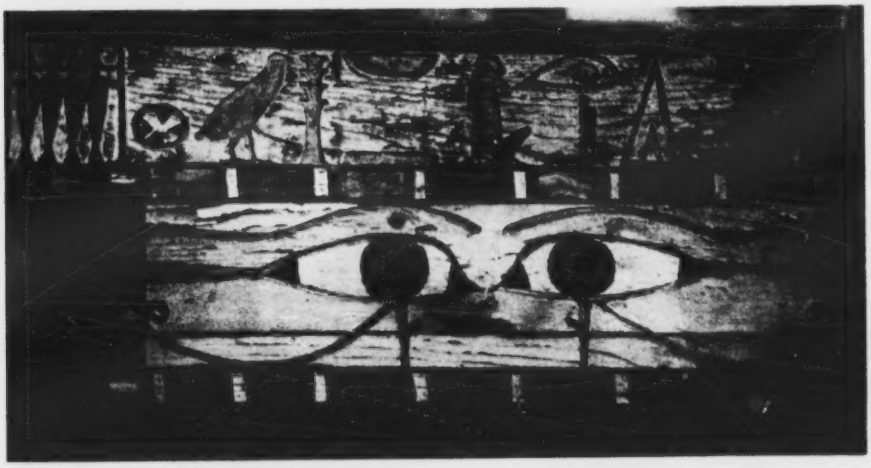
C.E. credit is available for nurses; for additional information see page 51. $295

The Further Reaches of Human Energy

George Leonard & Annie Styron Leonard

This workshop begins with a basic grounding in Leonard Energy Training (LET), in which problems can become opportunities, stress and pain can be transformed into gifts of energy, personal and social options can be multiplied, and the flow of vital energy enhanced. In addition to its practical applications, the workshop offers participants the possibility of experiencing their own latent powers of intuition and extraordinary sensing.

After their introduction to LET, participants move into experiments that push the limits of what are termed "normal" human capacities. Through such processes as scanning, tuning-in to others' energy, focused surrender, and remote viewing, the group is given a chance to experience a crystalline state of intense aliveness without expectation and prejudgment. As George Leonard wrote in *The Ultimate Athlete*,



KATHLEEN THORNHOOD CARR

Side detail of Egyptian mummy case. British Museum, London, England.

"Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet: sensing the energy field of a friend or a tree, making connections that defy conventional space and time. . . . We realize, with the sorcerer, don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), *The Ultimate Athlete* (Viking), and *The Transformation* (Tarcher/Houghton-Mifflin). $295

Imagery: Exploring the Body/Mind Bridge

Jeanne Achterberg & Frank Lawlis

The imagination is a perennial, yet newly celebrated, healing resource. It is a bridge between body and mind, a manifestation of the human spirit. The image forms the creative juices and allows transcendence.

This workshop will explore, beyond the confines of modern medicine and psychology, the potent realm of imagination as healer. The potential for self- and transpersonal healing will be experienced through the magic of sound, image, meditation, and other tools to shift consciousness. A rationale for the use of mind in the crisis of illness will be given, using information on the forefront of science.

The presenters, pioneers in the study and practice of imagery, will introduce their ideas, practices, and visions for the future. The workshop may be of interest to persons who are working or studying in the health professions and to those who are confronted with chronic or catastrophic illness.

C.E. credit is available for nurses; for additional information see page 51. $295

Week of July 17–22

Food for Health

Jane Miletich

For workshop description see June 17-19. $575

Healing the Broken Heart: The Art of Effective Bonding

George Kohlrieser

From cradle to grave, life involves a changing script of "affectional bonds." These bonds are different from dependency and essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with particular others, a way to explain many forms of physical, emotional, and spiritual distress, including emotional detachment, depression, and burnout. Life energy is connected to the quality and depth of emotional contact.

This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and intense bonding work to understand, create, and celebrate positive emotional attachments. $575

KATHLEEN THORNHOD CAMP

Classical Javanese dancer with mask. **Theater in Java and Bali is seen as an integral part of life, at one with the rituals that fasten society. The origin is religious—a temple dance serves as a ceremonial offering and bridges the mundane and spiritual worlds. Dance technique is highly stylized; each salient gesture has a name and is usually based on nature or animal motifs. Performers dance to the musical accompaniment of the Javanese gamelan and flutes.**

The Body and Zen

Dub Leigh

The goal of this seminar is twofold: 1) to use body work methods and principles for releasing tension, trauma, and toxins from connective tissue; and 2) to circulate the vital energy in an aligned body. The group will draw from Rolfing® (structure), Feldenkrais® (function), and Zen (energy), to obtain these goals.

This is a hands-on workshop. Participants will give and receive body work and will learn methods to recognize, work with, and relieve some types of chronic muscle pain. The class will be limited in size (two people per table). Participants are asked to bring a swimsuit – two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press).

C.E. credit is available for nurses; for additional information see page 51. $575

The Modern Warrior: LET in Action

George Leonard & Jack Cirie

A man or woman with outward courage dares to die;
A man or woman with inward courage dares to live.
– Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the full, and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might

well be necessary for men and women to reown the warrior ideal.

Through the centering and movement exercises of LET (Leonard Energy Training) as well as through various new games, participants will be invited to get in touch with their own unacknowledged powers, and thus to discover the hidden warrior within. Guidance will be offered on how to apply the warrior ideal to daily life. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton). $575

Weekend of July 22–24

A Workshop for Couples with David Schiffman & Elisa Lodge Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$295 per participant

Psychic Self-Defense

Elizabeth Stratton

Elizabeth Stratton writes: "The power of psychic energy cannot be overestimated. We are constantly bombarded by the emotions and thoughts of people around us, as well as by the accumulated energies of the environments in which we live and work. We can also be affected by the physical illnesses of people we are close to, sometimes to the point of actually manifesting those illnesses as if they were our own.

"This workshop will give participants an opportunity to explore the weaknesses in their psychic defense systems, to learn how to release the negative energies they pick up, to repair and strengthen their auras, and to develop their psychic sight so that they can protect themselves from absorbing unwanted energies in the future." $295

Living in the Now

Brother David Steindl-Rast

All the great spiritual traditions of East and West tell us to wake up and to come alive to the present moment. We tend to hang on to what was, or we worry about what will be. And so we miss that which is. Nothing is, except now. How can we, moment by moment, live in that now?

Monks practice all life long to live the answer to that question. Haiku poetry celebrates our wake moments, our glimpses of now. Brother David, a Christian monk, has published haiku. He has written about haiku and monastic life. The topic of this weekend marks the point where the two meet.

This workshop is for people who so strongly desire the joy of the now that they are willing to feel the pain and face the responsibility inherent in that thrill.

Recommended reading: Harold Henderson, *Introduction to Haiku* (Doubleday); David Steindl-Rast, *A Listening Heart* (Crossroads); R. M. Rilke, *Letters to a Young Poet* (Norton). $295

COURTESY OF THE BOARD OF TRUSTEES OF THE VICTORIA & ALBERT MUSEUM, LONDON, AND PRINCETON UNIVERSITY PRESS

Tara. A.D. 19th century. Bronze. Tibet. **This goddess figure is said to be "the personification of a tear of divine compassion." (Joseph Campbell, *The Mythic Image*.)**

LET: Exploring the Feminine and Masculine through the Healing and Martial Arts

Jack Cirie & Beth Ullmann

Just as male and female elements express the totality of one's sexual nature, the healing arts and the martial arts complete another sphere of one's being. To protect and heal others, individuals must be able to protect and heal themselves. To fully know their abilities to heal deeply, people must acknowledge their potential to hurt as well.

The masculine-feminine puzzle is a powerful and meaningful mystery. What is it to be a woman or man at this time in history? How can individuals integrate the male and female within themselves, then integrate that with those qualities in another being? Is there a difference in the way women and men heal, the way men and women fight?

With Leonard Energy Training (LET) as an experiential foundation, this workshop will enable participants to explore how they use their bodies to express their concept of masculinity and femininity. Workshop exercises will include the dynamics of yielding-resisting, releasing-controlling, healing-hurting, and following-leading. Participants will be invited to experience a range of qualities within each of these poles, e.g., "soft" and "hard" martial or healing arts, "yang" followership and "yin" leadership.

No martial or healing arts experience is necessary. For more information on LET, see the Leonard/Leonard and Leonard/Cirie workshop descriptions for July 15-17 and July 17-22. Jack Cirie and Beth Ullmann integrate their experiences in martial arts, the healing arts, fitness, and movement training. Both are certified Leonard Energy Trainers. $295

Week of July 24–29

Five-Day Massage Intensive

Char Pias Brenner & Laurie Schutz

For workshop description see May 29-June 3.

$575

N.L.P., Hypnosis, and Reichian Body Work

David Silverstein & Yvonne Ginsberg

This workshop will allow individuals to explore their process using Reichian body work, neurolinguistic programming (N.L.P.), and hypnosis. Each person will have opportunities to work individually as well as in group. By loosening the body armor through Reichian work, participants may become more receptive to exploring their emotions and their unconscious. Hypnosis will be used to help participants experience and re-experience fantasies, dreams, and unfinished situations. N.L.P. offers the possibility of changing beliefs and criteria that keep one's life limited to familiar patterns. Throughout the workshop there will be gentle encouragement to realize that experience is within one's means to define and create. In bringing together these approaches to human development, the workshop leaders wish to create an environment which respects each individual's natural growth process. $575

A Week with David Schiffman & Elisa Lodge Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set – the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week, participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and bouyant way of living. In an atmosphere based on warmth and humor, they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $575

Making Dances: Physical Expression and Creativity

Rhonda Martyn

This is a workshop for individuals to discover and expand their abilities to be physically, intellectually, and emotionally expressive through the process of making dances. Participants can expect a good physical workout as well as a sense of accomplishment, community, and fun that comes from making and performing dances.

It will begin by exploring the basic elements of movement and the craft of choreography. Then, using games, exercises, improvisations, and rituals, participants can play with the creative process and their individual needs for physical and emotional expressiveness. The workshop leader, a professional choreographer, will work with participants as professional dancers – calling on their creativity and sensibilities to help in the process of building dances. She will also coach and assist participants in making their own studies and / or dances.

Making Dances is for people with no dance experience or with much dance experience. It is an opportunity to be both a dancer and a maker of dances. $575

Touching Spirit: Dimensions of Psychic Healing

Elizabeth Stratton

Psychic healing bridges the physical and the spiritual. Touching as a healing act has been practiced through recorded history by practitioners of the sacred as well as the secular: healers, shamans, priests, doctors, and mothers. In the past ten years, physics and modern medicine have come to an acknowledgement of the radically relational nature of our universe. Nothing and no one functions in a void.

Human emotions affect the functioning of the body, and illness is often an outgrowth of this mind-body link. Semi-dissociative states that are induced by prayer, meditation, and trance have been found to provide a fertile ground for healing to take place. It has been discovered that "multiple personalities" exhibit different states of health in each personality. The placebo effect has become one of the most respected and well-studied issues in healing today.

A psychic healer is one who can help connect the physical, emotional, mental, and spiritual levels of another person's being with healing intention through the use of touch. This workshop will explore, both didactically and experientially, the sacred and secular uses of touch, modern theories of disease formation and healing mechanisms, the use of psychic sight in healing, forgiveness as transformational cleansing, and the channeling of healing energy through the laying on of hands. $575

Weekend of July 29--31

Mobilizing Life Force

Alan Schwartz

Alan Schwartz writes: "Quite simply, life force is the combined movement of human physiology, feeling, spirit, and the action of the brain and central nervous system which we call thought. The cleaner the movement, the more *strength* a person has available. All of us, due to heredity, environment, and simple bad luck, spend much too much time holding or stratifying the life force. This keeps us from authenticity and impedes the decision-making process.

"This weekend will be an experiment – reaching down through stratified elements of personality to attempt to free the life force and enhance awareness and the decision-making process. The group will act as reality mirror, and each participant may request an energetic diagnosis as to how his / her life force presents itself."

For further information, read the leader's July 31-August 5 workshop description. $295

American Ritual Theater Lab ©

Gabrielle Roth

American – Rooted in a contemporary, vigorous, cathartic form of ecstatic dance, this work was created in the 4/4 beat of a modern, industrial society. Although the knowledge is ancient and the quest eternal, the work is "now."

Ritual – This work focuses the participants' attention on the essential processes of their development, sacred teachers, rites of passage, psychic wounds and blessings. Set to an urban-primitive pulse, the sessions dramatize the true meaning of being a tribal individual.

Designs engraved on shells, all from Spiro Mound, LeFlore County, Oklahoma. Mississippi Culture, c. A.D. 1200-1600. (Joseph Campbell, The Way of the Animal Powers.)

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Theater – This is root theater, funky and ceremonial, searing and lighthearted. Its purpose is to catalyze and train the "holy actor," to develop the witness position that allows distance from one's ego and the characters it creates in the theater of one's life.

Lab – The workshop is an experiment, a shamanic context for personal research to enable each participant to break through the bonds of ego to the stillpoint of an ever-changing self. $295

Physics Weekend:
Bell's Theorem and the Nature of Reality

Nick Herbert

Quantum theory is universally successful in describing nature at all levels accessible to experiment. However, this comprehensive practical success is accompanied by an unprecedented disagreement as to what quantum theory really *means* and a corresponding confusion as to what sort of reality supports the phenomenal world.

Controversy over the nature of deep reality has been sharpened by Bell's Theorem, which proves that any conceivable objective reality underlying the facts of experience must be independent of space and time. Thus either there is no ultimate objective reality, or this reality is more peculiar than we have been led (by ordinary physics) to believe. The impact of Bell's Theorem is just beginning to be felt in the world of physics, but it is rather like the situation of the Michelson-Morley experiment, which led to Einstein's theory of relativity. Just what the current controversy in the foundations of physics will lead to is not yet clear, but the various possibilities will be explored in this weekend presentation.

Recommended reading: Nick Herbert, *Quantum Reality* (Doubleday); Heinz Pagels, *The Cosmic Code* (Simon & Schuster). $295

Therapeutic Touch

Janet Quinn

Therapeutic Touch (TT) is an approach to healing which can be learned by people who have the intent to help. It is a derivative of the laying on of hands, but need not be practiced within a religious framework. It is a powerful tool for actualizing the innate healing capacities of both recipient and provider. TT has been taught to over 20,000 nurses nationally and abroad, as well as to lay people with an interest in healing.

This workshop will explore the theoretical foundations and clinical applications of Therapeutic Touch, blending didactic and experiential materials into a grounded, balanced approach to a new version of an ancient healing art. In addition to providing for practice of the actual TT methodology, the experiential aspects will allow for the exploration of the need to care and to love.

The practitioner of TT embarks on a journey to empower the healer, and in the process, to be healed. The work of remembering how to care, how to connect in unconditional love, and how to heal is seen as the only hope for personal, community, and planetary survival.

Janet Quinn, associate professor of nursing at the University of South Carolina, has been involved in the practice, research, and teaching of Therapeutic Touch since 1976. She was the recipient of the first federal research grant to study Therapeutic Touch.

C.E. credit is available for nurses; for additional information see page 51. $295

Week of July 31–August 5

Mirrors

Gabrielle Roth

I never dreamed of being Shakespeare or Goethe, and I never expected to hold the great mirror of truth up before the world; I dreamed only of being a little pocket mirror, . . . one that reflects small blemishes, and some great beauties, when held close enough to the heart. – Peter Altenberg

This ritual theater lab, a marriage of art and healing, is a way to "know thyself" in intense, honest, creative explorations of the psyche, its patterns, cycles, and movements. The unique theater and dance processes developed by Gabrielle Roth encourage participants to probe their own life experiences and to share and dramatize their insights in movement and performance. $575

The Changing Face of Gestalt Therapy

Cyndy Sheldon, Abraham Levitsky, Joe Camhi & Joan Sullivan

Change occurs when one fully acknowledges what is in the moment. Then there is freedom to move into the next moment without carrying unfinished business from the past. Such has been a basic tenet of gestalt therapy since the rise of the human potential movement, Esalen, and Fritz Perls' popularity in the 1960s. It is now two decades later, and the nature of gestalt therapy itself is changing. The philosophy hasn't changed, but the work has. Confrontation, drama, emotional catharsis, and charisma have given way to a more craftsmanlike attention to the subtle aspects of personal process and the relationship between the therapist and the client.

In this five-day workshop, participants will have time for theoretical and methodological discussions, personal work, and attention to group process. For those with previous gestalt training, a practicum may be included.

This workshop will be taught by people from the Gestalt Institute of San Francisco.

Recommended reading: Erving Polster, *Every Person's Life is Worth a Novel* (Norton). $575

Effecting Change:
The Human Energy System and Risk

Alan Schwartz

Alan Schwartz writes: "This is a week for recognizing and stabilizing how we face change given today's social, economic, and environmental realities. This is a week for *designing a growth pattern* to provide more stable contact with the issues facing all of us the rest of the century.

"The human energy system represents a constantly changing personality dimension. Often neglected in the human energy system's movement toward maturity is the development of strength. We hear metaphors not only of physical strength, but strength of character and emotions, and the spiritual and psychic strengths of perception. Lack of such strength development leads us to compensate in order to be able to function in our chosen worlds. Some compensations become psychosomatic problems: blame, denial, and indiscriminate sexual functioning. *Power over* self, people, and things is often a compensation for the *strength* that would allow us the *experience* of self, people, and things.

"Risk involves *awareness* of our individual compensations and sufficient trust of self and group process to *experiment*. This means rendering more alive the strength of our physiology, feelings, conceptual process, and psychic perceptiveness. The result can be clarity, stability, and a deeper awareness of self."

For further information, read the leader's July 29-31 workshop description. $575

The Buddha, the Goddess, and N.L.P.

Eli Jaxon-Bear & Antoinette Varner

The Buddha is a model for compassionate emptiness. The Goddess, as Earth Mother and Protector, is a model for passionate involvement in form. Neurolinguistic Programming (N.L.P.) is a structure for understanding,

Poulnabrone Dolmen. The Burren, County Clare, Ireland. Also called a cromlech, this is thought to be the remnants of a burial chamber.

KATHLEEN THORNOD CARR

modeling, and changing human behavior and consciousness. This workshop is a unique opportunity to experience the combined power of hypnosis and N.L.P. within the context of a spiritual journey.

N.L.P. is an open-ended system for modeling human reality and for clearing the obscurations to our perfection. It can be used for leaving behind old baggage and focusing or polishing the filters of perception. It has been successfully used to model great healers, or counselors such as Milton Erickson, and leaders in sports and business. Set in the context of Buddhist psychology and practice, N.L.P. offers the choice to utilize gracefully the core issues of life as ally and teacher.

Participants will use daily Zen meditation, Taoist yoga, and transformational movement, as well as deep trance work, both as a group and individually. They will have the opportunity to learn new patterns of relationship as they invoke the perfected states of the Buddha and the Goddess already within.

Recommended reading: Chogyam Trungpa, *Shambhala* (Shambhala); W. Evans-Wentz, *Tibetan Book of the Great Liberation* (Oxford Univ. Press); Bandler and Grinder, *Frogs into Princes* (Real People Press); M. Zimmer Bradley, *The Mists of Avalon* (Knopf); Starhawk, *Dreaming the Dark* (Beacon Press). $575

Weekend of August 5–7

Letting Go — Moving On

Mary Goldenson (Devarani)

For workshop description see June 10-12. $295

Freeing Our Bodies / Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

For workshop description see June 17-19. $295

Celebrating the Goddess Within

Margot Adler

This workshop is about women's spiritual empowerment. The use of ritual as a tool for connecting with the Earth and with each other will be explored. Participants will chant, dance, share songs and experiences, and dream their inner journeys. They will create sacred space and travel to an ancient temple to meet the Goddess within themselves and within all nature. The workshop will also attempt to demystify concepts like "magic" and "ritual" and will offer each woman a set of personal tools she can use in her life. $295

Creative Writing Brainstorming

Herbert Gold

From feeling to expression to communication, this workshop will carry participants into the possibilities of making literature. Exploring an experience different for everyone, yet shared by all, they will probe for the riches within.

Participants should bring typewriter, word processor, pen, soft pencil, or clay tablets and stylus to the meetings. A situation will be called forth – love, death, ambition, pride, fear, hatred, jealousy – and after preparation in the discussion, participants will write. Then they will read and rewrite each other's work. They may expect to go from truth to lying: from recollection to art.

What may develop is a sense of style and control as a part of the mastery of experience. Participants will practice the freedom of imagination by giving shape to it. $295

August 6–13

A Gentle Trip in the High Sierra

Maurica Anderson & Walter Truett Anderson

For workshop description see Wilderness Programs, page 50. $540

Week of August 7–12

A Look Within

Jessica Moore Britt

This will be a week for participants to attend to themselves in such a way that they begin to penetrate the layers of their conditioned patterns, allowing a truer perception and appreciation of who they are to emerge.

The focus of inquiry will be the relationship between the mind, body, and emotions and the subtle energy centers that make up, and therefore support, one's essential / spiritual nature.

The tools for exploration will be an interplay of East and West, including meditation, touch, gestalt awareness practice, Reichian breath work, and Sufi self-remembering exercises.

Recommended reading: A.H. Almaas, *Diamond Heart* (Diamond Books). $575

Five-Day Advanced Massage Intensive: Trigger Point

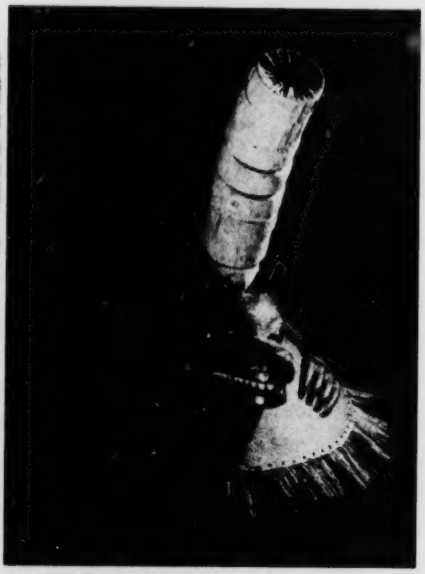
Arthur Munyer
& Esalen Massage Practitioners

Trigger point massage is the movement of myofascial tissue through soft and deep tissue contact with various pressure points of the body. Through direct pressure of origin and insertion points of muscles, it is possible to localize areas of muscular tension and skeletal restriction. Traumas and toxins in the body can be alleviated through the application of pressure point methods.

This workshop is suggested for body workers, holistic health care practitioners, workers in the medical field, physical therapists, chiropractors, and athletes who want to expand their hands-on skills. In addition to trigger point, other methods to be covered will include soft tissue work, structural alignment, and movement. Through these tools, participants and their clients may achieve and enjoy a more fluid, focused, and integrated body.

Recommended reading: Janet Travell, *Myofascial Pain and Dysfunction: The Trigger Point Manual* (Williams and Wilkens); William Leigh, *A Zen Approach to Bodytherapy* (University of Hawaii Press); Deane Juhan, *Job's Body: A Handbook for Body Work* (Station Hill Press).

C.E. credit is available for nurses; for additional information see page 51. $575



COURTESY OF WERNER FORMAN ARCHIVES, LONDON, AND ALFRED VAN DER MARCK EDITION

Shamanic wooden dance hat bearing the features of a wolf. Pacific Northwest. **(Joseph Campbell, *The Way of the Animal Powers*.)**

Hypnotic Innovations: Investigations in Living, Using Ericksonian Hypnosis

Paul Lounsbury & Nancy Winston

In the moment before a new idea unfolds, our attention becomes so fully focused that time seems to disappear. Perhaps, without quite realizing it, we forget where we are and what's around us. These spontaneous states are the stuff out of which hypnotic experience unfolds and through which unconscious possibilities take form.

In this workshop, participants will use the hypnotic approaches developed by Milton Erickson and the systemic principles generated from Gregory Bateson's research in communication to explore how unconscious processes can be mobilized to creatively disrupt limiting life patterns and to organize innovative behaviors outside the range of normal conscious controls. These investigations will be focused so that participants can more fully optimize their current living and work situations. The leaders will utilize natural communication occurring within the individuals and in the group as well as structured trance experiments and discussion.

This workshop may be of special interest to those in the helping professions and managers who want to expand their frames of reference and extend their understandings of Ericksonian hypnosis and communication skills. It is best suited for individuals with a sense of humor and those who wish to maximize the use of their capabilities. $575

Living Dance Rituals

Anna Halprin & Alice Rutkowski

And just as he who dances with his body, rushing through the rotating movements of the limbs, acquires a right to share in the round dance, in the same way, he who dances the spiritual dance, always moving in the ecstasy of faith, acquires a right to dance in the ring of all creation.
– St. Ambrose, Bishop of Milan, 4th Century

Dance, in early times, was a way to evoke a higher spirit, a life force, and a transcendent power. It was also the mother of all art forms. Ancient peoples expressed their most important experiences of life not with external materials, but with their own bodies. They danced to make sense out of the mysteries of their existence. On every occasion there was a dance – to celebrate victory, bring rain, initiate the young. Today, in a world alienated from nature, people can still tap into the deep sources of their bodies and move and dance as an exciting way to renew, inspire, teach, create, and heal.

Anna Halprin has innovated a unique approach to deepening life experiences through art expression. This workshop will explore many facets of this approach, from the structured practice of Movement Ritual I (a series of floor exercises to cultivate body awareness through release and relaxation) to spontaneous, dramatic, and zany group interactions. Visualizations, music, and outdoor environments will also be incorporated.

On Wednesday evening, the participants will view a slide show on body images and transformation, which will lead into a special performance of the world-wide planetary peace dance from *Circle the Earth*. David Schiffman will be the musician.

Men and women with diverse backgrounds and a sense of humor are welcome. Also, potential students for the Tamalpa trainings will find this workshop a valuable orientation.

Recommended reading: Anna Halprin, *Movement Ritual I* and *Collected Writings of Anna Halprin* (Tamalpa Institute).

Recommended viewing: *Circle the Earth* (videotape, Tamalpa Institute). $575

Weekend of August 12–14

Experiencing Psychic / Intuitive Abilities

Anne & Jim Armstrong

For workshop description see May 13-15.

$295

Fun with the Violin: For Adults Who Always Wanted to Play a Musical Instrument and Never Have

Diane Egli

For the adult who wishes he/she could play a musical instrument, but never had lessons as a child, or who used to play, but hasn't since childhood, this workshop could be just the opportunity to learn to play the violin – and have fun doing it.

This will be a time for participants to increase their awareness of how it feels to learn a new skill – the challenge, the excitement, the frustration, and the success of accomplishment.

Included in the workshop will be various activities to enhance violin playing, such as movement, music, and rhythm exercises. Participants are asked to bring a tape recorder and tapes.

Recommended reading: Shinichi Suzuki, *Nurtured by Love* (Banner); John Holt, *Never Too Late* (Pinchpenny Press).

$295 (plus $10 violin rental fee paid directly to the leader)

The Rubenfeld Synergy® Method

Ilana Rubenfeld

This is a workshop for professionals and others to explore and analyze how they use themselves – both professionally and in their personal relationships. It will provide an exciting introduction to the Rubenfeld Synergy Method, a healing system that combines touch, gentle body movement, visualization, humor, music, gestalt, and verbal and nonverbal intervention to increase effectiveness in the process of self-healing.

Ilana Rubenfeld will help participants develop efficient use of the bodymind and unblock energy by releasing emotions and memories stored in the body. She will show how to shield and ground the self in the face of difficult situations with clients and others.

Sessions will include experiential and theoretical components and one-to-one demonstrations. Participants will have an opportunity to process their experience. Participation in this workshop will fulfill one of the requirements for acceptance into the Rubenfeld Synergy training program. $295

Exploring the World of Lucid Dreaming

Stephen LaBerge

Lucid dreaming means dreaming while knowing that one is dreaming. The wakeful consciousness of this extraordinary state allows flexible and creative responses to the flow of dream experience and affords a unique opportunity to control one's dreams. This control gives the freedom to explore a remarkable range of possibilities, from indulging in one's wildest fantasies to following one's highest spiritual aspirations.

For most individuals, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so, and workshop participants will be shown how to develop the skill of lucid dreaming. They will also have the opportunity to use a recently developed feedback device for the induction of lucid dreams. The device, called The Dreamlight™, consists of a sleep mask fitted with sensors and lights connected to a small box that causes the lights to flash during REM (dreaming) sleep. When the lights flash, the dreamer can remember that he/she is dreaming. Participants will be exposed to a variety of uses of lucid dreaming, including self-exploration, creative problem-solving, healing, adventure, and perhaps most important, a way of self-integration leading to the transpersonal realms.

The scope of this workshop will extend beyond the dream state to discussions and experiential demonstrations of the nature of consciousness and how individuals construct their perceptual worlds. This workshop is intended for avid dreamers and people seriously interested in self-exploration and the development of consciousness.

Recommended reading: Stephen LaBerge, *Lucid Dreaming* (Ballantine).

$295 (plus $20 Dreamlight™ rental fee paid directly to the leader)

COURTESY OF THE BROOKLYN MUSEUM AND ALFRED VAN DER MARCK EDITIONS

Painting from a Japanese scroll of 1840 depicting the bear sacrifice of Ainu. In the Ainu tradition, the sacrifice is a way to pay homage to a deity who has assumed an animal disguise in order to visit earth and release it back to the spirit world. The bear is a visiting mountain god and is considered the most important of visiting presences. (Joseph Campbell, *The Way of the Animal Powers*.)

Week of August 14–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $575

A Week with Laura DeNuccio (Ma Prita)

For workshop description see May 1-6. $575

Food for Health

Jane Miletich

For workshop description see June 17-19. $575

Creating Musical Theater

Stephen Book & Nancy Kaye Lunney

Creating Musical Theater is an experiential workshop in acting, singing, and performing. The group comes together through acting exercises, singing gestalt, Spolin theater games, and script construction, leading to the creation of an entirely original and thematic musical theater show presented to the Esalen community on the final evening of the workshop. During the week, both inexperienced and experienced

participants are taught the basics of improvisational acting as well as how to heighten and focus energy, enhance communication skills, and extend powers of observation and concentration. Everyone has the opportunity for self-presentation without self-judgment. It can be an enjoyable and educational experience in self-discovery culminating in the excitement of . . . Opening Night! $575

The Art of Self-Care:
Who Heals the Healer?
Who Helps the Helper?

Ilana Rubenfeld

This workshop is for health professionals and others who would like to use their body / mind more effectively. Ilana Rubenfeld will draw on her 25 years of background with the Alexander and Feldenkrais® methods and gestalt to help participants explore and analyze how they use themselves in their practice.

This approach can help participants unblock their own energy and shield and ground themselves in the face of difficult situations with clients, learning to be *with* rather than *for* their client. Through nourishment and humor, participants will learn about self-care, a critical need for health professionals. Participation in this workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy® training program.

C.E. credit is available for nurses; for additional information see page 51. $575

Weekend of August 19–21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $295

A Weekend with
David Schiffman & Elisa Lodge Schiffman

For workshop description see May 13-15. $295

Life's Two Beats

Robert Nadeau

Robert Nadeau writes: "To create the Universe two forces were necessary. They could be termed universal male and female, both different but equally beneficial and necessary. The problem enters in when we, being in the middle of these forces or movements, desire one and fear or distrust the other, thus creating an imbalance. For example, a female fearing power (thinking she'll wreak havoc if she allows it) or a male fearful of letting go or giving up (to the point of non-functioning or not accomplishing) are two misunderstandings of these forces.

"This workshop may help participants experience how these forces work and how to increase their level of harmony within. There will be simple body movement. Wear loose clothing." $295

Week of August 21–26

Acts of Courage

David Schiffman & Elisa Lodge Schiffman

For workshop description see June 26-July 1. $575

Chakra Psychology

Nancy Rosanoff

This course is designed for health professionals who want to incorporate a practical understanding of the chakra energy system in their work. This subtle system will be introduced, with the focus on useful ways the chakras can be applied to self-understanding and self-development.

Chakras are points where energy is assimilated into the whole system of body, mind, and spirit. Through the chakras it is possible to integrate and heal various aspects of the self and experience the spectrum of energy from spirit to physical reality. Working with the chakras is a step toward a spiritual psychology in which the unfolding of the self and one's life is understood as part of a greater whole.

During the week participants will explore how the chakras can be used to deepen their understanding of self-esteem, self-healing, past lives, behavior patterns, personal energy management, relationship patterns, goal-setting, their purpose in life, and more. $575

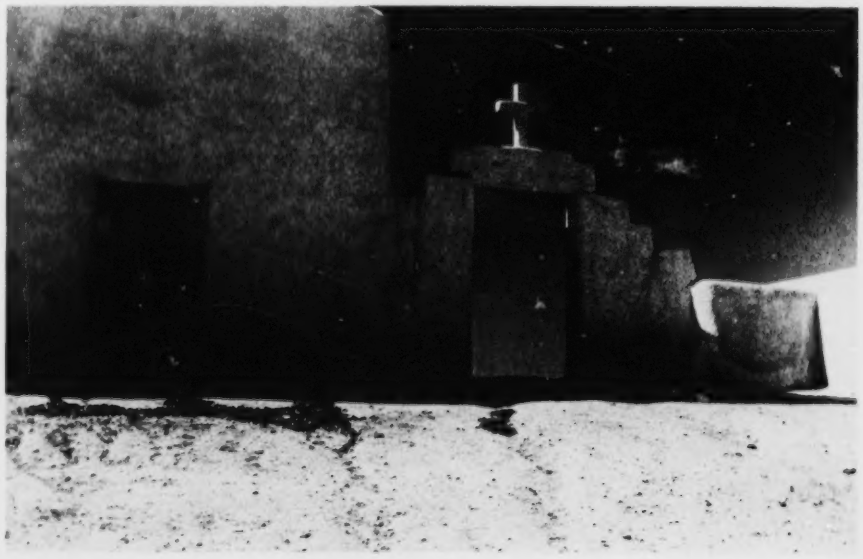
Living Meditations

Judyth Weaver

Meditation can be an important contribution to our daily lives, especially if it enhances understanding of our feelings, actions, and their options. In everything we do we have choices, but do we recognize them? We can perform the same activity in a stressful or a relaxed manner, wastefully or economically. We can hold on tightly or let go. We can have fun or suffer. The more in touch we are with our feelings and abilities, the more options are available to us.

This workshop will focus on rediscovering awareness of self – mentally, physically, and spiritually – to develop and integrate as many options as possible. It is through this awareness that one has the choice of how to live.

The week will be a blending of active meditations to help move toward this awareness. Participants will work with deep sensing of their organisms, with gentle breathing methods for stress reduction, t'ai chi ch'uan for relaxed exercise, gestalt, movement, massage, and other living meditations. These explorations can lead to a sense of centered grounding and balance with which to develop and enhance an economic, energetic, pleasurable, and effective life. $575



CYNTHIA JOHNSON BIANCHETTA

Indian pueblo church. Laguna, New Mexico. Settled in 1699.

Weekend of August 26–28

Weekend Massage Intensive

Esalen Massage Practitioners

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners. $295

Food for Health

Jane Miletich

For workshop description see June 17-19. $295

Transitions

Elliot Aronson & Gabriele Thomson

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition—whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants may develop ways of enhancing their understanding of themselves and increasing their overall effectiveness. $295

A Balanced Body, a Balanced Life

George Leonard

From balance flows energy, the ability to move, to take action in the world. A balanced life begins with a balanced and centered body. Through the simple, enjoyable, body-mind exercises of Leonard Energy Training (LET) participants will be offered the chance to discover balance and centeredness in their own bodies to apply this learning to daily life situations.

LET is derived from the Eastern art of aikido as well as from Western psychology and physical theory. It is a comprehensive body of work that offers practical, alternative ways of dealing with the challenges of life and enhancing the flow of vital energy. It is not physically demanding, and does not aim at emotional catharsis. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton) and *Education and Ecstasy* (North Atlantic). $295

August 27–September 9

Path of the River: A Grand Canyon Journey

Steven Harper, Wendy Palmer & Arizona Raft Adventures Staff (AZRA)

For workshop description see Wilderness Programs, page 50. $1690

Week of August 28–September 2

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $575

Five Days with Janet Zuckerman

For workshop description see June 12-17. $575

Action Theater for the Novice

Ruth Zaporah

Ruth Zaporah developed *Action Theater* so that participants could spontaneously create dramatic images from personal material through improvisational dance, vocalization, and acting. This week-long workshop will acquaint the participants with various aspects of expression:

* Awareness of the body and movement possibilities through time, space, and shape
* The development of a strong and viable voice
* Personal and imaginative use of language
* The interaction of body, voice, and language
* The ability to access material usually below the normal threshold of awareness, i.e., the "mysteries"
* The balance between form and spontaneity

Within each session there will be a physical and vocal warmup, ensemble and small group interactions (often in the form of games), and improvisational presentations.

Theater is play. All play. Play that translates into personal gain for daily life. $575

KATHLEEN THORNHOOD CARR

Anasazi petroglyph. Choco Canyon, New Mexico (c. A.D. 1000).

Imagination as Healer

Jeanne Achterberg, Frank Lawlis & Michael Samuels

This workshop is designed for professionals in health care who include imagery / visualization in their practices and for health consumers who have integrated mental imagery of some form into their healing repertoire. Attendance will be limited to allow for interaction with others and for an expanded examination of imagery methods.

The presenters have stradled the worlds of science and healing for over a decade and have emerged with a new dimension in health. During this week they will offer their findings, provide tools for empowering the psyche, and serve as resource persons. Their expertise includes work with cancer, heart disease, immune and autoimmune conditions, AIDS, general stress disorders, and other chronic, disabling conditions.

Case studies will be shared, offering the great enlightenment that comes only from persons who are examining their lives in the face of grave crises. The attendees will be guided through typical visualization and imagery exercises.

The focus of this workshop will be the reintegration of potent visionary processes into their rightful fold: the nurturance of life and all that implies for health and emotional well-being.

Recommended reading: Jeanne Achterberg, *Imagery in Healing: Shamanism and Modern Medicine* (Shambhala); Michael and Nancy

KATHLEEN THORNOO CARR

Temple of the Inscriptions, Palenque, Chiapas, Mexico. **This pyramid is the apparent burial place of Palenque's ruler, Lord Pacal, who died in A.D. 683.**

Samuels, *Seeing with the Mind's Eye* (Random House).

C.E. credit is available for nurses; for additional information see page 51. $575

Weekend of September 2–4

The Feeling Process

Janet Zuckerman

For workshop description see June 17-19.

$295

Edges: A Weekend with Terence & Kat McKenna

The McKennas write: "From the Voynich manuscript to the villages of Ceram's forested interior, there are gentle uncharted backwaters in the physical and intellectual world that can be a source of renewed vigor for thoughtful people caught in the meltdown of historical society. Because the exploration of edges, of the way less traveled, has proven a workable strategy in our own long strange trip, we are interested in sharing these ideas with our friends. Global perspectives and psychedelic poetics begin with stories and deep talk of far places and the experiences that can take flower there. We will discuss people, plants, cultural migrations, religious conversions, visions, conspiracies, and hierophanies. Join us for yet another conjuration of philosophy as you like it." $295

What is Self?

Bernadette Roberts

In this workshop, Bernadette Roberts will present her insights into the question of self. She writes: "As long as we are living it, or are it, we cannot know the true nature of self. This disclosure can only be known when self falls away and becomes known by its absence or 'what was.' As it turns out, the knowing-feeling self is both an unconscious function of the mind and the profound experience of life and being. Together these give rise to every experience we call self or consciousness.

"Viewing human existence as a passage through consciousness, this workshop will explore the major milestones of the journey, with particular emphasis on the difference between the falling away of the ego-self and the much later falling away of the true self or the unitive, transcendental self. The criteria and validation for these milestones will be viewed in the light and experiences of Christ and Buddha, who manifested and articulated the journey for all who would come after." $295

Artmaking as an Act of Healing

Nancy Azara

This workshop is for visual artists who want to explore the magical power and healing properties inherent in artmaking and who want to know and expand their psychic visions. Using meditation and other exercises, participants will have the opportunity to open creative channels to find their visual language, bring vivid images to consciousness, and paint and draw these experiences. They will focus on light and color through their bodies, practice reading auras, and experience the laying on of hands. These exercises allow individuals to discover their own creative healing symbols, ease energy blocks, look at the hidden parts of themselves, identify and clarify important influences in their lives, and, finally, move toward more fully owning their personal power. The instructor will guide workshop activities with the sustenance and support appropriate to this kind of exploration and expression.

Participants are asked to bring whatever they like of the following: acrylic or watercolor paint, collage materials, pastels, oil crayons, scissors, glue, and about 25 sheets or the equivalent in pads of good quality drawing paper (no newsprint). Size 11″×14″ is ideal.

$295

Week of September 4–9

The Sacred Mask Experience

Elisa Lodge Schiffman

For workshop description see May 1-6.

$575

A Week with Seymour Carter

For workshop description see May 8-13.

$575

Painting Experience with Michell Cassou and Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting – to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling.

The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$575 (plus $25 materials fee paid directly to the leaders)

Trance Integrations: Advanced Workshop

Paul Carter

Wisdom is the intelligence of the system as a whole.
– Gregory Bateson

Your conscious mind is very intelligent, and your unconscious mind is a hell of a lot smarter.
– M.H. Erickson

This advanced workshop is for people who have previously worked with Paul Carter and wish to go deeper with the material. It is an experiential, holistic, and innovative approach to Ericksonian naturalistic hypnosis – the Whole / Parts Process. It will explore principles of this approach, including trance as a natural and necessary part of health and will develop the idea that people and their communication and problem-solving are paradoxical.

Because of their prior experience with going into trance, participants will be better able to shift their focus into personal and interpersonal work inside of the trance state. Milton Erickson believed that people have an intelligence obtained from their wholeness that is far greater than what they are ordinarily conscious of. Accessing and integrating that intelligence will form the basis of this work.

Through guided exercises and group process, participants will work with the hypnotic use of metaphor in movement, sound, image, and story, as well as the hypnotic realities of age-regression, age-progression (traveling into futures), lucid dreaming, dissociation, and deep-trance identification (a process of deepening self-awareness through identification with different persons in and out of trance).

Additional topics may include: pain control, working with families, transpersonal exploration; the art of using all the system, including the bad, sick, crazy, and resistant parts; and an integrative approach to problem-solving and self-healing as described in Paul Carter's forthcoming book, *The Whole-Parts Process: A Formula for Integrity*.

Recommended reading: Grinder and Bandler, *Trance-Formations* (Real People Press); Michael Yapko, ed., "Parts Work: The Never Ending Story," *Hypnotic and Strategic Interventions* (Irvington). $575

Weekend of September 9–11

A Special Weekend at Esalen

This weekend is open to all those who would like to spend time at Esalen, enjoying the grounds, the baths, and the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual. $160

Week of September 11–16

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 13-15. $575

Five-Day Massage Intensive

Robert Helm & Esalen Massage Practitioners

For workshop description see May 29-June 3. $575

Caretakers of Wonder: The Accuracy of Aesthetic Insight

Mel Bucholtz

An awareness of beauty, wonder, and enchantment restores purpose and direction for the creation of a meaningful life. It also addresses and helps resolve problematic and distressing issues in one's life.

This workshop will: 1) introduce participants to an experience of wonder as the animating element in life; and 2) practice ways in which one shepards wonder into the world. Accepting the notion that it has been placed in their trust, each trustee, or caretaker, then ushers wonder into the world.

With such learnings, we re-inherit our sensibilities and are vitalized by the new meaning they bring to awareness. The quality of attention which unfolds is that of enriched being, animating all the communities that sustain and create life. $575

The Life Energy Process[SM]

Stephano Sabetti

The Life Energy Process is a spiritually-oriented approach to body work and lifestyle which allows participants direct contact with the spiritual self through the use of energy vibrations. This is facilitated by specific intensive and subtle movements, depending on the energy level affected. Participants may find that these movements open them to their own healing channel and unique energy frequency. In this process it is possible to release unfinished emotions, radiational and chemical toxins, and psychological disturbances without forcing oneself in any way. From that point of greater clarity in the energy movement within their own bodies, individuals may move to the next step in their personal development. This energy work is continued physically and verbally through process inquiry and dialogue with the workshop leader as participants examine the superficial trace problems of their everyday lives and explore their deeper energy disturbances through energy patterning.

Other aspects of the Life Energy Process which may be included in this workshop are energetic forms of massage, dance, and theater, all of which can be used to heighten awareness, express inner movement, and create possibilities for new avenues of growth. Some of the work may be hands-on with partners. Participants will also be led in individual movement and dance patterns.

This workshop may be of particular interest to professionals and laypersons alike who are excited by the integration of Eastern and Western methods with the new physics for personal, social, and organizational evolution.

Recommended reading: Stephano Sabetti, *The Wholeness Principle; Manifestations of Energy*; and *Shinkido Massage* (available from Life Energy Media, 14755 Ventura Blvd., Ste. 1908, Sherman Oaks, CA 91403). $575

Weekend of September 16–18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $295

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $295

Singing Gestalt

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about feeling and expressing.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Seal. Contemporary Eskimo drawing in x-ray style, showing "life-line" and ribs. Alaska. (Joseph Campbell, *The Way of the Animal Powers*. Original source: Andreas Lommel.)

COURTESY OF ALFRED VAN DER MARCK EDITIONS

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. Video feedback may be incorporated. But the workshop is really about you – singing.

$295

The Presence of the Past: Morphic Resonance and the Habits of Nature

Rupert Sheldrake

Sheldrake's hypothesis of formative causation may provide the basis for a new scientific paradigm which goes far beyond the currently predominant mechanistic theory of life. The idea that the form and behavior of living organisms are shaped by morphogenetic fields, themselves molded by the form and behavior of past similar organisms, leads to a new interpretation of heredity and the evolutionary process.

Memories need no longer be thought of as somehow stored inside the brain. They may depend on direct connections with the organism's own past due to morphic resonance, and tuning in to the experience of other members of the species may give rise to a pooled or collective memory.

In this workshop, some of the implications of formative causation for biology, psychology, parapsychology, philosophy, ritual, and religion will be explored and discussed.

Recommended reading: Rupert Sheldrake, *A New Science of Life* (Tarcher) and *The Presence of the Past: Morphic Resonance and the Habits of Nature* (Times Books). $295

Week of September 18–23

The Hakomi Method

Ron Kurtz

For workshop description see May 22-27.

$575

Personal Challenges of the U.S.-Soviet Relationship

Stephen Rhinesmith

Everyone concerned with the U.S.-Soviet relationship faces uncertainty and contradictions in trying to determine what is real and what is not, what can be believed and what cannot, and what the implications are for one's own values and beliefs.

This workshop is designed for laypeople and professionals who face the personal value and identity challenges created in trying to reconcile the enormous differences between the United States and the Soviet Union. Issues to be discussed include the contradictions of human rights vs. cultural relativism, national security vs. bilateral dialogue, cooperation vs. competition, and reaching out vs. being sued. Participants will examine the relationship of these topics to their own work, values, and belief systems. $575

A Workshop with David Schiffman & Elisa Lodge Schiffman

Anything which is forced or misunderstood can never be beautiful. – Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of self-defeating patterns from the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain human beings.

In this workshop, the participants will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $575

Dream Discovery

Joyce Frazee

A dream that is not understood is like a letter that is not opened. – The Talmud

This workshop will explore what is required to open one's dream and to open to the dreamer in oneself. The dream that seems so real, so tangible, is really a miracle of metaphor and disguised insight. It is a gift from the self. The opening to these insights and understandings can be taught and, once learned, allows the dreamer to draw nourishment and encouragement from the unconscious. Even the most frightening dreams may have gifts waiting to be learned.

The mind can be perverse, and if not rewarded for its efforts, may turn its energies elsewhere. This applies to dreams, of course. If one does not know how to draw value from them, they will be forgotten. Since many people forget dreams, exercises in dream recall will be offered in this workshop. Participants will be encouraged to keep dream journals, through which they may discover that dreams come in series, presenting and exploring a continuing theme. The group will work with feelings using gestalt and bioenergetics. Participants will draw dream mandalas and explore how to use them for insight and healing. Methods of dream control and lucid dreaming will be discussed. $575

Golf in the Kingdom . . . an exploration of the inner game

Stephen Cohen, Fred Shoemaker, John & Tucker Elizabeth Allen

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart. – Michael Murphy, (Shivas Irons) *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It may be experienced not simply as an athletic endeavor, but also as a metaphor for the way one lives.

In golf, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve. By freeing the full potential of this inner self, it is possible to greatly expand one's capacity to learn, both in the physical and mental/emotional realms. Not only do golf scores and enjoyment of the game improve, but the same lessons can be applied to other areas of one's life.

In these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles and methods from psychosynthesis and gestalt therapy, to explore the inner self and how one interferes with its emergence.

Two of the days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen in Big Sur. This workshop is suitable for male and female golfers of all levels of accomplishment. Participants may bring their own clubs, or the leaders will provide them.

Recommended reading: Michael Murphy, *Golf in the Kingdom* (Dell); Timothy Gallwey, *The Inner Game of Golf* (Random House).

$575 (plus $70 green fees paid directly to the leaders)

Weekend of September 23–25

Weekend Massage Intensive

Esalen Massage Practitioners

For workshop description see August 26-28.

$295

A Weekend with David Schiffman & Elisa Lodge Schiffman

For workshop description see May 13-15.

$295

Inner Sound and Voice

Jill Purce

This is a workshop of practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the Self and release an untapped source of energy.

Participants will work with the psycho-physical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance, to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures including trance music, Mongolian and Tibetan overtone chanting, and other methods. $295

How to Change Your Work Without Changing Your Job

Cynthia Scott & Dennis Jaffe

Many people are searching for a place to make a commitment and all they are offered is a job. What this workshop offers is an opportunity for participants to learn how to change their work without changing their job, to transform their work from the inside, to create a greater connection between their values and their work. Such an approach allows people to take greater control over their work, leading to greater satisfaction and meaning. This is what the leaders call *HeartWork*.

During this weekend, the leaders will present the steps to *HeartWork* and coach participants through structured exercises and open exploration of such topics as: defining new work, dealing with business transitions (becoming a change master), mission and vision (harnessing one's dreams), breakthrough thinking, inspired performance, creating a job enhancement strategy, building personal power, creating support links, balancing one's work and personal worlds.

This process is an alternative to burnout and exhaustion. Emphasis will be on the practical application of what the participant does on Monday. $295

KATHLEEN THORNWOOD CARR

Bas-relief panel from the Yogyakarta area, Java.

Week of September 25–30

Experiencing Psychic / Intuitive Abilities

Anne & Jim Armstrong

For workshop description see May 13-15.

$575

Self-Acceptance Training

Richard Olney, Leonard Bearne & Tim Doyle

Self-acceptance training is a transpersonal practice that follows an educational model rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment, without the inhibitions of self-judgment, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real.

Although its practice includes devices drawn from gestalt, bioenergetics, mythic fantasy, eidetic imagery, and hypnosis, it is also a philosophy, a value system, and a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body work and body awareness, emotional charge and discharge, as well as a cognitive examination of the individual's "pretends" and illusions that obstruct self-acceptance. $575

A Workshop with Laura DeNuccio (Ma Prita)

If a proper reverence for the sanctity of the earth and the diversity of its people is the secret of peace and survival, then the adventure of self-discovery stands before us as the most practical of pleasures.
– Theodore Roszak, *Person / Planet*

In nature, one can observe the rhythms and patterns that occur in every aspect of life – from the pulsation of the cell, to the ebb and flow of the deepest emotions, to the movement and expansion of the universe itself. In this workshop, the natural world will be the group's teacher as they explore the "inner" terrain of their physical and emotional bodies and the "outer" terrain of Esalen and Big Sur.

KATHLEEN THORPOD CARR

The Porch of Maidens on the Erechtheum, an Ionic temple in the Acropolis, Athens, Greece, completed in the later years of the Peloponnesian War.

Participants will use Reichian gestalt awareness and breath work, sound, creative movement, and meditation to balance and transform energy blocks in the body. In addition, they will use music, dance, prayer, and ritual to express their relationship with the earth and each other.

No previous experience is needed, only a willingness to explore this adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms. Learning about one's body, natural instincts, and responses can lead one back to the ancient wisdom of the earth – and a return to sacredness and wholeness.

Recommended reading: Fields, et al., *Chop Wood, Carry Water* (Tarcher); Shakti Gawain, *Creative Visualization* (Whatever Publishing); Peter Russell, *The Global Brain* (Tarcher).

$575

Transformational Theater

Jane Hinders & Mark Olsen

Theater, unlike film and video, is multidimensional, involving all of the senses – including the ability to sense the collective mind of the audience. The actor, charged with the energy of an audience, can use it to access various archetypes and by-pass ordinary obstacles to personal growth. The audience, linked to the actor, participates vicariously and thus benefits by this process of transformation.

Successful self-transformation depends upon the state of refinement of the individual nervous system. Gradual harmonizing of the body, mind, and voice improves neurological alignment, making it possible to accept and transform greater and greater dosages of audience energy. The results of this can be: greater freedom of expression, improved clarity and perspective on life, warmer human relationships, and a return to a childlike sense of wonder.

Through specific voice and movement methods developed by the leaders, this workshop will focus on the process of harmonizing body, mind, and voice, and generating and transforming creative energy into various forms of theater. Voluntarily entering the imagination in order to grow is an act of extraordinary trust. Transformational theater is based on such trust. In order to orchestrate self-transformation, the actor must trust his/her fellow actors, the powers of the imagination, and ultimately the magical entity called a live audience.

The leaders will use the body and voice as tools for self-knowledge. Together they will apply their teaching skills, exercises, and games to guide others to discoveries that can be shaped into song, dialogue, mime, dance, storytelling, or any combination that best channels the creative spark.

Transformational Theater can be nourishing, fun, and uplifting. It is physically demanding and requires some prior training such as yoga, t'ai chi, mime, dance, karate, or other movement work. Participants should wear loose clothing.

$575

Weekend of September 30–October 2

Cognitive Therapy of Depression

Christine Padesky & Kathleen Mooney

As rich and important as feelings are, sometimes people become so distressed they need help learning to control their emotions. Research shows that in a state of clinical depression, a person's thinking becomes negatively distorted so that, instead of enhancing understanding of oneself, depressed feelings can actually lead to a destructive self-view.

Over the past twenty years, Aaron Beck, a physician at the University of Pennsylvania, has developed cognitive therapy, which represents a significant breakthrough in helping people who are depressed. This approach, by focusing on a here and now collaborative relationship between client and therapist, teaches the depressed person to identify thinking and behavior patterns which perpetuate depression. Personal experiments and guided self-discovery methods can be used by the client to change distorted negative thinking to more balanced thinking and, as a result, a depressed mood can be lifted.

Through lectures, demonstrations, and guided group exercises, participants will be taught the basic concepts and practice of cognitive methods for depression. Humor and creative metaphors will be included. This workshop is especially intended for health professionals.

$295

Guide to Recovery for Adult Children of Alcoholics and Other Adult Children of Trauma

Herbert Gravitz & Julie Bowden

The last decade has heralded a social movement identifying and recognizing the plight of over thirty million Americans raised in alcoholic homes. When it is realized that there are millions raised in family environments with other types of dysfunction (e.g., chronic mental or physical illness, holocaust survivors, compulsive workers, overeaters, or gamblers), it is possible to begin to see the source of the pain so evident in this society.

Some believe the stress or sadism in an alcoholic family is second only to the horrors of concentration camps or prisoner of war camps. Comparing growing up in an alcoholic family to growing up in a war zone, many believe the emotional atmosphere results in symptoms of post-traumatic stress disorder, including flashbacks, psychic numbing, survivor guilt, aliena-

tion, and chronic shock. Acknowledging the effects of alcoholism increases understanding of the healing process.

The workshop leaders have identified six stages that describe the transformational journey to recovery taken by children of alcoholics and other trauma. Step by step, in an atmosphere of safety and integrity, they will combine the dimensions of altered state work and spirituality. Participants will be invited to move through and beyond the trauma of yesterday – melting frozen tears, integrating eternal yesterdays, befriending the child within, and connecting to the higher purpose.

$295

The Re-emergence of the Goddess: A New Consciousness for Women and Men

Elinor Gadon

A new consciousness is growing among women and men, an awareness of the deep connectedness and relationship of all life – a healing of the split between culture and nature, mind and body, male and female, life and death. The Goddess has emerged as metaphor and symbol for the transformation of contemporary culture into a truly humanistic one. A feminine consciousness valuing insight, intuition, feeling, and emotion is replacing the dominant masculine one of hierarchy, competitiveness, and aggression.

The roots of modern Goddess consciousness are in the feminist movement, where she has served well both as role model for women's empowerment and as catalyst for re-imaging the divine in patriarchal Judaism and Christianity. She has been a muse to artists and poets. Women's bodies and human sexuality are being re-sacralized in the spirit of the Great Goddess, and with this awareness comes the understanding of *eros*, the erotic, as the life force, the source of creativity and joy and human connection.

Gaia, the Earth Goddess, has given her name to the new hypothesis which sees our planet, Earth, as a living, self-generating organism. Goddess politics are Green, the grassroots movement which stands for earth wisdom, deep ecology, economic decentralization, and non-violence. Goddess healing is holistic, acknowledging the power of the esoteric. The new spirituality is one of immanence – the Goddess within both women and men.

This workshop will explore the role and meaning of the Goddess in past cultures and living tradition, using the visual arts to identify symbols and images which have shaped personal world view. Through dialogue and ritual, participants will connect the emerging new values to their life experience, initiating personal transformation.

$295

Week of October 2–7

Letting Go — Moving On

Mary Goldenson (Devarani)

For workshop description see June 10-12.

$575

Spiritual Healing: Laying On of Hands

Maria Lucia Holloman

This workshop will present practical methods of using the hands as instruments for physical and spiritual healing. The emphasis will be on intentionality and personal clarity as the fundamental tools in any healing art. Maria Lucia Holloman has studied with healers from Brazil, her native country, where laying on of hands is used effectively. She has also studied the art of cranial manipulation, which she combines with her healing work on a regular basis as a practitioner at Esalen.

C.E. credit is available for nurses; for additional information see page 51. $575

The Radical Inner Journey: Poetry and the Essential Work of the Soul

David Whyte

In these times, when the external, material world is deemed to be the prime reality, poetry takes on an especially valuable function in maintaining the inner world of the soul. Great poetry deals not in cold abstractions or idealization, but in the authentic connections that give one's life meaning, purpose, and direction. Many individuals have felt at critical junctures in their lives that if only they had direct access to what was most precious and creative in themselves, then they would know the next practical steps to take.

This five-day intensive will work with the radical inner journey to the center of that creativity and power. Through the great poets and their poetry, through silence, contemplation, time in the magnificent surroundings of

Egyptian stela of Anhurnakhte, 2150 B.C. British Museum, London, England.

KATHLEEN THORNOD CARR

Big Sur, and the willingness to look at their lives afresh, participants will attempt to access that center and the wisdom that springs from it. Writing ability or previous appreciation of poetry is helpful, but not in the least bit necessary. $575

Weekend of October 7–9

Gestalt Practice

Esalen Gestalt Staff

For workshop description see page 14. $295

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind / body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion.

This seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate Vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala). $295

Intimacy: How Close is Close Enough?

Sam Keen

Intimacy seems to be a missing ingredient, a mysterious condition for which many people long. Most individuals are certain, without having achieved it, that it is the elixir of happiness. Couples fight about it. Pop psychologists assure their audiences it is only ten easy steps away. Illusive as it is, many individuals honor it. Yet, they hardly ever pause long enough in their quests to ask themselves exactly what it is they want.

This seminar will explore different ideas and experiences of intimacy and distance. Some of the questions posed to the participants may include:

* How close do you want to be? To whom? How often? Why?
* What exactly do you want from an intimate of the opposite sex?
* What keeps you from achieving a satisfying degree of intimacy?
* Do you and your partner have different IQs (Intimacy Quotients)?
* How much distance do you need in order to feel close, safe with another person?
* What is the relation between intimacy and solitude?
* How do you distinguish between intimacy and symbiosis, closeness and engulfment?
* How do you preserve your boundaries, your independence, your separateness?
* When is intimacy destructive? $295

Windows to Our Children

Violet Oaklander

This workshop will present an approach to working with children and adolescents that uses creative, expressive, and projective methods, with gestalt theory and practice as the underlying framework. The purpose of this work is to provide the child with a means for expressing his or her innermost feelings, to foster self-awareness and self-discovery, to enhance self-esteem and, in general, to promote emotional growth. These methods teach children of all ages not only about themselves, but about their relationship to others and the world around them. A variety of materials and media are used: graphic arts, fantasy, storytelling, puppetry, the sand tray, dreams, poetry, relaxation and meditation, body movement, music, creative dramatics.

This workshop will include discussion, demonstration, examples of children's work and, particularly, direct experience with some of the methods and materials in order for participants to realize their exceptional power. It is designed for anyone living and working with children: parents, teachers, counselors, psychologists.

Recommended reading: Violet Oaklander, *Windows to Our Children* (Real People Press). $295

Week of October 9–14

Group Process

Will Schutz

This will be a practicum in group process, particularly useful for those working with people, including, but not limited to, executives working with staff. Participants will have the opportunity to observe, experience, and discuss group formation and development. Issues of inclusion, control, and openness will be dealt with in action and in theory. Group leadership will be modeled and discussed. Teaching methods include encounter and brief lectures. Truth-telling and simplicity will be emphasized.

Recommended reading: Will Schutz, *Elements of Encounter* (Irvington), *The Truth Option* (Ten Speed Press), and *Profound Simplicity* (Learning Concepts). $575

The Subtle Self in Motion

Judy Blackstone

This workshop is for people who are ready for the subtle, concentrated work required to truly inhabit their bodies. Participants will use mind-breath-body exercises to awaken consciousness of the inner depths of the body, increasing both receptive and expressive abilities. Through guided use of the breath and mind, they will be taught how to attune to the emotional underpinnings of bodily tensions and to release the bound energy of old pain.

The personal themes which emerge from this work will be explored verbally in a supportive group setting and in a free movement class for the expression of deeper, non-verbal experience. There will be daily meditation practice as well as sound and visualization exercises for penetrating to the core of the body-mind, to a level of unified awareness. Through this unbroken contact with the self, participants may discover the joy, health, and spontaneity of their essential nature. This workshop will not be physically taxing; participants should have previous experience with introspective work. $575

Ways to Change: A Jungian Experience

John Nicholas

Meaninglessness inhibits the fullness of life and can, therefore, be equated with illness; meaningfulness makes a great many things endurable, perhaps everything. – C.G. Jung

People discover themselves through relationships – with others and within and beyond themselves – transcending the ordinary boundaries of time and space. The focus of this workshop will be the most central aspect of all transpersonal work: change. The basic concepts of C.G. Jung will be applied to practical problem-solving and conflict resolution of everyday issues and relationships. Participants will have the opportunity to discover, explore, and confront unconscious complexes that inhibit the fullness of life and block creativity. There will be time for individual work with dreams, active imagination, symbolic drawing and painting, storytelling, guided imagery, and journals. The week will be a voyage of discovery.

Recommended reading: C.G. Jung, *Man and His Symbols* (Doubleday) and *Memories, Dreams, Reflections* (Random House); June Singer, *Boundaries of the Soul* (Doubleday); Robert Johnson, *Inner Work* (Harper & Row); Anthony Storr, ed., *The Essential Jung* (Princeton University Press). $575

October 9–November 4

Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, page 49. $2300

Weekend of October 14–16

A Workshop for Couples with David Schiffman & Elisa Lodge Schiffman

For workshop description see July 22-24. $295

The Discipline of Harmony: Warrior Virtues Without War

Richard Strozzi Heckler

This seminar will examine the notions of aggression, initiation rites, courage, and risk-taking in the context of the warrior ideal. Does the discipline of harmony mean the taming of aggression? To live in peace do we also need to accept and understand violence? Is it possible to distinguish the warrior from war? Can the warrior virtues of courage, commitment, clarity, generosity, service, and skillful action be invoked without the catalyst of hostile fire?

These questions will be the starting point for a five-day workshop conducted in the warrior spirit of "life at stake." Exercises taken from aikido, along with introspection, sharing, and guided meditations, will allow participants to experience the possibilities of embodying warrior virtues without war.

Recommended reading: Richard Strozzi Heckler, *The Anatomy of Change* (Shambhala) and, editor, *Aikido and the New Warrior* (North Atlantic Books); J. Glenn Gray, *The Warriors* (Harper & Row). $295

The Nature of the Creative Process

Susan Griffin

The working premise of this workshop is that creativity is a fundamental aspect of human nature. Everyone is creative. And the stifling or the impairment of the capacity to create is a serious wound, afflicting a great many people. The fear, and hence destruction, of creativity is part of a shared social structure and of most family structures. In our culture it is related to an alienation from the body and emotional life, and more essentially, to change and the unknown.

This workshop will involve both theory and practice. It will include a great deal of direct experience both with healing and the liberation of one's own ability, and with the creative process itself. Although writing will be the basic mode of creative effort, the workshop is designed to address creativity in general, and is appropriate for artists of all kinds (beginning as well as accomplished), thinkers, psychologists working with creativity, and anyone wishing to expand the traditional notion of human capability. $295

KATHLEEN THORNOO CARR

Modern Balinese painting from the Pengosekan Artists' Cooperative near Ubud. Several artists may work on a single painting. Themes are from daily life or mythic images, including deities and characters from Hindu-Pagan epics and cosmology.

Week of October 16–21

Reparenting

Rita Rohen

A person's daily life is very much controlled by messages and rules that were received in the early stages of life, i.e., people carry a burden of biographies. In this workshop, participants will study the developmental stages, needs, probable body problems, life positions, and games of childhood. They will have the opportunity, in individual and group work, to regress to early ages and change old messages. This seminar is designed to explore individual boundaries and to reset them by playful means, opening new realms of consciousness for a deeper and richer life. $575

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop, participants will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore the movement that nature inspires. Both aikido and hiking are moving meditations which, when done well, require the individual to be in harmony with the natural world. There will be an opportunity to take what is learned on the aikido mat out into the natural world and bring what is learned from nature onto the aikido mat. Participants can then begin to integrate what they learn from aikido and from nature into their lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. $575

Choices and Changes Using Gestalt

Anne Nechama Simkin

Gestalt practice is a noninterpretive, existentially-based system in which awareness of one's feelings in the present moment is the primary focus. Gestaltists believe that human beings are born with the innate capacity to cope with life. However, along the way, self-expression, growth, and self-acceptance are oftentimes suppressed. Most gestalt communications deal primarily with the immediate interactions of those present. Explanations, interpretations, and assumptions are discouraged.

Participants will share experiences, be encouraged to experiment with new ways of coping with ongoing situations and new ways of communicating with each other and, thereby, hopefully with significant others. Existential messages of dreams will be explored. Concentrating on what is, rather than what could have been or should be, encourages a person to take responsibility for his or her own actions. Becoming aware of what is potentially nourishing and what is toxic allows choices and changes to occur. $575

Sacro-Cranial Work

Hugh Milne

This week-long workshop will introduce the theory and practice of cranial work, a profoundly different method of approaching the treatment of illness and the art of healing. It is subtle, careful, and delicate work, which is remarkable for its specificity and effectiveness. The gentlest of approaches, if quite accurate, can be more powerful than the most invasive.

Cranial work can be used to help people with a wide variety of symptoms, from cluster headaches to thoracic outlet syndrome to peripheral ischaemia. While very powerful, this is an inherently safe approach if it is studied from both analytical and intuitive models. To this end, the class will devote an equal portion of time to academic study and to practical, hands-on experience. Emphasis will be especially placed on visual and tactile diagnosis. In China, this way is called "The Art of Listening." Practice of the demonstrated methods will be encouraged from day one so that a high standard of individual experience can be gained as the class unfolds. Both the study and the practice will enable the workshop to take on a far more applied and specific consciousness than would otherwise be possible.

This workshop is for health practitioners who already have an extensive background in body work. A sound, basic knowledge of cranial anatomy is a prerequisite.

C.E. credit is available for nurses; for additional information see page 51. $575

Weekend of October 21–23

Weekend Massage Intensive

Laurie (Lioness) Parizek & Dean Marson

For workshop description see August 26-28. $295

Peak Experiences at Will? Escaping the Robot

Colin Wilson

The British author, Colin Wilson, is perhaps best known for his internationally-acclaimed book, *The Outsider*, first published in 1956. Since then, he has authored over sixty volumes on many topics including existential philosophy and the occult.

For this workshop he writes: "Everyday human consciousness is as narrow as the middle two notes of a piano keyboard; yet its range is potentially as wide as the whole keyboard. Philosophers from Socrates to Gurdjieff have been in agreement on one basic point: that the possibility of extending the range of human consciousness depends on knowing ourselves and observing the actual mechanisms of the mind. The word 'mechanism' is extremely important here; most of our lives are controlled by a kind of 'robot' in the subconscious mind, and it chooses to do most of our living for us. Sensations of power, happiness, freedom are actually moments in which we are temporarily free from the robot. This workshop is concerned with the methods through which these moments can be extended and in which we can obtain 'freedom from the robot.'"

Participants are encouraged to read *The Essential Colin Wilson* (Celestial Arts) prior to the workshop. $295

Self-Expression through Music for Everyone

David Darling

This workshop will attempt to heal the inner self by directing energy into sound-making, rhythmic grooving, chant-shouting, poem- and sculpture-designing, group productions, breath perception, meditation, smiling, clowning, chamber music inspiration, instrument-inventing, and humor.

Participants are asked to bring instruments that they want to learn to play or that they can play now. Percussion instruments will be provided. The voice will be, of course, the center of the entire process: where it is, how it is, what to do with it. $295

Week of October 23–28

A Gentle Unfolding

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through intuition, energy awareness, massage, meditation, movement, gestalt, and play. Using these tools and gentle risk-taking can help in opening to one's own aliveness and ability to be more at home with oneself. Participants will explore practical and portable ways of nourishing and trusting the inherent wisdom of the self. $575

COURTESY OF FIELD MUSEUM OF NATURAL HISTORY (Neg. #73813). CHICAGO, AND ALFRED VAN DER MARCK EDITIONS

Heraldic grizzly bear, possibly a house guardian or totem. North Pacific Coast, Bella Coola tribe, British Columbia, Canada. **(Joseph Campbell, *The Way of the Animal Powers*.)**

Process-Oriented Psychology Experience and Training: Conflict, Relationships, and Love

Arnold Mindell & Amy Kaplan

The focus of this work will be to transform the banal pain of unsettled and universal relationship issues into rich, interpersonal connections. Both this five-day workshop and the upcoming weekend workshop (October 28-30) will offer demonstrations and training in conflict resolution and will address unsolved, difficult problems in the practice of psychotherapy. Participants are encouraged to attend both workshops.

Participants in the five-day intensive will use body experience to bring up unconscious signals which enliven and relieve relationship conflicts. Lighthearted conflict resolution methods and theory will be demonstrated. The weekend workshop will focus on training, supervision, and video-oriented case discussion. All work will be adapted to beginning and advanced dream, body, and relationship work.

These workshops will use a process-oriented paradigm which understands body issues and relationships as an ongoing flux and which are never completed in an absolute sense, but are in the midst of transformation.

Recommended reading: Arnold Mindell, *The Dreambody* (Sigo Press), *Working with the Dreaming Body* (Methuen Inc.), *River's Way* (Methuen Inc.), *Dreambody in Relationships*, and *City Shadows*. $575

Adult Children of Alcoholic or Abusive Parents

Karen Paine-Gernee & Rick Paine

Learning the facts about growing up with alcoholism is a big relief. It is, however, just one of the steps that ACAs need to take. In order to recover from the effects of their childhoods, ACAs need to dedicate themselves to an on-going process of sharing, healing, and learning. The workshop leaders refer to the goal of recovery as "emotional sobriety," which they teach as a fourteen-point program. Participants will have the opportunity to develop some practical and personal methods of implementing long-lasting changes.

This workshop is for beginners or individuals who have already begun an exploration of ACA issues. It offers the opportunity to confront and heal painful childhood emotions, to examine and restructure deeply held beliefs, to learn some basic tools for taking care of oneself, to make strides in letting go of control and developing a sense of trust, and to foster a relationship with one's own spirituality.

Special attention will be paid to learning how to nurture and sustain satisfying and equal intimate relationships. Intimacy between independent adults requires being able to tolerate the ambiguity and sense of "not knowing" that was so terrifying as children in chaotic homes. Emotional sobriety means having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure. $575

Weekend of October 28–30

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see page 14. $295

Process-Oriented Psychology Experience and Training: Conflict, Relationships, and Love

Arnold Mindell & Amy Kaplan

For workshop description see October 23-28. $295

Reversing and Preventing Heart Disease: A Model for Personal Transformation

Dean Ornish & Shirley Elizabeth Brown

This workshop will teach how to reduce cholesterol and blood pressure and how to begin reversing coronary heart disease. For the past ten years, physicians Dean Ornish and Shirley Elizabeth Brown have conducted three research studies demonstrating, for the first time, that a comprehensive lifestyle program (yoga, meditation, imagery, diet, smoking cessation, exercise, and group psychotherapy) can produce extraordinary improvements without medications. This workshop will include lectures that review the research data and explain why lifestyle affects the heart and will provide experiential training in the lifestyle program.

Illness can serve as a catalyst for personal transformation and growth, motivating a person to ask, "*Why* did I get sick? What are the *causes*?" What we eat, how we respond to stress, and other aspects of lifestyle are powerful determinants of health and disease. It is also known that feelings of isolation can lead to psychological stress and ultimately to illness, whereas feelings of intimacy can lead to healing.

Because the technology for measuring coronary heart disease is so advanced, heart disease is an excellent model for measuring the power of lifestyle changes to help heal – and prevent – heart disease.

C.E. credit is available for nurses; for additional information see page 51. $295

Week of October 30–November 4

A Week with Seymour Carter

For workshop description see May 8-13. $575

Five-Day Massage Intensive: Polarity Massage

Bill Liles & Esalen Massage Practitioners

The polarity system combines Eastern and Western philosophy and methods for balancing energy that flows through the body. This week will be spent exploring the principles of polarity as taught by Randolph Stone and how these concepts may be applied through massage. This workshop is for body work practitioners and anyone who is interested in expanding their creative capacities. It will include demonstrations, lecture, and hands-on practice. Previous body work experience is helpful, but not necessary. $575

Childhood Sexual Abuse: A Workshop for Survivors

Jessica Moore Britt & Maria Lucia Holloman

To guard against the hurts, fears, and confusion that sexual invasion of a child's physical and psychic boundaries can create, the child often abandons the place of conflict – the body. This may be reflected in tension patterns, numbness, or oversensitivity. Gently, during this week together, participants will move toward reintegrating their bodies with their selves, with particular attention to body image, sexual experience, intimacy, and parenting.

Within the natural healing environment of Big Sur, participants will use gestalt practice, Reichian breath work, movement, and touch to re-enter their private world of memories and feelings. They will gain a deeper understanding of boundaries, betrayal, responsibility, and aloneness. Focus will be on perception of oneself physically, sexually, emotionally, and spiritually, and how this affects relationship with others. Through the supportive group atmosphere, participants may discover that it is safe once again to embody beauty, life, and love.

Recommended reading: A.H. Almaas, *Diamond Heart* (Diamond Books); Alice Miller, *Thou Shalt Not Be Aware!* (New American Library). $575

SPECIAL PROGRAMS

KATHLEEN THORNWOOD CARR

Stonehenge, England.

May 12–15
European Work Scholar Intensive

The first European work scholar reunion in May 1987 was a great success. Twenty-four people from five European countries attended; all had previously been at Esalen for a month or more. There was time for group and personal work with *Jessica Moore Britt* and *John Soper*. It was an opportunity for participants to continue their personal growth and to recapture the Esalen experience closer to home.

The 1988 workshop will be held at the same retreat center between Frankfurt and Cologne, Germany, from May 12-15. The title has been changed from "Reunion" to "Intensive" to more accurately reflect its nature. Visiting Esalen facilitators will include *Jessica Moore Britt, John Soper, Nancy Kaye Lunney*, and others.

If you live in Europe, have been at Esalen for a month or more, and would like more information about this workshop, please contact: Eberhard Schwartz, Menzelstr. 1, 1000 Berlin 41, 030-855-7504.

May 22–June 17
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

This course will synthesize neurolinguistics and Ericksonian hypnosis and will draw heavily from the pioneering work being done with the enneagram of personality and Stanislav Grof's "cartography of inner space." While satisfying the hypnosis coursework requirements for the M.E.C.C. and complying with the California state requirement for hypnosis certification, participants will go beyond what is required and explore the realms of the unknown.

While the use of hypnosis in habit control and symptom removal will be covered, a primary focus will be on hypnosis as an emerging tool of spiritual emergence and sacred psychology. Starting with the presupposition that we already live in trance and that the goal is waking up, the roots of personality structure and the filters of perception in the creation and transformation of reality will be carefully explored. Participants will have the opportunity to directly experience the profound power of trance to transform their lives. These experiences will create a model for working with clients.

Clinical applications depend upon the complete pacing of the client's reality. The structure of rapport, pacing and leading, and various hypnotic patterns of induction will be demonstrated and practiced along with a variety of clinical interventions, including reframing, change history, metaphors, and storytelling.

The group will watch videotapes of Erickson and other leading hypnotherapists. Participants will have daily practice with each other and the opportunity to be videotaped doing a hypnotic induction. Daily zazen, Taoist yoga, and transformational movement led by Antoinette Varner will also be a part of this program.

Upon completion of this course, participants must demonstrate a high level of professionalism as well as proficiency in technical skills to the satisfaction of the instructors before certification will be granted. Certifications by the American Council of Hypnotist Examiners and the Society of NeuroLinguistic Programming will be available for additional fees. Beyond certification, the opportunities for personal transformation and learning new tools for change can make this a valuable experience.

Required reading: J. Haley, *Uncommon Therapy* (Norton) and *Strategies of Psychotherapy* (Grune & Stratton); Grinder and Bandler, *Trance-Formations* (Real People Press), *Frogs into Princes* (Real People Press), and *Reframing* (Real People Press); S. Grof, *Beyond the Brain* (State University of N.Y.); Chogyam Trungpa, *Shambhala* (Shambhala); P.D. Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World); C. Castaneda, *Tales of Power* (Simon & Schuster); Joseph Campbell, *Myths to Live By* (Bantam).

C.E. credit is available for nurses; for additional information see page 51. $2120

October 9–November 4
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, May 22-June 17. $2300

Children's Programs

Gazebo School: The Gazebo Program for children, ages 2-6, operates year round except for a week at Christmas. It is an outdoor-based program which encompasses the care of animals and the environment and supports the development of physical, cognitive, and psychosocial skills. $150 per week

Work Scholar Kids: The W.S.K. Program is for children, ages 7-12, and runs from July 4-August 12. The children will participate in a morning work program within the Esalen community, such as the garden, farm, laundry, office, and Gazebo. In the afternoons they will focus on a particular study, such as the Big Sur environment, water safety, sports, or the arts (music, dance, drama, painting).

$250 per week

Both of these programs are for children of parents concurrently attending an Esalen seminar. For further information contact Lia Thompson, Esalen Institute.

Gazebo Internship Program

Openings are now available at the Gazebo School for a one- to three-month intensive internship in early childhood education. The emphasis will be on an aesthetic approach to the development of physical, cognitive, and psychosocial skills. For an application, write to Bette Dingman, Gazebo Internship Program, Esalen Institute.

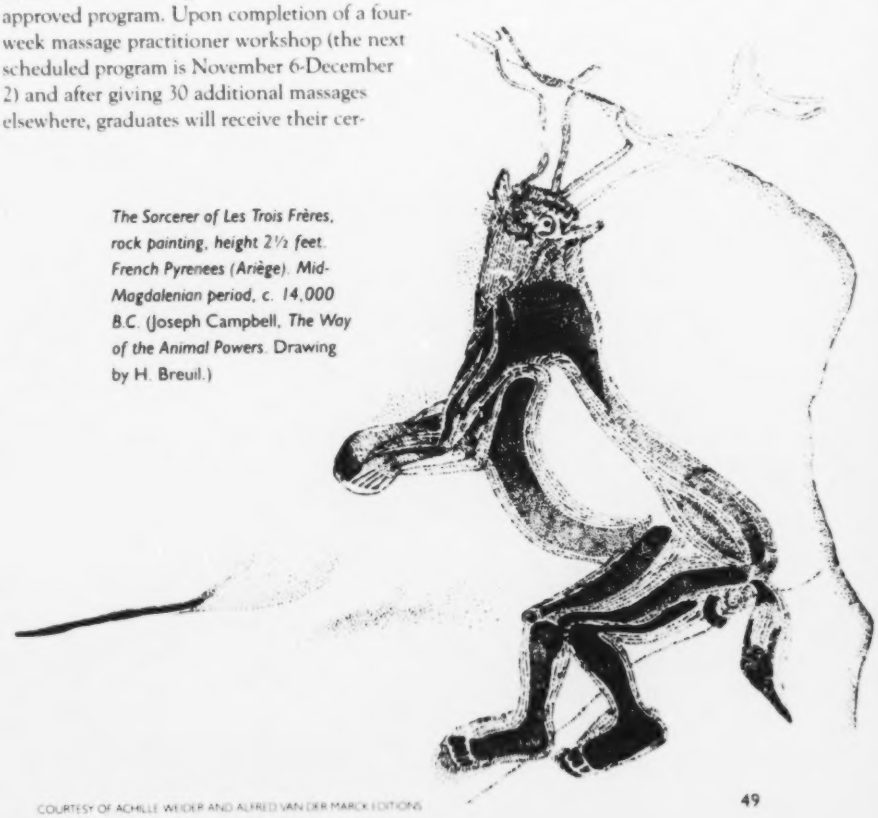
Massage Practitioner Certification Program

Esalen is now offering a California state-approved program. Upon completion of a four-week massage practitioner workshop (the next scheduled program is November 6-December 2) and after giving 30 additional massages elsewhere, graduates will receive their certificates. This program provides at least 130 hours of instruction, supplemented by additional study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring Traveling Workshops

The Esalen massage teachers and their associates have created Healthspring, an independent organization devoted to extending their work into an outreach program. The workshops offer practices to stimulate physical and spiritual health and awareness within the body and can be designed to suit the needs of individual groups. The curriculum combines such approaches as massage, meditation, dance, neo-Reichian work, creative movement, gestalt, yoga, breath enhancement, anatomy, and other health-strengthening disciplines.

Healthspring will conduct workshops at locations outside of Esalen in your hometown or city. For more information on scheduling a Healthspring group in your community, write to: Healthspring Traveling Workshops, Esalen Institute, Big Sur, CA 93920.



The Sorcerer of Les Trois Frères, rock painting, height 2½ feet. French Pyrenees (Ariège). Mid-Magdalenian period, c. 14,000 B.C. (Joseph Campbell, *The Way of the Animal Powers*. Drawing by H. Breuil.)

COURTESY OF ACHILLE WEIDER AND ALFRED VAN DER MARCK EDITIONS

WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

1-3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

April 29–May 7
Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Joyce Lyke

Nature can provide opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand one's sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," with instruction in minimum impact camping, ecology, and the geography and cultural history of the area.

Wilderness will be a mirror and primary teacher as the group lives simply and in direct contact with nature. Participants will explore their inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, they will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for their last night together. There, meditation instruction will be available for those who wish it.

Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $550

August 6–13
A Gentle Trip in the High Sierra

Maurica Anderson & Walter Truett Anderson

During this seven-day workshop in wildflower season, the group will hike eight miles to a clear mountain lake (alt. 10,000 ft.) off the main trails in the John Muir Wilderness area on the western side of the High Sierra. MULES WILL CARRY IN ALL OF THE PERSONAL GEAR AND FOOD, enabling participants to have outrageously good food (fresh or frozen rather than freeze-dried). Participants need carry nothing but lunch, rain gear, and water on the hike in. The lake is off the main trails and is surrounded by other lakes, grassy meadows, wildflowers, and cold streams fed by the surrounding snow fields.

The group will camp by the lake for six nights, taking short day-hikes to other beautiful lakes and areas, working with meditation, massage, psychodrama, yoga, and gentle encounter – and laughing a lot. During the week, participants will put up a sauna, take some strenuous but optional side hikes, and have some time for doing nothing. They can concentrate on the sights and sounds and smells of the high country, on getting to know the mountains, one another, and themselves.

Mountaineering experience is not necessary and most people are in good enough shape to make it in, but participants should be capable of hiking uphill at altitudes up to 11,000 feet and must possess a good sense of humor.

For a detailed information sheet, contact Maurica Anderson, 1112 Curtis Street, Albany, CA 94706; (415) 526-5814. Participants will meet in the Sierra on August 6. The fee includes food, wine, permits, and pack mules in and out. $540

August 27–September 9
Path of the River: A Grand Canyon Journey

Steven Harper, Wendy Palmer & Arizona Raft Adventures Staff (AZRA)

The Grand Canyon and Colorado River provide a unique environment of dramatic variety, which is intimate and awesome, soft and demanding, yet always rewarding for those who are open to all it has to offer. On this 14-day whitewater raft trip through the entire length of the Grand Canyon, participants can explore their openness to offerings of river, canyon, and natural world. The river is a teacher and primary metaphor. The group will draw from aikido, dance, energy awareness, movement meditation, and gestalt to enhance their experience of this majestic wilderness area.

Travel will be in paddle and oar rafts. Instructions will be offered in basic aspects of river life such as paddling and minimum-impact river camping. There will be time to discuss the Canyon's ecology, geology, natural and cultural history; to hike and explore side canyons; to sit quietly and reflect. Finally, participants can work with integration of learnings from this trip into their lives.

River experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity and to participate fully. The workshop begins at 7 AM August 27, in Flagstaff, Arizona; there will be a pre-trip meeting at 6 PM the evening before. AZRA will supply all the necessary river rafting gear, food, and transportation between Flagstaff and the Canyon. Details and a personal equipment list will be sent upon registration. This is a unique opportunity, and space is limited.

Due to Esalen's special arrangement with AZRA, the following cancellation policy is in effect for this workshop: A $200 deposit per person will confirm your reservation. Balance is due 60 days prior to the starting date. Payments are refundable if cancellation is received 60 days prior to the starting date. No refunds will be made after that time. $1690

Reindeer. Rock engraving in x-ray style, showing ribs. Sakachi, Amur-Ussuri region, Maritime Territory, U.S.S.R. (Joseph Campbell, *The Way of the Animal Powers*. Original source: Andreas Lommel.)

COURTESY OF ALFRED VAN DER MARCK EDITIONS

MEDICAL PROGRAMS

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. *Only those programs specifically listed below offer continuing education credit.* See workshop descriptions elsewhere in the catalog.

May 8–13
Hypnosis and Body Work
Lila Daniels Klapman & David Robinette
30 hours

May 22–June 17
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
30 hours

May 29–June 3
Five-Day Massage Intensive
Esalen Massage Practitioners
30 hours

June 10–12
Anatomy for Trager℠ Students: Part II
Deane Juhan
12 hours; C.E. credit is available through the Trager Institute.

June 17–19
Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

June 19–24
Intermediate Cranial Workshop
Jim Asher & Jane Harrington
30 hours

July 8–10
Zero Balancing: Advanced Workshop
Fritz Smith
10 hours

July 10–15
Zero Balancing: Beginning/Intermediate Workshop
Fritz Smith
30 hours

July 15–17
Weekend Massage Intensive: Self-Care Methods for Body Workers and their Clients
Deborah Anne Medow & Esalen Massage Practitioners
10 hours

July 15–17
Imagery: Exploring the Body/Mind Bridge
Jeanne Achterberg & Frank Laulis
10 hours

July 17–22
The Body and Zen
Dub Leigh
30 hours

July 24–29
Five-Day Massage Intensive
Char Pias Brenner & Laurie Schutz
30 hours

July 29–31
Therapeutic Touch
Janet Quinn
10 hours

August 5–7
Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

August 7–12
Five-Day Advanced Massage Intensive: Trigger Point
Arthur Munyer & Esalen Massage Practitioners
30 hours

August 14–19
The Art of Self-Care: Who Heals the Healer? Who Helps the Helper?
Ilana Rubenfeld
30 hours

August 28–September 2
Imagination as Healer
Jeanne Achterberg, Frank Laulis & Michael Samuels
30 hours

September 11–16
Five-Day Massage Intensive
Robert Helm & Esalen Massage Practitioners
30 hours

October 2–7
Spiritual Healing: Laying On of Hands
Maria Lucia Holloman
30 hours

October 9–November 4
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
30 hours

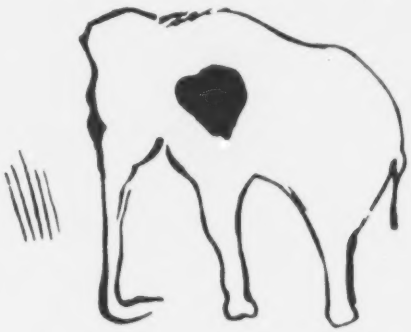
October 16–21
Sacro-Cranial Therapy
Hugh Milne
30 hours

October 28–30
Reversing and Preventing Heart Disease A Model for Transformation
Dean Ornish & Shirley Elizabeth Brown
10 hours

FUTURE PROGRAMS

November 6–18
Integrative Body Practice (IBP) Professional Training Program
Jack Rosenberg & Staff

November 6–December 2
Massage Practitioner Certification Program
Esalen Massage Practitioners



X-ray style in Paleolithic art. Mammoth from corridor-cave El Pindal, Oviedo, Spain. Early Magdalenian, c. 15,000 B.C. (Joseph Campbell, *The Way of the Animal Powers*. Original source: Kühn, *Rock Art of Europe*.)

COURTESY OF ALFRED VAN DER MARCK EDITIONS

WORK STUDY PROGRAM

The Work Study Program is for those who are interested in total immersion in the Esalen environment. It is a work-oriented program, emotionally and physically. Only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and housekeeping. *Assignments to departments are made according to community labor needs.* No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. *Participants in the focused programs must be prepared to stay at Esalen for the full duration* designated for that particular program, assuming that they meet the standards of the Work Study Program.

Focused programs planned thus far for 1988 and 1989 include:

April 24–May 22: Anne Nechama Simkin's gestalt program will include some videotape sessions. Massage and movement work may be offered.

May 22–June 19: Wolf Buentig and Gertraud Eder-Buentig's group will study the body as the outward revealed life of the soul, and the soul as the inward perceived life of the body.

June 19–July 17: See April 24-May 22.

June 19–July 17: Don Johnson will lead a general track incorporating group process, individual work, meditation, and movement.

July 17–August 14: Seymour Carter will focus on gestalt practice, with emphasis for, but not limited to, professionals.

August 14–September 11: Mary Goldenson's (Devarani) program of letting go and moving on will employ Reichian methods, Radix®, dance, imagery, gestalt, and meditation.

September 11–October 9: Janet Zuckerman will focus on emotional release. Tools for exploration will include the open seat, a tennis racket, pillows, and a sense of humor.

October 9–November 6: Steven Harper will inquire into human relationship to nature, using Big Sur's wilderness and various traditions that enhance personal awareness. More information will be sent upon registration.

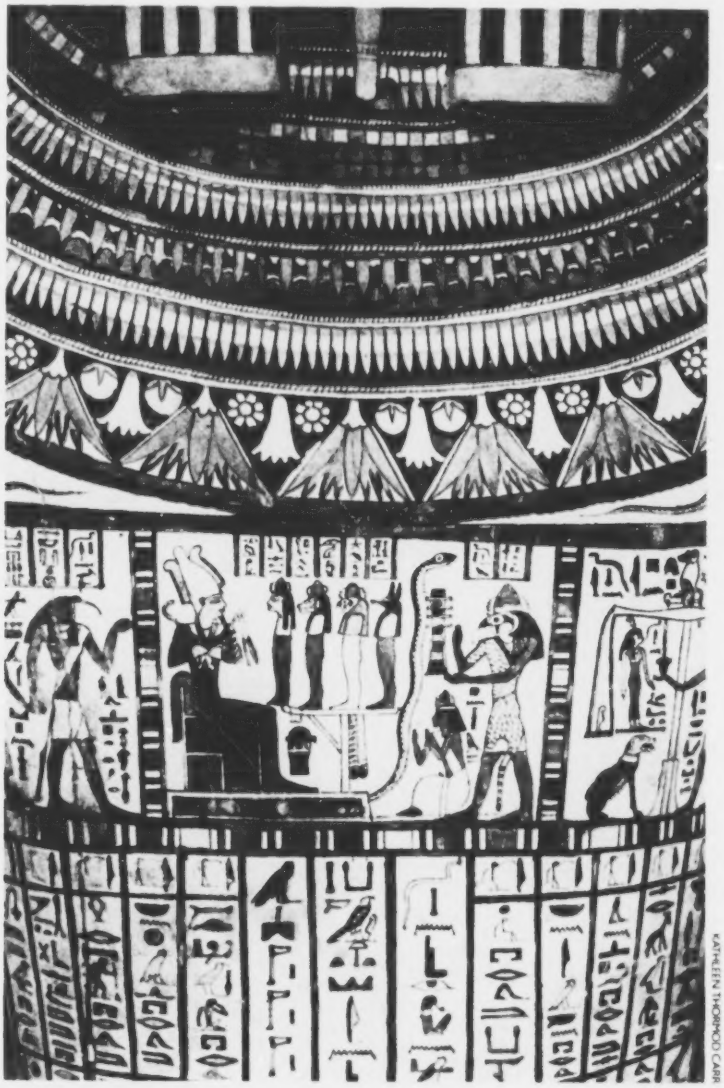
November 6–December 4: Jessica Moore Britt will inquire into the body-spirit relationship using gestalt, Reichian breath work, Native American ritual, and Sufi self-remembering exercises.

December 11–January 8: See July 17-August 14.

January 8–February 5, 1989: Terry Hunt will lead a program in emotional sobriety for adult children of alcoholic and abusive parents.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage and Rolfing®, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.



Detail of Egyptian mummy case. British Museum, London, England.

KATHLEEN THORNOO CARR

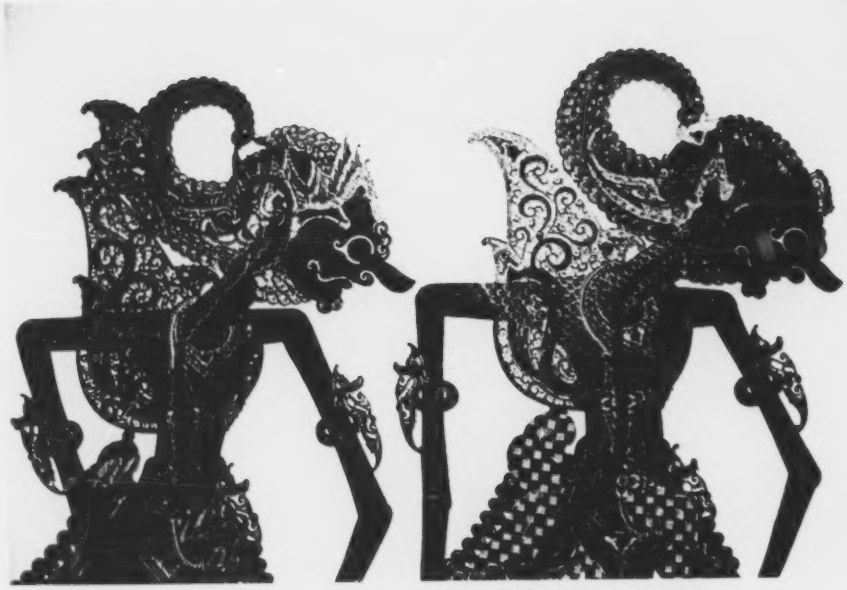
A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the three-month body work program, is $700 first month, $650 second month, $600 third month. Work scholars *may* be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return this form with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

Available dates: April 24–May 22; May 22–June 19; June 19–July 17; July 17–August 14; August 14–September 11; September 11–October 9; October 9–November 6; November 6–December 4; December 11–January 8; January 8–February 5; February 5–March 5; March 5–April 2; April 2–30; etc.



KATHLEEN THOMPSON CARR

Javanese shadow puppets. The shadow play, or Wayang Kulit, has been popular since the 10th century and exemplifies how myths are passed on through the oral tradition. Performed during religious occasions, it is called "society's teacher" and is essential to Balinese and Javanese education. The plays, based on Hindu epics, native legends, and stories adapted from Arabian tales, illustrate in silhouette many aspects of life and the exemplary actions of humankind.

APPLICATION TO THE WORK STUDY PROGRAM

Name _____ Address _____

City _____ State _____ ZIP _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program.

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community.*

Please indicate your availability should an invitation be extended. (Not applicable to focused program participants.)
☐ No extension ☐ One-month extension ☐ Two-month extension. Assignments to departments are made according to community labor needs.

☐ Please check here if you have emergency medical skills (M.D., E.M.T., or R.N.) and are willing to make those skills available during your stay.

Please attach a personal statement about your interest in the Work Study Program. *Include*: applicable *skills* (gardening, kitchen, mechanical, etc.); medical difficulties which might affect your working in particular departments; previous Esalen workshops you have attended (please list program titles, group leaders, and dates). Note: Fluency in the English language is essential for participation in the program.

AUDIO RECORDINGS

The Dolphin Tape Series

These recordings go back to the early days of Esalen. With emphasis on the human potential, Dolphin Tapes continues to draw from the Big Sur Recordings archives. Here are examples of: encounter, gestalt, sensory awareness, Rolfing®, Feldenkrais®, mysticism and madness, meditation and spirituality, sexual freedom and psychedelics, free speech and protest, consciousness change and paradigm shift, new physics, new reality, new philosophy, new purpose, more humanness, health, wholeness, wellness, and a gradual influence on business and society. Nearly all recordings are stereo from live events. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Anne Armstrong: *On Being a Psychic*, 1971
Gregory Bateson: *Metaphors and Butterflies*, 1975
David Brower: *Breaking the Species Barrier*, 1971
Joseph Campbell: *Freud, Jung and Kundalini Yoga*, 1967
Fritjof Capra: *Shifting Paradigms and Social Change*, 1980
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
Baba Ram Dass: *Yoga of Daily Life*, 1970
Big Sur Drums: *The Sky Children*, 1968
Fadiman/Hastings: *Psychedelics and Paranormal Phenomena*, 1971
Jack Gibb: *The Emergent Group*, 1966
Willis Harman: *New Consciousness in a New Society*, 1972
S. I. Hayakawa: *Fully Functioning Personality*, 1964
Albert Hofmann: *LSD and The Nature of Reality*, 1978
Aldous Huxley: *Human Potentialities*, 1960
Aldous Huxley: *Visionary Experience*, 1960
Stanley Keleman: *Biological Roots of Spiritual Experience*, 1970
Stanley Krippner: *Communes, Telepathy and Dreams*, 1971
Timothy Leary: *American Culture (1945-1985)*, 1977
George Leonard: *Steps Toward Utopia*, 1966
John C. Lilly: *The Dolphin Experience*, 1969
Richard Marsh: *Beyond Games*, 1966
Abraham Maslow: *Self-Actualization*, 1966
Abraham Maslow: *Psychology of Religious Awareness*, 1967
Rollo May: *Violence and the Daimonic*, 1970
Ralph Metzner: *Metaphors and Symbols of Transformation*, 1980
Claudio Naranjo: *Dante's Way to the Stars*, 1968
Brendan O'Regan: *Decision Making in the Global Village*, 1979
Robert Ornstein: *On the Psychology of Meditation*, 1971
Humphrey Osmond: *Early Psychedelic History*, 1976
Fritz Perls: *Gestalt Therapy and How It Works*, 1967-68
Fritz Perls: *Dream Theory and Demonstration*, 1966
John Weir Perry: *Psychosis and Transformation*, 1968
James Pike: *Christ as a Revolutionary Figure*, 1969
Carl Rogers: *The Person of Tomorrow*, 1970
Carl Rogers: *My Philosophy and How It Grew*, 1972
Ida Rolf: *Structural Integration*, 1971
Virginia Satir: *Family Communication and Growth*, 1967
Robert Schwartz: *Consciousness Evolution and Business*, 1979
Will Schutz: *Rules of Thumb for Open Encounter*, 1970
Charlotte Selver: *An Introduction to Sensory Awareness*, 1968
Rupert Sheldrake: *Morphic Resonance (Bombay)*, 1982
Huston Smith: *No Wasted Journey*, 1968
Frederick Spiegelberg: *India and the Saints*, 1964
Russel Targ: *Parapsychology and Physics*, 1972
Charles Tart: *On the Paranormal*, 1971
Wilson Van Dusen: *The Nature of Humanness*, 1971
John Vasconcellos: *A Humanistic Approach to Politics*, 1970
Alan Watts: *Divine Madness*, 1968

Two-tape titles are $18:

AHP Panel: (2) *The Black Experience*, 1969
Anderson/Roszak: (2) *The Upstart Spring (Esalen)*, 1984
Robert Bly: (2) *An Evening at Esalen*, 1982
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1970
Baba Ram Dass: (2) *One Man's Journey to the East*, 1969
Buckminster Fuller: (2) *The Critical Path (Maui)*, 1982
Stan & Christina Grof: (2) *The Holonomic Consciousness Paradigm*, 1982
Stanislav Grof: (2) *Geometry of Psychopathology*, 1984
John Holt & George Dennison: (2) *Alternatives in Education*, 1970
Jean Houston: (2) *The Possible Human (Boston)*, 1979
Timothy Leary: (2) *The Power of Imprinting*, 1982
Abraham Maslow: (2) *The Farther Reaches of Human Nature*, 1968
Joseph Chilton Pearce: (2) *The Magical Child*, 1975
Karl Pribram: (2) *The Holographic Model Today*, 1985
Carl Rogers: (2) *A Weekend at Esalen*, 1983
Selver/Brooks: (2) *Sensory Awareness*, 1980-82
Wilson Van Dusen: (2) *Confronting Hallucinations*, 1968
Andrew Weil: (2) *Interplay of Mind and Body Realities*, 1982
Lynn White & Alan Watts: (2) *Ecological Crisis*, 1971
Watts/Grof/Silverman: (2) *The Science of Madness*, 1968
Perry/Watts/Ginsberg/Naranjo: (2) *The Poetry of Madness*, 1968

Four-tape titles are $36:

James Fadiman: (4) *A Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1978
Roland Fischer: (4) *Creative, Psychotic and Ecstatic States*, 1969
R. D. Laing: (4) *Sanity, Madness, Blowout Center*, 1967
Jack Kornfield: (4) *Buddhist Meditation and Practice*, 1981
Timothy Leary: (4) *A Day with Timothy Leary*, 1982
Rollo May: (4) *Dimensions of Consciousness*, 1966
Jack Rosenberg: (4) *A New Understanding of Relationships*, 1982
Theodore Roszak: (4) *The Unfinished Animal*, 1982
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968

The Dolphin Vinyl Binder Tape Sets:

Carl Rogers: (6) *The Basic Encounter Group*, 1967	$60
Fritz Perls: (6) *The Perls Encounter: A Complete Weekend*, 1968	$60
Abraham Maslow: (6) *The Eupsychian Ethic*, 1969	$60
John C. Lilly: (6) *Ego, Self and Essence*, 1971	$60
Andrew Weil: (6) *Integrated Consciousness and Health*, 1976	$60
UCSB Symposium: (6) *Entheogens: The Spiritual Psychedelics*, 1983	$60
Esalen Series: (8) *Physics and Consciousness*, 1975-76	$72
Esalen/UCB/Tarrytown Symposium: (8) *Faces of the Enemy*, 1983	$72
UCB Symposium: (8) *The Sixties: Its Leaders and Legacy*, 1987	$72
Buckminster Fuller: (8) *The Pajaro Dunes Tapes*, 1980	$80
Virginia Satir: (10) *Conjoint Family Therapy*, 1968	$88
Joseph Campbell: (10) *The World Mythology Series*, 1969	$88
Esalen Series: (12) *The Value of Psychotic Experience*, 1968	$98
Esalen Symposium: (12) *Wilhelm Reich: His Life and Work*, 1974	$98
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-80	$98

Advertisement: Dolphin Tapes is a private company independent of Esalen.

Audio Recordings: Joseph Campbell

Dolphin Tapes, incorporating Big Sur Recordings, has audio recordings of Joseph Campbell lectures and workshops, edited for public distribution, covering the past twenty years. The following is a representative list.

Single-tape titles are $10:

Freud, Jung and Kundalini Yoga, 1967
Imagery in the Hero's Journey, 1968
Hermes, Alchemy and the Voyage of Odysseus, 1971
Kundalini Rising, 1978
Tibetan Book of the Dead, 1981
The Hero's Journey (from the 80th year celebration), 1984

Two-tape titles are $18:

Myths of Alienation and Rapture (2), 1970
Kundalini and the Chakra System (2), 1981
The Dark Side of the Forest (with Sam Keen) (2), 1985

Four-tape titles are $36:

Imagery in the Novels of James Joyce (4), 1968
Movement and Myths to Live By (with Al Huang) (4), 1980
Transformations of Myth Through Time (4), 1982
The Complete San Francisco (80th year) Campbell Celebration (4), 1984

Six-tape Vinyl Binder Sets are $60:

Psyche and Symbolism (6), 1981
Early Hindu and Buddhist Mythology (6), 1981
Mysteries of the Great Goddess (6), 1983
Courtly Love and the Grail (6), 1983
The Sword and the Flute (with Al Huang) (6), 1984

The Ten-tape Vinyl Binder Set is $88:

The World Mythology Series (Library Edition): *World Mythology and the Individual Adventure* (10), 1969

Please add $2 to your complete order for handling and mailing (add $4 if you wish priority mail). California residents include 6% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment.) Allow 4 to 6 weeks for delivery.

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

THE MEDIA CENTER

Videotapes

The Esalen Media Center is offering for rental or purchase a selection of videotapes. This series consists of unedited single camera recordings of informal talks made at Esalen, along with a descriptive tape of Esalen itself.

1. Jack Kornfield, *On Meditation*, November, 1986. A longtime student and teacher of Vipassana meditation and Buddhism discusses these traditions with reference to his own experiences as a spiritual seeker in the Orient. (121 minutes)

2. Brother David Steindl-Rast, *God, Spirituality, and the Senses*, November, 1984. A Benedictine monk and scholar discusses the spiritual journey and its relationship to mythology and transpersonal theory. (117 minutes)

3. Fritjof Capra, *Characteristics of Systems Thinking*, June, 1985. The author of *The Tao of Physics* and *The Turning Point* discusses the evolution of scientific thinking, including current views and implications. (81 minutes)

4. Stanislav Grof, *The New Scientific Paradigm*, June, 1985. An original member of the transpersonal psychology network and author on topics such as appropriate use of psychoactive substances, discusses his current view of consciousness. (117 minutes)

5. Rupert Sheldrake, *Morphic Resonance and The New Science of Life*, June, 1985. A British geneticist relates his theories on biological and psychological development and discusses some empirical tests of these theories. (108 minutes)

6. Kenneth Ring, *The Near-Death Experience*, June, 1985. The author of *Life at Death* and *Heading Toward Omega* discusses his research on the near-death experience and some of its implications for the future of the human race. (114 minutes)

7. Albert Hofmann, December, 1984. The discoverer of LSD talks to Stanislav Grof about his early experiences with this and other psycho-active drugs. He also discusses some of the social, political, and scientific consequences of LSD. (92 minutes)

8. Anne Armstrong and Elizabeth Stratton, December, 1984. Two longtime students, practitioners, and teachers of psychic work discuss with Nancy Knapp their practices and perspectives related to psychic counseling and healing. (56 minutes)

9. Terence McKenna, *Fractal Perspectives on the Millenium*, August, 1985. The author of *The Invisible Landscape* gives his vision of the future, centering around the evolution of human consciousness. (72 minutes)

10. Jack Rosenberg, *One Hour and Twenty-Nine Minutes with Jack Rosenberg and Integrative Body Practice*, September, 1985. The Venice, California, practitioner gives his view of personality development and some of the typical patterns of interaction in relationship. (89 minutes)

11. *Esalen*. This 18-minute videotape tells Esalen's story from its early history to the present. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities.

Ordering Information

Each speaker program costs $55 to purchase, $25 to rent. The *Esalen* tape costs $35 to purchase, $15 to rent. To order any of these tapes (VHS only), indicate: purchase or rental (one week), program #, and title. To your subtotal, add $5 shipping and handling ($12 for overseas orders). California residents add 6% tax for sales only. Include your name, address, and phone number. Please address your order (with a check payable to Esalen Institute) to the Esalen Media Center.

BIOGRAPHICAL INFORMATION

A

Jeanne Achterberg,
author of Imagery in Healing, *has a doctorate in psychology and physiology and is an internationally acclaimed pioneer in the study of the mind/body connection.*
p. 29, 37, 51

Margot Adler,
author of Drawing Down the Moon *and reporter for National Public Radio, has been involved with Goddess and pagan spiritual paths for fifteen years.*
p. 33

Stephen Aizenstat,
clinical director of the Human Relations Institute, has conducted dream groups throughout the U.S. and recently completed a comprehensive research project on methods of dream analysis.
p. 22

Ijalu Akanbe
has danced with Olatunji for 23 years and is dance captain of the Drums of Passion Dancers.
p. 26

John Allen,
class "A" PGA member and former tour player, has been a teaching golf professional for over 20 years and a serious student of the inner game for the past 4.
p. 40

Tucker Elizabeth Allen
is an inner game student on a journey of self-discovery.
p. 40

Maurica Anderson
is studying the relationship between humor and mental health. She has led Esalen High Sierra wilderness trips for many years.
p. 33, 50

Walter Truett Anderson
is author of The Upstart Spring *and* To Govern Evolution.
p. 33, 50

Anne Armstrong
has been doing transpersonal counseling for over 24 years and has trained professionals to use their own intuitive abilities.
p. 19, 34, 41

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 19, 34, 41

Elliot Aronson,
professor of psychology at UC Santa Cruz, is the author of 14 books on interpersonal relations, including The Social Animal, The Handbook of Social Psychology, *and* Burnout.
p. 37

Angeles Arrien
is an anthropologist and specialist in Basque mysticism. She teaches courses in cross-cultural approaches to healing, myths, and symbols.
p. 22

Jim Asher
has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer, certified by Ida Rolf.
p. 26, 51

Nancy Azara
is a sculptor, painter, and psychic consultant specializing in the creative process. She is co-founder of the New York Feminist Art Institute (NYFAI) Women's Center for Learning.
p. 38

B

Jamie Baraz
has taught Vipassana (insight) meditation with Joseph Goldstein, Jack Kornfield, and Stephen Levine in the U.S. and Asia. He has led San Francisco area classes and retreats since 1977.
p. 21, 44

Leonard Bearne
has studied self-acceptance training with Richard Olney for several years. He practices gestalt, hypnosis, and Radix®.
p. 41

Steve Beck
grew up on an 80 acre garden in North Dakota. He has been a resident at Esalen since 1974.
p. 22

Mark Bender
holds a doctorate in psychology and has a private practice in cortical reeducation.
p. 18

Cynthia Johnson Bianchetta
is an artist, dancer, and photographer. She was the assistant director of the Museum of Photographic Arts and director of the Weston Photographic Gallery.
p. 20

Daniel Bianchetta,
longtime Esalen resident and workshop leader, is an intuitive counselor and also does body work. He is a student and teacher of meditation.
p. 20, 46

Judy Blackstone
is a dancer, meditation teacher, author, and counselor. She is the founder of The Subtle Self in Motion, a method for deepening experience through movement.
p. 44

Charles Blakeney
directs Berkeley Academy and advises the White House Domestic Policy council. He does research and training on moral insanity and moral misbehavior.
p. 27

Ronnie Blakeney
works with disturbed adolescents and consults with the White House on welfare. She studies racial discordance, morality, identity, and emotional development.
p. 27

Stephen Book
is an international/Off Broadway/regional theater director and teacher. On the faculty at USC after a long tenure at The Julliard School, he also heads his own professional studio in Hollywood.
p. 35

Julie Bowden,
co-author of Guide to Recovery *and* Genesis: A Spiritual Beginning, *is a founding and current board member of the National Association for Children of Alcoholics.*
p. 42

Char Pias Brenner,
dancer, singer, performing artist, massage teacher, and mother, is currently in residence at Esalen Institute.
p. 30, 51

Jessica Moore Britt
teacher of gestalt and Reichian work at Esalen. She is a member of the Ridhwan Work School, which is dedicated to understanding personality and essential development.
p. 34, 47, 48, 52

Shirley Elizabeth Brown,
a physician, conducts cardiology research and is clinical instructor in medicine at the School of Medicine, University of California, San Francisco.
p. 47, 51

Mel Bucholtz
trained with the late Milton Erickson in the use of hypnosis. He is co-founder of Nomad University and the Returning to Earth Institute. He maintains a private practice in Cambridge, MA.
p. 39

Wolf Buentig,
founder of Germany's first growth center, ZIST, has been a group leader for 17 years, integrating psychoanalysis, encounter, bioenergetics, gestalt, and Ericksonian hypnosis.
p. 52

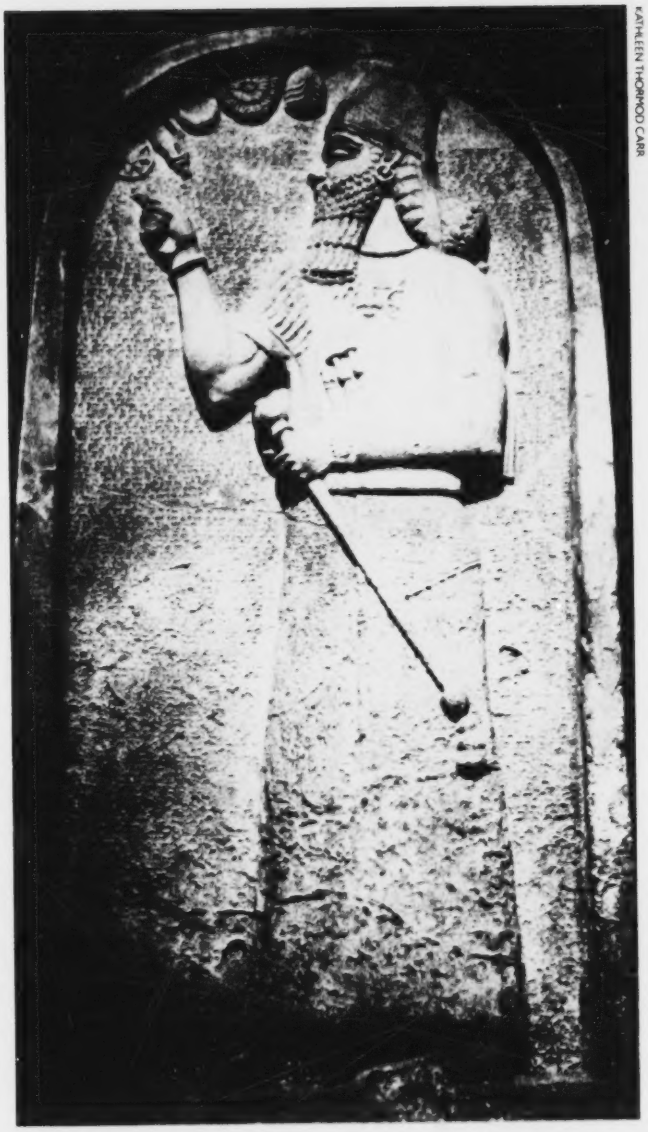
C

Joe Camhi
has been on the staff of the Gestalt Institute of San Francisco since 1971. He combines various types of body work perspectives with gestalt to open up the creative process.
p. 32

Anne Caple
is a student of transpersonal psychology, a technical writer, editor, and fiber artist.
p. 23

John Caple
is a corporate trainer, consultant, and career counselor with earlier careers as a college professor and corporate executive.
p. 23

Paul Carter,
co-founder and director of Meta Education and Training Arts since 1976, leads workshops around the world on Whole/Parts Transformation, Ericksonian hypnosis, and creativity.
p. 39



KATHLEEN THORPOD CARR

Stela of Ashurnasirpal II, an Assyrian king, 883 B.C. British Museum, London, England.

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 18, 38, 47, 52

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.
p. 38

Stanford Eugene Cates
is an ordained minister, gestalt facilitator, and Trager℠ bodyworker. He has worked with Paul Rebillot in the U.S. and Europe for seven years.
p. 20

Jack Cirie,
certified Leonard Energy Trainer, aikidoist, and fitness expert, heads Development and Delivery of Training with SportsMind Inc. He has worked with senior corporate managers, the Army Special Forces, and athletes.
p. 29, 30

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ASURA ETC

The Child Buddha. A.D. 13th century. Gilt bronze. Japan. (Joseph Campbell, *The Mythic Image.*)

Stephen Cohen,
an Esalen resident, gestalt practitioner, and Experiencing Esalen staff member, is a longtime golf hacker.
p. 40

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Expressive Painting Studio in San Francisco.
p. 38

Dale Cummings,
certified Radix® teacher and counselor in private practice in West Los Angeles, is director of first-year training for the Radix Institute in Ojai.
p. 22

D

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October, Cycles, River Notes, *and* Amber.
p. 46

Laura DeNuccio (Ma Prita)
is a certified Radix® teacher on Esalen's gestalt staff, with over 13 years of experience combining Reichian body work, vision work, movement, ritual, and meditation.
p. 17, 35, 41

Patrick Douce,
a resident at Esalen since 1972, teaches ongoing classes in Feldenkrais Awareness Through Movement® and is available for individual sessions in Functional Integration®.
p. 25, 33, 51

Tim Doyle
is a photographer. He also has a master's degree in experimental psychology and lives in southern California.
p. 41

Joel Dweck
is a Reichian practitioner in Los Angeles, where he also directs the Core Contact training program.
p. 26

E

Gertraud Eder-Buentig
has studied gestalt, bioenergetics, hakomi, and Anna Halprin's movement work and has been a movement group leader for five years.
p. 52

Diane Egli,
violinist and member of the Suzuki Association of America, is a California Arts Council "Artist in Residence," a teacher/performer, and Gazebo teacher at Esalen.
p. 35

Esalen Massage Practitioners:
Peggy Horan, George King, Kathleen O'Shaughnesey, Brita Ostrom, Vicki Topp, and Attila Vaas.
p. 22, 28, 34, 37, 39, 40, 47, 51

F

Joyce Frazee,
gestalt and dream work practitioner in Vancouver, Canada, for 14 years, has training in Jungian dream analysis, bioenergetics, and group process.
p. 40

G

Elinor Gadon
uses images and symbols from the visual arts and popular media for analysis of self in culture. She is the author of the forthcoming The Once and Future Goddess: A Symbol for Our Time.
p. 43

Yvonne Ginsberg
is an N.L.P. practitioner and Ericksonian hypnotist. She teaches and has a private practice in San Francisco and Marin County.
p. 31

Herbert Gold
has published over 20 books, most recently Lovers & Cohorts: Twenty-Seven Stories, *and the novels* A Girl of Forty *and* Dreaming.
p. 33

Mary Goldenson (Devarani),
a chiropractor, certified Radix® teacher, and doctoral candidate in clinical psychology, is in private practice in Los Angeles.
p. 24, 33, 43, 52

Harriet Goslins
is a Feldenkrais® practitioner and an Awareness Through Movement® teacher with a background in psychosynthesis and applied kinesiology.
p. 18

Herbert Gravitz,
psychologist, is a founding and current board member of the National Association for Children of Alcoholics. He co-authored Guide to Recovery *and* Genesis: A Spiritual Beginning.
p. 42

Susan Griffin
is the author of Woman in Nature *and* Unremembered Country, *a collection of poetry. She works as a consultant for the creative process and teaches writing privately.*
p. 45

H

Anna Halprin
is artistic director of Tamalpa Institute in Kentfield, CA. She is the author of Movement Ritual *and has been touring the world with "Circle the Earth," a planetary peace dance.*
p. 34

Daria Halprin-Khalighi,
teacher and counselor, developed the Creative Process Method, integrating art and psychology to facilitate creative expression and growth. She is co-founder of Tamalpa Institute.
p. 20

Betsy Hand
is a consultant in human relations and organization development. Her background includes education and training in organizational behavior, family and marital counseling, and nursing.
p. 17

Michael Harner,
an anthropologist, has practiced shamanism for 26 years and has pioneered the return of shamanism to contemporary life. His books include The Way of the Shaman.
p. 21

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 17, 19, 22, 25, 37, 39, 45, 50, 52

Susan Harper
teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the JoySpangler Asilomar Conference.
p. 25

Jane Harrington
is a certified Rolfer and Rolf movement teacher with extensive craniosacral experience. She is in private practice in Boulder, CO.
p. 26, 51

Arthur Hastings
is the author of a forthcoming book on channeling, Tongues of Men and Angels. *He is on the core faculty of the Institute of Transpersonal Psychology in Menlo Park, CA.*
p. 26

Richard Strozzi Heckler,
psychologist, has a 3rd-degree black belt in aikido. He has worked with such diverse groups as the Army Special Forces, emotionally disturbed children, corporate executives, and inner city gangs.
p. 20, 45

John Heider,
a psychologist living in Lawrence, KS, is a group leader and a teacher of group leaders. He was part of the Esalen Resident Program from 1967-71.
p. 18

Robert Helm,
an Esalen massage crew member, blends a broad range of body work methods with the sense of presence he feels is the heart of Esalen massage.
p. 39, 51

Nick Herbert
is the author of Quantum Reality: Beyond the New Physics *and is currently working on a book about time travel.*
p. 32

Jane Hinders
has taught voice and movement at universities and theater schools in the U.S., Canada, and France. Her work is strongly influenced by her studies with the Roy Hart Theatre.
p. 42

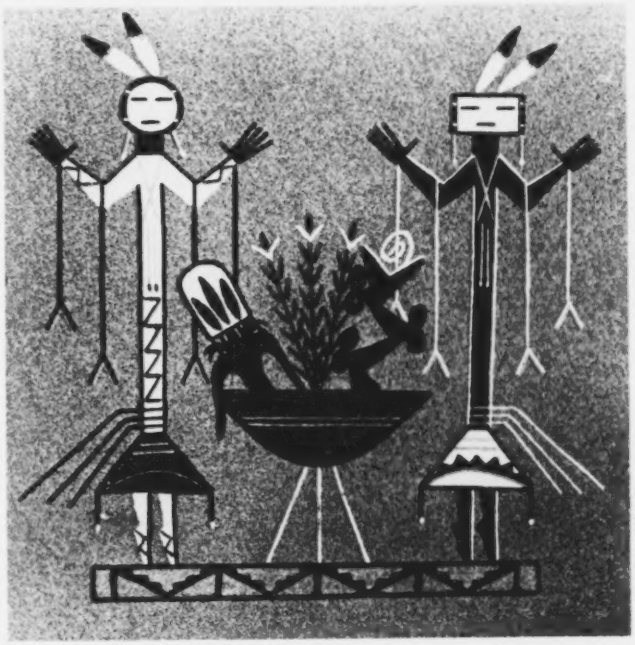
Edward Hoffman,
a licensed psychologist in New York City, is the author of several books on the Kabbalah, including The Way of Splendor *and* The Heavenly Ladder.
p. 25

Maria Lucia Holloman
has been a seminar leader since 1982, teaching in Brazil and the U.S.
p. 43, 47, 51

Terry Hunt,
a licensed psychologist practicing bioenergetic analysis in Boston, directs a flotation tank center for amelioration of somatic and addictive disorders.
p. 52

J

Dennis Jaffe,
past-president of the Association for Humanistic Psychology and director of the Center for Health Studies at Saybrook Institute, authored Healing from Within, StressMap, TM, *and* Take This Job and Love It!
p. 41



KATHLEEN THORNOD CARR

Navajo sand painting by A. Joe. The square-faced yei is female, and the round-faced yei is male. The basket between them contains sacred plants. The natural colors used in sand paintings are derived from ground rocks.

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Venus of Laussel (Woman with the Horn). Carved limestone from a rock shelter (Laussel) in the Dordogne, France, c. 20,000 to 18,000 B.C. 17 inches high. Paleolithic symbol of the power female, with her left hand over the pregnant womb and the horn of the waxing moon elevated in her right. (Joseph Campbell, The Way of the Animal Powers.)

Eli Jaxon-Bear
is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. He is the past-president of a Tibetan Buddhist meditation center.
p. 21, 32, 45, 48, 49, 51

Don Johnson,
author and somatic practitioner, is director of the graduate studies program in somatic psychology and education at Antioch University and coordinator of Esalen's program in somatic education.
p. 17, 52

Deane Juhan,
a member of the Esalen massage crew for many years, is a certified instructor of Trager™ Psychophysical Integration and the author of Job's Body: A Handbook for Bodywork.
p. 24, 51

K

Amy Kaplan,
a dancer with movement training, teaches and practices at the Process-Oriented Psychology Center in Zurich and in the U.S.
p. 47

Norman Katz
is director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe.
p. 28

Sam Keen
is the author of 10 books, including The Passionate Life *and, most recently,* Faces of the Enemy.
p. 44

Lila Daniels Klapman,
former longtime member of the Esalen massage staff, is a certified hypnosis practitioner and has a private practice in massage and hypnosis in Aptos, CA.
p. 18, 51

George Kohlrieser,
a clinical psychologist with an international practice, researches and applies attachment and separation theory to relationships, psychosomatic illness, violence prevention, and hostage negotiations.
p. 29

Ron Kurtz
is the founder and director of the Hakomi Institute. He is the author of Hakomi Therapy *and co-author of* The Body Reveals.
p. 21, 40

L

Stephen LaBerge
is a scientist dedicated to the transformation of human consciousness. He teaches and does research at Stanford University on conscious or "lucid" dreaming.
p. 35

Frank Lawlis,
psychologist and diplomate, is the founder of a behavioral medicine program and the director of 3 hospital-based pain clinics.
p. 29, 37, 51

Marc Lehrer
is the director of the California Institute of Clinical Hypnosis and Health Sciences in San Francisco and Santa Cruz. He is a senior tutor for Sierra University.
p. 28

Dub Leigh,
longtime body work practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye roshi.
p. 29, 51

Annie Styron Leonard
is a founder of the Energy Training Institute in Mill Valley, CA, and an aikido black belt.
p. 28

George Leonard,
author of Education and Ecstasy, The Transformation, *and* The Silent Pulse, *is a contributing editor of* Esquire. *He holds a 3rd-degree black belt in aikido.*
p. 23, 28, 29, 37

Abraham Levitsky
co-authored The Rules and Games of Gestalt Therapy *with Fritz Perls. He is interested in the integration of gestalt therapy with psychoanalysis.*
p. 32

Bill Liles
has been a body work practitioner at Esalen since 1971 and has taught polarity massage since 1973. He studied polarity with Randolph Stone and Pierre Pannetier.
p. 47

Paul Lounsbury
has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.
p. 34

Nancy Kaye Lunney,
formerly a vocal coach and accompanist for well-known entertainers, is a gestalt practitioner, director of programming at Esalen, and a guest faculty member at Cornell University.
p. 35, 39, 48

Joyce Lyke
is a practitioner of gestalt and photographic coordinator for the Esalen Catalog.
p. 17, 50

M

Dean Marson
is a member of the Esalen massage crew. His interests include subtle body work methods of self-care.
p. 46

Rhonda Martyn,
former artistic director of the San Francisco Moving Company, is an award-winning New York choreographer/dancer on the dance faculty of Princeton University.
p. 31

Kat McKenna
is an artist, mother, and traveler through nature.
p. 38

Terence McKenna
authored The Invisible Landscape *and* Psilocybin: Magic Mushroom Grower's Guide. *He studied shamanism at UC Berkeley and has lived in tropical Asia and the Amazon.*
p. 38

Deborah Anne Medow,
Esalen group leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 28, 51

Ailish Mellard,
holistic health practitioner and body worker for 12 years, is organizational consultant for Will Schutz Associates, which teaches human potential concepts for various organizations.
p. 17

Donald Michael,
professor emeritus of planning and public policy and professor of psychology at the University of Michigan, is the author of On Learning to Plan and Planning to Learn.
p. 22

Jane Miletich,
a longtime Big Sur resident and Esalen masseuse, is an instructor of hatha yoga, t'ai chi, and transitional cleansing diets. She is a student of midwifery, birth, and death and a bearer of ritual.
p. 25, 29, 35, 37

Marghe Mills
is co-author of Developmental Movement Therapy *with Bonnie Cohen. She is a certified Feldenkrais® teacher, a faculty member at Dominican College, and in private practice in Marin County and San Francisco.*
p. 24

Hugh Milne
is a third generation Scottish osteopath with 20 years' experience. He has practiced and taught cranial work, healing, and psychometry in England, India, Switzerland, and the U.S. He lives in Santa Fe, NM.
p. 46, 51

Arnold Mindell,
founder of the Institute for Process-Oriented Psychology, is a Jungian training analyst and author of Dreambody, Working with the Dreaming Body, River's Way, *and* The Dreambody in Relationships.
p. 27, 47

Kathleen Mooney
is co-founder and associate director of the Center for Cognitive Therapy in Newport Beach and editor of the International Cognitive Therapy Newsletter.
p. 42

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 25

Arthur Munyer,
a member of the Esalen massage crew, is a longtime body work practitioner trained by Dub Leigh, Lauren Berry, and Dick Price.
p. 34, 51

N

Robert Nadeau,
an aikido master, has been one of the leading exponents of energy awareness at Esalen in the seventies and eighties.
p. 36

John Nicholas,
a graduate of the C.G. Jung Institute in Zurich, is a teacher, counselor, author, analyst, and international career management consultant.
p. 44

O

Violet Oaklander,
a psychologist in Santa Barbara, CA, is the author of Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents. *She leads workshops throughout the world.*
p. 44

Babatunde Olatunji,
master percussionist from Nigeria, has performed internationally for over 30 years and is known for his album Drums of Passion. *He is an authority on African religion.*
p. 26

Richard Olney
has studied with Alan Watts, Fritz Perls, and Alexander Lowen, and more recently has been influenced by the eidetic imagery work of Akhter Ahsen. He has presented self-acceptance training in the U.S. and Europe.
p. 41

Mark Olsen
is a mask-maker and movement instructor. He is a certified teacher of stage combat, a solo performer, and previous member of the International Company of Mummenschanz.
p. 42

Dean Ornish,
physician and author of Stress, Diet, and Your Heart, *is assistant clinical professor of medicine at the UCSF School of Medicine and president of the Preventive Medicine Research Institute in San Francisco.*
p. 47, 51

P

Christine Padesky
is a psychologist and director of the Center for Cognitive Therapy in Newport Beach, CA, and a creative teacher who has instructed American and European cognitive therapists.
p. 42

Rick Paine,
psychologist, works with adult children of alcoholics and leads workshops for emerging men. He is on the faculties of the New York Open Center, Interface, and Spring Hill Institute.
p. 47

Karen Paine-Gernée
leads groups for adult children of alcoholics in Cambridge, MA. She is on the faculties of Omega Institute, The New York Open Center, Interface, and Spring Hill Institute.
p. 47

Helen Palmer
is director of the Center for the Investigation and Training of Intuition and has a private psychic consultation practice. She is on the faculty of Kennedy University, Orinda, CA.
p. 26

Wendy Palmer
is a faculty member of the Center for the Investigation and Training of Intuition. She holds a 3rd-degree black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.
p. 37, 45, 50

Laurie (Lioness) Parizek,
a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 46

Hector Prestera,
a physician, acupuncturist, Rolfer, certified neuro-linguistic trainer, and practitioner of Ericksonian work, is in private practice in Monterey, CA.
p. 19

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 14

Jill Purce
is author of The Mystic Spiral. *She investigated the mystical dimension of sound with Karlheinz Stockhausen and the magical use of the voice and overtone chanting with Tibetan lamas.*
p. 41

Q

Janet Quinn,
a professor of nursing who has given Therapeutic Touch workshops throughout the U.S. and Canada since 1976, received the first federal research grant to investigate the effects of TT.
p. 32, 51

R

Paul Rebillot,
a group leader at Esalen for 15 years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 20

Deborah Reynolds
is a psychic who uses her abilities to provide information in the fields of science, medicine, and business. She has participated in projects at SRI International and the Center for Applied Intuition.
p. 26

Stephen Rhinesmith
has spent 25 years in interpersonal and intercultural communications, international organization development, and citizen exchanges. He served for 2 years as government coordinator for exchanges between the U.S. and the Soviet Union.
p. 40

Linda Rice-Mandigo
is a psychologist in private practice in New York and a practitioner of the spiritual discipline MAHIKARI-NO-WAZA.
p. 26

Tracey Rich
has earned the title "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally.
p. 23

Sogyal Rinpoche,
an incarnate lama, scholar, and meditation master from Tibet, prominent in the West, is an authority on the traditional knowledge of the Tibetan Book of the Dead.
p. 24

Bernadette Roberts,
a lifelong Christian contemplative with a monastic background, is the author of The Experience of No-Self *and* The Path to No-Self, *as well as a work in progress,* Self: A Passage Through Consciousness.
p. 38

David Robinette,
head of the Hypnotherapy Certification Program at Twin Lakes College in Santa Cruz, has been an instructor at Cabrillo College in hypnosis-related courses since 1976.
p. 18, 51

Rita Rohen
climbs mountains, rafts rivers, and facilitates workshops in Asia, America, and Europe. She formerly coordinated the Spiritual Emergency Network at Esalen.
p. 45

Nancy Rosanoff
is a psychic counselor who teaches and works in New York City.
p. 36

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, CA, is the author of the new book Body, Self, and Soul.
p. 25, 51

Gabrielle Roth
is an artist, teacher, and healer. She is the founder and artistic director of the American Ritual Theater Lab and its rock band and theater company, "The Mirrors."
p. 31, 32

Ilana Rubenfeld,
pioneer of 25 years in the body/mind/spirit field and originator of the Rubenfeld Synergy Method®, is a certified teacher of the Alexander Technique and Feldenkrais® and is a gestalt therapist.
p. 35, 36, 51

Anne Ruderman
is a Reichian practitioner in private practice in Los Angeles.
p. 26

Alice Rutkowski
has trained intensively for 11 years with Anna Halprin and for the past year has assisted her on a national tour of "Circle the Earth."
p. 34

Gordy Ryan
has roots in the Big Sur Primitive Jazz Society and has studied and performed with Olatunji for 15 years.
p. 26

S

Stephano Sabetti,
founder of the Institute for Life Energy® and the Life Energy Process™, has a doctorate in psychology and is an acupuncturist. He is also an organizational consultant.
p. 39

Michael Samuels
is a physician, visionary, and co-author of many books on self-care, including Seeing with the Mind's Eye, The Well Body Book, The Well Baby Book, *and* The Well Pregnancy Book.
p. 37, 51

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 19, 26, 30, 31, 36, 40, 41, 45

Elisa Lodge Schiffman
trained in structural integration with Ida Rolf and is an advanced teacher of Rolf movement and integration.
p. 17, 19, 26, 30, 31, 36, 38, 40, 41, 45

Laurie Schutz,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has also led parent-infant workshops.
p. 30, 51

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, *a set of training materials for organizations. He is the author of* Joy *and* Profound Simplicity.
p. 17, 44

Alan Schwartz,
longtime Esalen group leader, college professor, and gestalt psychotherapist in NYC, authored the recently published Life Force – Death Force: The Structure of Human Energy and the Biology of Greed.
p. 31, 32

Cynthia Scott,
San Francisco psychologist and organizational consultant in mastering change and professional career development, authored Heal Thyself, From Burnout to Balance, StressMap, *and* Take This Job and Love It!
p. 41

Phyllis Shankman
is a licensed counselor in private practice in West Los Angeles. She has been leading groups at Esalen for over 10 years.
p. 23

Cyndy Sheldon
is co-founder and current president of the Gestalt Institute of San Francisco and on the faculty of the Gestalt Education Network International in Frankfurt, Germany.
p. 32

Rupert Sheldrake
is a biologist and author of A New Science of Life *and* The Presence of the Past: Morphic Resonance and the Habits of Nature.
p. 40

Fred Shoemaker,
an inner game teacher and golf professional, is a former golf coach at UC Santa Barbara and has written about the inner game for Golf *magazine.*
p. 40

David Silverstein
is a neo-Reichian practitioner and hypnotherapist in private practice in Berkeley, CA.
p. 31

Anne Nechama Simkin
trained in gestalt with Erv and Miriam Polster and Jim Simkin, and has conducted workshops internationally.
p. 46, 52

Fritz Smith
is a physician, cranial osteopath, certified acupuncturist, and founder of zero balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure.
p. 27, 28, 51

Gerald Smith
is a psychologist in Belmont, CA. He is author of Hidden Meanings *and* Couple Therapy.
p. 17

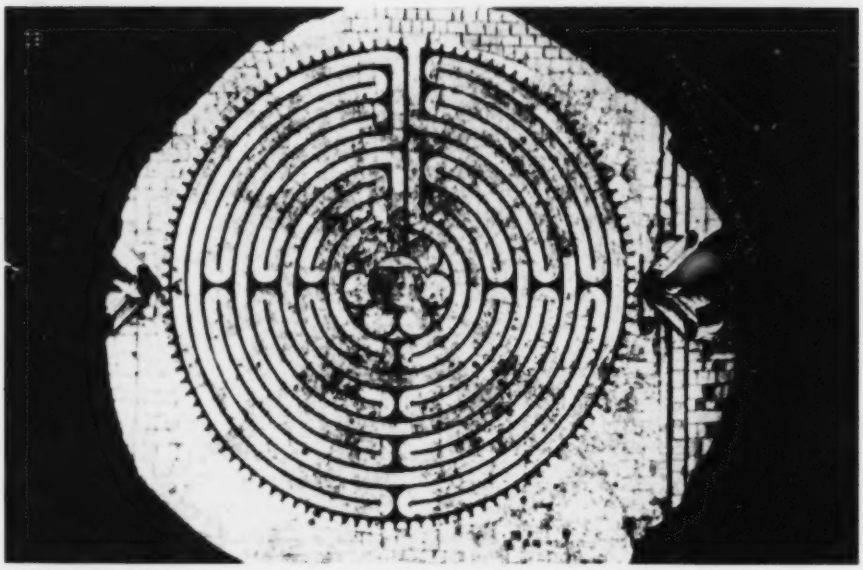
John Soper
came to gestalt from a highly successful international career in business. A resident at Esalen since 1978, he practices both interpersonal and intrapersonal gestalt.
p. 48

Gena Mayer Sorensen,
a marriage and family counselor, is in private practice in San Jose and San Francisco. She holds an adjunct certificate as a Radix® teacher.
p. 22

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on all five continents. He is concerned with the spiritual challenges of our time.
p. 30

KATHLEEN THORWOOD CARR

Yarn painting, depicting a visionary flight, by a shaman of the Huichol Indian tribe of Nayarit in western Mexico.



Labyrinthe. Cathédrale de Chartres. **The labyrinth, symbolic of the inward quest in mythological and spiritual traditions, is here represented in an in-laid floor pattern inside Chartres Cathedral. For the pilgrims of medieval Europe, entering the center of this labyrinth marked the final stage of their religious journeys.**

Elizabeth Stratton,
a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.
p. 30, 31

Joan Sullivan
is a psychiatrist in private practice and a training member of the Gestalt Institute of San Francisco. She is interested in an integration of gestalt with object relations.
p. 32

T

Yao Tamakloe
studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.
p. 26

Charles Tart,
professor of psychology at UC Davis, is internationally known for his work in consciousness, parapsychology, and transpersonal psychology. His most recent book is titled Waking Up.
p. 26

Keith Thompson,
creator of Lifeline Productions in Mill Valley, CA, conducts videotaped life history interviews with family elders to preserve their stories and experiences for present and future generations.
p. 18

Gabriele Thomson
has conducted workshops for mental health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 37

U

Beth Ullmann
is a certified Rolfer, Leonard Energy Trainer, movement therapist, and aikidoist, holds a black belt in Tae Kwan Do (karate), and has recent experience in the Model Mugging Programs.
p. 30

V

Antoinette Varner
is an acupuncturist, herbalist, and movement teacher whose work integrates cognitive learning, the body, and spiritual experience. She has an acupuncture practice in Mill Valley, CA.
p. 21, 32, 45, 48, 49, 51

Frances Vaughan,
psychologist and author, is the president-elect of the Association for Humanistic Psychology. She is a pioneer in transpersonal psychology and intuition research.
p. 22

W

Judyth Weaver,
a Reichian counselor and certified teacher of t'ai chi ch'uan and sensory awareness, holds a doctorate in psychology. She is a longtime student of Buddhism and Taoism and studied in a Zen monastery in Japan.
p. 36

Ganga White,
an internationally known teacher and master of yoga, is author of Double Yoga *and has received the titles "Yoga Acharya" and "Yogiraj" in India.*
p. 23

David Whyte
is a poet and storyteller. He is the author of Songs for Coming Home, *a collection of poetry, and is currently at work on his second volume of poems. He leads workshops throughout the U.S.*
p. 43

Colin Wilson
is a British author of more than 50 books covering a wide range of subjects. He has written biographies of Jung, Maslow, Steiner, Gurdjieff, and most recently, Aleister Crowley.
p. 46

Nancy Winston
is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians throughout North America in the use of hypnosis and counseling.
p. 34

Z

Ruth Zaporah,
performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a current recipient of a National Endowment for the Arts Choreographer's Fellowship.
p. 37

Janet Zuckerman
is founder of the Feeling Center in Big Sur, CA. She has been teaching at Esalen for the past 14 years.
p. 24, 37, 38, 52

ESALEN INSTITUTE RESERVATIONS

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (See General Information, page 66.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ ZIP _____

Telephone Number: Home: Area Code ( ) _____ Work: Area Code ( ) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? _____. If you can't be reached, please call us before your scheduled arrival for final confirmation. *Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.*

(On additional paper please repeat the above information for every person in your party making a reservation.
Mail to: Reservations, Esalen Institute, Big Sur, CA 93920.)

☐ Check if you want housing as a couple.
☐ Check if you want the discounted bunkbed option (see page 14).
☐ Check if you want the discounted student sleeping bag option (see page 14).

All of our rooms are non-smoking.

If you need scholarship assistance for an Esalen program, write for a scholarship application form. Please allow three weeks for scholarship processing. For further details, see Ways of Being at Esalen, pages 14-15.

Bus Service: I want bus service from (check one):

☐ Monterey Greyhound Bus Station at approximately 3:45 PM
☐ Monterey Airport at approximately 4:00 PM

on _____ (date of arrival, Fridays & Sundays only).

The $25 per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Esalen bus service is not available at any time other than as listed.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute, in U.S. currency only.
Overseas residents must pay by checks drawn on U.S. banks.

Your reservation can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No. _____

Expiration Date _____

Authorizing Signature _____

All workshops require nonrefundable reservation fees. See page 66. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute – By Reservation Only.

Fees and Reservations: In order to reserve a space in any workshop, we require the following reservation fees:

Weekend:	$50	Two-week:	$200
Five-day:	$100	Three-week:	$300
Seven-day:	$150	Month-long:	$400

Fees are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks. Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. Those who pay in full at the time they make their reservations will receive a $10 discount. *Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.*

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or more workshop participants.* Camping on the grounds is prohibited.

Please mail all reservations to:

Reservations
Esalen Institute
Big Sur, CA 93920

We prefer to process reservations via the mail. However, if you are concerned about workshops being full or have any questions, you may make reservations by phone if you use your MasterCard, Visa, or American Express credit card number to charge your reservation fee.

To make a phone reservation, call (408) 667-3005 during the following office hours:

Monday, Tuesday, Thursday, and Saturday
10 AM to 3 PM
Wednesday 10 AM to 12 Noon
Friday 10 AM to 8 PM
Sunday 12 Noon to 8 PM

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number, (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, please see pages 14-15.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive any time after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4:00 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your visit to Esalen, call (408) 667-3019.

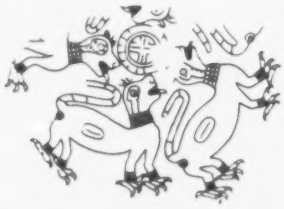
Accreditation: There are now a number of opportunities for Esalen resident scholars to gain credit with Antioch University toward a bachelor's or a master's degree in somatic psychology. Many other formal educational institutions also recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

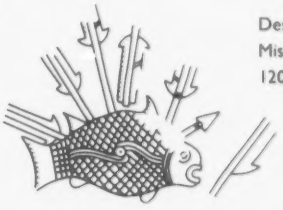
Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). Smaller groups may be accommodated at shorter notice. Call the office, (408) 667-3038, for further information, or write to the conference coordinator.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.





Designs engraved on shells. Mississippi Culture. A.D. 1200-1600.

COURTESY OF THE MUSEUM OF THE AMERICAN INDIAN, NEW YORK, AND ALFRED VAN DER MARCK EDITIONS

Atop the Borobudur, a Buddhist temple (Java, A.D. 8th century) conceived in the image of the world mountain. (See cover photograph and caption.) Each of ten terraces represents the stages toward perfection in a person's life, moving from earthly to transcendental concerns. On the summit-platforms, high above the earthly plane, are three circular terraces of bell-shaped tabernacles enclosing "Meditation Buddhas." Here, one is revealed in an open stupa.

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Esalen Institute
Big Sur
California 93920

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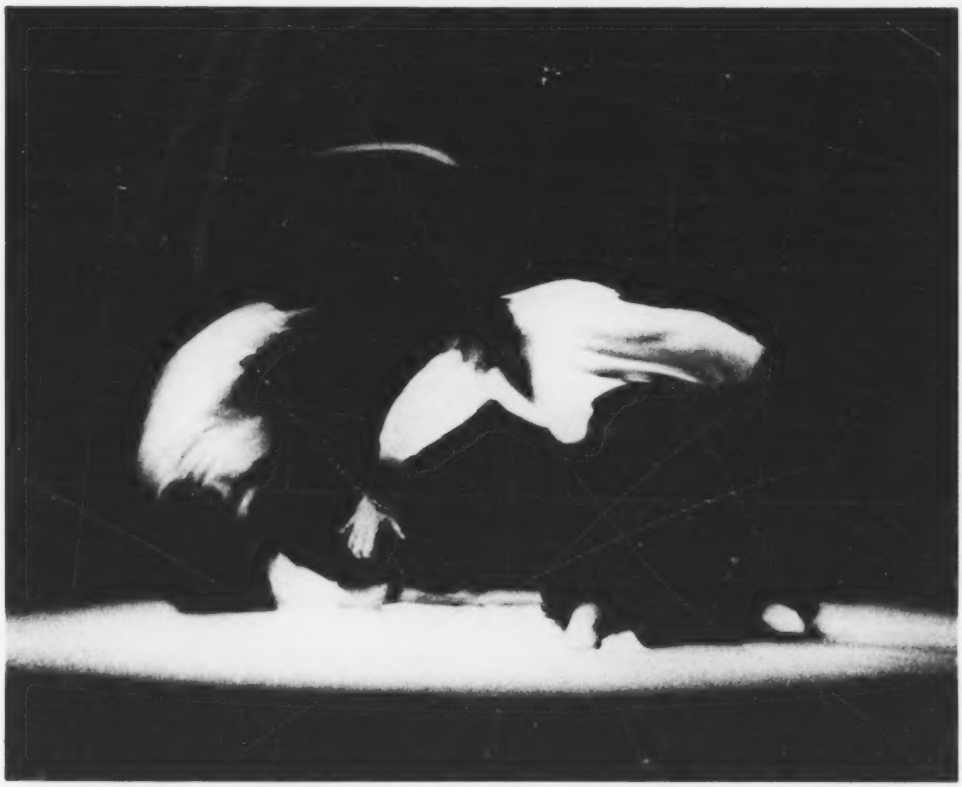

SEPTEMBER 1988–FEBRUARY 1989

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Esalen Institute, Big Sur, CA 93920

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THE MARTIAL ARTS AT ESALEN

Do not think that
This is all there is.
More and more
Wonderful teachings exist –
The sword is unfathomable.
–Tesshu Yamaoka, 1836-1888

To judge from some recent movies and television shows, martial artists spend most of their time dismantling hordes of bad guys, emitting unearthly screams, and breaking concrete blocks with their heads. The truth of the matter is that the martial arts – the best of them – deal less with wanton destruction than with lifelong discipline, less with fighting than with finding the elusive path to an enduring peace. That path, the martial arts tell us, joins body, mind, and spirit in a hero's journey, during which the only real opponent is within. To seek mastery of self, all the while knowing that such mastery is finally unattainable, is the martial artist's joy and sorrow.

Still, there are moments during long hours of practice when everything seems to come together to create a kind of balance in the chaos of existence. And in the realm where the physical body meets the infinite, the martial arts are endlessly wonderful and mysterious, calling all of us to learning that has no end.

Since the early 1970s a number of martial artists have offered programs at Esalen. There have been weekend and 5-day workshops and 8-week training programs for the modern, peaceful warrior. In addition, the martial arts, especially aikido and t'ai chi, have informed numerous Esalen workshops aimed at creating harmony out of discord and joining body, mind, and spirit. The photographs that run throughout this catalog are dedicated to the achievement of human potential through the martial arts.

KATHLEEN THORMOD CARR

George Leonard

STANISLAV AND CHRISTINA GROF: AN APPRECIATION

By Keith Thompson

KATHLEEN THORMOD CARR

Stan and Christina Grof

Adventure, discovery, acceptance, release. These are words that come to mind when when one thinks of Stan and Christina Grof's legendary extended conferences at Esalen. There were many of them during the Grofs' fourteen years in residence, each focusing on a multi-dimensional theme: the frontiers of modern consciousness research, the quest for a new scientific paradigm, Buddhism and Western psychology, paranormal intelligence.

During these month-long workshops, the Big House would be transformed successively into an ashram, an experimental laboratory, a mystery school, and an intimate college classroom. Through exquisitely structured exercises not unlike those of ancient healing rituals and shamanic vision quests, group members would undertake subjective journeys into their depths. The "Grof groups" (as they became known) provided a secure environment for participants to contact and release blocked energies, thereby allowing emotional and psychosomatic symptoms to flow into dynamic, life-changing experiences.

The workshops' more cognitive sessions, interspersed among these inner voyages, led participants into equally provocative territory. The Grofs' theses about the nature of reality, drawn from converging insights in psychedelic research, psychology, quantum physics, death and dying research, anthropology, spiritual healing practices, and the world's great mystical traditions, challenged conventional perspectives on these subjects.

It was, in fact, shifts in their own understandings of what is real that brought Stan and Christina to Esalen, although they arrived at different times and under different circumstances. For each, paradoxical new worlds of experience were opening. Stories which had given their lives and works meaning no longer held. Both were looking for a larger story.

As a young and newly trained Czech psychiatrist in the mid-1950s, Stan found himself captivated by what seemed the extraordinary explanatory power of psychoanalytic theory. "Freud," he recalls, "seemed to have all the answers. My faith in Western medicine and traditional psychiatry was absolute." Then the Sandoz pharmaceutical company of Switzerland sent an ample supply of a new drug to the psychiatric clinic in Prague where he worked and urged the clinic to research its mind-altering potentials. The drug was LSD, not yet famous as the American counterculture's substance of choice. Over a period of years, Stan administered LSD to patients in a systematic psychotherapeutic context. A complete account of his discoveries is beyond the scope of this page, but suffice it to say that as a consequence of his research, Stan Grof's belief systems – professional and personal alike – were no longer intact.

"Patients were regularly experiencing realms not accounted for by the psychoanalytic model, including transpersonal phenomena and perinatal experiences pertaining to the realms of death and rebirth. Yet without models or maps for understanding the persistent and consistent new data I was encountering, and with little support from my fellow scientists, I entered into a profound conceptual crisis."

Not long thereafter, Christina Healy, then a middle-class housewife living with her family in Hawaii, went through her own Dark Night of the Soul. "I had become very interested in Hatha Yoga as a physical discipline, unaware at the time of its spiritual dimension and power to awaken unusual energies and experiences," Christina remembers. Her otherwise ordinary suburban life was interrupted by a dramatic inner awakening during the birth of her first child, initiating a series of highly unusual emotional, physical, and spiritual experiences that continued for many years.

"Go see Stan Grof," counseled her former college professor Joseph Campbell. "He knows about these kinds of things." Stan had become Scholar in Residence at Esalen, where he was writing his first book, *Realms of the Human Unconscious: Observations of LSD Research*.

Christina went to meet Stan, who at the very time was studying remarkable parallels between non-ordinary states of consciousness induced by psychedelic drugs and those associated with cross-cultural shamanic procedures, traditional initiation rites, aboriginal healing

ceremonies, and the spiritual practices of many traditions. Having already made certain crucial distinctions between mystical openings and psychotic experiences, Stan sensed that Christina's "breakdown" was a stage in a larger breakthrough to a new level of being. In shamanic terms, it was the period of disintegration requisite to psychic integration at a more complex level.

Christina used her time at Esalen to read widely in the literature of numerous spiritual disciplines, to participate in a wide range of experiential studies, and to take up spiritual practice. "Eventually," she recalls, "I was able to recognize that I was involved in what in India is called a Kundalini awakening, a transformative process that was as profoundly healing in the long run as it was difficult to navigate at the time."

Out of her chaotic passage through the archetypal underworld emerged a new sense of connectedness, greater creativity, and a desire to be of service. Her marriage ended during this period, as did Stan's. In retrospect, it seems hardly surprising that they fell in love and eventually married, given the similarities between their respective "trials by fire."

In Stan's case, the conflict he experienced between his Freudian training and his observations from LSD research had once seemed insurmountable. But by trusting his hunch that LSD acts to amplify naturally occurring psychic phenomena (rather than creating drug-specific states), he had taken the crucial first step toward conceiving the outlines of a revolutionary theory of human nature – one in which Freud's model is useful in accounting for one level, rather than the totality, of psychic functioning. Many consider Stan's map of the psyche (detailed in his two most recent books *Beyond the Brain* and *The Adventure of Self-Discovery*), to be without rival in its comprehensiveness, elegance, and intellectual brilliance.

Likewise, Christina emerged from her labyrinthine journey with a larger perspective – and with new energies. Eager to make support available to people experiencing rites of passage similar to her own, in 1980 she founded the international Spiritual Emergency Network, located at the Institute of Transpersonal Psychology in Menlo Park, California. She and Stan are currently writing a book on the phenomenon of spiritual emergency to be published by J.P. Tarcher.

But of late it is their shared creation, Holotropic Therapy, that asks for most of their time. This method combines focused breathing, evocative music, body work, and creative artwork, and is designed to show, in their words, the "extraordinary healing potential of non-ordinary states of consciousness." Since moving last year from Big Sur, the Grofs have been leading Holotropic Therapy workshops and trainings throughout the United States and Europe.

"Our time at Esalen was wonderfully fertile for us," says Christina, "but the time came to take our work more fully into the world." One of their friends who helped them load up their U-Haul van talked quietly after they left for their new home in Mill Valley, just north of San Francisco: "I call Christina and Stan my teachers because when they talk about apprenticing to existential and spiritual crisis and being willing to die to self-concept, I know they've been there themselves. They walk what they talk. Do you know how rare that is?"

* * * * * *

(Information about the Grofs' workshops and training groups is available by writing to them at 20 Sunnyside Avenue, Suite 253, Mill Valley, CA 94941.)

KATHLEEN THORNOD CARR

Participants in a Grof month-long discuss mandalas they drew after a session combining focused breathing and music.

ESALEN NOTES

WALKING ON THE EDGE OF THE WORLD

A new book by George Leonard

Reviewed by Michael Murphy

George Leonard's *Walking on the Edge of the World* will be hard for critics to categorize, for in it are several kinds of book. It is first a personal memoir of the Sixties: the 1960 White House Conference on youth; Berkeley's Free Speech Movement; the Selma march with Martin Luther King; forays along the Iron Curtain from Finland to Iran; Ole Miss with James Meredith and Bobby Kennedy; seminars at Esalen in 1965; San Francisco's Summer of Love; visits to Watts and other ghettos as America's cities were burning; protests against the War; black-white encounter groups; Jennifer Jones's party for Esalen, at which Fritz Perls spanked Natalie Wood; rousing seminars in London with Alan Watts, Will Schutz, and other human potential pioneers; the struggles of *Look* magazine with officials of the Nixon administration.

Leonard participated in all these events, as *Look* editor, educator, and advocate of social reform, and was a central figure in some. He produced the definitive story about the Ole Miss crisis, started Esalen's black-white encounters, was a major catalyst of debate over changes in American education. His memoir brings the decade back with vivid detail, providing a picture of incidents no other reporter or historian observed so closely. For that reason, it will be read for a long time to come as an important historical record. Scholars many decades from now will turn to this book for material other commentators didn't recognize or deem significant. No one else, for example, has understood those activities called "the human potential movement" so well (Leonard invented the term, after all), nor seen their links with other American reforms so clearly. Because Leonard experienced transformative practices himself, he saw the courage, the beauty, the fulfillment they produce along with their wrong turns and follies. His understanding of new educational approaches is deeper than other writers'. Indeed, Leonard's eye for neglected aspects of American life make his book a classic among social histories. Because it provides perspectives on our national experience which future historians will find nowhere else, *Walking on the Edge of the World* will take its place alongside James Agee's *Now Let Us Praise Famous Men* and de Tocqueville's *Life in America*.

Two reasons for this special insight stand out for me: first, Leonard's willingness to move outside the conventional wisdoms in both his thought and action; and second, his passionate – should I call it *Southern?* – love of life. This book is a story of hope told by an outlaw, a celebration of the times by someone who didn't protect himself with irony and distance. Leonard was simply too caring to stand back from the things he saw. In the field of education, he led efforts for change; in Selma he marched; at Esalen he joined, even started, encounter groups. And so his reflections have nuance and depth which other histories of the time lack entirely. *Walking on the Edge of the World* is a love story as well as good history. You end up liking, admiring, or feeling compassion for the people in it, even the rogues and villains.

But with all its sweep and passion, with all the tumult of the times it reflects, this book is finally a *wisdom tale*, something like a marriage between the later Balzac and the tales of Nasruddin. Its easy-to-read prose leaves a series of crystalline pictures in your mind, which upon later reflection reveal new mysteries. There is first a plainly-told account, then ethical insight, then mystical truths and further complexities. In Leonard's pictures of light and shadow, victories and defeats, we see that the Sixties dramatized a transitional state of the soul, a type of initiation through which persons or cultures must pass to call up their greater possibilities. To avoid that adventure, this book seems to say, is to live a smaller though safer life, secretly longing for love and justice; while clinging to icons of that time – seeking freedom without discipline, perhaps, or believing utopia can be seized by revolution – would leave us exhausted.

Turn this story in your mind and it reveals facet after facet, like a crystal. Without preaching, by luminous storytelling, Leonard reflects the complexities and depths of our own life, makes our greater adventure more apparent. After this book, American history, our own history, has new consequence.

* * * * * *

(Walking on the Edge of the World *will be published by Houghton Mifflin in Fall 1988.*)

HARRY SLOAN

By Stuart Miller

We remember Harry Sloan in his earliest days at Esalen: 1968. He looked through the windows of the Lodge at the sunshine, the ocean, the hummingbirds, and the monarch butterflies and, with exaggerated New York accent, said, "Me? I came out here on the subway!" In the light of all that has happened, one is inclined to read many meanings into such a statement. It was, of course, one of his quips – Harry was the funniest person at Esalen, a very brother to Humor. And it was also his acknowledgment of the thickness of his own past and, by implication, of everyone's. We can not easily escape our conditioning, our background, and our limitations.

Now, that subway rider, forty-five, a man who in these twenty years took more than his share of dark journeys, is dead. He passed on April 14 at 1 a.m. and, because he had a lot of medical training (four years at Western Reserve University and a Degree of Medical Dentistry), he would probably want it known that he died of colon cancer after a five-year struggle.

His long dying was instructive, as were other parts of his life, for the doctors had told him at the beginning that he would go in a mere six months. But he fought the disease with characteristic liveliness, employing the most diverse means, orthodox and otherwise: meditation and special diets, psychic healing, humor, chemotherapy, radiation, medication, and two surgical operations. His underlying method, however, was based in two of his outstanding qualities of character: tenacity and faith.

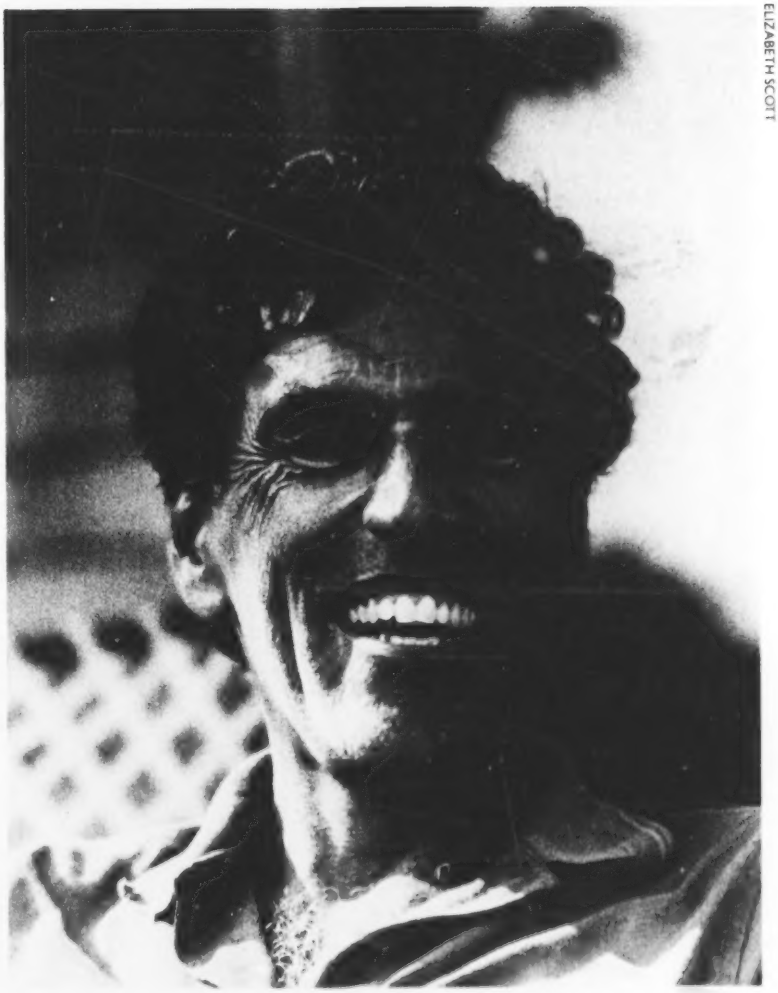
One of his dearest friends recalls, "At every stage of the disease, even at the end when the cancer had moved to the liver, to the lungs, when he was worn at by a bursitis in his shoulder which kept him from sleep, when the pain medication led to a nausea which kept him throwing up after every meal, he would still assert, 'I will not be victimized by this,' meaning that he would stay himself, not become a victim, that he would keep loving, keep exploring, never be jaded. And he would emerge from the bed or the bathroom, still not depressed, still cracking jokes." His faith was in what he taught in his workshops: the human capacity to identify, albeit with difficulty, with the higher, even the highest, within oneself.

In his later years, Harry emerged as one of Esalen's most inspired and beloved seminar leaders. Those who knew only the exuberant jokester of yore were surprised at the funeral when one client after another, many psychotherapists, rose up to speak of the "luminosity" they experienced when working with Harry. This was not easy to reconcile with earlier images of a fast-talking New Yorker, a clown, who once bought a little battery-operated toy machine that emitted deep Har-Har laughter, and then put it, still Har-Haring, in a trash masher and pressed "On." And what about the memory some had of his habitually leaning out of car windows and barking at passing dogs, and then rejoicing when they chased him in frenzied dog conversation? Neither is it easy to reconcile that clownish background with friends' statements that "Harry was deeply internal," and that in the last decade of his life he would stay up all night reading spiritual texts trying to clarify points raised in the previous evening's discussions, or that it was his habit to meditate for three hours every day on emergent spiritual problems and qualities.

Harry was not a simple man. He loved God and the God within, and he loved life: beautiful women, jokes, good food, children, and friends. As in his life, so in his work, he had the uncanny ability to evoke people's belief in their best possibilities. Still, he would constantly tell them to seek the guru not in him but in themselves. Indeed, one of his stock bits was the parodying, in mock-Indian accent, of guru figures: "It is not the Guru who loves Rolls Royces and wants you to give them to him; it is God who wants Rolls Royces for the Guru!"

Toward the end, a committee came together to try and capture in some logical frame the power of his workshops, his insight, approach, and methods. But even as Harry would invite and encourage such intellectual formulations, he would resist any premature foreclosure, as suspicious of any simple system as he was of any guru. The important thing was "the work" itself, especially that delicate and tender process people reported by which he gave permission for the emergence of their "Higher Self," "my soul," "my growing edge." "Allow that tenderness you are feeling. Let it emerge. What if that quality were to get bigger in your life? Take your time to imagine that. Affirm that in you." Nor would he ignore everything in the personality that warred with the higher. Sometimes he called it "The Voice." And he would demand, as the dramatist he had once been might have said, "Cue The Voice! Let it speak. The Voice which says, 'You can't. You'll never be that good. It's hopeless. People are worthless. Give up!'" That part, too, was to be allowed, in the faith that somewhere a reconciliation could be found.

(continues)



ELIZABETH SCOTT

Harry Sloan, summer 1987

ESALEN NOTES

With all the many images that remain with us from the life of this vital man, we shall always remember the last ones. First, a week before the end, not having seen him in many months, we came to the front door. "I'm glad you've come, you must join the others here and help with the discussion," he said when he greeted us. His torso was swollen with edema, his face was sunken and sallow with jaundice; once, on the way back to the bedroom, he staggered. "Tell us, what do you think? Should I be cremated or buried?" The insouciance was so original as to make us laugh, which he clearly had in mind. "I mean, some people want a place to go and visit. Me, personally, I would prefer cremation. I'd like my ashes scattered (pause) and placed in the salt and pepper shakers at Woolworth's."

One friend comments: "For me, Harry's outstanding quality was his ability to lead his own life. Like the good Jewish boy he was supposed to be, he first became a dentist. He could have stayed there, pleased his society, and followed a conventional path. But he struggled instead to find his own way, through all sorts of disappointments and setbacks, without bitterness, and he helped others do the same. His favorite text was the one we used at the memorial service, from the third chapter of the Bhagavad Gita: 'Better is one's own dharma, though imperfect, than the dharma of another well performed. He who does the duty ordained by his own nature incurs no sin.'"

As for the actual moment of passing, he was at home in bed, surrounded by family and friends. Three of them have told us of the special luminosity of the moment. One said, "To the seven people in the room, his passing was transformative. Even the most philosophically materialistic felt that it was more like a birth. I always imagined the moment, the act of death, to be dark and frightening. But this death filled me with serenity. Naturally, it was a relief to know he was out of pain, though he managed that very well through medication. But I kept saying to others, 'Can you feel the Joy?' Was it his soul being released? Was it, I thought, an angel come to get him? Whatever it was, the death was joyous, and I have not felt death anymore to be some black hole of loss, some abyss. The actual passing was more like a miracle of transition. A subjective sense of light filled the room and it was as if a hole opened above the bed and filled that room for a week afterwards. For me, the mystery of death is still there, but it is no longer terrible."

Harry Sloan came to Esalen on the subway, but he left, it seems, carried on the wings of angels.

* * * * * *

(The Committee for the Affirmation of the Work of Harry Sloan invites contributions of funds or recorded tapes of sessions to be sent to "The Fund for the Affirmation of the Work of Harry Sloan," 34 Forest Ave., Mill Valley, CA 94941.)

INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and common points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public.

The goal of these conferences is to engender the kind of creativity that comes from the collaborative work of people with similar interests but radically different approaches. We hope that the results will include expanded research projects, new writing, and more effective plans for the education of therapists. Currently scheduled programs and their conveners are listed below.

September 11–16
Mysticism Reconsidered

Frances Vaughan

This seminar will be an interdisciplinary attempt to reformulate contemporary perspectives on mysticism, to clear up some popular misconceptions, and to provide some guidelines for further research in this area.

October 2–7
Lindisfarne

William Irwin Thompson
& Mary Catherine Bateson

Lindisfarne is an association of individuals and groups around the world dedicated to fostering the emergence of a new planetary culture. This conference will explore the challenge to re-invision, re-think, and re-create the delicate balance of life that is poised between nature and culture.

November 13–18
Community-Based Alternatives to Institutional Psychiatric Treatment

Lawrence Telles

Dick Price created this conference with the goal of increasing the quality and availability of (particularly residential) alternatives to institutional treatment for people in what he called "a state." The conference is intended to create a network of those who can support and learn from each other's work in this field.

November 13–18
The Uses of the Unconscious

Bruno Bettelheim
& Heather Maycock Ogilvy

This conference will gather together old friends and colleagues, including Peter Blos, Saul Wasserman, and Karen Zelan, to discuss the overlap of the unconscious and intuition in the therapeutic process, in educating children, and in administering mental health programs.

January 16–18
Dialogues on Philosophy at Esalen

Jay Ogilvy

This conference will continue the conversations on spiritual epistemology and cultural pluralism that were initiated in 1987.

WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from a tour of the garden on a Sunday afternoon to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on pages 38-39. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops.

Some courses offer continuing education credit to nurses (see Medical Programs, page 39, for current C.E. listings), and academic credit toward a bachelor's or master's degree is offered to Esalen resident scholars through the Esalen-Antioch somatics program.

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, massage, and good food without participating in a workshop. See this page for more information.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, choirs, or other forms of entertainment. On Sunday afternoons there are garden tours (see this page for more information). Body work of various kinds is available by appointment with individual practitioners. Private sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, singing gestalt, etc. Finally, there is a community workshop program which goes on daily and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. Scholarship recipients may be asked to bring a sleeping bag to use during peak attendance periods. There are no scholarships available for the Work Study Program.

In addition to scholarships, we offer the following options to help reduce the cost of attending a seminar.

Student Sleeping Bag Scholarships: We are now offering a discounted sleeping bag rate for fulltime college or university students who are enrolled for at least 12 credit hours during the time of their Esalen stay. For more information and an application, contact the Esalen office.

Bunk Bed Rooms: Bunk bed rooms are available for seminar participants who are willing to share a room with three other people. Please call for current rates. The number of these spaces is limited and they are reserved on a first come, first served basis.

Senior Citizens' Discounts: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25, and for a five-day workshop the discount is $50. Discounts are available only when you make your reservations. Please present proof of age when you register. Senior discounts are not available for Wilderness Programs or Work Scholar Programs.

Room and Board: Bed spaces not required for workshop participants are sometimes available for room and board. Accommodations are shared, and the rate is variable and subject to change. Please call for specific information. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require that people pay in full when they make a reservation. This payment is not refundable.

Private rooms are sometimes available at an additional charge over the regular room and board rate. Special family rates are also available. Please phone the office for additional information.

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, Reichian work, massage, etc.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 38-39.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see page 39.

Garden Tours

Esalen is now offering to the public, from April through September, tours of the garden, farm, and landscaping. These tours are on the first and third Sundays of the month, from 2-5 PM. The cost is $10 per person; group rates are available. A series of Saturday workshops is also being planned. For more information or to make reservations, please contact Steve Beck at the Esalen office, (408) 667-3000.

Weekend of September 2–4

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to oneself, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants may learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate in the choice of expression or depression. $295

Edges: A Weekend with Terence & Kat McKenna

The McKennas write: "From the Voynich manuscript to the villages of Ceram's forested interior, there are gentle uncharted backwaters in the physical and intellectual world that can be a source of renewed vigor for thoughtful people caught in the meltdown of historical society. Because the exploration of edges, of the way less traveled, has proven a workable strategy in our own long strange trip, we are interested in sharing these ideas with our friends. Global perspectives and psychedelic poetics begin with stories and deep talk of far places and the experiences that can take flower there. We will discuss people, plants, cultural migrations, religious conversions, visions, conspiracies, and hierophanies. Join us for yet another conjuration of philosophy as you like it." $295

What is Self?

Bernadette Roberts

In this workshop, Bernadette Roberts will present her insights into the question of self. She writes: "As long as we are living it, or are it, we cannot know the true nature of self. This disclosure can only be known when self falls away and becomes known by its absence or 'what was.' As it turns out, the knowing-feeling self is both an unconscious function of the mind and the profound experience of life and being. Together these give rise to every experience we call self or consciousness.

"Viewing human existence as a passage through consciousness, this workshop will explore the major milestones of the journey, with particular emphasis on the difference between the falling away of the ego-self and the much later falling away of the true self or the unitive, transcendental self. The criteria and validation for these milestones will be viewed in the light and experiences of Christ and Buddha, who manifested and articulated the journey for all who would come after." $295

Artmaking as an Act of Healing

Nancy Azara

This workshop is for visual artists who want to explore the magical power and healing properties inherent in artmaking and who want to know and expand their psychic visions. Using meditation and other exercises, participants will have the opportunity to open creative channels to find their visual language, bring vivid images to consciousness, and paint and draw these experiences. They will focus on light and color through their bodies, practice reading auras, and experience the laying on of hands. These exercises allow individuals to discover their own creative healing symbols, ease energy blocks, look at the hidden parts of themselves, identify and clarify important influences in their lives, and, finally, move toward more fully owning their personal power. The instructor will guide workshop activities with the sustenance and support appropriate to this kind of exploration and expression.

Participants are asked to bring whatever they like of the following: acrylic or watercolor paint, collage materials, pastels, oil crayons, scissors, glue, and about 25 sheets or the equivalent in pads of good quality drawing paper (no newsprint). Size 11"x14" is ideal. $295

Week of September 4–9

Sacred Mask Experience

Elisa Lodge

Marvel at the ingenuity in which divinity hides itself in order to find itself. – Alan Watts

Masks are magic! The elemental power of sacred masks to liberate and transport us has all but disappeared from our cultural heritage. Drawing our initial inspiration from a large international collection of masks, we will reestablish our connection to this ancient artistic tradition, one of the oldest forms of catharsis and healing.

Through mask-making, ritual theater, trance journeys, primal sound, and movement work, we will enter a world that will carry us to the further reaches of our imagination and to what is revealed behind the masks – the beauty and truth of our essential nature. Together, we will create rituals that grow out of sacred practice, opening us to more vital and novel dimensions of expressive behavior not ordinarily permitted in our daily lives. Local musicians from Big Sur will be used to orchestrate and ground the powerful energies that emerge. $575

A Week with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, Rolfing*, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

*Rolfing is a service mark of the Rolf Institute. $575

Painting Experience with Michell Cassou and Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting – to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling.

The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety

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of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$575 (plus $25 materials fee paid directly to the leaders)

Trance Integrations: Advanced Workshop

Paul Carter

Wisdom is the intelligence of the system as a whole. – Gregory Bateson

Your conscious mind is very intelligent, and your unconscious mind is a hell of a lot smarter. –M.H. Erickson

This advanced workshop is for people who have previously worked with Paul Carter and wish to go deeper with the material. It is an experiential, holistic, and innovative approach to Ericksonian naturalistic hypnosis – the Whole/Parts Process. It will explore principles of this approach, including trance as a natural and necessary part of health and will develop the idea that people and their communication and problem-solving are paradoxical.

Because of their prior experience with going into trance, participants will be better able to shift their focus into personal and interpersonal work inside of the trance state. Milton Erickson believed that people have an intelligence obtained from their wholeness that is far greater than what they are ordinarily conscious of. Accessing and integrating that intelligence will form the basis of this work.

Through guided exercises and group process, participants will work with the hypnotic use of metaphor in movement, sound, image, and story, as well as the hypnotic realities of age-regression, age-progression (traveling into futures), lucid dreaming, dissociation, and deep-trance identification (a process of deepening self-awareness through identification with different persons in and out of trance).

Additional topics may include: pain control, working with families, transpersonal exploration; the art of using all the system, including the bad, sick, crazy, and resistant parts; and an integrative approach to problem-solving and self-healing as described in Paul Carter's forthcoming book, *The Whole-Parts Process: A Formula for Integrity*.

> *If your mind*
> *Is not projected*
> *Into your hands,*
> *Even ten thousand techniques*
> *Will be useless.*
> –Tesshu Yamaoka

Recommended reading: Grinder and Bandler, *Trance-Formations* (Real People Press); Michael Yapko, ed., "Parts Work: The Never Ending Story," *Hypnotic and Strategic Interventions* (Irvington). $575

Weekend of September 9–11

A Special Weekend at Esalen

This weekend is open to all those who would like to spend time at Esalen, enjoying the grounds, the baths, and the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual. $160

Week of September 11–16

Five-Day Massage Intensive

Robert Helm & Esalen Massage Practitioners

Participants will be instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for additional information see page 39. $575

Caretakers of Wonder: The Accuracy of Aesthetic Insight

Mel Bucholtz

An awareness of beauty, wonder, and enchantment restores purpose and direction for the creation of a meaningful life. It also addresses and helps resolve problematic and distressing issues in one's life.

This workshop will: 1) introduce participants to an experience of wonder as the animating element in life; and 2) practice ways in which one shepherds wonder into the world. Accepting the notion that it has been placed in their trust, each trustee, or caretaker, then ushers wonder into the world.

With such learnings, we re-inherit our sensibilities and are vitalized by the new meaning they bring to awareness. The quality of attention which unfolds is that of enriched being, animating all the communities that sustain and create life. $575

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $575

The Life Energy Process℠

Stephano Sabetti

The Life Energy Process is a spiritually-oriented approach to body work and lifestyle which allows participants direct contact with the spiritual self through the use of energy vibrations. This is facilitated by specific intensive and subtle movements, depending on the energy level affected. Participants may find that these movements open them to their own healing channel and unique energy frequency. In this process it is possible to release unfinished emotions, radiational and chemical toxins, and psychological disturbances without forcing oneself in any way. From that point of greater clarity in the energy movement within their own bodies, individuals may move to the next step in their personal development. This energy work is continued physically and verbally through process inquiry and dialogue with the workshop leader as participants examine the superficial trace problems of their everyday lives and explore their deeper energy disturbances through energy patterning.

Other aspects of the Life Energy Process which may be included in this workshop are energetic forms of massage, dance, and theater, all of which can be used to heighten awareness, express inner movement, and create possibilities for new avenues of growth. Some of the work may be hands-on with partners. Participants will also be led in individual movement and dance patterns.

This workshop may be of particular interest to professionals and laypersons alike who are excited by the integration of Eastern and Western methods with the new physics for personal, social, and organizational evolution.

Recommended reading: Stephano Sabetti, *The Wholeness Principle; Manifestations of Energy;* and *Shinkido Massage* (available from Life Energy Media, 14755 Ventura Blvd., Ste. 1908, Sherman Oaks, CA 91403; (213) 874-7100). $575

Weekend of September 16–18

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Its emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press). $295

Singing Gestalt

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about feeling and expressing.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. Video feedback may be incorporated. But the workshop is really about you—singing. $295

The Presence of the Past: Morphic Resonance and the Habits of Nature

Rupert Sheldrake

Sheldrake's hypothesis of formative causation may provide the basis for a new scientific paradigm which goes far beyond the currently predominant mechanistic theory of life. The idea that the form and behavior of living organisms are shaped by morphogenetic fields, themselves molded by the form and behavior of past similar organisms, leads to a new interpretation of heredity and the evolutionary process.

Memories need no longer be thought of as somehow stored inside the brain. They may depend on direct connections with the organism's own past due to morphic resonance, and tuning in to the experience of other members of the species may give rise to a pooled or collective memory.

In this workshop, some of the implications of formative causation for biology, psychology, parapsychology, philosophy, ritual, and religion will be explored and discussed.

Recommended reading: Rupert Sheldrake, *A New Science of Life* (Tarcher) and *The Presence of the Past: Morphic Resonance and the Habits of Nature* (Times Books). $295

Introduction to Gestalt

Esalen Gestalt Staff

Coordinated by Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear –
And when used – is inexhaustible.
– Lao Tzu

Gestalt is as old as the world.
– Fritz Perls

Gestalt practice is a form – nonanalytic, noncoercive, nonjudgmental – evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included.

Each gestalt practice group will have a member of the Esalen gestalt staff as its primary leader. The name of this leader will be listed in the office three weeks in advance of the workshop. Please call if you want this information. Other leaders may be involved in some sessions.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press) and *In and Out the Garbage Pail*; John Heider, *The Tao of Leadership* (Humanics Ltd.). $295

Week of September 18–23

Personal Challenges of the U.S.-Soviet Relationship

Stephen Rhinesmith

Everyone concerned with the U.S.-Soviet relationship faces uncertainty and contradictions in trying to determine what is real and what is not, what can be believed and what cannot, and what the implications are for one's own values and beliefs.

This workshop is designed for laypeople and professionals who face the personal value and identity challenges created in trying to reconcile the enormous differences between the United States and the Soviet Union. Issues to be discussed include the contradictions of human rights vs. cultural relativism, national security vs. bilateral dialogue, cooperation vs. competition, and reaching out vs. being sued. Participants will examine the relationship of these topics to their own work, values, and belief systems. $575

The Hakomi Method

Ron Kurtz

Hakomi is a body-centered practice based on the principles of: mindfulness, unity, organicity, non-violence, mind-body holism. Hakomi incorporates non-doing as a major methodological principle and trusts in every individual's inner wisdom and power for self-healing.

Using the body as a rich source of information about the unconscious mind, hakomi can assist people in turning inward to those special states of consciousness where change takes place, to explore core beliefs which determine the quality of experience.

Hakomi work embraces the body-mind unity, supports the client's resistance, and encourages respect for and awareness of inner processes. This can be used by counselors, health practitioners, educators, body workers, and anyone invested in personal growth. This workshop also serves as a prerequisite for the formal hakomi certification process. $575

A Workshop with David Schiffman

Anything which is forced or misunderstood can never be beautiful. – Xenophon

People, like plants, need special attention to thrive and blossom. To naturally grow beyond what they've been requires strength, sensitivity, and a deeply compassionate awareness. The courage to let go of self-defeating patterns from the past, the willingness to master fresh skills and create new dreams for the future: these are the turning points that nourish and sustain human beings.

In this workshop, the participants will come together in the spirit of being simply and lovingly at home in themselves. They will create a community whose aim is to explore and move through individual turning points in a climate of trust, goodwill, and authenticity. The program will be structured to include intensive individual work, using practices from gestalt, psychosynthesis, and bioenergetics, as well as creative movement, music, guided imagery, group rituals, and celebrations. $575

Dream Discovery

Joyce Frazee

A dream that is not understood is like a letter that is not opened. – The Talmud

This workshop will explore what is required to open one's dream and to open to the dreamer in oneself. The dream that seems so real, so tangible, is really a miracle of metaphor and disguised insight. It is a gift from the self. The opening to these insights and understandings can be taught and, once learned, allows the dreamer to draw nourishment and encouragement from the unconscious. Even the most frightening dreams may have gifts waiting to be learned.

The mind can be perverse, and if not rewarded for its efforts, may turn its energies elsewhere. This applies to dreams, of course. If one does not know how to draw value from them, they will be forgotten. Since many people forget dreams, exercises in dream recall will be offered in this workshop. Participants will be encouraged to keep dream journals, through which they may discover that dreams come in series, presenting and exploring a continuing theme.

The group will work with feelings using gestalt and bioenergetics. Participants will draw dream mandalas and explore how to use them for insight and healing. Methods of dream control and lucid dreaming will be discussed. $575

Golf in the Kingdom . . . an exploration of the inner game

Stephen Cohen, Fred Shoemaker, John & Tucker Elizabeth Allen

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart. – Michael Murphy, (Shivas Irons) *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It may be experienced not simply as an athletic endeavor, but also as a metaphor for the way one lives.

In golf, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve. By freeing the full potential of this inner self, it is possible to greatly expand one's capacity to learn, both in the physical and mental/emotional realms. Not only do golf scores and enjoyment of the game improve, but the same lessons can be applied to other areas of one's life.

In these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles and methods from psychosynthesis and gestalt therapy, to explore the inner self and how one interferes with its emergence.

Neither movement from
nor towards,
Neither ascent nor decline.
Except for the point,
the still point,
There would be no dance,
and there is
only the dance.
–T.S. Eliot

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Two of the days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen in Big Sur. This workshop is suitable for male and female golfers of all levels of accomplishment. Participants may bring their own clubs, or the leaders will provide them.

Recommended reading: Michael Murphy, *Golf in the Kingdom* (Dell); Timothy Gallwey, *The Inner Game of Golf* (Random House).

$575 (plus $70 green fees paid directly to the leaders)

Weekend of September 23–25

Weekend Massage Intensive

Esalen Massage Practitioners

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners. $295

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $295

Inner Sound and Voice

Jill Purce

This is a workshop of practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the Self and release an untapped source of energy.

Participants will work with the psycho-physical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance, to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures including trance music, Mongolian and Tibetan overtone chanting, and other methods. $295

How to Change Your Work Without Changing Your Job

Cynthia Scott & Dennis Jaffe

Many people are searching for a place to make a commitment, and all they are offered is a job. What this workshop offers is an opportunity for participants to learn how to change their work without changing their job, to transform their work from the inside, to create a greater connection between their values and their work. Such an approach allows people to take greater control over their work, leading to greater satisfaction and meaning. This is what the leaders call *HeartWork*.

During this weekend, the leaders will present the steps to *HeartWork* and coach participants through structured exercises and open exploration of such topics as: defining new work, dealing with business transitions (becoming a change master), mission and vision (harnessing one's dreams), breakthrough thinking, inspired performance, creating a job enhancement strategy, building personal power, creating support links, balancing one's work and personal worlds.

This process is an alternative to burnout and exhaustion. Emphasis will be on the practical application of what the participant does on Monday. $295

Week of September 25–30

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

This workshop is open to anyone interested in learning to recognize, trust, and use their psi abilities. The leaders will use exercises designed to aid participants in recognizing their perceptive styles and trusting the intuitive input they normally receive. Anne Armstrong will use her tracking abilities, acquired from over twenty years in this field, to assist participants in arriving at useful, accurate data.

One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives – personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $575

Self-Acceptance Training

Richard Olney, Leonard Bearne & Tim Dorle

Self-acceptance training is a transpersonal practice that follows an educational model rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment, without the inhibitions of self-judgment, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real.

Although its practice includes devices drawn from gestalt, bioenergetics, mythic fantasy, eidetic imagery, and hypnosis, it is also a philosophy, a value system, and a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body work and body awareness, emotional charge and discharge, as well as a cognitive examination of the individual's "pretends" and illusions that obstruct self-acceptance. $575

A Workshop with Laura DeNuccio (Ma Prita)

If a proper reverence for the sanctity of the earth and the diversity of its people is the secret of peace and survival, then the adventure of self-discovery stands before us as the most practical of pleasures.
—Theodore Roszak, *Person/Planet*

In nature, one can observe the rhythms and patterns that occur in every aspect of life—from the pulsation of the cell, to the ebb and flow of the deepest emotions, to the movement and expansion of the universe itself. In this workshop, the natural world will be the group's teacher as they explore the "inner" terrain of their physical and emotional bodies and the "outer" terrain of Esalen and Big Sur.

Participants will use Reichian gestalt awareness and breath work, sound, creative movement, and meditation to balance and transform energy blocks in the body. In addition, they will use music, dance, prayer, and ritual to express their relationship with the earth and each other.

No previous experience is needed, only a willingness to explore this adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms. Learning about one's body, natural instincts, and responses can lead one back to the ancient wisdom of the earth—and a return to sacredness and wholeness.

Recommended reading: Fields et al., *Chop Wood, Carry Water* (Tarcher); Shakti Gawain, *Creative Visualization* (Whatever Publishing); Peter Russell, *The Global Brain* (Tarcher). $575

Transformational Theater

Jane Hinders & Mark Olsen

Theater, unlike film and video, is multi-dimensional, involving all of the senses—including the ability to sense the collective mind of the audience. The actor, charged with the energy of an audience, can use it to access various archetypes and by-pass ordinary obstacles to personal growth. The audience, linked to the actor, participates vicariously and thus benefits by this process of transformation.

Successful self-transformation depends upon the state of refinement of the individual nervous system. Gradual harmonizing of the body, mind, and voice improves neurological alignment, making it possible to accept and transform greater and greater dosages of audience energy. The results of this can be: greater freedom of expression, improved clarity and perspective on life, warmer human relationships, and a return to a childlike sense of wonder.

Through specific voice and movement methods developed by the leaders, this workshop will focus on the process of harmonizing body, mind, and voice, and generating and transforming creative energy into various forms of theater. Voluntarily entering the imagination in order to grow is an act of extraordinary trust. Transformational theater is based on such trust. In order to orchestrate self-transformation, the actor must trust his/her fellow actors, the powers of the imagination, and ultimately the magical entity called a live audience.

The leaders will use the body and voice as tools for self-knowledge. Together they will apply their teaching skills, exercises, and games to guide others to discoveries that can be shaped into song, dialogue, mime, dance, storytelling, or any combination that best channels the creative spark.

Transformational Theater can be nourishing, fun, and uplifting. It is physically demanding and requires some prior training such as yoga, t'ai chi, mime, dance, karate, or other movement work. Participants should wear loose clothing. $575

Weekend of September 30–October 2

Cognitive Therapy of Depression

Christine Padesky & Kathleen Mooney

As rich and important as feelings are, sometimes people become so distressed they need help learning to control their emotions. Research shows that in a state of clinical depression, a person's thinking becomes negatively distorted so that, instead of enhancing understanding of oneself, depressed feelings can actually lead to a destructive self-view.

Over the past twenty years, Aaron Beck, a physician at the University of Pennsylvania, has developed cognitive therapy, which represents a significant breakthrough in helping people who are depressed. This approach, by focusing on a here and now collaborative relationship between client and therapist, teaches the depressed person to identify thinking and behavior patterns which perpetuate depression. Personal experiments and guided self-discovery methods can be used by the client to change distorted negative thinking to more balanced thinking and, as a result, a depressed mood can be lifted.

Through lectures, demonstrations, and guided group exercises, participants will be taught the basic concepts and practice of cognitive methods for depression. Humor and creative metaphors will be included. This workshop is especially intended for health professionals. $295

Guide to Recovery for Adult Children of Alcoholics and Other Adult Children of Trauma

Herbert Gravitz & Julie Bowden

The last decade has heralded a social movement identifying and recognizing the plight of over thirty million Americans raised in alcoholic homes. When it is realized that there are millions raised in family environments with other types of dysfunction (e.g., chronic mental or physical illness, holocaust survivors, compulsive workers, overeaters, or gamblers), it is possible to begin to see the source of the pain so evident in this society.

Some believe the stress or sadism in an alcoholic family is second only to the horrors of concentration camps or prisoner of war camps. Comparing growing up in an alcoholic family to growing up in a war zone, many believe the emotional atmosphere results in symptoms of post-traumatic stress disorder, including flashbacks, psychic numbing, survivor guilt, alienation, and chronic shock. Acknowledging the effects of alcoholism increases understanding of the healing process.

The workshop leaders have identified six stages that describe the transformational journey to recovery taken by children of alcoholics and other trauma. Step by step, in an atmosphere of safety and integrity, they will combine the dimensions of altered state work and spirituality. Participants will be invited to move through and beyond the trauma of yesterday—melting frozen tears, integrating

eternal yesterdays, befriending the child within, and connecting to the higher purpose. $295

The Re-emergence of the Goddess: A New Consciousness for Women and Men

Elinor Gadon

A new consciousness is growing among women and men, an awareness of the deep connectedness and relationship of all life – a healing of the split between culture and nature, mind and body, male and female, life and death. The Goddess has emerged as metaphor and symbol for the transformation of contemporary culture into a truly humanistic one. A feminine consciousness valuing insight, intuition, feeling, and emotion is replacing the dominant masculine one of hierarchy, competitiveness, and aggression.

The roots of modern Goddess consciousness are in the feminist movement, where she has served well both as role model for women's empowerment and as catalyst for re-imaging the divine in patriarchal Judaism and Christianity. She has been a muse to artists and poets. Women's bodies and human sexuality are being re-sacralized in the spirit of the Great Goddess, and with this awareness comes the understanding of *eros*, the erotic, as the life force, the source of creativity and joy and human connection.

Gaia, the Earth Goddess, has given her name to the new hypothesis which sees our planet, Earth, as a living, self-generating organism. Goddess politics are Green, the grassroots movement which stands for earth wisdom, deep ecology, economic decentralization, and non-violence. Goddess healing is holistic, acknowledging the power of the esoteric. The new spirituality is one of immanence – the Goddess within both women and men.

This workshop will explore the role and meaning of the Goddess in past cultures and living tradition, using the visual arts to identify symbols and images which have shaped personal world view. Through dialogue and ritual, participants will connect the emerging new values to their life experience, initiating personal transformation. $295

Week of October 2–7

Spiritual Healing: Laying On of Hands

Maria Lucia Holloman

This workshop will present practical methods of using the hands as instruments for physical and spiritual healing. The emphasis will be on intentionality and personal clarity as the fundamental tools in any healing art. Maria Lucia Holloman has studied with healers from Brazil, her native country, where laying on of hands is used effectively. She has also studied the art of cranial manipulation, which she combines with her healing work on a regular basis as a practitioner at Esalen.

C.E. credit is available for nurses; for additional information see page 39. $575

Letting Go—Moving On

Mary Goldenson (Devanani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and to help create new ways to relate – in the moment – to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. $575

The Radical Inner Journey: Poetry and the Essential Work of the Soul

David Whyte

In these times, when the external, material world is deemed to be the prime reality, poetry takes on an especially valuable function in maintaining the inner world of the soul. Great poetry deals not in cold abstractions or idealization, but in the authentic connections that give one's life meaning, purpose, and direction. Many individuals have felt at critical junctures in their lives that if only they had direct access to what was most precious and creative in themselves, then they would know the next practical steps to take.

This five-day intensive will work with the radical inner journey to the center of that creativity and power. Through the great poets and their poetry, through silence, contemplation, time in the magnificent surroundings of Big Sur, and the willingness to look at their lives afresh, participants will attempt to access that center and the wisdom that springs from it. Writing ability or previous appreciation of poetry is helpful, but not in the least bit necessary. $575

Weekend of October 7–9

Introduction to Gestalt

Esalen Gestalt Staff

Coordinated by Christine Stewart Price

For workshop description see September 16-18. $295

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion.

This seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate Vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala). $295

Windows to Our Children

Violet Oaklander

This workshop will present an approach to working with children and adolescents that uses creative, expressive, and projective methods, with gestalt theory and practice as the underlying framework. The purpose of this work is to provide the child with a means for expressing his or her innermost feelings, to foster self-awareness and self-discovery, to enhance self-esteem and, in general, to promote emotional growth. These methods teach children of all ages not only about themselves, but about their relationship to others and the world around them. A variety of materials and media are used: graphic arts, fantasy, storytelling, puppetry, the sand tray, dreams, poetry, relaxation and meditation, body movement, music, creative dramatics.

This workshop will include discussion, demonstration, examples of children's work and, particularly, direct experience with some of the methods and materials in order for participants to realize their exceptional power. It is designed for anyone living and working with children: parents, teachers, counselors, psychologists.

Recommended reading: Violet Oaklander, *Windows to Our Children* (Real People Press). $295

Focusing

John & Kris Amodeo

A basic intelligence exists within each of us – a body sense that knows the direction in which one's life needs to move. By contacting this "bodily felt sense," it is possible to discover what is not yet clear about an unresolved life situation or problem. Based on Eugene Gendlin's research of this innate sense, key factors in human change have been distilled and refined into a system of simple, experiential steps called focusing.

Focusing is a process which facilitates intimacy in primary relationships and friendships. Through learning to replace habitual self-criticisms with gentleness and caring toward the full range of one's feelings, one can glimpse the hidden wisdom contained within the subtle textures of these feelings. This can facilitate more meaningful communication.

During this weekend, the workshop leaders will present the focusing steps and supervise participants as they work in pairs and small groups. This workshop is for those who want to use focusing in their lives, as well as for health professionals who want to incorporate it into their work.

Recommended reading: John and Kris Amodeo, *Being Intimate* (Methuen Inc.); Peter Campbell and Ed McMahon, *BioSpirituality: Focusing As a Way to Grow* (Loyola); Eugene Gendlin, *Focusing* (Bantam). $295

Week of October 9–14

Group Process

Will Schutz

This will be a practicum in group process, particularly useful for those working with people, including, but not limited to, executives working with staff. Participants will have the opportunity to observe, experience, and discuss group formation and development. Issues of inclusion, control, and openness will be dealt with in action and in theory. Group leadership will be modeled and discussed. Teaching methods include encounter and brief lectures. Truth-telling and simplicity will be emphasized.

Recommended reading: Will Schutz, *Elements of Encounter* (Irvington), *The Truth Option* (Ten Speed Press), and *Profound Simplicity* (Learning Concepts). $575

The Subtle Self in Motion

Judy Blackstone

This workshop is for people who are ready for the subtle, concentrated work required to truly inhabit their bodies. Participants will use mind-breath-body exercises to awaken consciousness of the inner depths of the body, increasing both receptive and expressive abilities. Through guided use of the breath and mind, they will be taught how to attune to the emotional underpinnings of bodily tensions and to release the bound energy of old pain.

The personal themes which emerge from this work will be explored verbally in a supportive group setting and in a free movement class for the expression of deeper, non-verbal experience. There will be daily meditation practice as well as sound and visualization exercises for penetrating to the core of the body-mind, to a level of unified awareness. Through this unbroken contact with the self, participants may discover the joy, health, and spontaneity of their essential nature. This workshop will not be physically taxing; participants should have previous experience with introspective work. $575

Ways to Change: A Jungian Experience

John Nicholas

Meaninglessness inhibits the fullness of life and can, therefore, be equated with illness; meaningfulness makes a great many things endurable, perhaps everything. – C.G. Jung

People discover themselves through relationships – with others and within and beyond themselves – transcending the ordinary boundaries of time and space. The focus of this workshop will be the most central aspect of all transpersonal work: change. The basic concepts of C.G. Jung will be applied to practical problem-solving and conflict resolution of everyday issues and relationships. Participants will have the opportunity to discover, explore, and confront unconscious complexes that inhibit the fullness of life and block creativity. There will be time for individual work with dreams, active imagination, symbolic drawing and painting, storytelling, guided imagery, and journals. The week will be a voyage of discovery.

Recommended reading: C.G. Jung, *Man and His Symbols* (Doubleday) and *Memories, Dreams, Reflections* (Random House); June Singer, *Boundaries of the Soul* (Doubleday); Robert Johnson, *Inner Work* (Harper & Row); Anthony Storr, ed., *The Essential Jung* (Princeton University Press). $575

October 9–November 4

Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, page 36.

$2300 (plus $300 paid to the Institute for Advanced Hypnosis)

Weekend of October 14–16

A Workshop for Couples with David Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$295 per participant

The Discipline of Harmony: Warrior Virtues Without War

Richard Strozzi Heckler

This seminar will examine the notions of aggression, initiation rites, courage, and risk-taking in the context of the warrior ideal. Does the discipline of harmony mean the taming of aggression? To live in peace do we also need to accept and understand violence? Is it possible to distinguish the warrior from war? Can the warrior virtues of courage, commitment, clarity, generosity, service, and skillful action be invoked without the catalyst of hostile fire?

These questions will be the starting point for a five-day workshop conducted in the warrior spirit of "life at stake." Exercises taken from aikido, along with introspection, sharing, and guided meditations, will allow participants to experience the possibilities of embodying warrior virtues without war.

Recommended reading: Richard Strozzi Heckler, *The Anatomy of Change* (Shambhala) and, editor, *Aikido and the New Warrior* (North Atlantic Books); J. Glenn Gray, *The Warriors* (Harper & Row). $295

The Nature of the Creative Process

Susan Griffin

The working premise of this workshop is that creativity is a fundamental aspect of human nature. Everyone is creative. And the stifling or the impairment of the capacity to create is a serious wound, afflicting a great many people. The fear, and hence destruction, of creativity is part of a shared social structure and of most family structures. In our culture it is related to an alienation from the body and emotional life, and more essentially, to change and the unknown.

This workshop will involve both theory and practice. It will include a great deal of direct experience both with healing and the liberation of one's own ability, and with the creative process itself. Although writing will be the basic mode of creative effort, the workshop is designed to address creativity in general, and is appropriate for artists of all kinds (beginning as well as accomplished), thinkers, psychologists working with creativity, and anyone wishing to expand the traditional notion of human capability. $295

Week of October 16–21

Reparenting

Rita Rohen

A person's daily life is very much controlled by messages and rules that were received in the early stages of life, i.e., people carry a burden of biographies. In this workshop, participants will study the developmental stages, needs, probable body problems, life positions, and games of childhood. They will have the opportunity, in individual and group work, to regress to early ages and change old messages. This seminar is designed to explore individual boundaries and to reset them by playful means, opening new realms of consciousness for a deeper and richer life. $575

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop, participants will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore the movement that nature inspires. Both aikido and hiking are moving meditations which, when done well, require the individual to be in harmony with the natural world. There will be an opportunity to take what is learned on the aikido mat out into the natural world and bring what is learned from nature onto the aikido mat. Participants can then begin to integrate what they learn from aikido and from nature into their lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. $575

Sacro-Cranial Work

Hugh Milne

This week-long workshop will introduce the theory and practice of cranial work, a profoundly different method of approaching the treatment of illness and the art of healing. It is subtle, careful, and delicate work, which is remarkable for its specificity and effectiveness. The gentlest of approaches, if quite accurate, can be more powerful than the most invasive.

Cranial work can be used to help people with a wide variety of symptoms, from cluster headaches to thoracic outlet syndrome to peripheral ischaemia. While very powerful, this is an inherently safe approach if it is studied from both analytical and intuitive models. To this end, the class will devote an equal portion of time to academic study and to practical, hands-on experience. Emphasis will be especially placed on visual and tactile diagnosis. In China, this way is called "The Art of Listening." Practice of the demonstrated methods will be encouraged from day one so that a high standard of individual experience can be gained as the class unfolds. Both the study and the practice will enable the workshop to take on a far more applied and specific consciousness than would otherwise be possible.

This workshop is for health practitioners who already have an extensive background in body work. A sound, basic knowledge of cranial anatomy is a prerequisite.

C.E. credit is available for nurses; for additional information see page 39. $575

Choices and Changes Using Gestalt

Anne Nechama Simkin

Gestalt practice is a noninterpretive, existentially-based system in which awareness of one's feelings in the present moment is the primary focus. Human beings are born with the innate capacity to cope with life. As we grow up, this process at times may be interrupted, curbed and/or suppressed, along with excitement, creativity, self-expression, and self-acceptance. Most gestalt communications deal primarily with the immediate interactions of those present. Explanations, interpretations, and assumptions are discouraged. Concentrating on what is rather than on what could or should be encourages a person to take responsibility for his or her own actions. By becoming aware of what is potentially nourishing and what is toxic, it is possible to learn to make choices and to achieve integration.

This workshop is for persons seeking a new perspective, growth, and change and who want to reown those aspects of their lives that are nourishing. Participants will share experiences, explore new ways of coping with ongoing situations, search for the existential messages of their dreams, and learn to communicate with each other and significant others. The content of the workshop will evolve out of the needs and wishes of the group members.

Recommended reading: Corsini et al., *Current Psychotherapies*, Chapter 8, 3rd edition, (Peacock); C. Simkin, *Mini-Lectures in Gestalt Therapy* (available through the Esalen bookstore); Kutash and Wolf, eds., *Psychotherapist's Casebook* (Jossey-Bass). $575

Weekend of October 21–23

Weekend Massage Intensive

Laurie Lioness Parizek & Dean Marson

For workshop description see September 23-25. $295

Self-Expression through Music for Everyone

David Darling

This workshop will attempt to heal the inner self by directing energy into sound-making, rhythmic grooving, chant-shouting, poem- and sculpture-designing, group productions, breath perception, meditation, smiling, clowning, chamber music inspiration, instrument-inventing, and humor.

Participants are asked to bring instruments that they want to learn to play or that they can play now. Percussion instruments will be provided. The voice will be, of course, the center of the entire process: where it is, how it is, what to do with it. $295

Peak Experiences at Will? Escaping the Robot

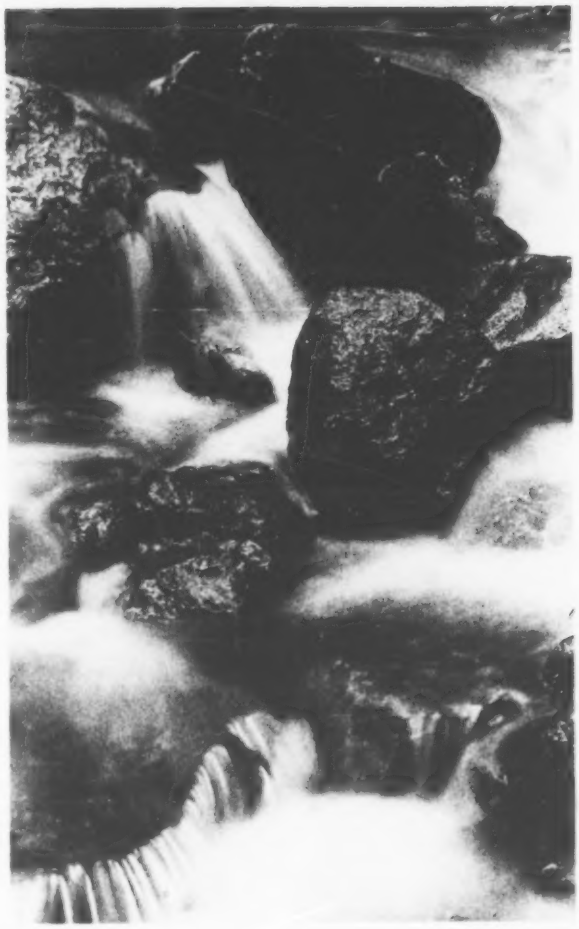
Colin Wilson

The British author, Colin Wilson, is perhaps best known for his internationally-acclaimed book, *The Outsider*, first published in 1956. Since then, he has authored over sixty volumes on many topics including existential philosophy and the occult.

For this workshop, he writes: "Everyday human consciousness is as narrow as the middle two notes of a piano keyboard; yet its range is potentially as wide as the whole keyboard. Philosophers from Socrates to Gurdjieff have been in agreement on one basic point: that the

possibility of extending the range of human consciousness depends on knowing ourselves and observing the actual mechanisms of the mind. The word 'mechanism' is extremely important here; most of our lives are controlled by a kind of 'robot' in the subconscious mind, and it chooses to do most of our living for us. Sensations of power, happiness, freedom are actually moments in which we are temporarily free from the robot. This workshop is concerned with the methods through which these moments can be extended and in which we can obtain 'freedom from the robot.'"

Participants are encouraged to read *The Essential Colin Wilson* (Celestial Arts) prior to the workshop. $295



JOYCE LYKE

What is more fluid,
more yielding
than water?
Yet back it comes again,
wearing down
the rigid strength
Which cannot yield
to its standard.
–Lao Tzu

Week of October 23–28

A Gentle Unfolding

Daniel Bianchetta

This seminar will focus on the integration of body, mind, and spirit through intuition, energy awareness, massage, meditation, movement, gestalt, and play. Using these tools and gentle risk-taking can help in opening to one's own aliveness and ability to be more at home with oneself. Participants will explore practical and portable ways of nourishing and trusting the inherent wisdom of the self. $575

Process-Oriented Psychology Experience and Training: Conflict, Relationships, and Love

Arnold Mindell & Amy Kaplan

The focus of this work will be to transform the banal pain of unsettled and universal relationship issues into rich, interpersonal connections. Both this five-day workshop and the upcoming weekend workshop (see October 28-30) will offer demonstrations and training in conflict resolution and will address unsolved, difficult problems in the practice of psychotherapy. Participants are encouraged to attend both workshops.

Participants in the five-day intensive will use body experience to bring up unconscious signals which enliven and relieve relationship conflicts. Lighthearted conflict resolution methods and theory will be demonstrated. The weekend workshops will focus on training, supervision, and video-oriented case discussion. All work will be adapted to beginning and advanced dream, body, and relationship work.

These workshops will use a process-oriented paradigm which understands body issues and relationships as an ongoing flux and which are never completed in an absolute sense, but are in the midst of transformation.

Recommended reading: Arnold Mindell, *Working with the Dreaming Body*; *River's Way*; *Dreambody on Relationships*; *City Shadows* (all: Routledge Press), and *Dreambody* (Sigo Press). $575

Adult Children of Alcoholic or Abusive Parents

Karen Paine-Gernee & Rick Paine

Learning the facts about growing up with alcoholism is a big relief. It is, however, just one of the steps that ACAs need to take. In order to recover from the effects of their childhoods, ACAs need to dedicate themselves to an on-going process of sharing, healing, and learning. The workshop leaders refer to the goal of recovery as "emotional sobriety," which they teach as a fourteen-point program. Participants will have the opportunity to develop some practical and personal methods of implementing long-lasting changes.

This workshop is for beginners or individuals who have already begun an exploration of ACA issues. It offers the opportunity to confront and heal painful childhood emotions, to examine and restructure deeply held beliefs, to learn some basic tools for taking care of oneself, to make strides in letting go of control and developing a sense of trust, and to foster a relationship with one's own spirituality.

Special attention will be paid to learning how to nurture and sustain satisfying and equal intimate relationships. Intimacy between independent adults requires being able to tolerate the ambiguity and sense of "not knowing" that was so terrifying as children in chaotic homes. Emotional sobriety means having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure. $575

Weekend of October 28–30

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 16-18. $295

Process-Oriented Psychology Experience and Training: Conflict, Relationships, and Love

Arnold Mindell & Amy Kaplan

For workshop description see October 23-28.

$295

Reversing and Preventing Heart Disease: A Model for Personal Transformation

Dean Ornish & Shirley Elizabeth Brown

This workshop will teach how to reduce cholesterol and blood pressure and how to begin reversing coronary heart disease. For the past ten years, physicians Dean Ornish and Shirley Elizabeth Brown have conducted three research studies demonstrating, for the first time, that a comprehensive lifestyle program (yoga, meditation, imagery, diet, smoking cessation, exercise, and group psychotherapy) can produce extraordinary improvements without medications. This workshop will include lectures that review the research data and explain why lifestyle affects the heart and will provide experiential training in the lifestyle program.

Illness can serve as a catalyst for personal transformation and growth, motivating a person to ask, "Why did I get sick? What are the causes?" What we eat, how we respond to stress, and other aspects of lifestyle are powerful determinants of health and disease. It is also known that feelings of isolation can lead to psychological stress and ultimately to illness, whereas feelings of intimacy can lead to healing.

Because the technology for measuring coronary heart disease is so advanced, heart disease is an excellent model for measuring the power of lifestyle changes to help heal—and prevent—heart disease.

C.E. credit is available for nurses; for additional information see page 39. $295

Week of October 30–November 4

A Week with Seymour Carter

For workshop description see September 4-9.

$575

Five-Day Massage Intensive: Polarity Massage

Bill Liles & Esalen Massage Practitioners

The polarity system combines Eastern and Western philosophy and methods for balancing energy that flows through the body. This week will be spent exploring the principles of polarity as taught by Randolph Stone and how these concepts may be applied through massage. This workshop is for body work practitioners and anyone who is interested in expanding their creative capacities. It will include demonstrations, lecture, and hands-on practice. Previous body work experience is helpful, but not necessary. $575

T'ai Chi Ch'uan: An East/West Approach

Kenn Chase

This seminar will present a demonstration form of t'ai chi ch'uan, a shortened version derived from the classical Yang style, which contains 54 balanced, fluid, and graceful postures. Also included will be mind/body alignment methods, Chi Kung Taoist breathing methods, and hours of practice and refinement of the traditional t'ai chi movements. Practiced 5 to 10 minutes daily, this gentle martial art can calm the mind and aid the student in achieving a centered perspective for daily living in a busy world.

Recommended reading: Cheng Man Ch'ing, *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan* (North Atlantic Books). $575

Childhood Sexual Abuse: A Healing

Jessica Moore Britt & Maria Lucia Holloman

To guard against the hurts, fears, and confusion that sexual invasion of a child's physical and psychic boundaries can create, the child often abandons the place of conflict—the body. This withdrawal, though protective in nature, slowly begins to separate the child from her/his essential nature. This may be reflected in tension patterns, numbness, and oversensitivity and may further the child's sense of alienation from the world and self.

During this week, participants will move gently toward reintegrating their bodies and feelings with self. Participants will use gestalt practice, Reichian breath work, movement, touch, and meditation to re-enter their private world of memories and feelings. They may gain a deeper understanding that the learned idea of self as bad, based on the sexual abuse, is not the essential truth of who they are. The focus will be on allowing the hurt, negative feelings and doubts to be acknowledged, felt, and used as energetic seeds for reawakening a positive sense of self. Through the supportive group atmosphere, participants may discover that it is safe once again to embody beauty, life, and love.

Recommended reading: A.H. Almaas, *Diamond Heart* (Diamond Books); Alice Miller, *Thou Shalt Not Be Aware* (New American Library). $575

Weekend of November 4–6

The Delight of Immediacy

Charlotte Selver & Charles Brooks

Much as we may wish to live in the present, we are often preoccupied with images and ideas of how it ought to be. Instead of responding to the situation at hand with the innumerable nerves, muscles, and interweavings of consciousness which are we, much of us is immobilized by early conditioning, acute emotional problems, or by habit, and much is held back until the inner board of review gives the OK.

But children and sages have a different way of functioning. For them the world flows into their consciousness as the air into their lungs, and their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our lack of immediacy which is usually felt as tedium and which necessitates ever stronger stimuli in the search for joy, or self-disciplines in the search for peace. By giving up these preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what should be but to what is, and the world catches fire for us.

This workshop will explore direct experience which, as it becomes clearer and stronger, tends to burn away the mist of concepts and restrictions which our conditioning has interposed between ourselves and living.

Recommended reading: Charles Brooks, *Sensory Awareness* (Viking; Felix Morrow).

$295

Week of November 6–11

Gestalt Practice

Christine Stewart Price

For workshop description see September 16-18.

$575

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables one to confront resistance and fear and which increases the willingness to change and take risks.

This workshop includes a unique, in-depth process for finding and allowing self-accept-

ance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously. $575

November 6–18

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, page 36. $1445

November 6–December 4

Massage Practitioner Certification Program

Deborah Anne Medow & Dean Marson

For workshop description see Special Programs, pages 36-37. $2300

Weekend of November 11–13

Dream Discovery

Joyce Frazee

For workshop description see September 18-23. $295

On Being Good Enough

Bruno Bettelheim & Heather Maycock-Ogilvy

Being a good enough parent, a good enough therapist, a good enough teacher, a good enough spouse is a creative endeavor, an art not a science, an endeavor that must be entered into with an open mind and an open heart. This weekend offers no detailed instructions or rules, but rather an encouragement to develop an enlightening empathy with those with whom we would be – not perfect – but, good enough.

Individual presentations of problem situations with a child, a patient, a person one loves – or hates – will be made to Dr. Bettelheim in the group. Memories of childhood experiences, dreams before and during the weekend, and guided imagery will serve as material for the work of the group as a whole. $295

Week of November 13–18

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see September 25-30. $575

Weekend of November 18–20

Transitions

Elliot Wáker Aronson & Gabriele Thomson

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition – whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants may develop ways of enhancing their understanding of themselves and increasing their overall effectiveness.

Recommended reading: Elliot Waker Aronson, *The Social Animal* (Freeman). $295

Alternatives to Psychiatric Treatment: Philosophic Issues

Laurence Telles

Many communities offer alternatives to treatment in psychiatric hospitals – residential treatment, vocational and housing programs, self-help groups, social centers – for those who are in states of persistent or acute psychological distress. Such community-based programs tend to reduce the power difference between the helper and the helped. They rely on the healing capacity of the social context more than on individual psychotherapy or medical treatment.

There are epistemological and ontological views embedded in these alternative programs. They have roots that can be traced to historical views about the nature of the self and society and current issues in the philosophy of science.

This weekend's discussions will be most relevant to those who have participated in either conventional or alternative psychiatric treatment programs as clients, staff, administrators, or planners.

C.E. credit is available for nurses; for additional information see page 39. $295

Alternative Realities: States of Consciousness and Healing Practices

Andrew Weil & Wade Davis

Participants of this workshop will explore ways to apply the wisdom of traditional cultures to their own lives in order to develop their human potentials, experience fuller mental and physical health, and live in better relationship to the natural world. The group will focus on ethnobotany, studying plants and the various ways humans relate to them – as food, medicine, and keys to other realms of conscious experience. They will also examine and practice some non-drug methods of entering altered states: meditation, chanting, drumming.

The relevance of altered states to health and healing and how to integrate them into one's life, based on examples from traditional peoples, will be discussed. Throughout the weekend, participants may develop the realization that the mysteries of shamanic healing lie within a realm of sacred madness that can be touched, but never fully understood, by those with a totally distinct worldview.

Wade Davis and Andrew Weil bring to this workshop a unique combination of knowledge, intuition, and willingness to share what they have learned in an atmosphere of critical thinking, open-mindedness, adventure, and hands-on work.

Recommended reading: Andrew Weil, *Natural Mind*; *Health and Healing*; *Marriage of the Sun and Moon* (all: Houghton Mifflin); Wade Davis, *The Serpent and the Rainbow* (Simon & Schuster). $295

Week of November 20–25

Thanksgiving Week at Esalen

There will be limited space available at Esalen this week for those who would like to spend time enjoying the grounds, the baths, and the community without participating in a group. Guests may stay for just part of the week, although priority will be given to those who sign up for the full five-day period. $350

A Workshop with Laura DeNuccio (Ma Prita)

For workshop description see September 25-30. $575

The Psychology of Spiritual Essence

Hameed Ali

Hameed Ali writes: "This is a workshop for individuals who have done a lot of emotional and growth work and are beginning to feel the pangs of hunger for something deeper and more fundamental. This existential discontent is the longing of the heart for what will truly fulfill it, the Essence of who we are. Essence is our true being; it is pure consciousness, concentrated and distilled life.

"I will use the Diamond Approach, a teaching created in our time, for our time. This method is a precise, psychological way of working with longing and discontent, taking it to its original root – the underlying sense of lack and emptiness. This emptiness manifests itself according to the individual and becomes the door to a specific aspect of Essence: awareness, will, love, compassion, strength, joy, etc., – whatever was lacking – and which becomes the door to the more fundamental and ultimate realm of being.

"I will use conceptual presentation, interpersonal exercises, meditation, and personal emotional work. I will lead some of the meetings, and trained students will conduct other sessions. Private sessions will be available for an additional fee.

"In such a short time we can only get a taste of who we are, but a taste of the eternal, using understandable and available methodology, can go a long way in terms of activating this sleeping potential of ours."

Recommended reading: Hameed Ali Almaas, *The Elixir of Enlightenment*; *Essence*; *The Void*; *The Diamond Heart*; and *The Pearl Beyond Price*. $575

Weekend of November 25–27

Thanksgiving Weekend at Esalen

For those who wish to stay, this weekend is a continuation of the preceding week (see November 20-25) or is suitable for those who just have time to visit Esalen for a few days. Massage and other work offered by individual practitioners will be available. $160

Wide-Spectrum Process Work

Arnold Mindell & Amy Kaplan

This seminar integrates the various forms of process-oriented psychology, including working with the dying, psychotic states, movement states, dream and deep body experiences, relationships, and large group situations.

Doing any form of creative psychotherapy, dream, or body work requires the flexibility to follow the changing channels and processes of each client or group situation while remaining genuine and aware of oneself at the same time. Participants of this workshop will work with and discuss the various processes which arise during the week, supplemented by training exercises.

This seminar is for both beginning and advanced students. No specific background or preparation is necessary, although reading the books listed below could be helpful.

Recommended reading: Arnold Mindell, *Working with the Dreaming Body*; *River's Way*; *Dreambody on Relationships*; *City Shadows* (all: Routledge Press), and *Dreambody* (Sigo Press). $295

Week of November 27–December 2

Five Days with Janet Zuckerman

This workshop continues Esalen's tradition of interpersonal and intrapersonal work on emotional process. It is based on these premises: that unfinished business is projected into current relationships, interfering with one's ability to be in the present, and that by emotional release one may cleanse the doors of perception. $575

A Workshop with Robert Hall

There is no difference between the bio-energetic streaming of daily body life and the divine spirit current or life force. We experience both as an on-going felt body sense. The human ego operates under the false assumption that it is somehow separate from that sense. So we spend our lives in constant negotiation and seeking: the so-called human condition. From this position, alienation is inevitable.

This workshop is designed to explore the possibility that we *are* that felt body sense, that spirit current, and we are constantly, by nature, in relationship to everyone and everything that exists. Hopefully, we'll laugh a lot, too. There will be time for gestalt, individual body work, meditation, and getting to know each other well in a short time. $575

Tao and the Timewave

Terence McKenna

Terence McKenna writes: "This is the five-day workshop that I have long wished to present: an intensive and in-depth effort to share the details of a revisioning of the *I Ching* and the world that has been developed over the past seventeen years. This will be an approach to the *I Ching* and the playful effervescent clarity of the Tao. Taoist approaches to time will provide the general theme. My own model of time, Timewave Zero, will be explained, and a computer will be available to group members interested in learning to use the software. Those with a deep interest in the dynamics of the *I Ching* are especially invited – and a lively and clarifying metaplay is anticipated."

Recommended reading: Terence McKenna, *The Invisible Landscape* (Continuum); Richard Wilhelm, *The I Ching* (Princeton University Press); J.T. Fraser, *The Genesis and Evolution of Time* (University of Massachusetts Press). $575

Weekend of December 2–4

A Weekend with David Schiffman

For workshop description see September 23-25. $295

Intimacy: How Close is Close Enough?

Sam Keen

Intimacy seems to be a missing ingredient, a mysterious condition for which many people long. Most individuals are certain, without having achieved it, that it is the elixir of happiness. Couples fight about it. Pop psychologists assure their audiences it is only ten easy steps away. Illusive as it is, many individuals honor it. Yet, they hardly ever pause long enough in their quests to ask themselves exactly what it is they want.

This seminar will explore different ideas and experiences of intimacy and distance. Some of the questions posed to the participants may include:

* How close do you want to be? To whom? How often? Why?
* What exactly do you want from an intimate of the opposite sex?
* What keeps you from achieving a satisfying degree of intimacy?
* Do you and your partner have different IQs (Intimacy Quotients)?
* How much distance do you need in order to feel close, safe with another person?
* What is the relation between intimacy and solitude?
* How do you distinguish between intimacy and symbiosis, closeness and engulfment?
* How do you preserve your boundaries, your independence, your separateness?
* When is intimacy destructive? $295

Achieving Sustained High Performance

Jerry & Kathleen Fletcher

Everyone has had the experience of suddenly doing something much better than expected, yet, until recently, little has been understood about these high performance experiences. People assumed such times were lucky accidents. More significantly, even if they could perform at high levels for short times, they assumed there was no way to sustain such performance without stress, fatigue, and eventual burnout.

Eight years of research and testing make it clear that these times of exceptional performance are not capricious. Each individual has a unique set of conditions under which he or she performs surprisingly well. Once people learn their personal high performance patterns, they can deliberately create the conditions they need to sustain their high performance behavior. They do not need to subject themselves to the strain of short peak periods of high output followed by long recovery cycles.

This seminar presents a process for individuals to determine their high performance patterns and conditions. Developed through years of work with successful managers, executives, and professionals, it offers how to go from competent to exceptional performance in a way that can be sustained. $295

December 4–11

Esalen will be closed to the public this week.

Week of December 11–16

Sacred Mask Experience

Elisa Ludge

For workshop description see September 4-9. $575

Five Days with Claudio Naranjo

Claudio Naranjo offers a holistic collage of relaxation, bone-sensing, emotional awareness, and musical contemplation combined with tales, self-insight, communication exercises, catharsis, and limited open seat opportunity. $575

Living Hypnotically

Norman Katz & Marc Lehrer

The focus of this five-day seminar on altered states and hypnosis is for participants to enjoy greater perceptual awareness, enhance their personal creativity, and develop an ongoing relationship with the unconscious mind. By understanding the basic principles of hypnosis, participants may learn to use it as an aid to change their lives in powerful and unique ways. They will be offered an opportunity to recall altered states and produce them through hypnosis. The program will include skills for self-hypnosis, the use of music and trance, hypnotic play, and the use of hypnosis to improve sports and physical movement. $575

Reflections of Self: A Reichian/Gestalt Workshop

Jessica Moore Britt

This will be an introduction to intensive intrapsychic inquiry using Reichian breath work and gestalt practice. Reichian breath work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration, the possibility is opened to respond in the present. $575

Soul-Making: A Jungian and a Somatics Approach

Joan Buresch & Don Johnson

Our dilemma in being human inheres in this: With our roots in a primal liquid and fleshy layer of impulse that finds inadequate expression in daily life, our spirits range beyond everyday time and space, and our personalities are sometimes pulled limb from limb. We make our soul while we struggle to synthesize opposites long held by the categories of masculine and feminine, spirit and flesh, thought and feeling, the personal and the social, body therapies and transpersonal psychologies.

That dilemma will be the focus of this workshop, during which participants will explore the confluence of the world of images (psyche's natural voice) and the world of peristalsis, breath, orgasm, muscular movements, and physical pain. The group will be concerned with the primal, with one's relation to violence, abuses, outrage. From there participants will go where they are led – into movement, sensory awareness, drawing, sculpting, speech, touch.

Recommended reading: Don Johnson, *Body* (Beacon Press). $575

Weekend of December 16–18

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see September 25-30. $295

Spiritual Crisis and Gestalt Awakening: Personal Exploration

Stephen Schoen

Stephen Schoen writes: "The major symptoms of psychic pain – anxiety, depression, confusion, doubt – have a spiritual dimension. They speak of a smaller mold, a gestalt that we feel trapped by and must break out of (with a sense of peril akin to death), but still as the one way of life. The wisdom of Blake, Rilke, Lao Tzu, and Krishnamurti addresses that sequence, the coming into a larger gestalt. We shall explore these constraints and this wisdom in our own lives, referencing texts of the writers to our own experience of enhanced self-contact and contact with others. There will be group and individual work."

Recommended reading: Rainer Maria Rilke, *Letters to a Young Poet* (Norton); Martin Buber, Kaufman and Smith trs., *I and Thou* (Scribner); J. Krishnamurti, *Freedom from the Known* (Harper & Row). $295

Body Rejuvenation: A Weekend with Dub Leigh

The goal of this seminar is to start to rejuvenate the body, mind, and spirit. A fast way to do this is to work the body. Transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain. You will then have changed the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat one.

The recipe for how to begin to rejuvenate a body in one session will be demonstrated to the group, and then experienced and performed by each participant.

This seminar is recommended for everyone. The older you are, the more stuff you have to work with. Class size is limited (two students per table). Bring a swimsuit – two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tamaoe Roshi* (University of Hawaii Press). $295

Hwa Rang Kwan

Master D.K. Shin

This weekend will introduce participants to the philosophy and practice of an ancient Korean martial art, Hwa Rang Kwan. This

traditional form emphasizes discipline and concentration and is based upon the precept that the mind and body are one. On-going practice develops relaxation, awareness, power, balance, control, strength, and stamina. Through gradual progressions, Hwa Rang Kwan employs almost every conceivable movement of the body. As one develops mastery, the movements and versatility of the art begin to emerge as a joyful self-expression akin to dancing.

Hwa Rang Kwan shares the foundations of Chinese acupuncture and can be used for healing or self-defense. By knowing the 360 vital points of the body's meridian system, the practitioner can exercise control over his own health and the actions of others. Each of these vital points is connected to an organ which influences the entire body. One learns to either strike or gently press the vital points, depending upon his intent: self-defense or natural healing.

The practice of Hwa Rang Kwan develops the courage to face life and its problems openly and honestly, a cardinal principle of mental health from every perspective. Resulting self-confidence allows one to live in dignity while maintaining absolute humility. $295

Week of December 18–23

The Body and Zen

Deb Leigh

The goal of this seminar is twofold: 1) to use body work methods and principles for releasing tension, trauma, and toxins from connective tissue; and 2) to circulate the vital energy in an aligned body. The group will draw from Rolfing* (structure), Feldenkrais* (function), and Zen (energy), to obtain these goals.

This is a hands-on workshop. Participants will give and receive body work and will learn methods to recognize, work with, and relieve some types of chronic muscle pain. The class will be limited in size (two people per table). Participants are asked to bring a swimsuit – two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press).

C.E. credit is available for nurses; for additional information see page 39. $575

*The Feldenkrais Guild

Christmas Present

Paul Rebillot & Stanford Eugene Cates

We've idealized birth in the Christmas story – the newborn child surrounded by adoring parents, singing angels, comforting animals; worshipped by the wise and the simple; welcomed into the world and loved for nothing that he does, but for simply being who he is. Many of us were not welcomed in that way, and at Christmastime our disillusionment peaks. Our despondency and regrets are based on unfulfilled ideals, promises, and fairy tales.

Using gestalt, guided fantasy, theater games, and rituals, we will seek to release ourselves from the excess baggage of past regrets and future expectations in order to return to the divine simplicity of our own present being. Out of that simplicity, we will create our own "Christmas present," a celebration in which each of us singly and all of us together can give ourselves our Self for Christmas.

Participants are encouraged to stay for the weekend workshop, *Christmas Present II*. (For workshop description see December 23-25.) $575

The Courage of Self-Expression

Elliot Sobel & Warren Selinger

I must grasp life at its depth. –Vincent van Gogh

Many of us have unwittingly succumbed to a cultural conspiracy which subtly asks us to hide the vast mystery of our essential being; instead, we tend to be careful, polite, anonymous, and generally fearful, and we often take workshops in order to "get better."

This workshop is an experiment in creating a community which has as its underlying assumption a different premise: that each participant, in truth, is *already healed* and therefore has a very vital and necessary contribution to make to the whole, one which requires daring and risk. The arts – singing, dancing, writing, painting, video – will be used as vehicle and metaphor, and participants will be asked to confront themselves with the question, "Am I willing to be all that I am and to be fully and passionately alive?"

The leaders request that participants be prepared to spend long hours, participating fully, committed to doing the work required to produce a result that will truly make a difference.

Recommended reading: Frederick Franck, *Art as a Way* (Crossroad). $575

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in the mood of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for: people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based in trust and goodwill with maximum emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $575

Weekend of December 23–25

Christmas Present II

Paul Rebillot & Stanford Eugene Cates

This is a continuation of the *Christmas Present* workshop (see December 18-23). Since Christmas falls on Sunday, people from the week are encouraged to stay for the weekend, and those who would like to join the Christmas celebration for the weekend are encouraged to come. We will have a huge weekend party – a party of our own creation – celebrating ourselves as human beings in the ever-unfolding path of our lives.

And if perchance there should be a moment of Christmas blues, we will work with that, and play with that, and give ourselves a chance to express everything that needs expression at this time of year. $295

The Rubenfeld Synergy* Method

Ilana Rubenfeld

This is a workshop for professionals and others to explore and analyze how they use themselves, both professionally and in their personal relationships. It will provide an exciting introduction to the Rubenfeld Synergy Method, a healing system that combines touch, gentle body movement, visualization, humor, music, gestalt, and verbal and nonver-

bal intervention to increase effectiveness in the process of self-healing.

Ilana Rubenfeld will help participants develop efficient use of the bodymind and unblock energy by releasing emotions and memories stored in the body. She will show how to shield and ground the self in the face of difficult situations with clients and others.

Sessions will include experiential and theoretical components and one-to-one demonstrations. Participants will have an opportunity to process their experience. Participation in this workshop will fulfill one of the requirements for acceptance into the Rubenfeld Synergy training program. $295

Mobilizing Life Force

Alan Schwartz

Alan Schwartz writes: "Quite simply, life force is the combined movement of human physiology, feeling, spirit, and the action of the brain and central nervous system which we call thought. The cleaner the movement, the more strength a person has available. All of us, due to heredity, environment, and simple bad luck, spend much too much time holding or stratifying the life force. This keeps us from authenticity and impedes the decision-making process.

"This weekend will be an experiment – reaching down through stratified elements of personality to attempt to free the life force and enhance awareness and the decision-making process. The group will act as reality mirror, and each participant may request an energetic diagnosis as to how his/her life force presents itself."

For further information, read the leader's December 25-30 workshop description.

Recommended reading: Alan Schwartz, *Life Force – Death Force: The Structure of Human Energy and the Biology of Greed* (Vantage). $295

Forgiveness and Letting Go of Judgment

Elizabeth Stratton

Elizabeth Stratton writes: "The training of the Western mind, both spiritually and intellectually, is oriented toward judgment. We are taught to induce, deduce, analyze, dissect, defend, debate. We are taught to feel guilty, to get sick, to engage in self-punishment and the punishment of others. We are encouraged to rebuke ourselves into perfection.

"We do not know the healing quality of true remorse or how to let go of that which we should never have held onto in the first place, which is the real meaning of forgiveness. In studies of people who have died and come back to talk about it, the most unifying element of their experiences was the meeting with a Being of white light who stood by with unconditional love, no judgment, and humor as they watched their lives roll before them like movies. The only judge was the person watching his/her own life.

"This workshop will be experiential. You are invited to observe the judgmental prison of your own mind, to feel the cleansing power of remorse, and to allow your heart to open to the freedom and healing that comes from forgiving yourself and others." $295

JAN WATSON

True budo *is for the sake of peace and harmony; train daily to manifest this spirit throughout the world.*
– Morihei Ueshiba, founder of aikido

Week of December 25–30

Awakening Inner Power

Deborah Anne Medow & Mary Tesoro

Operating from the assumption that one's innate energies lie largely untapped, this group will explore alternative means of gathering inner power. Leonard Energy Training, a comprehensive system offering tools to meet the problems, pressures, and pain of everyday life situations, will be combined with gestalt to provide a foundation for personal growth and change. Yoga and massage will be interwoven with elements of the martial art of aikido to increase the flow of vital energy through the body, mind, and spirit. $575

The Art of Self-Care: Who Heals the Healer? Who Helps the Helper?

Ilana Rubenfeld

This workshop is for health professionals and others who would like to use their body/mind more effectively. Ilana Rubenfeld will draw on her 25 years of background with the Alexander and Feldenkrais® methods and gestalt to help participants explore and analyze how they use themselves in their practice.

This approach can help participants unblock their own energy and shield and ground themselves in the face of difficult situations with clients, learning to be *with* rather than *for* their client. Through nourishment and humor, participants will learn about self-care, a critical need for health professionals. Participation in this workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy® training program.

C.E. credit is available for nurses; for additional information see page 39. $575

Touching Spirit: Dimensions of Psychic Healing

Elizabeth Stratton

Psychic healing bridges the physical and the spiritual. Touching as a healing act has been practiced through recorded history by practitioners of the sacred as well as the secular: healers, shamans, priests, doctors, and mothers. In the past ten years, physics and modern medicine have come to an acknowledgement of the radically relational nature of our universe. Nothing and no one functions in a void.

Human emotions affect the functioning of the body, and illness is often an outgrowth of this mind-body link. Semi-dissociative states that are induced by prayer, meditation, and trance have been found to provide a fertile ground for healing to take place. It has been discovered that "multiple personalities" exhibit different states of health in each personality. The placebo effect has become one of the most respected and well-studied issues in healing today.

A psychic healer is one who can help connect the physical, emotional, mental, and spiritual levels of another person's being with healing intention through the use of touch. This workshop will explore, both didactically and experientially, the sacred and secular uses of touch, modern theories of disease formation and healing mechanisms, the use of psychic sight in healing, forgiveness as transformational cleansing, and the channeling of healing energy through the laying on of hands. $575

Effecting Change: The Human Energy System and Risk

Alan Schwartz

Alan Schwartz writes: "This is a week for recognizing and stabilizing how we face change given today's social, economic, and environmental realities. This is a week for *designing a growth pattern* to provide more stable contact with the issues facing all of us the rest of the century.

"The human energy system represents a constantly changing personality dimension. Often neglected in the human energy system's movement toward maturity is the development of strength. We hear metaphors not only of physical strength, but strength of character and emotions, and the spiritual and psychic strengths of perception. Lack of such strength development leads us to compensate in order to be able to function in our chosen worlds. Some compensations become psychosomatic problems: blame, denial, and indiscriminate sexual functioning. *Power over* self, people, and things is often a compensation for the *strength* that would allow us the *experience* of self, people, and things.

"Risk involves *awareness* of our individual compensations and sufficient trust of self and group process to *experiment*. This means rendering more alive the strength of our physiology, feelings, conceptual process, and psychic perceptiveness. The result can be clarity, stability, and a deeper awareness of self."

For further information, read the leader's December 23-25 workshop description.

Recommended reading: Alan Schwartz, *Life Force – Death Force: The Structure of Human Energy and the Biology of Greed* (Vantage).

$575

Weekend of December 30–January 1

New Year's Renewal at Esalen

This will be a weekend for people to renew themselves in the tranquil and beautiful setting of Esalen. It will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include: sessions in gestalt, movement, meditation, massage, day hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural hot baths will be available as usual.

The food will be specially prepared, with an emphasis on a clean, healthy diet of fresh vegetables and grains. Much of the produce is picked daily from Esalen's own organic garden and farm.

Come and enjoy a weekend of inner reflection, physical movement, and personal renewal as the new year begins. $275

Week of January 1–6

Painting Experience with Michell Cassou and Stewart Cubley

For workshop description see September 4-9.

$575 (plus $25 materials fee paid directly to the leaders)

Acting is Doing

Stephen Book

The art of acting is, like life, the art of doing. Through "doing" we remove the restrictions, both inner and outer, which suppress the spontaneity of any human being. Upon release, this spontaneity shows itself as artistic creativeness.

This experiential workshop will reveal the various forms of "doing" available to the actor. Participants will learn the basics of improvisational acting, heighten and focus energy, increase communication skills, extend powers of observation and concentration, and discover new realities. This workshop is designed for the layperson. $575

A Look Within

Jessica Moore Britt

This will be a week for participants to attend to and explore themselves away from their usual busy lives. As they settle into the grandeur of Big Sur and the quiet within, they can begin to penetrate through their conditioned views of themselves and the world.

The point of inquiry will be the relationship of the mind, body, and emotions and the essential nature of the self. Participants will focus on understanding who and what they are, especially as beings of compassion, strength, will, power, joy, and presence. They will explore how their past conditioning and present beliefs block their awareness of these qualities in themselves. The tools for self-discovery will be an interplay of Eastern and Western practices, including Sufi self-remembering exercises, meditation, touch, movement, and Reichian/gestalt work. This time, dedicated to being present and looking within, holds the possibility for participants to open their perceptions so they might obtain a deeper appreciation for who they are. $575

Food for Health: Breaking Bread Together

Jane Miletich

This workshop offers a variety of approaches to healthy eating and food preparation. Participants will have their own kitchen for preparing grains, legumes, soups, nuts, seeds, sprouts, vegetables, fruits, raw salads, and fresh juices. Through classes, demonstrations, and helping in the kitchen, participants may practice Ayurvedic principles to understand why certain foods and diets may be better than others. All foods will be organic; participants are invited to harvest fresh herbs and produce from the Esalen garden and farm.

Mornings will begin with meditation, yoga, and t'ai chi. Massage classes, herbal baths, nature hikes, dance, and music will also be available. Through ritual, reverence, communion, and fun, participants can create the time for developing their own health practices and reaffirming their New Year's resolutions. It will be a week for retuning the body and spirit to

their natural harmony. All activities are optional – participants choose their own pace. Bring your favorite recipes, hiking boots, instruments, and ideas.

Recommended reading: Vasant Lad, *Ayurveda, the Science of Self-Healing* (Lotus Light). $575

The Long Body

William George Roll

To the Iroquois Indians, the lived body is the "long body" and the long body is the tribal body. The long body incorporates people and things individuals are emotionally close to, though they may be distant in time and space and though they may no longer exist in the usual way. The long body is the experienced realm of personal and transpersonal memory and contains the ingredients for psychic awareness, prophecy, and pre-cognition. Since the long body is a remembered body, memory defines both its reach and its limitations. By extending the range of memory, one can extend the reach of the long body into the past and future and across distance. When we remember, we connect with members of our long body and incorporate them into the present.

In this workshop, group members will explore the long body as metaphor for psychical interactions, healing, and growth, and the memory as an access to long body awareness. Practice sessions will be grounded in research findings in biology, psychology, and the transpersonal dimensions of parapsychological (psi) processes. Through sound and movement, psi sensing of persons and objects, psychic readings, and psychic healing, participants will have the opportunity to experience themselves and each other as members of a living, sensuous being that includes the physical universe and extends beyond birth and death. From there, a fresh, joyful, and healing consciousness of the world can unfold.

This tradition pays respect to the tribal visions of the planet. It is not contrary to Western ideology, but it can expand the Western perspective beyond the moribund technology that threatens the world. $575

Weekend of January 6–8

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see October 2-7. $295

A Weekend with Paul Horn and Chungliang Al Huang

Paul Horn and Chungliang Al Huang will celebrate and share with us their joyous collaboration in nature, music, dance, tai ji, jazz, improvisation, meditation, and world travel experiences.

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E.P. Dutton; Tao Wetter-Sphinx Verlag, Basel) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon).

Recommended listening: Paul Horn, *Inside, Heart to Heart, The Magic of Findhorn, Jupiter 8, China, Travellers*; Windham Hill, *Collections*. $325

Vipassana Weekend

Sylvia Boorstein

Vipassana meditation develops direct and profound awareness of the impermanent nature of all experience. It is understood that suffering results from the struggle to resist change, to hold on to pleasant experience while resisting unpleasant experience. Vipassana practice cultivates the personal equanimity which allows for balance in the midst of change while promoting the calmness and energy that lead to personal contentment and compassionate social response.

The format for this contemplative weekend will be periods of sitting and walking meditation using methods to calm the mind and body while developing a more focused attention. There will be guided movement sessions each day. A theoretical explanation of the practice will be offered along with ongoing instruction. Participants will be encouraged to maintain a spirit of silence throughout the weekend, with the final hours reserved for dialogue integrating the practice into daily life.

Recommended reading: Joseph Goldstein and Jack Kornfield, *Seeking the Heart of Wisdom* (Shambhala). $295

Week of January 8–13

A Week with Paul Horn & Chungliang Al Huang

For workshop description see January 6-8. $605

Recovery for Adult Children of Alcoholics and Other Trauma

Julie Bowden

The children of alcoholics movement is officially only five years old (the National Association for Children of Alcoholics was founded in February 1983), yet already treatment providers are being called to address depth issues and late stage recovery. Survivors of childhood traumas other than alcoholism have also begun to appreciate the healing power of the adult child message and are entering the movement seeking recognition.

During this week, specific focus will be given to the child within, to personal acceptance of self and the recovery process, and to the spiritual dimension of recovery. Recovery requires courage and commitment and is possible only for those willing to undertake the "hero's journey."

This workshop is for children of alcoholics, children of trauma, and also for the professionals who work with them and need time for their own renewal.

Recommended reading: Gravitz and Bowden, *Recovery: A Guide for Adult Children of Alcoholics* (Simon & Schuster); Bowden and Gravitz, *Genesis: Spirituality in Recovery from Childhood Traumas* (Health Communications Inc.). $575

A Week with Laura DeNuccio (Ma Prita)

There is an emerging consciousness that is making itself felt and heard in those individuals who are searching to fulfill higher and deeper callings from within themselves. This workshop is for those individuals who sense the emergence of an evolutionary thrust from within or who are experiencing "divine discontent" with what is occurring in their lives at the present time. The focus will be on learning *how* to meet and accept what is being offered by life, exploring *how* to attend to the organic occurrences that life presents and continue moving forward.

It is known in both Western and Eastern traditions that the microcosm of the body reflects the macrocosm of the world. Similarly, a static body reflects a static view of the world. In this workshop, participants may explore themselves as living, unfolding processes – physically, mentally, emotionally, sexually, and spiritually. They may find that through practices such as breath work, movement, and sound, aliveness and pulsation can be returned to the body, and unconscious thoughts and feelings which reside in the body tissue can be brought to life. Careful attention will be given to the mental processes that shape the physical and emotional bodies, with special emphasis being given to personal issues that emerge. The week will also speak to the need for bridging one's personal growth and inner experience with outer involvement in the world.

Practices will be taught which encourage participants to listen, feel, sense, and become acquainted with their essential core selves, from which arise creativity, wisdom, joy, and healing.

Recommended reading: Rodegast, *Emmanuel's Book* (Friends' Press); John Heider, *The Tao of Leadership* (Humanics Ltd.); Fields et al., *Chop Wood, Carry Water* (Tarcher); Alice Bailey, *Education in the New Age* (Lucis Publishing Co.); Florence Shinn, *The Game of Life and How to Play It* (De Vorss). $575

Weekend of January 13–15

A Weekend with David Schiffman

For workshop description see September 23-25. $295

Reinventing Love

Jay Ogilvy, Bob Solomon & Sam Keen

Love has seen good and better days. Among both the sentimental and the cynical, it seems to be a solution to our problems. Love has been described variously as mere instinct, as a gift from God, and as the play of overstimulated glands. Yet, without love, care, and compassion, the world is too meaningless a place to inhabit. The question for this weekend is how to reinvent love, care, and compassion in our daily lives. $295

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with the fundamentals of tai ji practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five-elements form, Chinese Qi Gong breathing, and life-force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (Dutton) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon). $295

Gestalt and Gurdjieff

Kathleen Riordan Speeth

All religious traditions stand trembling in front of the perennial questions. In their esoteric or practical form they demand that we know ourselves, uncondition ourselves, and master ourselves. How can we become impeccable? How do we find the creative balance between spontaneity and discipline, solitude and connection, responsibility and freedom, practicalities and visions?

The Gurdjieff Work synthesizes Eastern sacred technologies for the West. In this workshop, participants will make contact with the heart of the teaching, self-remembering. They will study themselves in terms of the relations of essence and personality, the role of character structure, the function of negative emotions, conscious labor, and intentional suffering.

Gestalt practice provides the ideal infrastructure for self study. The group will use it as moment by moment awareness training and as an interpersonal extension of meditation.

Recommended reading: P.D. Ouspensky, *In Search of the Miraculous* (Harcourt Brace Jovanovich); Kathleen Riordan Speeth, *The Gurdjieff Work* (Pocket Books). $295

Week of January 15–20

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

For workshop description see January 13-15. $575

Acts of Courage

David Schiffman

To take risks successfully requires courage, grit, and wisdom, knowing one's heart and being true to the dreams that live inside it, good timing, an adventuresome spirit, and the confidence to act. The focus of this week will be to fine-tune this creative risk-taking and to appreciate the "acts of courage" required for the undertaking. Elements such as mutual respect, honesty, and tenderness in the group situation will help participants deepen their appreciation of what is truly valuable in their lives. Time together will include traditional psychological practices as well as non-traditional, innovative approaches with music, movement, guided imagery, and structural repatterning. $575

Craniosacral System: Basic Workshop

Jim Asher & Jane Harrington

This workshop will offer an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. The class will combine lectures and slides on functional anatomy of the membrane system and cerebrospinal fluid movement. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference. Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills and for those already practicing body work or counseling. Much of the focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system.

Recommended reading: John Upledger and Jon Vredevoogd, *Craniosacral Therapy* (Eastland).

C.E. credit is available for nurses; for additional information see page 39. $575

Imagination as Healer

Jeanne Achterberg & Frank Lawlis

This workshop is designed for professionals in health care who include imagery/visualization in their practices and for health consumers who have integrated mental imagery of some form into their healing repertoire. Attendance will be limited to allow for interaction with others and for an expanded examination of imagery methods.

The presenters have straddled the worlds of science and healing for over a decade and have emerged with a new dimension in health. During this week they will offer their findings, provide tools for empowering the psyche, and serve as resource persons. Their expertise includes work with cancer, heart disease, immune and autoimmune conditions, AIDS, general stress disorders, and other chronic, disabling conditions.

Case studies will be shared, offering the great enlightenment that comes only from persons who are examining their lives in the face of grave crises. The attendees will be guided through typical visualization and imagery exercises.

The focus of this workshop will be the reintegration of potent visionary processes into their rightful fold: the nurturance of life and all that implies for health and emotional well-being.

Recommended reading: Jeanne Achterberg, *Imagery in Healing: Shamanism and Modern Medicine* (Shambhala); Achterberg and Lawlis, *Bridges of the Bodymind* (IPAT).

C.E. credit is available for nurses; for additional information see page 39. $575

Weekend of January 20–22

The Feeling Process

Janet Zuckerman

For workshop description see September 2-4. $295

Creativity and the Veil of Addiction

Linda Leonard & Keith Chapman

Based on Linda Leonard's forthcoming book, *Witness to the Fire: Creativity and the Veil of Addiction* (Shambhala 1989), this workshop will explore the archetypal images of addiction and creativity. These include the Demon Lover behind addictions which possess us and the Creative Daimon, the energy behind creativity which inspires us to new states of being. Dialogue with participants will center on the archetypal images of the Moneylender, the Gambler, the Romantic, the Underground Man, the Outlaw, the Trickster, the Madwoman, and the Judge, as well as images from the creative process and their parallels with the twelve steps of recovery. The material is drawn from novelists such as Dostoyevsky, Jack London, Jean Rhys, and Eugene O'Neill, with insights from Jung, the existentialist philosophers, and the stories of recovering addicts. $295

The Intelligent Body, The Sensuous Body

Thomas Hanna

Premise: Clarity of self-awareness and clarity of body control grow together or decline together. Participants will explore how greater sensitivity to the inner self enhances the body's ability to act and to relax and how this ability in turn enhances kinesthetic awareness.

The program will introduce gentle movements and use of imagery as well as instruction in the principles of many different kinds of body work and exercise systems – particularly that of Moshe Feldenkrais. There will also be demonstrations of how new sensory information can lead to dramatic changes in posture.

Those who wish advanced knowledge in systems of body work may find the weekend profitable, as may those who have habitual aches or have difficulty relaxing.

Recommended reading: Thomas Hanna, *Somatics* (Addison-Wesley). $295

The Right Work

John Caple

What is work? And what is not work?
– Bhagavad Gita

In this workshop participants will rediscover work-related dreams, draw power from life experiences, and clarify their vision of what they want their worklife to be. They will refine their sense of what is work and what is play and what is right for them.

There will be concepts to stimulate the intellect, processes to awaken intuitive wisdom, and a chance to bring it all together in a personal life plan. Some time will be available for individual work.

Who should attend? Those who want more value in their lives, career changers and potential career changers, re-entry persons, and those who influence others in making worklife decisions.

Recommended reading: John Caple, *The Right Work* (Dodd, Mead). $295

Week of January 22–27

Gestalt Practice

Christine Stewart Price

For workshop description see September 16-18. $575

Five-Day Massage Intensive

George King & Esalen Massage Practitioners

For workshop description see September 11-16. $575

Completion

Will Schutz

Incomplete actions, be they personal or social, result in many of humankind's troubles: emotional – replaying early stuck relations; physical – chronic tension from unfinished actions; health – blood poisoning from uneliminated waste products; aging – caused by incomplete events; ecology – waste disposal problems, especially nuclear; spiritual – karma, unfinished business; education – Montessori's insistence on putting toys away; sports – the concept of the killer instinct.

What are the resistances to completion? What must happen to a self-concept to propel it toward completing cycles? These and other questions will be explored via the following concepts: theory of energy cycles, life history completion, health through imagery. $575

Presence

Elisa Lodge

Elisa Lodge writes: "Presence is a power that arises from a deep sense of self-worth and trust. It reflects a broadened vision and wholehearted acceptance of the varied facets of being. It is a state of dynamic balance where there is no unnecessary strain of self-defeating awkwardness. One is at home in oneself and at ease with the world.

"During this week, participants can gain a deepened appreciation of the elements in themselves that contribute to this timeless state of fluidity and ease. They will have an opportunity to experiment and explore how their bodies' shapes and forms, emotional histories, and self-images are intimately intertwined. This growing awareness is the basic grounding from which the creative experience of presence can be known. Movement patterns, the ways we walk and breathe, also reveal how we inhibit or allow our personal power. As we become more comfortable with ourselves, we transform not only the way we might carry our head or make contact with another, but our whole way of being in the world.

"This work is based on an approach woven from gestalt, psychosynthesis, Rolf-movement, and performance art. Video feedback will be used." $575

The Enneagram and Spiritual Growth

Eli Jaxon-Bear & Antoinette Varner

The enneagram of personality was long kept as a secret oral tradition in the mystery schools of Central Asia. First used in the West by Georges Gurdjieff in his work with students, it is an effective mirror for seeing and peeling away the last, most subtle, layers of personality. It can be a powerful diagnostic and healing tool in working with clients, as well as aid in developing compassionate understanding for ourselves and others.

Workshop participants will study the overall enneagram system while identifying their own core fixations. Various strategies, such as movement, will be utilized as ways of both learning the system and moving out of the different fixations. The group will also explore the related spiritual challenges and lessons. They will have the opportunity to use hypnosis and neuro-linguistic programming in open seat, creative myth-making, role playing, and movement as ways to clear the biographical level, heal old wounds, learn the lessons, and move on. The mornings will begin with Zazen and Taoist stretching to set the groundwork for the day.

The enneagram forces us to be ruthlessly honest with ourselves and offers a true test of our chosen spiritual paths. $575

Weekend of January 27–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 16-18. $295

Talking to Russians

Robert Bathurst & Brit Broch Bathurst

When Americans are too nice, Russians become suspicious; if a business contract is too elaborate, Russians assume deception. Peace between the superpowers is the problem and

communication is the key, but it is very difficult to say what you mean cross-culturally.

This is a workshop for citizen diplomats and those concerned with constructive approaches to this cross-cultural problem. Participants will talk with Russians, practice bargaining and negotiating for peace, learn about hidden language and cultural differences. In doing so, they will become more aware of unconscious values, and more effective perhaps in finding strategies for peace. $295

Non-Adversarial Child Care: The Continuum Concept in Practice

Jean Liedloff

For parents, parents-to-be, and baby and child care professionals, this seminar will examine the true meaning of sociality as an innate characteristic of homo sapiens. Drawing upon her years of living with Stone Age Indians in South America's jungles, the leader propounds an approach neither punitive nor permissive that takes into account the generally unrecognized expectations and abilities inherent in our young.

Why do babies and children so often seek attention they don't need? Why do we see tots in underdeveloped countries and cultures following their parents and helping them with chores so early, while ours are frequently chased and tended, opposed, tolerated, and socialized for nerve-wracking, guilt-laden, unappreciated decades of drudgery and sacrifice ending in one degree or another of alienation?

As professor Robert Aldrich of the National Institute of Child Health and Human Development said, "Basic things about human nature we forget or ignore at our peril."

Recommended reading: Jean Liedloff, *The Continuum Concept* (Addison-Wesley, U.S.; Penguin, U.K.), German edition, *Auf Der Suche Nach Dem Verlorenen Gluck* (CH Beck, Germany). $295

Learning the Craft of Dream Work

Stephen Aizenstat

Dreams can be imagined as looking-glass parables, each a complex story that reflects the personality and soul of the dreamer. This weekend's program will bring emphasis to the healing potential of dream work. In so doing, the leader will review methods of dream work which consider the personal and collective unconscious.

In addition, new methods of dream work which take into account the world unconscious will be described. The world unconscious is seen as a deeper and broader dimension of the psyche and is imagined to contain the subjective inner natures (the subtle body) of all phenomena. It is believed that these inner subjective properties are reflected in the images of dreams and are, at an essential level, interrelated.

It is at this level of the psyche that dream images provide access to an interconnected source of healing energy. This view, grounded in modern research and ancient wisdom, has practical implications for the use of dreams in physical and psychological healing.

Participants will be shown how to employ specific methods of dream work which honor and actualize the healing potential of the psyche. In this regard, common dream themes, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will be discussed. $295

The Shamanic Journey, Power, and Healing

Michael Harner

Shamanism is an ancient human strategy for personal learning and for acting on that learning, using normally neglected or hidden potentialities of the heart, mind, and spirit. Shamanic methods can contribute to virtually any aspect of living, as they have for tens of thousands of years, and are especially useful for problem-solving, well-being, and healing.

In this experiential workshop, participants will be introduced to basic methods of the shaman (a specific type of medicine man or woman) and initiated into the classic shamanic journey. Otherwise known through myth and accounts of great spiritual experiences, this visionary method can be used to enter nonordinary reality to obtain knowledge, to answer personal questions, to maximize power to achieve personal goals, and to contribute to the health of oneself, others, and the Planet. Participants will be aided by traditional drumming and movement and will be provided with methods for journeying to discover and study with their individual spiritual teachers in nonordinary reality, a classic step in shamanic practice.

The shamanic journey can be utilized to help restore spiritual power and health and has practical applications to contemporary daily life. Practices this weekend will include comparison of discoveries and work on personal problem-solving.

Please bring a bandanna to cover your eyes, a pen and notebook to record your journeys and, if you have them, a drum and/or a rattle. Wear comfortable clothing.

Recommended reading: Michael Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford). $295

Week of January 29–February 3

The Life Energy Process℠

Stephano Sabetti

For workshop description see September 11-16.
$575

KATHLEEN THORNHOD CARR

Kathleen Fitzgerald demonstrates the principles of centering, extension, and ki in an aikido technique.

Ashtanga Yoga, Movement, and Massage

Deborah Anne Medow

The body is a boat which carries the soul in the ocean of the world. If it is not strong or it has a hole, then it can't cross the ocean. So the first duty is to fix the boat. – Baba Hari Dass

The primary focus of this workshop is to utilize the methods of the ancient system of ashtanga yoga, movement, and massage in "fixing the leaky boat." During these five days, a cleansing diet will be discussed and encouraged, and participants will be assisted in developing a solid basis for further development of the physical, mental, and spiritual aspects of yoga practice and massage. Topics covered will include yoga theory, purifications, breathing exercises, and meditation, with particular emphasis on asanas (postures). Afternoon massage sessions at the baths will help group members relax and integrate the positive effects of practicing yoga.

Please bring loose, comfortable clothing.

$575

Reinstating One's Original Self: The Continuum Concept in Practice

Jean Liedloff

In her years of living and traveling in the South American jungle with Stone Age Indians, Jean Liedloff observed an ancient norm of well-being. She feels that this condition offers a much needed paradigm missing in our attempts to attain individual and social fulfillment. She has developed and refined a set of principles for guiding clients toward discovery and understanding of the beliefs and expectations formed in babyhood and childhood that undermine the capacity to act from an accurate perception of self and other.

This workshop will deal in depth with the methods that can change a client's inner beliefs at his or her own optimum pace. It will allow participants to acquire an understanding of these ideas and experience their use both from the client's and the guide's points of view. It is for professionals and non-professionals.

Recommended reading: Jean Liedloff, *The Continuum Concept* (Addison-Wesley, U.S.; Penguin, U.K.), German edition, *Auf Der Suche Nach Dem Verlorenen Gluck* (CH Beck, Germany).

$575

Word Magic: A Personal Adventure through Writing

Nancy Bacal

We all have stories and the ability to tell them. But when asked to translate them onto the page, many of us are inhibited by self-judgment. Through a series of exercises designed to bypass blockages, participants will be encouraged to move beyond the controlling arm of the critic and tap their reservoirs of personal experience. These exercises will provide an opportunity to turn the burdens in our lives into stories, the unwanted voices into characters, the failures and successes into material. They are specific enough to excite the imagination yet loose enough for the writer inside to experiment with form and images and remain open to surprise.

This writing workshop is designed to create a safe and stimulating environment for the non-writer, the would-be writer, and the professional. The schedule will include writing in and out of the group, walks, meditation as it relates to creative process, reading and discussion of pertinent material. The intention will be to coax the mind out of its cycle of expectation and disappointment into a positive, functioning relationship with our work.

Recommended reading: Carla Needleman, *Work of Craft* (Avon); Joseph Goldstein, *The Experience of Insight* (Unity). $575

January 29–February 10

Advanced Training in Shamanism and Shamanic Healing

Michael Harner

For workshop description see Special Programs, page 37.

Weekend of February 3–5

Singing Gestalt

Nancy Kaye Lunney

For workshop description see September 16-18.

$295

At the Turning Point: Poems Can Help Us in Crisis

Brother David Steindl-Rast

Every crisis in life invites us to sift out seed from husk, that which holds promise from that which must die. Poetry can help this process of sifting, more so than many would expect. In a world of hypocrisy, poetry offers criteria for certainty – for as much certainty at least as life will permit.

The Benedictine monastic heritage, in which Brother David stands, has been called "the poetic heart of the Christian tradition." Drawing from the well of that tradition, Brother David will introduce poets as guides in crisis.

There are skills of the heart that can be learned, skills that may transform what appears to be the point of death into a turning point.

Recommended reading: Rainer Maria Rilke, *Letters to a Young Poet* (Norton); David Steindl-Rast, *Gratefulness the Heart of Prayer* (Paulist Press). $295

Week of February 5–10

The Hakomi Method

Ron Kurtz, Richard A. Heckler & Michael Herrick

For workshop description see September 18-23.

$575

Choices and Changes Using Gestalt

Anne Nechama Simkin

For workshop description see October 16-21.

$575

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration.* $575

Weekend of February 10–12

Weekend Massage Intensive

Brita Ostrom & Esalen Massage Practitioners

For workshop description see September 23-25.

$295

Central Asian Shamanism: A Soviet Scholar Shares His Knowledge

Vladimir Basilov

Shamanism is an ancient tradition among many tribes and peoples in Central Asia and Siberia. In fact, the Siberian part of the Soviet Union is the home of "classic" shamanism, the word *shaman* coming to us from the Tungus tribe there.

While interest in shamanism is growing in the United States, few Americans have had occasion to learn about the shamanic traditions in the Soviet Union. In this non-experiential

seminar, participants will have the rare opportunity to hear especially of Dr. Basilov's studies of shamanism among the Uzbek people of Central Asia and to learn about the varieties of shamanism practiced by native peoples in that area and Siberia. The presentation will include films and other visual materials as well as sound recordings.

Dr. Basilov speaks fluent English. He will be introduced by Michael Harner. $295

Intimate Relationships: Keeping the Spark Alive

Avala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the dampening effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, and it is not caused by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic schemata and to rekindle the romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Avala Pines, *Keeping the Spark Alive* (St. Martin's Press). $295

The Modern Warrior: LET in Action

George Leonard

A man or woman with outward courage dares to die;
A man or woman with inward courage dares to live.
– Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the full, and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might well be necessary for men and women to reown the warrior ideal.

Through the centering and movement exercises of LET (Leonard Energy Training) as well as through various new games, participants will be invited to get in touch with their own unacknowledged powers, and thus to discover the hidden warrior within. Guidance will be offered on how to apply the warrior ideal to daily life. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton). $295

Week of February 12–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 16-18. $575

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.'

"These activities can also be described as *movements*. What we call a 'body' can be seen as movements that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we *are* rather than as something we *do*.

"Our time together will be to enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder of meaningfulness as it shapes and colors the moment. For me, 'life' and movement are one." $575

Moving into Relationship with Self and Others

Mary Goldenson (Devanani)

This workshop offers an opportunity to empower the self, and subsequently, relationships with others. Participants will first observe their relationship with themselves and then how that is mirrored in the other while working, playing, and loving. It is premised that people are often attracted to those from whom they have the most to learn, those who reflect their own strengths, weaknesses, fears, beliefs. Exploring past and present relationships can bring insights to this process and transform them into powerful growth experiences. This will be a major focus of the week.

Participants will create a clear picture of what they want and how to attain it, examine ways they sabotage themselves, and learn more about how others see them. Radix®, Reichian body work, gestalt, dance imagery, hypnosis, meditation, and group process will be some of the modalities used. $575

Vipassana in the World

Jamie Baraz

Vipassana (insight) meditation is the simple and direct practice of nonjudging, balanced awareness. When we clearly see and understand the impermanent nature of all experience, our reactions of clinging, condemning, fear, and confusion begin to lose their power. Instead, wisdom and compassion are strengthened.

In this workshop, we will follow the basic principles of Vipassana and apply them in a practical way. There will be a day for ourselves – learning the meditation and the qualities of patience, self-acceptance, and compassion. Next, there will be a day for others – in which the ideas of the practice are applied to relationships, livelihood, and skillful communication. Finally, there will be a day for the world – where larger issues such as service, action, and appreciation of the interconnectedness of all life are explored.

There will be regular periods of silent meditation, group discussions, and mindful application of our time at Esalen for a direct experience of the value of the practice. $575

Gestalt-Directed Body Work: Training for Professionals

Edward Smith

Using the gestalt approach as his theoretical and procedural umbrella, Edward Smith integrates aspects of Reichian, neo-Reichian, and other body-focused methods into his work. This integration brings together the exquisite focus on the organism-in-environment *process* of the gestalt approach and the awesome power of the Reichian and neo-Reichian procedures for facilitating that process. A high degree of respect for individual personhood unfolds through this work.

Through lecture and discussion, the leader will teach a practical, conceptual model of the gestalt-directed body work process as set forth in *The Body in Psychotherapy*. This will give participants a framework for personality assessment via the body and a clear rationale for body-focused process interventions. The bulk of the time will be devoted to bringing the work to life through group exercises and individual sessions with the leader.

Recommended reading: Edward W.L. Smith, *The Body in Psychotherapy* (McFarland). $575

Weekend of February 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 16-18. $295

Rituals of Transformation

Paul Rebillot

Human beings are continually approaching thresholds, transition points from one state or condition of being to another. To live is to change. The tendency, however, is to resist change, to cling to the familiar, to remain stuck at the threshold. It is the source of much of the stress and pain experienced in life and keeps many people from moving forward.

A ritual does not make a change happen. Rather, it awakens within the psyche the archetypal pattern of change; it teaches how to change. By acting out the ritual, one learns, not only in the mind but in the feelings of the heart and the movements of the body, the process of transformation. Rituals can prepare a person for change as it happens and help heal the passages that were not completed in the past.

During this workshop, group members will look at what they want to heal and transform in their lives, what they need to say goodbye to in the past, and what new step they need to take in order to cross their present threshold. Sub-groups will work together to design and enact individual rituals in order to support and help this healing process.

Joseph Campbell said that when you can discover your authentic path, the way seems to be blessed by magic. To find this way is the work of *Rituals of Transformation*. $295

Minding the Body, Mending the Mind

Joan & Myrin Borysenko

In the last decade, medical science has discovered certain pathways through which the mind can influence health and healing. Time-honored methods such as meditation and creative imagination promote a core of bodily changes called the relaxation response and set the stage for more specific changes, both in physiology and attitude. These methods originated from philosophical and spiritual systems of awareness training and self-development. For many people, illness and anxiety have been the motivating force to discover the greater healing potential of these ancient practices.

Developing a fighting spirit can help us survive stress and illness. But fighting for the body alone is not enough. Fighting for integrity, however – for one's inner truth – creates a strong foundation that is there no matter what passages the body may go through. The very modalities by which we can discover and support this integrity can often also be healing for the body.

This workshop is appropriate for health professionals and others who want to learn new methodologies for health care. It will explore the scientific and spiritual aspects of meditation and imagination, overcoming "New Age guilt" – putting mind and body in the proper perspective, and learning from fear and illness. Skills that change both physiology and basic attitude about the self will be practiced. Meditation, creative imagination, and mini-exercises for daily use will be the experiential focus.

Recommended reading: Borysenko, *Minding the Body, Mending the Mind* (Bantam); Swami Prabhavananda & Christopher Isherwood, *How to Know God: The Yoga Aphorisms of Patanjali* (Vedanta Press).

C.E. credit is available for nurses; for additional information see page 39. $295

The Path of Transformation in Psychotherapy and Meditation

Daniel Brown

This workshop is designed for psychotherapists, practitioners of meditation, and those interested in the integration of the worlds of psychotherapy and spirituality. The leader will present an integrated model for the path of transformation, for the development of emotional experience, the sense of self and others, and reality sense. This model of normal, pathological, and optimal human development is drawn from the fields of child development, clinical psychology, and the great Eastern traditions of meditation.

This workshop will show how the path of meditation unfolds and will present a vision of optimal human development. It will also help participants learn to assess and treat different types of problems (clinical symptoms and meditation crises) which occur at various points along the overall developmental continuum. The workshop will address how psychotherapy can be used as a way to attain some of the necessary prerequisites for spiritual development and can assist with the problems that occur for the meditation practitioner and meditation teacher. It will also show how spiritual awareness can inform one's view of psychotherapy. Various experiential exercises and meditation practices will be used along with clinical case material. The workshop will be both experiential and didactic.

Much of the material will be drawn from the leader's experience as a clinician and teacher, and from his 18 years of practicing meditation, translating meditation texts from Sanskrit and Tibetan sources, and conducting scientific studies on deep meditation states and enlightenment on meditation masters in this country and in South Asia.

Recommended reading: Ken Wilbur, Jack Engler, and Daniel Brown, *Transformations of Consciousness* (Shambhala). $295

Week of February 19–24

Five-Day Massage Intensive

Kathleen O'Shaughnessy & Esalen Massage Practitioners

This course will teach gentle, fundamental approaches to full body massage and the refined art of touch as communication and awareness through movement and breath rhythms. It is a basics program for those interested in developing hands-on skills.

Demonstrations will be augmented by supervised practice. Verbal material will include information about various approaches to body work and how massage can relieve physical and emotional stress.

C.E. credit is available for nurses; for additional information see page 39. $575

Transitions

Elliot Wiker Aronson & Gabriele Thomson

For workshop description see November 18-20. $575

Owning the Shadow

Paul Rebillot

We have seen the enemy and they is us.
– Pogo, Walt Kelly

Paul Rebillot writes: "In my work I have come to realize that one of the most important and frequently avoided themes in people's lives is the ability to own the part of ourselves we don't like, the part Jung called the shadow. As a result, we become projectors of our own disowned energy. In this workshop, we will seek to discover within ourselves the bad guy we have been projecting onto and hating in others. Hopefully, by facing and communicating with this negative self, we can discover in our shadow not the enemy, but the friend and challenger to growth of the heart and consciousness." $575

Lost Romantic Loves: Healing through Film

Francis Lu & Barbara White

Love must be told. Not so that it may be forgotten, but so it can be rewoven into the tapestry of the present. – George Vaillant

This seminar will invite participants to remember their lost romantic loves and to further their own healing and self-renewal through a process of using films as a tool for self-reflection. Topics will include: the nature and quality of romantic love, the emotional consequences of lost love (including obsession, jealousy, anger, violence, and madness), and the healing processes (including grief, letting go, compassion, self-renewal, and revisioning new relationships).

Within a supportive group context, participants will view films which evoke these archetypal patterns of love, its loss, and healing. Through inner reflection, Feldenkrais® body work, gestalt, dream work, and discussion, participants will reconnect their personal experiences with these archetypal, mythological realities. Films to be shown include works directed by Woody Allen, Alfred Hitchcock, and Francois Truffaut.

Recommended reading: John Welwood, *Challenge of the Heart: Love, Sex, and Intimacy in Changing Times* (Shambhala); Robin Norwood, *Women Who Love Too Much* (Dell). $575

On Being a Man

David Schiffman, Ed Bloch-Farrington & Rick Chelew

Many men today have labored diligently to become softer, more receptive, and nurturing. They have sought to honor and embrace the emergence of the feminine principle in their own natures. For many, however, the right to celebrate and honor the so-called masculine aspect has become a thorny and difficult dilemma. Many qualities of maleness or masculinity have come to connote the most destructive and troublesome elements in human existence: war, environmental desecration, sexual oppression, and patriarchal abuse.

A man's sense of his own uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity.

The workshop will explore the following questions:

* What does a man need to know and accept about his own nature to feel himself fully as a man?
* Can men come together to create an atmosphere of trust and good will, where the masculine aspects that they have in common can be honored and appreciated in the *pleasure* of each other's company?
* Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
* Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illuminate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will be incorporated in this journey as well. $575

Weekend of February 24–26

Experiencing Aikido

Annie Styron Leonard

To experience aikido is to feel both energized and relaxed, to be stronger and at the same time more gentle. To learn this sophisticated martial art takes many years, but some of its mysterious powers can be sampled over the course of this weekend.

Participants will practice enhancing the flow of vital energy through and around the body, relaxing under pressure, moving from the *hara*, or center, and extending inner force. They will be introduced to and have the chance to practice a few basic aikido moves and learn alternative, nonaggressive ways of dealing with attacks. This weekend is designed for those who simply wish to get in touch with and use their own latent powers as well as those who are planning to begin practicing a martial art.

Recommended reading: John Stevens, *Abundant Peace* (Shambhala). $295

Burnout: Causes and Cures

Elliot Wiker Aronson & Ayala Pines

This workshop is designed for people who give service to others and who are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures and group discussions, participants will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition, they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues.

Recommended reading: Pines and Aronson, *Career Burnout* (Free Press); Aronson, *The Social Animal* (Freeman).

C.E. credit is available for nurses; for additional information see page 39. $295

Homeless Living

Bernard Glassman & Peter Murvo Matthiessen

When Bernard Glassman arrived in New York in 1980, he began weaving a mandala called Zen Community of New York, an interfaith meditation center. As the community grew, he founded the Greyston Bakery, where the opportunity for developing a living practice of meditation and action in the daily workplace emerged and answered the community's need for self-sufficiency.

As the need for further outreach became apparent, Glassman envisioned the Greyston Family Inn, a holistic approach to homelessness. This social action ministry provides residency, participation in family living, job training at Greyston Bakery, childcare, parenting education, and an arts program to the formerly homeless who want to change their lives. In addition, an affordable housing project has been initiated, and discussions are underway to create a community land trust.

An old Zen saying goes, "Abiding nowhere, raise the mind of enlightenment." Since the days of the historic Buddha, monks have devoted their lives to another kind of being homeless: a homelessness of attachments to wishes, needs, and conditions. Peter Murvo Matthiessen, Zen priest, adventurer, and writer (author of *The Snow Leopard* and *At Play in the Fields of the Lord*), will explore homelessness from this perspective. $295

Conscious Femininity: Mother, Virgin, Crone A Workshop for Men and Women

Marion Woodman

This seminar will differentiate three archetypes of femininity as they are evolving in the consciousness of women and men: 1) the conscious mother, interested in taking care of self, others, and the planet; 2) the virgin, the maturing woman who evolves out of the

ground of the mother; and 3) the crone, the detached, wise old woman.

A healing feminine awareness is struggling to emerge not only in the individual psyche, but in the collective as well. In dreams, a powerful feminine figure repeatedly demands the attention of the ego, attempting to guide consciousness toward new values that are releasing, frightening, and ruthlessly honest. Such values evoke somatic and psychic responses that are experienced personally as upheavals in traditional attitudes and collectively as a new cultural ethos. It is the new feminine consciousness that is able to rescue and heal the abandoned soul.

The weekend will consist of lectures, small group discussions, and gentle body work and dance.

Recommended reading: Marion Woodman, *The Owl Was a Baker's Daughter; Addiction to Perfection*; and *The Pregnant Virgin* (all: Inner City); Sylvia Perera, *Descent to the Goddess* (Inner City); Edward Whitmont, *Return of the Goddess* (Crossroad). $295

JAN WATSON

Warriorship is a continual journey. To be a warrior is to learn to be genuine in every moment of your life.
–Chogyam Trungpa

Week of February 26–March 3

Five Days with Janet Zuckerman

For workshop description see November 27-December 2. $575

A Basic Course in Nutrition and Healthy Eating

Andrew Weil

This workshop will cover principles of nutrition, including information about calories, cholesterol, protein, carbohydrates, and fat. How much protein do you really need? Can vegetarian food be totally nourishing and satisfying? Should you use olive oil or safflower oil, margarine or butter? Is pasta the perfect food? Do you need to drink milk, and where can you get your calcium if you don't?

These and other questions will be answered as participants prepare innovative dishes and meals that they will be able to duplicate at home. Group members will cook and eat together as they discuss aspects of diet and health, including vitamins and supplements, culinary and medicinal herbs and spices, and special diets for particular needs. The role of healthy eating as an aspect of preventive medicine will be stressed.

Andrew Weil draws on his experience as a physician, botanist, food lover, and cook in leading this workshop, as well as his association with Canyon Ranch Spa in Tucson, Arizona, where he directs the Natural Healing Program. This is an opportunity for participants to learn facts and methods not easy to find elsewhere while having fun, being creative, and doing something good for themselves in the bargain. $575

Children of Chaos: Recovery from the Aftermaths of Alcoholism

Mariah Fenton Gladis

The road to recovery for Adult Children of Alcoholics and others whose parents have been dysfunctional or abusive is challenging and can be deeply rewarding. It requires determination, lifelong commitment, and positive therapeutic experiences. This workshop offers participants an opportunity to take a major step toward health. Group members will work toward transforming their personal histories from one of liability to one of strength and wisdom, focusing on the promotion of healing in four fundamental relationships:

* With oneself: developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of chronic trauma;
* With others: improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries;
* In the world: moving away from chaos and deprivation toward stability and abundance;
* Spiritually: searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

The workshop will be experiential *and* didactic, using a blend of in-depth individual and group gestalt work, music, spiritual healing, body work, and personal metaphor. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support.

This workshop is also appropriate for professionals working with ACOAs. $575

February 26–March 24

Massage Practitioner Certification Program

Peggy Horan & George King

For workshop description see Special Programs, page 37. $2300

October 9–November 4
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

This course will synthesize neurolinguistics and Ericksonian hypnosis and will draw heavily from the pioneering work being done with the enneagram of personality and Stanislav Grof's "cartography of inner space." While satisfying the hypnosis coursework requirements for the M.E.C.C. and complying with the California state requirement for hypnosis certification, participants will go beyond what is required and explore the realms of the unknown.

While the use of hypnosis in habit control and symptom removal will be covered, a primary focus will be on hypnosis as an emerging tool of spiritual emergence and sacred psychology. Starting with the presupposition that we already live in trance and that the goal is waking up, the roots of personality structure and the filters of perception in the creation and transformation of reality will be carefully explored. Participants will have the opportunity to directly experience the profound power of trance to transform their lives. These experiences will create a model for working with clients.

Clinical applications depend upon the complete pacing of the client's reality. The structure of rapport, pacing and leading, and various hypnotic patterns of induction will be demonstrated and practiced along with a variety of clinical interventions, including reframing, change history, metaphors, and storytelling.

The group will watch videotapes of Erickson and other well-known leaders in the field of hypnosis. Participants will have daily practice with each other and the opportunity to be videotaped doing a hypnotic induction. Daily zazen, Taoist yoga, and transformational movement led by Antoinette Varner will also be a part of this program.

Upon completion of this course, participants must demonstrate a high level of professionalism as well as proficiency in technical skills to the satisfaction of the instructors before certification will be granted. Certifications by the American Council of Hypnotist Examiners and the Society of NeuroLinguistic Programming will be available for additional fees. Beyond certification, the opportunities for personal transformation and learning new tools for change can make this a valuable experience.

JAN WATSON

A black belt exam (here, Cathy McFann at Aikido of Tamalpais) isn't just a test of techniques; it's a rite of passage. Instructors: Richard Strozzi Heckler, George Leonard, Wendy Palmer.

Required reading: J. Haley, *Uncommon Therapy* (Norton) and *Strategies of Psychotherapy* (Grune & Stratton); Grinder and Bandler, *Trance-Formations* (Real People Press), *Frogs into Princes* (Real People Press), and *Reframing* (Real People Press); S. Grof, *Beyond the Brain* (State University of N.Y.); Chogyam Trungpa, *Shambhala* (Shambhala); P.D. Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World); C. Castaneda, *Tales of Power* (Simon & Schuster); Joseph Campbell, *Myths to Live By* (Bantam).

C.E. credit is available for nurses; for additional information see page 39.

$2300 (plus $300 paid to the Institute for Advanced Hypnosis)

November 6–18
Integrative Body Practice (IBP)
Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This will be a twelve-day residential training program in Integrative Body Practice. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields. The leaders will be assisted by Deane Juhan and the staff of the Rosenberg-Rand Institute of Venice, California.

Recommended reading: Jack Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics Ltd.) and *Total Orgasm* (Bookworks).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291, (213) 394-0147. $1445

November 6–December 4
Massage Practitioner
Certification Program

Deborah Anne Medow & Dean Marson

This month-long program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture-demonstrations, hands-on practice sessions using each other as models, illustrated anatomy classes, and instruction in the basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning.

Body work will be studied as a tool for optimal well-being and stress reduction and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. Upon satisfactory completion of the program, and after giving 30 addi-

tional recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program, with limited admission.

C.E. credit is available for nurses; for additional information see page 39. $2300

January 29–February 10
Advanced Training in
Shamanism and Shamanic Healing

Michael Harner

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others and to solve the problems of daily living. This two-week intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life. This is the most advanced training currently offered by Michael Harner in the United States or Europe.

Course prerequisite: a previous workshop with Michael Harner or an authorized faculty member of the Center for Shamanic Studies, either at Esalen or elsewhere. Such a workshop will be offered at Esalen immediately prior to this program. (See Esalen Seminars, January 27-29.)

Recommended reading: Michael Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford).

For more information and to apply, please contact Michael Harner, Center for Shamanic Studies, Box 670 – Belden Station, Norwalk, CT 06852; (203) 454-2825. Early application is recommended.

February 26–March 24
Massage Practitioner
Certification Program

Peggy Horan & George King

For workshop description see Special Programs, November 6-December 4. $2300

Children's Programs

Gazebo School: The Gazebo Program for children, ages 2-6, operates year round except for a week at Christmas. It is an outdoor-based program which encompasses the care of animals and the environment and supports the development of physical, cognitive, and psychosocial skills. $150 per week

This program is for children of parents concurrently attending an Esalen seminar. For further information contact Lia Thompson, Esalen Institute.

Gazebo Internship Program

Openings are now available at the Gazebo School for a one- to three-month intensive internship in early childhood education. The emphasis will be on an aesthetic approach to the development of physical, cognitive, and psychosocial skills. For an application, write to Bette Dingman, Gazebo Internship Program, Esalen Institute.

Massage Practitioner
Certification Program

Esalen offers a California state-approved program. Upon completion of a four-week massage practitioner workshop (see Special Programs, November 6-December 4 and February 26-March 24) and after giving 30 additional massages elsewhere, graduates will receive their certificates. This program provides at least 130 hours of instruction, supplemented by additional study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring Update

The Healthspring Project encompasses outreach, education, referral services, and networking. It was created by the Esalen massage teachers and their associates and is an independent, service-oriented program.

This past year, Healthspring set up a global referral system which links the people we work with at Esalen with body workers, counselors, and teachers from their home areas. There are ongoing programs at Esalen and a traveling workshop service in the U.S. and abroad. We teach self-healing, Esalen body work, yoga, breath and body awareness, dance movement, and meditation. Many of our instructors have experience in gestalt practice.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening. Books may be borrowed for up to a two-week period while you are at Esalen. Donations of books or periodicals are greatly appreciated.

Access to our referral system and the traveling workshop program is available by writing to Laurie Lioness Parizek at Esalen, c/o Healthspring.

FUTURE PROGRAMS

Listed here is a sampling of programs planned for 1989. This is not an invitation to register, but information to assist you in your long-range plans to attend Esalen. For more information, write to the addresses below or refer to the forthcoming January-June 1989 catalog.

March 5–17
Mind and Medicine

Jeanne Achterberg & Frank Laulis

March 5–17
A Workshop with
Mary Goldenson (Devarani)

March 26–April 9
Advanced Massage Intensive

Vicki Topp & Esalen Massage Practitioners

March 26–April 9
Gestalt Practice Intensive
for Professionals

Coordinated by Christine Stewart Price

For further information, write: Christine Stewart Price, Gestalt Practice Intensive, Esalen Institute, Big Sur, CA 93920.

April 9–21
Two Weeks of
Integrative Body Practice (IBP)

Jack Rosenberg & Beverly Kitaen Morse

April 9–21
The Art and Science
of Clinical Hypnosis

Marc Lehrer

May 14–June 9
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

May 14–July 7
The Modern Warrior:
A Certification Program
in Leonard Energy Training

George Leonard & Annie Styron Leonard

For more information, contact the Energy Training Institute, P.O. Box 609, Mill Valley, CA 94942.

WORK STUDY PROGRAM

The Work Study Program is for those who are interested in total immersion in the Esalen environment. It is a work-oriented program, emotionally and physically. Only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. *Assignments to departments are made according to community labor needs.* During the first month, assignments are made primarily in the kitchen and cabins. No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. *Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program,* assuming that they meet the standards of the Work Study Program.

JACK CIRIE

Richard Strozzi Heckler

Where swords cross
Throw off illusion;
Abandon yourself
And you will tread
The living Path.
–Tesshu Yamaoka

Focused programs planned thus far for 1988 and 1989 include:

September 11–October 9: Janet Zuckerman will focus on emotional release. Tools for exploration will include the open seat, a tennis racket, pillows, and a sense of humor.

October 9–November 6: Steven Harper will inquire into human relationship to nature, using Big Sur's wilderness and various traditions that enhance personal awareness. More information will be sent upon registration.

November 6–December 4: Jessica Moore Britt and Hans Gruenn will explore awareness, presence, compassion, and strength using Sufi self-remembering exercises, Reichian/gestalt work, hypnosis, and ritual.

APPLICATION TO THE WORK STUDY PROGRAM

Name _____ Address _____

City _____ State _____ ZIP _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program.

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community.*

Please indicate your availability should an invitation be extended. (Not applicable to focused program participants.)
☐ No extension ☐ One-month extension ☐ Two-month extension. Assignments to departments are made according to community labor needs.

☐ Please check here if you have emergency medical skills (M.D., E.M.T., or R.N.) and are willing to make those skills available during your stay.

Please attach a personal statement about your interest in the Work Study Program. *Include:* applicable *skills* (gardening, kitchen, mechanical, etc.); medical difficulties which might affect your working in particular departments; previous Esalen workshops you have attended (please list program titles, group leaders, and dates). Note: Fluency in the English language is essential for participation in the program.

MEDICAL PROGRAMS

December 11–January 8: Seymour Carter will focus on gestalt practice, with emphasis for, but not limited to, professionals.

January 8–February 5: Terry Hunt will lead a program in emotional sobriety for adult children of alcoholic and abusive parents.

February 5–March 5: Judith Brown will focus on connection and relationship with self, other, and nature, using primarily a gestalt approach.

March 5–April 2: For more information contact Bette Dingman, Esalen.

April 2–April 30: Mary Goldenson's (Devarani) program of letting go and moving on will employ Reichian methods, Radix*, dance, imagery, gestalt, and meditation.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1 1/2 miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the three-month body work program, is $700 first month, $650 second month, $600 third month. Work scholars may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return this form with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

Available dates: September 11–October 9; October 9–November 6; November 6–December 4; December 11–January 8; January 8–February 5; February 5–March 5; March 5–April 2; April 2–30; April 30–May 28; May 28–June 25; June 25–July 23; July 23–August 20; August 20–September 17; September 17–October 15; etc.

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. *Only those programs specifically listed below offer continuing education credit.* See workshop descriptions elsewhere in the catalog.

September 11–16
Five-Day Massage Intensive
Robert Helm & Esalen Massage Practitioners
30 hours

October 2–7
Spiritual Healing: Laying On of Hands
Maria Lucia Holloman
30 hours

October 9–November 4
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
30 hours

October 16–21
Sacro-Cranial Therapy
Hugh Milne
30 hours

October 28–30
Reversing and Preventing Heart Disease: A Model for Transformation
Dean Ornish & Shirley Elizabeth Brown
10 hours

November 6–December 4
Massage Practitioner Certification Program
Deborah Anne Medow & Dean Marson
30 hours

November 18–20
Alternatives to Psychiatric Treatment: Philosophic Issues
Laurence Telles
10 hours

December 18–23
The Body and Zen
Dub Leigh
30 hours

December 25–30
The Art of Self-Care: Who Heals the Healer? Who Helps the Helper?
Ilana Rubenfeld
30 hours

January 15–20
Craniosacral System: Basic Workshop
Jim Asher & Jane Harrington
30 hours

January 15–20
Imagination as Healer
Jeanne Achterberg & Frank Lawlis
30 hours

February 17–19
Minding the Body, Mending the Mind
Joan & Myrin Borysenko
10 hours

February 19–24
Five-Day Massage Intensive
Kathleen O'Shaughnessy & Esalen Massage Practitioners
30 hours

February 24–26
Burnout: Causes and Cures
Ayala Pines & Elliot Waker Aronson
10 hours

February 26–March 24
Massage Practitioner Certification Program
Peggy Horan & George King
30 hours

KATHLEEN THORNOD CARR

Annie Styron Leonard demonstrates an aikido *nikkyo* **technique.**

THE MEDIA CENTER

Videotapes

The Esalen Media Center is offering for rental or purchase a selection of videotapes. This series consists of unedited single camera recordings of informal talks made at Esalen, along with a descriptive tape of Esalen itself.

1. Jack Kornfield, *On Meditation*, November 1986. A longtime student and teacher of Vipassana meditation and Buddhism discusses these traditions with reference to his own experiences as a spiritual seeker in the Orient. (121 minutes)

2. Brother David Steindl-Rast, *God, Spirituality, and the Senses*, November 1984. A Benedictine monk and scholar discusses the spiritual journey and its relationship to mythology and transpersonal theory. (117 minutes)

3. Fritjof Capra, *Characteristics of Systems Thinking*, June 1985. The author of *The Tao of Physics* and *The Turning Point* discusses the evolution of scientific thinking, including current views and implications. (81 minutes)

4. Stanislav Grof, *The New Scientific Paradigm*, June 1985. An original member of the transpersonal psychology network and author on topics such as appropriate use of psycho-active substances, discusses his current view of consciousness. (117 minutes)

5. Rupert Sheldrake, *Morphic Resonance and The New Science of Life*, June 1985. A British geneticist relates his theories on biological and psychological development and discusses some empirical tests of these theories. (108 minutes)

6. Kenneth Ring, *The Near-Death Experience*, June 1985. The author of *Life at Death* and *Heading Toward Omega* discusses his research on the near-death experience and some of its implications for the future of the human race. (114 minutes)

7. Albert Hofmann, December 1984. The discoverer of LSD talks to Stanislav Grof about his early experiences with this and other psycho-active drugs. He also discusses some of the social, political, and scientific consequences of LSD. (92 minutes)

8. Anne Armstrong and Elizabeth Stratton, December 1984. Two longtime students, practitioners, and teachers of psychic work discuss with Nancy Knapp their practices and perspectives related to psychic counseling and healing. (56 minutes)

9. Terence McKenna, *Fractal Perspectives on the Millennium*, August 1985. The author of *The Invisible Landscape* gives his vision of the future, centering around the evolution of human consciousness. (72 minutes)

10. Jack Rosenberg, *One Hour and Twenty-Nine Minutes with Jack Rosenberg and Integrative Body Practice*, September 1985. The Venice, California, practitioner gives his view of personality development and some of the typical patterns of interaction in relationship. (89 minutes)

11. *Esalen*. This 18-minute videotape tells Esalen's story from its early history to the present. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's garden, grounds, and various workshops and activities.

Ordering Information

Each speaker program costs $55 to purchase, $25 to rent. The *Esalen* tape costs $35 to purchase, $15 to rent. To order any of these tapes (VHS only), indicate: purchase or rental (one week), program #, and title. To your subtotal, add $5 shipping and handling ($12 for overseas orders). California residents add 6% tax for sales only. Include your name, address, and phone number. Please address your order (with a check payable to Esalen Institute) to the Esalen Media Center.

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AUDIO RECORDINGS

The Dolphin Tape Series

This tape list overlaps with others, but brings together more titles in the general fields of: the transpersonal, shamanism, psi phenomena, imagination, creativity, myth and legend. A number of titles are from the month-long workshops through the years with Stanislav and Christina Grof, or from one of the International Transpersonal Association conferences held in such diverse locations as Boston or Bombay. Nearly all events were recorded in stereo. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Anne Armstrong: *On Being a Psychic*, 1971
Anne & Jim Armstrong: *The Power of Intuition*, 1987
Armstrong/Stratton: *Psychic Abilities Interview*, 1984
Gregory Bateson: *Metaphors and Butterflies*, 1975
Joseph Campbell: *Hermes, Alchemy, & Voyage of Odysseus*, 1971
Fritjof Capra: *A New Vision of Reality (Bombay)*, 1982
Lew Carlino: *Writing the Screenplay "Resurrection,"* 1987
Bhagavan Das: *Singing Meditation*, 1974
Prem Das: *The Singing Earth (Huichol Chanting)*, 1980
Prem Das & Don Jose: *Huichol Ceremony Chanting*, 1977
Prem Das & Don Jose: *Huichol Chant and The Deer Dance*, 1977
Ram Dass & Tenney Kimmel: *Chanting with Tamboura & Dulcimer*, 1970
Jan Ehrenwald: *Psi Experience and the Bergsonian Filter*, 1984
Jule Eisenbud: *Psi Experience in Psychotherapy*, 1984
Fadiman/Hastings: *Psychedelics & Paranormal Phenomena*, 1971
George Freibott: *Nikola Tesla, The Inventor*, 1984
Father Bede Griffiths: *Doctrine of New Creation (Bombay)*, 1982
Stanislav Grof: *Journeys Beyond the Brain*, 1979
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Stanislav Grof: *Ancient Wisdom and Modern Science (Bombay)*, 1982
Stanislav Grof: *Principles of Holotropic Therapy*, 1985
Arthur Hastings: *Transpersonal Realities (Boston)*, 1979
Albert Hofmann: *LSD and the Nature of Reality*, 1978
Albert Hofmann: *Interviewed by Stanislav Grof*, 1984
Albert Hofmann: *Transmitter/Receiver Concept of Reality*, 1984
Aldous Huxley: *Visionary Experience*, 1960
Jack Kornfield: *The Sound of Wisdom (Boston)*, 1979
Jack Kornfield: *The Smile of the Buddha (Bombay)*, 1982
Stanley Krippner: *Communes, Telepathy, and Dreams*, 1971
John & Toni Lilly: *Integrating Science and Mysticism*, 1981
Abraham Maslow: *Psychology of Religious Awareness*, 1967
Terence McKenna: *New and Old Maps of Hyperspace*, 1982
Ralph Metzner: *Symbolism of the Four Elements*, 1979
Ralph Metzner: *Maps, Models, and Metaphors (Boston)*, 1979
Henry Munn: *Mushrooms and Culture*, 1977
Henry Munn: *Fable of the Vision Drink*, 1977
Humphrey Osmond: *Early Psychedelic History*, 1976
Rupert Sheldrake: *Morphic Resonance: Formative Causation (Bombay)*, 1982
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Huston Smith: *The Nature of Reality (Boston)*, 1979
Russel Targ: *Parapsychology and Physics*, 1972
Charles Tart: *On the Paranormal*, 1971
Charles Tart: *Our Fear of Psychic Abilities*, 1984
Andrew Weil: *Psychoactive Drugs through Human History*, 1983
Robert Anton Wilson: *The I in the Triangle*, 1984

Two-tape titles are $18:

Angeles Arrien: (2) *The Story of Basque Mysticism*, 1982
Angeles Arrien: (2) *The Egyptian Tarot*, 1982
Robert Bly: (2) *An Evening at Esalen*, 1982
Robert Bly: (2) *Fairy Tales for Men and Women*, 1982
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1970
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Capra/Grof: (2) *Beyond Time and Space*, 1977
Prem Das: (2) *The Huichol Cosmology (Creation and Return)*, 1977
Ram Dass: (2) *One Man's Journey to the East*, 1969
Ram Dass: (2) *Creativity and Spirituality*, 1987
Ram Dass: (2) *The Heart of Compassion (SEVA)*, 1987
Stan & Christina Grof: (2) *Holonomic Consciousness Paradigm*, 1982
Stanislav Grof: (2) *The Birth Trauma*, 1981
Stanislav Grof: (2) *Geometry of Psychopathology*, 1984
Stanislav Grof: (2) *The Cosmic Game*, 1987
Michael Harner: (2) *Shamanism, Songs, and Spirit Canoe*, 1981
Jean Houston: (2) *The Possible Human (Boston)*, 1979
Timothy Leary: (2) *The Power of Imprinting*, 1982
Joseph Chilton Pearce: (2) *The Magical Child*, 1975
Kenneth Ring: (2) *Near Death Experiences*, 1985
Rupert Sheldrake: (2) *A New Science of Life*, 1982
Andrew Weil: (2) *Use and Abuse of Beneficial Plants*, 1982
Andrew Weil: (2) *Interplay of Mind and Body Realities*, 1982

Four-tape titles are $36:

Anne & Jim Armstrong: (4) *A Workshop on Creativity and Spirituality*, 1987
Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
James Fadiman: (4) *A Weekend of Stories*, 1984
Roland Fischer: (4) *Creative, Psychotic, & Ecstatic States*, 1969
Jack Kornfield: (4) *Buddhist Meditation and Practice*, 1981
Timothy Leary: (4) *A Day with Timothy Leary*, 1982
Terence McKenna: (4) *Psychedelics and a Free Society*, 1984
Brother David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985

The Dolphin Vinyl Binder Tape Sets:

Joseph Campbell: (6) *Courtly Love and The Grail*, 1983	$60
UCSB Symposium: (6) *Entheogens, The Spiritual Psychedelics*, 1983	$60
John C. Lilly: (6) *Ego, Self, and Essence*, 1971	$60
John C. Lilly: (6) *The East Coast Workshop*, 1973	$60
Rupert Sheldrake: (6) *Seminar on the Presence of the Past*, 1985	$60
Andrew Weil: (6) *Integrated Consciousness and Health*, 1976	$60
Robert Anton Wilson: (6) *Seminar on the I in the Triangle*, 1984	$60
Terence McKenna: (8) *Lecture Series I* (1982-83) *or Series II* (1983-86)	$72
Terence McKenna: (8) *True Hallucinations (A Talking Book)*, 1984	$80
Joseph Campbell: (10) *The World Mythology Series*, 1969	$88
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-80	$98

Please add $3 to your complete order for handling and mailing (add $3 more if you wish priority mail). Overseas orders add $1 per tape for mailing. California residents include 6% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment.) Allow 4 to 6 weeks for delivery.

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BIOGRAPHICAL INFORMATION

A

Jeanne Achterberg,
author of Imagery in Healing, *has a doctorate in psychology and physiology and is an internationally acclaimed pioneer in the study of the mind-body connection.*
p. 28, 37, 39

Stephen Aizenstat
is president of the Human Relations Institute and a core faculty member of its M.A. and Ph.D. programs in depth psychology.
p. 30

Hameed Ali
is the founder and director of the Ridhwan Work School in the U.S., home of the Diamond Approach.
p. 22

John Allen,
class "A" PGA member and former tour player, has been a teaching golf professional for over 20 years and a serious student of the inner game for the past 4.
p. 13

Tucker Elizabeth Allen
is an inner game student on a journey of self-discovery.
p. 13

John Amodeo
is co-author of Being Intimate, *which describes how Focusing leads to greater intimacy. He is a counselor and contributing editor to* Yoga Journal.
p. 17

Kris Amodeo
is a counseling intern in the San Francisco Bay Area. She co-authored Being Intimate *and co-leads training groups and Focusing/meditation retreats.*
p. 17

Anne Armstrong
has been doing transpersonal counseling for over 24 years and has trained professionals to use their own intuitive abilities.
p. 14, 21, 23

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 14, 21, 23

Elliot Waker Aronson,
professor of psychology at UC Santa Cruz, is the author of 14 books on interpersonal relations, including The Social Animal, The Handbook of Social Psychology, *and* Burnout.
p. 21, 33, 34, 39

Jim Asher
has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer, certified by Ida Rolf.
p. 28, 39

Nancy Azara
is a sculptor, painter, and psychic consultant specializing in the creative process. She is co-founder of the New York Feminist Art Institute (NYFAI) Women's Center for Learning.
p. 10

B

Nancy Bacal,
novelist, lyricist, documentarian, screenwriter, has taught writing workshops for years. Student of meditation and aikido, her work includes the award-winning film, Raga, *starring Ravi Shankar.*
p. 31

Jamie Baraz
has taught Vipassana (insight) meditation with Joseph Goldstein, Jack Kornfield, and Stephen Levine in the U.S. and Asia. He has led San Francisco area classes and retreats since 1977.
p. 16, 32

Vladimir Basilov
is head of the Central Asian and Kazakhstan Ethnography Department of the Institute of Ethnography, Academy of Sciences of the U.S.S.R., Moscow.
p. 31

Brit Broch Bathurst
is a Norwegian social worker and has spent many years observing cultures interact.
p. 29

Robert Bathurst
is a sailor, diplomat, and professor who has explored ways of explaining Russians to Americans and has created methods for revealing unconscious values.
p. 29

Leonard Bearne
has studied self-acceptance training with Richard Olney for several years. He practices gestalt, hypnosis, and Radix®.
p. 15

Bruno Bettelheim
is distinguished Professor of Education Emeritus and professor emeritus of psychology and psychiatry at the University of Chicago. His books include A Good Enough Parent *and* The Uses of Enchantment.
p. 21

Daniel Bianchetta,
longtime Esalen resident and workshop leader, is an intuitive counselor and also does body work. He is a student and teacher of meditation.
p. 19

Judy Blackstone
is a dancer, meditation teacher, author, and counselor. She is the founder of The Subtle Self in Motion, a method for deepening experience through movement.
p. 17

Ed Bloch-Farrington,
instructor and counselor at Monterey Peninsula College, has been leading men's groups for many years. He has been in private practice since 1971.
p. 34

Stephen Book
is an international/Off Broadway/regional theater director and teacher. On the faculty at USC after a long tenure at The Julliard School, he also heads his own professional studio in Hollywood.
p. 26

Sylvia Boorstein
is a clinical psychologist in private practice. In teaching Vipassana she emphasizes integrating meditation insights into daily life, especially with relationships.
p. 27

KATHLEEN THORNTOD CARR

Tao is mysterious and ineffable. It reveals itself in the hidden fragrance of a lone orchid in deep mountain, in windflow and watercourse ways.

–Chungliang Al Huang
Embrace Tiger, Return to Mountain

Joan Borysenko,
medical scientist and psychologist, is president of Mind/Body Health Sciences in Boston and authored Minding the Body, Mending the Mind.
p. 33, 39

Myrin Borysenko
is associate professor at Tufts Medical School. He is an immunologist and medical educator with a special interest in psychoneuroimmunology.
p. 33, 39

Julie Bowden,
co-author of Guide to Recovery *and* Genesis: A Spiritual Beginning, *is a founding and current board member of the National Association for Children of Alcoholics.*
p. 15, 27

Jessica Moore Britt
is a teacher of gestalt and Reichian work at Esalen. She is a member of the Ridhwan Work School, which is dedicated to understanding personality and essential development.
p. 20, 23, 26, 38

Charles Brooks,
author of Sensory Awareness, the Rediscovery of Experiencing, *has been a teacher of Sensory Awareness since 1963, often in conjunction with Charlotte Selver.*
p. 20

Daniel Brown,
chief of psychology and director of behavioral medicine at Cambridge Hospital/Harvard Medical School, is co-author of Hypnosis and Behavioral Medicine.
p. 33

Judith Brown
has been a gestalt practitioner and trainer for 20 years. Her most recent book is I Only Want What's Best for You.
p. 39

Shirley Elizabeth Brown,
a physician, conducts cardiology research and is clinical instructor in medicine at the School of Medicine, University of California, San Francisco.
p. 20, 39

Mel Bucholtz
trained with the late Milton Erickson in the use of hypnosis and has a private practice in Cambridge, MA. He is co-founder of Nomad University and the Returning to Earth Institute.
p. 12

Joan Buresch
is a Jungian analyst in private practice, a training analyst, and president of the Inter-Regional Society of Jungian Analysts.
p. 23

C

John Caple
is a strategic planning consultant, worklife advisor to organizations, and writer with earlier careers as college professor and business executive.
p. 29

Paul Carter,
co-founder and director of Meta Education and Training Arts since 1976, leads workshops around the world on Whole/Parts Transformation, Ericksonian hypnosis, and creativity.
p. 11

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 10, 20, 39

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.
p. 10, 26

Stanford Eugene Cates
is an ordained minister, gestalt facilitator, and Trager™ bodyworker. He has worked with Paul Rebillot in the U.S. and Europe for eight years.
p. 24

Keith Chapman
is a psychiatrist with Jungian, existential, and shamanic orientations.
p. 29

Kenn Chase,
teacher of traditional Yang style t'ai chi ch'uan for 20 years, combines body alignment, relaxation, and breathing methods. He has studied with masters of t'ai chi, kung fu, and chi kung.
p. 20

Rick Chelew
is a musician and music producer. He has worked with men's groups since 1984 and has studied extensively with Robert Bly, Michael Mead, and James Hillman.
p. 34

Stephen Cohen,
an Esalen resident, gestalt practitioner, and Experiencing Esalen staff member, is a longtime golf hacker.
p. 13

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 32

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Expressive Painting Studio in San Francisco.
p. 10, 26

D

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October, Cycles, River Notes, *and* Amber.
p. 18

Wade Davis
has worked as a plant explorer, ethnobotanist, and photographer through the Harvard Botanical Museum. He is the author of The Serpent and the Rainbow.
p. 21

Laura DeNuccio (Ma Prita)
is a certified Radix® teacher on Esalen's gestalt staff, with over 13 years of experience combining Reichian body work, vision work, movement, ritual, and meditation.
p. 15, 21, 27

Tim Doyle
is a photographer. He also has a master's degree in experimental psychology and lives in southern California.
p. 15

E

Esalen Massage Practitioners:
Char Brenner, Laurie Schutz, Arthur Munver, Vicki Topp, and Attila Vaas.
p. 12, 14, 20, 31, 33, 37, 39

F

Jerry Fletcher
is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in San Anselmo, CA.
p. 23

Kathleen Fletcher
is a trainer and consultant in organizational development, working in both the profit and nonprofit sectors.
p. 23

Joyce Frazee,
gestalt and dream work practitioner for 15 years in Vancouver, Canada, has training in Jungian dream analysis, bioenergetics, and group process.
p. 13, 21

G

Elinor Gadon
uses images and symbols from the visual arts and popular media for analysis of self in culture. She is the author of the forthcoming The Once and Future Goddess: A Symbol for Our Time.
p. 16

Mariah Fenton Gladis,
a gestalt practitioner and trainer, founded and directed the Bucks County Institute for 12 years. She is currently co-director of the Pennsylvania Gestalt Institute.
p. 35

Bernard Glassman,
Zen priest, received dharma transmission from Taizan Maezumi roshi. He holds a doctorate in mathematics and worked in the aerospace industry for 15 years.
p. 34

Mary Goldenson (Devarani),
a chiropractor, certified Radix® teacher, and doctoral candidate in clinical psychology, is in private practice in West Los Angeles.
p. 16, 27, 32, 37, 39

Herbert Gravitz,
psychologist, is a founding and current board member of the National Association for Children of Alcoholics. He co-authored Guide to Recovery *and* Genesis: A Spiritual Beginning.
p. 15

Susan Griffin
is the author of Woman in Nature *and* Unremembered Country, *a collection of poetry. She*

works as a consultant for the creative process and teaches writing privately.
p. 18

Hans Gruenn
is a German physician with a focus in psychosomatic medicine, self-healing methods, Ericksonian hypnosis, and the ritual circle.
p. 38

H

Robert Hall,
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for 25 years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 22

Thomas Hanna
is director of the Novato Institute for Somatic Research and Training, editor of Somatics *magazine, and author of* The Body of Life *and* Bodies in Revolt.
p. 29

Michael Harner
has practiced shamanism for more than a quarter of a century and pioneered the teaching of shamanism in contemporary life. His books include The Way of the Shaman.
p. 30, 31, 37

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 12, 18, 38

Jane Harrington
is a certified Rolfer and Rolf movement teacher with extensive craniosacral experience. She is in private practice in Boulder, CO.
p. 28, 39

Richard A. Heckler
has practiced individual and family counseling for 10 years and teaches the Hakomi Method throughout the U.S. He is director of the Holistic Health Program at J.F.K. University.
p. 31

Richard Strozzi Heckler,
psychologist and 3rd-degree black belt in aikido, has worked with such diverse groups as the Army Special Forces, emotionally disturbed children, corporate executives, and inner city gangs.
p. 17

Robert Helm,
an Esalen massage crew member, blends a broad range of body work methods with the sense of presence he feels is the heart of Esalen massage.
p. 12, 39

Michael Herrick
is a certified Hakomi practitioner and on the teaching staff of the Hakomi Institute. He has a private practice in Boulder, CO.
p. 31

Jane Hinders
has taught voice and movement at universities and theater schools in the U.S., Canada, and France. Her work is strongly influenced by her studies with the Roy Hart Theatre.
p. 15

Maria Lucia Holloman
has been a seminar leader since 1982, teaching in Brazil and the U.S.
p. 16, 20, 39

Peggy Horan
has been practicing and teaching massage at Esalen for 18 years. She is a student of dance and movement.
p. 35, 37, 39

Paul Horn
is a flutist, jazz musician, creator of the Inside *albums, a philosopher, and teacher of meditation.*
p. 27

Chungliang Al Huang
is a tai ji dancer, artist-calligrapher, and philosophical entertainer. He is founder/president of Living Tao Foundation and director of the Lan Ting Institute, Wu Yi Mountain, China.
p. 27, 28

Terry Hunt,
a licensed psychologist practicing bioenergetic analysis in Boston, directs a flotation tank center for amelioration of somatic and addictive disorders.
p. 39

J

Dennis Jaffe,
past-president of the Association for Humanistic Psychology and director of the Center for Health Studies at Saybrook Institute, authored Healing from Within, StressMap, TM, *and* Take This Job and Love It!
p. 14

Eli Jaxon-Bear
is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. He is the past-president of a Tibetan Buddhist meditation center.
p. 17, 29, 36, 37, 39

Don Johnson,
author and somatic practitioner, is director of the graduate studies program in somatic psychology and education at Antioch University and coordinator of Esalen's program in somatic education.
p. 23

K

Amy Kaplan,
a dancer with movement training, teaches and practices at the Process-Oriented Psychology Center in Zurich and in the U.S.
p. 19, 20, 22

Norman Katz
is director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe.
p. 23

Sam Keen
is the author of 10 books, including The Passionate Life *and, most recently,* Faces of the Enemy.
p. 22, 28

George King,
a massage practitioner for 27 years, specializes in massage of dancers and has toured with many companies.
p. 29, 35, 37, 39

Ron Kurtz
is the founder and director of the Hakomi Institute. He is the author of Hakomi Therapy *and co-author of* The Body Reveals.
p. 13, 31

L

Frank Lawlis,
psychologist and diplomate, is the founder of a behavioral medicine program and the director of 3 hospital-based pain clinics.
p. 28, 37, 39

Marc Lehrer
is the director of the California Institute of Clinical Hypnosis and Health Sciences in San Francisco and Santa Cruz. He is a senior tutor for Sierra University.
p. 23, 37

Dub Leigh,
longtime body work practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye roshi.
p. 23, 24, 39

Annie Styron Leonard
is a founder of the Energy Training Institute in Mill Valley, CA, and an aikido black belt.
p. 34, 37

George Leonard
is author of Education and Ecstasy, The Transformation, The Silent Pulse, *and* Walking on the Edge of the World. *He holds a 3rd-degree black belt in aikido.*
p. 32, 37

Linda Leonard
is a Jungian analyst and author, whose books include The Wounded Woman, On the Way to the Wedding, *and the forthcoming* Witness to the Fire.
p. 29

Jean Liedloff,
author of The Continuum Concept, *consults privately and leads training/discussions on non-adversarial child care.*
p. 30, 31

Bill Liles
has been a body work practitioner at Esalen since 1971 and has taught polarity massage since 1973. He studied polarity with Randolph Stone and Pierre Pannetier.
p. 20

Elisa Lodge
trained in structural integration with Ida Rolf and is an advanced teacher of Rolf movement and integration.
p. 10, 23, 29

Francis Lu
is an assistant clinical professor of psychiatry at the University of California, San Francisco, with interests in film and transpersonal psychology.
p. 34

Nancy Kaye Lunney,
formerly a vocal coach and accompanist for well-known entertainers, is a gestalt practitioner, director of programming at Esalen, and a guest faculty member at Cornell University.
p. 12, 31

M

Dean Marson
is a member of the Esalen massage crew. His interests include subtle body work methods of self-care.
p. 18, 21, 36, 39

Peter Muryo Matthiessen
is a Zen priest and senior instructor at Zen Community of New York. He is the winner of the National Book Award for The Snow Leopard.
p. 34

Heather Maycock-Ogilvy
is a licensed psychologist in private practice in Palo Alto, CA. Play therapy and longterm psychodynamic processes are her present modalities, informed by previous experience in body work.
p. 21

Kat McKenna
is an artist, mother, and traveler through nature.
p. 10

Terence McKenna
authored The Invisible Landscape *and* Psilocybin: Magic Mushroom Grower's Guide. *He studied shamanism at UC Berkeley and has lived in tropical Asia and the Amazon.*
p. 10, 22

Deborah Anne Medow,
Esalen group leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 21, 25, 31, 36, 39

Jane Miletich,
longtime Big Sur resident and Esalen masseuse, is an instructor of hatha yoga, t'ai chi, and transitional cleansing diets. She is a student of Ayurveda, the science of self-healing.
p. 26

Hugh Milne,
third generation Scottish osteopath with 20 years' experience, has practiced and taught cranial work, healing, and psychometry in England, India, Switzerland, and the U.S. He lives in Santa Fe, NM.
p. 18, 39

Arnold Mindell,
founder of the Institute for Process-Oriented Psychology, is a Jungian training analyst and author of Dreambody, Working with the Dreaming Body, *and* The Dreambody in Relationships.
p. 19, 20, 22

Kathleen Mooney
is co-founder and associate director of the Center for Cognitive Therapy in Newport Beach and editor of the International Cognitive Therapy Newsletter.
p. 15

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 21, 31, 36, 37

N

Claudio Naranjo,
theorist of growth disciplines and former resident at Esalen, introduced meditation as a component of gestalt practice.
p. 23

John Nicholas,
a graduate of the C.G. Jung Institute in Zurich, is a teacher, counselor, author, analyst, and international career management consultant.
p. 17

O

Violet Oaklander,
a psychologist in Santa Barbara, CA, is the author of Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents. *She leads workshops throughout the world.*
p. 16

Jay Ogilvy
is the author of Many Dimensional Man. *He taught philosophy at Yale and Williams and is now directing Esalen's* Dialogues on Philosophy *program.*
p. 28

Richard Olney
has studied with Watts, Perls, and Lowen, and more recently has been influenced by the eidetic imagery work of Akhter Ahsen. He has presented self-acceptance training in the U.S. and Europe.
p. 15

Mark Olsen
is a mask-maker and movement instructor. He is a certified teacher of stage combat, a solo performer, and previous member of the International Company of Mummenschanz.
p. 15

Dean Ornish,
physician and author of Stress, Diet, and Your Heart, *is assistant clinical professor of medicine at the UCSF School of Medicine and president of the Preventive Medicine Research Institute.*
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Kathleen O'Shaughnessy,
an Esalen body worker since 1981, integrates multiple ways of viewing the body. She teaches Continuum movement, self-healing, and meditation in England, Canada, and the U.S.
p. 33, 39

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager™ training and gestalt awareness work with the personal energetic connection of the Esalen massage.
p. 31

P

Christine Padesky
is a psychologist and director of the Center for Cognitive Therapy in Newport Beach, CA, who has instructed American and European cognitive counselors.
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Rick Paine,
psychologist, works with adult children of alcoholics and leads workshops for emerging men. He is on the faculties of the New York Open Center, Interface, and Spring Hill Institute.
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Karen Paine-Gernée
leads groups for adult children of alcoholics in Cambridge, MA. She is on the faculties of Omega Institute, The New York Open Center, Interface, and Spring Hill Institute.
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Wendy Palmer,
faculty member of the Center for the Investigation and Training of Intuition, holds a 3rd-degree black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.
p. 18

Laurie Lioness Parizek,
a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 18

Ayala Pines,
social psychologist at UC Berkeley and a psychologist in private practice, is author of Burnout in Love and Marriage *and co-author of* Career Burnout: Causes and Cures.
p. 32, 34, 39

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 13, 20, 29, 37

Jill Purce
is author of The Mystic Spiral. *She investigated the mystical dimension of sound with Karlheinz Stockhausen and the magical use of the voice and overtone chanting with Tibetan lamas.*
p. 14

R

Paul Rebillot,
a group leader at Esalen for 16 years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
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Stephen Rhinesmith
has spent 25 years in intercultural communications, international organization development, and citizen exchanges. He served 2 years as government coordinator for exchanges between the U.S. and U.S.S.R.
p. 13

Bernadette Roberts,
a lifelong Christian contemplative with a monastic background, is the author of The Experience of No-Self *and* The Path to No-Self, *as well as a work in progress,* Self: A Passage Through Consciousness.
p. 10

Rita Rohen
climbs mountains, rafts rivers, and facilitates workshops in Asia, America, and Europe. She formerly coordinated the Spiritual Emergency Network at Esalen.
p. 18

William George Roll,
professor of parapsychology at West Georgia College and lay Zen monk with Dai Bosatsu Zendo, focuses on the development of methods for clinical parapsychology and spiritual awareness.
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Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, CA, is the author of the new book Body, Self, and Soul.
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Ilana Rubenfeld,
pioneer of 25 years in the body-mind-spirit field and originator of the Rubenfeld Synergy Method®, is a certified teacher of the Alexander Technique and Feldenkrais® and is a gestalt practitioner.
p. 24, 25, 39

S

Stephano Sabetti,
founder of the Institute for Life Energy® and the Life Energy Process™, has a doctorate in psychology and is an acupuncturist. He is also an organizational consultant.
p. 12, 30

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 13, 14, 17, 22, 24, 28, 34

Stephen Schoen,
psychiatrist, longtime Esalen leader and teacher throughout the U.S. and Europe, is author of Presence of Mind: Literary and Philosophical Roots of a Wise Therapy.
p. 23

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, *a set of training materials for organizations. He is the author of* Joy *and* Profound Simplicity.
p. 17, 29

Alan Schwartz,
longtime Esalen group leader, college professor, and gestalt practitioner in NYC, authored the recently published Life Force – Death Force: The Structure of Human Energy and the Biology of Greed.
p. 25, 26

Cynthia Scott,
psychologist and organizational consultant in mastering change and professional career development, authored Heal Thyself, From Burnout to Balance, StressMap, *and* Take This Job and Love It!
p. 14

Warren Selinger
is a business manager and crisis intervention counselor.
p. 24

Charlotte Selver,
student of Elsa Gindler, introduced Sensory Awareness to the U.S. and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.
p. 20

Phyllis Shankman
is a licensed counselor in private practice in West Los Angeles. She has been leading groups at Esalen for over 10 years.
p. 20

Rupert Sheldrake
is a biologist and author of A New Science of Life *and* The Presence of the Past: Morphic Resonance and the Habits of Nature.
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Master D.K. Shin
has spent more than 34 years studying martial arts, including Tae Kwon Do, Hap Ki Do, and various Chinese martial arts. He is currently an instructor for the U.S. Army.
p. 23

Fred Shoemaker,
an inner game teacher and golf professional, is a former golf coach at UC Santa Barbara and has written about the inner game for Golf *magazine.*
p. 13

Anne Nechama Simkin
trained in gestalt with Erv and Miriam Polster and Jim Simkin, and has conducted workshops internationally.
p. 18, 31

Edward Smith,
adjunct professor of psychology, Georgia State University, editor of The Growing Edge of Gestalt Therapy *and* Gestalt Voices, *and author of* Sexual Aliveness, *has been a workshop leader since 1971.*
p. 32

Elliot Sobel
was the editor of New Sun *magazine, author of* The Manual of Good Luck, *and performer in the Mirrors Theatre and Dance Troupe.*
p. 24

Bob Solomon
has taught philosophy at Harvard, Princeton, Michigan, and currently, Texas. He is the author of The Passions and Love.
p. 28

Kathleen Riordan Speeth
is a psychologist interested in Bach, Rilke, renaissance humanism, mysticism, creativity, excellence, and human evolution. She edited The Essential Psychotherapies.
p. 28

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on all five continents. He is concerned with the spiritual challenges of our time.
p. 31

Elizabeth Stratton,
a psychic healer and counselor in private practice in New York City, leads workshops in self-healing, psychic self-defense, and psychic development for health professionals.
p. 25, 26

T

Lawrence Telles
has a doctorate in philosophy and is senior mental health program specialist, Santa Clara County, CA.
p. 21, 39

Mary Tesoro
is a certified Leonard Energy Training instructor, writer, and aikido practitioner whose work embraces issues of human health, potential, and peak performance.
p. 25

Gabriele Thomson
has conducted workshops for health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 21, 33

V

Antoinette Varner
is an acupuncturist, herbalist, and movement teacher whose work integrates cognitive learning, the body, and spiritual experience. She has an acupuncture practice in Mill Valley, CA.
p. 17, 29, 36, 37, 39

W

Andrew Weil
is associate director of the Division of Social Perspectives in Medicine, College of Medicine, Univ. of Arizona. He teaches alternative medicine, mind-body interactions, and medical botany.
p. 21, 35

Barbara White
is a former executive director of the Association for Transpersonal Psychology, a counselor, and Feldenkrais® practitioner.
p. 34

David Whyte
is a poet and storyteller. He is the author of Songs for Coming Home, *a collection of poetry, and is currently at work on his second volume of poems. He leads workshops throughout the U.S.*
p. 16

Colin Wilson
is a British author of more than 50 books covering a wide range of subjects. He has written biographies of Jung, Maslow, Steiner, Gurdjieff, and most recently, Aleister Crowley.
p. 18

Marion Woodman
received her training and Diplomate from the C.G. Institute in Zurich. She has authored books on eating disorders, the body, addictions, and the nature of the feminine.
p. 34

Z

Janet Zuckerman
is founder of the Feeling Center in Big Sur, CA. She has been teaching at Esalen for the past 14 years.
p. 10, 22, 28, 35, 38

ESALEN INSTITUTE RESERVATIONS

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (See General Information, page 50.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ ZIP _____

Telephone Number: Home: Area Code ( ) _____ Work: Area Code ( ) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? _____. If you can't be reached, please call us before your scheduled arrival for final confirmation. *Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.*

(On additional paper please repeat the above information for every person in your party making a reservation.
Mail to: Reservations, Esalen Institute, Big Sur, CA 93920.)

☐ Check if you want housing as a couple.
☐ Check if you want the discounted bunkbed option (see page 9).
☐ Check if you want the discounted student sleeping bag option (see page 9).

All of our rooms are non-smoking.

If you need scholarship assistance for an Esalen program, write for a scholarship application form. Please allow three weeks for scholarship processing. For further details, see Ways of Being at Esalen, page 9.

Bus Service: I want bus service from (check one):

☐ Monterey Greyhound Bus Station at approximately 3:45 PM
☐ Monterey Airport at approximately 4:00 PM

on _____ (date of arrival, Fridays & Sundays only).

The $25 per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Esalen bus service is not available at any time other than as listed.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute, in U.S. currency only.
Overseas residents must pay by checks drawn on U.S. banks.

Your reservation can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No. _____

Expiration Date _____

Authorizing Signature _____

All workshops require nonrefundable reservation fees. See page 50. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute – By Reservation Only.

Fees and Reservations: In order to reserve a space in any workshop, we require the following reservation fees:

Weekend:	$50	Two-week:	$200
Five-day:	$100	Three-week:	$300
Seven-day:	$150	Month-long:	$400

Fees are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks. Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. Those who pay in full at the time they make their reservations will receive a $10 discount. *Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.*

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or more workshop participants.* Camping on the grounds is prohibited.

We know it can be difficult to get through by phone, so we encourage you to mail your reservations. Please mail all reservations to:

Reservations
Esalen Institute
Big Sur, CA 93920

However, if you prefer to make your reservations by phone, please have your MasterCard, Visa, or American Express credit card number ready when you call. To make a phone reservation, call (408) 667-3005 during the following office hours:

Monday, Tuesday, Thursday, and Saturday
10 AM to 3 PM
Wednesday 10 AM to 12 Noon
Friday 10 AM to 8 PM
Sunday 12 Noon to 8 PM

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number, (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, please see page 9.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive any time after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Accreditation: There are now a number of opportunities for Esalen resident scholars to gain credit with Antioch University toward a bachelor's or master's degree in somatic psychology. Many other formal educational institutions also recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100). For further information, call or write the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Although we're delighted to provide you with this issue of the *Esalen Catalog*, if you are not currently a subscriber we would appreciate your contribution to defray postage and production costs, which run approximately $4 per catalog.

Contributions to Esalen Institute are tax-deductible.

The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

SCHKO

Chungliang Al Huang executing a high kick.

> *You must concentrate upon and consecrate yourself wholly to each day, as though a fire were raging in your hair.*
>
> – Master Daichi to his student, the samurai Kikuchi, upon ordaining him a Bodhisattva (one devoted to lifelong service)

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting, and research.

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Esalen Institute, Big Sur, CA 93920

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■ AGRICULTURE, ECOLOGY, AND MINDFULNESS

Much of our philosophy and methods in the landscaping, gardens, and farm at Esalen has its origins in organic agriculture, in ecology, and in the studies and practices of Rudolf Steiner, the Rodale Institute, Alan Chadwick, Richard Merrill, Wendell Berry, and others. One of the clearest voices to touch us has been that of Wes Jackson of the Land Institute in Salina, Kansas. In his keynote address before a farm conference in 1987, sponsored by the Steering Committee for Sustainable Agriculture, he spoke about the issues that challenge the global agricultural economy and ecology. Much of what follows here draws heavily from that talk.

Wendell Berry once said about agriculture: "We have never known what we were doing, because we have never known what we were undoing." Ever since the first plow opened the soil, nature has suffered. To this day we see agriculture in much the same way that we view industry. The raw material of the agricultural industry is the soil from which we extract our food. Natural ecosystems are seen as obstacles to production so we rearrange nature to fit our economic needs. Research in the universities and in biotechnology focuses on more efficient ways to mine the land and its resources. Disregarding nature's cycles, we extract nitrogen from natural gas and use toxic sprays to kill the bugs and eliminate the weeds. It's a linear, reductionistic process that isolates problems and inserts solutions. In our attempts to conquer nature we have managed to stay a short step ahead, and yet the very foundations of our biosphere are threatened. The bugs keep mutating, the soil keeps dying, and the food has lost flavor and vitality. Escalating health problems in the worldwide population bear out Wes Jackson's comment: "What we do to the environment we eventually do to ourselves."

To put agriculture on a solid and sustainable footing, we need to step out of the agro-industrial paradigm. Jackson continues: "Farmers are working with that which is potentially renewable and life-sustaining, while industry is dependent on an inherently extractive economy." From the ten thousand living organisms found in a teaspoon of soil to the movements of the seasons, nature is a dynamic cycle and offers the only viable new paradigm: a marriage between agriculture and ecology. Rather than relying on cleverness, it finds support in the wisdom and ways of nature; rather than being reductionistic, it is holistic.

At Esalen, in the landscaping, gardens, and farm, we're attempting to align ourselves with nature, entering the system instead of trying to manipulate or control it. We find all of the opportunities for mindfulness that exist in the disciplines of yoga or meditation in plentiful supply in the garden. It's a great deal more interesting – and challenging – to garden with natural methods, with things as they are, in a non-intrusive, thoughtful manner, and one that, on a larger scale, offers ways to rebuild and replenish an environment that's in a lot of trouble.

Steve Beck, Esalen Gardens Manager
Sydney Ocean, Esalen Landscape Manager

ESALEN NOTES

THE GARDENS OF ESALEN

By Robert Kourik

Robert Kourik is a landscape designer and freelance writer in Santa Rosa, California. This article is excerpted from "The Lessons of Esalen," which originally appeared in National Gardening *magazine, January 1988. Reprinted by permission. For information regarding subscriptions or membership in the National Gardening Association, please write to them at 180 Flynn Ave., Burlington, VT 05401.*

The Esalen Institute gardens, set amid the magnificent drama of the Big Sur coastline of California, are impressive for their relaxing and inviting atmosphere. The gardeners have made an art of blending color, form, texture, and scent. Yet as lovely as they are, these gardens don't exist for decoration only – they feed thousands of people each year.

When lecturing on edible landscaping, I always cite Esalen as a grand success in integrating form with function, beauty with bounty. I've been visiting and consulting with the gardeners there for more than six years. Sometimes I make suggestions, other times they teach me about new techniques and plants. The ingenious methods and cutting-edge technologies that are part of the daily life at Esalen can serve as examples to gardeners everywhere.

All of the institute's grounds – the garden, farm, lawn, ornamental plantings, and beds of cutting flowers – are maintained without the use of chemical fertilizers, chemical pesticides, or herbicides. Food production is divided into two distinctive areas – the garden and the farm. They're cared for by two trained staffers, three students with some gardening experience, and six untrained students. From August through October the garden and farm produce up to 90% of the daily fresh vegetable needs of 200 people. The rest of the year they provide the kitchen with 20 to 50% of each day's fresh vegetables. In addition, surpluses of up to 150 pounds of fresh, organic produce per week are given to Monterey's Meals on Wheels program for senior citizens at various times throughout the year.

The garden, covering ¾ of an acre, is the centerpiece of the property. It's near the main lodge and dining area and has a frequently used path running right through it. Sitting areas encourage people to linger and enjoy the surroundings.

JOYCE LYKE

A work scholar makes her way through the garden toward the Lodge. A daily harvest provides fresh flowers for guests' rooms, herbs and lettuce for the salad bar, and a variety of vegetables for the primarily vegetarian cuisine.

Planting the beds

In the early days each bed was a cornucopia of plant varieties, but now beds have mostly one crop each. Intercropping is used not for the sake of companion planting but for the best use of space and time. Precise, tight planting patterns save space and maximize yields. Quick-maturing lettuces may be tucked in among slow-growing cabbages or cauliflower, but long-term crops like carrots, onions, and leeks are planted in rows. With a bed of Swiss chard next to a bed of multicolored ornamental kale next to a bed of steel blue cabbages, there's plenty of color to keep the eye intrigued, while transplanting and harvesting are simple.

The garden has always been cultivated with some version of the biodynamic/French intensive method. The beds are all raised to improve air circulation, which helps prevent mildews and stem rots. Some beds are double-dug to place compost and sulfur deep into the soil where the roots can use them, but because of the years of soil development, not every bed needs to be double-dug before planting. In some, gardeners just lightly fork a one-inch application of compost with one pound of cotton-seed meal per 300 square feet into the bed's surface when transplanting heavy feeders such as crucifers, tomatoes, and peppers. Lettuce and salad greens are top-dressed with ½ inch of manure two weeks after transplanting.

"What should we do with the paths?" the gardeners asked me when I first toured Esalen. I suggested different options, many of which the gardeners tried. Over the past six years, Esalen's gardeners have used closely mowed grass, cardboard sheets with pine needle mulch, carpet and plastic mulches, and a clover ground cover. In the end they found that nothing worked as well as bare soil; all the other methods harbored too many snails and slugs. Now they use a Jupiter Wheel Hoe to clear the paths weekly. In less than two hours, one person can weed all the pathways in the ¾-acre garden.

Fertilizing the soil

The garden sits mostly on top of a large, ancient Indian *midden* or refuse pile (really a 12-foot deep, 3,000-year-old compost heap, since everything the Esselen Indians threw away was biodegradable). In spite of the luxury of gardening on top of 3,000-year-old compost,

the intensity of cultivation and cropping requires a good fertilization program. The midden soil, a sandy loam, is easily leached of nutrients, especially nitrogen, so the gardeners mulch, plant cover crops, and till under green manures to sustain the soil's fertility.

Down on the farm

The three-acre farm is a short walk north of the garden, but beyond the area in which most visitors wander. The more remote location suits the farm's emphasis on production rather than aesthetics. This is where onions, garlic, corn, cabbages, apples, plums, lemons, potatoes, leeks, strawberries, squash, and tomatoes (crops that require plenty of space or are needed in bulk) are grown in large terraces.

The farm is cultivated with a tractor-mounted rototiller. Little time is spent forming beds; paths just fall where there aren't any crops. Weeds in the paths are mown or cultivated only when they threaten the yields of a crop. Steve Beck, the garden and farm manager, is particularly happy with the soil's fertility in one section of the farm that has been mulched for four years with cardboard and straw. "That area has the most friable, dark soil and the healthiest-looking plants – everything [in the way of nutrients] is there – and all we've done is maintain a deep straw mulch." And, Beck is quick to point out, "the cardboard works great in suppressing weeds, virtually eliminating our need to weed that area." Beck is careful not to plant slug- and snail-susceptible crops in the mulched area.

Climate considerations

The climate in Big Sur is not what most people expect of California weather, and for gardeners it creates some unique problems. The average total rainfall is 40 to 45 inches, all of which falls between October and April. Long, dry summers mean irrigation and the threat of forest fires. During the rainy season some storms have unleashed up to 15 inches in a single 24-hour period, and yearly landslides are to be expected. Winds in excess of 80 mph during winter storms are common.

From April through September a layer of marine fog can blanket the morning coastline, yet just a few hundred feet up the mountains the weather may be sunny and bone-dry. Though fog usually burns off by mid-day, summer fog sometimes lingers, blocking all direct sunlight for up to 10 days at a stretch. The fog keeps daytime temperatures in the 50 degree F range, while the sunlit hills register temperatures over 80 degrees F.

Like the Indians before them, the Esalen gardeners have learned to "dance" with Big Sur's highly variable climate. Nurturing a year-round garden requires a very big bag of tricks, skills, and tools.

Pests: Snails and slugs

With such a cool marine climate it's no wonder that snails and slugs are a problem. A three-pronged program of trapping, cleanliness, and harvesting helps keep these annoying little creatures under control.

For avocado and citrus trees, which are especially susceptible to snail damage, Esalen gardeners have found copper collars 100% effective. A four-inch copper strip with folded-out flanges, surrounding the trunk above the level of grass or weeds, keeps snails from climbing up into the trees.

To protect the vegetables, the gardeners practice an ongoing program of good sanitation and trapping. They leave beds unmulched and

From Weed Patch to Oasis

Selig Morgenrath was living on Livermore Ledge just to the south of Esalen when the Institute began operations in 1962. The land at that time was a weed patch from which Selig created outdoor "rooms" through the use of pines, bushes, and flowers. By the time he died in 1977, he had physically recreated Esalen from the ground up, establishing a blueprint for the landscaping that continues to unfold to this day. In 1956, the author Henry Miller wrote that Morgenrath was skilled as a painter in "fresco, oil, tempera, water color, gouache, crayon, pastelles, ink, any damned medium; he can also build a house, lay sewers, fix a watch, dismantle a motor – and put it together again!"

But, for Selig, the world was his canvas and living was his art. He saw the natural order of things with a clear, unexplained vision. Self-taught and more artist than technician, his landscaping reflects the best qualities of composition and proportion, the freedom and order of nature itself. Plants embrace the buildings, his stone walls and iron filigree fences seem to grow out of the ground.

Today, with the landscape structure that Selig created as a backdrop, Sydney Ocean, the grounds manager since 1983, focuses on native and drought-tolerant plants that blend with the local colors and textures. The flora and fauna that make up the landscape are ever-changing. Small adolescent pines that formerly screened parking, now as adults create a habitat for shade-loving perennials. For Ocean and her staff, the order and health of nature are their guides. Working with the earth is a dance in which they continually ask themselves, "What now, and what now."

–Steve Beck

PAUL HERBERT

The Lodge and grounds, early 1960s. Today, full-grown pines encircle the Lodge, a well-manicured lawn stretches down to the pool, and a different breed of car fills the parking lot, which has been relocated.

keep pathways clean of weeds and debris, thus limiting the habitat for snails and slugs. (Since the climate is moderate and irrigation water is plentiful, bare soil is not a problem.) Both ends of many beds are planted to a small trap crop of calendulas, which attract snails and slugs but are not damaged by them. Once in a while, the gardeners tear out a patch of calendulas early in the morning, removing dozens of these slimy pests, which they then compost or feed to the chickens.

One gardener sells the snails for 2 cents each to a snail "farmer" in Monterey who fattens them up for sale to gourmet restaurants as escargot. A cascade of ornamental iceplant (*Lampromthus spectabilis*) on a long rock wall at the farm is another nighttime abode for snails. Future escargots are also gathered from beneath the foliage of these plantings in the mornings.

Tempering the wind

The intensity of the winter wind and the prevailing coastal breezes at Esalen badly damaged early fruit tree plantings. The avocados were particularly hard hit, losing up to a foot of each year's new growth to wind damage.

But the gardeners have worked out several ways to block the wind from the garden and farm. First they built wind shields, large wooden trellises with cloth strips woven through the grid. The trellises are 50% open, which breaks up the strong wind but allows a gentler breeze through. If a trellis was a solid wall, strong eddies of wind would whiplash around all edges and cause almost as much damage as the unblocked wind. Tests in Canada showed that 20% porosity produced by four-inch boards on five-inch centers is ideal, but trellises with 50% permeability require much less support to withstand the coastal winds.

Another temporary solution resembles modern art. Gardeners wrap young, newly planted shrubs in spun polyester (such as Reemay), tied off at the trunk, until transplant shock is over.

Plastic row tunnels protect tender pepper seedlings from the harsh northern winds of spring. January transplants of tomatoes go into a cylinder of plastic-covered wire mesh to prevent wind chill damage. Young winter squash seedlings are transplanted under hot caps, then covered in tents of spun polyester as they grow. By mid-May, winter squash vines sprawl four or more feet in every direction and the first zucchini is harvested.

Within the vegetable fields at the farm, some annual plants are used as temporary windbreaks. Beck leaves a swath of the winter cover crop of bell beans on the north end of each 200-foot-long planting area to block the steady, strong northerly winds of spring and summer. He plants rows of sunflowers 50 to 100 feet within the fields.

For permanent windbreaks, the gardeners plant fast-growing *Myoporum lateum* and New Zealand Christmas tree (*Metrosideros excelsus*), which has very attractive crimson blooms in mid-winter, along with various tall *Ceanothus* species, Monterey cypress (*Cupressus macrocarpa*) and Monterey pines (*Pinus radiata*).

The beautiful Big Sur coastline has attracted many visitors. Combine the most rapid rise of coastal mountains within the shortest distance of the ocean anywhere in the world, with vistas of crystalline blue Pacific waters, dense redwood forests, pure mountain streams, the twice-yearly migration of gray whales, and a multitude of native wildflowers, and you have the ingredients for pure inspiration.

STEVE BECK

A work scholar pulls a radish from the patch.

And yet, this is raw, harsh land that has never been an easy place to settle. Because of the tumultuous terrain, remoteness, and unpredictable weather only the pioneers, poets, reclusives, rebels, artists, or the very wealthy have remained. Gardeners at Esalen have faced the challenges of Big Sur and created a garden that is perfectly integrated with the surroundings. Other gardens may be more efficient, but lack the aesthetic sense of Esalen. Some gardens feel more magical, but are a nightmare to maintain. When I want inspiration, practical gardening ideas, or just some time to soak up the feeling of gardening at its ultimate, I return to Esalen.

Weekend gardening workshops are now being offered at Esalen. See Esalen Seminars, June 16-18. Sunday garden tours are also available. Please see Ways of Being at Esalen, page 9, for more information. Saturday workshops are also being planned.

■ A SOMATICS STUDY PROGRAM FOR HEALTH PROFESSIONALS

September 24, 1989—May 1991

Faculty: Judith Aston, Charles Brooks & Charlotte Selver, Leonard & Bonnie Bainbridge Cohen, Emilie Conrad-Da'oud, Robert Hall & Don Johnson (coordinator)

This is the second long-term program directed by this faculty. It provides an opportunity to study with pioneers in the somatics field who work together in a cooperative, educational effort, emphasizing the commonly held questions, principles, and organic learning processes which underlie their individual methodologies. The faculty's interest is not in teaching specific techniques for accomplishing predetermined results with people; there are many institutes and schools, including those directed by this faculty, where such trainings are already available. Rather, the emphasis, as articulated by Charlotte Selver, is an exploration of learning in a disciplined way "to be there for what is and for what one does," which might be: the precise way a man with bursitis who holds his right arm close to his side also has a characteristic sinking into his left hip and feels that he is stingy with his loved ones; the boredom I feel while I am touching this person's back; the tears that form in this woman's eyes as I move her ankle, and the slight shift in her breathing; the way I react to the intensity of felt emotion; how I hold myself when in contact with another; the spontaneous images and metaphors a person uses when I am moving his leg; the subtle new movement in the spinal tissues of a quadriplegic woman as she allows herself to sense more.

The faculty members do not think of study or exploration as unstructured inquiry, but as a highly specific learning experience for refining the most basic aspects of work with the body. These include the abilities to: see, touch, listen, and move; sense the subtleties of body image, movement patterns, and breath; facilitate self-healing; perceive the relationships among small bodily movements, feelings, images, thoughts, and memories and understand how they relate to one's emotional life and patterns of health and sickness.

The goal of this program is for participants to refine their contributions to the health field. The teachers will guide participants into closer contact with their inner resources, emphasizing how to move through the barriers that restrict their imaginations and which block them from fully expressing and organizing what they know. The goal is not to turn physical therapists into Reichians or Aston-Patterning practitioners, but to enable them to become more effective as physical therapists, with more sensitive touch, greater skill in manipulating joints, or more awareness of the emotional movements in their clients and a clearer sense of the larger vision that motivates their work. [When you are considering applying for the program, it would be useful to ask yourself if you want to learn a particular method of somatics work, or whether, feeling grounded in your work, you want to further develop your own style. If "yes" to the first question, this program is not what you want.]

Each of the faculty members has developed ways of facilitating people in their process of discovery, in gaining more intimate contact with their inner wisdom. However, this project is not based on a superficial eclecticism, an overview of the common elements in the various specific methods. Rather, it offers participants an arena in which to deepen what they already know and to realize their unique ways of perceiving reality.

Participants should expect to be deeply challenged to explore their own emotional, social, spiritual, and physical histories: how those histories both limit and contain clues to their capacities for healing. The faculty's shared interest is in working with men and women "who will not complain about going slowly." They challenge preconceived ideas about how to perceive and work with other people, as well as attitudes about "fixing" others, as expressed by Charlotte Selver: "Our purpose is not to improve, but to be open for what is." The various works developed by the faculty over several decades are based on the assumption that the most effective healing happens in moments Robert Hall calls "bare attention," or, in Emilie Conrad-Da'oud's words, "when I realize that the self is movement whose primary motion is love."

An important part of this project is concerned with communication: how to speak clearly and directly out of one's deepest experience, how to communicate directly with one's co-explorers, how to transcend fears that create alienation. During the intervals between seminars, participants will be asked to document their clinical work in whatever media seem appropriate—notebooks, recordings, videotapes, etc. This will enable them to detail exactly what they are doing and to present a clear picture of their perspective. The faculty will provide supervisory contact and assistance during those periods. By the end of the two years, the program intends to have generated a body of clinical research from participants applying what they've learned to specific kinds of problems among their patients and clients.

The first of the seven seminars will take place from the evening of Sunday, September 24th to Sunday noon, October 1st, 1989. During this week, participants will meet the faculty and participants who are completing the first two-year program. Subsequent meetings will occur every three months, with faculty members rotating their schedule with the group.

This program is part of a larger somatics education project at Esalen. Experts from many fields related to the body—medical anthropologists, biologists, brain scientists, teachers of meditation, body-oriented teachers from diverse cultures, psychologists, artists, social theorists, and experts in somatics—are being invited to participate in the development and refinement of the field.

Twenty people will be accepted for the program from applications made before June 1, 1989. Admission is restricted to people in the helping professions—nurses, social workers, osteopaths, physicians, psychotherapists, physical therapists, body workers, chiropractors, etc.—and registered students in these areas. Artists, musicians, and dancers interested in the health field are also welcome to apply. Only those who commit themselves to the whole program will be admitted to the individual seminars. Those selected will be asked to confirm their enrollment with a non-refundable deposit of $500 which will be applied to the cost of the final intensive. To apply, please write a lengthy letter describing your background and experience in your profession, and indicate why you would like to be in the program. Please include names and addresses of two references who are familiar with your professional work. Send your application to: Don Johnson, Ph.D., 650 Shotwell Street, San Francisco, CA 94110.

The cost of the program is based on the usual fee for a seven-day Esalen workshop, payable at the beginning of each seminar. Fellowships are available for members of ethnic minorities; if you wish to apply for one, please indicate so on your application. C.E. credit and up to 30 units of undergraduate and graduate academic credit are available. In both cases, attendance at the seminars will be supplemented by directed readings and research papers.

If you would like more information about the program from someone who has participated in it, please write to: Dean Marson, Esalen Institute, Big Sur, CA 93920.

INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and common points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public.

The goal of these conferences is to engender the kind of creativity that comes from the collaborative work of people with similar interests but radically different approaches. We hope that the results will include expanded research projects, new writing, and more effective plans for the education of therapists. Currently scheduled programs and their conveners are listed here.

March 3–5
Philosophy and the Feminine
Jay Ogilvy

This weekend conference will address two questions: First, what is wrong with academic philosophy such that it has benefitted so little from contributions by women and, second, what would be the shape of a feminine wisdom?

March 5–10
Appropriate Governance
Donald Michael

What are the mythic, psycho-dynamic, organizational, and operational characteristics of governance appropriate for a world too complex, interdependent, and fractious to be guided by the modes of education, economics, child rearing, and government now available or anticipated? This eighth annual meeting will focus on multi-nation governments.

April 23–28
Holonomic Processes in Social Systems
Raymond Trevor Bradley, Karl Pribram & Nancy Roberts

To what extent is a social system like a hologram in that each and every part contains encoded within it information about the organization of the whole? This conference will rigorously investigate the utility of holonomy, both as a theoretical tool offering new explanatory power and as a new method for studying social systems.

April 30–May 5
Aristocratic Democracy: Trying to Lead the Higher Life in America
Stuart Miller

What is the relevance of the well-known social images of aristocrats—the Greek Hero, the Roman Senator, the Medieval Knight, the Renaissance Courtier—to our present quests for transformation? This conference will focus, in part, on that question and will explore the democratic paradox: men are equal, but all strive for superiority.

June 11–16
Esalen Soviet-American Exchange Program

The Esalen Soviet-American Exchange Program will host a small group of high-level Soviets and Americans to discuss how current changes in the Soviet Union are affecting our relationship.

June 18–23
The Mobius-Esalen Invitational Conference on Human Capacities and Social Policy
Stephan A. Schwartz

This conference will focus on human capacities research and relevant, practical applications in the formulation of social policy. Participants, who come from the justice, legislative, and physical and behavioral science communities, will discuss (1) the relationship between crime and nutrition, and (2) voluntary control programs, with an emphasis on assisting juveniles.

June 25–30
Esalen Conference for Practicing Intuitives
Helen Palmer

This conference will focus on the question of training business intuition. It will bring together practicing intuitives who have established a reputation for accuracy in the business community with corporate representatives who have expressed an interest in business intuition.

ANNOUNCEMENTS

The Physical and Psychological Effects of Meditation: A Review of Contemporary Meditation Research with a Comprehensive Bibliography, 1931–1988

By Michael Murphy & Steve Donovan
Softcover, 225 pages

In 1981, the Esalen Institute Study of Exceptional Functioning began a comprehensive review of contemporary meditation research. The project has since compiled a bibliography with more than 1,200 entries covering the period from 1931 through 1988, and has reviewed some 900 studies located in English language scientific journals or in doctoral and masters theses frequently referred to in the published literature. This review examines various outcomes of meditation categorized under physiological effects, behavioral effects, or subjective report, and compares them to results of traditional contemplative practice.

To order a copy, send $20.00 (plus $3.00 for shipping and handling) to: Esalen Institute Study of Exceptional Functioning, 230 Forbes Ave., San Rafael, CA 94901.

The Keys Institute: A Human Potential Center

Dorothy Thomas, former Esalen work scholar and cook, announces the opening of her retreat center in Key Largo, Florida. Situated in a private home on beautiful oceanfront property, the Keys Institute offers a serene setting for workshops and seminars. Visiting leaders will include longtime Esalen instructors John Heider, Christine Stewart Price, Nancy Kaye Lunney, Janet Zuckerman, Jessica Moore Britt, and Will Schutz. For workshop information, contact The Keys Institute, P.O. Box 3150, Key Largo, FL 33037; (305) 451-3519.

UC Berkeley Extension, in cooperation with Esalen Institute, presents:

Myths to Live By: A Tribute to Joseph Campbell

This Saturday symposium will focus on the power of art and myth to help us accept the divinity of all things and to become, in Joseph Campbell's words, "transparent to the transcendent." Presenters include Sam Keen, Robert Bly, Jean Erdman Campbell, Chungliang Al Huang, Jamake Highwater, Mickey Hart, and Phil Cousineau.

Date: April 1
Place: Scottish Rite Auditorium
19th Ave. & Sloat Blvd., San Francisco
Fee: $60

To register, contact UC Berkeley Extension, 2223 Fulton St., Berkeley, CA 94720; (415) 642-4111.

WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from a tour of the garden on a Sunday afternoon to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth and self-exploration that are available here. The Experiencing Esalen workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on pages 39-40. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, choirs, or other forms of entertainment. On Sunday afternoons there are garden tours. Body work of various kinds is available by appointment with individual practitioners. Private sessions are also available for various types of process work, including gestalt, neo-Reichian emotional release, vision improvement, singing gestalt, etc. Finally, there is a community workshop program which goes on daily and provides many opportunities for engaging in personal self-exploration or learning new approaches to human growth.

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. Scholarship recipients may be asked to bring a sleeping bag to use during peak attendance periods. There are no scholarships available for the Work Study Program.

We also offer several other options to help reduce the cost of attending a seminar. In addition to the prepayment discount of $10, you may choose one of the following:

Student Sleeping Bag Scholarships: We are now offering a discounted sleeping bag rate for fulltime college or university students who are enrolled for at least 12 credit hours during the time of their Esalen stay. For more information and an application, contact the Esalen office.

Bunk Bed Rooms: Bunk bed rooms are available for seminar participants who are willing to share a room with three other people. Please call for current rates. There are a limited number of spaces, which are reserved on a first come, first served basis.

Senior Citizens' Discounts: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day workshop it's $50. Discounts are available only when you make your reservations. Please present proof of age when you register. Senior discounts are not available for Wilderness Programs or Work Scholar Programs.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, massage, and good food without participating in a workshop. Accommodations are shared, and the rate is variable and subject to change. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require that people pay in full when they make a reservation. This payment is not refundable.

Private rooms are sometimes available at an additional charge over the regular room and board rate. Special family rates are also available. Please call for specific information.

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, Reichian work, massage, etc.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 39-40.

Accreditation

Undergraduate and graduate academic credit is available through the Esalen somatics program, and many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum. Check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see page 40.

Garden Tours

Esalen is now offering to the public, from April through September, tours of the garden, farm, and landscaping. These tours are on the first and third Sundays of the month, from 2-5 PM. The cost is $10 per person; group rates are available. A series of Saturday workshops is also being planned. For more information, please contact Steve Beck at the Esalen office, (408) 667-3000.

Week of January 1–6

Acting is Doing

Stephen Book

The art of acting is, like life, the art of doing. Through "doing" we remove the restrictions, both inner and outer, which suppress the spontaneity of any human being. Upon release, this spontaneity shows itself as artistic creativeness.

This experiential workshop will reveal the various forms of "doing" available to the actor. Participants will learn the basics of improvisational acting, heighten and focus energy, increase communication skills, extend powers of observation and concentration, and discover new realities. This workshop is designed for the layperson. $575

A Look Within

Jessica Moore Britt

This will be a week for participants to attend to and explore themselves away from their usual busy lives. As they settle into the grandeur of Big Sur and the quiet within, they can begin to penetrate through their conditioned views of themselves and the world.

The point of inquiry will be the relationship of the mind, body, and emotions and the essential nature of the self. Participants will focus on understanding who and what they are, especially as beings of compassion, strength, will, power, joy, and presence. They will explore how their past conditioning and present beliefs block their awareness of these qualities in themselves. The tools for self-discovery will be an interplay of Eastern and Western practices, including Sufi self-remembering exercises, meditation, touch, movement, and Reichian/gestalt work. This time, dedicated to being present and looking within, holds the possibility for participants to open their perceptions so they might obtain a deeper appreciation for who they are. $575

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling.

The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$575 (plus $25 materials fee paid directly to the leaders)

Food for Health: Breaking Bread Together

Jane Miletich

This workshop offers a variety of approaches to healthy eating and food preparation. Participants will have their own kitchen for preparing grains, legumes, soups, nuts, seeds, sprouts, vegetables, fruits, raw salads, and fresh juices. Through classes, demonstrations, and helping in the kitchen, participants may practice Ayurvedic principles to understand why certain foods and diets may be better than others. All foods will be organic; participants are invited to harvest fresh herbs and produce from the Esalen garden and farm.

Mornings will begin with meditation, yoga, and t'ai chi. Massage classes, herbal baths, nature hikes, dance, and music will also be available. Through ritual, reverence, communion, and fun, participants can create the time for developing their own health practices and reaffirming their New Year's resolutions. It will be a week for retuning the body and spirit to their natural harmony. All activities are optional—participants choose their own pace. Bring your favorite recipes, hiking boots, instruments, and ideas.

Recommended reading: Vasant Lad, *Ayurveda, the Science of Self-Healing* (Lotus Light). $575

The Long Body

William George Roll

To the Iroquois Indians, the lived body is the "long body" and the long body is the tribal body. The long body incorporates people and things individuals are emotionally close to, though they may be distant in time and space and though they may no longer exist in the usual way. The long body is the experienced realm of personal and transpersonal memory and contains the ingredients for psychic awareness, prophecy, and pre-cognition. Since the long body is a remembered body, memory defines both its reach and its limitations. By extending the range of memory, one can extend the reach of the long body into the past and future and across distance. When we remember, we connect with members of our long body and incorporate them into the present.

In this workshop, group members will explore the long body as metaphor for psychical interactions, healing, and growth, and the memory as an access to long body awareness. Practice sessions will be grounded in research findings in biology, psychology, and the transpersonal dimensions of parapsychological (psi) processes. Through sound and movement, psi sensing of persons and objects, psychic readings, and psychic healing, participants will have the opportunity to experience themselves and each other as members of a living, sensuous being that includes the physical universe and extends beyond birth and death. From there, a fresh, joyful, and healing consciousness of the world can unfold.

This tradition pays respect to the tribal visions of the planet. It is not contrary to Western ideology, but it can expand the Western perspective beyond the moribund technology that threatens the world. $575

Weekend of January 6–8

Music Improvisation and Tai Ji Dancing with Chungliang Al Huang & David Darling

Cellist David Darling will join tai ji master Al Huang to celebrate the new year with Bach, jazz, and tai ji. Music and essential tai ji movements will be the inspiration for enlivening the creative life force.

Recommended reading: Chungliang Al Huang, *Embrace Tiger, Return to Mountain* (Celestial Arts) and *Quantum Soup* (Dutton); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon).

STEVE BECK

The Esalen environment is oftentimes described as serene, tranquil, a perfect setting for study and self-reflection. It is also precariously perched between a rugged wilderness area and coastal cliffs which drop 100 feet to a rocky beach and the Pacific Ocean below.

Recommended listening: David Darling, *Cycles* (ECM), *Journal October* (ECM), and *Amber* (Narada). $325

Letting Go—Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and to help create new ways to relate – in the moment – to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. $295

Vipassana Weekend

Sylvia Boorstein

Vipassana meditation develops direct and profound awareness of the impermanent nature of all experience. It is understood that suffering results from the struggle to resist change, to hold on to pleasant experience while resisting unpleasant experience. Vipassana practice cultivates the personal equanimity which allows for balance in the midst of change while promoting the calmness and energy that lead to personal contentment and compassionate social response.

The format for this contemplative weekend will be periods of sitting and walking meditation using methods to calm the mind and body while developing a more focused attention. There will be guided movement sessions each day. A theoretical explanation of the practice will be offered along with ongoing instruction. Participants will be encouraged to maintain a spirit of silence throughout the weekend, with the final hours reserved for dialogue integrating the practice into daily life. $295

Week of January 8–13

Music Improvisation and Tai Ji Dancing with Chungliang Al Huang & David Darling

For workshop description see January 6-8.

$605

Recovery for Adult Children of Alcoholics and Other Trauma

Julie Bowden

The children of alcoholics movement is officially only six years old (the National Association for Children of Alcoholics was founded in February 1983), yet already treatment providers are being called to address depth issues and late stage recovery. Survivors of childhood traumas other than alcoholism have also begun to appreciate the healing power of the adult child message and are entering the movement seeking recognition.

During this week, specific focus will be given to the child within, to personal acceptance of self and the recovery process, and to the spiritual dimension of recovery. Recovery requires courage and commitment and is possible only for those willing to undertake the "hero's journey."

This workshop is for children of alcoholics, children of trauma, and also for the professionals who work with them and need time for their own renewal.

Recommended reading: Gravitz and Bowden, *Recovery: A Guide for Adult Children of Alcoholics* (Simon & Schuster); Bowden and Gravitz, *Genesis: Spirituality in Recovery from Childhood Traumas* (Health Communications Inc.). $575

A Week with Laura DeNuccio (Ma Prita)

Laura DeNuccio writes: "This workshop is for those individuals who sense an emerging consciousness that is making itself felt and heard personally and globally, and who are searching to fulfill both higher and deeper callings in their lives. The emphasis will be on learning *how* to meet and accept this evolutionary movement, exploring *how* to attend to the organic occurrences that life presents while continuing to move forward.

"There are traditions, both Western and Eastern, that suggest the microcosm of the body reflects the macrocosm of the world. If that is the case, a static body reflects a static world-view perhaps. In this workshop, participants may explore themselves as living, unfolding processes—physically, mentally, emotionally, sexually, and spiritually. They may find that through practices such as breath work, movement, and sound, aliveness and pulsation can be returned to the body, that unconscious thoughts and feelings which reside in the body tissue can be brought to life. Careful attention will be given to the mental processes that shape the physical and emotional bodies, with special emphasis being given to personal issues that emerge. Through the creative use of the Spoken Word, the need for bridging one's personal growth and inner experience with outer involvement in the world will be addressed.

"Practices will be taught which encourage participants to listen, feel, sense, and become acquainted with their essential core selves, from which arise creativity, wisdom, joy, and healing."

Recommended reading: Rodegast, *Emmanuel's Book* (Friends' Press); John Heider, *The Tao of Leadership* (Humanics Ltd.); Fields et al., *Chop Wood, Carry Water* (Tarcher); Alice Bailey, *Education in the New Age* (Lucis Publishing Co.); Florence Shinn, *The Game of Life and How to Play It* (De Vorss). $575

Weekend of January 13–15

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive functioning.

$295

Reinventing Love

Jay Ogilvy, Bob Solomon & Sam Keen

Love has seen good and better days. Among both the sentimental and the cynical, it seems to be a solution to our problems. Love has been described variously as mere instinct, as a gift from God, and as the play of overstimulated glands. Yet, without love, care, and compassion, the world is too meaningless a place to inhabit. The question for this weekend is how to reinvent love, care, and compassion in our daily lives. $295

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with the fundamentals of tai ji practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five-elements form, Chinese Qi Gong breathing, and life-force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (Dutton) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon). $295

Gestalt and Gurdjieff

Kathleen Riordan Speeth

All religious traditions stand trembling in front of the perennial questions. In their esoteric or practical form they demand that we know ourselves, uncondition ourselves, and master ourselves. How can we become impeccable? How do we find the creative balance between spontaneity and discipline, solitude and connection, responsibility and freedom, practicalities and visions?

The Gurdjieff Work synthesizes Eastern sacred technologies for the West. In this workshop, participants will make contact with the heart of the teaching, self-remembering. They will study themselves in terms of the relations of essence and personality, the role of character structure, the function of negative emotions, conscious labor, and intentional suffering.

Gestalt practice provides the ideal infrastructure for self study. The group will use it as moment-by-moment awareness training and as an interpersonal extension of meditation.

Recommended reading: P.D. Ouspensky, *In Search of the Miraculous* (Harcourt Brace Jovanovich); Kathleen Riordan Speeth, *The Gurdjieff Work* (Pocket Books). $295

Week of January 15–20

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

For workshop description see January 13-15. $575

Acts of Courage

David Schiffman

To take risks successfully requires courage, grit, and wisdom, knowing one's heart and being true to the dreams that live inside it, good timing, an adventuresome spirit, and the confidence to act. The focus of this week will be to fine-tune this creative risk-taking and to appreciate the "acts of courage" required for the undertaking. Elements such as mutual respect, honesty, and tenderness in the group situation will help participants deepen their appreciation of what is truly valuable in their lives. Time together will include traditional psychological practices as well as non-traditional, innovative approaches with music, movement, guided imagery, and structural repatterning. $575

Craniosacral System: Basic Workshop

Jim Asher & Jane Harrington

This workshop will offer an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. The class will combine lectures and slides on functional anatomy of the membrane system and cerebrospinal fluid movement. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference. Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills and for those already practicing body work or counseling. Much of the focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system.

Recommended reading: John Upledger and Jon Vredevoogd, *Craniosacral Therapy* (Eastland).

C.E. credit is available for nurses; for additional information see page 40. $575

Imagination as Healer

Jeanne Achterberg & Frank Lawlis

This workshop is designed for professionals in health care who include imagery/visualization in their practices and for health consumers who have integrated mental imagery of some form into their healing repertoire. Attendance will be limited to allow for interaction with others and for an expanded examination of imagery methods.

The presenters have stradled the worlds of science and healing for over a decade and have emerged with a new dimension in health. During this week they will offer their findings, provide tools for empowering the psyche, and serve as resource persons. Their expertise includes work with cancer, heart disease, immune and autoimmune conditions, AIDS, general stress disorders, and other chronic, disabling conditions.

Case studies will be shared, offering the great enlightenment that comes only from persons who are examining their lives in the face of grave crises. The attendees will be guided through typical visualization and imagery exercises.

The focus of this workshop will be the reintegration of potent visionary processes into their rightful fold: the nurturance of life and all that implies for health and emotional well-being.

Recommended reading: Jeanne Achterberg, *Imagery in Healing: Shamanism and Modern Medicine* (Shambhala); Achterberg and Lawlis, *Bridges of the Bodymind* (IPAT).

C.E. credit is available for nurses; for additional information see page 40. $575

Weekend of January 20–22

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to oneself, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants may learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate in the choice of expression or depression. $295

Creativity and Addiction

Linda Leonard & Keith Chapman

Based on Linda Leonard's forthcoming book, *Witness to the Fire: Creativity and the Veil of Addiction* (Shambhala, 1989), this workshop will explore the archetypal images of addiction and creativity. These include the Demon Lover behind addictions which possess us and the Creative Daimon, the energy behind creativity which inspires us to new states of being. Dialogue with participants will center on the archetypal images of the Moneylender, the Gambler, the Romantic, the Underground Man, the Outlaw, the Trickster, the Madwoman, and the Judge, as well as images from the creative process and their parallels with the twelve steps of recovery. The material is drawn from novelists such as Dostoyevsky, Jack London, Jean Rhys, and Eugene O'Neill, with insights from Jung, the existentialist philosophers, and the stories of recovering addicts. $295

The Intelligent Body, The Sensuous Body

Thomas Hanna

Premise: Clarity of self-awareness and clarity of body control grow together or decline together. Participants will explore how greater sensitivity to the inner self enhances the body's ability to act and to relax and how this ability in turn enhances kinesthetic awareness.

The program will introduce gentle movements and use of imagery as well as instruction in the principles of many different kinds of body work and exercise systems – particularly that of Moshe Feldenkrais. There will also be demonstrations of how new sensory information can lead to dramatic changes in posture.

Those who wish advanced knowledge in systems of body work may find the weekend profitable, as may those who have habitual aches or have difficulty relaxing.

Recommended reading: Thomas Hanna, *Somatics* (Addison-Wesley). $295

The Right Work

John Caple

What is work? And what is not work?
– Bhagavad Gita

In this workshop participants will rediscover work-related dreams, draw power from life experiences, and clarify their vision of what they want their worklife to be. They will refine their sense of what is work and what is play and what is right for them.

There will be concepts to stimulate the intellect, processes to awaken intuitive wisdom, and a chance to bring it all together in a personal life plan. Some time will be available for individual work.

Who should attend? Those who want more value in their lives, career changers and potential career changers, re-entry persons, and

those who influence others in making worklife decisions.

Recommended reading: John Caple, *The Right Work* (Dodd, Mead). $295

Week of January 22–27

Five-Day Massage Intensive

George King & Esalen Massage Practitioners

Participants will be instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for additional information see page 40. $575

Completion

Will Schutz

Incomplete actions, be they personal or social, result in many of humankind's troubles: emotional – replaying early stuck relations; physical – chronic tension from unfinished actions; health – blood poisoning from uneliminated waste products; aging – caused by incomplete events; ecology – waste disposal problems, especially nuclear; spiritual – karma, unfinished business; education – Montessori's insistence on putting toys away; sports – the concept of the killer instinct.

What are the resistances to completion? What must happen to a self-concept to propel it toward completing cycles? These and other questions will be explored via the following concepts: theory of energy cycles, life history completion, health through imagery. $575

The Enneagram and Spiritual Growth

Eli Jaxon-Bear & Antoinette Varner

The enneagram of personality was long kept as a secret oral tradition in the mystery schools of Central Asia. First used in the West by Georges Gurdjieff in his work with students, it is an effective mirror for seeing and peeling away the last, most subtle, layers of personality. It can be a powerful diagnostic and healing tool in working with clients, as well as aid in developing compassionate understanding for ourselves and others.

Workshop participants will study the overall enneagram system while identifying their own core fixations. Various strategies, such as movement, will be utilized as ways of both learning the system and moving out of the different fixations. Group members will also explore the related spiritual challenges and lessons. They will have the opportunity to use hypnosis and neurolinguistic programming in open seat, creative myth-making, role playing, and movement as ways to clear the biographical level, heal old wounds, learn the lessons, and move on. The mornings will begin with Zazen and Taoist stretching to set the groundwork for the day.

The enneagram forces us to be ruthlessly honest with ourselves and offers a true test of our chosen spiritual paths. $575

Presence: A Fluidity of Being

Elisa Lodge

Elisa Lodge writes: "Presence is a power that arises from a deep sense of self-worth and trust. It reflects a broadened vision and wholehearted acceptance of the varied facets of being. It is a state of dynamic balance where there is no unnecessary strain of self-defeating awkwardness. One is at home in oneself and at ease with the world.

"During this week, participants can gain a deepened appreciation of the elements in themselves that contribute to this timeless state of fluidity and ease. They will have an opportunity to experiment and explore how their bodies' shapes and forms, emotional histories, and self-images are intimately intertwined. This growing awareness is the basic grounding from which the creative experience of presence can be known. Movement patterns, the ways we walk and breathe, also reveal how we inhibit or allow our personal power. As we become more comfortable with ourselves, we transform not only the way we might carry our head or make contact with another, but our whole way of being in the world.

"This work is based on an approach woven from gestalt, psychosynthesis, Rolf-movement, and performance art. Video feedback will be used." $575

Gestalt Practice

Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear –
And when used – is inexhaustible.
– Lao Tzu

Gestalt is as old as the world.
– Fritz Perls

Gestalt practice is a form – nonanalytic, noncoercive, nonjudgmental – evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment.

Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press) and *In and Out the Garbage Pail*; John Heider, *The Tao of Leadership* (Humanics Ltd.). $575

Weekend of January 27–29

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Its emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press). $295

Talking to Russians

Robert Bathurst & Brit Broch Bathurst

When Americans are too nice, Russians become suspicious; if a business contract is too elaborate, Russians assume deception. Peace between the superpowers is the problem and communication is the key, but it is very difficult to say what you mean cross-culturally.

This is a workshop for citizen diplomats and those concerned with constructive approaches to this cross-cultural problem. Participants will talk with Russians, practice bargaining and negotiating for peace, learn about hidden language and cultural differences. In doing so, they will become more aware of unconscious values and more effective, perhaps, in finding strategies for peace. $295

Non-Adversarial Child Care: The Continuum Concept in Practice

Jean Liedloff

For parents, parents-to-be, and baby and child care professionals, this semimar will examine the true meaning of sociality as an innate characteristic of homo sapiens. Drawing upon her years of living with Stone Age Indians in South America's jungles, the leader propounds an approach neither punitive nor permissive that takes into account the generally unrecognized expectations and abilities inherent in our young.

Why do babies and children so often seek attention they don't need? Why do we see tots in underdeveloped countries and cultures following their parents and helping them with chores so early, while ours are frequently chased and tended, opposed, tolerated, and socialized for nerve-wracking, guilt-laden, unappreciated decades of drudgery and sacrifice ending in one degree or another of alienation?

As professor Robert Aldrich of the National Institute of Child Health and Human Development said, "Basic things about human nature we forget or ignore at our peril."

Recommended reading: Jean Liedloff, *The Continuum Concept* (Addison-Wesley, U.S.; Penguin, U.K.), German edition, *Auf Der Suche Nach Dem Verlorenen Gluck* (CH Beck, Germany). $295

Learning the Craft of Dream Work

Stephen Aizenstat

Dreams can be imagined as looking-glass parables, each a complex story that reflects the personality and soul of the dreamer. This weekend's program will bring emphasis to the healing potential of dream work. In so doing, the leader will review methods of dream work which consider the personal and collective unconscious.

In addition, new methods of dream work which take into account the world unconscious will be described. The world unconscious is seen as a deeper and broader dimension of the psyche and is imagined to contain the subjective inner natures (the subtle body) of all phenomena. It is believed that these inner subjective properties are reflected in the images of dreams and are, at an essential level, interrelated.

It is at this level of the psyche that dream images provide access to an interconnected source of healing energy. This view, grounded in modern research and ancient wisdom, has practical implications for the use of dreams in physical and psychological healing. Participants will be shown how to employ specific methods of dream work which honor and actualize the healing potential of the psyche. In this regard, common dream themes, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will be discussed. $295

The Shamanic Journey, Power, and Healing

Michael Harner

Shamanism is an ancient human strategy for personal learning and for acting on that learning, using normally neglected or hidden potentialities of the heart, mind, and spirit. Shamanic methods can contribute to virtually any aspect of living, as they have for tens of thousands of years, and are especially useful for problem-solving, well-being, and healing.

In this experiential workshop, participants will be introduced to basic methods of the shaman (a specific type of medicine man or woman) and initiated into the classic shamanic journey. Otherwise known through myth and accounts of great spiritual experiences, this visionary method can be used to enter nonordinary reality to obtain knowledge, to answer personal questions, to maximize power to achieve personal goals, and to contribute to the health of oneself, others, and the Planet. Participants will be aided by traditional drumming and movement and will be provided with methods for journeying to discover and study with their individual spiritual teachers in nonordinary reality, a classic step in shamanic practice.

The shamanic journey can be utilized to help restore spiritual power and health and has practical applications to contemporary daily life. Practices this weekend will include comparison of discoveries and work on personal problem-solving.

Please bring a bandanna to cover your eyes, a pen and notebook to record your journeys and, if you have them, a drum and/or a rattle. Wear comfortable clothing.

Recommended reading: Michael Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford). $295

Week of January 29–February 3

Ashtanga Yoga, Movement, and Massage

Deborah Anne Medow

The body is a boat which carries the soul in the ocean of the world. If it is not strong or it has a hole, then it can't cross the ocean. So the first duty is to fix the boat. – Baba Hari Dass

The primary focus of this workshop is to utilize the methods of the ancient system of ashtanga yoga, movement, and massage in "fixing the leaky boat." During these five days, a cleansing diet will be discussed and encouraged, and participants will be assisted in developing a solid basis for further development of the physical, mental, and spiritual aspects of yoga practice and massage. Topics covered will include yoga theory, purifications, breathing exercises, and meditation, with particular emphasis on asanas (postures). Afternoon massage sessions at the baths will help group members relax and integrate the positive effects of practicing yoga. Please bring loose, comfortable clothing. $575

Reinstating One's Original Self: The Continuum Concept in Practice

Jean Liedloff

In her years of living and traveling in the South American jungle with Stone Age Indians, Jean Liedloff observed an ancient norm of well-being. She feels that this condition offers a much needed paradigm missing in our attempts to attain individual and social fulfillment. She has developed and refined a set of principles for guiding clients toward discovery and understanding of the beliefs and expectations formed in babyhood and childhood that undermine the capacity to act from an accurate perception of self and other.

This workshop will deal in depth with the methods that can change a client's inner beliefs at his or her own optimum pace. It will allow participants to acquire an understanding of these ideas and experience their use both from the client's and the guide's points of view. It is for professionals and non-professionals.

Recommended reading: Jean Liedloff, *The Continuum Concept* (Addison-Wesley, U.S.; Penguin, U.K.), German edition, *Auf Der Suche Nach Dem Verlorenen Gluck* (CH Beck, Germany). $575

Word Magic: A Personal Adventure through Writing

Nancy Bacal

We all have stories and the ability to tell them. But when asked to translate them onto the page, many of us are inhibited by self-judgment. Through a series of exercises designed to bypass blockages, participants will be encouraged to move beyond the controlling arm of the critic and tap their reservoirs of personal experience. These exercises will provide an opportunity to turn the burdens in our lives into stories, the unwanted voices into characters, the failures and successes into material. They are specific enough to excite the imagination

yet loose enough for the writer inside to experiment with form and images and remain open to surprise.

This writing workshop is designed to create a safe and stimulating environment for the non-writer, the would-be writer, and the professional. The schedule will include writing in and out of the group, walks, meditation as it relates to creative process, reading and discussion of pertinent material. The intention will be to coax the mind out of its cycle of expectation and disappointment into a positive, functioning relationship with our work.

Recommended reading: Carla Needleman, *Work of Craft* (Avon); Joseph Goldstein, *The Experience of Insight* (Unity). $575

The Life Energy Process℠

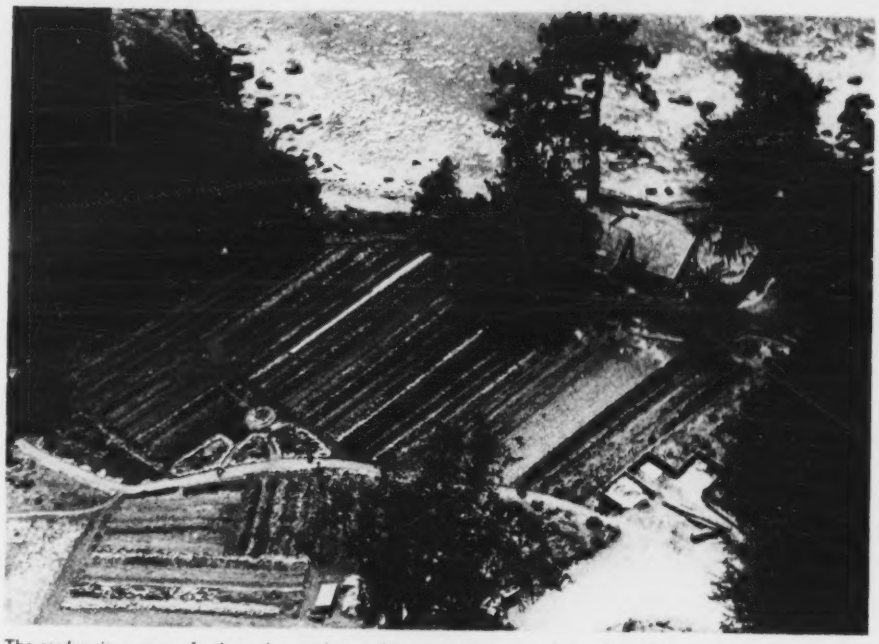
Stephano Sabetti

The Life Energy Process is a spiritually-oriented approach to body work and lifestyle which allows participants direct contact with the spiritual self through the use of energy vibrations. This is facilitated by specific intensive and subtle movements, depending on the energy level affected. Participants may find that these movements open them to their own healing channel and unique energy frequency. In this process it is possible to release unfinished emotions, radiational and chemical toxins, and psychological disturbances without forcing oneself in any way. From that point of greater clarity in the energy movement within their own bodies, individuals may move to the next step in their personal development. This energy work is continued physically and verbally through process inquiry and dialogue with the workshop leader as participants examine the superficial trace problems of their everyday lives and explore their deeper energy disturbances through energy patterning.

Other aspects of the Life Energy Process which may be included in this workshop are energetic forms of massage, dance, and theater, all of which can be used to heighten awareness, express inner movement, and create possibilities for new avenues of growth. Some of the work may be hands-on with partners. Participants will also be led in individual movement and dance patterns.

This workshop may be of particular interest to professionals and laypersons alike who are excited by the integration of Eastern and Western methods with the new physics for personal, social, and organizational evolution.

Recommended reading: Stephano Sabetti, *The Wholeness Principle*; *Manifestations of Energy*; and *Shinkido Massage* (available from Life Energy Media, 14755 Ventura Blvd., Ste. 1908, Sherman Oaks, CA 91403; (213) 874-7100). $575



STEVE BECK

The garden sits on top of a three thousand-year-old compost heap, or midden. Many Esselen Indian artifacts have been found there.

January 29–February 10

Advanced Training in Shamanism and Shamanic Healing

Michael Harner

For workshop description see Special Programs, page 35.

Weekend of February 3–5

Singing Gestalt

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about feeling and expressing.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. Video feedback may be incorporated. But the workshop is really about you—singing. $295

At the Turning Point: Poems Can Help Us in Crisis

Brother David Steindl-Rast

Every crisis in life invites us to sift out seed from husk, that which holds promise from that which must die. Poetry can help this process of sifting, more so than many would expect. In a world of hypocrisy, poetry offers criteria for certainty—for as much certainty at least as life will permit.

The Benedictine monastic heritage, in which Brother David stands, has been called "the poetic heart of the Christian tradition." Drawing from the well of that tradition, Brother David will introduce poets as guides in crisis.

There are skills of the heart that can be learned, skills that may transform what appears to be the point of death into a turning point.

Recommended reading: Rainer Maria Rilke, *Letters to a Young Poet* (Norton); David Steindl-Rast, *Gratefulness the Heart of Prayer* (Paulist Press). $295

Week of February 5–10

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration.* $575

The Hakomi Method

Ron Kurtz, Richard A. Heckler & Michael Herrick

Hakomi is a body-centered practice based on the principles of: mindfulness, unity, organicity, non-violence, mind-body holism. Hakomi incorporates non-doing as a major methodological principle and trusts in every individual's inner wisdom and power for self-healing.

Using the body as a rich source of information about the unconscious mind, hakomi can assist people in turning inward to those special states of consciousness where change takes place, to explore core beliefs which determine the quality of experience.

Hakomi work embraces the body-mind unity, supports the client's resistance, and encourages respect for and awareness of inner processes. This can be used by counselors, health practitioners, educators, body workers, and anyone invested in personal growth. This workshop also serves as a prerequisite for the formal hakomi certification process. $575

Choices and Changes Using Gestalt

Anne Nechama Simkin

Gestalt practice is a noninterpretive, existentially-based system in which awareness of one's feelings in the present moment is the primary focus. Human beings are born with the innate capacity to cope with life. As we grow up, this process at times may be interrupted, curbed and/or suppressed, along with excitement, creativity, self-expression, and self-acceptance. Most gestalt communications deal primarily with the immediate interactions of those present. Explanations, interpretations, and assumptions are discouraged. Concentrating on what is rather than on what could or should be encourages a person to take responsibility for his or her own actions. By becoming aware of what is potentially nourishing and what is toxic, it is possible to learn to make choices and to achieve integration.

This workshop is for persons seeking a new perspective, growth, and change and who want to reown those aspects of their lives that are nourishing. Participants will share experiences, explore new ways of coping with ongoing situations, search for the existential messages of their dreams, and learn to communicate with each other and significant others. The content of the workshop will evolve out of the needs and wishes of the group members.

Recommended reading: Corsini et al., *Current Psychotherapies*, Chapter 8, 3rd edition, (Peacock); C. Simkin, *Mini-Lectures in Gestalt Therapy* (available through the Esalen bookstore); Kutash and Wolf, eds., *Psychotherapist's Casebook* (Jossey-Bass). $575

Weekend of February 10–12

Weekend Massage Intensive

Brita Ostrom & Laurie Schutz

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners. $295

Central Asian Shamanism: A Soviet Scholar Shares His Knowledge

Vladimir Basilov

Shamanism is an ancient tradition among many tribes and peoples in Central Asia and Siberia. In fact, the Siberian part of the Soviet Union is the home of "classic" shamanism, the word *shaman* coming to us from the Tungus tribe there.

While interest in shamanism is growing in the United States, few Americans have had occasion to learn about the shamanic traditions in the Soviet Union. In this non-experiential seminar, participants will have the rare opportunity to hear especially of Dr. Basilov's studies of shamanism among the Uzbek people of Central Asia and to learn about the varieties of shamanism practiced by native peoples in that area and Siberia. The presentation will include films and other visual materials as well as sound recordings.

Dr. Basilov speaks fluent English. He will be introduced by Michael Harner. $295

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the dampening effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, and it is not caused by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic schemata and to rekindle the romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Ayala Pines, *Keeping the Spark Alive* (St. Martin's Press). $295

The Modern Warrior: LET in Action

George Leonard & Annie Styron Leonard

A man or woman with outward courage
dares to die;
A man or woman with inward courage
dares to live.
– Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the full, and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might well be necessary for men and women to reown the warrior ideal.

Through the centering and movement exercises of LET (Leonard Energy Training) as well as through various new games, participants will be invited to get in touch with their own unacknowledged powers, and thus to discover the hidden warrior within. Guidance will be offered on how to apply the warrior ideal to

daily life. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton). $295

Week of February 12–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 27-29. $575

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.'

"These activities can also be described as *movements*. What we call a 'body' can be seen as movements that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we *are* rather than as something we *do*.

"Our time together will be to enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder of meaningfulness as it shapes and colors the moment. For me, 'life' and movement are one." $575

Moving into Relationship with Self and Others

Mary Goldenson (Devarani)

This workshop offers an opportunity to empower the self and, subsequently, relationships with others. Participants will first observe their relationship with themselves and then how that is mirrored in the other while working, playing, and loving. It is premised that people are often attracted to those from whom they have the most to learn, those who reflect their own strengths, weaknesses, fears, beliefs. Exploring past and present relationships can bring insights to this process and transform them into powerful growth experiences. This will be a major focus of the week.

Participants will create a clear picture of what they want and how to attain it, examine ways they sabotage themselves, and learn more about how others see them. Radix®, Reichian body work, gestalt, dance imagery, hypnosis, meditation, and group process will be some of the modalities used. $575

Vipassana in the World

Jamie Baraz

Vipassana (insight) meditation is the simple and direct practice of nonjudging, balanced awareness. When we clearly see and understand the impermanent nature of all experience, our reactions of clinging, condemning, fear, and confusion begin to lose their power. Instead, wisdom and compassion are strengthened.

In this workshop, we will follow the basic principles of Vipassana and apply them in a practical way. There will be a day for ourselves—learning the meditation and the qualities of patience, self-acceptance, and compassion. Next, there will be a day for others—in which the ideas of the practice are applied to relationships, livelihood, and skillful communication. Finally, there will be a day for the world—where larger issues such as service, action, and appreciation of the interconnectedness of all life are explored.

There will be regular periods of silent meditation, group discussions, and mindful application of our time at Esalen for a direct experience of the value of the practice. $575

Gestalt-Directed Body Work: Training for Professionals

Edward Smith

Using the gestalt approach as his theoretical and procedural umbrella, Edward Smith integrates aspects of Reichian, neo-Reichian, and other body-focused methods into his work. This integration brings together the exquisite focus on the organism-in-environment *process* of the gestalt approach and the awesome power of the Reichian and neo-Reichian procedures for facilitating that process. A high degree of respect for individual personhood unfolds through this work.

Through lecture and discussion, the leader will teach a practical, conceptual model of the gestalt-directed body work process as set forth in *The Body in Psychotherapy*. This will give participants a framework for personality assessment via the body and a clear rationale for body-focused process interventions. The bulk of the time will be devoted to bringing the work to life through group exercises and individual sessions with the leader.

Recommended reading: Edward W.L. Smith, *The Body in Psychotherapy* (McFarland). $575

Weekend of February 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 27-29. $295

Rituals of Transformation

Paul Rebillot

Human beings are continually approaching thresholds, transition points from one state or condition of being to another. To live is to change. The tendency, however, is to resist change, to cling to the familiar, to remain stuck at the threshold. It is the source of much of the stress and pain experienced in life and keeps many people from moving forward.

A ritual does not make a change happen. Rather, it awakens within the psyche the archetypal pattern of change; it teaches how to change. By acting out the ritual, one learns, not only in the mind but in the feelings of the heart and the movements of the body, the process of transformation. Rituals can prepare a person for change as it happens and help heal the passages that were not completed in the past.

During this workshop, group members will look at what they want to heal and transform in their lives, what they need to say goodbye to in the past, and what new step they need to take in order to cross their present threshold. Sub-groups will work together to design and enact individual rituals in order to support and help this healing process.

Joseph Campbell said that when you can discover your authentic path, the way seems to be blessed by magic. To find this way is the work of *Rituals of Transformation*. $295

Minding the Body, Mending the Mind

Joan & Myrin Borysenko

In the last decade, medical science has discovered certain pathways through which the mind can influence health and healing. Time-honored methods such as meditation and creative imagination promote a core of bodily changes called the relaxation response and set the stage for more specific changes, both in physiology and attitude. These methods originated from philosophical and spiritual systems of awareness training and self-development. For many people, illness and anxiety have been the motivating force to discover the greater healing potential of these ancient practices.

Developing a fighting spirit can help us survive stress and illness. But fighting for the body alone is not enough. Fighting for integrity, however – for one's inner truth – creates a strong foundation that is there no matter what passages the body may go through. The very modalities by which we can discover and support this integrity can often also be healing for the body.

This workshop is appropriate for health professionals and others who want to learn new methodologies for health care. It will explore the scientific and spiritual aspects of meditation and imagination, overcoming "New Age guilt" – putting mind and body in the proper perspective, and learning from fear and illness. Skills that change both physiology and basic attitude about the self will be practiced. Meditation, creative imagination, and mini-exercises for daily use will be the experiential focus.

Recommended reading: Borysenko, *Minding the Body, Mending the Mind* (Bantam); Swami Prabhavananda & Christopher Isherwood, *How to Know God: The Yoga Aphorisms of Patanjali* (Vedanta Press).

C.E. credit is available for nurses; for additional information see page 40. $295

The Path of Transformation in Psychotherapy and Meditation

Daniel Brown

This workshop is designed for psychotherapists, practitioners of meditation, and those interested in the integration of the worlds of psychotherapy and spirituality. The leader will present an integrated model for the path of transformation, for the development of emotional experience, the sense of self and others, and reality sense. This model of normal, pathological, and optimal human development is drawn from the fields of child development, clinical psychology, and the great Eastern traditions of meditation.

This workshop will show how the path of meditation unfolds and will present a vision of optimal human development. It will also help participants learn to assess and treat different types of problems (clinical symptoms and meditation crises) which occur at various points along the overall developmental continuum. The workshop will address how psychotherapy can be used as a way to attain some of the necessary prerequisites for spiritual development and can assist with the problems that occur for the meditation practitioner and meditation teacher. It will also show how spiritual awareness can inform one's view of psychotherapy. Various experiential exercises and meditation practices will be used along with clinical case material. The workshop will be both experiential and didactic.

Much of the material will be drawn from the leader's experience as a clinician and teacher, and from his 18 years of practicing meditation, translating meditation texts from Sanskrit and Tibetan sources, and conducting scientific studies on deep meditation states and enlightenment on meditation masters in this country and in South Asia.

Recommended reading: Ken Wilbur, Jack Engler, and Daniel Brown, *Transformations of Consciousness* (Shambhala). $295

Week of February 19–24

Five-Day Massage Intensive

Kathleen O'Shaughnessy
& Esalen Massage Practitioners

This course will teach gentle, fundamental approaches to full body massage and the refined art of touch as communication and awareness through movement and breath rhythms. It is a basic program for those interested in developing hands-on skills.

Demonstrations will be augmented by supervised practice. Verbal material will include information about various approaches to body work and how massage can relieve physical and emotional stress.

C.E. credit is available for nurses; for additional information see page 40. $575

Owning the Shadow

Paul Rebillot

We have seen the enemy and they is us.
– Pogo, Walt Kelly

Paul Rebillot writes: "In my work I have come to realize that one of the most important and frequently avoided themes in people's lives is the ability to own the part of ourselves we don't like, the part Jung called the shadow. As a result, we become projectors of our own disowned energy. In this workshop, we will seek to discover within ourselves the bad guy we have been projecting onto and hating in others. Hopefully, by facing and communicating with this negative self, we can discover in our shadow not the enemy, but the friend and challenger to growth of the heart and consciousness." $575

Transitions

Elliot Waker Aronson & Gabriele Thomson

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition – whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants may develop ways of enhancing their understanding of themselves and increasing their overall effectiveness.

Recommended reading: Elliot Waker Aronson, *The Social Animal* (Freeman). $575

Lost Romantic Loves: Healing through Film

Francis Lu & Barbara White

Love must be told. Not so that it may be forgotten, but so it can be re-woven into the tapestry of the present. – George Vaillant

This seminar will invite participants to remember their lost romantic loves and to further their own healing and self-renewal through a process of using films as a tool for self-reflection. Topics will include: the nature and quality of romantic love, the emotional consequences of lost love (including obsession, jealousy, anger, violence, and madness), and the healing processes (including grief, letting go, compassion, self-renewal, and revisioning new relationships).

Within a supportive group context, participants will view films which evoke these archetypal patterns of love, its loss, and healing. Through inner reflection, Feldenkrais* body work, gestalt, dream work, and discussion, participants will reconnect their personal experiences with these archetypal, mythological realities. Films to be shown include works directed by Woody Allen, Alfred Hitchcock, and Francois Truffaut.

Recommended reading: John Welwood, *Challenge of the Heart: Love, Sex, and Intimacy in Changing Times* (Shambhala); Robin Norwood, *Women Who Love Too Much* (Dell). $575

* The Feldenkrais Guild

This flower garden is also the roof of the laundry building. Again, architecture blends with nature, form with function.

On Being a Man

David Schiffman, Ed Bloch-Farrington & Rick Chelew

Many men today have labored diligently to become softer, more receptive, and nurturing. They have sought to honor and embrace the emergence of the feminine principle in their own natures. For many, however, the right to celebrate and honor the so-called masculine aspect has become a thorny and difficult dilemma. Many qualities of maleness or masculinity have come to connote the most destructive and troublesome elements in human existence: war, environmental desecration, sexual oppression, and patriarchal abuse.

A man's sense of his own uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity. They will explore the following questions:

- What does a man need to know and accept about his own nature to feel himself fully as a man?
- Can men come together to create an atmosphere of trust and good will, where the masculine aspects that they have in common can be honored and appreciated in the *pleasure* of each other's company?
- Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
- Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illuminate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will be incorporated in this journey as well.

$575

Weekend of February 24–26

Experiencing Aikido

Annie Styron Leonard

To experience aikido is to feel both energized and relaxed, to be stronger and at the same time more gentle. To learn this sophisticated martial art takes many years, but some of its mysterious powers can be sampled over the course of this weekend.

Participants will practice enhancing the flow of vital energy through and around the body, relaxing under pressure, moving from the *hara*, or center, and extending inner force. They will be introduced to and have the chance to practice a few basic aikido moves and learn alternative, nonaggressive ways of dealing with attacks. This weekend is designed for those who simply wish to get in touch with and use their own latent powers as well as those who are planning to begin practicing a martial art.

Recommended reading: John Stevens, *Abundant Peace* (Shambhala). $295

Burnout: Causes and Cures

Elliot Wiker Aronson & Ayala Pines

This workshop is designed for people who give service to others and who are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures and group discussions, participants will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition, they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues.

Recommended reading: Pines and Aronson, *Career Burnout* (Free Press); Aronson, *The Social Animal* (Freeman).

C.E. credit is available for nurses; for additional information see page 40. $295

Homeless Living

Bernard Glassman & Peter Muryo Matthiessen

When Bernard Glassman arrived in New York in 1980, he began weaving a mandala called Zen Community of New York, an interfaith meditation center. As the community grew, he founded the Greyston Bakery, where the opportunity for developing a living practice of meditation and action in the daily workplace emerged and answered the community's need for self-sufficiency.

As the need for further outreach became apparent, Glassman envisioned the Greyston Family Inn, a holistic approach to homelessness. This social action ministry provides residency, participation in family living, job training at Greyston Bakery, childcare, parenting education, and an arts program to the

formerly homeless who want to change their lives. In addition, an affordable housing project has been initiated, and discussions are underway to create a community land trust.

An old Zen saying goes, "Abiding nowhere, raise the mind of enlightenment." Since the days of the historic Buddha, monks have devoted their lives to another kind of being homeless: a homelessness of attachments to wishes, needs, and conditions. Peter Muryo Matthiessen, Zen priest, adventurer, and writer (author of *The Snow Leopard* and *At Play in the Fields of the Lord*), will explore homelessness from this perspective. $295

Conscious Femininity: Mother, Virgin, Crone A Workshop for Men and Women

Marion Woodman

This seminar will differentiate three archetypes of femininity as they are evolving in the consciousness of women and men: 1) the conscious mother, interested in taking care of self, others, and the planet; 2) the virgin, the maturing woman who evolves out of the ground of the mother; and 3) the crone, the detached, wise old woman.

A healing feminine awareness is struggling to emerge not only in the individual psyche, but in the collective as well. In dreams, a powerful feminine figure repeatedly demands the attention of the ego, attempting to guide consciousness toward new values that are releasing, frightening, and ruthlessly honest. Such values evoke somatic and psychic responses that are experienced personally as upheavals in traditional attitudes and collectively as a new cultural ethos. It is the new feminine consciousness that is able to rescue and heal the abandoned soul.

The weekend will consist of lectures, small group discussions, and gentle body work and dance.

Recommended reading: Marion Woodman, *The Owl Was a Baker's Daughter*; *Addiction to Perfection*; and *The Pregnant Virgin* (all: Inner City); Sylvia Perera, *Descent to the Goddess* (Inner City); Edward Whitmont, *Return of the Goddess* (Crossroad). $295

Week of February 26–March 3

Five Days with Janet Zuckerman

This workshop continues Esalen's tradition of interpersonal and intrapersonal work on emotional process. It is based on these premises: that unfinished business is projected into current relationships, interfering with one's ability to be in the present, and that by emotional release one may cleanse the doors of perception. Tools for exploration will include the open seat, a tennis racket, pillows, and a sense of humor. $575

A Basic Course in Nutrition and Healthy Eating

Andrew Weil

This workshop will cover principles of nutrition, including information about calories, cholesterol, protein, carbohydrates, and fat. How much protein do you really need? Can vegetarian food be totally nourishing and satisfying? Should you use olive oil or safflower oil, margarine or butter? Is pasta the perfect food? Do you need to drink milk, and where can you get your calcium if you don't?

These and other questions will be answered as participants prepare innovative dishes and meals that they will be able to duplicate at home. Group members will cook and eat together as they discuss aspects of diet and health, including vitamins and supplements, culinary and medicinal herbs and spices, and special diets for particular needs. The role of healthy eating as an aspect of preventive medicine will be stressed.

STEVE BRICK

A work scholar weeds the roof of the laundry building.

Andrew Weil draws on his experience as a physician, botanist, food lover, and cook in leading this workshop, as well as his association with Canyon Ranch Spa in Tucson, Arizona, where he directs the Natural Healing Program. This is an opportunity for participants to learn facts and methods not easy to find elsewhere while having fun, being creative, and doing something good for themselves in the bargain. $575

Children of Chaos: Recovery from the Aftermaths of Alcoholism

Mariah Fenton Gladis

The road to recovery for Adult Children of Alcoholics and others whose parents have been dysfunctional or abusive is challenging and can be deeply rewarding. It requires determination, lifelong commitment, and positive therapeutic experiences. This workshop offers participants an opportunity to take a major step toward health. Group members will work toward transforming their personal histories from one of liability to one of strength and wisdom, focusing on the promotion of healing in four fundamental relationships:

- With oneself: developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of chronic trauma;
- With others: improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries;
- In the world: moving away from chaos and deprivation toward stability and abundance;
- Spiritually: searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

The workshop will be experiential *and* didactic, using a blend of in-depth individual and group gestalt work, music, spiritual healing, body work, and personal metaphor. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support.

This workshop is also appropriate for professionals working with ACAs. $575

February 26–March 24

Massage Practitioner Certification Program

Peggy Horan & George King

For workshop description see Special Programs, page 35. $2300

Weekend of March 3–5

Spring Shake-Up

Deborah Anne Medow

Spring is rapidly approaching; it's time to get up and move and shake off some of that winter sluggishness! This weekend will combine sessions which include elements of dance, yoga, massage, aerobic movement, and theater games for shaping up the outside, with quiet, meditative time for turning inside. The purpose: tune in and tune up the body, mind, and spirit! $295

Self-Acceptance

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The degree to which we allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop, participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support, participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics. $295

Week of March 5–10

Dream Work and the Multi-Dimensional Psyche

Stephen Aizenstat

Historically, the craft of dream work has paralleled new discoveries in scientific thought. Modern revelations in quantum-relativistic physics and holographic photography suggest ways in which we can broaden and deepen the practice of dream work to encompass both perspectives.

This workshop will be both experiential and experimental. The leader will offer newly developed holonomic methods of dream work, providing a practical model for actualizing three levels of unconscious reality in dream work—The Personal, The Collective, and The World Unconscious—and presenting a phenomenology of each. Within this broad ecology of the psyche, participants will experiment with a specific process-based, aesthetic approach to dream work. Specific methods which foster a perception that both "sees through" to archetypal existence and "sees into" embodied experiences will be explored. Participants will have ample opportunity to work on their own dreams. $575

March 5–17

Completion and Transformation

Mary Goldenson (Devarani)

For workshop description see Special Programs, page 35. $1425

Mind and Medicine

Jeanne Achterberg & Frank Lawlis

For workshop description see Special Programs, page 35. $1425

Weekend of March 10–12

Reflections of Self: A Reichian/Gestalt Workshop

Jessica Moore Britt

This will be an introduction to intensive intrapsychic inquiry using Reichian breath work and gestalt practice. Reichian breath work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration, the possibility is opened to respond in the present. $295

Half-Time: Inspired Work in Mid-Life

Peller Marion

At 93, George Burns recently said, as he was accepting the American Comedy Award, "The first half of my life has been good, and I look forward to the second half being even better." While most people don't live to be 93, some, like George Burns, remain charismatic and magnetic. Others are drawn to them largely because their lives seem effortless, playful, and meaningful.

How we define ourselves and what success means is important to what kind of individuals we grow into as we age into the second half of our lives. Participants in this workshop, drawing from a conceptual base of adult development theory and models of aging, will explore these issues. Through structured exercises and open exploration of topics such as, What's my dissatisfaction? Who am I? What's my definition of success? the leader will coach participants to create a vision for the second half of their lives based on internal values that are meaningful and significant.

What this workshop offers is a playful and rich way to reevaluate one's work and relationships to gain a clarity, focus, and direction of one's life contributions. It is recommended for professionals in diverse areas who want to revitalize and renew their vision. $295

Week of March 12–17

A Look Within

Jessica Moore Britt

For workshop description see January 1-6. $575

Personal Challenges of the U.S.-Soviet Relationship

Stephen Rhinesmith

Everyone concerned with the U.S.-Soviet relationship faces uncertainty and contradictions in trying to determine what is real and what is not, what can be believed and what cannot, and what the implications are for one's own values and beliefs.

This workshop is designed for laypeople and professionals who face the personal value and identity challenges created in trying to reconcile the enormous differences between the United States and the Soviet Union. Issues to be discussed include the contradictions of human rights vs. cultural relativism, national security vs. bilateral dialogue, cooperation vs. competition, and reaching out vs. being sued. Participants will examine the relationship of these topics to their own work, values, and belief systems. $575

Weekend of March 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 27-29. $295

Accessing Creative Process

Dianne Lawrence

Many adults are returning to creative skills, but have difficulty coming up with their own ideas or feel that their imagination is inadequate. It is one thing to know how to draw, another to know what to draw. This workshop will help participants overcome their creative frustrations by giving them experiences that show that creativity comes out of a *process* or *approach* to the work: isolating one's voice from the many, being attentive to one's fascinations, accessing impulses beyond the confines of intellectual attention. One must strip away the easy, conditioned responses, resist the tyranny of accepted authority, and develop a healthy critical eye and ear. The quality of the individual's engagement with his or her own working process determines the quality of the result.

This workshop will use theater, writing, and painting games to help participants establish a confident relationship with their creative lives. The focus will be on imagination at work, articulating creative problems, freeing up expression, and encouraging inventiveness. Participants will be offered the essential creative experience of starting with nothing but themselves and making something interesting happen. They are asked to bring one #4 and #10 windsor newton brush and a 14"× 17" sketchbook. $295

Understanding the Borderline and Narcissistic Personality

Burton Schaffner & Darlene Louise Beaver

In the last 15 to 20 years, the psychoanalytic community has published important research and theories concerning developmental issues about the borderline and narcissistic personalities. This valuable information has been directed toward the psychoanalyst working in a psychoanalytic mode. The material presented by Mahler, Masterson, Kohut, and others has far-reaching implications. It lends new understanding to developmental issues and helps clarify certain elements of personality formation as well as gives ways of working with these identifiable characteristics.

The workshop leaders will present the borderline and narcissistic personality theories in a way that will enable participants to gain a deeper understanding of themselves and others. They will clarify, simplify, and translate psychoanalytic language into concepts that can be understood by layperson and counselor alike. They will provide a functional base for the use of this material as well as supply written summaries of the work of Mahler, Masterson, and Kohut.

STEVE BECK

Potato harvest. Esalen grows 10 tons of organic vegetables each year, providing the kitchen with 20 to 90% of its daily produce for 200 guests. Surpluses of up to 150 pounds a week are frequently donated to Monterey's Meals on Wheels program for senior citizens.

Participants will have the opportunity to use this material within the group setting in order to facilitate their own process and to learn how to use it in working with others.

C.E. credit is available for nurses; for additional information see page 40. $295

Week of March 19–24

Becoming a *Professional* Therapist

Carl Whitaker

This will be a five-day effort to facilitate the transition from *doing* family therapy to *being* a family therapist, using symbolic experience to deprogram one's lifetime of purposeful interpersonal manipulation. $575

Human Potential: Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to develop and educate the human potential, which refers to the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers and for discussion of the work. $575

A Weekend with Paul Rebillot

Paul Rebillot writes: "Within each of us there lives a demon – our own personal critic – whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough. This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during this workshop.

"Why not take the chance of looking inside ourselves and finding the completeness of who we are, instead of trying to limit ourselves with who we think we should be and who we hope we are not? When we find the truth about ourselves, our natural response is to want and to work for the best that we can be.

"People in the helping professions who have experienced this form have found it adaptable and useful in their own work." $575

Turning compost at the farm.

Weekend of March 24–26

Weekend Massage Intensive

Laurie Lioness Parizek & Dean Marson

For workshop description see February 10-12. $295

Death and Resurrection

Paul Rebillot

This workshop offers the opportunity to confront, rather than avoid, death. On a wider scale, it explores ways to move creatively through life's many transitions, letting go of the old and welcoming the new.

We will review our lives, completing unfinished business, and practice giving up attachments to persons, things, and self-images until, surrendering all to the ultimate unknown, we are able to experience the birth of the truly new. $295

Introduction to Tai Ji and Chi Gong with Chungliang Al Huang

Participants will concentrate on the Easter spirit of creative rebirth and a deeper consciousness of the mind-body-spirit unity. Essential tai ji movement and chi gong breathing exercises will be explored with music, dance, humor, and philosophical musings, East and West.

Recommended reading: Chungliang Al Huang, *Embrace Tiger, Return to Mountain* (Celestial Arts) and *Quantum Soup* (Dutton); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon). $295

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion.

This seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate Vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala). $295

Week of March 26–31

Stories and Myths for Men and Women: Tales, Discussion, and Dancing with Robert Bly & Chungliang Al Huang

Yeats said: "God save us from those thoughts men think in the mind alone." During this week we will listen, argue, and dance. We all sense that mythology and dance are related – but how? Our effort and fun will be to hear stories, dance, and relate to our everyday lives.

Recommended reading: Robert Bly, *Selected Poems* (Harper & Row), *Loving a Woman in Two Worlds* (Harper & Row), and, editor, *Selected Poems of Rainer Maria Rilke* (Harper & Row), *News of the Universe* (Sierra), and *Times Alone: Selected Poems of Antonio Machado* (Wesleyan); Chungliang Al Huang, *Embrace Tiger, Return to Mountain* (Celestial) and *Quantum Soup* (Dutton); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon). $605

March 26–April 9

Two-Week Advanced Massage Practitioner Program

Vicki Topp & Esalen Massage Practitioners

For workshop description see Special Programs, page 36. $1595

Gestalt Practice:
An Intensive Program for People in the Helping Professions

Christine Stewart Price & Guest Leaders

For workshop description see Special Programs, page 36. $1595

Weekend of March 31–April 2

Developing Crazy Wisdom and the Comic Perspective

Wes "Scoop" Nisker & Paul Krassner

This workshop will explore the humorous side of the tragicomedy of life, emphasizing the development and expression of the crazy wisdom in each of us. Examining traditional uses of humor, from old Sufi tales, Zen Haiku, and coyote trickster stories, to audio and videotapes of the modern satirists and comedians including Charlie Chaplin, Lenny Bruce, Laurel and Hardy, and Woody Allen, the class will aim to help participants learn not necessarily how to *be* funny, but how to *see* funny.

The group will look at humor in the news, the lighter side of the search for enlightenment, and the crazy wisdom approach to life and death. Class work will include theater and writing exercises aimed at developing a sense of humor and finding skillful ways to use the comic perspective to ease the difficult moments in life. $295

Body Imagery

Daria Halprin-Khalighi

In this workshop, the physical body will be viewed as a metaphoric palette on which aspects of the Self are projected. A drawing of the full body by each participant will establish a point of origin, followed by a series of visualizations, drawings, and exercises on each body part. By isolating one body part at a time, participants will become aware of the unique messages, imprints, and associations carried within each of the body's parts.

Social impacts on the body, which have shaped the individual through childhood, adolescence, and into adulthood, will become evident through drawings and gestalt writings. Movement and breath work will engage the body in creative physical expression and the release of its tensions.

Body images – feelings and thoughts which are carried in muscles, skeletal structure, and organs – may be given expression through the creative impulse of drawing. As these images become available, it is possible to rediscover and unblock the pathways linking body with mind, emotion, and spirit.

Participants are asked to bring a box of craypas pastels and a medium- to large-size newsprint drawing pad. $295

Week of April 2–7

Choices and Changes Using Gestalt

Anne Nechama Simkin

For workshop description see February 5-10. $575

Chi/Energy:
An East/West Dialogue and Celebration with Karl Pribram & Chungliang Al Huang

This group will explore modern physics and scientific breakthroughs in visual and kinetic learning with tai ji dancing, and the concept and reality of chi energy in martial arts and Eastern philosophy. $605

April 2–9

The Enneagram and Intuition

Helen Palmer

Helen Palmer writes: "For the past several years I have been teaching people ways in which they can develop their intuition as a reliable source of information. It has become increasingly clear that many of us are intuitively sensitive to issues that, as children, we were attracted to or needed to defend ourselves against. For example, a loved child may develop the ability to merge with the wishes of others, and so become highly intuitive about the means of gaining their approval. Or, children who were systematically intimidated may become precognitively sensitized to anger or negativity in others. These psychic abilities, centered around the survival issues of childhood, become an integral part of the adult personality, but the grown up child is usually not conscious of operating from anything other than intellectual information.

"The enneagram is an ancient Sufi system that acts as a bridge between intellect and intuition. It has been taught for generations in the oral tradition, and in its present form is set in the language of psychology to identify nine personality types and their interrelationships. Each type has a unique way of looking at the world, and this viewpoint is reflected in a set of habitual thoughts and emotions. The viewpoint of a type can also be expressed through a particular intuitive style.

"In this workshop, participants will see and hear groups of the same type on video and on live panels within the class. By observing each of the nine types in action, they can identify their own type within the system, learn about the issues that preoccupy each of the nine, and discover the intuitive way in which each type senses information that supports its private concerns.

"The enneagram workshop may be especially useful to those who are working to understand their own psychological issues, or who find themselves in a situation that demands reliable access to intuition."

Helen Palmer is also leading an Advanced Enneagram Intensive. Please see June 4-9 for more information.

Recommended reading: Helen Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper & Row).

Recommended viewing: *Nine Portraits*, a videotape presentation of the nine personality types. Write to: 1442A Walnut St., Berkeley, CA 94709. $870

Weekend of April 7–9

A Workshop for Couples with David Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$295 per participant

A Weekend with Carola Speads

This is a workshop of breathing and movement. It will acquaint participants with ways in which their bodies may respond if given a chance for general recuperation as well as ways to cope with stressful situations.

Participants will experiment with breathing and movement in a way that is continually interesting, never repetitious. As the body is never exactly in the same condition, it never reacts in exactly the same way. Approaching one's body in this manner will enable participants to apply this work in various life situations, for young or old, well or sick.

Participants are asked to bring leotards and/or loose fitting clothing. $295

The gardens crew is comprised primarily of work scholars—here, l. to r., standing, a real estate agent from Colorado and a teacher from Berlin; kneeling, a Danish doctor and a masters student in counseling—who contribute thousands of hours of labor each year.

April 9–16

Painting Experience with Michell Cassou & Stewart Cubley

For workshop description see January 1-6.

$870 (plus $30 materials fee paid directly to the leaders)

The Feldenkrais® Method and Cortical Reeducation

Harriet Goslins & Patti Lawrence

The habitual way a person sits, stands, or moves reflects patterns that are "wired-in" to the nervous system. This information can be erased or changed. By reeducating the brain/muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his/her neck, shoulders, and back, to improve his/her posture and breathing, and to live and move with more flexibility and comfort.

$870

April 9–21

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, page 36. $1425

The Art and Science of Clinical Hypnosis

Marc Lehrer

For workshop description see Special Programs, page 36. $1425

Week of April 16–21

The Difficult Art of Love

Sam Keen

This seminar is for battle-scarred veterans of combat in the erogenous zones, those who have been wounded by romance often enough to know that there is more to caring than "falling in love." It is about what to do when you fall out of love and into reality; how to renew passion; how to trust when you have been disappointed once too often; how to combine intimacy and solitude; when to fight and when to forget it; and other practical approaches to the mystery of remaining together. $575

Hypnosis and Body Work

Lila Daniels Klapman & David Robinette

The mind has profound effects on the organization of the body. Actively engaging the conscious and unconscious mind through the combined use of hypnosis and body work enables a more complete reorganization of the sensory motor mechanism. This workshop may interest those people in the helping professions who are looking to access the unconscious mental/emotional processes in their clients while making contact with the physical manifestations of those processes. Participants will explore the basic principles of trance induction, Ericksonian hypnosis, and the creative use of suggestion and metaphor. These will be combined with simple body work methods for opening energy centers and working with specific physical symptoms. The focus of this workshop will be to move intimately with a person's process, accessing and releasing unconscious patterns for growth and integration. The work will be done in an atmosphere of gentle caring and playfulness, incorporating music, dance, and games.

C.E. credit is available for nurses; for additional information see page 40. $575

Weekend of April 21–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 27-29. $295

Creative Writing Brainstorming

Herbert Gold

From feeling to expression to communication, this workshop will carry participants into the possibilities of making literature. Exploring an experience different for everyone, yet shared by all, they will probe for the riches within.

Participants should bring typewriter, word processor, pen, soft pencil, or clay tablets and stylus to the meetings. A situation will be called forth – love, death, ambition, pride, fear, hatred, jealousy – and after preparation in the discussion, participants will write. Then they will read and rewrite each other's work. They may expect to go from truth to lying: from recollection to art.

What may develop is a sense of style and control as a part of the mastery of experience. Participants will practice the freedom of imagination by giving shape to it. $295

The Delight of Immediacy

Charlotte Selver & Charles Brooks

Much as we may wish to live in the present, we are often preoccupied with images and ideas of how it ought to be. Instead of responding to the situation at hand with the innumerable nerves, muscles, and interweavings of consciousness which are we, much of us is immobilized by early conditioning, acute emotional problems, or by habit, and much is held back until the inner board of review gives the OK.

But children and sages have a different way of functioning. For them the world flows into their consciousness as the air into their lungs, and their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our lack of immediacy which is usually felt as tedium and which necessitates ever stronger stimuli in the search for joy, or self-discipline in the search for peace. By giving up these preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what should be but to what is, and the world catches fire for us.

This workshop will explore direct experience which, as it becomes clearer and stronger, tends to burn away the mist of concepts and restrictions which our conditioning has interposed between ourselves and living.

Recommended reading: Charles Brooks, *Sensory Awareness* (Viking; Felix Morrow). $295

April 21–28

Spiritual/Esoteric Practice: The Key to Intuitive and Psychic Development

Anne & Jim Armstrong

A well-developed, directable intuition is a natural, healthy outgrowth of self-realization. But unless we are willing to create the proper environment through self-discipline, meditation, and mindfulness of everything we think, feel, say, or do, this powerful force will remain dormant within us.

This seven-day workshop will focus on the esoteric or metaphysical principles behind spiritual intuition so the serious student may return to his/her secular life and continue spiritual practice with more awareness. The leaders will draw from many ancient and modern spiritual disciplines, including traditional and guided meditation, controlled breathing, music and sound, and intuitive training exercises emphasizing the spiritual and ethical use of the intuitive/psychic process. Esoteric or metaphysical explanations will be given when appropriate and useful.

Lecture material, basic exercises, and practice on selected cases will help participants to recognize, trust, and apply their own psi abilities. During the exercises, Anne Armstrong will use her tracking abilities to assist participants in arriving at useful, accurate data. Particular attention will be placed on helping participants differentiate between intuitive perception and projections of the personality, and between psychic and intuitive input.

Bring a tape recorder, if you have one, and a few blank tapes for certain exercises. $870

April 21–29

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Joyce Lyke

For workshop description see Wilderness Programs, page 38. $590

Week of April 23–28

Five-Day Massage Intensive

Char Pias Brenner & Arthur Munyer

For workshop description see January 22-27. $575

Play, Spontaneity, and Performance Art

Nina Wise

This is a workshop for participants to enliven their relationship to play; to rekindle spontaneity in relationships; to recognize the sacred in the mundane; to make rituals, songs, and dances out of everyday experiences; to find the humor in matters of the heart; to understand that improvisation is a way of life.

Sessions will include sitting meditation, chanting, a thorough physical warm-up, opening the voice, and exercises designed to integrate sound and movement. Participants will also have opportunities for developing technical performance skills, but the focus of the week will be improvisational expression of impulses, feelings, and ideas as they arise moment-to-moment.

This workshop is open to students of all levels, beginner as well as professional. $575

Coping with Catastrophic Illness

Janet Zuckerman & Karen Paine-Gernee

Receiving a diagnosis of cancer, lupus, AIDS, or any potentially terminal illness is a shock which profoundly disrupts the foundations of one's being. This disruption, while often pushing people to the very edge of their ability to cope, also provides the impetus for tremendous change and growth. The leaders, both experienced counselors and themselves living with cancer, wish to share what they have learned and participate in the deep healing that community can bring.

They write: "The specter of one's own death pushes us to find the inner strength located in the bedrock core of the Self and to open to the solace and comfort of loved ones. If you are adjusting to being ill, needing to make new treatment choices, preparing for surgery or hospitalization, or simply needing to reconnect with your own wisdom and inner healer, this workshop is for you. It is an opportunity to share sorrows and joys, to reaffirm one's commitment to oneself, and to rediscover the heightened sense of awareness that illness first brings. Using gestalt, meditation, and guided imagery, we will invite participants, and ourselves, to embrace aliveness, opening to each moment, whatever it may bring." $575

Weekend of April 28–30

Group Process

Will Schutz

This will be a practicum in group process, particularly useful for those working with people, including, but not limited to, executives working with staff. Participants will have the opportunity to observe, experience, and discuss group formation and development. Issues of inclusion, control, and openness will be dealt with in action and in theory. Group leadership will be modeled and discussed. Teaching methods include encounter and brief lectures. Truth-telling and simplicity will be emphasized.

Recommended reading: Will Schutz, *Elements of Encounter* (Irvington), *The Truth Option* (Ten Speed Press), and *Profound Simplicity* (Learning Concepts). $295

Toward Partnership for Self and Society

Riane Eisler & Ron Kurtz

In *The Chalice and the Blade*, Riane Eisler brings together evidence from archaeology, anthropology, psychology, history, and art to describe two models of society. Although the dominator model has prevailed through recorded history, there is substantial evidence that for thousands of years cultural evolution was oriented to a partnership model. That period, remembered in legends about a better past and illuminated now by recent archaeological discoveries, might inspire our own partnership values, among them the equality of women and men (rather than male dominance), peaceful existence within and between cultures (rather than the maintenance of armies, the production of weapons, and conquest), and the organization of society through friendship and kinship linking (rather than hierarchical rankings held in place by physical and psychological violence).

This workshop will explore these topics through lecture, discussion, experiential exercises, and guided imagery. We will also explore and experience the values, images, myths, and beliefs of both a dominator and partnership society, as we seek to bring partnership into our personal and public worlds. $295

Week of April 30–May 5

A Week with Laura DeNuccio (Ma Prita)

For workshop description see January 8-13. $575

The Hakomi Method

Ron Kurtz, Richard A. Heckler & Devi Records

For workshop description see February 5-10. $575

We Are All Mystics

William Pennell Rock

William Pennell Rock writes: "I have always had the sense that human beings are essentially mystics, though few of us have rightly realized it. It seems that the lives we create are never really satisfying because they are a displacement from this fundamental human desire. This workshop is for those who sense the absence of this true engagement with the ultimate mystery within and are interested in exploring new opportunities for communion and restructuring their lives accordingly.

"Activities will include archetypal psychodrama, various meditations and exercises from yoga and tantra, and expressive movement. Group sharing and discussion will be an important part of the week as we discover how to access what is ultimately meaningful." $575

A Week with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, Rolfing®, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $575

* Rolfing is a service mark of the Rolf Institute.

Weekend of May 5–7

Weekend Massage Intensive

Attila Vaas & Esalen Massage Practitioners

For workshop description see February 10-12. $295

Introduction to Gestalt Practice

Cyndy Sheldon

Many of us were shamed into being as "they" wanted us to be. We know intuitively that there has to be more. We can't get there by ourselves; we need guides. Gestalt practice can guide us to new discoveries. $295

Sight/Insight: A Photographic Journey

Daniel Bianchetta & Cynthia Johnson Bianchetta

Like our dreams, photographic images can provide a rich resource for unearthing our true Self. With them, we may uncover and explore our personal culture and evolution. What we produce through visual imagery often reflects our innermost thoughts, how we view the world, how we manifest what we envision for our lives.

Through quiet meditative contact with our deeper Self, we are able to ask what these images may be revealing to us. And often as a result of this quiet contacting of insight, we begin the process of "listening through our eyes." Thus by "allowing the eyes to see" rather than "looking at," we invite observations and glimpses into the realm of true seeing, the power of insight.

In this workshop, movement, intuition, energy awareness, gestalt, and play will be our tools for exploring new awareness and experiences of our inner and outer imagery. It is open to anyone and is not about photographic technique. Some camera knowledge is helpful. Please bring a 35mm camera, black and white 35mm film, a journal, and your photographs. Some processing of film may be provided following a field exploration.

$295 (plus $10 materials fee paid directly to the leaders)

Dance as an Ally in Healing Cancer

Anna Halprin & Rana Vassau

Since illness reflects the breaking down of the natural functioning of the immune system, it makes sense to go to our deepest source, the body itself, to rebuild, renew, and rebirth to our natural state. This workshop will emphasize what participants can learn from paying attention to how they move, feel, and image.

Dance has been used as a healing art since the beginning of time, and Anna Halprin has bridged healing rituals of the past to healing rituals for the present. As a result of having had cancer herself, she has researched and pioneered an approach to dance called psychokinetic-visualizations, in which the feedback process between instinctive movement and

deeply-buried feelings that evoke personal mythic images is utilized. She will guide participants to visualize their natural killer cells as vigorous and alert allies in the immune system, destroying, dissolving, or eliminating the diseased cell. The participants will then embody these visualizations and dramatize them through movement in their own creative dance-rituals. As one participant said, "No miracle drug, no surgeon's knife, no mega-vitamins or macro-diet, no crystal energy, no faith-healer's touch, no shaman's prayer . . . is of any value at all unless I am there, fully present, with it."

There will be guided movement meditations, movement exercises to promote deep relaxation, and movement energizers to enliven the life force. A slide show and videotape will present case studies and illustrate ways this approach has been applied. This workshop is designed for people with cancer, support persons, and health care professionals, and is suitable for people of varying levels of physical capacity. For more information contact Tamalpa Institute, P.O. Box 794, Kentfield, CA 94914; (415) 461-9479.

C.E. credit is available for nurses; for additional information see page 40. $295

Week of May 7–12

Esalen will be closed to the public for these five days.

Weekend of May 12–14

A Special Weekend at Esalen

This weekend is open to all those who would like to spend time at Esalen, enjoying the grounds, the baths, and the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual. $160

Week of May 14–19

A Week with David Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set – the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week, participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and bouyant way of living. In an atmosphere based on warmth and humor, they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $575

Yoga: A Week of Learning and Rejuvenation

Ganga White & Tracey Rich

Presenting East/West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and which combines grace and flow with postures, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the art of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jnana (the yoga of wisdom and perception), participants will begin observing the thought processes and patterns that dictate their lives. They will look at the areas of love, responsibility, relationship, freedom, and death.

Participants of all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at: White Lotus, 2500 San Marcos Pass, Santa Barbara, CA 93105; (805) 964-1944. $575

Childhood Sexual Abuse: A Healing

Jessica Moore Britt

To guard against the hurts, fears, and confusion that sexual invasion of a child's physical and psychic boundaries can create, the child often abandons the place of conflict – the body. This withdrawal, though protective in nature, slowly begins to separate the child from her/his essential nature. This may be reflected in tension patterns, numbness, and oversensitivity and may further the child's sense of alienation from the world and self.

During this week, participants will move gently toward reintegrating their bodies and feelings with self. Participants will use gestalt practice, Reichian breath work, movement, touch, and meditation to re-enter their private world of memories and feelings. They may gain a deeper understanding that the learned idea of self as bad, based on the sexual abuse, is not the essential truth of who they are. The focus will be on allowing the hurt, negative feelings and doubts to be acknowledged, felt, and used as energetic seeds for reawakening a positive sense of self. Through the supportive group atmosphere, participants may discover that it is safe once again to embody beauty, life, and love.

Recommended reading: A.H. Almaas, *Diamond Heart* (Diamond Books); Alice Miller, *Thou Shalt Not Be Aware* (New American Library). $575

May 14–June 9

Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, pages 36-37.

$2300 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

May 14–July 7

The Modern Warrior: A Certification Program in Leonard Energy Training

George Leonard, Annie Styron Leonard & Consultants

For workshop description see Special Programs, page 37.

Weekend of May 19–21

The Modern Warrior: LET in Action

George Leonard & Jack Cirie

For workshop description see February 10-12. $295

New Competences for an Age of Uncertainty

Donald Michael

A primary task that persons and organizations face in the next twenty years is that of learning to be better learners. This may sound obvious, but consider for a moment how much effort we expend disguising our uncertainty and ignorance and acting as if we really know what we are doing. There is a parallel between what happens when we pay close attention to the processes of the mind (in meditation, for instance) and when we study the vastly complex political, social, and economic processes and systems of the world. In both cases, it is possible to see how little we really know about ourselves as individuals and about the world. This recognition can be the starting point for embracing ignorance and vulnerability so that we can apply them to constructive engagement with our private and public worlds.

This seminar will introduce several skills, or what Donald Michael calls "new competences," that are necessary for making humane and effective decisions in situations where uncertainty can be the best occasion for learning—in organizational or independent work places and in interpersonal and family situations. These skills include: acknowledging high levels of uncertainty, error embracing, being future-responsive, boundary spanning, self-knowledge, and interpersonal competence.

The approach will be both cognitive and experiential. Participants will have the opportunity to learn to be more comfortable with their uncertainty, to reduce the need to act over-cautiously out of fear of making a mistake, and to minimize the need for those defensive posturings that make it so hard to act responsibly and compassionately. As a previous participant said, "This workshop is for those who are ready to move beyond the personal and want to effect change in public and private organizations." $295

Week of May 21–26

The Body is Spirit

Robert Hall

There is no difference between the bioenergetic streaming of daily body life and the divine spirit current or life force. We experience both as an on-going felt body sense. The human ego operates under the false assumption that it is somehow separate from that sense. So we spend our lives in constant negotiation and seeking: the so-called human condition. From this position, alienation is inevitable.

This workshop is designed to explore the possibility that we *are* that felt body sense, that spirit current, and we are constantly, by nature, in relationship to everyone and everything that exists. Hopefully, we'll laugh a lot, too. There will be time for gestalt, individual body work, meditation, and getting to know each other well in a short time. $575

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables one to confront resistance and fear and which increases the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously. $575

The Hero's Journey in the Movies: Maps of Transformation

Phil Cousineau & Keith Thompson

One of the universal themes of mythology is the journey of the hero, a treasure map not just of exotic worlds but of the psyche. Although we may prefer to believe the hero is born a hero, the stories brought back by sojourners the world over tell us that wisdom and transformation are won through great trials.

Each session of this seminar will explore different hero maps as seen in the movies. Some of them are as old as antiquity, while others are as new as post-modern culture: the adventurer, the philosopher-king, the shaman-healer, the fool, the artist-inventor, the athlete and performer, the stranger in a strange land, and the anti-hero. This wide spectrum of archetypal journeys will be seen in film clips from such classics as *The Lion in Winter*, *Resurrection*, *Lust for Life*, *This Sporting Life*, *Close Encounters*, and *Rebel without a Cause*.

In addition, there will be film interviews with several leading writers and directors and the mythologist Joseph Campbell, guided imagery exercises, and group discussion.

Recommended reading: Joseph Campbell, *The Hero with a Thousand Faces* (Bollingen); James Hillman, *Healing Fiction* (Station Hill); Carol Pearson, *The Hero Within* (Harper & Row). $575

Weekend of May 26–28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 27-29. $295

Understanding Men

Sam Keen

This seminar is for men and women who are looking for a new sense of what it means to be a man, or to be in relationship with a man. It is an exploration and celebration of the essence of masculinity. Please bring an assortment of photographs from childhood to the present of family, friends, heroes, and lovers. Topics we will consider include:

- Myths: contemporary types and stereotypes of men; the rites and rights of manhood; the obsession with power; the warrior psyche.
- Work: jobs, work, professions, and the burden of economics; corporate and professional domestication of masculinity; meaning, purpose, and vocation: who are we when we are not working, controlling, or fighting?
- Love: the wisdom and folly of the penis; how do we deal with women's anger? fathers, mothers, and sons; fathering, nurturing, husbanding; male friendship; the gypsy and the homesteader.
- Virility: what do men fear—the shadow of masculinity; the spiritual quest of the male.

$295

Week of May 28–June 2

Opening the Feelings

Dale Cummings & Gena Mayer Sorensen

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $575

Sensuousness and Asceticism

Brother David Steindl-Rast

Asceticism is sometimes mistaken for a life-denying self-torture that blocks all joy in sensuous beauty. Sensuousness, in turn, is misunderstood as abandonment to crude pleasure. Yet, asceticism is a term derived from athletic practice. Its goal is to heighten aliveness by discipline and training. This heightened aliveness increases and enhances sensuous delight.

A Benedictine monk for more than thirty years, Brother David has been trained in an ascetical tradition which aims at "life in fullness" and cultivates beauty in art, literature, and music. He will draw on the wealth of monastic tradition to give participants in this workshop a first-hand experience of honing their senses for greater enjoyment of life. Where could one find a better setting for this task than at Esalen? $575

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $575

Weekend of June 2–4

The Feeling Process

Janet Zuckerman

For workshop description see January 20-22.
$295

STEVE BECK

A pause in the onion harvest. Gazebo kids make frequent trips to the farm for hands-on experience in the joys of gardening.

New Ways of Thinking in Science and Theology

Fritjof Capra & Brother David Steindl-Rast

New ways of thinking are emerging in science and in theology. The new paradigms in these two areas show surprising parallels. Two great human enterprises of exploring reality are converging. But the new insights are not yet widely known.

In dialogue with each other and with participants, Fritjof Capra and Brother David will examine the evidence and probe its implications. The goal of this weekend workshop is twofold: to find through new ways of thinking new ways of responsible action in the world we share. $295

Week of June 4–9

Presence: A Fluidity of Being

Elisa Lodge

For workshop description see January 22-27.
$575

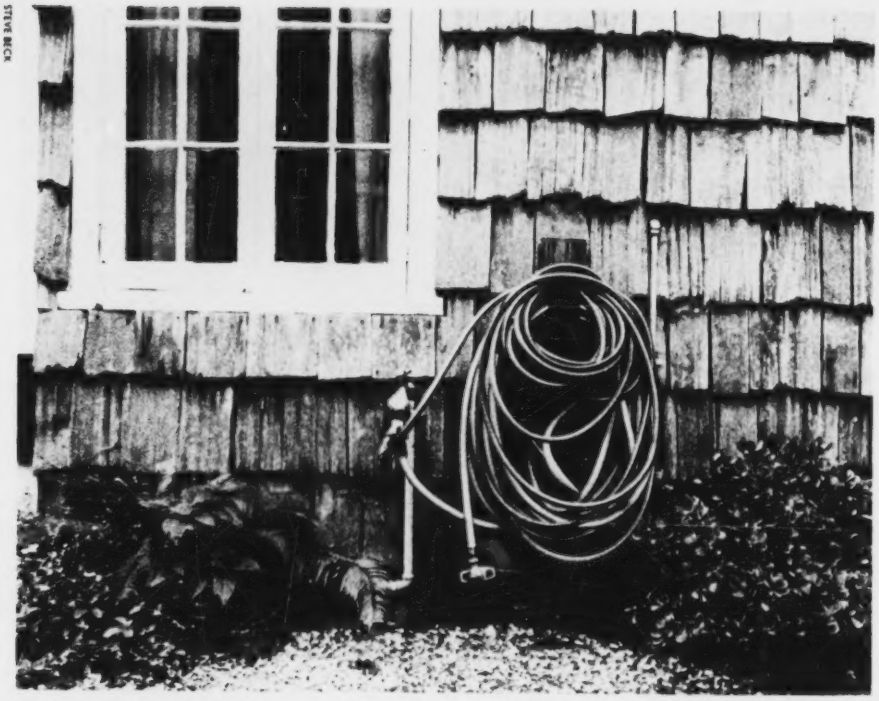
The Hero's Journey

Paul Rebillot

Paul Rebillot writes: "Again and again in my work with people I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another—whether it be a child's discovery that there is no Santa Claus, an adolescent's awkward approach to puberty, an adult's marriage or ending of one, or a change of career. Every such change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That pattern is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

STEVE BECK



Irrigation water for the landscaping and gardens is drawn from Hot Springs Creek. Drought-tolerant plants help keep this hose on the rack.

"My purpose is to give people a chance to experience a rite of passage so that they can go into the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight."

Recommended reading: Joseph Campbell, *The Hero with a Thousand Faces* (Bollingen) and *Myths to Live By* (Bantam). $575

Advanced Enneagram Intensive

Helen Palmer

The enneagram is an ancient psychological typology that describes nine personality types and their interrelationships. Each type is defined by a chief mental and emotional preoccupation to which attention habitually returns. The types correlate well with the current categories of psychological practice, but can open us to the fact that the repeating preoccupations of heart and mind that we in the West tend to dismiss as merely neurotic can also be used as access points into states of awareness like empathy, omniscience, and love.

Beginning w.th a review of the nine types, this workshop will focus on advanced material that can best be understood through oral teaching methods. These include learning to recognize type by listening to the differences in people's stories, by learning to ask key questions, and by paying attention to one's own internal impressions when in the presence of the different types.

This program is for those who are already familiar with the nine personality types and who wish to broaden their understanding of the system. It is intended for anyone who is interested in: recognizing ways in which the nine types relate to each other in intimate partnership and in work-related settings; determining strategies for working with the types; developing competency with the patterns of attention that support each type; gaining an understanding of the higher human abilities that can develop from working with the issues of type.

This intensive can also be applied toward requirements for the enneagram teacher training program. It has been designed to support those who wish to use and teach the system within the scope of private practice, group work, or organizational development. For more information, please see the leader's April 2-9 workshop description.

Recommended reading: Helen Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper & Row).

Recommended viewing: *Nine Portraits*, a videotape presentation of the nine personality types. Write to: 1442A Walnut St., Berkeley, CA 94709. $575

Weekend of June 9–11

Acts of Courage

David Schiffman

For workshop description see January 15-20. $295

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 28-June 2. $295

The Further Reaches of Human Energy

George Leonard & Annie Styron Leonard

This workshop begins with a basic grounding in Leonard Energy Training (LET), in which problems can become opportunities, stress and pain can be transformed into gifts of energy, personal and social options can be multiplied, and the flow of vital energy enhanced. In addition to its practical applications, the workshop offers participants the possibility of experiencing their own latent powers of intuition and extraordinary sensing.

After their introduction to LET, participants move into experiments that push the limits of what are termed "normal" human capacities. Through such processes as scanning, tuning in to others' energy, focused surrender, and remote viewing, the group is given a chance to experience a crystalline state of intense aliveness without expectation and prejudgment. As George Leonard wrote in *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet: sensing the energy field of a friend or a tree, making connections that defy conventional space and time. . . . We realize, with the sorcerer, don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), *The Ultimate Athlete* (Viking), and *The Transformation* (Tarcher/Houghton-Mifflin). $295

Week of June 11–16

Five-Day Massage Intensive

Robert Helm & Esalen Massage Practitioners

For workshop description see February 19-24.
$575

Sculpture: Inner and Outer Visions

Rachael Dutton

The seat of the soul is where the inner and outer worlds meet. – Novalis

Rachael Dutton writes: "My work is based on interactions of images from my dreams with the animism of materials such as branches, earth, and grasses. These materials function as collaborators, mediating between inner and outer worlds.

"Workshop participants will work individually with images gleaned from dreams, memory, or moments of presence, using low-tech methods of construction and the natural resources of the farm area at Esalen. Additive sculpture methods, such as bundling, tying, stacking, can be just as personal as imagery; ways of linking physical components mirror associative processes in the mind. Participants will explore a multi-dimensional awareness of self as process and self as internal landscape coming to meet external landscape, using natural materials and the raw beauty of the Big Sur coastline to embody their personal visions.

"The workshop is open to artists at all levels of experience. Bring sketchbook, scissors, string, rags, and a plastic bucket."

Recommended reading: Robert Bly, editor, *News of the Universe* (Sierra); Rainer Maria Rilke, *Letters to a Young Poet* (Norton). $575

Weekend of June 16–18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 27-29.
$295

The Garden of Esalen

Steve Beck

This workshop is about flower, vegetable, and herb gardening, from seeding to harvest. Located on a cliff above the Pacific Ocean, the Esalen garden will be our laboratory for seed sources, propagation, planting mixes, pest and weed control, watering systems, compost, and related topics.

If you are an experienced gardener, bring your wisdom, and if you're just getting started, bring your questions. We'll be taking time to smell the flowers and enjoy the simple pleasure of having our feet on the earth. Wear comfortable clothing. $295

Healing, Meditation, and Dzogchen

Sogyal Rinpoche

In the stillness and presence of meditation we discover a pure awareness, beyond the ordinary thinking mind, and catch a glimpse of our true nature, something long lost to the busyness and turmoil of our lives. The core of meditation practice is the releasing of heart and mind in deep ease and relaxation, dissolving tensions, and connecting with that tremendous source of healing within. Health is a state where all aspects of body and mind are in balance. Through meditation practice, the mind's natural freedom begins to shine through whatever arises in everyday life, bringing us confidence and skillfulness in our action.

At the heart of the Buddha's teachings lie the ancient meditation practices of Dzogchen, taught by Sogyal Rinpoche, a master who is heir to the 2,500 years of wisdom of Buddha. This weekend he will talk about Dzogchen and the Buddhist perspective. Some meditation practice will be included. $295

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods to improve their ability to sense each other's bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility – painlessly and immediately.

C.E. credit is available for nurses; for additional information see page 40. $295

Week of June 18–23

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see February 5-10.
$575

Mountains and Waves: Movement in Wilderness

Susan Harper & Steven Harper

Mountains and Waves is an invitation to explore natural movements inspired within the human organism by participation in nature. We listen to impulses within and to impulses of wilderness until "inner" and "outer" disappear. As we surrender to the intelligence which creates life in all its varied forms, we find ourselves moving in unexpected ways. Our awareness expands. We feel a larger sense of Self and wilderness and the creative wholeness of a greater dance.

The summer solstice occurs during this week, and we will take special time to create a ceremony in honor and celebration of our longest day. Sessions will be both indoors and outdoors. Evenings, some day sessions, and most meals will be at Esalen. We will also take short day hikes in Big Sur's backcountry. Participants need not have previous experience in hiking or dance. $575

A Workshop with Laura DeNuccio (Ma Prita)

If a proper reverence for the sanctity of the earth and the diversity of its people is the secret of peace and survival, then the adventure of self-discovery stands before us as the most practical of pleasures. – Theodore Roszak, *Person/Planet*

Laura DeNuccio writes: "Within nature's seasonal cycles, one can observe a deep biological intelligence at play. The rhythms and patterns of the seasons reflect what occurs in every aspect of life – from the pulsation of the cell, to the ebb and flow of the deepest emotions, to the movement and expansion of the universe itself. In this workshop, the natural world will be the group's teacher as they explore the 'inner' terrain of their physical and emotional bodies and the 'outer' terrain of Esalen and Big Sur.

"Participants will use Reichian gestalt awareness and breath work, sound, creative movement, and meditation to balance and transform energy blocks in the body. In addition, they will use music, dance, power of the Spoken Word, and ritual to express their relationship with the earth and each other.

"No previous experience is needed, only a willingness to explore this adventure of spirit

and discover a deepened sense of the interconnectedness that is inherent in all life-forms. Learning about one's body, natural instincts, and responses can lead one back to the ancient wisdom of the earth – and a return to sacredness and wholeness."

Recommended reading: Fields et al., *Chop Wood, Carry Water* (Tarcher); Shakti Gawain, *Creative Visualization* (Whatever Publishing); Peter Russell, *The Global Brain* (Tarcher).

$575

Weekend of June 23–25

Looking Over Meaning's Edge

Terence McKenna

Once again we create a chance to travel a different path. We will use syntactical flair, literary allusions, and reflections on the psychedelic experience to place ourselves in context at history's climax. Expect to discuss the Timewave, the timeless vision, and the challenge of living in an evolving, thinking, fractal world. $295

Preparing for the 21st Century: The Teacher as Warrior

Betty Halpern, Patricia Monighan-Nourot, Lia Thompson-Clark & Janet Lederman

Essential issues to be considered in this weekend seminar on teacher development include: how to create an environment that supports confidence, competence, and compassion; the role of play in the curriculum (play and aggression; play and gender roles; play and age); how teachers can advocate for children (working with families and the community); the teacher as warrior or the teacher as wimp: developing leadership in your own setting; professionalism and relationships between staff and administrators.

Lectures, discussion, role playing, experiential exercises, and observation at Gazebo School (Esalen's children's center) will be some of the strategies used. This workshop is designed for teachers and administrators in any school setting. $295

Achieving Sustained High Performance

Jerry & Kathleen Fletcher

Everyone has had the experience of suddenly doing something much better than expected, yet, until recently, little has been understood about these high performance experiences. People assumed such times were lucky accidents. More significantly, even if they could perform at high levels for short times, they assumed there was no way to sustain such performance without stress, fatigue, and eventual burnout.

Eight years of research and testing make it clear that these times of exceptional performance are not capricious. Each individual has a unique set of conditions under which he or she performs surprisingly well. Once people learn their personal high performance patterns, they can deliberately create the conditions they need to sustain their high performance behavior. They do not need to subject themselves to the strain of short peak periods of high output followed by long recovery cycles.

This seminar presents a process for individuals to determine their high performance patterns and conditions. Developed through years of work with successful managers, executives, and professionals, it offers how to go from competent to exceptional performance in a way that can be sustained. $295

Week of June 25–30

Five Days with Janet Zuckerman

For workshop description see February 26-March 3. $575

Intermediate Cranial Workshop

Jim Asher & Jane Harrington

This Level Two cranial workshop will review the vertical and horizontal systems with alternate holds for each phase. Mouthwork practices that reduce strain and compression patterns as they relate to the maxilla, sphenoid, and ethmoid complex and to pituitary and sinus problems will be shown. Participants will practice balanced movement of the body to support themselves while working, as well as movement patterns which can be taught to their clients to support cranial changes.

Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system. Unwinding, a method which can release strains throughout the body at the somatic and emotional levels, will be emphasized in this workshop. Sphenobasilar strain patterns, whip lash, bulb compression, dural tube freedom, and the fluid system will also be covered. There will be time for questions about specific problems and case studies.

This workshop is for those who have taken a basic cranial workshop on the membrane/fluid systems. It will be hands-on. Much of the emphasis will be on the head, jaw, neck, pelvis, and diaphragm systems.

C.E. credit is available for nurses; for additional information see page 40. $575

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in the mood of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for: people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based in trust and goodwill with maximum emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $575

January 29–February 10
Advanced Training in
Shamanism and Shamanic Healing

Michael Harner

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others and to solve the problems of daily living. This two-week intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life. This is the most advanced training currently offered by Michael Harner in the United States or Europe.

Course prerequisite: a previous workshop with Michael Harner or an authorized faculty member of the Center for Shamanic Studies, either at Esalen or elsewhere. Such a workshop will be offered at Esalen immediately prior to this program. (See Esalen Seminars, January 27-29.)

Recommended reading: Michael Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford).

For more information and to apply, please contact Michael Harner, Center for Shamanic Studies, Box 670–Belden Station, Norwalk, CT 06852; (203) 454-2825. Early application is recommended.

CYNTHIA JOHNSON BIANCHETTA

The integration of man-made structures with the pre-existing lines of nature was central to Selig Morgenrath's legacy. His maxim was: let the lay of the land determine the blueprint for development.

February 26–March 24
Massage Practitioner
Certification Program

Peggy Horan & George King

This month-long program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture-demonstrations, hands-on practice sessions using each other as models, illustrated anatomy classes, and instruction in the basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning.

Body work will be studied as a tool for optimal well-being and stress reduction and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. Upon satisfactory completion of the program, and after giving 30 additional recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program, with limited admission.

C.E. credit is available for nurses; for additional information see page 40. $2300

March 5–17
Completion and Transformation

Mary Goldenson (Devarani)

These two weeks will offer participants an intense journey to their center, where the child within lives. This inward journey will allow them to complete and transform how they feel about where they have been and where they are going.

The other side of suffering is coming to know and join the lover within and to bring this part of the self to all one's relationships in life. Relationships are the strongest mirrors we have. People are often attracted to those from whom they have the most to learn, those who reflect their strengths and weaknesses, consciousness and unconsciousness, darkness and light. Participants will explore the difference between intention and experience and may discover new ways to experience living in the moment as a lover of life.

The workshop will include body work, massage, dance, meditation, imagery, and play. $1425

March 5–17
Mind and Medicine

Jeanne Achterberg & Frank Lawlis

In this decade there has been renewed focus upon the mind's role in healing. The forces responsible for bringing about this interest represent a grand confluence of theology, psychology, medicine, and anthropology.

It is time, though, to take a serious and critical look at the mind's role in healing, to share experiences, evaluate the claims of psychosomatic research, and to thoughtfully and ethically create a medicine which embraces the role of the psyche and the essence of the human spirit.

The workshop presenters are psychologists who are bridging worlds of art and science, intellect and intuition in their research and healing practices. During the workshop, healing methods on the forefront of science will be experienced and explored. These include imagery

practices for catastrophic disease prevention, modified shamanic methods which are currently practiced by the presenters in hospital settings, and energy balancing.

The material presented will be most pertinent to health care professionals and consumers who are seriously exploring the mind path to health.

C.E. credit is available for nurses; for additional information see page 40. $1425

March 26–April 9
Two-Week Advanced
Massage Practitioner Program

Vicki Topp & Esalen Massage Practitioners

This is an opportunity for Esalen-certified massage practitioners to improve their skills, stimulate their creativity, and experience current trends in massage and body work. Some anatomy, movement, and meditation will be included. This workshop offers 75 hours of advanced massage training credit where applicable.

C.E. credit is available for nurses; for additional information see page 40. $1595

March 26–April 9
Gestalt Practice:
An Intensive Program for
People in the Helping Professions

Christine Stewart Price & Guest Leaders

Gestalt practice is an experiential form – nonanalytic, noncoercive, nonjudgmental – evolving out of the work of Fritz Perls. In this practice the quality of one's awareness is made primary, especially as focused on breath and physical sensation. For further information, see Gestalt Practice, January 22-27.

This intensive program is designed for people with established client-oriented practices, such as counselors, body workers, nurses, teachers, etc., who would like to integrate gestalt practice skills into their professional life and have concentrated time to attend to their personal growth as well. The curriculum will include sessions in which participants work with the leaders one at a time in a group setting (open seat work), and practicum sessions where group members work with each other in structured situations as practice "clients." Some sessions will be videotaped for discussion and review. Although gestalt practice is the primary focus, related approaches will be presented, especially those which enhance ability to focus awareness on breath and bodily sensations.

This program is by application only. To apply, send a brief letter describing your present work and how you imagine this experience would relate to your professional and personal growth. Priority will be given to participants who are currently involved in working with people in an ongoing way. Address applications and inquiries to Christine Price, Box 304, Wycombe, PA 18980.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press) and *The Gestalt Approach and Eyewitness to Therapy* (Science and Behavior); John Heider, *The Tao of Leadership* (Humanics Ltd.).

C.E. credit is available for nurses; for additional information see page 40. $1595

April 9–21
Integrative Body Practice (IBP)
Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This will be a twelve-day residential training program in Integrative Body Practice. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields. The leaders will be assisted by Deane Juhan and the staff of the Rosenberg-Rand Institute of Venice, California.

Recommended reading: Jack Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics Ltd.) and *Total Orgasm* (Bookworks).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291; (213) 394-0147.

$1425

April 9–21
The Art and Science
of Clinical Hypnosis

Marc Lehrer

For some, hypnosis is a method to help others, and for some it is a path of personal living. This program will cover traditional and Ericksonian hypnosis and neurolinguistic programming, emphasizing study of the underlying principles and practice with structured materials and methods. Participants will have practice sessions with each other and time for intensive self-exploration in the supportive Esalen environment.

Specific topics will include: habit disorders and symptom removal, reframing, age regression, pacing of experience, and Ericksonian linguistic patterns. Videotapes of Milton Erickson and other practitioners of hypnosis will be available. A unique part of this program will be on developing and enhancing the voice in inductions; there will be opportunities to construct hypnosis and subliminal tapes as well. Participants will explore the use of biofeedback and other mind-stimulating devices for inducing altered states of consciousness.

There will be guest presentations and individualized assignments, based upon participants' interests and previous levels of experience. Exercises drawn from Feldenkrais® training, t'ai chi, shamanic drumming, and other experiential disciplines will complement the program and will help participants become more attuned to their own trance abilities, thereby enabling them to work more effectively with others.

This program offers 40 hours of Board of Behavioral Science Examiners hypnosis course credits for M.F.C.C.s. For more information contact Marc Lehrer, P.O. Box 7, Davenport, CA 95017; (408) 426-3321.

C.E. credit is available for nurses; for additional information see page 40. $1425

May 14–June 9
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

This course will synthesize neurolinguistics and Ericksonian hypnosis and will draw heavily from the pioneering work being done with the enneagram of personality and Stanislav Grof's "cartography of inner space." While satisfying the hypnosis coursework requirements for the M.F.C.C. and complying with the California state requirement for hypnosis certification, participants will go beyond what is required and explore the realms of the unknown.

While the use of hypnosis in habit control and symptom removal will be covered, a primary focus will be on hypnosis as a tool of spiritual emergence and sacred psychology. Starting with the presupposition that we already live in trance and that the goal is waking up, the roots of personality structure and the filters of perception in the creation and transformation of reality will be carefully explored. Participants will have the opportunity to directly experience the profound power of trance to transform their lives. These experiences will create a model for working with clients.

The structure of rapport, pacing and leading, and various hypnotic patterns of induction will be demonstrated and practiced along with

a variety of clinical interventions, including reframing, change history, metaphors, and storytelling.

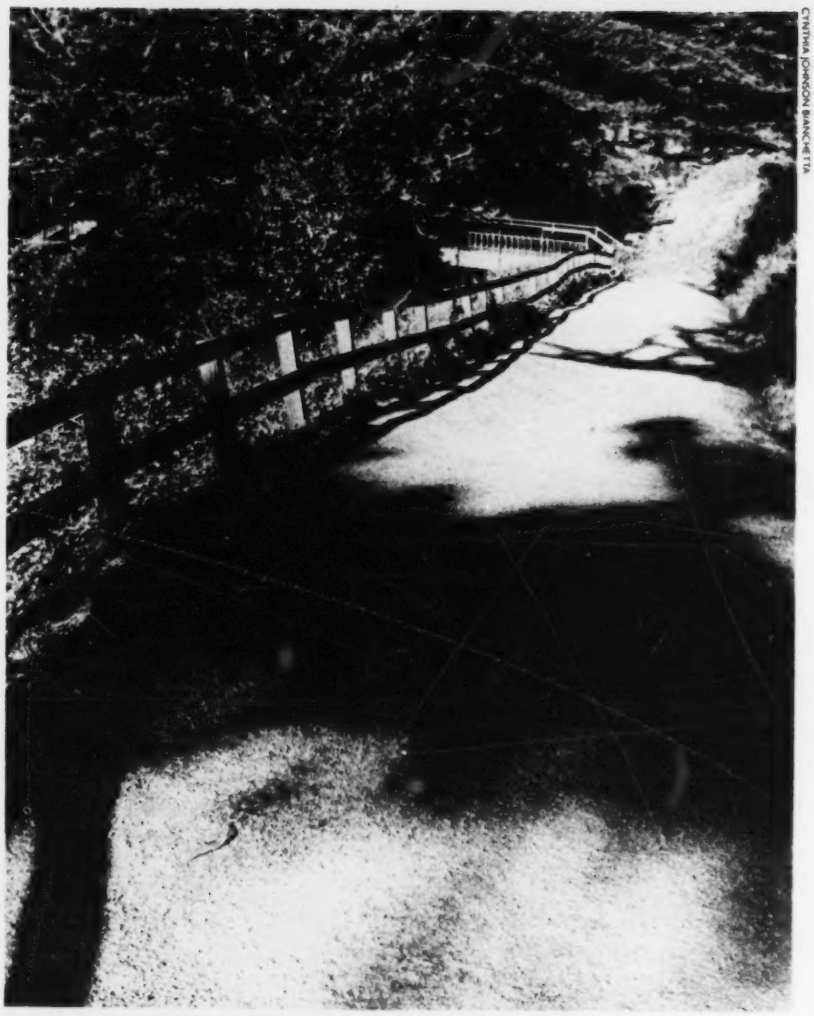
The group will watch videotapes of Erickson and other well-known leaders in the field of hypnosis. Participants will have daily practice with each other and the opportunity to be videotaped doing a hypnotic induction. Daily zazen, Taoist yoga, and transformational movement led by Antoinette Varner will also be a part of this program.

Certification is optional, but will be available from the American Council of Hypnotist Examiners for an additional fee. Upon completion of this course, participants who want to be certified must demonstrate a high level of professionalism as well as proficiency in technical skills to the satisfaction of the instructors before certification will be granted. Beyond certification, the opportunities for personal transformation and learning new tools for change can make this a valuable experience.

Required reading: J. Haley, *Uncommon Therapy* (Norton) and *Strategies of Psychotherapy* (Grune & Stratton); Grinder and Bandler, *Trance-Formations* (Real People Press), *Frogs into Princes* (Real People Press), and *Reframing* (Real People Press); S. Grof, *Beyond the Brain* (State University of N.Y.); Chogyam Trungpa, *Shambhala* (Shambhala); P.D. Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World); C. Castaneda, *Tales of Power* (Simon & Schuster); Joseph Campbell, *Myths to Live By* (Bantam).

C.E. credit is available for nurses; for additional information see page 40.

$2300 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)



CYNTHIA JOHNSON BIANCHETTA

A steep path and elegant bridge across Hot Springs Creek lead to the Big House and farm, and connect the north and south ends of the property.

May 14–July 7
The Modern Warrior:
A Certification Program
in Leonard Energy Training

George Leonard, Annie Styron Leonard & Consultants

This will be an intensive, rigorous, eight-week program leading to possible certification as a Leonard Energy Trainer. Leonard Energy Training (LET) is a comprehensive practice inspired by the Eastern art of aikido and Western psychology. LET teaches alternative ways of dealing with daily life problems and offers the possibility of high-level functioning appropriate to the ideal of the modern peaceful warrior.

In addition to learning how to present LET exercises, the participants in this course will receive training in movement (aikido and aikisword), meditation forms, written and oral communication skills, and state-of-the-art fitness work. The fitness training will be graduated to individual levels of readiness and will be comprehensive and holistic. Exercise and nutritional counseling, as well as mental training, will be included.

This program differs from the usual campus model of education. At times, the atmosphere might seem to resemble that of the training schools of the Japanese samurai. Training days can run up to sixteen hours in length and will weave together the mental, physical, psychological, and spiritual. Throughout, the program emphasizes personal authority, integrity, patience, discipline, paying attention, and taking calculated risks. Success requires unusually high dedication and commitment.

The number of candidates is limited to a total of ten men and women. Although the eight-week program carries no guarantee of certification, experience has shown that it is a transformative experience in any case. If you complete this course, you will be qualified to lead LET workshops.

For further information, write to: Energy Training Institute, P.O. Box 609, Mill Valley, CA 94942.

Children's Programs

Gazebo School: The Gazebo Program for children, ages 2-6, operates year round except for a week at Christmas. It is an outdoor-based program which encompasses the care of animals and the environment and supports the development of physical, cognitive, and psychosocial skills. It is for children of parents concur-

rently attending an Esalen seminar. For further information contact Lia Thompson-Clark, Esalen Institute. $150 per week

Gazebo Internship Program

Openings are now available at the Gazebo School for a one- to three-month intensive internship in early childhood education. The emphasis will be on an aesthetic approach to the development of physical, cognitive, and psychosocial skills. For an application, write to Bette Dingman, Gazebo Internship Program, Esalen Institute.

Massage Practitioner Certification Program

Esalen offers a California state-approved program. Upon completion of a four-week massage practitioner workshop (see Special Programs, February 26-March 24) and after giving 30 additional massages elsewhere, graduates will receive their certificates. This program provides at least 130 hours of instruction, supplemented by additional study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring

The Healthspring Project encompasses outreach, education, referral services, and networking. It was created by the Esalen massage teachers and their associates and is an independent, service-oriented program.

This past year, Healthspring set up a global referral system which links people with body workers, counselors, and teachers from their home areas. There are ongoing programs at Esalen and a traveling workshop service in the U.S. and abroad. Instructors teach self-healing, Esalen body work, yoga, breath and body awareness, dance movement, and meditation. Many Healthspring instructors have experience in gestalt practice.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening, which people may borrow for up to a two-week period while at Esalen. Donations of books or periodicals are greatly appreciated.

Access to the referral system and the traveling workshop program is available by writing to Laurie Lioness Parizek at Esalen, c/o Healthspring.

WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require the following deposit:

1-3 days	$50
4-7 days	$100
Over 8 days	$200

The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

April 21–29
Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Joyce Lyke

Nature can provide opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand one's sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," with instruction in minimum impact camping, ecology, geography, and cultural history of the area.

Wilderness will be a mirror and primary teacher as the group lives simply and in direct contact with nature. Participants will explore their inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, they will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for their last night together. There, meditation instruction will be available for those who wish it.

Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $590

FUTURE PROGRAMS

Listed here is a sampling of programs planned for Fall 1989. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. More information will be available in the May-October catalog.

September 24, 1989–May 1991
Somatics Study Program for Health Professionals

Don Johnson (coordinator) & Faculty

For more information about this two-year program, please refer to "Esalen Notes," page 7.

October 1989
Personal Renaissance
Florence, Italy

Kathleen Riordan Speeth & Nancy Kaye Lunney

If you want to be considered for inclusion in this two-week intensive, please write to Nancy Kaye Lunney, Esalen Institute.

October 1989
In Search of the Healing Center: The Island of Bali

Patrick Douce & Others

For more information about this 17-day program, contact Esalen Institute, (408) 667-3000.

WORK STUDY PROGRAM

The Work Study Program is for those who are interested in total immersion in the Esalen environment. It is a work-oriented program, emotionally and physically. Only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. *Assignments to departments are made according to community labor needs.* During the first month, assignments are made primarily in the kitchen and cabins. No participants will be accepted as work scholars in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and two intensive weekends are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. *Participants in the focused programs must be prepared to stay at Esalen for the full duration* designated for that particular program, assuming that they meet the standards of the Work Study Program.

Focused programs planned thus far for 1989 include:

January 8–February 5: Terry Hunt will lead a program in emotional sobriety for adult children of alcoholic and abusive parents.

February 5–March 5: Judith Brown will focus on connection and relationship with self, other, and nature, using primarily a gestalt approach.

March 5–April 2: David Schiffman's program for men will explore the nature and responsibilities of being a man, using inner work, mythology, movement, poetry, touch, music, ritual practice, and initiation.

March 5–April 2: Elliot Sobel's group will explore the expressive arts as healing force and spiritual path through movement, theater games, singing, writing, and painting.

April 2–30: Mary (Devarani) Goldenson's program of letting go and moving on will employ Reichian methods, Radix®, dance, imagery, gestalt, and meditation.

April 30–May 28: Janet Zuckerman will teach emotional release work using basic gestalt practices. This is a practicum, with emphasis on the participant as facilitator.

May 28–June 25: Mariah Fenton Gladis will focus on "complete gestalt work." This program will be didactic and experiential, including body work, spiritual development, and emotional clearing.

June 25–July 23: Janet Lederman will lead this internship in community-building for advanced students in the somatics program, who will participate in the daily work at Esalen.

July 23–August 20: See April 30-May 28.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast

APPLICATION TO THE WORK STUDY PROGRAM

Name _____ Address _____

City _____ State _____ ZIP _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program.

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work scholars may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community.*

Please indicate your availability should an invitation be extended. (Not applicable to focused program participants.)
☐ No extension ☐ One-month extension ☐ Two-month extension. Assignments to departments are made according to community labor needs.

☐ Please check here if you have emergency medical skills (M.D., E.M.T., or R.N.) and are willing to make those skills available during your stay.

Please attach a personal statement about your interest in the Work Study Program. *Include:* applicable *skills* (gardening, kitchen, mechanical, etc.); medical difficulties which might affect your working in particular departments; previous Esalen workshops you have attended (please list program titles, group leaders, and dates). Note: Fluency in the English language is essential for participation in the program.

Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the three-month body work program, is $700 first month, $650 second month, $600 third month. Work scholars may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return this form with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

Available dates: January 8–February 5; February 5–March 5; March 5–April 2; April 2-30; April 30–May 28; May 28–June 25; June 25–July 23; July 23–August 20; August 20–September 17; September 17–October 15; October 15–November 12; November 12–December 10; etc.

STEVE BECK

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. *Only those programs specifically listed below offer continuing education credit.* See workshop descriptions elsewhere in the catalog.

January 15–20
Craniosacral System: Basic Workshop
Jim Asher & Jane Harrington
30 hours

January 15–20
Imagination as Healer
Jeanne Achterberg & Frank Laulis
30 hours

January 22–27
Five-Day Massage Intensive
George King & Esalen Massage Practitioners
30 hours

February 17–19
Minding the Body, Mending the Mind
Joan & Myrin Borysenko
10 hours

February 19–24
Five-Day Massage Intensive
Kathleen O'Shaughnessy & Esalen Massage Practitioners
30 hours

February 24–26
Burnout: Causes and Cures
Elliot Waker Aronson & Ayala Pines
10 hours

February 26–March 24
Massage Practitioner Certification Program
Peggy Horan & George King
30 hours

March 5–17
Mind and Medicine
Jeanne Achterberg & Frank Laulis
30 hours

March 17–19
Understanding the Borderline and Narcissistic Personality
Burton Schaffner & Darlene Louise Beaver
10 hours

March 26–April 9
Two-Week Advanced Massage Practitioner Program
Vicki Topp & Esalen Massage Practitioners
30 hours

March 26–April 9
Gestalt Practice: An Intensive Program for People in the Helping Professions
Christine Stewart Price & Guest Leaders
30 hours

April 9–21
The Art and Science of Clinical Hypnosis
Marc Lehrer
30 hours

April 16–21
Hypnosis and Body Work
Lila Daniels Klapman & David Robinette
30 hours

April 23–28
Five-Day Massage Intensive
Char Pias Brenner & Arthur Munyer
30 hours

May 5–7
Dance as an Ally in Healing Cancer
Anna Halprin & Rana Vassau
10 hours

May 14–June 9
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
30 hours

June 11–16
Five-Day Massage Intensive
Robert Helm & Esalen Massage Practitioners
30 hours

June 16–18
Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

June 25–30
Intermediate Cranial Workshop
Jim Asher & Jane Harrington
30 hours

THE MEDIA CENTER

Videotapes

The Esalen Media Center is offering for rental or purchase a selection of videotapes. This series consists of unedited single camera recordings of informal talks made at Esalen, along with a descriptive tape of Esalen itself.

1. Jack Kornfield, *On Meditation*, November 1986. A longtime student and teacher of Vipassana meditation and Buddhism discusses these traditions with reference to his own experiences as a spiritual seeker in the Orient. (121 minutes)

2. Brother David Steindl-Rast, *God, Spirituality, and the Senses*, November 1984. A Benedictine monk and scholar discusses the spiritual journey and its relationship to mythology and transpersonal theory. (117 minutes)

3. Fritjof Capra, *Characteristics of Systems Thinking*, June 1985. The author of *The Tao of Physics* and *The Turning Point* discusses the evolution of scientific thinking, including current views and implications. (81 minutes)

4. Stanislav Grof, *The New Scientific Paradigm*, June 1985. An original member of the transpersonal psychology network and author on topics such as appropriate use of psycho-active substances, discusses his current view of consciousness. (117 minutes)

5. Rupert Sheldrake, *Morphic Resonance and The New Science of Life*, June 1985. A British geneticist relates his theories on biological and psychological development and discusses some empirical tests of these theories. (108 minutes)

6. Kenneth Ring, *The Near-Death Experience*, June 1985. The author of *Life at Death* and *Heading Toward Omega* discusses his research on the near-death experience and some of its implications for the future of the human race. (114 minutes)

7. Albert Hofmann, December 1984. The discoverer of LSD talks to Stanislav Grof about his early experiences with this and other psycho-active drugs. He also discusses some of the social, political, and scientific consequences of LSD. (92 minutes)

8. Anne Armstrong and Elizabeth Stratton, December 1984. Two longtime students, practitioners, and teachers of psychic work discuss with Nancy Knapp their practices and perspectives related to psychic counseling and healing. (56 minutes)

9. Terence McKenna, *Fractal Perspectives on the Millenium*, August 1985. The author of *The Invisible Landscape* gives his vision of the future, centering around the evolution of human consciousness. (72 minutes)

10. Jack Rosenberg, *One Hour and Twenty-Nine Minutes with Jack Rosenberg and Integrative Body Practice*, September 1985. The Venice, California, practitioner gives his view of personality development and some of the typical patterns of interaction in relationship. (89 minutes)

11. *Esalen*. This 18-minute videotape tells Esalen's story from its early history to the present. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's gardens, grounds, and various workshops and activities.

Ordering Information

Each speaker program costs $55 to purchase, $25 to rent. The *Esalen* tape costs $35 to purchase, $15 to rent. To order any of these tapes (VHS only), indicate: purchase or rental (one week), program #, and title. To your subtotal, add $5 shipping and handling ($12 for overseas orders) for each two tapes ordered. California residents add 6% tax for sales only. Include your name, address, and phone number. Please address your order (with a check payable to Esalen Institute) to the Esalen Media Center. Allow 30 days for delivery. Urgent orders may be handled by phone, (408) 667-3021.

FRIENDS OF ESALEN

We invite you to join us in our organization—the Friends of Esalen scholarship fund.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships. Esalen will, in turn, match your contribution.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog* for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category marked.

☐ I wish to renew my membership in Friends of Esalen.

☐ One Year Student $15
☐ One Year Individual $25
☐ One Year Donor $50
☐ One Year Sponsor $100
☐ One Year Patron $500
(Contributions are tax-deductible)

Name _____ Student Affiliation _____

Address _____ City _____

State _____ ZIP _____ Date _____

Please mail to: Friends of Esalen, Big Sur, CA 93920.

AUDIO RECORDINGS

The Dolphin Tape Series

This tape list overlaps with others, but brings together more titles in the general fields of: the transpersonal, shamanism, psi phenomena, imagination, creativity, myth, and legend. A number of titles are from the month-long workshops through the years with Stanislav and Christina Grof, or from one of the International Transpersonal Association conferences held in such diverse locations as Boston or Bombay. Nearly all events were recorded in stereo. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Anne Armstrong: *On Being a Psychic*, 1971
Anne & Jim Armstrong: *The Power of Intuition*, 1987
Armstrong/Stratton: *Psychic Abilities Interview*, 1984
Gregory Bateson: *Metaphors and Butterflies*, 1975
Joseph Campbell: *Freud, Jung, and Kundalini Yoga*, 1967
Joseph Campbell: *Hermes, Alchemy, & Voyage of Odysseus*, 1971
Joseph Campbell: *Kundalini Yoga and the Chakras*, 1981
Joseph Campbell: *The Hero's Journey (80th year celebration)*, 1984
Fritjof Capra: *A New Vision of Reality (Bombay)*, 1982
Lew Carlino: *Writing the Screenplay "Resurrection,"* 1987
Bhagavan Das: *Singing Meditation*, 1974
Prem Das: *The Singing Earth (Huichol Chanting)*, 1980
Prem Das & Don Jose: *Huichol Ceremony Chanting*, 1977
Prem Das & Don Jose: *Huichol Chant and The Deer Dance*, 1977
Ram Dass & Tenney Kimmel: *Chanting with Tamboura & Dulcimer*, 1970
Jan Ehrenwald: *Psi Experience and the Bergsonian Filter*, 1984
Jule Eisenbud: *Psi Experience in Psychotherapy*, 1984
Fadiman/Hastings: *Psychedelics & Paranormal Phenomena*, 1971
George Freibott: *Nikola Tesla, The Inventor*, 1984
Father Bede Griffiths: *Doctrine of New Creation (Bombay)*, 1982
Stanislav Grof: *Journeys Beyond the Brain*, 1979
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Stanislav Grof: *Ancient Wisdom and Modern Science (Bombay)*, 1982
Stanislav Grof: *Principles of Holotropic Therapy*, 1985
Willis Harman: *Alternative Futures*, 1980
Arthur Hastings: *Transpersonal Realities (Boston)*, 1979
Albert Hofmann: *LSD and the Nature of Reality*, 1978
Albert Hofmann: *Interviewed by Stanislav Grof*, 1984
Albert Hofmann: *Transmitter/Receiver Concept of Reality*, 1984
Aldous Huxley: *Visionary Experience*, 1960
Jack Kornfield: *The Sword of Wisdom (Boston)*, 1979
Jack Kornfield: *The Smile of the Buddha (Bombay)*, 1982
Stanley Krippner: *Communes, Telepathy, and Dreams*, 1971
John & Toni Lilly: *Integrating Science and Mysticism*, 1981
Abraham Maslow: *Psychology of Religious Awareness*, 1967
Terence McKenna: *New and Old Maps of Hyperspace*, 1982
Ralph Metzner: *Symbolism of the Four Elements*, 1979
Ralph Metzner: *Maps, Models, and Metaphors (Boston)*, 1979
Henry Munn: *Mushrooms and Culture*, 1977
Henry Munn: *Fable of the Vision Drink*, 1977
Humphrey Osmond: *Early Psychedelic History*, 1976
Rupert Sheldrake: *Morphic Resonance: Formative Causation (Bombay)*, 1982
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Huston Smith: *The Nature of Reality (Boston)*, 1979
Russel Targ: *Parapsychology and Physics*, 1972
Charles Tart: *On the Paranormal*, 1971
Charles Tart: *Our Fear of Psychic Abilities*, 1984
Andrew Weil: *Psychoactive Drugs through Human History*, 1983
Robert Anton Wilson: *The I in the Triangle*, 1984

Two-tape titles are $18:

Angeles Arrien: (2) *The Story of Basque Mysticism*, 1982
Angeles Arrien: (2) *The Egyptian Tarot*, 1982
Robert Bly: (2) *An Evening at Esalen*, 1982
Robert Bly: (2) *Fairy Tales for Men and Women*, 1982
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1970
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Capra/Grof: (2) *Beyond Time and Space*, 1977
Prem Das: (2) *The Huichol Cosmology (Creation and Return)*, 1977
Ram Dass: (2) *One Man's Journey to the East*, 1969
Ram Dass: (2) *Creativity and Spirituality*, 1987
Ram Dass: (2) *The Heart of Compassion (SEVA)*, 1987
Stan & Christina Grof: (2) *Holonomic Consciousness Paradigm*, 1982
Stanislav Grof: (2) *The Birth Trauma*, 1981
Stanislav Grof: (2) *Geometry of Psychopathology*, 1984
Stanislav Grof: (2) *The Cosmic Game*, 1987
Michael Harner: (2) *Shamanism, Songs, and Spirit Canoe*, 1981
Jean Houston: (2) *The Possible Human (Boston)*, 1979
Timothy Leary: (2) *The Power of Imprinting*, 1982
Joseph Chilton Pearce: (2) *The Magical Child*, 1975
Kenneth Ring: (2) *Near Death Experiences*, 1985
Rupert Sheldrake: (2) *A New Science of Life*, 1982
Andrew Weil: (2) *Use and Abuse of Beneficial Plants*, 1982
Andrew Weil: (2) *Interplay of Mind and Body Realities*, 1982

Four-tape titles are $36:

Anne & Jim Armstrong: (4) *A Workshop on Creativity and Spirituality*, 1987
Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
James Fadiman: (4) *A Weekend of Stories*, 1984
Roland Fischer: (4) *Creative, Psychotic, & Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day (Marin)*, 1983
Jack Kornfield: (4) *Buddhist Meditation and Practice*, 1981
Timothy Leary: (4) *A Day with Timothy Leary*, 1982
Terence McKenna: (4) *Psychedelics and a Free Society*, 1984
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Brother David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985

The Dolphin Vinyl Binder Tape Sets:

Robert Anton Wilson: (6) *The 'Coincidance' of Joyce*, 1985	$60
John C. Lilly: (6) *Ego, Self, and Essence*, 1971	$60
John C. Lilly: (6) *The East Coast Workshop*, 1973	$60
Rupert Sheldrake: (6) *Seminar on the Presence of the Past*, 1985	$60
UCSB Symposium: (6) *Entheogens, The Spiritual Psychedelics*, 1983	$60
Andrew Weil: (6) *Integrated Consciousness and Health*, 1976	$60
Robert Anton Wilson: (6) *Seminar on the I in the Triangle*, 1984	$60
Colin Wilson: (6) *The New Analytic Philosophy*, 1967	$60
Reb Anderson: (8) *Zen is the Key*, 1986	$72
Terence McKenna: (8) *Lecture Series I (1982-83) or Series II (1983-86)*	$72
Terence McKenna: (8) *True Hallucinations (A Talking Book)*, 1984	$80
Joseph Campbell: (10) *The World Mythology Series*, 1969	$88
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-80	$98

Please add $3 to your complete order for handling and mailing (add $3 more if you wish priority mail). Overseas orders add $1 per tape for mailing. California residents include 6% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment.) Allow 4 to 6 weeks for delivery.

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement: Dolphin Tapes is a private company independent of Esalen.

BIOGRAPHICAL INFORMATION

A

Jeanne Achterberg,
author of Imagery in Healing, *has a doctorate in psychology and physiology and is an internationally acclaimed pioneer in the study of the mind-body connection.*
p. 13, 22, 35, 40

Stephen Aizenstat
is president of the Human Relations Institute and a core faculty member of its M.A. and Ph.D. programs in depth psychology.
p. 15, 22

Anne Armstrong
has been doing transpersonal counseling for over 24 years and has trained professionals to use their own intuitive abilities.
p. 27

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 27

Elliot Waker Aronson,
professor of psychology at UC Santa Cruz, is the author of 14 books on interpersonal relations, including The Social Animal, The Handbook of Social Psychology, *and* Burnout.
p. 19, 20, 40

Jim Asher
has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer, certified by Ida Rolf.
p. 13, 34, 40

B

Nancy Bacal,
novelist, lyricist, documentarian, screenwriter, has taught writing workshops for years. Student of meditation and aikido, her work includes the award-winning film, Raga, *starring Ravi Shankar.*
p. 15

Jamie Baraz
has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.
p. 18, 24

Vladimir Basilov
is head of the Central Asian and Kazakhstan Ethnography Department of the Institute of Ethnography, Academy of Sciences of the U.S.S.R., Moscow.
p. 17

Brit Broch Bathurst
is a Norwegian social worker and has spent many years observing cultures interact.
p. 14

Robert Bathurst
is a sailor, diplomat, and professor who has explored ways of explaining Russians to Americans and has created methods for revealing unconscious values.
p. 14

Darlene Louise Beaver
has conducted workshops at conferences and growth centers. Her interest is in integrating in life-enhancing ways the different modalities she studies.
p. 23, 40

Steve Beck
grew up on an 80-acre garden in North Dakota. He has been a resident at Esalen since 1974.
p. 33

Cynthia Johnson Bianchetta
is an artist, dancer, and photographer. She was the assistant director of the Museum of Photographic Arts and director of the Weston Photographic Gallery.
p. 28

Daniel Bianchetta,
longtime Esalen resident and workshop leader, is an intuitive counselor and also does body work. He is a student and teacher of meditation.
p. 28

Ed Bloch-Farrington,
instructor and counselor at Monterey Peninsula College, has been leading men's groups for many years. He has been in private practice since 1971.
p. 20

Robert Bly
is a poet. His most recent books are The Winged Life: Selected Poetry and Prose of Henry David Thoreau, A Little Book on the Human Shadow, *and* Selected Poems.
p. 24

Stephen Book
is an international/Off Broadway/regional theater director and teacher. On the faculty at USC after a long tenure at The Julliard School, he also heads his own professional studio in Hollywood.
p. 10

Sylvia Boorstein
is a clinical psychologist in private practice. In teaching Vipassana she emphasizes integrating meditation insights into daily life, especially with relationships.
p. 11

Joan Borysenko,
medical scientist and psychologist, is president of Mind/Body Health Sciences in Boston and authored Minding the Body, Mending the Mind.
p. 18, 40

Myrin Borysenko
is associate professor at Tufts Medical School. He is an immunologist and medical educator with a special interest in psychoneuroimmunology.
p. 18, 40

Julie Bowden,
co-author of Guide to Recovery *and* Genesis: A Spiritual Beginning, *is a founding and current board member of the National Association for Children of Alcoholics.*
p. 12

Char Pias Brenner,
dancer, singer, performing artist, massage teacher, and mother, is currently in residence at Esalen Institute.
p. 27, 40

Jessica Moore Britt
is a teacher of gestalt and Reichian work at Esalen. She is a member of the Ridhwan Work School, which is dedicated to understanding personality and essential development.
p. 10, 22, 29

Charles Brooks,
author of Sensory Awareness, the Rediscovery of Experiencing, *has been a teacher of Sensory Awareness since 1963, often in conjunction with Charlotte Selver.*
p. 27

Daniel Brown,
chief of psychology and director of behavioral medicine at Cambridge Hospital/Harvard Medical School, is co-author of Hypnosis and Behavioral Medicine.
p. 19

Judith Brown
has been a gestalt practitioner and trainer for 20 years. Her most recent book is I Only Want What's Best for You.
p. 39

C

John Caple
is a strategic planning consultant, worklife advisor to organizations, and writer with earlier careers as college professor and business executive.
p. 13

Fritjof Capra
is a physicist and systems theorist, founder of the Elmwood Institute, and author of The Tao of Physics, The Turning Point, *and* Uncommon Wisdom.
p. 31

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 28

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.
p. 10, 26

Keith Chapman
is a psychiatrist with Jungian, existential, and shamanic orientations.
p. 13

Rick Chelew
is a musician and music producer. He has worked with men's groups since 1984 and has studied extensively with Robert Bly, Michael Mead, and James Hillman.
p. 20

Jack Cirie,
certified Leonard Energy Trainer, aikidoist, and fitness expert, heads Development & Delivery of Training with SportsMind Inc. He has worked with corporate managers, Army Special Forces, athletes.
p. 29

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 18

Phil Cousineau,
a freelance writer, has taught screenwriting at the American Film Institute. He was co-writer and associate producer on The Hero's Journey: The World of Joseph Campbell.
p. 30

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Expressive Painting Studio in San Francisco.
p. 10, 26

Dale Cummings,
certified Radix® teacher and counselor in private practice in West Los Angeles, is director of first-year training for the Radix Institute in Ojai.
p. 30

D

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October, Cycles, River Notes, *and* Amber.
p. 10, 12

Laura DeNuccio (Ma Prita)
is a certified Radix® teacher on Esalen's gestalt staff, with over 15 years of experience combining Reichian body work, vision work, movement, ritual, and meditation.
p. 12, 28, 33

Patrick Douce,
a student of Moshe Feldenkrais, has been a resident at Esalen since 1972. Since 1986 he has lived half the year in Bali, where he studies Balinese healing practices.
p. 33, 38, 40

Rachael Dutton
is a sculptor, dreamer, and twice Visiting Artist at Claremont Graduate School. She wrote "Below the Threshold of Myth" for Psychological Perspectives *(Spring/Summer 1988).*
p. 33

E

Riane Eisler
is the author of The Chalice & The Blade: Our History, Our Future, *co-founder of the Center for Partnership Studies, and an internationally-known lecturer.*
p. 28

F

Jerry Fletcher
is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in San Anselmo, CA.
p. 34

Kathleen Fletcher
is a trainer and consultant in organizational development, working in both the profit and non-profit sectors.
p. 34

G

Mariah Fenton Gladis,
a gestalt practitioner and trainer, founded and directed the Bucks County Institute for 12 years. She is currently co-director of the Pennsylvania Gestalt Institute.
p. 21, 39

Bernard Glassman,
Zen priest, received dharma transmission from Taizan Maezumi roshi. He holds a doctorate in mathematics and worked in the aerospace industry for 15 years.
p. 20

Herbert Gold
has published over 20 books, most recently Lovers & Cohorts: Twenty-Seven Stories, *and the novels* A Girl of Forty *and* Dreaming.
p. 27

Mary Goldenson (Devarani),
a chiropractor, certified Radix® teacher, and doctoral candidate in clinical psychology, is in private practice in West Los Angeles.
p. 11, 18, 22, 35, 39

Harriet Goslins
is a Feldenkrais® practitioner and an Awareness Through Movement® teacher with a background in psychosynthesis and applied kinesiology.
p. 26

H

Robert Hall,
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for 25 years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 30

Betty Halpern,
coordinator of Early Childhood Education, Sonoma State University, has extensive experience in a variety of school settings and grade levels with special interest in teacher development.
p. 34

Anna Halprin,
dance director of Tamalpa Institute and Steps Theater Company, works with people with life-threatening illnesses, is creator of Circle the Earth, *and author of* Movement Ritual.
p. 28, 40

Daria Halprin-Khalighi,
teacher and counselor, developed the Creative Process Method, integrating art and psychology to facilitate creative expression and growth. She is co-founder of Tamalpa Institute.
p. 25

Thomas Hanna
is director of the Novato Institute for Somatic Research and Training, editor of Somatics *magazine, and author of* The Body of Life *and* Bodies in Revolt.
p. 13

Michael Harner
has practiced shamanism for more than a quarter of a century and pioneered the teaching of shamanism in contemporary life. His books include The Way of the Shaman.
p. 15, 16, 35

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 27, 31, 32, 33, 38

Susan Harper
teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 33

Jane Harrington
is a certified Rolfer and Rolf movement teacher with extensive craniosacral experience. She is in private practice in Boulder, CO.
p. 13, 34, 40

Richard A. Heckler
has practiced individual and family counseling for 10 years and teaches the Hakomi Method throughout the U.S. He is director of the Holistic Health Program at J.F.K. University.
p. 17, 28

John Heider,
a psychologist living in Lawrence, KS, is a group leader and teacher of group leaders. He was part of the Esalen Resident Program from 1967-71.
p. 23

Robert Helm,
an Esalen massage crew member, blends a broad range of body work methods with the sense of presence he feels is the heart of Esalen massage.
p. 33, 40

Michael Herrick
is a certified Hakomi practitioner and on the teaching staff of the Hakomi Institute. He has a private practice in Boulder, CO.
p. 17

Peggy Horan
has been practicing and teaching massage at Esalen for 18 years. She is a student of dance and movement.
p. 21, 35, 40

Chungliang Al Huang
is a tai ji dancer, artist-calligrapher, and philosophical entertainer. He is founder-president of Living Tao Foundation and director of the Lan Ting Institute, Wu Yi Mountain, China.
p. 10, 12, 13, 24, 25

Terry Hunt,
a licensed psychologist practicing bioenergetic analysis in Boston, directs a flotation tank center for amelioration of somatic and addictive disorders.
p. 39

J

Eli Jaxon-Bear
is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. He is the past-president of a Tibetan Buddhist meditation center.
p. 14, 29, 36, 40

Don Johnson,
author and somatic practitioner, is director of the graduate studies program in somatic psychology and education at Antioch University and coordinator of Esalen's program in somatic education.
p. 38

K

Sam Keen
is the author of 10 books, including The Passionate Life *and, most recently,* Faces of the Enemy.
p. 12, 26, 30

George King,
a massage practitioner for 27 years, specializes in massage of dancers and has toured with many companies.
p. 14, 21, 35, 40

Lila Daniels Klapman,
former longtime member of the Esalen massage staff, is a certified hypnosis practitioner and has a private practice in massage and hypnosis in Aptos, CA.
p. 26, 40

Paul Krassner
is the editor and publisher of Realist *magazine and co-founder of the Yippies. A stand-up comic since 1953, he is the author of* Impolite Interviews *and* Tales of Tongue Fu.
p. 25

Ron Kurtz
is the founder and director of the Hakomi Institute. He is the author of Hakomi Therapy *and co-author of* The Body Reveals.
p. 17, 28

L

Frank Lawlis,
psychologist and diplomate, is the founder of a behavioral medicine program and the director of 3 hospital-based pain clinics.
p. 13, 22, 35, 40

Dianne Lawrence
is a professional painter who has exhibited in L.A. and a performer, appearing in Henry Jaglom's "Someone to Love." Her current paintings are geometric abstractions.
p. 23

Patti Lawrence,
associate and student of Harriet Goslins, is a psychic healer, teacher, and counselor in private practice. She is a consultant to the John-David Learning Institute.
p. 26

Janet Lederman
is executive director and designer of Esalen's Gazebo School and Gazebo philosophy of learning.
p. 34, 39

Marc Lehrer
teaches clinical hypnosis and biofeedback nationally and internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, CA.
p. 26, 36, 40

Annie Styron Leonard
is a founder of the Energy Training Institute in Mill Valley, CA, and an aikido black belt.
p. 17, 20, 29, 32, 37

George Leonard
is a 3rd-degree aikido black belt, founder of Leonard Energy Training (LET), and author of The Silent Pulse, Adventures in Monogamy, *and* Walking on the Edge of the World.
p. 17, 29, 32, 37

Linda Leonard
is a Jungian analyst and author, whose books include The Wounded Woman, On the Way to the Wedding, *and the forthcoming* Witness to the Fire.
p. 13

Jean Liedloff,
author of The Continuum Concept, *consults privately and leads training/discussions on non-adversarial child care.*
p. 15

Elisa Lodge
trained in structural integration with Ida Rolf and is an advanced teacher of Rolf movement and integration.
p. 14, 31

Francis Lu
is an assistant clinical professor of psychiatry at the University of California, San Francisco, with interests in film and transpersonal psychology.
p. 19

Nancy Kaye Lunney,
formerly a vocal coach and accompanist for well-known entertainers, is a gestalt practitioner, director of programming at Esalen, and a guest faculty member at Cornell University.
p. 16, 38

Joyce Lyke
is a photographer and gestalt practitioner.
p. 27, 38

M

Peller Marion,
psychologist and international career management consultant, is president of Peller Marion Associates, Inc., an executive outplacement and performance coaching corporation.
p. 22

Dean Marson
is a member of the Esalen massage crew. His interests include subtle body work and methods of self-care.
p. 24

Peter Muryo Matthiessen
is a Zen priest and senior instructor at Zen Community of New York. He is the winner of the National Book Award for The Snow Leopard.
p. 20

Terence McKenna
authored The Invisible Landscape *and* Psilocybin: Magic Mushroom Grower's Guide. *He studied shamanism at UC Berkeley and has lived in tropical Asia and the Amazon.*
p. 34

Deborah Anne Medow,
Esalen group leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 15, 22

Donald Michael,
professor emeritus of planning and public policy and professor of psychology at the University of Michigan,is the author of On Learning to Plan and Planning to Learn.
p. 30

Jane Miletich,
longtime Big Sur resident and Esalen masseuse, is an instructor of hatha yoga, t'ai chi, and transitional cleansing diets. She is a student of Ayurveda, the science of self-healing.
p. 10

Patricia Monighan-Nourot,
assistant professor of education, Sonoma State University, is co-author of Looking at Children Play. *She's a former elementary school teacher and teacher-director of a parent cooperative preschool.*
p. 34

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 17, 26, 33, 36

Arthur Munyer,
a member of the Esalen massage crew, is a longtime body work practitioner trained by Dub Leigh, Lauren Berry, and Dick Price.
p. 27, 40

N

Wes "Scoop" Nisker
is considered the dean of new radio journalism and is the editor of Inquiring Mind, *journal of the Vipassana Buddhist community. He is writing a book on crazy wisdom.*
p. 25

O

Jay Ogilvy
is the author of Many Dimensional Man. *He taught philosophy at Yale and Williams and is now directing Esalen's* Dialogues on Philosophy *program.*
p. 12

Kathleen O'Shaughnessy,
an Esalen body worker since 1981, integrates multiple ways of viewing the body. She teaches Continuum movement, self-healing, and meditation in England, Canada, and the U.S.
p. 19, 40

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager℠ training and gestalt awareness work with the personal energetic connection of the Esalen massage.
p. 17

P

Karen Paine-Gernée,
co-author of Through the Eye of the Storm *and co-founder of Recovery Associates, specializes in working with Adult Children of Alcoholics and people with catastrophic illness.*
p. 27

Helen Palmer,
a practicing intuitive for 18 years, directs the Center for the Investigation and Training of Intuition and is a graduate faculty member of John F. Kennedy University.
p. 25, 32

Laurie Lioness Parizek,
a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 24

Ayala Pines,
social psychologist at UC Berkeley and a psychologist in private practice, is author of Burnout in Love and Marriage *and co-author of* Career Burnout: Causes and Cures.
p. 17, 20, 40

Karl Pribram,
NIH professor of neuroscience, Depts. of Psychology and Psychiatry, Stanford, is a certified member of the American Board of Neurological Sciences and the Board of Medical Psychotherapists.
p. 25

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 14, 25, 36, 40

R

Paul Rebillot,
a group leader at Esalen for 16 years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 18, 19, 24, 31

Devi Records
is a founding member and senior trainer for the Hakomi Institute. She has a private practice in Boulder, CO, and leads seminars throughout the U.S., Canada, and Germany.
p. 28

Stephen Rhinesmith
has spent 25 years in intercultural communications, international organization development, and citizen exchanges. He served 2 years as government coordinator for exchanges between the U.S. and U.S.S.R.
p. 22

Tracey Rich
has earned the title "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally.
p. 29

Sogyal Rinpoche,
an incarnate lama, scholar, and meditation master from Tibet, prominent in the West, is an authority on the traditional knowledge of The Tibetan Book of the Dead.
p. 33

David Robinette,
head of the Hypnotherapy Certification Program at Twin Lakes College in Santa Cruz, has been an instructor at Cabrillo College in hypnosis-related courses since 1976.
p. 26, 40

William Pennell Rock
is founder-director of Origins, a workshop process for creating and performing contemporary myths. He has lectured, led workshops, and directed productions in Europe, Asia, and the U.S.
p. 28

William George Roll,
professor of parapsychology at West Georgia College and lay Zen monk with Dai Bosatsu Zendo, focuses on the development of methods for clinical parapsychology and spiritual awareness.
p. 10

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, CA, is the author of Body, Self, and Soul.
p. 17, 26, 33, 36

S

Stephano Sabetti,
founder of the Institute for Life Energy® and the Life Energy Process™, has a doctorate in psychology and is an acupuncturist. He is also an organizational consultant.
p. 16

Burton Schaffner
is in private practice in Los Angeles, has taught at UCLA, USC, and Pepperdine graduate school, and does post-graduate training of counselors.
p. 23, 40

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 12, 13, 20, 22, 25, 29, 32, 34, 39

Laurie Schutz,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has also led parent-infant workshops.
p. 17

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, *a set of training materials for organizations. He is the author of* Joy *and* Profound Simplicity.
p. 14, 28

Charlotte Selver,
student of Elsa Gindler, introduced Sensory Awareness to the U.S. and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.
p. 27

Phyllis Shankman
is a licensed counselor in private practice in West Los Angeles. She has been leading groups at Esalen for over 10 years.
p. 30

Cyndy Sheldon
is co-founder and current president of the Gestalt Institute of San Francisco and on the faculty of the Gestalt Education Network International in Frankfurt, Germany.
p. 28

Anne Nechama Simkin
trained in gestalt with Erv and Miriam Polster and Jim Simkin, and has conducted workshops internationally.
p. 17, 25

Edward Smith,
adjunct professor of psychology, Georgia State University, editor of The Growing Edge of Gestalt Therapy *and* Gestalt Voices, *and author of* Sexual Aliveness, *has been a workshop leader since 1971.*
p. 18

Elliot Sobel
was the editor of New Sun *magazine, author of* The Manual of Good Luck, *and performer in the Mirrors Theatre and Dance Troupe.*
p. 39

Bob Solomon
has taught philosophy at Harvard, Princeton, Michigan, and currently, Texas. He is the author of The Passions and Love.
p. 12

Gena Mayer Sorensen,
a marriage and family counselor, is in private practice in San Jose and San Francisco. She holds an adjunct certificate as a Radix® teacher.
p. 30

Carola Speads,
former co-worker of Elsa Gindler, is an authority on breathing in relation to movement. She has taught workshops throughout the U.S. and Europe and is the author of Ways to Better Breathing.
p. 25

Kathleen Riordan Speeth
is a psychologist interested in Bach, Rilke, renaissance humanism, mysticism, creativity, excellence, and human evolution. She edited The Essential Psychotherapies.
p. 12, 38

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on five continents. He is concerned with the spiritual challenges of our time.
p. 16, 31

T

Keith Thompson
is a writer and video oral historian whose focus is preserving personal and family stories. His articles have appeared in Esquire, New Age Journal, *and the* San Francisco Sunday Chronicle.
p. 30

Lia Thompson-Clark
is the acting director of Esalen's Gazebo School and associate in the development of the Gazebo philosophy of learning.
p. 34

Gabriele Thomson
has conducted workshops for health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 19

Vicki Topp,
Esalen massage staff member since 1968, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 24, 36, 40

STEVE BECK

Eucalyptus leaves unfolding. The Big Sur coast is an ideal habitat for this aromatic evergreen.

V

Attila Vaas
has been a member of the Esalen massage staff since 1976. His skills include polarity, acupressure, and Esalen's free-form style of massage.
p. 28

Antoinette Varner
is an acupuncturist, herbalist, and movement teacher whose work integrates cognitive learning, the body, and spiritual experience. She has an acupuncture practice in Mill Valley, CA.
p. 14, 29, 36, 40

Rana Vassau,
California Institute of Integral Studies graduate, teaches "Dance as a Self-Healing Art" at Southwestern College and studies the relationship between the imaginal and feeling bodies.
p. 28, 40

W

Andrew Weil
is associate director of the Division of Social Perspectives in Medicine, College of Medicine, Univ. of Arizona. He teaches alternative medicine, mind-body interactions, and medical botany.
p. 21

Carl Whitaker,
professor emeritus at the University of Wisconsin, is a leading innovator in family communication and counseling. He is co-author of Roots of Psychotherapy *and* The Family Crucible.
p. 23

Barbara White
is a former executive director of the Association for Transpersonal Psychology, a counselor, and Feldenkrais® practitioner.
p. 19

Ganga White,
internationally-known teacher and master of yoga, is author of Double Yoga *and has received the titles "Yoga Acharya" and "Yogiraj" in India.*
p. 29

Nina Wise
creates and performs multi-media theater pieces, which have won 7 Bay Area Theater Critics' Circle awards in the past 5 years.
p. 27

Marion Woodman
received her training and Diplomate from the C.G. Institute in Zurich. She has authored books on eating disorders, the body, addictions, and the nature of the feminine.
p. 21

Z

Janet Zuckerman
is founder of the Feeling Center in Big Sur, CA. She has been teaching at Esalen for the past 14 years.
p. 13, 21, 27, 31, 34, 39

ESALEN INSTITUTE RESERVATIONS

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (See General Information, page 50.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ ZIP _____

Telephone Number: Home: Area Code ( ) _____ Work: Area Code ( ) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? _____. If you can't be reached, please call us before your scheduled arrival for final confirmation. *Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.*

(On additional paper please repeat the above information for every person in your party making a reservation.
Mail to: Reservations, Esalen Institute, Big Sur, CA 93920.)

☐ Check if you want housing as a couple.
☐ Check if you want the discounted bunkbed option (see page 9).
☐ Check if you want the discounted student sleeping bag option (see page 9).

All of our rooms are non-smoking.

If you need scholarship assistance for an Esalen program, write for a scholarship application form. Please allow three weeks for scholarship processing. For further details, see Ways of Being at Esalen, page 9.

Bus Service: I want bus service from (check one):

☐ Monterey Greyhound Bus Station at approximately 3:45 PM
☐ Monterey Airport at approximately 4:00 PM

on _____ (date of arrival, Fridays & Sundays only).

The $25 per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Esalen bus service is not available at any time other than as listed.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute, in U.S. currency only.
Overseas residents must pay by checks drawn on U.S. banks.

Your reservation can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No. _____

Expiration Date _____

Authorizing Signature _____

All workshops require nonrefundable reservation fees. See page 50. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Our activities consist of seminars and workshops, residential programs, consulting, and research.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute – By Reservation Only.

Fees and Reservations: Pre-registration, either by mail or phone, is required prior to arrival. A registration form is provided on page 49. Workshops fill quickly, so it is advisable to sign up as early as possible, preferably one month in advance. In order to reserve a space in any workshop, we require the following reservation fees:

Weekend:	$50	Two-week:	$200
Five-day:	$100	Three-week:	$300
Seven-day:	$150	Month-long:	$400

Fees are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks. Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. Those who pay in full at the time they make their reservations will receive a $10 discount. *Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.*

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or more workshop participants.* Camping on the grounds is prohibited.

We know it can be difficult to get through by phone, so we encourage you to mail your reservations. Mail all reservations to:

Reservations
Esalen Institute
Big Sur, CA 93920

However, it is possible to make your reservations by phone. If you prefer this option, please have your MasterCard, Visa, or American Express credit card number ready when you call.

Phones
Reservations: (408) 667-3005
General Information: (408) 667-3000

To make a phone reservation, call the reservations number during the following office hours:

Monday, Tuesday, Thursday, and Saturday
10 AM to 3 PM
Wednesday 10 AM to 12 Noon
Friday 10 AM to 5 PM
Sunday 12 Noon to 5 PM

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number, (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see page 9.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive any time after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For further information, call or write the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Although we're delighted to provide you with this issue of the *Esalen Catalog*, if you are not currently a subscriber we would appreciate your contribution to defray postage and production costs, which run approximately $4 per catalog.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

Esalen Institute is a center to explore those trends in education, religion, philosophy, and the physical and behavioral sciences which emphasize the potentialities and values of human existence. Its activities consist of seminars and workshops, residential programs, consulting, and research.

Esalen Institute
Big Sur
California 93920

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THE ESALEN CATALOG

MAY–OCTOBER 1989

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Esalen Institute, Big Sur, CA 93920

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General Information: (408) 667-3000

Monday, Tuesday, Thursday
& Saturday 10 AM to 3 PM
Wednesday 10 AM to 12 Noon
Friday 10 AM to 5 PM
Sunday 12 Noon to 5 PM

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JOYCE LYKE

Charlotte Selver, Don Johnson, and Charles Brooks

ESALEN NOTES

INSTITUTE OF NOETIC SCIENCES MEDITATION RESEARCH FUND

With a contribution from former Esalen Trustee Marius Robinson, the Institute of Noetic Sciences has established a small fund to support research on meditation. The Institute will use Robinson's contribution to fund meditation research based partly on the perspectives of the various meditation traditions themselves – giving serious consideration to why people meditate and what their experiences mean to them.

To begin exploring this field, Noetics co-sponsored a conference with Esalen in February 1988, which brought together people experienced in research, clinical application, and one or more meditation traditions. In addition to staff of the sponsoring institutions, the conference included Joan Borysenko, Daniel Brown, Greg Dubs, Elmer Green, Jon Kabat-Zinn, Stan Krippner, Michael Mahoney, David Orme-Johnson, Eleanor Rosch, Deane Shapiro, and Jim Spearly. These participants identified over two dozen topics worthy of detailed study, including the following broad areas:

- **Health and Healing**: including long-term studies of the relationship between meditation and psychoneuroimmunology.
- **Psychobiology and Psychophysiology**: including mapping the brain activity of meditators in different states of consciousness and at different levels of meditative skill.
- **States of Consciousness**: including description of subtle states both in terms of the physiological and cognitive processes involved, and in terms of the meditator's proficiency.
- **Enhancing Performance**: in sports, school, and psychotherapy.
- **Field Effects of "Collective Meditation"**: including small-scale controlled studies of the hypothesis that a group of meditators positively influences the experience or action of others at a distance.

A second conference will be held at Esalen in October 1989.

Esalen Institute has recently published a review of contemporary meditation research, The Physical and Psychological Effects of Meditation. *For more information and to order a copy, please turn to page 40.*

INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and common points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public.

The goal of these conferences is to engender the kind of creativity that comes from the collaborative work of people with similar interests but radically different approaches. We hope that the results will include expanded research projects, new writing, and more effective plans for the education of therapists. Currently scheduled programs and their conveners are listed here.

April 30-May 5
Aristocratic Democracy: Trying to Lead the Higher Life in America
Stuart Miller

What is the relevance of the well-known social images of aristocrats – the Greek Hero, the Roman Senator, the Medieval Knight, the Renaissance Courtier – to our present quests for transformation? This conference will focus, in part, on that question and will explore the democratic paradox: men are equal, but strive for excellence.

June 11-16
Esalen Soviet-American Exchange Program

The Esalen Soviet-American Exchange Program will host a small group of Soviets and Americans to discuss how current changes in the Soviet Union are affecting our relationship.

June 18-23
The Mobius-Esalen Invitational National Security Discussion Group
Stephan A. Schwartz

This discussion group is designed to help policy makers and advisors from both the Soviet and American sides achieve a more accurate understanding of one another's intentions and goals, independent of specific policy considerations or negotiations. It will be made up of seven Soviets and seven Americans, men and women drawn from the senior working level of policy development in each country. Representation will come from the foreign policy, military, economic, and scientific communities.

June 25-30
Esalen Conference for Practicing Intuitives
Helen Palmer

This conference will focus on the question of training business intuition. It will bring together practicing intuitives who have established a reputation for accuracy in the business community with corporate representatives who have expressed an interest in business intuition.

July 9-14
The Mobius-Esalen Invitational Conference on Psycho-Physical Issues
Stephan A. Schwartz

This year's conference will pick up a theme first developed in the 1987 meeting – experimental research in healing and therapeutic intent. Participants come from a wide range of disciplines in the medical, physical, and life sciences, their central commonality being their involvement in controlled research.

September 10-15
The Theory and Practice of Therapy in the Context of Social Control
Jay Haley & Bunn-McCullough and Associates

This is a forum for discussing collaboration between those who mandate therapy (the courts, social services, etc.) and those who practice therapy.

October 13-15
New Directions in Meditation Research
Sponsored by Esalen Institute and the Institute of Noetic Sciences; Convened by Thomas J. Hurley, III

This meeting will explore innovative approaches to meditation research.

WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from a tour of the garden on a Sunday afternoon to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the various methods of personal growth available here. The Experiencing Esalen workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on pages 36-37. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, choirs, or other forms of entertainment. On Sunday afternoons there are garden tours. Body work of various kinds is available by appointment with individual practitioners. Finally, there is a community workshop program which goes on daily and provides opportunities for personal self-exploration.

Scholarship Information

If you need scholarship assistance for an Esalen program, write for a scholarship application form before making a reservation. Allow at least three weeks for processing as we have many applications. If your application is approved, please make a reservation as soon as possible after receiving notice. Scholarship recipients are asked to bring a sleeping bag. There are no scholarships available for the Work Study Program.

We also offer several other options to help reduce the cost of attending a seminar. In addition to the prepayment discount of $10, you may choose one of the following:

Student Sleeping Bag Scholarships: We are now offering a discounted sleeping bag rate for fulltime college or university students who are enrolled for at least 12 credit hours during the time of their Esalen stay. Proof of student status is required. For more information and an application, contact the Esalen office.

Bunk Bed Rooms: Bunk bed rooms are available for seminar participants who are willing to share a room with three other people. Please call for current rates. There are a limited number of spaces, which are reserved on a first come, first served basis.

Sleeping Bag Accommodations: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.

Senior Citizens' Discounts: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day workshop it's $50. Discounts are available only when you make your reservations. Please present proof of age when you register. Senior discounts are not available for Wilderness Programs or the Work Study Program.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, massage, and good food without participating in a workshop. Accommodations are shared, and the rate is variable and subject to change. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require that people pay in full when they make a reservation. This payment is not refundable.

Private rooms are sometimes available at an additional charge over the regular room and board rate. Special family rates are also available. Please call for specific information.

For a Sunday-Thursday night room and board stay, please call no sooner than the Thursday before for room availability. For a Friday-Saturday night stay, please call no sooner than the Sunday before.

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, Reichian work, massage, etc.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 36-37.

Accreditation

Undergraduate and graduate academic credit is available through the Esalen Somatics Study Program for Health Professionals. Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 34-35.

Garden Tours

Esalen is now offering to the public, from April through September, tours of the garden, farm, and landscaping. These tours are on the first and third Sundays of the month, from 2-5 PM. The cost is $10 per person; group rates are available. A series of Saturday workshops is also being planned. For more information, please contact Steve Beck at the Esalen office, (408) 667-3000.

Week of April 30–May 5

We Are All Mystics

William Pennell Rock

William Pennell Rock writes: "I have always had the sense that human beings are essentially mystics, though few of us have rightly realized it. It seems that the lives we create are never really satisfying because they are a displacement from this fundamental human desire. This workshop is for those who sense the absence of this true engagement with the ultimate mystery within and are interested in exploring new opportunities for communion and restructuring their lives accordingly.

"Activities will include archetypal psychodrama, various meditations and exercises from yoga and tantra, and expressive movement. Group sharing and discussion will be an important part of the week as we discover how to access what is ultimately meaningful." $575

The Hakomi Method

Ron Kurtz, Richard A. Heckler & Devi Records

Hakomi is a body-centered practice based on the principles of mindfulness, unity, organicity, non-violence, and mind-body holism. Hakomi incorporates non-doing as a major methodological principle and trusts in every individual's inner wisdom and power for self-healing.

Using the body as a rich source of information about the unconscious mind, hakomi can assist people in turning inward to those special states of consciousness where change takes place, to explore core beliefs which determine the quality of experience.

Hakomi work embraces the body-mind unity, supports the client's resistance, and encourages respect for and awareness of inner processes. This can be used by counselors, health practitioners, educators, body workers, and anyone invested in personal growth. This workshop also serves as a prerequisite for the formal hakomi certification process. $575

A Week with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $575

A Week with Laura DeNuccio (Ma Prita)

Laura DeNuccio writes: "This workshop is for those individuals who sense an emerging consciousness that is making itself felt and heard personally and globally, and who are searching to fulfill both higher and deeper callings in their lives. The emphasis will be on learning *how* to meet and accept this evolutionary movement, exploring *how* to attend to the organic occurrences that life presents while continuing to move forward.

"There are traditions, both Western and Eastern, that suggest the microcosm of the body reflects the macrocosm of the world. If that is the case, a static body reflects a static world-view perhaps. In this workshop, participants may explore themselves as living, unfolding processes – physically, mentally, emotionally, sexually, and spiritually. They may find that through practices such as breath work, movement, and sound, aliveness and pulsation can be returned to the body, and that unconscious thoughts and feelings which reside in the body tissue can be brought to life. Careful attention will be given to the mental processes that shape the physical and emotional bodies, with special emphasis being given to personal issues that emerge. Through the creative use of the Spoken Word, the need for bridging one's personal growth and inner experience with outer involvement in the world will be addressed.

"Practices will be taught which encourage participants to listen, feel, sense, and become acquainted with their essential core selves, from which arise creativity, wisdom, joy, and healing."

Recommended reading: Rodegast, *Emmanuel's Book* (Friends' Press); John Heider, *The Tao of Leadership* (Humanics Ltd.); Fields et al., *Chop Wood, Carry Water* (Tarcher); Florence Shinn, *The Game of Life and How to Play It* (De Vorss); Louise Hay, *You Can Heal Your Life* (Coleman). $575

Weekend of May 5–7

Weekend Massage Intensive

Attila Vaas & Laurie Lioness Parizek

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners.

C.E. credit is available for nurses; for more information see pages 34-35. $295

Introduction to Gestalt Practice

Cyndy Sheldon

Many of us were shamed into being as "they" wanted us to be. We know intuitively that there has to be more. We can't get there by ourselves; we need guides. Gestalt practice can guide us to new discoveries. $295

Sight/Insight: A Photographic Journey

Daniel Bianchetta & Cynthia Johnson Bianchetta

Like our dreams, photographic images can provide a rich resource for unearthing our true Self. With them, we may uncover and explore our personal culture and evolution. What we produce through visual imagery often reflects our innermost thoughts, how we view the world, how we manifest what we envision for our lives.

Through quiet meditative contact with our deeper Self, we are able to ask what these images may be revealing to us. And often as a result of this quiet contacting of insight, we begin the process of "listening through our eyes." Thus by "allowing the eyes to see" rather than "looking at," we invite observations and glimpses into the realm of true seeing, the power of insight.

In this workshop, movement, intuition, energy awareness, gestalt, and play will be our tools

for exploring new awareness and experiences of our inner and outer imagery. It is open to anyone and is not about photographic technique. Some camera knowledge is helpful. Please bring a 35mm camera, black and white 35mm film, a journal, and your photographs. Some processing of film may be provided following a field exploration.

$295 (plus $10 materials fee paid directly to the leaders)

Dance as an Ally in Healing Cancer

Anna Halprin & Rana Vassau

Since illness reflects the breaking down of the natural functioning of the immune system, it makes sense to go to our deepest source, the body itself, to rebuild, renew, and rebirth to our natural state. This workshop will emphasize what participants can learn from paying attention to how they move, feel, and image.

Dance has been used as a healing art since the beginning of time, and Anna Halprin has bridged healing rituals of the past to healing rituals for the present. As a result of having had cancer herself, she has researched and pioneered an approach to dance called psychokinetic-visualizations, in which the feedback process between instinctive movement and deeply-buried feelings that evoke personal mythic images is utilized. She will guide participants to visualize their natural killer cells as vigorous and alert allies in the immune system, destroying, dissolving, or eliminating the diseased cell. The participants will then embody these visualizations and dramatize them through movement in their own creative dance-rituals. As one participant said, "No miracle drug, no surgeon's knife, no mega-vitamins or macro-diet, no crystal energy, no faith-healer's touch, no shaman's prayer . . . is of any value at all unless I am there, fully present, with it."

There will be guided movement meditations, movement exercises to promote deep relaxation, and movement energizers to enliven the life force. A slide show and videotape will present case studies and illustrate ways this approach has been applied. This workshop is designed for people with cancer, support persons, and health care professionals, and is suitable for people of varying levels of physical capacity. For more information contact Tamalpa Institute, P.O. Box 794, Kentfield, CA 94914; (415) 461-9479.

C.E. credit is available for nurses; for more information see pages 34-35. $295

JOYCE UPKE

Carl Whitaker with seminarian

Week of May 7–12

Esalen will be closed to the public for these five days.

Weekend of May 12–14

A Special Weekend at Esalen

This weekend is open to all those who would like to spend time at Esalen, enjoying the grounds, the baths, and the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual. $160

Week of May 14–19

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Its emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press). $575

A Week with David Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week, participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and bouyant way of living. In an atmosphere based on warmth and humor, they will explore their capacity for mutual tenderness, respect, and

honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $575

Yoga: A Week of Learning and Rejuvenation

Ganga White & Tracey Rich

Presenting East/West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and which combines grace and flow with postures, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the art of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jnana (the yoga of wisdom and perception), participants will begin observing the thought processes and patterns that dictate their lives. They will look at the areas of love, responsibility, relationship, freedom, and death.

Participants of all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at: White Lotus, 2500 San Marcos Pass, Santa Barbara, CA 93105; (805) 964-1944. $575

Childhood Sexual Abuse: A Healing

Jessica Moore Britt

To guard against the hurts, fears, and confusion that sexual invasion of a child's physical and psychic boundaries can create, the child often abandons the place of conflict – the body. This withdrawal, though protective in nature, slowly begins to separate the child from her/his essential nature. This may be reflected in tension patterns, numbness, and oversensitivity and may further the child's sense of alienation from the world and self.

During this week, participants will move gently toward reintegrating their bodies and feelings with self. Participants will use gestalt practice, Reichian breath work, movement, touch, and meditation to re-enter their private world of memories and feelings. They may gain a deeper understanding that the learned idea of self as bad, based on the sexual abuse, is not the essential truth of who they are. The focus will be on allowing the hurt, negative feelings and doubts to be acknowledged, felt, and used as energetic seeds for reawakening a positive sense of self. Through the supportive group atmosphere, participants may discover that it is safe once again to embody beauty, life, and love.

Recommended reading: A.H. Almaas, *Diamond Heart* (Diamond Books); Alice Miller, *Thou Shalt Not Be Aware* (New American Library). $575

May 14–June 9

Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, page 32.

$2640 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

Weekend of May 19–21

The Modern Warrior: LET in Action

George Leonard & Jack Cirie

A man or woman with outward courage dares to die; A man or woman with inward courage dares to live. – Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the full, and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might well be necessary for men and women to reown the warrior ideal.

Through the centering and movement exercises of LET (Leonard Energy Training) as well as through various new games, participants will be invited to get in touch with their own unacknowledged powers, and thus to discover the hidden warrior within. Guidance will be offered on how to apply the warrior ideal to daily life. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton). $295

New Competences for an Age of Uncertainty

Donald Michael

A primary task that persons and organizations face in the next twenty years is that of learning to be better learners. This may sound obvious, but consider for a moment how much effort we expend disguising our uncertainty and ignorance and acting as if we really know what we are doing. There is a parallel between what happens when we pay close attention to the processes of the mind (in meditation, for instance) and when we study the vastly complex political, social, and economic processes and systems of the world. In both cases, it is possible to see how little we really know about ourselves as individuals and about the world. This recognition can be the starting point for embracing ignorance and vulnerability so that we can apply them to constructive engagement with our private and public worlds.

This seminar will introduce several skills, or what Donald Michael calls "new competences," that are necessary for making humane and effective decisions in situations where uncertainty can be the best occasion for learning – in organizational or independent work places and in interpersonal and family situations. These skills include: acknowledging high levels of uncertainty, error embracing, being future-responsive, boundary spanning, self-knowledge, and interpersonal competence.

The approach will be both cognitive and experiential. Participants will have the opportunity to learn to be more comfortable with their uncertainty, to reduce the need to act over-cautiously out of fear of making a mistake, and to minimize the need for those defensive posturings that make it so hard to act responsibly and compassionately. As a previous participant said, "This workshop is for those who are ready to move beyond the personal and want to effect change in public and private organizations." $295

Week of May 21–26

The Body is Spirit

Robert Hall

There is no difference between the bioenergetic streaming of daily body life and the divine spirit current or life force. We experience both as an on-going felt body sense. The human ego operates under the false assumption that it is somehow separate from that sense. So we spend our lives in constant negotiation and seeking: the so-called human condition. From this position, alienation is inevitable.

This workshop is designed to explore the possibility that we *are* that felt body sense, that

spirit current, and we are constantly, by nature, in relationship to everyone and everything that exists. Hopefully, we'll laugh a lot, too. There will be time for gestalt, individual body work, meditation, and getting to know each other well in a short time. $575

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables one to confront resistance and fear and which increases the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously. $575

The Hero's Journey in the Movies: Maps of Transformation

Phil Cousineau & Keith Thompson

One of the universal themes of mythology is the journey of the hero, a treasure map not just of exotic worlds but of the psyche. Although we may prefer to believe the hero is born a hero, the stories brought back by sojourners the world over tell us that wisdom and transformation are won through great trials.

Each session of this seminar will explore different hero maps as seen in the movies. Some of them are as old as antiquity, while others are as new as post-modern culture: the adventurer, the philosopher-king, the shaman-healer, the fool, the artist-inventor, the athlete and performer, the stranger in a strange land, and the anti-hero. This wide spectrum of archetypal journeys will be seen in film clips from such classics as *The Lion in Winter*, *Resurrection*, *Lust for Life*, *This Sporting Life*, *Close Encounters*, and *Rebel without a Cause*.

In addition, there will be film interviews with several leading writers and directors and the mythologist Joseph Campbell, guided imagery exercises, and group discussion.

Recommended reading: Joseph Campbell, *The Hero with a Thousand Faces* (Bollingen); James Hillman, *Healing Fiction* (Station Hill); Carol Pearson, *The Hero Within* (Harper & Row). $575

Weekend of May 26–28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 14-19. $295

Understanding Men

Sam Keen

This seminar is for men and women who are looking for a new sense of what it means to be a man, or to be in relationship with a man. It is an exploration and celebration of the essence of masculinity. Please bring an assortment of photographs from childhood to the present of family, friends, heroes, and lovers. Topics we will consider include:

- Myths: contemporary types and stereotypes of men; the rites and rights of manhood; the obsession with power; the warrior psyche.
- Work: jobs, work, professions, and the burden of economics; corporate and professional domestication of masculinity; meaning, purpose, and vocation: who are we when we are not working, controlling, or fighting?
- Love: the wisdom and folly of the penis; how do we deal with women's anger? fathers, mothers, and sons; fathering, nurturing, husbanding; male friendship; the gypsy and the homesteader.
- Virility: what do men fear – the shadow of masculinity; the spiritual quest of the male. $295

Week of May 28–June 2

Opening the Feelings

Dale Cummings & Gena Mayer Sorensen

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $575

Sensuousness and Asceticism

Brother David Steindl-Rast

Asceticism is sometimes mistaken for a life-denying self-torture that blocks all joy in sensuous beauty. Sensuousness, in turn, is misunderstood as abandonment to crude pleasure. Yet, asceticism is a term derived from athletic practice. Its goal is to heighten aliveness by discipline and training. This heightened aliveness increases and enhances sensuous delight.

A Benedictine monk for more than thirty years, Brother David has been trained in an ascetical tradition which aims at "life in fullness" and cultivates beauty in art, literature, and music. He will draw on the wealth of monastic tradition to give participants in this workshop a first-hand experience of honing their senses for greater enjoyment of life. Where could one find a better setting for this task than at Esalen? $575

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $575

Weekend of June 2–4

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to oneself, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants may learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their

own wisdom, and participate in the choice of expression or depression.

C.E. credit is available for nurses; for more information see pages 34-35. $295

New Ways of Thinking in Science and Theology

Fritjof Capra & Brother David Steindl-Rast

New ways of thinking are emerging in science and in theology. The new paradigms in these two areas show surprising parallels. Two great human enterprises of exploring reality are converging. But the new insights are not yet widely known.

In dialogue with each other and with participants, Fritjof Capra and Brother David will examine the evidence and probe its implications. The goal of this weekend workshop is twofold: to find through new ways of thinking new ways of responsible action in the world we share. $295

Week of June 4–9

Presence: Fluidity of Being

Elisa Lodge

Elisa Lodge writes: "Presence is a power that arises from a deep sense of self-worth and trust. It reflects a broadened vision and wholehearted acceptance of the varied facets of being. It is a state of dynamic balance where there is no unnecessary strain of self-defeating awkwardness. One is at home in oneself and at ease with the world.

"During this week, participants can gain a deepened appreciation of the elements in themselves that contribute to this timeless state of fluidity and ease. They will have an opportunity to experiment and explore how their bodies' shapes and forms, emotional histories, and self-images are intimately intertwined. This growing awareness is the basic grounding from which the creative experience of presence can be known. Movement patterns, the ways we walk and breathe, also reveal how we inhibit or allow our personal power. As we become more comfortable with ourselves, we transform not only the way we might carry our head or make contact with another, but our whole way of being in the world.

"This work is based on an approach woven from gestalt, psychosynthesis, Rolf movement, and performance art. Video feedback will be used." $575

The Hero's Journey

Paul Rebillot

Paul Rebillot writes: "Again and again in my work with people I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another – whether it be a child's discovery that there is no Santa Claus, an adolescent's awkward approach to puberty, an adult's marriage or ending of one, or a change of career. Every such change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That pattern is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"My purpose is to give people a chance to experience a rite of passage so that they can go into the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight."

Recommended reading: Joseph Campbell, *The Hero with a Thousand Faces* (Bollingen) and *Myths to Live By* (Bantam). $575

Advanced Enneagram Intensive

Helen Palmer

The enneagram is an ancient psychological typology that describes nine personality types and their interrelationships. Each type is defined by a chief mental and emotional preoccupation to which attention habitually returns. The types correlate well with the current categories of psychological practice, but can open us to the fact that the repeating preoccupations of heart and mind that we in the West tend to dismiss as merely neurotic can also be used as access points into states of awareness like empathy, omniscience, and love.

Beginning with a review of the nine types, this workshop will focus on advanced material that can best be understood through oral teaching methods. These include learning to recognize type by listening to the differences in people's stories, by learning to ask key questions, and by paying attention to one's own internal impressions when in the presence of the different types.

This program is for those who are already familiar with the nine personality types and who wish to broaden their understanding of the system. It is intended for anyone who is interested in: recognizing ways in which the nine types relate to each other in intimate partnership and in work-related settings; determining strategies for working with the types; developing competency with the patterns of attention that support each type; gaining an understanding of the higher human abilities that can develop from working with the issues of type.

This intensive can also be applied toward requirements for the enneagram teacher training program. It has been designed to support those who wish to use and teach the system within the scope of private practice, group work, or organizational development.

Recommended reading: Helen Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper & Row).

Recommended viewing: *Nine Portraits*, a videotape presentation of the nine personality types. Write to: 1442A Walnut St., Berkeley, CA 94709. $575

Weekend of June 9–11

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 28-June 2. $295

Glasnost, Perestroika, and Stalin

Vladimir Karpov, Yuri Afanasyev & Esalen Soviet-American Exchange Program Staff

This workshop brings together two outstanding figures from the U.S.S.R. as well as staff members of the Esalen Soviet-American Exchange Program. Vladimir Karpov, First Secretary of the powerful Union of Writers, and Yuri Afanasyev, the outspoken historian and director of the All-Union National Archive, will discuss glasnost, perestroika, and the ramifications of Stalin's legacy on Soviet culture today. They will talk about people who knew Stalin and speak frankly – regarding some issues for the first time ever – about the impact he had on Soviet culture and the world over the past fifty years. $295

Acts of Courage

David Schiffman

To take risks successfully requires courage, grit, and wisdom, knowing one's heart and being true to the dreams that live inside it, good timing, an adventuresome spirit, and the confidence to act. The focus of this week will be to fine-tune this creative risk-taking and to appreciate the "acts of courage" required for the undertaking. Elements such as mutual respect, honesty, and tenderness in the group situation will help participants deepen their appreciation of what is truly valuable in their lives. Time together will include traditional psychological practices as well as non-traditional, innovative approaches with music, movement, guided imagery, and structural repatterning. $295

The Further Reaches of Human Energy

George Leonard & Annie Styron Leonard

This workshop begins with a basic grounding in Leonard Energy Training (LET), in which problems can become opportunities, stress and pain can be transformed into gifts of energy, personal and social options can be multiplied, and the flow of vital energy enhanced. In addition to its practical applications, the workshop offers participants the possibility of experiencing their own latent powers of intuition and extraordinary sensing.

After their introduction to LET, participants move into experiments that push the limits of what are termed "normal" human capacities. Through such processes as scanning, tuning in to others' energy, focused surrender, and remote viewing, the group is given a chance to experience a crystalline state of intense aliveness without expectation and prejudgment. As George Leonard wrote in *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet: sensing the energy field of a friend or a tree, making connections that defy conventional space and time. . . . We realize, with the sorcerer, don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), *The Ultimate Athlete* (Viking), and *The Transformation* (Tarcher/Houghton Mifflin). $295

Week of June 11–16

Five-Day Massage Intensive

Robert Helm & Vicki Topp

This course will teach gentle, fundamental approaches to full body massage and the refined art of touch as communication and awareness through movement and breath rhythms. It is a basic program for those interested in developing hands-on skills.

Demonstrations will be augmented by supervised practice. Verbal material will include information about various approaches to body work and how massage can relieve physical and emotional stress.

C.E. credit is available for nurses; for more information see pages 34-35. $575

Sculpture: Inner and Outer Visions

Rachael Dutton

The seat of the soul is where the inner and outer worlds meet. – Novalis

Rachael Dutton writes: "My work is based on interactions of images from my dreams with the animistic qualities of materials such as branches, earth, and grasses. These materials function as collaborators, mediating inner and outer worlds.

"Workshop participants will work individually with images gleaned from dreams, memory, or moments of presence, using low-tech methods of construction and the natural resources of the farm area at Esalen. Additive sculpture methods, such as bundling, tying, stacking, can be just as personal as imagery; ways of linking physical components mirror associative processes in the mind. Participants will explore a multi-dimensional awareness of self as process and self as internal landscape coming to meet external landscape, using natural materials and the raw beauty of the Big Sur coastline to embody their personal visions.

"The workshop is open to artists at all levels of experience. Bring sketchbook, scissors, string, rags, and a plastic bucket."

Recommended reading: Robert Bly, editor, *News of the Universe* (Sierra); Rainer Maria Rilke, *Letters to a Young Poet* (Norton). $575

Gestalt Practice

Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear–
And when used – is inexhaustible.
– Lao Tzu

Gestalt is as old as the world.
– Fritz Perls

Gestalt practice is a form – nonanalytic, noncoercive, nonjudgmental – evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action,

FONG LEE

Paul Rebillot and the late Stanford Eugene Cates

gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Although open seat work is the primary form of this practice, guided fantasy, breath meditations, and movement sessions may be included.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press) and *In and Out the Garbage Pail*; John Heider, *The Tao of Leadership* (Humanics Ltd.).

C.E. credit is available for nurses; for more information see pages 34-35. $575

Weekend of June 16–18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 14-19. $295

The Esalen Soviet-American Exchange Program

Jim Garrison, Dulce Murphy, Claire Ryle & Visiting Soviet Colleagues

This weekend workshop will culminate seven days of intensive discussions with Soviets and Americans about current events in Soviet-American relations. The panel will include members of the Social and Economic Dialogues, a current project of the Esalen Soviet-American Exchange Program (SAEP), members of the SAEP staff, and some outstanding Soviet economists, cultural figures, historians, and artists. $295

Healing, Meditation, and Dzogchen

Sogyal Rinpoche

In the stillness and presence of meditation we discover a pure awareness, beyond the ordinary thinking mind, and catch a glimpse of our true nature, something long lost to the busyness and turmoil of our lives. The core of meditation practice is the releasing of heart and mind in deep ease and relaxation, dissolving tensions, and connecting with that tremendous source of healing within. Health is a state where all aspects of body and mind are in balance. Through meditation practice, the mind's natural freedom begins to shine through whatever arises in everyday life, bringing us confidence and skillfulness in our action.

At the heart of the Buddha's teachings lie the ancient meditation practices of Dzogchen, taught by Sogyal Rinpoche, a master who is heir to the 2,500 years of wisdom of Buddha. This weekend he will talk about Dzogchen and the Buddhist perspective. Some meditation practice will be included. $295

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais* Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods to improve their ability to sense each other's bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility – painlessly and immediately.

C.E. credit is available for nurses; for more information see pages 34-35. $295

* The Feldenkrais Guild

Week of June 18–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 14-19. $575

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*. $575

Mountains and Waves: Movement in Wilderness

Susan Harper & Steven Harper

Mountains and Waves is an invitation to explore natural movements inspired within the human organism by participation in nature. We listen to impulses within and to impulses of wilderness until "inner" and "outer" disappear. As we surrender to the intelligence which creates life in all its varied forms, we find ourselves moving in unexpected ways. Our awareness expands. We feel a larger sense of Self and wilderness and the creative wholeness of a greater dance.

The summer solstice occurs during this week, and we will take special time to create a ceremony in honor and celebration of our longest day. Sessions will be both indoors and outdoors. Evenings, some day sessions, and most meals will be at Esalen. We will also take short day hikes in Big Sur's backcountry. Participants need not have previous experience in hiking or dance. $575

A Workshop with Laura DeNuccio (Ma Prita)

If a proper reverence for the sanctity of the earth and the diversity of its people is the secret of peace and survival, then the adventure of self-discovery stands before us as the most practical of pleasures.
–Theodore Roszak, *Person/Planet*

Laura DeNuccio writes: "Within nature's seasonal cycles, one can observe a deep biological intelligence at play. The rhythms and patterns of the seasons reflect what occurs in every aspect of life – from the pulsation of the cell, to the ebb and flow of the deepest emotions, to the movement and expansion of the universe itself. In this workshop, the natural world will be the group's teacher as they explore the 'inner' terrain of their physical and emotional bodies and the 'outer' terrain of Esalen and Big Sur.

"Participants will use Reichian gestalt awareness and breath work, sound, creative movement, and meditation to balance and transform energy blocks in the body. In addition, they will use music, dance, power of the Spoken Word, and ritual to express their relationship with the earth and each other.

"No previous experience is needed, only a willingness to explore this adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms. Learning about one's body, natural instincts, and responses can lead one back to the ancient wisdom of the earth – and a return to sacredness and wholeness."

Recommended reading: Fields et al., *Chop Wood, Carry Water* (Tarcher); Shakti Gawain, *Creative Visualization* (Whatever Publishing); Peter Russell, *The Global Brain* (Tarcher); Stanley Keleman, *The Human Ground* (Center Press). $575

Weekend of June 23–25

Looking Over Meaning's Edge

Terence McKenna

Once again we create a chance to travel a different path. We will use syntactical flair, literary allusions, and reflections on the psychedelic experience to place ourselves in context at history's climax. Expect to discuss the Timewave, the timeless vision, and the challenge of living in an evolving, thinking, fractal world. $295

Preparing for the 21st Century: The Teacher as Warrior

Betty Halpern, Patricia Monighan-Nourot, Lia Thompson-Clark & Janet Lederman

Essential issues to be considered in this weekend seminar on teacher development include: how to create an environment that supports confidence, competence, and compassion; the role of play in the curriculum (play and aggression; play and gender roles; play and age); how teachers can advocate for children (working with families and the community); the teacher as warrior or the teacher as wimp: developing leadership in your own setting; professionalism and relationships between staff and administrators.

Lectures, discussion, role playing, experiential exercises, and observation at Gazebo School (Esalen's children's center) will be some of the strategies used. This workshop is designed for teachers and administrators in any school setting. $295

Achieving Sustained High Performance

Jerry & Kathleen Fletcher

Everyone has had the experience of suddenly doing something much better than expected, yet, until recently, little has been understood about these high performance experiences. People assumed such times were lucky accidents. More significantly, even if they could perform at high levels for short times, they assumed there was no way to sustain such performance without stress, fatigue, and eventual burnout.

Eight years of research and testing make it clear that these times of exceptional performance are not capricious. Each individual has a unique set of conditions under which he or she performs surprisingly well. Once people learn their personal high performance patterns, they can deliberately create the conditions they need to sustain their high performance behavior. They do not need to subject themselves to the strain of short peak periods of high output followed by long recovery cycles.

This seminar presents a process for individuals to determine their high performance patterns and conditions. Developed through years of work with successful managers, executives, and professionals, it offers how to go from competent to exceptional performance in a way that can be sustained. $295

Children of Chaos: Recovery from the Aftermaths of Alcoholism

Mariah Fenton Gladis

The road to recovery for Adult Children of Alcoholics and others whose parents have been dysfunctional or abusive is challenging and can be deeply rewarding. It requires determination, lifelong commitment, and positive therapeutic experiences. This workshop offers participants an opportunity to take a major step toward health. Group members will work toward transforming their personal histories from one of liability to one of strength and wisdom, focusing on the promotion of healing in four fundamental relationships:

- With oneself: developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of chronic trauma.
- With others: improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries.
- In the world: moving away from chaos and deprivation toward stability and abundance.
- Spiritually: searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

The workshop will be experiential *and* didactic, blending individual and group gestalt work, music, spiritual healing, body work, and personal metaphor. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals working with ACAs.

C.E. credit is available for nurses; for more information see pages 34-35. $295

Week of June 25–30

Five Days with Janet Zuckerman

This workshop continues Esalen's tradition of interpersonal and intrapersonal work on emotional process. It is based on these premises: that unfinished business is projected into current relationships, interfering with one's ability to be in the present, and that by emotional release one may cleanse the doors of perception. Tools for exploration will include the open seat, a tennis racket, pillows, and a sense of humor.

C.E. credit is available for nurses; for more information see pages 34-35. $575

Five Days with Claudio Naranjo

Widely known as a theorist of "the ways of growth," Chilean psychiatrist Claudio Naranjo is a teacher, therapist, and community builder with a background in psychoanalytic and psychedelic therapy. He came to California in the mid-60s, received gestalt training from Perls and Simkin, and later became a member of the first Esalen gestalt team. He has taught at UC and Nyingma Institute. Among his books are *The One Quest* and *The Psychology of Meditation*.

During these five days, he will offer spiritual and psychological exercises – such as doing nothing in silent immobility and being oneself among others – as well as time for talking about "what it is all about," for deepening self-insight, for contemplation, and for subtle sensing. $575

Intermediate Cranial Workshop

Jim Asher & Jane Harrington

This Level Two cranial workshop is for those who have taken a basic cranial workshop on the membrane/fluid systems. It will be hands-

on and will review the vertical and horizontal systems with alternate holds for each phase. Much of the emphasis will be on the head, jaw, neck, pelvis, and diaphragm systems. Mouthwork practices that reduce strain and compression patterns as they relate to the maxilla, sphenoid, and ethmoid complex and to pituitary and sinus problems will be shown. Participants will practice balanced movement of the body to support themselves while working, as well as movement patterns which can be taught to their clients to support cranial changes.

Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system. Unwinding, a method which can release strains throughout the body at the somatic and emotional levels, will be emphasized in this workshop. Sphenobasilar strain patterns, whip lash, bulb compression, dural tube freedom, and the fluid system will also be covered. There will be time for case studies and questions about specific problems.

C.E. credit is available for nurses; for more information see pages 34-35. $575

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in the mood of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for: people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based in trust and goodwill with maximum emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $575

Weekend of June 30–July 2

Writing and the Act of Creation

George Leonard

Participants will be encouraged to break through ego-barriers and cultural conditioning that inhibit expression. In so doing, they will have a chance to experience the creativity that is inherent in all of life. There will be little in the way of theoretical discussion and no critiques of past works. Simple movement exercises will serve to reduce stress, free the mind, and focus the will. Participants will have the opportunity to write furiously in the here and now and to get immediate feedback. Before the weekend has passed, they in all probability will have completed a short article or fictional work and will have experienced some of the joys and heartaches that accompany publication. Bring pencils, pens, or portable typewriters – and plenty of paper.

Recommended reading: Strunk and White, *The Elements of Style* (Macmillan); George Leonard, *The Silent Pulse* (Dutton) and *Walking on the Edge of the World* (Houghton Mifflin). $295

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji with Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

(Note: Olatunji will extend his stay through the Fourth of July week. Please see his July 2-7 workshop description.) $295

Love and Work

Anne & John Caple

"Work is love made visible," wrote Kahlil Gibran. Work, like love, is a measure of our humanness and our capacity for living. Love and work, when made visible to ourselves and others, grow in potency and value.

Starting with the hero's journey as described by Joseph Campbell, participants will explore the relationship between love and work in the world and in their lives. They will build on the story of Psyche and Amor and engage mythic images as allies in understanding their past and creating their future. Both the head and the heart will be honored.

This workshop is for those in transition or in doubt about their life's direction. It is for those who want to make sense of their experience in order to make the most of their prospects. It is for those willing to consider a larger vision and commit to a personal action plan.

Recommended reading: John Caple, *The Right Work* (Dodd, Mead & Co.). $295

Week of July 2–7

Fourth of July Week with Babatunde Olatunji

and Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

During this Fourth of July week, Babatunde Olatunji and his ensemble will continue their *Language of the Drums* workshop, offering participants the chance to become deeply immersed in the study and re-creation of African drum sounds and rhythms. Please see his June 30-July 2 workshop description for more information. $575

Personal Trance: Hypnotic Skills for the Everyday World

Norman Katz & Marc Lehrer

To become a master of personal trance requires a skillful interplay between the conscious and unconscious aspects of the self. Developing focused attention, relaxation skills, and the use of suggestion in everyday life is integral to this process. This seminar teaches how to use common shifts of consciousness to help with personal problems, habit patterns, sports and physical movement, creativity, and pain reduction, and to reinforce positive changes in these areas.

Participants will use structured inductions, humor, play, music, and storytelling to shift from one trance state to another, to recognize how others influence one's trance, and to reframe situations for optimum solutions and well-being. They will practice hypnotic skill-training, visualization, self-induction, regres-

sion, and communication methods in the Ericksonian tradition. $575

Five-Day Advanced Massage Workshop: Trigger Point

Arthur Maurer & David Streeter

Trigger point massage is the movement of myofascial tissue through soft, deep contact with various pressure points of the body. This method allows the practitioner to locate areas of muscular tension and skeletal restriction, and alleviate traumas and toxins in the body.

This workshop is suggested for body workers, holistic health care practitioners, nurses and physicians, physical therapists, chiropractors, and athletes who want to expand their hands-on skills. Anatomy and physiology, as they apply to this pressure point method, as well as structural alignment and movement, will be integrated into these five days. Through these tools, participants and their clients may achieve and enjoy a more fluid, focused, and integrated body.

C.E. credit is available for nurses; for more information see pages 34-35. $575

Psychology of Spiritual Essence: Introduction to Ridhwan Work

The Ridhwan Work School Faculty

Ridhwan, translated from Arabic, means contentment. The Ridhwan Work School is dedicated to the development of the human essence. It uses primarily the Diamond Approach, a modern, psychological method used as a spiritual practice, to guide students to a precise understanding of their personal experience. By understanding one's discontent, longing, emptiness, and life situations, it becomes possible to realize the innate aspects of love, awareness, will, and joy. Such precision offers psychological clarity and ultimately leads to spiritual presence.

This workshop will use conceptual presentations, interpersonal exercises, meditation, and personal emotional work to activate the essential aspects of presence and resolve the psychological barriers against them. It is for individuals who have done a lot of emotional and growth work, and speaks to the longing of the heart for what will truly fulfill it. In such a short time, participants may only get a taste of this essence, but they can go a long way in terms of awakening their sleeping potential. Private sessions will be available for an additional fee.

Recommended reading: A.H. Almaas, *The Elixir of Enlightenment* (Weiser), *Essence* (Weiser), *The Void* (Diamond Books), *The Diamond Heart*, vols. I & II (Diamond Books), and *The Pearl Beyond Price* (Diamond Books). $575

Weekend of July 7–9

Process-Oriented Movement and Psychology

Amy & Arnold Mindell

Movement is a non-verbal, cross-cultural method of accessing the psyche which can be used with children and adults in normal and extreme states. Movement, however, is only one channel in Process-Oriented Psychology, and although these two days will focus on movement exercises and intervention, participants will integrate the work with dreams, auditory experiences, relationships, body and symptom work, and the search for a meaningful or spiritual life. Saturday night will be an "open seat," allowing anyone to work on anything and to deviate from the otherwise linear training. (Please note: this will be a large seminar.)

Recommended reading: Arnold Mindell, *Working with the Dreaming Body*; *The Dreambody in Relationships*; *River's Way*; *City Shadows* (all: Routledge Press), and *Dreambody* (Sigo Press). $295

The Mobius Workshop in Expanded Human Performance

Stephan A. Schwartz

The phenomenon of expanded human performance in the realms of creativity, psychic archaeology, and healing will be the focus of this workshop, which will blend objective information with subjective experience. The workshop will open with video tapes of archaeological expeditions to Egypt, the Mediterranean, and the Caribbean, in which ordinary people used "remote viewing," or clairvoyance, to locate sunken ships and buried buildings. Participants will also be given information on the age-old phenomenon of healing. Actual experiments and what scientists have been able to learn from them will be the basis for discussion. The goal of this Friday evening presentation is to provide participants with a shared body of information to be used in understanding subsequent subjective events triggered by the workshop.

Saturday's sessions will be experiential. Participants will use methods grounded in laboratory research to experience expanded states of consciousness and will practice intuitive diagnosis and healing skills. Approaches to effective meditation and methods for producing substantive changes in life patterns will conclude the weekend. Participants will be given notebooks containing information for continuing practice after the workshop. $295

July 7–14

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting – to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$870 (plus $30 materials fee paid directly to the leaders)

Week of July 9–14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 14-19. $575

Being Real

Seymour Carter & Abraham Levitsky

The process of self-realization is frightening. Self-discovery involves danger and risk. Each step in the process is laden with conflict: Do I dare? Shall I choose familiarity or fascination? Shall I risk something new and creative? How do I leave the safe and convenient habits I have formed and stride into the unknown and unformed future?

Participants will examine the possibility of choice, the myth of helplessness, and the conflicts and challenges evoked by the freedom to choose their own existence. Using gestalt methods of awareness enhancement and experimenting with new behavior, they will expand the range of their possibilities for being in the world. The workshop leaders are two long-time gestalt practitioners who wish to revive the existential roots of the gestalt approach. $575

Zero Balancing:
Beginning/Intermediate Workshop

Fritz Smith

Zero Balancing is a simple method for aligning the body structure and energy field. The structural-energetic interface of the body is beneath conscious awareness, and when imbalances occur at this level, the body tends to compensate around them rather than resolve them directly. This often leads to loss of vitality, chronic body pain, and lessened potential for vibrant health. Zero Balancing assists in overcoming these patterns of imbalance.

In this workshop, traditional anatomy, physiology, and kinesiology will be reviewed, and Eastern concepts of chi energy, its movement in the body, and the chakra system will be discussed. The system of Zero Balancing will then be presented, including specific guidelines for evaluating and balancing the structural-energetic interface in the body. The workshop will be both didactic and experiential, with the main emphasis on new skills in body handling. This is an accredited program toward Zero Balancing certification.

Recommended reading: Frederick Smith, *Inner Bridges: A Guide to Energy Movement and Body Structure* (Humanics Ltd.).

C.E. credit is available for nurses; for more information see pages 34-35. $575

Weekend of July 14–16

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 14-19. $295

Body Rejuvenation:
A Weekend with Dub Leigh

The goal of this seminar is to start to rejuvenate the body, mind, and spirit. A fast way to do this is to work the body. Transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain. You will then have changed the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat one.

The recipe for how to begin to rejuvenate a body in one session will be demonstrated to the group, and then experienced and performed by each participant.

This seminar is recommended for everyone. The older you are, the more stuff you have to work with. Class size is limited (two students per table). Bring a swimsuit – two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press). $295

The Kabbalah:
Doorway to the Inner World

Edward Hoffman

For more than 2,000 years, adepts of the Kabbalah, the Jewish mystical tradition, have explored the nature of the human mind and its vast potential. They have addressed in considerable detail such intriguing topics as dreams, meditation, altered states of consciousness, the mind-body unity, and how to awaken one's higher capabilities. In recent years, a true renaissance of interest in the Kabbalah has occurred. Throughout the world, men and women are discovering the wisdom and power of this ancient system of knowledge.

This workshop will combine information and experiential methods to make personally relevant the Jewish mystical approach to the inner world. It will examine specific concepts and methods from the Kabbalah as they relate to the transformational paradigm emerging in Western psychology. The traditional Kabbalistic emphasis on developing "Kavvanah" (intentionality) and imagination will be highlighted. $295

Fighting and Loving:
On Conflict and Intimacy

Ofer Zur

This workshop is for individuals and couples to explore their psychic battlefields – sexual as well as political. It will shed light on how people create enemies, get attached to them, and ultimately either love, kill, or "dance" with them. Experiential work, personal myths, and visual imagery will be used to explore the following key issues:

- The role of conflict in sustaining intimacy
- Loving and fighting: dancing with one's shadows
- Intimate enemies, past and present
- Gender, sexuality, and aggression
- Style of fighting: overt and covert
- Violent relationships: rethinking aggression and victims
- The myth of the warrior and the beautiful soul
- Surviving the nuclear family and the nuclear era
- Men and war: is man the maker of war, or war the maker of man?
- Women and war: victims or co-contributors?

$295

Exploring the World of Lucid Dreaming

Stephen LaBerge

Lucid dreaming means dreaming while knowing that one is dreaming. The wakeful consciousness of this extraordinary state allows for creative responses to dreams and affords the opportunity to control them. This control gives the freedom to explore a remarkable range of possibilities, from indulging in one's wildest fantasies to following one's highest spiritual aspirations.

For most individuals, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so, and workshop participants will be shown how to develop the skill of lucid dreaming. They will have the opportunity to use a feedback device for the induction of lucid dreams. The device, called The Dreamlight™, consists of a sleep mask fitted with sensors and lights connected to a small box that causes the lights to flash during REM (dreaming) sleep. When the lights flash, the dreamer can remember that he/she is dreaming.

This workshop is intended for avid dreamers. It will include discussions and experiential demonstrations of the nature of consciousness and how individuals construct their perceptual worlds. Participants will be exposed to a variety of uses of lucid dreaming, including self-exploration, creative problem-solving, healing, adventure, and perhaps most important, a way of self-integration leading to the transpersonal realms.

Recommended reading: Stephen LaBerge, *Lucid Dreaming* (Ballantine).

$295 (plus $20 Dreamlight™ rental fee paid directly to the leader)

Week of July 16–21

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 28-June 2. $575

An Intimate Community

Joel Dueck, Anne Ruderman & Linda Rice-Mandigo

Feelings give us knowledge, depth, and pleasure, but only when they flow unobstructed into our lives. Relating to others is a function of being able to express those feelings openly and directly. In this workshop, participants will have opportunities to feel deep parts of themselves and translate their individual work into

quality interactions. Collectively, the risks we take in revealing ourselves create an intimate community.

The workshop leaders have worked together for eight years. They are intrigued with community and see it as a central aspect to modern life. They are trained in various disciplines and may use Reichian emotional release, breathing sessions, group process, play, nurturing, confrontation, and spiritual healing while working with workshop participants. $575

The Body and Zen

Dub Leigh

The goal of this seminar is twofold: 1) to use body work methods and principles for releasing tension, trauma, and toxins from connective tissue; and 2) to circulate the vital energy in an aligned body. The group will draw from Rolfing* (structure), Feldenkrais* (function), and Zen (energy), to obtain these goals.

This is a hands-on workshop. Participants will give and receive body work and will learn methods to recognize, work with, and relieve some types of chronic muscle pain. The class will be limited in size (two people per table). Participants are asked to bring a swimsuit – two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press).

C.E. credit is available for nurses; for more information see pages 34-35. $575

* Rolfing is a service mark of the Rolf Institute

The Many Faces of Meditation (Ancient and Contemporary Forms)

Kathleen O'Shaughnessy

Throughout history, the common denominator for accessing "The Wide Place" has been *participation of the mind in an activity with the body in the present moment.* Whether it is the shaman lost in drum and rattle rhythms, the yogi exploring the minute kinesthetic textures of posturing, the Tibetan chanter drowning mind and senses in a sea of mantra sounds, the zazen practitioner exploring the weavings of mind and breath, or the Christian in rich and heartful repetition of prayer, practice is based upon the joining of mind and body.

Through this commonality of intricate "taking part in," workshop participants will minutely examine:

- Japanese Soto Zen sitting practice
- Hatha Yoga
- Kum Nye (Tibetan Yoga)
- Continuum* movement/sound/breath dimensions (*developed by Emilie Conrad-Da'oud)
- Meditation through another human by touch, involving the poetics of the heart meridian and listening for the core pulse of the cerebro-spinal fluid

Maximum time will be spent in personal involvement with these modes. Enrollment will be limited to 12 persons. Participants are asked to wear layered, loose clothing and to bring a mat. $575

The Buddha, the Goddess, and N.L.P.

Eli Jaxon-Bear & Antoinette Varner

The Buddha is a model for compassionate emptiness. The Goddess is a model for passionate involvement in form. Neurolinguistic Programming (N.L.P.) is a structure for understanding, modeling, and changing human behavior and consciousness. It can be used for leaving behind old baggage and focusing or polishing the filters of perception. Set in the context of Buddhist psychology and practice, N.L.P. offers the choice to utilize gracefully the core issues of life as ally and teacher.

This workshop combines the power of hypnosis and N.L.P. within the context of a spiritual journey. Participants will use Zen meditation, Taoist yoga, movement, and trance work to invoke the perfected states of the Buddha and the Goddess already within.

Recommended reading: Chogyam Trungpa, *Shambhala* (Shambhala); W. Evans-Wentz, *Tibetan Book of the Great Liberation* (Oxford Univ. Press); Bandler and Grinder, *Frogs into Princes* (Real People Press); M. Zimmer Bradley, *The Mists of Avalon* (Knopf); Starhawk, *Dreaming the Dark* (Beacon Press). $575

Weekend of July 21–23

Weekend Massage Intensive

Laurie Schutz & Esalen Massage Practitioners

For workshop description see May 5-7. $295

Self-Acceptance

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The degree to which we allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop, participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support, participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics. $295

Imagery: Exploring the Body/Mind Bridge

Jeanne Achterberg & Frank Laulis

The imagination is a perennial, yet newly celebrated, healing resource. It is a bridge between body and mind, a manifestation of the human spirit. The image forms the creative juices and allows transcendence.

This workshop will explore, beyond the confines of modern medicine and psychology, the potent realm of imagination as healer. The potential for self- and transpersonal healing will be experienced through sound, image, meditation, and other tools to shift consciousness. A rationale for the use of mind in the crisis of illness will be given, using information on the forefront of science.

The presenters, pioneers in the study and practice of imagery, will introduce their ideas, practices, and visions for the future. The workshop may be of interest to persons who are working or studying in the health professions and to those who are confronted with chronic or catastrophic illness.

C.E. credit is available for nurses; for more information see pages 34-35. $295

Seeing with New Eyes: Developing Psychic Sight Through Compassion™

Elizabeth Stratton

As newborns we see the world "as it is." As we grow, we are taught by parents, education, and the media to see the world through preaccepted belief systems. Our natural psychic clarity dims, and we can no longer see the truth of who or what is right in front of us. Reclaiming and developing our natural psychic sight necessitates stripping away these veils of illusion and seeing the world and people in it through the eyes of compassion.

This training in psychic development teaches how to see with clarity and compassion. Participants will be shown how to reopen and trust their natural gifts of clairvoyance, clairsentience, clairaudience, and telepathy. Specially designed exercises will enable them to: communicate with someone mind-to-mind at a distance; see into a person's childhood, including the accompanying trauma, loss, or pain that creates who they are today; see and interpret symbols, images, colors and auras; use inner sight to scan the physical body for

signs of stress and disease; tap into the unconscious for healing purposes.

Designed for everyone who would like to see life and others with more clarity and compassion, these two days are of special value to health professionals who would like to see beyond the labels and directly into the hearts of the people in their care.

C.E. credit is available for nurses; for more information see pages 34-35. $295

Week of July 23–28

Gestalt Practice

Christine Stewart Price

For workshop description see June 11-16. $575

Women, Renewal, and the Earth: A Psychosynthesis Retreat

Lenore Lefer & Anne Yoemans

These five days will offer a retreat for women, integrating psychosynthesis process work, yoga, walking meditation, and dream work, in an environment that is nurturing, empowering, and renewing. It will be an opportunity for participants to share their concerns, which may range from the personal to the planetary. The schedule and focus will be flexible and will reflect the wishes and needs of the group members. Time will be available each day for solitude as well as for group process work.

The leaders will share their work in the areas of dreams and the unconscious, peace-making and non-violence. Participants are invited to bring those issues which are on their minds and in their hearts, a few recent dreams, and a piece of news that gives them hope. $575

The Subtle Self in Motion

Judy Blackstone

This workshop is for people who are ready for the subtle, concentrated work required to truly inhabit their bodies. Participants will use mind-breath-body exercises to awaken consciousness of the inner depths of the body, to attune to the emotional underpinnings of bodily tensions, and to release the bound energy of old pain.

The personal themes which emerge from this work will be explored verbally in a supportive group setting and in a free movement class for the expression of deeper, non-verbal experience. There will be daily meditation practice as well as sound and visualization exercises for penetrating to the core of the body-mind, to a level of unified awareness. Through this unbroken contact with the self, participants may discover the joy, health, and spontaneity of their essential nature. This workshop will not be physically taxing; participants should have previous experience with introspective work. $575

The Intelligent Body, The Sensuous Body

Thomas Hanna

Premise: Clarity of self-awareness and clarity of body control grow together or decline together. Participants will explore how greater sensitivity to the inner self enhances the body's ability to act and to relax and how this ability in turn enhances kinesthetic awareness.

The program will introduce gentle movements and use of imagery as well as instruction in the principles of many different kinds of body work and exercise systems – particularly that of Moshe Feldenkrais. There will also be demonstrations of how new sensory information can lead to dramatic changes in posture.

Those who wish advanced knowledge in systems of body work may find the weekend profitable, as may those who have habitual aches or have difficulty relaxing.

Recommended reading: Thomas Hanna, *Somatics* (Addison-Wesley). $575

Touching Spirit: Dimensions of Psychic Healing™

Elizabeth Stratton

Psychic healing bridges the physical and the spiritual. Touching as a healing act has been practiced through recorded history by practitioners of the sacred as well as the secular: healers, shamans, priests, doctors, and mothers. In the past ten years, physics and modern medicine have come to an acknowledgment of the radically relational nature of our universe. Nothing and no one functions in a void.

Human emotions affect the functioning of the body, and illness is often an outgrowth of this mind-body link. Semi-dissociative states that are induced by prayer, meditation, and trance have been found to provide a fertile ground for healing to take place. It has been discovered that "multiple personalities" exhibit different states of health in each personality. The placebo effect has become one of the most respected and well-studied issues in healing today.

A psychic healer is one who can help connect the physical, emotional, mental, and spiritual levels of another person's being with healing intention through the use of touch. This workshop will explore, both didactically and experientially, the sacred and secular uses of touch, modern theories of disease formation and healing mechanisms, the use of psychic sight in healing, forgiveness as transformational cleansing, and the channeling of healing energy through the laying on of hands.

C.E. credit is available for nurses; for more information see pages 34-35. $575

Weekend of July 28–30

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 28-June 2. $295

Adventures in Self-Exploration

Stanislav Grof

The process of self-exploration in this workshop will be based theoretically and practically on observations from modern consciousness research. The method of holonomic integration, developed by Stan and Christina Grof, combines evocative music, controlled breathing, facilitative body work, and mandala drawing. It uses a model of the psyche that includes the biographical-recollective level, the dynamics of the death-rebirth process, and the spectrum of transpersonal experiences. All participants will have the opportunity to be experiencers as well as facilitators or "sitters." Special emphasis will be placed on the relevance of this work for management of transpersonal crisis. $295

The Quantum Mechanics of Everyday Life

Nick Herbert

Quantum theory, our most up-to-date description of the physical world and the conceptual basis for computer chips, lasers, and superconductors, leads us to believe that atoms and other quantum entities dwell in a bizarre state of existence quite different from the stable world of the macrocosm. On the level of everyday life, quantum effects are imperceptibly small, but what of the world of the mind?

Reviewing basic quantum reality in a non-mathematical fashion, the leader and participants will explore the hypothesis that human consciousness is a quantum effect, reinterpreting familiar experiences and seeking new ones compatible with a quantum-based model of mind. Three key concepts to be examined in this context are freedom, ambiguity, and connectedness. $295

Therapeutic Touch: Theory and Practice

Janet Quinn

Therapeutic Touch (TT) is an approach to healing which can be learned by people who

have the intent to help. It is a derivative of the laying on of hands, but need not be practiced within a religious framework. It is a powerful tool for actualizing the innate healing capacities of both recipient and provider. TT has been taught to over 20,000 nurses nationally and abroad, as well as to lay people with an interest in healing.

This workshop will explore the theoretical foundations and clinical applications of Therapeutic Touch, blending didactic and experiential materials into a grounded, balanced approach. The experiential aspects will allow for the exploration of the need to care and love. The practitioner of TT embarks on a journey to empower the healer and, in the process, to be healed. The work of remembering how to care, how to connect in unconditional love, and how to heal is seen as the only hope for personal, community, and planetary survival.

C.E. credit is available for nurses; for more information see pages 34-35. $295

Week of July 30–August 4

Creating Musical Theater—and Television!

Bradley Bernstein, Didi Conn, Nancy Kaye Lunney, David Shire & Kenneth Van Sickle

Creating Musical Theater is an experiential workshop in acting, singing, performing, and production. And for those who would rather be behind the camera, this year there will be an added new dimension: video and television! The group will come together through acting exercises, singing gestalt, Spolin theater games, and script construction, leading to the creation of an entirely original show presented to the Esalen community on the final evening of the workshop. Participants will combine video with live performance to create a truly mixed-media event.

The "all-star" staff includes a stage and screen actress, an Oscar-winning composer, a cinematographer (who doubles as a t'ai chi teacher), an accomplished vocal coach/accompanist, and a multi-faceted director. They will provide a lively pace and variety of experiences at each stage of preparation and production.

During the week, both inexperienced and experienced participants will be taught the basics of improvisational acting as well as how to heighten and focus energy, enhance communication skills, and extend powers of observation and concentration. It can be an enjoyable and educational experience in self-discovery culminating in the excitement of . . . Opening Night! $575

Risking Something Different

Alan Schwartz

The purpose of this week of developmental risk-taking is to effect meaningful change in the way we perceive ourselves through a process of understanding and experiment. The understanding evolves from both learning and wanting to learn about the biology of our behavior, i.e., what we are and how we got that way. The experiment will be learning to risk the truth on physical, emotional, and conceptual levels within the support structure of the group. One result may be healing the personality of the negative conditioning processes of a lifetime. Another may be learning what it feels like to be accepted as a no-frills human being. Neo-Reichian and gestalt models will be used in this workshop for both the timid and the courageous.

Recommended reading: Alan Schwartz, *Life Force – Death Force: The Structure of Human Energy and the Biology of Greed* (Vantage). $575

Vipassana Week

Sylvia Boorstein

Vipassana meditation develops direct and profound awareness of the impermanent nature of all experience. It is understood that suffering results from the struggle to resist change, to hold on to pleasant experience while resisting unpleasant experience. Vipassana practice cultivates the personal equanimity which allows for balance in the midst of change while promoting the calmness and energy that lead to personal contentment and compassionate social response.

The format for this contemplative week will alternate periods of sitting and walking meditation. Participants will use methods to calm the mind and body while developing a more focused attention. There will be guided movement sessions each day, instruction, and discussion periods in which theoretical explanations of the practice will be offered. Participants will be encouraged to maintain a spirit of silence throughout the week. $575

Introduction to Craniosacral Work

Hugh Milne

This workshop will introduce the theory and practice of craniosacral work, a subtle, careful, and delicate way of working with the body. It can be used to help people with a wide variety of symptoms, from cluster headaches to thoracic outlet syndrome to peripheral ischaemia. While very powerful, this is an inherently safe approach if it is studied from both analytical and intuitive models. To this end, the class will devote an equal portion of time to academic study and to practical, hands-on experience. Emphasis will be especially placed on visual and tactile diagnosis. In China, this way is called "the art of listening." Practice of the demonstrated methods will be encouraged from day one so that a high standard of individual experience can be gained as the class unfolds.

This workshop is for health practitioners who already have an extensive background in body work. A sound, basic knowledge of cranial anatomy is a prerequisite.

C.E. credit is available for nurses; for more information see pages 34-35. $575

Hypnotic Innovations: Investigations in Living, Using Ericksonian Hypnosis

Paul Lounsbury & Nancy Winston

In the moment before a new idea unfolds, our attention becomes so fully focused that time seems to disappear. Perhaps, without quite realizing it, we forget where we are and what's around us. These spontaneous states are the stuff out of which hypnotic experience unfolds and through which unconscious possibilities take form.

In this workshop, participants will investigate the hypnotic approaches developed by Milton Erickson and the systemic principles generated from Gregory Bateson's research in communication. They will explore how unconscious processes can be mobilized to creatively disrupt limiting life patterns, to organize innovative behaviors outside the range of normal conscious controls, and to more fully optimize their current living and work situations. Structured trance experiments and discussion will support the week's work.

This workshop may be of special interest to those in the helping professions as well as managers who want to expand their frames of reference and extend their understanding of Ericksonian hypnosis and communication skills. $575

Weekend of August 4–6

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

For workshop description see June 16-18. $295

Rubenfeld Synergy®: Healing the Mind/Body Connection

Ilana Rubenfeld

This workshop will provide an introduction to the Rubenfeld Synergy® Method, a healing system that uses gentle touch, movement, gestalt practice, creative imagination, music, and humor.

The memories and emotions stored in the body can result in energy blocks and imbalances. Through exercises designed to contact, release, transform, and balance these cellular patterns, participants can freely explore their innate healing potential. The atmosphere is one of acceptance, caring, and laughter, encouraging participants to move toward integration, empowerment, freedom, and new possibilities.

Participation in this workshop will fulfill one of the requirements for acceptance into the Rubenfeld Synergy® Training Program. $295

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion.

This seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate Vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala). $295

Homeopathy: Medicine for the 21st Century

Dana Ullman

Medicine in the 21st century will be both high-tech and high-touch. Homeopathic medicine synthesizes these normally disparate characteristics. It is a medical science and art that integrates ancient principles of healing with a sophisticated and systematic method of using natural drugs which stimulate the body's immune and defense systems.

TOM GALLOWAY

Ram Dass

This seminar will discuss homeopathic medicine in the light of new developments in physiology, physics, and immunology and will integrate this information with insights from Jungian psychology, systems thinking, and "energy medicine." Ecological thinking as it directly relates to the homeopathic approach to infectious disease, including AIDS, will also be discussed. Participants will be shown how to use at least 15 homeopathic medicines for common sports injuries, women's health problems, pediatric conditions, and infectious diseases. Information for further studies in homeopathy, either for personal or professional interests, will be provided.

C.E. credit is available for nurses; for more information see pages 34-35. $295

The Re-emergence of the Goddess: A New Consciousness for Women and Men

Elinor Gadon

A new consciousness is growing among women and men, an awareness of the deep connectedness and relationship of all life. The Goddess has emerged as metaphor and symbol for the transformation of contemporary culture into a truly humanistic one. A feminine consciousness valuing insight, intuition, feeling, and emotion is replacing the dominant masculine one of hierarchy, competitiveness, and aggression. Women's bodies and human sexuality are being re-sacralized in the spirit of the Great Goddess, and with this awareness comes the understanding of *eros* as the life force, the source of creativity and human connection.

Gaia, the Earth Goddess, has given her name to the new hypothesis which sees our planet, Earth, as a living, self-generating organism. Goddess politics are Green, the grassroots movement which stands for earth wisdom, deep ecology, economic decentralization, and non-violence. Goddess healing is holistic, acknowledging the power of the esoteric. The new spirituality is one of immanence – the Goddess within both women and men.

This workshop will explore the role and meaning of the Goddess in past cultures and living tradition, using the visual arts to identify symbols and images which have shaped personal world view. Through dialogue and ritual, participants will connect the emerging new values to their own life experiences. $295

August 5–12

A Gentle Trip in the High Sierra

Maurica Anderson & Tom Newell

For workshop description see Wilderness Programs, page 37. $570

Week of August 6–11

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 14-19. $575

The Art of Self-Care: Who Helps the Helper? Who Heals the Healer?

Ilana Rubenfeld

The leader, who developed the Rubenfeld Synergy® Method – a dynamic synthesis of the Alexander Technique, Feldenkrais® Method, and gestalt practice – offers this week for people who want to take better care of themselves in their personal and professional lives. She will help participants get in touch with messages stored in the body to free them from patterns which no longer serve them.

Sessions include one-to-one demonstrations, movement exercises, breathing patterns, and kinesthetic awareness experiences. Through play, laughter, work, and caring touch, participants will learn to honor and heal themselves

while contributing to family, friends, and clients. This workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy® Training Program. $575

Healing the Wounded Heart: The Art of Re-bonding

George Kohlrieser

From cradle to grave, life involves a changing script of "affectional bonds." These bonds are different from dependency and are essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with particular others, a way to explain many forms of physical, emotional, and spiritual distress, including emotional detachment, depression, and burnout. Life energy is connected to the quality and depth of emotional bonding.

This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and bonding work to understand, create, and celebrate positive emotional attachments.

Recommended reading: James Lynch, *The Language of the Heart: The Body's Response to Human Dialogue* (Basic Books); John Bowlby, *Attachment and Loss, Volume 3: Loss, Sadness, and Depression* (Basic Books); Brother David Steindl-Rast, *Gratefulness, The Heart of Prayer* (Paulist Press). $575

Dancing Myths and Rituals

Anna Halprin & Jamie McHugh

Dance, in early times, was a way for people to connect with the natural world, integrate as a community, and sustain tribal values. Dance was a primary secular and sacred expression of life. There was a dance for every occasion – to honor a birth, heal the sick, bury the dead, initiate the young, bring rain, mobilize strength for a hunt or courage for a battle, or evoke a higher spirit.

Through an approach Anna Halprin calls the Life/Art Process, participants will create dances from their own lives. Such dances have the purpose of bringing about life changes and therefore might become powerful rituals. They grow from a variety of themes: relationships, life and death, healing, peace. Dance rituals are born of the heart and reveal personal and collective myths. Participants will use movement, visualization, and group interaction.

Professionals and non-professionals are welcome. Potential students for the Tamalpa Trainings may find this a valuable orientation. For information on recommended reading and video tapes, contact Tamalpa Institute, P.O. Box 794, Kentfield, CA 94914. $575

Weekend of August 11–13

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 14-19. $295

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

This workshop is open to anyone interested in learning to recognize, trust, and use their psi abilities. The leaders will use exercises designed to aid participants in recognizing their perceptive styles and trusting the intuitive input they normally receive. Anne Armstrong will use her tracking abilities, acquired from over twenty years in this field, to assist participants in arriving at useful, accurate data.

One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives – personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $295

Creative Bonding: Changing Destructive Detachment

George Kohlrieser

Recent medical and psychological research validates the idea that "no man is an island" and that bonding behavior to people, pets, places, things, and goals is central to physical, psychological, and spiritual well-being. Disruption in the bonding-grieving cycle can lead to destructive detachment, victimization, and chronic loneliness which can shorten one's life and limit the quality of genuine aliveness.

Through presentations, guided imagery, emotional release, and group process, participants may explore, reinforce, or establish new and more effective ways to keep bonding alive.

Recommended reading: James Lynch, *The Language of the Heart: The Body's Response to Human Dialogue* (Basic Books); John Bowlby, *Attachment and Loss, Volume 3: Loss, Sadness, and Depression* (Basic Books); Brother David Steindl-Rast, *Gratefulness, the Heart of Prayer* (Paulist Press). $295

Building a Successful Career as Writer, Public Speaker, and Consultant to Business and Industry

Ken Dychtwald

Ken Dychtwald writes: "During the past 15 years, I have made nearly every mistake in the book as I endeavored to become a successful writer, public speaker, and consultant to business and industry. However, in spite of these blunders, I have managed to become: a Ph.D. psychologist and gerontologist; an advisor to the U.S. Congress, Time Inc., CBS, American Express, Blue Shield, and ITT; a special correspondent on aging for CBS News; a nationally-syndicated newspaper columnist; a well-paid public speaker; the founder and chairman of Age Wave, Inc.; the producer of several best-selling audio and video learning programs; and the author of eight books, including BODYMIND (1977) and AGE WAVE (1989), and more than 150 articles in professional journals and popular magazines.

"In this seminar, I will share many tips and strategies that I have learned about how to avoid mistakes and achieve some measure of inner and outer success and satisfaction in the writing, public speaking, and business consulting fields. Topics will include: the best way to get an article or book published and what to expect from the process; short-cuts to developing a rewarding career as a public speaker or consultant; methods for gaining access to broadcast media; strategies for effective self-promotion; tips for building a leveraged business around your energy and ideas."

(Note: The leader is donating his fee to the Esalen scholarship fund. Bring a friend!) $295

Week of August 13–18

A Week with Laura DeNuccio (Ma Prita)

For workshop description see April 30-May 5. $575

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 28-June 2. $575

Self-Acceptance

David Schiffman

For workshop description see July 21-23. $575

T'ai Chi Ch'uan: An East/West Approach

Kenn Chase

This seminar will present a demonstration form of t'ai chi ch'uan, a shortened version derived from the classical Yang style, which contains 54 balanced, fluid, and graceful postures. Also included will be mind/body alignment methods, Chi Kung Taoist breathing methods, and hours of practice and refinement of the traditional t'ai chi movements. Practiced 5 to 10 minutes daily, this gentle martial art can calm the mind and aid the student in achieving a centered perspective for daily living in a busy world.

Recommended reading: Cheng Man Ch'ing, *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan* (North Atlantic Books). $575

Completion

Will Schutz

Incomplete actions, be they personal or social, result in many of humankind's troubles: emotional – replaying early stuck relations; physical – chronic tension from unfinished actions; health – blood poisoning from uneliminated waste products; aging – caused by incomplete events; ecology – waste disposal problems, especially nuclear; spiritual – karma, unfinished business; education – Montessori's insistence on putting toys away; sports – the concept of the killer instinct.

What are the resistances to completion? What must happen to a self-concept to propel it toward completing cycles? These and other questions will be explored via the following concepts: theory of energy cycles, life history completion, health through imagery. $575

Weekend of August 18–20

Weekend Massage Intensive

Brita Ostrom & Dean Marson

For workshop description see May 5-7. $295

Human Potential: Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to develop and educate the human potential, which refers to the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers and for discussion of the work. $295

Life's Two Beats

Robert Nadeau

Robert Nadeau writes: "To create the Universe two forces were necessary. They could be termed universal male and female, both different but equally beneficial and necessary. The problem enters in when we, being in the middle of these forces or movements, desire one and fear or distrust the other, thus creating an imbalance. For example, a female fearing power (thinking she'll wreak havoc if she allows it) or a male fearful of letting go or giving up (to the point of non-functioning or not accomplishing) are two misunderstandings of these forces.

"This workshop may help participants experience how these forces work and how to increase their level of harmony within. There will be simple body movement. Wear loose clothing." $295

Creative Writing Brainstorming

Herbert Gold

From feeling to expression to communication, this workshop will carry participants into the possibilities of making literature. Exploring an experience different for everyone, yet shared by all, they will probe for the riches within.

Participants should bring typewriter, word processor, pen, soft pencil, or clay tablets and stylus to the meetings. A situation will be called forth – love, death, ambition, pride, fear, hatred, jealousy – and after preparation in the discussion, participants will write. Then they will read and rewrite each other's work. They may expect to go from truth to lying: from recollection to art.

What may develop is a sense of style and control as a part of the mastery of experience. Participants will practice the freedom of imagination by giving shape to it. $295

Fun with the Violin: For Adults Who Always Wanted to Play a Musical Instrument and Never Have

Diane Egli

For the adult who would like to play a musical instrument, but never had lessons as a child, or who used to play, but hasn't since childhood, this workshop could be just the opportunity to learn to play the violin – and have fun doing it. This will be a time for participants to increase their awareness of how it feels to learn a new skill – the challenge, the excitement, the frustration, and the success of accomplishment. Included in the workshop will be various activities to enhance violin playing, such as movement, music, and rhythm exercises. Participants are asked to bring a tape recorder and tapes.

Recommended reading: Shinichi Suzuki, *Nurtured by Love* (Banner); John Holt, *Never Too Late* (Pinchpenny Press).

$295 (plus $10 violin rental fee paid directly to the leader)

Week of August 20–25

Five-Day Massage Intensive

Robert Helm & Esalen Massage Practitioners

For workshop description see June 11-16. $575

Human Potential: Theory and Practice

John Heider

For workshop description see August 18-20. $575

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.' These activities can also be described as *movements*. What we call a 'body' can be seen as movements that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we *are* rather than as something we *do*.

"Our time together will be to enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder of meaningfulness as it shapes and colors the moment. For me, 'life' and movement are one." $575

Following the Thread, Revealing the Fabric

David Silverstein & Joyce Lyke

Many people go through life either ignoring, judging, or rejecting their inner experiences rather than allowing them to exist and unfold. Such conditioning can lead to a numbing of awareness or detachment from others. However, by attending to whatever is emerging in the moment, one can follow the thread of inner experience, unraveling life's conditioning to reveal that which is most essential, the fabric of one's Being.

This workshop will combine meditation, breath exercises, sound, massage, movement, and ritual for a week of inquiry. Through awareness practice, participants can work or play with whatever emerges. They will be invited to explore a range of possibilities, from emotional experiences to more subtle states of awareness.

Recommended reading: A.H. Almaas, *Essence* (Weiser) and *The Diamond Heart* (Diamond Books). $575

Chakra Psychology

Nancy Rosanoff

This course is designed for health professionals who want to incorporate a practical understanding of the chakra energy system in their work. This subtle system will be introduced, with the focus on useful ways the chakras can

be applied to self-understanding and self-development.

Chakras are points where energy is assimilated into the whole system of body, mind, and spirit. Through the chakras it is possible to integrate and heal various aspects of the self and experience the spectrum of energy from spirit to physical reality. Working with the chakras is a step toward a spiritual psychology in which the unfolding of the self and one's life is understood as part of a greater whole.

Participants will explore how the chakras can be used to deepen their understanding of self-esteem, self-healing, past lives, behavior patterns, personal energy management, relationship patterns, goal-setting, their purpose in life, and more. $575

Weekend of August 25–27

A Workshop for Couples with David Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$295 per participant

Transitions

Elliot Waker Aronson
& Gabriele Hilberg-Thomson

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition—whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants may develop ways of enhancing their understanding of themselves and increasing their overall effectiveness.

Recommended reading: Elliot Waker Aronson, *The Social Animal* (Freeman). $295

American Ritual Theater Lab

Gabrielle Roth

American—Rooted in a contemporary, vigorous, cathartic form of ecstatic dance, this work was created in the 4/4 beat of a modern, industrial society. Although the knowledge is ancient and the quest eternal, the work is "now."

Ritual—This work focuses the participants' attention on the essential processes of their development, sacred teachers, rites of passage, psychic wounds and blessings. Set to an urban-primitive pulse, the sessions dramatize the true meaning of being a tribal individual.

Theater—This is root theater, funky and ceremonial, searing and lighthearted. Its purpose is to catalyze and train the "holy actor" to develop the witness position that allows distance from one's ego and the characters it creates in the theater of one's life.

Lab—The workshop is an experiment, a shamanic context for personal research to enable each participant to break through the bonds of ego to the stillpoint of an ever-changing self. $295

Psychic Vision and the Creative Experience

Nancy Azara

This workshop is for those who want to know and expand their psychic visions and explore the magical power and healing properties inherent in artmaking. Using meditation and other exercises, participants will have the opportunity to open creative channels to find their visual language, bring vivid images to consciousness, and draw these experiences. They will focus on light and color through their bodies, practice reading auras, and experience the laying on of hands. These exercises allow individuals to discover their own creative healing symbols, ease energy blocks, look at hidden parts of themselves (including important emotional issues), identify and clarify important influences in their lives and, finally, move toward more fully owning their personal power.

Participants are asked to bring whatever they like of the following: acrylic or watercolor paint, collage materials, pastels, oil crayons, scissors, glue, and about 25 sheets or the equivalent in pads of good quality drawing paper (no newsprint). Size 11"×14" is ideal.

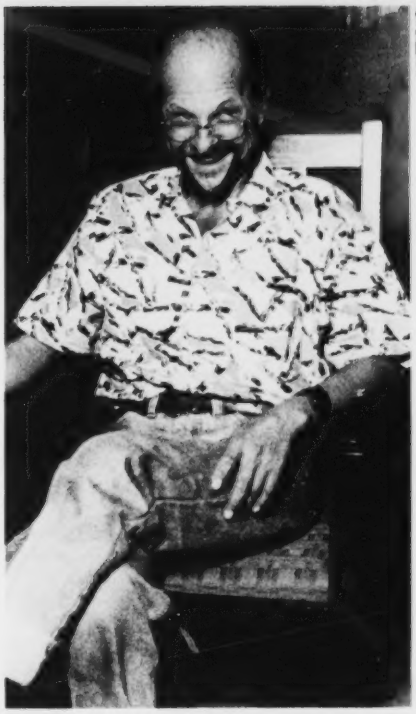
$295

Week of August 27–September 1

Five Days with Janet Zuckerman

For workshop description see June 25-30.

$575



TOM GALLOWAY

Arnold Mindell

Mirrors

Gabrielle Roth

I never dreamed of being Shakespeare or Goethe, and I never expected to hold the great mirror of truth up before the world; I dreamed only of being a little pocket mirror, . . . one that reflects small blemishes, and some great beauties, when held close enough to the heart. —Peter Altenberg

This ritual theater lab, a marriage of art and healing, is a way to "know thyself" in intense, honest, creative explorations of the psyche, its patterns, cycles, and movements. The theater and dance processes developed by the leader encourage participants to probe their own life experiences and to share and dramatize their insights in movement and performance. $575

Living Meditations

Judith Weaver

Meditation can be an important contribution to our daily lives, especially if it enhances understanding of our feelings, actions, and their options. In everything we do we have choices, but do we recognize them? We can perform the same activity in a stressful or a relaxed manner, wastefully or economically. We can hold on tightly or let go. We can have fun or suffer. The more in touch we are with our feelings and abilities, the more options are available to us.

This workshop will focus on rediscovering awareness of self—mentally, physically, and spiritually—to develop and integrate as many options as possible. It is through this awareness that one has the choice of how to live. The week will be a blending of active meditations to help move toward this awareness. Participants will work with deep sensing of their organisms, with gentle breathing methods for stress reduction, t'ai chi ch'uan for relaxed exercise, gestalt, movement, massage, and other living meditations. These explorations can lead to a sense of centered grounding and balance with which to develop and enhance an economic, energetic, pleasurable, and effective life. $575

Imagination as Healer

Jeanne Achterberg, Frank Laulis & Michael Samuels

This workshop is for health care professionals who include imagery/visualization in their practices and for health consumers who have integrated mental imagery of some form into their healing repertoire. The focus will be the reintegration of potent visionary processes into their rightful fold: the nurturance of life and all that implies for health and emotional well-being.

The presenters have stradled the worlds of science and healing for over a decade and have emerged with a new dimension in health. During this week they will offer their findings, provide tools for empowering the psyche, and serve as resource persons. Their expertise includes work with cancer, heart disease, immune and autoimmune conditions, AIDS, general stress disorders, and other chronic, disabling conditions.

Case studies will be shared, offering enlightenment that comes from persons who are examining their lives in the face of grave crises. The attendees will be guided through typical visualization and imagery exercises. Attendance is limited.

Recommended reading: Jeanne Achterberg, *Imagery in Healing: Shamanism and Modern Medicine* (Shambhala); Michael and Nancy Samuels, *Seeing with the Mind's Eye* (Random House).

C.E. credit is available for nurses; for more information see pages 34-35. $575

Weekend of September 1–3

After Summer Renewal at Esalen

Are you feeling tired and jaded from the summer doldrums? Are you ready for a change of pace from the usual hot dogs and beer of Labor Day weekend? Esalen offers a departure from the traditional celebration and suggests this weekend as a way for people to renew themselves in a tranquil and beautiful setting. It will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include: sessions in gestalt, movement, meditation, massage, day hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural hot baths will be available as usual.

The food will be specially prepared, with an emphasis on a healthy diet of fresh vegetables and grains. Much of the produce is picked daily from Esalen's own organic garden and farm.

Come and enjoy a weekend of reflection, physical movement, and relaxation while the rest of the country is stuck in traffic. $275

Week of September 3–8

Intermediate Massage Workshop

Deborah Anne Medow & Vicki Topp

This workshop is designed for those who already have some experience in massage and wish to improve their skills, enhance their sensitivity and awareness, and learn new massage methods. It will include individual instruction and supervision as well as illustrated lectures, demonstrations, and hands-on practice. Movement sessions, yoga, and a beach walk or mountain hike may be included.

C.E. credit is available for nurses; for more information see pages 34-35. $575

Letting Go—Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate—in the moment—to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. $575

The Discipline of Harmony: Warrior Virtues Without War

Richard Strozzi Heckler

This seminar will examine the notions of aggression, initiation rites, courage, and risk-taking in the context of the warrior ideal. Does the discipline of harmony mean the taming of aggression? To live in peace do we also need to accept and understand violence? Is it possible to distinguish the warrior from war? Can the warrior virtues of courage, commitment, clarity, generosity, service, and skillful action be invoked without the catalyst of hostile fire?

These questions will be the starting point for a five-day workshop conducted in the warrior spirit of "life at stake." Exercises taken from aikido, along with introspection, sharing, and guided meditations, will allow participants to experience the possibilities of embodying warrior virtues without war.

Recommended reading: Richard Strozzi Heckler, *The Anatomy of Change* (Shambhala) and, editor, *Aikido and the New Warrior* (North Atlantic Books); J. Glenn Gray, *The Warriors* (Harper & Row). $575

September 3–10

Painting Experience with Michell Cassou & Stewart Cubley

For workshop description see July 7-14.

$870 (plus $30 materials fee paid directly to the leaders)

Weekend of September 8–10

A Gestalt Weekend

Lois Brien

This is an introductory workshop on the gestalt approach to personal development, focusing on (as Claudio Naranjo has said) the wakeful moment. The aim for participants will be to come into as full awareness as possible of their own existence so that they can experience their lives rather than fantasize about them. $295

Metamorphosis: A Trialogue

Rupert Sheldrake, Ralph Abraham & Terence McKenna

This experimental weekend will bring together three innovative thinkers: Rupert Sheldrake, biologist and controversial author of *A New Science of Life* and *The Presence of the Past: Morphic Resonance and the Habits of Nature*; Ralph

Abraham, mathematician and expert in chaos theory; and Terence McKenna, psychoactivist and author of *True Hallucinations* and *Timewave Zero*. They will share their viewpoints and perspectives on the intellectual revolution taking place in theoretical biology, the modeling of chaos, and the boundary of the mind/language interphase.

This event will be the culmination of a series of dialogues on the state of play in the only game in town: the entry of the human family into cultural hyperspace. Join them on an intellectual odyssey in search of guiding images for a truly human future. $295

Week of September 10–15

A Week with Seymour Carter

For workshop description see April 30-May 5. $575

Reclaiming Lost Passion: Powers of the Poetic Imagination

David Whyte

At critical points in their lives, many people feel that if only they had access to what is most precious, creative, and passionate in themselves, the next practical steps to take would be clear. In that sense, the task of poetry and the poetic imagination is to uncover that which is hidden or disowned, to shed new light on what is known and, just as importantly, to teach a way of living with the unknown and to understand its key place in the true life of feeling.

Participants in this workshop will work with the radical inner and outer journeys to the center of that creativity and power. Through the great poets and their poetry, through story, silence, time alone in the magnificent surroundings of Big Sur, and the willingness to look at their lives afresh, they will attempt to experience that center and the wisdom that springs from it. Writing ability or previous appreciation of poetry is helpful, but not in the least bit necessary. $575

Personal Mythology

Stanley Krippner & David Feinstein

Personal myths are the deep forces of the psyche that shape who we are, what we think, and what we do. Operating largely outside of conscious awareness, our personal myths nonetheless shape our journey through life, our place in society, and our relationship to the broader or spiritual context of existence.

Participants will be shown how to reach deeply into realms of unconscious mythological wisdom and speak to the need to find the visions that nourish and inspire. Drawing upon a range of systems, including Jungian psychology, gestalt, psychosynthesis, and cognitive psychology, the leaders will lead participants through a sequence of experiences that can rework a problematic area of personal mythology. These experiences can be used again later to identify and work with other personal myths. Participants are asked to bring a notebook or journal and are encouraged to record their dreams prior to the workshop.

Recommended reading: Feinstein and Krippner, *Personal Mythology* (Tarcher). $575

The Life Energy Process℠

Stephano Sabetti

The Life Energy Process workshop is a spiritually-oriented approach to body work and lifestyle which allows individuals direct contact with the spiritual self through energy vibrations. This method is facilitated by specific intensive and subtle movements, which participants may find open them to their own healing abilities, allowing them to release unfinished emotions, radiational and chemical toxins, and psychological disturbances. From that point of greater clarity, they may move to the next step in their personal development. Participants continue this energy work physically and verbally through process inquiry and dialogue with the leader as they examine the superficial trace problems of their everyday lives and explore their deeper energy disturbances through energy patterning.

Energetic forms of massage, dance, and theater may be included in this process. Some of the work will be individual, some will be hands-on with partners. The workshop may be of particular interest to professionals and laypersons alike who are excited by the integration of Eastern and Western methods with the new physics for personal, social, and organizational evolution.

Recommended reading: Stephano Sabetti, *The Wholeness Principle; Manifestations of Energy;* and *Shinkido Massage* (available from Life Energy Media, 14755 Ventura Blvd., Ste. 1908, Sherman Oaks, CA 91403; [213] 874-7100). $575

September 10–23

Path of the River: A Grand Canyon Journey

Steven Harper, Wendy Palmer, Bob Melville & Arizona Raft Adventures Staff (AZRA)

For workshop description see Wilderness Programs, page 37. $1690

Weekend of September 15–17

The Feeling Process

Janet Zuckerman

For workshop description see June 2-4. $295

Zero Balancing: Advanced Workshop

Fritz Smith

This workshop is open only to people who have completed at least one introductory Zero Balancing program. After reviewing basic concepts, the leader will answer specific questions and give individual instruction as needed. New work will include: direct perception and assessment of energy currents in the body; refinement of evaluating and balancing the foundation joints; and discussion of nonfoundation joints, including the small joints of the body. Theory will be clarified by demonstration and through individual practice, with participants using each other as models.

Recommended reading: Frederick Smith, *Inner Bridges* (Humanics Ltd.).

C.E. credit is available for nurses; for more information see pages 34-35. $295

Inner Sound and Voice

Jill Purce

This is a workshop of practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the Self and release an untapped source of energy.

Participants will work with the psycho-physical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance, to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures including trance music, Mongolian and Tibetan overtone chanting, and other methods. $295

The Yoga of Business

Tama Starr

Many people confront the same worldly dilemma: how to optimize success without betraying their ideals. This workshop suggests that, in a holistic universe, the same principles apply to walking the canyons of Wall Street as climbing

the peaks of the Himalayas. Participants – whether artists, business professionals, blue or white collar workers – will see how to apply the tenets of yoga, t'ai chi, and gestalt to the workplace.

Themes to be explored include: the nature of Maya (business, wealth, and the American Dream); game theory (the win-win situation); success (how to deal with failure); the art of war (Krishna, Sun Tsu, Musashi, Machiavelli, Muhammad Ali); strategies and tactics (the art of survival). Practical studies and exercises will include: elementary mind-reading; "invisible yoga"; the use of myth and magic; methods of leadership (managing others through managing yourself); the uses of stress and conflict; developing "the path with heart."

Participants will emerge with usable tools for building a more fulfilling future. $295

Week of September 17–22

Sports Massage

David Streeter & Arthur Munver

This introductory workshop, designed for the established massage practitioner or serious student, will present many aspects of contemporary sports massage. Subjects to be covered include deep transverse friction, training massage, anatomy, muscle origin and insertion points, injury care and evaluation, and body dynamics (efficient use of the practitioner's body and preventing fatigue). Participants will be introduced to neuro-muscular methodology, which, until the advent of sports massage, had been limited to osteopathic medicine.

Sports massage is currently revolutionizing mainstream therapeutic massage and offers new and powerful tools to the health care practitioner.

C.E. credit is available for nurses; for more information see pages 34-35. $575

A Look Within

Jessica Moore Britt

This will be a week for participants to attend to and explore themselves away from their usual busy lives. As they settle into the grandeur of Big Sur and the quiet within, they can begin to penetrate through their conditioned views of themselves and the world.

The point of inquiry will be the relationship of the mind, body, and emotions and the essential nature of the self. Participants will focus on understanding who and what they are, especially as beings of compassion, strength, will, power, joy, and presence. They will explore how their past conditioning and present beliefs block their awareness of these qualities in themselves. The tools for self-discovery will be an interplay of Eastern and Western practices, including Sufi self-remembering exercises, meditation, touch, movement, and Reichian/gestalt work. This time, dedicated to being present and looking within, holds the possibility for participants to open their perceptions so they might obtain a deeper appreciation for who they are. $575

Dream Discovery

Joyce Frazee

A dream that is not understood is like a letter that is not opened. –The Talmud

This workshop will explore what is required to open one's dream and to open to the dreamer in oneself. The dream that seems so real, so tangible, is really a miracle of metaphor and disguised insight. It is a gift from the self. The opening to these insights and understandings can be taught and, once learned, allows the dreamer to draw nourishment and encouragement from the unconscious. Even the most frightening dreams may have gifts waiting to be learned.

Dreams are frequently forgotten, especially if one does not know how to draw value from them. Since many people forget dreams, exercises in dream recall will be offered in this workshop. Participants will be encouraged to keep dream journals, through which they may discover that dreams come in series, presenting and exploring a continuing theme. The group will work with feelings using gestalt and bioenergetics. Participants will draw dream mandalas and explore how to use them for insight and healing. Methods of dream control and lucid dreaming will be discussed. $575

Action Theater

Ruth Zaporah

The body/mind is capable of experiencing "un-nameable" states, states that connect us to our spirit ancestry, states that connect us to the earth. However, thoughts frequently undermine this phenomenon by naming, identifying, classifying, and conceptualizing. Action Theater is a training process that trusts the body as teacher. It opens channels for listening to and expressing information that the body/mind offers. This improvisational theater form moves the performer beyond personality and toward spokesperson and archetype.

Through the Action Theater process, participants create physical imagery and text from personal resources. The workshop addresses areas of performance such as: awareness of the body and its movement possibilities; development of a strong and viable voice; personal and imaginative use of language; interconnections between body, voice, and language; accessing material usually below the normal threshold of awareness; formal elements of composition; the mind of collaboration and ensemble.

Within each session there will be a physical and vocal warm-up, individual, small group, and ensemble explorations, and solo or collaborative presentations. $575

Weekend of September 22–24

A Weekend with David Schiffman

The purpose of this workshop is for participants to create a more positive and open-ended self-concept. Through structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, they can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out unique personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $295

Colliding and Emerging Myths

Brother David Steindl-Rast

Some people contend that the myths of the past have no more life for us, while new myths have yet to emerge. There may be some truth to this assessment, and yet the subconscious still resonates with the great themes of mythology as it gropes for its own mythic expression. All this has much to do with the love-hate relationship many people experience with their religious heritage.

By combining perspectives from anthropology and Christian spirituality, Brother David will try to help participants find what Joseph Campbell called "myths to live by." $295

Psychoneuroimmunology and its Implications

George Freeman Solomon & Margaret Kemeny

The rapidly developing field of psychoneuroimmunology (PNI) is concerned with the nature of complex bidirectional interactions between the central nervous system (CNS) and the immune system and their clinical and bioregulatory implications. The CNS mediates stress effects, coping, emotions, and other psychological processes that, via the immune system, affect the onset and course of many diseases.

This didactic but interactive course will describe the immune system, how it works and is regulated. The leaders will discuss human and animal research on the effects of stress and other experiential factors on immunity and on immunologically-resisted and mediated diseases, including bacterial and viral infections, cancer, autoimmune diseases, allergies, and AIDS. The as-yet poorly researched area of the impact of interventions, including psychotherapy, on immunity and disease will be discussed. Implications of PNI for understanding traditional and alternative healing systems and placebo effects will be explored. There will be ample opportunity for questions.

C.E. credit is available for nurses; for more information see pages 34-35. $295

Week of September 24–29

Playing the Edge

David Schiffman

For workshop description see June 25-30. $575

Living by Myths

Brother David Steindl-Rast

Brother David writes: "Myths speak with a soft voice. You have to listen with your heart. It helps to be in an environment such as Big Sur's that cradles and stills body and mind; it helps to have time. A week-long allows for good stretches of quiet time.

"Each day, we shall take one of the great myths – such as the story of Orpheus and Euridice or that of Eros and Psyche – and expose ourselves to its magic power. We shall listen to its echoes in Christian spirituality, wrestle, if necessary, with its implications, entrust ourselves to its guidance. Some may do this for the sheer joy of it. For others, the confrontation with myth may become a personal rite of passage. For all participants this week is meant to be a celebration of the beauty, goodness, and truth mirrored in myth." $575

September 24–October 1

A Somatics Study Program for Health Professionals

Faculty: Judith Aston, Charles Brooks & Charlotte Selver, Leonard & Bonnie Bainbridge Cohen, Emilie Conrad-Da'oud, Robert Hall & Don Johnson (coordinator)

This seminar is the first of seven in a two-year program (September 1989-May 1991). For more information see Special Programs, pages 32-33. $870

Weekend of September 29–October 1

Weekend Massage Intensive

Laurie Lioness Parizek & Attila Vaas

For workshop information see May 5-7. $295

The Eide Workshop

Akhter Ahsen

This imagery workshop is directed toward an extraordinary glimpse into new possibilities in the human mind. The Greeks pointed out a special type of image, which they called "the eide," in the psyche. They exalted eides as "friends of the Gods," citing their capacities to heal, illumine, enlighten, and transform. This image was later on named "the eidetic" in the field of psychology and became the object of experimental and clinical probes. Akhter Ahsen has continued t's research, developing methodologies that tap and harness this core of imagery phenomena. The eide workshop draws upon a wonderful flexibility in the center of the mind, is thoroughly practical in its orientation, and provides simple demonstrations which the participants can take home and practice. $295

Our Many Selves

James Fadiman

It is possible to gain a clearer understanding of the many selves who dance within, clamoring for attention and release. This weekend offers the opportunity for participants to better understand their situations, acknowledge their varied selves, and work toward personal harmony without denial, repression, ego inflation, or shame.

To know oneself is not difficult, yet it demands careful, observant work. This workshop will open with wisdom stories to ease participants' way into that sometimes disturbing realm. They will find support in a unified theory which accommodates the different positions of Jung, psychosynthesis, Buddha, Skinner, and shamans, and which will help them reevaluate the actual goals of therapy. $295

Week of October 1–6

Caretakers of Wonder: The Accuracy of Aesthetic Insight

Mel Bucholtz

An awareness of beauty, wonder, and enchantment restores purpose and direction for the creation of a meaningful life. It also addresses and helps resolve problematic and distressing issues in one's life.

This workshop will: 1) introduce participants to an experience of wonder as the animating element in life; and 2) offer ways in which one shepherds wonder into the world. Accepting the notion that it has been placed in their trust, each trustee, or caretaker, then ushers wonder into the world.

With such learnings, we re-inherit our sensibilities and are vitalized by the new meaning they bring to awareness. The quality of attention which unfolds is that of enriched being, animating all the communities that sustain and create life. $575

Self-Acceptance Training

Richard Olney & Mari Krieger

Self-acceptance training is a transpersonal practice that follows an educational model rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment, without the inhibitions of self-judgment, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real. Although its practice includes devices drawn from gestalt, bioenergetics, mythic fantasy, eidetic imagery, and hypnosis, it is also a philosophy, a value system, and a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body work and body awareness, emotional charge and discharge, as well as a cognitive examination of the individual's "pretends" and illusions that obstruct self-acceptance. $575

Golf in the Kingdom . . . an exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

You'll come away from the links with a new hold on life, that is certain if you play the game with all your heart. – Michael Murphy, (Shivas Irons) *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It may be experienced not simply as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

In these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two of the days will be spent on field trips to the Monterey Peninsula where participants will practice and

play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Michael Murphy, *Golf in the Kingdom* (Dell); Timothy Gallwey, *The Inner Game of Golf* (Random House).

$575 (plus green fees paid directly to the leaders)

The Creative Body and Self

Daria Halprin-Khalighi

There are basic themes which follow us, like shadows, throughout our lives. They shape body, emotion, and thought, and affect our relationships and the choices we make. They can take unexpected turns, assume different forms, or result in changed life situations as we mature. If we look closely at our lives, however, we can recognize a thread of continuity in these personal themes. This thread includes those patterns which are experienced as roadblocks in the maturation process, inhibiting creativity, understanding, and the ability to enjoy life. Becoming aware of these themes may help unlock the door to deep inner resources, allowing for greater presence, connection, and creative expression.

Participants in this workshop will explore their personal life themes by listening to the messages and looking at the images of the body as the source of their "life script." Movement, drawing, and writing will be the modalities for expanding the creative self and tapping its wealth of information and wisdom.

Participants are asked to bring a box of craypas pastels, a medium- to large-size newsprint drawing pad, and a writing tablet. $575

The Long Body

William George Roll

To the Iroquois Indians, the lived body is the "long body" and the long body is the tribal body. The long body incorporates people and things individuals are emotionally close to, though they may be distant in time and space and though they may no longer exist in the usual way. The long body is the experienced realm of personal and transpersonal memory and contains the ingredients for psychic awareness, prophecy, and pre-cognition. Since the long body is a remembered body, memory defines both its reach and its limitations. By extending the range of memory, one can extend the reach of the long body into the past and future and across distance. When we remember, we connect with members of our long body and incorporate them into the present.

In this workshop, group members will explore the long body as metaphor for psychical interactions, healing, and growth, and the memory as an access to long body awareness. Practice sessions will be grounded in research findings in biology, psychology, and the transpersonal dimensions of parapsychological (psi) processes. Through sound and movement, psi sensing of persons and objects, psychic readings, and psychic healing, participants may experience themselves as members of a living, sensuous being that includes the physical universe and extends beyond birth and death. From there, a fresh, joyful, and healing consciousness of the world can unfold.

This tradition pays respect to the tribal visions of the planet. It is not contrary to Western ideology, but it can expand the Western perspective beyond the moribund technology that threatens the world. $575

Weekend of October 6–8

Gestalt Practice

Christine Stewart Price

For workshop description see June 11-16. $295

Screenplay Structure

Syd Field

The Screenplay Structure workshop is designed to sharpen the skills of both the novice and experienced screenwriter. It includes methods for preparation and execution of screenwriting through the analysis of screenplay form, examination of the three-part dramatic paradigm, contemporary screenplay readings, exercises, and group discussion. By the end of the workshop, participants will be able to take any three-sentence idea and structure it into a dramatic narrative. This is a working session! Bring notebooks and pens. $295

What is Self?

Bernadette Roberts

In this workshop, Bernadette Roberts will present her insights into the question of self. She writes: "As long as we are living it, or are it, we cannot know the true nature of self. This disclosure can only be known when self falls away and becomes known by its absence or 'what was.' As it turns out, the knowing-feeling self is both an unconscious function of the mind and the profound experience of life and being. Together these give rise to every experience we call self or consciousness.

"Viewing human existence as a passage through consciousness, this workshop will explore the major milestones of the journey, with particular emphasis on the difference between the falling away of the ego-self and the much later falling away of the true self or the unitive, transcendental self. The criteria and validation for these milestones will be viewed in the light and experiences of Christ and Buddha, who manifested and articulated the journey for all who would come after." $295

Week of October 8–13

Gestalt Practice

Christine Stewart Price

For workshop description see June 11-16. $575

Childhood Sexual Abuse: A Healing

Jessica Moore Britt

For workshop description see May 14-19. $575

Sculpture: Inner and Outer Visions

Rachael Dutton

For workshop description see June 11-16. $575

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop, participants will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore the movement that nature inspires. Both aikido and hiking are moving meditations which, when done well, require the individual to be in harmony with the natural world. There will be an opportunity to take what is learned on the aikido mat out into the natural world and bring what is learned from nature onto the aikido mat. Participants can then begin to integrate what they learn from aikido and from nature into their lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. $575

Death and Resurrection

Paul Rebillot

In some ways, we are all dying. To acknowledge, honor, and work with that opens us to a fuller life, for by looking at one's life as if it were coming to a close, it is possible to see more clearly what is of value and what is not.

In that spirit, this workshop offers the opportunity to confront, rather than avoid, death. On a wider scale, it explores ways to move creatively through life's many transitions, letting go of the old and welcoming the new. Partici-

pants will review their lives, completing unfinished business, and practice giving up attachments to persons, things, and self-images until, surrendering all to the ultimate unknown, they are able to experience the birth of the truly new.

Stanford Eugene Cates, who was Paul Rebillot's co-leader for this workshop for many years, died on September 19, 1988. This workshop is dedicated to his memory. $575

Weekend of October 13–15

A Weekend with Paul Rebillot

Paul Rebillot writes: "Within each of us there lives a demon – our own personal critic – whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough. This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during this workshop.

"Why not take the chance of looking inside ourselves and finding the completeness of who we are, instead of limiting ourselves with who we think we should be and who we hope we are not? When we find the truth about ourselves, our natural response is to want and to work for the best that we can be.

"People in the helping professions who have experienced this form have found it adaptable and useful in their own work." $295

The Mythic Image: A Performance Piece

Phil Cousineau, David Darling, John Densmore & Eric Lawton

Sacred stories reflect only one aspect of the mythic traditions of the world. Of equal importance and fascination is the non-verbal image, the mandalas or holy images used for deep contemplation. Their origins can be found in nature and the human imagination and through them we can approach the convergence of myth, dream, and art.

This live performance workshop will blend the oral tradition of storytelling with the silent stories of pictures and the narrative movement of improvisational music. Each session will be highlighted by the telling of tales by Phil Cousineau, co-writer of *The Hero's Journey: The World of Joseph Campbell*; a slide show by award-winning photographer Eric Lawton, using images from Ireland to India; and the synchronized music of David Darling, master cellist, and John Densmore, the drummer for The Doors. The themes will include myths of origins, myth and the body, myth and art, myth and ritual, and sacred lands.

Recommended reading: Joseph Campbell, *The Mythic Image* (Princeton). $295

Children and Anger: A Gestalt View

Violet Oaklander

The theme of this workshop is the anger of children and how parents, teachers, and therapists can help them express this least tolerated and most misunderstood emotion in healthy ways. Participants will discuss the various ways that young people express anger, the relationship of anger to negative introjects and self-esteem, and how to help children express angry feelings in healthy, safe, and satisfying ways.

This approach is based on the use of creative, expressive, and projective methods, with gestalt theory and practice as the underlying framework. The thrust of this work is to provide the child with a means for expressing his or her innermost feelings, to foster self-awareness and self-discovery, to enhance self-esteem and, in general, to promote emotional growth. Children thereby learn not only about themselves, but about their relationship to others and the world around them.

The workshop will include discussion, demonstration, examples of children's work and, particularly, direct experience of expressive methods used with children.

Recommended reading: Violet Oaklander, *Windows to Our Children* (The Gestalt Journal, P.O. Box 990, Highland, NY 12528). $295

Week of October 15–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 14-19. $575

Five-Day Massage Intensive

Laurie Schutz & Char Pias Brenner

Participants will be instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for more information see pages 34-35. $575

Creative Body Work

Lenore Grubinger

The premise of this workshop is that body states and feeling states are reflected in each other. It is based on Body-Mind Centering, the work of Bonnie Bainbridge Cohen, and will be an experiential study – through movement, touch, and process work – of some of the major body systems and developmental movement.

What is the quality of moving from one's organs, bones, or fluids? How can crawling or other "baby movements" give one insight into his/her adult life? What is the "mind" of each of these, and how do preferences of mind and body go hand-in-hand?

The more we come to know ourselves, the more we can resonate with others. Creative Body Work emphasizes empowerment of client and practitioner, actively involving both in the healing exchange. This is not a technique training, but a body-based language for responding to the moment. This week will include theory, demonstrations, hands-on practice, movement, and group process. It aims to facilitate repatterning, to honor where a person is, and to help him/her access a greater range of body-mind options. Body workers, counselors, educators, and artists interested in an advanced training are welcome. $575

Ways to Change: A Jungian Experience

John Nicholas

Meaninglessness inhibits the fullness of life and can, therefore, be equated with illness; meaningfulness makes a great many things endurable, perhaps everything. – C.G. Jung

People discover themselves through relationships – with others and within and beyond themselves – transcending the ordinary boundaries of time and space. The focus of this workshop will be the most central aspect of all transpersonal work: change. The basic concepts of C.G. Jung will be applied to practical problem-solving and conflict resolution of everyday issues and relationships. Participants will have the opportunity to discover, explore, and confront unconscious complexes that inhibit the fullness of life and block creativity. There will be time for individual work with dreams, active imagination, symbolic drawing and painting, storytelling, guided imagery, and journals. The week will be a voyage of discovery.

Recommended reading: C.G. Jung, *Man and His Symbols* (Doubleday) and *Memories, Dreams, Reflections* (Random House); June Singer, *Boundaries of the Soul* (Doubleday); Robert Johnson, *Inner Work* (Harper & Row); Anthony Storr, ed., *The Essential Jung* (Princeton University Press). $575

Dying to Live

Karen Paine-Gernee & Charles Steinberg

The leaders write: "Catastrophic illness is a shock to confront. It disrupts every aspect of our lives: our images of who we think we are and our ideas of where we're going, our relationships, our work. It awakens us to the proximity of death, presenting us with confusing choices about our lives in general and various medical treatments in specific. Serious illness is a time of both danger and opportunity. It touches us with despair and grieving. It can also be a time of opening into more love, greater personal power, and deeper spiritual work. It is a time for bringing forth our maximum healing capacities.

"This workshop builds a community to support each individual's healing. Through sharing, guided imagery, art, meditation, and healing circles, participants will see how to move from a life-threatening experience to a life-heartening one. They will explore the nature of healing at all levels and develop a personalized health plan which integrates both traditional and alternative approaches. One track will focus on the needs of the primary care-givers, exploring their issues of sadness and anger, exhaustion, helplessness, survivor's guilt, resentment, and the seemingly unacceptable wish that 'it was all over.'

"If you or a loved one has a life-threatening illness such as cancer, heart disease, or AIDS, if you live with a chronic health problem, or if you work with those with serious illness, this week of healing and love is for you. Your healing journey will be supported with healthy food, beautiful natural surroundings, and a compassionate community."

C.E. credit is available for nurses; for more information see pages 34-35. $575

Weekend of October 20–22

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see September 3-8. $295

Personal Mythology: Tell Me Who You Are

Sam Keen

Human beings are storytelling animals, mythmakers, spinners of tales. We remain healthy and vital so long as we remember our past, celebrate our traditions, and keep alive the stories of our ancestors and heroes. It is only those who remember their stories who are able to hope. Dis-ease begins with forgetting. Freud showed that repressing painful and ecstatic memories is the source of neurosis. And healing takes place only when we allow the unconscious to become conscious. To find out who we are, each of us must ask what Jung called the most important question: What myth am I living?

In this seminar, participants will explore the myths by which they live. They will tell each other stories from their past about heroes and villains, visions and quests, sacred moments and places, gifts and wounds, obstacles and helpers. They will rekindle childhood dreams and project their fondest hopes into the future.

Participants are asked to bring a photograph album containing pictures from each stage of life, mementos, souvenirs, old magic objects, diaries, whatever will trigger the recollections of things past. (Please note: this will be a large seminar.) $295

From Victim to Victor

Harold Benjamin

In the last decade it has become commonly accepted in both the traditional and alternative medical communities that cancer patients' participation in the fight for recovery can improve their quality of life and may increase their chances for recovery. This premise is based upon recent medical advances in the field of psychoneuroimmunology. Although this workshop will examine those findings and how cancer patients can benefit from them, the primary focus will be upon the emotional, social, philosophical, and psychological components of wellness.

This workshop will be led by the founder of The Wellness Community (TWC) concept and will include guided imagery and methods used by trained TWC group facilitators. It is appropriate for cancer patients, their families and friends, health professionals, and psychologists.

Recommended reading: Harold Benjamin, *From Victim to Victor*; Herbert Benson, *The Relaxation Response* (Avon); Dennis Jaffe, *Healing from Within* (Fireside); Norman Cousins, *Anatomy of an Illness* (Bantam). $295

Week of October 22–27

Prescriptions, Rituals, and Metaphors

Joel Bergman

This workshop, which is for mental health professionals and graduate students in related fields only, will focus on various clinical road maps needed for prescribing rituals, tasks, and metaphors in psychotherapy with families, couples, and individuals. Systems theory combined with the therapist's use of self, humor, and playfulness will be emphasized. Consultations, edited videotapes, and role-playing will be used.

Thursday of this workshop will be devoted to watching narrated video training tapes. The workshop officially ends at the close of that afternoon session. However, participants are welcome to stay through Friday lunch.

Recommended reading: Joel Bergman, *Fishing for Barracuda: Pragmatics of Brief Systemic Therapy* (Norton). $575

Sacred Mask Experience: Honoring the Shaman Within

Elisa Lodge

Marvel at the ingenuity in which divinity hides itself in order to find itself. – Alan Watts

Sacred masks have long been used by tribal societies to liberate and transform, but they have all but disappeared from modern cultures. They are known to be an ancient form of catharsis and healing, originally used by shamans for their elemental power to reveal vital facets of the self and release long-held gifts, talents, and potential.

This week, participants will draw inspiration from a large, international collection of masks to reestablish their connection to this ancient artistic tradition. They will create a sacred practice-ground in which to honor the shaman within, involving movement, sound, trance-dancing, painting, ritual theater, and gestalt. They will embrace the masks that have covered their hearts and open to what is revealed – the beauty and power of essential human nature. $575

Recovery for Co-Dependents: A Workshop for Adult Children of Alcoholic and Other Unhealthy Homes

Karen Paine-Gernee & Rick Paine

Are you uncomfortable unless you are in control? Do you find it difficult to trust people and let them come close to you? Do you deny your feelings? Are you afraid of authority figures? Are you feeling lonely and isolated? Do others perceive you as confident and successful while you feel inadequate inside?

Such can be the effects of having grown up in an alcoholic or dysfunctional family. Alcoholism is often a disease of denial. ACAs often tell themselves that it really wasn't so bad, and they learn not to feel what they cannot tolerate. As they deny pain, they screen out joy,

and their adult lives are often filled with depression and loneliness. Recovery is possible, though.

This program for emotional sobriety offers the opportunity to understand the dynamics of alcoholic and dysfunctional families and the co-dependent behavior they engender, to confront and heal painful childhood emotions, to learn basic tools for self-care, to make strides in letting go of control, to develop a sense of trust, and to foster a relationship with one's own spirituality.

C.E. credit is available for nurses; for more information see pages 34-35. $575

October 22–November 3

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, page 34. $1425

Weekend of October 27–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 14-19. $295

A Weekend with Seymour Carter

For workshop description see April 30-May 5. $295

A Workshop with Mia Segal

Moshe Feldenkrais was an extraordinary man with great insight into human function and movement. Perhaps his greatest contribution was the way he translated his philosophy into a workable method for everybody. This workshop will introduce that work: Awareness through Movement®, in which the participant is guided verbally through a movement process, and Functional Integration®, a nonverbal, hands-on method of re-educating the body. Both are meant to clarify how the participant uses his/her body to increase options for well-being. Feldenkrais believed that those options are oftentimes limited only by one's ideas.

Those who may benefit from this workshop include performers and artists, for whom it is vital to improve and who want to examine the way they function and move in their work, people with physical afflictions who wish to move with more ease and flexibility, and anyone who is motivated to improve their way of moving about in the world. $295

Noble Visions: Living a Committed Life

Bill Puka

This seminar is designed to affirm and enhance participants' commitments to high ideals, toward living inspired lives as inspiring people. It will look at ethical visions and ethical visionaries. Participants will reflect on the components of respecting and appreciating each other, of loving and caring. They will consider ways of practicing these arts more gracefully, drawing from humanistic counseling methods, yogic meditation, and the psychological research of Kohlberg and Gilligan on moral development and gender outlook. They will also consider the creative use of moral perception and imagination evolved by various spiritual traditions. In so doing, they will compose ethics-for-living that are self-expanding, spiritual, and aesthetic rather than judgmental and duty-bound, ethics which show a sense of wisdom and perspective and express the goodwill they prescribe. But they will also seek ethics which can solve concrete problems and use them to take up moral dilemmas members of the group may be facing. A main theme will concern how to align psychological growth and career progress with personal integrity, interpersonal responsiveness, and active social concern. $295

Week of October 29–November 3

Painting Experience with Michell Cassou

For workshop description see July 7-14.

$575 (plus $25 materials fee paid directly to the leader)

Acting is Doing

Stephen Book

The art of acting is, like life, the art of doing. Through "doing" we remove the restrictions, both inner and outer, which suppress the spontaneity of any human being. Upon release, this spontaneity shows itself as artistic creativity.

This experiential workshop will reveal the various forms of "doing" available to the actor. Participants will learn the basics of improvisational acting, heighten and focus energy, increase communication skills, extend powers of observation and concentration, and discover new realities. This workshop is designed for the layperson. $575

The Art of Receiving

Elliot Waker Aronson & Gabriele Hilberg-Thomson

This culture makes it difficult to receive gracefully. Many of us learn early in life to equate receiving with weakness, helplessness, and dependency. One source of difficulty originates from a deep-seated belief that we do not deserve the love, attention, praise, or affection that is offered. Another stems from a fear of being obligated by the other person's expectations. Our willingness to receive brings greater honesty to our desire to give to others. The openness to receiving allows us to fully experience our relationship with another person, opens our hearts to the love and compassion of others and, in times of crisis, enables us to reach out for help.

Participants in this workshop will examine the beliefs and expectations that created their internal blockages and will learn new ways of receiving wisely, gracefully, and with dignity. $575

Trance Integrations: Advanced Workshop

Paul Carter

This workshop is for people who have previously worked with Paul Carter and wish to go deeper with the material. It will explore the principles of Ericksonian hypnosis, including trance as a natural and necessary part of health, and will develop the idea that people and their communication and problem-solving are paradoxical.

The focus of the week will be personal and interpersonal work inside the trance state. Milton Erickson believed that people have an intelligence obtained from their wholeness that goes far beyond the conscious mind. Accessing and integrating that intelligence will form the basis of this work. Through guided exercises and group process, participants will work with the hypnotic use of metaphor in movement, sound, image, and story, as well as age-regression, age-progression, lucid dreaming, dissociation, and deep-trance identification.

Additional topics may include: pain control, working with families, and the art of using all the system, including the bad, sick, crazy, and resistant parts. The leader will introduce an integrative approach to problem-solving and self-healing as described in his forthcoming book, *The Whole-Parts Process: A Formula for Integrity*. Participants are asked to bring an 18"×24" drawing pad and pastels.

Recommended reading: Grinder and Bandler, *Trance-Formations* (Real People Press); Michael Yapko, ed., "Parts Work: The Never Ending Story," *Hypnotic and Strategic Interventions* (Irvington). $575

May 14–June 9
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner

This course will synthesize neurolinguistics and Ericksonian hypnosis, drawing heavily from the pioneering work being done with the enneagram of personality and Stanislav Grof's "cartography of inner space." While satisfying the hypnosis coursework requirements for the M.F.C.C. and complying with the California state requirement for hypnosis certification, participants will go beyond what is required and explore the realms of the unknown.

While the use of hypnosis in habit control and symptom removal will be covered, a primary focus will be on hypnosis as a tool of spiritual emergence and sacred psychology. Starting with the presupposition that we already live in trance and that the goal is waking up, the roots of personality structure and the filters of perception in the creation and transformation of reality will be carefully explored. Participants will have the opportunity to directly experience the profound power of trance to transform their lives. These experiences will create a model for working with clients.

The structure of rapport, pacing and leading, and various hypnotic patterns of induction will be demonstrated and practiced along with a variety of clinical interventions, including reframing, change history, metaphors, and storytelling. The group will watch videotapes of Erickson and other well-known leaders in the field of hypnosis. Participants will have daily practice with each other and the opportunity to be videotaped doing a hypnotic induction. Daily zazen, Taoist yoga, and transformational movement led by Antoinette Varner will also be a part of this program.

Upon completion of this course, participants who want to be certified must demonstrate a high level of professionalism as well as proficiency in technical skills to the satisfaction of the instructors before certification will be granted. After certification by the Institute for Advanced Hypnosis (testing and certification fee, $300) additional certifications are available from the American Council of Hypnotist Examiners ($125) and the Society of NeuroLinguistic Programming ($200). Beyond certification, the opportunities for personal transformation and learning new tools for change can make this a valuable experience.

Required reading: J. Haley, *Uncommon Therapy* (Norton) and *Strategies of Psychotherapy* (Grune & Stratton); Grinder and Bandler, *Trance-Formations* (Real People Press), *Frogs into Princes* (Real People Press), and *Reframing* (Real People Press); S. Grof, *Beyond the Brain* (State University of N.Y.); Chogyam Trungpa, *Shambhala* (Shambhala); P.D. Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World); C. Castaneda, *Tales of Power* (Simon & Schuster); Joseph Campbell, *Myths to Live By* (Bantam).

C.E. credit is available for nurses; for more information see pages 34-35.

Registration is by application only, through the Institute of Advanced Hypnosis, P.O. Box 1311, Mill Valley, CA 94942; (415) 687-0200.

$2640 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

September 24–October 1
A Somatics Study Program for Health Professionals
[September 1989–May 1991]
Faculty: Judith Aston, Charles Brooks & Charlotte Selver, Leonard & Bonnie Bainbridge Cohen, Emilie Conrad-Da'oud, Robert Hall & Don Johnson (coordinator)

This is the second long-term program directed by this faculty. It provides an opportunity to study with pioneers in the somatics field who work together in a cooperative, educational effort, emphasizing the commonly held questions, principles, and organic learning processes which underlie their individual methodologies.

The first of the seven seminars will take place from the evening of Sunday, September 24th to Sunday noon, October 1, 1989. During this week, participants will have the opportunity to meet the faculty and participants who are completing the first two-year program. Subsequent meetings will occur approximately every three months, with faculty members rotating their schedule with the group.

The faculty's interest is not in teaching specific techniques for accomplishing predetermined results with people; there are many institutes and schools, including those directed by this faculty, where such trainings are already available. Rather, the emphasis, as articulated by Charlotte Selver, is an exploration of learning in a disciplined way "to be there for what is and for what one does," which might be: the precise way a man with bursitis who holds his right arm close to his side also has a characteristic sinking into his left hip and feels that he is stingy with his loved ones; the boredom I feel while I am touching this person's back; the tears that form in this woman's eyes as I move her ankle, and the slight shift in her breathing; the way I react to the intensity of felt emotion; how I hold myself when in contact with another; the spontaneous images and metaphors a person uses when I am moving his leg; the subtle new movement in the spinal tissues of a quadriplegic woman as she allows herself to sense more.

The faculty members do not think of study or exploration as unstructured inquiry, but as a highly specific learning experience for refining the most basic aspects of work with the body. These include the abilities to: see, touch, listen, and move; sense the subtleties of body image, movement patterns, and breath; facilitate self-healing; perceive the relationships among small bodily movements, feelings, images, thoughts, and memories and understand how they relate to one's emotional life and patterns of health and sickness.

The goal of this program is for participants to refine their contributions to the health field. The teachers will guide participants into closer contact with their inner resources, emphasizing how to move through the barriers that restrict their imaginations and which block them from fully expressing and organizing what they know. The goal is not to turn physical therapists into Reichians or Aston-Patterning practitioners, but to enable them to become more effective as physical therapists, with more sensitive touch, greater skill in manipulating joints, or more awareness of the emotional movements in their clients and a clearer sense of the larger vision that motivates their work. [When you are considering applying for the program, it would be useful to ask yourself if you want to learn a particular method of somatics work, or whether, feeling grounded in your work, you want to further develop your own style. If "yes" to the first question, this program is not what you want.]

Each of the faculty members has developed ways of facilitating people in their process of discovery, in gaining more intimate contact with their inner wisdom. However, this project is not based on a superficial eclecticism, an overview of the common elements in the vari-

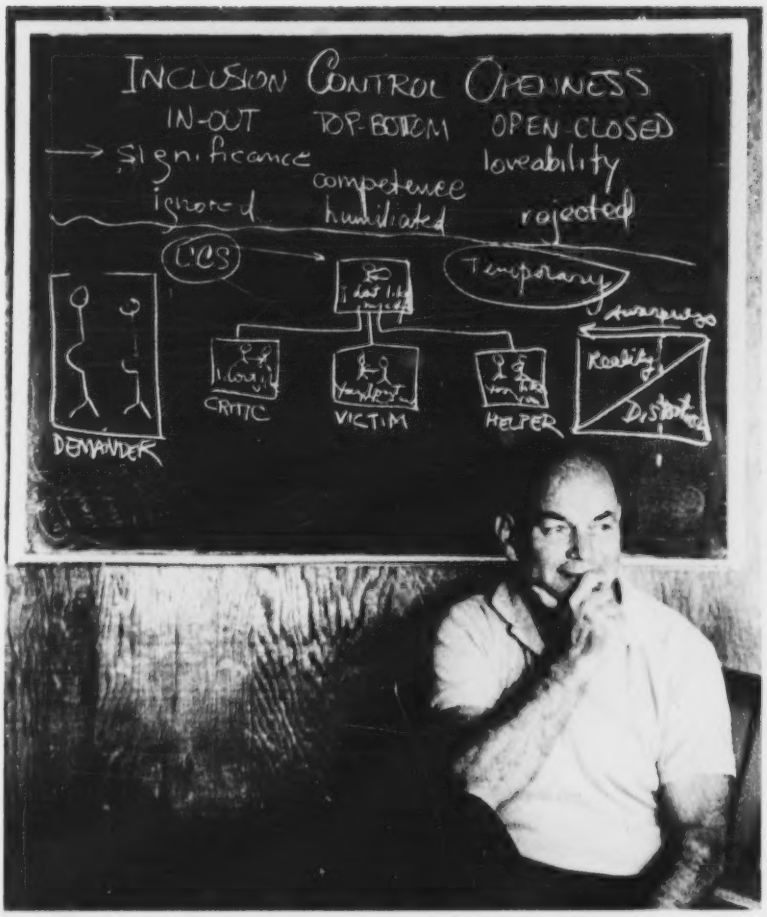
ous specific methods. Rather, it offers participants an arena in which to deepen what they already know and to realize their unique ways of perceiving reality.

Participants should expect to be deeply challenged to explore their own emotional, social, spiritual, and physical histories: how those histories both limit and contain clues to their capacities for healing. The faculty's shared interest is in working with men and women "who will not complain about going slowly." They challenge preconceived ideas about how to perceive and work with other people, as well as attitudes about "fixing" others, as expressed by Charlotte Selver: "Our purpose is not to improve, but to be open for what is." The various works developed by the faculty over several decades are based on the assumption that the most effective healing happens in moments Robert Hall calls "bare attention," or, in Emilie Conrad-Da'oud's words, "when I realize that the self is movement whose primary motion is love."

An important part of this project is concerned with communication: how to speak clearly and directly out of one's deepest experience, how to communicate directly with one's co-explorers, how to transcend fears that create alienation. During the intervals between seminars, participants will be asked to document their clinical work in whatever media seem appropriate – notebooks, recordings, videotapes, etc. This will enable them to detail exactly what they are doing and to present a clear picture of their perspective. The faculty will provide supervisory contact and assistance during those periods. By the end of the two years, the program intends to have generated a body of clinical research from participants applying what they've learned to specific kinds of problems among their patients and clients.

This program is part of a larger somatics education project at Esalen. Experts from many fields related to the body – medical anthropologists, biologists, brain scientists, teachers of meditation, body-oriented teachers from diverse cultures, psychologists, artists, social theorists, and experts in somatics – are being invited to participate in the development and refinement of the field.

Twenty people will be accepted for the program from applications made before June 1, 1989. Admission is restricted to people in the helping professions – nurses, social workers, osteopaths, physicians, psychotherapists, physical therapists, body workers, chiropractors, etc. – and registered students in these areas. Artists, musicians, and dancers interested in the health field are also welcome to apply. Only those who commit themselves to the whole program will be admitted to the individual seminars. Those selected will be asked to confirm their enrollment with a non-refundable deposit of $500, which will be applied to the cost of the final intensive. To apply, please write a lengthy letter describing your background and experience in your profession, and indicate why you would like to be in the program. Please include names and addresses of two references who are familiar with your professional work. Send your application to: Don Johnson, Ph.D., 650 Shotwell Street, San Francisco, CA 94110.



PAMA FIELDS

Will Schutz

The cost of the program is based on the usual fee for a seven-day Esalen workshop, payable at the beginning of each seminar. Fellowships are available for members of ethnic minorities; if you wish to apply for one, please indicate so on your application. Continuing education credit and up to 30 units of undergraduate and graduate academic credit at New College of California are available. In both cases, attendance at the seminars will be supplemented by directed readings and research papers.

If you would like more information about the program from someone who has participated in it, please write to: Dean Marson, Esalen Institute, Big Sur, CA 93920. $870

SPECIAL PROGRAMS

October 22–November 3
Integrative Body Practice (IBP)
Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This will be a twelve-day residential training program in Integrative Body Practice. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields. The leaders will be assisted by Deane Juhan and the staff of the Rosenberg-Rand Institute of Venice, California.

Recommended reading: Jack Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics Ltd.) and *Total Orgasm* (Bookworks).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291; (213) 394-0147.

$1425

The Gazebo Early Childhood Program

The Gazebo Program for Early Childhood is now available to seminarians. Please phone for your child's reservation so that we may provide the kinds of services you will require while attending your own workshops. Call "The Gazebo Farmhouse" between the hours of 9:30-11:30 AM for more information. Telephone: (408) 667-3026.

Gazebo Internship Program

Openings are now available at the Gazebo School for a one- to three-month intensive internship in early childhood education. The emphasis will be on an aesthetic approach to the development of physical, cognitive, and psychosocial skills. For an application, write to Bette Dingman, Gazebo Internship Program, Esalen Institute.

Massage Practitioner Certification Program

Esalen offers a California state-approved massage program. Upon completion of the two-month massage work study track (January 14-March 11, 1990; see pages 36-37 for more information), or a four-week massage practitioner workshop (the next scheduled program is November 12-December 10, 1989), and after giving 30 additional massages elsewhere, graduates will receive their certificates. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring

The Healthspring Project encompasses outreach, education, referral services, and networking. It was created by the Esalen massage teachers and their associates and is an independent, service-oriented program.

This past year, Healthspring set up a global referral system which links people with body workers, counselors, and teachers from their home areas. There are ongoing programs at Esalen and a traveling workshop service in the U.S. and abroad. Instructors teach self-healing, Esalen body work, yoga, breath and body awareness, dance movement, and meditation. Many Healthspring instructors have experience in gestalt practice.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening, which people may borrow for up to a two-week period while at Esalen. Donations of books or periodicals are greatly appreciated.

Access to the referral system and the traveling workshop program is available by writing to Laurie Lioness Parizek at Esalen, c/o Healthspring.

MEDICAL PROGRAMS

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. *Only those programs specifically listed below offer continuing education credit.* See workshop descriptions elsewhere in the catalog.

May 5–7
Weekend Massage Intensive
Attila Vaas & Laurie Lioness Parizek
10 hours

May 5–7
Dance as an Ally in Healing Cancer
Anna Halprin & Rana Vassau
10 hours

May 14–June 9
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
30 hours

June 2–4
The Feeling Process
Janet Zuckerman
10 hours

June 11–16
Five-Day Massage Intensive
Robert Helm & Vicki Topp
30 hours

June 11–16
Gestalt Practice
Christine Stewart Price
30 hours

June 16–18
Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

June 23–25
Children of Chaos
Mariah Fenton Gladis
10 hours

June 25–30
Five Days with Janet Zuckerman
30 hours

June 25–30
Intermediate Cranial Workshop
Jim Asher & Jane Harrington
30 hours

July 2–7
Five-Day Advanced Massage Workshop: Trigger Point
Arthur Munyer & David Streeter
30 hours

July 9–14
Zero Balancing: Beginning/Intermediate Workshop
Fritz Smith
30 hours

July 16–21
The Body and Zen
Dub Leigh
30 hours

July 21–23
Weekend Massage Intensive
Laurie Schutz & Esalen Massage Practitioners
10 hours

July 21–23
Imagery: Exploring the Body/Mind Bridge
Jeanne Achterberg & Frank Laulis
10 hours

July 21–23
Seeing with New Eyes: Developing Psychic Sight Through Compassion™
Elizabeth Stratton
10 hours

July 23–28
Gestalt Practice
Christine Stewart Price
30 hours

July 23–28
Touching Spirit: Dimensions of Psychic Healing™
Elizabeth Stratton
30 hours

July 28–30
Therapeutic Touch: Theory and Practice
Janet Quinn
10 hours

July 30–August 4
Introduction to Craniosacral Work
Hugh Milne
30 hours

August 4–6
Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

August 4–6
Homeopathy: Medicine for the 21st Century
Dana Ullman
10 hours

August 18–20
Weekend Massage Intensive
Brita Ostrom & Dean Marson
10 hours

August 20–25
Five-Day Massage Intensive
Robert Helm & Esalen Massage Practitioners
30 hours

August 27–September 1
Five Days with Janet Zuckerman
30 hours

August 27–September 1
Imagination as Healer
Jeanne Achterberg, Frank Laulis & Michael Samuels
30 hours

September 3–8
Intermediate Massage Intensive
Deborah Anne Medow & Vicki Topp
30 hours

September 15–17
The Feeling Process
Janet Zuckerman
10 hours

September 15–17
Zero Balancing: Advanced Workshop
Fritz Smith
10 hours

September 17–22
Sports Massage
David Streeter & Arthur Munyer
30 hours

September 22–24
Psychoneuroimmunology and its Implications
George Freeman Solomon & Margaret Kemeny
10 hours

September 24–October 1
A Somatics Study Program for Health Professionals
Don Johnson, coordinator
30 hours

September 29–October 1
Weekend Massage Intensive
Laurie Lioness Partzek & Attila Vaas
10 hours

October 6–8
Gestalt Practice
Christine Stewart Price
10 hours

October 8–13
Gestalt Practice
Christine Stewart Price
30 hours

October 15–20
Five-Day Massage Intensive
Laurie Schutz & Char Pias Brenner
30 hours

October 15–20
Dying to Live
Karen Paine-Gernee & Charles Steinberg
30 hours

October 22–27
Recovery for Co-Dependents
Karen Paine-Gernee & Rick Paine
30 hours

FUTURE PROGRAMS

Listed here is a sampling of programs planned for Fall 1989. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. More information will be available in the September 1989-February 1990 catalog.

November 10-12
New Frontiers in Medicine
Coordinated by Andrew Weil & Dean Ornish
Consult the September 1989-February 1990 catalog for more information.

November 12-December 8
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
For course description, see Special Programs, May 14-June 9, page 32.

November 12-December 10
Massage Practitioner Certification Program
Esalen Massage Practitioners
For more information about this program, see Special Programs, page 34.

WORK STUDY PROGRAM

The Work Study Program is for those who are interested in total immersion in the Esalen environment. It is a work-oriented program, emotionally and physically. Only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. *Assignments to departments are made according to community labor needs.* During the first month, assignments are made primarily in the kitchen and cabins. No participants will be accepted as work students in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and one intensive weekend are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. *Participants in the focused programs must be prepared to stay at Esalen for the full duration* designated for that particular program, assuming that they meet the standards of the Work Study Program.

Focused programs planned thus far for 1989-90 include:

April 30–May 28: Janet Zuckerman will teach emotional release work using basic gestalt practices. This is a practicum, with emphasis on the participant as facilitator.

May 28–June 25: Mariah Fenton Gladis will focus on "complete gestalt work." This program will be didactic and experiential, including body work, spiritual development, and emotional clearing.

June 25–July 23: Janet Lederman will lead this internship in community-building for the Antioch–New College Somatics Program students, who will participate in the daily work at Esalen.

July 23–August 20: See April 30-May 28.

August 20–September 17: Elisa Lodge and Ellen Watson will facilitate a month of breath work, dance, yoga, mask-making, hypnosis, NLP, and Rolf movement.

September 17–October 15: Robert Helm and guest practitioners will present Esalen massage/body work fundamentals and their evolving synthesis with the somatic arts.

October 15–November 12: Steven Harper will inquire into human relationship to nature, using Big Sur's wilderness and various traditions that enhance personal awareness. More information will be sent upon registration.

November 12–December 10: Edward Maupin and James Stewart will integrate body work and dream work through movement, dreams, and other imaginal processes.

December 17–January 14, 1990: Paula Shaw offers a month of risky, outrageous self-expression and creativity employing acting, improvisation, and other tricks of the theatrical trade.

January 14–March 11, 1990: Robert Helm and other practitioners will lead a two-month program in body work, massage, movement, and self-care. For more information see Massage Practitioner Certification Program, Special Programs, page 34. The cost of this program is $1000 first month, $950 second month.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day

APPLICATION TO THE WORK STUDY PROGRAM

Name _____ Address _____

City _____ State _____ ZIP _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program.

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work students may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community.*

Please indicate your availability should an invitation be extended. (Not applicable to focused program participants.)
☐ No extension ☐ One-month extension ☐ Two-month extension. Assignments to departments are made according to community labor needs.

☐ Please check here if you have emergency medical skills (M.D., E.M.T., or R.N.) and are willing to make those skills available during your stay.

Please attach a personal statement about your interest in the Work Study Program. *Include:* applicable *skills* (gardening, kitchen, mechanical, etc.); medical difficulties which might affect your working in particular departments; previous Esalen workshops you have attended (please list program titles, group leaders, and dates). Note: Fluency in the English language is essential for participation in the program.

Work Study Programs, except the two-month body work program, is $700 first month, $650 second month, $600 third month. Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *This application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return this form with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

Available dates: April 30–May 28; May 28–June 25; June 25–July 23; July 23–August 20; August 20–September 17; September 17–October 15; October 15–November 12; November 12–December 10; December 17–January 14; January 14–February 11; February 11–March 11; March 11–April 8; April 8–May 6; May 6–June 3; etc.

WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered. To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

August 5-12
A Gentle Trip In the High Sierra

Maurica Anderson & Tom Newell

During this seven-day workshop in wildflower season, the group will hike to a secluded mountain basin (alt. 10,000') off the main trails in the John Muir Wilderness area on the western side of the High Sierra. MULES WILL CARRY IN ALL OF THE PERSONAL GEAR AND FOOD, enabling participants to have outrageously good food (fresh fruits and vegetables, frozen chicken and steaks). Participants need carry nothing but lunch, rain gear, a jacket, and water. The area is off the main trails and is filled with lakes, grassy meadows, wildflowers, and cold streams fed by the surrounding snow fields. Drinking water will be supplied by a pure and icy spring.

The group will camp by a rushing waterfall for six nights, taking short day-hikes to other beautiful areas, swimming daily in the crystal lakes, working with body awareness, massage, psychodrama, meditation, and gentle encounter—and laughing a lot. During the week, participants will put up a sauna, take some strenuous but optional side hikes, and have some time for doing nothing. They can concentrate on the sights, sounds, and smells of the high country, on getting to know the mountains, one another, and themselves.

Mountaineering experience is not necessary and most people are in good enough shape for this trip, but participants should be capable of hiking uphill at altitudes up to 11,000' and must possess a good sense of humor. The hike in is six miles with an altitude gain of 2,700', but the pace will be leisurely and the group will take all day to reach the high meadow campsite.

For a detailed information sheet, contact Maurica Anderson, 1112 Curtis Street, Albany, CA 94706; (415) 526-5814. Participants will meet in the Sierra on August 5. The fee includes food, wine, permits, and pack mules in and out. $570

September 10-23
Path of the River:
A Grand Canyon Journey

Steven Harper, Wendy Palmer, Bob Melville & Arizona Raft Adventures Staff (AZRA)

The Grand Canyon and Colorado River provide an environment of dramatic variety which is intimate and awesome, soft and demanding, yet always rewarding for those who are open to all it has to offer. On this 14-day whitewater raft trip through the entire length of the Grand Canyon, participants can explore offerings of river, canyon, and natural world. The river is a teacher and primary metaphor. The group will draw from aikido, dance, energy awareness, meditation, and gestalt to enhance their experience of this majestic wilderness area.

Travel will be in paddle and oar rafts. Instruction will be offered in basic aspects of river life such as paddling and minimum-impact river camping. Group members will have time to discuss the Canyon's ecology, geology, natural and cultural history; to hike and explore side canyons; to sit quietly and reflect; to integrate learnings from this trip into their lives.

River experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity and to participate fully. The workshop begins at 7 AM September 10 in Flagstaff, Arizona; there will be a pre-trip meeting at 6 PM the evening before. AZRA will supply all the necessary river rafting gear, food, and transportation between Flagstaff and the Canyon. Details and a personal equipment list will be sent upon registration. Enrollment is limited.

Due to Esalen's special arrangement with AZRA, the following cancellation policy is in effect for this workshop: A $200 nonrefundable deposit per person will confirm your reservation. Balance is due July 10, 1989. If you cancel prior to July 10, your nonrefundable deposit, less a $60 registration fee, may be applied to other Esalen programs, to be used within one year. *No refunds* are available after July 10. $1690

THE MEDIA CENTER

Videotapes

The Esalen Media Center is offering for rental or purchase a selection of videotapes. This series consists of unedited single camera recordings of informal talks made at Esalen, along with a descriptive tape of Esalen itself.

1. Jack Kornfield, *On Meditation*, November 1986. A longtime student and teacher of Vipassana meditation and Buddhism discusses these traditions with reference to his own experiences as a spiritual seeker in the Orient. (121 minutes)

2. Brother David Steindl-Rast, *God, Spirituality, and the Senses*, November 1984. A Benedictine monk and scholar discusses the spiritual journey and its relationship to mythology and transpersonal theory. (117 minutes)

3. Fritjof Capra, *Characteristics of Systems Thinking*, June 1985. The author of *The Tao of Physics* and *The Turning Point* discusses the evolution of scientific thinking, including current views and implications. (81 minutes)

4. Stanislav Grof, *The New Scientific Paradigm*, June 1985. An original member of the transpersonal psychology network and author on topics such as appropriate use of psycho-active substances, discusses his current view of consciousness. (117 minutes)

5. Rupert Sheldrake, *Morphic Resonance and The New Science of Life*, June 1985. A British geneticist relates his theories on biological and psychological development and discusses some empirical tests of these theories. (108 minutes)

6. Kenneth Ring, *The Near-Death Experience*, June 1985. The author of *Life at Death* and *Heading Toward Omega* discusses his research on the near-death experience and some of its implications for the future of the human race. (114 minutes)

7. Albert Hofmann, December 1984. The discoverer of LSD talks to Stanislav Grof about his early experiences with this and other psycho-active drugs. He also discusses some of the social, political, and scientific consequences of LSD. (92 minutes)

8. Anne Armstrong and Elizabeth Stratton, December 1984. Two longtime students, practitioners, and teachers of psychic work discuss with Nancy Knapp their practices and perspectives related to psychic counseling and healing. (56 minutes)

9. Terence McKenna, *Fractal Perspectives on the Millenium*, August 1985. The author of *The Invisible Landscape* gives his vision of the future, centering around the evolution of human consciousness. (72 minutes)

10. Jack Rosenberg, *One Hour and Twenty-Nine Minutes with Jack Rosenberg and Integrative Body Practice*, September 1985. The Venice, California, practitioner gives his view of personality development and some of the typical patterns of interaction in relationship. (89 minutes)

11. *Esalen*. This 18-minute videotape tells Esalen's story from its early history to the present. The visuals consist of 130 color slides featuring scenes of the Big Sur coast, Esalen's gardens, grounds, and various workshops and activities.

Ordering Information

Each speaker program costs $55 to purchase, $25 to rent. The *Esalen* tape costs $35 to purchase, $15 to rent. To order any of these tapes (VHS only), indicate: purchase or rental (one week), program #, and title. To your subtotal, add $5 shipping and handling ($12 for overseas orders) for each two tapes ordered. California residents add 6% tax for sales only. Include your name, address, and phone number. Please address your order (with a check payable to Esalen Institute) to the Esalen Media Center. Allow 30 days for delivery. Urgent orders may be handled by phone, (408) 667-3021.

FRIENDS OF ESALEN

We invite you to join us in our organization—the Friends of Esalen scholarship fund.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them.

We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships. Esalen will, in turn, match your contribution.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog* for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category marked.

☐ I wish to renew my membership in Friends of Esalen.

☐ One Year Student $15
☐ One Year Individual $25
☐ One Year Donor $50
☐ One Year Sponsor $100
☐ One Year Patron $500
(Contributions are tax-deductible)

Name _____ Student Affiliation _____

Address _____ City _____

State _____ ZIP _____ Date _____

Please mail to: Friends of Esalen, Big Sur, CA 93920.

AUDIO RECORDINGS

The Dolphin Tape Series

This tape list overlaps with others, but brings together more titles in the general fields of: the transpersonal, shamanism, psi phenomena, imagination, creativity, myth, and legend. A number of titles are from the month-long workshops through the years with Stanislav and Christina Grof, or from one of the International Transpersonal Association conferences held in such diverse locations as Boston or Bombay. Nearly all events were recorded in stereo. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Anne Armstrong: *On Being a Psychic*, 1971
Anne & Jim Armstrong: *The Power of Intuition*, 1987
Armstrong/Stratton: *Psychic Abilities Interview*, 1984
Gregory Bateson: *Metaphors and Butterflies*, 1975
Joseph Campbell: *Freud, Jung, and Kundalini Yoga*, 1967
Joseph Campbell: *Hermes, Alchemy, & Vintage of Odysseus*, 1971
Joseph Campbell: *Kundalini Yoga and the Chakras*, 1981
Joseph Campbell: *The Hero's Journey (80th year celebration)*, 1984
Fritjof Capra: *A New Vision of Reality (Bombay)*, 1982
Lew Carlino: *Writing the Screenplay "Resurrection,"* 1987
Bhagavan Das: *Singing Meditation*, 1974
Prem Das: *The Singing Earth (Huichol Chanting)*, 1980
Prem Das & Don Jose: *Huichol Ceremony Chanting*, 1977
Prem Das & Don Jose: *Huichol Chant and The Deer Dance*, 1977
Ram Dass & Tenney Kimmel: *Chanting with Tamboura & Dulcimer*, 1970
Jan Ehrenwald: *Psi Experience and the Bergonian Filter*, 1984
Jule Eisenbud: *Psi Experience in Psychotherapy*, 1984
Fadiman/Hastings: *Psychedelics & Paranormal Phenomena*, 1971
George Freibott: *Nikola Tesla, The Inventor*, 1984
Father Bede Griffiths: *Doctrine of New Creation (Bombay)*, 1982
Stanislav Grof: *Journeys Beyond the Brain*, 1979
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Stanislav Grof: *Ancient Wisdom and Modern Science (Bombay)*, 1982
Stanislav Grof: *Principles of Holotropic Therapy*, 1985
Willis Harman: *Alternative Futures*, 1980
Arthur Hastings: *Transpersonal Realities (Boston)*, 1979
Albert Hofmann: *LSD and the Nature of Reality*, 1978
Albert Hofmann: *Interviewed by Stanislav Grof*, 1984
Albert Hofmann: *Transmitter Receiver Concept of Reality*, 1984
Aldous Huxley: *Visionary Experience*, 1960
Jack Kornfield: *The Sword of Wisdom (Boston)*, 1979
Jack Kornfield: *The Smile of the Buddha (Bombay)*, 1982
Stanley Krippner: *Communes, Telepathy, and Dreams*, 1971
John & Toni Lilly: *Integrating Science and Mysticism*, 1981
Abraham Maslow: *Psychology of Religious Awareness*, 1967
Terence McKenna: *New and Old Maps of Hyperspace*, 1982
Ralph Metzner: *Symbolism of the Four Elements*, 1979
Ralph Metzner: *Maps, Models, and Metaphors (Boston)*, 1979
Henry Munn: *Mushrooms and Culture*, 1977
Henry Munn: *Fable of the Vision Drink*, 1977
Humphrey Osmond: *Early Psychedelic History*, 1976
Rupert Sheldrake: *Morphic Resonance: Formative Causation (Bombay)*, 1982
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Huston Smith: *The Nature of Reality (Boston)*, 1979
Russel Targ: *Parapsychology and Physics*, 1972
Charles Tart: *On the Paranormal*, 1971
Charles Tart: *Our Fear of Psychic Abilities*, 1984
Andrew Weil: *Psychoactive Drugs through Human History*, 1983
Robert Anton Wilson: *The I in the Triangle*, 1984

Two-tape titles are $18:

Angeles Arrien: (2) *The Story of Basque Mysticism*, 1982
Angeles Arrien: (2) *The Egyptian Tarot*, 1982
Robert Bly: (2) *An Evening at Esalen*, 1982
Robert Bly: (2) *Fairy Tales for Men and Women*, 1982
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1970
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Capra/Grof: (2) *Beyond Time and Space*, 1977
Prem Das: (2) *The Huichol Cosmology (Creation and Return)*, 1977
Ram Dass: (2) *One Man's Journey to the East*, 1969
Ram Dass: (2) *Creativity and Spirituality*, 1987
Ram Dass: (2) *The Heart of Compassion (SEVA)*, 1987
Stan & Christina Grof: (2) *Holonomic Consciousness Paradigm*, 1982
Stanislav Grof: (2) *The Birth Trauma*, 1981
Stanislav Grof: (2) *Geometry of Psychopathology*, 1984
Stanislav Grof: (2) *The Cosmic Game*, 1987
Michael Harner: (2) *Shamanism, Songs, and Spirit Canoe*, 1981
Jean Houston: (2) *The Possible Human (Boston)*, 1979
Timothy Leary: (2) *The Power of Imprinting*, 1982
Joseph Chilton Pearce: (2) *The Magical Child*, 1975
Kenneth Ring: (2) *Near Death Experiences*, 1985
Rupert Sheldrake: (2) *A New Science of Life*, 1982
Andrew Weil: (2) *Use and Abuse of Beneficial Plants*, 1982
Andrew Weil: (2) *Interplay of Mind and Body Realities*, 1982

Four-tape titles are $36:

Anne & Jim Armstrong: (4) *A Workshop on Creativity and Spirituality*, 1987
Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
James Fadiman: (4) *A Weekend of Stories*, 1984
Roland Fischer: (4) *Creative, Psychotic, & Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day (Marin)*, 1983
Jack Kornfield: (4) *Buddhist Meditation and Practice*, 1981
Timothy Leary: (4) *A Day with Timothy Leary*, 1982
Terence McKenna: (4) *Psychedelics and a Free Society*, 1984
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Brother David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985

The Dolphin Vinyl Binder Tape Sets:

Robert Anton Wilson: (6) *The 'Coincidance' of Joyce*, 1985	$60
John C. Lilly: (6) *Ego, Self, and Essence*, 1971	$60
John C. Lilly: (6) *The East Coast Workshop*, 1973	$60
Rupert Sheldrake: (6) *Seminar on the Presence of the Past*, 1985	$60
UCSB Symposium: (6) *Entheogens, The Spiritual Psychedelics*, 1983	$60
Andrew Weil: (6) *Integrated Consciousness and Health*, 1976	$60
Robert Anton Wilson: (6) *Seminar on the I in the Triangle*, 1984	$60
Colin Wilson: (6) *The New Analytic Philosophy*, 1967	$60
Reb Anderson: (8) *Zen is the Key*, 1986	$72
Terence McKenna: (8) *Lecture Series I (1982-83) or Series II (1983-86)*	$72
Terence McKenna: (8) *True Hallucinations (A Talking Book)*, 1984	$80
Joseph Campbell: (10) *The World Mythology Series*, 1969	$88
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-80	$98

Please add $3 to your complete order for handling and mailing (add $3 more if you wish priority mail). Overseas orders add $1 per tape for mailing. California residents include 6% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment.) Allow 4 to 6 weeks for delivery.

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement: Dolphin Tapes is a private company independent of Esalen.

MAIL ORDER BOOKS

The Tao of Leadership – John Heider $10.95
An adaption of the *Tao Te Ching* that provides simple and clear advice on how to be the best kind of leader.

Body, Self, and Soul: Sustaining Integration – Jack Rosenberg $14.95
Written for health professionals interested in developing a more holistic and integrative mind-body approach to their practice.

The Silent Pulse – George Leonard $8.95
A search for the perfect rhythm that exists in each of us.

The Adventure of Self-Discovery – Stanislav Grof $12.95
A further exploration by Dr. Grof of the dimensions of consciousness and new perspectives in psychotherapy and inner exploration.

Job's Body: A Handbook for Bodywork – Deane Juhan $29.95
An in-depth examination of the human body that has been called the first definitive book on body work.

The Physical and Psychological Effects of Meditation – $17.95
Michael Murphy and Steven Donovan
A review of contemporary meditation research from 1931-1988, with a comprehensive bibliography.

Golf in the Kingdom – Michael Murphy $9.95
Describes Murphy's encounter with Shivas Irons, the Scottish shaman-golf pro, on the Links of Burningbush in Scotland.

Jacob Atabet – Michael Murphy $8.95
A speculative fiction which explores the possibilities for bodily transformation produced by powers of the mind.

An End to Ordinary History – Michael Murphy $11.95
Vladimir Kirov, KGB agent and Sufi initiate, and Darwin Fall, an American scholar, join forces to explore the secrets of bodily transformation.

Imagery in Healing – Jeanne Achterberg $10.95
A landmark work in holistic medicine that explores the relationship between the mind, mental imagery, and healing.

Dreambody – Arnold Mindell $14.95
An exploration of the hidden significance of physical sensations and body experiences and their role in revealing the self.

Life Force-Death Force – Alan Schwartz $14.95
A study of the structure of human energy and the biology of greed.

Fritz Perls – Jack Gaines $12.95
An oral history of the father of gestalt therapy that traces Perls from Europe to the U.S. and documents his struggle to gain acceptance of gestalt therapy.

Food for the Senses – Christine Stewart Price, editor $5.95
Recipes and art work from the Esalen community.

Body – Don Johnson $13.95
An investigation of the mind/body split and its implications and a look at how we can reunite feeling and thought.

Body Process – James Kepner $28.50
A gestalt approach to working with the body in psychotherapy for those who consider that body phenomena form an intrinsic part of enduring life themes, emotional and existential dilemmas.

A Zen Approach to Bodytherapy – Dub Leigh $14.50
A moving record of one pilgrimage to seek the highest attainment in the practice of body therapy.

The Enneagram – Helen Palmer $16.95
Defines the nine basic personality types and relates them to practical guidelines that enable us to see life more fully and which invite personal healing.

Ordering Information

Please add $3.00 for the first book and $1.00 for each additional title for UPS shipping and handling. California residents add 6% sales tax. Allow 4-6 weeks for delivery. Continental U.S. only.

Please make out your check to Esalen Institute (sorry – no credit cards). Mail your order with your check and daytime phone number to:
Esalen Bookstore, Esalen Institute, Big Sur, CA 93920.

An Esalen Institute Publication

THE PHYSICAL AND PSYCHOLOGICAL EFFECTS OF MEDITATION

A Review of Contemporary Meditation Research With a Comprehensive Bibliography: 1931–1988

• Michael Murphy and Steven Donovan •

Containing over 1,000 bibliographic entries and a review of 700 studies, this monograph outlines the scientific research on what happens, physiologically and psychologically, during and after meditation sessions. Various types of meditation are included in the study, including Buddhist Vipassana or mindfulness meditation, The Relaxation Response technique of Dr. Herbert Benson, Transcendental Meditation, and many others. This rich accumulation of evidence is designed to allow scientists and researchers to better understand the potentially profound effects of meditation upon the mind and body.

". . . the most complete survey of meditation research available." – Herbert Benson, MD, Harvard University

". . . a superb and splendid job, yeoman work that will help everyone in the field." – Daniel Goleman, New York Times

". . . a unique research study . . . the summaries are expertly done and provide an accessible guide to research difficult to obtain otherwise." – Norman Cousins, author of *Anatomy of an Illness*

Esalen Institute, 1988. 225 pages. $20.00

Please send me _____ copies of The Physical and Psychological Effects of Meditation. I enclose a check or money order for $20.00 made out to "Esalen Monograph."

Name _____

Address _____

_____

Send to:
Esalen Monograph: 230 Forbes Avenue, San Rafael, CA 94901

BIOGRAPHICAL INFORMATION

A

Ralph Abraham,
a mathematician, is known for his work in dynamics and chaos theory. He is a professor of mathematics and founder of the Visual Math Project at UCSC, and author of Dynamics: The Geometry of Behavior.
p. 24

Jeanne Achterberg,
author of Imagery in Healing, *has a doctorate in psychology and physiology and is an internationally acclaimed pioneer in the study of the mind-body connection.*
p. 17, 24, 35

Yuri Afanasyev,
Soviet historian and director of the All-Union National Archive, is a well-known public figure who openly discusses perestroika, glasnost, Stalin, and the re-thinking of Soviet history.
p. 10

Akhter Ahsen
is a Fellow of the American Psychological Association, author of more than a dozen books, and editor of the "Journal of Mental Imagery."
p. 27

Ijalu Akanbe
has danced with Olatunji for 24 years and is dance captain of the Drums of Passion Dancers.
p. 14

John Allen,
class "A" PGA member and former tour player, has been a teaching golf professional for over 20 years and a serious student of the inner game for the past 5.
p. 27

Maurica Anderson
is studying the relationship between humor and mental health. She has led High Sierra wilderness trips for many years.
p. 20, 37

Anne Armstrong
has been doing transpersonal counseling for over 24 years and has trained professionals to use their own intuitive abilities.
p. 21

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 21

Elliot Waker Aronson,
UCSC professor and president of the Western Psychological Association, is author of Career Burnout *and* The Handbook of Social Psychology. *His work combines the humanistic with the scientific.*
p. 23, 31

Jim Asher
has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer, certified by Ida Rolf.
p. 13, 34

Judith Aston
is the creator of Aston-Patterning, which includes teaching through movement education, joint manipulation, deep tissue work, and the design of objects which support the body.
p. 27, 32

Nancy Azara
is a sculptor, painter, and psychic consultant specializing in the creative process. She is co-founder of the New York Feminist Art Institute (NYFAI) Women's Center for Learning.
p. 23

B

Jamie Baraz
has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.
p. 20

Harold Benjamin,
author of From Victim to Victor, *is the Founder of The Wellness Community concept and the executive director of The Wellness-National.*
p. 30

Joel Bergman
is on the senior faculty of the Ackerman Institute for Family Therapy, adjunct editor of "Family Process," author of Fishing for Barracuda, *and in private practice in New York City.*
p. 30

Bradley Bernstein
is a theater director and psychologist. He was the first director of improvisation at the Sundance Institute Playwrights' Lab and has traveled worldwide creating new theater in diverse settings.
p. 19

Cynthia Johnson Bianchetta
is an artist, dancer, and photographer. She was the assistant director of the Museum of Photographic Arts and director of the Weston Photographic Gallery.
p. 6

Daniel Bianchetta,
longtime Esalen resident and workshop leader, is an intuitive counselor and also does body work. He is a student and teacher of meditation.
p. 6

Judy Blackstone
is a dancer, meditation teacher, author, and counselor. She is the founder of The Subtle Self in Motion, a method for deepening experience through movement.
p. 18

Stephen Book
is an international/Off Broadway/regional theater director and teacher. On the faculty at USC after a long tenure at The Julliard School, he also heads his own professional studio in Hollywood.
p. 31

Sylvia Boorstein
is a clinical psychologist in private practice. In teaching Vipassana she emphasizes integrating meditation insights into daily life, especially with relationships.
p. 19

Char Pias Brenner,
dancer, singer, performing artist, massage teacher, and mother, is currently in residence at Esalen Institute.
p. 29, 35

Lois Brien
is dean of the School of Psychology and Human Behavior at National University in San Diego. She has spent many years training gestalt practitioners and writing about gestalt work.
p. 24

Jessica Moore Britt
is a teacher of gestalt and Reichian work at Esalen. She is a member of the Ridhwan Work School, which is dedicated to understanding personality and essential development.
p. 8, 26, 28

Charles Brooks,
author of Sensory Awareness, the Rediscovery of Experiencing, *has been a teacher of Sensory Awareness since 1963, often in conjunction with Charlotte Selver.*
p. 27, 32

Mel Bucholtz
trained with the late Milton Erickson in the use of hypnosis and has a private practice in Cambridge, MA. He is co-founder of Nomad University and the Returning to Earth Institute.
p. 27

C

Anne Caple
is an image and wardrobe consultant, technical editor, and student of mythology.
p. 14

John Caple
is a former businessman and college professor who consults with and counsels executives and others wishing to be more effective.
p. 14

Fritjof Capra
is a physicist and systems theorist, founder of the Elmwood Institute, and author of The Tao of Physics, The Turning Point, *and* Uncommon Wisdom.
p. 10

Paul Carter,
co-founder and director of Meta Education and Training Arts since 1976, leads workshops around the world on Whole/Parts Transformation, Ericksonian hypnosis, and creativity.
p. 31

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 6, 15, 25, 31

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Expressive Painting Studio in San Francisco.
p. 15, 24, 31

Kenn Chase,
teacher of traditional Yang style t'ai chi ch'uan for 20 years, combines body alignment, relaxation, and breathing methods. He has studied with masters of t'ai chi, kung fu, and chi kung.
p. 21

Jack Cirie,
certified Leonard Energy Trainer, aikidoist, and fitness expert, heads Development & Delivery of Training with SportsMind Inc. He has worked with corporate managers, Army Special Forces, athletes.
p. 8

Bonnie Bainbridge Cohen
is creator of the somatic educational and therapeutic system called Body-Mind Centering.
p. 27, 32

Leonard Cohen
is co-founder and administrative director of the School for Body-Mind Centering, a chiropractor, and longtime student of aikido.
p. 27, 32

Stephen Cohen,
an Esalen resident, gestalt practitioner, and Experiencing Esalen staff member, is a longtime golf hacker.
p. 27

Didi Conn
starred in the movies You Light Up My Life *and* Grease (I and II), *and was featured regularly in the TV series,* Benson.
p. 19

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 22, 27, 32

Phil Cousineau,
a freelance writer, has taught screenwriting at the American Film Institute. He was co-writer and associate producer on The Hero's Journey: The World of Joseph Campbell.
p. 9, 29

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Expressive Painting Studio in San Francisco.
p. 15, 24

Dale Cummings,
certified Radix® teacher and counselor in private practice in West Los Angeles, is director of first-year training for the Radix Institute in Ojai.
p. 9

D

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October, Cycles, River Notes, *and* Amber.
p. 29

John Densmore
is a musician, actor, and writer. He was the drummer for The Doors and has just completed his autobiography, Riders on the Storm.
p. 29

Laura DeNuccio (Ma Prita)
is a certified Radix® teacher on Esalen's gestalt staff, with over 15 years of experience combining Reichian body work, vision work, movement, ritual, and meditation.
p. 6, 12, 21

Patrick Douce,
a student of Moshe Feldenkrais, has been a resident at Esalen since 1972. Since 1986 he has lived half the year in Bali, where he studies Balinese healing practices.
p. 12, 19, 34, 35

Rachael Dutton
is a sculptor, dreamer, and twice Visiting Artist at Claremont Graduate School. She wrote "Below the Threshold of Myth" for Psychological Perspectives *(Spring/Summer 1988).*
p. 11, 28

Joel Dweck
is a Reichian practitioner in private practice in Los Angeles, where he also directs the Core Contact training program.
p. 16

Ken Dychtwald
is a psychologist and the founder of Age Wave, Inc. He has written extensively on the healthcare system in America and the problems facing an aging society.
p. 21

E

Diane Egli,
violinist and member of the Suzuki Association of America, teacher/performer, and Gazebo teacher at Esalen, was a California Arts Council "Artist in Residence." She has a master's degree in music.
p. 22

CAROLINE FRANCONI

Sydney Ocean, Eric Erickson, and Tom Brenner

Esalen Massage Practitioners:
Peggy Horan and George King.
p. 17, 22, 35

F

James Fadiman
is a psychologist, a consultant to industry, and a teacher of Sufi stories. His latest book is Unlimit Your Life.
p. 27

David Feinstein,
psychologist and director of Innersource, taught at Johns Hopkins University School of Medicine and co-authored Personal Mythology: The Psychology of Your Evolving Self *and* Rituals for Living and Dying.
p. 25

Syd Field
is a screenwriter, producer, teacher, international lecturer, and author of Screenplay *and* The Screenwriter's Workbook.
p. 28

Jerry Fletcher
is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in San Anselmo, CA.
p. 13

Kathleen Fletcher
is a trainer and consultant in organizational development, working in both the profit and non-profit sectors.
p. 13

Joyce Frazee,
gestalt and dream work practitioner for 15 years in Vancouver, Canada, has training in Jungian dream analysis, bioenergetics, and group process.
p. 26

G

Elinor Gadon
uses images and symbols from the visual arts and popular media for analysis of self in culture. She is the author of the forthcoming The Once and Future Goddess: A Symbol for Our Time.
p. 20

Jim Garrison,
executive director of the Esalen Soviet-American Exchange Program, has recently initiated an economics and management training project for Soviet entrepreneurs.
p. 12

Mariah Fenton Gladis,
a gestalt practitioner and trainer, founded and directed the Bucks County Institute for 12 years. She is currently co-director of the Pennsylvania Gestalt Center.
p. 13, 34, 36

Herbert Gold
has published over 20 books, most recently Lovers & Cohorts: Twenty-Seven Stories, *and the novels* A Girl of Forty *and* Dreaming.
p. 22

Mary Goldenson (Devarani),
a chiropractor, certified Radix® teacher, and doctoral candidate in clinical psychology, is in private practice in West Los Angeles.
p. 24, 30

Stanislav Grof,
a psychiatrist who has extensive experience in consciousness research with and without psychedelics, is author of Realms of the Human Unconscious, LSD Psychotherapy, *and* Beyond the Brain.
p. 18

Lenore Grubinger,
founder of Creative Bodywork™, works with children and adults, tours internationally, and is on the staff of the school for Body-Mind Centering™ in Amherst, MA.
p. 29

H

Robert Hall,
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for 25 years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 8, 27, 32

Betty Halpern,
coordinator of Early Childhood Education, Sonoma State University, has extensive experience in a variety of school settings and grade levels with special interest in teacher development.
p. 13

Anna Halprin,
dance director of Tamalpa Institute and Steps Theater Company, works with people with life-threatening illnesses, is creator of Circle the Earth, *and author of* Movement Ritual.
p. 7, 21, 34

Daria Halprin-Khalighi,
teacher and counselor, developed the Creative Process Method, integrating art and psychology to facilitate creative expression and growth. She is co-founder of Tamalpa Institute.
p. 28

Thomas Hanna
is director of the Novato Institute for Somatic Research and Training, editor of Somatics *magazine, and author of* The Body of Life, Bodies in Revolt, *and* Somatics.
p. 18

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 9, 10, 12, 16, 18, 21, 25, 28, 36, 37

Susan Harper
teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 12

Jane Harrington
is a certified Rolfer and Rolf movement teacher with extensive craniosacral experience. She is in private practice in Boulder, CO.
p. 13, 34

Richard A. Heckler
has practiced individual and family counseling for 10 years and teaches the Hakomi Method throughout the U.S. He is director of the Holistic Health Program at J.F.K. University.
p. 6

Richard Strozzi Heckler,
psychologist and 4th-degree black belt in aikido, has worked with such diverse groups as the Army Special Forces, emotionally disturbed children, corporate executives, and inner city gangs.
p. 24

John Heider,
a psychologist living in Lawrence, KS, is a group leader and teacher of group leaders. He was part of the Esalen Resident Program from 1967-71.
p. 22

Robert Helm,
an Esalen massage crew member, blends a broad range of body work methods with the sense of presence he feels is the heart of Esalen massage.
p. 11, 22, 34, 35, 36

Nick Herbert
is the author of Quantum Reality: Beyond the New Physics *and is currently working on a book about time travel.*
p. 18

Gabriele Hilberg-Thomson
has conducted workshops for health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 23, 31

Edward Hoffman
is a licensed psychologist in New York City, is the author of several books on the Kabbalah, including The Way of Splendor *and* The Heavenly Ladder.
p. 16

J

Eli Jaxon-Bear
is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. He is the past-president of a Tibetan Buddhist meditation center.
p. 8, 17, 32, 34, 35

Don Johnson,
author and somatic practitioner, is director of the graduate studies program in somatic psychology and education at Antioch University and coordinator of Esalen's program in somatic education.
p. 27, 32, 35

K

Vladimir Karpov
is the First Secretary of the powerful Union of Writers of the U.S.S.R., a writer of novels and nonfiction about WWII, and a decorated war hero.
p. 10

Norman Katz
is director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe.
p. 14

Sam Keen
is the author of 10 books, including The Passionate Life *and, most recently,* Faces of the Enemy.
p. 9, 30

Margaret Kemeny
is trained in behavioral science and immunology. She conducts psychoneuroimmunologic research at UCLA School of Medicine on individuals infected with the Human Immunodeficiency Virus.
p. 26, 35

George Kohlrieser,
a clinical psychologist with an international practice, researches and applies attachment and separation theory to relationships, psychosomatic illness, violence prevention, and hostage negotiations.
p. 21

Mari Krieger
is a counselor in full-time practice. She works with individuals, couples, groups, and organizations, and teaches at John F. Kennedy University.
p. 27

Stanley Krippner,
psychologist, researcher, and professor of psychology at Saybrook Institute, co-authored Personal Mythology: The Psychology of Your Evolving Self, Dreamworking, *and* Dream Telepathy.
p. 25

Ron Kurtz
is the founder and director of the Hakomi Institute. He is the author of Hakomi Therapy *and co-author of* The Body Reveals.
p. 6

L

Stephen LaBerge
is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious or "lucid" dreaming at Stanford University.
p. 16

Frank Lawlis,
psychology doctorate and diplomate, is the founder of a clinical behavioral medicine program and the director of three hospital-based pain clinics.
p. 17, 24, 35

Eric Lawton
is a lawyer and award-winning photographer who has traveled and exhibited all over the world. He performed his multi-media show at the Hollywood Bowl with the L.A. Philharmonic in 1986.
p. 29

Janet Lederman
is executive director and designer of Esalen's Gazebo School and Gazebo philosophy of learning.
p. 13, 36

Lenore Lefer
practices psychosynthesis as a counselor, teacher, trainer, and consultant in San Francisco and elsewhere.
p. 18

Marc Lehrer
teaches clinical hypnosis and biofeedback nationally and internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, CA.
p. 14

Dub Leigh,
longtime body work practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye roshi.
p. 16, 17, 35

Annie Styron Leonard
is a founder of the Energy Training Institute in Mill Valley, CA, and an aikido black belt.
p. 11

George Leonard
is a 3rd-degree aikido black belt, founder of Leonard Energy Training (LET), and author of The Silent Pulse, Adventures in Monogamy, *and* Walking on the Edge of the World.
p. 8, 11, 14

Abraham Levitsky
co-authored The Rules and Games of Gestalt Therapy *with Fritz Perls. He is interested in the integration of gestalt practice with psychoanalysis.*
p. 15

Elisa Lodge
comes from a professional acting background, is a certified Rolf movement teacher, and has a practice in shamanic counseling at Esalen Institute.
p. 10, 30, 36

Paul Lounsbury
has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.
p. 19

Nancy Kaye Lunney,
formerly a vocal coach and accompanist for well-known entertainers, is a gestalt practitioner, director of programming at Esalen, and a guest faculty member at Cornell University.
p. 19

Joyce Lyke,
gestalt practitioner and member of the Esalen gestalt staff, is a teacher in training in the Ridhwan Work School, which is dedicated to understanding personality and essential development.
p. 22

M

Dean Marson
is a member of the Esalen massage crew. His interests include subtle body work and methods of self-care.
p. 22, 35

Edward Maupin,
psychologist, has been a Rolfer for twenty years. An Esalen resident from 1966-70, he currently teaches at IPSB, a school of contemporary body work in San Diego.
p. 36

Jamie McHugh
is educational director of the Tamalpa Institute Dancer's Workshop. He is a performer and teacher.
p. 21

Terence McKenna
authored True Hallucinations *and* Timewave Zero. *He is a psychoactivist and has argued for a reexamining of the role that hallucinogenic plants play in forming human languages and cultures.*
p. 13, 24

Deborah Anne Medow,
Esalen group leader and body work practitioner since 1968, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 24, 35

Bob Melville
is a veteran Grand Canyon river guide of 16 years. He shares the wonders of the Canyon through his knowledge and experience.
p. 25, 37

Donald Michael,
professor emeritus of planning and public policy and professor of psychology at the University of Michigan, is the author of On Learning to Plan and Planning to Learn.
p. 8

Hugh Milne,
third-generation Scottish osteopath with 20 years' experience, has practiced and taught cranial work, healing, and psychometry in England, India, Switzerland, and the U.S. He works in San Francisco.
p. 19, 35

Amy Mindell,
a graduate in Process-Oriented Psychology, is an artist and psychologist in private practice in Zurich. She has taught movement and process work all over the world.
p. 15

Arnold Mindell,
founder of Process-Oriented Psychology, is a Jungian analyst, resident of Zurich, part-time resident teacher at Esalen, and author of Dreambody, Coma, The Year 1, *and* Inner Work.
p. 15

Patricia Monighan-Nourot,
assistant professor of education, Sonoma State University, is co-author of Looking at Children Play. *She's a former elementary school teacher and teacher-director of a parent cooperative preschool.*
p. 13

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 12, 31, 34

Arthur Munyer,
a member of the Esalen massage crew, is a longtime body work practitioner trained by Dub Leigh and Lauren Berry.
p. 15, 26, 34, 35

Dulce Murphy,
a founder of the Esalen Soviet-American Exchange Program and director of SAEP's health promotion project, organized a 1988 conference in Moscow attended by 20 American and 200 Soviet scientists.
p. 12

N

Robert Nadeau,
an aikido master, has been one of the leading exponents of energy awareness at Esalen in the seventies and eighties.
p. 22

Claudio Naranjo,
theorist of growth disciplines and former Esalen resident, introduced meditation as a component of gestalt practice.
p. 13

Tom Newell
is a counselor at St. Mary's Hospital in San Francisco and is in private practice in Sonoma County.
p. 20, 37

John Nicholas,
a graduate of the C.G. Jung Institute in Zurich, is a teacher, counselor, author, analyst, and international career management consultant.
p. 29

O

Violet Oaklander,
a psychologist in Santa Barbara, CA, is the author of Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents. *She leads workshops thoughout the world.*
p. 29

Babatunde Olatunji,
master percussionist from Nigeria, has performed internationally for over 30 years and is known for his album Drums of Passion. *He is an authority on African religion.*
p. 14

Richard Olney
has studied with Alan Watts, Fritz Perls, and Alexander Lowen, and has been influenced by the eidetic imagery work of Akhter Ahsen. He has led self-acceptance trainings in the U.S. and Europe.
p. 27

Kathleen O'Shaughnessy
has been involved for 20 years in body/mind disciplines and for 12 years with the major psychological practices, transpersonal crisis, and the shamanic outlook.
p. 17

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager℠ training and gestalt awareness work with the personal energetic connection of the Esalen massage.
p. 22, 35

P

Rick Paine,
psychologist, works with adult children of alcoholics and leads workshops for emerging men. He is on the faculties of the New York Open Center, Interface, and Spring Hill Institute.
p. 30, 35

Karen Paine-Gernée,
co-author of Emotional Healing: Overcoming the Wounds of Growing Up in Alcoholic and Other Unhealthy Families, *leads workshops for ACAs and those with catastrophic illness.*
p. 30, 35

Helen Palmer,
a practicing intuitive for 18 years, directs the Center for the Investigation and Training of Intuition and is a graduate faculty member of John F. Kennedy University.
p. 4, 10

Wendy Palmer,
faculty member of the Center for the Investigation and Training of Intuition, holds a 3rd-degree black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.
p. 25, 28, 37

Laurie Lioness Parizek,
a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 6, 27, 34, 35

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 11, 18, 28, 34, 35

Bill Puka,
ethics professor at Rensselaer and psychological researcher at Harvard's Center for Moral Development, practices meditation and yoga. He has formulated federal legislation on economic democracy.
p. 31

Jill Purce
is author of The Mystic Spiral. *She investigated the mystical dimension of sound with Karlheinz Stockhausen and the magical use of the voice and overtone chanting with Tibetan lamas.*
p. 25

Q

Janet Quinn
is an associate professor of nursing at the University of Colorado. She conducts Therapeutic Touch research and has given TT workshops throughout the U.S. and Canada since 1976.
p. 18, 35

R

Paul Rebillot,
a group leader at Esalen for 16 years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 10, 28, 29

Devi Records
is a founding member and senior trainer for the Hakomi Institute. She has a private practice in Boulder, CO, and leads seminars throughout the U.S., Canada, and Germany.
p. 6

JOICE EVE

Sogyal Rinpoche

Linda Rice-Mandigo
is a psychologist in private practice in New York and a practitioner of the spiritual discipline Mahikari-No-Waza.
p. 16

Tracey Rich
has earned the title "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally.
p. 8

Ridhwan Work School Faculty
The Ridhwan Work School is dedicated to the discovery, development, and preservation of the human essence.
p. 15

Sogyal Rinpoche,
an incarnate lama, scholar, and meditation master from Tibet, prominent in the West, is an authority on the traditional knowledge of the Tibetan Book of the Dead.
p. 12

Bernadette Roberts,
a lifelong Christian contemplative with a monastic background, is the author of The Experience of No-Self *and* The Path to No-Self, *and most recently,* What is Self?
p. 28

William Pennell Rock
is founder-director of Origins, a workshop process for creating and performing contemporary myths. He has lectured, led workshops, and directed productions in Europe, Asia, and the U.S.
p. 6

William George Roll,
professor of parapsychology at West Georgia College and lay Zen monk with Dai Bosatsu Zendo, focuses on the development of methods for clinical parapsychology and spiritual awareness.
p. 28

Nancy Rosanoff
is a psychic counselor who teaches and works in New York City.
p. 22

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, CA, is the author of Body, Self, and Soul.
p. 12, 31, 34

Gabrielle Roth
is an artist, teacher, and healer. She is the founder and artistic director of the American Ritual Theater Lab and its rock band and theater company, "The Mirrors."
p. 23

Ilana Rubenfeld,
pioneer of 25 years in the body-mind-spirit field and originator of the Rubenfeld Synergy Method®, is a certified teacher of the Alexander Technique and Feldenkrais® Method and is a gestalt practitioner.
p. 20

Anne Ruderman
is a Reichian practitioner and licensed clinical social worker in private practice in Los Angeles.
p. 16

Gordy Ryan
has roots in the Big Sur Primitive Jazz Society and has studied and performed with Olatunji for 16 years.
p. 14

Claire Ryle
is the project director of the Esalen Soviet-American Exchange Program's Afghan-Vietnam veterans rehabilitation project.
p. 12

S

Stephano Sabetti,
founder of the Institute for Life Energy® and the Life Energy Process™, has a doctorate in psychology and is an acupuncturist. He is also an organizational consultant.
p. 25

Michael Samuels
is a physician, visionary, and co-author of many books on self-care, including Seeing with the Mind's Eye, The Well Body Book, The Well Baby Book, *and* The Well Pregnancy Book.
p. 24, 35

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 7, 11, 14, 17, 21, 23, 26, 27

Laurie Schutz,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has also led parent-infant workshops.
p. 17, 29, 35

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, *a set of training materials for organizations. He is the author of* Joy *and* Profound Simplicity.
p. 22

Alan Schwartz,
longtime Esalen group leader, college professor, and gestalt practitioner in NYC, is the author of Life Force–Death Force: The Structure of Human Energy and the Biology of Greed.
p. 19

Stephan A. Schwartz
is chairman and research director of The Mobius Society. For more than 20 years he has explored extraordinary human performance.
p. 4, 15

Mia Segal
was Moshe Feldenkrais' first assistant. She worked with him in Israel, Europe, and the U.S. She is now teaching in Switzerland, Holland, and England.
p. 31

Charlotte Selver,
student of Elsa Gindler, introduced Sensory Awareness to the U.S. and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.
p. 27, 32

Phyllis Shankman
is a licensed counselor in private practice in West Los Angeles. She has been leading groups at Esalen for over 10 years.
p. 9

Paula Shaw
has acted and taught professionally for over 20 years, most recently conducting in-house workshops for Esalen staff in the area of creative well-being.
p. 36

Cyndy Sheldon
is co-founder and current president of the Gestalt Institute of San Francisco and on the faculty of the Gestalt Education Network International in Frankfurt, Germany.
p. 6

Rupert Sheldrake
is a biologist. Formerly a research fellow of the Royal Society at Cambridge University, he is the controversial author of A New Science of Life *and* The Presence of the Past.
p. 24

David Shire
won an Oscar for his song "Norma Rae" and has written numerous film scores as well as the music for the Tony-nominated Broadway show, Baby.
p. 19

Fred Shoemaker,
an inner game teacher and golf professional, is a former golf coach at UCSB and has written about the inner game for Golf *magazine.*
p. 27

David Silverstein
is a Reichian practitioner and longtime Esalen group leader. He is currently a teacher in training with A. Hameed Ali from the Ridhwan Work School.
p. 22

Fritz Smith
is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure.
p. 16, 25, 35

George Freeman Solomon,
physician and professor of psychiatry at UCLA, is a pioneer in the field of psychoneuroimmunology, whose current research concerns psychoneuroimmunologic aspects of AIDS and of aging.
p. 26, 35

Gena Mayer Sorensen,
a marriage and family counselor, is in private practice in San Jose and San Francisco. She holds an adjunct certificate as a Radix® teacher.
p. 9

Tama Starr
is a businesswoman and community leader in New York City. She has practiced yoga and t'ai chi ch'uan since 1966, and was one of the founders of San Francisco's Inner Research Institute.
p. 25

Charles Steinberg
is a physician/healer. He founded Wellspring, Partners in Health, in Boulder, CO, a holistic primary care center where he works with people with AIDS and other life-threatening illnesses.
p. 30, 35

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on five continents. He is concerned with the spiritual challenges of our time.
p. 9, 10, 26, 27

James Stewart
teaches body work at IPSB in San Diego and has co-led the Imaginal Seminars offered quarterly in San Diego since 1979.
p. 36

Elizabeth Stratton,
pastoral counselor and healer in private practice in New York City, leads workshops in self-healing and a two-year training program for healers entitled "Awakening the Healer Within You."
p. 17, 18, 35

David Streeter
is a certified sports massage practitioner on the Esalen massage staff. He has taught yoga and anatomy and has worked as an athletic trainer for many years.
p. 15, 26, 34, 35

T

Yao Tamakloe
studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.
p. 14

Keith Thompson
is a writer and video oral historian whose focus is preserving personal and family stories. His articles have appeared in Esquire, New Age Journal, *and the* San Francisco Sunday Chronicle.
p. 9

Lia Thompson-Clark
is the acting director of Esalen's Gazebo School and associate in the development of the Gazebo philosophy of learning.
p. 13

Vicki Topp,
Esalen massage staff member since 1968, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 11, 24, 34, 35

U

Dana Ullman
authored Homeopathy: Medicine for the 21st Century *and co-authored* Everybody's Guide to Homeopathic Medicines. *He is president of the Foundation for Homeopathic Education and Research.*
p. 20, 35

V

Attila Vaas
has been a member of the Esalen massage staff since 1976. His skills include polarity, acupressure, and Esalen's free-form style of massage.
p. 6, 27, 34, 35

Kenneth Van Sickle
studied painting in NYC and Paris in the 50s, was a still photographer in the 60s, and a cinematographer on documentaries and feature films in the 60s and 70s, including Marjoe *and* Hester Street.
p. 19

Antoinette Varner
is an acupuncturist, herbalist, and movement teacher whose work integrates cognitive learning, the body, and spiritual experience.
p. 8, 17, 32, 34, 35

Rana Vassau,
California Institute of Integral Studies graduate, teaches "Dance as a Self-Healing Art" at Southwestern College and studies the relationship between the imaginal and feeling bodies.
p. 7, 34

W

Ellen Watson
is a practitioner of hypnosis, massage, hatha and taoist yoga, and Grof holotropic integration.
p. 36

Judyth Weaver,
a Reichian counselor and teacher of t'ai chi ch'uan and sensory awareness, holds a doctorate in psychology. She is a longtime student of Buddhism and Taoism and studied in a Zen monastery in Japan.
p. 23

Ganga White,
internationally-known teacher and master of yoga, is author of Double Yoga *and has received the titles "Yoga Acharya" and "Yogiraj" in India.*
p. 8

David Whyte
is a poet and lecturer. He is the author of Songs for Coming Home *and is currently at work on his second volume of poems,* Where Many Rivers Meet. *He leads workshops throughout the U.S.*
p. 25

Nancy Winston
is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians throughout North America in the use of hypnosis and counseling.
p. 19

Y

Anne Yeomans
has worked within the framework of psychosynthesis since 1971 as counselor, teacher, and trainer, now focusing on issues of inner and outer peacemaking, non-violence, and conflict resolution.
p. 18

Z

Ruth Zaporah,
performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a recipient of a National Endowment for the Arts Choreographer's Fellowship.
p. 26

Janet Zuckerman
is founder of the Feeling Center in Big Sur, CA. She has been teaching at Esalen for the past 14 years.
p. 9, 13, 23, 25, 34, 35, 36

Ofer Zur
is a teacher, researcher, and writer in the area of the psychology of peace and war. He is on the faculty of the California Institute of Integral Studies in San Francisco.
p. 16

ESALEN INSTITUTE RESERVATIONS

This form is for your convenience in reserving a space in Esalen workshops. In completing the form, please indicate the name, address, and telephone number of each person registering and clearly indicate the title of the workshop for which each person is reserving a place. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (See General Information, page 50.)

(Please Print)

Name _____ Sex M ☐ F ☐

Address _____

City, State _____ ZIP _____

Telephone Number: Home: Area Code ( ) _____ Work: Area Code ( ) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? _____. If you can't be reached, please call us before your scheduled arrival for final confirmation. *Please indicate your second choice for a workshop, in case your first choice is canceled and we are unable to reach you.*

(On additional paper please repeat the above information for every person in your party making a reservation.
Mail to: Reservations, Esalen Institute, Big Sur, CA 93920.)

☐ Check if you want housing as a couple.
☐ Check if you want the discounted bunkbed option (see page 5).
☐ Check if you want the discounted student sleeping bag option (see page 5).
☐ Check if you want the sleeping bag option (see page 5).

All of our rooms are non-smoking.

If you need scholarship assistance for an Esalen program, write for a scholarship application form. Please allow three weeks for scholarship processing. For further details, see Ways of Being at Esalen, page 5.

Bus Service: I want bus service from (check one):

☐ Monterey Greyhound Bus Station at approximately 3:45 PM
☐ Monterey Airport at approximately 4:00 PM

on _____ (date of arrival, Fridays & Sundays only).

The $25 per person charge is payable on arrival at Esalen. If your plans for use of the bus change after you submit this reservation, please notify us. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Esalen bus service is not available at any time other than as listed.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

Name of Person Registering	Date(s)	Leader's Name/Title of Workshop	Deposit Enclosed

Total amount enclosed: $ _____

Please make checks payable to Esalen Institute, in U.S. currency only.

Overseas residents must pay by checks drawn on U.S. banks.

Your reservation can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No. _____

Expiration Date _____

Authorizing Signature _____

All workshops require nonrefundable reservation fees. See page 50. The balance of program fees becomes payable at the time of check-in.

Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot baths, was once the home of a North American Indian tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on California Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute – By Reservation Only.

Fees and Reservations: Pre-registration, either by mail or phone, is required prior to arrival. A registration form is provided on page 49. Workshops fill quickly, so it is advisable to sign up as early as possible, preferably one month in advance. In order to reserve a space in any workshop, we require the following reservation fees:

Weekend:	$50	Two-week:	$200
Five-Day:	$100	Three-week:	$300
Seven-Day:	$150	Month-long:	$400

Fees are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks. Balance of payment is due on arrival. These fees are not refundable but, with five days' notice, may be transferred to other Esalen programs, to be used within one year of receipt. Those who pay in full at the time they make their reservations will receive a $10 discount. *Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.*

Workshop fees cover tuition, food, and lodging. *Rooms are shared by two or more workshop participants.* Camping on the grounds is prohibited.

We know it can be difficult to get through by phone, so we encourage you to mail your reservations. Mail all reservations to:

Reservations
Esalen Institute
Big Sur, CA 93920

However, it is possible to make your reservations by phone. If you prefer this option, please have your MasterCard, Visa, or American Express credit card number ready when you call.

Phones
Reservations: (408) 667-3005
General Information: (408) 667-3000

To make a phone reservation, call the reservations number during the following office hours:

Monday, Tuesday, Thursday, and Saturday 10 AM to 3 PM
Wednesday 10 AM to 12 Noon
Friday 10 AM to 5 PM
Sunday 12 Noon to 5 PM

If there is no answer during our regular business hours, and the phone company confirms that our phones are out of order, please call our alternate number, (408) 372-8719, for recorded up-to-date workshop, road, and transportation information.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see page 5.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive any time after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For further information, call or write the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Although we're delighted to provide you with this issue of the *Esalen Catalog*, if you are not currently a subscriber we would appreciate your contribution to defray postage and production costs, which run approximately $4 per catalog.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

JOSE LUIS

John Heider and Janet Zuckerman

Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research and semi-autonomous projects.

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Big Sur
California 93920

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THE ESALEN CATALOG

SEPTEMBER 1989 – FEBRUARY 1990

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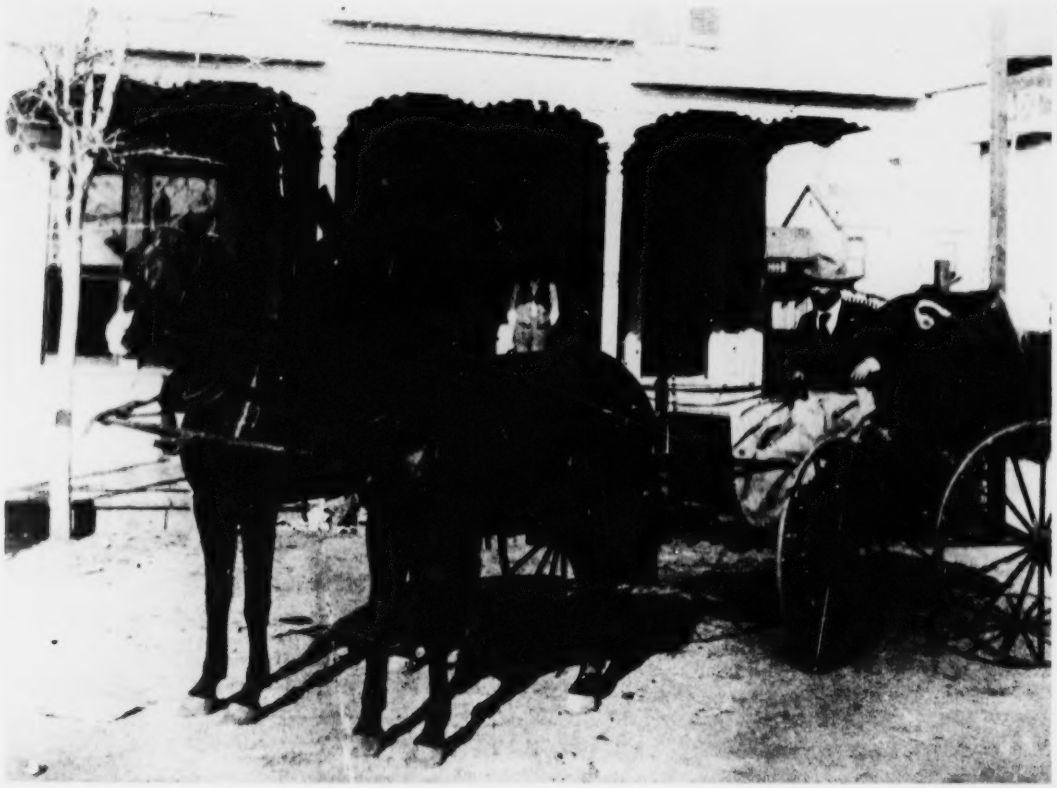
COURTESY MICHAEL MURPHY

This catalog is dedicated to Dr. Henry Murphy, who in 1910 bought the property upon which Esalen's Big Sur facility now stands in order to build a spa.

SOME EARLY STEPS IN MEDICAL REFORM: THE ESALEN INFLUENCE, 1962-1990



COURTESY MICHAEL MURPHY

Dr. Murphy making visits to his Salinas patients sometime during the 1890s.

By Joe Flower

Since 1962, nearly 100,000 people have attended seminars and workshops at Esalen. Of these, a high proportion – as many as half – have come from the helping professions. These thousands of doctors, nurses, psychiatrists, psychologists, and health counselors have been influenced, personally and professionally, by the different views of health and sickness they encountered at the Institute. Through such influence, Esalen has contributed to the widespread changes in American health care practices during the past two and a half decades.

According to Ken Pelletier, associate clinical professor in the department of medicine at UC San Francisco:

"Esalen has had a number of effects on health care. It has created a forum for experts in different disciplines to come together and learn from each other in a relaxed and stimulating atmosphere. It has helped raise public and professional awareness of the effect of the mind and emotions on health and disease. It has broadened the paradigm and practice of health care by promoting the idea that health is more than a matter of biochemistry. It has provided a respected, prominent, national and international forum for the discussion of ideas that have emerged later in mainstream inquiry."

Indeed, Esalen began as a dream of promoting health. In 1910, Dr. Henry Murphy of Salinas bought "Slate's Hot Springs" where the Institute now has its headquarters. The prominent local physician had toured Weisbaden, Baden-Baden, and other European spas with his wife Vinnie, and was inspired to create his own healing center combining mineral waters, medical treatment, good food, and rest. In 1914, he had enameled tubs hauled up the seaside cliffs to the hot springs from a fishing boat, and eventually, in 1939, he built the Big House, the Lodge, and a bath house. But he was already 80, and his dream never materialized. It took a back seat to his other duties, to advancing age, and to another World War, which closed the Coast Highway. On his deathbed in 1948, Dr. Murphy told his wife, "Never sell the property. Turn it into a spa."

Michael Murphy grew up with respect for his grandfather's vision of a place for healing, and with an interest of his own in the relationship between body and mind. In 1960 he met Richard Price, who shared that interest, but from a different perspective. Four years before, Price had experienced a psychological crisis which for him had been a spiritual initiation and renewal, but which was regarded by his family and doctors to be a psychosis requiring insulin therapy. The shock treatments he received had left one side of his body numb and had created a lasting interest in the nature of psychosis, the abuse of medicine, and the humanization of health care. Price was convinced that medical intervention had damaged him physically, aborting an important process of self-realization.

Out of their separate experiences, Murphy and Price had come to share a belief in the unity of the human organism as opposed to the mind/body split commonly assumed by modern medicine. In 1962, the two of them founded Esalen to pursue their interests in meditative practice, philosophical inquiry, and new directions in psychology. A colorful group of thinkers concerned with the mind/body connection were invited to the Institute, among them Aldous Huxley, Gerald Heard, and Alan Watts, who helped introduce Eastern philosophy to the Western world and helped advance Western thinking about neglected human potentials; Abraham Maslow, Carl Rogers, and Rollo May, who pioneered humanistic psychology; Arnold Toynbee, Paul Tillich, Lancelot White, and others who believed modern life needed new perspectives upon the meaning and purpose of life; Fritz Perls, Will Schutz, and other pioneers in the field of psychotherapy; Ida Rolf, Moshe Feldenkrais, Alexander Lowen, John Pierrakos, Charlotte Selver, and other innovators in somatic education; and writers such as George Leonard, Linus Pauling, and Price Cobbs, who focused attention upon the need for social changes to promote personal, ethnic, and cultural health.

Two principal themes emerged in the Sixties that set the direction for Esalen's involvement with health care. The first was the unity of mind and body. The second was the unity of social and personal transformation. The Esalen group came to believe that you can't change institutions, policies, or social dynamics without changing individuals. Programs that Esalen initiated in the years that followed to introduce medical practitioners to new health care approaches all flowed from these basic principles. They included:

- the Agnews Project (1968-72);
- the Program in Humanistic Medicine (1972-75), which became the Institute for the Study of Humanistic Medicine (1975-77);
- the Esalen Sports Center (1973-79);
- programs for health professionals (1977-present);
- the Somatics Study Program for Health Professionals (1986-present);
- the Soviet-American Health Promotion Project (1983-present);
- World Health Organization health-promotion conferences (1983-present).

The Agnews Project

Price's brutal medical treatment led to a 1968 Esalen conference on madness as a symbolic, mystical, and possibly creative experience, which led in turn to experiments with new methods for healing psychosis and a scientific study of such methods. Price teamed up with Julian Silverman, an innovative young psychopharmacological researcher at the National Institute of Mental Health; Dr. Loren Mosher, director of the Center for Schizophrenia Studies at NIMH; Dr. John Perry; and Dr. Maurice Rappaport, chief of research at Agnews State Hospital, to design a therapeutic program to explore "the growth potential of psychosis in a treatment setting" in an experimental ward at Agnews in 1969. The ward became a research vehicle, where an elaborate two-year research program showed that although patients who undertook this unusual treatment recovered more slowly than patients who were simply given drugs, their recovery was longer-lasting and more profound. The Project's research also showed that testing could differentiate the patients who would do best with growth methods from those who would do best on drugs.

(continues)

Esalen and Changes in American Health Care

Health care has gone through rapid changes over the last 20 years. Directly or indirectly, Esalen has influenced a number of these changes, including:

- the empowerment of patients, making them partners with their caregivers;
- a growing emphasis upon prevention and wellness, on diet and exercise, on removing the environmental and lifestyle-related causes of disease;
- the increasing acceptance of such non-traditional or non-Western forms of treatment as acupuncture, body work, meditation, visualization, and breath control (especially in giving birth);
- the proliferation of "alternative birthing centers," hospices, self-help, and support groups;
- a new emphasis on using the lowest appropriate intensity of care, on shortening hospital stays, and encouraging home care;
- many new forms of psychotherapy.

The need to deal with increasing health costs powers many of these changes; most new ways are cheaper than the old ways. But there needs to be a recognition that the new ways work, that they provide viable alternatives to established practice. Through its ongoing seminars and special programs, Esalen has contributed to such recognition.

—Joe Flower

PAUL HERBERT

Esalen, 1967. From left to right, psychiatrists Stan Grof, John Perry, and Claudio Naranjo; research psychologist Julian Silverman; and philosopher John Lilly discussing the pioneering theories of psychosis-treatment which led to the Agnews Project.

The Program In Humanistic Medicine

In 1972, Sukie and Stuart Miller initiated a program to promote humanistic concerns for medical patients and non-traditional approaches to health. They advertised their intentions among Bay Area health professionals, and over 200 applications came in. The Millers selected eight doctors from a variety of disciplines and practices, two lay counselors, three nurses, and a health educator. These fourteen worked their way through an intensive program of workshops in many Esalen disciplines, including Rolfing, encounter groups, gestalt, psychosynthesis, meditation, yoga, and t'ai chi. They studied acupuncture and other alternative health practices. They spent long sessions finding how to apply such approaches to their personal and professional lives, and each year created one project in their practice that would advance humanistic medicine. The program became part of the Mount Zion Hospital and Medical Center in San Francisco and in 1975 became fully independent as the Institute for the Study of Humanistic Medicine (ISHM).

Besides its programs for individual professionals, ISHM made a bold attempt to change American health care as a whole. It secured federal funding and took its programs into the National Institutes of Health, a number of medical schools, universities such as Stanford and Miami, hospitals such as Kaiser and Marshall Hale, the American Medical Student Association, Blue Cross and Blue Shield of America, and the Senate and House subcommittees on health. As a result of ISHM's congressional testimony, the 1976 Health Professions Educational Assistance Act called for more "humanism in health care," using the Institute's own definition of humanistic medicine. ISHM maintained:

- that the patient is more than a body;
- that health care must involve the feelings, the spirit, and the mind;
- that the patient is a partner in any good care;
- that the health professional is more than a technically trained mind, since all his or her faculties and sympathies are useful in health care;
- that illness can move beyond a disaster; that it can lead to a healthier lifestyle and even to greater understanding of grave questions of life and death;
- that the health professional can help the patient find positive meanings in disease.

Many of these ideas are now commonplace in American health care and form the backbone of a massive move toward prevention, wellness, and lifestyle change. As then-Secretary of Health Phillip Lee commented years later, "ISHM was the first group to bring these ideas into the heart of the medical establishment in a meaningful way."

The Sports Center

In 1972, Robert Kriegel, a former All-American swimmer, joined David Meggyesy, a former NFL linebacker and author of *Out of Their League*, and running coach Mike Spino, to invite coaches, Olympic athletes, and a number of innovative thinkers to a Sports Symposium that focused on the mental approaches to athletic performance. The *New York Times* commented afterward that Esalen was "spurring a sporting revolution." The original symposium led to a Sports Center in San Francisco directed by Kriegel and Meggyesy, which organized workshops and seminars that built upon the original symposium. It worked with the Outward Bound program to promote psychological understanding among sports people. It held summer camps that exposed sports professionals to visualization, yoga, t'ai chi, aikido, and various Esalen body disciplines. Kriegel remembers,

"Esalen helped pioneer psychological understanding in wilderness programs. It helped inspire Stewart Brand's New Games Tournament. It sparked a number of books that got more Americans involved with sports, including Timothy Gallwey's *The Inner Game of Tennis*, Gallwey's *Inner Skiing*, (which I co-authored with him), George Leonard's *The Ultimate Athlete*, and Mike Spino's books. At the Sports Center, we wanted to reorient sports toward health and fitness rather than to mere success. People don't remember that in the early Seventies you didn't see Americans out there running, walking, and biking. There has been a major change, and Esalen has been part of it."

Health Care Programs for Health Professionals

From 1977 to 1981, under the direction of Julian Silverman and a team of family practice educators from UC Davis and Stanford Medical School, Esalen put on an annual five-day program for health professionals. The seminars

focused on such topics as "Attitudes, belief systems, and stress tolerance," and "Body awareness, biofeedback, and attention." The California Medical Association and the California Nursing Association gave doctors and nurses credit toward their continuing education requirements for attending this annual program. Nurses can receive similar credits today for several Esalen programs.

The Somatics Study Program for Health Professionals

In 1986, Don Johnson began the Esalen Somatics Research and Education Project, which gathered together leading teachers of somatics, biological scientists, philosophers, and educational researchers. Building on Esalen's long history as a center of innovative approaches to the body, the Project had as its goals the development of somatics as a collaborative field, scientific investigation of various somatic methods, and an examination of the educational efficacy of the various schools of somatics. An ongoing project has been a two-year study program for health professionals. The somatics faculty and their advisors meet regularly and are in the process of developing new programs for the public.

The Soviet-American Health Promotion Project

Throughout the 1980s, the subject of health has played a major role in Esalen's Soviet-American Exchange Program. In 1983, Dulce Murphy, who in 1979-80 had been vice-chair of California Governor Jerry Brown's "Council on Wellness and Physical Fitness," founded the Esalen Soviet-American Health Promotion Project. She signed a protocol with Soviet officials in 1984 that led to a 1985 Moscow book exhibit on health promotion. Some 250 American publishers sent books to be exhibited in Moscow, and 5000 Soviets a day came to see them. The exhibit moved on to the Siberian city of Novosibirsk, and to the Moscow Book Fair, after which the books were donated to special Soviet libraries. That same year, Soviets sent books to be exhibited in Los Angeles and San Francisco.

In September 1987, American and Soviet medical experts met at Esalen-Big Sur to discuss recent scientific findings regarding health promotion and the mind-body relationship. Researchers from both countries, working independently, had discovered traceable links between the central nervous system and the immune system, between how we think and how we feel, between how we live and how well we live.

In September 1988, there was another gathering, this time in Moscow, which joined 22 American health professionals and 200 of their Soviet counterparts, co-sponsored by the Moscow Psychiatric Research Institute. The meeting dealt with the same progressive, humanistic attitudes and modalities which had been present in embryo at Esalen two and a half decades before.

In the spring of 1989, Esalen negotiated a new agreement with the Soviet Ministry of Health that calls for further cooperation, and the Institute continues to nurture its contacts with the National Institute for Preventive Medicine in Moscow, the Clinic for Preventive Cardiology in Leningrad, and the Institute for Experimental Medicine in Leningrad, once home to Pavlov's experimental work and the sponsor today of the Soviet Union's leading psychoneuroimmunologist, Helen Korneyva. Projects in preparation include an important gathering in late 1990 of prominent Soviet and American psychoneuroimmunologists at Esalen-Big Sur, followed by a week in which the Soviet scientists will work with their American counterparts in labs across the United States.

World Health Organization Conferences

From its Soviet experience, the Health Promotion Project has expanded to other countries. In cooperation with the World Health Organization, for example, Esalen put on conferences on alternative birthing practices in Big Sur in 1985 and Berlin in 1986, and participated in WHO Health Promotion Conferences in Ottowa in 1986 and Australia in 1988. The Project has since negotiated a new agreement with WHO for expanded cooperation.

It is difficult to predict Esalen's future, but medicine and health care remain among its central concerns. Potentials of the body/mind will be key themes of Esalen programs in the 1990s, just as they were in the three preceding decades.

Joe Flower is a Marin County, California, writer and the coauthor, with Ken Dychtwald, of Age Wave *(Tarcher, 1989).*

COURTESY STUART AND SUKIE MILLER

Stuart and Sukie Miller, directors of the Program in Humanistic Medicine, with an Indian medical leader at the "First World Congress on the Other Medicine," in San Remo, Italy, 1973.

ESALEN NOTES

AN OPEN LETTER TO OUR FRIENDS

There are some things we'd like you to know about what we've been doing and are planning to do in relation to our facilities and our programming. What follows is a progress report and statement of intention as we approach the 1990s.

For the past few years we have been working to improve our facilities and raise what we believe is the already high quality of our programming. We have introduced many new seminar leaders to Esalen while continuing to schedule those who are popular with so many. Our intention is to weave a blend of the known and unknown while searching out those who are making important new contributions to human development and convincing them to come to Esalen. In this catalog, as in the past, there is a commitment to a balanced and integrated approach to self-knowledge and personal growth. We will continue to offer experiential seminars, such as gestalt practice, dream work, painting, and martial arts, as well as classes in massage and other body-oriented approaches, while also exploring the world of ideas in more didactic seminars.

We have recently completed construction of four new staff housing units and remodeled and refurnished the interiors of the Maslow and Motel Row rooms. This year we intend to refurnish Fritz's house and the Rolf rooms while planning a major rehabilitation of the bath house to begin either this Fall or next Spring. We are also planning to remodel the Round House (our meditation center) and the Big House, with special attention to increasing the number of bathrooms and improving the functional utility of its kitchen.

The housekeeping department is working to limit or eliminate the use of as many chemical compounds as possible while maintaining acceptable standards of cleanliness and hygiene. Our ideal is to provide safe and attractive accommodations while protecting our guests, our staff, and our environment. We welcome your comments and suggestions, especially in regards to alternative cleaning compounds or procedures.

During April 1989, the grassy oval in front of the office and the lower lawn beside the garden became sites for our expanded leach field, which temporarily resembled an archeological dig. These areas are now regaining their attractive appearance, and we have a vastly improved septic and sewage system.

Elsewhere on the grounds we are improving the night lighting so that people can safely find their way around after dark, but we don't want to overdo it. Nature in Big Sur, even at night, has a beauty that too much light destroys. We urge you to bring a flashlight.

As time goes on we will be cutting down some of the pine trees that have grown beyond their original purpose of screening the parking lots. These trees now shade buildings and large areas of the lawn, keeping rooms cold and grass from growing. Steve Beck and Sydney Ocean, who manage the grounds, garden, and farm, continue to maintain their commitment to organic, chemical-free vegetables and beautiful landscaping with native plants.

We are also committed to moving in the direction of serving only organically grown food. Steve Cohen, the kitchen manager, purchases produce elsewhere to supplement what is grown here and is working hard with the very obvious constraints of cost and availability to ensure that what comes from our kitchen is of the highest quality.

Beginning in January 1990, we will be adjusting our rates to keep up with the increased costs of doing business. Price increases are never popular, but we hope to mitigate their negative effects by offering housing options with a wider range of comfort and cost. Starting sometime in the Spring of 1990, we will be introducing another level of accommodation priced between the bunk bed option and the standard rate. When that new level is available, other rates will be adjusted with some going up and others going down.

We want to emphasize that we do not want cost to be a reason for not coming to Esalen. We encourage you to consider applying for a scholarship. We understand that not everyone has the means to travel a long distance and spend a week at Esalen, and we are aware that for many others this poses no problem. Scholarship is our way of evening things out. Every year we budget a generous amount for scholarship, often more than is actually requested. In this catalog we have included a scholarship application form for your convenience.

You will also notice a new tear-out registration form which urges you to register by mail. Many of you have told us how frustrating it is to reach us by phone. Although we have a new phone system, our office staff cannot always handle the volume of phone and over-the-counter business. If you do call for reservations, to save time please have your completed registration form in hand. We know that all calls to Esalen are long distance, and we want to give you complete information and our best service, so please be patient with our reservations staff.

Finally, our intention is to remember who we are and what we're about, to acknowledge the gifts of nature that sustain us here, and to respect the mutuality of our partnership with you. Our purpose is to be of service, to embody as much as we can the values implicit in this catalog of seminars, and to offer an environment in which we can all explore, with as little judgment and as much freedom as possible, the mystery of what it means to be a human being.

We thank you for your participation, and we look forward to seeing you here soon.

Sincerely,

The Esalen Staff

INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and common points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public.

The goal of these conferences is to engender the kind of creativity that comes from the collaborative work of people with similar interests but radically different approaches. We hope that the results will include expanded research projects, new writing, and more effective plans for the education of therapists. Currently scheduled programs and their conveners are listed here.

September 10–15
The Theory and Practice of Therapy in the Context of Social Control
Jay Haley & Bunn-McCullough and Associates
This is a forum for discussing collaboration between those who mandate therapy (the courts, social services, etc.) and those who practice therapy.

October 13–15
New Directions in Meditation Research
Sponsored by Esalen Institute and the Institute of Noetic Sciences; Convened by Thomas J. Hurley, III
This meeting will explore innovative approaches to meditation research.

November 5–10
Vietnam and Afghanistan: Healing the Wounds of War
Claire Ryle
Combat veterans from the Vietnam and Afghan wars join with specialists in psychological trauma. They will share their experiences and discuss treatment programs to assist not only veterans but also survivors of the Armenian earthquake.

■ CALL FOR PHOTOGRAPHS

Esalen has an extensive file of photographs of leaders, workshops, and the grounds from the past 27 years, but we would like to expand our collection. Some of these we use for the catalog, others are currently on display in the Big House. The older historical images are now going into a photo archive for proper storage. If you have visited Esalen over the years and have photographs that might be of interest to us, please submit them to Cynthia Johnson Bianchetta, art and photography editor.

There are various ways to experience Esalen, ranging from a tour of the garden on a Sunday afternoon to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The *Experiencing Esalen* workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on pages 41-42. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. Finally, there is a community workshop program which goes on daily and provides opportunities for personal growth.

Scholarship Information

If you would like scholarship assistance for an Esalen program, please complete the application on page 53 and send it to us along with appropriate deposits and your completed reservations form. If your application is approved, the amount of assistance granted will be deducted from your balance due on arrival. (See Fees and Reservations, page 52.)

The maximum amount of scholarship awarded is 50% of the total fee. In most cases it will be less. There are no scholarships available for the Work Study Program.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to sleeping bag accommodations or scholarship recipients.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. This discount is available *only* when you make your reservations, not when you check in. When you complete the reservations form on page 54, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (Please note: senior discounts are not available for Wilderness Programs or the Work Study Program.)

Family Rates: A family of three or more may be accommodated in one double room at the regular rate for two, or in a triple at the regular rate for three. The only additional charges per person beyond the two or three full-paying occupants are meal costs. If the non-full-paying family members are enrolled in Gazebo or in an Esalen workshop, additional fees are required. Meal rates are:

	Up to 1 Year	1 to 5	6 and Older
Breakfast	free	$2	$5
Lunch	free	$3	$6
Dinner	free	$4	$8

Housing Options and Rates

(Beginning December 31, 1989)

Standard Accommodations: This is shared housing with two or more per room. In some cases, bathrooms are shared, as in the Big House. Couples will always be housed in doubles. See above for scholarship information.

■ WAYS OF BEING AT ESALEN

	5-Day Rate, per person	Weekend Rate, per person
	$630	$325
Single with private bath (rarely available):	$880	$425

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first come, first served basis.

$465 $260

Sleeping Bags: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.

$350 $185

Middle Point House: This is a comfortably-furnished suite situated on the cliff west of the garden, overlooking the ocean. It has a bedroom with a queen-size bed, a living room with a wood stove and convertible queen-size couch, and a small loft with a double bed. There is a kitchenette, private deck, and bathroom.

	5-Day Rate	Weekend Rate
1 person	$1200	$ 600
2 persons	$1800	$ 900
3 persons	$2400	$1200
4 persons	$2800	$1400

Please note: The Middle Point House, standard singles, and sleeping bag spaces are limited to a 7-day maximum stay.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, massage, and good food without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is not refundable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please call no sooner than the Sunday before. The rates below are per person, per day. Private rooms are sometimes available at an additional charge of $50 per day.

	Weekday	(2 or more days)	Weekend
Standard Accommodation (2 or 3 per room):	$85	($75)	$105
Bunk Bed (4 or more per room):	$65	($60)	$ 70

COURTESY STUART PILLER

In 1971, this group of doctors and nurses constituted Esalen's Humanistic Medicine Program, which pioneered work in holistic health, wellness, and behavioral medicine. Here they stand germ-free on the edge of the continent.

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, Reichian work, massage, etc.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 41-42.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 39-40.

Garden Tours

Tours of the garden, farm, and landscaping are available from April through September, on the first and third Sundays of the month, from 2-5 PM. The cost is $10 per person; group rates are available. No reservations are necessary.

■ ESALEN SEMINARS

Weekend of September 1–3

After Summer Renewal at Esalen

Are you feeling tired and jaded from the summer doldrums? Are you ready for a change of pace from the usual hot dogs and beer of Labor Day weekend? Esalen offers a departure from the traditional celebration and suggests this weekend as a way for people to renew themselves in a tranquil and beautiful setting. It will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include: sessions in gestalt, movement, meditation, massage, day hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural hot baths will be available as usual.

The food will be specially prepared, with an emphasis on a healthy diet of fresh vegetables and grains. Much of the produce is picked daily from Esalen's own organic garden and farm.

Come and enjoy a weekend of reflection, physical movement, and relaxation while the rest of the country is stuck in traffic.

89090101 $275

Week of September 3–8

Intermediate Massage Workshop

Deborah Anne Medow & Vicki Topp

This workshop is designed for those who already have some experience in massage and wish to improve their skills, enhance their sensitivity and awareness, and learn new massage methods. It will include individual instruction and supervision as well as illustrated lectures, demonstrations, and hands-on practice. Movement sessions, yoga, and a beach walk or mountain hike may be included.

C.E. credit is available for nurses; for more information see pages 39-40.

89090302 $575

Letting Go—Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate – in the moment – to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge.

89090303 $575

The Discipline of Harmony: Warrior Virtues Without War

Richard Strozzi Heckler

This seminar will examine the notions of aggression, initiation rites, courage, and risk-taking in the context of the warrior ideal. Does the discipline of harmony mean the taming of aggression? To live in peace do we also need to accept and understand violence? Is it possible to distinguish the warrior from war? Can the warrior virtues of courage, commitment, clarity, generosity, service, and skillful action be invoked without the catalyst of hostile fire?

These questions will be the starting point for a five-day workshop conducted in the warrior spirit of "life at stake." Exercises taken from aikido, along with introspection, sharing, and guided meditations, will allow participants to experience the possibilities of embodying warrior virtues without war.

Recommended reading: Richard Strozzi Heckler, *The Anatomy of Change* (Shambhala) and, editor, *Aikido and the New Warrior* (North Atlantic Books); J. Glenn Gray, *The Warriors* (Harper & Row).

89090301 $575

September 3-10

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting – to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$870 (plus $30 materials fee paid directly to the leaders)

89090304

Weekend of September 8–10

A Gestalt Weekend

Lois Brien

This is an introductory workshop on the gestalt approach to personal development, focusing on (as Claudio Naranjo has said) the wakeful moment. The aim for participants will be to come into as full awareness as possible of their own existence so that they can experience their lives rather than fantasize about them.

89090802 $295

Metamorphosis: A Trialogue

Rupert Sheldrake, Ralph Abraham & Terence McKenna

This experimental weekend will bring together three innovative thinkers: Rupert Sheldrake, biologist and controversial author of *A New Science of Life* and *The Presence of the Past: Morphic Resonance and the Habits of Nature*; Ralph Abraham, mathematician and expert in chaos theory; and Terence McKenna, psychoactivist and author of *True Hallucinations* and *Timewave Zero*. They will share their viewpoints and perspectives on the intellectual revolution taking place in theoretical biology, the model-

ing of chaos, and the boundary of the mind/language interphase.

This event will be the culmination of a series of dialogues on the state of play in the only game in town: the entry of the human family into cultural hyperspace. Join them on an intellectual odyssey in search of guiding images for a truly human future.

89090801 $295

Week of September 10–15

A Week with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

89091004 $575

The Intimate Imagination: Poetry, Creativity, and Personal Passion

David Whyte

Those powers most central to human fulfillment seem to arise out of deeply felt experiences of creativity which give life meaning, purpose, and direction. In a mythological sense they represent profound matters of life and death, ignored only at the expense of one's greater health and vitality. At critical points in their lives, many have felt that if only they had access to what is most creative and passionate in themselves, the next practical steps to take would be clear. A task of poetry and the poetic imagination is to uncover that which is hidden or disowned, to shed new light on what is already known and, just as importantly, to teach a way of living with the unknown and to understand its key place in the true life of feeling.

CYNTHIA JOHNSON BANCHETTA

Esalen, 1988. A Soviet-American conference on health. From left to right, medical researcher Janet Quinn, World Health Organization representative Helmut Schmidt, Project director Dulce Murphy, and Washington Business Group for Health founder Willis Goldbeck, listening to research psychiatrist George Solomon present his pioneering theories about relations between behavior, the brain, and the immune system.

Participants in this seminar will work with the radical inner and outer journeys that lead to their central passions and creativity. Through the great poets and their poetry, through myth and story, silence, time alone in the magnificent surroundings of Big Sur, and the willingness to view their lives afresh, they will look to that center and the wisdom that springs from it.

89091003 $575

Your Evolving Mythology

Stanley Krippner & David Feinstein

Human beings live a personal mythology, an inner drama whose plot they enact in the world. The theme of this mythology is usually outside of awareness, yet people unerringly find the characters and create the scenes that allow their stories to unfold.

This workshop speaks to the need to find the inner visions that nourish and inspire, and shows participants how to reach deeply into their own realms of unconscious mythological material. Through a series of step-by-step exercises drawn from a spectrum of systems, including Jungian psychology, gestalt, and psychosynthesis, participants will examine their personal mythologies and rework problematic areas. This program offers tools and methods for continuing to cultivate a personal mythology that is inspiring and empowering.

89091002 $575

The Life Energy Process℠

Stephano Sabetti

The Life Energy Process workshop is a spiritually-oriented approach to body work and lifestyle which allows individuals direct contact with the spiritual self through energy vibrations. This method is facilitated by specific intensive and subtle movements, which participants may find open them to their own healing abilities, allowing them to release unfinished emotions, radiational and chemical toxins, and psychological disturbances. From that point of greater clarity, they may move to the next step in their personal development. Participants continue this energy work physically and verbally through process inquiry and dialogue with the leader as they examine the superficial trace problems of their everyday lives and explore their deeper energy disturbances through energy patterning.

Energetic forms of massage, dance, and theater may be included in this process. Some of the work will be individual, some will be hands-on with partners. The workshop may be of particular interest to professionals and laypersons alike who are excited by the integration of Eastern and Western methods with the new physics for personal, social, and organizational evolution.

Recommended reading: Stephano Sabetti, *The Wholeness Principle; Manifestations of Energy;* and *Shinkido Massage* (available from Life Energy Media, 14755 Ventura Blvd., Ste. 1908, Sherman Oaks, CA 91403; [213] 874-7100).

89091001 $575

September 10–23

Path of the River: A Grand Canyon Journey

Steven Harper, Wendy Palmer, Bob Melville & Arizona Raft Adventures Staff (AZRA)

For workshop description see Wilderness Programs, page 39.

89091005 $1690

Weekend of September 15–17

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to oneself, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants may learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate in the choice of expression or depression.

C.E. credit is available for nurses; for more information see pages 39-40.

89091502 $295

Zero Balancing: Advanced Workshop

Fritz Smith

This workshop is open only to people who have completed at least one introductory Zero Balancing program. After reviewing basic concepts, the leader will answer specific questions and give individual instruction as needed. New work will include: direct perception and assessment of energy currents in the body; refinement of evaluating and balancing the foundation joints; and discussion of nonfoundation joints, including the small joints of the body. Theory will be clarified by demonstration and through individual practice, with participants using each other as models.

Recommended reading: Frederick Smith, *Inner Bridges* (Humanics Ltd.).

C.E. credit is available for nurses; for more information see pages 39-40.

89091503 $295

Inner Sound and Voice

Jill Purce

This is a workshop of practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the Self and release an untapped source of energy.

Participants will work with the psycho-physical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance, to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures including trance music, Mongolian and Tibetan overtone chanting, and other methods.

89091501 $295

The Yoga of Business

Tama Starr

Many people confront the same worldly dilemma: how to optimize success without betraying their ideals. This workshop suggests that, in a holistic universe, the same principles apply to walking the canyons of Wall Street as climbing the peaks of the Himalayas. Participants—whether artists, business professionals, blue or white collar workers—will see how to apply the tenets of yoga, t'ai chi, and gestalt to the workplace.

Themes to be explored include: the nature of Maya (business, wealth, and the American Dream); game theory (the win-win situation); success (how to deal with failure); the art of war (Krishna, Sun Tsu, Musashi, Machiavelli, Muhammad Ali); strategies and tactics (the art of survival). Practical studies and exercises will include: elementary mind-reading; "invisible yoga"; the use of myth and magic; methods of leadership (managing others through managing yourself); the uses of stress and conflict; developing "the path with heart."

Participants will emerge with usable tools for building a more fulfilling future.

89091504 $295

Week of September 17–22

Sports Massage

David Streeter & Arthur Munyer

This introductory workshop, designed for the established massage practitioner or serious student, will present many aspects of contemporary sports massage. Subjects to be covered include deep transverse friction, training massage, anatomy, muscle origin and insertion points, injury care and evaluation, and body dynamics (efficient use of the practitioner's body and preventing fatigue). Participants will be introduced to neuro-muscular methodology, which, until the advent of sports massage, had been limited to osteopathic medicine.

Sports massage is currently revolutionizing mainstream therapeutic massage and offers new and powerful tools to the health care practitioner.

C.E. credit is available for nurses; for more information see pages 39-40.

89091702 $575

A Look Within

Jessica Moore Britt

This will be a week for participants to attend to and explore themselves away from their usual busy lives. As they settle into the grandeur of Big Sur and the quiet within, they can begin to penetrate through their conditioned views of themselves and the world.

The point of inquiry will be the relationship of the mind, body, and emotions and the essential nature of the self. Participants will focus on understanding who and what they are, especially as beings of compassion, strength, will, power, joy, and presence. They will explore how their past conditioning and present beliefs block their awareness of these qualities in themselves. The tools for self-discovery will be an interplay of Eastern and Western practices, including Sufi self-remembering exercises, meditation, touch, movement, and Reichian/gestalt work. This time, dedicated to being present and looking within, holds the possibility for participants to open their perceptions so they might obtain a deeper appreciation for who they are.

Recommended reading: A.H. Almaas, *Diamond Heart* (Diamond Books).

89091704 $575

Dream Discovery

Joyce Frazee

Each night the Self disappears below the surface of the psyche, and what is remembered from the journey is a dream. In this workshop, participants will use their dreams for emotional

and spiritual growth and to connect with alienated parts of the Self. They will have the opportunity to explore the multidimensional aspects of a single dream, noticing the most immediate, pressing, unfinished business of their lives, and uncover personal symbols.

Since many people forget dreams, exercises in dream recall will be offered. By keeping a dream journal, some people recognize that dreams come in series, presenting and exploring a continuing theme. Participants will draw dream mandalas to be used for insight and healing. Feelings will be explored using gestalt and bioenergetics. Methods of dream control and lucid dreaming will be discussed.

89091703 $575

Action Theater

Ruth Zaporah

The body/mind is capable of experiencing "unnameable" states, states that connect us to our spirit ancestry, states that connect us to the earth. However, thoughts frequently undermine this phenomenon by naming, identifying, classifying, and conceptualizing. Action Theater is a training process that trusts the body as teacher. It opens channels for listening to and expressing information that the body/mind offers. This improvisational theater form moves the performer beyond personality and toward spokesperson and archetype.

Through the Action Theater process, participants create physical imagery and text from personal resources. The workshop addresses areas of performance such as: awareness of the body and its movement possibilities; development of a strong and viable voice; personal and imaginative use of language; interconnections between body, voice, and language; accessing material usually below the normal threshold of awareness; formal elements of composition; the mind of collaboration and ensemble.

Within each session there will be a physical and vocal warm-up, individual, small group, and ensemble explorations, and solo or collaborative presentations.

89091701 $575

Weekend of September 22–24

A Weekend with David Schiffman

The purpose of this workshop is for participants to create a more positive and open-ended self-concept. Through structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, they can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out personality strengths, individual capacities, and latent powers as a means of achieving productive functioning.

89092203 $295

Colliding and Emerging Myths

Brother David Steindl-Rast

Some people contend that the myths of the past have no more life for us, while new myths have yet to emerge. There may be some truth to this assessment, and yet the subconscious still resonates with the great themes of mythology as it gropes for its own mythic expression. All this has much to do with the love-hate relationship many people experience with their religious heritage.

By combining perspectives from anthropology and Christian spirituality, Brother David will try to help participants find what Joseph Campbell called "myths to live by."

89092202 $295

Psychoneuroimmunology and its Implications

George Freeman Solomon & Margaret Kemeny

The rapidly developing field of psychoneuroimmunology (PNI) is concerned with the nature of complex bidirectional interactions between the central nervous system (CNS) and the immune system and their clinical and bioregulatory implications. The CNS mediates stress effects, coping, emotions, and other psychological processes that, via the immune system, affect the onset and course of many diseases.

This didactic but interactive course will describe the immune system, how it works and is regulated. The leaders will discuss human and animal research on the effects of stress and other experiential factors on immunity and on immunologically-resisted and mediated diseases, including bacterial and viral infections, cancer, autoimmune diseases, allergies, and AIDS. The as-yet poorly researched area of the impact of interventions, including psychotherapy, on immunity and disease will be discussed. Implications of PNI for understanding traditional and alternative healing systems and placebo effects will be explored. There will be ample opportunity for questions.

C.E. credit is available for nurses; for more information see pages 39-40.

89092201 $295

Week of September 24-29

Living by Myths

Brother David Steindl-Rast

Brother David writes: "Myths speak with a soft voice. You have to listen with your heart. It helps to be in an environment such as Big Sur's that cradles and stills body and mind; it helps to have time. A week-long allows for good stretches of quiet time.

"Each day, we shall take one of the great myths – such as the story of Orpheus and Euridice or that of Eros and Psyche – and expose ourselves to its magic power. We shall listen to its echoes in Christian spirituality, wrestle, if necessary, with its implications, entrust ourselves to its guidance. Some may do this for the sheer joy of it. For others, the confrontation with myth may become a personal rite of passage. For all participants this week is meant to be a celebration of the beauty, goodness, and truth mirrored in myth."

89092401 $575

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in the mood of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for: people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based in trust and goodwill with maximum emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably.

89092402 $575

CYNTHIA JOHNSON BANCHETTA

Esalen, 1988. A Soviet-American conference on health. From left to right, research psychiatrist Stan Grof, Soviet psychiatrist Aaron Belkin, and American physician Robert Gale discussing psychoneuroimmunology and other themes of the Esalen Soviet-American Health Project.

Weekend of September 29–October 1

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Its emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press).

89092904 $295

Weekend Massage Intensive

Attila Vaas & Laurie Lioness Parizek

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners.

C.E. credit is available for nurses; for more information see pages 39-40.

89092902 $295

Our Many Selves

James Fadiman

It is possible to gain a clearer understanding of the many selves who dance within, clamoring for attention and release. This weekend offers the opportunity for participants to better understand their situations, acknowledge their varied selves, and work toward personal harmony without denial, repression, ego inflation, or shame.

To know oneself is not difficult, yet it demands careful, observant work. This workshop will open with wisdom stories to ease participants' way into that sometimes disturbing realm. They will find support in a unified theory which accommodates the different positions of Jung, psychosynthesis, Buddha, Skinner, and shamans, and which will help them reevaluate the actual goals of therapy.

89092901 $295

The Eide Workshop

Akhter Ahsen

This imagery workshop is directed toward an extraordinary glimpse into new possibilities in the human mind. The Greeks pointed out a special type of image, which they called "the eide," in the psyche. They exalted eides as "friends of the Gods," citing their capacities to heal, illumine, enlighten, and transform. This image was later on named "the eidetic" in the field of psychology and became the object of experimental and clinical probes. Akhter Ahsen has continued this research, developing methodologies that tap and harness this core of imagery phenomena. The eide workshop draws upon a wonderful flexibility in the center of the mind, is thoroughly practical in its orientation, and provides simple demonstrations which the participants can take home and practice.

89092903 $295

Week of October 1-6

Caretakers of Wonder: The Accuracy of Aesthetic Insight

Mel Bucholtz

An awareness of beauty, wonder, and enchantment restores purpose and direction for the creation of a meaningful life. It also addresses and helps resolve problematic and distressing issues in one's life.

This workshop will: 1) introduce participants to an experience of wonder as the animating element in life; and 2) practice ways in which one shepherds wonder into the world. Accepting the notion that it has been placed in their trust, each trustee, or caretaker, then ushers wonder into the world.

With such learnings, we re-inherit our sensibilities and are vitalized by the new meaning they bring to awareness. The quality of attention which unfolds is that of enriched being, animating all the communities that sustain and create life.

89100103 $575

Self-Acceptance Training

Richard Olney & Mari Krieger

Self-acceptance training is a transpersonal practice that follows an educational model rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment, without the inhibitions of self-judgment, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real. Although its practice includes devices drawn from gestalt, bioenergetics, mythic fantasy, eidetic imagery, and hypnosis, it is also a philosophy, a value system, and a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body work and body awareness, emotional charge and discharge, as well

as a cognitive examination of the individual's "pretends" and illusions that obstruct self-acceptance.

89100104 $575

Golf in the Kingdom . . . an exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart. – Michael Murphy, (Shivas Irons) *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It may be experienced not simply as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

In these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two of the days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Michael Murphy, *Golf in the Kingdom* (Dell); Timothy Gallwey, *The Inner Game of Golf* (Random House).

$575 (plus green fees paid directly to the leaders)

89100101

The Creative Body and Self

Daria Halprin-Khalighi

There are basic themes which follow us, like shadows, throughout our lives. They shape body, emotion, and thought, and affect our relationships and the choices we make. They can take unexpected turns, assume different forms, or result in changed life situations as we mature. If we look closely at our lives, however, we can recognize a thread of continuity in these personal themes. This thread includes those patterns which are experienced as roadblocks in the maturation process, inhibiting creativity, understanding, and the ability to enjoy life. Becoming aware of these themes may help unlock the door to deep inner resources, allowing for greater presence, connection, and creative expression.

Participants in this workshop will explore their personal life themes by listening to the messages and looking at the images of the body as the source of their "life script." Movement, drawing, and writing will be the modalities for expanding the creative self and tapping its wealth of information and wisdom.

Participants are asked to bring a box of craypas pastels, a medium- to large-size newsprint drawing pad, and a writing tablet.

89100102 $575

The Long Body

William George Roll

To the Iroquois Indians, the lived body is the "long body" and the long body is the tribal body. The long body incorporates people and things individuals are emotionally close to, though they may be distant in time and space and though they may no longer exist in the usual way. The long body is the experienced realm of personal and transpersonal memory and contains the ingredients for psychic awareness, prophecy, and pre-cognition. Since the long body is a remembered body, memory defines both its reach and its limitations. By extending the range of memory, one can extend the reach of the long body into the past and future and across distance. When we remember, we connect with members of our long body and incorporate them into the present.

In this workshop, group members will explore the long body as metaphor for psychical interactions, healing, and growth, and the memory as an access to long body awareness. Practice sessions will be grounded in research findings in biology, psychology, and the transpersonal dimensions of parapsychological (psi) processes. Through sound and movement, psi sensing of persons and objects, psychic readings, and psychic healing, participants may experience themselves as members of a living, sensuous being that includes the physical universe and extends beyond birth and death. From there, a fresh, joyful, and healing consciousness of the world can unfold.

This tradition pays respect to the tribal visions of the planet. It is not contrary to Western ideology, but it can expand the Western perspective beyond the moribund technology that threatens the world.

89100105 $575

Weekend of October 6–8

Introduction to Gestalt Practice

Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear–
And when used – is inexhaustible.
– Lao Tzu

Gestalt practice is a form – nonanalytic, noncoercive, nonjudgmental – evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); John Heider, *The Tao of Leadership* (Humanics); Ram Dass and Paul Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; for more information see pages 39-40.

89100603 $295

Screenplay Structure

Syd Field

The Screenplay Structure workshop is designed to sharpen the skills of both the novice and experienced screenwriter. It includes methods for preparation and execution of screenwriting through the analysis of screenplay form, examination of the three-part dramatic paradigm, contemporary screenplay readings, exercises, and group discussion. By the end of the workshop, participants will be able to take any three-sentence idea and structure it into a dramatic narrative. This is a working session! Bring notebooks and pens.

89100602 $295

What is Self?

Bernadette Roberts

In this workshop, Bernadette Roberts will present her insights into the question of self. She writes: "As long as we are living it, or are it, we cannot know the true nature of self. This disclosure can only be known when self falls away and becomes known by its absence or 'what

was. As it turns out, the knowing-feeling self is both an unconscious function of the mind and the profound experience of life and being. Together these give rise to every experience we call self or consciousness.

"Viewing human existence as a passage through consciousness, this workshop will explore the major milestones of the journey, with particular emphasis on the difference between the falling away of the ego-self and the much later falling away of the true self or the unitive, transcendental self. The criteria and validation for these milestones will be viewed in the light and experiences of Christ and Buddha, who manifested and articulated the journey for all who would come after."

89100601 $295

Week of October 8–13

Gestalt Practice

Christine Stewart Price

For workshop description see October 6-8.

89100803 $575

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop, participants will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore the movement that nature inspires. Both aikido and hiking are moving meditations which, when done well, require the individual to be in harmony with the natural world. There will be an opportunity to take what is learned on the aikido mat out into the natural world and bring what is learned from nature onto the aikido mat. Participants can then begin to integrate what they learn from aikido and from nature into their lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking.

89100801 $575

Death and Resurrection

Paul Rebillot

In some ways, we are all dying. To acknowledge, honor, and work with that opens us to a fuller life, for by looking at one's life as if it were coming to a close, it is possible to see more clearly what is of value and what is not.

In that spirit, this workshop offers the opportunity to confront, rather than avoid, death. On a wider scale, it explores ways to move creatively through life's many transitions, letting go of the old and welcoming the new. Participants will review their lives, completing unfinished business, and practice giving up attachments to persons, things, and self-images until, surrendering all to the ultimate unknown, they are able to experience the birth of the truly new.

Stanford Eugene Cates, who was Paul Rebillot's co-leader for this workshop for many years, died on September 19, 1988. This workshop is dedicated to his memory.

89100802 $575

Childhood Sexual Abuse: A Healing

Jessica Moore Britt

To guard against the hurts, fears, and confusion that sexual invasion of a child's physical and psychic boundaries can create, the child often abandons the place of conflict – the body. This withdrawal, though protective in nature, slowly begins to separate the child from her/his essential nature. This may be reflected in tension patterns, numbness, and oversensitivity and may further the child's sense of alienation from the world and self.

During this week, participants will move gently toward reintegrating their bodies and feelings with self. They will use gestalt practice, Reichian breath work, movement, touch, and meditation to re-enter their private world of memories and feelings. They may gain a deeper understanding that the learned idea of self as bad, based on the sexual abuse, is not the essential truth of who they are. The focus will be on allowing the hurt, negative feelings and doubts to be acknowledged, felt, and used as energetic seeds for reawakening a positive sense of self. Through the supportive group atmosphere, participants may discover that it is safe once again to embody beauty, life, and love.

Recommended reading: A.H. Almaas, *Diamond Heart* (Diamond Books); Alice Miller, *Thou Shalt Not Be Aware* (New American Library).

89100805 $575

Sculpture: Inner and Outer Visions

Rachael Dutton

The seat of the soul is where the inner and outer worlds meet. – Novalis

Rachael Dutton writes: "My work is based on interactions of images from my dreams with the animism of materials such as branches, earth, and grasses. These materials function as collaborators, mediating between inner and outer worlds.

"Workshop participants will work individually with images gleaned from dreams, memory, or moments of presence, using low-tech methods of construction and the natural resources of the farm area at Esalen. Additive sculpture methods, such as bundling, tying, stacking, can be just as personal as imagery; ways of linking physical components mirror associative processes in the mind. Participants will explore a multi-dimensional awareness of self as process and self as internal landscape coming to meet external landscape, using natural materials and the raw beauty of the Big Sur coastline to embody their personal visions.

"The workshop is open to artists at all levels of experience. Bring sketchbook, scissors, string, rags, and a plastic bucket."

Recommended reading: Robert Bly, editor, *News of the Universe* (Sierra); Rainer Maria Rilke, *Letters to a Young Poet* (Norton).

89100804 $575

Weekend of October 13-15

A Weekend with Paul Rebillot

Paul Rebillot writes: "Within each of us there lives a demon – our own personal critic – whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough. This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during this workshop.

"Why not take the chance of looking inside ourselves and finding the completeness of who we are, instead of limiting ourselves with who we think we should be and who we hope we are not? When we find the truth about ourselves, our natural response is to want and to work for the best that we can be.

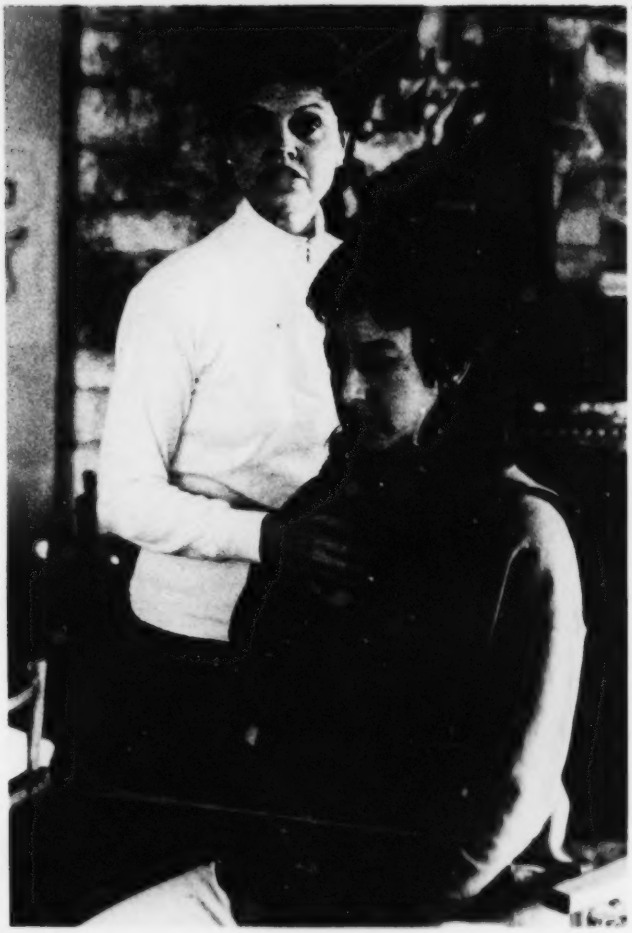
"People in the helping professions who have experienced this form have found it adaptable and useful in their own work."

89101302 $295

The Mythic Image: A Performance Piece

Phil Cousineau, David Darling, John Densmore & Eric Lauton

Sacred stories reflect only one aspect of the mythic traditions of the world. Of equal importance and fascination is the non-verbal image, the mandalas or holy images used for deep



Judith Aston demonstrates sensitive touch with Jocelyn Olivier, director of a massage school and participant in the Somatics Study Program for Health Professionals.

contemplation. Their origins can be found in nature and the human imagination and through them we can approach the convergence of myth, dream, and art.

This live performance workshop will blend the oral tradition of storytelling with the silent stories of pictures and the narrative movement of improvisational music. Each session will be highlighted by the telling of tales by Phil Cousineau, co-writer of *The Hero's Journey: The World of Joseph Campbell*; a slide show by award-winning photographer Eric Lawton, using images from Ireland to India; and the synchronized music of David Darling, master cellist, and John Densmore, the drummer for The Doors. The themes will include myths of origins, myth and the body, myth and art, myth and ritual, and sacred lands.

Recommended reading: Joseph Campbell, *The Mythic Image* (Princeton).

89101301 $295

Children and Anger: A Gestalt View

Violet Oaklander

The theme of this workshop is the anger of children and how parents, teachers, and therapists can help them express in healthy ways this least tolerated and most misunderstood emotion. Participants will discuss the various ways that young people express anger, the relationship of anger to negative introjects and self-esteem, and how to help children express angry feelings in healthy, safe, and satisfying ways.

This approach is based on the use of creative, expressive, and projective methods, with gestalt theory and practice as the underlying framework. The thrust of this work is to provide the child with a means for expressing his or her innermost feelings, to foster self-awareness and self-discovery, to enhance self-esteem and, in general, to promote emotional growth. Children thereby learn not only about themselves, but about their relationship to others and the world around them.

The workshop will include discussion, demonstration, examples of children's work and, particularly, direct experience of expressive methods used with children.

Recommended reading: Violet Oaklander, *Windows to Our Children* (The Gestalt Journal, P.O. Box 990, Highland, NY 12528).

89101303 $295

Week of October 15–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 29-October 1.

89101504 $575

Five-Day Massage Intensive

Laurie Schutz & Char Pias Brenner

Participants will be instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for more information see pages 39-40.

89101502 $575

Creative Body Work

Lenore Grubinger

The premise of this workshop is that body states and feeling states are reflected in each other. It is based on Body-Mind Centering™, the work of Bonnie Bainbridge Cohen, and will be an experiential study – through movement, touch, and process work – of some of the major body systems and developmental movement.

What is the quality of moving from one's organs, bones, or fluids? How can crawling or other "baby movements" give one insight into his/her adult life? What is the "mind" of each of these, and how do preferences of mind and body go hand-in-hand?

The more we come to know ourselves, the more we can resonate with others. Creative Body Work emphasizes empowerment of client and practitioner, actively involving both in the healing exchange. This is not a technique training, but a body-based language for responding to the moment. This week will include theory,

demonstrations, hands-on practice, movement, and group process. It aims to facilitate repatterning, to honor where a person is, and to help him/her access a greater range of body-mind options. Body workers, counselors, educators, and artists interested in an advanced training are welcome.

Recommended reading: Kapit and Elson, *The Anatomy Coloring Book* (Harper and Row).

89101501 $575

Ways to Change: A Jungian Experience

John Nicholas

Meaninglessness inhibits the fullness of life and can, therefore, be equated with illness; meaningfulness makes a great many things endurable, perhaps everything. – C.G. Jung

People discover themselves through relationships – with others and within and beyond themselves – transcending the ordinary boundaries of time and space. The focus of this workshop will be the most central aspect of all transpersonal work: change. The basic concepts of C.G. Jung will be applied to practical problem-solving and conflict resolution of everyday issues and relationships. Participants will have the opportunity to discover, explore, and confront unconscious complexes that inhibit the fullness of life and block creativity. There will be time for individual work with dreams, active imagination, symbolic drawing and painting, storytelling, guided imagery, and journals. The week will be a voyage of discovery.

Recommended reading: C.G. Jung, *Man and His Symbols* (Doubleday) and *Memories, Dreams, Reflections* (Random House); June Singer, *Boundaries of the Soul* (Doubleday); Robert Johnson, *Inner Work* (Harper & Row); Anthony Storr, ed., *The Essential Jung* (Princeton University Press).

89101503 $575

Dying to Live

Karen Paine-Gernée & Charles Steinberg

The leaders write: "Catastrophic illness is a shock to confront. It disrupts every aspect of our lives: our images of who we think we are and our ideas of where we're going, our relationships, our work. It awakens us to the proximity of death, presenting us with confusing choices about our lives in general and various medical treatments in specific. Serious illness is a time of both danger and opportunity. It touches us with despair and grieving. It can also be a time of opening into more love, greater personal power, and deeper spiritual work. It is a time for bringing forth our maximum healing capacities.

"This workshop builds a community to support each individual's healing. Through sharing, guided imagery, art, meditation, and healing circles, participants will see how to move from a life-threatening experience to a life-heartening one. They will explore the nature of healing at all levels and develop a personalized health plan which integrates both traditional and alternative approaches. One track will focus on the needs of the primary care-givers, exploring their issues of sadness and anger, exhaustion, helplessness, survivor's guilt, resentment, and the seemingly unacceptable wish that 'it was all over.'

"If you or a loved one has a life-threatening illness such as cancer, heart disease, or AIDS, if you live with a chronic health problem, or if you work with those with serious illness, this week of healing and love is for you. Your healing journey will be supported with healthy food, beautiful natural surroundings, and a compassionate community."

C.E. credit is available for nurses; for more information see pages 39-40.

89101505 $575

Weekend of October 20–22

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see September 3-8.

89102002 $295

From Victim to Victor

Harold Benjamin

In the last decade it has become commonly accepted in both the traditional and alternative medical communities that cancer patients' participation in the fight for recovery can improve their quality of life and may increase their chances for recovery. This premise is based upon recent medical advances in the field of psychoneuroimmunology. Although this workshop will examine those findings and how cancer patients can benefit from them, the primary focus will be upon the emotional, social, philosophical, and psychological components of wellness.

This workshop will be led by the founder of The Wellness Community (TWC) concept and will include guided imagery and methods used by trained TWC group facilitators. It is appropriate for cancer patients, their families and friends, health professionals, and psychologists.

Recommended reading: Harold Benjamin, *From Victim to Victor*; Herbert Benson, *The Relaxation Response* (Avon); Dennis Jaffe, *Healing from Within* (Fireside); Norman Cousins, *Anatomy of an Illness* (Bantam).

89102003 $295

Personal Mythology: Tell Me Who You Are

Sam Keen

Human beings are storytelling animals, myth-makers, spinners of tales. We remain healthy and vital so long as we remember our past, celebrate our traditions, and keep alive the stories of our ancestors and heroes. It is only those who remember their stories who are able to hope. Dis-ease begins with forgetting. Freud showed that repressing painful and ecstatic memories is the source of neurosis. And healing takes place only when we allow the unconscious to become conscious. To find out who we are, each of us must ask what Jung called the most important question: What myth am I living?

In this seminar, participants will explore the myths by which they live. They will tell each other stories from their past about heroes and villains, visions and quests, sacred moments and places, gifts and wounds, obstacles and helpers. They will rekindle childhood dreams and project their fondest hopes into the future.

Participants are asked to bring a photograph album containing pictures from each stage of life, mementos, souvenirs, old magic objects, diaries, whatever will trigger the recollections of things past. (Please note: this will be a large seminar.)

89102001 $295

Week of October 22–27

Prescriptions, Rituals, and Metaphors

Joel Bergman

This workshop, which is for mental health professionals and graduate students in related fields only, will focus on various clinical road maps needed for prescribing rituals, tasks, and metaphors in psychotherapy with families, couples, and individuals. Systems theory combined with the therapist's use of self, humor, and playfulness will be emphasized. Consultations, edited videotapes, and role-playing will be used.

Thursday of this workshop will be devoted to watching narrated video training tapes. The workshop officially ends at the close of that

afternoon session. However, participants are welcome to stay through Friday lunch.

Recommended reading: Joel Bergman, *Fishing for Barracuda: Pragmatics of Brief Systemic Therapy* (Norton).

89102202 $575

Sacred Mask Experience: Honoring the Shaman Within

Elisa Lodge

Marvel at the ingenuity in which divinity hides itself in order to find itself. – Alan Watts

Sacred masks have long been used by tribal societies to liberate and transform, but they have all but disappeared from modern cultures. They are known to be an ancient form of catharsis and healing, originally used by shamans for their elemental power to reveal vital facets of the self and release long-held gifts, talents, and potential.

This week, participants will draw inspiration from a large, international collection of masks to reestablish their connection to this ancient artistic tradition. They will create a sacred practice-ground in which to honor the shaman within, involving mask-making, movement, sound, trance-dancing, painting, and ritual theater. They will embrace the masks that have covered their hearts and open to what is revealed – the beauty and power of essential human nature.

89102201 $575

Recovery for Co-Dependents: A Workshop for Adult Children of Alcoholic and Other Unhealthy Homes

Karen Paine-Gernee & Rick Paine

Are you uncomfortable unless you are in control? Do you find it difficult to trust people and let them come close to you? Do you deny your feelings? Are you afraid of authority figures? Are you feeling lonely and isolated? Do others perceive you as confident and successful while you feel inadequate inside?

Such can be the effects of having grown up in an alcoholic or dysfunctional family. Alcoholism is often a disease of denial. ACAs often tell themselves that it really wasn't so bad, and they learn not to feel what they cannot tolerate. As they deny pain, they screen out joy, and their adult lives are often filled with depression and loneliness. Recovery is possible, though.

This program for emotional sobriety offers the opportunity to understand the dynamics of alcoholic and dysfunctional families and the co-dependent behavior they engender, to confront and heal painful childhood emotions, to learn basic tools for self-care, to make strides in letting go of control, to develop a sense of trust, and to foster a relationship with one's own spirituality.

C.E. credit is available for nurses; for more information see pages 39-40.

89102204 $575

October 22–November 3

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, page 37.

89102203 $1425

Weekend of October 27–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 29-October 1.

89102704 $295

A Weekend with Seymour Carter

For workshop description see September 10-15.

89102703 $295

A Workshop with Mia Segal

Moshe Feldenkrais was an extraordinary man with great insight into human function and movement. Perhaps his greatest contribution was the way he translated his philosophy into a workable method for everybody. This workshop will introduce that work: Awareness through Movement®, in which the participant is guided verbally through a movement process, and Functional Integration®, a non-verbal, hands-on method of re-educating the body. Both are meant to clarify how the participant uses his/her body to increase options for well-being. Feldenkrais believed that those options are oftentimes limited only by one's ideas.

Those who may benefit from this workshop include performers and artists, for whom it is vital to improve and who want to examine the way they function and move in their work, people with physical afflictions who wish to move with more ease and flexibility, and anyone who is motivated to improve their way of moving about in the world.

89102701 $295

Noble Visions: Living a Committed Life

Bill Puka

This seminar is designed to affirm and enhance participants' commitments to high ideals, toward living inspired lives as inspiring people. It will look at ethical visions and ethical visionaries. Participants will reflect on the components of respecting and appreciating each other, of loving and caring. They will consider ways of practicing these arts more gracefully, drawing from humanistic counseling methods, yogic meditation, and the psychological research of Kohlberg and Gilligan on moral development and gender outlook. They will also consider the creative use of moral perception and imagination evolved by various spiritual traditions. In so doing, they will compose ethics-for-living that are self-expanding, spiritual, and aesthetic rather than judgmental and duty-bound, ethics which show a sense of wisdom and perspective and express the goodwill they prescribe. But they will also seek ethics which can solve concrete problems and use them to take up moral dilemmas members of the group may be facing. A main theme will concern how to align psychological growth and career progress with personal integrity, interpersonal responsiveness, and active social concern.

89102702 $295

Week of October 29–November 3

Painting Experience with Michell Cassou

For workshop description see September 3-10.

$575 (plus $25 materials fee paid directly to the leader)

89102902

Acting is Doing

Stephen Book

Remove the restrictions, both inner and outer, which suppress the spontaneity of any human being, and his/her natural spontaneity will show itself as artistic creativeness. In this workshop, complicated theater techniques are transformed into simple game forms which produce spontaneous behavior through playing. True playing is spontaneous and requires focus – the absorption in what one is doing, to the exclusion of other thoughts.

This experiential workshop, which is designed for the layperson, emphasizes *playing* and *focus-*

ing. Participants will heighten and focus energy, increase communication skills, extend powers of observation and concentration, and improvise imagined realities.

89102901 $575

The Art of Receiving

Elliot Waker Aronson
& Gabriele Hilberg-Thomson

This culture makes it difficult to receive gracefully. Many of us learn early in life to equate receiving with weakness, helplessness, and dependency. One source of difficulty originates from a deep-seated belief that we do not deserve the love, attention, praise, or affection that is offered. Another stems from a fear of being obligated by the other person's expectations. Our willingness to receive brings greater honesty to our desire to give to others. The openness to receiving allows us to fully experience our relationship with another person, opens our hearts to the love and compassion of others and, in times of crisis, enables us to reach out for help.

Participants in this workshop will examine the beliefs and expectations that created their internal blockages and will learn new ways of receiving wisely, gracefully, and with dignity.

89102903 $575

Trance Integrations: Advanced Workshop

Paul Carter

This workshop is for people who have previously worked with Paul Carter and wish to go deeper with the material. It will explore the principles of Ericksonian hypnosis, including trance as a natural and necessary part of health, and will develop the idea that people and their communication and problem-solving are paradoxical.

The focus of the week will be personal and interpersonal work inside the trance state. Milton Erickson believed that people have an intelligence obtained from their wholeness that goes far beyond the conscious mind. Accessing and integrating that intelligence will form the basis of this work. Through guided exercises and group process, participants will work with the hypnotic use of metaphor in movement, sound, image, and story, as well as age-regression, age-progression, lucid dreaming, dissociation, and deep-trance identification.

Additional topics may include: pain control, working with families, and the art of using all the system, including the bad, sick, crazy, and resistant parts. The leader will introduce an integrative approach to problem-solving and self-healing as described in his forthcoming book, *The Whole-Parts Process: A Formula for Integrity*. Participants are asked to bring an 18" x 24" drawing pad and pastels.

Recommended reading: Grinder and Bandler, *Trance-Formations* (Real People Press); Michael Yapko, ed., "Parts Work: The Never Ending Story," *Hypnotic and Strategic Interventions* (Irvington).

89102904 $575

Weekend of November 3–5

Dream Discovery

Joyce Frazee

For workshop description see September 17-22.

89110302 $295

Weekend Gathering for Massage Practitioners

Brita Ostrom & Peggy Morrison Horan

This weekend will be an opportunity for massage professionals to come together at the Esalen hot springs for relaxation and regeneration. The open format will allow for quiet meditation, sharing, trading sessions, and time to enjoy the healing environment of the ocean and Esalen grounds.

89110301 $295

How to Change Your Work Without Changing Your Job

Cynthia Scott & Dennis Jaffe

Many people are searching for a place to make a commitment, and all they are offered is a job. What this workshop offers is an opportunity for participants to learn how to change their work without changing their job, to transform their work from the inside, to create a greater connection between their values and their work. Such an approach allows people to take greater control over their work, leading to greater satisfaction and meaning.

During this weekend, the leaders will coach participants through structured exercises and open exploration of topics such as: defining new work, dealing with business transitions (becoming a change master), mission and vision (harnessing one's dreams), breakthrough thinking, inspired performance, creating a job enhancement strategy, building personal power, creating support links, balancing one's work and personal worlds. This process is an alternative to burnout and exhaustion. Emphasis will be on the practical application of what the participant does on Monday.

89110303 $295

The Modern Warrior: LET in Action

George Leonard & Annie Styron Leonard

A man or woman with outward courage dares to die;
A man or woman with inward courage dares to live. – Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the full, and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might well be necessary for men and women to reown the warrior ideal.

Through the centering and movement exercises of LET (Leonard Energy Training) as well as through various new games, participants will be invited to get in touch with their own unacknowledged powers, and thus to discover the hidden warrior within. Guidance will be offered on how to apply the warrior ideal to daily life. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton).

89110304 $295

Week of November 5–10

The Heart of the Matter

Ronald Alexander

This workshop offers ways to assist participants in their personal healing process, through emotional and physical release and by changing unhealthy patterns of living, loving, and relating. The goals of this work are simple: telling the truth, making choices, enhancing awareness, becoming quiet, cultivating compassion.

The tools for this week will include gestalt practice, which teaches awareness of one's process, micro-analysis, which is the process of healing and revitalizing self-esteem, and meditation, which cultivates mindfulness, insight, and wisdom. This integrated view activates the psyche's calming and self-healing abilities whereby the process of repairing and revitalizing can begin.

Recommended reading: Thich Nhat Hanh, *Being Peace*; John Heider, *The Tao of Leadership* (Humanics); R.L. Wing, *The Tao of Power* (Doubleday).

89110503 $575

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables one to confront resistance and fear and which increases the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously.

89110502 $575

The Hakomi Method

Ron Kurtz

Hakomi is a body-centered practice based on the principles of mindfulness, unity, organicity, non-violence, and body-mind holism. Hakomi incorporates non-doing as a major methodological principle and trusts in every individual's inner wisdom and power for self-healing. Using the body as a rich source of information about the unconscious mind, hakomi can assist people in turning inward to those special states of consciousness where change takes place, to explore core beliefs which determine the quality of experience.

Hakomi work embraces the body-mind unity, supports the client's resistance, and encourages respect for and awareness of inner processes. This can be used by counselors, health practitioners, educators, body workers, and anyone invested in personal growth. This workshop also serves as a prerequisite for the formal hakomi certification process.

89110501 $575

Word Magic: A Personal Adventure through Writing

Nancy Bacal

We all have stories and the ability to tell them. But when asked to translate them onto the page, many of us are inhibited by self-judgment. Through a series of exercises designed to bypass blockages, participants will be encouraged to move beyond the controlling arm of the critic and tap their reservoirs of personal experience. These exercises will provide an opportunity to turn the burdens in our lives into stories, the unwanted voices into characters, the failures and successes into material. They are specific enough to excite the imagination yet loose enough for the writer inside to experiment with form and images and remain open to surprise.

This writing workshop offers a supportive and stimulating environment for the non-writer, the would-be writer, and the professional. The schedule will include writing in and out of the group, walks, meditation as it relates to creative process, reading and discussion of pertinent material. The intention will be to coax the mind out of its cycle of expectation and disappointment into a positive, functioning relationship with one's work.

Recommended reading: Carla Needleman, *Work of Craft* (Avon); Joseph Goldstein, *The Experience of Insight* (Unity).

89110504 $575

Glasnost and Perestroika: Soviet and American Poets in Dialogue

Sponsored by the Esalen Soviet-American Exchange Program

During the first two weeks in November, two poets from the Soviet Union and two poets from the United States will gather at Esalen to study, reflect, and write about current Soviet and American trends in poetry and about the state of the world. It will be the first of a series of such seminars at Esalen and in the Soviet Union. A collection of work written during each of these seminars will be published.

This weekend workshop is being held during this two-week seminar, giving participants an opportunity to talk with the poets on issues current to both cultures.

89111002 $295

Weekend of November 10–12

Advanced Massage Intensive

Arthur Munyer & Esalen Massage Practitioners

This program offers massage practitioners advanced body work methods for working with chronic tension, and skills for enhancing their creativity in their work. Anatomy and movement will be included.

C.E. credit is available for nurses; for more information see pages 39-40.

89111003 $295

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see September 3-8.

89111004 $295

Self-Expression through Music for Everyone

David Darling

This workshop will help soothe and heal the inner self by directing energy into sound-making, rhythmic grooving, chant-shouting, poem- and sculpture-designing, group productions, breath perception, meditation, smiling, clowning, chamber music inspiration, instrument-inventing, and humor.

Participants are asked to bring instruments that they want to learn to play or that they can play now. Percussion instruments will be provided. The voice will be, of course, the center of the entire process: where it is, how it is, what to do with it.

89111001 $295

Week of November 12–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 29-October 1.

89111203 $575

Five Days with Janet Zuckerman

This workshop continues Esalen's tradition of interpersonal and intrapersonal work on emotional process. It is based on these premises: that unfinished business is projected into current relationships, interfering with one's ability to be in the present, and that by emotional release one may cleanse the doors of perception. Tools for exploration will include the open seat, a tennis racket, pillows, and a sense of humor.

C.E. credit is available for nurses; for more information see pages 39-40.

89111202 $575

November 12–December 8

Massage Practitioner Certification Program

Deborah Anne Medow & Perry Holloman

For workshop description see Special Programs, page 37.

89111201 $2640

Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, page 37.

89111204 $2640

Weekend of November 17–19

Close Yet Free: A Workshop for Couples

Angeles Arrien & Gerald Smith

For most partners in a relationship there is a tension between being close and vulnerable yet remaining autonomous to grow as separate persons. This dilemma is seldom resolved.

Angeles Arrien will draw from her knowledge of how couples from other cultures live successfully with this dilemma, and Gerald Smith will draw from his clinical and workshop experience with couples during the past twenty-five years. Couples will spend time with the whole group, time with their partner separate from other couples, and time with other couples. This workshop is intended for couples who believe they already have a good relationship, yet are open to adding more to what they have built together.

89111702 $295

The Delight of Immediacy

Charlotte Selver & Charles Brooks

Much as we may wish to live in the present, we are often preoccupied with images and ideas of how it ought to be. Instead of responding to the situation at hand with the innumerable nerves, muscles, and interweavings of consciousness which are we, much of us is immobilized by early conditioning, acute emotional problems, or by habit, and much is held back until the inner board of review gives the OK.

But children and sages have a different way of functioning. For them the world flows into their consciousness as the air into their lungs, and their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our lack of immediacy which is usually felt as tedium and which necessitates ever stronger stimuli in the search for joy, or self-disciplines in the search for peace. By giving up these preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what should be but to what is, and the world catches fire for us.

This workshop will explore direct experience which, as it becomes clearer and stronger, tends to burn away the mist of concepts and restrictions which our conditioning has interposed between ourselves and living.

Recommended reading: Charles Brooks, *Sensory Awareness* (Viking; Felix Morrow).

89111701 $295

Week of November 19–24

Thanksgiving Week at Esalen

There will be limited space available at Esalen this week for those who would like to spend time enjoying the grounds, the baths, and the community without participating in a group. Guests may stay for just part of the week, although priority will be given to those who sign up for the full five-day period.

89111903 $350

A Week with Laura DeNuccio (Ma Prita)

Laura DeNuccio writes: "This is an invitation to those individuals who are aware of an emerging consciousness that is making itself felt and heard personally and globally, and who are searching to fulfill both higher and deeper callings in their lives.

"The emphasis of this workshop will be on learning how to embody this new awareness, bridging one's personal growth and inner experience with outer involvement in the world. Inquiry will be made into the beliefs and assumptions that shape somatic reality, with special attention given to personal issues. The group will draw from breath, movement, sound, gestalt practice, imagery, and meditation to enliven, balance, and transform energy blocks and patterns in the body. For some individuals, unconscious thoughts and feelings that reside in the body tissue may come to life, which can then be consciously integrated into a new level of wholeness and well-being—physically, mentally, sexually, and spiritually.

"Through attunement with the Earth and each other, individuals can deepen their capacity to listen to the innate wisdom and intelligence of the body. This will be encouraged through music, dance, creative use of the Spoken Word, and ritual. Practices that cultivate sensitivity, compassion, honesty, and kindness toward oneself and others will be included. In this way, the group can co-create an environment of trust and acceptance in which to explore the ever-unfolding adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms."

Recommended reading: John Heider, *The Tao of Leadership* (Humanics); Fields et al., *Chop Wood, Carry Water* (Tarcher); Florence Shinn, *The Game of Life and How to Play It* (De Vorss).

89111902 $575

November 19–26

The Feldenkrais® Method and Cortical ReEducation

Harriet Goslins & John Dudley

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain/muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his/her neck, shoulders, and back, to improve his/her posture and breathing, and to live and move with more flexibility and comfort.

This course is provider approved by the California Board of Dental Examiners, number 2586.

C.E. credit is available for nurses; for more information see pages 39-40.

89111901 $870

Weekend of November 24–26

Thanksgiving Weekend at Esalen

For those who wish to stay, this weekend is a continuation of the preceding week (see November 19-24) or is suitable for those who

just have time to visit Esalen for a few days. Massage and other work offered by individual practitioners will be available.

89112410 $160

Week of November 26–December 1

Spiritual Healing: Laying On of Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods of using the hands as instruments for physical and spiritual healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art.

Maria Lucia Sauer Holloman lives in Brazil where she studies with healers of "spiritism" (espiritismo). She combines her healing work with the art of cranial manipulation.

C.E. credit is available for nurses; for additional information see pages 39-40.

89112601 $575

Completion

Will Schutz

Incomplete actions, be they personal or social, result in many of humankind's troubles: emotional – replaying early stuck relations; physical – chronic tension from unfinished actions; health – blood poisoning from uneliminated waste products; aging – caused by incomplete events; ecology – waste disposal problems, especially nuclear; spiritual – karma, unfinished business; education – Montessori's insistence on putting toys away; sports – the concept of the killer instinct.

What are the resistances to completion? What must happen to a self-concept to propel it toward completing cycles? These and other questions will be explored via the following concepts: theory of energy cycles, life history completion, health through imagery.

89112603 $575

Help for Adult Children of "Normal" Parents: The Continuum Concept

Jean Liedloff

Jean Liedloff has developed a set of principles that guides clients toward an understanding of the beliefs and expectations formed in baby- and childhood that chronically undermine their capacity to act from accurate, adult perception of Self and Other. In her years of living in the South American jungle with Stone Age Indians, Liedloff observed a norm of human well-being that offers a reliable paradigm of mental and emotional health that has been missing from our attempts to attain individual and social fulfillment. Her work with clients is based on principles extrapolated from these observations. Normalcy, as we know it, is viewed as a pathology and new (ancient) criteria suddenly make sense of many of our problems.

This workshop will present methods that can change a client's self-defeating beliefs, at his or her own optimum pace, which participants will experience from both the client's and guide's points of view. It is for professionals and nonprofessionals. Please see page 40 to arrange for child care at the Gazebo.

Recommended reading: Jean Liedloff, *The Continuum Concept* (Addison-Wesley, U.S.; Penguin, U.K.), German edition, *Auf Der Suche Nach Dem Verlorenen Gluck* (CH Beck, Germany).

C.E. credit is available for nurses; for more information see pages 39-40.

89112602 $575

Weekend of December 1–3

"We Thought We Had All the Answers"

Judith Brown

Knowing "the answers" has limited value when engaging with another. This workshop, designed for singles and couples, offers the opportunity to focus on the *experience* of relating. Participants will practice skills that make relationship possible: awareness of self and other and the ability to use this awareness in a lively way. Self-disclosure and self-expression will be to the degree participants choose.

89120103 $295

Transitions

Elliot Waker Aronson & Gabriele Hilberg-Thomson

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition – whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants may develop ways of enhancing their understanding of themselves and increasing their overall effectiveness.

Recommended reading: Elliot Waker Aronson, *The Social Animal* (Freeman).

89120101 $295

Learning the Craft of Dream Work

Stephen Aizenstat

Dreams can be imagined as looking-glass parables, each a complex story that reflects the personality and soul of the dreamer. This weekend's program will bring emphasis to the healing potential of dream work. In so doing, the leader will review methods of dream work which consider the personal and collective unconscious.

In addition, new methods of dream work which take into account the world unconscious will be described. The world unconscious is seen as a deeper and broader dimension of the psyche and is imagined to contain the subjective inner natures (the subtle body) of all phenomena. It is believed that these inner subjective properties are reflected in the images of dreams and are, at an essential level, interrelated. It is at this level of the psyche that dream images provide access to an interconnected source of healing energy. This view, grounded in modern research and ancient wisdom, has practical implications for the use of dreams in physical and psychological healing.

Participants will be shown how to employ specific methods of dream work which honor and actualize the healing potential of the psyche. In this regard, common dream themes, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will be discussed.

89120102 $295

Week of December 3–8

The Practice of Trusting Process

Christine Stewart Price

Gestalt practice is based on the premise that the human organism instinctively moves toward balance and well-being at all times. This process of self-regulation functions beautifully when left to itself. Most often, though,

we interfere with this natural balancing through habitual patterns of physical tension, mental attitude, and emotional blocking. Through awareness and self-listening, especially as focused on physical sensation and breath, gestalt practice offers a form for noticing and exploring these habitual interferences. It provides an opportunity to discover what happens when one's process is trusted, experienced fully, and allowed expression.

This group is structured to provide a safe place for individuals to explore their experience, one at a time, with the support of the leader and other group members. There will also be meditations and group exercises designed to increase and facilitate awareness and expression. Participants are encouraged to bring patience, tolerance, and a sense of humor with them. The leader promises to provide the same.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); John Heider, *The Tao of Leadership* (Humanics); Ram Dass and Paul Gorman, *How Can I Help?* (Knopf).

89120301 $575

Friends of Esalen Week

The Friends of Esalen are those people who provide financial support through contributions which fund Esalen scholarships, invitational conferences, and special programs. In appreciation of their support, Esalen is offering this five-day program to current and new Friends of Esalen at a special rate of $425 ($325 for the bunk bed rate). Space will be available for 40 to 50 members, who may choose from an assortment of events including meditation, massage, yoga, gestalt, movement, and creative arts.

Specific information will be provided in a mailing to all Friends of Esalen. If you would like to register now, send in the catalog reservation form with your deposit of $150 ($100 for the bunk bed rate). If you have additional questions, please call Deborah Miller, Coordinator, Friends of Esalen, (415) 453-1687.

89120302 $425

Weekend of December 8–10

Introduction to Gestalt Practice

Christine Stewart Price

For workshop description see October 6-8.

89120802 $295

The Heart of the Soul

Rabbi Zalman Schachter-Shalomi & Eve Ilsen

There is a rich Jewish mystical tradition concerning the journey of the soul which parallels the Book of the Dead of many cultures. This is an invitation for participants to pay a midwinter visit to their journeying soul, touch the esoteric world of the Kabbalah, and re-emerge into their lives touched by the teachings. The group will celebrate the Sabbath amidst the songs and dances of Hassidism and a richness of tales and legends.

89120803 $295

The Archaic Revival: Inner Visions, Future Vectors

Terence McKenna

This age of archaic revival is a time of responsibility and opportunity, a rare confluence of traditional forms such as shamanism and vision-questing with a planetary and post-historical mega-future. Can archaic values give meaning to the now apparently inevitable dissolution of our ages-long link to this green and watery world? How can we facilitate our departure from the cave of forgetting and our immersion into the real politic of membership in the galactic collectivity of mind? We will discuss who we are, where we came from, and where we are headed as a species. This seminar will explore a universe that is stranger than we *can* suppose.

89120801 $295

December 10–15

Esalen will be closed to the public for these five days.

Weekend of December 15–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 29-October 1.

89121502 $295

A Workshop for Couples with David Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

89121504 $295 per participant

The Whole Image: Imagery and Morphology

Gerald Epstein

Imagery is essentially the mind thinking in pictures, an activity which prompts an internal healing response. Morphology is the expression of the inner being as reflected in the face. This face-picture offers individuals direction for finding their proper diet, exercise, mate, and overall path of health.

This weekend course will provide a comprehensive exploration of these two complementary aspects of the image. Participants will learn how to access imagery as a way of healing. They will also practice reading the outer reality of the face through morphology to better understand themselves and others. These two functions, imagery and morphology, are main pillars upon which Western spiritual and therapeutic traditions are built.

89121503 $295

Recovery for Adult Children of Alcoholics and Other Trauma

Julie Bowden

The children of alcoholics movement is officially only six years old (the National Association for Children of Alcoholics was founded in 1983), yet already treatment providers are being called to address depth issues and late stage recovery. Survivors of childhood traumas other than alcoholism have also begun to appreciate the healing power of the adult child message and are entering the movement seeking recognition.

In this workshop, specific focus will be given to the child within, to the practice of being oneself vs. codependence, and to the stages and spiritual dimension of recovery. Recovery requires courage and commitment and is possible only for those willing to undertake the "hero's journey."

This workshop is for children of alcoholics, children of trauma, and also for the professionals who work with them and need time for their own renewal.

Recommended reading: Gravitz and Bowden, *Recovery: A Guide for Adult Children of Alcoholics* (Simon & Schuster); Bowden and Gravitz, *Genesis: Spirituality in Recovery from Childhood Traumas* (Health Communications Inc.).

89121501 $295

Week of December 17–22

Playing the Edge

David Schiffman

For workshop description see September 24-29.

89121704 $575

Recovery for Adult Children of Alcoholics and Other Trauma

Julie Bowden

For workshop description see December 15-17.

89121702 $575

Reflections of Self: A Reichian/Gestalt Workshop

Jessica Moore Britt

This will be an introduction to intensive intrapsychic inquiry using Reichian breath work and gestalt practice. Reichian breath work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration, the possibility is opened to respond in the present.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); Nick Totton and Em Edmondson, *Reichian Growth Work* (Prism Press).

89121703 $575

The Body and Zen

Dub Leigh & Audrey Nakamura

The goal of this seminar is twofold: 1) to use body work methods and principles for releasing tension, trauma, and toxins from connective tissue; and 2) to circulate the vital energy in an aligned body. The group will draw from Rolfing® (structure), Feldenkrais® (function), and Zen (energy), to obtain these goals.

This is a hands-on workshop. Participants will give and receive body work and will learn methods to recognize, work with, and relieve some types of chronic muscle pain. The class will be limited in size (two people per table). Participants are asked to bring a swimsuit – two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press).

C.E. credit is available for nurses; for more information see pages 39-40.

89121701 $575

® Rolfing is a service mark of the Rolf Institute

Weekend of December 22–24

Reinventing Love

Robert Solomon

Reinventing Love is a personal probe into the most highly valued of all emotions, its promise, its disappointments, its dangers. It will explore such problems as: Why we sometimes find it difficult to love, to admit our love, to express our love; Why love goes wrong, why we choose the wrong partners, why we fail to make it work with the right partner; Why love must be invented – and reinvented – by each generation and by every couple.

89122204 $295

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

This workshop is open to anyone interested in learning to recognize, trust, and use their psi abilities. The leaders will use exercises designed to aid participants in recognizing their perceptive styles and trusting the intuitive input they normally receive. Anne Armstrong will use her tracking abilities, acquired from over twenty years in this field, to assist participants in arriving at useful, accurate data.

One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives – personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases.

89122205 $295

Fun with the Violin: For Adults Who Always Wanted to Play a Musical Instrument and Never Have

Diane Egli

For the adult who would like to play a musical instrument, but never had lessons as a child, or who used to play, but hasn't since childhood, this workshop could be just the opportunity to learn to play the violin – and have fun doing it. This will be a time for participants to increase their awareness of how it feels to learn a new skill – the challenge, the excitement, the frustration, and the success of accomplishment. Included in the workshop will be various activities to enhance violin playing, such as movement, music, and rhythm exercises. Participants are asked to bring a tape recorder and tapes.

Recommended reading: Shinichi Suzuki, *Nurtured by Love* (Banner); John Holt, *Never Too Late* (Pinchpenny Press).

$295 (plus $10 violin rental fee paid directly to the leader)

89122203

Body Rejuvenation

Dub Leigh & Audrey Nakamura

The goal of this seminar is to start to rejuvenate the body, mind, and spirit. A fast way to do this is to work the body. Transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain. You will then have changed the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat one.

The recipe for how to begin to rejuvenate a body in one session will be demonstrated to the group, and then experienced and performed by each participant.

This seminar is recommended for everyone. The older you are, the more stuff you have to work with. Class size is limited (two students per table). Bring a swimsuit – two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press).

89122201 $295

Rituals of Transformation

Paul Rebillot

People continually approach thresholds, transition points from one state-of-being to another. To live is to change. The tendency, however, is to resist change, to cling to the familiar, to remain stuck at the threshold. This tendency is the source of much of the stress and pain that people experience in life.

A ritual does not make a change happen; rather, it awakens within the psyche the archetypal pattern of change. By acting out the ritual, people learn the process of transformation not only in their minds, but in their hearts and bodies as well. Rituals can prepare people for change and help heal incomplete passages from the past.

During this workshop, group members will look at what they want to heal and transform in their lives, what they need to say goodbye

to, and what new step they need to take to cross their present threshold. Sub-groups will design and enact individual rituals to support this process.

Joseph Campbell said that when someone can discover his or her authentic path, the way seems to be blessed by magic. To find this way is the work of *Rituals of Transformation*.

89122202 $295

Week of December 24–29

Five-Day Massage Intensive

George King & Esalen Massage Practitioners

For workshop description see October 15-20.

89122404 $575

Acting is Doing

Stephen Book

For workshop description see October 29-November 3.

89122401 $575

Awakening Inner Power

Deborah Anne Medow, Mary Tesoro & Judith Roth

Operating from the assumption that one's innate energies lie largely untapped, this group will explore alternative means of gathering inner power. Leonard Energy Training, a comprehensive system offering tools to meet the problems, pressures, and pain of everyday life situations, will be combined with gestalt to provide a foundation for personal growth and change. Yoga and massage will be interwoven with elements of the martial art of aikido to increase the flow of vital energy through the body, mind, and spirit.

89122405 $575

The Birth of the Sun

Paul Rebillot

The winter solstice is a time for restful introspection as the earth's outer darkness allows the inner sun of the soul to regenerate and find expression. Traditional cultures the world over have rested, fasted, and feasted during this time of the year in celebration of the turning point, the cyclic return of the light.

Despondency, disillusionment, and regrets often weigh on people at this time of year, manifesting as depression or flight into frantic cheerfulness. This workshop offers an opportunity to work through past regrets as well as unfulfilled ideals, promises, and fairy tales of childhood. Participants will seek, through ritual, gestalt, guided fantasy, music, and play, an inner solstice, their own turning point from past regret and future fantasy to the divine simplicity of their own present being.

89122402 $575

BONNIE FRIZER

Moshe Feldenkrais, inventor of the Feldenkrais Method, gave his first American training seminar at Esalen in 1970.

Weekend of December 29–31

Year End Renewal at Esalen

This will be a weekend for people to renew themselves in the tranquil and beautiful setting of Esalen. It will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include: sessions in gestalt, movement, meditation, massage, day hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural hot baths will be available as usual.

The food will be specially prepared, with an emphasis on a healthy diet of fresh vegetables and grains. Much of the produce is picked daily from Esalen's own organic garden and farm.

Come and enjoy a weekend of inner reflection, physical movement, and personal renewal as the year draws to a close.

89122901 $295

Week of December 31–January 5

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see September 3-8.

89123103 $630

Craniosacral System: Basic Workshop

Jim Asher & Jane Harrington

This workshop will offer an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. The class will combine lectures and slides on functional anatomy of the membrane system and cerebrospinal fluid movement. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference. Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills and for those already practicing body work or counseling. Much of the focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system.

Recommended reading: John Upledger and Jon Vredevoogd, *Craniosacral Therapy* (Eastland).

C.E. credit is available for nurses; for additional information see pages 39-40.

89123101 $630

Touching Spirit: Dimensions of Psychic Healing™

Elizabeth Stratton

Psychic healing bridges the physical and the spiritual. Touching as a healing act has been practiced through recorded history by practitioners of the sacred as well as the secular: healers, shamans, priests, doctors, and mothers. In the past ten years, physics and modern medicine have come to an acknowledgment of the radically relational nature of our universe. Nothing and no one functions in a void.

Human emotions affect the functioning of the body, and illness is often an outgrowth of this mind-body link. Semi-dissociative states that are induced by prayer, meditation, and trance have been found to provide a fertile ground for healing to take place. It has been discovered that "multiple personalities" exhibit different states of health in each personality. The placebo effect has become one of the most respected and well-studied issues in healing today.

A psychic healer is one who can help connect the physical, emotional, mental, and spiritual levels of another person's being with healing intention through the use of touch. This workshop will explore, both didactically and experientially, the sacred and secular uses of touch, modern theories of disease formation and healing mechanisms, the use of psychic sight in healing, forgiveness as transformational cleansing, and the channeling of healing energy through the laying on of hands.

C.E. credit is available for nurses; for more information see pages 39-40.

89123104 $630

Choices and Changes Using Gestalt

Anne Nechama Simkin

Gestalt practice is a noninterpretive, existentially-based system in which awareness of one's feelings in the present moment is the primary focus. Human beings are born with the innate capacity to cope with life. As we mature, this process – and our excitement, creativity, self-expression, and self-acceptance – at times may be interrupted or suppressed.

Most gestalt communications deal primarily with the immediate interactions of those present. Explanations, interpretations, and assumptions are discouraged. Concentrating on what is rather than on what could or should be encourages a person to take responsibility for his or her own actions. By becoming aware of what is potentially nourishing and what is toxic, it is possible to learn to make choices and to achieve integration.

This workshop is for persons seeking a new perspective, growth, and change and who want to reown those aspects of their lives that are nourishing. Participants will share experiences, explore new ways of coping with ongoing situations, search for the existential messages of their dreams, and learn to communicate with each other and significant others. The content of the workshop will evolve out of the needs and wishes of the group members.

Recommended reading: Corsini et al., *Current Psychotherapies*, Chapter 8, 3rd edition, (Peacock); J. Simkin, *Mini-Lectures in Gestalt Therapy*; Kutash and Wolf, editors, *Psychotherapist's Casebook* (Jossey-Bass).

89123105 $630

December 31–January 7

Painting Experience with Michell Cassou & Stewart Cubley

For workshop description see September 3-10.

$955 (plus $30 materials fee paid directly to the leaders)

89123102

Weekend of January 5–7

A Celebration with Paul Horn & Chungliang Al Huang

Paul Horn and Chungliang Al Huang will celebrate and share their joyous collaboration in music, dance, tai ji, jazz improvisation, meditation, philosophy, and world travel experiences.

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (E.P. Dutton; Tao Wetter-Sphinx Verlag, Basel) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon).

Recommended listening: Paul Horn, *Inside, Inside the Great Pyramid, China, Traveller, Altitude of the Sun*, and *A Special Edition*.

90010501 $355

Forgiveness and Letting Go of Judgment

Elizabeth Stratton

Elizabeth Stratton writes: "The training of the Western mind, both spiritually and intellectually, is oriented toward judgment. We are taught to induce, deduce, analyze, dissect, defend, debate. We are taught to feel guilty, to get sick, to engage in self-punishment and the punishment of others. We are encouraged to rebuke ourselves into perfection.

"We do not know the healing quality of true remorse or how to let go of that which we should never have held onto in the first place, which is the real meaning of forgiveness. In studies of people who have died and come back to talk about it, the most unifying element of their experiences was the meeting with a Being of white light who stood by with unconditional love, no judgment, and humor as they watched their lives roll before them like movies. The only judge was the person watching his/her own life.

"This workshop will be experiential. You are invited to observe the judgmental prison of your own mind, to feel the cleansing power of remorse, and to allow your heart to open to the freedom and healing that comes from forgiving yourself and others."

90010502 $325

Week of January 7–12

Gestalt Practice

Christine Stewart Price

For workshop description see October 6-8.

90010703 $630

The Life Energy Process℠

Stephano Sabetti

For workshop description see September 10-15.

90010702 $630

A Celebration with Paul Horn & Chungliang Al Huang

For workshop description see January 5-7.

90010701 $660

Seeds of Singing

Susan Osborn, David Densmore & Donna Laslo

Our culture considers singing a valid expression only for those gifted individuals called singers, which, by omission, leaves the rest as

non-singers. Music as a whole is then tossed into the realm of the extra-curricular. However, the voice is a gift inherent to every human and a feedback mechanism to aid in the development and expression of the individual.

Simply breathing, sighing, and extending that sound into song has opened up worlds within and without for those willing to trust their bodies and creatively use the waves of emotion that arise. It is possible to transform the tremendous energy of fear, love, grief, joy, and anger into a non-verbal, penetrating song of one's humanity. With or without words, song is communication. In this workshop, participants will have the opportunity to explore their voices, to form a circle of singers and listeners, to honor and explore the ancient tool of Song.

90010704 $630

Weekend of January 12–14

Introduction to Gestalt Practice

Christine Stewart Price

For workshop description see October 6-8.

90011202 $325

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with the fundamentals of tai ji practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five-elements form, Chinese Qi Gong breathing, and life-force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (Dutton) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon).

90011201 $325

Introduction to Vipassana Meditation

Jamie Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion.

This seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate Vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala).

90011203 $325

Minding the Body, Mending the Mind and the Soul

Joan & Myrin Borysenko

We are at an emerging crossroads where science, medicine, and spirituality are coming together as a new force for healing, where mending the soul is recognized as integral to minding the body and mending the mind. Physical illness, addiction, anxiety, depression, loneliness, and guilt are all opportunities for learning to embrace life with gratitude and enthusiasm, learning the skills of psychospiritual growth, and remembering our connection to the spirit, or Source of life, that we all share.

Exploring medicine, science, psychology, and the perennial philosophy of the ages, we will share a weekend of soul-mending that includes practical methods of breathing, meditation, imagery, prayer, dream work, and poetry. The underlying philosophy of the group work will be that we are already whole and that we can learn to pay gentle attention to the messages from mind and body that call us to remember our deeper unity and identity with spirit.

C.E. credit is available for nurses; for additional information see pages 39-40.

90011204 $325

Week of January 14–19

Five-Day Massage Intensive

Brita Ostrom & Esalen Massage Practitioners

For workshop description see October 15-20.

90011404 $630

A Look Within

Jessica Moore Britt

For workshop description see September 17-22.

90011402 $630

Imagery and Healing: Shamanism and Modern Medicine

Jeanne Achterberg & Frank Lawlis

The image is an ancient and potent healing tool, a source of creative ideas, and the basis for rituals performed since the beginning of time. It is a midwife or interface between inner experience and conscious expression.

This workshop will examine ways to integrate the power of the imagination back into our culture, giving balance to the art and science of healing self, others, and community. Material will include scientific validation, studies of persons with catastrophic and chronic disease, and ways to integrate imagery and related psychospiritual modalities into daily life and into the helping/healing professions (counseling, medicine, nursing, and other fields of health care.) Guided imagery, music, and traditional shamanic tools will be used for journeys into the self.

90011405 $630

Delicious Movement Workshop

Eiko & Koma

The *Delicious Movement Workshop* is designed for people who love to move and who want to move with delicious feelings. Eiko and Koma encourage each participant to develop a lifelong pleasure in dancing anytime, anywhere, professionally or nonprofessionally. Raised in Japan but imbued with Western aesthetic concepts, the leaders build on Eastern awareness of physical nuance and time, and a Western recognition of the individualistic creative act.

A movement vocabulary which employs images, body articulation, and floor work is provided as the common ground for this workshop. However, the aim is not to teach this vocabulary. Rather, the participants, through their personal digestion of the material and the improvisational partnership which supports it, are encouraged to acquire personal taste and flexible discipline to suit their own moving bodies.

90011401 $630

How Hungry Am I and For What

Mariah Fenton Gladis

The road to recovery for adult children of alcoholics and others whose parents have been dysfunctional or abusive is challenging and can be deeply rewarding. It requires determina-

COURTESY EMIL WHITE

Henry Miller at the hot springs in 1950. Miller was enthusiastic about the baths' healing powers and visited them almost daily for 20 years.

tion, lifelong commitment, and positive experiences. This workshop offers participants an opportunity to take a major step toward health. Group members will work toward transforming their personal histories from one of liability to one of strength and wisdom, focusing on the promotion of healing in four fundamental relationships:

- With oneself: developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of chronic trauma.
- With others: improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries.
- In the world: moving away from chaos and deprivation toward stability and abundance.
- Spiritually: searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

The workshop will be experiential *and* didactic, blending individual and group gestalt work, music, spiritual healing, body work, and personal metaphor. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals working with ACAs.

C.E. credit is available for nurses; for more information see pages 39-40.

90011403 $630

Weekend of January 19-21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 29-October 1.

90011902 $325

Hands of Light: Introduction to Healing and High Sense Perception

Barbara Brennan

Barbara Brennan writes: "An important fact of existence is that we create our own experience of reality. The physical body exists within a larger body, a human energy field or aura, which is the vehicle through which we create that reality, including illness and health. It is through this energy field that we have the power to heal ourselves. It is also through this energy field that 'high sense perception' takes place. High sense perception is the ability to sense reality beyond the normal ranges of human sensing, commonly referred to as psychic sensing."

This workshop will emphasize simple healing methods and the development of high sense perception. It will include lectures, guidance, and healing by the leader, and hands-on practice by participants. Barbara Brennan, a former research scientist for NASA, will draw on her work with the human energy field. She will be accompanied by harpist Marjorie Valerie, who improvises music for meditation and healing.

90011901 $325

How Do I Love Thee, Let Me Count the Ways

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared – by their family backgrounds or society – to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary, and who wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, body work, and personal metaphor.

90011903 $325

Week of January 21–26

Dimensions of Health and Healing: Traditional Approaches to Well-Being

Al Drucker

This workshop is for people who want to remain well and be in a position to help others remain well. Wellness here is defined as the direct experience of freedom, whether physical, emotional, mental, or spiritual.

Participants will be introduced to and experience various healing tools. One day each will be spent on: the traditional Chinese system of acupuncture, homeopathic philosophy and practice, Bach flower remedies, food – the best medicine, Rolfing and deep tissue work. A short, morning t'ai chi practice will be taught. There will be chanting and meditation, an afternoon herb bath, and evening talks on spirituality.

C.E. credit is available for nurses; for more information see pages 39-40.

90012102 $630

Freedom to Act

Paula Sholachman Shaw

It is oftentimes difficult to express something on the outside as strongly as it is felt on the inside. People sit in dark theaters, spectators to those who can play out what's locked inside, from villain to hero, spanning the full spectrum of human emotion. Participants in this course will do just that, exploring the full range of the actor's instrument – themselves.

Even those who thought they could never perform in front of an audience will perhaps amaze themselves with how powerfully expressive they can be. There will be exercises in personal presentation, performance, emotional expression, and improvisation. Requirement: a one-to-three minute memorized performance piece of any kind. The leader requests: "Leave your performing standards behind and bring your risky fears along."

90012101 $630

Women's Wisdom: Celebrating Sacred Dimensions of the Feminine

Jean Shinoda Bolen & Jan Lovett-Keen

By tapping intuitive sources of wisdom, creativity, and spirituality, life takes on deeper meaning. We are nourished by what we feel and know and dream and express. In the outer world, change and transitions are inevitable. What we often miss is time to reflect upon the meaning of events and to take stock of who we are becoming.

This retreat invites women to take time for inner reflection in the nurturing company of other women in an environment of natural beauty. Jean Shinoda Bolen, author of *Goddesses in Everywoman*, will lead participants inward through myths and meditation to their personal symbols and to the truth in their dreams. Jan Lovett-Keen, a musician and body worker, will teach participants to care for their bodies and to be attuned to their vulnerabilities, pain, trust, and strengths. Through music, participants will touch sources of inspiration and creativity and be reminded of the profound connection between women's nature and Mother Nature, between music and body knowledge.

These five days will provide women with an opportunity to experience their inner trusting child, the grown woman choicemaker, and the wisewoman aware of the sacred dimension of ordinary life.

90012104 $630

On Being a Man

David Schiffman

Many men today have sought to honor and embrace the emergence of the feminine principle in their own natures. As a result of this emphasis, the right to celebrate and honor the masculine has become a thorny and difficult dilemma.

A man's sense of his uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity. They will explore the following questions:

- What does a man need to know and accept about his own nature to feel himself fully as a man?
- Can men come together to create an atmosphere of trust and good will, where the masculine aspects that they have in common can be honored and appreciated in the *pleasure* of each other's company?
- Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
- Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illuminate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will be incorporated in this journey as well.

90012103 $630

Weekend of January 26–28

The Right Work

John Caple

What is work? And what is not work?
–The Bhagavad Gita

In this workshop participants will rediscover work-related dreams, draw power from life experiences, and clarify their vision of what they want their worklife to be. They will refine their sense of what is work and what is play, and what is right for them.

The approach will be practical, though grounded in the longings of the soul, and worldly, though enriched by the resources and culture of Esalen. There will be concepts to stimulate the intellect, processes to awaken intuitive wisdom, and a chance to bring it all together in a personal life plan. Participants will learn eleven steps to determine what work is right for them and specific strategies for getting that work, whether it involves a shift in responsibilities, a new job, or a complete career change. Some time will be available for individual work.

Recommended reading: John Caple, *The Right Work* (Dodd, Mead).

90012602 $325

The Shadow of Love

Ayala Pines

Whatever the essence of the love that binds two people will be the essence of the shadow this love will cast when threatened. Jealousy, envy, anger, fear, and other powerful emotions are all part of the shadow of love. In most cases, they are not a result of individual pathology, but of a certain dynamic in the relationship.

KATHLEEN TINGEWOOD CARR

The hot springs, 1988.

They are useful signals that partners can interpret and take advantage of to improve themselves and the relationship.

Through group discussion, role-playing, and guided fantasy, participants will learn to identify the threat triggered by the shadow of love and how to protect their relationships in positive and constructive ways. This workshop is for anyone who seeks better understanding of love and the emotions in its shadow, including issues related to love and jealousy. It may also be interesting for counselors who work with people for whom these issues are important.

90012603 $325

The Shamanic Journey, Power, and Healing

Michael Harner

Shamanism is an ancient human strategy for personal learning and for acting on that learning, using normally neglected or hidden potentialities of the heart, mind, and spirit. Shamanic methods can contribute to virtually any aspect of living, as they have for tens of thousands of years, and are especially useful for problem-solving, well-being, and healing.

In this experiential workshop, participants will be introduced to basic methods of the shaman (a specific type of medicine man or woman) and initiated into the classic shamanic journey. Otherwise known through myth and accounts of great spiritual experiences, this visionary method can be used to enter nonordinary reality to obtain knowledge, to answer personal questions, to maximize power to achieve personal goals, and to contribute to the health of oneself, others, and the Planet. Participants will be aided by traditional drumming and movement and will be provided with methods for journeying to discover and study with their individual spiritual teachers in nonordinary reality, a classic step in shamanic practice.

The shamanic journey can be utilized to help restore spiritual power and health and has practical applications to contemporary daily life. Practices this weekend will include comparison of discoveries and work on personal problem-solving and wellness.

Please bring a bandanna to cover your eyes, a pen and notebook to record your journeys and, if you have them, a drum and/or a rattle. Wear comfortable clothing.

Recommended reading: Michael Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford).

90012601 $325

Week of January 28–February 2

On Being Good Enough

Heather Maycock-Ogilvy

Being a good enough parent, a good enough therapist, a good enough teacher, or a good enough spouse is an art not a science, a creative endeavor that must be entered into with an open mind and an open heart. This workshop offers no detailed instructions or rules but rather encouragement to develop an empathy with those with whom we would be – not perfect – but good enough.

Problem situations in love or work, childhood memories, dreams, and guided imagery will serve as material for the work. Psychodrama will be part of the process as will discussion, massage, play, and meditation.

Recommended reading: Bruno Bettelheim, *A Good Enough Parent* (Random House); D.W. Winnicott, *Playing and Reality* (Methuen).

90012801 $630

Yoga, Body Work, and Somatic Awareness Practices

Deborah Anne Medow & Til Luchau

A strong relationship exists between the inner sense of the body and the way we do what we do in the outer world. It could be said that inner somatic experience shapes outer activity. When learning yoga and massage together, this inner/outer relationship becomes apparent. The inner practice – yoga – gives a clear, proprioceptive sense of what it is like to be a body. This inner sense naturally informs the outer practice of giving a massage with a knowing authenticity and sense of presence.

In this workshop, participants will be given instruction in massage and gentle forms of ashtanga yoga, with awareness practices designed to integrate the somatic lessons gained from each. It is appropriate for both beginners and those with yoga or massage experience. Bring loose, comfortable clothing.

90012803 $630

Exploring Trance and Developing Self-Hypnotic Potentials

Marc Lehrer

Hypnosis, autogenics, Jacobsonian relaxation, computerized biofeedback, and other trance-enhancing tools for the mega-brain form the core of this experiential program. Goals for the week include: developing trance states to enhance everyday living; altering physiology to warm the hands and feet for stress relief (such as indicated for Reynaud's disease and hypertension); increasing or reducing sensation awareness to enhance sensuality or to alleviate pain; creating a communication strategy for working with the unconscious mind; and applying these learnings to habit patterns that have been difficult to change in the past.

Participants will practice methods for deepening, individual and group inductions, and trance awareness in movement and exercise. There will be time to discuss personal experiences and to enjoy the Esalen environment. Bring a small tape recorder with headphones or a pillow speaker if you are interested in working on sleep suggestions, and a favorite percussive soundmaker (small drum, shaker, bell, sticks or rocks) for daily rhythm practice.

90012802 $630

January 28–February 9

Advanced Training in Shamanism and Shamanic Healing

Michael Harner

For workshop description see Special Programs, page 38.

90012804

Weekend of February 2–4

The Feeling Process

Janet Zuckerman

For workshop description see September 15-17.

90020201 $325

Men and Their Fathers: Unfinished Business

Samuel Osherson

Fathers are immensely important figures in men's lives, yet they often are shrouded in mystery and silence. Career goals, relationships with women, other men, their children, even men's attitudes toward spirituality are often linked to unfinished business with their fathers.

This workshop, open to both men and women, will explore the origins of the wounded father/son relationship and the paths to healing. Participants will consider current research and theory on the role of the father and mother in men's psychological development and discuss the changing place of the father in modern families. Using group and individual exercises, case studies, and contemporary

poetry and music, they will explore the following themes:

- the key role of fathers in men's identities
- ways men try to complete their relationships with their fathers through children, wives, and mentors
- normal dilemmas of the father/son bond
- what happens when fathers are deceased or absent
- ways of letting go of past battles
- women's roles in the father-son relationship

The process will include ample time for discussion and personal reflection.

90020203 $325

Achieving Sustained High Performance

Jerry & Kathleen Fletcher

Everyone has had the experience of suddenly doing something much better than expected, yet, until recently, little has been understood about these high performance experiences. People assumed such times were lucky accidents. More significantly, even if they could perform at high levels for short times, they assumed there was no way to sustain such performance without stress, fatigue, and eventual burnout.

Eight years of research and testing make it clear that these times of exceptional performance are not capricious. Each individual has a unique set of conditions under which he or she performs surprisingly well. Once people learn their personal high performance patterns, they can deliberately create the conditions they need to sustain their high performance behavior. They do not need to subject themselves to the strain of short peak periods of high output followed by long recovery cycles.

This seminar presents a process for individuals to determine their high performance patterns and conditions. Developed through years of work with successful managers, executives, and professionals, it offers how to go from competent to exceptional performance in a way that can be sustained.

90020202 $325

Week of February 4–9

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see September 3-8.

90020404 $630

Embodied Gestalt Practice: Training for Professionals

Edward Smith

Embodied gestalt practice is a way of personal growth which focuses on the embodiment of experience, the living out of that embodied experience, and the choice for change. This is applied existential phenomenology, and it is applied Taoism. Personhood is highly respected as the subtle and tender process of awareness unfolding in the here-and-now. Edward Smith has developed embodied gestalt practice from gestalt, Reichian and neo-Reichian work, and Eastern body-oriented growth methods. The format is experiential.

Recommended reading: Edward W.L. Smith, *The Body in Psychotherapy* (McFarland).

90020403 $630

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the dampening effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, and it is not caused by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic schemata and to rekindle the romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Ayala Pines, *Keeping the Spark Alive* (St. Martin's Press).

90020401 $630

A Basic Course in Healthy Eating

Andrew Weil

This workshop will cover principles of nutrition, including information about calories, cholesterol, protein, carbohydrates, and fat. How much protein do you really need? Can vegetarian food be totally nourishing and satisfying? Should you use olive oil or safflower oil, margarine or butter? Is pasta the perfect food? Do you need to drink milk, and where can you get your calcium if you don't?

These and other questions will be answered as participants prepare innovative dishes and meals that they will be able to duplicate at home. Group members will cook and eat together as they discuss aspects of diet and health, including vitamins and supplements, culinary and medicinal herbs and spices, and special diets for particular needs. The role of healthy eating as an aspect of preventive medicine will be stressed.

Andrew Weil draws on his experience as a physician, botanist, food lover, and cook in leading this workshop, as well as his association with Canyon Ranch Spa in Tucson, Arizona, where he directs the Natural Healing Program. This is an opportunity for participants to learn facts and methods not easy to find elsewhere while having fun, being creative, and doing something good for themselves in the bargain.

90020402 $630

Weekend of February 9–11

Help for Adult Children of "Normal" Parents: The Continuum Concept

Jean Liedloff

For workshop description see November 26-December 1.

90020903 $325

The Radiance of Life: How it is Perceived in Health and Illness

John Pierrakos & Siegmar Gerken

This seminar will focus on states-of-being that enhance life energy, examining their importance to well-being and to the evolution of the person. Participants will explore such questions as: What happens to life energy in crisis? In joy? In pleasure? In ecstasy? In connection with one's greater consciousness? What relationship does this energy have to one's functioning? To character structure? To the phenomenon of the aura? To the manifestation of the divine spirit?

This workshop will be experiential and didactic. Participants should bring comfortable clothes, including a swimsuit or leotard.

90020902 $325

Contemporary Challenges in Buddhist/Christian Perspective

Abbot Tenshin Reb Anderson, Richard Baker-roshi & Brother David Steindl-Rast

Alan Watts expected the relevant voices at the end of the 20th century to come out of (Zen) Buddhism and (Catholic) Christianity. Spokespersons of these two traditions will address themselves this weekend to some of the challenging issues of our time, such as the search for values, peacemaking, social responsibility, environmental stewardship, and the implications of planethood. In conversation with one another and the participants, they will also probe areas such as relationships, communication, integrity, and similar personal concerns which those present might want to bring up. There will be periods of meditation with Buddhist and Christian chanting.

90020901 $325

Interspecies Touch and Healing

Linda Tellington-Jones

This course will provide hands-on practice of the Tellington Touch, a method which has been used successfully for healing and communicating with an intriguing variety of animals. Tellington Touch releases tension, fear, and pain and enhances cellular function and overall well-being. The benefits to the toucher are as great as to the touched.

Participants will learn how to use this method to treat shock, to release chronic and acute pain, and to alleviate allergies in both humans and animals. Eleven "touches" will be taught, with participants practicing on each other and working with live animals in the Gazebo.

90020904 $325

Week of February 11–16

Sacred Mask Experience: Honoring the Shaman Within

Elisa Lodge

For workshop description see October 22-27.

90021104 $630

The Modern Warrior: LET in Action

George Leonard

For workshop description see November 3-5.

90021101 $630

A Week with Laura DeNuccio (Ma Prita)

For workshop description see November 19-24.

90021102 $630

Transitions

Elliot Waker Aronson & Gabriele Hilberg-Thomson

For workshop description see December 1-3.

90021103 $630

Intermediate Craniosacral Workshop

Hugh Milne

This workshop provides a deeper and broader understanding of craniosacral work to those who have completed an introductory class. It offers several models for understanding how the head, spine, and pelvis act as an intimately reciprocal unit throughout life, and how subtle alterations of osseous rhythm or dural tension can produce remarkable effects on the function of the body/mind/spirit.

Participants will expand their range of technical cranial expertise and refine the arts of both deductive and intuitive diagnosis. The sacro-iliac, spheno-basilar, and tempero-mandibular joints will be examined in detail. The class will also include a review of the reciprocal tension membrane system and an analysis of known brain and chord function as related to craniosacral work.

The relationship between meditation, perception, and the still point will be explored as a foundation, with emphasis placed on the daily practice of demonstrated techniques so that a high standard of individual consciousness in this work can be attained.

C.E. credit is available for nurses; for more information see pages 39-40.

90021105 $630

Weekend of February 16–18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 29-October 1.

90021604 $325

Talking to Russians

Robert Bathurst & Brit Broch Bathurst

When Americans are too nice, Russians become suspicious; if a business contract is too elaborate, Russians assume deception. Peace between the superpowers is the problem and communication is the key, but it is very difficult to say what you mean cross-culturally.

This is a workshop for citizen diplomats and those concerned with constructive approaches to this cross-cultural problem. Participants will talk with Russians, practice bargaining and negotiating for peace, learn about hidden language and cultural differences. In doing so, they will become more aware of unconscious values and more effective, perhaps, in finding strategies for peace.

90021603 $325

Singing Gestalt

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about feeling and expressing.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. Video feedback may be incorporated. But the workshop is really about you – singing.

90021602 $325

A Weekend Workshop for Couples

Daniel Brown & Marushka Glissen

This workshop is for couples who want to improve their communication skills and increase their understanding of each other. Ways for resolving conflict and practical methods for becoming self-assertive and self-transcending in a partnership will be taught. Some of the work will address how the family-of-origin and past conditioning contribute to the bonding as well as the conflicts. Time will also be spent on how to find satisfaction, mutual support, relaxation, solitude, and play in day-to-day living as partners. Helping couples discover the wider purpose of being together through a sharing of values, love, and perhaps a spiritual vision will be emphasized.

90021605 $325

Experiencing Aikido

Annie Styron Leonard

To experience aikido is to feel both energized and relaxed, to be stronger and at the same time more gentle. To learn this sophisticated

martial art takes many years, but some of its mysterious powers can be sampled over the course of this weekend.

Participants will practice enhancing the flow of vital energy through and around the body, relaxing under pressure, moving from the *hara*, or center, and extending inner force. They will be introduced to and have the chance to practice a few basic aikido moves and learn alternative, nonaggressive ways of dealing with attacks. This weekend is designed for those who simply wish to get in touch with and use their own latent powers as well as those who are planning to begin practicing a martial art.

Recommended reading: John Stevens, *Abundant Peace* (Shambhala).

90021601 $325

Week of February 18–23

Self-Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The degree to which we allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop, participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support, participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics.

90021803 $630

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.' These activities can also be described as *movements*. What we call a 'body' can be seen as movements that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we *are* rather than as something we *do*. "Our time together will be to enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder of meaningfulness as it shapes and colors the moment. For me, 'life' and movement are one."

90021801 $630

Wellness and Well-Being

Daniel Brown & Marushka Glissen

Current understanding of what contributes to physical wellness and psychological well-being will be the focus of this workshop. Participants will look at how illness develops, how it can be prevented, and how to work toward optimal physical health (wellness). They will also consider how psychological problems develop and how to promote optimal psychological health (well-being).

The following topics will be explored: stress (life change, daily hassles, environmental stress); thinking, attitude, and outlook on life; intimate relationships and social networks; personality; patterns of emotional expression; self and self-esteem; daily routines, healthy and unhealthy habits, and other lifestyle issues. The week will blend didactic presentations reviewing scientific research in behavioral medicine and psychoneuroimmunology with experiential sessions in role playing, guided imagery, visualizations, and meditation.

Recommended reading: Daniel Brown and Erika Fromm, *Hypnosis and Behavioral Medicine* (Erlbaum).

C.E. credit is available for nurses; for more information see pages 39-40.

90021804 $630

Advanced Enneagram Intensive

Helen Palmer

The enneagram is an ancient psychological typology that describes nine personality types and their interrelationships. Each type is defined by a chief mental and emotional preoccupation to which attention habitually returns. The types correlate well with the current categories of psychological practice, but can open us to the fact that the repeating preoccupations of heart and mind that we in the West tend to dismiss as merely neurotic can also be used as access points into states of awareness like empathy, omniscience, and love.

Beginning with a review of the nine types, this workshop will focus on advanced material that can best be understood through oral teaching methods. These include learning to recognize type by listening to the differences in people's stories, by learning to ask key questions, and by paying attention to one's own internal impressions when in the presence of the different types.

This program is for those who are already familiar with the nine personality types and who wish to broaden their understanding of the system. It is intended for anyone who is interested in: recognizing ways in which the nine types relate to each other in intimate partnership and in work-related settings; determining strategies for working with the types; developing competency with the patterns of attention that support each type; gaining an understanding of the higher human abilities that can develop from working with the issues of type. This intensive can also be applied toward requirements for the enneagram teacher training program.

Recommended reading: Helen Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper & Row).

90021802 $630

Weekend of February 23–25

Weekend Massage Intensive

Brita Ostrom & Laurie Lioness Parizek

For workshop description see September 29-October 1.

90022302 $325

A Weekend with Paul Rebillot

Combining gestalt, guided meditation, gentle movement, and play with the needs of the participants, this group will create their own weekend of self-discovery and expression.

90022304 $325

Zen Practice in a Work and Social Action Environment

Bernard Glassman-sensei & Helen Yuho Glassman

The dharma is abundantly inherent in each person. It is not manifested without practice; it is not attained without realization. – Dogen Zenji, Japanese Zen master (d. 1252)

Practice in the everyday life of giving and receiving will be the heart of this beginning meditation class. There will be talks on the five traditional approaches to Zen practice; on

practice and enlightenment; on faith, doubt, and determination; on cause and effect. The leaders will talk about Zen as it is practiced in everyday work at the Greyston Bakery and in social action at the Greyston Family Inn, both of which are part of the Greyston Community Network created by the Zen Community of New York in Yonkers. Participants' questions and concerns will be an important part of the program.

90022303 $325

Generativity

Kathleen Riordan Speeth

Erik Erikson called the crucial issue of maturity "generativity versus stagnation." Generativity erupts at midlife, when certain people feel the wish to make beauty, not just money. The urge to immortality, to make a body of work, arises when a healthy individual begins to measure time remaining rather than time passed.

Given enough freedom from neurotic problems to function more or less effectively in love and work, what regularly emerges is a generative impulse – the urge to give of oneself. No longer desperately self-preoccupied, we wake up to ourselves and our world. Theory has it that there is energy left over that was previously bound up with inner conflicts. When the brittle false self no longer needs full-time vindication, and when the sense of being over the hill has its impact, the real self seeks expression. Mortal happiness begins to look around for something to create.

This workshop is designed, not for the Ruskins and Tolstoys, the Schweitzers and Dickinsons, whose lives were oriented early toward creative work, but to contemporary men and women who have awakened only in midlife to the desire to contribute. "Someday the sluice gates will open!" cried E.M. Forster in *Howard's End*. For each person who comes into psychological maturity without a lifetime of committed expressivity, the heartfelt reply is, "Yes, but how?"

But how? Life habits, patterns of relationship, and self-perceptions that developed without the generative urge often act as hindrances. We have something to express but don't know exactly what it is nor, often, by what means to bring it forth. Using discussion, interaction, meditation, and experiential exercises, participants will grapple with the issues they confront when, dissatisfied with the level of meaning in their lives, they feel they must make a creative contribution.

90022301 $325

Week of February 25–March 2

Couples' Workshop

Jack Rosenberg
& Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*.

90022503 $630

Dream Drawing

Rachael Dutton

Under the archetypes, below the threshold of myth, are simple, sensory fragments of experience common to both primal and personal memory: the rolling motion of a hip joint as weight is shifted from one leg to another, the coolness of shadow on skin, the heat of day radiating from earth underfoot at twilight. These are details out of which symbols in dreams are constructed. They give the images value, an emotional valence that enables the dreamer to touch and respond to the mystery beyond.

Workshop participants will draw images from their dreams, using rhythms of line, color, and shape as vital, enlivening details that communicate with the non-verbal roots of dreaming, working with images in such a way that the mystery is enhanced, not erased, by giving it form. *Dream Drawing* is open to experienced and occasional dreamers, experienced and occasional drawers. Bring one tablet *large-size* drawing paper, one tablet similar-size tracing paper, soft pencils, erasers, oil pastels, and dreams.

90022501 $630

The Art of Saying Goodbye

Paul Rebillot

The loss of a loved one, whether through death or separation, is a huge rent in the fabric of one's life. It is difficult to get on with other relationships until that rent is attended to. The pain of the loss needs to be released, and the difficulty of day-to-day existence after the loss needs to be acknowledged.

To learn something from suffering makes it worthwhile; to create something makes it bearable. Using open seat and emotional release, workshop participants will deal with their losses – not just in anguish, not only in pain – but artistically, musically, creatively. They will seek to give birth to new life, to create an artwork, a ritual both of letting go and of gathering within themselves the strength and the love which they have felt from those who have gone.

This workshop gives participants the opportunity to say goodbye, to experience the tears, the grief, and the potential for emotional renewal, and most importantly, to reconnect with the source of their own lives.

90022504 $630

February 25–March 4

Gestalt Practicum: A Seven-Day Intensive

Christine Stewart Price

This workshop is open only to people who have previously participated in a gestalt practice workshop and who would like to further explore this form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, body workers, and teachers, who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leader, structured exercises where participants work with each other, didactic presentation, and discussion. Persons without previous experience in gestalt are referred to the October 8-13, December 3-8, or January 7-12 *Gestalt Practice* workshops.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); John Heider, *The Tao of Leadership* (Humanics); Ram Dass and Paul Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; for more information see pages 39-40.

90022502 $955

February 25–March 23

Massage Practitioner Certification Program

Esalen Massage Practitioners

For workshop description see Special Programs, page 38.

90022505 $2760

October 22-November 3
Integrative Body Practice (IBP)
Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This will be a twelve-day residential training program in Integrative Body Practice. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields. The leaders will be assisted by Deane Juhan and the staff of the Rosenberg-Rand Institute of Venice, California.

Recommended reading: Jack Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics) and *Total Orgasm* (Bookworks).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291; (213) 394-0147.

89102203 $1425

CYNTHIA JOHNSON BIANCHETTA

Faculty and advisors of the Somatics Research and Education Project. Left to right: Michael Marsh, Don Johnson, Bonnie Bainbridge Cohen, Leonard Cohen, Charlotte Selver, Seymour (Gig) Levine, Robert Hall. Missing: Judith Aston, Charles Brooks, Emilie Conrad-Da'oud.

November 12-December 8
Massage Practitioner
Certification Program

Deborah Anne Medow & Perry Holloman

This month-long program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture-demonstrations, hands-on practice sessions using each other as models, illustrated anatomy classes, and instruction in basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning.

Body work will be studied as a tool for optimal well-being and stress reduction and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. Upon satisfactory completion of the program, and after giving 30 additional recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program, with limited admission.

C.E. credit is available for nurses; for additional information see pages 39-40.

89111201 $2640

November 12-December 8
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

This course will synthesize neurolinguistics and Ericksonian hypnosis, drawing heavily from the enneagram of character fixation. It satisfies the hypnosis coursework requirements for the M.F.C.C. and complies with the California state requirement for hypnosis certification.

While the use of hypnosis in habit control and symptom removal will be covered, a primary focus will be on hypnosis as a tool of spiritual emergence. Starting with the presupposition that we already live in trance and that the goal is waking up, the roots of personality structure and the filters of perception in the creation and transformation of reality will be carefully explored. Participants will have the opportunity to experience the power of trance to transform their lives, which will create a model for working with clients.

The structure of rapport, pacing and leading, and various hypnotic patterns of induction will be demonstrated and practiced along with a variety of clinical interventions, including reframing, change history, metaphors, and storytelling. There will be videotapes of Erickson and other well-known leaders in the field of hypnosis. Participants will have daily practice with each other and the opportunity to be videotaped doing a hypnotic induction. Daily zazen, Taoist yoga, and movement led by Antoinette Varner will also be a part of this program.

Upon completion of this course, participants who want to be certified must demonstrate a high level of professionalism as well as proficiency in technical skills to the satisfaction of the instructors before certification will be granted. After certification by the Institute for Advanced Hypnosis (testing and certification fee, $300) additional certifications are available from the American Council of Hypnotist Examiners ($125) and the Society of NeuroLinguistic Programming ($200).

Required reading: J. Haley, *Uncommon Therapy* (Norton); Grinder and Bandler, *Trance-Formations* (Real People Press), *Frogs into Princes* (Real People Press), and *Reframing* (Real People Press); Chogyam Trungpa, *Shambhala* (Shambhala); P.D. Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World); C. Castaneda,

Tales of Power (Simon & Schuster); Joseph Campbell, *Myths to Live By* (Bantam).

C.E. credit is available for nurses; for more information see pages 39-40.

Registration is by application only, through the Institute of Advanced Hypnosis, P.O. Box 1311, Mill Valley, CA 94942; (415) 687-0200.

$2640 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

89111204

January 28-February 9
Advanced Training in
Shamanism and Shamanic Healing

Michael Harner

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others and to solve the problems of daily living. This two-week intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: a previous workshop with Michael Harner or an authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere. Such a workshop will be offered at Esalen immediately prior to this program. (See Esalen Seminars, January 26-28.)

Recommended reading: Michael Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford).

For more information and to apply, please contact Michael Harner, Foundation for Shamanic Studies, Box 670 – Belden Station, Norwalk, CT 06852; (203) 454-2825. Early application is recommended.

90012804

February 25-March 23
Massage Practitioner
Certification Program

Esalen Massage Practitioners
For workshop description see Special Programs, November 12-December 8.

90022505 $2760

The Gazebo Early
Childhood Program

The Gazebo Program for Early Childhood is now available to seminarians. Please phone for your child's reservation so that we may provide the kinds of services you will require while attending your own workshops. Call the Gazebo Farmhouse, (408) 667-3026, between the hours of 9:30-11:30 AM for more information.

Massage Practitioner
Certification Program

Esalen offers a California state-approved massage program. Upon completion of the two-month massage work study track (January 14-March 11, 1990; see page 41 for more information), or a four-week massage practitioner workshop (November 12-December 8, 1989 and February 25-March 23, 1990), and after giving 30 additional massages elsewhere, graduates will receive their certificates. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring Outreach and Education

The Healthspring Project offers outreach, education, and referrals that extend Esalen's work in the healing arts and sciences to the outside world. It is an independent, service-oriented program of Esalen teachers and their associates.

Healthspring operates a global referral system, linking visitors to Esalen with body workers, counselors, and teachers from their home areas. There are ongoing programs at Esalen and a traveling workshop service in the U.S. and abroad. Instructors teach self-healing, Esalen body work, yoga, breath and body awareness, dance and centering movement, and meditation. Many instructors have experience in gestalt practice and movement continuum.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening which may be borrowed by seminarians for a two-week period while at Esalen. Donations of books or periodicals are greatly appreciated.

Access to the referral system and the traveling workshop program is available by writing to Laurie Lioness Parizek at Esalen, c/o Healthspring.

JOYCE LYKE

Bonnie Bainbridge Cohen (right), faculty member of the Somatics Study Program for Health Professionals, works with an infant, Cassie, and her mother, Judy Orloff.

■ MEDICAL PROGRAMS

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. *Only those programs specifically listed below offer continuing education credit.* See workshop descriptions elsewhere in the catalog.

September 3–8
Intermediate Massage Intensive
Deborah Anne Medow & Vicki Topp
30 hours

September 15–17
The Feeling Process
Janet Zuckerman
10 hours

September 15–17
Zero Balancing: Advanced Workshop
Fritz Smith
10 hours

September 17–22
Sports Massage
David Streeter & Arthur Munyer
30 hours

September 22–24
Psychoneuroimmunology and its Implications
George Freeman Solomon & Margaret Kemeny
10 hours

September 29–October 1
Weekend Massage Intensive
Attila Vaas & Laurie Lioness Partzek
10 hours

October 6–8
Introduction to Gestalt Practice
Christine Stewart Price
10 hours

October 8–13
Gestalt Practice
Christine Stewart Price
30 hours

October 15–20
Five-Day Massage Intensive
Laurie Schutz & Char Pias Brenner
30 hours

October 15–20
Dying to Live
Karen Paine-Gernee & Charles Steinberg
30 hours

October 22–27
Recovery for Co-Dependents
Karen Paine-Gernee & Rick Paine
30 hours

November 10–12
Advanced Massage Intensive
Arthur Munyer & Esalen Massage Practitioners
10 hours

November 12–17
Five Days with Janet Zuckerman
30 hours

November 12–December 8
Massage Practitioner Certification Program
Deborah Anne Medow & Perry Holloman
30 hours

November 12–December 8
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
30 hours

November 19–26
The Feldenkrais® Method and Cortical ReEducation
Harriet Goslins & John Dudley
30 hours

November 26–December 1
Spiritual Healing: Laying On of Hands
Maria Lucia Sauer Holloman
30 hours

■ WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered. To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

September 10-23
Path of the River: A Grand Canyon Journey
Steven Harper, Wendy Palmer, Bob Melville & Arizona Raft Adventures Staff (AZRA)

The Grand Canyon and Colorado River provide an environment of dramatic variety which is intimate and awesome, soft and demanding, yet always rewarding for those who are open to all it has to offer. On this 14-day whitewater raft trip through the entire length of the Grand Canyon, participants can explore offerings of river, canyon, and natural world. The river is a teacher and primary metaphor. The group will draw from aikido, dance, energy awareness, meditation, and gestalt to enhance their experience of this majestic wilderness area.

Travel will be in paddle and oar rafts. Instruction will be offered in basic aspects of river life such as paddling and minimum-impact river camping. Group members will have time to discuss the Canyon's ecology, geology, natural and cultural history; to hike and explore side canyons; to sit quietly and reflect; to integrate learnings from this trip into their lives.

River experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity and to participate fully. The workshop begins at 7 AM September 10 in Flagstaff, Arizona; there will be a pre-trip meeting at 6 PM the evening before. AZRA will supply all the necessary river rafting gear, food, and transportation between Flagstaff and the Canyon. Details and a personal equipment list will be sent upon registration. Enrollment is limited.

Due to Esalen's special arrangement with AZRA, the following cancellation policy is in effect for this workshop: A $200 nonrefundable deposit per person will confirm your reservation. Balance is due July 10, 1989. If you cancel prior to July 10, your nonrefundable deposit, less a $60 registration fee, may be applied to other Esalen programs, to be used within one year. *No refunds* are available after July 10.

89091005 $1690

November 26–December 1
Help for Adult Children of "Normal" Parents: The Continuum Concept
Jean Liedloff
30 hours

December 8–10
Introduction to Gestalt Practice
Christine Stewart Price
10 hours

December 17–22
The Body and Zen
Dub Leigh & Audrey Nakamura
30 hours

December 24–29
Five-Day Massage Intensive
George King & Esalen Massage Practitioners
30 hours

December 31–January 5
Craniosacral System: Basic Workshop
Jim Asher & Jane Harrington
30 hours

December 31–January 5
Touching Spirit: Dimensions of Psychic Healing™
Elizabeth Stratton
30 hours

January 7–12
Gestalt Practice
Christine Stewart Price
30 hours

January 12–14
Introduction to Gestalt Practice
Christine Stewart Price
10 hours

January 12–14
Minding the Body, Mending the Mind and the Soul
Joan & Myrin Borysenko
10 hours

January 14–19
Five-Day Massage Intensive
Brita Ostrom & Esalen Massage Practitioners
30 hours

January 14–19
How Hungry Am I and For What
Mariah Fenton Gladis
30 hours

January 21–26
Dimensions of Health and Healing: Traditional Approaches to Well-Being
Al Drucker
30 hours

COURTESY ESALEN INSTITUTE

Ida Rolf with young friend at Esalen.

February 2–4
The Feeling Process
Janet Zuckerman
10 hours

February 9–11
Help for Adult Children of "Normal" Parents: The Continuum Concept
Jean Liedloff
10 hours

February 11–16
Intermediate Craniosacral Workshop
Hugh Milne
30 hours

February 18–23
Wellness and Well-Being
Daniel Brown & Marushka Glissen
30 hours

February 23–25
Weekend Massage Intensive
Brita Ostrom & Laurie Lioness Parizek
10 hours

February 25–March 4
Gestalt Practicum: A Seven-Day Intensive
Christine Stewart Price
30 hours

February 25–March 23
Massage Practitioner Certification Program
Esalen Massage Practitioners
30 hours

FUTURE PROGRAMS

Listed here is a sampling of programs planned for Spring 1990. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. More information will be available in the January-June 1990 catalog.

March 11-23
From Co-Dependency to Aliveness
Karen Paine-Gernee & Terry Hunt

April 15-27
Integrative Body Practice
Jack Rosenberg & Beverly Kitaen Morse
For course description, see Special Programs, October 22-November 3, page 37.

April 29-May 25
The Inner Road to Health
Al Drucker

May 27-June 22
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
For course description, see Special Programs, November 12-December 8, page 37.

■ WORK STUDY PROGRAM

The Work Study Program is for those who are interested in total immersion in the Esalen environment. It is a work-oriented program, emotionally and physically. Only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. *Assignments to departments are made according to community labor needs.* During the first month, assignments are made primarily in the kitchen and cabins. No participants will be accepted as work students in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and one intensive weekend are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. *Participants in the focused programs must be prepared to stay at Esalen for the full duration* designated for that particular program, assuming that they meet the standards of the Work Study Program.

Focused programs planned thus far for 1989-90 include:

August 20–September 17: Elisa Lodge and Ellen Watson will facilitate a month of dance, yoga, mask-making, hypnosis, NLP, and Rolf movement.

September 17–October 15: Robert Helm and guest practitioners will present Esalen massage/body work fundamentals and their evolving synthesis with the somatic arts.

October 15–November 12: Steven Harper will inquire into human relationship to nature, using Big Sur's wilderness and various traditions that enhance personal awareness. More information will be sent upon registration.

November 12–December 10: Edward Maupin and James Stewart will integrate body work and dream work through movement, dreams, and other imaginal processes.

December 17–January 14, 1990: Paula Sholachman Shaw offers an arena for risky, outrageous self-expression and creativity using acting, improvisation, and other tools and tricks of the theatrical trade.

January 14–March 11: Robert Helm and other practitioners will lead a two-month program in body work, massage, movement, and self-care. For more information see Massage Practitioner Certification Program, Special Programs, page 38. The cost of this program is $1000 the first month, $950 the second month.

March 11–April 8: Mary (Devarani) Goldenson's program of letting go and moving on will employ Reichian methods, Radix®, dance, imagery, gestalt, and meditation.

April 8–May 6: David Streeter will focus on the art and discipline of contemplation, combining yoga, gestalt, and meditation.

May 6–June 3: Julie Bowden's program for adult children of alcoholics and trauma will provide time to look back, grieve, and go on, drawing from guided imagery, age regression, and other approaches.

June 3–July 1: New concepts in gestalt practice will be incorporated in Anne Nechama Simkin's program. Massage will also be offered.

July 1–29: See December 17, 1989–January 14, 1990.

July 29–August 26: See March 11–April 8.

July 29–August 26: Focus on learning: the what, how, when, and where. Janet Lederman will lead this program for professionals involved in public education today.

August 26–September 23: Karuna Licht offers women a month of healing and recovery. Emotional work, meditation, art, dance, and ritual will be the modalities.

September 23–October 21: Janet Zuckerman will teach emotional release work using basic gestalt practices. This is a practicum, with emphasis on the participant as facilitator.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the two-month body work program, is $700 the first month, $650 the second month, $600 the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *Application is not a registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see page 42) with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

Available dates: August 20–September 17; September 17–October 15; October 15–November 12; November 12–December 10; December 17–January 14; January 14–February 11; February 11–March 11; March 11–April 8; April 8–May 6; May 6–June 3; June 3–July 1; July 1–29; July 29–August 26; August 26–September 23; September 23–October 21; etc.

No chemical pesticides or fertilizers are used in Esalen's organic gardens.

APPLICATION TO THE WORK STUDY PROGRAM

Name _____ Address _____

City _____ State _____ ZIP _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Telephone (_____) _____ Date of Application _____

Evening Telephone (_____) _____ Male ☐ Female ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program.

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work students may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community.*

Please indicate your availability should an invitation be extended. (Not applicable to focused program participants.)
☐ No extension ☐ One-month extension ☐ Two-month extension. Assignments to departments are made according to community labor needs.

☐ Please check here if you have emergency medical skills (M.D., E.M.T., or R.N.) and are willing to make those skills available during your stay.

Please attach a personal statement about your interest in the Work Study Program. *Include:* applicable *skills* (gardening, kitchen, mechanical, etc.); medical difficulties which might affect your working in particular departments; previous Esalen workshops you have attended (please list program titles, group leaders, and dates). Note: Fluency in the English language is essential for participation in the program.

FRIENDS OF ESALEN

We invite you to join us in our organization—
the Friends of Esalen scholarship fund.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them. We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships. Esalen will, in turn, match your contribution.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog* for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen and I enclose my check for the category marked.

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Please mail to: Friends of Esalen, Big Sur, CA 93920.

AUDIO RECORDINGS

The Dolphin Tape Series

Intermingled with favorites from past tape lists, here are more titles on the phenomenon of the paradigm shift – from new science and new philosophy to a blending of objective and subjective, matter and meaning, head and heart, intellect and intuition – opening to deeper landscapes and wider horizons. Nearly all titles were recorded in stereo. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Reb Anderson: *Zen*, 1980
Anne & Jim Armstrong: *The Power of Intuition*, 1987
Gregory Bateson: *Metaphors and Butterflies*, 1975
David Brower: *Breaking the Species Barrier*, 1971
Joseph Campbell: *The Hero's Journey (80th year)*, 1984
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
Fritjof Capra: *Shifting Paradigms and Social Change*, 1980
Fritjof Capra: *Ecological Vision*, 1984
Fritjof Capra: *Characteristics of Systems Thinking*, 1985
Richard Feynman: *Quantum Mechanical View of Reality*, 1983
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Willis Harman: *New Consciousness in a New Society*, 1972
Arthur Hastings: *Transpersonal Realities (Boston)*, 1979
Hazel Henderson: *The Politics of Reconceptualization (Boston)*, 1979
Albert Hoffman: *The Transmitter-Receiver Concept of Reality*, 1984
Aldous Huxley: *Human Potentialities/Visionary Experience*, 1960
Donald Keys: *Choosing a New World (Maui)*, 1982
Jack Kornfield: *The Sword of Wisdom (Boston)*, 1979
Jack Kornfield: *The Smile of the Buddha (Bombay)*, 1982
George Leonard: *Steps Toward Utopia*, 1966
George Leonard: *Ecstasy and Education*, 1970
Robert Muller: *The Language of Happiness*, 1983
Robert Muller: *Toward a Global Community*, 1983
Abraham Maslow: *Self-Actualization*, 1966
Terence McKenna: *New and Old Maps of Hyperspace*, 1982
Brendan O'Regan: *Decision-Making in the Global Village*, 1972
Robert Ornstein: *On the Psychology of Meditation*, 1971
Karl Pribram: *Preface to the Holographic Mind*, 1978
Carl Rogers: *The Person of Tomorrow*, 1970
Carl Rogers: *My Philosophy and How It Grew (AHP)*, 1972
Bob Schwartz/Peter Schwartz: *Consciousness Evolution (Boston)*, 1979
Rupert Sheldrake: *Morphic Resonance (Bombay)*, 1982
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Rupert Sheldrake: *Resonance and Myths of Nations*, 1987
Julian Silverman: *A Light-Hearted Course in Miracles*, 1984
Huston Smith: *No Wasted Journey*, 1968
Huston Smith: *The Nature of Reality (Boston)*, 1979
Russel Targ: *Parapsychology and Physics*, 1972
Charles Tart: *On the Paranormal*, 1971
Alan Watts: *Divine Madness*, 1968
Robert Anton Wilson: *The Prism Lecture (Santa Cruz)*, 1982
Robert Anton Wilson: *The I in the Triangle*, 1984
Arthur M. Young: *The Bacon/Shakespeare Controversy*, 1983

Two-tape titles are $18:

Walt Anderson/Ted Roszak: (2) *The Upstart Spring (Esalen)*, 1984
Angeles Arrien: (2) *The Story of Basque Mysticism*, 1982
Robert Bly: (2) *Fairy Stories for Men and Women*, 1982
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1979
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Capra/Grof: (2) *Beyond Time and Space*, 1977
Ram Dass: (2) *One Man's Journey to the East*, 1969
Ram Dass: (2) *Creativity and Spirituality*, 1987
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Buckminster Fuller: (2) *The Critical Path (Maui)*, 1982
Stan & Christina Grof: (2) *Holonomic Consciousness Paradigm*, 1982
Stanislav Grof: (2) *The Cosmic Game*, 1987
Jean Houston: (2) *The Possible Human (Boston)*, 1979
Robinson Jeffers: (2) *A Dramatic Presentation (Carmel)*, 1972
Timothy Leary: (2) *The Power of Imprinting*, 1982
Abraham Maslow: (2) *The Further Reaches of Human Nature*, 1968
Karl Pribram: (2) *The Holographic Model Today*, 1985
Kenneth Ring: (2) *Near-Death Experiences*, 1985
Bob Schwartz: (2) *Entrepreneurship and Human Potential*, 1980
Brother David Steindl-Rast: (2) *Healing Starts from the Heart*, 1984
Andrew Weil: (2) *Interplay of Mind and Body Realities*, 1982
Lynn White & Alan Watts: (2) *Ecological Crisis*, 1972

Four-tape titles are $36:

Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
James Fadiman: (4) *A Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1968
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day (Marin)*, 1983
Jack Rosenberg: (4) *A New Understanding of Relationships*, 1982
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Brother David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur M. Young: (4) *Interviews on the Reflexive Universe*, 1983

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Joseph Campbell: (6) *Mysteries of the Great Goddess*, 1983	$60
Joseph Campbell: (6) *Courtly Love and the Grail*, 1983	$60
Jack Kornfield: (6) *The Spiritual Practice of Meditation*, 1981-83	$60
Abraham Maslow: (6) *The Eupsychian Ethic*, 1969	$60
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Julian Silverman: (8) *Commentaries on A Course in Miracles*, 1980	$72
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A new look at this syndrome with a guide for using burnout as a means for personal growth and a sense of fulfillment.

The Continuum Concept – Jean Liedloff $8.95
A classic in child development for those concerned with restoring self-reliance and well-being in our children and ourselves.

The Wholeness Principle – Stephano Sabetti $12.95
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The Enneagram – Helen Palmer $16.95
Defines the nine basic personality types and relates them to practical guidelines that enable us to see life more fully and which invite personal healing.

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■ BIOGRAPHICAL INFORMATION

A

Ralph Abraham,
a mathematician, is known for his work in dynamics and chaos theory. He is a professor of mathematics and founder of the Visual Math Project at UCSC.
p. 11

Jeanne Achterberg,
psychologist, is a professor at the Institute of Transpersonal Psychology and a pioneer in the study of the mind/body connection. She is the author of Imagery and Healing.
p. 29

Akhter Ahsen
is a Fellow of the American Psychological Association, author of more than a dozen books, and editor of the "Journal of Mental Imagery."
p. 15

Stephen Aizenstat
is president of the Human Relations Institute and a core faculty member of its M.A. and Ph.D. programs in depth psychology.
p. 24

Ronald Alexander
is a group leader and trainer of gestalt practitioners. He is director of clinical training at Ryokan College, teaches meditation, and is a creativity consultant.
p. 21

John Allen,
class "A" PGA member and former tour player, has been a teaching golf professional for over 20 years and a serious student of the inner game for the past 5.
p. 16

Abbot Tenshin Reb Anderson
has been practicing and teaching at Zen Center for over 20 years and has been abbot of Zen Center since 1986.
p. 34

Anne Armstrong
has been doing transpersonal counseling for over 24 years and has trained professionals to use their intuitive abilities.
p. 26

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 26

Elliot Waker Aronson,
UCSC professor and president of the Western Psychological Association, is the author of Career Burnout. *His work combines the humanistic with the scientific.*
p. 21, 24, 34

Angeles Arrien
is an anthropologist and author who specializes in cross-cultural values and ethics. She teaches at the Institute of Transpersonal Psychology and is a corporate trainer.
p. 23

Jim Asher
has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer, certified by Ida Rolf.
p. 27, 40

B

Nancy Bacal,
novelist, lyricist, documentarian, screenwriter, has taught writing workshops for years. Student of meditation and aikido, her work includes the award-winning film, Raga, *starring Ravi Shankar.*
p. 22

Richard Baker-roshi,
head teacher and abbot of Dharma Sangha Western Zen Center in Santa Fe and Crestone, was co-founder with Suzuki-roshi and second abbot of SF Zen Center, Tassajara Zen Monastery, and Green Gulch.
p. 34

Jamie Baraz
has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.
p. 29

Brit Broch Bathurst
is a Norwegian social worker and has spent many years observing cultures interact.
p. 34

Robert Bathurst
is a sailor, diplomat, and professor who has explored ways of explaining Russians to Americans and has created methods for revealing unconscious values.
p. 34

Harold Benjamin,
author of From Victim to Victor, *is the founder of The Wellness Community concept and the executive director of The Wellness-National.*
p. 19

Joel Bergman
is on the senior faculty of the Ackerman Institute for Family Therapy, adjunct editor of "Family Process," author of Fishing for Barracuda, *and in private practice in New York City.*
p. 19

Jean Shinoda Bolen
is a psychiatrist, Jungian analyst, and author of Goddesses in Everywoman, Gods in Everyman, *and* The Tao of Psychology.
p. 31

Stephen Book
is an international/Off Broadway/regional theater director and teacher. On the faculty at USC after a long tenure at The Julliard School, he also heads his own professional studio in Hollywood.
p. 20, 27

Joan Borysenko
is a medical scientist and psychologist. Author of Minding the Body, Mending the Mind, *her second book,* Minding the Spirit, Mending the Soul, *will be released in Spring 1990.*
p. 29, 40

Myrin Borysenko
is a medical scientist and medical educator. Executive director of Mind/Body Health Sciences, Inc., he is working on a book about male spirituality.
p. 29, 40

Julie Bowden,
pioneer in the children of alcoholics (COA) field, is cofounder of the National Association for COAs. She coauthored Recovery: A Guide for Adult COAs *and* Genesis: Spirituality in Recovery.
p. 25, 26, 41

Barbara Brennan,
author of Hands of Light, *has been trained in Bioenergetics and The Core Energetic Process. A former research scientist for NASA, she combines her scientific background with the healing arts.*
p. 30

Char Pias Brenner,
dancer, singer, performing artist, massage teacher, and mother, is currently in residence at Esalen Institute.
p. 18, 39

Lois Brien
is dean of the School of Psychology and Human Behavior at National University in San Diego. She has spent many years training gestalt practitioners and writing about gestalt work.
p. 11

Jessica Moore Britt,
gestalt and Reichian work practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development.
p. 13, 17, 26, 29

Charles Brooks,
author of Sensory Awareness, the Rediscovery of Experiencing, *has been a teacher of Sensory Awareness since 1963, often in conjunction with Charlotte Selver.*
p. 23

Daniel Brown
is chief psychologist at the Cambridge Hospital and assistant professor of psychology at Harvard Medical School. He has spent nearly two decades studying the great meditative traditions.
p. 34, 35, 40

Judith Brown
has been a gestalt practitioner and trainer for 20 years. Her most recent book is I Only Want What's Best for You.
p. 24

Mel Bucholtz
trained with the late Milton Erickson in the use of hypnosis and has a private practice in Cambridge, MA. He is co-founder of Nomad University and the Returning to Earth Institute.
p. 15

C

John Caple
is a consultant, writer, and worklife advisor to company presidents. In two earlier careers he was a business executive and college professor.
p. 31

Paul Carter,
co-founder and director of Meta Education and Training Arts since 1976, leads workshops around the world on Whole/Parts Transformation, Ericksonian hypnosis, and creativity.
p. 21

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 12, 20

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco.
p. 11, 20, 28

Stephen Cohen,
an Esalen resident, gestalt practitioner, and Experiencing Esalen staff member, is a longtime golf hacker.
p. 16

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 35

Phil Cousineau,
a freelance writer, has taught screenwriting at the American Film Institute. He was co-writer and associate producer on The Hero's Journey: The World of Joseph Campbell.
p. 17

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Painting Experience Studio in San Francisco.
p. 11, 28

D

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October, Cycles, River Notes, *and* Amber.
p. 17, 22

David Densmore
is an artist and writer and has been co-facilitator of Seeds of Singing for the past 5 years.
p. 28

John Densmore
is a musician, actor, and writer. He was the drummer for The Doors and has just completed his autobiography, Riders on the Storm.
p. 17

Laura DeNuccio (Ma Prita)
is a certified Radix® teacher on Esalen's gestalt staff, with over 15 years of experience combining Reichian body work, vision work, movement, ritual, and meditation.
p. 23, 34

Al Drucker,
a Rolfer, acupuncturist, and homeopath, was a resident teacher at Esalen for 15 years. His last 8 years have been spent in India with Sathya Sai Baba.
p. 30, 40

John Dudley
is a certified practitioner of Cortical ReEducation and a movement teacher with a background in native American healing traditions.
p. 23, 39

Rachael Dutton
is a sculptor, dreamer, and twice Visiting Artist at Claremont Graduate School. She wrote "Below the Threshold of Myth" for Psychological Perspectives *(Spring/Summer 1988).*
p. 17, 36

E

Diane Egli,
violinist and member of the Suzuki Association of America, teacher/performer, and Gazebo teacher at Esalen, was a California Arts Council "Artist in Residence." She has a master's degree in music.
p. 26

Eiko and Koma
studied under Tatsumi Hijikata and Kazuo Ohno, central figures in the Japanese avant-garde theatrical movement of the 70s, and with Manja Chmiel of the German modern dance movement.
p. 29

Gerald Epstein
has taught and published extensively in imagination and morphology. His recent book, Healing Visualizations, *was published by Bantam in August 1989.*
p. 25

F

James Fadiman
is a psychologist, a consultant to industry, and a teacher of Sufi stories. His latest book is Unlimit Your Life.
p. 15

David Feinstein,
psychologist and director of Innersource, taught at Johns Hopkins University School of Medicine and co-authored Personal Mythology: The Psychology of Your Evolving Self.
p. 12

Syd Field
is a screenwriter, producer, teacher, international lecturer, and author of Screenplay *and* The Screenwriter's Workbook.
p. 16

Jerry Fletcher
is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in San Anselmo, CA.
p. 33

Kathleen Fletcher
is a trainer and consultant in organizational development, working in both the profit and non-profit sectors.
p. 33

Joyce Frazee,
gestalt and dream work practitioner in private practice for 17 years, is a teacher at the Gestalt Training Institute in Vancouver, Canada.
p. 13, 21

G

Siegmar Gerken,
an educator, is director of the International Institute of Core Energetics in West Germany and of Core Energetic Evolution in California. He is active in establishing alternative schools.
p. 33

Mariah Fenton Gladis,
a gestalt practitioner and trainer, founded and directed the Bucks County Institute for 12 years. She is currently the director of the Pennsylvania Gestalt Center for Psychotherapy and Training.
p. 29, 30, 40

Bernard Glassman-sensei,
Zen priest, received dharma transmission from Taizan Maezumi roshi. He holds a doctorate in mathematics and worked in the aerospace industry for 15 years.
p. 35

Helen Yuho Glassman
is vice-abbot of the Zen Community of New York, director of parenting and childcare programs of the Greyston Family Inn, and former manager of ZCNY's Greyston Bakery.
p. 35

Marushka Glissen
is a family and couples counselor in Cambridge. She has worked with children for the past 10 years.
p. 34, 35, 40

Mary Goldenson (Devarani),
a chiropractor, certified Radix® teacher, and doctoral candidate in clinical psychology, is in private practice in West Los Angeles.
p. 11, 19, 22, 27, 33, 41

Harriet Goslins
is the founder of Cortical ReEducation. She is a certified Feldenkrais practitioner with a background in psychosynthesis and kinesiology.
p. 23, 39

Lenore Grubinger,
founder of Creative Bodywork™, works with children and adults, tours internationally, and is on the staff of the school for Body-Mind Centering™ in Amherst, MA.
p. 18

H

Daria Halprin-Khalighi,
teacher and counselor, developed the Creative Process Method, integrating art and psychology to facilitate creative expression and growth. She is co-founder of Tamalpa Institute.
p. 16

Michael Harner
has practiced shamanism for more than a quarter of a century; he pioneered the teaching of shamanism in contemporary life. His books include The Way of the Shaman.
p. 32, 38

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 13, 17, 39, 41

Jane Harrington
is a certified Rolfer and Rolf movement teacher with extensive craniosacral experience. She is in private practice in Boulder, CO.
p. 27, 40

Richard Strozzi Heckler,
psychologist and 4th-degree black belt in aikido, has worked with such diverse groups as the Army Special Forces, emotionally disturbed children, corporate executives, and inner city gangs.
p. 11

Robert Helm,
an Esalen massage crew member, blends a broad range of body work methods with the sense of presence he feels is the heart of Esalen massage.
p. 41

Gabriele Hilberg-Thomson
has conducted workshops for health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 21, 24, 34

Maria Lucia Sauer Holloman
has been a seminar teacher since 1982 in Brazil and the U.S.
p. 24, 39

Perry Holloman
has been a resident teacher and body work practitioner at Esalen since 1981. He integrates emotional and somatic modalities into his practice.
p. 22, 37, 39

Peggy Morrison Horan
has been practicing and teaching massage at Esalen for 20 years. She is a student of childbirth, dance, and movement.
p. 21

Paul Horn
is a flutist, jazz musician, creator of the Inside *albums, world traveler, a philosopher, and teacher of meditation.*
p. 28

Chungliang Al Huang
is a tai ji dancer, artist-calligrapher, and philosophical entertainer. He is founder/president of Living Tao Foundation and director of the Lan Ting Institute, Wu Yi Mountain, China.
p. 28, 29

I

Eve Ilsen,
a counselor and teacher, has studied with master teachers in mythology, psychology, and the body. She uses imaginal exercises, humor, story, song, and movement in her work.
p. 25

J

Dennis Jaffe
is past-president of the Association for Humanistic Psychology and director of the Center for Health Studies at Saybrook Institute. His books include Healing from Within, Stress Map, *and* TM.
p. 21

Eli Jaxon-Bear
is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. He is the past-president of a Tibetan Buddhist meditation center.
p. 22, 37, 39, 40

K

Sam Keen
is the author of 10 books, including The Passionate Life *and, most recently,* Faces of the Enemy.
p. 19

Margaret Kemeny
is trained in behavioral science and immunology. She conducts psychoneuroimmunologic research at UCLA School of Medicine on individuals infected with the Human Immunodeficiency Virus.
p. 14, 39

George King,
a massage practitioner for 27 years, specializes in massage of dancers and has toured with many companies.
p. 27, 40

Mari Krieger
is a counselor in full-time practice. She works with individuals, couples, groups, and organizations, and teaches at John F. Kennedy University.
p. 15

Stanley Krippner,
psychologist, researcher, and professor of psychology at Saybrook Institute, co-authored Personal Mythology: The Psychology of Your Evolving Self, Dreamworking, *and* Dream Telepathy.
p. 12

Ron Kurtz
is the founder and director of the Hakomi Institute. He is the author of Hakomi Therapy *and co-author of* The Body Reveals.
p. 22

L

Donna Laslo
is a body worker, dancer, and singer. For 7 years she was head biofeedback counselor at Columbia Presbyterian's Center for pain and stress-related disorders.
p. 28

Frank Lawlis,
psychologist and diplomate, is president of the Institute of Transpersonal Psychology. He has established a behavioral medicine program and directed 6 hospital pain clinics.
p. 29

Eric Lawton
is a lawyer and award-winning photographer who has traveled and exhibited all over the world. He performed his multi-media show at the Hollywood Bowl with the L.A. Philharmonic in 1986.
p. 17

Janet Lederman
is executive director and designer of Esalen's Gazebo School and Gazebo philosophy of learning.
p. 41

Marc Lehrer
teaches clinical hypnosis and biofeedback nationally and internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, CA.
p. 32

Dub Leigh,
longtime body work practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye roshi.
p. 26, 40

Annie Styron Leonard
is a founder of the Energy Training Institute in Mill Valley, CA, and an aikido black belt.
p. 21, 34

George Leonard
is a 3rd-degree aikido black belt, founder of Leonard Energy Training (LET), and author of The Silent Pulse, Adventures in Monogamy, *and* Walking on the Edge of the World.
p. 21, 34

Karuna Licht
is a counselor who focuses on women's issues and relationships. She is a watercolor artist and potter, and designed and built her own home. She has lived on the Big Sur coast for 23 years.
p. 41

Jean Liedloff,
author of The Continuum Concept, *consults privately and leads training discussions on non-adversarial child care.*
p. 24, 33, 40

Elisa Lodge
comes from a professional acting background, is a certified Rolf movement teacher, and has a practice in shamanic counseling at Esalen Institute.
p. 20, 34, 41

Jan Lovett-Keen
is a musician and body worker with a private practice for women called "Care for the Caretakers."
p. 31

Til Luchau
teaches massage and yoga. He is a certified Rolfer and an instructor for the Colorado Outward Bound School Health Services Program.
p. 32

Nancy Kaye Lunney,
formerly a vocal coach and accompanist for well-known entertainers, is a gestalt practitioner, director of programming at Esalen, and a guest faculty member at Cornell University.
p. 34

M

Edward Maupin,
psychologist, has been a Rolfer for 20 years. An Esalen resident from 1966-70, he currently teaches at IPSB, a school of contemporary body work in San Diego.
p. 41

Heather Maycock-Ogilvy
is a licensed psychologist in private practice in Menlo Park, CA. She does longterm psychodynamic counseling and has a background in body work.
p. 32

Terence McKenna
authored True Hallucinations *and* Timewave Zero. *He is a psychoactivist interested in the role that hallucinogenic plants play in forming human languages and cultures.*
p. 11, 25

Deborah Anne Medow,
Esalen leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 11, 22, 27, 32, 37, 39

Bob Melville
is a veteran Grand Canyon river guide of 16 years. He shares the wonders of the Canyon through his knowledge and experience.
p. 13, 39

Hugh Milne,
third-generation Scottish osteopath with 20 years' experience, has practiced and taught cranial work, healing, and psychometry abroad and in the U.S. He works in San Francisco.
p. 34, 40

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 20, 36, 37, 40

Arthur Munyer,
a member of the Esalen massage crew, is a trigger-point specialist and longtime body work practitioner trained by Dub Leigh and Lauren Berry.
p. 13, 22, 39

N

Audrey Nakamura
was trained by Hawayo Takata, Dub Leigh, and Tanouye Tenshin roshi. She has been a practitioner for 16 years.
p. 26, 40

John Nicholas,
a graduate of the C.G. Jung Institute in Zurich, is a teacher, counselor, author, analyst, and international career management consultant.
p. 19

O

Violet Oaklander,
a psychologist in Santa Barbara, CA, is the author of Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents. *She leads workshops thoughout the world.*
p. 18

Richard Olney
has studied with Alan Watts, Fritz Perls, and Alexander Lowen, and has been influenced by the eidetic imagery work of Akhter Ahsen. He has led self-acceptance trainings in the U.S. and Europe.
p. 15

Susan Osborn
was the lead vocalist for the Paul Winter Consort for 10 years. She has a 20-year career of concerts, recordings, and song-writing and has been teaching Seeds of Singing for the past 8.
p. 28

Samuel Osherson
is the author of Finding Our Fathers. *He is a psychologist at Harvard University Health Services and teaches at the Fielding Institute.*
p. 32

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager™ training and gestalt awareness work with the personal energetic connection of the Esalen massage.
p. 21, 29, 35, 40

P

Rick Paine,
psychologist, works with adult children of alcoholics and leads workshops for emerging men. He is on the faculties of the New York Open Center, Interface, and Spring Hill Institute.
p. 20, 39

Karen Paine-Gernée,
co-author of Emotional Healing: Overcoming the Wounds of Growing Up in Alcoholic and Other Unhealthy Families, *leads workshops for ACAs and those with catastrophic illness.*
p. 19, 20, 39, 40

Helen Palmer,
a practicing intuitive for 18 years, directs the Center for the Investigation and Training of Intuition and is a graduate faculty member of John F. Kennedy University.
p. 35

Wendy Palmer,
faculty member of the Center for the Investigation and Training of Intuition, holds a 3rd-degree black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.
p. 13, 17, 39

Laurie Lioness Parizek,
a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 15, 35, 38, 39, 40

John Pierrakos,
former student and colleague of Wilhelm Reich, is the co-founder (with Alexander Lowen) of Bioenergetic Therapy. He developed Core Energetic Therapy and founded the Institute for the New Age.
p. 33

Ayala Pines
is author of Keeping the Spark Alive *and co-author of* Career Burnout: Causes and Cures. *Her new book,* Jealousy: The Shadow of Love, *will be published in 1990.*
p. 31, 33

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 16, 17, 24, 25, 28, 29, 36, 39, 40

Bill Puka,
ethics professor at Rensselaer and psychological researcher at Harvard's Center for Moral Development, practices meditation and yoga. He has formulated federal legislation on economic democracy.
p. 20

Jill Purce
is author of The Mystic Spiral. *She investigated the mystical dimension of sound with Karlheinz Stockhausen and the magical use of the voice and overtone chanting with Tibetan lamas.*
p. 13

R

Paul Rebillot,
a group leader at Esalen for 16 years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 17, 26, 27, 35, 36

Bernadette Roberts,
a lifelong Christian contemplative with a monastic background, is the author of The Experience of No-Self *and* The Path to No-Self, *and most recently,* What is Self?
p. 16

William George Roll,
professor of parapsychology at West Georgia College and lay Zen monk with Dai Bosatsu Zendo, focuses on the development of methods for clinical parapsychology and spiritual awareness.
p. 16

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, CA, is the author of Body, Self, and Soul.
p. 20, 36, 37, 40

Judith Roth
leads groups, emphasizing body, spirit, and emotional integration. She holds an aikido black belt and teaches Model Mugging Self-Defense and Empowerment.
p. 27

S

Stephano Sabetti,
founder of the Institute for Life Energy® and the Life Energy Process™, has a doctorate in psychology and is an acupuncturist. He is also an organizational consultant.
p. 12, 28

Rabbi Zalman Schachter-Shalomi
integrates the common threads of Sufism, Buddhism, Christianity, native American traditions, and Hinduism into his teachings.
p. 25

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 14, 25, 26, 31, 35

Laurie Schutz,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has also led parent-infant workshops.
p. 18, 39

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, *a set of training materials for organizations. He is the author of* Joy and Profound Simplicity.
p. 24

Cynthia Scott,
psychologist and organizational consultant in mastering change and career development, authored Heal Thyself, From Burnout to Balance, StressMap, *and* Take This Job and Love It!
p. 21

Mia Segal
was Moshe Feldenkrais' first assistant. She worked with him in Israel, Europe, and the U.S. She is now teaching in Switzerland, Holland, and England.
p. 20

Charlotte Selver,
student of Elsa Gindler, introduced Sensory Awareness to the U.S. and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.
p. 23

Phyllis Shankman
is a licensed counselor in private practice in West Los Angeles. She has been leading groups at Esalen for over 10 years.
p. 22

Paula Scholachman Shaw
has been a professional actress and teacher for over 20 years. She currently conducts in-house programs for Esalen staff and work students in creativity, well-being, and self-expression.
p. 31, 41

Rupert Sheldrake
is a biologist. Formerly a research fellow of the Royal Society at Cambridge University, he is the controversial author of A New Science of Life *and* The Presence of the Past.
p. 11

Fred Shoemaker,
an inner game teacher and golf professional, is a former golf coach at UCSB and has written about the inner game for Golf *magazine.*
p. 16

Anne Nechama Simkin
trained in gestalt with Erv and Miriam Polster and Jim Simkin. She has conducted workshops internationally, most recently at Findhorn.
p. 28, 41

Edward Smith,
adjunct professor of psychology, Georgia State University, editor of The Growing Edge of Gestalt Therapy *and author of* Sexual Aliveness, *has been a workshop leader since 1971.*
p. 33

Fritz Smith
is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure.
p. 13, 39

Gerald Smith
is a licensed psychologist in private practice in Belmont, CA. He has led couples workshops at Esalen since 1966 and is the author of Hidden Meanings *and* Couple Therapy.
p. 23

George Freeman Solomon,
physician and professor of psychiatry at UCLA, is a pioneer in the field of psychoneuroimmunology, whose current research concerns psychoneuroimmunologic aspects of AIDS and of aging.
p. 14, 39

Robert Solomon
is a professor at the University of Texas at Austin and has been leading Esalen seminars for 8 years. His books include The Passions *and* About Love.
p. 26

Kathleen Riordan Speeth
is a psychologist in private practice in New York and California. Her interests include the psychodynamics of creativity and transcendence and the conduct of life as a work of art.
p. 36

Tama Starr
is a businesswoman and community leader in New York City. She has practiced yoga and t'ai chi ch'uan since 1966, and was one of the founders of San Francisco's Inner Research Institute.
p. 13

Charles Steinberg
is a physician/healer. He founded Wellspring, Partners in Health, in Boulder, CO, a holistic primary care center where he works with people with AIDS and other life-threatening illnesses.
p. 19, 39

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on five continents. He is concerned with the spiritual challenges of our time.
p. 14, 34

James Stewart
teaches body work at IPSB in San Diego and has co-led the Imaginal Seminars offered quarterly in San Diego since 1979.
p. 41

Elizabeth Stratton,
pastoral counselor and healer in private practice in New York City, leads workshops in self-healing and a two-year training program for healers entitled "Awakening the Healer Within You."
p. 28, 40

David Streeter
is a certified sports massage practitioner on the Esalen massage staff. He has taught yoga and anatomy and has worked as an athletic trainer for many years.
p. 13, 39, 41

T

Linda Tellington-Jones,
former project director for Esalen's Soviet-American Exchange Program and a Feldenkrais practitioner, has made 10 trips to the Soviet Union to work with Olympic horses, riders, and veterinarians.
p. 34

Mary Tesoro
is a certified Leonard Energy Training instructor, women's self-defense teacher, aikido practitioner, and writer whose work embraces issues of human health, potential, and peak performance.
p. 27

Vicki Topp,
Esalen massage staff member since 1968, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 11, 39

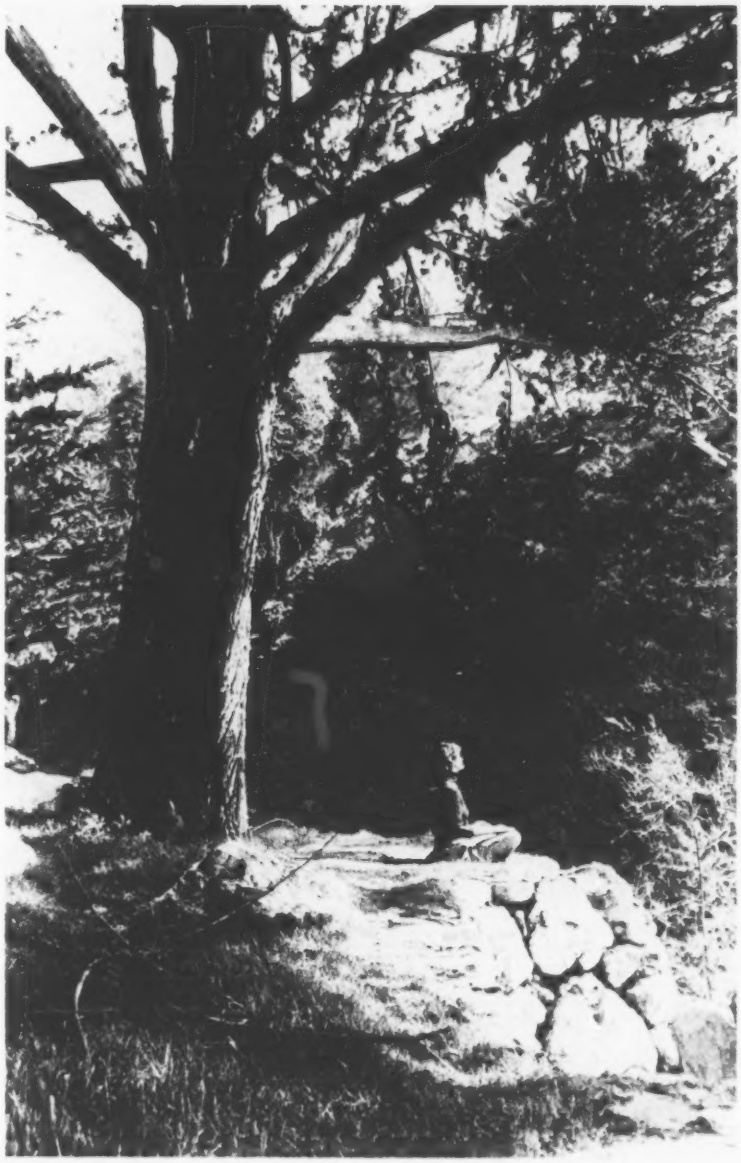
V

Attila Vaas
has been a member of the Esalen massage staff since 1976. His skills include polarity, acupressure, and Esalen's free-form style of massage.
p. 15, 39

Antoinette Varner
is an acupuncturist, herbalist, and movement teacher whose work integrates cognitive learning, the body, and spiritual experience.
p. 22, 37, 39, 40

W

Ellen Watson
is a practitioner of hypnosis, massage, Hatha and taoist yoga, and Grof holotropic integration.
p. 41


KATHLEEN THORNOO CARR

A view from the Big House.

Andrew Weil
is associate director of the Division of Social Perspectives in Medicine, the College of Medicine, University of Arizona. He teaches alternative medicine, mind/body interactions, medical botany.
p. 33

David Whyte
is a poet and lecturer. He is the author of Songs for Coming Home *and is currently at work on his second volume of poems,* Where Many Rivers Meet. *He leads workshops throughout the U.S.*
p. 12

Z

Ruth Zaporah,
performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a recipient of a National Endowment for the Arts Choreographer's Fellowship.
p. 14

Janet Zuckerman
is founder of the Feeling Center in Big Sur, CA. She has been teaching at Esalen for the past 14 years.
p. 13, 22, 32, 39, 40, 41

GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 54. Since workshops fill quickly, it is advisable to sign up as early as possible, preferably a month in advance. In order to reserve a space in any workshop, we require the following deposits:

Weekend:	$100	19 to 21 days:	$400
5 to 7 days:	$200	Month-long:	$500
12 to 14 days:	$300		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see pages 9-10 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.

Workshop fees cover tuition, food, and lodging. Rooms are shared by two or more persons. Camping on the grounds is prohibited.

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail your reservations. For your convenience we also have a fax line for reservations and scholarship applications. That number is (408) 667-2724. If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your charge card when you call. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service. NOTE: Room and Board reservations must be made by phone, not by fax machine.

Please see inside front cover for mailing address, phone numbers, and reservations hours.

Cancellation and Refund Policy: If you cancel at least five full days before the start of your workshop, your deposit, less a $20 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $20 processing fee, and return the balance to you. (Please note: Wilderness Programs has a different cancellation and refund policy. Please see page 39 for that information.)

If you have applied for a scholarship and we *are unable* to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we *are able* to give you assistance and you cancel your reservations as above, we will return your deposit, less a $20 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within the next year. If you cancel with less than five days' notice, you forfeit your entire deposit.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see pages 9-10.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive any time after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For further information, call or write the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

■ ESALEN SCHOLARSHIP APPLICATION

Today's Date _____ Home Phone _____ Work Phone _____

Name _____ Sex ☐ M ☐ F

Address _____

City/State _____ Zip _____

Age _____ Marital Status _____ Occupation _____

Place of employment and position held. If self-employed, please describe the nature of your work. _____

Income last year _____ Current monthly income _____

Number of dependents whom you claim on your tax forms or for whom you are financially responsible _____

Have you received scholarships for other Esalen workshops within the past 18 months?
If so, please give the information requested below.

Date	Program Title	Scholarship Received

Workshop information for this application:

Workshop No.	Date	Title	Scholarship Amount Requested

(We may approve your application without being able to give you the full amount you request.)

Please make a personal statement about your interest in this workshop.

_____

_____

_____

_____

_____

_____

Note: This application does not reserve you space in a workshop. Reservations are made only after receipt of your full deposit by our reservations desk. You may make a reservation prior to approval of this application by making the required deposit (see General Information, page 52). If your application is approved, the amount of assistance will be credited against your balance due on arrival. If your application is not approved, for whatever reason, and you cancel your reservation at least five full days before the start of the workshop, your deposit will be returned at your request unless you wish to leave it in a credit account to be used within the next year. If you cancel with less than five full days' notice, you will forfeit your deposit.

Only those denied any scholarship assistance may request a refund of deposit.

Scholarship recipients may be asked to bring a sleeping bag during peak attendance times.

In exchange for scholarship assistance, there is a work requirement in the community labor pool which will not conflict with your seminar meetings. For every $50 worth of assistance, recipients will be expected to work about two hours. The maximum scholarship given in any case will not exceed 50% of the standard workshop price. Depending on the number of requests we receive, it may be less.

ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A non-refundable deposit for each person registering and each workshop applied for must accompany this form. (Please see General Information, page 52, under Reservations and Fees, Making Contact with Us, and Cancellation and Refund Policy.)

If you would like scholarship assistance for an Esalen program, please see Scholarship Information on page 9 and complete the scholarship application form on page 53.

Name of Registrant (Please print) _____ Sex M ☐ F ☐

Address _____

City, State _____ ZIP _____

Telephone Number: Home: Area Code (____) _____ Work: Area Code (____) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you? _____
If you can't be reached, please call us before your scheduled arrival for final confirmation. Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.

Please check below the housing option you prefer after referring to pages 9-10 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and food. **All of our rooms are non-smoking. If you smoke, please plan to do so outside.**

☐ Check for standard accommodation, if available.
☐ Check for a single with private bath, if available.
☐ Check for bunk bed room, if available.
☐ Check for sleeping bag space, if available.
☐ Check for the Middle Point House, if available.

If your first selection is not available, please indicate your second and third choices here as well as the name(s) of any person(s) with whom you wish to room.

(2) _____

(3) _____

_____

Passenger Van Service: I want transportation from (check one):

☐ Monterey Greyhound Bus Station at approximately 3:45 PM on _____ (date of arrival, Fridays and Sundays only).

☐ Monterey Airport at approximately 4:00 PM on _____ (date of arrival, Fridays and Sundays only).

The $25 per person charge is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

We are unable to act as a banking service for our guests. Please bring adequate funds for your st y.

Workshop No.	Date	Leader's Name/Workshop Title	Fee

I enclose payment for the following contributions:

☐ $5 Catalog Contribution

☐ Friends of Esalen (See page 42)
- ☐ Student $15
- ☐ Individual $25
- ☐ Donor $50
- ☐ Sponsor $100
- ☐ Patron $500

Total Deposits Enclosed: _____

$5 Catalog Contribution: _____

Friends of Esalen: _____

Subtotal: _____

Less any discount (Prepayment or Senior, see page 9): _____

Total Amount Enclosed: _____

Please make checks payable to Esalen Institute, in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below.

Your reservations can be charged to:
☐ Mastercard ☐ Visa ☐ American Express

Card No. _____

Expiration Date _____

Authorizing Signature

_____

All workshops require non-refundable deposits. See page 52. The balance of program fees becomes payable at time of check-in.

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation.

CYNTHIA JOHNSON BIANCHETTA

Participants in the 1988 Big Sur conference sponsored by Esalen's Soviet-American health project, which discussed Soviet and American work in health promotion, psychoneuroimmunology, and behavioral medicine. Its members included representatives of the USSR Ministry of Health, the American National Institutes of Health, and the World Health Organization.

Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research and semi-autonomous projects.

Esalen Institute
Big Sur
California 93920

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THE ESALEN CATALOG

JANUARY – JUNE 1990

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Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

Esalen Institute is a center to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

TOM GALLOWAY

Janet Lederman, creator and founder of Esalen's Gazebo School, with her students.

ESALEN AND EDUCATION

by Judith Brown

Among those who came to Esalen in its formative years were three educators who have helped integrate principles of experiential learning into places where children learn. George Leonard is a writer and popular workshop leader. Through books and articles he has disseminated innovative educational ideas throughout the world. Janet Lederman is director of Esalen's Gazebo school, where she encourages "full-bodied" learning for little children. George I. Brown created a graduate program in confluent education at the University of California at Santa Barbara, through which some 80 doctoral degrees and 300 master's degrees have been awarded to teachers and other professionals who, in turn, have taken Esalen's influence into the classroom and community.

LOOK MAGAZINE PHOTO COURTESY GEORGE LEONARD

Leonard spent weeks sitting with children in the classrooms. 1961.

George Leonard presented us with an apparent oxymoron with the title of his far-sighted book, *Education and Ecstasy*, published in 1968. At the time he wrote it, (*Education and Ecstasy* has since been translated into German, Japanese, Spanish, Portuguese, Hebrew, and Farsi), Leonard had undertaken an unusual study of American schools. His subject matter was not educational theory, it was the schools themselves: their students, teachers, curricula, administrators, and buildings. He had come to his study "totally blank," as he says, as a journalist for *Look* magazine in the mid-fifties. "I would fold my 6'4" frame into a little child's desk and sit there," he wrote, "not just for an hour, but for weeks." The tremendous success and popularity of his award-winning story, "What Is a Teacher?" was followed by a series of award-winning stories: "What Is a School?", "What Is a School Superintendent?", "Who Runs Our Schools?", and "Testing vs. Your Child."

Rather than reading education journals, Leonard got his ideas and information from sitting with kids. "There were a lot of wonderful things happening in the classroom," he wrote. "But I also began seeing there was a profound waste of human potential—the greatest tragedy on this planet. We see that waste in prejudice, social injustice, starvation. But the area where it's perhaps most pervasive is education." As a "non-expert" he could see that although teachers and administrators made heroic efforts to teach our children, the system was in many respects outmoded. If learning is using one's potential, then the schools, as he experienced them, were often doing just the opposite.

Criticizing schools is easy. Leonard did more than that; in *Education and Ecstasy* he devoted two chapters to Esalen's influence in creating what he called a "new domain" for education. "The new domain," he explains, "is not bound by the conceptual, the factual, the symbolic, but includes every aspect of human existence that's relevant to a new age."

Many people remember the book for its vision of a school of the year 2001 and its high-tech "Basic Dome," where children as young as three sit at computer keyboards playing with verbal and mathematical concepts. But if Leonard has pushed hard for the imaginative use of technology in giving students individualized, self-paced access to academic knowledge, he has pushed just as hard for what he calls the integrative curriculum: music, dance, art, drama, the body, the senses. "If you use art, dance, and drama, that pulls everything together, gives meaning to otherwise unconnected data. If you bring the body into the educational equation, you discover the most powerful teacher of all. The body is fully instrumented. It has millions of feedback circuits. And the feedback is practically instantaneous. You don't have to wait for a printout."

The body, for Leonard, includes the affect associated with thought. "There is no thought apart from feeling," he says. In all his writings, Leonard stresses the creation of a "total environment"—the interrelation of everything within the educational setting.

Leonard has been a watchdog of public education in our country, not afraid to speak up in public debate. His article, "The Great School Reform Hoax" (*Esquire*, April 1984), included a passionate denunciation of the "Nation at Risk" report which launched a national education reform movement in April 1983. "It was all more of the same: longer school

day, longer school year, more homework. No systemic change. A longer bad school day? A longer bad school year? That would only increase the number of dropouts, which is exactly what has happened. Over at least a hundred years, through all kinds of changes in our society, our schools have remained essentially the same. And now in the space-age, we still have an educational horse-and-buggy. . . ."

The picture is not entirely dark, however. Educators and learning technologists are listening. In recent years both AT&T and MCI have acknowledged the influence of *Education and Ecstasy* on their pilot computer education programs in schools. Dr. Alfred Bork, head of the Educational Technology Center at UC Irvine, wrote: "Many of the features that Leonard describes seem to me likely to characterize almost any school of the future that uses computers effectively as tools for learning." Leonard, in addition to offering his Leonard Energy Training (LET) workshops, continues to consult on the reform of education with groups as diverse as the Washington Governors' Conference and Lucasfilm Learning Systems. And the futuristic "Jefferson School" in his *Esquire* article serves as the inspiration for an ambitious current school reform program sponsored by a consortium including the public schools of Dade, Broward, and Monroe counties in southern Florida. "The current phony reform movement has just about run its course," he says. "It's now becoming clear, as noted in a recent *Newsweek* cover piece, that mindless testing and relentless pressure just won't do it in this diverse society. I think we're already seeing a turn toward self-pacing, self-esteem, and the integration of feeling with thought in our schools, especially in the early grades. Learning can be hard work. It can also be great fun."

Of the five thousand visitors who come to Esalen every year, a good many make their way through the garden and across the bridge to see the Gazebo. Here the offspring of Esalen parents and of other Big Sur families come to learn by playing. "Everybody is interested in seeing this place," says Janet Lederman, who established Gazebo twelve years ago. "They wish this is where they were little, or where their kids could come. We've had Russians, and they whisper to one another, 'If only my grandchildren could have this. The freedom!'"

Twenty years ago in her book, *Anger and the Rocking Chair*, Lederman put forth her approach to helping children learn: "I'm not going to do anything for you that you can do for yourself." Other basic gestalt concepts, such as personal responsibility and the importance of the context for imparting meaning, are evident at Gazebo as they were in Lederman's early work. "Only then I didn't know you could expand out of those four walls," she explains. No walls at Gazebo, no cooks or janitors, so what is there? An environment that fosters competence, personal responsibility, and a desire to find out about life. That is the essence of Gazebo. Lederman believes the first five years to be of greatest importance, and that children develop best in a natural environment. The little ones, who come as young as nine months, take their first steps in the mini-wilderness of uneven earth, grass, trees, and animals. It is a "full-bodied experience," as Lederman describes it. "With all the high-tech places, you have to put in high-touch. They learn to climb and run, and they're filled with self-esteem."

These children follow their natural inclination to find out about their world and to test themselves in it, to use their imagination as they interact with the shifting population of children and the changing seasons. They are given the opportunity to struggle and to enjoy their successes. "We are putting some wonderful citizens into the world," Lederman says with obvious pride. "Gazebo alumni enter elementary school with all their exuberance and curiosity for life intact; they are successful in public school. They are wonderful teenagers. They know how to communicate, and they are self-sufficient."

Lederman makes a clear distinction between learning and education. "If learning doesn't come before education, then what you get is totalitarianism or fascism. Our children never have any trouble saying no. Never. They get to participate in decisions, so they learn what they like rather than what someone else thinks they should like. They learn to trust their judgment and intuition." This trust on the part of the children reflects a fundamental attitude of Gazebo's participating adults: children are trustworthy.

Lederman suggests that we have lost the concept of what play really is, that adults forget how necessary it is to "play out behind Grandmother's barn and in secret places." There aren't many barns around anymore in our urban centers, and open land is quickly disappearing. So Gazebo's existence takes on a poignancy that extends beyond the experiences of the lucky ones who climb the trees there, play in the boat, and attend the birth of a kid goat. It also integrates the Leonard vision of three-year-olds at their computer keyboards. A visitor to the "Computer Bus" finds only a steering wheel left of the original interior. Where passengers once occupied seats, computers now sit on tables. Every boat, of course, needs a computer and the Gazebo boat is no exception. Another one is found in the farmhouse.

With Gazebo, Esalen provides a model of corporate child care, where the corporation pays the salaries and donates the land, and the parents pay for the operating costs. Through its existence, Gazebo forces a comparison with what our communities are now providing in the way of early childhood education. We need to ask questions about our existing pre-school and kindergarten environments: What do they teach our children about themselves and their world? Do they contribute to the children's integration of their bodies, their feelings of esteem for themselves and others, their curiosity and ability to learn? Are we willing to use the funds necessary to make necessary changes in early education?

In the 1960s, George Brown found himself with one foot in Esalen and the other in the University of California at Santa Barbara. Brown described the history of his Esalen involvement and the conception of what has become a graduate program in confluent education: "Around the mid-sixties I began working at Esalen giving creativity workshops. I became involved with the residential program, helping design it, assessing people who were to be admitted, participating as a trainer and that sort of thing. At the same time, I was a professor at the university."

Brown's confluent education joins the cognitive and affective dimensions of learning. This means putting thinking and feeling together. A purely cognitive lesson teaches that Columbus visited the New World in 1492; this was the beginning of the "Modern Age." The affective component, the emotional content, comes into the lesson when the teacher presents the students with questions that make the

COURTESY GEORGE AND JUDITH BROWN

George Brown, founder of UC Santa Barbara's Confluent Education Program, and Judith Brown, author and longtime Esalen seminar leader.

lesson personally meaningful. What makes people seek the unknown? What have you discovered about yourself? Brown made a direct connection between the role of emotions in the classroom and the blocking or facilitating of learning. With just a little training, teachers, he felt, could get students more involved with their learning. As examples he mentions two interventions, "simple additions," that he believes can increase significantly the effectiveness of learning in the classroom. The first is helping kids to meta-communicate, i.e., to process their own learning. Based on Gregory Bateson's work, this concerns *learning how to learn* and equips students with skills they can apply to different areas of study. The second is training teachers in the concept and appropriate use of *descriptive* feedback. Contrary to evaluative feedback, which is widely used and often counterproductive (e.g., "You play this all wrong; it sounds bad and isn't what the composer intended—"), descriptive feedback encourages awareness and responsibility on the part of the student ("Can you hear, as you play these passages, how the notes run into each other? How does this sound to you?").

Brown's interest in applying Esalen approaches to classroom learning was shared by Mario Fantini, at that time a program officer at the Ford Foundation. Through him Brown received a small grant from the Fund for Advancement of Education, which was related to the Ford Foundation. The money supported a project, the only one of its kind, in which a small group of classroom teachers from elementary and secondary schools spent one weekend a month for a year at Esalen. The idea was to train teachers to use the "non-verbal humanities" in the classroom. Among people on the Esalen staff who worked with the group were Fritz Perls, Virginia Satir, Charlotte Selver, and Janet Lederman. Brown remembers that Perls was enthusiastic and supportive of applying gestalt concepts to education. "These weekends were powerful experiences for all of us. Our aim was to combine the affective domain, the realm of emotions, attitudes, and values, with more traditional classroom subject matter. We applied what we were learning to the classroom, to enrich the climate and curriculum, with the intention of making learning personally meaningful for each child."

The time at Esalen proved highly fruitful. Brown's group published a monograph, "Now the Human Dimension," which described theoretical aspects and practical uses of the affective domain. The many creative lessons and units eventually became part of the book, *Human Teaching for Human Learning: An Introduction to Confluent Education*, published by Viking as part of the Esalen series in 1969. In the introduction to the book, Brown wrote: "(Our approach) confronts the educational scene as it exists and demonstrates how teaching and learning can at once become both more human and productive within that context."

Fantini was impressed with the original project and in 1971 volunteered another grant to continue Brown's work at the elementary, secondary, community college, and university levels. Projects for medical doctors and school administrators were also included. This Ford-Esalen project was called DRICE: Development and Research in Confluent Education. It continued for over four years into 1975, by which time the Confluent Education Program at the University of California at Santa Barbara was well established. From the DRICE project came innovative curriculum material with special training for a variety of professional groups: lawyers, health professionals, industrial trainers, etc. A second book was published, *The Live Classroom: Innovations Through Confluent Education and Gestalt*, which, along with *Human Teaching for Human Learning*, was translated into Japanese, German, and Dutch. Both titles were republished in this country by The Gestalt Journal Press in late 1989. As a result of these books, students have come to the Confluent Education Program from many countries.

Brown cites the widespread influence of the program: "There is a confluent education program in Norway, a related program in Holland for training physicians and nurses, and an active center in Japan. Work is going on in Germany under the name 'Gestalt Pedagogic.'" The program also expanded its scope to include the training of executives in industry. A recent research project involving executive training for CEOs proved highly successful in increasing their effectiveness in dealing with human factors in their organizations.

Esalen's influence has reached around the world through the efforts of Brown, Lederman, and Leonard. These three educators have broadened the concept and practice of education.

Judith Brown, who earned a Ph.D. in confluent education, has been a gestalt practitioner and trainer, here and abroad, for 20 years. Her most recent book is I Only Want What's Best For You.

ESALEN NOTES

MEMORIAL FOR DICK PRICE

Friends and family of Dick Price, co-founder with Michael Murphy of Esalen Institute, have met to plan a permanent commemoration to his life. The memorial will center on Dick's lifelong dedication to personal evolution through meditation and the observation of nature.

On the bank of Hot Springs Creek just above the waterfall, an inconspicuous rock bench backed by a foliage-covered retaining wall will replace a flourishing growth of poison oak. In the background will be the creek and the Round House, which is being converted to a meditation center. In the foreground, a bronze cauldron, modeled on Chinese tomb bronzes found in the graves of significant ancestors, will continually overflow with the waters of the creek. The cauldron, or "ting," expresses the love Dick had for the rich wisdom and culture of China, as stated here by Richard Wilhelm and Carl Jung in their introduction to the *I Ching*:

> The *ting*, as a utensil pertaining to a refined civilization, suggests the fostering and [spiritual] nourishing of able men, which redounded to the benefit of the state. . . . Here we see civilization as it reaches its culmination in religion. The *ting* serves in offering sacrifice to God. . . .

The setting will be designed and executed by Esalen staff members who have guarded and polished the beauty of the hot springs property from the beginning. The ting is being designed in the simplicity and directness of Dick Price by John Horler, longtime artist in residence at Esalen and friend of Dick. John will also direct the foundrymen in the complex moulding and casting of the bronze. At the suggestion of Christine Stewart Price, you are invited to bring or send a rock to be placed in the retaining wall, symbolizing your love for Dick and the quiet widespread influence he has had around the globe.

The memorial will be rather costly; the cauldron alone will weigh 400 pounds and approach $10,000 by the time it is placed on its flood-proof footings. If you can, send a contribution along with your rock. They both will go to the same good purpose.

INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Currently scheduled programs and their conveners are listed here.

March 4–9
Citizen Diplomacy
Esalen Soviet-American Exchange Program
1990 marks the 10th anniversary of the Exchange Program. This conference will gather citizen diplomats from around the country.

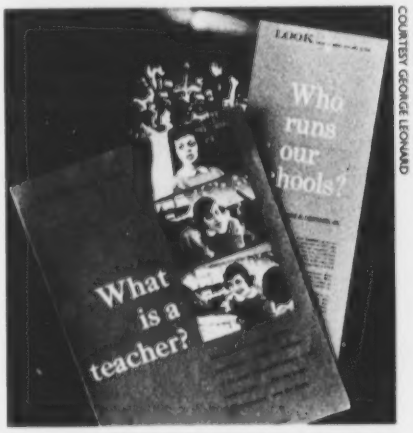
March 18–23
Appropriate Governance
Donald Michael
What are the mythic, psycho-dynamic, organizational, and operational characteristics of governance appropriate for a world too complex, interdependent, and fractious to be guided by the modes of education, economics, child-rearing, and government now available or anticipated? This ninth annual meeting will focus on multi-nation governments.

April 1–6
Stalin and Hitler: The Psychology of Tyranny
Esalen Soviet-American Exchange Program
This conference continues SAEP's June 1989 public seminar, *Glasnost, Perestroika, and Stalin*. It brings together Soviets and Germans who knew Stalin and Hitler, with scholars from the Soviet Union, Germany, and the United States.

April 22–27
Tropical Ethno-Medicine
Esalen Institute & Botanical Dimensions
This will be a gathering of botanists, phytochemists, ethnologists, and ecologists who are working to preserve and understand rain forest plants with healing and psychotherapeutic potential.

April 27–29
Weekend Conference on the Rain Forest
Esalen Institute & Botanical Dimensions
Rain forest activists will discuss goals and strategies and coordinate efforts for tropical rain forest conservation. As many are now realizing, survival of the rain forest is central to any plan to maintain the balance of nature on Earth while securing a viable future for humanity.

June 24–29
Dialogues
Esalen Soviet-American Exchange Program
A multi-disciplinary group from the Soviet Union and the United States will discuss the social and economic transformation affecting both nations.



COURTESY GEORGE LEONARD

Leonard's articles on education won national awards and sold millions of copies in reprint form.

■ WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from a tour of the garden on a Sunday afternoon to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The Experiencing Esalen workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on page 41. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. Finally, there is a community workshop program which goes on daily and provides opportunities for personal growth.

Scholarship Information

If you would like scholarship assistance for an Esalen program, please complete the application on page 53 and send it to us along with appropriate deposits and your completed reservations form. If your application is approved, the amount of assistance granted will be deducted from your balance due on arrival. (See Fees and Reservations, page 52.)

The maximum amount of scholarship awarded is 50% of the total fee. In most cases it will be less. There are no scholarships available for the Work Study Program.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to sleeping bag accommodations or scholarship recipients.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. This discount is available *only* when you make your reservations, not when you check in. When you complete the reservations form on page 54, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (Please note: senior discounts are not available for Wilderness Programs or the Work Study Program.)

Family Rates: A family of three or more may be accommodated in one double room at the regular rate for two, or in a triple at the regular rate for three. The only additional charges per person beyond the two or three full-paying occupants are meal costs. If the non-full-paying family members are enrolled in Gazebo or in an Esalen workshop, additional fees are required. Meal rates are:

	Up to 1 Year	1 to 5	6 and Older
Breakfast	free	$2	$5
Lunch	free	$3	$6
Dinner	free	$4	$8

Housing Options and Rates

Standard Accommodations: This is shared housing with two or more per room. In some cases, bathrooms are shared, as in the Big House. Couples will always be housed in doubles. See above for scholarship information.

	5-Day Rate, per person	Weekend Rate, per person
	$630	$325
Single with private bath (rarely available):	$880	$425

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first come, first served basis.

$465	$260

DANIEL BIANCHETTA

Children and animals interact in Gazebo's natural environment.

Sleeping Bags: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.

$350	$185

Middle Point House: This is a comfortably-furnished suite situated on the cliff west of the garden overlooking the ocean. It has a bedroom with a queen-size bed, a living room with a wood stove and convertible queen-size couch, and a small loft with a double bed. There is a kitchenette, private deck, and bathroom.

	5-Day Rate	Weekend Rate
1 person	$1200	$600
2 persons	$1800	$900
3 persons	$2400	$1200
4 persons	$2800	$1400

Please note: The Middle Point House, standard singles, and sleeping bag spaces are limited to a 7-day maximum stay.

DANIEL BIANCHETTA

Music is an integral part of Gazebo's program.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, massage, and good food without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is not refundable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please call no sooner than the Sunday before. The rates below are per person, per day. Private rooms are sometimes available at an additional charge of $50 per day.

Weekday	(2 or more days)	Weekend
Standard Accommodation (2 or 3 per room)		
$85	($75)	$105
Bunk Bed (4 or more per room)		
$65	($60)	$70

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, Reichian work, massage, etc.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to page 41.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 39-40.

Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Please see page 44 for mail order information.

Garden Tours

Tours of the garden, farm, and landscaping are available from April through September, on the first and third Sundays of the month, from 2-5 PM. The cost is $10 per person; group rates are available. No reservations are necessary.

Week of December 31–January 5

Letting Go – Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate—in the moment—to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge.

89123103 $630

Craniosacral System: Basic Workshop

Jim Asher & Jane Harrington

This workshop will offer an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. The class will combine lectures and slides on functional anatomy of the membrane system and cerebrospinal fluid movement. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference. Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills and for those already practicing body work or counseling. Much of the focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system.

Recommended reading: John Upledger and Jon Vredevoogd, *Craniosacral Therapy* (Eastland).

C.E. credit is available for nurses; for more information see pages 39-40.

89123101 $630

Touching Spirit: Dimensions of Psychic Healing™

Elizabeth Stratton

Psychic healing bridges the physical and the spiritual. Touching as a healing act has been practiced through recorded history by practitioners of the sacred as well as the secular: healers, shamans, priests, doctors, and mothers. In the past ten years, physics and modern medicine have come to an acknowledgment of the radically relational nature of our universe. Nothing and no one functions in a void.

Human emotions affect the functioning of the body, and illness is often an outgrowth of this mind-body link. Semi-dissociative states that are induced by prayer, meditation, and trance have been found to provide a fertile ground for healing to take place. It has been discovered that "multiple personalities" exhibit different states of health in each personality. The placebo effect has become one of the most respected and well-studied issues in healing today.

A psychic healer is one who can help connect the physical, emotional, mental, and spiritual levels of another person's being with healing intention through the use of touch. This workshop will explore, both didactically and experientially, the sacred and secular uses of touch, modern theories of disease formation and healing mechanisms, the use of psychic sight in healing, forgiveness as transformational cleansing, and the channeling of healing energy through the laying on of hands.

C.E. credit is available for nurses; for more information see pages 39-40.

89123104 $630

Choices and Changes Using Gestalt

Anne Nechama Simkin

Gestalt practice is a noninterpretive, existentially-based system in which awareness of one's feelings in the present moment is the primary focus. Human beings are born with the innate capacity to cope with life. As we mature, this process—and our excitement, creativity, self-expression, and self-acceptance—at times may be interrupted or suppressed. Most gestalt communications deal primarily with the immediate interactions of those present. Explanations, interpretations, and assumptions are discouraged. Concentrating on what is rather than on what could or should be encourages a person to take responsibility for his or her own actions. By becoming aware of what is potentially nourishing and what is toxic, it is possible to learn to make choices and to achieve integration.

This workshop is for persons seeking a new perspective, growth, and change and who want to reown those aspects of their lives that are nourishing. Participants will share experiences, explore new ways of coping with ongoing situations, search for the existential messages of their dreams, and learn to communicate with each other and significant others. The content of the workshop will evolve out of the needs and wishes of the group members.

Recommended reading: Corsini et al., *Current Psychotherapies*, Chapter 8, 3rd edition, (Peacock); J. Simkin, *Mini-Lectures in Gestalt Therapy* (available through the Esalen bookstore); Kutash and Wolf, editors, *Psychotherapist's Casebook* (Jossey-Bass).

89123105 $630

December 31–January 7

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a

CYNTHIA JOHNSON BIANCHETTA

A licensed first aid staff member with students.

natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$955 (plus $30 materials fee paid directly to the leaders)

89123102

Weekend of January 5–7

A Celebration with Paul Horn & Chungliang Al Huang

Paul Horn and Chungliang Al Huang will celebrate and share their joyous collaboration in music, dance, tai ji, jazz improvisation, meditation, philosophy, and world travel experiences.

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (Dutton; Tao Wetter-Sphinx Verlag, Basel) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon).

Recommended listening: Paul Horn, *Inside, Inside the Great Pyramid, China, Traveller, Altitude of the Sun*, and *A Special Edition*.

90010501 $355

Forgiveness and Letting Go of Judgment

Elizabeth Stratton

Elizabeth Stratton writes: "The training of the Western mind, both spiritually and intellectually, is oriented toward judgment. We are taught to induce, deduce, analyze, dissect, defend, debate. We are taught to feel guilty, to get sick, to engage in self-punishment and the punishment of others. We are encouraged to rebuke ourselves into perfection.

"We do not know the healing quality of true remorse or how to let go of that which we should never have held onto in the first place, which is the real meaning of forgiveness. In studies of people who have died and come back to talk about it, the most unifying element of their experiences was the meeting with a Being of white light who stood by with unconditional love, no judgment, and humor as they watched their lives roll before them like movies. The only judge was the person watching his/her own life.

"This workshop will be experiential. You are invited to observe the judgmental prison of your own mind, to feel the cleansing power of remorse, and to allow your heart to open to the freedom and healing that comes from forgiving yourself and others."

90010502 $325

Week of January 7–12

Gestalt Practice

Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And when used—is inexhaustible.
—Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment,

wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); John Heider, *The Tao of Leadership* (Humanics); Ram Dass and Paul Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; for more information see pages 39-40.

90010703 $630

The Life Energy Process℠

Stephano Sabetti

The Life Energy Process workshop is a spiritually-oriented approach to body work and lifestyle which allows individuals direct contact with the spiritual self through energy vibrations. This method is facilitated by specific intensive and subtle movements, which participants may find open them to their own healing abilities, allowing them to release unfinished emotions, radiational and chemical toxins, and psychological disturbances. From that point of greater clarity, they may move to the next step in their personal development. Participants continue this energy work physically and verbally through process inquiry and dialogue with the leader as they examine the superficial trace problems of their everyday lives and explore their deeper energy disturbances through energy patterning.

Energetic forms of massage, dance, and theater may be included in this process. Some of the work will be individual, some will be hands-on with partners. The workshop may be of particular interest to professionals and laypersons alike who are excited by the integration of Eastern and Western methods with the new physics for personal, social, and organizational evolution.

Recommended reading: Stephano Sabetti, *The Wholeness Principle; Manifestations of Energy*; and *Shinkido Massage* (available from Life Energy Media, 14755 Ventura Blvd., Ste. 1908, Sherman Oaks, CA 91403; [213] 874-7100).

90010702 $630

A Celebration with Paul Horn & Chungliang Al Huang

For workshop description see January 5-7.

90010701 $660

Seeds of Singing

Susan Osborn, David Densmore & Donna Laslo

Our culture considers singing a valid expression only for those gifted individuals called singers, which, by omission, leaves the rest as non-singers. Music as a whole is then tossed into the realm of the extracurricular. However, the voice is a gift inherent to every human and a feedback mechanism to aid in the development and expression of the individual.

Simply breathing, sighing, and extending that sound into song has opened up worlds within and without for those willing to trust their bodies and creatively use the waves of emotion that arise. It is possible to transform the tremendous energy of fear, love, grief, joy, and anger into a nonverbal, penetrating song of one's humanity. With or without words, song is communication. In this workshop, participants will have the opportunity to explore their voices, to form a circle of singers and listeners, to honor and explore the ancient tool of Song.

90010704 $630

Weekend of January 12–14

Introduction to Gestalt Practice

Christine Stewart Price

For workshop description see January 7-12.

90011202 $325

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with the fundamentals of tai ji practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five-elements form, Chinese Qi Gong breathing, and life-force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (Dutton) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon).

90011201 $325

Introduction to Vipassana Meditation

James Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion.

This seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate Vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala).

90011203 $325

Minding the Body, Mending the Mind and the Soul

Joan & Myrin Borysenko

We are at an emerging crossroads where science, medicine, and spirituality are coming together as a new force for healing, where mending the soul is recognized as integral to minding the body and mending the mind. Physical illness, addiction, anxiety, depression, loneliness, and guilt are all opportunities for learning to embrace life with gratitude and enthusiasm, learning the skills of psychospiritual growth, and remembering our connection to the spirit, or Source of life, that we all share.

Exploring medicine, science, psychology, and the perennial philosophy of the ages, we will share a weekend of soul-mending that includes practical methods of breathing, meditation, imagery, prayer, dream work, and poetry. The underlying philosophy of the group work will be that we are already whole and that we can learn to pay gentle attention to the messages from mind and body that call us to remember our

deeper unity and identity with spirit.

C.E. credit is available for nurses; for more information see pages 39-40.

90011204 $325

Week of January 14–19

Five-Day Massage Intensive

Brita Ostrom
& Esalen Massage Practitioners

Participants will be instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for more information see pages 39-40 .

90011404 $630

A Look Within

Jessica Moore Britt

This will be a week for participants to attend to and explore themselves away from their usual busy lives. As they settle into the grandeur of Big Sur and the quiet within, they can begin to penetrate through their conditioned views of themselves and the world.

The point of inquiry will be the relationship of the mind, body, and emotions and the essential nature of the self. Participants will focus on understanding who and what they are, especially as beings of compassion, strength, will, power, joy, and presence. They will explore how their past conditioning and present beliefs block their awareness of these qualities in themselves. The tools for self-discovery will be an interplay of Eastern and Western practices, including Sufi self-remembering exercises, meditation, touch, movement, and Reichian/gestalt work. This time, dedicated to being present and looking within, holds the possibility for participants to open their perceptions so they might obtain a deeper appreciation for who they are.

Recommended reading: A.H. Almaas, *Diamond Heart* (Diamond Books).

90011402 $630

Imagery and Healing: Shamanism and Modern Medicine

Jeanne Achterberg & Frank Lawlis

The image is an ancient and potent healing tool, a source of creative ideas, and the basis for rituals performed since the beginning of time. It is a midwife or interface between inner experience and conscious expression.

This workshop will examine ways to integrate the power of the imagination back into our culture, giving balance to the art and science of healing self, others, and community. Material will include scientific validation, studies of persons with catastrophic and chronic disease, and ways to integrate imagery and related psychospiritual modalities into daily life and into the helping/healing professions (counseling, medicine, nursing, and other fields of health care). Guided imagery, music, and traditional shamanic tools will be used for journeys into the self.

90011405 $630

Delicious Movement Workshop

Eiko & Koma

The *Delicious Movement Workshop* is designed for people who love to move with delicious feelings. Eiko and Koma encourage each participant to develop a lifelong pleasure in dancing anytime, anywhere, professionally or nonprofessionally. Raised in Japan but imbued with Western aesthetic concepts, the leaders build on Eastern awareness of physical nuance and time, and a Western recognition of the individualistic creative act.

A movement vocabulary which employs images, body articulation, and floor work is provided as the common ground for this workshop. However, the aim is not to teach this vocabulary. Rather, the participants, through their personal digestion of the material and the improvisational partnership which supports it, are encouraged to acquire personal taste and flexible discipline to suit their own moving bodies.

90011401 $630

How Hungry Am I and For What

Mariah Fenton Gladis

The road to recovery for adult children of alcoholics and others whose parents have been dysfunctional or abusive is challenging and can be deeply rewarding. It requires determination, lifelong commitment, and positive experiences. This workshop offers participants an opportunity to take a major step toward health. Group members will work toward transforming their personal histories from one of liability to one of strength and wisdom, focusing on the promotion of healing in four fundamental relationships:

- With oneself: developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of chronic trauma.
- With others: improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries.
- In the world: moving away from chaos and deprivation toward stability and abundance.
- Spiritually: searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

The workshop will be experiential *and* didactic, blending individual and group gestalt work, music, spiritual healing, body work, and personal metaphor. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals working with ACAs.

C.E. credit is available for nurses; for more information see pages 39-40.

90011403 $630

Weekend of January 19–21

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Its emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press).

90011902 $325

Hands of Light: Introduction to Healing and High Sense Perception

Barbara Brennan

Barbara Brennan writes: "An important fact of existence is that we create our own experience of reality. The physical body exists within a larger body, a human energy field or aura, which is the vehicle through which we create that reality, including illness and health. It is through this energy field that we have the power to heal ourselves. It is also through this energy field that 'high sense perception' takes place. High sense perception is the ability to sense reality beyond the normal ranges of human sensing, commonly referred to as psychic sensing."

This workshop will emphasize simple healing methods and the development of high sense perception. It will include lectures, guidance, and healing by the leader, and hands-on practice by participants. Barbara Brennan, a former research scientist for NASA, will draw on her work with the human energy field. She will be accompanied by harpist Marjorie Valerie, who improvises music for meditation and healing.

90011901 $325

How Do I Love Thee, Let Me Count the Ways

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared—by their family backgrounds or society—to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary, and who wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, body work, and personal metaphor.

90011903 $325

Week of January 21–26

Dimensions of Health and Healing: Traditional Approaches to Well-Being

Al Drucker

This workshop is for people who want to remain well and be in a position to help others remain well. Wellness here is defined as the direct experience of freedom, whether physical, emotional, mental, or spiritual.

Participants will be introduced to and experience various healing tools. One day each will be spent on: the traditional Chinese system of acupuncture, homeopathic philosophy and practice, Bach flower remedies, food—the best medicine, Rolfing and deep tissue work. A short, morning t'ai chi practice will be taught. There will be chanting and meditation, an afternoon herb bath, and evening talks on spirituality.

C.E. credit is available for nurses; for more information see pages 39-40.

90012102 $630

Freedom to Act

Paula Sholachman Shaw

It is oftentimes difficult to express something on the outside as strongly as it is felt on the inside. People sit in dark theaters, spectators to those who can play out what's locked inside, from villain to hero, spanning the full spectrum of human emotion. Participants in this course will do just that, exploring the full range of the actor's instrument—themselves.

Even those who thought they could never perform in front of an audience will perhaps amaze themselves with how powerfully expressive they can be. There will be exercises in personal presentation, performance, emotional expression, and improvisation. Requirement: a one-to-three minute memorized performance piece of any kind. The leader requests: "Leave your performing standards behind and bring your risky fears along."

90012101 $630

Women's Wisdom: Celebrating Sacred Dimensions of the Feminine

Jean Shinoda Bolen & Jan Lovett-Keen

By tapping intuitive sources of wisdom, creativity, and spirituality, life takes on deeper meaning. We are nourished by what we feel and know and dream and express. In the outer world, change and transitions are inevitable. What we often miss is time to reflect upon the meaning of events and to take stock of who we are becoming.

This retreat invites women to take time for inner reflection in the nurturing company of other women in an environment of natural beauty. Jean Shinoda Bolen, author of *Goddesses in Everywoman*, will lead participants inward through myths and meditation to their personal symbols and to the truth in their dreams. Jan Lovett-Keen, a musician and body worker, will teach participants to care for their bodies and to be attuned to their vulnerabilities, pain, trust, and strengths. Through music, participants will touch sources of inspiration and creativity and be reminded of the profound connection between women's nature and Mother Nature, between music and body knowledge.

These five days will provide women with an opportunity to experience their inner trusting child, the grown woman choicemaker, and the wisewoman aware of the sacred dimension of ordinary life.

90012104 $630

On Being a Man

David Schiffman

Many men today have sought to honor and embrace the emergence of the feminine principle in their own natures. As a result of this emphasis, the right to celebrate and honor the masculine has become a thorny and difficult dilemma.

A man's sense of his uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity. They will explore the following questions:

- What does a man need to know and accept about his own nature to feel himself fully as a man?
- Can men come together to create an atmosphere of trust and good will, where the masculine aspects that they have in common can be honored and appreciated in the *pleasure* of each other's company?
- Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
- Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illuminate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will be incorporated in this journey as well.

90012103 $630

Weekend of January 26–28

The Right Work

John Caple

What is work? And what is not work?
—The Bhagavad Gita

In this workshop participants will rediscover work-related dreams, draw power from life experiences, and clarify their vision of what they want their worklife to be. They will refine their sense of what is work and what is play, and what is right for them.

The approach will be practical, though grounded in the longings of the soul, and worldly, though enriched by the resources and culture of Esalen. There will be concepts to stimulate the intellect, processes to awaken intuitive wisdom, and a chance to bring it all together in a personal life plan. Participants will learn eleven steps to determine what work is right for them and specific strategies for getting that work, whether it involves a shift in responsibilities, a new job, or a complete career change. Some time will be available for individual work.

Recommended reading: John Caple, *The Right Work* (Dodd, Mead).

90012602 $325

The Shadow of Love

Ayala Pines

Whatever the essence of the love that binds two people will be the essence of the shadow this love will cast when threatened. Jealousy, envy, anger, fear, and other powerful emotions are all part of the shadow of love. In most cases, they are not a result of individual pathology, but of a certain dynamic in the relationship. They are useful signals that partners can interpret and take advantage of to improve themselves and the relationship.

Through group discussion, role-playing, and guided fantasy, participants will learn to identify the threat triggered by the shadow of love and how to protect their relationships in positive and constructive ways. This workshop is for anyone who seeks better understanding of love and the emotions in its shadow, including issues related to love and jealousy. It may also be interesting for counselors who work with people for whom these issues are important.

90012603 $325

The Shamanic Journey, Power, and Healing

Michael Harner

Shamanism is an ancient human strategy for personal learning and for acting on that learning, using normally neglected or hidden potentialities of the heart, mind, and spirit. Shamanic methods can contribute to virtually any aspect of living, as they have for tens of thousands of years, and are especially useful for problem-solving, well-being, and healing.

In this experiential workshop, participants will be introduced to basic methods of the shaman (a specific type of medicine man or woman) and initiated into the classic shamanic journey. Otherwise known through myth and accounts of great spiritual experiences, this visionary method can be used to enter nonordinary reality to obtain knowledge, to answer personal questions, to maximize power to achieve personal goals, and to contribute to the health of oneself, others, and the Planet. Participants will be aided by traditional drumming and movement and will be provided with methods for journeying to discover and study with their individual spiritual teachers in nonordinary reality, a classic step in shamanic practice.

The shamanic journey can be utilized to help restore spiritual power and health and has practical applications to contemporary daily life. Practices this weekend will include comparison of discoveries and work on personal problem-solving and wellness.

Please bring a bandanna to cover your eyes, a pen and notebook to record your journeys and, if you have them, a drum and/or a rattle. Wear comfortable clothing.

Recommended reading: Michael Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford).

90012601 $325

Week of January 28–February 2

On Being Good Enough

Heather Maycock-Ogilvy

Being a good enough parent, a good enough therapist, a good enough teacher, or a good enough spouse is an art not a science, a creative endeavor that must be entered into with an open mind and an open heart. This workshop offers no detailed instructions or rules but rather encouragement to develop an empathy with those with whom we would be—not perfect—but good enough.

Problem situations in love or work, childhood memories, dreams, and guided imagery will serve as material for the work. Psychodrama will be part of the process as will discussion, massage, play, and meditation.

Recommended reading: Bruno Bettelheim, *A Good Enough Parent* (Random House); D.W. Winnicott, *Playing and Reality* (Methuen).

90012801 $630

Yoga, Body Work, and Somatic Awareness Practices

Deborah Anne Medow & Til Luchau

A strong relationship exists between the inner sense of the body and the way we do what we do in the outer world. It could be said that inner somatic experience shapes outer activity. When learning yoga and massage together, this inner/outer relationship becomes apparent. The inner practice—yoga—gives a clear, proprioceptive

sense of what it is like to be a body. This inner sense naturally informs the outer practice of giving a massage with a knowing authenticity and sense of presence.

In this workshop, participants will be given instruction in massage and gentle forms of ashtanga yoga, with awareness practices designed to integrate the somatic lessons gained from each. It is appropriate for both beginners and those with yoga or massage experience. Bring loose, comfortable clothing.

90012803 $630

Exploring Trance and Developing Self-Hypnotic Potentials

Marc Lehrer

Hypnosis, autogenics, Jacobsonian relaxation, computerized biofeedback, and other trance-enhancing tools for the mega-brain form the core of this experiential program. Goals for the week include: developing trance states to enhance everyday living; altering physiology to warm the hands and feet for stress relief (such as indicated for Reynaud's disease and hypertension); increasing or reducing sensation awareness to enhance sensuality or to alleviate pain; creating a communication strategy for working with the unconscious mind; and applying these learnings to habit patterns that have been difficult to change in the past.

Participants will practice methods for deepening, individual and group inductions, and trance awareness in movement and exercise. There will be time to discuss personal experiences and to enjoy the Esalen environment. Bring a small tape recorder with headphones or a pillow speaker if you are interested in working on sleep suggestions, and a favorite percussive soundmaker (small drum, shaker, bell, sticks or rocks) for daily rhythm practice.

90012802 $630

January 28–February 9

Advanced Training in Shamanism and Shamanic Healing

Michael Harner

For workshop description see Special Programs, page 37.

90012804

Weekend of February 2–4

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to oneself, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants may learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate in the choice of expression or depression.

C.E. credit is available for nurses; for more information see pages 39-40.

90020201 $325

Men and Their Fathers: Unfinished Business

Samuel Osherson

Fathers are immensely important figures in men's lives, yet they often are shrouded in mystery and silence. Career goals, relationships with women, other men, their children, even men's attitudes toward spirituality are often linked to unfinished business with their fathers.

This workshop, open to both men and women, will explore the origins of the wounded father/son relationship and the paths to healing. Participants will consider current research and theory on the role of the father and mother in men's psychological development and discuss the changing place of the father in modern families. Using group and individual exercises, case studies, and contemporary poetry and music, they will explore the following themes:

- the key role of fathers in men's identities
- ways men try to complete their relationships with their fathers through children, wives, and mentors
- normal dilemmas of the father/son bond
- what happens when fathers are deceased or absent
- ways of letting go of past battles
- women's roles in the father-son relationship

The process will include ample time for discussion and personal reflection.

90020203 $325

Achieving Sustained High Performance

Jerry & Kathleen Fletcher

Most people have had the experience of having something they were doing "take off" and go much better than expected. Yet many assume such times are lucky accidents, that it is not possible to create or sustain such performance deliberately or without stress, fatigue, and eventual burnout.

The results from ten years of research by the workshop presenters demonstrate that these times of exceptional performance are not capricious. Each individual has a pattern of actions that produces his or her best results. Once people learn their personal high performance patterns, they can carry out activities in a way that fits them and produce much better results for the same effort over sustained periods of time.

This seminar takes participants through a process in which they identify their individual high performance patterns and learn to apply them to their life and work. Developed through years of work with successful managers, executives, professionals, and work teams, it offers an approach to sustainable high performance, a welcome alternative to the stress, fatigue, and eventual burnout that accompanies constantly forcing oneself to peak periods of high output.

90020202 $325

Week of February 4–9

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see December 31-January 5.

90020404 $630

Embodied Gestalt Practice: Training for Professionals

Edward Smith

Embodied gestalt practice is a way of personal growth which focuses on the embodiment of experience, the living out of that embodied experience, and the choice for change. This is applied existential phenomenology, and it is applied Taoism. Personhood is highly respected as

the subtle and tender process of awareness unfolding in the here-and-now. Edward Smith has developed embodied gestalt practice from gestalt, Reichian and neo-Reichian work, and Eastern body-oriented growth methods. The format is experiential.

Recommended reading: Edward W.L. Smith, *The Body in Psychotherapy* (McFarland).

90020403 $630

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the dampening effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, and it is not caused by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic schemata and to rekindle the romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Ayala Pines, *Keeping the Spark Alive* (St. Martin's Press).

90020401 $630

A Basic Course in Healthy Eating

Andrew Weil

This workshop will cover principles of nutrition, including information about calories, cholesterol, protein, carbohydrates, and fat. How much protein do you really need? Can vegetarian food be totally nourishing and satisfying? Should you use olive oil or safflower oil, margarine or butter? Is pasta the perfect food? Do you need to drink milk, and where can you get your calcium if you don't?

These and other questions will be answered as participants prepare innovative dishes and meals that they will be able to duplicate at home. Group members will cook and eat together as they discuss aspects of diet and health, including vitamins and supplements, culinary and medicinal herbs and spices, and special diets for particular needs. The role of healthy eating as an aspect of preventive medicine will be stressed.

Andrew Weil draws on his experience as a physician, botanist, food lover, and cook in leading this workshop, as well as his association with Canyon Ranch Spa in Tucson, Arizona, where he directs the Natural Healing Program. This is an opportunity for participants to learn facts and methods not easy to find elsewhere while having fun, being creative, and doing something good for themselves in the bargain.

90020402 $630

Weekend of February 9–11

Non-Adversarial Child Care: The Continuum Concept in Practice

Jean Liedloff

For parents, parents-to-be, and baby and child care professionals, this seminar will examine the true meaning of sociality as an innate characteristic of homo sapiens. Drawing upon her years of living with Stone Age Indians in South America's jungles, the leader propounds an approach neither punitive nor permissive that takes into account the generally unrecognized expectations and abilities inherent in our young.

Why do babies and children so often seek attention they don't need? Why do we see tots in underdeveloped countries and cultures following their parents and helping them with chores so early, while ours are frequently chased and tended, opposed, tolerated, and socialized for nerve-wracking, guilt-laden, unappreciated decades of drudgery and sacrifice ending in one degree or another of alienation?

As professor Robert Aldrich of the National Institute of Child Health and Human Development said, "Basic things about human nature we forget or ignore at our peril."

Recommended reading: Jean Liedloff, *The Continuum Concept* (Addison-Wesley, U.S.; Penguin, U.K.), German edition, *Auf Der Suche Nach Dem Verlorenen Gluck* (CH Beck, Germany).

90020903 $325

The Radiance of Life: How it is Perceived in Health and Illness

John Pierrakos & Siegmar Gerken

This seminar will focus on states-of-being that enhance life energy, examining their importance to well-being and to the evolution of the person. Participants will explore such questions as: What happens to life energy in crisis? In joy? In pleasure? In ecstasy? In connection with one's greater consciousness? What relationship does this energy have to one's functioning? To character structure? To the phenomenon of the aura? To the manifestation of the divine spirit?

This workshop will be experiential and didactic. Participants should bring comfortable clothes, including a swimsuit or leotard.

90020902 $325

Contemporary Challenges in Buddhist/Christian Perspective

Abbot Tenshin Reb Anderson, Richard Baker-roshi & Brother David Steindl-Rast

Alan Watts expected the relevant voices at the end of the 20th century to come out of (Zen) Buddhism and (Catholic) Christianity. Spokespersons of these two traditions will address themselves this weekend to some of the challenging issues of our time, such as the search for values, peacemaking, social responsibility, environmental stewardship, and the implications of planethood. In conversation with one another and the participants, they will also probe areas such as relationships, communication, integrity, and similar personal concerns which those present might want to bring up. There will be periods of meditation with Buddhist and Christian chanting.

90020901 $325

Interspecies Touch and Healing

Linda Tellington-Jones

This course will provide hands-on practice of the Tellington Touch, a method which has been used successfully for healing and

communicating with an intriguing variety of animals. Tellington Touch releases tension, fear, and pain and enhances cellular function and overall well-being. The benefits to the toucher are as great as to the touched.

Participants will learn how to use this method to treat shock, to release chronic and acute pain, and to alleviate allergies in both humans and animals. Eleven "touches" will be taught, with participants practicing on each other and working with live animals in the Gazebo.

90020904 $325

Week of February 11–16

The Sacred Actor: the Shaman Within

Elisa Lodge

Marvel at the ingenuity in which divinity hides itself in order to find itself.—Alan Watts

The wisdom we seek for personal healing and transformation arises largely from a sense of self-worth and trust. The "shaman within" is a sacred actor who embraces and recreates the roles and masks that have covered the beauty and truth of our essential nature. This player of players, having no set identity, is no longer "lost in the part," but is able to respond authentically; he or she is a wounded healer who can transform old wounds into resources for greater empathy and creative action.

This group will create a shamanic theater, journeying within to tap elemental sources of power and expression not always accessible to ordinary consciousness. Participants will use performance art, ritual, masks, sound, movement, meditation, and trance dancing to reclaim that which has been lost.

Recommended reading: Brian Bates, *The Way of the Actor as a Path of Knowledge and Power* (Shambhala).

90021104 $630

The Modern Warrior: LET in Action

George Leonard

A man or woman with outward courage dares to die;

A man or woman with inward courage dares to live.

—Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the full, and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might well be necessary for men and women to reown the warrior ideal.

Through the centering and movement exercises of LET (Leonard Energy Training) as well as through various new games, participants will be invited to get in touch with their own unacknowledged powers, and thus to discover the hidden warrior within. Guidance will be offered on how to apply the warrior ideal to daily life. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton).

90021101 $630

A Week with Laura DeNuccio (Ma Prita)

Laura DeNuccio writes: "This is an invitation to those individuals who are aware of an emerging consciousness that is making itself felt and heard personally and globally, and who are searching to fulfill both higher and deeper callings in their lives.

"The emphasis of this workshop will be on learning how to embody this new awareness, bridging one's personal growth and inner experience with outer involvement in the world. Inquiry will be made into the beliefs and assumptions that shape somatic reality, with special attention given to personal issues. The group will draw from breath, movement, sound, gestalt practice, imagery, and meditation to enliven, balance, and transform energy blocks and patterns in the body. For some individuals, unconscious thoughts and feelings that reside in the body tissue may come to life, which can then be consciously integrated into a new level of wholeness and well-being—physically, mentally, sexually, and spiritually.

"Through attunement with the Earth and each other, individuals can deepen their capacity to listen to the innate wisdom and intelligence of the body. This will be encouraged through music, dance, creative use of the Spoken Word, and ritual. Practices that cultivate sensitivity, compassion, honesty, and kindness toward oneself and others will be included. In this way, the group can co-create an environment of trust and acceptance in which to explore the ever-unfolding adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms."

Recommended reading: Stephen Levine, *A Gradual Awakening* (Anchor Press/Doubleday); Fields et al., *Chop Wood, Carry Water* (Tarcher); Louise Hay, *You Can Heal Your Life* (Hay House).

90021102 $630

Transitions

Elliot Waker Aronson & Gabriele Hilberg-Thomson

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition—whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants may develop ways of enhancing their understanding of themselves and increasing their overall effectiveness.

Recommended reading: Elliot Waker Aronson, *The Social Animal* (Freeman).

90021103 $630

Intermediate Craniosacral Workshop

Hugh Milne

This workshop provides a deeper and broader understanding of craniosacral work to those who have completed an introductory class. It offers several models for understanding how the head, spine, and pelvis act as an intimately reciprocal unit throughout life, and how subtle alterations of osseous rhythm or dural tension can produce remarkable effects on the function of the body/mind/spirit.

Participants will expand their range of technical cranial expertise and refine the arts of both deductive and intuitive diagnosis. The sacro-iliac, spheno-basilar, and tempero-mandibular joints will be examined in detail. The class will also include a review of the reciprocal tension membrane system and an analysis of known brain and chord function as related to craniosacral work.

The relationship between meditation, perception, and the still point will be explored as a foundation, with emphasis placed on the daily practice of demonstrated techniques so that a high standard of individual consciousness in this work can be attained.

C.E. credit is available for nurses; for more information see pages 39-40.

90021105 $630

Weekend of February 16–18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 19-21.

90021604 $325

Talking to Russians

Robert Bathurst & Brit Broch Bathurst

When Americans are too nice, Russians become suspicious; if a business contract is too elaborate, Russians assume deception. Peace between the superpowers is the problem and communication is the key, but it is very difficult to say what you mean cross-culturally.

This is a workshop for citizen diplomats and those concerned with constructive approaches to this cross-cultural problem. Participants will talk with Russians, practice bargaining and negotiating for peace, learn about hidden language and cultural differences. In doing so, they will become more aware of unconscious values and more effective, perhaps, in finding strategies for peace.

90021603 $325

Singing Gestalt

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about feeling and expressing.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. Video feedback may be incorporated. But the workshop is really about you—singing.

90021602 $325

A Weekend Workshop for Couples

Daniel Brown & Marushka Glissen

This workshop is for couples who want to improve their communication skills and increase their understanding of each other. Ways for resolving conflict and practical methods for becoming self-assertive and self-transcending in a partnership will be taught. Some of the work will address how the family-of-origin and past conditioning contribute to the bonding as well as the conflicts. Time will also be spent on how to find satisfaction, mutual support, relaxation, solitude, and play in day-to-day living as partners. Helping couples discover the wider purpose of being together through a sharing of values, love, and perhaps a spiritual vision will be emphasized.

90021605 $325

Experiencing Aikido

Annie Styron Leonard

To experience aikido is to feel both energized and relaxed, to be stronger and at the same time more gentle. To learn this sophisticated martial art takes many years, but some of its mysterious powers can be sampled over the course of this weekend.

Participants will practice enhancing the flow of vital energy through and around the body, relaxing under pressure, moving from the *hara*, or center, and extending inner force. They will be introduced to and have the chance to practice a few basic aikido moves and learn alternative, nonaggressive ways of dealing with attacks. This weekend is designed for those who simply wish to get in touch with and use their own latent powers as well as those who are planning to begin practicing a martial art.

Recommended reading: John Stevens, *Abundant Peace* (Shambhala).

90021601 $325

Week of February 18–23

Self-Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The degree to which we allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop, participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support, participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics.

90021803 $630

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.' These activities can also be described as *movements*. What we call a 'body' can be seen as movements that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we *are* rather than as something we *do*.

"Our time together will be to enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder of

meaningfulness as it shapes and colors the moment. For me, 'life' and movement are one."

90021801 $630

Wellness and Well-Being

Daniel Brown & Marushka Glissen

Current understanding of what contributes to physical wellness and psychological well-being will be the focus of this workshop. Participants will look at how illness develops, how it can be prevented, and how to work toward optimal physical health (wellness). They will also consider how psychological problems develop and how to promote optimal psychological health (well-being).

The following topics will be explored: stress (life change, daily hassles, environmental stress); thinking, attitude, and outlook on life; intimate relationships and social networks; personality; patterns of emotional expression; self and self-esteem; daily routines, healthy and unhealthy habits, and other lifestyle issues. The week will blend didactic presentations reviewing scientific research in behavioral medicine and psychoneuroimmunology with experiential sessions in role playing, guided imagery, visualizations, and meditation.

Recommended reading: Daniel Brown and Erika Fromm, *Hypnosis and Behavioral Medicine* (Erlbaum).

C.E. credit is available for nurses; for more information see pages 39-40.

90021804 $630

Advanced Enneagram Intensive

Helen Palmer

The enneagram is an ancient psychological typology that describes nine personality types and their interrelationships. Each type is defined by a chief mental and emotional preoccupation to which attention habitually returns. The types correlate well with the current categories of psychological practice, but can open us to the fact that the repeating preoccupations of heart and mind that we in the West tend to dismiss as merely neurotic can also be used as access points into states of awareness like empathy, omniscience, and love.

Beginning with a review of the nine types, this workshop will focus on advanced material that can best be understood through oral teaching methods. These include learning to recognize type by listening to the differences in people's stories, by learning to ask key questions, and by paying attention to one's own internal impressions when in the presence of the different types.

This program is for those who are already familiar with the nine personality types and who wish to broaden their understanding of the system. It is intended for anyone who is interested in: recognizing ways in which the nine types relate to each other in intimate partnership and in work-related settings; determining strategies for working with the types; developing competency with the patterns of attention that support each type; gaining an understanding of the higher human abilities that can develop from working with the issues of type. This intensive can also be applied toward requirements for the enneagram teacher training program.

Recommended reading: Helen Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper & Row).

90021802 $630

Weekend of February 23–25

Weekend Massage Intensive

Brita Ostrom & Laurie Lioness Parizek

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners.

C.E. credit is available for nurses; for more information see pages 39-40.

90022302 $325

A Weekend with Paul Rebillot

Combining gestalt, guided meditation, gentle movement, and play with the needs of the participants, this group will create their own weekend of self-discovery and expression.

90022304 $325

Zen Practice in a Work and Social Action Environment

Bernard Glassman-sensei & Helen Yuho Glassman

The dharma is abundantly inherent in each person. It is not manifested without practice; it is not attained without realization.—Dogen Zenji, Japanese Zen master (d. 1252)

Practice in the everyday life of giving and receiving will be the heart of this beginning meditation class. There will be talks on the five traditional approaches to Zen practice; on practice and enlightenment; on faith, doubt, and determination; on cause and effect. The leaders will talk about Zen as it is practiced in everyday work at the Greyston Bakery and in social action at the Greyston Family Inn, both of which are part of the Greyston Community Network created by the Zen Community of New York in Yonkers. Participants' questions and concerns will be an important part of the program.

90022303 $325

Generativity

Kathleen Riordan Speeth

Erik Erikson called the crucial issue of maturity "generativity versus stagnation." Generativity erupts at midlife, when certain people feel the wish to make beauty, not just money. The urge to immortality, to make a body of work, arises when a healthy individual begins to measure time remaining rather than time passed.

Given enough freedom from neurotic problems to function more or less effectively in love and work, what regularly emerges is a generative impulse—the urge to give of oneself. No longer desperately self-preoccupied, we wake up to ourselves and our world. Theory has it that there is energy left over that was previously bound up with inner conflicts. When the brittle false self no longer needs full-time vindication, and when the sense of being over the hill has its impact, the real self seeks expression. Mortal happiness begins to look around for something to create.

This workshop is designed, not for the Ruskins and Tolstoys, the Schweitzers and Dickinsons, whose lives were oriented early toward creative work, but to contemporary men and women who have awakened only in midlife to the desire to contribute. "Someday the sluice gates will open!" cried E.M. Forster in *Howard's End*. For each person who comes into psychological maturity without a lifetime of committed expressivity, the heartfelt reply is, "Yes, but how?"

But how? Life habits, patterns of relationship, and self-perceptions that developed without the generative urge often act as hindrances. We have something to express

but don't know exactly what it is nor, often, by what means to bring it forth. Using discussion, interaction, meditation, and experiential exercises, participants will grapple with the issues they confront when, dissatisfied with the level of meaning in their lives, they feel they must make a creative contribution.

90022301 $325

Week of February 25–March 2

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*.

90022503 $630

Dream Drawing

Rachael Dutton

Under the archetypes, below the threshold of myth, are simple, sensory fragments of experience common to both primal and personal memory: the rolling motion of a hip joint as weight is shifted from one leg to another, the coolness of shadow on skin, the heat of day radiating from earth underfoot at twilight. These are details out of which symbols in dreams are constructed. They give the images value, an emotional valence that enables the dreamer to touch and respond to the mystery beyond.

Workshop participants will draw images from their dreams, using rhythms of line, color, and shape as vital, enlivening details that communicate with the non-verbal roots of dreaming, working with images in such a way that the mystery is enhanced, not erased, by giving it form. *Dream Drawing* is open to experienced and occasional dreamers, experienced and occasional drawers. Bring one tablet *large-size* drawing paper, one tablet similar-size tracing paper, soft pencils, erasers, oil pastels, and dreams.

90022501 $630

The Art of Saying Goodbye

Paul Rebillot

The loss of a loved one, whether through death or separation, is a huge rent in the fabric of one's life. It is difficult to get on with other relationships until that rent is attended to. The pain of the loss needs to be released, and the difficulty of day-to-day existence after the loss needs to be acknowledged.

To learn something from suffering makes it worthwhile; to create something makes it bearable. Using open seat and emotional release, workshop participants will deal with their losses—not just in anguish, not only in pain—but artistically, musically, creatively. They will seek to give birth to new life, to create an artwork, a ritual both of letting go and of gathering within themselves the strength and the love which they have felt from those who have gone.

This workshop gives participants the opportunity to say goodbye, to experience the tears, the grief, and the potential for emotional renewal, and most importantly, to reconnect with the source of their own lives.

90022504 $630

February 25–March 4

Gestalt Practicum: A Seven-Day Intensive

Christine Stewart Price

This workshop is open only to people who have previously participated in a gestalt practice workshop and who would like to further explore this form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, body workers, and teachers, who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leader, structured exercises where participants work with each other, didactic presentation, and discussion. Persons without previous experience in gestalt are referred to the January 7-12 *Gestalt Practice* workshop.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); John Heider, *The Tao of Leadership* (Humanics); Ram Dass and Paul Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; for more information see pages 39-40.

90022502 $955

February 25–March 23

Massage Practitioner Certification Program

Brita Ostrom & Dean Marson

For workshop description see Special Programs, page 37.

90022505 $2760

Weekend of March 2–4

An Introduction to Classical Homeopathy

Ananda Zaren

The basic principles, theory, and practice of classical homeopathy will be introduced in this short course. Some common homeopathic remedy pictures useful in home and first aid situations will be delineated.

Ananda Zaren recently completed a research project in an allopathic hospital in Germany where she homeopathically treated 700 OB/GYN cases, with a 92% success rate. Traditional allopathic tests and examinations were documented before and after the remedies were given, and each homeopathic session was videotaped. A few of the most dramatic cases will be shown this weekend so participants can see homeopathy in action and the profound changes that occur as a result of accurate prescribing.

C.E. credit is available for nurses; for more information see pages 39-40.

90030203 $325

The Subtle Self in Motion

Judy Blackstone

This workshop offers subtle, concentrated work to help participants truly inhabit their bodies. Mind-breath-body exercises

will be used to awaken consciousness of the inner depths of the body, to attune to the emotional underpinnings of bodily tensions, and to release the bound energy of old pain.

The personal themes which emerge from this work will be explored verbally in a supportive group setting and in a free movement class for the expression of non-verbal experience. There will be daily meditation practice as well as sound and visualization exercises for penetrating to the core of the body-mind, to a level of unified awareness. Through this unbroken contact with the self, participants may discover the joy, health, and spontaneity of their essential nature. This workshop will not be physically taxing; the emphasis will be on introspective work.

90030201 $325

Week of March 4–9

Human Potential: Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to develop and educate the human potential, which refers to the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers and for discussion of the work.

90030402 $630

Five Days with Janet Zuckerman

This workshop continues Esalen's tradition of interpersonal and intrapersonal work on emotional process. It is based on these premises: that unfinished business is projected into current relationships, interfering with one's ability to be in the present, and that by emotional release one may cleanse the doors of perception. Tools for exploration will include the open seat, a tennis racket, pillows, and a sense of humor.

C.E. credit is available for nurses; for more information see pages 39-40.

90030401 $630

Weekend of March 9–11

A Special Weekend at Esalen

This weekend is open to all those who would like to spend time at Esalen, enjoying the grounds, the baths, and the community, without participating in a group. Massage and other work offered by individual practitioners will be available as usual.

90030901 $160

Week of March 11–16

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 19-21.

90031102 $630

Reflections of Self: A Reichian/Gestalt Workshop

Jessica Moore Britt

This will be an introduction to intensive intrapsychic inquiry using Reichian breath work and gestalt practice. Reichian breath work utilizes breath and sound to energize and deepen the process of self-awareness by softening the body's patterns of physical tension and emotional holding. Gestalt practice is an awareness approach focusing on physical sensation, image, thought, and emotion. By emphasizing a person's experience in the present moment, gestalt moves toward developing a more conscious sense of self. In a supportive group atmosphere, participants will have the opportunity to explore thoughts and feelings formed by past experiences. With this exploration, the possibility is opened to respond in the present.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); Nick Totton and Em Edmondson, *Reichian Growth Work* (Prism Press).

90031103 $630

March 11–23

Emotional Healing: From Co-Dependence to Aliveness

Karen Paine-Gernée & Terry Hunt

For workshop description see Special Programs, page 37.

90031101 $1550

Weekend of March 16–18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 19-21.

90031602 $325

Magnetic Fields and Human Behavior

Buryl Payne

This workshop will introduce methods for measuring the effects of artificial magnetic fields of low frequency and amplitude on the body. Using an instrument designed by the leader, participants will learn how to "read" the endocrine system. By applying magnetic fields, they will determine if a gland or organ is hypo- or hyperactive and, using the same instrument, correct any imbalances. They will also measure adverse and beneficial magnetic influences in their lives by means of a device which shows the presence of magnetic disturbances on one's personal energy field.

This work is the beginning of a new area of investigation on physical health, social behavior, and geophysical events.

C.E. credit is available for nurses; for more information see pages 39-40.

90031601 $325

Week of March 18–23

"It matters to me"

Joan Buresch

C.G. Jung spoke often about the importance of giving one's inner world a conscious form. This requires time and energy and seems imbedded in the common everyday phrase, "It matters to me." This will be a week for exploring this idea, to see what is meant by matter, what is meant by the immaterial, and how the two work together in the human ecology of the body/mind unity.

Gentle experiments in thinking, imagining, feeling, and action will help participants see how they might give fuller form to their inner world, and how they are

already doing just that. Story and image, relaxation, and movement will be used to build personal awareness.

90031801 $630

Weekend of March 23–25

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

For workshop description see January 12-14.

90032301 $325

Overcoming Overeating

Jane Hirschmann

Compulsive eating is an understandable response to a variety of internal and external difficulties. Most approaches to the problem suggest that people learn to control their desire to eat. This seminar presents a radical new way to understand and work with compulsive eating. It will explain the pitfalls of the diet/binge cycle and offer a solution to the problem, which requires acceptance of its tenacity, an understanding of its dynamics, and a reeducation in the process of eating in response to physiological hunger. Didactic material will be presented, with time for discussion of its personal and professional use. This seminar is suitable for both the lay public and professionals.

Recommended reading: Hirschmann and Munter, *Overcoming Overeating* (Fawcett).

C.E. credit is available for nurses; for more information see pages 39-40.

90032303 $325

Stories We Live By

Roger Schank & Colleen Seifert

Why do we tell stories about our lives? Why do we like to hear stories from others? To what extent do we understand the stories we hear, and therefore understand each other?

This seminar will explore the role stories serve for understanding, remembering, and communicating the important events of everyday life. Group members will tell and listen to stories on a wide variety of topics, ranging from childhood to achievement to love. They will analyze how telling their stories serves to improve understanding of self and others.

90032302 $325

Week of March 25–30

Exploring Trance and Developing Self-Hypnotic Potentials

Marc Lehrer

For workshop description see January 28-February 2.

90032502 $630

Follow Your Bliss: Joseph Campbell Week

Chungliang Al Huang & Guests

To continue the annual tradition of the *Myth-Body to Live By* seminars during Joseph Campbell's birthday week, Chungliang Al Huang will coordinate ongoing study sessions on the essence of Campbell derived from his eight years of collaboration with the late mythologist. Participants will reenact many of Campbell's teachings through rituals, myths, and stories. The workshop will also combine tai ji, music, and discussion to allow the individual to enter and reflect upon his or her own "hero's journey."

Recommended reading: Joseph Campbell, *The Hero with a Thousand Faces* (Bollingen), *The Mythic Image* (Bantam), and *Myths to Live By* (Bantam); Chungliang Al Huang, *Tai Ji: Beginner's Tai Ji Book* and *Embrace Tiger, Return to Mountain* (both, Celestial Arts).

Recommended viewing: Bill Moyer's "The Power of Myth" interviews with Campbell; tai ji videotapes from the Living Tao Foundation, (217) 337-6113.

90032501 $630

Sensing Our Way of Life

Judyth Weaver

In our busy lives we do so much—but *how* do we do it? Are we fully aware of our actions and the consequences of what we do? Are our actions as beneficial to ourselves as they could be? Could our lives be easier or more energetically economical? What are we doing to/with ourselves, and how does that affect us and others, our health, our longevity, our relationships, work, well-being?

This workshop encourages participants to "tune in" and become more aware of how they live on many levels. The work is experiential; through awareness of breath, self, and each other, and by focusing on everyday activities such as walking, sitting, and standing, participants develop a fuller sense of mindfulness. This direct study of one's experience provides a practice ground for change and may suggest how to go about it. Such awareness of personal needs, desires, and hopes can increase one's chances for becoming a fuller, more realized, and healthier human being.

C.E. credit is available for nurses; for more information see pages 39-40.

90032503 $630

Weekend of March 30–April 1

Advanced Massage Intensive

Robert Helm & Esalen Massage Practitioners

This program offers massage practitioners advanced body work methods for working with chronic tension, and skills for enhancing their creativity in their work. Anatomy and movement will be included.

C.E. credit is available for nurses; for more information see pages 39-40.

90033002 $325

The Tao of Management in Business and Daily Life

Chungliang Al Huang

Drawing from the perennial wisdom of the *Tao Te Ching*, Chuang Tzu, and the *I Ching*, along with the strategy and martial arts of Sun Tzu's *The Art of War* and Myamoto Musashi's *Book of Five Rings*, Chungliang Al Huang will guide participants in a search for balance in the many challenges of "danger and opportunity" in business and daily life. This weekend will combine discussion, tai ji movement meditation, and practical application.

90033001 $325

Exploring the World of Lucid Dreaming

Stephen LaBerge

People do not usually realize they have been dreaming until after they have awakened. However, a fascinating exception, called lucid dreaming, sometimes occurs in which dreamers become aware that they are dreaming while still in the dream. Lucid dreamers are fully aware that the world they are experiencing is a mental creation; as a result, they can deliberately influence the course of their dreams; they can do things that would be impossible in waking life.

For most individuals, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so, and workshop participants will be shown how to develop the skill of lucid dreaming. They will be exposed to a variety of uses of lucid dreaming, including self-exploration, creative problem-solving, healing, adventure, and perhaps most important, a way of self-integration leading to the transpersonal realms. They will also discuss the latest scientific research on the topic.

The scope of the workshop will extend beyond the dream state to discussions and experiential demonstrations of the nature of consciousness and how individuals construct their perceptual worlds. This workshop is intended for avid dreamers and people seriously interested in self-exploration and the development of consciousness.

Recommended reading: Stephen LaBerge, *Lucid Dreaming* (Ballantine).

90033003 $325

Week of April 1–6

The Hakomi Method

Ron Kurtz

Hakomi is a body-centered practice based on the principles of mindfulness, unity, organicity, non-violence, and body-mind holism. Hakomi incorporates non-doing as a major methodological principle and trusts in every individual's inner wisdom and power for self-healing. Using the body as a rich source of information about the unconscious mind, hakomi can assist people in turning inward to those special states of consciousness where change takes place, to explore core beliefs which determine the quality of experience.

Hakomi work embraces the body-mind unity, supports the client's resistance, and encourages respect for and awareness of inner processes. This can be used by counselors, health practitioners, educators, body workers, and anyone invested in personal growth. This workshop also serves as a prerequisite for the formal hakomi certification process.

90040101 $630

Five-Day Lomi Intensive

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

In the formative years of life, human beings learn to embody the beliefs and posture of their individual family system and the culture into which they are born. Many individuals unconsciously continue to shape their lives in reaction to these influences, often at the expense of their own creativity and vitality. This loss fosters suffering.

The aim of this workshop will be for participants to observe how they feel, think, and move themselves through life. By attending to bodily-felt experience, moment to moment, and by distinguishing between sensation and thinking, the path to reclaiming one's authentic self opens. Through this process of developing awareness, it is possible to make responsible choices in daily life and to live with integrity and gentleness.

This workshop provides an arena for developing mindful awareness and for unmasking habits that keep us from ourselves and hinder relationships. Lomi work includes meditation, movement, gestalt, aikido, and Reichian work.

90040102 $630

Myers-Briggs Type Indicator: A Tool for Personal and Organizational Transformation

Maggie Seeley & Mark Lipton

Differences in personal preference create excitement, attraction, and synergy. They can also be the source of great tension and misunderstanding between friends, lovers, colleagues, and family members. Understanding differences can transform these relationships.

Based on Carl Jung's observations of personality and behavior, the Myers-Briggs Type Indicator is a simple, accurate indicator of personal preference in the areas of:

- Focus of attention (extraversion/introversion)
- Information collection (sensing/intuition)
- Processing of data (thinking/feeling)
- Decision-making (judgment/perception)

Workshop participants will use the Myers-Briggs to become more aware of their own needs and preferences, thereby gaining a fuller appreciation of themselves. Their focus will then shift to relationships with others. The course will mix theory, practice, type-watching, and field work. By mid-week, participants will choose an area of concentration with the MBTI such as counseling, management, relationships, teaching, marketing, spiritual development.

90040103 $630

Weekend of April 6–8

Self-Expression through Music for Everyone

David Darling

This workshop will help soothe and heal the inner self by directing energy into sound-making, rhythmic grooving, chant-shouting, poem- and sculpture-designing, group productions, breath perception, meditation, smiling, clowning, chamber music inspiration, instrument-inventing, and humor.

Participants are asked to bring instruments that they want to learn to play or that they can play now. Percussion instruments will be provided. The voice will be, of course, the center of the entire process: where it is, how it is, what to do with it.

90040602 $325

Group Process

Will Schutz

This will be a practicum in group process, particularly useful for those working with people, including, but not limited to, executives working with staff. Participants will have the opportunity to observe, experience, and discuss group formation and development. Issues of inclusion, control, and openness will be dealt with in action and in theory. Group leadership will be modeled and discussed. Teaching methods include encounter and brief lectures. Truth-telling and simplicity will be emphasized.

Recommended reading: Will Schutz, *Elements of Encounter* (Irvington), *The Truth Option* (Ten Speed Press), and *Profound Simplicity* (Learning Concepts).

90040603 $325

Conscious Femininity: Mother, Virgin, Crone A Workshop for Men and Women

Marion Woodman

This seminar will differentiate three archetypes of femininity as they are evolving in the consciousness of women and men: 1) the conscious mother, interested in taking care of self, others, and the planet; 2) the virgin, the maturing woman

who evolves out of the ground of the mother; and 3) the crone, the detached, wise old woman.

A healing feminine awareness is struggling to emerge not only in the individual psyche, but in the collective as well. In dreams, a powerful feminine figure repeatedly demands the attention of the ego, attempting to guide consciousness toward new values that are releasing, frightening, and ruthlessly honest. Such values evoke somatic and psychic responses that are experienced personally as upheavals in traditional attitudes and collectively as a new cultural ethos. It is the new feminine consciousness that is able to rescue and heal the abandoned soul.

The weekend will consist of lectures, small group discussions, and gentle body work and dance.

Recommended reading: Marion Woodman, *The Owl Was a Baker's Daughter: Addiction to Perfection*; and *The Pregnant Virgin* (all: Inner City); Sylvia Perera, *Descent to the Goddess* (Inner City); Edward Whitmont, *Return of the Goddess* (Crossroad).

90040601 $325

Week of April 8–13

The Inner Life of the Professional Therapist

Carl Whitaker

Is a therapist only an actor? What does it take to maintain personhood? Is our grandiose career always destructive? Does technique prevent creativity? Is addiction to a caseload or to an institution equally inflating? Are war stories a way to learning our role at work? This workshop is for professional therapists.

90040805 $630

Exploring the Roots of One's Personal Culture

Robert Greenway

The roots of one's culture are intertwined with "ultimate being," remaining largely hidden except as they appear in dreams, reverie, intuition, spontaneous behavior, or in addictions, neuroses, etc. If we are to fundamentally change what appears to be a destructive culture, we must uncover personal cultural roots. This workshop will facilitate participants' explorations via work in diads and small groups, storytelling, myths, dreams, symbols, psychodrama, poetry.

90040804 $630

Dream Discovery

Joyce Frazee

Each night the Self disappears below the surface of the psyche, and what is remembered from the journey is a dream. In this workshop, participants will use their dreams for emotional and spiritual growth and to connect with alienated parts of the Self. They will have the opportunity to explore the multidimensional aspects of a single dream, noticing the most immediate, pressing, unfinished business of their lives, and uncover personal symbols.

Since many people forget dreams, exercises in dream recall will be offered. By keeping a dream journal, some people recognize that dreams come in series, presenting and exploring a continuing theme. Participants will draw dream mandalas to be used for insight and healing. Feelings will be explored using gestalt and bioenergetics. Methods of dream control and lucid dreaming will be discussed.

90040803 $630

Performance Art Workshop

Dianne Laurence

Participants in this workshop will create performance pieces which will be presented at the end of the week to an invited audience. They will focus on physical presence and command of space, voice control, emotional flexibility, ease of expression, sensitivity to the audience, and development of a creative relationship to the subconscious.

The class will be limited to 10 people, with each performance taking 10-15 minutes. Half will be presented during daylight hours, the other half in the evening. Participants are encouraged to bring 5 items with them to incorporate into their work.

Risk-taking and trust can stimulate self-discovery and expression. Performance can be exciting and magical as subconscious impulses make synchronistic connections with materials and environment. We find that we can begin with little else but ourselves and make something interesting and meaningful happen.

90040801 $630

A Week with David Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week, participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and bouyant way of living. In an atmosphere based on warmth and humor, they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery.

90040802 $630

Weekend of April 13–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 19-21.

90041305 $325

The Feeling Process

Janet Zuckerman

For workshop description see February 2-4.

90041302 $325

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

This workshop is open to anyone interested in learning to recognize, trust, and use their psi abilities. The leaders will use exercises designed to aid participants in recognizing their perceptive styles and trusting the intuitive input they normally receive. Anne Armstrong will use her tracking abilities, acquired from over twenty years in this field, to assist partici-

pants in arriving at useful, accurate data.

One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases.

90041304 $325

Developing Crazy Wisdom and the Comic Perspective

Wes "Scoop" Nisker & Paul Krassner

This workshop will explore the humorous side of the tragicomedy of life, emphasizing the development and expression of the crazy wisdom in each of us. Examining traditional uses of humor, from old Sufi tales, Zen Haiku, and coyote trickster stories, to audio and videotapes of the modern satirists and comedians including Charlie Chaplin, Lenny Bruce, Laurel and Hardy, and Woody Allen, the class will aim to help participants learn not necessarily how to *be* funny, but how to *see* funny.

The group will look at humor in the news, the lighter side of the search for enlightenment, and the crazy wisdom approach to life and death. Class work will include theater and writing exercises aimed at developing a sense of humor and finding skillful ways to use the comic perspective to ease the difficult moments in life.

90041301 $325

Sight/Insight: A Photographic Journey

Daniel Bianchetta & Cynthia Johnson Bianchetta

Like our dreams, photographic images can provide a rich resource for unearthing our true Self. With them, we may uncover and explore our personal culture and evolution. What we produce through visual imagery often reflects our innermost thoughts, how we view the world, how we manifest what we envision for our lives.

Through quiet meditative contact with our deeper Self, we are able to ask what these images may be revealing to us. And often as a result of this quiet contacting of insight, we begin the process of "listening through our eyes." Thus by "allowing the eyes to see" rather than "looking at," we invite observations and glimpses into the realm of true seeing, the power of insight.

In this workshop, movement, intuition, energy awareness, gestalt, and play will be the tools for exploring new awareness and experiences of our inner and outer imagery. It is open to anyone and is not about photographic technique. Some camera knowledge is helpful. Please bring a 35mm camera, black and white 35mm film, a journal, and your photographs. Some processing of film may be provided following a field exploration.

$325 (plus $10 materials fee paid directly to the leaders)

90041301

April 15–22

Painting Experience with Michell Cassou & Stewart Cubley

For workshop description see December 31-January 7.

$955 (plus $30 materials fee paid directly to the leaders)

90041502

The Feldenkrais® Method and Cortical Re-education

Harriet Goslins & Mark Bender

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain/muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his/her neck, shoulders, and back, to improve his/her posture and breathing, and to live and move with more flexibility and comfort.

This course is provider approved by the California Board of Dental Examiners, number 2586.

C.E. credit is available for nurses; for more information see pages 39-40.

90041501 $955

®The Feldenkrais Guild

The Enneagram and Intuition

Helen Palmer

Helen Palmer writes: "For the past several years I have been teaching people ways in which they can develop their intuition as a reliable source of information. It has become increasingly clear that many of us are intuitively sensitive to issues that, as children, we were attracted to or needed to defend ourselves against. For example, a loved child may develop the ability to merge with the wishes of others, and so become highly intuitive about the means of gaining their approval. Or, children who were systematically intimidated may become precognitively sensitized to anger or negativity in others. These psychic abilities, centered around the survival issues of childhood, become an integral part of the adult personality, but the grown up child is usually not conscious of operating from anything other than intellectual information.

"The enneagram is an ancient Sufi system that acts as a bridge between intellect and intuition. It has been taught for generations in the oral tradition, and in its present form is set in the language of psychology to identify nine personality types and their interrelationships. Each type has a unique way of looking at the world, and this viewpoint is reflected in a set of habitual thoughts and emotions. The viewpoint of a type can also be expressed through a particular intuitive style.

"In this workshop, participants will see and hear groups of the same type on video and on live panels within the class. By observing each of the nine types in action, they can identify their own type within the system, learn about the issues that preoccupy each of the nine, and discover the intuitive way in which each type senses information that supports its private concerns.

"The enneagram workshop may be especially useful to those who are working to understand their own psychological issues, or who find themselves in a situation that demands reliable access to intuition."

Helen Palmer also leads an advanced enneagram workshop. Please see February 18-23 and June 24-29 for more information.

Recommended reading: Helen Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper & Row).

Recommended viewing: *Nine Portraits*, a videotape presentation of the nine personality types. Write to: 1442A Walnut St., Berkeley, CA 94709.

90041504 $955

April 15–27

A Workshop with Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, page 37.

90041503 $1550

Week of April 22–27

Gestalt Practice

Joyce Lyke

For workshop description see January 7-12.

90042203 $630

Play, Spontaneity, and Performance Art

Nina Wise

This is a workshop for participants to enliven their relationship to play; to rekindle spontaneity in relationships; to recognize the sacred in the mundane; to make rituals, songs, and dances out of everyday experiences; to find humor in matters of the heart; to understand that improvisation is a way of life.

Sessions will include sitting meditation, chanting, a thorough physical warm-up, opening the voice, and exercises designed to integrate sound and movement. Participants will also have opportunities for developing technical performance skills, but the focus of the week will be improvisational expression of impulses, feelings, and ideas as they arise moment-to-moment.

This workshop is open to students of all levels, beginner as well as professional.

90042201 $630

Hypnosis, Trance, and Body Work

David Robinette & Lila Daniels Klapman

The body reflects the unconscious mind in subtle and dynamic ways, from the communication revealed in body language to the meaningful expression of symptoms. In this course, participants will employ the principles of hypnosis to bridge verbal communication with body work. They will explore trance induction, Ericksonian hypnosis, the creative use of suggestion, metaphor, and story. Simple body work will be used for opening and working with energy centers, physical symptoms, and bodily processes.

The focus will be to access and release unconscious patterns that shape thoughts and feelings. The work will be done in an atmosphere of gentle caring and humor, incorporating music, dance, and games. Participants of all levels are welcome.

Recommended reading: Arnold Mindell, *Working with the Dreaming Body* (Routledge); Stephan Gilligan, *Therapeutic Trances* (Brunner Mazel).

C.E. credit is available for nurses; for more information see pages 39-40.

90042202 $630

Weekend of April 27–29

Weekend Massage Intensive

Laurie Lioness Parizek & David Streeter

For workshop description see February 23-25.

90042702 $325

Self-Acceptance: The Freedom to Be

David Schiffman

For workshop description see February 18-23.

90042703 $325

Self-Healing: Myth and the Body

Sam Keen

The myths and value systems we unconsciously adopt from our families and from the economic, political, and religious cultures into which we are born shape both our minds and our bodies. Our scripts, stories, life-styles predispose us to treat our bodies in certain ways and therefore to contract certain diseases. An urban, competitive way of life, for instance, leads predictably to a high incidence of heart attacks, cancer, respiratory infections, and diabetes. By discovering somatic aspects of our myths, the way they shape our bodies, form our character armor, dis-ease us, we can begin to recover the power to heal ourselves. Topics posed to participants include:

- *Personal history*. What disease scripts did you get from your family? What did you learn about the body, about sensuality and sexuality from your parents?
- *Social and political myths*. What religious, economic, and cultural myths are informing your life- and death-styles? What price do you pay in health and happiness for living by the myth of competition, success, progress?
- *Somatic cryptology*. How do you decipher the messages of your pain and disease?
- *The art and methods of self-healing*. How do you use memory, visualization, dreams, meditation, touch, to change your disease scripts and enter into a more healing relationship with yourself?
- *Healing and the body-politic*. How much disease is a cry of loneliness and despair? What are the unheard voices that speak to us out of violence? How do we recover the communion that is necessary to health?

90042701 $325

April 27–May 5

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Andrea Juhan

For workshop description see Wilderness Programs, page 40.

90042704 $650

Week of April 29–May 4

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see April 13-15.

90042903 $630

Courage, Risk, and Self-Acceptance

Phyllis Shankman

Although it is understood that growth and change require courage and the willingness to risk, many of us find ourselves unable or unwilling to make a move until we feel certain of the outcome. And while we hesitate, we often miss out on enjoyable or important opportunities. Courage requires a blend of self-acceptance, heart, boldness of spirit, a sense of humor, and the willingness to trust oneself and the goodwill of others.

This workshop offers participants a supportive environment in which to experience themselves as courageous and able to successfully take risks. Group activities will include gestalt, discussion, massage, meditation, art imagery exercises, dance, and play.

90042902 $630

Golf in the Kingdom . . . an exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

We'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.—Michael Murphy, (Shivas Irons) *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It may be experienced not simply as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

In these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two of the days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Michael Murphy, *Golf in the Kingdom* (Dell); Timothy Gallwey, *The Inner Game of Golf* (Random House).

$630 (plus green fees paid directly to the leaders)

90042904

Non-Ericksonian Advanced Hypnosis for Professionals

Randall Churchill

Ericksonian hypnosis and neurolinguistic programming have been highly influential in many hypnosis circles for nearly two decades. But there are various advanced contemporary forms of hypnosis besides those developed by Erickson. This program is for experienced Ericksonian and non-Ericksonian practitioners who want to expand and develop their options; each day will include lectures, demonstrations, and practice in advanced modalities.

Tapping into strong emotions during hypnosis often creates splendid opportunities for movement. Participants will explore which situations are best to encourage abreaction and, when appropriate, how to transcend resistance to it. They will work with comprehensive strategies, including the integration of the affect bridge, gestalt, transactional analysis, body work, inner child processes, hypno-analysis, reeducation, inner support systems, and transpersonal hypnosis. Other topics include ideomotor methods and advanced systematic desensitization for overcoming phobias. Practice of rapid induction and deepening methods, including skillful use of authoritarian styles, will give participants a greater range in assisting clients enter and respond to hypnosis.

So as not to miss the forest for the trees . . . cultivating compassion, rapport, and mental expectancy are more important than any methodology and will underlie the work of this week.

Recommended reading: Cheek and LeCron, *Clinical Hypnotherapy* (Harcourt Brace); Barnett, *Analytical Hypnotherapy* (Junica); Boyne, *Transforming Therapy* (Westwood).

C.E. credit is available for nurses and certified hypnotherapists; for more information see pages 39-40.

90042901 $630

Family Regeneration: Moving Beyond the Family Trance

Jane Parsons-Fein

Anything you do in a conscious state, you can do better in a trance state.—Milton Erickson

Authentic change can only take place on unconscious levels.—Virginia Satir

Most people invariably recreate in their work and relationships the emotional environment they experienced as children. They operate out of the parental inductions they received and the assumptions they made consciously, which have since become unconscious.

Through discussion, games, movement, self-observation, psychodrama, and communication stances, participants will identify common areas of communication breakdown (between parents, children, couples, friends). They will have the opportunity to reconnect with more natural, fulfilling, and loving ways of being together and generate new levels of change.

90042905 $630

Weekend of May 4–6

A Workshop for Couples with David Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

90050402 $325 per participant

Creative Writing Brainstorming

Herbert Gold

From feeling to expression to communication, this workshop will carry participants into the possibilities of making literature. Exploring an experience different for everyone, yet shared by all, they will probe for the riches within.

Participants should bring typewriter, word processor, pen, soft pencil, or clay tablets and stylus to the meetings. A situation will be called forth—love, death, ambition, pride, fear, hatred, jealousy—and after preparation in the discussion, participants will write. Then they will read and rewrite each other's work. They may expect to go from truth to lying: from recollection to art.

What may develop is a sense of style and control as a part of the mastery of experience. Participants will practice the freedom of imagination by giving shape to it.

90050404 $325

New Competences for an Age of Uncertainty

Donald Michael

Because we live with unprecedented levels of complexity and uncertainty, an abiding crucial challenge for each of us is learning how to be better learners. The old answers and questions are increasingly ineffective. Yet, conventional definitions of competence encourage each of us, and organizations, too, to avoid learning by denying or disguising uncertainty so that we appear to know what we are doing. The result is ever more stress, anxiety, and inadequate personal and organizational performance.

This seminar will introduce a set of interlocking skills or "new competences" necessary for making humane and effective decisions when uncertainty can provide the occasion for learning—in work places and in interpersonal and family situations. These skills include: acknowledging and specifying high levels of uncertainty, error embracing, being future-responsive, boundary spanning, interpersonal communication, and self-knowledge.

The approach will be both cognitive and experiential. Participants will have the opportunity to become more comfortable with the vulnerability that accompanies facing their uncertainties; to question the need to act over-cautiously out of fear of making a mistake; and to reexamine the incentives for those defensive posturings that make it so hard to act responsibly and compassionately. As a previous participant said, "This seminar is for those who are ready to move beyond the personal and want to effect change in public and private organizations."

90050403 $325

Dance as an Ally in Healing Cancer

Anna Halprin & Rana Vassau

Since illness reflects the breaking down of the immune system, it makes sense to go to our deepest source, the body itself, to rebuild, renew, and rebirth to our natural state. This workshop emphasizes what participants can learn from paying attention to how they move, feel, and image.

Dance has been used as a healing art since the beginning of time, and Anna Halprin has bridged healing rituals of the past with those of today. As a result of having had cancer herself, she has pioneered an approach to dance called psycho-kinetic-visualization, which utilizes the feedback process between instinctive movement and deeply-buried feelings. Participants visualize their natural killer cells as vigorous and alert allies in the immune system, destroying the diseased cell. They then embody these visualizations and dramatize them through movement in their own creative dance-rituals. Guided movement meditations for relaxation and to enliven the life force are also used.

This workshop is designed for people with cancer, support persons, and health care professionals and is suitable for people of varying levels of physical capacity. There will be a slide show and videotape of case studies to illustrate ways this approach has been applied. For more information contact Tamalpa Institute, P.O. Box 794, Kentfield, CA 94914; (415) 461-9479.

C.E. credit is available for nurses; for more information see pages 39-40.

90050401 $325

Humanizing Health Care

Jane Parsons-Fein

This workshop is for health care professionals who want to refine their use of language and nonverbal cues to facilitate the healing process, be it in an emergency room or a chronic care facility. The work will be based on Milton Erickson's pioneering methods in medical hypnotherapy, which have been shown to have profound effects on human physiology, and which are only beginning to be tracked by the field of molecular biology.

Recommended reading: Ernest Rossi and David Cheek, *Mind Body Therapy* (Norton).

90050405 $325

Week of May 6–11

The Modern Warrior: LET in Action

George Leonard & Annie Styron Leonard

For workshop description see February 11-16.

90050601 $630

Self-Acceptance: The Freedom to Be

David Schiffman

For workshop description see February 18-23.

90050602 $630

Psychology of Spiritual Essence: Introduction to Ridhwan Work

Hameed Ali & Ridhwan Work School Faculty

Ridhwan, translated from Arabic, means contentment. The Ridhwan Work School is dedicated to the development of the human essence. It uses primarily the Diamond Approach, a modern, psychological method used as a spiritual practice, to guide students to a precise understanding of their personal experience. By understanding one's discontent, longing, emptiness, and life situations, it becomes possible to realize the innate aspects of love, awareness, will, and joy. Such precision offers psychological clarity and ultimately leads to spiritual presence.

This workshop will use conceptual presentations, interpersonal exercises, meditation, and personal emotional work to activate the essential aspects of presence and resolve the psychological barriers against them. It is for individuals who have done a lot of emotional and growth work, and speaks to the longing of the heart for what will truly fulfill it. In such a short time, participants may only get a taste of this essence, but they can go a long way in terms of awakening their sleeping potential. Private sessions will be available for an additional fee.

Recommended reading: A.H. Almaas, *Essence* (Weiser), *The Diamond Heart*, vols. I & II (Diamond Books), and *The Pearl Beyond Price* (Diamond Books).

90050603 $630

Negotiating Career and Family: A Delicate Balance

Ayala Pines

Those people who are deeply involved in a highly demanding career face the danger of career burnout. Those who are deeply involved in a highly demanding relationship face the danger of relationship burnout. Negotiating between the two does not have to be more stressful than dealing with just one.

The goal of this workshop is to help individuals and couples better negotiate the demands of their lives so that, instead of being the cause of burnout, they contribute to personal and couple growth. Achieving balance between work and relationships not only leads to a richer and more satisfying life, it can also offer protection from over-involvement (and with it the danger of burnout) in either one of them.

This workshop is recommended for dual-career couples, for individuals juggling a career and a family, and for therapists working with such individuals and couples.

90050604 $630

Weekend of May 11–13

The Archaic Revival: Inner Visions, Future Vectors

Terence McKenna

This age of archaic revival is a time of responsibility and opportunity, a rare confluence of traditional forms such as shamanism and vision-questing with a planetary and post-historical mega-future. Can archaic values give meaning to the now apparently inevitable dissolution of our ages-long link to this green and watery world? How can we facilitate our departure from the cave of forgetting and our immersion into the real politic of membership in the galactic collectivity of mind? We will discuss who we are, where we came from, and where we are headed as a species. This seminar will explore a universe that is stranger than we *can* suppose.

90051103 $325

May 11–18

Rainbow Bridge: A Ritual Theater Lab

Gabrielle Roth & Brian Bates

This 7-day workshop synthesizes Gabrielle Roth's *Ritual Theater* with Brian Bates' *Way of the Actor*. Through the use of sound, movement, and theater, participants will explore shamanic visions of the future as inspired by timeless insights from the past.

Rainbow Bridge offers a path of self-exploration through self-expression. It is a supportive and challenging transformational tool designed to inspire individuality and artistic creativity.

Recommended reading: Gabrielle Roth, *Maps to Ecstasy: Teachings of an Urban Shaman* (New World Library); Brian Bates, *The Way of the Actor* (Shambhala).

90051101 $955

Week of May 13–18

Five-Day Massage Intensive

Robert Helm
& Esalen Massage Practitioners

For workshop description see January 14-19.

90051302 $630

The Hero's Journey

Paul Rebillot

Paul Rebillot writes: "Again and again in my work with people I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another—whether it be a child's discovery that there is no Santa Claus, an adolescent's awkward approach to puberty, an adult's marriage or ending of one, or a change of career. Every such change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That pattern is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"My purpose is to give people a chance to experience a rite of passage so that they can go into the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight."

Recommended reading: Joseph Campbell, *The Hero with a Thousand Faces* (Bollingen) and *Myths to Live By* (Bantam).

90051301 $630

Clinical Ground and Spiritual Depth

Stephen Schoen

The major symptoms of psychic pain—anxiety, depression, confusion, self-doubt—have a spiritual dimension. They speak of a smaller gestalt that we feel trapped in and must break out of, with a sense of danger akin to the fear of death, but still as the one way of life. This seminar will explore ideas of Lao Tzu, Buber, Bateson, and Krishnamurti and consider how they address the coming into a larger gestalt, a sacred world. For the theory and practice of psychotherapy, these writers make specific contributions to attitude and method. The seminar will be presented in lecture, experiential work, and discussion.

90051303 $630

Weekend of May 18–20

A Weekend with Paul Rebillot

Paul Rebillot writes: "Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough. This demon, who commands us to be who we aren't in order to satisfy someone we can never

satisfy, is the demon that we will seek to exorcise during this workshop.

"Why not take the chance of looking inside ourselves and finding the completeness of who we are, instead of limiting ourselves with who we think we should be and who we hope we are not? When we find the truth about ourselves, our natural response is to want and to work for the best that we can be.

"People in the helping professions who have experienced this form have found it adaptable and useful in their own work."

90051801 $325

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration.

90051803 $325

Living an Authentic Life: Implications of Truthtelling

Jeffrey Masson & Daidie Donnelley

Jeffrey Masson's book *The Assault on Truth* has been described as a Watergate of the psyche. Accused of telling too much about the Freud Archives, of which he was a director, and of blowing the whistle on psychotherapy in his new book, *Against Therapy*, his activities brought him into conflict with the psychiatric establishment. His autobiography, *The Making and Unmaking of a Psychoanalyst*, will be published this Fall. Daidie Donnelley, a psychologist, is a partner in Berkeley's *Chez Panisse* restaurant and co-founder of the Daily Bread Project. Her interest in integrating personal and social truth has been a thread that has united her work in psychology, photography, film, and community organizing. They write:

"We live in an age where it has become increasingly risky to tell the truth, whether in a business deal, in politics, in the media, or in personal relationships. But it is also clear that unless we make a determined effort to seek out true information and true facts and present them truly, our personal lives, our emotional selves, and our entire planet may be doomed.

"This workshop will look at this issue in a wide variety of situations (politics, the media, writing, psychiatry), but will focus on truth in one's own autobiography. Is it possible to de-mythologize one's own life? Have you ever been in a situation where you agonized over whether to tell the truth? We will discuss these issues and attempt to reach conclusions that can help each of us have a more authentic relationship with other people, with the environment, and with other creatures. The goal is to get away from gurus, psychiatrists, professors, and bad lovers and move toward friends, oceans, and good food."

Recommended reading: J. Masson, *The Assault on Truth* (Penguin); J. Robbins, *Diet for a New America* (Stillpoint); Primo Levi, *The Drowned and the Saved* (Vintage); any of Alice Miller's books.

90051804 $325

The Rainbow Serpent: The Eco-Spiritual System of the African Diaspora

Luisah Teish & Wade Davis

This workshop will explain the relationship between ecology and spirituality in the traditions of the African diaspora. Areas covered will include West Africa, Brazil, Cuba, and Haiti. Participants will learn about folklore regarding the forces of nature, the spiritual-medicinal power of herbs, and ritual dances of African-derived traditions. They will design personal rituals to enhance their own relationship to nature and the world of spirit.

90051801 $325

Week of May 20–25

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 19-21.

90052004 $630

The Buddha, the Goddess, and N.L.P.

Eli Jaxon-Bear & Antoinette Varner

The Buddha is a model for compassionate emptiness. The Goddess is a model for passionate involvement in form. Neuro-linguistic programming (N.L.P.) is a structure for understanding, modeling, and changing human behavior and consciousness. It can be used for leaving behind old baggage and focusing or polishing the filters of perception. Set in the context of Buddhist psychology and practice, N.L.P. offers the choice to utilize gracefully the core issues of life as ally and teacher.

This workshop combines the power of hypnosis and N.L.P. within the context of a spiritual journey. Participants will use Zen meditation, Taoist yoga, movement, and trance work to invoke the perfected states of the Buddha and the Goddess already within.

Recommended reading: Chogyam Trungpa, *Shambhala* (Shambhala); W. Evans-Wentz, *Tibetan Book of the Great Liberation* (Oxford); Bandler and Grinder, *Frogs into Princes* (Real People Press); M. Zimmer Bradley, *The Mists of Avalon* (Knopf); Starhawk, *Dreaming the Dark* (Beacon).

90052002 $630

Presence: A Fluidity of Being

Elisa Lodge

Elisa Lodge writes: "Presence is a power that arises from a deep sense of self-worth and trust. It reflects a broadened vision and whole-hearted acceptance of the varied facets of being. It is a state of dynamic balance where there is no unnecessary strain of self-defeating awkwardness. One is at home in oneself and at ease with the world.

"During this week, participants can gain a deepened appreciation of the elements in themselves that contribute to this timeless state of fluidity and ease. They will have

an opportunity to experiment and explore how their bodies' shapes and forms, emotional histories, and self-images are intimately intertwined. This growing awareness is the basic grounding from which the creative experience of presence can be known. Movement patterns, the ways we walk and breathe, also reveal how we inhibit or allow our personal power. As we become more comfortable with ourselves, we transform not only the way we might carry our head or make contact with another, but our whole way of being in the world.

"This work is based on an approach woven from gestalt, psychosynthesis, Rolf movement, and performance art. Video feedback will be used."

90052001 $630

Sculpture: Inner and Outer Visions

Rachael Dutton

The seat of the soul is where the inner and outer worlds meet.—Novalis

Rachael Dutton writes: "My work is based on interactions of images from my dreams with the animism of materials such as branches, earth, and grasses. These materials function as collaborators, mediating between inner and outer worlds.

"Workshop participants will work individually with images gleaned from dreams, memory, or moments of presence, using low-tech methods of construction and the natural resources of the farm area at Esalen. Additive sculpture methods, such as bundling, tying, stacking, can be just as personal as imagery; ways of linking physical components mirror associative processes in the mind. Participants will explore a multi-dimensional awareness of self as process and self as internal landscape coming to meet external landscape, using natural materials and the raw beauty of the Big Sur coastline to embody their personal visions.

"The workshop is open to artists at all levels of experience. Bring sketchbook, scissors, string, rags, and a plastic bucket."

Recommended reading: Robert Bly, editor, *News of the Universe* (Sierra); Rainer Maria Rilke, *Letters to a Young Poet* (Norton).

90052003 $630

Weekend of May 25–27

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see December 31-January 5.

90052502 $325

Somatics: Internal Mastery of Muscles and Emotions

Thomas Hanna

The founder of the journal *Somatics* will teach basic principles of somatic learning, central to which is controlling neuromuscular responses to emotional states. Uncontrolled emotional responses lead, eventually, to distortions of lower back, shoulders, and neck with, typically, chronic stiffness and soreness in these areas. Learning control of one's emotional response can lead to inner calmness as well as ease in muscular tone and body posture.

Recommended reading: Thomas Hanna, *Somatics* (Addison-Wesley), *The Body of Life* (Knopf), and *Bodies in Revolt* (Freeperson Press).

90052501 $325

The Psychotherapist as Shaman: Methods for Madness

Joan Halifax

In many indigenous cultures across the world, the shaman has functioned as healer and therapist in the physical, psychological, intellectual, transpersonal, social, and environmental domains. During this weekend, anthropologist Joan Halifax will look into the traditions of shamanism for those practices and methods possibly relevant for use in contemporary psychotherapy. Included will be the function of art in personal, social, and environmental healing; the role of ritual in individual and community process; the use of entheogens in psychophysical transformation; and the relationship of the natural environment (as reality and metaphor) to the healing process. This program includes experiential practices, teachings, and discussion.

C.E. credit is available for nurses; for more information see pages 39-40.

90052504 $325

Finding Inspired Work in Mid-Life

Peller Marion

At 93, as he was accepting the American Comedy Award, George Burns said, "The first half of my life has been good, and I look forward to the second half being even better." While most people don't live to be 93, some, like George Burns, remain charismatic and magnetic. Others are drawn to them largely because their lives seem effortless, playful, and meaningful.

How we define ourselves and what success means is important to what kind of individuals we grow into as we age into the second half of our lives. Participants in this workshop, drawing from a conceptual base of adult development theory and models of aging, will explore these issues. Through structured exercises and open exploration of topics such as, What's my dissatisfaction? Who am I? What's my definition of success? the leader will coach participants to create a vision for the second half of their lives based on internal values that are meaningful and significant.

What this workshop offers is a playful and rich way to reevaluate one's work and relationships to gain a clarity, focus, and direction of one's life contributions. It is recommended for professionals in diverse areas who want to revitalize and renew their vision.

90052503 $325

Week of May 27–June 1

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 18-20.

90052703 $630

Opening the Feelings

Dale Cummings & Gena Mayer Sorensen

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge.

90052702 $630

Completion

Will Schutz

Incomplete actions, be they personal or social, result in many of humankind's troubles: emotional—replaying early stuck relations; physical—chronic tension from unfinished actions; health—blood poisoning from uneliminated waste products; aging—caused by incomplete events; ecology—waste disposal problems, especially nuclear; spiritual—karma, unfinished business; education—Montessori's insistence on putting toys away; sports—the concept of the killer instinct.

What are the resistances to completion? What must happen to a self-concept to propel it toward completing cycles? These and other questions will be explored via the following concepts: theory of energy cycles, life history completion, health through imagery.

90052704 $630

Movement, Touch, and the Healing Process

Patrick Douce

This workshop will approach the concept of a free, effortless body through Moshe Feldenkrais' work in movement and touch. Balinese and other Indonesian systems of working with the human body's energy field will broaden the Feldenkrais work.

Participants will be introduced to the complexity and simplicity of the spinal column. They will use soft, conscious movement to increase their sensitivity for safe, hands-on explorations. Moving away from the notion of a straight, stiff, rod-like back, they will find that posture and overall flexibility of the spine improves.

This program is designed for both beginners and professionals interested in movement and touch. Individuals with chronic tension or stress, and those with lower back, neck, shoulder, or hip pain, may find alternatives through learning more about the human body's possibilities.

90052701 $630

May 27–June 22

Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, page 38.

$2760 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

90052705

Weekend of June 1–3

Gestalt Practice

Joyce Lyke

For workshop description see January 7-12.

90060102 $325

Introduction to Vipassana Meditation

James Baraz

For workshop description see January 12-14.

90060103 $325

The Further Reaches of Human Energy

George Leonard & Annie Styron Leonard

This workshop begins with a basic grounding in Leonard Energy Training (LET), in which problems can become opportunities, stress and pain can be transformed into gifts of energy, personal and social options can be multiplied, and the flow of vital energy enhanced. In addition to its practical applications, the workshop offers participants the possibility of experiencing their own latent powers of intuition and extraordinary sensing.

After their introduction to LET, participants move into experiments that push the limits of what are termed "normal" human capacities. Through such processes as scanning, tuning in to others' energy, focused surrender, and remote viewing, the group is given a chance to experience a crystalline state of intense aliveness without expectation and prejudgment. As George Leonard wrote in *The Ultimate Athlete*, "Simply by considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet: sensing the energy field of a friend or a tree, making connections that defy conventional space and time. . . . We realize, with the sorcerer, don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), *The Ultimate Athlete* (Viking), and *The Transformation* (Tarcher/Houghton Mifflin).

90060101 $325

Week of June 3–8

The Body is Spirit

Robert Hall

There is no difference between the bioenergetic streaming of daily body life and the divine spirit current or life force. We experience both as an on-going felt body sense. The human ego operates under the false assumption that it is somehow separate from that sense. So we spend our lives in constant negotiation and seeking: the so-called human condition. From this position, alienation is inevitable.

This workshop is designed to explore the possibility that we *are* that felt body sense, that spirit current, and we are constantly, by nature, in relationship to everyone and everything that exists. Hopefully, we'll laugh a lot, too. There will be time for gestalt, individual body work, meditation, and getting to know each other well in a short time.

90060303 $630

Yoga: A Week of Learning and Rejuvenation

Ganga White & Tracey Rich

Presenting East/West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and which combines grace and flow with postures, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the art of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jnana (the yoga of wisdom and perception), participants will begin observing the thought processes and patterns that dictate their lives. They will look at

the areas of love, responsibility, relationship, freedom, and death.

Participants of all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at: White Lotus, 2500 San Marcos Pass, Santa Barbara, CA 93105; (805) 964-1944.

90060301 $630

Rituals for Healing

Jeanne Achterberg & Frank Laulis

Rituals give meaning, richness, and structure to life's passages. They are for communication and celebration, for solemnity and deep inner silence. They are a visible manifestation of common human experience. Most of all, rituals are ceremonies of healing.

During this workshop, participants will explore components of healing ritual and discuss why rituals work. Sounds and symbols of rituals from several cultures will be experienced. The group will create and participate in healing rites which incorporate ancient wisdom with the belief systems from modern medicine, science, and psychology. The focus of the ritual work will be the healing power of the imagination.

This program may be of interest to health professionals and others who are on a healing path—seeking harmony, balance, and wholeness.

C.E. credit is available for nurses; for more information see pages 39-40.

90060302 $630

June 3–15

12-Day Advanced Massage Intensive

George King & Peggy Morrison Horan

For workshop description see Special Programs, page 38.

90060304 $1550

Weekend of June 8–10

Summer Tune-up

Deborah Anne Medow

Summer is rapidly approaching; it's time to get up and tune up the body, mind, and spirit! This weekend will combine sessions which include elements of dance, yoga, massage, aerobic movement, and theater games for shaping up the outside, with quiet, meditative time for turning inside.

90060802 $325

Poetry as Food for a Full Life

Brother David Steindl-Rast

Poems are high-energy food for our inner and outer journeys through life. Some people have been nourished by this fare for a long time: for them, this workshop will be a time to delight in a festive meal. Others may have been estranged from poetry ever since their high school days: they are likely to be as surprised during this weekend as if they had discovered in their own house a room they had never entered.

Why does school spoil for many young people the taste for poetry? Why does Sunday School turn so many away from religion? These two phenomena are closely connected, but it is never too late to rediscover our heart's passion for meaning.

90060801 $325

Week of June 10–15

The Art of Receiving

Elliot Waker Aronson & Gabriele Hilberg-Thomson

This culture makes it difficult to receive gracefully. Many of us learn early in life to equate receiving with weakness, helplessness, and dependency. One source of difficulty originates from a deep-seated belief that we do not deserve the love, attention, praise, or affection that is offered. Another stems from a fear of being obligated by the other person's expectations. Our willingness to receive brings greater honesty to our desire to give to others. The openness to receiving allows us to fully experience our relationship with another person, opens our hearts to the love and compassion of others and, in times of crisis, enables us to reach out for help.

Participants in this workshop will examine the beliefs and expectations that created their internal blockages and will learn new ways of receiving wisely, gracefully, and with dignity.

90061003 $630

Contemplation and Film

Francis Lu & Brother David Steindl-Rast

Film provides many of us with moments of genuine aesthetic enjoyment. Do we realize how close we are at those moments to contemplation in the traditional sense? In this workshop, Francis Lu and Brother David will help build bridges between realms of meditation and movie-making.

Participants will view a series of remarkable films and discuss key issues of film appreciation and of spirituality. A film festival of this kind needs no further justification; beyond it, however, the leaders hope to open for participants access to a deeper sense of the transpersonal in everyday life.

Recommended reading: Paul Schrader, *Transcendental Style in Film: Ozu, Bresson, Dreyer* (Da Capo); Jacques Maquet, *The Aesthetic Experience* (Yale).

90061001 $630

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in the mood of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for: people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based in trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to

foster this spirit of living fully and comfortably.

90061002 $630

Weekend of June 15–17

Healing, Meditation, and Dzogchen

Sogyal Rinpoche

In the stillness and presence of meditation we discover a pure awareness, beyond the ordinary thinking mind, and catch a glimpse of our true nature, something long lost to the busyness and turmoil of our lives. The core of meditation practice is the releasing of heart and mind in deep ease and relaxation, dissolving tensions, and connecting with that tremendous source of healing within. Health is a state where all aspects of body and mind are in balance. Through meditation practice, the mind's natural freedom begins to shine through whatever arises in everyday life, bringing us confidence and skillfulness in our action.

At the heart of the Buddha's teachings lie the ancient meditation practices of Dzogchen, taught by Sogyal Rinpoche, a master who is heir to the 2,500 years of wisdom of Buddha. This weekend he will talk about Dzogchen and the Buddhist perspective. Some meditation practice will be included.

90061503 $325

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods to improve their ability to sense each other's bodies through touch and massage.

CAROL-ANNE PIEPPONT

Climbing is an everyday activity at Gazebo.

Although this workshop will be of value to anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility—painlessly and immediately.

C.E. credit is available for nurses; for more information see pages 39-40.

90061501 $325

Accessing Creative Process

Dianne Laurence

This workshop is for artists and non-artists who are having trouble starting or developing creative work. Mistaken notions about oneself, fears of imperfection, a need for control, and a tendency to emphasize results are some of the obstacles to imagination. Creative vitality and the ability to express oneself effectively arise from being attentive to one's fascinations, accessing impulses beyond the confines of the intellect, developing a healthy, critical eye and ear, and becoming a risk-taker.

Creativity is not something that just a few gifted people possess, but a natural part of everyone's make-up. Skill, intellect, emotions, and imagination are the cornerstones of creativity. In this class, participants will use exercises in writing, acting, and painting to expand emotional vocabulary, develop imagination, encourage spontaneity, and instill confidence in the expression of their inner life. Pushing against limitations is essential to articulating the areas to be developed, so this is a hands-on, risk-taking class. Participants will be supported, encouraged, and given the opportunity to confront their walls and turn them into stepping stones.

90061502 $325

Week of June 17–22

A Week with Laura DeNuccio (Ma Prita)

For workshop description see February 11-16.

90061702 $630

Couples' Workshop

Jack Rosenberg & Beverly Kitden Morse

For workshop description see February 25-March 2.

90061704 $630

Mountains and Waves: Movement in Wilderness

Susan Harper & Steven Harper

Mountains and Waves is an invitation to explore natural movements inspired within the human organism by participation in nature. We listen to impulses within and to impulses of wilderness until "inner" and "outer" disappear. As we surrender to the intelligence which creates life in all its varied forms, we find ourselves moving in unexpected ways. Our awareness expands. We feel a larger sense of Self and wilderness and the creative wholeness of a greater dance.

The summer solstice occurs during this week, and we will take special time to create a ceremony in honor and celebration of our longest day. Sessions will be

both indoors and outdoors. Evenings, some day sessions, and most meals will be at Esalen. We will also take short day hikes in Big Sur's backcountry. Participants need not have previous experience in hiking or dance.

90061701 $630

Help for Adult Children of "Normal" Parents: The Continuum Concept

Jean Liedloff

Jean Liedloff has developed a set of principles that guides clients toward an understanding of the beliefs and expectations formed in baby- and childhood that chronically undermine their capacity to act from accurate, adult perception of Self and Other. In her years of living in the South American jungle with Stone Age Indians, Liedloff observed a norm of human well-being that offers a reliable paradigm of mental and emotional health that has been missing from our attempts to attain individual and social fulfillment. Her work with clients is based on principles extrapolated from these observations. Normalcy, as we know it, is viewed as a pathology and new (ancient) criteria suddenly make sense of many of our problems.

This workshop will present methods that can change a client's self-defeating beliefs, at his or her own optimum pace, which participants will experience from both the client's and guide's points of view. It is for professionals and non-professionals. Please see page 38 to arrange for child care at the Gazebo.

Recommended reading: Jean Liedloff, *The Continuum Concept* (Addison-Wesley, U.S.; Penguin, U.K.), German edition, *Auf Der Suche Nach Dem Verlorenen Gluck* (CH Beck, Germany).

C.E. credit is available for nurses; for more information see pages 39-40.

90061703 $630

Weekend of June 22–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 19-21.

90062204 $325

Weekend Massage Intensive

Char Pias Brenner & Deborah Anne Medow

For workshop description see February 23-25.

90062202 $325

The Mystical Wellspring of Neo-Platonism

Terence McKenna & Michael Murphy

Few streams of mystical philosophy run as broadly or as deeply through the growth of Western civilization as does that of the Roman philosopher Plotinus and his students Proclus and Porphyry. These mystical followers of the Pythagorean Plato illumined the tumultuous world that anticipated the fall of Rome, and twelve hundred years later, during the birth pangs of the Renaissance, this same Neo-Platonism offered a visionary alternative to the dominant theology of Christianity. In our own times what we have called the "New Age" or "Archaic Revival" is often the wine of Neo-Platonism poured into new bottles. We will discuss Neo-Platonism in the light of modern ideas concerning evolution and the physical world. Come join two Irish enthusiasts for the mystical way; we will drink from a river of ancient insight that continues to flow from the Neo-Platonic reservoir of Western mystical yearning.

90062201 $325

June 22–29

Childhood Sexual Abuse: A Healing

Jessica Moore Britt

To guard against the hurts, fears, and confusion that sexual invasion of a child's physical and psychic boundaries can create, the child often abandons the place of conflict—the body. This withdrawal, though protective in nature, slowly begins to separate the child from her/his essential nature. This may be reflected in tension patterns, numbness, and oversensitivity and may further the child's sense of alienation from the world and self.

During these seven days, participants will move gently toward reintegrating their bodies and feelings with self. They will use gestalt practice, Reichian breath work, movement, touch, and meditation to re-enter their private world of memories and feelings. They may gain a deeper understanding that the learned idea of self as bad, based on the sexual abuse, is not the essential truth of who they are. The focus will be on allowing the hurt, negative feelings and doubts to be acknowledged, felt, and used as energetic seeds for reawakening a positive sense of self. Through the supportive group atmosphere, participants may discover that it is safe once again to embody beauty, life, and love.

Recommended reading: A.H. Almaas, *Diamond Heart* (Diamond Books); Alice Miller, *Thou Shalt Not Be Aware* (New American Library).

90062203 $955

Week of June 24–29

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see December 31-January 5.

90062402 $630

Advanced Enneagram Intensive

Helen Palmer

For workshop description see February 18-23.

90062401 $630

Weekend of June 29–July 1

Summer Renewal at Esalen

This weekend is offered as a relaxing way for people to renew themselves in a tranquil and beautiful setting. It will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include: sessions in gestalt, movement, meditation, massage, day-hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural hot baths will be available as usual.

The food will be specially prepared, with an emphasis on a healthy diet of fresh vegetables and grains. Much of the produce is picked daily from Esalen's own organic garden and farm.

Come and enjoy a weekend of reflection, physical movement, and relaxation.

90062901 $275

January 28-February 9
Advanced Training in Shamanism and Shamanic Healing

Michael Harner

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others and to solve the problems of daily living. This two-week intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: a previous workshop with Michael Harner or an authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere. Such a workshop will be offered at Esalen immediately prior to this program. (See Esalen Seminars, January 26-28.)

Recommended reading: Michael Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford).

For more information and to apply, please contact Michael Harner, Foundation for Shamanic Studies, Box 670—Belden Station, Norwalk, CT 06852; (203) 454-2825. Early application is recommended.

90012804

February 25-March 23
Massage Practitioner Certification Program

Brita Ostrom & Dean Marson

This month-long program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture-demonstrations, hands-on practice sessions using each other as models, illustrated anatomy classes, and instruction in basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning.

Body work will be studied as a tool for optimal well-being and stress reduction and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. Upon satisfactory completion of the program, and after giving 30 additional recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program, with limited admission.

C.E. credit is available for nurses; for more information see pages 39-40.

90022505 $2760

March 11-23
Emotional Healing: From Co-Dependence to Aliveness

Karen Paine-Gernée & Terry Hunt

Children who grow up in alcoholic, abusive, or otherwise unhealthy homes often develop certain disabilities which last through their lifetimes unless they are deliberately addressed, among them: an inordinate need to control, an over-developed sense of responsibility, fear of authority figures, inability to trust, difficulty having fun, compulsive behavior, fear of abandonment, and chronic lack of self-esteem.

Alcoholism is a disease of denial. ACAs tell themselves that it really wasn't so bad, and they learn not to feel what they cannot tolerate. As they deny pain, they screen out joy, and their adult lives are often filled with depression and loneliness. ACAs are often survivors, though, and most have emerged as successful-appearing adults. Yet they often spend so much energy managing and controlling work and relationships that they have little left for themselves.

A necessary part of recovery is moving from the state of being co-dependent in one's life toward a state of emotional sobriety. Through self-exploration, participants will have the opportunity to access, express, and release blocked emotions that they still carry from childhood and to tap the aliveness that was sacrificed when they buried their anger, fear, and grief. Points of focus for this workshop will include:

- *Emotional Sobriety:* Having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure.
- *Pleasure/Addictions:* Learning that true pleasure is a life-affirming non-addictive experience.
- *Sexuality:* Separating the unmet needs of the wounded child from adult intimate sexual relationships; learning basic tools for nurturing and sustaining healthy relationships.
- *Boundaries:* Looking at the tendency to alternate between fusing with another and then completely isolating oneself.
- *Spirituality:* Learning to have faith in the face of the horror experienced in childhood.
- *Self-Esteem:* Realizing that self-doubt is oftentimes based on old mental patterns, not on reality.
- *Learning New Behaviors:* Identifying and overcoming old ways of reacting.
- *Looking Beyond the Label:* Knowing when to stop calling oneself a co-dependent.

C.E. credit is available for nurses; for more information see pages 39-40.

90031101 $1550

April 15-27
A Workshop with Jack Rosenberg and Beverly Kitaen Morse

This workshop will start wherever participants are in their inner journey. The work is an in-depth integration of body and gestalt practices, object relations, and the

CARCL-RENEE FIERPONT

Gazebo children choosing something for lunch.

transformative process of consciousness. The course will cover:

- *Psychology of the Self:* Participants will work with early unfinished situations that interrupt their sense of well-being and interfere with their relationships in the present. Sexual implications of this work will be dealt with in body work and in lecture.
- *Body Work (Integrative Body Approach):* This will be theoretical and practical application, combining Integrative Body Practice, exercise, and massage.
- *Transformative Process of Consciousness:* As the inner journey progresses, one's figure/ground is shifted from "doing" and "having" to "being" and to one's relationship with the eternal. Participants will explore ways to integrate and sustain these new awarenesses in their everyday lives.

90041503 $1550

May 27-June 22
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

This course will synthesize neurolinguistics and Ericksonian hypnosis, drawing heavily from the enneagram of character fixation. It satisfies the hypnosis coursework requirements for the M.F.C.C. and complies with the California state requirement for hypnosis certification.

While the use of hypnosis in habit control and symptom removal will be covered, a primary focus will be on hypnosis as a tool of spiritual emergence. Starting with the presupposition that we already live in trance and that the goal is waking up, the roots of personality structure and the filters of perception in the creation and transformation of reality will be carefully explored. Participants will have the opportunity to experience the power of trance to transform their lives, which will create a model for working with clients.

The structure of rapport, pacing and leading, and various hypnotic patterns of induction will be demonstrated and practiced along with a variety of clinical interventions, including reframing, change history, metaphors, and storytelling. There will be videotapes of Erickson and other well-known leaders in the field of hypnosis. Participants will have daily practice with each other and the opportunity to be videotaped doing a hypnotic induction. Daily zazen, Taoist yoga, and movement led by Antoinette Varner will also be a part of this program.

Upon completion of this course, participants who want to be certified must demonstrate a high level of professionalism as well as proficiency in technical skills to the satisfaction of the instructors before certification will be granted. After certification by the Institute for Advanced Hypnosis (testing and certification fee, $300) additional certifications are available from the American Council of Hypnotist Examiners ($125) and the Society of NeuroLinguistic Programming ($200).

Required reading: J. Haley, *Uncommon Therapy* (Norton); Grinder and Bandler, *Trance-Formations* (Real People Press), *Frogs into Princes* (Real People Press), and *Reframing* (Real People Press); Chogyam Trungpa, *Shambhala* (Shambhala); P.D. Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World); C. Castaneda, *Tales of Power* (Simon & Schuster); Joseph Campbell, *Myths to Live By* (Bantam).

C.E. credit is available for nurses; for more information see pages 39-40.

Registration is by application only, through the Institute of Advanced Hypnosis, P.O. Box 1311, Mill Valley, CA 94942; (415) 687-0200.

$2760 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

90052705

June 13-15
12-Day Advanced Massage Intensive

George King & Peggy Morrison Horan

. . . there is always the implicit understanding of the poignance in a touch . . .—Colette

This seminar is for those who have completed an Esalen Certified Massage Program. The emphasis will be on caring touch, inner silence, style and detail, delicacy and lightness, depth and insight. It offers 65 hours of advanced massage training credit where applicable. Please include the date of your Esalen certification and names of your instructors with your reservation form.

Recommended reading: Karlfried Graf Durckheim, *The Vital Centre of Man* (Mandala); Denis Postle, *The Mind Gymnasium* (Papermac).

C.E. credit is available for nurses; for more information see pages 39-40.

90060304 $1550

The Gazebo Early Childhood Program

The Gazebo Program for Early Childhood is now available to seminarians. Please phone for your child's reservation so that we may provide the kinds of services you will require while attending your own workshops. Call the Gazebo Farmhouse, (408) 667-3026, between the hours of 9:30-11:30 AM for more information.

Massage Practitioner Certification Program

Esalen offers a California state-approved massage program. Upon completion of the two-month massage work study track (January 14-March 11; see page 41 for more information), or a four-week massage practitioner workshop (February 25-March 23), and after giving 30 additional massages elsewhere, graduates will receive their certificates. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring Outreach and Education

The Healthspring Project offers outreach, education, and referrals that extend Esalen's work in the healing arts and sciences to the outside world. It is an independent, service-oriented program of Esalen teachers and their associates.

Healthspring operates a global referral system, linking visitors to Esalen with body workers, counselors, and teachers from their home areas. There are ongoing programs at Esalen and a traveling workshop service in the U.S. and abroad. Instructors teach self-healing, Esalen body work, yoga, breath and body awareness, dance and centering movement, and meditation. Many instructors have experience in gestalt practice and movement continuum.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening which may be borrowed by seminarians for a two-week period while at Esalen. Donations of books or periodicals are greatly appreciated.

Access to the referral system and the traveling workshop program is available by writing to Laurie Lioness Parizek at Esalen, c/o Healthspring.

■ MEDICAL PROGRAMS

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. *Only those programs specifically listed below offer continuing education credit.* See workshop descriptions elsewhere in the catalog.

December 31–January 5
Craniosacral System: Basic Workshop
Jim Asher & Jane Harrington
30 hours

December 31–January 5
Touching Spirit: Dimensions of Psychic Healing™
Elizabeth Stratton
30 hours

January 7–12
Gestalt Practice
Christine Stewart Price
30 hours

January 12–14
Introduction to Gestalt Practice
Christine Stewart Price
10 hours

CAROLARENEE PIERPONT

Good health habits are fun to learn.

January 12–14
Minding the Body, Mending the Mind and the Soul
Joan & Myrin Borysenko
10 hours

January 14–19
Five-Day Massage Intensive
Brita Ostrom & Esalen Massage Practitioners
30 hours

January 14–19
How Hungry Am I and For What
Mariah Fenton Gladis
30 hours

January 21–26
Dimensions of Health and Healing: Traditional Approaches to Well-Being
Al Drucker
30 hours

February 2–4
The Feeling Process
Janet Zuckerman
10 hours

February 11–16
Intermediate Craniosacral Workshop
Hugh Milne
30 hours

February 18–23
Wellness and Well-Being
Daniel Brown & Marushka Glissen
30 hours

February 23–25
Weekend Massage Intensive
Brita Ostrom & Laurie Lioness Parizek
10 hours

February 25–March 4
Gestalt Practicum: A Seven-Day Intensive
Christine Stewart Price
30 hours

February 25–March 23
Massage Practitioner Certification Program
Brita Ostrom & Dean Marson
30 hours

March 2–4
An Introduction to Classical Homeopathy
Ananda Zaren
10 hours

March 4–9
Five Days with Janet Zuckerman
30 hours

March 11–23
Emotional Healing: From Co-Dependence to Aliveness
Karen Paine-Gernée & Terry Hunt
30 hours

March 16–18
Magnetic Fields and Human Behavior
Buryl Payne
10 hours

March 23–25
Overcoming Overeating
Jane Hirschmann
10 hours

March 25–30
Sensing Our Way of Life
Judyth Weaver
30 hours

March 30–April 1
Advanced Massage Intensive
Robert Helm & Esalen Massage Practitioners
10 hours

April 13–15
The Feeling Process
Janet Zuckerman
10 hours

April 15–22
The Feldenkrais® Method and Cortical Re-education
Harriet Goslins & Mark Bender
30 hours

April 22–27
Gestalt Practice
Joyce Lyke
30 hours

April 22–27
Hypnosis, Trance, and Body Work
David Robinette & Lila Daniels Klapman
30 hours

April 27–29
Weekend Massage Intensive
Laurie Lioness Parizek & David Streeter
10 hours

April 29–May 4
Non-Ericksonian Advanced Hypnosis for Professionals
Randall Churchill
30 hours

■ WILDERNESS PROGRAMS

May 4–6
Dance as an Ally in Healing Cancer
Anna Halprin & Rana Vassau
10 hours

May 13–18
Five-Day Massage Intensive
Robert Helm
& Esalen Massage Practitioners
30 hours

May 25–27
The Psychotherapist as Shaman: Methods for Madness
Joan Halifax
10 hours

May 27–June 22
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
30 hours

June 1–3
Gestalt Practice
Joyce Lyke
10 hours

June 3–8
Rituals for Healing
Jeanne Achterberg & Frank Lawlis
30 hours

June 3–15
12-Day Advanced Massage Intensive
George King & Peggy Morrison Horan
30 hours

June 15–17
Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

June 17–22
Help for Adult Children of "Normal" Parents: The Continuum Concept
Jean Liedloff
30 hours

June 22–24
Weekend Massage Intensive
Char Pias Brenner
& Deborah Anne Medow
10 hours

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered. To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

April 27-May 5
Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center
Steven Harper & Andrea Juhan

Nature can provide opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand one's sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," with instruction in minimum impact camping, ecology, geography, and cultural history of the area.

Wilderness will be a mirror and primary teacher as the group lives simply and in direct contact with nature. Participants will explore their inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, they will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for their last night together. There, meditation instruction will be available for those who wish it.

Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration.

90042704 $650

■ FUTURE PROGRAMS

Listed here are a few of the programs planned for Fall 1990. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. More information will be available in the May-October catalog.

October 21–November 2
Integrative Body Practice (IBP) Professional Training Program
Jack Rosenberg & Beverly Kitaen Morse

Institute of Transpersonal Psychology Offers External Master's Degrees

Beginning in September 1990, work students will have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Applications for Fall 1990 should be received by June 15. Contact:

Dwight Judy
External Program
Institute of Transpersonal Psychology
250 Oak Grove Ave.
Menlo Park, CA 94025
(415) 326-1960

■ WORK STUDY PROGRAM

The Work Study Program is for those who are interested in total immersion in the Esalen environment. It is a work-oriented program, emotionally and physically. Only rarely is it restful. Participants make a commitment to work 32 hours per week in such areas as gardening, landscaping, the farm, maintenance, kitchen, and cabins. *Assignments to departments are made according to community labor needs.* During the first month, assignments are made primarily in the kitchen and cabins. No participants will be accepted as work students in Gazebo or the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

Most evenings and one intensive weekend are spent together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, Reichian work, massage or body work, etc. *Participants in the focused programs must be prepared to stay at Esalen for the full duration* designated for that particular program, assuming that they meet the standards of the Work Study Program.

Focused programs planned thus far for 1990 include:

December 17, 1989–January 14, 1990: Paula Sholachman Shaw offers an arena for risky, outrageous self-expression and creativity using acting, improvisation, and other tools and tricks of the theatrical trade.

January 14–March 11: Robert Helm and other practitioners will lead a two-month program in body work, massage, movement, and self-care. For more information see Massage Practitioner Certification Program, Special Programs, page 38. The cost of this program is $1000 the first month, $950 the second month.

March 11–April 8: Mary (Devarani) Goldenson's program of letting go and moving on will employ Reichian methods, Radix[8], dance, imagery, gestalt, and meditation.

April 8–May 6: David Streeter will focus on the art and discipline of contemplation, combining yoga, gestalt, and meditation.

May 6–June 3: Julie Bowden's program for adult children of alcoholics and trauma will provide time to look back, grieve, and go on, drawing from guided imagery, age regression, and other approaches.

June 3–July 1: New concepts in gestalt practice will be incorporated in Anne Nechama Simkin's program. Massage will also be offered.

July 1–29: See December 17, 1989-January 14, 1990.

July 29–August 26: See March 11-April 8.

July 29–August 26: Focus on learning: the what, how, when, and where. Janet Lederman will lead this program for professionals involved in public education today.

August 26–September 23: Karuna Licht offers women a month of healing and recovery. Emotional work, meditation, art, dance, and ritual will be the modalities.

September 23–October 21: Janet Zuckerman will teach emotional release work using basic gestalt practices. This is a practicum, with emphasis on the participant as facilitator.

October 21–November 18: Terry Hunt will lead a program in emotional sobriety for adult children of alcoholic and abusive parents.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1 1/2 miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the two-month body work program, is $700 the first month, $650 the second month, $600 the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable and may be transferred to other programs within one year of receipt. Please return the application form (see page 42) with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

Available dates: December 17, 1989–January 14, 1990; January 14–February 11; February 11–March 11; March 11–April 8; April 8–May 6; May 6–June 3; June 3–July 1; July 1–29; July 29–August 26; August 26–September 23; September 23–October 21; October 21–November 18; etc.

CAROL-ALENE PERPOINT

Gazebo children deciding where to journey next.

■ APPLICATION TO THE WORK STUDY PROGRAM

Name _____ Address _____

City _____ State _____ Zip _____

Date of Birth _____ Occupation _____ Place of Employment _____

Daytime Phone (____) _____ Date of Application _____

Evening Phone (____) _____ Male ☐ Female ☐

I prefer the general interest program: yes ☐ no ☐ I prefer the focused program in: _____

Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program.

The Work Study Program is for 28 days, beginning on a Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work students may be invited to remain for a second or third month, *depending on space available and the needs of the Esalen community*.

Please indicate your availability should an invitation be extended. (Not applicable to focused program participants.)

☐ No extension ☐ One-month extension Assignments to departments are made according to community labor needs.

☐ Please check here if you have emergency medical skills (M.D., E.M.T., or R.N.) and are willing to make those skills available during your stay.

Please attach a personal statement about your interest in the Work Study Program. *Include:* applicable *skills* (gardening, kitchen, mechanical, etc.); medical difficulties which might affect your working in particular departments; previous Esalen workshops you have attended (please list program titles, group leaders, and dates). Note: Fluency in the English language is essential for participation in the program.

■ FRIENDS OF ESALEN

We invite you to join us in our organization—
the Friends of Esalen scholarship fund.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them. We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships. Esalen will, in turn, match your contribution.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog* for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen; I enclose my check for the category marked.

☐ I wish to renew my membership in Friends of Esalen.

☐ One Year Student ..... $15 ☐ One Year Donor ..... $50 ☐ One Year Patron $500
☐ One Year Individual ..... $25 ☐ One Year Sponsor ..... $100 (Contributions are tax-deductible)

Name _____ Student Affiliation _____

Address _____ City _____

State _____ Zip _____ Date _____

Please mail to: Friends of Esalen, Big Sur, CA 93920.

■ AUDIO RECORDINGS

The Dolphin Tape Series

Intermingled with favorites from past tape lists, here are more titles on the phenomenon of the paradigm shift—from new science and new philosophy to a blending of objective and subjective, matter and meaning, head and heart, intellect and intuition—opening to deeper landscapes and wider horizons. Nearly all titles were recorded in stereo. Tape length is normally 1 to 1 1/2 hours.

Single-tape titles are $10:

Reb Anderson: *Zen*, 1980
Anne & Jim Armstrong: *The Power of Intuition*, 1987
Gregory Bateson: *Metaphors and Butterflies*, 1975
David Brower: *Breaking the Species Barrier*, 1971
Joseph Campbell: *The Hero's Journey (80th year)*, 1984
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
Fritjof Capra: *Shifting Paradigms and Social Change*, 1980
Fritjof Capra: *Ecological Vision*, 1984
Fritjof Capra: *Characteristics of Systems Thinking*, 1985
Richard Feynman: *Quantum Mechanical View of Reality*, 1983
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Willis Harman: *New Consciousness in a New Society*, 1972
Arthur Hastings: *Transpersonal Realities (Boston)*, 1979
Hazel Henderson: *The Politics of Reconceptualization (Boston)*, 1979
Albert Hofmann: *The Transmitter-Receiver Concept of Reality*, 1984
Aldous Huxley: *Human Potentialities/Visionary Experience*, 1960
Donald Keys: *Choosing a New World (Maui)*, 1982
Jack Kornfield: *The Sword of Wisdom (Boston)*, 1979
Jack Kornfield: *The Smile of the Buddha (Bombay)*, 1982
George Leonard: *Steps Toward Utopia*, 1966
George Leonard: *Ecstasy and Education*, 1970
Robert Muller: *The Language of Happiness*, 1983
Robert Muller: *Toward a Global Community*, 1983
Abraham Maslow: *Self-Actualization*, 1966
Terence McKenna: *New and Old Maps of Hyperspace*, 1982
Brendan O'Regan: *Decision-Making in the Global Village*, 1972
Robert Ornstein: *On the Psychology of Meditation*, 1971
Karl Pribram: *Preface to the Holographic Mind*, 1978
Carl Rogers: *The Person of Tomorrow*, 1970
Carl Rogers: *My Philosophy and How It Grew (AHP)*, 1972
Bob Schwartz/Peter Schwartz: *Consciousness Evolution (Boston)*, 1979
Rupert Sheldrake: *Morphic Resonance (Bombay)*, 1982
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Rupert Sheldrake: *Resonance and Myths of Nations*, 1987
Julian Silverman: *A Light-Hearted Course in Miracles*, 1984
Huston Smith: *No Wasted Journey*, 1968
Huston Smith: *The Nature of Reality (Boston)*, 1979
Russel Targ: *Parapsychology and Physics*, 1972
Charles Tart: *On the Paranormal*, 1971
Alan Watts: *Divine Madness*, 1968
Robert Anton Wilson: *The Prism Lecture (Santa Cruz)*, 1982
Robert Anton Wilson: *The I in the Triangle*, 1984
Arthur M. Young: *The Bacon-Shakespeare Controversy*, 1983

Two-tape titles are $18:

Walt Anderson/Ted Roszak: (2) *The Upstart Spring (Esalen)*, 1984
Angeles Arrien: (2) *The Story of Basque Mysticism*, 1982
Robert Bly: (2) *Fairy Stories for Men and Women*, 1982
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1979
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Capra/Grof: (2) *Beyond Time and Space*, 1977
Ram Dass: (2) *One Man's Journey to the East*, 1969
Ram Dass: (2) *Creativity and Spirituality*, 1987
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Buckminster Fuller: (2) *The Critical Path (Maui)*, 1982
Stan & Christina Grof: (2) *Holonomic Consciousness Paradigm*, 1982
Stanislav Grof: (2) *The Cosmic Game*, 1987
Jean Houston: (2) *The Possible Human (Boston)*, 1979
Robinson Jeffers: (2) *A Dramatic Presentation (Carmel)*, 1972
Timothy Leary: (2) *The Power of Imprinting*, 1982
Abraham Maslow: (2) *The Further Reaches of Human Nature*, 1968
Karl Pribram: (2) *The Holographic Model Today*, 1985
Kenneth Ring: (2) *Near-Death Experiences*, 1985
Bob Schwartz: (2) *Entrepreneurship and Human Potential*, 1980
Brother David Steindl-Rast: (2) *Healing Starts from the Heart*, 1984
Andrew Weil: (2) *Interplay of Mind and Body Realities*, 1982
Lynn White & Alan Watts: (2) *Ecological Crisis*, 1972

Four-tape titles are $36:

Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
James Fadiman: (4) *A Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1968
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day (Marin)*, 1983
Jack Rosenberg: (4) *A New Understanding of Relationships*, 1982
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Brother David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur M. Young: (4) *Interviews on the Reflexive Universe*, 1983

The Dolphin Vinyl Album Tape Sets:

Angeles Arrien/Robert Bly: (6) *Love in the Western World*, 1984	$60
Joseph Campbell: (6) *Mysteries of the Great Goddess*, 1983	$60
Joseph Campbell: (6) *Courtly Love and the Grail*, 1983	$60
Jack Kornfield: (6) *The Spiritual Practice of Meditation*, 1981-83	$60
Abraham Maslow: (6) *The Eupsychian Ethic*, 1969	$60
Rupert Sheldrake: (6) *The Presence of the Past*, 1985	$60
Robert Anton Wilson: (6) *Seminar on the I in the Triangle*, 1984	$60
Robert Anton Wilson: (6) *The 'Coincidance' of Joyce*, 1985	$60
Andrew Weil: (6) *Integrated Consciousness & Health*, 1976	$60
Reb Anderson: (8) *Zen is the Key to the Teachings*, 1986	$72
Esalen Series: (8) *Physics and Consciousness*, 1975-76	$72
Esalen/UCB/Tarrytown: (8) *Faces of the Enemy (Symposium)*, 1983	$72
Buckminster Fuller: (8) *The Pajaro Dunes Tapes (A Weekend Seminar)*, 1977	$72
Terence McKenna: (8) *Lecture Series I (1982-83) or Series II (1983-86)*	$72
Jack Rosenberg: (8) *Sustained Integration: Body, Self & Soul*, 1981	$72
Julian Silverman: (8) *Commentaries on A Course in Miracles*, 1980	$72
Colin Wilson: (8) *The New Analytic Psychology*, 1967	$72
Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$88
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-80 (Library)	$98

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p. 28

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p. 17

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has been doing transpersonal counseling for over 24 years and has trained professionals to use their intuitive abilities.
p. 25, 28

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 25, 28

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UCSC professor and president of the Western Psychological Association, is the author of Career Burnout. *His work combines the humanistic with the scientific.*
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has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer, certified by Ida Rolf.
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B

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p. 17

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p. 30

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p. 19

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p. 22

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John Caple
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p. 15

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p. 28

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p. 32

D

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is a master cellist, composer, conductor, and teacher whose many recordings include Journal October, Cycles, River Notes, *and* Amber.
p. 24

Wade Davis
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p. 31

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p. 33, 35, 40

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E

Eiko and Koma
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p. 13

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p. 17

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Bernard Glassman-sensei,
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p. 20

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p. 20

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p. 19, 20, 39

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p. 29

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p. 10, 16, 32, 36, 41

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p. 25

H

Joan Halifax,
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p. 32, 40

Robert Hall,
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p. 33

Anna Halprin,
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p. 29, 40

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Michael Harner
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p. 15, 16, 37

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p. 22

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p. 23, 30, 39, 40, 41

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p. 27

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p. 34, 38, 40

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p. 26

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p. 24

L

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is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious or "lucid" dreaming at Stanford University.
p. 23

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p. 12

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p. 13, 34, 40

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p. 25, 35

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p. 41

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teaches clinical hypnosis and biofeedback nationally and internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, CA.
p. 16, 23

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p. 18, 29, 33

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p. 41

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p. 17, 36, 40

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p. 24

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p. 18, 31

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p. 32

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is a member of the Esalen massage crew. His interests include subtle body work and methods of self-care.
p. 21, 37, 39

Jeffrey Masson,
former psychoanalyst and professor of Sanskrit, authored A Dark Science *and* The Complete Letters of Sigmund Freud to Wilhelm Fliess, *and with W.S. Merwin,* The Peacock's Egg.
p. 31

Heather Maycock-Ogilvy
is a licensed psychologist in private practice in Menlo Park, CA. She does longterm psychodynamic counseling and has a background in body work.
p. 15

Terence McKenna
authored True Hallucinations *and* Timewave Zero. *He is a psychoactivist interested in the role that hallucinogenic plants play in forming human languages and cultures.*
p. 30, 36

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Esalen leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 15, 34, 36, 40

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p. 29

Hugh Milne,
third-generation Scottish osteopath with 20 years' experience, has practiced and taught cranial work, healing, and psychometry abroad and in the U.S. He works in San Francisco.
p. 18, 39

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p. 21, 27, 35, 37, 40

Michael Murphy
was the founder (with Richard Price) of Esalen Institute and is the author of Golf in the Kingdom, Jacob Atabet, *and the forthcoming* Future of the Body.
p. 36

N

Wes "Scoop" Nisker
is considered the dean of new radio journalism and is the editor of Inquiring Mind, *journal of the Vipassana Buddhist community. He is writing a book on crazy wisdom.*
p. 26

O

Susan Osborn
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p. 12

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p. 13, 20, 21, 37, 39

P

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p. 28, 29

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p. 17

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p. 15, 17, 30

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p. 24

R

Paul Rebillot,
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p. 20, 21, 30

Tracey Rich
has earned the title "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally.
p. 33

Sogyal Rinpoche,
an incarnate lama, scholar, and meditation master from Tibet, prominent in the West, is an authority on the traditional knowledge of the Tibetan Book of the Dead.
p. 35

David Robinette,
developer of the hypnotherapy certification program at Twin Lakes College in Santa Cruz, has led workshops in personal development, trance, and process work since 1976.
p. 27, 39

Jack Rosenberg,
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p. 21, 27, 35, 37, 40

Gabrielle Roth
is an artist, teacher, and healer. She is the founder and artistic director of the American Ritual Theater Lab and its rock band and theater company, "The Mirrors."
p. 30

S

Stephano Sabetti,
founder of the Institute for Life Energy® and the Life Energy Process™, has a doctorate in psychology and is an acupuncturist. He is also an organizational consultant.
p. 12

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has been in private practice for 13 years in Lomi Work. He has been leading groups since 1979 and teaching 3- and 10-day residential Lomi workshops since 1980.
p. 24

Roger Schank
is a researcher in artificial intelligence. A former professor of computer science and psychology at Yale, he recently founded the Institute for the Learning Sciences at Northwestern University.
p. 23

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 14, 19, 25, 27, 28, 29, 34

Stephen Schoen,
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p. 30

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p. 24, 33

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p. 24

Colleen Seifert,
a cognitive scientist, is an assistant professor of psychology at the University of Michigan where she has studied how people think within social interaction contexts.
p. 23

Phyllis Shankman
is a licensed counselor in private practice in West Los Angeles. She has been leading groups at Esalen for over 10 years.
p. 28

Paula Sholachman Shaw
has been a professional actress and teacher for over 20 years. She currently conducts in-house programs for Esalen staff and work students in creativity, well-being, and self-expression.
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Fred Shoemaker,
an inner game teacher and golf professional, is a former golf coach at UCSB and has written about the inner game for Golf magazine.
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Anne Nechama Simkin
trained in gestalt with Erv and Miriam Polster and Jim Simkin. She has conducted workshops internationally, most recently at Findhorn.
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Edward Smith,
adjunct professor of psychology, Georgia State University, editor of The Growing Edge of Gestalt Therapy *and author of* Sexual Aliveness, *has been a workshop leader since 1971.*
p. 16

Gena Mayer Sorensen,
a marriage and family counselor, is in private practice in San Jose and San Francisco. She holds an adjunct certificate as a Radix® teacher.
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Kathleen Riordan Speeth
is a psychologist in private practice in New York and California. Her interests include the psychodynamics of creativity and transcendence and the conduct of life as a work of art.
p. 20

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on five continents.

CAROLIENNE PIERFONT

Gazebo children participating in their own health care.

He is concerned with the spiritual challenges of our time.
p. 17, 34

Elizabeth Stratton,
pastoral counselor and healer in private practice in New York City, leads workshops in self-healing and a two-year training program for healers entitled "Awakening the Healer Within You."
p. 10, 11, 39

David Streeter
is a certified sports massage practitioner on the Esalen massage staff. He has taught yoga and anatomy and has worked as an athletic trainer for many years.
p. 27, 39, 41

T

Luisah Teish,
author of Jambalaya: The Natural Woman's Book of Personal Charms and Practical Rituals, *was born and raised in New Orleans. She lectures on culture, spirituality, and women's myth and ritual.*
p. 31

Linda Tellington-Jones,
former project director for Esalen's Soviet-American Exchange Program and a Feldenkrais practitioner, has made 10 trips to the Soviet Union to work with Olympic horses, riders, and veterinarians.
p. 17

V

Antoinette Varner
is an acupuncturist, herbalist, and movement teacher whose work integrates cognitive learning, the body, and spiritual experience.
p. 31, 33, 38, 40

Rana Vassau,
California Institute of Integral Studies graduate, teaches "Dance as a Self-Healing Art" at Southwestern College and studies the relationship between the imaginal and feeling bodies.
p. 29, 40

W

Judyth Weaver,
Reichian counselor and teacher of t'ai chi ch'uan and sensory awareness, holds a doctorate in psychology. She is a longtime student of Buddhism and Taoism and studied in a Zen monastery in Japan.
p. 23, 39

Andrew Weil
is associate director of the Division of Social Perspectives in Medicine, the College of Medicine, University of Arizona. He teaches alternative medicine, mind/body interactions, medical botany.
p. 17

Carl Whitaker,
professor emeritus at the University of Wisconsin, is a leading innovator in family communication and counseling. He is co-author of Roots of Psychotherapy *and* The Family Crucible.
p. 25

Ganga White,
internationally-known teacher and master of yoga, is author of Double Yoga *and has received the titles "Yoga Acharya" and "Yogiraj" in India.*
p. 33

Nina Wise
creates and performs multi-media theater pieces, which have won 7 Bay Area Theater Critics' Circle awards in the past 5 years.
p. 27

Marion Woodman
received her training and Diplomate from the C.G. Jung Institute in Zurich. She has authored books on eating disorders, the body, addictions, and the nature of the feminine.
p. 24

Z

Ananda Zaren
is a registered nurse and classical homeopath practicing for the past 12 years in the Santa Barbara/LA area. She lectures internationally and supervises homeopathic clinics in Europe.
p. 21, 39

Janet Zuckerman
is founder of the Feeling Center in Big Sur, CA. She has been teaching at Esalen for the past 14 years.
p. 16, 22, 25, 39, 41

■ GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 54. Since workshops fill quickly, it is advisable to sign up as early as possible, preferably a month in advance. In order to reserve a space in any workshop, we require the following deposits:

Weekend:	$100	19 to 21 days:	$400
5 to 7 days:	$200	Month-long:	$500
12 to 14 days:	$300		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see pages 8-9 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.

Workshop fees cover tuition, food, and lodging. Rooms are shared by two or more persons. Camping on the grounds is prohibited.

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail your reservations. For your convenience we also have a fax line for reservations and scholarship applications. Please fax the enclosed forms. That number is (408) 667-2724. If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your charge card when you call. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service. NOTE: Room and Board reservations must be made by phone, not by fax machine.

Please see inside front cover for mailing address, phone numbers, and reservations hours.

Cancellation and Refund Policy: If you cancel at least five full days before the start of your workshop, your deposit, less a $20 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $20 processing fee, and return the balance to you. (Please note: Wilderness Programs has a different cancellation and refund policy. Please see page 40 for that information.)

If you have applied for a scholarship and we *are unable* to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we *are able* to give you assistance and you cancel your reservations as above, we will return your deposit, less a $20 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within the next year. If you cancel with less than five days' notice, you forfeit your entire deposit.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see pages 8-9.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive any time after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For further information, call or write the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

■ ESALEN SCHOLARSHIP APPLICATION FORM

Today's Date _____ Home Phone (____) _____ Work Phone (____) _____

Name _____ Sex M ☐ F ☐

Address _____

City _____ State _____ Zip _____

Age _____ Marital Status _____ Occupation _____

Place of employment and position held. If self-employed, please describe the nature of your work. _____

Income last year _____ Current monthly income _____

Number of dependents whom you claim on your tax forms or for whom you are financially responsible. _____

Have you received scholarships for other Esalen workshops within the past 18 months? _____
If so, please give the information requested below.

Date	Program Title	Scholarship Received

Workshop information for this application:

Workshop No.	Date	Title	Scholarship Amount Requested

(We may approve your application without being able to give you the full amount you request.)

Please make a personal statement about your interest in this workshop.

_____

Note: This application does not reserve you space in a workshop. Reservations are made only after receipt of your full deposit by our reservations desk. You may make a reservation prior to approval of this application by making the required deposit (see General Information, page 52). If your application is approved, the amount of assistance will be credited against your balance due on arrival. If your application is not approved, for whatever reason, and you cancel your reservation at least five full days before the start of the workshop, your deposit will be returned at your request unless you wish to leave it in a credit account to be used within the next year. If you cancel with less than five full days' notice, you will forfeit your deposit.

Only those denied any scholarship assistance may request a refund of deposit.

Scholarship recipients are required to bring a sleeping bag and pillow.

In exchange for scholarship assistance, there is a work requirement in the community labor pool which will not conflict with your seminar meetings. For every $50 worth of assistance, recipients will be expected to work about two hours. The maximum scholarship given in any case will not exceed 50% of the standard workshop price. Depending on the number of requests we receive, it may be less.

ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see General Information, page 52, under Reservations and Fees, Making Contact with Us, and Cancellation and Refund Policy.)

If you would like scholarship assistance for an Esalen program, please see Scholarship Information on page 8 and complete the scholarship application form on page 53.

If you need more information, please refer to the inside front cover for Esalen's phone numbers and office hours.

Name of Registrant (Please print) _____ Sex M ☐ F ☐

Address _____

City _____ State _____ Zip _____

Home Phone: (____) _____ Work Phone: (____) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

_____

If you can't be reached, please call us before your scheduled arrival for final confirmation. Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.

Please check below the housing option you prefer after referring to pages 8-9 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and food. **All of our rooms are non-smoking. If you smoke, please plan to do so outside.**

- ☐ Check for standard accommodation, if available.
- ☐ Check for a single with private bath, if available.
- ☐ Check for bunk bed room, if available.
- ☐ Check for sleeping bag space, if available.
- ☐ Check for the Middle Point House, if available.

If your first selection is not available, please indicate your second and third choices below as well as the name(s) of any person(s) with whom you wish to room.

(2) _____

(3) _____

Workshop No.	Date	Leader's Name/Workshop Title	Fee

I enclose payment for the following contributions:

Total Deposits Enclosed: _____

☐ $5 Catalog Contribution ..... $5 Catalog Contribution: _____

☐ Friends of Esalen ..... Friends of Esalen: _____
(See page 42)

- ☐ Student $15
- ☐ Individual $25
- ☐ Donor $50
- ☐ Sponsor $100
- ☐ Patron $500

Subtotal: _____

Less any discount (Prepayment or Senior, see page 8): _____

Total Amount Enclosed: _____

Passenger Van Service:
I want transportation from (check one):

- ☐ Monterey Greyhound Bus Station at approximately 3:45 PM
- ☐ Monterey Airport at approximately 4:00 PM

on _____ (date of arrival, Fridays and Sundays only).

The $25 per person charge is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below.

Your reservations can be charged to:

☐ Mastercard ☐ Visa ☐ American Express

Card No. _____

Expiration Date _____

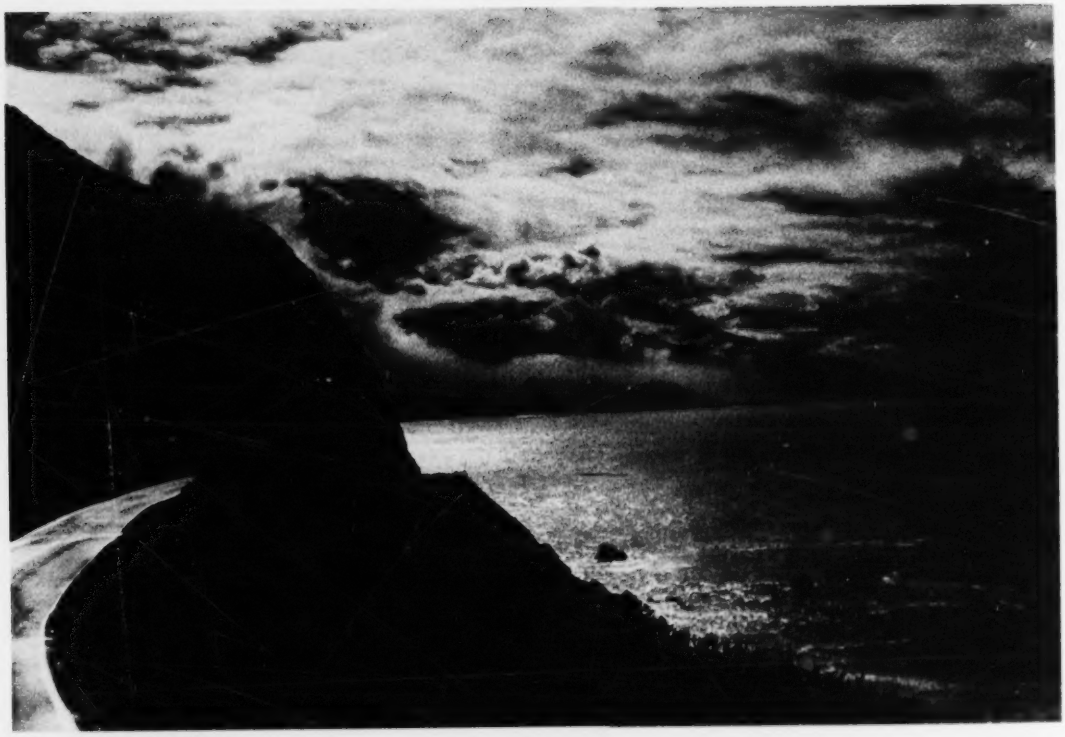
Authorizing Signature

_____

All workshops require non-refundable deposits. See page 52. The balance of program fees becomes payable at time of check-in.

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation.

JOYCE LYKE



Highway One south of Esalen.

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& Saturday 10 AM to 3 PM
Wednesday 10 AM to 12 Noon
Friday 10 AM to 5 PM
Sunday 12 Noon to 5 PM

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Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

Esalen Institute is a center to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

CYNTHIA JOHNSON BIANCHETTA

O·N W·R·I·T·I·N·G

These pieces were written by Esalen workshop leaders, some of whom are scheduled to teach writing workshops during this May-October 1990 period: Herb Gold, *Creative Writing Brainstorming*, May 4-6 and October 19-21; George Leonard, *Writing and the Act of Creation*, August 3-5; David Whyte, *Images of Fire: Poetry, Creativity, and Personal Passion*, August 5-10. Please turn to Esalen Seminars for workshop information.

Language and Reality

by George Leonard

Writers who care about felicity of expression would do well to avoid the exploration of new cultures and unfamiliar states of being. At some point, the prudent novelist or poet connects his boldest adventuring to a well-known legend or a secure tradition. He anchors his words to the common rhythms and verities of the human experience. Thus he enlists unacknowledged and tireless co-authors. The Oedipus legend was already working upon Sophocles's audiences when they came to experience his particular rendering of it. The stern tradition of the seafaring life stands beside Melville on every page of *Moby Dick*. Browning's arrangement of the words, "Oh, to be in England/Now that April's there," is a notable achievement, but the work done by "England" and "April" is not inconsiderable.

The skillful writer who uses what is old and sure in human life wears a magician's cape. With the slightest touch of his wand he calls up a world within us. With few and simple words, he conjures up odors, images, childhood memories: "It is autumn; the leaves are falling."

But what if we are from another world in which there is no autumn and there are no trees? How many pages would it take to explain, not only the mechanism of autumn, but all the poignant associations? And how would we go about describing a leaf to one who has never seen a tree? Seven words might easily grow to seven pages. The writing would tend to show signs of overwork. In the end, the most heroic effort might be dismissed as trivial by those who live in a seasonless, treeless world while being judged obvious by those who know trees and seasons. What writer would choose to put himself in such a situation?

But there are movements in human evolution when what is old and sure becomes doubtful, and a whole new world of

being beckons. If we wish to enter, we must leave our most comfortable and elegant modes of expression behind, and take our chances with language.

Striking out in new territory, we are tempted first of all by jargon. To describe new conditions, we make up new terms easily ridiculed by proponents of "straight talk." In many cases, however, these constructions represent a petition for inclusion, for a change in consciousness. When we call streetcleaners "sanitary engineers," we are urging their inclusion in a larger human group to whom we give a certain consideration and respect. When we say "chairperson," the word may have a clumsy, embarrassing ring to it, but we are forced just by saying it to include another sex in the class of those thought capable of wielding a gavel.

Jargon may proliferate when we try to pin down experiences not yet experienced by the culture as a whole. Linguistic purists are understandably offended by words and usages associated with new adventures of the body and spirit—encounter, gestalt, Rolfing, human biofield, spontaneous-enactment techniques, peak experience, self-actualization. The purists have probably forgotten that the Freudian terms they now so casually use were once new and clumsy and challenging, a key element in Freud's historic attempt to make the invisible visible. To the extent these terms have entered common discourse, the culture has changed.

Shaping new modes of expression shapes our perception of reality and thus, in some real sense, reality itself. We would hesitate to create a reality based on cheap jargon. But we might as well not waste energy struggling for modes of expression that will draw praise from conventional critics. Any excursion into a significant new reality will be perceived as barbaric by some, no matter how it is expressed. In fact, there is reason to suspect that the most effective verbal expression in this respect will be most violently resisted. Beneath the criticism there lies the fear of the intrusion of a new reality.

What these times demand, I believe, is a work as bold as, or even bolder than, Diderot's encyclopedia. Not exactly an encyclopedia, for that format is too slow in preparation, too ponderous and fixed to meet the challenges of the current period. But we do need the encyclopedic spirit, something

Shaping new modes of expression shapes our perception of reality and thus, in some real sense, reality itself.

like a comprehensive "instruction in the circle of arts and sciences" for an age of transformation of consciousness. Perhaps it has already begun, not just in books and papers and seminars but also in tapes, films, and videotapes, for there are many authors, thinkers, and adventurers today who are concerned, in sometimes separate ways, with being and transformation. This work, if we can conceive it as that, is only in its first stages. But awareness that a new encyclopedia is in progress can quicken our spirits, focus our energies, and help us cast off caution.

In the end, reality itself, the essential ground of all being, cannot be described in words alone. This notion finds simple and lovely expression in Witter Bynner's version of Lao Tzu's *Tao Te Ching*:

Existence is beyond the power of words
To define:
Terms may be used
But are none of them absolute.
In the beginning of heaven and earth there were no words,
Words came out of the womb of matter;
And whether a man dispassionately
Sees to the core of life
Or passionately
Sees the surface,
The core and the surface
Are essentially the same,
Words making them seem different
Only to express appearance.
If names be needed, wonder names them both:
From wonder into wonder
Existence opens.

We use words to discover no-words. We regard life with the passion of language in order to see its manifest forms. We still that passion in order to experience the Tao, "All That Is." Existence is word and no-word. Words are both our prison and our way out of prison. What we have called paradox does not represent the contrary or the exceptional. As we move from mere appearance toward the basic structure of existence, we find that paradox, complementarity, is precisely the way things are, the Tao itself.

Experiments on the optic nerves of frogs have shown that only a tiny fraction of the rich world available to our sight ever gets past the retina of the frog's eye. The frog can see a small dark object moving toward its eye but cannot see it if it is moving away. A leafy tree, unmoving, simply does not exist for the frog. A lovely sunset makes not a ripple in frog consciousness.

In his linguistic explorations, Noam Chomsky claims to have discovered a "deep structure" of language that exists in all human creatures, and that undergoes "transformations" as it emerges into expression as various tongues or symbols. Chomsky suggests that this structure is innate. As human beings, all of us may be born with a certain, fixed way of processing reality. If Chomsky is right, we have to consider the possibility that our linguistic structure, like the structure of the frog's optical system, shapes our perception and finally limits what we can perceive. There may be another, far richer world beyond the tree and the sunset, beyond words. Language itself may hold our eyes fixed on the moving shadows within the cave.

Again, paradox, for there is a different way of looking at the same formulation. On the deepest level, our language, our symbolic system, seems to resonate perfectly with All That Is. To approach the essence of the symbolic may be to approach the essence of the universe itself. Physicists are finding increasing wonder in the fact that purely abstract statements, totally disconnected from physical reality, can make such quick and powerful connection with the material universe. A human being can state, in effect, that what we call energy is locked in what we call matter in the proportion of the mass of that matter multiplied by the speed of light multiplied by itself—and not long afterward there is a sunburst in the New Mexico desert, a kind of "reality" that we can see and hear and feel. Modern science seems to take us back toward ancient wisdom: "In the beginning was the Word." The physical universe is a mere shadow of the symbolic realm.

But why dichotomize or assign priority? Why not say that the deep structure of language resonates with the deep structure of the material world, coexists with it? At the utter depths, what we call language must be a voiceprint of the infinite, a template from which we can generate words to enable us to interact with the Many, and with the One.

We have eyes to see with and ears to hear with, and we have words to tell us what we may or may not see and hear. We bring words up from the depths to tell us we may build an atomic bomb or an airplane or a worldwide communications network. But there are also words to tell us that in the primal forests are wonders now unseen. Words have killed the dryads. Words can bring them back to life (as we have learned from Blake, Hopkins, and Yeats), and words can allow us to sense again the shimmering connectedness between the trees, the flowers, the wind, the moss, and ourselves. From the possibilities of language we have dredged up a powerful discourse of separation and instrumentality. A language of union and being also exists. Only timidity and inertia prevent us from helping it rise to the common speech of this culture.

For a long time, words have been used to block the way toward transformation. Now the situation is so urgent that we would be unworthy of our own insights if we stepped aside from the task of seeking words for a new world, no matter how difficult or embarrassing the effort may be. Perhaps our knowledge that transformation is possible comes from the realm of no-words. But we will need words to let it happen.

George Leonard, a member of Esalen's Board of Trustees, is a contributing editor of Esquire. *His forthcoming book,* Mastery, The Key Moves, *will be published next January.*

The Writer's Way

by Nancy Bacal

1977. A hot September afternoon. The scream of tires. A violent death that leaves me alone in a house with two cats, a typewriter, and a sea of grief treacherous enough to drown in. My capacity to cope dwindles, and I soon find myself with one remaining hope. I begin to write.

For four years I write every day, with the one hour I initially devote to this practice swelling to five or six, and often more. Unencumbered by expectation, I watch the pages accumulate swiftly. The first several hundred are crammed into one single-spaced paragraph. Nothing matters—not how it looks, reads, or is received—except that I keep writing. In time, the desire to find a more interesting way to present the story arises naturally. Despite my initial disregard for results (most likely because of it), the quality unmistakably improves. Line by line, the ordeal that threatened to destroy me is reclaimed as material, and in the process, the image of myself as victim drifts away. No longer am I writing to keep myself alive; I am actually enjoying life because I am writing.

Even the most unspeakable event can be transformed by the power of the pen. And if the writer is propelled by the heart rather than the need to meet some arbitrary requirement of style, content, or emotional decorum, the piece will ultimately design its own form without exciting the critic. Reporting the event from a safe place, however, is not the practice. The writer's task is to re-enter the experience completely, to know it again from the inside out, even to the most irrelevant detail, then to get out of the way and permit the tale to unravel in a manner of its own choosing.

The form 'personal story' demands commitment to truth—not so much the truth of what happens, but the truth in one's heart. It is a process that seeks out the feelings beneath the facts, where skill is a product of authenticity as opposed to an ability to follow rules, where material finds its source in personal experience, even as the mind searches desperately for something meaningful to write.

Stories are everywhere. Mostly they are hidden in what is familiar. They pop out of jacket pockets and drawers; they lurk in kitchens, bathrooms, childhood memories, and dreams. The gifts we have lie in the details of who we are. All of them. Particularly the ones

we wish we didn't know. The activity of writing offers a container large enough, compassionate enough, interested enough to tolerate all aspects of the self, where both the writing and the healing thrive on the same process. No experience is too salty, too trivial, or too revealing. Our ability to recognize this material is dependent on the way we value what we see, feel, and know. If we can't yet do that, with perseverance, the writer will teach us how.

Nancy Bacal leads annual workshops at Esalen and on-going creative writing seminars in Los Angeles. Her work includes the screenplay for the award-winning film "Raga," starring Ravi Shankar. She is a long-time student of aikido and meditation.

How to Suffer From Writer's Block

by Herbert Gold

Writer's Block is where no writer likes to hang out. It grows hair at midnight on its teeth and knuckles. It has stark staring eyes. Writer's Block makes you question if the world has magic. The answer to the question is: *Maybe later.*

When trying to roll a writer's block up Mount Olympus, you soon reach the sign which says: WRONG MOUNTAIN.

Your friends speak comforting words, all lies, and tell how they too have suffered—all truth. Everyone loves you more, especially your writer friends, but you love them less. You mope.

You may try drink. This adds headache and liver trouble to the block.

You may try shrink. This adds a debit balance to your income.

You may try drugs, speedy ones. This can move the block at the cost of a desert windstorm of futile words. The brain jangles. The soul dries up. In olden times, people had the chance to sell their souls to the devil, but no one wants to buy a dessicated soul. Chemical gain subtracts.

The shortage of paper is discouraging.

The failures of felt tip pens and word processors.

The fickleness of readers.

Despite this description, which may make Writer's Block seem like fun, there are things any writer would prefer, such as a tax audit by the IRS or news that his health plan does not cover his current fatal illness.

In advanced stages of Block, the speech synapses short out. You are no longer Captain Name-the-World. The language becomes unfamiliar, like your home town after a twenty-year absence. Your head is choked with the useless ash of ideas and I forgot what I was just going to say. You live alone and don't like it, unless you live with someone, in which case he or she will not like you.

You look at fat volumes entitled "The Rise of —" and think only of the fall of blood in your veins, the drying of the mouth, the eroding of memories, the shrinkage of the brain. You may seek refreshment in religion, politics, or love, and perhaps not find it. You may seek renewal through quarrelsomeness, travel, abrupt decisions to do something weird or at least different.

Nothing helps. Give up. "I surrender," —and you wave your white sheet to the enemy out there unseen in the mist.

Hello!

Something helped.

What was it?

Time passed, the battery took a solar charge, the owl begat an image and the image begat an anecdote and the anecdote begat a series of dreams which require an alert metabolism. You are available.

And so you sit up and continue that magic sentence which begins: *Once upon a time there lived some curious people full of juice who did the following complicated things with their lives . . .*

Herbert Gold has published over 20 books, including Lovers & Cohorts: Twenty-Seven Stories, *and the novels* A Girl of Forty *and* Dreaming.

Words Arise

by George Leonard

There was a time when there were no words
There is a *now* of no words
Words arose
Words arose from
I reach for the key it's not there

There was a time in the forests
Beneath the trees
Across the endless open spaces
Grasses, stones as far as eye can see
When there were no words
Words arose
From where from what?

Before words there was only thankfulness
Unspoken again and again
Endlessly repeated
A bird's flight a distant sound
Endless thanksgiving

In the microchip, in the heart of the computer
There are no words no shapes no sounds
Yet words and shapes and sounds arise
From where from what?

Soundless shapeless eternal
Words arise
Our future holds our past
Now encompasses all

The Writing Life: *A Review*

by Annie Dillard
Harper & Row; $15.95

Reviewed by Keith Thompson

You take one more look at the words flashing on the monitor before instructing the computer to save what is clearly your best writing ever. You allow yourself to admit there is beauty—yes!—in this book you're writing, even—dare you say it?—a hint of genius. *Finally, you have arrived*, an inner voice confirms. But your satisfaction is short-lived. Another voice whispers, *Something is wrong here*, forcing your eyes back to the screen. Recognition comes in waves, all dreadful. "What you had planned will not do," Annie Dillard puts it—as gently as possible—in *The Writing Life*, confirming suspicions you assumed you could outlast. "Either the structure has forked, so the narrative, or the logic, has developed a hairline fracture that will shortly split it up the middle—or you are approaching a fatal mistake," Dillard adds. Instantly you realize minor surgery (consulting the thesaurus, dropping a sentence or two) will be useless, for what's false in the work happens also to be completely *necessary* to the work's present form. Dillard's warning that the book will "explode or collapse" if you remain on your present course only compounds your distress. There is no real choice: You must begin again, even though this means salvaging little, if any, of what a moment ago you called your best.

Yet because there is indeed genius in your project—in the classical sense of *genius* as the prevailing deity governing a place or a work, a spirit intent upon realization—you find yourself returning to the starting chute, seemingly by fate. The work demands to be fulfilled; you are its instrument. But, Dillard adds, you are also possessed of the most remarkable freedom: to select your own materials, to invent your own task, to pace yourself; the freedom also (within certain limits) to author blasphemies, even outright lies. Dillard is quick to state the obverse of this freedom, namely the possibility that your work is "so meaningless, so fully for yourself alone, and so worthless to the world, that no one except you cares whether you do it well, or ever." Unlike a shoe salesman, you (as writer) are free to make thousands of close judgment calls daily "as a by-product of your day's triviality." The shoe salesman, however, will be missed if he fails to appear at work one morning; a writer will not. Since there is a greater need for shoes than books, "Why not shoot yourself, actually, rather than finish one more excellent manuscript on which to gag the world?"

If you have shepherded a creative project or two through more than one visionary beginning and more than one blind alley, you've probably asked a version of Dillard's question yourself, perhaps many times. It should—it is meant to—challenge you to examine your life for the "hairline fracture that will shortly split it up the middle," regardless of what or even whether you write. Perhaps you will find one; perhaps not. (Amazingly, sometimes our lives are found to be on course!) Either way, such challenges offer much of value to those living "any life of dedication, absurdity, and daring—any life at the edge," Dillard's characterization of people who've simply elected, in her simple phrase, to "get to work."

To enter this book is to experience, palpably, a new blossoming of one of our most gifted writers. When Annie Dillard proposes that "original writing fashions a form . . . unrolls out into nothingness . . . cell to cell, bough to twig to leaf," she captures the soul of her own artistry. Immediately we recognize parallels between what Dillard says of original writing and what's true of original living: *both fashion form*. "Any careful word may suggest a route, may begin a strand of metaphor or event out of which much, or all, will develop," she continues. One has only to place "or action" after "any careful word" and the author's focus becomes the whole of life, human life in particular, as creativity. To her credit, Dillard inspires her readers to sprout for themselves such larger connections from seeds she plants throughout the book.

This is what makes *The Writing Life* a joy to read, that a specialist in matters literary (Dillard received the Pulitzer Prize for *Pilgrim at Tinker Creek*) should so simply and movingly render the craft of her particular art as to invoke the spirit, the genius, of universal truth.

Keith Thompson is currently working on a book probing symbolic meanings of the UFO phenomenon, to be published by Addison-Wesley.

In addition to Dillard's The Writing Life, *several books on writing are available through the Esalen Bookstore. These include: John Gardner's* The Art of Fiction *and* On Becoming a Novelist; *Natalie Goldberg's* Writing Down the Bones; *Irving Polster's* Every Person's Life is Worth a Novel; *and Strunk and White's* Elements of Style. *Please see the Mail Order Books insert for ordering information.*

La Poesía

by Pablo Neruda,
Translated by David Whyte

and something ignited in my soul,
fever or unremembered wings,
and I went my own way,
deciphering
that burning fire,
and I wrote the first bare line,
bare, without substance, pure
foolishness,
pure wisdom
of one who knows nothing,
and suddenly I saw
the heavens
unfastened
and open.

David Whyte, poet and storyteller, is the author of two books, Songs for Coming Home *and* Where Many Rivers Meet. *He teaches throughout the U.S. and Britain.*

ESALEN NOTES

INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Currently scheduled programs and their conveners are listed here.

June 24–29
Dialogues
Esalen Soviet-American Exchange Program

A multi-disciplinary group from the Soviet Union and the United States will discuss the social and economic transformation affecting both nations.

October 14–19
Conference on Psychoneuroimmunology
Cosponsored by the Esalen Soviet-American Exchange Program, The Institute for Experimental Medicine in Leningrad, & the Fund for Psychoneuroimmunology in Los Angeles

Convened by Dulce Murphy, director—SAEP, George Solomon, MD, & Elena Korneva, MD

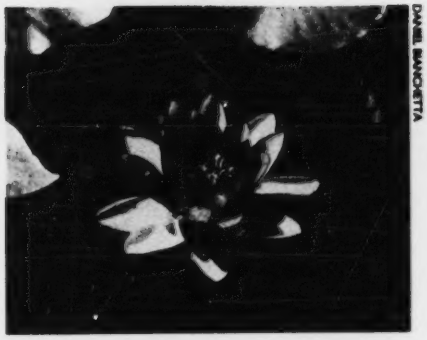
This conference will bring together six leading American scientists and six leading Soviet scientists for a week of discussion.

October 21–26
Monarch Butterfly Symposium
Lincoln Brower, director of scientific research for the Monarch Project

Conservation of the monarch overwintering habitat is critical in California and Mexico if monarch migration is to survive in North America. Attendees will discuss biological management methods for preserving current habitats and develop a biological rationale for the creation of new sites.

October 28–November 2
Be Your Own Hero: Careers in Commitment
Bill Puka

Educators will develop public school curricula that will expose students to positive role models: ordinary people making extraordinary contributions to the common good—and loving it.


DANIEL BANCHETTA

CONFERENCE ON SUSTAINABLE AGRICULTURE

This last January 9-12, Esalen co-sponsored an invitational conference with the Committee for Sustainable Agriculture. The result of this meeting was a document, the Asilomar Declaration for Sustainable Agriculture, that discusses the problems of current agricultural practices and outlines a vision for the future. Participants hope to build a coalition of environmental and conservation groups around these concerns and to influence Congress for more support of sustainable agriculture in the 1990 Farm Bill.

Participants included Robert Rodale, Wes Jackson, Amory Lovins, and representatives from government, private, and public organizations. For a copy of the declaration, contact CSA, P.O. Box 1300, Colfax, CA 95713.

ESALEN ECOLOGY GROUP

Alarmed at the growing global environmental crisis, individuals in the Esalen community have formed the Esalen Ecology Group. The group researches, advises management, and implements ecologically-sound products and procedures throughout the property. They have recently installed depots for recyclable waste and are working on a project to lower electricity consumption. The kitchen is maximizing efforts to purchase more organic produce and range-fed meat. This issue of *The Esalen Catalog* is printed on recycled paper. Future programs include invitational conferences that will address environmental issues on local and global levels. The ecology group is also promoting the establishment of a recycling center for the Big Sur community and has organized an outreach program for concerned people throughout the Big Sur area.

Esalen Institute has long been equated with the development of human potential. The world has reached a time, however, when that potential will likely be arrested unless there is increased human action to improve the biosphere's dwindling potential. It is up to the local citizen to act responsibly in his or her home, town, and network. As the pace of change in the world quickens, we are all tempted to take the convenient path instead of considering the long-range results of our choices. However, we must choose what's good for us and the earth, not simply what's expedient. This includes changing patterns of consumption and redefining what constitutes worthwhile economic goals.

In our own community, the Esalen Ecology Group is striving to bridge the gap between the kind of "personal ecology" that Esalen has promoted since its inception and the practice of globally-responsible ecology necessary for planetary survival and well-being.

■ WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from a tour of the garden on a Sunday afternoon to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The Experiencing Esalen workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on page 49. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. Finally, there is a community workshop program which goes on daily and provides opportunities for personal growth.

Scholarship Information

If you would like scholarship assistance for an Esalen program, please complete the application on page 61 and send it to us along with appropriate deposits and your completed reservations form. If your application is approved, the amount of assistance granted will be deducted from your balance due on arrival. (See Fees and Reservations, page 60.)

The maximum amount of scholarship awarded is 50% of the total fee. In most cases it will be less. There are no scholarships available for the Work Study Program.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to sleeping bag accommodations or scholarship recipients.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. This discount is available *only* when you make your reservations, not when you check in. When you complete the reservations form on page 62, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (Please note: senior discounts are not available for Wilderness Programs or the Work Study Program.)

Family Rates: A family of three or more may be accommodated in one double room at the regular rate for two, or in a triple at the regular rate for three. The only additional charges per person beyond the two or three full-paying occupants are meal costs: Breakfast, $5; Lunch, $6; Dinner, $8. A child's plate (age 6 and under) is available at half-price. If the non-full-paying family members are enrolled in Gazebo School/Park or in an Esalen workshop, additional fees are required. Contact Gazebo, (408) 667-3026, for information regarding their fees.

Housing Options and Rates

Standard Accommodations: This is shared housing with two or more per room. In some cases, bathrooms are shared, as in the Big House. Couples will always be housed in doubles. See above for scholarship information.

	5-Day Rate, per person	Weekend Rate, per person
	$630	$325
Single with private bath (rarely available):	$880	$425

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first come, first served basis.

	$465	$260

Sleeping Bags: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.

	$350	$185

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, massage, and good food without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is not refundable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please call no sooner than the Sunday before. The rates below are per person, per day. Private rooms are sometimes available at an additional charge of $50 per day.

	Weekday	(2 or more days)	Weekend
Standard Accommodation (2 or 3 per room):	$85	($75)	$105
Bunk Bed (4 or more per room):	$65	($60)	$70

The Gazebo School/Park Early Childhood Program

The Gazebo School/Park Early Childhood Program is now available to seminarians. Please phone for your child's reservation so that we may provide the kinds of services you will require while attending your own workshops. Call the Gazebo Farmhouse, (408) 667-3026, between the hours of 9:30-11:30 AM for more information.

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, Reichian work, massage, etc.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to page 49.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 47-48.

STEVE BECK

Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Please see the insert for mail order information.

Garden Tours

Tours of the garden, farm, and landscaping are available from April through September, on the first and third Sundays of the month, from 2-5 PM. The cost is $10 per person; group rates are available. No reservations are necessary.

■ ESALEN SEMINARS

KATHLEEN THORNOD CARR

Week of April 29–May 4

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

This workshop is open to anyone interested in learning to recognize, trust, and use their psi abilities. The leaders will use exercises designed to aid participants in recognizing their perceptive styles and trusting the intuitive input they normally receive. Anne Armstrong will use her tracking abilities, acquired from over twenty years in this field, to assist participants in arriving at useful, accurate data.

One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $630

Courage, Risk, and Self-Acceptance

Phyllis Shankman

Although it is understood that growth and change require courage and the willingness to risk, many of us find ourselves unable or unwilling to make a move until we feel certain of the outcome. And while we hesitate, we often miss out on enjoyable or important opportunities. Courage requires a blend of self-acceptance, heart, boldness of spirit, a sense of humor, and the willingness to trust oneself and the goodwill of others.

This workshop offers participants a supportive environment in which to experience themselves as courageous and able to successfully take risks. Group activities will include gestalt, discussion, massage, meditation, art imagery exercises, dance, and play. $630

Golf in the Kingdom . . . an exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.—Michael Murphy, (Shivas Irons) *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It may be experienced not simply as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues

of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

In these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two of the days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Michael Murphy, *Golf in the Kingdom* (Dell); Timothy Gallwey, *The Inner Game of Golf* (Random House).

$630 (plus green fees paid directly to the leaders)

Non-Ericksonian Advanced Hypnosis for Professionals

Randall Churchill

Ericksonian hypnosis and neurolinguistic programming have been highly influential in many hypnosis circles for nearly two decades. But there are various advanced contemporary forms of hypnosis besides those developed by Erickson. This program is for experienced Ericksonian and non-Ericksonian practitioners who want to expand and develop their options; each day will include lectures, demonstrations, and practice in advanced modalities.

Tapping into strong emotions during hypnosis often creates splendid opportunities for movement. Participants will explore which situations are best to encourage abreaction and, when appropriate, how to transcend resistance to it. They will work with comprehensive strategies, including the integration of the affect bridge, gestalt, transactional analysis, body work, inner child processes, hypno-analysis, reeducation, inner support systems, and transpersonal hypnosis. Other topics include ideomotor methods and advanced systematic desensitization for overcoming phobias. Practice of rapid induction and deepening methods, including skillful use of authoritarian styles, will give participants a greater range in assisting clients enter and respond to hypnosis.

So as not to miss the forest for the trees . . . cultivating compassion, rapport, and mental expectancy are more important than any methodology and will underlie the work of this week.

Recommended reading: Cheek and LeCron, *Clinical Hypnotherapy* (Harcourt Brace); Barnett, *Analytical Hypnotherapy* (Junica); Boyne, *Transforming Therapy* (Westwood).

C.E. credit is available for nurses and certified hypnotherapists; for more information see pages 47-48. $630

Family Regeneration: Moving Beyond the Family Trance

Jane Parsons-Fein

Anything you do in a conscious state, you can do better in a trance state.
—Milton Erickson

Authentic change can only take place on unconscious levels.—Virginia Satir

Most people invariably recreate in their work and relationships the emotional environment they experienced as children. They operate out of the parental inductions they received and the assumptions they made consciously, which have since become unconscious.

Through discussion, games, movement, self-observation, family-sculpting, psychodrama, and communication stances, participants will identify common areas of communication breakdown (between parents, children, couples, friends). They will have the opportunity to reconnect with more natural, fulfilling, and loving ways of being together and generate new levels of change. $630

Weekend of May 4–6

A Workshop for Couples with David Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will reexamine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$325 per participant

Creative Writing Brainstorming

Herbert Gold

From feeling to expression to communication, this workshop will carry participants into the possibilities of making literature. Exploring an experience different for everyone, yet shared by all, they will probe for the riches within.

Participants should bring typewriter, word processor, pen, soft pencil, or clay tablets and stylus to the meetings. A situation will be called forth—love, death, ambition, pride, fear, hatred, jealousy—and after preparation in the discussion, participants will write. Then they will read and rewrite each other's work. They may expect to go from truth to lying: from recollection to art.

What may develop is a sense of style and control as a part of the mastery of experience. Participants will practice the freedom of imagination by giving shape to it.

Please see Herbert Gold's essay, "How to Suffer from Writer's Block," on page 7.

$325

New Competences for an Age of Uncertainty

Donald Michael

Because we live with unprecedented levels of complexity and uncertainty, an abiding crucial challenge for each of us is learning how to be better learners. The old answers and questions are increasingly ineffective. Yet, conventional definitions of competence encourage each of us, and organizations, too, to avoid learning by denying or disguising uncertainty so that we appear to know what we are doing. The result is ever more stress, anxiety, and inadequate personal and organizational performance.

This seminar will introduce a set of interlocking skills or "new competences" nec-

essary for making humane and effective decisions when uncertainty can provide the occasion for learning—in work places and in interpersonal and family situations. These skills include: acknowledging and specifying high levels of uncertainty, error embracing, being future-responsive boundary spanning, interpersonal communication, and self-knowledge.

The approach will be both cognitive and experiential. Participants will have the opportunity to become more comfortable with the vulnerability that accompanies facing their uncertainties; to question the need to act over-cautiously out of fear of making a mistake; and to reexamine the incentives for those defensive posturings that make it so hard to act responsibly and compassionately. As a previous participant said, "This seminar is for those who are ready to move beyond the personal and want to effect change in public and private organizations." $325

Dance as an Ally in Healing Cancer

Anna Halprin & Rana Vassau

Since illness reflects the breaking down of the immune system, it makes sense to go to our deepest source, the body itself, to rebuild, renew, and rebirth to our natural state. This workshop emphasizes what participants can learn from paying attention to how they move, feel, and image.

Dance has been used as a healing art since the beginning of time, and Anna Halprin has bridged healing rituals of the past with those of today. As a result of having had cancer herself, she has pioneered an approach to dance called psycho-kinetic-visualization, which utilizes the feedback process between instinctive movement and deeply-buried feelings. Participants visualize their natural killer cells as vigorous and alert allies in the immune system, destroying the diseased cell. They then embody these visualizations and dramatize them through movement in their own creative dance-rituals. Guided movement meditations for relaxation and to enliven the life force are also used.

This workshop is designed for people with cancer, support persons, and health care professionals and is suitable for people of varying levels of physical capacity. There will be a slide show and videotape of case studies to illustrate ways this approach has been applied. For more information contact Tamalpa Institute, P.O. Box 794, Kentfield, CA 94914; (415) 461-9479.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Humanizing Health Care

Jane Parsons-Fein

This workshop is for health care professionals who want to refine their use of language and nonverbal cues to facilitate the healing process, be it in an emergency room or a chronic care facility. The work will be based on Milton Erickson's pioneering methods in medical hypnotherapy, which have been shown to have profound effects on human physiology, and which are only beginning to be tracked by the field of molecular biology.

Recommended reading: Ernest Rossi and David Cheek, *Mind Body Therapy* (Norton). $325

Week of May 6–11

The Modern Warrior: LET in Action

George Leonard & Annie Styron Leonard

A man or woman with outward courage dares to die; A man or woman with inward courage dares to live.—Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the full, and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might well be necessary for men and women to reown the warrior ideal.

Through the centering and movement exercises of LET (Leonard Energy Training) as well as through various new games, participants will be invited to get in touch with their own unacknowledged powers, and thus to discover the hidden warrior within. Guidance will be offered on how to apply the warrior ideal to daily life. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Silent Pulse* (Dutton). $630

Self-Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The degree to which we allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop, participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support, participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics. $630

Psychology of Spiritual Essence: Introduction to Ridhwan Work

Hameed Ali
& Ridhwan Work School Faculty

Ridhwan, translated from Arabic, means contentment. The Ridhwan Work School is dedicated to the development of the human essence. It uses primarily the Diamond Approach, a modern, psychological method used as a spiritual practice, to guide students to a precise understanding of their personal experience. By understanding one's discontent, longing, emptiness, and life situations, it becomes possible to realize the innate aspects of love, awareness, will, and joy. Such precision offers psychological clarity and ultimately leads to spiritual presence.

This workshop will use conceptual presentations, interpersonal exercises, meditation, and personal emotional work to activate the essential aspects of presence and resolve the psychological barriers against them. It is for individuals who have done a lot of emotional and growth work, and speaks to the longing of the heart for what will truly fulfill it. In such a short time, participants may only get a taste of this essence, but they can go a long way in terms of awakening their sleeping potential. Private sessions will be available for an additional fee.

Recommended reading: A.H. Almaas, *Essence* (Weiser), *The Diamond Heart*, vols. I & II (Diamond Books), and *The Pearl Beyond Price* (Diamond Books). $630

Negotiating Career and Family: A Delicate Balance

Ayala Pines

Those people who are deeply involved in a highly demanding career face the danger of career burnout. Those who are deeply involved in a highly demanding relationship face the danger of relationship burnout. Negotiating between the two does not have to be more stressful than dealing with just one.

The goal of this workshop is to help individuals and couples better negotiate the demands of their lives so that, instead of being the cause of burnout, they contribute to personal and couple growth. Achieving balance between work and relationships not only leads to a richer and more satisfying life, it can also offer protection from over-involvement (and with it the danger of burnout) in either one of them.

This workshop is recommended for dual-career couples, for individuals juggling a career and a family, and for therapists working with such individuals and couples. $630

Weekend of May 11–13

The Archaic Revival: Inner Visions, Future Vectors

Terence McKenna

This age of archaic revival is a time of responsibility and opportunity, a rare confluence of traditional forms such as shamanism and vision-questing with a planetary and post-historical mega-future. Can archaic values give meaning to the now apparently inevitable dissolution of our ages-long link to this green and watery world? How can we facilitate our departure from the cave of forgetting and our immersion into the real politic of membership in the galactic collectivity of mind? We will discuss who we are, where we came from, and where we are headed as a species. This seminar will explore a universe that is stranger than we *can* suppose. $325

May 11–18

Rainbow Bridge: A Ritual Theater Lab

Gabrielle Roth & Brian Bates

This 7-day workshop synthesizes Gabrielle Roth's *Ritual Theater* with Brian Bates' *Way of the Actor*. Through the use of sound, movement, and theater, participants will explore shamanic visions of the future as inspired by timeless insights from the past.

Rainbow Bridge offers a path of self-exploration through self-expression. It is a supportive and challenging transformational tool designed to inspire individuality and artistic creativity.

Recommended reading: Gabrielle Roth, *Maps to Ecstasy: Teachings of an Urban Shaman* (New World Library); Brian Bates, *The Way of the Actor* (Shambhala). $955

Week of May 13–18

Five-Day Massage Intensive

Robert Helm & Esalen Massage Practitioners

Participants will be instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for more information see pages 47-48. $630

The Hero's Journey

Paul Rebillot

Paul Rebillot writes: "Again and again in my work with people I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another—whether it be a child's discovery that there is no Santa Claus, an adolescent's awkward approach to puberty, an adult's marriage or ending of one, or a change of career. Every such change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That pattern is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"My purpose is to give people a chance to experience a rite of passage so that they can go into the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight."

Recommended reading: Joseph Campbell, *The Hero with a Thousand Faces* (Bollingen) and *Myths to Live By* (Bantam). $630

Clinical Ground and Spiritual Depth

Stephen Schoen

The major symptoms of psychic pain—anxiety, depression, confusion, self-doubt—have a spiritual dimension. They speak of a smaller gestalt that we feel trapped in and must break out of, with a sense of danger akin to the fear of death, but still as the one way of life. This seminar will explore ideas of Lao Tzu, Buber, Bateson, and Krishnamurti and consider how they address the coming into a larger gestalt, a sacred world. For the theory and practice of psychotherapy, these writers make specific contributions to attitude and method. The seminar will be presented in lecture, experiential work, and discussion. $630

Weekend of May 18–20

A Weekend with Paul Rebillot

Paul Rebillot writes: "Within each of us there lives a demon—our own personal critic—whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love,

we're never good enough. This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to exorcise during this workshop.

"Why not take the chance of looking inside ourselves and finding the completeness of who we are, instead of limiting ourselves with who we think we should be and who we hope we are not? When we find the truth about ourselves, our natural response is to want and to work for the best that we can be.

"People in the helping professions who have experienced this form have found it adaptable and useful in their own work."

$325

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $325

Living an Authentic Life: Implications of Truthtelling

Jeffrey Masson & Daidie Donnelley

Jeffrey Masson's book *The Assault on Truth* has been described as a Watergate of the psyche. Accused of telling too much about the Freud Archives, of which he was a director, and of blowing the whistle on psychotherapy in his new book, *Against Therapy*, his activities brought him into conflict with the psychiatric establishment. His autobiography, *The Making and Unmaking of a Psychoanalyst*, will be published this Fall. Daidie Donnelley, a psychologist, is a partner in Berkeley's *Chez Panisse* restaurant and co-founder of the Daily Bread Project. Her interest in integrating personal and social truth has been a thread that has united her work in psychology, photography, film, and community organizing. They write:

"We live in an age where it has become increasingly risky to tell the truth, whether in a business deal, in politics, in the media, or in personal relationships. But it is also clear that unless we make a determined effort to seek out true information and true facts and present them truly, our personal lives, our emotional selves, and our entire planet may be doomed.

"This workshop will look at this issue in a wide variety of situations (politics, the media, writing, psychiatry), but will focus on truth in one's own autobiography. Is it possible to de-mythologize one's own life? Have you ever been in a situation where you agonized over whether to tell the truth? We will discuss these issues and attempt to reach conclusions that can help each of us have a more authentic relationship with other people, with the environment, and with other creatures. The goal is to get away from gurus, psychiatrists, professors, and bad lovers and move toward friends, oceans, and good food."

Recommended reading: J. Masson, *The Assault on Truth* (Penguin); J. Robbins, *Diet for a New America* (Stillpoint); Primo Levi, *The Drowned and the Saved* (Vintage); any of Alice Miller's books. $325

The Rainbow Serpent: The Eco-Spiritual System of the African Diaspora

Luisah Teish & Wade Davis

This workshop will explain the relationship between ecology and spirituality in the traditions of the African diaspora. Areas covered will include West Africa, Brazil, Cuba, and Haiti. Participants will learn about folklore regarding the forces of nature, the spiritual-medicinal power of herbs, and ritual dances of African-derived traditions. They will design personal rituals to enhance their own relationship to nature and the world of spirit. $325

Week of May 20–25

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Its emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press).

$630

The Buddha, the Goddess, and N.L.P.

Eli Jaxon-Bear & Antoinette Varner

The Buddha is a model for compassionate emptiness. The Goddess is a model for passionate involvement in form. Neurolinguistic programming (N.L.P.) is a structure for understanding, modeling, and changing human behavior and consciousness. It can be used for leaving behind old baggage and focusing or polishing the filters of perception. Set in the context of Buddhist psychology and practice, N.L.P. offers the choice to utilize gracefully the core issues of life as ally and teacher.

This workshop combines the power of hypnosis and N.L.P. within the context of a spiritual journey. Participants will use Zen meditation, Taoist yoga, movement, and trance work to invoke the perfected states of the Buddha and the Goddess already within.

Recommended reading: Chogyam Trungpa, *Shambhala* (Shambhala); W. Evans-Wentz, *Tibetan Book of the Great Liberation* (Oxford); Bandler and Grinder, *Frogs into Princes* (Real People Press); M. Zimmer Bradley, *The Mists of Avalon* (Knopf); Starhawk, *Dreaming the Dark* (Beacon). $630

Presence: A Fluidity of Being

Elisa Lodge

Elisa Lodge writes: "Presence is a power that arises from a deep sense of self-worth and trust. It reflects a broadened vision and whole-hearted acceptance of the varied facets of being. It is a state of dynamic bal-

ance where there is no unnecessary strain of self-defeating awkwardness. One is at home in oneself and at ease with the world.

"During this week, participants can gain a deepened appreciation of the elements in themselves that contribute to this timeless state of fluidity and ease. They will have an opportunity to experiment and explore how their bodies' shapes and forms, emotional histories, and self-images are intimately intertwined. This growing awareness is the basic grounding from which the creative experience of presence can be known. Movement patterns, the ways we walk and breathe, also reveal how we inhibit or allow our personal power. As we become more comfortable with ourselves, we transform not only the way we might carry our head or make contact with another, but our whole way of being in the world.

"This work is based on an approach woven from gestalt, psychosynthesis, Rolf movement, and performance art. Video feedback will be used." $630

Sculpture: Inner and Outer Visions

Rachael Dutton

The seat of the soul is where the inner and outer worlds meet.—Novalis

Rachael Dutton writes: "My work is based on interactions of images from my dreams with the animism of materials such as branches, earth, and grasses. These materials function as collaborators, mediating between inner and outer worlds.

"Workshop participants will work individually with images gleaned from dreams, memory, or moments of presence, using low-tech methods of construction and the natural resources of the farm area at Esalen. Additive sculpture methods, such as bundling, tying, stacking, can be just as personal as imagery; ways of linking physical components mirror associative processes in the mind. Participants will explore a multi-dimensional awareness of self as process and self as internal landscape coming to meet external landscape, using natural materials and the raw beauty of the Big Sur coastline to embody their personal visions.

"The workshop is open to artists at all levels of experience. Bring sketchbook, scissors, string, rags, and a plastic bucket."

Recommended reading: Robert Bly, editor, *News of the Universe* (Sierra); Rainer Maria Rilke, *Letters to a Young Poet* (Norton). $630

Weekend of May 25–27

Letting Go–Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate—in the moment—to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. $325

Somatics: Internal Mastery of Muscles and Emotions

Thomas Hanna

The founder of the journal *Somatics* will teach basic principles of somatic learning, central to which is controlling neuromuscular responses to emotional states. Uncontrolled emotional responses lead, eventually, to distortions of lower back, shoulders, and neck with, typically, chronic stiffness and soreness in these areas. Learning control of one's emotional response can lead to inner calmness as well as ease in muscular tone and body posture.

Recommended reading: Thomas Hanna, *Somatics* (Addison-Wesley), *The Body of Life* (Knopf), and *Bodies in Revolt* (Freeperson Press). $325

The Psychotherapist as Shaman: Methods for Madness

Joan Halifax

In many indigenous cultures across the world, the shaman has functioned as healer and therapist in the physical, psychological, intellectual, transpersonal, social, and environmental domains. During this weekend, anthropologist Joan Halifax will look into the traditions of shamanism for those practices and methods possibly relevant for use in contemporary psychotherapy. Included will be the function of art in personal, social, and environmental healing; the role of ritual in individual and community process; the use of entheogens in psychophysical transformation; and the relationship of the natural environment (as reality and metaphor) to the healing process. This program includes experiential practices, teachings, and discussion.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Finding Inspired Work in Mid-Life

Peller Marion

At 93, as he was accepting the American Comedy Award, George Burns said, "The first half of my life has been good, and I look forward to the second half being even better." While most people don't live to be 93, some, like George Burns, remain charismatic and magnetic. Others are drawn to them largely because their lives seem effortless, playful, and meaningful.

How we define ourselves and what success means is important to what kind of individuals we grow into as we age into the second half of our lives. Participants in this workshop, drawing from a conceptual base of adult development theory and models of aging, will explore these issues. Through structured exercises and open exploration of topics such as, What's my dissatisfaction? Who am I? What's my definition of success? the leader will coach participants to create a vision for the second half of their lives based on internal values that are meaningful and significant.

What this workshop offers is a playful and rich way to reevaluate one's work and relationships to gain a clarity, focus, and direction of one's life contributions. It is recommended for professionals in diverse areas who want to revitalize and renew their vision. $325

Week of May 27–June 1

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 18-20. $630

Opening the Feelings

Dale Cummings & Gena Mayer Sorensen

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $630

Completion

Will Schutz

Incomplete actions, be they personal or social, result in many of humankind's troubles: emotional—replaying early stuck relations; physical—chronic tension from unfinished actions; health—blood poisoning from uneliminated waste products; aging—caused by incomplete events; ecology—waste disposal problems, especially nuclear; spiritual—karma, unfinished business; education—Montessori's insistence on putting toys away; sports—the concept of the killer instinct.

What are the resistances to completion? What must happen to a self-concept to propel it toward completing cycles? These and other questions will be explored via the following concepts: theory of energy cycles, life history completion, health through imagery. $630

Movement, Touch, and the Healing Process

Patrick Douce

This workshop will approach the concept of a free, effortless body through Moshe Feldenkrais' work in movement and touch. Balinese and other Indonesian systems of working with the human body's energy field will broaden the Feldenkrais® work.

Participants will be introduced to the complexity and simplicity of the spinal column. They will use soft, conscious movement to increase their sensitivity for safe, hands-on explorations. Moving away from the notion of a straight, stiff, rod-like back, they will find that posture and overall flexibility of the spine improves.

This program is designed for both beginners and professionals interested in movement and touch. Individuals with chronic tension or stress, and those with lower back, neck, shoulder, or hip pain, may find alternatives through learning more about the human body's possibilities. $630

®The Feldenkrais Guild

May 27–June 22

Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, page 45.

$2760 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

Weekend of June 1–3

Gestalt Practice

Joyce Lyke

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And when used—is inexhaustible.
—Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); John Heider, *The Tao of Leadership* (Humanics); Ram Dass and Paul Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; for more information see pages 47-48. $325

Introduction to Vipassana Meditation

James Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion.

This seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate Vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala). $325

The Further Reaches of Human Energy

George Leonard & Annie Styron Leonard

This workshop begins with a basic grounding in Leonard Energy Training (LET), in which problems can become opportunities, stress and pain can be transformed into gifts of energy, personal and social options can be multiplied, and the flow of vital energy enhanced. In addition to its practical applications, the workshop offers participants the possibility of experiencing their own latent powers of intuition and extraordinary sensing.

After their introduction to LET, participants move into experiments that push the limits of what are termed "normal" human capacities. Through such processes as scanning, tuning in to others' energy, focused surrender, and remote viewing, the group is given a chance to experience a crystalline state of intense aliveness without expectation and prejudgment. As George Leonard wrote in *The Ultimate Athlete*, "Simply by

considering possibilities commonly ignored by our culture, we find ourselves in a far more fascinating universe. We discover adventures that do not require the burning of fuel or the rape of the planet: sensing the energy field of a friend or a tree, making connections that defy conventional space and time. . . . We realize, with the sorcerer, don Juan, that our world is awesome, mysterious, and unfathomable, and that our life is filled to the brim and altogether too short."

Recommended reading: George Leonard, *The Silent Pulse* (Dutton), *The Ultimate Athlete* (Viking), and *The Transformation* (Tarcher/Houghton Mifflin). $325

CYNTHIA JOHNSON BIANCHETTA

Week of June 3–8

The Body is Spirit

Robert Hall

There is no difference between the bio-energetic streaming of daily body life and the divine spirit current or life force. We experience both as an on-going felt body sense. The human ego operates under the false assumption that it is somehow separate from that sense. So we spend our lives in constant negotiation and seeking: the so-called human condition. From this position, alienation is inevitable.

This workshop is designed to explore the possibility that we are that felt body sense, that spirit current, and we are constantly, by nature, in relationship to everyone and everything that exists. Hopefully, we'll laugh a lot, too. There will be time for gestalt, individual body work, meditation, and getting to know each other well in a short time. $630

Yoga: A Week of Learning and Rejuvenation

Ganga White & Tracey Rich

Presenting East/West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and which combines grace and flow with postures, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the art of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jnana (the yoga of wisdom and perception), participants will begin observing the thought processes and patterns that dictate their lives. They will look at the areas of love, responsibility, relationship, freedom, and death.

Participants of all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at: White Lotus, 2500 San Marcos Pass, Santa Barbara, CA 93105; (805) 964-1944. $630

Rituals for Healing

Jeanne Achterberg & Frank Lawlis

Rituals give meaning, richness, and structure to life's passages. They are for communication and celebration, for solemnity and deep inner silence. They are a visible manifestation of common human experience. Most of all, rituals are ceremonies of healing.

During this workshop, participants will explore components of healing ritual and discuss why rituals work. Sounds and symbols of rituals from several cultures will be experienced. The group will create and participate in healing rites which incorporate ancient wisdom with the belief systems from modern medicine, science, and psychology. The focus of the ritual work will be the healing power of the imagination.

This program may be of interest to health professionals and others who are on a healing path—seeking harmony, balance, and wholeness.

C.E. credit is available for nurses; for more information see pages 47-48. $630

June 3–15

12-Day Advanced Massage Intensive

George King & Peggy Morrison Horan

For workshop description see Special Programs, page 45. $1550

Weekend of June 8–10

Summer Tune-Up

Deborah Anne Medow

Summer is rapidly approaching; it's time to get up and tune up the body, mind, and spirit! This weekend will combine sessions which include elements of dance, yoga, massage, aerobic movement, and theater games for shaping up the outside, with quiet, meditative time for turning inside. $325

Poetry as Food for a Full Life

Brother David Steindl-Rast

Poems are high-energy food for our inner and outer journeys through life. Some people have been nourished by this fare for

a long time: for them, this workshop will be a time to delight in a festive meal. Others may have been estranged from poetry ever since their high school days: they are likely to be as surprised during this weekend as if they had discovered in their own house a room they had never entered.

Why does school spoil for many young people the taste for poetry? Why does Sunday School turn so many away from religion? These two phenomena are closely connected, but it is never too late to rediscover our heart's passion for meaning.

$325

Week of June 10–15

The Art of Receiving

Elliot Waker Aronson
& Gabriele Hilberg

This culture makes it difficult to receive gracefully. Many of us learn early in life to equate receiving with weakness, helplessness, and dependency. One source of difficulty originates from a deep-seated belief that we do not deserve the love, attention, praise, or affection that is offered. Another stems from a fear of being obligated by the other person's expectations. Our willingness to receive brings greater honesty to our desire to give to others. The openness to receiving allows us to fully experience our relationship with another person, opens our hearts to the love and compassion of others and, in times of crisis, enables us to reach out for help.

Participants in this workshop will examine the beliefs and expectations that created their internal blockages and will learn new ways of receiving wisely, gracefully, and with dignity. $630

Contemplation and Film

Francis Lu
& Brother David Steindl-Rast

Film provides many of us with moments of genuine aesthetic enjoyment. Do we realize how close we are at those moments to contemplation in the traditional sense? In this workshop, Francis Lu and Brother David will help build bridges between realms of meditation and movie-making.

Participants will view a series of remarkable films and discuss key issues of film appreciation and of spirituality. A film festival of this kind needs no further justification; beyond it, however, the leaders hope to open for participants access to a deeper sense of the transpersonal in everyday life.

Recommended reading: Paul Schrader, *Transcendental Style in Film: Ozu, Bresson, Dreyer* (Da Capo); Jacques Maquet, *The Aesthetic Experience* (Yale). $630

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in the mood of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for: people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based in trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably.

$630

Weekend of June 15–17

Healing, Meditation, and Dzogchen

Sogyal Rinpoche

In the stillness and presence of meditation we discover a pure awareness, beyond the ordinary thinking mind, and catch a glimpse of our true nature, something long lost to the busyness and turmoil of our lives. The core of meditation practice is the releasing of heart and mind in deep ease and relaxation, dissolving tensions, and connecting with that tremendous source of healing within. Health is a state where all aspects of body and mind are in balance. Through meditation practice, the mind's natural freedom begins to shine through whatever arises in everyday life, bringing us confidence and skillfulness in our action.

At the heart of the Buddha's teachings lie the ancient meditation practices of Dzogchen, taught by Sogyal Rinpoche, a master who is heir to the 2,500 years of wisdom of Buddha. This weekend he will talk about Dzogchen and the Buddhist perspective. Some meditation practice will be included. $325

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods to improve their ability to sense each other's bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility—painlessly and immediately.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Accessing Creative Process

Dianne Laurence

This workshop is for artists and non-artists who are having trouble starting or developing creative work. Mistaken notions about

oneself, fears of imperfection, a need for control, and a tendency to emphasize results are some of the obstacles to imagination. Creative vitality and the ability to express oneself effectively arise from being attentive to one's fascinations, accessing impulses beyond the confines of the intellect, developing a healthy, critical eye and ear, and becoming a risk-taker.

Creativity is not something that just a few gifted people possess, but a natural part of everyone's make-up. Skill, intellect, emotions, and imagination are the cornerstones of creativity. In this class, participants will use exercises in writing, acting, and painting to expand emotional vocabulary, develop imagination, encourage spontaneity, and instill confidence in the expression of their inner life. Pushing against limitations is essential to articulating the areas to be developed, so this is a hands-on, risk-taking class. Participants will be suppported, encouraged, and given the opportunity to confront their walls and turn them into stepping stones. $325

Week of June 17–22

A Week with Laura DeNuccio (Ma Prita)

Laura DeNuccio writes: "This is an invitation to those individuals who are aware of an emerging consciousness that is making itself felt and heard personally and globally, and who are searching to fulfill both higher and deeper callings in their lives.

"The emphasis of this workshop will be on learning how to embody this new awareness, bridging one's personal growth and inner experience with outer involvement in the world. Inquiry will be made into the beliefs and assumptions that shape somatic reality, with special attention given to personal issues. The group will draw from breath, movement, sound, gestalt practice, imagery, and meditation to enliven, balance, and transform energy blocks and patterns in the body. For some individuals, unconscious thoughts and feelings that reside in the body tissue may come to life, which can then be consciously integrated into a new level of wholeness and well-being—physically, mentally, sexually, and spiritually.

"Through attunement with the Earth and each other, individuals can deepen their capacity to listen to the innate wisdom and intelligence of the body. This will be encouraged through music, dance, creative use of the Spoken Word, and ritual. Practices that cultivate sensitivity, compassion, honesty, and kindness toward oneself and others will be included. In this way, the group can co-create an environment of trust and acceptance in which to explore the ever-unfolding adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms."

Recommended reading: Stephen Levine, *A Gradual Awakening* (Anchor Press/Doubleday); Fields et al., *Chop Wood, Carry Water* (Tarcher); Louise Hay, *You Can Heal Your Life* (Hay House). $630

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*. $630

Mountains and Waves: Movement in Wilderness

Susan Harper & Steven Harper

Mountains and Waves is an invitation to explore natural movements inspired within the human organism by participation in nature. We listen to impulses within and to impulses of wilderness until "inner" and "outer" disappear. As we surrender to the intelligence which creates life in all its varied forms, we find ourselves moving in unexpected ways. Our awareness expands. We feel a larger sense of Self and wilderness and the creative wholeness of a greater dance.

The summer solstice occurs during this week, and we will take special time to create a ceremony in honor and celebration of our longest day. Sessions will be both indoors and outdoors. Evenings, some day sessions, and most meals will be at Esalen. We will also take short day-hikes in Big Sur's backcountry. Participants need not have previous experience in hiking or dance. $630

Help for Adult Children of "Normal" Parents: The Continuum Concept

Jean Liedloff

Jean Liedloff has developed a set of principles that guides clients toward an understanding of the beliefs and expectations formed in baby- and childhood that chronically undermine their capacity to act from accurate, adult perception of Self and Other. In her years of living in the South American jungle with Stone Age Indians, Liedloff observed a norm of human well-being that offers a reliable paradigm of mental and emotional health that has been missing from our attempts to attain individual and social fulfillment. Her work with clients is based on principles extrapolated from these observations. Normalcy, as we know it, is viewed as a pathology and new (ancient) criteria suddenly make sense of many of our problems.

This workshop will present methods that can change a client's self-defeating beliefs, at his or her own optimum pace, which participants will experience from both the client's and guide's points of view. It is for professionals and non-professionals. Please see page 11 to arrange for child care at Gazebo School/Park.

Recommended reading: Jean Liedloff, *The Continuum Concept* (Addison-Wesley, U.S.; Penguin, U.K.), German edition, *Auf Der Suche Nach Dem Verlorenen Gluck* (CH Beck, Germany).

C.E. credit is available for nurses; for more information see pages 47-48. $630

Weekend of June 22–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 20-25. $325

Weekend Massage Intensive

Char Pias Brenner
& Deborah Anne Medow

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners.

C.E. credit is available for nurses; for more information see pages 47-48. $325

The Mystical Wellspring of Neo-Platonism

Terence McKenna & Michael Murphy

Few streams of mystical philosophy run as broadly or as deeply through the growth of Western civilization as does that of the Roman philosopher Plotinus and his students Proclus and Porphyry. These mystical followers of the Pythagorean Plato illumined the tumultuous world that anticipated the fall of Rome, and twelve hundred years later, during the birth pangs of the Renaissance, this same Neo-Platonism offered a visionary alternative to the dominant theology of Christianity. In our own times what we have called the "New Age" or "Archaic Revival" is often the wine of Neo-Platonism poured into new bottles. We will discuss Neo-Platonism in the light of modern ideas concerning evolution and the physical world. Come join two Irish enthusiasts for the mystical way; we will drink from a river of ancient insight that continues to flow from the Neo-Platonic reservoir of Western mystical yearning.
$325

June 22-29

Childhood Sexual Abuse: A Healing

Jessica Moore Britt & Scott Layton

To guard against the hurts, fears, and confusion that sexual invasion of a child's physical and psychic boundaries can create, the child often abandons the place of conflict—the body. This withdrawal, though protective in nature, slowly begins to separate the child from her/his essential nature. This may be reflected in tension patterns, numbness, and oversensitivity and may further the child's sense of alienation from the world and self.

During these seven days, participants will move gently toward reintegrating their bodies and feelings with self. They will use gestalt practice, Reichian breath work, movement, touch, and meditation to reenter their private world of memories and feelings. They may gain a deeper understanding that the learned idea of self as bad, based on the sexual abuse, is not the essential truth of who they are. The focus will be on allowing the hurt, negative feelings and doubts to be acknowledged, felt, and used as energetic seeds for reawakening a positive sense of self. Through the supportive group atmosphere, participants may discover that it is safe once again to embody beauty, life, and love.

Recommended reading: A.H. Almaas, *Diamond Heart* (Diamond Books); Alice Miller, *Thou Shalt Not Be Aware* (New American Library). $955

Week of June 24–29

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see May 25-27.
$630

Advanced Enneagram Intensive

Helen Palmer

The enneagram is an ancient psychological typology that describes nine personality types and their interrelationships. Each type is defined by a chief mental and emotional preoccupation to which attention habitually returns. The types correlate well with the current categories of psychological practice, but can open us to the fact that the repeating preoccupations of heart and mind that we in the West tend to dismiss as merely neurotic can also be used as access points into states of awareness like empathy, omniscience, and love.

Beginning with a review of the nine types, this workshop will focus on advanced material that can best be understood through oral teaching methods. These include learning to recognize type by listening to the differences in people's stories, by learning to ask key questions, and by paying attention to one's own internal impressions when in the presence of the different types.

This program is for those who are already familiar with the nine personality types and who wish to broaden their understanding of the system. It is intended for anyone who is interested in: recognizing ways in which the nine types relate to each other in intimate partnership and in work-related settings; determining strategies for working with the types; developing competency with the patterns of attention that support each type; gaining an understanding of the higher human abilities that can develop from working with the issues of type. This intensive can be applied as one of the requirements for the Enneagram Professional Training Program.

Recommended reading: Helen Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper & Row).
$630

Weekend of June 29–July 1

Summer Renewal at Esalen

This weekend is offered as a relaxing way for people to renew themselves in a tranquil and beautiful setting. It will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include: sessions in gestalt, movement, meditation, massage, day-hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural hot baths will be available as usual.

The food will be specially prepared, with an emphasis on a diet of fresh vegetables and grains. Much of the produce is picked daily from Esalen's own organic garden and farm.

Come and enjoy a weekend of reflection, physical movement, and relaxation.
$275

Week of July 1–6

Fourth of July Week: Language of the Drums with Babatunde Olatunji

and Ijalu Akanbe, Yao Tamakloe
& Gordy Ryan

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African

life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

Please note: This has always been a popular workshop, with lots of people drumming and dancing in a small area. The energy runs high; please be prepared for a crowded, exuberant atmosphere.

Olatunji and his ensemble will extend their stay through the weekend. Please see July 6-8. $630

Preparing for the 21st Century: The Teacher as Warrior

Betty Halpern, Patricia Monighan-Nourot, Lia Thompson-Clark & Janet Lederman

Essential issues to be considered in this seminar on teacher development include: how to create an environment that supports confidence, competence, and compassion; the role of play in the curriculum (play and aggression; play and gender roles; play and age); how teachers can advocate for children (working with families and the community); the teacher as warrior or the teacher as wimp: developing leadership in your own setting; professionalism and relationships between staff and administrators.

Lectures, discussion, role-playing, experiential exercises, and observation at Gazebo School/Park (Esalen's children's center) will be some of the strategies used. This workshop is designed for teachers and administrators in any school setting. $630

Personal Trance: Hypnotic Skills for the Everyday World

Norman Katz & Marc Lehrer

To become a master of personal trance requires a skillful interplay between the conscious and unconscious aspects of the self. Developing focused attention, relaxation skills, and the use of suggestion in everyday life is integral to this process. This seminar teaches how to use common shifts of consciousness to help with personal problems, habit patterns, sports and physical movement, creativity, and pain reduction, and to reinforce positive changes in these areas.

Participants will use structured inductions, humor, play, music, and storytelling to shift from one trance state to another, to recognize how others influence one's trance, and to reframe situations for optimum solutions and well-being. They will practice hypnotic skill-training, visualization, self-induction, regression, and communication methods in the Ericksonian tradition. $630

July 1–8

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$955 (plus $30 materials fee paid directly to the leaders)

Weekend of July 6–8

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji with Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

For those who wish to stay, this is a continuation of Babatunde Olatunji's Fourth of July workshop, or it is suitable for those who only have time for a weekend workshop. Please see the July 1-6 workshop description for more information. $325

Coming to Our Senses: The Emergence of a Somatic Civilization

Morris Berman

This seminar is an attempt to understand individual identity, and the culture of which it is a part, by moving back and forth between personal experience and cultural analysis. There is a meeting point between private history and the larger drama of Western civilization, and it is this intersection that participants will seek to explore. Themes will include the nature and sources of creativity and the integration of individual psychological development with the evolution of Western consciousness. Historical material will be analyzed through lecture and discussion; personal experience will be explored via meditation, dream work, and writing exercises. Bring a notepad and pen.

Recommended reading: Jean Liedloff, *The Continuum Concept* (Penguin); D.W. Winnicott, *Transitional Objects and Transitional Phenomena*; Morris Berman, *The Body of History* (Simon and Schuster). $325

Week of July 8–13

Fourth Annual Children's Safari: A Music and Dance Festival for 7-Year-Olds and Up

Babatunde Olatunji & Ensemble

Through storytelling, chanting, and learning African rhythms in drumming and dancing, children will work toward a performance guided by Babatunde Olatunji and his ensemble of musicians and dancers who teach musical ritual worldwide.

Olatunji's message is more than musical; it carries a dedication for the future: "We hope that children's programs will become the concern of all who work diligently for a peaceful world, full of love, for those who take our places tomorrow. Omelere—children are the reward of life."

Coordinated by Lia Thompson-Clark and Ivy Mayer, this workshop is open to children whose parents are attending a concurrent seminar. $300

On Being Good Enough

Heather Maycock-Ogilvy

Being a good enough parent, a good enough therapist, a good enough teacher, or a good enough spouse is an art not a science, a creative endeavor that must be entered into with an open mind and an open heart. This workshop offers no detailed instructions or rules but rather encouragement to develop an empathy with those with whom we would be—not perfect—but good enough.

Problem situations in love or work, childhood memories, dreams, and guided imagery will serve as material for the work. Psychodrama will be part of the process as will discussion, massage, play, and meditation.

Recommended reading: Bruno Bettelheim, *A Good Enough Parent* (Random House); D.W. Winnicott, *Playing and Reality* (Methuen). $630

Trance, Dance, and Dreams

Paul Carter

Wisdom is the intelligence of the system as a whole.—Gregory Bateson

Connecting with one's personal source of creativity and support is essential in these increasingly complex times. This workshop will offer tools for retrieving those personal resources.

Meditation and self- and mutual hypnosis methods will be reviewed and practiced for those with little or no formal trance experience. Movement and sound will be used to deepen trance, to draw out knowledge that the body stores, and to embody creative healing processes. Dream work will help each person recover buried powers, shadow parts, and wholeness, and to generate solutions, actions, and ideas beyond the imagination. Personal as well as collective themes will be developed into healing rituals.

Each day will include movement, dancing, drawing, guided meditation, trance dreaming, communication/integration exercises, and focusing. Participants are asked to bring an 18" X 24" drawing pad and pastels. $630

Zero Balancing: Basic I and II

Fritz Smith

Zero balancing is a simple method for aligning the body structure and energy field. The structural/energetic interface of the body is beneath conscious awareness, and when imbalances occur at this level, the body tends to compensate around them rather than resolve them directly. This often leads to loss of vitality, chronic body pain, and lessened potential for vibrant health. Zero balancing assists in overcoming these patterns of imbalance.

In this workshop, traditional anatomy, physiology, and kinesiology will be reviewed, and Eastern concepts of chi energy, its movement in the body, and the chakra system will be discussed. The system of zero balancing will then be presented, including specific guidelines for evaluating and balancing the structural/energetic interface in the body. The workshop will be both didactic and experiential, with the main emphasis on new skills in body handling. This is an accredited program toward zero balancing certification.

Recommended reading: Frederick Smith, *Inner Bridges: A Guide to Energy Movement and Body Structure* (Humanics Ltd.).

C.E. credit is available for nurses; for more information see pages 47-48. $630

A Confluent Somatic Approach

Steven Vazquez

This workshop is about the nuances involved when illness, injury, or pain become resolved beyond the conventional expectations of medical science. Information from people who beat the odds of recovery from "terminal" illness, "incurable" diseases, or difficult injuries will be reviewed. The role of belief, attitudes, and relationships in affecting the body will be experientially explored.

This confluent somatic approach synthesizes medical research, cross-cultural concepts, ancient spiritual practices, and modern psychology. It combines methods drawn from Ericksonian hypnosis, Focusing, and family systems theory with hands-on work to reduce physical symptoms. Abstract concepts like state-dependent memory, psychoneuroimmunology, and chakra systems are broken down into practical applications.

Workshop material will be experiential and didactic. Processes for tracking unconscious personal myths that underlie medical conditions will be demonstrated. Complex medical jargon, psychological processes, and esoteric energy methods will be simplified into functional uses that can affect health recovery in conventional psychological and medical settings.

Recommended reading: Siegel, *Peace, Love, and Healing* (Harper & Row); Chopra, *Quantum Healing* (Bantam); Rossi, *The Psychobiology of Mind-Body Healing* (Norton).

C.E. credit is available for nurses; for more information see pages 47-48. $630

Weekend of July 13–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 20-25. $325

Timespirits, Group Process, and Ancestors

Amy & Arnold Mindell

This is an experiential workshop based on the Mindells' cross-cultural group process and conflict resolution experiences around the world. They will focus on the field theory of organizations, setting up practice and learning situations for small and large groups. They will experiment, for the first time, with incorporating ancestors and spirits of the times into the work. Open seat work will be available.

Recommended reading: Arnold Mindell, *Working with the Dreaming Body*, *Dreambody in Relationships* (both, Routledge Press), and *The Year I* (Viking/Penguin). $325

Body Rejuvenation

Dub Leigh & Audrey Nakamura

The goal of this seminar is to start to rejuvenate the body, mind, and spirit. A fast way to do this is to work the body. Transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain. You will then have changed the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat one.

The recipe for how to begin to rejuvenate a body in one session will be demonstrated to the group, and then experienced and performed by each participant.

This seminar is recommended for everyone. The older you are, the more stuff you have to work with. Class size is limited (two students per table). Bring a swimsuit—two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press). $325

Week of July 15–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 20-25. $630

Young People's Workshop

Lia Thompson-Clark & Judith Roth

Young people today face a challenging world. Most forms of education leave the discovery of mind-body-spirit integration for later years. This workshop introduces methods for conflict resolution and dealing with daily stresses, along with elements of self-defense. Using martial arts training, theater, energy awareness, and explorations in the beautiful surroundings of Esalen, young people will gain tools to enhance their lives.

Lia Thompson-Clark is a longtime educator and director of Gazebo School/Park. Judith Roth is a martial artist, self-defense /empowerment instructor, and developer of children's programs. $630

Five Days with Claudio Naranjo

Widely known as a theorist of "the ways of growth," Chilean psychiatrist Claudio Naranjo is a teacher, therapist, and community builder with a background in psychoanalytic and psychedelic therapy. He came to California in the mid-60s, received gestalt training from Perls and Simkin, and later became a member of the first Esalen gestalt team. He has taught at UC and Nyingma Institute. Among his books are *The One Quest* and *The Psychology of Meditation*.

During these five days, he will offer spiritual and psychological exercises—such as doing nothing in silent immobility and being oneself among others—as well as time for talking about "what it is all about," for deepening self-insight, for contemplation, and for subtle sensing. $630

The Body and Zen

Dub Leigh & Audrey Nakamura

The goal of this seminar is twofold: 1) to use body work methods and principles for releasing tension, trauma, and toxins from connective tissue; and 2) to circulate the vital energy in an aligned body. The group will draw from Rolfing® (structure), Feldenkrais® (function), and Zen (energy), to obtain these goals.

This is a hands-on workshop. Participants will give and receive body work and will learn methods to recognize, work with, and relieve some types of chronic muscle pain. The class will be limited in size (two people per table). Participants are asked to bring a swimsuit—two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press).

C.E. credit is available for nurses; for more information see pages 47-48. $630

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Therapeutic Aims in Psychotherapy and Meditation

Jack Engler

In recent decades, many spiritual approaches to psychological suffering have come to our shores or have been revived within our Western tradition. They compete with our own psychotherapies and have become for many individuals treatments of choice. This is particularly true for systems of meditation, which count many conventionally-trained therapists and mental health professionals among their practitioners. Yet, there is confusion as to the aims, methods, and problems these practices address and whether they overlap with those of conventional psychotherapy or are about something quite different.

This workshop addresses this issue and is for those wrestling with it: practitioners of a spiritual tradition who are in psychotherapy or considering it; individuals in therapy who are wondering if meditation would also be helpful; and meditation teachers and psychotherapists who would like to know what the other discipline is about, when it is and isn't appropriate, or who are attempting to integrate them both in their work.

Participants will undertake this exploration on theoretical and practical levels, sharing case histories and examples from their own clinical and meditative practices. Study will be along four developmental lines: body image, affect, self-structure, and the representational world. Each day will begin and end with a period of guided meditation; for those who do not have a practice, this will be an opportunity to learn basic practice in one classical tradition.

The leader's perspective will be psychodynamic and based on object relations theory. He will take Buddhist Vipassana (insight) meditation as representative of mindfulness practice and Theravada Buddhist Abhidhamma as representative of meditative psychology. $630

A Week with David Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week, participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and bouyant way of living. In an atmosphere based on warmth and humor, they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $630

Weekend of July 20–22

Self-Acceptance: The Freedom to Be

David Schiffman

For workshop description see May 6-11. $325

Movement, Touch, and the Healing Process

Patrick Douce

For workshop description see May 27-June 1. $325

Massage Intensive for Couples

Brita Ostrom & George King

This workshop is for partners who want to learn to massage each other. Emphasis will be on "hearing" with the hands, destressing the home, asking for what we need, and giving to those we love. Sessions will include demonstrations and hands-on guidance. Individual concerns will be addressed so participants can continue their practice at home.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Seeing with New Eyes: Developing Psychic Sight Through Compassion™

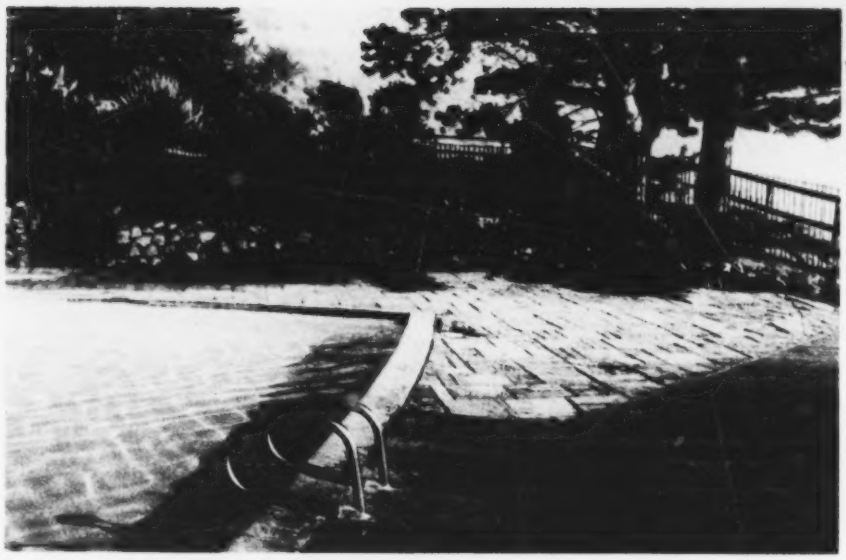
Elizabeth Stratton

As newborns we see the world "as it is." As we grow, we are taught by parents, education, and the media to see the world through pre-accepted belief systems. Our natural psychic clarity dims, and we can no longer see the truth of who or what is right in front of us. Reclaiming and developing our natural psychic sight necessitates stripping away these veils of illusion and seeing the world and people in it through the eyes of compassion.

This training in psychic development teaches how to see with clarity and compassion. Participants will be shown how to reopen and trust their natural gifts of clairvoyance, clairsentience, clairaudience, and telepathy. Specially designed exercises will enable them to: communicate with someone mind-to-mind at a distance; see into a person's childhood, including the accompanying trauma, loss, or pain that creates who they are today; see and interpret symbols, images, colors and auras; use inner sight to scan the physical body for signs of stress and disease; tap into the unconscious for healing purposes.

Designed for everyone who would like to see life and others with more clarity and compassion, these two days are of special value to health professionals who would like to see beyond the labels and directly into the hearts of the people in their care.

C.E. credit is available for nurses; for more information see pages 47-48. $325



CYNTHIA JOHNSON BIANCHETTA

Hypnosis, Suggestion, and Visualization for Children

Marc Lehrer

This seminar, suitable for health professionals, teachers, and parents, will introduce ways of using hypnosis, suggestion, and visualization with children at home and in professional settings. Topics will include how hypnosis with children differs from hypnosis with adults, learning development and disability, pain control, asthma, enuresis, and self-esteem. There will be exercises and discussion about how to integrate these methods into therapies, school, and family interactions, with examples for family bonding in pregnancy, creating security in early infant development, and providing a positive learning environment at home. Hypnotic puppetry, storytelling, and challenge inductions for work with non-compliant or uninvolved children will also be presented.

Marc Lehrer specializes in hypnosis and biofeedback with children and adults. He was on the faculty of the Child Study Unit at UCSF Medical School, is a member of the International Teaching Faculty of the Milton Erickson Foundation, and is Dean of Academic Instruction for the California Institute of Clinical Hypnosis and Health Sciences. As of this writing he has two children, 7 years and 20 months, who force new ideas on him and keep him busy perfecting his methods.

This program has 12 hours of credit for BBSE Hypnosis Coursework requirements and 12 hours for BRN.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Week of July 22–27

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 18-20. $630

Anatomy for the Massage Practitioner

David Streeter & Perry Holloman

A clear understanding of human anatomy, especially the relationship between bones, muscles, and connective tissue, is essential to the massage practitioner. This course provides an appreciation of this difficult and often-neglected dimension of body work. The leaders will translate confusing terminology into straightforward and understandable language through the use of anatomy charts, skeletons, clay modeling, living models, brief lectures, demonstrations, and individual instruction. Through hands-on practice of sports massage, deep tissue, and Esalen massage, participants will hopefully come to understand the living body in a new and creative way.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Advanced Feldenkrais® and Cortical Re-education

Harriet Goslins & Patricia Laurence

This workshop is open only to those who have previously worked with Harriet Goslins. It will include advanced eye/jaw and shoulder/hip work, newly-developed material on hand/eye coordination, and adjusting to the gravitational field. It will also emphasize issues of ability: to receive, to let go of what is no longer needed, to share one's essential nature and its responsibilities, and to be unafraid of knowing one's destiny and purpose.

Recommended reading: Moshe Feldenkrais, *The Elusive Obvious* (Meta) and *The Potent Self* (Harper & Row). $630

Caretakers of Wonder: The Accuracy of Aesthetic Insight

Mel Bucholtz

An awareness of beauty, wonder, and enchantment restores purpose and direction for the creation of a meaningful life. It also addresses and helps resolve problematic and distressing issues in one's life.

This workshop will: 1) introduce participants to an experience of wonder as the animating element in life; and 2) practice ways in which one shepherds wonder into the world. Accepting the notion that it has been placed in their trust, each trustee, or caretaker, then ushers wonder into the world.

With such learnings, we re-inherit our sensibilities and are vitalized by the new meaning they bring to awareness. The quality of attention which unfolds is that of enriched being, animating all the communities that sustain and create life. $630

Touching Spirit: Dimensions of Psychic Healing™

Elizabeth Stratton

Psychic healing bridges the physical and the spiritual. Touching as a healing act has been practiced through recorded history by practitioners of the sacred as well as the secular: healers, shamans, priests, doctors, and mothers. In the past ten years, physics and modern medicine have come to an acknowledgment of the radically relational nature of our universe. Nothing and no one functions in a void.

Human emotions affect the functioning of the body, and illness is often an outgrowth of this mind-body link. Semi-dissociative states that are induced by prayer, meditation, and trance have been found to provide a fertile ground for healing to take place. It has been discovered that "multiple personalities" exhibit different states of health in each personality. The placebo effect has become one of the most respected and well-studied issues in healing today.

A psychic healer is one who can help connect the physical, emotional, mental, and spiritual levels of another person's being with healing intention through the use of touch. This workshop will explore, both didactically and experientially, the sacred and secular uses of touch, modern theories of disease formation and healing mechanisms, the use of psychic sight in healing, forgiveness as transformational cleansing, and the channeling of healing energy through the laying on of hands.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Weekend of July 27–29

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see May 25-27. $325

Introduction to Polarity Massage

Deborah Anne Medow & Esalen Massage Practitioners

Polarity massage is a system for balancing the currents of life force which naturally flow through the body. It is a holistic approach to healing whereby the practitioner and recipient work with thoughts and attitudes, nutritional needs, polarity yoga exercises, and the polarity massage session itself.

Participants in this workshop will be instructed in basic concepts of the polarity system as applied to the human energy field through the medium of massage. Emphasis will be on theory, polarity points and counterpoints, energy balancing methods, nutrition, and polarity yoga. Developing a sense of humor while learning will be an important part of the weekend.

This workshop is designed for interested laypersons, professional body workers, and health care providers.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Three Ms: Math, Music, Myth

Ralph Abraham, Nancy Kaye Lunney & David Shire

This will be a weekend of mental and musical play. We will discuss the reemergence of Orphic themes in math (Chaos, Gaia, Eros) and in music (Orpheus and Euridice) from the Renaissance to the present. We will explore the emotional feeling of these themes through singing them, using songs from musical theater and songs we improvise ourselves. We will discuss the math, sing the music, and search for the interconnections. A mythic experience to clear your mind and find your voice. $325

How Do I Love Thee, Let Me Count the Ways

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared—by their family backgrounds or society—to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary, and who wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, body work, and personal metaphor. $325

Week of July 29–August 3

Golf in the Kingdom . . .
an exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

For workshop description see April 29-May 4.

$630 (plus green fees paid directly to the leaders)

Spiritual Healing:
Laying On of Hands

Maria Lucia Sauer Holloman & Catherine Chevrolet

This workshop will present practical methods of using the hands as instruments for physical and spiritual healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art.

Maria Lucia Sauer Holloman lives in Brazil where she studies with healers of "spiritism" (espiritismo). She combines her healing work with the art of cranial manipulation. Catherine Chevrolet, from Switzerland, integrates movement and body work with various healing traditions.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Healing the Healer:
A Workshop for
Physicians and Nurses

Peter Finkelstein

Working in the field of medicine brings the practitioner into contact with sorrow and death. Although health care providers accumulate great emotional burdens, many do not pay enough attention to staying whole, integrated, non-depressed while doing this work. Often, in fact, institutional arrangements foster the opposite: isolation, dehumanization, withdrawal. It remains for the practitioner to find a personal approach in which to process sorrow, frustration, and fear wisely and well.

The central exercises in this workshop will be the telling of critical narratives from the world of medicine. Each participant will tell the story of an unusually powerful clinical event, with the focus on the telling, that is, telling the story well, fully inhabiting it in all its dimensions. Group members will then discuss the story—what it reveals about medical work and what it reveals about the teller. Guided imagery, dream interpretation, hypnosis, didactic material, and group process may all be used to deepen the experience.

Because the professional environment can make trust among colleagues difficult, special attention will be given to creating a setting of trust and to understanding the properties of such settings. Written exercises may be used. Enrollment will be limited to 12 people.

C.E. credit is available for nurses; for more information see pages 47-48. $630

How Hungry Am I
and For What:
A Workshop for ACAs

Mariah Fenton Gladis

The road to recovery for adult children of alcoholics and others whose parents have been dysfunctional or abusive is challenging and can be deeply rewarding. It requires determination, lifelong commitment, and positive experiences. This workshop offers participants an opportunity to take a major step toward health. Group members will work toward transforming their personal histories from one of liability to one of strength and wisdom, focusing on the promotion of healing in four fundamental relationships:

- *With oneself:* developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of chronic trauma.
- *With others:* improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries.
- *In the world:* moving away from chaos and deprivation toward stability and abundance.
- *Spiritually:* searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

The workshop will be experiential and didactic, blending individual and group gestalt work, music, spiritual healing, body work, and personal metaphor. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals working with ACAs.

C.E. credit is available for nurses; for more information see pages 47-48. $630

The Subtle Self in Motion

Judy Blackstone

This workshop offers subtle, concentrated work to help participants truly inhabit their bodies. Mind-breath-body exercises will be used to awaken consciousness of the inner depths of the body, to attune to the emotional underpinnings of bodily tensions, and to release the bound energy of old pain.

The personal themes which emerge from this work will be explored verbally in a supportive group setting and in a free movement class for the expression of nonverbal experience. There will be daily meditation practice as well as sound and visualization exercises for penetrating to the core of the body-mind, to a level of unified awareness. Through this unbroken contact with the self, participants may discover the joy, health, and spontaneity of their essential nature. This workshop will not be physically taxing; the emphasis will be on introspective work. $630

Weekend of August 3–5

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 18-20. $325

Gestalt Practice

Joyce Lyke

For workshop description see June 1-3. $325

Rubenfeld Synergy™:
Healing the Mind/Body
Connection

Ilana Rubenfeld

This workshop will provide an introduction to the Rubenfeld Synergy™ Method, a healing system that uses gentle touch, movement, gestalt practice, creative imagination, music, and humor.

The memories and emotions stored in the body can result in energy blocks and imbalances. Through exercises designed to contact, release, transform, and balance these cellular patterns, participants can freely explore their innate healing potential. The atmosphere is one of acceptance,

caring, and laughter, encouraging participants to move toward integration, empowerment, freedom, and new possibilities.

Participation in this workshop will fulfill one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, NY, NY 10111. $325

Loving and Fighting: On Conflict and Intimacy

Ofer Zur

This workshop is for individuals and couples to explore their psychic battlefields—sexual, intimate, political. It will shed light on how people create enemies, get attached to them, and ultimately either love, kill, or dance with them. Experiential work, personal myths, and visual imagery will be used to explore the following key issues:

- The role of conflict in sustaining intimacy
- Loving and fighting: dancing with one's shadow
- Styles of fighting: overt and covert
- Intimate enemies, past and present
- Gender, sexuality, and aggression
- Violent relationships: redefining aggressors and victims
- The myth of the warrior and the beautiful soul
- Personal and communal spaces: boundaries and lack of them
- The importance of fair fighting in creative relationships $325

Writing and the Act of Creation

George Leonard

Participants will be encouraged to break through ego-barriers and cultural conditioning that inhibit expression. In so doing, they will have a chance to experience the creativity that is inherent in all of life. There will be little in the way of theoretical discussion and no critiques of past works. Simple movement exercises will serve to reduce stress, free the mind, and focus the will. Participants will have the opportunity to write furiously in the here and now and to get immediate feedback. Before the weekend has passed, they in all probability will have completed a short article or fictional work and will have experienced some of the joys and heartaches that accompany publication. Bring pencils, pens, or portable typewriters—and plenty of paper.

Recommended reading: Strunk and White, *The Elements of Style* (Macmillan); George Leonard, *The Silent Pulse* (Dutton) and *Walking on the Edge of the World* (Houghton Mifflin).

Please see George Leonard's article, "Language and Reality," on page 4, and poem, "Words Arise," on page 7. $325

August 4–11

A Gentle Trip in the High Sierra

Maurica Anderson & Lee Ehman

For workshop description see Wilderness Programs, page 46. $615

Week of August 5–10

Images of Fire: Poetry, Creativity, and Personal Passion

David Whyte

This five-day workshop will look at the more intimate and fiery aspects of personal artistry, in particular the relationship between the written word and the rhythms of speech and breath. Participants will work with radical inner and outer journeys, moving to the place of their own passions and creativity. Through the great poets and their poetry, through myth, story, music, silence, and the willingness to look at their lives afresh, they will perhaps discover that center and the wisdom that springs from it. It will be a time to trust bodily experiences as possible doors to a fuller and more creative life.

Please see David Whyte's translation of Pablo Neruda's "La Poesía," on page 8. $630

Hypnotic Innovations: Investigations in Living, Using Ericksonian Hypnosis

Paul Lounsbury & Nancy Winston

In the moment before a new idea unfolds, our attention becomes so fully focused that time seems to disappear. Perhaps, without quite realizing it, we forget where we are and what's around us. These spontaneous states are the stuff out of which hypnotic experience unfolds and through which unconscious possibilities take form. In this workshop, participants will investigate the hypnotic approaches developed by Milton Erickson and the systemic principles generated from Gregory Bateson's research in communication. They will explore how unconscious processes can be mobilized to creatively disrupt limiting life patterns, to organize innovative behaviors outside the range of normal conscious controls, and to more fully optimize their current living and work situations. Structured trance experiments and discussion will support the week's work.

This workshop may be of special interest to those in the helping professions as well as managers who want to expand their frames of reference and extend their understanding of Ericksonian hypnosis and communication skills. $630

Five Days with Ilana Rubenfeld

This workshop introduces the Rubenfeld Synergy™ Method, a holistic system developed over the past 25 years that integrates body, mind, emotions, and spirit for healing of self and others. This blend of gestalt practice, Alexander Technique, Feldenkrais® exercises, and Ericksonian hypnosis will be utilized as a gateway to contact, express, and work through deep feelings and memories locked in the body. Group exercises and individual demonstrations will incorporate gentle touch, movement, music, and humor. Key issues will be:

- Surviving the wounds of a dysfunctional family
- Healing the inner child
- Evoking innate healing potential
- Interdependence between emotions and posture
- Dreams and body metaphors that reveal life patterns
- Playfulness and humor
- Tools for self-care

This workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, NY, NY 10111. $630

Living Dance

Anna Halprin & Allan Stinson

Dance, in early times, was the mother of all art forms and a way for people to connect with the natural world, integrate as a community, and affirm personal and tribal

values. Ancient peoples expressed the most important experiences of life not with external materials, but with their own bodies. They danced to make sense of the mysteries of their existence—to celebrate victory, mourn loss, bring rain, initiate the young. Today, in an everyday world set apart from nature, people still need to tap into the deep sources of their bodies, moving and dancing to renew, inspire, teach, create, heal.

CHRISTIAN JOACHIM BARCHETTA

Through an approach Anna Halprin calls the Life/Art Process, participants will create dances from their own lives, deepening their life experience through expanded art expression. This workshop will range from structured practice to spontaneous, dramatic, and zany group interactions. Visualizations, music, and outdoor environments will be incorporated.

Men and women with diverse backgrounds and a sense of humor are welcome. Potential students for the Tamalpa Trainings may find this a valuable orientation. For information on recommended reading and videotapes, contact Tamalpa Institute, P.O. Box 794, Kentfield, CA 94914. $630

Weekend of August 10–12

A Weekend with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $325

The Kabbalah: Doorway to the Inner World

Edward Hoffman

For more than 2,000 years, adepts of the Kabbalah, the Jewish mystical tradition, have explored the nature of the human mind and its vast potential. They have addressed in considerable detail such intriguing topics as dreams, meditation, altered states of consciousness, the mind-body unity, and how to awaken one's higher capabilities. In recent years, a true renaissance of interest in the Kabbalah has occurred. Throughout the world, men and women are discovering the wisdom and power of this ancient system of knowledge.

This workshop will combine information and experiential methods to make personally relevant the Jewish mystical approach to the inner world. It will examine specific concepts and methods from the Kabbalah as they relate to the transformational paradigm emerging in Western psychology. The traditional Kabbalistic emphasis on developing "kavvanah" (intentionality) and imagination will be highlighted. $325

Therapeutic Touch

Janet Quinn

Therapeutic Touch (TT) is an approach to healing which can be learned by anyone with the intent to help. It is a derivative of the laying-on of hands, but need not be practiced within a religious framework. It is a tool for actualizing the innate healing capacities of both recipient and provider. TT has been taught to over 20,000 nurses nationally and abroad, as well as to lay people with an interest in healing.

The practitioner of TT embarks on a journey to empower the healer she/he already is and, in the process, to be healed. The work of remembering how to care, how to connect in unconditional love, and how to heal is seen as the only hope for personal, community, and planetary survival.

This workshop will explore the scientific, theoretical, and clinical foundations of TT. It will blend didactic and experiential learning into a balanced, grounded approach to this new version of an ancient healing art.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Imagery: Exploring the Body/Mind Bridge

Jeanne Achterberg & Frank Lawlis

The imagination is a perennial, yet newly celebrated, healing resource. It is a bridge between body and mind, a manifestation of the human spirit. The image forms the creative juices and allows transcendence.

This workshop will explore, beyond the confines of modern medicine and psychology, the potent realm of imagination as healer. The potential for self- and transpersonal healing will be experienced through sound, image, meditation, and other tools to shift consciousness. A rationale for the use of mind in the crisis of illness will be given, using information on the forefront of science.

The presenters, pioneers in the study and practice of imagery, will introduce their ideas, practices, and visions for the future. The workshop may be of interest to persons who are working or studying in the health professions and to those who are confronted with chronic or catastrophic illness.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Body Mind Centering: An Introduction

Janice Geller

This developmental movement work, created by Bonnie Bainbridge Cohen, is an experiential approach to the body based on physiological, psychological, and developmental principles.

Developmental movement can be broken into a series of patterns along a continuum. Human infant developmental patterns (ontogeny) closely parallel the evolutionary patterns of the animal kingdom (phylogeny). In this workshop participants will explore their individual developmental histories and trace their evolutionary origins.

Much of a person's alignment, coordination, and perception is determined by the sequence of movement patterns from conception through birth and on to crawling, creeping, and walking. Everyone passes through this foundation of human movement, yet each in a different way, according to genetics and social, physical, and emotional factors. This evolutionary sequence, however, is often interrupted by trauma, resulting in inefficient and stressful development of the neuromuscular system. This is reflected in alignment and movement difficulties, and blocks in perceptions, emotions, learning, and memory. By re-experiencing these early patterns, it is possible to fill in the gaps in our development and repattern body and awareness to facilitate the unwinding of current problems at their root level. $325

Week of August 12–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 20-25. $630

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 18-20. $630

Centering

Robert Nadeau

Bob Nadeau will present the simplicity and naturalness of the centering process through his innovative approaches to grounding, movement, energy awareness, aikido, and male-female polarity. The physical, mental, energetic, and spiritual aspects of centering will be explored through material Nadeau has recently developed, so this workshop is suitable for new and oldtime students. Wear comfortable clothing.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Following the Thread, Revealing the Fabric

David Silverstein & Joyce Lyke

Many people go through life either ignoring, judging, or rejecting their inner experiences rather than allowing them to exist and unfold. Such conditioning can lead to a numbing of awareness or detachment from others. However, by attending to whatever is emerging in the moment, one can follow the thread of inner experience, unraveling life's conditioning to reveal that which is most essential, the fabric of one's Being.

This workshop will combine meditation, breath exercises, sound, massage, movement, and ritual for a week of inquiry. Through awareness practice, participants can work or play with whatever emerges. They will be invited to explore a range of possibilities, from emotional experiences to more subtle states of awareness.

Recommended reading: A.H. Almaas, *Essence* (Weiser) and *The Diamond Heart* (Diamond Books). $630

Transitions

Elliot Waker Aronson & Gabriele Hilberg

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition—whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants may develop ways of enhancing their understanding of themselves and increasing their overall effectiveness.

Recommended reading: Elliot Waker Aronson, *The Social Animal* (Freeman). $630

Weekend of August 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 20-25. $325

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $325

The Language of Psychotherapy

Peter Finkelstein

Although much psychotherapy relies on the spoken word for both the patient's account and the therapist's commentary, little attention has been paid to the impact of language on the therapeutic process. This workshop will use written and spoken accounts of transformational experiences to refine our sense of how language helps or obstructs the healing process. The starting point will be Bruno Bettelheim's pointed discussion of the mistranslation of Freud, which has so colored psychoanalytic discourse in this century.

Recommended reading: Bruno Bettelheim, *Freud and Man's Soul* (Random). $325

Love in Russia

Victor Yerofeev

What's happening to love during this time of perestroika? Discussing the problems of love is no longer taboo. Soviet newspapers and magazines are writing about sexual problems. This is a real revolution. It is an explosion which will unquestionably change the Soviet mentality almost as much as criticism of Lenin or the publication of the *Gulag Archipelago*. One might even say that it will change that mentality to the point where it will cease to be Soviet.

This workshop will deal with the philosophic, literary, religious, and artistic roots of Russian love. Discussion of prehistory of pagan love in Russian popular culture will be included, as will music, film, and dance. $325

Zero Balancing: Advanced Workshop

Fritz Smith

This workshop is open only to people who have completed at least one introductory zero balancing program. After reviewing basic concepts, the leader will answer specific questions and give individual instruction as needed. New work will include: direct perception and assessment of energy currents in the body; refinement of evaluating and balancing the foundation joints; and discussion of nonfoundation joints, including the small joints of the body. Theory will be clarified by demonstration and through individual practice, with participants using each other as models.

Recommended reading: Frederick Smith, *Inner Bridges* (Humanics Ltd.).

C.E. credit is available for nurses; for more information see pages 47-48. $325

Week of August 19–24

Five-Day Massage Intensive

Robert Helm
& Esalen Massage Practitioners

For workshop description see May 13-18. $630

A Week with Seymour Carter

For workshop description see August 10-12. $630

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.' These activities can also be described as *movements*. What we call a 'body' can be seen as movements that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we *are* rather than as something we *do*.

"Our time together will be to enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder of meaningfulness as it shapes and colors the moment. For me, 'life' and movement are one." $630

Chakra Psychology

Nancy Rosanoff

This course is designed for health professionals who want to incorporate a practical understanding of the chakra energy system in their work. This subtle system will be introduced, with the focus on useful ways the chakras can be applied to self-understanding and self-development.

Chakras are points where energy is assimilated into the whole system of body, mind, and spirit. Through the chakras it is possible to integrate and heal various aspects of the self and experience the spectrum of energy from spirit to physical reality. Working with the chakras is a step toward a spiritual psychology in which the unfolding of the self and one's life is understood as part of a greater whole.

Participants will explore how the chakras can be used to deepen their understanding of self-esteem, self-healing, past lives, behavior patterns, personal energy management, relationship patterns, goal-setting, their purpose in life, and more. $630

Healing the Wounded Heart: The Art of Re-bonding

George Kohlrieser

From cradle to grave, life involves a changing script of "affectional bonds." These bonds are different from dependency and are essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with particular others, a way to explain many forms of physical, emotional, and spiritual distress, including emotional detachment, depression, and burnout. Life energy is connected to the quality and depth of emotional bonding.

This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and bonding work to understand, create, and celebrate positive emotional attachments.

Recommended reading: James Lynch, *The Language of the Heart: The Body's Response to Human Dialogue* (Basic Books); John Bowlby, *Attachment and Loss, Volume 3: Loss, Sadness, and Depression* (Basic Books); Brother David Steindl-Rast, *Gratefulness, The Heart of Prayer* (Paulist Press). $630

Weekend of August 24–26

The Moving Center

Gabrielle Roth

This is an introduction to Gabrielle Roth's method of self-exploration through self-expression. Rooted in a contemporary, vigorous, cathartic form of dance, this approach provides a context for an intense, personal dialogue between spirit and flesh. This dance-form is organized into a practice that can be taken home and integrated

into daily life as a meditation. It is also a workout, one that connects a person to their power and spontaneity, recharges vitality, releases emotions, and liberates a natural style of moving and dancing. Be prepared to move and be moved. $325

Creative Bonding: Changing Destructive Detachment

George Kohlrieser

Recent medical and psychological research validates the idea that "no man is an island" and that bonding behavior to people, pets, places, things, and goals is central to physical, psychological, and spiritual well-being. Disruption in the bonding-grieving cycle can lead to destructive detachment, victimization, and chronic loneliness which can shorten one's life and limit the quality of genuine aliveness.

Through presentations, guided imagery, emotional release, and group process, participants may explore, reinforce, or establish new and more effective ways to keep bonding alive.

Recommended reading: James Lynch, *The Language of the Heart: The Body's Response to Human Dialogue* (Basic Books); John Bowlby, *Attachment and Loss, Volume 3: Loss, Sadness, and Depression* (Basic Books); Brother David Steindl-Rast, *Gratefulness, the Heart of Prayer* (Paulist Press). $325

Burnout: Causes and Cures

Elliot Waker Aronson & Ayala Pines

This workshop is designed for people who give service to others and who are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life tedium. Through lectures and group discussions, participants will have the opportunity to increase their understanding of those aspects of their own work and life which could cause burnout. In addition, they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues.

Recommended reading: Pines and Aronson, *Career Burnout* (Free Press); Aronson, *The Social Animal* (Freeman).

C.E. credit is available for nurses; for more information see pages 47-48. $325

Week of August 26–31

Heartbeat

Gabrielle Roth

Heartbeat is a shamanic journey into shadow country, into the land of forgotten feelings. It is a journey to reclaim the power of loving—yourself, others, and the planet we inhabit. Rooted in Gabrielle Roth's cathartic form of dance, this workshop is an introduction to her method of exploring and transforming the core emotions. The work is about feelings—your feelings. The work is about the heart—your heart. Come and dance to its beat. $630

Mid-Life Transition as Spiritual Emergence

Karen Turner

Participants in this workshop will view mid-life transition in the framework of spiritual emergence and renewal: a time when old systems the individual has used as foundations seem stripped away, leaving chaos and challenging long-held beliefs. It is a time of deep soul-searching; of confronting both inflated and deflated self-concepts; of surrendering to deeper, more expanded states of awareness and inner guidance. This involves issues of "specialness" and feelings of separation both from the Godhead within and from fellow humans. Tools for self-exploration and awareness will be presented, with time for discussion and sharing. $630

An Intimate Community: Caring and Conflict

Joel Dweck Isaacs, Anne Clark Isaacs (Ruderman) & Mark Ludwig

Feelings give self-knowledge, depth, and pleasure, especially when they flow freely; relating to others is most gratifying when these feelings are expressed openly and directly. This workshop is an opportunity to explore this arena, for participants to touch deep, meaningful parts of themselves and strive for group interaction of the same quality. The risks taken in knowing and revealing oneself, participants and leaders alike, create an intimate community.

The leaders have worked together on-and-off for over a decade, sharing a commitment to relationship and community. Their training in numerous disciplines allows them to tailor each workshop to the needs and desires of the participants. They use Reichian emotional release, group process, play, nurturing, confrontation, and healing energy, and have an appreciation for the spiritual nature of self and relationship.

When asked to characterize intimate relationship, one of the leaders exclaimed, "It's heaven and hell!" This workshop aims toward easier access to heaven and shorter times in hell. $630

CYNTHIA JOHNSON BIANCHETTA

Survival, Service, and Healing

Jessica Moore Britt

This workshop is an invitation for professionals in the healing arts who have childhood sexual abuse in their own histories to come together in a supportive peer group.

Jessica Moore Britt has been in the healing profession for 20 years. Her background includes the work of Freud, Jung, Reich, Fritz Perls, and A.H. Almaas. As a survivor herself, she is particularly interested in the pessimistic tone many professionals have toward survivors, and in the significant effect psychologically-oriented body work has had on her own healing. She writes:

"I am interested in helping other professionals reframe their own abuse into an asset in their work. We will use object relations theory, Reichian work, gestalt, and spiritual practice to explore the places where we are stuck in our own healing as a model for being with others. My orientation is the reintegration of the body with the mind, heart, and soul/essence. I see my own sexual abuse and healing process as an integral part of my desire to help alleviate suffering in the world. Like many others, I have had no other choice. Survival, service, and healing walk hand-in-hand."

Recommended reading: A.H. Almaas, *Diamond Heart*, Vol. 1 and *Essence* (both, Diamond Books); Alice Miller, *Thou Shalt Not Be Aware* (New American Library).

C.E. credit is available for nurses; for more information see pages 47-48. $630

August 27–September 9

Path of the River: A Grand Canyon Journey

Steven Harper, Wendy Palmer, Bob Melville & Arizona Raft Adventures (AZRA)

For workshop description see Wilderness Programs, page 46. $1800

Weekend of August 31–September 2

Weekend Renewal at Esalen

This will be a weekend for people to renew themselves in the tranquil and beautiful setting of Esalen. It will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include: sessions in gestalt, movement, meditation, massage, day-hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural hot baths will be available as usual.

The food will be specially prepared, with an emphasis on a diet of fresh vegetables and grains. Much of the produce is picked daily from Esalen's own organic garden and farm.

Come and enjoy a weekend of reflection, physical movement, and personal renewal as summer draws to a close. $275

The Rebirth of Nature: New Science and the Revival of Animism

Rupert Sheldrake

Our civilization is currently based on a split attitude toward Nature. On weekdays, for most people, Nature is mechanistic and inanimate, the Earth just a repository of natural resources to be exploited for human ends. But on weekends and holidays, a different attitude prevails as millions "get back to Nature." In this romantic side of our being, Nature is alive and known through direct experience.

In this workshop, participants will examine the historical roots of this split and how recent developments in science are transcending the mechanistic theory of Nature. The universe is no longer a machine running down; the cosmos is more like a developing organism with an inherent memory, as is our planet, Gaia. This will be a weekend to explore consequences and implications of the revival of animism, for the greening of politics and economics, and for the resacralizing of Nature. $325

Week of September 2–7

Discovering Your Myth: A Jungian Experience

John Nicholas

Meaninglessness inhibits the fullness of life and can, therefore, be equated with illness; meaningfulness makes a great many things endurable, perhaps everything.—C.G. Jung

To discover ourselves and the meaningfulness of our lives, we each must ask what Jung considered the most important question, What myth am I living? This will be a workshop in which to ask that question. Participants will recollect and reflect on the dreams of childhood, memories of ancestors, tales of heroes and heroines, personal victories and defeats, false turnings and fateful detours. Through a variety of creative processes, painting and drawing, guided imagery and active imagination, and especially storytelling, they will examine and express the archetypal patterns that have shaped and directed their lives. $630

Self-Acceptance Training: Basic

Richard Olney & Mari Krieger

This workshop is largely experiential; no time will be given to theoretical or didactic considerations. Self-acceptance training is a transpersonal practice that follows an educational model rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment, without the inhibitions of self-judgment, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real. Although its practice includes devices drawn from gestalt, bioenergetics, mythic fantasy, eidetic imagery, and hypnosis, it is also a philosophy, a value system, and a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body awareness, emotional charge and discharge, and cognitive examination of the individual's "pretends" and illusions that obstruct self-acceptance. Limited to 25 people. $630

Action Theater: The Body as Teacher

Ruth Zaporah

We are born in our bodies; we are born actors. As children we know how to act, to express, to ritualize our feelings, thoughts, and fantasies. As we culturalize, we suppress our expressions until we are left with only a memory of knowing.

This workshop takes participants through a process of expressive expansion via improvisational theater and movement forms. It offers access to images behind feelings, revealing one's inner reality and the world between the cracks of human expression.

Action Theater exercises facilitate spontaneous movement while maintaining form.

This work generates clearly articulated images of the self as the body becomes teacher and the individual moves beyond personality toward spokesperson and archetype. Habit changes to choice, making it possible to experience states deep within the psyche. Thus, personal resources, material normally below the threshold of awareness, become the text for physical, verbal, and vocal imagery.

This workshop accommodates the novice, the explorer, and the practiced. $630

A Look Within

Jessica Moore Britt & Scott Layton

This will be a week for participants to attend to and explore themselves away from their usual busy lives. As they settle into the grandeur of Big Sur and the quiet within, they can begin to penetrate through their conditioned views of themselves and the world.

The point of inquiry will be the relationship of the mind, body, and emotions and the essential nature of the self. Participants will focus on understanding who and what they are, especially as beings of compassion, strength, will, power, joy, and presence. They will explore how their past conditioning and present beliefs block their awareness of these qualities in themselves. The tools for self-discovery will be an interplay of Eastern and Western practices, including Sufi self-remembering exercises, meditation, touch, movement, and Reichian/gestalt work. This time, dedicated to being present and looking within, holds the possibility for participants to open their perceptions so they might obtain a deeper appreciation for who they are.

Recommended reading: A.H. Almaas, *Diamond Heart* (Diamond Books). $630

September 2–9

Painting Experience with Michell Cassou & Stewart Cubley

For workshop description see July 1-8.

$955 (plus $30 materials fee paid directly to the leaders)

Weekend of September 7–9

Inner Sound and Voice

Jill Purce

This is a workshop of practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the Self and release an untapped source of energy.

Participants will work with the psychophysical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance, to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures including trance music, Mongolian and Tibetan overtone chanting, and other methods. $325

Week of September 9–14

Touch and Texture: Clay and Massage

Peggy Morrison Horan & Alison Limoges

Clay is a marvelous, earthy substance; so is the human body. This workshop gives participants the opportunity to work with both. They will explore touch and texture through each medium, practicing basic methods of hand-building with clay and those needed to give a beneficial and pleasurable massage.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Self-Acceptance Training: Advanced

Richard Olney & Leonard Bearne

This workshop is basically experiential, but time will also be given to theoretical and didactic considerations of interest to professional therapists. Please refer to September 2-7 for complete workshop description.

Please note: due to the time given to the didactic material in this advanced workshop, not everyone will have a chance to work personally with the leaders. $630

Recovery for Adult Children and Co-Dependents

Julie Bowden

This week-long journey will be a healing of the "child within" in an atmosphere of safety and respect. Experiencing and integrating the past allows us to live in the present, no longer tyrannized by previous pain and outmoded behaviors. We are freed to be more fully in relationship with ourselves and others. People in all stages of recovery are welcome, as are treatment providers. $630

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the dampening effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, and it is not caused by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic schemata and to rekindle the romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Ayala Pines, *Keeping the Spark Alive* (St. Martin's Press). $630

The Life Energy Process℠

Stephano Sabetti

The Life Energy Process workshop is a spiritually-oriented approach to body work and lifestyle which allows individuals direct contact with the spiritual self through en-

ergy vibrations. This method is facilitated by specific intensive and subtle movements which participants may find open them to their own healing abilities, allowing them to release unfinished emotions, radiational and chemical toxins, and psychological disturbances. From that point of greater clarity, they may move to the next step in their personal development. Participants continue this energy work physically and verbally through process inquiry and dialogue with the leader as they examine the superficial trace problems of their everyday lives and explore their deeper energy disturbances through energy patterning.

Energetic forms of massage, dance, and theater may be included in this process. Some of the work will be individual, some will be hands-on with partners. The workshop may be of particular interest to professionals and laypersons alike who are excited by the integration of Eastern and Western methods with the new physics for personal, social, and organizational evolution.

Recommended reading: Stephano Sabetti, *The Wholeness Principle*; *Manifestations of Energy*; and *Shinkido Massage* (available from Life Energy Media, 14755 Ventura Blvd., Ste. 1908, Sherman Oaks, CA 91403; [213] 874-7100). $630

Weekend of September 14–16

Introduction to Vipassana Meditation

James Baraz

For workshop description see June 1-3. $325

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to oneself, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants may learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate in the choice of expression or depression.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Fun with the Violin: For Adults Who Always Wanted to Play a Musical Instrument and Never Have

Diane Egli

For the adult who would like to play a musical instrument, but never had lessons as a child, or who used to play, but hasn't since childhood, this workshop could be just the opportunity to learn to play the violin—and have fun doing it. This will be a time for participants to increase their awareness of how it feels to learn a new skill—the challenge, the excitement, the frustration, and the success of accomplishment. Included in the workshop will be various activities to enhance violin playing, such as movement, music, and rhythm exercises.

Participants are asked to bring a tape recorder and tapes.

Recommended reading: Shinichi Suzuki, *Nurtured by Love* (Banner); John Holt, *Never Too Late* (Pinchpenny Press).

$325 (plus $10 violin rental fee paid directly to the leader)

New Pathways in Human Evolution

Colin Wilson

Colin Wilson writes: "Soon after publication of *The Outsider* in 1956, I came to recognize that the underlying message of that book is that man is now on the point of an evolutionary breakthrough to a higher level of consciousness. In the years since then, this conviction has only increased. The question that has now come to preoccupy me is: are there disciplines or methods by which this process could be accelerated in the individual? Important clues are offered in the work of many 19th century romantics. In our own time, these have been developed by psychologists like Maslow and Jung, and philosophers like Husserl and Heidegger. My own work is an attempt to synthesize these many 'glimpses' into a unified body of knowledge, and to develop methods of using this knowledge to raise the level of consciousness in the individual. I believe that within a fairly short space of time—perhaps a mere generation—we shall see the emergence of a new type of human being, and that many people now alive may be the first to accomplish this breakthrough. $325

Week of September 16–21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 20-25. $630

A Week with David Schiffman

For workshop description see July 15-20. $630

Mastery in Daily Life

George Leonard & Annie Styron Leonard

We tend to assume that mastery is available only to those born with exceptional abilities. But mastery is not a goal or destination. It is a journey that every one of us can take, provided we have the right map. This workshop offers clear directions for the journey of mastery in whatever field you may choose. It will include discussion, demonstration, and movement exercises from Leonard Energy Training (LET) which emphasize mastery in daily life. For those familiar with LET, this workshop will present new material. Some of the topics to be addressed:

- Five keys to mastery
- How to avoid being a Dabbler, Obsessive, or Hacker
- Creating a vision
- The secrets of practice
- Staying balanced and centered on the path of mastery
- Avoiding pitfalls
- Playing the edge
- Loving the plateau
- Dealing with conflict
- Negotiating with change
- Staying on the path
- Getting energy from mastery

This workshop involves physical movement, but is not strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Transformation* (Tarcher), *The Silent Pulse* (Dutton), and *The Ultimate Athlete* (North Atlantic). $630

Shaman Sculpture: Making Objects of Empowerment

Nancy Azara

This workshop, which is inspired by shamanism, is for people who wish to explore their inner power and make artworks charged with that power.

Shamans believe that the universe has three levels—the sky, the earth, and the underworld—all connected by a central axis, the body. They use vision quests to gain access to these worlds, which are the source of healing and personal power. In this workshop, participants will use guided meditation to take this same journey, exploring the world of unseen reality and various aspects of their minds and spirits. The instructor will help each person identify and clarify the forms and images of his or her deeper self throughout their journeys. They will then make objects which embody these images, including charts, diagrams, and body casts, to be incorporated later in individual sculptures which will become their own power objects.

Participants are asked to bring the following materials: a box of Paris Craft plaster bandages, brushes and paints, scissors, mixing bowl, sketch pad, drop cloth, old clothing to wear and to use in their sculptures, and any other objects they would like to incorporate.

$630 (plus $15 materials fee for additional supplies, paid directly to the leader)

Weekend of September 21–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 20-25. $325

Journey to the Heart

Joseph Chilton Pearce

For the last three decades, Joseph Chilton Pearce has been synthesizing scientific brain research in physics, biology, and psychology in an effort to understand and map nature's plan for the development of human intelligence. He writes:

"The intelligence of the heart is the only force that can pull our fragments of self together; it is the nurturing power so many of us missed right from the beginning of life, that unconditional love which alone would have assured us of the evolutionary progress nature intended. That progress is nothing but the progression of love toward it's own source, and that source is the heart."

In this seminar, Pearce will share his findings on the three-part human brain and how each part has its own language, its own development cycle, its own purpose. He will talk about the difference between intellect and intelligence, the ego's inability to self-analyze, and the physiological connection between the heart and the brain that prevents our triurnal brain from being continually at war with itself.

Discourse, discussion, contemplation, and meditation will offer seminarians a glimpse of their own developmental cycle—where it was rich, where lacking—and acceptance of their own perfection, and tools for enriching the inner journey to their hearts. $325

Co

Kathleen Riordan Speeth

This is a workshop for people helpers. Everyone has seen duets in ballet in which the male dancer follows the prima ballerina, supporting her leaps and turns. Many human dyads are similar. One person is in the foreground while the other, the "co," accepts a background position. The concerns of the focal person come first. They define the relationship either by explicit agreement, as in psychotherapy and medicine, or implicitly, as in many marriages.

The focus acts; the co tracks. The focus makes a movement and the co, like a dance partner, adjusts. What the focus needs, the co provides. The co is receptive, responsive, attentive, enabling, facilitating.

Cos can be found nurturing the young and the frail elderly, ministering to the disturbed, nursing the sick, designing houses for the wealthy, and in many other situations throughout society. Sometimes these co relationships are a vocational choice and a charitable way of life. Sometimes, as with co-dependencies and co-alcoholics, they are dysfunctional and harmful.

We will spend the weekend studying, through group experiential exercises and discussions, when, where, why, and how to co, and the politics of both entering into and refraining from such relationships.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Week of September 23–28

Psychology of Spiritual Essence: Introduction to Ridhwan Work

The Ridhwan Work School Faculty

For workshop description see May 6-11. $630

Behind the Mask: Turning Wounding into Creative Action

Elisa Lodge

Masks have long been known for their healing and transformative properties. They invite the wearer into dimensions of expressive behavior not ordinarily permitted in daily life. Behind the mask, people have a safe practice ground in which to experiment with body image, breath, voice, energy, and movement. As an expressive art form, this approach can benefit those in treatment programs or those looking for ways of growth and change. It provides a means for contrasting habitual, difficult ways of being with more heartfelt ones, and can help turn wounds and fears into resources for empathy and creative action.

This workshop will combine mask work with other expressive forms such as performance art and dance, and will include gestalt, psychosynthesis, and Rolf movement. It may be particularly valuable for those in the helping professions who wish to integrate these forms into their work with clients. $630

Freeing the Runner Within

Joan Ullyot

All of us, as human beings, are natural running animals. But civilization and technology combine to alienate us from this instinctive side of ourselves. Non-runners lament that they don't know how to run, while competitors puzzle over choosing the right training. This course is designed to take runners of all levels inward, to find and express the runner within, to free themselves to run easily and joyously, longer and faster.

In addition to group runs, discussions of training principles, and practice of methods such as hill-bounding, this workshop will include mental training exercises developed recently by sports psychologists. These include relaxation and guided imagery, affirmations, breathing and body awareness, race visualizations, and associative focusing. The inner confidence and athletic energies released by these methods can be harnessed to run a personal best in a fall marathon or simply to experience the beauty of a daily jog. Limited to 20 participants, to allow for work on individual goals. $630

Living Meditations

Judyth Weaver

In our busy lives we do so much—but how do we do it? Are we fully aware of our actions and the consequences of what we do? Are our actions as beneficial to ourselves as they could be? Are we as kindly to ourselves as we could be? Could our lives be easier or more energetically economical? What are we doing to/with ourselves, and how does that affect us and others, our health, our longevity, our relationships, work, well-being?

This workshop will give participants opportunities to "tune in" and become more aware of how they live on many levels. The workshop is experiential: through awareness of breath, self, interactions with others, and by focusing on everyday activities such as walking, standing, sitting, touching, giving, receiving, and the processing of what occurs when necessary, participants will be able to focus and develop a fuller sense of mindfulness.

This is direct study of one's experience and can provide a practice ground for change and knowledge of how to go about it. Such awareness of personal needs and desires can increase one's chances for becoming a fuller, more realized, and healthier human being.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Weekend of September 28–30

Weekend Massage Intensive

Laurie Lioness Parizek & Attila Vaas

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see April 29-May 4. $325

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see May 25-27. $325

History Ends in Green: Gaia, Psychedelics, and the Archaic Revival

Terence McKenna

From the Voynich manuscript to the villages of Ceram's forested interior, there are gentle, uncharted backwaters in the physi-

cal and intellectual world that can be a source of renewed vigor for thoughtful people caught in the meltdown of historical society. Author Terence McKenna brings his perspective to the idea of a spiritual path for each of us and an impending transformation of the human world that will involve everyone.

Participants will examine human attitudes toward the Other, discuss Time and its mysteries, the nature of language, and methods of ecstasy that have developed in non-Western societies to navigate to and from invisible worlds. The role of hallucinogenic plants will be discussed in depth—their role in shamanism and their impact on the evolution of human cultures and social forms. Other topics will include choices about spiritual development and the roles that each person may play in the unfolding of the post-historical future.

Global perspectives and psychedelic poetics begin with stories and talk of far places and the experiences that can take flower there. Share musings upon people, plants, cultural migrations, religious conversions, visions, conspiracies, and hierophanies. The aim will be another conjuration of philosophy as you like it. $325

Week of September 30–October 5

Basic Esalen Massage

Char Pias Brenner & Arthur Munyer

Touch is a vital element in any human being's development. Yet, many people receive little physical contact or nurturing, and are often cut off from their body's abilities to sense. This may be due to social and religious mores, or perhaps just from living alone.

Massage can facilitate a process of unfolding. The method for this workshop will be basic Esalen massage, with emphasis on inner states of consciousness, presence, compassion, humor, nurturing, and receptivity. The leaders will incorporate breath awareness, movement, meditation, grounding, and centering to help participants revive body, mind, and spirit.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Playing the Edge

David Schiffman

For workshop description see June 10-15. $630

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop, participants will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore the movement that nature inspires. Both aikido and hiking are moving meditations which, when done well, require the individual to be in harmony with the natural world. There will be an opportunity to take what is learned on the aikido mat out into the natural world and bring what is learned from nature onto the aikido mat. Participants can then begin to integrate what they learn from aikido and from nature into their lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. $630

The Body as History

Lisbeth Marcher & Erik Jarlnaes

The workshop leaders are from Denmark, practitioners of a system of working with the body, of which Lisbeth Marcher is a founder. In this system, by gauging the tonicity of a muscle and knowing when and how it came into play in infant and childhood development, it is possible to "read" a precise psycho-history. Specific issues that are contained in these muscles can be reevoked as well. This system also works with the person's undeveloped resources, those abilities given up on and which often correspond to feelings of resignation. Bringing these resources into play encourages the individual to drop old, unfulfilling modes of protection.

This is an experiential workshop; participants will focus on body movement and energy, using them to bring about expression and integration of developmental stages. $630

The Call to Presence

Chlöe Goodchild

"The call" is the wisdom cry of the heart. Voice of an inner authority, it reveals the true nature of one's creative impulse and life direction. What is life calling you to?

Within a working context that integrates Indian-based voice and sound work, movement and self-observation, mystical texts and contemplative practices, participants will discover how to respond to their inner calling with attention and insight. This course may be of particular value to those already committed to a specific practice or art form and who wish to connect creative action with that silent presence, their inspirational source.

Participants are asked to bring a 2-10 minute presentation of their own design (a poem, song, theater piece, painting, etc.) which communicates their under-

CYNTHIA JOHNSON BIANCHETTA

standing of "the call" as it manifests in their life. Each person will have several opportunities to work with the leader in the presence of the group. $630

Weekend of October 5–7

The Aesthetic Self

Luc Brebion

To take part in the experience of beauty, we must learn to contemplate. We must immerse ourselves in a work of art so that it opens and releases the substance it contains, so that we can be in the presence of the artist and bring him or her alive in us.

The Aesthetic Self workshop will use a multi-media approach to help people penetrate and be absorbed by a work of art. Participants will find themselves in the company of Johannes Vermeer, Marcel Proust, Jan van Eyck, Cesar Vallejo, Johann Sebastian Bach, and Raoul Dufy. $325

A Weekend with Muriel James

Religious text tells us, Life is suffering. Muriel James paraphrases this to, Suffering can be optional. Even in the midst of career, family, and a world that desperately needs our attention, suffering is not our moral imperative. In fact, joy, laughter, and determination might serve us better in responding to personal and global needs. Participants and the leader will explore this idea and others, including the notions of suffering and happiness in the context of therapy.

Muriel James, age 73, is a psychologist and author with a lifetime of careers that include work as a safety engineer in a World War II shipyard and as director of a residential treatment center for adolescents. She has recently returned to the university for further post-doctoral studies. $325

The Quantum Mechanics of Everyday Life

Nick Herbert

Quantum theory, our most up-to-date description of the physical world and the conceptual basis for computer chips, lasers, and superconductors, leads us to believe that atoms and other quantum entities dwell in a bizarre state of existence quite different from the stable world of the macrocosm. On the level of everyday life, quantum effects are imperceptibly small, but what of the world of the mind?

Reviewing basic quantum reality in a non-mathematical fashion, the leader and participants will explore the hypothesis that human consciousness is a quantum effect, reinterpreting familiar experiences and seeking new ones compatible with a quantum-based model of mind. Three key concepts to be examined in this context are freedom, ambiguity, and connectedness. $325

The Discipline of Harmony: Warrior Virtues Without War

Richard Strozzi Heckler

This seminar will examine the notions of aggression, initiation rites, courage, and risk-taking in the context of the warrior ideal. Does the discipline of harmony mean the taming of aggression? To live in peace do we also need to accept and understand violence? Is it possible to distinguish the warrior from war? Can the warrior virtues of courage, commitment, clarity, generosity, service, and skillful action be invoked without the catalyst of hostile fire?

These questions will be the starting point for a workshop conducted in the warrior spirit of "life at stake." Exercises taken from aikido, along with introspection, sharing, and guided meditations, will allow participants to experience the possibilities of embodying warrior virtues without war.

Recommended reading: Richard Strozzi Heckler, *In Search of the Warrior Spirit* (North Atlantic), *The Anatomy of Change* (Shambhala), and, editor, *Aikido and the New Warrior* (North Atlantic); J. Glenn Gray, *The Warriors* (Harper & Row). $325

Exploring the World of Lucid Dreaming

Stephen LaBerge

Lucid dreaming means dreaming while knowing that one is dreaming. The wakeful consciousness of this extraordinary state allows for creative responses to dreams and affords the opportunity to control them. This control gives the freedom to explore a remarkable range of possibilities, from indulging in one's wildest fantasies to following one's highest spiritual aspirations.

For most individuals, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so, and workshop participants will be shown how to develop the skill of lucid dreaming. They will have the opportunity to use a feedback device for the induction of lucid dreams. The device, called The Dreamlight™, consists of a sleep mask fitted with sensors and lights connected to a small box that causes the lights to flash during REM (dreaming) sleep. When the lights flash, the dreamer can remember that he/she is dreaming.

This workshop is intended for avid dreamers. It will include discussions and experiential demonstrations of the nature of consciousness and how individuals construct their perceptual worlds. Participants will be exposed to a variety of uses of lucid dreaming, including self-exploration, creative problem-solving, healing, adventure, and perhaps most important, a way of self-integration leading to the transpersonal realms.

Recommended reading: Stephen LaBerge, *Lucid Dreaming* (Ballantine).

$325 (plus $20 Dreamlight™ rental fee paid directly to the leader)

Week of October 7–12

Golf in the Kingdom . . . an exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

For workshop description see April 29-May 4.

$630 (plus green fees paid directly to the leaders)

T'ai Chi Ch'uan: An East/West Approach

Kenn Chase

This seminar will present a demonstration form of t'ai chi ch'uan, a shortened version derived from the classical Yang style, which contains 54 balanced, fluid, and graceful postures. Also included will be mind/body alignment methods, Chi Kung Taoist breathing methods, and hours of practice and refinement of the traditional t'ai chi movements. Practiced 5 to 10 minutes daily, this gentle martial art can calm the mind and aid the student in achieving a centered perspective for daily living in a busy world.

Recommended reading: Cheng Man Ch'ing, *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan* (North Atlantic). $630

STEVE BECK

The Heart of the Matter: The Core Self

Ronald Alexander & Bruce Gregory

Resources for healing, such as spontaneity, curiosity, trust, creativity, and joy, are found in the core self. Time also heals and helps activate these resources. This workshop will assist participants in their process of healing and offer ways to repattern dysfunctional behaviors connected to living, working, loving, and relating.

The goals of this work are: to become free of constraints and self-images of the past; to become conscious in the present moment; to communicate well; to become quiet; to develop a cohesive personal vision. The tools will include gestalt practice, microanalysis of mind, body process, metaphor, and Vipassana (insight) meditation.

$630

The Human Element in Organizations

Will & Ailish Schutz

Advances in understanding human behavior and relationships forged in the 1960s and '70s have provided needed insight and methods for corporate America. Studies on the body and energy converged with discoveries from psychological and spiritual disciplines to form the basis for a more profound approach to running our nation's organizations. The timing is fortunate, since the decline in this country's organizational effectiveness (compared to that of many Asian and European countries) is becoming precipitous.

This seminar combines insights from the human potential movement with scientific approaches to management. Over the past decade it has been used to improve productivity in such American organizations as Procter & Gamble, AT&T, NASA, and Amdahl, and in Japan, Sweden, Italy, and Mexico. For the first time it is being offered at Esalen to members of top management who wish to try out this fresh, innovative approach.

Recommended reading: W. Schutz, *Profound Simplicity* and *The Truth Option*.

$630

Non-Adversarial Child Care: The Continuum Concept in Practice

Jean Liedloff

For parents, parents-to-be, and baby and child care professionals, this seminar will examine the true meaning of sociality as an innate characteristic of homo sapiens. Drawing upon her years of living with Stone Age Indians in South America's jungles, the leader propounds an approach neither punitive nor permissive that takes into account the generally unrecognized expectations and abilities inherent in our young.

Why do babies and children so often seek attention they don't need? Why do we see tots in underdeveloped countries and cultures following their parents and helping them with chores so early, while ours are frequently chased and tended, opposed, tolerated, and socialized for nerve-wracking, guilt-laden, unappreciated decades of drudgery and sacrifice ending in one degree or another of alienation?

As professor Robert Aldrich of the National Institute of Child Health and Human Development said, "Basic things about human nature we forget or ignore at our peril."

Recommended reading: Jean Liedloff, *The Continuum Concept* (Addison-Wesley, U.S.; Penguin, U.K.), German edition, *Auf Der Suche Nach Dem Verlorenen Gluck* (CH Beck, Germany).

$630

Weekend of October 12–14

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 18-20.

$325

A Workshop for Couples with David Schiffman

For workshop description see May 4-6.

$325

Somatics: Internal Mastery of Muscles and Emotions

Thomas Hanna

For workshop description see May 25-27.

$325

The Yoga of Business

Tama Starr

Many people confront the same worldly dilemma: how to optimize success without betraying their ideals. This workshop suggests that, in a holistic universe, the same principles apply to walking the canyons of Wall Street as climbing the peaks of the Himalayas. Participants—whether artists, business professionals, blue or white collar workers—will see how to apply the tenets of yoga, t'ai chi, and gestalt to the workplace.

Themes to be explored include: the nature of Maya (business, wealth, and the American Dream); game theory (the win-win situation); success (how to deal with failure); the art of war (Krishna, Sun Tsu, Musashi, Machiavelli, Muhammad Ali); strategies and tactics (the art of survival). Practical studies and exercises will include: elementary mind-reading; "invisible yoga"; the use of myth and magic; methods of leadership (managing others through managing yourself); the uses of stress and conflict; developing "the path with heart."

Participants will emerge with usable tools for building a more fulfilling future.

$325

Metaphors We Live By

George Lakoff

Metaphor is the means by which we understand what we experience. As we grow up, we acquire hundreds of standardized but largely unconscious metaphors that are built into our language. We think, act, and even dream using these metaphors. We have metaphors for comprehending everything from time and causation to emotions, morality, love, and even the nature of life and death.

Our unconscious capacity for metaphor is awesome in power. It is liberating in that it permits both abstract thought and the workings of our imagination; it can be stultifying when it limits our possibilities. As long as it remains inaccessible to consciousness, we can neither appreciate its magnificence nor see where it confines us.

This workshop has several goals: first, to enable participants to become conscious of the metaphors that govern their thoughts and actions; second, to reveal how these everyday metaphors are manifest in poetry and myth, and how they vary in other cultures; third, to develop skills in using metaphor to make new sense of their lives.

Recommended reading: Lakoff and Johnson, *Metaphors We Live By*; Lakoff and Turner, *More Than Cool Reason*; Lakoff, *Women, Fire, and Dangerous Things* (all, U. of Chicago Press). $325

Week of October 14–19

Trigger Point and Esalen Massage: Advanced Workshop

Arthur Munyer
& Esalen Massage Practitioners

The human body is a rich source of information and intelligence. Trigger point, the movement of myofascial tissue through soft, deep contact with pressure points, and Esalen massage are methods of working with the body that can help the practitioner communicate with stressed, blocked, and chronically troubled areas. This workshop will combine these modalities, along with joint release, movement, and studies in anatomy. It will also address concerns of burnout, depression, creativity, and peer support for those who have chosen a demanding profession. It is especially suggested for body workers, physicians, physical therapists, chiropractors, and other health care practitioners who want to expand their hands-on skills.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Romance and Love

Gabriele Hilberg

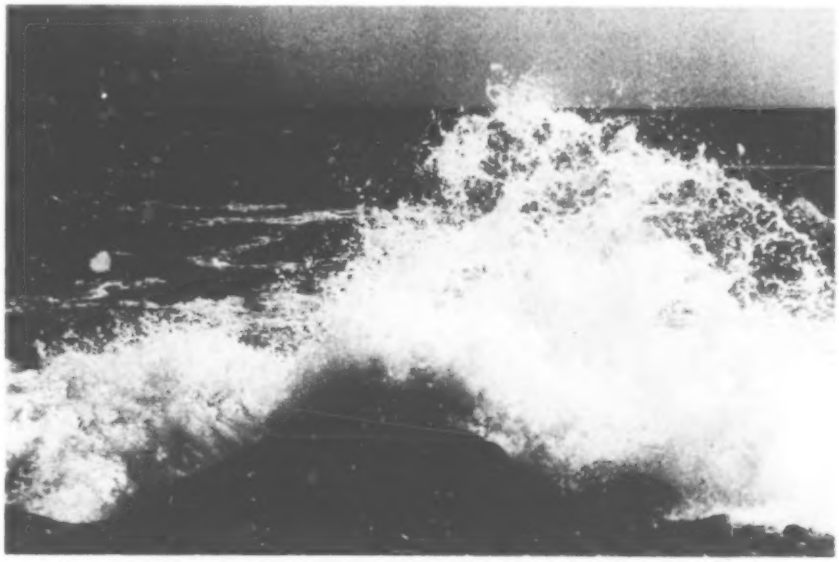
Everybody is searching for love. People commonly think of love as the emotion they feel when attracted to another person, or they interpret parental instinct as love. There is a great amount of confusion and misperception about love which invariably leads to disappointment and rejection.

Participants will identify those distorted concepts and expectations that get in their way of having sane, loving relationships. They will explore the patterns of "being loving" that they were exposed to in their families of origin. Learning to be sensitive and receptive to how others experience being loved makes it possible to break the cycle of imposing one's own ideas of love onto them. This workshop will assist participants in getting off the roller coaster of ego-based emotional love by helping them explore their capacity to love and form lasting relationships. $630

Learning to Live, Laugh, and Love: For ACAs and Others

Karen Paine-Gernée & Rick Paine

Finding self-confidence, joy, love, and trust is not about blaming one's parents. The injury, however, created by growing up in families who covered their pain with abusive, dysfunctional, addicted, or self-absorbed behavior is profound. As children shut down their feelings and deny their in-



DANIEL BANCHETTA

ner selves, they bury their capacity for joy along with their pain. Then, as adults, they burden their relationships with manipulative, co-dependent behavior that inhibits trust and growth.

The leaders grew up in dysfunctional families. Their experienced and gentle guidance provides participants with safety and challenge for searching out the thread which will unravel the knots that keep them tied to a wounded past.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Biodrama:
Know Your Self, Live Your Self

Lorenzo Ostuni & Katriona Munthe

Biodrama is a method for developing human potential and for personal renewal. It employs dream, body language, poetry, imagery, symbols, and music; it is both contemplative and active work. Its roots go back three thousand years to the spiritual culture of ancient Greece, uniting the Orphic and Eleusinian Mysteries with present-day psychological research.

Participants will be invited to undertake a mystic journey in which to experience fundamental moments of their lives: birth, love, and death. They will work on visions and emotions of preceding states of consciousness and may find that this representative process helps integrate their individual mystery with the collective experience of humankind. This live performance, the first part of Biodrama, often elicits a regenerating experience for the protagonist. Ostuni's commentary on this performance/experience is the second part of Biodrama and will be tape-recorded for each participant.

This ritual performance workshop will be conducted in Italian and English. $630

Weekend of October 19–21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 20-25. $325

Weekend Massage Intensive

Laurie Schutz Munyer
& Esalen Massage Practitioners

For workshop description see September 28-30. $325

Creative Writing Brainstorming

Herbert Gold

For workshop description see May 4-6. $325

The Subtle Self in Motion

Judy Blackstone

For workshop description see July 29-August 3. $325

Men's Mysteries,
Women's Wisdom

Sam Keen & Jananne Lovett-Keen

The leaders write: "Join us in delving into the mysteries of womanhood and manhood and in deepening the ability to love. On this journey we will use music, myth, philosophy, and storytelling to explore:

- Men's and women's spiritual paths
- The rites of womanhood and manhood
- The shadows we cast
- Overcoming fears of one another
- The limits of intimacy between the sexes
- The gifts we bring to each other
- The battle between the sexes
- Ending the blame game
- Breaking free from old roles
- Ideas of love that stop us from loving
- New understandings of love

"Come by yourself or with someone you want to love better. Bring your questions, your unfulfilled longings, your hopes for reconciliation between the sexes, your desire to be a better partner in the dance of love."

Sam Keen, a philosopher by training, and Jananne Lovett-Keen, a musician, also practice the art of marriage. $325

Week of October 21–26

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see May 25-27. $630

Sports Massage

David Streeter

Since its introduction to this country, sports massage has undergone many changes. Standard cross-friction and compression strokes have been enhanced by trigger point and neuromuscular methods. This five-day intensive will demonstrate how to incorporate these modalities into a Swedish or Esalen massage session.

In order to be effective, the practitioner must have an understanding of anatomy and his/her own body usage, so an important part of this workshop will be daily "body-dynamics," a movement class developed at Esalen for massage students, and brief anatomy lectures. Lots of hands-on practice and individual instruction will round out the week.

This course is appropriate for a wide range of health care practitioners, both beginning and advanced.

C.E. credit is available for nurses; for more information see pages 47-48. $630

The Journey Home

Eli Jaxon-Bear & Antoinette Varner

The leaders write: "*The Journey Home* is not for beginners on the path. There are too many unsettling paradoxes along the way. For instance, it is a journey of no leaving, and you can't get there from here.

"*The Journey Home* is not sentimental. It is not about hope. Hope is a way of avoiding what already is in the moment. *The Journey Home* is a way of recognizing the truth of each moment. *The Journey Home* is an awakening from a long dream.

"The ego wants desperately to fix life and make it more comfortable, make it better, make it more spiritual. In these five days, we will utilize and then abandon ego-strengthening methods. The inner child will be rescued and abandoned along the way. The habits of character fixation as a way of avoiding one's true nature will be examined and worked with in detail."

Recommended reading: Jaxon-Bear, *Healing the Heart of Suffering: The Enneagram and Spiritual Growth* (available from Institute for Advanced Hypnosis, Box 1311, Mill Valley, CA 94942; 415-687-0200). $630

October 21–November 2

Integrative Body Practice (IBP)
Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, page 45. $1550

Weekend of October 26–28

The Mythic Image: A Performance Piece

Phil Cousineau, David Darling & Eric Lawton

Sacred stories reflect only one aspect of the mythic traditions of the world. Of equal importance and fascination is the non-verbal image, the mandalas or holy images used for deep contemplation. Their origins can be found in nature and the human imagination, and through them we can approach the convergence of myth, dream, and art.

This live performance workshop will blend the oral tradition of storytelling with the silent stories of pictures and the narrative movement of improvisational music. Each session will be highlighted by the telling of tales by Phil Cousineau, co-writer of *The Hero's Journey: The World of Joseph Campbell*; a slide show by award-winning photographer Eric Lawton, using images from Ireland to India; and the music of David Darling, master cellist. The themes will include myths of origins, myth and the body, myth and art, myth and ritual, and sacred lands.

Recommended reading: Joseph Campbell, *The Mythic Image* (Princeton). $325

Practical Intuition: We Are All Psychics

Laura Day

Every time we draw a conclusion, we work with intuition as well as linear and emotional processes. Identifying how intuitive facility works enables us to use it selectively for effective decision-making. A predominantly linear process may be preferable when clear, empirical information is available. When little data is at hand or if the question relates to how current choices might affect future results, an intuitive process may be more efficient.

Practical Intuition, an experiential workshop, introduces intuitive methods for gaining empirical information. Participants will give and receive several present- and future intuitive readings a day, focusing on predicting and retrieving verifiable data. Different intuitive styles, such as clairvoyance, clairaudience, and telepathy, will be taught, along with exercises for continued training at home.

Participants are requested to bring a few photographs of themselves and people they know well, their personal and business questions, and a willingness to work as if they already knew how to do something that they in fact already know how to do. $325

Children and Anger: A Gestalt View

Violet Oaklander

The theme of this workshop is the anger of children. Participants will discuss the various ways that young people express anger, the relationship of anger to negative introjects and self-esteem, and how parents, teachers, and therapists can help children express this least tolerated and most misunderstood emotion in healthy, safe, and satisfying ways.

This approach is based on the use of creative, expressive, and projective methods, with gestalt theory and practice as the underlying framework. The thrust of this work is to provide the child with a means for expressing his or her innermost feelings, to foster self-awareness and self-discovery, to enhance self-esteem and, in general, to promote emotional growth. Children thereby learn not only about themselves, but about their relationship to others and the world around them.

The workshop will include discussion, demonstration, examples of children's work and, particularly, direct experience of expressive methods used with children.

Recommended reading: Violet Oaklander, *Windows to Our Children* (The Gestalt Journal, P.O. Box 990, Highland, NY 12528). $325

Week of October 28–November 2

Five Days with Janet Zuckerman

This workshop continues Esalen's tradition of interpersonal and intrapersonal work on emotional process. It is based on these premises: that unfinished business is projected into current relationships, interfering with one's ability to be in the present, and that by emotional release one may cleanse the doors of perception. Tools for exploration will include the open seat, a tennis racket, pillows, and a sense of humor.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Dreams

Joyce Frazee

Outward circumstances are no substitute for inner experience.—C.G. Jung

Called "gateways to the soul" by Carl Jung, dreams are perhaps the most neglected of inner experiences. This workshop is for those who are interested in more than the "outward circumstances," for those who have wondered what their dreams meant, and for those who swear they never dream.

This week will include the telling of dreams, drawing them into mandalas, and circle-dancing, ancient dances of connection. Group work provides a safe place for individual work on dreams with support from other participants and the instructor. Dream recall and lucid dreaming will be discussed; gestalt, bioenergetics, massage, and meditation will be used.

Recommended reading: Robert Bosnak, *A Little Course in Dreams* (Shambhala). $630

Taoism and the Shen

Master Share Lew

Traditional Taoist concepts of health, longevity, and harmony with nature will be introduced by Master Lew, a temple-trained Taoist priest from southern China. The core of the workshop will be instruction in "the Shen," a set of twelve non-strenuous exercises (six standing, six sitting), whose primary purpose is self-healing. These exercises also develop concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Master Lew will discuss the use of everyday foods and Chinese herbs in healing and tell stories from his life in the monastery.

Master Lew, now 72, first began to teach Taoist internal cultivation to non-Chinese in 1970. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Tung Pin, an historical personage of the Tang Dynasty and one of the Eight Immortals of Taoism. $630

■ SPECIAL PROGRAMS

May 27–June 22
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

This course will synthesize neurolinguistics and Ericksonian hypnosis, drawing heavily from the enneagram of character fixation. It satisfies the hypnosis coursework requirements for the M.F.C.C. and complies with the California state requirement for hypnosis certification.

While the use of hypnosis in habit control and symptom removal will be covered, a primary focus will be on hypnosis as a tool of spiritual emergence. Starting with the presupposition that we already live in trance and that the goal is waking up, the roots of personality structure and the filters of perception in the creation and transformation of reality will be carefully explored. Participants will have the opportunity to experience the power of trance to transform their lives, which will create a model for working with clients.

The structure of rapport, pacing and leading, and various hypnotic patterns of induction will be demonstrated and practiced along with a variety of clinical interventions, including reframing, change history, metaphors, and storytelling. There will be videotapes of Erickson and other well-known leaders in the field of hypnosis. Participants will have daily practice with each other and the opportunity to be videotaped doing a hypnotic induction. Daily zazen, Taoist yoga, and movement led by Antoinette Varner will also be a part of this program.

Upon completion of this course, participants who want to be certified must demonstrate a high level of professionalism as well as proficiency in technical skills to the satisfaction of the instructors before certification will be granted. After certification by the Institute for Advanced Hypnosis (testing and certification fee, $300) additional certifications are available from the American Council of Hypnotist Examiners ($125) and the Society of NeuroLinguistic Programming ($200).

Required reading: J. Haley, *Uncommon Therapy* (Norton); Grinder and Bandler, *Trance-Formations* (Real People Press), *Frogs into Princes* (Real People Press), and *Reframing* (Real People Press); Chogyam Trungpa, *Shambhala* (Shambhala); P.D. Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World); C. Castaneda, *Tales of Power* (Simon & Schuster); Joseph Campbell, *Myths to Live By* (Bantam).

CYNTHIA JOHNSON BANCHETTA

C.E. credit is available for nurses; for more information see pages 47-48.

Registration is by application only, through the Institute of Advanced Hypnosis, P.O. Box 1311, Mill Valley, CA 94942; (415) 687-0200.

$2760 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

June 3–15
12-Day Advanced Massage Intensive

George King & Peggy Morrison Horan

. . . there is always the implicit understanding of the poignance in a touch . . .—Colette

This seminar is for those who have completed an Esalen Certified Massage Program. The emphasis will be on caring touch, inner silence, style and detail, delicacy and lightness, depth and insight. It offers 65 hours of advanced massage training credit where applicable. Please include the date of your Esalen certification and names of your instructors with your reservation form.

Recommended reading: Karlfried Graf Durckheim, *The Vital Centre of Man* (Mandala); Denis Postle, *The Mind Gymnasium* (Papermac).

C.E. credit is available for nurses; for more information see pages 47-48. $1550

October 21–November 2
Integrative Body Practice (IBP)
Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This will be a twelve-day residential training program in Integrative Body Practice. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields. The leaders will be assisted by Andrea Juhan and the staff of the Rosenberg-Rand Institute of Venice, California.

Recommended reading: Jack Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics Ltd.) and *Total Orgasm* (Bookworks).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291; (213) 394-0147. $1550

Massage Practitioner
Certification Program

Esalen offers a California state-approved massage program. Upon completion of a two-month massage work study track or a 130-hour massage practitioner workshop (see Future Programs), and after giving 30

additional massages elsewhere, graduates will receive their certificates. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring Outreach and Education

The Healthspring Project offers outreach, education, and referrals that extend Esalen's work in the healing arts and sciences to the outside world. It is an independent, service-oriented program of Esalen teachers and their associates.

Healthspring operates a global referral system, linking visitors to Esalen with body workers, counselors, and teachers from their home areas. There are ongoing programs at Esalen and a traveling workshop service in the U.S. and abroad. Instructors teach self-healing, Esalen body work, yoga, breath and body awareness, dance and centering movement, and meditation. Many instructors have experience in gestalt practice and movement continuum.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening which may be borrowed by seminarians for a two-week period while at Esalen. Donations of books or periodicals are greatly appreciated.

For access to the referral system and traveling workshop program write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

■ WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered. To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited. (Please note: The Grand Canyon trip has a different cancellation and refund policy. See workshop description for details.)

August 4–11
A Gentle Trip in the High Sierra

Maurica Anderson & Lee Ehman

During this 7-day workshop in wildflower season, participants will hike 8 miles to a clear mountain lake (alt. 10,000') in the John Muir Wilderness area on the western side of the High Sierra. The lake is off the main trails and is surrounded by other lakes, grassy meadows, wildflowers, and cold streams fed by the surrounding snow fields.

MULES WILL CARRY IN ALL OF THE PERSONAL GEAR AND FOOD, so participants need carry only lunch, rain gear, and water on the hike in. There will be exceptionally good food, fresh or frozen meats, fruits, and vegetables. The group will camp by the lake for 6 nights, taking short day-hikes and working with meditation, massage, psychodrama, gestalt, and gentle encounter. There will be some strenuous but optional side hikes, a sauna, and some time for doing nothing. Participants will be encouraged to concentrate on the sights and sounds and smells of the high country, on getting to know the mountains, one another, and themselves, and on relaxing and laughing a lot.

Mountaineering experience is not necessary (although a good sense of humor is), and most people are in good enough shape to make it in, but participants should be capable of hiking uphill at altitudes up to 11,000'.

For a detailed information sheet, contact Maurica Anderson, 1112 Curtis Street, Albany, CA 94706; (415) 526-5814. Participants will meet in the Sierra on August 4. The fee includes food, wine, permits, and pack mules in and out. $615

August 27–September 9
Path of the River:
A Grand Canyon Journey

Steven Harper, Wendy Palmer, Bob Melville & Arizona Raft Adventures Staff (AZRA)

The Grand Canyon and Colorado River provide an environment of dramatic variety which is intimate and awesome, soft and demanding, yet always rewarding for those who are open to all it has to offer. On this 14-day whitewater raft trip through the entire length of the Grand Canyon, participants can explore offerings of river, canyon, and natural world. The river is a teacher and primary metaphor. The group will draw from aikido, dance, energy awareness, meditation, and gestalt to enhance their experience of this majestic wilderness area.

Travel will be in paddle and oar rafts. Instruction will be offered in basic aspects of river life such as paddling and minimum-impact river camping. Group members will have time to discuss the Canyon's ecology, geology, natural and cultural history; to hike and explore side canyons; to sit quietly and reflect; to integrate learnings from this trip into their lives.

River experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity and to participate fully. The workshop begins at 7 AM August 27 in Flagstaff, Arizona; there will be a pre-trip meeting at 6 PM the evening before. AZRA will supply all the necessary river rafting gear, food, and transportation between Flagstaff and the Canyon. Details and a personal equipment list will be sent upon registration. Enrollment is limited.

Due to Esalen's special arrangement with AZRA, the following cancellation policy is in effect for this workshop: A $200 nonrefundable deposit per person will confirm your reservation. Balance is due May 27, 1990. If you cancel prior to May 27, your nonrefundable deposit, less a $60 registration fee, may be applied to other Esalen programs, to be used within one year. No refunds are available after May 27. This program will be canceled if not full by May 27. Register early to reserve your spot and to ensure that the trip will go. $1800

■ MEDICAL PROGRAMS

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs specifically listed below offer continuing education credit. See workshop descriptions elsewhere in the catalog.

April 29–May 4
Non-Ericksonian Advanced Hypnosis for Professionals
Randall Churchill
30 hours

May 4–6
Dance as an Ally in Healing Cancer
Anna Halprin & Rana Vassau
10 hours

May 13–18
Five-Day Massage Intensive
Robert Helm
& Esalen Massage Practitioners
30 hours

May 25–27
The Psychotherapist as Shaman: Methods for Madness
Joan Halifax
10 hours

May 27–June 22
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
30 hours

June 1–3
Gestalt Practice
Joyce Lyke
10 hours

June 3–8
Rituals for Healing
Jeanne Achterberg & Frank Lawlis
30 hours

June 3–15
12-Day Advanced Massage Intensive
George King & Peggy Morrison Horan
30 hours

June 15–17
Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

June 17–22
Help for Adult Children of "Normal" Parents: The Continuum Concept
Jean Liedloff
30 hours

June 22–24
Weekend Massage Intensive
Char Pias Brenner
& Deborah Anne Medow
10 hours

July 8–13
Zero Balancing: Basic I and II
Fritz Smith
30 hours

July 8–13
A Confluent Somatic Approach
Steven Vazquez
30 hours

July 15–20
The Body and Zen
Dub Leigh & Audrey Nakamura
30 hours

July 20–22
Massage Intensive for Couples
Brita Ostrom & George King
10 hours

July 20–22
Seeing with New Eyes: Developing Psychic Sight Through Compassion™
Elizabeth Stratton
10 hours

July 20–22
Hypnosis, Suggestion, and Visualization for Children
Marc Lehrer
10 hours

July 22–27
Anatomy for the Massage Practitioner
David Streeter & Perry Holloman
30 hours

July 22–27
Touching Spirit: Dimensions of Psychic Healing™
Elizabeth Stratton
30 hours

July 27–29
Introduction to Polarity Massage
Deborah Anne Medow
& Esalen Massage Practitioners
10 hours

July 29–August 3
Spiritual Healing: Laying On of Hands
Maria Lucia Sauer Holloman
& Catherine Chevrolet
30 hours

July 29–August 3
Healing the Healer: A Workshop for Physicians and Nurses
Peter Finkelstein
30 hours

July 29-August 3
How Hungry Am I and For What: A Workshop for ACAs
Mariah Fenton Gladis
30 hours

August 3–5
Gestalt Practice
Joyce Lyke
10 hours

August 10–12
Therapeutic Touch
Janet Quinn
10 hours

August 10–12
Imagery: Exploring the Body/Mind Bridge
Jeanne Achterberg & Frank Lawlis
10 hours

August 12–17
Centering
Robert Nadeau
30 hours

August 17–19
Zero Balancing: Advanced Workshop
Fritz Smith
10 hours

August 19–24
Five-Day Massage Intensive
Robert Helm
& Esalen Massage Practitioners
30 hours

August 24–26
Burnout: Causes and Cures
Elliot Waker Aronson
& Ayala Pines
10 hours

August 26–31
Survival, Service, and Healing
Jessica Moore Britt
30 hours

September 9–14
Touch and Texture: Clay and Massage
Peggy Morrison Horan & Alison Limoges
30 hours

September 14–16
The Feeling Process
Janet Zuckerman
10 hours

September 21–23
Co
Kathleen Riordan Speeth
10 hours

September 23–28
Living Meditations
Judyth Weaver
30 hours

September 28–30
Weekend Massage Intensive
Laurie Lioness Parizek & Attila Vaas
10 hours

September 30–October 5
Basic Esalen Massage
Char Pias Brenner & Arthur Munyer
30 hours

October 14–19
Trigger Point and Esalen Massage: Advanced Workshop
Arthur Munyer & Esalen Massage Practitioners
30 hours

October 14–19
Learning to Live, Laugh, and Love: For ACAs and Others
Karen Paine-Gernée & Rick Paine
30 hours

October 19–21
Weekend Massage Intensive
Laurie Schutz Munyer & Esalen Massage Practitioners
10 hours

October 21–26
Sports Massage
David Streeter
30 hours

October 28–November 2
Five Days with Janet Zuckerman
30 hours

KATHLEEN THORNOD CARR

FUTURE PROGRAMS

Listed here are a few of the programs planned for Fall 1990. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. More information will be available in the next catalog.

November 11–December 9
Massage Practitioner Certification Program
Vicki Topp & Arthur Munyer
Please refer to Special Programs, page 45, for more information.

November 11–December 7
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
For course description see Special Programs, May 27-June 22, page 45.

■ WORK STUDY PROGRAM

The Work Study Program is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. It is not for those who wish to take catalog workshops or for those who are unwilling to be fully engaged in the work-life of the commur.. v. Participants will work 32 hours per · k in one of Esalen's departments (kite. n, garden, farm, housekeeping, maintenance, or grounds) and will participate, along with staff and long-term students, in that department's process group. It is advantageous for applicants to be able to speak and understand English.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study Coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School/Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, Reichian work, massage or somatics work, and so forth. *Participants in the focused programs must be prepared to stay at Esalen for the full duration designated for that particular program*, assuming that they meet the standards of the Work Study Program.

Focused programs planned thus far for 1990 include:

May 6–June 3
Julie Bowden's program for adult children of alcoholics and trauma will provide time to look back, grieve, and go on, drawing from guided imagery, age regression, and other approaches.

May 6–June 3
In this *non-certification* massage program, work students will learn to give and receive a massage. Taught by Kathleen O'Shaughnessy, it will include hands-on practice and movement.

June 3–July 1
New concepts in gestalt practice will be incorporated in Anne Nechama Simkin's program. Massage will also be offered.

July 1–29
Paula Sholachman Shaw offers an arena for risky, outrageous self-expression and creativity using acting, improvisation, and other tools and tricks of the theatrical trade. The month will end with a show for the community.

July 29–August 26
Mary (Devarani) Goldenson's program of letting go and moving on will employ Reichian methods, Radix*, dance, imagery, gestalt, and meditation.

July 29–August 26
Focus on learning: the what, how, when, and where. Janet Lederman will lead this program for professionals involved in public education today.

August 26–September 23
Karuna Licht offers women a month of healing and recovery. Emotional work, meditation, art, dance, and ritual will be the modalities.

September 23–October 21
Janet Zuckerman will teach emotional release work using basic gestalt practices. This is a practicum, with emphasis on the participant as facilitator.

September 23–October 21
The Esalen massage staff offers another non-certification massage program. Please see May 6-June 3.

October 21–November 18
Terry Hunt will lead a program in emotional sobriety for adult children of alcoholic and abusive parents.

November 18–December 16
Please see Mary Goldenson's program, July 29-August 26.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1 1/2 miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the two-month body work program, is $700 the first month, $650 the second month, $600 the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see page 50) with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

Available dates: May 6-June 3; June 3-July 1; July 1-29; July 29-August 26; August 26-September 23; September 23-October 21; October 21-November 18; November 18-December 16; etc.

■ APPLICATION TO THE WORK STUDY PROGRAM

Name _____ ☐ Male ☐ Female

Date of Birth _____ Occupation _____

Place of Employment _____

Daytime Phone ( ) _____ _____
HOME ADDRESS

Evening Phone ( ) _____ _____
STATE AND ZIP CODE

Date of Application _____ _____
COUNTRY

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. _____

Do you prefer the general interest program? ☐ Yes ☐ No

If you prefer the focused program(s), please indicate the leader's name. _____

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

_____

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

■ FRIENDS OF ESALEN

We invite you to join us in our organization—
the Friends of Esalen scholarship fund.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them. We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships. Esalen will, in turn, match your contribution.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog* for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

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■ AUDIO RECORDINGS

The Dolphin Tape Series

Intermingled with favorites from past tape lists, here are more titles on the phenomenon of the paradigm shift—from new science and new philosophy to a blending of objective and subjective, matter and meaning, head and heart, intellect and intuition—opening to deeper landscapes and wider horizons. Nearly all titles were recorded in stereo. Tape length is normally 1 to 1 1/2 hours.

Single-tape titles are $10:

Reb Anderson: *Zen*, 1980
Anne & Jim Armstrong: *The Power of Intuition*, 1987
Gregory Bateson: *Metaphors and Butterflies*, 1975
David Brower: *Breaking the Species Barrier*, 1971
Joseph Campbell: *The Hero's Journey (80th year)*, 1984
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
Fritjof Capra: *Shifting Paradigms and Social Change*, 1980
Fritjof Capra: *Ecological Vision*, 1984
Fritjof Capra: *Characteristics of Systems Thinking*, 1985
Richard Feynman: *Quantum Mechanical View of Reality*, 1983
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Willis Harman: *New Consciousness in a New Society*, 1972
Arthur Hastings: *Transpersonal Realities (Boston)*, 1979
Hazel Henderson: *The Politics of Reconceptualization (Boston)*, 1979
Albert Hofmann: *The Transmitter-Receiver Concept of Reality*, 1984
Aldous Huxley: *Human Potentialities/Visionary Experience*, 1960
Donald Keys: *Choosing a New World (Maui)*, 1982
Jack Kornfield: *The Sword of Wisdom (Boston)*, 1979
Jack Kornfield: *The Smile of the Buddha (Bombay)*, 1982
George Leonard: *Steps Toward Utopia*, 1966
George Leonard: *Ecstasy and Education*, 1970
Robert Muller: *The Language of Happiness*, 1983
Robert Muller: *Toward a Global Community*, 1983
Abraham Maslow: *Self-Actualization*, 1966
Terence McKenna: *New and Old Maps of Hyperspace*, 1982
Brendan O'Regan: *Decision-Making in the Global Village*, 1972
Robert Ornstein: *On the Psychology of Meditation*, 1971
Karl Pribram: *Preface to the Holographic Mind*, 1978
Carl Rogers: *The Person of Tomorrow*, 1970
Carl Rogers: *My Philosophy and How It Grew (AHP)*, 1972
Bob Schwartz/Peter Schwartz: *Consciousness Evolution (Boston)*, 1979
Rupert Sheldrake: *Morphic Resonance (Bombay)*, 1982
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Rupert Sheldrake: *Resonance and Myths of Nations*, 1987
Julian Silverman: *A Light-Hearted Course in Miracles*, 1984
Huston Smith: *No Wasted Journey*, 1968
Huston Smith: *The Nature of Reality (Boston)*, 1979
Russel Targ: *Parapsychology and Physics*, 1972
Charles Tart: *On the Paranormal*, 1971
Alan Watts: *Divine Madness*, 1968
Robert Anton Wilson: *The Prism Lecture (Santa Cruz)*, 1982
Robert Anton Wilson: *The I in the Triangle*, 1984
Arthur M. Young: *The Bacon-Shakespeare Controversy*, 1983

Two-tape titles are $18:

Walt Anderson/Ted Roszak: (2) *The Upstart Spring (Esalen)*, 1984
Angeles Arrien: (2) *The Story of Basque Mysticism*, 1982
Robert Bly: (2) *Fairy Stories for Men and Women*, 1982
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1979
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Capra/Grof: (2) *Beyond Time and Space*, 1977
Ram Dass: (2) *One Man's Journey to the East*, 1969
Ram Dass: (2) *Creativity and Spirituality*, 1987
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Buckminster Fuller: (2) *The Critical Path (Maui)*, 1982
Stan & Christina Grof: (2) *Holonomic Consciousness Paradigm*, 1982
Stanislav Grof: (2) *The Cosmic Game*, 1987
Jean Houston: (2) *The Possible Human (Boston)*, 1979
Robinson Jeffers: (2) *A Dramatic Presentation (Carmel)*, 1972
Timothy Leary: (2) *The Power of Imprinting*, 1982
Abraham Maslow: (2) *The Further Reaches of Human Nature*, 1968
Karl Pribram: (2) *The Holographic Model Today*, 1985
Kenneth Ring: (2) *Near-Death Experiences*, 1985
Bob Schwartz: (2) *Entrepreneurship and Human Potential*, 1980
Brother David Steindl-Rast: (2) *Healing Starts from the Heart*, 1984
Andrew Weil: (2) *Interplay of Mind and Body Realities*, 1982
Lynn White & Alan Watts: (2) *Ecological Crisis*, 1972

Four-tape titles are $36:

Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
James Fadiman: (4) *A Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1968
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day (Marin)*, 1983
Jack Rosenberg: (4) *A New Understanding of Relationships*, 1982
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Brother David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur M. Young: (4) *Interviews on the Reflexive Universe*, 1983

The Dolphin Vinyl Album Tape Sets:

Angeles Arrien/Robert Bly: (6) *Love in the Western World*, 1984	$60
Joseph Campbell: (6) *Mysteries of the Great Goddess*, 1983	$60
Joseph Campbell: (6) *Courtly Love and the Grail*, 1983	$60
Jack Kornfield: (6) *The Spiritual Practice of Meditation*, 1981-83	$60
Abraham Maslow: (6) *The Eupsychian Ethic*, 1969	$60
Rupert Sheldrake: (6) *The Presence of the Past*, 1985	$60
Robert Anton Wilson: (6) *Seminar on the I in the Triangle*, 1984	$60
Robert Anton Wilson: (6) *The 'Coincidance' of Joyce*, 1985	$60
Andrew Weil: (6) *Integrated Consciousness & Health*, 1976	$60
Reb Anderson: (8) *Zen is the Key to the Teachings*, 1986	$72
Esalen Series: (8) *Physics and Consciousness*, 1975-76	$72
Esalen/UCB/Tarrytown: (8) *Faces of the Enemy (Symposium)*, 1983	$72
Buckminster Fuller: (8) *The Pajaro Dunes Tapes (A Weekend Seminar)*, 1977	$72
Terence McKenna: (8) *Lecture Series I (1982-83) or Series II (1983-86)*	$72
Jack Rosenberg: (8) *Sustained Integration: Body, Self & Soul*, 1981	$72
Julian Silverman: (8) *Commentaries on A Course in Miracles*, 1980	$72
Colin Wilson: (8) *The New Analytic Psychology*, 1967	$72
Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$88
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-80 (Library)	$98

Please add $3 to your complete order for handling and mailing (add $3 more if you wish priority mail). Overseas orders add $1 per tape for mailing. California residents include 6 3/4% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment.) Allow 4 to 6 weeks for delivery.

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement: Dolphin Tapes is a private company independent of Esalen.

■ BIOGRAPHICAL INFORMATION

A

Ralph Abraham,
a mathematician, is known for his work in dynamics and chaos theory. He is a professor of mathematics and founder of the Visual Math Project at UCSC.
p. 27

Jeanne Achterberg,
professor at the Institute of Transpersonal Psychology, is a pioneering researcher in imagery. She is the author of Rituals of Healing, Woman as Healer, *and* Imagery and Healing.
p. 19, 31, 47

Ijalu Akanbe
has danced with Olatunji for 25 years and is dance captain of the Drums of Passion Dancers.
p. 22, 23

Ronald Alexander
is a group leader and trainer of gestalt practitioners. He is director of clinical training at Ryokan College, teaches meditation, and is a creativity consultant.
p. 41

Hameed Ali
is the founder and director of the Ridhwan Work School in the U.S., home of the Diamond Approach.
p. 14

John Allen,
class "A" PGA member and former tour player, has been a teaching golf professional for over 20 years and a serious student of the inner game for the past 5.
p. 12, 28, 40

Maurica Anderson
is studying the relationship between humor and mental health. She has led Esalen High Sierra wilderness trips for many years.
p. 29, 46

Anne Armstrong
has been doing transpersonal counseling for over 24 years and has trained professionals to use their intuitive abilities.
p. 12, 38

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 12, 38

Elliot Waker Aronson,
UCSC professor and president of the Western Psychological Association, is the author of Career Burnout. *His work combines the humanistic with the scientific.*
p. 20, 31, 33, 47

Nancy Azara
is an artist and psychic consultant who exhibits her carved and painted sculptures in NYC. Her workshops focus on the magical properties and healing qualities inherent in art-making.
p. 37

B

James Baraz
has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.
p. 18, 36

Brian Bates
is professor of psychology and director of the Shaman Research Program at the University of Sussex. He is also a teacher and theater director at the Royal Academy of Dramatic Art, London.
p. 15

Leonard Bearne
has studied self-acceptance training with Richard Olney for several years. He practices gestalt, hypnosis, and Radix®.
p. 35

Morris Berman,
a cultural historian, authored The Reenchantment of the World *and* Coming to Our Senses. *He has lectured widely in Europe and North America on the themes of personal and cultural change.*
p. 23

Judy Blackstone
is a dancer, meditation teacher, author, and counselor. She is the founder of The Subtle Self in Motion, a method for deepening experience through movement.
p. 28, 43

Julie Bowden,
pioneer in the children of alcoholics (COA) field, is co-founder of the National Association for COAs. She co-authored Recovery: A Guide for Adult COAs *and* Genesis: Spirituality in Recovery.
p. 35, 49

Luc Brebion,
a graduate of the University of Bordeaux, France, is a psychologist in private practice in Berkeley. He leads workshops on the experience of beauty as a way to self-knowledge.
p. 40

Char Pias Brenner,
dancer, singer, performing artist, massage teacher, and mother, is currently in residence at Esalen Institute.
p. 22, 39, 47, 48

Jessica Moore Britt,
gestalt and Reichian work practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development.
p. 22, 34, 35, 48

Mel Bucholtz
trained with the late Milton Erickson in the use of hypnosis and has a private practice in Cambridge, MA. He is co-founder of Nomad University and the Returning to Earth Institute.
p. 27

C

Paul Carter,
co-founder of Meta Education and Training Arts, leads workshops around the world on Whole/Parts Transformation, Ericksonian hypnosis, creativity, and self-expression.
p. 24

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory aware-

ness, Zen Buddhism, aikido, and other body-oriented practices.
p. 30, 32

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco.
p. 23, 35

Kenn Chase,
teacher of traditional Yang style t'ai chi ch'uan for 20 years, combines body alignment, relaxation, and breathing methods. He has studied with masters of t'ai chi, kung fu, and chi kung.
p. 40

Catherine Chevrolet,
from Switzerland, has traveled widely throughout America, Europe, and the East. She draws from the healing traditions of these cultures to integrate mind, movement, and body work.
p. 28, 47

Randall Churchill,
certified clinical hypnotist and transpersonal counselor, is co-founder and designated examiner of the American Council of Hypnotist Examiners. He is director of the Hypnotherapy Training Institute.
p. 13, 47

Stephen Cohen,
an Esalen resident, gestalt practitioner, and Experiencing Esalen staff member, is a longtime golf hacker.
p. 12, 28, 40

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 32

Phil Cousineau,
a freelance writer, has taught screenwriting at the American Film Institute. He was co-writer and associate producer on The Hero's Journey: The World of Joseph Campbell.
p. 44

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Painting Experience Studio in San Francisco.
p. 23, 35

Dale Cummings,
certified Radix® teacher and marriage and family counselor in private practice in West Los Angeles and Santa Cruz, is director of training for the Radix® Institute.
p. 18

D

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October, Cycles, River Notes, *and* Amber.
p. 44

Wade Davis
has worked as a plant explorer, ethnobotanist, and photographer through the Harvard Botanical Museum. He is the author of The Serpent and the Rainbow.
p. 16

Laura Day
has been a practicing intuitive for over a decade in the U.S. and Europe. She teaches intuitive skills for use in daily life and business.
p. 44

Laura DeNuccio (Ma Prita)
is a certified Radix® teacher on Esalen's gestalt staff, with over 15 years of experience combining Reichian body work, vision work, movement, ritual, and meditation.
p. 21

Daidie Donnelley
is a psychologist in private practice in Berkeley. She is a partner in the Chez Panisse restaurant and co-founder of the Daily Bread Project. She has worked in photography, theater, and film.
p. 16

Patrick Douce,
a student of Moshe Feldenkrais, has been a resident at Esalen since 1972. Since 1986 he has lived part of the year in Bali, where he observes Balinese and other Indonesian "energetic" sciences.
p. 18, 20, 25, 47

Rachael Dutton
is a sculptor and twice-Visiting Artist at Claremont Graduate School. She wrote "Below the Threshold of Myth" for Psychological Perspectives (Spring/Summer 1988).
p. 17

E

Diane Egli,
violinist and member of the Suzuki Association of America, teacher/performer, and Gazebo School/Park teacher at Esalen, was a California Arts Council "Artist in Residence." She has a master's degree in music.
p. 36

Lee Ehman
is a professor of education at Indiana University, a massage practitioner, and an experienced mountaineer.
p. 29, 46

Jack Engler,
supervising psychologist at Harvard Medical School, has studied Buddhist Vipassana meditation and psychology in India and Burma. He is past-president of the Board of the Insight Meditation Society.
p. 25

F

Peter Finkelstein,
psychiatrist, has studied with Irv Yalom and Bruno Bettelheim. He practices in Woodside and San Francisco, teaches at Stanford, and writes about emotional issues in doctors' training.
p. 28, 32, 47

Joyce Frazee,
gestalt and dream work practitioner in private practice for 17 years, is a teacher at the Gestalt Training Institute in Vancouver, Canada.
p. 44

G

Janice Geller
has taught with Bonnie Bainbridge Cohen at the school for Body-Mind Centering for seven years and teaches throughout the U.S. and Europe.
p. 31

Mariah Fenton Gladis,
a gestalt practitioner and trainer, founded and directed the Bucks County Institute for 12 years. She is currently the director of the Pennsylvania Gestalt Center for Psychotherapy and Training.
p. 27, 28, 47

Herbert Gold
has published over 20 books, most recently Lovers & Cohorts: Twenty-Seven Stories, *and the novels* A Girl of Forty *and* Dreaming.
p. 13, 43

Mary Goldenson (Devarani),
clinical psychologist, chiropractor, and certified Radix® teacher, works around the world and has a private practice in West Los Angeles.
p. 17, 22, 27, 38, 43, 49

Chlöe Goodchild,
British singer and teacher, has pioneered several projects in the fields of creativity and transformation, including the Avon Peace Education Project, The Way of Art, and the Inner Voice.
p. 39

Harriet Goslins
is the originator of cortical re-education. She is a Feldenkrais practitioner with a background in psychosynthesis and applied kinesiology, and has a private practice in Laguna Beach, CA.
p. 27

Bruce Gregory
is a psychologist in private practice and is an organizational consultant to business and industry.
p. 41

H

Joan Halifax,
president of the Ojai Foundation, is a medical anthropologist. Her books include Shamanic Voices *and* Shaman, the Wounded Healer. *She teaches in Europe, Mexico, and the U.S.*
p. 17, 47

Robert Hall,
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for 25 years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 19

Betty Halpern,
coordinator of Early Childhood Education, Sonoma State University, has extensive experience in a variety of school settings and grade levels with special interest in teacher development.
p. 23

Anna Halprin,
dance director of Tamalpa Institute and Steps Theater Company, works with people with life-threatening illnesses. She is creator of Circle the Earth *and author of* Movement Ritual.
p. 14, 29, 47

Thomas Hanna
is director of the Novato Institute for Somatic Research and Training, editor of Somatics *magazine, and author of* The Body of Life, Bodies in Revolt, *and* Somatics.
p. 17, 41

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 16, 17, 21, 26, 28, 31, 34, 39, 41, 46

Susan Harper
teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 21

Richard Strozzi Heckler,
psychologist and 4th-degree black belt in aikido, has worked with such diverse groups as the Army Special Forces, emotionally disturbed children, corporate executives, and inner city gangs.
p. 40

Robert Helm,
an Esalen massage crew member, blends a broad range of body work methods with the sense of presence he feels is the heart of Esalen massage.
p. 15, 32, 47

Nick Herbert
is the author of Quantum Reality, Faster Than Light, *and the forthcoming* Elemental Mind.
p. 40

Gabriele Hilberg
has conducted workshops for health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 20, 31, 42

Edward Hoffman,
psychologist, is the author of several books on the Kabbalah, including The Way of Splendor *and* The Heavenly Ladder. *He recently produced the video,* A Mystical Journey through the Hebrew Alphabet.
p. 30

Maria Lucia Sauer Holloman
has been a seminar teacher since 1982 in Brazil and the U.S.
p. 28, 47

Perry Holloman
has been a resident teacher and body work practitioner at Esalen since 1981. He integrates emotional and somatic modalities into his practice.
p. 26, 47

Peggy Morrison Horan
has been practicing and teaching massage at Esalen for 20 years. She is a student of childbirth, dance, and movement.
p. 19, 35, 45, 47, 48

Terry Hunt
is a licensed psychologist in Massachusetts specializing in bioenergetic analysis with ACAs and other addictive disorders. He is co-author of Emotional Healing.
p. 49

I

Anne Clark Isaacs (Ruderman)
is a licensed clinical social worker and a Reichian practitioner in private practice in Los Angeles.
p. 33

Joel Dweck Isaacs
is a Reichian practitioner in private practice in Los Angeles, where he also directs a body-oriented training program for psychologists.
p. 33

J

Muriel James,
author, lecturer, and consultant, has a doctorate in education from UC Berkeley on the psychology of adult learning. She has a private practice and works with mental health educators.
p. 40

Erik Jarlnaes
is a Reichian practitioner, athlete, and journalist. He uses the Danish Bodynamic approach in working with the body and emotions.
p. 39

Eli Jaxon-Bear
is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. He is the past-president of a Tibetan Buddhist meditation center.
p. 16, 18, 43, 45, 47, 48

K

Norman Katz
is director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe.
p. 23

Sam Keen
is the author of 10 books, including The Passionate Life *and, most recently,* Faces of the Enemy.
p. 43

George King,
a massage practitioner for 27 years, specializes in massage of dancers and has toured with many companies.
p. 19, 26, 45, 47

George Kohlrieser,
a psychologist with an international practice, researches and applies attachment and separation theory to relationships, psychosomatic illness, violence prevention, and hostage negotiations.
p. 32, 33

Mari Krieger
is a counselor in full-time practice. She works with individuals, couples, groups, and organizations, and teaches at John F. Kennedy University.
p. 34

L

Stephen LaBerge
is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious or "lucid" dreaming at Stanford University.
p. 40

George Lakoff
is a professor of linguistics at UC Berkeley and an expert on metaphor.
p. 42

Frank Lawlis,
a diplomate and elected Fellow of the American Psychological Association, is president of the Institute of Transpersonal Psychology. He specializes in behavioral medicine.
p. 19, 31, 47

Dianne Lawrence
is a professional painter, performer, and teacher. She performs in the Los Angeles area.
p. 20

Patricia Lawrence,
teacher and counselor, has been leading workshops throughout California since 1984 and is dedicated to developing mental, physical, emotional, and spiritual states of being.
p. 27

Eric Lawton
is a lawyer and award-winning photographer who has traveled and exhibited all over the world. He performed his multi-media show at the Hollywood Bowl with the L.A. Philharmonic in 1986.
p. 44

Scott Layton
is a graduate of the Shambhala training at Naropa Institute and is a senior teacher for the Ridhwan Work School.
p. 22, 35

Janet Lederman
is executive director and designer of Esalen's Gazebo School/Park and Gazebo philosophy of learning.
p. 23, 49

Marc Lehrer
teaches clinical hypnosis and biofeedback nationally and internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, CA.
p. 23, 26, 47

Dub Leigh,
longtime body work practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye roshi.
p. 24, 25, 47

Annie Styron Leonard
is a founder of the Energy Training Institute in Mill Valley, CA, and an aikido black belt.
p. 14, 18, 37

George Leonard
is a 3rd-degree aikido black belt, founder of Leonard Energy Training (LET), and author of The Silent Pulse, Adventures in Monogamy, *and* Walking on the Edge of the World.
p. 14, 18, 29, 37

Master Share Lew,
72, is a temple-trained Taoist priest from southern China with over half a century's experience in Taoist health practices and healing arts.
p. 44

Karuna Licht,
a counselor who focuses on women's issues and relationships, is also a watercolor artist and potter. She designed and built her own home and has lived on the Big Sur coast for 23 years.
p. 49

Jean Liedloff,
author of The Continuum Concept, *consults privately with adult children of "normal" parents and leads discussions on non-adversarial child care.*
p. 21, 41, 47

Alison Limoges
teaches children and adults how to work and play with clay. She founded the Creative Arts Center at Canyon Ranch Resort in Tucson, where she taught pottery classes for three years.
p. 35, 48

Elisa Lodge
comes from a professional acting background, is a certified Rolf movement teacher, and has a practice in shamanic counseling at Esalen Institute.
p. 16, 38

Paul Lounsbury
has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.
p. 29

Jananne Lovett-Keen
is a musician and body worker with a private practice for women called "Care for the Caretakers."
p. 43

Francis Lu
is an assistant clinical professor of psychiatry at the University of California, San Francisco, with interests in film and transpersonal psychology.
p. 20

Mark Ludwig
is a licensed clinical social worker and a Radix® teacher and trainer. He has a private practice in New York City.
p. 33

Nancy Kaye Lunney,
formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen.
p. 27

Joyce Lyke,
gestalt practitioner and member of Esalen's gestalt staff, is a teacher in training in the Ridhwan Work School, which is dedicated to understanding personality and essential development.
p. 18, 28, 31, 47

M

Lisbeth Marcher,
founder and developer of the Danish Bodynamic approach to working with the body and emotions, has recently started a 3-year training program in Bodynamic Analysis in the U.S.
p. 39

Peller Marion,
psychologist and international career management consultant, is president of Peller Marion Associates, an executive outplacement and performance coaching corporation.
p. 17

Jeffrey Masson,
former psychoanalyst and professor of Sanskrit, authored A Dark Science *and* The Complete Letters of Sigmund Freud to Wilhelm Fliess, *and with W.S. Merwin,* The Peacock's Egg.
p. 16

Heather Maycock-Ogilvy
is a licensed psychologist in private practice in Menlo Park, CA. She does longterm psychodynamic counseling and has a background in body work.
p. 24

Terence McKenna
authored True Hallucinations *and* Timewave Zero. *He is a psychoactivist interested in the role that hallucinogenic plants play in forming human languages and cultures.*
p. 15, 22, 38

Deborah Anne Medow,
Esalen leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 19, 22, 27, 47

Bob Melville
is a veteran Grand Canyon river guide of 16 years. He shares the wonders of the Canyon through his knowledge and experience.
p. 34, 46

Donald Michael,
professor emeritus of planning and public policy and professor of psychology at the University of Michigan, is the author of On Learning to Plan and Planning to Learn.
p. 13

Amy Mindell
helped develop process-oriented psychology in the areas of ethics, philosophy, and dance. She is in private practice in Portland, OR, and has taught worldwide.
p. 24

Arnold Mindell,
author of Dreambody, Coma, *and* The Year 1, *is a leader of the Global Ring Conflict Resolution Center in Yachats, OR. He is in private practice in Portland.*
p. 24

Patricia Monighan-Nourot,
assistant professor of education, Sonoma State University, is co-author of Looking at Children Play. *She's a former elementary school teacher and teacher-director of a parent cooperative preschool.*
p. 23

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 21, 43, 45

Katriona Munthe
is an English psychologist with twelve years' experience at the Institute for Biodrama. She is the author of Ecce Signum, *a biography of Lorenzo Ostuni's work.*
p. 43

Arthur Munyer,
a member of the Esalen massage crew, is a trigger point specialist and longtime body work practitioner trained by Dub Leigh and Lauren Berry.
p. 39, 42, 48

Laurie Schutz Munyer,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has also led parent-infant workshops.
p. 43, 48

Michael Murphy
was the founder (with Richard Price) of Esalen Institute and is the author of Golf in

the Kingdom, Jacob Atabet, *and the forthcoming* Future of the Body.
p. 22

N

Robert Nadeau,
an aikido master, has been a leading exponent of energy awareness at Esalen throughout the seventies and eighties.
p. 31, 47

Audrey Nakamura
was trained by Hawayo Takata, Dub Leigh, and Tanouye Tenshin roshi. She has been a practitioner for 16 years.
p. 24, 25, 47

Claudio Naranjo,
theorist of growth disciplines and former Esalen resident, introduced meditation as a component of gestalt practice.
p. 25

John Nicholas,
a graduate of the C.G. Jung Institute in Zurich, is a teacher, counselor, author, analyst, and international career management consultant.
p. 34

O

Violet Oaklander,
a psychologist in Santa Barbara, CA, is the author of Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents. *She leads workshops throughout the world.*
p. 44

Babatunde Olatunji,
master percussionist from Nigeria, has performed internationally for over 30 years and is known for his album Drums of Passion. *He is an authority on African religion.*
p. 22, 23

Richard Olney
has studied with Alan Watts, Fritz Perls, and Alexander Lowen, and has been influenced by the eidetic imagery work of Akhter Ahsen. He has led self-acceptance trainings in the U.S. and Europe.
p. 34, 35

Kathleen O'Shaughnessy
has been involved for 20 years in body/mind disciplines and for 12 years with the major psychological practices, transpersonal crisis, and the shamanic outlook.
p. 49

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager℠ training and gestalt awareness work with the personal energetic connection of the Esalen massage.
p. 26, 47

Lorenzo Ostuni,
an Italian philosopher and anthropologist, is the author of various symbolic psychosystems for studying and integrating human personality. He is the founder of the Institute for Biodrama in Rome.
p. 43

P

Rick Paine,
psychologist, works with adult children of alcoholics and leads workshops for men. He is on the faculties of the New York Open Center, Interface, and Spring Hill Institute.
p. 42, 48

Karen Paine-Gernée,
co-author of Emotional Healing *and pioneer in the treatment of ACAs, is at work on a new book about healing from cancer. She is also an artist.*
p. 42, 48

Helen Palmer,
a practicing intuitive for 18 years, directs the Center for the Investigation and Training of Intuition and is a graduate faculty member of John F. Kennedy University.
p. 22

Wendy Palmer,
faculty member of the Center for the Investigation and Training of Intuition, holds a 3rd-degree black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.
p. 34, 39, 46

Laurie Lioness Parizek,
a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 38, 46, 48

Jane Parsons-Fein,
diplomate in clinical social work, trained with Satir, Feldenkrais, and M.H. Erickson. President of the NY Erickson Society, she spent 12 years in Mt. Sinai Hospital's dept. of psychiatry.
p. 13, 14

Joseph Chilton Pearce,
a former humanities professor, is the author of 5 books about childhood and human development. His lecture tours included an extensive stay at the Jung Institute in Zurich in 1986.
p. 37

Ayala Pines,
a psychologist in Berkeley and Tel Aviv, is the author of Keeping the Spark Alive *and co-author (with Elliot Waker Aronson) of* Career Burnout: Causes and Cures.
p. 15, 33, 35, 47

Jill Purce
is author of The Mystic Spiral. *She investigated the mystical dimension of sound with Karlheinz Stockhausen and the magical use of the voice and overtone chanting with Tibetan lamas.*
p. 35

Q

Janet Quinn,
associate professor of nursing and scholar-in-residence at the University of Colorado, conducts Therapeutic Touch research and has given TT workshops since 1976.
p. 30, 47

R

Paul Rebillot,
a group leader at Esalen for 16 years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 15

Tracey Rich
has earned the title "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally.
p. 19

The Ridhwan Work School Faculty
is dedicated to the discovery, development, and preservation of the human essence.
p. 14, 38

Sogyal Rinpoche,
an incarnate lama, scholar, and meditation master from Tibet, prominent in the West, is an authority on the traditional knowledge of the Tibetan Book of the Dead.
p. 20

Nancy Rosanoff,
based in New York, works as a psychic, teacher, counselor, and corporate consultant. She is the author of Intuition Workout.
p. 32

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, CA, is the author of Body, Self, and Soul.
p. 21, 43, 45

Gabrielle Roth
is an artist, teacher, and healer. She is the founder and artistic director of the American Ritual Theater Lab and its rock band and theater company, "The Mirrors."
p. 15, 32, 33

Judith Roth
leads groups, emphasizing body, spirit, and emotional integration. She holds an aikido black belt and teaches Model Mugging Self-Defense and Empowerment.
p. 25

Ilana Rubenfeld,
pioneer of 25 years in the body-mind-spirit field and originator of the Rubenfeld Synergy Method™, is a certified teacher of the Alexander Technique and Feldenkrais® Method and is a gestalt practitioner.
p. 28, 29

Gordy Ryan
has roots in the Big Sur Primitive Jazz Society and has studied and performed with Olatunji for 17 years.
p. 22, 23

S

Stephano Sabetti,
founder of the Institute for Life Energy® and the Life Energy Process℠, has a doctorate in psychology and is an acupuncturist. He is also an organizational consultant.
p. 35

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 13, 14, 20, 25, 31, 37, 39, 41

Stephen Schoen,
in private psychiatric practice since 1960 and a training member of the Gestalt Institute of San Francisco since 1970, leads workshops on counseling and spirituality, based on his forthcoming book.
p. 15

Ailish Schutz
has an extensive background in body work and holistic health. She has been conducting The Human Element with Will Schutz for 5 years and serving as CEO of Will Schutz Associates for the past 6.
p. 41

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, a set of training materials for organizations. He is the author of Joy and Profound Simplicity.
p. 18, 41

Phyllis Shankman
is a licensed counselor in private practice in West Los Angeles. She has been leading groups at Esalen for over 10 years.
p. 12

Paula Sholachman Shaw
has been a professional actress and teacher for over 20 years. She currently conducts in-house programs for Esalen staff and work students in creativity, well-being, and self-expression.
p. 49

Rupert Sheldrake
is a biologist. Formerly a research fellow of the Royal Society at Cambridge University, he is the author of A New Science of Life *and* The Presence of the Past.
p. 34

David Shire
won an Oscar for his song "Norma Rae" and has written numerous film scores as well as the music for the Tony-nominated Broadway show, Baby.
p. 27

Fred Shoemaker,
an inner game teacher and golf professional, is a former golf coach at UCSB and has written about the inner game for Golf *magazine.*
p. 12, 28, 40

David Silverstein
is a Reichian practitioner and longtime Esalen group leader. He is currently a teacher in training with Hameed Ali from the Ridhwan Work School.
p. 31

Anne Nechama Simkin
trained in gestalt with Irv and Miriam Polster and Jim Simkin. She has conducted workshops internationally, most recently at Findhorn.
p. 49

Fritz Smith
is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure.
p. 24, 32, 47

Gena Mayer Sorensen,
a marriage and family counselor, is in private practice in San Jose and San Francisco. She holds an adjunct certificate as a Radix® teacher.
p. 18

Kathleen Riordan Speeth
is a psychologist in New York and California whose interests include Bach, Rilke, Flemish primitive painting, and object relations. Her published works include The Gurdjieff Work *and* Generativity.
p. 38, 48

Tama Starr
is a businesswoman and community leader in New York City. She has practiced yoga and t'ai chi ch'uan since 1966, and was one of the founders of San Francisco's Inner Research Institute.
p. 42

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on five continents. He is concerned with the spiritual challenges of our time.
p. 19, 20

Allan Stinson,
of the Tamalpa staff, is a writer and performer who has worked in television, radio, and the

theater in the U.S. and abroad. He was co-author, with Anna Halprin, of the Circle the Earth *manual.*
p. 29

Elizabeth Stratton,
pastoral counselor and healer in private practice in New York City, leads workshops in self-healing and a two-year training program for healers entitled "Awakening the Healer Within You."
p. 26, 27, 47

David Streeter
is a certified sports massage practitioner on the Esalen massage staff. He has taught yoga and anatomy and has worked as an athletic trainer for many years.
p. 26, 43, 47, 48

T

Yao Tamakloe
studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.
p. 22, 23

Luisah Teish,
author of Jambalaya: The Natural Woman's Book of Personal Charms and Practical Rituals, *was born and raised in New Orleans. She lectures on culture, spirituality, and women's myth and ritual.*
p. 16

Lia Thompson-Clark
is the acting director of Esalen's Gazebo School/Park and associate in the development of the Gazebo philosophy of learning.
p. 23, 25

Vicki Topp,
Esalen massage staff member since 1968, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 48

Karen Turner,
in private practice in Mill Valley, CA, has taught for many years at John F. Kennedy University and is writing a book about mid-life.
p. 33

U

Joan Ullyot,
physician and sports psychologist, is a competitive runner, U.S. record-holding marathoner, and author of Women's Running and Running Free.
p. 38

V

Attila Vaas
has been a member of the Esalen massage staff since 1976. His skills include polarity, acupressure, and Esalen's free-form style of massage.
p. 38, 48

Antoinette Varner
is an acupuncturist, herbalist, and movement teacher whose work integrates cognitive learning, the body, and spiritual experience.
p. 16, 18, 43, 45, 47, 48

Rana Vassau,
California Institute of Integral Studies graduate, teaches "Dance as a Self-Healing Art" at Southwestern College and studies the relationship between the imaginal and feeling bodies.
p. 14, 47

Steven Vazquez
is a medical psychologist in practice in Fort Worth, TX. He is a pioneer in exceptional physical healing and founder of Confluent Somatic Therapy.
p. 24, 47

W

Judyth Weaver,
Reichian counselor and teacher of t'ai chi ch'uan and sensory awareness, holds a doctorate in psychology. She is a longtime student of Buddhism and Taoism and studied in a Zen monastery in Japan.
p. 38, 48

Ganga White,
internationally-known teacher and master of yoga, is author of Double Yoga *and has received the titles "Yoga Acharya" and "Yogiraj" in India.*
p. 19

David Whyte,
poet, storyteller, and world traveler, is the author of two books, Songs for Coming Home *and* Where Many Rivers Meet. *He teaches throughout the U.S. and Britain.*
p. 29

Colin Wilson,
born in Leicester, England, was the son of a boot and shoe worker. His first book, The Outsider, *appeared in 1956 and became an international best seller. He has since written 75 more books.*
p. 37

Nancy Winston
is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.
p. 29

Y

Victor Yerofeev,
a well-known Soviet writer, has taught contemporary Soviet literature in American universities. He writes for The New Yorker, The New York Review of Books, *and* The New York Times Book Review.
p. 32

Z

Ruth Zaporah,
performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a recipient of a National Endowment for the Arts Choreographer's Fellowship.
p. 34

Janet Zuckerman
is founder of the Feeling Center in Big Sur, CA. She has been teaching at Esalen for the past 14 years.
p. 36, 44, 48, 49

Ofer Zur
is a teacher, researcher, and writer in the area of the psychology of peace and war. He is on the faculty of the California Institute of Integral Studies in San Francisco.
p. 29

GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 62. Our address, phone numbers, and reservations hours are on the inside front cover. Since workshops fill quickly, it is advisable to sign up as early as possible, preferably a month in advance. In order to reserve a space in any workshop, we require the following deposits:

Weekend:	$100	19 to 21 days:	$400
5 to 7 days:	$200	More than 21 days:	
12 to 14 days:	$300		$500

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see pages 10-11 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you. Workshop fees cover tuition, food, and lodging. Rooms are shared by two or more persons. Camping on the grounds is prohibited.

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail your reservations. For your convenience we also have a fax line for reservations and scholarship applications. Please fax the enclosed forms. That number is (408) 667-2724. (The Esalen fax line is for business purposes only, not personal correspondence.) If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your charge card when you call. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service. NOTE: Room and Board reservations must be made by phone, not by fax machine.

Cancellation and Refund Policy: If you cancel at least five full days before the start of your workshop, your deposit, less a $20 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $20 processing fee, and return the balance to you. (Please note: Wilderness Programs has a different cancellation and refund policy. See page 46.)

If you have applied for a scholarship and we *are unable* to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we *are able* to give you assistance and you cancel your reservations as above, we will return your deposit, less a $20 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within the next year. If you cancel with less than five days' notice, you forfeit your deposit.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see page 10.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive any time after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School/Park: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Conferences at Esalen: It is now possible for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For more information, contact the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

■ ESALEN SCHOLARSHIP APPLICATION FORM

Today's Date _____ Home Phone (____) _____ Work Phone (____) _____

Name _____ Sex M ☐ F ☐

Address _____

City _____ State _____ Zip _____

Age _____ Marital Status _____ Occupation _____

Place of employment and position held. If self-employed, please describe the nature of your work. _____

Income last year _____ Current monthly income _____

Number of dependents whom you claim on your tax forms or for whom you are financially responsible. _____

Have you received scholarships for other Esalen workshops within the past 18 months? _____
If so, please give the information requested below.

Date	Program Title	Program Leader	Scholarship Received

Workshop information for this application:

Date	Program Title	Program Leader	Scholarship Amount Requested

(We may approve your application without being able to give you the full amount you request.)

Please make a personal statement about your interest in this workshop.

Note: This application does not reserve you space in a workshop. Reservations are made only after receipt of your full deposit by our reservations desk. You may make a reservation prior to approval of this application by making the required deposit (see General Information, page 60). If your application is approved, the amount of assistance will be credited against your balance due on arrival. If your application is not approved, for whatever reason, and you cancel your reservation at least five full days before the start of the workshop, your deposit will be returned at your request unless you wish to leave it in a credit account to be used within the next year. If you cancel with less than five full days' notice, you will forfeit your deposit.

Only those denied any scholarship assistance may request a refund of deposit.

Scholarship recipients are required to bring a sleeping bag and pillow.

In exchange for scholarship assistance, there is a work requirement in the community labor pool which will not conflict with your seminar meetings. For every $50 worth of assistance, recipients will be expected to work about two hours. The maximum scholarship given in any case will not exceed 50% of the standard workshop price. Depending on the number of requests we receive, it may be less.

■ ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see General Information, page 60, under Reservations and Fees, Making Contact with Us, and Cancellation and Refund Policy.)

If you would like scholarship assistance for an Esalen program, please see Scholarship Information on page 10 and complete the scholarship application form on page 61.

If you need more information, please refer to the inside front cover for Esalen's phone numbers and office hours.

Name of Registrant (Please print) _____ Sex M ☐ F ☐

Address _____

City _____ State _____ Zip _____

Home Phone: (____) _____ Work Phone: (____) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

_____

If you can't be reached, please call us before your scheduled arrival for final confirmation. Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.

Please mark your 1st and 2nd choices for housing after referring to pages 10-11 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and food. **All of our rooms are non-smoking. If you smoke, please plan to do so outside.**

- ☐ Check for standard accommodation, if available.
- ☐ Check for a single with private bath, if available.
- ☐ Check for bunk bed room, if available.
- ☐ Check for sleeping bag space, if available.

Write here the name(s) of any person(s) with whom you wish to room.

_____

Date	Leader's Name/Workshop Title	Fee

I enclose payment for the following contributions:

Total Deposits Enclosed: _____

☐ $5 Catalog Contribution ..... $5 Catalog Contribution: _____

☐ Friends of Esalen ..... Friends of Esalen: _____
(See page 50)

- ☐ Student $15
- ☐ Individual $25
- ☐ Donor $50
- ☐ Sponsor $100
- ☐ Patron $500

Subtotal: _____

Less any discount (Prepayment or Senior, see page 10): _____

Total Amount Enclosed: _____

FOR OFFICE USE ONLY

DEPOSIT AMT.			CIRCLE DEPOSIT		CC	CK	CA SUS
CIRCLE IF IN RES. BK.		YES	INITIALS OF WHO DID RES.				
DATE REC.		DATE TYPED		INITIALS TYPED RES.			

Passenger Van Service:
I want transportation from (check one):

- ☐ Monterey Greyhound Bus Station at approximately 3:45 PM
- ☐ Monterey Airport at approximately 4:00 PM

on _____ (date of arrival, Fridays and Sundays only).

The $25 per person charge is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below.

Your reservations can be charged to:

☐ Mastercard ☐ Visa ☐ American Express

Card No. _____

Expiration Date _____

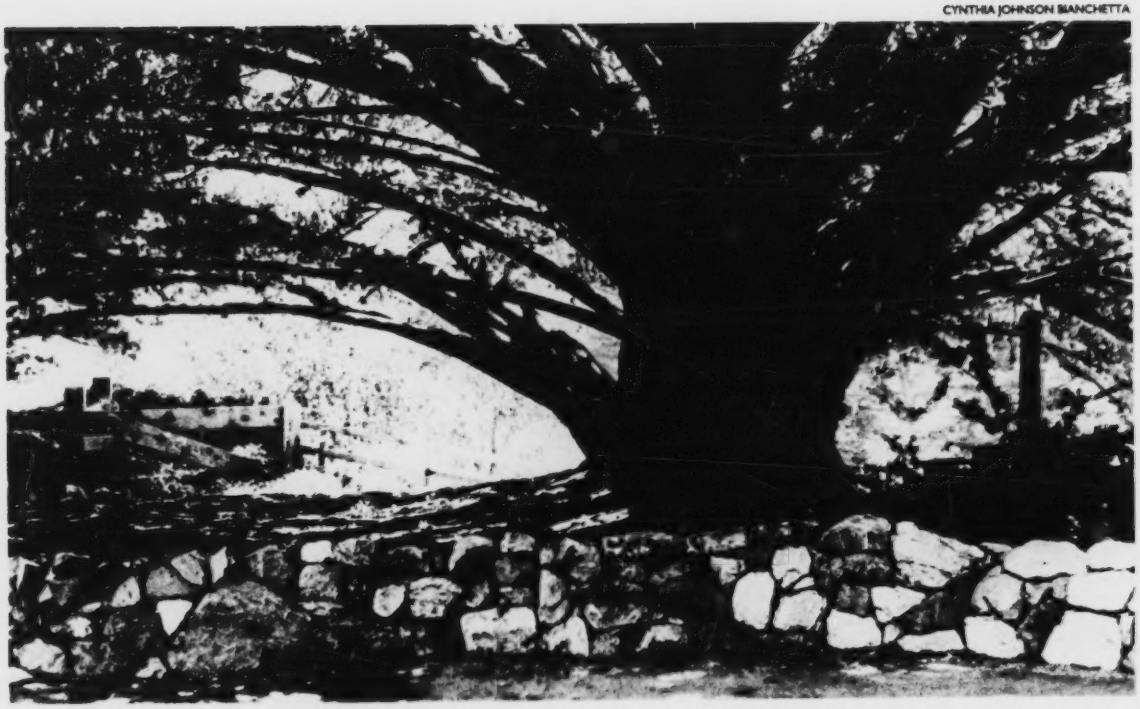
Authorizing Signature

_____

All workshops require non-refundable deposits. See page 60. The balance of program fees becomes payable at time of check-in.

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation.

CYNTHIA JOHNSON BIANCHETTA



Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

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Big Sur
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Esalen Institute, Big Sur, CA 93920

Phones:
Reservations: (408) 667-3005
General Information: (408) 667-3000

Telephone Reservation Hours:
Monday, Tuesday, Thursday
& Saturday 10 AM to 3 PM
Wednesday 10 AM to 12 Noon
Friday 10 AM to 5 PM
Sunday 12 Noon to 5 PM

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Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Outside of "headquarters" on a bright summer day in Moscow in 1981, a gathering of Soviets and Americans who felt that perestroika and glasnost were just around the corner. This rollicking group gathered in front of the apartment of Joseph Goldin, who was a first inspirator of the Esalen Soviet-American Exchange Program. His Soviet colleagues included an interior decorator, a male Central Asian dancer, a philosopher, one of the Soviet Union's best-known actresses, an educator, an artist, Dulce and Michael Murphy, and Jim Hickman. This photograph was taken by Mary Payne, one of the founders of the Esalen Soviet-American Exchange Program.

A Decade Of Innovations In Soviet-American Relations

Since January 1980, the Esalen Soviet-American Exchange Program has conducted several hundred exchanges between Soviet and American individuals or groups. We have introduced new forms of Soviet-American cooperation, which are described in the pages that follow, and formed many lasting friendships with Soviet scientists, artists, writers, philosophers, psychologists, economists, diplomats, journalists, and Central Committee staff. Our network of Soviet and American colleagues comprises a unique resource for future Soviet-American cultural and scientific exchanges.

As our program has developed, Soviet-American relations have undergone momentous changes. Reform has swept the Communist world. The Berlin Wall is open. Coalition governments rule Poland and Czechoslovakia, and multi-party systems are being established as well in East Germany, Hungary, Bulgaria, and Romania. Arguably, the cold war is over.

But with these changes, new problems have appeared. Soviets need American interaction more than ever before, while we need their reforms to succeed. There is no guarantee that disarmament will continue. It is not certain yet that Gorbachev's perestroika will lead to a more stable world. In this time of uncertainty, many Soviets are calling upon us to help their country.

Our ten years of experience, our large network of Soviet and American relationships, and our ability to innovate, we believe, enable us now more than ever before to create new and helpful Soviet-American ventures.

Esalen co-founder Michael Murphy first traveled to Moscow in 1971 after several Europeans at Esalen brought news of innovative Soviet work in psychology and education. His visit led to others by members of the Esalen staff and, in 1980, to the establishment of Esalen's Soviet-American Exchange Program.

As Esalen was starting its Soviet exchanges, the euphoria of the Nixon-Brezhnev détente was giving way to the deepening distrust of the arms race. The Committee on the Present Danger warned of an unprecedented Soviet arms build-up; the Soviets invaded Afghanistan; President Carter mandated a US boycott of the 1980 Moscow Olympics.

In its original statement of purpose, the Exchange Program said it would "develop innovative approaches to Soviet-American cooperation, emphasizing citizen exchange as a complement to government diplomacy." At the time there were only a few non-governmental organizations in the field, among them the Dartmouth and Pugwash conferences, which sponsored non-governmental dialogues about the complexities of the arms race and arms control. The Exchange Program founders believed, however, that it was important to broaden contacts between non-governmental organizations in the two superpowers.

As President Reagan was calling the Soviet Union the "evil empire," the Exchange Program staged its first innovation, the spacebridge. In an event without precedent, our first executive director, Jim Hickman, and consultant Rick Lukens worked with Joseph Goldin and the USSR State Committee of Television and Radio (Gosteleradio) to co-produce on September 4, 1982, a live satellite program that connected Apple Computer founder Steve Wozniak's US Festival in San Bernardino, California, to a jazz concert in Moscow. The Exchange Program also co-produced a spacebridge for the 1983 US Festival that included discussions between senior Soviet and American legislators, space program officials, and educators. These spacebridges inspired subsequent satellite teleconferences between Soviets and Americans, including a Congress-to-Supreme Soviet teleconference which continues today.

In addition to these citizen exchanges and spacebridges, the Exchange Program has organized other innovative interactions between Soviets and Americans. For example, the Exchange Program:

• Initiated in 1983 the "Erik Erikson Symposia on the Political Psychology of Soviet-American Relations" with career diplomat Joseph Montville and psychologists Erik and Joan Erikson. It was at one of these conferences that Montville coined the term "track-two diplomacy" to designate the burgeoning private sector initiatives with the Soviets.

• Provided in 1983 a forum for Robert Bathurst to develop the first seminars bringing Americans together with Soviet exiles and émigrés to compare Soviet and American cultures. Bathurst was Naval Attaché at the US Embassy in Moscow in 1962 and is currently Adjunct Professor of National Security Affairs at the Monterey Institute of International Studies, California.

• Helped create in 1985 the Association of Space Explorers, the first forum in which astronauts and cosmonauts could share their

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

At a press conference in Moscow at the international conference on health entitled "Hidden Reserves of the Human Psyche," sponsored by the Health Project of the Esalen Soviet-American Exchange Program. The group includes: Dulce Murphy, Michael Murphy, psychologist Stanley Krippner, Soviet psychiatrist Aron Belkin, Soviet parapsychology pioneer Eduard Naumov, and Scott Jones (assistant to Senator Claiborne Pell). (1988)

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Abel Aganbegyan (center, seated), a leading Soviet economist, at Esalen Institute during his first extensive tour of the United States in 1988, sponsored by the Exchange Program. With him are Jim Garrison, Marshall Fitzgerald, director of our Executive Management Development Project, Soviet economist Timur Timofeev, interpreter Harris Coulter, Dulce Murphy, Stephen Rhinesmith, chairman of the Exchange Program's Board of Advisors, Jeffrey Morby, vice-chairman of Mellon Bank, Claire Ryle Garrison, Michael Murphy, Steve Donovan, president of Esalen Institute, Soviet literary agent Leonid Tchalykh.

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Boris Yeltsin during his first visit to the United States, which was sponsored by Esalen, with Jim Garrison, the second director of the Soviet-American Exchange Program.

experiences in space and their hopes for the future of humanity.

• Signed in 1985 one of the first agreements between a private-sector group and the USSR Ministry of Health, which has facilitated work in the areas of health promotion and non-pharmacological methods of treating disease and stress.

• Co-produced in 1986 a spacebridge on Chernobyl and Three Mile Island with the American Association for the Advancement of Science, the USSR Academy of Sciences, and Internews.

• Signed in 1986 the first agreement between a non-governmental agency and the USSR Union of Writers, beginning long-term collaboration between Soviet and American novelists, playwrights, and poets. Under this agreement, Vladimir Karpov, first secretary of the USSR Union of Writers, was hosted in January 1988 in his first US visit. Also hosted were satirist Mikhail Zhvanetsky, playwright Viktor Rozov, and short-story writer Tatiana Tolstaya, a descendant of Leo Tolstoy.

• Organized and sponsored in 1987 the first visit to the Soviet Union of energy specialist and physicist Amory Lovins of the Rocky Mountain Institute in Colorado. Lovins was warmly received by Academician Yevgeny Velikhov, vice-president of the USSR Academy of Sciences, and is now acting as consultant to a number of Soviet institutes on matters of energy efficiency.

• Hosted in 1988 Academician Abel Aganbegyan, Rector, Academy of the National Economy, for his first tour of the United States in his capacity as one of Gorbachev's chief economic advisors. This has led to the development of a management training program with senior executives from across the Soviet Union.

• Facilitated the Bilson-Willens Initiative. In the fall of 1988, two businessmen, Harold Willens and Wes Bilson, wrote a letter offering *pro bono* consultation to some Soviet enterprises interested in putting quality consumer goods in Soviet stores. Their letter was printed in the weekly periodical *Argumenty i Fakty*, circulation 20 million, and drew over 4,000 replies from across the Soviet Union.

• Celebrated, with Soviet counterparts, the 50th anniversary of the publication of John Steinbeck's novel *The Grapes of Wrath*. Events were held in Steinbeck's home town Salinas and in Moscow, with leading Steinbeck scholars at Moscow State University, a festival of Steinbeck films, and an exhibition of letters, photographs, and first-edition books at the Moscow Library of Foreign Literature.

• Coordinated, in conjunction with the US-based International Center for Economic Growth and the USSR Institute for Management Studies at Moscow State University, a conference on "Entrepreneurship in the World Economy." The conference drew participants from around the world, including Hernando de Soto, Peruvian economist and author of *The Other Path*; Leopoldo Solis, senior advisor to the president of Mexico; Mussamel Huq, founder of the Grameen Bank in Bangladesh; Gifford Pinchot, author of *Intrapreneuring*; and Pavel Bunich, a principal economic advisor to Gorbachev.

• Organized a ten-person delegation of Americans to participate in the inaugural conference of the USSR Association of Peace Through Culture, formed in honor of Nicholas Roerich, one of the most highly revered Russian artists in the Soviet Union today.

• Hosted Boris Yeltsin for his first trip to the United States. The nine-day trip covered eleven cities and gave Mr. Yeltsin his first realistic look at our country and our government. Esalen arranged visits for Mr. Yeltsin with President Bush, Vice President Quayle, National Security Advisor Brent Scowcroft, former President Ronald Reagan, and many business and government leaders. Mr. Yeltsin's delegation returned to the Soviet Union with 100,000 disposable syringes to fight the spread of AIDS among children in that country.

•Hosted Ivan T. Frolov, editor-in-chief of *Pravda* and a secretary of the Communist Party Central Committee, in April 1990 for his first visit to San Francisco. Dr. Frolov is the leading Soviet philosopher of medical ethics and a close personal advisor to Gorbachev. He serves on the Central Committee Ideological Commission, and as a USSR People's Deputy. He is a member of the USSR Academy of Sciences and the chairman of its All-Union Center for Human Studies, and holds a number of other posts as well. His delegation met with leading American philosophers, sociologists, journalists, educators, and political figures for discussions on perestroika, philosophy, and social transformation. Frolov is the author of more than 20 books and monographs and over 300 articles on problems of the comprehensive study of man, ecology, and the social and ethical problems of scientific and technical progress. He has detailed the history of Soviet genetics and its devastation during Stalin's regime, and denounced the biologist Trofim Lysenko for waging an ideological witch-hunt against colleagues that led to the exile, torture, and death of many talented scientists. Frolov also hosts a television program in which priests often participate in philosophical debate.

These innovative programs reflect Esalen's tradition and style of working as well as the enormous possibilities inherent in programs involving Soviets and Americans. With Gorbachev's reforms taking hold in the Soviet Union, we at the Exchange Program believe that our two nations are on the threshold of a new era, in which American and Soviet groups, both commercial and not-for-profit, can work together more creatively than ever before to promote economic and cultural development.

Current Programs

In the years ahead, the Esalen Exchange Program will respond to a need as pressing today as the demand for citizen exchange was in 1980. That need, as we see it, is for new thinking about individual and social development. Gorbachev's call for perestroika reflects a widespread demand among Soviet people for new bases of institutional legitimacy, for new definitions of the public good, for new understandings of personal and cultural transformation. Americans and Soviets can work together, we believe, to address these problems. To promote such work, Esalen is sponsoring the following programs.

Soviet-American Seminars on Economic, Political, Moral, and Religious Philosophy

These seminars will address fundamental issues that face the people of both the United States and the Soviet Union. In a time of great social change, our two nations need to promote commonly shared visions of a just society and the virtues it requires. Without honesty and integrity, for example, economic markets collapse into anarchy. Without widely accepted responsibility for the public good, cynicism grows, institutions fall into disrepair, and the citizenry becomes ungovernable. Every sphere of human life requires some sort of spiritual vision.

In the decades preceding the Bolshevik revolution, Russia had begun to produce philosophers to match its great novelists. Berdyaev, Soloviev, Fyodorov, and others had begun to outline a worldview that joined mystical illumination, moral concern, appreciation for human creativity, and profound psychological insight. It was grand in scale, like the novels of Tolstoy and Dostoyevsky. Today, it is rising again in the Soviet Union, among novelists, poets, psychologists, and a few professional philosophers. Such vision could generate a similar bigness of scale, a similar impetus to social and religious imagination in the West, and help stimulate philosophic renewal in America.

In 1990, members of the Esalen Exchange Program staff will meet with representatives of the Soviet Writers' Union, the Soviet Institute of Philosophy, and with Soviet poets, novelists, economists, political theorists, religious thinkers, and professional philosophers to organize Soviet participation in these seminars. The American participants will also be chosen this year. In 1991, the program's first meetings will be held in Big Sur, San Francisco, and Moscow.

Health Project

Our long-term project in the field of health promotion continues to broaden and develop. In October 1990, the Program will sponsor the first Soviet-American conference on psychoneuroimmunology, a pioneering field that studies the role of the brain and behavior in treating the nervous and immune systems. Our partner for this conference is the Leningrad-based Institute for Experimental Medicine, where the famous psychologist Ivan Pavlov worked.

We are developing a number of other programs as well through our relationships with the USSR Ministry of Health and the USSR National Research Center for Preventive Medicine. Our concerns include disease prevention and health promotion in the workplace. An agreement was signed with the World Health Organization-Europe that calls for Esalen to facilitate greater Soviet participation in WHO conferences and initiatives.

Surviving Trauma

The accident at Chernobyl, the Armenian earthquake, and the Afghanistan war are only the most recent Soviet examples of events that have left physically and psychologically traumatized victims in their wake. Despite this history, the Soviet Union has had no specific field of study devoted to the research and treatment of the psycho-social effects of trauma. Recognizing this as a vital area of common concern between our countries, the Exchange Program has developed the Surviving Trauma Project. The Project is committed to bringing together Soviet and American specialists in Post-Traumatic Stress Disorder (PTSD) to share experiences and develop healing processes.

In May 1989, Project Director Claire Ryle collaborated with the Earthstewards Network and numerous Vietnam veterans' organizations and treatment centers to host the first group of Soviet veterans of Afghanistan to visit the United States.

In October 1989, the Exchange Program sponsored the first Soviet participation in the annual conference of the Society for Traumatic Stress Studies. The Soviet delegation arrived in San Francisco within days of the earthquake here. Meetings were arranged with the San Francisco Director of Public Health, specialists at the San Francisco Veterans Administration Medical Center, and therapists at the National Center for PTSD in Menlo Park. The first joint Soviet-American conference on PTSD will be held in Moscow in September 1990.

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Abel Aganbegyan (left), one of Gorbachev's chief economic advisors, during his first extended tour of the United States, which was sponsored by the Esalen Soviet-American Exchange Program in 1988. Pictured here with John Naisbitt (center), author of the best-selling *Megatrends* and *Megatrends 2000*, and Soviet economist Timur Timofeev, at Naisbitt's home in Washington, D.C.

Entrepreneurship in the World Economy

The Exchange Program signed an agreement with the USSR Academy of Sciences Economics Department, headed by Academician Abel Aganbegyan to promote entrepreneurialism in the USSR. A first training for the Academy was conducted by Marshall Fitzgerald, founder of Stanford Telecommunications, and Bob Medearis, founder of Silicon Valley Bank, and was held in Suzdal, outside Moscow, in May 1989. The next phase of the project involves internships for selected Soviet participants in the United States.

The Exchange Program also signed an agreement with the Estonian Institute of Management Studies and the Estonian Business School to train managers from the Baltic republics. Esalen has been conducting seminars in Estonia since 1987.

A tentative agreement has been made with the Moscow State University Economics Department for a 17-week course in Western business practices, to begin in 1990.

The Furth Ruble Prize

Perhaps the greatest problem confronting joint venture arrangements in the Soviet Union is the fact that the ruble is not a convertible currency. Presently there is no clear Soviet government policy or timeline as to how or when the ruble will be made convertible.

In November 1988, Esalen hosted a delegation of Soviet economists from Academician Leonid Abalkin's Economics Institute, USSR Academy of Sciences. Part of their itinerary took them to the Chalk Hill Winery in Santa Rosa, owned by Fred and Peggy Furth.

Out of numerous discussions held on the Furth estate came an initiative from the Furths to donate $100,000 to create an international competition for the best proposal offering a practical solution to the question of ruble convertibility as a problem of international trade. Esalen committed itself to work with the Furth Foundation and the USSR Academy of Sciences to conduct the competition. Prize money totalling $42,000 was awarded to the authors of six of the over 600 papers submitted to the competition.

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Left to right: Interpreter Sergei Grigoriev, lawyer Fred Furth (author of the Furth Ruble Prize), and Ivan Frolov in April 1990, during Frolov's first trip to San Francisco, sponsored by the Esalen Soviet-American Exchange Program. Dr. Frolov is the editor-in-chief of *Pravda*, a member of the Secretariat of the Communist Party Central Committee, a member of the USSR Academy of Sciences, and a close confidant and former speechwriter for President Gorbachev. At the home of Bokara Legendre, a trustee of Esalen Institute.

Award recipients were chosen in May 1990 by this panel of Soviet and American experts:

Abel Aganbegyan, Rector, Academy of the National Economy
Ivan Ivanov, Deputy Director, State Committee on Foreign Economic Relations
Boris Milner, Deputy Director, Institute of Economics, USSR Academy of Sciences
Nikolai Petrakov, Deputy Director, Central Mathematics-Economics Institute
Joseph Brada, Professor of Economics, Arizona State University
Ed Hewett, Senior Fellow, Brookings Institution
Anne Krueger, Professor of Economics, Duke University
Wassily Leontief, Nobel Laureate in Economics, 1973

The prize winners will present their papers at a conference to be held in Moscow, fall 1990.

Esalen Dialogues

For several years, the Exchange Program has been identifying influential American and Soviet individuals to participate in a high-level forum—the Esalen Dialogues.

The first conference was held in June 1989 at Esalen. The project is planned to continue over a three-to-five-year period. The Dialogues participants meet at regular intervals to discuss the major changes occurring in both nations, not only in terms of glasnost and perestroika in the Soviet Union, but also in terms of how both nations are interacting in the emerging information age and global economy. The intention is to bring together "action intellectuals" who can interact in a multidisciplinary and binational setting, and who have sufficient influence in their particular fields to have impact in the social and political milieu which is currently shaping popular perceptions and public policy.

The 1990 Dialogues, held June 24-29, examined the theme "Democracy in the Future."

Ethnic Conflict Resolution Project

The Ethnic Conflict Resolution Project evolved from the conference "Stalin and Glasnost," held June 9-11, 1989, at Esalen Institute in Big Sur. A number of Soviet specialists and American Sovietologists, historians, and political psychologists participated in this historic meeting.

The next stage of this project will be an invitational conference, "Ethnic Conflict Resolution in the Soviet Union: The Heritage of Stalinism," to be held November 4-9, 1990, at Esalen Institute. A book is planned for publication as a result of the conference.

The project aims to promote the political/psychological preconditions for fostering a non-violent, pluralistic democracy in the light of recent historical crimes. Originally conceived as a comparative look at the tyranny of Stalin and Hitler and its impact on the politics and destiny of each society, the symposium has been revised to become a collaboration among American and Soviet scholars, officials, and writers on the psychological roots of ethnic

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Twenty-five astronauts and cosmonauts from thirteen countries met in Cernay, France, from October 2-6, 1985, at the founding meeting of the Association of Space Explorers. Cosmonaut Aleksei Leonov (dark shirt), who co-chaired the meeting, makes a point at the opening plenary session.

conflict and new discoveries on ways to heal the wounds of such conflict.

Among the subjects to be discussed will be the role of historic grievances in the shaping of current attitudes of victimhood, the importance of public acknowledgment of historic injustice, the critical need for mourning past losses, and the asking and granting of forgiveness for injustices among the ethnic groups which have been aggressors and victims. The healing example of Soviet-Polish consultation on the Katyn Forest massacre will be reviewed.

In terms of practical political steps necessary for building multiethnic democracy, the participants will discuss the idea of civil society, the importance of human rights, and the function of a "Bill of Rights." We will also review work on comparative political institutions for multiethnic democracies, including the concepts of power-sharing, federalism, varieties of electoral systems, and constitutions which establish political systems that work.

Joe Montville is working with the Exchange Program to identify the appropriate American experts. Among the Americans who have been invited: Hoover Institution Fellow Robert Conquest, political scientist Arend Lijphart, psychiatrist John Mack, writer Orville Schell, psychologist Ervin Staub, and Strobe Talbott of *Time* magazine. The Soviet invitees include: Igor Belyaev, Valentin Berezhkov, Fyodor Burlatsky, Alexander Tsipko, and writers Andrei Melville, Tatiana Tolstaya, Viktor Yerofeev, and Yevgeny Yevtushenko.

Psychology Project

For the first time, a Soviet citizen has become a member of the Exchange Program staff. Viatcheslav (Slava) Loutchkov is a psychologist working this year in the United States. He is studying the interplay of psychological, social, economic, and ideological factors in perestroika. He will also analyze means of applying perestroika to the science of psychology.

The thesis of this study is that the economic and social goals implicit in perestroika cannot be attained unless Soviet psychology is allowed to develop into a mature profession and unless extensive use is made of its findings and applications. The study will explore practical ways of achieving political and economic modernization in societies of the Soviet type. It will also try to reveal obstacles to cooperation among governmental, social, and scientific institutions.

The results of the study may help American and Soviet policy-makers to define more accurately the goals and nature of interrelations between the US and USSR, particularly in those areas which have not yet been addressed and studied. We hope that this research will contribute to the improvement of Soviet-American relations.

One of the practical applications of this project is a Russian-English/English-Russian encyclopedic dictionary of psychology. The dictionary will contain approximately 18,000-20,000 words and will be prepared for speakers of both English and Russian. The Russian version of this dictionary, compiled by Soviet psychologists Viatcheslav Loutchkov and Vladimir Rokityansky, is nearly complete.

Coaching Education Project

The competitive excellence of Soviet athletes is a source of great national pride, especially given the high place reserved for sport in the Soviet social system. This level of excellence is maintained in part by means of exceptionally well-educated coaches who pass through a world-standard training system. There are 28 coaching education institutions in the USSR, under the sponsorship of the Soviet Sport Committee (Goskomsport). Foremost among them is the Moscow Institute for Sport and Physical Culture, where all current Soviet national team coaches have been educated. It is from this elite coaching education institute that the Soviet participants for this project have been selected.

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Big Sur, 1989: Soviet participants in the first meeting of the "Dialogues on Social and Economic Transformation." From left to right: Leonid Dobrokhotov (economic theorist, Communist Party Central Committee), Vladimir Dobrenkov (chair of the Sociology Department and vice-rector of Moscow State University), Pavel Bunich (vice-rector, Academy of the National Economy), Alexander Bovin (political observer, *Izvestia*), and Alexander Tsipko (International Department, Communist Party Central Committee).

The University of the Pacific and the Exchange Program, in conjunction with the Moscow Institute of Physical Culture and Goskomsport, are developing the Soviet-American Coaching Education Institute. This will be an in-depth investigation into the preparation of coaches by the Soviet Union, and a comparison of Soviet coaching instruction with the educational methods of selected American sports organizations.

The Coaching Education Project evolved from an Esalen Exchange Program trip to the USSR in May 1989 and from subsequent discussions among the Soviet Sport Committee, Esalen guests, former 49er Head Coach Bill Walsh, sports psychologist Glen Albaugh, and Dulce and Michael Murphy. Recommendations were made at that time for future Soviet-American collaboration. As a result, Glen Albaugh and fellow University of the Pacific sports psychologist Ted Leland led an Applied Sport Psychology Workshop in Moscow in October 1989. During this workshop, plans were made for a Coaching Education Symposium at the University of the Pacific in November 1990.

Writers Exchange

Esalen signed an agreement with the USSR Union of Writers in 1986, when a delegation of Soviet writers traveled to Big Sur for a conference on Soviet and American literature. This agreement has enabled Esalen to move forward with several innovative projects.

• In late 1990 four prominent poets, two Soviets and two Americans, will be in residence at Esalen to collaborate and to study the similarities and differences in their art and how it affects the present political and cultural climates of our two countries.

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Soviet journalist Vladimir Pozner and ambassador Stephen Rhinesmith, chairman of the Esalen Soviet-American Exchange Program's Board of Advisors, in Pozner's apartment in Moscow.

• In collaboration with the Leningrad Union of Writers, a book of prose and poetry is being prepared to celebrate their contemporary writers living in the Soviet Union and abroad.

• A book of short stories, *Life in the 80s*, written by Soviet and American writers born since the Second World War, is near completion. The purpose of this joint book is to create relationships between the new generations of writers of the two nations.

• The Exchange Program worked with well-known Russian writer Viktor Yerofeev and the Union of Writers on the first Soviet conference on the life and works of Vladimir Nabokov, held in Moscow this past May. Leading scholars from both countries participated.

The above excerpted from the "Esalen Institute Soviet-American Exchange Program, Prospectus 1990."

Excerpts from "The Glasnost Papers: Voices on Reform from Moscow"

Edited by Andrei Melville and Gail W. Lapidus
Westview Press, 1990

The Glasnost Papers was the brainchild of Andrei Melville, then a head of section at the Institute for USA and Canadian Studies in Moscow. During the early days of perestroika, newspapers, journals, speeches, and popular magazines revealed a new world of thinking and freedom of speech unknown before Gorbachev came to power. The early days of glasnost were electrifying for many Soviets and Westerners alike who could not even dream of such expressions of openness.

Melville, while on a trip to California, began to express interest in a book that reflected the excitement of that period. This book is edited by him and Gail Lapidus, a well-known Sovietologist from the University of California at Berkeley and published by Westview Press in Boulder, Colorado. These excerpts will give you an idea of why this book will become a classic of the early days of perestroika, one of the most important and exciting periods of history. It has been a privilege for the Esalen Soviet-American Exchange Program to be a part of this project.

From Andrei Melville's introduction:

History knows various types of revolution, including ones not necessarily accompanied by bloodshed. For example, the New Deal of Franklin Delano Roosevelt was, in its own way, revolutionary in scale. I would like to believe that what is going on in my own country will become revolutionary in much the same way. Of course there are no barricades in the streets, but an intense struggle—both political and ideological—is taking place. And those in the Soviet Union who want radical, revolutionary changes in our society are no longer satisfied with attempts simply to "improve" the model of socialism that we inherited from the past. They want to dismantle it and create a new, different society.

Thus we are not talking about re-papering the walls of an old house and refurnishing it, but about erecting a completely different structure, a different model of society.

It strikes me that this is precisely what distinguishes events today from those of other periods in our post-war history when the country was likewise moving forward. For in actual fact, in the 1950s and early 1960s, society's attention was focused on the figure of Stalin, and the problem we faced was diagnosed as the "cult of personality" and its consequences: that is, not a social pathology, but rather a malignant growth on a healthy body.

Today everything is different. Today we perceive the fundamental problem neither in particular personalities, nor in the wrongdoings and even crimes of one or another leader. And although our press today is actively involved in exposing highly-placed officials of the not-too-distant past, it is not primarily this that has riveted people's attention. These are all symptoms of a disease, not the disease itself, which goes far deeper. Because this is a disease of the system, a disease of the society, and not simply of the individual, the medicine used to cure it will have to be potent. The question today is not about the window dressing of the system's function-

ing, but about the very nature of its internal characteristics.

In the past, when we in the Soviet Union talked about socialism, all too often we substituted the ideal for the real, as we tried to draw, down to the tiniest detail, the image of the ideal socialist society and to project this image onto ourselves, for the most part ignoring the crying incompatibility between that ideal and reality. Today, together with a much more sober and critical view of the reality with which we are dealing in our country, we are trying also to liberate our notions of the socialist ideal from the traditional utopianism, from the millenarian-chiliastic myths about an approaching "thousand-year kingdom" of Good and Justice.

COURTESY BSALIN SOVIET-AMERICAN EXCHANGE PROGRAM

The Exchange Program in 1989 sponsored a conference on the life and works of John Steinbeck, held in two parts: first in the United States and then in the Soviet Union. Pictured here are the American presenters at the Hall of Writers in the Writers' Club in Moscow.

From Gail Lapidus's introduction:

"Glasnost" has become a household word in Western discussions of the Soviet Union, indeed an all-embracing symbol of the entire Gorbachev era. It has been indiscriminately applied to virtually every aspect of Gorbachev's policies and sometimes used as a synonym for perestroika (restructuring) itself. The expanding scope of glasnost in the past few years has been the single most dramatic manifestation of the far-reaching process of change in state-society relations now under way in the Soviet Union.

Perhaps best translated as "public disclosure," with its simultaneous connotation of candor and publicity, glasnost is not only an end in itself but also a central instrument in Gorbachev's larger campaign for reform. It reflects a recognition that building support at home and abroad for major changes in Soviet domestic and foreign policy requires a less secretive approach to Soviet reality: a more candid acknowledgment of Soviet shortcomings and errors and an expansion of the boundaries of public discussion, although by no means an abrogation of its limits. At bottom, it reflects a serious rethinking of how the Soviet leadership should relate to its own population as well as to the wider international community.

The years since Gorbachev became general secretary have been marked by a gradual widening of the role and scope of glasnost, a trend that is closely connected to the progressive radicalization of Gorbachev's conception of reform. Since the summer of 1986 Gorbachev has expressed a growing realization that the problems he inherited were more complex, and the obstacles to reform more daunting, than he initially appreciated. His original focus on economic reform, with its emphasis on "uskorenie" (acceleration), was progressively supplanted by a recognition that more far-reaching structural changes were essential to achieve a revitalization of the Soviet system. His campaign for perestroika is a call for far-reaching departures from prevailing practices and norms in virtually every area of Soviet life. Indeed, in July 1986 Gorbachev described "restructuring" as nothing short of revolution, encompassing "not only the economy but all other sides of society's life: social relations, the political system, the spiritual and ideological sphere, the style and work methods of the party and of all our cadres. . . . I would equate restructuring with revolution . . . genuine revolution in the minds and hearts of people. . . ."

Glasnost is a central instrument of this effort. "We need glasnost," Gorbachev put it, "as we need the air." But the novelty and strategic significance of this instrument derive from his recognition that Soviet society has reached a level of maturity that requires a new approach to its governance. The Soviet people, and particularly the educated middle classes, can no longer be treated as the passive objects of official policy, but have to be brought into some form of partnership.

From the first chapter, "The Anatomy of Glasnost"

The word "glasnost" comes from the adjective "glasnyi." The authoritative dictionary of the Russian language of Vladimir Dal (the Russian equivalent of Webster's dictionary) provides the following definition of glasnyi: "that which is known or evident to all, not concealed, everywhere made public." Glasnost is openness; it is the adoption of democratic forms for the expression of one's opinion, position, interests. Glasnost also means the disclosure of all that was formerly secret, hidden, with the disclosure being public, nation-wide.

In the Russian language the word "glasnost" conjures up a whole succession of sound—and meaning—associations: it is "voice," but it is also "eye." Glasnost is sight, enlightenment, publication. Glasnost is the voice pronouncing the revealed truth. The proper field of the vital activity of glasnost is the public forum. In Russia the public forum has long since been the printed page. Today it also includes radio and television, but the newspaper and the journal still remain the principal estate of contemporary glasnost. Newspapers have become our necessary spiritual sustenance and the most important part of our daily life. Since the end of 1986, the number of subscribers to the major Soviet newspapers has sharply risen. People began to read, say, *Pravda*, and other Soviet publications with even more interest than they listened to the Voice of America or the BBC. The reason for this is the appear-

ance of more open and honest information about what is happening in the country, the polemical spirit, the discussions, and the confrontation of various opposing points of view and opinions.

From Chapter 8, "We and the Outside World"

[The editors write:]

The problem we are discussing has another side: do we treat foreigners who come to the USSR the same way we treat our own people? A stimulus to the discussion of this question was provided by an article from film producer Stanislav Govorukhin, published in Sovetskaia Kultura *(13 July 1987). The article had a striking title: "Welcome, or Entry Prohibited," and it was devoted to the moral costs of the existing system of special services for foreigners in the USSR:*

At one time, I loved staying here [in Yalta]. But with the years such trips stopped providing happiness, and later even began to produce only irritation and offense. Much has changed for the worse since that time, both in big things and small details . . .

Yes, it is uncomfortable to be a citizen with a Soviet passport in your pocket in this town. It is true there are sanitoria, tourist centers, and spas open to them here. In the final analysis, local residents accommodate even social outcasts for a price. But still, how many places do you think there are for Soviet citizens in hotels with elementary conveniences? Go ahead! Stretch your imagination! We are talking here about greater Yalta—a huge city, which has doubled or tripled in size in recent years, and is the center of attraction for vacationers from all countries. So, how many?

As the First Secretary of the Yalta Party City Council, A. Kriachun, informed us, ninety-four places. Upon inquiry: rooms with only one washbasin are considered rooms with conveniences. That is how it is!

Meanwhile, in the last fifteen years in Yalta, hotel construction has been in full swing. But here is the paradox: the more hotels that are built, the fewer places remain for Soviet citizens. Quite recently, two famous hotels were at the service of visitors—the Oreanda and the Tavrida. The Oreanda has been re-equipped and made into a luxury hotel. Now only wealthy foreigners can stay there. The same fate awaits the Tavrida. In the meantime, it houses an Intourist hostel.

Eleven years ago, when the 16-story mass of the Hotel Yalta had just been erected, and around it work furiously progressed on building a pool, sauna, and tennis courts, Soviet citizens were allowed in the hotel. Somehow this was understandable to us ourselves, since our people "are used to everything." To them, the crashing of pick hammers and grinding of steam shovels is not a hindrance; let them be grateful that they were just allowed to stay. But as soon as work around the hotel was completed, access to the hotel was closed to citizens with Soviet passports. No, no, we will be "just" until the end, and admit them sometimes. In the off-season, or if the big foreign reception area were torn down—then they would be allowed. Grudgingly, as if doing people a favor, with sour expressions and haughty little smiles—they register them. But then it is necessary to be prepared for all kinds of humiliations.

In the first place, they give you a visitor's card in a different color than for Intourist. This is to signify that you will be served last, and not all of the conveniences of the hotel are meant for you. For example, on this visit they would not allow you on the comfortable beach of the Hotel Yalta; it is for foreign tourists . . .

. . . It is striking, what perceptible differences there are between foreign citizens and our own natives, and not in clothing, of course—in attire and such we are equally respectable—but in manner of behavior. Foreigners are carefree, relaxed, talk loudly, and feel themselves masters of the area. Our countrymen, though, hug the walls, look timid in the cafes and restaurants, and enter the pool apprehensively . . .

. . . How many times in conversations with Intourist workers have we run across the remarks:

We do not want rubles. We need foreign currency!

Yes, the state needs foreign currency—marks, pounds, francs, dinars, dollars. With them you can buy computers, machine-tools, medical equipment, clothing, perfume. But isn't this foreign currency too costly to us?

When a waiter, porter, or manager wags his tail in front of a foreigner, but talks rudely, disrespectfully, boorishly with Soviet citizens, in my eyes he looks like a slave. He is a slave; he has the psychology of a slave. Just think: we do not prevent such a stratum of human slaves from arising, under our own eyes, in our own society . . .

The state needs foreign currency, of course, but even more necessary to it in this complex moment of reconstructing our whole way of life are people who will carry out perestroika in practice. It is essential that they know that their labor will be rewarded, that their efforts will be compensated, that society cares about them, and that no one will dare to humiliate them or treat them with insufficient respect.

Is it not time, finally, to restore respect to the Soviet passport?

Let us think about our children. Let them not envy foreigners in any way!

Also from Chapter 8, "We and the Outside World"

[The editors continue:]

The residue of "cold war" psychology and bureaucratic logic, especially where foreigners are concerned, has not yet been eliminated from Soviet life. Its consequences are described by V. Ustich in a letter to Ogonyok *(no. 48, 1987):*

For around four years I have worked as a translator in the Krasnodar chamber of commerce in the section concerned with the assembly of various types of equipment. A variety of people visit us, but I formed good, friendly relations with a few, with those who are interested in our country and sympathize with us. When our son was born, we received congratulations from friends and acquaintances, including some from abroad.

One of the West German specialists, with whom our family had long been in correspondence, was to travel through Krasnodar to Novorossiisk. He informed us of this by telegram and asked to visit us. He wanted to come here to deliver a present on the birth of our child—a romper suit and matching booties, but he had to

travel to the center of town to the chamber of commerce, which is located not far from our house. The specialist from West Germany asked an acquaintance, A.C. Zapunian, for permission to drop in on us for 10-15 minutes to congratulate my wife personally, deliver the present from his family, and take photographs with us. From the first to the last minutes of his visit with us—about 25 minutes—Zapunian was present, and he wrote down the data from my passport, although he had known me for three years already.

A week later, we said farewell to the specialist from West Germany, and at the airport, in the presence of Zapunian, gave him a set of knives and forks as a keepsake.

On May 8th of this year, I was summoned to the police station, where an official of the OVIR [Department of Visas and Registration], Nina Nikolaevna Kirichenko, in the presence of the deputy chief of the OVIR in Krasnodar (whose name I did not catch) "talked" with me about violation of the law, and about the depravity of friendly relations with citizens from abroad, especially from capitalist countries. The "conversation" went by the book: "They killed 20 million of our people . . . ," "To sell the Motherland for finery," "What kind of a suit is that you are wearing?" (I bought it, incidentally, at a shop here), "With him everything is clear."

Nina Nikolaevna read me the law which I allegedly had violated, but out of everything enumerated: assignment of a dwelling, services, deals—I had not violated a single condition. In the end, the deputy chief of the OVIR dwelled on the fact that I had created the preconditions for a violation—a deviation from the program.

"We have warned you the first time," they said to me in conclusion. "In your free time, you do not have the right to meet with foreigners. All the same, we will know who visits you. The second time, the fine will be 50 rubles." They poured out further threats in connection with my future.

This is how I turned into a criminal and internal enemy of our country. The head of the chamber of commerce, I.V. Milovanov, prohibited everyone from giving me even written work. Some acquaintances began to avoid my area. How can one correlate what happened to me with our official directions on trust in international collaboration, or with broadcasts stating that people from different countries must get to know one another better, or, finally, with the simplification of the procedure of official registration for travel to socialist countries?

V.V. Ustich, age 33

Krasnodar

From The Glasnost Papers: Voices on Reform from Moscow, *edited by Andrei Melville and Gail W. Lapidus (Boulder: Westview Press, 1990). Reprinted by permission of the publisher.*

In a postscript, Andrei Melville comments: Although much has changed in Soviet society since the book was completed, these arguments continue to be voiced in the current discussions on perestroika and glasnost. These issues, along with the new ones, mark the dividing lines among various political and ideological camps in the USSR. This is an attempt to provide the American reader with an understanding of the arguments and counter-arguments of the major ongoing debates.

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Slava Loutchkov, a Soviet citizen who is now on the staff of the Esalen Soviet-American Exchange Program as the director of the Psychology Project, working on the manuscript of Nikita Khrushchev's memoirs, at Fritz's house at Esalen. Loutchkov will give a workshop at Esalen entitled "Soviet Psychology Today," November 2-4, 1990.

The Esalen Soviet-American Exchange Program will be sponsoring two invitational conferences during this September 1990-February 1991 catalog period. Please see Invitational Conferences, page 14, for more information.

October 14-19
Conference on Psychoneuroimmunology

November 4-9
Ethnic Conflict Resolution in the Soviet Union:
The Heritage of Stalinism

Two public seminars of interest will be offered as well. Please see the workshop descriptions in Esalen Seminars for more information.

November 2-4
Soviet Psychology Today: Its Effects on Global Thinking and the Helping Professions
Slava Loutchkov

November 9-11
Bridging U.S.-Soviet Cultural Differences
Stephen Rhinesmith

The Esalen Institute Soviet-American Exchange Program is a nonprofit, tax-exempt, charitable organization dedicated to developing innovative approaches to Soviet-American cooperation, emphasizing citizen exchange as a complement to government diplomacy.

For more information about our projects, please contact us at the address below.

Esalen Institute Soviet-American Exchange Program
345 Franklin Street
San Francisco, CA 94102
Telephone (415) 563-4731
Telex 4931349 ESAL UI
Fax (415) 931-0915

ESALEN NOTES

INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Currently scheduled programs and their conveners are listed here.

October 14–19
Conference on Psychoneuroimmunology

Cosponsored by the Esalen Soviet-American Exchange Program, The Institute for Experimental Medicine in Leningrad, and the Fund for Psychoneuroimmunology in Los Angeles

Convened by Dulce Murphy, director—SAEP, George Solomon, M.D. & Elena Korneva, M.D.

This conference will bring together six leading American scientists and six leading Soviet scientists for a week of discussion followed by joint work in the laboratories of the American hosts. In 1991 the Soviet scientists will host the Americans in their own laboratories.

October 21–26
Monarch Butterfly Symposium

Lincoln Brower, director of scientific research for the Monarch Project

Conservation of the monarch overwintering habitat is critical in California and Mexico if monarch migration is to survive in North America. Attendees will discuss biological management methods for preserving current habitats and develop a biological rationale for the creation of new sites.

October 28–November 2
Be Your Own Hero: Careers in Commitment

Bill Puka

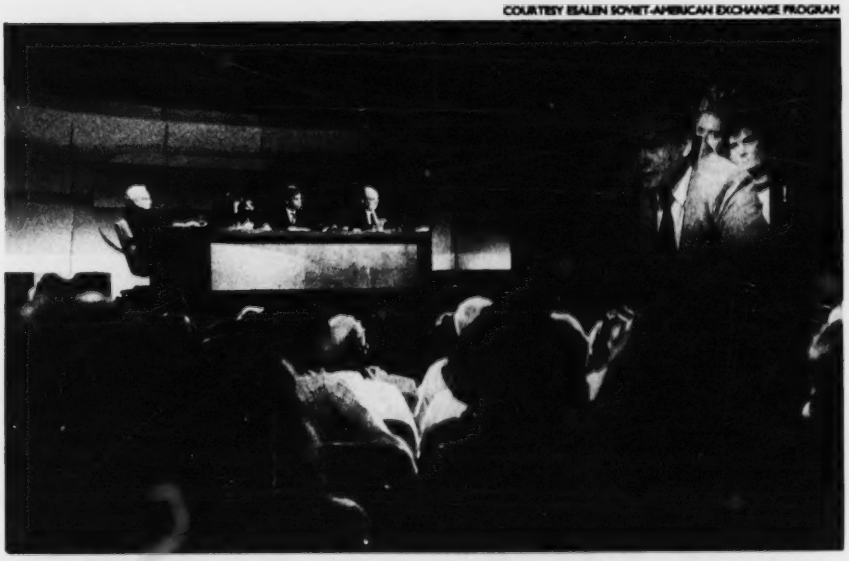
Educators will develop public school curricula that will expose students to positive role models: ordinary people making extraordinary contributions to the common good—and loving it.

November 4–9
Ethnic Conflict Resolution in the Soviet Union: The Heritage of Stalinism

Esalen Soviet-American Exchange Program

This conference continues SAEP's two previous programs on Stalin. The conference brings together American and Soviet scholars, officials, and writers to discuss the psychological roots of ethnic conflict and new discoveries on ways to heal the wounds of such conflict.

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM



In September 1986 the Esalen Exchange Program co-produced a spacebridge on Chernobyl and Three Mile Island, along with the American Association for the Advancement of Science and the USSR Academy of Sciences. This spacebridge connected energy specialists and policy-makers in en Soviet and American cities, including Dr. Robert Gale (seated, with beard), the bone marrow specialist flown into Moscow by Armand Hammer immediately after the accident, and Yevgeny Velikhov (on screen), vice-president of the USSR Academy of Sciences, who was appointed by Gorbachev to direct the national Chernobyl disaster relief and recovery program.

ANNOUNCEMENTS

UC Berkeley Extension
October 20
Women, Men, and Myth

UC Berkeley Extension and Esalen Institute are co-sponsoring a conference in honor of Joseph Campbell and his legacy, which will be held at the Scottish Rite Auditorium, 19th Street and Sloat Blvd., in San Francisco on Saturday, October 20, 1990. Presenters and their topics include:

Marija Gimbutas: *The Language of the Goddess*

Robert Johnson: *The Roots of Modern Masculinity*

Riane Eisler: *From the Chalice to the Blade*

Jamake Highwater: *Myth and Male Sexuality*

The fee is $75. For more information please call (415) 861-7720.

Farallones Institute

Farallones Institute is dedicated to research and education leading to the creation of ecologically sustainable living patterns and healthy environments. Their programs include workshops, seminars, and demonstration projects at their 80-acre center in Occidental, California, 75 minutes north of San Francisco. This fall they will be offering programs integrating human potential and ecological design and workshops on creating and building healthy environments. For additional information, call or write: Farallones Institute, Administrative Offices, Suite C, 55 Gate Five Road, Sausalito, CA 94965. Phones: (415) 332-ECOS or 332-5808.

■ WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from a tour of the garden on a Sunday afternoon to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The *Experiencing Esalen* workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on pages 49-50. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. Finally, there is a community event schedule that is offered; please check the bulletin board for details.

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

The late Irving Wallace, well-known American writer, and Vladimir Karpov, first secretary of the Union of Writers of the USSR, at a gathering at the Wallace's home in Beverly Hills, during the first extended tour of the Esalen Soviet-American Exchange Program's Writers Exchange.

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen or cabins) as follows:

	Assistance	Work
Weekend	$50	4 hours
5-7 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If this arrangement is desired, please check "Standard Scholarship" on the reservations form. If additional assistance is needed, please check "Other Scholarship" and write a brief note of explanation (type or print). If a scholarship is approved, it will be noted on your confirmation.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservations form on page 61, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (*Please note:* Senior discounts are not available for Wilderness Programs or the Work Study Program.)

Family Rates: A family of three or more may be accommodated in one double room at the regular rate for two, or in a triple at the regular rate for three. The only additional charges per person beyond the two or three full-paying occupants are meal costs: Breakfast, $5; Lunch, $6; Dinner, $8. A child's plate (age 6 and under) is available at half-price. If the non-full-paying family members are enrolled in Gazebo School/Park or in an Esalen workshop, additional fees are required. Contact Gazebo, (408) 667-3026, for information regarding their fees.

Housing Options and Rates

Standard Accommodations: This is shared housing with two or more per room. In some cases, bathrooms are shared, as in the Big House. Couples will always be housed in doubles. See above for scholarship information.

	5-Day Rate, per person	Weekend Rate, per person
	$630	$325
Single with private bath (rarely available):	$880	$425

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

	$465	$260

Sleeping Bags: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.

	$350	$185

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, massage, and good food without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is not refundable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please call no sooner than the Sunday before. The rates below are per person, per day.

	Weekday	(2 or more days)	Weekend
Standard Accommodation (2 or 3 per room):	$85	($75)	$105
Bunk Bed (4 or more per room):	$65	($60)	$70

The Gazebo School/Park Early Childhood Program

The Gazebo School/Park Early Childhood Program is now available to seminarians. Please phone for your child's reservation so that we may provide the kinds of services you will require while attending your own workshops. Call the Gazebo Farmhouse, (408) 667-3026, between the hours of 9:30-11:30 AM for more information.

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, massage, etc.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 49-50.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Medical Programs

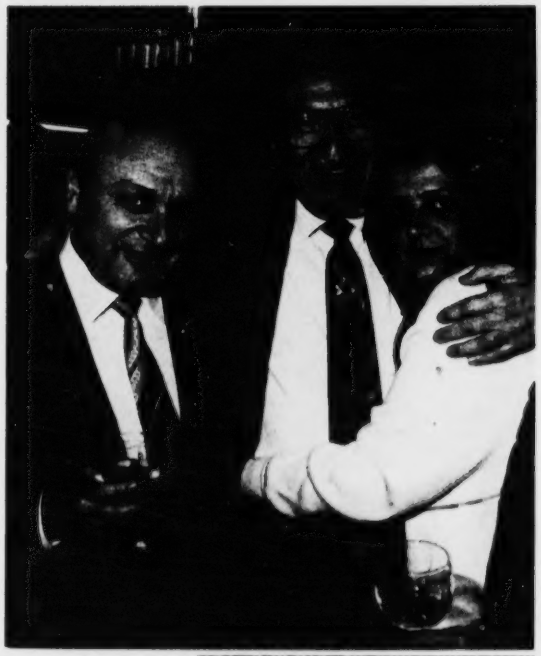
Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 47-48.

Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Please see the insert for mail order information.

Garden Tours

Tours of the garden, farm, and landscaping are available from April through September, on the first and third Sundays of the month, from 2-5 PM. The cost is $10 per person; group rates are available. No reservations are necessary.



COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Mikhail Zhvanetsky, the Soviet Union's best-known satirist, Sam Kaplan, a close friend of the Exchange Program, and Tatiana Tolstaya, popular Russian writer, at a gathering at the home of the late American writer Irving Wallace, while the Exchange Program was hosting Soviet writers in 1988. Other members of the delegation included: the first secretary of the Union of Writers of the USSR, a well-known playwright, a poet, and a publisher.

ESALEN SEMINARS

August 27–September 9

Path of the River:
A Grand Canyon Journey

Steven Harper, Wendy Palmer, Bob Melville & Arizona Raft Adventures (AZRA)

For workshop description see Wilderness Programs, page 48. $1800

Weekend of August 31–September 2

Weekend Renewal at Esalen

This will be a weekend for people to renew themselves in the tranquil and beautiful setting of Esalen. It will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include: sessions in gestalt, movement, meditation, massage, day-hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural hot baths will be available as usual.

The food will be specially prepared, with an emphasis on a diet of fresh vegetables and grains. Much of the produce is picked daily from Esalen's own organic garden and farm.

Come and enjoy a weekend of reflection, physical movement, and personal renewal as summer draws to a close. $275

The Rebirth of Nature:
New Science and the Revival of Animism

Rupert Sheldrake

Our civilization is currently based on a split attitude toward Nature. On weekdays, for most people, Nature is mechanistic and inanimate, the Earth just a repository of natural resources to be exploited for human ends. But on weekends and holidays, a different attitude prevails as millions "get back to Nature." In this romantic side of our being, Nature is alive and known through direct experience.

In this workshop, participants will examine the historical roots of this split and how recent developments in science are transcending the mechanistic theory of Nature. The universe is no longer a machine running down; the cosmos is more like a developing organism with an inherent memory, as is our planet, Gaia. This will be a weekend to explore consequences and implications of the revival of animism, for the greening of politics and economics, and for the resacralizing of Nature. $325

Week of September 2–7

Discovering Your Myth:
A Jungian Experience

John Nicholas

Meaninglessness inhibits the fullness of life and can, therefore, be equated with illness; meaningfulness makes a great many things endurable, perhaps everything.—C.G. Jung

To discover ourselves and the meaningfulness of our lives, we each must ask what Jung considered the most important question, What myth am I living? This will be a workshop in which to ask that question. Participants will recollect and reflect on the dreams of childhood, memories of ancestors, tales of heroes and heroines, personal victories and defeats, false turnings and fateful detours. Through a variety of creative processes, painting and drawing, guided imagery and active imagination, and especially storytelling, they will examine and express the archetypal patterns that have shaped and directed their lives. $630

Self-Acceptance Training:
Basic

Richard Olney & Mari Krieger

Self-acceptance training is a transpersonal practice that follows an educational model rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment, without the inhibitions of self-judgment, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real. Although its practice includes devices drawn from gestalt, bioenergetics, mythic fantasy, eidetic imagery, and hypnosis, it is also a philosophy, a value system, and a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body awareness, emotional charge and discharge, and cognitive examination of the individual's "pretends" and illusions that obstruct self-acceptance.

This workshop is largely experiential; no time will be given to theoretical or didactic considerations. Limited to 25 people. $630

Action Theater:
The Body as Teacher

Ruth Zaporah

We are born in our bodies; we are born actors. As children we know how to act, to express, to ritualize our feelings, thoughts, and fantasies. As we culturalize, we suppress our expressions until we are left with only a memory of knowing.

This workshop takes participants through a process of expressive expansion via improvisational theater and movement forms. It offers access to images behind feelings, revealing one's inner reality and the world between the cracks of human expression.

Action Theater exercises facilitate spontaneous movement while maintaining form. This work generates clearly articulated images of the self as the body becomes teacher and the individual moves beyond personality toward spokesperson and archetype. Habit changes to choice, making it possible to experience states deep within the psyche. Thus, personal resources, material normally below the threshold of awareness, become the text for physical, verbal, and vocal imagery.

This workshop accommodates the novice, the explorer, and the practiced. $630

A Look Within

Jessica Moore Britt & Scott Layton

This will be a week for participants to attend to and explore themselves away from their usual busy lives. As they settle into the grandeur of Big Sur and the quiet within, they can begin to penetrate through their conditioned views of themselves and the world.

The point of inquiry will be the relationship of the mind, body, and emotions and the essential nature of the self. Participants will focus on understanding who and what they are, especially as beings of compassion, strength, will, power, joy, and presence. They will explore how their past conditioning and present beliefs block

their awareness of these qualities in themselves. The tools for self-discovery will be an interplay of Eastern and Western practices, including Sufi self-remembering exercises, meditation, touch, movement, and Reichian/gestalt work. This time, dedicated to being present and looking within, holds the possibility for participants to open their perceptions so they might obtain a deeper appreciation for who they are.

Recommended reading: A.H. Almaas, *Diamond Heart*, Book 1, (Diamond Books).
$630

September 2–9

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$955 (plus $30 materials fee paid directly to the leaders)

Weekend of September 7–9

Inner Sound and Voice

Jill Purce

This is a workshop of practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the Self and release an untapped source of energy.

Participants will work with the psychophysical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance, to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures including trance music, Mongolian and Tibetan overtone chanting, and other methods.
$325

COURTESY BALIN SOVIET-AMERICAN EXCHANGE PROGRAM

From right to left: Apollo XII astronaut Edgar Mitchell, Apollo IX astronaut Russell Schweickart, Soviet cosmonaut and commander of cosmonaut training Alexei Leonov, and interpreter Harris Coulter, at an early meeting of the Association of Space Explorers in the Soviet Union. (circa 1983)

Week of September 9–14

Touch and Texture: Clay and Massage

Peggy Morrison Horan & Alison Limoges

Clay is a marvelous, earthy substance; so is the human body. This workshop gives participants the opportunity to work with both. They will explore touch and texture through each medium, practicing basic methods of hand-building with clay and those needed to give a beneficial and pleasurable massage.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Self-Acceptance Training: Advanced

Richard Olney & Leonard Bearne

This workshop is basically experiential, but time will also be given to theoretical and didactic considerations of interest to professional therapists. Please refer to September 2-7 for complete workshop description.

Please note: Due to the time given to the didactic material in this advanced workshop, not everyone will have a chance to work personally with the leaders. $630

Recovery for Adult Children and Co-Dependents

Julie Bowden

This week-long journey will be a healing of the "child within" in an atmosphere of safety and respect. Experiencing and integrating the past allows us to live in the present, no longer tyrannized by previous pain and outmoded behaviors. We are

freed to be more fully in relationship with ourselves and others. People in all stages of recovery are welcome, as are treatment providers. $630

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the dampening effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, and it is not caused by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic schemata and to rekindle the romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Ayala Pines, *Keeping the Spark Alive* (St. Martin's Press). $630

The Life Energy Process™

Stephano Sabetti

The Life Energy Process workshop is a spiritually-oriented approach to body work and life-style which allows individuals direct contact with the spiritual self through energy vibrations. This method is facilitated by specific intensive and subtle movements which participants may find open them to their own healing abilities, allowing them to release unfinished emotions, radiational and chemical toxins, and psychological disturbances. From that point of greater clarity, they may move to the next step in their personal development. Participants continue this energy work physically and verbally through process inquiry and dialogue with the leader as they examine the superficial trace problems of their everyday lives and explore their deeper energy disturbances through energy patterning.

Energetic forms of massage, dance, and theater may be included in this process. Some of the work will be individual, some will be hands-on with partners. The workshop may be of particular interest to professionals and laypersons alike who are excited by the integration of Eastern and Western methods with the new physics for personal, social, and organizational evolution.

Recommended reading: Stephano Sabetti, *The Wholeness Principle; Manifestations of Energy*; and *Shinkido Massage* (available from Life Energy Media, 14755 Ventura Blvd., Ste. 1908, Sherman Oaks, CA 91403; 213-874-7100). $630

Weekend of September 14–16

Introduction to Vipassana Meditation

James Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion.

This seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate Vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala). $325

The Feeling Process

Janet Zuckerman

For many people, feelings are something mysterious, something to keep to oneself, or something to think about. This workshop is about all the steps involved in learning to experience, respect, and honor one's feeling process in a way that can increase vitality and personal effectiveness. Participants may learn to separate feelings from thoughts, learn from their own body rhythms, learn to contact their own wisdom, and participate in the choice of expression or depression.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Fun with the Violin: For Adults Who Always Wanted to Play a Musical Instrument and Never Have

Diane Egli

For the adult who would like to play a musical instrument, but never had lessons as a child, or who used to play, but hasn't since childhood, this workshop could be just the opportunity to learn to play the violin—and have fun doing it. This will be a time for participants to increase their awareness of how it feels to learn a new skill—the challenge, the excitement, the frustration, and the success of accomplishment. Included in the workshop will be various activities to enhance violin playing, such as movement, music, and rhythm exercises. Participants are asked to bring a tape recorder and tapes.

Recommended reading: Shinichi Suzuki, *Nurtured by Love* (Banner); John Holt, *Never Too Late* (Pinchpenny Press).

$325 (plus $10 violin rental fee paid directly to the leader)

New Pathways in Human Evolution

Colin Wilson

Colin Wilson writes: "Soon after publication of *The Outsider* in 1956, I came to recognize that the underlying message of that book is that man is now on the point of an evolutionary breakthrough to a higher level of consciousness. In the years since then, this conviction has only increased. The question that has now come to preoccupy me is: are there disciplines or methods by which this process could be accelerated in the individual? Important clues are offered in the work of many 19th century romantics. In our own time, these have been developed by psychologists like Maslow and Jung, and philosophers like Husserl and Heidegger. My own work is an attempt to synthesize these many 'glimpses' into a unified body of knowledge, and to develop methods of using this knowledge to raise the level of consciousness in the individual. I believe that within a fairly short space of time—perhaps a mere generation—we shall see the emergence of a

new type of human being, and that many people now alive may be the first to accomplish this breakthrough. $325

Week of September 16–21

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Its emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press).
$630

A Week with David Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week, participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and bouyant way of living. In an atmosphere based on warmth and humor, they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $630

Mastery in Daily Life

George Leonard & Annie Styron Leonard

We tend to assume that mastery is available only to those born with exceptional abilities. But mastery is not a goal or destination. It is a journey that every one of us can take, provided we have the right map. This workshop offers clear directions for the journey of mastery in whatever field you may choose. It will include discussion, demonstration, and movement exercises from Leonard Energy Training (LET) which emphasize mastery in daily life. For those familiar with LET, this workshop will present new material. Some of the topics to be addressed:

- Five keys to mastery
- How to avoid being a Dabbler, Obsessive, or Hacker
- Creating a vision
- The secrets of practice
- Staying balanced and centered on the path of mastery
- Avoiding pitfalls
- Playing the edge
- Loving the plateau
- Dealing with conflict
- Negotiating with change
- Staying on the path
- Getting energy from mastery

This workshop involves physical movement, but is not strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Transformation* (Tarcher), *The Silent Pulse* (Dutton), and *The Ultimate Athlete* (North Atlantic). $630

Shaman Sculpture: Making Objects of Empowerment

Nancy Azara

This workshop, which is inspired by shamanism, is for people who wish to explore their inner power and make artworks charged with that power.

Shamans believe that the universe has three levels—the sky, the earth, and the underworld—all connected by a central axis, the body. They use vision quests to gain access to these worlds, which are the source of healing and personal power. In this workshop, participants will use guided meditation to take this same journey, exploring the world of unseen reality and various aspects of their minds and spirits. The instructor will help each person identify and clarify the forms and images of his or her deeper self throughout their journeys. They will then make objects which embody these images, including charts, diagrams, and body casts, to be incorporated later in individual sculptures which will become their own power objects.

Participants are asked to bring the following materials: a box of Paris Craft plaster bandages, brushes and paints, scissors, mixing bowl, sketch pad, drop cloth, old clothing to wear and to use in their sculptures, and any other objects they would like to incorporate.

$630 (plus $15 materials fee for additional supplies, paid directly to the leader)

Weekend of September 21–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 16-21. $325

Journey to the Heart

Joseph Chilton Pearce

For the last three decades, Joseph Chilton Pearce has been synthesizing scientific brain research in physics, biology, and psychology in an effort to understand and map nature's plan for the development of human intelligence. He writes:

"The intelligence of the heart is the only force that can pull our fragments of self together; it is the nurturing power so many of us missed right from the beginning of life, that unconditional love which alone would have assured us of the evolutionary progress nature intended. That progress is nothing but the progression of love toward its own source, and that source is the heart."

In this seminar, Pearce will share his findings on the three-part human brain and how each part has its own language, its own development cycle, its own purpose. He will talk about the difference between intellect and intelligence, the ego's inability to self-analyze, and the physiological connection between the heart and the brain that prevents our triunal brain from being continually at war with itself.

Discourse, discussion, contemplation, and meditation will offer seminarians a glimpse of their own developmental cycle—where it was rich, where lacking—and acceptance of their own perfection, and tools for enriching the inner journey to their hearts.
$325

Co

Kathleen Riordan Speeth

This is a workshop for people helpers. Everyone has seen duets in ballet in which the male dancer follows the prima balle-

rina, supporting her leaps and turns. Many human dyads are similar. One person is in the foreground while the other, the "co," accepts a background position. The concerns of the focal person come first. They define the relationship either by explicit agreement, as in psychotherapy and medicine, or implicitly, as in many marriages.

The focus acts; the co tracks. The focus makes a movement and the co, like a dance partner, adjusts. What the focus needs, the co provides. The co is receptive, responsive, attentive, enabling, facilitating.

Cos can be found nurturing the young and the frail elderly, ministering to the disturbed, nursing the sick, designing houses for the wealthy, and in many other situations throughout society. Sometimes these co relationships are a vocational choice and a charitable way of life. Sometimes, as with co-dependencies and co-alcoholics, they are dysfunctional and harmful.

We will spend the weekend studying, through group experiential exercises and discussions, when, where, why, and how to co, and the politics of both entering into and refraining from such relationships.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Week of September 23–28

Psychology of Spiritual Essence: Introduction to Ridhwan Work

Ridhwan Work School Faculty

Ridhwan, translated from Arabic, means contentment. The Ridhwan Work School is dedicated to the development of the human essence. It uses primarily the Diamond Approach, a modern, psychological method used as a spiritual practice, to guide students to a precise understanding of their personal experience. By understanding one's discontent, longing, emptiness, and life situations, it becomes possible to realize the innate aspects of love, awareness, will, and joy. Such precision offers psychological clarity and ultimately leads to spiritual presence.

This workshop will use conceptual presentations, interpersonal exercises, meditation, and personal emotional work to activate the essential aspects of presence and resolve the psychological barriers against them. It is for individuals who have done a lot of emotional and growth work, and speaks to the longing of the heart for what will truly fulfill it. In such a short time, participants may only get a taste of this essence, but they can go a long way in terms of awakening their sleeping potential. Private sessions will be available for an additional fee.

Recommended reading: A.H. Almaas, *Essence* (Weiser), *The Diamond Heart*, Books I & II (Diamond Books), and *The Pearl Beyond Price* (Diamond Books). $630

Behind the Mask: Turning Wounding into Creative Action

Elisa Lodge

Masks have long been known for their healing and transformative properties. They invite the wearer into dimensions of expressive behavior not ordinarily permitted in daily life. Behind the mask, people have a safe practice ground in which to experiment with body image, breath, voice, energy, and movement. As an expressive art form, this approach can benefit those in treatment programs or those looking for ways of growth and change. It provides a means for contrasting habitual, difficult ways of being with more heartfelt ones, and can help turn wounds and fears into resources for empathy and creative action.

This workshop will combine mask work with other expressive forms such as performance art and dance, and will include gestalt, psychosynthesis, and Rolf movement. It may be particularly valuable for those in the helping professions who wish to integrate these forms into their work with clients. $630

Freeing the Runner Within

Joan Ullyot

All of us, as human beings, are natural running animals. But civilization and technology combine to alienate us from this instinctive side of ourselves. Non-runners lament that they don't know how to run, while competitors puzzle over choosing the right training. This course is designed to take runners of all levels inward, to find and express the runner within, to free themselves to run easily and joyously, longer and faster.

In addition to group runs, discussions of training principles, and practice of methods such as hill-bounding, this workshop will include mental training exercises developed recently by sports psychologists. These include relaxation and guided imagery, affirmations, breathing and body awareness, race visualizations, and associative focusing. The inner confidence and athletic energies released by these methods can be harnessed to run a personal best in a fall marathon or simply to experience the beauty of a daily jog. Limited to 20 participants, to allow for work on individual goals. $630

Living Meditations

Judyth Weaver

In our busy lives we do so much—but how do we do it? Are we fully aware of our actions and the consequences of what we do? Are our actions as beneficial to ourselves as they could be? Are we as kindly to ourselves as we could be? Could our lives be easier or more energetically economical? What are we doing to/with ourselves, and how does that affect us and others, our health, our longevity, our relationships, work, well-being?

This workshop will give participants opportunities to "tune in" and become more aware of how they live on many levels. The workshop is experiential: through awareness of breath, self, interactions with others, and by focusing on everyday activities such as walking, standing, sitting, touching, giving, receiving, and the processing of what occurs when necessary, participants will be able to focus and develop a fuller sense of mindfulness.

This is direct study of one's experience and can provide a practice ground for change and knowledge of how to go about it. Such awareness of personal needs and desires can increase one's chances for becoming a fuller, more realized, and healthier human being.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Weekend of September 28–30

Weekend Massage Intensive

Laurie Lioness Parizek & Attila Vaas

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction

in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

This workshop is open to anyone interested in learning to recognize, trust, and use their psi abilities. The leaders will use exercises designed to aid participants in recognizing their perceptive styles and trusting the intuitive input they normally receive. Anne Armstrong will use her tracking abilities, acquired from over twenty-five years in this field, to assist participants in arriving at useful, accurate data.

One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $325

Letting Go–Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate—in the moment—to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. $325

History Ends in Green: Gaia, Psychedelics, and the Archaic Revival

Terence McKenna

From the Voynich manuscript to the villages of Ceram's forested interior, there are gentle, uncharted backwaters in the physical and intellectual world that can be a source of renewed vigor for thoughtful people caught in the meltdown of historical society. Author Terence McKenna brings his perspective to the idea of a spiritual path for each of us and an impending transformation of the human world that will involve everyone.

Participants will examine human attitudes toward the Other, discuss Time and its mysteries, the nature of language, and methods of ecstasy that have developed in non-Western societies to navigate to and from invisible worlds. The role of hallucinogenic plants will be discussed in depth—their role in shamanism and their impact on the evolution of human cultures and social forms. Other topics will include choices about spiritual development and the roles that each person may play in the unfolding of the post-historical future.

Global perspectives and psychedelic poetics begin with stories and talk of far places and the experiences that can take flower there. Share musings upon people, plants, cultural migrations, religious conversions, visions, conspiracies, and hierophanies. The aim will be another conjuration of philosophy as you like it. $325

Week of September 30–October 5

Basic Esalen Massage

Char Pias Brenner & Arthur Munyer

Touch is a vital element in any human being's development. Yet, many people receive little physical contact or nurturing, and are often cut off from their body's abilities to sense. This may be due to social and religious mores, or perhaps just from living alone.

Massage can facilitate a process of unfolding. The method for this workshop will be basic Esalen massage, with emphasis on inner states of consciousness, presence, compassion, humor, nurturing, and receptivity. The leaders will incorporate breath awareness, movement, meditation, grounding, and centering to help participants revive body, mind, and spirit.

C.E. credit is available for nurses; for more information see pages 47-48. $630

A Workshop for Couples with David Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods. $630

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop, participants will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore the movement that nature inspires. Both aikido and hiking are moving meditations which, when done well, require the individual to be in harmony with the natural world. There will be an opportunity to take what is learned on the aikido mat out into the natural world and bring what is learned from nature onto the aikido mat. Participants can then begin to integrate what they learn from aikido and from nature into their lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. $630

The Body as History

Lisbeth Marcher & Erik Jarlnaes

The workshop leaders are from Denmark, practitioners of a system of working with the body, of which Lisbeth Marcher is a founder. In this system, by gauging the tonicity of a muscle and knowing when and how it came into play in infant and childhood development, it is possible to "read" a precise psycho-history. Specific issues that are contained in these muscles can be reevoked as well. This system also works with the person's undeveloped resources, those abilities given up on and which often correspond to feelings of resignation. Bringing these resources into play encourages the individual to drop old, unfulfilling modes of protection.

This is an experiential workshop; participants will focus on body movement and energy, using them to bring about expression and integration of developmental stages. $630

The Call to Presence

Chlöe Goodchild

"The call" is the wisdom cry of the heart. Voice of an inner authority, it reveals the true nature of one's creative impulse and life direction. What is life calling you to?

Within a working context that integrates Indian-based voice and sound work, movement and self-observation, mystical texts and contemplative practices, participants will discover how to respond to their inner calling with attention and insight. This course may be of particular value to those already committed to a specific practice or art form and who wish to connect creative action with that silent presence, their inspirational source.

Participants are asked to bring a 2-10 minute presentation of their own design (a poem, song, theater piece, painting, etc.) which communicates their understanding of "the call" as it manifests in their life. Each person will have several opportunities to work with the leader in the presence of the group. $630

Weekend of October 5–7

The Aesthetic Self

Luc Brebion

To take part in the experience of beauty, we must learn to contemplate. We must immerse ourselves in a work of art so that it opens and releases the substance it contains, so that we can be in the presence of the artist and bring him or her alive in us.

The Aesthetic Self workshop will use a multi-media approach to help people penetrate and be absorbed by a work of art. Participants will find themselves in the company of Johannes Vermeer, Marcel Proust, Jan van Eyck, Cesar Vallejo, Johann Sebastian Bach, and Raoul Dufy. $325

A Weekend with Muriel James

Religious text tells us, Life is suffering. Muriel James paraphrases this to, Suffering can be optional. Even in the midst of career, family, and a world that desperately needs our attention, suffering is not our moral imperative. In fact, joy, laughter, and determination might serve us better in responding to personal and global needs. Participants and the leader will explore this idea and others, including the notions of suffering and happiness in the context of therapy.

Muriel James, age 73, is a psychologist and author with a lifetime of careers that include work as a safety engineer in a World War II shipyard and as director of a residential treatment center for adolescents. She has recently returned to the university for further post-doctoral studies. $325

The Quantum Mechanics of Everyday Life

Nick Herbert

Quantum theory, our most up-to-date description of the physical world and the conceptual basis for computer chips, lasers, and superconductors, leads us to believe that atoms and other quantum entities dwell in a bizarre state of existence quite different from the stable world of the macrocosm. On the level of everyday life, quantum effects are imperceptibly small, but what of the world of the mind?

Reviewing basic quantum reality in a non-mathematical fashion, the leader and participants will explore the hypothesis that human consciousness is a quantum effect, reinterpreting familiar experiences and seeking new ones compatible with a quantum-based model of mind. Three key concepts to be examined in this context are freedom, ambiguity, and connectedness. $325

The Discipline of Harmony: Warrior Virtues Without War

Richard Strozzi Heckler

This seminar will examine the notions of aggression, initiation rites, courage, and risk-taking in the context of the warrior ideal. Does the discipline of harmony mean the taming of aggression? To live in peace do we also need to accept and understand violence? Is it possible to distinguish the warrior from war? Can the warrior virtues of courage, commitment, clarity, generosity, service, and skillful action be invoked without the catalyst of hostile fire?

These questions will be the starting point for a workshop conducted in the warrior spirit of "life at stake." Exercises taken from aikido, along with introspection, sharing, and guided meditations, will allow participants to experience the possibilities of embodying warrior virtues without war.

Recommended reading: Richard Strozzi Heckler, *In Search of the Warrior Spirit* (North Atlantic), *The Anatomy of Change* (Shambhala), and, editor, *Aikido and the New Warrior* (North Atlantic); J. Glenn Gray, *The Warriors* (Harper & Row). $325

Exploring the World of Lucid Dreaming

Stephen LaBerge

Lucid dreaming means dreaming while knowing that one is dreaming. The wakeful consciousness of this extraordinary state allows for creative responses to dreams and affords the opportunity to control them. This control gives the freedom to explore a remarkable range of possibilities, from indulging in one's wildest fantasies to following one's highest spiritual aspirations.

For most individuals, lucid dreams are as rare as the waking peak experiences to which they are analogous. This need not be so, and workshop participants will be shown how to develop the skill of lucid dreaming. They will have the opportunity to use a feedback device for the induction of lucid dreams. The device, called The Dreamlight™, consists of a sleep mask fitted with sensors and lights connected to a small box that causes the lights to flash during REM (dreaming) sleep. When the lights flash, the dreamer can remember that he/she is dreaming.

This workshop is intended for avid dreamers. It will include discussions and experiential demonstrations of the nature of consciousness and how individuals construct their perceptual worlds. Participants will be exposed to a variety of uses of lucid dreaming, including self-exploration, creative problem-solving, healing, adventure, and perhaps most important, a way of self-integration leading to the transpersonal realms.

Recommended reading: Stephen LaBerge, *Lucid Dreaming* (Ballantine).

$325 (plus $20 Dreamlight™ rental fee paid directly to the leader)

Week of October 7–12

Golf in the Kingdom... an exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.—Michael Murphy, (Shivas Irons) *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It may be experienced not simply as an

athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

In these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two of the days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Michael Murphy, *Golf in the Kingdom* (Dell); Timothy Gallwey, *The Inner Game of Golf* (Random House).

$630 (plus green fees paid directly to the leaders)

T'ai Chi Ch'uan:
An East/West Approach

Kenn Chase

This seminar will present a demonstration form of t'ai chi ch'uan, a shortened version derived from the classical Yang style, which contains 54 balanced, fluid, and graceful postures. Also included will be mind/body alignment methods, Chi Kung Taoist breathing methods, and hours of practice and refinement of the traditional t'ai chi movements. Practiced 5 to 10 minutes daily, this gentle martial art can calm the mind and aid the student in achieving a centered perspective for daily living in a busy world.

Recommended reading: Cheng Man Ch'ing, *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan* (North Atlantic). $630

The Heart of the Matter:
The Core Self

Ronald Alexander & Bruce Gregory

Resources for healing, such as spontaneity, curiosity, trust, creativity, and joy, are found in the core self. Time also heals and helps activate these resources. This workshop will assist participants in their process of healing and offer ways to repattern dysfunctional behaviors connected to living, working, loving, and relating.

The goals of this work are: to become free of constraints and self-images of the past; to become conscious in the present moment; to communicate well; to become quiet; to develop a cohesive personal vision. The tools will include gestalt practice, microanalysis of mind, body process, metaphor, and Vipassana (insight) meditation. $630

The Human Element
in Organizations

Will & Ailish Schutz

Advances in understanding human behavior and relationships forged in the 1960s and 1970s have provided needed insight and methods for corporate America. Studies on the body and energy converged with discoveries from psychological and spiritual disciplines to form the basis for a more profound approach to running our nation's organizations. The timing is fortunate, since the decline in this country's organizational effectiveness (compared to that of many Asian and European countries) is becoming precipitous.

This seminar combines insights from the human potential movement with scientific approaches to management. Over the past decade it has been used to improve productivity in such American organizations as Procter & Gamble, AT&T, NASA, and Amdahl, and in Japan, Sweden, Italy, and Mexico. For the first time it is being offered at Esalen to members of top management who wish to try out this fresh, innovative approach.

Recommended reading: W. Schutz, *Profound Simplicity* and *The Truth Option*. $630

Help for Adult Children
of "Normal" Parents:
The Continuum Concept

Jean Liedloff

Jean Liedloff has developed a set of principles that guides clients toward an understanding of the beliefs and expectations formed in baby- and childhood that chronically undermine their capacity to act from accurate, adult perception of Self and Other. In her years of living in the South American jungle with Stone Age Indians, Liedloff observed a norm of human well-being that offers a reliable paradigm of mental and emotional health that has been missing from our attempts to attain individual and social fulfillment. Her work with clients is based on principles extrapolated from these observations. Normalcy, as we know it, is viewed as a pathology and new (ancient) criteria suddenly make sense of many of our problems.

This workshop will present methods that can change a client's self-defeating beliefs, at his or her own optimum pace, which participants will experience from both the client's and guide's points of view. It is for professionals and non-professionals. Please see page 16 to arrange for child care at Gazebo School/Park.

Recommended reading: Jean Liedloff, *The Continuum Concept* (Addison-Wesley, U.S.; Penguin, U.K.), German edition, *Auf Der Suche Nach Dem Verlorenen Gluck* (CH Beck, Germany).

C.E. credit is available for nurses; for more information see pages 47-48. $630

Weekend of October 12–14

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $325

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Interpreter Yuri Tovbin and Paul Pozner, an associate of the Esalen Soviet-American Exchange Program since 1980, in Moscow in 1987.

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $325

Somatics: Internal Mastery of Muscles and Emotions

Thomas Hanna

The founder of the journal *Somatics* will teach basic principles of somatic learning, central to which is controlling neuromuscular responses to emotional states. Uncontrolled emotional responses lead, eventually, to distortions of lower back, shoulders, and neck with, typically, chronic stiffness and soreness in these areas. Learning control of one's emotional response can lead to inner calmness as well as ease in muscular tone and body posture.

Recommended reading: Thomas Hanna, *Somatics* (Addison-Wesley), *The Body of Life* (Knopf), and *Bodies in Revolt* (Freeperson Press). $325

The Yoga of Business

Tama Starr

Many people confront the same worldly dilemma: how to optimize success without betraying their ideals. This workshop suggests that, in a holistic universe, the same principles apply to walking the canyons of Wall Street as climbing the peaks of the Himalayas. Participants—whether artists, business professionals, blue or white collar workers—will see how to apply the tenets of yoga, t'ai chi, and gestalt to the workplace.

Themes to be explored include: the nature of Maya (business, wealth, and the American Dream); game theory (the win-win situation); success (how to deal with failure); the art of war (Krishna, Sun Tsu, Musashi, Machiavelli, Muhammad Ali); strategies and tactics (the art of survival). Practical studies and exercises will include: elementary mind-reading; "invisible yoga"; the use of myth and magic; methods of leadership (managing others through managing yourself); the uses of stress and conflict; developing "the path with heart."

Participants will emerge with usable tools for building a more fulfilling future. $325

Metaphors We Live By

George Lakoff

Metaphor is the means by which we understand what we experience. As we grow up, we acquire hundreds of standardized but largely unconscious metaphors that are built into our language. We think, act, and even dream using these metaphors. We have metaphors for comprehending everything from time and causation to emotions, morality, love, and even the nature of life and death.

Our unconscious capacity for metaphor is awesome in power. It is liberating in that it permits both abstract thought and the workings of our imagination; it can be stultifying when it limits our possibilities. As long as it remains inaccessible to consciousness, we can neither appreciate its magnificence nor see where it confines us.

This workshop has several goals: first, to enable participants to become conscious of the metaphors that govern their thoughts and actions; second, to reveal how these everyday metaphors are manifest in poetry and myth, and how they vary in other cultures; third, to develop skills in using metaphor to make new sense of their lives.

Recommended reading: Lakoff and Johnson, *Metaphors We Live By*; Lakoff and Turner, *More Than Cool Reason*; Lakoff, *Women, Fire, and Dangerous Things* (all, U. of Chicago Press). $325

Week of October 14–19

Trigger Point and Esalen Massage: Advanced Workshop

Arthur Munyer
& Esalen Massage Practitioners

The human body is a rich source of information and intelligence. Trigger point, the movement of myofascial tissue through soft, deep contact with pressure points, and Esalen massage are methods of working with the body that can help the practitioner communicate with stressed, blocked, and chronically troubled areas. This workshop will combine these modalities, along with joint release, movement, and studies in anatomy. It will also address concerns of burnout, depression, creativity, and peer support for those who have chosen a demanding profession. It is especially suggested for body workers, physicians, physical therapists, chiropractors, and other health care practitioners who want to expand their hands-on skills.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Romance and Love

Gabriele Hilberg

Everybody is searching for love. People commonly think of love as the emotion they feel when attracted to another person, or they interpret parental instinct as love. There is a great amount of confusion and misperception about love which invariably leads to disappointment and rejection.

Participants will identify those distorted concepts and expectations that get in their way of having sane, loving relationships. They will explore the patterns of "being loving" that they were exposed to in their families of origin. Learning to be sensitive and receptive to how others experience being loved makes it possible to break the cycle of imposing one's own ideas of love onto them. This workshop will assist participants in getting off the roller coaster of ego-based emotional love by helping them explore their capacity to love and form lasting relationships. $630

Learning to Live, Laugh, and Love: For ACAs and Others

Karen Paine-Gernée & Rick Paine

Finding self-confidence, joy, love, and trust is not about blaming one's parents. The injury, however, created by growing up in families who covered their pain with

abusive, dysfunctional, addicted, or self-absorbed behavior is profound. As children shut down their feelings and deny their inner selves, they bury their capacity for joy along with their pain. Then, as adults, they burden their relationships with manipulative, co-dependent behavior that inhibits trust and growth.

The leaders grew up in dysfunctional families. Their experienced and gentle guidance provides participants with safety and challenge for searching out the thread which will unravel the knots that keep them tied to a wounded past.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Biodrama:
Know Your Self, Live Your Self

Lorenzo Ostuni, Katriona Munthe & the Biodramatists: Fiorella Fiore, Marily Borgazzi, Rosaria Riccio, and Franco Bonsante

Biodrama is a method for developing human potential and for personal renewal. It employs dream, body language, poetry, imagery, symbols, and music; it is both contemplative and active work. Its roots go back three thousand years to the spiritual culture of ancient Greece, uniting the Orphic and Eleusinian Mysteries with present-day psychological research.

Participants will be invited to undertake a mystic journey in which to experience fundamental moments of their lives: birth, love, and death. They will work on visions and emotions of preceding states of consciousness and may find that this representative process helps integrate their individual mystery with the collective experience of humankind. This live performance, the first part of Biodrama, often elicits a regenerating experience for the protagonist. Ostuni's commentary on this performance/experience is the second part of Biodrama and will be tape-recorded for each participant.

This ritual performance workshop will be conducted in Italian and English. $630

Weekend of October 19–21

Weekend Massage Intensive

Laurie Schutz Munyer & Esalen Massage Practitioners

For workshop description see September 28-30. $325

Creative Writing Brainstorming

Herbert Gold

From feeling to expression to communication, this workshop will carry participants into the possibilities of making literature. Exploring an experience different for everyone, yet shared by all, they will probe for the riches within.

Participants should bring typewriter, word processor, pen, soft pencil, or clay tablets and stylus to the meetings. A situation will be called forth—love, death, ambition, pride, fear, hatred, jealousy—and after preparation in the discussion, participants will write. Then they will read and rewrite each other's work. They may expect to go from truth to lying: from recollection to art.

What may develop is a sense of style and control as a part of the mastery of experience. Participants will practice the freedom of imagination by giving shape to it. $325

The Subtle Self in Motion

Judy Blackstone

This workshop offers subtle, concentrated work to help participants truly inhabit their bodies. Mind-breath-body exercises will be used to awaken consciousness of the inner depths of the body, to attune to the emotional underpinnings of bodily tensions, and to release the bound energy of old pain.

The personal themes which emerge from this work will be explored verbally in a supportive group setting and in a free movement class for the expression of nonverbal experience. There will be daily meditation practice as well as sound and visualization exercises for penetrating to the core of the body-mind, to a level of unified awareness. Through this unbroken contact with the self, participants may discover the joy, health, and spontaneity of their essential nature. This workshop will not be physically taxing; the emphasis will be on introspective work. $325

Men's Mysteries, Women's Wisdom

Sam Keen & Jananne Lovett-Keen

The leaders write: "Join us in delving into the mysteries of womanhood and manhood and in deepening the ability to love. On this journey we will use music, myth, philosophy, and storytelling to explore:

- Men's and women's spiritual paths
- The rites of womanhood and manhood
- The shadows we cast
- Overcoming fears of one another
- The limits of intimacy between the sexes
- The gifts we bring to each other
- The battle between the sexes
- Ending the blame game
- Breaking free from old roles
- Ideas of love that stop us from loving
- New understandings of love

"Come by yourself or with someone you want to love better. Bring your questions, your unfulfilled longings, your hopes for reconciliation between the sexes, your desire to be a better partner in the dance of love."

Sam Keen, a philosopher by training, and Jananne Lovett-Keen, a musician, also practice the art of marriage. $325

Week of October 21–26

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see September 28-30. $630

Sports Massage

David Streeter

Since its introduction to this country, sports massage has undergone many changes. Standard cross-friction and compression strokes have been enhanced by trigger point and neuromuscular methods. This five-day intensive will demonstrate how to incorporate these modalities into a Swedish or Esalen massage session.

In order to be effective, the practitioner must have an understanding of anatomy and his/her own body usage, so an important part of this workshop will be daily "body-dynamics," a movement class developed at Esalen for massage students, and brief anatomy lectures. Lots of hands-on practice and individual instruction will round out the week.

This course is appropriate for a wide range of health care practitioners, both beginning and advanced.

C.E. credit is available for nurses; for more information see pages 47-48. $630

The Journey Home

Eli Jaxon-Bear & Antoinette Varner

The leaders write: "*The Journey Home* is not for beginners on the path. There are too many unsettling paradoxes along the

way. For instance, it is a journey of no leaving, and you can't get there from here.

"*The Journey Home* is not sentimental. It is not about hope. Hope is a way of avoiding what already is in the moment. *The Journey Home* is a way of recognizing the truth of each moment. *The Journey Home* is an awakening from a long dream.

"The ego wants desperately to fix life and make it more comfortable, make it better, make it more spiritual. In these five days, we will utilize and then abandon ego-strengthening methods. The inner child will be rescued and abandoned along the way. The habits of character fixation as a way of avoiding one's true nature will be examined and worked with in detail."

Recommended reading: Jaxon-Bear, *Healing the Heart of Suffering: The Enneagram and Spiritual Growth* (available from Institute for Advanced Hypnosis, Box 1311, Mill Valley, CA 94942; 415-687-0200). $630

October 21–November 2

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, page 45. $1550

Weekend of October 26–28

The Mythic Image: A Performance Piece

Phil Cousineau, David Darling & Eric Lawton

Sacred stories reflect only one aspect of the mythic traditions of the world. Of equal importance and fascination is the non-verbal image, the mandalas or holy images used for deep contemplation. Their origins can be found in nature and the human imagination, and through them we can approach the convergence of myth, dream, and art.

This live performance workshop will blend the oral tradition of storytelling with the silent stories of pictures and the narrative movement of improvisational music. Each session will be highlighted by the telling of tales by Phil Cousineau, co-writer of *The Hero's Journey: The World of Joseph Campbell*; a slide show by award-winning photographer Eric Lawton, using images from Ireland to India; and the music of David Darling, master cellist. The themes will include myths of origins, myth and the body, myth and art, myth and ritual, and sacred lands.

Recommended reading: Joseph Campbell, *The Mythic Image* (Princeton). $325

Practical Intuition: Introduction

Laura Day

We are all psychics. Every time we draw a conclusion, we work with intuition as well as linear and emotional processes. Identifying how our intuitive faculty works enables us to use it selectively for effective decision-making. A predominantly linear process may be preferable when clear, empirical information is available. When little data is at hand or if the question relates to how current choices might affect future results, an intuitive process may be more efficient.

Practical Intuition, an experiential workshop, introduces intuitive methods for gaining empirical information. Participants will give and receive several present- and future intuitive readings a day, focusing on predicting and retrieving verifiable data. Different intuitive styles, such as clairvoyance, clairaudience, and telepathy, will be taught, along with exercises for continued training at home.

Participants are requested to bring a few photographs of themselves and people they know well, their personal and business questions, and a willingness to work as if they already knew how to do something that they in fact already know how to do. $325

Children and Anger: A Gestalt View

Violet Oaklander

The theme of this workshop is the anger of children. Participants will discuss the various ways that young people express anger, the relationship of anger to negative introjects and self-esteem, and how parents, teachers, and therapists can help children express this least tolerated and most misunderstood emotion in healthy, safe, and satisfying ways.

This approach is based on the use of creative, expressive, and projective methods, with gestalt theory and practice as the underlying framework. The thrust of this work is to provide the child with a means for expressing his or her innermost feelings, to foster self-awareness and self-discovery, to enhance self-esteem and, in general, to promote emotional growth. Children thereby learn not only about themselves, but about their relationship to others and the world around them.

The workshop will include discussion, demonstration, examples of children's work and, particularly, direct experience of expressive methods used with children.

Recommended reading: Violet Oaklander, *Windows to Our Children* (The Gestalt Journal, P.O. Box 990, Highland, NY 12528). $325

Week of October 28–November 2

Five Days with Janet Zuckerman

This workshop continues Esalen's tradition of interpersonal and intrapersonal work on emotional process. It is based on these premises: that unfinished business is projected into current relationships, interfering with one's ability to be in the present, and that by emotional release one may cleanse the doors of perception. Tools for exploration will include the open seat, a tennis racket, pillows, and a sense of humor.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Dreams

Joyce Frazee

Outward circumstances are no substitute for inner experience.—C.G. Jung

Called "gateways to the soul" by Carl Jung, dreams are perhaps the most neglected of inner experiences. This workshop is for those who are interested in more than the "outward circumstances," for those who have wondered what their dreams meant, and for those who swear they never dream.

This week will include the telling of dreams, drawing them into mandalas, and circle-dancing, ancient dances of connection. Group work provides a safe place for individual work on dreams with support from other participants and the instructor. Dream recall and lucid dreaming will be discussed; gestalt, bioenergetics, massage, and meditation will be used.

Recommended reading: Robert Bosnak, *A Little Course in Dreams* (Shambhala).
$630

Taoism and the Shen

Master Share Lew

Traditional Taoist concepts of health, longevity, and harmony with nature will be introduced by Master Lew, a temple-trained Taoist priest from southern China. The core of the workshop will be instruction in "the Shen," a set of twelve non-strenuous exercises (six standing, six sitting), whose primary purpose is self-healing. These exercises also develop concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Master Lew will discuss the use of everyday foods and Chinese herbs in healing and tell stories from his life in the monastery.

Master Lew, now 72, first began to teach Taoist internal cultivation to non-Chinese in 1970. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Tung Pin, an historical personage of the Tang Dynasty and one of the Eight Immortals of Taoism.
$630

Weekend of November 2–4

Soviet Psychology Today: Its Effects on Global Thinking and the Helping Professions

Slava Loutchkov

For the first time, a Soviet citizen (and resident of Moscow) has become a member of the Esalen Soviet-American Exchange Program staff. Viatcheslav (Slava) Loutchkov is a psychologist working on a study of psychology and perestroika while in the United States. He is a Harriman Fellow and has a MacArthur grant to pursue these studies. With him, the Exchange Program is committed to a long-term study of the interplay between psychological, social, economic, and ideological factors in perestroika.

In this seminar, Soviet films will be shown and discussed in relation to Soviet psychology. There will be discussions of Soviet helping professions and a comparison of Soviet psychological practices with their counterparts in the United States. The seminar will also explore the Stalinist legacy in Soviet psychology and examine those historical patterns that might threaten to persist, and consider psychology's creative contributions to the emerging USSR. $325

Learning the Craft of Dream Work

Stephen Aizenstat

Dreams can be imagined as looking-glass parables, each a complex story that reflects the personality and soul of the dreamer. This weekend's program will emphasize the healing potential of dream work. In so doing, the leader will review methods of dream work which consider the personal and collective unconscious.

In addition, new methods of dream work which take into account the world unconscious will be described. The world unconscious is seen as a deeper and broader dimension of the psyche and is imagined to contain the subjective inner natures (the subtle body) of all phenomena. It is believed that these inner subjective properties are reflected in the images of dreams and are, at an essential level, interrelated. It is at this level of the psyche that dream images provide access to an interconnected source of healing energy. This view, grounded in modern research and ancient wisdom, has practical implications for the use of dreams in physical and psychological healing.

Participants will be shown how to employ specific methods of dream work which honor and actualize the healing potential of the psyche. In this regard, common dream themes, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will be discussed. $325

The Delight of Immediacy

Charlotte Selver & Charles Brooks

Much as we may wish to live in the present, we are often preoccupied with images and ideas of how it ought to be. Instead of responding to the situation at hand with the innumerable nerves, muscles, and interweavings of consciousness which are we, much of us is immobilized by early conditioning, acute emotional problems, or by habit, and much is held back until the inner board of review gives the OK.

But children and sages have a different way of functioning. For them the world flows into their consciousness as the air into their lungs, and their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our lack of immediacy which is usually felt as tedium and which necessitates ever stronger stimuli in the search for joy, or self-disciplines in the search for peace. By giving up these preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what should be but to what is, and the world catches fire for us.

This workshop will explore direct experience which, as it becomes clearer and stronger, tends to burn away the mist of concepts and restrictions which our conditioning has interposed between ourselves and living.

Recommended reading: Charles Brooks, *Sensory Awareness* (Viking; Felix Morrow).
$325

Week of November 4–9

Practical Intuition: Five-Day Workshop

Laura Day

We are all born with the capacity to be intuitive. Learning to access, use, and understand the information we receive requires structure and practice. This five-day workshop focuses on expanding the student's intuitive skills as well as presenting a concise format for assembling intuitive impressions to form a useful reading.

Participants will be giving and receiving intuitive readings from one another throughout the week, so they are asked to come prepared with personal and business questions, photographs of people they know well, and a willingness to work as if they already knew how to do something that they in fact already know how to do. Beginners are welcome. $630

Healing Through Movement

Meir Schneider

The human body is an integrated network of systems designed to work in synchrony and in constant motion. This harmonious functioning is only possible, however, through balanced use of the body. Lack of movement, over-strenuous activity, rigid posture, chronic tension, or moving habitually in ways that inhibit the body's natural rhythms are all factors that contribute to neuromuscular problems and diseases.

Meir Schneider has been exploring and documenting the powers of movement as

"medicine" for more than 18 years. Functionally blind as a child, Schneider learned methods that enabled him to restore his sight and now applies the same principles to other types of physical dysfunction. He has worked with people with polio, muscular dystrophy, arthritis, multiple sclerosis, and sciatica using movement to unlock the body's healing mechanism and set recovery in motion.

This workshop will focus on: movement for muscles, joints, and the spine; inner movement (circulation, breathing, digestion); sensory enhancement, kinesthetic awareness, and the central nervous system; self-healing body work and massage; vision exercises/integrated body use. It is suitable for participants at all levels of health and functionality as well as health care professionals.

Recommended reading: Schneider, *Self-Healing: My Life and Vision* (Viking/Penguin).

C.E. credit is available for nurses; for more information see pages 47-48. $630

Weekend of November 9–11

Bridging U.S.-Soviet Cultural Differences

Stephen Rhinesmith

The political and economic reform of the Soviet Union presents a dramatic change for everyone in the world. Old perspectives need to be revised and new visions have yet to be clearly formed.

In this time of transition, it is important to understand some of the cultural similarities and differences operating below the surface when Americans and Soviets are together. Deep-rooted American assumptions about a hi-tech world of individual achievement are often at odds with the slow-moving bureaucratic, compartmentalized legacy of Soviet Stalinist culture.

This workshop will help Americans recognize U.S. and Soviet cultural assumptions and values which affect tourism and international exchanges, business and trade relations, and joint venture development and management. It is for anyone who wants to understand the U.S.-Soviet relationship from a personal perspective. Exercises and discussions will work toward developing guidelines and methods for effective American-Soviet interaction. $325

The Many Faces of Meditation (Ancient and Contemporary Forms)

Kathleen O'Shaughnessy

Throughout history, the common denominator for accessing "The Wide Place" has been *participation of the mind in an activity with the body in the present moment.* Whether it is the shaman lost in drum and rattle rhythms, the yogi exploring the minute kinesthetic textures of posturing, the Tibetan chanter drowning mind and senses in a sea of mantra sounds, the zazen practitioner exploring the weavings of mind and breath, or the Christian in rich and heartful repetition of prayer, practice is based upon the joining of mind and body.

Through this commonality of intricate "taking part in," workshop participants will minutely examine:

- Japanese Soto Zen sitting practice
- Hatha Yoga
- Kum Nye (Tibetan Yoga)
- Continuum* movement/sound/breath dimensions (*developed by Emilie Conrad-Da'oud)

Maximum time will be spent in personal involvement with these modes. Participants are asked to wear layered, loose clothing and to bring a mat. $325

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods to improve their ability to sense each other's bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility—painlessly and immediately.

C.E. credit is available for nurses; for more information see pages 47-48. $325

®The Feldenkrais Guild

Introduction to Gestalt Practice

Joyce Lyke

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And when used—is inexhaustible.
—Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); John Heider, *The Tao of Leadership* (Humanics); Ram Dass and Paul Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; for more information see pages 47-48. $325

Week of November 11–16

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used crea-

tively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables one to confront resistance and fear and which increases the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously. $630

November 11–December 7

Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, page 45.

$2760 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

November 11–December 9

28-Day Massage Practitioner Certification Program

Vicki Topp & Arthur Munyer

For workshop description see Special Programs, page 45. $2760

Weekend of November 16–18

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see September 28-30. $325

A Home Design Workshop

Sim Van der Ryn & Pete Retondo

A departure from the usual Esalen fare, this workshop is for anyone considering remodeling or building a home. The leaders are known for innovative designs that are sensitive to people and the environment. Sim Van der Ryn, professor of architecture at UC Berkeley and former California State Architect, is currently designing a project for Esalen; Pete Retondo, graduate of Rensselaer and UC Berkeley, is a licensed architect and contractor with 15 years' field experience in design and construction.

Participants should bring their house plans, sketches, photos, and ideas. Using personal and group design exercises, they will develop a concept, program, and strategy for their projects. Other topics will include:

- Is what you want what you need?
- Principles of natural design
- Practical advice on cost estimating and choosing contractors $325

Week of November 18–23

A Week with Laura DeNuccio (Ma Prita)

Laura DeNuccio writes: "This is an invitation to those individuals who are aware of an emerging consciousness that is making itself felt and heard personally and globally, and who are searching to fulfill both higher and deeper callings in their lives.

"The emphasis of this workshop will be on learning how to embody this new awareness, bridging one's personal growth and inner experience with outer involvement in the world. Inquiry will be made into the beliefs and assumptions that shape somatic reality, with special attention given to personal issues. The group will draw from breath, movement, sound, gestalt practice, imagery, and meditation to enliven, balance, and transform energy blocks and patterns in the body. For some individuals, unconscious thoughts and feelings that reside in the body tissue may come to life, which can then be consciously integrated into a new level of wholeness and well-being—physically, mentally, sexually, and spiritually.

"Through attunement with the Earth and each other, individuals can deepen their capacity to listen to the innate wisdom and intelligence of the body. This will be encouraged through music, dance, creative use of the Spoken Word, and ritual. Practices that cultivate sensitivity, compassion, honesty, and kindness toward oneself and others will be included. In this way, the group can co-create an environment of trust and acceptance in which to explore the ever-unfolding adventure of spirit and discover a deepened sense of the interconnectedness that is inherent in all life-forms."

Recommended reading: Stephen Levine, *A Gradual Awakening* (Anchor Press/Doubleday); Fields et al., *Chop Wood, Carry Water* (Tarcher); Louise Hay, *You Can Heal Your Life* (Hay House). $630

November 18–25

The Feldenkrais® Method and Cortical Reeducation

Harriet Goslins & Frank Oliveira

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain/muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his/her neck, shoulders, and back, to improve his/her posture and breathing, and

to live and move with more flexibility and comfort.

This course is provider approved by the California Board of Dental Examiners, number 2586.

C.E. credit is available for nurses; for more information see pages 47-48. $955

Weekend of November 23–25

Essential Tai Ji: Body-Mind-Spirit In Action

Chungliang Al Huang

Tai Ji is a philosophy of life, a living Tao, and an effective tool for self-cultivation that promotes health, wealth, and spiritual well-being. Chungliang Al Huang will combine structure, discipline, and creative exploration for beginners and longtime practitioners in this weekend of joyful movement meditation.

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain*; *Tai Ji: Beginner's Tai Ji Book*; *Quantum Soup: Fortune Cookies in Crisis* (Celestial Arts); with Alan Watts, *Tao: The Watercourse Way* (Pantheon); Tai Ji videos from Living Tao Foundation, (217) 337-6113. $325

Week of November 25–30

On Being Good Enough

Heather Maycock-Ogilvy

Being a good enough parent, a good enough therapist, being a good enough friend to oneself is an art not a science, a creative endeavor that must be entered into with an open mind and an open heart. This workshop offers no detailed instructions or rules but rather encouragement to develop an empathy with those with whom we would be—not perfect—but good enough.

Problem situations in love or work, childhood memories, dreams, and guided imagery will serve as material for the work. Psychodrama will be part of the process as will discussion, massage, and play.

Recommended reading: Bruno Bettelheim, *A Good Enough Parent* (Random House); D.W. Winnicott, *Playing and Reality* (Methuen). $630

COURTESY SIALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Michael Murphy, Joseph Goldin, well-known Soviet healer Djuna Davitashvili, Dulce Murphy, and Norman Mailer in Djuna's apartment in Moscow in 1984.

Yoga, Body Work, and Somatic Awareness Practices

Deborah Anne Medow

A strong relationship exists between the inner sense of the body and the way we do what we do in the outer world. It could be said that inner somatic experience shapes outer activity. When learning yoga and massage together, this inner/outer relationship becomes apparent. The inner practice—yoga—gives a clear, proprioceptive sense of what it is like to be a body. This inner sense naturally informs the outer practice of giving a massage with a knowing authenticity and sense of presence.

In this workshop, participants will be given instruction in massage and gentle forms of ashtanga yoga, with awareness practices designed to integrate the somatic lessons gained from each. It is appropriate for both beginners and those with yoga or massage experience. Bring loose, comfortable clothing. $630

Trance, Dance, and Dreams

Paul Carter

Wisdom is the intelligence of the system as a whole.—Gregory Bateson

Connecting with one's personal source of creativity and support is essential in these increasingly complex times. This workshop will offer tools for retrieving those personal resources.

Meditation and self- and mutual hypnosis methods will be reviewed and practiced for those with little or no formal trance experience. Movement and sound will be used to deepen trance, to draw out knowledge that the body stores, and to embody creative healing processes. Dream work will help each person recover buried powers, shadow parts, and wholeness, and to generate solutions, actions, and ideas beyond the imagination. Personal as well as collective themes will be developed into healing rituals.

Each day will include movement, dancing, drawing, guided meditation, trance dreaming, communication/integration exercises, and focusing. Participants are asked to bring an 18" X 24" drawing pad and pastels. $630

Weekend of November 30–December 2

Trance, Dance, and Dreams

Paul Carter

For workshop description see November 25-30. $325

What is Really Going On in Eastern Europe?

Gyorgy Balo & Andra Akers

What is it like to live through the birth of a new culture? How do people live through a period of history so revolutionary that all internal and external references are blown away? How do they keep their balance? What are the spiritual and political issues in these cultures? How are they different from each other? What do they have to teach us? What is behind the headlines? What is happening at this moment? What will the future bring?

The leaders of this workshop met and married three years ago and have lived

through the transition together in Budapest, Hungary. Gyorgy Balo is president of Hungarian Television Channel 2 and director of television election coverage. Andra Akers, an American, is founder and president of International Synergy Institute, a Los Angeles-based think tank for 21st century ideas. The personal journey they have taken echoes in many ways the societal changes around them. They will bring in-depth information of breaking events in Eastern Europe and share what it means personally to live an East-West partnership. $325

Week of December 2–7

Friends of Esalen Week

The Friends of Esalen are those people who support Esalen through financial gifts, scholarships, invitational conferences and other programs, or through gifts of care such as work exchange.

In appreciation, Esalen is offering this five-day program to current and new Friends at a special rate of $450 ($350 bunk bed). Jack Rosenberg and Beverly Kitaen Morse, teachers of Integrative Body Practice, will be the primary leaders for the week, meeting with the group once each day and using their blend of body and gestalt practices, object relations, and transformative processes of consciousness. The other sessions which participants may choose from throughout the week will be a "potpourri of Esalen"—massage, meditation, movement, and gestalt—taught by Esalen leaders. There will also be a special Friends' dinner and a chance for storytelling about Esalen, past, present, and future.

Complete information will be provided in a mailing to all Friends, but if you would like to register now, please send in the catalog reservation form with a $200 deposit. Enrollment will be limited. If you have additional questions, please call Deborah Miller, Coordinator, Friends of Esalen, (408) 667-3000. $450

Breaking the Chain: A Holiday Workshop For ACAs and Co-Dependents

Karen Paine-Gernée & Rick Paine

The holiday season is difficult for most people who grew up in a dysfunctional home. It is also an opportunity to discover the truth of one's childhood condition because it is a time when buried memories and feelings emerge. As children we were not responsible for the pain we suffered, nor can we alter the facts of what happened to us. But as adults we can make choices to tell the truth about the past and to heal. The key to breaking enmeshment in the past is in learning to function as an adult in the presence of our parents and siblings. Until we do that, we bring our childhood coping strategies to all our relationships, trying to control situations and avoiding feelings of pain or abandonment.

Participants in this workshop will work toward learning new ways of being with family, current loved ones, and the past. Issues of autonomy, disengaging from entangled family systems, appropriate self-disclosure, and strategies for healing will be explored.

Healthy families are a pleasure to be with. Dysfunctional families cause enormous stress, sometimes through what is omitted rather than what is said or done. Through a program of emotional sobriety, stressful family encounters can become opportunities to set boundaries, to take good care of oneself, and to bring joy into the holiday season.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Weekend of December 7–9

Keeping a Good Relationship Alive

Gerald Smith

This workshop will focus on a major dilemma in keeping a good relationship alive. That is: how to be close and vulnerable as partners yet separate and free to grow as individuals. This dilemma is never resolved, because each partner continues to change, but it can be dealt with in ways that add to the aliveness in the relationship.

Much of participants' time during this weekend will be with their partners separate from other couples. Verbal, non-verbal, and written exercises to enhance openness, support, and affection will be used, as will skills at resolving differences in ways that do not produce "scar tissue." And, since playing is an essential part of keeping a relationship alive, there will be experiences to kindle the imagination and willingness to play together. Limited to 12 couples. $325

Goals and Strategies of Therapy: A Workshop for Professionals

Cloe Madanes & David Eddy

This weekend workshop will provide an opportunity for therapists who think about therapy differently and work from a range of theories (such as psychoanalytic or time-limited-behavioral) to learn an approach utilizing aspects drawn from several major schools of thought.

Cloe Madanes will present the opening and concluding sessions, emphasizing goals of therapy and a range of strategies for producing change. David Eddy will present a variety of case examples with problems challenging the most seasoned therapist, and outline thinking that produced successful outcomes. Opportunities for participants to receive consultation on cases from their own work will be offered. This workshop is designed especially for therapists, supervisors, teachers of therapy, and other human service workers. $325

Creating Time: A Rhythm for Health and Longevity

Stephan Rechtschaffen

As we constantly strive to be "on time" in our fast-paced, over-scheduled lives, we lose touch with living in the flow of time. We are a society plagued with time-sickness: caught up in the stress of running to work, home, recreation, or other responsibilities and interests, we don't seem to have time for the important things. Anxious about the future, regretful of the past, we miss the fullness of the moment.

This workshop will help participants understand their own attitudes toward time and how those attitudes affect their life-style, health, and longevity. Methods that move perception away from societal time pressures into the often unexplored territory of freedom-within-time will be introduced, along with meditation, visualization, time evaluation and planning (not scheduling).

From this vantage point participants can: explore how dysrhythmic, hurried schedules affect their relationships, work, and creativity; use their expanded sense of time to define what they really want in their

lives and what their real priorities are; and enjoy the simple power and pleasure of being present in each moment.

C.E. credit is available for nurses; for more information see pages 47-48. $325

December 9–14

Esalen will be closed to the public for these five days.

Weekend of December 14–16

Introduction to Gestalt Practice

Joyce Lyke

For workshop description see November 9-11. $325

Reinventing Love

Robert Solomon

Reinventing Love is a personal probe into the most highly valued of all emotions, its promise, its disappointments, its dangers. It will explore such problems as: Why we sometimes find it difficult to love, to admit our love, to express our love; Why love goes wrong, why we choose the wrong partners, why we fail to make it work with the right partner; Why love must be invented—and reinvented—by each generation and by every couple. $325

Interspecies Touch and Healing

Linda Tellington-Jones

This course will provide hands-on practice of the Tellington Touch, a method which has been used successfully for healing and communicating with an intriguing variety of animals. Tellington Touch releases tension, fear, and pain and enhances cellular function and overall well-being. The benefits to the toucher are as great as to the touched.

Participants will learn how to use this method to treat shock, to release chronic and acute pain, and to alleviate allergies in both humans and animals. Eleven "touches" will be taught, with participants practicing on each other and working with live animals in the Gazebo. $325

The Power of Voice

Arthur Samuel Joseph

This course introduces a method called Vocal Awareness, which includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a means for deepening contact with the Self. Participants will work individually and in groups exploring breathing, toning, a cappella and accompanied vocalizing with poetry, sonnets, and songs.

Vocal Awareness addresses in precise ways how language affects the brain. It is now well-known in the field of psychoneuroimmunology that endorphins are released by the brain in response to verbal cues and visual imagery. Research also points to a strong correlation between language, breath, and psycho-physical response. Knowing this, developing one's vocal abilities and learning to listen to one's own language becomes a means for self-integration.

The aim of this workshop is to explore the voice as metaphor, to tap into issues of self-expression and self-esteem, and to have fun while developing vocal abilities. It is valuable for lay people and professionals alike, and is open to beginners through advanced. Tape recorders are required. $325

Week of December 16–21

A Week with David Schiffman

For workshop description see September 16-21. $630

Massage for Couples: Quality Contact

Til Luchau & Rita Thangaraj

Do you have enough quality time together?

Learning massage together is a wonderful opportunity for couples to deepen their intimacy. The day-to-day distractions and complications drop away; in their place arise quiet expressions of caring and affection. Especially between romantic partners, massage can be a dance of tenderness, communication, sensing, and warmth.

In Esalen's spectacular natural setting, couples will be guided in the basics of massage through demonstrations, exercises, and hands-on practice. This workshop is appropriate for beginners as well as those with some massage experience.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Spiritual Healing: Laying On of Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods of using the hands as instruments for physical and spiritual healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art.

Maria Lucia Sauer Holloman studied and lived at Esalen for nine years. She currently studies with healers in Brazil and has a private practice in Rio de Janeiro where she applies Brazilian and North American approaches to healing.

C.E. credit is available for nurses; for more information see pages 47-48. $630

African Healing Dance: Pathways to Personal Power and Self-Healing

Onye Onyemaechi

Dance, drumming, and chanting are used cross-culturally to promote emotional and physical healing through journeying into expansive states of consciousness. In Africa, traditions and customs naturally integrate healing and spirituality as a way of life, reflecting a coexistence with nature and God.

Onye Onyemaechi, founder/director of the Igbote Center and Igbote Ethnic Ensemble, is a performing artist, spiritual healer, and educator. He utilizes a variety of methods to focus on the individual healing process. In this workshop, he will lead participants into the healing power of dance and prayer, known pathways for journeying to the spirit and regaining personal power.

Wear loose clothing and bring materials for drawing and coloring. Bring drums or percussive instruments if you have them. $630

Weekend of December 21–23

Experiencing Esalen

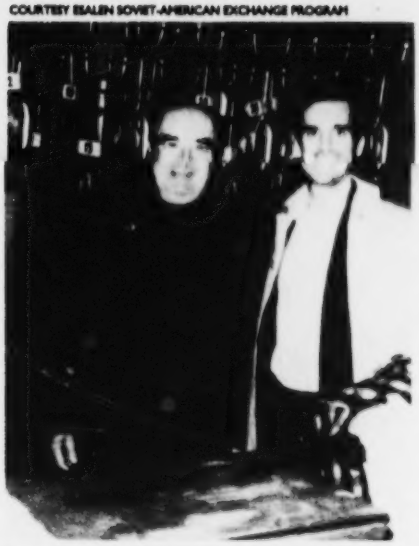
Experiencing Esalen Staff

For workshop description see September 16-21. $325

A Weekend with David Schiffman

For workshop description see October 12-14. $325

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM



Esalen Trustee Mark Dayton (right) and a Russian friend in the coat room of the Writers' Union in Moscow.

Body Rejuvenation

Dub Leigh & Audrey Nakamura

The goal of this seminar is to start to rejuvenate the body, mind, and spirit. A fast way to do this is to work the body. Transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain. You will then have changed the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat one.

The recipe for how to begin to rejuvenate a body in one session will be demonstrated to the group, and then experienced and performed by each participant.

This seminar is recommended for everyone. The older you are, the more stuff you have to work with. Class size is limited (two students per table). Bring a swimsuit—two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press). $325

The Right Work

John Caple

What is work? And what is not work?
—The Bhagavad Gita

In this workshop participants will rediscover work-related dreams, draw power from life experiences, and clarify their vision of what they want their worklife to be. They will refine their sense of what is work and what is play, and what is right for them.

The approach will be practical, though grounded in the longings of the soul, and worldly, though enriched by the resources and culture of Esalen. There will be concepts to stimulate the intellect, processes to awaken intuitive wisdom, and a chance to bring it all together in a personal life plan. Participants will learn eleven steps to determine what work is right for them and specific strategies for getting that work, whether it involves a shift in responsibilities, a new job, or a complete career change. Some time will be available for individual work.

Recommended reading: John Caple, *The Right Work* (Dodd, Mead). $325

Week of December 23–28

The Body and Zen

Dub Leigh & Audrey Nakamura

The goal of this seminar is twofold: 1) to use body work methods and principles for releasing tension, trauma, and toxins from connective tissue; and 2) to circulate the vital energy in an aligned body. The group will draw from Rolfing® (structure), Feldenkrais® (function), and Zen (energy), to obtain these goals.

This is a hands-on workshop. Participants will give and receive body work and will learn methods to recognize, work with, and relieve some types of chronic muscle pain. The class will be limited in size (two people per table). Participants are asked to bring a swimsuit—two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press).

C.E. credit is available for nurses; for more information see pages 47-48. $630

® Rolfing is a service mark of the Rolf Institute

Awakening Inner Power

Deborah Anne Medow, Mary Tesoro & Judith Roth

Operating from the assumption that one's innate energies lie largely untapped, this group will explore alternative means of gathering inner power. Leonard Energy Training, a comprehensive system offering tools to meet the problems, pressures, and pain of everyday life situations, will be combined with gestalt to provide a foundation for personal growth and change. Yoga and massage will be interwoven with elements of the martial art of aikido to increase the flow of vital energy through the body, mind, and spirit. $630

Hypnotic Innovations: Investigations in Living, Using Ericksonian Hypnosis

Paul Lounsbury & Nancy Winston

In the moment before a new idea unfolds, our attention becomes so fully focused that time seems to disappear. Perhaps, without quite realizing it, we forget where we are and what's around us. These spontaneous states are the stuff out of which hypnotic experience unfolds and through which unconscious possibilities take form.

In this workshop, participants will investigate the hypnotic approaches developed by Milton Erickson and the systemic principles generated from Gregory Bateson's research in communication. They will explore how unconscious processes can be mobilized to creatively disrupt limiting life patterns, to organize innovative behaviors outside the range of normal conscious controls, and to more fully optimize their current living and work situations. Structured trance experiments and discussion will support the week's work.

This workshop may be of special interest to those in the helping professions as well as managers who want to expand their frames of reference and extend their understanding of Ericksonian hypnosis and communication skills. $630

Art as Therapy in Human Development

Erika Steinberger

This first part of a three-step certificate program in training in art therapy provides an opportunity to explore the use of nonverbal expression and communication as therapy.

The use of art as therapy implies that the creative process can be a means both of reconciling emotional conflicts and of fostering self-awareness and personal growth. This can be effected through various methods, materials, and journeys. In these five days, participants will explore elements of the senses, like touch, smell, and taste, and how these translate into symbolic expression. Different methods and materials will be analyzed and their

therapeutic purposes explained.

This course provides introductory material for persons interested in art therapy for their own development or for working with others. Practical information about this field will be covered. Participants are asked to bring materials of their choice, such as crayons, colored pencils, pastels, magic markers, and drawing pads. Previous experience in either art or psychology is not necessary.

C.E. credit is available for nurses; for more information see pages 47-48 . $630

Weekend of December 28–30

Weekend Massage Intensive

Robert Helm & Deborah Anne Medow

For workshop description see September 28-30. $325

Dance of the Animals

Paul Rebillot & Carol Proudfoot-Edgar

Some ancient teachings say that of all creatures, only man is out of harmony, and that to be made whole we must learn how to be in harmony with other spirits of the universe. The Native American Medicine Way teaches this return through identification and communion with the totem animals, who are representatives of the four directions. An animal knows its role and instinctively makes the right decisions to fulfill it. This wisdom can become ours when we recognize and unite with the power of the animal spirits.

In this workshop participants will use ritual, music, and dance not simply to imitate the totem animals, but to enter into their depths so that they can become teachers and guides as the new year begins. $325

Movement, Touch, and the Healing Process

Patrick Douce

This workshop will approach the concept of a free, effortless body through Moshe Feldenkrais's work in movement and touch. Balinese and other Indonesian systems of working with the human body will broaden the Feldenkrais® work.

Participants will be introduced to the complexity and simplicity of their spinal column. Within each spine there lies a very old intelligence. Methods used in this program will allow this "knowing" that is in each person to be awakened. Soft, conscious movement will be used to increase sensitivity for safe, hands-on explorations. Moving away from the notion of a straight, stiff, rod-like back, posture and overall flexibility of the spine improves. As the body lengthens and becomes more flexible, chronic problem areas will find themselves improving. No matter what the condition of the individual, everyone's spine "wants" to be flexible, light, strong, interconnected, and healthy, when given the choice.

The movement and hands-on work will be augmented by insights from Eastern energetic models of the body. The subtleties of working with the human body's energy field and connecting with the energetic fields that surround us will be approached.

This program is designed for both the beginner and the professional interested in the human body. It will be of benefit to those physically fit persons who want to continue to learn about and improve their own capabilities. Individuals with chronic tension or stress, and those with lower back, neck, shoulder, or hip pain, may improve, finding alternatives through learning more about the human body's possibilities. $325

Introduction to Focusing

Mary McGuire

Focusing is a step-by-step process for gaining entry into a physically felt intelligence called body wisdom or bodily knowing. This method originally came out of research conducted by Eugene Gendlin and his associates at the University of Chicago. They wanted to determine what leads to successful outcomes in psychotherapy, and they found that success cannot be predicted by the personality of the client nor the orientation of the therapist, but instead is related to the client's awareness of felt experience in the body. They also found that this awareness can be taught to those who do not have it readily. The Focusing method developed by Gendlin teaches this awareness of felt experience.

Focusing's applications extend far beyond its use in psychotherapy. It enhances other methods of change or growth and is used in education, business, and work with cancer patients. It offers:

- A way of listening to oneself and others
- A means to personal insights
- A resource for spiritual growth
- A path to healing and reconciliation
- A catalyst for healthier relationships
- A method for reducing stress and preventing burn-out
- A means of getting in touch with one's creativity
- A tool for phenomenological research

This workshop will cover the six steps of this method as outlined in Gendlin's *Focusing*, which participants are strongly encouraged to read before the workshop. Participants will be introduced to a holistic way of paying attention by creating an inner climate of gentleness, friendliness, allowing, receiving, being with, touching, listening, and waiting. This differs from the usual outside climate of forcing, pushing, shoving, and demanding. They will explore how to relate to both positive and negative experiences as they are carried in the body, without the usual response of being overwhelmed by feelings or running away from them. This way of being with oneself allows each experience to unfold in a positive direction, and the person is empowered with an inner strength and direction that allows life energy to flow forward in new ways.

Recommended reading: Gendlin, *Focusing* (Bantam).

C.E. credit is available for nurses; for more information see pages 47-48. $325

Week of December 30–January 4

Walking Improvement for People Over 50

Ed Maupin & Anne Nechama Simkin

In the ordinary aging process, the legs and pelvis tighten until agility and grounding—a secure relationship with the ground—are lost. Mental and emotional turmoil may substitute for physical orientation. This workshop will utilize simple exercises drawn from martial arts to recharge the legs. Gestalt processes will be used to explore personal issues and patterns which interfere with grounded awareness. $630

Return of the Light: Winter Teachings

Paul Rebillot & Carol Proudfoot-Edgar

With the winter solstice we touch the darkest time of the year, the stillest time, the most inward time, in which we celebrate the turning toward the light. This is the time when all creatures prepare for the next cycle of growth.

Movement toward light is movement toward individuation, and as we move through winter toward spring it is important to understand the present cycle of our life, our current season. There are many ways to this self-knowledge. Different peoples have developed different paths, using a variety of metaphors. This workshop shall use the way of the Medicine Wheel, which teaches us to celebrate our cycles and our seasons.

Participants will look at the current cycles of their lives—what has not been completed, what needs healing, what needs saying goodbye to—and what steps they need to take as they cross thresholds into a new season. Through ritual, guided fantasy, music, and play, each can seek his or her own turning point upon the Medicine Wheel, and there sow the seeds for spring. $630

Craniosacral System: Basic Workshop

Jim Asher & Jane Harrington

This workshop will offer an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. The class will combine lectures and slides on functional anatomy of the membrane system and cerebrospinal fluid movement. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference. Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills and for those already practicing body work or counseling. Much of the focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system.

Recommended reading: John Upledger and Jon Vredevoogd, *Craniosacral Therapy* (Eastland).

C.E. credit is available for nurses; for more information see pages 47-48. $630

Focusing, Dream Work, and the Helping Relationship

Mary McGuire

Focusing originally came out of research conducted by Eugene Gendlin and his associates at the University of Chicago. They wanted to determine what leads to successful outcomes in psychotherapy, and they found that success cannot be predicted by the personality of the client nor the orientation of the therapist, but instead is related to the client's awareness of felt experience in the body. They also found that this awareness can be taught to those who do not have it readily. The Focusing method developed by Gendlin teaches this awareness of felt experience.

This workshop is for psychotherapists, counselors, social workers, nurses, doctors, and others in the helping professions. Focusing is beneficial to these individuals because it augments their understanding of the client's inner process and aids in their own self-awareness as helper. It allows the practitioner to recognize the vulnerable or painful places in the other where new life wants to come through and to facilitate growth in a gentle way that honors the other's experience.

Participants will practice the Focusing process called Experiential Listening, a method of listening for the bodily felt sense in what the other is saying and responding from one's own felt sense of the situation. They will also be introduced to Gendlin's integrative approach to dream work. Theories of Freud, Jung, Perls, and others will serve as a source of questions; the answers will come from participants' own dream interpretations and will be explored via this method of awareness of felt experience.

Research has shown Focusing to have made a significant difference in the process of therapy clients, the lives of cancer patients, in preventing staff burn-out, and building team spirit among health care professionals. This workshop could be a new beginning. What better way to start the New Year.

Recommended reading: Gendlin, *Focusing* (Bantam) and *Let Your Body Interpret Your Dreams* (Chiron).

C.E. credit is available for nurses; for more information see pages 47-48. $630

December 30–January 6

Painting Experience with Michell Cassou & Stewart Cubley

For workshop description see September 2-9.

$955 (plus $30 materials fee paid directly to the leaders)

Weekend of January 4–6

The Tao of Music Improvisation and Movement Meditation

Chungliang Al Huang & David Darling

The leaders will continue their traditional New Year's celebration with music and Tai Ji during the southern migration of gray whales and monarch butterflies. Chungliang Al Huang will lead participants each morning in Tai Ji meditation and Chi Gong breathing exercises in the fresh ocean air while David Darling plays Bach on the cello. Everyone is invited to rediscover the fundamentals of creative expression and the revitalization of body, mind, and spirit through Tai Ji dancing and music.

Recommended listening: Darling, *Cycles* and *Journal October* (both, ECM), *Minor Blue* and *Rhythm and Blues Suite* (both, Music for People, 203-672-0275).

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* (Celestial Arts) and *Quantum Soup: Fortune Cookies in Crisis* (Dutton); Living Tao Videos, 217-337-6113. $325

A Weekend with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $325

Week of January 6–11

The Tao of Music Improvisation and Movement Meditation

Chungliang Al Huang & David Darling

For workshop description see January 4-6. $630

A Week with Seymour Carter

For workshop description see January 4-6. $630

Advanced Massage: Sculpting of the Conscious Medium

Vicki Topp & Dick Stratman

The goal of this workshop is for participants to develop their understanding of touch and hands-on skills in releasing the body from dysfunction and facilitating fluidity and balance. It is designed for those who have experience in massage and moderate knowledge of anatomy and physiology. The instructors will work from a deep tissue/structural integration orientation, with the primary focus on the pelvis (sacrum, ilium, femor relationship) to improve balance of the spine and thorax.

Through demonstration, practice, and discussion, participants will study the plastic nature and changeability of the body's connective tissue, and explore the delicate edge of sculpting with the human form.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Five Days with Ilana Rubenfeld

This workshop introduces the Rubenfeld Synergy™ Method, a holistic system developed over the past 25 years that integrates body, mind, emotions, and spirit for healing of self and others. This blend of gestalt practice, Alexander Technique, Feldenkrais® exercises, and Ericksonian hypnosis will be utilized as a gateway to contact, express, and work through deep feelings and memories locked in the body. Group exercises and individual demonstrations will incorporate gentle touch, movement, music, and humor. Key issues will be:

- Surviving the wounds of a dysfunctional family
- Healing the inner child
- Evoking innate healing potential
- Interdependence between emotions and posture
- Dreams and body metaphors that reveal life patterns
- Playfulness and humor
- Tools for self-care

This workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, NY, NY 10011. $630

Weekend of January 11–13

Introduction to Vipassana Meditation

James Baraz

For workshop description see September 14-16. $325

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with the fundamentals of Tai Ji practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five elements form, Chinese Qi Gong breathing, and life force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Chungliang Al Huang, *Quantum Soup: Fortune Cookies in Crisis* (Dutton) and *Embrace Tiger, Return to Mountain* (Celestial Arts); Alan Watts with Chungliang Al Huang, *Tao: The Watercourse Way* (Pantheon). $325

Rubenfeld Synergy™: Healing the Mind/Body Connection

Ilana Rubenfeld

This workshop will provide an introduction to the Rubenfeld Synergy™ Method, a healing system that uses gentle touch, movement, gestalt practice, creative imagination, music, and humor.

The memories and emotions stored in the body can result in energy blocks and imbalances. Through exercises designed to contact, release, transform, and balance these cellular patterns, participants can freely explore their innate healing potential. The atmosphere is one of acceptance, caring, and laughter, encouraging participants to move toward integration, empowerment, freedom, and new possibilities.

Participation in this workshop will fulfill one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, NY, NY 10011. $325

The Royal Road to the Unconscious

Kathleen Riordan Speeth

Dreams, what are they? Freud called them the royal road to the unconscious. Modern researchers are not so sure. Are they windows on transcendence? Hieroglyphics to be deciphered? Voyages to another, archetypal world? Personal archives? Psychological garbage? None of the above? All of the above?

On the theory that it is possible to learn much about oneself from the specific content, we will spend the weekend exploring the personal night poetry we remember as dreams. Using methods developed by Freud, Stekel, and Perls, and perhaps adding some of our own, we will learn to wrest meaning from the dreamworld. We will pay attention to personal symbolism, day residue, condensation of meaning, reversals and displacements, and the strange, primal, causal relations involved.

Because dreams bypass the conscious censor, the treasures of the night, whatever they are, can sometimes ransom the problems of waking hours. They are often worth remembering. Each participant can expect to leave equipped with tools to continue this fascinating study at home. Bring comfortable clothes, a notebook, and, if possible, some dreams. $325

Week of January 13–18

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see September 28-30. $630

An Appreciation of Vision and Grace

Si Chi Ko & Chieh-Hsi Fan with Chungliang Al Huang

Chungliang Al Huang brings to Esalen two artists from his Lan Ting Institute in China. Si Chi Ko is a visionary photographer; his wife, Chieh-Hsi Fan, is a classical and modern dancer who is best known for her performance of the famous Dun Huang Buddhist Cave Rituals. Through visual imagery of the cave paintings and the dance mudras of the rituals, Ko and Fan will introduce seminarians to the beauty and spiritual dimensions of these paintings, which are found at the crossroads of Indian and Chinese Buddhist art. $630

Intermediate Craniosacral Workshop

Hugh Milne

This workshop provides a deeper and broader understanding of craniosacral work for those who have completed an introductory class. It offers several models for understanding how subtle alterations of osseous rhythm or dural tension can produce remarkable effects on the function of the body/mind/spirit.

Participants will expand their range of technical cranial expertise and refine the arts of both deductive and intuitive diagnosis. The sacro-iliac, spheno-basilar, and tempero-mandibular joints will be examined in detail. The class will also include a review of the reciprocal tension membrane system and an analysis of known brain and chord function as related to craniosacral work.

The relationship between meditation, perception, and the still point will be explored as a foundation, with emphasis placed on the daily practice of demonstrated techniques so that a high standard of individual consciousness in this work can be attained. Feedback among participants on personal issues as evoked by work in the class will be an important part of the seminar.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in the mood of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for: people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based in trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $630

Touching Spirit: Dimensions of Psychic Healing™

Elizabeth Stratton

Psychic healing bridges the physical and the spiritual. Touching as a healing act has been practiced through recorded history by practitioners of the sacred as well as the secular: healers, shamans, priests, doctors, and mothers. In the past ten years, physics and modern medicine have come to an acknowledgment of the radically relational nature of our universe. Nothing and no one functions in a void.

Human emotions affect the functioning of the body, and illness is often an outgrowth of this mind-body link. Semi-dissociative states that are induced by prayer, meditation, and trance have been found to provide a fertile ground for healing to take place. It has been discovered that "multiple personalities" exhibit different states of health in each personality. The placebo effect has become one of the most respected and well-studied issues in healing today.

A psychic healer is one who can help connect the physical, emotional, mental, and spiritual levels of another person's being with healing intention through the use of touch. This workshop will explore, both didactically and experientially, the sacred and secular uses of touch, modern theories of disease formation and healing mechanisms, the use of psychic sight in healing, forgiveness as transformational cleansing, and the channeling of healing energy through the laying on of hands.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Weekend of January 18–20

Non-Adversarial Child Care: The Continuum Concept in Practice

Jean Liedloff

For parents, parents-to-be, and baby and child care professionals, this seminar will examine the true meaning of sociality as an innate characteristic of homo sapiens. Drawing upon her years of living with Stone Age Indians in South America's jungles, the leader propounds an approach neither punitive nor permissive that takes into account the generally unrecognized expectations and abilities inherent in our young.

Why do babies and children so often seek attention they don't need? Why do we see tots in underdeveloped countries and cultures following their parents and helping them with chores so early, while ours are frequently chased and tended, opposed, tolerated, and socialized for nerve-wracking, guilt-laden, unappreciated decades of drudgery and sacrifice ending in one degree or another of alienation?

As professor Robert Aldrich of the National Institute of Child Health and Human Development said, "Basic things about human nature we forget or ignore at our peril."

Recommended reading: Jean Liedloff, *The Continuum Concept* (Addison-Wesley, U.S.; Penguin, U.K.), German edition, *Auf Der Suche Nach Dem Verlorenen Gluck* (CH Beck, Germany).

C.E. credit is available for nurses; for more information see pages 47-48. $325

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like

to be. Singing gestalt is about being yourself in front of other peole without judging how well you sing. Singing gestalt is not about performance. It is about contacting and feeling and expressing.

Come alone or bring someone who is important to you, perhaps a lover, friend, a parent, someone with whom you'd like to communicate in a different way things you've expressed before and possibly things you've never said.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. But the workshop is really about you—singing. $325

Somatosynthesis: Touching Mind and Emotion Through the Body

Clyde Ford

Somatosynthesis is a method that uses human touch to address emotional and psychological issues underlying pain, disease, and physical symptoms. Through lecture, discussion, and demonstration, Clyde Ford will introduce the basics of this methodology, including body-mapping, which links areas of the body to emotional issues, and a language of touch that allows a practitioner to guide a client toward physical and psychological well-being. There will be plenty of time for supervised hands-on practice. It is designed for health care professionals and laypersons who wish to integrate somatic skills into their work with others or their own lives.

Recommended reading: Ford, *Where Healing Waters Meet: Touching Mind and Emotion Through the Body* (Station Hill Press).

C.E. credit is available for nurses; for more information see pages 47-48. $325

Psychoneuroimmunology and its Implications

George Solomon & Margaret Kemeny

The rapidly developing field of psychoneuroimmunology (PNI) is concerned with the nature of complex bidirectional interactions between the central nervous system (CNS) and the immune system and their clinical and bioregulatory implications. The CNS mediates stress effects, coping, emotions, and other psychological processes that, via the immune system, affect the onset and course of many diseases.

This didactic but interactive course will describe the immune system, how it works and is regulated. The leaders will discuss human and animal research on the effects of stress and other experiential factors on immunity and on immunologically-resisted and mediated diseases, including bacterial and viral infections, cancer, autoimmune diseases, allergies, and AIDS. The as-yet poorly researched area of the impact of interventions, including psychotherapy, on immunity and disease will be discussed. Implications of PNI for understanding traditional and alternative healing systems and placebo effects will be explored. There will be ample opportunity for questions.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Forgiveness and Letting Go of Judgment

Elizabeth Stratton

Elizabeth Stratton writes: "The training of the Western mind, both spiritually and intellectually, is oriented toward judgment. We are taught to induce, deduce, analyze, dissect, defend, debate. We are taught to feel guilty, to get sick, to engage in self-punishment and the punishment of others. We are encouraged to rebuke ourselves into perfection.

"We do not know the healing quality of true remorse or how to let go of that which we should never have held onto in the first place, which is the real meaning of forgiveness. In studies of people who have died and come back to talk about it, the most unifying element of their experiences was the meeting with a Being of white light who stood by with unconditional love, no judgment, and humor as they watched their lives roll before them like movies. The only judge was the person watching his/her own life.

"This workshop will be experiential. You are invited to observe the judgmental prison of your own mind, to feel the cleansing power of remorse, and to allow your heart to open to the freedom and healing that comes from forgiving yourself and others." $325

Week of January 20–25

Mastery in Daily Life

George Leonard & Annie Styron Leonard

For workshop description see September 16-21. $630

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*. $630

The Body is Spirit

Robert Hall

There is no difference between the bioenergetic streaming of daily body life and the divine spirit current or life force. We experience both as an ongoing felt body sense. The human ego operates under the false assumption that it is somehow separate from that sense. So we spend our lives in constant negotiation and seeking: the so-called human condition. From this position, alienation is inevitable.

This workshop is designed to explore the possibility that we *are* that felt body sense, that spirit current, and we are constantly, by nature, in relationship to everyone and everything that exists. Hopefully, we'll laugh a lot, too. There will be time for gestalt, individual body work, meditation, and getting to know each other well in a short time. $630

Seeds of Singing: Redefining What it Means To Be a Singer

Susan Osborn & David Densmore

The leaders write: "Within each of us is a powerful, life-giving song, which, when

sung, can make sense out of chaos, open and cleanse the deepest wounds, and transform it all into joyous communion. When we sing together from this place, we can recognize the oneness of all people and celebrate our incredible variety and differences. It is a bodily experience.

"Think of the first time you sang and what song it was. Think of the feelings you had. Remember the feedback you got. We believe that these experiences are central to our development as human beings, that singing is not 'extra-curricular,' but a reflection of how we feel about our own power and our ability to create something beautiful and true out of ourselves. This will be a week to explore these possibilities and sing." $630

Weekend of January 25–27

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 16-21. $325

Questioning Western Spirituality

Brother David Steindl-Rast

Western spirituality is being rediscovered. After a long journey, some of us have found treasure buried under the very threshold over which we stepped when we left home. Yet, without the quest we could have never come to own what was ours from the beginning. Without questioning, we cannot make inherited wisdom our own.

This was not always understood by teachers of religion. Some of us were force-fed all the answers, without ever being allowed to question. This weekend will be a time to catch up on what we missed.

Brother David has helped diverse groups experience inner liberation and new insights through honest questioning. Every question, even an angry one, is a gift. Answers like to hide in questions. Together we shall try to teethe them out of hiding. We shall survey key issues in Western spiritual tradition and offer participants opportunities to raise their own. $325

The Shamanic Journey, Power, and Healing

Michael Harner

Shamanism is an ancient human strategy for personal learning and for acting on that learning, using normally neglected or hidden potentialities of the heart, mind, and spirit. Shamanic methods can contribute to virtually any aspect of living, as they have for tens of thousands of years, and are especially useful for problem-solving, well-being, and healing.

In this experiential workshop, participants will be introduced to basic methods of the shaman (a specific type of medicine man or woman) and initiated into the classic shamanic journey. Otherwise known through myth and accounts of great spiritual experiences, this visionary method can be used to enter nonordinary reality to obtain knowledge, to answer personal questions, to maximize power to achieve personal goals, and to contribute to the health of oneself, others, and the Planet. Participants will be aided by traditional drumming and movement and will be provided with methods for journeying to discover and study with their individual spiritual teachers in nonordinary reality, a classic step in shamanic practice.

The shamanic journey can be utilized to help restore spiritual power and health and has practical applications to contemporary daily life. Practices this weekend will include comparison of discoveries and work on personal problem-solving and wellness.

Please bring a bandanna to cover your eyes, a pen and notebook to record your journeys and, if you have them, a drum and/or a rattle. Wear comfortable clothing.

Recommended reading: Michael Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford). $325

Week of January 27–February 1

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see September 28-30. $630

Women's Wisdom: Celebrating Sacred Dimensions of the Feminine

Jean Shinoda Bolen & Jananne Lovett-Keen

By tapping intuitive sources of wisdom, creativity, and spirituality, life takes on deeper meaning. We are nourished by what we feel and know and dream and express. In the outer world, change and transitions are inevitable. What we often miss is time to reflect upon the meaning of events and to take stock of who we are becoming.

This retreat invites women to take time for inner reflection in the nurturing company of other women in an environment of natural beauty. Jean Shinoda Bolen, author of *Goddesses in Everywoman*, will lead participants inward through myths and meditation to their personal symbols and to the truth in their dreams. Jananne Lovett-Keen, a musician and body worker, will teach participants to care for their bodies and to be attuned to their vulnerabilities, pain, trust, and strengths. Through music, participants will touch sources of inspiration and creativity and be reminded of the profound connection between women's nature and Mother Nature, between music and body knowledge.

These five days will provide women with an opportunity to experience their inner trusting child, the grown woman choicemaker, and the wisewoman aware of the sacred dimension of ordinary life. $630

January 27–February 8

Advanced Training in Shamanism and Shamanic Healing

Michael Harner

For workshop description see Special Programs, page 46.

Weekend of February 1–3

The Future of Psychotherapy

Rollo May

Returning from teaching in Greece and studying with Alfred Adler in 1933, Rollo May received a degree in theology and another degree in psychoanalysis. He introduced the existential approach into therapy in this country and is a principle creator of humanistic psychology. His published works include the well-known *The Courage to Create*, *Love and Will*, and *My Quest for Beauty*. His forthcoming book, *The Cry for Myth*, explores the significance of myths in psychotherapy and in finding a direction in our distraught world. In this seminar, Dr. May will speculate about therapy for the future. He writes:

"The revolution which Freud and Nietzsche reflect has pierced to the center of

our moral and psychological world. In this continuing revolution, discoveries of the psyche have occurred. We will discuss how these discoveries concern the emotional and moral problems of our day, the many forms psychotherapy has taken—which has become the new way of health for the 20th and 21st centuries—and how to seek ways of living with some joy in a radically new world." $325

Sensory Enhancement

Dean Marson & Kathleen O'Shaughnessy

This workshop directs itself toward those just beginning to explore touch as communication. Demonstrations will be augmented by supervised practice, and discussion will offer insights into various body work approaches and how they may be used in everyday life to ease stress and enhance the senses. Other topics will include: basic full body massage, breath-energy sensing and contact, passive movement, self-care with massage, self-awareness and using this sensitivity with others. $325

Week of February 3–8

A Look Within

Jessica Moore Britt & Scott Layton

For workshop description see September 2-7. $630

Word Magic:
A Personal Adventure through Writing

Nancy Bacal

We all have stories and the ability to tell them. But when asked to translate them onto the page, many of us are inhibited by self-judgment. Through a series of exercises designed to bypass blockages, participants will be encouraged to move beyond the controlling arm of the critic and tap their reservoirs of personal experience. These exercises will provide an opportunity to turn the burdens in our lives into stories, the unwanted voices into characters, the failures and successes into material. They are specific enough to excite the imagination yet loose enough for the writer inside to experiment with form and images and remain open to surprise.

This writing workshop offers a supportive and stimulating environment for the non-writer, the would-be writer, and the professional. The schedule will include writing in and out of the group, walks, meditation as it relates to creative process, reading and discussion of pertinent material. The intention will be to coax the mind out of its cycle of expectation and disappointment into a positive, functioning relationship with one's work.

Recommended reading: Carla Needleman, *Work of Craft* (Avon); Joseph Goldstein, *The Experience of Insight* (Unity). $630

Expressive Arts:
Turning Wounding into Creative Action

Elisa Lodge

During this time of cultural change and ecological crisis, it is essential to accept and embrace our personal history and have the creative resources to more fully express the truth of our being. The language of the expressive arts meets the needs of our time by fostering freedom of choice and aliveness in how we are in the world.

Rather than being judged, evaluated, or fixed, participants are invited to illuminate and enact patterns which have been restricting their awareness, self-expression, and self-worth. Patterns to be explored are breath, sound, body image, body movement, thought, feeling, attitude, character masks, and relationships. In amplifying and contrasting these patterns in a relaxed and playful manner, new choices may present themselves from within. A broadened sense of identity and more fluid repertoire of possibilities emerge from this process. It is especially relevant for those in the helping professions who wish to take more risks and integrate the arts and body-oriented approaches into their work. $630

Weekend of February 8–10

Psychological Implications of Symbols: The Tarot

Angeles Arrien & James Wanless

The tarot is an ancient book of wisdom that visually captures possible internal and external experiences that individuals can have. Participants in this weekend workshop will have the opportunity of seeing multiple ways symbols can be practically used as guides and clarifiers for life issues.

This workshop is structured to meet the needs of participants at any level of experience or inexperience they may have with tarot. $325

Personal Energy Management

Myron McClellan

We are beings made up of four energies: physical, emotional, mental, and spiritual. When we are healthy, productive, creative, and in touch with our feelings, we manage our energies effectively. When we are ill, sullen, morose, or lazy, we are not managing energy well. Energy management requires awareness and action. It requires knowledge of the nature of each of the four aspects of being and how each is used for maximum effectiveness and enjoyment. This workshop teaches skills for getting the most out of the body, feelings, mind, and spirit, both in times of ease and in times of stress.

Topics to be covered include: using the body to transmute intense emotions into energy for growth; expressing and releasing feelings; reeducating the brain; using meditation as a grounding experience; using music and movement for physical health and aliveness; establishing harmony among the four bodies in order to create what the heart desires.

The methods used in this course are fun and invigorating and are intended to give the participant tools that can be used on a daily basis to promote aliveness, no matter what physical or emotional circumstance one finds oneself in. Music, movement, toning, games, processes, and discussion are all part of the experience. $325

Biofeedback Assisted Open Focus and Brain Wave Synchrony Training

Les Fehmi & Susan Shor

Brain wave activity is directly correlated with the way one pays attention. Synchrony is associated with "in-to-it," broad-scoped attention and effortless performance; desynchronized brain wave activity is associated with remote, narrow-focused attention and effortful performance. Brain wave synchrony and attention training consequently guide one toward an awareness that is simultaneously narrowed-in on detail, panoramic in scope, and bathed in an effortless sense of the moment.

The Open Focus methods presented in this experiential workshop support the rapid reduction of both conscious and unconscious physical and emotional stress and

pain. Rather than ignoring unpleasant experience, participants will practice melting it directly, using attention skills they already possess. This method of dissolving stress and pain generates a sense of well-being and creative energy. Interested workshop participants will receive biofeedback training using an instrument that monitors brain activity from the major lobes of the brain and provides a feedback signal when whole-brain, in-phase synchrony is produced. An Open Focus tape will be provided for home practice.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Cosmic Conspiracy: A Game of Enlightenment

Robert Anton Wilson

Robert Anton Wilson writes: "Based on my psychological works and science-fantasy novels, this Game may shake the foundations of your world. When you enter the portals of Chapel Perilous, you will be given a deceptive Cover Story and a Real Identity—which is also fiction and exists only for the duration of the Game (if you're lucky). Thus, every participant is a liar—and you can't be too sure about the leader either. In regular sessions, I will lecture on such concepts as the presentation of the self in everyday life, the social creation of reality, the Game element in behavior, but between sessions you will have to deal with these abstract concepts in very concrete ways as spies, criminals, government agents, and extraterrestrials, as Cosmic Forces of Good and Evil attempt to lure you into their plots and counterplots.

"Can you find the Maltese Falcon before any other player? Is some clever villain among you using the Game as a front to deal drugs or to brainwash other players? Will you spot the CIA assassin before you're 'killed' and removed from the Game? If you do get 'killed,' what will happen in Rebirthing, before you can enter the Game with a new Ego? As you deal with these increasingly urgent questions, you will also have to decide if this 'Game' is teaching you social psychology, mysticism, agnosticism, paranoia, or if it's 'just a Game' after all.

"Warning: the Attorney General has determined that this Game may be hazardous to your dogma." $325

Week of February 10–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 16-21. $630

Recovery for Adult Children and Co-Dependents

Julie Bowden

For workshop description see September 9-14. $630

Cross-Cultural Shamanic Practices

Angeles Arrien

Participants of this workshop will be introduced to shamanic tools from diverse cultures in order to access and empower their inner teacher, healer, visionary, and warrior. The universal healing salves of singing, storytelling, dancing, and silence will be engaged to rekindle the spirit and retrieve any soul loss.

Group members will work individually and collectively to: honor ancestor spirits by releasing limiting family patterns; enhance personal and professional power by speaking with "spirit tongue" (truth-telling); and experience shamanic practices that reveal internal mythology, help heal wounds, and adjust imbalances.

This week qualifies as a Foundational Training for the Four-Fold Way, a cross-cultural shamanic training program by Angeles Arrien. $630

The Art of Saying Goodbye

Paul Rebillot & Melissa Kay

The loss of a loved one, whether through death or separation, is a huge rent in the fabric of one's life. It is difficult to get on with other relationships until that rent is attended to. The pain of the loss needs to be released, and the difficulty of day-to-day existence after the loss needs to be acknowledged.

To learn something from suffering makes it worthwhile; to create something makes it bearable. Using open seat and emotional release, workshop participants will deal with their losses—not just in anguish, not only in pain—but artistically, musically, creatively. They will seek to give birth to new life, to create an artwork, a ritual both of letting go and of gathering within themselves the strength and the love which they have felt from those who have gone.

This workshop gives participants the opportunity to say goodbye, to experience the tears, the grief, and the potential for emotional renewal, and most importantly, to reconnect with the source of their own lives. $630

Back Into Action: Neuromuscular Reeducation

Laurence Goldfarb

Back Into Action is a proven approach to changing habitual postures and movement patterns. Originally designed for chronic back pain patients who failed to benefit from standard exercises and treatment modalities, it teaches a series of structured movement sequences which can be used as a complete program or modified to meet each person's specific needs.

This workshop combines lecture, lab, demonstration, case study presentation, and experiential Feldenkrais® movement so participants can develop the theoretical understanding, observational skills, and treatment repertoire needed to apply neuromuscular facilitation and movement reeducation in orthopedic rehabilitation. They will be shown how to:

- Assess the relationship of movement dysfunction to diagnosed pathology, mechanical stress, and hypo/hyper mobility
- Refine visual and palpatory evaluation skills
- Utilize programmed movement sequences, verbal cues, guided imagery, and manual contact to increase flexibility, coordination, and strength
- Teach neuromuscular control and kinesthetic acuity necessary for efficient, pain-free motion
- Integrate fundamental changes in habitual postures and movement into daily life

Each participant will receive an illustrated copy of the *Back Into Action Handbook*. $630

Weekend of February 15–17

Introduction to Gestalt Practice

Joyce Lyke

For workshop description see November 9-11. $325

Somatics: Internal Mastery of Muscles and Emotions

Thomas Hanna

For workshop description see October 12-14. $325

A Weekend with Paul Rebillot and Melissa Kay

Combining gestalt, guided meditation, gentle movement, and play with the needs of the participants, this group will create their own weekend of self-discovery and expression. $325

True Stories: Autobiographic Storytelling

Spalding Gray

Everyone has at least one good story in them. The aim of this workshop is to create a safe, supportive space to give birth to that story. Each member of the workshop will be asked to function as storyteller, audience, and critic. When you're not telling, you'll be asked to listen and respond.

This workshop is limited to twelve people who will be chosen on the basis of personal letters sent to Spalding Gray c/o Esalen. The letters should explain why you feel it is important for you to take the workshop. Please send no fees until you are notified by mail of your acceptance. $325

Achieving Sustained High Performance

Jerry & Kathleen Fletcher

Most people have had the experience of having something they were doing "take off" and go much better than expected. Yet many assume such times are lucky accidents, that it is not possible to create or sustain such performance deliberately or without stress, fatigue, and eventual burnout.

The results from ten years of research by the workshop presenters demonstrate that these times of exceptional performance are not capricious. Each individual has a pattern of actions that produces his or her best results. Once people learn their personal high performance patterns, they can carry out activities in a way that fits them and produce much better results for the same effort over sustained periods of time.

This seminar takes participants through a process in which they identify their individual high performance patterns and learn to apply them to their life and work. Developed through years of work with successful managers, executives, professionals, and work teams, it offers an approach to sustainable high performance, a welcome alternative to the stress, fatigue, and eventual burnout that accompanies constantly forcing oneself to peak periods of high output. $325

Week of February 17–22

Five-Day Massage Intensive

Brita Ostrom & Laurie Lioness Parizek

Participants will be instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Turning Fifty: For Women Only

Marion Woodman

These five days are for women, ages 49, 50, or 51, to celebrate the meaning of mature womanhood. Through lectures, discussions, and body awareness they will contemplate the questions most relevant to women at this age: What is our present relationship to our partner? What are the most important values in our ongoing relationship? What is our relationship to our inner partner? What is our relationship to ourselves if we do not have a partner? How do we relate to our children and to our parents? How do we relate to our menopausal bodies?

These and other questions arising in this transitional period will be the theme of this workshop. Participants are asked to bring musical instruments, art supplies, or any object that would be of importance to them in a ritual.

Please note: This workshop will begin Monday morning at 9 AM instead of Sunday evening. However, participants are welcome to arrive anytime after 4 PM on Sunday. $630

On Being a Man

David Schiffman

Many men today have sought to honor and embrace the emergence of the feminine principle in their own natures. As a result of this emphasis, the right to celebrate and honor the masculine has become a thorny and difficult dilemma.

A man's sense of his uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity. They will explore the following questions:

- What does a man need to know and accept about his own nature to feel himself fully as a man?
- Can men come together to create an atmosphere of trust and goodwill, where the masculine aspects that they have in common can be honored and appreciated in the *pleasure* of each other's company?
- Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
- Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illuminate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will be incorporated in this journey as well. $630

Advanced Enneagram Intensive

Helen Palmer

The enneagram is an ancient psychological typology that describes nine personality types and their interrelationships. Each type is defined by a chief mental and emotional preoccupation to which attention habitually returns. The types correlate well with the current categories of psychological practice, but can open us to the fact that the repeating preoccupations of heart and mind that we in the West tend to dismiss as merely neurotic can also be used

as access points into states of awareness like empathy, omniscience, and love.

Beginning with a review of the nine types, this workshop will focus on advanced material that can best be understood through oral teaching methods. These include learning to recognize type by listening to the differences in people's stories, by learning to ask key questions, and by paying attention to one's own internal impressions when in the presence of the different types.

This program is for those who are already familiar with the nine personality types and who wish to broaden their understanding of the system. It is intended for anyone who is interested in: recognizing ways in which the nine types relate to each other in intimate partnership and in work-related settings; determining strategies for working with the types; developing competency with the patterns of attention that support each type; gaining an understanding of the higher human abilities that can develop from working with the issues of type. This intensive can be applied as one of the requirements for the Enneagram Professional Training Program.

Recommended reading: Helen Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper & Row).

$630

Weekend of February 22–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 16-21. $325

Rap Dancing into the Third Millennium

Terence McKenna

The approaching new millennium, its perils and promise, will be the theme of this weekend. We will analyze and review the past thousand years with an eye to trends and opportunities that the future may bring. Western civilization is caught in a phase transition to the first planet-wide, species-wide civilization. Does the emergence of a shared set of universal values—democracy, free markets, and the dignity of the individual—have to mean the end of diversity and pluralism? What does human self-imaging through technology portend for each of us? Is the human race down for the count, or on the brink of its greatest adventure?

Psychedelics, virtual reality, and the transformative power of magic and language will be topics for discussion. Join us for a lively exploration of the unfolding drama of the human family's entry into hyperspace. "He who is not busy being born, is busy dying." $325

The Path of Transformation in Psychotherapy and Meditation

Daniel Brown

This workshop is designed for psychotherapists, practitioners of meditation, and those interested in the integration of the worlds of psychotherapy and spirituality. The leader will present an integrated model for the path of transformation, for the development of emotional experience, the sense of self and others, and reality sense. This model of normal, pathological, and optimal human development is drawn from the fields of child development, clinical psychology, and the great Eastern traditions of meditation.

This workshop will show how the path of meditation unfolds and will present a vision of optimal human development. It will also help participants learn to assess and treat different types of problems (clinical symptoms and meditation crises) which occur at various points along the overall developmental continuum. The workshop will address how psychotherapy can be used as a way to attain some of the necessary prerequisites for spiritual development and can assist with the problems that occur for the meditation practitioner and meditation teacher. It will also show how spiritual awareness can inform one's view of psychotherapy. Various experiential exercises and meditation practices will be used along with clinical case material. The workshop will be both experiential and didactic.

Much of the material will be drawn from the leader's experience as a clinician and teacher, and from his 18 years of practicing meditation, translating meditation texts from Sanskrit and Tibetan sources, and conducting scientific studies on deep meditation states and enlightenment on meditation masters in this country and in South Asia.

Recommended reading: Ken Wilbur, Jack Engler, and Daniel Brown, *Transformations of Consciousness* (Shambhala). $325

Week of February 24–March 1

Psychology of Spiritual Essence: Introduction to Ridhwan Work

Karen Johnson & Linda Krier

For workshop description see September 23-28. $630

A Workshop for Couples

Daniel Brown & Marushka Glissen

This workshop is for couples who want to improve their communication skills and understanding of each other. Ways for resolving conflict and practical methods for becoming self-assertive and self-transcending in a partnership will be taught. Some of the work will address how the family of origin and past conditioning contribute to bonding as well as conflicts. Time will be spent on how to find satisfaction, mutual support, relaxation, solitude, and play in day-to-day living as partners. Helping couples discover the wider purpose of being together through a sharing of values, love, and perhaps a spiritual vision will be emphasized. $630

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.' These activities can also be described as movements. What we call a 'body' can be seen as *movements* that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we *are* rather than as something we *do*.

"Our time together will be to enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder of meaningfulness as it shapes and colors the moment. For me, 'life' and movement are one." $630

February 24–March 8

Emotional Healing: From Co-Dependence to Aliveness

Karen Paine-Gernée & Terry Hunt

For workshop description see Special Programs, page 46. $1550

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Staff of the Esalen Soviet-American Exchange Program: Roger Macdonald, Virginia Barnes, Amy Vossbrinck, Dulce Murphy, Edward Taylor, Jim Garrison and Luke, Claire Ryle Garrison, Phillip Meyer-Epps.

October 21–November 2
Integrative Body Practice (IBP)
Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This will be a twelve-day residential training program in Integrative Body Practice. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields. The leaders will be assisted by Andrea Juhan and the staff of the Rosenberg-Rand Institute of Venice, California.

Recommended reading: Jack Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics) and *Total Orgasm* (Bookworks).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291; (213) 394-0147. $1550

November 11–December 7
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

This course will synthesize neurolinguistics and Ericksonian hypnosis, drawing heavily from the enneagram of character fixation. It satisfies the hypnosis coursework requirements for the M.F.C.C. and complies with the California state requirement for hypnosis certification.

While the use of hypnosis in habit control and symptom removal will be covered, a primary focus will be on hypnosis as a tool of spiritual emergence. Starting with the presupposition that we already live in trance and that the goal is waking up, the roots of personality structure and the filters of perception in the creation and transformation of reality will be carefully explored. Participants will have the opportunity to experience the power of trance to transform their lives, which will create a model for working with clients.

The structure of rapport, pacing and leading, and various hypnotic patterns of induction will be demonstrated and practiced along with a variety of clinical interventions, including reframing, change history, metaphors, and storytelling. There will be videotapes of Erickson and other well-known leaders in the field of hypnosis. Participants will have daily practice with each other and the opportunity to be videotaped doing a hypnotic induction. Daily zazen, Taoist yoga, and movement led by Antoinette Varner will also be a part of this program.

Upon completion of this course, participants who want to be certified must demonstrate a high level of professionalism as well as proficiency in technical skills to the satisfaction of the instructors before certification will be granted. After certification by the Institute for Advanced Hypnosis (testing and certification fee, $300), additional certifications are available from the American Council of Hypnotist Examiners ($125) and the Society of NeuroLinguistic Programming ($200).

Required reading: J. Haley, *Uncommon Therapy* (Norton); Grinder and Bandler, *Trance-Formations*; *Frogs into Princes*; and *Reframing* (all, Real People Press); Chogyam Trungpa, *Shambhala* (Shambhala); P.D. Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World); C. Castaneda, *Tales of Power* (Simon & Schuster); Joseph Campbell, *Myths to Live By* (Bantam).

C.E. credit is available for nurses; for more information see pages 47-48.

$2760 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

November 11–December 9
28-Day Massage Practitioner
Certification Program

Vicki Topp & Arthur Munyer

This 28-day program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture and demonstrations, hands-on practice sessions using each other as models, illustrated anatomy classes, and instruction in basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning.

Body work will be studied as a tool for optimal well-being and stress reduction and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. Upon satisfactory completion of the program, and after giving 30 additional recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program, with limited admission.

C.E. credit is available for nurses; for more information see pages 47-48. $2760

January 27–February 8
Advanced Training in
Shamanism and Shamanic Healing

Michael Harner

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others and to solve the problems of daily living. This twelve-day intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: a previous workshop with Michael Harner or an authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere. Such a workshop will be offered at Esalen immediately prior to this program. (See Esalen Seminars, January 25-27.)

Recommended reading: Michael Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford).

For more information and to apply, please contact Michael Harner, Foundation for Shamanic Studies, Box 670—Belden Station, Norwalk, CT 06852; (203) 454-2825. Early application is recommended.

February 24–March 8
Emotional Healing:
From Co-Dependence to Aliveness

Karen Paine-Gernée & Terry Hunt

Children who grow up in alcoholic, abusive, or otherwise unhealthy homes often develop certain disabilities which last through their lifetimes unless they are deliberately addressed, among them: an inordinate need to control, an over-developed sense of responsibility, fear of authority figures, inability to trust, difficulty having fun, compulsive behavior, fear of abandonment, and chronic lack of self-esteem.

Alcoholism is a disease of denial. ACAs tell themselves that it really wasn't so bad, and they learn not to feel what they cannot tolerate. As they deny pain, they screen out joy, and their adult lives are often filled with depression and loneliness. ACAs are often survivors, though, and most have emerged as successful-appearing adults. Yet they often spend so much energy managing and controlling work and relationships that they have little left for themselves.

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Soviet entrepreneur Joseph Goldin, who helped inspire the Esalen Soviet-American Exchange Program, with Mary Payne and Jim Hickman, two of the Exchange Program's founders, in Moscow in 1980.

A necessary part of recovery is moving from the state of being co-dependent in one's life toward a state of emotional sobriety. Through self-exploration, participants will have the opportunity to access, express, and release blocked emotions that they still carry from childhood and to tap the aliveness that was sacrificed when they buried their anger, fear, and grief. Points of focus for this workshop will include:

- Emotional Sobriety: Having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure.
- Pleasure/Addictions: Learning that true pleasure is a life-affirming non-addictive experience.
- Sexuality: Separating the unmet needs of the wounded child from adult intimate sexual relationships; learning basic tools for nurturing and sustaining healthy relationships.
- Boundaries: Looking at the tendency to alternate between fusing with another and then completely isolating oneself.
- Spirituality: Learning to have faith in the face of the horror experienced in childhood.
- Self-Esteem: Realizing that self-doubt is oftentimes based on old mental patterns, not on reality.
- Learning New Behaviors: Identifying and overcoming old ways of reacting.
- Looking Beyond the Label: Knowing when to stop calling oneself a co-dependent.

C.E. credit is available for nurses; for more information see pages 47-48. $1550

Massage Practitioner
Certification Program

Esalen offers a California state-approved massage program. Upon completion of a two-month massage work study track or a 130-hour massage practitioner workshop (see Special and Future Programs for dates), and after giving 30 additional massages elsewhere, graduates will receive their certificates. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring Outreach and Education

The Healthspring Project offers outreach, education, and referrals that extend Esalen's work in the healing arts and sciences to the outside world. It is an independent, service-oriented program of Esalen teachers and their associates.

Healthspring operates a global referral system, linking visitors to Esalen with body workers, counselors, and teachers from their home areas. There are ongoing pro-

grams at Esalen and a traveling workshop service in the U.S. and abroad. Instructors teach self-healing, Esalen body work, yoga, breath and body awareness, dance and centering movement, and meditation. Many instructors have experience in gestalt practice and movement continuum.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening which may be borrowed by seminarians for a two-week period while at Esalen. Donations of books or periodicals are greatly appreciated.

For access to the referral system and traveling workshop program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

Institute of Transpersonal Psychology Offers External Master's Degrees

Beginning in September 1990, work students will have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Dwight Judy
External Program
Institute of Transpersonal Psychology
250 Oak Grove Ave.
Menlo Park, CA 94025
(415) 326-1960

■ MEDICAL PROGRAMS

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs specifically listed below offer continuing education credit. See workshop descriptions elsewhere in the catalog.

September 9–14
Touch and Texture: Clay and Massage
Peggy Morrison Horan & Alison Limoges
30 hours

September 14–16
The Feeling Process
Janet Zuckerman
10 hours

September 21–23
Co
Kathleen Riordan Speeth
10 hours

September 23–28
Living Meditations
Judyth Weaver
30 hours

September 28–30
Weekend Massage Intensive
Laurie Lioness Parizek & Attila Vaas
10 hours

September 30–October 5
Basic Esalen Massage
Char Pias Brenner & Arthur Munyer
30 hours

October 7–12
Help for Adult Children of "Normal" Parents: The Continuum Concept
Jean Liedloff
30 hours

October 14–19
Trigger Point and Esalen Massage: Advanced Workshop
Arthur Munyer & Esalen Massage Practitioners
30 hours

October 14–19
Learning to Live, Laugh, and Love: For ACAs and Others
Karen Paine-Gernée & Rick Paine
30 hours

October 19–21
Weekend Massage Intensive
Laurie Schutz Munyer & Esalen Massage Practitioners
10 hours

October 21–26
Sports Massage
David Streeter
30 hours

October 28–November 2
Five Days with Janet Zuckerman
30 hours

November 4–9
Healing Through Movement
Meir Schneider
30 hours

November 9–11
Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

November 9–11
Introduction to Gestalt Practice
Joyce Lyke
10 hours

November 11–December 7
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
30 hours

November 11–December 9
28-Day Massage Practitioner Certification Program
Vicki Topp & Arthur Munyer
30 hours

November 18–25
The Feldenkrais® Method and Cortical Reeducation
Harriet Goslins & Frank Oliveira
30 hours

December 2–7
Breaking the Chain: A Holiday Workshop For ACAs and Co-Dependents
Karen Paine-Gernée & Rick Paine
30 hours

December 7–9
Creating Time: A Rhythm for Health and Longevity
Stephan Rechtschaffen
10 hours

December 14–16
Introduction to Gestalt Practice
Joyce Lyke
10 hours

December 16–21
Massage for Couples: Quality Contact
Til Luchau & Rita Thangaraj
30 hours

December 16–21
Spiritual Healing: Laying On of Hands
Maria Lucia Sauer Holloman
30 hours

December 23–28
The Body and Zen
Dub Leigh & Audrey Nakamura
30 hours

December 23–28
Art as Therapy in Human Development
Erika Steinberger
30 hours

December 28–30
Weekend Massage Intensive
Robert Helm & Deborah Anne Medow
10 hours

December 28–30
Introduction to Focusing
Mary McGuire
10 hours

December 30–January 4
Craniosacral System: Basic Workshop
Jim Asher & Jane Harrington
30 hours

December 30–January 4
Focusing, Dream Work, and the Helping Relationship
Mary McGuire
30 hours

January 6–11
Advanced Massage: Sculpting of the Conscious Medium
Vicki Topp & Dick Stratman
30 hours

January 13–18
Intermediate Craniosacral Workshop
Hugh Milne
30 hours

January 13–18
Touching Spirit: Dimensions of Psychic Healing™
Elizabeth Stratton
30 hours

January 18–20
Non-Adversarial Child Care: The Continuum Concept in Practice
Jean Liedloff
10 hours

January 18–20
Somatosynthesis: Touching Mind and Emotion Through the Body
Clyde Ford
10 hours

January 18–20
Psychoneuroimmunology and its Implications
George Solomon & Margaret Kemeny
10 hours

February 8–10
Biofeedback Assisted Open Focus and Brain Wave Synchrony Training
Les Fehmi & Susan Shor
10 hours

February 15–17
Introduction to Gestalt Practice
Joyce Lyke
10 hours

February 17–22
Five-Day Massage Intensive
Brita Ostrom & Laurie Lioness Parizek
30 hours

February 24–March 8
Emotional Healing: From Co-Dependence to Aliveness
Karen Paine-Gernée & Terry Hunt
30 hours

■ WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The standard refund policy reflects the fact that few of these expenses can be recovered. To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited. (*Please note:* The Grand Canyon trip has a different cancellation and refund policy. See workshop description below.)

August 27–September 9
Path of the River: A Grand Canyon Journey
Steven Harper, Wendy Palmer, Bob Melville & Arizona Raft Adventures Staff (AZRA)

The Grand Canyon and Colorado River provide an environment of dramatic variety which is intimate and awesome, soft and demanding, yet always rewarding for those who are open to all it has to offer. On this 14-day whitewater raft trip through the entire length of the Grand Canyon, participants can explore offerings of river, canyon, and natural world. The river is a teacher and primary metaphor. The group will draw from aikido, dance, energy awareness, meditation, and gestalt to enhance their experience of this majestic wilderness area.

Travel will be in paddle and oar rafts. Instruction will be offered in basic aspects of river life such as paddling and minimum-impact river camping. Group members will have time to discuss the Canyon's ecology, geology, natural and cultural history; to hike and explore side canyons; to sit quietly and reflect; to integrate learnings from this trip into their lives.

River experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity and to participate fully. The workshop begins at 7 AM August 27 in Flagstaff, Arizona; there will be a pre-trip meeting at 6 PM the evening before. AZRA will supply all the necessary river rafting gear, food, and transportation between Flagstaff and the Canyon. Details and a personal equipment list will be sent upon registration. Enrollment is limited.

Due to Esalen's special arrangement with AZRA, the following cancellation policy is in effect for this workshop: A $200 nonrefundable deposit per person will confirm your reservation. Balance is due May 27, 1990. If you cancel prior to May 27, your nonrefundable deposit, less a $60 registration fee, may be applied to other Esalen programs, to be used within one year. No refunds are available after May 27. This program will be canceled if not full by May 27. Register early to reserve your spot and to ensure that the trip will go. $1800

WORK STUDY PROGRAM

The Work Study Program is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. It is not for those who wish to take catalog workshops or for those who are unwilling to be fully engaged in the work-life of the community. Participants will work 32 hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and will participate, along with staff and long-term students, in that department's program. It is advantageous for applicants to be able to speak and understand English.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study Coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School/Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. *Participants must be prepared to stay at Esalen for the full duration designated for that particular program*, assuming that they meet the standards of the Work Study Program.

Two programs are planned for each month. Programs scheduled thus far for 1990-91 include:

August 26–September 23
Karuna Licht offers women a month of healing and recovery. Emotional work, meditation, art, dance, and ritual will be the modalities.

Judy Blackstone will teach Subtle Self Work, a method for deep attunement to oneself and others, combining meditation, movement, and gestalt.

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Big Sur, 1989: Participants in the Soviet-American Exchange Program celebrating the 50th anniversary of John Steinbeck's *The Grapes of Wrath*. Pictured here are the Soviet scholars with their American hosts, at the home of Esalen Trustee Mary Ellen Klee: Roger Peters, Dulce Murphy, Yasen Zasursky, Tatiana Kudriatseva, Alexander Muliarchik, Mary Ellen Klee, Michael Murphy, Frieda Lurie, and Tankred Golenpolsky (seated).

FUTURE PROGRAMS

Listed here are a few of the programs planned for spring 1991. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Not all of the dates are set as of this printing; more information will be available in the next catalog, or you can call the office for details.

March 8–April 5
28-Day Massage Practitioner Certification Program
George King & Peggy Morrison Horan
Please see Special Programs, November 11-December 9, for workshop description.

(Date to be announced)
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
Please see Special Programs, November 11-December 7, for workshop description.

(Date to be announced)
A Workshop with Jack Rosenberg and Beverly Kitaen Morse

(Date to be announced)
12-Day Advanced Massage Intensive
Esalen Massage Practitioners

September 23–October 21
Ellen Watson and *Marcus Laux* will focus on the well-being of mind, body, and spirit via ritual, movement, and body work in an atmosphere of trust, warmth, and fun.

October 21–November 18
Terry Hunt will lead a program in emotional sobriety for adult children of alcoholic and abusive parents.

November 18–December 16
Mary (Devarani) Goldenson's program of letting go and moving on employs Reichian methods, Radix®, dance, imagery, gestalt, and meditation.

December 16–January 13, 1991
Beverly Silverman and *Michel Roure* will lead a dialogue between body and spirit using Rolfing®, gestalt, and psychosynthesis.

January 13–February 10
Perry Holloman will lead this monthlong. Please call the office for details.

February 10–March 10
Mary (Devarani) Goldenson will repeat her program of November 18-December 16, 1990.

March 10–April 7
Joyce Frazee will focus on dream work using a variety of approaches including gestalt, dream body awareness, and mandala drawing.

John Soper's group will focus on ways to improve the quality of life. The work will start with the individual and grow to include the environment.

April 7–May 5
Julian Silverman's program will draw from psychosynthesis, gestalt, and *A Course in Miracles* to explore the ideas of being responsible for one's life and personal power.

Esalen staff members will offer a sampler of methods of inquiry found at Esalen, including gestalt, meditation, movement, and body work.

May 5–June 2
Eli Jaxon-Bear, Antoinette Varner, and *guest leaders* will combine hypnosis, movement, and meditation as vehicles for engaging life as a spiritual path.

Marilyn Harris Kriegel will lead a program on relationship: to self and others, to the familiar and unknown. Tools will include psychosynthesis, gestalt, garden- and cookbooks.

June 2–30
David Streeter will focus on the art and discipline of contemplation, combining yoga and meditation.

Jackie Rosin and *Kay Brownfield* offer a month of psychosynthesis to explore the nature of essence. Meditation, guided imagery, music, movement, art, and individual process work will be some of the modalities used. Professionals are invited.

June 30–July 28
Jeanne Achterberg and *Frank Lawlis* will focus on the healing power of the imagination. Components of healing ritual, sounds and symbols of various cultures, and healing rites which combine ancient wisdom with modern knowledge will be explored.

Karuna Licht and *Cynthia Johnson Bianchetta* will facilitate the spirit of creativity as a healing journey of self-discovery and self-expression through various artistic processes, meditation, and ritual.

July 28–August 25
Janet Lederman will lead a program for professionals involved in public education today, with the focus on learning: the what, how, when, and where.

Mary (Devarani) Goldenson will repeat her program of November 18-December 16, 1990.

August 25–September 22
Phyllis Shankman offers a month of in-depth group process/gestalt work using the creative arts, as well as meditation, massage, and movement for self-exploration and healing.

Perry Holloman will repeat his program of January 13-February 10.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the two-month body work program, is $700 the first month, $650 the second month, $600 the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see page 51) with your deposit to:*

Work Study Program,
Esalen Institute,
Big Sur, CA 93920.

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Mackenzie Murphy at age 2 (second from right), with Soviet friends on a park bench in Moscow in 1987.

WORK STUDY PROGRAM APPLICATION

Name _____ ☐ Male ☐ Female

Date of Birth _____ Occupation _____

Place of Employment _____

Daytime Phone (____) _____ _____ HOME ADDRESS

Evening Phone (____) _____ _____ STATE AND ZIP CODE

Date of Application _____ _____ COUNTRY

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. _____

Which program(s) are you interested in? Please list the leader's name. _____

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

_____

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

FRIENDS OF ESALEN

We invite you to join us in our organization—
the Friends of Esalen scholarship fund.

Friends of Esalen provides financial aid to people who are eager to attend our workshops but who cannot afford them. We believe that one of our first priorities is to make our programs available on a broader basis. We have therefore decided to use membership contributions to fund such scholarships. Esalen will, in turn, match your contribution.

In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog* for one year. We hope you feel your experience at Esalen was worth the sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen; I enclose my check for the category marked.

☐ I wish to renew my membership in Friends of Esalen.

☐ One Year Student ..... $15 ☐ One Year Individual ..... $25 ☐ One Year Sponsor $100
☐ One Year Senior ..... $15 ☐ One Year Donor ..... $50 ☐ One Year Patron $500

Name _____ Student Affiliation _____

Address _____ City _____

State _____ Zip _____ Date _____

Please mail to: Friends of Esalen, Big Sur, CA 93920.
Contributions are tax-deductible.

■ AUDIO RECORDINGS

The Dolphin Tape Series

Intermingled with favorites from past tape lists, here are more titles on the phenomenon of the paradigm shift—from new science and new philosophy to a blending of objective and subjective, matter and meaning, head and heart, intellect and intuition—opening to deeper landscapes and wider horizons. Nearly all titles were recorded in stereo. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Reb Anderson: *Zen*, 1980
Anne & Jim Armstrong: *The Power of Intuition*, 1987
Gregory Bateson: *Metaphors and Butterflies*, 1975
David Brower: *Breaking the Species Barrier*, 1971
Joseph Campbell: *The Hero's Journey (80th year)*, 1984
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
Fritjof Capra: *Shifting Paradigms and Social Change*, 1980
Fritjof Capra: *Ecological Vision*, 1984
Fritjof Capra: *Characteristics of Systems Thinking*, 1985
Richard Feynman: *Quantum Mechanical View of Reality*, 1983
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Willis Harman: *New Consciousness in a New Society*, 1972
Arthur Hastings: *Transpersonal Realities (Boston)*, 1979
Hazel Henderson: *The Politics of Reconceptualization (Boston)*, 1979
Albert Hofmann: *The Transmitter-Receiver Concept of Reality*, 1984
Aldous Huxley: *Human Potentialities/Visionary Experience*, 1960
Donald Keys: *Choosing a New World (Maui)*, 1982
Jack Kornfield: *The Sword of Wisdom (Boston)*, 1979
Jack Kornfield: *The Smile of the Buddha (Bombay)*, 1982
George Leonard: *Steps Toward Utopia*, 1966
George Leonard: *Ecstasy and Education*, 1970
Robert Muller: *The Language of Happiness*, 1983
Robert Muller: *Toward a Global Community*, 1983
Abraham Maslow: *Self-Actualization*, 1966
Terence McKenna: *New and Old Maps of Hyperspace*, 1982
Brendan O'Regan: *Decision-Making in the Global Village*, 1972
Robert Ornstein: *On the Psychology of Meditation*, 1971
Karl Pribram: *Preface to the Holographic Mind*, 1978
Carl Rogers: *The Person of Tomorrow*, 1970
Carl Rogers: *My Philosophy and How It Grew (AHP)*, 1972
Bob Schwartz/Peter Schwartz: *Consciousness Evolution (Boston)*, 1979
Rupert Sheldrake: *Morphic Resonance (Bombay)*, 1982
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Rupert Sheldrake: *Resonance and Myths of Nations*, 1987
Julian Silverman: *A Light-Hearted Course in Miracles*, 1984
Huston Smith: *No Wasted Journey*, 1968
Huston Smith: *The Nature of Reality (Boston)*, 1979
Russel Targ: *Parapsychology and Physics*, 1972
Charles Tart: *On the Paranormal*, 1971
Alan Watts: *Divine Madness*, 1968
Robert Anton Wilson: *The Prism Lecture (Santa Cruz)*, 1982
Robert Anton Wilson: *The I in the Triangle*, 1984
Arthur M. Young: *The Bacon-Shakespeare Controversy*, 1983

Two-tape titles are $18:

Walt Anderson/Ted Roszak: (2) *The Upstart Spring (Esalen)*, 1984
Angeles Arrien: (2) *The Story of Basque Mysticism*, 1982
Robert Bly: (2) *Fairy Stories for Men and Women*, 1982
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1979
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Capra/Grof: (2) *Beyond Time and Space*, 1977
Ram Dass: (2) *One Man's Journey to the East*, 1969
Ram Dass: (2) *Creativity and Spirituality*, 1987
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Buckminster Fuller: (2) *The Critical Path (Maui)*, 1982
Stan & Christina Grof: (2) *Holonomic Consciousness Paradigm*, 1982
Stanislav Grof: (2) *The Cosmic Game*, 1987
Jean Houston: (2) *The Possible Human (Boston)*, 1979
Robinson Jeffers: (2) *A Dramatic Presentation (Carmel)*, 1972
Timothy Leary: (2) *The Power of Imprinting*, 1982
Abraham Maslow: (2) *The Further Reaches of Human Nature*, 1968
Karl Pribram: (2) *The Holographic Model Today*, 1985
Kenneth Ring: (2) *Near-Death Experiences*, 1985
Bob Schwartz: (2) *Entrepreneurship and Human Potential*, 1980
Brother David Steindl-Rast: (2) *Healing Starts from the Heart*, 1984
Andrew Weil: (2) *Interplay of Mind and Body Realities*, 1982
Lynn White & Alan Watts: (2) *Ecological Crisis*, 1972

Four-tape titles are $36:

Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
James Fadiman: (4) *A Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1968
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day (Marin)*, 1983
Jack Rosenberg: (4) *A New Understanding of Relationships*, 1982
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Brother David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur M. Young: (4) *Interviews on the Reflexive Universe*, 1983

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■ BIOGRAPHICAL INFORMATION

A

Jeanne Achterberg,
professor at the Institute of Transpersonal Psychology, is a pioneering researcher in imagery. She is the author of Rituals of Healing; Woman as Healer; *and* Imagery and Healing.
p. 50

Stephen Aizenstat
is president of the Human Relations Institute and a core faculty member of its M.A. and Ph.D. programs in depth psychology.
p. 28

Andra Akers
is founder/president of International Synergy Institute and publisher of its journal. She is currently writing a book about Eastern Europe from an intercultural perspective.
p. 31

Ronald Alexander
is a group leader and trainer of gestalt practitioners. He is director of clinical training at Ryokan College, teaches meditation, and is a creativity consultant.
p. 24

John Allen,
class "A" PGA member and former tour player, has been a teaching golf professional for over twenty years and a serious student of the inner game for the past five.
p. 23

Anne Armstrong
has been doing transpersonal counseling for over twenty-five years and has trained professionals to use their intuitive abilities.
p. 22, 40

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 22, 40

Angeles Arrien,
a native Basque, is an author, anthropologist, and educator. Her teachings are based on the universality of values, ethics, and experiences as they relate to myths, symbols, and the arts.
p. 41, 42

Jim Asher
has been practicing cranial work since 1973. He is a Rolfing® teacher and an advanced Rolfer, certified by Ida Rolf.
p. 36, 48

Nancy Azara
is an artist and psychic consultant who exhibits her carved and painted sculptures in New York City. Her workshops focus on the magical properties and healing qualities inherent in art-making.
p. 20

B

Nancy Bacal,
novelist, lyricist, documentarian, screenwriter, has taught writing workshops for years. Student of meditation and aikido, her work includes the award-winning film, Raga, *starring Ravi Shankar.*
p. 41

Gyorgy Balo,
president of Hungarian Television Channel 2 and editor-in-chief of its daily current affairs program, is past-president of the Association of Hungarian Journalists and Artists, and an author.
p. 31

James Baraz
has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.
p. 19, 37

Leonard Bearne
has studied self-acceptance training with Richard Olney for several years. He practices gestalt, hypnosis, and Radix®.
p. 18

Cynthia Johnson Bianchetta
is an artist, photographer, dancer, metaphysical practitioner, and minister-in-training for the Center for Spiritual Healing.
p. 50

Judy Blackstone
is a dancer, meditation teacher, author, and counselor. She is the founder of The Subtle Self in Motion, a method for deepening experience through movement.
p. 26, 49

Jean Shinoda Bolen
is a psychiatrist, Jungian analyst, and author of Goddesses in Everywoman; Gods in Everyman; *and* The Tao of Psychology.
p. 40

Julie Bowden,
pioneer in the children of alcoholics (COA) field, is co-founder of the National Association for COAs. She co-authored Recovery: A Guide for Adult COAs *and* Genesis: Spirituality in Recovery.
p. 18, 42

Luc Brebion,
a graduate of the University of Bordeaux, France, is a psychologist in private practice in Berkeley. He leads workshops on the experience of beauty as a way to self-knowledge.
p. 23

Char Pias Brenner,
dancer, singer, performing artist, massage teacher, and mother, is currently in residence at Esalen Institute.
p. 22, 47

Jessica Moore Britt,
gestalt and Reichian work practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development.
p. 17, 41

Charles Brooks,
author of Sensory Awareness, the Rediscovery of Experiencing, *has been a teacher of Sensory Awareness since 1963, often in conjunction with Charlotte Selver.*
p. 28

Daniel Brown
is chief psychologist at Cambridge Hospital and assistant professor of psychology at Harvard Medical School. He has spent nearly two decades studying the great meditative traditions.
p. 44

Kay Brownfield
has extensive training in gestalt and massage, and currently teaches psychosynthesis. She has a private counseling practice in Toronto.
p. 50

C

John Caple
is a consultant, writer, and worklife advisor to company presidents. In two earlier careers he was a business executive and college professor.
p. 34

Paul Carter,
co-founder of Meta Education and Training Arts, leads workshops around the world on Whole/Parts Transformation, Ericksonian hypnosis, creativity, and self-expression.
p. 31

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 36, 37

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco.
p. 18, 36

Kenn Chase,
teacher of traditional Yang style t'ai chi ch'uan for twenty years, combines body alignment, relaxation, and breathing methods. He has studied with masters of t'ai chi, kung fu, and chi kung.
p. 24

Stephen Cohen,
an Esalen resident, gestalt practitioner, and Experiencing Esalen staff member, is a longtime golf hacker.
p. 23

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 44

Phil Cousineau,
a freelance writer, has taught screenwriting at the American Film Institute. He was co-writer and associate producer on The Hero's Journey: The World of Joseph Campbell.
p. 27

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Painting Experience Studio in San Francisco.
p. 18, 36

D

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October, Cycles, River Notes, *and* Amber.
p. 27, 36, 37

Laura Day
has been a practicing intuitive for over a decade in the U.S. and Europe. She teaches intuitive skills for use in daily life and business.
p. 27, 28

David Densmore
is an artist and writer and has been co-facilitator of Seeds of Singing for the past five years.
p. 39

Laura DeNuccio (Ma Prita)
is a certified Radix® teacher with over fifteen years of experience combining Reichian body work, vision work, movement, ritual, and meditation.
p. 30

Patrick Douce,
one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived part of the year in Bali, where he observes Balinese and other Indonesian "energetic" sciences.
p. 29, 35, 47

E

David Eddy,
counselor, supervisor, and consultant, is executive director of the Family Therapy Institute of Washington, D.C. His expertise includes hypnosis, interpersonal interaction, and creative intervention.
p. 32

Diane Egli,
violinist and member of the Suzuki Association of America, teacher/performer, and Gazebo School/Park teacher at Esalen, was a California Arts Council "Artist in Residence." She has a master's degree in music.
p. 19

F

Chieh-Hsi Fan,
a classic and modern dancer, trained in Taiwan and Japan. She is noted for her performances of the Dun Huang Buddhist Cave ritual dances.
p. 38

Les Fehmi,
psychologist, author, and researcher, is the founder/director of the biofeedback clinic at the Medical Center of Princeton. He is the originator of the Open Focus Method.
p. 41, 48

Jerry Fletcher
is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in San Anselmo, California.
p. 43

Kathleen Fletcher
is a trainer and consultant in organizational development, working in both the profit and non-profit sectors.
p. 43

Clyde Ford
is a chiropractor and craniosacral practitioner. His interest is in the use of touch to work with emotional, psychological, and spiritual issues related to physical pain, stress, and disease.
p. 39, 48

Joyce Frazee,
gestalt and dream work practitioner in private practice for seventeen years, is a teacher at the Gestalt Training Institute in Vancouver, Canada.
p. 27, 50

G

Marushka Glissen
is a family and couples counselor in Cambridge. She has worked with children for the past ten years.
p. 44

Herbert Gold
has published over twenty books, most recently Lovers & Cohorts: Twenty-Seven Stories, *and the novels* A Girl of Forty *and* Dreaming.
p. 26

Mary Goldenson (Devarani),
clinical psychologist, chiropractor, and certified Radix® teacher, works around the world and has a private practice in West Los Angeles.
p. 22, 26, 30, 37, 50

Lawrence Goldfarb
is a Feldenkrais® teacher, cybernetician, author, and founder of Mind in Motion. He teaches seminars internationally and maintains a private practice in San Francisco.
p. 42

Chlöe Goodchild,
British singer and teacher, has pioneered several projects in the fields of creativity and transformation, including the Avon Peace Education Project, The Way of Art, and the Inner Voice.
p. 23

Harriet Goslins
is the originator of the Goslin's method of Cortical Reeducation. She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, and social anthropology.
p. 30, 47

Spalding Gray,
writer and actor, has created a series of thirteen autobiographical monologues which he has performed in the U.S., Europe, and Australia. He has taught storytelling at Columbia, NYU, and Omega Institute.
p. 43

Bruce Gregory
is a psychologist in private practice and is an organizational consultant to business and industry.
p. 24

H

Robert Hall,
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for twenty-five years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 39

Thomas Hanna
is director of the Novato Institute for Somatic Research and Training, editor of Somatics *magazine, and author of* The Body of Life; Bodies in Revolt; *and* Somatics.
p. 25, 43

Michael Harner
has practiced shamanism for more than a quarter of a century and pioneered the teaching of shamanism in contemporary life. His books include The Way of the Shaman.
p. 40, 46

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 17, 22, 24, 48

Jane Harrington
is a certified Rolfer and Rolf movement teacher with extensive craniosacral experience. She is in private practice in Boulder, Colorado.
p. 36, 48

Richard Strozzi Heckler,
psychologist and fourth-degree black belt in aikido, has worked with such diverse groups as the Army Special Forces, emotionally disturbed children, corporate executives, and inner city gangs.
p. 23

Robert Helm,
an Esalen massage crew member, blends a broad range of body work methods with the sense of presence he feels is the heart of Esalen massage.
p. 35, 48

Nick Herbert
is the author of Quantum Reality; Faster Than Light; *and the forthcoming* Elemental Mind.
p. 23

Gabriele Hilberg
has conducted workshops for health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 25

Maria Lucia Sauer Holloman
has been a seminar teacher since 1982 in Brazil and the U.S.
p. 33, 48

Perry Holloman
has been a body work practitioner at Esalen since 1981. He integrates emotional and somatic modalities into his practice.
p. 50

Peggy Morrison Horan
has been practicing and teaching massage at Esalen for twenty years. She is a student of childbirth, dance, and movement.
p. 18, 47, 49

Chungliang Al Huang
is a Tai Ji dancer, artist-calligrapher, and philosophical entertainer. He is founder/president of Living Tao Foundation and director of Lan Ting Institute, Wu Yi Mountain, China.
p. 31, 36, 37, 38

Terry Hunt
is a licensed psychologist in Massachusetts specializing in bioenergetic analysis with ACAs and other addictive disorders. He is co-author of Emotional Healing.
p. 44, 46, 48, 50

J

Muriel James,
author, lecturer, and consultant, has a doctorate in education from UC Berkeley on the psychology of adult learning. She has a private practice and works with mental health educators.
p. 23

Erik Jarlnaes
is a Reichian practitioner, athlete, and journalist. He uses the Danish Bodynamic approach in working with the body and emotions.
p. 22

Eli Jaxon-Bear
is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. He is the past-president of a Tibetan Buddhist meditation center.
p. 26, 30, 45, 47, 49, 50

Karen Johnson
is a colleague of Hameed Ali and has been a teacher in the Ridhwan school since its inception. She was instrumental in the development of the Diamond Approach.
p. 44

Arthur Samuel Joseph
has twenty-six years of experience as a private teacher and professor in voice. He is the creator of Vocal Awareness, a method that integrates the mind, body, and spirit through the vocal arts.
p. 33

K

Melissa Kay,
writer and editor in the field of religion and ritual, is a student of the work of Rudolf Steiner. She has been working with Paul Rebillot since 1978.
p. 42, 43

Sam Keen
is the author of ten books, including The Passionate Life *and, most recently,* Faces of the Enemy.
p. 26

Margaret Kemeny
is trained in behavioral science and immunology. She conducts psychoneuroimmunologic research at the UCLA School of Medicine on individuals infected with the Human Immunodeficiency Virus.
p. 39, 48

George King,
a massage practitioner for twenty-seven years, specializes in massage of dancers and has toured with many companies.
p. 49

Si Chi Ko,
a visionary photographer from China, has collaborated with Chungliang Al Huang for over twenty years.
p. 38

Marilyn Harris Kriegel
is a licensed marriage and family counselor, author, and gardener. She is currently writing a play about women, aging, and relationship.
p. 50

Mari Krieger
is a counselor in full-time practice. She works with individuals, couples, groups, and organizations, and teaches at John F. Kennedy University.
p. 17

Linda Krier
has been a teacher in the Ridhwan school for eight years and an Aston-Patterner for fourteen years. Her special interest is in the body as it expresses personality and essence.
p. 44

L

Stephen LaBerge
is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious, or "lucid," dreaming at Stanford University.
p. 23

George Lakoff
is a professor of linguistics at UC Berkeley and an expert on metaphor.
p. 25

Marcus Laux
is a naturopathic physician, writer, educator, and medical spokesperson for the health and fitness industries. He chairs the Department of Western Sciences at Emperor's College of Traditional Oriental Medicine.
p. 50

Frank Lawlis,
a diplomate and elected Fellow of the American Psychological Association, is president of the Institute of Transpersonal Psychology. He specializes in behavioral medicine.
p. 50

Eric Lawton
is a lawyer and award-winning photographer who has traveled and exhibited all over the world. He performed his multi-media show at the Hollywood Bowl with the Los Angeles Philharmonic in 1986.
p. 27

Scott Layton
is a graduate of the Shambhala training at Naropa Institute and is a senior teacher for the Ridhwan Work School.
p. 17, 41

Janet Lederman
is executive director and designer of Esalen's Gazebo School/Park and Gazebo philosophy of learning.
p. 50

Dub Leigh,
longtime body work practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye roshi.
p. 34, 48

Annie Styron Leonard
is a founder of the Energy Training Institute in Mill Valley, California, and an aikido black belt.
p. 20, 39

George Leonard
is a third-degree aikido black belt, founder of Leonard Energy Training (LET), and author of The Silent Pulse; Adventures in Monogamy; *and* Walking on the Edge of the World.
p. 20, 39

Master Share Lew,
age seventy-two, is a temple-trained Taoist priest from southern China with over half a century's experience in Taoist health practices and healing arts.
p. 28

Karuna Licht
is an artist and counselor interested in healing the heart and living creatively.
p. 49, 50

Jean Liedloff,
author of The Continuum Concept, *consults privately with adult children of "normal" parents and leads discussions on non-adversarial child care.*
p. 24, 38, 47, 48

Alison Limoges
teaches children and adults how to work and play with clay. She founded the Creative Arts Center at Canyon Ranch Resort in Tucson, where she taught pottery classes for three years.
p. 18, 47

Elisa Lodge
comes from a professional acting background and is a certified Rolf movement teacher. She assists people in the creative process through the expressive arts.
p. 21, 41

Paul Lounsbury
has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.
p. 34

Viatcheslav (Slava) Loutchkov
is a Soviet psychologist currently working in the U.S. He is a Harriman Fellow and has a MacArthur grant to study psychology and perestroika. He is project director for SAEP's Psychology Project.
p. 28

Jananne Lovett-Keen
is a musician and body worker with a private practice for women called "Care for the Caretakers."
p. 26, 40

Til Luchau,
certified Rolfer and massage practitioner, teaches massage, yoga, and related body practices for the Rolf Institute and the Colorado Outward Bound School Health Services Program.
p. 33, 48

Nancy Kaye Lunney,
formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen.
p. 38

Joyce Lyke,
gestalt practitioner and member of Esalen's gestalt staff, is a teacher in training in the Ridhwan Work School, which is dedicated to understanding personality and essential development.
p. 29, 33, 42, 47, 48

M

Cloe Madanes,
co-director of The Family Therapy Institute of Washington, D.C., is a counselor and teacher. She is the author of Love, Sex, and Violence: Strategies for Intervention.
p. 32

Lisbeth Marcher,
founder and developer of the Danish Bodynamic approach to working with the body and emotions, has recently started a three-year training program in Bodynamic Analysis in the U.S.
p. 22

Dean Marson
is a member of the Esalen massage crew. His interests include subtle body work and methods of self-care.
p. 41

Ed Maupin
is a psychologist who specializes in body methods of growth and development. He was trained as a Rolfer by Ida Rolf and currently is president of IPSB, a school of body work in San Diego.
p. 35

Rollo May
has taught at Harvard, Yale, Princeton, and UC. He received an award for outstanding contribution from the American Psychological Association and the Martin Luther King Award for his contribution to brotherhood.
p. 40

Heather Maycock-Ogilvy,
a clinical psychologist in private practice in Menlo Park, California, specializes in longterm psychodynamic work with children and adults.
p. 31

Myron McClellan
is a teacher and counselor trained in the history of religious thought, neurolinguistic programming, whole brain reeducation, and body-centered psychology.
p. 41

Mary McGuire,
an associate of Eugene Gendlin, is program director of the Focusing Institute in Chicago.
p. 35, 36, 48

Terence McKenna
authored True Hallucinations *and* Time-wave Zero. *He is a psychoactivist interested in the role that hallucinogenic plants play in forming human languages and cultures.*
p. 22, 44

Deborah Anne Medow,
Esalen leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 31, 34, 35, 48

Bob Melville
is a veteran Grand Canyon river guide of sixteen years. He shares the wonders of the Canyon through his knowledge and experience.
p. 17, 48

Hugh Milne,
third-generation Scottish osteopath with twenty years' experience, has practiced and taught cranial work, healing, and psychometry abroad and in the U.S. He works in San Francisco.
p. 38, 48

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 27, 39, 45, 49

Katriona Munthe
is an English psychologist with twelve years' experience at the Institute for Biodrama. She is the author of Ecce Signum, *a biography of Lorenzo Ostuni's work.*
p. 26

Arthur Munyer,
a member of the Esalen massage crew, is a trigger point specialist and longtime body work practitioner trained by Dub Leigh and Lauren Berry.
p. 22, 25, 30, 45, 47

Laurie Schutz Munyer,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has also led parent-infant workshops.
p. 26, 47

N

Audrey Nakamura
was trained by Hawayo Takata, Dub Leigh, and Tanouye Tenshin roshi. She has been a practitioner for sixteen years.
p. 34, 48

John Nicholas,
a graduate of the C.G. *Jung Institute in Zurich, is a teacher, counselor, author, analyst, and international career management consultant.*
p. 17

O

Violet Oaklander,
a psychologist in Santa Barbara, California, is the author of Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents. *She leads workshops throughout the world.*
p. 27

Frank Oliveira
is a Cortical Reeducation practitioner and has studied with South American traditional healers. He has a private practice in Van Nuys, California.
p. 30, 47

Richard Olney
studied with Alan Watts, Fritz Perls, and Alexander Lowen, and has been influenced by the eidetic imagery work of Akhter Ahsen. He has led self-acceptance trainings in the U.S. and Europe.
p. 17, 18

Onye Onyemaechi
is a performing artist, percussionist, and spiritual healer who conducts workshops for children and adults based upon African traditional life-styles.
p. 33

Susan Osborn
was the lead vocalist for the Paul Winter Consort for ten years. She has a twenty-year career of concerts, recordings, and song-writing and has been teaching Seeds of Singing for the past eight.
p. 39

Kathleen O'Shaughnessy
has been involved for twenty years in body/mind disciplines and for twelve years with the major psychological practices, transpersonal crisis, and the shamanic outlook.
p. 29, 41

Brita Ostrom,
*a longtime Esalen massage practitioner, incorporates Trager*SM *training and gestalt awareness work with the personal energetic connection of the Esalen massage.*
p. 43, 48

Lorenzo Ostuni,
an Italian philosopher and anthropologist, is the author of various symbolic psychosystems for studying and integrating human personality. He is the founder of the Institute for Biodrama in Rome.
p. 26

P

Rick Paine,
psychologist, works with adult children of alcoholics and leads workshops for men. He is on the faculties of the New York Open Center, Interface, and Spring Hill Institute.
p. 25, 32, 47

Karen Paine-Gernée,
co-author of Emotional Healing *and pioneer in the treatment of ACAs, is at work on a new book about healing from cancer. She is also an artist.*
p. 25, 32, 44, 46, 47, 48

Helen Palmer,
a practicing intuitive for eighteen years, directs the Center for the Investigation and Training of Intuition and is a graduate faculty member of John F. Kennedy University.
p. 43

Wendy Palmer,
faculty member of the Center for the Investigation and Training of Intuition, holds a third-degree black belt in aikido and is co-founder of the Tamalpais Aikido and International Movement Arts Center.
p. 17, 22, 48

Laurie Lioness Parizek,
a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 21, 43, 47, 48

Joseph Chilton Pearce,
a former humanities professor, is the author of five books about childhood and human development. His lecture tours included an extensive stay at the Jungian Institute in Zurich in 1986.
p. 20

Ayala Pines,
a psychologist in Berkeley and Tel Aviv, is the author of Keeping the Spark Alive *and co-author (with Elliot Waker Aronson) of* Career Burnout: Causes and Cures.
p. 19

Carol Proudfoot-Edgar
was a counseling psychologist at UCSC for seventeen years. She currently writes and leads workshops on Native American teachings, community development, and women's issues.
p. 35

Jill Purce
is author of The Mystic Spiral. *She investigated the mystical dimension of sound with Karlheinz Stockhausen and the magical use of the voice and overtone chanting with Tibetan lamas.*
p. 18

R

Paul Rebillot,
a group leader at Esalen for sixteen years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 35, 42, 43

Stephan Rechtschaffen,
founder/president of Omega Institute, is a physician concerned with holistic approaches to wellness and longevity. He currently uses concepts of time as the focus for developing optimal health.
p. 32, 47

Pete Retondo,
managing associate for Van der Ryn & Associates, is a licensed architect and licensed contractor. He is a graduate of Rensselaer Polytechnic Institute and UC Berkeley (master of architecture).
p. 30

Stephen Rhinesmith,
visiting professor of sociology and management at Moscow State University, was former U.S. ambassador for U.S.-Soviet Exchanges. He served twelve years as president of AFS International Exchanges.
p. 29

The Ridhwan Work School Faculty
is dedicated to the discovery, development, and preservation of the human essence.
p. 21

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of Body, Self, and Soul.
p. 27, 39, 45, 49

Jackie Rosin
is a licensed psychologist in private practice in Topanga, California. She trained with Harry Sloan and has a background in Integrative Body Psychotherapy.
p. 50

Judith Roth
leads groups, emphasizing body, spirit, and emotional integration. She holds an aikido black belt and teaches Model Mugging Self-Defense and Empowerment.
p. 34

Michel Roure
is a Rolfer, osteopath, and chiropractor. He has a private practice in Aix-en-Provence, France.
p. 50

Ilana Rubenfeld,
pioneer of twenty-five years in the body-mind-spirit field and originator of the Rubenfeld Synergy Method™, is a certified teacher of the Alexander Technique and Feldenkrais® Method and is a gestalt practitioner.
p. 37

S

Stephano Sabetti,
founder of the Institute for Life Energy® and the Life Energy Process℠, has a doctorate in psychology and is an acupuncturist. He is also an organizational consultant.
p. 19

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 20, 22, 25, 33, 38, 43

Meir Schneider,
the author of Self-Healing: My Life and Vision, *was born blind, but as an adult restored his sight with eye exercises. His work focuses on helping others with "incurable" illness and physical dysfunction.*
p. 28, 47

Ailish Schutz
has an extensive background in body work and holistic health. She has been conducting The Human Element with Will Schutz for five years and serving as CEO of Will Schutz Associates for the past six.
p. 24

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, a set of training materials for organizations. He is the author of Joy and Profound Simplicity.
p. 24

Charlotte Selver,
student of Elsa Gindler, introduced Sensory Awareness to the U.S. and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.
p. 28

Phyllis Shankman
is a licensed counselor in West Los Angeles. She teaches at Ryokan College and has been leading groups at Esalen for over twelve years.
p. 29, 50

Rupert Sheldrake
is a biologist. Formerly a research fellow of the Royal Society at Cambridge University, he is the author of A New Science of Life *and* The Presence of the Past.
p. 17

Fred Shoemaker,
an inner game teacher and golf professional, is a former golf coach at UCSB and has written about the inner game for Golf *magazine.*
p. 23

Susan Shor,
psychologist in private practice in New York, is co-director of the Biofeedback and Stress Management Clinic of Manhattan. She is a certified biofeedback provider, teacher, and lecturer.
p. 41, 48

Beverly Silverman,
a Rolfer, teaches psychosynthesis and leads gestalt trainings. She lives in France and teaches workshops throughout Europe.
p. 50

Julian Silverman,
a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe.
p. 50

Anne Nechama Simkin
trained in gestalt with Irv and Miriam Polster and Jim Simkin. She has conducted workshops internationally, most recently at Findhorn.
p. 35

Gerald Smith
is a licensed psychologist in private practice in Belmont, California. He has authored two books on relationships, Couple Therapy *and* Hidden Meanings, *and has led workshops at Esalen for twenty-three years.*
p. 32

George Solomon,
physician and professor of psychiatry at UCLA, is a pioneer in the field of psychoneuroimmunology, whose current research concerns psychoneuroimmunologic aspects of AIDS and of aging.
p. 39, 48

Robert Solomon
is a professor at the University of Texas at Austin and has been leading Esalen seminars for eight years. His books include The Passions *and* About Love.
p. 33

John Soper
is a gestalt practitioner with a background in international business.
p. 50

Kathleen Riordan Speeth
is a psychologist in New York and California whose interests include Bach, Rilke, roses, Flemish primitive painting, and object relations. Her published works include The Gurdjieff Work *and* Generativity.
p. 20, 37, 47

Tama Starr
is a businesswoman and community leader in New York City. She has practiced yoga and t'ai chi ch'uan since 1966, and was one of the founders of San Francisco's Inner Research Institute.
p. 25

Erika Steinberger,
an artist, special educator, and art therapist, received her doctorate in Art and Art Edu-

cation from NYU. She has been teaching art therapy at the New School for Social Research for the past ten years.
p. 34, 48

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on five continents. He is concerned with the spiritual challenges of our time.
p. 40

Dick Stratman
is an artist, builder, practicing architect, certified Rolfer, and massage practitioner/teacher. He is presently exploring and teaching massage as a sculptural art form.
p. 37, 48

Elizabeth Stratton,
pastoral counselor and healer in private practice in New York City, leads workshops in self-healing and a two-year training program for healers entitled "Awakening the Healer Within You."
p. 38, 39, 48

David Streeter
is a certified sports massage practitioner on the Esalen massage staff. He has taught yoga and anatomy and has worked as an athletic trainer for many years.
p. 26, 47, 50

T

Linda Tellington-Jones,
former project director for Esalen's Soviet-American Exchange Program and a Feldenkrais® practitioner, has made ten trips to the Soviet Union to work with Olympic horses, riders, and veterinarians.
p. 33

Mary Tesoro
is a certified Leonard Energy Training instructor, women's self-defense teacher, aikido practitioner, and writer whose work embraces issues of human health, potential, and peak performance.
p. 34

Rita Thangaraj
has taught massage, movement, and meditation since 1978. She has a master's degree in counseling and body psychology; her work incorporates deep tissue release, Trager, and massage.
p. 33, 48

Vicki Topp,
Esalen massage staff member since 1968, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 30, 37, 45, 47, 48

U

Joan Ullyot,
physician and sports psychologist, is a competitive runner, U.S. record-holding marathoner, and author of Women's Running *and* Running Free.
p. 21

V

Attila Vaas
has been a member of the Esalen massage staff since 1976. His skills include polarity, acupressure, and Esalen's free-form style of massage.
p. 21, 47

Sim Van der Ryn
has conducted participatory community design workshops for many years. He is professor of architecture, UC Berkeley, president of the Farallones Institute, and former California State Architect.
p. 30

Antoinette Varner
is an acupuncturist, herbalist, and movement teacher whose work integrates cognitive learning, the body, and spiritual experience.
p. 26, 30, 45, 47, 49, 50

W

James Wanless,
creator of the Voyager Tarot Deck, is an author, counselor, teacher, and multimedia publisher of symbolic arts. His interests focus on symbols, myths, and shamanism.
p. 41

Ellen Watson,
on the Esalen massage staff, blends massage, breath work, sound, movement, and trance into her work with clients and groups.
p. 50

Judyth Weaver,
Reichian counselor and teacher of t'ai chi ch'uan and sensory awareness, holds a doctorate in psychology. She is a longtime student of Buddhism and Taoism and studied in a Zen monastery in Japan.
p. 21, 47

Colin Wilson,
born in Leicester, England, was the son of a boot- and shoe worker. His first book, The Outsider, *appeared in 1956 and became an international best seller. He has since written seventy-five more books.*
p. 19

Robert Anton Wilson
has written twenty-five books of psychology, futurism, science fiction, and humor.
p. 42

Nancy Winston
is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.
p. 34

Marion Woodman
received her training and Diplomate from the C.G. Jung Institute in Zurich. She has authored books on eating disorders, the body, addictions, and the nature of the feminine.
p. 43

Z

Ruth Zaporah,
performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a recipient of a National Endowment for the Arts Choreographer's Fellowship.
p. 17

Janet Zuckerman
is founder of the Feeling Center in Big Sur, California. She has been teaching at Esalen for the past fourteen years.
p. 19, 27, 47

■ ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see General Information, page 62, under Reservations and Fees, Making Contact with Us, and Cancellation and Refund Policy.)

Scholarship information is listed on page 15. If you wish to request a scholarship, please check the appropriate box:

☐ Standard Scholarship ☐ Other Scholarship

If you need more information, please refer to the inside front cover for Esalen's phone numbers and office hours.

Name of Registrant (Please print) _____ Sex M ☐ F ☐

Address _____

City _____ State _____ Zip _____

Home Phone: (____) _____ Work Phone: (____) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

_____

If you can't be reached, please call us before your scheduled arrival for final confirmation. Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.

Please mark your 1st and 2nd choices for housing after referring to page 15-16 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and food. **All of our rooms are non-smoking. If you smoke, please plan to do so outside.**

☐ Check for standard accommodation, if available.
☐ Check for a single with private bath, if available.
☐ Check for bunk bed room, if available.
☐ Check for sleeping bag space, if available.

Write here the name(s) of any person(s) with whom you wish to room.

_____

Date	Leader's Name/Workshop Title	Fee

I enclose payment for the following contributions:

Workshop Deposits Enclosed: _____

☐ $5 Catalog Contribution ..... $5 Catalog Contribution: _____

☐ Friends of Esalen ..... Friends of Esalen: _____
(See page 51)

☐ Student	$15	Subtotal: _____
☐ Senior	$15	
☐ Individual	$25	Less any discount
☐ Donor	$50	(Prepayment or Senior, see page 15): _____
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☐ Monterey Airport at approximately 4:00 PM

on _____ (date of arrival, Fridays and Sundays only).

The $25 per person charge is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

All workshops require non-refundable deposits. See page 62. The balance of program fees becomes payable at time of check-in.

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks must accompany the reservations form. Or, you may fax this form to us at (408) 667-2724. If you do so, *you must include payment via one of the credit cards below.*

Your reservations can be charged to:

☐ Mastercard ☐ Visa ☐ American Express

Card No. _____

Expiration Date _____

Authorizing Signature

_____

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation.

■ GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 61. Our address, phone numbers, and reservations hours are on the inside front cover. Since workshops fill quickly, it is advisable to sign up as early as possible, preferably a month in advance. In order to reserve a space in any workshop, we require the following deposits:

Weekend:	$100	19 to 21 days:	$400
5 to 7 days:	$200	More than 21 days:	
12 to 14 days:	$300		$500

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see pages 15-16 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you. Workshop fees cover tuition, food, and lodging. Rooms are shared by two or more persons. Camping on the grounds is prohibited.

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail your reservations. Or, for your convenience we have a fax number for reservations: (408) 667-2724. Please fax the enclosed form and include your credit card information. (The Esalen fax line is for business purposes only, not personal correspondence.) If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your charge card when you call. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service. NOTE: Room and Board reservations must be made by phone, not by fax machine.

Cancellation and Refund Policy: If you cancel at least five full days before the start of your workshop, your deposit, less a $20 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $20 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy. See page 48.)

If you have applied for a scholarship and we *are unable* to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we *are able* to give you assistance and you cancel your reservations as above, we will return your deposit, less a $20 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within the next year. If you cancel with less than five days' notice, you forfeit your deposit.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see page 15.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School/Park: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

For your safety: Please bring a flashlight for use at night while walking on the grounds.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Conferences at Esalen: It is now possible for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For more information, contact the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

COURTESY ESALEN SOVIET-AMERICAN EXCHANGE PROGRAM

Jim Hickman (right), the first director and one of the founders of the Esalen Soviet-American Exchange Program, and Rick Lukens, contacting live, via the first satellite communication between the US and USSR, which took place in 1982 between Moscow and Southern California at a rock concert called the US Festival. This first spacebridge inspired the many others that followed. Musicians at this festival had the opportunity to play with Soviet musicians via direct satellite link.

■ *Esalen Institute is a center to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.*

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

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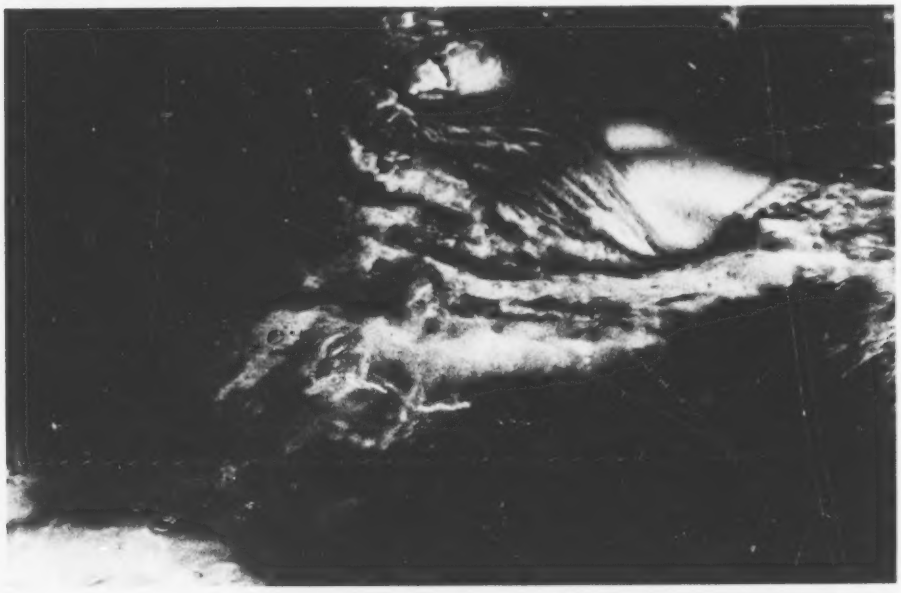

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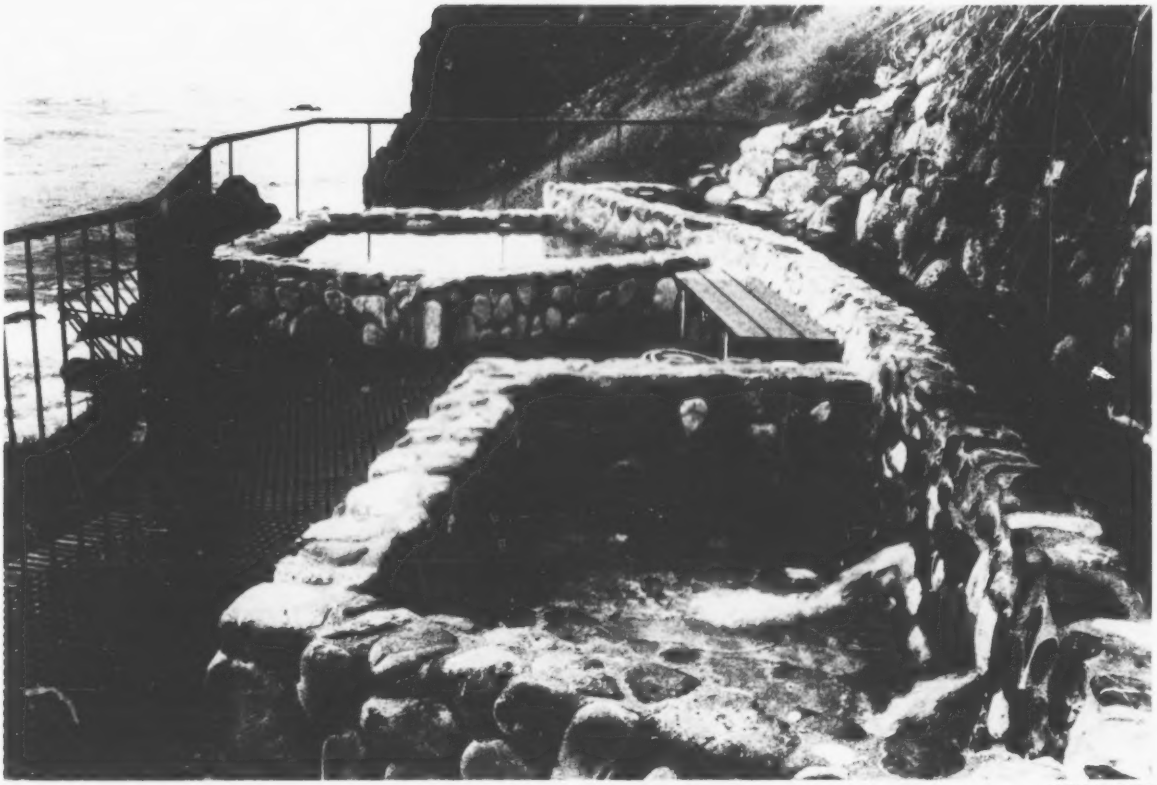
Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

DAVID NELSON

The approach to the baths today

The Hot Springs

• by Keith Thompson •



TOM GALLOWAY

On a particular winter morning at Esalen I found myself awake at three o'clock trying to force a new window into an old wall of my life. Lacking a design plan I decided to quit and make my way down to the hot springs. I still vividly remember the walk: pitch-darkness, coastline cradled in fog, absence of human sounds save for my footsteps, which, for some unknown reason, I counted from the moment I left the edge of the lodge

deck until I reached the bathhouse below. One hundred sixty hurried steps in the cold dead of night.

Clear though they seem, these images approach vagueness compared to my memory of the discourses that echoed in the bathhouse that night, the night the springs were traced to a multiple source.

Plain white candles flickered in sand-filled cement containers as I padded through the section once called The Men's Side, toward the two stone tubs beyond the north wall of the bathhouse. I chose the nearest one, empty of passengers unlike the bigger round one where a symposium of sorts seemed to be under way. Its participants, I discovered, included a geologist, a professor of ancient history, a theologian, a physician, and a longtime Big Sur local: a grizzled, wiry old man whose photo was probably on file at Central Casting under *Forest Dweller, Primordial*.

The geologist was holding forth as I submitted to the steaming sulfurous pool. I was glad to track a conversation other than the ones racing in my own head.

"The *origin* of the water? The veins and tissues of Mother Earth, if you want the mythic answer," I heard her say. "Speaking geologically, thermal springs come from waters rising out of fissures in high-temperature rocks, and from volcanic waters, either as geysers or hot springs. Once I brought a thermometer here to the baths. The water as it came right out of the ground was 115 degrees. A sample I took to the lab for analysis showed traces of sulphur, soda, arsenic, iron, copper, carbonate and sulfate of lime, common salt, magnesia, and lithium."

A voice asked whether the springs will remain hot permanently.

thermal springs come from waters rising out of fissures in high-temperature rocks, and from volcanic waters, either as geysers or hot springs.

"As in 'forever'? I hope so, but the answer, really, is 'Maybe, maybe not.' Thermal water sources sometimes cool down due to seismic changes of various kinds. Others, like those in Saratoga Springs, New York, and Aachen, West Germany, remain quite hot."

These were things I had wondered about. After a pause, the historian spoke up.

"I suppose it's my immersion in the classics, but I doubt that the real source is underground," he said, with playful authority. "The water, yes, *that's* in the earth. But the source for baths, for public bathing rituals, for what we are doing here tonight—for that we must look to the species of nature called culture. I've made a study of the history of baths . . ."

This was soon evident. The story he told, summarized here, is a vast and rich one.

Mohenjo-daro, the civilization built in the Indus Valley in 3000 B.C., featured a public bath of 24 by 40 feet and an elaborate drainage system allowing at least one bathroom in a house, with brick horizontal drains and terra-cotta pipes fitted with spigot and faucet joints and protected by brickwork or the walls. Later, the Minoan Palace of Knossos, on Crete, included a sophisticated drainage system with bathrooms, footbaths, stone drains, and a tub believed to date from 2000 to 1800 B.C. Vertical pipes may even have permitted an upward flow of water.

"Consider the white porcelain bathtubs over there," the historian continued, waving broadly toward the bathhouse. "The structure of bathtubs has changed very little since the one found inside the queen's apartment in the Palace of Knossos. Her tub was modest in scale and designed for function, and it fits the description of the Mycenaean tub in which the Homeric heroes later bathed after 'soul-exhausting toil'."

A magnificent book by Siegfried Giedion, *Mechanization Takes Command*, chronicles the history of bathing through the current century. Giedion argues that the Greek bath cannot be understood apart from the institution that gave it meaning, the gymnasium, the educational center of the Hellenes, where citizens came for strenuous exercise as well as to hear poets, philosophers, and rhetoricians speak. The bath here "lies on the divide between the hours of strong physical effort and contemplative discourse," Giedion writes. "No other period more organically fused the bath into human regeneration."

Given the proximity of the Esalen baths to physical culture—somatics and body work—and to emotional, mental, and spiritual exploration—the courses offered at Esalen—fascinating parallels emerge between the Greek gymnasium and Esalen as a center of learning.

Romans continued the Greek tradition on a grand scale. A system of aqueducts fed sumptuous baths (*thermae*), such as those of Caracalla, begun around A.D. 217 and growing to cover some 28 acres. Individual baths covered an area of 1000 square feet; those built by Diocletian from A.D. 298-306 accommodated 3200 bathers at once! Roman steam baths featured rooms heated

to different temperatures, like 20th century Turkish baths. By the beginning of the 4th century A.D. there were 1000 baths in Rome alone.

Red-hot irons or heated stones were used to generate heat which circulated beneath the floors and through a system of earthenware pipes (*tubulae*) which carried heat through hollow walls. "Abundance of water and heat give the Roman thermae their unique stamp," writes Giedion. "What makes them impressive are not the quantities of water and amounts of heat they absorbed, but the way they served total regeneration."

The thermae opened at noon, two hours before the average Roman (at work since dawn) would quit for the day and go to "take the waters." Vigorous exercise loosened muscles and stimulated circulation. This was followed by 30 minutes or so in the *tepidarium* (warm room); then a shorter stay in the *caldarium* (hot room); then an even briefer visit to the *laconicum*, where hot, dry air, approaching 210 degrees Fahrenheit, pushed the limits of endurance. Bathers would then soap up, take a massage, and plunge into a swimming pool. All this at a ridiculously low admission price "quite out of proportion to the expense and upkeep of the establishment," Giedion writes.

COURTESY MICHAEL MURPHY

Entrance to the baths, 1902

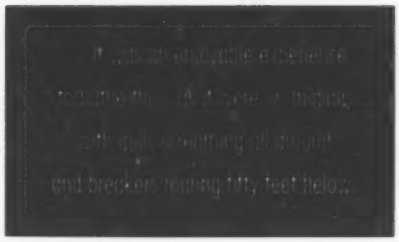
Back at Esalen, his fellow bathers now clearly entranced, the historian continued. "After Rome, the nature of public bathing changed decidedly. Gone was the colossal scale and the Greco-Roman focus on bathing for rejuvenation. Medieval bathing facilities were far more primitive and served a very basic end: cleanliness." With this he stepped out of the tub and turned a hose of cold water on himself, adding, "Alternating cold with hot is a custom of Turkish baths. There's much more to say about all this, of course, but for once I'm not in the classroom. So I think it's time for me to be quiet and let one of the rest of you regale us."

He sat back down in the tub to a round of applause from his companions. "That's for talking, not for stopping," said the geologist. "Now, who's next? Who will tell us something else about what brings us to the waters?"

It was very late—or early, rather. The fog had shifted and the moon was poised for a breakthrough. Its silver shadow made the night air seem cooler. I reached back to the trough to let in more hot water, wondering how long the people in the adjacent tub had known each other.

Now the theologian (actually, a postgraduate divinity student) spoke up. "I have something to say in the spirit of the good professor's search for the true source of bathing," she began. "Yes, there's bathing for comfort and rejuvenation, and of course bathing for cleanliness. But I suspect these are offshoots of a more basic category: ceremonial purification. Like baptism, ranging from total immersion in rivers and streams to symbolic sprinkling . . . or *tirthayatra*, the Hindu pilgrimage bath in a holy river . . . or the Hebrew *mikvah*, which prescribes specific amounts and kinds of water for ritual purification. And then there are magical uses of water, like the Zande of Central Africa who pour water over the bodies of persons suspected of delaying or preventing rain."

Early ritual uses of water, shamanic initiations no less than Christian baptisms, are indeed rife with symbolic significance. Alchemy begins with the *liquefactio*, a symbolic melting or dissolution in order to release what's fixed. The great mythologist Mircea Eliade sees *immersion* in water as equivalent to a "dissolution of forms" and *emersion* from water as repeating the primordial act of "formal manifestation." Water "purifies the luminous breath within us," says the ancient Greek Iamblichus. The prophet in the Fifty-first Psalm sings: "Wash me and I shall be whiter than snow." Jung says water symbolizes "the living power of the psyche." Boldly, the French dramatist Paul Claudel insists: "Everything the heart desires can always be reduced to a water figure."



So it went, into the morning. Eventually the physician offered his diagnosis. "So far we have bathing for comfort, rejuvenation, cleanliness, and purification. Now I'll add my idea, namely, bathing for health. Of course that's implicit in all that's been said, but health has a peculiarly modern connotation. Prior to the germ theory of disease, health couldn't have been an intention of bathing, though it must have been one effect. In our age the word that usually precedes *spa* is *health*. Many of the European spas built in the early 18th century were constructed on the sites of abandoned Roman baths. They became fashionable secular centers, during the tourist season especially. Spas eventually offered year-round treatment for maladies of all sorts. The waters were for drinking, too."

The doctor continued. "My theory is that a crucial aspect of the curative factor of spas is their *environment*—Switzerland, France, Austria, Italy. You put your everyday life on hold, travel perhaps a great distance, enter a new climate, change your diet, get more exercise, fresh air, expand your horizons. And you're surrounded by people who, like you, know they must change their lives."

"That last part sounds like Esalen," said the geologist.

The collective silence that followed seemed an appropriate acknowledgment that a journey into the history of bathing had at last returned to *these* baths. But the symposium was far from over.

"It's about time. . . . I was *wondering* when one of you was going to figure that out." The primordial forest dweller from Big Sur had awakened from his two hours of soaking, occasional stretching, and unapparent listening. He shot up like Ahab's great whale, sending water over the sides.

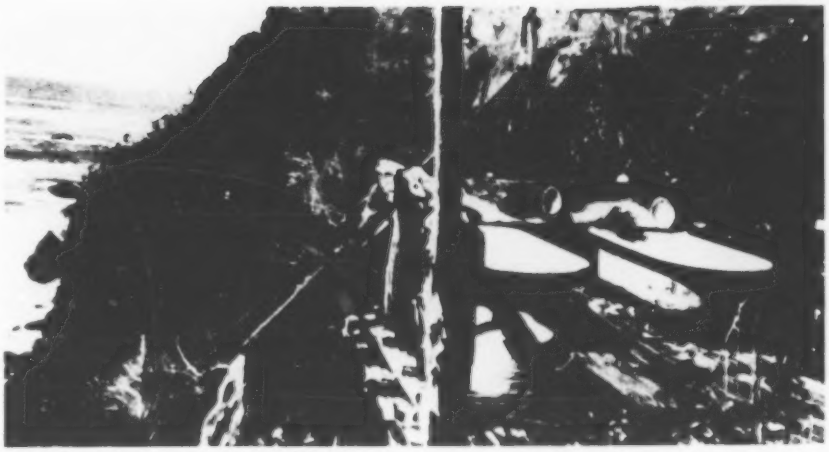
"You've each got *part* of it—health, purification, comfort, culture. All are aspects of the baths we're sitting in right here. Now, *I've* got some stories to tell about this very place, how it was, how it came to be. Goes back long before the Murphy family, you know. It's an *epic*, I'll tell you."

And he did, rather like Homer. Here is his account, paraphrased, and supplemented by other sources as indicated.

References to when the California coast was settled tend to imply that prior to the arrival of European immigrants the area was "unsettled." It would be more accurate to say that with the arrival of white people an existing way of life was doomed, for there's little doubt that a native people variously called Esselen, Excelen, Excerem, Excsalen (among numerous approximations) lived in the heart of Monterey County, perhaps originally at Tassajara Hot Springs near the site of the Zen monastery there today, long before the arrival of Spanish missionaries.

In *Big Sur's Lost Tribe, The Esselen*, D. M. Howard writes that the Esselen "possessed a sharply defined language of their own" which rendered them "distinct and apart from" other Indian tribes of the region. H. E. Ludewig's *The Literature of American Aboriginal Languages* (1858) reports that the Esselen (placed "east of Monterey") speak "the richest idiom of all the California Indians." The language scholar A. L. Kroeber reports Esselen words for animals, including seal, rabbit, fish, and flea; for verbs such as to bet, to eat, to laugh, to sing, to flirt; and expressions "for a bead necklace, to bring the coat of rabbit skins, he is drunk." (Kroeber says the last phrase probably refers to post-contact times, "unless the allusion is to drug intoxication.")

COURTESY PAUL STOVER



The baths sometime between 1914-1935

The Esselen word for water is *azanax*; the word for warm or hot, *tak*. How satisfying it would be to find some specific references to how the Esselen may have enjoyed the hot mineral waters pouring onto beach rocks from the cliffs, especially at night (*tomanis*) when the moon (*tomanis-ashi*) was full in the heavens (*imita*). Unfortunately, no reliable accounts exist of Esselen bathing practices.

The Esselen were "herded into the missions at Monterey and Carmel, and they perished in a few generations . . . the first California Indians to become totally extinct," writes Walt Anderson in *The Upstart Spring*. Mrs. Hans Ewoldsen of Big Sur reported that by the time of her grandfather Michael Pfeiffer's arrival at Big Sur in 1869 there were no indigenous Indians to be found. That same year Missouri native Thomas Benton Slate arrived in Monterey County after a few years of mining in British Columbia. In 1882 Slate and his wife, the former Bersabe R. Soberanes, a descendant of the original Vallejo family, homesteaded on the site of what is today Esalen Institute. From then, until the early 1960s, the property was called Slate's Hot Springs.

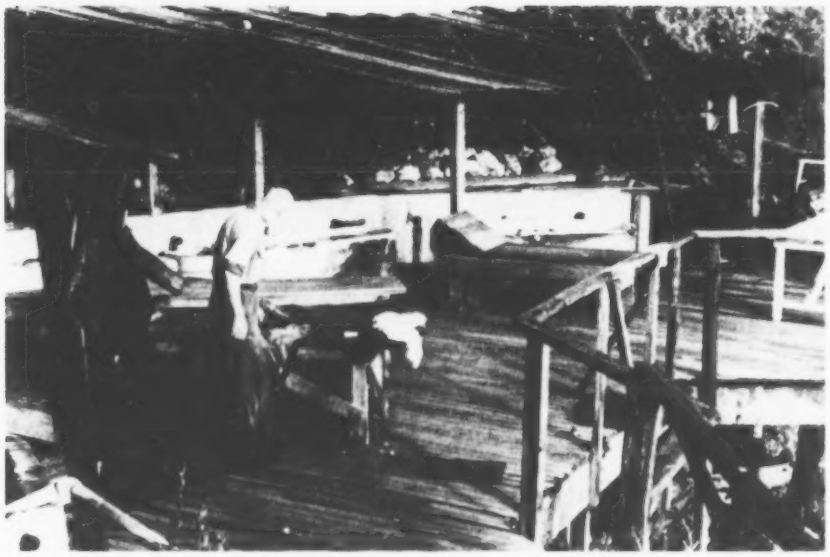
Slate, according to legend, had sought the hot springs to relieve his arthritis. The cabin he and his wife first occupied was located where the machine shop is now found at Esalen. The "same" cabin stands today as the Farmhouse, across from the Gazebo School/Park, although Michael Murphy notes "there's probably not a single piece of the original wood left. It's like the Greek ship that Socrates described as having sailed for many years: every board had been replaced but, still, it was the same ship."

In 1893 Slate sold the property to a family named Little, who in 1910 sold it to Henry Murphy, a doctor from Salinas, for $7500. Doc Murphy, with his wife, Vinnie, had visited several European health spas and was impressed by what he had seen. Slate's Hot Springs, he decided, could be such a place. In 1914 he hired a fishing boat from Monterey and "with the help of its owner, an elderly Chinese, brought two huge claw-footed Victorian bathtubs down the coast and hauled them up the rocks to the springs," where they sat "elegantly on a wooden platform on the edge of the cliff," Anderson writes.

A description of coming upon Slate's Hot Springs on horseback is given by J. Smeaton Chase in *California Coast Trails* (1913):

"Here I found a comfortable, old-fashioned house where I could put up for the night. In fact, the place makes some claim to rank as a resort, by virtue of its medicinal springs, though no guests were in evidence, nor any token of either expectation or accommodations for them. A quarter of a mile from the house I found a couple of tents pitched on a ledge of rock halfway down the hundred-foot bluff. In them were bathtubs to which hot sulphur water was led to springs that break out all along the cliff. . . . It was an enjoyable experience to bathe thus, as it were, in mid-air, with gulls screaming all around and breakers roaring fifty feet below."

COURTESY EMIL WHITE



Author Henry Miller at the "Men's Side" of the baths in 1950

In 1937, after the new highway from the north finally reached what continued to be known as Slate's Hot Springs, John Murphy (Dr. Murphy's son) and his wife Marie built the Little House, which stands today across Hot Springs Canyon. Across the lawn, two years later, the Big House was constructed.

Much had happened by the time Michael Murphy and Richard Price became interested in putting the old Murphy family property, Slate's Hot Springs, to good use. Henry Miller, the provocative author of *Tropic of Cancer* and *Tropic of Capricorn*, had helped make Big Sur nationally famous as a Bohemian paradise. "It is here, and nowhere else, that I have witnessed people re-cast their lives and live them out," Miller wrote in *Big Sur and the Oranges of Hieronymous Bosch*, published in 1957.

Murphy and Price had met in San Francisco. Both were 3c, interested in Eastern religions, new psychotherapeutic methods, altered states of consciousness, and what today would probably be called "holistic health." Both wanted to explore these areas, but had no interest in joining any of the dogmatic meditation groups organized around a single idea or charismatic individual. Graduate training in psychology was a possibility, but neither felt called to conduct behavioral experiments with rats and pigeons. Nor were they eager to enlist in academic philosophy's then-prevalent campaign to reduce metaphysics and religion to linguistics.

They decided instead to head down to the land at Big Sur, where they could probably find part-time jobs. "If they didn't like it, they could always go back to San Francisco," Anderson recounts. "If they did like it, they could stay on indefinitely, meditate, and read."

So, in the spring of 1961 they loaded up the red Jeep pickup Price had borrowed from a friend and left for Big Sur. Arriving late, they made their way to the Big House, selected a couple of bedrooms, and went to sleep. After midnight Murphy wakened to a flashlight shined at him by an ominous figure holding a billy club.

"Who the hell are you guys?" the man demanded to know. "What are you doing here?"

His name was Hunter Thompson, an aspiring writer hired by Michael's grandmother Vinnie to guard the property. She had neglected to tell him her grandson and a friend were coming down. Thompson was at work on a novel about Puerto Rican baseball players. Murphy would come to appreciate this encounter as an early glimpse of memorable adventures ahead, especially at the baths.

Here, roughly, is the scene Murphy and Price encountered in their first weeks at Slate's Hot Springs:

After Henry Murphy's death in 1948, his widow had established a modest tourist enterprise—a motel, restaurant, and bar based around "the water cure." The accommodations were managed by a Mrs. Webb, from Fresno, with help from fellow members of the First Church of God of Prophecy. These were "sober, hard-working types who used the lodge for their Saturday night services when they gathered together to sing hymns and speak in tongues," writes Anderson.

In contrast, many of the steady weekend customers came to the hot springs for revelry of a more Dionysian sort. Mrs. Webb and her associates got on well enough with them largely by arranging not to notice late night goings-on at the bathhouse. An aspiring folksinger named Joan Baez had taken up residence and spent much of each day in song. A carpenter and his family lived in the Little House on the north side of the property. Dick Price read and did odd jobs while recovering from aftereffects of the Draconian psychiatric "treatment" he had received years before. For his part, Michael meditated a lot and dreamed of inviting original thinkers to lead seminars on new ideas.

Anderson paints a vivid picture of Slate's Hot Springs during the spring and summer of 1961: glossalalia in the lodge, torid midnights at the baths, folk music in the cabins, brawls in the parking lot, meditation in the Big House. "Hunter Thompson marched amid all this with his billy club, representing the forces of law and order," writes Anderson, adding that the future "gonzo" journalist's attempts to enforce morality at the baths and break up fistfights stood in sharp contrast to Mrs. Webb's genius for being "elsewhere when there was trouble."

Michael realized it was time for a change. He was ready to begin inviting speakers and teachers to be in residence, but first there had to be drastic reforms at Slate's Hot Springs. He asked his grandmother to let him take over the motel, but she wouldn't go for it—not at first; she suspected her meditating grandson would

just give it all away to "some Hindu." In the meantime, Mike and Dick continued to brainstorm ideas. Maybe Alan Watts, already teaching in the area, could be persuaded to give classes at the lodge.

Eventually Michael's reluctant father, John Murphy, came to view the undertaking with enthusiasm. In time he prevailed upon his mother to give Michael and Dick a long-term lease on the property. A high metal fence with a gate went up across the pathway leading to the baths, which were now restricted in hours. Most of the intransigent bath clientele were permanently frightened off one infamous night by the mere sound of Hunter Thompson and several cohorts piloting three leashed, fiercely-barking Doberman pinschers down the path to the bathhouse.

Once the dust had settled from this near encounter, it took Murphy and Price time to realize what had happened. Soon it sank in: the property was now theirs in fact, not just on paper. So they got busy—Dick on the business side of things, Mike signing up Alan Watts, Gregory Bateson, Aldous Huxley, among many others, to teach. The first brochure of programs appeared in the fall of 1962. Its heading: "The Human Potentiality." Esalen Institute was being born.

Well before his death in 1980, Henry Miller's legendary several times weekly six-mile round-trip trek to wash diapers at the hot springs entered the book of discontinued bathhouse rituals. In recent years there have been other changes as well.

Via a conductive heat-exchange system, a pump underneath the swimming pool now draws runoff hot water from the springs up the cliff into a system of coils which heats the swimming pool water. In the early 1980s, two beautiful stone tubs were built outside the northern wall of the bathhouse, affording a spectacular view of the Pacific. Using a pre-existing trough, these tubs make possible the quintessential open-air bathing envisioned by spa innovators throughout the world.

Plans are currently being drawn for redesigning the entire bathhouse in 1991, to secure its physical standing and make it more "intimate and grotto-like so it blends right into the hillside, with rock face on the cinder block walls and more outside baths," says Esalen president Steven Donovan.

As for the water itself, it continues to flow. It remains hot. (People are still asked not to climb into the troughs, where water temperature sometimes approaches 120 degrees.) The old tents on the hillside, described above by J. S. Chase, are long gone. Yet the dance of Neptune and Apollo—sea, air, and light—continues from every possible vista.

> the baths do not and cannot exist apart from the myriad legends surrounding them

Who can doubt the uniqueness of the Esalen baths? The stories the Big Sur local told—amazing! Yet who can question the continuity of these springs with public baths and bathing traditions the world over?—the grand *thermae* of the classical world, the spas of old Europe, the Japanese *furo*, Turkish hot-and-cold baths, Native American sweat lodges, Finnish saunas, the steamy mud baths of Calistoga, and various symbolic water ceremonies. Water indeed calls to us, in ways we scarcely fathom.

The geologist was right—its source is the earth.

The historian was right, too, in defining the culture of comfort and rejuvenation associated with bathing.

The divinity student was right. Purification happens daily at the baths: sometimes with flowers and herbs and fragrances; other times in specific meditations; and always in the impulse, conscious or not, to respect the springs as sanctuary.

The physician was right about health, so central to Doctor Murphy's original vision when he bought Slate's Hot Springs. He saw a *spa*.

Maybe the Big Sur local was the most right of all, in reminding us that the baths do not and cannot exist apart from the myriad legends surrounding them, nor from the controversies they have occasioned, nor from the conversations the waters still shape, and overhear. Conversations conducted by *water*: how many have there been like the one I witnessed that night, not only at Esalen but in cultures past? And how many more not like that one?

Thinking back, I don't even remember the specific quandary that kept me from sleep and led me to the bathhouse. But I do recall its image—a sense of forcing something that wouldn't fit. By the time I walked back up the hill after sunrise, the image had *evaporated*.

This elemental metaphor better fits my sense of the matter than images of change biased toward cognition: "new knowing," "fresh insight," "awakened understanding." These have their truth, too, but still, I had slipped *bodily* into the water that night. There I *listened* not only to words but to sounds dancing with air. I *glimpsed* moonlight glancing off wet stones and distant human forms. I *smelled* sulphur. I *tasted* rivulets of sweat running down my face. Especially, I *felt* amniotic warmth subtly linking me with the murmurings of my heart. This let me finally . . . go.

> . . . By morning
> I had vanished at least a dozen times
> into something better.
>
> — Mary Oliver,
> "Sleeping in the Forest"

Maybe we come to "take the waters" most of all with a secret hope that we ourselves will be taken . . . *away*. Waters flow, waters form, waters go. We too long to go, to flow and fall—and fly. Yes, *fly*. "Water invites us on an imaginary journey," writes Bachelard. "It is near water and on water that we learn to sail on clouds."

(The author is grateful to Steven Harper for access to out-of-print publications about old Big Sur, and to Walter Truett Anderson's The Upstart Spring: Esalen and the American Awakening *for the rich field of quotation it offers.)*

Keith Thompson is currently at work on a book on the social and cultural dimensions of the UFO phenomenon (Addison-Wesley, 1991), and is editor of To Be a Man, *an anthology of essays on men, masculinity, and manhood (J. P. Tarcher, 1991).*

The Body at Esalen

GEORGE ERLICH

In the connection it makes between physical locale and theoretical articulation, Esalen stands with other places that have figured in the evolution of human consciousness: the monasteries scattered throughout the world where monks lovingly and often unwittingly preserved humanistic treasures; Cordova in that brief golden period of Christian, Jewish, and Islamic collaboration; Renaissance Florence; pre-Hitler Vienna and the Bauhaus; post-Hitler New York and Princeton. It is too easy to think of great jumps in theory as coming "from above," like Jesus begotten in Mary's womb by the Holy Spirit. But if you actually examine

the great leaps forward in thought, you often find that they were engendered by intense conversational intercourse: Braque and Picasso painting side by side for eight years; Freud, Adler, and Jung puzzling together over their dreams and those of their analysands; Marcuse, Adorno, and Hochheimer in their Frankfurt café dissecting the fascist mind just beginning to dawn over Europe.

Similarly, the unique physical qualities of Esalen—the hot springs, massage rooms and deck, the lodge, gardens, the Big Sur coast—and the meetings among extraordinary individuals which have occurred there, have been of great significance in the creation of somatics. The evolution of this diverse field, in part, has taken place through chance encounters at the baths, conversations over dinner, walks in the redwoods.

Like simultaneous developments within the field of psychology, the widely varying methods developed by the pioneers of somatics share fundamental assumptions about human reality which constitute a break with the past, establishing it as a field rather than a collection of different schools.[1] But unlike psychology, somatics has evolved outside the universities and research labs which offer people in those institutions the opportunity for constant dialogue.

Moreover, the pioneers in this field, most of whom spent their early years in a European world saturated with language and on the brink of unimaginable horrors perpetrated in the name of abstract theories, chose to leave the world of verbal discourse to explore what Ida Rolf called "the silent level of flesh." That descent into silence has been an essential process in the life of somatics; without it there can be no serious work. Those of us involved in this field know how many years of quiet work it takes even to begin to inhabit our hands, breath, joints, and gut.

But the need for silence, compounded by the lack of opportunity for dialogue among leaders in the field, has generated problems. The different schools have grown up fragmented, incapable of entering into the kind of discourse required as one step in building a shared body of knowledge. Critical inquiry into any particular school is not looked upon with great favor; it is often perceived as a threat to the unchallenged wisdom of the founder. But without debate and collective research with other schools, somatics institutes can become more like churches based on faith than schools of empirical investigation. It is often rhetoric rather than public evidence that is adduced to justify one method in opposition to others. That fragmentation has kept the somatics movement from identifying the underlying principles common to the wide variety of particular methods. It has also kept this now large body of practitioners from engaging in the widespread collaborative research that would be necessary to establish the scientific reliability of the work.

From its very beginnings, Esalen Institute has created the opportunity for various schools to emerge from such isolation. Pioneers such as Ida Rolf, Charlotte Selver, Alexander Lowen, and Moshe Feldenkrais offered workshops and trainings at Esalen, in the same physical place. They and their early students met over meals to talk about their common work; they often attended each other's demonstrations and traded sessions at the baths. At Esalen, they became aware of new possibilities that eventually nurtured their own approaches.

The Esalen massage crew has played a peculiar role in the development of this field. They are somewhat like a community of anthropologists who have visited many cultures, and, knowing so many different worldviews, are freed from taking any one as the absolute truth. The longtime Esalen practitioners have typically studied with many of the pioneers, and, as a result, various methodologies are embodied in the approach of the single practitioner. It is not unusual when receiving an Esalen massage to feel hints of Feldenkrais, Rolf, Trager, or Fritz Smith. Esalen massage instruction itself became an early example of the convergence of various approaches into a unified field because the emphasis in teaching was placed on basic principles rather than specific techniques. The Esalen student has to confront deep, personal issues of becoming sensitive to the reality of the other person and inventive in responding to that particular person's needs. He or she cannot fall back on the comfort of preprogrammed "strokes."

In addition, the major forms of somatics are usually represented at Esalen by outstanding teachers of such methods as Rolfing, Feldenkrais, Trager, osteopathy, and deep tissue work. These practitioners, working side by side with practitioners of other methods and often joining in collaborative teaching, have generated a common field.

For the past three years, some of us have been building on this informal Esalen matrix to create a more explicit sense of the field through collaborative research and dialogue with people representing the major institutions of society: religion, education, psychology, science, and medicine. In June 1987 we held the first interdisciplinary conference on the body, in which a group of somatic teachers came together with biological and human scien-

[1] I want to acknowledge the enormous contribution to the field by Thomas Hanna, a beloved friend and colleague and a frequent teacher at Esalen, who was killed in an auto accident on July 29, 1990. It was he, as founder and editor of the journal *Somatics*, who first used the term to describe these various works as a single school.

tists, a shaman, a poet, and a teacher of meditation, to explore the nature of our work within a larger context. That conference gave rise to an ongoing study group of somatics teachers, including Judith Aston, creator of Aston-Patterning; Bonnie Bainbridge Cohen, founder of the school of Body-Mind Centering; Emilie Conrad-Da'oud, originator of Continuum; Robert Hall, cofounder of the Lomi School and the Tomales Institute of Somatic Psychotherapy; Charlotte Selver, who brought the Sensory Awareness work of Elsa Gindler to this country; and myself, of the Antioch-New College graduate programs in somatic psychology and education.

From January 1988 to September 1989, that group conducted a cooperative educational venture with a group of sixteen experienced health practitioners, including a physician, two nurses, and body workers practicing several methods. The venture was designed to explore and develop a theory and practice based on the underlying principles of the multiple methods rather than the specific techniques practiced within each field. The group met for a one-week intensive every three months, with various members of the faculty in attendance. The seminar provided a further step in advancing a dialogue among leaders in the field.

May 1988 marked the beginning of the body-spirituality project, originally funded by Laurance Rockefeller and now additionally by the Fetzer Foundation. That project has brought together the somatics team of teachers with leaders of major religious institutions, including theologians, pastors, rabbis, nuns, ministers, and directors of clinics, seminaries, and religious communities, to explore the relationships between earthly and spiritual values. The emphasis in these seminars has been on experiential work designed to explore tensions produced by the dominant social images of the body and to offer alternative images more conducive to respect for human beings and the planet. The somatics faculty has conducted group exercises in body image and personality, sensory awareness, body movement, breath, imagery, and simple forms of touch. In addition, each participant has had the opportunity for several private sessions of body work from the Esalen massage crew. There have been theoretical discussions exploring the implications of the experiential work for healing, social organization, and particularly for world peace. Out of those discussions has emerged a joint project of the massage crew and the New College Somatics Program to create a healing center for survivors of political torture. The clinic itself will be in San Francisco, with Esalen providing a retreat location for community leaders.

In 1989, Dmitri Spivak of Leningrad, a researcher on the effects on consciousness of the various ancient meditation practices found in the Soviet Union, was a participant in our seminar. Through him, we have contacted a number of people in the Soviet Union who are involved in the historic renewal of spiritual consciousness in that country. Some of those people will join us in 1991. In January of 1992, the various somatics and religious leaders involved over the five years in this project will present the fruits of their work to the public in a large Esalen seminar.

On a different front, the somatics team has been meeting regularly to promote greater conceptual clarity about the nature of our work, to clean up vague notions, purge unquestioned dogmas, and pare down our methods to their essential structures. This has been a fundamental preliminary task for empirical inquiry into the nature of our shared work. To this end, a team of scientists has become part of our ongoing group: Seymour Levine, a psychobiologist from Stanford University; Martha Stampfer, a microbiologist from UC Berkeley; and George Solomon and Margaret Kemeny, psychoneuroimmunologists from UCLA. They have had the great patience to engage with us in our various experiential works (and question our articulations of those works) to help us make sense of what we are up to. As a result of these dialogues, the first steps are now underway for specific research projects.

The first international conference on somatics was held in Paris in November 1988. As a representative of Esalen, I was invited to give a major address at that conference in addition to experiential workshops. Robert Hall represented us at the second international somatics conference in Montevideo in March 1990. I represented us at the international conference on psycho-corporal therapies at the University of Montreal in October 1990. Through our presentations at these conferences, and through the ongoing teaching work of the massage crew throughout the world, Esalen is becoming well-known for its role in articulating the field of somatics.

Nineteen ninety-one sees two new aspects of somatics at Esalen. The first is an invitational conference in June on the phenomenology of the body. Twelve philosophers, professors from major universities and writers about the body, will convene to discuss the interaction between practical work with the body and the theoretical understandings of that work that come out of the tradition originated at the turn of the century by Edmund Husserl. In brief, Husserl argued that Western culture had become untethered from its roots in perception and that there was a desperate need to return to our bodily roots to regain a lost sanity. The sorry history of the past 100 years has added new weight to his analysis. There has been an outpouring of work among philosophers during the past ten years which has been based on this theme and which is closely related to the practical methods of somatics.

The second new aspect is a project to expand the ethnic base of somatics, breaking it out of its tightly-woven white cocoon. Our first move is to have an invitational conference with practitioners of body-based methods from Afro-American and Native American traditions. We anticipate establishing relations over the next few years with practitioners from other countries throughout the world.

And in 1992, there will be a series of conferences and workshops organized around the publication of Michael Murphy's monumental book, *The Future of the Body*. We will use the opportunity of Michael's synthesis to reflect on the work of the past several years, with an eye to reshaping our vision for future work.

Don Hanlon Johnson, Ph.D., is director of the graduate studies program in somatic psychology and education at New College of California, and of the Esalen Institute Somatic Research and Education Project. He is the author of two books and several articles on the body.

ESALEN NOTES

THANKS

Much of Esalen's work is made possible by gifts from a number of generous people. In this catalog we acknowledge some of those people, and in future catalogs will acknowledge others.

The *managers, staff members, program leaders, and work students*, who since 1962 have given us their time and energy, are Esalen's most important contributors. Our first thanks go to all of them.

Mark Dayton, now an Esalen trustee, has made substantial contributions to Esalen for twenty years. He has helped fund our Soviet-American exchanges, our Revisioning Philosophy program, Esalen scholarships, our fitness center, our building program, and other projects. Since the early 1970s, he has come to Esalen's aid whenever asked.

Laurance Rockefeller gave Esalen a founding grant for its Study of Exceptional Functioning (in 1979) and was the first person to make a substantial donation to our Soviet-American Exchange Program (in 1980-81). He funded our Revisioning Philosophy, Somatic Education, and Somatics and Spirituality projects. Most recently, he pledged $250,000 for reconstruction of the Big House. His gifts to us now total more than $600,000.

Mr. Rockefeller has also supported Buddhist communities in the United States during the past twenty years and has funded several hundred individuals and groups attempting to revitalize American spiritual, moral, philosophical, and artistic activity. No philanthropist in American history has been more courageous and farsighted than he in supporting pioneering projects in religion and philosophy.

Jean and Sidney Lanier have advised Mr. Rockefeller in his philanthropic activities and have been involved in his grants to Esalen. Jean gave the Revisioning Philosophy program its name, and both she and Sidney participated in it. They both have been friends and supporters of Esalen and have counseled its founders and leaders for more than twenty-five years. Several Esalen programs have been strengthened by their generosity and good advice.

Ken Smith, a founder of Craver, Matthews, and Smith, the eminent fundraising firm, has donated his own time and the resources of his organization to Esalen's Soviet-American Exchange Program for nearly ten years. Without his generous support, our Soviet-American exchanges would not have survived.

PAUL HERBERT

The baths sometime in the early 1960s

Bokara Legendre has helped support a number of Esalen programs and has been the principal funder for the Institute's meditation center. With her husband Arthur Patterson, she has entertained Esalen leaders and Soviet visitors in New York, San Francisco, and Big Sur, and has advised Esalen on program directions for the past six years.

John Murphy secured the original lease that made Esalen possible, set up the Institute's legal structure, served as its lawyer without pay for several years, and with his wife *Marie Murphy* made financial donations that helped get Esalen through its first years. Beneficiaries of the Vinnie A. Murphy trust have also generously supported Esalen, especially *John Ashley Murphy*, his wife *Maggie*, and sister *Sarah*.

INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Currently scheduled programs and their conveners are listed here.

April 7–12
Esalen Soviet-American Exchange Program

Advisors of this program from the United States and the Soviet Union will discuss new developments in Soviet-American relations, review the many extraordinary changes occurring within the Soviet Union, and plan new Soviet-American initiatives.

April 14–19
New Directions in Meditation Research III

Cosponsored by Esalen Institute, the Institute of Noetic Sciences & Marius Robinson

Participants will identify critical issues involved both in the study of meditation and its use in clinical or educational contexts; discuss methodologies for meditation research; explore the interface between meditation traditions and the disciplines of science, psychology, and human development; explore the potential significance of meditation and meditation research for the individual and society.

April 28–May 3
Toward a Marriage of Ecology and Economics

Cosponsored by Esalen Institute & the Land Institute (Salina, Kansas)

Coordinated by Wes Jackson

This will be a gathering of ecologists, economists, and others who are looking

for parallels between nature's economy and a possible human economy which features "cycling" rather than merely extraction.

June 2–7
The Phenomenology of the Body
Convened by Don Hanlon Johnson & Elizabeth Behnke

A group of academic philosophers trained in phenomenological reflection will gather with somatic practitioners to think through the presuppositions underlying the contemporary resurgence of interest in the body. Particular emphasis will be placed on how these presuppositions affect the practice of body therapies.

June 9–14
History, Religion, and Evolution of Consciousness
Convened by Robert McDermott

This seminar will focus on the history and variety of religious experience in relation to the evolution of consciousness. While many of the participants will speak from the perspective of either transpersonal psychology or spiritual-scientific (anthroposophical) epistemology, this seminar is intended to encompass a variety of points of view.

June 16–21
The Future of Reality
Convened by Howard Rheingold

Key thinkers, scientists, and engineers from around the world who are creating virtual reality technology will discuss the wider ethical, spiritual, and social dimensions of what they're doing and the implications of this technology.

June 23–28
A Soviet/American Literary Conference
Cosponsored by the Esalen Soviet-American Exchange Program & the Russian/American Institute
Convened by Viktor Yerofeev & David Bathea

Leading Soviet and American scholars of literature from Harvard, Yale, Princeton, Middlebury, Wisconsin, Moscow State University, and Leningrad University will discuss contemporary books on the subjects of religion and culture, history and culture, language and culture, and literature and culture.

■ WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The *Experiencing Esalen* workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on pages 49-50. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops.

In addition, there are other events which enrich life at Esalen. There are frequent forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. Finally, there is a community event schedule that is offered; please check the bulletin board for details.

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen or cabins) as follows:

	Assistance	Work
Weekend	$50	4 hours
5-7 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If this arrangement is desired, please check "Standard Scholarship" on the reservations form. If additional assistance is needed, please check "Other Scholarship" and write a brief note of explanation (type or print). If a scholarship is approved, it will be noted on your confirmation.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservations form on page 61, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for Wilderness Programs or the Work Study Program.)

Family Rates: A family of three or more may be accommodated in one double room at the regular rate for two, or in a triple at the regular rate for three. The only additional charges per person beyond the two or three full-paying occupants are meal costs: Breakfast, $5; Lunch, $6; Dinner, $8. A child's plate (age 6 and under) is available at half-price. If the non-full-paying family members are enrolled in Gazebo School/Park or an Esalen workshop, additional fees are required. Contact Gazebo, (408) 667-3026, for information regarding their fees.

Standard Accommodations: This is shared housing with two or more persons per room. In some cases, bathrooms are shared. Couples will always be housed in doubles. The rates listed with the workshop descriptions throughout the catalog refer to these shared, standard accommodations. Please review the information below for other housing options.

Please note that starting March 1 our rates will increase, as listed below. We would

like to remind you that scholarship assistance is available; refer to "Scholarship Information" on page 14 as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$955	$630	$325
Starting March 1:		
$1025	$675	$350
Single with private bath (rarely available):		
$1255	$880	$425
Starting March 1:		
$1325	$925	$450

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$725	$465	$260
Starting March 1:		
$780	$500	$280

Sleeping Bags: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.

$535	$350	$185

No price changes for sleeping bag spaces.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, massage, and good food without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is not refundable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please call no sooner than the Sunday before. The rates below are per person, per day.

Weekday	(2 or more days)	Weekend
Standard Accommodation (2 or 3 per room):		
$85	($75)	$105
Starting March 1:		
$95	($80)	$115
Bunk Bed (4 or more per room):		
$65	($60)	$70
Starting March 1:		
$75	($65)	$80

The Hot Springs at Esalen

In this catalog, we describe Esalen's place in the long tradition of public bathing with its ancient emphasis upon healing and rejuvenation.

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable for them, either wearing a swimsuit or not, and emphasize that the environment at Esalen is one of personal sanctuary and respect for the human body.

The Gazebo School/Park Early Childhood Program

The Gazebo School/Park Early Childhood Program is now available to seminarians. Please phone for your child's reservation so that we may provide the kinds of services you will require while attending your own workshops. Call the Gazebo Farmhouse, (408) 667-3026, between the hours of 9:30-11:30 AM for more information.

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and

CYNTHIA JOHNSON BIANCHETTA

a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, massage, etc.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 49-50.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 47-48.

Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Please see the insert for mail order information.

Week of December 30–January 4

Walking Improvement for People Over 50

Ed Maupin & Anne Nechama Simkin

In the ordinary aging process, the legs and pelvis tighten until agility and grounding—a secure relationship with the ground—are lost. Mental and emotional turmoil may substitute for physical orientation. This workshop will utilize simple exercises drawn from martial arts to recharge the legs. Gestalt processes will be used to explore personal issues and patterns which interfere with grounded awareness.

$630

Return of the Light: Winter Teachings

Paul Rebillot & Carol Proudfoot-Edgar

With the winter solstice we touch the darkest time of the year, the stillest time, the most inward time, in which we celebrate the turning toward the light. This is the time when all creatures prepare for the next cycle of growth.

Movement toward light is movement toward individuation, and as we move through winter toward spring it is important to understand the present cycle of our life, our current season. There are many ways to this self-knowledge. Different peoples have developed different paths, using a variety of metaphors. This workshop shall use the way of the Medicine Wheel, which teaches us to celebrate our cycles and our seasons.

Participants will look at the current cycles of their lives—what has not been completed, what needs healing, what needs saying goodbye to—and what steps they need to take as they cross thresholds into a new season. Through ritual, guided fantasy, music, and play, each can seek his or her own turning point upon the Medicine Wheel, and there sow the seeds for spring.

$630

Craniosacral System: Basic Workshop

Jim Asher & Jane Harrington

This workshop will offer an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. The class will combine lectures and slides on functional anatomy of the membrane system and cerebrospinal fluid movement. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference. Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills and for those already practicing body work or counseling. Much of the focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system.

Recommended reading: John Upledger and Jon Vredevoogd, *Craniosacral Therapy* (Eastland).

C.E. credit is available for nurses; for more information see pages 47-48. $630

Focusing, Dream Work, and the Helping Relationship

Mary McGuire

Focusing originally came out of research conducted by Eugene Gendlin and his associates at the University of Chicago. They wanted to determine what leads to successful outcomes in psychotherapy, and they found that success cannot be predicted by the personality of the client nor the orientation of the therapist, but instead is related to the client's awareness of felt experience in the body. They also found that this awareness can be taught to those who do not have it readily. The focusing method developed by Gendlin teaches this awareness of felt experience.

This workshop is for psychologists, counselors, social workers, nurses, doctors, and others in the helping professions. Focusing is beneficial to these individuals because it augments their understanding of the client's inner process and aids in their own self-awareness as helper. It allows the practitioner to recognize the vulnerable or painful places in the other where new life wants to come through and to facilitate growth in a gentle way that honors the other's experience.

Participants will practice the focusing process called Experiential Listening, a method of listening for the bodily felt sense in what the other is saying and responding from one's own felt sense of the situation. They will also be introduced to Gendlin's integrative approach to dream work. Theories of Freud, Jung, Perls, and others will serve as a source of questions; the answers will come from participants' own dream interpretations and will be explored via this method of awareness of felt experience.

Research has shown focusing to have made a significant difference in the process of therapy clients, the lives of cancer patients, in preventing staff burn-out, and building team spirit among health care professionals. This workshop could be a new beginning. What better way to start the New Year.

Recommended reading: Gendlin, *Focusing* (Bantam) and *Let Your Body Interpret Your Dreams* (Chiron).

C.E. credit is available for nurses; for more information see pages 47-48. $630

December 30–January 6

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco,

CA 94116; (415) 564-8515.

$955 (plus $30 materials fee paid directly to the leaders)

Weekend of January 4–6

The Tao of Music Improvisation and Movement Meditation

Chungliang Al Huang & David Darling

The leaders will continue their traditional New Year's celebration with music and Tai Ji during the southern migration of gray whales and monarch butterflies. Chungliang Al Huang will lead participants each morning in Tai Ji meditation and Chi Gong breathing exercises in the fresh ocean air while David Darling plays Bach on the cello. Everyone is invited to rediscover the fundamentals of creative expression and the revitalization of body, mind, and spirit through Tai Ji dancing and music.

Recommended listening: Darling, *Cycles* and *Journal October* (both, ECM), *Minor Blue* and *Rhythm and Blues Suite* (both, Music for People, 203-672-0275).

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* (Celestial Arts) and *Quantum Soup: Fortune Cookies in Crisis* (Dutton); Living Tao Videos, 217-337-6113. $325

A Weekend with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $325

KATHLEEN THORMOD CARR

Week of January 6–11

The Tao of Music Improvisation and Movement Meditation

Chungliang Al Huang & David Darling

For workshop description see January 4-6. $630

A Week with Seymour Carter

For workshop description see January 4-6. $630

Advanced Massage: Sculpting of the Conscious Medium

Vicki Topp & Dick Stratman

The goal of this workshop is for participants to develop their understanding of touch and hands-on skills in releasing the body from dysfunction and facilitating fluidity and balance. It is designed for those who have experience in massage and moderate knowledge of anatomy and physiology. The instructors will work from a deep tissue/structural integration orientation, with the primary focus on the pelvis (sacrum, ilium, femor relationship) to improve balance of the spine and thorax.

Through demonstration, practice, and discussion, participants will study the plastic nature and changeability of the body's connective tissue, and explore the delicate edge of sculpting with the human form.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Five Days with Ilana Rubenfeld

This workshop introduces the Rubenfeld Synergy™ Method, a holistic system developed over the past twenty-five years that integrates body, mind, emotions, and spirit for healing of self and others. This blend of gestalt practice, Alexander Technique, Feldenkrais® exercises, and Ericksonian hypnosis will be utilized as a gateway to contact, express, and work through deep feelings and memories locked in the body. Group exercises and individual demonstrations will incorporate gentle touch, movement, music, and humor. Key issues will be:

- Surviving the wounds of a dysfunctional family
- Healing the inner child
- Evoking innate healing potential
- Interdependence between emotions and posture
- Dreams and body metaphors that reveal life patterns
- Playfulness and humor
- Tools for self-care

This workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, NY, NY 10011. $630

®The Feldenkrais Guild

Weekend of January 11–13

Introduction to Vipassana Meditation

James Baraz

Vipassana (insight) meditation practice is a systematic examination of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life without fear or clinging. One begins to accept pleasure and pain, fear and joy, with increasing equanimity and balance. Life is seen as a constantly changing process. Insight is the deepening experience of the process itself, free of interpretation, leading to wisdom and compassion.

This seminar is designed for those who have had no previous meditation experience as well as for those who wish to deepen their practice. Meditation instruction, the philosophy behind the practice, group discussions, and actual practice periods will be offered. Special emphasis will be placed on how to integrate Vipassana practice in daily life after the workshop is over.

Recommended reading: Joseph Goldstein, *The Experience of Insight* (Shambhala). $325

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with the fundamentals of Tai Ji practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five elements form, Chinese Chi Gong breathing, and life force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Huang, *Quantum Soup: Fortune Cookies in Crisis* (Dutton) and *Embrace Tiger, Return to Mountain* (Celestial Arts); with Alan Watts, *Tao: The Watercourse Way* (Pantheon). $325

Rubenfeld Synergy™: Healing the Mind/Body Connection

Ilana Rubenfeld

This workshop will provide an introduction to the Rubenfeld Synergy™ Method, a healing system that uses gentle touch, movement, gestalt practice, creative imagination, music, and humor.

The memories and emotions stored in the body can result in energy blocks and imbalances. Through exercises designed to contact, release, transform, and balance these cellular patterns, participants can freely explore their innate healing potential. The atmosphere is one of acceptance, caring, and laughter, encouraging participants to move toward integration, empowerment, freedom, and new possibilities.

Participation in this workshop will fulfill one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, NY, NY 10011. $325

The Royal Road to the Unconscious

Kathleen Riordan Speeth

Dreams, what are they? Freud called them the royal road to the unconscious. Modern researchers are not so sure. Are they windows on transcendence? Hieroglyphics to be deciphered? Voyages to another, archetypal world? Personal archives? Psychological garbage? None of the above? All of the above?

On the theory that it is possible to learn much about oneself from the specific content, we will spend the weekend exploring the personal night poetry we remember as dreams. Using methods developed by Freud, Stekel, and Perls, and perhaps adding some of our own, we will learn to wrest meaning from the dreamworld. We will pay attention to personal symbolism, day residue, condensation of meaning, reversals and displacements, and the strange, primal, causal relations involved.

Because dreams bypass the conscious censor, the treasures of the night, whatever they are, can sometimes ransom the problems of waking hours. They are often worth remembering. Each participant can expect to leave equipped with tools to continue this fascinating study at home. Bring comfortable clothes, a notebook, and, if possible, some dreams. $325

Week of January 13–18

Letting Go–Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate—in the moment—to ourselves, to our work, and to those we love.

The workshop includes periods of body work for those who want to let go of past anger, fear, and pain, which are reflected in

the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. Maximum enrollment: 30.

$630

An Appreciation of Visior and Grace

Si Chi Ko & Chieh-Hsi Fan
with Chungliang Al Huang

Chungliang Al Huang brings to Esalen two artists from his Lan Ting Institute in China. Si Chi Ko is a visionary photographer; his wife, Chieh-Hsi Fan, is a classical and modern dancer who is best known for her performance of the famous Dun Huang Buddhist Cave Rituals. Through visual imagery of the cave paintings and the dance mudras of the rituals, Ko and Fan will introduce seminarians to the beauty and spiritual dimensions of these paintings, which are found at the crossroads of Indian and Chinese Buddhist art. $630

Intermediate Craniosacral Workshop

Hugh Milne

This workshop provides a deeper and broader understanding of craniosacral work for those who have completed an introductory class. It offers several models for understanding how subtle alterations of osseous rhythm or dural tension can produce remarkable effects on the function of the body/mind/spirit.

Participants will expand their range of technical cranial expertise and refine the arts of both deductive and intuitive diagnosis. The sacro-iliac, spheno-basilar, and tempero-mandibular joints will be examined in detail. The class will also include a review of the reciprocal tension membrane system and an analysis of known brain and chord function as related to craniosacral work.

The relationship between meditation, perception, and the still point will be explored as a foundation, with emphasis placed on the daily practice of demonstrated techniques so that a high standard of individual consciousness in this work can be attained. Feedback among participants on personal issues as evoked by work in the class will be an important part of the seminar.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in the mood of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for: people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based in trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $630

Touching Spirit: Dimensions of Psychic Healing™

Elizabeth Stratton

Psychic healing bridges the physical and the spiritual. Touching as a healing act has been practiced through recorded history by practitioners of the sacred as well as the secular: healers, shamans, priests, doctors, and mothers. In the past ten years, physics and modern medicine have come to an acknowledgment of the radically relational nature of our universe. Nothing and no one functions in a void.

Human emotions affect the functioning of the body, and illness is often an outgrowth of this mind-body link. Semi-dissociative states that are induced by prayer, meditation, and trance have been found to provide a fertile ground for healing to take place. It has been discovered that "multiple personalities" exhibit different states of health in each personality. The placebo effect has become one of the most respected and well-studied issues in healing today.

A psychic healer is one who can help connect the physical, emotional, mental, and spiritual levels of another person's being with healing intention through the use of touch. This workshop will explore, both didactically and experientially, the sacred and secular uses of touch, modern theories of disease formation and healing mechanisms, the use of psychic sight in healing, forgiveness as transformational cleansing, and the channeling of healing energy through the laying on of hands.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Weekend of January 18–20

Non-Adversarial Child Care: The Continuum Concept in Practice

Jean Liedloff

For parents, parents-to-be, and baby and child care professionals, this seminar will examine the true meaning of sociality as an innate characteristic of homo sapiens. Drawing upon her years of living with Stone Age Indians in South America's jungles, the leader propounds an approach neither punitive nor permissive that takes into account the generally unrecognized expectations and abilities inherent in our young.

Why do babies and children so often seek attention they don't need? Why do we see tots in underdeveloped countries and cultures following their parents and helping them with chores so early, while ours are frequently chased and tended, opposed, tolerated, and socialized for nerve-wracking, guilt-laden, unappreciated decades of drudgery and sacrifice ending in one degree or another of alienation?

As professor Robert Aldrich of the National Institute of Child Health and Human Development said, "Basic things about human nature we forget or ignore at our peril."

Recommended reading: Jean Liedloff, *The Continuum Concept* (Addison-Wesley, U.S.; Penguin, U.K.), German edition, *Auf Der Suche Nach Dem Verlorenen Gluck* (CH Beck, Germany).

C.E. credit is available for nurses; for more information see pages 47-48. $325

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about contacting and feeling and expressing.

Come alone or bring someone who is important to you, perhaps a lover, friend, a parent, someone with whom you'd like to communicate in a different way things you've expressed before and possibly things you've never said.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. But the workshop is really about you—singing. $325

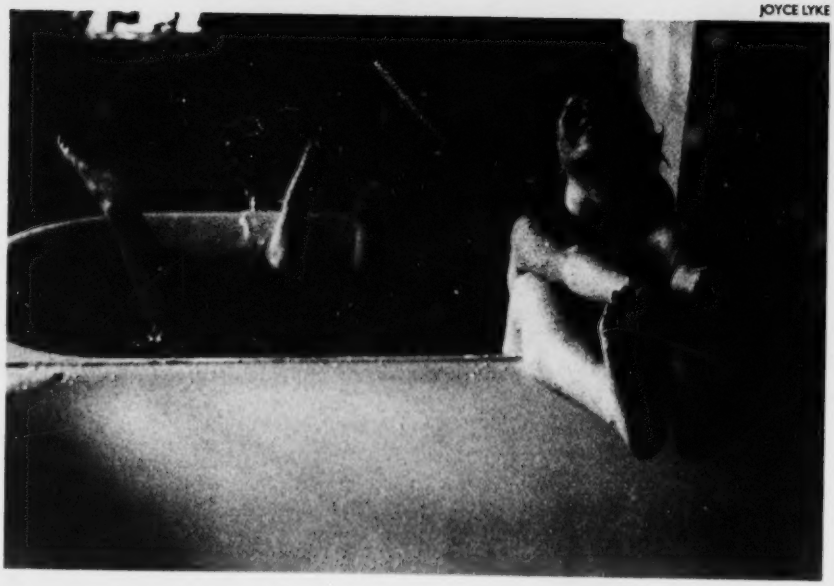
Somatosynthesis: Touching Mind and Emotion Through the Body

Clyde Ford

Somatosynthesis is a method that uses human touch to address emotional and psychological issues underlying pain, disease, and physical symptoms. Through lecture, discussion, and demonstration, Clyde Ford will introduce the basics of this methodology, including body-mapping, which links areas of the body to emotional issues, and a language of touch that allows a practitioner to guide a client toward physical and psychological well-being. There will be plenty of time for supervised hands-on practice. It is designed for health care professionals and laypersons who wish to integrate somatic skills into their work with others or their own lives.

Recommended reading: Ford, *Where Healing Waters Meet: Touching Mind and Emotion Through the Body* (Station Hill Press).

C.E. credit is available for nurses; for more information see pages 47-48. $325



JOYCE LYKE

Psychoneuroimmunology and its Implications

George Solomon & Margaret Kemeny

The rapidly developing field of psychoneuroimmunology (PNI) is concerned with the nature of complex bidirectional interactions between the central nervous system (CNS) and the immune system and their clinical and bioregulatory implications. The CNS mediates stress effects, coping, emotions, and other psychological processes that, via the immune system, affect the onset and course of many diseases.

This didactic but interactive course will describe the immune system, how it works and is regulated. The leaders will discuss human and animal research on the effects of stress and other experiential factors on immunity and on immunologically-resisted and mediated diseases, including bacterial and viral infections, cancer, autoimmune diseases, allergies, and AIDS. The as-yet poorly researched area of the impact of interventions, including psychotherapy, on immunity and disease will be discussed. Implications of PNI for understanding traditional and alternative healing systems and placebo effects will be explored. There will be ample opportunity for questions.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Forgiveness and Letting Go of Judgment

Elizabeth Stratton

Elizabeth Stratton writes: "The training of the Western mind, both spiritually and intellectually, is oriented toward judgment. We are taught to induce, deduce, analyze, dissect, defend, debate. We are taught to feel guilty, to get sick, to engage in self-punishment and the punishment of others. We are encouraged to rebuke ourselves into perfection.

"We do not know the healing quality of true remorse or how to let go of that which we should never have held onto in the first place, which is the real meaning of forgiveness. In studies of people who have died and come back to talk about it, the most unifying element of their experiences was the meeting with a Being of white light who stood by with unconditional love, no judgment, and humor as they watched their lives roll before them like movies. The only judge was the person watching his/her own life.

"This workshop will be experiential. You are invited to observe the judgmental prison of your own mind, to feel the cleansing power of remorse, and to allow your heart to open to the freedom and healing that comes from forgiving yourself and others." $325

Week of January 20–25

Mastery in Daily Life

George Leonard & Annie Styron Leonard

We tend to assume that mastery is available only to those born with exceptional abilities. But mastery is not a goal or desti-

nation. It is a journey that every one of us can take, provided we have the right map.

This workshop offers clear directions for the journey of mastery in whatever field you may choose. It will include discussion, demonstration, and movement exercises from Leonard Energy Training (LET) which emphasize mastery in daily life. For those familiar with LET, this workshop will present new material. Some of the topics to be addressed:

- Five keys to mastery
- How to avoid being a Dabbler, Obsessive, or Hacker
- Creating a vision
- The secrets of practice
- Staying balanced and centered on the path of mastery
- Avoiding pitfalls
- Playing the edge
- Loving the plateau
- Dealing with conflict
- Negotiating with change
- Staying on the path
- Getting energy from mastery

This workshop involves physical movement, but is not strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Transformation* (Tarcher), *The Silent Pulse* (Dutton), and *The Ultimate Athlete* (North Atlantic). $630

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration.* $630

The Body is Spirit

Robert Hall

There is no difference between the bioenergetic streaming of daily body life and the divine spirit current or life force. We experience both as an ongoing felt body sense. The human ego operates under the false assumption that it is somehow separate from that sense. So we spend our lives in constant negotiation and seeking: the so-called human condition. From this position, alienation is inevitable.

This workshop is designed to explore the possibility that we are that felt body sense, that spirit current, and we are constantly, by nature, in relationship to everyone and everything that exists. Hopefully, we'll laugh a lot, too. There will be time for gestalt, individual body work, meditation, and getting to know each other well in a short time. $630

Seeds of Singing: Redefining What it Means To Be a Singer

Susan Osborn & David Densmore

The leaders write: "Within each of us is a powerful, life-giving song, which, when sung, can make sense out of chaos, open and cleanse the deepest wounds, and transform it all into joyous communion. When we sing together from this place, we can recognize the oneness of all people and celebrate our incredible variety and differences. It is a bodily experience.

"Think of the first time you sang and what song it was. Think of the feelings you had. Remember the feedback you got. We believe that these experiences are central to our development as human beings, that singing is not 'extra-curricular,' but a reflection of how we feel about our own power and our ability to create something beautiful and true out of ourselves. This will be a week to explore these possibilities and sing." $630

Weekend of January 25–27

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Its emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press). $325

Questioning Western Spirituality

Brother David Steindl-Rast

Western spirituality is being rediscovered. After a long journey, some of us have found treasure buried under the very threshold over which we stepped when we left home. Yet, without the quest we could have never come to own what was ours from the beginning. Without questioning, we cannot make inherited wisdom our own.

This was not always understood by teachers of religion. Some of us were force-fed all the answers, without ever being allowed to question. This weekend will be a time to catch up on what we missed.

Brother David has helped diverse groups experience inner liberation and new insights through honest questioning. Every question, even an angry one, is a gift. Answers like to hide in questions. Together we shall try to teethe them out of hiding. We shall survey key issues in Western spiritual tradition and offer participants opportunities to raise their own. $325

The Shamanic Journey, Power, and Healing

Michael Harner

Shamanism is an ancient human strategy for personal learning and for acting on that learning, using normally neglected or hidden potentialities of the heart, mind, and spirit. Shamanic methods can contribute to virtually any aspect of living, as they have for tens of thousands of years, and are especially useful for problem-solving, well-being, and healing.

In this experiential workshop, participants will be introduced to basic methods of the shaman (a specific type of medicine man or woman) and initiated into the classic shamanic journey. Otherwise known through myth and accounts of great spiritual experiences, this visionary method can be used to enter nonordinary reality to obtain knowledge, to answer personal questions, to maximize power in achieving

personal goals, and to contribute to the health of oneself, others, and the Planet. Participants will be aided by traditional drumming and movement and will be provided with methods for journeying to discover and study with their individual spiritual teachers in nonordinary reality, a classic step in shamanic practice.

The shamanic journey can be utilized to help restore spiritual power and health and has practical applications to contemporary daily life. Practices this weekend will include comparison of discoveries and work on personal problem-solving and wellness.

Please bring a bandanna to cover your eyes, a pen and notebook to record your journeys and, if you have them, a drum and/or a rattle. Wear comfortable clothing.

Recommended reading: Michael Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford).

$325

Week of January 27–February 1

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

This workshop is open to anyone interested in learning to recognize, trust, and use their psi abilities. The leaders will use exercises designed to aid participants in recognizing their perceptive styles and trusting the intuitive input they normally receive. Anne Armstrong will use her tracking abilities, acquired from over twenty-five years in this field, to assist participants in arriving at useful, accurate data.

One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $630

Women's Wisdom: Celebrating Sacred Dimensions of the Feminine

Jean Shinoda Bolen & Jananne Lovett-Keen

By tapping intuitive sources of wisdom, creativity, and spirituality, life takes on deeper meaning. We are nourished by what we feel and know and dream and express. In the outer world, change and transitions are inevitable. What we often miss is time to reflect upon the meaning of events and to take stock of who we are becoming.

This retreat invites women to take time for inner reflection in the nurturing company of other women in an environment of natural beauty. Jean Shinoda Bolen, author of *Goddesses in Everywoman*, will lead participants inward through myths and meditation to their personal symbols and to the truth in their dreams. Jananne Lovett-Keen, a musician and body worker, will teach participants to care for their bodies and to be attuned to their vulnerabilities, pain, trust, and strengths. Through music, participants will touch sources of inspiration and creativity and be reminded of the profound connection between women's nature and Mother Nature, between music and body knowledge.

These five days will provide women with an opportunity to experience their inner trusting child, the grown woman choicemaker, and the wisewoman aware of the sacred dimension of ordinary life. $630

January 27–February 8

Advanced Training in Shamanism and Shamanic Healing

Michael Harner

For workshop description see Special Programs, page 45.

Weekend of February 1–3

The Future of Psychotherapy

Rollo May

Returning from teaching in Greece and studying with Alfred Adler in 1933, Rollo May received degrees in theology and psychoanalysis. He introduced the existential approach into therapy in this country and is a principle creator of humanistic psychology. His published works include the well-known *The Courage to Create*, *Love and Will*, and *My Quest for Beauty*. His forthcoming book, *The Cry for Myth*, explores the significance of myths in psychotherapy and in finding a direction in our distraught world. In this seminar, Dr. May will speculate about therapy for the future. He writes:

"The revolution which Freud and Nietzsche reflect has pierced to the center of our moral and psychological world. In this continuing revolution, discoveries of the psyche have occurred. We will discuss how these discoveries concern the emotional and moral problems of our day, the many forms psychotherapy has taken—which has become the new way of health for the twentieth and twenty-first centuries—and how to seek ways of living with some joy in a radically new world."

$325

Sensory Enhancement

Dean Marson & Kathleen O'Shaughnessy

This workshop directs itself toward those individuals just beginning to explore touch as communication. Demonstrations will be augmented by supervised practice, and discussion will offer insights into various body work approaches and how they may be used in everyday life to ease stress and enhance the senses. Other topics will include: basic full body massage, breath-energy sensing and contact, passive movement, self-care with massage, self-awareness and using this sensitivity with others.

$325

Week of February 3–8

A Look Within

Jessica Moore Britt & Scott Layton

This will be a week for participants to attend to and explore themselves away from their usual busy lives. As they settle into the grandeur of Big Sur and the quiet within, they can begin to penetrate their conditioned views of themselves and the world.

The point of inquiry will be the relationship of the mind, body, and emotions and the essential nature of the self. Participants will focus on understanding who and what they are, especially as beings of compassion, strength, will, power, joy, and presence. They will explore how their past conditioning and present beliefs block their awareness of these qualities in themselves. The tools for self-discovery will be an interplay of Eastern and Western practices, including Sufi self-remembering exercises, meditation, touch, movement, and Reichian/gestalt work. This time, dedicated to being present and looking within, holds the possibility for participants to open their perceptions so they might obtain a deeper appreciation for who they are.

Please note: To enroll in this workshop, prior experience in emotional work is required.

Recommended reading: A.H. Almaas, *Diamond Heart*, Book 1, (Diamond Books). $630

Word Magic: A Personal Adventure through Writing

Nancy Bacal

We all have stories and the ability to tell them. But when asked to translate them onto the page, many of us are inhibited by self-judgment. Through a series of exercises designed to bypass blockages, participants will be encouraged to move beyond the controlling arm of the critic and tap their reservoirs of personal experience. These exercises will provide an opportunity to turn the burdens in our lives into stories, the unwanted voices into characters, the failures and successes into material. They are specific enough to excite the imagination yet loose enough for the writer inside to experiment with form and images and remain open to surprise.

This writing workshop offers a supportive and stimulating environment for the non-writer, the would-be writer, and the professional. The schedule will include writing in and out of the group, walks, meditation as it relates to creative process, reading and discussion of pertinent material. The intention will be to coax the mind out of its cycle of expectation and disappointment into a positive, functioning relationship with one's work.

Recommended reading: Carla Needleman, *Work of Craft* (Avon); Joseph Goldstein, *The Experience of Insight* (Unity). $630

Expressive Arts: Turning Wounding into Creative Action

Elisa Lodge

During this time of cultural change and ecological crisis, it is essential to accept and embrace our personal history and have the creative resources to more fully express the truth of our being. The language of the expressive arts meets the needs of our time by fostering freedom of choice and aliveness in how we are in the world.

Rather than being judged, evaluated, or fixed, participants are invited to illuminate and enact patterns which have been restricting their awareness, self-expression, and self-worth. Patterns to be explored are breath, sound, body image, body movement, thought, feeling, attitude, character masks, and relationships. In amplifying and contrasting these patterns in a relaxed and playful manner, new choices may present themselves from within. A broadened sense of identity and more fluid repertoire of possibilities emerge from this process. It is especially relevant for those in the helping professions who wish to take more risks and integrate the arts and body-oriented approaches into their work. $630

Weekend of February 8–10

Psychological Implications of Symbols: The Tarot

Angeles Arrien & James Wanless

The tarot is an ancient book of wisdom that visually captures possible internal and external experiences that individuals can have. Participants in this weekend workshop will have the opportunity of seeing multiple ways symbols can be practically used as guides and clarifiers for life issues.

This workshop is structured to meet the needs of participants at any level of experience or inexperience they may have with tarot. $325

Personal Energy Management

Myron McClellan

We are beings made up of four energies: physical, emotional, mental, and spiritual. When we are healthy, productive, creative, and in touch with our feelings, we are managing our energies effectively. When we are ill, sullen, morose, or lazy, we are not managing energy well. Energy management requires awareness and action. It requires knowledge of the nature of each of the four aspects of being and how each is used for maximum effectiveness and enjoyment. This workshop teaches skills for getting the most out of the body, feelings, mind, and spirit, both in times of ease and in times of stress.

Topics to be covered include: using the body to transmute intense emotions into energy for growth; expressing and releasing feelings; reeducating the brain; using meditation as a grounding experience; using music and movement for physical health and aliveness; establishing harmony among the four bodies in order to create what the heart desires.

The methods used in this course are fun and invigorating and are intended to give the participant tools that can be used on a daily basis to promote aliveness, no matter what physical or emotional circumstance one finds oneself in. Music, movement, toning, games, processes, and discussion are all part of the experience. $325

Biofeedback Assisted Open Focus and Brain Wave Synchrony Training

Les Fehmi & Susan Shor

Brain wave activity is directly correlated with the way one pays attention. Synchrony is associated with "in-to-it," broad-scoped attention and effortless performance; desynchronized brain wave activity is associated with remote, narrow-focused attention and effortful performance. Brain wave synchrony and attention training consequently guide one toward an awareness that is simultaneously narrowed-in on detail, panoramic in scope, and bathed in an effortless sense of the moment.

The Open Focus methods presented in this experiential workshop support the rapid reduction of both conscious and unconscious physical and emotional stress and pain. Rather than ignoring unpleasant experience, participants will practice melting it directly, using attention skills they already possess. This method of dissolving stress and pain generates a sense of well-being and creative energy. Interested workshop participants will receive biofeedback training using an instrument that monitors brain activity from the major lobes of the brain and provides a feedback signal when whole-brain, in-phase synchrony is produced. An Open Focus tape will be provided for home practice.

C.E. credit is available for nurses; for more information see pages 47-48. $325

Cosmic Conspiracy: A Game of Enlightenment

Robert Anton Wilson

Robert Anton Wilson writes: "Based on my psychological works and science-fantasy novels, this Game may shake the foundations of your world. When you enter the portals of Chapel Perilous, you will be given a deceptive Cover Story and a Real Identity—which is also fiction and exists only for the duration of the Game (if you're lucky). Thus, every participant is a liar—and you can't be too sure about the leader either. In regular sessions, I will

lecture on such concepts as the presentation of the self in everyday life, the social creation of reality, the Game element in behavior, but between sessions you will have to deal with these abstract concepts in very concrete ways as spies, criminals, government agents, and extraterrestrials, as Cosmic Forces of Good and Evil attempt to lure you into their plots and counterplots.

"Can you find the Maltese Falcon before any other player? Is some clever villain among you using the Game as a front to deal drugs or to brainwash other players? Will you spot the CIA assassin before you're 'killed' and removed from the Game? If you do get 'killed,' what will happen in Rebirthing, before you can enter the Game with a new Ego? As you deal with these increasingly urgent questions, you will also have to decide if this 'Game' is teaching you social psychology, mysticism, agnosticism, paranoia, or if it's 'just a Game' after all.

"Warning: the Attorney General has determined that this Game may be hazardous to your dogma." $325

Week of February 10–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 25-27. $630

Recovery for Adult Children and Co-Dependents

Julie Bowden

This week-long journey will be a healing of the "child within" in an atmosphere of safety and respect. Experiencing and integrating the past allows us to live in the present, no longer tyrannized by previous pain and outmoded behaviors. We are freed to be more fully in relationship with ourselves and others. The training in an alcoholic or dysfunctional family is to deny what you see, feel, and think. This is the primary coursework for co-dependency. In this week we will commit to the inner waiting child and address our own addictions in order to clear the field for deep, lasting changes. People in all stages of recovery are welcome, as are treatment providers. $630

Cross-Cultural Shamanic Practices

Angeles Arrien

Participants of this workshop will be introduced to shamanic tools from diverse cultures in order to access and empower their inner teacher, healer, visionary, and warrior. The universal healing salves of singing, storytelling, dancing, and silence will be engaged to rekindle the spirit and retrieve any soul loss.

Group members will work individually and collectively to: honor ancestor spirits by releasing limiting family patterns; enhance personal and professional power by speaking with "spirit tongue" (truth-telling); and experience shamanic practices that reveal internal mythology, help heal wounds, and adjust imbalances.

This week qualifies as a Foundational Training for the Four-Fold Way, a cross-cultural shamanic training program by Angeles Arrien. $630

The Art of Saying Goodbye

Paul Rebillot & Melissa Kay

The loss of a loved one, whether through death or separation, is a huge rent in the fabric of one's life. It is difficult to get on with other relationships until that rent is attended to. The pain of the loss needs to be released, and the difficulty of day-to-day existence after the loss needs to be acknowledged.

To learn something from suffering makes it worthwhile; to create something makes it bearable. Using open seat and emotional release, workshop participants will deal with their losses—not just in anguish, not only in pain—but artistically, musically, creatively. They will seek to give birth to new life, to create an artwork, a ritual both of letting go and of gathering within themselves the strength and the love which they have felt from those who have gone.

This workshop gives participants the opportunity to say goodbye, to experience the tears, the grief, and the potential for emotional renewal, and most importantly, to reconnect with the source of their own lives. $630

Back Into Action: Neuromuscular Reeducation

Lawrence Goldfarb

Back Into Action is a proven approach to changing habitual postures and movement patterns. Originally designed for chronic back pain patients who failed to benefit from standard exercises and treatment modalities, it teaches a series of structured movement sequences which can be used as a complete program or modified to meet each person's specific needs.

This workshop combines lecture, lab, demonstration, case study presentation, and experiential Feldenkrais® movement so participants can develop the theoretical understanding, observational skills, and treatment repertoire needed to apply neuromuscular facilitation and movement reeducation in orthopedic rehabilitation. They will be shown how to:

- Assess the relationship of movement dysfunction to diagnosed pathology, mechanical stress, and hypo/hyper mobility
- Refine visual and palpatory evaluation skills
- Utilize programmed movement sequences, verbal cues, guided imagery, and manual contact to increase flexibility, coordination, and strength
- Teach neuromuscular control and kinesthetic acuity necessary for efficient, pain-free motion
- Integrate fundamental changes in habitual postures and movement into daily life

Each participant will receive an illustrated copy of the *Back Into Action Handbook*. $630

Weekend of February 15–17

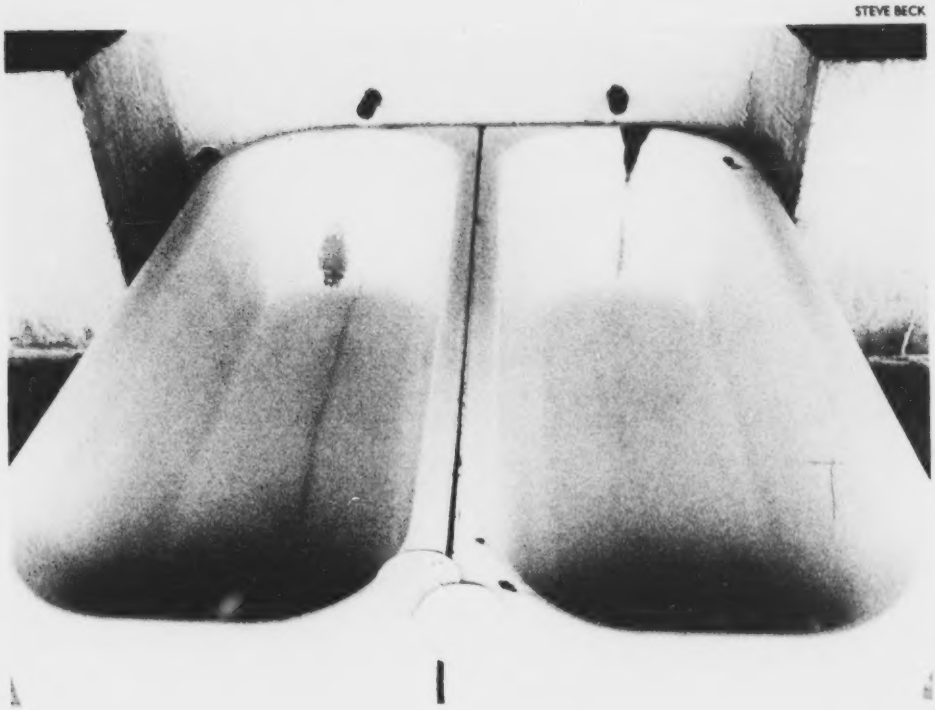
Gestalt Practice

Joyce Lyke

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And when used—is inexhaustible.
—Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

STEVE BECK



The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); John Heider, *The Tao of Leadership* (Humanics); Ram Dass and Paul Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; for more information see pages 47-48. $325

Thomas Hanna Memorial Workshop

Eleanor Criswell Hanna

The work of Thomas Hanna, somatics, has touched the lives of many people. This seminar, coordinated by Eleanor Criswell Hanna, will celebrate Thomas's life and work. It will explore the neuromuscular responses to emotional states and the somatics way to internal mastery of muscles and emotions. Guided somatic exercises, video- and audiotapes of Thomas Hanna, and individual sessions with interns from the Novato Institute trained by him will give participants the opportunity to experience this wonderful work.

Recommended reading: Thomas Hanna, *Somatics* (Addison-Wesley), *The Body of Life* (Knopf), and *Bodies in Revolt* (Freeperson Press). $325

A Weekend with Paul Rebillot and Melissa Kay

Combining gestalt, guided meditation, gentle movement, and play with the needs of the participants, this group will create their own weekend of self-discovery and expression. $325

True Stories: Autobiographic Storytelling

Spalding Gray

Everyone has at least one good story in them. The aim of this workshop is to create a safe, supportive space to give birth to that story. Each member of the workshop will be asked to function as storyteller, audience, and critic. When you're not telling, you'll be asked to listen and respond.

This workshop is limited to twelve people who will be chosen on the basis of personal letters sent to Spalding Gray, c/o Esalen. The letters should explain why you feel it is important for you to take the workshop. Please send no fees until you are notified by mail of your acceptance. $325

Achieving Sustained High Performance

Jerry & Kathleen Fletcher

Most people have had the experience of having something they were doing "take off" and go much better than expected. Yet many assume such times are lucky accidents, that it is not possible to create or sustain such performance deliberately or without stress, fatigue, and eventual burnout.

The results from ten years of research by the workshop presenters demonstrate that these times of exceptional performance are not capricious. Each individual has a pattern of actions that produces his or her best results. Once people learn their personal high performance patterns, they can carry out activities in a way that fits them and produce much better results for the same effort over sustained periods of time.

This seminar takes participants through a process in which they identify their individual high performance patterns and learn to apply them to their life and work. Developed through years of work with successful managers, executives, professionals, and work teams, it offers an approach to sustainable high performance, a welcome alternative to the stress, fatigue, and eventual burnout that accompanies constantly forcing oneself to peak periods of high output. $325

Week of February 17–22

Five-Day Massage Intensive

Brita Ostrom & Laurie Lioness Parizek

Participants will be instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for more information see pages 47-48. $630

Turning Fifty: For Women Only

Marion Woodman

These five days are for women, ages 49, 50, or 51, to celebrate the meaning of mature womanhood. Through lectures, discussions, and body awareness they will contemplate the questions most relevant to women at this age: What is our present relationship to our partner? What are the most important values in our ongoing relationship? What is our relationship to our inner partner? What is our relationship to ourselves if we do not have a partner? How do we relate to our children and to our parents? How do we relate to our menopausal bodies?

These and other questions arising in this transitional period will be the theme of this workshop. Participants are asked to bring musical instruments, art supplies, or any object that would be of importance to them in a ritual.

Please note: This workshop will begin Monday morning at 9 AM instead of Sunday evening. However, participants are welcome to arrive any time after 4 PM on Sunday. $630

On Being a Man

David Schiffman

Many men today have sought to honor and embrace the emergence of the feminine principle in their own natures. As a result of this emphasis, the right to celebrate and honor the masculine has become a thorny and difficult dilemma.

A man's sense of his uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity. They will explore the following questions:

- What does a man need to know and accept about his own nature to feel himself fully as a man?
- Can men come together to create an atmosphere of trust and goodwill, where the masculine aspects that they have in common can be honored and appreciated in the pleasure of each other's company?
- Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
- Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illuminate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will be incorporated in this journey as well. $630

Advanced Enneagram Intensive

Helen Palmer

The enneagram is an ancient psychological typology that describes nine personality types and their interrelationships. Each type is defined by a chief mental and emotional preoccupation to which attention habitually returns. The types correlate well with the current categories of psychological practice, but can open us to the fact that the repeating preoccupations of heart and mind that we in the West tend to dismiss as merely neurotic can also be used as access points into states of awareness like empathy, omniscience, and love.

Beginning with a review of the nine types, this workshop will focus on advanced material that can best be understood through oral teaching methods. These include learning to recognize type by listening to the differences in people's stories, by learning to ask key questions, and by paying attention to one's own internal impressions when in the presence of the different types.

This program is for those who are already familiar with the nine personality types and who wish to broaden their understanding of the system. It is intended for anyone who is interested in: recognizing ways in which the nine types relate to each other in intimate partnership and in work-related settings; determining strategies for working with the types; developing competency with the patterns of attention that support each type; gaining an understanding of the higher human abilities that can develop from working with the issues of type. This intensive can be applied as one of the requirements for the Enneagram Professional Training Program.

Please note: Enrollment in this workshop presupposes previous work with the enneagram. The emphasis will be on inner material, but not personal process work. It will be a large group, with a maximum enrollment of 40.

Recommended reading: Helen Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper & Row). $630

Weekend of February 22–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 25-27. $325

Rap Dancing into the Third Millennium

Terence McKenna

The approaching new millennium, its perils and promise, will be the theme of this weekend. We will analyze and review the past thousand years with an eye to trends and opportunities that the future may bring. Western civilization is caught in a phase transition to the first planet-wide, species-wide civilization. Does the emergence of a shared set of universal values—democracy, free markets, and the dignity of the individual—have to mean the end of diversity and pluralism? What does human self-imaging through technology portend for each of us? Is the human race down for the count, or on the brink of its greatest adventure?

Psychedelics, virtual reality, and the transformative power of magic and language will be topics for discussion. Join us for a lively exploration of the unfolding drama of the human family's entry into hyperspace. "He who is not busy being born, is busy dying." $325

The Path of Transformation in Psychotherapy and Meditation

Daniel Brown

This workshop is designed for psychotherapists, practitioners of meditation, and those interested in the integration of the worlds of psychotherapy and spirituality. The leader will present an integrated model for the path of transformation, for the development of emotional experience, the sense of self and others, and reality sense.

This model of normal, pathological, and optimal human development is drawn from the fields of child development, clinical psychology, and the great Eastern traditions of meditation.

This workshop will show how the path of meditation unfolds and will present a vision of optimal human development. It will also help participants learn to assess and treat different types of problems (clinical symptoms and meditation crises) which occur at various points along the overall developmental continuum. The workshop will address how psychotherapy can be used as a way to attain some of the necessary prerequisites for spiritual development and can assist with the problems that occur for the meditation practitioner and meditation teacher. It will also show how spiritual awareness can inform one's view of psychotherapy. Various experiential exercises and meditation practices will be used along with clinical case material. The workshop will be both experiential and didactic.

Much of the material will be drawn from the leader's experience as a clinician and teacher, and from his eighteen years of practicing meditation, translating meditation texts from Sanskrit and Tibetan sources, and conducting scientific studies on deep meditation states and enlightenment on meditation masters in this country and in South Asia.

Recommended reading: Ken Wilbur, Jack Engler, and Daniel Brown, *Transformations of Consciousness* (Shambhala). $325

Week of February 24–March 1

Psychology of Spiritual Essence: Introduction to Ridhwan Work

Karen Johnson & Linda Krier

Ridhwan, translated from Arabic, means contentment. The Ridhwan Work School is dedicated to the development of the human essence. It uses primarily the Diamond Approach, a modern, psychological method used as a spiritual practice, to guide students to a precise understanding of their personal experience. By understanding one's discontent, longing, emptiness, and life situations, it becomes possible to realize the innate aspects of love, awareness, will, and joy. Such precision offers psychological clarity and ultimately leads to spiritual presence.

This workshop will use conceptual presentations, interpersonal exercises, meditation, and personal emotional work to activate the essential aspects of presence and resolve the psychological barriers against them. It is for individuals who have done a lot of emotional and growth work, and speaks to the longing of the heart for what will truly fulfill it. In such a short time, participants may only get a taste of this essence, but they can go a long way in terms of awakening their sleeping potential. Private sessions will be available for an additional fee.

Recommended reading: A.H. Almaas, *Essence* (Weiser), *The Diamond Heart*, Books I & II (Diamond Books), and *The Pearl Beyond Price* (Diamond Books). $630

A Workshop for Couples

Daniel Brown & Marushka Glissen

This workshop is for couples who want to improve their communication skills and increase their understanding of each other. Ways for resolving conflict and practical methods for becoming self-assertive and self-transcending in a partnership will be taught. Some of the work will address how the family of origin and past conditioning contribute to the bonding as well as the conflicts. Time will also be spent on how to find satisfaction, mutual support, relaxation, solitude, and play in day-to-day living as partners. Helping couples discover the wider purpose of being together through a sharing of values, love, and perhaps a spiritual vision will be emphasized. $630

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.' These activities can also be described as movements. What we call a 'body' can be seen as *movements* that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we *are* rather than as something we *do*.

"Our time together will be to enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder of meaningfulness as it shapes and colors the moment. For me, 'life' and movement are one." $630

February 24–March 8

Emotional Healing: From Co-Dependence to Aliveness

Karen Paine-Gernée & Terry Hunt

For workshop description see Special Programs, page 45. $1550

Weekend of March 1–3

Couples' Group: The Truth

Will & Ailish Schutz

This workshop is for couples, mainly, and for individuals: those in a couple, formerly in a couple, or who want to be in a couple. *It is only for those who are willing to tell the whole truth.* We shall use a symphony of methods: old and new; tested and spontaneous; from problem-resolution to massage.

Recommended reading: Will Schutz, *Profound Simplicity* and *Joy: 20 Years Later* (Ten Speed Press). $350

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji with Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

Please note: This has always been a popular workshop, with lots of people drumming and dancing in a small area. The energy runs high; be prepared for a crowded, exuberant atmosphere.

JOYCE LYKE

Olatunji will extend his stay through March 8. Please see his March 3-8 workshop description. $350

Week of March 3–8

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji with Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

Olatunji and his ensemble will continue with their *Language of the Drums*, which is open to new arrivals as well as those who wish to stay over from the weekend. Please see March 1-3 for the workshop description. This five-day workshop will culminate in a performance for the Esalen community. Bring a drum if you have one. $675

Pilgrimage

Joyce Frazee

Lama Govinda writes in *The Way of the White Clouds* that pilgrimage is "an inner movement or development directed toward a yet unknown distant aim...from which springs the readiness to accept people and new environments as part of our destiny and the confidence in the ultimate significance of all that happens and is in harmony with the depth of our being..."

Participants in this workshop will use gestalt practice, dream work, drawing, meditation, and group process as a way of pilgrimage toward the "yet unknown distant aim."

Recommended reading: Lama Govinda, *The Way of the White Clouds* (Shambhala). $675

Weekend of March 8–10

The Psychotherapist as Shaman: Methods for Madness

Joan Halifax

In many indigenous cultures across the world, the shaman has functioned as healer and therapist in the physical, psychological, intellectual, transpersonal, social, and environmental domains. During this weekend, anthropologist Joan Halifax will look into the traditions of shamanism for those practices and methods possibly relevant for use in contemporary psychotherapy. Included will be the function of art in personal, social, and environmental healing; the role of ritual in individual and community process; the use of entheogens in psychophysical transformation; and the relationship of the natural environment (as reality and metaphor) to the healing process. This program includes experiential practices, teachings, and discussion.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Noble Visions: Living a Committed Life

Bill Puka

This seminar is designed to affirm and enhance participants' commitments to high ideals, toward living inspired lives as inspiring people. It will look at ethical visions and ethical visionaries. Participants will reflect on the components of respecting and appreciating each other, of loving and caring. They will consider ways of practicing these arts more gracefully, drawing from humanistic counseling methods, yogic meditation, and the psychological research of Kohlberg and Gilligan on moral development and gender outlook. They will also consider the creative use of moral perception and imagination evolved by various spiritual traditions. In so doing, they will compose ethics-for-living that are self-expanding, spiritual, and aesthetic rather than judgmental and duty-bound, ethics which show a sense of wisdom and perspective and express the goodwill they prescribe. But they will also seek ethics which can solve concrete problems and use them to take up moral dilemmas members of the group may be facing. A main theme will concern how to align psychological growth and career progress with personal integrity, interpersonal responsiveness, and active social concern. $350

A Weekend with Jeffrey Masson

Jeffrey Moussaieff Masson is the author of *Assault on Truth: Freud's Suppression of the Seduction Theory* (about the reality of childhood sexual abuse), *A Dark Science: Women, Sexuality, and Psychiatry in the 19th Century* (about the contempt shown for women by psychiatry throughout its history), *Against Therapy: Emotional Tyranny and the Myth of Psychological Healing* (a criticism of the power imbalance inherent in psychiatry and psychotherapy), and, just recently published, his autobiography, *Final Analysis: The Making and Unmaking of a Psychoanalyst* (about the consequences of telling the truth and whistle-blowing within the profession of psychoanalysis).

This weekend he will lead the first in a series of seminars on these and other topics, including: Do animals feel deep emotions? Are *all* gurus exploitative? The problem with Anna Freud. Ethics in journalism. Psychiatry and the holocaust: the collusion of German psychology in the final solution.

Note: You don't have to agree with Masson's radical stance, but be prepared for intellectual fireworks. Masson writes: "This is *not* a workshop, not a growth experience; there will be no hand-holding, no meditating, and no massaging."

Recommended reading: J. Masson, *Against Therapy* (Atheneum) and *Final Analysis* (Addison-Wesley). $350

March 8–April 5

28-Day Massage Practitioner Certification Program

George King & Peggy Morrison Horan

For workshop description see Special Programs, page 46. $3150

Week of March 10–15

The Body and Zen

Dub Leigh & Audrey Nakamura

The goal of this seminar is twofold: 1) to use body work methods and principles for releasing tension, trauma, and toxins from connective tissue; and 2) to circulate the vital energy in an aligned body. The group will draw from Rolfing* (structure), Feldenkrais* (function), and Zen (energy), to obtain these goals.

This is a hands-on workshop. Participants will give and receive body work and will learn methods to recognize, work with, and relieve some types of chronic muscle pain. The class will be limited in size (two people per table). Participants are asked to bring a swimsuit, two-piece for women.

Recommended reading: William Leigh, *A Zen Approach to Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press).

C.E. credit is available for nurses; for more information see pages 47-48. $675

*Rolfing is a service mark of the Rolf Institute

Transitions

Elliot "Waker" Aronson & Gabriele Hilberg

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition—whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants may develop ways of enhancing their understanding of themselves and increasing their overall effectiveness.

Recommended reading: Aronson, *The Social Animal* (Freeman). $675

A Cook in the Garden, A Gardener in the Kitchen

Deborah Madison, Diane Joy Goodman & Esalen Garden and Farm Staff

To have a passion for exceptional food is to be concerned with the honesty and care with which it is grown and prepared. This workshop is for cooks, gardeners, food professionals, agriculturists, or anyone who loves food and gardens. The leaders include the founding chef of *Greens* restaurant in San Francisco and a food and agriculture consultant. They will focus on the inherent relationship between food and its source, the premise being that the character of the food you produce is only as good as the quality of the ingredients. Practices that support environmentally and economically sustainable agriculture, such as growing your own food, buying locally and seasonally, and seeking out high quality organic produce, will be illuminated.

In this hands-on workshop, participants will prepare food using new ideas and techniques. They will spend time in the Esalen garden and farm, in the kitchen at the Big House, and at the table. They will create soups, salads, breads, pastas, main courses, breakfasts, sauces, condiments, desserts, and other sweets from Esalen's spring harvest and other local purveyors.

There will also be time for a group process in which participants can explore their individual relationships to food. At week's end they will leave with information, skills, recipes, and, hopefully, insights and a new vision that celebrate the natural integrity of food. $675

Weekend of March 15–17

Accessing Creative Process

Dianne Laurence

This workshop is for artists and non-artists who are having trouble starting or developing creative work. Mistaken notions about oneself, fears of imperfection, a need for control, and a tendency to emphasize results are some of the obstacles to imagination. Creative vitality and the ability to express oneself effectively arise from being attentive to one's fascinations, accessing impulses beyond the confines of the intellect, developing a healthy, critical eye and ear, and becoming a risk-taker.

Creativity is not something that just a few gifted people possess, but a natural part of everyone's make-up. Skill, intellect, emotions, and imagination are the cornerstones of creativity. In this workshop, participants will use exercises in writing, acting, and painting, and discussions on the nature of creativity to help expand their emotional vocabulary, develop imagination, encourage spontaneity, and instill confidence in the expression of their inner life. Everyone will be supported, encouraged, and given the opportunity to confront their walls and turn them into stepping stones. $350

Abuse Survivors and Their Mates: A Couples' Workshop

Jessica Moore Britt & Scott Layton

The leaders write: "While leading survivors groups together, we have come to appreciate that survivors of childhood abuse and their mates oftentimes face issues in their relationships that need special attention.

"This is an invitation to survivors who have previously worked on their childhood abuse issues who, with their mates, would like help in exploring questions of trust, sexuality, and intimacy. It is an opportunity to share difficulties, fears, and

triumphs with other couples in a similar situation in order to build a bridge of understanding. We will work with the qualities of allowing, compassion, curiosity, adventure, and play. Gentleness, honesty, and courage will be supported throughout the weekend.

"We would like each couple to send us a letter expressing their hopes, fears, and expectations about this workshop by March 8 to: 312 Morning Sun, Mill Valley, CA 94941."

Recommended reading: A.H. Almaas, *Diamond Heart*, Book 1 (Diamond Books); Beverly Engel, *The Right to Innocence* (Ivy Books).

C.E. credit is available for nurses; for more information see pages 47-48. $350

Overcoming Overeating: Breaking the Diet/Binge Cycle

Jane Hirschmann

Diet/binge. Good food/bad food. Punishment/reward. These conflicts are the compulsive eater's nightmares. The lifelong pattern of recrimination, obsession, and guilt leads inevitably to more overeating and more weight gain. This seminar presents a radical new approach for resolving eating problems once and for all. It shows how to stop dieting and how to eat your way out of an eating problem. The following topics will be addressed for both the beginner and those already familiar with this approach:

- How to give up dieting and learn to eat less without restraints
- The difference between stomach hunger and mouth hunger
- How to stop overeating and lose weight naturally
- How to translate "fat thoughts" back into real concerns

Didactic material will be presented. However, most of the weekend will be a living lab with activities such as guided imagery, body and mirror work, journal writing. A kitchen is provided for participants' use, and they are invited to bring the foods they love most as an addition to Esalen's normal fare.

Please note: To make best use of the time in this weekend workshop, participants are asked to read Hirschmann and Munter's *Overcoming Overeating*, (Fawcett), prior to arrival.

Recommended reading: Hirschmann and Zaphiropoulos, *Solving Your Child's Eating Problems* (Fawcett). $350

Week of March 17–22

Embodied Gestalt Practice: Body and Soul

Edward Smith

Gestalt practice focuses on personal process as it unfolds moment to moment in the here-and-now. The value is on awareness, actuality, and personal responsibility. As a path of growth, *Embodied Gestalt Practice* integrates methods from various Eastern and Western body-oriented systems. It includes one-on-one work with the leader, group exercises, movement, meditation and other spiritual practices, and time spent in the natural environment to help foster personal and spiritual healing and growth.

Recommended reading: Edward Smith, *The Body in Psychotherapy* (McFarland).

C.E. credit is available for nurses; for more information see pages 47-48. $675

Performance Art

Rachel Rosenthal

Rachel Rosenthal offers a workshop that explores performance as a means of accessing one's deeper self and for reconnecting with the earth. It is based on her "Doing by Doing" teachings, a framework that activates the spiritual self through the medium of performance by uniting ritual with spirit and nature with inner knowledge.

Participants will approach the source of their individual creativity and translate this energy into the poetics of action through movement, vocal and instrumental sound, ritualized gesture, and collective improvisation. Through a succession of processes—relaxation, awareness, guided imagery, body and voice work—they will compose short performance pieces as solos, duets, or ensembles to evoke the power and beauty of the earth and to reconnect themselves to the matrix of the planet.

This work explores individual expression as well as group ritual and demonstrates how contemporary urban human beings can still discover community. Participants are encouraged to bring musical instruments, sound-makers, and any object, fabric, mask, or hat that they wish to work with or make available to the group. Found objects will also be used. $675

A Week with Laura DeNuccio

Learning communities are being built everywhere.
The whole world is a learning community!
Where is the True Human Being?—Rumi

We live in a time when many people are called to a higher consciousness that transcends merely material concerns. Yet, paradoxically, this calling, without a grounding in nature and the body, may only lead to partial realization. This workshop seeks to heal the split between vision and the world.

Through attunement with the Earth and each other, individuals can increase their capacity to listen to the innate wisdom and intelligence of their bodies. Tools for this self-discovery include movement, music, breath, and various meditations to enliven, balance, and transform energy blocks in the body.

This workshop will be a time of nourishment. Participants will explore commitment and what it means to fully embody one's inner vision. What would you love to see in your life? In your world? What's meaningful and significant to you? What's truly of value? Ritual and the power of the Spoken Word will be used to bring this vision forth.

While cultivating compassion, honesty, and kindness toward oneself and others, the group can experiment with co-creating community, an environment of trust and acceptance in which to explore the ever-unfolding adventure of spirit.

Recommended reading: Fields et al., *Chop Wood, Carry Water* (Tarcher); Rodegast and Stanton, *Emmanuel's Book* (Bantam); Chopra, *Quantum Healing* (Bantam). $675

Weekend of March 22–24

Weekend Renewal at Esalen

This will be a weekend for people to renew themselves in the tranquil and beautiful setting of Esalen. It will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include: sessions in gestalt, move-

ment, meditation, massage, day-hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural hot baths will be available as usual.

The food will be specially prepared, with an emphasis on a diet of fresh vegetables and grains. Much of the produce is picked daily from Esalen's own organic garden and farm.

Come and enjoy a weekend of reflection, physical movement, and personal renewal. $350

A Christic Institute Seminar with Daniel Sheehan & Sara Nelson

This seminar will address needed changes in the national security state structure of America in light of the changes in world economic and military structures generated by President Gorbachev, and in light of the public revelation of General Richard Secord's private criminal covert operations enterprise.

The leaders will review evidence for criminal activities by publicly-revealed participants in the Iran/Contra scandal, but also for other high-level Reagan/Bush Administration personnel. They will discuss the thirty-year history of men who set up and direct the now infamous "Off-the-Shelf, Stand-Alone Enterprise," including the formation of alliances with major heroin traffickers in Southeast Asia, organized crime figures in Florida, Las Vegas, and New Orleans, and more recently with cocaine traffickers from the famous Medellin Cocaine Cartel of Columbia.

Based upon this review, the leaders will detail concrete organizing and education steps which must be undertaken to dismantle this covert national security state apparatus and to open the way for ushering in a new era of international peace and cooperation at the beginning of the twenty-first century based upon a spiritually-informed, yet politically-sophisticated, ethical base. $350

Week of March 24–29

Relating to Self and Others Through Adversity

Mari Krieger

Our illusions of security and invulnerability may be breached at any time. Situations such as life-threatening illness, death of a loved one, or loss of economic resources may have to be faced despite our attempts to control our probabilistic universe. In this workshop, through the use of gestalt, self-acceptance training, and interpersonal interaction, participants will be guided toward responding to adversity in a way that deepens, rather than erodes, their aliveness and compassion.

Mari Krieger is a longtime Esalen leader who trained with Fritz Perls and Richard Olney. Her present teachers include her three-year-old daughter and her struggle with cancer. $675

Follow Your Bliss: Joseph Campbell Week

Chungliang Al Huang & Guests of the Joseph Campbell Foundation

To continue the annual tradition of the *Myth-Body to Live By* seminars during Joseph Campbell's birthday week, Chungliang Al Huang will coordinate ongoing study sessions on the essence of Campbell derived from his eight years of collaboration with the late mythologist. Participants will reenact many of Campbell's teachings through rituals, myths, and stories. The workshop will also combine Tai Ji, music, and discussion to allow the individual to enter and reflect upon his or her own "hero's journey."

Recommended reading: Campbell, *The Hero with a Thousand Faces* (Bollingen), *The Mythic Image*, and *Myths to Live By* (both, Bantam); Huang, *Tai Ji: Beginner's Tai Ji Book* and *Embrace Tiger, Return to Mountain* (both, Celestial Arts); Cousineau, *The Hero's Journey* (Harper & Row); Toms, *An Open Life* (Larson).

Recommended viewing: Bill Moyers' *The Power of Myth* interviews with Campbell; *The World of Joseph Campbell* series in "Transformations of Myths through Time" (Mystic Fire Audio); Tai Ji videotapes from the Living Tao Foundation, (217) 337-6113.

Recommended listening: Joseph Campbell audio series from Dolphin Tapes (see Audio Recordings, page 52, for ordering information). $675

Sexual Abuse Survivors: The Process of Empowerment

Carolyn Braddock

Please note: This workshop is for professionals who work with sexual abuse victims/survivors.

Immeasurable numbers of children count the regular exploitation of their bodies as part of their formative experience. Trusted adults assault, neglect, and sexually abuse them, leaving physical and emotional scars. Professional counselors need special skills to work with these victims/survivors. This workshop adds new dimensions to traditional strategies in dealing with those who have experienced sexual abuse.

The primary focus will be to explore the process of empowering the therapist and client working together, from both cognitive and body-oriented approaches. Participants will discuss the victim/survivor's belief system, cognitive characteristics, and physical and behavioral manifestations, all of which increase understanding of the varying reactions and means of survival. This understanding holds the key to the short- and long-term effects of the abuse in the victim's body, mind, and spirit. It also provides a solid base for developing predictive tools and guidance in the intervention process.

The leader will present specific intervention strategies and will detail patterns of child abuse and neglect, family dynamics, belief systems of the victim/survivor, and body reactions. Much of the week will be experiential. Participants will be actively involved in intervention demonstrations, discussions of ethical issues, and case presentations. The focus will be on individual and group process with some time devoted to legal issues, including court testimony. Breath work, sound, movement, gestalt, role-playing, and creative cognitive work will all be used.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Weekend of March 29–31

Spring, Passover, Easter: A Celebration of New Life

Chungliang Al Huang, Rabbi Nahum Ward, Shelley Mann & Brother David Steindl-Rast

This weekend will be a convergence of three spiritual traditions in a joint celebration of new life. Colloquiums and ceremonies of Jewish, Christian, and Taoist inspiration will unite the entire Esalen community. Rabbi Nahum Ward and Shelley Mann will introduce participants into the rich Jewish Passover tradition; Brother David will explore what the sacred mysteries of Easter can mean to us today; Chungliang Al Huang will lead all in a Taoist dance of springtime.

Participants may want to arrive in time for the 3:00 PM Good Friday service at the Camaldolese Benedictine Hermitage, twelve miles south of Esalen, or plan to take part in the Paschal Liturgy there during Easter night. The focal point of the weekend will be a Seder service with its message of freedom and liberation. To experience new life, we need to understand freedom in ever-fresh ways so as to be truly liberated. $350

Week of March 31–April 5

The Tao of Management in Business and Daily Life

Chungliang Al Huang

Drawing from the perennial wisdom of the philosophies of East and West, along with Tai Ji movement meditation and Chi Gong exercises, Chungliang Al Huang will offer new possibilities and resources for accepting the many challenges of "danger and opportunity" in business and everyday life. This week will be a celebration of life's many dimensions in which participants can focus their energy and balance their priorities with vision and joy.

Recommended reading: Huang, *Embrace Tiger, Return to Mountain*; *Tai Ji: Beginner's Tai Ji Book*; and *Quantum Soup: Fortune Cookies in Crisis* (all, Celestial Arts).

Recommended viewing: Tai Ji videos from Living Tao Foundation, (217) 337-6113. $675

Living Meditations

Judyth Weaver

In our busy lives we do so much—but *how* do we do it? Are we fully aware of our actions and the consequences of what we do? Are our actions as appropriate and response-able as they could be? Could our lives be easier or more energetically economical? What are we doing to/with ourselves, and how does that affect us and others, our health, our relationships, work, longevity, our well-being?

This workshop encourages participants to "tune in" and become more aware on many levels of how they live. The work is experiential; through awareness of breath, self, and each other, and by focusing on everyday activities such as walking, sitting, standing, touching, and the processing of such as desirable, participants develop a fuller sense of mindfulness. This direct study of one's experience provides a practice ground for change and can suggest how to go about it. Such awareness of personal needs and desires can increase one's chances for becoming a fuller, more realized, happier, and healthier human being.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Life Stories: Healing the Sorrows

Peter Finkelstein

Painful experience is one of life's givens. However, whether we are discussing the inevitable existential concerns of aloneness, freedom, or death, or the personal tragedies of divorce or untimely loss, it is the manner in which we give form to our painful stories that defines our personal development. The mere attention we give to the ongoing creation of our own story can help us broaden our sources of satisfaction, concentrate our energies productively, and recognize life's wisdom in its many forms.

Participants will use group exercises and individual work to help them acknowledge and integrate painful life experiences such as divorce and bereavement. Each will tell at least one of their most disturbing memories; they will practice telling their stories effectively so that communication both with others and within themselves will benefit. Guided imagery, dream interpretation, hypnosis, didactic material, and attention to group process may all be used to deepen the experience. Blocks to the successful completion of healing will be explored, and material about health and integration will be presented both didactically and experientially. Reading and written assignments will be used.

Recommended reading: Judith Viorst, *Necessary Losses* (Simon & Schuster); James Hillman, *Healing Fiction* (Station Hill).

C.E. credit is available for nurses; for more information see pages 47-48. $675

Weekend of April 5–7

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 25-27. $350

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see January 13-18. $350

Sculpting the Human Form

Neal Powers

This workshop is designed to enhance the body work practitioner's understanding of strain and imbalance in the human body. The leader will present methods that reduce myofascial strain and increase balance, with specific attention directed toward the physical properties of strain and an experiential understanding of how to help move a human toward structural integration. $350

The Subtle Self in Motion

Judy Blackstone

This workshop offers subtle, concentrated work to help participants truly inhabit their bodies. Mind-breath-body exercises will be used to awaken consciousness of the inner depths of the body, to attune to the emotional underpinnings of bodily tensions, and to release the bound energy of old pain.

The personal themes which emerge from this work will be explored verbally in a supportive group setting and in a free-movement class for the expression of nonverbal experience. There will be daily meditation practice as well as sound and visualization exercises for penetrating to the core of the body-mind, to a level of unified awareness. Through this unbroken contact with the self, participants may discover the joy, health, and spontaneity of their essential nature. This workshop will not be physically taxing; the emphasis will be on introspective work. $350

Week of April 7–12

Sports Massage

David Streeter & John Harris

Since its introduction to this country, sports massage has undergone many changes. Standard cross-friction and compression strokes have been enhanced by trigger point and neuromuscular methods. This five-day intensive will demonstrate how to incorporate these modalities into a Swedish or Esalen massage session.

CYNTHIA JOHNSON BIANCHETTA

South view from the massage deck today

In order to be effective, the practitioner must have an understanding of anatomy and his/her own body usage, so an important part of this workshop will be daily "body-dynamics," a movement class developed at Esalen for massage students, and brief anatomy lectures. Lots of hands-on practice and individual instruction will round out the week.

This course is appropriate for a wide range of health care practitioners, both beginning and advanced.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Human Potential: Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to develop and educate the human potential, which refers to the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers and for discussion of the work. $675

Acting and Being

Paula Sholachman Shaw

Meryl Streep or Bette Midler; Dustin Hoffman or Pee-wee Herman. The same persona and core issues that infuse our acting performance also shape our experience of ourselves and the world around us. We all know the experience of watching an actor who appears disengaged from his performance, leaving us unmoved. And, similarly, we know the experience of feeling disconnected from ourselves and from those with whom we seek to connect.

Bridging the separation between self and experience and self and other, available in acting, makes it possible to reconnect with the source of one's personal power for creativity, communication, and being. This workshop addresses these issues through presentation and theater games, performance and improvisation. It encourages personal outrageousness and playing 100%. It's an opportunity to experience what is meant by stage presence and full self-expression. Life imitating art or vice versa? Acting or being? The rewards are commensurate with the risks. Previous performance experience is not necessary.

Requirement: a one-to-three-minute memorized performance piece of any kind. Maximum enrollment: 25. $675

Weekend of April 12–14

Advanced Massage Intensive

Arthur Munyer & Brita Ostrom

This program offers massage practitioners advanced body work methods for working with chronic tension and skills for enhancing their creativity in their work. Anatomy and movement will be included.

C.E. credit is available for nurses; for more information see pages 47-48. $350

A Workshop for Couples with David Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of

loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$350 per participant

Dreaming: The Magic Mirror that Never Lies

Jeremy Taylor

Participants will share and work with their dreams, drawing upon timeless mythological/archetypal images that shape our contemporary individual and collective lives. Although the focus will be dream interpretation in a collective context, the methods are designed to give participants the ability to engage in their own dream work upon returning home.

Those people who are just beginning to explore the world of their dreams, as well as professionals who work with dreams, are welcome. As Jeremy Taylor comments, "Only the dreamer can say with any certainty what meanings his or her dreams may hold, and dream work is one of the few activities that puts beginners and experts on an equal emotional footing from the outset." $350

Crazy Wisdom: A Weekend of Philosophy and Laughter

Wes "Scoop" Nisker & Paul Krassner

What a fine comedy this world would be if one did not play a part in it.—Denis Diderot

This is more like a *play*shop than a workshop, but that does not mean there is nothing important to be gained here. Perhaps there is nothing more useful these days than to cultivate the art of play and laughter, and to learn how not to take ourselves so seriously.

This weekend is designed to help people develop both their comic and cosmic perspectives. Through talks, discussion, writing exercises, and theater games, participants will explore their own sense of humor as well as their philosophy of life. Sessions will include the presentation of Zen and Taoist wisdom tales (the lighter side of enlightenment), trickster stories, Mark Twain's dark writings, some poetry and jokes, and audio- and videotapes of some of the great satirists and comedians, including Charlie Chaplin, Lenny Bruce, Nichols and May, Robin Williams, and Woody Allen. There will also be discussion of the uses of humor in the helping professions and in people's everyday lives. This popular Esalen workshop will not necessarily help you to *be* funny, but should help you to *see* funny. At least one belly laugh is guaranteed. $350

April 14–21

Painting Experience with Michell Cassou & Stewart Cubley

For workshop description see December 30-January 6.

$1025 (plus $30 materials fee paid directly to the leaders)

The Feldenkrais® Method and Cortical Reeducation

Harriet Goslins & Frank Oliveira

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain/muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for the average person who feels chronically tired and stressed and wants to learn how to take better care of his/her neck, shoulders, and back, to improve his/her posture and breathing, and to live and move with more flexibility and comfort.

This course is provider approved by the California Board of Dental Examiners, number 2586.

C.E. credit is available for nurses; for more information see pages 47-48. $1025

April 14–26

A Workshop with Jack Rosenberg and Beverly Kitaen Morse

For workshop description see Special Programs, page 46. $1665

Weekend of April 19–21

Zen and the Art of Doing

Bernard Glassman, Sensei

Bernard Glassman, Abbot of the Zen Community of New York, views community as an ideal environment for Zen, a practice which engages all aspects of daily life and can express itself through various religious faiths, talents, and relationships. This workshop addresses roles of faith, doubt, and determination in Zen and discusses the application of Zen practice in the spheres of social action and livelihood.

$350

Week of April 21–26

Gestalt Practice

Christine Stewart Price & Gestalt Staff

For workshop description see February 15-17. $675

Play, Spontaneity, and Performance Art

Nina Wise

This is a workshop for participants to enliven their relationship to play; to rekindle spontaneity in relationships; to recognize the sacred in the mundane; to make rituals, songs, and dances out of everyday

experiences; to find humor in matters of the heart; to understand that improvisation is a way of life.

Sessions will include sitting meditation, chanting, a thorough physical warm-up, opening the voice, and exercises designed to integrate sound and movement. Participants will also have opportunities for developing technical performance skills, but the focus of the week will be improvisational expression of impulses, feelings, and ideas as they arise moment to moment.

This workshop is open to students of all levels, beginner as well as professional.

$675

Self-Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The degree to which we allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop, participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support, participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics.

$675

What is This Thing Called Love?

Madeline Nold

Why are we drawn to stories of love and loss, unrequited love, and blissfully romantic endings? Did the famous romantic pairs in literature and myth have wonderful relationships after all?

This workshop is about all kinds of love, stressing what does and does not work in love relationships. Group discussion and video presentations will look at romantic love as exemplified in Eastern and Western mythology and further explore topics such as:

- Our predisposed expectations of love
- What draws us to our partners
- How we seek to fill needs left unmet from childhood
- The pitfalls of consciously or unconsciously repeating destructive family patterns of loving
- Healing false expectations

Through gestalt, movement, and other expressive work, participants will draw on stories from their own lives and juxtapose them with those from literature and myth. They will explore new ways and meanings in which to support themselves and each other in creating and sustaining loving relationships. They may find that, after all, love is a tribute to one's courage to take risks and to the courage to trust. $675

Weekend of April 26–28

Relationships: Embracing the Challenge

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared—by their family backgrounds or society—to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary, and who wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, body work, and personal metaphor. $350

The Delight of Immediacy

Charlotte Selver & Charles Brooks

Much as we may wish to live in the present, we are often preoccupied with images and ideas of how it ought to be. Instead of responding to the situation at hand with the innumerable nerves, muscles, and interweavings of consciousness which are we, much of us is immobilized by early conditioning, acute emotional problems, or by habit, and much is held back until the inner board of review gives the OK.

But children and sages have a different way of functioning. For them the world flows into their consciousness as the air into their lungs, and their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our lack of immediacy which is usually felt as tedium and which necessitates ever stronger stimuli in the search for joy, or self-disciplines in the search for peace. By giving up these preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what should be but to what is, and the world catches fire for us.

This workshop will explore direct experience which, as it becomes clearer and stronger, tends to burn away the mist of concepts and restrictions which our conditioning has interposed between ourselves and living.

Recommended reading: Charles Brooks, *Sensory Awareness* (Viking; Felix Morrow).

$350

Life, Liberty, and the Pursuit of Happiness

Kathleen Riordan Speeth

In the world's great psychological and religious traditions, life is seen as the arena for human transformation. We are told we must evolve through knowing ourselves. A fallen state like slumber, exile, or forgetfulness must be transmuted into personal fulfillment. Even the United States Constitution assumes this is our direction and our birthright.

But how to attain contentment? How to turn the secret sufferings of envy into a generosity of spirit? Or liberate oneself from the burdened chaos of unmet obligations? Or dismantle the loaded gun in one's heart? How to endure intimacy or even bear the manifestations of others? How to turn aimlessness into vocation and boredom into engagement?

In a weekend of lecture, gestalt, discussion, journal writing, and experiential exercises, participants will confront the core issues involved in the technology of happiness. Each will be encouraged to discern and face the individual choices involved in living out his or her own best pattern of

love and work, the one that will lead toward satisfactions that celebrate individuality. In this quest they will be helped by the philosophers of impeccability—Schopenhauer, Spinoza, Alain—and even by literary and cinematic inspirations. But the main endeavor will be a personal, practical, and possibly life-changing, pursuit of happiness-inducing insight. $350

CYNTHIA JOHNSON BIANCHETTA

A tub on the north platform filling from the trough

Week of April 28 –May 3

Five-Day Massage Intensive

Robert Helm & Roger Grandy

The depth of our work is more than skin deep; it touches the hearts and lives of people, healing the invisible wounds we carry and sometimes have forgotten we have. —Judith McKinnon, The McKinnon School of Massage

This week is structured for beginners and those who would like a review of basic massage skills. Optional afternoon classes in advanced methods will also be offered. The longer morning sessions will be demonstration and hands-on practice of the fundamental methods used in a full-body Esalen-style massage. The emphasis will be on quality contact through mindfulness rather than technique.

Most days, participants will have time from lunch until dinner to enjoy the baths, community, and the grounds, or to explore the magnificent Big Sur coast and nearby hiking trails. Evening sessions will include movement for body workers and group discussion.

Recommended reading: Sherry Suib Cohen, *The Magic of Touch* (Harper & Row); Thich Nhat Hanh, *Being Peace* (Parallax Press).

C.E. credit is available for nurses; for more information see pages 47-48. $675

Integral Transformative Practice

Michael Murphy & George Leonard

Participants in this workshop will discuss evidence for human transformative capacity collected by Michael Murphy for his forthcoming book, *The Future of the Body*, and will explore the relations between such evidence and their own experience of practices developed by George Leonard to educate body, mind, and spirit.

On the basis of evidence for high-level change he has collected, Murphy proposes that we need a balanced, or integral, transformative practice to best realize our potentials for growth. Leonard's approach constitutes such a practice. It includes exercises for physical, psychological, ethical, and transpersonal development.

$675

How Hungry Am I and For What: A Workshop for ACAs

Mariah Fenton Gladis

The road to recovery for adult children of alcoholic, dysfunctional, or abusive parents (ACAs) is challenging and can be deeply rewarding. It requires determination, lifelong commitment, and positive experiences. This workshop offers participants an opportunity to take a major step toward health. Group members will work toward transforming their personal histories from one of liability to one of strength and wisdom, focusing on the promotion of healing in four fundamental relationships:

- With oneself: developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of chronic trauma;
- With others: improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries;
- In the world: moving away from chaos and deprivation toward stability and abundance;
- Spiritually: searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

The workshop will be experiential and didactic, blending individual and group gestalt work, music, spiritual healing, body work, and personal metaphor. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals working with ACAs.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Weekend of May 3–5

Weekend Massage Intensive

Char Pias Brenner & Dean Marson

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see January 27-February 1. $350

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $350

Music and Dance of Haiti

Blanche Brown & John Scovel

Blanche Brown has taught jazz dance, Afro-Haitian dance, and traditional Haitian dance for the past eighteen years. She integrates the dance, music, and culture of the Haitian people in her work, teaching traditional dance steps as well as the background and spirituality of these dances. She is the artistic director of the performing ensemble Roots of Haiti, which strives within the performance to educate its audience to the heritage, versatility, and nuances of Haitian culture brought about by the amalgamation of the many nations of African slaves.

John Scovel has studied and played traditional drums for fourteen years. He combines his knowledge of Haitian and African cultures with his performing experience in demonstrating the relationship between the dance and the drum. In Haitian dance, the drum rhythms that correspond to each movement not only inspire the dancer but provide the very structure for the dance patterns.

In this weekend workshop, the leaders will create rhythms and energies to enthuse and inspire the participant. $350

Week of May 5–10

A Week with Seymour Carter

For workshop description see January 4-6. $675

Courage, Risk, and Self-Acceptance

Phyllis Shankman

Although it is understood that growth and change require courage and the willingness to risk, many of us find ourselves unable or unwilling to make a move until we feel certain of the outcome. And while we hesitate, we often miss out on enjoyable or important opportunities. Courage requires a blend of self-acceptance, heart, boldness of spirit, a sense of humor, and the willingness to trust oneself and the goodwill of others.

This workshop offers participants a supportive environment in which to experience themselves as courageous and able to successfully take risks. Group activities will include gestalt, discussion, massage, meditation, art imagery exercises, dance, and play. $675

Performance Workshop

Dianne Laurence

Participants in this workshop will choose a site on the Esalen property and create a performance for it. Previous acting experience is not necessary, only the desire to communicate something genuine to an audience.

The class will be limited to six people. In addition to working with the group, each person will receive individual attention and direction. They will present their performances on the last afternoon in front of an audience that will be guided from site to site. Each performance will take 10-15 minutes.

Risk-taking and trust can stimulate self-discovery and expression. Performance can be exciting and magical as subconscious impulses make synchronistic connections with the environment. Everyone has something to share, and there is nothing quite like an audience's enthusiastic response when this is done with a combination of honesty and imagination. This workshop provides the opportunity to begin with little else but oneself and make something interesting and meaningful happen. $675

Yoga: A Week of Learning and Rejuvenation

Ganga White & Tracey Rich

Presenting East/West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and which combines grace and flow with postures, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the art of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jnana (the yoga of wisdom and perception), participants will begin observing the thought processes and patterns that dictate their lives. They will look at the areas of love, responsibility, relationship, freedom, and death.

Participants of all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at: White Lotus, 2500 San Marcos Pass, Santa Barbara, CA 93105; (805) 964-1944. $675

Socratic Midwifery: Uncovering Beliefs that Block Human Excellence

Pierre Grimes

Pierre Grimes will discuss the Socratic art of philosophical midwifery and show how it addresses a new class of human problems: the pathologos. A pathologos is a false belief about oneself and one's reality, and although its presence is unsuspected, it is unquestioningly accepted as true. It exerts a pervasive influence upon our lives and is irreconcilable with the attainment of our highest goals. It produces the sense of being bound by our past and renders us

unable to secure our profoundest ideals. Philosophic midwifery provides a method for discovering the origin, maintenance, and dissolution of the pathologos which functions behind and through our problems, and offers a new way of understanding the function of the mind.

This workshop will offer participants insights into the nature of their own pathologos and an understanding of how it is passed on by each generation. It will explore family dynamics and how to cultivate excellence in the family.

Philosophical midwifery is unlike the interpretive systems of psychology. Even though a mode of Socratic dialectic has been adapted by psychologists for clinical practice (called Dialectical Rational Psychotherapy), its more profound use is for those who seek to achieve the most significant goal of human excellence: to know thyself.

Selections from Pierre Grime's book, *Philosophical Midwifery as a Mode of Rational Psychotherapy and its Validation*, will be available to participants, as will his computer program, *To Artemis: The Challenge to Know Thyself*.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Weekend of May 10–12

Introduction to Gestalt Practice

Christine Stewart Price & Gestalt Staff

For workshop description see February 15-17. $350

Men Together

Robert Hall & Richard Strozzi Heckler

Reclaim your maleness in an atmosphere of trust and support. Join other men in talking, moving, playing, and sitting. Share emotions and feelings that have long been withheld; come closer to yourself and other men.

The seminar leaders, Robert Hall and Richard Strozzi Heckler, have been best friends and professional colleagues for over twenty years. They are both fathers; they are co-founders of the Lomi School; they share the same spiritual practice. Robert is gay, Richard is straight.

Recommended reading: Heckler, *In Search of the Warrior Spirit* (North Atlantic Books). $350

Creative Writing Brainstorming

Herbert Gold

From feeling to expression to communication, this workshop will carry participants into the possibilities of making literature. Exploring an experience different for everyone, yet shared by all, they will probe for the riches within.

Participants should bring typewriter, word processor, pen, soft pencil, or clay tablets and stylus to the meetings. A situation will be called forth—love, death, ambition, pride, fear, hatred, jealousy—and after preparation in the discussion, participants will write. Then they will read and rewrite each other's work. They may expect to go from truth to lying: from recollection to art.

What may develop is a sense of style and control as a part of the mastery of experience. Participants will practice the freedom of imagination by giving shape to it. $350

Vision Painting for Women

Helen Malcolm-Neeb

Vision painting is a process through which a personal map of the future is crafted. Each aspect of the person's life is addressed from its highest potential. Through meditation, guided visioning, and play, dreams are organized into images. The vision painting is an affirmation of the individual in her professional, spiritual, and personal life.

This is an opportunity for women to affirm the spirit within from a place of play, creativity, and strength. The maps they create will use symbols, pictures, color, and words. Beginners and artists are welcome. Create a vision of your future as you want it to be.

$350 (plus $20 materials fee paid directly to the leader)

May 10–18

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Guest Leader

For workshop description see Wilderness Programs, page 48. $675

Week of May 12–17

Playing the Edge

David Schiffman

For workshop description see January 13-18. $675

Self-Expression through Music for Everyone

David Darling

This workshop will help soothe and heal the inner self by directing energy into sound-making, rhythmic grooving, chant-shouting, poem- and sculpture-designing, group productions, breath perception, meditation, smiling, clowning, chamber music inspiration, instrument-inventing, and humor.

Participants are asked to bring instruments that they want to learn to play or that they can play now. Percussion instruments will be provided. The voice will be, of course, the center of the entire process: where it is, how it is, what to do with it. $675

Releasing Stress, Returning to Self

Daniel Bianchetta & Cynthia Johnson Bianchetta

Our busy lives seem to take us everywhere but here and now. Frequently, in our human doingness we forget about our human beingness. But if we stop and listen to our inner voice, we can cultivate a relationship to the self that will remind us of our essential nature and return us to the aliveness of the moment.

This week will be spent renewing, relaxing, refreshing, revitalizing, and practicing how to maintain equanimity in the midst of everyday life: under pressure, under stress, in a hurry, or anytime. Participants will use the portable tools of energy awareness, intuition, play, meditation, gentle risk-taking, aikido, and movement to return to the self. They will be encouraged to reacquaint themselves with "the child inside," a place of simplicity, innocence, and vulnerability. It is from this center that knowledge of the self emerges and which can help turn the heart homeward. There is really nowhere else to go.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Advanced Hypnosis: Exploring Beyond the Edges of Identity

Eli Jaxon-Bear & Antoinette Varner

When a pickpocket meets the Buddha, he only sees his pockets.—Zen proverb

The leaders write: "We are all living in trance—a trance of the senses, a bubble of perception. Different traditions call it by different names. For the Hindus it is Maya, for the Buddhists it is Samsara. Padmasambhava, an Indian tantric hero of early Tibet, said, 'Heaven and hell are the same thing, both creations of mind.'

"The senses condition and create our relationship with the world. Belief in the senses is the jail of the spirit. The world is as it is; it is our relationship to it that creates suffering or bliss. In this seminar *for helping professionals*, participants will explore how people create reality, and then practice various strategies of intervention. Vedanta and Buddhism will be used as the context for the model of Ericksonian hypnosis.

"Interpersonal work takes place on one of three levels: symptom removal, ego strengthening, and ego transcendence. This seminar will address all three levels in theory and practice, and participants will have the opportunity to work both personally and professionally. Personal unfolding will go hand in hand with the didactic learning; however, method will be considered secondary to the growth of each participant.

"The enneagram of character fixation will be an integral part of the week, and open seat sessions will be available. There will be daily zazen and Taoist yoga stretching."

C.E. credit is available for nurses; for more information see pages 47-48. $675

Weekend of May 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 25-27. $350

Introduction to Vipassana Meditation

James Baraz

For workshop description see January 11-13. $350

Exploring the Hermetic Tradition

Terence McKenna

This seminar will explore the literature of visions and ideas that constitutes the *Corpus Hermeticum*. Through reading and discussion of the Trismegistic Hymns, participants will discover Hermetic thought to be a bridge of startling literary beauty connecting the world of ancient Greek and Gnostic philosophical thinking to later traditions of alchemical thought and, in our own era, the rebirth of psychedelic shamanism. The Hermetic and alchemical contribution to a millenarian recasting of human dreams and society will be the overarching theme of this weekend.

Recommended reading: Walter Scott, editor, *Hermetica* (4 vols.); Francis Yates, *Giordano Bruno and the Hermetic Tradition*. $350

Finding Inspired Work in Mid-Life

Peller Marion

At 93, as he was accepting the American Comedy Award, George Burns said, "The first half of my life has been good, and I look forward to the second half being even better." While most people don't live to be 93, some, like George Burns, remain charismatic and magnetic. Others are drawn to them largely because their lives seem effortless, playful, and meaningful.

How we define ourselves and what success means is important to what kind of individuals we grow into as we age into the second half of our lives. Participants in this workshop, drawing from a conceptual base of adult development theory and models of aging, will explore these issues. Through structured exercises and open exploration of topics such as, What's my dissatisfaction? Who am I? What's my definition of success?, the leader will coach participants to create a vision for the second half of their lives based on internal values that are meaningful and significant.

What this workshop offers is a playful and rich way to reevaluate one's work and relationships to gain a clarity, focus, and direction of one's life contributions. It is recommended for professionals in diverse areas who want to revitalize and renew their vision. $350

Week of May 19–24

Five-Day Massage Intensive

Kathleen O'Shaughnessy & Rita Thangaraj

This workshop is for those individuals who are just beginning to explore touch as deep communication. The central theme will be primary approaches to full body massage, which the leaders will introduce through demonstration and experiential exchanges. Self-awareness through movement, sound, and breath will be used to enhance the senses. Discussion will offer insights into various approaches to body work and how they address both the physiological and emotional body.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $675

Five-Day Lomi Intensive

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

In the formative years of life, human beings learn to embody the beliefs and

posture of their individual family system and the culture into which they are born. Many individuals unconsciously continue to shape their lives in reaction to these influences, often at the expense of their own creativity and vitality. This loss fosters suffering.

The aim of this workshop will be for participants to observe how they feel, think, and move themselves through life. By attending to bodily-felt experience, moment to moment, and by distinguishing between sensation and thinking, the path to reclaiming one's authentic self opens. Through this process of developing awareness, it is possible to make responsible choices in daily life and to live with integrity and gentleness.

This workshop provides an arena for developing mindful awareness and for unmasking habits that keep us from ourselves and hinder relationships. Lomi work includes meditation, movement, gestalt, aikido, and Reichian work. $675

Presence: A Fluidity of Being

Elisa Lodge

Elisa Lodge writes: "Presence is a power that arises from a deep sense of self-worth and trust. It reflects a broadened vision and whole-hearted acceptance of the varied facets of being. It is a state of dynamic balance where there is no unnecessary strain of self-defeating awkwardness. One is at home in oneself and at ease with the world.

"During this week, participants can gain a deepened appreciation of the elements in themselves that contribute to this timeless state of fluidity and ease. They will have an opportunity to experiment and explore how their bodies' shapes and forms, emotional histories, and self-images are intimately intertwined. This growing awareness is the basic grounding from which the creative experience of presence can be known. Movement patterns, the ways we walk and breathe, also reveal how we inhibit or allow our personal power. As we become more comfortable with ourselves, we transform not only the way we might carry our head or make contact with another, but our whole way of being in the world.

"This work is based on an approach woven from gestalt, psychosynthesis, Rolf movement, and performance art. Video feedback will be used." $675

May 19–June 14

Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, page 46.

$2975 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

Weekend of May 24–26

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see January 13-18. $350

Mastery in Daily Life

George Leonard & Annie Styron Leonard

For workshop description see January 20-25. $350

Exploring the World of Lucid Dreaming

Stephen LaBerge

Dreams are worlds of wonder where anything imaginable can happen. However, most of the time we sleep through our nightly journeys, unaware of the opportunities available. Only upon awakening do we realize that we have been dreaming.

But we are not bound to forever sleepwalk through our dreams. Lucid dreams are dreams in which we know we are dreaming while we're dreaming. Lucid dreamers are fully conscious that the world they are experiencing in the dream is a mental creation and that they are completely free to act in the dream without constraint by laws of physics or society.

Research has shown that people can develop the skill of lucid dreaming. Workshop participants will practice methods for inducing lucid dreams and explore the possibilities of their uses: creative problem-solving, healing, adventure, self-exploration/integration. A presentation of recent scientific research will demonstrate how dreams profoundly affect our brains and bodies.

The scope of this seminar will extend beyond dreams and dream lucidity to provide an understanding of the nature of our experience of the world and the origins of our perceptions of reality. It will suggest that all perceptions are illusory and that the waking reality we experience is, like dreaming, a mental construction.

Recommended reading: LaBerge, *Lucid Dreaming* (Ballantine); LaBerge and Rheingold, *Exploring the World of Lucid Dreaming* (Ballantine). $350

Week of May 26–31

Psychology of Spiritual Essence: Introduction to Ridhwan Work

Ridhwan Work School Faculty

For workshop description see February 24-March 1. $675

Opening the Feelings

Dale Cummings & Gena Louise Sorensen

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $675

Acting is Doing

Stephen Book

Remove the restrictions, both inner and outer, which suppress the spontaneity of any human being, and his/her natural spontaneity will show itself as artistic creativeness. In this workshop, complicated theater techniques are transformed into simple game forms which produce spontaneous behavior through playing. True playing is spontaneous and requires focus—the absorption in what one is doing, to the exclusion of other thoughts.

This experiential workshop, which is designed for the layperson, emphasizes *playing* and *focusing*. Participants will heighten and

focus energy, increase communication skills, extend powers of observation and concentration, and improvise imagined realities. $675

Myers-Briggs Type Indicator: A Tool for Personal and Organizational Transformation

Maggie Seeley & Mark Lipton

Differences in personal preference create excitement, attraction, and synergy. They can also be the source of great tension and misunderstanding between friends, lovers, colleagues, and family members. Understanding differences can transform these relationships. The Myers-Briggs Type Indicator, based on Carl Jung's observations of personality and behavior, is a simple, accurate indicator of personal preference in the areas of:

- Focus of attention (extraversion/introversion)
- Information collection (sensing/intuition)
- Processing of data (thinking/feeling)
- Decision-making (judgment/perception)

Workshop participants will use the Myers-Briggs to become more aware of their own needs and preferences, thereby gaining a fuller appreciation of themselves. Their focus will then shift to relationships with others. The course will mix theory, practice, type-watching, and field work. By mid-week, participants will choose an area of concentration with the MBTI, such as counseling, management, relationships, teaching, marketing, spiritual development. $675

Weekend of May 31–June 2

Weekend Massage Intensive

Laurie Schutz Munyer & Laurie Lioness Parizek

For workshop description see May 3-5. $350

Self-Expression through American Sign Language

Lorraine Peters

American Sign Language, or ASL, is most often thought of in terms of communication for deaf people. Rich with facial expression, pantomime, gestures, and specific signs made with the hands and fingers, it embodies the spirit and cultural uniqueness of the deaf. But ASL can also be a vehicle for the hearing to explore subtle forms of non-verbal communication. It offers them an alternative means of self-expression as they step out from behind the mask of words and reveal themselves through facial expression and body movement.

This workshop invites participants to tune in to their emotions and become aware of the gestures and postures that convey them. While specific ASL signs will be taught, participants will be encouraged to express their individuality by creating new signs of their own. Music, movement, and other experiential activities will be used in an atmosphere of humor and play.

This weekend is for those who want to become more emotionally expressive, for those in theater or dance, or for those who just want to begin learning American Sign Language. Previous sign language skills are not necessary.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Reviewing and Revisioning Your Life

Sam Keen

Periodically, everyone needs to review and revision their lives. Every decade of the life cycle brings new tasks, goals, pleasures, and horizons. When the trauma of divorce, illness, tragedy, or sudden good fortune strikes, or when dissatisfaction, boredom, or depression sets in, it is time to take stock of the past and look for a new vision of the future. This seminar will guide participants in this exploration through questions such as:

- Where are you in your life cycle?
- Thus far what have you accomplished, experienced?
- What's old, stale, worn-out, boring?
- What's new, interesting, exciting, appealing?
- What decisions do you need to make?
- How are you haunted by your past?
- What do you fear?
- What wounds still fester?
- What destructive patterns do you repeat?
- What debts of gratitude have you not repaid?
- What hasn't happened yet?
- What promises and potentials are still unfulfilled?
- What are your dreams, values, visions?

To help in this review and revision, participants are asked to assemble objects that might be useful to a biographer: photos from different times, diaries from over the years, newspaper clippings of personal accomplishments, objects of special importance, remembered songs. Bring a blank book and colored pencils. $350

Week of June 2–7

Group Process: The Key

Will & Ailish Schutz

Focus will be on the principles of group process for group leaders and for people who want personal experience in a group. Discussion will view the events in this group as a paradigm for understanding individuals, relationships, and social events such as: business dilemmas, child rearing practices, world revolutions, and the sweeping question of how we make the transition from authoritarianism to democracy.

Recommended reading: Will Schutz, *Joy: 20 Years Later*; *Profound Simplicity*; and *The Truth Option*. $675

A Week with David Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week, participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and bouyant way of living. In an atmosphere based on warmth and humor, they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $675

Continuum Movement and Wilderness Awareness Practice

Susan Harper & Steven Harper

Nature is a primary teacher of movement, creativity, and awareness. Being outdoors in the richness and beauty of nature awakens our outer senses. Continuum movement takes us inward, heightening our awareness of our inner senses. These five days will combine both practices, integrating the subtle inner explorations that Continuum movement inspires with the activity of day-hiking in the magnificent Big Sur backcountry.

The day-hikes will introduce participants to basic and increasingly-refined awareness practices to enhance their sensitivity to all that wilderness and being out-of-doors offer. In doing so, they not only will have contact with the natural world, they will have the opportunity to reawaken those elements of wilderness within.

In the indoor sessions, participants will explore movements which express and embody what they have taken in during their walks, invigorating their ability to feel what they see in nature and to feel their own inner nature. Engaging with this sensual environment, they will play with movement, breath, sound, dreams, and ritual.

This is a time for contact with nature and wilderness, inside and out. Participants need not have previous experience in hiking or dance. $675

Weekend of June 7–9

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 25-27. $350

Poetry as Food for a Full Life

Brother David Steindl-Rast

Nature and people at Esalen help poetry come alive. So many have found this to be true that Brother David is offering a new selection of poems in the same workshop format and setting as last year.

Poems are high-energy food for life's journey. Some people thrive on this fare; for them, this weekend will provide the delights of a festive meal. Others have been estranged from poetry ever since high school days; in this workshop they may discover rooms of their own house which they have never entered before.

Why does school spoil for many young people the taste for poetry? Why does Sunday School turn so many away from religion? These two phenomena are closely related. Yet, it is never too late to discover the divine poet child within us, a child more alive than we ever dreamed we could be. $350

June 7–14

Gestalt Practicum: A Seven-Day Intensive

Christine Stewart Price & Joyce Lyke

This workshop is open only to people who have previously participated in a Gestalt Practice workshop and who would like to further explore this form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, body workers, and teachers, who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leaders, structured exercises where participants work with each other, didactic presentation, and discussion. Persons without previous experience in gestalt are referred to the *Gestalt Practice* workshops scheduled for February 15-17, April 21-26, and May 10-12, or they may write a letter of application to Christine Stewart Price, c/o Esalen Institute.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); John Heider, *The Tao of Leadership* (Humanics); Ram Dass and Paul Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; for more information see pages 47-48. $1025

Childhood Sexual Abuse: A Healing

Jessica Moore Britt & Scott Layton

To guard against the hurts, fears, and confusion that sexual invasion of a child's physical and psychic boundaries can create, the child often abandons the place of conflict—the body. This withdrawal, though protective in nature, slowly begins to separate the child from her/his essential nature. This may be reflected in tension patterns, numbness, and oversensitivity and may further the child's sense of alienation from the world and self.

During these seven days, participants will move gently toward reintegrating their bodies and feelings with self. They will use gestalt practice, Reichian breath work, movement, touch, and meditation to reenter their private world of memories and feelings. They may gain a deeper understanding that the learned idea of self as bad, based on the sexual abuse, is not the essential truth of who they are. The focus will be on allowing the hurt, negative feelings and doubts to be acknowledged, felt, and used as energetic seeds for reawakening a positive sense of self. Through the supportive group atmosphere, participants may discover that it is safe once again to embody beauty, life, and love.

DANIEL BIANCHETTA

Recommended reading: A.H. Almaas, *Diamond Heart*, Book 1 (Diamond Books); Beverly Engel, *The Right to Innocence* (Ivy Books). $1025

Week of June 9–14

Film and the Quest for Wholeness

Francis Lu & Brother David Steindl-Rast

Film has become the leading medium for exploring the hero's journey and the meaning of life. A good film can help us enter the various phases of our quest for wholeness: integrating our shadow; accepting the animus or anima; letting our true self become manifest; discovering the transcendent meaning of immediate experience. Many have been helped by finding the right film at the right time.

Should this help be left to chance? Like reading a novel, viewing a film is an art. Practicing this art can heighten our enjoyment and deepen our insight.

Francis Lu and Brother David consider enjoyment and insight the twofold goal of this workshop: in the incomparable setting of Esalen, a film festival and more than that. $675

Weekend of June 14–16

Introduction to Rudolf Steiner

Robert McDermott

This workshop will introduce the life and work of Rudolf Steiner, the early twentieth century spiritual scientist and founder of the Waldorf School Movement. Robert McDermott, author of *The Essential Steiner*, will discuss and expand on selections from his book grouped under five headings: knowledge, nature, and spirit; spiritual anthropology; historical vision; esoteric Christianity; society and education.

Although the content of the discussion will depend on the interests of the participants, emphasis will probably fall on Steiner's theory of supersensible perception, including its methodology and application in the sciences, arts, and human development (particularly in relation to child development and education).

No previous knowledge of the subject matter is required, but the value of the workshop will be enhanced by prior reading of McDermott's *The Essential Steiner* (Harper & Row, 1984). $350

Healing, Meditation, and Dzogchen

Sogyal Rinpoche

In the stillness and presence of meditation, we discover a pure awareness beyond the ordinary thinking mind and catch a glimpse of our true nature, something long lost to the busyness and turmoil of our lives. The core of meditation practice is the releasing of heart and mind in deep ease and relaxation, dissolving tensions, and connecting with a tremendous source of healing within. Health is a state where all aspects of body and mind are in balance. Through meditation practice, the mind's natural freedom begins to shine through whatever arises in everyday life, bringing us confidence and skillfulness in our action.

At the heart of the Buddha's teachings lie the ancient meditation practices of Dzogchen, taught by Sogyal Rinpoche, heir to the 2,500 years of wisdom of Buddha. Rinpoche blends teaching with meditation, exploring the expansive Dzogchen view and showing how it can be integrated into everyday living. This weekend will be a valuable introduction for beginners and of special interest to those who have attended Rinpoche's previous workshops and wish to deepen their practice.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the dampening effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, and it is not caused by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic schemata and to rekindle the romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Ayala Pines, *Keeping the Spark Alive* (St. Martin's Press). $350

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods to improve their ability to sense each other's bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility—painlessly and immediately.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Week of June 16–21

Five-Day Massage Intensive

Brita Ostrom & Arthur Munyer

For workshop description see February 17-22. $675

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see January 13-18. $675

A Week with Laura DeNuccio and John Dudley

For workshop description see March 17-22. $675

Golf in the Kingdom... an exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.—Michael Murphy, (Shivas Irons) *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It may be experienced not simply as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

In these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two of the days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Michael Murphy, *Golf in the Kingdom* (Dell); Timothy Gallwey, *The Inner Game of Golf* (Random House).

$675 (plus green fees paid directly to the leaders)

Weekend of June 21–23

Weekend Renewal at Esalen

For workshop description see March 22-24. $350

Week of June 23–28

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see January 20-25. $675

The Body is Spirit

Robert Hall

For workshop description see January 20-25. $675

Advanced Enneagram Intensive

Helen Palmer

For workshop description see February 17-22. $675

Weekend of June 28–30

A Weekend with Seymour Carter

For workshop description see January 4-6. $350

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

For workshop description see January 18-20. $350

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 19-24. $350

Healing the Healer: A Workshop for Helping Professionals

Peter Finkelstein

Working in the field of health care brings the practitioner into contact with sorrow and death. And although health care professionals accumulate great emotional burdens, many do not pay enough attention to staying whole, integrated, and nondepressed while doing this work. Often, in fact, institutional arrangements foster the opposite: isolation, dehumanization, withdrawal. Hence, it remains for the practitioner to find a personal approach in which to process sorrow, frustration, and fear, both wisely and well.

The central exercises in this workshop will be the telling of stories from the world of health care. Each participant will tell of an event from their practice, one that deeply moved them, with the focus on the telling, that is, telling the story well, fully inhabiting it in all its dimensions. Group members will then discuss the story: what it reveals about the health care profession and what it reveals about the teller. Through such telling we can reveal and heal those sometimes invisible wounds that interfere with our own growth and ability to continue helping others. Guided imagery, dream interpretation, didactic material, and group process may all be used to deepen the experience. Special attention will be given to creating a setting of trust and to understanding the properties of such settings.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Image and Insight: The Integration of Art and Physics

Leonard Shlain

The origin of the word "physics" means nature. Both artists and physicists are engaged in an ongoing attempt to describe nature's reality. The artist uses chiefly image and metaphor; the physicist, number and equation. This seminar will explore the connections between the conceptual ideas inherent in revolutionary art movements and the visionary breakthroughs that have occurred in physics.

Throughout history, but particularly in the modern era, the artist *sees* the world in a new way. Later, the physicist discovers a new way to *think* about the world. When these two opposing viewpoints are superimposed on each other, their images and insights are seen to have an uncanny similarity. In this seminar, Leonard Shlain will strive to demonstrate that they are but two different aspects of the same reality.

The changing view of three basic constructs—space, time, and light—in various periods of art, science, and culture will be the basis for a slide show and discussion that explore the reciprocal nature between cubism and a new concept of space, futurism and a new concept of time, and fauvism as a new concept of light. From there, attention will turn to a theory of consciousness which posits the split brain model in the individual as the source of the art/science division in the general culture. Stressing the need to combine the two hemispheric viewpoints, this seminar will examine the benefits that accrue when art is seen in terms of its precognitive ability, and when the imagery of modern physics is understood.

There will be no equations and one need not have a background in either art or physics to enjoy and participate in this workshop. The only prerequisites are a sense of wonder, an open mind, and an innate curiosity. $350

■ SPECIAL PROGRAMS

The prices quoted below for these longer programs are for standard accommodations or bunk bed rooms as described in Ways of Being at Esalen, pages 14-15. Scholarships are also available; please see "Scholarship Information" on page 14.

January 27–February 8
Advanced Training in
Shamanism and Shamanic Healing

Michael Harner

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others and to solve the problems of daily living. This twelve-day intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: a previous workshop with Michael Harner or an authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere. Such a workshop will be offered at Esalen immediately prior to this program. (See Esalen Seminars, January 25-27.)

Recommended reading: Michael Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford).

For more information, cost, and to apply, please contact Michael Harner, Foundation for Shamanic Studies, Box 670, Belden Station, Norwalk, CT 06852; (203) 454-2825. Early application is recommended.

February 24–March 8
Emotional Healing:
From Co-Dependence to Aliveness

Karen Paine-Gernée & Terry Hunt

Children who grow up in alcoholic, abusive, or otherwise unhealthy homes often develop certain disabilities which last through their lifetimes unless they are deliberately addressed, among them: an inordinate need to control, an over-developed sense of responsibility, fear of authority figures, inability to trust, difficulty having fun, compulsive behavior, fear of abandonment, and chronic lack of self-esteem.

Alcoholism is a disease of denial. ACAs tell themselves that it really wasn't so bad, and they learn not to feel what they cannot tolerate. As they deny pain, they screen out joy, and their adult lives are often filled with depression and loneliness. ACAs are often survivors, though, and most have emerged as successful-appearing adults. Yet they often spend so much energy managing and controlling work and relationships that they have little left for themselves.

A necessary part of recovery is moving from the state of being co-dependent in one's life toward a state of emotional sobriety. Through self-exploration, participants will have the opportunity to access, express, and release blocked emotions that they still carry from childhood and to tap the aliveness that was sacrificed when they buried their anger, fear, and grief. Points of focus for this workshop will include:

- Emotional Sobriety: Having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure.
- Pleasure/Addictions: Learning that true pleasure is a life-affirming non-addictive experience.
- Sexuality: Separating the unmet needs of the wounded child from adult intimate sexual relationships; learning basic tools for nurturing and sustaining healthy relationships.
- Boundaries: Looking at the tendency to alternate between fusing with another and then completely isolating oneself.
- Spirituality: Learning to have faith in the face of the horror experienced in childhood.
- Self-Esteem: Realizing that self-doubt is oftentimes based on old mental patterns, not on reality.
- Learning New Behaviors: Identifying and overcoming old ways of reacting.
- Looking Beyond the Label: Knowing when to stop calling oneself a co-dependent.

C.E. credit is available for nurses; for more information see pages 47-48.

Standard Accommodations: $1550
Bunk Bed Room: $1075

JOYCE LYKE

The approach to the baths today

March 8–April 5
28-Day Massage Practitioner Certification Program

George King & Peggy Morrison Horan

This 28-day program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture and demonstrations, hands-on practice sessions using each other as models, illustrated anatomy classes, and instruction in basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning.

Body work will be studied as a tool for optimal well-being and stress reduction and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. Upon satisfactory completion of the program, and after giving 30 additional recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program, with limited admission.

C.E. credit is available for nurses; for more information see pages 47-48.

Standard Accommodations: $3150
Bunk Bed Room: $2225

April 14–26
A Workshop with Jack Rosenberg and Beverly Kitaen Morse

This workshop will start wherever participants are in their inner journey. The work is an in-depth integration of body and gestalt practices, object relations, and the transformative process of consciousness. The course will cover:

Psychology of the Self: Participants will work with early unfinished situations that interrupt their sense of well-being and interfere with their relationships in the present. Sexual implications of this work will be dealt with in body work and in lecture.

Body Work (Integrative Body Approach): This will be theoretical and practical application, combining Integrative Body Practice, exercise, and massage.

Transformative Process of Consciousness: As the inner journey progresses, one's figure/ground is shifted from "doing" and "having" to "being" and to one's relationship with the eternal. Participants will explore ways to integrate and sustain these new awarenesses in their everyday lives.

Standard Accommodations: $1665
Bunk Bed Room: $1155

May 19–June 14
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

This course is a synthesis of Ericksonian hypnosis, neurolinguistics, and the enneagram of character fixation. It satisfies the hypnosis course requirements for the M.F.C.C. and complies with the California state requirements for hypnosis certification.

While the use of hypnosis in habit control and symptom removal will be covered, the primary focus will be on hypnosis as a tool for developing spiritual awareness. Starting with the presupposition that we already live in trance and that the goal is waking up, the roots of personality structure and the filters of perception in the creation and transformation of reality will be carefully explored. Participants will have the opportunity to experience the power of trance to transform their lives, which will create a model for working with clients.

The structure of rapport, pacing and leading, and various hypnotic patterns of induction will be demonstrated and practiced along with a variety of clinical interventions, including reframing, change history, metaphors, and storytelling. There will be videotapes of Erickson and other well-known leaders in the field of hypnosis. Participants will have daily practice with each other and the opportunity to be videotaped doing a hypnotic induction. Daily zazen, Taoist yoga, and movement led by Antoinette Varner will also be a part of this program.

Upon completion of this course, participants who want to be certified must demonstrate a high level of professionalism as well as proficiency in technical skills to the satisfaction of the instructors before certification will be granted. After certification by the Institute for Advanced Hypnosis (testing and certification fee, $300) additional certifications are available from the American Council of Hypnotist Examiners ($125) and the Society of NeuroLinguistic Programming ($200).

Required reading: J. Haley, *Uncommon Therapy* (Norton); Grinder and Bandler, *Trance-Formations*; *Frogs into Princes*; and *Reframing* (all, Real People Press); H. Almaas, *Essence*; Chogyam Trungpa, *Shambhala* (Shambhala); P.D. Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World); C. Castaneda, *Tales of Power* (Simon & Schuster).

C.E. credit is available for nurses; for more information see pages 47-48.

Standard Accommodations: $2975
Bunk Bed Room: $2140

(plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

Massage Practitioner Certification Program

Esalen offers a California state-approved massage program. Upon completion of a two-month massage work study track or a 130-hour massage practitioner workshop (see Special Programs, March 8-April 5), and after giving 30 additional massages elsewhere, graduates will receive their certificates. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring Outreach and Education

The Healthspring Project offers outreach, education, and referrals that extend Esalen's work in the healing arts and sciences to the outside world. It is an independent, service-oriented program of Esalen teachers and their associates.

Healthspring operates a global referral system, linking visitors to Esalen with body workers, counselors, and teachers from their home areas. There are ongoing programs at Esalen and a traveling workshop service in the U.S. and abroad. Instructors teach self-healing, Esalen body work, yoga, breath and body awareness, dance and centering movement, and meditation. Many instructors have experience in gestalt practice and movement continuum.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening which may be borrowed by seminarians for a two-week period while at Esalen. Donations of books or periodicals are greatly appreciated.

For access to the referral system and traveling workshop program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

■ MEDICAL PROGRAMS

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs specifically listed below offer continuing education credit. See workshop descriptions elsewhere in the catalog.

December 30–January 4
Craniosacral System: Basic Workshop
Jim Asher & Jane Harrington
30 hours

December 30–January 4
Focusing, Dream Work, and the Helping Relationship
Mary McGuire
30 hours

January 6–11
Advanced Massage: Sculpting of the Conscious Medium
Vicki Topp & Dick Stratman
30 hours

January 13–18
Intermediate Craniosacral Workshop
Hugh Milne
30 hours

January 13–18
Touching Spirit: Dimensions of Psychic Healing™
Elizabeth Stratton
30 hours

January 18–20
Non-Adversarial Child Care: The Continuum Concept in Practice
Jean Liedloff
10 hours

January 18–20
Somatosynthesis: Touching Mind and Emotion Through the Body
Clyde Ford
10 hours

January 18–20
Psychoneuroimmunology and its Implications
George Solomon & Margaret Kemeny
10 hours

February 8–10
Biofeedback Assisted Open Focus and Brain Wave Synchrony Training
Les Fehmi & Susan Shor
10 hours

February 15–17
Introduction to Gestalt Practice
Joyce Lyke
10 hours

February 17–22
Five-Day Massage Intensive
Brita Ostrom & Laurie Lioness Parizek
30 hours

February 24–March 8
Emotional Healing: From Co-Dependence to Aliveness
Karen Paine-Gernée & Terry Hunt
30 hours

March 8–10
The Psychotherapist as Shaman: Methods for Madness
Joan Halifax
10 hours

March 8–April 5
28-Day Massage Practitioner Certification Program
George King & Peggy Morrison Horan
30 hours

March 10–15
The Body and Zen
Dub Leigh & Audrey Nakamura
30 hours

March 15–17
Abuse Survivors and Their Mates: A Couples' Workshop
Jessica Moore Britt & Scott Layton
10 hours

March 17–22
Embodied Gestalt Practice: Body and Soul
Edward Smith
30 hours

March 24–29
Sexual Abuse Survivors: The Process of Empowerment
Carolyn Braddock
30 hours

March 31–April 5
Living Meditations
Judyth Weaver
30 hours

March 31–April 5
Life Stories: Healing the Sorrows
Peter Finkelstein
30 hours

April 7–12
Sports Massage
David Streeter & John Harris
30 hours

April 12–14
Advanced Massage Intensive
Arthur Munyer & Brita Ostrom
10 hours

April 14–21
The Feldenkrais® Method and Cortical Reeducation
Harriet Goslins & Frank Oliveira
30 hours

April 21–26
Gestalt Practice
Christine Stewart Price & Gestalt Staff
30 hours

April 28–May 3
Five-Day Massage Intensive
Robert Helm & Roger Grandy
30 hours

April 28–May 3
How Hungry Am I and For What: A Workshop for ACAs
Mariah Fenton Gladis
30 hours

May 3–5
Weekend Massage Intensive
Char Pias Brenner & Dean Marson
10 hours

May 5–10
Socratic Midwifery: Uncovering Beliefs that Block Human Excellence
Pierre Grimes
30 hours

May 10–12
Introduction to Gestalt Practice
Christine Stewart Price & Gestalt Staff
10 hours

May 12–17
Releasing Stress, Returning to Self
Daniel Bianchetta & Cynthia Johnson Bianchetta
30 hours

May 12–17
Advanced Hypnosis: Exploring Beyond the Edges of Identity
Eli Jaxon-Bear & Antoinette Varner
30 hours

May 19–24
Five-Day Massage Intensive
Kathleen O'Shaughnessy & Rita Thangaraj
30 hours

May 19–June 14
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
30 hours

May 31–June 2
Weekend Massage Intensive
Laurie Schutz Munyer
& Laurie Lioness Parizek
10 hours

May 31–June 2
Self-Expression through American Sign Language
Lorraine Peters
10 hours

June 7–14
Gestalt Practicum: A Seven-Day Intensive
Christine Stewart Price & Joyce Lyke
30 hours

June 14–16
Healing, Meditation, and Dzogchen
Sogyal Rinpoche
10 hours

June 14–16
Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

June 16–21
Five-Day Massage Intensive
Brita Ostrom & Arthur Munyer
30 hours

June 28–30
Healing the Healer: A Workshop for Helping Professionals
Peter Finkelstein
10 hours

■ FUTURE PROGRAMS

Listed here is one of the programs planned for fall 1991. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Dates and information on other fall programs will be available in the summer catalog, or you can call the office for details.

(Date to be announced)
Integrative Body Practice (IBP) Professional Training Program
Jack Rosenberg & Beverly Kitaen Morse

■ WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered. To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

May 10–18
Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center
Steven Harper & Guest Leader

Nature can provide opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand one's sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," with instruction in minimum impact camping, ecology, geography, and the cultural history of the area.

Wilderness will be a mirror and primary teacher as the group lives simply and in direct contact with nature. Participants will explore their inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, they will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for their last night together. There, meditation instruction will be available for those who wish it.

Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $675

JOYCE LYKE

Christine and Dick Price at the baths

■ WORK STUDY PROGRAM

The Work Study Program is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. It is not for those who wish to take catalog workshops or for those who are unwilling to be fully engaged in the work-life of the community. Participants will work 32 hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and will participate, along with staff and long-term students, in that department's program. It is advantageous for applicants to be able to speak and understand English.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study Coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School/Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. *Participants must be prepared to stay at Esalen for the full duration designated for that particular program*, assuming that they meet the standards of the Work Study Program.

Two programs are planned for each month. Programs scheduled thus far for 1991 include:

December 16, 1990–January 13, 1991
Beverly Silverman and Michel Roure will lead a dialogue between body and spirit using Rolfing®, gestalt, and psychosynthesis.

January 13–February 10
Dianne Laurence will use painting, writing, and theater games that establish a working relationship with one's creative force.

Vicki Topp and Lorin Roche will explore the interplay and complimentarity of meditation, movement, and massage (with the emphasis on meditation), and how each enriches the other.

February 10–March 10
Mary (Devarani) Goldenson's program of letting go and moving on employs Reichian methods, Radix®, dance, imagery, gestalt, and meditation.

Kathleen O'Shaughnessy offers exploration of ancient and contemporary meditation practices; centering through movement, sound, and breath; and contact through massage.

March 10–April 7
Joyce Frazee will focus on dream work using a variety of approaches, including gestalt, dream body awareness, and mandala drawing.

John Soper's group will focus on ways to improve the quality of life. The work will start with the individual and grow to include the environment.

April 7–May 5
Julian Silverman's program will draw from psychosynthesis, gestalt, and *A Course in Miracles* to explore the ideas of being responsible for one's life and personal power.

Esalen staff members will offer a sampler of methods of inquiry found at Esalen, including gestalt, meditation, movement, and body work.

May 5–June 2
Eli Jaxon-Bear, Antoinette Varner, and guest leaders will combine hypnosis, movement, and meditation as vehicles for engaging life as a spiritual path.

Marilyn Harris Kriegel will lead a program on relationship: to self and others, to the familiar and unknown. Tools will include psychosynthesis, gestalt, garden and cookbooks.

June 2–30
In this *non-certification* program, participants will learn to give and receive a full body massage. *Kathleen O'Shaughnessy and David Streeter* will incorporate tools of yoga, movement, sound, breath, and ancient meditation practices to help expand sensory abilities.

Jackie Rosin and Kay Brownfield offer a month of psychosynthesis to explore the nature of essence. Meditation, guided imagery, music, movement, art, and individual process work will be some of the modalities used. Professionals are invited.

June 30–July 28
Jeanne Achterberg and Frank Lawlis will focus on the healing power of the imagination. Components of healing ritual, sounds and symbols of various cultures, and healing rites which combine ancient wisdom with modern knowledge will be explored.

Karuna Licht and Cynthia Johnson Bianchetta will facilitate the spirit of creativity as a healing journey of self-discovery and self-expression through various artistic processes, meditation, and ritual.

July 28–August 25
Design your own program, alone and with other participants, using *your* intuition, intelligence, and imagination. Find surprising resources; harvest and recycle your energies. Facilitated by *Janet Lederman*.

Mary (Devarani) Goldenson will repeat her program of February 10-March 10.

August 25–September 22
Phyllis Shankman offers a month of in-depth group process/gestalt work using the creative arts, as well as meditation, massage, and movement for self-exploration and healing.

Julian Silverman will repeat his program of April 7-May 5.

September 22–October 20
Til Luchau and guest teachers will use body work, movement, yoga, meditation, and sensory awareness practices to explore the nature of somatic experience.

Dianne Laurence will use theater games as a forum for nurturing a relationship with one's creative force through imagination, spontaneity, and emotional honesty. Performances will be presented at month's end.

JOYCE LYKE

October 20–November 17
John Soper will repeat his program of March 10-April 7.

Jackie Rosin and Kay Brownfield will repeat their program of June 2-30.

November 17–December 15
Karuna Licht will lead a monthlong journey using the creative processes of art, ritual, and guided imagery as the language of the heart.

Participants in *William Pennell Rock's* group will use psychodrama to clarify and reunite their inner feminine and masculine qualities. They will work individually, then come together in a group performance for the Esalen community.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the two-month body work program, is $700 the first month, $650 the second month, $600 the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see page 51) with your deposit to:*

Work Study Program, Esalen Institute,
Big Sur, CA 93920.

Institute of Transpersonal Psychology Offers External Master's Degrees

Work students now have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Dwight Judy
External Program
Institute of Transpersonal Psychology
250 Oak Grove Ave.
Menlo Park, CA 94025
(415) 326-1960

■ WORK STUDY PROGRAM APPLICATION

Name _____ ☐ Male ☐ Female

Date of Birth _____ Occupation _____

Place of Employment _____

Daytime Phone (____) _____ _____
HOME ADDRESS

Evening Phone (____) _____ _____
STATE AND ZIP CODE

Date of Application _____ _____
COUNTRY

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. _____

Which program(s) are you interested in? Please list the leader's name. _____

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

_____

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

Please Note: No pets allowed.

■ THE FRIENDS OF ESALEN

The Friends of Esalen provides financial aid to people who are eager to attend our workshops but cannot afford them. We believe that one of our first priorities is to make our programs available on a broader basis. Friends of Esalen contributions fund scholarships to make this possible.

We invite you to join us. In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog*, the *Friends of Esalen Newsletter*, and other special mailings to Friends for one year. Periodically we offer a discounted workshop just for members of the Friends of Esalen. We hope you feel your experience at Esalen is worth sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen; I enclose my check for the category marked.

☐ I wish to renew my membership in the Friends of Esalen.

☐ One Year Student .....$15 ☐ One Year Individual .....$25 ☐ One Year Sponsor $100
☐ One Year Senior Citizen .....$15 ☐ One Year Donor .....$50 ☐ One Year Patron $500

Name _____ Student Affiliation _____

Address _____ City _____

State _____ Zip _____ Date _____

Please mail to: The Friends of Esalen, Esalen Institute, Big Sur, CA 93920.
Contributions are tax-deductible to the extent allowed by law.

■ AUDIO RECORDINGS

The Dolphin Tape Series

Intermingled with favorites from past tape lists, here are more titles on the phenomenon of the paradigm shift—from new science and new philosophy to a blending of objective and subjective, matter and meaning, head and heart, intellect and intuition—opening to deeper landscapes and wider horizons. Nearly all titles were recorded in stereo. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Reb Anderson: *Zen*, 1980
Anne & Jim Armstrong: *The Power of Intuition*, 1987
Gregory Bateson: *Metaphors and Butterflies*, 1975
David Brower: *Breaking the Species Barrier*, 1971
Joseph Campbell: *The Hero's Journey (80th year)*, 1984
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
Fritjof Capra: *Shifting Paradigms and Social Change*, 1980
Fritjof Capra: *Ecological Vision*, 1984
Fritjof Capra: *Characteristics of Systems Thinking*, 1985
Richard Feynman: *Quantum Mechanical View of Reality*, 1983
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Willis Harman: *New Consciousness in a New Society*, 1972
Arthur Hastings: *Transpersonal Realities (Boston)*, 1979
Hazel Henderson: *The Politics of Reconceptualization (Boston)*, 1979
Albert Hofmann: *The Transmitter-Receiver Concept of Reality*, 1984
Aldous Huxley: *Human Potentialities/Visionary Experience*, 1960
Donald Keys: *Choosing a New World (Maui)*, 1982
Jack Kornfield: *The Sword of Wisdom (Boston)*, 1979
Jack Kornfield: *The Smile of the Buddha (Bombay)*, 1982
George Leonard: *Steps Toward Utopia*, 1966
George Leonard: *Ecstasy and Education*, 1970
Robert Muller: *The Language of Happiness*, 1983
Robert Muller: *Toward a Global Community*, 1983
Abraham Maslow: *Self-Actualization*, 1966
Terence McKenna: *New and Old Maps of Hyperspace*, 1982
Brendan O'Regan: *Decision-Making in the Global Village*, 1972
Robert Ornstein: *On the Psychology of Meditation*, 1971
Karl Pribram: *Preface to the Holographic Mind*, 1978
Carl Rogers: *The Person of Tomorrow*, 1970
Carl Rogers: *My Philosophy and How It Grew (AHP)*, 1972
Bob Schwartz/Peter Schwartz: *Consciousness Evolution (Boston)*, 1979
Rupert Sheldrake: *Morphic Resonance (Bombay)*, 1982
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Rupert Sheldrake: *Resonance and Myths of Nations*, 1987
Julian Silverman: *A Light-Hearted Course in Miracles*, 1984
Huston Smith: *No Wasted Journey*, 1968
Huston Smith: *The Nature of Reality (Boston)*, 1979
Russel Targ: *Parapsychology and Physics*, 1972
Charles Tart: *On the Paranormal*, 1971
Alan Watts: *Divine Madness*, 1968
Robert Anton Wilson: *The Prism Lecture (Santa Cruz)*, 1982
Robert Anton Wilson: *The I in the Triangle*, 1984
Arthur M. Young: *The Bacon-Shakespeare Controversy*, 1983

Two-tape titles are $18:

Walt Anderson/Ted Roszak: (2) *The Upstart Spring (Esalen)*, 1984
Angeles Arrien: (2) *The Story of Basque Mysticism*, 1982
Robert Bly: (2) *Fairy Stories for Men and Women*, 1982
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1979
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Capra/Grof: (2) *Beyond Time and Space*, 1977
Ram Dass: (2) *One Man's Journey to the East*, 1969
Ram Dass: (2) *Creativity and Spirituality*, 1987
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Buckminster Fuller: (2) *The Critical Path (Maui)*, 1982
Stan & Christina Grof: (2) *Holonomic Consciousness Paradigm*, 1982
Stanislav Grof: (2) *The Cosmic Game*, 1987
Jean Houston: (2) *The Possible Human (Boston)*, 1979
Robinson Jeffers: (2) *A Dramatic Presentation (Carmel)*, 1972
Timothy Leary: (2) *The Power of Imprinting*, 1982
Abraham Maslow: (2) *The Further Reaches of Human Nature*, 1968
Karl Pribram: (2) *The Holographic Model Today*, 1985
Kenneth Ring: (2) *Near-Death Experiences*, 1985
Bob Schwartz: (2) *Entrepreneurship and Human Potential*, 1980
Brother David Steindl-Rast: (2) *Healing Starts from the Heart*, 1984
Andrew Weil: (2) *Interplay of Mind and Body Realities*, 1982
Lynn White & Alan Watts: (2) *Ecological Crisis*, 1972

Four-tape titles are $36:

Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
James Fadiman: (4) *A Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1968
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day (Marin)*, 1983
Jack Rosenberg: (4) *A New Understanding of Relationships*, 1982
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Brother David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur M. Young: (4) *Interviews on the Reflexive Universe*, 1983

The Dolphin Vinyl Album Tape Sets:

Angeles Arrien/Robert Bly: (6) *Love in the Western World*, 1984	$60
Joseph Campbell: (6) *Mysteries of the Great Goddess*, 1983	$60
Joseph Campbell: (6) *Courtly Love and the Grail*, 1983	$60
Jack Kornfield: (6) *The Spiritual Practice of Meditation*, 1981-83	$60
Abraham Maslow: (6) *The Eupsychian Ethic*, 1969	$60
Rupert Sheldrake: (6) *The Presence of the Past*, 1985	$60
Robert Anton Wilson: (6) *Seminar on the I in the Triangle*, 1984	$60
Robert Anton Wilson: (6) *The 'Coincidance' of Joyce*, 1985	$60
Andrew Weil: (6) *Integrated Consciousness & Health*, 1976	$60
Reb Anderson: (8) *Zen is the Key to the Teachings*, 1986	$72
Esalen Series: (8) *Physics and Consciousness*, 1975-76	$72
Esalen/UCB/Tarrytown: (8) *Faces of the Enemy (Symposium)*, 1983	$72
Buckminster Fuller: (8) *The Pajaro Dunes Tapes (A Weekend Seminar)*, 1977	$72
Terence McKenna: (8) *Lecture Series I (1982-83) or Series II (1983-86)*	$72
Jack Rosenberg: (8) *Sustained Integration: Body, Self & Soul*, 1981	$72
Julian Silverman: (8) *Commentaries on A Course in Miracles*, 1980	$72
Colin Wilson: (8) *A New Analytic Philosophy*, 1967	$72
Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$88
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-80 (Library)	$98

Please add $3 to your complete order for handling and mailing (add $3 more if you wish priority mail). Overseas orders add $1 per tape for mailing. California residents include 6 3/4% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment.) Allow 4 to 6 weeks for delivery.

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement: *Dolphin Tapes is a private company independent of Esalen.*

■ BIOGRAPHICAL INFORMATION

A

Jeanne Achterberg,
professor at the Institute of Transpersonal Psychology, is a pioneering researcher in imagery. She is the author of Rituals of Healing, Woman as Healer, *and* Imagery and Healing.
p. 49

Ijalu Akanbe
has danced with Olatunji for twenty-five years and is dance captain of the Drums of Passion Dancers.
p. 27, 28

John Allen,
class "A" PGA member and former tour player, has been a teaching golf professional for over twenty years and a serious student of the inner game for the past five.
p. 44

Anne Armstrong
has been doing transpersonal counseling for over twenty-five years and has trained professionals to use their intuitive abilities.
p. 22, 37

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 22, 37

Elliot "Waker" Aronson,
social psychologist, professor, researcher, and author, combines the scientific with the humanistic and spiritual in his work.
p. 29

Angeles Arrien,
a native Basque, is an author, anthropologist, and educator. Her teachings are based on the universality of values, ethics, and experiences as they relate to myths, symbols, and the arts.
p. 23, 24

Jim Asher
has been practicing cranial work since 1973. He is a Rolfing teacher and an advanced Rolfer, certified by Ida Rolf.*
p. 16, 47

B

Nancy Bacal,
novelist, lyricist, documentarian, screenwriter, has taught writing workshops for years. Student of meditation and aikido, her work includes the award-winning film, Raga, *starring Ravi Shankar.*
p. 23

James Baraz
has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.
p. 18, 39

Cynthia Johnson Bianchetta
is an artist, photographer, dancer, and minister in training for the Center for Spiritual Healing.
p. 38, 47, 49

Daniel Bianchetta,
longtime Esalen resident and workshop leader, is an intuitive counselor and a minister for the Center for Spiritual Healing. He is a student and teacher of meditation.
p. 38, 47

Judy Blackstone
is a dancer, meditation teacher, author, and counselor. She is the founder of The Subtle Self in Motion, a method for deepening experience through movement.
p. 32

Jean Shinoda Bolen
is a psychiatrist, Jungian analyst, and author of Goddesses in Everywoman; Gods in Everyman; *and* The Tao of Psychology.
p. 22

Stephen Book
is an international/Off Broadway/regional theater director and teacher. On the faculty at USC after a long tenure at the Juilliard School, he also heads his own professional studio in Hollywood.
p. 40

Julie Bowden,
pioneer in the children of alcoholics (COA) field, is co-founder of the National Association for COAs. She co-authored Recovery: A Guide for Adult COAs *and* Genesis: Spirituality in Recovery.
p. 24

Carolyn Braddock
is a psychologist, consultant, and author in private practice in Lakewood, Colorado. She founded the Institute on Child Abuse and Neglect and trains professionals in the field of sexual abuse.
p. 31, 47

Char Pias Brenner,
dancer, singer, performing artist, massage teacher, and mother, is currently in residence at Esalen Institute.
p. 37, 47

Jessica Moore Britt,
gestalt and Reichian work practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development.
p. 22, 29, 42, 47

Charles Brooks,
author of Sensory Awareness, the Rediscovery of Experiencing, *has been a teacher of Sensory Awareness since 1963, often in conjunction with Charlotte Selver.*
p. 35

Blanche Brown,
artistic director of the performing ensemble Roots of Haiti, has studied with Haitian dance teachers Serge St. Juste, Jean-Leon Destine, and Mona Estime-Amira.
p. 37

Daniel Brown
is chief psychologist at Cambridge Hospital and assistant professor of psychology at Harvard Medical School. He has spent nearly two decades studying the great meditative traditions.
p. 26, 27

Kay Brownfield
has extensive training in gestalt and massage, and currently teaches psychosynthesis. She has a private counseling practice in Toronto.
p. 49, 50

C

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 17, 37, 44

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco.
p. 16, 34

Stephen Cohen,
an Esalen resident, gestalt practitioner, and Experiencing Esalen staff member, is a longtime golf hacker.
p. 44

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 27

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Painting Experience Studio in San Francisco.
p. 16, 34

Dale Cummings,
certified Radix® teacher and marriage and family counselor in private practice in West Los Angeles and Santa Cruz, is director of training for the Radix® Institute.
p. 40

D

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October; Cycles; River Notes; *and* Amber.
p. 17, 38

David Densmore
is an artist and writer and has been co-facilitator of Seeds of Singing for the past five years.
p. 21

Laura DeNuccio (Ma Prita)
is a certified Radix® teacher with over fifteen years of experience combining gestalt, Reichian body work, vision work, movement, ritual, and meditation.
p. 30, 44

Patrick Douce,
one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived part of the year in Bali, where he observes Balinese and other Indonesian "energetic" sciences.
p. 43, 48

John Dudley
is a certified practitioner of Cortical Reeducation and a movement teacher with a background in Native American healing traditions.
p. 44

F

Chieh-Hsi Fan,
a classic and modern dancer, trained in Taiwan and Japan. She is noted for her performances of the Dun Huang Buddhist Cave ritual dances.
p. 19

Les Fehmi,
psychologist, author, and researcher, is the founder/director of the biofeedback clinic at the Medical Center of Princeton. He is the originator of the Open Focus Method.
p. 23, 47

Peter Finkelstein,
psychiatrist, has studied with Irv Yalom and Bruno Bettelheim. He practices in Woodside and San Francisco, teaches at Stanford, and writes about emotional issues in doctors' training.
p. 32, 44, 47, 48

Jerry Fletcher
is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in San Anselmo, California.
p. 25

Kathleen Fletcher
is a trainer and consultant in organizational development, working in both the profit and non-profit sectors.
p. 25

Clyde Ford
is a chiropractor and craniosacral practitioner. His interest is in using touch to work with emotional, psychological, and spiritual issues related to physical pain, stress, and disease.
p. 20, 47

Joyce Frazee,
a student of Buddhism, has been a gestalt and dream work practitioner in private practice for eighteen years. She is a teacher at the Gestalt Experiential Training Institute in Vancouver, Canada.
p. 28, 49

G

Mariah Fenton Gladis,
gestalt practitioner and trainer, founded and directed the Bucks County Institute for twelve years. She is the director of the Pennsylvania Gestalt Center for Psychotherapy and Training.
p. 35, 36, 47

Bernard Glassman, Sensei,
a Zen priest, received dharma transmission from Taizan Maezumi roshi. He holds a doctorate in mathematics and worked in the aerospace industry for fifteen years.
p. 34

Marushka Glissen
is a family and couples counselor in Cambridge. She has worked with children for the past ten years.
p. 27

Herbert Gold
has published over twenty books, most recently Best Nightmare on Earth: A Life in Haiti; Travels in San Francisco; *and the novels* Dreaming *and* A Girl of Forty.
p. 38

Mary Goldenson (Devarani)
is a chiropractor and certified Radix® teacher with a private practice in West Los Angeles. She has a doctorate in psychology.
p. 18, 32, 40, 43, 49

Lawrence Goldfarb
is a Feldenkrais® teacher, cybernetician, author, and founder of Mind in Motion. He teaches seminars internationally and maintains a private practice in San Francisco.
p. 24

Diane Joy Goodman
is a food and agriculture consultant and professional cook. Her work focuses on the principles of sustainable agriculture within the food professions.
p. 29

Harriet Goslins
is the originator of the Goslin's method of Cortical Reeducation. She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, and social anthropology.
p. 34, 47

Roger Grandy,
on Esalen's massage staff, is certified in movement reeducation, massage, and shiatsu. He is involved in a medical research project studying the effects of body work and hypnosis on the immune system.
p. 36, 47

Spalding Gray,
writer and actor, has created a series of thirteen autobiographical monologues which he has performed in the U.S., Europe, and Australia. He has taught storytelling at Columbia, NYU, and Omega Institute.
p. 25

Pierre Grimes,
a philosopher, founded the Noetic Society for the Study and Exploration of Platonic and Neo-Platonic works in 1967. He is the developer of the art of philosophical midwifery.
p. 37, 47

H

Joan Halifax,
president of the Ojai Foundation, is a medical anthropologist. Her books include Shamanic Voices and Shaman, the Wounded Healer. *She teaches in Europe, Mexico, and the U.S.*
p. 28, 47

Robert Hall,
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for twenty-five years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 21, 38, 44

Eleanor Criswell Hanna,
professor of psychology at Sonoma State University, is managing editor of Somatics *and author of* How Yoga Works: An Introduction to Somatic Yoga.
p. 25

Michael Harner
has practiced shamanism for more than a quarter of a century and pioneered the teaching of shamanism in contemporary life. His books include The Way of the Shaman.
p. 21, 22, 45

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 38, 39, 42, 44, 48

Susan Harper
teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 42

Jane Harrington
is a certified Rolfer and Rolf movement teacher with extensive craniosacral experience. She is in private practice in Boulder, Colorado.
p. 16, 47

John Harris
is director of the Massage Training Institute in Encinitas, California. He is an international trainer of sports massage practitioners and headed up the sports massage team in the 1984 Olympics.
p. 32, 47

Richard Strozzi Heckler,
psychologist and fourth-degree black belt in aikido, has worked with such diverse groups as the Army Special Forces, emotionally disturbed children, corporate executives, and inner city gangs.
p. 38

John Heider,
a psychologist living in Lawrence, Kansas, is a group leader and teacher of group leaders. He was part of the Esalen Resident Program from 1967-1971.
p. 33

Robert Helm
is a senior member of the Esalen massage staff who has recently completed the two-year Esalen-Antioch Somatics Study Program for Health Professionals.
p. 36, 47

Gabriele Hilberg
has conducted workshops for health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 29

Jane Hirschmann,
lecturer/consultant on compulsive eating, is co-author of Overcoming Overeating *and* Are You Hungry, *a book about children and eating. She is on the faculty of the New School for Social Research.*
p. 30

Peggy Morrison Horan
has been practicing and teaching massage at Esalen for twenty years. She is a student of childbirth, dance, and movement.
p. 29, 46, 47

Chungliang Al Huang
is a Tai Ji dancer, artist-calligrapher, and philosophical entertainer. He is founder/president of Living Tao Foundation and director of Lan Ting Institute, Wu Yi Mountain, China.
p. 17, 18, 19, 31, 32

Terry Hunt
is a licensed psychologist in Massachusetts specializing in bioenergetic analysis with ACAs and other addictive disorders. He is co-author of Emotional Healing.
p. 27, 45, 47

J

Eli Jaxon-Bear
is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. He is past-president of a Tibetan Buddhist meditation center.
p. 39, 40, 46, 47, 49

Karen Johnson
is a colleague of Hameed Ali and has been a teacher in the Ridhwan school since its inception. She was instrumental in the development of the Diamond Approach.
p. 27

K

Melissa Kay,
writer and editor in the field of religion and ritual, is a student of the work of Rudolf

Steiner. She has been working with Paul Rebillot since 1978.
p. 24, 25

Sam Keen
is the author of ten books, including The Passionate Life *and, most recently,* Faces of the Enemy.
p. 41

Margaret Kemeny
is trained in behavioral science and immunology. She conducts psychoneuroimmunologic research at the UCLA School of Medicine on individuals infected with the Human Immunodeficiency Virus.
p. 20, 47

George King,
a massage practitioner for twenty-seven years, specializes in massage of dancers and has toured with many companies.
p. 29, 46, 47

Si Chi Ko,
a visionary photographer from China, has collaborated with Chungliang Al Huang for over twenty years.
p. 19

Paul Krassner
is the editor and publisher of Realist *magazine and co-founder of the Yippies. A stand-up comic since 1953, he is the author of* Impolite Interviews *and* Tales of Tongue Fu.
p. 34

Marilyn Harris Kriegel
is a licensed marriage and family counselor, author, and gardener. She is currently writing a play about women, aging, and relationship.
p. 49

Mari Krieger
has been a counselor for the past twenty years. She is currently learning to enhance her own healing while struggling with a life-threatening illness.
p. 31

Linda Krier
has been a teacher in the Ridhwan school for eight years and an Aston-Patterner for fourteen years. Her special interest is in the body as it expresses personality and essence.
p. 27

L

Stephen LaBerge
is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious, or "lucid," dreaming at Stanford University.
p. 40

Frank Lawlis,
a diplomate and elected Fellow of the American Psychological Association, is president of the Institute of Transpersonal Psychology. He specializes in behavioral medicine.
p. 49

Dianne Lawrence,
a performer and professional painter, teaches at the Art Center School of Design in Pasadena and has taught at various correctional institutions around southern California.
p. 29, 37, 49

Scott Layton
is a graduate of the Shambhala training at Naropa Institute and is a senior teacher for the Ridhwan Work School.
p. 22, 29, 42, 47

Janet Lederman
is executive director and designer of Esalen's Gazebo School/Park and Gazebo philosophy of learning.
p. 49

Dub Leigh,
longtime body work practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye roshi.
p. 29, 47

Annie Styron Leonard
is a founder of the Energy Training Institute in Mill Valley, California, and an aikido black belt.
p. 20, 40

George Leonard
is a third-degree aikido black belt, founder of Leonard Energy Training (LET), and author of The Silent Pulse; Adventures in Monogamy; *and* Walking on the Edge of the World.
p. 20, 36, 40

Karuna Licht
is an artist and counselor interested in healing the heart and living creatively.
p. 49, 50

Jean Liedloff,
author of The Continuum Concept, *consults privately with adult children of "normal" parents and leads discussions on non-adversarial child care.*
p. 19, 47

Mark Lipton
is chairman of the Management and Urban Policy Department at the New School for Social Research in New York City. He teaches leadership and group behavior, using the Myers-Briggs indicator.
p. 41

Elisa Lodge
comes from a professional acting background and is a certified Rolf movement teacher. She assists people in the creative process through the expressive arts.
p. 23, 40

Jananne Lovett-Keen
is a musician and body worker with a private practice for women called "Care for the Caretakers."
p. 22

Francis Lu
is an assistant clinical professor of psychiatry at the University of California, San Francisco, with interests in film and transpersonal psychology.
p. 43

Til Luchau,
certified Rolfer and massage practitioner, teaches massage, yoga, and related body practices for the Rolf Institute and the Colorado Outward Bound School Health Services Program.
p. 49

Nancy Kaye Lunney,
formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen.
p. 20, 44

Kathryn Lydecker
is a senior associate of the Lomi School, where she has led workshops and facilitated groups for the past eleven years. She is in private practice in Santa Cruz, California.
p. 39

Joyce Lyke,
gestalt practitioner and member of Esalen's gestalt staff, is a teacher in training in the

Ridhwan Work School, which is dedicated to understanding personality and essential development.
p. 24, 42, 47, 48

M

Deborah Madison
is the founding chef of Greens *restaurant in San Francisco and author of the* Greens Cookbook *and* The Savory Way. *Her specialty is produce.*
p. 29

Helen Malcolm-Neeb,
artist, consultant, and teacher, works with a visionary consulting team designing strategic, long-range vision paintings for individual clients and Fortune 500 corporations.
p. 38

Shelley Mann
is a singer, dancer, and health educator. She has shared her passion for music with many groups.
p. 31

Peller Marion
is a psychologist and international career management consultant. She is president of Peller Marion Associates, an executive outplacement and performance coaching corporation in San Francisco.
p. 39

Dean Marson
is a member of the Esalen massage crew. His interests include subtle body work and methods of self-care.
p. 22, 37, 47

Jeffrey Masson,
former psychoanalyst and professor of Sanskrit, authored A Dark Science *and* The Complete Letters of Sigmund Freud to Wilhelm Fliess, *and with W.S. Merwin,* The Peacock's Egg.
p. 28

Ed Maupin
is a psychologist who specializes in body methods of growth and development. He was trained as a Rolfer by Ida Rolf and currently is president of IPSB, a school of body work in San Diego.
p. 16

Rollo May
has taught at Harvard, Yale, Princeton, and UC. He received an award for outstanding contribution from the American Psychological Association, and the Martin Luther King Award for his contribution to brotherhood.
p. 22

Myron McClellan
is a teacher and counselor trained in the history of religious thought, neurolinguistic programming, whole brain reeducation, and body-centered psychology.
p. 23

Robert McDermott
is president of the California Institute of Integral Studies in San Francisco. Previously he was professor and chair of the Department of Philosophy, Baruch College, CUNY.
p. 43

Mary McGuire,
an associate of Eugene Gendlin, is program director of the Focusing Institute in Chicago.
p. 16, 47

Terence McKenna
authored True Hallucinations *and* Timewave Zero. *He is a psychoactivist interested in the role that hallucinogenic plants play in forming human languages and cultures.*
p. 26, 39

Hugh Milne,
third-generation Scottish osteopath with twenty years' experience, has practiced and taught cranial work, healing, and psychometry abroad and in the U.S. He works in San Francisco.
p. 19, 47

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 21, 34, 44, 46, 48

Arthur Munyer,
a member of the Esalen massage crew, is a trigger point specialist and longtime body work practitioner trained by Dub Leigh and Lauren Berry.
p. 33, 43, 47, 48

Laurie Schutz Munyer,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has also led parent-infant workshops.
p. 41, 48

Michael Murphy
was the founder (with Richard Price) of Esalen Institute and is the author of Golf in the Kingdom; Jacob Atabet; *and the forthcoming* Future of the Body.
p. 36

N

Audrey Nakamura
was trained by Hawayo Takata, Dub Leigh, and Tanouye Tenshin roshi. She has been a practitioner for sixteen years.
p. 29, 47

Sara Nelson
is national director and coordinator of the Christic Institute's Contragate Project. She was director of the Greensboro Civil Rights Fund and director of the Karen Silkwood Fund.
p. 31

Wes "Scoop" Nisker
is considered the dean of new radio journalism and is the editor of Inquiring Mind, *journal of the Vipassana Buddhist community. He is writing a book on crazy wisdom.*
p. 34

Madeline Nold,
psychologist, is director of Creative Action Associates and has a Boston cable TV show, "What Is This Thing Called Love?" Her work integrates traditional and cross-cultural practices.
p. 35

O

Babatunde Olatunji,
master percussionist from Nigeria, has performed internationally for over thirty years and is known for his album Drums of Passion. *He is an authority on African religion.*
p. 27, 28

Frank Oliveira
is a Cortical Reeducation practitioner and has studied with South American traditional healers. He has a private practice in Van Nuys, California.
p. 34, 47

Susan Osborn
was the lead vocalist for the Paul Winter Consort for ten years. She has a twenty-year career of concerts, recordings, and song-writing and has been teaching Seeds of Singing for the past eight.
p. 21

Kathleen O'Shaughnessy
has been involved for twenty years in body/mind disciplines and for twelve years with the major psychological practices, transpersonal crisis, and the shamanic outlook.
p. 22, 39, 47, 49

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager™ training and gestalt awareness work with the personal energetic connection of the Esalen massage.
p. 25, 33, 43, 47, 48

P

Karen Paine-Gernée,
co-author of Emotional Healing *and pioneer in the treatment of ACAs, is at work on a new book about healing from cancer. She is also an artist.*
p. 27, 45, 47

Helen Palmer,
a practicing intuitive for eighteen years, directs the Center for the Investigation and Training of Intuition and is a graduate faculty member of John F. Kennedy University.
p. 26, 44

Laurie Lioness Parizek,
a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 25, 41, 46, 47, 48

Lorraine Peters,
hearing-impaired since birth, uses American Sign Language personally, and professionally as a rehabilitation counselor in San Francisco. She is also a sign language performer for women's music.
p. 41, 48

Ayala Pines,
a psychologist in Berkeley and Tel Aviv, is the author of Keeping the Spark Alive *and co-author (with Elliot "Waker" Aronson) of* Career Burnout: Causes and Cures.
p. 43

Neal Powers,
an advanced Rolfer, was trained by Ida Rolf. His work with practitioners focuses on developing a context for accessing the body as an avenue of development of the whole person.
p. 32

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 34, 38, 42, 47, 48

Carol Proudfoot-Edgar
was a counseling psychologist at UCSC for seventeen years. She currently writes and leads workshops on Native American teachings, community development, and women's issues.
p. 16

Bill Puka,
ethics professor at Rensselaer and psychological researcher at Harvard's Center for Moral Development, practices meditation and yoga. He has formulated federal legislation on economic democracy.
p. 28

Johanna Putnoi,
a senior associate of the Lomi School, has studied Feldenkrais, aikido, and Continuum dance. She has a private practice in Palo Alto, where she is also director of Body Therapy's massage program.
p. 39

R

Paul Rebillot,
a group leader at Esalen for sixteen years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 16, 24, 25

Tracey Rich
has earned the title "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally.
p. 37

The Ridhwan Work School Faculty
is dedicated to the discovery, development, and preservation of the human essence.
p. 40

Sogyal Rinpoche,
an incarnate lama, scholar, and meditation master from Tibet, prominent in the West, is an authority on the traditional knowledge of the Tibetan Book of the Dead.
p. 43, 48

Lorin Roche
has been teaching and researching meditation for the past twenty years. His work with others elicits a sense of the innate, instinctive naturalness of meditation.
p. 49

William Pennell Rock
is founder-director of Origins, a workshop process for creating and performing contemporary myths. He has lectured, led workshops, and directed productions in Europe, Asia, and the U.S.
p. 50

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of Body, Self, and Soul.
p. 21, 34, 44, 46, 48

Rachel Rosenthal
is an Obie award-winning performance artist and educator. Most recently she refused an NEA grant as a protest against its obscenity oath language and censorship.
p. 30

Jackie Rosin
is a licensed psychologist in private practice in Topanga, California. She trained with Harry Sloan and has a background in Integrative Body Psychotherapy.
p. 49, 50

Michel Roure
is a Rolfer, osteopath, and chiropractor. He has a private practice in Aix-en-Provence, France.
p. 49

Iiana Rubenfeld,
pioneer of twenty-five years in the body-mind-spirit field and originator of the Rubenfeld Synergy Method™, is a certified teacher of the Alexander Technique and Feldenkrais® Method and is a gestalt practitioner.
p. 18

Gordy Ryan
has roots in the Big Sur Primitive Jazz Society and has studied and performed with Olatunji for seventeen years.
p. 27, 28

S

Robert Sanoff,
a senior associate of the Lomi School, has led workshops and trainings in personal growth for the last eleven years. He has been in private practice since 1976, currently in Santa Rosa, California.
p. 39

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 19, 26, 33, 35, 37, 38, 41

Ailish Schutz
has an extensive background in body work and holistic health. She has been conducting The Human Element with Will Schutz for five years and serving as CEO of Will Schutz Associates for the past six.
p. 27, 41

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, a set of training materials for organizations. He is the author of Joy and Profound Simplicity.
p. 27, 41

John Scovel
has studied and played traditional drums for fourteen years for ceremonial functions, dance companies, and schools.
p. 37

Maggie Seeley
is an organizational development and management consultant from Santa Fe. She is certified and has used the Myers-Briggs Type Indicator in personal and organizational counseling for ten years.
p. 41

Charlotte Selver,
student of Elsa Gindler, introduced Sensory Awareness to the U.S. and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.
p. 35

Phyllis Shankman
is a licensed counselor in West Los Angeles. She teaches at Ryokan College and has been leading groups at Esalen for over twelve years.
p. 37, 49

Paula Sholachman Shaw
has been a professional actress and teacher for over twenty years. She conducts in-house workshops for Esalen staff and work study programs in creativity, well-being, and self-expression.
p. 33

Daniel Sheehan,
a 1970 graduate of Harvard Law School, is general counsel and public policy director of the Christic Institute, a public interest law firm and public policy/education center in Washington, D.C.
p. 31

Leonard Shlain,
a San Francisco surgeon, began lecturing on the connections between evolution, consciousness, art, and physics ten years ago. His forthcoming book, Image and Insight, *will be published this spring.*
p. 44

Fred Shoemaker,
an inner game teacher and golf professional, is a former golf coach at UCSB and has written about the inner game for Golf *magazine.*
p. 44

Susan Shor,
a psychologist in private practice in New York City, is co-director of the Biofeedback and Stress Management Clinic of Manhattan. She is a certified biofeedback provider, teacher, and lecturer.
p. 23, 47

Beverly Silverman,
a Rolfer, teaches psychosynthesis and leads gestalt trainings. She lives in France and teaches workshops throughout Europe.
p. 49

Julian Silverman,
a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe.
p. 49

Anne Nechama Simkin
trained in gestalt with Irv and Miriam Polster and Jim Simkin. She has conducted workshops internationally, most recently at Findhorn.
p. 16

Edward Smith,
adjunct professor of psychology, Georgia State University, editor of The Growing Edge of Gestalt Therapy *and author of* Sexual Aliveness, *has been a workshop leader since 1971.*
p. 30, 47

George Solomon,
physician and professor of psychiatry at UCLA, is a pioneer in the field of psychoneuroimmunology, whose current research concerns psychoneuroimmunologic aspects of AIDS and of aging.
p. 20, 47

John Soper
is a gestalt practitioner with a background in international business.
p. 49, 50

Gena Louise Sorensen
is a licensed counselor in private practice in San Jose and Berkeley, California. She holds an adjunct certificate as a Radix® teacher and is a teacher in training in the Ridhwan Work School.
p. 40

Kathleen Riordan Speeth
is a psychologist in New York and California whose interests include Bach, Rilke, roses, Flemish primitive painting, and object relations. Her published works include The Gurdjieff Work and Generativity.
p. 18, 35

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on five continents. He is concerned with the spiritual challenges of our time.
p. 21, 31, 42, 43

Dick Stratman
is an artist, builder, practicing architect, certified Rolfer, and massage practitioner/teacher. He is presently exploring and teaching massage as a sculptural art form.
p. 17, 47

Elizabeth Stratton,
pastoral counselor and healer in private practice in New York City, leads workshops in self-healing and a two-year training program for healers entitled "Awakening the Healer Within You."
p. 19, 20, 47

David Streeter
is a certified sports massage practitioner on the Esalen massage staff. He has taught yoga and anatomy and has worked as an athletic trainer for many years.
p. 32, 47, 49

DAVID NELSON

T

Yao Tamakloe
studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.
p. 27, 28

Jeremy Taylor
has taught dream work for over twenty years. He is the author of Dreamwork and Dreams: The Magic Mirror that Never Lies.
p. 34

Rita Thangaraj
has taught massage, movement, and meditation since 1978. She has a master's degree in counseling and body psychology; her work incorporates deep tissue release, Trager, and massage.
p. 39, 47

Vicki Topp,
Esalen massage staff member since 1968, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 17, 47, 49

V

Antoinette Varner
is an acupuncturist, herbalist, and movement teacher whose work integrates cognitive learning, the body, and spiritual experience.
p. 39, 40, 46, 47, 49

W

James Wanless,
creator of the Voyager Tarot Deck, is an author, counselor, teacher, and multimedia publisher of symbolic arts. His interests focus on symbols, myths, and shamanism.
p. 23

Nahum Ward
is a rabbi, storyteller, and spiritual counselor. He is a student of Torah, Aston-Patterning, and process-oriented psychology.
p. 31

Judyth Weaver,
Reichian counselor and teacher of t'ai chi ch'uan and sensory awareness, holds a doctorate in psychology. She is a longtime student of Buddhism and Taoism and studied in a Zen monastery in Japan.
p. 32, 47

Ganga White,
internationally-known teacher and master of yoga, is author of Double Yoga *and has received the titles "Yoga Acharya" and "Yogiraj" in India.*
p. 37

Robert Anton Wilson
has written twenty-five books of psychology, futurism, science fiction, and humor.
p. 23

Nina Wise
creates and performs multi-media theater pieces, which have won seven Bay Area Theater Critics' Circle awards in the past five years.
p. 34

Marion Woodman
received her training and Diplomate from the C.G. Jung Institute in Zurich. She has authored books on eating disorders, the body, addictions, and the nature of the feminine.
p. 26

■ ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see General Information, page 62, under Reservations and Fees, Making Contact with Us, and Cancellation and Refund Policy.)

Scholarship information is listed on page 14. If you wish to request a scholarship, please check the appropriate box:

☐ Standard Scholarship ☐ Other Scholarship

If you need more information, please refer to the inside front cover for Esalen's phone numbers and office hours.

Name of Registrant (Please print) _____ Sex M ☐ F ☐

Address _____

City _____ State _____ Zip _____

Home Phone: ( ) _____ Work Phone: ( ) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

If you can't be reached, please call us before your scheduled arrival for final confirmation. Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.

Please mark your 1st and 2nd choices for housing after referring to pages 14-15 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and food. **All of our rooms are non-smoking. If you smoke, please plan to do so outside.**

☐ Check for standard accommodation, if available.
☐ Check for a single with private bath, if available.
☐ Check for bunk bed room, if available.
☐ Check for sleeping bag space, if available.

Write here the name(s) of any person(s) with whom you wish to room.

Date	Leader's Name/Workshop Title	Fee

I enclose payment for the following contributions:

☐ $5 Catalog Contribution .....$5 Catalog Contribution: _____

☐ Friends of Esalen ..... Friends of Esalen: _____
(See page 51)
☐ Student $15
☐ Senior Citizen $15
☐ Individual $25
☐ Donor $50
☐ Sponsor $100
☐ Patron $500

Workshop Deposits Enclosed: _____

Subtotal: _____

Less any discount (Prepayment or Senior, see page 14): _____

Total Amount Enclosed: _____

FOR OFFICE USE ONLY

DEPOSIT AMT			CIRCLE DEPOSIT	CC	CK	CA SUS
CIRCLE IF IN RES BK		YES	INITIALS OF WHO DID RES			
DATE REC		DATE TYPED		INITIALS TYPED RES		

Passenger Van Service:
I want transportation from (check one):

☐ Monterey Greyhound Bus Station at approximately 3:45 PM

☐ Monterey Airport at approximately 4:00 PM

on _____ (date of arrival, Fridays and Sundays only).

The $25 per person charge is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

All workshops require non-refundable deposits. See page 62. The balance of program fees becomes payable at time of check-in.

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks must accompany the reservations form. Or, you may fax this form to us at (408) 667-2724. If you do so, *you must include payment via one of the credit cards below.*

Your reservations can be charged to:

☐ Mastercard ☐ Visa ☐ American Express

Card No. _____

Expiration Date _____

Authorizing Signature _____

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation.

■ GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 61. Our address, phone numbers, and reservations hours are on the inside front cover. Since workshops fill quickly, it is advisable to sign up as early as possible, preferably a month in advance. In order to reserve a space in any workshop, we require the following deposits:

Weekend:	$100	19 to 21 days:	$400
5 to 7 days:	$200	More than 21 days:	$500
12 to 14 days:	$300		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see pages 14-15 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you. Workshop fees cover tuition, food, and lodging. Rooms are shared by two or more persons. Camping on the grounds is prohibited.

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail your reservations. Or, for your convenience we have a fax number for reservations: (408) 667-2724. Please fax the enclosed form and include your credit card information. (The Esalen fax line is for business purposes only, not personal correspondence.) If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your charge card when you call. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service. NOTE: Room and Board reservations must be made by phone, not by fax machine.

Cancellation and Refund Policy: If you cancel at least five full days before the start of your workshop, your deposit, less a $20 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $20 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy. See page 48.)

If you have applied for a scholarship and we *are unable* to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we *are able* to give you assistance and you cancel your reservations as above, we will return your deposit, less a $20 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within the next year. If you cancel with less than five days' notice, you forfeit your deposit.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see page 14.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with lunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are requested to contribute several hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School/Park: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

For your safety: Please bring a flashlight for use at night while walking on the grounds.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Conferences at Esalen: It is now possible for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For more information, contact the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

STEVE BECK

■ *Esalen Institute is a center to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.*

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

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California 93920

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THE ESALEN CATALOG

MAY — OCTOBER 1991

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Wednesday 10 AM to 12 Noon
Friday 10 AM to 5 PM
Sunday 12 Noon to 5 PM

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Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

THE BIG HOUSE RENOVATION:

LAURANCE ROCKEFELLER'S GIFT

TOM GALLOWAY

In early 1990 we asked Laurance Rockefeller, who over the past ten years has been Esalen's most generous financial supporter, to contribute $250,000 toward the renovation of the Big House. The house had not been remodeled since its construction in 1937 and needed major repair. With an improved Big House, we hope to extend Esalen's programming into the workplace by hosting groups of individuals who work together—be they corporate, governmental, educational, scientific, legal—in one building.

(continues)

The Big House Renovation: Laurance Rockefeller's Gift

(continued)

Such groups would spend five days at Esalen exploring various practices with workshop leaders of their choice, and then take these new approaches back to their work environment. Since Esalen's founding in 1961, virtually all workshops have been for individuals who have no contact with each other outside Esalen (except couples). Mr. Rockefeller was enthusiastic about our plan because it improved our most important facility and created a new role for Esalen—humanizing the work environment.

During the spring of 1990, the main portion of the Big House was completely gutted. The original wiring and plumbing were replaced, bathrooms were added, the kitchen was redone, a deck was added connecting the living and dining rooms, new furnaces were installed, and a handicapped-accessible room and bath were constructed. The rooms behind the Big House, called the annex, will be renovated in the fall of 1991. The entire structure will have ten bedrooms, accommodating up to twenty individuals, and ten bathrooms.

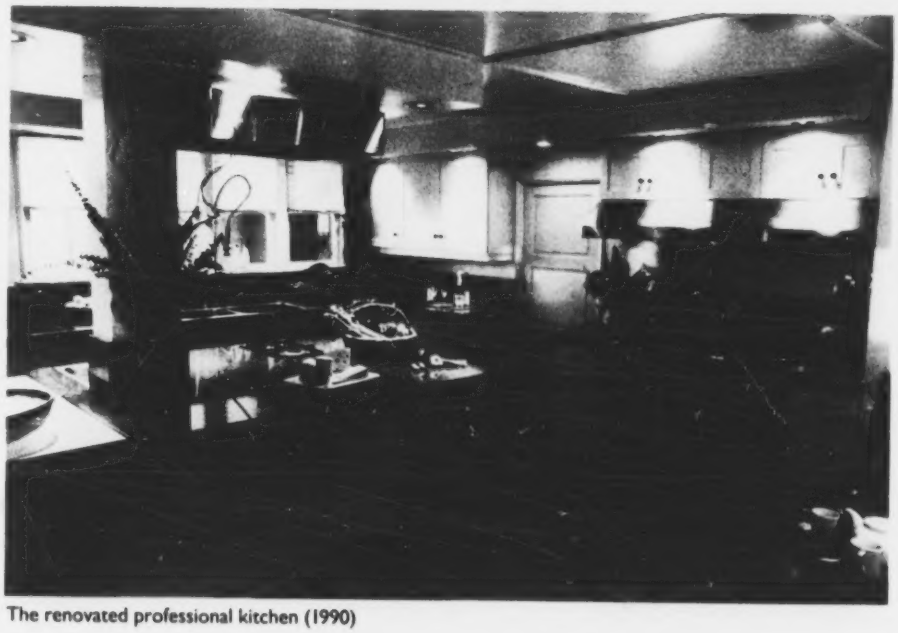
The total cost, including construction, architectural fees, all interior furnishings and appliances, will approach one million dollars when the annex is complete $250,000 of this was covered by the Rockefeller gift, the balance by Esalen. The cost is high because the Big House essentially had to be rebuilt from the inside out, and Esalen's remote location increases construction costs. We extend our deep gratitude to all those involved, particularly: Bay Building and Design, general contractor; Robert Goldspink, architect; Vantress Design Associates, interior design; Tom Brenner, Esalen's manager of maintenance and construction; and Candida Condor, Cynthia Bianchetta, Ned Callahan, and Anita Donovan, who compose Esalen's design team.

We are now scheduling groups, to start in the fall of 1991. Each group creates its own program, drawing from the full array of Esalen workshop leaders. For example, a management team from one large company is planning a week which will include movement and meditation in the early morning followed by structured risk-taking and team-building in the Big Sur wilderness, massage in the afternoon, and group process and discussion each evening. Breakfast and dinner will be served in the Big House every day so the group can stay together during the week.

We expect to schedule twelve five-day groups such as this each year, leaving the Big House available for regular catalog programming three-quarters of the time. Anyone wishing to schedule a group or discuss possible formats should contact Pat LeWine, program coordinator, (408) 667-3038.

TOM GALLOWAY

The dining room, opening onto the newly-constructed deck (1990)



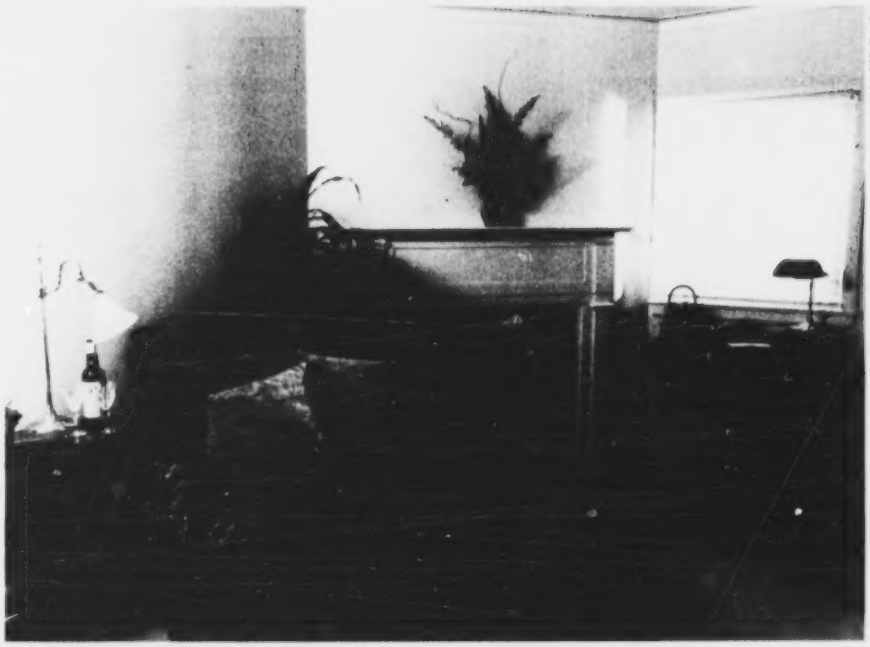
TOM GALLOWAY

The renovated professional kitchen (1990)

■ ESALEN NOTES

■ A NOTE FROM THE RESERVATIONS DESK

We hear time and again how busy our phones are, and we realize that when you do get through, your call is long distance. Although our phones are not fully automated, we do have a fax line for reservations and encourage you to either fax or mail your reservations form. If you need to call for more information or prefer to make your reservations by phone, please have the workshop date, leader's name, and your credit card information at hand. This will help the office be as efficient as possible. Our phone numbers, address, and office hours are listed on the inside front cover. Thank you for your patience.



TOM GALLOWAY

The Skylight Room, for guests (1990)

■ INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Currently scheduled programs and their conveners are listed here.

April 28–May 3
Toward a Marriage of Ecology and Economics

Cosponsored by Esalen Institute & the Land Institute (Salina, Kansas)

Coordinated by Wes Jackson

This will be a gathering of ecologists, economists, and others who are looking for parallels between nature's economy and a possible human economy which features "cycling" rather than merely extraction.

June 2–7
The Phenomenology of the Body

Convened by Don Hanlon Johnson & Elizabeth Behnke

A group of academic philosophers trained in phenomenological reflection will gather with somatic practitioners to think through the presuppositions underlying the contemporary resurgence of interest in the body. Particular emphasis will be placed on how these presuppositions affect the practice of body therapies.

June 9–14
History, Religion, and Evolution of Consciousness

Convened by Robert McDermott

This seminar will focus on the history and variety of religious experience in relation to the evolution of consciousness. While many of the participants will speak from the perspective of either transpersonal psychology or spiritual-scientific (anthroposophical) epistemology, this seminar is intended to encompass a variety of points of view.

June 16–21
The Future of Reality

Convened by Howard Rheingold

Key thinkers, scientists, and engineers from around the world who are creating "virtual reality" technology will discuss the wider ethical, spiritual, and social dimensions of what they're doing and the implications of this technology.

June 23–28
A Soviet/American Literary Conference

Cosponsored by the Esalen Soviet-American Exchange Program and the Russian/American Institute

Convened by Viktor Yerofeev & David Bathea

Leading Soviet and American scholars of literature from Harvard, Yale, Princeton, Middlebury, Wisconsin, Moscow State University, and Leningrad University will discuss contemporary books on the subjects of religion and culture, history and culture, language and culture, and literature and culture.

July 14–19
The New Older Woman

Convened by Patricia Faul, Ilene Tuttle, Peggy Downs & Virginia Mudd

By the year 2000, for the first time in history older people will outnumber the young. Most will be women—more active, better educated—with longer life-expectancies than ever before and possessing singularly independent means and minds. Twelve older women who have made significant contributions in their fields will come together to discuss options for this new older woman and develop a framework for future dialogue.

■ WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The *Experiencing Esalen* workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on pages 45-46. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

With the completion of the Big House renovation in June, we can now accommodate groups of people in a single facility. The Big House provides meeting rooms, ten bedrooms with twenty beds, a kitchen for meal preparation, and a dining area. We invite people who work together on a regular basis, be they corporate, government, legal, artistic, or familial groups, to design a workshop according to their own needs, using Esalen resources and catalog faculty. Participants also have access to other Esalen amenities, including massage, the hot springs, swimming pool, and bookstore. Reservations for the Big House must be made at least nine months in advance; groups may stay up to seven days. For more information contact Pat LeWine, (408) 667-3038.

Finally, there are other events which enrich life at Esalen. There are frequent forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, choirs, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. And, there is a community event schedule that is offered; please check the bulletin board for details when you arrive.

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen or cabins) as follows:

	Assistance	Work
Weekend	$50	4 hours
5-7 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If this arrangement is desired, please check "Standard Scholarship" on the reservations form. If additional assistance is needed, please check "Other Scholarship" and write a brief note of explanation (type or print). If a scholarship is approved, it will be noted on your confirmation. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservations form on page 57, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for Wilderness Programs or the Work Study Program.)

Family Rates: A family of three or more may be housed in standard accommodations at the regular rate for three. The only additional charges per person beyond the two or three full-paying occupants are meal costs: Breakfast, $5; Lunch, $6; Dinner, $8. A child's plate (age 6 and under) is available at half-price. If the non-full-paying family members are enrolled in Gazebo School/Park or an Esalen workshop, additional fees are required. Contact Gazebo, (408) 667-3026, for information regarding their fees.

Standard Accommodations: This is shared housing with two or more persons per room. In some cases, bathrooms are shared. Couples will always be housed in doubles. The rates listed with the workshop descriptions throughout the catalog refer to these shared, standard accommodations. Please review the information below for other housing options.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" on this page as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1025	$675	$350

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$780	$500	$280

Sleeping Bags: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.

$535	$350	$185

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is not refundable or transferable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please call no sooner than the Sunday before. The following rates are per person, per day.

Weekday (Sunday through Thursday nights)	(2 or more days)	Weekend (Friday and Saturday nights)
Standard Accommodation (2 or 3 per room):		
$95	($80)	$115
Bunk Bed (4 or more per room):		
$75	($65)	$80

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable for them, either wearing a swimsuit or not, and emphasize that the environment at Esalen is one of personal sanctuary and respect for the human body.

The Gazebo School/Park Early Childhood Program

The Gazebo School/Park Early Childhood Program is now available to seminarians. Please phone for your child's reservation so that we may provide the kinds of services you will require while attending your own workshops. Call the Gazebo Farmhouse, (408) 667-3026, between the hours of 9:30-11:30 AM for more information.

JOYCE LYLE

Looking up from the goldfish pond

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, massage, etc.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 45-46.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Medical Programs

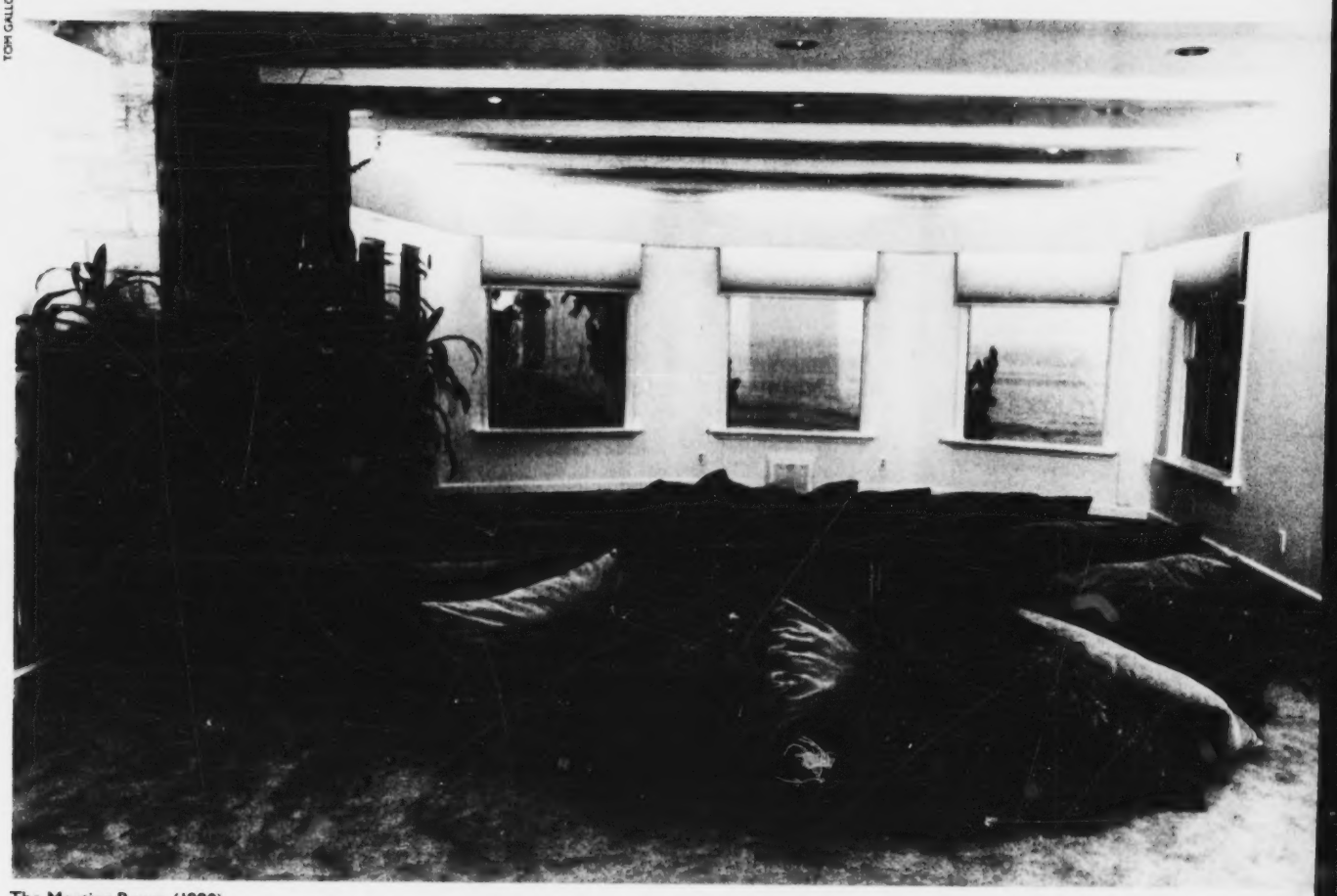
Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 42-43.

Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Please see the insert for mail order information.

■ ESALEN SEMINARS

TOM GALLOWAY



The Meeting Room (1990)

Weekend of May 3–5

Weekend Massage Intensive

Char Pias Brenner & Dean Marson

Massage is a practical approach to stress relief and greater sensory awareness. This weekend workshop will provide instruction in basic methods used in giving a massage, with additional work on quality of touch, breath awareness, centering, and sensitive rapport between partners.

C.E. credit is available for nurses; for more information see pages 42-43. $350

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

The Armstrongs write: "As a result of our experience with workshop participants over the past twenty-six years, we know that everyone is intuitive; it's part of humankind's standard equipment.

"Our goal in this workshop is for each participant to experience their own innate intuitive ability, to use it at will, which happens when an individual allows the creative part of the Divine Self to emerge. This emergence will be facilitated through exercises and meditation, with a minimum of discussion, designed to aid participants in recognizing their particular style of perception and trusting the intuitive input they receive. Anne will use her intuitive abilities developed over the past thirty years to guide participants in arriving at useful, accurate data.

"Although the primary focus of the workshop will be intuition development, spiritual, ethical, and Divine aspects of the intuitive/psychic process will also be addressed. We believe that intuition development should be the outgrowth of a healthy spiritual practice since it is a gateway to Divine Wisdom. Basic objectives will be to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives—personal, professional, and spiritual. There will be time for personal psychic scans and practice on selected cases." $350

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out personality strengths, individual capacities, and latent

powers as a means of achieving productive functioning. $350

Music and Dance of Haiti

Blanche Brown & John Scovel

Blanche Brown has taught jazz dance, Afro-Haitian dance, and traditional Haitian dance for the past eighteen years. She integrates the dance, music, and culture of the Haitian people in her work, teaching traditional dance steps as well as the background and spirituality of these dances. She is the artistic director of the performing ensemble Roots of Haiti, which strives within the performance to educate its audience to the heritage, versatility, and nuances of Haitian culture brought about by the amalgamation of the many nations of African slaves.

John Scovel has studied and played traditional drums for fourteen years. He combines his knowledge of Haitian and African cultures with his performing experience in demonstrating the relationship between the dance and the drum. In Haitian dance, the drum rhythms that correspond to each movement not only inspire the dancer but provide the very structure for the dance patterns.

In this weekend workshop, the leaders will create rhythms and energies to enthuse and inspire the participant. $350

Week of May 5–10

A Week with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $675

Courage, Risk, and Self-Acceptance

Phyllis Shankman

Although it is understood that growth and change require courage and the willingness to risk, many of us find ourselves unable or unwilling to make a move until we feel certain of the outcome. And while we hesitate, we often miss out on enjoyable or important opportunities. Courage requires a blend of self-acceptance, heart, boldness of spirit, a sense of humor, and the willingness to trust oneself and the goodwill of others.

This workshop offers participants a supportive environment in which to experience themselves as courageous and able to successfully take risks. Group activities will include gestalt, discussion, massage, meditation, art imagery exercises, dance, and play. $675

Performance Workshop

Dianne Lawrence

Participants in this workshop will choose a site on the Esalen property and create a performance for it. Previous acting experience is not necessary, only the desire to communicate something genuine to an audience.

The class will be limited to six people. In addition to working with the group, each person will receive individual attention and direction. They will present their performances on the last afternoon in front of an audience that will be guided from site to site. Each performance will take 10-15 minutes.

Risk-taking and trust can stimulate self-discovery and expression. Performance can be exciting and magical as subconscious impulses make synchronistic connections with the environment. Everyone has something to share, and there is nothing quite like an audience's enthusiastic response when this is done with a combination of honesty and imagination. This workshop provides the opportunity to begin with little else but oneself and make something interesting and meaningful happen. $675

Yoga: A Week of Learning and Rejuvenation

Ganga White & Tracey Rich

Presenting East/West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and which combines grace and flow with postures, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the art of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jnana (the yoga of wisdom and perception), participants will begin observing the thought processes and patterns that dictate their lives. They will look at the areas of love, responsibility, relationship, freedom, and death.

Participants of all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at: White Lotus, 2500 San Marcos Pass, Santa Barbara, CA 93105; (805) 964-1944. $675

Socratic Midwifery: Uncovering Beliefs that Block Human Excellence

Pierre Grimes

Pierre Grimes will discuss the Socratic art of philosophical midwifery and show how it addresses a new class of human problems: the pathologos. A pathologos is a false belief about oneself and one's reality, and although its presence is unsuspected, it is unquestioningly accepted as true. It exerts a pervasive influence upon our lives and is irreconcilable with the attainment of our highest goals. It produces the sense of being bound by our past and renders us unable to secure our profoundest ideals. Philosophic midwifery provides a method for discovering the origin, maintenance, and dissolution of the pathologos which functions behind and through our problems, and offers a new way of understanding the function of the mind.

This workshop will offer participants insights into the nature of their own pathologos and an understanding of how it is passed on by each generation. It will explore family dynamics and how to cultivate excellence in the family.

Philosophical midwifery is unlike the interpretive systems of psychology. Even though a mode of Socratic dialectic has been adapted by psychologists for clinical practice (called Dialectical Rational Psychotherapy), its more profound use is for those who seek to achieve the most significant goal of human excellence: to know thyself.

Selections from Pierre Grime's book, *Philosophical Midwifery as a Mode of Rational Psychotherapy and its Validation*, will be available to participants, as will his computer program, *To Artemis: The Challenge to Know Thyself*.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Weekend of May 10–12

Introduction to Gestalt Practice

Christine Stewart Price & Gestalt Staff

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And when used—is inexhaustible.
—Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); John Heider, *The Tao of Leadership* (Humanics); Ram Dass and Paul Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; for more information see pages 42-43. $350

Men Together

Robert Hall & Richard Strozzi Heckler

Reclaim your maleness in an atmosphere of trust and support. Join other men in talking, moving, playing, and sitting. Share emotions and feelings that have long been withheld; come closer to yourself and other men.

The seminar leaders, Robert Hall and Richard Strozzi Heckler, have been best friends and professional colleagues for over twenty years. They are both fathers; they are cofounders of the Lomi School; they share the same spiritual practice. Robert is gay, Richard is straight.

Recommended reading: Heckler, *In Search of the Warrior Spirit* (North Atlantic Books). $350

Creative Writing Brainstorming

Herbert Gold

From feeling to expression to communication, this workshop will carry participants into the possibilities of making literature. Exploring an experience different for everyone, yet shared by all, they will probe for the riches within.

Participants should bring typewriter, word processor, pen, soft pencil, or clay tablets and stylus to the meetings. A situation will be called forth—love, death, ambition, pride, fear, hatred, jealousy—and after preparation in the discussion, participants will write. Then they will read and rewrite each other's work. They may expect to go from truth to lying: from recollection to art.

What may develop is a sense of style and control as a part of the mastery of experience. Participants will practice the freedom of imagination by giving shape to it. $350

Vision Painting for Women

Helen Malcolm-Neeb

Vision painting is a process through which a personal map of the future is crafted. Each aspect of the person's life is addressed from its highest potential. Through meditation, guided visioning, and play, dreams are organized into images. The vision painting is an affirmation of the individual in her professional, spiritual, and personal life.

This is an opportunity for women to affirm the spirit within from a place of play, creativity, and strength. The maps they create will use symbols, pictures, color, and words. Beginners and artists are welcome. Create a vision of your future as you want it to be.

$350 (plus $20 materials fee paid directly to the leader)

May 10–18

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Guest Leader

For workshop description see Wilderness Programs, page 44. $675

Week of May 12–17

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in the mood of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for: people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $675

Self-Expression through Music for Everyone

David Darling

This workshop will help soothe and heal the inner self by directing energy into sound-making, rhythmic grooving, chant-shouting, poem- and sculpture-designing, group productions, breath perception, meditation, smiling, clowning, chamber music inspiration, instrument-inventing, and humor.

Participants are asked to bring instruments that they want to learn to play or that they can play now. Percussion instruments will be provided. The voice will be, of course, the center of the entire process: where it is, how it is, what to do with it. $675

Releasing Stress, Returning to Self

Daniel Bianchetta & Cynthia Johnson Bianchetta

Our busy lives seem to take us everywhere but here and now. Frequently, in our human doingness we forget about our human beingness. But if we stop and listen to our inner voice, we can cultivate a relationship to the self that will remind us of our essential nature and return us to the aliveness of the moment.

This week will be spent renewing, relaxing, refreshing, revitalizing, and practicing how to maintain equanimity in the midst of everyday life: under pressure, under stress, in a hurry, or anytime. Participants will use the portable tools of energy awareness, intuition, play, meditation, gentle risk-taking, aikido, and movement to return to the self. They will be encouraged to reacquaint themselves with "the child inside," a place of simplicity, innocence, and vulnerability. It is from this center that knowledge of the self emerges and which can help turn the heart homeward. There is really nowhere else to go.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Advanced Hypnosis: Exploring Beyond the Edges of Identity

Eli Jaxon-Bear & Antoinette Varner

The leaders write: "We are all living in trance—a trance of the senses, a bubble of perception. Different traditions call it by different names. For the Hindus it is Maya, for the Buddhists it is Samsara. Padmasambhava, an Indian tantric hero of early Tibet, said, 'Heaven and hell are the same thing, both creations of mind.'

"The senses condition and create our relationship with the world. Belief in the senses is the jail of the spirit. The world is as it is; it is our relationship to it that creates suffering or bliss. In this seminar *for helping professionals*, participants will explore how people create reality, and then practice various strategies of intervention. Vedanta and Buddhism will be used as the context for the model of Ericksonian hypnosis.

"Interpersonal work takes place on one of three levels: symptom removal, ego strengthening, and ego transcendence. This seminar will address all three levels in theory and practice, and participants will have the opportunity to work both personally and professionally. Personal unfolding will go hand in hand with the didactic learning; however, method will be considered secondary to the growth of each participant.

"The enneagram of character fixation will be an integral part of the week, and open seat sessions will be available. There will be daily zazen and Taoist yoga stretching."

C.E. credit is available for nurses; for more information see pages 42-43. $675

Weekend of May 17–19

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Its emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press). $350

Introduction to Vipassana Meditation

James Baraz

Vipassana (Insight) meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we experience the nature of reality as continual change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As we bring attention to all of our activities at Esalen, we will continue to develop mindfulness throughout the weekend. This will provide a foundation for applying vipassana practice to everyday life. $350

Exploring the Hermetic Tradition

Terence McKenna

This seminar will explore the literature of visions and ideas that constitutes the *Corpus Hermeticum*. Through reading and discussion of the Trismegistic Hymns, participants will discover Hermetic thought to be a bridge of startling literary beauty connecting the world of ancient Greek and Gnostic philosophical thinking to later traditions of alchemical thought and, in our own era, the rebirth of psychedelic shamanism. The Hermetic and alchemical contribution to a millenarian recasting of human dreams and society will be the overarching theme of this weekend.

Recommended reading: Walter Scott, editor, *Hermetica* (4 vols.); Francis Yates, *Giordano Bruno and the Hermetic Tradition*. $350

Finding Inspired Work in Mid-Life

Peller Marion

At 93, as he was accepting the American Comedy Award, George Burns said, "The first half of my life has been good, and I look forward to the second half being even better." While most people don't live to be 93, some, like George Burns, remain charismatic and magnetic. Others are drawn to them largely because their lives seem effortless, playful, and meaningful.

How we define ourselves and what success means is important to what kind of individuals we grow into as we age into the second half of our lives. Participants in this work-

shop, drawing from a conceptual base of adult development theory and models of aging, will explore these issues. Through structured exercises and open exploration of topics such as, What's my dissatisfaction? Who am I? What's my definition of success?, the leader will coach participants to create a vision for the second half of their lives based on internal values that are meaningful and significant.

What this workshop offers is a playful and rich way to reevaluate one's work and relationships to gain a clarity, focus, and direction of one's life contributions. It is recommended for professionals in diverse areas who want to revitalize and renew their vision.

C.E. credit is available for nurses; for more information see pages 42-43. $350

Week of May 19–24

Five-Day Massage Intensive

Kathleen O'Shaughnessy & Rita Thangaraj

This workshop is for those individuals who are just beginning to explore touch as deep communication. The central theme will be primary approaches to full body massage, which the leaders will introduce through demonstration and experiential exchanges. Self-awareness through movement, sound, and breath will be used to enhance the senses. Discussion will offer insights into various approaches to body work and how they address both the physiological and emotional body.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $675

Five-Day Lomi Intensive

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

In the formative years of life, human beings learn to embody the beliefs and posture of their individual family system and the culture into which they are born. Many individuals unconsciously continue to shape their lives in reaction to these influences, often at the expense of their own creativity and vitality. This loss fosters suffering.

The aim of this workshop will be for participants to observe how they feel, think, and move themselves through life. By attending to bodily-felt experience, moment to moment, and by distinguishing between sensation and thinking, the path to reclaiming one's authentic self opens. Through this process of developing awareness, it is possible to make responsible choices in daily life and to live with integrity and gentleness.

This workshop provides an arena for developing mindful awareness and for unmasking habits that keep us from ourselves and hinder relationships. Lomi work includes meditation, movement, gestalt, aikido, and Reichian work. $675

Presence: A Fluidity of Being

Elisa Lodge

Elisa Lodge writes: "Presence is a power that arises from a deep sense of self-worth and trust. It reflects a broadened vision and whole-hearted acceptance of the varied facets of being. It is a state of dynamic balance where there is no unnecessary strain of self-defeating awkwardness. One is at home in oneself and at ease with the world.

"During this week, participants can gain a deepened appreciation of the elements in themselves that contribute to this timeless state of fluidity and ease. They will have an opportunity to experiment and explore how their bodies' shapes and forms, emotional histories, and self-images are intimately intertwined. This growing awareness is the basic grounding from which the creative experience of presence can be known. Movement patterns, the ways we walk and breathe, also reveal how we inhibit or allow our personal power. As we become more comfortable with ourselves, we transform not only the way we might carry our head or make contact with another, but our whole way of being in the world.

"This work is based on an approach woven from gestalt, psychosynthesis, Rolf movement, and performance art. Video feedback will be used." $675

May 19–June 14

Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, page 41.

$2975 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

Weekend of May 24–26

Letting Go–Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate—in the moment—to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. $350

Mastery in Daily Life

George Leonard & Annie Styron Leonard

We tend to assume that mastery is available only to those born with exceptional abilities. But mastery is not a goal or destination. It is

a journey that every one of us can take, provided we have the right map.

This workshop offers clear directions for the journey of mastery in whatever field you may choose. It will include discussion, demonstration, and movement exercises from Leonard Energy Training (LET) which emphasize mastery in daily life. For those familiar with LET, this workshop will present new material. Some of the topics to be addressed:

- Five keys to mastery
- How to avoid being a Dabbler, Obsessive, or Hacker
- Creating a vision
- The secrets of practice
- Staying balanced and centered on the path of mastery
- Avoiding pitfalls
- Playing the edge
- Loving the plateau
- Dealing with conflict
- Negotiating with change
- Staying on the path
- Getting energy from mastery

This workshop involves physical movement, but is not strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *The Transformation* (Tarcher), *The Silent Pulse* (Dutton), and *The Ultimate Athlete* (North Atlantic). $350

Exploring the World of Lucid Dreaming

Stephen LaBerge

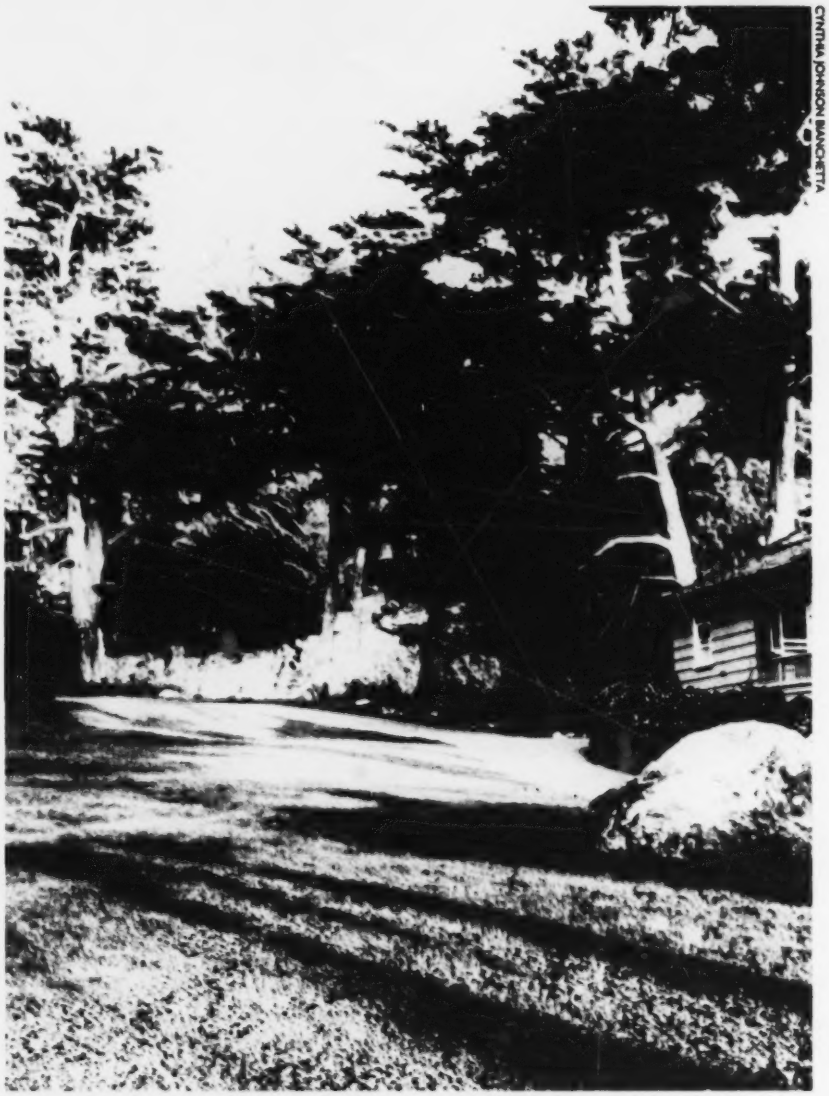
Dreams are worlds of wonder where anything imaginable can happen. However, most of the time we sleep through our nightly journeys, unaware of the opportunities available. Only upon awakening do we realize that we have been dreaming.

But we are not bound to forever sleepwalk through our dreams. Lucid dreams are dreams in which we know we are dreaming while we're dreaming. Lucid dreamers are fully conscious that the world they are experiencing in the dream is a mental creation and that they are completely free to act in the dream without constraint by laws of physics or society.

Research has shown that people can develop the skill of lucid dreaming. Workshop participants will practice methods for inducing lucid dreams and explore the possibilities of their uses: creative problem-solving, healing, adventure, self-exploration/integration. A presentation of recent scientific research will demonstrate how dreams profoundly affect our brains and bodies.

The scope of this seminar will extend beyond dreams and dream lucidity to provide an understanding of the nature of our experience of the world and the origins of our perceptions of reality. It will suggest that all perceptions are illusory and that the waking reality we experience is, like dreaming, a mental construction.

Recommended reading: LaBerge, *Lucid Dreaming* (Ballantine); LaBerge and Rheingold, *Exploring the World of Lucid Dreaming* (Ballantine). $350



CYNTHIA JOHNSON MANCHETTA

Cypress trees cast late afternoon shadows across the front lawn

Week of May 26–31

Psychology of Spiritual Essence: Introduction to Ridhwan Work

Ridhwan Work School Faculty

Ridhwan, translated from Arabic, means contentment. The Ridhwan Work School is dedicated to the development of the human essence. It uses primarily the Diamond Approach, a modern, psychological method used as a spiritual practice, to guide students to a precise understanding of their personal experience. By understanding one's discontent, longing, emptiness, and life situations, it becomes possible to realize the innate aspects of love, awareness, will, and joy. Such

precision offers psychological clarity and ultimately leads to spiritual presence.

This workshop will use conceptual presentations, interpersonal exercises, meditation, and personal emotional work to activate the essential aspects of presence and resolve the psychological barriers against them. It is for individuals who have done a lot of emotional and growth work, and speaks to the longing of the heart for what will truly fulfill it. In such a short time, participants may only get a taste of this essence, but they can go a long way in terms of awakening their sleeping potential. Private sessions will be available for an additional fee.

Recommended reading: A.H. Almaas, *Essence* (Weiser), *The Diamond Heart*, Books I & II (Diamond Books), and *The Pearl Beyond Price* (Diamond Books). $675

Opening the Feelings

Dale Cummings & Gena Louise Sorensen

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $675

Acting is Doing

Stephen Book

Remove the restrictions, both inner and outer, which suppress the spontaneity of any human being, and his/her natural spontaneity will show itself as artistic creativeness. In this workshop, complicated theater techniques are transformed into simple game forms which produce spontaneous behavior through playing. True playing is spontaneous and requires focus—the absorption in what one is doing, to the exclusion of other thoughts.

This experiential workshop, which is designed for the layperson, emphasizes *playing* and *focusing*. Participants will heighten and focus energy, increase communication skills, extend powers of observation and concentration, and improvise imagined realities. $675

Myers-Briggs Type Indicator: A Tool for Personal and Organizational Transformation

Maggie Seeley & Mark Lipton

Differences in personal preference create excitement, attraction, and synergy. They can also be the source of great tension and misunderstanding between friends, lovers, colleagues, and family members. Understanding differences can transform these relationships. The Myers-Briggs Type Indicator, based on Carl Jung's observations of personality and behavior, is a simple, accurate indicator of personal preference in the areas of:

- Focus of attention (extraversion/introversion)
- Information collection (sensing/intuition)
- Processing of data (thinking/feeling)
- Decision-making (judgment/perception)

Workshop participants will use the Myers-Briggs to become more aware of their own needs and preferences, thereby gaining a fuller appreciation of themselves. Their focus will then shift to relationships with others. The course will mix theory, practice, type-watching, and field work. By mid-week, participants will choose an area of concentration with the MBTI, such as counseling, management, relationships, teaching, marketing, spiritual development. $675

Weekend of May 31–June 2

Weekend Massage Intensive

Laurie Schutz Munyer & Laurie Lioness Parizek

For workshop description see May 3-5. $350

Self-Expression through American Sign Language

Lorraine Peters

American Sign Language, or ASL, is most often thought of in terms of communication for deaf people. Rich with facial expression, pantomime, gestures, and specific signs made with the hands and fingers, it embodies the spirit and cultural uniqueness of the deaf. But ASL can also be a vehicle for the hearing to explore subtle forms of non-verbal communication. It offers them an alternative means of self-expression as they step out from behind the mask of words and reveal themselves through facial expression and body movement.

This workshop invites participants to tune in to their emotions and become aware of the gestures and postures that convey them. While specific ASL signs will be taught, participants will be encouraged to express their individuality by creating new signs of their own. Music, movement, and other experiential activities will be used in an atmosphere of humor and play.

This weekend is for those who want to become more emotionally expressive, for those in theater or dance, or for those who just want to begin learning American Sign Language. Previous sign language skills are not necessary.

C.E. credit is available for nurses; for more information see pages 42-43. $350

Reviewing and Revisioning Your Life

Sam Keen

Periodically, everyone needs to review and revision their lives. Every decade of the life cycle brings new tasks, goals, pleasures, and horizons. When the trauma of divorce, illness, tragedy, or sudden good fortune strikes, or when dissatisfaction, boredom, or depression sets in, it is time to take stock of the past and look for a new vision of the future. This seminar will guide participants in this exploration through questions such as:

- Where are you in your life cycle?
- Thus far what have you accomplished, experienced?
- What's old, stale, worn-out, boring?
- What's new, interesting, exciting, appealing?
- What decisions do you need to make?
- How are you haunted by your past?
- What do you fear?
- What wounds still fester?
- What destructive patterns do you repeat?
- What debts of gratitude have you not repaid?
- What hasn't happened yet?
- What promises and potentials are still unfulfilled?
- What are your dreams, values, visions?

To help in this review and revision, participants are asked to assemble objects that might be useful to a biographer: photos from different times, diaries from over the years, newspaper clippings of personal accomplishments, objects of special importance, remembered songs. Bring a blank book and colored pencils. $350

Week of June 2–7

Group Process: The Key

Will & Ailish Schutz

Focus will be on the principles of group process for group leaders and for people who want personal experience in a group. Discussion will view the events in this group as a paradigm for understanding individuals, relationships, and social events such as: business dilemmas, child rearing practices, world revolutions, and the sweeping question of how we make the transition from authoritarianism to democracy.

Recommended reading: Will Schutz, *Joy: 20 Years Later*; *Profound Simplicity*; and *The Truth Option*. $675

A Week with David Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week, participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and bouyant way of living. In an atmosphere based on warmth and humor, they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $675

Continuum Movement and Wilderness Awareness Practice

Susan Harper & Steven Harper

Nature is a primary teacher of movement, creativity, and awareness. Being outdoors in the richness and beauty of nature awakens our outer senses. Continuum movement takes us inward, heightening our awareness of our inner senses. These five days will combine both practices, integrating the subtle inner explorations that Continuum movement inspires with the activity of day-hiking in the magnificent Big Sur backcountry.

The day-hikes will introduce participants to basic and increasingly-refined awareness practices to enhance their sensitivity to all that wilderness and being out-of-doors offer. In doing so, they not only will have contact with the natural world, they will have the opportunity to reawaken those elements of wilderness within.

In the indoor sessions, participants will explore movements which express and embody what they have taken in during their walks, invigorating their ability to feel what they see in nature and to feel their own inner nature. Engaging with this sensual environment, they will play with movement, breath, sound, dreams, and ritual.

This is a time for contact with nature and wilderness, inside and out. Participants need not have previous experience in hiking or dance. $675

Weekend of June 7–9

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 17-19. $350

Poetry as Food for a Full Life

Brother David Steindl-Rast

Nature and people at Esalen help poetry come alive. So many have found this to be true that Brother David is offering a new selection of poems in the same workshop format and setting as last year.

Poems are high-energy food for life's journey. Some people thrive on this fare; for them, this weekend will provide the delights of a festive meal. Others have been estranged from poetry ever since high school days; in this workshop they may discover rooms of their own house which they have never entered before.

Why does school spoil for many young people the taste for poetry? Why does Sunday School turn so many away from religion? These two phenomena are closely related. Yet, it is never too late to discover the divine poet child within us, a child more alive than we ever dreamed we could be. $350

June 7–14

Gestalt Practicum: A Seven-Day Intensive

Christine Stewart Price & Joyce Lyke

This workshop is open only to people who have previously participated in a Gestalt Practice workshop and who would like to further explore this form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, body workers, and teachers, who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leaders, structured exercises where participants work with each other, didactic presentation, and discussion. Persons without previous experience in gestalt are referred to the *Gestalt Practice* workshop scheduled for May 10-12, or they may write a letter of application to Christine Stewart Price, c/o Esalen Institute.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); John Heider, *The Tao of Leadership* (Humanics); Ram Dass and Paul Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; for more information see pages 42-43. $1025

Childhood Sexual Abuse: A Healing

Jessica Moore Britt & Scott Layton

To guard against the hurts, fears, and confusion that sexual invasion of a child's physical and psychic boundaries can create, the child often abandons the place of conflict—the body. This withdrawal, though protective in nature, slowly begins to separate the child from her/his essential nature. This may be reflected in tension patterns, numbness, and oversensitivity and may further the child's sense of alienation from the world and self.

During these seven days, participants will move gently toward reintegrating their bodies and feelings with self. They will use gestalt practice, Reichian breath work, movement, touch, and meditation to re-enter their private world of memories and feelings. They may gain a deeper understanding that the learned idea of self as bad, based on the sexual abuse, is not the essential truth of who they are. The focus will be on allowing the hurt, negative feelings and doubts to be acknowledged, felt, and used as energetic seeds for reawakening a positive sense of self. Through the supportive group atmosphere,

participants may discover that it is safe once again to embody beauty, life, and love.

Recommended reading: A.H. Almaas, *Diamond Heart*, Book 1 (Diamond Books); Beverly Engel, *The Right to Innocence* (Ivy Books). $1025

Week of June 9–14

Film and the Quest for Wholeness

Francis Lu & Brother David Steindl-Rast

Film has become the leading medium for exploring the hero's journey and the meaning of life. A good film can help us enter the various phases of our quest for wholeness: integrating our shadow; accepting the animus or anima; letting our true self become manifest; discovering the transcendent meaning of immediate experience. Many have been helped by finding the right film at the right time.

Should this help be left to chance? Like reading a novel, viewing a film is an art. Practicing this art can heighten our enjoyment and deepen our insight.

Francis Lu and Brother David consider enjoyment and insight the twofold goal of this workshop: in the incomparable setting of Esalen, a film festival and more than that. $675

Weekend of June 14–16

Introduction to Rudolf Steiner

Robert McDermott

This workshop will introduce the life and work of Rudolf Steiner, the early twentieth century spiritual scientist and founder of the Waldorf School Movement. Robert McDermott, author of *The Essential Steiner*, will discuss and expand on selections from his book grouped under five headings: knowledge, nature, and spirit; spiritual anthropology; historical vision; esoteric Christianity; society and education.

Although the content of the discussion will depend on the interests of the participants, emphasis will probably fall on Steiner's theory of supersensible perception, including its methodology and application in the sciences, arts, and human development (particularly in relation to child development and education).

No previous knowledge of the subject matter is required, but the value of the workshop will be enhanced by prior reading of McDermott's *The Essential Steiner* (Harper & Row, 1984). $350

Healing, Meditation, and Dzogchen

Sogyal Rinpoche

In the stillness and presence of meditation, we discover a pure awareness beyond the ordinary thinking mind and catch a glimpse of our true nature, something long lost to the busyness and turmoil of our lives. The core of meditation practice is the releasing of heart and mind in deep ease and relaxation, dissolving tensions, and connecting with a tremendous source of healing within. Health is a state where all aspects of body and mind are in balance. Through meditation practice, the mind's natural freedom begins to shine through whatever arises in everyday life, bringing us confidence and skillfulness in our action.

At the heart of the Buddha's teachings lie the ancient meditation practices of Dzogchen, taught by Sogyal Rinpoche, heir to the 2,500 years of wisdom of Buddha. Rinpoche blends teaching with meditation, exploring the expansive Dzogchen view and showing how it can be integrated into everyday living. This weekend will be a valuable introduction for beginners and of special interest to those who have attended Rinpoche's previous workshops and wish to deepen their practice.

C.E. credit is available for nurses; for more information see pages 42-43. $350

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the dampening effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, and it is not caused by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic schemata and to rekindle the romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Ayala Pines, *Keeping the Spark Alive* (St. Martin's Press). $350

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods to improve their ability to sense each other's bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility—painlessly and immediately.

C.E. credit is available for nurses; for more information see pages 42-43. $350

®The Feldenkrais Guild

Week of June 16–21

Five-Day Massage Intensive

Brita Ostrom & Arthur Munyer

Participants will be instructed in basic methods used in giving a pleasurable and beneficial full body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This

workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see May 24-26. $675

A Week with Laura DeNuccio and John Dudley

Learning communities are being built everywhere.

The whole world is a learning community! Where is the True Human Being?—Rumi

We live in a time when many people are called to a higher consciousness that transcends merely material concerns. Yet, paradoxically, this calling, without a grounding in nature and the body, may only lead to partial realization. This workshop seeks to heal the split between vision and the world.

Through attunement with the Earth and each other, individuals can increase their capacity to listen to the innate wisdom and intelligence of their bodies. Tools for this self-discovery include movement, music, breath, and various meditations to enliven, balance, and transform energy blocks in the body.

This workshop will be a time of nourishment. Participants will explore commitment and what it means to fully embody one's inner vision. What would you love to see in your life? In your world? What's meaningful and significant to you? What's truly of value? Ritual and the power of the Spoken Word will be used to bring this vision forth.

While cultivating compassion, honesty, and kindness toward oneself and others, the group can experiment with co-creating community, an environment of trust and acceptance in which to explore the ever-unfolding adventure of spirit.

Recommended reading: Fields et al., *Chop Wood, Carry Water* (Tarcher); Rodegast and Stanton, *Emmanuel's Book* (Bantam); Chopra, *Quantum Healing* (Bantam). $675

Golf in the Kingdom . . . an exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.—Michael Murphy, (Shivas Irons) *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It may be experienced not simply as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

In these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two of the days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Michael Murphy, *Golf in the Kingdom* (Dell); Timothy Gallwey, *The Inner Game of Golf* (Random House).

$675 (plus green fees paid directly to the leaders)

Weekend of June 21–23

Weekend Renewal at Esalen

This will be a weekend for people to renew themselves in the tranquil and beautiful setting of Esalen. It will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include: sessions in gestalt, movement, meditation, massage, day-hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural hot baths will be available as usual.

The food will be specially prepared, with an emphasis on a diet of fresh vegetables and grains. Much of the produce is picked daily from Esalen's own organic garden and farm.

Come and enjoy a weekend of reflection, physical movement, and personal renewal. $350

Week of June 23–28

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only

CYNTHIA JOHNSON BIANCHETTA

The deck off the dining room (1990)

visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*. $675

The Body is Spirit

Robert Hall

There is no difference between the bioenergetic streaming of daily body life and the divine spirit current or life force. We experience both as an ongoing felt body sense. The human ego operates under the false assumption that it is somehow separate from that sense. So we spend our lives in constant negotiation and seeking: the so-called human condition. From this position, alienation is inevitable.

This workshop is designed to explore the possibility that we are that felt body sense, that spirit current, and we are constantly, by nature, in relationship to everyone and everything that exists. Hopefully, we'll laugh a lot, too. There will be time for gestalt, individual body work, meditation, and getting to know each other well in a short time. $675

Advanced Enneagram Intensive

Helen Palmer

The enneagram is an ancient psychological typology that describes nine personality types and their interrelationships. Each type is defined by a chief mental and emotional preoccupation to which attention habitually returns. The types correlate well with the current categories of psychological practice, but can open us to the fact that the repeating preoccupations of heart and mind that we in the West tend to dismiss as merely neurotic can also be used as access points into states of awareness like empathy, omniscience, and love.

Beginning with a review of the nine types, this workshop will focus on advanced material that can best be understood through oral teaching methods. These include learning to recognize type by listening to the differences in people's stories, by learning to ask key questions, and by paying attention to one's own internal impressions when in the presence of the different types.

This program is for those who are already familiar with the nine personality types and who wish to broaden their understanding of the system. It is intended for anyone who is interested in: recognizing ways in which the nine types relate to each other in intimate partnership and in work-related settings; determining strategies for working with the types; developing competency with the patterns of attention that support each type; gaining an understanding of the higher human abilities that can develop from working with the issues of type. This intensive can be applied as one of the requirements for the Enneagram Professional Training Program.

Please note: Enrollment in this workshop presupposes previous work with the enneagram. The emphasis will be on inner material, but not personal process work. It will be a large group, with a maximum enrollment of 40.

Recommended reading: Helen Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper & Row). $675

Weekend of June 28–30

A Weekend with Seymour Carter

For workshop description see May 5-10. $350

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about contacting and feeling and expressing.

Come alone or bring someone who is important to you, perhaps a lover, friend, a parent, someone with whom you'd like to communicate in a different way things you've expressed before and possibly things you've never said.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. But the workshop is really about you—singing. $350

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 19-24. $350

Healing the Healer: A Workshop for Helping Professionals

Peter Finkelstein

Working in the field of health care brings the practitioner into contact with sorrow and death. And although health care professionals accumulate great emotional burdens, many do not pay enough attention to staying whole, integrated, and non-depressed while doing this work. Often, in fact, institutional arrangements foster the opposite: isolation, dehumanization, withdrawal. Hence, it remains for the practitioner to find a personal approach in which to process sorrow, frustration, and fear, both wisely and well.

The central exercises in this workshop will be the telling of stories from the world of health care. Each participant will tell of an event from their practice, one that deeply moved them, with the focus on the telling, that is, telling the story well, fully inhabiting it in all its dimensions. Group members will then discuss the story: what it reveals about the health care profession and what it reveals about the teller. Through such telling we can reveal and heal those sometimes invisible wounds that interfere with our own growth and ability to continue helping others. Guided imagery, dream interpretation, didactic material, and group process may all be used to deepen the experience. Special attention will be given to creating a setting of trust and to understanding the properties of such settings.

C.E. credit is available for nurses; for more information see pages 42-43. $350

Image and Insight: The Integration of Art and Physics

Leonard Shlain

The origin of the word "physics" means nature. Both artists and physicists are engaged in an ongoing attempt to describe nature's reality. The artist uses chiefly image and metaphor; the physicist, number and equation. This seminar will explore the connections between the conceptual ideas inherent in revolutionary art movements and the visionary breakthroughs that have occurred in physics.

Throughout history, but particularly in the modern era, the artist *sees* the world in a new

way. Later, the physicist discovers a new way to *think* about the world. When these two opposing viewpoints are superimposed on each other, their images and insights are seen to have an uncanny similarity. In this seminar, Leonard Shlain will strive to demonstrate that they are but two different aspects of the same reality.

The changing view of three basic constructs—space, time, and light—in various periods of art, science, and culture will be the basis for a slide show and discussion that explore the reciprocal nature between cubism and a new concept of space, futurism and a new concept of time, and fauvism as a new concept of light. From there, attention will turn to a theory of consciousness which posits the split brain model in the individual as the source of the art/science division in the general culture. Stressing the need to combine the two hemispheric viewpoints, this seminar will examine the benefits that accrue when art is seen in terms of its precognitive ability, and when the imagery of modern physics is understood.

There will be no equations and one need not have a background in either art or physics to enjoy and participate in this workshop. The only prerequisites are a sense of wonder, an open mind, and an innate curiosity.

$350

Week of June 30–July 5

Summer Renewal for Educators

Janet Lederman, Lia Thompson-Clark, Betty Halpern & Patricia Monighan-Nourot

This third annual work/playshop is designed for teachers and administrators of all levels to review, renew, and revitalize first themselves and then their work environment. On the Fourth of July the group will join with the larger community and Baba Olatunji in celebration and dance. Educational credits are available through Sonoma State University. $675

Zen Practice

Kathleen O'Shaughnessy

Kathleen O'Shaughnessy writes: "We can use the mind to penetrate thought, to the place behind thought, where all thought originates. Zazen is a form of sitting meditation. Meditation forms the heart, soul, blood, and backbone of Buddhist perspective. It is austere and direct. We strip awareness to the finite weavings of mind and breath—the two elements most basic to existence. From this place, the Large Mind can be explored.

"During these five days, sitting practice will be enhanced by Hatha Yoga sessions, movement, and stretching. The week will include dialogue, teaching stories, a brief historical perspective of Zen Buddhism, and a day of silence to quiet the nervous system. However, the major portion of time will be directed toward establishing equilibrium in the core practice. Participants are asked to wear loose, layered clothing." $675

Hypnotic Innovations: Investigations in Living, Using Ericksonian Hypnosis

Paul Lounsbury & Nancy Winston

In the moment before a new idea unfolds, our attention becomes so fully focused that time seems to disappear. Perhaps, without quite realizing it, we forget where we are and what's around us. These spontaneous states are the stuff out of which hypnotic experience unfolds and through which unconscious possibilities take form.

In this workshop, participants will investigate the hypnotic approaches developed by Milton Erickson and the systemic principles generated from Gregory Bateson's research in communication. They will explore how unconscious processes can be mobilized to creatively disrupt limiting life patterns, to organize innovative behaviors outside the range of normal conscious controls, and to more fully optimize their current living and work situations. Structured trance experiments and discussion will support the week's work.

This workshop may be of special interest to those in the helping professions as well as managers who want to expand their frames of reference and extend their understanding of Ericksonian hypnosis and communication skills. $675

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji with Ijalu Akanbe, Yao Tamakloe & Gordy Ryan

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. In celebration of Fourth of July week, participants will give a Wednesday night performance to the Esalen community. Bring a drum if you have one.

Please note: This has always been a popular workshop, with lots of people drumming and dancing in a small area. The energy runs high; be prepared for a crowded, exuberant atmosphere.

Olatunji will extend his stay through July 7. Please see his July 5-7 workshop description.

$675

Painting via Creative Dreams

Rachel Heller

Rachel Heller, an Israeli artist, has developed a method that links the creative process in painting with the creative aspect of dreams. The workshop begins with one participant relating a dream. The other members of the group paint their version of the dream—using water-based acrylics, crayons, and pastels—through their own inner processes and feelings. The leader facilitates a dialogue between participants so that the creative process of the dreamer is linked to the creative process of the painters; this is done in part by enlarging, projecting, and connecting the dream to events of the previous day. The result is a single large-scale painting by the dreamer and a series of small paintings by the other participants. Both artistic strengths and individual creative processes come forth in this interplay.

Participants are asked to record a recent dream and the events of the preceding day to be used as raw material in the class. Five dreams will be chosen for the week; one will be presented each day. Prior painting experience is not necessary. Materials are provided; please note materials fee below.

$675 (plus $70 materials fee paid directly to the leader)

Weekend of July 5–7

Advanced Massage Workshop

Vicki Topp & Rita Thangaraj

This workshop is for certified massage practitioners who want to become acquainted with current directions in Esalen-style body work. There will be time for demonstrations, dis-

cussion, and exchange of sessions between participants.

C.E. credit is available for nurses; for more information see pages 42-43. $350

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji with Ijalu Akambe, Yao Tamakloe & Gordy Ryan

Babatunde Olatunji and his ensemble will continue with their *Language of the Drums*, which is open to new arrivals as well as those who wish to stay over from the five-day workshop. Please see June 30-July 5 for the workshop description. $350

Personal Trance: Hypnotic Skills for the Everyday World

Norman Katz & Marc Lehrer

To become a master of personal trance requires a skillful interplay between the conscious and unconscious aspects of the self. Developing focused attention, relaxation skills, and the use of suggestion in everyday life is integral to this process. This seminar teaches how to use common shifts of consciousness to help with personal problems, habit patterns, sports and physical movement, creativity, and pain reduction, and to reinforce positive changes in these areas.

Participants will use structured inductions, humor, play, music, and storytelling to shift from one trance state to another, to recognize how others influence one's trance, and to reframe situations for optimum solutions and well-being. They will practice hypnotic skill-training, visualization, self-induction, regression, and communication methods in the Ericksonian tradition. $350

Finding the Source of Power Within

Viatcheslav Loutchkov & Brother David Steindl-Rast

There are moments when we feel clear about our ideals and find strength to stand up for them. But at times we get confused and feel pressured, badgered, or cajoled by others. In the family, at the office, among peers, the hidden question is often: Who wields the power?

Our dissatisfaction with organized religion and our political uneasiness can often be traced to the same cause: an authority crisis. Surely a most significant slogan of the late twentieth century has been "Question Authority."

There are many different ways of questioning authority. Some hold great promise, others hide dangers. Careful discernment is needed. But if we do this necessary homework, we may find that clarity and strength need not be restricted to rare moments of our life. We can tap a power within ourselves that gives us guidance for knowing and acting, and that is authority at its best.

Viatcheslav Loutchkov has firsthand experience of changes in Kremlin power policies; Brother David knows their Vatican counterparts. But the foremost concern of these two psychologists is not with official policies, but with human beings—with everyone's search for that inner clarity and strength which assures freedom regardless of circumstances.

These two resource persons will conduct this weekend in dialogue with participants and with each other. $350

Week of July 7–12

Changing the World While Changing Ourselves

George Lakey

This is an experiential workshop for people who want to nurture their own growth while tackling pressing issues such as the environment, homelessness, peace, and racial conflict. Participants will address the following questions and create a specific action plan to assist them back home:

- How can we analyze grim trends without becoming discouraged?
- How can we develop smart strategies, bold actions, grass roots coalitions, and at the same time come from our hearts?
- How can our personal growth agendas serve social change, and vice versa?

The group will draw from the needs and resources of the participants and the leader's thirty years of experience in grass roots movements. The week's activities will include guided meditation, strategy games, music and poetry, group sharing, scenario writing, discussion, and a mini social-action project. $675

Parent to Parent

Peggy O'Mara

The purpose of this course is to help parents develop or refine a philosophical context for parenting and teach them skills for maintaining a sense of self as a parent. It offers practical solutions for day-to-day living with children and affirms the importance of parenting. The week will include discussion, lecture, experiential work, and small group work. Participants will have the opportunity to address issues of personal concern.

The specific subject matter will be determined by the needs and nature of the particular group. Possible topics are: balancing work and family life; men and women; sex and intimacy; sharing parenting chores; nightwaking; breast-feeding; sibling rivalry; educational options; toys and television; circumcision; vaccinations; teens; discipline and punishment; criticism and disapproval; separation and divorce; single parenting; how to talk to kids; saying no.

This seminar is appropriate for parents of children of all ages. Babies are welcome. $675

The Unfolding Moment: The Experience of Inner Freedom

Stephen Schoen

Our lives are folded in. We have created for ourselves a space intended for safety but hampered by confinement. This workshop offers a place for safe unfolding, respectful of the limits we are used to, but which encourages attention to those unconfined experiences which are always with us and to which we can develop a steadier access. Martin Buber's *I-Thou*, Lao Tzu's *wu-wei* or yielding, Gregory Bateson's *contextual being*, and Krishnamurti's *unconditioned awareness* illuminate this change from the limited to the limitless. Their ideas will light our way. Our actual path toward inner freedom will be shaped by our own experiencing.

Recommended reading: Martin Buber, *I and Thou*, Part 1, R.G. Smith, tr., (Scribner); Lao Tzu, *Tao Te Ching*, Gia-Fu Feng, tr., (Vintage); Gregory Bateson, *Steps to an Ecology of Mind*, chap. "The Logical Category of Learning and Communication," (Ballantine); Krishnamurti, *Freedom from the Known*, chaps. 4-5 and 10-12, (Harper and Row). $675

Achieving Sustained High Performance

Jerry & Kathleen Fletcher

Most people have had the experience of having something they were doing "take off" and go surprisingly well, much better than expected. Yet most people assume such times are lucky accidents, that it is not possible to create or sustain such performance deliberately or without stress, fatigue, and eventual burnout.

The results from more than ten years of research and testing by the workshop presenters demonstrate that these times of exceptional performance are not accidental. Each individual has a pattern of actions that produces his or her best results. Once people learn their personal high performance patterns, they can carry out activities in a way that fits them and produce much better results for the same effort over sustained periods of time.

This seminar takes participants through a process in which they identify their individual high performance patterns and learn to apply them to their life and work. Developed through years of work with successful managers, executives, professionals, and work teams, it offers an approach to high performance that can be sustained. It is a clear alternative to the stress, fatigue, and eventual burnout that accompanies constantly forcing oneself to peak periods of high output in order to achieve high performance. $675

Zero Balancing: Basic I and II

Fritz Smith

Zero Balancing is a simple method for aligning body structure with body energy. Western science has shown that energy and matter are fundamentally coupled; advances in psychology have shown that the body and mind are also interconnected. Zero Balancing is born out of these perceptions, with roots in both Eastern and Western concepts of body function and structure. It is based on the experience that the balance of energy and structure within the body has a direct effect on the physical, mental, emotional, and spiritual health of an individual. The structural/energetic interface of the body is beneath conscious awareness; when imbalances occur at this level, the body tends to compensate around them rather than resolve them directly. These imbalances often lead to loss of vitality, chronic body pain, and lessened potential for vibrant health. Zero Balancing assists in overcoming these imbalanced patterns through touch.

In this workshop, anatomy, physiology, and skills of touch will be reviewed. Eastern concepts of chi energy, its movement in the body and the chakra system, will be discussed. The Zero Balancing methods will be presented, including those for evaluating and balancing the structural/energetic interface of the body. The workshop will be both didactic and experiential, with the main emphasis on new body work skills, and is open to all people in the healing arts. It is approved for C.E. credit for acupuncturists (and nurses—see below), and as Z.B. I or II in the Zero Balancing certification program.

Recommended reading: Fritz Frederick Smith, *Inner Bridges: A Guide to Energy Movement and Body Structure* (Humanics).

C.E. credit is available for nurses; for more information see pages 42-43. $675

Weekend of July 12–14

Self-Acceptance: The Freedom to Be

David Schiffman

Each of us has unique capacities to feel and express tenderness and strength, anger and affection, autonomy and needfulness, as well as compassion, humor, and wisdom. The degree to which we allow the fullness and vibrance of each of these qualities determines how alive and gratified we are.

In this workshop, participants will focus on how they diminish or affirm these essential qualities as they are expressed through their bodies, sexuality, creativity, relationship to power, friendships, and expectations. In an atmosphere of tenderness and support, participants will clarify the nature of who they are and how they can best take care of themselves, both at Esalen and on returning home. The workshop will be grounded in gestalt, group process, guided fantasy, massage, and bioenergetics. $350

Fun with the Violin: For Adults Who Always Wanted to Play a Musical Instrument and Never Have

Diane Egli

For the adult who would like to play a musical instrument, but never had lessons as a child, or who used to play, but hasn't since childhood, this workshop could be just the opportunity to learn to play the violin—and have fun doing it. This will be a time for participants to increase their awareness of how it feels to learn a new skill—the challenge, the excitement, the frustration, and the success of accomplishment. Included in the workshop will be various activities to enhance violin playing, such as movement, music, and rhythm exercises. Participants are asked to bring a tape recorder and tapes.

Recommended reading: Shinichi Suzuki, *Nurtured by Love* (Banner); John Holt, *Never Too Late* (Pinchpenny Press).

$350 (plus $15 violin rental paid directly to the leader)

The Discipline of Harmony: Warrior Virtues Without War

Richard Strozzi Heckler

This seminar will examine the notions of aggression, initiation rites, courage, and risk-taking in the context of the warrior ideal. Does the discipline of harmony mean the taming of aggression? To live in peace do we also need to accept and understand violence? Is it possible to distinguish the warrior from war? Can the warrior virtues of courage, commitment, clarity, generosity, service, and skillful action be invoked without the catalyst of hostile fire?

These questions will be the starting point for a workshop conducted in the warrior spirit of "life at stake." Exercises taken from aikido, along with introspection, sharing, and guided meditations, will allow participants to experience the possibilities of embodying warrior virtues without war.

Recommended reading: Richard Strozzi Heckler, *In Search of the Warrior Spirit* (North Atlantic), *The Anatomy of Change* (Shambhala), and, editor, *Aikido and the New Warrior* (North Atlantic); J. Glenn Gray, *The Warriors* (Harper & Row). $350

Humor and Irreverence: Along the Path to Sanity

Paul Carter & Paula Shaw

A seeker's work is never done. Climbing the mountain of self-discovery—resurveying personal boundaries, cracking co-dependency, moving through multi-colored chakras, skirting karmic chasms, traversing transpersonal dimensions, and hiking the hierarchy of self—can be arduous. Is there no respite from the search? Can we tell any jokes along the way?

Every mountaineer needs time to recharge. Sitting around the campfire with others, making light of the day's difficulties, can generate new energy and allow the explorer to continue with renewed vigor and purpose. It is essential to the journey.

Paul Carter and Paula Shaw have designed a weekend that focuses on the lighter side of enlightenment. Their premise: Reverence and irreverence are two sides of the same coin; both are intrinsic to the path. Their objective: To help participants develop more of the irreverent and a sense of humor as tools for navigating the abyss in a mad world. $350

Trauma, Shame, and Exile

Jeffrey Jay

Trauma is age-old, and the responses to trauma are embedded in our society and psychology. In 1979, the diagnosis "post-traumatic stress disorder," PTSD, suddenly gave trauma a new status as a medical condition. Since then the professional and media interest in this phenomenon has been intense. As a result, PTSD may supplant narcissism as the disease of the 1990s. The diagnosis, however, has had little impact on our understanding or treatment of victims. The lasting effects of trauma continue to be treated as a disorder of the individual even though trauma is a violent disruption of the individual's connection with others. The current psychological approach to trauma strips the victim of the moral and political aspects of the experience, limiting the potential for therapy. Subsequently, both therapist and victim acquiesce to life with enduring distress.

Workshop participants will use a developmental and affect theory of shame to understand how trauma is experienced by victims and how shame is used by the community to suppress the effects of the trauma. They will examine how trauma victims are given an intolerable choice between solace and integrity, neither of which can be sacrificed. They will draw on research, the works of Elie Wiesel, and the *Book of Job* to understand the struggle of the trauma victim and the response of others. This is an intermediary level workshop designed to help participants think about their assumptions and methods in treatment of trauma.

Recommended reading: Elie Wiesel, *Town Beyond the Wall* (Schocken).

C.E. credit is available for nurses; for more information see pages 42-43. $350

Week of July 14–19

Structural Anatomy and Massage

David Streeter

This course offers a fresh, simplified approach to the study of muscles—their location, function, and problems with pain—demystifying the sometimes intimidating terminology of anatomy and providing a key for understanding complex reference material. Brief lectures will focus the student each step of the way, along with hands-on palpation and individual instruction. Cross-friction massage, trigger point work, and Esalen massage will be the means of touch. This workshop is designed for those individuals with a serious interest in massage practice.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.' These activities can also be described as *movements*. What we call a 'body' can be seen as movements that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we *are* rather than as something we *do*.

"Our time together will be to enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder of meaningfulness as it shapes and colors the moment. For me, 'life' and movement are one." $675

On Being a Man

David Schiffman

Many men today have sought to honor and embrace the emergence of the feminine principle in their own natures. As a result of this emphasis, the right to celebrate and honor the masculine has become a thorny and difficult dilemma.

A man's sense of his uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity. They will explore the following questions:

- What does a man need to know and accept about his own nature to feel himself fully as a man?
- Can men come together to create an atmosphere of trust and goodwill, where the masculine aspects that they have in common can be honored and appreciated in the pleasure of each other's company?
- Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
- Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illuminate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will be incorporated in this journey as well. $675

Sexual Abuse Survivors: Body/Mind/Spirit Recovery

Carolyn Braddock

Please note: This workshop is for professionals and others who work with sexual abuse victims/survivors.

Immeasurable numbers of children count the regular exploitation of their bodies as part of their formative experience. Trusted adults assault, neglect, and sexually abuse them, leaving physical and emotional scars. Emphasizing that bodies remember (unconscious), feel (conscious), release, and center in the recovery process, this workshop adds new dimensions to traditional strategies in dealing with those who have experienced sexual abuse.

The primary focus will be to explore the process of empowering the therapist and client working together, from both cognitive and, particularly, body-oriented approaches. Participants will discuss the victim/survivor's body/mind/spiritual belief system and physical and behavioral manifestations, all of which increase understanding of the varying reactions and means of survival. This understanding holds the key to the short- and long-term effects of the abuse in the victim's body, mind, and spirit. It also provides a solid base for developing predictive tools and guidance in the intervention process.

The leader will present specific intervention strategies and will detail patterns of child abuse and neglect, family dynamics, belief systems of the victim/survivor, and body reactions. Much of the week will be experiential. Participants will be actively involved in intervention demonstrations, discussions of ethical issues, and case presentations. The focus will be on individual and group process with some time devoted to legal issues, including court testimony. Breath work, sound,

movement, gestalt, body work, role-playing, and creative cognitive work will all be used.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Weekend of July 19–21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 17-19. $350

A Workshop for Couples: Independence and Intimacy

Mary Goldenson (Devarani)

Very little in our culture prepares couples for the challenge, "There is room for both of us." Too often the relationship becomes a battleground for unresolved issues, hurts, and beliefs.

In this workshop, couples will have an opportunity to explore and reclaim the unspoken expectations they project onto each other, heal past hurts that create distance, and learn new ways of communicating. They will have a supportive environment where they can experience themselves as courageous and able to take risks. Experiential processes will be drawn from gestalt, Reichian work, dance, imagery, and meditation. $350

The Teachings of don Juan and Process-Oriented Psychology

Amy & Arnold Mindell

The Mindells write: "In this workshop we want to meet at the border between psychology and spiritual traditions, using Castaneda's don Juan as our starting point. Don Juan lends us an outline, a theory of what happens as we develop our capacity for awareness over time: moving from 'hunter' to 'warrior' to 'seer.' A central element to his theory of individuation and attaining self-knowledge is to interact with the environment as a spiritual power.

"Allies, however, exist not only in the night or in the wilderness, but appear in the form of our erstwhile friends, comrades, and enemies, challenging us either to stand congruently for who we are or disappear. The city, too, embodies the powers of the night and is an awesome place to discover our totality.

"Either we wrestle the ally to the ground or become possessed by it, ending up as an 'average man,' don Juan's term for phantomhood. In these few days, participants will use process-oriented methods such as body work, meditation, dream work, relationship and group work to develop awareness of what they do, the signals they normally disavow, and how they go unconscious. These methods will be shown to lead to what don Juan calls 'not doing,' awareness of the 'second attention,' developing 'the double,' and going on 'the death walk.'"

Recommended reading: Carlos Castaneda, *Journey to Ixtlan*; Arnold Mindell, *Working with the Dreaming Body* and *The Year 1*.

C.E. credit is available for nurses; for more information see pages 42-43. $350

Week of July 21–26

Recovery for Adult Children and Co-Dependents

Julie Bowden

This week-long journey will be a healing of the "child within" in an atmosphere of safety and respect. Experiencing and integrating the past allows us to live in the present, no longer tyrannized by previous pain and outmoded behaviors. We are freed to be more fully in relationship with ourselves and others. People in all stages of recovery are welcome, as are treatment providers. $675

The Body and Zen

Dub Leigh & Audrey Nakamura

The goal of this seminar is twofold: 1) to use body work methods and principles for releasing tension, trauma, and toxins from connective tissue; and 2) to circulate the vital energy in an aligned body. The group will draw from Rolfing® (structure), Feldenkrais® (function), and Zen (energy), to obtain these goals.

This is a hands-on workshop. Participants will give and receive body work and will learn methods to recognize, work with, and relieve some types of chronic muscle pain. The class will be limited in size (two people per table). Participants are asked to bring a swimsuit, two-piece for women. *Please note:* Since this is a hands-on class using particular methods, participants are asked not to receive body work outside of class.

Recommended reading: William Leigh, *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press).

C.E. credit is available for nurses; for more information see pages 42-43. $675

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Rx: Theater

Paula Shaw

Our ability to perform and play freely, natural to us as children, often diminishes as we get older. Perhaps we were suppressed by parents and teachers or ridiculed by siblings and classmates, but whatever the reason, by adulthood many of us cease being creative, imaginative, or expressive, and life stops being much fun.

A dose of theater medicine to the rescue! Actors use theater games to increase their awareness and to sharpen the performing instrument. Theater games keep players in the present moment and encourage spontaneity, playfulness, and creativity. Non-actors benefit from this work as well; even the shy or timid can learn the games and play. The experience helps people take risks such as presenting oneself in front of others and performing freely while taking great pleasure in it.

This workshop is a safe place for participants to rediscover their playful child-self and bring out the hitherto hidden person inside. Come with a one-to-two-minute memorized piece—a monologue, speech, poem, passage, or song. $675

Touching Spirit: Dimensions of Psychic Healing™

Elizabeth Stratton

Psychic healing bridges the physical and the spiritual. Touching as a healing act has been practiced through recorded history by practitioners of the sacred as well as the secular: healers, shamans, priests, doctors, and mothers. In the past ten years, physics and modern medicine have come to an acknowledgment of the radically relational nature of our universe. Nothing and no one functions in a void.

Human emotions affect the functioning of the body, and illness is often an outgrowth of this mind-body link. Semi-dissociative states that are induced by prayer, meditation, and trance have been found to provide a fertile ground for healing to take place. It has been discovered that "multiple personalities" exhibit different states of health in each personality. The placebo effect has become one

of the most respected and well-studied issues in healing today.

A psychic healer is one who can help connect the physical, emotional, mental, and spiritual levels of another person's being with healing intention through the use of touch. This workshop will explore, both didactically and experientially, the sacred and secular uses of touch, modern theories of disease formation and healing mechanisms, the use of psychic sight in healing, forgiveness as transformational cleansing, and the channeling of healing energy through the laying on of hands.

C.E. credit is available for nurses; for more information see pages 42-43. $675

TOM GALLOWAY

The annex (1990); to be renovated in fall 1991

Weekend of July 26–28

Body Rejuvenation

Dub Leigh & Audrey Nakamura

The goal of this seminar is to start to rejuvenate the body, mind, and spirit. A fast way to do this is to work the body. Transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain. You will then have changed the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat one.

The recipe for how to begin to rejuvenate a body in one session will be demonstrated to the group, and then experienced and performed by each participant.

This seminar is recommended for everyone. The older you are, the more stuff you have to work with. Class size is limited (two students per table). Bring a swimsuit, two-piece for women. *Please note:* The leaders request that participants not receive body work outside of class.

Recommended reading: William Leigh, *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press). $350

Rubenfeld Synergy™: Healing the Mind/Body Connection

Ilana Rubenfeld

This workshop will provide an introduction to the Rubenfeld Synergy™ Method, a healing system that uses gentle touch, movement, gestalt practice, creative imagination, music, and humor.

The memories and emotions stored in the body can result in energy blocks and imbalances. Through exercises designed to contact, release, transform, and balance these cellular patterns, participants can freely explore their innate healing potential. The atmosphere is one of acceptance, caring, and laughter, encouraging participants to move toward integration, empowerment, freedom, and new possibilities.

Participation in this workshop will fulfill one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program. Maximum enrollment: 30.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, NY, NY 10011. $350

Seeing with New Eyes: Developing Psychic Sight Through Compassion™

Elizabeth Stratton

As newborns we see the world "as it is." As we grow, we are taught by parents, education, and the media to see the world through pre-accepted belief systems. Our natural psychic clarity dims, and we can no longer see the truth of who or what is right in front of us. Reclaiming and developing our natural psychic sight necessitates stripping away these veils of illusion and seeing the world and people in it through the eyes of compassion.

This training in psychic development teaches how to see with clarity and compassion. Participants will be shown how to reopen and trust their natural gifts of clairvoyance, clairsentience, clairaudience, and telepathy. Specially designed exercises will help them to: communicate with someone mind-to-mind at a distance; see into a person's childhood, including the accompanying trauma, loss, or pain that creates who they are today; see and interpret symbols, images, colors and auras; use inner sight to scan the physical body for signs of stress and disease; tap into the unconscious for healing purposes.

Designed for everyone who would like to see life and others with more clarity and compassion, these two days are of special value to health professionals who would like to see beyond the labels and directly into the hearts of the people in their care.

C.E. credit is available for nurses; for more information see pages 42-43. $350

Energy, Resources, Environment, Development, and Security

Amory Lovins

Energy policy is well along in a revolution which the leader's 1976 *Foreign Affairs* article helped to launch. That paper redefined the problem as not simply where to get more energy, of any kind, from any source, at any price, but rather how to find just the amount, type, scale, and source that would do each desired task at least cost. This end-use/least-cost approach has proven fruitful in examining a wide range of other issues too, ranging from efficient use of water and

minerals to the interlinked problems of sustainable economic development (from local to global), redefining security, rethinking agriculture, and protecting the earth.

Understanding the links between these subjects often makes it possible to solve many problems at once. Efficient energy use, for example, can simultaneously help the poor, displace insecure (or all) sources of oil, abate global warming and acid rain, stem nuclear proliferation, save wildlands, cleanse air and water, create wealth, and preserve the interests of our descendants.

This seminar will begin with energy—chiefly its efficient use and renewable supply—both as factual background and as a conceptual launching pad for related issues. It will then branch out in the directions of most interest to participants, emphasizing interconnections and a vision across boundaries between various disciplines. Modest acquaintance with numbers and with technical and economic fundamentals will be helpful, though not essential, as the seminar is equally concerned with social, political, and ethical issues and with practical methods of implementation—drawing on the participants' diverse perspectives and experience. $350

Week of July 28–August 2

Mastery in Daily Life

George Leonard & Annie Styron Leonard

For workshop description see May 24-26. $675

Spiritual Healing: Laying On of Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods of using the hands as instruments for physical and spiritual healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art.

Maria Lucia Sauer Holloman studied and lived at Esalen for nine years. She currently studies with healers in Brazil and has a private practice in Rio de Janeiro where she applies Brazilian and North American approaches to healing.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Five Days with Ilana Rubenfeld

This workshop introduces the Rubenfeld Synergy™ Method, a holistic system developed over the past twenty-five years that integrates body, mind, emotions, and spirit for healing of self and others. This blend of gestalt practice, Alexander Technique, Feldenkrais® exercises, and Ericksonian hypnosis will be utilized as a gateway to contact, express, and work through deep feelings and memories locked in the body. Group exercises and individual demonstrations will incorporate gentle touch, movement, music, and humor. Key issues will be:

- Surviving the wounds of a dysfunctional family
- Healing the inner child
- Evoking innate healing potential
- Interdependence between emotions and posture
- Dreams and body metaphors that reveal life patterns
- Playfulness and humor
- Tools for self-care

This workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program. Maximum enrollment: 30.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, NY, NY 10011. $675

Trance, Dance, and Dreams: Creativity in Everyday Living

Paul Carter

This workshop is about reclaiming one's wholeness, connecting with that inner source of support and creativity that is so essential in these complex times. Trance is learning how to let go and deeply relax. Dreaming is about recovering your dissociated powers and abilities. The dance is to embody—to make physically real—your dreams and creativity.

Using movement, drawing, and guided meditations, participants will have the opportunity to relax, to quiet the body and mind, to remember their dreams and access the place where dreams come from, to feel more pleasure, to make peace with their whole self, and gain a revitalizing sense of empowerment. Through these methods for exploring their interior and exterior worlds, they may discover a new creativity in solving problems, in relating, in sexuality, in movement, drawing, writing, work, and play. A special emphasis will be placed on how to apply these learnings to day-to-day living. Participants are asked to bring an 18" X 24" drawing pad and pastels. $675

Weekend of August 2–4

Writing and the Act of Creation

George Leonard

Participants will be encouraged to break through ego-barriers and cultural conditioning that inhibit expression. In so doing, they will have a chance to experience the creativity that is inherent in all of life. There will be little in the way of theoretical discussion and no critiques of past works. Simple movement exercises will serve to reduce stress, free the mind, and focus the will. Participants will have the opportunity to write furiously in the here and now and to get immediate feedback. Before the weekend has passed, they in all probability will have completed a short article or fictional work and will have experienced some of the joys and heartaches that accompany publication. Bring pencils, pens, or portable typewriters—and plenty of paper.

Recommended reading: Strunk and White, *The Elements of Style* (Macmillan); George Leonard, *The Silent Pulse* (Dutton) and *Walking on the Edge of the World* (Houghton Mifflin). $350

Therapeutic Touch

Janet Quinn

Therapeutic Touch (TT) is an approach to healing which can be learned by anyone with the intent to help. It is a derivative of the laying on of hands, but need not be practiced within a religious framework. It is a tool for actualizing the innate healing capacities of both recipient and provider. TT has been taught to over 20,000 nurses nationally and abroad, as well as to lay people with an interest in healing.

The practitioner of TT embarks on a journey to empower the healer she/he already is and, in the process, to be healed. The work of remembering how to care, how to connect in unconditional love, and how to heal is seen as the only hope for personal, community, and planetary survival.

This workshop will explore the scientific, theoretical, and clinical foundations of TT. It will blend didactic and experiential learning into a balanced, grounded approach to this new version of an ancient healing art.

C.E. credit is available for nurses; for more information see pages 42-43. $350

Spicy Questions and Fresh-Baked Ideas

Sam Keen

Sam Keen writes: "I am most creative in those moments when my mind and spirit are struggling with questions, wrestling with problems too complex to be solved by any simple method. I invite you to a free-form exploration, without an agenda. Bring your burning questions, existential dilemmas, love-riddles and quandaries of heart and spirit, and we will think, feel, and invent together. Who knows what solutions we may discover. Some of the topics I've been pondering recently include:

- How can we live a spirited life in a world dominated by a secular-technological-economic vision of reality?
- What are the distinguishing marks of authentic spirituality?
- To what or whom may I surrender without losing my soul?
- How do I move toward old age and death without illusion but with hope?
- How do I prepare for the coming economic chaos, population density, and ecological degradation?
- How must our psyche and life-style change to create a sustainable and peaceful society?
- What has to happen for men and women to be friends and lovers?" $350

For Myself or for Others: A Reconciliation of Opposites

Kathleen Riordan Speeth

Which touches you more, Rilke's life or Mother Teresa's? Who is nearer your ideal, Leonardo da Vinci or St. Francis of Assisi? Would you rather be creative in paint, sounds, or words—or feed the homeless? Meditate silently on a pillow in the holy hush of morning or roll up your sleeves and get down to doing good works?

In all ages, some have pursued self-realization through understanding their deep selves and finding their own authentic expression. Others have sought the good life in sincerely carrying out commitments to family, community, and humanity. In our era we often choose "both of the above"—and suffer the confusion of reconciling individual creative attainment with social conscience.

This is a serious question. No one wants to be a selfish idiot nor a duped conformist. Truth and beauty hang in the balance. Fortunately, philosophers and psychologists, including Kierkegaard and the existentialists, can offer us some important help. And we can judge for ourselves.

Every way of life contains a view of what is crucial to do and be, and how to succeed and fail at it. In this weekend we will consider in personal terms the apparent opposites of living for oneself and giving of oneself. What are my own values? Where to find harmony between myself and others? How can these conflicting wishes be reconciled without self-deception or cowardice?

Come with comfortable clothes and an open mind. Sessions will be contemplative, interactive, and intensely self-confrontative. Only you can know your own best path. There may be a way to avoid both cynical hedonism and the bourgeois mentality. Perhaps you have been thirsting for it. $350

August 3–10

A Gentle Trip in the High Sierra

Maurica Anderson & Lee Ehman

For workshop description see Wilderness Programs, page 44. $675

Week of August 4–9

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 19-24. $675

Images of Fire: Poetry, Creativity, and Personal Passion

David Whyte

This five-day workshop will look at the more intimate and fiery aspects of personal artistry, in particular the relationship between the written word and the rhythms of speech and breath. Participants will work with the radical inner and outer journeys, moving to the place of their own passions and creativity. Through the great poets and their poetry, through myth, story, music, silence, and the willingness to look at their lives afresh, they will perhaps discover that center and the wisdom that springs from it. It will be a time to trust bodily experiences as possible doors to a fuller and more creative life. $675

Movement, Touch, and the Healing Process

Patrick Douce

This workshop will approach the concept of a free, effortless body through Moshe Feldenkrais's work in movement and touch. Balinese and other Indonesian systems of working with the human body's energy field will broaden the Feldenkrais work.

Participants will be introduced to the complexity and simplicity of the spinal column. They will use soft, conscious movement to increase their sensitivity for safe, hands-on explorations. Moving away from the notion of a straight, stiff, rod-like back, they will find that posture and overall flexibility of the spine improves.

This program is designed for both beginners and professionals interested in movement and touch. Individuals with chronic tension or stress, and those with lower back, neck, shoulder, or hip pain, may find alternatives through learning more about the human body's possibilities. $675

Following the Thread, Revealing the Fabric

David Silverstein & Joyce Lyke

The leaders write: "Most of us go through life ignoring, judging, or rejecting the content of our inner or unconscious life rather than paying attention to the information and messages we are giving ourselves. In our haste to be doing, we have forgotten our Being, and we have surrendered to the conditioning that limits a fuller experience of who we are.

"By attending to whatever is emerging in the moment, with interest and curiosity, we can begin to follow the thread of our inner life, detach ourselves from our conditioned responses, and perhaps discover that which is most essential, the fabric of our Being.

"The purpose of this workshop is to bring us closer to ourselves. We will combine meditation, breath exercises, sound, movement, and personal work in this week of inquiry. Through various awareness practices we will work and play with what emerges without coercion or judgment." $675

The Application of Altered States

Ronald Wong Jue

This workshop is for psychologists and health professionals who are interested in integrating transpersonal dimensions and strategies into their clinical practice. Participants will explore: how to move into a state of consciousness that allows the client a deepened awareness of his or her dynamics; the functionality of trance and the clinical application of altered states of consciousness

in working with repressed memories; accessing spiritual resources of the client.

Utilizing David Bohm's theory of explicate and implicate order and Karl Pribram's holonomic theory to explain the phenomenology of trance, participants will delve into subjects ranging from myths and dream metaphors to shamanic journeys. The integration of this material into ordinary consciousness will be addressed. The final, experiential portion of the workshop will focus on the healing of the inner child and parental introjects. These components of the psyche and their healing are important considerations in working with co-dependency, incest, rape, and addiction. Resource materials will be provided.

C.E. credit is available for nurses; for more information see pages 42-43. $675

TOM GALLOWAY

The cliffs and beach below (1990)

Weekend of August 9–11

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 17-19. $350

Three Ms: Math, Music, Myth

Ralph Abraham, Nancy Kaye Lunney & David Shire

This will be a weekend of mental and musical play. We will discuss the reemergence of Orphic themes in math (Chaos, Gaia, Eros) and in music (Orpheus and Euridice) from the Renaissance to the present. We will explore the emotional feeling of these themes through singing them, using songs from musical theater and songs we improvise ourselves. We will discuss the math, sing the music, and search for the interconnections. A mythic experience to clear your mind and find your voice. $350

Movement from the Martial Arts

Yoshi Sakuyama & David Streeter

This weekend workshop will offer participants a wonderful opportunity to absorb the spirit of Shorinji Kempo, a Japanese martial art that is rooted in Zen Buddhism. Yoshi Sakuyama, a sixth-dan master from Japan, will introduce a basic exercise system that is the foundation of all Shorinji Kempo strategies.

These powerful yet simple katas or dance-like movements amplify vital intrinsic energies that flow from the center of the body. The energy itself is called ki or chi in China, and prana in India. This ki power can be released through specific exercises to strengthen one's every expression. Easy to understand and fun to practice, this teaching can be applied to everyday life. $350

On Relationships: Embracing the Challenge

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared—by their family backgrounds or society—to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary, and who wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, body work, and personal metaphor. $350

Healing the Healer's Family: Lovers, Parents, and Children

Ofer Zur

Psychotherapists are trained in the cognitive, emotional, and behavioral realms. Psychiatrists are knowledgeable about child development. Counselors facilitate dysfunctional families and intimate relationships. Psychologists are experts at diagnosis, interpretation, and conflict resolution. Workshop leaders help people grow. Why then, do so many of these professionals have troubles in their personal relationships? Why do so many of their children want to grow up to be . . . patients?

This workshop will explore the impact of therapists' training and knowledge on their intimate relationships and children. Is it an asset or a liability to have a psychologist for a lover? Are counselors injured people using their occupations to heal their own psychic wounds? Must those who are close to them inherit this psychic legacy? Do care-givers' skills facilitate intimacy and growth, or hinder it? What is it like to share a partner or parent with anonymous, demanding, often disturbed patients, countless students, or workshop participants?

This experiential and didactic workshop is designed for counselors, psychologists, psychiatrists, workshop leaders, and other caregivers, their partners and their grown children. It is both for individuals and those who wish to attend with family members.

C.E. credit is available for nurses; for more information see pages 42-43. $350

Week of August 11–16

A Week with Laura DeNuccio

For workshop description see June 16-21. $675

Advanced Feldenkrais® and Cortical Reeducation

Harriet Goslins & Mark Bender

This workshop is open only to those who have previously worked with Harriet Goslins. The major emphasis will be on new, advanced floorwork that leads toward grace, agility, and clearing up remaining areas of chronic dysfunction. Participants will attend to issues of further discovery, letting go of that which no longer serves them, and how to hear and trust the body's inner voice.

Recommended reading: Moshe Feldenkrais, *The Elusive Obvious* (Meta) and *The Potent Self* (Harper & Row). $675

Living Dance

Anna Halprin & Allan Stinson

Dance, in early times, was the mother of all art forms and a way for people to connect with the natural world, integrate as a community, and affirm personal and tribal values. Ancient peoples expressed the most important experiences of life not with external materials, but with their own bodies. They danced to make sense of the mysteries of their existence—to celebrate victory, mourn loss, bring rain, initiate the young. Today, in an everyday world set apart from nature, people still need to tap into the deep sources of their bodies, moving and dancing to renew, inspire, teach, create, heal.

Through an approach Anna Halprin calls the Life/Art Process, participants will create dances from their own lives, deepening their life experience through expanded art expression. This workshop will range from structured practice to spontaneous, dramatic, and zany group interactions. Visualizations, music, and outdoor environments will be incorporated.

Men and women with diverse backgrounds and a sense of humor are welcome. Potential students for the Tamalpa Trainings may find this a valuable orientation. For information on recommended reading and videotapes, contact Tamalpa Institute, P.O. Box 794, Kentfield, CA 94914. $675

A Confluent Somatic Approach

Steven Vazquez

This workshop is about the nuances involved when illness, injury, or pain become resolved beyond the conventional expectations of medical science. Information from people who beat the odds of recovery from "terminal" illness, "incurable" diseases, or difficult injuries will be reviewed. The role of belief, attitudes, and relationships in affecting the body will be experientially explored.

This confluent somatic approach synthesizes medical research, cross-cultural concepts, ancient spiritual practices, and modern psychology. It combines methods drawn from Ericksonian hypnosis, Focusing, and family systems theory with hands-on work to reduce physical symptoms. Abstract concepts like state-dependent memory, psychoneuroimmunology, and chakra systems are broken down into practical applications.

Workshop material will be experiential and didactic. Processes for tracking unconscious personal myths that underlie medical conditions will be demonstrated. Complex medical jargon, psychological processes, and esoteric energy methods will be simplified into functional uses that can affect health recovery in conventional psychological and medical settings.

Recommended reading: Siegel, *Peace, Love, and Healing* (Harper & Row); Chopra, *Quantum Healing* (Bantam); Rossi, *The Psychobiology of Mind-Body Healing* (Norton).

C.E. credit is available for nurses; for more information see pages 42-43. $675

How Hungry Am I and For What: A Workshop for ACAs

Mariah Fenton Gladis

The road to recovery for adult children of alcoholic, dysfunctional, or abusive parents (ACAs) is challenging and can be deeply rewarding. It requires determination, lifelong commitment, and positive experiences. This workshop offers participants an opportunity to take a major step toward health. Group members will work toward transforming their personal histories from one of liability to one of strength and wisdom, focusing on the promotion of healing in four fundamental relationships:

- With oneself: developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of chronic trauma.
- With others: improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries.
- In the world: moving away from chaos and deprivation toward stability and abundance.
- Spiritually: searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

The workshop will be experiential and didactic, blending individual and group gestalt work, music, spiritual healing, body work, and personal metaphor. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals working with ACAs.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Weekend of August 16–18

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 19-24. $350

Summer Tune-Up

Deborah Anne Medow

Summer is here; it's time to get up and tune up the body, mind, and spirit! This weekend will combine sessions which include elements of dance, yoga, massage, aerobic movement, and theater games for shaping up the outside, with quiet, meditative time for turning inside. $350

A Workshop for Couples

David Schiffman & Susan Kutner

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$350 per participant

Zero Balancing: Advanced Workshop

Fritz Smith

In this advanced Zero Balancing weekend, participants will refine and expand their Zero Balancing skills, examine emotional and psychological content held in different tissues and energy fields of the body, and apply this knowledge to Zero Balancing sessions with each other. There will also be time for discussion and problem-solving. This workshop aims to extend understanding of the healing process as participants deepen their relationships with their work and each other and explore new ways of interacting with the body/mind through touch.

Prerequisites for this program are the five-day Basic Zero Balancing program (see July 7-12), or its equivalent, a working knowledge of Zero Balancing, and the readiness to further develop one's effective use of touch. C.E. credit is available for acupuncturists (and nurses—see below).

Recommended reading: Fritz Frederick Smith, *Inner Bridges* (Humanics).

C.E. credit is available for nurses; for more information see pages 42-43. $350

Life Cycles and Change: Lessons from the Kabbalah

Edward Hoffman

"Everything happens in cycles" is a key Kabbalistic teaching. For millennia, its mystical adepts have dealt extensively with the subtleties of inner growth and the journey toward greater joy and wholeness. In particular, Kabbalists have offered practical wisdom to help individuals cope with the inevitable cycles and changes in everyday life: beginnings, transitions, and endings.

In this workshop, Edward Hoffman will draw from early Hasidic and Kabbalistic teachings and experiential methods. The central theme will be facing change and addressing it properly to ensure well-being and growth. Participants will discuss how Kabbalists have viewed the issue of spiritual stagnation—which can adversely affect many aspects of our lives—and how to overcome it. Hasidic teaching stories and classic mystical works, such as the Zohar, will form the foundation of the workshop. Although no previous background in Kabbalistic study is necessary, participants are encouraged to read the leader's book listed below prior to arrival.

Recommended reading: Hoffman, *The Way of Splendor: Jewish Mysticism and Modern Psychology* (Jason Aronson, Inc.). $350

Week of August 18–23

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

For workshop description see May 3-5. $675

Intermediate Massage Workshop

Kathleen O'Shaughnessy & Carl Chase

This workshop is designed for those who have had some hands-on experience and would like to expand their basic abilities. The leaders will interweave a dynamic style of massage with the long, integrating strokes of Esalen-style massage and Chinese meridian point work. Movement meditation and chanting will be used for centering practice.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Centering

Robert Nadeau

Bob Nadeau will present the simplicity and naturalness of the centering process through his innovative approaches to grounding, movement, energy awareness, aikido, and male-female polarity. The physical, mental, energetic, and spiritual aspects of centering will be explored through material Nadeau has recently developed, so this workshop is suitable for new and oldtime students. Wear comfortable clothing.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Healing the Wounded Heart: The Art of Re-bonding

George Kohlrieser

From cradle to grave, life involves a changing script of "affectional bonds." These bonds are different from dependency and are essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with particular others, a way to explain many forms of physical, emotional, and spiritual distress, including emotional detachment, depression, and burnout. Life energy is connected to the quality and depth of emotional bonding.

This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and bonding work to understand, create, and celebrate positive emotional attachments.

Recommended reading: James Lynch, *The Language of the Heart: The Body's Response to Human Dialogue* (Basic Books); John Bowlby, *Attachment and Loss, Volume 3: Loss, Sadness, and Depression* (Basic Books); Brother David Steindl-Rast, *Gratefulness, The Heart of Prayer* (Paulist Press).

C.E. credit is available for nurses; for more information see pages 42-43. $675

Applying the Enneagram to Health Care Practice

Marlene Cresci Cohen, France Doyle & Irene Terestman

The enneagram is a system that identifies personality types, patterns of attention, and styles of communication which illuminate issues of self-preservation. A useful adjunct to Western concepts of personality, the enneagram can assist the health care practitioner in identifying self-obstructive behavior and improving communication in the delivery of care.

This seminar will introduce health professionals to perspectives drawn from the enneagram which can increase their effectiveness in patient care. It is suitable for physicians, nurses, psychologists, social workers, health care teams, and academic and clinical educators in these fields. It is designed for those who have some working knowledge of the enneagram through previous training or reading.

Panels of exemplars of the nine types represented in the enneagram will be used to help participants identify communication styles and appropriate interventions for patients with different attentional styles. Transference issues as well as the health care provider's reactions will be examined. Continuing medical education for physicians is available through the instructors.

Recommended reading: Helen Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper and Row).

C.E. credit is available for nurses; for more information see pages 42-43. $675

Weekend of August 23–25

Exploring the World of Lucid Dreaming

Stephen LaBerge

For workshop description see May 24-26. $350

Owning the Shadow

Paul Rebillot & Melissa Kay

We have met the enemy and they is us.—Pogo, Walt Kelly

Paul Rebillot writes: "In my work I have come to realize that one of the most important and frequently avoided themes in people's lives is the ability to own the part of themselves they don't like, the part Jung called the shadow. As a result, people become projectors of their own disowned energy. In this workshop, participants will seek to discover within themselves the bad guy they have been projecting onto and hating in others. Hopefully, by facing and communicating with this negative self, they can discover in their shadow not the enemy, but the friend and challenger to growth of the heart and consciousness." $350

Chinese Herbs

Master Share K. Lew

This seminar introduces internal and external usage of Chinese herbs. Material will include the Chinese character for each herb, how to use a Chinese herb store, how to care for external injuries such as cuts, pulled muscles, and bruises, how to prepare herbal tonics, and which prepared medicines found in Chinese herb stores are useful. This informational workshop is designed for the general public and may be especially beneficial for runners or other athletes prone to injuries. $350

Play, Spontaneity, and Performance Art

Nina Wise

This is a workshop for participants to enliven their relationship to play; to rekindle spontaneity in relationships; to recognize the sacred in the mundane; to make rituals, songs, and dances out of everyday experiences; to find humor in matters of the heart; to understand that improvisation is a way of life.

Sessions will include sitting meditation, chanting, a thorough physical warm-up, opening the voice, and exercises designed to integrate sound and movement. Participants will also have opportunities for developing technical performance skills, but the focus of the week will be improvisational expression of impulses, feelings, and ideas as they arise moment to moment.

This workshop is open to students of all levels, beginner as well as professional. $350

Creative Bonding: Changing Destructive Detachment

George Kohlrieser

Recent medical and psychological research validates the idea that "no man is an island" and that bonding behavior to people, pets, places, things, and goals is central to physical, psychological, and spiritual well-being. Disruption in the bonding-grieving cycle can lead to destructive detachment, victimization, and chronic loneliness which can shorten one's life and limit the quality of genuine aliveness.

Through presentations, guided imagery, emotional release, and group process, participants may explore, reinforce, or establish new and more effective ways to keep bonding alive.

Recommended reading: James Lynch, *The Language of the Heart: The Body's Response to Human Dialogue* (Basic Books); John Bowlby, *Attachment and Loss, Volume 3: Loss, Sadness, and Depression* (Basic Books); Brother David Steindl-Rast, *Gratefulness, the Heart of Prayer* (Paulist Press).

C.E. credit is available for nurses; for more information see pages 42-43. $350

Week of August 25–30

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 17-19. $675

A Week with Seymour Carter

For workshop description see May 5-10. $675

Taoism and the Shen

Master Share K. Lew

Traditional Taoist concepts of health, longevity, and harmony with nature will be introduced by Master Lew, a temple-trained Taoist priest from southern China. The core of the workshop will be instruction in "the Shen," a set of twelve non-strenuous exercises (six standing, six sitting), whose primary purpose is self-healing. These exercises also develop concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Master Lew will discuss the use of everyday foods and Chinese herbs in healing and tell stories from his life in the monastery.

Master Lew, now 72, first began to teach Taoist internal cultivation to non-Chinese in 1970. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Tung Pin, an historical personage of the Tang Dynasty and one of the Eight Immortals of Taoism. $675

The Subtle Self in Motion

Judy Blackstone

This workshop offers subtle, concentrated work to help participants truly inhabit their bodies. Mind-breath-body exercises will be used to awaken consciousness of the inner depths of the body, to attune to the emotional underpinnings of bodily tensions, and to release the bound energy of old pain.

The personal themes which emerge from this work will be explored verbally in a supportive group setting and in a free-movement class for the expression of non-verbal experience. There will be daily meditation practice as well as sound and visualization exercises for penetrating to the core of the body-mind, to a level of unified awareness. Through this unbroken contact with the self, participants may discover the joy, health, and spontaneity of their essential nature. This workshop will not be physically taxing; the emphasis will be on introspective work. $675

The Hero's Journey

Paul Rebillot & Melissa Kay

Paul Rebillot writes: "Again and again in my work with people I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another—whether it be a child's discovery that there is no Santa Claus, an adolescent's awkward approach to puberty, an adult's marriage or ending of one, or a change of career. Every such change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That pattern is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"Our purpose is to give people a chance to experience a rite of passage so that they can go into the changes in their lives with a sense of joy and greater context. Our hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight." $675

Weekend of August 30–September 1

Weekend Renewal at Esalen

For workshop description see June 21-23. $350

The Rebirth of Nature: New Science and the Revival of Animism

Rupert Sheldrake

Our civilization is currently based on a split attitude toward Nature. On weekdays, for most people, Nature is mechanistic and inanimate, the Earth just a repository of natural resources to be exploited for human ends.

JOYCE LYKE

From the Pacific Coast Highway bridge overlook (1985)

But on weekends and holidays, a different attitude prevails as millions "get back to Nature." In this romantic side of our being, Nature is alive and known through direct experience.

In this workshop, participants will examine the historical roots of this split and how recent developments in science are transcending the mechanistic theory of Nature. The universe is no longer a machine running down; the cosmos is more like a developing organism with an inherent memory, as is our planet, Gaia. This will be a weekend to explore consequences and implications of the revival of animism, for the greening of poli

tics and economics, and for the resacralizing of Nature. $350

Week of September 1–6

Golf in the Kingdom . . . an exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

For workshop description see June 16-21. $675

Heartbeat

Gabrielle Roth

Heartbeat is a shamanic journey into shadow country, into the land of forgotten feelings. It is a journey to reclaim the power of loving—yourself, others, and the planet we inhabit. Rooted in Gabrielle Roth's cathartic form of dance, this workshop is an introduction to her method of exploring and transforming the core emotions. The work is about feelings—your feelings. The work is about the heart—your heart. Come and dance to its beat. $675

Living Meditations

Judyth Weaver

In our busy lives we do so much—but *how* do we do it? Are we fully aware of our actions and the consequences of what we do? Are our actions as appropriate and response-able as they could be? Could our lives be easier or more energetically economical? What are we doing to/with ourselves, and how does that affect us and others, our health, our relationships, work, longevity, our well-being?

This workshop encourages participants to "tune in" and become more aware on many levels of how they live. The work is experiential; through awareness of breath, self, and each other, and by focusing on everyday activities such as walking, sitting, standing, touching, and the processing of such as desirable, participants develop a fuller sense of mindfulness. This direct study of one's experience provides a practice ground for change and can suggest how to go about it. Such awareness of personal needs and desires can increase one's chances for becoming a fuller, more realized, happier, and healthier human being.

C.E. credit is available for nurses; for more information see pages 42-43. $675

An Intimate Community: Caring and Conflict

Joel Dweck Isaacs & Anne Clark Isaacs

The leaders write: "Our goal in this workshop is to help each person touch their deepest place of longing to be whole. Starting from this inner place, we will strive for group interactions of the same quality. Together, participants and leaders alike, the risks we take in knowing and revealing ourselves create an intimate community.

"Feelings provide self-knowledge, depth, and pleasure, especially when they flow freely. Relating to others is most gratifying and growthful when these feelings are expressed openly and directly. We will work to realign the point of balance where the hope for contact and love is often countered by the fear of being engulfed or abandoned. We will explore ways to expand our options beyond isolation or giving up oneself to be close."

The leaders have worked together for over a decade, sharing a commitment to relationship and community. Their training in numerous disciplines allows them to tailor each workshop to the needs and desires of the participants. They use Reichian emotional release, group process, play, nurturing, confrontation, and healing energy, and have an appreciation of the spiritual nature of self and relationship. When asked to characterize intimate relationship, one of them exclaimed, "It's heaven and hell!" This workshop aims toward easier access to heaven and shorter times in hell. $675

September 2–7

Path of the River: A Salmon River Journey

Steven Harper & Nichols Expeditions

For workshop description see Wilderness Programs, page 44. $750

Weekend of September 6–8

Inner Sound and Voice

Jill Purce

This is a workshop of practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the Self and release an untapped source of energy.

Participants will work with the psychophysical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance, to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures including trance music, Mongolian and Tibetan overtone chanting, and other methods. $350

Week of September 8–13

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 19-24. $675

Self-Acceptance Training: Advanced

Richard Olney & Leonard Bearne

This workshop is basically experiential, but time will also be given to theoretical and didactic considerations of interest to professional therapists. Please refer to September 22-27 for complete workshop description.

Please note: Due to the time given to the didactic material in this advanced workshop, not everyone will have a chance to work personally with the leaders. $675

The Art of Receiving

Gabriele Hilberg

This culture makes it difficult to receive gracefully. Many of us learn early in life to equate receiving with weakness, helplessness, and dependency. One source of difficulty originates from a deep-seated belief that we do not deserve the love, attention, praise, or affection that is offered. Another stems from a fear of being obligated by the other person's expectations. Our willingness to receive brings greater honesty to our desire to give to others. The openness to receiving allows us to fully experience our relationship with another person, opens our hearts to the love and compassion of others and, in times of crisis, enables us to reach out for help.

Participants in this workshop will examine the beliefs and expectations that created their internal blockages and will learn new ways of receiving wisely, gracefully, and with dignity. $675

The Life Energy Process℠

Stephano Sabetti

The Life Energy Process workshop is a spiritually-oriented approach to body work and life-style which allows individuals direct contact with the spiritual self through energy vibrations. This method is facilitated by specific intensive and subtle movements, which participants may find open them to their own healing abilities, allowing them to release unfinished emotions, radiational and chemical toxins, and psychological disturbances. From that point of greater clarity, they may move to the next step in their personal development. Participants continue this energy work physically and verbally through process inquiry and dialogue with the leader as they examine the superficial trace problems of their everyday lives and explore their deeper energy disturbances through energy patterning.

Energetic forms of massage, dance, and theater may be included in this process. Some of the work will be individual, some will be hands-on with partners. The workshop may be of particular interest to professionals and laypersons alike who are excited by the integration of Eastern and Western methods with the new physics for personal, social, and organizational evolution.

Recommended reading: Stephano Sabetti, *The Wholeness Principle; Manifestations of Energy*; and *Shinkido Massage* (available from Life Energy Media, 14755 Ventura Blvd., Ste. 1908, Sherman Oaks, CA 91403; [213] 874-7100). $675

September 8–15

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$1025 (plus $30 materials fee paid directly to the leaders)

Weekend of September 13–15

A Weekend with Seymour Carter

For workshop description see May 5-10. $350

Introduction to Vipassana Meditation

James Baraz

For workshop description see May 17-19. $350

Mastery in Daily Life

George Leonard & Annie Styron Leonard

For workshop description see May 24-26. $350

Week of September 15–20

Gestalt Practice

Christine Stewart Price

For workshop description see May 10-12. $675

Presence: A Fluidity of Being

Elisa Lodge

For workshop description see May 19-24. $675

The Subtle Art of Meditation

David Streeter

For many people meditation seems a bit far-fetched, strenuous, difficult to learn, and perhaps impossible to incorporate into their busy schedules and hectic lives. But the seemingly rare ability to experience deep, tranquil, and clear states of consciousness is very much within reach. In this workshop, through the use of simple yet profound methods, participants will explore the same inner terrain the ascetic yogi or the stoic Zen monk explores. Daily sessions will offer nourishment, inner peace, and opportunity for gentle emotional release.

The list of beneficial effects of meditation is long and impressive, but meditation is much more than a means to an end; it can be a delightful end in of itself. The purpose of this workshop will be to inspire the student to explore his or her rich interior life, to discover that crystal clear still-point that is described so well in every spiritual tradition.

C.E. credit is available for nurses; for more information see pages 42-43. $675

A Food Experience

Jane Miletich

Eating habits reflect the mental and emotional states of this culture. Eating delicious, healthful food in a beautiful setting with others who are interested in living healthier, happier lives encourages clearer mental, spiritual, and emotional patterns. This workshop is for people who are interested in making changes in how and what they eat. Participants will be introduced to various methods of preparing food and alternative diets, including: a balanced, cooked macrobiotic diet; a raw/living foods/wheatgrass diet; and a juice bar with organic vegetables and fruits.

The program will be individualized to participants' needs. Those needing direction will be introduced to the basic principles of Ayurveda (a science of self-healing) and food combining. Those interested in helping with meal preparation may do so. The kitchen provided has been specifically designed for preparing these foods. Exercise, yoga, and massage will also be part of the week.

This workshop is modeled after Esalen's biannual cleansing program. During the eight years that this program has existed, hundreds of community participants have felt the beneficial results of eating simple, whole foods. The additional $50 produce fee provides for the wide variety of organically grown fruits, vegetables, seeds, nuts, grains, and condiments that will be freshly prepared.

Recommended reading: John Robbins, *Diet for a New America* (Stillpoint); Gabriel Cousens, *Spiritual Nutrition and the Rainbow Diet* (Cassandra).

$675 (plus $50 produce fee paid directly to the leader)

The Medicine Wheel Way

Carol Proudfoot-Edgar

This workshop will draw on the Native American Medicine Wheel, ceremonies, and teachings as resources for personal growth. Just as Western psychological theory provides a framework for describing human

stages of development, so does the Medicine Wheel offer a framework for self-individuation. Both systems embody steps for healing. A primary difference, however, is that the Medicine Wheel way of living views humans as sacred beings and maintains that each individual must find their own balance of spirit, body, emotion, and mind.

The Medicine Wheel way has guided many peoples through their journeys of self-discovery. It illuminates the relationship of all things, each direction on the wheel having its particular meaning and pointing to aspects needed for integration. With this tool, information can be brought forth from the memory so that essential elements for balance are not ignored. Ceremonies and rituals mark the passage of seasons and significant events of individual and group life, and connect the individual to the great mystery of life.

This experiential workshop will use these ancient teachings, providing a supportive means for participants to continue their process of self-development and to deepen their relationship with the natural world. Activities will include learning the Medicine Wheel, finding totem animals as guides, assessing one's current situation or season in life, and gathering one's resources for the next cycle of change. Gestalt, chanting, drumming, and rituals will be used in a climate of trust and acceptance.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Weekend of September 20–22

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see May 24-26. $350

The Subtle Self in Motion

Judy Blackstone

For workshop description see August 25-30. $350

Reversing and Preventing Heart Disease: A Model for Personal Transformation

Dean Ornish

This workshop will teach how to reduce cholesterol and blood pressure and how to begin reversing coronary heart disease. For the past fourteen years, physician Dean Ornish has conducted three research studies demonstrating, for the first time, that a comprehensive life-style program (yoga, meditation, imagery, diet, smoking cessation, exercise, and group psychotherapy) can produce extraordinary improvements without medications. This workshop will include lectures that review the research data and explain why life-style affects the heart and will provide experiential training in the life-style program.

Illness can serve as a catalyst for personal transformation and growth, motivating a person to ask, "*Why* did I get sick? What are the *causes*?" What we eat, how we respond to stress, and other aspects of life-style are powerful determinants of health and disease. It is also known that feelings of isolation can lead to psychological stress and ultimately to illness, whereas feelings of intimacy can lead to healing.

Because the technology for measuring coronary heart disease is so advanced, heart disease is an excellent model for measuring the power of life-style changes to help heal—and prevent—heart disease.

C.E. credit is available for nurses; for more information see pages 42-43. $350

Finding My Place: A Workshop for Men

Jerry Johnson

"After twenty years of women's liberation, men are the new continent." Coming from Nancy Friday, an American feminist writer, this is a provocative statement. However, many American men are asking, "If true, what does this mean to me?"

The 1990s will surely be a decade of male growth. The media has begun to confirm that old patterns and definitions of masculinity are no longer valid. Films show male friendship and bonding without war. Magazines explain new roles for men in parenting and other realms that were previously the exclusive domain of women.

This workshop will help awaken participants to often repressed parts of their masculinity which can form the basis for new self-identity and relationship. It combines universal male themes, ancient spiritual rituals, and experiential exercises to help men create a new mode of feeling. Themes will include:

- How does my absent father continue to shape my self-image?
- Do I have an inner guide to masculinity?
- How do I move beyond competition and fear in relating to other men?
- Is there a way to respond to contradictory messages from women about being sensitive and/or strong?

This workshop is for men who want to grow beyond old, traditional definitions of being a man but who don't know where to begin, for men who are dissatisfied with being cut off from meaningful relationships with other men and who want to learn how to relate as brothers. $350

Week of September 22–27

A Week with Laura DeNuccio

For workshop description see June 16-21. $675

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop, participants will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore the movement that nature inspires. Both aikido and hiking are moving meditations which, when done well, require the individual to be in harmony with the natural world. There will be an opportunity to take what is learned on the aikido mat out into the natural world and bring what is learned from nature onto the aikido mat. Participants can then begin to integrate what they learn from aikido and from nature into their lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. $675

Freeing the Runner Within

Joan Ullyot

Human beings are natural running animals. But civilization and technology combine to alienate us from this instinctive side of ourselves. Non-runners lament that they don't know how to run, while competitors puzzle over choosing the right training. This course is designed to take runners of all levels inward, to find and express the runner within, to free themselves to run easily and joyously, longer and faster.

In addition to group runs, discussions of training principles, and practice of methods such as hill-bounding, this workshop will include mental training exercises developed recently by sports psychologists. These include relaxation and guided imagery, affirmations, breathing and body awareness, race visualizations, and associative focusing.

The inner confidence and athletic energies released by these methods can be harnessed to run a personal best in a fall marathon or simply to experience the beauty of a daily jog. Limited to 20 participants, to allow for work on individual goals. $675

Self-Acceptance Training: Basic

Richard Olney & Mari Krieger

This workshop is largely experiential; no time will be given to theoretical or didactic considerations. Self-acceptance training is a transpersonal practice that follows an educational model rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment, without the inhibitions of self-judgment, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real. Although its practice includes devices drawn from gestalt, bioenergetics, mythic fantasy, eidetic imagery, and hypnosis, it is also a philosophy, a value system, and a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body awareness, emotional charge and discharge, and cognitive examination of the individual's "pretends" and illusions that obstruct self-acceptance. Limited to 25 people. $675

The Challenge of Surrender: Advanced Enneagram Study

Eli Jaxon-Bear & Antoinette Varner

When all the knots that strangle the heart are loosened, the mortal becomes immortal.—Katha Upanishad

The enneagram of character fixation gives us a structure of the knots that strangle the heart. It is a wisdom mirror for recognizing the ego. Recognition of the ego's desires and attachments is essential for its dissolution. Making one's fixation work better or discovering what it does well misses the essential task of healing the heart of suffering.

Workshop participants will explore how character fixation is an imitation of soul. In a setting of Vedanta and Buddhist cosmology and psychology, they will work with their passions and attachments as obscurations to the soul's awakening. Group exercises, open seat, trance, truth-telling, role playing, and movement will be used to unmask the fixation and move toward soul awakening.

Recommended reading: Jaxon-Bear, *Healing the Heart of Suffering* (Institute for Advanced Hypnosis, P.O. Box 818, Kula, HW 96790; 808-878-3000); Almaas, *Essence* (Diamond Books).

C.E. credit is available for nurses; for more information see pages 42-43. $675

Weekend of September 27–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 17-19. $350

Introduction to Gestalt Practice

Joyce Lyke

For workshop description see May 10-12. $350

Finding Inspired Work in Mid-Life

Peller Marion

For workshop description see May 17-19. $350

West African Culture through Music and Dance

Yao Tamakloe

Yao Tamakloe is a West African teacher of dance, music, and anthropology. He has danced and taught with Babatunde Olatunji and Katherine Dunham for over ten years. Along with his wife Anindo Abukutsa, from Kenya, and his instructor from Ghana, Nana C.K. Ganyoi, Tamakloe will present the West African world view through dance, song, drumming, and the religion and history that these cultural art forms embody, and relate them to the universality of humankind. $350

Metaphors We Live By

George Lakoff

Metaphor is the means by which we understand what we experience. As we grow up, we acquire hundreds of standardized but largely unconscious metaphors that are built into our language. We think, act, and even dream using these metaphors. We have metaphors for comprehending everything from time and causation to emotions, morality, love, and even the nature of life and death.

Our unconscious capacity for metaphor is awesome in power. It is liberating in that it permits both abstract thought and the workings of our imagination; it can be stultifying when it limits our possibilities. As long as it remains inaccessible to consciousness, we can neither appreciate its magnificence nor see where it confines us.

This workshop has several goals: first, to help participants become conscious of the metaphors that govern their thoughts and actions; second, to reveal how these everyday metaphors are manifest in poetry and myth, and how they vary in other cultures; third, to develop skills in using metaphor to make new sense of their lives.

Recommended reading: Lakoff and Johnson, *Metaphors We Live By*; Lakoff and Turner, *More Than Cool Reason*; Lakoff, *Women, Fire, and Dangerous Things* (all, U. of Chicago Press). $350

Week of September 29–October 4

A Week with David Schiffman

For workshop description see June 2-7. $675

Cardiac Fitness: East and West

Kenn & Vicki Chase

Heart disease remains the major cause of death and disability in the United States. It, like most chronic disease, is a product of life-style and, in many cases, is preventable. Changing life-style habits is not easy to do. It requires commitment, patience, determination, and education. The purpose of this workshop is to assist each individual in identifying coronary risk factors and those factors necessary for initiating and maintaining a healthy heart life-style. Participants will explore the application of Eastern mind/body practices, such as t'ai chi, chi kung, and yoga relaxation, to the traditional cardiac fitness setting. The basic warm-up, work-out, and cool-down phases of cardiac fitness will be introduced as well as methods for calming the mind and promoting stress management.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Mid-Life Crisis as Spiritual Emergence

Karen Turner

Participants will view mid-life transition in the framework of spiritual emergence and renewal, a time when the old systems the individual has used as foundations seem stripped away, leaving chaos and challenging long-held beliefs. It is a time of soul-searching; of confronting both inflated and deflated self-concepts; of surrendering to deeper, more expanded states of awareness; of learning to trust inner guidance as absolute authority in one's life.

This workshop will be a rite of passage for both men and women going through this transition. Together they will have the opportunity to discover each participant's unique self, and how each is in relationship to self, each other, the world, and spirit. Tools for self-exploration and awareness gathered from psychology, mysticism, and shamanism will be presented, with time for discussion and sharing. $675

Sacred Song of the Body

Susan Osborn & David Densmore

Susan Osborn writes: "Singing can be a practice, just as meditation or walking or dance can be. It can be a way to practice making a creative choice. Rather than identifying the energy that runs through our bodies as physical, mental, emotional, or spiritual, singing is a way to catalyze that energy and make something true and beautiful with it.

"I have learned that a truly beautiful sound is not produced through technique, but through deep listening and honesty. Singing is the language of the body and, as such, when we truly hear ourselves or another sing, we have access to the great body of knowledge and experience that each of us carries within us. When we sing together in an environment of respect and deep listening, an experience of communion is available—an honoring of our differences and our oneness. This class is an invitation to witness each other and yourself in a respectful and creative environment of song." $675

September 29–October 6

The Feldenkrais® Method and Cortical Reeducation

Harriet Goslins & Mark Bender

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain/muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury; for the sedentary or those dealing with aftereffects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for individuals who feel chronically tired and stressed and want to learn how to take better care of their neck, shoulders, and back, to improve their posture and breathing, and to live and move with more flexibility and comfort.

This course is provider approved by the California Board of Dental Examiners, number 2586.

C.E. credit is available for nurses; for more information see pages 42-43. $1025

Weekend of October 4–6

A Weekend with David Schiffman

For workshop description see May 3-5. $350

The Shadow of Love

Ayala Pines

Whatever is the essence of the love that binds two people will be the essence of the shadow this love will cast when threatened. Jealousy, envy, anger, fear, and other powerful emotions are all part of the shadow of love. In most cases, they are not a result of individual pathology, but of a certain dynamic in the relationship. They are useful signals that partners can interpret and take advantage of to improve themselves and the relationship.

The structured exercises, discussion, guided fantasy, and role-playing in this workshop are designed to help participants identify the threat triggered by the shadow of love and how to protect their relationships in positive and constructive ways. This workshop is for anyone who seeks better understanding of love and the emotions in its shadow, especially romantic jealousy. It may also be of interest to counselors who work with couples or individuals on issues related to jealousy. $350

The Aesthetic Self

Luc Brebion

To take part, at all deeply, in the experience of art requires a quality of concentration, a stillness of mind, and an openness to receive which is different from the awareness we use in ordinary life. Immersed in contemplation, we can have the rare privilege of being in the presence of the artist and of letting him or her show us how to reach for what is essential within.

Luc Brebion, a native of France, has combed the museums of Europe in search of artistic treasures. In this year's *Aesthetic Self* workshop, he will again use a multi-media approach and an experiential method to help participants penetrate works of art and become absorbed by them. As they are led through an unhurried appreciation of paintings, music, and literature, they will have the opportunity to perceive the particular substance that real art can offer if sustained attention is applied. Learning to develop their ability to contemplate, they will find themselves, perhaps for the first time, in close rapport with such artists as Joachim Patinir, Jan van Eyck, Johann Sebastian Bach, Cesar Vallejo, and David Rosenmann-Taub. $350

New Competences for an Age of Uncertainty

Donald Michael

Because we live with unprecedented levels of complexity and uncertainty, an abiding crucial challenge for each of us is learning how to be better learners. The old answers and questions are increasingly ineffective. Yet, conventional definitions of competence encourage each of us, and organizations, too, to avoid learning by denying or disguising uncertainty so that we appear to know what we are doing. The result is ever more stress, anxiety, and inadequate personal and organizational performance.

This seminar will introduce a set of interlocking skills or "new competences" necessary for making humane and effective decisions when uncertainty can provide the occasion for learning—in work places and in interpersonal and family situations. These skills include: acknowledging and specifying

high levels of uncertainty, error embracing, being future-responsive, boundary spanning, interpersonal communication, and self-knowledge.

The approach will be both cognitive and experiential. Participants will have the opportunity to become more comfortable with the vulnerability that accompanies facing their uncertainties; to question the need to act over-cautiously out of fear of making a mistake; and to reexamine the incentives for those defensive posturings that make it so hard to act responsibly and compassionately. As a previous participant said, "This seminar is for those who are ready to move beyond the personal and want to effect change in public and private organizations."

$350

Week of October 6–11

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see May 24-26.

$675

Trigger Point and Esalen Massage: Advanced Workshop

Arthur Munyer
& Esalen Massage Practitioners

The human body is a rich source of information and intelligence. Trigger point, the movement of myofascial tissue through soft, deep contact with pressure points, and Esalen massage are methods of working with the body that can help the practitioner communicate with stressed, blocked, and chronically troubled areas. This workshop will combine these modalities, along with joint release, movement, and studies in anatomy. It will also address concerns of burnout, depression, creativity, and peer support for those who have chosen a demanding profession. It is especially suggested for body workers, physicians, physical therapists, chiropractors, and other health care practitioners who want to expand their hands-on skills.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Mending Bodymind and Soul

Joan & Myrin Borysenko

The sense of unworthiness, the feeling of "I'm not enough," is a deep wound that impedes both physical healing and psychospiritual growth. To the extent that we identify with shame and fear-driven false selves, we forget the radiance of our own true natures. This week will be a healthy balance of dismantling false selves, retrieving lost parts of our authenticity from the shadow, and practicing remembrance of the true self. Processes will include inner wisdom exercises, dream work, meditation, song, dance, journal and poetry writing, spiritual autobiography, healing and prayer circles. A magical alchemy occurs through sharing our stories in a circle of trust, where healing and self-acceptance are natural outgrowths of understanding and connectedness.

C.E. credit is available for nurses; for more information see pages 42-43. $675

The Enneagram: Basic Workshop

Helen Palmer

The enneagram is an ancient psychological typology that views personality traits as the outer indication of particular aspects of higher awareness. The system describes nine different personality types and their interrelationships. It is unusually helpful in understanding oneself and the thoughts and feelings of those with whom we live and work, but the real power of the system lies in the fact that our ordinary psychological habits present a strategic access point to a continuum of experience that directs us back to essence.

This workshop presents the enneagram material in the oral way, by seeing and hearing panels of representatives of the nine types on video and on small panels drawn from the class. The panel method, coupled with practice in the internal placements of attention that characterize each of the types, will introduce participants to their own type, and demonstrates the radically different perspectives held by each of the nine. $675

Chakra Psychology

Nancy Rosanoff

The chakra system is generally known to be an ancient Hindu concept of spiritual energy centers located along the spine, which are awakened or energized as individuals progress spiritually. This course gives participants a modern understanding of how to use the chakras as guides in their quest for psychological and spiritual development.

Awakening the chakras allows people to observe the interaction between the body, mind, and spirit. The chakras can thus become tools to balance daily life within the context of a greater spiritual reality, with such practical applications as: enhancing self-understanding, improving loving relationships, changing unwanted behavior patterns, and unblocking creative energy.

In these five days, participants will work with their chakra spirit guides, yoga stretches, chants, meditation, breathing and awareness exercises, drawing, and writing to explore their chakras and themselves, open blockages, and heal past pains.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Weekend of October 11–13

Creative Writing Brainstorming

Herbert Gold

For workshop description see May 10-12.

$350

Keeping a Good Relationship Alive

Gerald Smith

This workshop will focus on a major dilemma in keeping a good relationship alive. That is: how to be close and vulnerable as partners yet separate and free to grow as individuals. This dilemma is never resolved because each partner continues to change, but it can be dealt with in ways that add to the aliveness in the relationship.

Much of participants' time during this weekend will be with their partners separate from other couples. Verbal, non-verbal, and written exercises to enhance openness, support, and affection will be used, as will skills at resolving differences in ways that do not produce "scar tissue." And, since playing is an essential part of keeping a relationship alive, there will be experiences to kindle the imagination and the willingness to play together. Limited to 12 couples.

$350 per participant

Journey to the Heart

Joseph Chilton Pearce

For the last three decades, Joseph Chilton Pearce has been synthesizing scientific brain research in physics, biology, and psychology in an effort to understand and map nature's plan for the development of human intelligence. He writes:

"The intelligence of the heart is the only force that can pull our fragments of self together; it is the nurturing power so many of us missed right from the beginning of life, that unconditional love which alone would

have assured us of the evolutionary progress nature intended. That progress is nothing but the progression of love toward its own source, and that source is the heart."

In this seminar, Pearce will share his findings on the three-part human brain and how each part has its own language, its own development cycle, its own purpose. He will talk about the difference between intellect and intelligence, the ego's inability to self-analyze, and the physiological connection between the heart and the brain that prevents our triune brain from being continually at war with itself.

Discourse, discussion, contemplation, and meditation will offer seminarians a glimpse of their own developmental cycle—where it was rich, where lacking—and acceptance of their own perfection, and tools for enriching the inner journey to their hearts. $350

Council of All Beings

John Seed

The *Council of All Beings* is a series of rituals created by John Seed and Joanna Macy to help individuals feel their connection with nature in their hearts and bodies. By rediscovering our interconnectedness with all beings, we see that the pain of the earth is our own pain and that the fate of the earth is our own fate. The *Council of All Beings* empowers people to act on behalf of the earth and gives clarity and direction for the work ahead.

Participants in this workshop will have the opportunity to review the human evolutionary journey, to shed their solely human identification, to feel great empathy for the myriad species and habitats of the Earth. Through personal sharing, meditation, and ritual, they will explore the depths of their concern and love for the planet in this time of crisis. As many individuals involved in this work have discovered, alignment with a larger identity clarifies, dignifies, and heals one's personal conflicts. In the same fashion, it clarifies and orders patterns of consumption, needs for intimacy and support, priorities for action. This gathering provides tools for putting this into practice in daily life.

This work draws upon current scientific findings to sharpen people's understanding of the ecological crises that threaten our planet. It draws on systems theory and the Gaia hypothesis to provide a solid, rational-conceptual foundation for the deep ecology movement and combines them with spiritual traditions thousands of years old that attune individuals to the Earth. $350

Week of October 13–18

Polarity Massage Intensive

Deborah Anne Medow
& Esalen Massage Practitioners

Polarity massage is a system for balancing the currents of life force which naturally flow through the body. It is a holistic approach to healing whereby the practitioner and recipient work with thoughts and attitudes, nutritional needs, polarity yoga exercises, and the polarity massage session itself.

Participants in this five-day workshop will be instructed in basic concepts of the polarity system as applied to the human energy field through the medium of massage. Emphasis will be on theory, polarity points and counterpoints, energy balancing methods, nutrition, and polarity yoga. Three-hour class sessions will be held in the mornings and afternoons. Evenings will be for practice and occasional group meetings.

This workshop is designed both for the interested layperson and the professional body work practitioner, and serves as a good review for anyone who has previously taken a polarity workshop.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Pilgrimage

Joyce Frazee

Lama Govinda writes in *The Way of the White Clouds* that pilgrimage is "an inner movement or development directed toward a yet unknown distant aim . . . from which springs the readiness to accept people and new environments as part of our destiny and the confidence in the ultimate significance of all that happens and is in harmony with the depth of our being . . ."

Participants in this workshop will use gestalt practice, dream work, drawing, meditation, and group process as a way of pilgrimage toward the "yet unknown distant aim."

Recommended reading: Lama Govinda, *The Way of the White Clouds* (Shambhala). $675

Balancing Values and Work: From Inner Purpose to Outer Action

Sue McKibbin & Patricia Moore

Lack of alignment between one's inner values and purpose and one's work in the world can result in frustration, hopelessness, boredom, and cynicism. But when people shift from outer- to inner-directedness and bridge purpose and action, they find that meaning, empowerment, and well-being can emerge.

Workshop participants will go within to explore this realm of their lives through proc-

CYNTHIA JOHNSON BIANCHETTA

esses ranging from meditation and journey work to questionnaires and self-assessment instruments. Each person will have the opportunity to balance their inner guidance with individual and group exercises related to their particular work situation. Five themes will be explored:

- Purpose, values, and vision
- Personal transition processes
- Balancing individual and organizational polarities
- Practical tools for the inner journey
- Sources for personal transformation and organizational paradigm shifts

The workshop is designed so participants can return to their daily lives with resources for continuing the process of exploration and discovery necessary to link inner purpose with outer action.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Self-Defense and Empowerment

Mary Tesoro, Tom Elliott, Mary Speidell & Paul Speidell

How much does the threat of potential assault or the pain of past assault restrict your life? This workshop is for women and men who desire to own their bodies fully and to claim their right to move both peacefully and powerfully through their lives.

The art of self-protection will be explored as a path to self-esteem, personal courage, and healing. Leonard Energy Training, which operates from the assumption that human capacity lies largely untapped, will be interwoven with techniques from the non-aggressive martial art of aikido to help participants form a solid base of balance, grace, and power. Techniques from the Model Mugging Self-Defense and Empowerment Program will be offered as effective, street-proven self-protection training.

This workshop will take place in an emotionally supportive environment, with emphasis on personal choice and positive growth for each individual, and aim toward the enhancement of each participant's ability to love and trust themselves and others. No prior experience or training is necessary. For more information contact Mary Tesoro, Box 986, San Luis Obispo, CA 93406; (805) 995-1224.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Secrets to Tell, Secrets to Keep

Karen Paine-Gernée & Terry Hunt

Secret acts. Secret thoughts. Secret births. Secret deaths. Secret relationships. Secrets we keep from others. Secrets we keep from ourselves. As children many of us were harmed by things we could not tell, that could not be told. Recovery depends on confronting the truths in our lives and making peace with what is.

Alcoholic, abusive, or other dysfunctional families are ruled by the denial that something is wrong in the family system. As a result, children take on problems and emotional pain of the family and suffer them as their own fault. The assumption is that Mom and Dad knew what they were doing. In fact, they didn't. By exposing the family secrets, these children who are now adults can stop taking responsibility for what went wrong and free themselves from the need to believe that "my childhood wasn't so bad" and "it didn't really affect me." It is possible to heal.

Everyone has secrets. When is it safe to share them? When is it not? Nowhere do our secrets cause greater difficulty than in our intimate or sexual lives. How do we get close when we are so ashamed of secrets buried deep inside? In these five days, participants will create a community to work through the shame and isolation that some secrets cause. Together they will explore how to: grow with the secrets they each must bear, develop healthy personal boundaries, and cultivate a life-affirming balance between personal privacy and self-disclosure.

C.E. credit is available for nurses; for more information see pages 42-43. $675

Weekend of October 18–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 17-19. $350

Week of October 20–25

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 19-24. $675

Tao and the Timewave

Terence McKenna

Terence McKenna will share the details of a revisioning of the *I Ching* and the world, which combines an approach to the *I Ching* with the playful, effervescent clarity of the Tao. Taoist approaches to time will provide the general theme, and McKenna will explain his own model of time, "Timewave Zero." Individuals with a deep interest in the dynamics of the *I Ching* are especially invited.

Recommended reading: Terence McKenna, *The Invisible Landscape* (Continuum); Richard Wilhelm, *The I Ching* (Princeton); J.T. Fraser, *The Genesis and Evolution of Time* (University of Massachusetts Press). $675

Reunion

David Schiffman

This is a workshop for seasoned people who are already familiar with and appreciate the basics of self-exploration, inner work, myth, and sacred ritual. Its aim is to create a mood of safety and support for further study. It is a time for individuals to renew their connection to the resources that can guide and protect them. Gathering together in a spirit of trust and good will, participants will explore ways to:

- Reconnect with and honor what they feel most deeply
- Express feelings with simplicity, clarity, and integrity
- Celebrate playfulness and spontaneity
- Release disappointments, reversals, and emotional losses
- Mark their hopes and dreams and renew their spirits through myth and rituals
- Deepen their understanding and appreciation of their own rhythm and true nature
- Explore imaginative ways to live freely and fully

In an eclectic framework, the workshop will combine innovative elements of guided meditation, sound work, ritual, dance, and music with traditional psychological practices. $675

Action Theater: Really Pretending

Ruth Zaporah

When we were children, we frequently created our reality through pretending. We played freely in a spontaneous world. But in

our adult world, we are often left with only a memory of this freedom. The *Action Theater* process rekindles this spirit of play, of being open to change and present to life.

Action Theater is a system of exercises and games that integrates mind, body, and spirit and leads toward free and spontaneous experience. Sessions begin with simple movement improvisations; participants come into, feel, and stretch their bodies. From this orientation they play within forms that increase awareness of movement and vocal verbal expression. Range of emotion expands; images, characters, and situations emerge from the territories of awareness, memory, and the imagination.

Each *Action Theater* event serves as a mirror. In the realm of awareness, there is little distinction between the theater and the street. Who we are, how aware we are, how we process our perceptions and reactions is the same everywhere. In the studio, we improvise within forms relevant to movement and theater, but the lessons affect our daily lives.

This workshop accommodates the novice, the explorer, and the practiced. $675

October 20–November 1

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, page 41. $1665

Weekend of October 25–27

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

For workshop description see June 28-30. $350

Massage Intensive for Couples

Brita Ostrom & Attila Vaas

This workshop is for partners who want to learn basic skills for giving each other a massage. Emphasis will be on "hearing" with the hands, de-stressing the home, asking for what we need, and giving to those we love. Sessions will include demonstrations and hands-on guidance. Individual concerns will be addressed so participants can continue their practice at home. $350

Practical Intuition: Introduction

Laura Day

We are all psychics. Every time we draw a conclusion, we work with intuition as well as linear and emotional processes. Identifying how our intuitive faculty works enables us to use it selectively for effective decision-making. A predominantly linear process may be preferable when clear, empirical information is available. When little data is at hand or if the question relates to how current choices might affect future results, an intuitive process may be more efficient.

Practical Intuition, an experiential workshop, introduces intuitive methods for gaining empirical information. Participants will give and receive several present- and future intuitive readings a day, focusing on predicting and retrieving verifiable data. Different intuitive styles, such as clairvoyance, clairaudience, and telepathy, will be taught, along with exercises for continued training at home.

Participants are requested to bring a few photographs of themselves and people they know well, their personal and business questions, and a willingness to work as if they already knew how to do something that they in fact already know how to do. $350

Mindfulness, Meditation, and Healing

Jon Kabat-Zinn

Meditation is not for the fainthearted or those seeking escape from their problems. It involves a willingness to face, in Zorba the Greek's words, the "full catastrophe" of the world and of one's own life and body, and use this very energy to grow in strength and wisdom. In this workshop, Jon Kabat-Zinn will describe his stress reduction program at the University of Massachusetts Medical Center and present his research showing how people with chronic medical problems use Buddhist mindfulness meditation practices to reduce their symptoms and heal their bodies, minds, and lives.

Participants will explore how to develop or deepen a personal meditation practice and how to use mindfulness meditation to face and transcend stress, pain, and illness in their own lives. Topics will include specific health-related problems, including pain, anxiety and panic, headaches, gastrointestinal problems, high blood pressure, heart disease, and sleep disturbances. Extended periods of meditation practice will be interspersed with the discussions.

Come prepared to work with your own version of the full catastrophe, whether it manifests primarily in your personal or professional life, or both. This workshop is appropriate for both health professionals and lay people.

Recommended reading: Kabat-Zinn, *Full Catastrophe Living*, Parts 1 & 2, (Delacorte).

C.E. credit is available for nurses; for more information see pages 42-43. $350

Week of October 27–November 1

Gestalt Practice

Christine Stewart Price

For workshop description see May 10-12. $675

Golf in the Kingdom . . . an exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

For workshop description see June 16-21. $675

Five-Day Massage Intensive

Dean Marson & Laurie Schutz Munyer

Participants will be instructed in basic methods for giving a pleasurable and beneficial full-body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is open to beginners as well as those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for more information see pages 42-43. $675

T'ai Chi Ch'uan: An East/West Approach

Kenn Chase

This seminar will present a demonstration form of t'ai chi ch'uan, a shortened version derived from the classical Yang style, which contains 54 balanced, fluid, and graceful postures. Also included will be mind/body alignment methods, chi kung Taoist breathing methods, and hours of practice and refinement of the traditional t'ai chi movements. Practiced five to ten minutes daily, this gentle martial art can calm the mind and aid the student in achieving a centered perspective for daily living in a busy world.

Recommended reading: Cheng Man Ch'ing, *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan* (North Atlantic). $675

■ SPECIAL PROGRAMS

The prices quoted below for these longer programs are for standard accommodations or bunk bed rooms as described in Ways of Being at Esalen, pages 6-7. Scholarships are also available; please see "Scholarship Information" on page 6.

May 19–June 14
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

This course is a synthesis of Ericksonian hypnosis, neurolinguistics, and the enneagram of character fixation. It satisfies the hypnosis course requirements for the M.F.C.C. and complies with the California state requirements for hypnosis certification.

While the use of hypnosis in habit control and symptom removal will be covered, the primary focus will be on hypnosis as a tool for developing spiritual awareness. Starting with the presupposition that we already live in trance and that the goal is waking up, the roots of personality structure and the filters of perception in the creation and transformation of reality will be carefully explored. Participants will have the opportunity to experience the power of trance to transform their lives, which will create a model for working with clients.

The structure of rapport, pacing and leading, and various hypnotic patterns of induction will be demonstrated and practiced along with a variety of clinical interventions, including reframing, change history, metaphors, and storytelling. There will be videotapes of Erickson and other well-known leaders in the field of hypnosis. Participants will have daily practice with each other and the opportunity to be videotaped doing a hypnotic induction. Daily zazen, Taoist yoga, and movement led by Antoinette Varner will also be a part of this program.

Upon completion of this course, participants who want to be certified must demonstrate a high level of professionalism as well as proficiency in technical skills to the satisfaction of the instructors before certification will be granted. After certification by the Institute for Advanced Hypnosis (testing and certification fee, $300) additional certifications are available from the American Council of Hypnotist Examiners ($125) and the Society of NeuroLinguistic Programming ($200).

Required reading: J. Haley, *Uncommon Therapy* (Norton); Grinder and Bandler, *Trance-Formations*; *Frogs into Princes*; and *Reframing* (all, Real People Press); H. Almaas, *Essence*; Chogyam Trungpa, *Shambhala* (Shambhala); P.D. Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World); C. Castaneda, *Tales of Power* (Simon & Schuster).

C.E. credit is available for nurses; for more information see pages 42-43.

Standard Accommodations: $2975

Bunk Bed Room: $2140

(plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

October 18–20
Rosenberg IBP International Conference at Esalen

Call (213) 394-0147 for more information.

October 20–November 1
Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This will be a twelve-day residential training program in Integrative Body Practice. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields. The leaders will be assisted by Andrea Juhan and the staff of the Rosenberg-Rand Institute of Venice, California.

TOM GALLOWAY

Recommended reading: Jack Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics) and *Total Orgasm* (Bookworks).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291; (213) 394-0147.

Standard Accommodations: $1665

Bunk Bed Room: $1155

Massage Practitioner Certification Program

Esalen offers a California state-approved massage program. Upon completion of a two-month massage work study track or a 130-hour massage practitioner workshop, and after giving 30 additional massages elsewhere, graduates will receive their certificates. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring Outreach and Education

The Healthspring Project offers outreach, education, and referrals that extend Esalen's work in the healing arts and sciences to the outside world. It is an independent, service-oriented program of Esalen teachers and their associates.

Healthspring operates a global referral system, linking visitors to Esalen with body workers, counselors, and teachers from their home areas. There are ongoing programs at Esalen and a traveling workshop service in the U.S. and abroad. Instructors teach self-healing, Esalen body work, yoga, breath and body awareness, dance and centering movement, and meditation. Many instructors have experience in gestalt practice and movement continuum.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening which may be borrowed by seminarians for a two-week period while at Esalen. Donations of books or periodicals are greatly appreciated.

For access to the referral system and traveling workshop program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

MEDICAL PROGRAMS

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs specifically listed below offer continuing education credit. See workshop descriptions elsewhere in the catalog. If you need additional information on our C.E. courses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., medical programs coordinator, (408) 667-3000.

May 3–5
Weekend Massage Intensive
Char Pias Brenner & Dean Marson
10 hours

May 5–10
Socratic Midwifery: Uncovering Beliefs that Block Human Excellence
Pierre Grimes
30 hours

May 10–12
Introduction to Gestalt Practice
Christine Stewart Price & Gestalt Staff
10 hours

May 12–17
Releasing Stress, Returning to Self
Daniel Bianchetta
& Cynthia Johnson Bianchetta
30 hours

May 12–17
Advanced Hypnosis: Exploring Beyond the Edges of Identity
Eli Jaxon-Bear & Antoinette Varner
30 hours

May 17–19
Finding Inspired Work in Mid-Life
Peller Marion
10 hours

May 19–24
Five-Day Massage Intensive
Kathleen O'Shaughnessy & Rita Thangaraj
30 hours

May 19–June 14
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
30 hours

May 31–June 2
Weekend Massage Intensive
Laurie Schutz Munyer
& Laurie Lioness Parizek
10 hours

May 31–June 2
Self-Expression through American Sign Language
Lorraine Peters
10 hours

June 7–14
Gestalt Practicum: A Seven-Day Intensive
Christine Stewart Price & Joyce Lyke
30 hours

June 14–16
Healing, Meditation, and Dzogchen
Sogyal Rinpoche
10 hours

June 14–16
Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

June 16–21
Five-Day Massage Intensive
Brita Ostrom & Arthur Munyer
30 hours

June 28–30
Healing the Healer: A Workshop for Helping Professionals
Peter Finkelstein
10 hours

July 5–7
Advanced Massage Workshop
Vicki Topp & Rita Thangaraj
10 hours

July 7–12
Zero Balancing: Basic I and II
Fritz Smith
30 hours

July 12–14
Trauma, Shame, and Exile
Jeffrey Jay
10 hours

July 14–19
Structural Anatomy and Massage
David Streeter
30 hours

July 14–19
Sexual Abuse Survivors: Body/Mind/Spirit Recovery
Carolyn Braddock
30 hours

July 19–21
The Teachings of don Juan and Process-Oriented Psychology
Amy & Arnold Mindell
10 hours

July 21–26
The Body and Zen
Dub Leigh & Audrey Nakamura
30 hours

July 21–26
Touching Spirit: Dimensions of Psychic Healing™
Elizabeth Stratton
30 hours

July 26–28
Seeing with New Eyes: Developing Psychic Sight Through Compassion™
Elizabeth Stratton
10 hours

July 28–August 2
Spiritual Healing: Laying On of Hands
Maria Lucia Sauer Holloman
30 hours

August 2–4
Therapeutic Touch
Janet Quinn
10 hours

August 4–9
The Application of Altered States
Ronald Wong Jue
30 hours

August 9–11
Healing the Healer's Family: Lovers, Parents, and Children
Ofer Zur
10 hours

August 11–16
A Confluent Somatic Approach
Steven Vazquez
30 hours

August 11–16
How Hungry Am I and For What: A Workshop for ACAs
Mariah Fenton Gladis
30 hours

August 16–18
Zero Balancing: Advanced Workshop
Fritz Smith
10 hours

August 18–23
Intermediate Massage Workshop
Kathleen O'Shaughnessy & Carl Chase
30 hours

August 18–23
Centering
Robert Nadeau
30 hours

August 18–23
Healing the Wounded Heart: The Art of Re-bonding
George Kohlrieser
30 hours

August 18–23
Applying the Enneagram to Health Care Practice
Marlene Cresci Cohen, France Doyle & Irene Terestman
30 hours

August 23–25
Creative Bonding: Changing Destructive Detachment
George Kohlrieser
10 hours

September 1–6
Living Meditations
Judyth Weaver
30 hours

September 15–20
Gestalt Practice
Christine Stewart Price
30 hours

September 15–20
The Subtle Art of Meditation
David Streeter
30 hours

September 15–20
The Medicine Wheel Way
Carol Proudfoot-Edgar
30 hours

September 20–22
Reversing and Preventing Heart Disease: A Model for Personal Transformation
Dean Ornish
10 hours

September 22–27
The Challenge of Surrender: Advanced Enneagram Study
Eli Jaxon-Bear & Antoinette Varner
30 hours

CYNTHIA JOHNSON BIANCHETTA

Pathway leading from the Big House to the main grounds (1990)

September 27–29
Introduction to Gestalt Practice
Joyce Lyke
10 hours

September 27–29
Finding Inspired Work in Mid-Life
Peller Marion
10 hours

September 29–October 4
Cardiac Fitness: East and West
Kenn & Vicki Chase
30 hours

September 29–October 6
The Feldenkrais® Method and Cortical Reeducation
Harriet Goslins & Mark Bender
30 hours

October 6–11
Trigger Point and Esalen Massage: Advanced Workshop
Arthur Munyer & Esalen Massage Practitioners
30 hours

October 6–11
Mending Bodymind and Soul
Joan & Myrin Borysenko
30 hours

October 6–11
Chakra Psychology
Nancy Rosanoff
30 hours

October 13–18
Polarity Massage Intensive
Deborah Anne Medow & Esalen Massage Practitioners
30 hours

October 13–18
Balancing Values and Work: From Inner Purpose to Outer Action
Sue McKibbin & Patricia Moore
30 hours

October 13–18
Self-Defense and Empowerment
Mary Tesoro, Tom Elliott, Mary Speidell & Paul Speidell
30 hours

October 13–18
Secrets to Tell, Secrets to Keep
Karen Paine-Gernée & Terry Hunt
30 hours

October 25–27
Mindfulness, Meditation, and Healing
Jon Kabat-Zinn
10 hours

October 27–November 1
Gestalt Practice
Christine Stewart Price
30 hours

October 27–November 1
Five-Day Massage Intensive
Dean Marson & Laurie Schutz Munyer
30 hours

■ WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The refund policy reflects the fact that few of these expenses can be recovered. To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited. (*Please note*: The Salmon River trip has a different cancellation and refund policy. See workshop description for details.)

May 10–18
Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Guest Leader

Nature can provide opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand one's sense of self and depth of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," with instruction in minimum impact camping, ecology, geography, and the cultural history of the area.

Wilderness will be a mirror and primary teacher as the group lives simply and in direct contact with nature. Participants will explore their inner world of dreams, feelings, and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, they will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for their last night together. There, meditation instruction will be available for those who wish it.

Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $675

August 3–10
A Gentle Trip in the High Sierra

Maurica Anderson & Lee Ehman

During this seven-day workshop in wildflower season, participants will hike six miles to camp by a waterfall near a lake (10,000') in the John Muir Wilderness area on the western side of the High Sierra. The area is off the main trails and is surrounded by other lakes, grassy meadows, wildflowers, and cold streams fed by the surrounding snow fields. Our water will be supplied by a pure and icy spring.

CYNTHIA JOHNSON BIANCHETTA

MULES WILL CARRY IN ALL OF THE PERSONAL GEAR AND FOOD, so participants need carry only lunch, rain gear, and water on the hike in. The food will be exceptionally good—fresh or frozen meats, fruits, and vegetables. The group will camp by the waterfall for six nights, taking short day-hikes, and working with meditation, massage, psychodrama, gestalt, and gentle encounter. There will be some strenuous but optional side hikes, swimming, a sauna, and some time for doing nothing. Participants will be encouraged to concentrate on the sights and sounds and smells of the high country, on getting to know the mountains, one another, and themselves.

Mountaineering experience is not necessary (although a good sense of humor is), and most people are in good enough shape to make it in, but participants should be capable of hiking uphill at altitudes up to 11,000'.

For a detailed information sheet, contact Maurica Anderson, 1112 Curtis Street, Albany, CA 94706; (415) 526-5814. Participants will meet in the Sierra on August 3. The fee includes food, wine, permits, and pack mules in and out. $675

September 2–7
Path of the River: A Salmon River Journey

Steven Harper & Nichols Expeditions

Idaho's lower gorge of the Salmon River is both beautiful and rugged, soft and demanding, yet always rewarding for those who are open to its dramatic variety. A trip down the Salmon offers clear water, tall green forests, white sand beaches, and challenging rapids. The river is a teacher and primary metaphor. The group will draw from aikido, dance, energy awareness, and meditation to enhance their experience of this majestic wilderness area.

Travel will be in inflatable rafts powered by six to eight people with paddles. Instruction will be offered in basic aspects of river life such as paddling and minimum-impact river camping. There will be time to discuss the area's natural and cultural history, to hike, to sit quietly and reflect.

River experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity and to participate fully. The workshop begins the morning of September 2nd in Whitebird, Idaho; there will be a pre-trip meeting the evening of September 1st. Nichols Expeditions will supply all the necessary river rafting gear, guides, and meals. Details and a personal equipment list will be sent upon registration. Space is limited.

Due to Esalen's special arrangement with Nichols Expeditions, the following cancellation policy is in effect for this workshop: A $200 nonrefundable deposit per person will confirm your reservation. Balance is due August 1. If you cancel prior to August 1, your nonrefundable deposit, less a $50 registration fee, may be applied to other Esalen programs, to be used within one year. *No refunds* are available after August 1. $750

WORK STUDY PROGRAM

The Work Study Program is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. It is not for those who wish to take catalog workshops or for those who are unwilling to be fully engaged in the work-life of the community. Participants will work 32 hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and will participate, along with staff and long-term students, in that department's program. It is advantageous for applicants to be able to speak and understand English.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study Coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School/Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. *Participants must be prepared to stay at Esalen for the full duration designated for that particular program*, assuming that they meet the standards of the Work Study Program.

Two programs are planned for each month. Programs scheduled thus far for 1991-92 include:

May 5–June 2
Dianne Lawrence will use painting, writing, and theater games that establish a working relationship with one's creative force.

Marilyn Harris Kriegel will lead a program on relationship: to self and others, to the familiar and unknown. Tools will include psychosynthesis, gestalt, garden and cookbooks.

June 2–30
In this *non-certification* program, participants will learn to give and receive a full body massage. *Kathleen O'Shaughnessy and David Streeter* will incorporate tools of yoga, movement, sound, breath, and ancient meditation practices to help expand sensory abilities.

Jackie Rosin and Kay Brownfield offer a month of psychosynthesis to explore the nature of essence. Meditation, guided imagery, music, movement, art, and individual process work will be some of the modalities used. Professionals are invited.

June 30–July 28
Jeanne Achterberg and Frank Laulis will focus on the healing power of the imagination. Components of healing ritual, sounds and symbols of various cultures, and healing rites which combine ancient wisdom with modern knowledge will be explored.

Karuna Licht and Cynthia Johnson Bianchetta will facilitate the spirit of creativity as a healing journey of self-discovery and self-expression through various artistic processes, meditation, and ritual.

July 28–August 25
Design your own program, alone and with other participants, using *your* intuition, intelligence, and imagination. Find surprising resources; harvest and recycle your energies. Facilitated by *Janet Lederman*.

Mary (Devarani) Goldenson's program of letting go and moving on employs Reichian methods, Radix®, dance, imagery, gestalt, and meditation.

August 25–September 22
Phyllis Shankman offers a month of in-depth group process/gestalt work using the creative arts, as well as meditation, massage, and movement for self-exploration and healing.

Julian Silverman's program will draw from *A Course in Miracles* to explore the ideas of being responsible for one's life and personal power.

September 22–October 20
Til Luchau and guest teachers will use body work, movement, yoga, meditation, and sensory awareness practices to explore the nature of somatic experience.

TOM GALLOWAY

Construction of the rock wall and deck (1990)

CYNTHIA JOHNSON BIANCHETTA

The new rock wall and deck as seen from the annex (1990)

Dianne Laurence will use theater games as a forum for nurturing a relationship with one's creative force through imagination, spontaneity, and emotional honesty. Performances will be presented at month's end.

October 20–November 17

John Soper's group will focus on ways to improve the quality of life. The work will start with the individual and grow to include the environment.

Jackie Rosin and Kay Brownfield will repeat their program of June 2-30.

November 17–December 15

Karuna Licht will lead a monthlong journey using the creative processes of art, ritual, and guided imagery as the language of the heart.

Participants in *William Pennell Rock's* group will use psychodrama to clarify and reunite their inner feminine and masculine qualities. They will work individually, then come together in a group performance for the Esalen community.

December 15–January 12, 1992

David Schiffman will lead a month for people who are facing major changes in career, relationships, or matters of the spirit and are interested in breaking new ground in areas of self-nurturance, intuitive functioning, and problem-solving.

Dianne Laurence and participants will use acting, writing, theater, and painting to create a communal performance that will be presented at month's end.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the two-month body work program, is $700 the first month, $650 the second month, $600 the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see page 47) with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

Institute of Transpersonal Psychology Offers External Master's Degrees

Work students now have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Dwight Judy
External Program
Institute of Transpersonal Psychology
250 Oak Grove Ave.
Menlo Park, CA 94025
(415) 326-1960

■ FUTURE PROGRAMS

Listed here are a few of the programs planned for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Specific dates and more information will be available in the next catalog.

November 1991
28-Day Massage Practitioner Certification Program

Esalen Massage Practitioners

This is a professional program. See Special Programs for more information.

January 1992

A group of leaders in the fields of somatics and religion, including monks, rabbis, nuns, and religious teachers, will give a public seminar on the results of their five years of work exploring the relation between the body and spirituality. Among those presenting will be Judith Aston, Emilie Conrad-Da'oud, Abbess Myriam Dardenne, Robert Hall, Rosemarie Harding, Don Hanlon Johnson, Brother David Steindl-Rast, and Dmitri Spivak of Leningrad.

WORK STUDY PROGRAM APPLICATION

Name _____ ☐ Male ☐ Female

Date of Birth _____ Occupation _____

Place of Employment _____

Daytime Phone ( ) _____ _____ HOME ADDRESS

Evening Phone ( ) _____ _____ STATE AND ZIP CODE

Date of Application _____ _____ COUNTRY

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. _____

Which program(s) are you interested in? Please list the leader's name. _____

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

_____

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

Please Note: No pets allowed.

THE FRIENDS OF ESALEN

The Friends of Esalen provides financial aid to people who are eager to attend our workshops but cannot afford them. We believe that one of our first priorities is to make our programs available on a broader basis. Friends of Esalen contributions fund scholarships to make this possible.

We invite you to join us. In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog*, the *Friends of Esalen Newsletter*, and other special mailings to Friends for one year. Periodically we offer a discounted workshop just for members of the Friends of Esalen. We hope you feel your experience at Esalen is worth sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen; I enclose my check for the category marked.

☐ I wish to renew my membership in the Friends of Esalen.

☐ One Year Student ..... $15 ☐ One Year Individual ..... $25 ☐ One Year Sponsor $100

☐ One Year Senior Citizen ..... $15 ☐ One Year Donor ..... $50 ☐ One Year Patron $500

Name _____ Student Affiliation _____

Address _____ City _____

State _____ Zip _____ Date _____

Please mail to: The Friends of Esalen, Esalen Institute, Big Sur, CA 93920.
Contributions are tax-deductible to the extent allowed by law.

■ AUDIO RECORDINGS

The Dolphin Tape Series

This list draws from a spectrum of human potential teachers and leaders, guides and facilitators, who use models, myths, and metaphors as teaching methods. Inspiration comes from seers, sages, poets, bards, heroes, and common folk. We have no complete catalog, although we do have several overlapping tape lists. When you place an order, let us know your particular field of interest or favorite speakers. We may have more information on some of them. Most tapes are in stereo. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Angeles Arrien: *More on the Basque Mystical Practice*, 1987
Gregory Bateson: *The Limits of Science*, 1978
John Blofeld: *Taoist and Zen Practice*, 1978
John Blofeld: *History and the Use of the I Ching*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
Joseph Campbell: *Freud, Jung, and Kundalini Yoga*, 1967
Joseph Campbell: *Hermes, Alchemy, and the Voyage of Odysseus*, 1971
Joseph Campbell: *Kundalini and the Chakra System*, 1981
Joseph Campbell: *Tibetan Book of the Dead*, 1981
Wilson van Dusen: *The Nature of Humanness*, 1969
William Everson: *Poetry of Earth: A Jeffers Tribute (Carmel)*, 1970
James Fadiman: *Guided Fantasy and Fairy Tales*, 1971
James Fadiman: *Hasidic and Sufi Teaching Stories*, 1980
Lama Anagarika Govinda: *Cultural Heritage of Tibet*, 1972
Father Bede Griffiths: *Christianity, Science, and Mysticism*, 1983
Willis Harman: *Alternative Futures*, 1980
Chungliang Al Huang & David Darling: *T'ai Ji Dancing and Music*, 1989
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Terence McKenna: *The Time Wave and the Tao*, 1988
Terence McKenna: *Time and the Cosmic Flux*, 1988
Terence McKenna: *God Knows, Man Thinks*, 1990
Terence McKenna: *Setting Out for Tomorrow*, 1990
Ralph Metzner: *Maps, Models, and Metaphors*, 1979
Claudio Naranjo: *Dante's Way to the Stars*, 1968
Claudio Naranjo: *The Goodness of the Devil*, 1969
Naranjo/Harner: *Shamanism, Madness, Myth, and Mysticism*, 1968
Robert Ornstein: *The Sufis and Other Teaching Stories*, 1971
John Weir Perry: *Psychosis and Societal Crisis*, 1973
Paul Rebillot: *The Pluto Story: Journey into Madness*, 1984
John Robbins: *Healing Ourselves, Healing Our World*, 1989
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
Will Schutz: *An Inner Fantasy Experience*, 1969
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Huston Smith: *No Wasted Journey*, 1968
Huston Smith: *The Coming World Civilization*, 1968
Frederick Spiegelberg: *India and the Saints*, 1964
Rolling Thunder: *American Indian Medicine*, 1972
Alan Watts: *Divine Madness*, 1968
Watts/Friedman: *Beat Zen—Beat Hasidism*, 1967
Arthur Young: *The Reflexive Universe*, 1973

Two-tape titles are $18:

Bernard Aaronson: (2) *Tantric Chanting, Poetry, and Hypnosis*, 1969
Angeles Arrien: (2) *The Story of Basque Mysticism*, 1982
Angeles Arrien: (2) *The Egyptian Tarot*, 1982
Gregory Bateson: (2) *Balinese Culture and Shamanism*, 1976
Robert Bly: (2) *Poetry East and West*, 1983
Robert Bly: (2) *Poetry Reading: An Ancient Tradition*, 1983
Joseph Campbell: (2) *Dante's Journey*, 1981
Campbell/Perry: (2) *Psychosis and The Hero's Journey*, 1968
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Capra/Grof: (2) *Beyond Time and Space*, 1977
Michael Harner: (2) *Shamanism, Songs, and Spirit Canoe*, 1981
Robinson Jeffers: (2) *A Dramatic Presentation (Carmel)*, 1972
Terence McKenna: (2) *The Magical Mystery Tour*, 1989
Claudio Naranjo: (2) *The One Quest*, 1971
Joseph Chilton Pearce: (2) *The Magical Child*, 1975
Perry/Silverman: (2) *Mores, Mysticism, and Madness*, 1970
Paul Rebillot: (2) *The Hero's Journey*, 1981
Brother David Steindl-Rast: (2) *Healing Starts from the Heart*, 1984
Brother David Steindl-Rast: (2) *Overview of the Christian Myths*, 1984
Suzuki-roshi: (2) *Teachings and Practices of Zen*, 1968
Alan Watts: (2) *Eastern Religion and Western Psychotherapy*, 1971
Watts/Grof/Silverman: (2) *The Science of Madness*, 1968
Perry/Watts/Ginsberg/Naranjo: (2) *The Poetry of Madness*, 1968

Four-tape titles are $36:

Joseph Campbell: (4) *The Novels of James Joyce*, 1968
Joseph Campbell: (4) *Transformations of Myth through Time*, 1982
James Fadiman: (4) *A Weekend of Stories*, 1984
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
R.D. Laing: (4) *Sanity, Madness, Blowout Center*, 1967
Terence McKenna: (4) *The Light in Nature*, 1988
Rupert Sheldrake: (4) *Morphic Resonance and Habits of Nature*, 1987
Rupert Sheldrake: (4) *Rebirth of Nature: Revival of Animism*, 1980
Brother David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur Young: (4) *Interviews on the Reflexive Universe*, 1983

The Dolphin Vinyl Album Tape Sets:

Joseph Campbell: (6) *Early Hindu and Buddhist Myths*, 1981	$60
Joseph Campbell: (6) *Courtly Love and the Grail*, 1983	$60
Jack Kornfield: (6) *The Spiritual Practice of Meditation*, 1981-83	$60
Terence McKenna: (6) *The Archaic Revival*, 1989	$60
Terence McKenna: (6) *Inner Visions, Future Vectors*, 1990	$60
Terence McKenna: (6) *History Ends in Green*, 1990	$60
Michael Murphy/Terence McKenna: (6) *Wellspring of Neo-Platonism*, 1990	$60
Joseph Chilton Pearce: (6): *Journey to the Heart*, 1990	$60
Rupert Sheldrake: (6) *Resonance and the Presence of the Past*, 1985	$60
Brother David Steindl-Rast: (6) *Approaches to Christian Mysticism*, 1987	$60
Father Bede Griffiths: (8) *Convergence of Religions*, 1983	$72
Terence McKenna: (8) *Collected Talks: Series I (1982-83) or II (1983-86)*	$72
Terence McKenna: (8) *The Esalen Scholar-in-Residence Series*, June 1989	$72
Joseph Chilton Pearce: (8) *Insight and Ecstasy*, 1981	$72
Colin Wilson: (8) *The New Analytic Philosophy*, 1967	$72
Colin Wilson: (8) *New Pathways in Human Evolution*, 1990	$72
Terence McKenna: (8) *True Hallucinations (A Talking Book)*, 1984	$80
Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$88
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-80 (Library)	$98

Please add $3 to your complete order for handling and mailing (add $3 more if you wish priority mail). Overseas orders add $1 per tape for mailing. California residents include 6¼% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment.) Allow 4 to 6 weeks for delivery.

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement. Dolphin Tapes is a private company independent of Esalen.

BIOGRAPHICAL INFORMATION

A

Ralph Abraham,
a mathematician, is known for his work in dynamics and chaos theory. He is a professor of mathematics and founder of the Visual Math Project at UCSC.
p. 27

Jeanne Achterberg,
professor at the Institute of Transpersonal Psychology, is a pioneering researcher in imagery. She is the author of Rituals of Healing; Woman as Healer; *and* Imagery and Healing.
p. 45

Ijalu Akanbe
has danced with Olatunji for twenty-five years and is dance captain of the Drums of Passion Dancers.
p. 19, 20

John Allen,
class "A" PGA member and former tour player, has been a teaching golf professional for over twenty years and a serious student of the inner game for the past five.
p. 17, 32, 40

Maurica Anderson
is studying the relationship between humor and mental health. She has led Esalen High Sierra wilderness trips for many years.
p. 26, 44

Anne Armstrong
has been doing transpersonal counseling for thirty years and has trained professionals to use their intuitive abilities.
p. 8, 29

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 8, 29

B

James Baraz
has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.
p. 11, 33

Leonard Bearne
has studied self-acceptance training with Richard Olney for several years. He practices gestalt, hypnosis, and Radix®.
p. 32

Mark Bender
is a licensed psychologist and marriage and family counselor. He has a private practice in cortical reeducation in Encinitas, California.
p. 28, 36, 43

Cynthia Johnson Bianchetta
is an artist, photographer, dancer, and minister-in-training for the Center for Spiritual Healing.
p. 11, 42, 45

Daniel Bianchetta,
longtime Esalen resident and workshop leader, is an intuitive counselor and a minister for the Center for Spiritual Healing. He is a student and teacher of meditation.
p. 11, 42

Judy Blackstone
is a dancer, meditation teacher, author, and counselor. She is the founder of The Subtle Self in Motion, a method for deepening experience through movement.
p. 30, 34

Stephen Book
is an international/Off Broadway/regional theater director and teacher. On the faculty at USC after a long tenure at the Juilliard School, he also heads his own professional studio in Hollywood.
p. 14

Joan Borysenko
is a medical scientist and psychologist. She is the author of Minding the Body, Mending the Mind *and* Minding the Spirit, Mending the Soul.
p. 37, 43

Myrin Borysenko,
a medical scientist and educator, is executive director of Mind/Body Health Sciences, Inc. He is working on a book about male spirituality.
p. 37, 43

Julie Bowden,
pioneer in the children of alcoholics (COA) field, is co-founder of the National Association for COAs. She co-authored Recovery: A Guide for Adult COAs *and* Genesis: Spirituality in Recovery.
p. 23

Carolyn Braddock
is a psychologist, consultant, and author in private practice in Lakewood, Colorado. She founded the Institute on Child Abuse and Neglect and trains professionals in the field of sexual abuse.
p. 22, 42

Luc Brebion,
a graduate of the University of Bordeaux, France, is a psychologist in private practice in Berkeley. He leads workshops on the experience of beauty as a way to self-knowledge.
p. 36

Char Pias Brenner,
dancer, singer, performing artist, massage teacher, and mother, is currently in residence at Esalen Institute.
p. 8, 42

Jessica Moore Britt,
gestalt and Reichian work practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development.
p. 15

Blanche Brown,
artistic director of the performing ensemble Roots of Haiti, has studied with Haitian dance teachers Serge St. Juste, Jean-Leon Destine, and Mona Estime-Amira.
p. 9

Kay Brownfield
has extensive training in gestalt and massage, and currently teaches psychosynthesis. She has a private counseling practice in Toronto.
p. 45, 46

C

Paul Carter,
cofounder of Meta Education and Training Arts, leads workshops around the world on Whole/Parts Transformation, Ericksonian hypnosis, creativity, and self-expression.
p. 21, 25

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 9, 18, 30, 33

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco.
p. 33

Carl Chase
is a body worker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft tissue manipulation.
p. 29, 43

Kenn Chase,
teacher of traditional Yang style t'ai chi ch'uan for twenty years, combines body alignment, sensory awareness, and breathing methods. He has studied with masters of t'ai chi, kung fu, and chi kung.
p. 35, 40, 43

Vicki Chase,
registered nurse, practices and teaches health promotion through exercise, nutrition, and relaxation methods.
p. 35, 43

Marlene Cresci Cohen,
is a psychologist and medical educator trained in hypnosis who works with family physicians in clinical training. She has been a student of the enneagram for ten years.
p. 29, 43

Stephen Cohen,
an Esalen resident, gestalt practitioner, and Experiencing Esalen staff member, is a longtime golf hacker.
p. 17, 32, 40

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 22

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Painting Experience Studio in San Francisco.
p. 33

Dale Cummings,
certified Radix® teacher and marriage and family counselor in private practice in West Los Angeles and Santa Cruz, is director of training for the Radix® Institute.
p. 14

D

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October; Cycles; River Notes; *and* Amber.
p. 11

Laura Day
has been a practicing intuitive for over a decade in the U.S. and Europe. She teaches intuitive skills for use in daily life and business.
p. 40

David Densmore
is an artist and writer and has been co-facilitator of Seeds of Singing for the past five years.
p. 36

Laura DeNuccio (Ma Prita)
is a certified Radix® teacher on the Esalen teaching staff with over fifteen years of experience combining gestalt, Reichian body work, vision work, movement, ritual, and meditation.
p. 17, 28, 34

Patrick Douce,
one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived part of the year in Bali, where he observes Balinese and other Indonesian "energetic" sciences.
p. 16, 26, 42

France Doyle
is a physician who specializes in cardiac disease and its prevention. She has studied the enneagram since 1981 and is trained in the use of eidetic imagery and Ericksonian hypnosis.
p. 29, 43

John Dudley
is a certified practitioner of Cortical Reeducation and a movement teacher with a background in Native American healing traditions.
p. 17

E

Diane Egli,
violinist and member of the Suzuki Association of America, teacher/performer, and Gazebo School/Park teacher at Esalen, was a California Arts Council "Artist in Residence." She has a master's degree in music.
p. 21

Lee Ehman
is a professor of education at Indiana University, a skilled masseur, and an experienced mountaineer.
p. 26, 44

Tom Elliott
holds a black belt in aikido and a degree in psychology. He is a national self-defense trainer and rape crisis counselor who is dedicated to both women's and men's empowerment.
p. 39, 43

F

Peter Finkelstein,
a psychiatrist, has studied with Irv Yalom and Bruno Bettelheim. He practices in Woodside and San Francisco, teaches at Stanford, and writes about emotional issues in doctors' training.
p. 18, 42

Jerry Fletcher
is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in San Anselmo, California.
p. 20

Kathleen Fletcher
is a trainer and consultant in organizational development, working in both the profit and non-profit sectors.
p. 20

Joyce Frazee,
a student of Buddhism, has been a gestalt and dream work practitioner in private practice for eighteen years. She is a teacher at the Gestalt Experiential Training Institute in Vancouver, Canada.
p. 38

G

Mariah Fenton Gladis,
gestalt practitioner and trainer, founded and directed the Bucks County Institute for twelve years. She is the director of the Pennsylvania Gestalt Center for Psychotherapy and Training.
p. 27, 28, 42

Herbert Gold
has published over twenty books, most recently Best Nightmare on Earth: A Life in Haiti; Travels in San Francisco; *and the novels* Dreaming *and* A Girl of Forty.
p. 10, 37

Mary Goldenson (Devarani)
is a chiropractor and certified Radix® teacher with a private practice in West Los Angeles. She has a doctorate in psychology.
p. 12, 17, 23, 34, 37, 45

Harriet Goslins
is the originator of the Goslin's method of Cortical Reeducation. She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, and social anthropology.
p. 28, 36, 43

Pierre Grimes,
a philosopher, founded the Noetic Society for the Study and Exploration of Platonic and Neo-Platonic works in 1967. He is the developer of the art of philosophical midwifery.
p. 9, 42

H

Robert Hall,
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for twenty-five years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 10, 18

Betty Halpern,
coordinator of Early Childhood Education, Sonoma State University, has extensive experience in a variety of school settings and grade levels with special interest in teacher development.
p. 19

Anna Halprin,
dance director of Tamalpa Institute and Steps Theater Company, works with people with life-threatening illnesses. She is creator of Circle the Earth *and author of* Movement Ritual.
p. 28

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 10, 12, 15, 18, 26, 29, 32, 34, 39, 44

Susan Harper
teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 15

Richard Strozzi Heckler,
psychologist and fourth-degree black belt in aikido, has worked with such diverse groups as the Army Special Forces, emotionally disturbed children, corporate executives, and inner city gangs.
p. 10, 21

Rachel Heller,
an Israeli artist who studied in Jerusalem, London, and New York, is creator of the method "Painting via Creative Dreams." She exhibits in galleries and museums in Israel and abroad.
p. 19

Gabriele Hilberg
has conducted workshops for health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 32

Edward Hoffman,
a licensed clinical psychologist in New York, has authored several books on Jewish mysticism, including The Heavenly Ladder, *and coproduced the video,* A Mystical Journey through the Hebrew Alphabet.
p. 29

Maria Lucia Sauer Holloman
has been a seminar teacher since 1982 in Brazil and the U.S.
p. 25, 42

Terry Hunt
is a licensed psychologist in Massachusetts specializing in bioenergetic analysis with ACAs and other addictive disorders. He is co-author of Emotional Healing.
p. 39, 43

I

Anne Clark Isaacs
is a licensed clinical social worker and a Reichian practitioner in private practice in Los Angeles.
p. 32

Joel Dweck Isaacs
is a Reichian practitioner in private practice in Los Angeles where he also directs a body-oriented training program for psychotherapists.
p. 32

J

Eli Jaxon-Bear
is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. He is past-president of a Tibetan Buddhist meditation center.
p. 11, 12, 35, 41, 42, 43

Jeffrey Jay,
a doctorate in clinical psychology, has a private practice and is on the clinical faculty of George Washington University Medical School. He has studied response to trauma for over twenty years.
p. 22, 42

Jerry Johnson
is a counselor to men in transition, a pastor, and broadcaster who has worked with men's issues for more than fifteen years. He is creator and on-air host of "Man to Man" (KCBS Radio, San Francisco).
p. 34

Ronald Wong Jue,
licensed clinical psychologist, has trained mental health practitioners in the use of altered states for the past fifteen years. He is past-president of the Association for Transpersonal Psychology.
p. 26, 42

K

Jon Kabat-Zinn,
associate professor of medicine, researches mind/body interactions in healing and the clinical application of mindfulness meditation for people with chronic pain and stress-related disorders.
p. 40, 43

Norman Katz
is director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe.
p. 20

Melissa Kay,
writer and editor in the field of religion and ritual, is a student of the work of Rudolf Steiner. She has been working with Paul Rebillot since 1978.
p. 30, 31

Sam Keen
is the author of ten books, including The Passionate Life *and, most recently,* Faces of the Enemy.
p. 14, 26

George Kohlrieser,
a psychologist with an international practice, researches and applies attachment and separation theory to relationships, psychosomatic illness, violence prevention, and hostage negotiations.
p. 29, 30, 43

Marilyn Harris Kriegel
is a licensed marriage and family counselor, author, and gardener. She is currently writing a play about women, aging, and relationship.
p. 45

Mari Krieger
has been a counselor for the past twenty years. She is currently learning to enhance her own healing while struggling with a life-threatening illness.
p. 35

Susan Kuttner
is an organizational consultant and trainer who specializes in marketing and communications.
p. 29

L

Stephen LaBerge
is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious, or "lucid," dreaming at Stanford University.
p. 13, 30

George Lakey
has been involved in neighborhood renewal programs, state legislative coalitions for economic conversion, the civil rights movement, and international non-violent direct action campaigns.
p. 20

George Lakoff
is a professor of linguistics at UC Berkeley and an expert on metaphor.
p. 35

Frank Lawlis,
a diplomate and elected Fellow of the American Psychological Association, is president of the Institute of Transpersonal Psychology. He specializes in behavioral medicine.
p. 45

Dianne Lawrence,
a performer and professional painter, teaches at the Art Center School of Design in Pasadena and has taught at various correctional institutions around southern California.
p. 9, 45, 46

Scott Layton
is a graduate of the Shambhala training at Naropa Institute and is a senior teacher for the Ridhwan Work School.
p. 15

Janet Lederman
is executive director and designer of Esalen's Gazebo School/Park and Gazebo philosophy of learning.
p. 19, 45

Marc Lehrer
teaches clinical hypnosis and biofeedback nationally and internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, CA.
p. 20

Dub Leigh,
longtime body work practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye roshi.
p. 23, 24, 42

Annie Styron Leonard
is a founder of the Energy Training Institute in Mill Valley, California, and an aikido black belt.
p. 12, 25, 33

George Leonard
is a third-degree aikido black belt, founder of Leonard Energy Training (LET), and author of The Silent Pulse; Adventures in Monogamy; *and* Walking on the Edge of the World.
p. 12, 25, 33

Master Share K. Lew,
age seventy-two, is a temple-trained Taoist priest from southern China with over half a century's experience in Taoist health practices and healing arts.
p. 30

Karuna Licht
is an artist and counselor interested in healing the heart and living creatively.
p. 45, 46

Mark Lipton
is chairman of the Management and Urban Policy Department at the New School for Social Research in New York City. He teaches leadership and group behavior, using the Myers-Briggs indicator.
p. 14

Elisa Lodge
comes from a professional acting background and is a certified Rolf movement teacher. She assists people in the creative process through the expressive arts.
p. 12, 33

Paul Lounsbury
has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.
p. 19

Viatcheslav (Slava) Loutchkov
is a Soviet psychologist currently working in the U.S. He is a Harriman Fellow and has a MacArthur grant to study psychology and perestroika. He is project director for SAEP's Psychology Project.
p. 20

Amory Lovins
is a physicist, author, lecturer, and consultant active in energy policy in some thirty countries. He directs research at Rocky Mountain Institute (Snowmass, Colorado).
p. 24

Francis Lu
is an assistant clinical professor of psychiatry at the University of California, San Francisco, with interests in film and transpersonal psychology.
p. 16

Til Luchau,
certified Rolfer and massage practitioner, teaches massage and other body practices at the Rolf Institute, the Boulder School of Massage Therapy, and the Colorado Outward Bound School.
p. 45

Nancy Kaye Lunney,
formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen.
p. 18, 27, 40

Kathryn Lydecker
is a senior associate of the Lomi School, where she has led workshops and facilitated groups for the past eleven years. She is in private practice in Santa Cruz, California.
p. 12

Joyce Lyke
is a gestalt awareness teacher at Esalen with a private practice in Monterey. She is also a teacher in training with the Ridhwan Work School.
p. 15, 26, 35, 42, 43

M

Helen Malcolm-Neeb,
artist, consultant, and teacher, works with a visionary consulting team designing strategic, long-range vision paintings for individual clients and Fortune 500 corporations.
p. 10

Peller Marion
is a psychologist and international career management consultant. She is president of Peller Marion Associates, an executive outplacement and performance coaching corporation in San Francisco.
p. 11, 35, 42, 43

Dean Marson
is a member of the Esalen massage crew. His interests include subtle body work and methods of self-care.
p. 8, 40, 42, 43

Robert McDermott
is president of the California Institute of Integral Studies in San Francisco. Previously he was professor and chair of the Department of Philosophy, Baruch College, CUNY.
p. 16

Terence McKenna
authored True Hallucinations *and* Timewave Zero. *He is a psychoactivist interested in the role that hallucinogenic plants play in forming human languages and cultures.*
p. 11, 39

Sue McKibbin
is an organizational anthropologist who consults, conducts seminars, and produces films on the spirit in business and alternative organizational paradigms.
p. 38, 43

Deborah Anne Medow,
Esalen leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 29, 38, 43

Donald Michael,
professor emeritus of planning and public policy and professor of psychology at the University of Michigan, is the author of On Learning to Plan and Planning to Learn.
p. 36

Jane Miletich,
twenty-five-year resident of Big Sur and an Esalen body worker for fifteen years, teaches Hatha Yoga and t'ai chi and is the teacher/organizer of the Esalen community biannual diet cleansing program.
p. 33

Amy Mindell
helped develop process-oriented psychology in the areas of ethics, philosophy, and dance. She is in private practice in Portland, Oregon, and has taught worldwide.
p. 23, 42

Arnold Mindell,
author of Dreambody; Coma; *and* The Year I, *is a leader of the Global Ring Conflict Resolution Center in Yachats, Oregon. He is in private practice in Portland.*
p. 23, 42

Patricia Monighan-Nourot,
assistant professor of education, Sonoma State University, is co-author of Looking at Children Play. *She's a former elementary school teacher and teacher-director of a parent cooperative preschool.*
p. 19

Patricia Moore
has worked with organizations and individuals on strategic change and transition for the past twenty years. She incorporates her spiritual studies into her life and work.
p. 38, 43

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 17, 40, 41

Arthur Munyer,
a member of the Esalen massage crew, is a trigger point specialist and longtime body work practitioner trained by Dub Leigh and Lauren Berry.
p. 16, 37, 42, 43

Laurie Schutz Munyer,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has also led parent-infant workshops.
p. 14, 40, 42, 43

N

Robert Nadeau,
an aikido master, has been a leading exponent of energy awareness at Esalen since the 1970s.
p. 29, 43

Audrey Nakamura
was trained by Hawayo Takata, Dub Leigh, and Tanouye Tenshin roshi. She has been a practitioner for sixteen years.
p. 23, 24, 42

Nichols Expeditions
has been owned and operated by Chuck and Judy Nichols for twelve years. They offer small, personal trips with a commitment to providing the highest quality adventure.
p. 32, 44

O

Babatunde Olatunji,
master percussionist from Nigeria, has performed internationally for over thirty years and is known for his album Drums of Passion. *He is an authority on African religion.*
p. 19, 20

Richard Olney
studied with Alan Watts, Fritz Perls, and Alexander Lowen, and has been influenced by the eidetic imagery work of Akhter Ahsen. He has led self-acceptance trainings in the U.S. and Europe.
p. 32, 35

Peggy O'Mara,
a poet and the mother of four children, ages 9–17, has been the editor/publisher of Mothering *magazine for eleven years.*
p. 20

Dean Ornish,
physician and author of Dr. Dean Ornish's Program for Reversing Heart Disease, *is assistant clinical professor of medicine at UCSF School of Medicine.*
p. 34, 43

Susan Osborn
was the lead vocalist for the Paul Winter Consort for ten years. She has a twenty-year career of concerts, recordings, and song-writing and has been teaching Seeds of Singing for the past eight.
p. 36

Kathleen O'Shaughnessy
has been involved for twenty years in body/mind disciplines and for twelve years with the major psychological practices, transpersonal crisis, and the shamanic outlook.
p. 12, 19, 29, 42, 43, 45

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager℠ training and gestalt awareness work with the personal energetic connection of the Esalen massage.
p. 16, 40, 42

P

Karen Paine-Gernée,
co-author of Emotional Healing *and pioneer in the treatment of ACoAs, is at work on a new book on secrets. She is also a parent and an artist.*
p. 39, 43

Helen Palmer,
a practicing intuitive for eighteen years, directs the Center for the Investigation and Training of Intuition and is a graduate faculty member of John F. Kennedy University.
p. 18, 37

Wendy Palmer,
faculty member of the Center for the Investigation and Training of Intuition, holds a third-degree black belt in aikido and is co-founder of Tamalpais Aikido and International Movement Arts Center.
p. 34

Laurie Lioness Parizek,
a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 14, 41, 42

Joseph Chilton Pearce,
a former humanities professor, is the author of five books about childhood and human development. His lecture tours included an extensive stay at the Jungian Institute in Zurich in 1986.
p. 37

Lorraine Peters,
hearing-impaired since birth, uses American Sign Language personally, and professionally as a rehabilitation counselor in San Francisco. She is also a sign language performer for women's music.
p. 14, 42

Ayala Pines
is a licensed psychologist in private practice specializing in work with couples. She is the author of Keeping the Spark Alive *and the forthcoming* The Shadow of Love: Jealousy.
p. 16, 36

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 10, 15, 33, 40, 42, 43

Carol Proudfoot-Edgar
was a counseling psychologist at UCSC for seventeen years. She currently writes and leads workshops on Native American teachings, community development, and women's issues.
p. 33, 43

Jill Purce
is author of The Mystic Spiral. *She investigated the mystical dimension of sound with Karlheinz Stockhausen and the magical use of the voice and overtone chanting with Tibetan lamas.*
p. 32

Johanna Putnoi,
a senior associate of the Lomi School, has studied Feldenkrais®, aikido, and Continuum dance. She has a private practice in Palo Alto, where she is also director of Body Therapy's massage program.
p. 1[illegible]

Q

Janet Quinn,
associate professor of nursing and scholar-in-residence at the University of Colorado, conducts Therapeutic Touch research and has given TT workshops since 1976.
p. 25, 42

R

Paul Rebillot,
a group leader at Esalen for sixteen years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 30, 31

Tracey Rich
has earned the title "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally.
p. 9

The Ridhwan Work School Faculty
is dedicated to the discovery, development, and preservation of the human essence.
p. 13

Sogyal Rinpoche,
an incarnate lama, scholar, and meditation master from Tibet, prominent in the West, is an authority on the traditional knowledge of The Tibetan Book of the Dead.
p. 16, 42

William Pennell Rock
is founder-director of Origins, a workshop process for creating and performing contemporary myths. He has lectured, led workshops, and directed productions in Europe, Asia, and the U.S.
p. 46

Nancy Rosanoff,
based in New York, works as a psychic, teacher, counselor, and corporate consultant. She is the author of Intuition Workout.
p. 37, 43

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of Body, Self, and Soul.
p. 17, 40, 41

Jackie Rosin
is a licensed psychologist in private practice in Topanga, California. She trained with Harry Sloan and has a background in Integrative Body Psychotherapy.
p. 45, 46

Gabrielle Roth
is an artist, teacher, and healer. She is the founder and artistic director of the American Ritual Theater Lab and its rock band and theater company, "The Mirrors."
p. 32

Ilana Rubenfeld,
twenty-five-year pioneer in the body-mind-spirit field and originator of Rubenfeld Synergy Method, is a certified teacher of Alexander Technique and Feldenkrais® and is a gestalt practitioner.
p. 24, 25

Gordy Ryan
has roots in the Big Sur Primitive Jazz Society and has studied and performed with Olatunji for seventeen years.
p. 19, 20

S

Stephano Sabetti,
founder of the Institute for Life Energy® and the Life Energy Process℠, has a doctorate in psychology and is an acupuncturist. He is also an organizational consultant.
p. 33

Yoshi Sakuyama
is a sixth-degree black belt in Shorinjo Kempo, a modern Japanese martial art rooted in Zen Buddhism.
p. 27

Robert Sanoff,
a senior associate of the Lomi School, has led workshops and trainings in personal growth for the last eleven years. He has been in private practice since 1976, currently in Santa Rosa, California.
p. 12

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 8, 10, 15, 21, 22, 29, 35, 36, 39, 46

Stephen Schoen,
psychiatrist and gestalt trainer, teaches courses in the U.S. and Europe on the spiritual dimension of psychotherapy, based on his book, Presence of Mind.
p. 20

Ailish Schutz
has an extensive background in body work and holistic health. She has been conducting The Human Element with Will Schutz for five years and serving as CEO of Will Schutz Associates for the past six.
p. 15

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, a set of training materials for organizations. He is the author of Joy and Profound Simplicity.
p. 15

John Scovel
has studied and played traditional drums for fourteen years for ceremonial functions, dance companies, and schools.
p. 9

John Seed
is founder and director of the Rainforest Information Center in Australia. He has been involved in direct actions which have resulted in the protection of the Australian rainforests since 1979.
p. 38

Maggie Seeley
is an organizational development and management consultant from Santa Fe. She is certified and has used the Myers-Briggs Type Indicator in personal and organizational counseling for ten years.
p. 14

Phyllis Shankman
is a licensed counselor in West Los Angeles. She teaches at Ryokan College and has been leading groups at Esalen for over twelve years.
p. 9, 45

Paula Shaw
has been a professional actress and teacher for over twenty years. She conducts in-house workshops for Esalen staff and work study programs in creativity, well-being, and self-expression.
p. 21, 23

KATHLEEN THORNOD CARR

From across the canyon, the Big House and steps leading to the beach below (1983)

Rupert Sheldrake
is a biologist. Formerly a research fellow of the Royal Society at Cambridge University, he is the author of A New Science of Life; The Presence of the Past; *and* The Rebirth of Nature.
p. 31

David Shire,
an Oscar winner for his work on Norma Rae, *has composed music for Broadway* (Baby), *Off Broadway* (Closer than Ever), *and numerous films and television movies.*
p. 27

Leonard Shlain,
a San Francisco surgeon, began lecturing on the connections between evolution, consciousness, art, and physics ten years ago. He is the author of Image and Insight.
p. 18

Fred Shoemaker,
an inner game teacher and golf professional, is a former golf coach at UCSB and has written about the inner game for Golf *magazine.*
p. 17, 32, 40

Julian Silverman,
a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe.
p. 45

David Silverstein
is a Reichian practitioner and longtime Esalen group leader. He is currently a teacher-in-training with Hameed Ali from the Ridhwan Work School.
p. 26

Fritz Smith
is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure.
p. 21, 29, 42

Gerald Smith
is a licensed psychologist in private practice in Belmont, California. He has authored two books on relationships, Couple Therapy *and* Hidden Meanings, *and has led workshops at Esalen for twenty-three years.*
p. 37

John Soper
is a gestalt practitioner with a background in international business.
p. 46

Gena Louise Sorensen
is a licensed counselor in private practice in San Jose and Berkeley, California. She holds an adjunct certificate as a Radix® teacher and is a teacher-in-training in the Ridhwan Work School.
p. 14

Kathleen Riordan Speeth
is a psychologist in New York and California whose interests include Bach, Rilke, roses, Flemish primitive painting, and object relations. Her published works include The Gurdjieff Work *and* Generativity.
p. 26

Mary Speidell,
a licensed clinical social worker, uses an approach that emphasizes emotional experiences and changes in cognitive patterns. She has been in private practice for eight years.
p. 39, 43

Paul Speidell,
a clinical psychologist, began his training in gestalt practice over twenty years ago. He draws from various approaches, emphasizing emotional experiences and changes in cognitive patterns.
p. 39, 43

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on five continents. He is concerned with the spiritual challenges of our time.
p. 15, 16, 20

Allan Stinson,
of the Tamalpa staff, is a writer and performer who has worked in television, radio, and theater in the U.S. and abroad. He was co-author, with Anna Halprin, of the Circle the Earth *manual.*
p. 28

Elizabeth Stratton,
pastoral counselor and healer in private practice in New York City, leads workshops in self-healing and a two-year training program for healers entitled "Awakening the Healer Within You."
p. 23, 24, 42

David Streeter,
a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. He previously lived as a Camaldolese monk.
p. 22, 27, 33, 42, 43, 45

T

Yao Tamakloe
studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.
p. 19, 20, 35

Irene Terestman,
a labor and delivery nurse, is the founder and coordinator of both the sibling and grandparenting programs at Alta Bates Hospital in Berkeley. She has studied the enneagram for ten years.
p. 29, 43

Mary Tesoro,
a certified Leonard Energy Trainer, holds a black belt in aikido and is a self-defense trainer whose work embraces issues of health and human potential. She edits and publishes a newsletter on women's empowerment.
p. 39, 43

Rita Thangaraj
has taught massage, movement, and meditation since 1978. She has a master's degree in counseling and body psychology; her work incorporates deep tissue release, Trager, and massage.
p. 12, 19, 42

Lia Thompson-Clark
is director of the Early Childhood Center at Kenyon College and adjunct faculty at NCT College in Mansfield, Ohio. She is a former director of Gazebo School/Park.
p. 19

Vicki Topp,
currently the faculty coordinator for the Esalen massage staff, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 19, 42

Karen Turner,
author, teacher, and counselor, specializes in mid-life transitions and spiritual emergence. She has been working for over twenty-five years combining mysticism, shamanism, and psychology.
p. 35

U

Joan Ullyot,
physician and sports psychologist, is a competitive runner, U.S. record-holding marathoner, and author of Women's Running *and* Running Free.
p. 34

V

Attila Vaas
has been a member of the Esalen massage staff since 1976. His skills include polarity, acupressure, and Esalen's free-form style of massage.
p. 40

Antoinette Varner
is an acupuncturist, herbalist, and movement teacher whose work integrates cognitive learning, the body, and spiritual experience.
p. 11, 12, 35, 41, 42, 43

Steven Vazquez,
a medical psychologist in practice in Fort Worth, Texas, is a teacher in the field of exceptional physical healing and is founder of Confluent Somatic Therapy.
p. 28, 42

W

Judyth Weaver,
Reichian counselor and teacher of t'ai chi ch'uan and sensory awareness, holds a doctorate in psychology. She is a longtime student of Buddhism and Taoism and studied in a Zen monastery in Japan.
p. 32, 43

Ganga White,
internationally-known teacher and master of yoga, is author of Double Yoga *and has received the titles "Yoga Acharya" and "Yograj" in India.*
p. 9

David Whyte,
poet, storyteller, and world traveler, is the author of two books, Songs for Coming Home *and* Where Many Rivers Meet. *He teaches throughout the U.S. and Britain.*
p. 26

Nancy Winston
is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.
p. 19

Nina Wise
is a performance artist who creates autobiographical and fictional pieces. Her multi-media works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships.
p. 30

Z

Ruth Zaporah,
performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a recipient of a National Endowment for the Arts Choreographer's Fellowship.
p. 39

Ofer Zur
is a clinical psychologist and on the core faculty of the California Institute of Integral Studies in San Francisco. He has three children.
p. 28, 42

ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see General Information, page 58, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Scholarship information is listed on page 6. If you wish to request a scholarship, please check the appropriate box:

☐ **Standard Scholarship** ☐ **Other Scholarship**

If you need more information, please refer to the inside front cover for Esalen's phone numbers and office hours.

Name of Registrant (Please Print) _____ Sex M ☐ F ☐

Address _____

City _____ State _____ Zip _____

Home Phone: (____) _____ Work Phone: (____) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

_____

If you can't be reached, please call us before your scheduled arrival for final confirmation. Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.

Please mark your first and second choices for housing after referring to pages 6-7 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

☐ Check for standard accommodations, if available.

☐ Check for bunk bed room, if available.

☐ Check for sleeping bag space, if available.

Write here the name(s) of any person(s) with whom you wish to room.

_____

Workshop Date	Leader's Name	Fee

Passenger Van Service:
I want transportation from (check one):

☐ Monterey Greyhound Bus Station at approximately 3:45 PM

☐ Monterey Airport at approximately 4:00 PM on _____

(date of arrival, Fridays and Sundays only).

The $25 per person charge (subject to change) is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

Other Notes:
All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

If you would like to become a Friend of Esalen, see page 47.

All workshop reservations require full payment or **non-refundable** deposits, in which case the balance becomes payable at time of check-in. See page 58.

Workshop Deposits Enclosed (Refer to page 58): _____

$5 Catalog Contribution (Optional): _____

Subtotal: _____

Less any discount, if paying in full only:
(Prepayment or Senior, see page 6) _____

Total Amount Enclosed: _____

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks or credit card information must accompany the reservations form. Or, you may **fax** this form to us at **(408) 667-2724.** If you do so, *you must include payment via one of the credit cards below.*

Your reservations can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No. _____ Exp. Date _____

Authorizing Signature _____

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation. Please review your confirmation for accuracy.

FOR OFFICE USE ONLY

DEPOSIT AMT.		CIRCLE DEPOSIT	CC CK CA SUS	
CIRCLE IF IN RES. BK.	YES	INITIALS OF WHO DID RES.		
DATE REC.	DATE TYPED		INITIALS TYPED RES.	

GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 57. Our address, phone numbers, and reservations hours are on the inside front cover. Since workshops fill quickly, it is advisable to sign up as early as possible, preferably a month in advance. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$100	19 to 21 days:	$400
5 to 7 days:	$200	More than 21 days:	$500
12 to 14 days:	$300		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 6 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you. Workshop fees cover tuition, food, and lodging. Rooms and bathrooms are shared by two or more persons. Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail or fax your reservations. *Our fax number is (408) 667-2724*. Fax the enclosed form and include your credit card information. (The Esalen fax line is for business purposes only, not personal correspondence.)

If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your charge card when you call. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service. NOTE: Room and Board reservations must be made by phone, not by fax machine.

Cancellation and Refund Policy: If you cancel at least five full days before the start of your workshop, your deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy. See page 44.)

If you have applied for a scholarship and we *are unable* to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we *are able* to give you assistance and you cancel your reservations as above, we will return your deposit, less a $30 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within the next year. If you cancel with less than five days' notice, you forfeit your deposit.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see page 6.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Sunday and end with lunch on Friday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School/Park: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

For your safety: Please bring a flashlight for use at night while walking on the grounds.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For further information, contact the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

STEVE BECK

■ Esalen Institute is a center to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

Esalen Institute
Big Sur
California 93920

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THE ESALEN CATALOG

SEPTEMBER 1991 — FEBRUARY 1992

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Esalen Institute, Big Sur, CA 93920

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General Information: (408) 667-3000
Fax Line (Esalen business only): (408) 667-2724

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& Saturday 10 AM to 3 PM
Wednesday 10 AM to 12 Noon
Friday 10 AM to 5 PM
Sunday 12 Noon to 5 PM

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Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

The *Esalen Catalog* is printed on recycled paper.

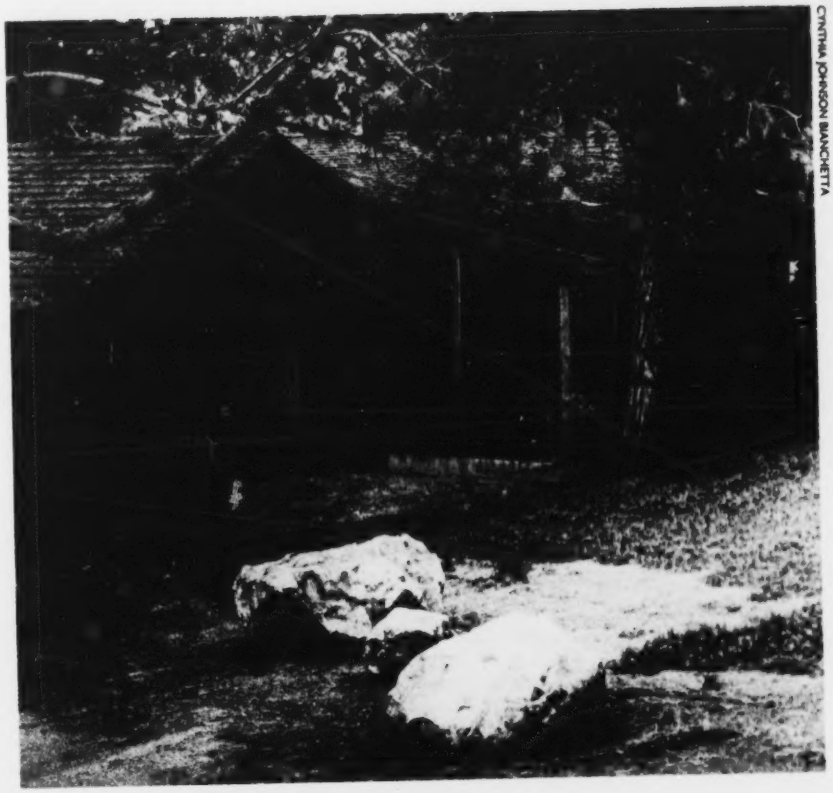
PLATE LVII

ESALEN NOTES

GROUP RESERVATIONS FOR THE BIG HOUSE

As featured in the May-October 1991 catalog, we are now scheduling workshops in our newly renovated Big House. This facility is available to groups of individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms accommodating up to twenty individuals, ten bathrooms, a kitchen, dining room, and living room make it possible to house group members together, thereby enhancing the retreat environment.

To schedule a group or discuss possible formats, please contact Candida Condor, program coordinator, (408) 667-3052.



CYNTHIA JOHNSON BIANCHETTA

NEW PROGRAM ON HUMAN POTENTIAL AND ECOLOGICAL DESIGN

The Farallones Institute has been creating models of ecologically stable, resource-conserving environments for twenty years. Its Integral Urban House in Berkeley and Rural Center in Occidental have pioneered models demonstrating new concepts in solar design, water conservation, waste recycling, and energy production. Esalen Institue, in cooperation with the Farallones Institute, is offering a series of programs that explore the coevolution of personal and planetary health, culture, consciousness, and design. The first two workshops, listed in this catalog, are scheduled for November 8-10 and January 31-February 2. Please turn to Esalen Seminars for more information.

FRIENDS OF ESALEN QUARTERLY NEWSLETTER

The Friends of Esalen Newsletter is for and about the extended Esalen community. Published quarterly, it covers current events that we can't keep up with in the Catalog. Deborah Miller, coordinator of the Friends of Esalen, is its editor.

Through membership contributions, Friends of Esalen support the scholarship fund, the newsletter, and other projects. In return, they receive the *Esalen Catalog* three times a year and the quarterly newsletter, and are invited to workshops designed specifically for them (see Esalen Seminars, December 1-6). If they wish, they are included in a directory. Currently there are Friends in twenty-two countries. The aim of the Friends of Esalen is to reach out to the expanding Esalen worldwide network. If you would like to join us, please complete and return the membership form on page 43.

UPCOMING ESALEN CATALOGS

The *Esalen Catalog* has celebrated milestones since the Institute's founding and has pointed to emerging issues of interest. In upcoming catalogs we will feature the work of Robert Bellah and his forthcoming book, *The Good Society*, and the work of Frederick Spiegelberg, professor emeritus of comparative religion at Stanford University and fondly regarded as the godfather of Esalen Institute. These two individuals, among others, continue to shape ideas and probe new possibilities for the decade ahead (and beyond).

INSTITUTE OF TRANSPERSONAL PSYCHOLOGY OFFERS EXTERNAL MASTER'S DEGREES

Work students now have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
250 Oak Grove Ave.
Menlo Park, CA 94025
(415) 326-1960

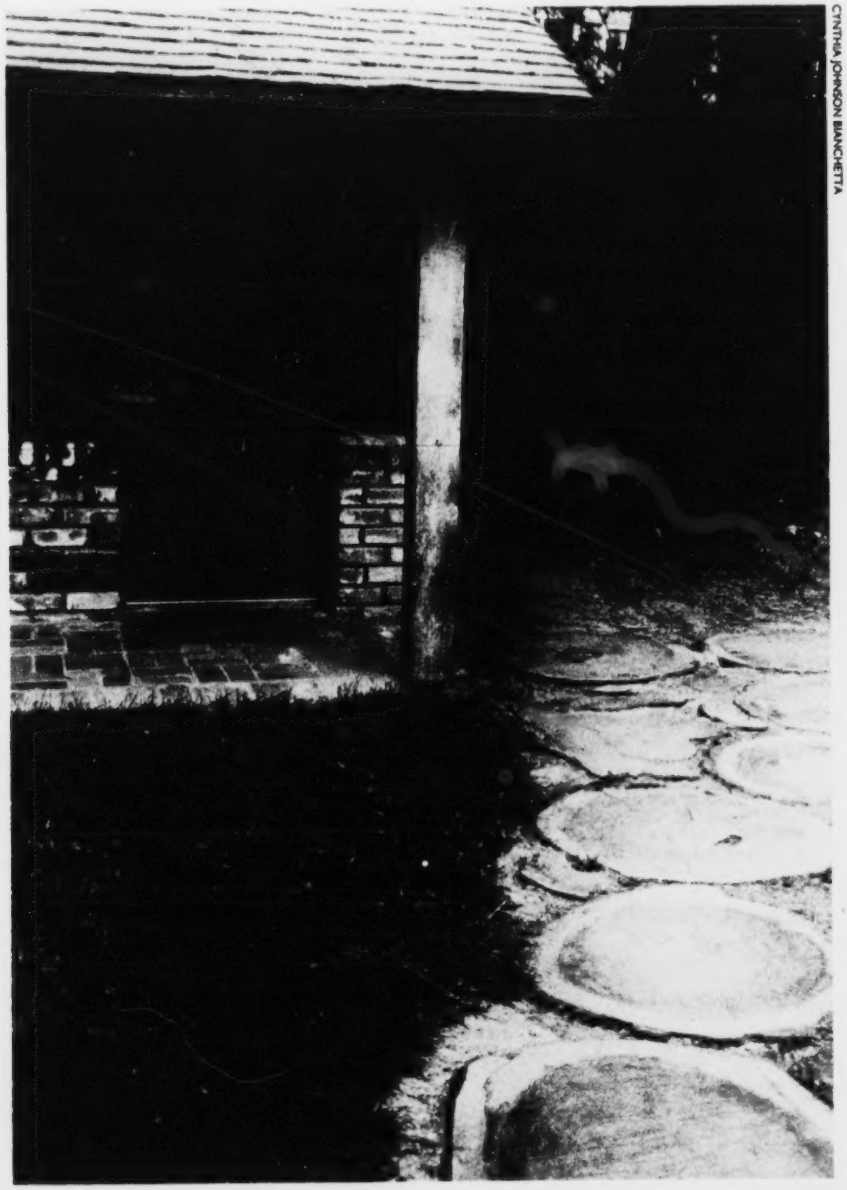
For more information on the Esalen Work Study Program, see pages 42-43

■ INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Currently scheduled programs and their conveners are listed here.

November 3–8
The Psychology Project of the Soviet-American Exchange Center

This conference will bring together twenty leading Soviet and American psychologists to discuss two of the psychology project's upcoming publications: 1) a Russian/English English/Russian encyclopedic dictionary, and 2) a book of reviews that looks at the history and future of several fields in Soviet psychology, projecting the effects of changes taking place in the society as a whole.



CYNTHIA JOHNSON BIANCHETTA

December 13–15
Esalen Community Invitational Conference

Each year at this time Esalen offers a local interest group the opportunity to come to Esalen for five days. Conferences to date have brought together emergency medical technicians; various ecology groups in the Big Sur area; and people from San Louis Obispo to Monterey who work with AIDS patients. These conferences give people with special interests the opportunity to meet each other and form their own support groups. The focus of this year's conference will be decided at a later date.

December 15–20
Ecological Transformation

Coordinated by the Esalen Ecology Group

This conference will bring together environmentalists and activists to explore the confluence of ecological, cultural, and personal transformation, with focus on a local project.

January 5–10
Somatic Therapy and People of Color

Convened by Clyde Ford & Don Hanlon Johnson

This invitational conference will cover a number of topics of concern to people of color in the somatics field: 1) the somatic reality of oppression; 2) somatic psychology and people of color; 3) discrimination in the somatics field; 4) attracting people of color to somatics; 5) the contribution of non-white traditions to somatics.

February 2–7
Soviet-American Leadership Conference

Cosponsored by the Soviet-American Exchange Center & the Foundation for Social Innovations

Moderated by Gennady Alferenko, Founder/Chairman of the Foundation for Social Innovations, USSR & Slava Loutchkov, Vice President of the Soviet-American Exchange Center and Director of the Center's Psychology Project

This conference will bring together young Soviet and American political leaders from various ethnic groups and political affiliations. It will examine possibilities for change in human values as the Soviet Union undergoes its transition from an authoritarian system to civil society.

WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The *Experiencing Esalen* workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on pages 42-43. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

With the completion of the Big House renovation in June, we can now accommodate groups of people in a single facility. The Big House provides meeting rooms, ten bedrooms with twenty beds, a kitchen for meal preparation, and a dining area. We invite people who work together on a regular basis, be they corporate, government, legal, artistic, or familial groups, to design a workshop according to their own needs, using Esalen resources and catalog faculty. Participants also have access to other Esalen amenities, including massage, the hot springs, swimming pool, and bookstore. Reservations for the Big House must be made at least nine months in advance. For more information contact Candida Condor, (408) 667-3052.

Finally, there are other events which enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. And, there is a community event schedule that is offered; please check the bulletin board for details when you arrive.

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen or cabins) as follows:

	Assistance	Work
Weekend	$50	4 hours
5-7 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If this arrangement is desired, please check "Standard Scholarship" on the reservations form. If additional assistance is needed, please check "Other Scholarship" and write a brief note of explanation (type or print). If a scholarship is approved, it will be noted on your confirmation. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservations form on page 54, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for Wilderness Programs or the Work Study Program.)

Family Rates: A family of three or more may be housed in standard accommodations at the regular rate for three. The only additional charges per person beyond the two or three full-paying occupants are meal costs: Breakfast, $5; Lunch, $6; Dinner, $8. A child's plate (age 6 and under) is available at half-price. If the non-full-paying family members are enrolled in Gazebo School/Park or an Esalen workshop, additional fees are required. Contact Gazebo, (408) 667-3026, for information regarding their fees.

Standard Accommodations: This is shared housing with two or more persons per room. In some cases, bathrooms are shared. Couples will always be housed in doubles. The rates listed with the workshop descriptions throughout the catalog refer to these shared, standard accommodations. Please review the information below for other housing options.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" on this page as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1025	$675	$350

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$780	$500	$280

Sleeping Bags: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.

$535	$350	$185

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is not refundable or transferable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please

call no sooner than the Sunday before. The following rates are per person, per day.

Weekday (Sunday through Thursday nights)	(2 or more days)	Weekend (Friday and Saturday nights)
Standard Accommodation (2 or 3 per room):		
$95	($80)	$115
Bunk Bed (4 or more per room):		
$75	($65)	$80

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable for them, either wearing a swimsuit or not, and emphasize that the environment at Esalen is one of personal sanctuary and respect for the human body.

The Gazebo School/Park Early Childhood Program

The Gazebo School/Park Early Childhood Program is now available to seminarians. Please phone for your child's reservation so that we may provide the kinds of services you will require while attending your own workshops. Call the Gazebo Farmhouse, (408) 667-3026, between the hours of 9:30-11:30 AM for more information.

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, massage.

PHOTOGRAPHER UNKNOWN

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 42-43.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 40-41.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. Please see the insert for a partial listing of the books we carry and for ordering information, or call (408) 667-3049.

ESALEN SEMINARS

STEVE BECK

Week of September 1–6

Golf in the Kingdom... an exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.—Michael Murphy, (Shivas Irons) *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It may be experienced not simply as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

In these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two of the days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Michael Murphy, *Golf in the Kingdom* (Dell); Timothy Gallwey, *The Inner Game of Golf* (Random House).

$675 (plus green fees paid directly to the leaders)

Heartbeat

Gabrielle Roth

Heartbeat is a shamanic journey into shadow country, into the land of forgotten feelings. It is a journey to reclaim the power of loving—yourself, others, and the planet we inhabit. Rooted in Gabrielle Roth's cathartic form of dance, this workshop is an introduction to her method of exploring and transforming the core emotions. The work is about feelings—your feelings. The work is about the heart—your heart. Come and dance to its beat. $675

Living Meditations

Judyth Weaver

In our busy lives we do so much—but how do we do it? Are we fully aware of our actions and the consequences of what we do? Are our actions as appropriate and responseable as they could be? Could our lives be easier or more energetically economical? What are we doing to/with ourselves, and how does that affect us and others, our health, our relationships, work, longevity, our well-being?

This workshop encourages participants to "tune in" and become more aware on many levels of how they live. The work is experiential; through awareness of breath, self, and each other, and by focusing on everyday activities such as walking, sitting, standing, touching, and the processing of such as desirable, participants develop a fuller sense of mindfulness. This direct study of one's expe-

rience provides a practice ground for change and can suggest how to go about it. Such awareness of personal needs and desires can increase one's chances for becoming a fuller, more realized, happier, and healthier human being.

C.E. credit is available for nurses; for more information see pages 40-41. $675

An Intimate Community: Caring and Conflict

Joel Dweck Isaacs & Anne Clark Isaacs

The leaders write: "Our goal in this workshop is to help each person touch their deepest place of longing to be whole. Starting from this inner place, we will strive for group interactions of the same quality. Together, participants and leaders alike, the risks we take in knowing and revealing ourselves create an intimate community.

"Feelings provide self-knowledge, depth, and pleasure, especially when they flow freely. Relating to others is most gratifying and growthful when these feelings are expressed openly and directly. We will work to realign the point of balance where the hope for contact and love is often countered by the fear of being engulfed or abandoned. We will explore ways to expand our options beyond isolation or giving up oneself to be close."

The leaders have worked together for over a decade, sharing a commitment to relationship and community. Their training in numerous disciplines allows them to tailor each workshop to the needs and desires of the participants. They use Reichian emotional release, group process, play, nurturing, confrontation, and healing energy, and have an appreciation of the spiritual nature of self and relationship. When asked to characterize intimate relationship, one of them exclaimed, "It's heaven and hell!" This workshop aims toward easier access to heaven and shorter times in hell. $675

September 2–7

Path of the River: A Salmon River Journey

Steven Harper & Nichols Expeditions

For workshop description see Wilderness Programs, page 39. $750

Weekend of September 6–8

Inner Sound and Voice

Jill Purce

This is a workshop of practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the Self and release an untapped source of energy.

Participants will work with the psycho-physical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance, to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures, including trance music, Mongolian and Tibetan overtone chanting, and other methods. $350

Week of September 8–13

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as base camp, the group will explore different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $675

Self-Acceptance Training: Advanced

Richard Olney & Leonard Bearne

This workshop is basically experiential, but time will also be given to theoretical and didactic considerations of interest to professional therapists. Please refer to September 22-27 for complete workshop description.

Please note: Due to the time given to the didactic material in this advanced workshop, not everyone will have a chance to work personally with the leaders. $675

The Art of Receiving

Gabriele Hilberg

This culture makes it difficult to receive gracefully. Many of us learn early in life to equate receiving with weakness, helplessness, and dependency. One source of difficulty originates from a deep-seated belief that we do not deserve the love, attention, praise, or affection that is offered. Another stems from a fear of being obligated by the other person's expectations. Our willingness to receive brings greater honesty to our desire to give to others. The openness to receiving allows us to fully experience our relationship with another person, opens our hearts to the love and compassion of others and, in times of crisis, enables us to reach out for help.

Participants in this workshop will examine the beliefs and expectations that created their internal blockages and will learn new ways of receiving wisely, gracefully, and with dignity. $675

The Life Energy Process℠

Stephano Sabetti

The Life Energy Process workshop is a spiritually-oriented approach to body work and lifestyle which allows individuals direct contact with the spiritual self through energy vibrations. This method is facilitated by specific intensive and subtle movements, which participants may find open them to their own healing abilities, allowing them to release unfinished emotions, radiational and chemical toxins, and psychological disturbances. From that point of greater clarity, they may move to the next step in their personal de-

velopment. Participants continue this energy work physically and verbally through process inquiry and dialogue with the leader as they examine the superficial trace problems of their everyday lives and explore their deeper energy disturbances through energy patterning.

Energetic forms of massage, dance, and theater may be included in this process. Some of the work will be individual, some will be hands-on with partners. The workshop may be of particular interest to professionals and laypersons alike who are excited by the integration of Eastern and Western methods with the new physics for personal, social, and organizational evolution.

Recommended reading: Stephano Sabetti, *The Wholeness Principle*; *Manifestations of Energy*; and *Shinkido Massage* (available from Life Energy Media, 14755 Ventura Blvd., Ste. 1908, Sherman Oaks, CA 91403; 213-874-7100). $675

September 8–15

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$1025 (plus $30 materials fee paid directly to the leaders)

Weekend of September 13–15

A Weekend with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $350

Introduction to Vipassana Meditation

James Baraz

Vipassana (Insight) meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we experience the nature of reality as continual change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As we bring attention to all of our activities at Esalen, we will continue to develop mindfulness throughout the weekend. This will provide a foundation for applying vipassana practice to everyday life. $350

Mastery in Daily Life

George Leonard & Annie Styron Leonard

We tend to assume that mastery is available only to those born with exceptional abilities. But mastery is not a goal or destination. It is a journey that every one of us can take, provided we have the right map.

This workshop offers clear directions for the journey of mastery in whatever field you may choose. It will include discussion, demonstration, and movement exercises from Leonard Energy Training (LET) which emphasize mastery in daily life. For those familiar with LET, this workshop will present new material. Some of the topics to be addressed:

- Five keys to mastery
- How to avoid being a Dabbler, Obsessive, or Hacker
- Creating a vision
- The secrets of practice
- Staying balanced and centered on the path of mastery
- Avoiding pitfalls
- Playing the edge
- Loving the plateau
- Dealing with conflict
- Negotiating with change
- Staying on the path
- Getting energy from mastery

This workshop involves physical movement, but is not strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: George Leonard, *Mastery* (Dutton), *The Ultimate Athlete* (North Atlantic), and *The Silent Pulse* (Dutton). $675

Week of September 15–20

Gestalt Practice

Christine Stewart Price

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And when used—is inexhaustible. —Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary

relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press); John Heider, *The Tao of Leadership* (Humanics); Ram Dass and Paul Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; for more information see pages 40-41. $675

Presence: A Fluidity of Being

Elisa Lodge

Elisa Lodge writes: "Presence is a power that arises from a deep sense of self-worth and trust. It reflects a broadened vision and whole-hearted acceptance of the varied facets of being. It is a state of dynamic balance where there is no unnecessary strain of self-defeating awkwardness. One is at home in oneself and at ease with the world.

"During this week, participants can gain a deepened appreciation of the elements in themselves that contribute to this timeless state of fluidity and ease. They will have an opportunity to experiment and explore how their bodies' shapes and forms, emotional histories, and self-images are intimately intertwined. This growing awareness is the basic grounding from which the creative experience of presence can be known. Movement patterns, the ways we walk and breathe, also reveal how we inhibit or allow our personal power. As we become more comfortable with ourselves, we transform not only the way we might carry our head or make contact with another, but our whole way of being in the world.

"This work is based on an approach woven from gestalt, psychosynthesis, Rolf movement, and performance art. Video feedback will be used." $675

The Subtle Art of Meditation

David Streeter

For many people meditation seems a bit far-fetched, strenuous, difficult to learn, and perhaps impossible to incorporate into their busy schedules and hectic lives. But the seemingly rare ability to experience deep, tranquil, and clear states of consciousness is very much within reach. In this workshop, through the use of simple yet profound methods, participants will explore the same inner terrain the ascetic yogi or the stoic Zen monk explores. Daily sessions will offer nourishment, inner peace, and opportunity for gentle emotional release.

The list of beneficial effects of meditation is long and impressive, but meditation is much more than a means to an end; it can be a delightful end in of itself. The purpose of this workshop will be to inspire the student to explore his or her rich interior life, to discover that crystal clear still-point that is described so well in every spiritual tradition.

C.E. credit is available for nurses; for more information see pages 40-41. $675

A Food Experience

Jane Miletich

Eating habits reflect the mental and emotional states of this culture. Eating delicious, healthful food in a beautiful setting with others who are interested in living healthier, happier lives encourages clearer mental, spiritual, and emotional patterns. This workshop is for people who are interested in making changes in how and what they eat. Participants will be introduced to various methods of preparing food and alternative diets, including: a balanced, cooked macrobiotic diet; a raw/living foods/wheatgrass diet; and a juice bar with organic vegetables and fruits.

The program will be individualized to participants' needs. Those needing direction will be introduced to the basic principles of Ayurveda (a science of self-healing) and food combining. Those interested in helping with meal preparation may do so. The kitchen provided has been specifically designed for preparing these foods. Exercise, yoga, and massage will also be part of the week.

This workshop is modeled after Esalen's biannual cleansing program. During the eight years that this program has existed, hundreds of community participants have felt the beneficial results of eating simple, whole foods. The additional $50 produce fee provides for the wide variety of organically grown fruits, vegetables, seeds, nuts, grains, and condiments that will be freshly prepared.

Recommended reading: John Robbins, *Diet for a New America* (Stillpoint); Gabriel Cousens, *Spiritual Nutrition and the Rainbow Diet* (Cassandra).

$675 (plus $50 produce fee paid directly to the leader)

The Medicine Wheel Way

Carol Proudfoot-Edgar

This workshop will draw on the Native American Medicine Wheel, ceremonies, and teachings as resources for personal growth. Just as Western psychological theory provides a framework for describing human stages of development, so does the Medicine Wheel offer a framework for self-individuation. Both systems embody steps for healing. A primary difference, however, is that the Medicine Wheel way of living views humans as sacred beings and maintains that each individual must find their own balance of spirit, body, emotion, and mind.

The Medicine Wheel way has guided many peoples through their journeys of self-discovery. It illuminates the relationship of all things, each direction on the wheel having its particular meaning and pointing to aspects needed for integration. With this tool, information can be brought forth from the memory so that essential elements for balance are not ignored. Ceremonies and rituals mark the passage of seasons and significant events of individual and group life, and connect the individual to the great mystery of life.

This experiential workshop will use these ancient teachings, providing a supportive means for participants to continue their process of self-development and to deepen their relationship with the natural world. Activities will include learning the Medicine Wheel, finding totem animals as guides, assessing one's current situation or season in life, and gathering one's resources for the next cycle of change. Gestalt, chanting, drumming, and rituals will be used in a climate of trust and acceptance.

C.E. credit is available for nurses; for more information see pages 40-41. $675

Weekend of September 20–22

Letting Go – Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and

interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate—in the moment—to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. This workshop will have no more than 30 participants. $350

The Subtle Self in Motion

Judy Blackstone

This workshop offers subtle, concentrated work to help participants truly inhabit their bodies. Mind-breath-body exercises will be used to awaken consciousness of the inner depths of the body, to attune to the emotional underpinnings of bodily tensions, and to release the bound energy of old pain.

The personal themes which emerge from this work will be explored verbally in a supportive group setting and in a free-movement class for the expression of non-verbal experience. There will be daily meditation practice as well as sound and visualization exercises for penetrating to the core of the body-mind, to a level of unified awareness. Through this unbroken contact with the self, participants may discover the joy, health, and spontaneity of their essential nature. This workshop will not be physically taxing; the emphasis will be on introspective work. $350

Reversing and Preventing Heart Disease: A Model for Personal Transformation

Dean Ornish

This workshop will teach how to reduce cholesterol and blood pressure and how to begin reversing coronary heart disease. For the past fourteen years, physician Dean Ornish has conducted three research studies demonstrating, for the first time, that a comprehensive life-style program (yoga, meditation, imagery, diet, smoking cessation, exercise, and group psychotherapy) can produce extraordinary improvements without medications. This workshop will include lectures that review the research data and explain why life-style affects the heart and will provide experiential training in the life-style program.

Illness can serve as a catalyst for personal transformation and growth, motivating a person to ask, "*Why* did I get sick? What are the *causes?*" What we eat, how we respond to stress, and other aspects of life-style are powerful determinants of health and disease. It is also known that feelings of isolation can lead to psychological stress and ultimately to illness, whereas feelings of intimacy can lead to healing.

Because the technology for measuring coronary heart disease is so advanced, heart disease is an excellent model for measuring the power of life-style changes to help heal—and prevent—heart disease.

C.E. credit is available for nurses; for more information see pages 40-41. $350

Finding My Place: A Workshop for Men

Jerry Johnson

"After twenty years of women's liberation, men are the new continent." Coming from Nancy Friday, an American feminist writer, this is a provocative statement. However, many American men are asking, "If true, what does this mean to me?"

The 1990s will surely be a decade of male growth. The media has begun to confirm that old patterns and definitions of masculinity are no longer valid. Films show male friendship and bonding without war. Magazines explain new roles for men in parenting and other realms that were previously the exclusive domain of women.

This workshop will help awaken participants to often repressed parts of their masculinity which can form the basis for new self-identity and relationship. It combines universal male themes, ancient spiritual rituals, and experiential exercises to help men create a new mode of feeling. Themes will include:

- How does my absent father continue to shape my self-image?
- Do I have an inner guide to masculinity?
- How do I move beyond competition and fear in relating to other men?
- Is there a way to respond to contradictory messages from women about being sensitive and/or strong?

This workshop is for men who want to grow beyond old, traditional definitions of being a man but who don't know where to begin, for men who are dissatisfied with being cut off from meaningful relationships with other men and who want to learn how to relate as brothers. $350

Week of September 22–27

A Week with Laura DeNuccio

Learning communities are being built everywhere. The whole world is a learning community! Where is the True Human Being?
—Rumi

We live in a time when many people are called to a higher consciousness that transcends merely material concerns. Yet, paradoxically, this calling, without a grounding in nature and the body, may only lead to partial realization. This workshop seeks to heal the split between vision and the world.

Through attunement with the Earth and each other, individuals can increase their capacity to listen to the innate wisdom and intelligence of their bodies. Tools for this self-discovery include movement, music, breath, and various meditations to enliven, balance, and transform energy blocks in the body.

This workshop will be a time of nourishment. Participants will explore commitment and what it means to fully embody one's inner vision. What would you love to see in your life? In your world? What's meaningful and significant to you? What's truly of value? Ritual and the power of the Spoken Word will be used to bring this vision forth.

While cultivating compassion, honesty, and kindness toward oneself and others, the group can experiment with co-creating community, an environment of trust and acceptance in which to explore the ever-unfolding adventure of spirit.

Recommended reading: Fields et al., *Chop Wood, Carry Water* (Tarcher); Rodegast and Stanton, *Emmanuel's Book* (Bantam); Chopra, *Quantum Healing* (Bantam). $675

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop, participants will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore the movement that nature inspires. Both aikido and hiking are moving meditations which, when done well, require the individual to be in harmony with the natural world. There will be an opportunity

to take what is learned on the aikido mat out into the natural world and bring what is learned from nature onto the aikido mat. Participants can then begin to integrate what they learn from aikido and from nature into their lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. $675

Freeing the Runner Within

Joan Ullyot

Human beings are natural running animals. But civilization and technology combine to alienate us from this instinctive side of ourselves. Non-runners lament that they don't know how to run, while competitors puzzle over choosing the right training. This course is designed to take runners of all levels inward, to find and express the runner within, to free themselves to run easily and joyously, longer and faster.

In addition to group runs, discussions of training principles, and practice of methods such as hill-bounding, this workshop will include mental training exercises developed recently by sports psychologists. These include relaxation and guided imagery, affirmations, breathing and body awareness, race visualizations, and associative focusing. The inner confidence and athletic energies released by these methods can be harnessed to run a personal best in a fall marathon or simply to experience the beauty of a daily jog. Limited to 12 participants, to allow for work on individual goals. $675

Self-Acceptance Training: Basic

Richard Olney & Mari Krieger

This workshop is largely experiential; no time will be given to theoretical or didactic considerations. Self-acceptance training is a transpersonal practice that follows an educational model rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment, without the inhibitions of self-judgment, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real. Although its practice includes devices drawn from gestalt, bioenergetics, mythic fantasy, eidetic imagery, and hypnosis, it is also a philosophy, a value system, and a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body awareness, emotional charge and discharge, and cognitive examination of the individual's "pretends" and illusions that obstruct self-acceptance. Limited to 25 people. $675

The Challenge of Surrender: Advanced Enneagram Study

Eli Jaxon-Bear

When all the knots that strangle the heart are loosened, the mortal becomes immortal.—Katha Upanishad

The enneagram of character fixation gives us a structure of the knots that strangle the heart. It is a wisdom mirror for recognizing the ego. Recognition of the ego's desires and attachments is essential for its dissolution. Making one's fixation work better or discovering what it does well misses the essential task of healing the heart of suffering.

Workshop participants will explore how character fixation is an imitation of soul. In a setting of Vedanta and Buddhist cosmology and psychology, they will work with their passions and attachments as obscurations to the soul's awakening. Group exercises, open seat, trance, truth-telling, role playing, and movement will be used to unmask the fixation and move toward soul awakening.

Recommended reading: Jaxon-Bear, *Healing the Heart of Suffering* (Pacific Center, P.O. Box 818, Kula, Maui, HW 96790; 808-878-3000); Almaas, *Essence* (Diamond Books).

C.E. credit is available for nurses; for more information see pages 40-41. $675

Weekend of September 27–29

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Its emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press). $675

Introduction to Gestalt Practice

Joyce Lyke

For workshop description see September 15-20. $350

Finding Inspired Work in Mid-Life

Peller Marion

At 93, as he was accepting the American Comedy Award, George Burns said, "The first half of my life has been good, and I look forward to the second half being even better." While most people don't live to be 93, some, like George Burns, remain charismatic and magnetic. Others are drawn to them largely because their lives seem effortless, playful, and meaningful.

How we define ourselves and what success means is important to what kind of individuals we grow into as we age into the second half of our lives. Participants in this workshop, drawing from a conceptual base of adult development theory and models of aging, will explore these issues. Through structured exercises and open exploration of topics such as, What's my dissatisfaction? Who am I? What's my definition of success? the leader will coach participants to create a vision for the second half of their lives based on internal values that are meaningful and significant.

What this workshop offers is a playful and rich way to reevaluate one's work and relationships to gain a clarity, focus, and direction of one's life contributions. It is recommended for professionals in diverse areas who want to revitalize and renew their vision.

C.E. credit is available for nurses; for more information see pages 40-41. $350

West African Culture through Music and Dance

Yao Tamakloe

Yao Tamakloe is a West African teacher of dance, music, and anthropology. He has danced and taught with Babatunde Olatunji and Katherine Dunham for over ten years. Along with his wife Anindo Abukutsa, from Kenya, and his instructor from Ghana, Nana C.K. Ganyoi, Tamakloe will present the West African world view through dance, song, drumming, and the religion and history that these cultural art forms embody, and relate them to the universality of humankind. $350

Metaphors We Live By

George Lakoff

Metaphor is the means by which we understand what we experience. As we grow up, we acquire hundreds of standardized but largely unconscious metaphors that are built into our language. We think, act, and even dream using these metaphors. We have

metaphors for comprehending everything from time and causation to emotions, morality, love, and even the nature of life and death.

Our unconscious capacity for metaphor is awesome in power. It is liberating in that it permits both abstract thought and the workings of our imagination; it can be stultifying when it limits our possibilities. As long as it remains inaccessible to consciousness, we can neither appreciate its magnificence nor see where it confines us.

This workshop has several goals: first, to help participants become conscious of the metaphors that govern their thoughts and actions; second, to reveal how these everyday metaphors are manifest in poetry and myth, and how they vary in other cultures; third, to develop skills in using metaphor to make new sense of their lives.

Recommended reading: Lakoff and Johnson, *Metaphors We Live By*; Lakoff and Turner, *More Than Cool Reason*; Lakoff, *Women, Fire, and Dangerous Things* (all, U. of Chicago Press). $350

Week of September 29–October 4

A Week with David Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressures of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week, participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and bouyant way of living. In an atmosphere based on warmth and humor, they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $675

Cardiac Fitness: East and West

Kenn & Vicki Chase

Heart disease remains the major cause of death and disability in the United States. It, like most chronic disease, is a product of life-style and, in many cases, is preventable. Changing life-style habits is not easy to do. It requires commitment, patience, determination, and education. The purpose of this workshop is to assist each individual in identifying coronary risk factors and those factors necessary for initiating and maintaining a healthy heart life-style. Participants will explore the application of Eastern mind/body practices, such as t'ai chi, chi kung, and yoga relaxation, to the traditional cardiac fitness setting. The basic warm-up, work-out, and cool-down phases of cardiac fitness will be introduced as well as methods for calming the mind and promoting stress management.

C.E. credit is available for nurses; for more information see pages 40-41. $675

Mid-Life Crisis as Spiritual Emergence

Karen Turner

Participants will view mid-life transition in the framework of spiritual emergence and renewal, a time when the old systems the individual has used as foundations seem stripped away, leaving chaos and challenging long-held beliefs. It is a time of soul-searching; of confronting both inflated and deflated self-concepts; of surrendering to deeper, more expanded states of awareness; of learning to trust inner guidance as absolute authority in one's life.

This workshop will be a rite of passage for both men and women going through this transition. Together they will have the opportunity to discover each participant's unique self, and how each is in relationship to self, each other, the world, and spirit. Tools for self-exploration and awareness gathered from psychology, mysticism, and shamanism will be presented, with time for discussion and sharing. $675

Sacred Song of the Body

Susan Osborn & David Densmore

Susan Osborn writes: "Singing can be a practice, just as meditation or walking or dance can be. It can be a way to practice making a creative choice. Rather than identifying the energy that runs through our bodies as physical, mental, emotional, or spiritual, singing is a way to catalyze that energy and make something true and beautiful with it.

"I have learned that a truly beautiful sound is not produced through technique, but through deep listening and honesty. Singing is the language of the body and, as such, when we truly hear ourselves or another sing, we have access to the great body of knowledge and experience that each of us carries within us. When we sing together in an environment of respect and deep listening, an experience of communion is available—an honoring of our differences and our oneness. This class is an invitation to witness each other and yourself in a respectful and creative environment of song." $675

September 29–October 6

Cortical Reeducation® and The Feldenkrais® Method

Harriet Goslins & Mark Bender

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain/muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury; for the sedentary or those dealing with aftereffects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for individuals who feel chronically tired and

stressed and want to learn how to take better care of their neck, shoulders, and back, to improve their posture and breathing, and to live and move with more flexibility and comfort.

This course is provider approved by the California Board of Dental Examiners, number 2586.

C.E. credit is available for nurses; for more information see pages 40-41. $1025

*The Feldenkrais Guild

Weekend of October 4–6

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $350

The Shadow of Love

Ayala Pines

Whatever is the essence of the love that binds two people will be the essence of the shadow this love will cast when threatened. Jealousy, envy, anger, fear, and other powerful emotions are all part of the shadow of love. In most cases, they are not a result of individual pathology, but of a certain dynamic in the relationship. They are useful signals that partners can interpret and take advantage of to improve themselves and the relationship.

The structured exercises, discussion, guided fantasy, and role-playing in this workshop are designed to help participants identify the threat triggered by the shadow of love and how to protect their relationships in positive and constructive ways. This workshop is for anyone who seeks better understanding of love and the emotions in its shadow, especially romantic jealousy. It may also be of interest to counselors who work with couples or individuals on issues related to jealousy. $350

The Aesthetic Self

Luc Brebion

To take part, at all deeply, in the experience of art requires a quality of concentration, a stillness of mind, and an openness to receive which is different from the awareness we use in ordinary life. Immersed in contemplation, we can have the rare privilege of being in the presence of the artist and of letting him or her show us how to reach for what is essential within.

Luc Brebion, a native of France, has combed the museums of Europe in search of artistic treasures. In this year's *Aesthetic Self* workshop, he will again use a multi-media approach and an experiential method to help participants penetrate works of art and become absorbed by them. As they are led through an unhurried appreciation of paintings, music, and literature, they will have the opportunity to perceive the particular substance that real art can offer if sustained attention is applied. Learning to develop their ability to contemplate, they will find themselves, perhaps for the first time, in close rapport with such artists as Joachim Patinir, Jan van Eyck, Johann Sebastian Bach, Cesar Vallejo, and David Rosenmann-Taub. $350

New Competences for an Age of Uncertainty

Donald Michael

Because we live with unprecedented levels of complexity and uncertainty, an abiding crucial challenge for each of us is learning how to be better learners. The old answers and questions are increasingly ineffective. Yet, conventional definitions of competence encourage each of us, and organizations, too, to avoid learning by denying or disguising uncertainty so that we appear to know what we are doing. The result is ever more stress, anxiety, and inadequate personal and organizational performance.

This seminar will introduce a set of interlocking skills or "new competences" necessary for making humane and effective decisions when uncertainty can provide the occasion for learning—in work places and in interpersonal and family situations. These skills include: acknowledging and specifying high levels of uncertainty, error embracing, being future-responsive, boundary spanning, interpersonal communication, and self-knowledge.

The approach will be both cognitive and experiential. Participants will have the opportunity to become more comfortable with the vulnerability that accompanies facing their uncertainties; to question the need to act over-cautiously out of fear of making a mistake; and to reexamine the incentives for those defensive posturings that make it so hard to act responsibly and compassionately. As a previous participant said, "This seminar is for those who are ready to move beyond the personal and want to effect change in public and private organizations." $350

Week of October 6–11

Letting Go – Moving On

Mary Goldenson (Devarani)

For workshop description see September 20-22. $675

Trigger Point and Esalen Massage: Advanced Workshop

Arthur Munyer & Esalen Massage Practitioners

The human body is a rich source of information and intelligence. Trigger point, the movement of myofascial tissue through soft, deep contact with pressure points, and Esalen massage are methods of working with the body that can help the practitioner communicate with stressed, blocked, and chronically troubled areas. This workshop will combine these modalities, along with joint release, movement, and studies in anatomy. It will also address concerns of burnout, depression, creativity, and peer support for those who have chosen a demanding profession. It is especially suggested for body workers, physicians, physical therapists, chiropractors, and other health care practitioners who want to expand their hands-on skills.

C.E. credit is available for nurses; for more information see pages 40-41. $675

Mending Bodymind and Soul

Joan & Myrin Borysenko

The sense of unworthiness, the feeling of "I'm not enough," is a deep wound that impedes both physical healing and psychospiritual growth. To the extent that we identify with shame and fear-driven false selves, we forget the radiance of our own true natures. This week will be a healthy balance of dismantling false selves, retrieving lost parts of our authenticity from the shadow, and practicing remembrance of the true self. Processes will include inner wisdom exercises, dream work, meditation, song, dance, journal and poetry writing, spiritual autobiography, healing and prayer circles. A magical alchemy occurs through sharing our stories in a circle of trust, where healing and self-acceptance are natural outgrowths of understanding and connectedness.

C.E. credit is available for nurses; for more information see pages 40-41. $675

The Enneagram: Basic Workshop

Helen Palmer

The enneagram is an ancient psychological typology that views personality traits as the outer indication of particular aspects of higher awareness. The system describes nine different personality types and their interrelationships. It is unusually helpful in understanding oneself and the thoughts and feelings of those with whom we live and work, but the real power of the system lies in the fact that our ordinary psychological habits present a strategic access point to a continuum of experience that directs us back to essence.

This workshop presents the enneagram material in the oral way, by seeing and hearing panels of representatives of the nine types on video and on small panels drawn from the class. The panel method, coupled with practice in the internal placements of attention that characterize each of the types, will introduce participants to their own type, and demonstrates the radically different perspectives held by each of the nine. $675

Chakra Psychology

Nancy Rosanoff

The chakra system is generally known to be an ancient Hindu concept of spiritual energy centers located along the spine, which are awakened or energized as individuals progress spiritually. This course gives participants a modern understanding of how to use the chakras as guides in their quest for psychological and spiritual development.

Awakening the chakras allows people to observe the interaction between the body, mind, and spirit. The chakras can thus become tools to balance daily life within the context of a greater spiritual reality, with such practical applications as: enhancing self-understanding, improving loving relationships, changing unwanted behavior patterns, and unblocking creative energy.

In these five days, participants will work with their chakra spirit guides, yoga stretches, chants, meditation, breathing and awareness exercises, drawing, and writing to explore their chakras and themselves, open blockages, and heal past pains.

C.E. credit is available for nurses; for more information see pages 40-41. $675

KATHLEEN THORNOD CAIN

Weekend of October 11–13

Creative Writing Brainstorming

Herbert Gold

From feeling to expression to communication, this workshop will carry participants into the possibilities of making literature. Exploring an experience different for everyone, yet shared by all, they will probe for the riches within.

Participants should bring typewriter, word processor, pen, soft pencil, or clay tablets and stylus to the meetings. A situation will be called forth—love, death, ambition, pride, fear, hatred, jealousy—and after preparation in the discussion, participants will write. Then they will read and rewrite each other's work. They may expect to go from truth to lying: from recollection to art.

What may develop is a sense of style and control as a part of the mastery of experience. Participants will practice the freedom of imagination by giving shape to it.

$350

Keeping a Good Relationship Alive

Gerald Smith

This workshop will focus on a major dilemma in keeping a good relationship alive. That is: how to be close and vulnerable as partners yet separate and free to grow as individuals. This dilemma is never resolved because each partner continues to change, but it can be dealt with in ways that add to the aliveness in the relationship.

Much of participants' time during this weekend will be with their partners separate from other couples. Verbal, non-verbal, and written exercises to enhance openness, support, and affection will be used, as will skills at resolving differences in ways that do not produce "scar tissue." And, since playing is an essential part of keeping a relationship alive, there will be experiences to kindle the imagination and the willingness to play together. Limited to 12 couples.

$350 per participant

Journey to the Heart

Joseph Chilton Pearce

For the last three decades, Joseph Chilton Pearce has been synthesizing scientific brain research in physics, biology, and psychology in an effort to understand and map nature's plan for the development of human intelligence. He writes:

"The intelligence of the heart is the only force that can pull our fragments of self together; it is the nurturing power so many of us missed right from the beginning of life, that unconditional love which alone would have assured us of the evolutionary progress nature intended. That progress is nothing but the progression of love toward its own source, and that source is the heart."

In this seminar, Pearce will share his findings on the three-part human brain and how each part has its own language, its own development cycle, its own purpose. He will talk about the difference between intellect and intelligence, the ego's inability to self-analyze, and the physiological connection between the heart and the brain that prevents our triune brain from being continually at war with itself.

Discourse, discussion, contemplation, and meditation will offer seminarians a glimpse of their own developmental cycle—where it was rich, where lacking—and acceptance of their own perfection, and tools for enriching the inner journey to their hearts. $350

Council of All Beings

John Seed

The *Council of All Beings* is a series of rituals created by John Seed and Joanna Macy to help individuals feel their connection with nature in their hearts and bodies. By rediscovering our interconnectedness with all beings, we see that the pain of the earth is our own pain and that the fate of the earth is our own fate. The *Council of All Beings* empowers people to act on behalf of the earth and gives clarity and direction for the work ahead.

Participants in this workshop will have the opportunity to review the human evolutionary journey, to shed their solely human identification, to feel great empathy for the myriad species and habitats of the Earth. Through personal sharing, meditation, and ritual, they will explore the depths of their concern and love for the planet in this time of crisis. As many individuals involved in this work have discovered, alignment with a larger identity clarifies, dignifies, and heals one's personal conflicts. In the same fashion, it clarifies and orders patterns of consumption, needs for intimacy and support, priorities for action. This gathering provides tools for putting this into practice in daily life.

This work draws upon current scientific findings to sharpen people's understanding of the ecological crises that threaten our planet. It draws on systems theory and the Gaia hypothesis to provide a solid, rational-conceptual foundation for the deep ecology movement and combines them with spiritual traditions thousands of years old that attune individuals to the Earth. $350

Week of October 13–18

Polarity Massage Intensive

Deborah Anne Medow
& Esalen Massage Practitioners

Polarity massage is a system for balancing the currents of life force which naturally flow through the body. It is a holistic approach to healing whereby the practitioner and recipient work with thoughts and attitudes, nutritional needs, polarity yoga exercises, and the polarity massage session itself.

Participants in this five-day workshop will be instructed in basic concepts of the polarity system as applied to the human energy field through the medium of massage. Emphasis will be on theory, polarity points and counterpoints, energy balancing methods, nutrition, and polarity yoga. Three-hour class sessions will be held in the mornings and afternoons. Evenings will be for practice and occasional group meetings.

This workshop is designed both for the interested layperson and the professional body work practitioner, and serves as a good review for anyone who has previously taken a polarity workshop.

C.E. credit is available for nurses; for more information see pages 40-41. $675

Pilgrimage

Joyce Frazee

Lama Govinda writes in *The Way of the White Clouds* that pilgrimage is "an inner movement or development directed toward a yet unknown distant aim . . . from which springs the readiness to accept people and new environments as part of our destiny and the confidence in the ultimate significance of all that happens and is in harmony with the depth of our being . . ."

Participants in this workshop will use gestalt practice, dream work, drawing, meditation, and group process as a way of pilgrimage toward the "yet unknown distant aim."

Recommended reading: Lama Govinda, *The Way of the White Clouds* (Shambhala).

$675

Balancing Values and Work: From Inner Purpose to Outer Action

Sue McKibbin & Patricia Moore

Lack of alignment between one's inner values and purpose and one's work in the world can result in frustration, hopelessness, boredom, and cynicism. But when people shift from outer- to inner-directedness and bridge purpose and action, they find that meaning, empowerment, and well-being can emerge.

Workshop participants will go within to explore this realm of their lives through processes ranging from meditation and journey work to questionnaires and self-assessment instruments. Each person will have the opportunity to balance their inner guidance with individual and group exercises related to their particular work situation. Five themes will be explored:

- Purpose, values, and vision
- Personal transition processes
- Balancing individual and organizational polarities
- Practical tools for the inner journey
- Sources for personal transformation and organizational paradigm shifts

The workshop is designed so participants can return to their daily lives with resources for continuing the process of exploration and discovery necessary to link inner purpose with outer action.

C.E. credit is available for nurses; for more information see pages 40-41. $675

Self-Defense and Empowerment

Mary Tesoro, Tom Elliott, Mary Speidell & Paul Speidell

How much does the threat of potential assault or the pain of past assault restrict your life? This workshop is for women and men who desire to own their bodies fully and to claim their right to move both peacefully and powerfully through their lives.

The art of self-protection will be explored as a path to self-esteem, personal courage, and healing. Leonard Energy Training, which operates from the assumption that human capacity lies largely untapped, will be interwoven with techniques from the non-aggressive martial art of aikido to help participants form a solid base of balance, grace, and power. Techniques from the Model Mugging Self-Defense and Empowerment Program will be offered as effective, street-proven self-protection training.

This workshop will take place in an emotionally supportive environment, with emphasis on personal choice and positive growth for each individual, and aim toward the enhancement of each participant's ability to love and trust themselves and others. No prior experience or training is necessary. For more information contact Mary Tesoro, Box 986, San Luis Obispo, CA 93406; (805) 995-1224.

C.E. credit is available for nurses; for more information see pages 40-41. $675

Secrets to Tell, Secrets to Keep

Karen Paine-Gernée & Terry Hunt

Secret acts. Secret thoughts. Secret births. Secret deaths. Secret relationships. Secrets we keep from others. Secrets we keep from ourselves. As children many of us were harmed by things we could not tell, that could not be told. Recovery depends on confronting the truths in our lives and making peace with what is.

Alcoholic, abusive, or other dysfunctional families are ruled by the denial that something is wrong in the family system. As a result, children take on problems and emotional pain of the family and suffer them as their own fault. The assumption is that Mom and Dad knew what they were doing. In fact, they didn't. By exposing the family secrets, these children who are now adults can stop taking responsibility for what went wrong and free themselves from the need to believe that "my childhood wasn't so bad" and "it didn't really affect me." It is possible to heal.

Everyone has secrets. When is it safe to share them? When is it not? Nowhere do our secrets cause greater difficulty than in our intimate or sexual lives. How do we get close when we are so ashamed of secrets buried deep inside? In these five days, participants will create a community to work through the shame and isolation that some secrets cause. Together they will explore how to: grow with the secrets they each must bear, develop healthy personal boundaries, and cultivate a life-affirming balance between personal privacy and self-disclosure.

C.E. credit is available for nurses; for more information see pages 40-41. $675

Weekend of October 18–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 27-29. $350

Week of October 20–25

Big Sur Wilderness Experience

Steven Harper

For workshop description see September 8-13. $675

Tao and the Timewave

Terence McKenna

Terence McKenna will share the details of a revisioning of the *I Ching* and the world, which combines an approach to the *I Ching* with the playful, effervescent clarity of the Tao. Taoist approaches to time will provide the general theme, and McKenna will explain his own model of time, "Timewave Zero." Individuals with a deep interest in the dynamics of the *I Ching* are especially invited.

Recommended reading: Terence McKenna, *The Invisible Landscape* (Continuum); Richard Wilhelm, *The I Ching* (Princeton); J.T. Fraser, *The Genesis and Evolution of Time* (University of Massachusetts Press). $675

Reunion

David Schiffman

This is a workshop for seasoned people who are already familiar with and appreciate the basics of self-exploration, inner work, myth, and sacred ritual. Its aim is to create a mood of safety and support for further study. It is a time for individuals to renew their connection to the resources that can guide and protect them. Gathering together in a spirit of trust and good will, participants will explore ways to:

- Reconnect with and honor what they feel most deeply
- Express feelings with simplicity, clarity, and integrity
- Celebrate playfulness and spontaneity
- Release disappointments, reversals, and emotional losses
- Mark their hopes and dreams and renew their spirits through myth and rituals
- Deepen their understanding and appreciation of their own rhythm and true nature
- Explore imaginative ways to live freely and fully

In an eclectic framework, the workshop will combine innovative elements of guided meditation, sound work, ritual, dance, and music with traditional psychological practices. $675

Action Theater: Really Pretending

Ruth Zaporah

When we were children, we frequently created our reality through pretending. We played freely in a spontaneous world. But in our adult world, we are often left with only a memory of this freedom. The *Action Theater* process rekindles this spirit of play, of being open to change and present to life.

Action Theater is a system of exercises and games that integrates mind, body, and spirit and leads toward free and spontaneous experience. Sessions begin with simple movement improvisations; participants come into, feel, and stretch their bodies. From this ori-

entation they play within forms that increase awareness of movement and vocal verbal expression. Range of emotion expands; images, characters, and situations emerge from the territories of awareness, memory, and the imagination.

Each *Action Theater* event serves as a mirror. In the realm of awareness, there is little distinction between the theater and the street. Who we are, how aware we are, how we process our perceptions and reactions is the same everywhere. In the studio, we improvise within forms relevant to movement and theater, but the lessons affect our daily lives.

This workshop accommodates the novice, the explorer, and the practiced. $675

October 20–November 1

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, pages 38-39. $1665

Weekend of October 25–27

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about contacting and feeling and expressing.

Come alone or bring someone who is important to you, perhaps a lover, friend, a parent, someone with whom you'd like to communicate in a different way things you've expressed before and possibly things you've never said. If you wish, bring photographs of significant people in your life, past or present.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. But the workshop is really about you—singing. $350

Massage Intensive for Couples

Brita Ostrom & Attila Vaas

This workshop is for partners who want to learn basic skills for giving each other a massage. Emphasis will be on "hearing" with the hands, de-stressing the home, asking for what we need, and giving to those we love. Sessions will include demonstrations and hands-on guidance. Individual concerns will be addressed so participants can continue their practice at home. $350

Practical Intuition: Introduction

Laura Day

We are all psychics. Every time we draw a conclusion, we work with intuition as well as linear and emotional processes. Identifying how our intuitive faculty works enables us to use it selectively for effective decision-making. A predominantly linear process may be preferable when clear, empirical information is available. When little data is at hand or if the question relates to how current choices might affect future results, an intuitive process may be more efficient.

Practical Intuition, an experiential workshop, introduces intuitive methods for gaining empirical information. Participants will give and receive several present and future intuitive readings a day, focusing on predicting and retrieving verifiable data. Different intuitive styles, such as clairvoyance, clairaudience, and telepathy, will be taught, along with exercises for continued training at home.

Participants are requested to bring a few photographs of themselves and people they know well, their personal and business questions, and a willingness to work as if they already knew how to do something that they in fact already know how to do. $350

Mindfulness, Meditation, and Healing

Jon Kabat-Zinn

Meditation is not for the fainthearted or those seeking escape from their problems. It involves a willingness to face, in Zorba the Greek's words, the "full catastrophe" of the world and of one's own life and body, and use this very energy to grow in strength and wisdom. In this workshop, Jon Kabat-Zinn will describe his stress reduction program at the University of Massachusetts Medical Center and present his research showing how people with chronic medical problems use Buddhist mindfulness meditation practices to reduce their symptoms and heal their bodies, minds, and lives.

Participants will explore how to develop or deepen a personal meditation practice and how to use mindfulness meditation to face and transcend stress, pain, and illness in their own lives. Topics will include specific health-related problems, including pain, anxiety and panic, headaches, gastrointestinal problems, high blood pressure, heart disease, and sleep disturbances. Extended periods of meditation practice will be interspersed with the discussions.

Come prepared to work with your own version of the full catastrophe, whether it manifests primarily in your personal or professional life, or both. This workshop is appropriate for both health professionals and lay people.

Recommended reading: Kabat-Zinn, *Full Catastrophe Living*, Parts 1 & 2, (Delacorte).

C.E. credit is available for nurses; for more information see pages 40-41. $350

Week of October 27–November 1

Gestalt Practice

Christine Stewart Price

For workshop description see September 15-20. $675

Golf in the Kingdom... an exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

For workshop description see September 1-6. $675

Five-Day Massage Intensive

Dean Marson & Laurie Schutz Munyer

Participants will be instructed in basic methods for giving a pleasurable and beneficial full-body massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is open to beginners as well as those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for more information see pages 40-41. $675

T'ai Chi Ch'uan: An East/West Approach

Kenn Chase

This seminar will present a demonstration form of t'ai chi ch'uan, a shortened version derived from the classical Yang style, which contains 54 balanced, fluid, and graceful postures. Also included will be mind/body alignment methods, chi kung Taoist breathing methods, and hours of practice and refinement of the traditional t'ai chi movements. Practiced five to ten minutes daily, this gentle martial art can calm the mind and aid the student in achieving a centered perspective for daily living in a busy world.

Recommended reading: Cheng Man Ch'ing, *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan* (North Atlantic). $675

Weekend of November 1–3

Letting Go – Moving On

Mary Goldenson (Devarani)

For workshop description see September 20-22. $350

A Weekend with Anne and Jim Armstrong

The Armstrongs believe that a person's greatest teacher is his or her own Divine Self, and that to successfully contact that inner teacher requires development of one's spiritual intuition. Their approach is to first debunk the myth that only some people are psychic by helping individuals discover for themselves that everyone is intuitive. They then reinforce this realization through meditations and exercises that enhance a person's conscious intuitive contact with the Divine Inner Teacher. Their goal is to help participants attain fuller everyday lives—personally, professionally, and spiritually. $350

Soviet Psychology Today: Its Effects on Global Thinking and the Helping Professions

Viatcheslav (Slava) Loutchkov

In 1990, Viatcheslav (Slava) Loutchkov, a Soviet citizen and resident of Moscow, joined the Esalen Soviet-American Exchange Program staff. He is a psychologist working on a study of psychology and perestroika while in the United States. He is a Harriman Fellow and has a MacArthur grant to pursue these studies. With him, the Exchange Program is committed to a long-term study of the interplay between psychological, social, economic, and ideological factors in perestroika.

In this seminar, Soviet films will be shown and discussed in relation to Soviet psychology. There will be discussions of Soviet helping professions and a comparison of Soviet psychological practices with their counterparts in the United States. The seminar will also explore the Stalinist legacy in Soviet psychology and examine those historical patterns that might threaten to persist, and consider psychology's creative contributions to the emerging USSR. $350

The Mythic Image: A Performance Piece

Phil Cousineau, David Darling, John Densmore & Eric Lawton

Sacred stories reflect only one aspect of the mythic traditions of the world. Of equal importance and fascination is the non-verbal *image*, the mandalas or holy images used for deep contemplation. Their origins can be found in nature and the human imagination, and through them we can approach the convergence of myth, dream, and art.

This live performance workshop will blend the oral tradition of storytelling with the silent stories of pictures and the narrative movement of improvisational music. Each session will be highlighted by the telling of tales by Phil Cousineau, author of *The Hero's Journey: The Life and Work of Joseph Campbell*; a slide show by Eric Lawton, using images from Ireland to India; and the synchronized music of David Darling, master cellist, and John Densmore, the drummer for The Doors. The themes will include myths of origins, myth and the body, myth and art, myth and music, and sacred lands.

Recommended reading: Joseph Campbell, *The Mythic Image* (Princeton). $350

Week of November 3–8

Mastery in Daily Life

George Leonard & Annie Styron Leonard

For workshop description see September 13-15. $675

Making it Float

Robert Hall

There is no fixing a damaged childhood. The best you can hope for is to make the sucker float.—Conroy

Robert Hall writes: "And so it is. This workshop is about making it float. How to. If you're willing to spend some time with meditation, gestalt/group process, making sounds, and experimenting with moving your body to your own rhythms, if you're interested in how body awareness, psychotherapy, and meditation work together to loosen your identification with who you think you are, *and* if you still have your sense of humor, we'll not only make it float, we'll take a ride in it."

C.E. credit is available for nurses; for more information see pages 40-41. $675

Weekend of November 8–10

Taming Nature, Wilding Man

Sim Van der Ryn & Christopher Alexander

Architecture offers a mirror of man and nature. Modern and post-modern architecture do not speak to the biological essence or the soul of human beings; more often it treats nature as background, seldom actively incorporating ecological processes into design. Join two well-known thinkers and designers for a free-wheeling weekend of dialogue on joining nature and human nature through design. $350

Spiritual Autobiography

Dan Wakefield

Participants will use drawing to evoke memories of former eras of their lives, to look at past experience in a new way, to write about it and share their stories with others. Insights from childhood and adolescence, singular experiences of their lives, and the role of a friend or mentor will provide the material for creation in pictures and words. Such re-experiencing can offer fresh understanding and appreciation of the richness of one's life; connections emerge as the story of crucial turning points is told.

A concluding exercise will show participants how to draw a road map of their journey that can serve as a guide for continuing to write their on-going spiritual autobiography. The "right to reticence" and confidentiality will be honored in the process; the workshop of-

fers acknowledgment and appreciation rather than criticism of writing or experience.

$350

Personal Energy Management

Myron McClellan

We are beings made up of four energies: physical, emotional, mental, and spiritual. When we are healthy, productive, creative, and in touch with our feelings, we are managing our energies effectively. When we are ill, sullen, morose, or lazy, we are not managing energy well. Energy management requires awareness and action. It requires knowledge of the nature of each of the four aspects of being and how each is used for maximum effectiveness and enjoyment. This workshop teaches skills for getting the most out of the body, feelings, mind, and spirit, both in times of ease and in times of stress.

Topics to be covered include: using the body to transmute intense emotions into energy for growth; expressing and releasing feelings; reeducating the brain; using meditation as a grounding experience; using music and movement for physical health and aliveness; establishing harmony among the four bodies in order to create what the heart desires.

The methods used in this course are fun and invigorating and are intended to give the participant tools that can be used on a daily basis to promote aliveness, no matter what physical or emotional circumstance one finds oneself in. Music, movement, toning, games, processes, and discussion are all part of the experience. $350

Week of November 10–15

Couples' Group: The Truth

Will & Ailish Schutz

This workshop is for couples, mainly, and for individuals: those in a couple, formerly in a couple, or who want to be in a couple. *It is only for those who are willing to tell the whole truth.* We shall use a symphony of methods: old and new; tested and spontaneous; from problem resolution to massage.

Recommended reading: Will Schutz, *Profound Simplicity* and *Joy: 20 Years Later* (Ten Speed Press). $675

The Body as History

Lisbeth Marcher & Erik Jarlnaes

The workshop leaders are from Denmark, practitioners of a system of working with the body, of which Lisbeth Marcher is a founder. In this system, by gauging the tonicity of a muscle and knowing when and how it came into play in infant and childhood development, it is possible to "read" a precise psycho-history. Specific issues that are contained in these muscles can be reevoked as well. This system also works with the person's undeveloped resources, those abilities given up on and which often correspond to feelings of resignation. Bringing these resources into play encourages the individual to drop old, unfulfilling modes of protection.

This is an experiential workshop; participants will focus on body movement and energy, using them to bring about expression and integration of developmental stages.

November 10–December 6

Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

For workshop description see Special Programs, pages 38-39.

$2975 (plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

November 10–December 8

28-Day Massage Practitioner Certification Program

Brita Ostrom & Dean Marson

For workshop description see Special Programs, pages 38-39. $3150

Weekend of November 15–17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 27-29. $350

Ocean of Longing: Innocence, Fierceness, and the Vitality of the Soul

David Whyte

Many of us feel constrained rather than emboldened by our own sense of creativity, confining our identity to small islands of possibility while the great sea of our deeper desires lies undiscovered and unexplored. The poets, myth-tellers, and contemplatives tell us that this ocean of longing and fulfillment surrounds us and informs us, but that its realization demands a radical recovery of innocence combined with a particular fierceness of presence to sustain it. We often drop our innocence of vision in order to feel safe. Our fiercer energies are then devoted to defending that sense of safety.

Through poetry, myth, music, and voice work, this weekend workshop will be a time to look at the possibilities of our own powers of innocence and the natural fierceness that springs from following our deepest desires.

$350

Week of November 17–22

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables one to confront resistance and fear and which increases the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously.

C.E. credit is available for nurses; for more information see pages 40-41. $675

Weekend of November 22–24

The Delight of Immediacy

Charlotte Selver & Charles Brooks

Much as we may wish to live in the present, we are often preoccupied with images and ideas of how it ought to be. Instead of responding to the situation at hand with the innumerable nerves, muscles, and interweavings of consciousness which are we, much of us is immobilized by early conditioning, acute emotional problems, or by habit, and much is held back until the inner board of review gives the OK.

But children and sages have a different way of functioning. For them the world flows into their consciousness as the air into their lungs, and their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our lack of immediacy which is usually felt as tedium and which necessitates ever stronger stimuli in the search for joy, or self-disciplines in the search for peace. By giving up these preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what should be but to what is, and the world catches fire for us.

This workshop will explore direct experience which, as it becomes clearer and stronger, tends to burn away the mist of concepts and restrictions which our conditioning has interposed between ourselves and living.

Recommended reading: Charles Brooks, *Sensory Awareness* (Viking; Felix Morrow). $350

Superesonant Wavenergy: Health Recovery and Maintenance

Irv Dardik

With his theory of "superesonant wavenergy," physician Irving Dardik has suggested a means by which to understand the underlying mechanisms of chronic illness and a program by which to treat it. In this seminar, Dardik will go a step further and discuss how his theory serves as a preventive model for maintaining health and well-being.

Drawing in part on the work of Ilya Prigogine, Dardik suggests that the underlying basis for health lies in a rhythmic pattern of energy expenditure and energy recovery. He speculates that when a person makes large waves of energy expenditure and then energy recovery, the body's immune chemistry and repair processes are activated. What Dardik has recognized is that the physiology of recovery from exercise and the physiology of relaxation (as in meditation) from mental/emotional stress are identical. In both cases, breathing slows, stress hormones diminish, and the heart rate and blood pressure drop.

The key to Dardik's program is in integrating various behavioral modalities—exercise, sleep, diet, biofeedback, body work—according to one's own body rhythms. Participants in this seminar will have the opportunity to apply this theory to a program of health maintenance for themselves. They will see their own heart rate patterns on a monitor while exercising on mini-trampolines and while walking, jogging, and skipping. Discussion will focus on developing optimal timing in one's own rhythmic wave of exercise and recovery. Interested laypersons and health professionals are welcome.

Irv Dardik, a cardiovascular surgeon, was chairman of the US Olympic Committee Sports Medicine Council from 1976-1985. In 1976 he won the Heokton Medal from the AMA for his research in cardiovascular disease. $350

Week of November 24–29

TA KE TI NA: Rhythm Consciousness

Reinhard Flatischler

Drawing from shamanistic traditions, Reinhard Flatischler has developed a system of exercises which allows each person to experience the elements and energies of different rhythms within his or her own body. TA KE TI NA combines rhythmic knowledge of many cultures through vocal rhythms, clapping, elementary steps, and singing. The body is the most important instrument in this method since pulse and breathing are related to musical rhythm. And although the experience of rhythm provided by TA KE TI NA exercises is applicable to all musical instruments, participants in this workshop will play the body as instrument as they learn to bring musical rhythms into harmonious relationship with the rhythms of the heart and soul. $675

Embodiment and Vision

Laura DeNuccio

The perception of wholeness is the consciousness of healing.—Ernest Holmes

Laura DeNuccio writes: "This is an invitation to those individuals who are aware of an emerging consciousness that is making itself felt and heard personally and globally, and who are searching to fulfill both higher and deeper callings in their lives.

"Through attunement with the Earth and each other, individuals can deepen their capacity to listen to the innate wisdom and intelligence of their bodies. Learning to listen from within can lead back to the ancient wisdom of the Earth—returning us to our sacredness and wholeness. Participants will use breath, sound, and movement as meditations for enlivening the vitality of cells and tissue, for dissolving energetic blockages, and to quiet, still, and expand the mind. The sound meditations have the potential of moving the individual past the limitations of language, creating openings for new thought and inspiration. The emphasis will be on self-care, renewal, and nourishment.

"The group will explore commitment and what it means to fully embody one's inner vision. What would you love to see in your life? In your world? What is meaningful and significant to you? What's truly of value? Ritual and the power of the Spoken Word will be used to bring this vision forth. While cultivating compassion, honesty, and kindness toward oneself and others, the group can experiment with co-creating community, an environment of trust and acceptance in which to explore this ever-unfolding adventure of spirit."

Recommended reading: Fields et al., *Chop Wood, Carry Water* (Tarcher); Rodegast and Stanton, *Emmanuel's Book* (Bantam); Nicholson, *Ancient Wisdom, Modern Insight* (Theosophical Publishing House); Chopra, *Quantum Healing* (Bantam).

C.E. credit is available for nurses; for more information see pages 40-41. $675

Weekend of November 29–December 1

Essential Tai Ji: Body–Mind–Spirit In Action

Chungliang Al Huang

Tai Ji is a philosophy of life, a living Tao, and an effective tool for self-cultivation that promotes health, wealth, and spiritual well-being. Chungliang Al Huang will combine structure, discipline, and creative exploration for beginners and longtime practitioners in this weekend of joyful movement meditation.

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain*; *Tai Ji: Beginner's Tai Ji Book*; *Quantum Soup: Fortune Cookies in Crisis* (Celestial Arts); with Alan Watts, *Tao: The Watercourse Way* (Pantheon); Tai Ji videos from Living Tao Foundation, (217) 337-6113. $350

Week of December 1–6

Friends of Esalen Week

The Friends of Esalen are those people who support Esalen through financial gifts which fund scholarships, the Friends news-

letter, and other projects, or through gifts of care such as work exchange.

In appreciation, Esalen is offering this five-day program to current and new Friends at a special rate of $500 ($400 bunk bed, if available). A primary leader will lead one session each day; the other sessions, from which participants may choose, form a "potpourri of Esalen"—massage, meditation, movement, and gestalt—and will be taught by a variety of residential leaders. Christine Stewart Price will be one of the special guest leaders during the week, facilitating gestalt practice sessions for the group.

A dinner and evening of celebration is planned, including a chance for storytelling about Esalen, past, present, and future. Additional information will be provided in the *Friends of Esalen Newsletter*. To register, please send in the catalog reservation form with a $200 deposit. Enrollment will be limited. If you have additional questions, please call Deborah Miller, coordinator, Friends of Esalen, (408) 667-3007. $500

Weekend of December 6–8

Introduction to Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see September 15-20. $350

Reinventing Love

Robert Solomon

Reinventing Love is a personal probe into the most highly valued of all emotions, its promise, its disappointments and dangers: why we sometimes find it difficult to love, to admit our love, to express our love; why love goes wrong, why we choose the wrong partners, why we fail to make it work with the right partner; why love must be invented—and reinvented—by each generation and by every couple; how to come to terms with our own needs and dependencies. $350

Zazen

Kathleen O'Shaughnessy

Zazen is the sitting meditation practice which constitutes the experiential core of Buddhist perspective. When deep engagement with this practice is continued, an ensuing physical equilibrium is gradually mirrored into the emotions and psyche. As the mind trains itself in balance and to pay attention to ever deeper detail in the nuances of breath and posture, so also we gradually see more detail in everyday existence, thus expanding and enriching our experience of it.

In this workshop we will focus on refinement of the sitting practice itself. Hatha yoga, stretch-movement, and a variety of breathing styles will be used as energetic enhancements to the practice. Participants are asked to wear loose, layered clothing.

C.E. credit is available for nurses; for more information see pages 40-41. $350

The Power of Voice

Arthur Samuel Joseph

This course introduces a method called Vocal Awareness, which includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a means for deepening contact with the Self. Participants will work individually and in groups exploring breathing, toning, a cappella and accompanied vocalizing with poetry, sonnets, and songs.

Vocal Awareness is an art form that addresses in precise ways how language affects the brain. It is now well-known in the field of psychoneuroimmunology that endorphins are released by the brain in response to verbal cues and visual imagery. Research also points to a strong correlation between language, breath, and psycho-physical response. Knowing this, developing one's vocal abilities and learning to listen to one's own language becomes a means for self-integration.

The aim of this workshop is to explore the voice as metaphor, to tap into issues of self-expression and self-esteem, and to have fun while developing vocal abilities. It is valuable for lay people and professionals alike, and is open to beginners through advanced. Tape recorders are required. $350

December 8–13

Esalen will be closed to the public for these five days.

Weekend of December 13–15

A Workshop for Couples

David Schiffman & Susan Kuttner

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods. $350 per participant

Creating Time: A Rhythm for Health and Longevity

Stephan Rechtschaffen

As we constantly strive to be "on time" in our fast-paced, over-scheduled lives, we lose touch with living in the flow of time. We are a society plagued with time-sickness: caught up in the stress of running to work, home, recreation, or other responsibilities and interests, we don't seem to have time for the important things. Anxious about the future, regretful of the past, we miss the fullness of the moment.

This workshop will help participants understand their own attitudes toward time and how those attitudes affect their life-style, health, and longevity. Methods that move perception away from societal time pressures into the often unexplored territory of freedom-within-time will be introduced, along with meditation, visualization, time evaluation and planning (not scheduling).

From this vantage point participants can: explore how dysrhythmic, hurried schedules affect their relationships, work, and creativity; use their expanded sense of time to define what they really want in their lives and what their real priorities are; and enjoy the simple power and pleasure of being present in each moment.

C.E. credit is available for nurses; for more information see pages 40-41. $350

Authentic Movement

Tina Stromsted

Authentic Movement is a meditative form of dance whose origins were influenced by the depth psychology of C.G. Jung. Through moving and witnessing each other move, participants will explore their own inner dance, finding freedom of expression while healing wounds and uncovering images of the self that may have locked them into painful or dissatisfying ways of living. Body-related issues, unresolved developmental material, preverbal memories, and transpersonal experience may emerge, leading toward integration and wholeness.

CYNTHIA JOHNSON BIANCHETTA

Designed for mental health professionals, artists, and those interested in personal growth, this experiential process assists participants in bridging body and psyche through expressive movement. Offering a structure within which natural movement can bloom and be nurtured, it allows individuals to discover ways to tap the creative unconscious and make soulful self-contact.

C.E. credit is available for nurses; for more information see pages 40-41. $350

Arica: Levels of Consciousness

Emmett & Paule Marx

Arica is a body of knowledge developed by Oscar Ichazo, whose purpose is to provide a modern method for self-realization and the clarification of consciousness. The first training took place in Chile in 1970; from that experience Arica Institute was founded in New York City to provide workshops and self-study materials to people all over the world. Arica is also a school in the transcendental sense of a body of people pursuing a common path. Participants of this workshop will be introduced to:

- *Levels of Consciousness*: scales and levels of consciousness that individuals and society pass through from birth to the awakened state. Specific stages will be examined. For example: social dogma, where existence is viewed as a matter of social games; or disillusionment, where life is seen with cynicism as meaningless; or no time, the ability to live in the present without pressure from past conditioning. This provides a map of personal evolution that shows us where we are on the journey from an asleep, dichotomous state moving toward a state of unity.
- Basic meditative methods using breath, mantram (sound), yantras (color and form), and visualization.
- *Traspaso* and *The Arc of Love*: interpersonal exercises to nourish essential contact.

Recommended reading: Ichazo, *Master Level Exercise: Psychocalisthenics* (Sequoia Press); *Between Metaphysics and Protoanalysis*; *Interviews with Oscar Ichazo* (Arica Institute Press); *The Arican* (Spring/Summer 1989, Winter 1990, and the 20th Anniversary Issue). $350

Week of December 15–20

Letting Go – Moving On

Mary Goldenson (Devarani)

For workshop description see September 20-22. $675

Introduction to Craniosacral Work

Hugh Milne & Claudia Schaller

This workshop will introduce the theory and practice of craniosacral work, a subtle, careful, and delicate method for treating illness and for promoting health and healing. It is remarkable in its specificity and effectiveness. The gentlest of approaches, if accurate, can be more powerful than the most invasive.

Craniosacral work can be used to help people with a wide variety of symptoms, from cluster headaches to thoracic outlet syndrome to peripheral ischaemia. While very powerful, this is an inherently safe approach if it is studied from both analytical and intuitive models. To this end, the class will devote an equal portion of time to academic study and to practical, hands-on experience. Emphasis will be on visual and tactile diagnosis. In China, this is called "The Art of Listening." Practice of the demonstrated methods will be encouraged from day one so that a high standard of individual experience can be gained as the class unfolds. Feedback among participants on personal issues as touched on by this work will be an important part of the week. This workshop is for health care practitioners who already have a background in body work.

C.E. credit is available for nurses; for more information see pages 40-41. $675

Acting and Being

Paula Shaw

Meryl Streep or Bette Midler; Dustin Hoffman or Pee-wee Herman. The same persona and core issues that infuse our acting performance also shape our experience of ourselves and the world around us. We all know the experience of watching an actor who appears disengaged from his performance, leaving us unmoved. And, similarly, we know the experience of feeling disconnected from ourselves and from those with whom we seek to connect.

Bridging the separation between self and experience and self and other, available in acting, makes it possible to reconnect with the source of one's personal power for creativity, communication, and being. This workshop addresses these issues through presentation and theater games, performance and improvisation. It encourages personal outrageousness and playing 100%. It's an opportunity to experience what is meant by stage presence and full self-expression. Life imitating art or vice versa? Acting or being? The rewards are commensurate with the risks. Previous performance experience is not necessary.

Requirement: a one-to-three-minute memorized performance piece of any kind. Maximum enrollment: 25. $675

Weekend of December 20–22

A Weekend with Seymour Carter

For workshop description see September 13-15. $350

Massage and Movement for Couples

Deborah Anne Medow (Jenkins) & Laurence Hall Jenkins

Bring your partner for a weekend away from home. Join us in a playful exploration of massage, and learn to touch your partner with more sensitivity and new inspiration. Massage, movement, dance, and sensory awareness exercises will be combined in a workshop designed to bring new aliveness to relationships. $350

Christmas Present

Paul Rebillot & Carol Proudfoot-Edgar

Birth has been idealized in the Christmas story—the newborn child surrounded by adoring parents, singing angels, and comforting animals, worshipped by the wise and the simple, welcomed into the world and loved for nothing that he does, but for simply being who he is.

Most of us were not welcomed in the same way. Christmas can be a time of healing, a time in which we turn toward the image of the divine child as toward a mirror of our own deepest self. Using gestalt, guided fantasy, theater games, and rituals, in this workshop we will seek to release ourselves from the excess baggage of past regrets and future expectations in order to return to the divine simplicity of our own present being. Out of that simplicity we will prepare for our own Christmas present: giving ourselves our Self for Christmas. $350

Rekindling the Spirit in Work

Howard Schechter

Rekindling the Spirit in Work is about reconnecting with yourself and the work you do. Through creative exercises and sharing with the group, you will gain clarity about your goals in work, the skills required to reach those goals, and awareness of your strengths. The process allows you to confront and dissolve your major blocks to rewarding work and helps you integrate who you are with what you do. This is far more effective than narrowly focused vocational perspectives. The emphasis is on the question, "Who is working?" From an identification with our highest Self, what we do flows out with ease. It is a direct expression in the world of who we are inside.

This workshop is for people who are beginning new careers, in transition, dissatisfied, or simply bored with their work. Participants usually come away with a sense of clarity and purpose and seldom feel the need to make radical shifts in their job or profession. Rather, the subtle inner adjustments of identity, attitude, and perspective create greater job satisfaction and offer direction for taking the next steps in work.

C.E. credit is available for nurses; for more information see pages 40-41. $350

Performance Art

Rachel Rosenthal

Rachel Rosenthal offers a workshop that explores performance as a means of accessing one's deeper self and for reconnecting with the earth. It is based on her "Doing by Doing" teachings, a framework that activates the spiritual self through the medium of performance by uniting ritual with spirit and nature with inner knowledge.

Participants will approach the source of their individual creativity and translate this energy into the poetics of action through movement, vocal and instrumental sound, ritualized gesture, and collective improvisation. Through a succession of processes—relaxation, awareness, guided imagery, body and voice work—they will compose short performance pieces as solos, duets, or ensembles to evoke the power and beauty of the earth and to reconnect themselves to the matrix of the planet.

This work explores individual expression as well as group ritual and demonstrates how contemporary urban human beings can still discover community. Participants are encouraged to bring musical instruments, soundmakers, and any object, fabric, mask, or hat that they wish to work with or make available to the group. Found objects will also be used. $350

Week of December 22–27

Five-Day Massage Intensive

Robert Helm & Esalen Massage Practitioners

For workshop description see October 27-November 1. $675

A Week with Seymour Carter

For workshop description see September 13-15. $675

The Subtle Art of Meditation

David Streeter

For workshop description see September 15-20. $675

African Healing Dance: Pathways to Personal Power and Self-Healing

Onye Onyemaechi

Dance, drumming, and chanting are used cross-culturally to promote emotional and physical healing through journeying into expansive states of consciousness. In Africa, traditions and customs naturally integrate healing and spirituality as a way of life, reflecting a coexistence with nature and God.

Onye Onyemaechi, founder/director of the Igbote Center and Igbote Ethnic Ensemble, is a performing artist, spiritual healer, and educator. He utilizes a variety of methods to focus on the individual healing process. In this workshop, he will lead participants into the healing power of dance and prayer, known pathways for journeying to the spirit and regaining personal power.

Wear loose clothing and bring materials for drawing and coloring. Bring drums or percussive instruments if you have them. $675

Return of the Light: Winter Teachings

Paul Rebillot & Carol Proudfoot-Edgar

The winter solstice is a time for restful introspection as the earth's outer darkness allows the inner sun of the soul to regenerate and find expression. Traditional cultures the world over have rested, fasted, and feasted during this time of the year in celebration of the turning point, the cyclic return of the light. This is the time when all creatures prepare for the next cycle of growth.

Despondency, disillusionment, and regrets often weigh on people at this time of year, manifesting as depression or flight into frantic cheerfulness. This workshop offers an opportunity to work through past regrets and the unfulfilled ideals, promises, and fairy tales of childhood that lie behind them. Movement toward light is movement toward growth and individuation, and as we move through the time of darkness toward spring, it is important to understand the current season of one's life. What has not been completed? What needs healing? What do we need to say goodbye to? What new steps do we need to take as we cross our current thresholds into a new season?

There are many ways to this self-knowledge. Different people have developed different paths, using a variety of metaphors. The principle way we will use in this workshop is the way of the Medicine Wheel, which

teaches us to celebrate our cycles and seasons. Through ritual and gestalt open seat, guided fantasy, music, and play, we will seek our own inner solstice, our own turning point on the Medicine Wheel, and there sow the seeds for spring. $675

Weekend of December 27–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 27-29. $350

Play, Spontaneity, and Performance Art

Nina Wise

This is a workshop for participants to enliven their relationship to play; to rekindle spontaneity in relationships; to recognize the sacred in the mundane; to make rituals, songs, and dances out of everyday experiences; to find humor in matters of the heart; to understand that improvisation is a way of life.

Sessions will include sitting meditation, chanting, a thorough physical warm-up, opening the voice, and exercises designed to integrate sound and movement. Participants will also have opportunities for developing technical performance skills, but the focus of the week will be improvisational expression of impulses, feelings, and ideas as they arise moment to moment.

This workshop is open to students of all levels, beginner as well as professional. $350

Biofeedback Assisted Open Focus and Brain Wave Synchrony Training

Les Fehmi & Susan Shor

Brain wave activity is directly correlated with the way one pays attention. Synchrony is associated with "in-to-it," broad-scoped attention and effortless performance; desynchronized brain wave activity is associated with remote, narrow-focused attention and effortful performance. Brain wave synchrony and attention training consequently guide one toward an awareness that is simultaneously narrowed-in on detail, panoramic in scope, and bathed in an effortless sense of the moment.

The Open Focus methods presented in this experiential workshop support the rapid reduction of both conscious and unconscious physical and emotional stress and pain. Rather than ignoring unpleasant experience, participants will practice melting it directly, using attention skills they already possess. This method of dissolving stress and pain generates a sense of well-being and creative energy. Interested workshop participants will receive biofeedback training using an instrument that monitors brain activity from the major lobes of the brain and provides a feedback signal when whole-brain, in-phase synchrony is produced. An Open Focus tape will be provided for home practice.

C.E. credit is available for nurses; for more information see pages 40-41. $350

December 27–January 3

Painting Experience with Michell Cassou & Stewart Cubley

This workshop is reserved for people who have not painted with Michell Cassou and Stewart Cubley before. Continuing students may register on a waiting list and will be taken on a space available basis two weeks prior to the workshop. For workshop description see September 8-15.

$1025 (plus $30 materials fee paid directly to the leaders)

Week of December 29–January 3

Awakening Inner Power

Deborah Anne Medow, Mary Tesoro & Tom Elliott

Operating from the assumption that one's innate energies lie largely untapped, this group will explore alternative means of gathering inner power. Leonard Energy Training, a comprehensive system offering tools to meet the problems, pressures, and pain of everyday life situations, will be combined with gestalt to provide a foundation for personal growth and change. Yoga and massage will be interwoven with elements of the martial art of aikido to increase the flow of vital energy through the body, mind, and spirit. $675

Craniosacral System: Basic Workshop

Jim Asher & Jane Harrington

This workshop will offer an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. The class will combine lectures and slides on functional anatomy of the membrane system and cerebrospinal fluid movement. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference. Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills and for those already practicing body work or counseling. Much of the focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stresses in the nervous system.

Recommended reading: John Upledger and Jon Vredevoogd, *Craniosacral Therapy* (Eastland).

C.E. credit is available for nurses; for more information see pages 40-41. $675

Hypnotic Innovations: Investigations in Living, Using Ericksonian Hypnosis

Paul Lounsbury & Nancy Winston

In the moment before a new idea unfolds, our attention becomes so fully focused that time seems to disappear. Perhaps, without quite realizing it, we forget where we are and what's around us. These spontaneous states are the stuff out of which hypnotic experience unfolds and through which unconscious possibilities take form.

In this workshop, participants will investigate the hypnotic approaches developed by Milton Erickson and the systemic principles generated from Gregory Bateson's research in communication. They will explore how unconscious processes can be mobilized to creatively disrupt limiting life patterns, to organize innovative behaviors outside the range of normal conscious controls, and to more fully optimize their current living and work situations. Structured trance experiments and discussion will support the week's work.

This workshop may be of special interest to those in the helping professions as well as managers who want to expand their frames of reference and extend their understanding of Ericksonian hypnosis and communication skills. $675

Weekend of January 3–5

Weekend Massage Intensive

Char Pias Brenner
& Charles Jay Bradbury

For workshop description see October 27-November 1. $350

Introduction to Vipassana Meditation

James Baraz

For workshop description see September 13-15. $350

The Tao of Music Improvisation and Movement Meditation

Chungliang Al Huang & David Darling

The leaders will continue their traditional New Year's celebration with music and Tai Ji during the southern migration of gray whales and monarch butterflies. Chungliang Al Huang will lead participants each morning in Tai Ji meditation and Chi Gong breathing exercises in the fresh ocean air while David Darling plays Bach on the cello. Everyone is invited to rediscover the fundamentals of creative expression and the revitalization of body, mind, and spirit through Tai Ji dancing and music.

Recommended listening: Darling, *Cycles* and *Journal October* (both, ECM), *Minor Blue* and *Rhythm and Blues Suite* (both, Music for People, 203-672-0275).

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup: Fortune Cookies in Crisis* (both, Celestial Arts); Living Tao Videos, 217-337-6113. $350

Introduction to Focusing

Mary McGuire & Roseann Kasayka

Focusing is a step-by-step process for gaining entry into a physically felt intelligence called body wisdom or bodily knowing. This method originally came out of research conducted by Eugene Gendlin and his associates at the University of Chicago. They wanted to determine what leads to successful outcomes in psychotherapy, and they found that success cannot be predicted by the personality of the client nor the orientation of the therapist, but instead is related to the client's awareness of felt experience in the body. They also found that this awareness can be taught to those who do not have it readily. The focusing method developed by Gendlin teaches this awareness of felt experience.

Focusing's applications extend far beyond its use in psychotherapy. It enhances other methods of change or growth and is used in education, business, and work with cancer patients. It offers:

- A way of listening to oneself and others
- A means to personal insights
- A resource for spiritual growth
- A path to healing and reconciliation
- A catalyst for healthier relationships
- A method for reducing stress and preventing burn-out
- A means of getting in touch with one's creativity
- A tool for phenomenological research

This workshop will cover the six steps of this method as outlined in Gendlin's *Focusing*, which participants are strongly encouraged to read before the workshop. Participants will be introduced to a holistic way of paying attention by creating an inner climate of gentleness, friendliness, allowing, receiving, being with, touching, listening, and waiting. This differs from the usual outside climate of forcing, pushing, shoving, and demanding. They will explore how to relate to both positive and negative experiences as they are carried in the body, without the usual response of being overwhelmed by feelings or running away from them. This way of being with oneself allows each experience to unfold in a positive direction, and the person is empowered with an inner strength and direction that allows life energy to flow forward in new ways.

Recommended reading: Gendlin, *Focusing* (Bantam).

C.E. credit is available for nurses; for more information see pages 40-41. $350

Week of January 5–10

The Tao of Music Improvisation and Movement Meditation

Chungliang Al Huang & David Darling

For workshop description see January 3-5. $675

Five Days with Ilana Rubenfeld

This workshop introduces the Rubenfeld Synergy™ Method, a holistic system developed over the past twenty-five years that integrates body, mind, emotions, and spirit for healing of self and others. This blend of gestalt practice, Alexander Technique, Feldenkrais® exercises, and Ericksonian hypnosis will be utilized as a gateway to contact, express, and work through deep feelings and memories locked in the body. Group exercises and individual demonstrations will incorporate gentle touch, movement, music, and humor. Key issues will be:

- Surviving the wounds of a dysfunctional family
- Healing the inner child
- Evoking innate healing potential
- Interdependence between emotions and posture
- Dreams and body metaphors that reveal life patterns
- Playfulness and humor
- Tools for self-care

This workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, NY, NY 10011. $675

Focusing, Dream Work, and the Helping Relationship

Mary McGuire & Roseann Kasayka

Focusing originally came out of research conducted by Eugene Gendlin and his associates at the University of Chicago. They wanted to determine what leads to successful outcomes in psychotherapy, and they found that success cannot be predicted by the personality of the client nor the orientation of the therapist, but instead is related to the client's awareness of felt experience in the body. They also found that this awareness can be taught to those who do not have it readily. The focusing method developed by Gendlin teaches this awareness of felt experience.

This workshop is for psychologists, counselors, social workers, nurses, doctors, and others in the helping professions. Focusing is beneficial to these individuals because it augments their understanding of the client's inner process and aids in their own self-awareness as helper. It allows the practitioner to recognize the vulnerable or painful places in the other where new life wants to come through and to facilitate growth in a gentle way that honors the other's experience.

Participants will practice the focusing process called Experiential Listening, a method of listening for the bodily felt sense in what the other is saying and responding from one's own felt sense of the situation. They will also be introduced to Gendlin's integrative approach to dream work. Theories of Freud, Jung, Perls, and others will serve as a source

of questions; the answers will come from participants' own dream interpretations and will be explored via this method of awareness of felt experience.

Research has shown focusing to have made a significant difference in the process of therapy clients, the lives of cancer patients, in preventing staff burn-out, and building team spirit among health care professionals. This workshop could be a new beginning. What better way to start the New Year.

Recommended reading: Gendlin, *Focusing* (Bantam) and *Let Your Body Interpret Your Dreams* (Chiron).

C.E. credit is available for nurses; for more information see pages 40-41. $675

Weekend of January 10–12

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with the fundamentals of Tai Ji practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five elements form, Chinese Chi Gong breathing, and life force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Huang, *Quantum Soup: Fortune Cookies in Crisis* and *Embrace Tiger, Return to Mountain* (both, Celestial Arts); with Alan Watts, *Tao: The Watercourse Way* (Pantheon). $350

Rubenfeld Synergy™: Healing the Mind/Body Connection

Ilana Rubenfeld

This workshop will provide an introduction to the Rubenfeld Synergy™ Method, a healing system that uses gentle touch, movement, gestalt practice, creative imagination, music, and humor.

The memories and emotions stored in the body can result in energy blocks and imbalances. Through exercises designed to contact, release, transform, and balance these cellular patterns, participants can freely explore their innate healing potential. The atmosphere is one of acceptance, caring, and laughter, encouraging participants to move toward integration, empowerment, freedom, and new possibilities.

Participation in this workshop will fulfill one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, NY, NY 10011. $350

Children and Anger: A Gestalt View

Violet Oaklander

The theme of this workshop is the anger of children. Participants will discuss the various ways that young people express anger, the relationship of anger to negative introjects and self-esteem, and how parents, teachers, and therapists can help children express this least tolerated and most misunderstood emotion in healthy, safe, and satisfying ways.

This approach is based on the use of creative, expressive, and projective methods, with gestalt theory and practice as the underlying framework. The thrust of this work is to provide the child with a means for expressing his or her innermost feelings, to foster self-awareness and self-discovery, to enhance self-esteem and, in general, to promote emotional growth. Children thereby learn not only about themselves, but about their relationship to others and the world around them.

The workshop will include discussion, demonstration, examples of children's work and, particularly, direct experience of expressive methods used with children.

Recommended reading: Violet Oaklander, *Windows to Our Children* (The Gestalt Journal, P.O. Box 990, Highland, NY 12528). $350

The Body and Spirituality

Maggie Hodgson & Don Hanlon Johnson

This is one of several seminars, and the first public offering, in the Esalen Body-Spirituality Project. Invitational seminars to date have brought together leading teachers in the field of somatics with leaders in the field of religion—nuns, priests, rabbis, teachers of meditation, heads of religious healing centers—from the Roman Catholic, Protestant, Jewish, Islamic, Native American, Russian Orthodox, and Buddhist traditions. The emphasis has been on experiential work designed to challenge disease-provoking tensions produced by the dominant social images of the body, and to offer alternative images more conducive to the physical and spiritual health of human beings and our planet. There has been experiential work with body image and personality, sensory awareness, body movement, breath, imagery, and simple forms of touch, as well as discussion exploring the implications of this work for healing, education, social organization and, particularly, for world peace. This seminar continues that work. Some of its themes will be:

- How to utilize a more holistic understanding of the body to formulate theologies which are more supportive of the basic needs of suffering human beings and of the earth;
- The significance of Native ways in challenging Western alienation from the body and the earth, and the sicknesses that derive from that alienation;
- The integration of more sophisticated uses of touch in traditional healing ministries of the religious communities;
- How to use the various body-oriented therapies in the clinics provided by religious groups for suffering communities: addicts, the homeless, political refugees, etc.;
- How to integrate sophisticated contemporary work with the body with traditional methods of meditation and ritual.

Maggie Hodgson has been a trainer and is now executive director of the Nechi Institute on Alcohol and Drug Education for Native peoples in Canada. That center has demonstrated remarkable success in the healing significance of returning to the old ways. Don Hanlon Johnson brings to the seminar the results of his work during the past four years applying somatics techniques in work with religious leaders.

C.E. credit is available for nurses; for more information see pages 40-41. $350

Week of January 12–17

Feeling and Innovation

Dale Cummings & Karel Samsom

Discovering creative solutions in our personal and occupational lives can transform leisure and work and enliven our experience. Webster defines feeling as "the capacity to respond emotionally" and innovation as the "introduction of something new." How these two themes interconnect will be the focus of this workshop.

Participants will use Radix® and neo-Reichian methods of emotional release, exercises in creativity and innovation, role-playing, and discussion. A period of individual work (the Radix® intensive) in a small group setting will provide a safe environment of emotional support. As negative feelings are worked through, active creativity can emerge.

Through its focus on feelings and creativity, this workshop offers encouragement and practical ideas for reinvigorating personal and organizational experiences and for pursuing innovation and new (ad)ventures in daily life. $675

A Circle of Women

Christine Stewart Price
& Guest Leaders

Each group of people who comes together creates a unique "field." When the members of a group are all women, as in this workshop, the field takes on a distinct quality which encourages exploration of particular feelings and issues. During this workshop, we will explore those feelings as they emerge, using gestalt awareness practice (see *Gestalt Practice*, September 15-20) as well as any other forms of process that serve us in contacting, expressing, and supporting ourselves and each other. Bring rattles, drums, dreams, pictures of your mother and grandmother, or anything else you might want to share. $675

Somatosynthesis

Clyde Ford

Clyde Ford will introduce participants to somatosynthesis, a method which uses touch, body awareness, and movement to address the emotional issues underlying pain, disease, and physical symptoms. It brings together body-based methods with psychological and spiritual approaches to affect the healing process.

This workshop will provide participants with the initial skills for exploring this dynamic relationship between body and mind through touch. It will begin with body-mapping, a method of linking areas of the physical body to underlying psychological and emotional issues, and then take an in-depth look at how touch can be used to address these issues and guide the person toward greater well-being. There will be lectures, demonstrations, discussion, and supervised hands-on exercises. It is designed for students of the healing arts who wish to explore the emotional and psychological aspects of somatics work. Please wear comfortable clothes and bring a notebook to record your experiences.

Recommended reading: Ford, *Where Healing Waters Meet: Touching Mind and Emotion Through the Body* (Station Hill Press).

C.E. credit is available for nurses; for more information see pages 40-41. $675

STEVE BECK

The Writer's Way: Self-Exploration through Writing

Nancy Bacal

We all have stories and the ability to tell them. But when asked to translate them onto the page, many of us are inhibited by self-judgment. Through a series of exercises designed to bypass blockages, participants will be encouraged to move beyond the controlling arm of the critic and tap their reservoirs of personal experience. These exercises will provide an opportunity to turn the burdens in our lives into stories, the unwanted voices into characters, the failures and successes into material. They are specific enough to excite the imagination yet loose enough for the writer inside to experiment with form and images and remain open to surprise.

This writing workshop offers a supportive and stimulating environment for the non-writer, the would-be writer, and the profes-

sional. The schedule will include writing in and out of the group, walks, meditation as it relates to creative process, reading and discussion of pertinent material. The intention will be to coax the mind out of its cycle of expectation and disappointment into a positive, functioning relationship with one's work.

Recommended reading: Carla Needleman, *Work of Craft* (Avon); Joseph Goldstein, *The Experience of Insight* (Unity). $675

Weekend of January 17–19

Vision and Embodiment

Laura DeNuccio

This is an educational introduction to vision fitness, integrating inner vision and outer sight. The focus is on discovering 1) how to relax, clear, and reeducate the eye and the self to see, and 2) how one's present reality is distorted or shaped by attitudes, beliefs, and feelings.

Participants will utilize the Bates method of eye relaxation, movement, breath, guided meditation, earth ritual, and the creative use of the Spoken Word. Together they will explore, discover, experience, and expand their vision of possibilities for themselves and the world in which they live.

Recommended reading: Goodrich, *Natural Vision Improvement* (Celestial Arts); Huxley, *The Art of Seeing*.

C.E. credit is available for nurses; for more information see pages 40-41. $350

Endarkenment

Will & Ailish Schutz

Sometimes in our search for enlightenment we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle.

This workshop can provide a vehicle for the turn downward. We shall explore: how to establish and maintain meaningless relations; what to worry about while meditating; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim/martyr in your social group; guilt without sex. This approach, similar to Feldenkrais's "live the disasters" and the "homeopathic principle" (Will Schutz, *Body Fantasy*), can be as valuable for attaining enlightenment as the direct route—and more fun. In addition, participants in this workshop will have opportunities to explore, play with, and celebrate the shadow—that which we usually hide. $350

Psychoneuroimmunology and its Implications

George Solomon & Margaret Kemeny

The rapidly developing field of psychoneuroimmunology (PNI) is concerned with the nature of complex bidirectional interactions between the central nervous system (CNS) and the immune system and their clinical and bioregulatory implications. The CNS mediates stress effects, coping, emotions, and other psychological processes that, via the immune system, affect the onset and course of many diseases.

This didactic but interactive course will describe the immune system, how it works and is regulated. The leaders will discuss human and animal research on the effects of stress and other experiential factors on immunity and on immunologically-resisted and mediated diseases, including bacterial and viral infections, cancer, autoimmune diseases, allergies, and AIDS. The as-yet poorly researched area of the impact of interventions, including psychotherapy, on immunity and disease will be discussed. Implications of PNI for understanding traditional and alternative healing systems and placebo effects will be explored. There will be ample opportunity for questions.

C.E. credit is available for nurses; for more information see pages 40-41. $350

Moving from Love Addiction to Healthy Intimacy

Jed Diamond

Many of us are successful in our professional lives, but struggle in our love lives. Our romantic relationships are a series of disappointments, yet we continue to pursue them. We seek lovers to make us feel whole, yet we lose our sense of self. We cling to partners who are abusive, yet we are afraid to let go. Some of us have become relationship anorexics, starving ourselves for love because we are afraid to risk being hurt again. Many of us have become addicts and don't even know it. We turn to each other out of the same needs that drive some people to alcohol and others to cocaine. Interpersonal addiction, love addiction, is not only the most common addiction, it is the core out of which all other addictions emerge.

This workshop offers a safe and supportive setting in which to explore sexual, romantic, and relationship addictions. Participants will delve into the "black hole," the center of their being where they contact their earliest experiences of abuse and abandonment. There they may also find the "golden thread" which can lead them back to their true selves.

Small group interaction, writing, guided meditation, and movement based on aikido and energy awareness will be used to experience the differences between male and female love addictions, healthy love vs. love addiction, and the seven stages of developing joyous and peaceful intimate partnerships.

Recommended reading: Diamond, *Looking for Love in All the Wrong Places: Overcoming Romantic and Sexual Addictions* (Avon/Putnam).

C.E. credit is available for nurses; for more information see pages 40-41. $350

Week of January 19–24

Letting Go – Moving On

Mary Goldenson (Devarani)

For workshop description see September 20-22. $675

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Jack Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*. $675

Exploring Dimensions of Healing

Elizabeth Stratton

The desire to heal and be healed is a deep need within every human being. Seeing someone we love in pain brings out the instinct to touch that person in a caring and compassionate way. Feeling or being ill our-

selves can lead us to explore both spiritual and scientific dimensions of healing that we would otherwise not be open to.

Psychic healing, with its focus on the laying on of hands, understanding the meaning of the illness, and seeing into the heart of the person who is ill, brings a spiritual dimension to healing that can be a valuable adjunct to modern medicine and its high technology.

This five-day workshop will provide both theoretical and practical tools to awaken the healer within. Self-healing methods such as opening the energy centers (chakras), communicating with the body, and guided healing imagery will be explored to assist participants in taking charge of their own health. In addition, participants will begin to learn to work with others in a healing capacity through laying on of hands and psychic scanning.

C.E. credit is available for nurses; for more information see pages 40-41. $675

January 19–26

Cortical Reeducation[R] and The Feldenkrais[R] Method

Harriet Goslins & Mark Bender

For workshop description see September 29-October 6. $1025

Weekend of January 24–26

Introduction to Gestalt Practice

Joyce Lyke

For workshop description see September 15-20. $350

Alexandrian Traditions: A Weekend with Ralph Abraham

Several of the wonders of the ancient world were created in Alexandria, metropolis of Greeks, Egyptians, Jews, and Christians. Mathematics and philosophy merged in a creative whirlpool of Hermetic, Gnostic, and Kabbalistic wisdom. In this weekend of geometry and metaphysics, we will survey the Alexandrian miracle from Euclid to Hypatia, discussing the significance of this pagan intellectual heritage for our past and our future. We will seek the lost bridge between mathematics and the spirit. $350

Creating a New Life

Elizabeth Stratton

The foundation of recovery from any addiction is spiritual strength—the recognition of the healing power of our relationship with God. It gives the recovery process meaning and the individual a will to live.

Creating a new life during recovery is a challenging process. To let go of the past while recovering from it means to see life through new eyes. Beginning each day anew requires dedication, courage, and compassion for the self that is being reborn. It means telling the truth and seeing life and the self through the eyes of compassionate truth.

This workshop provides an opportunity for those individuals who are in the recovery process to develop the healing skills necessary to create a new life. Experiential work will include: establishing and nurturing a relationship with God; self-forgiveness and forgiving others; telling the truth and releasing fear; turning anger into the will to live; healing the physical body from years of abuse; opening the inner energy system through meditation and imagery; developing psychic strength and protection from other people's negativity and addictive behaviors; and, experiencing bliss through spiritual substance rather than substance abuse.

C.E. credit is available for nurses; for more information see pages 40-41. $350

Co

Kathleen Riordan Speeth

This is a workshop for people helpers. Everyone has seen duets in ballet in which the male dancer follows the prima ballerina, supporting her leaps and turns. Many human dyads are similar. One person is in the foreground while the other, the "co," accepts a background position. The concerns of the focal person come first. They define the relationship either by explicit agreement, as in psychotherapy and medicine, or implicitly, as in many marriages.

The focus acts; the co tracks. The focus makes a movement and the co, like a dance partner, adjusts. What the focus needs, the co provides. The co is receptive, responsive, attentive, enabling, facilitating.

Cos can be found nurturing the young and the frail elderly, ministering to the disturbed, nursing the sick, designing houses for the wealthy, and in many other situations throughout society. Sometimes these co relationships are a vocational choice and a charitable way of life. Sometimes, as with co-dependencies and co-alcoholics, they are dysfunctional and harmful.

We will spend the weekend studying, through group experiential exercises and discussions, when, where, why, and how to co, and the politics of both entering into and refraining from such relationships.

C.E. credit is available for nurses; for more information see pages 40-41. $350

Week of January 26–31

Women's Wisdom: Celebrating Sacred Dimensions of the Feminine

Jean Shinoda Bolen & Jananne Lovett-Keen

By tapping intuitive sources of wisdom, creativity, and spirituality, life takes on deeper meaning. We are nourished by what we feel and know and dream and express. In the outer world, change and transitions are inevitable. What we often miss is time to reflect upon the meaning of events and to take stock of who we are becoming.

This retreat invites women to take time for inner reflection in the nurturing company of other women in an environment of natural beauty. Jean Shinoda Bolen, author of *Goddesses in Everywoman*, will lead participants inward through myths and meditation to their personal symbols and to the truth in their dreams. Jananne Lovett-Keen, a musician and body worker, will teach participants to care for their bodies and to be attuned to their vulnerabilities, pain, trust, and strengths. Through music, participants will touch sources of inspiration and creativity and be reminded of the profound connection between women's nature and Mother Nature, between music and body knowledge.

These five days will provide women with an opportunity to experience their inner trusting child, the grown woman choicemaker, and the wisewoman aware of the sacred dimension of ordinary life. $675

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in the mood of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and

demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

CYNTHIA JOHNSON BIANCHETTA

The purpose of this week is to create a mood of sanctuary for: people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based in trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $675

January 26–February 7

Advanced Training in Shamanism and Shamanic Healing

Michael Harner

For workshop description see Special Programs, pages 38-39.

Weekend of January 31–February 2

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 27-29. $350

Roots of Design

Sim Van der Ryn

Each of us is a designer. In this workshop, we explore the roots of design within us, including our conscious and unconscious internal programs, our personal and collective histories. We use storytelling, model-making, image-making, and free writing to get at the designer within. From there we can design our personal ecology, physical and temporal space. We begin to move from being unconscious to conscious designers. Recommended for professional designers who have lost their roots and lay people who never realized they had any roots in design. $350

Week of February 2–7

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see September 15-20. $675

Protoanalysis and the Enneagon: Breaking the Fixation

Jack Downing, Michael Kramer & Paule Marx

This workshop introduces the Arica theory and method of protoanalysis in which ego fixation is revealed by the muscular tensions of the face. Oscar Ichazo, the founder of Arica Institute, will determine each participant's fixation from photographic slides submitted prior to the workshop. Ichazo is the sole originator of the theory of ego fixations.

The fixation is the area of the psyche in which a person is most sensitive. We defend this over-sensitivity with a cluster of reactions which becomes a fixated pattern in childhood. There are nine types of over-preoccupation which veil our perception of reality and shroud our natural, spontaneous, and essential nature. This ego identity is, at its core, ontologically empty and will never allow us to experience the totality of ourselves, which is our birthright as human beings.

Discovering our fixation is a catalyst for internal growth and evolution. Once we break this habitual identification with one point of view, the eight remaining elemental parts of our psyche become enormously enriched. We begin to recognize the defense mechanisms of our fixation as simply processes, comical in their predictability. This work is done with humor; in this way the nine fixations become exaggerated characters in our "theater of the subjective." We can then transcend ordinary states of subjectivity and experience lucid states of self-awareness.

In this seminar, participants will study a number of enneagons that work harmonically with the enneagon of the nine fixations. The workshop will also include enneagon theory, meditation, diakath breathing, essential movement, group work, and theater.

Please note: Three slides of each participant's face must be received one month prior to the workshop, or by January 2, 1992. A letter of explanation about the lighting and photography of the slides is available from Esalen.

Recommended reading: Oscar Ichazo, *Master Level Exercise: Psychocalisthenics* (Sequoia Press); *Between Metaphysics and Protoanalysis;*

Interviews with Oscar Ichazo (Arica Institute Press); *The Arican* (Spring/Summer 1989, Winter 1990, and the 20th Anniversary Issue). $675

Weekend of February 7–9

Accessing Creative Process

Dianne Laurence

Spontaneity, imagination, trust, and risk-taking are all essential ingredients in the creative life of the individual. They are not parcelled out at birth in limited supply but are parts of our natural makeup and can be exercised and strengthened. This workshop will use theater improv, storytelling, and painting games to this end.

Many people claim that they "just aren't that creative" when the real issue is whether or not they are willing to engage in a relationship with their creative intelligence. This workshop will offer the opportunity for laypeople and artists alike to see where and how they joyfully participate and where and how they resist. It is useful for people who are stuck, who want to find a way of going deeper, or who just want to play in areas they've been curious about. $350

Relationships: Turning Toward Joy

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared—by their family backgrounds or society—to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary, and who wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, body work, and personal metaphor. $350

A Weekend with Terence McKenna

Author, explorer, and philosopher Terence McKenna brings us unique perspectives on the spiritual life and impending transformations of the human world. In this seminar he and participants will examine human attitudes toward the Other, discuss Time and its mysteries, the nature of language, and techniques of ecstasy that have developed in non-Western societies. The role of hallucinogenic plants will be discussed in depth—their role in shamanism and their impact on the general evolution of human cultures and social forms. McKenna will discuss the making of effective choices about spiritual development and the roles that we can play in the unfolding of the post-historical future.

McKenna writes: "This is a chance to experience consciousness as an informational creature loose in an environment of meaning. Our global culture is preparing to depart for the stars; learn what you should pack for the trip. We will discuss what a long, strange trip it has been and is bound to be. We will consider a growing zoo of strange futures, chaotic attractors, and fractal language elves breeding and at play in the phase space of happenstance. We will conduct a real-time search for understanding of the onrushing transformation of our planet, ourselves, and the way we see each other." $350

Moving Toward Open Space and Transformation through Guided Imagery

Catherine de Segonzac Shainberg

In this workshop, participants will explore in rapid succession different aspects of life in an imaginal and sensory mode. Through short inductions, an empty space opens up in which images emerge spontaneously. Visual movement is experienced at the somatic level as well as emotionally and mentally. As the images unfold, they speak for themselves, often in surprising and deeply moving ways. They lead the dreamer toward a broader awareness of themselves and of their rich inner resources. An unfolding image can represent both the diagnosis and healing of a difficult situation. In other instances, the guide might suggest another perspective from which to look at an image which may serve to unblock or change a situation. The act of moving into a new configuration becomes the healing process, the transformation.

The emphasis in this workshop will be on the connection between organic movement and the spontaneous emergence of images. Working quickly with inductions and exercises to elicit an imaginal experience, participants—students of themselves—will have the opportunity to discover the transformative value of being 'taken by surprise' by their own images.

C.E. credit is available for nurses; for more information see pages 40-41. $350

Week of February 9–14

Spiritual Healing: Laying On of Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods of using the hands as instruments for physical and spiritual healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art.

Maria Lucia Sauer Holloman studied and lived at Esalen for nine years. She currently studies with healers in Brazil and has a private practice in Rio de Janeiro where she applies Brazilian and North American approaches to healing.

C.E. credit is available for nurses; for more information see pages 40-41. $675

The Unfolding Self

Jessica Moore Britt & Joyce Lyke

We live in a world of mystery, wonder, and beauty. But many of us seldom participate in this real world, being aware instead of a world of strife, suffering, and meaninglessness. This situation arises from not realizing and living our full human potential. Childhood conditioning and attachment to that conditioning is one way that our potential gets stuck.

This week is for participants who have been working on themselves and would like to delve further into the relationship between their emotional work and spiritual practice. Using self-remembering exercises, meditation, and individual Reichian/gestalt work, they will inquire into what it means to allow and commit to the unfoldment of the self.

Recommended reading: A.H. Almaas, *Diamond Heart*, Vol. 1, and *Essence* (both, Diamond Books).

C.E. credit is available for nurses; for more information see pages 40-41. $675

Stepping Into Power

Dawn Callan & Stephanie Mines

This self-defense and awareness program attunes women and men to their innate power and helps them guide that power into decisive action. Integrating movement with thinking, feeling, and sensing, participants will practice simple and effective techniques that embody the basic right of self-protection and support them in breaking through personal barriers (old habits, limiting beliefs, fears, unconscious patterns). This workshop offers an opportunity for healing core issues as well as the polarity and adversarial beliefs between women and men. It culminates in a demonstration of individual empowerment.

This integration of self-defense and self-awareness is designed for individuals committed to achieving new levels of mastery and excellence in their personal and professional lives.

C.E. credit is available for nurses; for more information see pages 40-41. $675

On Being a Man

David Schiffman

Many men today have sought to honor and embrace the emergence of the feminine principle in their own natures. As a result of this emphasis, the right to celebrate and honor the masculine has become a thorny and difficult dilemma.

A man's sense of his uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity. They will explore the following questions:

- What does a man need to know and accept about his own nature to feel himself fully as a man?
- Can men come together to create an atmosphere of trust and goodwill, where the masculine aspects that they have in common can be honored and appreciated in the pleasure of each other's company?
- Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
- Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illuminate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will be incorporated in this journey as well. $675

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, lifelong commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them define a plan for the necessary moments they must create so they can move forward, transforming their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing in four fundamental relationships:

- With oneself: developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of chronic trauma;
- With others: improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries;
- In the world: moving away from chaos and deprivation and toward stability and abundance;
- Spiritually: searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

This workshop will be experiential *and* didactic, blending individual and group gestalt work, music, spiritual practices, and body work. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs. Please bring a mirror and photographs of yourself at all ages.

C.E. credit is available for nurses; for more information see pages 40-41. $675

Weekend of February 14–16

Keeping a Good Relationship Alive

Gerald Smith

For workshop description see October 11-13. $350

Somatics: Internal Mastery of Muscles and Emotions

Eleanor Criswell Hanna

This workshop will explore the neuromuscular responses to emotional states—the somatics way to internal mastery of muscles and emotions—and the joy that comes with the body's renewed awareness and freedom. Guided somatic exercises and individual sessions with practitioners trained by Thomas Hanna will give participants the opportunity to experience this wonderful work.

Recommended reading: Thomas Hanna, *Somatics* (Addison-Wesley), *The Body of Life* (Knopf), and *Bodies in Revolt* (Freeperson Press). $350

The Psychotherapist as Shaman: Methods for Madness

Joan Halifax

In many indigenous cultures across the world, the shaman has functioned as healer and therapist in the physical, psychological, intellectual, transpersonal, social, and environmental domains. During this weekend, anthropologist Joan Halifax will look into the traditions of shamanism for those practices and methods possibly relevant for use in contemporary psychotherapy. Included will be the function of art in personal, social, and environmental healing; the role of ritual in individual and community process; the use of entheogens in psychophysical transformation; and the relationship of the natural environment (as reality and metaphor) to the healing process. This program includes experiential practices, teachings, and discussion.

C.E. credit is available for nurses; for more information see pages 40-41. $350

The Open Space: Poetry and Authenticity

Norman Friedman

When is a poem the *expression* of feeling, and when is it an *avoidance*? How can we tell the difference, and what difference does it make? We seek that open space where poetry frees us to re-make ourselves, and we return

to the world integrating that freedom into our daily lives. For this to take place, what the poet feels must be *shaped* so as to evoke that feeling in us. Keats said that truth is not truth until it is tested on our pulses. Craft, discipline, and training are the means, but sometimes the enabling letter can kill the life-giving spirit.

We will examine a number of poems, classics of various times and places, to find and experience how we in our time, and others in theirs, confronted the same dilemma. And we will encourage—through readings, mini-lectures and discussion, fantasy and experiment—the re-creation of that open space in this workshop. $350

Self-Exploration through Handwriting Analysis

Vimala Rodgers

Our handwriting is the result of intricate neuro-muscular connections that express on paper both the conscious and unconscious aspects of our established behavior patterns. Each time we move the pen across the page we not only reflect these patterns, we reinforce them. Slant, spacing, margins, pressure, loops, angles, size, letter formations, and zonal relationships: each of these factors is significant and combines with countless other writing patterns to make a clear statement of the attitudes with which we greet and react to life situations.

This weekend will be spent in an active, step-by-step exploration of the components of handwriting as they mirror aspects of the personality. For those participants who wish to consider making specific alterations in personal writing patterns, the workshop will allow time to work on specific strokes (supported by repetitive practice) as a means of instilling new brain/hand patterns. Time will also be given to inner child work.

This workshop is for the person who is engaged in the journey of self-exploration as well as for counselors, teachers, parents, ministers, health care practitioners, and other professionals who deal with self-esteem issues and the well-being of others.

Recommended reading: Paul de Sainte Colombe, *Grapho-therapeutics* (Laurida); Stone and Winkelman, *Embracing Our Selves* (DeVorss). $350

Week of February 16–21

Cross-Cultural Shamanic Practices

Angeles Arrien

Participants of this workshop will be introduced to shamanic tools from diverse cultures in order to access and empower their inner teacher, healer, visionary, and warrior. The universal healing salves of singing, storytelling, dancing, and silence will be engaged to rekindle the spirit and retrieve any soul loss.

Group members will work individually and collectively to: honor ancestor spirits by releasing limiting family patterns; enhance personal and professional power by speaking with "spirit tongue" (truth-telling); and experience shamanic practices that reveal internal mythology, help heal wounds, and adjust imbalances.

This week qualifies as a Foundational Training for the Four-Fold Way, a cross-cultural shamanic training program by Angeles Arrien. $675

CYNTHIA JOHNSON BIANCHETTA

Sports Massage

David Streeter

This workshop will focus on aspects of sports massage that prove useful in other massage modalities. The curriculum includes: study of anatomy, to understand the rhythmic coordination of muscles working together; cross-fiber or cross-friction massage, simple strokes that promote healthy muscle tissue; and trigger point massage, to locate and relieve sensitive and congested points in muscle bundles and tendons. Trigger point work has proven beneficial in reducing myofascial pain caused by chronic tension.

In these five days, participants will progress through a study of the entire musculoskeletal system via brief lectures, hands-on practice, and one-to-one instruction. This workshop takes a simplified approach to what is usually a complex subject and gives students a better idea of just what lies beneath their hands and how to more effectively communicate with the human body. It is open to all levels.

C.E. credit is available for nurses; for more information see pages 40-41. $675

Life Stories: Healing the Sorrows

Peter Finkelstein

Painful experience is one of life's givens. However, whether we are discussing the inevitable existential concerns of aloneness, freedom, or death, or the personal tragedies of divorce or untimely loss, it is the manner in which we give form to our painful stories that defines our personal development. The mere attention we give to the ongoing creation of our own story can help us broaden our sources of satisfaction, concentrate our energies productively, and recognize life's wisdom in its many forms.

Participants will use group exercises and individual work to help them acknowledge and integrate painful life experiences such as divorce and bereavement. Dream interpretation, hypnosis, didactic material, and attention to group process may all be used to deepen the experience. Blocks to the successful completion of healing will be explored.

Recommended reading: Judith Viorst, *Necessary Losses* (Simon & Schuster).

C.E. credit is available for nurses; for more information see pages 40-41. $675

The Lover's Journey: A Quest for the Inner Man and Woman

Paul Rebillot & Melissa Kay

The leaders write: "It is difficult to relate to other people fully and clearly as long as we remain unaware of our own inner process. What roles do we play with ourselves and others? Do these enhance or inhibit our ability to make contact? How do we feel about our sexual identity, our shadow, and our inner opposite selves?

"*The Lover's Journey* is not a couples' workshop; it is a journey into the depths of our individual process to discover how we love. It is based on the concept of the alchemical marriage, the owning and uniting of the masculine and feminine archetypes. We will enact four aspects of ourselves—the negative and positive man and the negative and positive woman—in order to see when we are being authentic with others and when we are not. We will then create a ritual of joining these four aspects together, which must live within us if we are to be whole.

"It is possible to experience the humor as well as the profundity of these images by bringing them into contact with the other members of the group. By playing them out and having fun with them, they become optional rather than obligatory. And, by accepting and embracing these polarities, we open the door to fuller, more satisfying contact with others and with ourselves." $675

Creating Health and Healing

Andrew Weil

Every human body has systems of self-repair and healing. Whatever your genetic inheritance, whatever your past history of illness, you can learn to move toward optimum health and wellness by learning to use the natural resources of your body and mind. How you eat, drink, exercise, think, visualize, work, play, and deal with stress all influence the efficiency of your internal healer. Conventional doctors often "hex" patients by conveying their own pessimism about illness and their own lack of faith in self-healing. Wellness-oriented doctors are able to undo this negative magic by teaching people to believe in and work with their natural healing powers.

In this workshop, participants will make some meals together in the course of learning the latest ideas about diet and health. We will exercise and relax together, learn how to breathe, and discuss simple natural remedies for common ailments. We will also look at the strengths and weaknesses of various systems of treatment. After completing this workshop participants will have much more confidence in their ability to manifest health and wellness in their lives.

Private sessions will be available by arrangement.

Recommended reading: Weil, *Health and Healing* and *Natural Health, Natural Medicine* (both, Houghton Mifflin).

C.E. credit is available for nurses; for more information see pages 40-41. $675

Weekend of February 21–23

Mastery in Daily Life

George Leonard & Annie Styron Leonard

For workshop description see September 13-15. $350

A Weekend with Paul Rebillot & Melissa Kay

Combining gestalt, guided meditation, gentle movement, and play with the needs of the participants, this group will create their own weekend of self-discovery and expression. $350

Psychological Implications of Symbols: The Tarot

Angeles Arrien & James Wanless

The tarot is an ancient book of wisdom that visually captures possible internal and external experiences that individuals can have. Participants in this weekend workshop will have the opportunity of seeing multiple ways symbols can be practically used as guides and clarifiers for life issues.

This workshop is structured to meet the needs of participants at any level of experience or inexperience they may have with tarot. $350

Healing the Healer: A Workshop for Helping Professionals

Peter Finkelstein

Working in the field of health care brings the practitioner into contact with sorrow and death. And although health care professionals accumulate great emotional burdens, many do not pay enough attention to staying whole, integrated, and non-depressed while doing this work. Often, in fact, institutional arrangements foster the opposite: isolation, dehumanization, withdrawal. Hence, it remains for the practitioner to find a personal approach in which to process sorrow, frustration, and fear, both wisely and well.

The heart of this workshop will be the telling of stories from the world of health care. Each participant will have the opportunity to share an event from their practice, one that deeply moved them, and receive feedback from the group. Through such telling we can reveal and heal those sometimes invisible wounds that interfere with our own growth and ability to continue helping others. Dream interpretation, didactic material, and group process may all be used to deepen the experience. Special attention will be given to creating a setting of trust.

C.E. credit is available for nurses; for more information see pages 40-41. $350

Week of February 23–28

A Modern Shamanic Initiation

Richard Yensen Pérez-Venero & Donna Dryer Pérez-Venero

This workshop explores shamanic tradition as a means for self-healing and spiritual growth. Through music, art imagery, visualization, breath and body work, participants will travel through altered states of consciousness to a source of healing and meaning within themselves. Shamanic cultures call this realm the world of the spirit, where we can find true power and the ability to bring an open heart to our life's path.

Participants will study maps of consciousness drawn from research in psychedelics, from archetypal themes of death and rebirth, and from shamanism. Experiential sessions will combine modern technology, ancient ritual, and specially developed media portrayals of the transformative journey.

C.E. credit is available for nurses; for more information see pages 40-41. $675

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.' These activities can also be described as *movements*. What we call a 'body' can be seen as movements that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we *are* rather than as something we *do*.

"Our time together will be to enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or

feeling the wonder of meaningfulness as it shapes and colors the moment. For me, 'life' and movement are one." $675

Transitions

Elliot Waker Aronson & Gabriele Hilberg

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition—whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants may develop ways of enhancing their understanding of themselves and increasing their overall effectiveness.

Recommended reading: Aronson, *The Social Animal* (Freeman). $675

The Path of Transformation in Psychotherapy and Meditation

Daniel Brown

This workshop is designed for psychotherapists, practitioners of meditation, and those interested in the integration of the worlds of psychotherapy and spirituality. The leader will present an integrated model for the path of transformation, for the development of emotional experience, the sense of self and others, and reality sense. This model of normal, pathological, and optimal human development is drawn from the fields of child development, clinical psychology, and the great Eastern traditions of meditation.

This workshop will show how the path of meditation unfolds and will present a vision of optimal human development. It will also help participants learn to assess and treat different types of problems (clinical symptoms and meditation crises) which occur at various points along the overall developmental continuum. The workshop will address how psychotherapy can be used as a way to attain some of the necessary prerequisites for spiritual development and can assist with the problems that occur for the meditation practitioner and meditation teacher. It will also show how spiritual awareness can inform one's view of psychotherapy. Various experiential exercises and meditation practices will be used along with clinical case material. The workshop will be both experiential and didactic.

Much of the material will be drawn from the leader's experience as a clinician and teacher, and from his eighteen years of practicing meditation, translating meditation texts from Sanskrit and Tibetan sources, and conducting scientific studies on deep meditation states and enlightenment on meditation masters in this country and in South Asia.

Recommended reading: Ken Wilbur, Jack Engler, and Daniel Brown, *Transformations of Consciousness* (Shambhala). $675

Weekend of February 28–March 1

Finding Inspired Work in Mid-Life

Peller Marion

For workshop description see September 27-29. $350

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

For workshop description see October 25-27. $350

Interspecies Touch and Healing

Linda Tellington-Jones

This course will provide hands-on practice of the Tellington Touch, a method which has been used successfully for healing and communicating with an intriguing variety of animals. Tellington Touch releases tension, fear, and pain and enhances cellular function and overall well-being. The benefits to the toucher are as great as to the touched.

Participants will learn how to use this method to treat shock, to release chronic and acute pain, and to alleviate allergies in both humans and animals. Eleven "touches" will be taught, with participants practicing on each other and working with live animals in the Gazebo. $350

A Workshop for Couples

Daniel Brown & Marushka Glissen

This workshop is for couples who want to improve their communication skills and increase their understanding of each other. Ways for resolving conflict and practical methods for becoming self-assertive and self-transcending in a partnership will be taught. Some of the work will address how the family of origin and past conditioning contribute to the bonding as well as the conflicts. Time will also be spent on how to find satisfaction, mutual support, relaxation, solitude, and play in day-to-day living as partners. Helping couples discover the wider purpose of being together through a sharing of values, love, and perhaps a spiritual vision will be emphasized. $350

Cosmic Conspiracy: A Game of Enlightenment

Robert Anton Wilson

Robert Anton Wilson writes: "Based on my psychological works and science-fantasy novels, this Game may shake the foundations of your world. When you enter the portals of Chapel Perilous, you will be given a deceptive Cover Story and a Real Identity—which is also fiction and exists only for the duration of the Game (if you're lucky). Thus, every participant is a liar—and you can't be too sure about the leader either. In regular sessions, I will lecture on such concepts as the presentation of the self in everyday life, the social creation of reality, the Game element in behavior, but between sessions you will have to deal with these abstract concepts in very concrete ways as spies, criminals, government agents, and extraterrestrials, as Cosmic Forces of Good and Evil attempt to lure you into their plots and counter-plots.

"Can you find the Maltese Falcon before any other player? Is some clever villain among you using the Game as a front to deal drugs or to brainwash other players? Will you spot the CIA assassin before you're 'killed' and removed from the Game? If you do get 'killed,' what will happen in Rebirthing, before you can enter the Game with a new Ego? As you deal with these increasingly urgent questions, you will also have to decide if this 'Game' is teaching you social psychology, mysticism, agnosticism, paranoia, or if it's 'just a Game' after all.

"Warning: the Attorney General has determined that this Game may be hazardous to your dogma." $350

SPECIAL PROGRAMS

The prices quoted below for these longer programs are for standard accommodations or bunk bed rooms (when available) as described in Ways of Being at Esalen, pages 6-7. Scholarships are also available; please see "Scholarship Information" on page 6.

October 18–20
Rosenberg IBP International Conference at Esalen

Call (213) 394-0147 for more information.

October 20–November 1
Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This will be a twelve-day residential training program in Integrative Body Practice. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields. The leaders will be assisted by Andrea Juhan and the staff of the Rosenberg-Rand Institute of Venice, California.

Recommended reading: Jack Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics) and *Total Orgasm* (Bookworks).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291; (213) 394-0147.

Standard Accommodations: $1665

Bunk Bed Room, if available: $1155

November 10–December 6
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

This course is a synthesis of Ericksonian hypnosis, neurolinguistics, and the enneagram of character fixation. It satisfies the hypnosis course requirements for the M.F.C.C. and complies with the California state requirements for hypnosis certification.

While the use of hypnosis in habit control and symptom removal will be covered, the primary focus will be on hypnosis as a tool for developing spiritual awareness. Starting with the presupposition that we already live in trance and that the goal is waking up, the roots of personality structure and the filters of perception in the creation and transformation of reality will be carefully explored. Participants will have the opportunity to experience the power of trance to transform their lives, which will create a model for working with clients.

The structure of rapport, pacing and leading, and various hypnotic patterns of induction will be demonstrated and practiced along with a variety of clinical interventions, including reframing, change history, metaphors, and storytelling. There will be videotapes of Erickson and other well-known leaders in the field of hypnosis. Participants will have daily practice with each other and the opportunity to be videotaped doing a hypnotic induction. Daily zazen, Taoist yoga, and movement led by Antoinette Varner will also be a part of this program.

Upon completion of this course, participants who want to be certified must demonstrate a high level of professionalism as well as proficiency in technical skills to the satisfaction of the instructors before certification will be granted. After certification by the Institute for Advanced Hypnosis (testing and certification fee, $300) additional certifications are available from the American Council of Hypnotist Examiners ($125) and the Society of NeuroLinguistic Programming ($200).

Required reading: J. Haley, *Uncommon Therapy* (Norton); Grinder and Bandler, *Trance-Formations*; *Frogs into Princes*; and *Reframing* (all, Real People Press); H. Almaas, *Essence*; Chogyam Trungpa, *Shambhala* (Shambhala); P.D. Ouspensky, *In Search of the Miraculous* (Harcourt, Brace & World); C. Castaneda, *Tales of Power* (Simon & Schuster).

C.E. credit is available for nurses; for more information see pages 40-41.

Standard Accommodations: $2975

Bunk Bed Room, if available: $2140

(plus $300 fee for those wanting certification, paid to the Institute for Advanced Hypnosis)

November 10–December 8
28-Day Massage Practitioner Certification Program

Brita Ostrom & Dean Marson

This 28-day program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture and demonstrations, hands-on practice sessions using each other as models, illustrated anatomy classes, and instruction in basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning.

Body work will be studied as a tool for optimal well-being and stress reduction and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. Upon satisfactory completion of the program, and after giving 30 additional recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program, with limited admission.

Recommended reading: Don Hanlon Johnson, *Body*; Fritz Smith, *Inner Bridges* (Humanics); Kapit and Elson, *Anatomy Coloring Book* (Harper & Row).

C.E. credit is available for nurses; for more information see pages 40-41.

Standard Accommodations: $3150

Bunk Bed Room, if available: $2225

January 26–February 7
Advanced Training in Shamanism and Shamanic Healing

Michael Harner

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others and to solve the problems of daily living. This twelve-day intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: a previous workshop with Michael Harner or an authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere.

■ WILDERNESS PROGRAMS

Recommended reading: Michael Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford).

For more information, cost, and to apply, please contact Michael Harner, Foundation for Shamanic Studies, Box 670, Belden Station, Norwalk, CT 06852; (203) 454-2825. Early application is recommended.

Massage Practitioner Certification Program

Esalen offers a California state-approved massage program. Upon completion of a two-month massage work study track or a 130-hour massage practitioner workshop (see November 10-December 8), and after giving 30 additional massages elsewhere, graduates will receive their certificates. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring Outreach and Education

The Healthspring Project offers outreach, education, and referrals that extend Esalen's work in the healing arts and sciences to the outside world. It is an independent, service-oriented program of Esalen teachers and their associates.

Healthspring operates a global referral system, linking visitors to Esalen with body workers, counselors, and teachers from their home areas. There are ongoing programs at Esalen and a traveling workshop service in the U.S. and abroad. Instructors teach self-healing, Esalen body work, yoga, breath and body awareness, dance and centering movement, and meditation. Many instructors have experience in gestalt practice and movement continuum.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening which may be borrowed by seminarians for a two-week period while at Esalen. Donations of books or periodicals are greatly appreciated.

For access to the referral system and traveling workshop program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The standard refund policy reflects the fact that few of these expenses can be recovered. To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited. (*Please note:* The Salmon River trip has a different cancellation and refund policy. See workshop description for details.)

September 2–7
Path of the River:
A Salmon River Journey

Steven Harper & Nichols Expeditions

Idaho's lower gorge of the Salmon River is both beautiful and rugged, soft and demanding, yet always rewarding for those who are open to its dramatic variety. A trip down the Salmon offers clear water, tall green forests, white sand beaches, and challenging rapids. The river is a teacher and primary metaphor. The group will draw from aikido, dance, energy awareness, and meditation to enhance their experience of this majestic wilderness area.

Travel will be in inflatable rafts powered by six to eight people with paddles. Instruction will be offered in basic aspects of river life such as paddling and minimum-impact river camping. There will be time to discuss the area's natural and cultural history, to hike, to sit quietly and reflect.

River experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity and to participate fully. The workshop begins the morning of September 2nd in Whitebird, Idaho; there will be a pre-trip meeting the evening of September 1st. Nichols Expeditions will supply all the necessary river rafting gear, guides, and meals. Details and a personal equipment list will be sent upon registration. Space is limited.

Due to Esalen's special arrangement with Nichols Expeditions, the following cancellation policy is in effect for this workshop: A $200 nonrefundable deposit per person will confirm your reservation. Balance is due August 1. If you cancel prior to August 1, your nonrefundable deposit, less a $50 registration fee, may be applied to other Esalen programs, to be used within one year. *No refunds* are available after August 1. $750

■ FUTURE PROGRAMS

Listed here are a few of the programs and workshop leaders scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Specific dates and more information will be available in the next catalog.

March
Karen Paine-Gernée & Terry Hunt

April
A Workshop with Jack Rosenberg and Beverly Kitaen Morse

March/April
28-Day Massage Practitioner Certification Program

Esalen Massage Staff

May/June
Certification in Clinical Hypnosis

Eli Jaxon-Bear & Antoinette Varner

MEDICAL PROGRAMS

CYNTHIA JOHNSON BIANCHETTA

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs specifically listed below offer continuing education credit. See workshop descriptions elsewhere in the catalog. If you need additional information on our C.E. courses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., medical programs coordinator, (408) 667-3000.

September 1–6
Living Meditations
Judyth Weaver
30 hours

September 15–20
Gestalt Practice
Christine Stewart Price
30 hours

September 15–20
The Subtle Art of Meditation
David Streeter
30 hours

September 15–20
The Medicine Wheel Way
Carol Proudfoot-Edgar
30 hours

September 20–22
Reversing and Preventing Heart Disease: A Model for Personal Transformation
Dean Ornish
10 hours

September 22–27
The Challenge of Surrender: Advanced Enneagram Study
Eli Jaxon-Bear
30 hours

September 27–29
Introduction to Gestalt Practice
Joyce Lyke
10 hours

September 27–29
Finding Inspired Work in Mid-Life
Peller Marion
10 hours

September 29–October 4
Cardiac Fitness: East and West
Kenn & Vicki Chase
30 hours

September 29–October 6
Cortical Reeducation[R] and The Feldenkrais[R] Method
Harriet Goslins & Mark Bender
30 hours

October 6–11
Trigger Point and Esalen Massage: Advanced Workshop
Arthur Munyer
& Esalen Massage Practitioners
30 hours

October 6–11
Mending Bodymind and Soul
Joan & Myrin Borysenko
30 hours

October 6–11
Chakra Psychology
Nancy Rosanoff
30 hours

October 13–18
Polarity Massage Intensive
Deborah Anne Medow
& Esalen Massage Practitioners
30 hours

October 13–18
Balancing Values and Work: From Inner Purpose to Outer Action
Sue McKibbin & Patricia Moore
30 hours

October 13–18
Self-Defense and Empowerment
Mary Tesoro, Tom Elliott,
Mary Speidell & Paul Speidell
30 hours

October 13–18
Secrets to Tell, Secrets to Keep
Karen Paine-Gernée & Terry Hunt
30 hours

October 25–27
Mindfulness, Meditation, and Healing
Jon Kabat-Zinn
10 hours

October 27–November 1
Gestalt Practice
Christine Stewart Price
30 hours

October 27–November 1
Five-Day Massage Intensive
Dean Marson & Laurie Schutz Munyer
30 hours

November 3–8
Making It Float
Robert Hall
30 hours

November 10–December 6
Certification in Clinical Hypnosis
Eli Jaxon-Bear & Antoinette Varner
30 hours

November 10–December 8
28-Day Massage Practitioner Certification Program
Brita Ostrom & Dean Marson
30 hours

November 17–22
Change and Self-Esteem
Phyllis Shankman
30 hours

November 24–29
Embodiment and Vision
Laura DeNuccio
30 hours

December 6–8
Introduction to Gestalt Practice
Christine Stewart Price
& Guest Leaders
10 hours

December 6–8
Zazen
Kathleen O'Shaughnessy
10 hours

December 13–15
Creating Time: A Rhythm for Health and Longevity
Stephan Rechtschaffen
10 hours

December 13–15
Authentic Movement
Tina Stromsted
10 hours

December 15–20
Introduction to Craniosacral Work
Hugh Milne & Claudia Schaller
30 hours

December 20–22
Rekindling the Spirit in Work
Howard Schechter
10 hours

December 22–27
Five-Day Massage Intensive
Robert Helm
& Esalen Massage Practitioners
30 hours

December 22–27
The Subtle Art of Meditation
David Streeter
30 hours

December 27–29
Biofeedback Assisted Open Focus and Brain Wave Synchrony Training
Les Fehmi & Susan Shor
10 hours

December 29–January 3
Craniosacral System: Basic Workshop
Jim Asher & Jane Harrington
30 hours

January 3–5
Weekend Massage Intensive
Char Pias Brenner
& Charles Jay Bradbury
10 hours

January 3–5
Introduction to Focusing
Mary McGuire & Roseann Kasayka
10 hours

January 5–10
Focusing, Dream Work, and the Helping Relationship
Mary McGuire & Roseann Kasayka
30 hours

January 10–12
The Body and Spirituality
Don Hanlon Johnson & Maggie Hodgson
10 hours

January 12–17
Somatosynthesis
Clyde Ford
30 hours

January 17–19
Vision and Embodiment
Laura DeNuccio
10 hours

January 17–19
Psychoneuroimmunology and its Implications
George Solomon & Margaret Kemeny
10 hours

January 17–19
Moving from Love Addiction to Healthy Intimacy
Jed Diamond
10 hours

January 19–24
Exploring Dimensions of Healing
Elizabeth Stratton
30 hours

January 19–26
Cortical Reeducation® and the Feldenkrais® Method
Harriet Goslins & Mark Bender
30 hours

January 24–26
Introduction to Gestalt Practice
Joyce Lyke
10 hours

January 24–26
Creating a New Life
Elizabeth Stratton
10 hours

January 24–26
Co
Kathleen Riordan Speeth
10 hours

February 2–7
Gestalt Practice
Christine Stewart Price
& Guest Leaders
30 hours

February 7–9
Moving Toward Open Space and Transformation through Guided Imagery
Catherine de Segonzac Shainberg
30 hours

February 9–14
Spiritual Healing: Laying On of Hands
Maria Lucia Sauer Holloman
30 hours

February 9–14
The Unfolding Self
Jessica Moore Britt & Joyce Lyke
30 hours

February 9–14
Stepping Into Power
Dawn Callan & Stephanie Mines
30 hours

February 9–14
Creating Exact Moments of Healing
Mariah Fenton Gladis
30 hours

February 14–16
The Psychotherapist as Shaman: Methods for Madness
Joan Halifax
10 hours

February 16–21
Sports Massage
David Streeter
30 hours

February 16–21
Life Stories: Healing the Sorrows
Peter Finkelstein
30 hours

February 16–21
Creating Health and Healing
Andrew Weil
30 hours

February 21–23
Healing the Healer: A Workshop for Professionals
Peter Finkelstein
10 hours

February 23–28
A Modern Shamanic Initiation
Donna Dryer Pérez-Venero & Richard Yensen Pérez-Venero
30 hours

February 28–March 1
Finding Inspired Work in Mid-Life
Peller Marion
10 hours

■ WORK STUDY PROGRAM

The Work Study Program is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. It is not for those who wish to take catalog workshops or for those who are unwilling to be fully engaged in the work-life of the community. Participants will work 32 hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and will participate, along with staff and long-term students, in that department's program. It is necessary for applicants to be able to speak and understand English.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School/Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. *Participants must be prepared to stay at Esalen for the full duration designated for that particular program*, assuming that they meet the standards of the Work Study Program.

Two programs are planned for each month. Those scheduled thus far for 1991-92 include:

August 25–September 22
Phyllis Shankman offers a month of in-depth group process/gestalt work using the creative arts, as well as meditation, massage, and movement for self-exploration and healing.

Julian Silverman's program will draw from *A Course in Miracles* to explore the ideas of being responsible for one's life and personal power.

September 22–October 20
Til Luchau and guest teachers will use body work, movement, yoga, meditation, and sensory awareness practices to explore the nature of somatic experience.

Nancy Bacal will use writing as a vehicle for self-expression, personal exploration, and healing. Meditation will add a spiritual dimension to the process.

October 20–November 17
John Soper's group will focus on ways to improve the quality of life. The work will start with the individual and grow to include the environment.

Jackie Rosin and Kay Brownfield offer a month of psychosynthesis to explore the nature of essence. Meditation, guided imagery, music, movement, art, and individual process work will be some of the modalities used. Professionals are invited.

November 17–December 15
Karuna Licht will lead a monthlong journey using the creative processes of art, ritual, and guided imagery as the language of the heart.

Participants in *William Pennell Rock's* group will use psychodrama to clarify and reunite their inner feminine and masculine qualities. They will work individually, then come together in a group performance for the Esalen community.

December 15–January 12, 1992
David Schiffman will lead a month for people who are facing major changes in career, relationships, or matters of the spirit and are interested in breaking new ground in areas of self-nurturance, intuitive functioning, and problem-solving.

Dianne Lawrence and participants will use acting, writing, theater, and painting to create a communal performance that will be presented at month's end.

January 12–February 9
This month with *David Streeter* will give students the opportunity to incorporate the subtle art of contemplation in a community atmosphere. Yoga, massage, and gentle emotional release—along with silent meditation—will be included in the curriculum.

Laura DeNuccio (Ma Prita) will focus on embodiment and vision, utilizing the Bates vision method, movement and breath, meditation, earth ritual, and the creative use of the Spoken Word.

February 9–March 8
Vicki Topp and friends will lead this program of massage, meditation, and integrative body process.

Mary (Devarani) Goldenson's program of letting go and moving on employs Reichian methods, Radix®, dance, imagery, gestalt, and meditation.

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the two-month body work program, is $700 the first month, $650 the second month, $600 the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

WORK STUDY PROGRAM APPLICATION

Name _____ ☐ Male ☐ Female

Date of Birth _____ Occupation _____

Place of Employment _____

Daytime Phone ( ) _____ _____ HOME ADDRESS

Evening Phone ( ) _____ _____ STATE AND ZIP CODE

Date of Application _____ _____ COUNTRY

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. _____

Which program(s) are you interested in? Please list the leader's name. _____

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

_____

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

Please Note: No pets allowed.

THE FRIENDS OF ESALEN

The Friends of Esalen provides financial aid to people who are eager to attend our workshops but cannot afford them. We believe that one of our first priorities is to make our programs available on a broader basis. Friends of Esalen contributions fund scholarships to make this possible.

We invite you to join us. In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog*, the *Friends of Esalen Newsletter*, and other special mailings to Friends for one year. Periodically we offer a discounted workshop just for members of the Friends of Esalen. We hope you feel your experience at Esalen is worth sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen; I enclose my check for the category marked.

☐ I wish to renew my membership in the Friends of Esalen.

☐ One Year Student ..... $15 ☐ One Year Individual ..... $25 ☐ One Year Sponsor $100

☐ One Year Senior Citizen ..... $15 ☐ One Year Donor ..... $50 ☐ One Year Patron $500

Name _____ Student Affiliation _____

Address _____ City _____

State _____ Zip _____ Date _____

Please mail to: The Friends of Esalen, Esalen Institute, Big Sur, CA 93920.
Contributions are tax-deductible to the extent allowed by law.

■ AUDIO RECORDINGS

The Dolphin Tape Series

This list draws from a spectrum of human potential teachers and leaders, guides and facilitators, who use models, myths, and metaphors as teaching methods. Inspiration comes from seers, sages, poets, bards, heroes, and common folk. We have no complete catalog, although we do have several overlapping tape lists. When you place an order, let us know your particular field of interest or favorite speakers. We may have more information on some of them. Most tapes are in stereo. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Gregory Bateson: *The Limits of Science*, 1978
Gregory Bateson: *Cultural Relativity and Belief Systems*, 1976
John Blofeld: *Taoist and Zen Practice*, 1978
John Blofeld: *History and the Use of the I Ching*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
Joseph Campbell: *Freud, Jung, and Kundalini Yoga*, 1967
Joseph Campbell: *Hermes, Alchemy, and the Voyage of Odysseus*, 1971
Joseph Campbell: *Kundalini and the Chakra System*, 1981
Joseph Campbell: *Tibetan Book of the Dead*, 1981
Wilson van Dusen: *The Nature of Humanness*, 1969
William Everson: *Poetry of Earth: A Jeffers Tribute (Carmel)*, 1970
James Fadiman: *Guided Fantasy and Fairy Tales*, 1971
James Fadiman: *Hasidic and Sufi Teaching Stories*, 1980
Lama Anagarika Govinda: *Cultural Heritage of Tibet*, 1972
Father Bede Griffiths: *Christianity, Science, and Mysticism*, 1983
Willis Harman: *Alternative Futures*, 1980
Chungliang Al Huang & David Darling: *T'ai Ji Dancing and Music*, 1989
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Terence McKenna: *Time and the Cosmic Flux*, 1988
Terence McKenna: *God Knows, Man Thinks*, 1990
Ralph Metzner: *Maps, Models, and Metaphors*, 1979
Claudio Naranjo: *Dante's Way to the Stars*, 1968
Claudio Naranjo: *The Goodness of the Devil*, 1969
Naranjo/Harner: *Shamanism, Madness, Myth, and Mysticism*, 1968
Robert Ornstein: *The Sufis and Other Teaching Stories*, 1971
John Weir Perry: *Psychosis and Societal Crisis*, 1973
Paul Rebillot: *The Pluto Story: Journey into Madness*, 1984
John Robbins: *Healing Ourselves, Healing Our World*, 1989
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
Will Schutz: *An Inner Fantasy Experience*, 1969
Daniel Sheehan: *Philosophy of Christic Institute*, March 1991
Daniel Sheehan/Sara Nelson: *What is it All About?*, March 1991
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Huston Smith: *No Wasted Journey*, 1968
Huston Smith: *The Coming World Civilization*, 1968
Frederick Spiegelberg: *India and the Saints*, 1964
Rolling Thunder: *American Indian Medicine*, 1972
Alan Watts: *Divine Madness*, 1968
Watts/Friedman: *Beat Zen—Beat Hasidism*, 1967
Arthur Young: *The Reflexive Universe*, 1973

Two-tape titles are $18:

Bernard Aaronson: (2) *Tantric Chanting, Poetry, and Hypnosis*, 1969
Angeles Arrien: (2) *The Story of Basque Mysticism*, 1982
Angeles Arrien: (2) *The Egyptian Tarot*, 1982
Gregory Bateson: (2) *Balinese Culture and Shamanism*, 1976
Robert Bly: (2) *Poetry East and West*, 1983
Robert Bly: (2) *Poetry Reading: An Ancient Tradition*, 1983
Joseph Campbell: (2) *Dante's Journey*, 1981
Campbell/Perry: (2) *Psychosis and The Hero's Journey*, 1968
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Capra/Grof: (2) *Beyond Time and Space*, 1977
Michael Harner: (2) *Shamanism, Songs, and Spirit Canoe*, 1981
Robinson Jeffers: (2) *A Dramatic Presentation (Carmel)*, 1972
Terence McKenna: (2) *The Magical Mystery Tour*, 1989
Claudio Naranjo: (2) *The One Quest*, 1971
Joseph Chilton Pearce: (2) *The Magical Child*, 1975
Perry/Silverman: (2) *Mores, Mysticism, and Madness*, 1970
Paul Rebillot: (2) *The Hero's Journey*, 1981
Sheehan/Nelson: (2) *Natural Law, Democracy, and The Cosmos*, March 1991
Brother David Steindl-Rast: (2) *Healing Starts from the Heart*, 1984
Brother David Steindl-Rast: (2) *Overview of the Christian Myths*, 1984
Suzuki-roshi: (2) *Teachings and Practices of Zen*, 1968
Alan Watts: (2) *Eastern Religion and Western Psychotherapy*, 1971
Watts/Grof/Silverman: (2) *The Science of Madness*, 1968
Perry/Watts/Ginsberg/Naranjo: (2) *The Poetry of Madness*, 1968

Four-tape titles are $36:

Joseph Campbell: (4) *The Novels of James Joyce*, 1968
Joseph Campbell: (4) *Transformations of Myth through Time*, 1982
James Fadiman: (4) *A Weekend of Stories*, 1984
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
R.D. Laing: (4) *Sanity, Madness, Blowout Center*, 1967
Terence McKenna: (4) *The Light in Nature*, 1988
Rupert Sheldrake: (4) *Morphic Resonance and Habits of Nature*, 1987
Rupert Sheldrake: (4) *Rebirth of Nature: Revival of Animism*, 1980
Brother David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur Young: (4) *Interviews on the Reflexive Universe*, 1983

The Dolphin Vinyl Album Tape Sets:

Joseph Campbell: (6) *Early Hindu and Buddhist Myths*, 1981	$60
Joseph Campbell: (6) *Courtly Love and the Grail*, 1983	$60
Jack Kornfield: (6) *The Spiritual Practice of Meditation*, 1981-83	$60
Terence McKenna: (6) *The Archaic Revival*, 1989	$60
Terence McKenna: (6) *Inner Visions, Future Vectors*, 1990	$60
Terence McKenna: (6) *History Ends in Green*, 1990	$60
Michael Murphy/Terence McKenna: (6) *Wellspring of Neo-Platonism*, 1990	$60
Joseph Chilton Pearce: (6): *Journey to the Heart*, 1990	$60
Rupert Sheldrake: (6) *Resonance and the Presence of the Past*, 1985	$60
Brother David Steindl-Rast: (6) *Approaches to Christian Mysticism*, 1987	$60
Father Bede Griffiths: (8) *Convergence of Religions*, 1983	$72
Terence McKenna: (8) *Collected Talks: Series I (1982-83)* or *II (1983-86)*	$72
Terence McKenna: (8) *The Esalen Scholar-in-Residence Series*, June 1989	$72
Joseph Chilton Pearce: (8) *Insight and Ecstasy*, 1981	$72
Colin Wilson: (8) *The New Analytic Philosophy*, 1967	$72
Colin Wilson: (8) *New Pathways in Human Evolution*, 1990	$72
Terence McKenna: (8) *True Hallucinations (A Talking Book)*, 1984	$80
Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$88
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-80 (Library)	$98

Please add $3 to your complete order for handling and mailing (add $3 more if you wish priority mail). Overseas orders add $1 per tape for mailing. California residents include 6½% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment.) Allow 4 to 6 weeks for delivery.

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement. Dolphin Tapes is a private company independent of Esalen.

■ GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 54. Our address, phone numbers, and reservations hours are on the inside front cover. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$100	19 to 21 days:	$400
5 to 7 days:	$200	More than 21 days:	
12 to 14 days:	$300		$500

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 6 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you. Workshop fees cover tuition, food, and lodging. Rooms and bathrooms are shared by two or more persons. Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail or fax your reservations. *Our fax number is (408) 667-2724*. Fax the enclosed form and include your credit card information. (The fax line is for Esalen business purposes only, not personal correspondence.)

If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your credit card when you call. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service. NOTE: Room and Board reservations must be made by phone, not by fax machine.

Cancellation and Refund Policy: If you cancel at least five full days before the start of your workshop, your deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy. See page 39.)

If you have applied for a scholarship and we *are unable* to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we *are able* to give you assistance and you cancel your reservations as above, we will return your deposit, less a $30 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within the next year. If you cancel with less than five days' notice, you forfeit your deposit.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see page 6.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School/Park: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

For your safety: Please bring a flashlight for use at night while walking on the grounds.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For further information, contact the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

■ BIOGRAPHICAL INFORMATION

A

Ralph Abraham,
a mathematician, is known for his work in dynamics and chaos theory. He is a professor of mathematics and founder of the Visual Math Project at UCSC.
p. 31

Christopher Alexander
is an architect and builder. His books, including The Timeless Way of Building, *present a theory of architecture, building, and planning which helps people design their own environment.*
p. 20

John Allen,
class "A" PGA member and former tour player, has been a teaching golf professional for over twenty years and a serious student of the inner game for the past five.
p. 8, 19

Anne Armstrong
has been doing transpersonal counseling for thirty years and has trained professionals to use their intuitive abilities.
p. 20

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 20

Elliot Waker Aronson,
social psychologist, professor, researcher, and author, combines the scientific with the humanistic and spiritual in his work.
p. 37

Angeles Arrien,
a native Basque, is an author, anthropologist, and educator. Her teachings are based on the universality of values, ethics, and experiences as they relate to myths, symbols, and the arts.
p. 35, 36

Jim Asher
has practiced cranial sacral work and Rolfing® since 1971. Certified by Ida Rolf, he is a senior instructor for the Rolf Institute and Colorado Cranial Institute.
p. 26, 41

B

Nancy Bacal,
novelist, lyricist, documentarian, screenwriter, has taught writing workshops for years. Meditation student and aikido black belt, her work includes the award-winning film, Raga, *starring Ravi Shankar.*
p. 29, 42

James Baraz
has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.
p. 10, 27

Leonard Bearne
has studied self-acceptance training with Richard Olney for several years. He practices gestalt, hypnosis, and Radix®.
p. 9

Mark Bender
is a licensed psychologist and marriage and family counselor. He has a private practice in Cortical Reeducation® in Encinitas, California.
p. 14, 31, 40, 41

Judy Blackstone
is a dancer, meditation teacher, author, and counselor. She is the founder of The Subtle Self in Motion, a method for deepening experience through movement.
p. 12

Jean Shinoda Bolen
is a psychiatrist, Jungian analyst, and author of Goddesses in Everywoman; Gods in Everyman; *and* The Tao of Psychology.
p. 31

Joan Borysenko
is a medical scientist and psychologist. She is the author of Minding the Body, Mending the Mind *and* Minding the Spirit, Mending the Soul.
p. 15, 40

Myrin Borysenko,
a medical scientist and educator, is executive director of Mind/Body Health Sciences, Inc. He is working on a book about male spirituality.
p. 15, 40

Charles Jay Bradbury
is a member of the Esalen massage staff and a teacher of t'ai chi ch'uan.
p. 27, 41

Luc Brebion,
a graduate of the University of Bordeaux, France, is a psychologist in private practice in Berkeley. He leads workshops on the experience of beauty as a way to self-knowledge.
p. 15

Char Pias Brenner,
dancer, singer, performing artist, massage teacher, and mother, is currently in residence at Esalen Institute.
p. 27, 41

Jessica Moore Britt,
gestalt and Reichian work practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development.
p. 33, 41

Charles Brooks,
author of Sensory Awareness, the Rediscovery of Experiencing, *has been a teacher of Sensory Awareness since 1963, often in conjunction with Charlotte Selver.*
p. 21

Daniel Brown
is chief psychologist at Cambridge Hospital and assistant professor of psychology at Harvard Medical School. He has spent nearly two decades studying the great meditative traditions.
p. 37

Kay Brownfield
has extensive training in gestalt and massage, and currently teaches psychosynthesis. She has a private counseling practice in Toronto.
p. 42

C

Dawn Callan,
founder of Awakening the Warrior Within, has led workshops in the healing capacity of martial arts for twelve years. She holds black belts in Kenpo Kung Fu and Kobra Kaj Karate.
p. 34, 41

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 10, 24, 25

CYNTHIA JOHNSON BIANCHETTA

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco.
p. 10, 26

Kenn Chase,
teacher of traditional Yang style t'ai chi ch'uan for twenty years, combines body alignment, sensory awareness, and breathing methods. He has studied with masters of t'ai chi, kung fu, and chi kung.
p. 14, 20, 40

Vicki Chase,
registered nurse, practices and teaches health promotion through exercise, nutrition, and relaxation methods.
p. 14, 40

Stephen Cohen,
an Esalen resident, gestalt practitioner, and Experiencing Esalen staff member, is a longtime golf hacker.
p. 8, 19

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 36

Phil Cousineau
is a freelance writer, filmmaker, poet, and teacher. He is the author of The Hero's Journey: The Life and Work of Joseph Campbell *and* Deadlines.
p. 20

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Painting Experience Studio in San Francisco.
p. 10, 26

Dale Cummings,
certified Radix® teacher and marriage and family counselor in West Los Angeles and Los Gatos, is director of training for the Radix® Institute.
p. 28

D

Irv Dardik,
a cardiovascular surgeon, was chairman of the US Olympic Committee Sports Medicine Council from 1976-1985. In 1976 he won the Heokton Medal from the AMA for his research in cardiovascular disease.
p. 22

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October; Cycles; River Notes; *and* Amber.
p. 20, 27

Laura Day
has been a practicing intuitive for over a decade in the U.S. and Europe. She teaches intuitive skills for use in daily life and business.
p. 19

David Densmore
is an artist and writer and has been co-facilitator of Seeds of Singing for the past six years.
p. 14

John Densmore
is a musician, actor, and writer. He was the drummer for The Doors and has just completed his autobiography, Riders on the Storm: My Life with Jim Morrison and The Doors.
p. 20

Laura DeNuccio (Ma Prita),
certified Radix® practitioner on Esalen's teaching staff, has fifteen years' experience combining gestalt, Reichian body work, Bates vision work, movement, ritual, and meditation in the U.S. and Europe.
p. 12, 22, 30, 40, 41, 42

Jed Diamond,
a counselor, has been helping people with problems associated with alcoholism, chemical dependency, eating disorders, sexual compulsions, and other addictive behavior for twenty-five years.
p. 30, 41

Jack Downing,
a psychiatrist for forty-five years and Esalen leader since 1963, has been an Arica teacher since its beginnings in 1970. He is in private practice in San Francisco.
p. 32

E

Tom Elliott
holds a black belt in aikido and a degree in psychology. He is a national self-defense trainer who is dedicated to both women's and men's empowerment.
p. 18, 26, 40

F

Les Fehmi,
psychologist, author, and researcher, is the founder/director of the biofeedback clinic at the Medical Center of Princeton. He is the originator of the Open Focus Method.
p. 26, 41

Peter Finkelstein,
a psychiatrist, has studied with Irv Yalom and Bruno Bettelheim. He practices in Woodside and San Francisco, teaches at Stanford, and writes about emotional issues in doctors' training.
p. 35, 36, 41

Reinhard Flatischler
is the originator of TA KE TI NA, a path to rhythmic consciousness, which he developed after many years of apprenticeship with master drummers from around the world.
p. 22

Clyde Ford,
author, chiropractor, and counselor, lives and works in Bellingham, Washington. He is founder/ director of ISTAR, Institute for Somatosynthesis Training and Research, which offers training in somatics.
p. 29, 41

Joyce Frazee,
a student of Buddhism, has been a gestalt and dream work practitioner in private practice for eighteen years. She is a teacher at the Gestalt Experiential Training Institute in Vancouver, Canada.
p. 17

Norman Friedman,
professor emeritus of English at Queens College and a poet, is interested in the interrelations between literature and psychology. He is a gestalt practitioner and director of the Gestalt Center in Queens.
p. 34

G

Mariah Fenton Gladis,
gestalt practitioner and trainer, founded and directed the Bucks County Institute for twelve years. She is the director of the Pennsylvania Gestalt Center for Psychotherapy and Training.
p. 33, 34, 41

Marushka Glissen
is a family and couples counselor in Cambridge. She has worked with children for the past ten years.
p. 37

Herbert Gold
has published over twenty books, most recently Best Nightmare on Earth: A Life in Haiti; Travels in San Francisco; *and the novels* Dreaming *and* A Girl of Forty.
p. 16

Mary Goldenson (Devarani)
is a psychologist, chiropractor, and certified Radix® teacher with a private practice in West Los Angeles.
p. 11, 15, 20, 24, 30, 42

Harriet Goslins
is the originator of Cortical Reeducation®. She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology.
p. 14, 31, 40, 41

H

Joan Halifax,
president of the Ojai Foundation, is a medical anthropologist. Her books include Shamanic Voices *and* Shaman, the Wounded Healer. *She teaches in Europe, Mexico, and the U.S.*
p. 34, 41

Robert Hall,
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for twenty-five years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 20, 40

Eleanor Criswell Hanna,
professor of psychology at Sonoma State University, is editor of Somatics, *director of the Novato Institute for Somatic Research and Training, and author of* How Yoga Works.
p. 34

Michael Harner
has practiced shamanism for more than a quarter of a century and pioneered the teaching of shamanism in contemporary life. His books include The Way of the Shaman.
p. 32, 38

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 9, 12, 18, 39

Jane Harrington
is a certified Rolfer and Rolf movement teacher with extensive craniosacral experience. She is in private practice in Boulder, Colorado.
p. 26, 41

Robert Helm
is a senior member of the Esalen massage/body work staff.
p. 25, 41

Gabriele Hilberg
has conducted workshops for health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 9, 37

Maggie Hodgson
is chair of the special section on Indigenous Peoples for the International Council on Alcohol and Drug Abuse Programs of Lausanne, Switzerland.
p. 28, 41

Maria Lucia Sauer Holloman
has been a seminar teacher since 1982 in Brazil and the U.S.
p. 33, 41

Chungliang Al Huang
is a Tai Ji dancer, artist-calligrapher, and philosophical entertainer. He is founder/president of Living Tao Foundation and director of Lan Ting Institute, Wu Yi Mountain, China.
p. 22, 27, 28

Terry Hunt
is a licensed psychologist in Massachusetts specializing in bioenergetic analysis with ACAs and other addictive disorders. He is co-author of Emotional Healing.
p. 18, 39, 40

I

Anne Clark Isaacs
is a licensed clinical social worker and a Reichian practitioner in private practice in Los Angeles.
p. 9

Joel Dweck Isaacs
is a Reichian practitioner in private practice in Los Angeles where he also directs a body-oriented training program for psychotherapists.
p. 9

J

Eric Jarlnaes
is a Reichian practitioner, athlete, and journalist. He uses the Danish Bodynamic approach in working with the body and emotions.
p. 21

Eli Jaxon-Bear
is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. He is past-president of a Tibetan Buddhist meditation center.
p. 13, 21, 38, 39, 40

Lawrence Hall Jenkins,
certified Hellerworker and Esalen massage practitioner, teaches massage, polarity work, and other mind-body disciplines.
p. 25

Don Hanlon Johnson
is program director of the graduate degree program in Somatic Psychology and Education at California Institute of Integral Studies and of the Esalen Somatics Education and Research Project.
p. 28, 41

Jerry Johnson
is a counselor to men in transition, a pastor, and broadcaster who has worked with men's issues for more than fifteen years. He is creator and on-air host of "Man to Man" (KCBS Radio, San Francisco).
p. 12

Arthur Samuel Joseph
has twenty-six years' experience as a private teacher and professor in voice. He is the creator of Vocal Awareness, a method that integrates mind, body, and spirit through the vocal arts.
p. 23

K

Jon Kabat-Zinn,
associate professor of medicine, researches mind/body interactions in healing and the clinical application of mindfulness meditation for people with chronic pain and stress-related disorders.
p. 19, 40

Roseann Kasayka,
executive director of the Focusing Institute, is a certified focusing trainer and Reiki practitioner. She recently received her doctorate in music and guided imagery from New York University.
p. 27, 41

Melissa Kay,
writer and editor in the field of religion and ritual, is a student of the work of Rudolf Steiner. She has been working with Paul Rebillot since 1978.
p. 35, 36

Margaret Kemeny
is trained in behavioral science and immunology. She conducts psychoneuroimmunologic research at the UCLA School of Medicine on individuals infected with the Human Immunodeficiency Virus.
p. 30, 41

Michael Kramer
began working with Fritz Perls at Esalen in 1966 and lived on the south coast of Big Sur for many years. He has been a student and teacher with Arica since its inception in New York City in 1971.
p. 32

Mari Krieger
has been a counselor for the past twenty years. She is currently learning to enhance her own healing while struggling with a life-threatening illness.
p. 13

Susan Kuttner
is an organizational consultant and trainer who specializes in marketing and communications.
p. 23

L

George Lakoff
is a professor of linguistics at UC Berkeley and an expert on metaphor.
p. 13

Dianne Lawrence
has been painting, selling, and exhibiting her work in Los Angeles for twelve years. Previous to that she spent ten years as a professional actress and performance artist.
p. 33, 42

Eric Lawton
is a lawyer and award-winning photographer who has traveled and exhibited all over the world. He performed his multi-media show at the Hollywood Bowl with the L.A. Philharmonic in 1986.
p. 20

Scott Layton
is a graduate of the Shambhala training at Naropa Institute and is a senior teacher for the Ridhwan Work School.
p. 33, 41

Annie Styron Leonard
is a founder of the Energy Training Institute in Mill Valley, California, and an aikido black belt.
p. 10, 20, 36

George Leonard
is a third-degree aikido black belt, founder of Leonard Energy Training (LET), and author of Mastery; The Silent Pulse; *and* The Transformation.
p. 10, 20, 36

Karuna Licht
is an artist and counselor interested in healing the heart and living creatively.
p. 42

Elisa Lodge
comes from a professional acting background and is a certified Rolf movement teacher. She assists people in the creative process through the expressive arts.
p. 11

Paul Lounsbury
has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.
p. 26

Viatcheslav (Slava) Loutchkov
is a Soviet psychologist currently working in the U.S. He is a Harriman Fellow and has a MacArthur grant to study psychology and perestroika. He is project director for SAEP's Psychology Project.
p. 20

Jananne Lovett-Keen
is a musician and body worker with a private practice for women called "Care for the Caretakers."
p. 31

Til Luchau,
certified Rolfer and massage practitioner, teaches massage and other body practices at the Rolf Institute, the Boulder School of Massage Therapy, and the Colorado Outward Bound School.
p. 42

Nancy Kaye Lunney,
formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen.
p. 19, 37

Joyce Lyke
is a gestalt awareness teacher at Esalen with a private practice in Monterey. She is also a teacher in training with the Ridhwan Work School.
p. 13, 31, 33, 40, 41

M

Lisbeth Marcher,
founder/developer of the Danish Bodynamic approach to working with the body and emotions, has recently started a three-year training program in Bodynamic Analysis in the U.S.
p. 21

Peller Marion
is a psychologist and international career management consultant. She is president of Peller Marion Associates, an executive outplacement and performance coaching corporation in San Francisco.
p. 13, 37, 40, 41

Dean Marson
is a member of the Esalen massage crew. His interests include subtle body work and methods of self-care.
p. 19, 21, 38, 40

Emmett Marx
is an acupuncturist working in San Francisco and on the faculty of the College of Traditional Chinese Acupuncture (UK). He has been practicing Arica work since 1972.
p. 24

Paule Marx,
an Arica teacher since 1977, is on the Board of Directors of the Arica Institute. She has a Chua Ka massage practice in San Francisco and has interests in Tibetan Thangkah painting and permaculture.
p. 24, 32

Myron McClellan
is a teacher and counselor trained in the history of religious thought, neurolinguistic programming, whole brain reeducation, and body-centered psychology.
p. 21

Mary McGuire,
an associate of Eugene Gendlin, is program director of the Focusing Institute in Chicago.
p. 27, 41

Terence McKenna
authored True Hallucinations *and* Timewave Zero. *He is a psychoactivist interested in the role that hallucinogenic plants play in forming human languages and cultures.*
p. 18, 33

Sue McKibbin
is an organizational anthropologist who consults, conducts seminars, and produces films on the spirit in business and alternative organizational paradigms.
p. 17, 40

Deborah Anne Medow (Jenkins),
Esalen leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 17, 25, 26, 40

Donald Michael,
professor emeritus of planning and public policy and professor of psychology at the University of Michigan, is the author of On Learning to Plan and Planning to Learn.
p. 15

Jane Miletich,
twenty-five-year resident of Big Sur and an Esalen body worker for fifteen years, teaches Hatha Yoga and t'ai chi and is the teacher/organizer of the Esalen community biannual diet cleansing program.
p. 11

Hugh Milne,
third-generation Scottish osteopath with twenty years' experience, has practiced and taught cranial work, healing, and psychometry abroad and in the U.S. He works in San Francisco.
p. 24, 41

Stephanie Mines
holds a doctorate in psychology and has been studying Jin Shin Jyutsu for fifteen years. She integrates energetic healing and expressive approaches in her work with others.
p. 34, 41

Patricia Moore
has worked with organizations and individuals on strategic change and transition for the past twenty years. She incorporates her spiritual studies into her life and work.
p. 17, 40

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 19, 30, 38, 39

Arthur Munyer,
a member of the Esalen massage crew, is a trigger point specialist and longtime body work practitioner trained by Dub Leigh and Lauren Berry.
p. 15, 40

Laurie Schutz Munyer,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has also led parent-infant workshops.
p. 19, 40

N

Nichols Expeditions
has been owned and operated by Chuck and Judy Nichols for twelve years. They offer small, personal trips with a commitment to providing the highest quality adventure.
p. 9, 39

O

Violet Oaklander
is the author of Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents. *She leads workshops throughout the world. She is in private practice in Santa Barbara, California.*
p. 28

Richard Olney
studied with Alan Watts, Fritz Perls, and Alexander Lowen, and has been influenced by the eidetic imagery work of Akhter Ahsen. He has led self-acceptance trainings in the U.S. and Europe.
p. 9, 13

Onye Onyemaechi
is a performing artist, percussionist, and spiritual healer who conducts workshops for children and adults based upon African traditional life-styles.
p. 25

Dean Ornish,
physician and author of Dr. Dean Ornish's Program for Reversing Heart Disease, *is assistant clinical professor of medicine at UCSF School of Medicine.*
p. 12, 40

Susan Osborn
was the lead vocalist for the Paul Winter Consort for ten years. She has a twenty-year career of concerts, recordings, and song-writing and has been teaching Seeds of Singing for the past eight.
p. 14

Kathleen O'Shaughnessy
has had a fascination with expanded mind states through the experiential modes of meditation, plant teachers, somatic disciplines, nutritional healing, the death process, and shamanism for twenty-two years.
p. 23, 41

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager℠ training and gestalt awareness work with the personal energetic connection of the Esalen massage.
p. 19, 21, 38, 40

P

Karen Paine-Gernée,
co-author of Emotional Healing *and pioneer in the treatment of ACoAs, is at work on a new book on secrets. She is also a parent and an artist.*
p. 18, 39, 40

Helen Palmer,
a practicing intuitive for eighteen years, directs the Center for the Investigation and Training of Intuition and is a graduate faculty member of John F. Kennedy University.
p. 16

Wendy Palmer,
faculty member of the Center for the Investigation and Training of Intuition, holds a third-degree black belt in aikido and is co-founder of Tamalpais Aikido and International Movement Arts Center.
p. 12

Laurie Lioness Parizek,
a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
p. 39

Joseph Chilton Pearce,
a former humanities professor, is the author of five books about childhood and human development. His lecture tours included an extensive stay at the Jungian Institute in Zurich in 1986.
p. 17

Donna Dryer Pérez-Venero
studied the shamanic tradition of the Hmong hill tribes in Thailand. She is a transpersonal psychiatrist and serves on the faculty of the University of Maryland Medical School.
p. 36, 41

Richard Yensen Pérez-Venero
studied the shamanic tradition with Carlos Castaneda and María Sabina. A psychologist, he has served on the faculties of Harvard Medical School and Johns Hopkins University.
p. 36, 41

Ayala Pines
is a licensed psychologist in private practice specializing in work with couples. She is the author of Keeping the Spark Alive *and the forthcoming* The Shadow of Love: Jealousy.
p. 15

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 10, 19, 23, 29, 32, 40, 41

Carol Proudfoot-Edgar
was a counseling psychologist at UCSC for seventeen years. She currently writes and leads workshops on Native American teachings, community development, and women's issues.
p. 11, 25, 40

Jill Purce
is author of The Mystic Spiral. *She investigated the mystical dimension of sound with Karlheinz Stockhausen and the magical use of the voice and overtone chanting with Tibetan lamas.*
p. 9

R

Paul Rebillot,
a group leader at Esalen for sixteen years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 25, 35, 36

Stephan Rechtschaffen,
founder/president of Omega Institute, is a physician concerned with holistic approaches to wellness and longevity. He currently uses concepts of time as the focus for developing optimal health.
p. 23, 41

William Pennell Rock
is founder-director of Origins, a workshop process for creating and performing contemporary myths. He has lectured, led workshops, and directed productions in Europe, Asia, and the U.S.
p. 42

Vimala Rodgers,
a handwriting specialist and researcher in the brain/hand relationship, uses handwriting analysis as a healing tool. She is director of the Institute of Integral Handwriting Studies.
p. 35

Nancy Rosanoff,
based in New York, works as a psychic, teacher, counselor, and corporate consultant. She is the author of Intuition Workout.
p. 16, 40

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of Body, Self, and Soul.
p. 19, 30, 38, 39

Rachel Rosenthal
is an Obie award-winning performance artist and educator. During 1991-1992 she is touring her performance piece, Pangaean Dreams, in the U.S. and Europe.
p. 25

Jackie Rosin
is a licensed psychologist in private practice in Topanga, California. She trained with Harry Sloan and has a background in Integrative, Body Psychotherapy.
p. 42

Gabrielle Roth
is an artist, teacher, and healer. She is the founder and artistic director of the American Ritual Theater Lab and its rock band and theater company, "The Mirrors."
p. 8

Ilana Rubenfeld,
twenty-five-year pioneer in the body-mind-spirit field and originator of Rubenfeld Synergy Method, is a certified teacher of Alexander Technique and Feldenkrais® and is a gestalt practitioner.
p. 27, 28

S

Stephano Sabetti,
founder of the Institute for Life Energy® and the Life Energy Process℠, has a doctorate in psychology and is an acupuncturist. He is also an organizational consultant.
p. 9

Karel Samsom,
entrepreneur in Vermont, is a teacher and researcher of innovation at the University of Vermont and at Nijenrode Universiteit in his native Netherlands.
p. 28

Claudia Schaller
trained in Germany as a physical therapist and specializes in movement, dance, and craniosacral work. She lives in Big Sur.
p. 24, 41

Howard Schechter
is the chairman of the Department of Organization Development and Transformation at the California Institute of Integral Studies.
p. 25, 41

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 14, 15, 18, 23, 31, 34, 42

Ailish Schutz
has an extensive background in body work and holistic health. She has been conducting The Human Element with Will Schutz for five years and serving as CEO of Will Schutz Associates for the past six.
p. 21, 30

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, a set of training materials for organizations. He is the author of Joy and Profound Simplicity.
p. 21, 30

John Seed
is founder and director of the Rainforest Information Center in Australia. He has been involved in direct actions which have resulted in the protection of the Australian rainforests since 1979.
p. 17

Charlotte Selver,
student of Elsa Gindler, introduced Sensory Awareness to the U.S. and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.
p. 21

Catherine de Segonzac Shainberg
is a psychologist and founder of the School of Images in New York. She teaches applications of imagery to healing, body work, and its practice as a path to inner development.
p. 33, 41

Phyllis Shankman
is a licensed counselor living in Carmel. She has led groups at Esalen for fourteen years and specializes in creative group process.
p. 21, 40, 42

Paula Shaw
has been a professional actress and teacher for over twenty years. She conducts in-house workshops for Esalen staff and work study programs in creativity, well-being, and self-expression.
p. 24

Fred Shoemaker,
an inner game teacher and golf professional, is a former golf coach at UCSB and has written about the inner game for Golf magazine.
p. 8, 19

Susan Shor,
a psychologist in private practice in New York City, is co-director of the Biofeedback and Stress Management Clinic of Manhattan. She is a certified biofeedback provider, teacher, and lecturer.
p. 26, 41

Julian Silverman,
a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe.
p. 42

Gerald Smith
is a licensed psychologist in private practice in Belmont, California. He has authored two books on relationships, Couple Therapy *and* Hidden Meanings, *and has led workshops at Esalen for twenty-three years.*
p. 17, 34

George Solomon,
physician and professor of psychiatry at UCLA, is a pioneer in the field of psychoneuroimmunology whose current research concerns psychoneuroimmunologic aspects of AIDS and aging.
p. 30, 41

Robert Solomon
is a professor at the University of Texas at Austin and has been giving seminars at Esalen for eight years. He is the author of many books, including The Passions *and* About Love.
p. 23

John Soper
is a gestalt practitioner with a background in international business.
p. 42

Kathleen Riordan Speeth
is a psychologist in New York and California whose interests include Bach, Rilke, roses, Flemish primitive painting, and object relations. Her published works include The Gurdjieff Work *and* Generativity.
p. 31, 41

Mary Speidell,
a licensed clinical social worker, uses an approach that emphasizes emotional experiences and changes in cognitive patterns. She has been in private practice for eight years.
p. 18, 40

Paul Speidell,
a clinical psychologist, began his training in gestalt practice over twenty years ago. He draws from various approaches, emphasizing emotional experiences and changes in cognitive patterns.
p. 18, 40

Elizabeth Stratton,
pastoral counselor and healer in private practice in New York City, leads workshops in self-healing and a two-year training program for healers entitled "Awakening the Healer Within You."
p. 30, 31, 41

David Streeter,
a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk.
p. 11, 25, 35, 40, 41, 42

Tina Stromsted,
faculty member in the Somatic Psychology Program at the California Institute of Integral Studies, integrates body-oriented, Jungian, and creative arts approaches in her teaching and private practice.
p. 23, 41

T

Yao Tamakloe
studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.
p. 13

Linda Tellington-Jones,
Feldenkrais® practitioner and former project director for the Soviet-American Exchange Program, has made ten trips to the Soviet Union to work with Olympic horses, riders, and veterinarians.
p. 37

Mary Tesoro,
a certified Leonard Energy Trainer, holds a black belt in aikido and is a national self-defense instructor whose work embraces issues of health, human potential, and peak performance.
p. 18, 26, 40

Vicki Topp,
currently the faculty coordinator for the Esalen massage staff, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 42

Karen Turner,
author, teacher, and counselor, specializes in mid-life transitions and spiritual emergence. She has been working for over twenty-five years combining mysticism, shamanism, and psychology.
p. 14

U

Joan Ullyot,
physician and sports psychologist, is a competitive runner, U.S. record-holding marathoner, and author of Women's Running *and* Running Free.
p. 13

V

Attila Vaas
has been a member of the Esalen massage staff since 1976. His skills include polarity, acupressure, and Esalen's free-form style of massage.
p. 19

Sim Van der Ryn
is known for design that is sensitive to people and to the environment. He is a professor of architecture at UC Berkeley, president of the Farallones Institute, and former California State Architect.
p. 20, 32

Antoinette Varner
is an acupuncturist, herbalist, and movement teacher whose work integrates cognitive learning, the body, and spiritual experience.
p. 21, 38, 39, 40

W

Dan Wakefield
is a novelist, journalist, and screenwriter whose workshops are based on his books Returning: A Spiritual Journey *and* The Story of Your Life: Writing a Spiritual Autobiography.
p. 20

CYNTHIA JOHNSON BIANCHETTA

James Wanless,
creator of the Voyager Tarot Deck, is an author, counselor, teacher, and multimedia publisher of symbolic arts. His interests focus on symbols, myths, and shamanism.
p. 36

Judyth Weaver,
Reichian counselor and teacher of t'ai chi ch'uan and sensory awareness, holds a doctorate in psychology. She is a longtime student of Buddhism and Taoism and studied in a Zen monastery in Japan.
p. 8, 40

Andrew Weil,
associate director of the Division of Social Perspectives in Medicine, College of Medicine, U. Arizona, teaches and practices alternative medicine, mind/body interactions, and medical botany.
p. 36, 41

David Whyte
travels extensively as a poet, lecturer, and workshop leader. He is the author of two books, Songs for Coming Home *and* Where Many Rivers Meet.
p. 21

Robert Anton Wilson
has written twenty-five books of psychology, futurism, science fiction, and humor.
p. 37

Nancy Winston
is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.
p. 26

Nina Wise
is a performance artist who creates autobiographical and fictional pieces. Her multi-media works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships.
p. 26

Z

Ruth Zaporah,
performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a recipient of a National Endowment for the Arts Choreographer's Fellowship.
p. 18

■ ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see General Information, page 45, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Scholarship information is listed on page 6. If you wish to request a scholarship, please check the appropriate box:

☐ **Standard Scholarship** ☐ **Other Scholarship**

If you need more information, please refer to the inside front cover for Esalen's phone numbers and office hours.

Name of Registrant (Please Print) _____ Sex M ☐ F ☐

Address _____

City _____ State _____ Zip _____

Home Phone: (____) _____ Work Phone: (____) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

_____

If you can't be reached, please call us before your scheduled arrival for final confirmation. Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you.

Please mark your first and second choices for housing after referring to pages 6-7 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

☐ Check for standard accommodations, if available.

☐ Check for bunk bed room, if available.

☐ Check for sleeping bag space, if available.

Write here the name(s) of any person(s) with whom you wish to room.

_____

Workshop Date	Leader's Name	Fee

Passenger Van Service:
I want transportation from (check one):

☐ Monterey Greyhound Bus Station at approximately 3:45 PM

☐ Monterey Airport at approximately 4:00 PM on _____

(date of arrival, Fridays and Sundays only).

The $25 per person charge (subject to change) is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

Other Notes:
All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

☐ Check here if this is your first visit to Esalen.

☐ Would you like information on carpooling?

If you would like to become a Friend of Esalen, see page 43.

All workshop reservations require full payment or **non-refundable** deposits, in which case the balance becomes payable at time of check-in. See page 45.

Workshop Deposits Enclosed (Refer to page 45): _____

$5 Catalog Contribution (Optional): _____

Subtotal: _____

Less any discount, if paying in full only:
(Prepayment or Senior, see page 6) _____

Total Amount Enclosed: _____

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks or credit card information must accompany the reservations form. Or, you may **fax** this form to us at **(408) 667-2724**. If you do so, *you must include payment via one of the credit cards below.*

Your reservations can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No. _____ Exp. Date _____

Authorizing Signature _____

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation. Please review your confirmation for accuracy.

FOR OFFICE USE ONLY

DEPOSIT AMT.		CIRCLE DEPOSIT	CC CK CA SUS		
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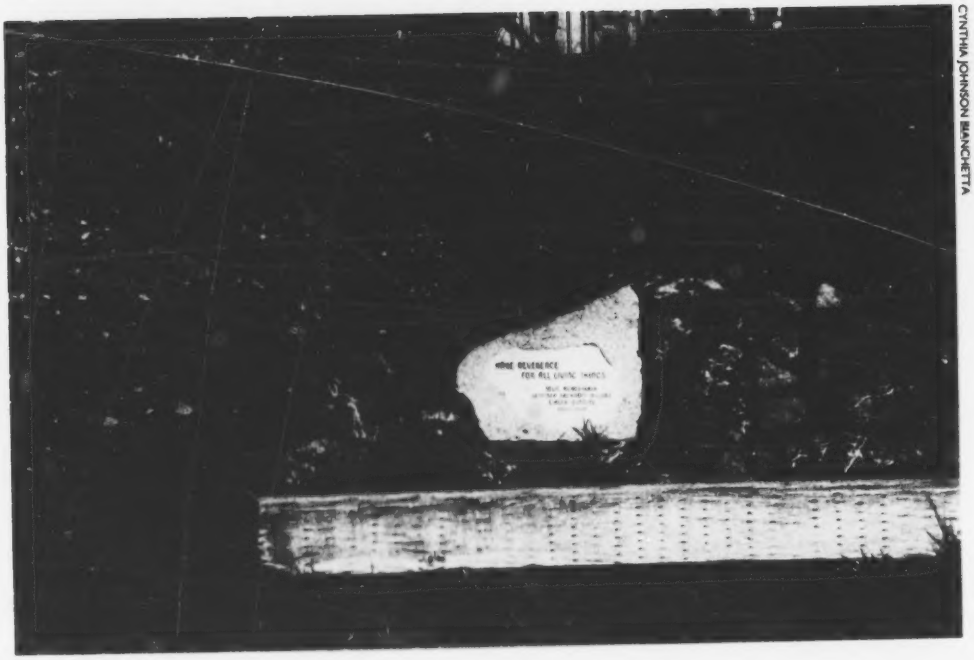

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■ Esalen Institute is a center to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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JANUARY-JUNE 1992

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A. RAJA HORNSTEIN

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FEATURE ARTICLE

PAYING ATTENTION

Introducing Abraham Maslow for an Esalen-sponsored lecture at San Francisco's Grace Cathedral on January 6, 1966, George Leonard said: "We believe that if the divine is present in the individual soul, it must be sought and found in institutions as well; for people will not readily achieve salvation without a saving society." Speaking on Esalen's behalf, Leonard emphasized a theme that was prominent in Esalen's seminars during the 1960s, namely, that individual fulfillment requires healthy cultural, religious, governmental, and other social structures. Since 1962, many program leaders at Esalen have explored the connections between personal and social transformation (see page 7).

Unfortunately, however, some of us tend to forget how much we depend upon good institutions. We have been eloquently reminded of that dependence by Robert Bellah, Richard Madsen, William Sullivan, Ann Swidler, and Steven Tipton, first through their book, Habits of the Heart, *which examined certain excesses of American individualism, and now* The Good Society, *from which the following essay is excerpted. I hope you will read* The Good Society. *No other book of recent years so persuasively makes the case that, as Bellah and his colleagues put it, "concerns that are most deeply personal are closely connected with concerns that are global in scope."* — Michael Murphy

An excerpt from ***The Good Society*** *by Robert N. Bellah, Richard Madsen, William M. Sullivan, Ann Swidler, and Steven M. Tipton (Alfred A. Knopf, 1991).*

From the time we were children we were told by our parents and our grammar school teachers to "Pay attention!" In more or less peremptory ways we have been receiving the same message ever since. Even though we may have grown inured to this injunction and shrug it off, there are few things in life more important. For attention is how we use our psychic energy, and how we use our psychic energy determines the kind of self we are cultivating, the kind of person we are learning to be. When we are giving our full attention to something, when we are really attending, we are calling on all our resources of intelligence, feeling, and moral sensitivity. This can happen at work, at play, in interaction with people we care about. At such moments we are not thinking about ourselves because we are completely absorbed in what we are doing. Although such moments are enjoyable, we do not seek them out because of pleasure, but because they are things we really want to do in terms of the larger context of our lives. They "make sense." And, even though they are moments of minimal self-consciousness and their purpose is not to maximize pleasure, it is in such moments that we are most likely to be genuinely happy.

While paying attention, attending, is very natural for human beings, our attention is frequently disturbed. One of the most obvious features of psychotics is that they suffer from "disorders of attention," in which they have no control over the thoughts and sensations that come flooding into their minds and cannot consciously decide to focus their attention on objects of their concern. But all of us suffer, though less drastically, from such disorders of attention. When we are doing something we "have to do," but our minds and our feelings are somewhere else, our attention is alienated. In such situations of disordered or alienated attention, our self-consciousness is apt to be high. We may suffer from anxiety or, today's common complaint, "stress." Working hard at something we care about, giving our full attention to someone we love — these do not cause stress. But studying a subject we're not interested in and worrying about the grade, or doing things at work that we find meaningless but that the boss requires and we must do if we don't want to lose our job, or just being overwhelmed by more than we can cope with to the point where we feel fragmented and exhausted — these cause stress, these are examples of alienated attention. We attend but fitfully — inattentively, so to speak — and therefore we are not cultivating our selves or our relationships with others. Rather we may be building up strong desires to seek distraction when we have free time. T.S. Eliot in a famous line from "Burnt Norton," describing the faces of people in the subway, speaks of them as "distracted from distraction by distraction."

Unfortunately, many of the distractions we hope will "deaden the pain" — alcohol, restless channel-flipping TV watching, compulsive promiscuity — do not really help, for such distractions too are forms of alienated attention that leave us mildly, or sometimes severely, depressed. We have not exercised the potentialities of our selves and our relationships, and so we have not reaffirmed our selves in the larger contexts that give our lives meaning. If, after a stressful day, we can turn our attention to something that is mildly demanding but inherently meaningful — such as reading a good book, repairing the car, talking to someone we love, or even cooking the family meal — we are more apt to find that we are "relaxed."

Attention is, interestingly enough, a religious idea in more than one tradition. Zen Buddhism, for example, enjoins a state of mindfulness, an open attention to whatever

is at hand, but Zen practitioners know that is always threatened by distraction. "Each act must be carried out in mindfulness," observes the contemporary Buddhist teacher Thich Nhat Hanh. "Each act is a rite, a ceremony," he writes. "Raising your cup of tea to your mouth is a rite. Does the word 'rite' seem too solemn? I use the word to jolt you into the realization of the life-and-death matter of awareness." Mindfulness is valued because it is a kind of foretaste of religious enlightenment, which in turn is a full waking up from the darkness of illusion and a full recognition of reality as it is.

This idea, common enough in Eastern religions, has analogies in biblical religion as well. God revealed himself to Moses from out of the burning bush as "I am that I am," (Exodus 3.14) and Moses had a hard time getting the children of Israel, distracted by their golden calf, to see the radical truth that had been revealed to him at Sinai. Jesus preached a new reality, a Kingdom of God which he declared was at hand, though most of his hearers could not make it out. Jesus said, "Having eyes do you not see, and having ears do you not hear?" (Mark 8:18), but many were too distracted to see or hear.

K.B. KAPLAN

This is not the place to attempt to develop a full-scale phenomenology of attention, but, as in the religious examples, we mean to use attention normatively, in the sense of "mindfulness," as the Buddhists put it, or openness to the leadings of God, as the Quakers say. On the face of it, it may seem hard to tell the difference between attention and obsession. But as we shall use the term here, attention implies an openness to experience, a willingness to widen the lens of apperception when that is appropriate, and this obsession is incapable of doing.

So far we have considered the issues of attention, of disordered or alienated attention, and of distraction, from the point of view of the individual. Self-control and self-discipline have a lot to do with whether we can engage with life or simply attempt to escape it. But people do not deal with these questions all by themselves, as we have already noted in the area of religion, nor can one alone develop a self able to sustain attention. As we have insisted through this book, we live in and through institutions. The nature of the institutions we both inhabit and transform have much to do with our capacity to sustain attention. We could even say that institutions are socially organized forms of paying attention or attending, although they can also, unfortunately, be socially organized forms of distraction.

Americans place a high valuation on family life. But if the family is only "a haven in a heartless world," a place that provides distraction from the harshness of the rest of our lives, we are certain to be disappointed. For families require a great deal of attention to function successfully. Despite romantic fantasies, marital love is not a narcotic that soothes all wounds. Attending to each other, expressing our deepest concerns and aspirations and listening to those of the other, are fundamental in a good marriage, and crucial to the satisfaction it provides. But if we only expect to be attended to and we don't attend to the other, because we've had too hard a day or whatever (and this is more apt to be a male than a female failing) — we sow the seeds of marital discord and deprive ourselves of the real rewards of marriage. The fact that married people live longer than single people suggests that marriage provides a kind of attention that is very important for human beings.

Attention is important between marriage partners, but it is fundamental for children. Infants who do not get attention, in the sense of psychic interaction and love, simply cannot survive, even if they are fed and clothed. And the quality of attention that children get has a great deal to do with how they turn out. In a study in Chicago that was concerned exactly with this issue, the psychologist Mihaly Csikszentmihalyi and the sociologist Eugene Rochberg-Halton found that the children of "warm families" (families where high levels of attention were given to each member) were significantly different from children of "cool families" (families where parents were distracted, inattentive, and not relating well to each other): "Children of warm homes are more sympathetic, helpful, caring, and supporting. The next difference is Affiliation: the relevant traits here are loyal, warm, friendly, sociable, cooperative. Warm homes also breed children who are less denying, defensive, and unsure of their worth." In short, attentive homes breed attentive children.

Today there is a crisis with respect to giving and receiving attention in the family. The care of everything and everyone, especially

children, is suffering because there is not enough time. Although the solution to this problem involves changes in the larger society, in the short term there is the immediate obligation on the part of everyone in the family to restore the centrality of attention and care. Here the primary need at the moment is a greater participation of men, of husbands and fathers, in the care that is essential to family life.

But the task of restoring family life, whatever form the family may take, cannot be the family's alone. As Arlie Hochschild has recently pointed out, a "job culture" has expanded at the expense of a "family culture." Only a major shift in the organization of work and in American public policy with respect to it will enable us to regain a balance between job and family. It might appear at the moment, when economic competitiveness is such an obsession, that Americans "can't afford" to think about the family if it will in any way hinder our economic efficiency. Nothing could be more shortsighted. In the long run our economic life like every other aspect of our common existence depends on the quality of people. How effective will our economy be if it depends on a generation of listless, anxious people unable to concentrate on anything very long and unconcerned to plan a coherent life for themselves? There is literally nothing more important than the quality of our young people, yet American public policy consistently refuses to *pay attention* to this fact.

The current difficulties of the American family have a great deal to do with how isolated it is, geographically and socially. There is much talk about the various "experimental" forms of the family today — two-earner households, single-parent households, same-sex couples with children — as well as "traditional" families where husbands work and wives stay home, but there is a great deal that all these families have in common and that makes it difficult for all of them to sustain family life. As the theologian John Snow puts it:

"In all these cases the absence of generational rootedness in a certain place with a long term commitment to its community and economic life makes money — cashflow — the primary source of security.

> *Concerns that are most deeply personal are closely connected with concerns that are global in scope. We cannot be the caring people whom our children need us to be and ignore the world they will have to live in. We cannot hide from the fact that without effective democratic intervention and institution-building the world economy might accelerate in ways that will tear our lives apart and destroy the environment. Moral discourse is essential in the family; it is also essential in the world. There is no place to hide.*

"With professional people there is the added security of insurance, health insurance and pensions. For the rest there are welfare, social security and medicare. In all cases the bottom line of security is money, not extended family and community.

"For some families there is no bottom line at all. They may be found in shelters, and some of them are healthy young people with small children and no addiction to drugs or alcohol, sometimes with jobs, yet unable to afford rent in such cities as Boston or New York. They lack even an address."

What Snow is suggesting is that stable and attentive families need commitment to a place, which in turn requires locally and regionally coherent economies. Certainly many of the experiences that make childhood enjoyable, including extended family celebrations, get-togethers and reunions, have become rare in our society. Snow is surely right that the cause of this condition is the pressures generated by our current form of political economy rather than the desires of people. What families most need is a context of relationships and institutions that gives them attention, not just money. Decentralization of the economy and other public institutions would seem to go against the whole trend of modernity, but new developments in high technology offer a way to reverse long-standing trends. Where heavy equipment is no longer the basis of the economy, one can bring training and jobs to where people are rather than the reverse; this may be possible as it has not been for a very long time.

A new look at localism, at decentralization, at what the American philosopher Josiah Royce long ago called "provincialism," in a positive sense, at what Lewis Mumford called "settlement," would be valuable for much more than family life. Localism does not imply any abdication of the responsibility of the federal and state governments for the general population — it does not insist on a devolution of major responsibilities to underfunded and wavering "points of light." But it does envision that the government would support and expand local efforts where they exist — a summer program for teenagers sponsored by a black church in a depressed neighborhood; an effort by workers to buy out and renovate a plant whose owners wished to relocate in Brazil — but also help create such efforts where they don't exist. In Catholic social teaching this is known as the principle of subsidiarity, about which there is some diversity of interpretation. As we use it here, subsidiarity implies that higher-level associations such as the state should never replace what lower-level associations can do effectively, but it also implies their obligation to help when the lower-level associations lack resources to do the job alone.

When we think about how money has become so central a measure for everything in our society, including personal worth, and remember that money in most of these contexts is a source of distraction rather then attention, we come face to face with the central paradox of American history. The individual was, in the eighteenth century, embedded in a complex moral ecology that included family and church on the one hand and on the other a vigorous public sphere in which economic initiative, it was hoped, grew together with public spirit. Without overlooking its many injustices, we may note that it was still a society that operated on a humanly intelligible scale. Both the economy and the government were sufficiently small-scale as to be understandable to the ordinary citizen. Looking back from our present position we can see that citizens then were faced with two possibilities, which we may denote as "cul-

tivation" and "exploitation." The pattern of "cultivation" which some Americans for a time did embrace (and others never entirely abandoned) involved the creation of regional cultures in some degree of harmony with the natural environment, where individuals, families, and local communities could grow in moral and cultural complexity.

But the temptations of exploitation in so new and so rich a country proved irresistible. Once the possibilities of the new industrial economy were grasped, the results were dramatic. As Lewis Mumford put it:

"Art, culture, education, recreation — all these things came as an afterthought if they came at all, after our one-sided preoccupation with industry had ruined a great many of their potentialities, both in the life of the individual, whose health and intelligence had been sacrificed to material gain, and in the life of the community. When the pioneer had skinned the soil, he moved on; when the miner had exhausted his mine, he moved on; when the timber cutter had gutted out the forests of the Appalachians, he moved on. All those social types left rack and ruin behind them. The regional planner points out that no civilization can exist on this unstable and nomadic basis: it requires a settled life, based on the possibility of continuously cultivating the environment, replacing in one form what one takes away in another."

The pattern of exploitation was destructive to both the natural environment and the life of the community. It appealed to that aspect of the tradition in which individual accumulation, measured in money terms, came loose from other social goods and became an all-consuming concern, undercutting even the devotion to self-cultivation and the family. And this pattern of exploitation led to the development of large economic and governmental structures that grew "over the heads" of the citizens and beyond their control, making a mockery of the most fundamental principle of American political philosophy: government by the consent of the governed. When this was followed not only by plundering the natural resources of the North American continent but by the development of an imperial military state, operating with the secrecy and arbitrary domination that empires always employ, the eighteenth-century notion of a republican polity, answerable to its citizens in the full light of day, was hardly recognizable.

We took up the idea of attention as initially a matter of individual psychology. As we followed it, we moved to ever larger social and cultural circles: from self-cultivation, to concern for the family, to our local communities, to our national life and life in the world. Attention and distraction, the disturbance and destruction of attention, occurred at every point. Everywhere attention had to do not only with conscious awareness but with the cultivation of human possibilities and purposes, whereas distraction was a response to fear and exhaustion, leading to shallow escapism in some circumstances, to defensive efforts to dominate and control through power or money in others.

Institutional change comes only as a result of the political process. An attentive democratic politics is not some extraneous demand that busy and harried citizens may ignore or attend to fitfully out of "liberal guilt." Our argument is that if we are going to be the kind of persons we want to be, and live the kind of lives we want to live, then attention and not distraction is essential. Concerns that are most deeply personal are closely connected with concerns that are global in scope. We cannot be the caring people whom our children need us to be and ignore the world they will have to live in. We cannot hide from the fact that without effective democratic intervention and institution-building the world economy might accelerate in ways that will tear our lives apart and destroy the environment. Moral discourse is essential in the family; it is also essential in the world. There is no place to hide. It is time to pay attention. ■

Esalen Programs for Social Change and Institutional Reform

■ Since 1967, Esalen has sponsored public seminars and invitational conferences to support ecological studies and programs for environmental protection. Many leading environmentalists have attended these programs during the past 25 years.

■ In 1967, with a grant from the Ford Foundation, Esalen instituted a program to develop Confluent Education, which joins sensory-motor, affective, volitional, and cognitive learning in unified curricula. Conceived and directed by Professor George I. Brown, this project gave rise to a graduate program at the University of California, Santa Barbara's School of Education, which has conferred more than fifty doctorates and 200 master's degrees in Confluent Education.

■ In 1968, Esalen initiated a long-term project in medicine to explore alternative approaches to health. This project gave rise to the Institute for Humanistic Medicine directed by Sarah and Stuart Miller, which was responsible for the first national legislation supporting institutional reforms related to holistic, or wellness, concepts of health care.

■ Since 1980, Esalen's Soviet-American Exchange program has sponsored seminars, conferences, cultural and scientific exchanges, and others programs to promote cooperation between the USA and the USSR. By 1991, Esalen had organized several hundred programs to bring Americans and Soviets together for creative exchange and cooperative work.

■ From 1980 until 1989, Esalen sponsored annual conferences on governance. These programs were directed by social psychologist Donald Michael, and included both academic theorists and legislators who had developed new thinking or practical programs concerned with problems of governance at the local, national, and international level.

ESALEN NOTES

Group Reservations for the Big House

As featured in the May-October 1991 catalog, we are now scheduling workshops in our newly renovated Big House. This facility is available to groups of individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms accommodating up to twenty individuals, ten bathrooms, a kitchen, dining room, and living room make it possible to house group members together, thereby enhancing the retreat environment.

To schedule or discuss possible formats, please contact Pat LeWine, program coordinator, (408) 667-3038.

New Program on Human Potential and Ecological Design

The Farallones Institute has been creating models of ecologically stable, resource-conserving environments for twenty years. Its Integral Urban House in Berkeley and Rural Center in Occidental have pioneered models demonstrating new concepts in solar design, water conservation, waste recycling, and energy production. Esalen Institute, in cooperation with the Farallones Institute, is offering a series of programs that explore the coevolution of personal and planetary health, culture, consciousness, and design. The next two workshops in this series are scheduled for January 31-February 2 and June 5-7. Please turn to Esalen Seminars for more information.

JOYCE LYKE

Friends of Esalen Quarterly Newsletter

The Friends of Esalen Newsletter is for and about the extended Esalen community. Published quarterly, it covers current events and other items not covered in the Catalog. Deborah Miller, coordinator of the Friends of Esalen, is its editor.

Through membership contributions, Friends of Esalen support the scholarship fund, the Friends network and newsletter, and other Esalen projects. In return, the Friends receive the Esalen Catalog three times a year, the quarterly Friends Newsletter, and opportunities to appear in the Friends Network Directory and to attend the annual Friends Workshop.

Esalen's Friends include people in 22 countries, from Big Sur to Nepal. If you would like to join us, please complete and return the membership form on page 51.

Upcoming Esalen Catalogs

The Esalen Catalog has celebrated milestones since the Institute's founding and has pointed to emerging issues of interest. In upcoming catalogs we will feature Michael Murphy and his forthcoming book, *The Future of the Body* (May 1992, Tarcher), and the 30th anniversary issue which will highlight Frederick Spiegelberg, professor emeritus of comparative religion at Stanford University and fondly regarded as the godfather of Esalen.

Ongoing Integral Transformative Practice Workshop

An ongoing workshop sponsored jointly by Esalen Institute and Aikido of Tamalpais in Mill Valley, California, will be offered beginning January 4, 1992. Leaders will include George Leonard, Michael Murphy, Annie Styron Leonard, and Erik Riswold. Please see Special Programs for more information.

ESALEN INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Currently scheduled programs and their conveners are listed here.

JOYCE LYKE

January 5–10
Somatic Therapy and People of Color

Convened by Clyde Ford & Don Hanlon Johnson

This invitational conference will cover a number of topics of concern to people of color in the somatics field: 1) the somatic reality of oppression; 2) somatic psychology and people of color; 3) discrimination in the somatics field; 4) attracting people of color to somatics; 5) the contribution of non-white traditions to somatics.

February 2–7
Soviet-American Leadership Conference

Cosponsored by the Soviet-American Exchange Center & the Foundation for Social Innovations

Moderated by Gennady Alferenko, Founder/Chairman of the Foundation for Social Innovations, USSR & Slava Loutchkov, Vice President of the Soviet-American Exchange Center and Director of the Center's Psychology Project

This conference will bring together young Soviet and American political leaders from various ethnic groups and political affiliations. It will examine possibilities for change in human values as the Soviet Union undergoes its transition from an authoritarian system to civil society.

March 20–22
Meeting of Joseph Campbell Foundation Directors and Board of Advisors

The Foundation will review its first year of operation and plan activities for the next year, which will include a major conference entitled " Myths of the Twenty-First Century: The Creative Legacy of Joseph Campbell" scheduled for May 1992 in New York. They will also discuss the Joseph Campbell archives and library, and the posthumous publication of his collected papers.

April 5–10
Soviet-American Scientific and Cultural Exchanges: 1980–1992

The staff of Esalen's Soviet-American Exchange Center and participants in other Soviet-American exchanges will review the development of citizen diplomacy during the last twelve years and discuss problems and opportunities presented by the rapidly changing socio-political economic situation in the USSR.

April 26–May 1
New Directions in Meditation Research IV

Cosponsored by Esalen Institute, the Institute of Noetic Sciences & Marius Robinson

Participants will identify critical issues involved both in the study of meditation and its use in clinical or educational contexts; discuss methodologies for meditation research; explore the interface between meditation traditions and the disciplines of science, psychology, and human development; explore the potential significance of meditation and meditation research for the individual and society.

June 14–19
Russian Culture and World Culture

Members of the Russian-American Institute will hold their second annual Esalen conference. Members of the Institute will discuss Russian culture today and its changing relation to world culture.

June 21–26
The Global Film Community: Present & Future

Sponsored by Esalen Institute, The Mount Film Group, and a Consortium of International Media Companies

Representatives of the film industry from America, Japan, Europe, and possibly India and the Soviet Union, will meet to discuss the changing global influence on the media; ethics in the international film community; how the art form is altering global consciousness; universal stories and themes; innovations in sound and visual effects; and global financing and distribution.

WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The *Experiencing Esalen* workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on pages 49-50. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

With the completion of the Big House renovation in June, we can now accommodate groups of people in a single facility. The Big House provides meeting rooms, ten bedrooms with twenty beds, a kitchen for meal preparation, and a dining area. We invite people who work together on a regular basis, be they corporate, government, legal, artistic, or familial groups, to design a workshop according to their own needs, using Esalen resources and catalog faculty. Participants also have access to other Esalen amenities, including massage, the hot springs, swimming pool, and bookstore. Reservations for the Big House must be made at least nine months in advance. For more information contact Pat LeWine, (408) 667-3038.

Finally, there are other events which enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. And, there is a community event schedule that is offered; please check the bulletin board for details when you arrive.

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen or cabins) as follows:

	Assistance	Work
Weekend	$50	4 hours
5-7 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If this arrangement is desired, please check "Standard Scholarship" on the reservations form. If additional assistance is needed, please check "Other Scholarship" and write a brief note of explanation (type or print). If a scholarship is approved, it will be noted on your confirmation. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservations form on page 62, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for Wilderness Programs or the Work Study Program.)

Family Rates: A family of three or more may be housed in standard accommodations at the regular rate for three. The only additional charges per person beyond the two or three full-paying occupants are meal costs: Breakfast, $5; Lunch, $6; Dinner, $8. A child's plate (age 6 and under) is available at half-price. If the non-full-paying family members are enrolled in Gazebo School/Park or an Esalen workshop, additional fees are required. Contact Gazebo, (408) 667-3026, for information regarding their fees.

Standard Accommodations: This is shared housing with two or more persons per room. In some cases, bathrooms are shared. Couples will always be housed in doubles. The rates listed with the workshop descriptions throughout the catalog refer to these shared, standard accommodations. Please review the information below for other housing options.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" on this page as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1025	$675	$350

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$780	$500	$280

Sleeping Bags: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.

$535	$350	$185

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is not refundable or transferable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please

call no sooner than the Sunday before. The following rates are per person, per day.

Weekday (Sunday through Thursday nights)	(2 or more days)	Weekend (Friday and Saturday nights)
Standard Accommodation (2 or 3 per room):		
$95	($80)	$115
Bunk Bed (4 or more per room):		
$75	($65)	$80

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable for them, either wearing a swimsuit or not, and emphasize that the environment at Esalen is one of personal sanctuary and respect for the human body.

The Gazebo School/Park Early Childhood Program

The Gazebo School/Park Early Childhood Program is now available to seminarians. Please phone for your child's reservation so that we may provide the kinds of services you will require while attending your own workshops. Call the Gazebo Farmhouse, (408) 667-3026, between the hours of 9:30-11:30 AM for more information.

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, massage.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 49-50.

A. RAJA HORNSTEIN

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 47-48.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. Please see the insert for a partial listing of the books we carry and for ordering information, or call (800) 354-7426.

ESALEN SEMINARS

A. RAJA HORNSTEIN

Weekend of January 3–5

Weekend Massage Intensive

Char Pias Brenner & Charles Jay Bradbury

Participants will be instructed in basic methods for giving a pleasurable and beneficial full-body massage. Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is open to beginners as well as those who wish to brush up on their massage skills.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Introduction to Vipassana Meditation

James Baraz

Vipassana (Insight) meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we experience the nature of reality as continual change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As we bring attention to all of our activities at Esalen, we will continue to develop mindfulness throughout the weekend. This will provide a foundation for applying vipassana practice to everyday life. $350

The Tao of Music Improvisation and Movement Meditation

Chungliang Al Huang & David Darling

The leaders will continue their traditional New Year's celebration with music and Tai Ji during the southern migration of gray whales and monarch butterflies. Chungliang Al Huang will lead participants each morning in Tai Ji meditation and Chi Gong breathing exercises in the fresh ocean air while David Darling plays Bach on the cello. Everyone is invited to rediscover the fundamentals of creative expression and the revitalization of body, mind, and spirit through Tai Ji dancing and music.

Recommended listening: Darling, *Cycles* and *Journal October* (both, ECM), *Minor Blue* and *Rhythm and Blues Suite* (both, Music for People, 203-672-0275).

Recommended Reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup: Fortune Cookies in Crisis* (both, Celestial Arts); Living Tao Videos, 217-337-6113. $350

Introduction to Focusing

Mary McGuire & Roseann Kasayka

Focusing is a step-by-step process for gaining entry into a physically felt intelligence called body wisdom or bodily knowing. This method originally came out of research conducted by Eugene Gendlin and his associates at the University of Chicago. While trying to determine what leads to successful outcomes in psychotherapy, they found that success cannot be predicted by the personality of the client or the orientation of the therapist, but instead is related to the client's awareness of felt experience in the body. They also discovered that this awareness can be taught to those who do not have it readily. The focusing method developed by Gendlin teaches this awareness of felt experience.

Focusing's applications extend far beyond its use in psychotherapy. It enhances other methods of change or growth and is used in education, business, and work with cancer patients. It offers:

- A way of listening to oneself and others
- A means to personal insights
- A resource for spiritual growth
- A path to healing and reconciliation
- A catalyst for healthier relationships
- A method for reducing stress and preventing burn-out
- A means of getting in touch with one's creativity
- A tool for phenomenological research

This workshop will cover the six steps of this method as outlined in Gendlin's Focusing, which participants are strongly encouraged to read before the workshop. Participants will be introduced to a holistic way of paying attention by creating an inner climate of gentleness, friendliness, allowing, receiving, being with, touching, listening, and waiting. This differs from the usual outside climate of forcing, pushing, shoving, and demanding. They will explore how to relate to both positive and negative experiences as they are carried in the body, without the usual response of being overwhelmed by feelings or running away from them. This way of being with oneself allows each experience to unfold in a positive direction, and the person is empowered with an inner strength and direction that allows life energy to flow forward in new ways.

Recommended reading: Gendlin, *Focusing* (Bantam)

C.E. credit is available for nurses; for more information see pages 47-48. $350

Week of January 5–10

The Tao of Music Improvisation and Movement Meditation

Chungliang Al Huang & David Darling

For workshop description see January 3-5. $675

Five Days with Ilana Rubenfeld

This workshop introduces the Rubenfeld Synergy™ Method, a holistic system developed over the past twenty-five years that integrates body, mind, emotions, and spirit for healing of self and others. This blend of gestalt practice, Alexander Technique, Feldenkrais exercises, and Ericksonian hypnosis will be utilized as a gateway to contact, express, and work through deep feelings and memories locked in the body. Group exercises and individual demonstrations will incorporate gentle touch, movement, music, and humor. Key issues will be:

- Surviving the wounds of a dysfunctional family
- Healing the inner child
- Evoking innate healing potential
- Interdependence between emotions and posture
- Dreams and body metaphors that reveal life patterns
- Playfulness and humor
- Tools for self-care

This workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, NY, NY 10011. $675

Focusing, Dream Work, and the Helping Relationship

Mary McGuire & Roseann Kasayka

Focusing originally came out of research conducted by Eugene Gendlin and his associates at the University of Chicago. Trying to determine what leads to successful outcomes in psychotherapy, they found that success cannot be predicted by the personality of the client or the orientation of the therapist, but instead is related to the client's awareness of felt experience in the body. They also found that this awareness can be taught to those who do not have it readily. The focusing method developed by Gendlin teaches awareness of this felt experience.

This workshop is for psychologists, counselors, social workers, nurses, doctors, and others in the helping professions. Focusing is beneficial to these individuals because it augments their understanding of the client's inner process and aids in their own self-awareness as helper. It allows the practitioner to recognize the vulnerable or painful places in the other where new life wants to emerge, and facilitates growth in a gentle way that honors the other's experience.

Participants will practice the focusing process called Experiential Listening, a method of listening for the bodily felt sense in what the other is saying and responding from one's own felt sense of the situation. They will also be introduced to Gendlin's integrative approach to dream work. Theories of Freud, Jung, Perls, and others will serve as a source of questions; the answers will come from participants' own dream interpretations and will be explored via this method of awareness of felt experience.

Research has shown focusing to have made a significant difference in the process of therapy clients, the lives of cancer patients, in preventing staff burn-out, and building team spirit among health care professionals. This workshop could be a new beginning. What better way to start the New Year.

Recommended reading: Gendlin, *Focusing* (Bantam) and *Let Your Body Interpret Your Dreams* (Chiron).

C.E. credit is available for nurses; for more information see pages 47-48. $675

Weekend of January 10–12

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with fundamentals of Tai Ji practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five elements form, Chinese Chi Gong breathing, and life force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Huang, *Quantum Soup: Fortune Cookies in Crisis* and *Embrace Tiger, Return to Mountain* (both, Celestial Arts); with Watts, *Tao: The Watercourse Way* (Pantheon). $350

Rubenfeld Synergy™: Healing the Mind/Body Connection

Ilana Rubenfeld

This workshop will provide an introduction to the Rubenfeld Synergy™ Method, a healing system that uses gentle touch, movement, gestalt practice, creative imagination, music, and humor.

The memories and emotions stored in the body can result in energy blocks and imbalances. Through exercises designed to contact, release, transform, and balance these cellular patterns, participants can freely explore their innate healing potential. The atmosphere will be one of acceptance, caring, and laughter, encouraging participants to move toward integration, empowerment, freedom, and new possibilities.

Participation in this workshop will fulfill one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, NY, NY 10011. $350

Children and Anger: A Gestalt View

Violet Oaklander

The theme of this workshop is the anger of children. Participants will discuss the various ways that young people express anger, the relationship of anger to negative interjects and self-esteem, and how parents, teachers, and therapists can help children express this least tolerated and most misunderstood emotion in healthy, safe, and satisfying ways.

This approach is based on the use of creative, expressive, and projective methods, with gestalt theory and practice as the underlying framework. The thrust of this work is to provide the child with a means for expressing his or her innermost feelings, to foster self-awareness and self-discovery, to enhance self-esteem and, in general, to promote emotional growth. Children thereby learn not only about themselves, but about their relationship to others and the world around them.

The workshop will include discussion, demonstration, examples of children's work and, particularly, direct experience of expressive methods used with children.

Recommended reading: Oaklander, *Windows to Our Children* (The Gestalt Journal, P.O. Box 990, Highland, NY 12528). $350

The Body and Spirituality

Maggie Hodgson & Don Hanlon Johnson

This is one of several seminars, and the first public offering, in the Esalen Body-Spirituality Project. Invitational seminars to date have brought together leading teachers in the field of somatics with leaders in the field of religion — nuns, priests, rabbis, teachers of meditation, heads of religious healing centers — from the Roman Catholic, Protestant, Jewish, Islamic, Native American, Russian Orthodox, and Buddhist traditions. The emphasis has been on experiential work designed to challenge disease-provoking tensions produced by the dominant social images of the body, and to offer alternative images more conducive to the physical and spiritual health of human beings and our planet. There has been experiential work with body image and personality, sensory awareness, body movement, breath, imagery, and simple forms of touch, as well as discussion exploring the implications of this work for healing, education, social organization and, particularly, for world peace. This seminar continues that work. Some of its themes will be:

- How to utilize a more holistic understanding of the body to formulate theologies which are more supportive of the basic needs of suffering human beings and of the earth;
- The significance of Native ways in challenging Western alienation from the body and the earth, and the sicknesses that derive from that alienation;
- The integration of more sophisticated uses of touch in traditional healing ministries of the religious communities;
- How to use the various body-oriented therapies in the clinics provided by religious groups for suffering communities: addicts, the homeless, political refugees, etc.;
- How to integrate sophisticated contemporary work with the body with traditional methods of meditation and ritual.

Maggie Hodgson has been a trainer and is now executive director of the Nechi Institute on Alcohol and Drug Education for Native peoples in Canada. That center has demonstrated remarkable success in the healing significance of returning to the old ways. Don Hanlon Johnson brings to the seminars the results of his work during the past four years applying somatics techniques in work with religious leaders.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Week of January 12–17

Feeling and Innovation

Dale Cummings & Karel Samsom

Discovering creative solutions in our personal and occupational lives can transform leisure and work and enliven our experience. Webster defines feeling as "the capacity to respond emotionally" and innovation as the "introduction of something new." How these two themes interconnect will be the focus of this workshop.

Participants will use Radix® and neo-Reichian methods of emotional release, exercises in creativity and innovation, role-playing, and discussion. A period of individual work (the Radix® intensive) in a small group setting will provide a safe environment of emotional support. As negative feelings are worked through, active creativity can emerge.

Through its focus on feelings and creativity, this workshop offers encouragement and practical ideas for reinvigorating personal and organizational experiences and for pursuing innovation and new (ad)ventures in daily life. $675

A Circle of Women

Christine Stewart Price & Guest Leaders

Each group of people who comes together creates a unique "field." When the members of a group are all women, as in this workshop, the field takes on a distinct quality which encourages exploration of particular feelings and issues. During this workshop, we will explore those feelings as they emerge, using gestalt awareness practice (see Gestalt Practice, January 24-26) as well as any other forms of process that serve us in contacting, expressing, and supporting ourselves and each other. Bring rattles, drums, dreams, pictures of your mother and grandmother, or anything else you might want to share. $675

Somatosynthesis

Clyde Ford

Clyde Ford will introduce participants to somatosynthesis, a method which uses touch, body awareness, and movement to address the emotional issues underlying pain, disease, and physical symptoms. It brings together body-based methods with psychological and spiritual approaches to affect the healing process.

This workshop will provide participants with the initial skills for exploring this dynamic relationship between body and mind through touch. It will begin with body-mapping, a method of linking areas of the physical body to underlying psychological and emotional issues, and then take an in-depth look at how touch can be used to address these issues and guide the person toward greater well-being. There will be lectures, demonstrations, discussion, and supervised hands-on exercises. It is designed for students of the healing arts who wish to explore the emotional and psychological aspects of somatics work. Please wear comfortable clothes and bring a notebook to record your experiences.

Recommended reading: Ford, *Where Healing Waters Meet: Touching Mind and Emotion Through the Body* (Station Hill Press).

C.E. credit is available for nurses; for more information see pages 47-48. $675

The Writer's Way: Self-Exploration through Writing

Nancy Bacal

We all have stories and the ability to tell them. But when asked to translate them onto the page, many of us are inhibited by self-judgment. Through a series of exercises designed to bypass blockages, participants will be encouraged to move beyond the controlling arm of the critic and tap their reservoirs of personal experience. These exercises will provide an opportunity to turn the burdens in our lives into stories, the unwanted voices into characters, the failures and successes into material. They are specific enough to excite the imagination yet loose enough for the writer inside to experiment with form and images and remain open to surprise.

This writing workshop offers a supportive and stimulating environment for the non-writer, the would-be writer, and the professional. The schedule will include writing in and out of the group, walks, meditation as it relates to creative process, reading and discussion of pertinent material. The intention will be to coax the mind out of its cycle of expectation and disappointment into a positive, functioning relationship with one's work.

Recommended reading: Needleman, *Work of Craft* (Avon); Goldstein, *The Experience of Insight* (Unity). $675

Weekend of January 17–19

Vision and Embodiment

Laura DeNuccio

This is an educational introduction to vision fitness, integrating inner vision and outer sight. The focus is on discovering 1) how to relax, clear, and reeducate the eye and the self to see, and 2) how one's present reality is distorted or shaped by attitudes, beliefs, and feelings.

Participants will utilize the Bates method of eye relaxation, movement, breath, guided meditation, earth ritual, and the creative use of the Spoken Word. Together they will explore, discover, experience, and expand their vision of possibilities for themselves and the world in which they live.

Recommended reading: Goodrich, *Natural Vision Improvement* (Celestial Arts); Huxley, *The Art of Seeing*.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Endarkenment

Will & Ailish Schutz

Sometimes in our search for enlightenment we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle.

This workshop can provide a vehicle for the turn downward. We shall explore: how to establish and maintain meaningless relations; what to worry about while meditating; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim/martyr in your social group; guilt without sex. This approach, similar to Feldenkrais's "live the disasters" and the "homeopathic principle" (Will Schutz, *Body Fantasy*), can be as valuable for attaining enlightenment as the direct route — and more fun. In addition, participants in this workshop will have opportunities to explore, play with, and celebrate the shadow — that which we usually hide. $350

Psychoneuroimmunology and its Implications

George Solomon & Margaret Kemeny

The rapidly developing field of psychoneuroimmunology (PNI) is concerned with the nature of complex bidirectional interactions between the central nervous system (CNS) and the immune system and their clinical and bioregulatory implications. The CNS mediates stress effects, coping, emotions, and other psychological processes that, via the immune system, affect the onset and course of many diseases.

This didactic but interactive course will describe the immune system, how it works and is regulated. The leaders will discuss human and animal research on the effects of stress and other experiential factors on immunity and on immunologically-resisted and mediated diseases, including bacterial and viral infections, cancer, autoimmune diseases, allergies, and AIDS. The as-yet poorly researched area of the impact of interventions, including psychotherapy, on immunity and disease will be discussed. Implications of PNI for understanding traditional and alternative healing systems and placebo effects will be explored. There will be ample opportunity for questions.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Moving from Love Addiction to Healthy Intimacy

Jed Diamond

Many of us are successful in our professional lives, but struggle in our love lives. Our romantic relationships are a series of disappointments, yet we continue to pursue them. We seek lovers to make us feel whole, yet we lose our sense of self. We cling to partners who are abusive, yet we are afraid to let go. Some of us have become relationship anorexics, starving ourselves for love because we are afraid to risk being hurt again. Many of us have become addicts and don't even know it. We turn to each other out of the same needs that drive some people to alcohol and others to cocaine. Interpersonal addiction, love addiction, is not only the most common addiction, it is the core out of which all other addictions emerge.

This workshop offers a safe and supportive setting in which to explore sexual, romantic, and relationship addictions. Participants will delve into the "black hole," the center of their being where they contact their earliest experiences of abuse and abandonment. There they may also find the "golden thread" which can lead them back to their true selves.

Small group interaction, writing, guided meditation, and movement based on aikido and energy awareness will be used to experience the differences between male and female love addictions, healthy love vs. love addiction, and the seven stages of developing joyous and peaceful intimate partnerships.

Recommended reading: Diamond, *Looking for Love in All the Wrong Places: Overcoming Romantic and Sexual Addictions* (Avon/Putnam).

C.E. credit is available for nurses; for more information see pages 47-48. $350.

Week of January 19–24

Letting Go–Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate — in the moment — to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. This workshop will have no more than 30 participants. $675

Couples' Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*. $675

Exploring Dimensions of Healing

Elizabeth Stratton

The desire to heal and be healed is a deep need within every human being. Seeing someone we love in pain brings out the instinct to touch that person in a caring and compassionate way. Feeling or being ill ourselves can lead us to explore both spiritual and scientific dimensions of healing that we would otherwise not be open to.

Psychic healing, with its focus on the laying on of hands, understanding the meaning of the illness, and seeing into the heart of the person who is ill, brings a spiritual dimension to healing that can be a valuable adjunct to modern medicine and its high technology.

This five-day workshop will provide both theoretical and practical tools to awaken the healer within. Self-healing methods such as opening the energy centers (chakras), communicating with the body, and guided healing imagery will be explored to assist participants in taking charge of their own health. In addition, participants will begin to learn to work with others in a healing capacity through laying on of hands and psychic scanning.

C.E. credit is available for nurses; for more information see pages 47-48. $675

January 19–26

Cortical Reeducation® and The Feldenkrais® Method

Harriet Goslins & Mark Bender

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain/muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all can evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk of injury for the sedentary or those dealing with aftereffects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for individuals who feel chronically tired and stressed and want to learn how to take better care of their neck, shoulders, and back, to improve their posture and breathing, and to live and move with more flexibility and comfort.

This course is provider approved by the California Board of Dental Examiners, number 2586.

C.E. credit is available for nurses; for more information see pages 47-48. $1025

The Feldenkrais Guild®

Weekend of January 24–26

Introduction to Gestalt Practice

Joyce Lyke

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear —
And when used — is inexhaustible.
— Lao Tzu

Gestalt practice is a form — nonanalytic, noncoercive, nonjudgmental — evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press); Heider, *The Tao of Leadership* (Humanics); Ram Dass & Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; for more information see pages 47-48. $350

Alexandrian Traditions: A Weekend with Ralph Abraham

Several of the wonders of the ancient world were created in Alexandria, metropolis of Greeks, Egyptians, Jews, and Christians. Mathematics and philosophy merged in a creative whirlpool of Hermetic, Gnostic, and Kabbalistic wisdom. In this weekend of geometry and metaphysics, we will survey the Alexandrian miracle from Euclid to Hypatia, discussing the significance of this pagan intellectual heritage for our past and our future. We will seek the lost bridge between mathematics and the spirit. $350

Creating a New Life

Elizabeth Stratton

The foundation of recovery from any addiction is spiritual strength — the recognition of the healing power of our relationship with God. It gives the recovery process meaning and the individual a will to live.

Creating a new life during recovery is a challenging process. To let go of the past while recovering from it means to see life through new eyes. Beginning each day anew requires dedication, courage, and compassion for the self that is being reborn. It means telling the truth and seeing life and the self through the eyes of compassionate truth.

This workshop provides an opportunity for those individuals who are in the recovery process to develop the healing skills necessary to create a new life. Experiential work will include: establishing and nurturing a relationship with God; self-forgiveness and forgiving others; telling the truth and releasing fear; turning anger into the will to live; healing the physical body from years of abuse; opening the inner energy system through meditation and imagery; developing psychic strength and protection from other people's negativity and addictive behaviors; and experiencing bliss through spiritual substance rather than substance abuse.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Co

Kathleen Riordan Speeth

This is a workshop for people helpers. Everyone has seen duets in ballet in which the male dancer follows the prima ballerina, supporting her leaps and turns. Many human dyads are similar. One person is in the foreground while the other, the "co," accepts a background position. The concerns of the focal person come first. They define the relationship either by explicit agreement, as in psychotherapy and medicine, or implicitly, as in many marriages.

The focus acts; the co tracks. The focus makes a movement and the co, like a dance partner, adjusts. What the focus needs, the co provides. The co is receptive, responsive, attentive, enabling, facilitating.

Cos can be found nurturing the young and the frail elderly, ministering to the disturbed, nursing the sick, designing houses for the wealthy, and in many other situations throughout society. Sometimes these co relationships are a vocational choice and a charitable way of life. Sometimes, as with co-dependencies and co-alcoholics, they are dysfunctional and harmful.

We will spend the weekend studying, through group experiential exercises and discussions, when, where, why, and how to co, and the politics of both entering into and refraining from such relationships.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Week of January 26–31

Women's Wisdom: Celebrating Sacred Dimensions of the Feminine

Jean Shinoda Bolen
& Jananne Lovett-Keen

By tapping intuitive sources of wisdom, creativity, and spirituality, life takes on deeper meaning. We are nourished by what we feel and know and dream and express. In the outer world, change and transitions are inevitable. What we often miss is time to reflect upon the meaning of events and to take stock of who we are becoming.

This retreat invites women to take time for inner reflection in the nurturing company of other women in an environment of natural beauty. Jean Shinoda Bolen, author of *Goddesses in Everywoman*, will lead participants inward through myths and meditation to their personal symbols and to the truth in their dreams. Jananne Lovett-Keen, a musician and body worker, will teach participants to care for their bodies and to be attuned to their vulnerabilities, pain, trust, and strengths. Through music, participants will touch sources of inspiration and creativity and be reminded of the profound connection between women's nature and Mother Nature, between music and body knowledge.

CAROL RENEE PIERPOINT

These five days will provide women with an opportunity to experience their inner trusting child, the grown woman choicemaker, and the wise woman aware of the sacred dimension of ordinary life. $675

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in the mood of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The process will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based in trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $675

January 26–February 7

Advanced Training in Shamanism and Shamanic Healing

Michael Harner

For workshop description see Special Programs, page 44.

Weekend of January 31–February 2

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Its emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include sensory awareness, gestalt practice, group process, guided fantasy, meditation, and massage. There is also time to explore the magnificence of the Big Sur coast.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press). $350

Roots of Design

Sim Van der Ryn

Each of us is a designer. In this workshop, we explore the roots of design within us, including our conscious and unconscious internal programs, our personal and collective histories. We use storytelling, model-making, image-making, and free writing to get at the designer within. From there we can design our personal ecology, physical and temporal space. We begin to move from being unconscious to conscious designers.

Recommended for professional designers who have lost their roots and lay people who never realized they had any roots in design. $350

Week of February 2–7

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see January 24-26 $675

Protoanalysis and the Enneagon: Breaking the Fixation

Jack Downing, Michael Kramer & Paule Marx

This workshop introduces the Arica theory and method of protoanalysis in which ego fixation is revealed by the muscular tensions of the face. Oscar Ichazo, the founder of the Arica Institute, will determine each participant's fixation from photographic slides submitted prior to the workshop. Ichazo is the sole originator of the theory of ego fixations.

The fixation is the area of the psyche in which a person is most sensitive. We defend this over-sensitivity with a cluster of reactions which becomes a fixated pattern in childhood. There are nine types of over-preoccupation which veil our perception of reality and shroud our natural, spontaneous, and essential nature. This ego identity is, at its core, ontologically empty and will never allow us to experience the totality of ourselves, which is our birthright as human beings.

Discovering our fixation is a catalyst for internal growth and evolution. Once we break this habitual identification with one point of view, the eight remaining elemental parts of our psyche become enormously enriched. We being to recognize the defense mechanisms of our fixation as simple

processes, comical in their predictability. This work is done with humor; in this way the nine fixations become exaggerated characters in our "theater of the subjective." We can then transcend ordinary states of subjectivity and experience a more lucid state of self-awareness.

In this seminar, participants will study a number of enneagons that work harmonically with the enneagon of the nine fixations. The workshop will also include enneagon theory, meditation, diakath breathing, essential movement, group work, and theater.

Please note: Three slides of each participant's face must be received one month prior to the workshop, or by January 2, 1992. A letter of explanation about the lighting and photography of the slides is available from Esalen.

Recommended reading: Ichazo, *Master Level Exercise: Psychocalisthenics* (Sequoia Press); *Between Metaphysics and Protoanalysis; Interviews with Oscar Ichazo* (Arica Institute Press). $675

Weekend of February 7–9

Accessing Creative Process

Dianne Laurence

Spontaneity, imagination, trust, and risk-taking are all essential ingredients in the creative life of the individual. They are not parcelled out at birth in limited supply but are parts of our natural makeup and can be exercised and strengthened. This workshop will use theater improv, storytelling, and painting games to evoke these natural potentials.

Many people claim that they "just aren't that creative" when the real issue is whether or not they are willing to engage in a relationship with their creative intelligence. This workshop will offer the opportunity for laypeople and artists alike to see where and how they joyfully participate and where and how they resist. It is useful for people who are stuck, who want to find a way of going deeper, or who just want to play in areas they have been curious about. $350

Relationships: Turning Toward Joy

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared — by their family backgrounds or society — to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary, and who wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential *and* didactic workshop will blend individual and group gestalt work, spiritual healing, body work, and personal metaphor. $350

A Weekend with Terence McKenna

Author, explorer, and philosopher Terence McKenna brings us unique perspectives on the spiritual life and impending transformations of the human world. In this seminar he and participants will examine human attitudes toward the Other, discuss Time and its mysteries, the nature of language, and techniques of ecstasy that have developed in non-Western societies. The role of hallucinogenic plants will be discussed in depth — their role in shamanism and their impact on the general evolution of human cultures and social forms. McKenna will discuss the making of effective choices about spiritual development and the roles that we can play in the unfolding of the post-historical future.

McKenna writes: "This is a chance to experience consciousness as an informational creature loose in an environment of meaning. Our global culture is preparing to depart for the stars; learn what you should pack for the trip. We will discuss what a long, strange trip it has been and is bound to be. We will consider a growing zoo of strange futures, chaotic attractors, and fractal language elves breeding and at play in the phase space of happenstance. We will conduct a real-time search for understanding of the onrushing transformation of our planet, ourselves, and the way we see each other." $350

Moving Toward Open Space and Transformation through Guided Imagery

Catherine de Segonzac Shainberg

In this workshop, participants will explore in rapid succession different aspects of life in an imaginal and sensory mode. Through short inductions, an empty space opens up in which images emerge spontaneously. Visual movement is experienced at the somatic level as well as emotionally and mentally. As the images unfold, they speak for themselves, often in surprising and deeply moving ways. They lead the dreamer toward a broader awareness of themselves and of their rich inner resources. An unfolding image can represent both the diagnosis and healing of a difficult situation. In other instances, the guide might suggest another perspective from which to look at an image which may serve to unblock or change a situation. The act of moving into a new configuration becomes the healing process, the transformation.

The emphasis in this workshop will be on the connection between organic movement and the spontaneous emergence of images. Working quickly with inductions and exercises to elicit an imaginal experience, participants — students of themselves — will have the opportunity to discover the transformative value of being 'taken by surprise' by their own images.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Week of February 9–14

Spiritual Healing: Laying On of Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods of using the hands as instruments for physical and spiritual healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art.

Maria Lucia Sauer Holloman studied and lived at Esalen for nine years. She currently studies with healers in Brazil and has a private practice in Rio de Janeiro where she applies Brazilian and North American approaches to healing.

C.E. credit is available for nurses; for more information see pages 47-48. $675

The Unfolding Self

Jessica Moore Britt & Joyce Lyke

We live in a world of mystery, wonder, and beauty. But many of us seldom participate in this real world, being aware instead of a world of strife, suffering, and meaninglessness. This situation arises from not realizing and living our full human potential. Childhood conditioning and attachment to that conditioning is one way that our potential gets stuck.

This week is for participants who have been working on themselves and would like to delve further into the relationship between their emotional work and spiritual practice. Using self-remembering exercises, meditation, and individual Reichian/gestalt work, they will inquire into what it means to allow and commit to the unfoldment of the self.

Recommended reading: Almaas, *Diamond Heart*, Vol. 1, and *Essence* (both, Diamond Books). $675

Stepping Into Power

Dawn Callan & Stephanie Mines

This self-defense and awareness program attunes women and men to their innate power and helps them guide that power into decisive action. Integrating movement with thinking, feeling, and sensing, participants will practice simple and effective techniques that embody the basic right of self-protection and support them in breaking through personal barriers (old habits, limiting beliefs, fears, unconscious patterns). This workshop offers an opportunity for healing core issues as well as the polarity and adversarial beliefs between women and men. It culminates in a demonstration of individual empowerment.

This integration of self-defense and self-awareness is designed for individuals committed to achieving new levels of mastery and excellence in their personal and professional lives.

C.E. credit is available for nurses; for more information see pages 47-48. $675

On Being a Man

David Schiffman

Many men today have sought to honor and embrace the emergence of the feminine principle in their own natures. As a result of this emphasis, the right to celebrate and honor the masculine has become a thorny and difficult dilemma.

A man's sense of his uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity. They will explore the following questions:

- What does a man need to know and accept about his own nature to feel himself fully as a man?
- Can men come together to create an atmosphere of trust and goodwill, where the masculine aspects that they have in common can be honored and appreciated in the pleasure of each other's company?
- Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
- Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illuminate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, changing, and a sweat lodge will be incorporated in this journey as well. $675

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, life-long commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them define a plan for the necessary moments they must create so they can move forward, transforming their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing in four fundamental relationships:

- With oneself: developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of chronic trauma;
- With others: improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries;
- In the world: moving away from chaos and deprivation and toward stability and abundance;
- Spiritually: searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

This workshop will be experiential and didactic, blending individual and group gestalt work, music, spiritual practices, and body work. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs. Please bring a mirror and photographs of yourself at all ages.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Weekend of February 14–16

Keeping a Good Relationship Alive

Gerald Smith

This workshop will focus on a major dilemma in keeping a good relationship alive. That is: how to be close and vulnerable as partners yet separate and free to grow as individuals. This dilemma is never resolved because each partner continues to change, but it can be dealt with in ways that add to the aliveness in the relationship.

Much of participants' time during this weekend will be with their partners separate from other couples. Verbal, non-verbal, and written exercises to enhance openness, support, and affection will be used, as will skills at resolving differences in ways that do not produce "scar tissue." And, since playing is an essential part of keeping a relationship alive, there will be experiences to kindle the imagination and the willingness to play together. Limited to 12 couples. $350 per participant

Somatics: Internal Mastery of Muscles and Emotions

Eleanor Criswell Hanna

This workshop will explore the neuromuscular responses to emotional states — the somatics way to internal mastery of muscles and emotions — and the joy that comes with the body's renewed awareness and freedom. Guided somatic exercises and individual sessions with practitioners trained by Thomas Hanna will give participants the opportunity to experience this wonderful work.

Recommended reading: Hanna, *Somatics* (Addison-Wesley), *The Body of Life* (Knopf), and *Bodies in Revolt* (Freeperson Press). $350

The Psychotherapist as Shaman: Methods for Madness

Joan Halifax

In many indigenous cultures across the world, the shaman has functioned as healer and therapist in the physical, psychological, intellectual, transpersonal, social, and environmental domains. During this weekend, anthropologist Joan Halifax will look into the traditions of shamanism for those practices and methods possibly relevant for use in contemporary psychotherapy. Included will be the function of art in personal, social, and environmental healing; the role of ritual in individual and community process; the use of entheogens in psychophysical transformation; and the relationship of the natural environment (as reality and metaphor) to the healing process. This program includes experiential practices, teachings, and discussion. $350

The Open Space: Poetry and Authenticity

Norman Friedman

When is a poem the *expression* of feeling, and when is it an *avoidance*? How can we tell he difference, and what difference does it make? We seek that open space where poetry frees us to re-make ourselves, and we return to the world integrating that freedom into our daily lives. For this to take place, what the poet feels must be *shaped* so as to evoke that feeling in us. Keats said that truth is not truth until it is tested on our pulses. Craft, discipline, and training are the means, but sometimes the enabling letter can kill the life-giving spirit.

We will examine a number of poems, classics of various times and places, to find and experience how we in our time, and others in theirs, confronted the same dilemma. And we will encourage — through readings, mini-lectures and discussion, fantasy and experiment — the re-creation of that open space in this workshop. $350

Self-Exploration through Handwriting Analysis

Vimala Rodgers

Our handwriting is the result of intricate neuromuscular connections that express on paper both the conscious and unconscious aspects of our established behavior patterns. Each time we move the pen across the page we not only reflect these patterns, we reinforce them. Slant, spacing, margins, pressure, loops, angles, size, letter formations, and zonal relationships: each of these factors is significant and combines with countless other writing patterns to make a clear statement of the attitudes with which we greet and react to life situations.

This weekend will be spent in an active, step-by-step exploration of the components of handwriting as they mirror aspects of the personality. For those participants who wish to consider making specific alterations in personal writing patterns, the workshop will allow time to work on specific strokes (supported by repetitive practice) as a means of instilling new brain/hand patterns. Time will also be given to inner child work.

This workshop is for the person who is engaged in a journey of self-exploration as well as for counselors, teaches, parents, ministers, health care practitioners, and other professionals who deal with self-esteem issues and the well-being of others.

Recommended reading: de Sainte Colombe, *Grapho-therapeutics* (Laurida); Stone & Winkelman, *Embracing Our Selves* (DeVorss). $350

Week of February 16–21

Cross-Cultural Shamanic Practices

Angeles Arrien

Participants of this workshop will be introduced to shamanic tools from diverse cultures in order to access and empower their inner teacher, healer, visionary, and warrior. The universal healing selves of singing, storytelling, dancing, and silence will be engaged to rekindle the spirit and retrieve any soul loss.

Group members will work individually and collectively to: honor ancestor spirits by releasing limiting family patterns; enhance personal and professional power by speaking with "spirit tongue" (truth-telling); and experience shamanic practices that reveal internal mythology, help heal wounds, and adjust imbalances.

This week qualifies as a Foundational Training for the Four-Fold Way, a cross-cultural shamanic training program by Angeles Arrien. $675

Sports Massage

David Streeter

This workshop will focus on aspects of sports massage that prove useful in other massage modalities. The curriculum includes: study of anatomy, to understand the rhythmic coordination of muscles working together; cross-fiber or cross-friction massage, simple strokes that promote healthy muscle tissue; and trigger point massage, to locate and relieve sensitive and congested points in muscle bundles and tendons. Trigger point work has proven beneficial in reducing myofascial pain caused by chronic tension.

In these five days, participants will progress through a study of the entire musculoskeletal system via brief lectures, hands-on practice, and one-to-one instruction. This workshop takes a simplified approach to what is usually a complex subject and gives students a better idea of just what lies beneath their hands, and how to more effectively communicate with the human body. It is open to all levels.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Life Stories: Healing the Sorrows

Peter Finkelstein

Painful experience is one of life's givens. However, whether we are discussing the inevitable existential concerns of aloneness, freedom, or death, or the personal tragedies of divorce or untimely loss, it is the manner in which we give form to our painful stories that defines our personal development. The attention we give to the ongoing creation of our own story can help us broaden our sources of satisfaction, con-

centrate our energies productively, and recognize life's wisdom in its many forms.

Participants will use group exercises and individual work to help them acknowledge and integrate painful life experiences such as divorce and bereavement. Dream interpretation, hypnosis, didactic material, and attention to group process may all be used to deepen the experience. Blocks to the successful completion of healing will be explored.

Recommended reading: Viorst, *Necessary Losses* (Simon & Schuster).

C.E. credit is available for nurses; for more information see pages 47-48. $675

The Lover's Journey: A Quest for the Inner Man and Woman

Paul Rebillot & Melissa Kay

The leaders write: "It is difficult to relate to other people fully and clearly as long as we remain unaware of our own inner process. What role do we play with ourselves and others? Do these enhance or inhibit our ability to make contact? How do we feel about our sexual identity, our shadow, and our inner opposite selves?

"*The Lover's Journey* is not a couples' workshop; it is a journey into the depths of our individual process to discover how we love. It is based on the concept of the alchemical marriage, the owning and uniting of the masculine and feminine archetypes. We will enact four aspects of ourselves — the negative and positive man and the negative and positive woman — in order to see when we are being authentic with others and when we are not. We will then create a ritual of joining these four aspects together, which must live within us if we are to be whole.

"It is possible to experience the humor as well as the profundity of these images by bringing them into contact with the other members of the group. By playing them out and having fun with them, they become optional rather than obligatory. And, by accepting and embracing these polarities, we open the door to fuller, more satisfying contact with others and with ourselves." $675

Creating Health and Healing

Andrew Weil

Every human body has systems of self-repair and healing. Whatever your genetic inheritance, whatever your past history of illness, you can learn to move toward optimum health and wellness by learning to use the natural resources of your body and mind. How you eat, drink, exercise, think, visualize, work, play, and deal with stress all influence the efficiency of your internal healer. Conventional doctors often "hex" patients by conveying their own pessimism about illness and their own lack of faith in self-healing. Wellness-oriented doctors are able to undo this negative magic by teaching people to believe in and work with their natural healing powers.

In this workshop, participants will make some meals together in the course of learning the latest ideas about diet and health. We will exercise and relax together, learn how to breathe, and discuss simple natural remedies for common ailments. We will also look at the strength and weaknesses of various systems of treatment. After completing this workshop participants will hopefully have gained more confidence in their ability to manifest health and wellness in their lives.

Private sessions will be available by arrangement.

Recommended reading: Weil, *Health and Healing* and *Natural Health, Natural Medicine* (both, Houghton Mifflin).

C.E. credit is available for nurses; for more information see pages 47-48. $675

Weekend of February 21–23

The Master's Journey

George Leonard & Annie Styron Leonard

Mastery is a journey we all can take, provided we have the right map. This workshop is dedicated to giving you clear directions for the master's journey in whatever field you may choose. There will be discussion, demonstration, and participation in movement exercises from Leonard Energy Training (LET) which emphasize mastery in daily life as well as extraordinary human functioning. Some of the topics to be addressed:

- The five keys to mastery
- Creating a vision
- The secrets of practice
- Staying balanced and centered on the path of mastery
- Playing the edge
- Loving the plateau
- Dealing with conflict
- Negotiating with change
- Getting energy for mastery
- Extraordinary human functioning

This workshop involves physical movement but is not strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: Leonard, *Mastery* (Dutton), and *The Ultimate Athlete* (North Atlantic). $350

A Weekend with Paul Rebillot & Melissa Kay

Combining gestalt, guided meditation, gentle movement, and play with the needs of the participants, this group will create their own weekend of self-discovery and expression. $350

Psychological Implications of Symbols: The Tarot

Angeles Arrien & James Wanless

The tarot is an ancient book of wisdom that visually captures possible internal and external experiences that individuals can have. Participants in this weekend workshop will have the opportunity of seeing multiple ways symbols can be practically used as guides and clarifiers for life issues.

This workshop is structured to meet the needs of participants at any level of experience or inexperience they may have with tarot. $350

Healing the Healer: A Workshop for Helping Professionals

Peter Finkelstein

Working in the field of health care brings the practitioner into contact with sorrow and death. And although health care professionals accumulate great emotional burdens, many do not pay enough attention to staying whole, integrated, and non-depressed while doing this work. Often, in fact, institutional arrangements foster the opposite: isolation, dehumanization, withdrawal. Hence, it remains for the practitioner to find a personal approach in which to process sorrow, frustration, and fear, both wisely and well.

The heart of this workshop will be the telling of stories from the world of health care. Each participant will have the opportunity to share an event from their practice, one that deeply moved them, and receive feedback from the group. Through such telling

we can reveal and heal those sometimes invisible wounds that interfere with our own growth and ability to continue helping others. Dream interpretation, didactic material, and group process may all be used to deepen the experience. Special attention will be given to creating a setting of trust.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Week of February 23–28

A Modern Shamanic Initiation

Richard Yensen Pérez-Venero & Donna Dryer Pérez-Venero

This workshop explores shamanic tradition as a means for self-healing and spiritual growth. Through music, art imagery, visualization, breath and body work, participants will travel through altered states of consciousness to a source of healing and meaning within themselves. Shamanic cultures call this realm the world of the spirit, where we can find true power and the ability to bring an open heart to our life's path.

Participants will study maps of consciousness drawn from research in psychedelics, from archetypal themes of death and rebirth, and from shamanism. Experiential sessions will combine modern technology, ancient ritual, and specially developed media portrayals of the transformative journey.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.' These activities can also be described as *movements*. What we call a 'body' can be seen as movements that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we *are* rather than as something we *do*.

"Our time together will be to enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder and meaningfulness as it shapes and colors the moment. For me, 'life' and movement are one." $675

Transitions

Elliot Waker Aronson & Gabriele Hilberg

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition — whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance. The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants may develop ways of enhancing their understanding of themselves and increasing their overall effectiveness.

Recommended reading: Aronson, *The Social Animal* (Freeman). $675

The Path of Transformation in Psychotherapy and Meditation

Daniel Brown

This workshop is designed for psychotherapists, practitioners of meditation, and those interested in the integration of the worlds of psychotherapy and spirituality. The leader will present an integrated model for the path of transformation, for the development of emotional experience, the sense of self and others, and reality sense. This model of normal, pathological, and optimal human development is drawn from the fields of child development, clinical psychology, and the great Eastern traditions of meditation.

This workshop will show how the path of meditation unfolds and will present a vision of optimal human development. It will also help participants learn to assess and treat different types of problems (clinical symptoms and meditation crises) which occur at various points along the overall developmental continuum. The workshop will address how psychotherapy can be used as a way to attain some of the necessary prerequisites for spiritual development and can assist with the problems that occur for the meditation practitioner and meditation teacher. It will also show how spiritual awareness can inform one's view of psychotherapy. Various experiential exercises and meditation practices will be used along with clinical case material. The workshop will be both experiential and didactic.

Much of the material will be drawn from the leader's experience as a clinician and teacher, and from his eighteen years of practicing meditation, translating meditation texts from Sanskrit and Tibetan sources, and conducting scientific studies on deep meditation states and enlightenment on meditation masters in this country and in South Asia.

Recommended reading: Wilbur, et al., *Transformations of Consciousness* (Shambhala). $675

Weekend of February 28–March 1

Finding Inspired Work in Mid-Life

Peller Marion

At 93, as he was accepting the American Comedy Award, George Burns said, "The first half of my life has been good, and I look forward to the second half being even better." While most people don't live to be 93, some, like George Burns, remain charismatic and magnetic. Others are drawn to them largely because their lives seem effortless, playful, and meaningful.

How we define ourselves and what success means is important to the kind of individuals we grow into as we age into the second half of our lives. Participants in this workshop, drawing from a conceptual base of adult development theory and models of aging, will explore these issues. Through structured exercises and open exploration of topics such as, What's my dissatisfaction? Who am I? What's my definition of success? The leader will help participants create a vision for the second half of their lives based on internal values that he/she feels are meaningful and significant.

What this workshop offers is a playful and rich way to reevaluate one's work and relationships to gain clarity, focus, and direction in one's life contributions. It is recommended for professionals in diverse areas who want to revitalize and renew their vision.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about contacting and feeling and expressing.

Come alone or bring someone who is important to you, perhaps a lover, friend, a parent, someone with whom you'd like to communicate in a different way things you've expressed before and possibly things you've never said. If you wish, bring photographs of significant people in your life, past or present.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. But the workshop is really about you — singing. $350

Interspecies Touch and Healing

Linda Tellington-Jones

This course will provide hands-on practice of the Tellington Touch, a method which has been used successfully for healing and communicating with an intriguing variety of animals. Tellington Touch can release tension, fear, and pain, and enhance cellular function and overall well-being. The benefits to the toucher are as great as to the touched.

Participants will learn how to use this method to treat shock, to release chronic and acute pain, and to alleviate allergies in both humans and animals. Eleven "touches" will be taught, with participants practicing on each other and working with live animals in the Gazebo. $350

A Workshop for Couples

Daniel Brown & Marushka Glissen

This workshop is for couples who want to improve their communication skills and increase their understanding of each other. Ways for resolving conflict and practical methods for becoming self-assertive and self-transcending in a partnership will be taught. Some of the work will address how the family of origin and past conditioning contribute to the bonding as well as the conflicts. Time will also be spent on how to find satisfaction, mutual support, relaxation, solitude, and play in day-to-day living as partners. Helping couples discover the wider purpose of being together through a sharing of values, love, and perhaps a spiritual vision will be emphasized. $350

Cosmic Conspiracy: A Game of Enlightenment

Robert Anton Wilson

Robert Anton Wilson writes: "Based on my psychological works and science-fantasy novels, this Game may shake the foundations of your world. When you enter the portals of Chapel Perilous, you will be given a deceptive Cover Story and a Real Identity — which is also fiction and exists only for the duration of the Game (if you're lucky). Thus, every participant is a liar — and you can't be too sure about the leader either. In regular sessions, I will lecture on such concepts as the presentation of the self in everyday life, the social creation of reality, the Game element in behavior, but between sessions you will have to deal with these abstract concepts in very concrete ways as spies, criminals, government agents, and extraterrestrials, as Cosmic Forces of Good and Evil attempt to lure you into their plots and counter-plots. "Can you find the Maltese Falcon before any other player? Is some clever villain among you using the Game as a front to deal drugs or to brainwash other players? Will you spot the CIA assassin before you're 'killed' and removed from the Game? If you do get 'killed,' what will happen in Rebirthing, before you can enter the Game with a new Ego? As you deal with these increasingly urgent questions, you will also have to decide if this "Game' is teaching you social psychology, mysticism, agnosticism, paranoia, or if it's 'just a Game' after all.

"Warning: the Attorney General has determined that this Game may be hazardous to your dogma." $350

Week of March 1–6

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji and Friends

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds

JOYCE LYKE

on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

Please Note: This has always been a popular workshop, with lots of people drumming and dancing in a small area. The energy runs high; be prepared for a crowded, exuberant atmosphere. $675

Human Potential: Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to develop and educate the human potential, which refers to the ability people have to become more aware or conscious of themselves and of the world around them. While the workshop will be mostly experiential, there will be time for questions and answers and for discussion of the work. $675

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

This workshop is open to anyone interested in learning to recognize, trust, and use their psi abilities. The leaders will use exercises designed to aid participants in recognizing their perceptive styles and trusting the intuitive input they normally receive. Anne Armstrong will use her tracking abilities, acquired from over twenty-five years in this field, to assist participants in arriving at useful, accurate data.

One of the basic objectives of the workshop is to demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives — personal, professional, and spiritual. The workshop will include personal psychic scans and practice on selected cases. $675

March 1–March 13

Emotional Healing: From Co-Dependence to Aliveness

Karen Paine-Gernée & Terry Hunt

For workshop descriptions see Special Programs page 44. $1665

Weekend of March 6–8

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji and Friends

For workshop description see March 1-6. $350

Achieving Maximum Performance

James Loehr

For the past 15 years James Loehr has worked with junior world-class and professional tennis players, including Gabriela Sabatini and Martina Navratilova. His method of performance training has been strongly influenced by Irv Dardik, a cardiovascular surgeon and former chairman of the United States Olympic Committee on Sports Medicine. Loehr blends his approach to such issues as motivation, concentration, peak performance, ideal performance state, flow, and stress with Dardik's cardiocybernetic model.

During the weekend Loehr will demonstrate his training system for achieving maximum performance. His method for calculating units of stress, units of recovery and markers of overtraining will be personally explored and experienced. All participants will wear heart-rate monitors to help illumine the stress-recovery relationship. A variety of exercises will be used to evaluate personal cycles of stress (both physical and emotional) which will then be balanced by cycles of full recovery. This workshop is for anyone interested in "Toughening for Life" Training, working towards becoming stronger both physically and emotionally.

The importance, function, and timing of factors such as sleep, exercise, meals, diet, movement, breath control, rest and relaxation, laughter, fun and massage will also be discussed.

Recommended reading: Loehr, *The Mental Game* (Stephen Greene Press) and *Mentally Tough* (Evans).

C.E. credit is available for nurses: for more information see pages 47-48. $350

Week of March 8–13

Five-Day Massage Intensive

Vicki Topp & George King

For workshop description see January 3-5. $675

What is This Thing Called Love? Myths of Romantic Love

Madeline Nold

Why are we drawn to stories of love and loss, unrequited love, and blissfully romantic endings? What stories, fairy tales, songs, and mythologies have influenced our expectations? This workshop is about all kinds of love, stressing what does and does not work in love relationships. There will be a lecture with slides that explore myths of romantic love exemplified in Eastern and Western mythology. We will focus on topics that include:

- Our expectations of love
- What draws us to our partners
- How we seek to fill needs left unmet from childhood
- The pitfalls of repeating destructive family patterns of loving
- Healing false expectations

Through gestalt, movement, and other expressive work, participants will draw on their personal lives, experiencing their stories juxtaposed against the panorama of literature and myth. What would it mean to exist as healthy individuals, coming together to share love without the projections of unfulfilled childhood needs? $675

Shamanic Arts

Elisa Lodge & James Wanless

Shamans transmit to their people in sign, song, and dance the nature of the cosmic geography.
— Joan Halifax

Shamanism is a healing path of transformation through the expressive arts. In the symbolic art of personal expression, the shaman is liberated and recreated.

Participants will experience the shaman's way by making their own oracle; writing their myth and storytelling; acting out the sacred actor within; finding their voice and soul song; dancing to the life beat; and maskmaking.

The workshop will conclude with a shamanic performance ritual, which will be videotaped for each participant. $675

Surrender and Self-Acceptance

Steven Radiloff & Phyllis Shankman

Surrender is the process of relinquishing the illusion of control. While this is happening, people often experience themselves as falling apart. In fact, this process can be a courageous act of faith, self-acceptance, and healing.

The goal of this workshop is to identify and access the openings to one's deeper self where the source of the healing exists. The workshop will involve group process, light body work, awareness and breathing exercises, music, movement, meditation, and supportive discussion.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Weekend of March 13–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 31-February 2. $350

Reversing and Preventing Heart Disease: A Model for Personal Transformation

Dean Ornish

This workshop will teach participants ways in which to reduce cholesterol and blood pressure and how to begin reversing coronary heart disease. For the past fourteen years, physician Dean Ornish has conducted three research studies demonstrating, for the first time, that a comprehensive life-style program (yoga, meditation, imagery, diet, smoking cessation, exercise, and group psychotherapy) can produce extraordinary improvements without medications. This workshop will include lectures that review the research data and explain why life-style affects the heart and will provide experiential training in the life-style program.

Illness can serve as a catalyst for personal transformation and growth, motivating a person to ask, "Why did I get sick? What are the causes?" What we eat, how we respond to stress, and other aspects of life-style are powerful determinants of health and disease. It is also known that feelings of isolation can lead to psychological stress and ultimately to illness, whereas feelings of intimacy can lead to healing.

Because the technology for measuring coronary heart disease is so advanced, heart disease is an excellent model for measuring the power of life-style changes to help heal — and prevent — heart disease.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Noble Visions: Living a Committed Life

Bill Puka

This seminar is designed to affirm and enhance participants' commitments to high ideals, toward living inspired lives as inspiring people. It will look at ethical visions and ethical visionaries. Participants will reflect on the components of respecting and appreciating each other, of loving and caring. They will consider ways of practicing these arts more gracefully, drawing from humanistic counseling methods, yogic meditation, and the psychological research of Kohlberg and Gilligan on moral development and gender outlook. They will also consider the creative use of moral perception and imagination evolved by various spiritual traditions. In so doing, they will compose ethics-for-living that are self-expanding, spiritual, and aesthetic rather than judgmental and duty-bound, ethics which show a sense of wisdom and perspective and express the good will they prescribe. Participants will also seek ethics which can solve concrete problems and use them to take up moral dilemmas members of the group may be facing.

A main theme will be how to align psychological growth and career progress with personal integrity, interpersonal responsiveness, and active social concern. $350

March 13–April 10

28-Day Massage Practitioner Certification Program

Rita Thangaraj, Kathleen O'Shaughnessy & Robert Helm

For workshop description see Special Programs, page 45. $3150

Week of March 15–20

Tantra: The Art of Conscious Loving

Charles Muir & Caroline Muir

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave many individuals less aware and conscious about their sexuality than they are in other aspects of their lives.

Tantra can transform sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

Participants will learn and discuss various ways to increase intimacy and passion in their relationship. Tantric meditation and ways to exchange sexual energy in a safe, non-sexual manner will also be taught in the workshop. These methods can then be practiced in a sexual way in the privacy of your own home. *This workshop is open to couples only.*

Live music will be provided by Michael Stillwater. $675 per participant

Meditation: The Living Dance

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation. This workshop will approach traditional meditation practice in an unusual way.

In our retreat atmosphere we will prepare the body-mind for silent listening with fluid movement from the martial arts and yoga. We will incorporate breathing methods (Prana-Yama), and energy work with Zazen (sitting meditation). Other activities will include a silent listening hike in the wilderness, group meditation in a nearby contemplative monastery, and Zazen at our new meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life, and that crystal-clear still point described so well in every spiritual tradition.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Embodied Gestalt Practice: Body and Soul

Edward Smith

Gestalt practice focuses on personal process as it unfolds moment to moment in the here-and-now. The value is on awareness, actuality, and personal responsibility. As a path of growth, Embodied Gestalt Practice integrates methods from various Eastern and Western body-oriented systems. It includes one-on-one work with the leader,

group exercises, movement, meditation and other spiritual practices, and time spent in the natural environment to help foster personal and spiritual healing and growth.

Recommended reading: Smith, *The Body in Psychotherapy* (McFarland).

C.E. credit is available for nurses; for more information see pages 47-48. $675

Weekend of March 20–22

Essential Tai Ji: Body–Mind–Spirit in Action

Chungliang Al Huang

Tai Ji is a philosophy of life, a living Tao, and an effective tool for self-cultivation that promotes health, wealth, and spiritual well-being. Chungliang Al Huang will combine structure, discipline, and creative exploration for beginners and longtime practitioners in this weekend of joyful movement meditation.

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain*; *Tai Ji: Beginner's Tai Ji Book*; *Quantum Soup: Fortune Cookies in Crisis* (Celestial Arts); with Alan Watts, *Tao: The Watercourse Way* (Pantheon); Tai Ji videos from Living Tao Foundation, (217) 337-6113. $350

A Christic Institute Seminar with Daniel Sheehan & Sara Nelson

This seminar will address needed changes in the national security state structure of America in light of the changes in world economic and military structures generated by President Gorbachev, and in light of the public revelation of General Richard Secord's private criminal covert operations enterprise.

The leaders will review evidence for criminal activities by publicly-revealed participants in the Iran/Contra scandal, but also for other high-level Reagan/Bush Administration personnel. They will discuss the thirty-year history of men who set up and direct the now infamous "Off-the-Shelf, Stand-Alone Enterprise," including the formation of alliances with major heroin traffickers in Southeast Asia, organized crime figures in Florida, Las Vegas, and New Orleans, and more recently with cocaine traffickers from the famous Medellin Cocaine Cartel of Columbia.

A. RAJA HORNSTEIN

Based upon this review, the leaders will detail concrete organizing and education steps which must be undertaken to dismantle this covert national security state apparatus and to open the way for ushering in a new era of international peace and cooperation at the beginning of the twenty-first century based upon a spiritually-informed, yet politically-sophisticated, ethical base. $350

Week of March 22–27

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description January 24-26. $675

Follow Your Bliss: Joseph Campbell Week

Chungliang Al Huang & Guests of the Joseph Campbell Foundation

To continue the annual tradition of the *Myth-Body to Live By* seminars during Joseph Campbell's birthday week, Chungliang Al Huang will coordinate ongoing study sessions on the essence of Campbell derived from his eight years of collaboration with the late mythologist. Participants will reenact many of Campbell's teachings through rituals, myths, and stories. The workshop will also combine Tai Ji, music, and discussion to allow the individual to enter and reflect upon his or her own "hero's journey."

Recommended reading: Campbell, *The Hero with a Thousand Faces* (Bollingen), *The Mythic Image*, and *Myths to Live By* (both, Bantam); Huang, *Tai Ji: Beginner's Tai Ji Book* and *Embrace Tiger, Return to Mountain* (both, Celestial Arts); Cousineau, *The Hero's Journey* (Harper & Row); Toms, *An Open Life* (Larson).

Recommended viewing: Bill Moyers' *The Power of Myth* interviews with Campbell; *The World of Joseph Campbell* series in "Transformations of Myths through Time" (Mystic Fire Audio); Tai Ji videotapes from the Living Tao Foundation, (217) 337-6113.

Recommended listening: Joseph Campbell audio series from Dolphin Tapes (see Audio Recordings, page 52, for ordering information). $675

Embodiment and Vision

Laura DeNuccio

The perception of wholeness is the consciousness of healing. — Ernest Holmes

Laura DeNuccio writes: "This is an invitation to those individuals who are aware of an emerging consciousness that is making itself felt and heard personally and globally, and who are searching to fulfill both higher and deeper callings in their lives.

"Through attunement with the Earth and each other, individuals can deepen their capacity to listen to the innate wisdom and intelligence of their bodies. Learning

to listen from within can lead back to the ancient wisdom of the Earth — returning us to our sacredness and wholeness. Participants will use breath, sound, and movement as meditations for enlivening the vitality of cells and tissue, for dissolving energetic blockages, and to quiet, still, and expand the mind. The sound meditations have the potential of moving the individual past the limitations of language, creating openings for new thought and inspiration. The emphasis will be on self-care, renewal, and nourishment.

"The group will explore commitment and what it means to fully embody one's inner vision. What would you love to see in your life? In your world? What is meaningful and significant to you? What's truly of value? Ritual and the power of the Spoken Word will be used to bring this vision forth. While cultivating compassion, honesty, and kindness toward oneself and others, the group can experiment with co-creating community, an environment of trust and acceptance in which to explore this ever-unfolding adventure of spirit."

Recommended reading: Fields et al., *Chop Wood, Carry Water* (Tarcher); Rodegast and Stanton, *Emmanuel's Book* (Bantam); Nicholson, *Ancient Wisdom, Modern Insight* (Theosophical Publishing House); Chopra, *Quantum Healing* (Bantam).

C.E. credit is available for nurses; for more information see pages 47-48. $675

Weekend of March 27–29

Yoga Works: Tools for Well-Being

Chuck Miller & Maty Ezraty

Yoga is an ancient system that uses the body, breath, and mind to energize and transform all aspects of living. It is not only an excellent source of physical exercise, but a unique and powerful tool for self-realization. The practice of yoga can help release blocks that cause mental and physical pain and prevent us from knowing our true divine nature. It is also a great way of dealing with the stress of daily living.

The invigorating and vitalizing effects of yoga become readily apparent as the body opens and stretches. Breath is the link between mind and body, and various breathing methods will be taught to help reduce tension and cleanse the system. The serenity and clarity that is the goal of yoga will be sought through meditation exercises, which can calm and focus the mind. Yoga philosophy and theory will be discussed, as well as nutrition and its role in overall physical health.

All levels are welcome and no prior experience is required, only an adventurous spirit. For further information contact the leaders at (213) 393-5150. $350

Body Work Intensive: Strategies for Healing Post Trauma Stress

Carolyn Braddock & Char Pias Brenner

During sexual abuse/assault, the body is the scene of the crime. For that reason, survivors often utilize massage and other forms of body work as part of their healing process. When a body worker places his or her hands on a survivor, memories begin to flood in, or body sensations may become blocked.

This workshop will explore specific strategies for working with post trauma stress, particularly sexual abuse/assault survivors. It will be oriented toward massage practitioners, body workers, medical professionals, and anyone interested in learning more about specific body-oriented intervention. Particular attention will be paid to body-oriented intervention strategies that do not re-victimize the survivor.

In working with sexual abuse survivors, sensitivity to the many dimensions of communication is critical; communication must be clear, with an awareness of the power and effect of words. Also important are boundary issues, intuitive knowing and seeing, being present, and a special sensitivity to the risks the client feels in being touched. Emphasis will be placed on establishing safety, choice, control, and trust in the practitioner/client relationship. Awareness of the survivor's breath patterns, dissociation responses, flashbacks, body sensations, energy blocks, and difficulty accepting the positive will be discussed, as will possible legal issues that may arise. Much of the weekend will be experiential.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Dialogue on the Observation of Consciousness

David Shainberg

From his discussions and association with J. Krishnamurti and David Bohm, David Shainberg has developed and conducted dialogue groups for many years. The purpose of these groups is to enable people to see the isolation caused by their particular notions of self. Through group process and discussion it is possible to become aware of the patterns that restrict the mind's freedom to explore various levels of thought and perspective.

Participants will discuss how consciousness manifests its fixations, and how we keep ourselves from direct participation in the movement of the moment. Discussions will focus on how the self becomes caught-up in particular ideas or images, how violence arises, and what it says about consciousness. If the world is to experience a fundamental transformation of consciousness, we must become aware of the contents of our own mind and how, in its fundamental nature, it reflects the consciousness of humankind. $350

Rituals of Transformation

Paul Rebillot & Audrey Savage

People are continually approaching threshold, transition points from one state or condition of being to another. To live is to change. The tendency, however, is to resist change, to cling to the familiar, to remain stuck at the threshold. This tendency is the source of much stress and pain that people experience in life.

A ritual does not make a change happen: rather, it awakens within the psyche the archetypal pattern of change, it teaches the participant how to change. By acting out the ritual, people learn, not only in their minds but in the feelings of their hearts and the movements of their bodies as well, the process of transformation. Rituals can both prepare people for change as it happens in the course of their lives, and help heal the passages that were not completed in the past.

During this workshop, the group members will look at what they want to heal and transform in their lives, what they need to say good-bye to in the past, and what new step they need to take in order to cross their present threshold. Sub-groups will work together to design and enact individual rituals in order to support and help this healing process.

Just as the body can move from one position into another, so can the full being: hearts can move, minds can move. The basic tenet of the ritual is that one can

trust the body to show the appropriate path, that way so supported by the full being that doors seem to open before one. Joseph Campbell said that when someone can discover his or her authentic path, this way seems to be blessed by magic. To find this way is the work of the *Rituals of Transformation*. $350

March 29–April 10

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, page 45. $1665

Week of March 29–April 3

Play, Spontaneity, and Performance Art

Nina Wise

This is a workshop for participants to enliven their relationship to play; to rekindle spontaneity in relationships; to recognize the sacred in the mundane; to make rituals, songs, and dances out of everyday experiences; to find humor in matters of the heart; to understand that improvisation is a way of life.

Sessions will include sitting meditation, chanting, a thorough physical warm-up, opening the voice, and exercises designed to integrate sound and movement. Participants will also have opportunities for developing technical performance skills, but the focus of the week will be improvisational expression of impulses, feelings, and ideas as they arise moment to moment.

This workshop is open to students of all levels, beginner as well as professional. $675

Sexual Abuse Survivors: Specific Strategies for Body, Mind and Spiritual Recovery

Carolyn Braddock

Countless numbers of children consider the exploitation of their bodies part of their formative experience. Trusted adults assault, neglect, and sexually abuse them, leaving physical and emotional scars. Professional counselors and others need special skills to work with these victims/survivors, and the survivors themselves need special skills to overcome the physical and emotional consequences of being abused.

The primary focus of this workshop will be to empower the practitioner and the client to work from both cognitive and *body-oriented approaches*. It will offer a new body-focused dimension to traditional strategies in dealing with sexual abuse. Participants will discuss the victim/survivors' body, mind, and belief systems. The importance of understanding the various dimensions of a persons' reactions — especially body reactions — to sexual abuse is the key to developing predictive tools and guidance for the intervention process.

The leader will present specific intervention strategies and will detail patterns of child abuse and neglect, family dynamics, and body reactions. Much of the week will be experiential. Participants will be actively involved in intervention demonstrations, discussions of ethical issues, and case presentations. Breath work, sound, movement, gestalt, body work, Tai Ji, role-playing, and creative cognitive work will also be used.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Owning the Shadow

Paul Rebillot & Audrey Savage

We have met the enemy and they is us. — Pogo, Walt Kelley

Paul Rebillot writes: "In my work I have come to realize that one of the most important and frequently avoided themes in people's lives is the ability to own the part of themselves they don't like, the part Jung called the shadow. As a result, people become projectors of their own disowned energy. In this workshop, participants will seek to discover within themselves the bad guy they have been projecting onto and hating in others. Hopefully, by facing and communicating with this negative self, they can discover in their shadow not the enemy, but the friend and challenger to growth of the heart and consciousness." $675

Weekend of April 3–5

Introduction to Gestalt Practice

Joyce Lyke

For workshop description see January 24-26. $350

Expanding Self-Expression

Paula Shaw

When we find ourselves around a group of people, many of us become inhibited. Whether we know them or not, our sense of freedom and intimacy, and the confidence to be ourselves, simply disappears — and we disappear in the process. What happens to our sense of self and the integrity of our communication ability? Why is it so difficult to express who we really are?

This workshop will explore these issues and provide a safe space to experience the feelings and fears that keep us inhibited. We will experiment with personal risk-taking in a way that makes it exciting, challenging, and appealing. Our goal will be to unlock ourselves in order to find clarity and joy in our self-expression with others. Acting and creative communication games, physical and vocal exercises, and individual and group work will be used to find our way through inhibitions to joyful self-expression. The process will also be fun and playful, so be prepared to enjoy the group! $350

Creating Time: A Rhythm for Health and Longevity

Stephan Rechtschaffen

As we constantly strive to be "on time" in our fast-paced, over-scheduled lives, we lose touch with living in the flow of time. We are a society plagued with time-sickness: caught up in the stress of running to work, home, recreation, or other responsibilities and interests, we don't seem to have time for the important things. Anxious about the future, regretful of the past, we miss the fullness of the moment.

This workshop will help participants understand their own attitudes toward time and how those attitudes affect their life-style, health, and longevity. Methods that move perception away from societal time pressures into the often unexplored territory of freedom-within-time will be introduced, along with meditation, visualization, time evaluation and planning (not scheduling).

From this vantage point participants can: explore how dysrhythmic, hurried schedules affect their relationships, work, and creativity; use their expanded sense of time to define what they really want in their lives and what their real priorities are; and enjoy the simple power and pleasure of being present in each moment.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Week of April 5–10

The Extraordinary Human: Theory and Practice

Michael Murphy & George Leonard

In his new book, *The Future of the Body* (Tarcher, May 1992), Michael Murphy raises the possibility that by gathering data from many fields — including medical science, anthropology, sport, the arts, psychical research, and comparative religious studies — we can identify extraordinary versions of most, if not all, our basic attributes. Murphy's research has shown that the most reliable path toward the realization of these extraordinary attributes involves transformative practice. He defines such practice as a coherent set of activities designed to produce positive change in a person or group. For a practice to be integral as well, it must aim to cultivate the physical, vital, cognitive, volitional, affective, and transpersonal dimension of human functioning in an integrated way. Leonard Energy Training (LET), was developed by George Leonard as an integral transformative practice.

Michael Murphy will discuss the twelve aspects of human functioning outlined in *The Future of the Body:* perception of external events, somatic awareness, communication abilities, vitality, movement abilities, capacities to manipulate the environment directly, feelings of pain and pleasure, cognition, volition, sense of self, love, and bodily structure. George Leonard will lead participants in practical exercises that illustrate the possibility of extraordinary human functioning. There will also be discussion of the applications of integral transformative practice to society at large.

Recommended reading: Murphy, *The Future of the Body* (Tarcher); Leonard, *Mastery* (Dutton) and *The Transformation* (Tarcher). $675

At Play in the Overlap: Moving Through Life's Transitions

Heather Maycock Ogilvy & Peter Finkelstein

As infants and children we create a self in the overlap between our inner reality (the physical, whimsical givens of being born into the world) and our outer reality (the external circumstances which present themselves to us). We do this exquisite creation through play: trying things on and putting them aside, tasting and spitting out, building, knocking down, and re-doing. This space of play remains available to us as we recreate ourselves as adults through life's transitions.

This experiential/didactic workshop is designed for psychotherapists, nurses, physicians and others who work with people in transition. It can also be useful for people making changes in their own lives, whether in response to a loss such as the death of a loved one, illness, divorce, or in preparation for a gain such as new work or new love. Understanding the losses and gains in any change, taking time to "re-play" both deepens and lightens the transition, and unfolds its opportunities. Dreams, fairy tales, dancing and drawing, hunting for rocks, individual and group work are some of the means we will use to work towards this goal.

Participants are encouraged to bring a small object which has personal meaning and a tape of beloved music.

Recommended reading: Winnicott, *Playing and Reality* (Routledge).

C.E. credit is available for nurses; for more information see pages 47-48. $675

Weekend of April 10–12

Performance Art

Rachel Rosenthal

Rachel Rosenthal offers a workshop that explores performance as a means of accessing one's deeper self and for reconnecting with the earth. It is based on her "Doing by Doing" teachings, a framework that activates the spiritual self through the medium of performance by uniting ritual with spirit and nature with inner knowledge.

Participants will approach the source of their individual creativity and translate this energy into the poetics of action through movement, vocal and instrumental sound, ritualized gesture, and collective improvisation. Through a succession of processes — relaxation, awareness, guided imagery, body and voice work — they will compose short performance pieces as solos, duets, or ensembles to evoke the power and beauty of the earth and to reconnect themselves to the matrix of the planet.

This work explores individual expression as well as group ritual and demonstrates how contemporary urban human beings can still discover community. Participants are encouraged to bring musical instruments, soundmakers, and any object, fabric, mask, or hat that they wish to work with or make available to the group. Found objects will also be used. $350

Courage

Joyce Frazee

In the mouth of the dragon there are many jewels. — Buddhist proverb

For some of us it takes courage just to live our daily lives. Every day we awake to face the demons in our lives — demons that come in many forms: perfectionism, guilt, avoidance, shame, despair, failure. Time passes and we become skillful in living despite the constant awareness that these demons are preventing us from experiencing the fullness of life. Their existence drains our energy and limits our joy and freedom. But getting close to them, allowing ourselves to confront them, is very difficult to do.

This weekend will give us an opportunity to find the courage to face our demons. Participants will be encouraged to look at the things in their life that are difficult to face, and will be given support to help recognize and confront them. This will be done through gestalt practice, dream work, and bioenergetics. Drawing, dance, and meditation will also be used to recover the jewels from the dragon. $350

Creative Writing Brainstorming

Herbert Gold

From feeling to expression to communication, this workshop will carry participants into the possibilities of making literature. Exploring an experience different for everyone, yet shared by all, they will probe for the riches within.

Participants should bring typewriter, word processor, pen, soft pencil, or clay tablets and stylus to the meetings. A situation will be called forth — love, death, ambition, pride, fear, hatred, jealousy — and after preparation in the discussion, participants will write. Then they will read and rewrite each other's work. They may expect to go from truth to lying: from recollection to art.

What may develop is a sense of style and control as a part of the mastery of experience. Participants will practice the freedom of imagination by giving shape to it. $350

Week of April 12–17

Inner Drama Outer Play: A Week of Dreamwork and Theater Games

Joyce Frazee & Paula Shaw

Human beings are innately creative. The images, metaphors, and language of dreams are proof of our creative abilities, even on the unconscious level. And with awareness, creative riches are available to all of us in every aspect of our life.

Through the exploration of dreams and theatrical forms, participants will discover their ability to express themselves creatively. Such expression helps to develop deeper personal connections with our artistic nature, and the ability to empathize and communicate with each other.

The week will include exercises in sound, movement, dream recall, drawing, and theater games. The workshop combines the skills of Joyce Frazee, a dream analyst, and Paula Shaw, an actress and teacher, to offer an in-depth glimpse of our own creative beauty both inside and out. $675

Modalities of Pressure Point Release: Integrating Pressure Point Systems

Arthur Munyer & Laurie Lioness Parizek

This workshop addresses those health care workers, doctors, nurses, chiropractors, and body workers interested in using pressure point systems as a way to release and integrate the body's dynamic energies.

Acupressure, trigger point therapy, polarities, and meridian relationships will be explored and discussed in an experiential setting. Demonstrations will explore these topics individually, and we will work with the overlapping and integrative potential of these effective ways of balancing the body. A fluid body work style will be used to integrate this work.

Emphasis will be placed on strengthening our own inner balance and health during this time together. The study and practice of good nutrition, meditation, and a composite of Eastern and Western health and longevity practices will be introduced.

Recommended reading: Gach, *Acupressure's Potent Points* (Bantam); Chang, *The Complete Book of Acupuncture* (Celestial Arts); Travell & Simons, *Myofascial Pain and Dysfunction. The Trigger Point Manual* (Williams and Wilkins); Prudden, *Pain Erase* (Ballantine); and Haas, *Staying Healthy with the Seasons* (Celestial Arts).

C.E. credit is available for nurses; for more information see pages 47-48. $675

Socratic Midwifery: Uncovering Beliefs that Block Human Excellence

Pierre Grimes

Pierre Grimes will discuss the Socratic art of philosophical midwifery and show how it addresses a new class of human problems: the pathologos. A pathologos is a false belief about oneself and one's reality, and although its presence is unsuspected, it is unquestioningly accepted as true. It exerts a pervasive influence upon our lives and is irreconcilable with the attainment of our highest goals. It produces the sense of being bound by our past and renders us unable to secure our profoundest ideas. The influence of the pathologos pervades and distorts the waking world but in our dreams it is presented purely, without compromise, or distortion. For the dream holds up a mirror in which we can study the state of our mind. Philosophic midwifery provides a method for discovering the origin, maintenance, and dissolution of the pathologos which functions behind and through our problems, and offers a new way of understanding the function of the mind.

This workshop will offer participants insights into the nature of their own pathologos — in the waking world and the dream world — and an understanding of how it is passed on by each generation. It will explore family dynamics and how to cultivate excellence in the family.

Philosophical midwifery is unlike the interpretive systems of psychology. Even though a mode of Socratic dialectic has been adapted by psychologists for clinical practice (called Dialectical Rational Psychotherapy), its more profound use is for those who seek to achieve the most significant goal of human excellence: to know thyself.

Selections from Pierre Grimes's book *Philosophical Midwifery as a Mode of Rational Psychotherapy and its Validation*, will be available to participants, as well as his computer program, *To Artemis: The Challenge to Know Thyself*. $675

A Week with David Schiffman

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set — the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week, participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $675

Healthy Eating

Jane Miletich, Grace Stern Swanson & Robert Swanson

One of life's important decisions is choosing what we put in our bodies. But what is the optimum dietary program? There is special interest research to support almost any position. What we don't know is monumental, but evidence suggests that holding on to cultural dietary habits and myths may be hazardous to our health.

In this workshop we will practice dietary methods designed to cleanse the system and allow each individual to make clear, responsible choices about what to eat. Our food is harvested from the Esalen farm and other local organic farms, and delivered daily to our specially designed kitchen, where we will practice a "gourmet" approach to health. Join in on the harvesting and get hands-on experience preparing cooked and raw food dishes in a variety of ways. Fasting and various dietary preferences such a macrobiotic, living foods, and Ayurveda will be discussed and explored.

The beauty of the Big House will set the stage for a culinary celebration.

Recommended reading: Schaeffer, *Instinctive Nutrition* (Celestial Arts); Shelton, *Fasting Can Save Your Life* (Natural Hygiene Press); Cousens, *Spiritual Nutrition and the Rainbow Diet* (Cassandra); Robbins, *Diet for a New America* (Stillpoint).

$675 (plus an additional $50 fee for organic produce paid directly to the leader)

Weekend of April 17–19

Spring, Passover, Easter: A Celebration of New Life

Brother David Steindl-Rast, Rabbi Nahum Ward & Other Guests

This weekend will be a convergence of various spiritual traditions in a joint celebration of new life. Brother David will open the weekend with an introduction on Friday evening. Saturday there will be time for spiritual reflection through meditation, yoga, and a hike in the Big Sur wilderness. A seder will begin at 4:00 on Saturday afternoon and continue through the evening meal. Sunday morning there will be a sunrise service where everyone can enjoy the magnificence of the Big Sur coast. Participants can also attend Easter services at the Camaldolese Hermitage in Big Sur.

This will be a time to reflect on the meaning of spirituality in our lives, and the possibilities for renewal symbolized by Spring. $325

Week of April 19–24

Meditation: The Living Dance

David Streeter

See workshop description see March 15-20. $675

Centering

Robert Nadeau

Bob Nadeau will present the simplicity and naturalness of the centering process through his innovative approaches to grounding, movement, energy awareness, aikido, and male-female polarity. The physical, mental, energetic, and spiritual aspects of centering will be explored through material Nadeau has recently developed, so this workshop is suitable for new and oldtime students. Wear comfortable clothing.

C.E. credit is available for nurses; for more information see pages 47-48. $675

A Workshop for Couples: Independence and Intimacy

Mary Goldenson (Devarani)

Very little in our culture prepares couples for the challenge, "There is room for both of us." Too often the relationship becomes a battleground for unresolved issues, hurts, and beliefs.

In this workshop, couples will have an opportunity to explore and reclaim the unspoken expectations they project onto each other, heal past hurts that create distance, and learn new ways of communicating. They will have a supportive environment where they can experience themselves as courageous and able to take risks. Experiential processes will be drawn from gestalt, Reichian work, dance, imagery, and meditation. $675

The Unfolding Moment: The Experience of Inner Freedom

Stephen Schoen

Our lives are folded in. We have created for ourselves a space intended for safety but hampered by confinement. This workshop offers a place for safe unfolding, respectful of the limits we are used to, but encouraging attention to those unconfined experiences which are always with us and to which we can develop a steadier access. Martin Buber's *I-Tho*, Lao Tzu's *wu-wei* or yielding, Gregory Bateson's *contextual being*, and Krishnamurti's *unconditioned awareness* illuminate this change from the limited to the limitless. Their ideas will right our way. Our actual path toward inner freedom will be shaped by our own experiencing.

Recommended reading: Buber, *I and Thou*, Part I, R.G. Smith, tr., (Scribner); Lao Tzu, *Tao Te Ching*, Gia-Fu Fend, tr., (Vintage); Bateson, *Steps to an Ecology of Mind*, chap. "The Logical Category of Learning and Communication," (Ballantine); Krishnamurti, *Freedom from the Known*, chaps. 4-5 & 10-12 (Harper & Row). $675

Hypnotic Innovations: Investigations in Living, Using Ericksonian Hypnosis

Paul Lounsbury & Nancy Winston

In the moment before a new idea unfolds, our attention becomes so fully focused that time seems to disappear. Perhaps without quite realizing it, we forget where we are and what's around us. These spontaneous states are the stuff out of which hypnotic experience unfolds and through which unconscious possibilities take form.

In this workshop, participants will investigate the hypnotic approaches developed by Milton Erickson and the systemic principles generated from Gregory Bateson's research in communication. They will explore how unconscious processes can be mobilized to creatively disrupt limiting life patterns, to organize innovative behaviors outside the range of normal conscious controls, and to more fully optimize their current living and work situations. Structured trance experiments and discussion will support the week's work.

This workshop may be of special interest to those in the helping professions as well as managers who want to expand their frames of reference and extend their understanding of Ericksonian hypnosis and communication skills. $675

Weekend of April 24–26

Sensory Awareness: Awake, Tune-In, and Unfold

Charlotte Selver

Some forty years ago Charlotte Selver's teacher, Elsa Gindler, began exploring the natural potential of the human being. The work which evolved from these explorations was an approach *through practice*, involving the person as total organism. Gindler's innovative methods very often unearthed, liberated, and cultivated abilities and sensitivities which her students had never been conscious of possessing.

To "awake" means that one's energies — neuromuscular and perceptive — become altered, leading to greater movability, both psychologically and physically, and to a fuller use of the senses and intuitive powers. In order for this to occur, a deeper peace is needed so that sensations can become clearer, and rigidities, pressures, and preconceptions can gradually dissolve. In becoming "tuned in" by another person, or by a task or given situation, one comes face to face with the creative nature of the organism, with the miracle of potency. Powers arise and come into play which correspond exactly to the demands of the occasion. This calls for permissiveness, subtle reactiveness, and openness to the moment.

The cultivation of these functions can lead to an unfolding of our lives in a far richer and more responsive way than what we are used to. Once again we can restore the delight of ever-new experiencing which was our birthright in childhood, but can be lost in the course of our education into adulthood.

Recommended reading: Brooks, *Sensory Awareness* (Viking; Felix Morrow). $350

Runecraft: The Runes as a Compass for Conduct

Ralph Blum & Bronwyn Jones

The Runes are a tool for accessing the wisdom of the inner voice. This weekend workshop with Ralph Blum has been designed to assist you in gaining greater clarity while working with the Viking Runes and interpreting their counsel in relationship to yourself. The focus of the workshop will be to develop and enhance your personal oracular ability through hands-on training and practice, individual attention, and group sharing. Some of the areas we will cover include:

- History of the Viking Runes
- The Runes as an intuition trainer
- The Runes as a decision-making tool
- Reading the Runes for others
- The Runes as a tool for self-counseling
- Runes and sacred relationship

Your level of experience with the Runes is not important, so expert or beginner, bring your Runes or deck of RuneCards.

Recommended reading: Blum, *The Book of Runes* or *The Book of RuneCards* $350

Beyond Childhood

Elliot Aronson & Gabriele Hilberg

Most of us have unfulfilled longings for recognition from our parents. We harbor the feeling that if only our father had acknowledged us, had expressed more warmth and affection for us, our path would have been easier. If our mother had only loved us unconditionally, had comforted us and supported us in our feelings, our life would be more harmonious. When it seems that our parents have failed to satisfy those needs, these longings interfere with our ability to live in the moment and form satisfying relationships.

This workshop will help participants identify what is hoped for in the father/son and mother/daughter relationship, and how it can make our quest to become a man or a woman very difficult. Moving beyond parental ties and habitual disappointment can make us available to rich learning experiences from the collective unconscious. By tapping into other resources in the human experience we can transcend the limitations of our childhood.

We will use fantasy and the group process to gain insights into our personal history and myths. $350

Psyche and Cosmos

Richard Tarnas

During the ten years they worked together at Esalen, Richard Tarnas, Esalen's former director of programs, and psychologist Stanislav Grof, its scholar-in-residence, encountered an extraordinary correlation between specific planetary positions and a wide range of psychological states. Besides providing invaluable insight into both the timing and the specific archetypal character of psychological transformations, these planetary synchronicities suggested that the relationship between the cosmos and human experience was very different from that assumed in the disenchanted, mechanistic world view of conventional modern science.

In this workshop, Richard Tarnas will present both the practical applications of this research and its larger philosophical implications. Specific topics will include precise descriptions of the observed psychological and archetypal correlations; discussion of participants' birth charts and transits; instructions for calculating one's own transits; a look at major present and upcoming planetary alignments; the specific planetary correspondences with Grof's stages of birth and psychospiritual transformation; the relevance of this work to the larger tradition of depth psychology (Freud, Jung, Hillman); and an overview of the evolution of the Western mind as illumined by this recovery of the intimate relationship between the human being and the cosmos — "the return of soul to the world."

Though useful, prior background in astrology is not necessary. Participants should bring a copy of their birth chart.

Recommended reading: Epilogue to Richard Tarnas's *The Passion of the Western Mind* (Harmony, Random House, 1991), and any book by Stanislav Grof. $350

A Weekend with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $350

Week of April 26–May 1

Yoga: A Week of Learning and Rejuvenation

Ganga White & Tracey Rich

Presenting East/West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and which combines grace and flow with postures, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the arts of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jnana (the yoga of wisdom and perception), participants will begin observing the thought processes and patterns that dictate their lives. They will look at the areas of love, responsibility, relationship, freedom, and death.

Participants at all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at (805) 964-1944. $675

Nature and Contemplation

Steven Harper & Brother David Steindl-Rast

From time immemorial, nature has inspired human hearts to contemplation. Can we make this experience our own today? This week is designed to help participants expe-

rience both nature and contemplation deeply. Direct experience and contemplative reflection are the key words.

Earth under our feet on gentle hikes; water of the Pacific pounding against the shore; air of Big Sur's refreshing breezes, fire that heats Esalen's hot springs; all the elements of nature combine to touch our bodies and to raise our minds and spirits.

"Nature is never spent: there lives the dearest freshness deep down things," writes the mystic poet Gerard Manley Hopkins. To drink from that freshness, from the fountain of youth, that's what this workshop is all about. $675

Mid-Life Crisis as Spiritual Emergence

Karen Turner

Participants will view mid-life transition in the framework of spiritual emergence and renewal, a time when the old systems the individual has used as foundations seem stripped away, leaving chaos and challenging long-held beliefs. It is a time of soul-searching; of confronting both inflated and deflated self-concepts; of surrendering to deeper, more expanded states of awareness; of learning to trust inner guidance as absolute authority in one's life.

This workshop will be a rite of passage for both men and women going through this transition. Together they will have the opportunity to discover each participant's unique self, and how each is in relationship to self, each other, the world, and spirit. Tools for self-exploration and awareness gathered from psychology, mysticism, and shamanism will be presented, with time for discussion and sharing. $675

Gestalt: Elements, Innovations, Traditions

Eric Erickson & Seymour Carter

Gestalt is one of the existentialist clinical traditions that deals with the issues of separation, loss, ambiguity, and choice. In this workshop, the leaders will use gestalt methods of inquiry to draw out, clarify and help participants resolve inner conflicts. The focus will be on searching for aspects of the participant's world which seem fragmented and incomplete, and eventually combine these fragments to evoke the self-righting capacity of the human organism.

Both leaders have been long-time students of gestalt and Eastern philosophical traditions, and believe there is a strong complimentary relationship between Buddhist teachings and gestalt practice. Both practices emphasize mindful awareness as a basic tool. Much of the power of both traditions is brought forth by concentrating attention on the seeming simplicity of our moment-to-moment experience. Awareness practice from the perspectives of both gestalt practice and Buddhist meditation will be explored. $675

Weekend of May 1–3

Enjoying Poetry

Brother David Steindl-Rast

Nature and people at Esalen help poetry come alive. So many have found this to be true that Brother David is offering a new selection of poems in the same workshop format and setting.

Poems are high-energy food for life's journey. Some of us thrive on this fare: for them, this weekend will provide the delights of a festive meal. Others have been estranged from poetry ever since high school days; they are likely to discover at this workshop rooms of their own house which they never entered before.

Why does school spoil for many young people the taste for poetry? Why does Sunday school turn so many away from religion? These two phenomena are closely related. Yet, it is never too late to discover the divine poet child within us, a child more alive than we ever dreamed or imagined. $350

Couples and Creativity

Eva Leveton

Using drawing materials, movement and drama, participants will spend a weekend playing in order to understand how couples relate and to rediscover the well-springs of spontaneity. Emphasis will be placed on reconnecting with the creative sources of relationships, teaching systems, and communication concepts. $350 per participant

Psychodrama: Exploring the Possible

Maurica Anderson

In an exchange with Freud, J.L. Moreno, the creator of psychodrama, said: "I begin where you leave off. You analyze dreams until they are dead. I give people back their dreams."

Psychodrama is an active and often humorous process which improvises life scenes as a way of identifying and expressing feelings, gaining insight and empathy, improving relationships, and developing creativity and spontaneity. In this workshop participants will have the chance to explore and experience a variety of personal decisions with the option of "choosing not to choose."

The workshop is experiential; the degree of active involvement will be up to the individual. $350

Spring Shake-up

Deborah Anne Medow

Spring is here and now is the time to get up and move and shake off some of that winter sluggishness! Renew the aliveness of your own body and see how the way you move often reflects how you feel. Become more aware of your old habits and patterns, and give yourself the opportunity to express new possibilities for change.

This weekend will combine sessions which include elements of dance, yoga, massage, aerobic movement, and theater games for shaping up the outside, with quiet, meditative time for turning inside. The purpose of the workshop: tune in and tune up your Body, Mind and Spirit! $350

May 1–9

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Kim Pickett

For workshop description see Wilderness Programs page 46. $675

Week of May 3–8

The Art of Touching: The Joy of Being in Touch

Roger Grandy & Brother David Steindl-Rast

Where touching begins, there love and humanity also begin. — Ashley Montagu

Our affluent society has its own share in human hunger: the hunger for touch — no less physical, no less painful, no less dangerous than the hunger for food. This five-day workshop is for those who dare to face and own this hunger and to do something about it.

Esalen massage staff member Roger Grandy studied in Thailand and will teach a centuries-old method of body work developed by Buddhist monks. Brother David, a Christian monk, has helped many to find a healthy attitude towards the body. Together, both leaders will explore ways to overcome prejudices and inhibitions often encouraged by church and society.

Participants will explore the art of touching in its full range. The strong, gentle, healing touch of the body and the touch of a Presence beyond space and time are merely different levels of touching. In traditional Thai manner, the body work will be done on mats, with participants clothed. In this and a variety of other ways we will practice getting in touch with self, with others, with nature, with God. This will be a five-day celebration of the joy of being in touch.

Recommended reading: Thich Nhat Hanh, *Being Peace* (Parallax). $675

Five-Day Lomi Intensive

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

In the formative years of life, human beings learn to embody the beliefs and posture of their individual family system and the culture into which they are born. Many individuals unconsciously continue to shape their lives in reaction to these influences, often at the expense of their own creativity and vitality. This loss fosters suffering.

The aim of this workshop will be for participants to observe how they feel, think, and move themselves through life. By attending to bodily-felt experience, moment to moment, and by distinguishing between sensation and thinking, the path to reclaiming one's authentic self opens. Through this process of developing awareness, it is possible to make responsible choices in daily life and to live with integrity and gentleness.

This workshop provides an arena for developing mindful awareness and for unmasking habits that keep us from ourselves and hinder relationships. Lomi work includes meditation, movement, gestalt, aikido, and Reichian work. $675

Spirit in Nature: A Shamanic Workshop

Jo Imlay & John Broomfield

For most of our ancestors, the world was a unified, spirit-filled cosmos in which humans were bound in kinship with animals, trees, rivers, rocks, and sky. Our contemporary culture is attempting to rekindle the belief that by acknowledging the living consciousness of the earth, we have much to learn from our companions in nature.

This workshop will help participants reconnect with the earth and hear nature's voices once again. To open all the senses, time will be divided between talk and meditative silence, group activities and solo explorations, drumming and shamanic ritual.

Through discussion and videos, participants will be introduced to the spiritual bond with nature embedded in native cultures: Celtic, Himalayan, Arctic, Native American, Polynesian, Australian. These beautiful traditions teach us that everything given by the earth must be held sacred. Against this background, participants will explore their own spiritual experiences in nature and pool ideas on ways to live more lightly on the earth.

Much of the week will be spent out-of-doors in the quiet beauty of Esalen's gardens, groves, and seashore, practicing how to truly see and hear — learning to walk with reverence and joy among our brother and sister creatures. $675

Body, Heart and Soul

Paul & Niyaso Carter

This workshop explores the many aspects of sexual life, with the objective of helping to heal old wounds, unlearn restrictive programs, dissolving fears, and becoming free to appreciate your own sensual-sexual nature. The 5 days are structured as a series of initiations beginning with conception and going through childhood, puberty, adolescence, into the mature union of sexual energy and open-hearted love. The goal of the workshop will be to help bring back into your life:

- a heightened sense of well-being in your body
- a lighter and more open heart
- the ability to communicate without fear
- deeper intimacy in your relationships

When we are free to appreciate our sensual aliveness, when our sexual energy is integrated with the energy of our heart, and when we can let our bodies, hearts, and souls experience their own natural flow, true intimacy can happen in our lives. Touching this space is not only a delight, it can also transforms every aspect of our lives. $675

From the Field to the Table

Diane Joy Goodman, Jesse Cool & Esalen Garden and Farm Staff

To have a passion for exceptional food is to be concerned with the honesty and care with which it is grown and prepared. This workshop is for cooks, gardeners, food professionals, agriculturists, or anyone who loves food and gardens. The leaders include a professional cook and consultant in the field of sustainable agriculture, and co-founder of Flea St. Cafe in Menlo Park, California. Focus will be on the inherent relationship between food and its source, the connection between the character of the food you produce, and the quality of the ingredients you use. Practices that support environmentally and economically sustainable agriculture, such as growing your own food, buying locally and seasonally, and seeking out high quality organic produce, will be illuminated.

In this hands-on workshop, participants will prepare food using new ideas and techniques. They will spend time in the Esalen garden and farm, in the kitchen at the Big House, and at the table. They will create soups, salads, breads, pastas, main courses, breakfasts, sauces, condiments, desserts and sweets from Esalen's spring harvest and other local purveyors.

There will also be time for a group process in which participants can explore their individual relationships to food. At week's end they will leave with information skills, recipes, and perhaps a new vision that celebrates the natural integrity of food. $675

Weekend of May 8–10

Experience Esalen

Experiencing Esalen Staff

For workshop description see January 31-February 2. $350

The Modern Warrior and the Samurai Game

George Leonard & Annie Styron Leonard

A man or woman with outward courage dares to die;
A man or woman with inward courage dares to live. — Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to

attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the full, and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might well be necessary for men and women to reown the warrior ideal.

Through the centering and movement exercises of LET (Leonard Energy Training) as well as through participation in a Samurai Game, you will be invited to get in touch with your own unacknowledged powers, and thus to discover the hidden warrior within. You will practice alternative ways of dealing with conflict and stress. Guidance will be offered on how to apply the warrior ideal to daily life. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: Leonard, *The Silent Pulse* (Dutton) and *Mastery* (Dutton).
$350

Vision Painting

Helen Malcolm-Neeb

Vision painting is a process through which a personal map of the future is crafted. Each aspect of the person's life is addressed from its highest potential. Through meditation, guided visioning, and play, dreams are evoked and organized into images. The vision painting is an affirmation of the individual in professional, spiritual, and personal life.

This is an opportunity to affirm the spirit within from a place of play, creativity, and strength. The maps we create will use symbols, pictures, color and words. Beginners and artists are welcome. Create a vision of your future as you want it to be.

$350 (plus $20 materials fee paid directly to the leader)

Buddha, Krishna and Christ

Robert McDermott

Through scriptural texts, slides and cassettes, this workshop will create visual and conceptual images of these three spiritual beings. Two of the six sessions will focus on each of these figures as depicted in three texts: Buddha in Burtt, *Teachings of the Compassionate Buddha*; Krishna of *The Bhagavad Gita*; and Christ of The Gospel of St. John. Prior reading of these sources is not essential but some familiarity with these books, or with contemporary interpreters (e.g., Thich Nhat Hanh on Buddha, Sri Aurobindo on Krishna and Rudolf Steiner on Christ) will deepen the experience of these figures and their meanings for our individual and cultural lives.
$350

Completion

Will Schutz

Incomplete actions, be they personal or social, result in many of humankind's troubles; emotional — replaying early stuck relations; physical — chronic tension from unfinished actions; health — blood poisoning from uneliminated waste products; aging — caused by incomplete events; ecology — waste disposal problems, especially nuclear; spiritual — karma, unfinished business; education — Montessori's insistence on putting toys away; sports — the concept of the killer instinct.

What are the resistances to completion? What must happen to a self-concept to propel it toward completing cycles? These and other questions will be explored via the following concepts: theory of energy cycles, life history completion, health through imagery. $350

Week of May 10–15

On Being a Man

David Schiffman

Forworkshop description see February 9-14.
$675

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self which enables
one to confront resistance and fear and which increases the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Vision Painting for Women

Helen Malcolm-Neeb

This workshop is the same as May 8-10, except that this is a five-day workshop and is for women only. $675

Golf in the Kingdom: An exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & John Allen

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart. — Michael Murphy, (Shivas Irons) *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It can not only be experienced simply as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom* (Delta); Gallwey, *The Inner Game of Golf* (Random House). $675

Following the Thread: Revealing the Fabric

David Silverstein & Joyce Lyke

The leaders write: "Most of us go through life ignoring, judging, or rejecting the content of our inner or unconscious life rather than paying attention to the information and messages we are giving ourselves. In our haste to be doing, we have forgotten our Being, and we have surrendered to the conditioning that limits a fuller experience of who we are.

"By attending to whatever is emerging in the moment, with interest and curiosity, we can begin to follow the thread of our inner

life, detach ourselves from our conditioned responses, and perhaps discover that which is most essential, the fabric of our Being.

"The purpose of this workshop is to bring us closer to ourselves. We will combine meditation, breath exercises, sound, movement, and personal work in this week of inquiry. Through various awareness practices we will work and play with what emerges without coercion or judgment." $675

Weekend of May 15–17

Weekend Massage Intensive

Attila Vaas & Laurie Shutz Munyer

For workshop description see January 3-5. $350

The Limits of Art and The Edges of Science

Terence McKenna

Every culture has assumed that its models were excellent approximations of ultimate truth. The naivete of such tribal chauvinism cannot fail to provoke a small smile. Join us for a weekend of discussion and insight that carries us outside the cheerful envelope of such myopic assumptions. Can archaic values based on shamanism and the psychedelic experience give meaning to the now apparently inevitable dissolution of our ages-long link to this green and watery world? How can great works of art facilitate our departure from the cave of forgetting and our immersion in the real politic of membership in the galactive collectivity of mind? We will cuss and discuss who we are, where we come from, and where we are headed as a species. Come share in a collective act of opening our mind to a universe that is stranger than we *can* suppose.

Recommended reading: McKenna, *The Archaic Revival* (Harper) and *Food of the Gods* (Bantam). $350

Writing with Style and Confidence: Finding the Breakthrough

Lacey Fosburgh

Is your writing not going as well as you'd like? Have you reached a plateau? Is there something you're trying to write, but you feel blocked? Does your writing lack something but you don't know what? Or do you simply want to become an even better writer but don't know how?

This workshop will explore such issues as voice, point of view, style, conceptualization, significance, and especially, your personal relationship with your material. This will be done with an eye toward discovering the way, the vision, that works for you. The goal will be to develop an understanding of what you're trying to write and finding further resources and inspiration within you that will liberate your creative energy. When a breakthrough comes in the creative process, your power and talent are liberated.

Each person in the workshop will receive individual attention and discussion. We will spend time writing and then read each other's work. An aware, psychological approach to writing and the writing process allows you to understand more clearly what attracts you to your material. You can also then discover what may be holding you back from wherever it is you want to go.

The workshop is open to any kind of writing project. $350

A. RAJA HORNSTEIN

Burnout: Causes and Cures

Elliot Waker Aronson & Ayala Pines

This workshop is designed for people who give service to others who are experiencing burnout. It deals with the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life's tedium. Through lectures and group discussions, participants will have the opportunity to increase their understanding of those aspects of their own work and life that could cause burnout. In addition, they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues.

Recommended reading: Pines & Aronson, *Career Burnout* (Free Press); Aronson, *The Social Animal* (Freeman).

C.E. credit is available for nurses; for more information see pages 47-48. $350

May 15–22

Gestalt Practicum: A Seven-Day Intensive

Christine Stewart Price & Guest Leaders

This workshop is designed for people who would like to further explore the Gestalt Practice form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, body workers, and teachers who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leaders, structured exercises where participants work with each other, didactic presentation and discussion. *The prerequisite for admission into the workshop is previous participation in a workshop or series of sessions in Gestalt Practice*. Persons without this previous experience can fulfill this requirement by attending a Gestalt Practice workshop (see January 24-26, February 2-7, March 22-27, April 3-5). Others may send

a letter of application to Christine Price, 220 Corte Madera Ave., Mill Valley, CA 94941, and will be considered in April if there is space left available.

Recommended reading; Perls, *Gestalt Therapy Verbatim* (Real People Press); Heider, *The Tao of Leadership* (Humanics); Ram Dass & Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; for more information see pages 47-48. $1025

Week of May 17–22

A Week with Seymour Carter

For workshop description see April 24-26. $675

The Subtle Self

Judy Blackstone

All spiritual traditions refer to an essential dimension of existence, calling it unity consciousness, emptiness, universal consciousness, and many other names. This dimension is not an abstract concept. It is the core of our own true nature and can be experienced by anyone who is willing to approach it with patience and openness. Unity consciousness is experienced as clear, mirror-like space, pervading our body and our environment, transcending the duality of self and object. It is deeper than the physical and energetic levels of our being, and beyond our psychological defenses, projections, images and archetypes. Subtle Self Work is a precise method for attuning to the clear space of unity consciousness.

In this workshop we will explore how to relate to others in this clear space, how to commune with nature, how to experience and live in the inner depths of our body. Participants will use daily sitting meditation, sounds to stimulate the subtle channels in the body, subtle movement exercises, and verbal and movement process work to stabilize and expand our sense of unity consciousness.

Through concentrated effort we can deepen access to our authentic self and unity with the spiritual basis of all life. In this essential dimension of ourselves, we can find the source of our love, clarity, vitality and peace.

Recommended reading: Blackstone, *The Subtle Self* (North Atlantic Press). $675

Understanding Differences: A Myers-Briggs Perspective

Maggie Seeley & Mark Seidler

Differences in personal preference create excitement, attraction, and synergy. They can also be the source of great tension and misunderstanding between friends, lovers, colleagues, and family members. Understanding differences can transform these relationships.

Based on the work of Carl Jung, the Myers-Briggs Type Indicator is a user friendly personality test which reveals personal likes and dislikes about almost everything (food, lovers, jobs). The personality types include extraverts/introverts, sensors/intuitives, thinkers/feelers, and judgers/perceivers. Although these pairs seem to be opposites, they are both parts of the whole of ourselves: light and dark, conscious and unconscious, feminine and masculine.

Participants will take the MBTI and then be treated to an in-depth exploration of how the 16 personality types are energized, their tendencies to collect and process data, make business decisions, choose mates and friends, select careers, resolve conflict, create spiritual paths, and improve organizational life. Exploring our many sides can provide us with new options for personal growth and freedom. $675

Weekend of May 22–24

Experience Esalen

Experiencing Esalen Staff

For workshop description see January 31-February 2. $350

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see January 19-24. $350

Healing, Meditation, and Dzogchen

Sogyal Rinpoche

In the stillness and presence of meditation, we discover a pure awareness beyond the ordinary thinking mind and catch a glimpse of our true nature, something long lost to the busyness and turmoil of our lives. The core of meditation practice is the releasing of heart and mind in deep ease and relaxation, dissolving tensions, and connecting with a tremendous source of healing within. Health is a state where all aspects of body and mind are in balance. Through meditation practice, the mind's natural freedom begins to shine through whatever arises in everyday life, bringing us confidence and skilfulness in our action.

At the heart of the Buddha's teachings lie the ancient meditation practices of Dzogchen, taught by Sogyal Rinpoche, heir to the 2,500 years of wisdom of Buddha. Rinpoche blends teaching with meditation, exploring the expansive Dzogchen view and showing how it can be integrated into everyday living. This weekend will be a valuable introduction for beginners and of special interest to those who have attended Rinpoche's previous workshops and wish to deepen their practice.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Image and Insight: The Integration of Art and Physics

Leonard Shlain

The origin of the word "physics" means nature. Both artists and physicists are engaged in an ongoing attempt to describe nature's reality. The artist uses chiefly image and metaphor; the physicist, number and equation. This seminar will explore the connections between the conceptual ideas inherent in revolutionary art movements and the visionary breakthroughs that have occurred in physics.

Throughout history, but particularly in the modern era, the artist *sees* the world in a new way. Later, the physicist discovers a new way to *think* about the world. When these two opposing viewpoints are superimposed on each other, their images and insights are seen to have an uncanny similarity. In this seminar, Leonard Shlain will strive to demonstrate that they are but two different aspects of the same reality.

The changing view of three basic constructs — space, time, and light — in various periods of art, science, and culture will be the basis for a slide show and discussion that explore the reciprocal nature between cubism and a new concept of space, futurism and a new concept of time, and fauvism as a new concept of light. From there, attention will turn to a theory of consciousness which posits the split brain model in the individual as the source of the art/science division in the general culture. Stressing the need to combine the two hemispheric viewpoints, this seminar will examine the benefits that accrue when art is seen in

terms of its precognitive ability, and when the imagery of modern physics is understood.

There will be no equations and one need not have a background in either art or physics to enjoy and participate in this workshop. The only prerequisites are a sense of wonder, an open mind, and an innate curiosity. $350

Week of May 24–29

Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see January 19-24. $675

Acting is Doing

Stephen Book

Remove the restrictions, both inner and outer, which suppress the spontaneity of any human being, and his/her natural spontaneity will show itself as artistic creativeness. In this workshop, complicated theater techniques are transformed into simple game forms which produce spontaneous behavior through playing. True playing is spontaneous and requires focus — the absorption in what one is doing, to the exclusion of other thoughts.

This experiential workshop, which is designed for the layperson, emphasizes *playing* and *focusing*. Participants will heighten and focus energy, increase communication skills, extend powers of observation and concentration, and improvise imagined realities. $675

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $675

Couples' Workshop

Jack Rosenberg &
Beverly Kitaen Morse

For workshop description see January 19-24. $675

A Course in Miracles

Julian Silverman

"A Course in Miracles" is a curriculum which uses the mind to empower, inspire and enjoy oneself. In it, conventional problem-oriented human thinking is regarded as an oppressive force, a force which needs to be understood and then neutralized. The method and perspective of the course is based on the following goals:

- Upgrading our ordinary ways of making sense of things
- Learning how to recognize life's trials as opportunities to heal ourselves, and how to take advantage of these opportunities
- Learning to re-cognize and to recollect routinely and to fulfill our *essential* value and purposes as human beings. $675

Weekend of May 29–31

Introduction to Vipassana Meditation

James Baraz

For workshop description see January 3-5. $350

Ishta: The Yoga of Empowerment

Rod Stryker

Every human being is a uniquely gifted individual. We are each endowed with physical, intellectual, emotional, energetic and spiritual capacities that, when honored and cultivated, direct us to limitless achievement. Yoga can show us how to awaken these powers and to help us realize our own way to self-mastery.

In this workshop participants will practice the tools of Ishta Yoga, a tradition which combines the Yogas for body, mind, and energy cultivation. To unlock our individual potentials we will use yogic postures to strengthen and relax the body; breathing, chanting, and meditation to still and open the mind; and visualization to awaken the psyche's untapped resources. Open discussion and sharing will be used to help personalize our processes and find deeper enjoyment in keeping these ancient traditions alive.

All levels are welcome; the only requirement is the desire to grow. In order to begin our daily practice on an empty stomach, morning sessions will be held from 8:00 to 9:30 instead of the customary 10:00-12:00. For further information please contact the leader at (213) 393-5150. $350

Imagery and Healing

Jeanne Achterberg
& Frank Lawlis

The imagination is a perennial, yet newly celebrated, healing resource. It is a bridge between body and mind, a manifestation of the human spirit. The image forms the creative juices and allows transcendence.

This workshop will explore, beyond the confines of modern medicine and psychology, the potent realm of imagination as healer. The potential for self- and transpersonal healing will be experienced through sound, image, meditation, and other tools to shift consciousness. A rationale for the use of mind in the crisis of illness will be given, using information on the forefront of science.

The presenters, pioneers in the study and practice of imagery, will introduce their ideas, practices, and visions for the future. The workshop may be of interest to persons who are working or studying in the health professions and to those who are confronted with chronic or catastrophic illness.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Introduction to Gestalt Practice

Joyce Lyke

For workshop description see January 24-26. $350

Minding your Health

Nicholas Hall

There is convincing evidence that chronic stress has an impact on cardiovascular disease, and mounting evidence to show its

effect on the immune system as well. Current research is discovering that the components of "health" are varied and many dimensional — diet, exercise, vitamins, relaxation, imagery, animal bonding, and social support, can all possibly help reverse the adverse effects of stress and disease.

This workshop will explore some of the research being done by Nicholas Hall, director of the Division of Psychoimmunology at the University of South Florida School of Medicine, and his research team. The research involves, for example:

- cancer patients using guided imagery to boost their immune system
- actors and actresses using performance to induce personality changes that have been correlated with measures of the immune system
- studies of stress behaviors and communication patterns in whales and dolphins

Stress assessment and management techniques will be explored and discussed. The group will have an opportunity to participate in discussions about the latest theories in health research, and how these ideas and possibilities might apply to their own lives.

C.E. credit is available for nurses; for more information see pages 47-48. $350

Week of May 31–June 5

The Master's Journey

George Leonard
& Annie Styron Leonard

For workshop description see February 21-23 $675

Intermediate Massage Workshop

Peggy Horan and Esalen Massage Staff

This workshop is designed for those who have had some basic Esalen massage experience and are ready for the next step. We will work on several levels; centering ourself through meditation and movement, and developing our sensitivity and awareness to better communicate with and support those we work with. We will also work with specific techniques for deep release, paying close attention to correct body use. Our pace will be relaxed, allowing time to enjoy the hot baths, and explore the natural beauty of the surroundings.

C.E. credit is available for nurses; for more information see pages 47-48. $675

Opening the Feelings

Dale Cummings

Participants will employ Radix* and neo-Reichian methods of emotional release, the most important of which is the Radix intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $675

Dreaming: The Magic Mirror that Never Lies

Jeremy Taylor

Participants will share and work with their dreams, drawing upon timeless mythological/archetypal images that shape our contemporary individual and collective lives. Although the focus will be dream interpretation in a collective context, the methods are designed to give participants the ability to engage in their own dream work upon returning home.

Those people who are just beginning to explore the world of their dreams, as well as professionals who work with dreams, are welcome. As Jeremy Taylor comments, "Only the dreamer can say with any certainty what meanings his or her dreams may hold, and dream work is one of the few activities that puts beginners and experts on an equal emotional footing from the outset." $675

May 31–June 26

Certification in Clinical Hypnosis

Marc Lehrer, Maggie Phillips,
Norman Katz & Adam Burke

For description see Special Programs on page 45. $3150

Weekend of June 5–7

A Weekend with Seymour Carter

For workshop description see April 24-26. $350

Crazy Wisdom: A Weekend of Philosophy and Laughter

Wes "Scoop" Nisker & Paul Krassner

What a fine comedy this world would be if one did not play a part in it. —Denis Diderot

This is more like a *play*shop than a workshop, but that doesn't mean there is nothing important to be gained here. Perhaps there is nothing more useful these days than to cultivate the art of play and laughter, and to learn how not to take ourselves so seriously.

This weekend is designed to help people develop both their comic and cosmic perspectives. Through talks, discussion, writing exercises, and theater games, participants will explore their own sense of humor as well as their philosophy of life. Sessions will include the presentation of Zen and Taoist wisdom tales (the lighter side of enlightenment), trickster stories, Mark Twain's dark writings, some poetry and jokes, and audio- and videotapes of some of the great satirists and comedians, including Charlie Chaplin, Lenny Bruce, Nichols and May, Robin Williams, and Woody Allen. There will be discussion of the uses of humor in the helping professions and in people's everyday lives. This popular Esalen workshop will not necessarily help you to be funny, but should help you to *see* funny. At least one belly laugh is guaranteed. $350

Waking up at Midlife

Kathleen Riordan Speeth

In the middle of their years many sense their habitual concerns mediocre and their lives not glad enough. Whence the endless summer day? Inexorable evening cannot be ignored. The chill advances. A crisis occurs. At the farthest point of excursion into ordinariness, and not yet falling back again toward the center, there is a stop. In an instant of suspended movement all seems uncannily strange. What was self-evident yesterday? Today it has become repugnant. Events appear to be repeating a recipe or leading nowhere while experiences of great import hover just out of reach.

We will dedicate this weekend to the reexamination of our ideals and our actual life circumstances. Others appear to know some secret of orientation or happiness. What is it? Come prepared to question, to explore and above all to confront yourself. Bring your journal. We will have the help

of philosophers and the succour of great music but — as Auden put it — "look if you like, but you will have to leap." $350

Eco-Design

Sim Van der Ryn

Eco-design is an emerging discipline that transcends traditional boundaries. If we are to have a future, we must take responsibility for being part of nature; and this participation must not be as conqueror, but as a coevolving, harmonious force that synergyzes biosphere and technosphere using the approach and tools of eco-design.

In this workshop, we begin with examining the ideas and work of the patron saints of eco-design: Mumford, Bateson, Fuller, Wright, Steiner, and others. We will survey the history of success and failure, and examine today's state-of-the-art and future potentials for sustainable and regenerative alternatives for eco-design. $350

Week of June 7–12

Mountains and Waves

Susan Harper & Steven Harper

Nature is a primary teacher of movement, creativity, and awareness. Being outdoors in the richness and beauty of the natural world awakens our outer senses. Continuum movement takes us inward, heightening the awareness of our inner senses. These five days will combine both practices, integrating the subtle inner explorations that Continuum movement inspires with the activity of day-hiking in the magnificent Big Sur backcountry.

The day-hikes will introduce participants to basic and increasingly-refined awareness practices to enhance their sensitivity to all that wilderness and being out-of-doors offers. In doing so, not only will there be contact with the natural world, but it will be an opportunity to reawaken those elements of wilderness within.

In the indoor sessions, participants will explore movements which express and embody what they have taken in during their walks, enlivening their ability to feel what they see in nature, as well as their ability to feel their own inner nature. Engaging with this sensual environment, the group will play with movement, breath, sound, dreams, and ritual.

This is a time for contact with nature and wilderness, inside and out. Participants need not have previous experience in hiking or dance. $675

The Core Self: The Heart of the Matter

Ron Alexander

Resources for healing such as spontaneity, curiosity, trust, creativity, and joy, are found in the *Core Self*. Time also heals and helps activate these resources. This workshop will assist participants — especially health professionals — in their process of healing and acquiring new experiences and skills in microanalysis of mind/body process. Participants will be encouraged to cultivate a friendly relationship with their unconscious in order to heal old patterns and create heal their pathways for new learnings connected to living, loving, working and relating.

The goals of this work are: to enhance self esteem, to become free of trauma and self images of the past, to become conscious in the present moment, to communicate well, to become empowered as a leader and to develop a cohesive personal vision. The tools we will use to nourish and nurture ourselves will include: gestalt practice, self psychology, metaphor, insight (Vipassana) and Zen meditation, breathing skills, guided imagery, dream work, deep music, group process and immersion into nature.

Recommended readings: Heider, *The Tao of Leadership*; Polster, *Every Person's Life is Worth a Novel*; and Suzuki, *Zen Mind Beginners Mind*. $675

True Stories: Autobiographic Storytelling

Spalding Gray

Everyone has at least one good story in them. The aim of this workshop is to create a safe, supportive space to give birth to that story. Each member of the workshop will be asked to function as storyteller, audience, and critic. When you're not telling, you'll be asked to listen and respond.

This workshop is limited to thirteen people who will be chosen on the basis of personal letters sent to Spalding Gray, c/o Esalen. The letters should explain why you feel it is important for you to take the workshop. Please send no fees until you are notified by mail of your acceptance. $675

Weekend of June 12–14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 31-February 2. $350

Iyengar Yoga

Cle Souren & Nanda Peek

The Yoga of B.K.S. Iyengar, has brought about a revitalized spring of healthy life into the ancient art of yoga, making it accessible to those of us living in the twentieth century.

Iyengar yoga is an active stretching and extending of all the parts of the body in which a strong and active usage of the joints is crucial. It focuses on physical and mental awareness, clarity, harmonizing the over-stretched and strained parts of the body, and stimulating the stiff and previously impenetrable parts into aliveness. Supple joints and a strong harmonious functioning of the muscles gives freedom to the body and mind.

Participants will be constantly monitored, corrected, and adjusted. Where necessary, props will be used in order to grasp the asana (posture). Intelligence in the body is developed by cultivating insight and understanding of the movement, possibilities and difficulties of the body. Postures are never merely done for the sake of the posture itself. This is what distinguishes the Iyengar method from other approaches in Hatha yoga.

Although Iyengar Yoga is vigorous and physically and mentally demanding, it is accessible to all. $350

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, and it is not caused by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Pines, *Keeping the Spark Alive* (St. Martin's Press). $350

Mountains of Myth, Symbols of the Spirit

Edwin Bernbaum

Mountains have an extraordinary power to evoke a sense of the sacred. Because of the overwhelming sense of wonder and awe they awaken, they have come to reflect the highest and most central values of religions and cultures throughout the world.

Through a combination of slides and personal experience, Edwin Bernbaum will explore the rich and varied symbolism of mountains expressed in different cultures through their religion, philosophy, literature, history, and art. The workshop will focus on relating these expressions of human longings to the issues and concerns facing us today. Comparisons with traditional views of sacred mountains will highlight the singular role that mountains have played in our efforts to preserve the environment, both wild and civilized.

Through discussion and exercises, participants will explore the ways in which sacred peaks can open us to the experience of a deeper, more meaningful reality and promote our spiritual growth, even in cities far from the sight of the mountains themselves.

Recommended reading: Bernbaum, *Sacred Mountains of the World* (Sierra Club Books). $350

Week of June 14–19

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see January 24-26. $675

Making it Float

Robert Hall

There is no fixing a damaged childhood. The best you can hope for is to make the sucker float. — Conroy

Robert Hall writes: "And so it is. This workshop is about making it float. How to. If you're willing to spend some time with meditation, gestalt/group process, making sounds, and experimenting with moving your body to your own rhythms, if you're interested in how body awareness, psychotherapy, and meditation work together to loosen your identification with who you think you are, *and* if you still have your sense of humor, we'll not only make it float, we'll take a ride in it."

C.E. credit is available for nurses; for more information see pages 47-48. $675

A. RAJA HORNSTEIN

June 14–26

Heads, Hearts and Tails 12 Days with Harriet Goslins, Hugh Milne, and Mark Bender

For workshop description see Special Programs, pages 45-46. $1665

Weekend of June 19–21

Weekend Massage Intensive

Deborah Anne Medow & Char Pias Brenner

For workshop description see January 3-5. $350

When Success is Not Enough

Peller Marion

If I had known what it would be like to have it all, I would have settled for less.
— Lily Tomlin

Since 1950, materialism has sky-rocketed in the United States. Indeed, many of us are wealthy beyond the wildest dreams of our ancestors, and yet we struggle more than ever for self-esteem and meaning in our lives.

When alternative measures of success are not available, the human need to be valued and respected by others is acted out through consumption. Buying things becomes both a means of self-esteem and social acceptance. "The avarice of mankind is insatiable," wrote Aristotle, who believed that as soon as one desire was satisfied, another would appear to take its place. If our wants are insatiable, there is simply no such thing as enough.

Peller Marion has designed a weekend that explores the questions: How much *is* enough? What is an achievement junkie? What is *my* definition of success at this time in my life? How do I create my own personal philosophy of life? How do I live by my own agenda?

Participants will have a supportive environment where they can experience and explore the paradox of success in their own life. A variety of experiential process-

es will be drawn from readings and discussion, games, dance, gestalt, imagery, and meditation.

Recommended reading: Marion, *Crisis Proof Your Career* (Carol Communications, 1991). $350

Mirrors in the Dark: A Gestalt Dream Workshop

Christine Stewart Price & Gestalt Staff

I believe that in a dream, we have a clear existential message of what's missing in our lives, what we avoid doing and living. — Fritz Perls

A dream is a wish your heart makes when you're fast asleep. — Cinderella (per Disney)

Using the approach of Gestalt Practice, this weekend will be spent exploring dreams, and whatever they bring to light. This approach encourages us to see every image and situation in a dream as a projected part of ourselves or of our choices in life. The process involves entering each image or role and, by becoming it fully, experiencing and owning the possibilities and energy reflected within it. Although the leader will work with some individuals, the emphasis will be on learning how to explore our dreams by ourselves or with other group members, in order to develop the skills to continue this process after the group is over. This workshop is not intended to be introductory. *Registration is limited to people who have previously worked with the leader, attended a Gestalt Practice workshop, or have a sturdy background in gestalt process work.* Participants may want to prepare by keeping a written journal of their dreams in the weeks preceding the workshop. $350

Week of June 21–26

A Week with Seymour Carter

For workshop description see April 24-26
$675

Weekend of June 26–28

A Workshop for Couples: Independence and Intimacy

Mary Goldenson (Devarani)

For workshop description see April 19-24.
$350

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 24-29.
$350

Vision and Embodiment

Laura DeNuccio

For workshop description see January 17-19.
$350

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods to improve their ability to sense each other's bodies through touch and massage.

Although this workshop will be of value to anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility — painlessly and immediately.

C.E. credit is available for nurses; for more information see pages 47-48. $350

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $350

Week of June 28–July 3

Five-Day Massage Intensive

Brita Ostrom and Dean Marson

For workshop description see January 3-5.
$675

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in the mood of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self lives the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for: people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based in trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $675

June 28–July 5

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

For workshop description see March 1-6.
$1025

■ SPECIAL PROGRAMS

The prices quoted below for these longer programs are for standard accommodations or bunk bed rooms (when available) as described in Ways of Being at Esalen, pages 10-11. Scholarships are also available; please see "Scholarship Information" on page 10.

Beginning January 4, 1992
An Ongoing Workshop
Sponsored Jointly by Esalen Institute and Aikido of Tamalpais

George Leonard, Michael Murphy, Annie Styron Leonard & Erik Riswold

In his new book, *The Future of the Body* (to be published in May 1992 by Tarcher), Michael Murphy raises the possibility that by gathering data from many fields — including medical science, anthropology, sport, the arts, psychical research, and comparative religious studies — we can identify extraordinary versions of most, if not all, our basic attributes. Murphy's research has shown that the most reliable path toward the realization of these extraordinary attributes involves regular, disciplined practice. He defines a transformative practice as a coherent set of activities designed to produce positive changes in a person or group. For a practice to be integral as well, it must aim to cultivate the physical, vital, cognitive, volitional, affective, and transpersonal dimensions of human functioning in an integrated way.

Beginning Saturday, January 4, 1992, Esalen Institute and Aikido of Tamalpais will jointly sponsor a weekly two-hour workshop devoted to the development of integral transformative practice. The workshop will be held at the Aikido of Tamalpais studio in Mill Valley, California, and will relate Murphy's findings to the practice of Leonard Energy Training (LET) and other mind-body disciplines. LET is a integral transformative practice inspired by the martial art of aikido.

Through LET and other practices, participants in the workshop will have the chance to explore personal development in the twelve aspects of human functioning outlined in *The Future of the Body*: perception of external events, somatic awareness, communication abilities, vitality, movement abilities, capacities to manipulate the environment directly, feelings of pain and pleasure, cognition, volition, sense of self, love, and bodily structure. Participants will be offered the opportunity to engage in an extended bodily transformation experiment (see George Leonard, *The Silent Pulse*, Dutton, 1986, p. 159ff), and there will be discussion of the applications of integral transformative practice to society at large.

Recommended reading: Murphy, *The Future of the Body* (Tarcher, in press), Leonard, *The Silent Pulse* (Dutton), *The Transformation* (Tarcher), and *Mastery* (Dutton).

For scheduling and fee information contact: Erik Riswold, (415) 924-6790.

January 26–February 7
Advanced Training in Shamanism and Shamanic Healing

Michael Harner

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others and to solve the problems of daily living. This twelve-day intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: a previous workshop with Michael Harner or an authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere.

Recommended reading: Harner, *The Way of the Shaman* (Bantam) and *Hallucinogens and Shamanism* (Oxford).

For more information, cost, and to apply, please contact Michael Harner, Foundation for Shamanic Studies, Box 670, Belden Station, Norwalk, CT 06852; (203) 454-2825. Early application is recommended.

March 1–March 13
Emotional Healing: From Co-Dependence to Aliveness

Karen Paine-Gernée & Terry Hunt

Children who grow up in alcoholic, abusive, or otherwise unhealthy homes often develop certain disabilities which last through their lifetimes unless they are deliberately addressed, among them: an inordinate need to control, an over-developed sense of responsibility, fear of authority figures, inability to trust, difficulty having fun, compulsive behavior, fear of abandonment, and chronic lack of self-esteem.

Alcoholism is a disease of denial. ACAs tell themselves that it really wasn't so bad, and they learn not to feel what they cannot tolerate. As they deny pain, they screen out joy, and their adult lives are often filled with depression and loneliness. ACAs are often survivors, though, and most have emerged as successful-appearing adults. Yet they often spend so much energy managing and controlling work and relationships that they have little left for themselves.

A necessary part of recovery is moving from the state of being co-dependent in one's life toward a state of emotional sobriety. Through self-exploration, participants will have the opportunity to access, express, and release blocked emotions that they still carry from childhood and to tap the aliveness that was sacrificed when they buried their anger, fear, and grief. Points of focus for this workshop will include:

- Emotional Sobriety: Having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure.
- Pleasure/Addictions: Learning that true pleasure is a life-affirming, non-addictive experience.
- Sexuality: Separating the unmet needs of the wounded child from adult intimate sexual relationships; learning basic tools for nurturing and sustaining healthy relationships.
- Boundaries: Looking at the tendency to alternate between fusing with another and then completely isolating oneself.
- Spirituality: Learning to have faith despite the horror experienced in childhood.
- Self-Esteem: Realizing that self-doubt is oftentimes based on old mental patterns, not on reality.
- Learning New Behaviors: Identifying and overcoming old ways of reacting.
- Looking Beyond the Label: Knowing when to stop calling oneself a co-dependent.

Recommended Reading: *Emotional Healing* (Warner, 1990)

C.E. credit is available for nurses; for more information see pages 47-48.

Standard Accommodations: $1665
Bunk Bed Room: $1155

March 13–April 10
28-Day Massage Practitioner Certification Program

Rita Thangaraj, Kathleen O'Shaughnessy & Robert Helm

This 28-day program offers, at a professional level, intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture and demonstrations, hands-on practice sessions using each other as models, illustrated anatomy classes, and instruction in basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning.

Body work will be studied as a tool for optimal well-being and stress reduction and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. Upon satisfactory completion of the program, and after giving 30 additional recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program with limited admission.

Recommended reading: Johnson, *Body*; Smith, *Inner Bridges* (Humanics); Kapit & Elson, *Anatomy Coloring Book* (Harper & Row).

C.E. credit is available for nurses; for more information see pages 47-48.

Standard Accommodations: $3150
Bunk Bed Room, if available: $2225

March 29–April 10
Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This will be a 12-day residential training program in Integrative Body Practice. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields. The leaders will be assisted by Andrea Juhan and the staff of the Rosenberg-Rand Institute of Venice, California.

Recommended reading: Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics) and *Total Orgasm* (Bookworks).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291; (213) 394-0147.

Standard Accommodations: $1665
Bunk Bed Room, if available: $1155

May 31–June 26
Certification in Clinical Hypnosis

Marc Lehrer, Maggie Phillips, Norman Katz & Adam Burke

This course is a synthesis of Ericksonian and Direct Hypnosis, Neurolinguistics and Biohypnotic Monitoring. It satisfies the hypnosis course requirements for the MFCC and complies with the California State Requirement for Hypnosis Certification, and is designed to help develop hypnotic skills for counseling, medicine, nursing and other health areas, education, and body work. This program is also an opportunity for personal growth and transformation for anyone interested in hypnotic phenomena and the uses of suggestion in daily life.

Hypnotic suggestion, advanced imagery, and relaxation methods will be explored. There will be daily presentations, numerous practice sessions, video examples of Erickson and other practitioners, and extensive written support materials. A hypnosis library will be available for in-depth learning of advanced topic areas and there will be an opportunity to explore personal goals with trance and biofeedback equipment.

The scientific basis of hypnosis as well as the ways hypnosis can be applied will be emphasized. Topic areas will include: induction methods, hypnotic testing, symptom and habit removal, individual and family counseling applications, pain control and psychosomatics, non-verbal and pendulum methods, biomedical hypnotic monitoring, metaphor and story-telling methods, hypnosis with children, regression and uncovering, redecisioning and reframing, self-concept enhancement, stress management, fears and phobias, early trauma, hypnotic dream programming, imagery conditioning, NLP methods, enhancing performance in sports, music, and sensation, self-hypnosis methods, teaching self-hypnosis classes, and other topics related to therapy, health, and personal growth. Selected ongoing exercises drawn from Aikido, Feldenkrais, movement, massage, and shamanistic traditions will complement the traditional topic areas.

Since each of the leaders will present for a number of days, there will be an opportunity to model different ways of deepening your own hypnotic potential, trance induction, and utilization skills. This month-long experience with various faculty members gives each participant an in-depth opportunity to develop vivid personal imagery, make lasting self suggestions, and relate more completely with the unconscious mind.

The certification offered through this program is equivalent to a University modified tutorial course. You complete readings, assignments, and a paper for the hypnosis certificate. Certification is granted based upon the competency demonstrated to the faculty in applying hypnotic techniques with an ethical and professional approach and satisfactory completion of all Great Western University C.E.U. course requirements. The paper and assignments are due no later than four months following the completion of this program at Esalen. Course fees for the Hypnosis Certificate are $300 (12 C.E.Us), payable to Great Western University upon beginning the program at Esalen. It is also possible to obtain four transcripted Graduate Psychology courses rather than C.E.Us (Requires additional fees to Great Western University and you must have at least a B.A. degree. Contact Marc Lehrer, Chairman, Dept. of Psychology, Great Western University, 415/397-4929 for further details).

Space is limited for this program so early registration is recommended. Reading lists and information about certificate and graduate credit will be sent upon request or registration.

C.E. credit available for nurses; for more information see pages 47-48.

Standard accommodations: $2975
Bunk Bed Room, if available: $2140

(plus $300 fee for those wanting certification, payable to Great Western University)

June 14–26
Heads, Hearts, and Tails

Harriet Goslins, Hugh Milne & Mark Bender

Physical injury, emotional trauma, and ongoing stress can all evoke protective responses from the body. As a result, patterns of armoring can show up as fatigue, depression, or loss of clarity and direction. Often we are not aware of these habitual, postural patterns that were once developed as survival tools, but slowly have begun to limit our options. As these body imprints are released, it is possible to sense one's self beneath the armor.

Based on the work of Harriet Goslins and Hugh Milne, this workshop is for those who want to access deeper levels of personal competence in body awareness, touch, communication, and insight. Carefully structured and sequenced movement patterns and floor lessons, based on the Feldenkrais Method® and Cortical Reeducation®, will be used to help rediscover some of the grace and fluidity of childhood.

Participants will also work with each other, using a system of healing touch called Shaman's Cranial, based on craniosacral methods. Focusing from head to heart to tail, methods will be shown through which touch can complement movement to encourage wisdom and healing in the body.

For those who teach, counsel, or facilitate growth and healing verbally or through touch, this can be an opportunity for personal growth and reflection. Through healing touch, meditation, movements, and processing in circle, both the joyful and painful places can be reached. The releases and insights gained from this process can offer new freedoms from old, restrictive patterns, and provide greater options for a more fulfilling way of life.

C.E. credits available for nurses and dentists; for more information see pages 47-48.

Standard Accommodations: $1665
Bunk Bed Room, if available: $1155

Massage Practitioner Certification Program

Esalen offers a California state-approved massage program. Upon completion of a 130-hour massage practitioner workshop (see March 13-April 10), and after giving 30 additional massages elsewhere, graduates will receive their certificates. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, gestalt awareness work, and movement, fulfilling the state requirement.

Healthspring Outreach and Education

The Healthspring Project offers outreach, education, and referrals that extend Esalen's work in the healing arts and sciences to the outside world. It is an independent, service-oriented program of Esalen teachers and their associates.

Healthspring operates a global referral system, linking visitors to Esalen with body workers, counselors, and teachers from their home areas. There are ongoing programs at Esalen and a traveling workshop service in the U.S. and abroad. Instructors teach self-healing, Esalen body work, yoga, breath and body awareness, dance and centering movement, and meditation. Many instructors have experience in gestalt practice and movement continuum.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening which may be borrowed by seminarians for a two-week period while at Esalen. Donations of books or periodicals are greatly appreciated.

For access to the referral system and traveling workshop program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

■ WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The standard refund policy reflects the fact that few of these expenses can be recovered. To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

May 1–9
Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Kim Pickett

Nature can provide opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand and realize a deeper sense of self and richness of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," with instruction in minimum impact camping, ecology, geography, and cultural history of the area.

Wilderness will be a mirror and primary teacher as the group lives simply and in direct contact with nature. Participants will explore their feelings and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, they will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for their last night together. Meditation instruction will be available at Tassajara for those who wish it.

Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $675

■ FUTURE PROGRAMS

Listed here are programs and workshop leaders scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Specific dates and more information will be available in the next catalog.

Fall 1992
Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

■ MEDICAL PROGRAMS

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs specifically listed below offer continuing education credit. See workshop descriptions elsewhere in the catalog. If you need additional information on our C.E. courses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., medical programs coordinator, (408) 667-3000.

January 3–5
Weekend Massage Intensive
Char Pias Brenner
& Charles Jay Bradbury
10 hours

January 3–5
Introduction to Focusing
Mary McGuire & Roseann Kasayka
10 hours

January 5–10
Focusing, Dream Work, and the Helping Relationship
Mary McGuire & Roseann Kasayka
30 hours

January 10–12
The Body and Spirituality
Don Hanlon Johnson & Maggie Hodgson
10 hours

January 12–17
Somatosynthesis
Clyde Ford
30 hours

January 17–19
Vision and Embodiment
Laura DeNuccio
10 hours

January 17–19
Psychoneuroimmunology and its implications
George Solomon & Margaret Kemeny
10 hours

January 17–19
Moving from Love Addiction to Healthy Intimacy
Jed Diamond
10 hours

January 19–24
Exploring Dimensions of Healing
Elizabeth Stratton
30 hours

January 19–26
Cortical Reeducation® and the Feldenkrais® Method
Harriet Goslins & Mark Bender
30 hours

January 24–26
Introduction to Gestalt Practice
Joyce Lyke
10 hours

January 24–26
Creating a New Life
Elizabeth Stratton
10 hours

January 24–26
Co
Kathleen Riordan Speeth
10 hours

February 2–7
Gestalt Practice
Christine Stewart Price & Guest Leaders
30 hours

February 7–9
Moving Toward Open Space and Transformation through Guided Imagery
Catherine de Segonzac Shainberg
30 hours

February 9–14
Spiritual Healing: Laying On of Hands
Maria Lucia Sauer Holloman
30 hours

February 9–14
Stepping Into Power
Dawn Callan & Stephanie Mines
30 hours

February 9–14
Creating Exact Moments of Healing
Mariah Fenton Gladis
30 hours

February 16–21
Sports Massage
David Streeter
30 hours

February 16–21
Life Stories: Healing the Sorrows
Peter Finkelstein
30 hours

February 16–21
Creating Health and Healing
Andrew Weil
30 hours

February 21–23
Healing the Healer: A Workshop for Professionals
Peter Finkelstein
10 hours

February 23–28
A Modern Shamanic Initiation
Donna Dryer Pérez-Venero
& Richard Yensen Pérez-Venero
30 hours

February 28–March 1
Finding Inspired Work in Mid-Life
Peller Marion
10 hours

March 1–13
Emotional Healing: From Co-Dependence to Aliveness
Karen Paine-Gernée & Terry Hunt
30 hours

March 6–8
Achieving Maximum Performance
James Loehr
10 hours

March 8–13
Five-Day Massage Intensive
Vicki Topp & George King
30 hours

March 8–13
Surrender and Self-Acceptance
Steven Radiloff & Phyllis Shankman
30 hours

March 13–15
Reversing and Preventing Heart Disease: A Model for Personal Transformation
Dean Ornish
10 hours

March 13–April 10
28-Day Massage Practitioner Certification Program
Rita Thangaraj, Kathleen O'Shaughnessy & Robert Helm
30 hours

March 15–20
Meditation: The Living Dance
David Streeter
30 hours

March 15–20
Embodied Gestalt Practice: Body and Soul
Edward Smith
30 hours

March 22–27
Gestalt Practice
Christine Stewart Price & Guest Leaders
30 hours

March 22–27
Embodiment and Vision
Laura DeNuccio
30 hours

March 27–29
Body Work Intensive: Strategies for Healing Post Trauma Stress
Carolyn Braddock & Char Pias Brenner
10 hours

March 29–April 3
Sexual Abuse Survivors: Specific Strategies of Body, Mind & Spiritual Recovery
Carolyn Braddock
30 hours

April 3–5
Introduction to Gestalt Practice
Joyce Lyke
10 hours

April 3–5
Creating Time: A Rhythm for Health and Longevity
Stephan Rechtschaffen
10 hours

April 5–10
At Play in the Overlap: Moving through Life's Transitions
Heather Maycock Ogilvy & Peter Finkelstein
30 hours

April 12–17
Modalities of Pressure Point Release: Integrating Pressure Point Systems
Arthur Munyer & Laurie Lioness Parizek
30 hours

April 19–24
Centering
Robert Nadeau
30 hours

April 19–24
Meditation: The Living Dance
David Streeter
30 hours

May 10-15
Change and Self Esteem
Phyllis Shankman
30 hours

May 15–17
Weekend Massage Intensive
Attila Vaas & Laurie Schutz Munyer
10 hours

May 15–17
Burnout: Causes and Cures
Elliot Waker Aronson & Ayala Pines
10 hours

May 15–22
Gestalt Practicum: A Seven-Day Intensive
Christine Stewart Price & Guest Leaders
30 hours

May 22–24
Healing, Meditation, and Dzogchen
Sogyal Rinpoche
10 hours

May 29–31
Imagery and Healing
Jeanne Achterberg & Frank Lawlis
10 hours

May 29–31
Minding your Health
Nick Hall
10 hours

May 29–31
Introduction to Gestalt Practice
Joyce Lyke
10 hours

May 29–31
Introduction to Vipassana Meditation
James Baraz
10 hours

May 31–June 5
Intermediate Massage Workshop
Peggy Horan and Esalen Massage Staff
30 hours

May 31–June 26
Certification in Clinical Hypnosis
Marc Lehrer, Maggie Phillips, Norman Katz & Adam Burke
30 hours

June 14–19
Making it Float
Robert Hall
30 hours

June 14–19
Gestalt Practice
Christine Stewart Price & Guest Leaders
30 hours

June 14–26
Heads, Hearts & Tails
Harriet Goslins, Hugh Milne & Mark Bender
30 hours

June 19–21
Weekend Massage Intensive
Deborah Anne Medow & Char Pias Brenner
10 hours

June 26–28
Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach
Patrick Douce
10 hours

June 26–28
Vision and Embodiment
Laura DeNuccio
10 hours

June 28–July 3
Five-Day Massage Intensive
Brita Ostrom & Dean Marson
30 hours

■ WORK STUDY PROGRAM

The Work Study Program is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. It is not for those who wish to take catalog workshops or for those who are unwilling to be fully engaged in the work-life of the community. Participants will work 32 hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and will participate, along with staff and long-term students, in that department's program. It is necessary for applicants to be able to speak and understand English.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School/Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Participants must be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program. Two programs are planned for each month. Those scheduled thus far for 1992 include:

JOYCE LYKE

December 15–January 12, 1992
David Schiffman will lead a month for people who are facing major changes in career, relationships, or matters of the spirit and are interested in breaking new ground in areas of self-nurturance, intuitive functioning, and problem-solving.

Dianne Laurence and participants will use acting, writing, theater, and painting to create a communal performance that will be presented at month's end.

January 12–February 9
This month with *David Streeter* will give students the opportunity to incorporate the subtle art of contemplation in a community atmosphere. Yoga, massage, and gentle emotional release — along with silent meditation — will be included in the curriculum.

Laura DeNuccio (Ma Prita) will focus on embodiment and vision, utilizing the

Bates vision method, movement and breath, meditation, earth ritual, and the creative use of the Spoken Word.

JOYCE LYNE

February 9 – March 8
Vicki Topp and friends will lead this program of massage, meditation, and integrative body process.

Mary (Devarani) Goldenson's program of letting go and moving on employs Reichian methods, Radix®, dance, imagery, gestalt, and meditation.

March 8–April 5
Harriet Goslin will teach Cortical Re-education® and the Feldenkrais® Method. For a description of this work, see January 19-26.

John Soper's group will focus on ways to improve the quality of life. The work will start with the individual and grow to include the environment.

April 5–May 3
Phyllis Shankman offers a month of in-depth group process/gestalt work using the creative arts, as well as meditation, massage, and movement for self-exploration and healing.

Robert Nadeau will emphasize functional centering using grounding, energy awareness, aikido, and movement work. The physical, mental, and spiritual aspects of centering will be explored.

May 3–May 31
Design your own program, alone and with other participants, using your intuition, intelligence, and imagination. Find surprising resources; harvest and recycle your energies. Facilitated by *Janet Lederman*.

Karuna Licht will lead a month-long journey using the creative processes of art, ritual, and guided imagery as the language of the heart.

May 31–June 28
Diane Lawrence and participants will use acting, writing, theater, and painting to create a communal performance that will be presented at month's end.

This month with *David Streeter* will give students the opportunity to incorporate the subtle art of contemplation in a community atmosphere. Yoga, massage, and gentle emotional release — along with silent meditation — will be included in the curriculum.

June 28–July 26
Beverly Silverman will lead a dialogue between body and spirit using Rolfing®, gestalt, and psychosynthesis.

Kathleen O'Shaughnessy offers exploration of ancient and contemporary meditation practices; centering through movement, sound, and breath; and contact through massage.

Institute of Transpersonal Psychology Offers External Master's Degrees

Work students now have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
250 Oak Grove Ave.
Menlo Park, CA 94025
(415) 326-1960

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. The cost of all 28-day Work Study Programs, except the two-month body work program, is $700 the first month, $650 the second month, $600 the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

WORK STUDY PROGRAM APPLICATION

Name _____ ☐ Male ☐ Female

Date of Birth _____ Occupation _____

Place of Employment _____

Daytime Phone (____) _____ _____
HOME ADDRESS

Evening Phone (____) _____ _____
STATE AND ZIP CODE

Date of Application _____ _____
COUNTRY

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. _____

Which program(s) are you interested in? Please list the leader's name. _____

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

_____

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

Please Note: No pets allowed.

THE FRIENDS OF ESALEN

The Friends of Esalen provides financial aid to people who are eager to attend our workshops but cannot afford them. We believe that one of our first priorities is to make our programs available on a broader basis. Friends of Esalen contributions fund scholarships to make this possible.

We invite you to join us. In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog*, the *Friends of Esalen Newsletter*, and other special mailings to Friends for one year. Periodically we offer a discounted workshop just for members of the Friends of Esalen. We hope you feel your experience at Esalen is worth sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen; I enclose my check for the category marked.

☐ I wish to renew my membership in the Friends of Esalen.

☐ One Year Student ..... $15 ☐ One Year Individual ..... $25 ☐ One Year Sponsor $100
☐ One Year Senior Citizen ..... $15 ☐ One Year Donor ..... $50 ☐ One Year Patron $500

Name _____ Student Affiliation _____

Address _____ City _____

State _____ Zip _____ Date _____

Please mail to: The Friends of Esalen, Esalen Institute, Big Sur, CA 93920.
Contributions are tax-deductible to the extent allowed by law.

■ AUDIO RECORDINGS

The Dolphin Tape Series

This list draws from a spectrum of human potential teachers and leaders, guides and facilitators, who use models, myths, and metaphors as teaching methods. Inspiration comes from seers, sages, poets, bards, heroes, and common folk. We have no complete catalog, although we do have several overlapping tape lists. When you place an order, let us know your particular field of interest or favorite speakers. We may have more information on some of them. Most tapes are in stereo. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Gregory Bateson: *The Limits of Science*, 1978
Gregory Bateson: *Cultural Relativity and Belief Systems*, 1976
John Blofeld: *Taoist and Zen Practice*, 1978
John Blofeld: *History and the Use of the I Ching*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
Joseph Campbell: *Freud, Jung, and Kundalini Yoga*, 1967
Joseph Campbell: *Hermes, Alchemy, and the Voyage of Odysseus*, 1971
Joseph Campbell: *Kundalini and the Chakra System*, 1981
Joseph Campbell: *Tibetan Book of the Dead*, 1981
Wilson van Dusen: *The Nature of Humanness*, 1969
William Everson: *Poetry of Earth: A Jeffers Tribute (Carmel)*, 1970
James Fadiman: *Guided Fantasy and Fairy Tales*, 1971
James Fadiman: *Hasidic and Sufi Teaching Stories*, 1980
Lama Anagarika Govinda: *Cultural Heritage of Tibet*, 1972
Father Bede Griffiths: *Christianity, Science, and Mysticism*, 1983
Willis Harman: *Alternative Futures*, 1980
Chungliang Al Huang & David Darling: *T'ai Ji Dancing and Music*, 1989
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Terence McKenna: *Time and the Cosmic Flux*, 1988
Ralph Metzner: *Maps, Models, and Metaphors*, 1979
Claudio Naranjo: *Dante's Way to the Stars*, 1968
Claudio Naranjo: *The Goodness of the Devil*, 1969
Naranjo/Harner: *Shamanism, Madness, Myth, and Mysticism*, 1968
Robert Ornstein: *The Sufis and Other Teaching Stories*, 1971
Helen Palmer: *Psychic Aspect of Intuition*, 1991
John Weir Perry: *Psychosis and Societal Crisis*, 1973
Paul Rebillot: *The Pluto Story: Journey into Madness*, 1984
John Robbins: *Healing Ourselves, Healing Our World*, 1989
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
Will Schutz: *An Inner Fantasy Experience*, 1969
Daniel Sheehan: *Philosophy of Christic Institute*, March 1991
Daniel Sheehan/Sara Nelson: *What is it All About?*, March 1991
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Huston Smith: *No Wasted Journey*, 1968
Huston Smith: *The Coming World Civilization*, 1968
Frederick Spiegelberg: *India and the Saints*, 1964
Rolling Thunder: *American Indian Medicine*, 1972
Alan Watts: *Divine Madness*, 1968
Watts/Friedman: *Beat Zen—Beat Hasidism*, 1967
Arthur Young: *The Reflexive Universe*, 1973

Two-tape titles are $18:

Bernard Aaronson: (2) *Tantric Chanting, Poetry, and Hypnosis*, 1969
Angeles Arrien: (2) *The Story of Basque Mysticism*, 1982
Angeles Arrien: (2) *The Egyptian Tarot*, 1982
Gregory Bateson: (2) *Balinese Culture and Shamanism*, 1976
Robert Bly: (2) *Poetry East and West*, 1983
Robert Bly: (2) *Poetry Reading: An Ancient Tradition*, 1983
Joseph Campbell: (2) *Dante's Journey*, 1981
Campbell/Perry: (2) *Psychosis and The Hero's Journey*, 1968
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Michael Harner: (2) *Shamanism, Songs, and Spirit Canoe*, 1981
Robinson Jeffers: (2) *A Dramatic Presentation (Carmel)*, 1972
Terence McKenna: (2) *The Magical Mystery Tour*, 1989
Claudio Naranjo: (2) *The One Quest*, 1971
Helen Palmer: (2) *Advanced Intuition Training*, 1991
Joseph Chilton Pearce: (2) *The Magical Child*, 1975
Perry/Silverman: (2) *Mores, Mysticism, and Madness*, 1970
Paul Rebillot: (2) *The Hero's Journey*, 1981
Sheehan/Nelson: (2) *Natural Law, Democracy, and The Cosmos*, March 1991
Brother David Steindl-Rast: (2) *Healing Starts from the Heart*, 1984
Brother David Steindl-Rast: (2) *Overview of the Christian Myths*, 1984
Suzuki-roshi: (2) *Teachings and Practices of Zen*, 1968
Alan Watts: (2) *Eastern Religion and Western Psychotherapy*, 1971

Four-tape titles are $36:

Joseph Campbell: (4) *The Novels of James Joyce*, 1968
Joseph Campbell: (4) *Transformations of Myth through Time*, 1982
James Fadiman: (4) *A Weekend of Stories*, 1984
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
R.D. Laing: (4) *Sanity, Madness, Blowout Center*, 1967
Terence McKenna: (4) *The Light in Nature*, 1988
Rupert Sheldrake: (4) *Morphic Resonance and Habits of Nature*, 1987
Rupert Sheldrake: (4) *Rebirth of Nature: Revival of Animism*, 1980
Brother David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur Young: (4) *Interviews on the Reflexive Universe*, 1983

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Joseph Campbell: (6) *Courtly Love and the Grail*, 1983	$60
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Terence McKenna: (6) *Inner Visions, Future Vectors*, 1990	$60
Terence McKenna: (6) *History Ends in Green*, 1990	$60
Michael Murphy/Terence McKenna: (6) *Wellspring of Neo-Platonism*, 1990	$60
Joseph Chilton Pearce: (6): *Journey to the Heart*, 1990	$60
Rupert Sheldrake: (6) *Resonance and the Presence of the Past*, 1985	$60
Brother David Steindl-Rast: (6) *Approaches to Christian Mysticism*, 1987	$60
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Terence McKenna: (8) *Collected Talks: Series I (1982-83) or II (1983-86)*	$72
Terence McKenna: (8) *The Esalen Scholar-in-Residence Series*, June 1989	$72
Joseph Chilton Pearce: (8) *Insight and Ecstasy*, 1981	$72
Colin Wilson: (8) *The New Analytic Philosophy*, 1967	$72
Colin Wilson: (8) *New Pathways in Human Evolution*, 1990	$72
Terence McKenna: (8) *True Hallucinations (A Talking Book)*, 1984	$80
Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$88
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-80 (Library)	$98

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■ GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 54. Our address, phone numbers, and reservations hours are on the inside front cover. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$100	19 to 21 days:	$400
5 to 7 days:	$200	More than 21 days:	
12 to 14 days:	$300		$500

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 6 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you. Workshop fees cover tuition, food, and lodging. Rooms and bathrooms are shared by two or more persons. Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail or fax your reservations. *Our fax number is (408) 667-2724*. Fax the enclosed form and include your credit card information. (The fax line is for Esalen business purposes only, not personal correspondence.)

If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your credit card when you call. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service. NOTE: Room and Board reservations must be made by phone, not by fax machine.

Cancellation and Refund Policy: If you cancel at least five full days before the start of your workshop, your deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy. See page 39.)

If you have applied for a scholarship and we *are unable* to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we *are able* to give you assistance and you cancel your reservations as above, we will return your deposit, less a $30 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within the next year. If you cancel with less than five days' notice, you forfeit your deposit.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see page 6.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School/Park: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

For your safety: Please bring a flashlight for use at night while walking on the grounds.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For further information, contact the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

■ BIOGRAPHICAL INFORMATION

A

Ralph Abraham,
a mathematician, is known for his work in dynamics and chaos theory. He is a professor of mathematics and founder of the Visual Math Project at UCSC.
p. 17

Jeanne Achterberg,
professor at the Institute of Transpersonal Psychology, is a pioneering researcher in imagery. She is the author of Rituals of Healing; Woman as Healer; *and* Imagery and Healing.
p. 39, 48

Ron Alexander
is a group leader and trainer of gestalt practitioners. He is director of clinical training at Ryokan College, teaches meditation, and is a creativity consultant.
p. 41

John Allen,
life memer of the PGA and former tour player, has been a teaching golf professional for over twenty years and a serious student of the inner game for the past eight.
p. 36

Maurica Anderson
is studying the relationship between humor and mental health. She has led Esalen High Sierra wilderness trips for many years.
p. 34

Anne Armstrong
has been doing transpersonal counseling for thirty years and has trained professionals to use their intuitive abilities.
p. 25

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 25

Elliot Waker Aronson,
social psychologist, professor, researcher, and author, combines the scientific with the humanistic and spiritual in his work.
p. 23, 33, 37, 48

Angeles Arrien,
a native Basque, is an author, anthropologist, and educator. Her teachings are based on the universality of values, ethics, and experiences as they relate to myths, symbols, and the arts.
p. 21, 22

B

Nancy Bacal,
novelist, lyricist, documentarian, screenwriter, has taught writing workshops for years. Meditation student and aikido black belt, her work includes the award-winning film, Raga, *starring Ravi Shankar.*
p. 15

James Baraz
has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.
p. 12, 39, 48

Mark Bender
is a licensed psychologist and marriage and family counselor. He has a private practice in Cortical Reeducation in Encinitas, California.*
p. 16, 42, 46, 47, 48

Edwin Bernbaum
is the author of Sacred Mountains of the World *and* The Way to Shambhala. *He is a mountaineer and scholar of comparative religion and mythology.*
p. 42

Judy Blackstone
is a dancer, meditation teacher, author, and counselor. She is the founder of The Subtle Self in Motion, a method for deepening experience through movement.
p. 38

Ralph Blum,
author of The Book of Runes *and* The Book of RuneCards, *has been exploring the use of the Viking Runes as a tool for self-counseling since 1980.*
p. 33

Jean Shinoda Bolen
is a psychiatrist, Jungian analyst, and author of Goddesses in Everywoman; God in Everyman; *and* The Tao of Psychology.
p. 17

Stephen Book
is an international/off Broadway/regional theater director and teacher. On the faculty at USC after a long tenure at the Juilliard School, he also heads his own professional studio in Hollywood.
p. 39

Charles Jay Bradbury
is a member of the Esalen massage staff and a teacher of t'ai chi ch'uan.
p. 12, 47

Carolyn Braddock
is a psychologist, consultant, and author in private practice in Lakewood, Colorado. She founded the Institute on Child Abuse and Neglect and trains professionals in the field of sexual abuse.
p. 28, 29, 48

Char Pias Brenner,
dancer, singer, performing artist, massage teacher, and mother, is currently in residence at Esalen Institute.
p. 12, 28, 42, 47, 48

Jessica Moore Britt,
gestalt and Reichian work practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development.
p. 20

John Broomfield,
author of Other Ways of Knowing, *is a New Zealand educator, world-traveller, student of shamanism and hatha yoga, and has written extensively on inner-cultural and inter-species learning.*
p. 35

Daniel Brown
is a chief psychologist at Cambridge Hospital and assistant professor of psychology at Harvard Mecical School. He has spent nearly two decades studying the great meditative traditions.
p. 23, 24

Adam Burke
is a research psychologist, acupuncturist, educator, and author. He is the director of Halcyon and offers trance-based trainings internationally.
p. 40, 45, 48

C

Dawn Callan,
founder of Awakening the Warrior Within, has led workshops in the healing capacity of martial arts for twelve years. She holds black belts in Kenpo Kung Fu and Kobra Kaj Karate.
p. 20, 47

Niyaso Christine Carter,
co-founder of The Art of Being in Hawaii, she combines Western psychotherapy practices with Eastern disciplines in healing and sexuality. She received her training in Europe and India.
p. 35

Paul Carter,
cofounder of Meta Education and Training Arts, leads workshops around the world on Whole/Parts Transformation, Ericksonian hypnosis, creativity, and self-expression.
p. 35

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, Aikido, and other body-oriented practices.
p. 33, 34, 38, 40, 43

Stephen Cohen,
Esalen resident and gestalt practitioner, is a longtime golf hacker who has recently founded The Kingdom Tour, dedicated to bringing inner game golfers together for world travel.
p. 36

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 23

Jesse Cool
is co-founder of Flea St. Cafe and Late for the Train in Menlo Park, California, and has a deep passion for seasonal, locally produced, organically raised ingredients.
p. 35

Dale Cummings,
certified Radix® teacher and marriage and family counselor in West Los Angeles and Los Gatos, is director of training for the Radix® Institute.
p. 14, 40

D

David Darling
is a master cellist, composter, conductor, and teacher whose many recordings include Journal October; Cycles; River Notes; *and* Amber.
p. 12, 13

Laura DeNuccio (Ma Prita),
certified Radix® practitioner on Esalen's teaching staff, has fifteen years' experience combining gestalt, Reichian body work, Bates vision work, movement, ritual, and meditation in the U.S. and Europe.
p. 15, 27, 43, 47, 48, 49

Jed Diamond,
a counselor, has been helping people with problems associated with alcoholism, chemical dependency, eating disorders, sexual compulsions, and other addictive behavior for twenty-five years.
p. 16, 47

Patrick Douce,
one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. He lives part of the year in Bali, where he observes Balinese and other Indonesian "energetic" sciences.
p. 43, 48

Jack Downing,
a psychiatrist for forty-five years and Esalen leader since 1963, has been an Arica teacher since its beginnings in 1970. He is in private practice in San Francisco.
p. 18

E

Eric Erickson
is a long-term student of Gestalt and Eastern philosophical traditions.
p. 34

Maty Ezraty
is a founder and director of Yoga Works in Santa Monica, California, She has been teaching and promoting yoga for the past eight years.
p. 28

F

Peter Finkelstein,
a psychiatrist practicing in Woodside and San Francisco, teaches at Stanford and writes about emotional issues in medical training and practice. He counts among his important influences Sigmund Freud and Bob Marley.
p. 21, 22, 30, 47, 48

Clyde Ford,
author, chiropractor, and counselor, lives and works in Bellingham, Washington. He is founder/director of ISTAR, Institute for Somatosynthesis Training and Research, which offers training in somatics.
p. 15, 47

Lacey Fosburgh
is a journalist who for 16 years was a national correspondent for The New York Times. *She is also a professor of journalism and author of the novel,* India Gate.
p. 37

Joyce Frazee
has been a gestalt and dream work practitioner for twenty years. She teaches at the Gestalt Experiential Training Institute in Vancouver, Canada, and is a director of Hollyhock Institute.
p. 30, 31

Norman Friedman,
professor emeritus of English at Queens College and a poet, is interested in the interrelations between literature and psychology. He is a gestalt practitioner and director of the Gestalt Center in Queens.
p. 21

G

Mariah Fenton Gladis,
gestalt practitioner and trainer, founded and directed the Bucks County Institute for twelve years. She is presently director of the Pennsylvania Gestalt Center for Psychotherapy and Training.
p. 19, 20, 47

Marushka Glissen
is a family and couples counselor in Cambridge. She has worked with children for the past ten years.
p. 24

Herbert Gold
has published over twenty books, most recently Best Nightmare on Earth: A Life in Haiti; Travels in San Francisco; *and the novels* Dreaming *and* A Girl of Forty.
p. 30

Mary Goldenson (Devarani)
is a psychologist, chiropractor, and certified Radix® teacher with a private practice in West Los Angeles.
p. 16, 32, 38, 39, 43, 50

Diane Joy Goodman
is a food and agriculture consultant and professional cook. Her work focuses on how sustainable agriculture affects the quality of exceptional food and nurtures a healthy environment.
p. 35

Harriet Goslins
is the originator of Cortical Reeducation®. She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology.
p. 16, 42, 46, 47, 48, 50

Roger Grandy,
on Esalen's massage staff, is certified in movement reeducation, massage, and shiatsu. He is involved in a medical research project studying the effects of body work and hypnosis on the immune system.
p. 34

Spalding Gray,
writer and actor, has created a series of thirteen autobiographical monologues which he has performed in the U.S., Europe, and Australia. He has taught storytelling at Columbia, NYU, and Omega Institute.
p. 41

Pierre Grimes,
a philosopher, founded the Noetic Society for the Study and Exploration of Platonic and Neo-Platonic works in 1967. He has developed the art of philosophical midwifery.
p. 31

H

Joan Halifax,
president of the Ojai Foundation, is a medical anthropologist. Her books include Shamanic Voices *and* Shaman, the Wounded Healer. *She teaches in Europe, Mexico, and the U.S.*
p. 21

Nicholas Hall
directs the Division of Psychoimmunology at the University of South Florida School of Medicine, and serves as a consultant to the National Institutes of Health.
p. 39, 48

Robert Hall,
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for twenty-five years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 42, 48

Eleanor Criswell Hanna,
professor of psychology at Sonoma State University, is editor of Somatics, *director of the Novato Institute for Somatic Research and Training, and author of* How Yoga Works.
p. 21

Michael Harner
has practiced shamanism for more than a quarter of a century and pioneered the teaching of shamanism in contemporary life. His books include The Way of the Shaman.
p. 18, 44

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 33, 34, 39, 41, 43, 46

Susan Harper
teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 41

John Heider,
a psychologist living in Lawrence, Kansas, is a group leader and teacher of group leaders. He was part of the Esalen Resident Program from 1967-1971.
p. 25

Robert Helm
is a senior member of the Esalen massage/body work staff.
p. 26, 45, 48

Gabriele Hilberg
has conducted workshops for health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 23, 33

Maggie Hodgson
is chair of the special section on Indigenous Peoples for the International Council on Alcohol and Drug Abuse Programs of Lausanne, Switzerland.
p. 14, 47

Maria Lucia Sauer Holloman
has been a seminar teacher since 1982 in Brazil and the U.S.
p. 19, 47

Peggy Morrison Horan
has been practicing and teaching massage at Esalen for twenty years. She is a student of childbirth, dance, and movement.
p. 40, 48

Chungliang Al Huang
is a Tai Ji dancer, artist-calligrapher, and philosophical entertainer. He is founder/president of Living Tao Foundation and director of Lan Ting Institute, Wu Yi Mountain, China.
p. 12, 13, 14, 27

Terry Hunt
is a licensed psychologist in Massachusetts specializing in bioenergetic analysis with ACAs and other addictive disorders. He is co-author of Emotional Healing.
p. 25, 44, 47

I

Jo Imlay
is a writer, fabric artist and co-director of The Eagle Connection alliance of tranformative organizations. She combines shamanic work with insights drawn from contemplative Christianity, Buddhism, and Hinduism.
p. 35

J

Don Hanlon Johnson
is program director of the graduate degree program in Somatic Psychology and Education at California Institute of Integral Studies and of the Esalen Somatics Education and Research Project.
p. 14, 47

Bronwyn Jones,
editor of The Book of Runes *and* The Book of RuneCards, *has been working and teaching with Ralph Blum since 1982.*
p. 33

K

Roseann Kasayka,
executive director of the Focusing Institute, is a certified focusing trainer and Reiki practitioner. She recently received her doctorate in music and guided imagery from New York University.
p. 13, 47

Norman Katz
is a director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe.
p. 40, 45, 48

Melissa Kay,
writer and editor in the field of religion and ritual, is a student of the work of Rudolf Steiner. She has been working with Paul Rebillot since 1978.
p. 22

Margaret Kemeny
is trained in behavioral science and immunology. She conducts psychoneuroimmunologic research at the UCLA School of Medicine on individuals infected with the Human Immunodeficiency Virus.
p. 15, 47

George King
has for three decades been a teacher of somatic poetry, a connoisseur of touch bringing about euphoria and encouragement to those interested in knowing more about themselves.
p. 25, 47

Michael Kramer
began working with Fritz Perls at Esalen in 1966 and lived on the south coast of Big Sur for many years. He has been a student and teacher with Arica since its inception in New York City in 1971.
p. 18

Paul Krassner
is the editor and publisher of Reality *magazine and co-founder of the Yippies. A stand-up comic since 1953, he is the author of* Impolite Interviews *and* Tales of Tongue Fu.
p. 40

L

Frank Lawlis,
a diplomate and elected Fellow of the American Psychological Assoication, is president of the Institute of Transpersonal Psychology. He specializes in behavioral medicine.
p. 39, 48

Dianne Lawrence
has been painting, selling, and exhibiting her work in Los Angeles for twelve years. Previous to that she spent ten years as a professional actress and performance artist.
p. 19, 49, 50

Janet Lederman
is executive director and designer of Esalen's Gazebo School/Park and Gazebo philosophy of learning.
p. 50

Marc Lehrer
teaches clinical hypnosis and biofeedback nationally and internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, California.
p. 40, 45, 48

Annie Styron Leonard
is director of the Energy Training Institute in Mill Valley, California, and an aikido black belt.
p. 22, 35, 40, 44

George Leonard
is a third-degree black belt in aikido, founder of Leonard Energy Training (LET), and author of Mastery, The Silent Pulse, *and* The Transformation.
p. 22, 30, 35, 40, 44

Eva Leveton,
founding member of the San Francisco Family Therapy Center, teaches family therapy, individual therapy, and psychodrama. She is the author of A Personal Guide to Psychodrama *and* Adolescent Crisis, Approaches in Family Therapy.
p. 34

Karuna Licht
is an artist and counselor interested in healing the heart and living creatively.
p. 50

Elisa Lodge
is an expressive arts teacher, professional actress, ceremonial artist, and creater of "Theater of the Earth."
p. 25

James Loehr,
sport psychologist and pioneer in mental toughness training, works in professional and amateur sport, as well as business. He has authored a wide variety of books and training materials.
p. 25, 47

Paul Lounsbury
has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.
p. 32

Jananne Lovett-Keen
is a musician and body worker with a private practice for women called "Care for the Caretakers."
p. 17

Nancy Kaye Lunney,
formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen.
p. 24

Kathryn Lydecker
is a senior associate of the Lomi School, where she has led workshops and facilitated groups for the past eleven years. She is in private practice in Santa Cruz, California.
p. 35

Joyce Lyke
is a gestalt awareness teacher at Esalen with a private practice in Monterey. She is also a teacher in training with the Ridhwan Work School.
p. 17, 20, 29, 36, 39, 47, 48

M

Helen Malcolm-Neeb,
artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations.
p. 36

Peller Marion
is a psychologist and international career management consultant. She is president of Peller Marion Associates, Inc., an outplacement and executive development coaching corporation in San Francisco.
p. 23, 42, 47

Dean Marson
is a member of the Esalen massage crew. His interests include subtle body work and methods of self-care.
p. 43, 48

Paule Marx,
an Arica teacher since 1977, is on the Board of Directors of the Arica Institute. She has a Chua Ka massage practice in San Francisco and has interests in Tibetan Thangkah painting and permaculture.
p. 18

Robert McDermott
is president of the California Institute of Integral Studies (CIIS). He is the author of Focus on Hinduism; Focus on Buddhism; The Essential Aurobindo; *and* The Essential Steiner.
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Mary McGuire,
an associate of Eugene Gendlin, is program director of the Focusing Institute in Chicago.
p. 13, 47

Terence McKenna,
author and explorer, has spent twenty-five years studying ontological foundations of shamanism and the ethno-pharmacology of spiritual transformation. He is the author of True Hallucinations, The Archiac Revival *and* Food of the Gods.
p. 19, 37

Deborah Anne Medow (Jenkins),
Esalen leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
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Jane Miletich,
an Esalen bodyworker for 16 years, organizes the Esalen staff cleansing diet program. She is a Hatha yoga and tai-chi instructor, and student of iridology.
p. 31

Chuck Miller
has been practicing yoga for 20 years and is an advanced Ashtanga student and teacher. His teaching reflects his deep commitment to yoga as a way of living.
p. 28

Hugh Milne,
third-generation Scottish osteopath with twenty years' experience, has practiced and taught cranial work, healing, and psychometry abroad and in the U.S. He works in San Francisco.
p. 42, 46, 48

Stephanie Mines
holds a doctorate in psychology and has been studying Jin Shin Jyutsu for fifteen years. She integrates energetic healing and expressive approaches in her work with others.
p. 20, 47

Beverely Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 16, 29, 39, 45, 46

Caroline Muir
has been a yoga practitioner for over 20 years. She is a Tantric Sex expert who specializes in sexual healing and awakening the Goddess energy in women.
p. 26

Charles Muir,
a professional yoga instructor for 25 years, is director of the Source Schools of Tantra Yoga in Hawaii and California. He and his wife have co-authored the book, Tantra: The Art of Conscious Loving.
p. 26

Arthur Munyer,
a member of the Esalen massage crew, is a trigger point specialist and longtime body work practitioner trained by Dub Leigh and Lauren Berry.
p. 31, 48

Laurie Schutz Munyer,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has also led parent-infant workshops.
p. 37, 48

Michael Murphy
was the founder (with Richard Price) of Esalen Institute and is the author of Golf in the Kingdom; Jacob Atabet; *and the forthcoming* Future of the Body.
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N

Robert Nadeau,
an aikido master, has been a leading exponent of energy awareness at Esalen since the 1970s.
p. 32, 48, 50

Sara Nelson
is national director and coordinator of the Christic Institute's Contragate Project. She was director of the Greensboro Civil Rights Fund and director of the Karen Silkwood Fund.
p. 27

Wes "Scoop" Nisker
is considered the dean of new radio journalism and is the editor of Inquiring Mind, *journal of the Vipassana Buddhist community. He is the author of* Crazy Wisdom.
p. 40

Madeline Nold,
a psychologist, is director of Creative Action Associates and has a Boston cable TV show, "What Is This Thing Called Love?" Her work integrates traditional and cross-cultural practices.
p. 25

O

Violet Oaklander
is the author of Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents. *She leads workshops throughout the world, and has a private practice in Santa Barbara, California.*
p. 13

Babatunde Olatunji,
master percussionist from Nigeria, has performed internationally for over thirty years and is known for his album Drums of Passion. *He is an authority on African religion.*
p. 24, 25, 43

Heather Maycock Ogilvy,
a psychologist in Menlo Park, California, has been in private practice for seventeen years, working with adults and children. She is a longtime Esalen group leader.
p. 30, 48

Dean Ornish
physician and author of Dr. Dean Ornish's Program for Reversing Heart Disease, *is assistant clinical professor of medicine at UCSF School of Medicine.*
p. 26, 48

Kathleen O'Shaughnessy
has had a fascination with expanded mind states through the experiential modes of meditation, plant teachers, somatic disciplines, nutritional healing, the death process, and shamanism for twenty-two years.
p. 26, 45, 48, 50

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager training and gestalt awareness with the personal energetic connection of the Esalen massage. She is a certified MFCC in California.
p. 43, 48

P

Karen Paine-Gernée,
co-author of Emotional Healing *and pioneer in the treatment of ACAs, is at work on a new book on secrets. She is also a parent and an artist.*
p. 25, 44, 47

Laurie Lioness Parizek,
a member of the Esalen massage crew and teaching staff since 1974, integrates traditional and innovative approaches to healing the body, mind, and spirit.
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Nanda Peek
is a director of the Iyengar Yoga Center in Amsterdam. She leads workshops throughout Europe and America.
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Donna Dryer Pérez-Venero
studied the shamanic tradition of the Hmong hills tribes in Thailand. She is a transpersonal psychiatrist and serves on the faculty of the University of Maryland Mecical School.
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Richard Yensen Pérez-Venero
studied the shamanic tradition with Carlos Castaneda and Maria Sabina. A psychologist, he has served on the faculties of Harvard Medical School and Johns Hopkins University.
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Maggie Phillips
is a psychologist in Oakland, California. She has been a presenter at numerous national and international conferences and training events on hypnosis and psychotherapy.
p. 40, 45, 48

Kim Pickett,
an Esalen Staff member, is interested in developing awareness through movement, touch, and gestalt practice.
p. 34, 46

Ayala Pines
is a licensed psychologist in private practice specializing in work with couples. She is the author of Keeping the Spark Alive *and the forthcoming* The Shadow of Love: Jealousy.
p. 37, 41, 48

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 15, 18, 27, 37, 42, 43, 47, 48

Bill Puka,
ethics professor at Rensselaer and psychological researcher at Harvard's Center for Moral Development, practices meditation and yoga. He has formulated federal legislation on economic democracy.
p. 26

Johanna Putnoi,
a senior associate of the Lomi School, has studied Feldenkrais, aikido, and Continuum dance. She has a private practice in Palo Alto, where she is also director of Body Therapy's massage program.
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R

Steven Radiloff
is a Certified Advanced Rolfer and Rebirther with a Master's degree in Counseling Psychology. He focuses on an educational and healing approach to the body, mind, and spirit. He practices in Los Angeles.
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Paul Rebillot,
a group leader at Esalen for sixteen years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 22, 28, 29

Stephan Rechtschaffen,
founder/president of Omega Institute, is a physician concerned with holistic approaches to wellness and longevity. He currently uses concepts of time as the focus for developing optimal health.
p. 29, 48

Tracey Rich
has earned the title of "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally.
p. 33

Sogyal Rinpoche,
an incarnate lama, scholar, and meditation master from Tibet, prominent in the West, is an authority on the traditional knowledge of Tibetan Book of the Dead.
p. 38, 48

Erik Riswold
is a certified LET and body awareness trainer. He is a twenty-five-year practitioner of the martial arts, and holds a black belt in aikido.
p. 44

Vimala Rodgers,
a handwriting specialist and researcher in the brain/hand relationship, uses handwriting analysis as a healing tool. She is director of the Institute of Integral Handwriting Studies.
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Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of Body, Self, and Soul.
p. 16, 29, 39, 45, 46

Rachel Rosenthal
is an Obie award-winning performance artist and educator. During 1991-1992 she is touring her performance piece, Pangaean Dreams, in the U.S. and Europe.
p. 30

Ilana Rubenfeld,
twenty-five-year pioneer in the body-mind-spirit field and originator of Rubenfeld Synergy Method, is a certified teacher of Alexander Technique and Feldenkrais® and is a gestalt practitioner.
p. 13, 14

S

Karel Samsom,
entrepreneur in Vermont, is a teacher and researcher of innovation at the University of Vermont and at Nijenrode Universiteit in his native Netherlands.
p. 14

Robert Sanoff,
a senior associate of the Lomi School, has led workshops and trainings in personal growth for the last twelve years. He has been in private practice since 1976, currently in Santa Rosa, California.
p. 35

Audrey Savage,
gestalt practitioner and body therapist, works with woman's issues, sexuality and spirituality, and the tarot. She is the author of The Fourth Woman *and* Twice Raped.
p. 28, 29

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 18, 20, 31, 36, 43, 49

Stephen Schoen,
psychiatrist and gestalt trainer, teaches courses in the U.S. and Europe on the spiritual dimension of psychotherapy, based on his book, Presence of Mind: Roots of a Wise Psychotherapy.
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Ailish Schutz
has an extensive background in body work and holistic health. She has been conducting The Human Element with Will Schutz for five years and serving as CEO of Will Schutz Associates for the past six.
p. 15

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, a set of training materials for organizations. He is the author of Joy *and* Profound Simplicity.
p. 15, 36

Maggie Seeley
is a consultant and counselor who combines Western psychological theory with Eastern spiritual practices. She teaches at the New School for Social Research and the University of Pennsylvania, and is a certified MBTI practitioner.
p. 38

Mark Seidler,
a visual communications specialist and writer, is a frequent contributor to National Geographic. *He is currently designing material on artificial intelligence and teaches a class on empowerment to prison inmates.*
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Charlotte Selver,
student of Elsa Gindler, introduced Sensory Awareness to the U.S. and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.
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Catherine de Segonzac Shainberg
is a psychologist and founder of the School of Images in New York. She teaches applications of imagery to healing, body work, and its practice as a path to inner development.
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David Shainberg
is a physician who is also certified as a psychoanalyst by the American Institute for Psychoanalysis. He is the author of The Transforming Self: New Dimensions in Psychoanalytic Process.
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Phyllis Shankman
is a licensed counselor in West Los Angeles. She teaches at Ryokan College and has been leading groups at Esalen for over twelve years.
p. 25, 36, 47, 48, 50

Paula Shaw
has been a professional actress and teacher for over twenty years. She conducts in-house workshops for Esalen staff and work study programs in creativity, well-being, and self-expression.
p. 29, 31

Daniel Sheehan,
a 1970 graduate of Harvard Law School, is general counsel and public policy director of the Christic Institute, a public interest law firm and public policy/education center in Washington, D.C.
p. 27

Leonard Shlain,
a San Francisco surgeon, began lecturing on the connections between evolution, consciousness, art, and physics ten years ago. He is the author of Image and Insight.
p. 38

Fred Shoemaker,
an inner game teacher and golf professional, is founder of The School for Extraordinary Golf. He has taught seminars for the U.S., Canadian, and Japanese P.G.A., and often writes about the inner game.
p. 36

Beverly Silverman,
a Rolfer, teaches psychosynthesis and leads gestalt trainings. She lives in France and teaches workshops throughout Europe.
p. 50

Julian Silverman,
a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe.
p. 39

David Silverstein
is a reichian practitioner and longtime Esalen group leader. He is currently a teacher in training with Hameed Ali from the Ridhwan Work School.
p. 36

Edward Smith,
adjunct professor of psychology, Georgia State University, editor of The Growing Edge of Gestalt Therapy *and author of* Sexual Aliveness, *has been a workshop leader since 1971.*
p. 26, 48

Gerald Smith
is a licensed psychologist in private practice in Belmont, California. He has authored two books on relationships, Couple Therapy *and* Hidden Meanings, *and has led workshops at Esalen for twenty-three years.*
p. 20

George Solomon,
is a professor at the University of Texas at Austin and has been giving seminars at Esalen for eight years. He is the author of many books, including The Passions *and* About Love.
p. 15, 47

John Soper
is a gestalt practitioner with a background in international business.
p. 50

Cle Souren
is an Iyengar Yoga teacher based in Amsterdam where she directs the Iyengar Yoga Center. She conducts workshops throughout Europe and America.
p. 41

Kathleen Riordan Speeth
is a psychologist whose interests include Bach, existential philosophy, roses, and Flemish primitive painting. Although trained in Buddhist and Sufi methods, she emphasizes Western literature and ideas. She is the author of The Gurdjieff Work.
p. 17, 40, 47

Brother David Steindl-Rast
Benedictine monk, hermit, psychologist, and author, has lectured on five continents. He is concerned with the spiritual changes of our time.
p. 32, 33, 34

Elizabeth Stratton,
pastoral counselor and healer in private practice in New York City, leads workshops in self-healing and a two-year training program for healers entitled "Awakening the Healer Within You."
p. 16, 17, 47

David Streeter,
a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk.
p. 21, 26, 32, 47, 48, 49, 50

Rod Stryker
is an initiate in the traditions of Kriya and Tantric Yoga who has taught yoga and meditation for twelve years. A writer and speaker, he currently teaches at Yoga Works in Santa Monica, California where he leads teacher training programs.
p. 39

Grace Stern Swanson,
founder/director of Aegis Institute in Haverford, Pennsylvania, is a yoga and meditation teacher trained by Moshe Feldenkrais. She is currently doing personal research in fasting and rejuvenation.
p. 31

Robert Swanson,
practitioner of optimum health techniques, is an astrology teacher and columnist. He has logged over 100 dolphin swims managing a project with the Human/Dolphin Foundation.
p. 31

T

Rick Tarnas,
former director of programs at Esalen, is the author of The Passion of the Western Mind, *a narrative history of Western thought from the ancient Greeks to the postmodern era.*
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Jeremy Taylor
has taught dream work for over twenty years. He is the author of Dream Work *and* Where People Fly and Water Flows Uphill: Tapping the Wisdom of Your Creative Mind through Dreamwork.
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Linda Tellington-Jones,
Feldenkrais practitioner and former project director for the Soviet-American Exchange Program, has made many trips to the Soviet Union to work with Olympic horses, riders, and veterinarians.
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Rita Thangaraj
has taught massage, movement, and meditation since 1978. She has a master's degree in counseling and body psychology; her work incorporates deep tissue release, Trager, and massage.
p. 26, 45, 48

Vicki Topp,
currently faculty coordinator for the Esalen massage staff, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 25, 47, 50

Karen Turner,
author, teacher, and counselor, specializes in mid-life transitions and spiritual emergence. She has been working for over twenty-five years combining mysticism, shamanism, and psychology.
p. 34

V

Attila Vaas
has been a member of the Esalen massage staff since 1976. His skills include polarity, acupressure, and Esalen's free-form style of massage.
p. 37, 48

Sim Van der Ryn
is known for design that is sensitive to people and the environment. He is a professor of architecture at UC Berkeley, president of the Farallones Institute, and former California State Architect.
p. 18, 41

W

James Wanless,
received his Doctorate in Political science from Columbia University. He is the creator of the Voyager Tarot Deck and author of The Way of the Great Oracle.
p. 22, 25

Nahum Ward
is a rabbi, storyteller, and spiritual counselor. He is a student of Torah, Aston-Patterning, and process-oriented psychology.
p. 32

Andrew Weil,
associate director of the Division of Social Perspectives in Medicine, College of Medicine, University of Arizona, teaches and practices alternative medicine, mind/body interactions, and medical botany.
p. 22, 47

Ganga White,
internationally-known teacher and master of yoga, is author of Double Yoga *and has received the titles "Yoga Acharya" and Yogiraj" in India.*
p. 33

Robert Anton Wilson
has written twenty-five books of psychology, futurism, science fiction, and humor.
p. 24

Nancy Winston
is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.
p. 32

Nina Wise
is a performance artist who creates autobiographical and fictional pieces. Her multi-media works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships.
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■ ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see General Information, page 53, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Scholarship information is listed on page 10. If you wish to request a scholarship, please check the appropriate box:

☐ **Standard Scholarship** ☐ **Other Scholarship**

If you need more information, please refer to the inside front cover for Esalen's phone numbers and office hours.

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Please mark your first and second choices for housing after referring to pages 6-7 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

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The $25 per person charge (subject to change) is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

Other Notes:
All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

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JOYCE LYKE

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MAY - OCTOBER 1992

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My intention is to tell
of bodies changed
to different forms.

The heavens and all below them,
Earth and her creatures,
All change,
And we, part of creation,
Also must suffer change.

OVID—*Metamorphoses*

The Future Of The Body

By Michael Murphy

If you read the table of contents to Michael Murphy's forthcoming ***The Future of the Body*** *(see page 5), you will see that the book surveys many kinds of human activity. But* ***The Future of the Body*** *is more than a survey. In it, Murphy combines speculative philosophy, a wide range of evidence for extraordinary human capacities, and guiding principles for transformative practices.*

This book grows out of Esalen's fifteen-year research project on exceptional functioning and the Institute's long experience with somatic, affective, and moral education. The ***Future of the Body*** *is published by Jeremy P. Tarcher, Inc., Los Angeles, and can be ordered through the Esalen bookstore.*

Margaret Livingston
Catalog Editor

Growing acquaintance with once-foreign cultures, new discoveries about our subliminal depths, and the dawning recognition that each social group reinforces just some human attributes while neglecting or suppressing others, have stimulated a worldwide understanding that all of us have great potentials for growth. Perhaps no single culture has possessed as much publicly available knowledge as we do today regarding the transformative capacities of human nature.

Unfortunately, however, professional specialization and divergent belief systems, along with the information explosion, make it difficult to bring such knowledge into a single purview. Like the unassembled pieces of a great jigsaw puzzle, discoveries about our developmental possibilities are scattered across the intellectual landscape, isolated from each other in separate fields of inquiry. In *The Future of the Body*, I bring some of these pieces together to see what picture of human possibility they present.

More specifically, I argue that by gathering data from many fields—including medical science, anthropology, sports, the arts, psychical research, and comparative religious studies—we can identify extraordinary versions of most, if not all, of our basic attributes, among them: sensorimotor, kinesthetic, communication, and cognitive abilities; sensations of pain and pleasure; love; vitality; volition; sense of self; and various bodily processes. These grace-laden analogues of our normal attributes, which arise spontaneously or as products of particular practices, can be cultivated. Indeed, the evidence assembled in this book suggests that we harbor a range of capacities that no single philosophy or psychology has fully embraced, and that these can be developed by practicing certain virtues and disciplines and by building institutions to support them. Though every enduring religion has affirmed something analogous to Judeo-Christian doctrines of grace, none has acknowledged the larger spectrum of grace that a collection of this kind begins to reveal.

Furthermore, these many extraordinary attributes exhibit an apparent continuity with features of animal nature. I suggest that they are part of a richly complex development that began with the earliest forms of life, and that they point toward further human advance. Their cultivation, in other words, would carry forward the earth's evolutionary adventure.

In summary, I propose that:

- there exist extraordinary versions of most, if not all, human attributes. I elaborate this idea by focusing upon perceptions of external events, somatic awareness, communication abilities, vitality, movement abilities, capacities to manipulate the environment directly, feelings of pain and pleasure, cognition, volition, sense of self, love, and bodily structures.
- metanormal capacities, when viewed in their entirety, point toward extraordinary types of embodiment.
- a widespread realization of extraordinary capacities would constitute an evolutionary transcendence analogous to the rise of living species from inorganic matter, or of humankind from its hominid ancestors.
- all or most instances of significant human development are produced by a limited number of identifiable activities such as disciplined self-observation, visualization of desired capacities, and caring for others. These activities can be incorporated into transformative practices.
- a wide range of extraordinary capacities, though produced by specifiable activities, arise without benefit of formal discipline.
- metanormal capacities and experiences are mediated by superordinary agencies or processes (which in Christianity are

called the "graces of God," in Buddhism "the workings of Buddha Nature," in Taoism the "way of the Tao").

- transformative practices can produce imbalanced development, inhibiting certain capacities while promoting others. All human capacities and virtues depend on one another, either directly or indirectly.
- the evidence for extraordinary human attributes supports some sort of panentheism. *Panentheism* (in distinction to *pantheism)* is the doctrine that Divinity is both immanent and transcendent to the universe.
- a balanced development of our various attributes is possible through integral practices.

My general proposals about human possibility are presented in Part One (see Table of Contents). In Part Two, evidence supporting those proposals is arranged according to a spectrum of activities that runs, roughly, from sickness to healing to religious and other life-encompassing practices. I employ this scheme of presentation to show: first, that dramatic transformations of body and mind occur in all sorts of conditions, from disease to saintly living; and second, that significant changes all along this spectrum of experience are mediated in part by specifiable activities, or transformative modalities, that are commonly utilized in programs for human growth. In Part Three, I discuss these constituent elements of transformative discipline, suggesting ways in which they can be joined to promote balanced human development. Here is an excerpt from Chapter 26.

Future Of The Body

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17. Healing and Growth Produced by Psychotherapy and Imagery Practice
18. Psychophysical Development Produced by Somatic Disciplines
19. Psychophysical Development in Adventure and Sport
20. Psychophysical Development in The Martial Arts
21. Examples of Extraordinary Functioning Among Religious Adepts
22. The Charisms of Catholic Saints and Mystics
23. Scientific Studies of Contemplative Experience

PART THREE: *Transformative Practices*

24. The Bases of Transformative Practice
25. Elements of Transformative Practice
26. Integral Practices

Guiding Principles For Integral Practices

They must be suited to each practitioner's makeup. All transformative disciplines must be adapted to their individual practitioners, even in groups with narrow ideas about human development. The most dogmatic martial arts or contemplative teachers must bend their methods to some extent to accommodate the different capacities of those in their charge. But the need for flexibility is especially pronounced if our aim is integral transformation. A multidimensional approach requires methods adapted to each of its practitioner's shortcomings, strengths, and stage of growth. For that reason there can be no single or "right" kind of integral discipline with a universally applicable and strictly specified set of techniques. If experience has shown that flexibility is necessary to accomplish narrow ends, it emphatically

teaches us that a many-sided development of human nature requires rich, diverse, and adaptable practices.

They promote a simultaneous development of our various faculties. Because they involve all dimensions of human activity, integral practices develop through a complex series of outcomes, each of them produced or nurtured by specific methods such as those listed above. Such methods embrace the entire mind-body complex, illuminating volitions and cognitive processes, enriching emotion and relations with others, promoting many virtues, giving the body new power and beauty.

They generally require several mentors, rather than a single guru. Since integral practices engage our various capacities, they depend upon teachers of many kinds, including meditation masters, somatic and psychological educators, and instructors in cognitive skills. People turning today to diverse programs for growth reflect a general interest in many-sided development as well as a general dissatisfaction with various shortcomings of particular religious or therapeutic approaches. Though such eclecticism can encourage shallowness or lack of commitment, it often comes from a drive toward wholeness and a hunger for many-sided fulfillment.

They require a strong and developing autonomy. Only by assuming responsibility for our own development can we learn from our mistakes, sharpen our discrimination, and establish an identity strong enough to sustain the difficulties of high-level change. If we give such responsibility to a guru or group, we may limit our discipline and overlook our particular strengths and shortcomings. If we do not measure guidance from others by our own experience and discernment, we can diminish our unique resources and weaken our personhood. Only through healthy ego-strength can we transcend ourselves.

And even when we surrender to agencies beyond our normal functioning, we must hold to a final reference within. That reference is gradually transformed into an identity beyond the ordinary constructions of self, but it remains an identity nevertheless, not the clone of another creature.

They are facilitated by personal traits that promote creativity in general. Frank Barron, Henry Murray, and other psychologists have identified personality traits commonly possessed by creative people, among them:

- tolerance of ambiguity
- openness to experience (including altered states)
- willingness to temporarily set aside reality testing
- nondefensiveness in relation to strong feelings or unusual ideas
- independence of judgment
- attraction to complexity and asymmetry
- capacity for creative regression
- capacity for right-brained, or nondominant hemispheric functioning that mediates holistic thinking
- flexibility of perception and ego boundaries
- the ability to create order from disorder and to see similarities in the dissimilar
- the capacity to perceive obscure figures or gestalts
- a flair for rendering novel forms from complex stimuli
- unusual capacities for intuition
- psychological risk-taking
- emotional sensitivity
- a strong drive to find patterns and meaning
- feelings of oneness with others

Though these traits have generally been identified among artists, scientists, and others who produce works separate from themselves, they also facilitate practices that develop human nature itself. They help to catalyze new richness of awareness and broader repertoires of behavior. They help bring new enjoyment, beauty, and creativity to our relationships and into our everyday life.

These traits are evident, too, in hypnotic responsiveness, which may be drawn upon to promote certain kinds of exceptional functioning, in the capacity for transformative imagery, in meditation, and in sports (witness the unpredictable moves of great basketball players, the surprising ring strategies of inspired boxers, the novel movements of great gymnasts and dancers). The development of metanormal capacities requires receptivity to unusual experience and a willingness to substitute novel for habitual responses. The realization of new states and behaviors often necessitates a temporary suspension of reality testing. To explore the terra incognita of our latent capacities, we must love adventure, complexity, and strange territory. Integral practices reorder elements of body and mind as if they were artistic materials, into new forms of power and beauty, and for that reason require those personality traits that promote creativity in general.

Though they encourage individual autonomy, they require surrender at times to transformative agencies beyond ordinary functioning. In the ego-transcending love and knowing at the heart of integral development, indeed in all metanormal activities, a power or presence beyond our familiar faculties sometimes inspires us. This superordinary activity alters our sense of autonomy, annihilating and fulfilling it at once as it improves our various capacities.

They require patience and the love of practice for its own sake. In his book *Mastery*, George Leonard describes some ways in which human growth is subverted by unwillingness to persevere in self-discipline. There is an antidote to such failure, though, in the recognition that improvements usually come in spurts after long periods of little or no advance. By enjoying the long plateaus of the learning curve and practice for its own sake, we are most likely to persevere in transformative disciplines than if we constantly demand immediate results.

They utilize inherited all-at-once responses, or psychosomatic compliance for high-level change. Meditation elicits many beneficial changes. Similarly, a simple running program produces several dozen kinds of hormonal, cardiopulmonary, and muscular improvement. These general, all-at-

once responses can facilitate transformative practices, making them more efficient and comprehensive at once. Like a good business deal or fertile scientific theory, they produce great return on investment. Paraphrasing Freud, we might call these simultaneous and manifold changes instances of "psychosomatic compliance for high-level change."

Indeed, every significant change involves a huge number of psychological and somatic events, so that distinguishing general from specific responses can be misleading. Nevertheless, the distinction can help us think about transformative practice. Even if it is only a relative distinction, the difference between general and specific responses can help us improve our strategies for integral development.

They utilize the manifold changes catalyzed by images and altered states. Images and altered states can facilitate complex developments of human functioning. They can activate intricate webs of psychophysical events for healing or growth, help integrate different body parts, and lift various capacities to extraordinary levels. In doing this they resemble all-at-once responses derived from our animal ancestors, but whereas inherited responses act in well-established ways, images and altered states can overrule homeostatic reflexes to produce truly novel abilities. In their more radical effects, they resemble the subsumptive processes evident in much evolutionary advance.

They enlist more than one mediation to achieve particular outcomes. Swami Rama, a yogi whom Elmer Green studied in his laboratory at the Menninger Foundation, could alter his heart rate at will. The swami could do this in at least three ways: by the Valsalva maneuver, by direct control of the vagus nerve, or by "immediate influence upon the cardiac muscle." In this versatility, he exemplified a principle evident in other kinds of self-mastery, namely that particular behaviors can be modified through various physiological pathways, by different processes, using more than one type of meditation.

To explore the terra incognita of our latent capacities, we must love adventure, complexity, and strange territory. Integral practices reorder elements of body and mind as if they were artistic materials, into new forms of power and beauty.

They surpass limits by negotiation rather than force. Any significant improvement in physical functioning requires a reordering of bodily processes. Distance runners must alter their metabolism as they reach new levels of fitness; body builders must break down muscle fibers to rebuild their physique; gymnasts must stretch tendons to improve their flexibility. And qualities of heart and mind, too, are restructured by transformative practice. The psychic exhaustion experienced by athletes and martial artists, the initiatory sickness of aspiring shamans, the dark night of the soul described by Christian mystics, the pain of Zen meditation retreats, and the Sufis' annihilation in God all result to some extent from breakdowns that facilitate self-surpassing. But such breakdowns can be too severe. To succeed, transformative disciplines must strike a fine balance between deficient and excessive effort, respecting limits while they aim to surpass them. For that reason, successful athletes and realized contemplatives alike are frequently connoisseurs of their own condition. A distance runner may feel his poor training, for example, in the missing glow after a half-hearted workout, or—conversely—in the taut restlessness of excessive fatigue; while an experienced meditator knows the difference between firmly held mindfulness and the jaundiced aura of driven concentration. Discipline is negotiated best with a skillful, as well as a determined will.

Such negotiation requires experience, because limits change according to circumstance and the organism's fluctuating disposition. Accomplished athletes, martial artists, shamans, and contemplatives must be existentialists, as it were, centered in the now as they move forward in practice, accommodating their efforts to their psychological and physical conditions of the moment. Because the target of transformative practice is always moving, disciplinary skill requires adaptability, patience, and a willingness to stay on the long plateaus of the learning curve as negotiations with limits to growth continue.

In this, of course, limits stretch as well as fluctuate. Our first constraints, whether psychological or somatic, can yield to skillful practice. At the same time, our aspirations must bend to accommodate homeostasis. Self-cultivation involves alterations of our ideals as well as our present makeup. Such accommodation is evident, for example, in the use of imagery for skill acquisition. Though imagery practice can improve performance, the spontaneity required by a scrambling quarterback or driving point-guard can be interrupted by images inappropriate to the situation at hand. The delicacy required for a tricky golf shot can be impeded by obsessive mental pictures. Imagery, like muscles, must conform to requirements of the moment. And a similar malleability is needed, too, in those rarer activities I have termed metanormal. In

deep meditation, we sometimes apprehend images of extraordinary presences, partly visual, partly kinesthetic, or even auditory, which have to give way as something still greater happens. Or in aikido, images vanish as our body moves in ways we have not imagined. In all dimensions of growth, in all aspects of our functioning, inspired images must yield at times to greater inspirations. Even our most luminous mental pictures are subject to the negotiations of transformative practice.

Thus in practice we look two ways at once, toward those elements wanting change and toward our ever-developing intimations of a greater activity in us. By simultaneously embracing our ideals and actualities, both of which continually develop, we can begin to effect their marriage. And this holds for the philosophies and mythologies that attend our aspirations for growth. The imagery contained in this book, for example, must develop in the light of further experience if it is to have any usefulness for speculation, research, or practice.

The depend upon improvisation. Any successful discipline remakes us to some extent. It alters habits, eliminates outworn routines, changes psychic and physical structures. This is especially true for practices that simultaneously embrace our cognitive and physical parts while respecting our unique makeup. Although some disciplines with relatively limited aims have well-marked stages, methods, and results, integral practices make their way in new territories. Though they can draw upon experience from many fields, they have no detailed maps for all their activities, and few clearly established lines of progression. For that reason they depend upon a certain amount of trial and error, the love of adventure, and improvisation.

They utilize images of unity. Meditation on symbols of oneness are part of both ancient and modern transformative practices. Because our various parts tend to mirror one another, such practices facilitate internal unity and our sense of solidarity with others.

They require (and facilitate) conscious transitions between different states of consciousness. The cultivation of continuous awareness in sleep has been taught in various yogic traditions. Sri Aurobindo wrote:

It is even possible to become wholly conscious in sleep from beginning to end or over large stretches of our dream-experience; then we are aware of ourselves passing from state after state of consciousness to a brief period of dreamless rest, and then returning by the same way to the waking consciousness.

It is also possible to promote conscious transitions between the ordinary waking state and altered consciousness other than sleep. Some Indian Tantric schools, for example, have permitted the use of alcohol as part of their discipline, encouraging their followers to maintain self-awareness while intoxicated. Dervishes hold their inner eye steady while dancing at the edge of exhaustion. Gurdjieff taught self-observation during manual labor, intense exercise, or other conditions where attention typically falters. The Tibetan *Book of the Dead* gives instructions for the maintenance of consciousness through stages of death. By extending unbroken awareness through all our activities, such practices open connections between our dissociated parts, give us more command of habitual behaviors, promote access to our subliminal depths, and deepen realization of a subjectivity beyond all mental or physical happenings.

They depend on a developing awareness that transcends psychological and somatic functioning. Such awareness can disidentify itself from all images, thoughts, impulses, feelings, and sensations by noninterfering self-observation. It comes into its own, so to speak, through a choiceless awareness in action or repose that relinquishes attachment to particular events, either psychic or physical. It provides a growing freedom from mental, emotional, and physical habits, as well as brief moments of joy and recognitions of a deeper freedom still. With cultivation, it opens onto larger vistas and becomes a boundless subjectivity that realizes unity everywhere.

This fundamental awareness is its own reward and one of the supreme results of transformative practice. It is also necessary for practical success in both the early and later stages of integral development. Only its regenerative freedom can mediate the shocks, disintegrations, readjustments, and restructurings required for high-level change. Only its comprehensive embrace is spacious enough, clear enough, and constant enough to sustain a radical reconstruction of the human organism, so well adapted to life on Earth. Only an awareness beyond our particular parts can outlast our homeostasis.

The Sanskrit language of illumined states is suggestive in this regard. *Nirvikalpa samadhi*, for example, a supreme unitive state in which our fundamental identity shines, has no *(nir)* parts *(kalpas)*. Of its own fundamental necessity, it transcends formations that arise within it. With its extraordinary perspective, this essential awareness sustains negotiation of internal conflicts more effectively than limited parts of the mind. Even when we resist or reject particular impulses and reflexive behaviors, it helps balance our feedback-laced systems. This, of course, is a secret of the best modern therapy and the ancient practice of witness meditation. From this undivided, all-inclusive, buoyant awareness, we can bring our disparate elements into contact and eventual integration.

They orient all our capacities and somatic processes toward the extraordinary life arising in us. Integral practices orient us toward the full spectrum of grace. To do this, they must be sustained by a philosophy that embraces our many parts, by an aspiration for many-sided development, and by surrender to an existence greater than the one with which most of us are presently familiar. They place us on a path toward extraordinary life, which, I believe, includes types of love, joy, and embodiment beyond our present abilities to conceive.

■ ESALEN NOTES

PLEASE NOTE:

Shortly before the publication of this catalog we considered raising prices starting July 1. Like many of you, Esalen is feeling the effects of the recession, and of operating costs that continue to rise. After much thought and debate, we decided not to increase our rates at this time. Instead, we are examining other ways to reduce our expenses. A price increase will be our last resort.

■ BIG HOUSE PROGRAMS

As featured in the May-October 1991 catalog, we are now scheduling workshops in our newly renovated Big House. This facility is available to groups of individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Thirteen bedrooms accommodating up to twenty individuals, ten bathrooms, a kitchen, dining room, and living room make it possible to house group members together, thereby enhancing the retreat environment.

To schedule or discuss possible formats, please contact Pat LeWine, program coordinator at (408) 667-3038.

■ NEW PROGRAM ON HUMAN POTENTIAL AND ECOLOGICAL DESIGN

The Farallones Institute has been creating models of ecologically stable, resource-conserving environments for twenty years. Its Integral Urban House in Berkeley and Rural Center in Occidental have pioneered models demonstrating new concepts in solar design, water conservation, waste recycling, and energy production. Esalen Institute, in cooperation with the Farallones Institute, is offering a series of programs that explore the coevolution of personal and planetary health, culture, consciousness, and design. The next workshop in this series is scheduled for June 5-7. Please turn to Esalen Seminars for more information.

■ FRIENDS OF ESALEN QUARTERLY NEWSLETTER

The *Friends of Esalen Newsletter* is for and about the extended Esalen community. Published quarterly, it covers current events and other items not covered in the Catalog.

Through contributions, Friends of Esalen members support the scholarship fund, the Friends network and newsletter, and other Esalen projects. In return, they receive the Esalen Catalog three times a year, the quarterly Friends Newsletter, and opportunities to be listed in the Friends Network Directory and to attend the annual Friends Workshop.

Esalen's Friends include people in 22 countries, from Big Sur to Nepal. If you would like to join us, please complete and return the membership form on page 54.

■ MICHAEL MURPHY'S BOOK TOUR

Michael Murphy and Steve Donovan will tour the United States in the spring of 1992 to meet with Esalen Friends and talk about Michael's book, *The Future of the Body* (Tarcher, May 1992).

Esalen Friends and former seminarians in various cities around the country will be invited to meet Michael and Steve on this tour, and at the same time have the opportunity to meet other Esalen Friends in their areas.

■ INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Currently scheduled programs and their conveners are listed here.

June 14–19
Russian Culture and World Culture

Members of the Russian-American Institute will hold their second annual Esalen conference. Members of the Institute will discuss Russian culture today and its changing relation to world culture.

July 12–17
The New Older Woman: A Colloquy for the Coming Century

Convened by Patricia Faul, Ilene Tuttle, Peggy Downes, & Virginia Mudd

By the year 2000, for the first time in history older people will outnumber the young. Most will be women—more active, better educated, with longer life expectancies than ever before and possessing singularly independent means and minds. This conference was first held in 1991 when twelve older women who have made significant contributions in their fields came together to discuss options for this new older woman and develop a framework for future dialogue. The conference yielded candid, provocative insights on a new generation. This year another group—of differing backgrounds and disciplines—will be invited to expand the dialogue and investigate further what life holds in store for "The New Older Woman."

WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The *Experiencing Esalen* workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on pages 52-53. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

With the completion of the Big House renovation in June, we can now accommodate groups of people in a single facility. The Big House provides meeting rooms, ten bedrooms with twenty beds, a kitchen for meal preparation, and a dining area. We invite people who work together on a regular basis, be they corporate, government, legal, artistic, or familial groups, to design a workshop according to their own needs, using Esalen resources and catalog faculty. Participants also have access to other Esalen amenities, including massage, the hot springs, swimming pool, and bookstore. Reservations for the Big House must be made at least nine months in advance. For more information contact Pat LeWine, (408) 667-3038.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. And, there is a community event schedule that is offered; please check the bulletin board for details when you arrive.

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen or cabins) as follows:

	Assistance	Work
Weekend	$50	4 hours
5-7 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If this arrangement is desired, please check "Standard Scholarship" on the reservations form. If additional assistance is needed, please check "Other Scholarship" and write a brief note of explanation (type or print). If a scholarship is approved, it will be noted on your confirmation. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservations form on page 66, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for Wilderness Programs or the Work Study Program.)

Family Rates: A family of three or more may be housed in standard accommodations at the regular rate for three. The only additional charges per person beyond the two or three full-paying occupants are meal costs: Breakfast, $5; Lunch, $6; Dinner, $8. A child's plate (age 6 and under) is available at half-price. If the non-full-paying family members are enrolled in Gazebo School/Park or an Esalen workshop, additional fees are required. Contact Gazebo, (408) 667-3026, for information regarding their fees.

Standard Accommodations: This is shared housing with two or more persons per room. In some cases, bathrooms are shared. Couples will always be housed in doubles. The rates listed with the workshop descriptions throughout the catalog refer to these shared, standard accommodations. Please review the information below for other housing options.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" on this page as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1025	$675	$350

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$780	$500	$280

Sleeping Bags: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.

$535	$350	$185

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is not refundable or transferable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please

call no sooner than the Sunday before. The following rates are per person, per day.

Weekday (Sunday through Thursday nights)	(2 or more days)	Weekend (Friday and Saturday nights)
Standard Accommodation (2 or 3 per room):		
$95	($80)	$115
Bunk Bed (4 or more per room):		
$75	($65)	$80

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment at Esalen is one of personal sanctuary and respect for the human body.

The Gazebo School/Park Early Childhood Program

The Gazebo School/Park Early Childhood Program is now available to seminarians. Please phone for your child's reservation so that we may provide the kinds of services you will require while attending your own workshops. Call the Gazebo Farmhouse, (408) 667-3026, between the hours of 9:30-11:30 AM for more information.

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, massage.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 52-53.

Entrance to the Little House

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 49-50.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. For ordering information please call (408) 667-3049.

■ ESALEN SEMINARS

Weekend of May 1–3

Enjoying Poetry

Brother David Steindl-Rast

Nature and people at Esalen help poetry come alive. So many have found this to be true that Brother David is offering a new selection of poems in the usual workshop format and setting.

Poems are high-energy food for life's journey. Some of us thrive on this fare: for them, this weekend will provide the delights of a festive meal. Others have been estranged from poetry ever since high school days; they are likely to discover at this workshop rooms of their own house which they never entered before.

Why does school spoil for many young people the taste for poetry? Why does Sunday school turn so many away from religion? These two phenomena are closely related. Yet, it is never too late to discover the divine poet child within us, a child more alive than we ever dared to imagine.

$350

Couples and Creativity

Eva Leveton

Using drawing materials, movement and drama, participants will spend a weekend playing in order to understand how couples relate and to rediscover the well-springs of spontaneity. Emphasis will be placed on reconnecting with the creative sources of relationships, teaching systems, and communication concepts.

$350 per participant

Psychodrama: Exploring the Possible

Maurica Anderson

In an exchange with Freud, J.L. Moreno, the creater of psychodrama, said: "I begin where you leave off. You analyze dreams until they are dead. I give people back their dreams."

Psychodrama is an active and often humorous process which improvises life scenes as a way of identifying and expressing feelings, gaining insight and empathy, improving relationships, and developing creativity and spontaneity. In this workshop participants will have the chance to explore and experience a variety of personal decisions with the option of "choosing not to choose."

The workshop is experiential; the degree of active involvement will be up to the individual. $350

Spring Shake-up

Deborah Medow (Jenkins)

Spring is here and now is the time to get up and move and shake off some of that winter sluggishness! Renew the aliveness of your own body and see how how the way you move often reflects how you feel. Become more aware of your old habits and patterns, and give yourself the opportunity to express new possibilities for change.

This weekend will combine sessions which include elements of dance, yoga, massage, aerobic movement, and theater games for shaping up the outside, with quiet, meditative time for turning inside. The purpose of the workshop: tune in and tune up your Body, Mind and Spirit! $350

May 1–9

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Kim Pickett

For workshop description see Wilderness Programs page 51. $675

Week of May 3–8

The Art of Touching: The Joy of Being in Touch

Roger Grandy & Brother David Steindl-Rast

Where touching begins, there love and humanity also begin. —Ashley Montagu

Our affluent society has its own share in human hunger: the hunger for touch — no less physical, no less painful, no less dangerous than the hunger for food. This five-day workshop is for those who dare to face and own this hunger and want to do something about it.

Esalen massage staff member Roger Grandy studied in Thailand and will teach a centuries-old method of body work developed by Buddhist monks. Brother David, a Christian monk, has helped many to find a healthy attitude towards the body. Together, both leaders will explore ways to overcome prejudices and inhibitions often encouraged by church and society.

Participants will explore the art of touching in its full range. The strong, gentle, healing touch of the body and the touch of a Presence beyond space and time are merely different levels of touching. In traditional Thai manner, the body work will be done on mats, with participants clothed. In this and a variety of other ways we will practice getting in touch with self, with others, with nature, with God. This will be a five day celebration of the joy of being in touch.

Recommended reading: Thich Nhat Hanh, *Being Peace* (Parallax). $675

Five-Day Lomi Intensive

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

In the formative years of life, human beings learn to embody the beliefs and posture of their individual family system and the culture into which they are born. Many individuals unconsciously continue to shape their lives in reaction to these influences, often at the expense of their own creativity and vitality. This loss fosters suffering.

The aim of this workshop will be for participants to observe how they feel, think, and move themselves through life. By attending to bodily-felt experience, moment to moment, and by distinguishing between sensation and thinking, the path to reclaiming one's authentic self opens. Through this process of developing awareness, it is possible to make responsible choices in daily life and to live with integrity and gentleness.

This workshop provides an arena for developing mindful awareness and for unmasking habits that keep us from ourselves and hinder relationships. Lomi work includes meditation, movement, gestalt, aikido, and Reichian work. $675

Spirit in Nature: A Shamanic Workshop

Jo Imlay & John Broomfield

For many of our ancestors, the world was a unified, spirit-filled cosmos in which humans were bound in kinship with animals, trees, rivers, rocks and sky. Our contemporary culture is attempting to rekindle the

Esalen's Meditation House

belief that by acknowledging the living consciousness of the earth, we have much to learn from our companions in nature.

This workshop will help participants reconnect with the earth and hear nature's voices once again. To open all the senses, time will be divided between talk and meditative silence, group activities and solo explorations, drumming and shamanic ritual.

Through discussion and videos, participants will be introduced to the spiritual bond with nature embedded in native cultures: Celtic, Himalayan, Arctic, Native American, Polynesian, Australian. From these beautiful traditions, we learn that everything given by the earth must be held sacred. Against this background, participants will explore their own spiritual experiences in nature and pool ideas on ways to live more lightly on the earth.

Much of the week will be spent out-of-doors in the quiet beauty of Esalen's gardens, groves, and seashore, practicing how to truly see and hear. $675

Body, Heart and Soul

Paul & Niyaso Carter

This workshop explores the many aspects of sexual life, with the objective of helping to heal old wounds, unlearning restrictive programs, dissolving fears, and becoming free to appreciate your own sensual-sexual nature. The five days are structured as a series of initiations beginning with conception and going through childhood, puberty, adolescence, into the mature union of sexual energy and open-hearted love. The goal of the workshop will be to help bring back into your life:

- a heightened sense of well-being in your body
- a lighter and more open heart
- the ability to communicate without fear
- deeper intimacy in your relationships

When we are free to appreciate our sensual aliveness, when our sexual energy is integrated with the energy of our heart, and when we can let our bodies, hearts, and souls experience their own natural flow, true intimacy can happen in our lives. Touching this space is not only a delight, it can also transforms every aspect of our lives. $675

From the Field to the Table

Diane Joy Goodman, Jesse Cool & Esalen Garden and Farm Staff

To have a passion for exceptional food is to be concerned with the honesty and care with which it is grown and prepared. This workshop is for cooks, gardeners, food professionals, agriculturists, or anyone who loves food and gardens. The leaders include a professional cook and consultant in the field of sustainable agriculture, and co-founder of Flea St. Cafe in Menlo Park, California. Focus will be on the inherent relationship between food and its source, the connection between the character of the food you produce, and the quality of the ingredients you use. Practices that support environmentally and economically

sustainable agriculture, such as growing your own food, buying locally and seasonally, and seeking out high quality organic produce, will be illuminated.

In this hands-on workshop, participants will prepare food using new ideas and techniques. They will spend time in the Esalen garden and farm, in the kitchen at the Big House, and at the table. They will create soups, salads, breads, pastas, main courses, breakfasts, sauces, condiments, desserts and sweets from Esalen's spring harvest and other local purveyors.

There will also be time for a group process in which participants can explore their individual relationships to food. At week's end they will leave with information skills, recipes, and perhaps a new vision that celebrates the natural integrity of food. $675

Weekend of May 8–10

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Its emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Fritz Perls, *Gestalt Therapy Verbatim* (Real People Press).
$350

The Modern Warrier and the Samurai Game

George Leonard
& Annie Styron Leonard

A man or woman with outward courage dares to die;
A man or woman with inward courage dares to live.
—Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the full, and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might well be necessary for men and women to reown the warrior ideal.

Through the centering and movement exercises of LET (Leonard Energy Training) as well as through participation in a Samurai Game, you will be invited to get in touch with your own unacknowledged powers, and thus to discover the hidden warrior within. You will practice alternative ways of dealing with conflict and stress. Guidance will be offered on how to apply the warrior ideal to daily life. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: Leonard, *The Silent Pulse* (Dutton) and *Mastery* (Dutton).
$350

Vision Painting

Helen Malcolm-Neeb

Vision painting is a process through which a personal map of the future is crafted. Each aspect of the person's life is addressed from its highest potential. Through meditation, guided visioning, and play, dreams are evoked and organized into images. The vision painting is an affirmation of the individual in professional, spiritual, and personal life.

This is an opportunity to affirm the spirit within from a place of play, creativity, and strength. The maps we create will use symbols, pictures, color and words. Beginners and artists are welcome. Create a vision of your future as you want it to be.

$350 (plus $20 materials fee paid directly to the leader)

Buddha, Krishna and Christ

Robert McDermott

Through scriptural texts, slides and cassettes, this workshop will create visual and conceptual images of these three spiritual beings. Two of the five sessions will focus on each of these figures as depicted in three texts: Buddha in Burtt, *Teachings of the Compassionate Buddha*; Krishna of *The Bhagavad Gita*; and Christ of The Gospel of St. John. Prior reading of these sources is not essential but some familiarity with these books, or with contemporary interpreters (e.g., Thich Nhat Hanh on Buddha, Sri Aurobindo on Krishna and Rudolf Steiner on Christ) will deepen the experience of these figures and their meanings for our individual and cultural lives. $350

Completion

Will Schutz

Incomplete actions, be they personal or social, result in many of humankind's troubles; emotional — replaying early stuck relations; physical — chronic tension from unfinished actions; health — blood poisoning from uneliminated waste products; aging — caused by incomplete events; ecology — waste disposal problems, especially nuclear; spiritual — karma, unfinished business; education — Montessori's insistence on putting toys away; sports — the concept of the killer instinct.

What are the resistances to completion? What must happen to a self-concept to propel it toward completing cycles? These and other questions will be explored via the following concepts: theory of energy cycles, life history completion, health through imagery. $350

Week of May 10–15

Vision Painting for Women

Helen Malcolm-Neeb

This workshop is the same as May 8-10, except that this is a five-day workshop and is for women only. $675

Golf in the Kingdom: An exploration of the inner game

Stephen Cohen, Fred Shoemaker
& John Allen

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart —Michael Murphy, (Shivas Irons) *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It may be experienced not simply as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the

world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom* (Delta); Gallwey, *The Inner Game of Golf* (Random House).

$675 (plus green fees paid directly to the leader)

On Being a Man

David Schiffman

Many men today seek to embrace the emergence of the feminine principle in their own natures. As a result, the right to celebrate and honor the masculine has become a thorny and difficult dilemma.

A man's sense of his uniqueness and value is critical. During this week participants will examine those elements in their own nature which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity. They will explore the following questions:

- What does a man need to know and accept about his own nature to feel himself fully as a man?
- Can men come together to create an atmosphere of trust and goodwill, where the masculine aspects that they have in common can be honored and appreciated in the pleasure of each other's company?
- Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
- Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will explore these and similar issues.

Traditional initiation rituals and purification ceremonies using drumming, changing, and a sweat lodge will also be incorporated in this journey. $675

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, enables one to confront resistance and fear, and can increase the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously. $675

Following the Thread: Revealing the Fabric

David Silverstein & Joyce Lyke

The leaders write: "Most of us go through life ignoring, judging, or rejecting the content of our inner or unconscious life rather than paying attention to the information and messages we are giving ourselves. In our haste to be doing, we have forgotten our Being, and we have surrendered to the conditioning that limits a fuller experience of who we are.

"By attending to whatever is emerging in the moment, with interest and curiosity, we can begin to follow the thread of our inner life, detach ourselves from our conditioned responses, and perhaps discover that which is most essential, the fabric of our Being.

"The purpose of this workshop is to bring us closer to ourselves. We will combine meditation, breath exercises, sound, movement, and personal work in this week of inquiry. Through various awareness practices we will work and play with what emerges without coercion or judgment." $675

Weekend of May 15–17

The Limits of Art and the Edges of Science

Terence McKenna

Every culture has assumed that its models were excellent approximations of ultimate truth. The naivete of such tribal chauvinism cannot fail to provoke a small smile. Join us for a weekend of discussion and insight that carries us outside the cheerful envelope of such myopic assumptions. Can archaic values based on shamanism and the psychedelic experience give meaning to the now apparently inevitable dissolution of our ages-long link to this green and watery world? How can great works of art facilitate our departure from the cave of forgetting and our immersion in the real politic of membership in the galactive collectivity of mind? We will cuss and discuss who we are, where we come from, and where we are headed as a species. Come share in a collective act of opening our mind to a universe that is stranger than we *can* suppose.

Recommended reading: McKenna, *The Archaic Revival* (Harper) and *Food of the Gods* (Bantam). $350

Healing, Meditation, and Dzogchen

Sogyal Rinpoche

In the stillness and presence of meditation, we discover a pure awareness beyond the ordinary thinking mind and catch a glimpse of our true nature, something long lost to the busyness and turmoil of our lives. The core of meditation practice is the releasing of heart and mind in deep ease and relaxation, dissolving tensions, and connecting with a tremendous source of healing within. Health is a state where all aspects of body and mind are in balance. Through meditation practice, the mind's natural freedom begins to shine through whatever arises in everyday life, bringing us confidence and skillfulness in our action.

At the heart of the Buddha's teachings lie the ancient meditation practices of Dzogchen, taught by Sogyal Rinpoche, heir to the 2,500 years of wisdom of Buddha. Rinpoche blends teaching with meditation, exploring the expansive Dzogchen view and showing how it can be integrated into everyday living. This weekend will be a valuable introduction for beginners and of special interest to those who have attended Rinpoche's previous workshops and wish to deepen their practice. $350

Writing with Style and Confidence: Finding the Breakthrough

Lacey Fosburgh

Is your writing not going as well as you'd like? Have you reached a plateau? Is there something you're trying to write, but you feel blocked? Does your writing lack something but you don't know what? Or maybe you want to become an even better writer but don't know how?

This workshop will explore such issues as voice, point of view, style, conceptualization, significance, and especially, your personal relationship with your material. This

will be done with an eye toward discovering the way, the vision, that works for you. The goal will be to develop an understanding of what you're trying to write and finding further resources and inspiration that will free your creative energy. When a breakthrough comes in the creative process, your power and talent are liberated.

Each person in the workshop will receive individual attention and discussion. We will spend time writing and then read each other's work. An aware, psychological approach to writing and the writing process allows you to understand more clearly what attracts you to your material. You can also then discover what may be holding you back from wherever it is you want to go.

The workshop is open to any kind of writing project. $350

Burnout: Causes and Cures

Elliot Waker Aronson & Ayala Pines

This workshop is designed for people who give service to others and are experiencing burnout. It will explore the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life's tedium. Through lectures and group discussions, participants will have the opportunity to increase their understanding of those aspects of their own work and life that could cause burnout. In addition, they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues.

Recommended reading: Pines & Aronson, *Career Burnout* (Free Press); Aronson, *The Social Animal* (Freeman).

C.E. credit is available for nurses; see pages 49-50. $350

Week of May 17–22

The Subtle Self

Judy Blackstone

All spiritual traditions refer to an essential dimension of existence, calling it unity consciousness, emptiness, universal consciousness, and many other names. This dimension is not an abstract concept. It is the core of our own true nature and can be experienced by anyone who is willing to approach it with patience and openness. Unity consciousness is experienced as clear, mirror-like space, pervading our body and our environment, transcending the duality of self and object. It is deeper than the physical and energetic levels of our being, and beyond our psychological defenses, projections, images, and archetypes. Subtle Self Work is a precise method for attuning to the clear space of unity consciousness.

In this workshop we will explore how to relate to others in this clear space, how to commune with nature, how to experience and live in the inner depths of our body. Participants will use daily sitting meditation, sounds to stimulate the subtle channels in the body, subtle movement exercises, and verbal and movement process work to stabilize and expand our sense of unity consciousness. In this essential dimension of ourselves, we can find the source of our love, clarity, vitality, and peace.

Recommended reading: Judy Blackstone, *The Subtle Self* (North Atlantic Press). $675

A Week with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $675

Understanding Differences: A Myers-Briggs Perspective

Maggie Seeley & Mark Seidler

Differences in personal preference create excitement, attraction, and synergy. They can also be the source of great tension and misunderstanding between friends, lovers, colleagues, and family members. Understanding differences can transform these relationships.

Based on the work of Carl Jung, the Myers-Briggs Type indicator is a user friendly personality test which reveals personal likes and dislikes about almost everything (food, lovers, jobs). The personality types include extraverts/introverts, sensors/intuitives, thinkers/feelers, and judgers/perceivers. Although these pairs appear to be opposites, they are both parts of the whole of ourselves—light and dark, conscious and unconscious, feminine and masculine.

Participants will take the MBTI and then be treated to an in-depth exploration of how the 16 personality types are energized, and examine their tendencies to collect and process data, make business decisions, choose mates and friends, select careers, resolve conflict, create spiritual paths, and improve organizational life. Exploring our many sides can provide us with new options for personal growth and freedom. $675

May 17–24

Gestalt Practicum: A Seven-Day Intensive

Christine Stewart Price & Guest Leaders

This workshop is designed for people who would like to further explore the Gestalt Practice form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, body workers, and teachers who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leaders, structured exercises where participants work with each other, didactic presentation, and discussion.

The prerequisite for admission into the workshop is previous participation in a workshop or series of sessions in Gestalt Practice. Persons without this previous experience can fulfill this requirement by attending one of the Gestalt Practice workshops offered throughout this catalog. Others may send a letter of application to Christine Price, 220 Corte Madera Ave., Mill Valley, CA 94941, and will be considered if there is space left available.

Recommended reading; Perls, *Gestalt Therapy Verbatim* (Real People Press); Heider, *The Tao of Leadership* (Humanics); Ram

Dass & Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; see pages 49-50. $1025

Weekend of May 22–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 8-10. $350

Weekend Massage Intensive

Attila Vaas & Laurie Schutz

Participants will be instructed in basic methods used in giving a pleasurable and beneficial massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. The workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; see pages 49-50. $350

Letting Go – Moving On

Mary Goldenson (Devarani)

Beliefs, fear, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate — in the moment — to ourselves, to our work, and to those we love.

The workshop includes periods of intense body work for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge. This workshop will have no more than 30 participants. $350

Image and Insight: The Integration of Art and Physics

Leonard Shlain

The origin of the word "physics" means nature. Both artists and physicists are engaged in an ongoing attempt to describe nature's reality. The artist uses chiefly image and metaphor; the physicist, number and equation. This seminar will explore the connections between the conceptual ideas inherent in revolutionary art movements and the visionary breakthroughs that have occurred in physics.

Throughout history, but particularly in the modern era, the artist *sees* the world in a new way. Later, the physicist discovers a new way to *think* about the world. When these two opposing viewpoints are superimposed on each other, their images and insights are seen to have an uncanny similarity. In this workshop, Leonard Shlain will explore the idea that they are but two different aspects of the same reality.

The changing view of three basic constructs — space, time, and light — in various periods of art, science, and culture will be the basis for a slide show and discussion that explore the reciprocal nature between cubism and a new concept of space, futurism and a new concept of time, and fauvism as a new concept of light. From there, attention will turn to a theory of consciousness which posits the split brain model in the individual as the source of the art/science division in the general culture. Stressing the need to combine the two hemispheric viewpoints, we will examine the benefits that accrue when art is seen in terms of its precognitive ability, and when the imagery of modern physics is understood.

There will be no equations and one need not have a background in either art of physics to enjoy and participate in this workshop. The only prerequisites are a sense of wonder, curiosity, and an open mind. $350

Week of May 24–29

Letting Go – Moving On

Mary Goldenson (Devarani)

For workshop description see May 22–24. $675

Acting is Doing

Stephen Book

Remove the restrictions, both inner and outer, which suppress the spontaneity of any human being, and his/her natural spontaneity will show itself as artistic creativeness. In this workshop, complicated theater techniques are transformed into simple game forms which produce spontaneous behavior through playing. True playing is spontaneous and requires focus — the absorption in what one is doing, to the exclusion of other thoughts.

This experiential workshop, which is designed for the layperson, emphasizes *playing* and *focusing*. Participants will heighten and focus energy, increase communication skills, extend powers of observation and concentration, and improvise imagined realities. $675

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $675

Couples Workshop

Jack Rosenberg
& Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead, they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up at the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It

will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*. $675

A Course in Miracles

Julian Silverman

"A Course in Miracles" is a curriculum which uses the mind to empower, inspire, and enjoy oneself. In it, conventional problem-oriented human thinking is regarded as an oppressive force, a force which needs to be understood and then neutralized. The method and perspective of the course is based on the following goals:

- Upgrading our ordinary ways of making sense of things
- Learning how to recognize life's trials as opportunities to heal ourselves, and how to take advantage of these opportunities
- Learning to re-cognize and to recollect routinely and to fulfill our *essential* value and purposes as human beings. $675

Weekend of May 29–31

Ishta: The Yoga of Empowerment

Rod Stryker

Every human being is a uniquely gifted individual. We are each endowed with physical, intellectual, emotional, energetic, and spiritual capacities that, when honored and cultivated, direct us to limitless achievement. Yoga can show us how to awaken these powers and discover our own way to self-mastery.

Participants in this workshop will practice the tools of Ishta Yoga, a tradition which combines the Yogas for body, mind, and energy cultivation. To unlock our individual potentials we will use yogic postures to strengthen and relax the body; breathing, chanting, and meditation to still and open the mind; and visualization to awaken the psyche's untapped resources. Open discussion and sharing will be used to help personalize our processes and find deeper enjoyment in keeping these ancient traditions alive.

All levels are welcome; the only requirement is the desire to grow. In order to begin our daily practice on an empty stomach, morning sessions will be held from 8:00 to 9:30 instead of the customary 10:00-12:00. For further information please contact the leader at (213) 393-5150. $350

Imagery and Healing

Jeanne Achterberg & Frank Lawlis

The imagination is a perennial, yet newly celebrated, healing resource. It is a bridge between body and mind, a manifestation of the human spirit. The image forms the creative juices and allows transcendence.

This workshop will explore, beyond the confines of modern medicine and psychology, the potent realm of imagination as healer. The potential for self- and transpersonal healing will be experienced through sound, image, meditation, and other tools to shift consciousness. A rationale for the use of mind in the crisis of illness will be given, using information on the forefront of science.

The presenters, pioneers in the study and practice of imagery, will introduce their ideas, practices, and visions for the future. The workshop may be of interest to persons who are working or studying in the health professions and to those who are confronted with chronic or catastrophic illness.

C.E. credit is available for nurses; see pages 49-50. $350

Introduction to Gestalt Practice

Joyce Lyke

The Way, when declared
Seems so thin and flavorless,
Nothing to look at, nothing to hear —
And when used — is inexhaustible.
—Lao Tzu

Gestalt practice is a form — nonanalytic, noncoercive, nonjudgmental — evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomlishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press); Heider, *The Tao of Leadership* (Humanics); Ram Dass and Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; see pages 49-50. $350

Minding your Health

Nicholas Hall

There is convincing evidence that chronic stress has an impact on cardiovascular disease, and mounting evidence to shows its effect on the immune system as well. Current research is discovering that the components of "health" are varied — diet, exercise, vitamins, relaxation, imagery, animal bonding, and social support, can all possibly help reverse the adverse effects of stress and disease.

This workshop will explore some of the research being done by Nicholas Hall, Director of the Division of Psychoimmunology at the University of South Florida School of Medicine, and his research team. The research involves, for example:

- cancer patients using guided imagery to boost their immune system
- actors and actresses using performance to induce personality changes which have been correlated with measures of the immune system
- studies of stress behaviors and communication patterns in whales and dolphins

Stress assessment and management techniques will be explored and discussed. Participants will have an opportunity to hear and participate in discussions about the latest theories in health research, and how these ideas and possibilities might apply to their own lives.

C.E. credit is available for nurses; see pages 49-50. $350

Introduction to Vipassana Meditation

James Baraz

Vispassana (Insight) meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clear," means being

mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we experience the nature of reality as continual change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As we bring attention to all of our activities at Esalen, we will continue to develop mindfulness through the weekend. This will provide a foundation for applying vipassana practice to everyday life. $350

Week of May 31–June 5

The Master's Journey

George Leonard
& Annie Styron Leonard

Mastery is a journey we all can take, provided we have the right map. This workshop is dedicated to giving you clear directions for the master's journey in whatever field you may choose. There will be discussion, demonstration, and participation in movement exercises from Leonard Energy Training (LET) which emphasize mastery in daily life as well as extraordinary human functioning. Some of the topics to be addressed:

- The five keys to mastery
- Creating a vision
- The secrets of practice
- Staying balanced and centered on the path of mastery
- Playing the edge
- Loving the plateau
- Dealing with conflict
- Negotiating with change
- Getting energy for mastery
- Extraordinary human functioning

This workshop involves physical movement but is not strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: Leonard, *Mastery* (Dutton), and *The Ultimate Athlete* (North Atlantic). $675

Intermediate Massage Workshop

Peggy Morrison Horan
& Esalen Massage Staff

This workshop is designed for those who have had some basic Esalen massage experience and are ready for the next step. We will work on several levels; centering ourself through meditation and movement, and developing our sensitivity and awareness to better communicate with and support those we work with. We will also work with specific techniques for deep release, paying close attention to correct body use. Our pace will be relaxed, allowing time to enjoy the hot baths, and explore the natural beauty of the surroundings.

C.E. credit is available for nurses; see pages 49-50. $675

Opening the Feelings

Dale Cummings

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $675

Dreaming: The Magic Mirror that Never Lies

Jeremy Taylor

Participants will share and work with their dreams, drawing upon timeless mythological/archetypal images that shape our contemporary individual and collective lives. Although the focus will be dream interpretation in a collective context, the methods are designed to give participants the ability to engage in their own dream work upon returning home.

Those people who are just beginning to explore the world of their dreams, as well as professionals who work with dreams, are welcome. As Jeremy Taylor comments, "Only the dreamer can say with any certainty what meanings his or her dreams may hold, and dream work is one of the few activities that puts beginners and experts on an equal emotional footing from the outset."

Recommended reading: *Dream Work* (Paulist Press); and *Where People Fly and Water Flows Uphill* (Warner Books). $675

May 31–June 26

Certification in Clinical Hypnosis

Marc Lehrer, Maggie Phillips,
Norman Katz & Adam Burke,

For workshop description see Special Programs pages 47-48. $2975

Weekend of June 5–7

A Weekend with Seymour Carter

For workshop description see May 17-22. $350

Crazy Wisdom: A Weekend of Philosophy and Laughter

Wes "Scoop" Nisker & Paul Krassner

What a fine comedy this world would be if one did not play a part in it. —Diderot

This is more like a *play*shop than a workshop, but that doesn't mean there is nothing important to be gained here. Perhaps there is nothing more useful these days than to cultivate the art of play and laughter, and to learn how not to take ourselves so seriously.

This weekend is designed to help people develop both their comic and cosmic perspectives. Through talks, discussion, writing exercises, and theater games, participants will explore their own sense of humor as well as their philosophy of life. Sessions will include the presentation of Zen and Taoist wisdom tales (the lighter side of enlightenment), trickster stories, Mark Twain's dark writings, some poetry and jokes, and audio- and videotapes of some of the great satirists and comedians, including Charlie Chaplin, Lenny Bruce, Nichols and May, Robin Williams, and Woody Allen. There will be discussion of the uses of humor in the helping professions and in people's everyday lives. This popular Esalen

workshop will not necessarily help you to *be* funny, but should help you to *see* funny. At least one belly laugh is guaranteed.
$350

Waking up at Midlife

Kathleen Riordan Speeth

In the middle of their years many sense their habitual concerns mediocre and their lives not glad enough. Whence the endless summer day? Inexorable evening cannot be ignored. The chill advances. A crisis occurs. At the farthest point of excursion into ordinariness, and not yet falling back again toward the center, there is a stop. In an instant of suspended movement all seems uncannily strange. What was self-evident yesterday? Today it has become repugnant. Events appear to be repeating a recipe or leading nowhere while experiences of great import hover just out of reach.

We will dedicate this weekend to the reexamination of our ideals and our actual life circumstances. Others appear to know some secret of orientation or happiness. What is it? Come prepared to question, to explore, and above all to confront yourself. Bring your journal. We will have the help of philosophers and the succour of great music but — as Auden put it — "look if you like, but you will have to leap."
$350

Eco-Design

Sim Van der Ryn

Eco-design is an emerging discipline that transcends traditional boundaries. If we are to have a future, we must take responsibility for being part of nature; and this participation must not be as conqueror, but as a coevolving, harmonious force that synergyzes biosphere and technosphere using the approach and tools of eco-design.

In this workshop, we begin with examining the ideas and work of the patron saints of eco-design: Mumford, Bateson, Fuller, Wright, Steiner, and others. We will survey the history of success and failure, and examine today's state-of-the-art and future potentials for sustainable and regenerative alternatives for eco-design. $350

Week of June 7–12

Letting Go – Moving On

Mary Goldenson (Devarani)

For workshop description see May 22-24.
$675

Mountains and Waves

Susan Harper & Steven Harper

Nature is a primary teacher of movement, creativity, and awareness. Being outdoors in the richness and beauty of the natural world awakens our outer senses. Continuum movement takes us inward, heightening the awareness of our inner senses. These five days will combine both practices, integrating the subtle inner explorations that Continuum movement inspires with the activity of day-hiking in the magnificent Big Sur backcountry.

The day-hikes will introduce participants to basic and increasingly-refined awareness practices to enhance their sensitivity to all that wilderness and being out-of-doors offers. In doing so, not only will there be contact with the natural world, but it will be an opportunity to reawaken those elements of wilderness within.

In the indoor sessions, participants will explore movements which express and embody what they have taken in during their walks, enlivening their ability to feel what they see in nature, as well as their own inner nature. Engaging with this sensual environment, the group will play with movement, breath, sound, dreams, and ritual.

This is a time for contact with nature and wilderness, inside and out. Participants need not have previous experience in hiking or dance. $675

The Core Self:
The Heart of the Matter

Ron Alexander

Resources for healing such as spontaneity, curiosity, trust, creativity, and joy, are found in the *Core Self*. Time also heals and helps activate these resources. This workshop will assist participants and especially health professionals in their process of healing and to acquire new experiences and skills in microanalysis of mind/body process; to cultivate a friendly relationship with your unconscious in order to heal old patterns and create healthier pathways for new learnings connected to living, loving, working and relating.

The goals of this work are: to enhance self esteem, to become free of trauma and self-images of the past, to become conscious in the present moment, to communicate well, to become empowered as a leader, and to develop a cohesive personal vision. The tools we will use to nourish and nurture ourselves will include: gestalt practice, self psychology, metaphor, insight (Vipassana) and Zen meditation, breathing skills, guided imagery, dream work, deep music, group process and immersion into nature.

Recommended readings: Heider, *The Tao of Leadership*; Polster, *Every Person's Life is Worth a Novel*; and Szuzuki, *Zen Mind Beginners Mind*. $675

True Stories:
Autobiographic Storytelling

Spalding Gray

Everyone has at least one good story in them. The aim of this workshop is to create a safe, supportive space to give birth to that story. Each member of the workshop will be asked to function as storyteller, audience, and critic. When you're not telling, you'll be asked to listen and respond.

This workshop is limited to thirteen people who will be chosen on the basis of personal letters sent to Spalding Gray, c/o Esalen. The letters should explain why you feel it is important for you to take the workshop. Please send no fees until you are notified by mail of your acceptance. $675

Weekend of June 12–14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 8-10.
$350

Iyengar Yoga

Clé Souren & Nanda Peek

The yoga of B.K.S. Iyengar has brought a revitalized spring of healthy life into the ancient art of yoga, making it accessible to those of us living in the twentieth century.

Iyengar yoga is an active stretching and extending of all parts of the body in which strong and active use of the joints is crucial. It focuses on physical and mental awareness, harmonizing the over-stretched and strained parts of the body, and stimulating the stiff and previously impenetrable parts into aliveness. Supple joints and a strong harmonious functioning of the muscles gives freedom to the body and mind.

Participants will be constantly monitored, corrected, and adjusted. Where necessary, props will be used in order to grasp the asana (posture), so even the difficult ones are never avoided. Intelligence in the body is

developed by cultivating insight and understanding of the movement, possibilities and difficulties of the body. Postures are never merely done for the sake of the posture itself. This is what distinguishes the Iyengar method from other approaches in Hatha yoga.

Although Iyengar Yoga is vigorous and physical and mentally demanding, it is accessible to all. $350

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, or major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Pines, *Keeping the Spark Alive* (St. Martin's Press). $350

Mountains of Myth, Symbols of the Spirit

Edwin Bernbaum

Mountains have an extraordinary power to evoke a sense of the sacred. Because of the overwhelming sense of wonder and awe they awaken, they have come to reflect the highest and most central values of religions and cultures throughout the world.

Through a combination of slides and personal experience, Edwin Bernbaum will explore the rich and varied symbolism of mountains expressed in different cultures through their religion, philosophy, literature, history, and art. The workshop will focus on relating these expressions of human longings to the issues and concerns facing us today. Comparisons with traditional views of sacred mountains will highlight the singular role that mountains have played in our efforts to preserve the environment, both wild and civilized.

Through discussion and exercises, participants will explore the ways in which sacred peaks can open us to the experience of a deeper reality and promote our spiritual growth, even in cities far from the sight of the mountains themselves.

Recommended reading: Bernbaum, *Sacred Mountains of the World* (Sierra Club Books). $350

Week of June 14–19

Gestalt Practice

Christine Stewart Price
& Guest Leaders

For workshop description see May 29-31 $675

Making it Float

Robert Hall

There is no fixing a damaged childhood. The best you can hope for is to make the sucker float. —Conroy

Robert Hall writes: "And so it is. This workshop is about making it float. How to. If you're willing to spend some time with meditation, gestalt/group process, making sounds, and experimenting with moving your body to your own rhythms, if you're interested in how body awareness, psychotherapy, and meditation work together to loosen your identification with who you think you are, *and* if you still have your sense of humor, we'll not only make it float, we'll take a ride in it." $675

June 14–26

Heads, Hearts and Tails: 12 Days with Harriet Goslins, Hugh Milne, and Mark Bender

For workshop description see Special Programs page 48. $1665

Weekend of June 19–21

Weekend Massage Intensive

Deborah Medow (Jenkins)
& Char Pias Brenner

For workshop description see May 22-24. $350

When Success is Not Enough

Peller Marion

If I had known what it would be like to have it all, I would have settled for less.
—Lily Tomlin

Since 1950, materialism has sky-rocketed in the United States. Indeed, many of us are wealthy beyond the wildest dreams of our ancestors, and yet we struggle more than ever for self-esteem and meaning in our lives.

When alternative measures of success are not available, the deep human need to be valued and respected by others is acted out through consumption. Buying things becomes both a means of self-esteem and social acceptance. "The avarice of mankind is insatiable," wrote Aristotle, who believed that as soon as one desire was satisfied, another would appear to take its place. If our wants are insatiable, there is simply no such thing as enough.

Peller Marion has designed a weekend that explores the questions: how much *is* enough? What is an achievement junkie? What is *my* definition of success at this time in my life? How do I create my own personal philosophy of life? How do I live by my own agenda?

Participants will have a supportive environment where they can experience and explore the paradox of success in their own life. A variety of experiential processes will be drawn from readings and discussion, games, dance, gestalt, imagery, and meditation.

Recommended reading: Marion, *Crisis Proof Your Career* (Carol Communications, 1991). $350

Mirrors in the Dark: A Gestalt Dream Workshop

Christine Stewart Price
& Gestalt Staff

I believe that in a dream, we have a clear existential message of what's missing in our lives, what we avoid doing and living. —Fritz Perls

A dream is a wish your heart makes when you're fast asleep. —Cinderella (per Disney)

Using the approach of Gestalt practice, this weekend will be spent exploring our dreams and whatever they bring to light. This approach encourages us to see every image and situation in a dream as a projected part of ourselves or of our choices in life. The

process involves entering each image or role and, by becoming it fully, experiencing and owning the possibilities and energy reflected within it. Although the leader will work with some individuals, the emphasis will be on learning how to explore our dreams by ourselves or with other group members, in order to develop the skills to continue this process after the group is over. This workshop is not intended to be introductory. *Registration is limited to people who have previously worked with the leader, attended a Gestalt Practice workshop, or have a sturdy background in gestalt process work.* Participants may want to prepare by keeping a written journal of their dreams in the weeks preceding the workshop. $350

Week of June 21–26

A Week with Seymour Carter

For workshop description see May 17-22
$675

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 8-10.
$675

Weekend of June 26–28

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 24-29.
$350

A Workshop for Couples: Independence and Intimacy

Mary Goldenson (Devarani)

Very little in our culture prepares couples for the challenge, "There is room for both of us." Too often the relationship becomes a battleground for unresolved issues, hurts, and beliefs.

In this workshop, couples will have an opportunity to explore and reclaim the unspoken expectations they project onto each other, heal past hurts that create distance, and learn new ways of communicating. They will have a supportive environment where they can experience themselves as courageous and able to take risks. Experiential processes will be drawn from gestalt, Reichian work, dance, imagery, and meditation. $350

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

Although this workshop is valuable for anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility — painlessly and immediately.

C.E. credit is available for nurses; see pages 49-50. $350

Vision and Embodiment

Laura DeNuccio (Ma Prita)

This is an educational introduction to vision fitness, integrating inner vision and outer sight. The focus is on discovering 1) how to relax, clear, and reeducate the eye and the self to see, and 2) how one's present reality is distorted or shaped by attitudes, beliefs, and feelings.

Participants will utilize the Bates method of eye relaxation, movement, breath, guided meditation, earth ritual, and the creative use of the Spoken Word. Together they will explore, discover, experience, and expand their vision of possibilities for themselves and the world in which they live.

Recommended reading: Goodrich, *Natural Vision Improvement* (Celestial Arts); Huxley, *The Arts of Seeing*. $350

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $350

Week of June 28–July 3

Five-Day Massage Intensive

Brita Ostrom & Dean Marson

For workshop description see May 22-24
$675

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self lives the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; and individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based in trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $675

June 28–July 5

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

Please note: This has always been a popular workshop with lots of people drumming and dancing in a small area. The energy runs high; be prepared for a crowded, exuberant atmosphere. $1025

Weekend of July 3–5

4th of July Weekend at Esalen

Esalen Staff & Leaders
& Special Guest Catherine MacKinnon

Enjoy the 4th of July at Esalen and celebrate the holiday overlooking the Big Sur coast. The weekend will include a barbecue, dancing to master African percussionist Babatunde Olatunji, and other live bands.

On Sunday morning, Catherine MacKinnon, a feminist attorney who, with Andrea Dworkin, pioneered the legal claim for sexual harassment, will give a talk. She will discuss whatever issues are current concerning the areas of women's rights, rape, sexual harassment, pornography, and feminist legislation.

You can also just spend this weekend relaxing in the baths, walking through the gardens, or quietly enjoying the magnificent views of the Esalen property and Big Sur coastline. $350

Week of July 5–10

Massage Mbunde

Char Pias Brenner, Brita Ostrom
& Guest Drummers

This workshop will join the fundamentals of Esalen Massage with expressive movement and drum rhythms from many cultures. Participants will learn to give and receive soothing touch with emphasis on awareness, sensitivity, nuturing, and presence. A basic understanding of specific tension producing patterns and their relief will be presented.

Days will be spent in the Esalen baths, and the evenings we will be shared with various live drummers for movement and rhythm exercises .

This workshop is designed for those who want to access tools for reducing stress in their lives, for bodywork practitioners, therapists, and those in the creative arts interested in learning new skills with sound, rhythm, and expression. It is also a good introductory course in Esalen massage.

C.E credit is available for nurses; see pages 49-50. $675

Awakening Vision Through Conscious Photography

Jeff Berner

Here was room for the imagination to work.
—Mark Twain

Whether you are a beginning or advanced photographer, explore nature, people, land, and wildlife through the "mirror with a memory." Jeff Berner will show you how to follow the path of photography as a meditation, a hobby, a sport, and an art.

As the author of five books in the field, including *The Nikon Touch Photography Guide* and *The Photographic Experience*, the leader can help discover each individual's talent, and provide a continuous flow of "Aha!" experiences with an informal and spontaneous teaching style.

Easy-going assignments will include: Looking at Seeing, The Psychology of Lenses, The Selective Eye (Composition), Depth of Field, A Still Life is Still Life, The Click that "Kills," Creative Accidents, Visual Meditation, and Uses of Color. We'll shoot and talk by day, and show and tell by night.

The workshop will emphasize the use of color slide film, but participants can also use print film. Any 35mm camera is adequate for the workshop, but a single lens reflex camera (SLR), such as a Pentax or Minolta, is preferable. The final evening will feature a group celebration of the projected results in a multi-media show with music. $675

Meeting the Shadow

Jeremiah Abrams

Shadow-work is a process through which we can become whole. By making conscious and integrating the dark aspect of our psyche, we gain the aspect of wholeness. The shadow is the keeper of the gate, the guardian of the threshold. Befriending the shadow allows us to gain the friendship of the self. It is here, in what we don't accept about ourselves, that we can achieve a more balanced personality by recognizing our projections onto others, defusing negativity, releasing guilt and shame, healing our relationships, and reclaiming our unlived creative energies.

In this workshop we will work to recover what has been repressed or denied, and try to find meaning in those parts of us that often remain hidden. Through awareness of the shadow personality, we can dissolve its unconscious power over our choices and mediate the tension between shadow and ego. We will learn to re-collect and attempt to integrate shadow projections that corrupt our relationships and our connection to the world. The leader will utilize dreamwork, trance induction, active imagination techniques (writing, drawing, and clay), bioenergetics, ritual, and the dialogues that evolve from the group's time together. $675

A Retreat for Women of Experience: Mid-Life and Beyond

Lenore Lefer & Anne Yeomans

The gifts of woman are many. They have too often been undervalued and made invisible until we sometimes cannot see them ourselves. Today, more than ever, the earth needs these gifts.

This is an opportunity for women in midlife and beyond to come together to explore the issues that are on our minds and in our hearts. What are the challenges we each face? How can we support each other in reclaiming and honoring our passion, our tears and our outrage, our laughter, and our beauty? How can we express our deepest values at this time in our lives?

The retreat will include time to speak and tell our stories, and time for silence. Each day will include periods of hatha yoga, walking meditation, and group process.

Themes to be explored will include:

- cultural perspectives on the older woman
- issues of loneliness and companionship
- the wisdom of the body
- sexuality and intimacy
- menopause
- power and self-expression
- self-care in the midst of responsibilities
- spiritual questions of mid-life

It is our hope that these days together will strengthen our trust and renew our spirit, so that we can return to our lives with more joy, more tenderness toward ourselves and others, and more boldness towards living all that is important to us. $675

Annual Children's Safari: A Music and Dance Festival for 7-Year Olds and Up

Babatunde Olatunji & Ensemble

Through storytelling, chanting, and learning African rhythms in drumming and dancing, children will work toward a performance guided by Babatunde Olatunji and his ensemble of musicians and dancers who teach musical ritual world-wide.

Olatunji's message is more than musical: it carries a dedication for the future: "We hope that children's programs will become the concern of all who work diligently for a peaceful world, full of love, for those who take our places tomorrow. Omelere — children are the reward of life."

Coordinated by Lia Thompson-Clark and Ivy Mayer, this workshop is open to children whose parents are attending a concurrent seminar. $350

July 5–12

Journey Home

Eli Jaxon-Bear

The leaders write: "The Journey Home is not for beginners on the path. There are too many unsettling paradoxes along the way. For instance, it is a journey of no leaving, and you can't get there from here.

"The Journey Home is not sentimental. It is not about hope. Hope is a way of avoiding what already is in the moment. The Journey Home is a way of recognizing the truth of each moment. The Journey Home is an awakening from a long dream.

"The ego wants desperately to fix life and make it more comfortable, make it better, make it more spiritual. In these five days, we will utilize and then abandon ego-strengthening methods. The inner child will try to be rescued and abandoned along the way. The habits of character fixation as a way of avoiding one's true nature will be examined and worked with in detail." $1025

Weekend of July 10–12

Living in the Body, Living in the Moment

Richard Strozzi Heckler

For over 20 years Lomi School has done pioneering work in the field of mind/body disciplines. This weekend with a co-founder of the school will focus on the wisdom, compassion, and intuition of living in the body. The techniques of touch, breathe, and movement will be used to center us in fully living each moment. $350

Practical Intuition: Introduction

Laura Day

We are all psychics. Every time we draw a conclusion, we work with intuition as well as linear and emotional processes. Identifying how our intuitive faculty works enables us to use it selectively for effective decision-making. A predominantly linear process may be preferable when clear, empirical information is available. When little data is at hand or if the question relates to how current choices might affect future results, an intuitive process may be more efficient and appropriate.

Practical Intuition, an experiential workshop, introduces intuitive methods for gaining empirical information. Participants will give and receive several present and future intuitive readings a day, focusing on predicting and retrieving verifiable data. Different intuitive styles, such as clairvoyance, clairaudience, and telepathy, will be taught, along with exercises for continued training at home.

Participants are requested to bring a few photographs of themselves and people they know well, their personal and business questions, and a willingness to work as if they already knew how to do something that they in fact already know how to do. $350

The Art of Leadership: Excellence in Business, Management, and Communication

"In the Beginner's mind there are many Possibilities
while in the Experts mind there are few."
—Suzuki

Ron Alexander & Bruce Gregory

This workshop is for executives, managers, and other people who are committed to improving their communication and leadership skills. Some of the major areas of focus will include:

- Conflict resolution
- Dealing with blocks that prevent executives from feeling secure and clearly articulating their vision
- Developing trust with people who feel threatened or intimidated
- Discovering and addressing blind spots in self-esteem
- Development of creative strategies for building support systems that facilitate the transformation of Visions into Realities.

Some of the group processes will include: feedback on communication and leadership styles, role-playing, problem-solving exercises for real life work situations, and developing way to use the unconscious to solve problems creatively.

C.E. credit is available for nurses; see pages 49-50. $350

A Rite of Passage for Mothers and Daughters

Genny Wright Davis

This weekend is an adventure, an opportunity to move beyond power struggles, misunderstandings, and old habits to explore new ways to be with each other as women. Participants will nurture their original experience of maturing and "coming of age" in a safe atmosphere where stories can be shared, support can be given, and each person can cultivate what is truly important for their own passage.

Mothers, daughters, and their daughters (from ages nine years old on) are welcome. Please bring baby pictures of yourself, your daughter, your mother, your grandmothers, and of other women who have touched your life. $350

Week of July 12–17

Zero Balancing: Basic I & II

Fritz Smith

Zero Balancing is a simple method for aligning body structure with body energy. Western science has shown that energy and matter are fundamentally coupled; advances in psychology have shown that the body and mind are also interconnected. Zero Balancing is born out of these perceptions, with roots in both Eastern and Western concepts of body function and structure. It is based on the experience that the balance of energy and structure within the body has a direct effect on the physical, mental, emotional, and spiritual health of an individual.

The structural/energetic interface of the body is beneath conscious awareness; when imbalances occur at this level, the body tends to compensate around them rather than resolve them directly. These imbalances often lead to loss of vitality, chronic body pain, and decreased potential for vibrant health. Zero Balancing can assist in overcoming these imbalanced patterns through touch.

In this workshop, anatomy, physiology, and skills of touch will be reviewed. Eastern concepts of chi energy, its movement in the body and the chakra system, will be discussed. Zero Balancing methods will be presented, including those for evaluating and balancing the structural/energetic interface of the body. The workshop will be both didactic and experiential, with emphasis on new body work skills, and is open to all people in the healing arts. It is approved for C.E. credit for acupuncturists (and nurses —see below), and as Z.B. I or II in the Zero Balancing certification program.

Recommended reading: Smith, *Inner Bridges: A Guide to Energy Movement and Body Structure* (Humanics).

C.E. credit is available for nurses; see pages 49-50. $675

Partnerships of Love and Work: The Enneagram of Relationships

Helen Palmer

The logic and integrity of different styles of relating is modeled by an ancient typology called the enneagram. This typology identifies nine personality types and the ways in which they interact. The outer study of the system correlates well with current psychological thinking, but describes optimal ways of relating rather than pathological trends. No way is better than another, but they differ radically in their point of view. At a deeper level of understanding, the preoccupations of thought and emotion that characterize each type are revealed as a continuum of experience that leads us to aspects of type such as empathy, omnisience, and love.

We will review the nine types from panels drawn from the class, and in so doing experience the styles of other seminar participants without interference from our own relationship bias. Adopting the view of a close companion breeds compassion and allows us:

- to see ourselves through the eyes of others, and feel the pressure of their emotional life
- recognize those "irreconcilable differences" that are simply the result of different internal logic
- understand different views on relating
- transform our tendencies into their higher attributes

Emphasis will be on inner material, not personal process work. This is a highly interactive format. Bring your current relationship questions. This intensive can be applied as one of the requirements for the Enneagram Professional Training Program. Previous work with the enneagram is required. If you would like to discuss your background with this material, contact the leader at (415) 843-7621. Workshop is limited to 40 participants.

Recommended reading: Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper Collins). $675

Children's Moving Arts

Lia Thompson-Clark

This work-study program for 7-12 year-olds is an opportunity to work in and learn about community, as well as to meet together for music, maskmaking, dance, and theatre. Other offerings include hiking, swimming, and massage.

The workshop is open to children whose parents are attending a concurrent Esalen seminar. Further information can be obtained by writing to the leader at: P. O. Box 815, Gambier, Ohio, 43022. $350

Weekend of July 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 8-10. $350

Body Rejuvenation

Dub Leigh & Audrey Nakamura

The goal of this seminar is to start to rejuvenate the body, mind, and spirit. A fast way to do this is to work the body. Transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain. Work on changing the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat one.

The recipe for beginning to rejuvenate a body in one session will be demonstrated to the group, and then experienced and performed by each participant.

This seminar is recommended for everyone. The older you are, the more stuff you have to work with. Class size is limited (two students per table). Bring a swimsuit — two piece for women.

Recommended reading: Leigh, *A Zen Approach to Bodytherapy, From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press). $350

High Performance: Making Allies of Our Conflicting Forces

Jerry Fletcher, Edward Hinkelman & Kelle Olwyler

A well-known, but little understood, aspect of high level human performance is that contradictory behaviors seem to exist simultaneously. Everyone has contradictory and paradoxical qualities, but most people do not know how to synthesize and reconcile them. High levels of performance are not reached through a compromise between contradictory qualities, but rather through their integration. An entrepreneur at his or her best is not half "conservative" and half "risk-taker" — a sprinter at his or her best is not half "relaxed" and half "sprinting." There is instead a state of "flow", in which the two states are fully present and merged in a way that optimizes one's ability for maximum performance.

This workshop will help individuals identify and learn to use their seemingly contradictory qualities to produce high performance results, particularly in activities that are not as satisfying and productive as they

could be. A significant portion of the workshop will be devoted to individualized applications, as well as to the problem of managing conflicting external demands with a balanced, effective, personal response. $350

A Workshop for Couples

David Schiffman

This workshop will focus on reawakening and developing positive, mutual supports that are at the root of satisfying couple relationships. The emphasis will be on creating clear and truthful expressions of loving behavior and personal integrity. Participants will re-examine their beliefs and habits through the use of intuitional sensing, risk-taking structures, guided imagery, and gestalt awareness methods.

$350 per participant

CoHousing: Creating Your Own Community

Kathryn McCamant & Charles Durrett

Dramatic demographic and economic changes have created a mismatch between today's household and most conventional American housing. Households experience this mismatch as they face a child-care crisis, deepening isolation, and a chronic time crunch. Things we once took for granted — family, community, a sense of belonging — must now be actively sought out.

CoHousing addresses many of these needs. Developed by the residents themselves, communities are made up of private dwellings complemented by extensive common facilities, such as a dining hall, children's play area, workshop, guest rooms, and laundry facilities. Each dwelling is autonomous, yet the common house, with the opportunity for shared dinners and childcare, is a focal point of the community.

This workshop gives participants an overview of organizing, planning, and designing a CoHousing community from site acquisition through construction and management. Topics will include:

- An overview of the CoHousing development process, from initial meetings to moving in
- Development strategies and the advantages/disadvantages of working with a developer
- Forming and working with a group, and organizing for effective decision-making;
- Financial options, ownership structures, money realities
- Designing for community: architectural considerations
- The next steps: your role, the group's role, services of professionals
- What other CoHousing groups are doing: the network and how to plug in.

Recommended reading: McCamant & Durrett, *CoHousing — A Contemporary Approach to Housing Ourselves* (Habitat/Ten Speed Press). $350

Week of July 19–24

Children's Moving Arts

Lia Thompson-Clark

For workshop description see July 12-17.

$350

The Body and Zen

Dub Leigh & Audrey Nakamura

The goal of this seminar is twofold: 1) to use body work methods and principles for releasing tension, trauma, and toxins from connective tissue; and 2) to circulate the vital energy in an aligned body. The group will draw from Rolfing® (structure), Feldenkrais® (function), and Zen (energy) to obtain these goals.

This is a hands-on workshop. Participants will give and receive body work and learn methods to recognize, work with, and relieve some types of chronic muscle pain. The class will be limited in size (two people per table). Participants are asked to bring a swimsuit, two-piece for women. Please note: Since this is a hands-on class using particular methods, participants are asked not to receive body work outside of class.

Recommended reading: Leigh, *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press). $675

Painting via Creative Dreams

Rachel Heller

Rachel Heller is an Israeli artist who has developed a method that links the creative process in painting with the creative aspect of dreams. The workshop begins with one participant relating a dream. The other members of the group paint their version of the dream — using water-based acrylics, crayons, and pastels — through their own inner processes and feelings. The leader facilitates a dialogue between participants so that the creative process of the dreamer is linked to the creative process of the painters; this is done in part by enlarging, projecting, and connecting the dream to events of the previous day. The result is a single large-scale painting by the dreamer and a series of small paintings by the other participants. Both artistic strengths and individual creative processes come forth in this interplay.

Participants are asked to record a recent dream and the events of the preceding day to be used as raw material in the class. Five dreams will be chosen for the week; one will be presented each day. Prior painting experience is not necessary. Materials are provided; please note materials fee below.

$675 (plus $70 materials fee paid directly to the leader)

Sexual Abuse Survivors: Strategies for Body, Mind and Spiritual Healing

Carolyn Braddock

Countless numbers of children consider the exploitation of their bodies part of their formative experience. Trusted adults assault, neglect, and sexually abuse them, leaving physical and emotional scars. Professional counselors and others need special skills to work with these victims/survivors, and the survivors themselves need special skills to overcome the physical and emotional consequences of being abused.

The primary focus of the workshop will be to empower both the practitioner and the client to work from both cognitive and *body-oriented* approaches. The workshop will offer a new body-focused dimension to traditional strategies in dealing with sexual abuse. Participants will discuss the victim survivors' body, mind and spiritual belief systems, and the physical and behavioral manifestations of moving beyond these experiences. The importance of understanding the various dimensions of a person's reactions to sexual abuse — especially body reactions — is the key to developing predictive tools and guidance for the intervention process.

The leader will present specific intervention strategies and will detail patterns of child abuse and neglect, family dynamics, and body reactions. Much of the work will be experiential. Participants will participate in intervention demonstrations, case presentations, and discussions of ethical and legal issues. The focus will be on individual and group process. Breath work, sound, movement, gestalt, body work, Tai Ji, role-

playing, and creative cognitive work will also be used.

Time will allow for some individual work within the seminar and for scheduling massage and other body work.

C.E. credit is available for nurses; see pages 49-50. $675

A Week with David Schiffman

To make effective, creative, choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set — the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing or denying the sexuality and the power out of which initiative and enthusiasm spring.

In this week, participants will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $675

Exploring Dimensions of Healing

Elizabeth Stratton

The desire to heal and be healed is a deep need within every human being. Seeing someone we love in pain brings out the instinct to touch that person in a compassionate way. Feeling or being ill ourselves can lead us to explore both spiritual and scientific dimensions of healing that we would otherwise not be open to.

Psychic healing, with its focus on the laying on of hands, understanding the meaning of the illness, and seeing into the heart of the person who is ill, brings a spiritual dimension to healing that can be a valuable adjunct to modern medicine and its high technology.

This five-day workshop will provide both theoretical and practical tools to awaken the healer within. Self-healing methods such as opening the energy centers (chakras), communicating with the body, and guided healing imagery will be explored to assist participants in taking charge of their own health. In addition, participants will begin to learn to work with others in a healing capacity through laying on of hands and psychic scanning.

C.E. credit is available for nurses; see pages 49-50. $675

Stairs behind the Big House leading to the beach.

Weekend of July 24–26

A Weekend with Seymour Carter

For workshop description see May 17-22 $350

Big Sur Wilderness Experience

Steve Harper

For workshop description see May 24-29. $350

Movement from the Martial Arts

Yoshi Sakuyama & David Streeter

This weekend workshop will offer participants a wonderful opportunity to absorb the spirit of Shorinji Kempo, a Japanese martial art that is rooted in Zen Buddhism. Yoshi Sakuyama, a sixth-dan master from Japan, will introduce a basic exercise system that is the foundation for many martial arts strategies.

These powerful yet simple katas or dance-like movements amplify vital intrinsic energies that flow from the center of the body.

It means telling the truth and seeing life and the self through the eyes of compassionate truth.

This workshop provides an opportunity for those individuals who are in the recovery process to develop the healing skills necessary to create a new life. Experiential work will include: establishing and nurturing a relationship with God; self-forgiveness and forgiving others; telling the truth and releasing fear; turning anger into the will to live; healing the physical body from years of abuse; opening the inner energy system through meditation and imagery; developing psychic strength and protection from other people's negativity and addictive behaviors; and experiencing bliss through spiritual substance rather than substance abuse.

C.E. credit is available for nurses; see pages 49-50. $350

Creating a New Life

Elizabeth Stratton

Recovering from addiction often requires spiritual strength — the recognition of the healing power of our relationship with God. It gives the recovery process meaning and the individual a will to live.

Creating a new life during recovery is a challenging process. To let go of the past while recovering from it means to see life through new eyes. Beginning each day anew requires dedication, courage, and compassion for the self that is being reborn. It means telling the truth and seeing life and the self through the eyes of compassionate truth.

This workshop provides an opportunity for those individuals who are in the recovery process to develop the healing skills necessary to create a new life. Experiential work will include: establishing and nurturing a relationship with God; self-forgiveness and forgiving others; telling the truth and releasing fear; turning anger into the will to live; healing the physical body from years of abuse; opening the inner energy system through meditation and imagery; developing psychic strength and protection from other people's negativity and addictive behaviors; and experiencing bliss through spiritual substance rather than substance abuse.

C.E. credit is available for nurses; see pages 49-50. $350

July 24–31

Healing the Wounded Heart: The Art of Re-bonding

George Kohlrieser

From cradle to grave, life involves a changing script of "affectional bonds." These bonds are different from dependency and are essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with particular others, a way to explain many forms of physical, emotional, and spiritual distress, including emotional detachment, depression, and burnout. Life energy is connected to the quality and depth of emotional bonding.

This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and bonding work to understand, create, and celebrate positive emotional attachments.

Recommended reading: Lynch, *The Language of the Heart: The Body's Response to Human Dialogue* (Basic Books); Bowlby, *Attachment and Loss, Volume 3: Loss, Sadness and Depression* (Basic Books); Steindl-Rast, *Gratefulness, The Heart of Prayer* (Paulist Press). $1025

Week of July 26–31

Reawakening the Inner Child Through Film

Francis Lu and Brother David Steindl-Rast

Return to the beginning: Become a child again. — Tao Te Ching.

The child's delight in the movies can be reawakened in our adult life. There is a magic power to cinema. Through image, sound, and action, film can portray with unique power the joys and sorrows of childhood. It can help renew within us innocence, wonder, and creativity. This may open our eyes for surprising discoveries.

Central to this seminar will be the discovery of the child within each one of us. Many have been helped by finding the right film at the right time. Should this help be left to chance? Like reading a novel, viewing a film is an art. Practicing this art for five days can heighten our enjoyment and deepen our insight.

For the third time, this annual gathering will bring together film enthusiasts, be they professionally connected with cinema or merely private movie buffs. In leisure we shall view and discuss timeless classics as well as hard to obtain and little known masterpieces of the screen. All this in the incomparable setting of Esalen: A film festival and more than that! $675

Intermediate Craniosacral Workshop

Hugh Milne

This class is dedicated to a more specific understanding of the scope of craniosacral work, building upon the foundation of the introductory class. The focus is on cranial dysfunction patterns in the mouth, the spheno-basilar and the temporo-mandibular joints. An amplified technical repertoire of coupled holds and spanning techniques will be explained and demonstrated. Further work on non-verbal perception and diagnosis will complement and balance the analytical approach. The challenge is to perceive the way that the head communicates as an intelligent, somatically articulate realm of body consciousness, acted on and responding — instinctually or intelligently — to tension, trauma and joy.

C.E. credit is available for nurses; see pages 49-50. $675

Transitions

Elliot Waker Aronson & Gabriele Hilberg

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition — whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can cause us to lose our sense of internal balance. The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants may develop ways of enhancing their understanding of themselves and increasing their overall effectiveness.

Recommended reading: Aronson, *The Social Animal* (Freeman). $675

Illness and Awareness: Applying the Enneagram to Healing

Marlene Cresci Cohen, France Doyle & Irene Terestman

Illness presents an opportunity to increase awareness and self-expression. People can become healthier precisely because of illness; illness makes self-defeating patterns more visible and opens us to change and healing. It can also give us a clearer perspective on what really matters in our lives.

The Enneagram offers a window through which patterns of attention that limit awareness can be observed. It is a system that identifies personality types and styles of communication and illuminates issues of self-preservation. A useful adjunct to Western concepts of personality, the Enneagram can assist the person experiencing medical symptoms as well as the healthcare practitioner in identifying self-obstructive behavior and improving communication in the healing process.

This workshop is for participants who have both an interest in the Enneagram and in health. It is suitable for physicians, nurses, psychologists, social workers, healthcare teams, and academic and clinical educators in these fields. The workshop is also for people who want to increase awareness of their own patterns of attention and can see the possibility of using their medical history as a springboard to self-recognition.

Panels of exemplars of the nine types represented in the Enneagram will be used to help participants identify opportunities for intervention. Modalities including meditation, Eidetic Imagery, and hypnosis will be presented as they apply to self-care. Participants should have some previous training or familiarity with the Enneagram.

Recommended reading: Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper & Row). $675

July 31–August 2

Weekend Massage Intensive

Laurie Parizek and Dean Marson

For workshop description see May 22-24 $350

The Awakened Mind: Brainwave Training

Anna Wise

Inside each person there lies a wealth of knowledge, capabilities, and power rarely transmitted to the conscious mind. Brainwave training combined with meditation and biofeedback monitoring helps develop these deeper resources, allowing access to greater creativity, reduced stress, and a deeper awareness and understanding of your inner self.

By assessing the brainwave patterns of hundreds of people who function unusually well, C. Maxwell Cade of the Institute for Psychobiological Research in London began to see similarities in the patterns of optimal states of mind. Drawing upon Cade's work, Anna Wise has developed a training program to help access these optimum states.

Different methods of meditation, visualization, and psycho-physiological relaxation affect our brainwaves in particular ways, as do specific acts such as tongue, eye, and body positions. In this workshop you will learn techniques for brainwave development and management, and begin to determine which methods of practice are best for your particular brainwave pattern.

You will also address how you can use these optimum states once they are achieved for your own creativity, mental flexibility, self-healing, problem solving, and spiritual development. The Mind Mirror EEG will be used to demonstrate brainwave patterns, and each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

C.E. credit is available for nurses; see pages 49-50. $350

Techno-animism: Mysteries of Virtual Reality

Britt Welin & Ken Adams

Is information immortal? What unexplored realms of spirit will we encounter with amazing new computer and electronic media? As cyberspace and synthetic realities evolve, we can anticipate an emergence of unnamed opportunities and challenges.

New myths will be needed; new secrets will be experienced. How can ancient models of mind such as shamanism, Hinduism, and voodoo help us comprehend silicon consciousness? Why are neuroenhancers crucial to so many computer innovators? Can couples share an erotic relationship with a machine spirit?

Rose *X is a partnership between Britt Welin and Ken Adams devoted to exploring the psychedelic applications of videographics and sound design. They have produced "The Experiment at Petaluma with Terence McKenna" and "Chaos*Gaia*Eros: A Post-Savage Oracle with Ralph Abraham."

This workshop will offer a hands-on opportunity to examine some of these new possibilities with computers and electronic media. Discussions and demonstrations from the weekend will be "sampled" electronically and woven into a "video Oracle" to document and embody the event. Copies of the resulting video tape will be provided to all participants. $350

Creative Bonding: Changing Destructive Detachment

George Kohlrieser

Recent medical and psychological research validates the idea that "no man is an island" and that bonding behavior to people, pets, places, things, and goals is central to physical, psychological, and spiritual well-being. Disruption in the bonding-grieving cycle can lead to destructive detachment, victimization, and chronic loneliness which can shorten one's life and limit the quality of genuine aliveness.

Through presentations, guided imagery, emotional release, and group process, participants can explore, reinforce, or establish new and more effective ways to keep the bonding process alive and healthy.

Recommended reading: Lynch, *The Language of the Heart: The Body's Response to Human Dialogue* (Basic Books); Bowlby, *Attachment and Loss, Volume 3: Loss, Sadness, and Depression* (Basic Books); Steindl-Rast, *Gratefulness, the Heart of Prayer* (Paulist Press). $350

Fathers and Sons

Michael Barnett

This workshop will strive to create a group ritual that will herald a new beginning in the relationship between fathers and sons. We will pursue eclectic techniques of drawing, visualization, and group process to look at the past and present father/son relationship. These same techniques will then be used to mutually create a vision for the future. Our group ritual will be a celebration of this new direction. Group size will be limited to seven fathers and sons. A father may bring as many sons as he wishes.

All group members are requested to bring: 1) pictures of themselves as a child; 2) any clothing, musical instrument or artifact that has symbolic meaning; and 3) a heart to move in a new direction. $350

August 1–8

A Gentle Trip in the High Sierra

Maurica Anderson & Les Wilson

For workshop description see Wilderness Programs page 51. $705

Week of August 2–7

A Week with Seymour Carter

For workshop description see May 17-22. $675

Expanding Self-Expression

Paula Shaw

Many of us become inhibited when we find ourselves around a group of people. Whether we know them or not, our sense of freedom and intimacy, and the confidence to be ourselves simply disappears, and we disappear in the process. What happens to our sense of self and the integrity of our communication ability? Why do we feel threatened or insecure? Why is it so difficult to express who we really are?

This workshop will explore these issues and provide a safe space to experience the feelings and fears that keep us inhibited. We will experiment with personal risk-taking in a way that makes it exciting, challenging, and appealing. Our goal will be to unlock ourselves in order to find clarity and joy in our self-expression with others. Acting and creative communication games, physical and vocal exercises, and individual and groupwork will be used to find our way through inhibitions to joyful self-expression. The process will also be fun and playful, so be prepared to enjoy the group!

Request: a one- to three-minute memorized performance piece of any kind — monologue, passage, poem, song — original or not. $675

Spiritual Healing: Laying On of Hands

Maria Lucia Sauer Holloman & Alfred Pomerleau

This workshop will present practical methods of using the hands as instruments for physical and spiritual healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art.

Maria Lucia Sauer Holloman studied and lived at Esalen for nine years. She currently studies with healers in Brazil and has a private practice in Rio de Janeiro where she applies Brazilian and North American approaches to healing.

C.E. credit is available for nurses; see pages 49-50. $675

Living Meditations

Judyth Weaver

In our busy lives we do so much — but how do we do it? Are we fully aware of our actions and the consequences of what we do? Are our actions as appropriate and response-able as they could be? Could our lives be easier or more energetically economical? What are we doing to/with ourselves, and how does that affect us and others, our health, our relationships, work, longevity, our well-being?

This workshop encourages participants to "tune in" and become more aware on many levels of how they live. The work is experiential; through awareness of breath, self, and each other, and by focusing on everyday activities such as walking, sitting, standing, and touching, participants develop a fuller sense of mindfulness. This direct study of one's experience provides a practice ground for change and can suggest ways to facilitate it. Increased awareness of personal needs and desires can expand the possibilities for becoming a fuller, more realized, happier, and healthier human being.

C.E. credit is available for nurses; see pages 49-50. $675

Rituals for Healing

Jeanne Achterberg & Frank Lawlis

Rituals give meaning, richness, and structure to life's passages. They are for communication and celebration, for solemnity and deep inner silence. They are a visible manifestation of common human experience. Most of all, rituals are ceremonies of healing.

During this workshop, participants will explore components of healing ritual and discuss why rituals work. Sounds and symbols of rituals from several cultures will be experienced. The group will create and participate in healing rites which incorporate ancient wisdom with the belief systems from modern medicine, science, and psychology. The focus of the ritual work will be the healing power of the imagination.

This program may be of interest to health professionals and others who are on a healing path — seeking harmony, balance, and wholeness.

C.E. credit is available for nurses; see pages 49-50. $675

Weekend of August 7–9

A Weekend with David Schiffman

For workshop description see June 26-28. $350

Writing and the Act of Creation

George Leonard

Participants will be encouraged to break through ego-barriers and cultural conditioning that inhibit expression. In so doing, they will have a chance to experience the creativity that is inherent in all of life. There will be little in the way of theoretical discussion and no critiques of past works. Simple movement exercises will serve to reduce stress, free the mind, and focus the will. Participants will have the opportunity to write furiously in the here and now and to get immediate feedback. Before the weekend has passed, they in all probability will have completed a short article or fictional work and will have experienced some of the joys and heartaches that accompany publication. Bring pencils, pens, or portable typewriters — and plenty of paper.

Recommended reading: Strunk & White, *The Elements of Style* (Macmillan); Leonard, *The Silent Pulse* (Dutton) and *Walking on the Edge of the World* (Houghton Mifflin). $350

Keeping a Good Relationship Alive

Gerald Smith

How to be close and vulnerable as partners, yet separate and free to grow as individuals, is a major dilemma in keeping a good relationship alive. Because each partner continues to change this dilemma is never quite resolved, but can be dealt with in ways that add to the aliveness in the relationship.

During the weekend much of the participants' time will be spent with their partners (separate from other couples). Verbal, nonverbal, and written exercises to enhance openness, support, and affection will be used, as well as developing skills that help resolve differences in ways that do not produce "scar tissue." And, since playing is an essential part of keeping a relationship

alive, there will be exercises to rekindle the imagination and the willingness to play together. Limited to 12 couples.

$350 per participant

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about contacting and feeling and expressing.

Come alone or bring someone who is important to you, perhaps a lover, friend, a parent, someone with whom you'd like to communicate in a different way things you've expressed before and possibly things you've never said. If you wish, bring photographs of significant people in your life, past or present.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of , this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance. Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. But the workshop is really about you — singing. $350

Energy, Resources, Environment, Development, and Security

Amory Lovins

Energy policy is well along in a revolution which the leader's 1976 *Foreign Affairs* article helped to launch. That paper redefined the problem as not simply where to get more energy, of any kind, from any source, at any price, but rather how to find just the amount, type, scale, and source that would do each desired task at least cost. This end-use/least-cost approach has proven fruitful in examining a wide range of other issues too, ranging from efficient use of water and minerals to the interlinked problems of sustainable, economic development (from local to global), redefining security, rethinking agriculture, and protecting the earth.

Understanding the links between these subjects often makes it possible to solve many problems at once. Efficient energy use, for example, can simultaneously help the poor, displace insecure (or all) sources of oil, abate global warming and acid rain, stem nuclear proliferation, save wildlands, cleanse air and water, create wealth, and preserve the interests of our descendants.

This seminar will begin with energy — chiefly its efficient use and renewable supply — both as factual background and as a conceptual launching pad for related issues. It will then branch out in the directions of most interest to participants, emphasizing interconnections and a vision across boundaries between various disciplines. Modest acquaintance with numbers and with technical and economic fundamentals will be helpful, though not essential, as the seminar is equally concerned with social, political, and ethical issues and with practical methods of implementation — drawing on the participants' diverse perspectives and experience. $350

Week of August 9–14

Centering

Robert Nadeau

Bob Nadeau will present the simplicity and naturalness of the centering process through his innovative approaches to grounding, movement, energy awareness, aikido, and male-female polarity. The physical, mental, energetic, and spiritual aspects of centering will be explored through material Nadeau has recently developed, so this workshop is suitable for new and old-time students. Wear comfortable clothing. $675

Five Days with Ilana Rubenfeld

This workshop introduces the Rubenfeld Synergy™ Method, a holistic system developed over the past twenty-five years that integrates body, mind, emotions, and spirit for healing of self and others. This blend of gestalt practice, Alexander Technique, Feldenkrais® exercises, and Ericksonian hypnosis will be utilized as a gateway to contact, express, and work through deep feelings and memories locked in the body. Group exercises and individual demonstrations will incorporate gentle touch, movement, music, and humor. Key issues will be:

- Surviving the wounds of a dysfunctional family
- Healing the inner child
- Evoking innate healing potential
- Interdependence between emotions and posture
- Dreams and body metaphors that reveal life patterns
- Playfulness and humor
- Tools for self-care

This workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended Reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, New York, NY 10011. $675

Embodiment and Vision

Laura DeNuccio (Ma Prita)

The perception of wholeness is the consciousness of healing. —Ernest Holmes

Laura DeNuccio writes: "This is an invitation to those individuals who are aware of an emerging consciousness that is making itself felt and heard personally and globally, and who are searching to fulfill both higher and deeper callings in their lives.

"Through attunement with the Earth and each other, individuals can deepen their capacity to listen to the innate wisdom and intelligence of their bodies. Learning to listen from within can lead back to the ancient wisdom of the Earth — returning us to our sacredness and wholeness. Participants will use breath, sound, and movement as meditations for enlivening the vitality of cells and tissue, for dissolving energetic blockages, and to quiet, still, and expand the mind. The sound meditations have the potential of moving the individual past the limitations of language, creating openings for new thought and inspiration. The emphasis will be on self-care, renewal, and nourishment.

"The group will explore commitment and what it means to fully embody one's inner vision. What would you love to see in your life? In your world? What is meaningful and significant to you? What's truly of value? Ritual and the power of the Spoken Word will be used to bring this vision forth. While cultivating compassion, honesty, and kindness toward oneself and others, the group can experiment with co-creating community, an environment of trust and acceptance in which to explore this ever-unfolding adventure of spirit."

Recommended reading: Fields, et al., *Chop Wood, Carry Water* (Tarcher); Rodegast and Stanton, *Emmanuel's Book* (Bantam); Nicholson, *Ancient Wisdom, Modern Insight* (Theosophical Publishing House); *Quantum Healing* (Bantam). $675

Mid-Life Crisis as Spiritual Emergence

Karen Turner

Participants will view mid-life transition in the framework of spiritual emergence and renewal, a time when the old systems the individual has used as foundations seem stripped away, leaving chaos and challenging long-held beliefs. It is a time of soul-searching; of confronting both inflated and deflated self-concepts; of surrendering to deeper, more expanded states of awareness; of learning to trust inner guidance as absolute authority in one's life.

This workshop will be a rite of passage for both men and women going through this transition. Together they will have the opportunity to discover each participant's unique self, and how each is in relationship to self, each other, the world, and spirit. Tools for self-exploration and awareness gathered over 25 years from psychology, mysticism, and shamanism will be presented, with time for discussion and sharing. Each workshop is uniquely designed to meet the needs of those attending.

$675

The Tai Chi Ruler

Master Share K. Lew

Workshop participants will be taught the Tai Chi Ruler, a set of 8 non-strenuous breathing and movement exercises, which date back to the Sung Dynasty (960 A.D. — 1127 A.D.). These exercises are performed while holding a wooden "Tai Chi Ruler" and includes one exercise performed while sitting, and one done lying down. The Tai Chi Ruler balances the energies of the internal organs, increases flexibility, and promotes an active long life.

Practice of the Tai Chi Ruler increases the quality of the circulatory system (which traditionally is seen as benefiting conditions such as arthritis and aiding recovery from illness), and is an excellent addition to any body/spirit awareness discipline.

Master Lew says that anyone who practices all the exercises properly will feel their chi moving within a week. Master Lew will also tell stories from his life in the monastery, and will be available for private health consultations.

Recommended reading: Dang Ming-Dao, *The Wandering Taoist*.

$675 (plus a $15 materials fee paid directly to the leader)

Weekend of August 14–16

The Spirit of Creativity as a Catalyst For Change

Char Pias Brenner

The creative spirit is alive in all of us. But the expression of creative form requires access to our unconscious and the awakening of our subliminal forces. The process of bringing creative form to consciousness can, like the seasons in nature, have many moods and cycles. Sometimes it can strike with the force of a hurricane, and other times it can feel like the sweet fruits of a cool autumn. However we experience it, creative process can directly effect our ability to move, speak, touch, make decisions; and it can change the way we see ourselves and our environment.

This workshop is designed to free the energy of expression and help participants access their Creative Source, experiencing the various aspects of its vitality. Releasing barriers to liberate our creative self-expression will be symbolically expressed in the improvisational dances we create. Expression of each participants' metaphor of release and emergence can help give new form and direction to personal decisions and choices.

Utilizing expressive movement, the power of the voice, imagery, improvisation, drawing, and music making, we will enact the creative process in order to bring to consciousness our most imaginative selves.

$350

A Weekend with Ilana Rubenfeld

This workshop will provide an introduction to the Rubenfeld Synergy™ Method, a healing system that uses gentle touch, movement, gestalt practice, creative imagination, music, and humor.

The memories and emotions stored in the a body can result in energy blocks and imbalances. Through exercises designed to contact, release, transform, and balance these cellular patterns, participants can freely explore their innate healing potential. The atmosphere is one of acceptance, caring, and laughter, encouraging participants to move toward integration, empowerment, freedom, and new possibilities.

Participation in this workshop will fulfill one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact The Rubenfeld Center, 115 Waverly Place, New York, NY 10011. $350

Metaphors We Live By

George Lakoff

Metaphor is the means by which we understand what we experience. As we grow up, we acquire hundreds of standardized but largely unconscious metaphors that are built into our language. We think, act, and even dream using these metaphors. We have metaphors for comprehending everything from time and causation to emotions, morality, love, and even the nature of life and death.

Our unconscious capacity for metaphor is awesome in power. It is liberating in that it permits both abstract thought and the workings of our imagination; it can be stultifying when it limits our possibilities. As long as it remains inaccessible to consciousness, we can neither appreciate its magnificence nor see where it confines us.

This workshop has several goals: first, to help participants become conscious of the metaphors that govern their thoughts and actions; second, to reveal how these everyday metaphors are manifest in poetry and myth, and how they vary in other cultures; third, to develop skills in using metaphor to make new sense of their lives.

Recommended reading: Lakoff and Johnson, *Metaphors We Live By*: Lakoff and Turner, *More than Cool Reason*; Lakoff, *Women, Fire, and Dangerous Things* (all, Univ. of Chicago Press). $350

Living on Purpose

John Caple

"When I was growing up, "Lili Tomlin says, "I really wanted to be somebody. Now I realize I should have been more specific." This workshop is for those who want to be more specific about who they are, what they bring to the world, and where they want to go with it. It is for those who want to be *somebody*, and for those who just want to be. It is also for those in life transitions and those who want to develop transition management skills. It is for those who want more meaning in their lives, and for those who want the lightness, freedom, and joy that a sense of purpose offers.

The workshop integrates intuitive processes and practical advice. It reflects both the vision quest of native Americans and corporate strategic planning technology. In it

each participant creates a life plan, with a purpose, goals, and strategic intent.

Recommended reading: "Nine Steps to Knowing Your Right Work" in *The Ultimate Interview* by John Caple. $350

Relationships: Turning Toward Joy

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared — by their family backgrounds or society — to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary, and who wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, body work, and personal metaphor. $350

Week of August 16–21

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 24-29 $675

The Soul's Theatre: Improvisation, Storytelling and Play

Corey Fischer

This workshop will address the soul's hunger for images that nourish. We will explore our own lived experience as a vital source of creativity.

A major vehicle for this work will be improvisation — entering into the unknown with the innocence of "beginner's mind". Our intention will be to create a community of trust that will enable us to risk giving up our internal censors.

The work will include solo and ensemble experiences. We will use theatre games, guided fantasy, free writing, storytelling, vocal and physical exploration to locate the stories, dreams, memories, and voices that are inside us. In this way we will seek to restore value to that which has been ignored, supressed, and neglected.

As the workshop unfolds we will also address issues of form and structure in order to understand how personal material can be shared through performance.

No previous theatrical experience is necessary. Workshop is limited to 12 participants. $675

Movement, Touch, and the Healing Process

Patrick Douce

This workshop will approach the concept of a free, effortless body through Moshe Feldenkrais's work in movement and touch. Balinese and other Indonesian systems of working with the human body's energy field will broaden the Feldenkrais work.

Participants will be introduced to the complexity and simplicity of the spinal column. They will use soft, conscious movement to increase their sensitivity for safe, hands-on explorations. Moving away from the notion of a straight, stiff, rod-like back, they will find that posture and overall flexibility of the spine improves.

This program is designed for both beginners and professionals interested in movement and touch. Individuals with chronic tension or stress, and those with lower back, neck, shoulder, or hip pain may find alternatives through learning more about the human body's possibilities. $675

Structural Anatomy and Massage

David Streeter

This course offers a fresh, simplified approach to the study of muscles — their location, function, and problems with pain — demystifying the sometimes intimidating terminology of anatomy and providing a key for understanding complex reference material. Brief lectures will focus the student each step of the way, along with hands-on palpation and individual instruction. Cross-friction massage, trigger point work, and Esalen massage will be the means of touch. This workshop is designed for those individuals with a serious interest in massage practice.

C.E. credit is available for nurses; see pages 49-50. $675

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, life-long commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them define a plan for the necessary moments they must create so they can move forward, transforming their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing in four fundamental relationships:

- With oneself; developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of chronic trauma;
- With others: improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills wile securing healthy boundaries;
- In the world: moving away from chaos and deprivation and toward stability and abundance;
- Spiritually: searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

This workshop will be experiential and didactic, blending individual and group gestalt work, music, spiritual practices, and body work. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs. Please bring a mirror and photographs of yourself at all ages.

C.E. credit is available for nurses; see pages 49-50. $675

Weekend of August 21–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 8-10. $350

Eros and the Eschaton: Living at the End of History

Terence McKenna

The ever faster ingression of novelty into the human world has created a unique opportunity for understanding. Time's river moves ever more swiftly, and we and our planet are carried in its mighty flow. The broad stream of cultural evolution has become a raging torrent of chaotic change. A distant roar grows steadily louder. It is the thunder of the cataracts at the end of time, now not so distant as you might wish to be assured. Now is the time to row to the nearest shore, but where is that shore and what will it look like?

Every culture assumes that its models are excellent approximations of ultimate truth. The naivete of such tribal chauvinism cannot fail to provoke a small smile. Can archaic values based on shamanism and the psychedelic experience give meaning to the now apparently inevitable dissolution of our ages-long link to the earth? Join us for a lively weekend of discussion and insight that carries us outside the cheerful envelope of ideology as usual. We will cuss and discuss who we are, where we come from, and where we are headed as a species. Come share in a collective act of mental opening to a universe that is stranger than we *can* suppose. $350

Fun with the Violin: For Adults Who Always Wanted to Play the Violin and Never Have

Diane Egli

Are you one of the many adults who always wanted to play a musical instrument but never have? Or maybe you used to play but haven't since childhood. This workshop will give you the opportunity to learn to play or re-play the violin and have fun with the learning process.

Participants will increase their awareness of how it feels to learn a new skill — the challenge, the excitement, the frustration, and the success of accomplishment. Included in the workshop will be various activities to enhance violin playing/fiddling, such as movement, music, and rhythm exercises. There will be time for listening to various types of music such as classical, jazz, and bluegrass, and we will do some music meditation and visualization.

Recommended reading: Shinichi Suzuki, *Nurtured by Love* (Banner); Holt, *Never Too Late* (Pinchpenny Press).

$350 (plus $15 violin rental fee paid directly to the leader)

Drawing with Freedom

Leigh Hyams

Artwork comes straight through an open mind — and with it often comes clarity of vision, increased awareness of oneself in relation to the environment, and a deepening understanding of the world of art and its meaning in one's life.

Without freedom one cannot respond fully to the experience of drawing. The leader's unique teaching methods help students to draw immediately — fearlessly, exuberantly, sensitively, and observantly. Participants will be introduced to a variety of media and techniques, with the second day of the workshop devoted to drawing with color.

This is a workshop for people who want to revitalize their connection with art and the environment, as well as those who have had no previous experience. The only prerequisites are curiosity about the creative process and a willingness to explore the rich possibilities inherent in the act of drawing.

$350 (plus $25 material fee payable directly to the leader)

The Hazards of Being a Psychotherapist (Or Being Married to One)

Ofer Zur

Surgeons wear gloves during operations to avoid getting infected, construction workers wear hard hats on the building sites, painters use masks to protect themselves from inhaling toxic fumes. Therapists walk into well decorated offices dressed appropriately and carrying a briefcase. Are they protected from what is coming their way?

The education and training of therapists has systematically failed to address the hazards of the profession. And the hazards are numerous: long days in isolation with people who are in pain and often very demanding; clients who are intrusive and dissatisfied; feelings of depletion, hopelessness, depression; and a sense of emptiness. Often a therapist is left feeling that there is nothing more that he/she can give to anyone else, especially loved ones at home.

Carl Jung warned us to watch for "psychic infection." We feel omnipotent and grandiose when our patients idealize us, we feel despair when they sabotage us, and intruded on when they cross the boundaries we set. The way we cope with these complications varies. Denying them is the most dangerous approach. It leads not only to ineffective therapy but can also account for the high rate of divorce, burnout, addiction, depression, and suicide among psychotherapists and mental health workers. It also interferes with a therapist's ability to sustain intimate relationships with spouses and children.

This experiential and didactic workshop will help participants develop healthy ways of dealing with the hazards of the profession. It is designed for therapists, counselors, caregivers, and their significant others. It is open to both individuals and those who wish to attend with partners.

C.E. credit is available to nurses; see pages 49-50. $350

Week of August 23–28

Living Dance

Anna Halprin

In early times, dance was the mother of all art forms and a way for people to connect with the natural world, integrate as a community, and affirm personal and tribal values. Ancient peoples expressed the most important experiences of life not with external materials, but with their own bodies. They danced to make sense of the mysteries of their existence — to celebrate victory, mourn loss, bring rain, initiate the young. Today, in an everyday world set apart from nature, people still need to tap into the deep sources of their bodies, moving and dancing to renew, inspire, teach, create, heal.

Through an approach Anna Halprin calls the Life/Art Process, participants will create dances from their own lives, deepening their life experience through expanded art expression. This workshop will range from structured practice to spontaneous, dramatic, and zany group interactions. Visualizations, music, and outdoor environments will be incorporated.

Men and women with diverse background and a sense of humor are welcome. Potential students for the Tamalpa Trainings may find this a valuable orientation. For information on recommended reading and videotapes, contact Tamalpa Institute, P.O. Box 794, Kentfield, CA 94914. $675

Polarity Training

Deborah Medow (Jenkins)
& Esalen Staff

Polarity is the art and science of balancing the currents of life force which naturally flow through the body. Based on a holistic approach towards healing, the practitioner and recipient work with thoughts and attitudes, nutritional needs, special exercises (called polarity yoga), and the polarity treatment itself.

Participants in this workshop will be instructed in the basic concepts of the polarity system as applied to the human energy field through touch. Emphasis will be on theory, polarity points and counterpoints, energy balancing methods, nutrition, and "polarity yoga." A three-hour class session will be held in the morning and afternoon. Evenings will be for practice and occasional group meetings.

This workshop is designed for the interested layperson, the professional bodyworker, and health care providers. It also serves as a good review for anyone who has previously taken a polarity workshop.

C.E. credit is available for nurses; see pages 49-50. $675

The Application of Altered States

Ronald Wong Jue

This workshop is for psychologists and health professionals who are interested in integrating transpersonal dimensions and strategies into their clinical practice. Participants will explore: how to move into a state of consciousness that allows the client a deepened awareness of his or her dynamics; the functionality of trance and the clinical application of altered states of consciousness in working with repressed memories; accessing spiritual resources of the client.

Utilizing David Bohm's theory of explicate and implicate order and Karl Pribram's holonomic theory to explain the phenomenology of trance, participants will delve into subjects ranging from myths and dream metaphors to shamanic journeys. The integration of this material into ordinary consciousness will be addressed. The final experiential portion of the workshop will focus on the healing of the inner child and parental introjects. These components of the psyche and their healing are important considerations in working with co-dependency, incest, rape, and addiction. Resource materials will be provided.

C.E. credit is available for nurses; see pages 49-50. $675

Couples in Creative Dialogue: Creating New Worlds of Experience

Paul Lounsbury & Nancy Winston

This workshop is for couples who as individuals want to expand and enrich the spontaneity of their interaction. We will investigate certain patterns of unconscious interaction that generate and maintain limiting and defining forms that relationships can embody. Rather than open us to the creative originality inherent in both people, these systemic patterns distance us from vital emotional contact that engenders spontaneity and freedom.

By investigating these interactions from a systemic perspective using principles and techniques from Ericksonian hypnosis, we will seek to disrupt the more confining patterns, and mobilize the unconscious resources needed to construct new forms of behavior. The goal will be to help couples create more satisfying and original interaction, and develop a more flexible range of connections that lead to deeper forms of intimacy. Group interaction, structured trance experiments, and discussion will support the workshop process.

Prerequisites are a willingness to expand your tolerance for closeness and distance, and an openness to experience humor in ways you may never have before. $675

Recovery for Adult Children and Co-Dependents

Julie Bowden & Richard Balaban

This week-long journey will be a healing of the "child within" in an atmosphere of safety and respect. Experiencing and integrating the past allows us to live in the present, no longer tyrannized by previous pain and outmoded behaviors. We can be freed to exist more fully in relationship with ourselves and others. Issues specific to both men and women will be explored. Treatment providers and people in all stages of recovery are welcome.

C.E. credit is available for nurses; see pages 49-50. $675

Weekend of August 28–30

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 24-29. $350

Introduction to Gestalt Practice

Joyce Lyke

For workshop description see May 29-31. $350

Return to the Edge of the West

Ralph Abraham, Terence McKenna
& Rupert Sheldrake

In celebration of the publication of their *Trialogues at the Edge of the West*, visionary biologist Rupert Sheldrake, chaos mathematician Ralph Abraham and psychoactivist Terence McKenna return to Esalen to continue their convivial tripartite exploration of the life of nature and the meaning of being. Join and share in a high-spirited and interactive festival of speculations, opinions, and anticipations of a future stranger than you can suppose. An epic sequel to the 1990 Esalen Trialogues that spawned their engaging book. Be there or be square. $350

Massage Intensive for Couples

Deborah Medow (Jenkins)
& Lawrence Hall Jenkins

This workshop is for partners who want to learn to massage each other. Emphasis will be on "hearing" with the hands, de-stressing the home, asking for what we need, and giving to those we love. Sessions will include demonstrations and hands-on guidance. Individual concerns will be addressed so participants can continue their practice at home.

C.E. credit is available for nurses; see pages 49-50. $350

Healing the Healer: A Workshop for Helping Professionals

Peter Finkelstein

Working in the field of health care brings the practitioner into contact with sorrow and death. And although health care professionals accumulate great emotional burdens, many do not pay enough attention to staying whole, integrated, and non-depressed while doing this work. Often, in fact, institutional arrangements foster the opposite: isolation, dehumanization, withdrawal. Hence, it remains for the practitioner to find a personal approach in which to process sorrow, frustration, and fear, both wisely and well.

The heart of this workshop will be the telling of stories from the world of health care. Each participant will have the opportunity to share an event from their practice, one that deeply moved them, and receive feed-

back from the group. Through such telling we can reveal and heal those sometimes invisible wounds that interfere with our own growth and ability to continue helping others. Dream interpretation, didactic material, and group process may all be used to deepen the experience. Special attention will be given to creating a setting of trust.

C.E. credit is available for nurses; see pages 49-50. $350

Week of August 30–September 4

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.' These activities can also be described as movements. What we call a 'body' can be seen as movements that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we are rather than as something we do.

"Our time together will enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder of meaningfulness as it shapes and colors the moment. For me, 'life' and movement are one." $675

Caring and Conflict

Joel Dweck Isaacs & Anne Clark Isaacs

The leaders write: "Our goal in this workshop is to help each person touch their deepest placing of longing to be whole. Starting from this inner place, we will strive for group interactions of the same quality. Together, participants and leaders alike, the risks we take in knowing and revealing ourselves can create an intimate community.

"Feelings provide self-knowledge, depth, and pleasure, especially when they flow freely. Relating to others is most gratifying when these feelings are expressed openly and directly. We will work to realign the point of balance where the hope for contact and love is often countered by the fear of being engulfed or abandoned. We will explore ways to expand our options beyond isolation or giving up oneself to be close."

Chives growing in the Esalen Garden

The leaders have worked together for over a decade, sharing a commitment to relationship and community. Their training in numerous disciplines allows them to tailor each workshop to the needs and desires of the participants. They use Reichian emotional release, group process, play, nurturing, confrontation, and healing energy, and have an appreciation of the spiritual nature of self and relationship. When asked to characterize intimate relationship, one of them exclaimed, "It's heaven and hell?" This workshop aims toward easier access to heaven and shorter time in hell. $675

Organizations of the 1990s: Managing with Heart

Maggie Seeley & Thom Allena

Human needs, environmental values, and spiritual concerns are finally being acknowledged as integral parts of organizational life. "Corporate soul" is a new buzz term in management circles and signifies the need for organizational life to become more human and cooperative. People are motivated to make a difference, and in today's corporate world these differences now consist of psychological and spiritual considerations as well as economic concerns.

Organizational leaders now practice "power with" rather than "power over" employees and use quality circles, teamwork, and a "win-win" ethic as conflict resolution techniques; and employee ownership incentives are helping employees find their work more satisfying, productive, and profitable. Now that organizational life has been given a "heart", new ideas are constantly evolving to change the way management operates.

This workshop will provide tools, techniques, and experiential work for those who wish to —

- improve their leadership effectiveness and organizational vision
- find more intuitive ways to develop a "kinder, gentler" empowering management style
- learn to balance profitability and productivity with human concerns
- express their personal vision by working "spiritually smarter" rather than through workaholic or technoholic strategies
- learn ways to integrate humor, creativity, and play as part of a more productive environment
- experience team building and partnership models based on the integration of masculine and feminine behaviors
- examine theories X, Y, Z, then create a new management paradigm
- create a workbook and develop a personal plan of action

This workshop is for leaders, managers, directors, supervisors, and other people who wish to work "spiritually smarter," and improve their own and their organization's consciousness and business practices.

C.E. credit is available for nurses; see pages 49-50. $675

The Power of Voice

Arthur Samuel Joseph

This course introduces a method called Vocal Awareness, which includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a mean for deepening contact with the Self. Participants will work individually and in groups exploring breathing, toning, a capella and accompanied vocalizing with poetry, sonnets, and songs.

Vocal Awareness is an art form that addresses in precise ways how language affects the brain. It is now well-known in the field of psychoneuroimmunology that endorphins are released by the brain in response to verbal cues and visual imagery. Research also points to a strong correlation between language, breath, and psycho-physical response. Knowing this, developing one's own language becomes a means for self-integration.

The aim of this workshop is to explore the voice as metaphor, to tap into issues of self-expression and self-esteem, and to have fun while developing vocal abilities. It is valuable for lay people and professionals alike, and is open to beginners through advanced. Tape recorders are required.

C.E. credit is available for nurses; see pages 49-50. $675

A Week with Paul Rebillot

Paul Rebillot writes: "Within each of us there lives a demon — our own personal critic — whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough. This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to experience during this workshop.

"Why not take the chance of looking inside ourselves and finding the completeness of who we are, instead of limiting ourselves with who we think we should be and who we hope we are not? When we find the truth about ourselves, our natural response is to want and to work for the best that we can be.

"People in the helping professions who have experiencing this form have found it adaptable and useful in their own work." $675

Weekend of September 4–6

Inner Sound and Voice

Jill Purce

This is a workshop of practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the Self and release an untapped source of energy.

Participants will work with the psychophysical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance, to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures, including trance music, Mongolian and Tibetan overtone chanting, and other methods. $350

A Workshop for Couples: Independence and Intimacy

Mary Goldenson (Devarani)

For workshop description see June 26-28. $350

Spiritual Autobiography

Dan Wakefield

Participants will use drawing to evoke memories of former eras of their lives, to look at past experience in a new way, to write about it and share their stories with others. Insights from childhood and adolescence, singular experiences of their lives, and the role of a friend or mentor will provide the material for creation in pictures and words. Such re-experiencing can offer fresh understanding and appreciation of the richness of one's life; connections emerge as the story of crucial turning points is told.

A concluding exercise will show participants how to draw a road map of their journey that can serve as a guide for continuing to write their on-going spiritual autobiography. The "right to reticence" and confidentiality will be honored in the process; the workshop offers acknowledgment and appreciation rather than criticism of writing or experience. $350

Open Seat with Paul Rebillot

An "open seat" is just that: it is a place of total acceptance. Whatever lives in you — joy and sorrow, need and power, fear and desire — everything is encouraged, through gestalt process, to express itself so that your being can find its own true balance and discover its resources.

This work is especially beneficial to people who are feeling stuck, unable to move out of old patterns, to direct their energy into new life forms. When we are stuck we are usually trapped in unresolved issues from the past or limiting self-concepts that block our way into the future. Gestalt process, enhanced by elements of ritual and drama, allows people to work with their subconscious material, such as dreams and fantasies, in order to bring new energies and awareness to their ways of living and dealing with day to day problems. Discovery of the true self gives people the courage and the capacity for authentic expression in their personal lives, in their communities, and in the cultural or political movements to which they feel committed. $350

Week of September 6–11

Letting Go – Moving On

Mary Goldenson (Devarani)

For workshop description see May 22–24. $675

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 24-29. $675

Life Energy Process℠

Stephano Sabetti

The Life Energy Process (LEP) is a spiritually-oriented approach to self development and professional growth based on Eastern and Western energy dynamics. Specially designed subtle and intensive moments (microments) increase energy flow and lead to the discharge of non-essential processes in your body (e.g. repressed emotions, chemical toxins, etc.) Each of us has an

energy frequency that can be felt when attuned through LEP. This unique vibration helps us center and ground ourselves as well as find clearer direction and meaning in daily life. Each participant will have a chance to feel their unique energy process and explore it afterward in *process inquiry*.

Life Energy Process includes: dance, theater, massage, pool work, and various other forms. The workshop is of particular interest to professionals and laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts.

C.E. credit is available for nurses; see pages 49-50. $675

Balancing Values and Work: From Inner Purpose to Outer Action

Sue McKibbin & Patricia Moore

Lack of alignment between one's inner values and purpose and one's work in the world can result in frustration, hopelessness, boredom, and cynicism. But when people shift from outer- to inner-directedness and bridge purpose and action to their life, they find that meaning, empowerment, and well-being can emerge.

Participants will explore these issues through processes ranging from meditation and journey work, to questionnaires and self-assessment instruments. Individual and group exercises related to each participant's work situation will be used. Five themes will be explored:

- Purpose, values, and vision
- Personal transition processes
- Balancing individual and organization polarities
- Practical tools for the inner journey
- Sources for personal transformation and organization paradigm shifts

Participants will have the option of an individualized assessment for an additional $100 fee. This would include an individualized work preference analysis and report. Leaders will contact participants about this option.

C.E. credit is available for nurses; see pages 49-50. $675

The Medicine Wheel Way

Carol Proudfoot-Edgar & Bob Edgar

This workshop will draw on the Native American Medicine Wheel ceremonies and teachings as resources for personal growth. Just as Western psychological theory provides a framework for describing human stages of development, so does the Medicine Wheel offer a framework for self-individuation. Both systems embody steps for healing. A primary difference, however, is that the Medicine Wheel way of living views humans as sacred beings and maintains that each individual must find their own balance of spirit, body, emotion, and mind.

The Medicine Wheel way has guided many peoples through their journeys of self-discovery. It illuminates the relationship of all things, each direction on the wheel having its particular meaning and pointing to aspects needed for integration. With this tool, information can be brought forth from the memory so that essential elements for balance are not ignored. Ceremonies and rituals mark the passage of seasons and significant events of individual and group life, and connect the individual to the great mystery of life.

This experiential workshop will use these ancient teachings, providing a supportive means for participants to continue their process of self-development and to deepen their relationship with the natural world. Activities will include learning the Medicine Wheel, learning about shamanism and the shamanic journey method, finding totem animals as guides, assessing one's current situation or season in life, and gathering one's resources for the next cycle of change. Drumming, chanting, and rituals will be used in a climate of trust and acceptance within which we will also be increasing our appreciation and respect for the natural world. Participants are encouraged to bring journals, drums and rattles (if you have them).

C.E. credit is available for nurses; see pages 49-50. $675

Weekend of September 11–13

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 8-10. $350

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

For workshop description, please see June 26-28. $350

Making a Living with Your Left Foot

Kathleen Riordan Speeth

"Create like a god; work like a slave."

Constantin Brancusi pasted these words on the steps to his sculpture studio. Even he had to renew his courage every day, for the creative life is and must be a heroic life.

Why is it so easy to immerse oneself in routine work and so difficult to find and do what we really want to do? Many original ideas flit through awareness every day, but most fizzle into nothing. The flow of creativity is a human birthright, yet conditions must give it rise and foster its growth. Then comes the 99% cultivation that raises the raw germ of an idea to fruition.

Artistic self-expression demands intrepid hope, self-esteem, and dedication, especially when bills must be met with everyday employment. Everyone who works and also creates after hours fights a valiant battle against stagnation. How to make friends with one's deep self ? How to give it utterance? How to find the medium? Detect the message? Live by the real priorities?

Many have made creativity a form of spiritual discipline in daily life — so can we. Not only Constantin Brancusi, but hosts of others who have had to earn money while creating can help us. Wallace Stevens and Franz Kafka worked in insurance. Pearl Buck was a missionary in China; Karen Blixen ran a coffee plantation. John Masefied clerked in a customs office; Albert Einstein in a patent office. Bernard Malamud wrote short stories after lunch at the Census Bureau; T.S. Eliot was a banker. Anton Chekov, John Keats, Somerset Maugham, William Carlos Williams and Arthur Schnitzler were all physicians who managed to produce literature as well. Their examples can guide us and give us faith.

This workshop is designed for those whose lives, however successful, are (or ought to be) divided between paid professional activities and some form of satisfying expressive project or serious personal interest. We will use meditation, journaling, interpersonal interaction and Gestalt to help ourselves and each other rise above the humdrum. Bring an open mind, a journal, and the glimmer of an idea for your own creative life. $350

Self-Transformation: The Art of the Actor for Everyday Life

Jane Marla Robbins

Transforming feelings of anxiety and insecurity into feelings of self-confidence and joy is a miracle that can happen in all areas of one's life — physical, emotional, spiritual. This transformation can help us fulfill our potential for the roles we have chosen to play — whether it be child, parent, artist, shaman, charismatic speaker, sensualist, or spouse.

Some of the techniques to be explored and discussed include: the actor's physical preparation; vocal preparation; mental and emotional preparation; spiritual preparation; relaxation; sense memory; the magic "as if"; personalization; substitution; playing a character; animal exercises; overcoming self-consciousness; perfect props; unspoken mantras; speaking the truth; breathing; the inner walnut; and the psycho-physical action.

Participants can learn how to replace old fears and paranoid projections with self-manufactured pleasures and positive projections. Many "real-life" situations ordinarily fraught with worry can easily be transformed using the Actor's Imagination. The power and pleasure of being able to create a sense of well-being and self-confidence at will can be experienced by everyone, and, once it has been discovered, it cannot be easily shaken.

No previous acting experience is necessary. $350

Finding My Place: A Workshop for Men

Jerry Johnson

"After twenty years of women's liberation, men are the new continent." Coming from Nancy Friday, an American feminist writer, this is a provocative statement. However, many American men are asking, "If this is true, what does it mean for me?"

The media has begun to confirm that many old patterns and definitions of masculinity are no longer valid. Films show male friendship and bonding without war; magazines explain new roles for men in parenting and other aspects of life that were previously the exclusive domain of women.

Participants will try to explore the often repressed parts of their masculinity which can form the basis for new self-identity and relationship. The workshop will combine universal male themes, ancient spiritual rituals, and experiential exercises to help men create a new mode of feeling. Themes will include:

- How does my absent father continue to shape my self-image?
- Do I have an inner guide to masculinity?
- How do I move beyond competition and fear in relating to other men?
- Is there a way to respond to contradictory messages from women about being sensitive and/or strong?

This workshop is for men who want to grow beyond old, traditional definitions of manhood but don't know where to begin, and for men who would like to explore the isolation they feel from the lack of meaningful relationships with other men $350

Week of September 13–18

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set — the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

During this week we will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $675

Self-Acceptance Training: Basic

Richard Olney & Heather Burch

This workshop is largely experiential; no time will be given to theoretical or didactic considerations. Self-acceptance training is a transpersonal practice that follows an educational model rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment, without the inhibitions of self-judgment, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real. Although its practice includes devices drawn from gestalt, bioenergetics, mythic fantasy, eidetic imagery, and hypnosis, it is also a philosophy, a value system, and a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body awareness, emotional charge and discharge, and cognitive examination of the individual's "pretends" and illusions that obstruct self-acceptance. Limited to 25 people. $675

Advanced Feldenkrais® and Cortical Reeducation

Harriet Goslins & Michael Meyer

This workshop is open only to those who have previously worked with Harriet Goslins. The major emphasis will be on new, advanced floorwork that leads toward grace, agility, and clearing up remaining areas of chronic dysfunction. Participants will attend to issues of further discovery, attempt to let go of that which no longer serves them, and learn how to hear and trust the body's inner voice.

Recommended reading: Feldenkrais, *The Elusive Obvious* (Meta) and *The Potent Self* (Harper & Row).

C.E. credit is available for nurses; see pages 49-50. $675

September 13–20

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting — to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of

painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$1025 (plus $30 materials fee paid directly to the leaders)

Gestalt Practicum: A Seven-Day Intensive

Christine Stewart Price & Guest Leaders

For workshop description see May 17-24.
$1025

Weekend of September 18–20

Introduction to Vipassana Meditation

James Baraz

For workshop description see May 29-31.
$350

Play, Spontaneity, and Performance Art

Nina Wise

This is a workshop for participants to enliven their relationship to play; to rekindle spontaneity in relationships to recognize the sacred in the mundane, to make rituals, songs, and dances out of everyday experiences; to find humor in matters of the heart; to understand that improvisation is a way of life.

Sessions will include sitting meditation, chanting, a thorough physical warm-up, opening the voice, and exercises designed to integrate sound and movement. Participants will also have opportunities for developing technical performance skills, but the focus of the week will be improvisational expression of impulses, feelings, and ideas as they arise moment to moment.

This workshop is open to students of all levels, beginner as well as professional.
$350

Daughter – Mother Dialogue

Mary Catherine Bateson & Sevanne Kassarjian

In this weekend workshop conducted by Mary Catherine Bateson and her daughter, Sevanne Kassarjian, enrollment is limited to mother-daughter pairs or close analogues. There is no maximum age, but a minimum age of sixteen is suggested, and mothers wishing to bring infants should bring their own mothers as well.

A variety of techniques of life history narrative and dramatic improvisation will be used to explore the cross-generational relationship, to enrich communication, and deepen understanding of the inevitable tensions and rewards. Women who are already mothers will have the opportunity to explore their self-understanding as daughters, and daughters who are not yet mothers to think about future parenthood. The group will explore the symbolism of mothering and nurturence for its positive and negative aspects in our society, and examine the mythological basis of the relationship between mothers and daughters.
$350

Week of September 20–25

Embodiment & Vision

Laura DeNuccio (Ma Prita)

For workshop description see August 9-14
$675

Action Theater: Really Pretending

Ruth Zaporah

When we were children, we frequently created our reality through pretending. We played freely in a spontaneous world. But in our adult world, we are often left with only a memory of this freedom. The Action Theater process rekindles this spirit of play, of being open to change and present to life.

Action Theater is a system of exercises and games that integrates mind, body, and spirit and leads toward free and spontaneous experience. Sessions begin with simple movement improvisations; participants come into, feel, and stretch their bodies. From this orientation they play within forms that increase awareness of movement and vocal verbal expression. Range of emotion expands; images, characters, and situations emerge from the territories of awareness, memory, and the imagination.

Each Action Theater event serves as a mirror. In the realm of awareness, there is little distinction between the theater and the street. Who we are, how aware we are, how we process our perceptions and reactions is the same everywhere. In the studio, we improvise within forms relevant to movement and theater, but the lessons affect our daily lives.

The workshop accommodates the novice, the explorer, and the practiced. $675

Chakra Integration and Esalen Bodywork

Laurie Lioness Parizek & Dean Marson

Chakras are vital life-enhancing centers that have their roots in the physical body, along the spine and deep in the brain. When open, they blossom like energetic flowers; balanced, they refine the mainstream current of energy in the central nervous system and help to integrate the physical, spiritual, and energetic life of each individual.

This workshop will use meditation, sound, supportive hands-on work, and sensitive touch to balance the chakras and the mainstream spinal current and gently and consciously open the channel that connects the earth to the heavens in each of us. Experiences will be both private and shared.

A flowing bodywork style, deep pressure point release, healing visualizations, gentle, energetic touch, and a diet that nourishes the spiritual as well as the physical will be explored and integrated. The leaders will emphasize centering, grounding, and breath practices.

Participants will be given guidelines for developing their own hands-on chakra balancing session. Some hands-on experience is necessary. Please bring your favorite musical instrument and personal healing tools.

Recommended Reading: Brennen, *Hands of Light* (Bantam); Haas, *Staying Healthy Through the Seasons* (Celestial Arts).
$675

Self-Acceptance Training: Advanced

Richard Olney & Heather Lynne Burch

This workshop is basically experiential, but time will also be given to theoretical and didactic considerations of interest to professional therapists. Please refer to September 13-18 for complete workshop description.

Please note: Due to he time given to the didactic material in this advanced workshop,

not everyone will have a chance to work personally with the leaders. $675

Giving and Receiving

Gabriele Hilberg

Giving and receiving are fundamental, nourishing interactions between people which affirm our sense of worthiness and belonging. While at an integrated level giving and receiving are one and the same, most of us do not easily experience the transcendent quality inherent in this process.

Children intuitively defend against manipulative ways of being cared for. They can sense their parents own unfulfilled needs, which eventually makes them unable to appropriately respond to the child's needs. They sometimes form a nourishment barrier, which, in adulthood, can disable them from receiving love and support from others.

Participants will examine their own nourishment barriers and patterns of inappropriate giving through exercises and group interactions. The technique of family sculpturing will be introduced, which will allow underlying family dynamics to emerge. Such work facilitates awareness of the relationship between present behavior and childhood beliefs. With such awareness, we can then move beyond the barriers that prevent us from appropriate giving and receiving. $675

Weekend of September 25–27

A Weekend with Joseph Chilton Pearce

For the last three decades, Joseph Chilton Pearce has been synthesizing scientific brain research in physics, biology, and psychology in an effort to understand and map nature's plan for the development of human intelligence. He writes:

"The intelligence of the heart is the only force that can pull our garments of self together; it is the nurturing power so many of us missed right from the beginning of life, that unconditional love which alone would have assured us of the evolutionary progress nature intended. That progress is nothing but the progression of love toward its own source, and that source is the heart."

In this seminar, Pearce will share his findings on the three-part human brain and how each art has its own language, its own development cycle, its own purpose. He will talk about the difference between intellect and intelligence, the ego's inability to self-analyze, and the physiological connection between the heart and the brain that prevents our triune brain from being continually at war with itself.

Joseph Pearce's discourse will offer participants a glimpse of their own developmental cycle — where it was rich, where lacking — and give them tools for enriching the inner journey to their own hearts. $350

Endarkenment

Will & Ailish Schutz

Sometimes in our search for enlightenment we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle.

This workshop can provide a vehicle for the turn downward. We shall explore: how to establish and maintain meaningless relations; what to worry about while meditation; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim/martyr in your social group; guilt without sex. This approach, similar to Feldenkrais's "live the disasters" and the "homeopathic principle" (Will Schutz, *Body Fantasy*), can be as valuable for attaining enlightenment as the direct route — and more fun. In addition, participants in this workshop will have opportunities to explore, play with, and celebrate the shadow — that which we usually hide. $350

Week of September 27–October 2

Five Day Massage Intensive

Vicki Topp & Ray Swartley

For workshop description see May 22-24. $675

A Week with Seymour Carter

For workshop description see May 17-22. $675

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop, participants will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore the movement that nature inspires. Both aikido and hiking are moving meditations which, when done well, require the individual to be in harmony with the natural world. There will be an opportunity to take what is learned on the aikido mat out into the natural world and bring what is learned from nature onto the aikido mat. Participants can then begin to integrate what they learn from aikido and from nature into their lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. $675

Meditation: The Living Dance

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation. This workshop will approach traditional meditation practice in an unusual way.

In our retreat atmosphere we will prepare the body-mind for silent listening with fluid movement from the martial arts and yoga. We will incorporate breathing methods (Prana-Yama), and energy work with Zazen (sitting meditation). Other activities will include a silent listening hike in the wilderness, group meditation in a nearby contemplative monastery, and Zazen at our new meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life, and that crystal-clear still point described so well in every spiritual tradition.

C.E. credit is available for nurses; see pages 49-50. $675

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

Their experience with thousands of workshop participants over the past 27 years has led Anne and Jim Armstrong to believe that everyone is intuitive — that intuition is part of humankind's standard equipment. The goal of this workshop is to have everyone experience their own innate intuitive ability, using it at will, on demand. This will be accomplished through exercises and meditation, with a minimum of discussion in order to allow each individual to recognize his or her own particular style of per-

ception, and to trust the intuitive input one receives. Anne will use her intuitive abilities developed over the past 30 years to guide the participants in arriving at useful, accurate data.

The spiritual and ethical aspects of the intuitive/psychic process will also be addressed, as well as the leaders' belief that intuition development is the gateway to Divine Wisdom, and should be the outgrowth of a healthy spiritual practice. We will demystify the intuitive/psychic process, and encourage participants to use it in all areas of their lives — personal, professional, and spiritual. Real life situations presented by participants will be selected for psychic/intuitive practice. $675

Weekend of October 2–4

A Weekend with Seymour Carter

For workshop description see May 17-22
$350

West African Culture Through Music and Dance

Yao Tamakloe

Yao Tamakloe is a West African teacher of dance, music, and anthropology. He has danced and taught with Babatunde Olatunji and Katherine Dunham for over ten years. Along with his wife Anindo Abukutsa, from Kenya, and his instructor from Ghana, Nanc C.K. Ganyoi, Tamakloe will present the West African world view through dance, song, drumming, and the religion and history that these cultural art forms embody, and relate them to the universality of humankind. $350

Watercolors, Nature and the Self

Sim Van der Ryn

Watercolor sketching is a quick, fluid, and fun way to capture the essence of a place. As an expressive medium, it teaches us many things about ourselves and our responses to place. We will start with simple beginning techniques, using a minimum of equipment so you can begin to explore your own individual possibilities and style. The rich and varied Esalen site offers all kinds of inspiring watercolor possibilities which the leader can help you to see and paint.

$350 (plus an $85 materials fee paid directly to the leader. It includes brushes, pigments, palette, and papers which will last you for many painting sessions after the workshop).

Finding Inspired Work in Mid-Life

Peller Marion

At 93, as he was accepting the American Comedy Award, George Burns recently said, "The first half of my life has been good, and I look forward to the second half being even better." While most people usually don't live to be 93, some, like George Burns, remain charismatic and magnetic. Others are drawn to them, largely because their life seems effortless, playful, and meaningful.

How we define ourselves and what success means is important to what kind of individuals we grow into as we age into the second half of our lives. Participants in this workshop, drawing from the conceptual base of adult development theory and models of aging, will explore these issues. Through structured exercises and open exploration of topics such as: What's my dissatisfaction? Who am I? What's my definition of success? The leader will coach participants to create a vision for the second half of their lives based on internal values that are meaningful and significant.

What this workshop offers is a playful and rich way to revaluate one's work and relationships to gain clarity, focus, and direction toward one's life contributions. It is recommended for professionals in diverse areas who want to revitalize and renew their vision.

C.E. credit is available for nurses; see pages 49-50. $350

Ethics and Affect: Confronting the Virtues

Price Cobbs & George Leonard

Participants in group process work are urged to express feelings rather than opinions, to avoid making judgments and giving advice. The question remains as to whether such honest, non-judgmental expression of feelings can be applied to larger ethical and social considerations.

In this workshop, Ethnotherapy founder Price Cobbs and human potential pioneer George Leonard will seek to join the realm of feeling with that of ethical action. This will be an all-out, no-hold-barred encounter, in which the traditional virtues will be subjected to the test of the affects, and vice versa. Cobbs and Leonard will assist participants in avoiding denial, self-deception, self-righteousness, and an unthinking reliance on political correctness. Participants will be encouraged to experience and understand how their inner feelings influence their opinions and their actions in the world. Empassioned participation will be encouraged. $350

Week of October 4–9

Golf in the Kingdom: An exploration of the inner game

Stephen Cohen, Fred Shoemaker & John Allen

For workshop description see May 10-15.
$675

Trigger Point and Esalen Massage

Arthur Munyer & Esalen Massage Practitioners

The human body is a rich source of information and intelligence. Trigger point, the movement of myofascial tissue through soft, deep contact with pressure points, and Esalen massage are methods of working with the body that can help the practitioner communicate with stressed, blocked, and chronically troubled areas. This workshop will combine these modalities, along with joint release, movement, and studies in anatomy. It will also address concerns of burnout, depression, creativity, and peer support for those who have chosen a demanding profession. It is especially suggested for body workers, physicians, physical therapists, chiropractors, and other health care practitioners who want to expand their hands-on skills.

C.E. credit is available for nurses; see pages 49-50. $675

A Confluent Somatic Approach

Steven Vasquez

This workshop is about the nuances involved when illness, injury, or pain become resolved beyond the conventional expectations of medical science. Information from people who beat the odds of recovery from "terminal" illness, "incurable" diseases, or difficult injuries will be reviewed. The role of belief, attitudes, and relationships in affecting the body will be experientially explored.

This confluent somatic approach synthesizes medical research, cross-cultural con-

cepts, ancient spiritual practices, and modern psychology. It combines methods drawn from Ericksonian hypnosis, Focusing, and family systems theory with hands-on work to reduce physical symptoms. Abstract concepts like state-dependent memory, psychoneuroimmnology, and chakra systems are broken down into practical applications.

Workshop material will be experiential and didactic. Processes for tracking unconscious personal myths that underlie medical conditions will be demonstrated. Complex medical jargon, psychological processes, and esoteric energy methods will be simplified into functional uses that can affect health recovery in conventional psychological and medical settings.

Recommended reading: Siegel, *Peace, Love and Healing* (Harper K& Row); Chopra, *Quantum Healing* (Bantam); Rossi, *The Psychobiology of Mind-Body Healing* (Norton).

C.E. credit is available for nurses; see pages 49-50. $675

The Writer's Way: A Personal Adventure Through Writing

Nancy Bacal

The Jewish High Holidays offer people of all denominations an opportunity for community and reflection. This is an invitation for anyone with an open heart to turn this holy time into a satisfying ritual of creativity. Using the pen, we will explore together our individual stories. Beginning with a series of writing exercises designed to bypass judgment and self-criticism, we will tap our reservoir of experience. Daily excursions on the page will encourage each participant to transform the burdens of our lives into stories, the unwanted voices into characters, the failures and successes into material. Guidance will be specific enough to excite the imagination yet loose enough for each of us to experiment with form and image and remain open to surprise.

This workshop offers a supportive and stimulating environment for the non-writer, the would-be writer, and the professional. The schedule will include writing in and out of the group, walks, meditation, reading and discussion of pertinent material. The intention will be to coax the mind out of its cycle of expectation and disappointment into a positive, stimulating relationship with our work.

Recommended reading: Needleman, *Work of Craft* (Avon); Goldstein, *The Experience of Insight* (Unity). $675

Taoism and the Shen

Master Share K. Lew

Traditional Taoist concepts of health, longevity, and harmony with nature will be introduced by Master Lew, a temple-trained Taoist priest from southern China. The core of the workshop will be instruction in "the Shen," a set of twelve non-strenuous exercises (six standing, six sitting), whose primary purpose is self-healing. These exercises also develop concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Master Lew will discuss the use of everyday foods and Chinese herbs in healing and tell stories from his life in the monastery.

Master Lew, now 74, first began to teach Taoist internal cultivation to non-Chinese in 1970. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Tung Pin, a historical personage of the Tang Dynasty and one of the Eight Immortals of Taoism.

Recommended reading: Deng Ming-Dao, *The Wandering Taoist*. $675

Weekend of October 9–11

30th Anniversary Celebration Weekend

Esalen Institute's 30th anniversary year will begin in October 1992. As part of a continuing celebration, this weekend will feature a day-long concert on Saturday, October 10, the ticket proceeds of which will go to the SEVA Foundation for the benefit of the indigenous people of the Americas. There will also be other activities and special guests. For further information please consult the next catalog or call the reservations office after May 1. $350

Week of October 11–16

Following the Thread, Revealing the Fabric

David Silverstein & Joyce Lyke

For workshop description see May 10-15. $675

A Workshop for Couples: Independence and Intimacy

Mary Goldenson (Devarani)

For workshop description see June 26-28. $675

The Vision and Practice of Human Transformation

George Leonard

It may be argued that, *in potentia*, every human being is a genius, and that the ultimate creative capacity of the human brain/body is, for all practical purposes, infinite. Each of us is a prodigious learning animal, and our ultimate destiny may well be to evolve capacities that would now be termed extraordinary. Perhaps it is only due to me limitations imposed by faulty notions of childrearing and schooling, along with the failure of national vision and practice, that we rarely develop even a small fraction of our potential.

In this hands-on workshop, human potential pioneer George Leonard, informed by his work with Michael Murphy in the development of integral Transformative Practice, outlines a new human vision and provides a practical map with which you can begin your journey toward the realization of your inborn genius and creativity. The workshop will involve discussion, demonstration, and the gentle movement and imaging exercises of Leonard Energy Training (LET), a practice inspired by the art of aikido.

Recommended reading: Leonard, *Mastery* (Dutton), *The Silent Pulse* (Arkana); and Murphy, *The Future of the Body* (Tarcher). $675

Chakra Psychology

Nancy Rosanoff

The chakra system is generally known to be an ancient Hindu concept of spiritual energy centers located along the spine, which are awakened or energized as individuals progress spiritually. This course gives participants a modern understanding of how to use the chakras as guides in their quest for psychological and spiritual development.

Awakening the chakras allows people to observe the interaction between the body, mind and spirit. The chakras can thus become tools to balance daily life within the context of a greater spiritual reality, with such practical applications as: enhancing self-understanding, improving loving relationships, changing unwanted behavior patterns, and unblocking creative energy.

Participants will work with their chakra spirit guides, yoga stretches, chants, meditation, breathing and awareness exercises, drawing, and writing to explore their

chakras and themselves, open blockages, and heal past pains.

C.E. credit is available for nurses; see pages 49-50. $675

Weekend of October 16–18

Letting Go – Moving On

Mary Goldenson (Devarani)

For workshop description see May 22-24. $350

A Retreat for Women of Experience: Mid-life and Beyond

Lenore Lefer & Anne Yeomans

For workshop description see July 5-10. $350

Pushing, Pulling, and Lifting: Feldenkrais in Daily Life

Laurence Goldfarb

This workshop introduces the Feldenkrais Method®, and its application to the movements of everyday life. The focus will be on finding the gentle strength inherent in our physical design and using it to make pushing, pulling, and lifting easier and more comfortable. We will focus on the following questions:

- What is the human body's blueprint for motion?
- How does this plan determine what is safe? Efficient? Comfortable?
- What interferes with optimal movement?
- Can learning new ways of moving help us overcome limitations?
- How can easy, light, painless movements improve our abilities?

Participants will be verbally guided through a series of movement sequences composed to experientially answer these questions. Interactive group exercises designed to enhance observational abilities and lecture-discussions designed to clarify the how and why of the Method will supplement the movement lessons.

Although this course is open to anyone interested in improving his or her ability to move (and understanding of movement), it will be of particular interest and benefit to those who work with others in recovering from chronic pain, rehabilitating from disability, preventing work and sport injuries, and improving human performance. This includes physical and occupational therapists, doctors and nurses, dance teachers and coaches, bodyworkers and movement therapists, ergonomists and injury prevention specialists. $350

New Competences for an Age of Uncertainty

Donald Michael

Because we live with unprecedented levels of complexity and uncertainty, an abiding crucial challenge for each of us is learning how to be better learners. The old answers and questions are increasingly ineffective. Yet conventional definitions of competence encourage each of us, as well as organizations, to avoid learning by denying or disguising uncertainty so that we appear to know what we are doing. The result is increasing stress, anxiety, and inadequate personal and organizational performance.

This seminar will introduce a set of interlocking skills or "new competences" necessary for making humane and effective decisions when uncertainty can provide the occasion for learning — in work places and in interpersonal and family situations. These skills include: acknowledging and specifying high levels of uncertainty, error embracing, being future-responsive, boundary spanning, interpersonal communication, and self-knowledge.

The approach will be both cognitive and experiential. Participants will have the opportunity to become more comfortable with the vulnerability that accompanies facing their uncertainties; to question the need to act cautiously out of fear of making a mistake; and to reexamine the incentives for those defensive posturings that make it so hard to act responsibility and compassionately. As a previous participant said, "This seminar is for those who are ready to move beyond the personal and want to effect change in public and private organizations." $350

Story Magic and Jewish Intuition

Rabbi William Cutter & Stephanie Waxman

In the beginning was the word —John 1:1

Why are people still telling stories that are thousands of years old? What makes a story Jewish? How can we use Jewish stories in our own lives, even it we aren't Jewish?

Jews have always seen stories as the "unfolding of God." These stories reflect an attempt to understand the spiritual possibility in the commonplace event. This workshop combines the theological insights of the rabbinical tradition with the story-telling techniques of theater improvisation. Through non-verbal interpretation, personal memories, and collective dreaming, we will probe the essence of various Jewish stories, from the Bible to folktales, to the stories of the Baal Shem Tov and Nachman of Bratzlav.

Climbing inside these tales uncovers their deeper meanings which have resonated for centuries, and can still speak to our own everyday lives. $350

Week of October 18–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 8-10. $675

Gestalt Practice

Christine Stewart Price

For workshop description see May 29-31. $675

Men Together

Robert Hall & Richard Strozzi Heckler

Reclaim your maleness in an atmosphere of trust and support. Join other men in talking, moving, playing, and sitting. Share emotions and feelings that have long been withheld; come closer to yourself and other men.

The seminar leaders, Robert Hall and Richard Strozzi Heckler, have been best friends and professional colleagues for over twenty years. They are both fathers; they are co-founders of the Lomi School; they share the same spiritual practice. Robert is gay, Richard is straight.

Recommended reading: Heckler, *In Search of the Warrior Spirit* (North Atlantic Books) $675

Liberate your Creativity: Improvisation in Life and Art

Stephen Nachmanovitch

All children share the quality of *free play*, open access to their own spontaneous creativity and imagination. Although each of us carries that essential source of creativity within ourselves, as we grow older we develop layers of inhibition and judgment that shut us off from this source. Whether or not we are artists, we have a need to express ourselves, but much of the time we feel blocked and frustrated. Our capacity for critical judgment makes a wonderful

servant but a terrible master.

Learn to utilize the power of improvisation in busting blocks that inhibit the flow of creativity. Improvisation, that spontaneous balancing of technique and inspiration, is the key to all creativity. All artwork begins with that first moment the pen touches the empty page, the bow touches the violin, the brush touches the empty canvas.

Working with a Zen approach to creativity, we will try to liberate the freedom to create in the moment that comes from being in touch with our spiritual center, and explore ways of touching that center as a matter of daily practice.

The leader will present practical techniques and exercises for unblocking the flow, using the power of limits, the power of mistakes, and the material at hand to facilitate the opening of our creative voice. This workshop is for artists in any medium and those who wish to develop their creative powers. Whether you sing, paint, compose, write, or dance, you will create a new work each day of this workshop.

Before the workshop, please read: Nachmanovitch, *Free Play: Improvisation in Life and Art* (Tarcher). Write P.O. Box 265, Pacific Palisades. CA 90272 to order the book, or for more information. $675

The Esalen baths at sunset.

Reunion

David Schiffman

This is workshop for seasoned people who are already familiar with and appreciate the basics of self-exploration, inner work, myth, and sacred ritual. Its aim is to create a mood of safety and support for further study. It is a time for individuals to renew their connection to the resources that can guide and protect them. Gathering together in a spirit of trust and good will, participants will explore ways to:

- Reconnect with and honor what they feel most deeply
- Express feelings with simplicity, clarity, and integrity
- Celebrate playfulness and spontaneity
- Release disappointments, reversals, and emotional losses
- Mark their hopes and dreams and renew their spirit through myth and rituals
- Deepen their understanding and appreciation of their own rhythm and true nature
- Explore imaginative ways to live freely and fully

In an eclectic framework, the workshop will combine innovative elements of guided meditation, sound work, ritual, dance, and music with traditional psychological practices $675

Weekend of October 23–25

The Aesthetic Self

Luc Brebion

To take part at all deeply in the experience of art requires a *particular* quality of concentration, a *particular* stillness of mind, and a *particular* openness to receive. Immersed in contemplation, we can enjoy the rare privilege of being in the presence of the artist and of letting him or her show us how to reach for what is essential within.

Luc Brebion, a native of France, has combed the museums of Europe in search of artistic treasures. In this year's *Aesthetic Self* workshop, he will again use a multimedia approach and an experiential method to help participants penetrate works of art and become absorbed by them. Their aesthetic sense will be developed through a uniquely designed presentation of selected masterpieces of painting, music, and literature. Thus trained, they will be given the opportunity to learn the recognitional skill required to truly perceive the substance that real art can offer. $350

Week of October 25–30

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 24-29. $675

Achieving Sustained High Performance

Jerry Fletcher, Edward Hinkelman & Kelle Olwyler

Most people have had the experience of having something they were doing "take off" and go surprisingly well, much better than expected. Yet most people assume such times are lucky accidents, that it is not possible to create or sustain such performance deliberately or without stress, fatigue, and eventual burnout.

The results from more than ten years of research and testing by the workshop presenters demonstrate that these times of exceptional performance are not accidental. Each individual has a pattern of actions that produces his or her best results. Once

people learn their personal high performance patterns, they can carry out activities in a way that suits them and produce better results for the same effort over sustained periods of time.

This seminar takes participants through a process in which they identify their individual high performance patterns and learn to apply them to their life and work. Developed through years of work with successful managers, executives, professionals, and work teams, it offers an approach to high performance that can be sustained. It is a clear alternative to the stress, fatigue, and eventual burnout that accompanies constantly forcing oneself to peak periods of high output in order to achieve high performance. $675

Biodrama:
Know Your Self, Live Your Self

Lorenzo Ostuni & Katriona Munthe

Biodrama is a method for developing human potential and for personal renewal. It employs dream, body language, poetry, imagery, symbols, and music; it is both contemplative and active work. Its roots go back three-thousand years to the spiritual culture of ancient Greece, uniting the Orphic and Eleusinian Mysteries with present-day psychological research.

Participants will be invited to undertake a mystic journey in which to experience fundamental moments of their lives; birth, love, and death. They will work on visions and emotions of preceding states of consciousness and may find that this representative process helps integrate their individual mystery with the collective experience of humankind. This life performance, the first part of Biodrama, often elicits a regenerating experience for the protagonist. Ostuni's commentary on this performance/experience is the second part of Biodrama and will be tape-recorded for each participant.

This ritual performance workshop will be conducted in Italian and English. $675

October 25–November 1

Cortical Reeducation®
and The Feldenkrais Method®

Harriet Goslins & Mark Bender

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. Be reeducating the brain-muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for individuals who feel chronically tired and stressed and want to learn how to take better care of their neck, shoulders, and back, to improve their posture and breathing, and to live and move with more flexibility and comfort.

This course is provider approved by the California Board of Dental Examiners, number 2586.

C.E. credit is available for nurses; see pages 49-50. $1025

October 25–November 6

Integrative Body Practice (IBP)
Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, page 48. $1665

Weekend of October 30–November 1

Weekend Massage Intensive

Laurie Schutz & Esalen Staff

For workshop description see May 22-24. $350

A Weekend with David Schiffman

For workshop description see June 26-28. $350

October 30–November 6

An Exploration of Childhood Sexual and Physical Abuse Issues for Healers

Jessica Moore Britt

This workshop is for healers working with survivors of childhood abuse. Our exploration will include: 1) your attitudes, feelings, and experience and how this effects you personally and professionally; 2) at the meeting of healer/client what is needed to facilitate the healing process.

Since sexual and physical abuse impacts the body directly, we will examine this impact on a person's sense of self and how our work can recognize and include the body.

Specifically, we will address the questions of boundaries, the sado-masochistic process, splitting and how to deal with the powerful effects of the superego. We will address the special issues of clients with new or uncertain memories, and the similarities and differences between physical and sexual abuse and the profound effects when both are present in the same client.

We will inquire into how the process of disidentifying from the abusive past is aided when the work is grounded in a spiritual perspective and practice.

This workshop will be both didactic and experiential, and we will be working with each other. Individual and group process will be available as needed.

Jessica writes: "As a survivor I have been working in the healing profession for 20 years, working with abuse issues for the last 12 years. I especially extend an invitation to healers with their own abuse histories."

Recommended Reading: Almaas, *Essence* and *Diamond Heart*, Volume I (Diamond Books); Levine, *Healing Into Life & Death* (Anchor/Doubleday). $1025

■ SPECIAL PROGRAMS

The prices quoted below for these longer programs are for standard accommodations or bunk bed rooms (when available) as described in Ways of Being at Esalen, pages 10-11 Scholarships are also available; please see "Scholarship Information" on page 10.

May 31–June 26
Certification in Clinical Hypnosis

Marc Lehrer, Maggie Phillips, Norman Katz & Adam Burke

This course is a synthesis of Ericksonian and Direct Hypnosis, Neurolinguistics and Biohypnotic Monitoring. It satisfies the hypnosis course requirements for the MFCC and complies with the California State Requirement for Hypnosis Certification, and is designed to help develop hypnotic skills for counseling, medicine, nursing and other health areas, education, and body work. This program is also an opportunity for personal growth and transformation for anyone interest in hypnotic phenomena and the uses of suggestion in daily life.

Hypnotic suggestion, advanced imagery, and relaxation methods will be explored. There will be daily presentations, numerous practice sessions, video examples of Erickson and other practitioners, and extensive written support materials. A hypnosis library will be available for in-depth learning of advanced topic areas and there will be an opportunity to explore personal goals with trance and biofeedback equipment.

The scientific basis of hypnosis as well as the ways hypnosis can be applied will be emphasized. Topic areas will include: induction methods, hypnotic testing, symptom and habit removal, individual and family counseling applications, pain control and psychosomatics, non-verbal and pendulum methods, biomedical hypnotic monitoring, metaphor and story-telling methods, hypnosis with children, regression and uncovering, redecisioning and reframing, self-concept enhancement, stress management, fears and phobias, early trauma, hypnotic dream programming, imagery conditioning, NLP methods, enhancing performance in sports, music, and sensation, self-hypnosis methods, teaching self-hypnosis classes, and other topics related to therapy, health, and personal growth.

Outside dining area of the Esalen Lodge

Selected ongoing exercises drawn from Aikido, Feldenkrais, movement, massage, and shamanistic traditions will complement the traditional topic areas.

Since each of the leaders will present for a number of days, there will be an opportunity to model different ways of deepening your own hypnotic potential, trance induction, and utilization skills. This month-long experience with various faculty members gives each participant an in-depth opportunity to develop vivid personal imagery, make lasting self suggestions, and relate more completely with the unconscious mind.

The certification offered through this program is equivalent to a University modified tutorial course. You complete readings, assignments, and a paper for the hypnosis certificate. Certification is granted based upon the competency demonstrated to the faculty in applying hypnotic techniques with an ethical and professional approach and satisfactory completion of all Great Western University C.E.U. course requirements. The paper and assignments are due no later than four months following the completion of this program at Esalen. Course fees for the Hypnosis Certificate are $300 (12 C.E.Us), payable to Great Western University upon beginning the program at Esalen. It is also possible to obtain four transcripted Graduate Psychology courses rather than C.E.Us (requires additional fees to Great Western University and you must have at

least a B.A. degree. Contact Marc Lehrer, Chairman, Dept. of Psychology, Great Western University, (415) 397-4929 for further details).

Space is limited for this program so early registration is recommended. Reading lists and information about certificate and graduate credit will be sent upon request or registration.

C.E. credit available for nurses; for more information see pages 50-51.

Standard accommodations: $2975
Bunk Bed Room, if available: $2140
(plus $300 fee for those wanting certification, payable to Great Western University)

June 14–26
Heads, Hearts, and Tails

Harriet Goslins, Hugh Milne & Mark Bender

Physical injury, emotional trauma, and ongoing stress can all evoke protective responses from the body. As a result, patterns of armoring can show up as fatigue, depression, or loss of clarity and direction. Often we are not aware of these habitual, postural patterns that were once developed as survival tools, but slowly have begun to limit our options. As these body imprints are released, it is possible to sense one's self beneath the armor.

Based on the work of Harriet Goslins and Hugh Milne, this workshop is for those who want to access deeper levels of personal competence in body awareness, touch, communication, and insight. Carefully structured and sequenced movement patterns and floor lessons, based on the Feldenkrais Method® and Cortical Reeducation,® will be used to help rediscover some of the grace and fluidity of childhood.

Participants will also work with each other, using a system of healing touch called Shaman's Cranial, based on craniosacral methods. Focusing from head to heart to tail, methods will be shown through which touch can complement movement to encourage wisdom and healing in the body.

For those who teach, counsel, or facilitate growth and healing verbally or through touch, this can be an opportunity for personal growth and reflection. Through healing touch, meditation, movements, and processing in circle, both the joyful and painful places can be reached. The releases and insights gained from this process can offer new freedoms from old, restrictive patterns, and provide greater options for a more fulfilling way of life.

C.E. credits available for nurses and dentists; for more information see pages 50-51.

Standard Accommodations: $1665
Bunk Bed Room, if available: $1155

October 25–November 6
Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This will be a 12-day residential training program in Integrative Body Practice. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields. The leaders will be assisted by Andrea Juhan and the staff of the Rosenberg-Rand Institute of Venice, California.

Recommended reading: Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics) and *Total Orgasm* (Bookworks).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291; (213) 394-0147. $1665

Massage Practitioner Certification Program

Esalen offers a California state-approved massage program. Upon completion of a 130-hour massage practitioner workshop, and after giving 30 additional massages elsewhere, graduates will receive their certificates. Workshops for certification are offered twice a year, usually in November and April. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, movement, and gestalt awareness work, fulfilling the state requirement.

Healthspring Outreach and Education

The Healthspring Project offers outreach, education, and referrals that extend Esalen's work in the healing arts and sciences to the outside world. It is an independent, service-oriented program of Esalen teachers and their associates.

Healthspring operates a global referral system, linking visitors to Esalen with body workers, counselors, and teachers from their home areas. There are ongoing programs at Esalen and a traveling workshop service in the U.S. and abroad. Instructors teach self-healing, Esalen body work, yoga, breath and body awareness, dance and centering movement, and meditation. Many instructors have experience in gestalt practice and movement continuum.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening which may be borrowed by seminarians for a two-week period while at Esalen. Donations of books or periodicals are greatly appreciated.

For access to the referral system and traveling workshop program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

■ FUTURE PROGRAMS

Listed here are programs and workshop leaders scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Specific dates and more information will be available in the next catalog.

WINTER, 1992-1993

28-Day Massage Practitioner Certification Program

Esalen Massage Practitioners

This is a professional training program; see the next catalog for more information.

26-Day Certification in Clinical Hypnosis

Coordinated by Marc Lehrer

See Special Programs for a full description of what this program will offer.

MEDICAL PROGRAMS

View from the deck of the Fritz Perls House

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs specifically listed below offer continuing education credit. See workshop descriptions elsewhere in the catalog. If you need additional information on our C.E. courses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., medical programs coordinator, (408) 667-3000.

May 15–17

Burnout: Causes and Cures
Elliot Waker Aronson & Ayala Pines
10 hours

May 17–24

Gestalt Practicum:
A Seven-Day Intensive
Christine Stewart Price & Guest Leaders
30 hours

May 22–24

Weekend Massage Intensive
Attila Vaas & Laurie Schutz
10 hours

May 29–31

Imagery and Healing
Jeanne Achterberg & Frank Lawlis
10 hours

Introduction to Gestalt Practice
Joyce Lyke
10 hours

Minding your Health
Nicholas Hall
10 hours

May 31–June 5

Intermediate Massage Workshop
Peggy Morrison Horan & Esalen Massage Staff
30 hours

May 31–June 26

Certification in Clinical Hypnosis
Marc Lehrer, Maggie Phillips, Norman Katz & Adam Burke
30 hours

June 14–19

Gestalt Practice
Christine Stewart Price & Guest Leaders
30 hours

June 14–26

Heads, Hearts & Tails
Harriet Goslins, Hugh Milne & Mark Bender
30 hours

June 19–21

Weekend Massage Intensive
Deborah Medow (Jenkins) & Char Pias Brenner
10 hours

June 26–28

Freeing Our Bodies/Our Selves Through Movement:
A Feldenkrais® Approach
Patrick Douce
10 hours

June 28–July 3

Five-Day Massage Intensive
Brita Ostrom & Dean Marson
30 hours

July 5–10

Massage Mbunde
Char Pias Brenner, Brita Ostrom & Guest Drummers
30 hours

July 10-12

The Art of Leadership:
Excellence in Business, Management, and Communication
Ron Alexander & Bruce Gregory
10 hours

July 12–17

Zero Balancing:
Basic I &II
Fritz Smith
30 hours

July 19–24

Sexual Abuse Survivors:
Strategies for Healing
Body, Mind and Spirit
Carolyn Braddock
30 hours

Exploring Dimensions of Healing
Elizabeth Stratton
30 hours

July 24–26

Movement from the Martial Arts
Yoshi Sakuyama & David Streeter
10 hours

Creating a New Life
Elizabeth Stratton
10 hours

July 26–31

Intermediate Craniosacral Workshop
Hugh Milne
30 hours

July 31–August 2

Weekend Massage Intensive
Laurie Lioness Parizek & Dean Marson
10 hours

The Awakened Mind:
Brainwave Training
Anna Wise
10 hours

August 2–7

Spiritual Healing:
Laying On of Hands
Maria Lucia Sauer Holloman
30 hours

Living Meditations
Judyth Weaver
30 hours

Rituals for Healing
Jeanne Achterberg & Frank Lawlis
30 hours

August 16–21

Structural Anatomy and Massage
David Streeter
30 hours

Creating Exact Moments of Healing
Mariah Fenton Gladis
30 hours

August 21–23

The Hazards of Being a Psychotherapist
(Or Being Married to One)
Ofer Zur
10 hours

August 23–28

Polarity Training
Deborah Medow (Jenkins)
30 hours

The Application of Altered States
Ronald Wong Jue
30 hours

Recovery for Adult Children
and Co-Dependents
Julie Bowden & Richard Balaban
30 hours

August 28–30

Introduction to Gestalt Practice
Joyce Lyke
10 hours

Massage Intensive for Couples
Lawrence Hall Jenkins
& Deborah Medow (Jenkins)
10 hours

Healing the Healer: A Workshop
for Helping Professionals
Peter Finkelstein
10 hours

August 30–September 4

Organizations of the 1990s:
Managing with Heart
Maggie Seeley & Thom Allena
30 hours

The Power of Voice
Arthur Samuel Joseph
30 hours

September 6–11

Life Energy Process℠
Stephano Sabetti
30 hours

Balancing Values and Work:
From Inner Purpose to Outer Action
Sue McKibbin & Patricia Moore
30 hours

The Medicine Wheel Way
Carol Proudfoot-Edgar & Bob Edgar
30 hours

September 11–13

Freeing Our Bodies/Our Selves
Through Movement:
A Feldenkrais® Approach
Patrick Douce
10 hours

September 13–18

Advanced Feldenkrais®
and Cortical Reeducation
Harriet Goslins & Michael Meyer
30 hours

September 13–20

Gestalt Practicum:
A Seven-Day Intensive
Christine Stewart Price & Guest Leaders
30 hours

September 27–October 2

Five–Day Massage Intensive
Vicki Topp & Ray Swartley
30 hours

Meditation: The Living Dance
David Streeter
30 hours

October 2–4

Finding Inspired Work in Mid-Life
Peller Marion
10 hours

October 4–9

Trigger Point & Esalen Massage
Arthur Munyer
& Esalen Massage Practitioners
30 hours

A Confluent Somatic Approach
Steven Vasquez
30 hours

October 11–16

Chakra Psychology
Nancy Rosanoff
30 hours

October 18–23

Gestalt Practice
Christine Stewart Price
30 hours

October 25–November 1

Cortical Reeducation®
& The Feldenkrais® Method
Harriet Goslins & Mark Bender
30 hours

October 30–November 1

Weekend Massage Intensive
Laurie Schutz and Esalen Massage Staff
30 hours

■ WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The standard refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

May 1–9
Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

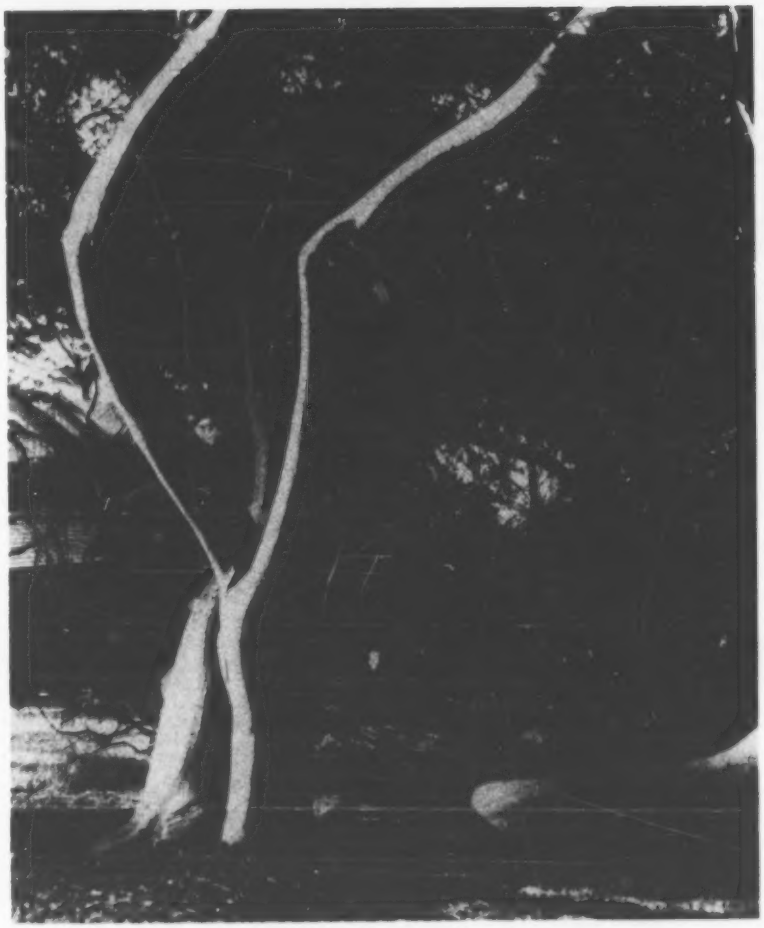
Steven Harper & Kim Pickett

Nature can provide opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand and realize a deeper sense of self and richness of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," with instruction in minimum impact camping, ecology, geography, and cultural history of the area.

Wilderness will be a mirror and primary teacher as the group lives simply and in direct contact with nature. Participants will explore their feelings and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, they will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for their last night together. Meditation instruction will be available at Tassajara for those who wish it.

Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $675



August 1–8
A Gentle Trip in the High Sierra

Maurica Anderson & Les Wilson

During this seven-day workshop in wildflower season, participants will hike eight miles to a clear mountain lake (9,600') in the Ansel Adams Wilderness on the western side of the High Sierra. Just south of Yosemite, the area is off the main trails and is surrounded by other lakes, grassy meadows, and cold streams fed by the surrounding snowfields. Our water will be supplied by a pure and icy spring.

MULES WILL CARRY IN ALL OF THE PERSONAL GEAR AND FOOD, so participants need carry only lunch, rain gear, and water on the hike in. The food will be exceptionally good — fresh or frozen meats, fruits, and vegetables. The group will camp by the lake for six nights, taking short day-hikes, and working with meditation, massage, psychodrama, gestalt, and gentle encounter. There will be some strenuous but optional side hikes, swimming, a sauna, and some time for doing nothing. Participants will be encouraged to concentrate on the sights, sounds, and smells of the high country, on getting to know the mountains and each other, and on just simply laughing and relaxing as much as possible.

Mountaineering experience is not necessary and most people are in good enough shape to make it in, but participants should be capable of hiking uphill at altitudes up to 11,000', and should come equipped with a good sense of humor.

For a detailed information sheet, contact Maurica Anderson, 1112 Curtis Street, Albany, CA 94706; (510) 526-5814. Participants will meet at a pack station in the Sierra on August 1. Fee includes food, wine, permits, and pack mules in and out. $705

WORK STUDY PROGRAM

View looking south from Esalen

The Work Study Program is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. It is not for those who wish to take catalog workshops or for those who are unwilling to be fully engaged in the work-life of the community. Participants will work 32 hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and will participate, along with staff and long-term students, in that department's program. It is necessary for applicants to be able to speak and understand English.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School/Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Participants must be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program. Two programs are planned for each month. Those scheduled thus far for 1992 include:

May 3–May 31

Design your own program, alone and with other participants, using your intuition, intelligence, and imagination. Find surprising resources; harvest and recycle your energies. Facilitated by *Janet Lederman*.

Karuna Licht will lead a month-long journey using the creative processes of art, ritual, and guided imagery as the language of the heart.

May 31–June 28

Diane Lawrence and participants will use acting, writing, theater, and painting to create a communal performance that will be presented at month's end.

This month with *David Streeter* will give students the opportunity to incorporate the subtle art of contemplation in a community atmosphere. Yoga, massage, and gentle emotional release—along with silent meditation—will be included in the curriculum.

June 28–July 26

Beverly Silverman will lead a dialogue between body and spirit using Rolfing,® gestalt, and psychosynthesis.

Kathleen O'Shaughnessy offers exploration of ancient and contemporary meditation practices; centering through movement, sound, and breath; and contact through massage.

July 26–August 23

Design your own program, alone and with other participants, using your intuition, intelligence, and imagination. Find surprising resources; harvest and recycle your energies. Facilitated by *Janet Lederman*.

Mary Goldenson's (Devarani) program of letting go and moving on employs Reichian methods, Radix,® dance, imagery, gestalt, and meditation.

August 23–September 20

Seymour Carter, longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen buddhism, aikido, and other body-oriented practices into a group process which provides a safe setting for self-exploration.

This month with *David Streeter* will give students the opportunity to incorporate the subtle art of contemplation in a community atmosphere. Yoga, massage, and gentle emotional release—along with silent meditation—will be included in the curriculum.

September 20–October 18

Katriona Munthe and *Anita Eubank Donovan* offer movement, metaphor, and myth as a means for understanding the universal symbols of mankind. Mime and dramatizing dreams will be used for self-exploration and as tools for developing human compassion.

Steve Harper will lead a group exploring "inner" and "outer" nature. With Big Sur's wilderness as a primary teacher, the group will draw from various somatic and contemplative traditions that enhance personal awareness to further explore ourselves and nature.

October 18–November 15

Jackie Rosen and *Kay Brownfield* offer a month of psychosynthesis to explore the nature of essence. Meditation, guided imagery, music, movement, art, and individual process work will be used. Professionals are invited.

A month with *John Soper* will focus on ways to improve the quality of life. The work will start with the individual and expand to include the environment.

Institute of Transpersonal Psychology Offers External Master's Degrees

Work students now have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
250 Oak Grove Ave.
Menlo Park, CA 94025
(415) 326-1960

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. **The cost of all 28-day Work Study Programs now includes an additional fee of $20 for coverage under our student health and accident policy. The first month fee is now $720, the second month $670, and the third month, $620.** Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

Esalen's geothermally heated freshwater pool.

WORK STUDY PROGRAM APPLICATION

Name _____ ☐ Male ☐ Female

Date of Birth _____ Occupation _____

Place of Employment _____

Daytime Phone (____) _____ _____
HOME ADDRESS

Evening Phone (____) _____ _____
STATE AND ZIP CODE

Date of Application _____ _____
COUNTRY

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. _____

Which program(s) are you interested in? Please list the leader's name. _____

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

_____

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

Please Note: No pets allowed.

THE FRIENDS OF ESALEN

The Friends of Esalen provides financial aid to people who are eager to attend our workshops but cannot afford them. We believe that one of our first priorities is to make our programs available on a broader basis. Friends of Esalen contributions fund scholarships to make this possible.

We invite you to join us. In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog*, the *Friends of Esalen Newsletter*, and other special mailings to Friends for one year. Periodically we offer a discounted workshop just for members of the Friends of Esalen. We hope you feel your experience at Esalen is worth sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen; I enclose my check for the category marked.

☐ I wish to renew my membership in the Friends of Esalen.

☐ One Year Student ..... $15 ☐ One Year Individual ..... $25 ☐ One Year Sponsor $100
☐ One Year Senior Citizen ..... $15 ☐ One Year Donor ..... $50 ☐ One Year Patron $500

Name _____ Student Affiliation _____

Address _____ City _____

State _____ Zip _____ Date _____

Please mail to: The Friends of Esalen, Esalen Institute, Big Sur, CA 93920.
Contributions are tax-deductible to the extent allowed by law.

■ AUDIO RECORDINGS

The Dolphin Tape Series

This tape list honors holism, feminine insight, Taoism and Zen, cultural anthropology and shamanism, Feldenkrais experience and holographic function, intuition and mysticism, ecology and natural law. There are new titles by Helen Palmer, Angeles Arrien, Ruthy Alon and others, a complete set by Virginia Satir from the archives, and the latest by Terence McKenna.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Most tapes are in stereo. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Ruthy Alon: *Sitting—Effortless Balance* (A Feldenkrais Lesson)
Anne & Jim Armstrong: *The Power of Intuition*, 1987
Angeles Arrien: *Eight Universals that Sustain Health* (ITC Eugene), 1990
Gregory Bateson: *Cultural Relativity and Belief Systems*, 1976
John Blofeld: *Taoist and Zen Practice*, 1978
John Blofeld: *History and Use of the I Ching*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
Joseph Campbell: *Hermes, Alchemy, and the Voyage of Odysseus*, 1971
Fritjof Capra: *Ecological Vision*, 1984
William Everson: *Poetry of Earth: A Jeffers Tribute* (Carmel), 1970
James Fadiman: *Guided Fantasy and Fairy Tales*, 1971
Moshe Feldenkrais: *A Ray of Hope Where There Was None*, 1972
Father Bede Griffiths: *Christianity, Science and Mysticism*, 1983
Stanislav Grof: *Principles of Holotropic Therapy*, 1985
Chungliang Al Huang & David Darling: *Tai Ji Music and Movement*, 1989
Aldous Huxley: *The Individual and History*, 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Terence McKenna: *Enough Is Enough*, 1989
Terence McKenna: *Novelty and the Transcendental*, 1990
Terence McKenna: *The Time Wave, the Tao, and Novelty*, 1991
Ralph Metzner: *Varieties of Human Transformation*, 1984
Claudio Naranjo: *Dante's Way to the Stars*, 1968
Robert Ornstein: *The Sufis and Other Teaching Stories*, 1971
Helen Palmer: *Introduction to the Enneagram System*, 1991
Helen Palmer: *Placement of Attention*, 1991
Helen Palmer: *The Enneagram and Inner States*, 1991
Helen Palmer: *The Psychic Aspect of Intuition*, 1991
Paul Rebillot: *The Pluto Story: Journey into Madness*, 1984
John Robbins: *Healing Ourselves, Healing Our World*, 1989
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
Virginia Satir: *Family Communication and Growth*, 1967
Will Schutz: *An Inner Fantasy Experience*, 1969
Daniel Sheehan: *Philosophy of Christic Institute*, March 1991
Daniel Sheehan/Sara Nelson: *What Is It All About?*, March 1991
Huston Smith: *The Coming World Civilization*, 1968
Alan Watts: *Divine Madness*, 1968
Arthur M. Young: *The Reflexive Universe*, 1973

Two-tape titles are $18

Angeles Arrien: (2) *Cross-Cultural Shamanic Practice*, 1991
Gregory Bateson: (2) *Balinese Culture and Shamanism*, 1976
John Blofeld & Al Huang: (2) *How to Use the I Ching*, 1978
Robert Bly: (2) *Poetry Reading: An Ancient Tradition*, 1983
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Buckminster Fuller: (2) *The Critical Path* (Maui), 1982
Stanislav Grof: (2) *The Birth Trauma*, 1981
Robinson Jeffers: (2) *A Dramatic Presentation* (Carmel), 1972
Terence McKenna: (2) *The Magical Mystery Tour*, 1989
Claudio Naranjo: (2) *The One Quest*, 1971
Helen Palmer: (2) *Advanced Intuition Training*, 1991
Sheehan/Nelson: (2) *Natural Law, Democracy, and The Cosmos*, 1991
Frederick Spiegelberg: (2) *India and the Saints*, 1964
Brother David Steindel-Rast: (2) *Healing Starts from the Heart*, 1984
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971

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Joseph Campbell: (4) *Transformation of Myth through Time*, 1982
James Fadiman: (4) *A Weekend of Stories*, 1984
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
R.D. Laing: (4) *Sanity, Madness, Blowout Center*, 1967
Terence McKenna: (4) *The Light in Nature*, 1988
Terence McKenna: (4) *Into the New Millenium*, 1991
Terence McKenna: (4) *Exploring the Hermetic Tradition*, 1991
Daniel Sheehan/Sara Nelson: (4) *Spirituality and Politics*, 1991
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Rupert Sheldrake: (4) *Rebirth of Nature: Revival of Animism*, 1990
Brother David Steindel-Rast: (4) *Mysticism as a Frontier Experience*, 1985
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Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-1980 (Library)	$98

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■ GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 66. Our address, phone numbers, and reservations hours are on the inside front cover. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$100	19 to 21 days:	$400
5 to 7 days:	$200	More than 21 days:	$500
12 to 14 days:	$300		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 10 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you. Workshop fees cover tuition, food, and lodging. Rooms and bathrooms are shared by two or more persons. Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail or fax your reservations. *Our fax number is (408) 667-2724*. Fax the enclosed form and include your credit card information. (The fax line is for Esalen business purposes only, not personal correspondence.)

If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your credit card when you call. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service. NOTE: Room and Board reservations must be made by phone, not by fax machine.

Cancellation and Refund Policy: If you cancel at least five full days before the start of your workshop, your deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy. See page 49.)

If you have applied for a scholarship and we *are unable* to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we *are able* to give you assistance and you cancel your reservations as above, we will return your deposit, less a $30 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within the next year. If you cancel with less than five days' notice, you forfeit your deposit.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see page 10.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have bus service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing bus service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School/Park: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

For your safety: Please bring a flashlight for use at night while walking on the grounds.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For further information, contact the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

■ BIOGRAPHICAL INFORMATION

A

Ralph Abraham,
a mathematician, is known for his work in dynamics and chaos theory. He is a professor of mathematics and founder of the Visual Math Project at UCSC.
p. 35

Jeremiah Abrams
is a Jungian therapist and dream analyst who is currently director of the Mt. Vision Institute in Sausalito, California. He is the author of Reclaiming the Inner Child, *and co-author of* Meeting the Shadow.
p. 23

Jeanne Achterberg,
professor at the Institute of Transpersonal Psychology, is a pioneering researcher in imagery. She is the author of Rituals of Healing; Woman as Healer; *and* Imagery and Healing.
p. 18, 30, 49, 50

Ken Adams
*is a partner in Rose *x, which is devoted to techno-animistic experimentation in media and the arts. His interests include exploring the convergence of eco-feminism, eroticism, and psychedelic technologies.*
p. 29

Ron Alexander
is a creativity consultant and teaches clinical training groups for professionals in Gestalt and Mind/Body Healing. He is the director of clinical training at Ryokan College.
p. 20, 24, 49

John Allen,
life member of the PGA and former tour player, has been a teaching golf professional for over twenty years and a serious student of the inner game for the past eight.
p. 14, 42

Thom Allena,
is an organizational consultant who develops "soul" in organizations through outdoor team building, ritual and myth, and humor. He works with juages, attorneys, and victims to arrange "win-win" solutions for resolving criminal offenses.
p. 36, 50

Maurica Anderson
is studying the relationship between humor and mental health. She has led Esalen High Sierra wilderness trips for many years.
p. 12, 30, 51

Anne Armstrong
has been doing transpersonal counseling for thirty years and has trained professionals to use their intuitive abilities.
p. 41

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 41

Elliot Waker Aronson,
social psychologist, professor, researcher, and author, combines the scientific with the humanistic and spiritual in his work.
p. 16, 28, 49

B

Nancy Bacal,
is a lyricist and screenwriter. Student of meditation and black belt in Aikido, her work includes the award-winning film, Raga, *starring Ravi Shankar.*
p. 43

Richard Balaban
is a clinical psychologist in private practice in Bloomington, Indiana. He has taught at Indiana University in the departments of Psychology and Public & Environmental Affairs.
p. 35, 50

James Baraz
has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.
p. 18, 40

Michael Barnett
lives on a ranch in Boise, Idaho, where he is a psychiatrist in private practice who works with individuals, families, and groups.
p. 29

Mary Catherine Bateson
is a cultural anthropologist and author of a number of books including With a Daughter's Eye: A Memoir of Margaret Mead and Gregory Bateson *and* Composing a Life.
p. 40

Mark Bender
is a licensed psychologist and marriage and family counselor. He has a private practice in Cortical Reeducation® in Encinitas, California.
p. 21, 46, 48, 49, 50

Edwin Bernbaum
is the author of Sacred Mountains of the World *and* The Way to Shambhala. *He is a mountaineer and scholar of comparative religion and mythology.*
p. 21

Jeff Berner
has photographed in many countries, received two awards from Life *magazine, and photo-illustrated* Uncarved Block, Unbleached Silk: The Mystery of Life, *by the late Alan Watts.*
p. 23

Judy Blackstone
is a dancer, meditation teacher, author, and counselor. She is the founder of The Subtle Self in Motion, a method for deepening experience through movement.
p. 16

Stephen Book
is an international/off Broadway/regional theater director and teacher. On the faculty at USC after a long tenure at the Juilliard School, he also heads his own professional studio in Hollywood.
p. 17

Julie Bowden,
pioneer in the children of alcoholics (COA) field, is co-founder of the National Association for COAs. She co-authored Recovery: A Guide for Adult COAs *and* Genesis: Spirituality in Recovery.
p. 35, 50

Carolyn Braddock
is a psychologist, consultant, and author in private practice in Lakewood, Colorado. She founded the Institute on Child Abuse and Neglect and trains professionals in the field of sexual abuse.
p. 26, 50

Luc Brebion,
a graduate of the University of Bordeaux, France, is a psychologist in private practice in Berkeley. He leads workshops on the experience of beauty as a way to self-knowledge.
p. 45

Char Pias Brenner
has lived at Esalen Institute since 1977. She is a performance artist, an Esalen massage instructor, and a licensed graduate of The Center for Spiritual Healing.
p. 21, 23, 32, 49

Jessica Moore Britt,
gestalt and Reichian work practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development.
p. 46

John Broomfield,
author of Other Ways of Knowing, *is a New Zealand educator, world-traveller, student of shamanism and hatha yoga, and has written extensively on inner-cultural and inter-species learning.*
p. 12

Kay Brownfield
has extensive training in gestalt and massage, and currently teaches psychosynthesis. She has a private counseling practice in Toronto.
p. 53

Heather Lynne Burch
has a background in self acceptance training, eidetic imagery, and shamanism. She teaches methods for unifying the self and developing a deeper creativity. She practices in New York and Naples, Florida.
p. 39, 40

Adam Burke
is a research psychologist, acupuncturist, educator, and author. He is the director of Halcyon and offers trance-based trainings internationally.
p. 19, 47, 49

C

John Caple,
is a consultant, writer, and worklife advisor to company presidents. In earlier careers, he was a business executive and college professor.
p. 32

Niyaso Christine Carter,
co-founder of The Art of Being in Hawaii, she combines Western psychotherapy practices with Eastern disciplines in healing and sexuality.
p. 13

Paul Carter,
cofounder of Meta Education and Training Arts, leads workshops around the world on Whole/Parts Transformation, Ericksonian hypnosis, creativity, and self-expression.
p. 13

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, Aikido, and other body-oriented practices.
p. 16, 19, 22, 27, 30, 41, 42, 53

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco.
p. 39

Price Cobbs,
founder of Ethnotherapy, is an internationally acclaimed psychiatrist and management consultant. He is co-author of Black Rage *and* The Jesus Bag.
p. 42

Marlene Cresci Cohen,
is a psychologist and medical educator trained in hypnosis who works with family physicians in clinical training. She has been a student of the enneagram for ten years.
p. 29

Stephen Cohen,
Esalen resident and gestalt practitioner, is a longtime golf hacker who has recently founded The Kingdom Tour, dedicated to bringing inner game golfers together for world travel.
p. 14, 42

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 36

Jesse Cool
is co-founder of Flea St. Cafe and Late for the Train in Menlo Park, California, and has a deep passion for seasonal, locally produced, organically raised ingredients.
p. 13

Stuart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Painting Experience Studio in San Francisco.
p. 39

Dale Cummings,
certified Radix® teacher and marriage and family counselor in West Los Angeles and Los Gatos, is director of training for the Radix® Institute.
p. 19

Rabbi William Cutter
has a doctorate from UCLA and was trained in the Ford-Esalen project in Confluent Education. He teaches Modern Literature and Education at the Hebrew Union College.
p. 44

D

Genny Wright Davis,
mother, minister, and spiritual healer, has been director of the Center for Spiritual Healing in Fairfax, California since 1977. She holds seminars worldwide and is co-author of The Heart of Healing.
p. 24

Laura Day,
has been a practicing intuitive for over a decade in the U.S. and Europe. She teaches intuitive skills for use in daily life and business.
p. 24

Laura DeNuccio (Ma Prita),
certified Radix® practitioner on Esalen's teaching staff, has over fifteen years' experience combining gestalt, Reichian body work, Bates vision work, movement, ritual, and meditation in the U.S. and Europe.
p. 22, 31, 40

Anita Eubank Donovan
has a background in the performing arts. She is a certified expressive arts therapist and a counselor living and working at Esalen.
p. 53

Patrick Douce,
one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. He spends part of the year in Bali, where he observes Balinese and other Indonesian "energetic" sciences.
p. 22, 33, 38, 49, 50

France Doyle
is a physician who specializes in cardiac disease and its prevention. She has studied the enneagram since 1981 and is trained in the use of eidetic imagery and Ericksonian hypnosis.
p. 29

Charles Durrett
is co-author of CoHousing — A Contemporary Approach to Housing Ourselves. *His architectural design and consulting firm, the CoHousing Company, works to bring these communities to life in the U.S.*
p. 26

E

Bob Edgar,
formerly a Professor of Biology at Caltech and founding Provost of Kresge College, UCSC, he is experienced in group process and organizational development. He is interested in the shamanic journey method for spiritual growth and development.
p. 38, 50

Diane Egli,
violinist and member of the Suzuki Association of America, teacher/performer, and Gazebo School/Park teacher at Esalen, was a California Arts Council "Artist in Residence." She has a master's degree in music.
p. 34

F

Peter Finkelstein
is a psychiatrist practicing in Woodside and San Francisco; he teaches at Stanford and writes about emotional issues in medical training and practice. He counts among his important influences Sigmund Freud and Bob Marley.
p. 35, 50

Corey Fischer
is an actor, writer, and maskmaker who has been creating and performing theatre for over twenty years. He co-founded A Traveling Jewish Theatre, and teaches workshops and classes in solo performance, ensemble creation, and storytelling.
p. 33

Jerry Fletcher
is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in San Anselmo, California.
p. 25, 45

Lacey Fosburgh
is a journalist who for 16 years was a national correspondent for The New York Times. *She is also a professor of journalism and author of the novel,* India Gate.
p. 15

G

Mariah Fenton Gladis,
gestalt practitioner and trainer, founded and directed the Bucks County Institute for twelve years. She is the director of the Pennsylvania Gestalt Center for Psychotherapy and Training.
p. 33, 50

Mary Goldenson (Devarani)
is a psychologist, chiropractor, and certified Radix® teacher with a private practice in West Los Angeles.
p. 17, 20, 22, 37, 43, 44, 53

Lawrence Goldfarb
is a Feldenkrais® teacher, cybernetician, author, and founder of Mind in Motion. He teaches seminars internationally and has a private practice in San Francisco.
p. 44

Diane Joy Goodman
is a food and agriculture consultant and professional cook. Her work focuses on how sustainable agriculture affects the quality of exceptional food and nurtures a healthy environment.
p. 13

Harriet Goslins
is the originator of Cortical Reeducation.® She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology.
p. 21, 39, 46, 48, 49, 50

Roger Grandy,
on Esalen's massage staff, is certified in movement reeducation, massage, and shiatsu. He is involved in a research project studying the effects of body work and hypnosis on the immune system.
p. 12

Spaulding Gray,
writer and actor, has created a series of thirteen autobiographical monologues which he has performed in the U.S., Europe, and Australia. He has taught storytelling at Columbia, NYU, and Omega Institute.
p. 20

Bruce Gregory
is a corporate behavior specialist who integrates Ericksonian and Self Psychology to facilitate conflict resolution, team building, and the enhancement of leadership skills in corporate environments.
p. 24, 49

H

Nicholas Hall
directs the Division of Psychoimmunology at the University of South Florida School of Medicine, and serves as a consultant to the National Institutes of Health.
p. 18, 49

Robert Hall,
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for twenty-five years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 21, 44

Anna Halprin,
dance director of Tamalpa Institute and Steps Theater Company, works with people with life-threatening illnesses. She is creator of Circle of the Earth *and author of* Movement Ritual.
p. 34

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 12, 17, 20, 22, 27, 33, 35, 37, 41, 45, 51, 53

Susan Harper
teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 20

Richard Strozzi Heckler,
psychologist and fouth-degree black belt in aikido, has worked with such diverse groups as the Army Special Forces, emotionally disturbed children, corporate executives, and inner city gangs.
p. 24, 44

Rachel Heller,
an Israeli artist who studied in Jerusalem, London, and New York, is creator of the method "Painting via Creative Dreams." She exhibits in galleries and museums in Israel and throughout Europe.
p. 26

Gabriele Hilberg
conducts workshops for health professionals in Europe, Australia, and New Zealand. She supports individuals in healing chilhood traumas and furthering spiritual development.
p. 28, 41

Edward Hinkelman
is V.P. of Development for High Performance Dynamics. He has founded, built, and sold five businesses, set up three national sales organizations, and is a seminar leader.
p. 25, 45

Maria Lucia Sauer Holloman
has been a seminar teacher since 1982 in Brazil and the U.S.
p. 30, 50

Peggy Morrison Horan
has been practicing and teaching massage at Esalen for twenty years. She is a student of childbirth, dance, and movement.
p. 19, 49

Leigh Hyams
is a painter and teaching-artist at U.C. Berkeley Extension whose work has been exhibited in the U.S., Europe, and Russia. A Fulbright scholar, she leads art tours to Europe and South America for museums and universities.
p. 34

I

Jo Imlay
is a writer, fabric artist, and co-director of The Eagle Connection alliance of tranformative organizations. She combines shamanic work with insights drawn from contemplative Christianity, Buddhism, and Hinduism.
p. 12

Anne Clark Isaacs
is a licensed clinical social worker and a Reichian practitioner in private practice in Los Angeles.
p. 36

Joel Dweck Isaacs
is a Reichian practitioner in private practice in Los Angeles where he also directs a body-oriented training program for psychotherapists.
p. 36

J

Eli Jaxon-Bear
is a trainer in neurolinguistics and an examiner with the American Council of Hynotist Examiners. He is past-president of a Tibetan Buddhist meditation center.
p. 24

Lawrence Hall Jenkins,
certified Hellerworker and Esalen massage practitioner, teaches massage, polarity work, and other mind-body disicplines.
p. 35, 50

Jerry Johnson
is a counselor to men in transition, a pastor, and a broadcaster who has worked with men's issues for more than fifteen years. He is creator and on-air host of "Man to Man" (KCBS Radio, San Francisco)
p. 39

Arthur Samuel Joseph
has twenty-six years of experience as a private teacher and professor in voice. He is the creator of Vocal Awareness, a method that integrates mind, body, and spirit through the vocal arts.
p. 37, 50

Ronald Wong Jue,
licensed clinical psychologist, has trained mental health practitioners in the use of altered states for the past fifteen years. He is past-president of the Association for Transpersonal Psychology.
p. 35, 50

K

Sevanne Kassarjian
is a graduate in theater of Brown University and is now doing graduate work in acting at the University of California at San Diego.
p. 40

Norman Katz
is a director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe.
p. 19, 47, 49

George Kohlrieser,
a psychologist with an international practice, researches and applies attachment and separation theory to relationships, psychosomatic illness, violence prevention, and hostage negotiations.
p. 28, 29

Paul Krassner
is the editor and publisher of Reality *magazine and co-founder of the Yippies. A stand-up comic since 1953, he is the author of* Impolite Interviews *and* Tales of Tongue Fu.
p. 19

L

George Lakoff
is a professor of linguistics at UC Berkeley and an expert on metaphor.
p. 32

Frank Lawlis,
a diplomate and elected Fellow of the American Psychological Association, is president of the Institute of Transpersonal Psychology. He specializes in behavioral medicine.
p. 18, 30, 49, 50

Dianne Lawrence
has been painting, selling, and exhibiting her work in Los Angeles for twelve years. Previous to that she spent ten years as a professional actress and performance artist.
p. 52

Janet Lederman
is executive director and designer of Esalen's Gazebo School/Park and Gazebo philosophy of learning.
p. 52, 53

Lenore Lefer
is a psychotherapist in San Francisco, who also does teaching and training in psychosynthesis. She leads group workshops in the U.S., Canada, and the former U.S.S.R.
p. 23, 44

Marc Lehrer
teaches clinical hypnosis and biofeedback nationally and internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, California.
p. 19, 47, 48, 49

Dub Leigh,
longtime body work practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye roshi.
p. 25, 26

Annie Styron Leonard
is director of the Energy Training Institute in Mill Valley, California, and an aikido black belt.
p. 14, 19

George Leonard
is a third-degree black belt in aikido, founder of Leonard Energy Training (LET), and author of Mastery; The Silent Pulse; *and* The Transformation.
p. 14, 19, 30, 42, 43

Éva Leveton,
founding member of the San Francisco Family Therapy Center, teaches family and individual therapy, and psychodrama. She is the author of A Personal Guide to Psychodrama *and* Adolescent Crisis: Approaches in Family Therapy.
p. 12

Master Share K. Lew,
age 74, is a temple-trained Taoist priest from Southern China with over half-a-century's experience in Taoist health practices and healing arts.
p. 32, 43

Karuna Licht
is an artist and counselor interested in healing the heart and living creatively.
p. 52

Paul Lounsbury
has studied with Milton Erickson and conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.
p. 35

Amory Lovins
is a physicist, author, lecturer, and consultant active in energy policy in some thirty countries. He directs research at Rocky Mountain Institute (Snowmass, Colorado).
p. 31

Francis Lu
is an assistant clinical professor of psychiatry at the University of California, San Francisco, with interests in film and transpersonal psychology.
p. 28

Nancy Kaye Lunney,
formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen.
p. 31

Kathryn Lydecker
is a senior associate of the Lomi School, where she has led workshops and facilitated groups for the past eleven years. She is in private practice in Santa Cruz, California.
p. 12

Joyce Lyke
is a gestalt awareness teacher at Esalen with a private practice in Monterey. She is also a teacher in training with the Ridhwan Work School.
p. 15, 18, 35, 43, 49, 50

M

Catherine MacKinnon
has written and lectured widely on law and feminism. She is Professor of Law at the University of Michigan.
p. 23

Helen Malcolm-Neeb,
artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations.
p. 14

Peller Marion
is a psychologist and international career management consultant. She is president of Peller Marion Associates, Inc., an outplacement and executive development coaching corporation in San Francisco.
p. 21, 42, 50

Dean Marson
is a member of the Esalen massage crew. His interests include subtle body work and methods of self-care.
p. 22, 29, 40, 49, 50

Kathryn McCamant
is co-author of CoHousing — A Contemporary Approach to Housing Ourselves. *Her design and consulting firm, The CoHousing Company, brings these communities to life in the U.S.*
p. 26

Robert McDermott
is president of the California Institute of Integral Studies (CIIS). He is the author of Focus on Hinduism; Focus on Buddhism; The Essential Aurobindo; *and* The Essential Steiner.
p. 14

Terence McKenna,
author and explorer, has spent twenty-five years studying ontological foundations of shamanism and the ethno-pharmacology of spiritual transformation. He is the author of True Hallucinations *and* Timewave Zero.
p. 15, 34, 35

Sue McKibbin
is an organizational anthropologist who consults, conducts seminars, and produces films on the spirit in business and alterantive organizational paradigms.
p. 38, 50

Deborah Medow (Jenkins),
Esalen leader and body work practitioner since 1969, teachers ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 12, 21, 35, 49, 50

Michael Meyer
is a craniosacral, breathwork, and licensed massage therapist in practice with Harriet Goslins in Laguna Beach, California. He is currently studying for both his Feldenkrais® and Cortical Reeducation® certification.
p. 39, 50

Donald Michael,
professor emeritus of planning and public policy and professor of psychology at the University of Michigan, is the author of On Learning to Plan and Planning to Learn.
p. 44

Hugh Milne,
third-generation Scottish osteopath with twenty-years' experience, has practiced and taught cranial work, healing, and psychometry abroad and in the U.S.
p. 21, 28, 48, 49, 50

Patricia Moore
has worked with organizations and individuals on strategic change and transition for the past twenty years. She incorporates her spiritual studies into her life and work.
p.38, 50

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 17, 46, 48

Katriona Munthe
is a European psychologist with Jungian training. She is a member of the Italian Society of Psychosomatic Medicine, and has worked with Lorenzo Ostuni and Biodrama for the last 14 years.
p. 46, 53

Arthur Munyer,
a member of the Esalen massage crew, is a trigger point specialist and longtime body work practitioner trained by Dub Leigh and Lauren Berry.
p. 42, 50

N

Stephen Nachmanovitch
is a composter, author, and computer artist whose music and mixed media works have been performed internationally. He has written extensively on the spiritual underpinnings of art.
p. 44

Robert Nadeau,
an aikido master, has been a leading exponent of energy awareness at Esalen since the 1970s.
p. 31

Audrey Nakamura
was trained by Hawayo Takata, Dub Leigh, and Tanouye Tenshin roshi. She has been a practitioner for sixteen years.
p. 25, 26

Wes "Scoop" Nisker
is considered the dean of new radio journalism and is the editor of Inquiring Mind, *journal of the Vipassana Buddhist community. He is the author of* Crazy Wisdom.
p. 19

O

Babatunde Olatunji,
master percussionist from Nigeria, has performed internationally for over thirty years and is known for his album Drum of Passion. *He is an authority on African religion.*
p. 23, 24

Richard Olney
studied with Alan Watts, Fritz Perls, and Alexander Lowen, and has been influenced by the eidetic imagery work of Akhter Ahsen. He has led self-acceptance trainings in the U.S. and Europe.
p. 39, 40

Kelle Olwyler
is Director of Training for High Performance Dynamics. She leads groups focused on turning individual insight into outstanding personal action.
p. 25, 45

Kathleen O'Shaughnessy
has had a fascination with expanded mind states through the experiential modes of meditation, plant teachers, somatic disciplines, nutritional healing, the death process, and shamanism for 22 years.
p. 53

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager training and gestalt awareness with the personal energetic connection of the Esalen massage. She is a certified MFCC in California.
p. 22, 23, 49

Lorenzo Ostuni,
an Italian philosopher and anthropologist, is the author of various symbolic psychosystems for studying and integrating human personality. He is the founder of the Institute for Biodrama in Rome.
p. 46

P

Helen Palmer,
a practicing intuitive for eighteen years, directs the Center for the Investigation and Training of Intuition and is a graduate faculty member of John F. Kennedy University.
p. 25

Wendy Palmer,
faculty member of the Center for the Investigation and Training of Intuition, holds a third-degree black belt in aikido and is co-founder of Tamalpais Aikido and International Movement Arts Center.
p. 41

Laurie Lioness Parizek
coordinates a reference library at Esalen and pilots Healthspring Referral and Education. She blends innovative and traditional approaches to health and healing.
p. 29, 40, 48, 50

Joseph Chilton Pearce,
a former humanities professor, is the author of five books about childhood and human development. His lecture tours included an extensive stay at the Jung Institute in Zurich in 1986.
p. 41

Nanda Peek
is a director of the Iyengar Yoga Center in Amsterdam where she is leading a 3-year certified Teacher Training program. She leads workshops throughout Europe and America.
p. 20

Maggie Phillips
is a psychologist in Oakland, California. She has presented at numerous national and international conferences and training events on hypnosis and psychotherapy.
p. 19, 47, 49

Kim Pickett,
an Esalen Staff member, is interested in developing awareness through movement, touch, and gestalt practice.
p. 12, 51

Ayala Pines
is a licensed psychologist in private practice specializing in work with couples. She is the author of Keeping the Spark Alive *and the forthcoming* The Shadow of Love: Jealousy.
p. 16, 21, 49

Alfred Pomerleau
is a student of Native American rituals, Tai Chi, and healing arts. He is on staff at Esalen and is a member of the Ecology Group.
p. 30

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 16, 21, 40, 44, 49, 50

Carol Proudfoot-Edgar
was a counseling psychologist at UCSC for seventeen years. She is trained in group process and gestalt methods, and is a certified Shamanic counselor with Michael Harner's Foundation for Shamanic Studies.
p. 38, 50

Jill Purce
is author of The Mystic Spiral. *She investigated the mystical dimension of sound with Karlheinz Stockhausen and the magical use of the voice and overtone chanting with Tibetan lamas.*
p. 37

Johanna Putnoi,
a senior associate of the Lomi School, has studied Feldenkrais, aikido, and Continuum dance. She has a private practice in Palo Alto, where she is also director of Body Therapy's massage program.
p. 12

R

Paul Rebillot,
a group leader at Esalen for sixteen years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 37

Sogyal Rinpoche,
an incarnate lama, scholar, and meditation master from Tibet, prominent in the West, is an authority on the traditional knowledge of Tibetan Book of the Dead.
p. 15

Jane Marla Robbins,
has been a professional actress, teacher, and writer for 25 years. She has acted in movies (Rocky I, II, V); television (Falconcrest); and had several roles on Broadway. Her plays have been produced in New York, London, Copenhagen and Spoleto.
p. 39

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of Body, Self, and Soul.
p. 17, 46, 48

Nancy Rosanoff
works as a psychic, teacher, counselor, and corporate conulstant based in New York. She is the author of Intuition Workout.
p. 43, 50

Jackie Rosin
is a licensed psychologist in private practice in Topanga, California. She trained with Harry Sloan and has a background in Integrative Body Psychotherapy.
p. 53

Ilana Rubenfeld,
twenty-five-year pioneer in the body-mind-spirit field and originator of Rubenfeld Synergy Method, is a certified teacher of Alexander Technique and Feldenkrais,® and is a gestalt practitioner.
p. 31, 32

S

Stephano Sabetti,
founder of the Life Energy Process, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant.
p. 37, 50

Yoshi Sakuyama
is a sixth-degree black belt in Shorinjo Kempo, a modern Japanese martial art rooted in Zen Buddhism.
p. 27, 50

Robert Sanoff,
a senior associate of the Lomi School, has led workshops and trainings in personal growth for the last twelve years. He has been in private practice since 1976, currently in Santa Rosa, California.
p. 12

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 15, 22, 26, 27, 30, 39, 45, 46

Ailish Schutz
has an extensive background in body work and holistic health. She has been conducting The Human Element with Will Schutz for five years and serving as CEO of Will Schutz Associates for the past six.
p. 41

Laurie Schutz,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has also led parent-infant workshops.
p. 17, 46, 49, 50

Will Schutz,
founder of the Antioch holistic studies department, is creator of The Human Element, a set of training materials for organizations. He is the author of Joy and Profound Simplicity.
p. 14, 41

Maggie Seeley
is a management consultant for corporations, city and county governments, holistic centers and colleges. She teaches organizational behavior and ethics at the University of New Mexico, practices Buddhism, and leads a women's sprituality forum.
p. 16, 36, 50

Mark Seidler,
a visual communications specialist and writer, is a frequent contributor to National Geographic. *He is currently designing material on artificial intelligence and teaches a class on empowerment to prison inmates.*
p. 16

Phyllis Shankman
is a licensed counselor in West Los Angeles. She teaches at Ryokan College and has been leading groups at Esalen for over twelve years.
p. 15

Paula Shaw
has been a professional actress and teacher for over twenty years. She conducts workshops for Esalen staff and work study programs in creativity, well-being, and self-expression.
p. 30

Rupert Sheldrake
is a biologist. Formerly a research fellow of the Royal Society at Cambridge University, he is the author of A New Science of Life *and* The Presence of the Past.
p. 35

Leonard Shlain,
a San Francisco surgeon, began lecturing on the connections between evolution, consciousness, art, and physics ten years ago. He is the author of Image and Insight.
p. 17

Stairs leading to the Fritz Perls House

Fred Shoemaker,
an inner game teacher and golf professional, is founder of The School for Extraordinary Golf. He has taught seminars for the U.S., Canadian, and Japanese P.G.A., and often writes about the inner game.
p. 14, 42

Beverly Silverman,
a Rolfer, teaches psychosynthesis and leads gestalt trainings. She lives in France and teaches workshops throughout Europe.
p. 53

Julian Silverman,
a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe.
p. 18

David Silverstein
is a reichian practitioner and longtime Esalen group leader. He is currently a teacher in training with Hameed Ali from the Ridhwan Work School.
p. 15, 43

Fritz Smith
is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure.
p. 25, 50

Gerald Smith
is a licensed psychologist in private practice in Belmont, California. He has authored two books on relationships, Couple Therapy *and* Hidden Meanings, *and has led workshops at Esalen for twenty-three years.*
p. 30

John Soper
is a gestalt practitioner with a background in international business. He is deeply aware of the need to improve the environment.
p. 53

Clé Souren
is an Iyengar Yoga teacher based in Amsterdam where he directs the Iyengar Yoga Center and is leading a 3-year certified Teacher Training program. He conducts workshops throughout Europe and America.
p. 20

Kathleen Riordan Speeth
is a psychologist in private practice in the Bay Area. Her interests include Greek philosophy, roses, applied ethics, Flemish primitive painting, and the psychology of nurturance. Her published works include The Gurdjieff Work, The Essential Psychotherapies, *and the forthcoming* Generativity.
p. 20, 38

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on five continents. He is concerned with the spiritual changes of our time.
p. 12, 28

Elizabeth Stratton,
pastoral counselor and healer in private practice in New York City, leads workshops in self-healing and a two-year training program for healers entitled "Awakening the Healer Within You."
p. 27, 28, 50

David Streeter,
a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk.
p. 27, 33, 41, 50, 53

Rod Stryker
is an initiate in the traditions of Kriya and Tantric Yoga who has taught yoga and meditation for twelve years. A writer and speaker, he currently teaches at Yoga Works in Santa Monica, California where he leads teacher training programs.
p. 18

Ray Swartley
is on Esalen's massage staff and teaches a blend of body work forms. He focuses on deeper structural tissue systems, and views massage as an art form that sculpts the human body.
p. 41, 50

T

Yao Tamakloe
studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.
p. 42

Jeremy Taylor
has taught dream work for over twenty years. He is the author of Dream Work *and* Where People Fly and Water Flows Uphill: Tapping the Wisdom of Your Creative Mind through Dreamwork.
p. 19

Irene Terestman,
a labor and delivery nurse, is the founder and coordinator of both the sibling and grand-parenting programs at Alta Bates Hospital in Berkeley. She has studied the enneagram for ten years.
p. 29

Lia Thompson-Clark
is director of the Early Childhood Center at Kenyon College and adjunct faculty at NCT College in Mansfield, Ohio. She is a former directory of Gazebo School/Park.
p. 25, 26

Vicki Topp,
currently the faculty coordinator for the Esalen massage staff, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 41, 50

Karen Turner,
author, teacher, and psychotherapist, specializes in mid-life transitions and spiritual emergence. She has been working for over twenty-five years combining mysticism, shamanism, and psychology.
p. 32

V

Attila Vaas
has been a member of the Esalen massage staff since 1976. His skills include polarity, acupressure, and Esalen's free-form style of massage.
p. 17, 49

Sim Van der Ryn,
an accomplished outdoor watercolorist, is a professor of architecture at UC Berkeley, president of the Farallones Institute, and former California State Architect.
p. 20, 42

Steven Vasquez,
a medical psychologist in practice in Fort Worth, Texas, is a teacher in the field of exceptional physical healing and is founder of Confluent Somatic Therapy.
p. 42, 50

W

Dan Wakefield
is a novelist, journalist, and screenwriter whose workshops are based on his books Returning: A Spiritual Journey *and* The Story of Your Life: Writing a Spiritual Autobiography.
p. 37

Stephanie Waxman
publishes children's books and is a founding member of We Tell Stories, a children's theater company, and the Wims, an all female improvisation group. She writes for television and teaches at the Hebrew Union College.
p. 44

Judyth Weaver,
Reichian counselor and teacher of t'ai chi ch'uan and sensory awareness, holds a doctorate in psychology. She is a longtime student of Buddhism and Taoism and has studied in a Zen monastery in Japan.
p. 30, 50

Britt Welin
*is a partner in Rose *x, which is devoted to techno-animistic experimentation in media and the arts. His interests include exploring the convergence of eco-feminism, eroticism, and psychedelic technologies.*
p. 29

Les Wilson
has been leading Sierra Club trips for many years and is experienced in labor relations mediation.
p. 30, 51

Nancy Winston
is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.
p. 35

Anna Wise
is a leading authority on the use of EEGs to measure and train brainwaves for high performance and meditative states. She has led workshops throughout the U.S. and Europe.
p. 29, 50

Nina Wise
is a performance artist who creates autobiographical and fictional pieces. Her multi-media works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships.
p. 40

Y

Anne Yeomans,
a psychotherapist in Concord, Massachusetts, has used psychosynthesis as the framework for her work for the past 20 years. She gives workshops on conflict resolution and reconciliation, as well as the healing and empowerment of women.
p. 23, 44

Z

Ruth Zaporah,
performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a recipient of a National Endowment for the Arts Choreographer's Fellowship.
p. 40

Ofer Zur
is a clinical psychologist and is on the core faculty of the California Institute of Integral Studies in San Francisco. He has three children.
p. 34, 50

■ ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see General Information, page 56, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Scholarship information is listed on page 10. If you wish to request a scholarship, please check the appropriate box:

☐ **Standard Scholarship** ☐ **Other Scholarship**

If you need more information, please refer to the inside front cover for Esalen's phone numbers and office hours.

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Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

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The $25 per person charge (subject to change) is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

Other Notes:
All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

☐ Check here if this is your first visit to Esalen.

☐ May we give your phone number out for ride-sharing?

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All workshop reservations require full payment or **non-refundable** deposits, in which case the balance becomes payable at time of check-in. See page 56.

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We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

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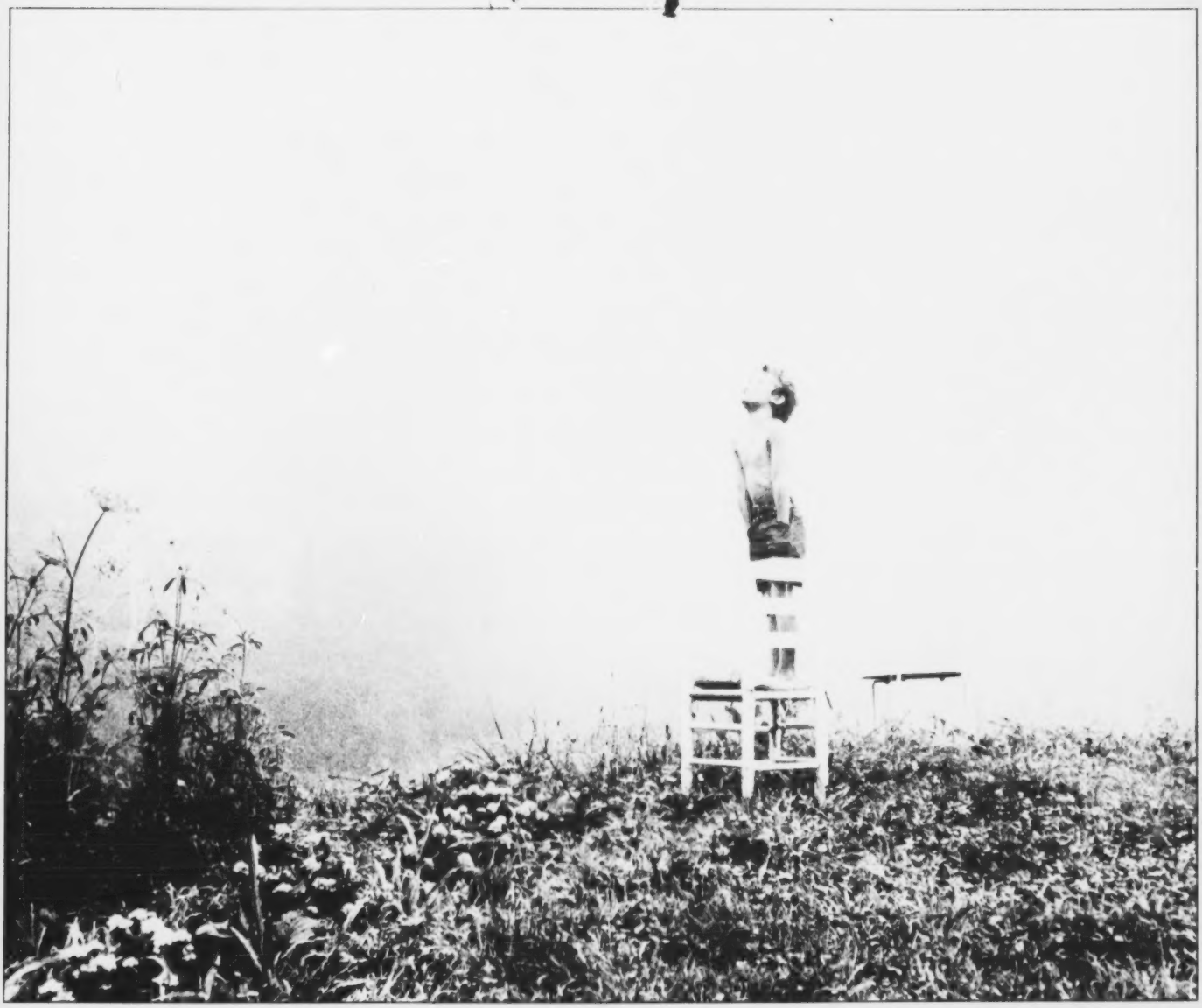

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The *Esalen Catalog* is printed on recycled paper.

SLEEPING IN THE FOREST

I thought the earth
remembered me, she
took me back so tenderly, arranging
her dark skirts, her pockets
full of lichens and seeds. I slept
as never before, a stone
on the riverbed, nothing
between me and the white fire of the stars
but my thoughts, and they floated
light as moths among the branches
of the perfect trees. All night
I heard the small kindgoms breathing
around me, the insects, and the birds
who do their work in the darkness. All night
I rose and fell, as if in water, grappling
with a luminous doom. By morning
I had vanished at least a dozen times
into something better.

—Mary Oliver
Twelve Moons

The Voice of the Earth

by Theodore Roszak

Theodore Roszak's book **The Voice of the Earth** *has been described as a "wake-up" call for contemporary society. In the words of James* **Hillman, it "lays the groundwork for the theory and** *practice of psychotherapy for the coming century." The following is adapted from* **The Voice of the Earth** *(Simon & Schuster, 1992, available through the Esalen Bookstore).* **Theodore & Betty Roszak will** *be giving a workshop December 4-6. Please see* **Esalen Seminars for more** *information.*

Ecopsychology: A Reconnaissance

In 1901 Sigmund Freud delivered a famous series of lectures titled "The Psychopathology of Everyday Life." His purpose was to acquaint the public with the new and still mysterious science of psychoanalysis. He went about this in a clever way. He used jokes, double-entendres, and slips of the tongue to show how these familiar experiences reveal the repressed sexual and aggressive drives of the unconscious mind.

Today, a similar series of lectures might draw its material from reports of ozone depletion, toxic waste, and the greenhouse effect. These commonplace environmental problems have become the psychopathology of *our* everyday life. They reveal a condition of the soul for which Freud would have had no name.

In the century since psychology was first staked out as a province of medical science, we have learned a troubling lesson. The sanity that binds us one to another in society is not necessarily the sanity that bonds us companionably to the creatures with whom we share the Earth. If we could assume the viewpoint of nonhuman nature, what passes for sane behavior in our social affairs might seem madness. But as the prevailing reality principle would have it, nothing could be greater madness than to believe that beast and planet, mountain and river have a "point of view." We think that sanity — like honor, decency, compassion — is exclusively a social category. It is an attribute of the mind that can only be judged by other minds. And minds exist, so we believe, nowhere but in human heads.

While sex and violence continue to smolder in the depths of minds that do reside in human heads, the anguish of what I will call the "ecological unconscious" has emerged as a deeper imbalance. At this level, we discover a repression that weighs upon our inherited sense of loyalty to the planet that mothered the human mind into existence. If psychosis is the attempt to live a lie, the epidemic psychosis of our time is the lie of believing we have no ethical obligation to our planetary home.

These days we see the prefix "eco" affixed to many words: *ecopolitics, ecophilosophy, ecofeminism, ecoconsumerism, even ecoterrorism*. The result is not always graceful, but the gesture is nonetheless significant as a sign of the times. This tiny neologistic flag flies above our language like a storm-warning meant to signal our belated concern for the fate of the planet. Its often awkward connection with words from many sources — politics, economics, the arts — reveals our growing realization of how many aspects of our life that concern will have to embrace.

The goal of an "ecopsychology" is to bridge our culture's long-standing, historical gulf between the psychological and the ecological, to see the needs of the planet and the person as a continuum. In search of a greater sanity, it begins where many might say sanity leaves off: at the threshold of the nonhuman world. In a sense that weaves science and psychiatry, poetry and politics together, the ecological priorities of the planet are coming to be expressed through our most private spiritual travail. The Earth's cry for rescue from the punishing weight of the industrial system we have created is our own cry for a scale and quality of life that will free each of us to become the complete person we were born to be.

Once upon a time, all psychologies were "ecopsychologies." Those who sought to heal the soul took it for granted that human nature is densely embedded in the world we share with animal, vegetable, mineral, and all the unseen powers of the cosmos. Just as all medicine was in times past understood to be "holistic" — a healing of body, mind, and soul — and did not need to be identified as such, so all psychotherapy was once spontaneously understood to be cosmically connected. It is peculiarly the psychiatry of modern western society that has split the "inner" life from the "outer" world — as if what was inside of us was not also inside the universe, something real, consequential, and inseparable from our study of the natural world.

Turn, for example, to the modern psychiatrist's constant companion, *The Diagnostic and Statistical Manual*. The DSM is our society's canonical listing of all officially designated neuroses, universally employed for every medical, legal, and insurance purpose. In the DSM, one finds such exotic categories as "Schizoaffective Disorder in a Narcissistic Personality," or "Childhood Onset Pervasive Developmental Disorder." The categories for drug dependency are especially refined-"Hal-

lucinogen Affective Disorder," Hallucinogen Delusional Disorder," Hallucinogen Hallucinosis." But with the possible exception of "Zoophilia" (bestiality, as it might once have been called) there is not a single recognized disease of the psyche that connects madness to the nonhuman world in which our environmental responsibility is grounded.

The alchemists of the ancient world had a teaching, "As above, so below." Four words that contain an entire cosmology. In the alchemical tradition, the heavens above, the Earth below including its living cargo were seen as a grand cosmic unity, a harmony resounding in the mind of God. Centuries later, modern science would substantiate that teaching in several ways. We too perceive a unity to the word. We know that the stuff and logic of the universe are everywhere uniform. The same atomic rudiments, the same chemical constituents, the same laws and principles extend from the cellular substance of our blood and bone to the farthest galaxies. We have learned that our planet and all the life upon it are made from elements that were forged in the fiery heart of primordial stars. As the alchemists believed, the baser stuff of the world can be transmuted into previous elements; commonplace hydrogen can be changed into gold — if it is cooked in a stellar core to temperatures far beyond anything their primitive furnaces could achieve and for eons longer than they could imagine.

If the alchemists were right about that much, we assume it was simply a hunch. By our standards, their studies penetrated matter too shallowly to yield exact physical knowledge. But then they may have had something else in mind: a knowledge not of fact, but of the meaning behind the facts. For them, "above" was the *macrocosm*, the world of heavenly spheres, the angelic hosts, and Dame Nature vast as all the planet Earth. "Below" was the *microcosm*, the human soul. Between these two — celestial intelligence and the inner being of man—there was said to be a vital link. Macrocosm spoke to microcosm; microcosm reflected macrocosm. The two were in living dialogue. Understanding the universe was a matter of listening, having ears to hear the music of the spheres, the voice of the Earth. Wisdom meant connecting.

For the better part of two-hundred years, keeping these two realms divorced and not even on speaking terms has been the single endeavor of rational thought and sound science. Matter to one side, mind to the other. *Out there*, the objective; *in here*, the subjective. The one a secure realm of mathematical certitude, the other a murky terrain of shifting emotion, dream, hallucination. Thoughts are not things, things are not thoughts. For us the "macrocosm" has become the province of the exact sciences, the greatest collective intellectual enterprise of modern times, no longer one pursuit, but many fields of study: physics, astronomy, chemistry, biology, each now subdivided into numerous specialized disciplines. And "microcosm," the sphere of the mind, soul, emotion, means psychology, the study of human experience as it can be gleaned from confessions made on a psychiatrist's couch, or possibly from the introspective revelations of novelists or poets.

Ecopsychology bridges the gulf between the psychological and the ecological. It sees the health of the living planet and the health of the psyche as a continuum. In a sense that weaves science and psychiatry, poetry and politics together, the ecological priorities of the biosphere are coming to be expressed through our most private spiritual travail.

Thanks to that separation, the scientists have given us a wealth of knowledge about the structure and function of nature; similarly, the artists and psychologists have discovered startling insights into the human heart. But the divorce of inner from outer, above from below, could never be more than a temporary expedient, a way of getting on with fact-gathering. Ultimately science is a creator of continuities, sometimes in spite of itself. Specialization narrows, but theory, which is the great adventure, reaches out; it aspires to wholeness, though cautiously. More and more the discoveries of sciences unite the myriad diverse areas of inquiry. Today, scientists have high hopes of achieving a Grand Unified Theory, a "theory of everything." Some even labor to include the cultural, the psychological, the religious within that project. Their effort is sincere, if tediously piecemeal. What often came to the mystics in a flash of inspiration may have to return to us slowly and painstakingly by way of disciplinary convergence.

The Voice of the Earth undertakes to connect the two realms of being, big and little, high and low, outer and inner. I realize there are scientific purists who object to seeing their intellectual property set upon for such purposes by amateurs, even respectful ones. But great scientific ideas have rarely been allowed to preserve their virginal status for long. Galileo's astronomy, Newton's laws of motion, Darwin's theory of evolution, all were rapidly appropriated by the greater culture; even more so Freud's would-be science of the mind. While pure science is not pursued with an eye to social or ethical significance, my purpose here is quite frankly to span the gap between the personal and the planetary in a way that suggests political alternatives.

This project is overdue. Historians of the future may look back in some astonishment at the last half of the twentieth century, wondering why so few thinkers of this period registered the full importance of the revolution in cosmology that took place in their lifetime. It would be no exaggeration to say that in the course of the last generation, we have passed into a postmodern cosmos as significantly different from the universe of Copernicus, Kepler, and Newton (or even Einstein, Hubble, and Shapley) as theirs was from the cosmos of Ptolemy. Many of the details of that transition may be familiar enough. The discovery of bizarre new astronomical objects like the quasar, the pulsar, the black hole, the measurement of microwave background radiation, the theory of the Big Bang have received the attention of the popular press and occasional television documentary. But it is one thing to explain the

■ ECOPSYCHOLOGY ■

The Principles

Our scientists seek a Grand Unified Theory that will embrace all things, all forces, all time and matter. In the past they have found no place for themselves in that unity. But their painstaking study of nature over the generations — a labor of honest inquiry and intellectual passion — has finally given the questing mind a significant status in the universe. What unity ultimately requires is closure. The circle of scientific theory comes round like the alchemical snake that bites its tail. What is must at last be *known*. Perhaps that is what underlies the eager unfolding of the natural hierarchy from the Big Bang to the human frontier: substance reaching out hungrily toward sentience. Oddly, this seems to have been better known by pre-scientific humans who worked from myth, image, ritual. If ecopsychology has anything to add to the Socratic-Freudian project of self-knowledge, it is to remind us of what our ancestors took to be common knowledge: there is more to know about the self, or rather *more self* to know, than our personal history reveals. Making a personality, the task that Jung called "individuation," may be the adventure of a lifetime. But the person is anchored within a greater, universal identity. Salt remnants of ancient oceans flow through our veins, ashes of expired stars rekindle in our genetic chemistry. The oldest of the atoms, hydrogen — whose primacy among the elements should have gained it a more poetically resonant name — is a cosmic theme; mysteriously elaborated billions-fold, it has created from Nothing the Everything that includes us. When we look out into the night sky, the stars we see in the chill, receding distance may seem crushingly vast in size and number. But the swelling emptiness that contains them is, precisely by virtue of its magnitude, the physical matrix that makes living intelligence possible. Those who believed we were cradled in the hands of God have not been so very wrong.

All this belongs to the principles of ecopsychology, but not in any doctrinaire or purely clinical way. Psychiatry is best played by ear. It is after all a matter of listening to the whole person, all that is submerged, unborn, in hiding: the infant, the shadow, the savage.

This list of principles is merely a guide, suggesting how deep that listening must go to hear the Self that speaks through the self.

1. The core of the mind is the ecological unconscious. For ecopsychology, repression of the ecological unconscious is the deepest root of collusive madness in industrial society; open access to the ecological unconscious is the path to sanity.

2. The contents of the ecological unconscious represent, in some degree, at some level of mentality, the living record of cosmic evolution, tracing back to distant initial conditions in the history of time. Contemporary studies in the ordered complexity of nature tell us that life and mind emerge from this evolutionary tale as culminating natural systems within the unfolding sequence of physical, biological, mental, and cultural systems we know as "the universe." Ecopsychology draws upon these findings of the new cosmology, striving to make them real to experience.

3. Just as it has been the goal of previous therapies to recover the repressed contents of the unconscious, so the goal of ecopsychology is to awaken the inherent sense of environmental reciprocity that lies within the ecological unconscious. Other therapies seek to heal the alienation between person and person, person and family, person and society. Ecopsychology seeks to heal the more fundamental alienation between the person and the natural environment.

4. For ecopsychology as for other therapies, the crucial stage of development is the life of the child. The ecological unconscious is regenerated, as if it were a gift, in the newborn's enchanted sense of the world. Ecopsychology seeks to recover the child's innately animistic quality of experience in functionally "sane" adults. To do this, it turns to many sources, among them traditional healing techniques of primary people, nature mysticism as expressed in religion and art, the experience of wilderness, the insights of Deep Ecology. It adapts these to the goal of creating the ecological ego.

5. The ecological ego matures toward a sense of ethical responsibility with the planet that is as vividly experienced as our ethical responsibility to other people. It seeks to weave that responsibility into the fabric of social relations and political decisions.

6. Among the therapeutic projects most important to ecopsychology is the re-evaluation of certain compulsively "masculine" character traits that permeate our structures of political power and which drive us to dominate nature as if it were an alien and rightless realm. In this regard, ecopsychology draws significantly on some (not all) of the insights of ecofeminism and Feminist Spirituality with a view to demystifying the sexual stereotypes.

7. Whatever contributes to small-scale social forms and personal empowerment nourishes the ecological ego. Whatever strives for large-scale domination and the suppression of personhood undermines the ecological ego. Ecopsychology therefore deeply questions the essential sanity of our gargantuan urban-industrial culture, whether capitalistic or collectivistic in its organization. But it does so without necessarily rejecting the technological genius of our species or some life-enhancing measure of the industrial power we have assembled. Ecopsychology is *post* industrial not *anti* industrial in its social orientation.

8. Ecopsychology holds that there is a synergistic interplay between planetary and personal well-being. The term "synergy" is chosen deliberately for its traditional theological connotation, which once taught that the human and divine are cooperatively linked in the quest for salvation. The contemporary ecological translation of the term might be: the needs of the planet are the needs of the person, the rights of the person are the rights of the planet. ■

technicalities, another to spell out the living importance of great scientific discoveries.

What the new cosmology lacks is the moral consensus that philosophers and artists once bestowed upon the Newtonian worldview. That consensus held for as long as science grounded itself in divine authority and vouched for the importance of human reason. Nothing has been more futile than our effort over the past few centuries to establish values and define sanity within a cultural context that finds no place for the sacred and views life as a marginal anomaly in the universe. The cosmology that gave us that picture of the human condition has now faded from the scene. The time is ripe for a new dialogue between scientific intellect and human need.

That dialogue is being conducted along two lines, one cosmological, the other ecological. I give fair warning: some of the scientific concepts we will investigate as contributions to synthesis of inner and outer, above and below — concepts like the Anthropic Principle and the Gaia hypothesis — are newly

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hatched and remain the subjects of lively debate. They border on "wild science," ideas still in the formative stage and susceptible to bizarre formulations. Some may feel the use I make of them here is premature, given their fledgling status. But ideas like these, as divergent as they may seem on the surface, emerge as the culmination of a long-term, indisputably secure trend in modern science that cries out for philosophical elaboration. The trend is our deepening appreciation of hierarchical systems in the universe. Gaia and the Anthropic Principle simply raise our rock-solid insight into the intricately structured unity of nature to the most ambitious level of generalization. In so doing, they carry science forward to the boundary of metaphysics. This is ground where many scientists understandably fear to tread. But sooner or later the greater implications of the ordered and evolving complexity of the universe will have to be faced. It may be that the deep systems of nature, from which our psyche, our culture, and science itself ultimately derive, are the new language through which the Earth once again finds its voice.

Modern Psychology in Search of its Soul: Bart Simpson and the Tiger

I am sitting in a crowded airport waiting to board a plane that will fly me home from a distant city where I have been attending a conference on Artificial Intelligence. The city is Rio de Janeiro, an ailing third-world metropolis whose government and financial masters have been maniacally plundering one of the planet's last rainforests. More than it needs computers and Expert Systems, Brazil needs its jungles. And beyond that, its cities, teeming with violence and cluttered with garbage, need social justice and decent sewers. But almost as if high tech might be the magic wand that will dispel these brutal ills, the Brazilians I have met on this visit have been preoccupied with modems and E-mail and multimedia.

Beside me in the waiting room, a little boy about six years old is casually flipping through an American magazine. He pauses on one page to study the picture of a tiger. The illustration is part of an advertisement for Exxon oil. The boy spends several seconds gazing at the photographed face of the great beast whose image even in this tawdry commercial version preserves a certain lordly dignity. Then he turns the page to confront another advertisement. At once the boy brightens. He recognizes the picture. It is an animated television cartoon named Bart Simpson, the current media rage. Excitedly, the boy turns to his mother to show her the picture, which also happens to be emblazoned across his T-shirt.

I think: by the time this boy is my age, Bart Simpson will have come and gone, replaced many times over by similarly ephemeral fictions. And by then the tigers will also be gone, never to be replaced. There may not even survive in zoos; not all the wild things agree to reproduce in captivity for our convenience and amusement. When they have no real place of their own, they quietly surrender to extinction. Someday children coming upon the picture of a tiger will view it the way we view the dinosaurs, wondering if such creatures ever really existed. But the extinction of the tigers — and the gorillas and the wolves and the whales — will be different. *We* will have exterminated these species, unthinkingly, without purpose, without remorse.

I have never seen a tiger in the wild. Nor a gorilla or a wolf. But as citified as I may be, something in me nevertheless insists that it is important these beasts should be there sharing some corner of the world with me. If they perish, it closes an episode in planetary history that represents millions of years of evolution. Granted, extinction is a constant theme of life on Earth, one of nature's ways of pruning, improving, and clearing space. But if it is to happen, best that it happen as part of some grand global transformation that has a certain geological, even cosmic grandeur to it. Some think the dinosaurs met their end sixty-million years ago in the wake of a meteoric collision that cast the planet into a worldwide winter. Other species were rendered extinct by the drifting of the continents or the advance of glaciers, only to have their place taken by new types. There is an almost ceremonial magnificence to such processes that matches the magnitude of the calamity. We might consider extinction on such a scale as an "act of God," meaning not only that it happened before our time and beyond our control, but that it happened on whatever we take to be the highest authority.

But the tiger in the Exxon advertisement is not doomed to so dignified an end. The demise of its species will be fortuitously bound up with oil spills like that which Exxon in its money-mad recklessness inflicted upon the Alaskan coast a few years back. Bound up too with this airport where I am sitting, whose planes are fueled by Exxon's oil. Bound up with the devastation of the Brazilian rainforest, which is going on night and day somewhere west of where I sit. And with the high tech which was the subject of the less than necessary conference I have seen fit to travel eight-thousand miles to attend. It is even connected along less visible lines with funny little Bart Simpson, whose fictitious existence is dependent on the technology I have just finished discussing with other experts from all over the world.

All these are expressions of heedless power on the part of a human culture that is running amok, wildly expending its technical cunning and industrial energy in all directions. And for what purpose that is worth the death of a species? Too little of what we do with our affluence is done to feed the hungry, heal the sick, comfort the desperate. Between the fate of the Earth and the luxuries, frivolities, and greedy profiteering to which we devote our technological might there is no sane proportion. Yet we live in this imbalance, degrading the planet without the capacity to hear its cries of anguish and anger.

The little boy turns a page. A species dies. A television cartoon takes its place in his life. He does not know, he does not feel. At his age, I was just as uncaring, a child raised on the entrancing illusions of urban culture.

The words of the semi-legendary American Indian leader Chief Seattle, echo in my mind, a voice that has attained nearly prophetical stature among environmentalists. I know the pronouncement to be apocryphal, but it is nonetheless moving.

What is man without the beasts? If all the beasts were gone, man would die from great loneliness of spirit, for whatever happens to the beasts also happens to man. All things are connected. Whatever befalls the Earth befalls the sons of Earth.

As greatly as they may differ in theory and practice, all schools of modern psychiatry agree that the question of truth lies at the core of madness. We go crazy when we refuse to face painful realities, when we lie to ourselves, hiding from our shameful fantasies. Lust for the mother, hatred for the father — these guilty secrets have long-since been laid bare. But what of the guilt that comes of annihilating whole species of our fellow creatures, not because we must do so to survive, but in ignorance and for the sake of nothing better than ephemeral amusements, petty pleasures, quick riches? We are, after all, in ways that may even be part of our innermost genetic inheritance, tied to the beasts from whom we evolve. At what risk of madness do we break faith with them? ■

ESALEN NOTES

Big House Programs

We are now scheduling workshops in our newly renovated Big House. This facility is available to groups of individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms accommodating up to twenty individuals, ten bathrooms, a kitchen, dining room, and living room make it possible to house group members together, thereby enhancing the retreat environment.

To schedule or discuss possible formats, please contact Pat LeWine, program coordinator at (408) 667-3038.

Friends of Esalen Quarterly Newsletter

The *Friends of Esalen Newsletter* is for and about the extended Esalen community. Published quarterly, it covers current events and other items not covered in the Catalog.

Through membership contributions, Friends of Esalen support the scholarship fund, the Friends network and newsletter, and other Esalen projects. In return, the Friends receive the Esalen Catalog three times a year, the quarterly Friends Newsletter, and opportunities to appear in the Friends Network Directory and to attend the annual Friends Workshop.

Esalen's Friends include people in 22 countries, from Big Sur to Nepal. If you would like to join us, please complete and return the membership form on page 54.

LimeKiln

In April of 1992, Esalen began a five-year lease of a unique and magnificent 750-acre parcel of land 12 miles south of Esalen. The property, currently a 63-site campground, borders the Los Padres National Forest and the Ventana Wilderness. LimeKiln offers miles of private hiking trails in redwood forests, spectacular waterfalls, and historic lime kilns.

Our intention is for LimeKiln to be a wilderness workshop center, and programming possibilities are currently being explored. We hope to combine youth programs, spiritual retreats, ecological conferences, somatic workshops, and other programs with the Big Sur Wilderness to strengthen the individual spirit and effect change in the world around us.

As a parallel to implementing these types of workshops, Esalen is pursuing the acquisition of the property with a multifacted approach — combining preservation and education grants with private donations to accomplish this goal.

Since LimeKiln is a semi-autonomous project of Esalen with its own management and staff, **information and reservations are not handled by the Esalen office.** All inquires should be directed to the project office at 408 667-2342. For camping reservations call 408 667-2403; mailing address is LimeKiln Campground, Big Sur, CA 93920.

LimeKiln: it's about nature.

INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Currently scheduled programs and their conveners are listed here.

November 15-20
Russian and American Outsiders Looking In: Perspectives on One Another

Sponsored by The Esalen Institute Russian-American Exchange Center and the Russian-American Institute

Numerous Russians and Americans have visited and written about each other's country, relying upon their own culture as a springboard to understanding the other or "foreign" culture. Members of the Russian-American Institute will come together in November to discuss several prominent accounts by Russians of their visits to America, and by Americans who visited Russia in the eighteenth and nineteenth centuries. By examining not only the views, but the very approaches, the points of view, the cultural expectations from which these observations came, we hope to achieve a deeper appreciation of the ties that bind our two cultures, as well as of the pre-existing essential differences which have created challenges for that deeper understanding.

Papers prepared for discussion in advance of the conference are to be collected in a volume to be edited by Professor David Bethea of the University of Wisconsin, and introduced by Professor Michael Holmquist of Yale for a special issue of *The South Atlantic Quarterly* (Duke University), or the *Yale Review*.

■ WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The *Experiencing Esalen* workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on pages 52-53. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

With the completion of the Big House renovation in June, we can now accommodate groups of people in a single facility. The Big House provides meeting rooms, ten bedrooms with twenty beds, a kitchen for meal preparation, and a dining area. We invite people who work together on a regular basis, be they corporate, government, legal, artistic, or familial groups, to design a workshop according to their own needs, using Esalen resources and catalog faculty. Participants also have access to other Esalen amenities, including massage, the hot springs, swimming pool, and bookstore. Reservations for the Big House must be made at least nine months in advance. For more information contact Pat LeWine, (408) 667-3038.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. And, there is a community event schedule that is offered; please check the bulletin board for details when you arrive.

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen or cabins) as follows:

	Assistance	Work
Weekend	$50	4 hours
5-7 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If this arrangement is desired, please check "Standard Scholarship" on the reservations form. If additional assistance is needed, please check "Other Scholarship" and write a brief note of explanation (type or print). If a scholarship is approved, it will be noted on your confirmation. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservations form on page 66, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for Wilderness Programs or the Work Study Program.)

Family Rates: Two full-paying adults housed in standard accomodations may have their children in the room for a meal charge of $19 per child per day ($8 per day for children under six). **Note:** If children are enrolled in Gazebo School/Park or an Esalen workshop, additional fees are required. Contact Gazebo, (408) 667-3026, for information regarding their fees.

Standard Accommodations: This is shared housing with two or more persons per room. In some cases, bathrooms are shared. Couples will always be housed in doubles. The rates listed with the workshop descriptions throughout the catalog refer to these shared, standard accommodations. Please review the information below for other housing options.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" on this page as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

	7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
	$1025	$675	$350
Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.	$780	$500	$280
Sleeping Bags: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.	$535	$350	$185
Own Accomodations: If you are staying off the property the following rates apply:	$600	$400	$225

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is not refundable or transferable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please

call no sooner than the Sunday before. The following rates are per person, per day.

Weekday (Sunday through Thursday nights)	(2 or more days)	Weekend (Friday and Saturday nights)
Standard Accommodation (2 or 3 per room):		
$95	($80)	$115
Bunk Bed (4 or more per room):		
$75	($65)	$80

The Hot Springs at Esalen

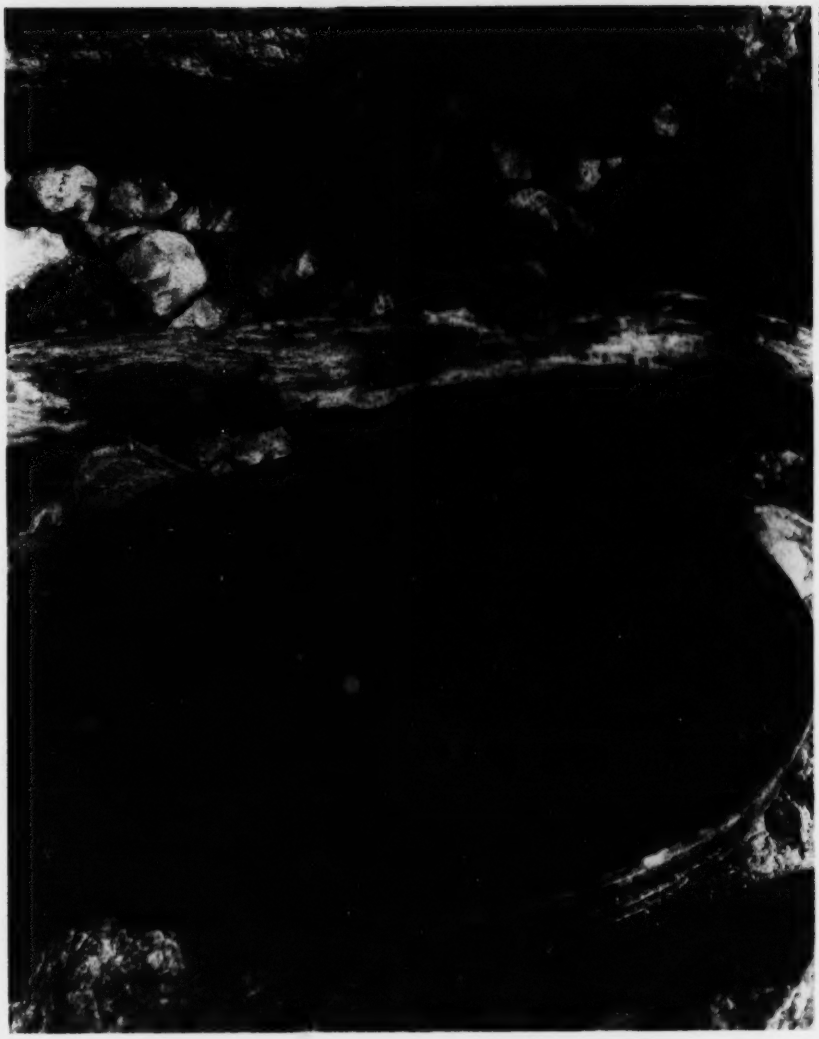
We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment at Esalen is one of personal sanctuary and respect for the human body.

The Gazebo School/Park Early Childhood Program

The Gazebo School/Park Early Childhood Program is now available to seminarians. Please phone for your child's reservation so that we may provide the kinds of services you will require while attending your own workshops. Call the Gazebo Farmhouse, (408) 667-3026, between the hours of 9:30-11:30 AM for more information.

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, massage.



KAREN PREUSS

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 52-53.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 50-51.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. For ordering information please call (408) 667-3049.

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GUIDE TO WORKSHOPS

This is a guide to the workshops offered in this catalog. Although many of the them could be cross-referenced, most are listed only in their main subject area. We recommend that you read the workshop description before deciding to register. Please call the Esalen office if you have questions concerning a workshop (408) 667-3000 or 667-3005.

THE ARTS

August 30-September 4 • The Power of Voice
September 4-6 • Spiritual Autobiography
September 11-13 • Making a Living with Your Left Foot
September 11-13 • Self-Transformation: The Art of the Actor for Everyday Life
September 13-20 • Painting Experience with Michell Cassou & Stewart Cubley
September 18-20 • Cliff Dwelling: The Adventure of Spontaneity
September 20-25 • Action Theater: Really Pretending
October 2-4 • West African Culture through Music and Dance
October 2-4 • Watercolors, Nature, and the Self
October 4-9 • The Writer's Way: A Personal Adventure through Writing
October 16-18 • Story Magic and Jewish Intuition
October 18-23 • Liberate your Creativity: Improvisation in Life and Art
October 23-25 • The Aesthetic Self
October 25-20 • Biodrama: Know Yourself, Live Yourself
December 20-25 • Accessing Creative Process
December 25-27 • Cliff Dwelling: The Adventure of Spontaneity
December 27 • January 3 • Painting Experience with Michell Cassou & Stewart Cubley
January 1-3 • Music for Everyone: Finding Your Long-Lost Musician
January 1-3 • Fire in the Earth: Poetry, Silence, and the Heart's Desire
January 24-29 • Risking the Spotlight
February 7-12 • The Power of Voice
February 12-14 • Vision Painting
February 14-19 • Vision Painting for Women
February 19-21 • Singing Gestalt: Solo or Duet
February 26-28 • A Weekend with Ruth Zaporah and Action Theater

BIOFEEDBACK / HYPNOSIS

November 15-December 13 • Certification in Clinical Hypnosis
December 25-27 • Biofeedback Assisted Open Focus & Brain Wave Synchrony Training
December 27-January 1 • Hypnotic Innovations: Investigations in Living Using Ericksonian Hypnosis

BUSINESS / SOCIAL RESPONSIBILITY

August 30-September 4 • Organizations of the 1990s: Managing with Heart
September 6-11 • Balancing Values & Work: From Inner Purpose to Outer Action
October 2-4 • Finding Inspired Work in Mid-Life
October 25-30 • Achieving Sustained High Performance
November 13-15 • Russian Psychology Today: Its Effects on Global Thinking and the Helping Professions
December 11-13 • What Can I Do to Make a Difference?
February 7-12 • Rekindling the Spirit in Work
February 19-21 • The Art of Leadership: Excellence in Business, Management, and Communication

CONTEMPLATIVE / SHAMANIC

September 4-6 • Inner Sound and Voice
September 6-11 • The Medicine Wheel Way
September 18-20 • Introduction to Vipassana Meditation
September 27-October 2 • Meditation: The Living Dance
October 4-9 • Taoism and the Shen
November 6-8 • Toward Waking Up: Cultivating Mindfulness
December 11-13 • The 9 Ways of Zhikr Ritual℠: Ecstatic Movement
December 25-27 • Practical Application of Ancient Initiatory Mysteries
January 1-3 • Fire in the Earth: Poetry, Silence, and the Heart's Desire
January 3-8 • Zen Practice
January 8-10 • The Physical Basis of Enlightenment: Discussions and Meditation Practice with Richard Baker-roshi
January 10-15 • The Way of the Shaman: The Shamanic Journey, Power and Healing
January 17-29 • Advanced Training in Shamanism & Shamanic Healing
January 22-24 • Introduction to Vipassana Meditation
January 29-31 • Journey into the Sacred Unknown
February 14-19 • A Course in Miracles
February 21-26 • Cross-Cultural Shamanic Practices
February 26-28 • Meditation: The Living Dance

DREAMS

November 8-13 • Working with the Dreaming Body: An Introduction to Process Work
December 18-20 • Exploring the World of Lucid Dreaming
January 3-8 • Focusing, Dream Work, and the Helping Relationship
January 8-10 • Learning the Craft of Dreamwork

HEALTH / HEALING

November 1-8 • The Endocrine System: Relating Body, Mind & Spirit
November 29-December 4 • Interspecies Touch & Healing
January 8-15 • Healing from Sexual Abuse: A Seven-Day Intensive for Survivors
January 17-22 • Spiritual Dimensions of Healing
January 24-29 • Creating Exact Moments of Healing
January 17-29 • Advanced Training in Shamanism & Shamanic Healing
January 31-February 5 • Spiritual Healing: Laying on of Hands
February 21-26 • Prevent your Heart Attack

INTEGRAL PRACTICES

October 11-16 • The Vision and Practice of Human Transformation
December 18-20 • Healing the Body/Mind Connection: The Rubenfeld Synergy® Method
December 20-25 • Five Days with Ilana Rubenfeld
December 27-January 1 • Awakening Inner Power
January 31-February 5 • The Extraordinary Human: Theory & Practice
February 21-26 • Clinical Program for Professionals: Integrating Gestalt, Self-Psychology, and Mind-Body Healing

■ INTUITIVE DEVELOPMENT

September 27-October 2 • Experiencing Psychic/Intuitive Abilities
February 7-12 • The Enneagram and Higher Awareness: The Inner Centers of Perception

■ MARTIAL ARTS / SPORT

September 27-October 2 • The Nature of Movement: Aikido and Wilderness
October 4-9 • Golf in the Kingdom: An Exploration of the Inner Game
December 4-6 • The Modern Warrior and The Samurai Game
January 3-8 • The Tao of Music Improvisation & Movement Meditation
January 8-10 • Embrace Tiger, Return to Mountain

■ PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

September 25-27 • A Weekend with Joseph Chilton Pearce
October 2-4 • Ethics and Affect: Confronting the Virtues
October 16-18 • New Competencies for an Age of Uncertainty
October 16-18 • Story Magic and Jewish Intuition
November 13-15 • Integrity: The Search for Moral Wholeness
November 13-15 • Russian Psychology Today: Its Effects on Global Thinking and the Helping Professions
November 20-22 • The White Hole in Time: Spiritual Perspectives on The Crisis of Our Times
November 27-29 • Utopian Vision East & West
December 4-6 • The Voice of the Earth: An Introduction to Ecopsychology
December 11-13 • What Can I Do to Make a Difference?
December 18-20 • Reinventing Love
January 29-31 • Eccentric Thinking
February 19-21 • Should I Tell the Truth?
February 19-21 • How to Tell your Friends from the Apes: A Workshop in Evolutionary Psychology
February 26-28 • The Passion of the Western Mind: Bringing it All Back Home

■ PROFESSIONAL TRAINING PROGRAMS

October 25-November 6 • Integrative Body Practice (IBP) Professional Training Program
October 30-November 6 • An Exploration of Childhood Sexual & Physical Abuse Issues for Healers
November 8-December 6 • 28-Day Massage Practitioner Certification Program
November 15-December 13 • Hypnosis Certification
January 3-8 • Focusing, Dream Work, and the Helping Relationship
January 3-January 15 • Creative Bodywork: An Advanced Workshop
February 12-14 • Toward a Common Language: Psychotherapy and 12-Step Recovery
February 14-19 • Advanced Holotropic Breathwork and Meditation
February 21-26 • Clinical Program for Professionals: Integrating Gestalt, Self-Psychology, and Mind-Body Healing

■ PSYCHOLOGICAL PROCESS

August 30-September 4 • Caring and Conflict
August 30-September 4 • The Power of Voice
August 30-September 4 • A Week with Paul Rebillot
September 4-6 • Spiritual Autobiography
September 4-6 • Open Seat with Paul Rebillot
September 6-11 • Accepting Life's Transitions: Letting Go, Moving On
September 6-11 • Life Energy Process℠
September 11-13 • Experiencing Esalen
September 11-13 • Making a Living with Your Left Foot
September 11-13 • The Art of the Actor for Everyday Life
September 13-18 • The Practical Art of Creative Risk-Taking
September 13-18 • Self-Acceptance Training: Basic
September 13-20 • Gestalt Practicum: A Seven-Day Intensive
September 20-25 • Vision & Embodiment
September 20-25 • Self-Acceptance Training: Advanced
September 20-25 • Giving and Receiving
September 25-27 • Endarkenment
September 27-October 2 • A Week with Seymour Carter
October 2-4 • A Weekend with Seymour Carter
October 6-11 • Chakra Psychology
October 11-16 • Following the Thread: Revealing the Fabric
October 16-18 • Accepting Life's Transitions: Letting Go, Moving On
October 18-23 • Experiencing Esalen
October 18-23 • Gestalt Practice
October 18-23 • Reunion
October 23-20 • Achieving Sustained High Performance
October 25-30 • Biodrama: Know Yourself, Live Yourself
October 30-November 1 • A Weekend with David Schiffman
October 30-November 6 • An Exploration of Childhood Sexual & Physical Abuse Issues for Healers
November 1-6 • Handwriting Patterns: Possibilities for Healing & Change
November 6-8 • Experiencing Esalen
November 8-13 • Working with the Dreaming Body: An Introduction to Process Work
November 8-13 • Transitions
November 15-20 • Change and Self-Esteem
November 20-22 • A Weekend with Seymour Carter
November 22-27 • Body, Heart & Soul
November 22-27 • Embodiment & Vision
November 22-27 • Accepting Life's Transitions: Letting Go, Moving On
November 29-December 4 • Courage
December 4-6 • Introduction to Gestalt Practice
December 18-20 • Experiencing Esalen
December 18-20 • Exploring the World of Lucid Dreaming
December 20-25 • A Week with Seymour Carter
December 20-25 • Embracing the Darkness, Facing the Light: Celebrating Christmas
December 25-27 • Practical Application of Ancient Initiatory Mysteries
December 25-27 • A Weekend with David Schiffman
December 27-January 1 • Coming Out, Coming In: Defining Oneself within the Group
December 27-January 1 • Moving from Love Addiction to Healthy Intimacy
January 1-3 • Introduction to Gestalt Practice
January 1-3 • Introduction to Focusing
January 3-8 • Focusing, Dream Work, and the Helping Relationship
January 3-8 • Feeling & Innovation

January 8-10 • Learning the Craft of Dreamwork
January 10-15 • Tantra: The Art of Conscious Loving
January 8-15 • Healing from Sexual Abuse: A Seven-Day Intensive for Survivors
January 15-17 • Accepting Life's Transitions: Letting Go, Moving On
January 15-17 • Creating a New Life: Developing Spiritual Strength while Recovering from Addiction
January 17-22 • Gestalt Practice
January 24-29 • Risking the Spotlight
January 24-29 • Creating Exact Moments of Healing
January 29-31 • Experiencing Esalen
January 29-31 • Powerfully Presenting Yourself
January 29-31 • Journey into the Sacred Unknown
January 29-31 • Vision and Embodiment
January 31-February 5 • Return to the Light: Winter Teachings
January 31-February 5 • Accepting Life's Transitions: Letting Go, Moving On
February 5-7 • Dealing with Difficult People
February 5-7 • Your Deep Mythology: Tap into the Magic
February 5-7 • A Weekend with Paul Rebillot
February 5-7 • Self-Expression through American Sign Language
February 7-12 • Playing the Edge
February 7-12 • The Enneagram and Higher Awareness: The Inner Centers of Perception
February 7-12 • A Kind of Presence: The Therapist as a Somewhat Sacred Person
February 12-14 • Toward a Common Language: Psychotherapy and 12-Step Recovery
February 14-19 • The Unfolding Self
February 14-19 • A Course in Miracles
February 14-19 • Advanced Holotropic Breathwork & Meditation
February 19-21 • Should I Tell the Truth?
February 19-21 • Singing Gestalt: Solo or Duet
February 21-26 • Making It Float
February 21-26 • Mentations and Deviations℠: Thinking with the Whole Body
February 26-28 • A Weekend with Seymour Carter

■ RELATIONSHIPS

August 30-September 4 • Caring & Conflict
September 4-6 • A Workshop for Couples: Independence & Intimacy
September 20-25 • Giving & Receiving
October 11-16 • A Workshop for Couples: Independence & Intimacy
November 1-6 • Conscious Loving: A Body-Centered Approach to Relationship Transformation
December 27-January 1 • Coming Out, Coming In: Defining Oneself within the Group
January 10-15 • Tantra: The Art of Conscious Loving
January 22-24 • Relationships: Turning Toward Joy
January 31-February 5 • Couples Workshop
February 5-7 • Dealing with Difficult People
February 7-12 • A Kind of Presence: The Therapist as a Somewhat Sacred Person
February 19-21 • Should I Tell the Truth?

■ SOMATICS

August 30-September 4 • Introduction to Continuum
September 6-11 • Life Energy Process℠
September 11-13 • Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais Approach
September 13-18 • Advanced Feldenkrais® and Cortical Reeducation
September 20-25 • Chakra Integration and Esalen Bodywork
September 27-October 2 • Five-Day Massage Intensive
October 4-9 • Trigger Point and Esalen Massage
October 4-9 • A Confluent Somatic Approach
October 16-18 • Pushing, Pulling & Lifting: Feldenkrais in Daily Life
October 25-November 1 • Cortical Reeducation and The Feldenkrais® Method
October 30-November 1 • Weekend Massage Intensive
November 1-8 • The Endocrine System: Relating Body, Mind & Spirit
November 8-13 • Craniosacral System: Intermediate Workshop
November 8-December 6 • 28-Day Massage Practitioner Certification Program
November 13-15 • The Rosen Method®: Bodywork & Movement
November 15-20 • Hands On: The Roots of Rhythm Through Drumming & Massage
November 20-22 • Sensory Awareness: Awake, Tune-In, and Unfold
November 27-29 • Interspecies Touch & Healing
November 29-December 4 • Learning & Movement: Feldenkrais Application & Theory
November 29-December 4 • Life Stories: Healing the Sorrows
December 11-13 • Advance Zero Balancing: The Alchemy of Touch
December 13-18 • Body Rejuvenation
December 18-20 • Healing the Body/Mind Connection: The Rubenfeld Synergy® Method
December 20-25 • The Body & Zen
December 25-27 • Weekend Massage Intensive
December 27-January 1 • Awakening Inner Power
January 3-15 • Creative Bodywork: An Advanced Workshop
January 17-22 • Introduction to Craniosacral Work
January 17-22 • Spiritual Dimensions of Healing
January 24-29 • Life Energy Process℠
February 5-7 • Authentic Movement
February 12-14 • Somatics: Mastery of Muscles and Emotions
February 14-19 • Introduction to Continuum
February 26-28 • Weekend Massage Intensive

■ WILDERNESS / ECOLOGY

September 6-11 • Big Sur Wilderness Experience
September 27-October 2 • The Nature of Movement: Aikido and Wilderness
October 25-30 • Big Sur Wilderness Experience
November 27-29 • Council of All Beings
December 4-6 • The Voice of the Earth: An Introduction to Ecopsychology

■ WOMEN'S / MEN'S STUDIES

September 11-13 • Finding My Place: A Workshop for Men
September 18-20 • Daughter/Mother Dialogue
October 16-18 • A Retreat for Women of Experience: Mid-Life and Beyond
October 18-23 • Men Together
February 12-14 • On Being a Man
February 12-14 • Ritual, Ecstasy, and Women's Spirituality
February 14-19 • Vision Painting for Women

ESALEN SEMINARS

***Please Note:** September and October workshops were also listed in the previous catalog. If you are planning to register for a workshop during those months, please call the office to ensure that there is still space available.*

Week of August 30–September 4

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.' These activities can also be described as movements. What we call a 'body' can be seen as movements that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we are rather than as something we do.

"Our time together will enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder of meaningfulness as it shapes and colors the moment. For me, 'life' and 'movement' are one." $675

Caring and Conflict

Joel Dweck Isaacs & Anne Clark Isaacs

The leaders write: "Our goal in this workshop is to help each person touch their deepest placing of longing to be whole. Starting from this inner place, we will strive for group interactions of the same quality. Together, participants and leaders alike, the risks we take in knowing and revealing ourselves can create an intimate community.

"Feelings provide self-knowledge, depth, and pleasure, especially when they flow freely. Relating to others is most gratifying when these feelings are expressed openly and directly. We will work to realign the point of balance where the hope for contact and love is often countered by the fear of being engulfed or abandoned. We will explore ways to expand our options beyond isolation or giving up oneself to be close."

The leaders have worked together for over a decade, sharing a commitment to relationship and community. Their training in numerous disciplines allows them to tailor each workshop to the needs and desires of the participants. They use Reichian emotional release, group process, play, nurturing, confrontation, and healing energy, and have an appreciation of the spiritual nature of self and relationship. When asked to characterize intimate relationship, one of them exclaimed, "It's heaven and hell?" This workshop aims toward easier access to heaven and shorter time in hell. $675

Organizations of the 1990s: Managing with Heart

Maggie Seeley & Thom Allena

Human needs, environmental values, and spiritual concerns are finally being acknowledged as integral parts of organizational life. "Corporate soul" is a new buzz term in management circles and signifies the need for organizational life to become more human and cooperative. People are motivated to make a difference, and in today's corporate world these differences now consist of psychological and spiritual considerations as well as economic concerns.

Organizational leaders now practice "power with" rather than "power over" employees and use quality circles, teamwork, and a "win-win" ethic as conflict resolution techniques; and employee ownership incentives are helping employees find their work more satisfying, productive, and profitable. Now that organizational life has been given a "heart", new ideas are constantly evolving to change the way management operates.

This workshop will provide tools, techniques, and experiential work for those who wish to:

- improve their leadership effectiveness and organizational vision
- find more intuitive ways to develop a "kinder, gentler" empowering management style
- learn to balance profitability and productivity with human concerns
- express their personal vision by working "spiritually smarter" rather than through workaholic or technoholic strategies
- learn ways to integrate humor, creativity, and play as part of a more productive environment
- experience team building and partnership models based on the integration of masculine and feminine behaviors
- examine theories X, Y, Z, then create a new management paradigm
- create a workbook and develop a personal plan of action

This workshop is for leaders, managers, directors, supervisors, and other people who wish to work "spiritually smarter," and improve their own and their organization's consciousness and business practices. $675

The Power of Voice

Arthur Samuel Joseph

This course introduces a method called Vocal Awareness, which includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a mean for deepening contact with the Self. Participants will work individually and in groups exploring breathing, toning, a capella and accompanied vocalizing with poetry, sonnets, and songs.

Vocal Awareness is an art form that addresses in precise ways how language affects the brain. It is now well-known in the field of psychoneuroimmunology that endorphins are released by the brain in response to verbal cues and visual imagery. Research also points to a strong correlation between language, breath, and psycho-physical response. Knowing this, developing one's own language becomes a means for self-integration.

The aim of this workshop is to explore the voice as metaphor, to tap into issues of self-expression and self-esteem, and to have fun while developing vocal abilities. It is valuable for lay people and professionals alike, and is open to beginners through advanced. Tape recorders are required.

C.E. credit is available for nurses; see pages 50-51. $675

A Week with Paul Rebillot

Paul Rebillot writes: "Within each of us there lives a demon — our own personal critic — whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too early or too late, too old or too young, too fat or too thin, and when we fall in love, we're never good enough. This demon, who

KAREN PREUSS

commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon that we will seek to experience during this workshop.

"Why not take the chance of looking inside ourselves and finding the completeness of who we are, instead of limiting ourselves with who we think we should be and who we hope we are not? When we find the truth about ourselves, our natural response is to want and to work for the best that we can be.

"People in the helping professions who have experiencing this form have found it adaptable and useful in their own work."
$675

Weekend of September 4–6

Inner Sound and Voice

Jill Purce

This is a workshop of practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the Self and release an untapped source of energy.

Participants will work with the psychophysical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance, to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures, including trance music, Mongolian and Tibetan overtone chanting, and other methods. $350

A Workshop for Couples: Independence and Intimacy

Mary Goldenson (Devarani)

Very little in our culture prepares couples for the challenge, "There is room for both of us." Too often the relationship becomes a battleground for unresolved issues, hurts, and beliefs.

In this workshop, couples will have an opportunity to explore and reclaim the unspoken expectations they project onto each other, heal past hurts that create distance, and learn new ways of communicating. They will have a supportive environment where they can experience themselves as courageous and able to take risks. Experiential processes will be drawn from gestalt, Reichian work, dance, imagery, and meditation. $350

Spiritual Autobiography

Dan Wakefield

Participants will use drawing to evoke memories of former eras of their lives, to look at past experience in a new way, to write about it and share their stories with others. Insights from childhood and adolescence, singular experiences of their lives, and the role of a friend or mentor will provide the material for creation in pictures and words. Such re-experiencing can offer fresh understanding and appreciation of the richness of one's life; connections emerge as the story of crucial turning points is told.

A concluding exercise will show participants how to draw a road map of their journey that can serve as a guide for continuing to write their on-going spiritual autobiography. The "right to reticence" and confidentiality will be honored in the process; the workshop offers acknowledgment and appreciation rather than criticism of writing or experience. $350

Open Seat with Paul Rebillot

An "open seat" is just that: it is a place of total acceptance. Whatever lives in you — joy and sorrow, need and power, fear and desire — everything is encouraged, through gestalt process, to express itself so that your being can find its own true balance and discover its resources.

This work is especially beneficial to people who are feeling stuck, unable to move out of old patterns, to direct their energy into new life forms. When we are stuck we are usually trapped in unresolved issues from the past or limiting self-concepts that block our way into the future. Gestalt process, enhanced by elements of ritual and drama, allows people to work with their subconscious material, such as dreams and fantasies, in order to bring new energies and awareness to their ways of living and dealing with day to day problems. Discovery of the true self gives people the courage and the capacity for authentic expression in their personal lives, in their communities, and in the cultural or political movements to which they feel committed. $350

Week of September 6–11

Accepting Life's Transitions: Letting Go – Moving On

Mary Goldenson (Devarani)

The only certainty in life is change, yet we often resent our transitions because of patterns of fear and self-denial. Old beliefs keep us stuck in our resentments, unsuccessful marriages, friendships and careers, and can cause illness, sorrow, and the inability to forgive. Transitions are crossroads in our lives that give us the opportunity to take time out and reconnect with our truth. It is never too late to change. Transitions are doors to the renewal of our passions, courage, and commitments.

This workshop will provide you with ways to help complete the past, be open to the present, and create a future. Participants will experience a safe, supportive environment that includes taking risks, intense body work, Gestalt imagery, dance, and meditation, in order to support the transitions that keep us committed to the process of discovering ourselves. $675

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the Coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on heir own after these outings. More information will be sent upon registration. $675

Life Energy Process℠

Stephano Sabetti

The Life Energy Process (LEP) is a spiritually-oriented approach to self development and professional growth based on Eastern and Western energy dynamics. Specially designed subtle and intensive moments (micro-ments) can increase energy flow and lead to the discharge of non-essential processes in your body (e.g. repressed emotions, chemical toxins, etc.) Each of us has an energy frequency that can be felt when attuned through LEP. This unique vibration helps us center and ground ourselves as well as find clearer direction and meaning in daily life. Each participant will have a chance to feel their unique energy process and explore it afterward in *process inquiry*.

Life Energy Process includes: dance, theater, massage, pool work, and various other forms. The workshop is of particular interest to professionals and laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts. $675

Balancing Values and Work: From Inner Purpose to Outer Action

Sue McKibbin & Patricia Moore

Lack of alignment between one's inner values and purpose and one's work in the world can result in frustration, hopelessness, boredom, and cynicism. But when people shift from outer- to inner-directedness and bridge purpose and action to their life, they find that meaning, empowerment, and well-being can emerge.

Participants will explore these issues through processes ranging from meditation and journey work, to questionnaires and self-assessment instruments. Individual and group exercises related to each participant's work situation will be used. Five themes will be explored:

- Purpose, values, and vision
- Personal transition processes
- Balancing individual and organization polarities
- Practical tools for the inner journey
- Sources for personal transformation and organization paradigm shifts

Participants will have the option of an individualized assessment for an additional $100 fee. This would include an individualized work preference analysis and report. Leaders will contact participants about this option.

C.E. credit is available for nurses; see pages 50-51. $675

The Medicine Wheel Way

Carol Proudfoot-Edgar & Bob Edgar

This workshop will draw on the Native American Medicine Wheel ceremonies and teachings as resources for personal growth. Just as Western psychological theory provides a framework for describing human stages of development, so does the Medicine Wheel offer a framework for self-individuation. Both systems embody steps for healing. A primary difference, however, is that the Medicine Wheel way of living views humans as sacred beings and maintains that each individual must find their own balance of spirit, body, emotion, and mind.

The Medicine Wheel way has guided many peoples through their journeys of self-discovery. It illuminates the relationship of all things, each direction on the wheel having its particular meaning and pointing to aspects needed for integration. With this tool, information can be brought forth from the memory so that essential elements for balance are not ignored. Ceremonies and rituals mark the passage of seasons and significant events of individual and group life, and connect the individual to the great mystery of life.

This experiential workshop will use these ancient teachings, providing a supportive means for participants to continue their process of self-development and to deepen their relationship with the natural world. Activities will include learning the Medicine Wheel, learning about shamanism and the shamanic journey method, finding totem animals as guides, assessing one's current situation or season in life, and gathering one's resources for the next cycle of change. Drumming, chanting, and rituals will be used in a climate of trust and acceptance within which we will also be increasing our appreciation and respect for the natural world. Participants are encouraged to bring journals, drums, and rattles (if you have them).

C.E. credit is available for nurses; see pages 50-51. $675

Weekend of September 11–13

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Its emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press). $350

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

Although this workshop is valuable for anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility — painlessly and immediately.

C.E. credit is available for nurses; see pages 50-51. $350

Making a Living with Your Left Foot

Kathleen Riordan Speeth

"Create like a god; work like a slave."

Constantin Brancusi pasted these words on the steps to his sculpture studio. Even he had to renew his courage every day, for the creative life is and must be a heroic life.

Why is it so easy to immerse oneself in routine work and so difficult to find and do what we really want to do? Many original ideas flit through awareness every day, but most fizzle into nothing. The flow of creativity is a human birthright, yet conditions must give it rise and foster its growth. Then comes the 99% cultivation that raises the raw germ of an idea to fruition.

Artistic self-expression demands intrepid hope, self-esteem, and dedication, especially when bills must be met with everyday employment. Everyone who works and also creates after hours fights a valiant battle against stagnation. How to make friends with one's deep self ? How to give it utterance? How to find the medium? Detect the message? Live by the real priorities?

Many have made creativity a form of spiritual discipline in daily life — so can we. Not only Constantin Brancusi, but hosts of others who have had to earn money while creating can help us. Wallace Stevens and Franz Kafka worked in insurance. Pearl Buck was a missionary in China; Karen Blixen ran a coffee plantation. John Masefield clerked in a customs office; Albert Einstein in a patent office. Bernard Malamud wrote short stories after lunch at the Census Bureau; T.S. Eliot was a banker. Anton Chekov, John Keats, Somerset Maugham, William Carlos Williams and Arthur Schnitzler were all physicians who managed to produce literature as well. Their examples can guide us and give us faith.

This workshop is designed for those whose lives, however successful, are (or ought to be) divided between paid professional activities and some form of satisfying expressive project or serious personal interest.

We will use meditation, journaling, interpersonal interaction and Gestalt to help ourselves and each other rise above the humdrum. Bring an open mind, a journal, and the glimmer of an idea for your own creative life. $350

Self-Transformation: The Art of the Actor for Everyday Life

Jane Marla Robbins

Transforming feelings of anxiety and insecurity into feelings of self-confidence and joy is a miracle that can happen in all areas of one's life — physical, emotional, spiritual. This transformation can help us fulfill our potential for the roles we have chosen to play — whether it be child, parent, artist, shaman, charismatic speaker, sensualist, or spouse.

Some of the techniques to be explored and discussed include: the actor's physical preparation; vocal preparation; mental and emotional preparation; spiritual preparation; relaxation; sense memory; the magic "as if"; personalization; substitution; playing a character; animal exercises; overcoming self-consciousness; perfect props; unspoken mantras; speaking the truth; breathing; the inner walnut; and the psycho-physical action.

Participants can learn how to replace old fears and paranoid projections with self-manufactured pleasures and positive projections. Many "real-life" situations ordinarily fraught with worry can easily be transformed using the Actor's Imagination. The power and pleasure of being able to create a sense of well-being and self-confidence at

will can be experienced by everyone, and, once it has been discovered, it cannot be easily shaken.

No previous acting experience is necessary. $350

Finding My Place: A Workshop for Men

Jerry Johnson

"After twenty years of women's liberation, men are the new continent." Coming from Nancy Friday, an American feminist writer, this is a provocative statement. However, many American men are asking, "If this is true, what does it mean for me?"

The media has begun to confirm that many old patterns and definitions of masculinity are no longer valid. Films show male friendship and bonding without war; magazines explain new roles for men in parenting and other aspects of life that were previously the exclusive domain of women.

Participants will try to explore the often repressed parts of their masculinity which can form the basis for new self-identity and relationship. The workshop will combine universal male themes, ancient spiritual rituals, and experiential exercises to help men create a new mode of feeling. Themes will include:

- How does my absent father continue to shape my self-image?
- Do I have an inner guide to masculinity?
- How do I move beyond competition and fear in relating to other men?
- Is there a way to respond to contradictory messages from women about being sensitive and/or strong?

This workshop is for men who want to grow beyond old, traditional definitions of manhood but don't know where to begin, and for men who would like to explore the isolation they feel from the lack of meaningful relationships with other men. $350

Week of September 13–18

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set — the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

During this week we will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $675

Self-Acceptance Training: Basic

Richard Olney & Heather Burch

This workshop is largely experiential; no time will be given to theoretical or didactic considerations. Self-acceptance training is a transpersonal practice that follows an educational model rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment, without the inhibitions of self-judgment, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real. Although its practice includes devices drawn from gestalt, bioenergetics, mythic fantasy, eidetic imagery, and hypnosis, it is also a philosophy, a value system, and a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body awareness, emotional charge and discharge, and cognitive examination of the individual's "pretends" and illusions that obstruct self-acceptance. Limited to 25 people. $675

Advanced Feldenkrais® and Cortical Reeducation

Harriet Goslins & Patti Laurence

This workshop is open only to those who have previously worked with Harriet Goslins. The major emphasis will be on new, advanced floorwork that leads toward grace, agility, and clearing up remaining areas of chronic dysfunction. Participants will attend to issues of further discovery, attempt to let go of that which no longer serves them, and learn how to hear and trust the body's inner voice.

Recommended reading: Feldenkrais, *The Elusive Obvious* (Meta) and *The Potent Self* (Harper & Row).

C.E. credit is available for nurses; see pages 50-51. $675

September 13–20

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting — to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants are given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$1025 (plus $30 materials fee paid directly to the leaders)

Gestalt Practicum: A Seven-Day Intensive

Christine Stewart Price & Guest Leaders

This workshop is designed for people who would like to further explore the Gestalt Practice form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, body workers, and teachers who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leaders, structured exercises where

participants work with each other, didactic presentation, and discussion.

The prerequisite for admission into the workshop is previous participation in a workshop or series of sessions in Gestalt Practice. Persons without this previous experience can fulfill this requirement by attending one of the Gestalt Practice workshops offered throughout this catalog. Others may send a letter of application to Christine Price, 220 Corte Madera Ave., Mill Valley, CA 94941, and will be considered if there is space left available.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press); Heider, *The Tao of Leadership* (Humanics); Ram Dass & Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; see pages 50-51. $1025

Weekend of September 18–20

Introduction to Vipassana Meditation

James Baraz

Vipassana (Insight) meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clear," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we experience the nature of reality as continual change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As we bring attention to all of our activities at Esalen, we will continue to develop mindfulness through the weekend. This will provide a foundation for applying vipassana practice to everyday life.

C.E. credit is available for nurses; see pages 50-51. $350

Cliff Dwelling: The Adventure of Spontaneity

Nina Wise

As part of a research experiment, rats were once put in a maze with one path leading to a small room with food, another leading to a room charged with an electrical current, and a third path leading to a room with playthings. The rats learned to avoid the electric shock, but the food room and the play room were equally popular. Play, it seems, can be as essential and instinctive to living beings as food and nutrition.

With the advent of technology and specialization, we modernized folk have forgotten how to play together. In tribal societies, people sing, make music, drum, dance, and tell stories as part of their daily lives. Play is an integral part of their culture, as it still is in our's. Yet we let singers sing, dancers dance, actors act, while we simply sit and watch. Maybe we have forgotten how good it feels to participate.

This workshop is about remembering; remembering how to dance, how to sing, how to tell stories about our lives, how to make it up as we go along, how to be together in a way that is lively, spontaneous, and creative. The workshop will include meditation, chanting, relaxation, movement, singing, writing, drawing, and theater games. We will also do spontaneous performance with and for each other in a safe and supportive environment.

Note: Everyone is afraid of performing, even professionals. Don't let your fear stop you. It's fun, challenging, and rewarding. $350

Daughter – Mother Dialogue

Mary Catherine Bateson & Sevanne Kassarjian

In this weekend workshop conducted by Mary Catherine Bateson and her daughter, Sevanne Kassarjian, enrollment is limited to mother-daughter pairs or close analogues. There is no maximum age, but a minimum age of sixteen is suggested, and mothers wishing to bring infants should bring their own mothers as well.

A variety of techniques of life history narrative and dramatic improvisation will be used to explore the cross-generational relationship, to enrich communication, and deepen understanding of the inevitable tensions and rewards. Women who are already mothers will have the opportunity to explore their self-understanding as daughters, and daughters who are not yet mothers to think about future parenthood. The group will explore the symbolism of mothering and nurturence for its positive and negative aspects in our society, and examine the mythological basis of the relationship between mothers and daughters. $350

Week of September 20–25

Embodiment & Vision

Laura DeNuccio (Ma Prita)

The perception of wholeness is the consciousness of healing. — Ernest Holmes

Laura DeNuccio writes: "This is an invitation to those individuals who are aware of an emerging consciousness that is making itself felt and heard personally and globally, and who are searching to fulfill both higher and deeper callings in their lives.

"Through attunement with the Earth and each other, individuals can deepen their capacity to listen to the innate wisdom and intelligence of their bodies. Learning to listen from within can lead back to the ancient wisdom of the Earth — returning us to our sacredness and wholeness. Participants will use breath, sound, and movement as meditations for enlivening the vitality of cells and tissue, for dissolving energetic blockages, and to quiet, still, and expand the mind. The sound meditations have the potential of moving the individual past the limitations of language, creating openings for new thought and inspiration. The emphasis will be on self-care, renewal, and nourishment.

"The group will explore commitment and what it means to fully embody one's inner vision. What would you love to see in your life? In your world? What is meaningful and significant to you? What's truly of value? Ritual and the power of the Spoken Word will be used to bring this vision forth. While cultivating compassion, honesty, and kindness toward oneself and others, the group can experiment with co-creating community, environment of trust and acceptance in which to explore this ever-unfolding adventure of spirit."

Recommended reading: Fields, et al., *Chop Wood, Carry Water* (Tarcher); Rodegast and Stanton, *Emmanual's Book* (Bantam); Nicholson, *Ancient Wisdom, Modern Insight* (Theosophical Publishing House); *Quantum Healing* (Bantam). $675

Action Theater: Really Pretending

Ruth Zaporah

When we were children, we frequently created our reality through pretending. We played freely in a spontaneous world. But in our adult world, we are often left with only a memory of this freedom. The Action Theater process rekindles this spirit of play, of being open to change and present to life.

Action Theater is a system of exercises and games that integrates mind, body, and spirit and leads toward free and spontaneous experience. Sessions begin with simple movement improvisations; participants come into, feel, and stretch their bodies. From this orientation they play within forms that increase awareness of movement and vocal verbal expression. Range of emotion expands; images, characters, and situations emerge from the territories of awareness, memory, and the imagination.

Each Action Theater event serves as a mirror. In the realm of awareness, there is little distinction between the theater and the street. Who we are, how aware we are, how we process our perceptions and reactions is the same everywhere. In the studio, we improvise within forms relevant to movement and theater, but the lessons affect our daily lives.

The workshop accommodates the novice, the explorer, and the practiced. $675

Chakra Integration and Esalen Bodywork

Laurie Lioness Parizek & Dean Marson

Chakras are vital life-enhancing centers that have their roots in the physical body, along the spine and deep in the brain. When open, they blossom like energetic flowers; balanced, they refine the mainstream current of energy in the central nervous system and help to integrate the physical, spiritual, and energetic life of each individual.

This workshop will use meditation, sound, supportive hands-on work, and sensitive touch to balance the chakras and the mainstream spinal current and gently and consciously open the channel that connects the earth to the heavens in each of us. Experiences will be both private and shared.

A flowing bodywork style, deep pressure point release, healing visualizations, gentle, energetic touch, and a diet that nourishes the spiritual as well as the physical will be explored and integrated. The leaders will emphasize centering, grounding, and breath practices.

Participants will be given guidelines for developing their own hands-on chakra balancing session. Some hands-on experience is necessary. Please bring your favorite musical instrument and personal healing tools.

Recommended Reading: Brennen, *Hands of Light* (Bantam); Haas, *Staying Healthy Through the Seasons* (Celestial Arts).$675

Self-Acceptance Training: Advanced

Richard Olney & Heather Lynne Burch

This workshop is basically experiential, but time will also be given to theoretical and didactic considerations of interest to professional therapists. Please refer to September 13-18 for complete workshop description.

Please note: Due to the time given to the didactic material in this advanced workshop, not everyone will have a chance to work personally with the leaders. $675

Giving and Receiving

Gabriele Hilberg

Giving and receiving are fundamental, nourishing interactions between people which affirm our sense of worthiness and belonging. While at an integrated level giving and receiving are one and the same, most of us do not easily experience the transcendent quality inherent in this process.

Children intuitively defend against manipulative ways of being cared for. They can sense their parents own unfulfilled needs, which eventually makes them unable to appropriately respond to the child's needs. They sometimes form a nourishment barrier, which, in adulthood, can disable them from receiving love and support from others.

Participants will examine their own nourishment barriers and patterns of inappropriate giving through exercises and group interactions. The technique of family sculpturing will be introduced, which will allow underlying family dynamics to emerge. Such work facilitates awareness of the relationship between present behavior and childhood beliefs. With such awareness, we can then move beyond the barriers that prevent us from appropriate giving and receiving. $675

Weekend of September 25–27

A Weekend with Joseph Chilton Pearce

For the last three decades, Joseph Chilton Pearce has been synthesizing scientific brain research in physics, biology, and psychology in an effort to understand and map nature's plan for the development of human intelligence. He writes:

"The intelligence of the heart is the only force that can pull our garments of self together; it is the nurturing power so many of us missed right from the beginning of life, that unconditional love which alone would have assured us of the evolutionary progress nature intended. That progress is nothing but the progression of love toward its own source, and that source is the heart."

In this seminar, Pearce will share his findings on the three-part human brain and how each art has its own language, its own development cycle, its own purpose. He will talk about the difference between intellect and intelligence, the ego's inability to self-analyze, and the physiological connection between the heart and the brain that prevents our triune brain from being continually at war with itself.

Joseph Pearce's discourse will offer participants a glimpse of their own developmental cycle — where it was rich, where lacking — and give them tools for enriching the inner journey to their own hearts.

$350

Endarkenment

Will & Ailish Schutz

Sometimes in our search for enlightenment we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle.

This workshop can provide a vehicle for the turn downward. We shall explore: how to establish and maintain meaningless relations; what to worry about while meditation; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim/martyr in your social group; guilt without sex. This approach, similar to Feldenkrais's "live the

disasters" and the "homeopathic principle" (Will Schutz, *Body Fantasy*), can be as valuable for attaining enlightenment as the direct route — and more fun. In addition, participants in this workshop will have opportunities to explore, play with, and celebrate the shadow — that which we usually hide. $350

Week of September 27–October 2

Five-Day Massage Intensive

Vicki Topp & Ray Swartley

Participants will be instructed in basic methods used in giving a pleasurable and beneficial massage. Fundamental elements of body work, such as breath awareness, grounding movement, quality of touch, and stress reduction, will be introduced. The workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; see pages 50-51. $675

A Week with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $675

The Nature of Movement: Aikido and Wilderness

Steven Harper & Wendy Palmer

In this week-long workshop, participants will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore the movement that nature inspires. Both aikido and hiking are moving meditations which, when done well, require the individual to be in harmony with the natural world. There will be an opportunity to take what is learned on the aikido mat out into the natural world and bring what is learned from nature onto the aikido mat. Participants can then begin to integrate what they learn from aikido and from nature into their lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. $675

Meditation: The Living Dance

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation. This workshop will approach traditional meditation practice in an unusual way.

In our retreat atmosphere we will prepare the body-mind for silent listening with fluid movement from the martial arts and yoga. We will incorporate breathing methods (Prana-Yama), and energy work with Zazen (sitting meditation). Other activities will include a silent listening hike in the wilderness, group meditation in a nearby contemplative monastery, and Zazen at our new meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life, and that crystal-clear still point described so well in every spiritual tradition.

C.E. credit is available for nurses; see pages 50-51. $675

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

Their experience with thousands of workshop participants over the past 27 years has led Anne and Jim Armstrong to believe that everyone is intuitive — that intuition is part of humankind's standard equipment. The goal of this workshop is to have everyone experience their own innate intuitive ability, using it at will, on demand. This will be accomplished through exercises and meditation, with a minimum of discussion in order to allow each individual to recognize his or her own particular style of perception, and to trust the intuitive input one receives. Anne will use her intuitive abilities developed over the past 30 years to guide the participants in arriving at useful, accurate data.

The spiritual and ethical aspects of the intuitive/psychic process will also be addressed, as well as the leaders' belief that intuition development is the gateway to Divine Wisdom, and should be the outgrowth of a healthy spiritual practice. We will demystify the intuitive/psychic process, and encourage participants to use it in all areas of their lives — personal, professional, and spiritual. Real life situations presented by participants will be selected for psychic/intuitive practice. $675

Weekend of October 2–4

A Weekend with Seymour Carter

For workshop description see September 27-October 2. $350

West African Culture Through Music and Dance

Yao Tamakloe

Yao Tamakloe is a West African teacher of dance, music, and anthropology. He has danced and taught with Babatunde Olatunji and Katherine Dunham for over ten years. Along with his wife Anindo Abukutsa, from Kenya, and his instructor from Ghana, Nanc C.K. Ganyoi, Tamakloe will present the West African world view through dance, song, drumming, and the religion and history that these cultural art forms embody, and relate them to the universality of humankind. $350

Watercolors, Nature, and the Self

Sim Van der Ryn

Watercolor sketching is a quick, fluid, and fun way to capture the essence of a place. As an expressive medium, it teaches us many things about ourselves and our responses to place. We will start with simple beginning techniques, using a minimum of equipment so you can begin to explore your own individual possibilities and style. The rich and varied Esalen site offers all kinds of inspiring watercolor possibilities which the leader can help you to see and paint.

$350 (plus an $85 materials fee paid directly to the leader. It includes brushes, pigments, palette, and papers which will last you for many painting sessions after the workshop).

Finding Inspired Work in Mid-Life

Peller Marion

At 93, as he was accepting the American Comedy Award, George Burns recently said, "The first half of my life has been good, and I look forward to the second half being even better." While most people usually don't live to be 93, some, like George Burns, remain charismatic and magnetic. Others are drawn to them, largely because their life seems effortless, playful, and meaningful.

How we define ourselves and what success means is important to what kind of individuals we grow into as we age into the second half of our lives. Participants in this workshop, drawing from the conceptual base of adult development theory and models of aging, will explore these issues. Through structured exercises and open exploration of topics such as: What's my dissatisfaction? Who am I? What's my definition of success? The leader will coach participants to create a vision for the second half of their lives based on internal values that are meaningful and significant.

What this workshop offers is a playful and rich way to revaluate one's work and relationships to gain clarity, focus, and direction toward one's life contributions. It is recommended for professionals in diverse areas who want to revitalize and renew their vision.

C.E. credit is available for nurses; see pages 50-51. $350

Ethics and Affect: Confronting the Virtues

Price Cobbs & George Leonard

Participants in group process work are urged to express feelings rather than opinions, to avoid making judgments and giving advice. The question remains as to whether such honest, non-judgmental expression of feelings can be applied to larger ethical and social considerations.

In this workshop, Ethnotherapy founder Price Cobbs and human potential pioneer George Leonard will seek to join the realm of feeling with that of ethical action. This will be an all-out, no-hold-barred encounter, in which the traditional virtues will be subjected to the test of the affects, and vice versa. Cobbs and Leonard will assist participants in avoiding denial, self-deception, self-righteousness, and an unthinking reliance on political correctness. Participants will be encouraged to experience and understand how their inner feelings influence their opinions and their actions in the world. Empassioned participation will be encouraged. $350

Week of October 4–9

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & John Allen

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart — Michael Murphy, (Chivas Irons) *Golf in the Kingdom.*

The game of golf provides many opportunities to enhance the journey of self-discovery. It may be experienced not simply as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom* (Delta); Gallwey, *The Inner Game of Golf* (Random House).

$675 (plus green fees paid directly to the leader)

Trigger Point and Esalen Massage

Arthur Munyer & Esalen Massage Practitioners

The human body is a rich source of information and intelligence. Trigger point, the movement of myofascial tissue through soft, deep contact with pressure points, and Esalen massage are methods of working with the body that can help the practitioner communicate with stressed, blocked, and chronically troubled areas. This workshop will combine these modalities, along with joint release, movement, and studies in anatomy. It will also address concerns of burnout, depression, creativity, and peer support for those who have chosen a demanding profession. It is especially suggested for body workers, physicians, physical therapists, chiropractors, and other health care practitioners who want to expand their hands-on skills.

C.E. credit is available for nurses; see pages 50-51. $675

A Confluent Somatic Approach

Steven Vasquez

This workshop is about the nuances involved when illness, injury, or pain become resolved beyond the conventional expectations of medical science. Information from people who beat the odds of recovery from "terminal" illness, "incurable" diseases, or difficult injuries will be reviewed. The role of belief, attitudes, and relationships in affecting the body will be experientially explored.

This confluent somatic approach synthesizes medical research, cross-cultural concepts, ancient spiritual practices, and modern psychology. It combines methods drawn from Ericksonian hypnosis, Focusing, and family systems theory with hands-on work to reduce physical symptoms. Abstract concepts like state-dependent memory, psychoneuroimmnology, and chakra systems are broken down into practical applications.

Workshop material will be experiential and didactic. Processes for tracking unconscious personal myths that underlie medical conditions will be demonstrated. Complex medical jargon, psychological processes, and esoteric energy methods will be simplified into functional uses that can affect health recovery in conventional psychological and medical settings.

Recommended reading: Siegel, *Peace, Love and Healing* (Harper K& Row); Chopra, *Quantum Healing* (Bantam); Rossi, *The Psychobiology of Mind-Body Healing* (Norton).

C.E. credit is available for nurses; see pages 50-51. $675

The Writer's Way: A Personal Adventure Through Writing

Nancy Bacal

The Jewish High Holidays offer people of all denominations an opportunity for community and reflection. This is an invitation for anyone with an open heart to turn this holy time into a satisfying ritual of creativity. Using the pen, we will explore together our individual stories. Beginning with a series of writing exercises designed to bypass judgment and self-criticism, we will tap our reservoir of experience. Daily excursions on the page will encourage each participant to transform the burdens of our lives into stories, the unwanted voices into characters, the failures and successes into material. Guidance will be specific enough to excite the imagination yet loose enough for each of us to experiment with form and image and remain open to surprise.

This workshop offers a supportive and stimulating environment for the non-writer, the would-be writer, and the professional. The schedule will include writing in and out of the group, walks, meditation, reading and discussion of pertinent material. The intention will be to coax the mind out of its cycle of expectation and disappointment into a positive, stimulating relationship with our work.

Recommended reading: Needleman, *Work of Craft* (Avon); Goldstein, *The Experience of Insight* (Unity). $675

Taoism and the Shen

Master Share K. Lew

Traditional Taoist concepts of health, longevity, and harmony with nature will be introduced by Master Lew, a temple-trained Taoist priest from southern China. The core of the workshop will be instruction in "the Shen," a set of twelve non-strenuous exercises (six standing, six sitting), whose primary purpose is self-healing. These exercises also develop concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Master Lew will discuss the use of everyday foods and Chinese herbs in healing and tell stories from his life in the monastery.

Master Lew, now 74, first began to teach Taoist internal cultivation to non-Chinese in 1970. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Tung Pin, a historical personage of the Tang Dynasty and one of the Eight Immortals of Taoism.

Recommended reading: Deng Ming-Dao, *The Wandering Taoist*. $675

Weekend of October 9–11

30th Anniversary Celebration Weekend

Esalen Institute's 30th anniversary year will begin in October 1992. As part of a continuing celebration, this weekend will feature a day-long concert on Saturday, October 10, the ticket proceeds of which will go to the SEVA Foundation for the benefit of the indigenous peoples of the Americas. A portion of the weekend fee will also go toward the Esalen Scholarship Fund.

There will also be other activities and special guests. For further information please call the reservations office. $500

Week of October 11–16

Following the Thread, Revealing the Fabric

David Silverstein & Joyce Lyke

The leaders write: "Most of us go through life ignoring, judging, or rejecting the content of our inner or unconscious life rather than paying attention to the information and messages we are giving ourselves. In our haste to be doing, we have forgotten our Being, and we have surrendered to the conditioning that limits a fuller experience of who we are.

"By attending to whatever is emerging in the moment, with interest and curiosity, we can begin to follow the thread of our inner life, detach ourselves from our conditioned responses, and perhaps discover that which is most essential, the fabric of our Being.

"The purpose of this workshop is to bring us closer to ourselves. We will combine meditation, breath exercises, sound, movement, and personal work in this week of inquiry. Through various awareness practices we will work and play with what emerges without coercion or judgment." $675

A Workshop for Couples: Independence and Intimacy

Mary Goldenson (Devarani)

For workshop description see September 4-6 $675

The Vision and Practice of Human Transformation

George Leonard

It may be argued that, *in potentia*, every human being is a genius, and that the ultimate creative capacity of the human brain/body is, for all practical purposes, infinite. Each of us is a prodigious learning animal, and our ultimate destiny may well be to evolve capacities that would now be termed extraordinary. Perhaps it is only due to the limitations imposed by faulty notions of childrearing and schooling, along with the failure of national vision and practice, that we rarely develop even a small fraction of our potential.

In this hands-on workshop, human potential pioneer George Leonard, informed by his work with Michael Murphy in the development of integral Transformative Practice, outlines a new human vision and provides a practical map with which you can begin your journey toward the realization of your inborn genius and creativity. The workshop will involve discussion, demonstration, and the gentle movement and imaging exercises of Leonard Energy Training (LET), a practice inspired by the art of aikido.

Recommended reading: Leonard, *Mastery* (Dutton), *The Silent Pulse* (Arkana); and Murphy, *The Future of the Body* (Tarcher). $675

Chakra Psychology

Nancy Rosanoff

The chakra system is generally known to be an ancient Hindu concept of spiritual energy centers located along the spine, which are awakened or energized as individuals progress spiritually. This course gives participants a modern understanding of how to use the chakras as guides in their quest for psychological and spiritual development.

Awakening the chakras allows people to observe the interaction between the body, mind and spirit. The chakras can thus become tools to balance daily life within the context of a greater spiritual reality, with such practical applications as: enhancing self-understanding, improving loving relationships, changing unwanted behavior patterns, and unblocking creative energy.

Participants will work with their chakra spirit guides, yoga stretches, chants, meditation, breathing and awareness exercises, drawing, and writing to explore their chakras and themselves, open blockages, and heal past pains.

C.E. credit is available for nurses; see pages 50-51. $675

Weekend of October 16–18

Accepting Life's Transitions Letting Go – Moving On

Mary Goldenson (Devarani)

For workshop description see September 6-11. $350

A Retreat for Women of Experience: Mid-life and Beyond

Lenore Lefer & Anne Yeomans

The gifts of woman are many. They have too often been undervalued and made invisible until we sometimes cannot see them ourselves. Today, more than ever, the earth needs these gifts.

This is an opportunity for women in midlife and beyond to come together to explore the issues that are on our minds and in our hearts. What are the challenges we each face? How can we support each other in reclaiming and honoring our passion, our tears and our outrage, our laughter, and our beauty? How can we express our deepest values at this time in our lives?

The retreat will include time to speak and tell our stories, and time for silence. Each day will include periods of hatha yoga, walking meditation, and group process.

Themes to be explored will include:

- cultural perspectives on the older woman
- issues of loneliness and companionship
- the wisdom of the body
- sexuality and intimacy
- menopause
- power and self-expression
- self-care in the midst of responsibilities
- spiritual questions of mid-life

It is our hope that these days together will strengthen our trust and renew our spirit so that we can return to our lives with more joy, more tenderness toward ourselves and others, and more boldness towards living all that is important to us. $350

Pushing, Pulling, and Lifting: Feldenkrais in Daily Life

Laurence Goldfarb

This workshop introduces the Feldenkrais Method*, and its application to the movements of everyday life. The focus will be on finding the gentle strength inherent in our physical design and using it to make pushing, pulling, and lifting easier and more comfortable. We will focus on the following questions:

- What is the human body's blueprint for motion?
- How does this plan determine what is safe? Efficient? Comfortable?
- What interferes with optimal movement?
- Can learning new ways of moving help us overcome limitations?
- How can easy, light, painless movements improve our abilities?

Participants will be verbally guided through a series of movement sequences composed to experientially answer these questions. Interactive group exercises designed to enhance observational abilities and lecture-discussions designed to clarify the how and why of the Method will supplement the movement lessons.

Although this course is open to anyone interested in improving his or her ability to move (and understanding of movement), it will be of particular interest and benefit to those who work with others in recovering from chronic pain, rehabilitating from disability, preventing work and sport injuries, and improving human performance. This includes physical and occupational therapists, doctors and nurses, dance teachers and coaches, bodyworkers and movement therapists, ergonomists and injury prevention specialists. $350

New Competences for an Age of Uncertainty

Donald Michael

Because we live with unprecedented levels of complexity and uncertainty, an abiding crucial challenge for each of us is learning how to be better learners. The old answers and questions are increasingly ineffective. Yet conventional definitions of competence encourage each of us, as well as organizations, to avoid learning by denying or disguising uncertainty so that we appear to know what we are doing. The result is increasing stress, anxiety, and inadequate personal and organizational performance.

This seminar will introduce a set of interlocking skills or "new competences" necessary for making humane and effective decisions when uncertainty can provide the occasion for learning — in work places and in interpersonal and family situations. These skills include: acknowledging and specifying high levels of uncertainty, error embracing, being future-responsive, boundary spanning, interpersonal communication, and self-knowledge.

The approach will be both cognitive and experiential. Participants will have the op-

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portunity to become more comfortable with the vulnerability that accompanies facing their uncertainties; to question the need to act cautiously out of fear of making a mistake; and to reexamine the incentives for those defensive posturings that make it so hard to act responsibility and compassionately. As a previous participant said, "This seminar is for those who are ready to move beyond the personal and want to effect change in public and private organizations." $350

Story Magic and Jewish Intuition

Rabbi William Cutter
& Stephanie Waxman

In the beginning was the word —John 1:1

Why are people still telling stories that are thousands of years old? What makes a story Jewish? How can we use Jewish stories in our own lives, even it we aren't Jewish?

Jews have always seen stories as the "unfolding of God." These stories reflect an attempt to understand the spiritual possibility in the commonplace event. This workshop combines the theological insights of the rabbinical tradition with the story-telling techniques of theater improvisation. Through non-verbal interpretation, personal memories, and collective dreaming, we will probe the essence of various Jewish stories, from the Bible to folktales, to the stories of the Baal Shem Tov and Nachman of Bratzlav.

Climbing inside these tales uncovers their deeper meanings which have resonated for centuries, and can still speak to our own everyday lives. $350

Week of October 18–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 11-13. $675

Gestalt Practice

Christine Stewart Price & Guest Leaders

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear —
And when used — is inexhaustible.
—Lao Tzu

Gestalt practice is a form — nonanalytic, noncoercive, nonjudgmental — evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in direct awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press); Heider, *The Tao of Leadership* (Humanics); Ram Dass & Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; see pages 50-51. $675

Men Together

Robert Hall & Richard Strozzi Heckler

Reclaim your maleness in an atmosphere of trust and support. Join other men in talking, moving, playing, and sitting. Share emotions and feelings that have long been withheld; come closer to yourself and other men.

The seminar leaders, Robert Hall and Richard Strozzi Heckler, have been best friends and professional colleagues for over twenty years. They are both fathers; they are cofounders of the Lomi School; they share the same spiritual practice. Robert is gay, Richard is straight.

Recommended reading: Heckler, *In Search of the Warrior Spirit* (North Atlantic Books) $675

Liberate your Creativity: Improvisation in Life and Art

Stephen Nachmanovitch

All children share the quality of *free play*, open access to their own spontaneous creativity and imagination. Although each of us carries that essential source of creativity within ourselves, as we grow older we develop layers of inhibition and judgment that shut us off from this source. Whether or not we are artists, we have a need to express ourselves, but much of the time we feel blocked and frustrated. Our capacity for critical judgment makes a wonderful servant but a terrible master.

Learn to utilize the power of improvisation in busting blocks that inhibit the flow of creativity. Improvisation, that spontaneous balancing of technique and inspiration, is the key to all creativity. All artwork begins with that first moment the pen touches the empty page, the bow touches the violin, the brush touches the empty canvas.

Working with a Zen approach to creativity, we will try to liberate the freedom to create in the moment that comes from being in touch with our spiritual center, and explore ways of touching that center as a matter of daily practice.

The leader will present practical techniques and exercises for unblocking the flow, using the power of limits, the power of mistakes, and the material at hand to facilitate the opening of our creative voice. This workshop is for artists in any medium and those who wish to develop their creative powers. Whether you sing, paint, compose, write, or dance, you will create a new work each day of this workshop.

Before the workshop, please read: Nachmanovitch, *Free Play: Improvisation in Life and Art* (Tarcher). Write P.O. Box 265, Pacific Palisades. CA 90272 to order the book, or for more information. $675

Reunion

David Schiffman

This is workshop for seasoned people who are already familiar with and appreciate the basics of self-exploration, inner work, myth, and sacred ritual. Its aim is to create a mood of safety and support for further study. It is a time for individuals to renew their connection to the resources that can guide and protect them. Gathering together in a spirit of trust and good will, participants will explore ways to:

- Reconnect with and honor what they feel most deeply
- Express feelings with simplicity, clarity, and integrity
- Celebrate playfulness and spontaneity
- Release disappointments, reversals, and emotional losses
- Mark their hopes and dreams and renew their spirit through myth and rituals

- Deepen their understanding and appreciation of their own rhythm and true nature
- Explore imaginative ways to live freely and fully

In an eclectic framework, the workshop will combine innovative elements of guided meditation, sound work, ritual, dance, and music with traditional psychological practices. $675

Weekend of October 23–25

The Aesthetic Self

Luc Brebion

To take part at all deeply in the experience of art requires a *particular* quality of concentration, a *particular* stillness of mind, and a *particular* openness to receive. Immersed in contemplation, we can enjoy the rare privilege of being in the presence of the artist and of letting him or her show us how to reach for what is essential within.

Luc Brebion, a native of France, has combed the museums of Europe in search of artistic treasures. In this year's *Aesthetic Self* workshop, he will again use a multimedia approach and an experiential method to help participants penetrate works of art and become absorbed by them. Their aesthetic sense will be developed through a uniquely designed presentation of selected masterpieces of painting, music, and literature. Thus trained, they will be given the opportunity to learn the recognitional skill required to truly perceive the substance that real art can offer. $350

Week of October 25–30

Big Sur Wilderness Experience

Steven Harper

For workshop description see September 6-11. $675

Achieving Sustained High Performance

Jerry Fletcher, Edward Hinkelman & Kelle Olwyler

Most people have had the experience of having something they were doing "take off" and go surprisingly well, much better than expected. Yet most people assume such times are lucky accidents, that it is not possible to create or sustain such performance deliberately or without stress, fatigue, and eventual burnout.

The results from more than ten years of research and testing by the workshop presenters demonstrate that these times of exceptional performance are not accidental. Each individual has a pattern of actions that produces his or her best results. Once people learn their personal high performance patterns, they can carry out activities in a way that suits them and produce better results for the same effort over sustained periods of time.

This seminar takes participants through a process in which they identify their individual high performance patterns and learn to apply them to their life and work. Developed through years of work with successful managers, executives, professionals, and work teams, it offers an approach to high performance that can be sustained. It is a clear alternative to the stress, fatigue, and eventual burnout that accompanies constantly forcing oneself to peak periods of high output in order to achieve high performance. $675

Biodrama: Know Your Self, Live Your Self

Lorenzo Ostuni & Katriona Munthe

Biodrama is a method for developing human potential and for personal renewal. It employs dream, body language, poetry, imagery, symbols, and music; it is both contemplative and active work. Its roots go back three-thousand years to the spiritual culture of ancient Greece, uniting the Orphic and Eleusinian Mysteries with present-day psychological research.

Participants will be invited to undertake a mystic journey in which to experience fundamental moments of their lives; birth, love, and death. They will work on visions and emotions of preceding states of consciousness and may find that this representative process helps integrate their individual mystery with the collective experience of humankind. This life performance, the first part of Biodrama, often elicits a regenerating experience for the protagonist. Ostuni's commentary on this performance/experience is the second part of Biodrama and will be tape-recorded for each participant.

This ritual performance workshop will be conducted in Italian and English. $675

October 25–November 1

Cortical Reeducation® and The Feldenkrais® Method

Harriet Goslins, Patti Lawrence & Mark Bender

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. Be reeducating the brain-muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for individuals who feel chronically tired and stressed and want to learn how to take better care of their neck, shoulders, and back, to improve their posture and breathing, and to live and move with more flexibility and comfort.

This course is provider approved by the California Board of Dental Examiners, number 2586.

C.E. credit is available for nurses; see pages 50-51. $1025

October 25–November 6

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, pages 48-49. $1665

Weekend of October 30–November 1

Weekend Massage Intensive

Laurie Schutz & Esalen Staff

Participants will be instructed in basic methods used in giving a pleasurable and beneficial massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. The workshop is available to beginners as well as to those who wish to brush up on their massage skills

C.E. credit is available for nurses; see pages 50-51. $350

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $350

October 30–November 6

An Exploration of Childhood Sexual and Physical Abuse Issues for Healers

Jessica Moore Britt

This workshop is for healers working with survivors of childhood abuse. Our exploration will include: 1) your attitudes, feelings, and experience and how this effects you personally and professionally; 2) at the meeting of healer/client what is needed to facilitate the healing process.

Since sexual and physical abuse impacts the body directly, we will examine this impact on a person's sense of self and how our work can recognize and include the body.

Specifically, we will address the questions of boundaries, the sado-masochistic process, splitting and how to deal with the powerful effects of the superego. We will address the special issues of clients with new or uncertain memories, and the similarities and differences between physical and sexual abuse and the profound effects when both are present in the same client.

We will inquire into how the process of disidentifying from the abusive past is aided when the work is grounded in a spiritual perspective and practice.

This workshop will be both didactic and experiential, and we will be working with each other. Individual and group process will be available as needed.

Jessica writes: "As a survivor I have been working in the healing profession for 20 years, working with abuse issues for the last 12 years. I especially extend an invitation to healers with their own abuse histories."

Recommended Reading: Almaas, *Essence* and *Diamond Heart, Volume I* (Diamond Books); Levine, *Healing Into Life & Death* (Anchor/Doubleday). $1025

Week of November 1–6

Conscious Loving: A Body-Centered Approach to Relationship Transformation

Gay & Kathlyn Hendricks

Relationships are the primary arena in which our deepest selves are either concealed or revealed. This workshop is designed for people in close relationships and professionals who counsel couples. Participants will work on the transformation of present relationships while exploring the seven major principles of conscious loving: commitment, learning to love yourself, learning to feel, claiming creativity, learning to tell the microscopic truth, keeping your agreements, and learning to live more consistently in a state of positive energy. This workshop has two major purposes: 1.)to expand the experience of love past previous limits; and 2.)to learn to rest in the essence that underlies persona.

Using video analysis, participants will learn to use the "Five Flags," the five nonverbal signals which reveal stress points in relationships. Based on the leaders' experience with over 1500 couples, they will introduce breath and movement techniques that accelerate the process by which people in close relationships can attain their goals. Participants will learn techniques designed to make it easier to tell the truth, and take healthy responsibility for feelings and issues.

Among the tools to be used: video feedback, movement processes, breathwork, and dyadic communication activities. Reading *Conscious Loving* (Bantam) before the workshop is highly recommended. $675

Handwriting Patterns: Possibilities for Healing and Change

Vimala Rodgers

Whether we print or write, the pressure we exert on the pen, the margins we create on the page, the size and slant of our writing, each circle, loop, angle, connective, and individual letter provides a valuable piece to that fascinating puzzle each person calls "myself." Like a fingerprint, our handwriting is uniquely our own, and, like parts of our personality, each component is interrelated. Applied graphotherapy is that science which focuses on altering writing patterns as a means of transforming the attitudes that influence our belief system, which in turn determine the choices we make in our lives.

Using each person's handwriting as the working model of their personality, the leader will study the writing of each participant and suggest a specific writing change as a means of uncovering unacknowledged creativity and untapped potential. By exploring handwriting from this new perspective, participants can learn to identify their own limiting beliefs and attitudes, and be given tools to help heal, transform, and move beyond them. Non-intrusive yet challenging, the transformational process is truly in the hands of the writer.

Recommended reading: Maslow, *Toward a Psychology of Being* (Van Nostrand Reinhold); Chopra, *Quantum Healing* (Bantam); and Stone & Winkelman, *Embracing Ourselves* (New World).

C.E. credit is available for nurses; see pages 50-51. $675

November 1–8

The Endocrine System: Relating Body, Mind, and Movement

Bonnie Bainbridge-Cohen & Seymour Levine

The endocrine glands secrete major chemical substances that are fundamental to the maintenance of bodily functions, including the nervous system. They influence all cells in the body through their balance and imbalance and have profound effects on the brain.

This workshop will explore the endocrine system from two perspectives, each representing the major interest of the workshop leaders. Seymour Levine, a biological scientist, will emphasize the anatomical and physiological aspects of the endocrine system; Bonnie Bainbridge-Cohen, a noted body worker, will discuss the endocrine glands as they relate to movement, vocalization, development, and perception. This will be a unique forum for the convergence of the movement oriented approach to the endocrine system and the biomedical approach. The workshop will focus on the following: 1) the identification, location, secretions, and cellular function of the endocrine glands; 2) supporting and expressive functions of the glands in movement, vocalization, and states of consciousness; 3) relationship to corresponding reflex points and spinal energy centers; and 4) the underlying perception and developmental process.

This workshop is open to anyone interested in the relationship between movement, the body, and the mind. No prior experience with Body-Mind Centering or prior knowledge of endocrinology is necessary.

C.E. credit is available for nurses; see pages 50-51. $1025

Weekend of November 6–8

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 11-13. $350

Toward Waking Up: Cultivating Mindfulness

Charles Tart

Ordinary consciousness is a kind of waking sleep, an absorption in our personal and cultural illusions. This apparently strange Eastern concept is actually supported in detail by Western psychological data. Given this, how can we awaken? Our essential selves are often invalidated and suppressed in childhood, as part of "education." How can we rediscover and nourish them? Our instinctual and sensory wisdom lies buried under cultural noise and distraction. How can we come to our senses?

G.I. Gurdjieff, one of the first teachers to adapt Eastern spiritual methods to Western culture, developed practices for awakening from our sleep, our cultural trance. Occasional retreats to exotic places like Esalen are quite useful, but ordinary life is the best setting for using psychological and spiritual development practices that emphasize balanced work on mind, emotions, instincts, and body. In this workshop we will examine Gurdjieff's main ideas, adding to them from, and integrating them with, modern growth psychology.

Self-observation and self-remembering will be taught as a primary meditation-in-life for increasing self-understanding and living more effectively in the here-and-now. These techniques use that most marvelous tool that is always with us, our bodies. We will also review basic formal meditation practice as an aid to mindfulness. Emphasis will be on practicing awakening as part of everyday life.

Recommended reading: Tart, *Waking Up* (Shambhala). $350

Week of November 8–13

Craniosacral System: Intermediate Workshop

Jim Asher & Jane Harrington

This workshop is open to people with the skills of a basic or introductory class in Craniosacral work. Needed skills include the ability to follow the craniosacral pulse, and some familiarity and experience with the basic protocol.

During this workshop we will go back through the basic series and re-tone the cranium. We will be doing membrane releases and teaching alternate lifts; exploring the way these interface with the standard sequence. The class will teach mouth work, including the maxillas, palatines, and the vomeis relationship to strain patterns. The principles and practice of unwinding and somatic emotional release will be introduced.

The workshop will combine lectures and slides of functional anatomy of the membrane and bony systems and the fluid movement. There will be hands-on demonstrations followed by supervised practice.

C.E. credit is available for nurses; see pages 50-51. $675

Working with the Dreaming Body: An Introduction to Process Work

Nisha Zenoff

Process Work, developed by Dr. Arnold Mindell and his associates in Zurich, is grounded in the belief that all of life's events and experiences have the potential for being useful and meaningful. Nature makes no mistakes — even the unexpected, unusual, and nonsensical occurrences in our lives, if observed and explored, can provide us with valuable information. Process Work provides us with the tools for exploring and working with a wide range of human experiences including: chronic symptoms, dreams, movement, relationships, and groups. Based on the theory of the "Dreambody," the body is seen to mirror dreams, myths, and fantasies. In effect, the body is a dream trying to happen.

A compassionate atmosphere will be provided for participants to gain skills for working on relationship issues, physical symptoms, and dreams. The focus will be on: 1) the basic foundations of process work; 2) the practical skills needed to apply process work concepts to their personal and professional lives; and 3) ways of bringing creativity and a sense of play into the serious business of being alive. It will include discussion, demonstration, and experiential work.

Recommended reading: Mindell, *Working with the Dreaming Body* and *Working on Yourself Alone* (both, Arkana). $675

Transitions

Elliot Waker Aronson & Gabriele Hilberg

Disorganization is a natural part of transition and facilitates reorganization. People are almost constantly in a state of transition — whether it be getting married, beginning a new career, becoming a parent, letting go of a relationship, or moving on to the next stage in the life cycle. These changes can be exciting and, at the same time, can evoke a loss of internal balance.

The result can be loss of self-esteem, confusion about one's identity, and doubts about one's perceptions. New feelings and ideas are fragile during these periods of transition and require special nurturance.

The goal of this workshop is to gain perspective on the process of making transitions. Through guided fantasies, self-exploration, and didactic presentations, participants can develop ways of enhancing their understanding of themselves and increasing their overall effectiveness.

Recommended reading: Aronson, *The Social Animal* (Freeman). $675

November 8–December 6

28-Day Massage Practitioner Certification Program

Deborah Anne Medow & David Streeter

For more information, see Special Programs pages 48-49. $3150

Weekend of November 13–15

The Rosen Method®: Bodywork and Movement

Marion Rosen & Sue Brenner

The body tells the clearest what we want to hide the most. This work is about transformation — from the person we think we are to the person we really are. —Marion Rosen

At its heart, the Rosen Method® is simplicity itself. It works with muscles that are held, and brings about physical and emotional awareness through relaxation. The practitioner's hands contact tense muscles, matching tension with equal pressure. Often the tightness softens, and the area that was held begins to move with the breath. These changes are then used as guides to the client's inner processes — buried feelings, attitudes, and memories.

The bodywork is complemented by movement that encourages natural, free breathing, and uses gentle, stretching, swinging and jumping exercises to improve body alignment and flexibility. The joints are moved through the full range of motion. Accompanied by music, the exercises are performed in a group setting, individually, and with partners. The objective is to release holding and rediscover the joy of movement.

Recommended reading: Rosen & Brenner, *The Rosen Method of Movement* (North Atlantic). $350

Integrity: The Search for Moral Wholeness

John Beebe

Integrity is one of the deepest needs of the individual, yet its nature is elusive. We encounter its reality when we feel misunderstood or violated, when we do not stand up for what we believe, and when we fail to realize the impact our actions have on other people. Often integrity is the central issue within such emotions as shame and anxiety, and in our personal experiences of pride and guilt.

This workshop will make integrity more tangible by exploring how we feel its absence and presence in interpersonal relationships, and by examining its psychological dynamics. Difficulties with integrity will be highlighted and ways to work on them explored.

Recommended reading: Beebe, *Integrity in Depth* (Texas A&M University Press. To order, please call 1-800-826-8911). $350

Russian Psychology Today: Its Effects on Global Thinking and the Helping Professions

Viatcheslav (Slava) Loutchkov

In 1990 Viatcheslav (Slava) Loutchkov joined the Esalen Russian-American Exchange Center staff. A Russian citizen and resident of Moscow, he is a Harriman Fellow and has a MacArthur grant to pursue his studies in psychology and the process of perestroika. He has been working with the Esalen Exchange Center exploring the interplay between the psychological, social, economic, and ideological factors involved in perestroika.

Russian films will be shown and discussed in relation to Russian psychology. The workshop will also explore the Stalinist legacy, and examine those historical patterns that might threaten to persist even in contemporary times. There will be discussions comparing Russian and American helping professions and psychological practices, and participants will explore psychology's creative contribution to the dramatic changes involved in the social and political life of Russia today.
$350

Week of November 15–20

Hands On: The Roots of Rhythm Through Drumming & Massage

Gordy Ryan & Peggy Horan

The fundamental nature of hand drumming and massage is very much the same: relaxation into the river of rhythm whose waters soothe our souls and heal our bodies. With this as the goal, participants will explore traditional rhythm and songs from Africa, Brazil, The Caribbean, and New Orleans, with an emphasis on the relaxation and internal equilibrium produced when the player opens to an awareness of "the groove" of giving and receiving vital energy. Through the hands-on practice of massage work, participants will be encouraged to let their inner rhythm guide them in healing the body through intuitive touch.

Bring a hand drum and/or bells, shakers, log drum, etc. $675

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creativity if one is to live a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, enables one to confront resistance and fear, and increases a willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously.

C.E. credit is available for nurses; see pages 50-51. $675

November 15–December 13

Hypnosis Certification

Mark Lehrer , Maggie Phillips, Norman Katz & Adam Burke

For more information see Special Programs, pages 48-49. $3150

Weekend of November 20–22

A Weekend with Seymour Carter

For workshop description see September 27-October 2. $350

Sensory Awareness: Awake, Tune-In, and Unfold

Charlotte Selver

Some forty years ago Charlotte Selver's teacher, Elsa Gindler, began exploring the natural potential of the human being. The work which evolved from these explorations was an approach through practice, involving the person as total organism. Gindler's innovative methods very often unearthed, liberated, and cultivated abilities and sensitivities which her students had never been conscious of possessing.

To "awake" means that one's energies — neuromuscular and perceptive — become altered, leading to greater movability, both psychologically and physically, and to a fuller use of the senses and intuitive powers. In order for this to occur, a deeper peace is needed so that sensations can come clearer, and rigidities, pressures, and preconceptions can gradually dissolve. In becoming "tuned in" by another person, or by a task or given situation, one comes fact to face with the creative nature of the organism, with the miracle of potency. Powers arise and come into play which correspond exactly to the demands of the occasion. This calls for permissiveness, subtle reactiveness, and openness to the moment.

The cultivation of these functions can lead to an unfolding of our lives in a far richer and more responsive way than what we are used to. Once again we can restore the delight of ever-new experiencing which was our birthright in childhood, but can be lost in the course of our education into adulthood.

Recommended reading: Brooks, *Sensory Awareness* (Viking, Felix Morrow). $350

The White Hole in Time: Spiritual Perspectives on the Crisis of Our Times

Peter Russell

This weekend will be an opportunity to explore in depth with Peter Russell the ideas behind his latest book, *The White Hole in Time*. Drawing on physics, psychology, philosophy, and spiritual teachings, he paints a new picture of humanity and its place in the Universe. He believes that we may have reached a moment towards which evolution has been building for millions of years — an awakening to our true spiritual heritage.

Discussions will focus on the premise that the global crisis now facing us is at its root a spiritual crisis — a crisis of consciousness. Clearly fundamental changes in policies and behavior are required, but it is also time for humanity to ask some deep and searching questions: Who are we? What enables one species out of millions to cause so much havoc? What do we really want? And why are we not achieving it? How can we let go of our attachments? What is the essence of spiritual growth — beyond techniques, teachings, teachers, and texts?

If we do survive this global crisis, what then? We could be approaching an evolutionary climax more profound than any of us have dared to imagine.

Recommended reading: Russell, *The White Hole in Time* (Harper, San Francisco). $350

Week of November 22–27

Accepting Life's Transitions: Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see September 6-11. $675

Embodiment and Vision

Laura DeNuccio (Ma Prita)

For workshop description see September 20-25. $675

Body, Heart and Soul

Paul & Niyaso Christine Carter

This workshop explores the many aspects of sexual life, with the objective of helping to heal old wounds, letting go of restrictive programs, dissolving fears, and becoming free to appreciate your own sensual-sexual nature. The five days are structured as a series of initiations beginning with conception and going through childhood, puberty, adolescence, into the mature union of sexual energy and open-hearted love. The goal of the workshop will be to help bring back into your life:

- a heightened sense of well-being in your body
- a lighter and more open heart
- the ability to communicate without fear
- deeper intimacy in your relationships

When we are free to appreciate our sensual aliveness, when our sexual energy is integrated with the energy of our heart, and when we can let our bodies, hearts, and souls experience their own natural flow, true intimacy can happen in our lives. Touching this space is not only a delight, it can also transform every aspect of our lives. $675

Weekend of November 27–29

Utopian Vision East & West

Chungliang Al Huang
& Special Guest, Laura Archera Huxley

Is there hope for the future? How do we visualize a better world to live in? And how do we begin living it to make this more spiritual world come true? These are some of the passionate investigations this workshop will delve into, drawing inspirations from Lao Tzu's *Tao Te Ching*, ancient Chinese myths, and Aldous Huxley's utopian novel *Island*.

Come celebrate with us and honor Esalen's thirty-year legacy with a tribute to Aldous Huxley's visions and genius. Bring your own stories of hope and transformation. Join us in Tai Ji and music meditation. Let your mind dance, body think, and heart sing!

Recommended reading: Huang, *Thinking Body/Dancing Mind*; A. Huxley, *Island*; and L. Huxley, *This Timeless Moment*. $350

Council of All Beings

John Seed

The *Council of All Beings* is a series of rituals created to help individuals feel their connection with nature in their hearts and bodies. By rediscovering our interconnectedness with all beings, we see that the pain of the earth is our own pain, and the fate of the earth is our own fate. The *Council of All Beings* empowers people to act on behalf of the earth, and gives clarity and direction for the work ahead.

Participants will have the opportunity to review the human evolutionary journey, to shed their solely human identification in order to feel greater empathy for the myriad species and habitats of the Earth. Through personal sharing, meditation, and ritual, participants will explore the depths of their concern and love for the planet in this time

of crisis. As many individuals have discovered, alignment with a larger identity clarifies, dignifies, and heals one's personal conflicts. In the same fashion, it clarifies and orders patterns of consumption, needs for intimacy and support, and priorities for action. This gathering provides tools for putting this into practice in daily life.

This work draws upon current scientific findings to expand our understanding of the ecological crises that threatens the planet. The leader will discuss systems theory and the Gaia hypothesis to provide a solid, rational-conceptual foundation for the deep ecology movement, and relate them to spiritual traditions thousands of years old that attune individuals to the Earth. $350

Interspecies Touch and Healing

Linda Tellington-Jones

This course will provide hands-on practice of the Tellington Touch, a method which has been used successfully for healing and communicating with an intriguing variety of animals. Tellington Touch releases tension, fear, and pain, and enhances cellular function and overall well-being. The benefits to the toucher are as great as to the touched.

Participants will learn how to use this method to treat shock, to release chronic and acute pain, and to alleviate allergies in both humans and animals. Eleven "touches" will be taught, with participants practicing on each other and working with live animals in the Gazebo. $350

Week of November 29–December 4

Courage

Joyce Frazee

In the mouth of the dragon there are many jewels. — Buddhist proverb

For some of us it takes courage just to live our daily lives. Every day we awaken to face the demons in our lives — demons that come in many forms: perfectionism, guilt, avoidance, shame, despair, failure. Time passes and we become skillful in living despite the constant awareness that these demons are preventing us from experiencing the fullness of life. Their existence drains our energy and limits, our joy and freedom. But getting close to them, allowing ourselves to confront them, is very difficult to do.

This weekend will give us an opportunity to find the courage to face our demons. Participants will be encouraged to look at the things in their life that are difficult to face, and will be given support to help recognize and confront them. This will be done through gestalt practice, dream work, and bioenergetics. Drawing, dance, and meditation will also be used to recover the jewels from the dragon. $675

Learning and Movement: Feldenkrais Application and Theory

Mark Reese

The Feldenkrais Method® was originally developed by Israeli physicist, judo teacher, and rehabilitation innovator, Moshe Feldenkrais. Feldenkrais based his discoveries on a synthesis of physical, biological, and human sciences, and a self-guided movement reeducation prompted by crippling knee injuries. The Feldenkrais Method® is a learning-based approach to change with profound implications for many professions — rehabilitation, psychology, education, performing arts, athletics, and gerontology. It is also an easy-to-use, self-help method and a path to personal realization.

In this intensive workshop, Mark Reese uses subtle and effortless group movement exercises, discussions, and demonstrations to lead the participants through an exciting, in-depth exploration of The Feldenkrais Method®. The workshop will include specific exercises for care of the back, neck, shoulders, breathing, and posture. Physical awareness will be used to train coordination, flexibility, efficiency, sports performance, and grace of motion throughout the body. The movements of infants will be used to gain insight into adult movement patterns, and the relationship between motion and emotion. The workshop will explore movement-based approaches to psychological learning that parallel Milton Erickson's hypnotic techniques.

C.E. credit is available for nurses; see pages 50-51. $675

Life Stories: Healing the Sorrows

Peter Finkelstein

Painful experience is one of life's givens. However, whether we are discussing the inevitable existential concerns of aloneness, freedom, or death, or the personal tragedies of divorce or untimely loss, it is the manner in which we give form to our painful stories that defines our personal development. The attention we give to the ongoing creation of our own story can help us broaden our sources of satisfaction, concentrate our energies productively, and recognize life's wisdom in its many forms.

Participants will use group exercises and individual work to help them acknowledge and integrate painful life experiences such as divorce and bereavement. Dream interpretation, hypnosis, didactic material, and attention to group process may all be used to deepen the experience. Blocks to the successful completion of healing will be explored.

Recommended reading: Viorst, *Necessary Losses* (Simon & Schuster).

C.E. credit is available for nurses; see pages 50-51. $675

Weekend of December 4–6

Introduction to Gestalt Practice

Joyce Lyke

For workshop description, see October 18-23. $350

The Modern Warrior and The Samurai Game

George Leonard & Annie Styron Leonard

A many or woman with outward courage dares to die;
A man or woman with inward courage dares to live. — Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the full, and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might well be necessary for men and women to reown the warrior ideal. Through the centering and movement exercises of LET (Leonard Energy Training) as well as through participation in a Samurai Game, you will be invited to get in touch with your own unacknowledged powers, and thus to discover the hidden warrior within. You will practice alternative ways of dealing with conflict and stress. Guidance will be offered on how to apply the warrior idea to daily life. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: Leonard, *The Silent Pulse* (Dutton) and *Mastery* (Dutton). $350

The Voice of the Earth: An Introduction to Ecopsychology

Theodore Roszak & Betty Roszak

If psychosis is the attempt to live a lie, the epidemic psychosis of our time is the lie of believing we have no ethical obligation to our planetary home. Ecopsychology is a growing new approach to therapeutic practice and environmental ethics that seeks to define the ecological dimensions of psychiatric theory.

The sanity that binds us one to another in society is not necessarily the sanity that bonds us companionably to the creatures with whom we share the Earth. If we could assume the viewpoint of nonhuman nature, what passes for sane behavior in our social affairs might often seem to be madness. The urgent need to re-establish the bond between our lives and the environment that supports our lives has created a new psychic priority — the anguish of the "ecological unconscious." At this level our psyche experiences a repression that weighs upon our inherited sense of loyalty to the planet that mothered the human mind into existence.

This workshop will review the relevance of Freud, Jung, Gestalt, and other schools to the creation of an "ecological ego." Discussions will focus on the ecopsychology movement, its relationship to the New Cosmology, and to environmental ethics. Participants will draw upon *The Voice of the Earth*, Theodore Roszak's latest book, and Betty Roszak's *The Crest of the East Pacific Rise* and *Starbirth*, two "sound texts" for voices and musical accompaniment that introduce the aesthetic and experiential dimensions of ecology through exercises in guided poetic imagery.

Recommended reading: T. Roszak, *The Voice of the Earth* (Simon & Schuster), and B. Roszak, *The Crest of the East Pacific Rise* and *Starbirth* (audiocassettes will be available at the workshop) $350

Week of December 6–11

Friend's of Esalen Week

Deborah Miller

The Friends of Esalen are those people who support Esalen through financial gifts that fund scholarships, the Friends newsletter and other projects, or through gifts of care such as work exchange.

In appreciation, Esalen is offering this five-day program to current and new Friends at a special rate of $550 ($450 bunk bed, if available). A primary leader will lead one session each day; other sessions, from which participants may choose, form a potpourri of Esalen experiences — massage, meditation, movement, and gestalt — and will be taught by various residential leaders.

Additional information will be provided in the *Friends of Esalen Newsletter*. To register, please send in the catalog reservation form with a $200 deposit. Entollment will be limited. For more information, please call Deborah Miller, Friends of Esalen Coordinator, (408) 667-3007. $550

Weekend of December 11–13

What Can I Do to Make a Difference?

Richard Zimmerman

For anyone who feels powerless in the face of today's overwhelming problems, the question "What can I do to make a difference?" can be heard as a plaintive cry. In spite of the enormity of the problems challenging our world today, Richard Zimmerman remains an uncommon optimist who actively advocates and believes there are workable solutions to our global problems. Rather than focusing on the size of the problem, he believes making a difference requires that we concentrate on contributing to the solution.

During this workshop participants will explore creative and practical solutions to several pressing issues of our time. Concerns for the environment, human rights, world peace, illiteracy, health issues, and animal rights will be addressed, as well as the philosophy that these complex problems are solvable only through the collective actions of concerned individuals. To that end, the workshop will focus on examining the actions participants can take, and the resources they have available in order to make a difference in dealing with the issues that are closest to their hearts.

Recommended reading: Zimmerman, *What Can I Do to Make a Difference?* (Plume Books). $350

Advanced Zero Balancing: The Alchemy of Touch

Fritz Smith

In this advanced Zero Balancing weekend, participants will refine and expand their Zero Balancing skills, examine emotional and psychological content held in different tissues and energy fields of the body, and apply this knowledge to Zero Balancing sessions with each other. There will also be time for discussion and problem-solving. This workshop aims to extend understanding of the healing process as participants deepen their relationships with their work and each other, and explore new ways of interacting with the body/mind through touch.

Prerequisites for this program are the five-day Basic Zero Balancing program, or its equivalent, a working knowledge of Zero Balancing, and the readiness to further develop one's effective use of touch.

C.E. credit is available for acupuncturists (and nurses); see pages 50-51. $350

The 9 Ways of Zhikr Ritual℠: Ecstatic Movement

Michael Kramer & Paule Marx

In both Sufism and Hasidic Judaism it is well-known that repeating the name of God and the declaration of the Unity of God is a direct method for attaining liberated consciousness. Zhikr comes to us from the Sufi tradition and means to repeat the name of God.

The *9 Ways of Zhikr Ritual* is a powerful ceremony utilizing movement, breath, and voice in a ritualized manner in order to produce a state of ecstasy. Ecstasy in this context means that moment when our consciousness becomes a single point without movement, while the Zhikr itself continues with the full force of its movement.

The Arica Zhikr is a one-hour ceremony comprised of nine distinct movements and mantrams in which we repeat the name of God. Primarily we are chanting "Toham Kum Rah", which is a name for the Divine Sparkle inside every human being. The ceremony is an exercise in deep and repetitive breathing that enables us to absorb with maximum effect the vital energy surrounding us. This exercise then allows us to experience a state of awakened consciousness.

We will learn the techniques and movements of the Zhikr on Friday night and Saturday; Sunday morning we will perform

the full ceremony and Zhikr ritual itself as the conclusion of our weekend together. $350

The 9 Ways of Zhikr Ritual℠ is a service mark of Arica Institute, Inc.

Esalen's Group 2000

The Group 2000 are those persons who wish to participate actively in the growth of Esalen to the year 2000 and beyond. Those joining this group will be kept abreast of the latest developments in theory, practice, and experiential work at Esalen, and will be asked for their input and ideas concerning the future and direction of the Institute.

Each year at Esalen the Group 2000 will gather to interact with the Esalen/ Big Sur community, meet with prominent leaders and Esalen direction-setters, and enjoy a weekend of group interaction.

For more information, contact Deborah Miller, Director of Development (408) 667-3007. $350

Week of December 13–18

Esalen will be closed to the public for staff week during these five days.

Weekend of December 18–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 11–13. $350

Exploring the World of Lucid Dreaming

Stephen LaBerge

Dreams are worlds of wonder, where anything imaginable can happen. Unfortunately, most of us sleep through our nightly journeys, unaware of the opportunities available. Only upon awakening do we realize that we have been dreaming.

We are not bound, however, to forever sleepwalk through our dreams. Lucid dreams are dreams in which we know we are dreaming while we're dreaming. Lucid dreamers are fully conscious that the world they are experiencing in the dream is a mental creation, and are completely free to act in the dream without constraints.

Research has shown that people can develop the skill of lucid dreaming, and that it can profoundly affect our brains and bodies. Participants will learn techniques for inducing lucid dreams and explore its uses: self-exploration, creative problem solving, enhancing self-confidence, healing, adventure, and self-integration leading to transcendence.

The scope of the seminar will extend beyond dreams and dream lucidity to provide an understanding of the nature of our experience of the world and our perceptions of "reality." Discussions will explore the possibility of comprehending all perceptions as illusory and waking realities as mental constructions very much like dreams.

The seminar is intended for avid dreamers and people seriously interested in self-exploration and the enhancement of consciousness.

Recommended reading: LaBerge, *Lucid Dreaming*; and LaBerge & Rheingold, *Exploring the World of Lucid Dreaming* (both, Ballantine). $350

Body Rejuvenation

Dub Leigh & Audrey Nakamura

The goal of this seminar is to start to rejuvenate the body, mind, and spirit. A fast way to do this is to work the body. Transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain. Work on changing the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat one.

The recipe for beginning to rejuvenate a body in one session will be demonstrated to the group, and then experienced and performed by each participant.

This seminar is recommended for everyone. The older you are, the more stuff you have to work with. Class size is limited. Bring a swimsuit — two-piece for women.

Recommended reading: Leigh, *A Zen Approach to Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press). $350

Reinventing Love

Robert Solomon

Reinventing Love is an interpersonal probe into the most highly valued of all passions, its promise and its disappointments. The workshop will emphasize the essential creativity of love and the need to express and "reinvent" an emotion that is not torn between defensive individualism and independence. We will explore the myths of love in order to find out why love goes wrong, why we choose the wrong partners, and how to choose the right one in order for love to succeed.

Participants will examine the connection between intimacy and anger, and the fragile connection between love and dependency. Above all, our aim will be to understand why love is so important to us, and why it cannot be abandoned. $350

Healing the Body/Mind Connection: The Rubenfeld Synergy® Method

Ilana Rubenfeld

This workshop will provide an introduction to the Rubenfeld Synergy® Method, an elegant, powerful system that uses gentle touch, movement, gestalt practice, creative imagination, music, and humor.

Memories and emotions stored in the body can create tensions, energy blocks, and imbalances. Through exercises designed to contact, release, transform, and balance these cellular patterns, participants can freely explore their innate healing potential. The atmosphere will be one of acceptance, caring, and laughter, encouraging participants to move toward integration, empowerment, freedom, and new possibilities.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact: The Rubenfeld Center, 115 Waverly Place, New York, NY 10011. $350

Week of December 20–25

The Body and Zen

Dub Leigh & Audrey Nakamura

The goal of this seminar is twofold: 1) to use body work methods and principles for releasing tension, trauma, and toxins from connective tissue; and 2) to circulate the vital energy in an aligned body. The group will draw from Rolfing® (structure), Feldenkrais® (function), and Zen (energy) to obtain these goals.

This is a hands-on workshop. Participants will give and receive body work and learn methods to recognize, work with, and relieve some types of chronic muscle pain. The class will be limited in size (two people per table). Participants are asked to bring a swimsuit, two-piece for women. Please

note: Since this is a hands-on class using particular methods, participants are asked not to receive body work outside of class.

Recommended reading: Leigh, *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi* (University of Hawaii Press).

C.E. credit is available for nurses; see pages 50-51. $675

Five Days with Ilana Rubenfeld

Ilana Rubenfeld writes: "I would like to see us go 'out on a limbic' and address our emotional nature. The more integrated and integrative we are as healers, the more powerfully we can serve as agents of positive change in this fragmented world."

This workshop introduces the Rubenfeld Synergy® Method, a holistic system developed over the past 30 years that integrates body, mind, emotions, and spirit for healing of self and others. This blend of gestalt practice, Alexander Technique, Feldenkrais® exercises, and Ericksonian hypnosis will be used as a gateway to contact and express deep feelings and memories locked in the body. Group exercises and individual demonstrations will incorporate gentle touch, movement, music, and humor. Key issues will be:

- Surviving the wounds of a dysfunctional family
- Healing the inner child
- Evoking innate healing potential
- Interdependence between emotions and posture
- Dreams and body metaphors that reveal life patterns
- Playfulness and humor
- Tools for self-care

Recommended Reading: Rubenfeld, *Twenty-Five Years of Simple*. Contact: The Rubenfeld Center, 115 Waverly Place, New York, NY 10011. $675

Five Days with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants can deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $675

Accessing Creative Process

Dianne Laurence

Spontaneity, imagination, trust and risk-taking are all essential ingredients in the creative life of the individual. They are not parcelled out at birth in limited supply, but are parts of our natural makeup and can be exercised and strengthened. Many people have strong creative instincts which they either ignore or mistrust, often claiming that they "just aren't that creative." In fact, the real issue is whether or not they are willing to take the risk and engage in a relationships that challenges their creative power.

Through theater games and painting, this workshop offers laypeople and artists alike an opportunity to see where and how they joyfully participate and where and how they resist. It is useful for people who are stuck, who want to find a way of going deeper, or who just want to play in areas they've been curious about. $675

Embracing the Darkness, Facing the Light: Celebrating Christmas

Richard Allen Hyde, Laurence Hall Jenkins & Deborah Anne Medow

Christmas is thought to be the most joyous celebration of the year, a time of giving and receiving gifts, decorating the house, parties, singing. Yet the spirit of Christmas sometimes gets lost in all the activity and many people yearn for a way to connect more deeply with the meaning of the season. Sadness and depression often accompany these holidays, and unresolved family conflicts can surface in a particularly powerful way.

Participants in this workshop are invited to observe how they feel about Christmas — Christmas present and Christmases past — how they feel about the Christian symbols of the season, about giving and receiving presents, shopping, God, commercialization — whatever comes up. The group will provide a safe and supportive atmosphere to bring these feelings to consciousness, acknowledge them, and honor what they mean to each individual.

A variety of exercises, gestalt awareness, dance, massage, and guided visualization will be used to help discover the deep mythical meanings and expectations this holiday holds for people, and to tap into the wellsprings of joy within. Those who wish can use this process to help plan and celebrate a Christmas ritual on Christmas Eve. $675

Weekend of December 25–27

Cliff Dwelling: The Adventure of Spontaneity

Nina Wise

For workshop description, see September 18-20. $350

Weekend Massage Intensive

Robert Helm & Laurie Lioness Parizek

For workshop description see October 30-November 1. $350

Practical Application of Ancient Initiatory Mysteries

Gideon Dreyer

Difficulties and obstructions tend to throw us back upon ourselves. During hard times we are often confronted with the parts of ourselves we usually try to avoid. It becomes easy to blame others for our difficulties, and we often deny what is happening in order to avoid dealing with ourselves. Difficult situations arise — that we can't change. But what we can change is the way we react to them, and how we let them affect our lives.

Participants will examine and focus on the tendency to become immobilized when obstacles cross our path. The teachings given to neophytes during initiation rites in ancient India, Egypt, and Greece will be passed on and explored for their practical application in contemporary life. These initiation rites can help each individual reach a personal understanding of what is needed in order to react to difficult times with strength and confidence. The workshop will focus on spiritualizing thoughts, feelings, and actions, and cultivating the will to act accordingly. In this way, external ob-

stacles become an occasion for inner enrichment and education. The workshop itself could be considered an initiation, inasmuch as each participant can emerge from it existentially changed.

Daniel Marais, a South African born artist schooled at Michaelis Art School in Cape Town and well-known for his conceptual art projects, will assist the leader. $350

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $350

Biofeedback Assisted Open Focus and Brain Wave Synchrony Training

Les Fehmi & Susan Shor

Brain wave activity is directly correlated with the way one pays attention. Synchrony is associated with "in-to-it," broad-scoped attention and effortless performance; desynchronized brain wave activity is associated with remote, narrow-focused attention and effortful performance. Brain wave synchrony and attention training consequently guide one toward an awareness that is simultaneously narrowed-in on detail, panoramic in scope, and bathed in an effortless sense of the moment.

The Open Focus methods presented in this experiential workshop support the rapid reduction of both conscious and unconscious physical and emotional stress and pain. Rather than ignoring unpleasant experience, participants will practice melting it directly, using attention skills they already possess. This method of dissolving stress and pain generates a sense of well-being and creative energy. Interested workshop participants will receive biofeedback training using an instrument that monitors brain activity from the major lobes of the brain and provides a feedback signal when whole-brain, in-phase synchrony is produced. An Open Focus tape will be provided for home practice.

C.E. credit is available for nurses; see pages 50-51. $350

Week of December 27–January 1

Moving from Love Addiction to Healthy Intimacy

Jed Diamond

Many of us are successful in our professional lives, but struggle in our love lives. Our romantic relationships are a series of disappointments, yet we continue to pursue them. We seek lovers to make us feel whole, yet we lose our sense of self. We cling to partners who are abusive, and are afraid to let go. Some of us have become relationship anorexics, starving ourselves for love because we are afraid to risk being hurt again. Many of us have become addicts and don't even know it. We turn to each other out of the same needs that drive some people to alcohol and others to cocaine. Interpersonal addiction, love addiction, is not only the most common addiction, it is the core out of which all other addictions emerge.

This workshop offers a safe and supportive setting in which to explore sexual, romantic, and relationship addictions. Participants will delve into the "black hole", the center of their being where they contact their earliest experiences of abuse and abandonment. There they may also find the "golden thread" which can lead them back to their true selves.

Small group interaction, writing, guided meditation, and movement based on aikido and energy awareness will be used to experience the differences between male and female love addictions, healthy love vs. love addiction, and the seven stages of developing joyous and peaceful intimate partnerships.

Recommended reading: Diamond, *Looking for Love in All the Wrong Places: Overcoming Romantic and Sexual Addictions* (Avon/Putnam).

C.E. credit is available for nurses; for more information see pages 50-51. $675

Hypnotic Innovations: Investigations in Living Using Ericksonian Hypnosis

Paul Lounsbury & Nancy Winston

In the moment before a new idea unfolds, our attention becomes so fully focused that time seems to disappear. Perhaps without quite realizing it, we forget where we are and what's around us. These spontaneous states are the stuff out of which hypnotic experience unfolds and through which unconscious possibilities take form.

In this workshop, participants will investigate the hypnotic approaches developed by Milton Erickson and the systemic principles generated from Gregory Bateson's research in communication. They will explore how unconscious processes can be mobilized to creatively disrupt limiting life patterns, to organize innovative behaviors outside the range of normal conscious controls, and to more fully optimize their current living and work situations. Structured trance experiments and discussion will support the week's work.

This workshop may be of special interest to those in the helping professions as well as managers who want to expand their frames of reference and extend their understanding of Ericksonian hypnosis and communication skills. $675

Awakening Inner Power

Deborah Anne Medow, Mary Tesoro & Tom Elliott

Operating from the assumption that one's innate energies lie largely untapped, this group will explore alternative means of gathering inner power. Leonard Energy Training, a comprehensive system offering tools to meet the problems, pressures, and pain of everyday life situations, will be combined with gestalt to provide a foundation for personal growth and change. Yoga and massage will be interwoven with elements of the martial art of aikido to increase the flow of vital energy through the body, mind, and spirit. $675

Coming Out, Coming In: Defining Oneself Within the Group

David Hawkins

We each have a need to "come out," to express and celebrate our difference. We also have a need to "come in," to join and be seen, respected, validated, and valued. Unless we come out, we risk feeling fraudulent and diminished; unless we come in, we risk feeling alienated and can suffer from the continued, often unconscious, influence of shame. Using a self-examining group as a social microcosm, we can learn to recognize our own use of shame and scapegoating, and create a haven for both coming out and coming in.

If you have been excited, curious, resistant or insistent to proclaim your identity, this workshop offers a time for reflection, comparison, and support. Our goal is to appreci-

ate the unique balance of belonging and individuating that shapes each of our lives. We will work towards a deeper understanding of the following issues:

- the costs and benefits of various shame management strategies
- the value of the minority voice to the group
- the four perspectives from which any group event can be viewed
- how to use these to make the group a corrective lens through which to see more of ourselves $675

December 27–January 3

Painting Experience with Michell Cassou & Stewart Cubley

For workshop description see September 13-20. $1025

Weekend of January 1–3

Introduction to Gestalt Practice

Eric Erikson

For workshop description see October 18-23. $350

Music for Everyone: Finding Your Long-Lost Musician

David Darling

David Darling's magical work with late bloomers, non-prodigies, professional musicians, and "burned out" teachers has been opening hearts to the mystery of sound for the last two decades. Music for Everyone is an adventure into music making, rhythmic grooving, song writing, laughing, and listening.

Regardless of prior experience, this workshop will take you to a deeper, more powerful music level. Bring an instrument or play on David's collection of world instruments. $350

Fire in the Earth: Poetry, Silence, and the Heart's Desire

David Whyte

A workshop for the New Year concerned with remembering half-forgotten and neglected desires that are central to our personal creativity and destiny. Fire has been an abiding image for creativity throughout human history, but the first steps into that flame depend upon our ability to rest in the silence present in our own bodies. These disciplines of silence are a way of understanding desire at a level deeper than we ordinarily experience.

Much of modern life has a way of distancing us from our bodies; seeing the body as a problem to overcome rather than the center of our experience. In hard times we often find it more difficult to remember rest and silence, and it's during these times that we need them the most. At the very start of the new year, this should be a time to remember through poetry, silence, voice work, and movement, the priorities closest to our heart's desire.

Ability or knowledge of poetry welcomed, but not the least bit necessary. $350

Introduction to Focusing

Mary McGuire & Roseann Kasayka

Focusing is a step-by-step process for gaining entry into a physically felt intelligence called body wisdom or bodily knowing. This method evolved from research conducted by Eugene Gendlin and his associates at the University of Chicago. They wanted to determine what leads to successful outcomes in psychotherapy, and found that success cannot be predicted by either the personality of the client or the orientation of the therapist, but instead is related to the client's awareness of felt experience in the body. They also found that this awareness can be cultivated. The focusing method developed by Gendlin teaches this awareness of felt experience.

Focusing's applications extend far beyond its use in psychotherapy. It enhances other methods of change or growth and is used in education, business, and work with cancer patients. It offers:

- A way of listening to oneself and others
- A means to personal insights
- A resource for spiritual growth
- A path to healing and reconciliation
- A catalyst for healthier relationships
- A method for reducing stress and preventing burn-out
- A means of getting in touch with one's creativity
- A tool for phenomenological research

This workshop will cover the six steps outlined in Gendlin's *Focusing*, which participants are encouraged to read before the workshop. Participants will be introduced to a holistic way of paying attention by creating an inner climate of gentleness, friendliness, allowing, receiving, being with, touching, listening, and waiting. This differs from the usual outside climate of forcing, pushing, shoving, and demanding. They will explore how to relate to both positive and negative experiences as they are carried in the body, without the usual response of being overwhelmed by feelings or running away from them. This way of being with oneself allows each experience to unfold in a positive direction, which allows life energy to flow forward in new ways.

You will experience the process through demonstrations, working in partnerships with supervision and feedback. You might want to bring a partner to work with you.

Recommended reading: Gendlin, *Focusing* (Bantam).

C.E. credit is available for nurses; see pages 50-51. $350

Week of January 3–8

The Tao of Music Improvisation and Movement Meditation

Chungliang Al Huang & David Darling

The leaders will continue their traditional New Year's celebration with music and Tai Ji during the southern migration of gray whales and monarch butterflies. Chungliang Al Huang will lead participants each morning in Tai Ji meditation and Chi Gong breathing exercises in the fresh ocean air while David Darling plays Bach on the cello. Everyone is invited to rediscover the fundamentals of creative expression and the revitalization of body, mind, and spirit through Tai Ji dancing and music.

Recommended listening: Darling, *Cycles* and *Journal October* (both, ECM), *Minor Blue* and *Rhythm and Blues Suite* (both, Music for People, 203-672-0275).

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup: Fortune Cookies in Crises* (both, Celestial Arts); Living Tao Videos, 217-337-6113. $675

Zen Practice

Kathleen O'Shaughnessy

Zazen is the sitting practice which constitutes the heart, blood, and backbone of the Buddhist perspective. Through use of this clear, core practice, one can begin to pene-

trate thought itself to the place beyond thought where all thought begins, or that place which has been called "Large Mind."

The majority of time will be spent in refinement of the practice of Zazen (sitting meditation). Support will be given to the body through the use of traditional yoga posturing, stretches, and contemporary breath work.

Participants are asked to wear loose, layered clothing. $675

Focusing, Dream Work, and the Helping Relationship

Mary McGuire & Roseann Kasayka

Focusing originally came out of research conduced by Eugene Gendlin and his associates at the University of Chicago. They wanted to determine what leads to successful outcomes in psychotherapy, and they found that success cannot be predicted by either the personality of the client or the orientation of the therapist, but instead is related to the client's awareness of felt experience in the body. They also found that this awareness can be cultivated. The focusing method developed by Gendlin teaches this awareness of felt experience.

This workshop is for psychologists, counselors, social workers, nurses, doctors, and others in the helping professions. Focusing is beneficial to these individuals because it augments their understanding of the client's inner process and aids in their own self-awareness as helper. It allows the practitioner to recognize the vulnerable or painful places in the other where new life wants to emerge, and to facilitate growth in a gentle way that honors the other's experience.

Participants will practice the focusing process called Experiential Listening, a method of listening for the bodily felt sense in what the other is saying and responding from one's own felt sense of the situation. They will also be introduced to Gendlin's integrative approach to dream work. Theories of Freud, Jung, Perls, and others will serve as a source of questions; the answers will come from participants' own dream interpretations and will be explored via this method of awareness of felt experience.

Research has shown focusing to have made a significant difference in the process of therapy clients, the lives of cancer patients, in preventing staff burn-out, and building team spirit among health care professionals. This workshop could be a new beginning.

KAREN PRUSS

What better way to start the New Year.

You will experience the process through demonstrations, working in partnerships with supervision and feedback. You might want to bring a partner to work with you.

Recommended reading: Gendlin, *Focusing* (Bantam) and *Let Your Body Interpret Your Dreams* (Chiron).

C.E. credit is available for nurses; see pages 50-51. $675

Feeling and Innovation

Dale Cummings & Karel Samson

Discovering creative solutions in our personal and occupational lives can transform leisure and work and enliven our experience. Webster defines feeling as "the capacity to respond emotionally" and innovation as the "introduction of something new." How these two themes interconnect will be the focus of this workshop.

Participants will use neo-Reichian methods of emotional release, exercises in creativity and innovation, role-playing, and discussion. A period of individual work in a small group setting will provide a safe environment of emotional support. As negative feelings are worked through, active creativity can emerge.

Through its focus on feelings and creativity, this workshop offers encouragement and practical ideas for reinvigorating personal and organizational experiences and for pursuing innovation and new (ad)ventures in daily life. $675

January 3–January 15

Creative Bodywork: An Advanced Workshop

Vicki Topp & Esalen Massage Staff

For workshop description, please see Special Programs pages 48-49. $1665

Weekend of January 8–10

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with fundamentals of Tai Ji practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five elements form, Chinese Chi Gong breathing, and life force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses. Join the music, dancing, and celebration!

Recommended reading: Huang, *Quantum Soup: Fortune Cookies in Crisis* and *Embrace Tiger, Return to Mountain* (both, Celestial Arts); with Watts, *Tao: The Watercourse Way* (Pantheon). $350

The Physical Basis of Enlightenment: Discussions and Meditation Practice with Richard Baker-roshi

Existence is something you explore and create at the same time. Exploring life with the idea that existence is not a fixed thing is essentially what we are, in our own ways, trying to do. Enlightenment is the goal — fundamental security; overpowering tenderness and gratitude; an actively compassionate, courageous, and life generating state of mind; luminosity. But we really don't know what it all is.

The teaching of Enlightenment is first to accept life as it is without an observer. What are we going do? Where do we start? How do we get our history (our personal history) to acknowledge this project? The human body is the best medium through which to realize truth, to realize this precious human existence. $350

Learning the Craft of Dreamwork

Stephen Aizenstat

Dreams can be imagined as looking-glass parables, each a complex story that reflects the personality and soul of the dreamer. This weekend's program will emphasize the healing potential of dream work. In so doing, the leader will review methods of dream work that consider the personal and collective unconscious.

New methods of dreamwork which take into account the world unconscious will be described. The world unconscious is seen as a deeper and broader dimension of the psyche and is imagined to contain the subjective inner natures (the subtle body) of all phenomena. It is believed that these inner subjective properties are reflected in the images of dreams and are, at an essential level, interrelated. It is at this level of the psyche that dream images provide access to an interconnected source of healing energy. This view, grounded in modern research and ancient wisdom, has practical implications for the use of dreams in physical and psychological healing.

Participants will be shown how to employ specific methods of dreamwork which honor and actualize the healing potential of the psyche. Common dream themes, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will all be discussed. $350

January 8–15

Healing from Sexual Abuse: A Seven-Day Intensive for Survivors

Carolyn Braddock & Guest Staff

Healing does not have to be a struggle — healing can be gentle, sensitive, and friendly. This intensive will explore "victim"/survivor's body, mind, and spiritual belief systems. Since the body was where the abuse occurred, we will focus on body-oriented healing. Attention will be paid to ways in which sexual abuse/assault is carried in the mind/body, and how it affects flashbacks and disassociation, old messages (self-destructive beliefs), addictions, and the ability to let go. Using a gentle approach, we will learn and practice innovative, creative, and proven possibilities for healing.

Participants will learn and practice specific tools for wholeness. Humor, energy awareness, gestalt, role-playing, meditation, Tai Ji, and play will be used, as well as sessions that focus on feelings concerning sexuality, relationships, touch and intimacy, and accepting new patterns. New ways of creating support, phasing back gently, and nurturing will be discussed. This will be a week of safety, exploration, and integration.

Individual work within the group setting will be possible.

To register for this seminar, completion of application questions is necessary. This helps determine some history, what issues are prevalent, what support could be available to the participant during the week, and what forms of body work and/or transformational work has been experienced. For an application, please write or call the leader at: 333 S. Allison Pky. #304, Lakewood, CO 80226-3115, or (303) 985-7310.

C.E. credit is available for nurses; see pages 50-51. $1025

Week of January 10–15

Tantra: The Art of Conscious Loving

Charles Muir & Caroline Muir

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave many individuals less aware and conscious about their sexuality than they are in other aspects of their lives. Tantra can transform sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

Participants will learn and discuss various ways to increase intimacy and passion in their relationship. Tantric meditation and ways to exchange sexual energy in a safe, non-sexual manner will also be taught in the workshop. These methods can then be practiced in a sexual way in the privacy of your own home. This workshop is open to couples only.

Live music will be provided by Michael Stillwater. $675 per participant

Weekend of January 15–17

Accepting Life's Transitions: Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see September 6-11. $350

The Way of the Shaman: The Shamanic Journey, Power & Healing

Michael Harner

Shamanism is an ancient human strategy for personal learning and for acting on that learning, using normally neglected or hidden potentialities of the heart, mind, and spirit. Shamanic methods can contribute to virtually any aspect of living, as they have for tens of thousands of years, and are especially useful for problem-solving, well-being, and healing.

In this experiential workshop, participants will be introduced to basic methods of the shaman (a specific type of medicine man or woman) and initiated into the classic shamanic journey. Otherwise known through myth and accounts of great spiritual experiences, this visionary method can be used to enter non-ordinary reality to obtain knowledge, to answer personal questions, to maximize power in achieving personal goals, and to contribute to the health of oneself, others, and the Planet. Participants will be aided by traditional drumming and movement and will be provided with methods to study with their individual spiritual teachers in non-ordinary reality, a classic step in shamanic practice.

The shamanic journey can be utilized to help restore spiritual power and health and has practical applications to contemporary daily life. Practices this weekend will include comparison of discoveries and work on personal problem-solving and wellness.

Please bring a bandanna to cover your eyes, a pen and notebook to record your journeys and, if you have them, a drum and/or a rattle. Wear comfortable clothing.

Recommended reading: Harner, *The Way of the Shaman* (Harper & Row). $350

Creating a New Life: Developing Spiritual Strength while Recovering from Addiction

Elizabeth Stratton

The foundation of recovery from any addiction is spiritual strength — the recognition of the healing power of our relationship with God. It gives the recovery process meaning and the individual a will to live.

Creating a new life during recovery is a challenging process. To let go of the past while recovering from it means to see life through new eyes. Beginning each day anew requires dedication, courage, and compassion for the self that is being reborn. It means telling the truth and seeing life and the self through the eyes of compassionate truth.

This workshop provides an opportunity for those individuals who are in the recovery process to develop the healing skills necessary to create a new life. Experiential work will include: establishing and nurturing a relationship with God; self-forgiveness and forgiving others; telling the truth and releasing fear; turning anger into the will to live; healing the physical body from years of abuse; opening the inner energy system through meditation and imagery; developing psychic strength and protection from other people's negativity and addictive behaviors; and experiencing bliss through spiritual substance rather than substance abuse.

C.E. credit is available for nurses; see pages 50-51. $350

Week of January 17–22

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see October 18-23. $675

Introduction to Craniosacral Work

Hugh Milne

This workshop will introduce the theory and practice of craniosacral work, a subtle, careful, and delicate method for treating illness and for promoting health and healing. It is remarkable in its specificity and effectiveness. The gentlest of approaches, if accurate, can be more powerful than the most invasive.

Craniosacral work can be used to help people with a wide variety of symptoms, from cluster headaches to thoracic outlet syndrome to peripheral ischaemia. While very powerful, this is an inherently safe approach if it is studied from both analytical and intuitive models. To this end, the class will devote an equal portion of time to academic study and to practical, hands-on experience. Emphasis will be on visual and tactile diagnosis. In China, this is called "The Art of Listening." Practice of the demonstrated methods will be encouraged from day one so that a high standard of individual experience can be gained as the class unfolds. Feedback among participants on personal issues as touched on by this work will be an important part of the week. This workshop is for health care practitioners who already have a background in body work.

C.E. credit is available for nurses; see pages 50-51. $675

Spiritual Dimensions of Healing

Elizabeth Stratton

The desire to heal and be healed is a deep need within every human being. Seeing someone we love in pain brings out the instinct to touch that person in a compassionate way. Feeling or being ill ourselves can lead us to explore both spiritual and scientific dimensions of healing that we would otherwise not be open to.

Psychic healing, with its focus on the laying on of hands, understanding the meaning of the illness, and seeing into the heart of the person who is ill, brings a spiritual dimension to healing that can be a valuable adjunct to modern medicine and its high technology.

This five-day workshop will provide both theoretical and practical tools to awaken the healer within. Self-healing methods such as opening the energy centers (chakras), communicating with the body, and guided healing imagery will be explored to assist participants in taking charge of their own health. In addition, participants will begin to learn to work with others in a healing capacity through laying on of hands and psychic scanning.

C.E. credit is available for nurses; see pages 50-51. $675

January 17–29

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

For workshop description and fee, please see Special Programs pages 48-49.

Weekend of January 22–24

Introduction to Vipassana Meditation

James Baraz

For workshop description see September 18-20. $350

Relationships: Turning Toward Joy

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared — by their family backgrounds or society — to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary, and who wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, body work, and personal metaphor. $350

Week of January 24–29

Life Energy Process℠

Stephano Sabetti

For workshop description see September 6-11. $675

Risking the Spotlight

Paula Shaw

Many of us want to step out and expand our participation in life. We would like to be able to feel express ourselves and communicate more freely, and not shrink from the limelight when we find ourselves in it. Some of us might even like to seek it out. But it feels risky. Participating in a group can feel threatening — we become shy and unable to be who we are. Issues of safety, shame, disapproval, deservingness, low self-esteem — to mention only a few — arise when we feel "on the spot." As a result, the freedom and intimacy we may experience on a one-to-one basis eludes us in a larger context, and we end up avoiding the risks of playing a bigger game in life.

This workshop creates a safe environment to risk stepping into the spotlight. Using simple and effective acting techniques including physical and vocal exercises, improv and creative communication games, and individual and group work, we will make our way through fearful inhibitions to joyful and powerful self-expression.

Optional: Bring a memorized performance piece of 1 to 2 minutes; monologue, speech, poem, song, etc. $675

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, life-long commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them define a plan for necessary moments they must create so they can move forward, transforming their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing in four fundamental relationships:

- With oneself: developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of trauma;
- With others: improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries;
- In the world: moving away from chaos and deprivation and toward stability and abundance;
- Spiritually: searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

This workshop will be experiential *and* didactic, blending individual and group gestalt work, music, spiritual practices, and body work. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs. Please bring a mirror and photographs of yourself at all ages.

C.E. credit is available for nurses; see pages 50-51. $675

Weekend of January 29–31

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 11-13. $350

Eccentric Thinking

Ralph Abraham

Break out of conventional patterns of thought in a weekend of high jinks on the playing field of the intellect. Accompany the leader for a weekend romp in the backcountry of mental arcana. Come discuss and experience Eccentric Thinking with chaos pioneer Ralph Abraham. $350

Powerfully Presenting Yourself

Mary Goldenson, Paula Shaw & Bob Corff

Why are some people so inspiring and impactful when they speak? What inhibits us from delivering our message? This workshop will explore the inhibitions to self-expression and communication, and help us move beyond them with more freedom in both our personal and professional lives. It is designed for people who want to develop a more powerful personal and public presentation, and better professional and business communication.

As the increasingly complicated new decade unfolds, work on challenging yourself into the twenty-first century. Courage, passion, and clarity need not be restricted to rare moments in life. There is a power within ourselves that can cut through inauthenticity and reconnect with what deeply and truly moves us and others around us. Learn to live your own dream, express yourself more fully, and experience the satisfaction of being more authentic and self-assured.

Workshop leaders combine their extensive expertise in the fields of psychology and the performing arts to guide you through this

exciting adventure. In addition to individual and group work in self-exploration, participants will use their voice and body to express more power, passion, and communication that can awaken dreams and invigorate your life. $350

Vision and Embodiment

Laura DeNuccio (Ma Prita)

This is an educational introduction to vision fitness, integrating inner vision and outer sight. The focus is on discovering 1) how to relax, clear, and reeducate the eye and the self to see, and 2) how one's present reality is distorted or shaped by attitudes, beliefs, and feelings.

Participants will utilize the Bates method of eye relaxation, movement, breath, guided meditation, earth ritual, and the creative use of the Spoken Word. Together they will explore, discover, experience, and expand their vision of possibilities for themselves and the world in which they live.

Recommended reading: Goodrich, *Natural Vision Improvement* (Celestial Arts); Huxley, *The Art of Seeing*. $350

Journey into the Sacred Unknown

Myron McClellan

Surrendering to the Sacred Unknown is the key to living passionately in the body, experiencing deep intimacy in relationships, eliciting the creativity of the whole in groups and teams, and unlocking imagination in work and play. The Unknown is refined awareness, the source of all true transformation. It cannot be accessed through thinking, but can be evoked through ritual process, body movement, and sacred music.

In this workshop, the Unknown dimension of consciousness will be called forth to replace the dominating role the ego plays in personal development and achievement, relationships, and group dynamics. The work will involve identifying subconscious barriers to accessing the Unknown, removing them, and replacing them with ways of opening to the Sacred.

The goal will be to focus on learning to live by inquiry and discovery rather than by plan and agenda; to live by commitment rather than control; to live with joy and ease rather than with suffering.

Participants must be willing to do body movement, though no previous experience is necessary. $350

Week of January 31–February 5

Accepting Life's Transitions: Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see September 6-11. $675

The Extraordinary Human: Theory and Practice

Michael Murphy & George Leonard

In his new book, *The Future of the Body*, Michael Murphy raises the possibility that by gathering data from many fields — including medical science, anthropology, sport, the arts, psychical research, and comparative religious studies — we can identify extraordinary versions of most, if not all, our basic attributes. Murphy's research has shown that the most reliable path toward the realization of these extraordinary attributes involves transformative practice. He defines such practice as a coherent set of activities designed to produce positive change in a person or group. For a practice to be integral as well, it must aim to cultivate the physical, vital, cognitive, volitional, affective, and transpersonal dimension of human functioning in an integrated way. Leonard Energy Training (LET), was developed by George Leonard as an integral transformative practice.

Michael Murphy will discuss the twelve aspects of human functioning outlined in *The Future of the Body*: perception of external events, somatic awareness, communication abilities, vitality, movement abilities, capacities to manipulate the environment directly, feelings of pain and pleasure, cognition, volition, sense of self, love, and bodily structure. George Leonard will lead participants in practical exercises that illustrate the possibility of extraordinary human functioning. There will also be discussion of the applications of integral transformative practice to society at large.

Recommended reading: Murphy, *The Future of the Body* (Tarcher); Leonard, *Mastery* (Dutton) and *The Transformation* (Tarcher). $675

Spiritual Healing: Laying On of Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods of using the hands as instruments for physical and spiritual healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art.

Maria Lucia Sauer Holloman studied and lived at Esalen for nine years. She currently studies with healers in Brazil and has a private practice in Rio de Janeiro where she applies Brazilian and North American approaches to healing.

C.E. credit is available for nurses; see pages 50-51. $675

Couples Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up at the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration* $675

Return to the Light: Winder Teachings

Paul Rebillot & Carol Proudfoot-Edgar

The winter solstice is a time for restful introspection as the earth's outer darkness allows the inner sun of the soul to regenerate and find expression. Traditional cultures the world over have rested, fasted, and feasted during this time of the year in celebration of the turning point, the cyclic return of the light. This is the time when all creatures prepare for the next cycle of growth.

Despondency, disillusionment, and regrets often weigh on people at this time of year, manifesting as depression or flight into frantic cheerfulness. This workshop offers an opportunity to work through past regrets and unfulfilled ideals, promises, and fairytales of childhood that lie behind them. Movement toward light is movement toward growth and individuation, and as we move through the time of darkness toward spring, it is important to understand the current season of one's life. What has

not been completed? What needs healing? What do we need to say goodbye to? What new steps do we need to take as we cross our current thresholds into a new season?

There are many ways to this self-knowledge. Different people have developed different paths, using a variety of metaphors. The principle way we will use in this workshop is the way of the Medicine Wheel, which teaches us to celebrate our cycles and seasons. Through ritual and gestalt open seat, guided fantasy, music, and play, we will seek our own inner solstice, our own turning point on the Medicine Wheel, and there sow the seeds for spring. $675

Weekend of February 5–7

Authentic Movement

Tina Stromsted

Our bodies form our closest link to the unconscious, providing avenues for deep and lasting change. Authentic Movement is a meditative form of dance influenced by the depth psychology of C.G. Jung. Through moving and witnessing each other move, participants will explore their own inner dance, finding freedom of expression while healing wounds and uncovering images of the self that may have locked them into painful or dissatisfying ways of living. Body-related issues, unresolved developmental material, preverbal memories, and transpersonal experience may emerge, leading toward integration and wholeness.

Designed for mental health professionals, artists, and those interested in personal growth, this experiential process assists participants in bridging body and psyche through expressive movement. Offering a structure within which natural movement can bloom and be nurtured, it allows individuals to discover ways to engage their creativity and make soulful self-contact.

C.E. credit is available for nurses; see pages 50-51. $350

Dealing with Difficult People

Julian Silverman

Occasionally we have difficulties with certain people in the midst of living or working, or providing services for them. These difficulties are usually not carefully examined or ever resolved. Sometimes such people wind up "driving us nuts." This workshop will explore the following:

- a framework for understanding these situations
- a checklist of do's and don'ts which serve to minimize problems with so-called "difficult" people; and
- a practicum for learning to empower yourself in difficult situations

C.E. credit is available for nurses; see pages 50-51. $350

Self-Expression through American Sign-Language

Lorraine Peters

American Sign Language, or ASL, is most often associated with the method of communication for deaf people. Rich with facial expression, pantomime, gestures, and specific signs made with the hands and fingers, it embodies the spirit and cultural uniqueness of the deaf. But ASL can also be a vehicle for the hearing to explore subtle forms of non-verbal communication. It offers them an alternative means of self-expression as they step out from behind the mask of words and reveal themselves through facial expression and body movement.

This workshop invites participants to tune in to their emotions and become aware of the gestures and postures that convey them. While specific ASL signs will be taught, participants will be encouraged to express their individuality by creating new signs of their own. Music, movement, and other experiential activities will be used in an atmosphere of humor and play.

This weekend is for those who want to become more emotionally expressive, for those in theater or dance, or for those who just want to begin learning American Sign Language. Previous sign language skills are not necessary.

C.E. credit is available for nurses; see pages 50-51. $350

Your Deep Mythology: Tap into the Magic

Stanely Krippner & David Feinstein

Each of us operates out of a deeply personal mythology, a guiding theme that animates our lives. This mythology functions largely outside of awareness, yet with uncanny accuracy we choose the characters and create the scenes that correspond to our deepest visions. Some of these visions serve us well, but others inevitably become outdated as we mature as adults. They may have been created in response to the limitations of our parents or other childhood circumstances, and often lead to inner conflict and self-defeating behavior. One of the most powerful steps we can take to enhance our sense of fulfillment and improve our effectiveness in the world is to constructively change this inner mythology, this invisible force that subliminally directs what we think, what we feel, and what we do.

Drawing upon techniques from a spectrum of systems, including Jungian psychology, Gestalt therapy, ancient spiritual disciplines, and modern clinical practice, you will be led through a powerful and moving sequence of experiences designed to discover the strengths of the mythology you are living, and to transform those aspects that no longer serve you. Discover how to understand your life story as an unfolding mythology, and reach into unconscious realms for visions that nourish and inspire. Participants are invited to bring a journal and record any dreams they recall prior to the workshop. $350

A Weekend with Paul Rebillot

Combining gestalt, guided meditation, gentle movement, and play with the needs of the participants, this group will create their own weekend of self-discovery and expression. $350

Week of February 7–12

The Power of Voice

Arthur Samuel Joseph

For workshop description see August 30-September 4. $675

A Kind of Presence: The Therapist as a Somewhat Sacred Person

What do we expect when we are in despair and yet go to a man? Surely, a presence by means of which we are told that nevertheless there is meaning — Martin Buber

Ron Kurtz & Amina Knowland

How is it that we become the kind of presence that we must be to be "healers in general and psychotherapists in particular" (Trungpa)? What are the essential elements of that presence? How are they expressed through the psychotherapist as person? And how does this "personhood" manifest, first as qualities we bring to the relationship, and finally as method and technique?

This workshop will approach these questions using the wisdom of Buddhism and Taoism and the teaching exercises of the Hakomi Method of body-centered psychotherapy. Emphasis will be on discovery, particularly the discovery of *how we do what we do by being who we are*. Participants will also explore how the images and energies which give life to this way of being are evoked, nourished, and sustained. $675

Rekindling the Spirit in Work

Howard Schechter & Barbara Lee

Rekindling the Spirit in Work is about reconnecting with yourself and the work you do. Through creative exercises and sharing with the group, you will gain clarity about your goals in work, the skills required to reach those goals, and awareness of your strengths. The process allows you to confront and dissolve your major blocks to rewarding work and helps integrate who you are with what you do. This process is far more effective than narrowly focused vocational perspectives. The emphasis is on the question, "Who is working?" From an identification with our highest Self, what we do can flow more easily and be a direct expression in the world of who we are inside.

This workshop is for people who are beginning new careers, in transition, dissatisfied, or simply bored with their work. Participants often come away with a sense of clarity and purpose, and seldom feel the need to make radical shifts in their job or profession. Rather, the subtle inner adjustments of identity, attitude, and perspective create greater job satisfaction and offer direction for taking the next steps in work.

C.E. credit is available for nurses; see pages 50-51. $675

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement, the energy, the willingness to stand to it comes bubbling up in the mood of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for: people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based in trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $675

The Enneagram and Higher Awareness: The Inner Centers of Perception

Helen Palmer

The Enneagram is an ancient system of human development that describes nine different personality styles. Each is defined by a recurring inner concern. No style is better or more effective than another, but they differ radically in their point of view. This will be an oral tradition class, using panels of speakers who represent the types. Their stories will offer a rare glimpse of the private workings of different kinds of mind, and provide a deeper understanding of how these different approaches to life are worked out through each individual.

The Enneagram sees personality as mimicking aspects of higher awareness. In this way, a specific spiritual quality such as faith, hope, or love, was challenged in early life. Personality then formed both as an emotional survival strategy, and as a spiritual path organized to recover the missing quality.

This workshop introduces practices of emptying, focusing, chanting, moving, and observing that demonstrate a correspondence between the chief distortion of type and a specific facet of higher awareness. The practices align the inner centers of belly, heart, and mind through which we perceive our inner nature. Each center opens one of the three intuitive "ways" of knowing, and is attuned to specific aspects of the inner life.

This session can be applied as one of the requirements for the Enneagram Professional Training Program. The emphasis will be on inner material, but not personal process work. If you wish to discuss the workshop, please call (510) 843-7621.

Recommended reading: Palmer, The Enneagram: *Understanding Yourself and the Others in Your Life* (Harper-Collins).

$675

Weekend of February 12–14

Vision Painting

Helen Malcolm-Neeb

Vision painting is a transformative adventure recreating aspects of your life spiritually, professionally, and physically. Through meditation and guided visioning you can explore the many layers of self that motivate your life. Subconscious symbols and dream images are evoked on the path to the inner self. The painting becomes the process of the hand following the emotions and the heart, creating from your highest potential a personal map of the future as you would like it to be.

This is an opportunity to affirm the spirit within from a place of play, creativity, and strength. Beginners and artists are welcome. Create a vision of your future as you want it to be.

$350 (plus $20 materials fee paid directly to the leader)

Somatics: Mastery of Muscles and Emotions

Eleanor Criswell Hanna

This workshop will explore the neuromuscular responses to emotional states — the somatics way to internal mastery of muscles and emotions — and the joy that comes with the body's renewed awareness and freedom. Guided somatic exercises and individual sessions with practitioners trained by Thomas Hanna will give participants the opportunity to experience this wonderful work.

Recommended reading: Hanna, *Somatics* (Addison-Wesley), *The Body of Life* (Knopf), and *Bodies in Revolt* (Freeperson Press). $350

Toward a Common Language: Psychotherapy and 12-Step Recovery

Peter Finkelstein & Peter Ways

Participants in "12 Step" programs are often irritated or bored when faced with conventional psychodynamic discussions of their addictive behavior patterns. Similarly,

adherents to more classical psychological approaches are frequently condescending and dismissive when they encounter the AA point of view. Although both groups employ combinations of insight and social support in their work, their differences in basic orientation and treatment experience often cause defensiveness and frustration. As a consequence, it becomes very difficult for those involved in these two approaches to learn from each other.

This workshop, co-lead by a psychodynamic psychiatrist and a recovering physician steeped in "12 Step" work, will attempt to develop a common language and inclusive style for dealing with addictive patterns that gathers strength from each model. The workshop will be useful to counselors and therapists from both sides of this conceptual gap, and for all persons wrestling with the similarities and contradictions of "12-Step" and psychotherapeutic approaches.

C.E. credit is available for nurses; see pages 50-51. $350

On Being a Man

David Schiffman

Many men today have sought to honor and embrace the emergence of the feminine principle in their own natures. As a result of this emphasis, the right to celebrate the honor the masculine has become a thorny and difficult dilemma.

A man's sense of his uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood, and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity. They will explore the following questions:

- What does a man need to know and accept about his own nature to feel himself fully as a man?
- Can men come together to create an atmosphere of trust and good will, where the masculine aspects that they have in common can be honored and appreciated in the pleasure of each other's company?
- Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
- Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illuminate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will be incorporated in this journey as well. $350

Ritual, Ecstasy, and Women's Spirituality

Margo Adler

This workshop for women explores the ideas, the rituals, and the celebration that comes out of the women's spirituality movement. Margot Adler uses chant, songs, and sacred circles as ways for women to explore the healing power, joy, and ease that comes from doing rituals with women. The basic philosophy that informs this workshop is Neo-Paganism and Goddess spirituality. This perspective is non-hierarchical and starts with the idea that we, ourselves, are sacred and flowing with potential. Ritual is a tool that can end our alienation from nature and from each other. The workshop explores ways of reclaiming the vitality and mystery of ecstatic religions without the dogmatic and patriarchal attitudes that have caused so many women to leave their own religious traditions.

The workshop will combine joyful exuberance (chants, songs, laughter, and drumming) with time for quiet meditation, including a voyage to meet the Goddess within ourselves. This should be two days filled with joy and fun. Please bring drums, rattles, instruments, and one or two personal items that have special significance to place on a community altar as a way of sharing your own stories. $350

Week of February 14–19

Introduction to Continuum

Emilie Conrad-Da'oud

For workshop description see August 30-September 4. $675

Vision Painting for Women

Helen Malcolm-Neeb

This workshop is the same as February 12-14, except that it is for women only.

$675 (plus $30 materials fee paid directly to the leader)

A Course in Miracles

Julian Silverman

A Course in Miracles is a curriculum which uses the mind to empower, inspire, and enjoy oneself. In it, conventional problem-oriented human thinking is regarded as an oppressive force, a force which needs to be understood and then neutralized. The method and perspective of the course is based on the following goals:

- Upgrading our ordinary ways of making sense of things
- Learning how to recognize life's trials as opportunities to heal ourselves, and how to take advantage of these opportunities
- Learning to re-cognize and to recollect routinely and to fulfill our essential value and purposes as human beings. $675

The Unfolding Self

Joyce Lyke & Jessica Britt

We are the night ocean filled
with glints of light. We are the space
between fish and the moon,
while we sit here together—Rumi

We live in a world of mystery, wonder, and beauty. Unfortunately many of us seldom perceive or participate in this realm of reality. Instead we see and live in a world of conflict, suffering, and uncertainty, often doubtful of life's meaning. Our childhood conditioning creates veils that make it difficult to perceive the truth, which limits our capacity to be present in the unfolding mystery.

This week is for participants who have been working on themselves and would like further inquiry into the relationship between emotional work and spiritual development. Using Sufi self-remembering exercises, meditation, and individual Reichian and gestalt work, we will inquire into what it means to allow and commit to the unfoldment of the self—the unveiling of the mystery.

Recommended reading: A.H. Almaas, *Essence*, and *Diamond Heart*, Vols. I, II & III. $675

Advanced Holotropic Breathwork and Meditation

Ricci Coddington & Laurie Weaver

This workshop is open only to participants experienced in Grof Holotropic Breathwork.

This five-day program will offer the opportunity to connect with Mother Earth, open your heart, and become more in touch with

your Spirit while deepening your breathwork experience.

The daily routine will include Arica Psychocalisthenics exercises, sitting and walking meditation, relaxation, energy generation, and music making. Each breathwork session will include group process and creative art work.

Applications should include past experience with Grof Holotropic Breathwork, dates, and the names of the certified leaders. To apply for the workshop, please send background information to Ricci Coddington, 1537 4th Street, Suite 193, San Rafael, CA 94901.

Participation in this five-day workshop will fulfill forty hours of credit requirements for the Grof Holotropic Breathwork and Transpersonal Psychology Training.

$675

Weekend of February 19–21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 11-13. $350

How to Tell Your Friends From the Apes: A Workshop in Evolutionary Psychology

Robert Anton Wilson

Developed in the 1920s by Dr. Theodore Schroeder, evolutionary psychology was a major influence on Harry Stack Sullivan, Interpersonal Psychology, Dr. Eric Berne, General Semantics, Existential Therapy, and Dr. Timothy Leary, among others. In this workshop, evolutionary psychology will be updated to include current findings in the neurosciences, and we will discuss Schroder's evolutionary perspective to discovering both past and future genetic programs buried in our brains.

Using simple "experiments" and "games", the leader will guide participants in finding the amoeba within, learning how their reptile brain operates, seeing the monkey-mind in politics and family feuds, exploring "Civilization and its Discontents," and probing the latent potentials of our neurosomatic (mind-body) healing circuitry. We will also probe our neurogenetic vistas ("memories of the future"), the metaprogramming networks that lift us above conditioned reflex mechanisms, and the nonlocal "Holon" in which we find each individual mind contains and reflects the mind of all sentient life throughout space and time.

WARNING: The Attorney General has determined that this workshop may be hazardous to your dogma. $350

Should I Tell The Truth?

Will Schutz

Two of the most popular and powerful films of 1992 — *Prince of Tides*, and *JKF* — revolve around the consequences of withholding, one personally, the other socially. The human potential movement placed the issue of openness, or truth, center stage. Various practitioners felt it was essential for the following reasons: to realize full potential; find the god within; utilize total energy; enjoy full relationships; solve social and organizational problems; and allow the cosmic energy to flow through our bodies without a ripple.

More practical heads insisted on the legitimacy and desirability of privacy, secrets, prudence, discretion, the need to know, and compassion for the potential hurt feelings of the recipient of the openness. What is openness, or truth? Is withholding okay, or is it the intellectual's form of lying? Is openness sometimes an excuse for civilized hostility? Is unawareness (deniability) a legitimate justification for not being open? Is it true that people get in trouble not because they tell the truth — but rather because they do not tell enough truth? We will explore and experiment with the consequences and limits — if any — of living a life of total openness.

Recommended reading: Bok, *Lying* (Vintage); Schutz, *Profound Simplicity* (Will Schutz Assoc., Muir Beach, CA) and *The Truth Option* (Ten Speed Press). $350

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about contacting and feeling and expressing.

Come along or bring someone who is important to you, perhaps a lover, friend, a parent, someone with whom you'd like to communicate in a different way things you've expressed before and possibly things you've never said. If you wish, bring photographs of significant people in your life, past or present.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. But the workshop is really about you — singing. $350

The Art of Leadership: Excellence in Business, Management and Communication

Ronald Alexander & Bruce Gregory

This workshop is for executives, managers and other people who are committed to improving their communication and leadership skills. Some of the major areas that will be focused on will include:

- Conflict resolution
- Dealing with the blocks that prevent executives from feeling secure and clearly articulating their vision
- Developing trust with persons who feel threatened or intimidated
- Discovering and addressing blind spots in self-esteem

And the development of creative strategies for building support systems that facilitate the transformation of visions into realities. Some of the group processes will include: giving and receiving feedback on communication and leadership styles, role-playing, problem solving exercises for real life work situations, and exercises for learning to use the unconscious to creatively solve problems. $350

Week of February 21–26

Cross-Cultural Shamanic Practices

Angeles Arrien

Participants of this workshop will be introduced to shamanic tools from diverse cultures in order to access and empower their inner teacher, healer, visionary, and warrior. The universal healing salves of singing, storytelling, dancing, and silence will be engaged to rekindle the spirit and retrieve any soul loss.

KAREN PREUSS

Group members will work individually and collectively to honor ancestor spirits by releasing limiting family patterns; enhance personal and professional power by speaking with "spirit tongue (truth-telling); and experience shamanic practices that reveal internal mythology, help heal wounds, and adjust imbalances.

This week qualifies as a Foundational training for the Four-Fold Way, a cross-cultural shamanic training program by Angeles Arrien. $675

Mentations and Deviations℠: Thinking with the Whole Body

Michael Kramer, Paule Marx & Christian Intemann

True mentations are the conscious physical experience of perceptions which occur naturally in our bodies. Participants in this workshop will learn how to utilize their entire body to formulate a complete thought. This training is based upon the teachings of Oscar Ichazo, founder of the Arica Institute.

The goal of this workshop will be to sensitize our entire body and to "set" the mentations. For example, our ears give us the mentation of substance or understanding and with our eyes we perceive the purity of forms; our nose gives us an awareness of the possibilities of any given moment, and with our mouth we perceive our essential needs.

In setting the mentations we use 12 yantras, one for each mentation. Yantras use the principles of color and form and provide a set of symbols that enable our psyche to grasp directly the essential language of the mentations. Music is also an integral part of this training, as the mentations have a direct correspondence with the notes of the 12-tone musical scale.

In contrast to the 12 mentations of the body are the 12 deviations of the mind. They are referred to as "clowns," and are a chorus of misinformation and confusion that arise whenever we attempt to intellectualize the natural flow of perceptions in our bodies. The deviations are determined by the time and place of birth. They act as voices of dissension that impede the clear perception of both our interior and exterior worlds. Participants will learn to recognize and name each deviation's voice, and disarm them all with humor, light-hearted theater, and meditation.

Recommended reading: *Interviews with Oscar Ichazo* (Arica Institute Press), and *Master Level Exercise: Psychocalisthenics* (Sequoia Press). $675

Mentations and Deviations℠ is a service mark of Arica Institute, Inc.

Prevent Your Heart Attack

Joe Goldstrich & Norman Kaplan

As an adult, the greatest danger to your health and life is coronary disease — a heart attack often manifested by sudden death. The risks for coronary disease are well-known and this workshop will help you identify and act directly against whatever risks you feel you have. You will be given a pre-workshop questionnaire about your current health habits and asked to obtain a simple blood test for blood sugar and cholesterol before the workshop.

The leaders will review the scientific evidence about the role of each of the following risks and provide practical, individualized guidance for a long-term program that will reduce those which you have: Obesity, particularly upper body or abdominal; high blood pressure; high blood LDL-cholesterol, low HDL-cholesterol; cigarette smoking and passive smoke; job-related stress; Type A personality; physical inactivity.

To lower these risks, participants will discuss the following:

- Diet: low saturated fat, limited protein, moderate sodium, increased essential vitamins, minerals, and antioxidants
- Exercise: An individualized program of medium intensity, aerobic exercise
- Smoking cessation: Use of nicotine skin patches and gum as part of an effective stop- smoking program
- Stress reduction: Massage, meditation, and proper breathing
- Drug therapy as an adjunct to diet to reduce serum cholesterol and cause regression/reversal of coronary heart disease.
- Appropriate alcohol intake, use of aspirin and (for women) postmenopausal estrogens, avoidance of other environmental toxins, and incorporation of other heart-helpful practices.

C.E. credit is available for nurses; see pages 50-51. $675

Clinical Program for Professionals: Integrating Gestalt, Self Psychology, and Mind-Body Healing

Ronald Alexander & Bruce Gregory

This five-day training program will combine didactic discussion with experiential exercise, supervision of therapist-client dyads, and clinical demonstrations. A full spectrum of treatment cartography will be used to clarify how gestalt, self psychology, and mind-body healing can be effectively

integrated to address early developmental trauma, narcissistic issues of the self, and contact boundary disturbances. Emphasis will be on:

- Improving skills of diagnosis
- Formulation of treatment plans that attend to the transition points of the healing process
- Improving intervention skills as they relate to handling resistance, the nurturing of the real self, and facilitation and activation of unconscious healing processes through the use of mirroring, pacing, and the language of mind-body healing.

Particular attention will be paid to assisting therapists to become more aware and effective in dealing with countertransference and projective identification.

Recommended Readings: Masterson, *Countertransference and Psychotherapeutic Technique* (Bruner Mazel), Erickson & Rossi, *Hypnotherapy Casebook*; and Polster, *Gestalt Therapy Integrated* (Brunner Mazel).

C.E. credit is available for nurses; see pages 50-51. $675

Making It Float

Robert Hall

There is no fixing a damaged childhood. The best you can hope for is to make the sucker float. — Conroy

Robert Hall writes: "And so it is. This workshop is about making it float. How to. If you're willing to spend some time with meditation, gestalt group process, making sounds, and experimenting with moving your body to your own rhythms, if you're interested in how body awareness, psychotherapy, and meditation work together to loosen your identification with who you think you are, and if you still have your sense of humor, we'll not only make it float, we'll take a ride in it."

C. E. credit is available for nurses; see pages 50-51. $675

Weekend of February 26–28

A Weekend with Ruth Zaporah and Action Theater

Physical theater improvisation reflects life — in both we walk backwards, knowing where we've been, which is not knowing where we're going. Each step we take is a step into *now*. As awareness expands, experience becomes more now. The movement, vocal, and language exercises in this training expand awareness. Participants improvise upon an awakened memory and imagination. Integrated thought, emotion, fantasy, and spirit inspire action and speech.

During this weekend, we'll play in the studio and out on the beach, all the time seriously enjoying ourselves. This workshop accommodates the novice, the explorer, and the practiced. $350

The Passion of the Western Mind: Bringing it All Back Home

Richard Tarnas

In light of the current state of humanity and the world, how should we evaluate the Western intellectual and spiritual tradition? What are we to make of this tremendous historical development that has shaped our world and our psyches with such pervasive force? Has the long Western trajectory served some deeper evolutionary purpose, or was it rather humankind's supreme evolutionary error, a sustained epistemological mistake? With the emergence of the global ecological crisis, with the deconstruction of patriarchal, Eurocentric, and anthropocentric assumptions and values, with the rise of multiculturalism and feminism and the resurgence of Eastern and indigenous spiritual traditions, where stands the West?

These are critical questions of our time, especially for those of us who stand at the crossroads of all these intellectual and spiritual impulses — postmodern, countercultural, indigenous, archaic, esoteric, Eastern — and yet who are, in the end, sons and daughters of the West. Every generation must discover a way to transcend its historical foundations. Yet paradoxically it can do so only by first integrating them. What each of us as psychological individuals has long been doing is also what we as a civilization must do — strive to understand that which has constituted us, recover our historical evolution, make the unconscious conscious. For in terms of a civilization, history is, in a sense, the great unconscious. What has been driving us the last four thousand years? Can we envision a conceptual framework large enough and subtle enough that it can make intelligible both the extraordinary achievement of the Western trajectory, and its great cost? Can we find our way to a genuinely integral world view, one that does not secrete a final dualism by embracing everything except the Western or the modern? If ours is indeed a participatory cosmos, what role has been played by our own vast experiment?

Join Richard Tarnas in engaging these questions and issues. The group will draw on sources as diverse, but perhaps ultimately convergent, as depth psychology (the work of Stanislav Grof, the later Jung, James Hillman), sociology of religion (Robert Bellah), philosophy of science (Kuhn, Popper, Feyerabend, Evelyn Fox Keller), Romantic thought (Goethe, Hegel, Rudolf Steiner), and ecofeminist spirituality.

Recommended reading: Tarnas, *The Passion of the Western Mind* (Harmony 1991), especially the Epilogue.

A Weekend with Seymour Carter

For workshop description see September 27-October 2. $350

Weekend Massage Intensive

Ailish Schutz & Roger Grandy

For workshop description see September 27-October 2 $350

Meditation: The Living Dance

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation. This workshop will approach traditional meditation practice in an unusual way.

In our retreat atmosphere we will prepare the body-mind for silent listening with fluid movement from the martial arts and yoga. We will incorporate breathing methods (Prana-Yama), and energy work with Zazen (sitting meditation). Other activities will include a group meditation in a nearby contemplative monastery, and Zazen at our new meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life, and that crystal-clear still point described so well in every spiritual tradition.

C.E. credit is available for nurses; see pages 50-51. $350

■ SPECIAL PROGRAMS

The prices quoted below for these longer programs are for standard accommodations or bunk bed rooms (when available) as described in Ways of Being at Esalen, pages 9-10. Scholarships are also available; please see "Scholarship Information" on page 9.

October 25-November 6
Integrative Body Practice (IBP)
Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This will be a 12-day residential training program in Integrative Body Practice. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields. The leaders will be assisted by Andrea Juhan and the staff of the Rosenberg-Rand Institute of Venice, California.

Recommended reading: Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics) and *Total Orgasm* (Bookworks).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291; (213) 394-0147. $1665

November 8-December 6
28-Day Massage Practitioner Certification Program

Deborah Anne Medow & David Streeter

This 28-day program offers professional level intensive instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture and demonstrations, hands-on practice sessions using each other as models, illustrated anatomy classes, and instruction in basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning.

Body work will be studied as a tool for optimal well-being and stress reduction and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternate weekends. Upon satisfactory completion of the program, and after giving 30 additional recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program, with limited admission.

Recommended reading: D. Johnson, *Body*; F. Smith, *Inner Bridges* (Humanics); Kapit & Elson, *Anatomy Coloring Book* (Harper & Row).

C.E. credit is available for nurses; see pages 50-51.

Standard Accommodations: $3150

Bunk Bed Room, if available: $2225

November 15-December 13
Certification in Clinical Hypnosis

Marc Lehrer, Maggie Phillips, Norman Katz & Adam Burke

This course is a synthesis of Ericksonian and Direct Hypnosis, Neurolinguistics and Biohypnotic Monitoring. It satisfies the hypnosis course requirements for the MFCC and complies with the California State Requirement for Hypnosis Certification, and is designed to help develop hypnotic skills for counseling, medicine, nursing and other health areas, education, and body work. This program is also an opportunity for personal growth and transformation for anyone interested in hypnotic phenomena and the uses of suggestion in daily life.

Hypnotic suggestion, advanced imagery, and relaxation methods will be explored. There will be daily presentations, numerous practice sessions, video examples of Erickson and other practitioners, and extensive written support materials. A hypnosis library will be available for in-depth learning of advanced topic areas and there will be an opportunity to explore personal goals with trance and biofeedback equipment.

The scientific basis of hypnosis as well as the ways hypnosis can be applied will be emphasized. Topic areas will include: induction methods, hypnotic testing, symptom and habit removal, individual and family counseling applications, pain control and psychosomatics, non-verbal and pendulum methods, biomedical hypnotic monitoring, metaphor and story-telling methods, hypnosis with children, regression and uncovering, redecisioning and reframing, self-concept enhancement, stress management, fears and phobias, early trauma, hypnotic dream programming, imagery conditioning, NLP methods, enhancing performance in sports, music, and sensation, self-hypnosis methods, teaching self-hypnosis classes, and other topics related to therapy, health, and personal growth. Selected ongoing exercises drawn from Aikido, Feldenkrais, movement, massage, and shamanistic traditions will complement the traditional topic areas.

Since each of the leaders will present for a number of days, there will be an opportunity to model different ways of deepening your own hypnotic potential, trance induction, and utilization skills. This month-long experience with various faculty members gives each participant an in-depth opportunity to develop vivid personal imagery, make lasting self suggestions, and relate more completely with the unconscious mind.

The certification offered through this program is equivalent to a University modified tutorial course. You complete readings, assignments, and a paper for the hypnosis certificate. Certification is granted based upon the competency demonstrated to the faculty in applying hypnotic techniques with an ethical and professional approach and satisfactory completion of all Great Western University C.E.U. course requirements. The paper and assignments are due no later than four months following the completion of this program at Esalen. Course fees for the Hypnosis Certificate are $300 (12 C.E.Us), payable to Great Western University upon beginning the program at Esalen. It is also possible to obtain four transcripted Graduate Psychology courses rather than C.E.Us (requires additional fees to Great Western University and you must have at least a B.A. degree. Contact Marc Lehrer, Chairman, Dept. of Psychology, Great Western University, 415/397-4929 for further details).

Space is limited for this program so early registration is recommended. Reading lists and information about certificate and graduate credit will be sent upon request or registration.

C.E. credit available for nurses; for more information see pages 50-51.

Standard accommodations: $3150

Bunk Bed Room, if available: $2225 (plus $300 fee for those who want certification, payable to Great Western University)

January 3-15
Creative Bodywork:
An Advanced Workshop

Vicki Topp & Esalen Massage Staff

No one is every competent enough, nor is any technique ever effective enough. It is only the continuing growth of the practitioner that can guarantee competence and effectiveness. — Thomas Hanna

This is an opportunity for certified massage practitioners to improve their skills, stimulate their creativity, and experience current trends in massage and bodywork. Some anatomy, movement, and meditation will be included. This workshop offers 75 hours of advanced massage training credit where applicable.

Priority will be given to Esalen Certified Practitioners.

C.E. credit is available for nurses; see pages 50-51. $1665

January 17-29
Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others, and to solve the problems of daily living. This 12-day intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life.

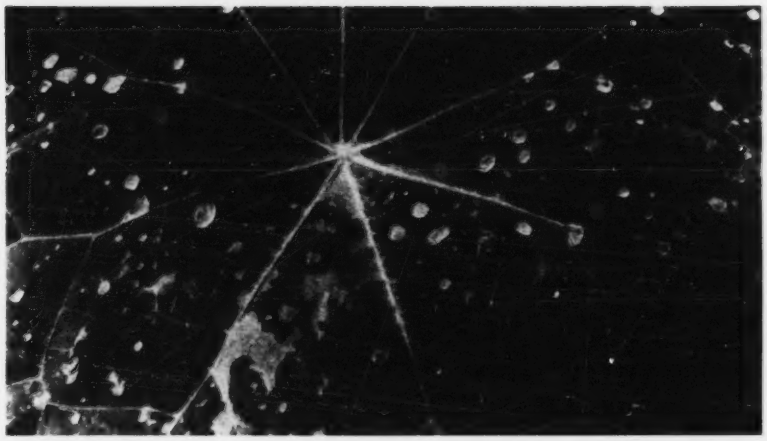
Course prerequisite: a previous workshop with Michael Harner or other authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere.

Recommended reading: Harner, *The Way of the Shaman* (Harper & Row) and *Hallucinogens and Shamanism* (Oxford).

For more information, cost, and to apply, please contact Michael Harner, Foundation for Shamanic Studies, Box 670, Belden Station, Norwalk, CT 06852 ; (203) 454-2825. Early application is recommended.

Massage Practitioner Certification Program

Esalen offers a California state-approved massage program. Upon completion of a 130-hour massage practitioner workshop, and after giving 30 additional massages elsewhere, graduates will receive their certificates. Workshops for certification are offered twice a year, usually in November (see November 8-December 6) and April. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, movement, and gestalt awareness work, fulfilling the state requirement.



KAREN PREUSS

Healthspring Outreach and Education

The Healthspring Project offers outreach, education, and referrals that extend Esalen's work in the healing arts and sciences to the outside world. It is an independent, service-oriented program of Esalen teachers and their associates.

Healthspring operates a global referral system, linking visitors to Esalen with body workers, counselors, and teachers from their home areas. There are ongoing programs at Esalen and a traveling workshop service in the U.S. and abroad. Instructors teach self-healing, Esalen body work, yoga, breath and body awareness, dance and centering movement, and meditation. Many instructors have experience in gestalt practice and movement continuum.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening which may be borrowed by seminarians for a two-week period while at Esalen. Donations of books or periodicals are greatly appreciated.

For access to the referral system and traveling workshop program, write to Laurie Lioness at Esalen, c/o Healthspring.

■ FUTURE PROGRAMS

Listed here are a few of the programs and workshop leaders scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Dates are subject to change; please call the Esalen Office for more specific scheduling information.

February 28-March 28
28-Day Massage Practitioner Certification Program

Brita Ostrom & Dean Marson

April 1993
12-Day Workshop with Jack Rosenberg & Beverly Kitaen Morse

June 1993
Certification in Clinical Hypnosis

Coordinated by Mark Lehrer

April 23-May 2
Emotional Healing from Co-Dependence to Aliveness

Karen Paine-Gernee & Terry Hunt

■ MEDICAL PROGRAMS

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs specifically listed below offer continuing education credit. See workshop descriptions elsewhere in the catalog. If you need additional information on our C.E. courses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., medical programs coordinator, (408) 667-3000.

August 30-September 4
The Power of Voice
Arthur Samuel Joseph
30 hours

September 6-11
Balancing Values and Work: From Inner Purpose to Outer Action
Sue McKibbin & Patricia Moore
30 hours

The Medicine Wheel Way
Carol Proudfoot-Edgar & Bob Edgar
30 Hours

September 11-13
Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

September 13-18
Advanced Feldenkrais® and Cortical Reeducation
Harriet Goslins & Patti Laurence
30 hours

September 13-20
Gestalt Practicum: A Seven-Day Intensive
Christine Stewart Price & Guest Leaders
30 hours

September 18-20
Introduction to Vipassana Meditation
James Baraz
10 hours

September 27-October 2
Five-Day Massage Intensive
Vicki Topp & Ray Swartley
30 hours

Meditation: The Living Dance
David Streeter
30 hours

October 2-4
Finding Inspired Work in Mid-Life
Peller Marion
10 hours

October 4-9
Trigger Point & Esalen Massage
Arthur Munyer & Esalen Massage Practitioners
30 hours

A Confluent Somatic Approach
Steven Vasquez
30 hours

October 11-16
Chakra Psychology
Nancy Rosanoff
30 hours

October 18-23
Gestalt Practice
Christine Stewart Price & Guest Leaders
30 hours

October 25-November 1
Cortical Reeducation® & The Feldenkrais® Method
Harriet Goslins, Patti Laurence & Mark Bender
30 hours

October 25-November 6
Integrative Body Practice (IBP) Professional Training Program
Jack Rosenberg & Beverly Kitaen Morse
30 hours

October 30-November 1
Weekend Massage Intensive
Laurie Schutz & Esalen Staff
10 hours

November 1-6
Handwriting Patterns: Possibilities for Healing & Change
Vimala Rodgers
30 Hours

November 1-8
The Endocrine System: Relating Body, Mind & Movement
Bonnie Bainbridge-Cohen & Seymour Levine
30 hours

November 8-13
Craniosacral System: Intermediate Workshop
Jim Asher & Jane Harrington
30 hours

November 8-December 6
28-day Massage Practitioner Certification Program
Deborah Anne Medow & David Streeter
30 hours

November 15-20
Change & Self-Esteem
Phyllis Shankman
30 hours

November 15-December 13
Hypnosis Certification
Mark Lehrer, Maggie Phillips, Norman Katz & Adam Burke
30 hours

November 29-December 4
Learning & Movement: Feldenkrais Application and Theory
Mark Reese
30 hours

Life Stories: Healing the Sorrows
Peter Finkelstein
30 hours

December 4-6
Introduction to Gestalt Practice
Joyce Lyke
10 hours

December 11-13
Advanced Zero Balancing: The Alchemy of Touch
Fritz Smith
10 hours

December 20-25
The Body and Zen
Dub Leigh & Audrey Nakamura
30 hours

December 25-27
Weekend Massage Intensive
Robert Helm & Laurie Lioness Parizek
10 hours

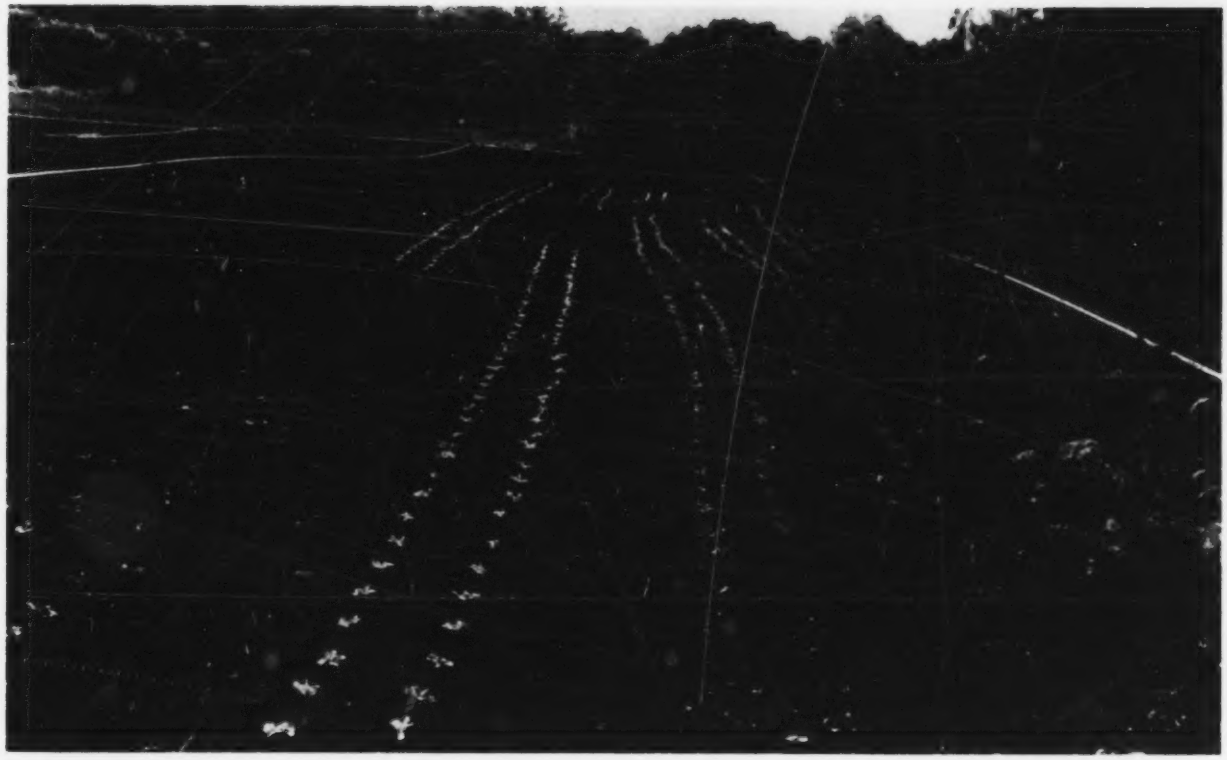
Biofeedback Assisted Open Focus and Brain Wave Synchrony Training
Les Fehmi & Susan Shor
10 hours

December 27-January 1
Moving from Love Addiction to Healthy Intimacy
Jed Diamond
30 hours

January 1-3
Introduction to Gestalt Practice
Eric Erikson
10 hours

Introduction to Focusing
Mary McGuire & Roseann Kasayka
10 hours

January 3-8
Focusing, Dream Work, and the Helping Relationship
Mary McGuire & Roseann Kasayka
30 hours



KAREN PRELISS

January 3-January 15

Creative Bodywork:
An Advanced Workshop
Vicki Topp
& Esalen Massage Staff
30 hours

January 8-15

Healing from Sexual Abuse:
A Seven-Day Intensive
for Survivors
Carolyn Braddock & Guest Staff
30 hours

January 15-17

Creating a New Life:
Developing Spiritual
Strength while Recovering
from Addiction
Elizabeth Stratton
10 hours

January 17-22

Gestalt Practice
Christine Stewart Price
& Guest Leaders
30 hours

Introduction
to Craniosacral Work
Hugh Milne
30 hours

Spiritual Dimensions
of Healing
Elizabeth Stratton
30 hours

January 22-24

Introduction
to Vipassana Meditation
James Baraz
10 hours

January 24-29

Creating Exact Moments
of Healing
Mariah Fenton Gladis
30 hours

January 31-February 5

Spiritual Healing:
Laying On of Hands
Maria Lucia Sauer Holloman
30 hours

February 5-7

Authentic Movement
Tina Stromsted
10 hours

Dealing with Difficult People
Julian Silverman
10 hours

Self-Expression through
American Sign Language
Lorraine Peters
10 hours

February 7-12

The Power of Voice
Arthur Samuel Joseph
30 hours

Rekindling the Spirit in Work
Howard Schechter & Barbara Lee
30 hours

February 12-14

Toward a Common Language:
Psychotherapy and 12-Step
Recovery
Peter Finkelstein & Peter Ways
10 hours

February 21-26

Prevent Your Heart Attack
Jo Goldstrich & Norman Kaplan
30 hours

Clinical Program for
Professionals: Integrating
Gestalt, Self Psychology,
and Mind-Body Healing
Ronald Alexander
& Bruce Gregory
30 hours

Making It Float
Robert Hall
30 hours

February 26-28

Weekend Massage Intensive
Ailish Schutz & Roger Grandy
10 hours

Meditation: The Living Dance
David Streeter
10 hours

■ WORK STUDY PROGRAM

The Work Study Program is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. It is not for those who wish to take catalog workshops or for those who are unwilling to be fully engaged in the work-life of the community. Participants will work 32 hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and will participate, along with staff and long-term students, in that department's program. It is necessary for applicants to be able to speak and understand English.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School/Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is usually divided into two sections each month: a general interest section which covers a variety of growth approaches, and a focused interest section which emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Participants must be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program. Two programs are planned for each month. Those scheduled thus far for 1992-1993 include:

August 23–September 20

Seymour Carter, longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen buddhism, aikido, and other body-oriented practices into a group process which provides a safe setting for self-exploration.

This month with *David Streeter* will give students the opportunity to incorporate the subtle art of contemplation in a community atmosphere. Yoga, massage, and gentle emotional release — along with silent meditation — will be included in the curriculum.

September 20–October 18

Katriona Munthe and *Anita Eubank Donovan* offer movement, metaphor, and myth as a means for understanding the universal symbols of mankind. Mime and dramatizing dreams will be used for self-exploration and as tools for developing human compassion.

Steven Harper will lead a group exploring "inner" and "outer" nature. With Big Sur's wilderness as a primary teacher, the group will draw from various somatic and contemplative traditions that enhance personal awareness to further explore ourselves and nature.

October 18–November 15

Jackie Rosin and *Kay Brownfield* offer a month of psychosynthesis. Meditation, guided imagery, music, movement, art, and individual process work will be some of the modalities used. Professionals are invited.

A month with *John Soper* will focus on ways to improve the quality of life. The work will start with the individual and expand to include the environment.

November 15–December 13

Karuna Licht will lead a women's group and *David Schiffman* will lead a men's group. The groups will meet separately and at various points come together to create a context in which to explore issues and new ways of relating. The leaders will use a unique blend of innovative methods involving movement, ritual, and creative expression.

December 13–January 10

Robert Nadeau will emphasize functional centering. Using grounding, energy awareness, Aikido, and movement work, the physical, mental, and spiritual aspects of centering will be explored.

This month with *David Streeter* will give students the opportunity to incorporate the subtle art of contemplation in a community atmosphere. Yoga, massage, and gentle emotional release — along with silent meditation — will be included in the curriculum.

January 10–February 7

Erik Riswold will lead a mind-body-spirit study devoted to the development of integral transformative practice. Through Leonard Energy Training (LET) and other practices, participants will explore personal development in the twelve aspects of human functioning outlined in Michael Murphy's *The Future of the Body* and create their own program for bodily transformation. *Michael Murphy* and *George Leonard* will participate at various times during this month-long program.

Dianne Laurence and participants will use acting, writing, theater, and painting to create a communal performance that will be presented at month's end.

February 7–March 7

Mary Goldenson's (Devarani) program of letting go and moving on employs Reichian methods, dance, imagery, gestalt, and meditation.

Maria Lucia Sauer Holloman and *Anita Eubank Donovan* will present practical methods of using the hands as instruments for physical and spiritual healing. Emphasis will be on developing intentionality and personal clarity as fundamental tools for any healing art.

Institute of Transpersonal Psychology Offers External Master's Degrees

Work students now have the opportunity to integrate their work study experience at Esalen with the external degree program of

the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
250 Oak Grove Ave.
Menlo Park, CA 94025
(415) 326-1960

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. **The cost of all 28-day Work Study Programs is $720 for the first month, $670 for the second month, and $620 for the third month.** Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

KAREN PREUSS

WORK STUDY PROGRAM APPLICATION

Name _____ ☐ Male ☐ Female

Date of Birth _____ Occupation _____

Place of Employment _____

Daytime Phone (____) _____ _____
HOME ADDRESS

Evening Phone (____) _____ _____
STATE AND ZIP CODE

Date of Application _____ _____
COUNTRY

Do you have any physically limiting conditions which might affect your full participation in this program? Yes No

If yes, please be specific. _____

Which program(s) are you interested in? Please list the leader's name. _____

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: _____ to _____ 2nd: _____ to _____ 3rd: _____ to _____

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

No extension One-month extension Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

_____

Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

Please Note: No pets allowed.

THE FRIENDS OF ESALEN

The Friends of Esalen provides financial aid to people who are eager to attend our workshops but cannot afford them. We believe that one of our first priorities is to make our programs available on a broader basis. Friends of Esalen contributions fund scholarships to make this possible.

We invite you to join us. In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog*, the *Friends of Esalen Newsletter*, and other special mailings to Friends for one year. Periodically we offer a discounted workshop just for members of the Friends of Esalen. We hope you feel your experience at Esalen is worth sharing and that you will join us in extending Esalen into the lives of other people.

I wish to become a Friend of Esalen; I enclose my check for the category marked.

I wish to renew my membership in the Friends of Esalen.

One Year Student $25	One Year Individual $35	One Year Sponsor $100
One Year Senior Citizen $25	One Year Donor $50	One Year Patron $500

Name _____ Student Affiliation _____

Address _____ City _____

State _____ Zip _____ Date _____

Please mail to: The Friends of Esalen, Esalen Institute, Big Sur, CA 93920.
Contributions are tax-deductible to the extent allowed by law.

■ AUDIO RECORDINGS

The Dolphin Tape Series

This tape list honors holism, feminine insight, Taoism and Zen, cultural anthropology and shamanism, Feldenkrais experience and holographic function, intuition and mysticism, ecology and natural law. There are new titles by Helen Palmer, Angeles Arrien, Ruthy Alon and others, a complete set by Virginia Satir from the archives, and the latest by Terence McKenna.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Most tapes are in stereo. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Ruthy Alon: *Sitting—Effortless Balance* (A Feldenkrais Lesson)
Anne & Jim Armstrong: *The Power of Intuition*, 1987
Angeles Arrien: *Eight Universals that Sustain Health* (ITC Eugene), 1990
Gregory Bateson: *Cultural Relativity and Belief Systems*, 1976
John Blofeld: *Taoist and Zen Practice*, 1978
John Blofeld: *History and Use of the I Ching*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
Joseph Campbell: *Hermes, Alchemy, and the Voyage of Odysseus*, 1971
Fritjof Capra: *Ecological Vision*, 1984
William Everson: *Poetry of Earth: A Jeffers Tribute* (Carmel), 1970
James Fadiman: *Guided Fantasy and Fairy Tales*, 1971
Moshe Feldenkrais: *A Ray of Hope Where There Was None*, 1972
Father Bede Griffiths: *Christianity, Science and Mysticism*, 1983
Stanislav Grof: *Principles of Holotropic Therapy*, 1985
Chungliang Al Huang & David Darling: *Tai Ji Music and Movement*, 1989
Aldous Huxley: *The Individual and History*, 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Terence McKenna: *Enough Is Enough*, 1989
Terence McKenna: *Novelty and the Transcendental*, 1990
Terence McKenna: *The Time Wave, the Tao, and Novelty*, 1991
Ralph Metzner: *Varieties of Human Transformation*, 1984
Claudio Naranjo: *Dante's Way to the Stars*, 1968
Robert Ornstein: *The Sufis and Other Teaching Stories*, 1971
Helen Palmer: *Introduction to the Enneagram System*, 1991
Helen Palmer: *Placement of Attention*, 1991
Helen Palmer: *The Enneagram and Inner States*, 1991
Helen Palmer: *The Psychic Aspect of Intuition*, 1991
Paul Rebillot: *The Pluto Story: Journey into Madness*, 1984
John Robbins: *Healing Ourselves, Healing Our World*, 1989
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
Virginia Satir: *Family Communication and Growth*, 1967
Will Schutz: *An Inner Fantasy Experience*, 1969
Daniel Sheehan: *Philosophy of Christic Institute*, March 1991
Daniel Sheehan/Sara Nelson: *What Is It All About?*, March 1991
Huston Smith: *The Coming World Civilization*, 1968
Alan Watts: *Divine Madness*, 1968
Arthur M. Young: *The Reflexive Universe*, 1973

Two-tape titles are $18

Angeles Arrien: (2) *Cross-Cultural Shamanic Practice*, 1991
Gregory Bateson: (2) *Baline Culture and Shamanism*, 1976
John Blofeld & Al Huang: (2) *How to Use the I Ching*, 1978
Robert Bly: (2) *Poetry Reading: An Ancient Tradition*, 1983
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Buckminster Fuller: (2) *The Critical Path* (Maui), 1982
Stanislav Grof: (2) *The Birth Trauma*, 1981
Robinson Jeffers: (2) *A Dramatic Presentation* (Carmel), 1972
Terence McKenna: (2) *The Magical Mystery Tour*, 1989
Claudio Naranjo: (2) *The One Quest*, 1971
Helen Palmer: (2) *Advanced Intuition Training*, 1991
Sheehan/Nelson: (2) *Natural Law, Democracy, and The Cosmos*, 1991
Frederick Spiegelberg: (2) *India and the Saints*, 1964
Brother David Steindel-Rast: (2) *Healing Starts from the Heart*, 1984
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971

Four-tape titles are $36

Joseph Campbell: (4) *Transformation of Myth through Time*, 1982
James Fadiman: (4) *A Weekend of Stories*, 1984
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
R.D. Laing: (4) *Sanity, Madness, Blowout Center*, 1967
Terence McKenna: (4) *The Light in Nature*, 1988
Terence McKenna: (4) *Into the New Millenium*, 1991
Terence McKenna: (4) *Exploring the Hermetic Tradition*, 1991
Daniel Sheehan/Sara Nelson: (4) *Spirituality and Politics*, 1991
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Rupert Sheldrake: (4) *Rebirth of Nature: Revival of Animism*, 1990
Brother David Steindel-Rast: (4) *Mysticism as a Frontier Experience*, 1985
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur M. Young: (4) *Interviews on the Reflexive Universe*, 1983

The Dolphin Vinyl Album Tape Sets:

Ruthy Alon: (6) *Lessons in the Feldenkrais Method* (Series, I, II or III)	$60
John Blofeld: (6) *Exploring Chinese Philosophy*, 1978	$60
Joseph Campbell: (6) *Early Hindu and Buddhist Myths*, 1981	$60
Jack Kornfield: (6) *The Spiritual Practice of Meditation*, 1981-83	$60
Terence McKenna: (6) *The Archaic Revival*, 1989	$60
Terence McKenna: (6) *Inner Visions, Future Vectors*, 1990	$60
Terence McKenna: (6) *History Ends in Green*, 1990	$60
Joseph Chilton Pearce: (6) *Journey of the Heart*, 1990	$60
Rupert Sheldrake: (6) *Resonance and Presence of the Past*, 1985	$60
Brother David Steindel-Rast: (6) *Approaches to Christian Mysticism*, 1987	$60
Moshe Feldenkrais: (6) *Awareness Through Movement Lessons* (Series I)	$72
Father Bede Griffiths: (6) *Convergence of Religions*, 1983	$72
Terence McKenna: (8) *The Esalen Scholar-in-Residence Series*, June 1989	$72
Colin Wilson: (8) *The New Analytic Philosophy*, 1967	$72
Colin Wilson: (8) *New Pathways in Human Evolution*, 1990	$72
Buckminster Fuller: (8) *The Pajaro Dunes Tapes*, 1977	$80
Virginia Satir: (10) *Conjoint Family Therapy*, 1967 (Archives)	$88
Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$88
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-1980 (Library)	$98

Please add $3.00 to your complete order for handling and mailing (add $3 more if you wish priority mail). Overseas orders add $1.00 per tape for mailing. California residents include 7½% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment.) Allow 4 to 6 weeks for delivery.

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement: Dolphin Tapes is a private company independent of Esalen.

■ GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 66. Our address, phone numbers, and reservations hours are on the inside front cover. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$100	19 to 21 days:	$400
5 to 7 days:	$200	More than 21 days:	
12 to 14 days:	$300		$500

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 9 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you. Workshop fees cover tuition, food, and lodging. Rooms and bathrooms are shared by two or more persons. Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail or fax your reservations. *Our fax number is (408) 667-2724*. Fax the enclosed form and include your credit card information. (The fax line is for Esalen business purposes only, not personal correspondence.)

If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your credit card when you call. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service. NOTE: Room and Board reservations must be made by phone, not by fax machine.

Cancellation and Refund Policy: If you cancel at least five full days before the start of your workshop, your deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note*: Wilderness Programs has a different cancellation and refund policy.)

If you have applied for a scholarship and we *are unable* to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we *are able* to give you assistance and you cancel your reservations as above, we will return your deposit, less a $30 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within the next year. If you cancel with less than five days' notice, you forfeit your deposit.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see page 9.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have van service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School/Park: Requests for child care should be sent at least one month in advance to Gazebo, c/o Esalen Institute.

For your safety: Please bring a flashlight for use at night while walking on the grounds.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For further information, contact the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

■ BIOGRAPHICAL INFORMATION

A

Ralph Abraham,
known for his work in dynamics and chaos theory, is a professor of mathematics at the University of California, Santa Cruz, and author of Chaos, Gaia, Eros: The Orphic Trinity in Myth and Science, *and co-author of* Trialogues at the Edge of the West.
p. 40

Margo Adler
is the author of Drawing Down the Moon, *the classic work on Neo-Paganism and Goddess Spirituality. She is also the New York Correspondent for National Public Radio.*
p. 44

Stephen Aizenstat
is a clinical psychologist and founding president of Pacifica Graduate Institute. His research centers on a psychodynamic process of "hosting the living image," particularily in the context of dreamwork.
p. 38

Ronald Alexander
is a creativity and health consultant in the entertainment industry. He teaches clinical training groups for professionals in Gestalt and mind/body healing in Santa Monica, California and is director of clinical training at Ryokan College.
p. 45, 46, 51

John Allen,
life member of the PGA and former tour player, has been a teaching golf professional for over twenty years and a serious student of the inner game for the past eight.
p. 22

Thom Allena
is an organizational consultant who develops "soul" in organizations through outdoor team building, ritual and myth, and humor. He works with judges, attorneys, and victims to arrange "win-win" solutions for resolving criminal offenses.
p. 14

Anne Armstrong
has been doing transpersonal counseling for thirty years and has trained professionals to use their intuitive abilities.
p. 21

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 21

Elliot Waker Aronson,
social psychologist, professor, researcher, and author, combines the scientific with the humanistic and spiritual in his work.
p. 28

Angeles Arrien,
a native Basque, is an author, anthropologist, and educator. Her teachings are based on the universality of values, ethics, and experiences as they relate to myths, symbols, and the arts.
p. 45

Jim Asher
has practiced cranial-sacral work and Rolfing® since 1971. Certified by Ida Rolf, he is a senior instructor for the Rolf Institute and Colorado Cranial Institute.
p. 28, 50

B

Nancy Bacal
is a lyricist and screenwriter. Student of meditation and black belt in Aikido, her work includes the award-winning film, Raga, *starring Ravi Shankar.*
p. 23

Bonnie Bainbridge-Cohen
has been developing Body-Mind Centering as an app oach to transformation through movement, touch, and mind. She founded the School for Body-Mind Centering..
p. 28, 50

Richard Baker-roshi,
head teacher and abbot of Dharma Sangha Western Zen Center, was co-founder with Suzuki-roshi and second abbot of SF Zen Center, Tassajara Zen Monastery, and Green Gulch.
p. 38

James Baraz
has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.
p. 19, 40, 50, 51

Mary Catherine Bateson
is a cultural anthropologist and author of a number of books including With a Daughter's Eye: A Memoir of Margaret Mead and Gregory Bateson *and* Composing a Life.
p. 19

John Beebe,
a Jungian analyst, is in private practice in the Bay Area. He is the editor of C. G. Jung's Aspects of the Masculine *(Princeton Univ. Press), and author of* Integrity in Depth *(Texas A&M Univ. Press).*
p. 29

Mark Bender,
a licensed psychologist and marriage and family counselor, has a private practice in Cortical Reeducation® in Carlsbad, California.
p. 26, 50

Carolyn Braddock
is a psychologist, consultant, and author in private practice in Lakewood, Colorado. She founded the Institute on Child Abuse and Neglect and trains professionals in the field of sexual abuse.
p. 38, 51

Luc Brebion,
a graduate of the University of Bordeaux, France, is a psychologist in private practice in Berkeley. He leads workshops on the experience of beauty as a way to self-knowledge.
p. 26

Sue Brenner,
a liscensed psychotherapist, was a member of the first Rosen Training group in 1980. Together with Marion Rosen she is the creator and director of the Rosen Movement Method Training.
p. 29

Jessica Moore Britt,
gestalt and Reichian work practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development.
p. 27, 44

Kay Brownfield
has extensive training in gestalt and massage, and currently teaches psychosynthesis. She has a private counseling practice in Toronto.
p. 52

Heather Lynne Burch
has a background in self acceptance training, eidetic imagery, and shamanism. She teaches methods for unifying the self and developing a deeper creativity. She practices in New York and Naples, Florida.
p. 18, 20

Adam Burke
is a research psychologist, acupuncturist, educator, and author. He is the director of Halcyon and offers trance-based trainings internationally.
p. 29, 48, 50

C

Niyaso Christine Carter,
co-founder of The Art of Being in Hawaii, she combines Western psychotherapy practices with Eastern disciplines in healing and sexuality. She received her training in Europe and India.
p. 30

Paul Carter,
cofounder of Meta Education and Training Arts, leads workshops around the world on Whole/Parts Transformation, Ericksonian hypnosis, creativity, and self-expression.
p. 30

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, Aikido, and other body-oriented practices.
p. 21, 30, 34, 47, 52

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco.
p. 18, 36

Price Cobbs,
founder of Ethnotherapy, is an internationally acclaimed psychiatrist and management consultant. He is co-author of Black Rage and The Jesus Bag.
p. 22

Ricci Coddington,
certified practitioner of Holotropic Breathwork and on the Grof Transpersonal Training Staff, has been part of the Arica School for 20 years. She is in private practice in the Bay Area.
p. 44

Stephen Cohen,
Esalen resident and gestalt practitioner, is a longtime golf hacker who has recently founded The Kingdom Tour, dedicated to bringing inner game golfers together for world travel.
p. 22

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights into the healing process.
p. 14, 44

Bob Corff
is one of Hollywood's most prominent performance teachers. He has had leading roles on television, Broadway, and in motion pictures.
p. 40

Stuart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Painting Experience Studio in San Francisco.
p. 18, 36

Dale Cummings,
certified Radix® teacher and marriage and family counselor in West Los Angeles and Los Gatos, is director of training for the Radix® Institute.
p. 37

Rabbi William Cutter
has a doctorate from UCLA and was trained in the Ford-Esalen project in Confluent Education. He teaches Modern Literature and Education at the Hebrew Union College.
p. 25

D

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October; Cycles; River Notes; *and* Amber.
p. 36

Laura DeNuccio (Ma Prita),
certified Radix® practitioner on Esalen's teaching staff, has over fifteen years' experience combining gestalt, Reichian body work, Bates vision work, movement, ritual, and meditation in the U.S. and Europe.
p. 19, 30, 41

Jed Diamond
has worked with men in recovery for the last 26 years and is the author of The Warrior's Journey Home: Healing Men's Addictions, Healing the Planet.
p. 35, 50

Anita Eubank Donovan
has a background in the performing arts. She is a certified expressive arts therapist and a counselor living and working at Esalen.
p. 52

Patrick Douce,
one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived part of the year in Bali, where he observes Balinese and other Indonesian "energetic" sciences.
p. 17, 50

Gideon Dreyer
is a clinical psychologist from Captetown and the Netherlands. He has taught at several universities and institutes. His main interest is ancient and modern initiation.
p. 34

E

Bob Edgar,
formerly a Professor of Biology at Caltech and UCSC and founding Provost of Kresge College, UCSC, is experienced in group process and organizational development. He is interested in the shamanic journey method for spiritual growth and development.
p. 16, 50

Tom Elliot
holds a black belt in aikido and a degree in psychology. He is national self-defense trainer who is dedicated to both women's and men's empowerment
p. 35

Eric Erickson
is a long-term student of Gestalt and Eastern philosophical traditions.
p. 36, 50

F

Les Fehmi,
psychologist, author, and researcher, is the founder/director of the biofeedback clinic at the Medical Center of Princeton. He is the originator of the Open Focus Method.
p. 35, 50

David Feinstein,
psychologist and co-author of Personal Mythology and Rituals for Living and Dying, *has taught at The Johns Hopkins University School of Medicine.*
p. 42

Peter Finkelstein,
a psychiatrist practicing in Woodside and San Francisco, teaches at Stanford and writes about emotional issues in medical training and practice. He counts among his important influences Sigmund Freud, Irv Yalom, and Van Morrison.
p. 31, 43, 50, 51

Jerry Fletcher
is president and founder of High Performance Dynamics, Inc., a management consulting and training company based in San Anselmo, California.
p. 26

Joyce Frazee
a student of Buddhism, has been a gestalt and dream work practitioner in private practice for eighteen years. She is a teacher at the Gestalt Experiential Training Institute in Vancouver, Canada.
p. 31

G

Mariah Fenton Gladis,
gestalt practitioner and trainer, founded and directed the Bucks County Institute for twelve years. She is the director of the Pennsylvania Gestalt Center for Psychotherapy and Training.
p. 40, 51

Mary Goldenson (Devarani)
is a psychologist, chiropractor, and certified Radix® teacher with a private practice in West Los Angeles.
p. 15, 16, 23, 24, 30, 39, 40, 41, 52

Lawrence Goldfarb
is a Feldenkrais® teacher, cybernetician, author, and founder of Mind in Motion. He teaches seminars internationally and maintains a private practice in San Francisco.
p. 24, 50

Joe Goldstrich
is a cardiologist and former Medical Director at Pritikin Longevity Center. Author and specialist in Preventive Cardiology, he has led workshops at Esalen for 12 years.
p. 46, 51

Harriet Goslins
is the originator of Cortical Reeducation®. She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology.
p. 18, 26, 50

Roger Grandy,
on Esalen's massage staff, is certified in movement reeducation, massage, and shiatsu. He is involved in a medical research project studying the effects of body work and hypnosis on the immune system.
p. 47, 51

Bruce Gregory
is a psychologist in private practice who specializes in mind/body healing and health psychology with corporate executives who are experiencing difficulties with leadership skills.
p. 45, 46, 51

H

Robert Hall,
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for twenty-five years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 25, 47, 51

Eleanor Criswell Hanna,
professor of psychology at Sonoma State University, is editor of Somatics, *director of the Novato Institute for Somatic Research and Training, and author of* How Yoga Works.
p. 43

Michael Harner
has practiced shamanism and shamanic healing for more than 30 years and pioneered their return to contemporary life. His books include The Way of the Shaman, The Jivaro, *and* Hallucinogens and Shamanism.
p. 39, 49

Steven Harper
teaches for Colorado Outward Bound and the National Outdoor Leadership School, coordinates Esalen Wilderness Programs, and is director of Earthways Wilderness Journeys.
p. 16, 21, 26, 52

Jane Harrington
is a certified Rolfer and Rolf movement teacher with extensive craniosacral experience. She is in private practice in Boulder, Colorado.
p. 28, 50

David Hawkins,
a psychiatrist in private practice, has trained group therapists at Duke University and nationally, and is past president of the American Academy of Psychotherapists.
p. 35

Richard Strozzi Heckler,
psychologist and fourth-degree black belt in aikido, has worked with such diverse groups as the Army Special Forces, emotionally disturbed children, corporate executives, and inner city gangs.
p. 25

Robert Helm
is a senior member of the Esalen massage/body work staff.
p. 34, 50

Gay Hendricks
has been a psychologist and body-centered therapist for twenty-five years. He is the author of Learning to Love Yourself; Conscious Loving; *and* At the Speed of Life.
p. 27

Kathlyn Henricks,
a movement and body-centered therapist, trains mental health professionals internationally and is co-author of Conscious Loving *and* At the Speed of Life.
p. 27

Gabriele Hilberg
has conducted workshops for health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 20, 28

Edward Hinkelman,
V.P. of Development for new applications, High Performance Dynamics. He has founded, built, and sold five businesses, and set up three national sales organizations.
p. 26

Maria Lucia Sauer Holloman
has been a seminar teacher since 1982 in Brazil and the U.S.
p. 41, 51, 52

Peggy Morrison Horan
has been practicing and teaching massage at Esalen for twenty years. She is a student of childbirth, dance, and movement.
p. 29

Chungliang Al Huang
is a Tai Ji dancer, artist-calligrapher, and philosophical entertainer. He is founder/president of Living Tao Foundation and director of Lan Ting Institute, Wu Yi Mountain, China.
p. 30, 36, 38

Richard Allen Hyde
has conducted Christmas and Easter celebration's at Esalen for the past three years. His experience in a variety of religious communities has contributed to his understanding and practice of ritual.
p. 34

I

Sandra Ingerman
is a teacher and practitioner of shamanism and shamanic healing, and a member of the Faculty of the Foundation for Shamanic Studies. She is author of Soul Retrieval: Mending the Fragmented Self.
p. 39, 49

Christian Intemann
co-founded the Floating Lotus Magic Opera Company, a theatrical experience directed towards spiritual transformation. He has been a teacher of Arica programs for 22 years.
p. 46

Anne Clark Isaacs
is a licensed clinical social worker and a Reichian practitioner in private practice in Los Angeles.
p. 14

Joel Dweck Isaacs
is a Reichian practitioner in private practice in Los Angeles where he also directs a body-oriented training program for psychotherapists.
p. 14

J

Lawrence Hall Jenkins,
certified Hellerworker and Esalen massage practitioner, teaches massage, polarity work, and other mind-body disciplines.
p. 34

Jerry Johnson
is a counselor to men in transition, a pastor, and a broadcaster who works with men's issues. He is creator and on-air host of "Man to Man" (KCBS Radio, San Francisco)
p. 18

Arthur Samuel Joseph
has twenty-six years of experience as a private teacher and professor in voice. He is the creator of Vocal Awareness, a method that integrates mind, body, and spirit through the vocal arts.
p. 14, 42, 50, 51

K

Norman Kaplan,
Professor of Medicine at the University of Texas Southwestern Medical School in Dallas, is a leading researcher, author, and lecturer on hypertension and the prevention of heart disease.
p. 46, 51

Sevanne Kassarjian
is a graduate in theater of Brown University and is now doing graduate work in acting at the University of California at San Diego.
p. 19

Roseann Kasayka,
executive director of the Focusing Institute, is a certified focusing trainer and Reiki practitioner. She recently received her doctorate in music and guided imagery from New York University.
p. 36, 37, 50

Norman Katz
is a director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe.
p. 29, 48, 50

Amina Knowland,
a Hakomi Trainer in private practice in Boulder, Colorado, has an extensive background in group dynamics, movement and dance, and transpersonal approaches to therapy.
p. 42

Michael Kramer
began working with Fritz Perls at Esalen in 1966 and lived on the south coast of Big Sur for many years. He has been a student and teacher with Arica since its inception in New York City in 1971.
p. 32, 46

Stanley Krippner,
psychologist and researcher, is a professor at Saybrook Institute and the California Institute for Integral Studies (CIIS). He is co-author of Personal Mythology, Dream Telepathy, and Realms of Healing.
p. 42

Ron Kurtz,
founder of the Hakomi Institute, wrote Body-Centered Psychotherapy: The Hakomi Method, *and co-authored* Unfolding Grace: Psychotherapy and the Wisdom of the Tao Te Ching.
p. 42

L

Stephen LaBerge
is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious or "lucid" dreaming at Stanford University.
p. 33

Dianne Lawrence
has been painting, selling, and exhibiting her work in Los Angeles for twelve years. Previous to that she spent ten years as a professional actress and performance artist.
p. 34, 52

Patti Lawrence
practices Motion Quest — A Dance of Life in Cardiff, California. She is a Cortical Reeducation® and Feldenkrais® practitioner, who employs hypnotherapy, cranial-sacral, kinesiology and Somatic-Emotional Release® to harmonize body, mind and spirit.
p. 18, 26, 50

Barbara Lee
is a circlemaker working with groups for the past nine years. She holds a certificate in Organization Development and Transformation from the California Institute of Integral Studies.
p. 43, 51

Lenore Lefer
is a psychotherapist in San Francisco who also does teaching and training in psychosynthesis. She leads group workshops in the U.S., Canada, and Russia.
p. 24

Marc Lehrer
teaches clinical hypnosis and biofeedback nationally and internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, California.
p. 29, 48, 49, 50

Dub Leigh,
longtime body work practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye roshi.
p. 33, 50

Annie Styron Leonard
is director of the Energy Training Institute in Mill Valley, California, and an aikido black belt.
p. 31

George Leonard
is a third-degree black belt in aikido, founder of Leonard Energy Training (LET), and author of Mastery, The Silent Pulse, *and* The Transformation.
p. 22, 23, 31, 41, 52

Seymour Levine
is a professor in the Department of Psychiatry at Stanford. His primary interests are developmental neuroendocrinology and the psychobiology of stress.
p. 28, 50

Master Share K. Lew,
age 74, is a temple-trained Taoist priest from Southern China with over half-a-century's experience in Taoist health practices and healing arts.
p. 23

Karuna Licht
is an artist and counselor interested in healing the heart and living creatively.
p. 52

Paul Lounsbury
has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.
p. 35

Viatcheslav (Slava) Loutchkov
is a Russian psychologist who has a MacArthur grant to study psychology and perestroika. He is director of the Psychology Project for Esalen's Russian-American Exchange Center.
p. 29

Nancy Kaye Lunney,
formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen.
p. 45

Joyce Lyke
is a Gestalt practitioner and Ridhwan teacher in the Diamond Approach, a Work School dedicated to understanding personality and spiritual development. She leads workshops and has a private practice at Esalen and in Monterey, California.
p. 23, 31, 44, 50

M

Helen Malcolm-Neeb,
artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations.
p. 43, 44

Peller Marion
is a psychologist and international career management consultant. She is president of Peller Marion Associates, Inc., an outplacement and executive development coaching corporation in San Francisco.
p. 22, 50

Dean Marson
is a member of the Esalen massage crew. His interests include subtle body work and methods of self-care.
p. 20

Paule Marx,
an Arica teacher since 1977, has a Chua Ka massage practice in San Francisco, and has interests in Tibetan Thangkah painting and permaculture.
p. 32, 46

Myron McClellan
is a teacher and counselor trained in the history of religious thought, neurolinguistic programming, whole brain reeducation, and body-centered psychology.
p. 41

Mary McGuire
an associate of Eugene Gendlin, is program director of the Focusing Institute in Chicago.
p. 36, 37, 50

Sue McKibbin
is an organizational anthropologist who consults, conducts seminars, and produces films on the spirit in business and alternative organizational paradigms.
p. 16, 50

Deborah Anne Medow,
Esalen leader and body work practitioner since 1969, teachers ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 29, 34, 35, 48, 50

Donald Michael
professor emeritus of planning and public policy and professor of psychology at the University of Michigan, is the author of On Learning to Plan and Planning to Learn.
p. 24

Deborah Miller
is Esalen's Director of Development and editor of the Friends of Esalen Newsletter. She has a masters in body-oriented psychotherapy and is a California Marriage Family Counseling intern.
p. 32

Hugh Milne,
third-generation Scottish osteopath with twenty years of experience, has practiced and taught cranial work, healing, and psychometry abroad and in the U.S. He works in San Francisco.
p. 39, 51

Patricia Moore
has worked with organizations and individuals on strategic change and transition for the past twenty years. She incorporates her spiritual studies into her life and work.
p. 16, 50

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 27, 41, 48, 49, 50

Caroline Muir
has been a yoga practitioner for over 20 years. She is a Tantric Sex expert who specializes in sexual healing and awakening the Goddess energy in women.
p. 38

Charles Muir
a professional yoga instructor for 25 years, is director of the Source Schools of Tantra Yoga in Hawaii and California. He is co-author (with his wife) of Tantra: The Art of Conscious Loving.
p. 38

Katriona Munthe
is a European psychologist with Jungian training. She is a member of the Italian Society of Psychosomatic Medicine, and has worked with Lorenzo Ostuni and Biodrama for the last 14 years.
p. 26, 52

Arthur Munyer,
a member of the Esalen massage crew, is a trigger point specialist and longtime body work practitioner trained by Dub Leigh and Lauren Berry.
p. 22, 50

Michael Murphy
is the founder (with Richard Price) of Esalen Institute and author of Golf in the Kingdom; Jacob Atabet; *and* The Future of the Body.
p. 41, 52

N

Stephen Nachmanovitch
is a composer, author, and computer artist. His music and mixed media works have been performed internationally. He has written extensively on the spiritual underpinnings of art.
p. 25

Robert Nadeau,
an aikido master, has been a leading exponent of energy awareness at Esalen since the 1970s.
p. 52

Audrey Nakamura
was trained by Hawayo Takata, Dub Leigh, and Tanouye Tenshin roshi. She has been a practitioner for sixteen years.
p. 33, 50

O

Richard Olney
studied with Alan Watts, Fritz Perls, and Alexander Lowen, and has been influenced by the eidetic imagery work of Akhter Ahsen. He has led self-acceptance trainings in the U.S. and Europe.
p. 18, 20

Kelle Olwyler
is Director of Training for High Performance Dynamics. She leads groups focused on turning individual insight into outstanding personal action.
p. 26

Kathleen O'Shaughnessy
has had a fascination with expanded mind states through the experimental modes of meditation, somatics, nutritional healing, ancient plant teachers and the shamanic outlook for 23 years.
p. 36

Lorenzo Ostuni,
an Italian philosopher and anthropologist, is the author of various symbolic psychosystems for studying and integrating human personality. He is the founder of the Institute for Biodrama in Rome.
p. 26

P

Helen Palmer,
is a teacher of psychology and director of the Center for the Investigation and Training of Intuition. She has authored The Enneagram, *and the forthcoming* Love and Work: The Enneagram in Intimate and Business Life.
p. 43

Wendy Palmer,
faculty member of the Center for the Investigation and Training of Intuition, holds a third-degree black belt in aikido and is co-founder of Tamalpais Aikido and International Movement Arts Center.
p. 21

Laurie Lioness Parizek
coordinates a reference library at Esalen and pilots Healthspring Referral and Education. She blends innovative and traditional approaches to health and healing and works with body, mind, and breath.
p. 20, 34, 49, 50

Joseph Chilton Pearce,
a former humanities professor, is the author of five books about childhood and human development. His lecture tours included an extensive stay at the Jung Institute in Zurich in 1986.
p. 20

Lorraine Peters,
hearing impaired since birth, uses sign language both personally and professionally. A psychotherapist and artist, she has performed as a sign language interpreter for women's music.
p. 42, 51

Maggie Phillips
is a psychologist in Oakland, California. She has been a presenter at numerous national and international conferences and training events on hypnosis and psychotherapy.
p. 29, 48, 50

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 18, 25, 39, 50, 51

Carol Proudfoot-Edgar
was a counseling psychologist at UCSC for seventeen years. She has extensive training in group process and gestalt methods and is a certified Shamanic counselor with Michael Harner's Foundation for Shamanic Studies.
p. 16, 41, 50

Jill Purce
is author of The Mystic Spiral. *She investigated the mystical dimension of sound with Karlheinz Stockhausen and the magical use of the voice and overtone chanting with Tibetan lamas.*
p. 15

R

Paul Rebillot,
a group leader at Esalen for 16 years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 14, 16, 41, 42

Mark Reese,
Relaxercise co-author, and author of Feldenkrais/Erickson Parallels, *is one of twelve Feldenkrais Guild-accredited teacher-trainers and teaches internationally.*
p. 31, 50

Erik Riswold
is a certified LET and body awareness trainer. He is a twenty-five-year practitioner of the martial arts, and holds a black belt in aikido.
p. 52

Jane Marla Robbins,
has been a professional actress, teacher, and writer for 25 years. She has acted in movies (Rocky I, II, V); *television* (Falconcrest); *and on Broadway. Her plays have been produced in New York, London, Copenhagen, and Spoleto.*
p. 17

Vimala Rodgers
is an author and graphotherapist who trains health professionals, teachers, and students, and leads seminars nationally. Researcher in brain-hand relationship, she is director of The Institute of Integral Handwriting Studies.
p. 27, 50

Nancy Rosanoff,
based in New York, works as a psychic, teacher, counselor, and corporate consultant. She is the author of Intuition Workout.
p. 23, 50

Marion Rosen
was a physical therapist for 35 years who studied relaxation and breathing from a student of Elsa Gindler in Germany. Out of this work, she developed the Rosen Method over twenty years ago.
p. 29

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of Body, Self, and Soul.
p. 27, 41, 48, 49, 50

Jackie Rosin
is a liscensed psychologist in private practice in Topanga, California. She trained with Harry Sloan and has a background in Integrative Body Psychotherapy.
p. 52

Betty Roszak,
co-author with Theodore Roszak of Masculine/Feminine, *is a poet whose soundtexts have been played for the American Association for the Advancement of Science and other scientific groups.*
p. 32

Theodore Roszak
is author of The Making of a Counterculture *and* The Voice of the Earth, *and several works of fiction.*
p. 32

Ilana Rubenfeld,
thirty-year pioneer in the integration of body-mind-spirit field and originator of Rubenfeld Synergy® Method, is a certified teacher of Alexander Technique, Feldenkrais® Method, and trained with Fritz and Laura Perls in gestalt practice.
p. 33, 34

Peter Russell
is the author of The Global Brain, The Creative Manager *and* The White Hole in Time. *He also runs programs for corporations in self-development, creativity, and learning methods.*
p. 30

Gordy Ryan
has written and recorded music for film, theatre, TV, and record albums, with artists such as David Sanborn, Carlos Santana, Mickey Hart, Airto, and Spike Lee. He is a founding member of Arica Institute.
p. 29

S

Stephano Sabetti,
founder of the Life Energy Process, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant.
p. 16, 40

Karel Samson
is a teacher and researcher of innovation at the University of Vermont and at Nijenrode Universiteit in his native Netherlands.
p. 37

Howard Schechter
is a former founder and chairman of the Department of Organization Development and Transformation at the California Institute of Integral Studies. He is a consultant in the areas of individual and organizational development.
p. 43, 51

David Schiffman,
a longtime group leader at Esalen, is involved in developing full expression of mental, physical, and spiritual states of being.
p. 18, 25, 27, 35, 43, 44, 52

Ailish Schutz
has an extensive background in body work and holistic health. She has been conducting The Human Element with Will Schutz for five years and serving as CEO of Will Schutz Associates for the past six.
p. 20, 47, 51

Laurie Schutz,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has also led parent-infant workshops.
p. 27, 50

Will Schutz,
founder of the Antioch Holistic Studies Department, is the creator of The Human Element, a set of training materials for organizations. He is the author of Joy and Profound Simplicity.
p. 20, 45

John Seed
is founder and director of the Rainforest Information Center in Australia. He has worked to protect the Australian rainforests since 1979.
p. 30

Maggie Seeley
is a management consultant who teaches Organizational Behavior and Ethics at the University of New Mexico, practices Buddhism, and leads a women's spirituality forum.
p. 14

Charlotte Selver,
a student of Elsa Gindler, introduced Sensory Awareness to the U.S. and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.
p. 30

Phyllis Shankman
is a licensed counselor in West Los Angeles. She teaches at Ryokan College and has been leading groups at Esalen for over 12 years.
p. 29, 50

Paula Shaw
has been a professional actress and teacher for over 20 years. She conducts in-house workshops for Esalen staff and work study programs in creativity, well-being, and self-expression.
p. 40

Fred Shoemaker,
an inner game teacher and golf professional, is founder of The School for Extraordinary Golf. He has taught seminars for the U.S., Canadian, and Japanese P.G.A., and writes about the inner game.
p. 22

Susan Shor,
a psychologist in private practice in New York, is co-director of the Biofeedback and Stress Management Clinic of Manhattan. She is a certified biofeedback provider, teacher, and lecturer.
p. 35, 50

Julian Silverman,
a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe.
p. 42, 44, 51

David Silverstein
is a reichian practitioner and longtime Esalen group leader. He is currently a teacher in training with Hameed Ali from the Ridhwan Work School.
p. 23

Fritz Smith
is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure.
p. 32, 50

Robert Solomon
is a professor at the University of Texas at Austin and has been giving seminars at Esalen for eight years. He is the author of many books, including The Passions and About Love.
p. 33

John Soper
is a gestalt practitioner with a background in international business. He is deeply aware of the need to improve the environment.
p. 52

Kathleen Riordan Speeth
is a psychologist in private practice in the Bay Area. Her interests include Greek philosophy, roses, applied ethics, Flemish primitive painting, and the psychology of nurturance. Her published works include The Gurdjieff Work, The Essential Psychotherapies *and the forthcoming* Generativity.
p. 17

Elizabeth Stratton,
pastoral counselor and healer in private practice in New York City, leads workshops in self-healing and a two-year training program for healers entitled "Awakening the Healer Within You."
p. 39, 51

David Streeter,
a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk.
p. 21, 29, 47, 48, 50, 51, 52

Tina Stromsted,
faculty member in the Somatic Psychology Program at the California Institute of Integral Studies, integrates body-oriented, Jungian, and creative arts approaches in her teaching and private practice.
p. 42, 51

Ray Swartley
is on Esalen's massage staff and teaches a blend of body work forms. He focuses on deeper structural tissue systems, and views massage as an art form that sculpts the human body.
p. 21, 50

T

Yao Tamakloe
studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.
p. 21

Richard Tarnas,
former director of programs at Esalen, is the author of The Passion of the Western Mind, *a narrative history of Western thought from the ancient Greeks to the postmodern era.*
p. 47

Charles Tart
is a psychologist who has worked with altered states of consciousness, parapsychology, and human potentials.
p. 28

Linda Tellington-Jones
Feldenkrais practitioner and former project director for the Russian-American Exchange Center, has made many trips to Russia to work with Olympic horses, riders, and veterinarians.
p. 31

Mary Tesoro,
a certified Leonard Energy Trainer, holds a black belt in aikido and is a national self-defense instructor whose work embraces issues of health, human potential, and peak performance.
p. 35

Vicki Topp,
faculty coordinator for the Esalen massage staff, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 21, 38, 49, 50, 51

V

Sim Van der Ryn,
an accomplished outdoor watercolorist, is a professor of architecture at UC Berkeley, president of the Farallones Institute, and former California State Architect.
p. 21

Steven Vasquez,
a medical psychologist in practice in Fort Worth, Texas, is a teacher in the field of exceptional physical healing and is founder of Confluent Somatic Therapy.
p. 22, 50

W

Dan Wakefield
is a novelist, journalist, and screenwriter whose workshops are based on his books Returning: A Spiritual Journey *and* The Story of Your Life: Writing a Spiritual Autobiography.
p. 15

Stephanie Waxman
publishes children's books and is a founding member of We Tell Stories, a children's theater company, and the Wims, an all female improvisation group. She writes for television and teaches at the Hebrew Union College
p. 25

Peter Ways
is a medical educator and writer who has been an academic hematologist internist, author, and counselor to recovering alcoholics. He lives in Seattle and writes about medical self-care.
p. 43, 51

Laurie Weaver
is a teacher, counselor, and certified practitioner of Holotropic Breathwork with a private practice in San Francisco. She is a member of the Grof Transpersonal Training staff.
p. 44

David Whyte
travels across the United States and Europe as a poet, lecturer and workshop leader. He is the author of Fire in the Earth, Songs for Coming Home, *and* Where Many Rivers Meet.
p. 36

Robert Anton Wilson
has worked as Associate Editor of Playboy. *Futurist, novelist, playwright, poet, lecturer, and comedian, he has authored 26 books, of which the most well-known is* Illuminatus.
p. 45

Nancy Winston
is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.
p. 35

Nina Wise
is a performance artist who creates autobiographical and fictional pieces. Her multi-media works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships.
p. 19, 34

Y

Anne Yeomans
is a psychotherapist in Concord, Massachusetts, who has used psychosynthesis as the primary framework for her work for the last 20 years. She gives workshops on conflict resolution and reconciliation, as well as the healing and empowerment of women.
p. 24

Z

Ruth Zaporah,
performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a recipient of a National Endowment for the Arts Choreographer's Fellowship.
p. 20, 47

Nisha Zenoff,
an associate of Arnold Mindell, is a licensed counselor and certified Process Worker (Zurich). She divides her time between Palo Alto and the Oregon coast, and leads seminars internationally.
p. 28

Richard Zimmerman
is an executive in the entertainment industry where he focuses on issue-oriented projects. He is the author of What Can I Do To Make A Difference.
p. 32

KAREN PREUSS

■ ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see General Information, page 56, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Scholarship information is listed on page 9. If you wish to request a scholarship, please check the appropriate box:

☐ **Standard Scholarship** ☐ **Other Scholarship**

If you need more information, please refer to the inside front cover for Esalen's phone numbers and office hours.

Name of Registrant (Please Print) _____ Sex M ☐ F ☐ Couple ☐

Address _____

City _____ State _____ Zip _____

Home Phone: (____) _____ Work Phone: (____) _____

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

_____

Please mark your first and second choices for housing after referring to pages 9-10 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

☐ Check for standard accommodations, if available.

☐ Check for bunk bed room, if available.

☐ Check for sleeping bag space, if available.

☐ Check if you wish to room as a couple.

Write here the name(s) of any person(s) with whom you wish to room.

_____

Workshop Date	Leader's Name	Fee

All workshop reservations require a **non-refundable** deposit. Balance is due at time of check-in. See page 56.

Workshop Deposits Enclosed (Refer to page 56): _____

Tax deductable contribution to Esalen (Optional): _____

$5 Catalog Contribution (Optional): _____

Subtotal: _____

Less any discount:
(Prepayment or Senior, see page 9) _____

Total Amount Enclosed: _____

☐ Check here if this is your first visit to Esalen.

☐ Check here if you need directions to Esalen.

FOR OFFICE USE ONLY

DATE REC.		RES INITIALS		CIRCLE DEPOSIT	CC CK CA SUS
DEPOSIT AMT.		RES. BK		CC AUTH. #	
DATE TYPED		TYPED INITIALS		PP SCHOL LIMO SENIOR	

Passenger Van Service:
I want transportation from (check one):

☐ Monterey Greyhound Bus Station at approximately 3:45 PM

☐ Monterey Airport at approximately 4:00 PM on

_____

(date of arrival, Fridays and Sundays only).

The $25 per person charge (subject to change) is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

Other Notes:
All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

☐ Check here if we may give your phone number out for ride-sharing.

If you would like to become a Friend of Esalen, see page 54.

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks or credit card information must accompany the reservations form. Or, you may **fax** this form to us at **(408) 667-2724.** If you do so, *you must include payment via one of the credit cards below.*

Your reservations can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No. _____ Exp. Date _____

Authorizing Signature _____

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation. Please review your confirmation for accuracy.

KAREN PRELISS

■ *Esalen Institute is a center to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.*

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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